



United Way
Greater Toronto



The V Voice

義工通訊

January/February 2021

Carefirst One-Stop Multi-Services Centre

耆暉會一站式綜合服務中心

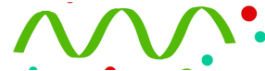
300 Silver Star Blvd, Scarborough, ON M1V 0G2

Tel: 416-502-2323

website: www.carefirstontario.ca

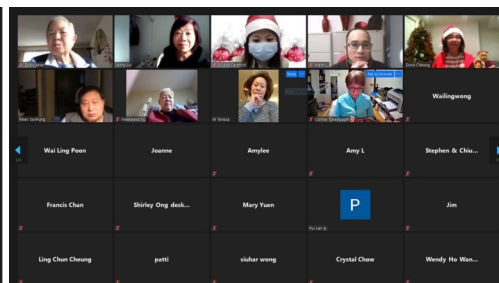


Holiday Celebration Parties | 節日慶祝派對



Volunteer Development Team together with Wellness Team organized two virtual parties to celebrate the festive season with our Wellness Club members and volunteers. At the **Winterfest Party** on Wednesday December 23, there were 110 members and volunteers with us while on December 30 at the **Year End Party**, we had 40 joined us. Although we were not able to celebrate in person, we had so much fun singing and playing trivia together! **Cheers to good health!**

義工部與耆康社共同舉辦了兩次網上派對與義工及社員一起慶祝節日。12月23日的冬季慶祝派對共有110位出席；12月30日的年末慶祝派對有接近40位參加。雖然今年未能與各位實體慶祝，但無礙大家在玩遊戲和大合唱時的投入，並在歡笑聲中互祝平安。謹記常常給自己一個 **Bear Hug 熊抱!**



Greetings from Carefirst Volunteers | 耆暉會義工祝福



We had 17 volunteers sending in their greetings and warm wishes. Please click <https://youtu.be/IFOV5ouB7EU> to enjoy the video. 17位義工為大家送上祝福。請點擊 <https://youtu.be/IFOV5ouB7EU> 觀看短片。



安全的工作環境



又到聖誕 Ho Ho Ho



開完會，收工啦！ Bye!



到我們開工啦！

Snapshots | 義工快拍

Gentle Reminders 溫馨提示


Volunteer Service Hours Tracking E-Form

You can use the **NEW Volunteer Service Hours Tracking E-Form** to submit your monthly volunteer hours on line:


 <https://forms.gle/59e66L1H8orNBFVSA>

Deadline for submission: **3rd business** date of the following month.

If you would not be able to submit it on line, you can use one of the following ways:

 Email: patricia.cheung@carefirstontario.ca

 WhatsApp: 416-670-3068

 Wechat: carefirstvolunteer




義工服務時數記錄表


你可以使用**電子版的義工服務時數記錄**在網上提交你每月的義工服務時數:


 <https://forms.gle/59e66L1H8orNBFVSA>

提交截止日期: 下個月**第三個**工作日。

如果你不能在網上提交每月的義工服務時數, 你可以透過以下其中一種方式提交:

 電郵: patricia.cheung@carefirstontario.ca

 WhatsApp: 416-670-3068

 微信: carefirstvolunteer



Annual Volunteer Satisfaction Survey 年度義工問卷調查

Carefirst appreciates your volunteer services and this year we want to find out how you've been doing at home during COVID-19. Please let us know by completing this survey:

<https://www.surveymonkey.com/r/2TBYV57> or you can scan the QR code here.

The survey will remain open until January 5th, 2021.

感謝您為社區提供服務。今年的義工問卷, 除了想了解你的義工服務經驗外, 更希望知道在嚴峻的疫情下, 義工們過得可好。請點擊以下鏈接或掃描二維碼填寫網上問卷:

<https://www.surveymonkey.com/r/2TBYV57>。問卷截止日期 2021 年 1 月 5 日。

Let us know
what you think



Volunteer Chinese Dance Group has resumed their practice on every Thursday. It's been so long and members are excited to be able to meet up virtually.

〔靖〕義工中國舞蹈組已經開始每星期重新排練。經過一段長時間沒有見面, 組員都十分興奮能在這虛擬平台再聚。



Volunteer Photography Club 義工攝影分享小組

New session starts in Feb 2021 | 2021年2月開始

Every 1st and 3rd Thursdays 10:00AM—11:00AM 每月第一及第三個星期四 上午 10 時 — 11 時

Meet @ Zoom (in Cantonese) 網上聚會 (粵語)

Please contact Joanne Zeng if you are interested 有興趣加入的義工請聯絡 Joanne 曾小姐



Joanne Zeng

joanne.zeng@carefirstontario.ca

416-847-0274

Patricia Cheung

patricia.cheung@carefirstontario.ca

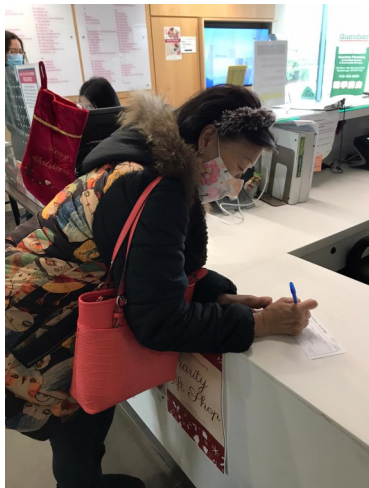
416-847-0273

Nicholas Lam

nicholas.lam@carefirstontario.ca

416-572-3824

Carefirst Annual Radiothon | 耆暉會電話籌款日



thank you ❤️

Carefirst 2020 Radiothon (partnered with A1 Chinese Radio) which was successfully held on Dec 10, 2020 from 7 am to 6 pm. Total amount raised from 2020 Radiothon: **over \$127,000.**

Thank you all for your supports to make this happened, for example, your appeal message, your sharing of this event, your donation, etc. Special thanks to a group of volunteers who were at our centre answering phone calls from donors on that day!

耆暉會 2020 年電話籌款日（與 A1 電台合作）於 2020 年 12 月 10 日上午 7 時至下午 6 時成功舉行。總共籌得 **\$127,000** 款項。感謝您為實現這一目標提供所有的支持，例如，您的呼籲、與友好分享此活動及您的慷慨捐款等等。我們特別感謝一班義工在當天親自來到現場接聽捐款電話！

Kindly check out the Carefirst Charity Gift Shop with items available for all ages: shop.carefirstontario.ca/.

All proceeds will support Carefirst to redevelop its existing site at 9893 Leslie Street in Richmond Hill into a "Campus of Care". This state-of-the-art site will combine a community hub that offers integrated community support, social and health-care services with a long-term care home.

請瀏覽耆暉會的慈善禮品網店，有各種適合不同年齡的禮品以供選擇：shop.carefirstontario.ca/。所有收益將用作支持耆暉會發展及重建位於約克區烈治文山市 9893 Leslie Street 的服務中心成為一個全面關顧護理中心。這個關顧護理中心包括一個為社區提供全面社會及醫療服務的中心，以及一間長期護理院舍。



To donate items 有興趣捐贈物品
please contact 請聯絡
Nancy Leung Tel: 416-847-6012

WhatsApp
Phone# 416-670-3068



WeChat
ID: Carefirstvolunteer

Instagram
@carefirst.youthclub

Volunteer Services Guidelines | 義工服務指引

General Guidelines

- ⇒ Be punctual for your volunteer duty or shift
- ⇒ Be reliable and responsible
- ⇒ Understand the role of the paid staff, maintain a smooth working relationship with them and stay within the bounds of the volunteer role
- ⇒ Comply with the policies and procedures of the organization
- ⇒ **DO NOT** distribute unauthorized pamphlets/publications on religions, political issues or for commercial purpose
- ⇒ **DO NOT** advertise products/services to service users for your personal benefits
- ⇒ **DO NOT** handle banking or financial matters for service users
- ⇒ **DO NOT** take the service users to locations not previously arranged by Carefirst during the service

一般守則

- ⇒ 守時
- ⇒ 可靠、有責任心
- ⇒ 了解職員的角色，與職員保持良好的工作關係，並保持在義工職位的指引範圍內工作
- ⇒ 遵守機構的政策和程序
- ⇒ 請勿分發有關宗教，政治或用於商業目的的未經授權的小冊子/出版物
- ⇒ 請勿為了個人利益而向服務使用者宣傳產品/服務
- ⇒ 不要為服務使用者處理銀行或財務事項
- ⇒ 請勿在服務期間帶服務使用者到未經耆暉會安排的地點。

No-gift policy

As a general rule, volunteers shall not accept gifts or benefits from your voluntary work through relationships developed with clients of the service. If you are being offered a gift, you must politely refuse the item and inform the client of our no-gift policy, then inform your supervisor.

不收禮政策

一般情況下，義工不得在義工服務中接受服務使用者的禮物或利益。如果你收到禮物，請禮貌地拒絕該物品，並告知服務使用者我們的政策，然後通知你的服務主管。

Confidentiality

- ⇒ Do not discuss confidential information of your client or volunteer duty with your family, friends or other staff members who are not involved
- ⇒ Avoid discussing contacts, names, and circumstances in the public, i.e. elevators, lobby, library, etc.
- ⇒ You might talk in generalities about what you are doing and about the clients, volunteers and staff with whom you interact, but nothing that identifies a specific person or any details

保密

- ⇒ 不要與你的家人，朋友或其他不參與其中的工作人員討論服務使用者的信息或義工工作詳情
- ⇒ 避免在公共場所（例如電梯，大堂，圖書館等）討論別人，有關的姓名和事件。
- ⇒ 你可以概況地談論關於你的工作或參與其中的服務使用者，義工和工作人員，但內容不能涉及特定的人或任何細節。

Thank you volunteers for coming to prepare:

- ⇒ 436 packages packed and delivered to seniors
 - ⇒ 1600 copies of COVID-19 educational materials folded
- 感謝義工前來幫忙：
- ⇒ 包裝了 436 份禮品包送給長者
 - ⇒ 摺了 1600 份疫情教育資料待用



We would love to hear about your experiences, both positive and/or anything we could have done to make your volunteer services more enjoyable. It is your right to express your concerns, grievances or dissatisfactions so that we can address them. Please discuss with our Program Director in person or by writing.

Nancy Leung | Tel: 416-847-6012 | E-mail: nancy.leung@carefirstontario.ca

Youth Corner - Virtual Christmas Series

During this Christmas season, the Carefirst Youth Club has gathered together to participate in the "Virtual Christmas Series".

D.I.Y. craft-making for seniors



Sock Snowman



Christmas Origami



Christmas Box



As physical distancing is continuing well into the Christmas season, our youth volunteers wanted to spread the Christmas joys and spirits to the isolated seniors in our community. **34** youths had donated their time over the Christmas period to produce hand-made crafts and gifts to warm our seniors' hearts. The crafts produced include the "sock snowman", the "Christmas origami", and the "Christmas gift-box". A total of **445** hand-made crafts were donated and distributed to our seniors!

Huge thanks to youth volunteers Queenie Au and David Li, for teaching and guiding our youth volunteers on making the Christmas crafts.

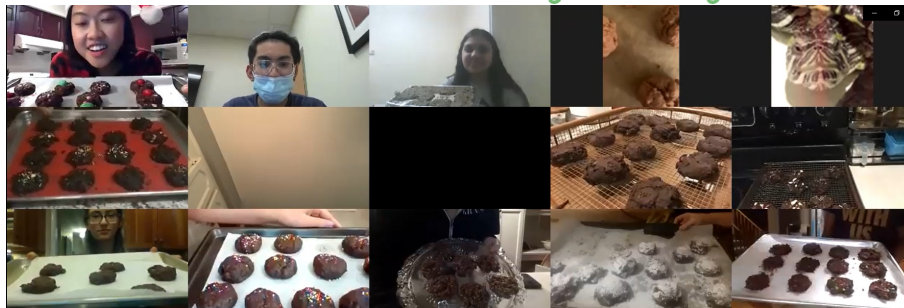
VOLUNTEER

"To whom may receive these snowman, I want you to always be happy and to never let your beautiful smile leave your face. Merry Christmas and may the new year bring you a ton of happiness."

- Areej Iqbal, youth participant

QUOTES

"Health & Nutrition": Virtual Baking with Registered Dietitian



Registered Dietitian Catherine Lin had hosted a workshop featuring **26** curious youth volunteers, teaching and demonstrating methods in baking a delicious yet healthy Double chocolate chip cookies, and also provided information regarding the use of substitutional ingredients that could yield various health benefits.

We are glad that Catherine could provide these invaluable information to our youth volunteers, and raise awareness about health and nutrition that they could take home and share with their family and friends!

The V Voice is a bi-monthly newsletter written by our volunteers and the Carefirst Youth Leadership & Volunteer Development team. If you would like to join us in writing, photography, or personal testimonies, please contact our team.

Youth Corner - Virtual Christmas Series

Winter Talent Show

Showcasing a skill, talent, and personal interest goes a long way in uplifting the festive spirits of our community members quarantining at home during the winter season. 17 youth volunteers had rehearsed, practiced, and filmed their talents over their Christmas break to impress and bring a smile to our seniors face! The talents featured in the "Winter Talent Show" includes Taekwondo, poems, musical instrument (flute, piano, violin, ukulele, and harpist), Singing, magic, drawing, oil-painting, calligraphy, culinary skills, and physical skills.

Thank you to all our volunteers for participating in the series. Special thanks to youth volunteers David Li and Queenie Au for editing our YouTube video.

Video link: <https://youtu.be/fRu6SnGIX08>



Darren—Piano



Anthea—Violin



Adriana—Poem



Tyler—Taekwondo



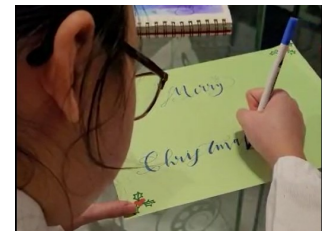
Samavia—Oil Painting



Nicholas—push-ups



Tisya—Culinary



Rachel—Calligraphy

"Meet, greet, and game": Mafia



Over the Winter break, the Carefirst Youth Club has gathered virtually to meet, greet, and participate in a game of Mafia. Mafia is a game in which all players actively take part and accuse each other of being the "mafia". It was a pleasure to see our youth participants actively engaging in some socially stimulating activities, while having an opportunity to meet new friends in our community!

Special thanks to Nathan Dong for hosting the workshop and the game.

To know more about our youth programs or want to join our email list for the upcoming youth activities and volunteer opportunities, please email us: volunteer@carefirstontario.ca.