

Education Program &  
Services Overview  
課程及服務概覽



**Yee Hong Centre  
For Geriatric Care**  
頤康中心

## Caregiver Education & Support Services 頤康護老教育及支援服務



**Full of the Joys of Spring**

「春回大地」

April – June 2018

2018年4–6月



# I Can Dance 舞動人生



**Dancing with Parkinson's!**  
**Dancing for the improvement of mobility and cognition!**  
**Dancing for overall health and quality of life!**

與帕金森症共舞！讓我們一同經歷舞蹈的魅力。  
透過旋律，節奏，編排變化和隊友的配合，緩解腦退化，激發生命的潛能。

**Program Contents/ 活動內容：**“I Can Dance” is designed for people with Parkinson's disease or other Parkinson like illnesses that hinder physical mobility. With the facilitation of our professional dancing coach, participants will experience the joy and benefits of dance.

本課程專為帕金森症及因其他疾病而導致身體活動有困難之患者設計。透過專業舞蹈教練的指導，從身、心、社交方面改善參加者的生活質素。

## **Objectives/ 活動目標：**

- ◆ Address symptom-specific concerns related to balance, coordination, motor skill and cognition.  
改善參加者的平衡力，肢體協調及身體靈活性，從而提升活動能力。
- ◆ Slow down physical deterioration, improve range of motion and facial expressions, reduce rigidity, and renew brain activities by actively learning and practicing movement, change and coordination.  
透過不斷改變步態，手臂形式，速度和節奏，使大腦保持在學習狀態，緩解老化。

**Who can benefit/ 參加對象：** People with Parkinson's disease or other Parkinson like illnesses that hinder physical mobility. Dance can be performed by either sitting down or standing.

帕金森症患者或因其他疾病而導致身體活動能力受限之患者(參加者可選擇站立或坐下跳舞)

**Date/ 日期：** Apr 6-May 25, 2018 (8 Fridays)/ 2018年4月6日至5月25日，逢星期五，共8堂。

**Time/ 時間：** 上午10:15am - 11:15am

**Fee/ 收費：** \$8 per session, total \$64 / 課程每堂\$8，共\$64

**Address/ 地點：** Yee Hong Community Health & Education Centre 頤康社區健康教育及活動中心  
Unit 19, 25 Glen Watford Drive, Scarborough, M1S2B7 士嘉堡怡東商場19單位

**Instructor/ 導師簡介** Nikolay is a professional dancer and certified teacher from Russia. He has earned many certificates of merit and diplomas from the Russian and Moscow Dance Sport Federations regarding European and Latin Dance Programs. With more than twenty years of teaching experience, including training people with disabilities. He is impassioned about utilizing all of his expertise to make dancing a gratifying and successful experience.

Nikolay是來自俄羅斯的專業舞蹈家和教練，於俄羅斯及莫斯科舞蹈運動協會獲得多項歐洲及拉丁舞的認可及資歷，並有超過20年的教練經驗，包括訓練有不同殘疾的人士。他憑著對舞蹈的熱誠和豐富的經驗，希望把跳舞的歡樂經驗分享給更多人。

**\*\*\*No Dance Experience Required \*\*\* 參加者無需任何跳舞經驗\*\*\***

**Enquiries & Registration 查詢或報名，請聯絡吳小姐 (416) 412-4571 x 2361 (Tracy Wu)**

# 頤康護老教育及支援服務 Caregiver Education & Support Services

最新消息!!

為了鼓勵更多護老者及長者加強對社區資源、護理、健康及各種疾病的認識，由2018年4月起，我們將實施會員制度。凡參加成為會員，可以免費參加我們舉辦的專題健康講座（特別節目除外）。歡迎任何人士加入，一起活到老，學到老！

Caregiver Education and Support Services announces our Annual Membership for caregivers and seniors in the coming year. Members will benefit from free educational and health workshops conducted by our team (special programs excluded). Interested individuals are encouraged to apply!

現在開始接受會員報名/ Join Now!

對象/Target: 歡迎任何人士，及可邀請兩位家人共享會員  
Everyone is welcome to join and to invite 2 family members to join for free

年費/Fee: \$20 (2018年4月1日-2019年3月31日)

報名及查詢請致電/  
Registration and Enquiries  
905-597-9380

416-412-4571 內線/ ext 2608



Yee Hong Centre  
For Geriatric Care

頤康中心

CARE-Learning 關護網學習平台  
PLATFORM

<https://carelearning.yeehong.com>

<https://carelearning.yeehong.com>

歡迎瀏覽最新上載的護老短片，我們將於每季定期更新短片，期盼這個網站能帶給你更多的護老資訊。本季度的護老短片包括：

Check out the new videos posted on our Care-Learning website! We will be updating our website on a quarterly basis. This quarter, the new additions include:

**Love Our Seniors – Teens Summer Workshop 2018**

「青蔥護老」青少年暑期工作坊 2018

**I Can Dance – Dancing with Parkinson's !**

「舞動人生」-- 與帕金森症共舞

**Caring with Compassion—Exploring the Role of a Personal Support Worker**

護老情真 ~ 認識護理員

「頤康關護網學習平台」是由安省中區醫療服務聯網 (C LHIN) 資助

Funding for the CARE-Learning Platform has been provided by the Central Local Health Integration Network

# Caregiver Support Groups | 關顧者互助及支援小組


Support Group 小組名稱	Location 地點	Date 日期	Time 時間	Registration & Enquiries 報名及查詢
Walking Together: Caregiver Support Group 伴你同行: 關顧者互助小組	Yee Hong Centre— Scarborough McNicoll 頤康士嘉堡麥瀝高中心	4月 Apr 3日 5月 May 1日 6月 Jun 5日 (Tue 二)	10am — 12pm	(416) 412-4571 x 2608
Dementia Support Group for Caregivers (Mandarin) 失智症照護同行 國語互助小組	Yee Hong Community Health and Education Centre 頤康社區健康 教育及活動中心	4月 Apr 14日 5月 May 12日 6月 Jun 9日 (Sat 六)	10am — 12pm	(416) 412-4571 x 2361
Caregiver Support Group 關顧者互助小組	Yee Hong Centre— Mississauga 頤康密西沙加中心	5月 May 26日 (Sat 六)	9:30am — 12pm	(416) 412-4571 x 2608
Parkinson's Disease Self-Management Group 與伴同行: 柏金遜互助小組	Yee Hong Centre— Scarborough McNicoll Chinese Evergreen Manor 頤康士嘉堡麥瀝高中心 松柏禮堂	4月 Apr 7日 5月 May 12日 6月 Jun 9日 (Sat 六)	9:30am — 12pm	(905) 597-9380
Humour Therapy Support Group 幽默治療互助小組	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	4月 Apr 25日 5月 May 30日 6月 Jun 27日 (Wed 三)	10am — 11:30am	(905) 597-9380
Caregiver Health & Wellness Group 心晴小聚 護老健康聚一聚	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	4月 Apr 2 5月 May 7 6月 Jun 4 (Mon 一)	10am — 11:30am	(905) 597-9380
 Walking Together: Caregiver Support Group 伴你同行: 關顧者互助小組	Yee Hong Centre— Markham 頤康何黎靄雲中心 萬錦市	4月 Apr 30日 6月 Jun 25日 (Mon 一)	10am — 11:30am	(905) 597-9380

# Caregiver Workshops - April 2018 | 關顧講座 - 2018年4月

APRIL 2018 四月

SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
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 Self-Care Tips to Improve Caregiver Wellness 善待自己 10am—11:00am


 *Speaker/講員:* Yee Hong Staff 頤康中心職員  
Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

## 10 Understanding the Power of Memory 認識記憶力 11:30am—12:30pm


*Speaker/講員:* Bonnie Wong, MSW, RSW  
黃皓欣女士 (安省註冊社工)  
*Fee/ 費用:* 費用詳情請聯絡中信中心 (416) 291-3202

 Chinese Christian Mission 中信中心  
#3107, Oriental Centre, 4438 Sheppard Ave. E., Scarborough

## Home Safety for Seniors 長者家居安全工具 10am—11:30am

*Speaker/講員:* Nicky Lam, RSW 林世強先生 (安省註冊社工)  
 Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

## 11 Sleep Health (Mandarin) 睡眠與健康(普通話) 10:00am—11:30am

*Speaker/講員:* Beatrice Leung, 梁碧倩女士 (頤康中心職員)  
 Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill


## 12 Music and Life 音樂與生活 11am—12:00pm

*Speaker/講員:* Nicky Lam, RSW 林世強先生 (安省註冊社工)

### Chat Room 座談會 12:30pm—3pm

*Speaker/講員:* Karen Kwok, MT-MC, MTA, RP  
廖郭嘉穎女士 (安省註冊音樂治療師)


*Fee/ 費用:* Free for NYCBC members

 北約華人浸信會社群服務會員免費  
North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto

## 17 Housing Options in Toronto

### 多倫多長者住屋選擇 10am—11:30am


*Speaker/講員:* Experienced Senior Housing Speaker  
資深長者住屋講員

 Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

## 18 Gardening And Stress Relief

### 園藝舒緩放鬆工作坊 10am—11:30am


*Speaker/講員:* Yee Hong Centre Staff 頤康中心職員

 Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

## 19 Caregiver Tips—Reading Food Labels Wisely

### 護老者須知—食物營養標籤知多少? 10am—11:30am


*Speaker/講員:* Rowena Leung, RD 梁繞琦女士 (註冊營養師)  
Yee Hong Caregiver Education & Resource Centre

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

## 20 What is Emotional Eating?

### 情緒與食慾 10am—11:30am

*Speaker/講員:* Bonnie Wong, RSW 黃女士 (安省註冊社工)

 Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

## 26 Memory Book for Your Seniors

### 如何與長者製作回憶冊 11am—12pm


*Speaker/講員:* Allyson Chiu, (NCCDP Instructor)

趙若萍女士 (美國失智症協會認可導師)

### Chat Room 座談會 12:30pm—3pm

*Speaker/講員:* Yee Hong Centre Staff 頤康中心職員


*Fee/ 費用:* Free for NYCBC members

 北約華人浸信會社群服務會員免費  
North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto

## 27 All about Health 暢談健康

### 10am—11:30am


*Speaker/講員:* Yee Hong Staff 頤康中心職員

 Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

## 28 Managing Insomnia with Traditional Chinese Medicine

### 中醫如何處理失眠 10am—11:30am

*Speaker/講員:* Mr. Hon Chau Wong 黃漢疇中醫師

 Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

# Caregiver Workshops - May 2018 | 關顧講座 - 2018年5月

MAY 2018 五月

SUN	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
		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		

**4 Summer Safety Tips for Seniors**  
**長者夏日安全**  
 10am—11:30am  
 Speaker/講員: Beatrice Leung, 梁碧倩女士 (頤康中心職員)  
 Yee Hong Caregiver Education & Resource Centre  
 頤康護老教育及資源中心  
 Unit 17, 360B Highway 7 East, Richmond Hill

**5 Memory Training Workshop**  
**改善記憶力工作坊**  
 10am—11:30am  
 Speaker/講員: Bonnie Wong, RSW 黃女士 (安省註冊社工)  
 Yee Hong Caregiver Education & Resource Centre  
 頤康護老教育及資源中心  
 Unit 17, 360B Highway 7 East, Richmond Hill

**8 Constipation Causes and Relief**  
**「食得是福、出也是福」大便防治工作坊**  
 11am—12pm  
 Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
 Fee/費用: 費用詳情請聯絡中信中心 (416) 291-3202  
 Chinese Christian Mission 中信中心  
 #3107, Oriental Centre, 4438 Sheppard Ave. E., Scarborough

**9 Household Exercises for Seniors (Mandarin)**  
**家居運動新體驗 (普通話)**  
 10am—11:30am  
 Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
 Yee Hong Caregiver Education & Resource Centre  
 頤康護老教育及資源中心  
 Unit 17, 360B Highway 7 East, Richmond Hill

**10 Take Your Relationship from Good to Great**  
**如何維持良好的伴侶關係**  
 11am—12pm  
 Speaker/講員: Mandy Fang, RSW, RP  
 方莉文女士 (安省註冊社工及註冊心理治療師)  
**Chat Room 座談會 12:30pm—3pm**  
 Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
 Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費  
 North York Chinese Baptist Church  
 2/F, 685 Sheppard Ave. East, Toronto

**16 Exercises for Relieving Muscle Pain in Neck and Back**  
**舒緩頸腰背肌肉酸痛**  
 10am—11:30am  
 Speaker/講員: Beatrice Leung, 梁碧倩女士 (頤康中心職員)  
 Yee Hong Caregiver Education & Resource Centre  
 頤康護老教育及資源中心  
 Unit 17, 360B Highway 7 East, Richmond Hill

**18 Managing Cholesterol**  
**如何控制膽固醇**  
 10am—11:30am  
 Speaker/講員: Beatrice Leung, 梁碧倩女士 (頤康中心職員)  
 Yee Hong Caregiver Education & Resource Centre  
 頤康護老教育及資源中心  
 Unit 17, 360B Highway 7 East, Richmond Hill

**22 Memory and Exercise**  
**記憶與運動**  
 10am—11:30am  
 Speaker/講員: Beatrice Leung, 梁碧倩女士 (頤康中心職員)  
 Yee Hong Caregiver Education & Resource Centre  
 頤康護老教育及資源中心  
 Unit 17, 360B Highway 7 East, Richmond Hill

**24 Information on Funeral Preparation**  
**未雨綢繆 - 生命的禮讚**  
 11am—12pm  
 Speaker/講員: Mr. Jack Zhong 鍾東先生 (Pre-Planning Advisor)  
**Chat Room 座談會**  
**12:30pm—3pm**  
 Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
 Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費  
 North York Chinese Baptist Church  
 2/F, 685 Sheppard Ave. East, Toronto

**25 Relaxation Workshop: Taking you to the Beach**  
**身心舒緩迎夏日工作坊**  
 10am—11:00am  
 Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
 Yee Hong Caregiver Education & Resource Centre  
 頤康護老教育及資源中心  
 Unit 17, 360B Highway 7 East, Richmond Hill

**28 Sleep Health**  
**改善睡眠, 改善健康**  
 10am—11:30am  
 Speaker/講員: Bonnie Wong, RSW 黃女士 (安省註冊社工)  
 Yee Hong Centre—Markham  
 頤康何黎靄雲中心 (萬錦市)  
 2780 Bur Oak Ave., Markham

**29 Caregiver Tips— Elderly Fraud Prevention**  
**護老者須知—長者防騙**  
 10am—11:30am  
 Speaker/講員: 42 Division Chinese Community Liaison Committee  
 多倫多警隊42分局華人社區聯絡委員會  
 Yee Hong Centre—Scarborough McNicoll  
 頤康士嘉堡麥瀝高中心  
 2311 McNicoll Ave., Scarborough

# Caregiver Workshops - June 2018 | 關顧講座 - 2018年6月

JUNE 2018 六月

SUN	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
					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

**1** **Managing Chronic Pain**  
痛!痛!痛! 如何妥善處理疼痛  
10am—11:30am  
Speaker/講員: Bonnie Wong, RSW 黃女士 (安省註冊社工)  
Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

**5** **Senior Services in the Community**  
認識長者社區服務  
10am—11:30am  
Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

**8** **Dementia—Is it Normal?**  
失智症與正常老化的現象  
10am—11:30am  
Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

**12** **Home Safety for Seniors**  
長者家居安全小工具  
11am—12pm  
Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
Fee/費用: 費用詳情請聯絡中信中心 (416) 291-3202  
Chinese Christian Mission 中信中心  
#3107, Oriental Centre, 4438 Sheppard Ave. E., Scarborough

**13** **Liver Care with Traditional Chinese Medicine (Mandarin)**  
中醫如何護肝? (普通話)  
10:00am—11:30am  
Speaker/講員: Mr. Hon Chau Wong 黃漢疇中醫師  
Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

**14** **Understanding Food Safety**  
認識食物安全  
11am—12pm  
Chat Room 座談會  
12:30pm—3pm  
Speaker/講員: Nicky Lam, RSW  
林世強 (安省註冊社工)  
Fee/費用: Free for NYCBC members  
北約華人浸信會社群服務會員免費

North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto

**19** **Traditional Chinese Medicine Approach to Nutrition**  
現代營養與中醫食療  
10am—11:30am  
Speaker/講員: Mr. Hon Chau Wong 黃漢疇中醫師  
Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

**20** **Empowering Your Family Relationship**  
家庭與我  
10am—11:30am  
Speaker/講員: Bonnie Wong, MSW, RSW  
黃皓欣女士 (安省註冊社工)  
Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

**22** **Senior Welfare – Canada and H.K**  
認識加港長者福利事宜  
10am—11:30am  
Speaker/講員: To be Confirmed 待定  
Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

**26** **Vocal Production in Seniors**  
長者語言表達與發音  
10am—11:30am  
Speaker/講員: Teresina Chan (Speech-Language Pathologist)  
趙陳儷卿女士 (言語病理學家)  
Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

**28** **Vocal Production in Seniors**  
長者語言表達與發音  
11am—12pm  
Speaker/講員: Teresina Chan (Speech-Language Pathologist)  
趙陳儷卿女士 (言語病理學家)

Chat Room 座談會  
12:30pm—3pm  
Speaker/講員: Yee Hong Centre Staff 頤康中心職員  
Fee/費用: Free for NYCBC members  
北約華人浸信會社群服務會員免費  
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**Yee Hong Centre  
For Geriatric Care**  
頤康中心

**Yee Hong Chronic Disease Self-Management Program**

頤康社會服務部長期病患自我管理課程

# 帕金森症自我管理課程

## PARKINSON'S Self-Management Program



這課程是以美國自我管理資源中心設計的長期病患自我管理課程為基礎，再配合針對帕金森症病人的專題學習，課程內容由藥劑師、物理治療師、職業治療師及社工主講。

日期：2018年5月5日至7月7日  
(逢星期六，共10次)

時間：上午10:00至下午12:30

地點：頤康士嘉堡麥瀝高中心(日間中心)  
Yee Hong Centre—Scarborough McNicoll Day Program  
2311 McNicoll AVE., Scarborough, ON, M1V 5L3

對象：歡迎帕金森症患者及其家人參加

導師：「長期病患自我管理課程」組長、  
藥劑師、社工、物理治療師及職業治療師

費用：\$50/家庭(歡迎照顧者一同參加，不另收費)

語言：講座以粵語進行

**名額有限，報名從速**

報名或查詢：請致電 (905) 597- 9380

電郵：[caregiver.edu@yeehong.com](mailto:caregiver.edu@yeehong.com)





**Yee Hong Centre  
For Geriatric Care**

頤康中心

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所有收益將撥捐頤康中心社會服務部  
All proceeds will go to the Yee Hong Social Services

## 價目表 PRICE LIST

碼數 Size	腰圍 Waist	體重 Weight
Small	22"-36"	80-125 lbs.
Medium	34"-48"	120-175 lbs.
Large	44"-54"	170-210 lbs.
Extra-Large	48"-66"	210-250 lbs.

如欲購買，請聯絡 To order, please contact

頤康護老教育及資源中心 (烈治文山)

Caregiver Education & Resource Centre (Richmond Hill)  
905-597-9380 / email : caregiver.edu@yeehong.com

頤康士嘉堡麥瀝高中心

Yee Hong Centre—Scarborough McNicoll  
Mrs. Gene Lau at 416-412-4571 Ext. 2640 /  
email : genevieve.lau@yeehong.com

貨品 Product	數量 Quantity	售價 Price
護墊 Pads	14/pack	(S)-\$3.50/pack (M)-\$4.50/pack (L)-\$5.50/pack
成人日用紙尿褲 Day Time Pull-Ups	(S)-22/pack	\$18.00/pack
	(M)-20/pack	
	(L)-18/pack	
成人夜用紙尿褲 Night Time Pull-Ups	(XL)-14/pack	\$20.00/pack
	(S)-20/pack	
	(M)-18/pack	
成人日用紙尿片 Day Time Briefs	(L)-16/pack	(S)-\$18.00/pack (M)-\$21.00/pack (L)-\$24.00/pack
	(XL)-14/pack	
	30/pack	
成人夜用紙尿片 Night Time Briefs	30/pack	(S)-\$24.00/pack
		(M)-\$27.00/pack
		(L)-\$30.00/pack



# Yee Hong Centre For Geriatric Care

頤康中心

## Yee Hong Continuum of Care 頤康優質服務 共同創造



### Yee Hong Centre – Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Avenue  
Scarborough, ON M1V 5L3

Tel: 416-321-6333

Fax: 416-321-6313

Email: [scarborough.mcnicoll@yeehong.com](mailto:scarborough.mcnicoll@yeehong.com)



### Yee Hong Ho Lai Oi Wan Centre – Markham

頤康何黎靄雲中心 (萬錦市)

2780 Bur Oak Avenue  
Markham, ON L6B 1C9

Tel: 905-471-3232

Fax: 905-471-3223

Email: [markham@yeehong.com](mailto:markham@yeehong.com)



### Yee Hong Centre – Mississauga

頤康密西沙加中心

5510 Mavis Road  
Mississauga, ON L5V 2X5

Tel: 905-568-0333

Fax: 905-568-0026

Email: [mississauga@yeehong.com](mailto:mississauga@yeehong.com)



### Yee Hong Centre – Scarborough Finch

頤康士嘉堡芬治中心

60 Scottfield Drive  
Scarborough, ON M1S 5T7

Tel: 416-321-3000

Fax: 416-321-0034

Email: [scarborough.finch@yeehong.com](mailto:scarborough.finch@yeehong.com)

### Active Senior and Outreach

Program 活力長者及外展服務

### Community Support Services

頤康社區服務

Congregate Dining Program

半日消閒活動

Adult Day Program

耆老日間服務

Transportation Services

交通接送服務

Friendly Visiting and

Telephone Reassurance

親善探訪服務

Client Intervention &  
Assistance Service

個案輔導服務

Chronic Disease Self-  
Management Program

長期病患自我管理課程

Caregiver Education &  
Support Services

頤康護老教育及支援服務

CARE-Learning Online Platform

頤康關護網學習平台

Caregiver Education &  
Resource Centre

頤康護老教育及資源中心













### Volunteer Development

義工發展

### Supportive Housing/ Assisted Living/ Life Lease Housing

家居支援服務及終生租約式房屋

## Overview of Social Services Division 頤康社會服務概述

-  **Active Senior and Outreach Program:** provides a broad range of social, recreational and educational activities for seniors to develop an active and healthy lifestyle in order to enhance their physical, emotional and mental well-being. It is an integral part of the Yee Hong Centre's commitment to providing a continuum of care for seniors. **活力長者及外展服務:** 為長者提供多項社交、康樂及教育活動，使長者保持一個活躍、健康的生活方式，促進身心及精神健康。此項服務是頤康為長者提供的全面護理服務中重要一環。
-  **Congregate Dining Program:** is designed to bring isolated seniors together for nutritious meals, social, educational and recreational activities. **半日消閒活動:** 為希望參與群體活動的長者而設，提供營養午餐、興趣小組、康樂及教育活動。
-  **Adult Day Program:** provide structured and supervised activities in order to prevent social isolation and encourage independent living in the community. **耆老日間服務:** 主要為體弱及失智症長者提供精心設計及由專人指導的身心與認知訓練服務，並拓寬其社交生活，讓他們能在社區中獨立生活。
-  **Transportation Services:** enables seniors to participate in regular community programs such as Adult Day Program, Congregate Dining, attend medical appointments, etc. The service aims to support independent lifestyle, enhance community involvement and improve social functioning. **交通接送服務:** 接載長者定期參加頤康的社區服務或前往診所服務、支援長者過獨立生活、參與社區活動及增強社交能力。
-  **Friendly Visiting and Telephone Reassurance:** is a support service in which a volunteer visits/calls an isolated or frail adult regularly on a one to one basis. It aims to provide social support and contact with the community, and to ensure the well-being, health and safety of the clients. **親善探訪及電話慰問服務:** 是一項為長者而設的家居支援服務，由受過訓練的義工定期探訪或致電問候獨居或病弱長者，讓他們得到關懷及與社會保持聯繫，能夠在健康及安全的情況下獨立生活。
-  **Client Intervention & Assistance Service:** is aimed at helping seniors cope with the daily demands of independent living in the community. This is based on the professional case management model which includes casework intervention, service coordination and assistance to seniors and their caregivers. **個案輔導服務:** 以專業個案管理模式，為長者及其家人提供輔導、轉介、服務統籌等服務；協助長者進行日常活動，使他們能夠在社區內獨立生活。
-  **Chronic Disease Self-Management Program (CDSMP):** is based on the well-researched Stanford University model, which has proved to be highly effective in empowering patients with chronic conditions. Yee Hong is a licensed agency to deliver the CDSMP and leaders' training programs. **長期病患自我管理課程:** 以美國史丹福大學設計的長期病患自我管理課程為藍圖，該課程經過嚴格驗證，成效廣受推崇。頤康中心已獲史丹福大學認可，提供長期病患自我管理課程及組長訓練課程。
-  **Caregiver Education & Support Services:** Aims to empower informal caregivers to provide quality care in the community by offering educational and skills training programs. The goal is to enhance participants' knowledge and skills in regards to community resources, care, health, disease, and wellness. **頤康護老教育及支援服務:** 為護老者提供教育講座、訓練課程和護老資訊等服務;加強護老者對社區資源、護理、健康及各種疾病的認識;藉此提升他們護老的能力、技巧及身心健康。
-  **CARE-Learning Online Platform:** is an online resource created for caregivers and aims to provide the necessary knowledge, skills, and personal wellness to support them throughout their caregiving journey. 「頤康關護網學習平台」是一個專為照顧者而設的網頁，關顧網設立的主要目的在於透過有關護老資訊的分享與學習，讓照顧者於網上學習平台獲得更多護老知識與技巧並個人身心關顧的知識。  
<https://carelearning.yeehong.com>
-  **Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心**  
Unit 17, 360B Highway 7 East, Richmond Hill, ON L4B 3Y7 Tel: 905-597-9380 Email: [caregiver.edu@yeehong.com](mailto:caregiver.edu@yeehong.com)
-  **Volunteer Development:** While providing additional resources to serve those in need and to augment Yee Hong's service quality, volunteering facilitates self-exploration, personal growth and community engagement and in the process helps nurture a caring and healthy community. **義工發展:** 義務工作除為頤康提供額外資源，增強對有需人士之服務及提昇服務質素外，並激勵自我探索、個人成長和社會參與，從而協助建立關懷和健康的社會。
-  **Supportive Housing/Assisted Living/Life Lease Housing:** are programs that provide seniors with essential support services in their homes so that they can cope with daily activities and continue to live independently in the community. The programs aim to enable seniors to live safely at home and reduce unnecessary admission to long-term care homes, emergency departments or hospitals. **家居支援服務及終生租約式房屋:** 為居住在家中的長者提供必需的支援，使他們的日常起居得到妥善的照顧，可以繼續在社區內過獨立的生活。此項服務目的是讓長者能夠在家安老，延緩入住長期護理院舍的需要及避免不必要地使用醫院服務。

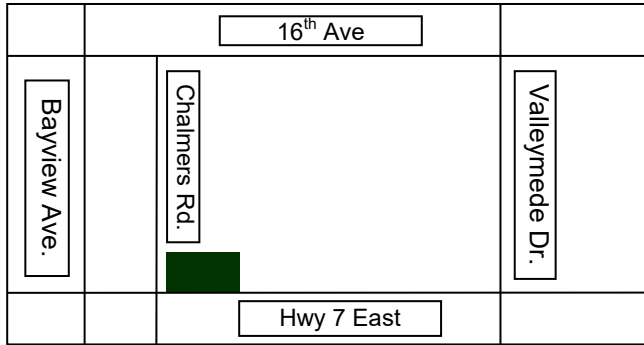


**Yee Hong Centre  
For Geriatric Care**

頤康中心

**頤康護老教育及資源中心**

**Yee Hong Caregiver Education & Resource Centre**



**地址 / Address:**

Unit 17, 360B Highway 7 East,  
Richmond Hill, ON L4B 3Y7

**電話 / Tel: (905) 597-9380**

**傳真 / Fax: (416) 321-6313**

**電郵 / Email: caregiver.edu@yeehong.com**

中心開放時間 星期一至星期五 / Monday to Friday

**Opening Hours:** 上午九時至下午五時 / 9:00 am - 5:00 pm

(公眾假期休息) / (Closed on Public holidays)



**Yee Hong Social Services Division - Directory**

頤康社會服務 - 指南

**For Services Enquiry 服務查詢  
(416) 412-4571**

**Active Senior and Outreach Program 活力長者及外展服務**

Ext. 2609

**Community Support Services 頤康社區服務**

-Congregate Dining Program (CD) 半日消閒活動

Ext. 2613 (GTA), Ext. 4301 (Mississauga)

-Adult Day Programs (ADP) 耆老日間服務

(including Special Day Program (SDP), Memory Training & Activity Centre (MTAC),  
Community Health Education Centre (CHEC))

Ext. 2621 (McNicoll), Ext. 5612 (Finch)

Ext. 3603 (Markham), Ext. 4301 (Mississauga)

Ext. 2361 (Glen Watford Dr.)

-Transportation Services 交通接送服務

Ext. 2613

-Friendly Visiting and Telephone Reassurance 親善探訪服務

Ext. 2613

-Client Intervention & Assistance Service 個案輔導服務

Ext. 2614, Ext. 2609 (Mississauga)

-Chronic Disease Self-Management Program 長期病患自我管理課程

Ext. 2361

-Caregiver Education & Support Services 頤康護老教育及支援服務

Ext. 2608 (McNicoll), Ext. 4302 (Mississauga)

-CARE-Learning Online Platform 頤康關護網學習平台

**<https://carelearning.yeehong.com>**

-Caregiver Education & Resource Centre 頤康護老教育及資源中心

(905) 597-9380



**Volunteer Development 義工發展**

Ext. 2619

**Supportive Housing/Assisted Living 家居支援服務**

Ext. 2614

如欲查詢請瀏覽頤康網址 / **Please visit us at: [www.yeehong.com/centre](http://www.yeehong.com/centre)**



[www.yeehong.com](http://www.yeehong.com)



Yee Hong CARE-Learning



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Funding for the Care Ambassador Program has been provided by the Central Local Health Integration Network (C LHIN) & Central East Local Health Integration Network (CE LHIN), for the Caregiver Support Service in Mississauga has been provided by the Mississauga Halton LHIN

以上活動是由安省中區醫療服務聯網及安省東部醫療服務聯網及安省麥西加漢頓醫療服務聯網資助