



Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

January 2025 Newsletter - 一月刊



Alice Frith Centre | 2970 E 22nd Ave, Vancouver, BC, V5M 2Y4 | P: 604-430-1441 F: 604-437-1443
Chown Centre | 594 E 15th Ave, Vancouver, BC V5T 2R5 | P: 604-879-0947 F: 604-879-0121
 Email: rcss@rencollseniors.ca | Website: www.rencollseniors.ca | Mon - Fri: 8:30AM - 4:00PM



Happy New Year



新年快樂



Our monthly newsletter is produced by the staff with the help and support of all seniors and distributed to caregivers and the community.

此月刊由所有員工在年長者的幫助與支持下完成，並分發給看護者和社區。



Lunar New Year, commonly known as Chinese New Year or the Spring Festival, is a significant cultural celebration that marks the beginning of a new zodiac cycle in the Chinese lunar calendar. This festival is deeply rooted in tradition and is widely in East and Southeast Asia, including China, Korea, Vietnam, and by people of these descents around the world. Each year, the celebration falls on a different date in the Gregorian calendar, as it is based on the cycles of the moon, typically occurring between January 21 and February 20. In 2025, Lunar New Year will begin on January 29, starting the 16-day Spring Festival.

The event is rich with symbolism, as it signifies renewal, the ushering in of good fortune, and the opportunity to honor family ties and cultural heritage. Each Lunar New Year corresponds to one of the twelve animals in the Chinese zodiac, which is believed to influence the characteristics and fate of individuals born in that year.

春節，通常被稱為中國新年或農曆新年，是一個重要的文化慶典，標誌著中國農曆十二生肖周期的開始。這個節日深深扎根於傳統，廣泛流行於東亞和東南亞，包括中國、韓國、越南，以及全球這些地區的人民。每年，慶祝活動在公曆的日期不同，因為它是基於月亮的週期，通常發生在1月21日到2月20日之間。2025年，春節將於1月29日開始，標誌著為期16天的春節慶祝活動。這一節日充滿象徵意義，代表著更新、迎接好運的到來，以及尊崇家庭紐帶和文化遺產。每一個農曆新年都對應中國十二生肖中的一個動物，這被認為會影響在該年出生的人的性格和命運。

2025 Year Of The Snake 蛇年

Following the vibrant and powerful Year of the Dragon, 2025 ushers in the Snake's energy, which is characterized by wisdom and intuition. The Snake, a symbol of wisdom and transformation, brings opportunities for personal growth and change.

繼充滿活力和力量的龍年之後，2025年迎來了蛇年的能量，這一年以智慧和直覺為特徵。蛇，作為智慧和轉變的象徵，帶來了個人成長和變革的機會。



The Years of the Snake In The Chinese Zodiac:

屬蛇的年份

1929, 1941, 1953,
1965, 1977, 1989,
2001, 2013, and 2025

CHINESE ZODIAC ANIMAL SET



We humbly acknowledge that Renfrew-Collingwood Seniors' Society and the work we do is on the unceded, ancestral, traditional, and occupied homelands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tseil-Waututh) Nations. Our official tax receipt number is 11911 5558 RR0001.



New Year's Around the World at RCSS

RCSS 的世界新年慶祝活動

As we welcome the New Year, we celebrate the diverse and wonderful traditions from cultures around the globe. Here's a glimpse into how New Year's is honored in different parts of the world:

隨著我們迎接新的一年，讓我們一起慶祝來自世界各地多元且美好的新年傳統。以下是不同文化如何迎接新年的一瞥：

KOREA: Children receive monetary gifts tucked into beautiful fabric pouches called bokjumeoni (복주머니), symbolizing blessings and good fortune for the year ahead.

CHINA: Eating lucky foods! Dumplings, whole fish or meat, cured meats, spring rolls, longevity noodles, and good fortune fruit are all considered good luck.

PORTUGUAL: Family gatherings, fireworks, and the tradition of eating twelve raisins at midnight, each representing a wish for the coming year.

ITALY: Sharing a family meal, especially panetonne, firing up the yule log one last time to ward off bad luck, and wearing red underwear to bring in good luck!

BRAZIL: New Year's Eve is marked by vibrant beach celebrations, wearing white for good luck, and offerings to the sea goddess Iemanjá for blessings and prosperity.

PHILIPPINES: Having a midnight feast, specifically including a fruit platter of 12 round fruits. These fruits represent the 12 months of the year, and the shape is to represent coins and money.

FIJI: Community gatherings, traditional feasts known as "lovo," and cultural dances. The festivities include sharing kava, a ceremonial drink, and expressing gratitude.

韓國: 孩子們會收到裝在名為 bokjumeoni (복주머니) 的漂亮布袋裡的壓歲錢，象徵新年的祝福和好運。

中國: 吃吉祥食物！餃子、整條魚或肉、臘味、春捲、長壽麵以及象徵好運的水果都被認為能帶來好運。

葡萄牙: 家庭聚會、煙火表演以及午夜時分吃下12顆葡萄乾的傳統，每顆葡萄乾代表對來年的一個願望。

義大利: 與家人共進晚餐，尤其是享用潘納托尼蛋糕 (Panettone)，點燃最後一次聖誕木柴以驅除厄運，並穿上紅色內衣以祈求好運！

巴西: 新年前夜充滿活力的海灘慶祝活動，穿上白色服裝象徵好運，並向海洋女神伊曼賈 (Iemanjá) 獻上供品，祈求祝福與繁榮。

菲律賓: 在午夜時分舉行盛大的宴會，特別是擺放12種圓形水果的拼盤，這些水果象徵一年中的12個月，圓形則代表錢幣與財富。

斐濟: 社區聚會、傳統的**"lovo"盛宴以及文化舞蹈。節慶活動還包括分享卡瓦 (Kava)**，一種具有儀式性的飲品，並表達感恩之情。

Gung Hay Fat Choi to All:



I wish all our seniors and family members the happiest Lunar New Year. For those who were born in the Year of the Snake, special greetings. This is the time of year to be with your family and friends to reminisce about years gone by and make plans for the coming year. Please make every effort to connect and spend time with the ones you love.

Since both new years line up in January this year, let's all of us usher in change for more positivity in our lives. The world seems to be in a bit of a turmoil, and we do not have to be part of the negativity around us. Let us focus on all the wonderful relationships that we nurture at our Centres and all the wonderful meals we will share, the laughter we experience from programs we participate in, and the warm smile or embrace you get from our staff and newfound friends. These thoughts are more pleasant and better for our mental health. Life is too short, so dwell on the things that make you feel good.

2025 is our year to be free of worry and embrace all the benefits that comes with that decision. So, here's to new beginnings, new experiences and conscious decisions to become more self-centered and worry-free. Be positive, happy and healthy as we have a lot of wonderful things going on in our lives that deserves our attention.

All is well.

.....

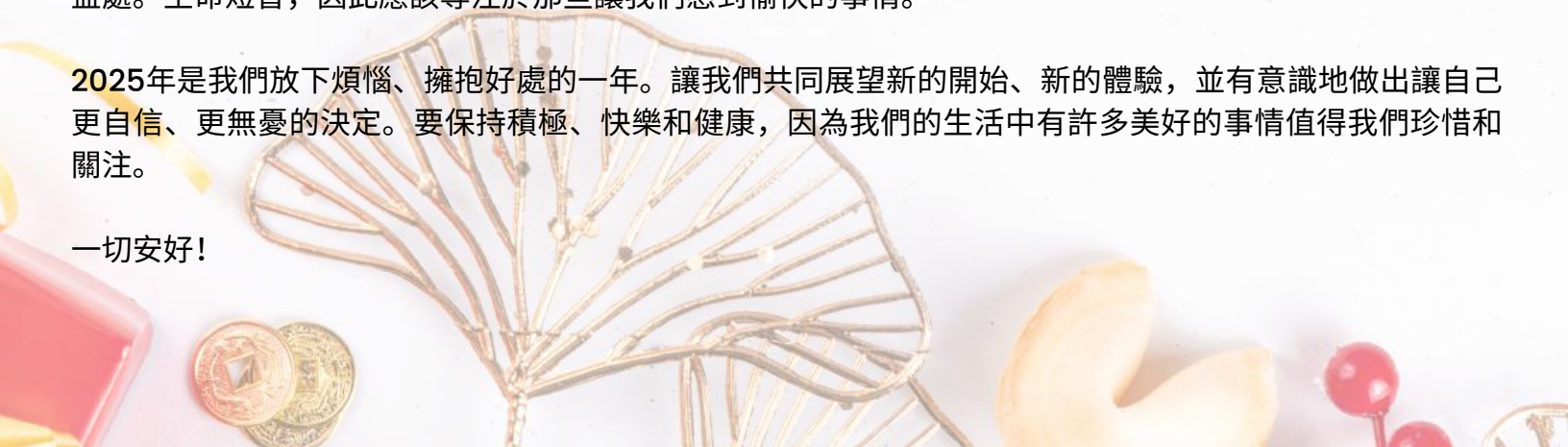
恭喜發財!

祝願我們的所有長者和家人，農曆新年快樂！對於屬蛇的朋友們，特別送上祝福。在這個時節，和家人朋友團聚，共同回顧過去的歲月，並計劃未來的一年，正是最佳時機。請大家盡力與親人和所愛之人聯繫，共度美好時光。

今年因為新年和農曆新年都在一月份，讓我們一起迎接更多正能量的改變。雖然世界似乎有些混亂，但我們不必捲入那些負面情緒之中。讓我們專注於在中心培養的美好關係，享受共同分享的美味佳餚、參加活動時的歡聲笑語，以及來自工作人員和新朋友的溫暖微笑或擁抱。這些積極的想法對我們的心理健康更有益處。生命短暫，因此應該專注於那些讓我們感到愉快的事情。

2025年是我們放下煩惱、擁抱好處的一年。讓我們共同展望新的開始、新的體驗，並有意識地做出讓自己更自信、更無憂的決定。要保持積極、快樂和健康，因為我們的生活中有許多美好的事情值得我們珍惜和關注。

一切安好!







Yolanda

I'm excited to go to the New Year's Holy Mass and wish everyone, especially my friends and family, a wonderful new year.
我很興奮要去參加新年的彌撒，並祝福每一位，特別是我的朋友和家人，擁有一個美好的新年。

Roberta

I'm looking forward to my first great great grandson/daughter in January.
我期待在一月迎接我的第一個曾曾孫/曾曾孫女。



Kay

I'm looking forward to 3 of my grandchildren's marriage in 2025.
我期待在2025年見證我的三個孫子/孫女的婚禮。

Cecilia

I look forward to my family visiting me from California.
我期待我的家人從加州來探望我。



Aida

I look forward to going back to Philippines to visit my son.
我期待回到菲律賓探望我的兒子。

Maria D.

I'm excited to spend time with my daughter and grandson in the New Year.
我很興奮在新的一年與我的女兒和孫子共度時光。





Robin

In the New Year I am looking forward to better opportunities from my recent move to a new home.
在新的一年，我期待從最近搬入新家中，迎來更好的機會。



Kendy

I am looking forward to continuing my practice of gratitude. I have a good life, I believe in being good. God is kind to me. I'm thankful.
我期待繼續保持感恩的心態。我過得很好，並相信做好人是重要的。上帝對我仁慈，我心存感激。



You Mei

In the New Year, I am looking forward to spreading happiness. I believe in making everyone feel happy and valued, no matter their age.
在新的一年，我期待將快樂傳遞給他人。我相信無論年齡大小，每個人都應該感受到快樂和被重視。



Lorene

In 2025, I am excited to see the continued health and happiness of my family.
在2025年，我期待看到家人繼續保持健康和快樂。



Paul

In the New Year, I look forward to knowing that my kids are living a life of health and happiness.
在新的一年，我期待看到我的孩子們過上健康快樂的生活。



Chingchao

I hope that more seniors will participate in Chown Day Care's activities, enriching their lives and alleviating feelings of loneliness and isolation. I also hope to participate in more cultural programs.
我希望更多的長者能參與喬恩日間照顧中心的活動，豐富他們的生活，減輕孤獨感和隔離感。我也希望能參加更多的文化節目。



Linda

In the New Year, I am looking forward to continued good health. Your health is your wealth!
在新的一年裡，我期待著保持良好的健康。健康就是財富!



Happy Birthday!



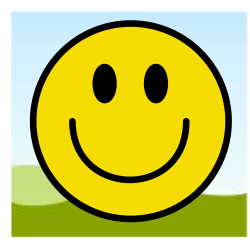
Manny- Jan 1



Sau Tien - Jan 1



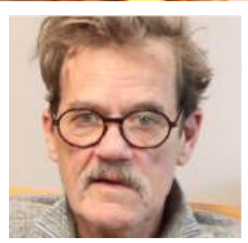
Dina- Jan 2



Monica - Jan 8



Fei Fei- Jan 12



Guy - Jan 16



David H.- Jan 20



Anna- Jan 24



Alfred- Jan 25



What Is Congestive Heart Failure?

Congestive heart failure (CHF) occurs when the heart is weakened and can't pump enough blood to meet the body's needs. This can lead to buildup of fluid in the lungs, legs, and other parts of the body. Without treatment, congestive heart failure can lead to severe complications including kidney and liver damage and arrhythmias.

Risk Factors:

Conditions that can increase the risk of congestive heart failure include high blood pressure, diabetes, obesity, smoking, excessive alcohol use, family history of heart disease, history of heart attacks, age (older adults are more susceptible to CHF) and gender. Men are more likely to develop congestive heart failure at a younger age than women.

Symptoms:

The following symptoms can be indicators of congestive heart failure: fatigue, shortness of breath, swelling in the lower extremities or abdomen, rapid or irregular heartbeats, increased need to urinate at night, lack of appetite or nausea, decreased alertness, chest pain and persistent coughing or wheezing.

什麼是充血性心力衰竭?

充血性心力衰竭 (CHF) 是指心臟變弱，無法有效地泵送足夠的血液來滿足身體的需求。這會導致肺部、腿部和其他身體部位積液。如果不進行治療，充血性心力衰竭可能會引發嚴重的併發症，包括腎臟和肝臟損害以及心律失常。

風險因素:

可能增加充血性心力衰竭風險的情況包括高血壓、糖尿病、肥胖、吸菸、過量飲酒、家族心臟病史、心臟病發作史、年齡（年長者更容易罹患CHF）和性別。男性較女性年輕時更容易罹患充血性心力衰竭。

症狀:

以下症狀可能是充血性心力衰竭的指標：疲勞、呼吸急促、下肢或腹部水腫、心跳快速或不規則、夜間頻繁排尿、食慾不振或噁心、警覺性下降、胸痛以及持續咳嗽或喘息。

Treatment and Prevention

To treat congestive heart failure, there are a variety of options including medication, changes to your diet and lifestyle including eating a low sodium diet, quitting smoking, decreasing alcohol consumption, and weight management.

Alternatively, there are medical devices and surgery that can help reduce the impacts of congestive heart failure. In sever cases devices like pace makes can be used. To learn more about congestive heart failure, visit <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html> or talk to your family doctor.

治療與預防

治療充血性心力衰竭有多種選擇，包括藥物治療、飲食和生活方式的改變，如低鈉飲食、戒菸、減少飲酒以及體重管理。另外，還有一些醫療設備和手術可以幫助減少充血性心力衰竭的影響。在嚴重的情況下，可以使用起搏器等設備。欲了解更多關於充血性心力衰竭的資訊，請造訪 <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html> 或與您的家庭醫生諮詢。



