

**Caregiver Education &
Support Services –
June Programs**

**护老教育及支援服务
六月活动**

June 2023

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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**给护老者: 护理院的选择 (现场讲座)
For Caregivers: Choosing a Nursing Home
(In-person workshop)**

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: 頤康护老教育及资源中心
360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电 416-412-4571 内线 2363

For in-person, please call 416-412-4571 ext 2363

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护老专题: 了解你的肾脏

For Caregivers: Understanding Your Kidney

Time/时间: 11:00am – 12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Sue Fong 方淑瑜女士 (Community
Development Coordinator, The Kidney
Foundation of Canada – Ontario Branch
加拿大肾脏基金会社区发展统筹)

[Click NYCBC to Register](#)

[请按社群服务 NYCBC 登记](#)

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护老者养生运动

For Caregivers: Health Exercise

Time/时间: 10:00am – 11:00am (星期五 Fri.)

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
及预留小活动空间

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

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**Caregiver Burden and Cardiovascular Disease:
Making Visible the Health of Women who are
Unpaid Caregivers in Canada**

Time/时间: 10:00am – 11:00am (星期一 Mon.)

Language/语言: English 英文

Speaker/讲员: Dr. Monica Parry (Associate
Professor at the Faculty of Nursing at
University of Toronto)

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预防虐老面面观

**Elder Abuse Awareness and Prevention A
Closer Look**

Time/时间: 3:00pm – 4:00pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Ms. Mary Shkoury, Prevention
Consultant, Elder Abuse Prevention
Ontario

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护老生活小确幸: 50+的美容之道

**Self Care for Caregivers:
Give Your Skin a Little Love**

Time/时间: 10:00am – 11:30am (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Cesie Wong
(Experienced Certified Esthetician
资深注册美容师)

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

16 给护老者: 骨质疏松的迷思

For Caregivers: Osteoporosis Myths

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Priscilla Ching 程何婉华女士
(Osteoporosis Canada
加拿大骨质疏松协会)

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长者家居及高层大厦防火安全讲座 Seniors' Fire Safety and Safety for Residential High-Rise Building

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: English 英文

Translation/翻译: Cantonese 广东话

Speaker/讲员: Speaker from Public Education Team
at Richmond Hill Fire & Emergency
Services
(列治文山消防与紧急服务公共教育职员)

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

22 护老同乐聚一聚 (现场讲座)

Caregiver Gathering: Fun and Game Day (In-person workshop)

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

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

Address/ 地址: 颐康护老教育及资源中心
360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电: 416-412-4571 内線 2363

For in-person, please call 416-412-4571 ext 2363

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照顾者的情绪管理: 应对内疚 Dealing with Caregiver Guilt

Time/时间: 10:00am—11:00am (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)

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

23 护老者专题: 认识及预防虐老

Understanding Older Adult Abuse: For Caregivers

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/语言: English 英文

Translation/翻译: Cantonese 广东话

Speaker/讲员: Speaker from Yellow Brick House
(Yellow Brick House 公共教育职员)

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「华人照顾者网络」讲座系列之 浅谈辅导及心理治疗

CCN Education Series: An Introduction to Counselling, Psychotherapy and Psychosocial Interventions

Time/时间: 2:00pm—3:00pm (星期一 Mon.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Sherlyn Hu (Mental Health Clinician
at Mount Sinai Hospital Wellness Center
西乃山医院恒康中心心理辅导员)

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

27 护老新知: 自我调养广视角

For Caregiver: Cultural Influences on Self-Care

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Dr. Yi Zhang 张艺女士
(Registered Naturopathic Practitioner
安省注册自然疗法师)

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护老锦囊: 探索食物的「身份证」

Caregiving Tips: Discover Food Label

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 Dietitian 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](#)

网上关顾者互助及支援小组 Online Caregiver Support Groups

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)	June 6 月 21 日 (星期三 Wed.)	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)	June 6 月 9 日 (星期五 Fri.)	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)	June 6 月 3 日 (星期六 Sat.)	10:00am— 11:30am	416-412-4571 X2361

CAREGIVER BURDEN AND CARDIOVASCULAR DISEASE: MAKING VISIBLE THE HEALTH OF WOMEN WHO ARE UNPAID CAREGIVERS IN CANADA

Almost one-third of Canadians provide unpaid care to someone who is aging or has a long-term health condition. Despite benefits, unpaid caregiving can have negative effects on one's ability to exercise or eat a healthy diet. This presentation will discuss risks of unpaid caregiving to high blood pressure and heart disease.



REGISTER NOW

DATE: 2023 JUNE 12 (MONDAY)

TIME: 10:00AM - 11:00AM

LANGUAGE: ENGLISH

FORMAT: ZOOM



FOR ANY INQUIRIES PLEASE CONTACT

416-412-4571 ext 2363



頤康 | YEE HONG



Dr. Monica Parry

Dr. Parry is an Associate Professor at the Lawrence S. Bloomberg Faculty of Nursing and a Nurse Practitioner in the Cardiac Program at Kingston Health Sciences Centre. Monica's research focuses on patient engagement and the sex/gendered factors that impact the burden of cardiovascular disease, including unpaid caregiving.

Drop-in Virtual Support Group (Zoom)

网上及电话支援小组

有说广东话 / 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 [请按此处加入](#)

广东话	June 1	6 月 1 日	3pm-4pm 三时至四时
	June 15	6 月 15 日	3pm-4pm 三时至四时
普通话/国语	June 8	6 月 8 日	3pm-4pm 三时至四时
	June 22	6 月 22 日	3pm-4pm 三时至四时



For inquiries in Cantonese/ Mandarin /English, please call 416-412-4571 Ext. 2363

or email to 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

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

