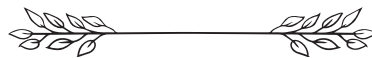


列治文家庭及朋友照顧者中心月刊 二〇二三年三月



通過 DIY 創作振興照顧者的精神：擁抱製皂之美，岩畫和筆記本製作。

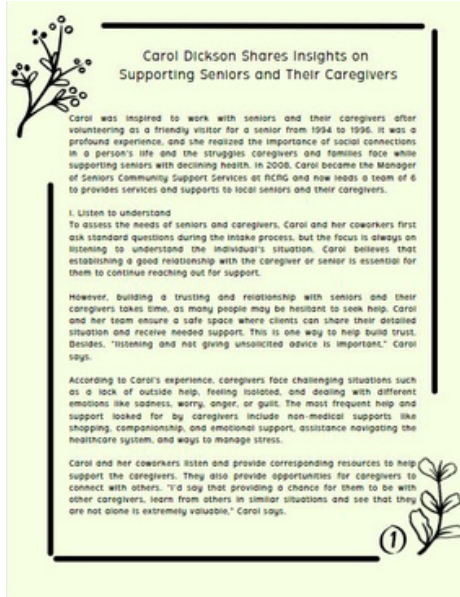


三月通訊：高級社區支援服務經理的見解、 溫暖的善舉和令人興奮的工作坊和旅行！

歡迎閱讀我們三月份的通訊！本月我們非常榮幸邀請到我們的高級社區支援服務經理接受訪問，分享她多年從事社區工作的寶貴見解和經驗。此外，我們也很高興展示我們其中一位護理人員的暖心博客，她在情人節慷慨地送出60朵玫瑰給其他護理人員。我們還有一些令人興奮的新DIY工作坊，包括珠寶製作和玻璃珠鏈，以及一個期待已久的賞櫻之旅。

請繼續關注我們社區的更多更新和令人興奮的消息！

照顧者中心近期活動



赋能老年人和照顾者：来自 Carol Dickson (老年人社区服务经理)的洞见。

與老年人及其照顧者一同工作是一項充實且充滿挑戰性的工作，需要奉獻與同情心。透過與RCRG高齡社區支援服務經理Carol Dickson的採訪，我們獲得了深刻的見解，了解與老年人及其照顧者建立良好關係、了解他們的需求並提供適當支持的重要性。

點擊這裡分享Carol Dickson的見解

2023. 3 - 4 月工作坊

列治文家庭及朋友照顧者中心
2023年4月活動表

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

| 日 | 一 | 二 | 三 | 四 | 五 | 六 |
|----|---|--|---|----|---|----|
| | | | | | | 1 |
| 2 | 3 1:30-3:30 PM 探需Carry Point 公園的成長櫻花 | 4 3:00-4:30 PM DIY陽光捕手(中文/ RCFP 340) | 5 2:00-4:00 PM DIY乳漆 (英文/RCFP340) | 6 | 7 Holiday | 8 |
| 9 | 10 Holiday | 11 2:00-4:00 PM 扶康學堂課程(英文/RCFP 340) | 12 2:00-4:00 PM 中醫藥法(粵語/ RCFP 340) 照顧者中心月曆刊登 | 13 | 14 10:00-11:00 AM 扶手上車輪圈(英文/Zoom) | 15 |
| 6 | 17 1:30-3:30PM 育嬰坊(粵語/英語)暨 攝影 - Sirensen Japanese Cultural Center | 18 | 19 | 20 | 21 10:00-11:00 AM 冥想課 (印語課/Zoom) 2:00-4:00 PM 男性照顧者互助會(英文/ South Arm社區中心) | 22 |
| 23 | 24 1:30-4:00 PM 水彩畫入門 (粵語/ 雙語/RCFP 340) | 24 | 26 2:00-4:00 PM DIY修護膠牌之坊(粵文/ RCFP340) | 27 | 28 10:00-11:00 AM 冥想課(英文/Zoom) | 29 |

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。

二〇二三年三月活動表

列治文家庭及朋友照顧者中心
2023年3月活動表

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

| 日 | 一 | 二 | 三 | 四 | 五 | 六 |
|----|--|--|--|--|---|----|
| | | | 1 | 2 | 3 10:00-11:00 AM 椅子上的瑜伽(英文/ Zoom) | 4 |
| 5 | 6 | 7 | 8 1:30-4:00 PM 水彩畫入門 (粵語/ 雙語/RCFP 340) | 9 2:30-4:00 PM DIY筆記本 (精選款/RCFP 345) | 10 | 11 |
| 12 | 13 1:00-3:00 PM 學堂健康查閱 (粵語雙語/RCFP 340) | 14 2:00-4:00 PM DIY乳漆 (英文/RCFP340) | 15 照顧者中心月曆刊登 | 16 | 17 10:00-11:00 AM 冥想課 (印語課/Zoom) 2:00-4:00 PM 男性照顧者互助會(英文/ South Arm社區中心) | 18 |
| 19 | 20 | 21 2:00-4:00PM 參加老人節及活動優化 溝通技巧講座(粵語) | 22 | 23 | 24 10:00-11:00 AM 冥想課(英文/Zoom) | 25 |
| 26 | 27 2:00-4:00 PM 插花課(英文/RCFP 340) | 28 | 29 | 30 | 31 2:00-4:00 PM 中醫藥法(粵語/RCFP 340) | |

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。

二〇二三年四月活動表

- 1 我們的中心每三至週五下午在South Arm 社區中心舉辦“男性看護者支持小組”會議。
- 2 由於2月28日的降雪天氣，DIY Sun Catcher 工作坊已移至4月4日舉行。
- 3 由於4月7日是復活節假期，扶手椅瑜伽（變焦課程）已更改為4月14日

請致電 604-279-7099，發送電子郵件至 caregivernavigator@rcrg.org 或 填寫在線表格



2023.2 - 3活動亮點



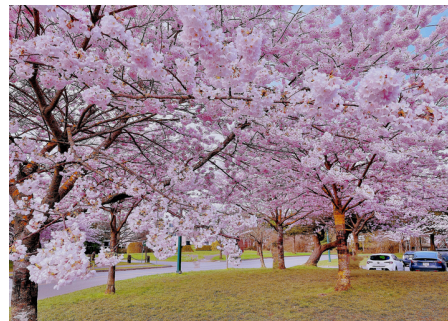
DIY 插花 3月27日

了解在家中獲得完美花束的技巧和竅門。創建您自己的組合和品種來裝飾您的地方並增添一絲自然之美。提供所有材料



男性照護者支援小組4月21日

每個月將男性照護者聚集在一起，分享照顧老年人（家人或朋友）的共同經歷。這是安心的時候，看護者可以意識到他們並不孤單。



踏入粉色世界：探索Garry Point 公園的絕美櫻花！

加入我們，參加一次令人迷醉的野外旅行，前往Garry Point公園，欣賞255棵Akebono櫻花樹盛開的絕美粉色花朵，並沉浸在大自然的美麗中，讓櫻花放發和振奮您的感官！提供往返免費穿梭巴士服務



近期講座材料分享



Egg custard tarts

Ingredients (filling)

| | |
|--------------------------------|-----------|
| Warm water | 1 1/2 cup |
| Sugar | 1 cup |
| Evaporated milk | 1 cup |
| Large eggs | 6 |
| Vanilla | 1/2 tsp |
| Frozen unsweetened tart shells | 30 |

Method:

1. Beat eggs, strain
2. Melt sugar in warm water, let cool
3. Combine eggs sugar water, evaporated milk
4. Pour egg mixture into a strainer before pouring into tart shells.

Bake:

- 375 F 18 minutes, reduce temperature to 325F and bake for another 5-7 minutes until centre of egg custard almost set.



Italian sausage ragu with rigatoni

Serves: 4-6

Ingredients:

| | |
|--|-----------|
| Italian sausages, hot, casings removed | 6 pcs |
| Celery stalk, chopped | 2 |
| Carrots, chopped | 1 |
| Onions, small, chopped | 1 |
| Garlic cloves, crushed | 2 |
| Colour pepper, chopped | 1 |
| Canned tomatoes, whole or pieces | 790ml |
| Milk | 150ml |
| Italian parsley | 1/2 bunch |
| Basil, fresh | 1 TBSP |
| Olive oil (cooking) | 1 TBSP |
| Rigatoni pasta | 410g |
| Parmesan cheese, grated | |

Method:

1. Heat 2 TBSP of oil in a saucepan over medium heat, fry the onions and garlic until fragrant, 2 minutes. Add in sausage meat and breaking up with a wooden spoon for 5-7 minutes.
2. Add all remaining vegetables and the tomatoes, simmer for about 25 minutes. Add half of the chopped parsley to the sauce.



3. Cook the rigatoni as per the instructions on the package. Drain and toss with the ragu meat sauce.
4. To serve, sprinkle grated parmesan cheese over and topped with remaining chopped parsley.

自制壓縮片飾物手工坊
 by Shirley Yang

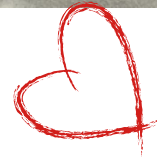
健康食譜 (Willie Chan分享)

健康食譜 (Willie Chan分享)



照顧者的分享

傳遞愛和感激：情人節獻給照顧者的禮物



Spreading Love and Appreciation
A Valentine's Day Gift to Caregivers

Undoubtedly, being a family caregiver is an incredibly demanding and stressful job, and very often, it's unpaid too. But still, I know I had made the right decision.

Since I uprooted myself from my hometown and moved to Metro Vancouver a few years ago, I became a family caregiver to my mom, who started to show signs of aging and declining health. It was clear that she would need a lot of support and care in the coming years. And I knew that it was time for me to step up and take on a new role as her caregiver.

I am a Chartered Accountant by profession but my interest area is all about flowers. I used to run my own wedding and event planning business and that's where I picked up many skills, knowledge and experience in working on flowers and decoration. When I first landed on this beautiful land of Vancouver where is full of different kinds of beautiful mother's nature, I know, this is a place where I can contribute something beautiful and meaningful. After much thought, I decided to give up other job opportunities and stay home to run my own freelance flower business while taking care of my mother. It then becomes such a lovely bonding time between me and her, a much-missed thing for so many years...

Flowers work like a magic. Whenever I see my mom who is so eager to play with my flowers at home, her smiles and energy becomes a big motivation to me. Despite other moments of frustration and exhaustion in caregiving, the beautiful flowers become a medium to bridge us together for joy and gratitude.

This reminds me that there are many other family caregivers who may need some interesting things to light up their lives too. So I invited my mom to build some beautiful bouquets and give them out to the seniors and their caregivers in our community too. When Valentine's Day is often associated with romantic love and gestures, it doesn't have to be limited to just couples. It can also be a day to celebrate family love. So we have prepared a lot of bouquets to give out this Valentine's Day with a hope that it will become a meaningful reminder that they are loved and appreciated. It can also be a fun and exciting experience too.

Small gestures can make a big impact. The unexpected nature of the gift can make the moment even more special and memorable. Let the sight and fragrance of flowers to calm our hearts and minds for the good of our overall well-being.

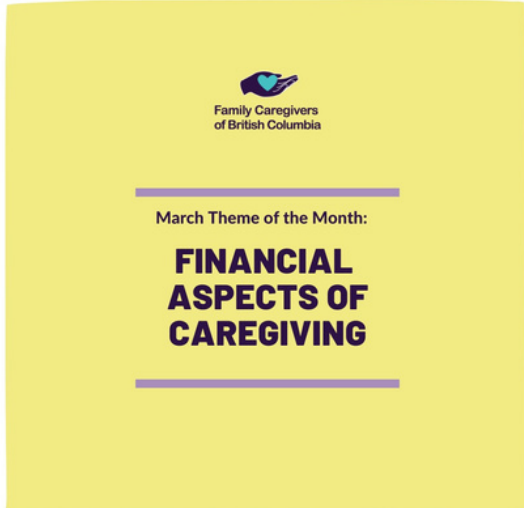
Cheers to all the caregivers and your families and friends. Blessings.

Jane Lee

在情人節這一天，我們見證了一場真正溫暖心扉的善舉。一位希望保持匿名的照顧者決定透過贈送60朵美麗的玫瑰來傳遞愛和感激之情，向其他照顧者表達由衷的感謝，感謝他們不辭辛勞地照顧自己所愛的人。很容易忘記照顧者每天付出的辛勤工作和奉獻精神，而這種無私的行為提醒我們所有人要珍惜並認可我們生活中的照顧者。慷慨捐贈60朵玫瑰給其他照顧者的 Jane Lee 慷慨地接受了我們的邀請，[分享她的想法和見解](#)



社區信息和資源分享



照顧者的財務方面

照顧他人會帶來許多財務成本，包括醫療費用、裝修費用、收入損失等等。對於照顧者來說，申請稅收減免、福利和報銷開支的過程可能會很具有挑戰性。加拿大國稅局（CRA）最近對資格標準和提供文件和信息給CRA的方式進行了變更。在這次的網絡研討會中，來自Liberty Tax Services的Shelby Parkinson將詳細介紹您可以獲得哪些福利和減免，以及在申請時需要注意哪些事項。她還提供了如何報銷各種不同開支的信息，以及如何有效地組織財務信息，使照顧者更輕鬆地申報稅款的建議。 [照顧者的財務方面鏈接](#)

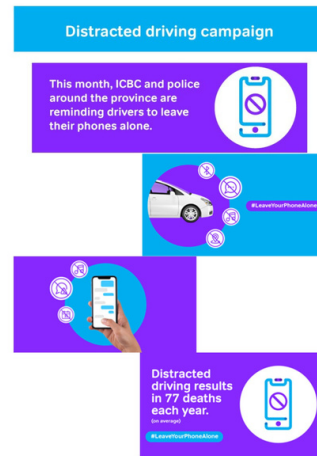


BC Housing Webinar

Find out about eligibility and resources to help our vulnerable adults find housing solutions.

March 21, 2023,
10:30 am - 12 pm

[BC住房網絡研討會](#)



[防止分心駕駛宣傳活動](#)

March is Fraud Prevention Month in Canada

March 1, 2023



[三月是防欺詐月](#)



[讓年輕照顧者發聲](#)

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二月份月刊](#)