

編者的話

大家好，耆康社季刊復刊了!! 好高興可以與大家再重聚。

疫情已經緩和。耆康社回應社員的需要，繼續保留部分網上班外，亦逐漸重開以往廣受歡迎的實體興趣班、講座和節日聚餐；同時亦得到很多導師的支持，與我們合作開展新活動。「宅」在家中三年了，準備好就請盡量外出走走，回來耆康社參加活動，與以往認識的同學、導師、義工和職員見面吧！

日後耆康社將會在每一季出版季刊，除了活動推廣之外，還會加入不同資訊及社區資源分享。

大家要多多支持耆康社活動!

ON YOUR MARK, GET SET, GO!



長者月社員同樂  
暨 1-6月生日會  
(WEL23126)

6月2日(星期五)

11:00 - 1:00

耆暉會一站式綜合服務中心

社員: \$15 (包午餐)

報名 (請點擊)

[WELLNESS PORTAL](#)

LOHAS Health & Wellness Session  
Virtual Webinar

- Understand how recharging your cells can help with chronic pain, inflammation and more energy.
- Learn how to unblock constipation and improve digestion.

What is PEMF?

What is Colon Hydrotherapy?

Friday, Jun 9 11:00 - 12:00

Speaker: Anne Haygarth

Registration



<https://forms.office.com/r/3CLfY4ghBj>



Horticultural Therapy

Plants and gardening are used in horticultural therapy to promote mental and physical health. Those with mental health conditions, such as depression and anxiety, as well as those with physical disabilities or chronic illnesses, have found it particularly effective. A variety of benefits have been found to be associated with horticultural therapy. Aside from reducing stress and anxiety, it also improves mood, increases physical activity, and improves cognitive function. For those who feel marginalized or isolated, it can also provide a sense of fulfillment.

園藝治療

此療法是使用植物、園藝來促進身心健康。對心理健康狀況，如抑鬱和焦慮、肢體障礙或有慢性疾病的人士特別有效。研究發現此療法可以減輕壓力和焦慮，改善情緒，增加體能活動及提高認知功能。對感覺邊緣化或具隔離感的人士，能提供增加社交互動，並對參加者提供目標感和成就感。

耆康社於五月底舉辦蘭花種植工作坊，實體講座，網上同步進行，報名請掃描二維碼。

活動：蘭花世界多繽紛 - 介紹蘭花品種，如何選購、換盆 (網上同步直播、粵語)

日期：5月25日(星期四) 11:30 - 12:30

地點：耆暉會一站式綜合服務中心

講員：Phyllis Fung

Wellness Club 耆康社 蘭花世界多繽紛  
實體講座 (網上同步直播)  
Gardening with Phyllis-Orchid





耆康社 約克區服務中心  
樂聚耆暉 笑洋洋  
Happy Together Dining Program



祝大家身壯力健，出入平安，笑口常開。

耆暉會位於420 Hwy 7 East 共有三個服務單位 (Carefirst has three units at 420 Hwy 7 East):

- unit 102 耆康社及社區支援服務 (Wellness & Community Support Services)
- unit 104A 耆暉會成人日間服務中心 (Adult Day Program)
- unit 27 耆暉家庭醫療中心 (Carefirst Family Health Team)



耆康社職員和義工定期到訪長者大廈  
舉辦活動。住客來到大廈的康樂室，  
就可以參加活動，舒展身心。

Dining Program at Seniors Housing

【約左徐師傅 - 芒果布甸】視頻，接近10,000人次  
點擊觀看。實體班亦大受歡迎，社員要趕快報名了！



耆康社「暢言雅敘」婦女會慶母親節 Yummy Yummy Lunch



耆康社日前於黎明山華人浸信會與50名長者同樂，慶祝母親節。當天的活動由「暢言雅敘」會長黃曹艷屏籌劃，聯同郭詠觀醫生及一眾會員同心合力安排豐富節目和美食，並為長者送上DIY手工花。同時亦鳴謝黎牧師，教會同工Angela及Edison的協助；耆康社義工及義工攝影組在現場服務。





## WELLNESS & COMMUNITY DEVELOPMENT

### WELLNESS CLUB PROGRAM

In-person and virtual social and recreational activities, health & wellness, and educational activities.

- Locations: 300 Silver Star Blvd and 420 Hwy 7 East, unit 102
- Annual Membership (\$28)

### OUTREACH PROGRAM

In-person and virtual health & wellness and educational activities.

- Locations: community centers/libraries, churches, seniors housing, condominiums, malls and etc.

### CONGREGATE DINING PROGRAM

Meal programs for independent older adults offering affordable meals in a social setting. Program also includes exercise, health education and recreational activities.

- Locations: 300 Silver Star Blvd and 420 Hwy 7 East, unit 102

### EXERCISE & FALLS PREVENTION PROGRAM

Programs help seniors stay healthy, active, and mobile.

Free of charge if you are 65 years old and older.

- Locations: Toronto, Scarborough, North York, York Region (Markham, Richmond Hill, Thornhill, Aurora, Newmarket.....)



位於灣景山長者活動內的社區運動班

## 安康及社區發展項目

### 耆康社

提供實體和網上社交康樂活動，安康及教育講座

- 地點: 耆暉會士嘉堡一站式綜合服務中心，耆暉會約克區服務中心
- 社員年費 (\$28)

### 外展活動

提供實體和網上安康及教育講座

- 地點: 社區中心與圖書館、教會、長者大廈、公寓、商場等.....

### 聚餐活動

為有獨立自理能力的年長參加者，提供費用相宜的聚餐活動並安排運動，健康教育和康樂活動。

- 地點: 耆暉會士嘉堡一站式綜合服務中心，耆暉會約克區服務中心

### 運動及預防跌倒班

為65歲及以上人士提供免費運動班及預防跌倒班。參加者透過恆常運動保持健康、活躍和行動自如。

- 地點: 多倫多、士嘉堡、北約克、約克區 (萬錦、烈治文山、康山、Aurora、新市等等)

### Social Prescribing 「社會藥方」



是指醫生為患者開非醫療性的治療方案，通過轉介患者到社區中心參與活動，使用社區資源，接受輔導及支援等實現治療。患者往往受到非醫療性因素影響而產生孤獨、感覺孤單，或因為生活、家庭、健康或住屋問題等等而產生壓力和焦慮。任何人都需要社會藥方、特別是長者群體。

耆暉會獲得United Way 的撥款，於社區開展為期30個月的「社會藥方」項目。耆康社亦積極籌劃活動配合項目需要，與其他部門一同為被轉介的人士提供服務。透過參與小組活動，期望為參加者擴闊社交及支援網絡，令他們漸漸減退孤獨感，慢慢提升生活質素。如社員想了解更多，請與耆康社聯絡。

2023

Spring Program List

春季活動表



300號廚房  
開門營業

週一樂活「煮」意  
玫瑰花紅饅頭 + 香煎腐皮包  
6月12日 1:30 - 3:30  
耆暉會一站式綜合服務中心  
Wendy Au 導師  
\$25

What is depression? Depression is more than just feeling sad or unhappy. Major or clinical depression is when you feel sad or hopeless for a long time. There are different types of depression and the cause is not always known. This can affect your everyday life. Most people who have major depression need professional help to get better. Who can become depressed? Depression is common. It can happen at any age. In Canada, 1 person in 10 will become depressed sometime in their life. It is also possible to become depressed later in life. There are many signs or symptoms of depression. A few of the symptoms are listed below. Health care professionals can help you find out if you are depressed. They will ask you questions about these symptoms and how they are affecting your life:

- Feeling sad, empty, or hopeless
- Loss of interest or pleasure in activities you used to enjoy
- Weight loss or weight gain
- Sleeping too little or sleeping too much
- Low energy or feeling tired
- Feeling worthless and/or guilty
- Difficulty concentrating or making decisions
- Thoughts about death or suicide

You should get help if you have been having 5 or more of these symptoms for 2 weeks or longer.

There are different kinds of treatment for depression. Relaxation techniques, meditation, exercise and trying pleasurable activities all show strong evidence for decreasing symptoms of depression. A healthy lifestyle (eating well and exercise) can also help. Social supports and peer groups are important to have and can help you recover. Please talk to your health care professional if you have any questions about the different treatments.

甚麼是抑鬱症？抑鬱症不僅僅是感到悲傷或不高興。重度抑鬱症（或稱臨床抑鬱症）是指你長期感到悲傷或絕望。抑鬱症有不同類型，其原因並不都清楚。這可能會影響你的日常生活。大多數重度抑鬱症患者都需要專業人士的幫助才能好轉。誰可能患抑鬱症？抑鬱症是常見疾病，可能在任何年齡發病。在加拿大，十個人中有一人會在有生之年的某個時候患抑鬱症。晚年患抑鬱症也並非罕見。有甚麼跡象表示我可能患有抑鬱症？抑鬱症有很多跡象或症狀。醫療保健專業人士可幫助你查明你是否患有抑鬱症。他們會詢問以下症狀及其對你生活的影響：

- 感到悲傷、空虛或絕望
- 對曾經喜歡的活動失去興趣或樂趣
- 體重減輕或增加
- 睡眠太少或太多
- 精力不足或感到疲乏
- 感到自己無用及/或內疚
- 難以集中精神或做出決定
- 想到死亡或自殺

如果有五種以上這樣的症狀，持續兩週以上，便應求助。

抑鬱症有不同種類的治療方法，可以獨用或合用。放鬆技巧、冥想、鍛煉和嘗試愉快的活動都證明能減少抑鬱症症狀。有益健康的生活方式（吃得好，多鍛鍊）也可能有幫助。社交支持也很重要，可能有助於康復。如果你對不同的治療有任何問題，請跟保健專業人士交談。

Carefirst One-Stop Multi-Services Centre  
300 Silver Star Blvd, Scarborough ON M1V 0G2  
website: [www.carefirstontario.ca](http://www.carefirstontario.ca)

Wellness Club Program

Tel: 416-847-8939 Email: [wellness@carefirstontario.ca](mailto:wellness@carefirstontario.ca)



UHN Patient Education  
Depression (English)



UHN 病人教育項目  
抑鬱症 (中文版)