

**Caregiver Education & Support Services  
September Programs  
护老教育及支援服务  
9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				

**2 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](#)

**3 碳水化合物与长者健康  
Discovering Carbohydrates and Seniors' Health**

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Dr. Oria Xie 谢丽凤女士  
(Registered Dietician in Canada and USA; PhD. in Nutrition 加拿大和美国注册营养师;加拿大营养学博士)

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

**10 家居安全与预防跌倒  
Home Safety and Fall Prevention**

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Rosalinda Windsor (Occupational Therapist from House Calls)

[Click JSS to Register 请按 JSS](#)

**11 爱要有界，钱要有度：谈长者财务独立与家庭关系(实体)  
Financial Independence and Family Relationships for Older Adults (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 頤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

**16 给护老者：什么是人工智能 (AI)?  
What Is Artificial Intelligence (AI)?**

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](#)

**17 给护老者：关顾者互助小组(实体)  
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

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## 失禁怎么办?

## What to Do About Incontinence in Elderly?

Time/时间: 10:00am—11:00am (星期二 Tue.)

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

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## 认识预定护理计划

## Introduction to Advance Care Planning

Time/时间: 10:30am—11:30am (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Ceci Tai 戴思韵女士

(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

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## 护老情真 - 从触动你心的好歌开始

## Behind Caregiving – Songs That Touch Your Heart

Time/时间: 10:00am—11:00am (星期五 Fri.)

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

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## 远距照护：成为一名远距照护者

## Caring from Far: Being a Long Distance Caregiver

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Mandarin 普通话/ 國語

Speaker/講員: Ms. Angela Guo 郭偉女士 (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

- 獲得中文版的認知障礙症資訊
- 了解有關認知障礙症的知識和減低風險的方法
- 獲得認知障礙症患者和照顧者的生活小貼士
- 了解更多本地認知障礙症服務及資源

网址: [dementiahub.yeehong.com](http://dementiahub.yeehong.com)

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



 颐康  
 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)	Sept 17 (Wed.) 9 月 17 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)	Sept 12 (Fri.) 9 月 12 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)	Sept 6 (Sat.) 9 月 6 日 (六)	10:30am— 12:00pm	416-412-4571 X8529



## 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](#)

Sept 4 9 月 4 日 3pm-4pm 三時至四時

Sept 18 9 月 18 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



# 護老鬆一鬆--鉤織入門及中班

## Caregiver Wellness: Crochet Beginner and Intermediate 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: 9月16,23,30日 (星期二, 共3堂)**

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

**FEE費用 \$10(包材料費)**

### BEGINNER CLASS 入門班

時間: 下午1:00PM-2:30PM

不需任何經驗

### INTERMEDIATE CLASS 中班

時間: 下午2:45PM-4:15PM

需懂得用鉤針鉤短針、長針。



查詢請聯絡 416-412-4571 內線2611 鄧姑娘 Jessica Tang

請用以下GOOGLE FORM 報名

[HTTPS://FORMS.GLE/LT4WSUHO1ZCOLWVMA](https://forms.gle/LT4WSUHO1ZCOLWVMA)



### 講座介紹

歡迎參加我們的講座，本講座給已退休的長者及處於退休年齡的護老者提供相關的政府福利及服務介紹。

題目包括:

- Service Canada 服務概覽
- 老人金
- 加拿大退休金計劃
- 老年低收入補助金及津貼
- 加拿大殘疾福利 **New!**
- 加拿大牙科護理計劃

Speaker 講員: Ms. Hailey Ng, Citizen Services Specialist, Service Canada

## 政府福利及服務簡介講座 Government Benefits and Services for Seniors



2025年10月15日, Wed (三)



早上 10:00am - 11:00 am



English 英文

### Workshop highlights

- In this workshop, you will find information about financial programs, benefits and other services offered by Service Canada for **seniors and caregivers who are retired or at pre-retirement age.**
- Learn about the **Canada Pension Plan, Old Age Security and Guaranteed Income Supplement, Allowance, Canada Disability Benefit (new program) and much more!**



網上報名及查詢

Online Registration & Enquiry:

Email: [fiona.lam@yeehong.com](mailto:fiona.lam@yeehong.com)

Tel: 416-412-4571 內線 ext 2363

網上報名請按此處

[Click here for Online Registration](#)

## Service Canada In-person Clinic for Seniors and Caregivers

### Service Canada 為長者及護老者提供現中文服務

Book a 30-minute consultation with a Service Canada representative to help you with your applications and answer your questions.

預約30分鐘的諮詢，以幫助您完成申請及解答您的查詢。



2025年10月22日 (Wednesday 星期三)  
上午10:00am - 3:00pm



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

#### SERVICES 服務範圍



Guaranteed Income Supplement 保障收入補貼 (GIS)



My Service Canada Account 網上帳戶 (MSCA)



Old Age Security 老人金 (OAS)



Employment Insurance 就業保險 (EI)



Social Insurance Number 社會保險號碼 (SIN)



Canada Dental Care Plan 加拿大牙科護理計劃



Canada Pension Plan 退休金 (CPP)



Canada Disability Benefit 加拿大殘疾福利



Book appointment, please call or email:  
預約及查詢請聯絡: 416-412-4571 ext 內線2363 Fiona Lam 林姑娘  
fiona.lam@yeehong.com





# 與你同行 – 「陶」造你心晴



**日期:** 2025年8月19, 26日(星期二),  
9月5, 12, 19日(星期五)及  
9月23日(星期二)

**時間:** 上午10時 – 中午12時

**節數:** 共六節



**地點:** 頤康士嘉堡麥瀝高中心  
(2311 McNicoll Avenue, Scarborough,  
ON, M1V 5L3)



**語言:** 廣東話



**對象:** 晚期病患長者的照顧者及家人



**費用全免**

## 小組內容

本支援小組(6 - 8人)由註冊社工帶領，並特別邀請註冊音樂治療師及陶藝導師共同參與。本小組旨在透過陶藝創作與音樂治療的過程，陪伴照顧者認識內在的情緒，並協助面對照顧患者期間所產生的壓力。



## 報名及查詢:



請致電(416)-412-4570 與護老教育及支援服務部聯絡  
或電郵至[caregiver.edu@yeehong.com](mailto:caregiver.edu@yeehong.com)

## Caregiver Support Group - Healing through Art & Music



**Date:** 2025 August 19, 26 (Tue),  
Sep 5, 12, 19 (Fri),  
Sep 23 (Tue)

**Time:** 10am -12pm

**Sessions:** 6 sessions



Yee Hong Scarborough McNicoll Centre  
(2311 McNicoll Avenue, Scarborough,  
ON, M1V 5L3)



**Language:** Cantonese



**Target Participants:** Caregivers and family members of  
older adults with chronic and progressive diseases



**Free of Charge**

### Program Details

Led by a registered social worker, with participation from a music therapist and ceramics instructor. This group aims to help caregivers explore their inner emotions through the process of art and music therapy, and to alleviate the grief experienced by caregivers when their loved ones face chronic and progressive diseases.



**For registration and inquiries,  
please contact Caregiver Education & Support**



Email: [caregiver.edu@yeehong.com](mailto:caregiver.edu@yeehong.com)  
Tel: (416)-412-4570



# 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.

## 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

## 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



# 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!

