

# Yee Hong Newsletter

## Interim CEO Message



December  
2020



**San Ng**

Dear families,

In November I began my new role as Yee Hong's Interim CEO after nine years on the Yee Hong Centre Board. I'm pleased to lead this dedicated team and I'm inspired by the compassion I see every day in our Centres. I look forward to meeting and talking with residents and their family members

when the government begins to relax its visitor restrictions.

Ontario has imposed firm limits on long-term care visiting in Toronto, Peel and York Regions during the pandemic's second wave. These boundaries include all four Yee Hong Centres. Only a small number of designated caregivers are permitted, and only if they have proof of a negative COVID-19 test in the past 7 days. Rising case numbers in the Greater Toronto Area are a worry for everyone, but we hear that vaccines are coming. In the meantime, the Ministry's controls are meant to protect our vulnerable seniors.

This holiday season will be the first of its kind at Yee Hong. Christmas is a time for concerts, decorations, festive meals and time with family, and this year is no exception. Read more on





the following pages about safe and fun celebrations we're planning to bring our residents Christmas cheer during the global pandemic. You can stay connected to loved ones through our popular Video Chat service, which you can book online at

<https://www.yeehong.com/co-vid-19/visit-request-form/>.

I have already met with team members in every Yee Hong division to ensure they have the supplies and support they need. I am so impressed by their skill and commitment. Staff, managers and physicians are dedicated to keeping Yee Hong seniors safe and that is our best defense during the COVID-19 pandemic. On behalf of my colleagues I wish you and your loved ones a safe and healthy holiday season.



Yee Hong will be the model of excellence in culturally appropriate seniors care  
[www.yeehong.com](http://www.yeehong.com)

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



伍倩文

在頤康董事會任職九年後，我於今年 11 月開始擔任頤康中心臨時首席行政總監一職。我很榮幸能帶領這隻專業的團隊，每天在頤康的所聞所見令我感動。期待在政府解除探訪限制令後，能與院友和家屬見面交談。

面對第二波疫情，安省對在多倫多、皮爾區和約克地區的長期護理院實施了嚴格的探訪政策。限制令影響到頤康四家護理中心。只有少數被指定的關顧者允許進入護理院，且需要證明他們在過去的 7 天內進行新冠病毒檢測呈陰性。大多倫多地區新

冠確診數持續上升令每個人都感到不安，但我們也聽說疫苗問世在望的消息。省府的防疫措施旨在保護最體弱的長者。

今年的節日假期形式對頤康來說是第一次。聖誕節本是音樂會、裝扮佈置、節日大餐以及和家人聚會的時刻，今年我們也會盡量保持這些傳統。請往下閱讀有關安全有趣的節日慶祝活動。在疫情期間，我們也會為院友帶來聖誕節的歡樂氣氛。您可通過視像通話，在節日期間與家人聯絡。請在網上預約：

<https://www.yeehong.com/covid-19/visit-request-form/>。

我已與中心的各部門交流溝通，確保他們有足夠的防護品及人力支援。我對他們的專業技能和敬業精神感到欽佩。所有頤康的員工、管理層以及醫護人員將在大流行期間確保頤康長者的健康。在此，僅代表我的同事們，祝您和您的家人有一個安全的節日假期。



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

# Celebrate the Holidays during the Pandemic

This December, it is unlikely we will enjoy a jolly holiday season of gatherings or travel as the second wave of COVID-19 maintains its grip. But these trying times provide an opportunity for us all to ponder the true meaning of Christmas: Love, Care and Cherish.

At Yee Hong, staff members live the Christmas spirit every day. They work hard in keeping residents safe and go out of their way to care for residents' physical and mental health. Their efforts don't go unnoticed. Before the pandemic, Anniversary and Staff Appreciation dinners celebrated employees every year in the Fall. This year the Mississauga Centre celebrated their 17th Anniversary and a Staff Recognition event locally in October, and some Centres are ordering a special Christmas meal in for staff (each meal individually packed to avoid gatherings). Gifts and lucky draws allow us to celebrate our dedicated teams even if we can't gather in a group. Employees working for Yee Hong for five, 10, 15, 20, and 25 years each received a long-service certificate.

You too can recognize any staff member this Christmas by sending your message to the local centre email box (scarborough.mcnicoll@yeehong.com; scarborough.finch@yeehong.com; mississauga@yeehong.com; markham@yeehong.com) or by making a donation in the employee's name (<https://www.yeehong.com/donation-form/>, or call 416-321-0777).

The COVID-19 may have changed the whole world; but we can work together to make this Christmas special.



## 疫情中的節日慶祝

這個十二月，由於新冠疫情第二波持續，我們不大可能與親友相聚或出外旅遊，享受歡樂假期。但是，這些艱難的時刻為我們所有人提供了一個機會，思考聖誕的真正意義：愛，關懷和珍惜。

在頤康，員工每天都把這種聖誕的精神投放於工作上，努力維護院友的安全，竭盡全力照顧長者的身心健康。他們的努力沒有被忽略。今年，密市頤康於十月在中心慶祝了 17 週年慶祝和員工表彰活動。其實每年十月或十一月舉行的頤康週年暨員工致謝晚宴，就是為嘉許所有員工而設。今年鑑於疫症大流行的原故，大型晚宴因而被取消，但個別頤康中心會為員工安排聖誕餐膳（每份餐膳均獨立包裝以避免員工聚集），並有抽獎禮物。在頤康工作了五年、十年、十五年、二十年和二十五年的員工均獲頒長期服務證書。

您同樣可以藉着這節日表揚任何員工。只要把訊息發送到員工所在的頤康中心電子郵箱 (scarborough.mcnicoll@yeehong.com; scarborough.finch@yeehong.com; mississauga@yeehong.com; markham@yeehong.com)，或以該員工的名義作出捐款 (<https://www.yeehong.com/donation-form/>，或致電 416-321-0777)。

新冠疫情也許改變了整個世界；但我們可以共同努力，把這個聖誕變得與別不同。

## Yee Hong Peter K Kwok Hospice is open!

Yee Hong has opened a beautiful and state-of-the-art hospice on the main floor of the Finch Centre. The new facility shows our commitment to broaden services to meet the emerging needs of aging seniors.

Our residential hospice is the first in Ontario co-located in a long-term care home. Thrifty and efficient reuse of former administrative offices reduced the cost of construction. The hospice project's footprint does not change the space devoted to resident care or common areas at our Scarborough Finch Centre. Provincial funding, dozens of volunteers and generous donations from the Yee Hong community make the project possible.

Our first admission to the hospice occurred in November. Until now there has been no residential hospice in Scarborough, and none in Ontario prepared specifically for the Chinese and other ethnic communities. Scarborough needs access to excellent hospice palliative care.

The Yee Hong Peter K Kwok Hospice is a first step to establish a centre of excellence in palliative and end-of-life care. We will support the last steps of life's journey seamlessly and collaboratively with our partners in the community to serve clients from diverse cultures. Please email [hospice@yeehong.com](mailto:hospice@yeehong.com) for more information, to donate or to contribute your time to our community's most compassionate project.



## 頤康郭幼廷寧安中心正式啓用！

位於頤康芬治中心底層的頤康郭幼廷寧安中心正式啓用。此善終服務是頤康擴大服務範圍計劃的一部分，旨在滿足人口老齡化所帶來的急切需求。

這是安省第一所在長期護理院內建立的善終院舍。頤康在不影響長期護理服務及公共活動空間的情況下，對原先的芬治中心的行政辦公區進行了改建，這大大降低了善終院舍的建築成本。在省府撥款、善長捐助和義工的支援下，寧安中心終於落成了。

在 11 月，我們接受了第一位臨終病患。目前，寧安中心是士嘉堡地區第一家，也是安省第一家專門針對華裔及其它族裔開設的善終院舍。士嘉堡地區需要優質的臨終關懷服務。

頤康郭幼廷寧安中心是我們建立卓越的善終護理服務的第一步。我們將與社區夥伴緊密合作，為來自不同文化背景的末期病患者提供服務。更多詳情或義工報名，請發送郵件至 [hospice@yeehong.com](mailto:hospice@yeehong.com)。



Yee Hong Peter K Kwok Hospice Team



With the coronavirus pandemic surging, festivities for the holiday season will look very different than in the past. This year's Christmas will be a Christmas with distance. Unusual times require creative solutions, and Activation Departments in all four Yee Hong Centres are working hard to celebrate with residents "together" on different ways. Some examples from each home appear below to get you in the spirit of the season; a complete list of activities in each Centre will be shared with residents and families soon.

隨著新冠病毒大流行繼續嚴峻，聖誕節及年終的慶祝活動跟往常大不相同。今年的聖誕節將是一個不樣的聖誕節，各人更需要保持社交距離。不尋常的時期更需要有創意的解決方法，四所頤康中心活動部門將以不同的形式和方法與住客「一起」慶祝佳節。以下是四所頤康護理院展示部份聖誕節目，各院活動員樂意與院友和家屬分享十二月份節目活動。

## Finch YH 士嘉堡芬治頤康中心

*Christmas Light Festivals for the residents with blow up decorations and hot chocolate and snacks in the first week of Christmas. 聖誕節的第一週，將會為院友舉辦聖誕燈飾節，並有熱巧克力和小吃。*



## Markham YH 萬錦市頤康中心

*Engage residents in Christmas craft making 聖誕節  
& use the craft as Christmas gifts for residents 手工藝*

*South Asian Diwali Lunch Menu  
Nov 14, 2020 南亞排燈節午餐*



## Scarborough McNicoll YH 士嘉堡麥瀝高頤康中心

Holiday Market on separate units on various days in December:

12 月份，活動員在各樓層不同的日子為院友提供「假日市場」：

- Christmas Ornament making or Craft
- Christmas Carols Sing-a-long
- Hot Apple Cider with Ginger Molasses Cookies
- Christmas Present Giving & Christmas Photobooth

聖誕飾品製作或手工藝  
聖誕歌曲唱和  
薑汁蜜糖餅乾及熱蘋果汁  
聖誕禮物 及 聖誕照相亭



Mississauga YH 密西沙加頤康中心

## Christmas Photo Session 聖誕節拍照留念

Activity staff invite residents to take picture in front of our nicely decorated Christmas Tree as backdrop in the Activity Room. The Christmas photo will then send to residents and family members adding holiday cheers and lifting spirits.

活動員邀請我們的院友在活動室聖誕樹前拍照，照片將發送給住客和家屬，為他們增添節日歡樂並作留念。

2F Residents help decorating the 佈置  
Christmas Tree in the Activity Room 聖誕樹



5F Residents taking Christmas photo 聖誕節拍照留念



## Sharing Christmas, Sharing Love 分享聖誕節，分享愛

Activity staff are planning to produce a slideshow with participating residents on their floors, featuring residents with Christmas carols and displaying special message that will be aired on their own floor as well as on other floors sharing the Christmas joy, spirit and love. Activity staff are also getting residents busy by creating hand-made Christmas cards to exchange with one another. It is especially special with the hand-written message from one resident to another sending seasonal greetings and well wishes.

活動員忙於與參與聖誕報佳音的院友製作音樂短片，完成後將會在各樓層以視像分享聖誕節喜樂和愛心。  
活動員讓住客親手製作聖誕卡，彼此交換送上祝福和心意。

3F Residents are working on Christmas Cards  
to send to other residents 聖誕卡製作



4F Residents are singing Christmas  
songs virtually with volunteer 聖誕歌曲







# Christmas Menu 2020

# 聖誕節大餐



## Markham YH 萬錦市頤康 Christmas Day Lunch Menu 聖誕節午餐

### Chinese Menu 中餐

Soup: Shark Fin Soup with Bird's Nest  
紅燒燕液翅湯

Main Course 主菜:  
Boneless Turkey with gravy 無骨火雞肉  
Honey Glazed Baby Carrot 蜜味迷你蘿蔔  
Baked Yam 焗蕃薯  
Steamed rice 白飯

2nd Choice/第二選擇:  
E-Fu Noodle with sea food/abalone sauce 海皇鮑汁伊麵  
Choi Sum in oyster sauce 蠔油菜心

### South Asian Menu

Soup: Potato & Leek Soup

1st Choice: Boneless Turkey with gravy  
Mushroom Matar Bhujia  
Baked Yam / Rice/Roti

2nd Choice: Chili Paneer  
White Lobia Curry / Rice/Roti

Dessert: Black sweet rice w/coconut milk  
甜品: 黑糯米糖水  
Watermelon / 西瓜

## McNicol YH / 麥瀝高頤康 Christmas Day Dinner Menu 聖誕節晚餐

Suckling Pig 脆皮乳豬  
Turkey 烤火雞  
Rice 白飯  
Mashed Potatoes 薯蓉  
Seasonal Vegetables 季節蔬菜  
Fresh Fruit 鮮水果  
Dessert 聖誕甜品

## Mississauga YH 密市頤康 Christmas Day Dinner Menu 聖誕節晚餐

### Main Course / 主菜:

Roasted Turkey with Cranberry sauce  
焗火雞配蔓越莓醬  
Steamed rice 白飯  
Roasted Sweet Potatoes 焗蕃薯

### 2nd Choice / 第二選擇:

Stir fried Scallops with Asparagus & Herbs  
香草帶子露筍  
Broccoli in cream sauce 西蘭花

Dessert/甜品: New York Cheese Cake  
紐約芝士蛋糕  
Fresh Orange 鮮橙

## Finch YH 芬治頤康 Christmas Day Lunch Menu 聖誕節午餐

Lunch soup: Chicken w/ Fish maw thickened  
soup 雞絲魚肚羹

### Main Course / 主菜:

Roast turkey 聖誕烤火雞/克倫比厘醬  
Coleslaw salad 菜絲沙律  
Sweet potato fries 烤番薯條

### Chinese Menu

### 2nd choice 第二選擇:

Braised pork w/ chestnut 栗子紅燒肉  
Rice 白飯 / Peas 青豆

### Japanese Menu

### 2nd choice 第二選擇:

Garlic Pork  
Takikomi gohan Matsutake  
Peas

Dessert: Christmas fruit cake 水果蛋糕  
甜品: Fresh Orange 鮮橙



As the year comes to an end, the Foundation would like to truly thank everyone for all the support you have given to Yee Hong. 2020 has not been easy, but thanks to your continued trust and kindness, we are able to achieve our goals and help the seniors.

In the past month, we have hosted four fundraising events and generated over \$250,000. In particular, the A1 Radiothon hit a new record with an incredible \$164,000 raised. Our hearts are so full, knowing that we have all of you out there sending love.

We also received great news from the Ontario government, with the announcement that \$25 million of new funding will be invested to help build a new Scarborough facility for 224 long-term care beds. The investment recognizes the dedication, compassion and expertise of the Yee Hong team, and brings us one giant step closer to the \$80 million required for the construction of the new centre.

We know there's still a long way to go. For thousands of people who are waiting for a bed at Yee Hong, the challenges must be overcome. Your gift today makes a difference for the elderly today and the days ahead!  
[www.yeehong.com/donate](http://www.yeehong.com/donate) Please call 416-321-0777 or visit to give back this holiday season.



**Yee Hong Community  
Wellness Foundation**  
頤康基金會

年末將至，在此我們真誠地感謝每一位支持頤康的善長。2020年過得十分不易，是你們的信任和支持，令我們仍努力不懈地前進，為長者提供他們所需的服務。

在過去的一箇月中，基金會連續舉辦了四個籌款活動，並募得超過 25 萬元的善款。11 月 13 日的頤康 A1 電台籌款活動，更是打破紀錄，籌得 16 萬 4 千元。我們很欣慰，一路有你們每一位的支持。

另一個好消息是安省政府於上月宣佈將撥款 2,500 萬元予頤康，在芬治中心現址旁增建 224 張床位的長期護理院。政府的這一舉措是對頤康專業及優質護理服務的肯定，也使我們向 8,000 萬元新院建築經費的籌款計劃走近了一步。

雖然離實現擴建計劃仍有一段路，但面對數千位等候入住頤康中心的長者，我們責無旁貸。在這個感恩和分享的 12 月，希望您伸出援手，用善舉溫暖更多長者。如欲捐款，請致電基金會 416-321-0777 或登錄網址 [www.yeehong.com/donate](http://www.yeehong.com/donate)。祝您節日快樂！



“Under the gloomy atmosphere of the pandemic, the provincial governments important funding announcement is a breakthrough for funding in senior care,” said Dr. Joseph Wong, Yee Hong Founder and Foundation Board Chair. 頤康創辦人兼基金會董事會主席王裕佳醫生表示：「在疫症大流行的陰霾下，省政府的撥款是對長者護理重要的突破。」