The V Voice
義工通訊

MARCH/APRIL 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

Coronavirus Disease 2019 (COVID-19)

Novel Coronavirus Factsheet available at:
http://carefirstontario.ca/news/novel-coronavirus-health-advice/

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to this virus. Preventative measures include:

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Stay home when you are ill.
- Avoid close contact with people who are ill.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then immediately throw tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve/arm.
- Clean and disinfect frequently touched objects and surfaces.

Carefirst Infection Prevention/Control Procedure:
Daily Health Evaluation and Communication Record

- All visitors, volunteers, staff, and service users must complete a self-screening tool before providing or receiving services at Carefirst service centres.
- If you or household members have travelled to or come back from any location where there is a Coronavirus travel advisory in the last 14 days, please refrain from coming to Carefirst service centres and stay home for self-quarantine until 14 days post-arrival to Canada. Visitors are advised to reschedule/take a break from non-essential activities.
- If you have symptoms of respiratory and/or gastrointestinal infection, please seek medical advice and rest at home. Wear a mask if you must leave the house to prevent spreading of infection.
- Please use hand sanitizer when you arrive at Carefirst.

INFECTION PREVENTION SUPERSTAR

A big thank you to our volunteer Raymond Ka for taking the initiative to prepare a disinfectant solution. He sanitized the ping pong balls and table tennis equipment to ensure that our participants are protected and play at ease. We would like to remind everyone to stay proactive in sanitizing your surroundings and hands at a crucial time like this to prevent the spread of infection.

Friendly Reminders

Volunteer Parking Permit Renewal

If you are a registered volunteer or Wellness Program Instructor who has assigned duties at Carefirst One-Stop Multi-Services Centre, kindly renew or obtain your parking permit for April to September 2020 starting **Monday, March 23, 2020** at the Wellness Office.

Offense Self-Declaration

If you registered to be a volunteer before April 1, 2019, please renew your *Volunteer Offence Self-Declaration Form.* The form will be sent to you via e-mail. Alternatively a hard copy can be picked up from your Volunteer Coordinators. Please sign and submit the form by e-mail, fax or in person by **Monday, April 13, 2020.**

Volunteer Service Hour & Travel Reimbursement Record

Carefirst 2019/20 year ends on March 31st, 2020. In order to close our agency financial records in an accurate and timely manner, our team requests the submission of your *Volunteer Service Hours & Travel Reimbursement Record* and any outstanding records between April 1, 2019 and March 31, 2020 by **Friday, April 3, 2020.**

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

UPCOMING TRAINING & ACTIVITIES | 義工培訓及活動

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.

- Wednesday, March 25, 2020
- 1:00PM—4:00PM
- Carefirst One-Stop Multi-Services Centre (300 Silver Star Blvd., Scarborough, ON)
- Language: English

Volunteers Wanted!

Carefirst Special Gift Draw

- *Service role:* support fundraising team by selling Special Gift (Souvenir vacuum water bottle)
- *Date:* Every Monday, Wednesday or Thursday until March 20, 2020
- *Shift:* 10:00AM—4:00PM
- *Location:* Carefirst One-Stop Multi-Services Centre (300 Silver Star Blvd. Scarborough, ON)

Volunteers Wanted!

Carefirst 2020 Charity Raffle

- *Service role:* support fundraising team by selling raffle tickets for 2020 Charity Raffle and supporting Carefirst Service Information Booth
- *Shift:* 11:00AM—4:00PM
- *Dates & Locations*
  - Sat, Mar 7 at *New Kennedy Square*
  - Sun, Mar 8 at *New Kennedy Square*
  - Sun, Mar 15 at *Chartwell Shopping Centre*
  - Sat, Mar 28 at *Splendid China Mall*
  - Sun, Mar 29 at *Splendid China Mall*

Volunteers Wanted!

Carefirst Young at Heart Charity Gala

- *Service role: (*tasks include, but are not limited to): venue set up, decoration, charity sale, silent auction, and floor support
- *Date:* Saturday, March 21, 2020
- *Shift:* 1:00PM—11:00PM
- *Location:* Sheraton Parkway Toronto North Hotel (600 Highway 7 East, Richmond Hill, ON)
- *Sign up to volunteer at:* https://forms.gle/GdXuHhpEtjy9p6q4A

Joanne Zeng
joanne.zeng@carefirstontario.ca
416-847-0274

Jessie Liu
jessie.liu@carefirstontario.ca
416-572-3824

Patricia Cheung
patricia.cheung@carefirstontario.ca
416-847-0273

Carefirst Seniors & Community Services Association

Special Gift Draw

($100 Each)

Buying a Souvenir Vacuum water bottle will automatically enter into a gift draw which will be conducted at

Carefirst 2020 Young at Heart Charity Gala

on Saturday, March 21, 2020

You will have 1 out of 300 chances to win* one of the following prizes:

- **Package Trip for 2 to Las Vegas**
  ~ donated by ***Mandarin Holidays***

- **Jewelry**
  ~ donated by ***Swismond Jewelery***

- **One bottle of Chateau d'Yquem Sauternes**
  ~ donated by ***David Ho***

** Skill-testing question required*

To order a Souvenir Vacuum Water bottle please contact your Volunteer Coordinators.

We encourage everyone to SHARE the Special Gift Draw event with your family and friends.

Carefirst 2020 Charity Raffle! Raffle tickets are available at $5 per ticket

Volunteers are encouraged to sign out raffle tickets to share with their networks.

If you want to purchase or help sell raffle tickets, please contact your Volunteer Coordinators.

Thank you for your support!

Prizes include:

Lenovo ThinkPad Laptop

Designer Sunglasses

Huawei P20 Cellphone

Perfume Gift Set

...AND MORE!

Welcome, Volunteers to Wellness Club Leisure Corners

Join us for coffee/tea, board games, and conversation to socialize with other members and volunteers!
Leisure Corners are available in 3 languages and 2 locations!
Join us for FREE!

At 300 Silver Star BLVD
Free Drop In

Cantonese	Mandarin	English
Friday	Friday	2nd Tuesday
2:00 – 4:00	9:30 – 12:00	10:00 – 12:00

At 420 Hwy 7 East
Limited Space, Please Register

Cantonese	Mandarin
Tue	Thu
2:30 – 3:30	10:00 – 12:00

WhatsApp
Phone# 416-670-3068

WeChat
ID: Carefirstvolunteer

Instagram
@carefirst.youthclub

Carefirst Youth Club Presents

SPRING FOOD DRIVE

In support of Scarborough Food Banks

We are accepting food donations at 3 locations throughout the week of **March 30—April 9**:

1. MARCH 30—APRIL 9, 2020
   Carefirst One-Stop Multi-Services Centre
   (300 Silver Star Blvd.., Scarborough)
2. MARCH 30—APRIL 3, 2020
   Carefirst York Region Office
   (420 Highway 7 E, Suite 104A, Richmond Hill)
3. MARCH 30—APRIL 2, 2020
   Carefirst Bayview Hill Seniors Program at Bayview Hill Community Centre
   (114 Spadina Rd, Richmond Hill)

ITEMS TO AVOID:

- ✗ Expired items
- ✗ Glass containers
- ✗ Fresh food (no fresh fruits/vegetables)
- ✗ Candy/Junk food
- ✗ Homemade food

NON PERISHABLE ITEMS NEEDED:

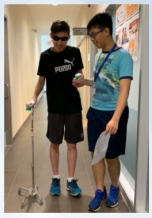
- ✓ Pasta & Rice (Small Bags)
- ✓ Undamaged canned goods (beans, soups, fruits, milk, vegetables, sauce)
- ✓ Foods that expire AFTER June 2020
- ✓ Infant food & baby formula
- ✓ Cereals/oatmeal (whole grain)
- ✓ Protein alternates (nuts, soy, peanut butter)

Carefirst Seniors & Community Services Association

Youth Leadership & Volunteer Development

Youth Volunteer Leadership Training Program

A five-day leadership training program for high school students, focusing on:



- **Geriatric Care**
  - Understand Aging (Psychological & Physiological)
  - Aging Simulation
  - Safe Transfer Skills
- **Personal & Professional Skills**
  - Communication & Team Building
  - Leadership Training (with St. John's Ambulance Cadets)
  - Relaxation Yoga Workshop
  - Healthy Cooking & Nutrition (with a Registered Dietitian)
  - First Aid/CPR Certificate Course (certified by St. John Ambulance)
- **Community Involvement & Program Development**
  - Program Development (Plan & lead Intergenerational Program for seniors)
  - Earn volunteer hours

Who	Grade 9 to Grade 12 Students
When	March 16—20, 2020 9:30am — 4:30pm
Where	Carefirst One-Stop Multi-Services Centre 300 Silver Star Blvd. Scarborough
Fee	$200 (St. John Ambulance First Aid/CPR Certificate Course Fee & Lunch included)

Information & Registration

Phone | (416) 572-3824

E-mail | volunteer@carefirstontario.ca

United Way Greater Toronto

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 Jessie Liu (Volunteer Coordinator).