

January/February 2022

Volunteer Photography Club

In 2012, a group of Carefirst volunteers who were interested in photography and passionate about serving the community, came together and formed the Photography Volunteer Sharing Group. In the 10 years since, with Leader Andrew Tang's coordination, the Group met, rain or shine, on every 1st and 3rd Thursday of the month to learn and share photography skills and experiences. In 2018, the Group took up its present name "Volunteer Photography Club" (VPC).



Apart from twice-monthly meetings, the VPC regularly participate in various Carefirst events to capture many memorable and cherished moments. Foremost to mind is their signature project "Senior Portraits" – when VPC set up portrait sittings for seniors in supportive housing buildings, Adult Day Programs and Wellness Club Programs. You may also see VPC members flashing their cameras at Carefirst fundraisers and special events, as well as other Wellness or Volunteer activities. During the COVID-19 pandemic these last 2 years, the VPC contributed 42 videos to the Carefirst Wellness & Volunteers YouTube Channel to guide viewers onto virtual tours locally and round the world. There were also a series of 10 videos to showcase VPC members' best memories over the years. These have brought back joyful and heart-warming memories to many in the Carefirst community - volunteers, clients, and employees alike.

The VPC celebrates its 10th anniversary in the new year. What touches one most working with the group is the bond and kindred spirit they have developed while sharing, working and having fun together throughout the past 10 years. Congratulations to the Volunteer Photography Club! Happy 10th Anniversary!

義工攝影組

在 2012 年，一群有志於攝影而又熱衷於服務社區的義工們聚在一起組成了「義工攝影分享小組」。自此十年間，小組風雨無間地，由組長 Andrew Tang 鄧偉榮統籌，於每月的第一及第三個星期四舉行例會，一齊分享及學習攝影技巧，並交流心得。2018 年時，小組改稱為「義工攝影組」，沿用至今。

每月兩次的例會外，攝影組經常定期為【耆暉會】各種活動擔任大會攝影師，相信大家都見過攝影組成員拿著相機、閃著鎂光燈為大家捕捉美好時光，留下倩影，以作留念。其中「長者肖像影室」最為大家樂道。一提起，都會記得攝影組每年走訪各長者大廈、成人日間中心、及耆康社，義務為長者們拍造型照。除此之外，這兩年在新冠肺炎疫情期間，攝影組先後在耆康社暨義工部的 YouTube 頻道播放了 42 套短片，為觀眾們導覽虛擬實境之旅，讓大家安坐家中走遍各地，觀賞美景名勝。更有一系列錄像展示各組員歷年最珍貴和懷念的剪影，讓各義工、服務使用者、和職員重溫【耆暉會】這些年透過各活動服務社區，一起走過來的日子。是感人的十段短片。



來年將是「義工攝影組」成立十周年紀念慶典。從歷年的合作和相處，各組員之間建立了互相幫忙和關心的深厚友情非常令人感動。在此，祝賀「義工攝影組」成立十周年之喜！來年更進一步！

Editor: Frank Sinn

A is for Altruism – It's Good for Your Health!

Getting regular exercise, eating a nutritious diet, controlling stress, not smoking, limiting alcohol—they're all crucial things you do for yourself to live a long, healthy life. To further boost your mental and physical health, do something for someone else. Studies show that when you do for others—especially when there's no direct benefit to you—you may actually benefit from improved mental health, physical health, life satisfaction, and social well-being.

In a study of adults over age 50, those who volunteered on a regular basis had a lower risk of developing high blood pressure (an important indicator of health) than non-volunteers, as well as a lower mortality rate. Some of these benefits are easily explained: volunteers who donate their time feel more socially-connected, and therefore experience less loneliness and are less prone to the depression.

You may become more physically active through your volunteering, which means exercising more exercise and better mental and physical health. In terms of life satisfaction, volunteering can boost self-confidence and add more meaning and purpose to your life. Overall, making others feel good and happy can make you feel that way, too!

利他也利己 — 關顧他人自己也身心安康

人人都知道，保健和長生之道莫過於定期做運動、留意飲食、控制精神焦慮、和不吸煙不酗酒。這些大家都會持之以恆。但若想進一步增強體質和提升心理健康，就請伸出助人之手，去幫助別人。

有研究報告指出當你幫助別人時，即使有時看起來對自己毫無直接利益，你其實是有得益的。扶人一把，對自己的身心健康都有益處，令你對生活更有滿足感，覺得一切也美好些。

在一群 50 歲以上的研究對象中，有定期做義工的人士，比沒有作志願工作的人，較少患高血壓，亦較長壽。這些益處，是淺而易見的。義工們付出時間作志願工作時，可以融入社區，與其他人交往。這樣會較少感到寂寞或者孤單，從而避免陷入沮喪。

另外，參加志願工作有時亦會作體力活動，經運動而增進生理和心理健康。參與義務工作可以令義工們增加自信心和對生活感到更有意義，生命更有目的，人生更有滿足感。總括而言，助人可以助己，別人開心快樂之餘，自己亦身心愉快！

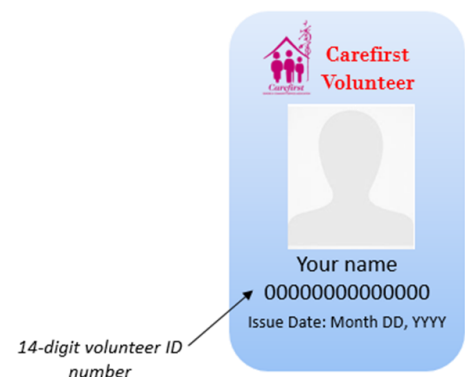
Reference: Cleveland Clinic Wellness

Replace your 8-digit volunteer ID card 更換舊義工證

If your ID card shows an 8-digit volunteer ID number, please contact one of the Volunteer Coordinators to obtain a new ID card with a 14-digit volunteer ID number. Please provide a recent photo, and reach us via one of the following means:

如果你現時的義工證上的義工編號只有 8 個數目字，請聯絡我們的義工統籌，以便為你更換新的義工證。新證的義工編號將有 14 個數目字。換領新證請透過以下方式聯絡我們，並提供一張近照：

1. Email 電郵: patricia.cheung@carefirstontario.ca
2. Phone 電話: 416-847-0273
3. WhatsApp: 416-670-3068



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

Carefirst Radiothon

Carefirst Radiothon was successfully held on Dec 9, 2021. Thank you for your supports, either giving your time or making a generous donation. All proceeds raised will support Carefirst to develop the "Carefirst Campus of Care" project.

The Campus of Care will have :

- ♥ a community hub with an elderly persons centre
- ♥ a gym, a resource centre / library
- ♥ a community kitchen
- ♥ a family plus specialist-practice medical centre, and
- ♥ a 120-bed long term care home



You make caring possible
萬千關懷從你起

耆暉電話籌款日

耆暉電話籌款日已於 2021 年 12 月 9 日順利舉行。衷心感謝各位義工對活動的支持，不論是在現場當值或打電話到捐款中心慷慨解囊，皆讓我們感受到暖暖的心意。籌得的全數善款將會支持耆暉會發展【社區及長期院舍綜合服務園】。這個項目將包括：

- ♥ 社區服務中心
- ♥ 多功能體育館，圖書室及資源中心
- ♥ 社區廚房/餐廳
- ♥ 醫療中心：為社區提供基本醫療護理及專科醫療
- ♥ 120 張床位的長期護理院舍



Volunteer Opportunities

Program Assistant—Wellness Virtual Programs

- 1) Familiarize with
 - ◆ Zoom Meeting: admit participants, share screen, lock and end meeting, mute and unmute
 - ◆ Google Sheets: track attendance
- 2) Comfortable making announcement
- 3) Schedule: Monday to Friday, any time between 9:00am and 5:00pm; support from home

Volunteer Opportunities

Receptionist

- 1) Meet and greet visitors, respond to their needs/enquiries, direct/escort visitors to the service departments, handle mails and couriers, etc.
- 2) Be able to communicate in English and Chinese (Cantonese, Mandarin)
- 3) Monday to Friday, 9:00AM—1:00PM or 1:00PM—5:00PM
- 4) Lobby or 4F at 300 Silver Star Blvd., Scarborough

WhatsApp

Phone# 416-670-3068



WeChat

ID: Carefirstvolunteer

Instagram

@carefirst.youthclub

Carefirst Youth Club

Winter Talent Show

During this festive season, a group of youth volunteers have come together to bring their holiday wishes to everyone and showcase their talents in the Virtual Winter Talent Show. Visit our [YouTube Channel](#) and enjoy the show!

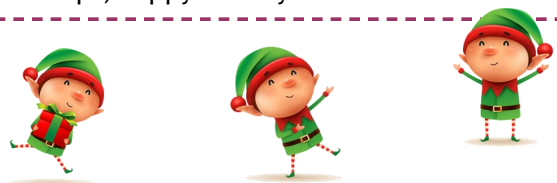
Video link: <https://youtu.be/IVW6XaBfhNo>

Winter Holidays DIY Arts & Crafts Project

Thank you, Queenie Au and Selena Lau, for leading the Winter Arts & Crafts workshop on November 19. We have received over a hundred craft items prepared by 21 youth participants. Those festive crafts will be sent to seniors in the community to make their homes merry and bright.

Selena Lau (workshop leader): Being a leader in this program helped me gain many new skills and experiences. First, I gained creativity skills when thinking of a craft idea for the program. The Christmas tree paper fan craft that I came up with, was a fun and unique craft to make. I also gained good experiences when teaching and engaging with a crowd of dedicated students. I learned how to successfully engage with a crowd of students virtually, as well as engage with other youth volunteers in this program. This was shown in the result of the 120 crafts made by the volunteers! Most importantly, the youth volunteers and staff at Carefirst were patient with me and helped me a lot in the brainstorming process of the craft. Without their help, I wouldn't have been able to achieve such successful results.

Queenie Au (workshop leader): I had a really good experience leading various workshops. I learned a lot from leading and felt it was very meaningful. The crafts we made have the goal of brightening clients' holiday season. Looking forward to future workshops, happy holidays!



Python Winter Camp



Riding on the success of the first Python Summer Camp in August, and by popular demand, a 5-session Python Winter Camp is scheduled for the winter holidays. So far, 28 youths have registered. Thanks, youth volunteer Alexander Chow, for leading the camp and making it happen!

Winter Holidays DIY Arts & Crafts Project

Bernice Poon: I enjoyed creating these holiday-themed crafts for the senior community! The crafts were very easy to make and I couldn't stop making more just because of how fun they were. I'm glad to have contributed to this Winter Holiday Project and I hope to do more projects with Carefirst in the future.

Rachel Fong: I quite enjoyed the crafts, they were very pretty and simple. I hope to do more in the future!

Tyler Fong: I found the arts and crafts workshop very fun. It was easy and it allowed me to make something nice for the seniors.

Enya Lau: I think this activity gave me a good time to prepare for a meaningful Christmas. I liked how we could get involved in community services by making crafts while having a relaxing time learning how to make new crafts.

Peyton Chan: I enjoyed doing the craft. During and after the process of making the craft, I genuinely felt good about it. I also feel that the craft was well made, and the instructions were very clear.

Michelle Wong: Participating in this project was a great experience! I was able to gain many new skills from making unique holiday crafts. I am grateful that Carefirst provided me with the opportunity to contribute to my community in such an engaging way.

