

## Caregiver Education & Support Services July Programs

## 护老教育及支援服务 7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  |     |     |

### 8 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](#)

### 9 长者健康谈:腰腿痛...中医怎样缓解 Senior Health Talk: How to Relieve Lower back Pain with Traditional Chinese Medicine

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Dr. Zhou, R. TCMP & R. Ac 周泉先生 (安大略省注册中医师, 针灸师)

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### 9 睡眠健康 Sleep Hygiene

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Kashmira Dhamani (Community Ambassador at Scarborough Centre for Healthy Communities)

[Click JSS to Register 请按 JSS](#)

### 14 长者住房选择 Housing Options for Seniors

Time/时间: 10:00am—11:00am (星期一 Mon.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Angela Guo 郭伟女士 (Social Worker at Yee Hong Centre 頤康中心安省注册社工)

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

### 15 给照顾者:如何让幼儿理解与同行照顾历程 How to Help Young Children Understand and Walk Alongside the Caregiving Journey

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](#)

### 16 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 頤康中心安省注册社工)

Address/ 地址: 万锦頤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

**16 护老锦囊(1): 认识失智症**  
**For Caregivers: Dementia 101**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Fiona Lam 林凯欣女士  
(Yee Hong Centre Staff 颐康中心职员)

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

**17 护老须知: 如何识别和预防诈骗 (实体)**  
**For Caregivers: Recognize Scam and Prevention**

Time/时间: 10:00am—11:30am (星期四 Thurs.)

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)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill  
现场讲座请致电: 416-412-4571 内线 2363

**23 护老锦囊(2): 健脑锦囊**  
**For Caregivers: Brain Health**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Fiona Lam 林凯欣女士  
(Yee Hong Centre Staff 颐康中心职员)

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

**25 护老松一松: 居家种植雨林植物**  
**Growing Rainforest Plants at Home**

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/语言: Cantonese 广东话

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

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

**29 心理与生理年龄如何影响老化过程**  
**How Psychological & Biological Ages Influence the Aging Process**

Time/时间: 10:00am—11:00am (星期二 Tue.)

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](#)

**31 长者的情绪语言与家庭关系 (实体)**  
**Emotional Expression in Older Adults: Understanding and Connection (In-person)**

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

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: 360 Highway 7 E., Unit 17, Richmond Hill  
现场讲座请致电: 416-412-4571 内线 2363

**Yee Hong CAREL-earning Website –**  
**颐康关护网**



**一站式  
認知障礙症  
資訊網**

專門針對加拿大華人社區



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YEE HONG

| 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)<br>Walking Together: Caregiver Support Group (Cantonese)        | July 16 (Wed.)<br>7 月 16 日 (三) | 11:00am—<br>12:30pm | 416-412-4571 X2608               |
| 关顾者互助小组 (普通话/ 国语)<br>Walking Together: Caregiver Support Group (Mandarin)    | July 11 (Fri.)<br>7 月 11 日 (五) | 10:00am—<br>11:30am | 416-412-4571 X2362               |
| 与伴同行: 帕金森互助小组 (广东话)<br>Parkinson's Disease Self-Management Group (Cantonese) | July 26 (Sat.)<br>7 月 26 日 (六) | 10:30am—<br>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](#)

July 3 7 月 3 日 3pm-4pm 三時至四時

July 24 7 月 24 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](mailto: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](mailto: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



# 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](mailto: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](mailto:caregiver.edu@yeehong.com)

與護老教育及支援服務部聯絡



# 伴你同行 认知障碍症资讯站



[dementiahub.yeehong.com/zh-hans](https://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



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+416-412-4571 ext. 2624



odgrh@yeehong.com



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YEE HONG

# 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](mailto: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](mailto: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](mailto:JessicaWM.Tang@yeehong.com)

[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



# 頤康需要你! YEE HONG NEEDS YOU!