



## Wellness Club Newsletter

## 耆康社期刊

issue 66 (Apr-Jun 2019)

### 耆康社：春季活動推介

### Wellness Kitchen 大廚主理：300 號健康廚房

#### SAT DIY Cooking 週六樂活「煮」意

Wendy Au 區碧珊導師

10:00am — 12:00pm 10時—12時  
Member \$18 (1 session) 社員 \$18 (1堂)

#### Apr 13 4月13日

- ✓ Glutinous rice roll w/meat ✓ 肉鬆粿飯
- ✓ West Lake minced beef soup ✓ 西湖牛肉羹

#### May 4 5月4日

- ✓ Steamed shrimp dumpling ✓ 蝦餃
- ✓ Salt crusted chicken ✓ 鹽焗雞

#### Jun 1 6月1日

- ✓ Portuguese curry chicken ✓ 葡汁雞塊
- ✓ BBQ pork bun ✓ 叉燒餐包

#### Jul 6 7月6日

- ✓ Veggie shark's fin ✓ 百花燴素翅
- ✓ Mango Ball ✓ 芒果糯米糍

#### Aug 10 8月10日

- ✓ Shrimp roll ✓ 江南百花卷
- ✓ Noodle with XO Sauce ✓ XO醬炒麵

#### Sep 7 9月7日

- ✓ Red bean paste dumpling ✓ 紅豆粽
- ✓ Lye water dumpling ✓ 鹼水粽

#### Oct 5 10月5日

- ✓ Silver pin noodle w/chicken ✓ 雞絲銀針粉
- ✓ Sweet potato croquette ✓ 芝麻薯茸棗

#### Nov 2 11月2日

- ✓ Fish triangle in soup ✓ 叉燒魚皮角
- ✓ Green onion cake ✓ 香脆蔥油餅

#### Dec 7 12月7日

- ✓ Deep fried ball ✓ 鬆化煎堆
- ✓ Roast turkey chicken leg ✓ 焗釀火雞腿

#### A Day with Master Tsui 《約咗徐師傅》

Chef Jacky Tsui 徐師傅

#### Baking Workshop

#### Intermediate

Apr 11—May 30

Thursday

10:30am — 12:30pm

300 Silver Star Blvd

Member \$160 (8 sessions)

#### 蛋糕功底工作坊

#### 中級班

4月11日—5月30日

星期四

10時30分—12時30分

耆暉會300 Silver Star

社員 \$160 (8堂)

#### Baking Workshop

#### Advanced

Apr 9—May 28

Tuesday

10:30am — 12:30pm

300 Silver Star Blvd

Member \$160 (8 sessions)

#### 蛋糕功底工作坊

#### 高級班

4月9日—5月28日

星期二

10時30分—12時30分

耆暉會300 Silver Star

社員 \$160 (8堂)

#### (Apr—Jun) Birthday Party

#### Mother's Day Celebration

Tuesday, May 14

10:30am — 1:30pm

Royale Fine Dining & Banquet

Member \$25

Non Member \$32

#### 4, 5, 6 月生日會

#### 母親節慶祝會

5月14日(星期二)

10時30分—1時30分

皇家御宴

社員 \$25

非社員 \$32

#### LLC Mother's Day Celebration

Tuesday, May 7

10:30am — 1:30pm

Richmond Hill Chinese

Baptist Church

Member \$10

#### 暢言雅敘—美食獻母親

5月7日(星期二)

10時30分—1時30分

黎明山華人浸信會

社員 \$10

### New Classes

### 新班推介

#### 中國書法工作坊 張少明老師

- ✓ 教授書寫及用筆技巧
- ✓ 水墨關係，佈局及書法創作
- ✓ 書法理論，歷史及如何欣賞書法

堂上書寫，個別教授。有經驗與無經驗均可參加

4月3日—6月5日(星期三) 10時30分—12時

耆暉會300 Silver Star

社員 \$60 (10堂) 紙筆墨自備、不包括影印費。

#### 中文書法初班

文惠貞老師

- ✓ 概略介紹中國書法體系，教授楷書，隸書，篆書等基本技法
- ✓ 教授方法多元化，透過講解，示範，功課評改，名帖欣賞等，與書法愛好者分享學習書法的樂趣

4月18日—6月6日(星期四) 12時30分—2時

耆暉會300 Silver Star

社員 \$80 (8堂) 紙筆墨自備、不包括影印費。



A Day with Master Tsui 約咗徐師傅



Chinese New Year Celebration! 慶祝農曆新年!



### 基礎知識

保持家居環境健康，這樣對我們和訪客都是非常重要的。任何家居的健康風險都可能通過自然界本身、我們使用的產品、我們呼吸的空氣、通過我們所吃的食物或我們飲用的水等環境因素而產生。

### 家用化學品

您可能在家裡和四週使用著許多化學產品，如清潔產品、油漆和著色劑，或擋風玻璃清洗液，蛾球（樟腦丸）和蛾片（樟腦片）等，所有這些產品都可能是有害的。

### 氡氣

幾乎每家每戶都存在氡氣。如果一個人多年來暴露在高水平（high level）的氡氣裡就會產生肺癌。

您可以做甚麼？

- 1) 測試—這是了解家中氡氣含量的唯一方法。您可以：
  - ⇒ 通過電話或互聯網從家居裝修建材零售商店購買氡氣檢測裝置，或
  - ⇒ 聘請經認證的測量專家
- 2) 根據加拿大的指南，如果氡氣的水平（level）指數很高（每立方米超過200貝克勒爾），就需要處理
  - ⇒ 僱請認證的氡氣專業人士為您提供最好及最化算的處理方法用以減低家裡的氡氣水平。

### 飲用水

在加拿大的飲用水通常有很高的質量。許多城市為市民提供處理過的飲用水。如果您使用的飲用水是來自自己物業的井裡或其他的來源，請確保水的安全。天然的水通常需要經過處理。至於瓶裝水，如果有恰當的處理和儲存，亦是一個安全的選擇。重要提示：如果使用軟水器，軟化的水不適用飲用或烹飪，它可能含有高水平的鈉或鉀，對一些病人或者服用特定藥物的人會有影響。

以上摘自Health Canada 出版的小冊子：Easy Steps to Maintaining a Healthy Home 長者環境健康指南。內容英文原文為準。

### The Basics

It's important that the places we call home are healthy environments, for ourselves and our visitors. Risks to health can occur in any home through environmental factors from nature itself, products we use, the air we breathe, or sometimes from the food we eat, or the water we drink.

### Household Chemicals

You probably use many chemical products in and around your home, such as cleaning products, paints and stain, or windshield washer fluid. Moth balls and moth flakes are still being used. All of these products can be harmful.

### Learn About Radon

Radon is a gas that can be found in almost all homes. If a person is exposed to high levels over many years, it can cause lung cancer. What you can do:

- 1) Test for it—it's the only way to know the level of radon gas in your home. You can either:
  - ⇒ Purchase a long-term, easy-to-use radon test kit from a home improvement store, by phone or over the internet, or
  - ⇒ Hire a certified measurement professional
- 2) Fix it—if the levels are high according to Canadian guidelines (over 200 becquerels per cubic metre).
  - ⇒ Hire a certified radon professional to determine the best and most cost effective way to reduce the radon level in your home.

### Drinking Water

In Canada, our drinking water is generally of very high quality. Many Canadians receive treated drinking water from their municipality. If you get your drinking water from a well or other sources on your own property, make sure it's safe to drink. Water in its natural state usually requires treatment. Drinking bottled water is generally a safe choice, when handled and stored properly. Important: If you use a water softener, the softened water should not be used for drinking or food preparation. It can contain high levels of sodium or potassium—a concern for certain medical conditions or with some medications.

Source: Health Canada's Easy Steps to Maintaining a Healthy Home

## Health Canada's Chemical Awareness for Seniors Workshop 【您的環境和健康】化學品意識講座

- 1) Friday, March 22 10:30 AM—12:00 PM
  - ⇒ Household Chemicals and Consumer Products 家用化學品和消費者產品
  - ⇒ Indoor & Outdoor Air 室內外空氣質量
- 2) Tuesday, March 26 10:30 AM—12:00 PM
  - ⇒ Garden Tips, Extreme Heat 園藝工作竅門、酷熱
  - ⇒ Food & Safe Food Handling, Drink Water 安全處理食品、飲用水

Workshop in English

Facilitated by trained peer leaders

At Carefirst One-Stop Multi-Services  
Centre (300 Silver Star Blvd)

## Retirement Homes

Retirement homes are privately owned. They rent private accommodation to seniors who can live with little or no outside help. Retirement homes do not provide 24-hour nursing care. You can expect to live much more independently here than you would in a long-term care home or supportive housing.

### Eligibility

- ⇒ To live in a retirement home, you must be able to pay for your own care and living costs.
- ⇒ You do not need to provide proof that you are healthy and need little support and care. The retirement home may assess your needs to make sure that it can provide you with the right level support.

### Services and facilities

Each retirement home is different, but most offer:

- ⇒ your own room or apartment
- ⇒ full wheelchair access
- ⇒ housekeeping, meals, laundry (for a fee)
- ⇒ social and recreational programs
- ⇒ shared dining rooms and common areas/lounges
- ⇒ gift shop, beauty salon, chapel
- ⇒ swimming pool, library, gardens

Many homes offer flexibility, for example:

- ⇒ you can choose to opt in or out of meal plans and/or other services
- ⇒ you can leave for extended periods of time (e.g. vacation) and keep your residence, as long as you pay for rent and service fees

### Cost

The government does not fund retirement homes. You need to cover the full cost of your own housing and care. Cost of private room = \$1500 to \$6000 per month. You can often choose to opt in or out of meal plans and/or other services.

### Let's Zumba @300 Silver Star

Friday, Apr 5 12:00pm—12:40pm

一起【森巴】在耆暉

4月5日(星期五) 12時—12時40分

Free trial lesson 免費試堂

Bring indoor shoes, a towel and your water bottle.

請攜帶室內運動鞋、毛巾和水壺。



## Long-term Care Homes

Long-term care homes are places where adults can live and receive help with most or all daily activities and have access to 24-hour nursing and personal care. You can expect much more nursing and personal care here than you would typically receive in a retirement home or supportive housing.

### Eligibility

To live in a long-term care home, you must:

- ⇒ be age 18 or older; have a valid Ontario Health Insurance Program (OHIP) card
- ⇒ have care needs including:
  - 24-hours nursing care and personal care
  - frequent assistance with activities of daily living
  - on-site supervision or monitoring to ensure your safety or well-being
- ⇒ have care needs which cannot be safely met in the community through publicly-funded community-based services and other care-giving support
- ⇒ have care needs which can be met in a long-term care home

### Services and facilities

You can expect to receive the following services in a long-term care home:

- ⇒ shared dining room, TV rooms and other living areas
- ⇒ nursing and personal care on a 24-hour basis
- ⇒ access to health professionals
- ⇒ individual care plan (reviewed every 3 months)
- ⇒ furnishings (e.g., bed and chair)
- ⇒ meals (including special diets)
- ⇒ bed linens and laundry
- ⇒ personal hygiene supplies
- ⇒ medical/clinical supplies (e.g., walkers and wheelchairs for occasional use)
- ⇒ housekeeping
- ⇒ individualized religious and spiritual services
- ⇒ social and recreational programs
- ⇒ medical services
- ⇒ assistance with activities of daily living

Optional services are usually available for a fee such as hairdressing, cable TV, telephone services and transportation.

### Costs

All personal and nursing care provided by long-term care homes in Ontario are funded by the government. You must pay for accommodation charges such as room and board.

Website: [www.ontario.ca](http://www.ontario.ca)

We would love to hear about your experiences, both positive and things we could have done to make your participation more enjoyable. It is your right to express your concerns, grievances or dissatisfaction you have so that we can address them. Please discuss with our program director in person or by writing. 如社具有興趣分享參與活動後的感受，對耆康社服務有任何建議，想表達個人的顧慮、不平或不滿以便我們作出改正，歡迎與耆康社服務總監商討。 Nancy Leung | T: 416-847-6012 | E: [nancy.leung@carefirstontario.ca](mailto:nancy.leung@carefirstontario.ca)