耆暉會密西沙加社區支援服務部
Carefirst Seniors & Community Services Association
Mississauga Community Support Services

7 月份活動 July 2022 Programs

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)	July 5, 12, 19 & 26 (Tuesdays) 七月五, 十二, 十九及二十六日 (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 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
EA Happy Together Support Group - Coral Place 輕鬆小聚互助小組 (加樂樓) (Cantonese 粵語)	July 6, 13, 20 & 27 (Wednesdays) 七月六, 十三, 二十及二十七日 (星期三)	10:00am to 11:30am 上午十時至 上午十一時三十分	Coral Place 加樂樓 55 Glenn Hawthorne Blvd Mississauga
敬老護老之"家有一老, 如有一寶" EA Series: Know Your Rights (Mandarin 國語)	July 6 (Wednesday) 七月六日 (星期三)	3:00pm to 4:15pm 下午三時至 下午四時十五分	Virtual Platform 網上平台 (partner with Mississauga Senior Group)
Dementia & EA 失智症及護老的關係 (Cantonese 粵語)	July 8 (Friday) 七月八日 (星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Emergency Preparedness 危機處理 (Cantonese 粵語)	July 22 (Friday) 七月二十二日(星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Understand Long Term Care 長期護老院知多少 (Mandarin 國語)	July 27 (Wednesday) 七月二十七日 (星期三)	3:00pm to 4:15pm 下午三時至 下午四時十五分	Virtual Platform 網上平台 (partner with Mississauga Senior Group)
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

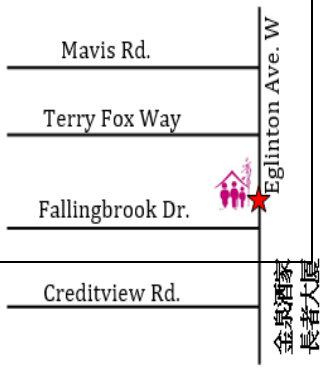
Holiday Notice 假期通知

Centre will be closed on Friday, July 1 for Canada Day Holiday

中心將於 7 月 11 日星期五加拿大國慶日休息一天

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 www.carefirstontario.ca



耆暉會密西沙加社區支援服務部

Carefirst Seniors & Community Services Association

Mississauga Community Support Services

8 月份活動 August 2022 Programs

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)	Aug 2, 9, 16, 23 & 30 (Tuesdays) 八月二, 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 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
EA Happy Together Support Group -Coral Place 輕鬆小聚互助小組 (加樂樓) (Cantonese 粵語)	Aug 3 & 10 (Wednesday) 八月三及十日 (星期三)	10:00am to 11:30am 上午十時至 上午十一時三十分	Coral Place 加樂樓 55 Glenn Hawthorne Blvd Mississauga
Seniors Housing & Other Housing Options in GTA 大多市之長者大廈及其他住屋選擇 (Cantonese 粵語)	Aug 12 (Friday) 八月十二日 (星期五)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台
Understand Long Term Care 長期護老院知多少 (Cantonese 粵語)	Aug 26 (Friday) 八月二十六日 (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 Monday August 8 for Civic Holiday

中心將於 8 月 8 日星期一公民日休息一天

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

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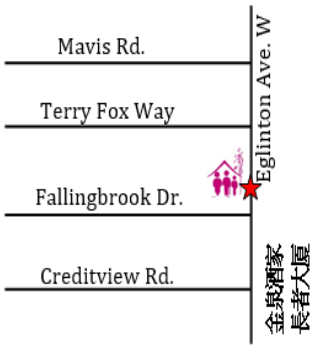
網址/Website: www.carefirstontario.ca



耆暉會密西沙加社區支援服務部

Carefirst Seniors & Community Services Association

Mississauga Community Support Services

9 月份活動 September 2022 Programs

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)	Sept 6, 13, 20 & 27 (Tuesdays) 九月六,十三, 二十及二十七日 (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 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
Elder Abuse Education cum Mid-Autumn Fun Day 敬老護老中秋同"學"樂 之樂在社區 **(Cantonese 粵語)**	Sept 9 (Friday) 九月九日(星期五)	10:00am to 12:00pm 上午十時至 中午十二時	Hybrid 網上平台及現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
Understand Long Term Care 申請長期護老院須知 (Mandarin 國語)	Sept 21 (Wednesday) 九月二十一日(星期三)	10:00am to 11:00am 上午十時至 上午十一時	Virtual Platform 網上平台 Partner with Peel Career Assessment Services
2022 Community Crime Awareness Day-Agency Booth 2022 警民同樂曰-攤位展覽	Sept 24 (Saturday) 九月二十四日(星期六)	11:00am to 5:00pm 上午十一時至 下午五時	Mississauga Celebration Square 密市市府廣場 300 City Centre Dr.
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, Mississauga

<u>Holiday Notice 假期通知</u>

Centre will be closed on Monday September 5 for Labour Day

中心將於 9 月 5 日星期一勞動節休息一天

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

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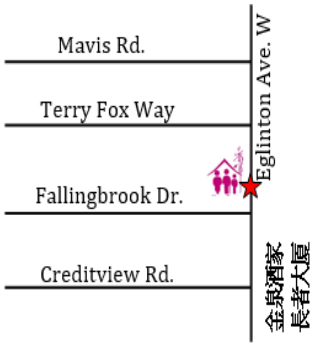

華人【防止虐老及忽略長者】教育計劃

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，清楚瞭解何謂虐老行為
- 增強對生活事件的處理及應變能力: 例如終身學習
- 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
- 遇上危急及涉及人身安全的情況下, 請撥打緊急熱線 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

ACCREDITED WITH EXEMPLARY STANDING
ACCREDITATION AGREMENT CANADA

United Way Greater Toronto