



The V Voice

義工通訊

NOVEMBER & DECEMBER 2020

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

Carefirst Volunteer Long Service Awards 2020

Carefirst recognizes volunteers for their continuous commitment and dedication.

A huge congratulations to all of our award winning volunteers of 2020!

On behalf of Carefirst and our clients, we are thankful for your support.

耆暉會感恩義工們不斷的支持與貢獻。

恭喜所有獲得 2020 年長期服務獎的義工。

僅代表耆暉會與我們的服務用戶：『義工們，有您真好！』

Thank you!

Carefirst Volunteers - Award Recipients

20-Year

Marianna Ho

Kenneth Lee

Late Kai Yuen Tam

Jok Leung Yick

15-Year

Muoi Au

Suk Han Lai

Shiu Hong Leung

William Shaw

Teresa Wun

Margaret Chiu

May Hing Lau

Sophie Leung

Gloria Ting

Cecilia Yu

Laurence Fu

Winnie Law

Tak Wing Leung

Barbara Wong

Ling Ho

Joanne Lee

Steve Sum

Man Kuen Wong

10-Year

Anny Chan

Belinda Keung

Yi Jin Lin

Anna Vuong

Bobby Yeung

Yan Chan

Monita Ko

Winnie Ling

Emma Woo

Maria Yeung

Daisy Cheng

Ho Kee Leung

Hosanna Liu

Josephine Wong

James Hung

Edith Liao

Shao Yao Pan

Terence Wong

5-Year

Jamit Batra

Zoe Kwok

Vincent Li

Jennia Tung

Lan Xie

Sammy Chan

Alice Lee

Ann Lo

Shuting Wang

Myra Yau

Marisa Ho

Louis Lee

Pui Yee Ng

May Wong

Kitty Yip

Kunming Huang

Norman Li

Mario Rosario

Yick Cheung Wong

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

Volunteer Long Service Awards Recognition

Due to COVID-19 pandemic, we are unable to host in-person event to say THANK YOU to our 2020 Long Service Awards recipients. Instead, we had set up a Zoom meeting to recognize our awards recipients' contributions and share their forever lasting experiences.

鑒於新冠疫情，我們未能邀請獲獎義工到現場接受我們的致謝；
為此我們使用了 Zoom 平台與各位見面，互相分享在工作上的經驗和心得。

Congratulations



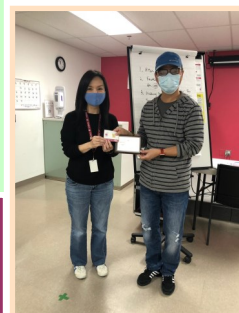
我們三人的
第一個10年！
唔會俾自己停！



眨下眼就20年！感謝易生。



嘩！我都 15 年喇！梁姑娘要我繼續做義工，滿 30 年先可以退休。



難忘與黎淑嫻那些綵排的日子！



On Behalf of Carefirst, thank you for your years of service. We couldn't have done it without you!

QUOTES

VOLUNTEER

VOLUNTEER

在過去 20 年的義工服務過程中，我在長者的身上學到了很多；他們給予強大的動力使我繼續做下去 ... 只要長者開心，我就會繼續做！

I learn a lot from the seniors in Carefirst, there's so much that I've learnt in the past 20 years I cannot put them into words. The seniors give me tremendous motivation to continue and volunteer... as long as the seniors are happy, I will continue my mission in helping them.

- Marianna Ho, 20 year-award

我希望疫情能快點離開這個世界，那我們就可以回來耆暉會繼續做義工，也可以再遇見我的【老友記】。

I wish that the pandemic can leave this planet soon, so I am able to continue my volunteering work in Carefirst, and I am really looking forward to seeing my friends in Carefirst .

- Maria Yeung, 5 year-award

QUOTES

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

WE MISS YOU



Virtual Volunteer Gathering

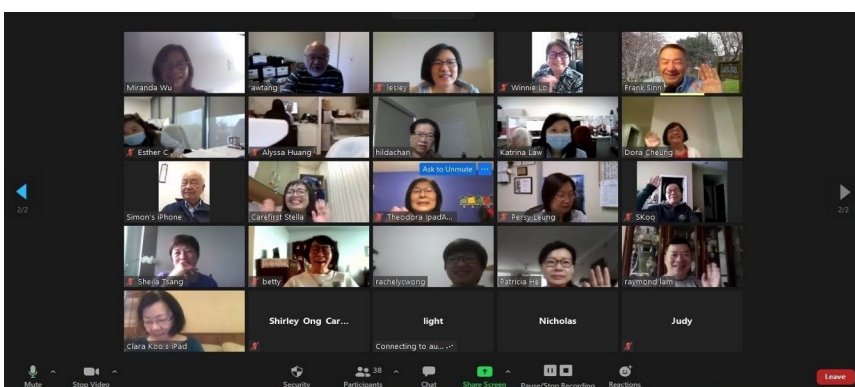


We were so thrilled to reunite with our beloved volunteers; it's a relief knowing everyone is keeping safe and well!

There're over 30 volunteers at the gathering. "Long Time No See!" We could tell everyone was excited, including the staff team. Just look at their smiles, big and sweet! Thanks to the Wellness Radio volunteer work group who joined at the gathering and shared their bittersweet moments. Stay tuned for more virtual gatherings to come!

很興奮與各位義工在 Zoom 平台重聚，看見大家安全與安好，我們放心了！

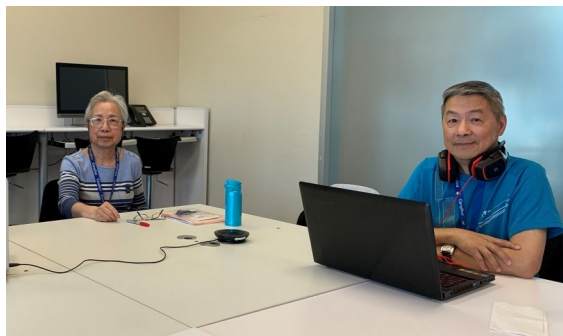
這次聚會有超過 30 位義工參加。久別重逢各人心情雀躍，相聚那刻展現出開心笑臉！感謝「樂聚耆暉 818」義工團隊與大家分享他們製作節目的酸、甜、苦、辣時刻。記得留意我們更多的網上聚會！



樂聚耆暉 818



Wellness Radio



現場直播出街。坐定定，開咪啦！



歡迎大家在 Zoom 或電話收聽
【樂聚耆暉 818】

直播 逢星期二 1時30分—2時

重播 逢星期五 1時30分—2時

電話：(647) 374-4685 或 (647) 558-0588

請輸入節目號碼：913-2982-0679 ##

Zoom 連結：<https://zoom.us/j/91329820679>



師母與書僮阿康兒以【哈羅喂】look
直播出街



WhatsApp: 416-670-3068



Wechat ID: carefirstvolunteer

Instagram: @carefirst.youthclub

Youth Corner



halloween costume series



Carefirst Youth Club and volunteers had come together this fall to participate in the Halloween costume Series!

Although youths are unable to go trick-or-treat this fall, it didn't stop them from celebrating the spirit of Halloween. A total of 9 volunteers had submitted their Halloween costumes and decorations for our community members to enjoy via our Carefirst Wellness & Volunteers YouTube channel; we have received a total of **520** responses to vote on their favorite via Google Form.

Congratulation to **【Halloween Garden】** for captivating the hearts of our community members, and taking home "the most popular Halloween costume / decoration".

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

Video link: <https://youtu.be/FuOqM-5LV9g>.



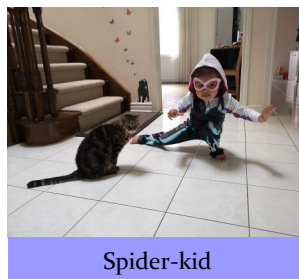
Halloween Garden
萬聖節花園



Star wars:
Stormtrooper



Totoro



Spider-kid



Cool Ghost



Pucca



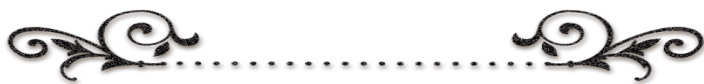
Saudi Arabian Prince
中東石油大國 · 沽理唔島王子



The Heart Emoji



Jack-o-lantern



Special Thanks

Over 40 cloth masks have been made by our youth in Virtual Summer Series. Huge thanks to those who donated their time during the summer to sew masks for our vulnerable community members. Their efforts help seniors to stay safe and sound during these unprecedented times.

thank
you

"Ooo I see the mask I made!!
I'm glad it helped!"
- from one youth volunteer



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.

Gentle Reminders


Volunteer Service Hours Tracking E-Form


Starting October onwards, you will 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



溫馨提示


義工服務時數記錄表


從 10 月起，你將會使用電子版的義工服務時數記錄表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



Volunteer Photography Club 義工攝影分享小組

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

Please refer to the following guidelines of Face Masks and Coverings from Toronto Public Health
請參考以下多倫多公共衛生廳關於佩戴口罩的建議

FACE MASKS & COVERINGS OFFER BEST PROTECTION

RECOMMENDED

✓ Face mask or covering



Should cover your nose, mouth & chin without gaping.

NOT RECOMMENDED

✗ Face shield



Not a replacement for masks.
Can be an option for communicating with people who are deaf or hard of hearing.

✗ Mask with exhalation valve



Valve does not filter virus particles.

✗ Clear plastic mask



Gaps allow your germs to spread. Cannot be cleaned & disinfected between uses.

[TORONTO.CA/COVID19](https://toronto.ca/covid19)

 **TORONTO** Public Health

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.

「來去自如」(Easy Come Easy Go) 安心立命工作坊

2020年9月5日-10月10日

- ♥ 正常只有遲到早退，但這組人竟然次次都早到遲退！
- ♥ 感謝 Ophe EE 的辛勞為我們準備和帶領這課程，成就了我們【來去自如】。
- ♥ 【笑】著談：老、病、死。
- ♥ 真係好感謝 O 記咁用心帶領這個組，我的確好好享受其中，得益良多，尤其是大家之間嘅友誼。
- ♥ 我地 “look look” 都咁精彩。
- ♥ 感謝 Ophe EE 的帶領；你的聆聽技巧十分好，在討論話題環節讓大家很舒適地說老、談病、論死。



是他也是你和我 同相親相愛也相爭
大家偶遇在人海 你我各留痕
幾許歡與笑 多少愛和恨 那狂潮捲起 燦爛又繽紛
是苦也是甜美 人生的喜惡怎麼分
大家各自尋找 你我心中印 幾許哭與嘆 多少假與真
讓狂潮起跌 混合愛和恨
是他也是你和我 同悲歡喜惡過一生



Herman

Stan

喂 Felix

O 記

Peter

Pat

大家姐



Flu Shot Clinic Assistant

- ⇒ Support the nurse to check in the patients attending the flu shot clinic and help complete the consent form
- ⇒ Monday – Friday until mid of Nov, time varies
- ⇒ 300 Silver Star Blvd., Scarborough or 420 Hwy 7 East., Richmond Hill

Activity Assistant

- ⇒ Assist staff in running congregate dining program in a small group setting
- ⇒ Tuesday or Wednesday
- ⇒ 10am - 2pm
- ⇒ 420 Hwy 7 East., Richmond Hill

Wellness Club Virtual Program Support

- ⇒ Support Zoom program operation, video editing, filming or technical support
- ⇒ Monday - Friday, time varies depending on program schedule
- ⇒ 300 Silver Star Blvd., Scarborough or 420 Hwy 7 East., Richmond Hill

Phone Survey Assistant

- ⇒ Conduct phone surveys and update Excel database for Diabetes Education Program
- ⇒ Monday – Friday
2-3 hours between 9am - 5pm
- ⇒ 300 Silver Star Blvd., Scarborough

For details of the volunteer opportunities, please contact our Volunteer Coordinators!