



在疫情期間守護長者

新冠疫情仍然瞬息萬變，華宮需要持續實施嚴謹的預防措施，以確保長者們的安全和健康。華宮在2021年10月份的第一個星期為長者注射預防感冒疫苗，再在10月26日協助超過九成的長者接種新冠加強劑。

省政府宣佈由2022年1月7日起，長期護理院必須安排訪客進行快速檢測，每星期一次。隨著訪客需要接受快速測試，每位長期護理的長者除可獲必要性探訪外，亦可有一位指定的社交訪客探訪。

直至一月三十一日，我們已經為長者的訪客進行超過二百人次的快速檢測。我們感謝華宮的家人與訪客的全力配合，共同阻止新冠病毒感染華宮長者。

Protecting Our Residents from COVID-19

As COVID-19 continues to be rapidly evolving, it is important to maintain and practice enhanced precautionary measures to keep our residents safe and healthy. More than 90% of our residents have received their flu shots on the week of October 4 and the booster shots on October 26, 2021!

The Province announced rapid testing will be required for all visitors visiting long-term care homes weekly starting January 7, 2022. In alignment with the roll out of the rapid testing for visitors, in addition to essential visits, each resident can also receive visits from one designated social visitor.

As of January 31, 2022, we have conducted over 200 rapid tests for residents' visitors. We are inspired and relieved that our families and visitors share the common goal to keep COVID-19 from Villa Cathay resident.



Kudos to Tung Lin Kok Yuen, Canada Society's volunteers

A lotus flower represents beauty, elegance, purity, spiritual enlightenment and wisdom. Thank you to the passionate volunteers from Tung Lin Kok Yuen, Canada Society for showing our residents how to fold paper lotus flowers and bringing them smiles and a sense of tranquility!

感謝加拿大東蓮覺苑的義工

蓮花代表美麗、優雅、純潔、精神啟蒙和智慧。感謝加拿大東蓮覺苑的義工，透過視像方式向長者示範如何摺紙蓮花，並為長者們帶來微笑和寧靜的感覺！

在未來的一年，加拿大東蓮覺苑將會繼續為華宮長者提供更多的服務項目，在此衷心感謝加拿大東蓮覺苑的慷慨支持！



善款讓華宮長者可獲音樂治療

大量研究表明聆聽音樂可以減輕焦慮和疼痛及降低血壓，並可改善一個人的睡眠質量、情緒、精神和記憶力。感謝善長的捐款支持，華宮長者現可獲音樂治療服務！Michelle是我們的音樂治療師，她會利用不同的方式如懷舊金曲協助長者懷緬過去，失去語言能力的長者亦可透過演奏簡易樂器或聆聽歌曲，參與其中。音樂治療可幫助長者的記憶力與專注力延展，強化聽思、聽辨、聽憶、聽唱、聽動等多方能力，並透過律動進行肢體伸展，達到訓練肢體活動、延緩認知功能退化的目的。

Music Therapy Program Made Possible with Donation

Research has shown that listening to music can reduce anxiety and pain and lower blood pressure, as well as improve sleep quality, mood, mental alertness, and memory. With donors' generous support, Villa Cathay is now able to offer Music Therapy for residents! Our Music Therapist Michelle will employ different musical techniques such as selecting classical oldies or holiday music to stimulate memories and meaningful conversation. For residents who are unable to communicate, they can also participate in creating music using different musical instruments. With regular therapy sessions and strategies, seniors can benefit from the sensory and intellectual stimulation including physical rehabilitation and movement facilitation, to improve the overall physical and mental wellbeing of those who suffer from dementia.

華宮長者可在院內接受中醫針灸服務

感謝善長們的支持以及感謝昆倫科技大學與我們共同合作，華宮的長者現可在院內獲得中醫針灸服務！

自本年一月份起，高健瑩註冊中醫師及陳健安註冊中醫師開始帶領昆倫科技大學的中醫針灸課程學生到華宮為長者服務！為確保長者免受新冠病毒感染，華宮安排所有學生在抵達華宮時接受新冠快速測試。學生們觀摩醫師如何望、聞、問、切，瞭解長者的症狀，並因應長者的情況提供合適的方案，如針灸或推拿，以緩解長者不適的症狀。

Acupuncture Service Now Available to Villa Cathay Residents

Thanks to Kwantlen Polytechnic University's partnership and support from our donors, Acupuncture Service is now available to residents of Villa Cathay!

Dr. Jennifer Gao and Dr. Steve Chan have started to lead KPU students of the TCM-Acupuncture Program to Villa Cathay and provided the needed services for our residents in January! To ensure our resident's safety, Villa Cathay has arranged all students to receive a COVID-19 rapid test upon arrival. The students observed the TCM practitioners in looking, listening, touching and asking to assess the needs of the residents. Besides acupuncture, residents have also received tui na to alleviate their symptoms.





別開生面的萬聖節活動

華宮安老院參與卑詩大學IDEA Lab主辦的「遠程會面機械人研究計劃」，瞭解機械人能否滿足腦退化患者社交需求，減低長者的孤獨及隔離感。打扮後的華宮遠程會面機械人「寶寶」，像一個剛剛學走路的孩子，在萬聖節向長者索取禮物，長者給「寶寶」的小禮物是色彩繽紛的襪子。透過遠程會面機械人，沒有口罩的阻隔，長者可以看見久違義工們之親切笑容！

A Special Trick-or-Treating!

“Bobo” is a core member of our telepresence robot research project with the UBC IDEA Lab on investigating if telepresence robots can help residents with meeting their social needs and reducing their sense of loneliness and isolation.

Our telepresence robot “Bobo” dressed as a toddler and went trick-or-treating in Villa Cathay on Halloween. Residents gave out colorful baby socks as treats for Bobo. Bobo scrolled from neighbourhood-to-neighbourhood and the volunteers can meet residents safely without face coverings via Bobo - it has been a while since residents can see the smiles of the volunteers!

喜獲嬰兒服裝的捐贈

Richmond Hospital Healthcare Auxiliary捐贈了一批嬰兒服裝給我們的長者，長者們對整理嬰兒服裝有極大的興趣！甚至一位平常不願參加活動的男長者，因為看到了嬰兒服裝，讓他想起了照顧自己孩子的歡樂時光，也表示要協助與分類嬰兒服裝。

Baby Clothing from Richmond Hospital Healthcare Auxiliary (RHHA) Thrift Shop

The baby clothing donated to us from Richmond Hospital Healthcare Auxiliary received sparkled great interests with our residents! Even a male resident who had been reluctant to participate in activity wanted to help with organizing the baby clothing because it reminded him of the days he cared of his own children.



歡樂的節日

華宮的長者在十二月有一個非常歡樂的聖誕派對！除了聖誕節必備的聖誕樹外，今年更有聖誕老人來派禮物給每一位長者！

農曆新年是長者最重視的節日！今年院內的賀年對聯再度由華害長者周伯伯一手包辦，而我們的團隊更負責舞龍作為長者新春的特備節目，希望每位長者在虎年身心安泰，笑口常開！

Lots of Fun during the Festive Seasons

Our residents had a great time celebrating Christmas by lighting up Christmas Trees and also having a great party! Each resident also received a gift from Santa Claus!

Chinese New Year is one of the most important celebrations for our residents. All the Chinese couplets on the residents' floor were once again written by our in-house resident-calligrapher Steven Chow. Our team also performed a mini dragon dance to wish our residents full of vitality and joyfulness in the Year of the Tiger!



華宮安老院的新里程碑

全有賴每位善長的慷慨支持，讓原本似乎遙不可及的華宮重建計劃籌款工程，終於達成目標！萬分感謝您的信賴與參與，讓苦候許久的長者們，終於有多一個專為華人文化建設的長期護理院供其選擇。謹代表華宮安老院的長者，向閣下致以最衷心的感謝！

由於新冠變種病毒Omicron的蔓延及受全省醫護人員短缺影響，令我們需要延遲啟用西苑的日期。未來充滿挑戰，然而，每一個挑戰都是實現願景及超越現狀的機會。華宮的2022年將是實現願景的一年，我們將在未來數個月分批迎接97位長者入住新的華宮安老院，亦因為有您的慷慨捐助，在2022年，華宮將能為長者提供更多元化的服務項目，我們將透過下一期的華宮季刊，再向您報告進展！



A New Milestone for Villa Cathay Care Home

We are forever grateful to visionary donors who wholeheartedly supported Villa Cathay Rejuvenation Project and helped us achieve our fundraising goal. Blessed with your generosity, many seniors who have been desperately waiting for culturally focused long-term care now have one more viable option.

Due to the unexpected Omicron surge and the provincial-wide shortage of health care workers, we have delayed the opening date of the West Pavilion. There will be lots of challenges ahead of us. Yet, every single one is an opportunity for us to excel beyond what we have already achieved and realize what we envision. Year 2022 will be filled with changes as we welcome another 97 residents into our community of care in the coming months. Many of the new care enhancement programs that donations are supporting will also be initiated in 2022. We look forward to sharing more updates with you in the next issue of our newsletter!



Villa Cathay is Hiring

Our Activity Assistant Jayden, when being asked why he joined Villa Cathay, shared, "I love my interactions with the residents, they're always full of stories, it really fills one up with wonder! They also taught me to find enjoyment in every little thing in life!"

Please join us if you, like Jayden, appreciate seniors and strive to support seniors to continue to live a meaningful life!

Job growth and job security aside, a career working with the elderly is a smart career move that is also rewarding in many ways. You can experience immense satisfaction in contributing to the quality of life of seniors every single day.

We are still offering many regular positions in nursing (RN, LPN, and Care Aide) and other disciplines. If you know someone who is passionate about senior care and making an impact in the lives of seniors, please refer them to our website for current vacancies:

villacathay.ca/join-our-team/.

招聘人手

當Jayden被問到他為什麼投身成為華宮安老院的長者活動助理時，他說道：「長者的人生充滿經歷，透過與他們的互動，我可以從他們的故事中學習到不少的人生哲理！」

如您也像Jayden般，欣賞每位長者均有其本身的價值和潛能，希望協助長者安享富尊嚴及愉快的生活，請加入我們的行列！

安老護理行業發展前景明朗，從業員待遇良好，是極具意義的工作。

華宮安老院仍然需要招募大批的新員工，包括全職的護士、醫護助理及其他崗位的員工。如您認識熱心為長者貢獻的人士，請轉介他們瀏覽華宮的招聘網頁，申請加入華宮的團隊：

villacathay.ca/join-our-team/。