



新冠疫情更新

儘管社區內大部份的防疫措施已經解除，華宮安老院作為一所醫療機構，仍需要嚴謹地把關，將長者或員工感染新冠病毒的風險減至最低。

由2021年12月至2022年8月，華宮安老院內九個護理單位

中的六個單位，都曾有一長者確診新冠病毒。感恩的是，我們每一次都能夠將病毒的傳播控制在同一個護理單位內，也曾成功地讓同一護理單位內的其他長者不受感染。我們能有效地控制病毒的最大因素，是因為在新華宮每個房間及樓層也是獨立的設計，而這全仰賴各善長對華宮重建計劃的支持！

在溫哥華沿岸衛生局的協助下，華宮長者在2022年5月3日接種了第4劑新冠疫苗，亦即全院有75%的長者已完成接種衛生局建議的新冠疫苗。此刻，華宮仍需執行感染控制指引，包括疫苗接種要求、員工、訪客和長者的日常症狀篩查、佩戴口罩、定期快速抗原檢測、加強對高接觸表面和臨床區域的清潔和消毒等防疫措施。保障華宮長者的安康，將繼續是我們的首要之務。

COVID-19 Update

While most community restrictions are lifted, as a health care facility, we still need to diligently guard our residents and staff against the COVID-19 virus.

We would like to thank our donors who helped us realize our small neighbourhood design, which greatly minimized the impact of the virus to our residents. From December 2021 to August 2022, even though six of our nine care units had positive cases, the resident clusters help prevented the spread. We were blessed that on each occasion, we were able to contain the infection within the care neighbourhood. Sometimes, we were even able to keep other residents of the same unit unaffected.

With the support of Vancouver Coastal Health, 75% of residents have received their 4th COVID-19 dose and, as of May 3, 2022, are up-to-date with the recommended vaccinations. Infection control protocols such as vaccination requirements; daily symptoms screening of staff, visitors and residents; mandatory masks wearing, regular rapid antigen testing, and enhanced cleaning and disinfection of high touched surfaces and clinical areas, remain intact at Villa Cathay. Residents' safety is and always will be our priority at Villa Cathay Care Home.

Residents' Memorable Times

On Mother's Day, we gifted all mothers, grandmothers, and great grandmothers at Villa Cathay handmade flowers and beautiful carnations. Thank you to TRCourier for donating fresh carnations to make our residents feel super special.

To celebrate the hard work and effort that fathers have made for their families, each father and grandfather at Villa Cathay received a special card and a wooden airplane model on Father's Day, all prepared by our lady residents!

長者的歡樂時光

我們在母親節給每位華宮的媽媽、外婆、嫲嫲、太婆、太嫲送上一支手製的花朵和一支康乃馨，我們再次感謝TRCourier的捐贈，讓每位媽媽都有一個特別溫馨的母親節！

為了慶祝父親們為家庭辛勤工作和對子女的無私奉獻，華宮的女士們為所有爸爸製作了特別的賀卡以及木製的飛機模型！



Residents' Wellness Programs

Thanks to donors of our Rejuvenation Project such as yourself – your support created an enhanced physical environment for new programs to take place. Your support also allowed us to hire staff that are required to coordinate and deliver these new wellness programs for our residents.



1. Horticulture Program 長者園藝項目

The tactile experience of being near to nature has not only enriched our residents' well-being, but it also maximizes residents' sensory stimulations. Your donation helped us introduce wheel chair accessible planters, allowing residents an easy access to the plants.

This year, residents selected choi sum, bak choy, gassho melon, green beans and strawberries to plant in the gardens. We also received some purple potatoes seedlings as a generous gift from Mr. T. W. Wong! We are grateful for Garden in Garden for donating the gardening soil, seeds, and flowers to help us kick-start our horticulture program!

透過園藝活動，長者不但能與大自然接觸，手腦並用更加強了長者感官的敏銳性。善長的捐款讓華宮的長者在每個樓層的露台和庭院都可以有適合輪椅高度的種植箱，長者不用蹲伏也能栽種植物，乘坐輪椅的長者也能一起參與。

今年長者們種植了菜心、白菜、合掌瓜、豆角和士多啤利。另外，感謝T.W.先生贈送了紫薯苗，使長者菜園的品種更豐富，也衷心感謝園中園捐贈種植用泥土、種子、時花，加添了長者花園的繽紛色彩。



2. Cooking Program 廚樂無窮

Cooking is an integral part of many elderly's sense of self-worth and identity. With support from donors, the kitchenette located in the multi-purpose room is ready for residents' use. Nothing tastes better than home-grown vegetables, fresh from Villa Cathay's garden!

Residents washed and cut the harvested bak choy and garlic, stir-fried and tasted the dish together. Some residents even demonstrated higher abilities than our regular assessment during the cooking sessions. This is evident that residents are able to connect with their identity and to live a life they resonate with.

More menu items are coming as the produces from the harvest of our residents' garden!

對於一些長者來說，烹飪是自我價值感和身份認同感的一部份。在善長的支持下，華宮西苑一樓的小廚房已準備就緒。

在今年種植的蔬菜中，白菜拔得頭籌，因此，我們安排了新華宮首次的白菜宴，長者們從揀菜、洗菜、切菜、準備蒜蓉，到炒菜，一手一腳地完成了一道美味的蒜蓉炒白菜，數位長者更表現出比平常評估時更高的能力。

這顯示，長者需要有更多機會做他們感興趣的事，從而發揮自我而感到生命的意義，在接下來的幾個月，我們會繼續根據長者菜園的收成進度，與長者一起研製菜單！

長者保健項目

全賴閣下及各華宮重建計劃的善長——您們的支持，除了令我們可在新院舍提供新的服務項目外，也獲得資源聘請受過專業訓練的員工來維持這些新服務。



3. Massage Service 按摩服務

Since May 20, 2022, Villa Cathay has been partnering with Langara College's Registered Massage Program to bring massages to residents—it's as if residents are having house-call massages!

There are 22 students in the program this term, and on rotation, six of them visit Villa Cathay on Fridays. As of July 31, a total of 81 massage sessions have been offered to 37 residents. Residents have received foot massage to promote circulation, hand massages and back massages of their choice for a great sense of comfort and relaxation.

We would like to thank Langara College Clinical Coordinator Dae Backus and RMT Instructor Solomon Seow for making this program possible for Villa Cathay residents.

由2022年5月20日起，華宮安老院與蘭加拉學院 (Langara College) 的註冊按摩課程合作，安排學員為長者提供按摩服務。本學期有22名學生，他們輪流每逢週五派6名學生來到華宮為長者按摩。

截至7月31日，共有37名長者接受了共81次按摩。長者們選擇接受的按摩療程包括：促進血液循環的足部按摩、手部按摩和背部按摩。這些療程有助長者放鬆以獲得極大的舒適。

特此感謝Langara College臨床主任Dae Backus和註冊按摩導師Solomon Seow的幫忙！



4. Acupuncture Service 針灸服務

With the help of Dr. Steve Chan, Dr. Ming Keung Yu and Dr. Dennis Suen, we were able to bring back our acupuncture program for Villa Cathay residents starting June 2022. The three acupuncturists visit our site every Wednesday afternoon to provide complimentary treatments for our residents.

So far, we have offered 56 acupuncture sessions for 10 residents addressing their shoulder pain, leg pain, stiff hand, and other ailments. We are grateful to the kindness and efforts of all of the three TCM doctors and we look forward to offering the program to more residents!

在陳健安教授、余銘強中醫師和孫嘉賢中醫師的幫助下，我們在2022年6月起恢復為華宮安老院的長者提供針灸服務。三位針灸師在每週三下午到訪華宮，為長者提供免費治療。

到目前為止，我們已經為10位長者提供了58次的針灸療程，以舒緩他們的肩痛、腿痛、手部僵硬和其他病痛。特別感謝針灸師們服務長者的善心、熱心及持續不懈的恆心與耐心！

Thank you to all the donors for making these programs possible for our residents!

能為長者提供這些服務，全賴善長的慷慨捐贈，再次感謝所有善長們的支持！

Showing Some Love to Our Devoted Staff Team

We are really thankful to the donors who donated towards our Staff Wellness Program in helping us recognize our staff's devotion and to boost their spirit!

Nurses cover round-the-clock care and are essential team members who keep our residents' health in check. In early detection and managing COVID outbreaks and active cases, they led our efforts in keeping residents safe and healthy. Team members in other areas also contributed above and beyond for our residents for the past two years.

With your support, we were able to prepare a special gift for each nurse on National Nursing Week as well as organized Staff Appreciation Meals on May 12 and July 27 when close to 150 staff members were treated for lunch and dinner on each occasion. Thank you for partnering with us to recognize the contributions of our devoted staff!

答謝辛勞的工作團隊

萬分感謝捐款至員工福利項目的善長，讓華宮能有資源組織不同的員工感謝方案，提升員工的士氣。

護士是華宮得以二十四小時為長者提供適切治療的支柱。在過去兩年，因護士們的辛勤付出，方能儘早發現長者的健康變化，對於緩解COVID-19疫情尤為重要。此外，也仰賴護理助理、環境衛生及院舍安全團隊、膳食團隊、跨專業照護團隊、探訪團隊和行政團隊等全體人員，為長者的福祉付出巨大的貢獻，造就了華宮現有的成果。

善款讓我們在全國護士週期間，給每位華宮的護士一份小小的感謝禮物，亦在5月12日和7月27日，兩次共準備了300份員工感謝餐盒！



Daley's Reflection on Working at Villa Cathay

Daley is our Recreation Program Assistant. The Recreation Team delivers meaningful programs with the goal to improve our residents' wellbeing and quality of life.

"Seeing residents' joy and energy from the games and activities brings me lots of satisfaction and makes my day! It is a very rewarding experience to support residents to have a sense of home and belonging. I feel privileged to be able to apply my knowledge and to serve residents in Villa Cathay," said Daley.

Please join our team if you are passionate about senior care!

康樂活動部同事Daley的分享

Daley是華宮康樂活動助理，康樂部的工作是為長者安排對他們有意義的活動，讓長者在遊戲活動的同時可以促進身心健康，因而提升長者的福祉。Daley表示：「我很喜歡與長者互動，尤其看到長者從遊戲互動中的歡愉，讓長者感受到像家一樣的溫暖和歸屬感，讓我感到每天的工作都很有意義，我很慶幸可以善用自己的知識去服務華宮的長者！」

如您對長者服務充滿熱忱，請加入華宮安老院的行列！

Follow us on social media to see more of residents' memorable moments!

追蹤我們的社文平台，查看更多長者的生活點滴。

Instagram villacathay

Facebook villacathaycarehome

Twitter villacathaych

Email fundraising@villacathay.ca

We are in Urgent Need of Hiring Nurses

Villa Cathay is in urgent need of hiring 20 nurses before we can welcome 71 new residents into the new Villa Cathay Care Home.

If you know any Registered Nurses, Registered Psychiatric Nurses, or Licensed Practical Nurses who are passionate in making an impact in senior care, please refer them to join our team by sending their resumes to hr@villacathay.ca!

我們急需招聘更多護士

華宮安老院急需增聘20名護士，才能迎接另外71位長者入住新的華宮。

如您認識熱心為長者貢獻的註冊護士(RN)、註冊精神科護士(RPN)、或持有執照的執業護士(LPN)，請介紹他們加入華宮的團隊，電郵其履歷至hr@villacathay.ca。

An Update on Rejuvenation Project Donors' Recognition Plaques 銘謝重建計劃的善長項目之進度



Due to the surge of Omicron, our efforts have been focused on mitigating the transmission and minimizing the risks of infection to the residents for the past six months. We cannot be more thankful for the understanding and patience of our donors.

We have been working closely on the production of donor recognition plaques this month. Please expect that we will be reaching out to you to confirm the wording of your plaque shortly. We look forward to inviting donors to the unveiling of the Rejuvenation Project Donor Wall before the end of this year or when circumstances allow.

在過去的六個月裡，因全體華宮職員需要集中處理Omicron變種病毒給長者帶來的影響，並需協助減輕院內疫情及長者感染的風險，至今尚未能安排感謝各善長的活動。我們由衷感謝所有善長的包容和耐心。

在本月起，我們將開始製作獨立善長命名的牌匾之準備工作，並會陸續聯繫善長確認牌匾的字樣。希望到本年底前或情況允許時，可敬邀眾善長齊來為善長牆揭幕！