



耆暉會密西沙加社區支援服務部

Carefirst Seniors & Community Services Association

Mississauga Community Support Services

10 月份活動 October 2021 Program List

Topic 講題	Date 日期	Time 時間	Venue 活動地點
EA Happy Together Support Group 輕鬆小聚互助小組 (Cantonese 粵語)	October 5, 12, 19, 26 (Tuesdays) 十月五, 十二, 十九及 二十六 (星期二)	1:00pm to 2:30pm 下午一時至 下午二時三十分	Hybrid 網上平台及現場
Emergency Preparedness 安心“寶” – 危機處理 (Cantonese 粵語)	October 1 (Friday) 十月一日 (星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Elder Abuse Series: What is Neglect & Abandonment in Caregiving Journey? 長者權益篇: 何謂疏忽照顧? (Cantonese 粵語)	October 15 (Friday) 十月十五日 (星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Peel Financial Help Program 皮爾區經濟援助計劃 (Cantonese 粵語)	October 19 (Tuesday) 十月十九日 (星期二)	1:00pm to 2:00pm 下午一時至 下午二時	耆暉會密西沙加辦事處 Carefirst Mississauga Office, 1051 Eglinton Ave W
Client Intervention and 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 to make appointment	耆暉會密西沙加辦事處 Carefirst Mississauga Office, 1051 Eglinton Ave W
Holiday Notice 假期通知			
Centre will be closed on Monday, October 11, 2021 for Thanksgiving 中心將於 10 月 11 日星期一感恩節期休息一天			
Carefirst Seniors & Community Services Association (Mississauga) is located at St. Elizabeth Anglican Church 耆暉會密西沙加辦事處位於聖公會頌主堂內 中心地址/Address: 1051 Eglinton Ave W, Mississauga, ON L5V 2W3 查詢服務/ Enquiry: 905-270-9988 (梁姑娘 Persy Leung) 網址/Website: www.carefirstontario.ca			



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11 月份活動 November 2021 Program List

Topic 講題	Date 日期	Time 時間	Venue 活動地點
EA Happy Together Support Group 輕鬆小聚互助小組 (Cantonese 粵語)	November 2, 9, 16, 23, 30 (Tuesdays) 十一月二, 九, 十六, 二十三及三十日 (星期二)	1:00pm to 2:30pm 下午一時至 下午二時三十分	Hybrid 網上平台及現場
Elder Abuse Series: Financial Abuse & Frauds 醒目長者之如何避免經濟剝削 (Cantonese 粵語)	November 19 (Friday) 十一月十九日 (星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Elder Abuse Series: Safety Plan & Community Resources 安全計劃及社區資源 (Cantonese 粵語)	November 26 (Friday) 十一月二十六日 (星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Client Intervention and 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 to make appointment	耆暉會密西沙加辦事處 Carefirst Mississauga Office, 1051 Eglinton Ave W
<u>Holiday Notice 假期通知</u> Centre will be closed on Thursday November 11, 2021 for Remembrance Day 中心將於 11 月 11 日星期四紀念日休息一天			
Carefirst Seniors & Community Services Association (Mississauga) is located at St. Elizabeth Anglican Church 耆暉會密西沙加辦事處位於聖公會頌主堂內 中心地址/Address: 1051 Eglinton Ave West, Mississauga, ON L5V 2W3 查詢服務/ Enquiry: 905-270-9988 (梁姑娘 Persy Leung) 網址/Website: www.carefirstontario.ca			



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12 月份活動 December 2021 Program List

Topic 講題	Date 日期	Time 時間	Venue 活動地點
EA Happy Together Support Group 輕鬆小聚互助小組 (Cantonese 粵語)	December 7, 14, 21, 28 (Tuesdays) 十二月七, 十四, 二十一 及二十八 (星期二)	1:00pm to 2:30pm 下午一時至 下午二時三十分	Hybrid 網上平台及現場
Winter Driving: Driving Test for 80+ Senior 冬日駕駛: 八十歲以上長者考車須知 (Cantonese 粵語)	December 3 (Friday) 十二月三日 (星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Elder Abuse Series: Dementia & Elder Abuse cum Christmas Celebration 敬老護老賀聖誕 - "長者權益與失智症" (Cantonese 粵語)	December 17 (Friday) 十二月十七日 (星期五)	10:00am to 12:00pm 上午十時至 下午十二時	Hybrid 網上平台及現場
Client Intervention and 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 to make appointment	耆暉會密西沙加辦事處 Carefirst Mississauga Office, 1051 Eglinton Ave W
<u>Holiday Notice 假期通知</u>			
Centre will be closed on Monday & Tuesday December 27 & 28 th for Christmas Holiday 中心將於 12 月 27 日星期一及 12 月 28 日星期二聖誕節假期休息二天			
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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，向專業人士查詢或求助
- 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，並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 resources
- Actively seek help and talk with those whom you trust
- Help others, if you suspect any elder abuse situation around, 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



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