

Yee Hong Newsletter



June 2021

Interim CEO Message



San Ng

- book your visit online at <https://www.yeehong.com/covid-19/visit-request-form/>
- wear a mask and stay a safe distance apart
- maximum of two visitors at a time

More details about Yee Hong's safe visiting practices appear on page 3. If you prefer, Video Chat calls are still available to connect with a resident online.

We know the pandemic isn't finished yet, and community spread of the virus is still common. High vaccination rates in our Centres offer good protection against the virus' worst effects but we'll need your help to prevent the spread of infection.

If you've been waiting to sit with a loved one at Yee Hong, book your visit soon. Please come back to our Centres and reconnect.

Dear families

This week we welcomed visitors back to our Centres. What a relief to see residents and their loved ones reunited!

As our long-term care homes slowly reopen after the pandemic's third wave, it starts with outdoor visiting.

Family members should keep these points in mind:

Yee Hong speaks out against racism and oppression

You may have seen Yee Hong's recent anti-racism statement on our social media and on the website at www.yeehong.com/about-us/.

Canada acknowledges Asian Heritage Month every year in May, and the 2021 theme is "Recognition, Resilience, and Resolve." It's time for us to raise our voices and talk about what racism looks like, how it wounds us deeply, and how it weakens Canadian society.

Over the coming months, we will be developing an action plan to learn about racism and what we can do.



YeeHongCentre
yee-hong-centre-for-
geriatric-care
yeehongcentre

臨時首席行政總監的話



伍倩文

親愛的家屬

從這周起，頤康中心又恢復了探訪服務。見到院友能和他們的親人重聚，令人無比欣慰。

在第三波疫情後，長期護理院將慢慢重啟，第一步我們將重新開放戶外探訪。請家屬閱讀以下須知：

- 請在網上預約登記探訪：
<https://www.yeehong.com/covid-19/visit-request-form/>
- 佩戴口罩並保持社交距離
- 每次最多兩名訪客

更多有關頤康安全探訪的細則，請查閱第三頁。您也可繼續在網上通過視像聊天與院友聯係。

新冠疫情仍未結束，社區傳播依然存在。頤康中心內絕大部分的人接種了新冠疫苗起了很好的保護作用，我們亦需要您的幫助與我們一同抵抗病毒的傳播。

如果您期待與院友在綫下見面，請儘快在網上預約戶外探訪。歡迎大家重返我們的護理院。

頤康向種族主義說不 – 或許您已在我們的社交媒體賬號或網站

www.yeehong.com/about-us 閱讀有關內容。

每年 5 月是加拿大亞裔傳統月。2021 年的主題是「認可、堅忍和決心」。是時候站出來發出我們的聲音，告訴大家什麼是種族歧視、種族歧視如何傷害我們，以及如何削弱加拿大社會。在接下來的幾個月，我們將繼續探討和開展如何反對種族主義。



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

How To Have An Outdoor Visit At Yee Hong

We are thrilled to announce that outdoor visits at our long-term care homes have returned! This is exciting news as we take cautious steps to ease COVID-19 restrictions.

Here's how General visiting will work at Yee Hong Centres:

1. Book an appointment on the website at <https://www.yeehong.com/covid-19/visit-request-form/>
2. When it's time for your scheduled visit, go to the screening station. The screener will confirm you don't have any COVID-19 symptoms, exposure, or any travel history in the last 14 days.
3. Bring your own mask or face covering to wear during your visit. Given the current variants of concern, we recommend a good quality mask.
4. Keep a safe distance. Residents and their loved ones won't share food or exchange packages during an outdoor visit.
5. Follow best infection prevention and control practices such as proper hand hygiene.

Throughout the pandemic, a small number of designated essential caregivers have been supporting residents in our homes. They were individually approved to enter the long-term care homes and they are subject to rigorous and ongoing IPAC training and COVID testing. The government's new instructions do not affect their access to Yee Hong Centres.

Stay tuned to our website for information on the developing situation and be on the lookout for communication from our homes for details that are specific to your Yee Hong Centre.

頤康戶外探訪服務

很高興長期護理院終於再次開放戶外探訪！隨著限制令慢慢解除，我們也將謹慎地逐步恢復服務。

請閱讀頤康中心戶外探訪的細則：

1. 在 綫 預 約 探 訪：
<https://www.yeehong.com/covid-19/visit-request-form/>
2. 在輪到您與院友見面時，請先到新冠排查台登記。工作人員將詢問您是否有新冠症狀、以及在過去 14 天中是否接觸過新冠患者以及是否有旅行史。
3. 在探訪過程中，請自行佩戴口罩或面罩。鑒於目前的疫情，我們建議您佩戴質量較好的口罩。
4. 保持社交距離。請不要與院友在戶外分享食物或交換物品。
5. 遵循防疫措施，列如注意手部消毒。

在大流行期間，有一小部分的必要關顧者被允許進入護理院，為院友提供支援服務。他們是單獨被批准進入中心，並始終遵守預防感染措施以及接受新冠檢測。新的政府指示對必要關顧者沒有影響。

請持續關注我們的網站，或與院友所在護理院聯係，以了解最新的資訊。

Safety Changes In Ontario LTC Homes

Summer is around the corner, the trees are in full bloom, the weather is warming up and we are seeing a ray of light on the COVID situation. Almost all our residents are fully immunized and most staff and essential caregivers are vaccinated too.

New directives from the Ministry recognize the evolving COVID-19 situation. The mental, emotional, physical, and psychosocial well-being of our seniors is of utmost importance to us and we are excited to be able to move forward from the previous pandemic situation. Upcoming changes to activities in LTC include:

- All long-term care homes can resume communal dining
- safe opportunities for residents to gather in small cohorts for group activities.

We will also continue to take the necessary precautions to reduce the risk of COVID infection:

- Cohorting staff into separate teams to avoid cross-contamination
- Masking
- Avoiding high risk activities (e.g. singing)
- Limiting capacity in a room
- Physical distancing
- Cleaning and disinfection of high touch areas
- Avoiding shared program materials
- Good ventilation

As we implement the new directives, you may notice that we will start to re-allocate our resources and adjust video call schedules. Maintaining family connection continues to be an integral part of our work. A family's love and support is vital.

These new directives provide us with an optimistic view for the upcoming summer season. We look

迎接新政策

夏天将至, 繁花似錦, 日暖風和, 我們也在疫情的黑暗裡看到一線希望。大部分的院友, 家人和員工都注射了疫苗。政府也針對着新型冠狀病毒肺炎的發展出了新的政策。我們院友的精神, 情緒, 身體和心里的健康是最重要的。我們很高興能往前看, 從疫情的陰影裡走出來。新的政策會有以下的改變:

- 所有的長期護理院可以恢復公共用餐
- 在安全的情況下, 提供小組活動

我們會繼續採取必要的預防措施來減低新型冠狀病毒肺炎的傳播:

- 安排員工在固定崗位工作
- 戴口罩
- 避免高風險活動 (唱歌)
- 限制房間的容量
- 保持距離
- 清潔和消毒高接觸區域
- 避免供用物件
- 通風

随着新政策的推廣, 我們也會從新調動資源和調整視頻時間。跟家人保持聯繫是我們工作不可缺少的一部分。家人的愛和支持是最重要的。

新的政策使我們能有樂觀的態度來迎接即將來臨的夏天。讓我們一起向前看, 一步一步走向回復正常的路上。

Essential Caregivers In LTC Are Eligible For Second Doses Of Vaccine Sooner

The Ontario government has announced it will accelerate the second dose of COVID vaccine for people who must enter long-term care homes.

If you are a designated essential caregiver for a Yee Hong resident, and unable to schedule a vaccination appointment (1st or 2nd dose), please contact your long-term care home to learn more about scheduling those appointments.

Anyone may phone Yee Hong's COVID-19 vaccine support hotline at 416-412-4570 if you have questions about COVID vaccination. Our social workers are also available for help booking a vaccine appointment online.

第二劑疫苗將很快對長期護理院的必要關顧者開放

安省政府宣佈必須進入長期護理院的關顧者將很快可以接種第二劑新冠疫苗。

如果您是頤康護理院院友的指定必要關顧者，且還未預約新冠疫苗第一劑或第二劑接種，請聯係院友所在的頤康中心，了解更多關於疫苗預約的信息。

您也可以撥打頤康疫苗支援熱綫 416-412-4570，諮詢有關疫苗的訊息。我們的社區服務工作人員也將為您預約疫苗接種。

Nursing Week Celebration 2021

Yee Hong celebrated all our frontline heroes during the week of May 10-16. Follow the links to Youtube videos showing festivities in our Centres and a thank you message from our Interim CEO Dr. San Ng.

Yee Hong Mississauga Nurses' Week Celebration 2021 :

<https://www.youtube.com/watch?v=4dEtWHJOLg8>

Happy Nursing Week 2021 at Yee Hong Scarborough Finch Centre :

<https://www.youtube.com/watch?v=bMhCVmYuiAo>

CEO message for 2021 Nursing Week :

<https://www.youtube.com/watch?v=s8l7qp7lGxU>

慶祝全國護士周 2021

頤康在 5 月 10 日至 16 日這一週慶祝了我們所有的前線英雄。請跟隨 Youtube 視頻的鏈接，看我們中心的慶祝活動以及臨時首席行政總監伍倩文的感謝信息。

頤康密西沙加中心慶祝全國護士周 2021 :

<https://www.youtube.com/watch?v=4dEtWHJOLg8>

頤康士嘉堡芬治中心慶祝全國護士周 2021 :

<https://www.youtube.com/watch?v=bMhCVmYuiAo>

首席行政總監感謝信息 :

<https://www.youtube.com/watch?v=s8l7qp7lGxU>

Dragon Boat Festival

The Dragon Boat Festival, on the fifth day of the fifth month of the lunar calendar, is an important traditional Chinese holiday.



Whether it is to ward off evil or to commemorate Qu Yuan, it is a reason to celebrate with good food. Food is a very important part of any Chinese celebration and each holiday has its own staples.

Rice dumplings are a must have during the Dragon Boat Festival. Our Food Service Managers have prepared traditional rice dumplings stuffed with pork and salted egg yolk for this special occasion.

We will also have programs teaching the seniors to wrap their own lotus leaf dumplings (or maybe they will teach us!) and talking about the history of the Dragon Boat festival. This is also a great time for seniors to share with us their past experiences and stories pertaining to the festival.

端午節

端午節，農曆五月初五，是中國非常重要的傳統節日之一。

無論是驅除瘟疫和惡運還是紀念屈原，都是用美食慶祝的好原因。民以食為天，每個節日都有它獨特的美食。端午節一定要吃粽子。我們的膳食部主任也為此特別的節日準備了蛋黃鹹肉粽。

活動部會和院友一起包粽子（或許院友還能教我們如何包！）和探討端午節的起源和歷史故事，這也是一個很好的機會讓院友跟我們分享他們對端午節的記憶和故事。



Celebrating Seniors Month In Ontario 慶祝安省長者月

This week marks the beginning of Seniors Month in Ontario. It is a time for us to salute and appreciate the enormous contributions our elderly have made in the communities.



The theme for this year is “Stay Safe, Active and Connected.” While the majority of lockdown restrictions have not been lifted, there are still many ways we can show our support and appreciation. Consider sending a snail mail, creating a digital photo album, or even having a virtual meal. These little things will tell our loved ones how much they mean to us.

As an organization serving seniors for over 30 years, Yee Hong is committed to enabling our seniors to live life to the fullest. Throughout the pandemic, with the support of our dedicated staff, Yee Hong has kept the situation well under control. We have also focused on services that help seniors remain healthy and engaged.

Now, we can finally see the light at the end of the tunnel, and will be starting our recovery soon. Together, let's build a healthier and more resilient long-term care system as we develop three more long-term centres. We need your support more than ever. To donate, please go to www.yeehong.com/donate or call us at 416-321-0777.

每年6月是安省長者月。借此機會，讓我們一同慶祝，並感謝長者在各社區發展中作出的貢獻。

今年長者月主題為「保持安全、活力、關係」。儘管省內大部分的限制措施還未解除，但不阻礙我們為慶祝長者月製造小許驚喜。親筆寫一封溫暖的書信、製作一本電子相冊，或共進一頓虛擬晚餐，這些溫情的小舉動都是表達愛的好方式。

在過去的三十多年中，頤康一直堅持為長者提供最優質的晚年生活。即便是大流行期間，我們從未鬆懈，在保護院友健康安全的同時，亦關心他們的心理健康。

希望「疫」冬的陰霾伴隨著春天的腳步慢慢褪去，生活逐步恢復正常。您的支持始終是我們前進的動力。頤康在未來幾年將擴展服務、增建三家護理院。請與我們一同完善長期護理體系，讓更多長者受惠。如欲捐款，請登錄 www.yeehong.com/donate 或致電416-321-0777。