

- 分類廣告請預付廣告費，如中途停刊者，恕不退還費用。
- 刊登一個月以下者，廣告均不得改稿，若需改稿每次酌收費用 5 元
- 本報接受 VISA 及 MASTER 信用卡付費，如電話(Tel)或傳真(Fax)訂稿委刊，請告知信用卡號碼/姓名/有效期限/CVV 號/ZIP code Address 號，其訂稿如有錯誤由客戶自行負責，恕不補登。
- 截稿時間：星期一至五 3:00pm，**平時/周六日請微信:AD7133021553**
截稿或之前訂稿，其稿將在第二天刊登。

***快餐+奶茶店**
●全職或半職
收銀+ 做飲料小姐
●全職或半職
廚房炸油爐,有經驗
意者請電: Jackie
832-668-0501

***Katy 杏記甜品誠聘**

- 前台領班: 全工, 有2年以上餐館經驗
- 前台服務生: 全工或半工
- 出餐員: 全工半工或周末

有甜品和奶茶店經驗者為佳

- 早上備貨阿姨: 全工

意者請電: **832-818-7818**

The logo for 'Katy's Desserts' (杏記甜品) is a square with a black border. Inside, the characters '杏記' are in a large, stylized font, with '甜品' in a smaller font below them. At the bottom, the English text 'KATY'S DESSERTS' is written in a small, sans-serif font.

***中餐館請人**
位於中國城
請熟手點心幫工
聯系電話:

中餐館請人
誠聘半工外送員
有經驗,可報稅
離中國城 15分鐘
4670 Beechnut
意者請電:
713-307-2882

中餐館請人
誠請粵菜炒鍋
全工/半工均可
位敦煌廣場內
意者請電:
832-512-3595
713-270-0888

NOW HIRING – SERVER
Woodlands Japanese Restaurant
 is hiring for **full time/part time Server**,
 must speak English , have 1+ year experience,
 have own transportation to work,
 have TABC & Texas food handler certificate,
 if interested please contact Trevor at
281-789-4445 / 281-919-7295

NOW HIRING
 ● **Sushi Chef**
 ● **Sushi Helper**
 full time, part time
Sugar Land area
 Hwy6 & Hwy90
 inside HEB. Contact
713-419-0980

***海鮮餐廳轉讓**
位Westheimer.
Target門口,
生意穩定,人流量大
設備齊全,有酒牌,
意者請電:
646-341-7189

***中餐出讓**
離中國城20分鐘
中餐外賣老店
生意月均7萬5，
缺人手售。
意者請短信聯系：
912-381-6945
832-776-5953

***好生意海鮮餐館出售**
Seafood Restaurant For Sale
 月入1萬2, 售18萬, 易經營, 即使疫情期間生意持續增長。 Sale price \$180,000, Income \$12,000
 Established in 2016. Easy to manage
 Located next to high traffic trampoline park
 Consistent increase in sale volume even during covid.
Cyprus TX . 繁忙地段, 位置極佳, 生意好。
 Call: **281-605-0487** (English only)

店面其它租售

For Rent

FOR SALE

Business Opportunity

誠招女室友

位中國城
全部單獨使用,含
房間,浴室,客廳,餐廳
和廚房,月租\$600,包
水費,電費,網路,停車位
有安全大鐵門.電:
713-909-0842

老牌財務公司出讓

田納西州曼非斯市,
40多年唯一華人老牌財務公司出讓,
經營退休金,保險,理財,地產,房屋貸款,
利潤豐厚.東主退休出讓,歡迎有
保險投資地產牌照專業人士全部或分購均可
請電: KC **901-338-9111**

房地產相售

Sale/Rent

商業地產相售

近 Westheimer/ 距離中國城 10分鐘!
4500呎辦公室·倉庫占地 5000呎,
20呎高·水泥牆面·商住兩用
租價:\$0.65USD/每月NNN 售價\$1.5M
意者請電屋主: **832-867-7048**

休士頓民宿租 Houston Hostel USA

中國城惠康前,百利大道上,獨立屋,旅館式
套房,(房內附-書桌,餐桌,Cable電視及冰箱),
無限快速上網,包水電,拎包入住,免簽長約,
月租最少1個月起.16年來感謝舊客戶推薦
Line/微信: **houstontours**
電/簡訊: **832-640-3888 Ruby 陳碧如**

Condo出售

黃金花園.方便,
中國城內.
H-Mart附近,清靜,
樓下,三房二衛,
\$269K. 電:陳小姐
713-823-8963

賺錢旅館

蓋文斯頓 25 房年營 \$55 萬
地 1.8 畝,售 225 萬.
休士頓 76 房年收 60 餘萬,
地 1.67 畝,售 290 萬.
布希機場,117 房,七層
年收 120 萬,售 550 萬.
路州 88 房,年收 70 萬,
2.9 畝,售 229 萬.黃經紀
832-348-7824

Home Service 家庭服務

200

Home Service 家庭服務

誠聘住家保姆

Katy 西區,一家四口,
兩個孩子上學. 主要:
做三餐和家務,需身體
健康,性格好,會做飯,
注重干淨,有責任心,
打過疫苗,1周6-7天
薪優面談. 聯系電話:
832-260-8771

家務助理,新優

糖城附近 59/99
高級住宅區,
健康,誠實,愛乾淨
一周5天,薪水\$2000
會開車者優先.請電:
832-630-4683

誠聘做晚飯阿姨

Memorial/Beltway 8 附近
薪優,一周5天或6天,
每天下午3-4小時,
做晚飯和簡單打掃,
要求:已打新冠疫苗,
交通自理. 意者請電:
713-306-5965

通勤家政助理

近 610 Loop/ 288
2-3天/周,7-8時/天
每天7點或9開始
待遇:一小時12-\$15.
協助簡單家務,包含 清潔
烹飪/照顧嬰兒.適用
期2-4週. 12-6pm 電:
832-419-3996

誠聘保姆

家住糖城,保姆需要
會開車接送孩子,
做飯好吃及收拾家務
一周五天.
工作8月中旬開始
意者請致電:
832-330-3334

住家或通勤保姆

Montrose 區,
準備晚餐以及
簡單家務,有經驗,
對孩子有愛心,薪優.
意者請電或訊息
346-757-9851

誠徵保姆

照顧嬰兒&簡單家務,
周一至周五,擅烹飪
要求有經驗,可靠,需
提供打新冠疫苗證明
交通自理.工資面談.
有意請聯系:
281-310-1828

看護服務

200

Health Care Service

陪伴女性長者

住家近 610/Bellaire
周一至日,能做3-7天
能做全天班(24小時)
或白班或夜班
開車,烹調,輕微家務,
愛心,耐心.電或短訊:
425-233-9079

徵住家女看護

Gessner/Westheimer
照顧行動不便女長者
日夜陪伴,有耐心,
有經驗,薪水面談.
意者請電:
832-606-5619

長者看護

I-10/ Kirkwood 附近
有身份,勤勞,誠信,
簡單家務,善烹飪
一周工作五天,
9:30am-3:30pm
意者請電或留言:
713-560-5578

300 Company Hiring 公司請人

300

Company Hiring 公司請人

*公司誠聘 Office Assistant

有倉庫物流經驗者
優先.
Email: **bryan.bian@rigmore.com**
電: **832-475-9026**

*全職牙科前台

中國城牙科,
需中英文.可訓練
請電或 Email:
713-773-1300 txdentist101@gmail.com

包裝製造公司

誠聘縫紉工:男女均可
無需英語. 需有
●工廠縫紉機經驗
半/全工均可,薪資面議
視效率質量而定. 位
Stafford,近中國城/糖城
請電/短信:何女士
281-739-8326

NOW HIRING Food Distributor Co.

Looking for an
Office Assistant
call: Lily & Helen
713-383-8818
or Email: **helen@fourseasonsfood.com**

恆益門窗,薪優

誠徵男性生產工人
\$13起薪,有合法身份
薪優. 意者請電:
832-629-1025
13715 Murphy Rd #D
Stafford, TX 77477

NOW HIRING Food Distributor Co.

looking for
A/R & Salesperson
Speak Chinese & English
Call: Lily & Helen
713-383-8818
or Email: **helen@fourseasonsfood.com**

*牙科診所誠聘

●牙科助手,
●前台工作人員
中英文流利,誠懇,
認真,負責,熟識電腦.
有意者請聯系:
agapedentalcare houston@gmail.com

電子維修公司

誠聘維修人員兩名
(性別和經驗不限)
意者請短信或電
281-650-6136

*門窗廠生產部

誠請 全工熟手工人 (生手可培訓)
工作時間: 每周40小時.
~~人工高,福利好~~
有意者請發簡歷(中英文皆可) 至:
surewin.re@gmail.com

聯禾地產集團菁英招募

●行銷儲備幹部:善溝通與表達,具平面設計能力
市場調研與分析熱情,具行銷及企劃經歷佳
●商業&住宅地產業務幹部:相關學歷及經驗,地
具學習精神,敏銳市場洞察力,地產執照佳,
●辦公室行政秘書:表達能力強,具責任心,團隊感
以上全職/半職,具合法工作身份,中英文流利.
簡訊至: **hr9889@gmail.com**
公司地址:Houston 中國城, Katy 亞洲城

*注塑工廠經理

Houston 近市中心區,新開注塑工廠
現需有經驗管理者。
有意者請把履歷和希望薪酬電郵：
New injection molding factory needs a
Factory Manager.
Please send resume & expected salary to:
hr.hou@outlook.com

*誠徵超市員工,薪優

糖城最大華人超市
誠徵收銀員及雜貨部員工
意者請親臨或電:
281-313-8838
家樂超市 Welfresh Market

CPA Firm Hiring

●Junior Accountant :
knowledge of payroll and bookkeeping
●Full Charge Accountant :
solid accounting with 1 year tax experience.
Fluent English & Chinese
Send resume to: **taxprovider@gmail.com**

Innovo Medical (80mil revenue)

●Admin Asst : Purchases, data-entry
Process daily orders
●Creative Exec: Video & photo creation/edit
Social media content
Email: **jean@beyonddmedshop.com**

石油貿易公司招 Accountant

要求有會計工作經驗,
有貿易物流經驗者更佳,中英文流利,
會熟練使用 Quickbook,
在美有工作許可,薪優面談,
工作地點 Katy, TX. 簡歷發至郵箱:
alanz@hectomind.com

International/Import/Export Co.

is looking for **Inside Sales Clerk**
Seeking Bilingual English and Chinese
Inside Sales Clerk with experience and
proficient in Microsoft Office applications
such as Excel and Word.
Please send resume: **jluo@pannext.com**

Experience Accountant / Manager Assistant Needed

Location: **Stafford, TX 77477**
College degree in Accounting, At least 3 years
Accounting experience (QuickBook, AP/AR, Bank
Recon, Monthly Closing, GL , Financial Statement,
Payroll) Fluent in English and Chinese
Shipping Experience prefer.
Pls send Resume : **Info@truemarkus.com**

NOW HIRING(近中國城)

Looking for a **Sales Person** to distribute
our amazing products to Beauty Salons,
& SPAs in Texas. Guaranteed pay,
Commission, & Flexible hours
Call: **713-703-2662**
聘普通話流利(母語),英文好,銷售人員: 把產品
銷售各美容院及 SPA. 工作時間靈活.

招聘辦公室文員

要求:中英文流利,
精通 Word / Excel等辦公軟件,
2年以上相關工作經驗. 薪優
聯系方式: 請發送英文簡歷至:
yassiritovar2@gmail.com

公寓地產管理公司誠聘

休斯頓地區
公寓經理,維修經理,出租前檯,經理助理
全職提供保險,帶薪假期以及401k
需英語流利,認真負責,有經驗者優先.
意者請 Email 履歷至:
hr@gpi-management.com

裝修公司請人

誠請有經驗的裝修工人,
需要木工,牆體,瓷磚等師父及幫工,
有經驗者優先,待優。
聯系人: Richard
聯系電話: **832-778-0090**
832-212-2051

Hiring Sourcing Specialist

A Sugar Land based U.S.company looking for full time sourcing specialist.
3+ year related work experience and work permit required.
Ability in reading mechanical drawing and electrical blueprints a plus.
Good communication skill and fluency in both Chinese & English
are essential. We offer competitive salary & benefits.
Email: **itihiring2021-ss1@yahoo.com**
No phone call or in-person visit please.

休斯頓 牙科診所,高薪誠聘

●牙科助理 ●前檯工作人員 ●經理助理
有經驗者優先,無經驗者可提供培訓,需中英文流利,
全職或半職均可,工作穩定,福利優,
公司提供帶薪年假假期。我們期待著您 加入團隊!!
有意者請電: **618-789-3150**
簡歷電郵: **zjin818@gmail.com**

招聘卡車司機

1. Class A 駕照;
2. 略懂英文;
3. 半年以上駕照
聯系人: Wayne **626-226-9698**
8年卡車公司,貨源充足,每周出車.

*海隆石油工業集團

(海隆控股有限公司(01623.HK)美國TIPC公司 人員招聘
海隆石油工業集團是一家為石油天然氣開發提供高端油田裝備及綜合
油田技術服務的大型上市實體企業集團,集科研、生產和服務於一體,
在全球建立了數十個生產基地及業務分支機構.沿著石油天然氣開發
的鑽、采、輸的橫向擴展和產業鏈的縱向延伸,海隆形成了油田裝備、
油田服務、管道技術與服務、海洋工程、新材料五個核心業務板塊,
建立石油管材研究所



If you would like to share news or information with our readers, please send the unique stories, business

news organization events, and school news to us including your name and phone number in case more information is needed.

For news and information consideration, please send to News@scdaily.com or contact
John Robbins 281-965-6390
Jun Gai 281-498-4310

Publisher: Wea H. Lee
President: Catherine Lee
Editor: John Robbins

Address: 11122 Bellaire Blvd., Houston, TX 77072
E-mail: News@scdaily.com



Inside C2

Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Tuesday, August 03 2021|

Delta spreads ‘like wildfire’ as doctors study whether it makes patients sicker

LOS ANGELES, Aug 2 (Reuters) - With a new wave of COVID-19 infections fueled by the Delta variant striking countries worldwide, disease experts are scrambling to learn whether the latest version of coronavirus is making people - mainly the unvaccinated - sicker than before.

The U.S. Centers for Disease Control and Prevention warned that Delta, first identified in India and now dominant worldwide, is “likely more severe” than earlier versions of the virus, according to an internal report made public on Friday.

The agency cited research in Canada, Singapore and Scotland showing that people infected with the Delta variant were more likely to be hospitalized than patients earlier in the pandemic.

In interviews with Reuters, disease experts said the three papers suggest a greater risk from the variant, but the study populations are limited and the findings have not yet been reviewed by outside experts. Doctors treating patients infected with Delta described a more rapid onset of COVID-19 symptoms, and in many regions an overall increase serious cases. But the experts said more work is needed to compare outcomes among larger numbers of individuals in epidemiologic studies to sort out whether one variant causes more severe disease than another.

“It’s difficult to pin down increase in severity and population bias,” said Lawrence Young, a virologist at the UK’s Warwick Medical School.

In addition, it is likely that the extraordinary rate of Delta transmission is also contributing to a greater number of severe cases arriving at hospitals, the experts said.

Delta is as contagious as chicken-pox and far more contagious than the common cold or flu, according to the CDC report.



Shane Crotty, a virologist at the La Jolla Institute for Immunology in San Diego, said the clearest indication that the variant may cause more severe disease comes from the Scotland study, which found that Delta roughly doubled the risk of hospitalization compared to an earlier version. read more

The majority of hospitalizations and deaths from coronavirus in the United States are occurring in people who have not been vaccinated. But there is evidence that the shots are less effective in people with compromised immune systems, including the elderly.

For vaccinated, otherwise healthy individuals, the odds are that if they contract COVID-19 they will only experience asymptomatic or mild disease, said Dr. Gregory Poland, infectious disease expert at the Mayo Clinic.

Medical workers are reflected on a window during a tour in nightclubs and restaurants to check that they do not exceed the allowed capacity, amid the coronavirus disease (COVID-19) outbreak, in San Pedro Garza Garcia,

on the outskirts of Monterrey, Mexico July 24, 2021. Picture taken July 24, 2021. REUTERS/Daniel Becerril/File Photo



敬請關注我們的新媒體賬號

Follow us on social media



Southern News
美南新聞



公共頁
美南網



今日頭條
美國美南網



抖音
美國美南網



美國美南網



Facebook Page:
Southern News
美南新聞



Tik Tok ID:
Southern News
Group



Instagram ID:
Southern News

WEA LEE'S GLOBAL NOTES

CORONAVIRUS DIARY

08/02/2021



Wea H. Lee
Wealee@scdaily.com

Chairman of International District Houston Texas
Publisher Southern Daily Wea H. Lee

Southern News Group Chairman / CEO
Chairman of International Trade & Culture Center
Republic of Guiana Honorary consul at Houston Texas



We Are Going To Rewrite History



The coronavirus pandemic attacked the world as well as our community. Many people have passed away and many businesses have shut down. So many tragedies are still affecting our community.

We have to really appreciate all our colleagues in the different cities. In such a difficult time they are still working in the press room, TV studio and in front of the camera. Because of

their sacrifice, we are able to print our newspaper every day and broadcast our TV programs 7 days a week, 24 hours a day.

In the last fourteen months we have never missed a day of operation. This is a real miracle and we are so proud of you all my working partners.

Almost every day I arrive at my office in the morning. I pick up a fresh copy of the Southern Daily newspaper and still

smell the fresh ink. I open the TV channel and the scdaily.com website. My heart starts beating. It has been my daily work routine for the last 42 years.

Today it is a sunny day in Houston, Texas. I walked through the compound and I touched the wall of the building. I saw the colorful foundation and bright LED sign. I felt that we have been reborn again after the pandemic.

Thousands of our readers and viewers have called us in the last several months saying they are very worried and concerned about our future and for our survival.

Today I will let all of you know we are going to continue to fight for our future and we will never give up because of all of you.

I am so glad many flags fly in the blue sky in front of the International Trade Center and the sun shines on the fresh new paint of the Southern Media Center building. We are so proud. We are rewriting the history of international media.



Southern DAILY

Make Today Different

Editor's Choice



A Libyan girl, who suffered burns in a fire on a boat of migrants, sits on the German NGO migrant rescue ship Sea-Watch 3 as it reaches a rendezvous point with the Italian Coast Guard to medically evacuate injured and sick migrants, off the coast of the Italian island of Lampedusa in the western Mediterranean Sea. REUTERS/Darrin Zammit Lupi



Trees burn in flames during a wildfire near Marmaris, Turkey. REUTERS/Umit Bektas



Lamont Marcell Jacobs of Italy crosses the finish line and wins gold in the 100m final at the Tokyo Olympics. REUTERS/Fabrizio Bensch



Health care workers stand near dead bodies prior moving them to a container, after a hospital morgue overwhelmed by COVID-19 deaths began to store bodies in refrigerated containers, as the country struggles to deal with its biggest outbreak to date, in Pathum Thani, Thailand. REUTERS/Soe Zeya Tun



Elaine Thompson-Herah of Jamaica celebrates crossing the finish line to win gold in the 100m final at the Tokyo Olympics. REUTERS/Hannah McKay



A car stands amongst the smoke from the Dixie Fire along Bucks Lake Road, Meadow Valley, California. REUTERS/David Swanson

Southern DAILY Make Today Different

Dr. Scott Gottlieb: One Million Americans Daily Possibly Infected With COVID As Delta Variant spreads



“I wouldn’t be surprised if, on the whole, we’re infecting up to a million people a day right now, and we’re just picking up maybe a 10th of that or less than a 10th of that.” – Dr. Scott Gottlieb, Former Head of the FDA.

KEY POINTS

- The highly transmissible delta variant is driving a surge in Covid cases across the U.S.
- However, Dr. Scott Gottlieb told CNBC on Friday he believes the coronavirus is significantly more widespread in the U.S. than official case counts reflect.
- “I wouldn’t be surprised if, on the whole, we’re infecting up to a million people a day right now,” the former FDA chief said.

Compiled And Edited By John T. Robbins, Southern Daily Editor

Dr. Scott Gottlieb told CNBC last Friday he believes the coronavirus is significantly more widespread in the U.S. than official case counts reflect as the highly contagious delta variant sweeps the nation. “I wouldn’t be surprised if, on the whole, we’re infecting up to a million people a day right now, and we’re just picking up maybe a 10th of that or less than a 10th of that,” the former Food and Drug Administration commissioner said in an interview on “Squawk Box.” Gottlieb now serves on the board of

Covid vaccine maker Pfizer. The current seven-day average of new daily coronavirus cases in the U.S. is roughly 67,000, according to a CNBC analysis of Johns Hopkins University data. That’s up 53% compared with a week ago, as the country grapples with a surge in new infections driven largely by delta, first discovered in India and now the dominant variant in the U.S. “What it reflects is a reality where you have a highly transmissible variant that’s

widely spread across the U.S. right now that’s spreading mostly in a population that’s either vaccinated and developing mild symptoms or no symptoms at all; or spreading in a younger population that’s also less likely to develop symptoms because they’re younger, healthier,” Gottlieb said, when asked by “Squawk Box” co-host Andrew Ross Sorkin how the physician arrived at his “staggering” estimation of 1 million new infections a day.



ple who are showing up in the hospital are younger people. If that’s where the infection is occurring, then there must be a lot more infection underneath the small numerator that’s showing up in the hospital,” added Gottlieb, who led the FDA from 2017 to 2019 in the Trump administration. He’s become a closely watched voice during the pandemic, routinely appearing on CNBC and other media outlets to offer his analysis on the health crisis.

The highest seven-day day average of new Covid cases recorded in the U.S. was roughly 251,000 on Jan. 8, according to CNBC’s analysis. Case counts had dropped off dramatically in the spring as the country’s vaccination campaign picked up speed.

But in recent weeks, as U.S. cases again started to accelerate, Gottlieb has said a large number of coronavirus infections were likely going unreported, partly because the testing landscape is different now than at previous stages in the pandemic. In the early days, Gottlieb suggested the actual case counts were much higher than official tallies due to scarce testing resources. Now, he has said it’s a different situation, where the discrepancy between case counts and true infection levels stems from people who remain asymptomatic or develop only mild symptoms not going to get tested. Additionally, Gottlieb previously told CNBC people can now complete at-home tests and those results are unlikely to make their way to health authorities and then show up in official case counts.



Last Friday, Gottlieb reiterated his view that the U.S. is much further into the surge of

delta-driven infections than others believe. “This delta wave will pass, probably at some point in September,” he predicted. (Courtesy cnbc.com)

Related

Major Medical Groups Call for Mandatory COVID-19 Vaccinations for All Health Workers

Dozens of major medical groups, including the American Medical Association and the American Academy of Pediatrics, are calling for employers to mandate COVID-19 vaccines for all health care workers. “Our health care organizations and societies advocate that all health care and long-term care employers require their workers to receive the COVID-19 vaccine. This is the logical fulfillment of the ethical commitment of all health care workers to put patients as well as residents of long-term care facilities first and take all steps necessary to ensure their health and well-being,” the groups wrote in a July 26 statement (pdf).



A health care worker administers a shot of the Moderna COVID-19 vaccine to a woman at a pop-up vaccination site operated by SOMOS Community Care during the COVID-19 pandemic in Manhattan in New York City, on Jan. 29, 2021. (Mike Segar/Reuters)

They argued that because of the “Delta” variant, which is believed to be more contagious, and more reports of COVID-19 hospitalizations, health care settings should make vaccines mandatory. An increase in vaccinations, the statement says, will prevent the possibility of more lockdowns or other COVID-19-related orders. Their statement made no mention of individuals who had already contracted COVID-19 but recovered and developed natural immunity. Because health care workers come into frequent contact with COVID-19 cases, previous studies have shown they are more likely to have contracted the virus.

Another study from the National Institutes of Health showed that those who recovered from the virus had a “lasting immunity” to the pathogen because, as the agency noted, “after people recover from infection with a virus, the immune system retains a memory of it” and “immune cells and proteins that circulate in the body can recognize and

kill the pathogen if it’s encountered again, protecting against disease and reducing illness severity.”



Meanwhile, a number of workers in the health care field aren’t vaccinated, according

to data collected by the Centers for Medicare and Medicaid Services and analyzed by LeadingAge, reported the Washington Post. About 38 percent of nursing home staff, for example, weren’t vaccinated as of July 11, the data shows.

A recent analysis by WebMD and Medscape revealed that an estimated 25 percent of hospital workers who had regular contact with patients weren’t fully vaccinated. About 56 percent of Americans aged 12 and older are fully vaccinated, according to the U.S. Centers for Disease Control and Prevention in July.

Ezekiel Emanuel, a University of Pennsylvania bioethicist who organized the joint statement released on July 26, told the Washington Post that he believes mandating vaccines among health care workers will boost the overall uptake in Americans getting the vaccine.

“Despite everything—cajoling, making access readily available at any pharmacy, making it free, having the president plead—all of this hasn’t really moved the needle very much in the nation,” he told the paper on July 26.

Weeks ago, the largest union of health care workers in the United States, 1199SEIU, said it opposed mandatory COVID-19 vaccines for employees.



“Whether there is a legal challenge that we can make, or whether it’s just a pure organizational

challenge that we can make, we are not going to just give in,” George Gresham, the head of the union, told local news website Gothamist in June. The Epoch Times has contacted the 1199SEIU for comment.

It comes as protests erupted across the UK, Ireland, Italy, France, Greece, and elsewhere over the past weekend over vaccine mandates. European leaders have proposed vaccine passport-like systems to mandate that people show whether they’re vaccinated or have tested negative for COVID-19 before entering certain businesses or public spaces. (Courtesy <https://www.usnews.com/>)

Southern DAILY Make Today Different

The Global Pandemic Has Made Mental Well-Being A Public Health Priority



US gymnast Simone Biles has put the spotlight on athletes’ mental health at the Tokyo Olympics. (Photo: REUTERS/Lindsey Wass)

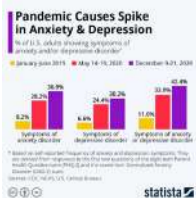
Key Points

- With mental health symptoms surging during the pandemic, nurturing mental wellness has become a collective social responsibility.
- Early diagnosis and self-care can help manage the progression of mental illnesses and reduce healthcare costs.
- Great self-care means expanding the range of mental-health services available to the public.

Compiled And Edited By John T. Robbins, Southern Daily Editor

With the psychological impact of the pandemic likely to linger for years, self-care is not a luxury but a public health necessity. Focusing on mental wellness is a collective social responsibility. As third and fourth waves of COVID-19 surge in some parts of the world, highly vaccinated countries are cautiously reopening, breathing more freely, hopeful in early indications that inoculation will keep virus and variants under control. As we look ahead, we must also find solutions to supporting and improving mental health. During the pandemic, nearly half of US adults reported symptoms of anxiety or depression, a figure that has been largely consistent, up from one in 10 who reported these symptoms from January to June 2019. In France, cases of depression doubled. We can see similar mental health

concerns growing worldwide. It’s disproportionately affecting young adults, people of color and essential workers, even people without prior mental health disorders. Lockdowns have also limited access to mental health services, creating backlogs in care. Not to mention the remote working lifestyle we have been in for more than a year now, which often creates feeling of being disconnected from colleagues, even when connected technologically to them.



The pandemic has put mental health and wellness into sharp focus. It’s reassuring to see many initiatives doubling down

on mental-health awareness now: the World Health Organization (WHO), the US Centers for Disease Control and Prevention, the UK’s Royal Family and the Global Self-Care Federation are just a few among many others that have championed it as a priority and have undertaken large-scale public service campaigns to destigmatize symptoms and raise awareness of available solutions. Taking care of mental health is good for individuals and good for public health systems in the future, as early intervention and prevention helps keep many people out of more burdensome clinical settings. Insomnia is one example that comes to mind, a condition that has grown upwards of an estimated 20% since the pandemic. By working closely with healthcare communities, we can help raise awareness of insomnia’s repercussions on overall mental and physical wellness. Over-the-counter medicines can help support people in their management of early sleep issues.



Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

on mental-health awareness now: the World Health Organization (WHO), the US Centers for Disease Control and Prevention, the UK’s Royal Family and the Global Self-Care Federation are just a few among many others that have championed it as a priority and have undertaken large-scale public service campaigns to destigmatize symptoms and raise awareness of available solutions. Taking care of mental health is good for individuals and good for public health systems in the future, as early intervention and prevention helps keep many people out of more burdensome clinical settings. Insomnia is one example that comes to mind, a condition that has grown upwards of an estimated 20% since the pandemic. By working closely with healthcare communities, we can help raise awareness of insomnia’s repercussions on overall mental and physical wellness. Over-the-counter medicines can help support people in their management of early sleep issues.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

「松園居」：適合亞裔的高級養老社區 提供值得信賴的關懷 推出數種優惠



(本報休斯頓報導) 本著東方文化的精神，休斯頓第一個亞洲風格的養老社區「松園居」已經開放入住了，「松園居」從建築規劃、健康照顧、活動設計、餐飲準備等，無論是硬體或軟體設備都由專業團隊執行，希望能為長輩們開創一個舒適又安靜的空間，提供值得信賴的關懷，讓他們在心身兩方面都能受到良好的照顧。

「松園居」位於休斯頓中國城，提供老人家高級生活補助及失智護理，其豪華服務包括：用藥提醒、24小時護理以及工作人員、個人照顧、渡假式餐飲、交通車輛安排、日常居民活動、郊遊散心、禮賓和沙龍服務、家政清潔等等，讓住在這裡的長輩們能開心又安心。

多種特惠等著您

最近，「松園居」推出了數種的特惠，包括一個月房租免費加上指定單位的額外優惠，歡迎需要的長輩們參觀及入住，有興趣的長輩們可要把握機會。

符合亞裔長輩們的需求

松園居從一開始構思，就以亞裔社區為主要的目標，建築內部設計非常雅緻，無論在顏色搭配、裝潢布置、以及所用的家具都呈現亞裔的文化特色，是一個高端的生活護理(Assisted Living)、與

失智照護(Memory Care)養老社區，為長者們提供量身訂做的家庭生活方式。

建築設計師李兆瓊表示，亞裔長輩們的生活方式與需要都和西方社會不太



東奧會游泳比賽最後一天 美國選手 贏得三枚金牌並創一項世界紀錄



【美南新聞泉深】2020東京奧運會游泳比賽週日(東京時間)進入最後一天，美國隊在上午舉行的五項游泳比賽項目中贏得了叁項冠軍，而澳大利亞隊獲得了另外兩項金牌。

德雷塞爾奪得男子50米自由泳金牌

美國水上飛人卡勒布·德雷塞爾(Caleb Dressel)在男子50米自由泳比賽中獲得金牌，這是他在本屆奧運會上獲得的個人第叁枚金牌。

德萊塞爾以21.07秒的成績奪冠，並創造了50米自由泳的奧運會紀錄。緊隨其後的是法國選手弗洛朗·馬諾杜，成績為21.55秒；巴西選手布魯諾·弗拉圖斯獲得銅牌。

芬克贏得男子1500米自由泳金牌

美國游泳隊的鮑比·芬克(Bobby Finke)週日在男子1500米自由泳的比賽中贏得冠軍，這是他在早些時候贏得男子800米自由泳冠軍之後的第二枚東京奧運會金牌。

芬克的勝利意味著美國人在東京奧運會的所有四項長距離游泳比賽中都獲得了最高獎項。美國隊的凱蒂·萊德基(Katie Ledecky)贏得了女子800米和1500米自由泳比賽的金牌。

美國隊打破世界紀錄贏得東京奧運會男子4x100米混合泳金牌

美國游泳選手瑞恩·墨菲(Ryan Murphy)(仰泳)、邁克爾·安德魯(Michael Andrew)(蛙泳)、卡勒布·德雷塞爾(蝴蝶)和紮克·蘋果(Zach Apple)(自由泳)在男子4x100米混合泳接力賽中贏得了冠軍並創造了該項比賽的世界紀錄，結束了2020年東京奧運會游泳比賽。

美國隊以3分26.78秒的成績完成比賽，領先第二名英國隊0.73秒，意大利以3分29.17秒的成績奪得銅牌。

美國人在他們參加的所有15屆奧運會中都贏得了該項

比賽的冠軍。

這場勝利使參加比賽的蝶泳選手卡勒布·德雷塞爾獲得了他在本屆奧運會上的第五枚金牌。

德雷塞爾在本週早些時候贏得100米自由泳和100米蝶泳金牌，也在男子4x100米自由泳接力賽中獲得金牌。這意味著他與邁克爾·菲爾普斯、馬克·斯皮茨和馬特·比昂迪一起成為唯一一位在單屆奧運會上至少獲得五枚金牌的美國游泳運動員。

(圖片來自網絡，版權歸原作者)