

Yee Hong Newsletter



July 2021

CEO Message



San Ng

A bittersweet anniversary for Chinese Canadians struck a chord in my heart. Fifteen years ago, Stephen Harper, our Prime Minister at the time, delivered an apology and compensation to victims of the Chinese “head tax.”

Exorbitant fees and eventually an outright ban stopped generations of Chinese people from immigrating to Canada until the 1940s.

The impact is still felt today. A recently released report shows that Chinese seniors have the lowest average income and highest poverty rate in Canada. That’s a lingering consequence of the head tax and exclusion legislation.

Yee Hong was established in 1987 to address the void in culturally-appropriate services and care for seniors. Today, we serve our 26,000 seniors, caregivers and families from diverse backgrounds to “Live their lives to the fullest – with health, independence, and dignity.”

Yee Hong’s leadership team commits to address and prevent racism’s toxic effects on future generations. Coming soon, I’ll tell you about our steps to promote cultural humility, increase access to culturally-appropriate services and care, and to embrace diversity, equity and inclusion.

I invite everyone in the Yee Hong family to think about what racism and oppression mean to each of us, and the preventive actions we can take. Join us in this important journey.

Yee Hong appoints CEO

Yee Hong Centre for Geriatric Care, the largest not-for-profit long-term care and seniors’ services provider in Canada, announced on June 8 the appointment of Dr. San Ng, PhD as its new Chief Executive Officer.

Yee Hong’s founder Dr. Joseph Wong offered his congratulations. “I have full confidence that San will be taking Yee Hong to new frontiers to fulfill our vision of “Seniors living their lives to the fullest” in loving and culturally-appropriate and environments of their choice.”

San is former Board Chair of Yee Hong Centre and, since November 2020, was the Interim CEO.



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



伍倩文

一個苦樂參半的加拿大華裔紀念日掀起了我心中的波瀾。十五年前，當時的加拿大總理史蒂芬·哈珀向華人社區「人頭稅」的受害者致歉並賠償。

為了限制華人入境，加拿大曾對華人徵收高昂的人頭稅並實施排華法案直至上世紀 40 年代。這一歷史恥辱至今仍存在著影響。最新的一份報告顯示，華裔長者是加拿大平均收入最低的，也是貧困率最高的。這是人頭稅和排華法案揮之不去的後果。

頤康成立於 1987 年，致力於為長者提供切合文化需求的服務。如今，我們每年為來自不同文化背景的 26,000 名長者、關顧者及家屬提供服務，讓他們過著最健康、獨立和有尊嚴的生活。

頤康的管理團隊將竭盡全力防止種族主義對後代的危害。我們將在日後與您分享頤康如何為促進文化謙卑、增加切合文化的服務，以及兼容多樣性、公平性和包容性文化方面發展的計劃。

在此，我邀請每一位頤康大家庭的成員加入我，思考種族主義和壓迫意味著什麼，以及我們可以採取的預防措施。

頤康首席行政總監履新

加拿大最大的非牟利長者服務及護理機構，頤康中心於 6 月 8 日召開周年大會，委任伍倩文博士為中心的首席行政總監。

頤康創辦人王裕佳醫生向伍倩文博士表示祝賀，「我相信新的首席行政總監將會引領頤康邁向新的里程碑，努力實現我們的願景，為長者創造一個充滿關愛並切合文化需求的晚年生活環境。」

伍倩文博士曾擔任頤康中心董事會主席，並於 2020 年 11 月起，擔任頤康中心臨時首席行政總監。



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

Gardening Activities at Yee Hong

Summer is here and the balconies and gardens at Yee Hong are decorated with vibrant flowers and vegetables. Those of you who have visited any of our four LTC sites may have marvelled at the coral begonias, red daisies, pink geraniums, purple petunias, orange marigolds, lilies, lavender and much more.



Or you may have wondered when harvest time is for our tomatoes and leafy greens.



These beautiful contributions are the results of gardening programs run by our activation teams. From planting to watering and to observing growth, our seniors have put a lot of care into the plants. Some even offered seedlings that they started on their own! Our residents have enthusiastically contributed their knowledge, efforts and time to help make our outdoor spaces more enjoyable.

Gardening is known to be a therapeutic activity. Horticulture therapy improves physical health and emotional well-being, is relaxing, relieves stress and anxiety, increases happiness and improves quality of life.



Our gardening activities have promoted social interaction and opportunities for planning and giving back to the place our residents call home. Even the simple act of interacting with nature, such as having a social outing or taking a stroll is highly beneficial to the mental health of our residents. So, the next time you come to visit one of our LTC homes, don't forget to stop and smell the flowers!



Pictures

Top left: Yee Hong McNicoll Petunias and Marigolds

Bottom left: Yee Hong Markham Bak Choi

Top right: Yee Hong Finch Balcony

Bottom right: Yee Hong Mississauga Balcony Social

園藝樂

夏天到了，頤康中心各个陽台和花園都裝飾著鮮豔的鮮花和蔬菜。如果您探訪過我們的長期護理院，您肯定也欣賞過那些粉海棠，紅雛菊，粉紅天竺葵，紫矮牽牛，萬壽菊，百合，薰衣草等。



或者您可能想知道我們的西紅柿和綠葉蔬菜的收成時間是什麼時候。



這些美麗的貢獻是我們各院活動部組織策劃園藝節目的成果。從種植到澆水再到觀察生長，我們的長者對這些植物付出了很多心血。有些院友甚至提供了他們自己培植的幼苗！我們的院友熱情地分享了他們的知識、付出努力和時間，幫助我們營造更美的戶外空間。

園藝是一種治療活動。園藝療法能够改善身體和情緒健康，讓人放鬆，緩解壓力和焦慮，增加快樂並提高生活質量。



图片

左上：萬錦市頤康番茄

左下：萬錦市頤康莧菜

右上：頤康士嘉堡麥瀝高矮牽牛，萬壽菊

我們的園藝活動提供了社交互動也給了我們的院友規劃和回饋他們家的機會。即使是簡單與大自然互動的行為，例如在戶外社交或散步，也對我們院友的心理健康非常有益。所以，下次您來我們的長期護理院的時候，記得停下來欣賞一下美麗的我們的花園吧！



Happy Canada Day
加拿大國慶節快樂

Scarborough celebrates Dr. Hilda Lim



Dr. Hilda Lim MD CCFP

Scarborough celebrated a McNicoll Centre physician at the ScarbTO Hero Awards, announced on Tuesday, June 22.

Dr. Hilda Lim volunteered to work in a neighbouring long-term care home during a devastating COVID outbreak in December and January. After the virus spread to most people living and working in the building, Dr. Lim answered the call for medical help and Mandarin language ability. She suspended her duties as Medical Director at the McNicoll Centre to prevent cross-contamination.

Dr. Lim's selfless and courageous example inspires all of us. Also, in June, Yee Hong recognized Dr. Lim's leadership by naming her Corporate Physician Lead. This is a brand-new position at Yee Hong, responsible for clinical practice, innovation and physician administrative duties. Dr. Lim will continue in her Medical Director position at McNicoll.

林醫生獲士嘉堡健康英雄獎

6月22日(周二)麥瀝高中心的林醫生(Hilda Lim)喜獲士嘉堡健康英雄獎!

在疫情肆虐的12月及1月份,林醫生義務前往附近的長期護理院工作。當大廈內爆發疫情時,她主動為有需要的居民提供普通話的醫療幫助。為了防止病毒交叉感染,她也暫時停止了在麥瀝高中心的職務。

林醫生的無私和勇敢激勵著我們所有人。6月,林醫生被任命為頤康醫師主管,以表彰她優秀的領導能力。這是頤康一個新的職位,主要負責臨床實踐、創新和醫師行政管理。林醫生也將繼續擔任麥瀝高中心醫護總監一職。

Visiting at Yee Hong Centres

In July we expect more changes to visiting limits which may permit two indoor guests at a time. The number of designated "Essential Visitors" for each resident may increase as well.

As Ontario changes the rules frequently, we continue to stay vigilant and closely monitor the COVID-19 situation. We adjust our policies and practice as quickly as we are able. Schedule your visit in advance, and watch our website to find out what steps are necessary – masks, physical distance, COVID testing – for everyone's health and safety. The link is here:

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

Your presence and love will warm up our seniors after a long and chilly winter we spent sheltering from the pandemic.

探訪頤康中心

7月,我們期待開放更多探訪服務包括每次允許兩名訪客進行室內訪問。每位院友的的必要關顧者人數亦會增加。

安省會定期更改政策,我們也會繼續保持警惕並密切監測疫情發展,及時進行調整。提前預約您的探訪,並留意我們網站,了解為個人健康和 safety 需採取哪些防疫措施 – 佩戴口罩、保持身體距離、進行新冠檢測。預約探訪:

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

在我們度過了一個漫長而寒冷的冬天後,您的出現和愛將溫暖長者的心。

The Dragon Raffle Is Back!

「龍情愛心」慈善獎券隆重登場!

COVID has slowed us down, but we will never stop. Thanks to the strong support of our Grand Prize sponsor, Audi Uptown, **Yee Hong's Dragon Raffle** is back this summer!

Starting **July 5**, you can purchase a **\$20 raffle ticket** at www.DragonRaffle.com for a chance to win an all-new **Audi A3** Komfort sedan. All proceeds go to support Yee Hong's senior care and the construction of three new long-term care homes.

It's easy to buy your raffle tickets online, but they'll also be available for curbside purchase at the Foundation office (60 Scottfield Drive) or by calling **416-321-0777**.

疫情的慢節奏并未讓我們的籌款工作有些許停歇! 在Audi Uptown的大力支持下, 頤康「龍情愛心」慈善獎券將在今夏隆重登場!

從**7月5日**起, 您可登陸網址 www.DragonRaffle.com 購買慈善獎券。獎券每張**\$20**, 大獎為一輛全新奧迪A3豪華轎車。所有收益將用於支持頤康長者服務及新建三家護理院。

你可輕鬆在網上購票, 也可致電**416-321-0777**或親臨基金會辦公室(60 Scottfield Drive)在街邊購買獎券。



**Please note that our Raffle is restricted to the Province of Ontario – that means the person has to be in Ontario at the time of purchase.*
我們的慈善獎券僅限安省-購買者必須在安省境內購買抽獎券。

您知道嗎?

目前, 安省輪候時間最長的20家長期護理院中, 有12家是為特定族裔或宗教人士提供服務的護理院。其中前5家輪候名單最長的安老院, 大多均為華裔長者提供服務, 平均輪候時間長達2-4年。然而, 申請頤康護理床位可能最長要等待10年之久。

因此, **您的支持十分重要!** 請幫助頤康早日建成三家新院, 讓有急需的長者縮短輪候安老院的時間。

DID YOU KNOW?

Out of the 20 long-term care homes in Ontario with the longest wait times, 12 are ethnospecific or religious homes. **In fact, five of those 12 homes are designated mostly for Chinese Canadians and have a median wait time of up to four years.** Compared to the provincial average of 5 months, the wait time for a Yee Hong long-term care bed can be as long as 10 years!

Your support is needed more than ever! Help make the new Yee Hong centres a reality, and shorten our seniors' wait time for essential geriatric care.