

Yee Hong Newsletter



April 2021

Interim CEO Message



San Ng

Warmer weather and brighter days are here. COVID restrictions made this Winter feel longer than most. It's a relief to hear birds singing and the first shoots of green as the Spring begins.

COVID vaccines are becoming widely available. At the start of April, approximately 2 million doses have been administered in Ontario and people aged 60+ are eligible.

Please consider these vaccine facts:

- Vaccines provide immunity. More than 90% of our residents are fully vaccinated, and what a difference it makes. The evidence from real-world experience with the Pfizer-BioNTech and Moderna vaccines shows they are highly effective against the symptoms of COVID-19. Hospitalization and death from COVID-19 are also reduced.





- Vaccines cut the risk for others. COVID restrictions will continue for a long time because community spread of the virus is a danger to vulnerable people who live among us. You can help build up our community's defenses against COVID by taking the vaccine. Many trustworthy sources of information are available for you to consider, and you can find video links at <https://carelearning.yeehong.com/>. We all have a role to play to stop transmission to our elders and other loved ones.

- Phone the Vaccine Support Hotline to get more information in your language of choice. Yee Hong's Community and Professional Services is taking your vaccine questions at 416-412-4570. Our hotline is open Monday to Friday from 9:00 to 5:00 if you or a loved one need more information or help to schedule a vaccine appointment in Toronto, Peel or York Regions.

Last Spring, after the pandemic's first wave, long-term care homes permitted family visits outdoors. In each of our Centres we are getting outdoor spaces ready for visiting. As soon as the government says it is safe to begin we will invite families to come back to Yee Hong. You can get ready too: please consider making an appointment to get vaccinated if you haven't already. This is how we'll end the pandemic.



Yee Hong will be the model of excellence in culturally appropriate seniors care
www.yeehong.com

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 yee-hong-centre-for-geriatric-care
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臨時首席行政總監的話



伍倩文

又是春暖花開的時候。疫情限制令使這個冬天十分的漫長。終於，春天的腳步進了，曼妙的鳥兒歌聲和樹枝上翠綠的嫩芽，令人陶醉。

安省已開始大規模接種新冠疫苗。在4月初，安省已注射了大約200萬劑疫苗，60歲以上的老年人都有資格接種。

請參閱以下關於疫苗的信息：

- 疫苗可提供免疫力。超過九成的院友已注射了新冠疫苗，並帶來了可見的效果。輝瑞-BioNTech 和 莫德納 Moderna 疫苗在世界各地顯示它們對新冠症狀非常有效，亦有效減低住院治療和死亡。

- 疫苗可降低其他人被感染的風險。疫情限制令將繼續很長一段時間，因為病毒在社區傳播將對體弱的人群構成威脅。您可以通過接種疫苗來幫助社區建立抵禦新冠病毒的能力。您可以多個可靠的渠道了解更多信息並考慮是否接種。在我們的網站上可以找到相關的視頻鏈接

<https://carelearning.yeehong.com/>。我們每個人都有責任阻止病毒在長者及親人間傳播。

- 致電疫苗支援熱綫 416-412-4570 選擇不同語言了解更多信息。頤康社區及專業服務部將為您解答關於疫苗的疑問。如您或您的家人需要在多倫多、皮爾區或約克區預約接種疫苗，請於周一至周五（上午9時至下午5時），與我們聯係。

去年春天，在第一波疫情緩解後，長期護理院允許家屬進行戶外探訪。每家頤康中心亦準備了探訪區域。當政府宣佈安全開放後，我們將會邀請家屬探訪護理院。如您還未接種新冠疫苗，您也可以做好準備，考慮是否預約注射疫苗。這將有效地幫助我們結束這場疫情。



Yee Hong Centre - Scarborough McNicoll, 2311 McNicoll Avenue, Scarborough

Yee Hong Centre - Ho Lai Oi Wan Centre, 2780 Bur Oak Avenue, Markham

Yee Hong Centre - Mississauga, 5510 Mavis Road, Mississauga

Yee Hong Centre - Scarborough Finch, 60 Scottfield Drive, Scarborough

The Value of One, The Power of Many

National Volunteer Week is April 18 to 24, 2021. The theme for 2021 is **The Value of One, The Power of Many**. *Volunteer Canada* says this theme “reflects the individual and collective efforts we have seen during the pandemic ... We recognize the power of people, organizations, and sectors working together.”

Volunteers have demonstrated this spirit across the Yee Hong Centres. At Yee Hong Mississauga this past Christmas, a community member Mandi called to sympathize how hard it must be for the residents during the pandemic as they are probably limited to online video chats instead of in person visits with their families and friends. She said she would like to work with the community to give back and “Be a Santa” to the residents at Yee Hong Mississauga.

Mandi mobilized the community members and together they prepared 200 gift bags and 200 hand-made Christmas cards by small children. It brought big smiles on residents faces knowing the community cares.

The value of one person thinking about seniors in LTCH during COVID pandemic

The power of many people working together to show compassion and love for one another

個人的心志、群體的力量

2021 年 4 月 18 日至 24 日是全國義工週。今年的主題是「個人的心志，群體的力量」。加拿大義務工作 表示這個主題“展示了我們在新冠疫情期間所看到個人和群體努力的效果.....我們亦認識到人民、團體和各部门共同合作所發揮的力量。”

在頤康各護理院亦有義工發揮「個人的心志，群體的力量」的精神。以下是在密市頤康的一些例子。剛過去的聖誕節，有位熱心社區人士 Mandi 打電話來表示鑑於新冠疫情，親友不能親自探訪院友，祇能以視頻聯繫，Mandi 心想護理院的長者定會感到難受。因此，她希望發揮社區力量，為密市頤康院友「當聖誕老人」。

Mandi 動員了她的鄰社朋友，一起準備了 200 份聖誕禮物包，並由小孩子製作 200 張聖誕賀卡。聖誕當日，院友在收到禮物包和看到聖誕咭時，他們十分感謝社區關懷並臉露燦爛的笑容。

個人的心志 - 在新冠疫情期間關懷在護理院的長者

群體的力量 - 群策群力為長者獻上關懷和心意



One volunteer Yvonne mobilized her friends to work “together” to sew scrub caps for the health care workers. They donated over 200 scrub caps to Yee Hong Mississauga to show their support during the pandemic. Volunteers Carmen and Souk Gee also wanted to do something for the LTCH staff and worked with their friends sewing over 300 fabric face masks. They donated the face masks to Yee Hong Mississauga staff for personal use.

“The caps are being worn in the workplace (to protect workers’ head and hair), and the reusable face masks are for before and after work in public spaces,” said one staff member, “My colleagues and I are very thankful.”

The value of one person thinking about staff in LTCH during COVID pandemic

The power of many people working together to show appreciation and encouragement.

The pandemic interfered with volunteers, religious and volunteer groups that donated time and services in the past. Some volunteering continues through video chat visit and virtual programs.

Religious groups also recognize the spiritual needs of the residents and prepare virtual Christian Service and Visit, virtual Buddhist Stories especially for residents in LTCH. And they also called in to donate Year of the Ox red paper greetings, sending blessings to residents in the Chinese Lunar New Year.

The value of one person calling another to check in
The power of many people working to decrease social isolation and promote the sense of community.

The value of one act and the power of many enables us to thrive together.

Thank you Volunteers!

Happy National Volunteer Week!

個人的心志、群體的力量 ... (續)

義工 Yvonne 希望為護理院的醫護及工作人員縫製防護帽, 她推動其他的義工和朋友們一起參與善舉。他們捐贈了兩百多個防護帽到密市頤康, 以表達他們在新冠疫情期間對醫護及工作人員的支持和鼓勵。另外兩位義工 Carmen 和 Souk Gee 也想為護理院員工做點事, 她們呼籲愛心人士加入她們的隊伍共獻愛心, 他們合力縫製三百多個布口罩, 捐贈到密市頤康供員工工作個人用途。

「我和我的同事們都非常感謝義工。」其中一名員工表示: 「工作時戴上防護帽 (以保護員工的頭和頭髮), 布口罩則適用於工作前後在公共場所使用。」

個人的心志 - 在新冠疫情期間關懷在護理院的工作人員

群體的力量 - 推動社區群體的力量, 群策群力表達支持和鼓勵

我們非常感謝所有義工和社區及宗教團體參與頤康各項服務, 他們慷慨付出他們的愛心、時間和服務精神, 讓長者得以受惠。儘管在新冠疫情而不能到長期護理院, 一些義工們還是透過視像頻探訪和節目續服務院友。宗教團體也按院友靈性的需求, 相應地準備了視像基督徒崇拜和視像探訪, 及視像佛教故事講解等。他們在農曆新年時亦送贈「牛年祝賀揮春」, 為院友送上祝福。

個人的心志 - 與護理院的長者視像以表關心

群體的力量 - 減少因新冠疫情的孤立感、發揮社區關懷的力量

個人的心志及群體的力量促使我們一起茁壯成長。
。 感謝義工們! 全國義工週快樂!

THE VALUE OF ONE. THE POWER OF MANY.



Volunteer video chat with resident
義工視像探訪院友



Staff thank volunteers for donating scrub caps. 職員感謝義工送贈防護帽



Residents received CNY Greetings from religious groups.
宗教團體農曆年
送上賀年祝福



Volunteer Virtual Singalong program
視像「你唱我和」義工並接受現場點唱



Virtual Religious Program
視像宗教活動

DELIVER VOLUNTEERS COMFORT.



VOLUNTEER
BÉNÉVOLES
CANADA

NATIONAL VOLUNTEER WEEK

APRIL 18-24, 2021



BY GIVING A LITTLE, YOU WILL HELP OUT A LOT

*Please help us buy a new BLADDER SCANNER
and improve patients' end-of-life*



Most end-of-life patients experience difficulty going to the washroom. Terminally ill hospice residents could be bedridden and not ambulatory. They could be dehydrated or have fluid retention and may not be able to express themselves when in pain. They could even lose their sensation of a full bladder.

A bladder scanner will help clinicians to assess patient needs as well as prevent unnecessary catheterization, which is invasive and potentially brings discomfort to patients who have only hours or days to live.

The Foundation is currently raising money to fund the purchase of a new bladder scanner for the Yee Hong Peter K Kwok Hospice. The scanner will cost approximately \$12,000. We hope that we can count on your support to provide optimum living for those in their final journey.

Yee Hong Peter K Kwok Hospice opened its doors in November 2020. Although it is a government-funded facility, we still need to cover the remaining \$450,000 shortfall every year.

Your support is essential!
Please consider making a donation designated to our hospice at
www.yeehong.com/donate or
416-321-0777.





*"We cannot change the outcome, but we can affect the journey."
- Ann Richardson*

給予臨終者最後的舒泰

請捐款支持頤康寧安中心購置一台膀胱掃描儀

對於大多數臨終病患者來說，去洗手間並不是一件容易的事。很多病人由於身體虛弱無力，只能終日臥床。這將導致他們體內殘留大量排泄物，無法及時排出。有些末期病人甚至不能用言語表達自己的痛苦，或失去感知膀胱充盈的壓力，大量尿液堆積在膀胱內，造成極大痛楚。

膀胱掃描儀將幫助護理人員評估患者的排尿需求，並防止不必要的導管插入。因為導管插入是侵入性的，會對生命只有最後幾天甚至幾小時的末期病人帶來更大的痛苦。

頤康基金會現正展開一個籌款項目，為頤康郭幼廷寧安中心籌募必要經費，以及購買一台全新的膀胱掃描儀。一台專業的醫用膀胱掃描儀大概需要1萬2千元。我們希望您的善心，能為臨終病人帶來一份溫暖和適意。

頤康士嘉堡郭幼廷寧安中心於去年11月正式開放。這家善終護理院雖然受到政府資助，但每年仍有45萬元的經費缺口，需要社區、捐贈者和贊助商的支持。

衷心感謝您的慷慨解囊。請登陸網址

www.yeehong.com/donate 或致電416-321-0777捐款。

