

**Caregiver Education & Support Services
November Programs
護老教育及支援服務
11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		

**6 長者精神健康系列：長者思覺失調
Understanding Psychosis Disorder in the Elderly**

Time/時間： 10:30am—11:30am (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Tweety Yuen (康福心理健康協會
資深心理健康工作員 Hong Fook
Senior Mental Health Worker)

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

**7 跳舞基本步，跳出好體魄
Basic Social Dance— Dance for Health**

Time/時間： 2:00pm—3:00pm (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Sue Tang (Founder of I Can Dance
Program 創辦人)

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

**8 應對緊急狀態
Be Ready : Emergency Preparedness Workshop**

Time/時間： 3:00pm—4:00pm (星期三 Wed.)

Language/語言： English 英文

Speaker/講員: 加拿大紅十字會義工
Canadian Red Cross Volunteer

[Click JSS to Register 請按 JSS 登記](#)

**9 給護老者: 長者用藥安全
For Caregivers: Medication Safety for Seniors**

Time/時間: 11:00am —12:00pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Janet Chong-Lee 莊慧儀女士
(Registered Pharmacist
安省註冊藥劑師)

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

**13 如何為你的長者訂立「預定護理計劃」
Ontario's Advanced Care Planning**

Time/時間： 10:00am—11:00am (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員： Ms. Teresa Fung 馮斐燕女士
(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](#)

**14 睡眠健康
Sleep Health**

Time/時間： 10:00am—11:00am (星期二 Tue.)

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](#)

15 護老錦囊: 糖尿病預防及其管理
Caregiving Tips: Diabetes Prevention and Management

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Janice Tang 鄧芷詠女士
(Registered Dietitian 註冊營養師)

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

16 護老專題: 讓快樂多一點—認識正向心理
For Caregivers: What is Positive Psychology?

Time/時間: 10:00am—11:30am (星期四 Thurs.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Ms. Fiona Lam 林凱欣女士
(Yee Hong Centre Staff 頤康中心職員)

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

20 用科技保持與摯親聯繫
Keep Loved Ones Connected with Technology

Time/時間: 10:00am—11:00am (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Michael Chan 陳啟堅先生
(Retired TDSB Math and Technology
Teacher 退休數學和技術老師)

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

21 給低收入長者的退稅優惠及福利
Ontario's Credit, Benefits and Supports for
Lower Income Seniors

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: English 英文

Speaker/講員: Mr. Jeremy Bertrand and Ms. Nina
Cabral-Bouchard (Seniors Program
Advisory Specialist and Program Advisory
Specialist of Ministry of Finance
安省財政廳高級項目及公共教育專員)

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

23 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)

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

27 何時需要「暫顧服務」?
When do I need 'Respite Care Services'?

Time/時間: 2:00pm—3:00pm (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Cherubini Yuen (Social Worker at
CareFirst 耆暉會註冊社工)

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

28 護老錦囊: 乳製品知識知多少?
Caregiving Tips: Milk and Alternatives

Time/時間: 10:00am—11:00am (星期二 Tue.)

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](#)

30 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

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)	Nov 15 (Wed.) 11 月 15 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)	Nov 24 (Fri.) 11 月 24 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)	Nov 11 (Sat.) 11 月 11 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](#)

Nov 2 11 月 2 日 **3pm-4pm 三時至四時**

Nov 23 11 月 23 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



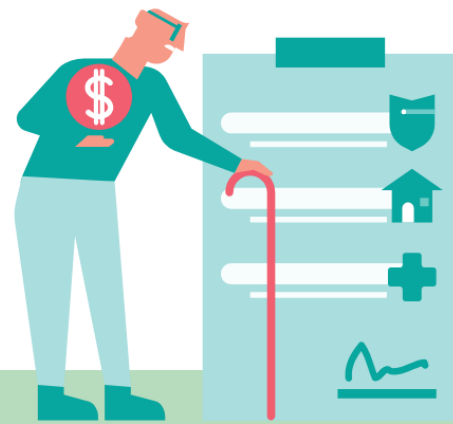
頤康

YEE HONG

Caregiver Education and Support Services

Ontario's Credits, Benefits and Supports for Lower-Income Seniors

安省政府給低收入長者的退稅優惠及福利



Date 日期: 2023 November 21
Time 時間: 10:00am - 11:00am

Topic Include:

- Ontario and federal personal income tax credits and benefits
- How to apply?
- Online tools designed to help you find information about credits, benefits and programs;
- Helpful tips to avoid fraud or scams.

內容:

- 安省和聯邦個人所得稅抵免和福利
- 如何申請?
- 如何善用網上工具尋找政府資源及福利
- 避免欺詐或詐騙的有用資訊

[網上報名請按此處](#)

[Register Here](#)



Who should attend?

- Lower-income seniors and/or their advocates (family, friends)
- Lower-income individuals nearing retirement
- Caregivers, community groups and organizations who support lower-income seniors

對象

- 低收入老年人和/或其支持者(家人、朋友)
- 接近退休的低收入人士
- 支持低收入老年人的照顧者、社區團體和組織

Enquiry 講座查詢:

- Email: fiona.lam@yeehong.com
- Tel: 416-412-4571 內線 ext 2363

Speaker info 講員介紹:

Jeremy Bertrand is the Senior Program Advisory Specialist from Ministry of Finance. He has been helping Ontarians boost their tax literacy for nearly 25 years. Jeremy has a passion for public education and has delivered hundreds of ministry seminars, always with his trademark humour and enthusiasm.

Jeremy Bertrand 效力於安省財政廳超過25年，一直致力於幫助安省居民提升稅務知識。他對公共教育充滿熱情，並以他標誌性的幽默和熱情代表安省財政廳主持過數百場教育講座。

Nina Cabral-Bouchard is a Program Advisory Specialist for the Ontario Ministry of Finance and has worked for the provincial government since 1999. Specializing in outreach and education Nina brings energy and awareness to every topic that she delivers from tax credits and benefits to tax liability.

Nina Cabral-Bouchard 現職安省財政廳，自1999年以來一直在省政府工作。Nina 專門從事外展和教育工作，熱衷於提高大眾對稅務的認識。



Heartsaver CPR/ AED Certification

護老課程：成人心肺復甦法證書課程

Nov 4
(六) **CPR Level A (English 英文)**
9:30am - 11:30am

\$40

Nov 4
(六) **CPR Level C (English 英文)**
9:30am - 2:00pm

\$50

Nov 10
(五) **CPR Level A
(Cantonese 廣東話)**
9:30am - 11:30am

\$40

Nov 10
(五) **BLS Cantonese (廣東話)**
9:30am - 2:00pm

\$60

Learning to Save a Life

Cardiac arrest can happen to anyone, at any time. Be ready to respond. Your fast action can more than double the chance of surviving.

Address地址:

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

查詢或報報名:

416-412-4571 ext 內線2363
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.

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!