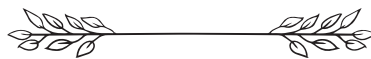


列治文家庭及朋友照顧者中心月刊 二〇二三年五月



踏入一個無限創意和無盡可能的世界，體驗我們全方位的工作坊體驗。



準備、探索與連結：五月份無償照顧者通訊

五月已經到來，與之而來的照顧者月的慶祝活動！本月的通訊中充滿了令人振奮的消息和寶貴的見解。我們邀請了專家分享他們在不同關愛議題上的智慧，為您提供實用建議和真摯的故事。千萬別錯過我們的特色活動，包括'特別災難應急準備派對'，一個為照顧者提供應變災難緊急管理策略的資源。我們還非常興奮地宣布照顧者中心圖書館的盛大開幕，這是一個充滿資源的寶藏。喜愛大自然的朋友們可以期待到女皇伊麗莎白公園的布魯德爾溫室郊遊。請繼續關注本月的更多啟發、知識和活動！

照顧者中心近期活動

皇家公告：由殿下查爾斯三世國王宣布，五月為全國護理者月。



Canada
Province of British Columbia
A Proclamation

CHARLES THE THIRD, by the Grace of God, of the United Kingdom, Canada and His other Realms and Territories, King, Head of the Commonwealth, Defender of the Faith

To all to whom these presents shall come - Greeting

WHEREAS family caregivers are a vital part of the health care team, providing care and support to individuals who are frail, elderly, chronically ill or living with a disability in long-term care, community and home settings, and

WHEREAS the role of the family caregiver has become even more important with the growing complexity of care needs, an aging population and the shift to community-based care, and

WHEREAS recognition is due to family caregivers for their dedication and commitment to improving quality of life for their friends and family members, often under conditions that impede their own physical, emotional and financial health and well-being;

NOW KNOW YE THAT We do by these presents proclaim and declare that May 2023 shall be known as

"Family Caregiver Month"

in the Province of British Columbia.

IN TESTIMONY WHEREOF, We have caused these Our Letters to be made Patent and the Great Seal of Our Province of British Columbia to be hereunto affixed.

WITNESS, The Honourable Janet Austin, Lieutenant Governor of Our Province of British Columbia, in Our City of Victoria, in Our Province, this twenty-fourth day of April, two thousand twenty-three and in the first year of Our Reign.

BY COMMAND.

Suzanne Sinclair

Lieutenant Governor



尋求專家的寶貴洞察：

Tanya Fitzpatrick和Chester Sun分享他們對照護的觀點。

在我們慶祝關愛照顧者月之際，我們要向家庭和朋友的照顧者表達最深切的謝意，感謝他們致力於照顧他們生活中的年長者的健康與幸福。他們投入了時間和精力，提供身體、情感和實際支持。在充滿挑戰的情況下，照顧者在幫助他們所愛的人尊嚴地老去方面扮演著至關重要的角色。我們向這些非凡的個體對我們社區作出的寶貴貢獻致以最真摯的感謝。

每個照顧者的旅程都蘊含著對所關懷人的無私奉獻。透過Tanya Fitzpatrick和Chester Sun的見解，我們更深入地了解護理者所面臨的挑戰，以及培養他們福祉並促進包容性支持網絡的重要性。

讓我們分享他們的見解。

Family & Friend Caregiver Aware Month

SEEKING VALUABLE INSIGHTS FROM EXPERTS

Tanya Fitzpatrick (Seniors Wellness Coordinator - Community Services Division of Menorah Centre for Active Living)
Chester Sun - Workshop and Group Facilitator

Based on your experience, what are some of the most significant challenges that caregivers face?

Tanya Fitzpatrick: Caregivers often don't think of themselves as caregivers or know that there are resources and support available for them. They often put the needs of others before their own and often undertake their caregiving journey alone. Often, caregivers are so focused on the person that they are caregiving for, that they don't prioritize their own health and well-being. Another major challenge is finding time for themselves. Even finding the time to run errands or going to the store to pick out groceries can be a challenge; let alone finding time to go for a walk or enjoy a hobby.

Chester Sun: As the population continues to age, it has become increasingly necessary for individuals to work longer in order to ensure financial security. However, it is crucial to acknowledge the diverse experiences of older workers, as they face unique challenges such as age-related barriers, pension regulations, negative attitudes towards their age group, and insufficient support to adapt to their evolving needs. These factors contribute to a precarious labour economy that disproportionately impacts older adults who must balance work and caregiving responsibilities for elderly family members. Social economist Ruiz Pérez predicted that growing employment precarity would lead to increased financial crises and subsequent negative effects on mental health. The COVID-19 pandemic in 2020 served to accelerate this shift, intensifying the precariousness and instability experienced by older working caregivers within our society.

SEEKING VALUABLE INSIGHTS FROM EXPERTS

How can Caregiver program be more responsive to the needs of diverse communities, including those from different cultural and linguistic backgrounds, as well as those with limited resources or access to technology? Do you have any suggestions?

Tanya Fitzpatrick: Caregivers need physical and emotional support. It is important to have safe supportive spaces around peers to share and learn from each other and not feel alone. It is also important to have opportunities for professionals to work with caregivers to share information, to educate and to assist with developing communication skills and self-care routines. Being that Richmond is such a diverse place, it is important to have support in multiple languages so caregivers are comfortable sharing and understanding. Caregivers face multiple barriers to participating in activities themselves. The availability of virtual programs has greatly helped those caregivers with access to technology, attend online programs. Exploring timing of programs, or having programs with flexible drop-in times might help as caregiver's schedules can change. We appreciate and recognize all the caregivers in the community who are selflessly working to provide care for loved ones.

Chester Sun: As I have increasingly encountered individuals in the community who require mental health services, particularly during and after the pandemic, I have come to recognize the importance of expanding my understanding of mental health and substance use disorders. The pandemic has heightened and intensified the need for people to access mental health support, especially those who may feel isolated and lonely and who may hesitate to seek help due to fear of the unknown.

Rather than expecting individuals to reach "out" for support, it is crucial that we reach "in" and walk alongside them with the intention of easing their journey to recovery from the moment they take that first step. Recognizing the complexity of human beings, it is essential to employ a holistic, person-centered, and collaborative approach in order to address each individual's unique needs and support networks.

In our efforts to assist individuals, we also acknowledge the immense value of engaging and collaborating with family members, friends, spiritual guides, and others who play a significant role in the person's healing process. Ultimately, it is vital to establish trusting relationships, advocate for accessible resources, involve interdisciplinary health support when necessary, and co-create solutions with the individuals we serve.

4 - 5 月工作坊

列治文家庭及朋友照顧者中心

2023年5月活動表

請致電604-279-7099或郵件caregivernavigator@rcrg.org, 或填寫在線表格來查詢或報名。

日	一	二	三	四	五	六
	1	2	3 2:00-4:00 PM 中國書法(粵語/RCP#340)	4	5 10:00-11:00 AM 椅子上的瑜伽(英文/Zoom)	6
7	8	9 2:00-4:00 PM DIY 絲襪公仔黏貼工作坊(英文/廣東話/RCP#340)	10	11	12 1:30-4:00 PM 參觀VanDusen 植物園	13
14	15 12:30-2:00 PM 行人安全及交通安全法 班(英文/RCP#340) 2:00-4:00 PM 健康學堂 (英文/RCP #340)	16 1:30-3:30PM DIY編織杯墊(普通話) - Steveston Japanese Cultural Centre	17 照顧者中心5月月刊發佈	18 10:30AM- 12:00PM 照顧者關懷心理小組 團圓會(英文/Zoom)	19 10:00-11:00 AM 冥想課 (印粵語/Zoom) 2:30-4:30 PM 男性照顧者互助會(英文/ South Arm社區中心)	20
21	22 假期	23	24 1:30-4:00 PM 太極書入門 (粵語雙語/ RCP #340)	25	26 10:00-11:00 AM 冥想課 (英文/Zoom)	27
28	29 1:30-3:00PM 護理和樂器彈奏入門 (粵語/Minora長者中心 音樂室)	30	31			

以上工作坊是為了促進本地長者照顧者們的福祉，均為免費。



二〇二三年5月活動表



二〇二三年6月活動表



Richmond Family & Friend Caregiver Hub June 2023 Events Calendar

To register or learn more, please call 604 279 7099 , email caregivernavigator@rcrg.org, or fill up a simple [online form](#)

Mon	Tue	Wed	Thu	Fri
			1	2 10:00-11:00am Arm Chair Yoga (EN/Zoom)
5 1:15-2:45pm Decoupage on clay pot (EN/RCP #340) 3:00-4:30pm Preparedness Party in a Box (EN/CN/RCP #340)	6	7 2:00-4:00pm DIY Iris Folding Card (EN/CN, RCP #340)	8	9
12 10:00am- 1:30pm Field Trip to Bloedel Conservatory at Queen Elizabeth Park	13	14 2:00-4:00pm Healthy Cooking Class (EN/ RCP #340)	15	16 10:00-11:00am Meditation (Punjabi/Zoom) 2:00-4:00pm King George Park + Flower Crown Making Workshop(E) 2:30-4:30pm Support Group for Male Caregivers (EN/CN/South Arm Community Center)
19	20 1:30-3:00pm DIY Strawberry Pin Cushion/Mandarin /Steveston Japanese Cultural Center)	21 1:00-3:30pm Introduction to Watercolor (EN/CN,RCP #340)	22	23 10:00-11:00am Meditation (English/Zoom)
26	27	28	29	30 2:30-4:30pm, Introduction to Chinese Calligraphy (Cantonese/RCP #340)

These free workshops are to promote the health and well-being of unpaid caregivers for seniors (55+ yrs) in Richmond



- 自製非凡藝術作品：彩紙裝飾陶盆工作坊(英語):六月五日下午一點十五分舉辦
 - 一同加入樂趣與做好準備：Richmond BC警報的特別災難應急準備派對將於六月五日下午三點舉行。
 - 热带天堂探秘：布魯德爾温室熱帶雨林公園的奧秘 - 女皇公園,將於六月十二日上午十點舉行。
 - 綻放女王風采，鮮花花環頭花製作坊,六月十六日下午兩點在喬治王公園舉行。
- 報名請致電 604-279-7099, 發送電子郵件至 caregivernavigator@rcrg.org 或 填寫在線表格



近期講座材料分享



自製珠寶工作坊
by Jane Lee

Greek chicken with orso
Serves 4

Ingredients:

Chicken breast	2 pcs
Parmesan cheese,grated	¼ cup
Lemon juice	½
Ground pepper	TT
Salt	TT
Pesto * store bought	1 jar
Spinach	4 cups
Orso	1 cup
Olive oil	1 Tbsp
Butter, unsalted	2 Tbsp
Garlic, minced	1 clove

Method:

1. Pat dry chicken, season with lemon juice, pepper and salt.Heat Tbsp of oil in a saucepan over medium heat, fry the chicken breasts for 2 minutes; turn over and fry for another 2 minutes. Remove from frying pan and placed on parchment lined bake pan. Heat oven to 375 F. Place chicken in oven for about 12 minutes.
2. In the same frying pan, melt butter, and place orso and garlic in to stir fry for 2 minutes. Add 2 cups water, let boil and simmer for about 8 minutes. Cook till minimum water remains, add 2 Tbsp pesto and 2/3 of the parmesan cheese . Stir in spinach, stir evenly . Turn heat off
3. Remove chicken from oven, place on cutting board, cut into serving slices.
4. Plate up the cooked orso and place chicken slices on top ; add remaining parmesan cheese and serve.



煮食課
by Chef Willie Chan



自製玻璃珠鍊工作坊
by Shirley Yang



照顧者的分享



自我認定為家庭或朋友的「照顧者」



Self-identifying as a Family or Friend 'Caregiver' by Whitney McMillan (Family & Friend Caregiver/ Provincial Projects Lead at Family Caregivers of BC)

Personally, as a caregiver myself, self-declaring my role changed my world.

Self-identifying as a family or friend 'caregiver' is an empowering step. And yet it is one that many caregivers struggle with or even decline. Caring is one thing – we all do it naturally to some degree. But elevating to doing caregiving tasks may arise naturally or be imposed

upon us. A caregiving role may arrive suddenly and unexpectedly...or it may be anticipated, long on the horizon slowly approaching one's life. Caregiving is unique to each family and/or friend situation, the people involved and the dynamics underlying each 'caring' relationship.

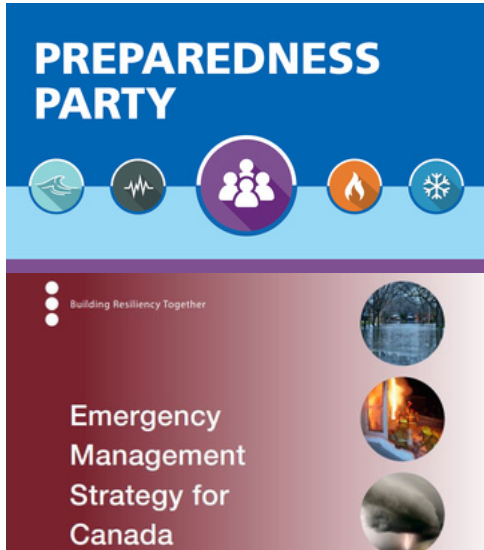
So, declaring oneself to be a caregiver can be a tough journey in itself. Yet, by self-identifying as a caregiver, a mountain of potential resources await – support services, education information, wellness strategies, and a community of belonging. It opens a whole new world of mutual support, personal growth and community connections. By doing so, a caregiver may turn one's caregiving lived reality into something positive, meaningful and purposeful beyond oneself. An individual caregiver can become a 'change maker' for themselves...and for others. Talk about 'paying it forward'!

For any self-identified caregiver who ever asked themselves: 'there must be more than this?', please consider connecting with Family Caregivers of BC, and/or your local Caregiver Support Program. We welcome you!

Whitney McMillan
Family & Friend Caregiver (1st & foremost)
Provincial Projects Lead at Family Caregivers of BC



活動亮點



特別災難應急準備派對(英語/國語) 6月5日

為提高市民應對自然災害和緊急情況的能力，我們將舉辦一場由Richmond BC Alert主辦的特別災難應急準備派對。這是一個教育和富有趣味的活動，通過互動遊戲、獎品和資源，鼓勵市民了解本地區的風險，並採取行動減少災害影響。[歡迎您加入我們](#)，一起學習如何更好地保護自己和家園。

照顧者樞紐圖書館：靈感與支持的樂園！

我們非常興奮地宣布我們的照顧者資源中心圖書館將於5月31日盛大開幕！作為一位照顧者，我們知道您常常在尋找資源和支持，以協助您的旅程。因此，我們很自豪地提供各種書籍、藝術用品和其他資源，幫助您尋找靈感和新思維。**我們的圖書館將每週三上午9:30至下午1:00開放，需預約。**歡迎您來探索我們的藏書，如果有任何您感興趣的特定主題，請讓我們知道，我們將盡力找到您所需的資源並加入我們的書架。我們期待著歡迎您來到我們的照顧者資源中心圖書館

預約請發送電子郵件至caregivernavigator@rcrg.org或致電604 279 7099。



热带天堂探秘：布魯德爾温室熱帶雨林公 園的奧秘 - 女皇公園 6月12日

布魯德爾溫室是一個充滿異國情調的室內花園，擁有超過120種自由飛行的鳥類、來自世界各地的熱帶植物和花卉。這是一次探索這個獨特溫室奇妙世界的完美機會，也是自然愛好者和鳥類愛好者體驗城市中的天堂之一的好機會。[加入我們](#)，來一天放鬆、學習和探索這個令人驚嘆的都市綠洲。





社區信息和資源分享



2023年長者周 6月5日至11日 長者備受 關注!

與列治文市政府及社區伙伴攜手慶祝有趣、免費和富創意的活動、此盛事有教育意義。為期7天，超過25項免費或優惠的活動，供55歲以上人士參加。

報名現已開放!

三種報名方式:

- 在網站www.richmond.ca/register上線報名
- 致電604-276-4300，週一至週五，上午8:30至下午5:00
- 前往任何社區設施親自報名



連接人與社區，過上美好生活網絡研討會將於6月12日上午10點舉行。 在此注册



六個建議以加強密碼安全：保護自己



自己種植食物：種子的力量



預先護理計劃指南

我的聲音 - 表達我對未來健康護理治療的意願。

RICHMOND CARES  RICHMOND GIVES

Richmond Family &
Friend Caregiver Hub



Another program of

RCRG
RICHMOND CARES  RICHMOND GIVES



社區信息和資源分享

[照顧者們請休息片刻：休閒參考](#)

[列治文Brighthouse區域的歷史和文化：自主參觀導覽](#)

[FCBC活動日程表](#)

[Minoru長者中心近期活動和課程](#)

[列治文家庭及朋友照顧者中心四月份月刊](#)