



# The V Voice

## 義工通訊

JULY 2019

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)



# Carefirst's CHARITY WALK FOR HEALTH 2019

Thank you, Volunteers for making this year's Carefirst Charity Walk for Health & Community Fun Fair on June 15, 2019 a success! We'd like to thank everyone for supporting us. Thank you, to volunteers who couldn't make it but cheered us on us in spirit; to volunteers who donated items to our Charity Sale, to volunteers who walked with us, to volunteers who helped to plan the Fun Zone, and to volunteers who pledged! Thank you, Anny & James for twisting balloons, Master Tsui and Lancy Ip for preparing goodies for our charity bake sale, and Joseph & Suzanna for helping us with set up the day before. We hope that everyone enjoyed the 2KM walk and had a chance to play some of the games at our Youth-led Fun Zone! It was a pleasure seeing everyone work together, enjoy food, make connections!



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)

**Volunteer Orientation / Carefirst 101**

All new volunteers are required to attend an orientation prior to deployment. Experienced volunteers are welcome to attend as a refresher.

- ◆ Saturday, July 27, 2019 | 9:30am—12:30pm
- ◆ Carefirst One-Stop Multi-Services Centre
- ◆ Language: English

**Interpretation Service**

Volunteer escorts seniors to medical/government appointments and provides on-site one-on-one interpretation from English to Chinese (Chinese/Mandarin) and vice versa. Each service usually requires 3-4 hours.

- ◆ Wednesday, August 21 | 1:30PM—4:30PM
- ◆ Carefirst One-Stop Multi-Services Centre
- ◆ Language: English

**親善探訪/在家暫顧服務培訓**

**Friendly Visiting/In Home Respite Care Service**

義工探訪在社區中困居家中或獨居的長者，提供情感上的支援，為他們減退孤獨和隔離感。探訪時間每星期一或兩次，每次 30 分鐘至 2 小時。

- ◆ 7月25日(星期四) | 下午4:00至晚上 7:00
- ◆ 耆暉會一站式綜合服務中心
- ◆ 語言：英文

Volunteer visits homebound or isolated seniors in the community, to relieve seniors' loneliness through companionship weekly or bi-weekly for 30 mins to 2 hours.

- ◆ Thursday, July 25 | 4:00PM—7:00PM
- ◆ Carefirst One-Stop Multi-Services Centre
- ◆ Language: English

**Fun facts about Peonies**

- ◆ The Chinese Peony and the common Moutan Peony were not distinguished in China until after the Tang Dynasty.
- ◆ In Chinese literature, "the Peony is the Rich and Prominent" among flowers. It was also said "dying under a peony is an untrammelled and gallant act" - here, the peony is a metaphor for a diva.
- ◆ A famous Chinese poet "Li Bai" featured peonies in his well-known work "Qing Ping Diao" (Mandarin).

**牡丹趣聞**

- ◆ 牡丹與芍藥在中國古時合稱為「芍藥」，至唐代以後始有區分。
- ◆ 古人有說：「牡丹，花之富貴者也」。亦說「牡丹花下死，做鬼也風流。」
- ◆ 李白的《清平調》就是詠牡丹好詞。

**VOLUNTEER TRAINING**

**義工培訓**

We are offering the following trainings to enhance our volunteers' skills and knowledge. A certificate of completion will be issued to the volunteers who have completed 3 or more trainings.

**1. Dementia 101 and Aging Simulation**

(by Alzheimer Society of Toronto)  
Overview of dementia (signs and symptoms), changes to the sensory system due to aging, identify supportive strategies to use when working with older adults, role play activities, etc.

Thu, June 27, 10am - 12pm **Free**

**2. Understanding Behaviours and Communication**

(by Alzheimer Society of Toronto)  
Changes in communication and behaviour that occur in people with dementia, strategies to communicate and support the individual using a person-centred approach.

Thu, Aug 8, 10am - 12pm **Free**

**3. Transfer Skills**

Independent/one-on-one transfer, proper use of assistive devices (walker, cane, wheel chairs, etc.) **Free**

Wed, Aug 28 or Sat, Oct 5, 9:30am - 11am

**4. Infection Prevention & Control**

Proper hand hygiene, proper use of gloves and mask; flu; common vaccinations, etc. **Free**

Wed, Aug 28 or Sat, Oct 5, 11am - 12:30pm

**5. First Aid and Emergency Management Workshop**

Choking, burn, bleeding, wound care, stroke, heart attack, scene survey, CPR/AED, etc. **\$15\***

Sat, Sep 28, 1pm - 4pm

\* includes reference book and training materials

Training Location: Carefirst One-Stop Multi-Services Centre (300 Silver Star Blvd. Scarborough M1V 0G2)

培訓地點：耆暉會一站式綜合服務中心

Training will be conducted in English. Pre-registration is required.

Please register through [www.carefirstontario.eventbrite.com](http://www.carefirstontario.eventbrite.com)

培訓課程以英文進行，需提前登記。



**PHOTO WALL**

Photos by:  
**Dora Cheung**  
(Volunteer Photography Club) at Oshawa Valley Botanical Gardens with over 300 varieties of peonies!  
照片攝於第十五屆 Oshawa 牡丹節。花園內有超過三百種牡丹花在盛放。



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# JUNE IS ONTARIO SENIOR'S MONTH!

This year's theme is  
"Aging Strong: Respect and  
Protect Seniors".

We want to take this time to thank all of our senior volunteers for their hard work and to highlight the importance of their contributions to Carefirst. They are all dedicated, energetic, wise, and are a pivotal part of our team. Did you know that in December 2018, 35% of active volunteers are over the age of 65? Lets take some time to celebrate the seniors in our lives and continue to respect and protect them! For senior friendly health and fitness tips, visit: [www.ontario.ca/page/seniors-stay-healthy-and-active](http://www.ontario.ca/page/seniors-stay-healthy-and-active). Wishing all of our volunteers another healthy year to come and thank you for helping our seniors age strong!



Heartfelt  
**THANKS**  
TO OUR VOLUNTEERS!

## A CONVERSATION WITH VOLUNTEER KAI KING

After retirement in 2009, Kai decided to make use of his free time by volunteering. His journey at Carefirst began as a volunteer English Instructor and he is currently the leader of our Wellness Mandarin Senior's Hub. Along the way, Kai also volunteered as a Concierge Desk Ambassador and Technology Tutor.

Speaking to Kai, he says that in addition to enjoying the busyness of volunteering, he is motivated by his goal to keep his peers active, connected with the community, and updated with the global changes. Fitting with this year's Ontario Senior's Month motto—Aging Strong: Respect & Protect, Kai says the best way to show respect and help aging transitions is to invest in seniors and keep them active! When he plans programs for the Seniors Hub, his goals are to enrich the lives of seniors through technology use, to engage seniors through group games and singing, to encourage assimilation into Canada amongst newcomers through English lessons, and to ensure seniors are aware of the resources available to them in the community. For example, in one of his recent projects he taught seniors to sing "O' Canada". Through this, Kai was able to teach both the English language and Canadian heritage through song—as he says it takes some creativity to keep his group entertained. He believes newcomer integration is a crucial part in reducing isolation and he wants newcomers to be thankful for what Canada's acceptance for diversity has to offer.

He highly recommends volunteering because it has kept him active, energetic, and socially responsible. When asked if he can provide some words of wisdom to encourage others to volunteer, he humbly claimed that he is hardly a role model. Kai says everyone has their own interests and strengths— "if you encourage volunteers share their interests, they will be more motivated to invest their time in interactions with others. For myself, I taught English prior to retirement and I am interested in the changing cellphone technology. That allows me to teach English through the use of cellphones—a 2 for 1 deal as seniors can learn both at the same time!". He encourages volunteers to take initiative, commit to their roles, and not to be shy in sharing any new program ideas with our team! Any volunteers who wish to share their volunteer stories or have suggestions, please contact the Volunteer Team!



WhatsApp  
Phone# 416-670-3068



WeChat  
ID: Carefirstvolunteer

Instagram  
@cf.youthclub

## YOUTH CORNER



### Youth Club... for Seniors? | By: Veronica Ma, youth volunteer

The Carefirst Youth Club meets every second Saturday of the month. It encourages youths to interact with their peers more. In May, we had a chance evaluate whether the board games and video games we play may be suitable for seniors to enjoy as well. For example, the Wii has a lot of virtual sports activities to choose from and they mimic gestures such as swinging a bat or throwing the ball. Because of the light level of exercise, I think seniors can consider playing the Wii to stay active. I like the events in the Youth Club because I get to exchange conversations during social activities. When I was playing the Wii, I had to talk to my teammates in order to complete the mission. I may not know much about them at first but the games are a great ice breaker!

Charity Walk was special because it allowed me to meet new people in situations I would have never expected before. It was interesting to see the many different types of people gathered in one area for one charity!

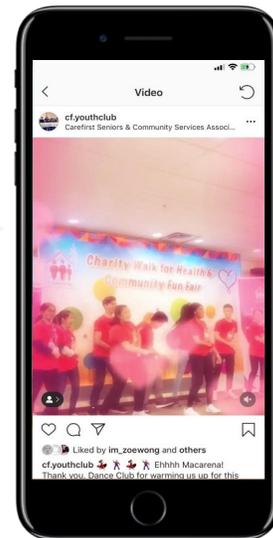
- Catherine Huang, youth volunteer



Follow us on Instagram [@cf.youthclub](https://www.instagram.com/cf.youthclub) to keep updated with our events and see our recent event photos & videos!



The entire process of helping out (at Charity Walk for Health) with the event allowed me to use my potential to contribute to the community, gain more knowledge about helping others, improved my communication skills with others, time management, and develop good teamwork. - Vivien Leong, youth volunteer



# U nited Way Spring Day of Caring 2019 & BMO Corporate Day

Carefirst would like to thank all the volunteers from **Chemtrade Logistics** (on May 7), **Toromont CAT** (on May 10), and **Bank of Montreal** (on June 12) for volunteering at our Scarborough and Richmond Hill Ip Fu Ling Fung Adult Day Program Centres this Spring. Your dedication, high energy, and positive attitudes made our seniors so very happy! Thank you for joining us for Music Therapy, for serving lunch, for leading post-lunch exercises, for lending an ear over table games, for sharing your experiences through conversation and for renewing our porch. All your contributions enriched our programs greatly.

Although visits were short, the impact is long-lasting.



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