



Carefirst Seniors & Community Services Association
耆暉會

Community Support Services (Mississauga Office)
社區支援服務部 (密西沙加辦事處)

2020

Oct

To

Dec

Program

Schedule

十月至十二月活動表

Topic/講題	Date/日期	Time/時間	Venue/活動地點
October/十月份			
EA Happy Together Support Group (Coral PL) 輕鬆小聚互助小組 (加樂樓)	Friday, October 2, 9, 16, 23 & 30 十月二, 九, 十六, 二十三及三十日(星期五)	10:00am to 11:30am 上午十時至 上午十一時三十分	Virtual 網上視像
EA Happy Together Support Group 輕鬆小聚互助小組 (Cantonese粵語)	Tuesday, October 13 & 27 十月十三及二十七日 (星期二)	1:00pm to 3:00pm 下午一時至下午三時	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
2020 Mississauga Older Adult Expo - Display Booth 2020年密西沙加長者博覽會 及攤位展覽	Tuesday, October 6 十月六日 (星期二)	10:00am to 2:00pm 上午十時至下午二時	South Common Community Centre, 2233 South Millay
High Rise and Fire Safety Workshop 防火安全講座之 高層公寓逃生計劃 (Cantonese粵語, English 英語)	Tuesday, October 6 十月六日 (星期二)	1:00pm to 2:30pm 下午一時至 下午二時三十分	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
Fire Safety Workshop 消防安全講座 (Mandarin國語, English英語)	Wednesday, October 7 十月七日 (星期三)	10:00am to 11:30am 上午十時至 上午十一時三十分	Creditvale Mills, 1535 South Parade Court, Mississauga
Anti-Fraud During COVID-19 疫情下的詐騙案 (Cantonese粵語)	Tuesday, October 20 十月二十日 (星期二)	1:00pm to 2:30pm 下午一時至 下午二時三十分	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
Tax and Probate Worksop 遺產稅和遺囑認證講座 (Cantonese粵語)	Tuesday, October 27 十月二十七日 (星期二)	10:00am to 11:00am 上午十時至 上午十一時	Virtual 網上視像
Client Intervention & Information & Referral 個案協助, 諮詢及轉介服務, 填表及翻譯服務等	Monday to Friday 星期一至星期五 Cantonese/Mandarin/ English 粵語, 國語, 英語	9:00am to 5:00pm 上午九時至下午五時 *請預約登記* Please call for appointment	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
Holiday Notice 假期通知			
Centre will be closed on Monday, October 12 for Thanksgiving Day 中心將於10月12日星期一感恩節假期休息一天			
查詢服務/For Enquiry: 905-270-9988 or/或 416-738-5929 梁姑娘 Persy Leung			
中心地址/Address: 1051 Eglinton Ave W, Mississauga, On L5V 2W3			
網址/Website: www.carefirstontario.ca			





**Carefirst Seniors & Community Services Association
耆暉會**

**Community Support Services (Mississauga Office)
社區支援服務部 (密西沙加辦事處)**

2020

Oct

To

Dec

Program

Schedule

十月至十二月活動表

Topic/講題	Date/日期	Time/時間	Venue/活動地點
November/十一月份			
EA Happy Together Support Group 輕鬆小聚互助小組 (Cantonese 粵語)	Tuesday, November 3, 10 & 24 十一月三,十及二十四日 (星期二)	1:00pm to 3:00pm 下午一時至下午三時	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
"Falls Prevention" Virtual Workshop 預防跌倒網上視像講座	Tuesday, November 3 十一月三日 (星期二)	10:00am to 11:00am 上午十時至上午十一時	Virtual 網上視像
Aging with Vitality Expo – Display Booth 活力長者博覽會及攤位展覽	Thursday, November 5 十一月五日 (星期四)	9:30am to 3:00pm 上午九時三十分至下午三時	Le Report Centre 1075 Queensway East, Mississauga
Senior Benefits & Peel Senior Finance Help Virtual Workshop 長者福利和皮爾區長者經濟援助網上視像講座 (Cantonese 粵語)	Tuesday, November 10 十一月十日 (星期二)	10:00am to 11:00am 上午十時至上午十一時	Virtual 網上視像
Emergency Preparedness Workshop 危機處理講座 (Cantonese 粵語)	Tuesday, November 17 十一月十七日 (星期二)	1:00pm to 2:30pm 下午一時至二時三十分	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
Client Intervention & Information & Referral 個案協助, 諮詢及轉介服務, 填表及翻譯服務等	Monday to Friday 星期一至星期五 Cantonese/Mandarin/English 粵語, 國語, 英語	9:00am to 5:00pm 上午九時至下午五時 *請預約登記* Please call for appointment	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga

Holiday Notice 假期通知

Centre will be closed on Wednesday, November 11 for Remembrance Day
中心將於11月11日星期三國殤日假期休息一天

查詢服務/For Enquiry: 905-270-9988 or/或 416-738-5929 梁姑娘 Persy Leung
中心地址/Address: 1051 Eglinton Ave W, Mississauga, On L5V 2W3
網址/Website: www.carefirstontario.ca





**Carefirst Seniors & Community Services Association
耆暉會**

**Community Support Services (Mississauga Office)
社區支援服務部 (密西沙加辦事處)**

2020

Oct

To

Dec

Program

Schedule

十月至十二月活動表

Topic/講題	Date/日期	Time/時間	Venue/活動地點
December/十二月份			
EA Happy Together Support Group 輕鬆小聚互助小組 (Cantonese粵語)	Tuesday, December 1, 8, 15, 22 & 29 十二月一, 八, 十五, 二十二及二十九日 (星期二)	1:00pm to 3:00pm 下午一時至下午三時	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
Elder Abuse Education Cum Fun Day 敬老護老齊賀聖誕 (Cantonese粵語)	Friday, December 11 十二月十一日 (星期五)	1:00pm to 3:00pm 下午一時至下午三時	Virtual 網上視像
Winter Driving & 80+ Senior Driving Test Workshop 冬日駕駛和80+歲長者駕駛考試網上視像講座 (Cantonese粵語)	Tuesday, December 15 十二月十五 (星期二)	10:00am to 11:00am 上午十時至上午十一時	Virtual 網上視像
Client Intervention & Information & Referral 個案協助, 諮詢及轉介服務, 填表及翻譯服務等	Monday to Friday 星期一至星期五 Cantonese/Mandarin/English 粵語, 國語, 英語	9:00am to 5:00pm 上午九時至下午五時 *請預約登記* Please call for appointment	耆暉會/Carefirst 密西沙加辦事處 1051 Eglinton Ave West, Mississauga
Holiday Notice 假期通知 Centre will be closed on Friday, December 25 for Christmas Day 中心將於12月25日星期五聖誕節假期休息一天			
查詢服務/For Enquiry : 905-270-9988 or/或 416-738-5929 梁姑娘 Persy Leung 中心地址/Address: 1051 Eglinton Ave W, Mississauga, On L5V 2W3 網址/Website: www.carefirstontario.ca			



**United Way
Greater Toronto**

華人【防止虐老及忽略長者】教育計劃

何謂虐老:

虐老是指傷害長者福祉或安全的行為，或不作出某些行為而令長者的福祉或安全受到傷害。一般涉及的行動包括: 身體虐待; 精神虐待; 財政虐待; 侵吞長者財物或產業; 疏忽及遺棄

保護長者錦囊

- 明瞭自己的權益，清楚瞭解到何謂虐老行為
- 增強對生活事件的處理及應變能力，例如學習 如何管理個人財產
- 擴闊社交圈子，參與社區活動：增加求助渠道
- 主動向信任的人尋求協助及傾訴感受
- 提倡和發揮互相守望的精神，如發現身邊的朋友或長者懷疑遭受虐待的情況，主動關心和聆聽其需要
- 運用社區支援服務，向專業人士查詢、求助
- 臨危時打緊急熱線911;
- 安省免費【長者安全熱線】1-866-299-1011，全年每日24小時運作，并有包括國粵語在內的150多種語言傳譯。

耆暉會【保護長者華語熱線】 416-502-2321 逢星期一至五 早上九時至下午五時

Protecting Seniors Against Elder Abuse Education Program

What is Elder abuse?

Elder Abuse is any action or inaction that jeopardizes the health, safety and well-being of an older person. Commonly seen actions are: Physical abuse, Psychological abuse, Financial abuse, Neglect and abandonment

Tips for Protecting Seniors

- know your own rights, understand what is elder abuse
- Enhance your own skills in handling every day management and how to deal with changes, for example, learn how to manage your own finances
- Expand your social circle, participate in social activities
- Increase help seeking avenues
- Actively seek help and talk with those whom you trust
- Help others, if you find anyone around you seeming to be dealing with elder abuse situations, proactively listen to their needs and offer help
- Utilize social support services, seek information and help from professionals
- Call 911 in emergency and life-threatening situation. Remember the Senior Safety Line 1-866-299-1011, which can be called from anywhere in Ontario for free. It runs 24 hours a day, 7 days a week with 150 languages including both Mandarin and Cantonese.

Carefirst Chinese Elder Abuse Helpline 416-502-2321 Monday to Friday from 9am to 5pm

