



Renfrew-Collingwood Seniors' Society 蘭菲高靈活耆英會

February 2026 Newsletter - 二月刊



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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。



Horse-馬 (1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014)
Ben Ming Nian (Year of One's Birth Sign): Offending Tai Sui – Higher Risk of Injuries; Favorable for Holding Major Life Events to Offset Bad Luck. 本命年，中國傳統認為犯太歲的年份，適合傳統的大喜事沖喜，如沒有的話就會是變化較多的一年。太歲代表容易受傷，今年要特別小心身體。



Rooster-雞 (1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017)
Auspicious stars bring blessings, with strong wealth prospects and many opportunities for singles. 屬雞來到馬年算是相當不錯，因有吉星照著，如做跟女性有關的生意，例如美容生意或女士服裝，今年可以說是財源滾滾。



Rat-鼠 (1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020)
Many changes are expected, with significant fluctuations in financial fortune and a higher risk of offending others. 屬鼠來到馬年要有心理準備，因十二生肖之中是變化最多，在犯太歲中是沖太歲，所以無論事業運及愛情運都不穩定，甚至財運都起落較大。



Rabbit-兔 (1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023)
In conflict with Tai Sui, misunderstandings with friends are likely. Getting married or having a child is recommended to bring positive energy. 屬兔來到馬年是輕微的犯太歲，這叫破太歲。破是人際關係的破壞，今年容易朋友間有誤會，所以說話要小心一點，所謂言者無心，聽者有意，有時很少的事就會令人生氣。



Sheep-羊 (1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015)
In Harmony with Tai Sui – Good Wealth and Relationship Luck; Home Renovation Recommended to Dispel Negative Stars. 合太歲，所以今年是很不錯。如做生意以男顧客為主的話，今年是財源滾滾。這年裝修房子可令家宅運更好，長輩健康更好，自己運氣也更好。



Dog-狗 (1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018)
With the assistance of auspicious stars, career, romantic relationships, and financial prospects are all positively supported. 今年是相當不錯，和太歲是好朋友，做事自然順利一點。今年事業運、愛情運或財運都有進步空間。另外無論工作或住的地方今年都有機會遷動。



Ox-牛 (1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021)
In conflict with Tai Sui, there may be more troublemakers around. Wearing protective or peace-symbol jewelry is recommended. 屬牛來到馬年輕微的犯太歲，名為害太歲，害是遭人陷害的意思，代表今年小人相對較多，建議做人做事要低調一點。幸而有吉星照著，原則上可以逢凶化吉，事業亦會有進步。



Dragon-龍 (1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024)
The year starts off challenging but becomes smoother later on; exercise caution when traveling. 屬龍來到馬年沒有沖沒有合，算是平穩的。今年先難後易，所以做事上今年要有心理準備，開初的時候，尤其是上半年都會遇到一些困難，但慢慢就會順遂一點。



Monkey-猴 (1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016)
Overall fortune remains stable. The Academic (Wenchang) Star offers support, but extra attention should be given to the health of elders. 今年沒沖沒合，算是相當不錯。今年有文昌星，對讀書考試特別有利。但要注意家宅運，要多加留意長者的身體健康。



Pig-豬 (1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019)
Career changes are likely, and singles may meet new romantic prospects. 屬豬來到馬年是一個重新開始的年份，因去年曾經歷犯太歲，這個沖太歲變化很多，感情運可能經歷離合，事業運也有一些變化。來到馬年就穩定很多，今年的財運也會變好。



Tiger-虎 (1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022)
Handle matters personally, seek more opportunities for business travel, and be cautious of being betrayed or back stabbed. 屬虎來到馬年，由於沒有吉星照著，所以要有心理準備，很多事都要親力親為。今年盡量忍讓一下，人際關係更好，自然做事就順利。



Snake-蛇 (1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025)
Romantic relationships and financial luck gradually stabilize, though minor illnesses and aches may be more frequent. 屬蛇來到馬年是一個重新開始的年份，因為在本命年時曾經歷一些變化，終於來到馬年會穩定一點。今年身體健康方面會有多點小病小痛，建議今年多做運動會更好。

History of Valentine's Day

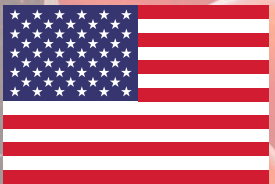
Valentine's Day is celebrated every year on **February 14** and has a long history dating back to ancient Rome. The day is named after St. Valentine, a priest who was known for his kindness and for helping couples marry in secret when marriage was not allowed. He later became remembered as a symbol of love and compassion.

情人节每年在 **2月14日** 庆祝，其历史可以追溯到古罗马时期。这个节日是以圣瓦伦丁 (St. Valentine) 的名字命名的。他是一位心地善良的神父，在当时婚姻被禁止的情况下，秘密帮助情侣结婚。后来，人们将他视为爱与关怀的象征。

Valentine's Day Around the World



In Canada and the United States, Valentine's Day is commonly celebrated by giving cards, flowers, and chocolates to partners, family members, and friends, with many couples enjoying a special meal together



在加拿大和美国，情人节通常通过赠送贺卡、鲜花和巧克力来庆祝，人们会将这些礼物送给伴侣、家人和朋友，许多情侣也会一起享用一顿特别的餐点。



In Japan, women traditionally give chocolate to men as a sign of love or friendship, and the gesture is returned a month later on White Day. 在日本，女性传统上会在情人节向男性赠送巧克力，表达爱情或友情；一个月后的3月14日（白色情人节），男性会回赠礼物。



In Denmark, people exchange playful humorous poems called *gaekkebrev*. These are often sent anonymously and are meant to be fun rather than romantic.

在丹麦，人们会交换一种名为 *gaekkebrev* 的幽默小诗。这些诗通常是匿名寄送的，重在趣味性，而不是浪漫。



In Germany, gifts often include flowers, chocolates, and pig-shaped symbols of good luck and affection.

在德国，常见的情人节礼物包括鲜花、巧克力，以及象征好运和爱意的小猪造型装饰。



In Mexico, Valentine's Day is known as the Day of Love and Friendship and celebrates both friends and couples.

在墨西哥，情人节被称为***“爱与友谊日”***，既庆祝情侣之间的感情，也庆祝朋友之间的情谊。

Happy February Seniors and Caregivers!

In February, we are celebrating a number of special events.

February 9, 2026 is national pizza day. In recognition of this day, we will draw on the knowledge and skills from our Italian seniors who will give us tips on how to make a delicious pizza crust.

Love will be in the air on February 14 Valentine's Day! While love is present throughout the year, an outpouring of affection will be shown on Valentine's Day in Canada. I wish you all a heartfelt Valentines Day! Hope your sweetheart or your anonymous admirer surprises you.

Many countries, including China, Korea, Vietnam, and the Philippines, will celebrate Lunar New Year on February 17, 2026. Family gatherings and traditional foods are central to the celebration. At our adult day centres, we will prepare with dumpling making, lantern crafts, and calligraphy activities. Wishing everyone health, happiness, and good fortune in the Year of the Fire Horse.

We also recognize Pink Shirt Day on February 26, 2026, a reminder to stand against bullying and to promote kindness and acceptance. Everyone is encouraged to wear pink in support.

Arthritis-focused workshops and Open House will be held at Chown Adult Day Centre on February 10 and 24, 2026 from 3:30 pm to 5:30 pm. This is your opportunity to ask your questions about what is best to eat, drink, and purchase as a supplement when experiencing arthritis. Space is limited. Reserve your space early at 604-430-1441.

On Fridays, from 3:30 pm to 5:00 pm, a Community Day Program is held at Renfrew Adult Day Centre for seniors 55+ years old, who are experiencing lonely and isolation. If you know of anyone who may be interested, please have them contact me for information at 604-430-1441.

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親愛的長者及照顧者，二月快樂！

二月份我們將慶祝多個特別節日，活動內容十分豐富。

2026年2月9日是加拿大的「全國薄餅日」。為了慶祝這一天，我們將邀請中心的意大利長者分享他們的寶貴經驗與技巧，教大家如何製作美味可口的薄餅餅底。

2月14日為情人節，愛意將瀰漫四周。雖然關愛全年皆在，但在加拿大，情人節是一個特別表達愛與關懷的日子。在此衷心祝願大家情人節快樂！希望你的摯愛，或那位默默關心你的人，能為你帶來一份驚喜。

2026年2月17日為農曆新年，多個亞洲國家和地區一同慶祝。家庭團聚與共享傳統美食是節日重心。本中心將舉辦包餃子、製作燈籠及書法活動，迎接火馬年，祝大家身體健康、幸福安康、好運連連。

2月26日為粉紅衫日，提醒我們以善意待人，尊重及接納彼此的不同。誠邀大家穿上粉紅色衣物以示支持。

關節炎主題工作坊及開放日將於2026年2月10日及2月24日，下午3:30至5:30，在CHOWN成人日間中心舉行。這是一個難得的機會，讓你向專業人士查詢有關關節炎期間適合的飲食、飲品及營養補充品。名額有限，請盡早致電604-430-1441預約。

此外，每逢星期五下午3:30至5:00，RENFREW成人日間中心均會為55歲或以上、感到孤獨或與社會隔離的長者舉辦「社區日間計劃」。如你認識有興趣參加的人士，請轉告他們致電604-430-1441與我聯絡以獲取詳情。





Mary

I show kindness to others by keeping a warm smile and speaking politely. Small kind words make people feel respected and happy.
我會保持微笑，用有禮貌的方式跟別人說話。簡單的關心和好言好語，會令大家感到被尊重和開心。

Eric

I am the president of a senior club for Chinese opera and choir, where I volunteer to support and serve seniors.
我是中樂戲曲及合唱團長者會的會長，並以義工身份服務及支援長者。



Jong

I keep kindness in my heart and express my care sincerely. I treat others with gentleness, respect, and virtue, as taught in Confucian values.
心存善良，把自己的情誼真誠地表現出來。以儒家思想的「溫、良、恭、賢」來待人處世。



Xiu Mei

I do not argue with anyone; I communicate with others and maintain harmony.
我對所有人都不爭吵，互相交流，保持平和。



Gunter

I start conversations with others and always smile while talking. This helps show kindness and makes everyone feel welcome.
我會主動與他人交談，並在談話時保持微笑。這能展現善意，讓每個人都感到受歡迎。



Bimla

Always speak politely when talking to others. Show compassion and understanding in every interaction.
與人交談時要 保持禮貌。在每次互動中都要 充滿關懷與理解。



**Viola**

Be compassionate and appreciate the challenges and difficulties others are living in.

有同情心，体谅他人所面臨的挑戰和困難。

Tun Aye

Greet each other friendly and caringly.

互相友好、親切地問候。

**Sydney**

Listen to each other, and be observant of others' needs.

彼此傾聽，並留意他人的需求。

**Norman**

Listen to what other folks got to say; assist others in any fashion if needed.

聆聽其他人嘅意見；如有需要，盡量以任何方式協助他人。

**Larry**

Talk to others, especially when they are new.

主動與他人交談，尤其是當對方是新來的人時。

**Ron**

Smiling. 微笑





Happy Birthday!



June - Feb 4th



Lily - Feb 17th



Joan - Feb 16th



Louis - Feb 17th



Eric - Feb 18th



Ying - Feb 18th



Gunter - Feb 21st



Annina - Feb 22nd



Lai Yung - Feb 25th



Roberto - Feb 26th



Tessie - Feb 29th



Constipation

Symptoms:

- Hard stools, sluggish bowel movements, and a feeling of incomplete evacuation.
- Abdominal discomfort, bloating, and straining during bowel movements.
- Infrequent bowel movements (usually less than 3 times per week).
- Need for manual maneuvers in some cases.
- Occasionally, there may also be mild nausea or a sense of fullness in the lower abdomen.

Cause:

- Poor diet: Not eating enough fiber-rich foods such as fruits, vegetables, and cereals can slow bowel movements.
- Dehydration: Not drinking enough fluids can make stools hard and difficult to pass.
- Lack of exercise: A sedentary lifestyle can reduce bowel motility and contribute to constipation.
- Medication side effects: Some medicines, like iron supplements, pain medications, or certain antacids, may cause constipation.

Treatment/Management:

- Increase fiber in the diet: Eat more fruits and vegetables, which are rich in fiber and help relieve constipation and bloating. Whole grains, beans, and legumes are also beneficial.
- Increase fluid intake: Drink plenty of water to keep stools soft and easier to pass. Prunes and prune juice can be especially helpful because they contain fiber and natural sorbitol.
- Set a regular time for toileting: Try to go at the same time each day, take your time, and relax—avoid rushing.
- Regular exercise and movements: Daily physical activity helps stimulate bowel function.
- Stool softeners: Can be used occasionally if recommended by a healthcare provider.
- Consult a dietician: For personalized advice on diet and lifestyle adjustments to prevent and manage constipation.

便秘

症狀:

- 大便乾硬、排便緩慢，排便後仍有未排盡的感覺。
- 腹部不適、腹脹，同排便時需要用力。
- 排便次數少（通常每星期少於3次）。
- 有時可能需要用手協助排便。
- 偶爾會有輕微嘔心或下腹部脹滿感。

成因:

- 飲食不良：缺乏足夠纖維，例如水果、蔬菜及穀類，會令腸道蠕動減慢。
- 缺水：飲水不足會令大便乾硬，難以排出。
- 缺乏運動：久坐不動會減慢腸道蠕動，容易引致便秘。
- 藥物副作用：部分藥物，如補鐵劑、止痛藥或某些胃藥，可能引起便秘。

治療/管理:

- 增加膳食纖維：多食水果同蔬菜，因為纖維可以幫助舒緩便秘同腹脹。全穀類、豆類同豆製品亦有幫助。
- 增加水分攝取：飲足夠水份保持大便軟化，容易排出。西梅及西梅汁特別有幫助，因為含有纖維及天然山梨醇。
- 定時排便：嘗試每日固定時間上廁所，慢慢排便，唔好急。
- 規律運動：日常活動有助刺激腸道蠕動。
- 使用軟便劑：如醫生建議，可偶爾使用軟便劑。
- 諮詢營養師：獲取個人化飲食及生活習慣建議，以預防同管理便秘。



