



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

## June 2026 Newsletter - 六月刊

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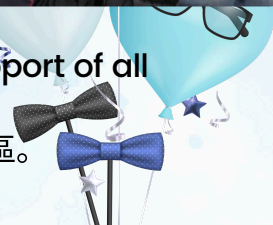


♥ HAPPY ♥  
FATHER'S  
DAY ♥



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。





Father's Day on June 15 is a meaningful occasion to recognize and celebrate fathers, grandfathers, stepfathers, mentors, caregivers, and father figures who provide love, support, wisdom, and encouragement to their families and communities. It is a special time to reflect on the important role they play in shaping lives through kindness, guidance, hard work, and dedication.

Families celebrate Father's Day in many ways, such as sharing meals together, giving thoughtful cards or gifts, enjoying outdoor activities, or simply spending quality time with loved ones. These moments help strengthen family connections and create lasting memories across generations.

Father figures come in many forms and often provide comfort, protection, leadership, and inspiration. Their positive influence can be seen in everyday acts of care, patience, and support. Father's Day is also an opportunity to acknowledge those who continue to make a difference through mentorship, friendship, and community involvement.

At our centre, we are grateful for all fathers and father figures who have touched the lives of others with compassion and generosity. We celebrate their contributions and the meaningful relationships they continue to build with family, friends, and the community.

As we celebrate Father's Day, let us take time to express appreciation and gratitude for all the fathers and father figures who make a positive difference in our lives every day.

6月15日是父親節，這是一個意義非凡的日子，讓我們向父親、祖父、繼父、導師、照顧者以及所有給予家庭和社區愛、支持、智慧和鼓勵的父親形象致敬。這是一個特別的時刻，讓我們反思他們在塑造人生中扮演的重要角色，感謝他們用善良、指導、辛勤工作和奉獻精神所做的貢獻。

家人慶祝父親節的方式多種多樣，例如一起用餐、贈送精心準備的賀卡或禮物、享受戶外活動，或只是與親人共度美好時光。這些時刻有助於加強家庭聯繫，並創造代代相傳的珍貴回憶。

父親形像以多種形式存在，他們常常給予我們安慰、保護、領導和激勵。他們的正面影響體現在日常生活中無微不至的關懷、耐心和支持。父親節也是一個契機，讓我們感謝那些透過指導、友誼和社區參與持續做出貢獻的人們。

在我們中心，我們由衷感謝所有用愛心和慷慨感動他人的父親和父親形象。我們讚揚他們的貢獻，以及他們與家人、朋友和社區之間建立的深厚友誼。

值此父親節之際，讓我們向所有父親和長輩表達我們的感激之情，感謝他們每天為我們的生活帶來正面的影響

### HandyDART Fare Increase

Translink increases their ride fares annually on July 1<sup>st</sup>. Starting July 1, 2026, the cost for each HandyDART ride will be \$2.30. If you rely on us to provide the tickets to the HandyDART drivers, this new fare will start to appear in the July invoices.



### HandyDART 車費調整通知

TransLink 每年都會在 7 月 1 日調整車費。自 2026 年 7 月 1 日起，每次 HandyDART 乘車費用將為 2.30 元。如果您需要我們為 HandyDART 司機提供車票，新的收費將會反映在 7 月的帳單中。

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/Səlilwiltulh (Tsleil-Waututh) Nations. Our official tax receipt number is 11911 5558 RR0001.





## National Indigenous Day 全國原住民日



In Canada, National Indigenous Peoples Day is recognized and celebrated every year on June 21. This special day honours the rich cultures, traditions, and contributions of First Nations, Inuit, and Métis peoples across the country. It is celebrated the same day as the summer solstice, which is the longest day of the year. This day has held a cultural and spiritual significance for many Indigenous communities.

In British Columbia, Indigenous cultures are deeply rooted in the land we live on. Indigenous peoples have shared their knowledge and traditions for generations. This sharing is done in a number of ways from storytelling and music, art and traditional practices.

National Indigenous Peoples Day is the perfect time to learn, reflect, and show respect for these histories and cultures. have shared their knowledge and traditions for generations. You may see local celebrations such as cultural performances, art displays, or community gatherings. Even small actions like reading about Indigenous history, listening to traditional music, or supporting Indigenous artists can help better understand and appreciate these communities.

As we mark this day, we are reminded of the importance of respect, learning, and connection. It is an opportunity for all of us to come together and celebrate the diverse cultures that make Canada unique.

在加拿大，每年的 6 月 21 日都会庆祝“全国原住民日”。这个特别的日子旨在表彰并庆祝全国各地第一民族（First Nations）、因纽特人（Inuit）和梅蒂斯人（Métis）丰富的文化、传统以及他们所作出的贡献。这一天也正好是夏至——一年中白昼最长的一天。对于许多原住民社区来说，这一天具有重要的文化和精神意义。

在不列颠哥伦比亚省（British Columbia），原住民文化深深扎根于我们所生活的土地上。数个世纪以来，原住民通过讲故事、音乐、艺术以及传统习俗等多种方式，代代相传他们的知识与传统。全国原住民日是一个学习、反思并表达对这些历史与文化尊重的最佳时机。你可能会看到当地举行各种庆祝活动，例如文化表演、艺术展览或社区聚会。即使是一些小小的行动，比如阅读有关原住民历史的资料、聆听传统音乐，或支持原住民艺术家，也能够帮助我们更好地理解并欣赏这些社区。在纪念这一节日之际，我们也再次意识到尊重、学习与联结的重要性。这是一个让所有人团结在一起、共同庆祝加拿大多元文化独特魅力的机会。



## 4 A WORD FROM JOCELYNE- EXECUTIVE DIRECTOR 黃淑儀的留言

Dear Seniors, Caregivers, and Friends,

To all of you who have been in a fathering role, Happy Father's Day! Father's Day recognizes the support and guidance given by fathers. Thank you to all Fathers!

With April 2026 recorded as a drier month (in comparison to previous years) with record breaking high temperatures in the southwestern part of BC, we are slated for warm temperatures for the coming months. All levels of governments have planned strategies on how to deal with temperatures going above 31 degrees Celsius. To prepare for the warm temperatures, it is important to drink 8 to 10 cups of liquid per day, head to an air-conditioned location when temperatures are above 31 degrees Celsius, arrange to have regular check-in with a family member or friend during heat waves, and close blinds between 10:00 am to 8:00 pm to keep your home cooler. For further information, you can check City of Vancouver website (Adapting to extreme heat City of Vancouver) and BC government website (Be prepared for extreme heat and drought - Province of British Columbia).

In June, we will start holding Care Meetings with seniors and/or caregivers. This is the opportunity for you to let us know how we can continue to meet your goal(s) in attending adult day program. My team will share the information that we have kept over the past year when you attended the adult day program.

Lastly, if you wish to join the Caregiver Social Group, please contact Shelly Schnee at 604-879-8208 ext. 104. This Social Group gets together on the 4th Tuesday of every month. The group heads to a Mount Pleasant neighborhood coffee shop to socialize.

Stay hydrated and hope you enjoy the sunny weather!

Jocelyne

親愛的長者、照護者及朋友們，

向所有曾經擔任父親角色的人致以誠摯的祝福：父親節快樂！父親節是感謝父親們所給予支持與導的重要日子。感謝所有的父親！

由於 2026 年 4 月被記錄為較往年更加乾燥的月份，加上卑詩省（BC）西南地區出現破紀錄的高溫，我們預計未來幾個月將持續出現炎熱天氣。各級政府已經制定了應對氣溫超過攝氏 31 度的相關措施。為了做好高溫準備，請大家每天飲用 8 至 10 杯液體；當氣溫高於攝氏 31 度時，前往有空調的場所；在熱浪期間安排家人或朋友定期關心和聯絡；並在上午 10 點至晚上 8 點之間拉上窗簾，以保持室內涼爽。如需更多資訊，您可以查閱溫哥華市政府網站（Adapting to extreme heat | City of Vancouver）以及卑詩省政府網站（Be prepared for extreme heat and drought - Province of British Columbia）。

從六月開始，我們將與長者及／或照護者舉行護理會議（Care Meetings）。這是一個讓您告訴我們如何繼續幫助您實現參加成人日間活動計劃目標的機會。我的團隊也會分享您過去一年參加成人日間活動計劃期間所記錄的相關資訊。

最後，如果您希望加入照護者社交小組（Caregiver Social Group），請聯絡 Shelly Schnee 電話：604-879-8208 分機 104。該社交小組每月第四個星期二聚會一次，大家會前往 Mount Pleasant 社區附近的咖啡店交流與聯誼。

請保持充足水分，並祝您享受陽光明媚的天氣！

Jocelyne







### Kanta

My father used to tell us to treat women like flowers – cherish them, respect them, and never let them wither.  
我父親過去常教導我們，要像對待花朵一樣對待女性——珍惜她們，尊重她們，永遠不要讓她們凋零。



### Angelina

He placed a strong emphasis on my education from a young age, which gave me valuable opportunities to learn and grow.  
他從小就非常重視我的教育，這給了我寶貴的學習和成長機會。



### Shew Yee

I learned from my father that smoking is bad for you, so I stopped smoking at a young age.  
我從父親那裡了解到吸菸有害健康，所以我很小的時候就戒菸了。



### Min

My father's experience as a wartime doctor taught us that every life matters.  
我父親作為戰地醫生的經歷教導我們，每一個生命都彌足珍貴。



### Anna

He made sure I attended a good school and encouraged me to work hard in my studies.  
他確保我上了好學校，並鼓勵我努力學習。



### Luz

My father taught me to be kind and friendly to everyone.  
我父親教導我要善待每一個人。

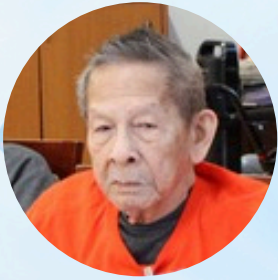




**Tony**

My father was a hardworking person. I learnt to be work hard in my study and be a good man.

我父親是一位勤奮工作的人。我從他身上學會了努力讀書，並成為一個好人。



**Stephen**

My father brought entire family to America when I was young. I used to live there but I moved to Canada later because I love Canada. I learnt to be brave and go for my dream.

我小時候，父親帶著全家移民到美國。我曾經在那裡生活過，但後來因為我熱愛加拿大，所以搬到了加拿大。我從中學會了勇敢，並且努力追求自己的夢想。



**Gee**

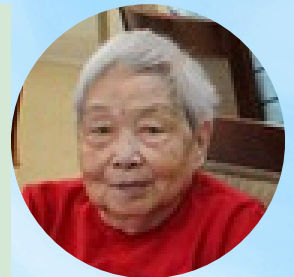
My father was a teacher in Red Cross. He helped a lot of people. He spent time to play with me even he was very busy at work. 我父親曾是紅十字會的一名老師。他幫助了很多人。即使工作非常忙碌，他仍然會抽時間陪我玩。



**Kwai Ching**

When I was little, my father used to take me to a dim sum restaurant every day for dim sum. Now, I've carried on this family tradition by having dim sum with my grandson and granddaughter-in-law every week.

小時候，爸爸每天都帶我到茶樓飲茶食點心。現在我把這個家庭傳統延續，每周與孫仔孫媳婦飲茶。



**Norman M**

He taught me to be kind to others and to always do my best in everything I do.

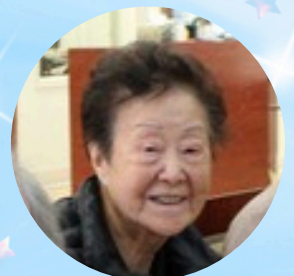
他教導我要善待他人，並且無論做什麼事情都要全力以赴。

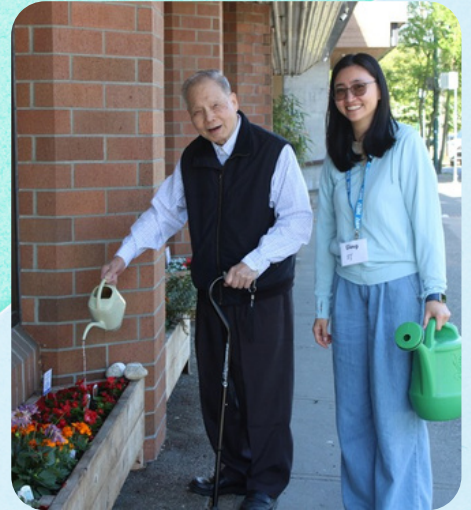


**Chun**

My father went to the fields every day to farm and works diligently.

父親每天到田裏耕種，勤力工作。





# Happy Birthday!



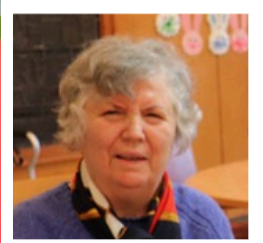
Ching Chao - June 1



Bi Yu - June 3



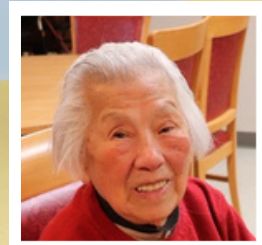
Sardev - June 10



Maria N - June 11



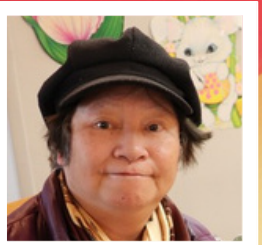
Marina - June 13



Po Lin - June 14



So Kwan - June 19



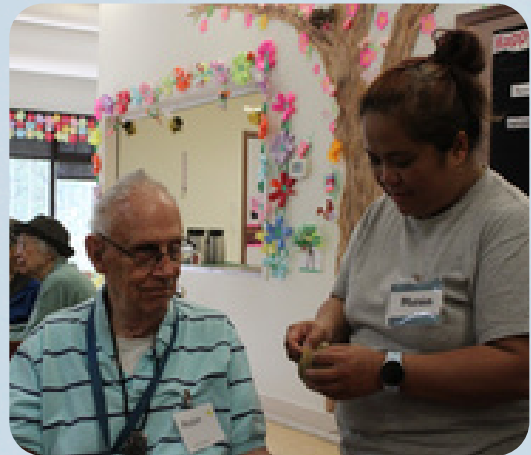
Wai Po - June 20



Paul - June 22



Yuan Hua - June 26





## Men's Health Care Awareness



The “Invisible” Health Issues No One Talks About:  
Not all health problems are visible. Some sneak up quietly and impact your quality of life over time:

- **Hearing Loss:** Nearly half of Canadian men over 60 experience hearing decline, yet most go years without treatment. Untreated hearing loss has been linked to increased fall risk and even dementia.
- **Loneliness:** Older men say they feel lonely, but most don't talk about it.
- **Sleep Issues:** Poor sleep can worsen heart health, memory, and mood. Bad nighttime habits can affect daytime strength.
- **Stress:** Some signs of stress are easy to recognize, but others can show up in unexpected ways, such as: feeling overwhelmed, difficulty sleeping or daytime fatigue, change appetite, headaches, stomach problems, Increase forgetfulness

## Strategies for Smart Aging

- Schedule regular check-ups and preventive screenings (know your numbers such as blood pressure, pulse, blood works).
- Maintain a balanced diet (low in sodium & sugar) and stay physically active (join exercise programs).
- Monitor mental health and maintain social connections (join social gatherings or calling old friends).
- Ensure proper sleep and manage chronic conditions.
- Keep tools nearby that keep you safe and independent (cane, walker, a reliable emergency alert device).

## 男性健康意識

那些鮮為人知的「隱形」健康問題：並非所有健康問題都顯而易見。有些問題悄無聲息地悄悄發展，日積月累地影響您的生活品質：

- **聽力下降：**近一半的加拿大60歲以上男性會出現聽力下降，但大多數人多年未接受治療。未經治療的聽力下降與跌倒風險增加甚至癡呆症有關。
- **孤獨：**老年男性表示他們感到孤獨，但大多數人不會談論此事。
- **睡眠問題：**睡眠不足會損害心臟健康、記憶力和情緒。不良的夜間習慣會影響白天的精力。
- **壓力：**有些壓力跡像很容易識別，但有些則會以意想不到的方式出現，例如：感到不知所措、睡眠困難或白天疲勞、食慾改變、頭痛、胃部不適、健忘加劇。

## 智慧老化策略

- 定期體檢和預防性篩檢（了解您的各項指標，例如血壓、脈搏、血液檢查結果。）
- 保持均衡飲食（低鈉低糖）並積極運動（參與運動計畫）。
- 專注於心理健康並維持社交聯繫（參加社交聚會或聯繫老朋友）。
- 確保充足睡眠並控制慢性疾病。
- 隨身攜帶保障安全及獨立生活所需的工具（拐杖、助行器、可靠的緊急呼叫裝置）。



