



Carefirst  
Seniors & Community Services Association  
United Way  
Greater Toronto



# The V Voice

## 義工通訊

May/June 2021

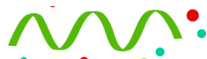
Carefirst One-Stop Multi-Services Centre

耆暉會一站式綜合服務中心

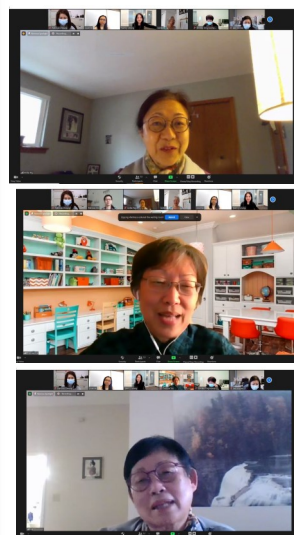
300 Silver Star Blvd, Scarborough, ON M1V 0G2

Tel: 416-502-2323

website: [www.carefirstontario.ca](http://www.carefirstontario.ca)



## 2021 National Volunteer Week



今天的聚會氣氛好，很開心。期待下一次！👍

我第一次參加，原來咁好玩！

義工分享環節很有意思！

氣氛融洽歡暢，期待實體活動。

由參加聚會的義工投票選出「大家姐點唱機」最受歡迎的歌曲是：Can't Take My Eyes Off You！👏



### National Volunteer Week 全國義工週

April 18-24, 2021

The theme for this year is **"The Value of One, The Power of Many"**. We would like to take this opportunity to thank all Carefirst Volunteers for everything you do, especially during the COVID-19 pandemic. Thank you for being a part of our Carefirst family. Thank you for letting us know that we are not alone in all of this.

On April 21 we had the opportunity meeting with 43 volunteers virtually and listening to some of their inspiring testimonials has always amazed us!

今年的主題是 **"The Value of One, The Power of Many"**。藉此機會，我們由衷感謝耆暉會義工們所做的一切，特別於新冠肺炎大流行這期間，大家辛苦了！感謝你加入耆暉會這個大家庭；並讓我們深深感受到，在這段艱難的時刻，你一直陪伴我們，與我們面對，為我們分憂！

4月21日那天，我們曾與43位義工於網上會面，並有數位義工分享了他們的義工故事；聽著大家如何在疫情下繼續自我增值、學習和以不同形式參與義工工作，讓眾人很感動。

Welcome to review our Carefirst volunteer video of National Volunteer Week 2021. 請觀看2021年全國義工週耆暉會義工服務短片：

<https://youtu.be/X0dri1hY7vc>



# High Priority Communities Program for South East Markham Summaries (Jan—Mar 2021)

## 新冠肺炎熱點全面支援服務（萬錦市東南區）

### 1 月 – 3 月總結

#### 1. Community Outreach and Education

- 22 partner organizations solicited
- 30 dedicated community ambassadors trained
- 2,993 individuals joined education sessions
- 20,687 education materials distributed
- 17,403 views of videos
- 2,450 care packages distributed

#### 2. Access to Testing

- 4 community testing sites and 2 pop up sites
- 2,300 tests completed

#### 3. Wraparound Supports

- 284 individuals received case management support
- Received basket of services including food hampers, frozen meals, medication delivery, essential delivery, grocery shopping, isolation education, financial assistance, emotional support and etc.

For more information of this project, please contact  
Carefirst Community Support Services  
In-take hotline: 416-646-5108  
Monday — Friday 9am to 5pm

#### 1. 社區外展及教育

- 22 間機構合作開展服務
- 30 位經過培訓的社區外展大使
- 2,993 人次參加了教育講座
- 20,687 份教育資訊單張派發到社區
- 17,403 人次觀看教育宣傳短片
- 2,450 套個人防護用品送贈社區人士

#### 2. 檢測服務

- 4 個社區檢測中心；2 個流動檢測中心
- 2,300 次檢測

#### 3. 全面支援服務

- 284 人接受個案管理支援服務
- 全面支援服務包括食物安排（提供食物籃和凍餐）、提取藥物及必須品、購買食物和必須品、自願隔離教育、經濟援助、情緒支援等等。

查詢項目詳細資料，請聯絡  
耆暉會 社區支援服務  
熱線電話：416-646-5108  
星期一至五 9am to 5pm



#### Information Sheet 抗疫資訊小錦囊

To enhance community access to COVID-19 testing, Carefirst is offering COVID-19 testing at various locations across the city.

為了方便市民得到新冠肺炎檢測服務，耆暉會在不同地點提供新冠肺炎檢測服務。

For details or booking 查詢或預約:

<https://carefirstontario.ca/covid-19-test-centre/>

#### COVID-19 Vaccine Booking 新冠疫苗接种預約登記網站:

- Ontario 安省: <https://covid-19.ontario.ca/book-vaccine/>  
Telephone 電話 : 1-888-999-6488  
(available in different languages 多種語言翻譯)
- Toronto 多倫多: <https://vaccineto.ca>
- North York 北約克: <https://nygh.on.ca/covid19vaccination>
- Scarborough 士嘉堡: <https://scarbvaccine.ca>
- York Region 約克區: <https://york.ca/covid19vaccine>
- Peel Region 皮爾區: <https://www.peelregion.ca/coronavirus/vaccine/>

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](mailto: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.

### 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，請到耆康社辦公室領取2021/22 年度停車証。

### Volunteer Service Hours Record

Please use the **Volunteer Service Hours Tracking E-Form** to submit your monthly volunteer hours online:

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

Deadline for submission: **3<sup>rd</sup> business** date of the following month.

If you are unable to submit online, please consider using the following channels:

- Email: [patricia.cheung@carefirstontario.ca](mailto:patricia.cheung@carefirstontario.ca)
- WhatsApp: 416-670-3068
- WeChat: carefirstvolunteer

### 服務時數與交通費記錄

請使用**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。

如果未能在網上提交每月的義工服務時數，請使用以下任何一種方式：

- 電郵: [patricia.cheung@carefirstontario.ca](mailto:patricia.cheung@carefirstontario.ca)
- WhatsApp: 416-670-3068
- 微信: carefirstvolunteer

### Annual Offence Self-Declaration

If you haven't submitted the declaration yet, please complete the form online by clicking the link:

<https://forms.gle/8unhPq4ye5KTkzux6>

### 無犯罪記錄自我聲明

如果你仍未提交【無犯罪記錄自我聲明】，請點擊以下連結完成填寫此表格：

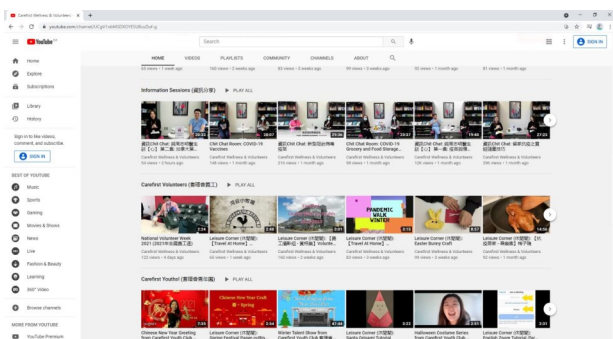
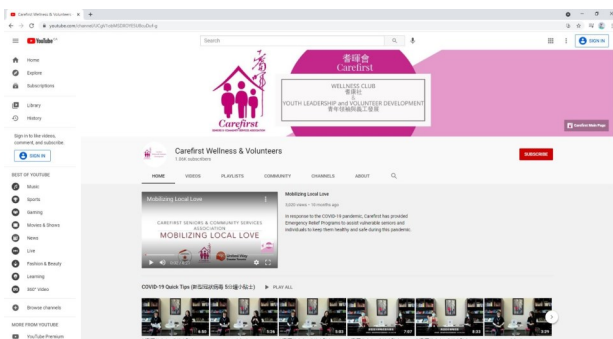
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## Wellness & Volunteer YouTube Channel 耆暉會耆康社及義工部YouTube頻道

[www.youtube.com/carefirstwellnessvolunteers](http://www.youtube.com/carefirstwellnessvolunteers)

Since mid- March 2020, we have started our **Wellness & Volunteer YouTube Channel** for more than a year! Over the past year, we have created over 800 videos with over 1,000 subscribers! Thank you everyone, our members and volunteers for your support and especially those who have submitted videos to the channel! Welcome to continually visit and support our channel.

自2020年3月中起，**耆康社及義工部YouTube頻道**成立已經一年了！在過去的一年，我們一共上載了超過800個影片以及收到超過1,000多個訂閱。衷心感謝大家的支持，特別是向我們提交影片的每一位社員和義工！歡迎繼續瀏覽和支持我們的頻道。



WhatsApp  
Phone# 416-670-3068

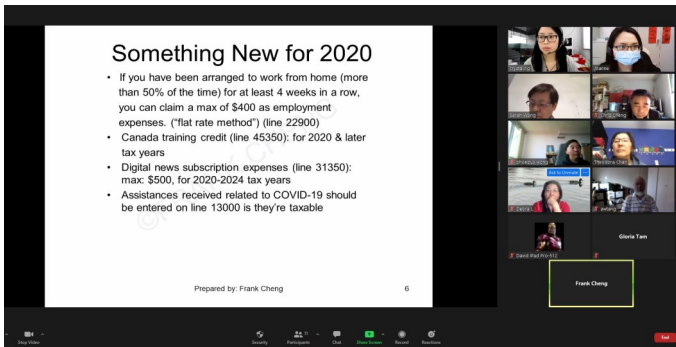


WeChat  
ID: Carefirstvolunteer

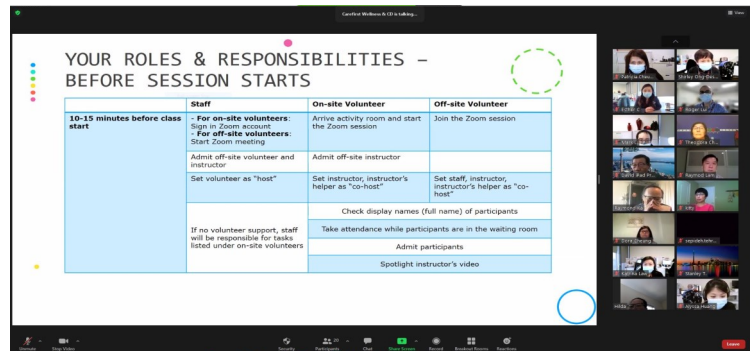
Instagram  
@carefirst.youthclub



## Snapshots 花絮



**Tax Clinic Volunteer Training 報稅義工培訓**



**Wellness Zoom Program Refresher Training 耆康社 Zoom 活動義工培訓**



**Health Canada CALM Refresher Training**



**Introducing new V Team (L—R)**

Cindy, Patricia, Nancy, Joanne



Working with Scarborough Health Network, Carefirst Vaccine Clinic (300 Silver Star Blvd.) was opened on April 6. We have close to 40 volunteers signed up as navigators and vaccinators at this clinic.

與士嘉堡醫療聯網合作，耆暉會的新冠疫苗接種中心已經於4月6日投入服務。我們有接近40位義工參與，主要負責兩個崗位：中心導航與疫苗接種護士。



## Youth Volunteer 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

### Summer Online Program

- ⇒ 3 classes per week / 1 hour per class / 3 weeks in July
- ⇒ Learn some basic programming such as the basics of Python
- ⇒ Gain knowledge to develop several projects in ascending complexity, such as "hangman" the game, a working calculator, and tic tac toe.
- ⇒ Volunteer hours will be rewarded

### Telus Intergeneration Program Volunteer

- ⇒ Engage local seniors virtually to increase their technology competencies, and to cultivate intergenerational awareness
- ⇒ More info will be followed, contact us to receive updates

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416-847-0274

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Cindy Yeung  
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416-572-3824