

Yee Hong Newsletter



May 2021

Interim CEO Message



San Ng

Dear families

I hope this message finds you well and starting to enjoy the warmer Spring weather. Unfortunately, the community spread of COVID-19 continues to be high. We're all watching this third wave of the pandemic with concern and staying as vigilant as possible with our own families and loved ones.

Most of us live in Toronto, Peel and York Regions, where exposure to the virus can occur anywhere. Yee Hong staff are protecting themselves at home and work, and that helps to protect our residents. Our team is taking prudent, careful steps to keep residents healthy and safe:

- Rapid tests and active screening continue at each Centre's entrance
- Very high vaccination rate at Yee Hong, with both shots complete for 95% of residents and approximately 90% of staff
- A training and awareness campaign for everyone who works in our Centres is putting COVID-safe behaviours in the spotlight

We hope that you will also continue to keep yourself safe. If you haven't been vaccinated yourself, please consider it: the shot prevents serious COVID illness, and you'll help the community to slow the spread of infection.

And remember, our Community & Professional Services Division opened the **Vaccine Support Hotline at 416-412-4570**. Phone us 9am to 5pm Monday to Friday for facts about vaccines and help to register for a shot if you or someone you know can't complete the process themselves.

Please stay healthy and well.



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



YeeHongCentre



yee-hong-centre-for-geriatric-care



yeehongcentre



yeehongcentre

臨時首席行政總監的



伍倩文

親愛的家屬

但願春天的陽光帶來溫暖和快樂。新冠疫情在社區的傳播依然凶猛。面對第三波疫情，我們與家人必須時刻保持警惕。

對於我們大部分生活在多倫多、皮爾區和約克地區的人來說，這些區域的任何地方都有可能接觸到病毒。頤康的員工在家裏和工作中努力保護自己，做好防疫措施，這有助於保護我們的院友。

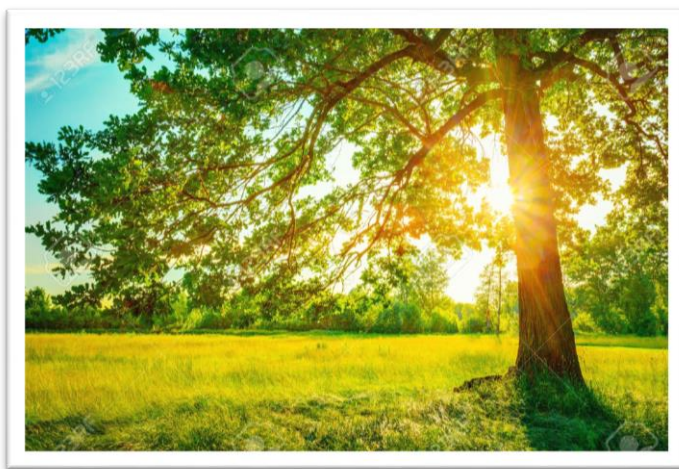
我們的團隊正執行嚴格的防控步驟，以確保院友的健康和安全：

- 在每個中心的入口處繼續進行快速檢測和主動篩查工作
- 頤康院友的疫苗接種率已高達 95%，員工約為 90%
- 中心開展並加強對每個人進行抗疫培訓和認知宣傳

在此，我們也希望您能保護好自己。如果您還未接種疫苗，請予以考慮。疫苗對新冠重症有預防效果，也能幫助減緩疫情在社區的傳播。

頤康社區及專業部門已開通疫苗支援熱線。如您欲了解關於疫苗的訊息或為自己或他人預約疫苗接種，請於周一至周五（早 9 點至晚 5 點），致電 416-412-4570。

希望大家平安健康。



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 National Nursing Week

Nursing Week, from May 10 to 16, allows us to spotlight the many contributions of Yee Hong nurses and the profession's vital role in the health care landscape. During the pandemic, nurses are working tirelessly for the health and wellbeing of seniors in our care. We have seen immense change throughout the pandemic that touches every aspect of our lives and work. What hasn't changed is the care, compassion, and strength of our nurses.

In May we recognize the contributions and influence of Canada's registered nurses. Yee Hong nurses care for our residents and families with a mix of expertise, dedication and compassion, routinely going above and beyond to deliver the highest quality, resident-centered care. They are integral to our inter-professional teams.

The theme for Nursing Week this year is "We Answer The Call" to showcase the many roles that nurses play in a person's healthcare journey. The pandemic highlights the courage and commitment that define a nurse's service every day.

Yee Hong nurses inspire us and lead us as they provide excellent care. Many take great pride in sharing their expertise and knowledge of best practices with their colleagues across Ontario through conferences, poster presentations, lectures, and on professional committees. They, along with our inter-professional teams, provide expert insight to develop new models of care and an enduring professional legacy. It's a demanding time for the profession, and an exciting time too.

This nursing week we celebrate all our nursing heroes! If a nurse you know provides great care to your loved one at Yee Hong, send a note to say thank you! We look forward to recognizing the contribution of our nurses May 10 to May 16.

慶祝全國護士周

5月10日至16日是全國護士周，讓我們一同對頤康護士的傑出貢獻和他們在醫療保健領域中起的重要作用表示感謝。在新冠疫情期間，護士們不辭辛苦地堅守崗位，為長者提供護理，保護他們的健康安全。儘管疫情不斷變化，影響著我們生活和工作的方方面面，但護理人員的愛心和敬業精神不會改變。

5月，讓我們向加拿大註冊護士們致敬。頤康的護士充滿愛心，為長者及其家人提供專業的護理服務。他們的服務水平通常高於標準，並著重提供人性化的服務。護士是頤康專業團隊中不可或缺的一部分。

今年護士周的主題是「We Answer The Call」，以感謝護士在整個醫療體系中承擔的眾多重要角色。這場大流行也彰顯了護士在每一天工作中所表現出的勇氣和承諾。

頤康護士的專業服務給了我們啟發和指引。他們中很多人會通過會議、海報展示、講座和專業委員會與安省的同行分享他們的專業知識和最佳實踐經驗。他們與團隊中的其他同事協作，展開新的護理模式和傳授寶貴護理經驗。

這個護士周，衷心感謝所有護士英雄們！如果您心中有一位護士想要致謝，請寫下您的感謝話語。期待在5月10日至16日一同慶祝全國護士周。



The Power of Video Chats

Yee Hong has continued to offer Video Chats for residents and their family members. When normal visiting was interrupted at our Centres, we introduced Face time and Skype calls to connect residents to their loved ones. During the pandemic, this powerful tool has even connected residents to family members around the world!

Despite being physically apart, we continue to support the emotional and social needs of residents and family members. Despite the overwhelming volume of Video Chats, we are still able to connect residents during special moments such as birthday parties, baby showers and weddings. Either we arrange a Video Chat or we play back a recorded video later for the resident to see their loved ones on the screen. We'll do everything we can to include your loved one to stay connected and be part of the special moment.

Video Chats have made a positive impact on the residents, as it connects everyone on the same page. Not only did it open up more meaningful conversations, but it also give them a new way to connect to family members. On average, we have completed over 110 video calls per week!



*Resident enjoys video chat with family members.
住客很享受與家人視頻聊天的時光。*

視頻聊天的力量

頤康致力為住客及其家人提供視頻聊天服務。當我們中心暫停探訪時，我們引入了 Facetime 和 Skype 通話，讓住客得以見到親人。在疫情期間，這一服務拉近了住客與家人的距離。

儘管彼此分開，我們仍有致力滿足住客與家庭成員的情感和社交需求。縱使視頻聊天量日益增加，我們仍不遺餘力地在特別時刻（如生日聚會，嬰兒送禮會或婚禮等）服務每一位住客，例如通過視頻聊天或向住客播放特別時刻的錄製視頻。我們將竭盡所能保持您與所愛的人的聯繫。

視頻聊天為住客、家人與員工之間構築了一道溝通橋樑，產生了正面的影響。這不僅是一種與家人聯繫的新方式，更創造了一幕幕感人肺腑的溫情場面。我們現時平均每週完成超過 110 次視頻通話！



*Ms. Lau enjoys a video call with family
劉女士與家人愉快地視頻聊天*

Mother's Day Celebration

What better way to celebrate Mother's Day than to have a day of fun filled events and a special dinner. Mother's day isn't about just gifting presents, but also a day we try to express our love, respect, honor, and gratitude for our residents. At Yee Hong we celebrate with afternoon tea, arts and crafts, music, and games to make the day memorable.

Because of the provincial emergency, families will not be able to take their mothers out this year. We know our residents miss their loved ones, so our staffs make an extra effort to share their warmth on Mother's Day and other special occasions. This year our Food Service Managers have collaborated with our residents to carefully design Mother's Day menus. Each menu was designed according the residents' preferences at each site. We make sure every resident is able to enjoy this special meal.

母親節慶祝活動

對於即將到來的母親節，我們將會舉辦充滿歡樂的一天活動，與此同時我們也提供精美的晚餐來慶祝這一偉大的節日。母親節不單單是送禮物，也是我們加倍表達對住客的愛、尊重、榮譽和感激的一天。在活動當日，我們將提供下午茶、手工藝、音樂和遊戲，以渡過這難忘的一天。

因著疫情，家人們未能與至愛出外共膳。我們明白到住客的心情，故此，我們加倍計劃，務求讓住客感受到家的溫暖。頤康的膳食部經理認真收集住客寶貴意見，根據住客的喜好精心設計了特別的母親節菜單。



Handcraft Mother's Day cards that will be given out.
手工製作的母親節卡片將會被分發



Mother's Day – Lunch Menu 母親節大餐

McNicoll 士嘉堡麥歷高中心:

Soup 湯:

Shark Fin Soup with Shredded Chicken
頤康雙喜翅

Main Course 主菜:

1st Choice 第一選擇:

Orange Roughy Fillet in Sweet and Sour Sauce. 糖醋魚
Garlic spinach 蒜蓉菠菜
Steamed rice 白飯

2nd Choice 第二選擇:

Sliced Abalone with Sliced Chicken 蠔皇鮑魚雞片
Snow pea leaves 蒜蓉豆苗
Steamed rice 白飯

Dessert 甜品::

Fresh Orange 鮮橙
Tiramisu Cake 提拉米蘇蛋糕



Finch 士嘉堡芬治中心:

Chinese Menu 中餐:

Soup 湯:

Crab meat & bird nest thick soup 蟹肉燕窩羹

Main Course 主菜:

Sliced abalone w/ sea cucumber 海參鮑片
Rice 白飯
Choi Sum 菜心

2nd Choice 第二選擇:

Stir fried shredded chicken w/ dried oyster 蠔豉雞片
Rice 白飯
Scandinavian mixed vegetables 北歐雜菜

Dessert 甜品::

Chinese cantaloupe 哈密瓜
White fungus dessert 雪耳糖水

Japanese Menu:

Soup:

Crab meat & bird nest thick soup

Main Course:

Crab meat & bird nest thick soup
Oyako-Don (on rice)
Gohan (Rice)
Cucumber and imitated crab meat salad

2nd Choice:

Sliced abalone w/ sea cucumber
Gohan (Rice)
Scandinavian mixed vegetables

Dessert:

Diced Chinese cantaloupe
White fungus dessert

Mississauga 密西沙加中心:

Chinese Menu 中餐:

Soup 湯:

Silkie Soup with & Fish Maw 花膠烏雞湯

Main Course 主菜:

Crispy Chicken 當紅炸子雞

Bamboo Fungus with Shanghai Bok Choy 竹筍扒菜膽

Steamed Rice 白飯

2nd Choice 第二選擇:

Stir-fried Shrimp w/Asparagus & Carrot 黃金露荀蝦球

Siu Choy 紹菜

Steamed Rice 白飯

Dessert 甜品:

Fresh Orange 鮮橙

Strawberry Shortcake 士多啤梨蛋糕

Western Menu:

Soup:

Cream of Mushroom Soup

Main Course:

Crispy Chicken

Spring Mix Salad with Mandarin Oranges & Almond Flakes

Scalloped Potatoes

2nd Choice:

Stir Fried Shrimp with Asparagus & Carrots

Siu Choy

Steamed Rice

Dessert:

Fresh Orange

Strawberry Shortcake

Markham 何黎靄雲中心:

Chinese Menu 中餐:

Soup 湯:

Shark Fin with Bird's Nest Soup 紅燒燕液

Main Course 主菜:

Chicken with dried scallop flavour 瑤柱貴妃雞

Shanghai Bok Choy 小棠菜

Steamed rice 白飯

2nd Choice 第二選擇:

Steam fish with Jinhua Ham 雲腿蒸魚柳

Braised fuzzy Melon with Conpoy 瑤柱炆節瓜

Dessert 甜品:

Mango Mousse Cake 芒果慕絲蛋糕

Honeydew Melon 蜜瓜

South Asian Menu:

Soup:

Cream of Asparagus Soup

Main Course:

Chicken Curry

Zucchini Bhujia

Chili Fried Potato

Roti & Rice

2nd Choice:

Masala Dosa

Vegetarian Samosa

Sambhar

Dessert:

Mango Mousse Cake

Honeydew Melon



Legacy of Love 人間存愛

A Seminar To
Tell You How...



您完善的遺產規劃及捐贈也許將為您的家人及我們的長者帶來重大影響。

5月，基金會將舉辦三場**免費粵語線上講座**，探討遺產捐贈及規劃的好處。

來自金融、會計等相關領域的專業人士將就稅務優惠、建立有效的遺囑、預置殯儀服務及如何與家人進行溝通等話題提供相關的建議。他們還將在線上為您解答疑慮。

如欲報名參加講座，請登錄網址 <https://yeehong.eventbrite.ca>，或致電**416-321-0777**。您也可發送郵件至 foundation@yeehong.com 報名並提交你的問題。登記成功後，我們將把Zoom網絡會議的鏈接發送給您。

每位參加者將獲得一份禮包，內含口罩、免洗洗手液及其它更多禮物哦！

Your planned gift can make a significant impact for your family and the future of our seniors.

This May, Yee Hong Foundation will host **3 FREE online seminars (in Cantonese)** to give you an overview of Legacy Giving, Estate Planning and Charitable Giving.

Expert professionals will provide important advice and tips on tax benefits, preparing an effective will, pre-planning funeral services as well as the best approach to communicate with your family about these topics. You can also submit questions ahead of time via email.

Don't miss out! Book your place at <https://yeehong.eventbrite.ca>, or contact us at **416-321-0777** or foundation@yeehong.com. The online seminars will be hosted through Zoom (links provided after registration).

Every attendee will also receive a goodie bag filled with face masks, sanitizers and other surprises!

Thanks to YOU

Last month, we asked you to help our hospice purchase a new bladder scanner. We are so grateful that we have raised almost **\$30,000** so far. Thanks to everyone who generously donated to support this appeal. The new equipment will make a real difference to patients in the last leg of their life journey.

暖心・謝謝

上個月，基金會發起了一個小型的籌款活動，為頤康寧安中心購置一台膀胱掃描儀。感謝每位善長的暖心支持，我們籌募了近**3萬元**的善款。這部新的設備將幫助臨終病人避免不必要的插管，減少他們在生命後期的痛苦。

1st Seminar

May 13, Thursday at 11:00 am

- An Overview of Legacy Giving & Charitable Giving
- Tax Benefits of Legacy Giving & Case Studies
- Yee Hong Long-Term Care & Expansion Plan
遺產及慈善捐贈介紹
遺產捐贈稅務優惠及案例分享
頤康長期護理服務及擴展計劃



2nd Seminar

May 20, Thursday at 11:00 am

- How to Integrate Legacy Giving into Your Estate & Will Planning
- Discussion from Different Perspectives – Legal, Accounting, Financial Planning and Insurance Solution
如何將遺留的資產加入遺囑規劃中
從不同角度 – 法律、會計、財務計劃及保險等方面分析

3rd Seminar

May 27, Thursday at 11:00 am

- How to Communicate Effectively With Your Family About Legacy Giving to Avoid Potential Conflicts
- Pre-Planning Cemetery & Funeral Services
- Yee Hong Social Service Overview
如何與家人討論遺囑捐贈，避免親人間的矛盾
預置墓地及葬禮服務
頤康社區服務介紹



SCAN TO REGISTER
掃二維碼報名!

