

## Safe Celebrations during COVID-19 新冠期間長者的節慶活動

With the number of COVID-19 cases on the rise in the community, Villa Cathay, like all care homes, need to be cautious in keeping residents' social bubbles small.

在社區中新冠肺炎的病例與日俱增，故此，華宮安老院仍需要繼續確保長者接觸最少的社交人數。

We continue to creatively find meaningful ways to celebrate. Family members joined their efforts with Villa Cathay to come up with new ways to celebrate with residents this year.

今年家人與華宮的團隊通力合作，尋找新的形式讓長者能夠與摯愛的家人一起慶祝，為長者創造歡樂美好的時光。



Mr. Guo and Family celebrated his 72nd birthday with a delicious mango cake!

郭先生和家人一邊吃芒果蛋糕慶祝了他72歲的生日。



A simple yet heart-warming tea ceremony was held for Ms. Phan to officiate Levana and Alan's wedding! 潘太參加了她孫女的一個溫馨又感人的敬茶婚禮儀式。



Mrs. He's family members brought in a strawberry cheesecake to celebrate her birthday with her. 何太在生日當天獲家人送來一個生日蛋糕慶祝她的壽辰。

## Rekindling Residents' Passions

## 再次激發長者的熱情

Monica re-kindled her lifelong passion for sewing and crafts with the introduction of our assisted knitting machine. In her early life in Hong Kong, she worked as a seamstress in her 20s and 30s where she made all sorts of clothing. She made a beautiful pink and lavender toque at Villa Cathay, and even shared some words of wisdom with us: "Knitting teaches us patience and dedication. This is fun. I haven't done this in years." Knitting has re-ignited her passion as a seamstress, making her feel at "home".



馮太年輕時在香港是做一位裁縫，當年編織了很多衣服。她在華宮用編織機織了一頂粉紅色和紫色的帽子。她對我們說：「編織讓我們學習耐心，我很多年沒有編織了，很開心可以再次試試看。」編織讓馮太重拾對裁縫的熱情，也讓她的心重新找到了家。

## Safely Resuming Group Activities

Residents' group activities resumed in September. In addition to their scheduled rehab exercises, residents now also have weekly group exercises on their floors. Residents adopt the "new normal" for group activities by sanitizing their hands before and after every activity and using plastic wrapped equipment. Residents are excited to thoroughly enjoy fun group activities again!

Residents use pool noodles to bump the balloon to each other in the "Around the World" Balloon Game. It takes the entire group's efforts and collaboration to make the balloon float in the air!

Following the Activity Leader, residents sit in their chairs to do group "In Chair Workouts" together, while maintaining social distance. They work on isolated arm and leg movements to get the blood flowing and promote independence and strength.



## 集體活動安全地重新啓航

長者們的集體活動從九月份開始重新啓航，除了原有的復康運動外，在每一樓層中，他們還可以參加每星期都舉辦的團體運動，長者們已適應了這個新常規，他們每次在活動前和後，都會把雙手消毒，職員會用保鮮紙將用品封好以保持它們清潔，長者們對再次能參加集體活動感到興奮。

在華宮“環游世界”的打氣球的遊戲中，長者用保麗龍棒，他們運用全組人的力量，合作使氣球不落地，樂趣無窮！

我們的長者跟著活動部的員工一起在椅子裏做運動。他們進行手臂和腿部動作，以使血液流動，身體健康及強壯。

## New Games for Residents 長者新的眼手協調活動

"Going Fishing" is a new activity that we recently introduced to the residents where they can fish for shrimp, fish and lobster! The residents use a special fishing rod attached to a magnet to catch the fish in the big pool. It is a great activity for residents to work on their hand-eye coordination.

We continue to look for new activities for residents to promote their eye-hand coordination, e.g. the Wii. Instantly, our residents fell in love with the game. Any game that requires the ability to follow directions, remember sequences or press appropriate buttons to accomplish tasks directly helps improve cognitive ability.



“釣魚”是華宮最近為長者設計的新遊戲，長者拿著一支釣魚竿，然後把貼上磁石的魚從大水池中釣上來，幸運的還可以釣到蝦及龍蝦呢！這活動除非常有趣外，更可以鍛煉長者眼和手協調的能力。



我們繼續帶給長者新的活動，以促進長者們的眼手協調。最近，我們獲捐贈了一套Wii電子遊戲機，長者們立即愛上這個新玩意。在遊戲中長者需要遵循指示，記住順序或按適當按鈕來完成任務，透過完成這些步驟長者亦從事了提高認知能力的活動。



## New Physician Joining Villa Cathay Care Home 歡迎華宮新的長者護理醫生

We welcome Dr. Jonathan Ng as Villa Cathay's newest Resident Care Physician. Dr. Ng may be new to working with Villa Cathay's seniors, but he is no stranger to the Chinese community. He is associating at his father's clinic, Dr. David Ng, who has been stationed in Chinatown for many years. Dr. Ng is excited to give back to the Chinese community that he has grown up with.



我們很高興伍維健醫生加入成為我們最新的長者護理醫生,雖然他剛剛才開始為華宮的長者服務,但是他對華人社區一點都不陌生,因為他一直在父親伍祖榮醫生於華埠的診所服務多年,伍醫生也因能夠為華人社區服務而感到興奮。

## Welcoming Back our Partners 重新歡迎我們的合作夥伴

In September, we welcomed back our Podiatrist and the team from UBC Geriatric Dentistry Program. Villa Cathay residents can resume receiving their much-needed medical pedicures and oral health care treatments from our partners.



這五個月多來,由於疫情而停止的牙醫及足部專科服務,終於在九月份起重新開始。我們的足科醫生以及卑詩大學老年牙科團隊已重返華宮,恢復服務。華宮的長者可以重新獲得足部醫療以及口腔保健服務!

## Thank you to our Community's Support 社區合作夥伴的支持

Despite the cancellation of the 2020 Concord Pacific Dragon Boat Festival, Dragon Boat BC launched a face mask fundraiser in support of Villa Cathay and other charitable organizations. We appreciate Dragon Boat BC for helping us to raise \$250 for our Rejuvenation Project.



2020協平世博龍舟節因疫情的關係而取消,故此,今年主辦機構轉為舉辦一項網上口罩籌款活動,為多個組織籌款,更選擇了華宮安老院重建計劃為其中一個受惠機構。衷心感謝協平世博龍舟節為華宮的重建計劃籌得了二百五十元!

## Subway Giving Back Campaign Subway感謝前線工作人員

As part of Subway's Giving Back Campaign to all frontline workers and essential workers, Subway showed up at Villa Cathay Care Home to surprise our staff! We appreciate everything that you've done for our frontline healthcare workers and enjoyed every bite of our delicious sandwiches. Thank you Subway for stopping by and treating us!



Subway為感謝醫護前線人員,展開回饋運動,並前來華宮安老院給我們的職員一個驚喜!Subway在當天透過美味的三文治來為我們的團隊加油打氣!衷心感謝Subway給我們送來美食,為我們增添力量!

## Supporting the COVID-19 Response 感謝您支持華宮應對COVID-19

We are grateful for the community of donors who continues to donate PPE to Villa Cathay in light of COVID-19. Your support helps Villa Cathay to replenish our PPE items to safeguard the health of our residents and front-line health care workers! 我們感謝社會繼續捐贈支持華宮的 COVID-19 應急基金。區善長人翁的支持讓華宮繼續能補充個人防護裝備保護長者和前線工作人員。

**Thank you to our donors 感謝以下善長 (2020.06-10.25):** Canada Chain Commerce and Culture Association Youth Care Ambassador | E & E Global Foundation Ltd. | GAIA Community Care and Wellness Society | Greater Vancouver Taiwanese Association | Cardinal Health | Rose Hsu | Dr. John Hung | Jetavana Buddhist Society of Vancouver | PYK Consultants Ltd. | Laminati PPE | Mary Quan | Quanzhou Friendship Society of Canada | Vancouver Against Corona

Please visit [www.villacathay.ca](http://www.villacathay.ca) for full donor listing. 請到網頁查看所有善長名單。



## REJUVENATION PROJECT UPDATE 重建計劃進展

The 3-storey West Pavillion is quickly coming to life as we proceed with Phase 2 of the Rejuvenation Project. We can already see the third floor rooms being constructed.

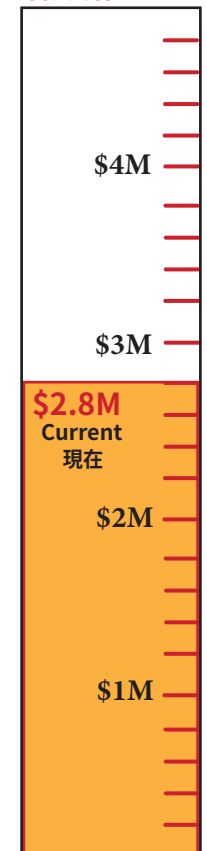
第二期的重建計劃繼續期進行，西苑三樓的樓層正在興建中。

**We are fundraising for the final \$2.2 Million!**  
**華宮安老院重建計劃尚欠二百二十萬!**

**OCTOBER 十月 2020**



**Goal \$5**  
籌款目標 Million



**Phase 2 of the Rejuvenation Project is estimated to be complete by the end of 2021.**  
**華宮重建計劃第二期預計在2021年底完成。**



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