

**Caregiver Education & Support Services
April Programs
護老教育及支援服務
4 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				

2 情緒與營養

Mood and Nutrition

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Mandarin 普通話/ 國語

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

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**認識老年人輔助器具及
政府輔助器具計劃 (現場講座)**

**Get to Know about Assistive Devices for
Seniors and ADP (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: Mr. Mike Fang 房正先生 (Store
Manager at Wellwise by Shoppers)

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

10 給照顧長者的關顧者之特別福利

Special Benefits for Caregivers of Seniors

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)

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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: 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)

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[請按社群服務 NYCBC 登記](#)

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**長者精神健康系列: 認識長者焦慮症
Elderly Mental Health Series: Understanding
Anxiety in the Elderly**

Time/時間: 11:00am—12:00pm (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)

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**長者福利及加拿大新牙科福利簡介
Programs and Services for Seniors and CDCP by
Service Canada**

Time/時間: 10:00am—11:00am (星期一 Mon.)

Language/語言: English 英文

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

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長者常見慢性疾病與照顧技巧系列(1)

Common Geriatric Diseases & Caregiving Tips (1)

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)

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給護老者: 衰老和幸福的心理密碼

(現場講座)

For Caregivers: Aging and the Psychology of Happiness (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)

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護老錦囊: 認識「腦」朋友 (現場講座)

Caregiving Tips: Brain Health (In-Person Workshop)

Time/時間: 10:00am—11:00am (星期一 Mon.)

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)

Address/ 地址: 頤康護老教育及資源中心
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如果我被診斷出患有失智症，

我該如何做好準備？

How Do I Prepare Myself If I've Been Diagnosed With Dementia?

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Allyson Chiu 趙若萍女士 (NCCTP
Instructor 美國失智症協會認可導師)

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

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

- 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

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)	Apr 17 (Wed.) 4 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)	Apr 12 (Fri.) 4 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)	Apr 6 (Sat.) 4 月 6 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](#)

Apr 4 4 月 4 日 **3pm-4pm** 三時至四時

Apr 18 4 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

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

DANCE  DNA

I Can Dance:

BALLROOM DANCE CLASS 社交舞蹈班 2024

每個星期四下午 Every Thur 1:30-3:30pm

Venue/ 地點:

Yee Hong Chinese Evergreen Auditorium
頤康松柏新邨禮堂

2319 McNicoll Avenue, Scarborough, ON, M1V 5L2

費用: FIRST CLASS FREE 第一課免費

SPECIAL PROMOTION RATE VALID UNTIL
特別優惠價有效期至 27/6/2024

REGISTRATION & ENQUIRIES 報名及查詢

Phone 電話: (416) 412-4571 x 5641

email 電郵: icandance@yeehong.com

Payment by cash at class 於上課時以現金付款 /class/person
或 **OR etransfer to 電子轉帳至**
icandance@yeehong.com

Please put a remark on the etransfer to include
"Your name and the date you want to attend"
請於電子轉帳上註明你的名稱及上課日子

Or Scan:



Regular Drop-In
rate 原價 ~~\$20~~
新成員特價
\$15 (25% off)
每個人每課



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)
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416-412-4571 ext. 2611
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Yee Hong Centre Scarborough Finch
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[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



頤康需要你! YEE HONG NEEDS YOU!