

**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



**Leaves are falling,
Autumn is calling!**

「秋天來了!」

October - December 2019

2019年10- 12月

華人保健常用英語手冊

CHINESE/ENGLISH COMMUNICATION HANDBOOK FOR HEALTH CARE

「華人保健常用英語手冊」提供中英對照的常用醫療保健會話及術語。按身體部位及病徵，列舉有關的慣用術語；並就不同的臨床場合，列出正常程序之中病人與醫護人員之間的示範基本英語會話，協助病人與醫護人員互相溝通。

The Chinese/ English Communication Handbook for Health Care provides Chinese - English translations of commonly used terms in health care. Based on normal clinical procedures, it includes basic conversation between the clinician and the patient and glossaries for different clinical settings. The bilingual handbook can be used as a communication tool between English-speaking health care professionals and Chinese-speaking patients, or vice versa.

繁體中文及英文版

Traditional Chinese & English Edition

Reprinted in 2019

2019年再版

每本定價 \$15

For Sale at \$15

Yee Hong Caregiver Education and Resource Centre
(360B Highway 7 East, Unit 17)

Yee Hong Centre - Scarborough McNicoll
(2311 McNicoll Ave.)

Mail Order
Visit www.yeehong.com or
e-mail to caregiver.edu@yeehong.com

常見症狀及疾病
Common symptoms and illnesses

醫療檢查
Medical Examinations

常用藥物及外科手術
Common types of medications and surgical treatments

基本需要及日常活動
Basic needs and activities of daily living

病人及醫護人員實用語句
Useful phrases for patients and health professionals

緊急事故個人資料表格
In case of emergency information sheet

醫療保健資源
Health care resources

基本健康信息
Basic health information



Yee Hong Centre
For Geriatric Care
頤康中心

電話查詢/For more information
905-597-9380

頤康護老教育及支援服務

Caregiver Education & Support Services

2019-2020 年度的會員申請即將在三月份開始！我們希望這能鼓勵更多護老者及長者認識各種健康、護理、社區資源等不同方面的知識。凡參加我們的會員都可以免費參加我們舉辦的專題健康講座（特別節目除外），及可邀請兩位家人共享會員。

歡迎任何人士加入，一起活到老，學到老！

We are accepting 2019-2020 Annual membership applications in March for caregivers and seniors. Members will benefit from educational and health workshops conducted by our team (special programs excluded) and are welcome to invite 2 family members to join for free! 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 (2019年4月1日-2020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

<https://carelearning.yeehong.com>

<http://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

Information on Funeral Preparation

生命的禮讚

Caregiver's Happy Life

護老者的快樂人生

Bathroom Safety

家居安全之浴室篇

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 8, 22 日 11月 Nov 12, 26 日 12月 Dec 10 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 12 日 11月 Nov 9 日 12月 Dec 14 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 5 日 11月 Nov 9 日 12月 Dec 14 日 (Sat 六)	9:30am — 12pm	(905) 597-9380
Humor 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 31 日 11月 Nov 28 日 12月 Dec 19 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 28 日 11月 Nov 25 日 12月 Dec 16 日 (Mon 一)	10am — 12pm	(905) 597-9380
 Parkinson's Disease Support Group (Mandarin) 柏金遜症互助小組 (普通話)	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	10月 Oct 15 日 11月 Nov 19 日 12月 Dec 17 日 (Tue 二)	2pm — 3:30pm	(905) 597-9380

Caregiver Workshops - October 2019 | 關顧講座 - 2019年10月

OCTOBER 2019 十月

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

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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		

2 Be a Healthy Senior: Fall Prevention for Seniors (Mandarin)

做個健康長者: 預防跌倒穩步行講座 (普通話)

10am—11:30am

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Speaker/講員: Ms. 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

9 Fall is in the Air: Autumn Outing for Caregivers

摘蘋果賞秋郊遊樂

9:30am—3:30pm

Fee/ 費用: 會員: \$40 / 每位 (包括交通及午餐)

Location/ 地點: To be confirmed/ 待定

Pick up and Drop off Location/ 上落車地點:

- Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

- 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

詳情查詢或報名:

請致電 905-597-9380 Ms. Fiona Lam 林姑娘

10 Keep Your Memory Sharp at Any Age

尋找你的記憶力

11am—12:00pm

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

Chat Room 座談會

12:30pm—3pm

Speaker/講員: Ms. 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

16 Be a Healthy Senior: Fall Prevention for Seniors

做個健康長者: 預防跌倒穩步行講座

10am—11:30am

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Speaker/講員: Ms. 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

17

Does Forgetfulness Mean Dementia?

記憶力差還是失智症?

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: 免費

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

23

Senior Safety and Fraud Prevention (Mandarin)

長者安全與防騙 (普通話)

10am—11:30am

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Speaker/講員: Ms. 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

Helpful vs. Harmful: Ways to Handle Your Feelings

如何處理負面情緒

11am—12:00pm

Chat Room 座談會

12:30pm—3pm

Speaker/講員: Ms. 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

25

VR Play Day

VR 同樂日

對象: 歡迎長者及任何年齡人士

10:00am—4:00pm (須提前登記時間)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

Caregiver Workshop Series (1): Managing Chewing and Swallowing Difficulties

★ 護老者專題講座(1): 吞嚥保健及吞嚥困難應對技巧

10am—11:30am

Speaker/講員: Mrs. Teresina Chan, Speech Language Pathologist

趙陳儷卿女士 (言語治療師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

28

How to be a Long-Distance Caregiver

如何做一個遙距護老者

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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 2019 | 關顧講座 - 2019 年 11 月

NOVEMBER 2019 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

2



Caregiver Workshop Series (2): Senior Nutrition: Easy to Chew and Swallow Diet 護老者專題講座(2): 營養師談長者如何食得安全又營養 10am—11:30am

Speaker/講員: Ms. Rowena Leung, RD 梁繞琦女士 (註冊營養師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

4,
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18,
25

Fall Prevention Series: Exercises for Balance and Strength 預防跌倒系列: 增強平衡力及下肢力量運動 10am—11:15am

Speaker/講員: Mrs. Winnie Lam (Experienced Facilitator)

林葉菊英女士 (退休香港及多倫多物理治療師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

6

Sleep Health for Seniors (Mandarin)

長者睡眠健康 (普通話)

10am—11:30am

Speaker/講員: Ms. Fiona Lam, 林凱欣女士 (頤康中心職員)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

7

Stay Healthy at Home: Self-Care with Acupressure Points

護老者錦囊: 家中保健按摩DIY

10am—11:30am

Speaker/講員: Mr. Hon Chau Wong, DOMP

黃漢疇先生 (整骨治療師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

Living with Pain (Mandarin)

與痛同行 (普通話)

10am—11:30am

Speaker/講員: Ms. Bonnie Wong, RSW 黃皓欣女士 (安省註冊社工)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

Love Your Food: Handle with Care

「惜食有衣食」: 營養師與你談隔夜飯菜和食物安全
11:00am—12:00pm

Speaker/講員: Ms. Rowena Leung, RD 梁繞琦女士 (註冊營養師)

Chat Room 座談會 12:30pm—3pm

Speaker/講員: Ms. 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

20

Healthy Tips: Diet and Weight Management

健康錦囊: 飲食與體重管理

10am—11:30am

Speaker/講員: Ms. Rowena Leung, RD

梁繞琦女士 (註冊營養師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

27

Winter Safety Tips for Seniors (Mandarin)

長者如何應付冬天 (普通話)

10am—11:30am

Speaker/講員: Ms. Bonnie Wong, RSW 黃皓欣女士 (安省註冊社工)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

27

Dementia Training Series for Volunteers and Caregivers

給義工及關顧者: 失智症照顧技巧工作坊

(1) Behavior Management for Dementia

見招拆招

3:30pm—4:30pm

Speaker/講員: Allison Chiu, (NCCDP Instructor)

趙若萍女士 (美國失智症協會認可導師)

(2) Lifting and Training

扶抱及轉移技巧

4:30pm—5:30pm

Speaker/講員: Ms. Anisa Kong, OT (註冊職業治療師)

費用全免及提供小食 Free of charge with light Refreshments

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

28

Teeth Health Tips

健康牙齒保健小貼士

11:00am—12:00pm

Speaker/講員: Registered Dental Hygienist (註冊牙科保健員)

Chat Room 座談會 12:30pm—3pm

Speaker/講員: Ms. 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

Caregiver Workshops - December 2019 | 關顧講座 - 2019 年 12 月

DECEMBER 2019 十二月

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				

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16,
23

Expressive Pottery—A Ceramic Experience

我泥塑我心—陶藝工作坊

10am—12:30pm

Speaker/講員: Ms. Celia Mak, 麥鳳蘭女士 (陶藝導師)

Fee/ 費用: \$40 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

Care Tips for Healthy Eyes During Winter Months (Mandarin)

冬日護眼小常識 (普通話)

10am—11:30am

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

Fee/ 費用: \$5/ 每位

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

4

Financial Planning for Before and After Retirement

退休前後投資或保險需要知多少?

11am—12pm

Speaker/講員: Mr. Daniel Chan, Advisor 陳智恒先生 (理財顧問)

Chat Room 座談會

12:30pm—3pm

Speaker/講員: Ms. 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

6

Care Tips for Healthy Eyes During Winter Months

冬日護眼小常識

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

Ways to Keep Your Memory Sharp

護腦錦囊: 記憶力之道

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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

For Caregivers: Lunch Gathering

給護老者: 又食又傾午餐聚一聚

11am—1:00pm

Fee/ 費用: \$18/ 每位 (可另安排交通)

聚餐地點: 華麗宮大酒樓 Grandeur Palace

128, 2301 Brimley Rd, Scarborough, ON M1S 3L6

詳情查詢或報名:

請致電 905-597-9380 Ms. Fiona Lam 林姑娘

17

Be a Healthy Caregiver: Acupressure Points and Exercise

做個健康護老者—穴位拍打運動

10am—11:30am

Speaker/講員: Ms. Ada Choy 張麗屏女士 (頤康興趣班導師)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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 (Mandarin)

聖誕節聯歡會 (普通話)

10am—11:30am

Fee/ 費用: \$8 每位 (包括小食)

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

詳情查詢或報名:

請致電 905-597-9380 Ms. Fiona Lam 林姑娘

20

Christmas Celebration

聖誕節聯歡會

10am—11:30am

Fee/ 費用: \$8 每位 (包括小食)

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

詳情查詢或報名:

請致電 905-597-9380 Ms. Fiona Lam 林姑娘

24

VR Play Day

VR 同樂日

對象: 歡迎長者及任何年齡人士

10:00am—4:00pm (須提前登記時間)

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

Yee Hong Caregiver Education & Resource Centre

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Unit 17, 360B Highway 7 East, Richmond Hill

31

For Caregivers: Throwback 2019

給護老者: 回顧 2019

10am—11:30am

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

Fee/ 費用: 會員: 免費 非會員: \$5 / 每家庭

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



頤翠園

YEE HONG GARDEN TERRACE

頤翠園於 2004 年落成，是為自主生活的長者而設的一個終生租約式豪華住宅社區。兩幢頤翠園大廈（第一期及第二期）分別座落於士嘉堡 90 及 100 Scottfield Drive (Finch 夾 Middlefield)，毗鄰頤康士嘉堡芬治中心，合共有 308 個單位。

Yee Hong Garden Terrace (Scarborough) was built in 2004, the life lease housing community is intended for independent living seniors. The community, comprised of Phase 1 and Phase 2, is located at 90 & 100 Scottfield Drive (Intersection: Finch/Middlefield), which is adjacent to the Yee Hong Scarborough Finch Centre, comprised of two buildings with a total of 308 units.



Sensible design for Yee Hong Garden Terrace residents:

- Large capacity elevator
- Extra wide corridors with handrail on one side of all corridors
- Automatic door access
- Glass enclosed walkway connecting 2 buildings to ensure residents to enjoy the shared amenities
- Shared amenities including: multi-purpose rooms, a multi-media room, game room and reading room

Features available in every unit at Yee Hong Garden Terrace:

- 24 hours emergency response system
- In-suite non-motion detector
- In-suite intrusion alarm system
- Individual heat pump heating and cooling system
- Automatic switch-off of stove if smoke alarm is activated
- Walk-in shower stall completes with seating and grab bar

頤翠園為長者特別設計:

- 特大升降機
- 加闊走廊及扶手
- 自動開關門
- 室內玻璃走廊連接兩座大廈，以便住客使用公共設施
- 公共設施包括多用途活動室、多媒體娛樂室、遊戲室及閱讀室

所有頤翠園單位均設有:

- 平安鐘
- 室內移動感應器
- 防盜警鐘
- 單位獨立熱泵式冷暖氣系統(轉季時，無需等待管理處調較冷暖氣總掣)
- 感應關閉煮食爐
- 設有座位及扶手的淋浴間
- 在廁所周圍設置扶手



所有一手單位均已售罄，買家可以從轉售市場選購心宜單位，有關詳情請聯絡頤康商務部。

All 308 units are now sold. Prospective purchasers may purchase their interested units from the resale market, and contact Yee Hong Business Services Department for more details.

Tel: (416) 412-4571 ext. 1117 E-mail: gardenterrace@yeehong.com

購買終生租約式單位的買家擁有物業的終生租住權。如欲了解更多有關終生租約式單位,可瀏覽以下由安省政府編寫的「終生租約指南」(英文)

Purchasers are buying a life lease interest of the units giving them their right to live in the units for life. To understand more about life lease housing, you may review the life lease housing resource guide provided by the Government of Ontario from this link <http://www.mah.gov.on.ca/AssetFactory.aspx?did=10455>



Personal Support Worker Certificate Program

個人護理員證書課程

Become a Personal Support Worker

The Yee Hong Training and Learning Centre offers a Personal Support Worker (PSW) certificate program. The PSW certificate program is approved by the Ministry of Training, Colleges and Universities as a vocational program under the *Private Career Colleges Act, 2005*.

Program Schedule

The PSW certificate program is a 9-month part-time program including 7 months (348 hours) of in-class modules and 2 months (280 hours) of full-time field placements.

- ▶ Classroom: Tuesdays and Thursdays 6PM to 9PM; Saturdays 9AM to 3:30PM
- ▶ Practicum: 2 field placements in Yee Hong's long-term care and community services facilities

Classes will be held at

Yee Hong Centre—Scarborough McNicoll
Address: 2311 McNicoll Avenue, Scarborough,
Ontario M1V 5L3

成為專業個人護理員

頤康專業培訓中心現正提供「個人護理員」證書課程。此個人護理員證書課程為安省大專院校及培訓部 (Ministry of Training, Colleges and Universities) 根據 2005年私立職業學院法案認證的職業培訓課程。

課程安排

本課程為九個月的兼職課程，其中包括七個月（348小時）的課堂教學與兩個月（280小時）的全職實習。

- ▶ 課堂教學：周二及周四晚6時至9時，周六上午9時至下午3時半
- ▶ 實習：所有學員均可以在頤康長期護理院及社區服務部門完成兩個實習

上課地點

頤康士嘉堡麥瀝高中心
地址：2311 McNicoll Avenue,
Scarborough, Ontario M1V 5L3

To apply or for more information

報名或查詢詳情

Tel: 416-940-4814

Email: pswtraining@yeehong.com

Website: <https://www.yeehong.com/trainingandlearning>





**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.

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

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



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



**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 Community & Professional Services - Directory

頤康社會服務 - 指南

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 (CD) 半日消閒活動

-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))

-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 家居支援服務

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

Ext. 2609

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

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

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

Ext. 2361 (Glen Watford Dr.)

Ext. 2613

Ext. 2608

Ext. 2614, Ext. 2609 (Mississauga)

Ext. 2361

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

<http://carelearning.yeehong.com>

(905) 597-9380

CARE-Learning
https://carelearning.yeehong.com PLATFORM

Ext. 2619

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 and Caregiver Support Program has been provided by the Central Local Health Integration Network (C LHIN) & Central East Local Health Integration Network (CE LHIN) respectively. 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資助