



United Way
Greater Toronto



The V Voice

義工通訊

March/April 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

High Priority Communities Program for South East Markham

In late December, Carefirst was approached and invited by Ontario Health and Central LHIN to lead and work with local service partners to address the COVID-19 pandemic challenges in high priority communities.

Carefirst's focus will be in the community with area code L3S. The objective is to reduce overall COVID-19 prevalence in this neighbourhood due to their high positivity but low testing rates.

Project consists of three key pillars –



COVID-19 Pop-Up Test Centres

Carefirst has set up 4 testing locations during different days and time of the week from now until end of March 2021.

- ⇒ #1 – Carefirst One-Stop Multi-Services Centre
- ⇒ #2 – YMCA Markham
- ⇒ #3 – Markham Chinese Presbyterian Church
- ⇒ #4 – Islamic Society of Markham

For more information or pre-book your appointment, visit www.carefirstontario.ca or contact 416-646-5108.

Community Outreach & Education

- Check out Wellness & Volunteer YouTube channel for COVID-19 Related Information Videos – www.youtube.com/carefirstwellnessvolunteers
- A number of Virtual Information Sessions are arranged in March. Register online - <https://forms.gle/7nKPrTTAGGsjLw367>
- Stay tuned for upcoming Town Hall meetings!

COMMUNITY EDUCATION SERIES

COVID-19 & DIABETES

新型冠狀病毒與糖尿病

Premiere every Wednesday on Carefirst Wellness & Volunteers YouTube Channel

逢星期三在耆康社和義工部的YouTube頻道首播

www.youtube.com/carefirstwellnessvolunteers



| 播放日期 | 主題 | 語言 |
|--------------|---|----------|
| 1月27日 | 新型冠狀病毒檢測/ 檢測地點/ 自我隔離及預防措施 | 粵語 |
| 2月2日 | 新冠肺炎檢測中心及熱點全面支援服務 | |
| 2月10日 | 如何在家中自我隔離及 如果我出現了症狀該怎麼辦 | |
| 2月24日 | 新型冠狀病毒與糖尿病 | |
| 3月10日 | 有關自我隔離時的準備 – 食物/貯藏/預算小貼士 | |
| Release Date | Topics | Language |
| February 3 | COVID-19 Test / Testing Locations/ Self Isolation & Preventive Measures | English |
| February 17 | How to Complete Self / Home Isolation & How to Monitor / Manage Symptoms | |
| March 3 | COVID-19 & Diabetes | |
| March 17 | Preparation in Case of Self-Isolation – Tips on Food/ Storage/ Budget | |

COVID-19 High Priority Communities Program

for South East Markham

新冠肺炎熱點全面支援服務

萬錦市東南區

Community Education Series
Thursday 11:00 AM – 12:00 PM
Hong Fook Mental Health Association

社區教育系列
星期四
康福心理健康協會



| | |
|----------|--|
| March 4 | 「疫」境情自在：心中恐懼與焦慮 Mental Wellness During the Pandemic 阮翠儀 資深心理健康工作員 Tweety Yuen Senior Mental Health Worker |
| March 18 | Staying Resilient During the Pandemic 心靈防「疫」話咁易 Maria Lo Training Coordinator |
| March 25 | 疫情下如何管理自己的焦慮情緒 How to Manage Anxiety During the Pandemic 彭俐萍 心理健康工作員 Liping Peng Mental Health Worker |

Registration online 網上報名
<https://forms.gle/7nKPrTTAGGsjLw367>

For more information 查詢詳情
Nancy Leung 梁姑娘 416-847-6012
nancy.leung@carefirstontario.ca

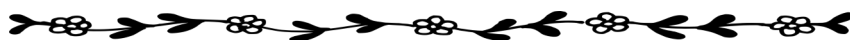
Wraparound Care & Supports

- If you have been affected by COVID-19 and need community support, contact Carefirst's Community Support Services In-take Hotline: 416-646-5108.



2020 Ontario Volunteer Service Awards

Ministry of Ontario recognizes volunteers in Ontario for providing committed and dedicated service. Carefirst would like to take this opportunity to thank all our amazing volunteers and to congratulate the 2020 Ontario Volunteer Service Award recipients.



thank
you

安省致力表彰義工們的支持與貢獻。
耆暉會恭賀所有獲得 2020 年安省義工獎的義工，
並感謝各位對社區的付出與貢獻！



| | | | |
|----------------|---|---|---|
| 20-Year | Marianna Ho ★ | Kenneth Kam Wing Lee ★ | Late Kai Yuen Tam ★ |
| 15-Year | Muoi Au May Hing Lau Sophie Leung Steve Sum | Laurence Fu Winnie Law Tak Wing Leung Gloria Ting | Ling Ho Shiu Hong Leung William Shaw Cecilia Yu |
| 10-Year | Anny Wing Kit Chan Monita Ko Winnie Ling Anna Vuong | Daisy Yu Ying Cheng Ho Kee Leung Hosanna Liu Bobby Kam Chung Yeung | James Shun Wan Hung Yi Jin Lin Shao Yao Pan Maria Yuk Yung Yeung |
| 5-Year | Jamit Batra Vincent Wing Sang Li Shuting Sophia Wang | Zoe Kwan Siu Kwok Mario Rosario Yick Cheung Wong | Ann Yuk Yin Lo Jennia Tung Kitty Bun Kit Yip |
| Youth | Thenushaa Balasingam Angel Xin Yan Gao Monica Wai Lam Mok Daniel Niu Zoe Wong | Qin Yi Du Chris Li Edison Anthony Ng Jerry Pan | Cherrie Ann Echavez Veronica Ngai See Ma Ethan Ng Lynda Tran |



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

Gentle Reminders 溫馨提示

Volunteer Parking Permit

If you are a registered volunteer or Wellness Program Instructor working at Carefirst One-Stop Multi-Services Centre (300 Silver Star Blvd, Scarborough), please obtain your 2021/22 parking permit at the Wellness Office starting from Monday, March 22nd.

義工停車証

如果你是於耆暉會一站式綜合服務中心 (300 Silver Star Blvd, Scarborough) 工作的義工或耆康社導師，請於 3 月 22 日 (星期一) 起到耆康社辦公室領取 2021/22 年度停車証。

Service Hours and Travel Reimbursement Record April 1st, 2020—March 31st, 2021

Please submit your service hours and travel reimbursement records by Monday, April 5th, 2021:
<https://forms.gle/59e66L1H8orNBFVSA>.

服務時數與交通費記錄

2020 年 4 月 1 日—2021 年 3 月 31 日

請於 2021 年 4 月 5 日 (星期一) 前填妥並交回服務時數與交通費記錄:
<https://forms.gle/59e66L1H8orNBFVSA>

Annual Offence Self-Declaration

When you receive our email or text message, please click the link and complete the survey for us.

無犯罪記錄自我聲明

當你收到電郵或短訊時，請按訊息內的連結完成簡單問卷。

Carefirst **Wellness & Volunteers YouTube Channel**: Since mid-March last year, we have been working hard to put together a **YouTube channel** to stay connected with everyone. In addition to the well-received “Be Fit At Home” program, we also have other playlists including “Chit Chat Room”, “Leisure Corner”, “Carefirst Volunteers”, “Carefirst Youths” and many video contributions by our volunteers and instructors. The Channel now has 720 subscribers, posted more than 700 videos and with 130,000+ view rate. Thank you to all who have helped make the channel great!



耆暉會耆康社及義工部 YouTube 頻道於 2020 年三月中推出，旨在讓大家繼續保持與耆暉會的連繫。視頻內容除了大受歡迎的《樂健在家中》外，其它精選包括《資訊 Chit Chat》，《休閒閣》，《耆暉義工團》，《耆暉會青年團》及由義工與導師們精心製作的節目。衷心感謝各位與我們一起用心經營這頻道。

Please subscribe 請訂閱：www.youtube.com/carefirstwellnessvolunteers

Also, welcome to follow Carefirst social media platforms 歡迎關注耆暉會的社交平台：



Facebook: <https://www.facebook.com/CarefirstSeniors>



Twitter: <https://twitter.com/CarefirstSenior>



Instagram: <https://www.instagram.com/carefirstseniors/>

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

Volunteer Photography Club 義工攝影組

A warm welcome to the Club's gatherings on **every 1st & 3rd Thursday @ 10 am to 11 am**
歡迎參加攝影組聚會。每月第一及第三個星期四，上午 10 時—11 時
Please contact Joanne Zeng for more details 查詢請聯絡 Joanne 曾小姐



QUOTES

VOLUNTEER

《義工攝影分享小組》成立於二零壹二年，為耆暉會義工部門的一個雙贏小組，一方面協助耆暉會拍攝活動記錄，另一方面分享攝影樂趣與經驗，相得益彰。自二零壹七年起，簡稱為《義工攝影組》，宗旨及方針不變，今年邁進第十個年頭，同僚們搜集過千相片，分類為：一餐例會、二百萬行、三籌晚宴、四出外遊、五長者照、六耆活動、七聚影友、八感恩耆、九秩壽辰、及十載情誼，現製成視頻，與全體義工及耆暉會好友分享。第一輯引子已於二月上旬出爐，其餘十輯按月，在第二周四付載，敬請留意觀看。

話說回來，這十八年在耆暉會當義工，給予我個人很大的滿足感。由開始的 Cyber Tea House；至每年為長者報稅；到參與張少明老師的《義工書法分享小組》，認識一班志同道合的書友；及至組織《義工攝影組》的十個年頭；再到認識同一班與及另一班志同道合的道友；對我的退休生活，增添更多色彩；謹此共勉，

- 鄧偉榮 簡擬 (Andrew T.)

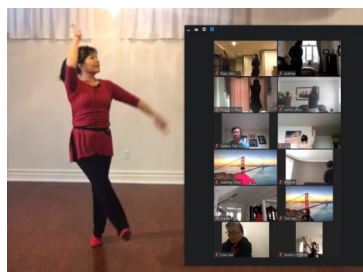
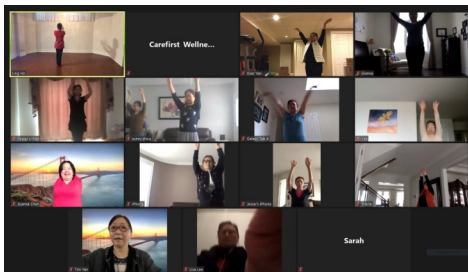


In Volunteer Photography Club, I'm so glad to meet new friends, to learn photography skills, to participate in outings/ gatherings, and to be a volunteer photographer in many Carefirst's events. I enjoyed every happy moments we get together. Under the Pandemic while staying home, Club members are making video productions that are very meaningful too. Thanks for the supports of Carefirst and every efforts from our leader Andrew!

- Dora C.

QUOTES

Volunteer Chinese Dance Club | 義工舞蹈組



義工舞蹈隊走過的每一個足跡都離不開耆暉會的鼎力支持，在此，僅代表舞蹈隊向耆暉會工作人員和義工送上真誠地祝福。

- Yanling Li

12 月開始，舞蹈隊在線上平台重新恢復了排練，我非常珍惜能在這個特殊時期，還能跟老師隊友們一起鍛煉身心，共同抗疫。謝謝耆暉會讓我結交了很多朋友，豐富了我的生活。

- Xunru Zhou

感謝耆暉會在繁忙的各種抗疫事務中抽出寶貴時間，為義工舞蹈隊開設 Zoom，使我們能在每星期四下午在 Zoom 中排練，大家互相問候，彼此祝福。

- Joanne Chen

WhatsApp
Phone# 416-670-3068



WeChat
ID: Carefirstvolunteer

Instagram
@carefirst.youthclub



Wellness Club and Volunteer Development Team had three virtual parties in February to celebrate the CNY and the Valentine's Day with over 220 guests! Everyone had so much fun and we were absolutely thrilled seeing so many smiling faces! May this new year be filled with happiness, prosperity, and many precious moments with your loved ones. Happy 2021!



2021 年的 2 月散發著濃厚而甜蜜的節日氣氛。耆康社與義工發展兩個部門共 13 位職員，一起努力安排了 3 個派對，與 220 位新相識及舊知己於網上歡度農曆新年，情人節與元宵節。今年雖然未能與大家見面擁抱互相祝福，但在屏幕上展現的微笑與舉杯祝福的畫面，溫暖了冬日，融化了我們的心。

love

Volunteer Training Program

We organized an Infection Prevention and Control training on February 24th with 38 volunteers joining the session. They had learnt from the two IPAC Consultants on risk assessment performance, hand hygiene, PPE (donning and doffing), etc. 義工發展部於 2 月 24 日安排了一場培訓課程：疾病預防與控制，共有 38 位義工參加。兩位顧問分享了有關風險評估，手部衛生，個人防護裝備等的資料。



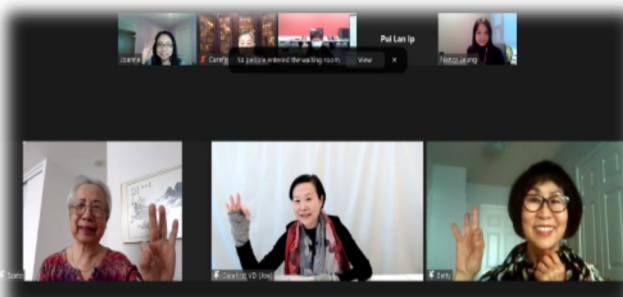
樂聚耆暉 818 新節目連場

音樂窩 三個女人一個墟 笑口組

星期二 1:30—2:00 (直播) | 星期五 1:30—2:00 (重播)



樂聚耆暉 818 耆遷之喜



2020 Volunteer Satisfaction Survey

2020 年度義工問卷調查

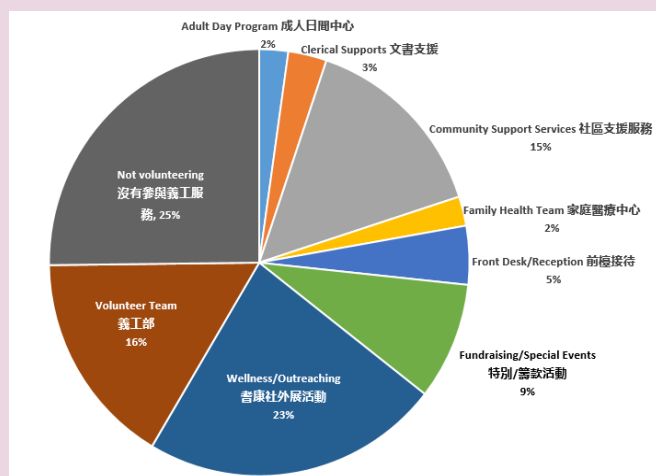
Carefirst appreciates your feedbacks in the recent 2020 Volunteer Satisfaction Survey.

We have received 106 responses.

感謝您在 2020 年度問卷調查提供了寶貴的意見和反饋。今年我們收到 106 份回覆。

Which service/department have you volunteered during the COVID -19 pandemic?

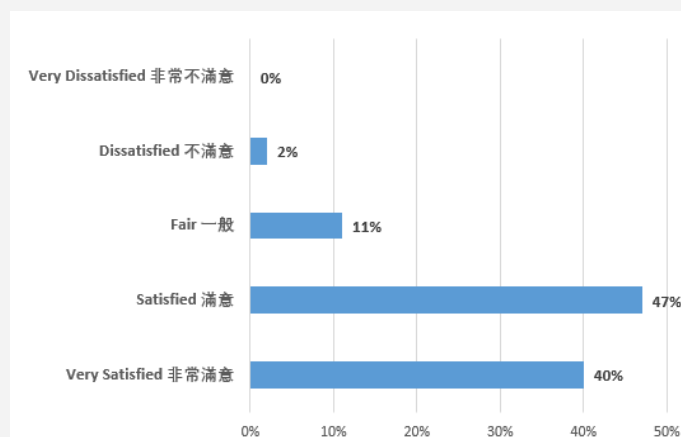
在新冠肺炎疫情期間，您參與了哪些義工服務？
(105 responses)



How would you rate your overall volunteer experience at Carefirst?

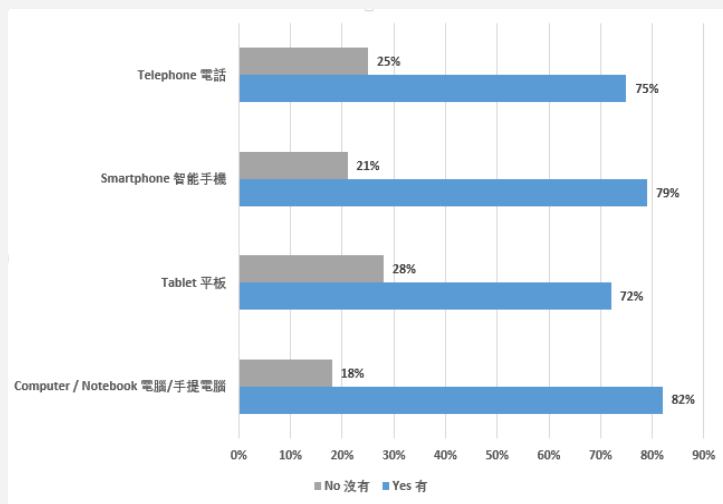
你對自己義工服務體驗的滿意度？

(102 responses)



Do you have access to the required tools to attend volunteer trainings/gatherings, or to volunteer virtually?

你有以下設備讓你在網上平台參與義工培訓、聚會，或義工工作嗎？
(105 responses)



What else can we do to improve your volunteer experience?

在哪些方面需要改善？

(71 responses)

Summary:

- (community outreach program) More caring, for example to text the volunteers after the services ensuring they are homed safely especially during the pandemic.
- More volunteer gatherings (virtual platform) to share individuals' volunteer experiences.
- Annual training updates
- Continue to improve/enhance the electronic timesheet
- 義工休息室及茶水間：提供水、茶與咖啡予大家小休時可以聚一聚、抖一抖；有儲物櫃存放個人物品如外套、手袋
- 多些聚會予朋輩聯繫

Youth Corner



Chinese New Year Greetings



The Carefirst Youth Club came together to share their Chinese New Year wishes with our community members! A total of 26 youths had decided to dress-up, decorate, and share their Chinese New Year festivities along with their whole-hearted greetings for the Year of the Ox! Our community members are able to access the video via our Carefirst Wellness & Volunteers YouTube Channel.

Huge thanks to all our CYC members for putting in the extra mile to present their Chinese New Year wishes.

On behalf of our members, we hope their greetings puts a smile on your face!

Video link: <https://youtu.be/Sa3lh0R9dCk>



Youth Club Opportunities



The Carefirst Youth Club is aiming at cultivating youths in our community aged 14-24 to volunteer and participate in activities that would benefit the community and the senior population.

There will be various exciting opportunities in the coming months. If you are interested, please contact

Nicholas Lam for further enquiries or subscription to our future opportunities.

Youth Volunteer Committee Member

- ⇒ Be a part of our monthly meeting with fellow peer committee members to discuss and plan youth programs, conduct program evaluation, etc.
- ⇒ Once or twice a month, time varies; virtual meeting

Telus Intergeneration Program Member

- ⇒ Engage local seniors virtually to increase technology competencies of our target senior, and to cultivate intergeneration awareness.
- ⇒ More info will follow in the coming months, subscribe to the updates by contacting **Nicholas Lam**.

Contact Information:

Phone Number: (416) 572-3824 | Email: nicholas.lam@carefirstontario.ca

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.