

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



The Joy of Fall

「金秋濃情」

Oct - Dec 2018

2018年10-12月



**Yee Hong Centre
For Geriatric Care**

頤康中心

「我泥塑我心」

陶藝工作坊

Expressive Pottery —

A Ceramic Experience

11月26日 / Nov 26

12月3日 / Dec 3

12月10日 / Dec 10

12月17日 / Dec 17

4個星期一

4 Mondays

From 上午10am

To 至 中午 12pm

每位\$25 材料及製作費
\$25/person (materials and kiln firing)

陶藝導師: 麥鳳蘭女士
Instructor: Ms. Celia Mak

頤康護老教育及資源中心

Yee Hong Caregiver Education & Resource Centre

Unit 17, 360B Highway 7 East, Richmond Hill

報名及查詢 Registration & Enquiries

(905) 597-9380

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:

「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

VR – Game beyond Entertainment – English

VR 樂園 – 護老、遊戲、新體驗 (英語)

Planning For Long Term Care – Mandarin

長期護理服務的選擇與抉擇 (普通話)

An Introduction to Bereavement part II - Cantonese

「哀傷之路」II (粵語)

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	10月 Oct 2日 11月 Nov 6日 12月 Dec 4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	10月 Oct 6日 11月 Nov 10日 12月 Dec 8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	11月 Nov 24日 (Sat 六)	10am — 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 松栢禮堂	10月 Oct 13日 11月 Nov 3日 12月 Dec 8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	10月 Oct 25日 11月 Nov 22日 12月 Dec 20日 (Thur 四)	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	10月 Oct 22日 11月 Nov 26日 12月 Dec 17日 (Mon 一)	10am — 11:30am	(905) 597-9380

Caregiver Workshops - October 2018 | 關顧講座 - 2018年10月

OCTOBER 2018 十月

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	31			

4 Autumn Outing for Caregivers and Seniors
 秋日郊遊樂
10am—2pm
 Speaker/講員: Yee Hong Staff 頤康中心職員
 地點: Fairy Lake Park, Newmarket, ON
 Fee/ 費用: \$30/ 每位 (包括交通及午餐)
 集合地點及詳情請聯絡社工林先生 (416)-412-4571 內線 2608

5 Does Forgetfulness mean Dementia?
 記憶力差還是失智症?
10am—11:30am
 Speaker/講員: Fiona Lam 林凱欣女士 (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

10 Wills and Power of Attorney (Mandarin)
 了解遺產法—平安書, 委託書及遺囑制定與執行 (普通話)
10:00am—11:30am
 Speaker/講員: Victoria Xu, J.D. 徐雅芬女士 (安省執業律師)
 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

11 Vegetarian Diets for Seniors
 長者素食知多少?
11am—12:00pm
 Speaker/講員: Rowena Leung, RD 梁繞琦女士 (註冊營養師)
 Chat Room 座談會
12:30pm—3pm
 Speaker/講員: Fiona Lam 林凱欣女士 (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

15 Calming your Mind Through the Use of Music
 音樂減壓體驗工作坊
10am—11:30am
 Speaker/講員: Fiona Lam 林凱欣女士 (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

16 Home 360 for Safety and Comfort
 全方位樂安居
10am—11:00am
 Speaker/講員: Property Management Speaker物業管理專業人士
 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 Memory Training Workshop
 改善記憶力工作坊
10am—11:30am
 Speaker/講員: Fiona Lam 林凱欣女士 (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

20 Community Resources for Caregivers
 如何照顧長者—認識社區資源
10am—11:30am
 Speaker/講員: Fiona Lam 林凱欣女士 (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 Home 360 for Safety and Comfort (Mandarin)
 全方位樂安居 (普通話)
10am—11:00am
 Speaker/講員: Property Management Speaker物業管理專業人士
 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

25 Introduction to Ontario's LHIN and Application to LTC
 安省地方醫療整合網路簡介及長期護理院申請
11am—12pm
 Speaker/講員: Angela Guo, RSW 郭偉女士 (安省註冊社工)
 Chat Room 座談會
12:30pm—3pm
 Speaker/講員: Fiona Lam 林凱欣女士 (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

26 First Aid at a Glance
 急救一覽—受傷的處理方法
10am—12:00pm
 Speaker/講員: Mr. Peter Lam, 林傳賜先生 (資深急救學講師)
 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

30 Vegetarian Diets for Seniors
 長者素食知多少?
10am—11:30am
 Speaker/講員: Rowena Leung, RD 梁繞琦女士 (註冊營養師)
 Yee Hong Centre—Scarborough McNicoll
 頤康士嘉堡麥瀝高中心
 2311 McNicoll Ave., Scarborough

31 Information on Funeral Preparation
 生命的禮讚
10am—11:30am
 Speaker/講員: Ms. Joanna Ha 夏麗容女士, 家庭顧問 (墓園)
 (Experienced Funeral Service Planning Speaker)
 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

Caregiver Workshops - November 2018 | 關顧講座 - 2018年 11月

NOVEMBER 2018 十一月

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	

1 Brain Games
動腦筋遊戲
 10am—11:30am
 Speaker/講員: Ms. Bernice Chan, AST Public Education Coord.

陳憐恆女士 (多倫多認知障礙症協會教育統籌)
 Yee Hong Centre—Scarborough McNicoll
 頤康士嘉堡麥瀝高中心
 2311 McNicoll Ave., Scarborough

2 Dream and Sleep Health
「夢」與睡眠的關係
 10am—11:30am
 Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

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 Unit 17, 360B Highway 7 East, Richmond Hill

5 Experience Virtual Reality: Talk + Demo
護老遊樂園—VR 多功能虛擬實境動態模擬
 11am—12pm
 Speaker/講員: Kathy Yeung, 楊嘉慧女士 (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

8 What is Music Therapy?
音樂治療是什麼? 11am—12pm
Chat Room 座談會 12:30pm—3pm
 Speaker/講員: Fiona Lam, Yee Hong Centre Staff

林凱欣女士 (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

9 Preparation to Help Seniors Stay Safe in Winter
護老者錦囊—入冬前準備
 10am—11:30am
 Speaker/講員: Fiona Lam 林凱欣女士 (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 Impact of Weather on Our Emotions
天氣再陰, 情緒也不能陰—天氣如何影響情緒
 10am—11:30am
 Speaker/講員: Fiona Lam 林凱欣女士 (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

14 Experience Virtual Reality: Talk + Demo
VR 多功能虛擬實境動態模擬 (普通話)
 10:00am—11:30am

Speaker/講員: Kathy Yeung, 楊嘉慧女士 (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

15 Alleviating Breathing Issues through Traditional Chinese Medicine
長者氣喘中醫調理有妙法
 10am—11:30am

Speaker/講員: Mr. Hon Chau Wong, DOMP 黃漢疇整骨治療師
 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

16 Seniors Refusing to Eat: What Can You Do?
預防長者絕食你要知
 10am—11:30am

Speaker/講員: Bonnie Wong, 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

17 Tax Tips and Breaks for Caregivers
做個精明護老者—長者稅務及優惠須知
 10am—11:30am

Speaker/講員: Mr. David Wu, CPA 註冊會計師
 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

21 Housing Options in Toronto for Seniors (Mandarin)
多倫多長者住屋選擇 (普通話)
 10:00am—11:30am

Speaker/講員: Ms. Angela Guo, 郭偉女士 (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 Home 360 for Safety and Comfort
全方位樂安居 11am—12pm
 Speaker/講員: Property Management Speaker 物業管理專業人士
Chat Room 座談會 12:30pm—3pm

Speaker/講員: Fiona Lam 林凱欣女士 (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

28 Advance Care Planning (Mandarin)
預定護理計劃 (普通話)
 10:00am—11:30am

Speaker/講員: Bonnie Wong, 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

30 Read Food Labels —Choose Your Food Wisely
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

Caregiver Workshops - December 2018 | 關顧講座 - 2018年12月

DECEMBER 2018 十二月

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	31					

26/11, 3,10,17/12 **Expressive Pottery**
我泥塑我心—陶藝工作坊
10am—12:00pm (一連四堂)
Speaker/講員: Ms. Celia Mak, 麥鳳蘭女士 (陶藝導師)
Fee/費用: \$25/ 每位 (材料及製作費)
 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

1 **Preventing Falls During Winter Months**
冬天預防跌倒
10am—11:30am
Speaker/講員: Mr. Sam Ho, OT Reg. (Ont.) 何澤琛職業治療師
 Yee Hong Centre—Scarborough McNicoll
 頤康士嘉堡麥瀝高中心
 2311 McNicoll Ave., Scarborough

6 **Brain Games**
動腦筋遊戲
11am—12pm
Speaker/講員: Ms. Bernice Chan, AST Public Education Coord.
 陳愷恆女士 (多倫多認知障礙症協會教育統籌)

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

7 **Tea for Relaxation**
茗茶與情緒舒緩
10am—11:30am
Speaker/講員: Nicky Lam, RSW 林世強先生 (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

11 **Sleep vs. Sleep Position**
睡覺與睡姿
11am—12pm
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

12 **Memory Training Workshop (Mandarin)**
改善記憶力工作坊 (普通話)
10am—11:30am
Speaker/講員: Fiona Lam 林凱欣女士 (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

13 **Care Tips for Healthy Eyes**
冬日護眼小常識
10am—11:30am
Speaker/講員: Fiona Lam 林凱欣女士 (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

14 **Empowering Relationship through Play**
如何透過遊戲促進關係
10am—11:30am
Speaker/講員: Bonnie Wong, 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

18 **Christmas Celebration**
聖誕節聯歡會
10am—12:30pm
Speaker/講員: Yee Hong Centre Staff 頤康中心職員
Fee/費用: \$9/ 每位 (包括午餐)
 Yee Hong Centre—Scarborough McNicoll
 頤康士嘉堡麥瀝高中心
 2311 McNicoll Ave., Scarborough

19 **Christmas Celebration (Mandarin)**
聖誕節聯歡會 (普通話)
10am—11:30am
Speaker/講員: Yee Hong Centre Staff 頤康中心職員
Fee/費用: \$9/ 每位 (包括午餐)
 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

21 **Christmas Celebration**
聖誕節聯歡會
10am—11:30am
Speaker/講員: Yee Hong Centre Staff 頤康中心職員
Fee/費用: \$9/ 每位 (包括午餐)
 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

31 **For Caregivers— Throwback 2018**
給護老者—回顧2018
10am—11:30am
Speaker/講員: Bonnie Wong, RSW 黃皓欣女士 (安省註冊社工)
Fee/費用: \$5/ 每位 (包茶點)
 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

VIRTUAL REALITY PLAY DAY!



頤康中心VR樂園

Join us on **Monday, November 19th, 2018** at the **Yee Hong Caregiver Education & Resource Centre** for our centre's first ever **Virtual Reality Play Day!** From underwater exploration to carnival funhouses, you will enjoy an assortment of VR experiences!

歡迎參加頤康護老教育及支援服務舉辦

虛擬現實遊戲同樂日

讓你如若置身在海底探險，在嘉年華會中玩樂，
盡嘗不同虛擬現實的遊戲……

2018年11月19日星期一

Fee | 費用: \$5 per 30 minute 每半小時五元

Registration | 報名: 905 597 9380

Address | 地址: Unit 17, 360B Highway 7 East, Richmond Hill



**Yee Hong Centre
For Geriatric Care**

頤康中心



**Yee Hong Centre
For Geriatric Care**

頤康中心

*You can now enjoy
normal social life!*

成人護理產品

*Incontinence Products
for Adults*

選用合適的護理用品
繼續享受你輕鬆自在的人生

柔軟舒適 *High Quality*

尺碼齊全 *Good Fit*

男女合用 *Unisex*

價格公道 *Reasonable Price*

取貨容易 *Convenient Services*

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 (M)-20/pack (L)-18/pack (XL)-14/pack	\$18.00/pack
成人夜用紙尿褲 Night Time Pull-Ups	(S)-20/pack (M)-18/pack (L)-16/pack (XL)-14/pack	\$20.00/pack
成人日用紙尿片 Day Time Briefs	30/pack	(S)-\$18.00/pack (M)-\$21.00/pack (L)-\$24.00/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



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



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



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

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
-  **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。

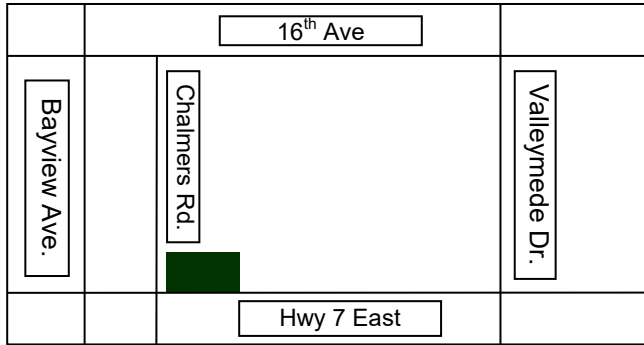


**Yee Hong Centre
For Geriatric Care**

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



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