



# WELLNESS CLUB NEWSLETTER

## 耆康社季刊

2023  
FALL 秋

2023-10-05

微涼的風...吹得葉尖上透現了點點紅，這紅一天一天從葉尖暈染開，逐漸地染紅了整片葉子。眼前盡是深深淺淺的紅葉景緻，美如畫！La-di-dah di-dah-di-dum, 'tis autumn!

9月15日舉辦的(常)(哦)與您迎中秋，超過90位社員購票支持！為了讓大家在兩小時的活動中有(過節)的感覺和回報您們的熱情，活動籌劃小組仔細地安排活動內容及選擇合適的午餐。感謝編織組Katherine獻上愛心鉤針卡通造型公仔、徐師傅自家烘焙兩個芒果慕絲生日蛋糕及好友黃太送出100件精緻的熊仔一口蛋糕。

喜歡參加聚餐的社員，除了到約克區找岑姑娘外，10月起亦可以選擇耆暉會士嘉堡服務中心與梁姑娘 (Iris)樂聚耆暉了！

秋天是流感季節，大家可以透過以下方式降低患上流感和傳染他人的機率：患病期間留在家中、經常洗手、清潔與消毒頻繁被觸摸的物件及表面、用過的紙巾要立即扔進廢紙簍或垃圾箱，咳嗽和打噴嚏時，用衣袖遮掩口鼻，請勿直接用手。要預防流感並避免傳染他人，接種流感疫苗是良好途徑。

查詢及報名耆康社興趣班



**WELLNESS PORTAL**

### Chen Style Health 18 Form Tai Chi Chun

陳式太極拳 18式

WEL23274

2024年1月4日 - 3月7日

星期四 11:00AM - 12:00PM

\$45 (10堂)

導師：Lesley Liao

### LOHAS 樂活坊 - 粵語網上講座系列

10月27日(星期五) 11:00AM - 12:00PM

腦神經病患的防跌錦囊 (Eunice Yu, 職業治療師)

11月24日(星期五) 11:00AM - 12:00PM

脂肪肝 (郭詠觀醫生)

報名索取 Zoom ID [CLICK](#)

### 耆康社活動推介

樂聚耆暉 - 聚餐活動

10月11日起

第二個星期三 (每月一次)

10:30AM - 1:30PM

士嘉堡一站式綜合服務中心

餐費：\$11

(可安排收費交通接送)

### 二胡 - 新手初級班

10月13日 - 11月17日 (星期五)

3:35PM - 4:50PM

耆暉會一站式綜合服務中心

\$93 (6堂)

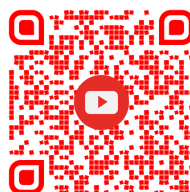
導師

陳國產 Feva Lai

Wellness Club Membership \$14  
October 1, 2023 - March 31, 2024

耆康社社籍 \$14  
2023年10月1日 - 2024年3月31日

掃描二維碼重溫  
(常)(哦)與您迎中秋





衷心感謝各位給予〔耆暉活力齊運動〕的支持！在活動完結後，收到大家很多鼓勵與祝賀的信息，謹此讓我們向各位表達摯衷心的謝意！感謝耆康社的導師、社員及友好，還有耆暉會的義工一起成就這場活動。背後的您們，各自擔當了不同角色：有親臨出席/演出並代我們宣傳活動、有籌備慈善義賣、有個別捐款支持及為是次活動募捐，還有總是記掛著耆暉會的朋友…。



掃描二維碼  
感受當日氣氛



Carefirst Campus of Care Project  
耆暉會社區及長期院舍服務園  
[click to website](#) 前往網址



## Your Safety

Upon arrival to your classes, we recommend you check in with your instructor, group leader or at our Wellness Office. This will enable us to have the real-time information of our participants on site in case a serious incident that affects the physical building and requires everyone to leave the premises.

## 閣下的安全

為了顧及大家的安全，所有興趣班及運動班的參加者，抵達後必須：

- 1) 於耆康社辦公室向職員報到，或
- 2) 於活動室向導師報到。

遇上意外事故需要即時逃生時，我們依賴各班點名紀錄確保大家安全逃離現場。

### PROGRAM WITHDRAWAL

If you have become unavailable to attend any exercise programs (free for 65+), please notify Wellness Team so that other people can benefit from participating in the program.

### 退班

如閣下未能繼續出席任何運動班 (65歲以上免費系列)，請通知耆康社，讓其他人士受惠。

## Exercise Program Precaution Announcement

For your benefit, the exercises are intended to increase your heart rate moderately and increase the muscle work of arms, trunk and legs. It is important that you have consumed adequate food and fluid before and after class. If you are unwell, please rest at home. If you are in class, please stop the exercises and report to the instructor or staff when you experience the following symptoms:

- Signs of fever
- Chest pain / joint or muscle pain
- Chills or shaking
- Shortness of breath
- Extreme fatigue
- Dizziness / light headedness / pounding headache
- Excessive sweating
- Nausea
- Coughing or wheezing

### 運動班需要注意的事項

透過運動可以適度地增加你的心率，並增強你手臂、身軀及雙腿的肌肉練習。在開始運動前及運動後，必須進食適量的食物和飲用充足的水份。如當天身體不適，請留在家中休息。假如在運動途中出現以下徵狀，請暫停並立刻通知導師或職員：

- 有發燒迹象
- 胸口痛，關節或肌肉疼痛
- 沾寒沾凍或顫抖
- 呼吸不暢順
- 極度疲勞
- 頭暈，輕微昏眩，嚴重頭痛
- 過度發汗
- 作嘔作悶
- 咳嗽或氣喘

# Wellness Tip - What is Delirium

## 健康小百科 - 甚麼是譫妄症

Delirium [dih-leer-ee-uhm] is a condition that causes a person to become confused. It is a physical problem (a change in the body) that can cause a temporary change in a person's thinking. Delirium usually starts over a few days and may last only a few hours or as long as several weeks or months. It often gets better with treatment.

Delirium can happen to anyone, including at home before coming into hospital. But, it often happens when someone is in hospital.

### What causes delirium?

Delirium can be caused by:

- A physical illness
  - Someone who is ill can have changes to their body chemicals, become dehydrated (not enough water in the body) or get an infection, such as a bladder infection. These kinds of problems can cause delirium.
- Medications
  - The medications used to treat illness or control pain can cause delirium.

### Is delirium the same as depression or dementia?

No. Delirium happens more often in people who have dementia, but it is a different disorder.

Delirium happens quickly. It can come and go at any time. This does not happen with dementia and depression. Dementia and depression tend to develop over a longer time.

People with delirium cannot focus their attention. This is different from patients with dementia or depression.

People with dementia experience a slow progression of issues with memory, performance of daily activities and communication. People with depression experience low mood, feelings of sadness and/or loss of interest in activities once enjoyed.

### Reference - UHN Patient Education

譫妄症（英文是Delirium）是一種病症，會造成人的錯亂。身體上的某種問題（身體狀況的改變）可能會造成人的思想暫時改變。譫妄症往往開始持續幾天，通過治療通常會好轉。

任何人在任何地方都可能會發生譫妄症。但是經常會發生在住院的時候。

### 引起譫妄症的原因是什麼？

- 身體疾病（引致入院）
  - 一些人因病會令身體的化學物質改變，造成脫水（體內水分不足）或者感染，例如膀胱感染。這些問題可能引致譫妄症。
- 藥物
  - 用來治療疾病或者控制疼痛的藥物可能會引起譫妄症。

### 譫妄症和抑鬱症或癡呆症是一樣嗎？

不一樣。癡呆症或抑鬱症的病人有更大機會患上譫妄症，但是兩者並不一樣。

譫妄症發病很快，在任何時間都可能出現或消退。癡呆症或抑鬱症的病況就不是這樣。癡呆症和抑鬱症的發病期會是更長的時間。

譫妄症患者無法集中注意力。這和癡呆症或抑鬱症患者是不同的。

癡呆症患者的記憶力、日常活動和溝通能力進展緩慢。患有抑鬱症的人，則會感到情緒低落，悲傷，甚至可能對以往喜愛的活動失去興趣。