

# Yee Hong Newsletter



January 2021

## Interim CEO Message



**San Ng**

Welcome to 2021!

Vaccines are here in Ontario and we see light at the end of the tunnel. The first shots for Yee Hong staff were scheduled in late-December. The province has not indicated when residents will be vaccinated but we expect more information soon from Public Health and the LHINs.

The provincial COVID-19 Vaccine Distribution Task Force plans to inoculate all our staff in stages, starting with a few dozen employees in each Yee Hong Centre. Enrollment is voluntary to start and will expand for complete coverage this winter. When Ontario offers vaccines to long-term care residents Yee Hong will help you and your loved ones to make safe and informed choices. Read more about the provincial plan on page 3 of this newsletter.





Pandemic measures in our Centres will continue until vaccines create widespread immunity. Lockdown restrictions returned across Ontario at the end of December, and we'll keep you informed as new provincial rules cause us to change our visiting and other policies.

We're sad these safety measures are necessary but we feel confident and determined we'll beat the virus. Watch for regular emails from your Centre, frequent updates to the website, and a family teleconference for each home this month.

Speaking of the family teleconferences, in December there was a question about my background and work experience. I'm grateful for your interest, and pleased to share my biography again on the website's "About Us" page. Let's look forward to meeting safely in person once this second wave of the pandemic recedes.



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  
 yeehongcentre  
 yeehongcentre

## 臨時首席行政總監的話



伍倩文

歡迎來到 2021 年！

隨著新冠疫苗開始陸續抵達安省，頤康中心第一位員工已在十二月下旬安排了接種。目前省府還未明確指出何時將為院友接種疫苗。我們希望能儘快從公共衛生局及地方保健綜合網絡獲得更多訊息。

省府的新冠疫苗分發計劃隊將分階段為頤康所有員工接種疫苗，並將從每個中心的幾十名員工開始。接種先以自願報名的形式進行，並將會在今年冬天覆蓋所有員工。當安省向長期護理院的院友提供疫苗時，頤康將幫助您和您的親人做出安全及明智的安排。如欲了解更多關於省府計劃的信息，請閱讀第 3 頁。

頤康中心的防疫措施將繼續，直至疫苗產生廣泛的免疫力為止。安省已於 12 月底再次進入封鎖，我們會在第一時間通知您有關省府計劃對長期護理院探訪及其它方面的影響。我們對此感到遺憾，但這些安全措施是必要的，我們也有信心能戰勝病毒。請留意頤康向您發送的郵件，網上的最新消息以及參與本月的家屬電話會議。

在 12 月的電話會議中，有家屬詢問了我的背景及工作經驗。感謝大家的提問，我很樂意在頤康網站“關於我們”的頁面分享我的簡歷。期待在第二次疫情逐漸消退後，與大家見面。



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

# About COVID-19 Vaccines

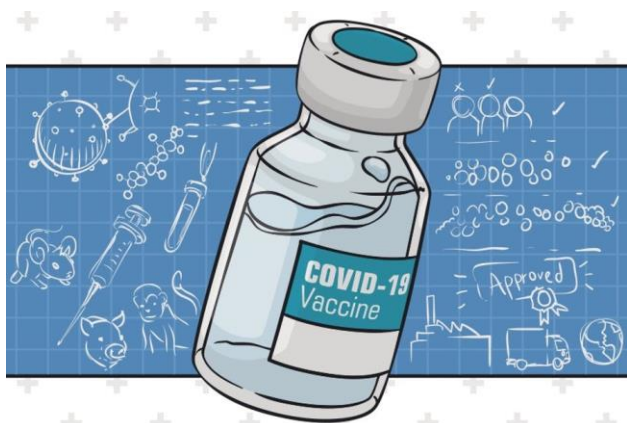
As the COVID-19 vaccines started to arrive in Ontario in mid-December, the top-of-mind question for the long-term care sector has been the province's inoculation plan for LTC home residents and health care workers.

At the end of December when this publication went to print, the LHINs and Public Health announced LTC staff will be vaccinated first. The province will roll out the vaccines in three phases, starting with vulnerable populations that are at greatest risk of COVID-19. Phase 1 involves a vaccine readiness pilot to help inform the province's preparedness plan to receive larger vaccine quantities and to test the delivery logistics, clinic management and post-vaccine surveillance.

A small group of Yee Hong staff are already getting vaccinated in Phase 2, which will expand to include LTC residents this winter. For the latest information on Ontario's guide to the vaccine rollout, visit <https://covid-19.ontario.ca/covid-19-vaccines-ontario>.

When more information on vaccination for LTC residents becomes available, Yee Hong will share news on its COVID page (<https://www.yeehong.com/covid-19/>). The health and safety of residents and employees is Yee Hong's top priority.

Until vaccines are widely available, we all have to continue to follow the Public Health rules and to take everyday actions to help stop the spread of the virus.



隨着新冠疫苗在十二月中旬開始運抵安省，何時為長期護理院的院友和護理人員接種成為人們關注的問題。

截至十二月底這份刊物付印時，安省公共衛生局及地方綜合醫療網絡宣佈長期護理院的護理團隊將首先接種疫苗。據了解，省府的接種計劃，將分三個階段進行，尤以體弱或容易受感染的高危社群作優先考慮。首階段包括試驗接收疫苗的流程，為接收更大量疫苗作準備，同時亦測試疫苗運送、注射中心管理、和接種後的監察。

小部分的頤康員工已在第二階段進行了疫苗接種。預計在今年冬天，疫苗將覆蓋長期護理院的所有院友。有關安省疫苗接種計劃的最新資訊，可瀏覽<https://covid-19.ontario.ca/covid19-vaccines-ontario>。

有關長期護理院院友接種疫苗的最新資訊，我們會在頤康的新冠網頁公佈 (<https://www.yeehong.com/covid19/>)。保護院友和員工的健康和安全是頤康首要的任務。

在疫苗得到廣泛應用之前，大家必須繼續遵守衛生局的指引，並在日常生活中采取防疫措施，以阻止病毒傳播。



# Diversity at Yee Hong

The majority of our Yee Hong residents are Chinese, but do you know that we also have quite a number of Japanese and South Asian residents at Finch and Markham site?

Therefore, we celebrate many different traditional festivals every year with our residents!

That includes Diwali (Festival of Lights) in November that we mentioned in previous newsletters. Diwali is a very popular festival for South Asian residents.



## End of Dec- Early Jan (New Year)

In January 1, on the 4th floor at Finch center, you might hear “Akemashite-omedetou-gozaimasu (Happy New Year)” and “Kotoshimo-yoroshiku-onegaishimasu (Please continue to support me this year)”.

In Japan, people say this whenever they see each other for the first time after January 1st. New Year is widely considered the most important holiday for Japanese people since, unlike other Asian countries, Japanese people don't celebrate Lunar New Year. Most of the businesses in Japan close from December 28th or 29th to January 3rd. During the New Year holiday, family members gather together, enjoy special dishes and give money to children. Many people visit a shrine, sometimes wearing kimono, to pray for their safety, health, and good fortune.



## What is the Japanese New Year Food?

**Osechi-ryori** (御節料理) is a Japanese New Year food, which is prepared in special boxes called **Jubako** (重箱). The custom began in the Heian period (794-1185). During the first three days of the New Year, it is taboo to use a hearth and cook meals, except when cooking **Zoni** (雑煮: Japanese New Year Mochi Soup). So, Osechi-ryori is made at the close of the previous year, and women do not cook in the New Year. Each dish of **Osechi-ryori** has a special meaning celebrating New Year.



## New Year Dishes for Japanese residents at Finch!



**Ozoni** 御雑煮 is a special soup enjoyed on the New Year's Day in Japan. The soup usually includes mochi (rice cake), and the preparation varies by region and household.



**Osechi** 御節料理 are the traditional foods for New Year's day. They come in an assortment of colorful dishes. Every dish of these traditional foods has a special meaning in welcoming the New Year.

雖然我們頤康中心的住客大多是華裔，但您不可不知在芬治中心和萬錦何黎靄雲中心我們也有日本和南亞裔住客。

因此，我們每年都會為住客舉辦一些不同傳統節日的慶祝活動！

包括我們在上一期通訊中提到的 11 月排燈節。排燈節是最受歡迎的節目之一！



## 12 月底至 1 月初（新年）

1 月 1 日，在芬治中心 4 樓，您可能會聽到“Akemashite-omedetou-gozaimasu”(新年快樂)和 Kotoshimo-yoroshiku-onegaishimasu”(今年請繼續支持我)。

在日本，人們在 1 月 1 日以後第一次見面時都會這樣說。新年被認為是日本人最重要節日，這與其他亞洲國家不同，日本人不會慶祝農曆新年。日本大部分業務從 12 月 28 日或 29 日至 1 月 3 日都會關閉。新年假期期間，家人聚集在一起，享用特色美食，並給孩子們一點利是。許多人更會參拜神社，穿上傳統和服，為他們的安全、健康和好運祈禱。



## 日本新年食品？

Osechi-ryori (御節料理) 是日本新年的傳統食品，把各種美食放進圖中的盒子內，稱為[重箱]。這傳統始於平安時代(794-1195)

在新一代的頭三天，傳統是盡可能也不烹製任何食物，而 Zoni 雜煮是唯一可以煮的湯食。

所以，御節料理都是在上一年尾預先準備的，而每一道菜也有其特別的祝福含意。



## 芬治中心的新年日本料理



感謝中心內的廚房員工和活動組的日本籍同事每年都也會為住客預備(雜煮)，一起慶祝！



我們亦會預備幾種御節食品給住客享用，與住客同賀新年！



# Unusual Dragon Ball for Unusual Times

Happy New Year!

2021 may still be an unusual year under the pandemic, but it doesn't hinder our commitment to providing excellent care to our seniors.

Yee Hong Foundation will host the 32nd Dragon Ball on February 13, 2021 (Saturday). This year, for the first time ever, the event will be presented virtually on multiple online platforms, offering a unique experience to our supporters to celebrate the Chinese New Year of the Ox.

The virtual Dragon Ball will continue to offer our gala traditions of sumptuous food and exceptional performances, yet in a new and special way. Our guests will select exquisite meal options from our high-end restaurant partners, R&D and ATO, offering dinner certificates to each of our guests. Award-winning producer Stan Papulkas, known as the "Architect of Creativity", will produce a 90-minute Dragon Ball online show.

For more information or to participate in Dragon Ball 2021, please call 416-321-0777 or follow us on Facebook (@yeehongfoundation), Instagram (@yeehongfoundation) or Twitter (@yeehong).

A little kindness may bring a lot of happiness to the elderly! Thank you.

We wish all of you a wonderful New Year!



新年快樂！

由於疫情，2021 年或許仍將是非同尋常的，但這並不會改變我們為長者提供優質服務的承諾。

頤康基金會將於 2 月 13 日（周六）舉辦第 32 屆「龍宴」。今年的慈善晚會將與眾不同，我們會利用網絡平台，繼續「龍宴」的傳統，慶祝農曆牛年。

基金會將用創新的手法，呈現一場別樣的雲端「龍宴」。除了觀看綫上演出外，賓客還能品嚐到風味不同的美食。城中兩家高端餐廳 R&D 以及 ATO 將作為餐飲贊助商之一，為賓客提供美味佳餚。曾被喻為「創造力建築師」的知名製片人 Stan Papulkas 將加入活動籌劃團隊，負責製作 90 分鐘的綫上晚會。

更多詳情或報名參加 2021 年「龍宴」，請致電 416-321-0777 或關注頤康基金會的社交平台 – Facebook (@yeehongfoundation), Instagram (@yeehongfoundation) or Twitter (@yeehong)。

您的一份善舉將溫暖更多長者！謝謝。  
祝您和家人新年快樂！



Yee Hong Community  
Wellness Foundation  
頤康基金會