

列治文家庭及朋友照顧者中心 月刊 二〇二二年六月

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請您觀賞一個中英文短片，傾聽我們的故事：
<https://www.youtube.com/watch?v=HEF69zSnBF8>

一、照顧者中心近期活動

1. 5月17日“照顧者關愛月”下午茶聚會

5月是卑詩省的“照顧者關愛月”。5月17日，我們中心舉辦了一場特別的慶祝活動——照顧者的下午茶聚會，超過50位照顧者、社區合作者撥冗參加。

聚會取得了巨大成功，不僅僅在於美食，更在於大家的聯結、共情和彼此支持！列治文的照顧者們從來都不是孤軍奮戰。在照顧者中心，他們永遠可以找到一個或一些他們需要的支持。通過這次的聚會，他們也得以再次感受到來自社區和彼此的關愛。



翻看更多照片，請登錄[我們](#)
[官網](#)的照片廊（Photo）



[Zhen Yao 女士發來的活動文章](#)



[Yaqin Guan 專門製作和編輯的活動錄像](#)

2. 6-7 月工作坊

6-7 月，我們有少量的線上工作坊，更多的現場工作坊和戶外活動。歡迎大家了解和報名參加。

請大家點擊以下日程表中的活動直接報名：

[六月活動表](#)

[七月活動表](#)

* 大家也可以登錄我們網站 www.rcrg.org/caregivers 查看每個講座詳情。

3. 6-7 月照顧者的戶外活動

請大家電話 604-279-7099 或郵件 caregivernavigator@rcrg.org 來諮詢或報名 6-7 月的戶外活動。活動均為免費。

7 月的兩場：

- (1) 參觀漁人碼頭 Britannia 造船廠（國家歷史景點），6 月 18 日（周一）上午 10:20-下午 2:00
- (2) 參觀 Billz Beez 農場，摘藍莓+野餐，6 月 29 日（周五）上午 9:30-下午 1:30

7 月的兩場活動均有班車從我們辦公樓（Richmond Caring Place, 7000 Minoru Blvd.）接送。

6 月的兩場：

- (1) 參觀 Georgia 罐頭廠（國家歷史景點）：6 月 9 日（周四）下午 2:00-4:00
- (2) 列治文漁人碼頭出海：6 月 10 日（周五）上午 9:30-下午 12:00

4. 近期講座材料分享



長者運動小貼士 (Elaine Chan)

cheddar chive biscuits

Yields 12 biscuits

Ingredients:

All purpose flour	2 ½ cup
Baking powder	1 ½ teaspoon
Cayenne pepper	1 ½ teaspoon
Salt	1 TBSP
Sugar	½ cup
Unsalted butter cold, cubed	2 cups packed
Old white cheddar	¾ cup for topping
Chives, minced	¾ cup
Cream 18%	1 cup + 2 TBSP
Egg	1

Method:

Pre heat oven to 375F (190C)
Sift flour, baking powder, cayenne pepper, sugar, salt together in a bowl.



Using a pastry cutter or your fingers, combine the butter with dry ingredients until mixture resembles a coarse meal. Add 2 cups cheese and the chives to the flour mixture and mix in gently with a fork. Add 1/2 cup of the cream and mix with your hands or a fork. Add another 1/2 cup of cream and continue mixing. Add up to 2 more TBSP of cream if needed. Dough should be together but not too sticky. Shape the dough into a ball and on a surface dusted with flour, roll out into a 1/4 inch thick round. Cut into as many biscuits as possible. Gather rest of the dough and repeat the process until all biscuits are cut. Place on ungreased baking pan. Egg wash top of biscuits. Bake for 15 minutes and sprinkle each biscuit with remaining cheese. Bake for another 8-10 minutes or until golden brown.

健康煮食 (Willie Chan)

Events

- Health Talks:** These happen the third Saturday of the month at Brighouse library 3:00-4:30pm. This Saturday's talk is on Shinrin-yoku, The Art of Forest Bathing and should be a really interesting one!
<https://yourlibrary.biblcommons.com/vt/events/2c-health-talks>
- Animalia Mammals:** This will be a really fun and unique program series where seniors will make short movies featuring their own digitized photographs and voice-over. No previous digitization or video editing experience is required to participate as our friendly staff will walk participants through all of the steps. Space is limited so sign up now!
<https://yourlibrary.biblcommons.com/vt/events/8286925d912114100896a128>

Collections and Services

- Postage Kits:** Multimedia kits intended to stimulate memory and conversation.
- Active Mind Sets:** Fun, brain-boosting cognitive games.
- Dementia-Friendly Books (Dementia Books):** Short, large print, illustrated books for adults experiencing dementia and/or cognitive loss.
- Large Print Books:** Larger font, easier to read for those with some vision loss.
- Home Service Delivery:** Regular delivery of library materials to library customers who are confined to a private residence, residential facility or hospital because of a disability, illness or injury lasting more than three months. There is a waitlist for this service.
- DMSY Player:** Easy-to-use audio book player for individuals with a print disability (visual, physical or cognitive). Loan period of 4 months with possibility of two extensions if no one is waiting.
- Dementia Resources:** PDF overview of library resources relating to dementia.

Digital collections – must be a Richmond resident to access

- Libby:** Free eBooks and audiobooks, [click here](#) for online tutorial
- iVoox:** Free streaming movies, [click here](#) for online tutorial
- PressReader:** Free access to hundreds of newspapers and magazines from around the world, [click here](#) for tutorial

Executor Responsibilities

As an executor, you are responsible for carrying out the deceased's wishes as stated in the Will. This often begins with assisting with funeral arrangements and any immediate financial needs of the beneficiaries and can extend to identifying and protecting the assets of the estate, paying the expenses, and liabilities of the estate. This involves and, finally, distributing the remainder of the estate to the beneficiaries. It can take months or, in some cases, years to administer an estate – all while keeping the beneficiaries informed and ensuring proper documentation is completed.

This checklist provides helpful information to assist you in fulfilling your duties as an executor. If you are not an executor, this document may help you. In fulfilling the activities the executor may need to complete.

Estate Checklist	Completed Yes/No
Initial Steps	
1. Locate the Will and review to determine whether there are any special funeral directions	☐
2. Assist in making funeral arrangements, if necessary	☐
3. Determine any immediate financial needs for any of the beneficiaries	☐
4. Obtain a funeral director's statement of death or apply for a provincial death certificate	☐
Valuing and Protecting the Estate	
5. Secure Residence and Contents (i.e. House, Car, other articles)	☐
6. Identify and make adequacy of insurance coverage, if necessary	☐
7. Determine assets and liabilities and notify financial institutions, insurance companies, brokers and employers (note: investigate all debts owed, if necessary)	☐
8. Confirm outstanding balances and control any credit cards	☐
9. Arrange for safe custody of any valuables	☐
10. Identify and list contents of a safety deposit box	☐
11. Locate and obtain title documents for real property, mortgages, and any other physical investment assets	☐
12. Arrange valuations of real estate, personal property, and any vehicles, if necessary	☐
13. Arrange for a review of the investment portfolio	☐
14. Determine entitlement to apply for Canada Pension Plan Death Benefits, Survivor's Benefits	☐
15. Notify previous employer and determine any Sunked Pension benefits or insurance proceeds	☐
16. Cancel driver's license, any utilities, subscriptions such as magazines, and request refunds, if applicable	☐
17. Arrange for Probate of the Will, if necessary	☐
18. Prepare a complete summary of estate assets and liabilities	☐
Administration of the Estate	
19. Apply for and collect any life insurance and other insurance benefits	☐
20. Open an estate's bank account to deposit income and pay expenses, to transfer balances	☐
21. Close any bank accounts and transfer any balances to an estate bank account	☐



列治文圖書館的好資源 (Adair Harper)

授權執行人的責任材料 (Carmen So)

二、照顧者的分享

遠程照顧者無法和老人們朝夕相處，有時，會有更多的挑戰和焦慮。請看我們的一位照顧者分享的感受，及其他遠程照顧的相關資源：



其他遠程照顧的信息和資源：

[阿茲海默協會分享的遠程照顧資源](#)

[FCBC 分享的一位遠程照顧者的故事](#)

[一篇新聞報道：如何遠程照顧你的父母"](#)

[三個關於遠程照顧長者的故事](#)

[我們的一位照顧者分享其遠程照顧父母的心得](#)

三、最新社區信息分享

1. 列治文的長者為何長壽？

列治文有全加拿大最長的平均壽命。原因有很多：溫和的天氣，穩定的經濟，良好的生活方式，當然，也少不了社區健康和文娛的相關資源：

COMMUNITY RESOURCES & SERVICES
| Health and Wellness

People Live Longer in Richmond

For several years running, world health organizations have identified Richmond as a community where people live longer. According to a recent report by Statistics Canada people in Richmond, B.C. still have the greatest life expectancy in Canada. People in Richmond are living an average of 80.7 years, more than four years longer than the national average of 76.1. In other reports Richmond's life expectancy has also been shown to exceed that of countries that have reported the highest maximum life expectancy in the world.



Richmond Pioneer Press

Long life in Richmond is attributed to our moderate climate, a prosperous service sector economy, active lifestyles, and healthy diet. In addition, Richmond residents are said to have the lowest smoking and obesity rates in the country. Some speculate that Asian influences on our diet have had a beneficial effect.

Health Services in Richmond

In Canada, Health Services fall under the jurisdiction of the Provincial Governments. [Richmond Health Services](#) fall under the jurisdiction of the [Vancouver Coastal Health Authority](#), a body appointed by the [Province of British Columbia](#).

Richmond Health Services comprises several community health services, as well as [Richmond Hospital](#).

[列治文社區健康和文娛資源](#)

2. 列治文長者社區活動手冊（7-9 月）



2022 夏季長者活動手冊 (7-9 月)

3. 其他

 **Community Conversation Circles**
INSPIRING CONFIDENCE IN THE KITCHEN WITH LOCAL, FRESH, AND SUSTAINABLE INGREDIENTS

WHAT
The Community Conversation Circles will help to inform the Sustainment Project.
The Sustainment Project is an initiative to work with a chef to learn how to cook quick, healthy, and simple meals.

WHY
We want to hear from you to ensure that your voice is heard and your input informs the project.

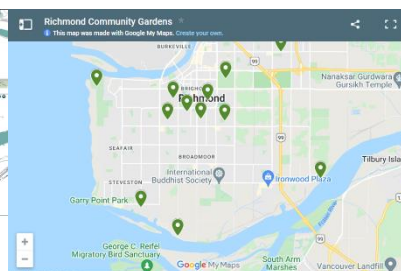
WHEN
1 hour sessions in June and July in Richmond. Dates and location to be confirmed.

TALK TO US
Urban Bounty Kitchen 2277
Doris Park Drive (604-775-8242)
Doris Kuei Doris.doris@urbanbounty.ca
Ann Lai Ann.lai@urbanbounty.ca

Contact us for more information or to sign up. Participants 55+ will receive an honorarium as they help Vancouver fill more of 122.52 for your participation. Participants 55 and under are welcome to participate but will not receive honorariums.

The Sustainment 項目: 跟專業廚師學習如何快速、健康地製作簡單餐食

DAY 2
There's a culinary edge to your second day! Start with a delicious food presentation and get to work on the day's menu. **Seaside Restaurant** is a great and vibrant location for day 2. **Seaside Restaurant** is a great and vibrant location for day 2.



列治文社區花園 及 社區種子館

探索我們的城市（各種推薦線路）