

**Caregiver Education & Support Services**  
**September Programs**  
**護老教育及支援服務**  
**9 月活動**

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				

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**動起來...綜合養生及防跌運動**

**Get Moving... Health Exercise**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Stella Ng 吳惠嫦女士  
 (Community Exercise Program  
 Instructor 社區運動導師)

備註: 參加者須穿著舒適衣著, 運動鞋, 預留小活動  
 空間及準備一張穩固有椅背的椅子

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

3

**碳水化合物與長者健康**

**Discovering Carbohydrates and Seniors' Health**

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Mandarin 普通話 /國語

Speaker/講員: Dr. Oria Xie 謝麗鳳女士  
 (Registered Dietician in Canada and  
 USA; PhD. in Nutrition  
 加拿大和美國註冊營養師; 加拿大營  
 養學博士)

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

10

**家居安全與預防跌倒**

**Home Safety and Fall Prevention**

Time/時間: 3:00pm—4:15pm (星期三 Wed.)

Language/語言: English 英文

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

[Click JSS to Register 請按 JSS 登記](#)

11

**愛要有界, 錢要有度: 談長者財務獨立  
 與家庭關係(實體)**

**Financial Independence and Family Relationships for  
 Older Adults (In-Person)**

Time/時間: 10:00am—11:30am (星期四 Thurs.)

Language/語言: Mandarin 普通話 / 國語

Speaker/講員: Ms. Angela Guo 郭偉女士  
 (Social Worker at Yee Hong Centre  
 頤康中心安省註冊社工)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill  
 現場講座請致電 416-412-4571 內線 2363

16

**給護老者: 什麼是人工智能 (AI)?**

**What Is Artificial Intelligence (AI)?**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Mandarin 普通話 /國語

Speaker/講員: Ms. Jessica Tang 鄧煥明女士  
 (Yee Hong Centre Staff 頤康中心職員)

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

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**給護老者: 關顧者互助小組 (實體)**

**Walking Together: Caregiver Support Group**

Time/時間: 10:00am—11:30am (星期三 Wed.)

Speaker/講員: Ms. Angela Guo 郭偉女士  
 (Social Worker at Yee Hong Centre  
 頤康中心安省註冊社工)

Address/ 地址: 萬錦頤康何黎靄雲中心一日間活動中心  
 2780 Bur Oak Ave, Markham, ON L6B 1C9

報名請致電 416-412-4571 內線 2362

To register: Please call 416-412-4571 ext 2362

**23****失禁怎麼辦?****What to Do About Incontinence in Elderly?**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Jessica Tang 鄧煥明女士  
(Yee Hong Centre Staff 頤康中心職員)[Click here for Registration 請按此處登記](#)**24****認識預定護理計劃****Introduction to Advance Care Planning**

Time/時間: 10:30am—11:30am (星期三 Wed.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Ceci Tai 戴思韻女士  
(Social Worker at Yee Hong Centre  
頤康中心安省註冊社工)[Click here for Registration 請按此處登記](#)**26****護老情真 – 從觸動你心的好歌開始****Behind Caregiving – Songs That Touch Your Heart**

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Nicky Lam 林世強先生  
(Social Worker at Yee Hong Centre  
頤康中心安省註冊社工)[Click here for Registration 請按此處登記](#)**30****遠距照護：成為一名遠距照護者****Caring from Far: Being a Long Distance Caregiver**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Ms. Angela Guo 郭偉女士  
(Social Worker at Yee Hong Centre  
頤康中心安省註冊社工)[Click here for Registration 請按此處登記](#)

- 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

網址: [dementiahub.yeehong.com](http://dementiahub.yeehong.com)
 頤康  
YEE HONG
**一站式  
認知障礙症  
資訊網**

專門針對加拿大華人社區



掃一掃

**Yee Hong CARE-Learning Website****— 頤康關護網**

小組名稱 Support Group	日期 Date	時間 Time	報名及查詢 Registration and Enquiries
關顧者互助小組(廣東話) Walking Together: Caregiver Support Group (Cantonese)	Sept 17 (Wed.) 9 月 17 日 (三)	11:00am— 12:30pm	416-412-4571 X2608
關顧者互助小組 (普通話/ 國語) Walking Together: Caregiver Support Group (Mandarin)	Sept 12 (Fri.) 9 月 12 日 (五)	10:00am— 11:30am	416-412-4571 X2362
與伴同行: 帕金森互助小組 (廣東話) 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) 網上及電話支援小組 (星期四)

有說普通話 / 國語的社工為您提供網上及電話關顧者支持小組服務

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)**

廣東話 / 普通話 / 英語查詢，請電 416-412-4571 內線 2363 或電郵致 [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:

護老是一件很有意義的事，但是它對護老者的身體和心理狀態也有較高的要求。頤康的護老教育及支援服務可幫助護老者在愛心與耐心的基礎上掌握最新的專業知識和基本技能，並通過維持健康的身心狀態而達到確實有效的成果。請瀏覽我們的網頁：

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

**Yee Hong's CARE-Learning Website – 頤康關護網**

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](#)



頤康

| YEE HONG

Caregiver Education and Support Services

## 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 網上賬戶 (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



# 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：

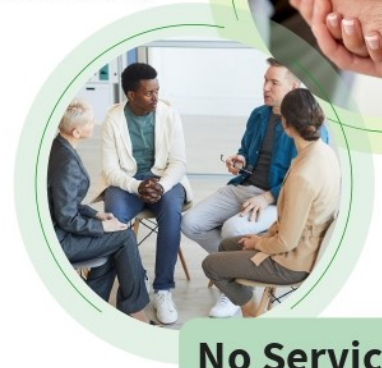
請致電(416)-412-4570 或電郵至[caregiver.edu@yeehong.com](mailto:caregiver.edu@yeehong.com)

與護老教育及支援服務部聯絡

# 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



# 伴你同行 認知障礙症資訊站



[dementiahub.yeehong.com/zh-hant](http://dementiahub.yeehong.com/zh-hant)



在這個認知障礙症資訊站中，你可以：

- ✓ 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



掃一掃



+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!