

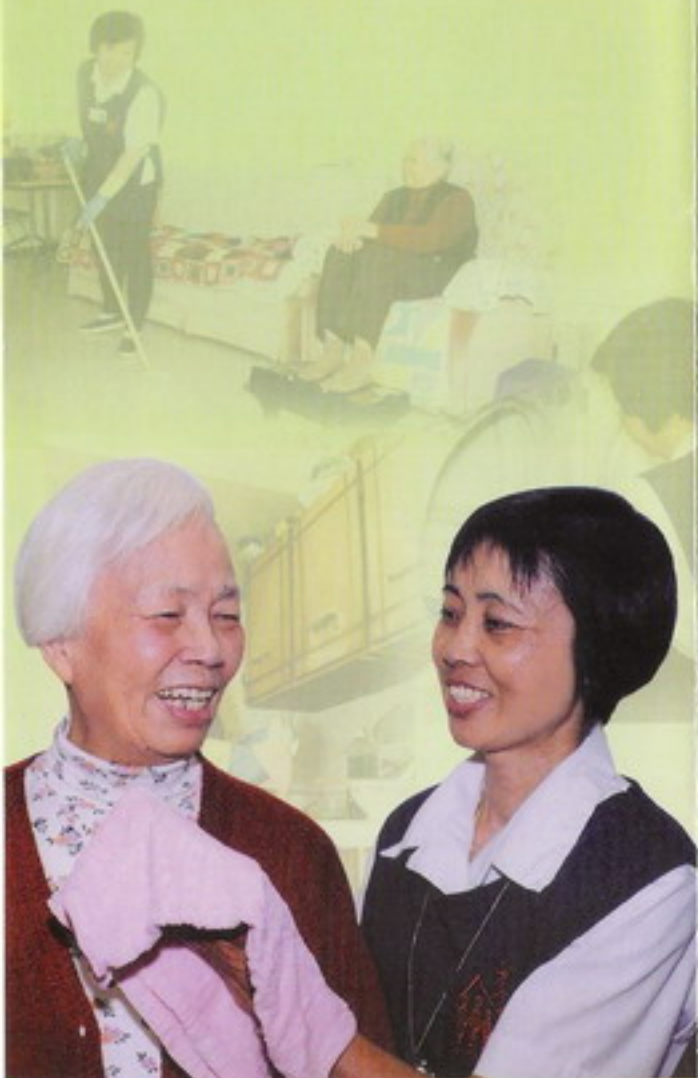
Care first



者暉



Home Care Services



Carefirst Seniors & Community Services Association
3601 Victoria Park Ave., Suite 501, Scarborough, Ontario M1W 3Y3
Tel: 416-502-2323 Fax: 416-502-2382 Website: www.carefirstseniors.com

Carefirst

We are a non-profit charitable agency serving the community in Greater Toronto since 1976. Services provided include:

- Personal care and homemaking services
- Adult day program
- Community development
- Information / Referral & Counseling
- Chinese meals-on-wheels
- Friendly visiting
- Social and recreational services
- Transportation / interpretation services
- 24-hour supportive housing
- Health promotion and education

Care always comes first

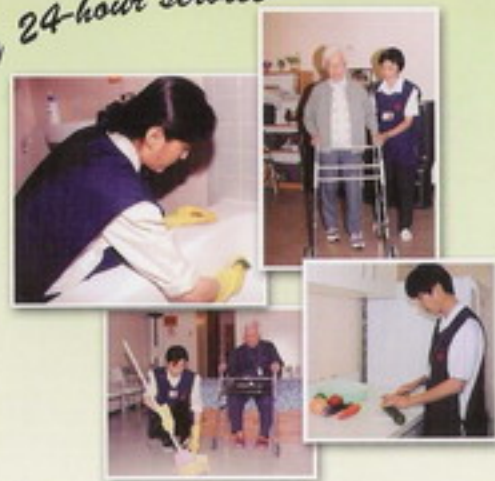


Home Care Services

Carefirst is a government recognized service provider of personal care and homemaking services. Our multi-lingual staff are trained, insured and bonded. We also accept cases with medical or accident insurance coverage.

- **Personal Support**
 - Personal hygiene
 - Palliative care
 - Maternal care
 - Infant / Child care
 - Respite care
 - Rehabilitation support service
- **Home Making**
 - Meal preparation
 - Laundry & ironing
 - Bed making
- **House Cleaning**
 - Kitchen and bathroom cleaning
 - Vacuuming and dusting
 - Floor mopping / cleaning

7-day 24-hour service



416-502-2323

(Monday-Friday 9:00am - 5:00pm)



THERE IS NO PLACE LIKE HOME

Supportive Housing Services

Carefirst Supportive Housing Services are operated in Toronto Housing Company Alexandra Park Seniors' Apartment at 91 Augusta Avenue, and Tam O'Shanter Towers at 3825 Sheppard Ave. East, Toronto, providing on-site and on-call support services and 24-hour emergency response for 40 seniors aged 65 or over who have higher care needs and/or with disabilities and functional limitations.

Services Include:

- **On-Site and On-Call Support Services**

The on-duty homemakers will provide assistance with activities of daily living according to individual needs,

- * Personal care, e.g. bathing, hair washing, dressing and grooming;
- * Home-help, e.g. grocery shopping, laundry, and housekeeping;
- * Escort to medical appointments/transportation, provide interpretation if necessary

- **24-Hour Emergency Response**

The supportive housing workers will be on call on a rotating basis and personal support workers will be available 24 hours on site to provide immediate support or assistance to the client during emergency.

- **Case Coordination Services**

The case coordinator will on-going monitor and evaluate the service delivery, to develop individualized service plan jointly with the client and arrange delivery of appropriate services.

- **Personal Wellness Promotion**

The community service worker will plan and organize wellness education and health promotion program to enable the seniors to achieve highest level of wellness, and also recreational and social activities to increase their socialization with other tenants in the seniors' apartment and enhance participation in community living

Eligibility Criteria:

- Seniors of 65 years of age or over
- With higher care needs, e.g.
 - * seniors with physical disabilities who require health monitoring and supervision on a regular basis, but not intensive 24-hour care;
 - * seniors with stabilized medical condition not requiring on-going nursing/medical care nor hospitalization.
- Eligible for seniors' housing and willing to be arranged to reside at Alexandra Park Seniors' Apartment or Tam O'Shanter Towers.

Sources of Referral:

- Self application
- Referrals by family members, friends, medical doctors, hospitals, or other community services agencies.

Further information and application, please contact **Carefirst Seniors & Community Services Association** at (416) 502-2323 or **Carefirst Supportive Housing Services** at (416) 603-0909 / (416) 291-1800



Supportive Housing Services 家居支援房屋服務

Carefirst Supportive Housing Services
Office Locations:

Alexandra Park Seniors' Apartment
91 Augusta Avenue, Suite 707, Toronto,
Ontario M5T 2L2

Telephone: (416) 603-0909

Or

Tam O'Shanter
3825 Sheppard Ave East, Suite 601,
Scarborough, Ontario M1T 3P6
Telephone: (416) 291-1800

耆暉會
家居支援房屋服務辦事處
亞歷山大園老人大廈
多倫多市孔吉士達路九十一號
電話：(416) 603-0909

或
譚雅珊大廈
士嘉堡雪柏大道東三仟八百二十五號
電話：(416) 291-1800



家居支援房屋服務

耆暉會之「家居支援房屋服務」，設於大多市房屋公司轄下位於多倫多市孔吉士達路九十一號之亞歷山大園老人大廈及位於士嘉堡雪柏大道東三仟八百二十五號之譚雅珊大廈內；為四十位六十五歲或以上、而有較高照顧需要及／或有的殘障和活動功能有所限制的耆老，提供原地值班傳呼召喚的支援和24小時緊急回應協助。

服務範圍：

- 原地傳召支援服務
當值家務助理員會應個別需要，就日常生活起居活動而提供服務：
 - 個別護理，例如：洗澡、洗頭、穿衣、家居整潔；
 - 家務助理，例如：購物、洗衣服、家居整潔；
 - 陪同看病、交通接送服務，如有需要會提供傳譯服務。
- 24小時緊急回應
家居支援房屋工作人員輪班當值傳呼，及家務助理員全日二十四小時駐守應援，為老人在緊急情況下提供即時協助。
- 個案協調服務
個案協調工作人員不斷地作定期監察及評估各項服務之提供，與當事人釐定個人化之服務計劃，並安排提供適當的服務。
- 個人安康促進
社區服務工作人員策劃及組織各項安康及健康的促進程序，令耆老能達致最高的安康水平；並有各項康樂社交活動，以增強耆老與大廈內其他住客之群體交往及擴大社區生活之參與。

申請資格：

- 六十五歲或以上之耆老
- 有高度照顧需要，例如：
 - 身體有殘障之耆老，而健康方面需要定期監察及督導，但並不需要密集深切之二十四小時照顧
 - 醫療健康狀況穩定之耆老，不需要持續性護理或醫療照顧，及無需入住醫院
- 合資格申請入住老人大廈，並願意被安排入住亞歷山大園老人大廈或譚雅山大廈及需要家居支援服務者。

轉介來源：

- 自行申請
- 來自家人、朋友、醫生、或社區服務機構之轉介

進一步資料查詢或申請，請聯絡耆暉會
電話：(416) 502-2323
或家居支援房屋服務辦事處
電話：(416) 603-0909
(416) 291-1800

Wellness Club

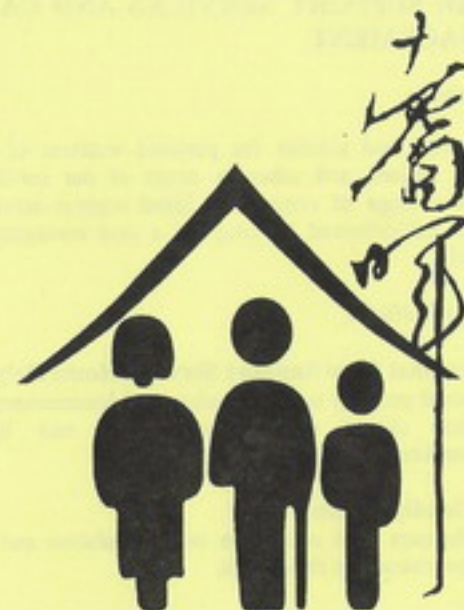
The Wellness Club, under the management of the Association, is a social club for Chinese seniors. It builds on the concept of wellness and encourages individuals to pursue a high level of wellness through the understanding of the importance of holistic health and total well-being (physical, social and psychological) and to integrate the wellness practice into their everyday life.

The Wellness Club programs and activities vary from social/ recreational activities, educational programs, self-help and community service groups, festivity programs, birthday parties, and outings. The aim is to promote in seniors a sense of achievement and positive attitude towards aging through participation in social and community activities.

Individuals aged 50 or over are welcomed to join. For more information, please call (416) 502-2323, (416) 585-2013 or (905) 771-3700.

BRIEF HISTORY OF CAREFIRST SENIORS & COMMUNITY SERVICES ASSOCIATION

- 1976 CHINESE MEALS ON WHEELS started as a pilot project.
- 1978 CHINESE MEALS ON WHEELS and MUTUAL AID ASSOCIATION founded.
- 1980 Focus of services shifted from Meals on Wheels to home support services and name changed to CHINESE SENIORS' HOME SUPPORT SERVICES ASSOCIATION.
- 1985 Incorporated as a non-profit charitable organization.
- 1986 Became a member of the UNITED WAY OF GREATER TORONTO, adopted the name TORONTO CHINESE SENIORS' HOME SUPPORT SERVICES ASSOCIATION.
- 1990 2-year Scarborough Demonstration Project launched to experiment with the innovative Integrated Service Delivery Model with funding support from the United Way.
- 1992 Long-range Strategic Plan for Service Development formulated and renamed as the CHINESE SENIORS SUPPORT SERVICES ASSOCIATION to reflect the expanding service scope and coverage.
- 1993 2-year special project on Wellness Education for Chinese Seniors' launched with funding from Trillium Foundation.
- 1994 New Administrative & North Metro Toronto Office set up in North York. Chinese Meals-on-Wheels Service started in Scarborough and North York. CSSSA Wellness Club and Volunteer Network restructured as the two supporting pillars of the Association.
- 1995 Supportive Housing Services started in the Metro Toronto Housing Company Limited's Alexandra Park Seniors' Apartment in downtown Toronto with funding support from the Ministry of Health.
- 1997 Administrative & North Toronto Office relocated to Scarborough to serve the community of Scarborough, North York & York Region. Also funded by Ministry of Health to start the Adult Day Service and open up the second Supportive Housing Service site in Tam O' Shanter Seniors Apartment in Scarborough.
- 1998 Open up the South Toronto Helena Lam Community Services Centre and Adult Day Centre.
- 1999 Became a member of the York Region United Way. Opened up the York Region Community Services Centre & Adult Day Centre in Richmond Hill.
- 2000 Agency name renamed to Carefirst Seniors and Community Services Association.



Carefirst

SENIORS & COMMUNITY SERVICES ASSOCIATION

There's No Place
Like Home

在家千日好



A United Way member agency

SUPPORTIVE HOUSING SERVICES

Objective:

To enable seniors to lead an independent life and assist them to integrate into the community through the provision of a full range of on-site support services in a senior apartment.

Services Include:

- **On-site Supportive Services**
provide assistance with activities of daily living according to individual needs including:
personal care (e.g. bathing), home-help (e.g. housekeeping), security checks, assisted medication, escort to medical appointments, interpretation and transportation service.
- **24-hour On-Call Emergency Response**
provide 24 hours of on-site immediate support or assistance to the client during emergencies.
- **Case Coordination Services**
monitor and evaluate the service delivery, develop individualized service plan and arrange delivery of other appropriate services.
- **Personal Wellness Promotion**
plan and organize wellness program, health promotion program, recreational and social activities to the seniors.

Eligibility Criteria:

- Chinese seniors aged 65 years or over.
- Currently residing at seniors' apartment with our supportive housing service

For more information please call:

Alexandra Park (416) 603-0909

Tam O' Shanter (416) 291-1800

Or Administrative office (416) 502-2323

ADULT DAY CARE CENTRE

Objective:

To provide supervised activities to enable frail, socially isolated seniors or disabled individuals to achieve and maintain their maximum level of functioning, to prevent premature and inappropriate institutionalization, and to provide respite and support for caregivers.

- **Health Related Service**
Educational health programs, light physical exercises, foot care and therapeutic activities.
- **Meal Service**
Hot and nutritious meals to meet the special dietary, cultural and religious needs of the participants.
- **Social/Recreational Activities**
Interest classes and stimulating activities to promote social interaction with other seniors and enhance participation in community services.
- **Supportive Services**
Support programs and referrals to appropriate services for caregiver relief.
- **Transportation**
Transportation can be arranged for the client to and from home, and for community outings.

Eligibility Criteria:

Chinese seniors aged 55 or above, adults with physical disabilities who:

- experience functional limitations due to physical, behavioural and cognitive impairments.
- experience social isolation with limited family and/or peer support.
- are unable to participate independently in regular community programs.

For more information please call (416) 502-2323, (416) 585-2013 or (905) 771-3700.

VOLUNTEER SERVICES

Our objective is to build up a caring society within which volunteers work with professional staff of Carefirst. We strive to facilitate enthusiastic and devoted volunteers to assist the provision of quality support services program to meet the growing needs in our community.

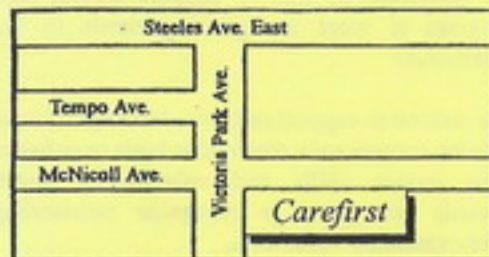
We commit to support our volunteers by offering training courses on a continuous basis to enhance their service skills and volunteering skills. Awards are given to recognize outstanding achievement by volunteers.

Volunteer opportunities in Carefirst Senior Community Services Association:

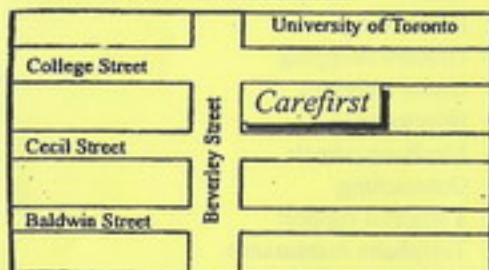
- Adult Day Program
- Clerical support
- Friendly visiting
- Front desk/receptionist
- Fundraising
- Grocery shopping
- Group activities
- Hospice visit
- Meals-on-wheels
- Outreaching
- Technical support
- Telephone reassurance

If you are interested in becoming one of our volunteers and would like further information, please call (416) 502-2323, (416) 585-2013 or (905) 771-3700.

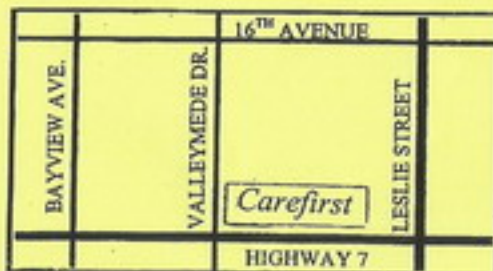
Administrative Office / North Toronto
 Community Services Centre
 (Wellness Club Centre & Adult Day Centre)
 3601 Victoria Park Ave., Suite 501
 Scarborough, Ontario M1W 3Y3
 Tel.: (416) 502-2323 Fax: (416) 502-2382
 Email: info@carefirstseniors.com
 Website: www.carefirstseniors.com



South Toronto Helena Lam
 Community Services Centre
 203 College St., Suite 203
 Toronto, Ontario M5T 1P9
 Tel.: (416) 585-2013 Fax: (416) 585-2892
 Email: sto@carefirstseniors.com
 Website: www.carefirstseniors.com



York Region Community Services Centre
 420 Highway 7 East, Suite 104A
 Richmond Hill, Ontario L4B 3K2
 Tel.: (905) 771-3700 Fax: (905) 763-3718
 Email: york@carefirstseniors.com
 Website: www.carefirstseniors.com



Wellness Club

The Wellness Club, under the management of the Association, is a social club for Chinese seniors. It builds on the concept of wellness and encourages individuals to pursue a high level of wellness through the understanding of the importance of holistic health and total well-being (physical, social and psychological) and to integrate the wellness practice into their everyday life.

The Wellness Club programs and activities vary from social/ recreational activities, educational programs, self-help and community service groups, festivity programs, birthday parties, and outings. The aim is to promote in seniors a sense of achievement and positive attitude towards aging through participation in social and community activities.

Individuals aged 50 or over are welcomed to join. For more information, please call (416) 502-2323, (416) 585-2013 or (905) 771-3700.

HOME SUPPORT SERVICES AND CASE MANAGEMENT

Objective:

To promote and achieve the personal wellness of the Chinese seniors, and other in needs of our services, through a range of community based support services planned and delivered by adopting a case management approach.

Services Include:

- **Personal Care Support Services/Home Help**
trained personal support workers and homemakers to assist clients with personal care and light housekeeping tasks.
- **Friendly Visiting**
volunteers visit seniors to reduce isolation and to show concern to their needs.
- **Telephone Reassurance / Security Check**
Volunteers make regular telephone calls to seniors to reassure their health and safety.
- **Escort / Transportation**
escort seniors to medical appointments, provide transportation and/or interpretation.
- **Client Intervention and Assistance**
assist seniors to meet their specific needs, encourage the use of community resources.
- **Hospice Visiting**
visit to terminally-ill patients, provide support to both patients and their family.
- **Meals on Wheels**
deliver nutritious, hot, Chinese meals to frail / homebound seniors or needy individuals.
- **Information and Referral**
provide service information and make referral to other appropriate agencies.

Eligibility Criteria:

- Seniors aged 55 years and over, adults with physical disabilities

For more information please call (416) 502-2323, (416) 585-2013 or (905) 771-3700.



安康及 社區外展服務



耆暉會

士嘉堡市域多利大道 3601 號 501 室
電話：416-502-2323 傳真：416-502-2382
網址：www.carefirstseniors.com

在家千日好

耆暉會

本會為一非牟利慈善機構，自1976年起服務大多市，我們抱著專業及關懷的態度為社區提供全面服務。

- * 個人護理及家務助理
- * 成人日間中心
- * 社區外展活動
- * 輔導、查詢及轉介服務
- * 中式送餐服務
- * 親善探訪
- * 社交及康樂活動
- * 翻譯及交通接送服務
- * 廿四小時家居支援房屋服務
- * 安康教育

耆康社

耆暉會屬下的耆康社乃耆老自務組織，為50歲或以上人士提供多姿多采的文娛、教育及社交活動。目的乃透過各項群體及社區活動，鼓勵及促進耆老積極面對退休生活。

- * 興趣班
 - 英語班、國畫、太極、粵曲、手工藝等
- * 國、粵語互助小組
- * 安康教育
- * 聚餐
- * 旅遊
- * 生日會
- * 節日慶祝活動



社區外展服務

耆暉會社區外展服務透過外展活動，接觸華人長者，旨在鼓勵他們參與社區活動，善用社區資源。

社區外展服務包括：

- * 老人大廈定期活動
- * 安康及社區活動
- * 諮詢及轉介
- * 新移民耆老服務介紹
- * 資訊講座及資料發放

我們誠意邀請閣下加入成為耆康社會員，年費拾圓。會員福利包括參加活動優惠、會員通訊及購物折扣等。

會員申請表

姓名：_____

地址：_____

城市：_____ 郵政號碼：_____

電話號碼：_____

我願意同時捐助加幣 _____ 圓予耆暉會*

請將填妥表格親遞或郵寄至耆暉會辦事處：
3601 Victoria Park Avenue, Suite 501
Scarborough, Ontario M1W 3Y3

*捐款加幣拾圓或以上可獲退稅收據



416-502-2323

(星期一至五 上午九時至下午五時)



Wellness Program & Community Outreach Program

Carefirst

We are a non-profit charitable agency serving the community in Greater Toronto since 1976. Services provided include:

- Personal care and homemaking services
- Adult day program
- Community development
- Information / Referral & Counseling
- Chinese meals-on-wheels
- Friendly visiting
- Social and recreational services
- Transportation / interpretation services
- 24-hour supportive housing services
- Health promotion and education

Community Outreach Program

Our Outreach Program aims to reach the Chinese seniors and direct them to the appropriate community resources/programs. The program objective is to ensure and encourage the seniors to participate in community activities and have access to community resources. Our outreach programs include:

- Regular social program in seniors apartments
- Wellness & Community Education programs
- Information & Referral Clinic
- Newcomers seniors' orientation
- Information session & information distribution

Wellness Club

The Wellness Club of Carefirst is a social club offering a variety of social/recreational/educational programs for individuals aged 50 or above. The Wellness Club, managed by a group of older adult volunteers, aims to promote among seniors the positive attitude towards aging.

Programs include:

- Interest Classes
 - English as Second Language, Chinese Painting & Calligraphy, Tai Chi Exercise, Cantonese Opera, Arts & Craft, etc.
- Wellness Support Groups
- Wellness/Health Education Seminar
- Congregate Dining
- Outing
- Birthday Party
- Festivity Celebration

Please join us as a Wellness Club member. The annual \$10 membership fee entitles you to enjoy benefits such as receiving newsletters, preferred rates for interest classes, and purchase discount at some retail outlets.

Application for Membership

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____

I would also like to include a donation of CAD\$ _____

Please return this form in person or by mail to the Carefirst administration office:

3601 Victoria Park Avenue, Suite 501,
Scarborough, Ontario M1W 3Y3

*Tax receipt will be issued for donation of \$10 or more.



Carefirst Seniors & Community Services Association

3601 Victoria Park Ave., Suite 501, Scarborough, Ontario M1W 3Y3
Tel: 416-502-2323 Fax: 416-502-2382 Website: www.carefirstseniors.com

THERE IS NO PLACE LIKE HOME



A UNITED WAY MEMBER AGENCY

416-502-2323

(Monday-Friday 9:00am - 5:00pm)



成人日間中心

耆暉會主辦之成人日間中心，特為體弱或孤獨乏人照顧之華人耆老訂定一系列多樣化化的日間服務。目的為協助耆老提高及保持他們的身體健康，避免耆老因體弱不能自願而過早申請或不必要入住院舍；支持及紓緩家庭成員照顧耆老之負擔。

服務目標

- 按照華人耆老的語言及文化需要，提供多樣化社交，康樂及治療活動，協助他們提高生活質素。
- 因應耆老個別能力及需要，加強社交體能活動，以提高他們的活動能力。
- 提供社區支援服務，以支持及紓緩耆老家庭成員之負擔。
- 按照中心耆老個別特殊需要，轉介他們使用合適之社區服務。

服務範圍

- 個人護理及與健康有關之服務。
- 個人護理，輕量運動，足部護理，物理治療，職業治療，教育及健康講座。

膳食服務

- 按耆老之口味，文化，宗教需要提供合適之熱膳和茶點。

社交康樂活動

- 提供興趣班，小組聯誼及啓發性社交活動，讓耆老互相交往，多參加社區活動。

支援服務

- 轉介合適的社區服務予有需要者，以紓緩耆老家人負擔。

交通安排

- 如有需要，中心可代安排交通接送，以便耆老往返家居及活動。

活動時間

- 日間中心之開放時間為星期一至五早上九時三十分至下午三時。

申請資格

- 五十五歲或以上之華人耆老因身體，行為，認知上衰退而日常生活受到影響者。
- 孤單寂寞而缺乏親友照顧支持。
- 缺乏能力獨立參與社區活動。

申請手續

- 可由醫務人員，社工，親屬，朋友轉介或自行報名。

費用

- 費用每天十八元（包括早點，午膳及活動）。
- 交通費用每次七元（來回車程）。

任何資料查詢或申請，請聯絡耆暉會成人日間中心，
電話（416）502-2323 內線 232。



Goal

The Adult Day Program provides supervised activities for frail Chinese elderly or socially isolated seniors. Our goal is to enable seniors to achieve and maintain their maximum level of functioning, to prevent premature and inappropriate institutionalization and to provide respite and support for caregivers.

Objectives

1. To enhance the quality of life of seniors by offering them a wide range of social, recreational and therapeutic activities.
2. To maximize client's level of functioning by promoting social interaction and physical activity to the best of his/her abilities.
3. To provide support and relief to family members by providing centre-based day care services.
4. To liaise clients to appropriate community services in terms of the client's specific needs.

Eligibility

Seniors aged 55 or above and or those with physical disability

- who experience functional limitations due to physical behavioural and cognitive impairments.
- who experience social isolation with limited family and/or peer support.
- who are unable to participate independently in regular community programs.

Scope of Services

- **Personal Care and Health Related Services**
Light physical exercises, physiotherapy, occupational therapy, foot care, and educational health programs.
- **Meal Services**
Hot and nutritious meals to meet the specific dietary and religious needs of the elderly.
- **Social/Recreational Activities**
Interest classes and stimulating social activities to promote interaction among seniors and participation in community activities.
- **Transportation**
Transportation can be arranged with advance notice.
- **Other Support Services**
Support programs and referrals to appropriate services for caregiver relief.

Hours of Operation

Monday to Friday 9:30 am to 3:00 pm

Fees

- \$18 per day (including light breakfast, lunch and program materials).
- \$7 transportation per round trip.

Sources of referral

Referrals by medical professionals, social workers, family members, friends or clients themselves

Further information or enquiries, please contact Carefirst Seniors & Community Services Association at (416) 502-2323.



Adult Day Program

成人日間服務

Carefirst Adult Day Centre
3601 Victoria Park Ave., #501
Scarborough, Ontario
M1W 3Y3
Telephone: (416) 502-2323

耆暉會

成人日間中心

行政及北大多市辦事處

士嘉堡域多利公園大道3601號

五樓五零一室

電話：(416) 502-2323

簡介

耆暉會- 非牟利慈善社會服務機構，自1976年起，服務大多倫多華人社區。本會以照顧服務使用者的需要為首任，矢志為耆老及有需要人士提供家居護理、社區支援及安康服務；以確保他們能享有獨立及豐盛的生活。此外，耆暉會亦致力於推動及鼓勵大眾市民，包括青年，去關心、支持長者及社會服務。

耆暉會青年義工大使訓練計劃是由 Canada Volunteerism Initiative 撥款贊助的。

計劃目標

* 向華裔青年，特別是新移民青年，推廣及促進義工服務

目的

- * 透過朋輩指導計劃，提高青年對社區的融和及投入感
- * 鼓勵及推動新移民青年去關心及支持社會服務
- * 透過多元化的學習及訓練課程，提高新移民青年的生活能力及求職競爭力

青年義工大使 計劃活動

由青年義工組成青年自務委員會，協助機構提供：

- * 青年領袖訓練
- * 新移民青年導向和社區融和活動
- * 青年朋輩指導計劃
- * 新移民青年互勵小組
- * 青年義工服務
- * 青年康樂部

對青年的好處

- * 增強青年個人成長和發展
- * 擴展青年社交圈子
- * 協助新移民青年更容易融入社區
- * 培養青年的生活能力及求職競爭力
- * 透過參與義工服務，增強青年對社會的責任感

對象

- * 年介15-25歲的華裔青年，特別是新移民青年
- * 熱心於義工服務或有志自我增值及發展的華人青年

請參加耆暉會的青年義工大使計劃，成為明日社會的領導

- 我是新移民青年，感興趣參加耆暉會的青年義工大使計劃
- 我感興趣參加耆暉會的青年義工大使計劃

請填好以下報名表格，交回本會或傳真 416-502-2382。

Name: _____

Age: _____

Telephone: _____

e-mail: _____

家中常用語言：

- 英語
- 廣東話
- 國語 / 普通話
- 其他：_____

查詢請聯絡: 416-502-2323 ext 260 或
電郵: youthvol@carefirstseniors.com





Chinese Youth Learning and Volunteer Program



Carefirst Seniors & Community Services Association

3601 Victoria Park Ave., Suite 501,
Scarborough, ON M1W 3Y3
Tel: 416-502-2323

Website: www.carefirstseniors.com

We acknowledge the financial support of the
Government of Canada through the
Department of Canadian Heritage.

Canada

Project Background

Carefirst Seniors and Community Services Association is a charitable, not-for-profit social service agency serving the Chinese Community since 1976. Our mission is to ensure the seniors and those in need of services enjoy independent, enriched and quality living in the community through our social, health care and supportive services. Other than providing services for the seniors, Carefirst also conceives our mission in engaging our citizens, including our younger generation, to support the seniors and the community as a whole.

The Chinese Youth Learning and Volunteer Program is a project funded by the Canada Volunteerism Initiative.

Program Goal

To promote volunteerism among Chinese youth; particularly among new Canadians.

Objectives

- * Enhance newcomer youth's integration with the community through the project's mentoring and peer support programs.
- * Engage the newcomer youths to support the community through participating in volunteer services.
- * Enhance youths' life and pre-employment skills through training programs and learning activities.

Program Activities

A Self Managed Youth Management Committee will help provide:

- * Youth Leadership Training Program
- * Newcomer Youth Orientation & Integration Program
- * Youth Mentoring Program
- * Newcomer Youth Support Group
- * Youth Volunteer Services
- * Youth Social Club

Target Population

- * Youth of Chinese cultural background aged 15-25, especially newcomers
- * Youth of Chinese cultural background interested in volunteering or self-development

Benefits to Youth

- * Enhance personal growth and development
- * Enrich socialization
- * Better integration into the community
- * Foster life skills and interpersonal skills for pre-employment
- * Enhance social responsibility through volunteering



Home Care Services



Carefirst

We are a non-profit charitable social service agency serving the community in Greater Toronto since 1976. Services provided include:

- Personal care and homemaking services
- Adult day program
- Peritoneal dialysis social day centre
- Chinese bereavement service
- Information / Referral & Counseling
- Chinese meals-on-wheels
- Friendly visiting
- Transportation / interpretation services
- 24-hour supportive housing
- Health promotion and education
- Social and recreational services
- Community development

Care always comes first

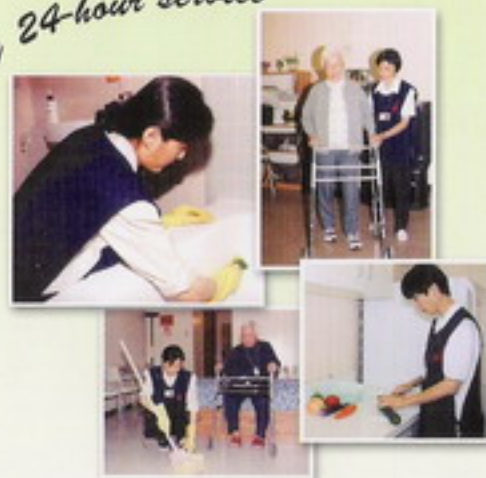


Home Care Services

Carefirst is a government recognized service provider of personal care and homemaking services. Carefirst was accredited in 2004 by the Canadian Council on Health Services Accreditation for providing quality care services. Our multi-lingual staff are trained, insured and bonded. We also accept cases with medical or accident insurance coverage.

- **Personal Support**
 - Personal hygiene
 - Palliative care
 - Maternal care
 - Infant / Child care
 - Respite care
 - Rehabilitation support service
- **Home Making**
 - Meal preparation
 - Laundry & ironing
 - Bed making
- **House Cleaning**
 - Kitchen and bathroom cleaning
 - Vacuuming and dusting
 - Floor mopping / cleaning

7-day 24-hour service



416-502-2323

(Monday-Friday 9:00am - 5:00pm)



Carefirst Seniors & Community Services Association
3601 Victoria Park Ave., Suite 501, Scarborough, Ontario M1W 3Y3
Tel: 416-502-2323 Fax: 416-502-2382 Website: www.carefirstseniors.com
Portal website: www.seniorservicestoronto.com

THERE IS NO PLACE LIKE HOME



家居護理服務



耆暉會

士嘉堡市域多利大道 3601 號 501 室

電話：416-502-2323 傳真：416-502-2382

網址：www.carefirstseniors.com Portal website: www.seniorservicestoronto.com

在家千日好

耆暉會

本會為一非牟利慈善社會服務機構，自 1976 年起服務大多市，我們抱著專業及關懷的態度為社區提供全面服務。

- * 個人護理及家務助理
- * 成人日間中心
- * 腹膜透析日間中心
- * 華人安懷服務
- * 輔導、查詢及轉介服務
- * 中式送餐服務
- * 親善探訪
- * 翻譯及交通接送服務
- * 廿四小時家居支援房屋服務
- * 安康教育
- * 社交及康樂活動
- * 社區外展活動

生活添姿采



家居護理服務

耆暉會為政府認可個人護理及家務助理服務機構，並得到「加拿大衛生及社會服務優質鑑證局」頒發優質服務證書。本會聘用專業受訓而且能操多種方言的護理人員，而所有員工均有保險保障。我們亦為私人機構、醫療或意外保險用戶提供服務。

- * 個人護理
 - 個人衛生
 - 臨終照顧服務
 - 產婦護理
 - 兒童護理
 - 長期病患者護理
 - 短期護理
 - 交通意外康復護理
- * 家務助理
 - 預備膳食
 - 更換床舖
 - 簡單洗熨
- * 居室清潔
 - 浴室及廚房清潔
 - 地板清潔
 - 吸塵打掃

1 天, 24 小時服務



416-502-2323

(星期一至五 上午九時至下午五時)





Volunteer Service



Carefirst Seniors & Community Services Association
3601 Victoria Park Ave., Suite 501, Scarborough, Ontario M1W 3Y3
Tel: 416-502-2323 Fax: 416-502-2382 Website: www.carefirstseniors.com

THERE IS NO PLACE LIKE HOME

Carefirst

Carefirst Seniors & Community Services Association is a non-profit charitable community services agency established since 1976. Our mission is to ensure the seniors and those in need of services enjoy independent, enriched and quality living in the community through our social, health care and supportive services.

Volunteers play a significant role in Carefirst and make our programs / services possible. Volunteer may take part in the direct service delivery such as escorting seniors, delivering meals, friendly visiting, outreach and group work; or they may participate in the administration work such as clerical duty, fundraising, etc.

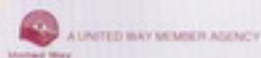
Carefirst truly values the contribution made by our volunteers. In order to recognize the volunteers' hard work and effort in serving the community, we organize regular recognition and social programs for our volunteers. Our Volunteer Learning Centre also organizes various types of training courses for volunteers to provide basic knowledge on serving seniors and to enhance self-development.

Please join our volunteer team now. Your participation will definitely benefit the community.

416-502-2323

(Monday - Friday 9:00am - 5:00pm)

e-mail: volunteer@carefirstseniors.com



Join Us as a Carefirst Volunteer

歡迎加入耆暉會
義工行列

I am interested in volunteering at Carefirst.
Please contact me as soon as possible.
本人有興趣參加耆暉會以下義工服務，請聯絡。

Caring 關顧服務

- Friendly visiting 親善探訪
- Telephone reassurance 電話慰問
- Hospice 寧養
- Bereavement service 安懷服務

Support 支援服務

- Grocery shopping 代購物品
- Interpretation 翻譯
- Meals-on-wheels 送餐
- Escort 陪同
- Transportation 交通接送

Activities 活動

- Group Programs 小組活動
- Outreaching 外展工作
- Publicity Activities 宣傳工作
- Promotional Events/Fundraising 綜合/籌款活動
- Adult Day Program 成人日間中心

Office & Technical duties 文書工作、技術支援

- Clerical work/filing 文書/文件處理
- Reception 接待
- Computer software - technical support 電腦軟件製作/設計
- Electronic/Electrical, Wood work 電子/電、木工
- Others 其他 _____

Name 姓名: _____

Address 地址: _____

Telephone 電話: () _____

E-mail 電郵: _____

Please fax completed form to 416-502-2382



義工服務

耆暉會

本會為一非牟利慈善機構，自1976年起服務大多市，為有需要耆老及人士提供全面社區支援及家居護理服務。

義工的參與對耆暉會所提供的耆老服務非常重要。義工可以參與前線服務如交通接送、送餐服務、親善探訪、外展工作、小組活動等；或者選擇後勤工作如文書工作、籌款事務等。

耆暉會並致力維繫義工及發展義工潛能。本會提供不同類型的義工訓練課程、義工康樂及嘉許活動，務求義工於服務社區之餘，同時亦得到個人發展及知識提升機會。

請參與耆暉會的義工行列，你的參與可以令社區的耆老得到多一份關懷。



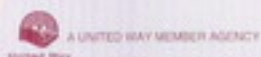
耆暉會服務中心地點 Carefirst Service Locations

- 1 Administration Office/ North Toronto Community Services Centre**
北多倫多社區服務中心
3601 Victoria Park Ave., Suite 501
Scarborough, Ontario M1W 3Y3
Tel: 416-502-2323
Fax: 416-502-2382
- 2 South Toronto Office/Helena Lam Community Services Centre** 南多倫多林洪瑛社區服務中心
203 College Street, Suite 203
Toronto, Ontario M5T 1P9
Tel: (416) 585-2013
Fax: (416) 585-2892
- 3 York Region Community Services Centre**
約克區社區服務中心
420 Highway 7 East, Suite 104A
Richmond Hill, Ontario L4B 3K2
Tel: (905) 771-3700
Fax: (905) 763-3718
- 4 Supportive Housing Services – Alexandra Park Seniors' Apartment** 家居支援房屋服務 (亞歷山大園老人大廈)
91 Augusta Avenue, Suite 707
Toronto, Ontario M5T 2L2
Tel: (416) 603-0909
Fax: (416) 603-0436
- 5 Supportive Housing Services – Tam O'Shanter Seniors' Apartment** 家居支援房屋服務 (譚維珊老人大廈)
3825 Sheppard Ave. East, Suite 601
Toronto, Ontario M1T 3P6
Tel: (416) 291-1800
Fax: (416) 291-9586
- 6 Mississauga Community Services Centre**
密西沙加社區服務中心
165 Dundas Street West, #704
Mississauga, Ontario L5B 2N6
Tel: (905) 270-9988
Fax: (905) 361-1082
- 7 Bridging Project York Region Social Service Access Centre**
「一站式」社會服務搭橋計劃
50 Lockridge Avenue, Unit 11 (Lockridge Plaza)
Markham, Ontario L3R 8X5
Tel: (905) 752-0906
Fax: (905) 752-0907

耆暉會

士嘉堡市域多利大道 3601 號 501 室
電話：416-502-2323 傳真：416-502-2382
網址：www.carefirstseniors.com

在家千日好



Visit our Website:
www.carefirstseniors.com
www.seniorservicestoronto.com



CAREFIRST CHINESE BEREAVEMENT SERVICES

We are committed to playing an active role in providing advocacy, community education and supportive services to Chinese bereaved individuals in a culturally sensitive environment.



Carefirst Seniors & Community Services Association
3601 Victoria Park Avenue, Suite 501
Scarborough, Ontario, M1W 3Y3
Phone: 416-502-2323
Fax: 416-502-2382
Website: www.carefirstseniors.com

Charitable Registration No:
10691 5861 RR 0001



A United Way member agency



Foreword

Over the last 10 years, Chinese Bereavement Services (CBS) has provided professional and supportive services to assist a significant number of Chinese bereaved individuals in the community. The CBS program offers support groups, educational seminars, workshops and culturally sensitive information to assist individuals through the grieving process. In January 2002, Chinese Bereavement Services integrated its service into Carefirst Seniors and Community Services Association. Carefirst will maintain their commitment to providing quality service to Chinese bereaved individuals.

When a loved one dies, grieving is a normal healing process. Often, the feeling of disbelief, sorrow, anger and guilt that may form a part of this grief are not expressed and are locked within the family members. In the absence of support, this internalized grief will likely surface as problems affecting their marriage, work, study or health.

We hope that bereaved families will be able to learn and develop more effective ways to cope with their feelings of loss through the sharing of their personal thoughts and experiences with one another. It is through the transition from the grieving process to the healing process that individuals can begin to deal with feelings of loss and move on while remembering their loved ones.

Available Services:

- Support Groups for the Chinese Bereaved
- Educational Seminars and Workshops
- Linkage to Culturally Appropriate Bereavement Community Information and Resources
- Referrals for Individual or Family Counseling
- Friendly Visiting for the Chinese Bereaved
- Support Network for Ex-support Group Members

If you are interested in joining our support group or would like a free copy of our Chinese booklet "While You Grieve", please contact us at 416-502-2323.

Our services are available at no cost to clients. All information is strictly confidential.

Thoughts and Feelings from our Support Group Member

"I thought that I was the saddest and loneliest person in the world. In the support group, I met some people who had experienced even sadder situations. I gained the courage to move on with my life because I realized that I was not alone. I continue to receive encouragement from the members during regular network gatherings."

序言

華人安懷會成立了十年，期間通過專業的小組支援服務，教育研究活動及資源提供，協助了很多華人喪親家屬重建生活。從2002年1月開始，華人安懷會之服務正式納入耆暉會。耆暉會秉承安懷服務的宗旨，繼續為有需要的人士提供服務。

當你摯愛的家人逝去了，你心底裏的憂傷與哀痛是在所難免的。然而悲痛以外，我們或會感到愁苦，憤怒或內疚，不願意面對和接受這事實。

這感受會令你情緒低落，造成精神困擾，甚而影響到你的婚姻，家庭，工作，學業及健康。

我們希望透過各種支援服務，協助喪親者重建新生活，面對將來。本服務特為遇到喪親的華人及其家庭而設，無分宗教與地域，費用全免，資料保密。

服務範圍

- **喪親互助小組**
小組通過分享經歷，將哀傷感受舒緩，處理。小組由專業社工帶領。共六至八節。
- **舉辦教育講座及研討會**
定期舉辦有關安懷服務的教育講座。例如：殯儀服務，墓地安排，遺產處理，授權書，單親子女教養等。
- **聯絡社區資源及提供有關教育資料**
- **提供輔導及轉介服務**
個案支援及輔導服務
- **親善探訪**
義工探訪有需要支援的家庭。
- **「安懷之友」小組支援網絡**
小組成員成立的支援網，發揮互相幫助的精神。

尋求協助，是你步出困境的第一步。
你願意嘗試嗎？

喪偶感懷

「十年生死兩茫茫，不思量，自難忘，
千里孤墳，無處話淒涼。」

-蘇軾-

「你走了，留下我一人，孤身走我路，
誰可給我一雙手，把我拉一拉，

誰可給我一個有力的肩膀，

讓我靠一靠。」

(小組成員)

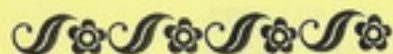
古今喪偶情懷，同樣沉痛哀傷。抒鬱結，解愁懷，互助小組可以幫到你。

「安懷之友」會員感想

「我本以為自己是世界上最淒涼的人，
在小組中認識到與我一樣孤清，
甚至比我更不幸的人。

通過互相鼓勵，我重獲勇氣，
面對要走的路。」

(小組成員)



本會印備有中文「安懷篇」小冊子，
及「安懷系列」閱讀資料。歡迎索閱。
安懷服務及印刷品，費用全免。



基本扶助訓練班 Mobility Assistance Training

為提高義工的服務質素，耆暉會將舉辦“基本扶助及安全使用扶助用具”訓練。目的是確保義工懂得基本扶助長者的知識和技巧及加強保護長者安全的意識。耆暉會邀得加拿大註冊護士提供訓練及指導。

In order to enhance the volunteer service quality, Carefirst Seniors & Community Services Association will organize a “Mobility Assistance Training” course for our volunteers. The purpose of this course is to equip our volunteers with the basic transfer skills and techniques and usage of transfer assistance devices.

<本課程特別適合日間中心，護送，交通接送，家訪等服務義工的需要>

日期及時間 (Date & Time)

July 30th 2005 (Saturday) / 10 a.m. – 12 noon

地點 (Place): 耆暉會北多倫多服務中心 3601 Victoria Park Ave, 501 室

講員 (Guest Speaker): 談雅文姑娘

語言 (Language): 粵語 (Cantonese)

費用 (Fee): 全免 (Free)

查詢及報名請致電或傳真 (For inquiries & registration, please contact):

Volunteer Coordinator – Polly Choi
Phone: (905) 771-3700 內線(Ext)223
Fax: (905) 763-3718

<名額有限，請從速報名>



Carefirst Volunteer Training: Mobility Assistance Training 耆暉會義工基本扶助訓練班
Registration Form 報名表

姓名 Name: _____ 義工編號 Volunteer # _____

服務中心 Service Centre: _____ 服務單位 Service Unit: _____

電話 Telephone #: _____ 電郵 E-mail: _____

Project Background

Hosted by Carefirst Seniors and Community Services Association, in collaboration with Centre for Information and Community Services of Ontario (CICS), and Chinese Family Services of Ontario (CFSO), "The Bridging Project: York Region Social Services Access Centre" has been established in Markham.

Carefirst, CICS and CFSO are non-profit community service agencies who have over 71 years of experience serving the Chinese community. The collaborative partners recognize the importance of optimizing the use of existing agency infrastructures so that we can better serve the York Region community.

Objective

The objective of this "bridging" project is to better support existing agencies in serving the Chinese community in York Region. Our one-stop access centre will link up users to the wide spectrum of services that already exist in the community.

Target Population

Our programs and services are to assist those whom are isolated and marginalized due to cultural and linguistic barriers, especially **women, seniors, newcomers, families, youth and children** to use the existing community services.

Services include:

- 1) Information and referral service
- 2) Community Outreach
- 3) Cultural exchange and collaboration with local mainstream services organizations to promote and provide the following services:
 - Children, Women and Youth Services
 - Employment Enquiry Services
 - Family Services
 - Seniors Services
 - Settlement Services

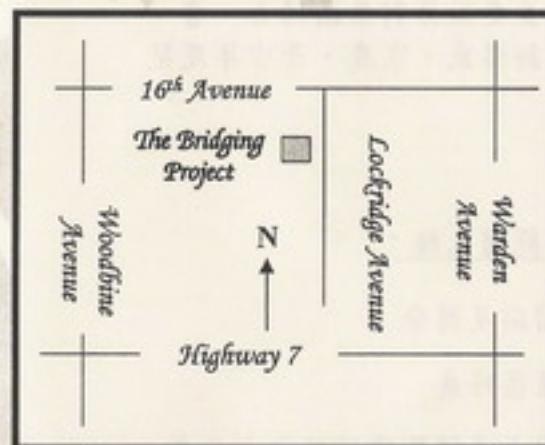
Volunteer Development

We are currently recruiting volunteers to assist us in the following activities:

- ❖ Group Programs
- ❖ Information and Referral
- ❖ Interpretation/ Translation
- ❖ Outreaching
- ❖ Transportation Services

For more information, please contact the Project Coordinator at 905-752-0906.

Location



A United Way member agency

萬錦市「一站式社會服務搭橋計劃」，由安省延齡基金撥款資助，以耆暉會為首，華人諮詢社區服務處(華諮處)，及華人家庭專業輔導中心合作推行。

耆暉會、華諮處及華人家庭專業輔導中心乃非牟利的社會服務機構，合共為華人社區服務達七十一年頭。

「一站式社會服務搭橋計劃」主要是為居住於約克區之華人及新移民家庭提供「一站式」服務，介紹區內之資源，為約克區現有的服務機構及華人社區作服務橋樑。主要服務對象為婦女、耆老、新移民、家庭、青少年及兒童。

服務範圍包括：

- ✓ 諮詢及轉介
- ✓ 社區外展
- ✓ 與主流服務機構保持文化交流，合作推廣及提供以下服務：
 - ✧ 兒童、青少年及婦女服務

- ✧ 就業諮詢服務
- ✧ 家庭服務
- ✧ 耆老服務
- ✧ 新移民服務

義工招募

中心現招募義工協助推行以下服務：

- ✧ 小組活動
- ✧ 諮詢及轉介
- ✧ 翻譯
- ✧ 外展活動
- ✧ 交通接送服務

有興趣者請致電 905-752-0906 與服務統籌聯絡。



EICS
華人諮詢社區服務處
Centre for Information & Community Services



華人家庭專業輔導中心
Chinese Family Services of Ontario

The Bridging Project York Region Social Services Access Centre 「一站式」 社會服務搭橋計劃

50 Lockridge Avenue
Lockridge Plaza, Unit #11
Markham, Ontario L3R 8X5
Phone#: 905-752-0906
Fax#: 905-752-0907
bridging@carefirstseniors.com

*This project is funded by
The Ontario Trillium Foundation*

此計劃由

「安省延齡基金撥款資助」



THE ONTARIO TRILLIUM FOUNDATION
LA FONDATION TRILLIUM DE L'ONTARIO

Elder Abuse Education Program

Elder abuse and neglect in the Chinese community has remained a myth for many.

In 2003, Carefirst launched a culturally relevant Elder Abuse Education Program to raise community awareness about the prevention of elder abuse and neglect among the Chinese community.

Objectives

- To raise awareness about the prevention of elder abuse and neglect within the Chinese community.
- To empower victims and at-risk seniors to protect themselves, and to improve their capacity in accessing resources.

Services include:

- ☞ Information and referral services
- ☞ Mobile outreach team to provide education seminars throughout the community
- ☞ Interactive learning workshops through skits and role plays
- ☞ Elder abuse resource centre

Helpful Information

What is Elder Abuse???

Elder abuse is any action by a friend, family member, neighbour or paid caregiver which causes harm to a senior.

Physical Violence

Pushing, shaking, hitting, over-medicating.

Financial Abuse

Withholding money, forcing a senior to sell property or possession, theft of money etc.

Elder Abuse Includes

Psychological Harm

Treating elderly people like children, bullying them

Neglect

Denial of adequate nutrition, medical attention, shelter, clothing or assistive devices



耆暉會

Chinese Elder Abuse Education Program

華人防止虐老及
忽略長者教育計劃



This Project is funded by:

*United Way of Greater Toronto
Breaking the Cycle of Violence Grant, City of Toronto*



華人防止虐老及忽略長者教育計劃

虐待長者這個課題在華人社群中一直是一個隱秘的現象。

2003年，耆暉會率先在華人社區中發起防止虐待忽略長者教育項目。

目的

- 在華人社區中提升防止虐待和忽略長者意識。
- 教育被虐長者和可能被虐的長者如何保護自己，提高他們利用社區資源的能力。

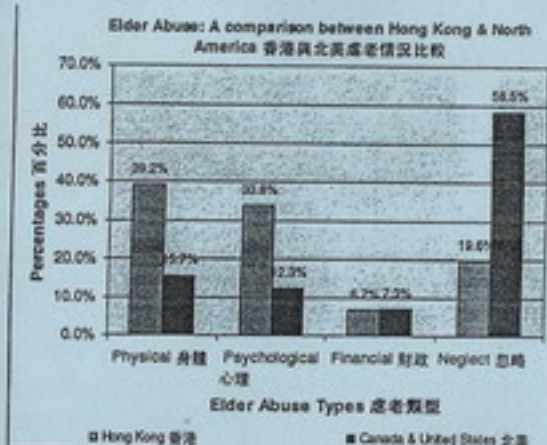
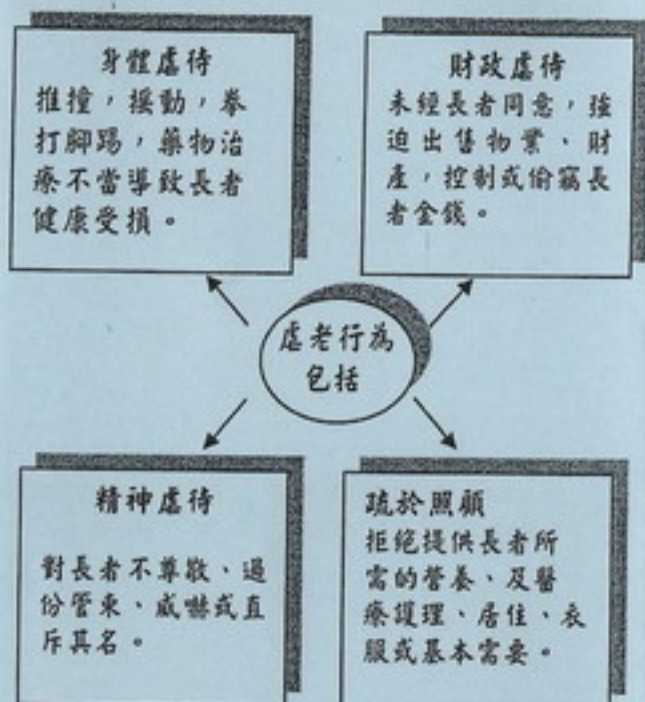
耆暉會服務包括：

- ☞ 諮詢及轉介服務；
- ☞ 在社區中開展有關課題的講座和其他外展活動；
- ☞ 組織工作坊，例如透過角色扮演和話劇教育長者；
- ☞ 防止虐老資源中心等。

幫助信息

什麼是虐待耆老???

虐老是指長者被信任的人，如朋友、家庭成員、鄰居或受薪的看護，所加在長者身上，而令其受到傷害的行為。



Do you know 你可知道?

Victims are women and men ...
from all income levels, racial, religious and ethno cultural backgrounds.
Most victims know and trust their abusers.
Most are mentally competent and able to make decisions for themselves.

受虐者包括男性和女性，不分收入高低、種族、地區和文化背景。大多數受虐者認識並且信任施虐者，大多數受虐者有思考能力，並且能夠自己決策。

若你希望得到幫助或查詢，請聯絡
For more information or help, please call

耆暉會

Carefirst Seniors & Community Services Association

3601 Victoria Park Ave., Suite 501,
Scarborough, Ontario M1W 3Y3
士嘉堡域多利大道 3601 號 501 室

Telephone 電話：416-502-2323

Fax 傳真：416-502-2382

Website 網頁：www.carefirstseniors.com

Portal website: www.seniorservicesutoronto.com



Carefirst Diabetes Education
and Maintenance Program
(Chinese Program)

耆暉會
糖尿病教育及控制計劃



耆暉會
糖尿病教育及控制計劃:

本計劃特別為華裔糖尿病患者，尤其新患糖尿病者或病情控制不符理想者，提供全面的教育及一個針對個別病者情況而設計的控制計劃，以加強病者對糖尿病的控制及自我管理。

我們有多位不同的專業醫護人員參與這個教育及控制計劃，協助解決病人各方面的問題及困難。專業醫護人員會因應個別病人需要，釐定特定合適的控制管理計劃，並作圖表紀錄進展，定期與家庭醫生聯係報告，令病者可更清楚自己情況及進度，從而改善不足之處，以達到控制病情的目標。

計劃特色:

- ◇ 為病者提供個別輔導，訂立個人計劃輔以電腦圖表分析進度
- ◇ 由對糖尿病控制經驗豐富的專業醫護人員團隊，參與病人顧問計劃
- ◇ 與家庭醫生保持定期緊密聯係，清楚病人情況
- ◇ 糖尿病病者教育及有關資料均使用中文，（廣東話及國語），加強華裔病人對糖尿病的認識、認知及和醫護人員的溝通
- ◇ 加強糖尿病者對個人管理病情的信心，自控能力及成效

計劃成員

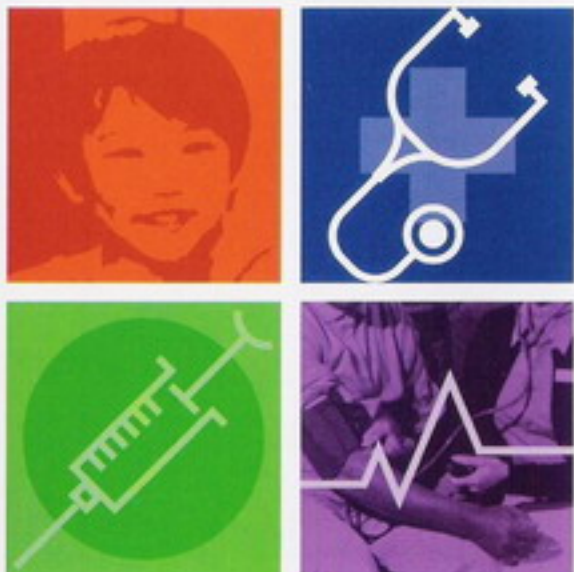
家庭醫生、心臟科醫生、營養師、足部治療師、內分泌專家、糖尿病教育專家、藥劑師、物理治療師、註冊護士等專業人士共同為病人提供指導。

計劃內容:

糖尿病控制及教育計劃共有八節不同的主題，協助病人從不同方面全面認識並控制自己的病況。內容包括:

- ◇ 多元專業指導及基線評估
- ◇ 糖尿病與心臟健康、心血管病的關係
- ◇ 糖尿病與相連併發症、高血糖與低血糖的癥狀與治療
- ◇ 自我血糖測試及記錄
- ◇ 飲食控制、營養食物、餐單組合、中國人飲食習慣及影響
- ◇ 運動及生活方式的協調
- ◇ 足部病患、照顧及護理
- ◇ 探討糖尿病併發症：視力、神經系統、腎病等
- ◇ 藥物控制及使用、胰島素及針藥的認識
- ◇ 紓緩壓力方法、鬆弛運動等

歡迎病人與家屬一同出席教育講座



Carefirst Diabetes Education and Maintenance Program (Chinese Program)

耆暉會 糖尿病教育及控制計劃



Carefirst Diabetes Education & Maintenance Program

Our program provides diabetes education to Chinese patients and their families, who are new to diabetes or need refresher education in order to improve control on diabetes. The program is customized for individual needs based on patient's unique profile. We provide a comprehensive range of self-management class, training and assessment through a professional diabetic multi-disciplinary health management team.

Characteristics:

- ◇ Individual (1 to 1) counseling sessions, planned goals through updated charting
- ◇ Multidisciplinary professional team advice
- ◇ Feedback to family physicians
- ◇ Strengthen motivation for self management and control on diabetes
- ◇ Sessions and education materials will be in Chinese (Cantonese & Mandarin) to facilitate understanding

Team members:

Family Physician, Cardiologist, Dietitian, Podiatrist, Endocrinologist, Diabetic Educator, Pharmacist, Physiotherapist, Registered Nurse

Program Content:

A comprehensive 8 sessions education program with the following contents:

- ◇ Baseline assessment by the diabetic multidisciplinary health management team
- ◇ Diabetes and cardiovascular diseases
- ◇ Diabetes and its complication, treatment of high and low blood sugar
- ◇ Self blood glucose monitoring
- ◇ Nutrition, healthy eating and meal planning, cultural diet and its effect
- ◇ Exercise and lifestyle
- ◇ Foot Problem & foot care
- ◇ Diabetic Complication e.g. Eye, nerve, kidney, etc.
- ◇ Medication
- ◇ Stress management

Format:

- ◇ Education workshops
- ◇ Team assessment
- ◇ Regular charting, and liaising with patient's family physician for report and monitoring
- ◇ Individual counseling with nurse and dietitian
- ◇ Group sessions

Family members are welcome to join the participants for the sessions.



耆暉會

Carefirst Seniors & Community Services Association

排舞初班

Line Dance Course

歡迎住客及社員參加

Tenants and members are welcomed!!

開課日期：七月二十一日（逢星期四）

Start Date: July 21, 2005

(Every Thursday)

上課時間：上午十時至十一時

Time: 10:00 a.m. - 11:00 a.m.



上課地點：譚雅珊大廈

Venue: Tam O' Shanter-3825 Sheppard Ave E.

(Recreation room)

費用：二十元（十堂）

Course Fee: \$20 (for 10 sessions)

查詢請電：416-502-2323 岑姑娘

For inquiry: Please call 416-502-2323 (Carefirst)



A United Way member agency

United Way



耆暉會

Carefirst Seniors & Community Services Association

排舞中班

Line Dance Course

歡迎住客及社員參加

Tenants and members are welcomed!!

開課日期：七月二十一日（逢星期四）

Start Date: July 21, 2005

(Every Thursday)

上課時間：上午十一時至中午十二時

Time: 11:00 a.m. - 12:00 p.m.

上課地點：譚雅珊大廈

Venue: Tam O' Shanter-3825 Sheppard Ave E.

(Recreation room)

費用：二十元（十堂）

Course Fee: \$20 (for 10 sessions)

查詢請電：416-502-2323 岑姑娘

For inquiry: Please call 416-502-2323 (Carefirst)



A United Way member agency

United Way

耆暉會 護老者教育講座



睡眠失調症的認識

你或你的家人是否經常受到失眠問題的困擾而難以入睡？
你是否知道，根據統計，有百分之五十八的成年人表示有失眠症狀？

耆暉會正為你舉辦一連四個有關的講座，目的是幫助你加深認識各種睡眠失調的問題和症狀。

日期：二零零五年八月三日，八月十日，八月十七日，八月二十四日

時間：逢星期三 下午二時三十分至四時

地點：維多利亞大道三六零一號五零一室 耆暉會（龍堡中心樓上）

費用：十元（包括全部四個講座）

第一節：八月三日

- 各種睡眠失調的問題和睡眠質素
（小組討論）

第二節：八月十日

- 失眠的成因和對生活的影響
講者：Dr. Richard Leung, St
Michael's Hospital

第三節：八月十七日

- 如何得到對睡眠窒息的正確診斷
- 如何使用儀器來減輕 OSA（妨礙性的睡眠窒息）

講者：Medigas（醫療用品公司）
代表

第四節：八月二十四日

- 醫療服務的資源（包括失眠及睡眠呼吸問題診所）
- 如何通過改善生活方式來舒緩失眠的症狀

報名請電余先生 416-502-2323 內線 235
活動由士嘉堡照顧年長親人工作小組協辦和贊助



耆暉會

Carefirst Seniors & Community Services Association

卡拉OK 齊齊唱

Karaoke Sing Sing Sing

歡迎住客及社員參加

Tenants and members are welcomed!!

日期：八月十一、十八、二十五（星期四）

Date: August 11/18/25, 2005 (Thursday)

時間：下午二時至四時

Time: 2:00 p.m. - 4:00 p.m.

地點：譚雅珊大廈

Venue: Tam O' Shanter-
3825 Sheppard Ave E.

費用：三元（一次）

Fee: \$3 (for 1 session)



查詢請電：416-502-2323 岑姑娘

For inquiry: Please call 416-502-2323 (Carefirst)



A United Way member agency

史記名著選讀

CHINESE LITERATURE – SHIJI – RECORDS OF THE GRAND

「史記」是中國偉大歷史著作，也是傳記文學名著，它在中國散文發展史上起著承先為後的作用。

作者司馬遷以畢生的精力完成這偉大歷史巨著，所記上自黃帝，下至武帝太初年間，總結了中國三千年歷史的發展。「史記」全書共一百三十篇，共五十二萬六千五百字。

「史記」內有很多故事一直到今天還流傳不衰，為廣大人民的喜愛。為了提高大家對「史記」的閱讀興趣，黎啓文先生會用講故事的形式與大家分享「史記」這偉大著作當中的幾個故事。

講者 Speaker: 黎啓文先生

- 開課日期: 2005年7月8日至8月26日 (逢星期五)
Date: July 8 - August 26, 2005 (Every Friday)
- 時間: 下午二時三十分至四時三十分 第一期(共八講)
Time: 2:30 pm - 4:30 pm Shiji One (Total 8 sessions)
- 學費 Fee: 社員 Member \$20.00 非社員 Non-Member \$25.00
(已包括講義費)
- 上課地點: 北多倫多社區服務中心 (耀榮酒樓樓上)
Location: 3601 Victoria Park Avenue, Suite 501, Scarborough, ON

查詢及報名 Enquiry & Registration:

電話 416-502-2323 內線 229 Paulina Chan 陳姑娘



耆暉會

立體紙雕

3D PAPER TOLE



內容：立體紙雕畫起源自歐洲十七世紀，是一種有趣，需要耐性，思考及細致工序加工完成的手工藝術畫。你會學利用至少五張或以上相同之平面圖畫，透過剪裁及拼貼，制作成一幅有立體感的優美藝術品，令平版的畫面具有層次的感覺。一起來感受制作立體紙雕畫的樂趣吧！

Content: 3 Dimensional Paper Tole is an interesting and existing art and craft of depth, contour and perception. You will learn how to build a 3-D picture by cutting out certain parts of different prints of an identical image, usually five or six copies of the same print are used, then by shaping, layering and gluing the pieces to the base print, a 3-D effect is created.

導師 Instructor: 鄭寶珊 Brenda

開課日期: 2005年7月4日至9月19日 (逢星期一)

Date: July 4 - Sept 19, 2005 (Every Monday)

時間: 上午十時至中午十二時 (共十課, 可完成2份作品)

Time: 10:00 am - 12:00 noon (Total 10 sessions - for 2 pictures)

學費 Fee: 社員 Member \$35.00 非社員 Non-Member \$40.00
(每份作品材料費約 \$10 - \$20 / 工具費約 \$30, 可自備)

上課地點: 北多倫多社區服務中心 (耀榮酒樓樓上)

Location: 3601 Victoria Park Avenue, Suite 501, Scarborough, ON

查詢及報名 Enquiry & Registration:

電話 416-502-2323 內線 229 Paulina Chan 陳姑娘



耆暉會 耆康社

(耆暉會與天主教教育局合辦)

英文班 招收新學員

日期：二零零五年九月六日 至 二零零六年七月

班級：ESL Level 1 英文班 程度一

星期 一、三、五

上午 9:00 - 下午 1:30

ESL Level 2 英文班 程度二

星期 二、四

上午 9:00 - 11:00

ESL Level 3 英文班 程度三

星期 二、四

上午 11:30 - 下午 1:30

費用：耆康社社員 \$ 20 非社員 \$ 26

地點：3601 Victoria Park Avenue, Suite 501

維多利亞公園路 3601 號 501 室

(龍堡中心)

報名或查詢請電

416-502-2323 內線 229 陳姑娘



Carefirst North Toronto Office
Interest Classes & Wellness Programs (July - Sept, 2005)

耆暉會北多倫多社區服務中心
二零零五年七月至九月興趣班及活動

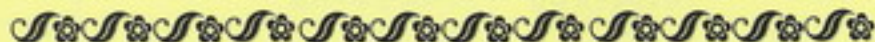
Enquiry 查詢電話 416-502-2323 內線 229 Paulina Chan 陳姑娘

Classes 興趣班	Instructor 導師	Days 日期	Time 時間	Wellness Members 社員	Non- Members 非社員	Sessions 堂數
ESL Level 1 英文班 程度一	Mei Kwong	Mon/Wed/Fri 星期一、三、五 05年9月至06年7月	9:00am - 1:30pm 上午9時至下午1時30分	\$20	\$26	著重聽講 訓練 歡迎插班
ESL Level 2 英文班 程度二	Mei Kwong	Tue/Thu 星期二、四 05年9月至06年7月	9:00am - 11:00am 上午9時至11時	\$20	\$26	
ESL Level 3 英文班 程度三	Mei Kwong	Tue/Thu 星期二、四 05年9月至06年7月	11:30am - 1:30pm 上午11時30分至下午1時30分	\$20	\$26	
3-D Paper Tole 立體紙雕畫	鄭寶珊	Mon 星期一 7月4日至9月19日	10:00am - 12:00noon 上午10時至中午12時	\$35**	\$40**	10堂 20小時
Chinese Painting 國畫班	張康泰	Mon 星期一 6月27日至9月12日	2:30pm - 4:30pm 下午2時30分至4時30分	\$40	\$45	10堂 20小時
Knitting 編織交流組		Tue 星期二 Once a week 每週一次	10:00am - 12:00noon 上午10時至中午12時	Wellness Members only 只限社員參加		
Calligraphy 1 書法高班	張康泰	Tue 星期二 6月28日至8月30日	3:15pm - 4:45pm 下午3時15分至4時45分	\$25	\$30	10堂 15小時
Calligraphy 2 書法研習班	張康泰	Tue 星期二 6月28日至8月30日	1:30pm - 3:00pm 下午1時30分至3時	\$30	\$35	10堂 15小時
Choir 歌詠組	陳德容	Wed 星期三 Once a week 每週一次	1:30pm - 3:00pm 下午1時30分至3時	每月 \$2	每月\$3	
Chinese Poems 詩詞欣賞	李許群	Wed 星期三 6月29日至8月31日	10:00am - 11:30am 上午10時至11時30分	\$16	\$20	10堂 15小時 (滿額)
Arts framing 裝裱字畫 (中)	沈益華	Thu 星期四 6月2日至8月25日	3:15 pm - 4:45 pm 下午3時15分至4時45分 (6月16日至7月14日暫停)	\$65	\$75	8堂 12小時
Water Colour 水彩國畫班	沈益華	Thu 星期四 5月26日至9月1日	1:00pm - 3:00pm 下午1時至3時 (6月16日至7月14日暫停)	\$40	\$45	10堂 20小時 歡迎插班
Er-Wu 絲竹雅聚	組長 林華煦	Fri 星期五	初班 9:15am - 10:45 am 上午9時15分至上午10時45分 高班 10:45am - 12:30 上午10時45分至下午12時30分	\$26	\$32	10堂 15小時
Shiji 史記名著選讀	黎啓文	Fri 星期五 7月8日至8月26日	2:30pm - 4:30pm 下午2時30分至4時30分	\$20	\$25	8堂 16小時
Cyber Tea House 電腦上網班 (A) 電腦上網班 (B) 電腦上網班 (C)	蔡蘇凡及 義工導師	每月開新班 Mon 星期一 Wed 星期三 Fri 星期五	10:00am - 12:00noon 上午10時至12時	\$15	\$20	4堂 8小時
Chinese Word Processing 中文輸入法	蔡蘇凡及 義工導師	每月開新班 Mon 星期一 Tue 星期二	2:00pm - 4:00pm 下午2時至4時 10:00am - 12:00noon 上午10時至12時	\$25	\$30	4堂 8小時
Cyber Tea House 網上茶室	李永明及 義工導師	Tue 星期二 下午2時至4時 Thu 星期四 上午10時至12時	2:00pm - 4:00pm 10:00am - 12:00noon	\$2	\$3	只限曾參加電腦 上網班同學參加
Wellness Support Group 安康互惠小組		Fri 星期五 每月一次	2:00pm - 3:30pm 下午2時至3時30分	Wellness Education Program ex-participants only 只限安康教育計劃同學參加		

** (每份作品材料費約 \$10 - \$20 / 工具費約 \$30, 可自備)

老人大廈外展活動

Tam O'Shanter (3825 Sheppard Ave East) / 譚雅珊老人大廈 (雪柏大道東 3825 號)						
Line Dance 1 排舞初班	Julie Mak	Thu 星期四 05 年 7 月 21 日至 9 月 22 日	10:00am - 11:00am 上午 10 時至 11 時	\$20 Members & Residents only 只限社員及住客參加		10 堂 10 小時
Line Dance 2 排舞中班	Julie Mak	Thu 星期四 05 年 7 月 21 日至 9 月 22 日	11:00am - 12:00noon 上午 11 時至中午 12 時	\$20 Members & Residents only 只限社員及住客參加		10 堂 10 小時
Seneca Tower (1700 Finch Ave East) / 辛力加大廈 (分治大道東 1700 號)						
Line Dance 1 排舞初班	Julie Mak	Thu 星期四 05 年 6 月 2 日至 8 月 11 日 05 年 8 月 18 日至 10 月 20 日	12:00noon - 1:00pm 中午 12 時至下午 1 時	\$20 Members & Residents only 只限社員及住客參加		10 堂 10 小時
Kempford (5430 Yonge Street) / 金福大廈 (央街 5430 號)						
Water Colour 水彩國畫班	黃業新	Fri 星期五 (暫停)	4:30pm - 6:30pm 下午 4 時 30 分至 6 時 30 分	\$40	\$45	10 堂 20 小時 歡迎插班



慈善環球愛心之旅-旅遊享樂、助人積福

- 2005 年 7 月 16 日 日本北海道八天「薰衣草」歡賞遊
- 2005 年 8 月 13 日 洛磯山脈七天美景遊
- 2005 年 9 月 17 日 中華美景十一天寫意遊
- 2005 年 10 月 15 日 意大利精裝九天寫意遊
- 2005 年 11 月 21 日 澳洲、紐西蘭十四天寫意遊

Carefirst Wellness Centre 耆康社各區辦事處

Administration Office / North Toronto Community Services Centre 北多倫多社區服務中心:
3601 Victoria Park Ave., Suite 501, Scarborough, ON M1W 3Y3 士嘉堡域多利公園道三六零一號五零一室
Tel: 416-502-2323 ext 229 Paulina Chan 陳姑娘 電話 416-502-2323 內線 229

South Toronto Office / Helena Lam Community Services Centre 南多倫多林洪瑛社區服務中心:
203 College Street, Suite 203, Toronto, ON M5T 1P9 多倫多書院街二零三號二零三室
Tel: 416-585-2013 ext 25 William Hung 孔先生 電話 416-585-2013 內線 25

York Region Ip Fu Ling Fung Community Services Centre 約克區葉傅玲鳳社區服務中心:
420 Highway 7 East, Suite 104A, Richmond Hill, ON L4B 3K2 烈治文山七號公路東四二零號一零四 A 室
Tel: 905-771-3700 ext 225 Shirley Ong 王姑娘 電話 905-771-3700 內線 225

Mississauga Community Services Centre 密西沙加市服務中心:
165 Dundas Street West, Suite 704, Mississauga, ON L5B 2N6 密西沙加市登打士西街一六五號七零四室
Tel: 905-270-9988 Lydia Wong 王太 電話 905-270-9988

Bridging Project York Region Social Services Access Centre 「一站式」社會服務搭橋計劃
50 Lockridge Avenue, Lockridge Plaza, Unit 11, Markham, ON L3R 8X5
Tel: 905-752-0906 Hazel Hui 許小姐 電話 905-752-0906

中文輸入法

內容：（一）教導學員運用

A. 手寫板

B. 掃描器

C. 錄音

學習中文輸入法

（二）學習運用 SKYPE 作免費長途電話通訊

時間：A 班：星期一 下午 2 時至 4 時

B 班：星期二 上午 10 時至中午 12 時

全期四節

地點：士嘉堡維多利亞路 3601 號龍堡中心五樓 501 室

名額：8 人

資格：只限耆康社社員及已經掌握電腦及上網基本技巧之人仕。

費用：25 元

查詢報名：（416）502-2323 陳姑娘 內線 229



上網學習班

現今資訊科技發展一日千里，電腦更是生活上不可少或缺的產品，你又認識它嗎？

耆暉會現將電腦課程納入興趣班，並配合長者的需要，特別設計了一套簡單而又實用的課程，內容如下：

1. 電腦的構造及功能
2. 互聯網的世界
3. 瀏覽網頁及查詢社區資訊
4. 電子郵件發放

課程為期四天，共八小時。學成後，歡迎學員按「網上茶室」的開放時間實習。

A 班 (每月一班)

日期：逢星期一

時間：上午 10 時至中午 12 時

B 班 (每月一班)

日期：逢星期三

時間：上午 10 時至中午 12 時

學費 15 元

C 班 (每日一班)

日期：逢星期五

時間：上午 10 時至中午 12 時

查詢及報名請聯絡陳姑娘 電話：416-502-2323 內線 229

此項目得到約克區扶輪社全力支持及贊助

Rotary Club of





耆暉會北大多市服務中心

主辦

網上茶室

「網上茶室」是特為參加完「上網學習班」的學員而設的實習課程。

根據我們的經驗，學員完成「上網學習班」的課程后，都會有意尤未盡的感覺，從而希望能夠在經驗導師指導下將本身所學到的技巧繼續練習到純熟自如。

本中心策劃的「網上茶室」一向受到學員的喜愛，從 2005 年 4 月開始，「網上茶室」將作以下的調配。

茶室開放時間：

- A. 逢星期二下午 2 時 至 4 時
- B. 逢星期四上午 10 時 至 正 12 時

名額：每班 8 人

費用：每次 2 元，學員可預先購買可以使用 5 次之「入座券」向辦事處登記出席「網上茶室」的日期即可。

查詢報名：請聯絡陳姑娘，電話：(416) 502-2323 內線 229

此項目得到約克區扶輪社全力支持及贊助

Rotary Club of
YORK



耆暉會北大多市服務中心

主辦

Wellness/flyer/cyber tea house



Carefirst Seniors and Community Services Association

Chinese Bereavement Services

Carefirst Chinese Bereavement Services specializes in offering professional and supportive service to Chinese bereaved individuals and families. This program particularly addresses the emotional needs of individuals and families during the grieving process and is offered in a culturally sensitive environment. Services are provided by a working committee of professional social workers and program staff.

COME JOIN US FOR OUR UPCOMING SEMINARS:

1) CEMETERY SERVICE AND ARRANGEMENT

Content: Visual Tour of Cemeteries, Benefits of Pre-Planning, Option of Interments: Cremation or Full Size Burial, Decisions regarding funeral arrangements, Question and Answer

Presented by: Mount Pleasant Group of Cemeteries

Speaker: Norman Li (Pre-Planning Representative)

Date: Tuesday July 26th, 2005

Time: 2:30 p.m. to 3:30 p.m.

Fee: \$2 per person

2) BURIAL SERVICES AND PRE-ARRANGEMENT OPTIONS

Content: Information about funeral services, preparation, Pre-arrangement options, Question and Answer

Presented by: Dignity Memorial Funeral Home

Speaker: Michael Cheung (Director of Chinese Community Services)

Date: Tuesday August 23rd, 2005

Time: 2:30 p.m. to 4:00 p.m.

Fee: \$2 per person

Venue: 3601 Victoria Park Avenue, Suite 501, Scarborough, Ontario, M1W 3Y3

**REGISTRATION IS MANDATORY
AS SPACE IS LIMITED!**

To register or for more information,
please call 416-502-2323 Ext 261





耆暉會華人安懷服務

耆暉會之華人安懷服務、目的是為協助喪失摯愛親人的華裔家庭、提供支援。
此項服務特別為在喪親期間所面對的哀痛而引致情緒及精神受困擾的親屬提供協助。
服務以中文進行並由華語職員負責。內容保持華人傳統的特色並配合加國本地文化。

歡迎參與以下講座：

1. 墓園及有關安排：

內容包括：墓園介紹，墓地預置的安排，葬禮的方式例如：火葬或土葬，安放骨灰等有關事宜及問題解答。

主辦機構：萬柏墓園

主講人：李仕宏先生

日期：2005年7月26日(星期二)

時間：下午2時30分至3時30分

費用：每位2元

2. 殯儀服務及預置殯儀服務

內容包括：殯儀服務的資料選擇，預置殯儀服務以及如何選擇適合華人文化的葬禮安排及問題解答。

主辦機構：Dignity Memorial Funeral Home

主講人：張鎮崗先生(華人社區服務總監)

日期：2005年8月23日(星期二)

時間：下午2時30分至4時

費用：每位2元

地址：3601 Victoria Park Avenue, Suite 501, Scarborough, Ontario, M1W 3Y3

名額有限、必需報名!

查詢及報名請致電耆暉會

416-502-2323 內線 261、林小姐





耆暉會



歡迎參觀 老人護理院及退休之家

參觀內容包括院舍外的環境，內部設施及房間，護理服務，活動日程，申請過程和費用以及護理院與退休之家的分別。

日期: 2005年8月30日

集合時間: 上午8時45分 回程時間: 下午1時30分

集合地點: 維多利亞大道三六零一號 (龍保中心樓下)

參觀地點:



1) 孟嘗護理院: 11199 Yonge Street, Richmond Hill, ON, L4S 1L2

2) 退休之家: Sunrise of Unionville: 38 Swansea Road, Markham, ON, L3R 5K2

費用: 8元 (包括來回交通費)

名額有限、必需報名!

查詢及報名請電: 416-502-2323

內綫 261 (林小姐) 或 內綫 235 (余先生)





耆暉會

參觀醫療用品中心

參觀內容：助行儀器，輪椅示範及安全守則

日期：二零零五年七月二十九日（星期五）

集合時間：上午九時十五分

集合地點：維多利亞大道三六零一號（龍堡中心樓下）

參觀地點：醫療用品中心（10 Bartley Dr. Toronto）

費用：八元（包括來回交通費）

必須報名，查詢請電 416-502-2323 ext 235 余先生



Visit to Therapy Supplies



Safety procedure
Mobility Equipment
Wheelchair demonstration



Date: 29 July 2005 (Friday)

Departure Time: 9:15 am

**Departure location: Suite 501 - 3601 Victoria Park Ave.
(Victoria Park Business Center - Ground floor)**

**Destination: Therapy Supplies and Rental
(104 Bartley Dr. Toronto)**

Fee: \$8 (Return Trip)

Enquiry and registration: 416-502-2323 Ext 235 Mr. Yu



耆暉會

護老者教育計劃

目的: 為護老者提供一連串教育講座及支援網絡

九月講題: 認識老人癡呆症及在照顧上的需要

- * 什麼是老人癡呆症
- * 病人行為上的處理方法
- * 家人在照顧病者遇到的困難及抒緩壓力的方法



日期: 二零零五年九月十四日及二十一日 (星期三)

時間: 下午二時至四時

地點: 士嘉堡維多利公園大道3601五樓五零一室

費用: \$10

查詢及報名請致電: 416-502-2323 內線 261 林姑娘或內線 235 余先生

Caregiver Education Program

What is Alzheimer Disease? How to take care of them?

Provide a series of Educational Talk & Supportive Network to Caregiver

- Alzheimer Disease and its different stages
- Ways in managing Alzheimer Patients' behavior
- Caregivers' difficulties and stress management

Date: Sept 14 and 21, 2005

Time: Wednesday 2:00 - 4:00 p.m.

Place: 3601 Victoria Park Ave, Suite 501, Scarborough

Fee: \$10.00

Please contact Mr Yu at 416-502-2323 ext. 235 and Ms Christina Lam at ext. 261 for enquiry and registration



AIM @ Carefirst for Accredited Quality Care



***2003-2004
ANNUAL REPORT***





耆暉會

虐待和忽略長者的隱象... 華人社區的個案研究

此項研究由
多倫多市政府「打破暴力循環撥款計畫」資助

二零零二年七月



IN DISGUISE:

Elder Abuse and Neglect in The Chinese Community

Carefirst Seniors & Community Services Association

Project funded by
Breaking the Cycle of Violence Grants Program (B.T.C.V.)
City of Toronto

July 2, 2002