

Caregiver Education & Support Services  
February Programs

护老教育及支援服务  
2月活动

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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** 动起来...综合养生运动  
Get Moving...Health Exercise

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Stella Ng 吴惠嫦女士

(Community Exercise Program

Instructor 社区运动导师)

备注:参加者须穿着舒适衣着,运动鞋及预留小活动空间

[Click here for Registration 请按此处登记](#)

**7** 护老专题: 听觉损失的护理方法  
Caregiving Tips: Ways to Care for Hearing Loss

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Cherish Ho (Hearing Care  
Counsellor, Canadian Hearing Services  
听觉保健辅导员)

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**11** 给护老者: 活得更幸福快乐-正向心理学  
To caregivers: Live a Happier and More Fulfilling  
Life - Positive Psychology

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Jessica Tang 邓焕明女士

(Yee Hong Centre Staff 頤康中心职员)

[Click here for Registration 请按此处登记](#)

**11** 替代决策人, 安宁疗护和 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/讲员: Dr. Kenneth Hook

(Retired Family Physician 退休家庭医生)

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**12** 骨质知多少 (1)  
Bone Health (1)

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Mrs. Priscilla Ching 程吴婉华女士

(Volunteer at Osteoporosis Canada

加拿大骨质疏松协会)

[Click here for Registration 请按此处登记](#)

**13** 莫生气? 谈愤怒情绪管理  
What is Anger Management?

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Fiona Lam 林凯欣女士

(Yee Hong Centre Staff 頤康中心职员)

Address/ 地址: North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto

备注:此为免费讲座,查询或报名请致电 416-710-9978  
To register: Please call 416-710-9978

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### 长者健康：多元文化视野下的春节习俗与健康 (现场讲座)

#### Elderly Health: Spring Festival Customs and Health from a Multicultural Perspective

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Angela Guo 郭伟女士

(Social Worker at Yee Hong Centre  
颐康中心安省注册社工)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电 416-412-4571 内线 2363

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### 护老专题: 什么是三高?

#### For Caregivers: What is the The Big 3?

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 广东话

Speaker/讲员: Ms. Janet Chong-Lee 庄慧仪女士  
(Registered Pharmacist 注册药剂师)

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### 冬季还未完: 一起「动」起来保持身心健康

#### Winter is Still Here - Escape the Winter Blues and Stay Active

Time/时间: 2:30pm—3:30pm (星期二 Tue.)

Language/語言: Cantonese 广东话

Speaker/讲员: Ms. Esther Ho 何诗韵女士  
(Registered BCRPA Fitness Leader  
加拿大注册专业健身教练)

[Click here for Registration 请按此处登记](#)

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### 给护老者: 关顾者互助小组

#### Walking Together: Caregiver Support Group

Time/时间: 10:00am—11:30am (星期三 Wed.)

Speaker/讲员: Ms. Angela Guo 郭伟女士  
(Social Worker at Yee Hong Centre  
颐康中心安省注册社工)

Address/ 地址: 万锦颐康何黎霭云中心一日间活动中心  
2780 Bur Oak Ave, Markham, ON L6B 1C9

报名请致电 416-412-4571 内线 2362

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

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### 食用油怎么选择才健康

#### Choose the Right Fat to Not Become Fat

Time/时间: 10:00am—11:00am (星期四 Thurs.)

Language/語言: Mandarin 普通话 / 国语

Speaker/讲员: Dr. Oria Xie 谢丽凤女士  
(Registered Dietician in Canada and  
USA; PhD. in Nutrition 加拿大和美国注册营养师;加拿大营养学博士)

[Click here for Registration 请按此处登记](#)

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### 慢性疼痛...中医怎样缓解?

#### Chronic Pain: How to Relieve with Traditional Chinese Medicine

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Dr. Zhou, R. TCMP& R. Ac  
周泉先生(安大略省注册中医师,针灸师)

[Click here for Registration 请按此处登记](#)

## 一站式 認知障礙症 資訊網

專門針對加拿大華人社區



扫一扫



- 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](http://dementiahub.yeehong.com)

小组名称 Support Group	日期 Date	时间 Time	报名及查询 Registration and Enquiries
关顾者互助小组(广东话) Walking Together: Caregiver Support Group (Cantonese)	Feb 19 (Wed.) 2 月 19 日 (三)	11:00am— 12:30pm	416-412-4571 X2608
关顾者互助小组 (普通话/ 国语) Walking Together: Caregiver Support Group (Mandarin)	Feb 14 (Fri.) 2 月 14 日 (五)	10:00am— 11:30am	416-412-4571 X2362
与伴同行: 帕金森互助小组 (广东话) 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) 网上及电话支援小组 (星期四)

有说普通话 / 国语的社工为您提供网上及电话关顾者支持小组服务

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](mailto:caregiver.edu@yeehong.com)**

广东话 / 普通话 / 英语查询，请电 416-412-4571 内线 2363 或电邮致 [caregiver.edu@yeehong.com](mailto: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:

护老是一件很有意义的事，但是它对护老者的身体和心理状态也有较高的要求。颐康的护老教育及支援服务可帮助护老者在爱心与耐心的基础上掌握最新的专业知识和基本技能，并通过维持健康的身心状态而达到确实有效的成果。

请浏览我们的网页:

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

**Yee Hong's CARE-Learning Website – 颐康关护网**

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](mailto: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**

# 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

\$60

\$75

### 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

\$40

\$75

### February 10, 2025 (Monday)

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

\$60

\$75

### 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

\$40

\$75

### 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



### 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](mailto:fiona.lam@yeehong.com)

**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

請按此處報名  
**Click here for**  
**Registration**



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**





頤康 | YEE HONG

DANCE  DNA

*I Can Dance:*

# BALLROOM DANCE CLASS 社交舞蹈班 2024

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](mailto: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](mailto: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 认知障碍症资讯站



[dementiahub.yeehong.com/zh-hans](https://dementiahub.yeehong.com/zh-hans)



在这个认知障碍症资讯站中，你可以：

- ✓ 获得中文版的认知障碍症资讯
- ✓ 了解有关认知障碍症的知识 and 减低风险的方法
- ✓ 获得认知障碍症患者和照顾者的生活小贴士
- ✓ 了解更多本地认知障碍症服务及资源



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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](mailto: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](mailto: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](mailto:JessicaWM.Tang@yeehong.com)

[Our Webpage 網頁](#)

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