

# 義心頤情 Enchanted



Yee Hong Centre  
For Geriatric Care

頤康中心

July 2019

Volunteer Bi-Monthly Newsletter

## VOLUNTEER SELF-CARE

July 24th is the annual International Self-Care Day, which aims to raise public awareness of the importance of self-care to stay both physically and mentally healthy.

Volunteers are the backbone of community. You are the supporters of the programs that help us when we are in need. But, when the pressure of a role becomes too much, or you have a bad day, who is it that helps the helper? This is where the importance of self-care becomes apparent. Self-care refers to taking the time and energy to care for yourself, and help yourself cope with the stressors of life. It is essential that as a volunteer, you are putting the same care and love towards yourself as you would towards the programs you serve.



## A FEW TIPS TO HELP WITH SELF-CARE:

### Make sure that your basic needs are met:

That you sleep enough, that you stay hydrated and do not skip meals, and that you move your body.

### Recognize when you need help, and ask for it:

When you need support or have any concerns, don't hesitate to speak to our staff and let us know. We are a team and a community, and we support each other.

### Stay home if you're sick:

Sometimes we feel a lot of pressure to perform, even when we are not in the state of health to do so. If you're feeling under the weather, give yourself time before returning to your volunteer duties.

### Be kind to yourself:

Nobody is perfect; mistakes happen. Even as a skilled volunteer, things may not always go as we hoped. When this happens, don't hesitate to communicate with our staff. When the mistake is properly managed, forgive yourself, learn from the experience and move on.

### Reward yourself:

Acknowledge your successes, no matter how small you might think they are!

What might surprise you is that these small steps in self-care can really rejuvenate you and bring a new appreciation to the service you are working on. Believe it or not, YOU are also a part of the community and you are as important as the project you are working on.

Article adapted from:

- Self Care for the Volunteer

(<https://pinnetwork.ca/selfcare/>)

- The Volunteer's Guide to Self-Care

(<https://sites.udel.edu/engage/2018/02/26/the-volunteers-guide-to-self-care/>)

- Boundaries and Self Care: Protecting Volunteers from Compassion Fatigue

([https://www.wvcasite.com/2B%20Boundaries%20and%20Self%20Care%20Slides\\_K.Cumblad.pdf](https://www.wvcasite.com/2B%20Boundaries%20and%20Self%20Care%20Slides_K.Cumblad.pdf))



**Would you like to make new friends and really make a difference with your spare time? Join us in ...**

- Games and activities
- Interest classes
- Transportation
- Friendly visiting
- Meal preparation
- Serving meals and feeding
- Events
- Clerical duties

*... and so much more!*

**By registering as a volunteer with us, you are also invited to ...**

- Volunteer training and workshops
  - Volunteer gatherings
  - Volunteer recognition events
- ... and more to come. Stay tuned!*

**Be a Volunteer, Make a Difference!**

**Yee Hong Centre – McNicoll & Markham**

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**Yee Hong Centre – Scarborough Finch**

- ⇒ Tel: 416-412-4571 ext. 5641
- ⇒ Email: angela.chan@yeehong.com

**Yee Hong Centre – Mississauga**

- ⇒ Tel: 416-412-4571 ext. 4640
- ⇒ Email: pinky.man@yeehong.com

**Volunteer Orientation Sessions in July and August, 2019**

<b>McNicoll Centre</b>	July 13 Aug. 10	2:30 - 5:00 p.m.
<b>Finch Centre</b>	July 24 Aug. 28	10:00 - 12:30 p.m.
<b>Markham Centre</b>	July 26	4:00 - 6:00 p.m.
<b>Mississauga Centre</b>	By appointment	



Scan the QR code to check out more information on our website!

**NEW! Special Offer for Volunteers**

**50% off** the workshops provided by the Caregiver Education and Support Services or its annual membership (*Not applicable to special events and/or material costs for certain workshops*). In addition, in each quarter one specific caregiver workshop will be offered to volunteers for **free!**

*Eligibility:* Registered volunteers with Yee Hong Centre and have provided over 10 hours of services.

Workshop selected for this quarter:

**Where is the Sodium** (Tuesday Sept. 3, 10:00 - 11:30 a.m.)

Location: Yee Hong Centre – Scarborough McNicoll

To sign up, please call 416-412-4571 ext. 2360 and provide your volunteer ID number. You could ask our staff for this quarter's caregiver workshop calendar or check it out on our website:

[https://www.yeehong.com/wp-content/uploads/CaregiverCalendar\\_2019.07-09.pdf](https://www.yeehong.com/wp-content/uploads/CaregiverCalendar_2019.07-09.pdf)

*Yee Hong reserves the right, at its discretion, to change, modify, add, or remove portions of these terms at any time by posting the amended terms.*

**VOLUNTEER TRAINING**



**New Volunteers Training**

**Time:** Friday July 12th, 2019, 1:00 p.m. – 5:30 p.m.

**Volunteer Sharing Session on Understanding Dementia**

**Time:** Thursday, August 8th, 2019, 1:30 p.m. – 3:00 p.m.

**Location:** 5510 Mavis Road, Mississauga, ON, L5V 2X5

For enquiry or register, please contact:

**Pinky Man:** Tel: 416-412-4571 ext. 4640, or Email: pinky.man@yeehong.com

**Annual Staff Training (Volunteers are welcome!)**

<b>McNicoll Centre:</b> (4 sessions available)	Jul. 31	9:30 - 12:30	or	14:00 - 17:00
	Aug. 14	9:30 - 12:30	or	15:15 - 18:15
<b>Markham Centre:</b> (6 sessions available)	Aug. 6	9:30 - 12:30	or	14:00 - 17:00
	Sep. 19	9:30 - 12:30	or	14:00 - 17:00
<b>Finch Centre:</b> (6 sessions available)	Sep. 27	9:30 - 12:30	or	14:00 - 17:00
	Jul. 24	9:30 - 12:30	or	14:00 - 17:00
<b>Mississauga Centre:</b> (4 sessions available)	Aug. 12	—		14:00 - 17:00
	Aug. 21	9:30 - 12:30	or	14:00 - 17:00
<b>Mississauga Centre:</b> (4 sessions available)	Aug. 1	9:30 - 12:30	or	14:00 - 17:00
	Aug. 13	9:30 - 12:30	or	14:00 - 17:00

**For enquiries or to sign up, please contact volunteer department of the respective centre.**