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

March 2026 Newsletter - 三月刊



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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。

International Women's Day is a special opportunity to pause and recognise the women who have shaped our families, our communities, and our lives in so many meaningful ways.

國際婦女節是一個特別的時刻，讓我們停下腳步，向那些以無數有意義的方式塑造了我們的家庭、社群與人生的女性致敬與肯定。

WORDS

We honour women through gratitude, attentive listening, and respect for their voices and contributions.

EVERYDAY KINDESS

We honour women through everyday kindness — patience, compassion, and simple acts of care.

說話

我們以感恩之心、用心傾聽，並尊重女性的聲音與貢獻，來向她們致敬。

日常心意

我們透過日常的善意——耐心、同理心，以及簡單的關懷行動——來向女性致敬。

RESPECT

We honour women by respecting their individuality and lived experiences. Every woman's voice matters.

ACTIONS

We honour women through our actions by supporting one another, sharing responsibilities, and showing consideration.

尊重

我們透過尊重女性的獨特性與其人生經驗來向她們致敬。尊重每一位女性的聲音。

行動

我們以實際行動來向女性致敬，彼此支持、分擔責任，並展現體貼與關懷。

On International Women's Day, we celebrate the women in our centre — their resilience, warmth, and lasting impact. Thank you for the care you give, the lessons you share, and the example you set. May we continue to support, respect, and appreciate one another every day.

在國際婦女節這一天，我們慶祝中心裡的每一位女性——她們的堅韌、溫暖，以及長久而深遠的影響力。感謝你們所付出的關懷、分享的教誨，以及樹立的榜樣。願我們能在每一天持續彼此支持、相互尊重，並心懷感激。

As winter fades and temperatures rise, early spring is a perfect time for seniors to enjoy relaxed gardening, fresh air, and gentle exercise.

1. Begin with Light Clean-Up

Start small. Remove fallen leaves and dried plants a little at a time to avoid overexertion. Use lightweight tools with padded handles to protect your hands and joints.

2. Enrich the Soil Slowly

Loosen soil gently using a small hand fork instead of heavy equipment. Add compost or organic fertilizer to nourish your plants. Working in short sessions helps prevent fatigue.

3. Choose Easy, Hardy Plants


Select low-maintenance, cool-weather plants such as pansies, snapdragons, lettuce, and spinach. These plants are easier to grow and tolerate cooler temperatures.

4. Protect Your Body

Consider raised garden beds or container gardening to reduce bending and kneeling. Use a sturdy gardening stool or kneeling pad for extra comfort.

5. Stay Safe and Hydrated

Garden during the cooler parts of the day. Wear gloves, supportive shoes, a hat, and sunscreen. Drink water regularly and take frequent breaks.

Gardening isn't about doing more – it's about enjoying the moment; even a few minutes outside can lift your mood and keep you active. Happy gardening! 

隨著冬去春來、氣溫回升，早春是長者享受輕鬆園藝、新鮮空氣與溫和運動的好時機。

1. 循序漸進地整理

從小範圍開始，分段清理落葉與枯枝，避免過度勞累。使用輕巧、握柄柔軟的工具，保護雙手與關節。

2. 慢慢改良土壤

用小手耙輕輕鬆土，避免使用過重器具。加入堆肥或有機肥料補充養分。每次工作時間不宜過長，避免疲倦。

3. 選擇容易照顧的植物


種植耐寒且易打理的花卉與蔬菜，如三色堇、金魚草、生菜和菠菜。這些植物較易成長，也能適應較低氣溫。

4. 保護身體關節

可使用高架花床或盆栽種植，減少彎腰與跪地。準備穩固的小椅子或護膝墊，增加舒適度。

5. 注意安全與補水

選擇早晨或傍晚較涼爽時段進行園藝。戴手套、穿防滑鞋、戴帽子與防曬用品。記得多喝水並適時休息。

園藝不在於做多少，而在於享受當下；即使只是在戶外幾分鐘，也能提升心情並保持身體活力。祝您園藝愉快! 

March 8 marks the date to celebrate International Women's Day. This day is dedicated to recognizing gender equality and gender inclusivity in all aspects of life. It is a day to thank and value of how women contribute to society in all walks of life ---- grandmothers, mothers, sisters, teachers, scientists, soldiers, doctors, politicians. International Women's Day 2026 theme is "Give to Gain". With this theme as a focus, take time to support women by calling out stereotypes, challenging discrimination, questioning bias, and celebrating success.

March is Irish Heritage month in Canada. The Irish immigrants played a significant role in building Canada. So...on March 17, wear something green and wish our Irish seniors, Irish staff, and Irish friends a Happy St. Patrick's Day over a mug of green beer. Sláinte!

Holi or Festival of Colours is a major Hindu spring festival. This holiday celebrates love, spring, and triumph of good over evil. This year, on March 4, people of Hindu faith wear white clothing and throw coloured powders at each other. Dancing to music and eating traditional sweets are part of the festivity. Holi Hai to our Hindu seniors, families, and friends!

Ramadan started early this year --- February 17, 2026 to March 19, 2026. It is a month-long spiritual focus on fasting, reflection, charity, prayer, and community gathering. When I travelled in Morocco during Ramadan, I saw how the low-key activity during daytime hours transformed into nightfall scenes of families and friends gathering to break fast. Ramadan Mubarak!

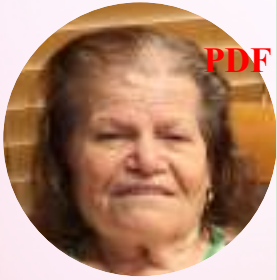
In April 2026, Mount Pleasant Neighborhood House and I will launch a caregiver social group. A separate email will be sent to provide additional information about this new initiative. In the meantime, if you know of any seniors who are over 55 years of age and who are spending most of their day by themselves and feeling lonely, please contact me. A Community Day Program, held every Friday afternoon, may be of interest to them.

3月8日是慶祝國際婦女節的日子。這一天致力於肯定生活在各個層面中的性別平等與性別包容。這也是感謝並珍視女性在社會各行各業所作出貢獻的日子——無論是祖母、母親、姊妹、教師、科學家、軍人、醫生或政治人物。2026年國際婦女節的主題是「GIVE TO GAIN（付出以收穫）」。以此主題為重點，讓我們撥出時間支持女性，勇於指出刻板印象、挑戰歧視、質疑偏見，並慶祝成功。

三月是加拿大的愛爾蘭文化傳承月。愛爾蘭移民在建設加拿大方面扮演了重要角色，因此，在3月17日，請穿上綠色服飾，與我們的愛爾蘭長者、愛爾蘭員工及愛爾蘭朋友一起舉杯綠啤酒，祝他們聖派翠克節快樂。SLÁINTE!（乾杯!）。胡里節（又稱色彩節）是印度教重要的春季節日。這個節日慶祝愛、春天，以及善良戰勝邪惡。今年的3月4日，印度教信徒會穿上白色衣服，彼此拋灑彩色粉末。隨著音樂起舞、品嚐傳統甜點也是慶祝活動的一部分。祝我們的印度教長者、家人與朋友胡里節快樂！齋戒月今年提早開始——2026年2月17日至2026年3月19日。這是一段為期一個月的靈性生活方式，重點在於齋戒、反思、慈善、祈禱與社群聚會。我曾在齋戒月期間前往摩洛哥旅行，親眼見到白天低調的活動氛圍，在夜幕降臨時轉變為家人與朋友團聚開齋的熱鬧景象。齋戒月吉祥！（RAMADAN MUBARAK!）

2026年4月，我將與 MOUNT PLEASANT NEIGHBORHOOD HOUSE 共同推出一個照顧者社交小組。我們將另行發送電子郵件，提供此新計劃的更多資訊。同時，若您認識任何55歲以上、每天大部分時間獨處並感到孤單的長者，請與我聯絡。每週五下午舉辦的社區日間計劃，或許會對他們有所幫助。





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Lidia

Dependable and considerate are my favorite qualities, because it means she protects and loves her family no matter what.
可靠又體貼，這是最欣賞她的特質，因為這意味著無論發生什麼，她都會保護和愛護她的家人。

Domenico

Intelligence — one of my favorite qualities in a woman because it shows she is thoughtful.
智慧—我最欣賞女性的特質之一，因為它顯示她心思細膩。



Adrienne

Faithful, gentle, and kind to others, these are my favorite qualities in a woman.
忠誠、溫柔、善良，這些都是我最欣賞的女性特質。



Fung Yin

A woman that treats others with a warm and welcoming kindness
一位待人熱情友善的女性。



Marion

A woman that is considerate and kind to others is a quality that I admire.
體貼他人、待人友善的女性是我欣賞的特質。



Rey

I admire a woman's strength—especially her dedication to the vital role she plays in raising and nurturing a family.
我欽佩女性的力量——尤其是她們在養育和撫養家庭中所扮演的重要角色所展現的奉獻精神。





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Biyu

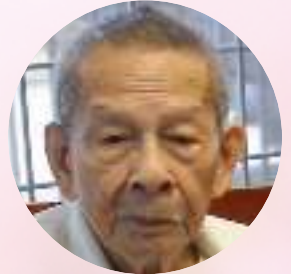
“I admire women who are cheerful and full of laughter.”

我欣賞那些開朗、充滿笑聲的女性。

Tony

“A woman’s virtue and good character.”

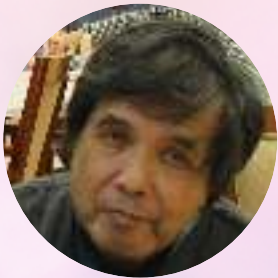
女性的美德與良好品格。



Manny

“Women’s polite conduct complements her graceful looks”.

女性彬彬有禮的舉止襯托出她優雅的外表。



Roberto

“Even when practically silent, women continue to shape the world.”

哪怕近乎沉默，女性依然在塑造世界。



Mandy

“I admire in women the same love my mom has for us.”

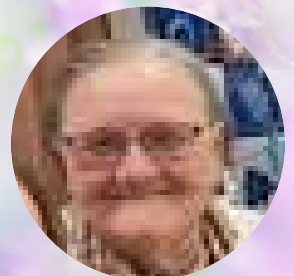
我所欽佩女性之處，在於她們所展現的愛，與我母親對我們的愛如出一轍。



Patricia

“A woman’s personality shines through in the way she treats others.”

“女性的個性會從她對待他人的方式中體現出來。”





Happy Birthday!

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Rey - March 1



Viola - March 2



Dina - March 9



Robert - March 11



Gee - March 12



Maudy - March 13



Margherita - March 22



Nancy - March 23



Chiu Fong - March 24



Norman - March 28



Karen - March 29



Need of Calcium & Vitamin D

As we head into the later years of our lives, it becomes increasingly important to eat the right foods to keep our bones healthy and strong.

隨著我們步入人生的老年階段，攝取正確的食物以維持骨骼健康與強壯變得越來越重要。

Calcium 鈣質

Calcium is the building blocks of strong bones and teeth. Due to menopause, women need more calcium after the age of 50. While men need more calcium intake after the age of 70. Reading food labels and using the calcium calculator on the Osteoporosis Canada website are ways to know the amount of calcium in foods and beverages. Milk and dairy products such as yogurt and cheese and green leafy vegetables are excellent sources of calcium. To obtain more information about foods and beverages containing calcium, you can search on HealthLink BC website. Calcium supplements can also be taken if you are not able to eat and drink enough food containing calcium.

Calcium Intake 鈣質攝取量

Age	Aim for
19 to 50 years	1000 mg
51 to 70 years	Male: 1000 mg Female: 1200 mg
Over 70 years	1200 mg

鈣是構成強健骨骼與牙齒的重要基礎。由於更年期的影響，女性在50歲之後需要攝取更多的鈣質；而男性則在70歲之後需要增加鈣質攝取量。透過閱讀食品標籤，以及使用 Osteoporosis Canada（加拿大骨質疏鬆症協會）網站上的鈣質計算工具，可以了解食物和飲品中的鈣含量。牛奶及乳製品（如優格和起司），以及綠色葉菜類蔬菜，都是極佳的鈣質來源。如需更多關於含鈣食物與飲品的資訊，可瀏覽 HealthLink BC 網站查詢。如果無法從日常飲食中攝取足夠的鈣質，也可以考慮服用補充鈣片。

Vitamin D 維他命 D

Having enough vitamin D helps your body to better absorb calcium from foods. Vitamin D also helps muscles, nerves, and immune system work properly. Certain medical conditions, such as osteoporosis, may require you to take more Vitamin D. Individuals living with osteoporosis should aim for 800 to 2000 IU vitamin D per day.

Sunlight is one of the best ways to get vitamin D. But since Vancouver has cloud cover for nine months of the year, we need to get our recommended vitamin D amount from our diet and/or from vitamin D supplements. Excellent sources of vitamin D can be found on HealthLink BC website. Talk to a dietitian, pharmacist, or your health care provider to tailor your intake of calcium and Vitamin D to suit your medical condition.

Vitamin D Intake 維他命 D 攝取量

Age	Aim for	Stay below
9 to 70 years	600 IU*	4000 IU
Over 70 years	800 IU	4000 IU

攝取足夠的維生素 D 有助於身體更有效地從食物中吸收鈣質。維生素 D 也有助於肌肉、神經及免疫系統正常運作。某些醫療狀況（例如骨質疏鬆症）可能需要攝取更多維生素 D。患有骨質疏鬆症的人士每日應以攝取 800 至 2000 國際單位 (IU) 的維生素 D 為目標。

*IU = International Units

陽光是獲取維生素 D 的最佳來源之一。然而，由於溫哥華一年中有九個月多為多雲天氣，我們需要透過飲食及／或維生素 D 補充劑來達到建議攝取量。有關富含維生素 D 的食物來源，可在 HealthLink BC 網站上查詢。建議與營養師、藥劑師或您的醫療保健提供者討論，以根據您的健康狀況調整鈣質與維生素 D 的攝取量。



