

**Caregiver Education & Support Services
February Programs
護老教育及支援服務
2月活動**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

**4 動起來...綜合養生運動
Get Moving... Health Exercise**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Stella Ng 吳惠嫦女士
(Community Exercise Program
Instructor 社區運動導師)

備註: 參加者須穿著舒適衣著, 運動鞋及預留小活動空間

[Click here for Registration 請按此處登記](#)

**7 護老專題: 聽覺損失的護理方法
Caregiving Tips: Ways to Care for Hearing Loss**

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Cherish Ho (Hearing Care
Counsellor, Canadian Hearing Services
聽覺保健輔導員)

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**11 給護老者: 活得更幸福快樂-正向心理學
To caregivers: Live a Happier and More Fulfilling
Life - Positive Psychology**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Jessica Tang 鄧煥明女士
(Yee Hong Centre Staff 頤康中心職員)

[Click here for Registration 請按此處登記](#)

**11 替代決策人, 安寧療護和 DNR
The Role of the Substitute Decision Maker,
Palliative Care and DNR Orders**

Time/時間: 3:00pm—4:00pm (星期二 Tue.)

Language/語言: English 英文

Speaker/講員: Dr. Kenneth Hook

(Retired Family Physician 退休家庭醫生)

[Click here for Registration 請按此處登記](#)

**12 骨質知多少 (1)
Bone Health (1)**

Time/時間: 3:00pm—4:15pm (星期三 Wed.)

Language/語言: English 英文

Speaker/講員: Mrs. Priscilla Ching 程吳婉華女士
(Volunteer at Osteoporosis Canada
加拿大骨質疏鬆協會)

[Click JSS to Register 請按 JSS 登記](#)

**13 莫生氣? 談憤怒情緒管理
What is Anger Management?**

Time/時間: 11:00am—12:00pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Fiona Lam 林凱欣女士
(Yee Hong Centre Staff 頤康中心職員)

Address/ 地址: North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

備註: 此為免費講座, 查詢或報名請致電
416-710-9978

13**長者健康：多元文化視野下的春節習俗與健康 (現場講座)****Elderly Health: Spring Festival Customs and Health from a Multicultural Perspective**

Time/時間: 10:00am—11:30am (星期四 Thurs.)

Language/語言: Mandarin 普通話/國語

Speaker/講員: Ms. Angela Guo 郭偉女士

(Social Worker at Yee Hong Centre
頤康中心安省註冊社工)Address/地址: 360 Highway 7 E., Unit 17, Richmond Hill
現場講座請致電 416-412-4571 內線 2363**18****護老專題: 什麼是三高?****For Caregivers: What is the The Big 3?**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Janet Chong-Lee 莊慧儀女士
(Registered Pharmacist 註冊藥劑師)[Click here for Registration 請按此處登記](#)**18****冬季還未完: 一起「動」起來保持身心健康****Winter is Still Here - Escape the Winter Blues and Stay Active**

Time/時間: 2:30pm—3:30pm (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Esther Ho 何詩韻女士

(Registered BCRPA Fitness Leader
加拿大註冊專業健身教練)[Click here for Registration 請按此處登記](#)**19****給護老者: 關顧者互助小組****Walking Together: Caregiver Support Group**

Time/時間: 10:00am—11:30am (星期三 Wed.)

Speaker/講員: Ms. Angela Guo 郭偉女士

(Social Worker at Yee Hong Centre
頤康中心安省註冊社工)Address/地址: 萬錦頤康何黎靄雲中心一日間活動中心
2780 Bur Oak Ave, Markham, ON L6B 1C9

報名請致電 416-412-4571 內線 2362

To register: Please call 416-412-4571 ext 2362

20**食用油怎麼選擇才健康****Choose the Right Fat to Not Become Fat**

Time/時間: 10:00am—11:00am (星期四 Thurs.)

Language/語言: Mandarin 普通話 /國語

Speaker/講員: Dr. Oria Xie 謝麗鳳女士

(Registered Dietician in Canada and
USA; PhD. in Nutrition)

加拿大和美國註冊營養師;加拿大營養學博士)

[Click here for Registration 請按此處登記](#)**26****慢性疼痛...中醫怎樣緩解?****Chronic Pain: How to Relieve with Traditional Chinese Medicine**

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Mandarin 普通話 /國語

Speaker/講員: Dr. Zhou, R. TCMP& R. Ac

周泉先生 (安大略省註冊中醫師, 針灸師)

[Click here for Registration 請按此處登記](#)

一站式 認知障礙症 資訊網

專門針對加拿大華人社區



掃一掃

**頤康**
YEE HONG

- 獲得中文版的認知障礙症資訊
- 了解有關認知障礙症的知識和減低風險的方法
- 獲得認知障礙症患者和照顧者的生活小貼士
- 了解更多本地認知障礙症服務及資源

網址: dementiahub.yeehong.com

| 小組名稱 Support Group | 日期 Date | 時間 Time | 報名及查詢 Registration and Enquiries |
|--|-------------------------------|---------------------|----------------------------------|
| 關顧者互助小組(廣東話) Walking Together: Caregiver Support Group (Cantonese) | Feb 19 (Wed.) 2 月 19 日 (三) | 11:00am— 12:30pm | 416-412-4571 X2608 |
| 關顧者互助小組 (普通話/ 國語) Walking Together: Caregiver Support Group (Mandarin) | Feb 14 (Fri.) 2 月 14 日 (五) | 10:00am— 11:30am | 416-412-4571 X2362 |
| 與伴同行: 帕金森互助小組 (廣東話) Parkinson's Disease Self-Management Group (Cantonese) | Feb 8 (Sat.) 2 月 8 日 (六) | 11:00am— 3:00pm | 416-412-4571 X2361 |



Drop-in Virtual Support Group (Thursday) 網上及電話支援小組 (星期四)

有說普通話 / 國語的社工為您提供網上及電話關顧者支持小組服務

This drop-in virtual support group provides an opportunity for caregiver to meet with one of our social workers via video chat or telephone and to support each other through caregiving experience.

Zoom ID: 833-7475-6615 Zoom Password: 123456

Telephone: +16473744685 或

[請按此處加入](#)

Feb 6 2 月 6 日 **3pm-4pm 三時至四時**

Feb 20 2 月 20 日 **3pm-4pm 三時至四時**

For inquiries in Cantonese/ Mandarin /English, please call 416-412-4571 Ext. 2363

or email to caregiver.edu@yeehong.com

廣東話 / 普通話 / 英語查詢，請電 416-412-4571 內線 2363 或電郵致 caregiver.edu@yeehong.com

Caregiving can be immensely rewarding, but can be emotionally and physically demanding too. Yee Hong's Caregiver Education and Support Services helps caregivers fortify their love and patience, with up-to-date knowledge, essential skills and wellness support, to ensure positive and successful results. Please visit us at:

護老是一件很有意義的事，但是它對護老者的身體和心理狀態也有較高的要求。頤康的護老教育及支援服務可幫助護老者在愛心與耐心的基礎上掌握最新的專業知識和基本技能，並通過維持健康的身心狀態而達到確實有效的成果。請瀏覽我們的網頁：

<https://www.yeehong.com/care-learning/>

Yee Hong's CARE-Learning Website – 頤康關護網

Funding for the Caregiver Education & Support Services has been provided by the Ontario Health East and Ontario Health Central.

以上活動由 Ontario Health East 及 Ontario Health Central 資助


Compassionate Mind Training for Grief and Loss

Join us for a half-day workshop


- Learn how compassion supports the grief process
- Explore techniques from Compassionate Mind Training to manage emotions
- An interactive session to deepen your understanding



Greg Samuelson
RN, RP

 February 13, 2025, Thursday

 2:00 – 4:30pm

 Chinese Evergreen Auditorium,
2311 McNicoll Ave, Scarborough, M1V 5L3

Free Admission!


Speaker's Background

Greg brings over 35 years of experience in mental health across inpatient and outpatient settings. His practice specializes in Compassion Focused Therapy, and he is a founding member of the Canadian Network for Compassion Focused Therapy.



SCAN HERE!

<https://forms.gle/WtLWcfkU8Yct2WqKA>

 For enquiries, please contact
caregiver.edu@yeehong.com or (416)-412-4570

Financial Contribution from OH Toronto



ADVANCE CARE PLANNING IN ONTARIO (SESSION 3)

THE ROLE OF THE SUBSTITUTE DECISION MAKER, PALLIATIVE CARE AND DNR ORDERS

Those who attend will learn about:

- The role and responsibilities of the Substitute Decision Maker
- Palliative care: what it is and who would benefit from it
- DNR orders: what they mean and when they may be an appropriate choice



Dr. Kenneth Hook **B.SC., M.D, C.M., CCFP, FCFP (LM)**

Dr. Hook retired from the STAR Family Health Team in 2019 after practicing family medicine in Tavistock for 44 years. He has worked in long-term care for 30 years.

Dr. Hook has completed the course requirements to be a Regional Champion for Advance Care Planning on behalf of Hospice Palliative Care Ontario.



[CLICK HERE TO REGISTER](#)

DATE: TUESDAY, FEB 11 2025

TIME: 3:00PM - 4:00PM

LANGUAGE: ENGLISH

FORMAT: ZOOM



FOR ANY INQUIRIES PLEASE CONTACT

416-412-4570

**網上講座(廣東話)
Online Workshop
(Cantonese)**

**免費聽力測試
Free Hearing Screening**

認識聽力與聽覺困難

Understanding Hearing
and Auditory Difficulties
聽力健康資訊、保護聽
覺、常見的聽覺困難

2025/01/24 (星期五FRI)
10:00am - 11:00am

聽覺損失的護理方法

Care Methods for Hearing
Loss
配戴助聽器及保養、溝通
技巧及社區支援

2025/02/07 (星期五FRI)
10:00am - 11:00am

頤康麥瀝高中心

2025/02/04(星期二Tue)
10:30am-3:00pm
地點:2311 McNicoll Ave,
Scarborough, ON,
M1V 5L3

頤康護老教育及資源中心

2025/02/10(星期一Mon)
10:30am - 3:00pm
地點: 360 Hwy 7 E., #17,
Richmond Hill, ON,
L4B 3Y7

報名後我們會聯絡您預約時間
每節30分鐘

請按此處報名
Click here for
Registration



請按此處報名
Click here for
Registration



Heartsaver CPR/ AED Certification

護老課程：成人心肺復甦法證書課程

January 27, 2025 (Monday)

- CPR Level C (English 英文)
10:00am - 2:00pm
- Basic Life Support (English 英文)
10:00am - 2:30pm

February 8, 2025 (Saturday)

- CPR Level A (Cantonese 廣東話)
10:00am - 12:00pm
- Basic Life Support (Cantonese 廣東話)
10:00am - 2:30pm

February 10, 2025 (Monday)

- CPR Level C (English 英文)
10:00am - 2:00pm
- Basic Life Support (English 英文)
10:00am - 2:30pm

February 14, 2025 (Friday)

- CPR Level A (Cantonese 廣東話)
10:00am - 12:00pm
- Basic Life Support (Cantonese 廣東話)
10:00am - 2:30pm

February 21, 2025 (Friday)

- CPR Level C (English 英文)
10:00am - 2:00pm
- Basic Life Support (English 英文)
10:00am - 2:30pm

\$60

\$75

\$40

\$75

\$60

\$75

\$40

\$75

\$60

\$75



Learning to Save a Life

Cardiac arrest can happen to anyone, at any time. Be ready to respond. Your fast action can more than double the chance of surviving.

Address地址:
頤康護老教育及資源中心
360 Highway 7 E.,
Unit 17, Richmond Hill

請按此處報名
Click here for
Registration



查詢請致電:
416-412-4571 內線2363
fiona.lam@yeehong.com



頤康 | YEE HONG

DANCE DNA

I Can Dance:

BALLROOM DANCE CLASS 社交舞蹈班 2025



每個星期五上午 Every Friday 11:00am-12:30pm

Venue/ 地點:

Markham Wesley Centre
萬民衛斯理社區服務中心

22 Esna Park Dr, Markham, ON L3R 1E1

費用: **FIRST CLASS FREE** 第一課免費

REGISTRATION & ENQUIRIES 報名及查詢

Phone 電話: (416) 412-4571 x 5641

email 電郵: icandance@yeehong.com

Payment by cash at class 於上課時以現金付款

或 **OR etransfer to** 電子轉帳至

icandance@yeehong.com

Regular Drop-In
rate **\$15**
/class/person
每個人每課

Please put a remark on the etransfer to include
"Your name and the date you want to attend"
請於電子轉帳上註明你的名稱及上課日子

Or Scan:



伴你同行 認知障礙症資訊站



dementiahub.yeehong.com/zh-hant



在這個認知障礙症資訊站中，你可以：

- ✓ 獲得中文版的認知障礙症資訊
- ✓ 了解有關認知障礙症的知識和減低風險的方法
- ✓ 獲得認知障礙症患者和照顧者的生活小貼士
- ✓ 了解更多本地認知障礙症服務及資源



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+416-412-4571 ext. 2624



odgrh@yeehong.com

VOLUNTEER WITH YEE HONG!

齊來頤康做義工!

Positions available:

Program Assistant
Friendly Visitor
Assistant with Meals
Interest Class Instructor
Driver for Seniors
Meals-on-Wheels

Shopping Escort
Front Desk Assistant
Clerical Assistant
Laundry Aide
Special Event Assistant
& more!

義工崗位:

活動助理
親善探訪
進餐助理
興趣班導師
接送長者司機
送餐司機

購物護送
接待處助理
文書助理
洗衣房助理
特別活動助理
等等!

A little bit of your time could be a BIG help to our seniors.
你只要付出一點時間, 就能為長者帶來大大的幫助。

Contact Us 聯絡我們

頤康士嘉堡芬治中心 及 萬錦中心
Yee Hong Centre Scarborough Finch &
Yee Hong Ho Lai Oi Wan Centre (Markham)
Karen Wong
416-412-4571 ext. 5641
Karen.Wong@yeehong.com

頤康密西沙加中心
Yee Hong Centre Mississauga
Pinky Man
416-412-4571 ext. 4640
Pinky.Man@yeehong.com

頤康士嘉堡麥瀝高中心
Yee Hong Centre Scarborough McNicoll
Jessica Tang
416-412-4571 ext. 2611
JessicaWM.Tang@yeehong.com

[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



頤康需要你! YEE HONG NEEDS YOU!