

**Caregiver Education & Support Services
October Programs
護老教育及支援服務
10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	31				

**3 家居環境感染預防及控制
Infection Prevention and Control in Household**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Karen Wong 黃琮珠女士
(Yee Hong Centre Staff 頤康中心職員)

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

**4 給護老者: 椅子瑜珈鬆一鬆 (實體課程)
For Caregivers: Chair Yoga for Caregivers
(In-person workshop)**

Date/日期: 2023年10月4, 11, 18, 25日 (共四節)

Time/時間: 10:30am—11:30am (星期三 Wed.)

Language/語言: Cantonese 廣東話

Fee/費用: 每人\$20/ per person

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

For inquiry, please call 查詢請致電:
416-412-4571 內線 2363 Fiona Lam 林姑娘

**11 失智症與失智症的居家照顧 (2)
Understanding and Supporting a Person
with Dementia at Home (2)**

Time/時間: 10:00am—11:00am (星期三 Wed.)

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](#)

**11 如何在預算內吃得健康
Healthy Eating on a Budget**

Time/時間: 3:00pm—4:00pm (星期三 Wed.)

Language/語言: English 英文

Speaker/講員: Jennifer Xu and Abida Rahman
(Registered Dietitian and Registered
Nurse at West Toronto Diabetes
Education Program)

[Click JSS to Register 請按 JSS 登記](#)

**12 長期護理院簡介(現場講座)
For Caregivers: Introduction to Long Term Care
Homes (In-person workshop)**

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

現場講座請致電 416-412-4571 內線 2363

**12 給護老者: 聽力健康
For Caregivers: Senior Hearing Health**

Time/時間: 11:00am—12:00pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Alison Poon 潘倩梅女士
(Hearing Aid Practitioner 聽力師)

[Click NYCBC to Register
請按社群服務 NYCBC 登記](#)

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長者精神健康系列：

認識長者「急性精神昏亂」

Understanding Delirium

Time/時間： 10:00am—11:00am (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Teresa Fung

(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

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護老秋季遊

Caregiver Wellness: Autumn Outing

Time/時間： 10:00am—1:30pm (星期五 Fri.)

Location/地點: 湛山精舍 Cham Shan Temple

Fee/費用: 每人\$20/ per person (包括交通及午餐)

Pick up and Drop off Location/ 集合及解散地點:

頤康護老教育及資源中心

360 Highway 7 E., Unit 17, Richmond Hill

Please read below flyer for more details

詳情請參閱以下海報

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護老錦囊: 揭秘營養誤區

Caregiving Tips: Debunk Nutritional Myths Together

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 Dietitian 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

26

安省長者社會福利和社區服務簡介

Programs and Services For Older Adults In Ontario

Time/時間： 2:00pm—3:00pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Rara Lam 林曉樺女士

(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

17

護老專題: 政府福利及服務概覽

Service Canada Workshop: Overview of Government Benefits and Services

Time/時間： 10:00am—11:00am (星期二 Tue.)

Language/語言: English 英文

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

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

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頤康中心「樂齡居家服務」簡介

An Introduction to Yee Hong "Aging Well at Home" Services

Time/時間： 2:00pm—3:00pm (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Paul Wong (Program Manager at Yee Hong Centre 頤康中心服務經理)

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

25

關於 RSV 及其他疫苗的最新資訊

Information about RSV Vaccine and other Vaccines

Time/時間： 2:00pm—3:00pm (星期三 Wed.)

Language/語言: Mandarin 普通話 / 國語

Speaker/講員: Dr. Ariel Li (Pharmacist and Doctor of Pharmacy 註冊藥劑師; 藥劑學博士)

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

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)	Oct 18 (Wed.) 10 月 18 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)	Oct 13 (Fri.) 10 月 13 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)	Oct 7 (Sat.) 10 月 7 日(六)	10:00am— 11:30am	416-412-4571 X2361



Drop-in Virtual Support Group (Thursday) 網上及電話支援小組(星期四)

有說廣東話 / 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](#)

廣東話	Oct 5 10 月 5 日	3pm-4pm 三時至四時
	Oct 19 10 月 19 日	3pm-4pm 三時至四時
普通話/國語	Oct 12 10 月 12 日	3pm-4pm 三時至四時
	Oct 26 10 月 26 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**

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

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

CAREGIVER AUTUMN
OUTING

護老秋季遊

Location 地點: 湛山精舍 **Cham Shan Temple**

寺廟義工將帶領我們導覽精舍內不同的寺廟殿堂及
體驗素食

Date 日期: 10月20日

Time 時間: 早上10:00am
- 下午1:30pm

Fee 費用: 每人\$20/ per
person (包括交通及午餐)

Pick up and Drop off

集合及解散地點:
頤康護老教育及資源中心
**360 Highway 7 E.,
Unit 17, Richmond Hill**

報名請致電416-412-4571 內線2363

Fiona Lam 林姑娘



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
- 加拿大就業保險--常規和特殊福利: 例如疾病、家庭照護等

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



October 10月17日, Tuesday (二)



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, and much more!**



網上報名及查詢

Online Registration & Enquiry:

Email: 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 現場中文服務

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。



2023年10月19日 (Thursday星期四)

上午10:00am - 下午3:00pm



頤康護老教育及資源中心

360 Highway 7 E., Unit 17, Richmond Hill

SERVICE 服務範圍

- ✓ Guaranteed Income Supplement 保障收入補貼 (GIS)
- ✓ Social Insurance Number 社會保險號碼 (SIN)
- ✓ Old Age Security 老人金 (OAS)
- ✓ Employment Insurance 就業保險 (EI)
- ✓ My Service Canada Account 網上賬戶 (MSCA)
- ✓ Canada Pension Plan 退休金 (CPP)



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



華人關顧者網絡 Chinese Caregiver Network



華人關顧者網絡
Chinese Caregiver Network

網上遊學團

Educational Webinar series

免費網上粵語講座以Zoom 會議形式舉行

從九月至十一月,每月的第四個星期一,下午二時至三時,歡迎大家參加

Free Virtual Cantonese Information Sessions Via Zoom. From Sept to Nov, the 4th Monday of the month, from 2:00 to 3:00 pm. All are Welcome

了解聽力與聽覺健康

Understanding your Hearing and Hearing Health

長者面對的聽覺損退及實用的溝通技巧、聽覺輔助器材及社區提供的聽覺健康服務
Hearing loss and communication strategies, Overview of hearing devices and Useful community resources.

講員 Matthew Ko, Hearing Care Counsellor
Canadian Hearing Services

25
Sept
2023

頤康中心「樂齡居家服務」簡介

An introduction to Yee Hong "Aging Well at Home" Services

介紹「頤康導航樂加居」、「居家防跌大行動」及「樂助家居好幫手」服務
Introduce 'System Navigation', 'Falls Prevention' and 'Home Improvement' Services

講員 Speaker: Paul Wong
Project Manager, Yee Hong Center

23
Oct
2023

何時需要「暫顧服務」？ When Do I need "Respite Care Services"?

介紹不同形式的「暫顧服務」及相關的支援服務
Overview on "Different Types of Respite Care Services and other related available services"

講員 Speaker: Cherubini Yuen, Registered Social Worker
Carefirst Seniors and Community Services Association

27
Nov
2023

參加者需要網上報名以取得 **Zoom ID**. 請按入此處登記

Please register online to obtain Zoom ID. [Please click here for registration](#)

如有任何查詢, 請瀏覽 www.ccncaregiver.ca

華人關顧者網絡是一個伙伴合作計劃, 由十多個健康推廣和社會服務機構聯合組成。目的是在安省的華人社區內, 倡導和推廣華人關顧者的聯繫、教育、資訊共享及訓練。網絡成員包括: 多倫多認知障礙症協會, 加拿大聽力服務, 耆暉會, 康福心理健康協會, 耆樂中心, 加拿大腎臟基金會-安省分會, 西乃山醫院恆康中心和頤康中心。

The Chinese Caregiver Network (CCN) is a partnership across health and social service providers and caregivers with a common goal to advocate and promote networking, education, information sharing and capacity building among caregivers in the Chinese community. Current members include: Alzheimer Society Toronto, Canadian Hearing Services, Carefirst Senior and Community Services Association, Hong Fook Mental Health Association, Senior Person Living Connected, The Kidney Foundation of Canada - Ontario Branch, Mount Sinai Hospital Wellness Centre, and Yee Hong Centre for Geriatric Care.



頤康 | 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

頤康士嘉堡麥瀝高中心 及 萬錦中心
**Yee Hong Centre Scarborough McNicoll &
Yee Hong Ho Lai Oi Wan Centre (Markham)**
David Lee
416-412-4571 ext. 2611
david.lee@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

頤康士嘉堡芬治中心
Yee Hong Centre Scarborough Finch
Karen Wong
416-412-4571 ext. 5641
karen.wong@yeehong.com

Our Webpage 網頁

Apply Now! 現在報名!



頤康需要你! YEE HONG NEEDS YOU!