



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

April 2026 Newsletter - 四月刊

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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。

EASTER

EASTER IS ONE OF THE MOST MEANINGFUL DAYS IN THE CHRISTIAN CALENDAR. IT CELEBRATES THE RESURRECTION OF JESUS CHRIST — HIS RISING FROM THE DEAD AFTER THE CRUCIFIXION.

FOR CHRISTIANS, THIS DAY REPRESENTS:

- HOPE IN TIMES OF DIFFICULTY
- FAITH THAT LIGHT OVERCOMES DARKNESS
- LOVE THAT NEVER GIVES UP
- THE PROMISE OF ETERNAL LIFE

MANY OF US GREW UP ATTENDING EASTER SERVICES AT SUNRISE, WEARING OUR SUNDAY BEST, AND GATHERING WITH FAMILY AFTERWARD. THOSE TRADITIONS CARRY CHERISHED MEMORIES AND REMIND US THAT FAITH CONNECTS GENERATIONS.



復活節是基督教年曆當中其中一個最有意義嘅日子。這一日是紀念耶穌基督被釘十字架之後，第三日從死裡復活。

對基督徒來說，復活節代表著：

- 在困難之中仍然充滿希望
- 相信光明能夠勝過黑暗
- 永不放棄的愛
- 永生的應許

好多人成長的時候，可能都參加過復活節崇拜，與家人一齊聚會慶祝。這些傳統往往帶著很多珍貴的回憶，亦提醒我們，信仰可以將一代又一代的人連繫起來。



EASTER ARRIVES EACH SPRING, A SEASON FILLED WITH SIGNS OF NEW LIFE — BLOOMING FLOWERS, WARMER SUNSHINE, AND LONGER DAYS. SPRING REMINDS US THAT LIFE CONTINUES, EVEN AFTER THE COLDEST WINTERS.

RENEWAL MEANS:

- FRESH BEGINNINGS
- HEALING AFTER HARDSHIP
- GROWTH AT ANY STAGE OF LIFE
- FINDING JOY IN SIMPLE BLESSINGS

NO MATTER OUR AGE, RENEWAL IS ALWAYS POSSIBLE. IT MAY COME THROUGH FORGIVENESS, RECONNECTING WITH LOVED ONES, DEEPENING FAITH, OR SIMPLY APPRECIATING EACH NEW DAY.

復活節在每年的春天來臨。春天係充滿新生命氣息的季節——花朵盛開、陽光變得溫暖、白天亦慢慢變長。春天提醒我們，即使經歷過最寒冷的冬天，生命依然會繼續盛開。

更新 (RENEWAL) 代表：

- 新的開始
- 經歷困難之後得到醫治
- 在人生任何階段都可以成長
- 在簡單的生活中找到喜樂

無論我們多大，生命的更新都是有可能的。更新可以透過彼此饒恕、重新與親人朋友聯繫、加深信仰，或者只是學會珍惜每一個新的一天。



Tips for Safety in the Sun During Spring

Spring is a time when the sun's rays become more intense, and outdoor activities become more appealing. Here are some tips to ensure safety in the sun during spring:

- **Wear Sunscreen:** Apply a broad-spectrum sunscreen with at least SPF 30 to protect your skin from UV rays.
- **Cover Up:** Wear long-sleeved shirts, pants, and wide-brimmed hats to cover as much skin as possible.
- **Stay in the Shade:** If possible, find shade during peak sun hours and when the UV Index is high.
- **Stay Hydrated:** Drink plenty of water to stay hydrated and help your skin recover from sun exposure.

By following these tips, you can enjoy the benefits of spring while minimizing the risks associated with sun exposure.

春季防曬小貼士

春天陽光更加強烈，戶外活動也更具吸引力。以下是一些春季防曬小貼士：

- **塗抹防曬霜：**使用SPF值至少為30的廣譜防曬霜，保護肌膚免受紫外線傷害。
- **遮蓋：**穿著長袖襯衫、長褲和寬邊帽，盡可能遮蓋皮膚。
- **待在陰涼處：**如果可能，在陽光最強烈的時段和紫外線指數較高時，盡量待在陰涼處。
- **保持水分：**多喝水，保持身體水分充足，幫助肌膚從日曬中恢復。

遵循這些建議，您既可以享受春天的美好，又能最大限度地降低日曬帶來的風險。



This April, Easter and Passover celebrations overlap. On April 5, 2026, Easter will be celebrated by Christians across the world in recognition of the resurrection of Jesus Christ. People of Jewish faith will partake in the Passover holiday from April 1 to 9, 2026. This holiday celebrates the freedom and exodus of Jewish people from Egypt. Both religious holidays are observed with specific rituals and traditions. I wish everyone a blessed holiday. Since April 22, 1970, Earth Day has been celebrated annually to raise awareness about environmental protection and to promote action to safeguard the environment. For the past ten years, 2024 has been considered the hottest year on record. Global warming is the gradual increase in the Earth's temperature. This happens when certain gases in the air – called greenhouse gases – trap heat from the sun. These gases come from things like cars, factories, and cutting down too many trees. Canada, particularly our Northern regions has been warming faster than the global mean. In 2023, temperatures across Canada have increased twice the global average. While the warming in the Canadian Arctic has increased three times higher than the global mean.

Why It Matters

When the Earth gets warmer, we see changes in our environment, such as: hotter summers, stronger storms and heavy rain, melting ice in the Arctic, rising sea levels, etc. These changes can affect plants, animals, and people. Learning about global warming helps us understand what is happening in the world around us.

What We Can Do

Even small actions make a difference. We can help by: turning off lights when we leave a room, recycling paper, cans, and bottles, using reusable water bottles and bags, spending time outside and appreciating nature, using public transit, reducing food waste, eating less meat products, every step we take helps protect the planet and keeps our community healthy. Let's do our small part not only on April 22, 2026, but throughout the year.

今年四月，復活節與逾越節的慶祝時間重疊。2026年4月5日，世界各地的基督徒將慶祝復活節，以紀念耶穌基督的復活。猶太信仰的人們則會在2026年4月1日至9日期間慶祝逾越節。這個節日是為了紀念猶太民族從埃及獲得自由與出走的歷史。這兩個宗教節日都有其特定的儀式與傳統。在此祝願大家有一個蒙福的假期。自1970年4月22日以來，地球日每年都會被慶祝，以提升人們對環境保護的意識，並促進保護環境的行動。在過去十年中，2024年被認為是有紀錄以來最炎熱的一年。全球暖化是指地球溫度逐漸上升的現象。這是因為空氣中的溫室氣體將太陽的熱量困住在地面。這些氣體來自汽車、工廠，以及過度砍伐樹木等活動。加拿大，特別是北部地區，升溫速度比全球平均更快。在2023年，加拿大整體氣溫上升的速度是全球平均的兩倍，而加拿大北極地區的升溫速度更達到全球平均的三倍。

為什麼這很重要

當地球變暖時，我們的環境會出現各種變化，例如：更炎熱的夏季、更強烈的暴風雨、北極冰層融化、海平面上升等。這些變化會影響植物、動物以及人類。了解全球暖化有助於我們理解周遭世界正在發生的事情。

我們可以做什麼

即使是微小的行動也能帶來改變。我們可以透過以下方式幫助環境：關燈（離開房間時）、回收紙張、鋁罐與瓶子、使用可重複使用的水瓶與購物袋、多花時間親近並欣賞大自然、使用公共交通工具、減少食物浪費、少吃肉類製品。我們所採取的每一步行動，都有助於保護地球並維持社區的健康。讓我們不只在2026年4月22日這一天，而是在全年都盡自己的一份力量。





Aida

We need a healthy planet so we can live long, comfortable, and happy lives.
我們需要一個健康的地球，這樣我們才能過著長壽、舒適、幸福的生活。

Mei

It's important to protect our trees because they provide the oxygen we breathe. We should also keep recycling to reduce waste.
保護樹木至關重要，因為它們為我們提供呼吸所需的氧氣。我們也應該繼續進行回收，以減少浪費。



Fritz

So we can enjoy being outside and make the world a beautiful place to live in. If we don't take care of our planet, our next generation will suffer the most.
這樣我們才能享受戶外活動，讓世界變得更美好。如果我們不保護地球，我們的下一代將遭受最大的苦難。



Evelyn

Taking good care of our planet will benefit our health! By living in a healthy environment, it can help us reduce the risk of being sick.
善待地球有益於我們的健康！生活在健康的環境中，可以幫助我們降低生病的風險。



Edward

It's important because we want to keep our surroundings clean and this will benefit the animals too!
這很重要，因為我們想保持周圍環境的清潔，這對動物也有好處！



Genoveva

Keeping the city clean is important because it is where we live and we should always try to reduce our waste.
保持城市清潔很重要，因為這是我們居住的地方，我們應該始終努力減少垃圾產生。





May Yu

A clean environment not only makes people healthier, but also makes them feel comfortable and happy.
乾淨的環境不僅讓人更健康，也讓人感到舒適和快樂。

Lian

We all live on this earth, and the environment is closely related to our personal health.
我們都生活在這個地球上，環境與我們個人的健康息息相關。



Sue

Protecting the environment is like protecting ourselves, because our well-being depends on it.
保護環境就像保護自己一樣，因為我們的福祉都依賴它。



Yip

As the population grows, protecting the environment becomes more and more important for future generations.
隨著人口增長，保護環境對我們的子孫後代越來越重要。



Rose

It is important as the environment affects everything such as our food.
環境很重要，因為它影響我們生活的各個層面，包括我們的食物。



Lola

Protecting the environment means protecting the ecosystem, and also protecting our own health.
保護環境就是保護生態，也是保護我們自己的健康。





Happy Birthday!



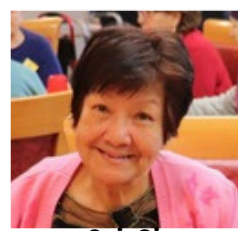
Jimmy
April 3rd



Sherman
April 9th



Elizabeth
April 10th



Sui-Oi
April 10th



Tuong
April 12th



Chuck
April 24th



Ron
April 28th



Cynthia
April 30th



Impact from Global Warming 全球暖化的影響

Protecting your health in light of global warming requires adapting to increased heat, poorer air quality, and the expansion of infectious diseases, while also reducing your individual carbon footprint.

1. Protecting Against Extreme Heat and Heatwaves

- Stay hydrated: aim to drink 2 to 3 litres daily
- Cool your environment: use air conditioning at home or spend time in cool places (libraries, malls, Chown ADP, Renfrew ADP).
- Adjust activities: Do more demanding physical activities in early morning or late evening.
- Regular check-ins: Check-in with your family members/friends on regularly scheduled days

2. Managing Poor Air Quality and Allergies

- Monitor air quality index: Check local air quality reports and limit outdoor activity when pollution is high.
- Use air filtration: Use HEPA filters or air cleaners indoors
- Protect respiratory health: Keep medications and inhalers nearby if you are living with lung and heart illnesses.
- Manage pollen exposure: Take allergy medication as needed.

3. Preventing infectious and vector-borne diseases (e.g. mosquitoes, ticks)

- Vector control: Use EPA-registered insect repellent and wear long-sleeved clothing.
- Food and water safety: Wash fruits and vegetables thoroughly
- Check for mold: Check homes for mold after heavy rain or flood.

4. Reducing individual carbon footprint (e.g. gas emissions)

- Reduce gas emissions: Walk or take public transit.
- Eat plant-based foods: Reduce meat and dairy intake.
- Improve home efficiency: Switch to electric heat pumps and appliances.

在全球暖化的影響下，為了保護您的健康，需要適應更高的氣溫、較差的空氣品質，以及傳染病的擴散，同時也要減少個人的碳足跡。

防範極端高溫與熱浪

保持充足水分：每日飲用約2至3公升水；降低環境溫度：在家使用冷氣，或前往涼爽場所（如圖書館、商場、Chown ADP、Renfrew ADP）；調整活動時間：將較費力的體力活動安排在清晨或傍晚進行；定期關懷：在固定日子與家人或朋友保持聯繫與關心。

應對空氣品質不佳與過敏問題

監測空氣品質指數：查看當地空氣品質報告，在污染嚴重時減少戶外活動；使用空氣過濾設備：在室內使用HEPA濾網或空氣清淨機；保護呼吸系統健康：若有肺部或心臟疾病，請隨身攜帶藥物與吸入器；管理花粉過敏：視需要服用抗過敏藥物。

預防傳染病與病媒傳播疾病（如蚊子、蜚蟲）

防範病媒：使用經認證的防蚊液，並穿著長袖衣物；食物與飲水安全：徹底清洗蔬果；檢查霉菌：在豪雨或淹水後檢查居家是否有霉菌滋生。

減少個人碳足跡（如溫室氣體排放）

降低排放：多步行或使用公共交通工具；採用植物性飲食：減少肉類與乳製品攝取；提升居家能源效率：改用電動熱泵及電器設備。

Exciting New Partnership with Mount Pleasant Neighborhood House

Starting in April, on the fourth Tuesday of every month from 1:00 pm to 2:00 pm, a social group for caregivers will be held. Coffee and snacks will be provided at a nearby coffee shop.

自四月起，每月第四個星期二下午1:00至2:00，將舉辦照顧者社交小組活動。活動地點為附近的咖啡店，並提供咖啡與小點心。

Please contact Shelly at shelly.schnee@mpnh.org or 604-879-8208 ext. 104 for more information.



