

**Caregiver Education & Support Services
February Programs
護老教育及支援服務
2 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		

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**退休生活更美妙—長者身心靈管理
Retirement and Your Well-being**

Time/時間: 11:00am—12:00pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

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

[Click NYCBC to Register](#)

[請按社群服務 NYCBC 登記](#)

8

一起「動」起來踢走冬季抑鬱

Let's Move - Unlock the Power of Exercise in Preventing Mood Disorder in Winter

Time/時間: 2:30pm—3:30pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Esther Ho 何詩韻女士

(Registered BCRPA Fitness Leader
加拿大註冊專業健身教練)

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

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**護老錦囊:藥劑師給您的 10 個建議
For Caregivers: 10 Tips from Pharmacist**

Time/時間: 10:00am—11:00am (星期二 Tue.)

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)

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加拿大新牙科福利簡介

Introduction to the New Canadian Dental Care Plan

Time/時間: 3:00pm—4:00pm (星期三 Wed.)

Language/語言: English 英文

Speaker/講員: Ms. Christina Karagianis
(Citizen Services Specialist,
Service Canada)

[Click JSS to Register 請按 JSS 登記](#)

15

護老共聚迎新春(現場講座)

**Caregiver Wellness: CNY Celebration
(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. 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

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給護老者:退休理財知多少

For Caregivers: Financial Planning for Retirement

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Daniel Chan 陳智恆先生
(Financial Advisor 理財顧問)

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

22 「相知相伴」— 認知障礙症資訊站
Dementia Guidance Online Resource Hub

Time/時間: 10:30am—11:30am (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Ceci Tai
(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](#)

23 認識「隱性抑鬱」
What is Hidden Depression?

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](#)

26 護老錦囊: 日常飲食與血糖控制
Caregiving Tips: How to Keep Blood Sugar Stable through Healthy Diet?

Time/時間: 10:00am—11:00am (星期一 Mon.)

Language/語言: Mandarin 普通話 / 國語

Speaker/講員: Ms. Julia Qiao 喬紅女士
(Nutrition Practitioner 營養師)

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

28 認識你的「心、晴」
What is Emotions?

Time/時間: 10:00am—11:00am (星期三 Wed.)

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](#)

29 加拿大長者新牙科福利簡介(現場講座)
Introduction to the New Canadian Dental Care Plan (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

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



29 護老鬆一鬆: 社交舞蹈班
Caregiver Wellness: I Can Dance— Ballroom Dance Workshop

Time/時間: 1:30pm—3:30am (星期四 Thurs.)

Dance/ 舞蹈: English Waltz 英國華爾滋

Address/ 地址: Yee Hong Chinese Evergreen Auditorium 頤康松柏新邨禮堂
2319 McNicoll Avenue, Scarborough, ON, M1V 5L2

Fee/ 費用: 每人\$15/ per person

Registration & Enquiries 報名及查詢

請致電 416-412-4571 X 5641 或電郵至 icandance@yeehong.com



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)	Feb 21 (Wed.) 2 月 21 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)	Feb 9 (Fri.) 2 月 9 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)	Feb 16 (Sat.) 2 月 16 日(六)	1:00pm— 4:00pm	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](#)

Feb 8 2 月 8 日 **3pm-4pm** 三時至四時

Feb 22 2 月 22 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

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
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頤康士嘉堡芬治中心
Yee Hong Centre Scarborough Finch
Karen Wong
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[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



頤康需要你! YEE HONG NEEDS YOU!



FACTOR-INWENTASH
FACULTY OF SOCIAL WORK
UNIVERSITY OF TORONTO

**A STUDY ON
THE EXPERIENCES OF
OLDER ADULTS LIVING
WITH DEMENTIA & THEIR
ADULT CHILD CAREGIVERS**



**ARE YOU PROVIDING CARE FOR A PARENT
WHO IS LIVING WITH DEMENTIA?**

OR

**ARE YOU AN OLDER ADULT (65+) WHO IS LIVING WITH DEMENTIA
AND IS RECEIVING CARE FROM AN ADULT CHILD OF YOURS?**

AND

**WOULD YOU LIKE TO SHARE YOUR THOUGHTS AND
EXPERIENCES ABOUT YOUR CAREGIVING RELATIONSHIP?**

**IF YOU ANSWERED YES! TO THESE QUESTIONS, YOU MAY BE
ELIGIBLE TO PARTICIPATE IN THIS STUDY**

FOR MORE INFO, PLEASE CALL OR EMAIL:

JESSICA HSIEH, MSW, RSW



647-308-5926



jessica.hsieh@mail.utoronto.ca

WHO ARE WE?

Jessica Hsieh is a PhD Candidate at the University of Toronto's Factor-Inwentash Faculty of Social Work. Her supervisor is Dr. David Burnes. Your interest and participation are appreciated. An honorarium will be provided to individuals who participate in the study.