



The V Voice

義工通訊

September/October 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

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A safe return to in-person volunteering 安全地回歸實體義工服務



Carefirst prepares to restore in-person volunteering to a fuller capacity at a measured pace. Safety of volunteers being always our top priority, the Carefirst Youth Leadership & Volunteer Development Team conducted 2 virtual information sessions on July 15 and 22, in Cantonese and in English, respectively. A total of 81 volunteers attended. After the sessions, an online survey was conducted to gauge our volunteers' readiness to return and their latest volunteering preferences.

耆暉會現時逐漸恢復實體義工服務。其中首要考慮是義工的安全。為此，《青年領袖與義工發展部》於 7 月 15 日和 22 日分別舉行了粵語和英語共兩場的網上會議，向與會的 81 位義工闡釋恢復實體義工服務的安排。隨後向義工發出一份網上問卷，以了解義工們的意向及現時對義工服務的選項，好進一步安排義工的服務。

Survey result highlights 問卷調查結果

Over half of them are ready to return the volunteer services

過半受訪義工已準備返回義工服務



98% of information session participants claimed "have better knowledge and understanding of the topic"

98% 有參與會議的義工稱“對該主題有更好的了解和理解”

If you are ready to resume your volunteer service, please contact us!

如果你已經準備好重投義工服務，請與我們聯絡！

WELCOME
BACK

We Miss You

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

Ontario Volunteer Service Awards 2021

2021 安省義工服務年獎

Every year the Ontario government celebrates the amazing and dedicated volunteers for their contributions to the community. This year 39 Carefirst volunteers received the Ontario Volunteer Service Award for their years of continuous contribution.

Let's give a big round of applause to our volunteers for their commitment and dedication to caring for the seniors in the community.

安省政府每年都會表彰全省義工們的傑出貢獻。今年，共有 39 位耆暉會的義工獲得安省 2021 年度義工服務獎，分別表彰他們持續服務了五至二十年不等。

在此，我們祝賀各獲獎義工，並衷心感謝義工們關懷社區長者時付出的熱誠和貢獻。



25 Years	Anita Lee				
20 Years	Peggy Suk Ling Cheng	Winnie Lo	Belinda Tong	Biu-Lam Bill Wong	
15 Years	Susan Chan	Anissa Cheung	Winnie Ho	Hilda Ku	Andrew Ling
	Susanna Ling	Peter Ma	Agnus Ng	Pauline Yeh	Vincent Yuen
10 Years	Eric Kuen Auyeung	Mei Dong	Da Yong Gu	Gladys Ho	Jimi Ko
	Debra Lai	Emily Lee	Yuk Wha Li	Sau Kuen Luk	Smile Ng
	Martina Poon	Peter Shum			
5 Years	Winnie Chun	Annissa Ho	Lowina Hui	Suzanna Lau	Susan Lee
	Peggy Mei	Sandy Su	Wendy Tam	Phoebus Wong	Yun Ping Wong
Youth	Bryan Kozdas	Aniesha Rangunathan			

“Active in August”

耆暉活力齊運動

In supporting Carefirst Richmond Hill Campus of Care, this year's Carefirst Charity Walk took place virtually and has turned into a month-long activity campaign of staying active and healthy – “Active in August Challenge”.

為支持興建耆暉會烈治文山

“Campus of Care” 長期院舍，每年一度的「耆暉活力齊運動」繼續於網上舉行。今年是為期 31 日的體能活動大挑戰，鼓勵大家要保持運動，維持身心康泰。



A big thank you to our volunteers for participating in the 2021 “Active in August” Challenge and volunteering at the event on Aug 14
感謝義工們參與體能挑戰及 8 月 14 日在現場提供義工服務!



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Snapshots of Summer Virtual Parties 夏季網上聚會花絮

Wellness Club and Volunteer Team once again worked hand in hand trying to catch that last bit of summer vibes for our members and volunteers. Altogether we had 229 participants at three virtual gatherings. We had so much fun! 耆康社與義工部再次攜手為社員及義工留住夏天的氛圍。3 個聚會共 229 位參加者。笑聲笑聲，滿載溫馨！



Cantonese Party 粵語聚會



Mandarin Party 國語聚會



English Party 英語聚會

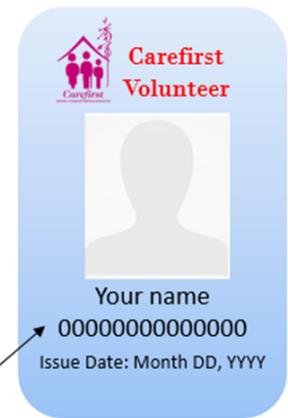
Replace your 8-digit volunteer ID card 更換舊義工證

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

14-digit volunteer ID number



volunteer Opportunities



Program Assistant - Wellness in-person programs

- ★ Support the in-person program operation such as health screening, attendance taking, room set-up etc.
- ★ Monday to Friday, time varies depending on program schedule
- ★ 300 Silver Star Blvd. Scarborough or 225 Bamburgh Circle, Scarborough

Program Assistant - Wellness virtual Programs

- ★ Support Zoom program operation such as admitting participants, tracking attendance, making announcement by "Share Screen", "lock" and "end" meeting etc.
- ★ Monday to Friday, time varies depending on program schedule
- ★ Familiar with Zoom meeting and Google Sheet
- ★ Support from home

Reception Greeter (Lobby) at 300 Silver Star Blvd.

- ★ Greet visitors, notify staff the arrival of their clients and handle incoming mails & courier services, etc.
- ★ Either morning (9am – 1pm) or afternoon (1pm to 5pm) shift during Monday to Wednesday
- ★ Proficient in English, Cantonese and Mandarin
- ★ 300 Silver Star Blvd. Scarborough

WhatsApp

Phone# 416-670-3068



WeChat

ID: Carefirstvolunteer

Instagram

@carefirst.youthclub

PHOTOGRAPHY WORKSHOP

Rule of Thirds

Turn the grid on in settings



A thematic workshop of smart phone photography was held on July 30. Thank you for instructor Michelle Yip shared lots of professional techniques and skills during the workshop.

All participants returned positive feedbacks on what they learned.

I didn't know what to expect when I agreed to teach a class on photography for the youth. This was my first time ever to teach a class on photography. "Will they listen? Will they like what I teach? Will they stay in engaged?", those were the thoughts that ran through my head. However, long story short, it was a good experience. Even though the teens were quiet and didn't turn on their videos, I soon realized that it wasn't because they felt "too cool for school", it was because they were too shy. It took a bit more effort on my part to get some response, but I was encouraged when they would respond to the questions I asked, and when they asked really questions (some were really good questions) that showed they were interested.

I don't know how far a 101 photography class will take them, but I'm glad I taught something I'm passionate about to some hungry students. Maybe some of them will further their interest in photography, and maybe some will one day become world renown photographers (we'll see!).

- Michelle Yip, instructor

PYTHON SUMMER CAMP

Thank you Alexander Chow and Nathan Janit for conducting the Python Summer Camp with 34 youth participants joining us! Here are the reflections from instructors and participants:

Over the course of a month, Nathan and I taught a group of 30 students the fundamentals of programming in Python, which is one of the most widely used and flexible programming languages in the present. In particular, we focused on building graphical user interfaces from the ground up, and gave lessons on practical skills that would then be applied to various projects. These projects included the likes of a basic calculator, Hangman, Tic-Tac-Toe, and Connect 4. Personally, I found the experience to be very fulfilling, as I felt that I was able to contribute back to the Chinese community, which has aided me in many ways. I learned how to hold lessons in a more engaging manner and how to keep the attention of the class as a whole. However, I was also able to gain empathy for what it's like teaching classes online, which comes with many struggles that are not typically encountered when teaching in-person. Overall, I am very grateful for the opportunity to teach this class, and would love to keep giving back to the community in the future.

- Alexander Chow, instructor



The opportunity to instruct the coding program was an experience I greatly enjoyed. Allowing me not only to reflect on my understanding of the subject area, rebuilding the core of my understanding as I went back to the beginning to structure the lessons in a comprehensible way, but also allowed me to gain practice in creating and executing lesson plans.

Through the experience I learned how to create more engaging lessons, pivoting from simply explaining topics to trying to encourage individual exploration through guided projects and challenges. I greatly appreciate being given the chance to help in the running of this program and I will use what I learned to help with future instructive endeavours going forward.

- Nathan Janit, instructor

It was a fun experience to learn and to participate in their classes.

- Johnson Lee, participant

Thank Alexander and Nathan for teaching us Python. I really appreciate it and it was very helpful for the lesson.

- Victor Su, participant

MID-AUTUMN FESTIVAL DIY ARTS & CRAFTS PROJECT

Carefirst volunteers have unstoppable love to the community! Thank you Chloe Keung and Selena Lau as the volunteers leading the virtual Arts & Crafts workshop on August 18. We have received over 30 crafts from youth participants and the crafts will be gifted to seniors in the community!



Leading a session and sharing how to make Mid-Autumn Festival lanterns as part of Carefirst's youth program have been incredibly fun and meaningful. I thoroughly enjoyed sharing my interest in arts and crafts with other youths. The crafted lanterns will be gifted to Carefirst's senior clients, making this event even more purposeful and worthwhile. It has also allowed me to further my own skills, such as my planning, explanation and time organization and has certainly benefited my personal development. Overall it has been a wonderful experience and I am grateful for being able to be part of it!

- Chloe Keung, volunteer



Teaching and leading other volunteers in the DIY craft project program helped me gain many new skills and experiences. In this program, I had the chance to discover a unique yet simple craft related to the Mid-Autumn Festival and teach other volunteers how to make it. While brainstorming about a craft, I gained creativity and critical thinking skills, as I carefully thought how to successfully make the craft. I also gained more experience in teaching and engaging with a crowd virtually, with a camera and through zoom. Not only did I learn from myself through this experience, I also got to learn from the other youth volunteers in this program. In addition, this program opened up a new experience for me: making crafts for a good cause. It was my first time where I could teach other volunteers to make crafts for seniors. Finally, throughout the process of brainstorming, crafting, and teaching, I was also constantly supported by the staff of the Youth Program at Carefirst. Without their guidance, I wouldn't have been able to achieve such successful results, from crafting to teaching other volunteers. Overall, I had a wonderful first time experience volunteering in the youth program as a crafts leader, as this opportunity brought me a brand new experience and useful skills.

- Selena Lau, volunteer



some of our volunteers at the Appreciation Day hosted by Markham Stouffville Hospital

Carefirst volunteers provide assistance to the Scarborough Health Network, Markham Stouffville Hospital and York Public Health in the delivery of COVID-19 immunization clinics:

- ★ 43 at Carefirst 300 Silver Star Vaccine Clinic
- ★ 36 at Cornell Vaccine Clinic (Markham Stouffville Hospital)
- ★ 38 at all pop-up vaccine clinics setup in Markham and Scarborough