

Caregiver Education & Support Services May Programs

护老教育及支援服务 5月活动

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

3 与伴同行: 帕金森互助小组 (实体) Parkinson's Disease Self-Management Group (In-person)

Time/时间: 10:30am—12:00pm (星期六 Sat.)

Language/语言: Cantonese 广东话

Content/内容: Exercises for Parkinson's 帕金森运动

Address/地址: Yee Hong Finch Centre, 60 Scottfield Dr, Scarborough, ON, M1S 5T7

报名请致电 416-412-4571 内线 2361 or 电邮至 teresa.fung@yeehong.com

6 动起来...综合养生运动 Get Moving...Health Exercise

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Stella Ng 吴惠嫦女士 (Community Exercise Program Instructor 社区运动导师)

备注: 参加者须穿着舒适衣着, 运动鞋, 预留小活动空间及准备一张稳固有椅背的椅子

[Click here for Registration](#) 请按此处登记

8 认识乐龄科技 Technology to Support Aging in Place

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Paul Wong 黄子健先生 (Age Well at Home Project Manager at Yee Hong Centre 頤康中心服务经理)

Address/地址: North York Chinese Baptist Church 2/F, 685 Sheppard Ave. East, Toronto

备注: 此为免费讲座, 查询或报名请致电 416-710-9978
To register: Please call 416-710-9978

13 为认知障碍患者设计在家活动 Designing At-Home Activities for Individuals with Dementia

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Jessica Tang 邓焕明女士
(Yee Hong Centre Staff 頤康中心职员)

[Click here for Registration](#) 请按此处登记

14 护老须知: 如何识别和预防诈骗 For Caregivers: Recognize Scam and Prevention

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Dr. Philip Cheng 郑永平博士
(Retired Scientist 退休科学家)

[Click here for Registration](#) 请按此处登记

14 浴室安全设备和失禁护理 Bathroom safety, Equipment and Incontinence

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Ms. Amber Prowse-Zwegers
and Dr. Katrin Dolganova (House Calls 职业治疗师及注册医生 Occupational therapist and Physician from House Calls)

[Click here for Registration](#) 请按此处登记

15**"肌"不可少 - 认识肌少症及运动体验工作坊**
Understanding Sarcopenia and Prevention Exercise

Time/时间: 2:30pm—3:30pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Esther Ho 何诗韵女士
(Registered BCRPA Fitness Leader
加拿大注册专业健身教练)[Click here for Registration](#) 请按此处登记**16****糖尿病营养, 备餐及出外用餐如何选?****Diabetes Management: Nutrition and Meal Planning**

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Serene Hung 洪思慧女士 (Registered
Nurse and Certified Diabetes Educator
注册护士及认证糖尿病教育者)[Click here for Registration](#) 请按此处登记**21****给护老者: 关顾者互助小组****Walking Together: Caregiver Support Group**

Time/时间: 10:00am—11:30am (星期三 Wed.)

Speaker/讲员: Ms. Angela Guo 郭伟女士
(Social Worker at Yee Hong Centre
颐康中心安省注册社工)Address/ 地址: 万锦颐康何黎霭云中心一日间活动中心
2780 Bur Oak Ave, Markham, ON L6B 1C9报名请致电 416-412-4571 内线 2362 To register: Please
call 416-412-4571 ext 2362**28****认识惯性疲劳****Understanding Habitual Strain**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Nicky Lam 林世强先生
(Social Worker at Yee Hong Centre
颐康中心安省注册社工)[Click here for Registration](#) 请按此处登记**29****护老须知: 如何识别和预防诈骗 (现场讲座)****For Caregivers: Recognize Scam and Prevention**

Time/时间: 10:00am—11:15am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Dr. Philip Cheng 郑永平博士
(Retired Scientist 退休科学家)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电: 416-412-4571 内线 2363

30**糖尿病营养, 备餐及出外用餐如何选?****Diabetes Management: Nutrition and Meal Planning**

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Serene Hung 洪思慧女士 (Registered
Nurse and Certified Diabetes Educator
注册护士及认证糖尿病教育者)[Click here for Registration](#) 请按此处登记**30****给护老者: 眼科护理指南****For Caregivers: All About Eye Care**

Time/时间: 2:00pm—3:00pm (星期五 Fri.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Xiao Le Li 李晓乐女士 (Medical
Student at University of Toronto
多伦多大学医科学生)[Click here for Registration](#) 请按此处登记
YEE HONG**一站式
認知障礙症
資訊網**

專門針對加拿大華人社區



扫一扫

小组名称 Support Group	日期 Date	时间 Time	报名及查询 Registration and Enquiries
关顾者互助小组(广东话) Walking Together: Caregiver Support Group (Cantonese)	May 21 (Wed.) 5 月 21 日 (三)	11:00am— 12:30pm	416-412-4571 X2608
关顾者互助小组 (普通话/ 国语) Walking Together: Caregiver Support Group (Mandarin)	May 30 (Fri.) 5 月 30 日 (五)	10:00am— 11:30am	416-412-4571 X2362
与伴同行: 帕金森互助小组 (广东话) Parkinson's Disease Self-Management Group (Cantonese)	May 3 (Sat.) 5 月 3 日 (六)	10:30am— 12:00pm	416-412-4571 X2361



Drop-in Virtual Support Group (Thursday) 网上及电话支援小组 (星期四)

有说普通话 / 国语的社工为您提供网上及电话关顾者支持小组服务

This drop-in virtual support group provides an opportunity for caregiver to meet with one of our social workers via video chat or telephone and to support each other through caregiving experience.

Zoom ID: 833-7475-6615 Zoom Password: 123456

Telephone: +16473744685 或

[請按此處加入](#)

May 1 5 月 1 日 3pm-4pm 三時至四時

May 15 5 月 15 日 3pm-4pm 三時至四時

For inquiries in Cantonese/ Mandarin /English, please call 416-412-4571 Ext. 2363

or email to caregiver.edu@yeehong.com

广东话 / 普通话 / 英语查询，请电 416-412-4571 内线 2363 或电邮致 caregiver.edu@yeehong.com

Caregiving can be immensely rewarding, but can be emotionally and physically demanding too. Yee Hong's Caregiver Education and Support Services helps caregivers fortify their love and patience, with up-to-date knowledge, essential skills and wellness support, to ensure positive and successful results. Please visit us at:

护老是一件很有意义的事，但是它对护老者的身体和心理状态也有较高的要求。颐康的护老教育及支援服务可帮助护老者在爱心与耐心的基础上掌握最新的专业知识和基本技能，并通过维持健康的身心状态而达到确实有效的成果。

请浏览我们的网页:

<https://www.yeehong.com/care-learning/>

Yee Hong's CARE-Learning Website – 颐康关护网

Funding for the Caregiver Education & Support Services has been provided by the Ontario Health East and Ontario Health Central.

以上活動由 Ontario Health East 及 Ontario Health Central 資助

護老者鬆一鬆: 迷你花園工作坊

Caregiver Wellness: Create Your Own Mini Garden

運用園藝活動紓解身心壓力，學習從「愛自己」開始，讓植物滋潤我們的身心，由園藝治療師帶領進入奇妙的植物世界。建立植物與我們之間的美好關係。

Gardening, whether in your backyard, or in a small pot, offer a multitude of benefits for your mental and overall well-being. Lead by a horticultural therapist, we will find inner bliss and capture the intimate essence of nature by creating your own little garden.

日期Date: 5月30日(Fri.)
時間Time: 上午10:30am -12:00pm

Address地址:
頤康護老教育及資源中心
360 Highway 7 E.,
Unit 17, Richmond Hill

Fee費用 \$25 (包材料費)
語言Language: 廣東話
Cantonese



查詢或報名: 416-412-4571 ext 內線2363
fiona.lam@yeehong.com

[Click here for Registration](#)
請按此處登記

護老鬆一鬆--鉤織入門班

Caregiver Wellness: Crochet Beginner Class

您知道編織是一種放鬆身心的方式嗎？不管你是初學者還是有經驗的編織者，都歡迎來參加這個讓您輕鬆入門或重拾鉤織的課程！當感受到手中的線和針在你手中編織出美麗的織品時，你會感到一種滿足自在的感覺，彷彿所有的煩惱都被釋放了。

Crochet is not just a craft, it can also be a powerful tool for relaxation and stress relief. As you work with the yarn, the repetitive motion of crocheting allows the mind to focus on the present and let go out any distractions or worries.



日期DATE: 5月2,9,16日 (星期五, 共3堂)

時間TIME: 下午2:00PM -3:30PM

FEE費用 \$10(包材料費)

地點 LOCATION:頤康護老教育及資源中心
360 HIGHWAY 7 E., UNIT 17, RICHMOND HILL

查詢請聯絡 416-412-4571 內線2363 林姑娘 FIONA

請用以下GOOGLE FORM 報名

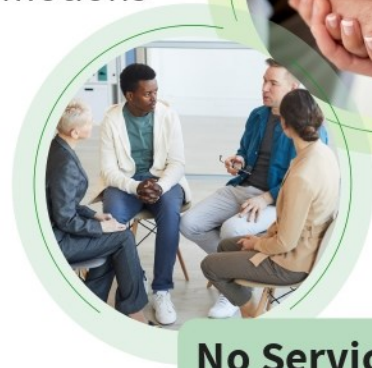
[HTTPS://FORMS.GLE/CWG4B617UADQASEE8](https://forms.gle/CWG4B617UADQASEE8)



Grief & Bereavement Support

You may be experiencing feelings of sadness and helplessness on your journey to cope with grief and loss. Our Grief and Bereavement support program offers a range of services designed to help the bereaved manage their grieving emotions and maintain a normal life during this difficult time.

If you or someone you know is experiencing grief and loss, we encourage you to contact us for more information about the services we provide.



Goals

- To provide community education to raise awareness within the Chinese community about life and death.
- To alleviate the grief experienced by caregivers and families when a loved one has passed away, is facing a terminal illness, or receiving palliative care.

No Service Charge

Services

- Community education on life and death(e.g., end-of-life care, funeral planning, advance care planning, etc)
- Community Resource Navigation, Supportive Counseling, Therapeutic Groups, and Service Referrals

Learn More



Features

We offer services in Cantonese and Mandarin, and provide culturally sensitive grief support.

For inquiries, please contact Caregiver Education & Support

Email: caregiver.edu@yeehong.com

Tel: (416)-412-4570

哀傷關懷支援服務

面對親人離世或患重病，往往會感到無比的悲傷與徬徨。本會的哀傷關懷支援服務旨在協助照顧者舒緩因親人重病晚期、臨終或離世而產生的哀傷情緒並適應新生活。

若你或你身邊的朋友正在經歷喪親或哀傷的情緒，歡迎聯絡我們以了解更多詳情。



費用全免

目標

- 紓解照顧者及家人在面對家人重病晚期、臨終或離世時所產生的哀傷情緒
- 提供社區教育與專題講座，提升華人社區對生死教育的關注與理解

服務內容

- 公眾教育（如臨終關懷、殯儀程序、授權書等專題知識）
- 社區資源諮詢、個別支援服務、治療小組及服務轉介等

特色

提供廣東話及國語服務，並以文化適切的方式提供哀傷支援

了解更多



申請方法及服務查詢：

請致電(416)-412-4570 或電郵至caregiver.edu@yeehong.com

與護老教育及支援服務部聯絡



頤康 | YEE HONG

DANCE  DNA

I Can Dance:

BALLROOM DANCE CLASS 社交舞蹈班 2024

每個星期五上午 Every Friday 11:00am-12:30pm

Venue/ 地點:

Markham Wesley Centre
萬民衛斯理社區服務中心

22 Esna Park Dr, Markham, ON L3R 1E1



費用: **FIRST CLASS FREE** 第一課免費

REGISTRATION & ENQUIRIES 報名及查詢

Phone 電話: (416) 412-4571 x 5641

email 電郵: icandance@yeehong.com

Payment by cash at class 於上課時以現金付款

或 **OR etransfer to** 電子轉帳至

icandance@yeehong.com

Please put a remark on the etransfer to include
"Your name and the date you want to attend"
請於電子轉帳上註明你的名稱及上課日子

Or Scan:



Regular Drop-In
rate **\$15**
/class/person
每個人每課

伴你同行 认知障碍症资讯站



dementiahub.yeehong.com/zh-hans



在这个认知障碍症资讯站中，你可以：

- ✓ 获得中文版的认知障碍症资讯
- ✓ 了解有关认知障碍症的知识 and 减低风险的方法
- ✓ 获得认知障碍症患者和照顾者的生活小贴士
- ✓ 了解更多本地认知障碍症服务及资源



扫一扫



+416-412-4571 ext. 2624



odgrh@yeehong.com

VOLUNTEER WITH YEE HONG!

齊來頤康做義工!

Positions available:

Program Assistant
Friendly Visitor
Assistant with Meals
Interest Class Instructor
Driver for Seniors
Meals-on-Wheels

Shopping Escort
Front Desk Assistant
Clerical Assistant
Laundry Aide
Special Event Assistant
& more!

義工崗位:

活動助理
親善探訪
進餐助理
興趣班導師
接送長者司機
送餐司機
購物護送
接待處助理
文書助理
洗衣房助理
特別活動助理
等等!

A little bit of your time could be a BIG help to our seniors.
你只要付出一點時間, 就能為長者帶來大大的幫助。

Contact Us 聯絡我們

頤康士嘉堡芬治中心 及 萬錦中心
Yee Hong Centre Scarborough Finch &
Yee Hong Ho Lai Oi Wan Centre (Markham)
Karen Wong
416-412-4571 ext. 5641
Karen.Wong@yeehong.com

頤康密西沙加中心
Yee Hong Centre Mississauga
Pinky Man
416-412-4571 ext. 4640
Pinky.Man@yeehong.com

頤康士嘉堡麥瀝高中心
Yee Hong Centre Scarborough McNicoll
Jessica Tang
416-412-4571 ext. 2611
JessicaWM.Tang@yeehong.com

[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



頤康需要你! YEE HONG NEEDS YOU!