

關愛
We Care

以人為本 Person Centered



充權
We Empower

發展自強 Strength Based



卡城華人耆英會

The Calgary Chinese
Elderly Citizens' Association

2018 年報

Annual Report



一站式社區服務

服務
We Serve

尊重與欣賞
Respect & Appreciation



全人支援
Holistic
Support





One-stop Community Hub

接納
We Accept

接納不同和多元文化
Embracing
Differences & Diversity

111 Riverfront Avenue S.W. Calgary, AB. T2P 4Y8

Tel: (403)269-6122 Fax: (403)269-1951 Email: cceca@cceca.ca Website: www.cceca.ca  

本會乃非牟利社會服務機構，需依賴捐款維持日常運作，歡迎慷慨捐助，惠及老人。

CCECA is a non-profit social service organization. Our daily operation relies on donation. Your generous donation is welcome.

慈善機構登記號碼 Charitable Registration Number: 126698018RR0002

成就 Accomplishment

「社區同行大使計劃」的成果

Impacts of “Chinese Community Helper Program”



每月的社區同行大使聚會是加強彼此互助、信任和承諾的主要元素之一。
Community helpers' monthly meeting is one of main element to enhance our mutual support, trust and commitment.

耆英會致力推廣長者的心理健康。於 2016 年，我們與加拿大心理健康協會 (CMHA) 合作推出「社區同行大使計劃」，旨在為華裔長者減少社會隔離，增加同輩支持。我們受訓的「社區同行大使」義工以家訪，電話聯繫和小組活動等形式向有需要的長者提供一對一的朋輩支持服務。

CCECA has a strong focus on promoting the mental health of our seniors. In 2016, we launched the Chinese Community Helpers Program (CCHP) in collaboration with the Canadian Mental Health Association (CMHA) with an objective to reduce social isolation and increase peer support among Chinese older adults. Our community helpers are trained volunteers who provide one on one peer support to isolated seniors in the form of home visit, telephone support and group activities.

研究結果 Research Findings

於 2018 年，我們獲市政府家庭和社區支援部 (FCSS) 撥款，並與香港理工大學合作，就「社區同行大使計劃」的成效和影響進行研究。計劃中，我們培訓了 27 位義工成為社區同行大使，並招募 60 名 65 歲或以上的華裔長者作為參與對象。經隨機抽樣後，其中 30 位長者分配於介入組，並接受為期八週的同輩支援服務。另外 30 位參加者，分配於對照組，但沒有接受任何服務。研究顯示，當比較干預組與對照組的量度數值，干預組的參與者比對照組的參與者取得更高水平的快樂感和抗逆力指數。干預組的參與者在生活質素、快樂感和抗逆力上都有顯著的改善。此外，我們更發現有三組長者（包括男性，較年青及進行日常活動有困難的長者），他們在此計劃得益最為明顯。

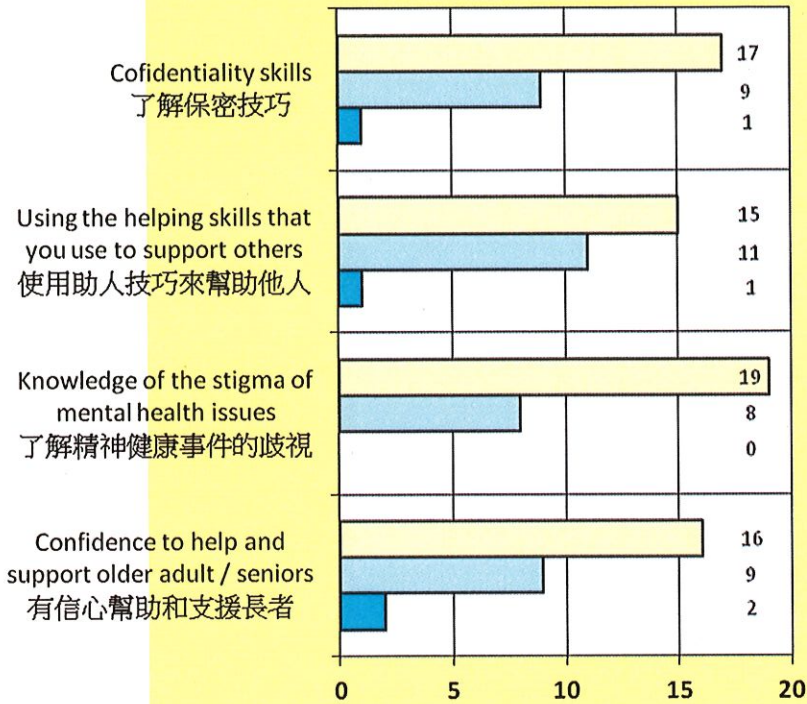
In 2018, we received funding from FCSS to evaluate and validate the effectiveness and impacts of the CCHP in partnership with The Hong Kong Polytechnic University. We trained 27 volunteer community helpers and engaged 60 Chinese older adults aged 65 and over as our participating clients. We provided eight weeks programs to 30 clients in the intervention group. **The research study showed that participants from the intervention group reported a higher level of both happiness and resilience measurement compared to participants in the control group. The intervention group also showed a significant improvement in the quality of life, happiness, and resilience.** In addition, we found that three groups received significant benefits from the project - male seniors, young-and-middle old seniors and older adults who sometimes have difficulties in performing daily activities.

27

受訓義工
trained community
helpers

60

受助長者
seniors served



社區同行大使 義工培訓的成效 Effect of community helpers training

十分有效 Major effect
 相當有效 Quite an effect
 有點成效 Somewhat of an effect

今次研究結果有助我們加強服務的發展，並確立我們在減少社會孤立和促進心理健康的目標上，能達做到可實踐，可量度和可持續的效果。

它還提高職員和義工的技能，在華人社區內提供朋輩支援，以減少社會隔離，並改善心理健康狀況。

The research findings **helped us strengthen program development, and ensure that our objectives of reducing social isolation and promoting mental health are achievable, measurable and sustainable.**

It also enhanced the skills of staff members and volunteers to deliver peer support and built capacity within the Chinese community to reduce social isolation and improve mental health outcomes.



“好高興看到我們的長者有著具大的改變。我們的連繫不僅於活動，而在信任及心靈上。”

“We are so happy to see big change in our seniors. We are connected not only physically but also mentally with trust.”

嶄新項目 *New Initiatives*

義工小型家居維修計劃

Volunteer Handy Person Project

在 2019 年，耆英會獲卡城基金會撥款，並與卡城市政府合作，一起開展「義工小型家居維修計劃」。此計劃目的是支援有自置物業的低收入華裔長者，使他們可以安全地在家中安享晚年。計劃透過增加義工小型維修的技能，從而為華裔長者提供免費小型家居維修服務。尋找價錢合理和信譽良好的小型家居維修人員是不容易的，但對於不懂英語及財政不寬裕的長者就更加困難。

計劃中，我們會招募 20 位義工為低收入有自置物業的華裔長者提供小型家居維修服務。卡城市政府會提供小型維修訓練、諮詢、工具借用及轉介服務。此項目於 2019 年 6 月正式啟動，職員將分派義工上門提供服務。

In 2019, we have received funding from the Calgary Foundation to run the “Volunteer Handy Person Project” in collaboration with The City of Calgary. The goal of the project is to support Chinese homeowner seniors so they can stay safely at home for as long as possible. This project will provide free handy person services to Chinese homeowner seniors by increasing volunteer capacity in doing handy person jobs. It is very difficult to find reputable handy persons at an affordable price. It is even harder for seniors who cannot speak English and have limited income for home repairs.

20 volunteers will be recruited to perform handy person jobs for low income Chinese homeowner seniors. The City of Calgary will provide training, consultation, rental of equipment and tools and support for client referrals. CCECA staff will match volunteers with seniors who request the services commencing in June 2019.

「啟發人生計劃 - 長幼共融藝術小組」

Project Inspire - Intergeneration Art Group

自 2017 年，耆英會與 United Active Living Garrison Green 及 LINKages 合辦「啟發人生計劃」。15 位來自這三間機構的長者，於六週內每週聚會一次，一起討論老齡化和年齡歧視的話題和參與不同的藝術創作。建基於「啟發人生計劃」的積極經歷，我們將於 2019 年與 LINKages 和 Greater Forest Lawn 老人中心合作，開展另一個全新的計劃—「啟發人生計劃—長幼共融藝術小組」。此項目獲「豐盛晚年社區資助計劃」撥款，旨在透過參與創意藝術活動及討論老齡問題，從而推廣社區共融，促進長者和青年人認識自己的脆弱，潛能和真實的一面，從而加強長者和青年間的互相包容和認識。

Project Inspire was a collaborative project between United Active Living Garrison Green, LINKages and the Calgary Chinese Elderly Citizens' Association since 2017. Fifteen older adults from these three organizations joined together once a week for six weeks to participate in critical discussions about aging and ageism and to engage in different modalities of art making. Based on the positive experience of Project Inspire, we will be launching a brand new project, Project Inspire – Intergeneration Art Group in partnership with LINKages and Greater Forest Lawn 55+ Society in 2019. This project is funded by the Aging Well in Community Grant Program and aims to promote the social inclusion and understanding among older adults and youths by providing them with opportunities to engage in discussions about aging and realize their vulnerabilities, potential and truths by engaging in creative art activities.

帶來的轉變(整體及健康手法)

What make a difference (Holistic and wellness approach)

地壺球

Floor Curling



地壺球是一個適合不同年齡和能力人士的團體運動，它要求精準、策略、專注力、溝通、團隊合作和逆境智能。它更能提供結交朋友的好機會及擴闊社交圈子。此活動將於 2019 年 5 月開始，逢星期四下午 1 時半至 3 時於耆英會舉行。

Floor Curling is an age inclusive game that is suitable for different people and abilities to play. This game requires precision, strategy, focus, communication, teamwork and a fair amount of adversity quotient. It also opens up opportunities to make friends and expand social networks. This activity has started in April 2019.

BINGO 遊戲 Game

有研究顯示玩 Bingo 的人士在心理思維速度、記憶力及獲取信息的能力上會有更快、更準的表現。另外，BINGO 更可改善手眼協調，減少活動延緩的問題。這更是一種建立友誼的遊戲，可增加與其他入面對面接觸的機會。Bingo 遊戲已於 2019 年 4 月開始，逢星期四下午 2 時至 3 時於耆英會舉行。

Studies have shown that Bingo players are able to think,

B	I	N	G	O
13	29	38	51	●
4	20	32	●	65
7	19	●	55	70
10	●	34	46	72

memorize and gain information in a much faster and more accurate manner. The game can improve eye-hand coordination and reduce delayed movement. It also provides social networking opportunity and increases face-to-face contact with other people. We have started this activity in April 2019.

動感柔力球

Dynamic Rouliquin (Racquet Softball)



這是一項集合了太極、羽毛球及網球精粹而創編的運動。動作輕鬆自然、又有趣味。長時間持續玩此運動亦不會覺氣喘，更可達到全身運動舒展筋骨的作用，並可改善骨骼及關節的退化。耆英會將於 2019 年六月開始推展動力柔力球的活動。

This is a sport that combines the essence of Taichi, badminton and tennis. The playing movement is easy, relaxing, and full of fun. It would not cause breathlessness even after a long game. It also facilitates body stretching and helps improve degenerative bones and joints. CCECA will launch the Rouliquin class in the June 2019.

改善身體健康及提升生活質素的新活動
New activities to improve physical
wellness and quality of life

帶來的轉變 (創新和多樣性)

What make a difference (Innovation and diversity)

社區義工報稅計劃

Financial Empowerment - Taxation and Benefit Clinic

自 1994 年開始，耆英會便提供免費報稅服務。對耆英會而言，運作一個社區義工報稅服務，是一項相當大型的計劃，因為每年約有 1300 位人士接受本中心的報稅服務。每年一月起耆英會便開始招募義工、進行培訓及安排 60 多位義工的日程。然後致電客人預約登記報稅。最後於 3 月及 4 月間提供每個星期四天的報稅服務。

由 2018 年起，此計劃除了報稅服務外，更加入福利導航服務，以確保低收入報稅人士得知有關的資訊去獲取相關的福利資源，以改善他們的生活質素。這項嶄新服務得以推行全賴聯合公益金的撥款及報稅人士的慷慨捐助。

We started to provide free income tax clinics for low income seniors since 1994. Running the Community Volunteer Income Tax Program is always a big project in CCECA because every year we have over 1300 clients coming to our tax clinic to file their tax returns. It starts with recruiting, training and scheduling more than 60 volunteers in January, calling past year clients to make appointments and finally running the clinic four days per week in March to April.

Starting from 2018, the tax clinic is more than filing income tax returns, it also provides benefit navigation services to make sure low income clients have information to access resources to improve their quality of life. This initiative is made possible by the generous donation by income tax clients and funding from the United Way of Calgary and Area.

1,303

完成報稅表數量
No. of Tax returns filed

2,022

義工時數
Volunteer hours

67

報稅義工
No. of Tax volunteers



總退稅款項

Total Refund

\$271,949.06

啓發人生藝術計劃—參加者劉春華的分享

Project Inspire—Sharing from Spring Liu

首先萬分感謝耆英會給我這次難得的機會參加這個計劃。自從參加了這個可愛的活動以後，突然發現退休多年的「老人生活」變得充滿了趣味和喜樂，尤其是每次討論關於健康晚年的主題，大家都積極和熱烈地討論，互相交換心得。

在每次的活動中，大家親切地互相鼓勵，像一個和睦的大家庭。我自己對用英文寫作比較困難，但是 Frank 剛好是一本標準的字典，他教我最正確的文法和生字。在每次的活動中，都常使我們感覺到時間不夠，我們多麼想晚一點回去，久一點留在歡樂喜笑中，尤其是那幾位年青朋友，他們總是用愛心與耐心來教導並鼓勵我們，使我們各自發揮，任性表達，從來沒有被輕看的感覺，在他們的微笑中，給我們很大的自由與自信！也讓我們感到年輕了！

總括來說，我非常開心可以有這個機會開始新生活，開發自己的才華，用藝術來灌溉新的人生，我想可以用一個字來形容的，那就是「夢」！這種美妙的夢是千載難逢的，幫助我們從寂寞孤獨中走出來，所以我除了要表達感恩的心，謝謝大家的愛心與耐心。我也希望這麼甜美的夢永遠繼續做下去，千萬不要停止啊！最後祝福各位健康，快樂，每晚可以帶著微笑入夢中！



First of all, I deeply appreciate CCECA for giving me this precious opportunity to participate in the Project Inspire workshops. Since participating in this lovely activity, I recognized that after my retirement a long time ago, my "elderly life" could still be full of fun and joy. This was especially true during the discussion about healthy ageing, where the participants' enthusiasm encouraged everyone to participate and to exchange ideas.

In each activity, everyone helped and encouraged each other, learnt and laughed together like a harmonious family. I have difficulties in writing English, but Frank acted like a dictionary and taught me accurate grammar and vocabularies. We felt that the duration of the activity was too short and wished we could stay in the happiness and laughter longer. This was especially true as the young facilitators always taught and encouraged us with smile, love and patience. We had freedom to create and express our ideas and had never been despised. This built our confidence and made us young again!

In conclusion, we are thankful for the opportunity to start and irrigate a new life and develop talent. I think we can use one word "dream" to describe this experience! This wonderful dream is precious. It helps to keep us away from loneliness. In addition to expressing my gratitude and thanks to everyone for their love and patience, I hope that this sweet dream will continue forever and will not stop! In the end, I wish you all the best for health, happiness and have a sweet dream every night.



精彩故事分享

Amazing Life Stories Sharing

外展部個案分享

Outreach Case Sharing

70 多歲的梁太多年來都是跟未婚女兒居住在兩層高的獨立房屋。近年因腰椎病反復發作經常疼痛難當，連上落家中的樓梯都有困難。她女兒的上班時間不穩定，不能每天定時為她煮飯及扶她上落樓梯，所以她日常的生活都有一定的困難，因為經常獨自留在家中，她都感到寂寞及沮喪。

因外展部曾協助她辦理退休福利，所以她就將情況告知我們。外展員到梁太家中了解情況後就安排了送餐服務、申請助步車及安裝浴室的輔助器材、聯繫社區護理服務派人到家幫她做個人衛生護理、熱餐、安排乘坐復康巴士每星期到耆英會參加活動。

有了這些服務梁太生活得到改善。但因梁太每天上落家中樓梯越來越困難，外展員鼓勵她考慮搬去包食宿的院舍居住。因不了解情況她猶豫應否搬，外展員便陪她去參觀，試食那裡的餐食，協助她整個申請過程。現在她在那裡已居住了一段時間，每天都可以跟院友及工作人員接觸，女兒亦經常探望她，所以她很高興自己作了這個決定。



Mrs. Liang, in her 70s, had been living in a two-storey single house with her daughter for many years. She found it difficult to walk up and down the stairs and managed her daily living activities because of back pain. Her daughter who worked shift hours, was not able to cook for her and helped her up and down the stairs regularly. She also felt lonely and depressed because she often stayed home by herself.

Since the Outreach Department had assisted her with benefit applications before, she talked to us about this situation. After evaluating her situation, an outreach worker immediately arranged the following services: Meals delivery; walker and bathroom equipment, home care and adult day program referrals.

With the equipment and services provided, her quality of life had improved. However, Mrs. Liang was getting more and more difficult to manage the stairs and daily living activities, the outreach worker encouraged her to consider moving to a lodge for supportive living. Because she didn't know much about lodge living, the outreach worker and Mrs. Liang visited a lodge together and tried the meal there. She also helped her with the application process. Now, she has lived there for a while and has more contact with other residents and staff. She is very happy that she had made this decision to move to a lodge.

健身室使用者故事分享

Fitness Room Client Story



嫦姐是一位充滿活力，注重健康的長者。她因為患有骨質疏鬆症，所以醫護人員建議她多做運動來改善身體。於是她開始定期參加健身室活動，她除了依從健身教練的指導做運動，還接受挑戰參加 10 公里跑步。經過 3 個月的訓練後，嫦姐以 1 小時 34 分 20 秒的驕人成績完成 2018 Stampede Road Race 的 10K 賽事。這個成績是很多年青朋友也望塵莫及。

Ms Chen is an energetic, health-conscious older lady. Healthcare staff has suggested her to do more exercise to improve her osteoporosis, so she began to attend the fitness room activities regularly. Under the guidance of the fitness coach, she not only engaged in fitness exercise but also accepted the challenge of a 10 km run. After three months of training, Ms Chen completed the 2018 Stampede 10-K Road Race with an impressive time of 1 hour 34 minutes 20 seconds. This achievement is apparently beyond the reach of many younger friends.

特別需要小組個案分享

Special Needs Group (Adult Day Program) Story Sharing

在 Rose 的媽媽患胰腺癌過世之前，媽媽本來是照顧她父親的主要照顧者。Rose 有兩個兒子，其中長子被診斷患有躁鬱症。她的父親被診斷患有腦退化症。她的父親於七年前透過擔保父母計劃移民到加拿大，所以沒有資格申請到很多政府資助。Rose 在照顧兒子及父親，以及兼顧全職工作上出現因難。為了提供支援給 Rose，我們的特別需要小組為她的父親提供了一個星期兩天的活動。Rose 表示最少在這兩天內，她不用擔心她的兒子及父親會在家裡爭吵，並知道她的父親是安全和快樂的。

Rose's mother was the primary caregiver of her father until she passed away with pancreas cancer last year. Rose has two sons and the elder son is diagnosed with bipolar disease. Rose's father is diagnosed with dementia. Her father moved to Canada 7 years ago and is still under the sponsorship so he is not eligible for most government benefits. Rose has trouble managing the tension between her son and her father and at the same time working full time for a living. In order to provide support to Rose, we have offered two days a week for her father to participate in our Special Needs Support Group. Rose has expressed that for at least two days a week, she doesn't need to worry about her father fighting with her son at home and knows that her father is safe and happy.

合作及社區融合活動

Collaborative and Social Inclusion Program

同一個世界 Edgemont One World

March 8, 2018 at

Tom Baines School in the northwest Calgary

各個社區組織及學校一共擺放了超過 40 個攤位，為附近的居民提供有用的資源。

More than 40 booths were set up by community

organizations and schools to provide useful resources and information to residents of neighbouring communities.



長者週健康與美麗展

Seniors' Week Health and Beauty fair

June 9, 2018 at CCECA

美麗是沒有年齡界限的。簡單化妝、身體檢查、情緒支援及健身運動都能提高長者的外在美及內在美。

Beauty has no age limit. A mini makeover, body check-up, emotional support and physical exercise helped our seniors enhance their physical appearance and inner beauty.

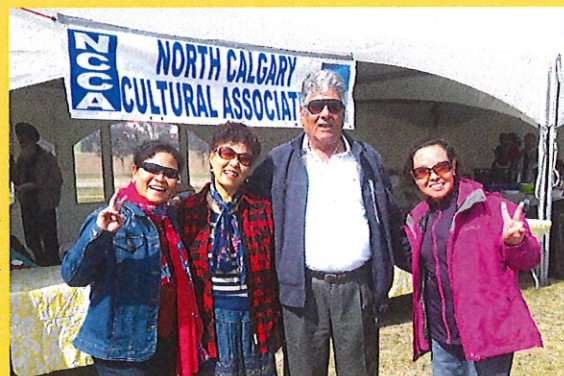
多元文化家庭運動會

Multicultural Family Game Day

September 1, 2018 at VIVO

此運動會由卡城北部文化會舉辦。我們的長者在 61 歲以上女子組別和蒙眼走路比賽中獲得冠軍及亞軍。另外在 61 歲以上女子組別和單腳站立平行比賽中，長者們更囊括了冠亞季軍三個獎項。

This Game Day was organized by the North Calgary Cultural Association. Our seniors had won both the first and second places for the race on Women 61 and over blind fold walk, as well as all three medals in the Women 61 and over one leg balancing.





全國長者日慶祝

National Seniors Day Celebrations

October 1, 2018 at Kerby Centre

由卡城移民服務中心、嘉庇中心及卡城市政府合辦，與來自不同文化的 400 位長者一同慶祝全國長者日，公開答謝及表揚長者對社會的終生貢獻。

In partnership with Immigrant Services Calgary, Kerby Centre and The City of Calgary, we proudly celebrated National Seniors Day with 400 seniors from diverse cultures, giving public recognition to the life-long contributions of seniors.

情緒健康委員會

Emotional Health Committee

情緒健康委員會由十個機構策劃，在華人社區宣傳情緒健康的重要。2018 主題為「抗逆」。舉辦了故事分享：了解逆境中自己的情緒，學習走出困境 (粵語) 和逆境自強：人在逆境中，學習走出困境 (普通話)。經驗主講嘉賓分享人面對逆境的處理方法。參加者覺得是很好的學習，和很有意思。

The Emotional Health Committee which is steered by ten organizations, aims at promoting emotional health of the Chinese community. The theme of 2018 was resilience. EHC held two activities last October: "Resilience: real life story telling - understand your emotion/thought in distress to learn to cope" (in Cantonese) and "Resilience: real life story sharing to learn to cope" (in Mandarin). Participants took part in workshops where experienced guest speakers shared about recovery from toughness and difficulties. Participants found the learning important and meaningful.

Participants found the learning important and meaningful.

情緒健康委員會
Emotional Health Committee

從逆境中尋找力量

故事分享：了解逆境中自己的情緒/思維，學習走出困境 (粵語)

日期：2018.10.20 (星期六)

時間：上午 10:00 - 11:30

地點：Crowfoot Library (8665 Nose Hill Drive, NW)

機會難逢，萬勿錯過
名額有限，先報名先得

報名登記(費用全免)：403-269-6122
(卡城華人耆英會)

情緒健康委員會	卡城移民婦女中心
亞省醫療服務局卡城區	卡城中信中心
卡爾加里青年發展基金會	卡城移民服務中心
點社安家項目	家庭暴力支援服務
卡城華人社區服務中心	安心之家
卡城華人耆英會	新移民中心

義工服務 *Volunteer Services*

24,846

義工服務時數
No. of
volunteer hours



452



活躍義工數目
No. of
active volunteers

表演團隊 *Performance Groups*

為推廣社區共融及社區參與，我們非常鼓勵長者展示他們的才華及強項。今年，新成立的表演小組（拉闊音樂茶座），為長者們提供多一個表演平台，透過現場樂隊伴奏及夾歌，分享他們的音樂才華。我們的耆獅團、千歲合唱團、千歲跳舞團及拉闊音樂茶座於2018年，特別在農曆新年期間被邀請到11個不同的老人中心、社區中心及學校表演。我們的長者非常樂意把他們的歡樂帶給其他人。



To promote social integration and social participation, we encourage our seniors to showcase their talents and strengths. This year a new Live Music Café Group was formed to provide platform for seniors to share their passion for music through live band and songs. Our Lion Dance Group, Senior Choir, Senior Dance Group and Live Music Café Group have been invited to perform at 11 different seniors' lodges, community centres and schools, especially during Chinese New Year. Our seniors are happy to bring happiness and joy to others.



恭喜本會編織班獲得
牛仔節獎項

*Congratulations to Our
Knitting Class Winning a
Stampede Award*

耆英會編織班以「卡城華人耆英會」字樣的桌上編織裝飾及「耆英會標誌」的編織作品參加「牛仔節手工藝比賽」編織家居項目比賽，並榮獲第三名的優異成績。歡迎大家到耆英會欣賞他們精美編織的作品。



Our Knitting Class received the third prize in the Textured Stitches Home Décor category of the 2018 Stampede Western Showcase Creative Arts & Crafts. We welcome everyone to come see this wonderful art work at our centre.

Our Knitting Class received the third prize in the Textured Stitches Home Décor category of the 2018 Stampede Western Showcase Creative Arts & Crafts. We welcome everyone to come see this wonderful art work at our centre.



2019 年最新消息 *New in 2019*

網上捐款

Online Donation



The Calgary Chinese Elderly Citizens' Association
卡城華人耆英會

(403) 269-6122
cceca@cceca.ca
fb/cceca

Donate Volunteer

Home About Us Impact Services Resources Events Support Contact En 繁 簡

SUPPORT CCECA'S WORK | 支持我們

Please support our work by donating below.

Contribution Amount
 Bronze - \$ 10.00
 Silver - \$ 25.00
 Gold - \$ 50.00
 Other Amount

Other Amount

I want to contribute this amount every month

Supporter Profile

First Name *

耆英會的網站 www.cceca.ca 於 2018 年已經升級。全新的網站會定期發佈耆英會最新資訊、耆英會服務、活動日曆、耆英園地、活動照片及年報。此外，網上捐款功能亦已開始運作。歡迎善長人翁到耆英會網站點擊右上角「Donate」按鍵以信用卡進行捐款。凡捐款\$30 或以上人士更可獲報稅收條，屆時請與耆英會聯絡。於不久的將來，會員更可在耆英會的網站登記活動及支付課程費用和續會。

Our website www.cceca.ca has been upgraded. CCECA's services, event calendar, the Senior Garden newsletter, event photos and annual report can now be found on our website. Moreover, the on-line donation option is now available. We welcome donors to donate by clicking the "donation" button on the top right hand corner and pay with credit card. For donations of \$30 or more, please contact CCECA to receive a donation tax receipt. In the near future, members will be able to register and pay for classes and renew their membership on-line.

新地板及課室裝修

Facility Enhancement Program for New Flooring and Classroom Renovation

耆英會於 2018 年獲卡城市政府及社區設施提升項目計劃的資助，更換了二樓全層的新地板及重新裝修二樓的課室。這個項目為我們的會員、服務使用者及到訪者提供一個更安全及舒適的環境。

In 2018, we received funding from The City of Calgary and the Community Facility Enhancement Program to install new flooring and repurpose the classroom on the second floor of our centre. The project helps provide a safe and comfortable environment for our members, clients and centre participants.



服務統計 Services Statistics

會員人數 No. of members

2,064

服務使用者人數 No. of clients

5,245

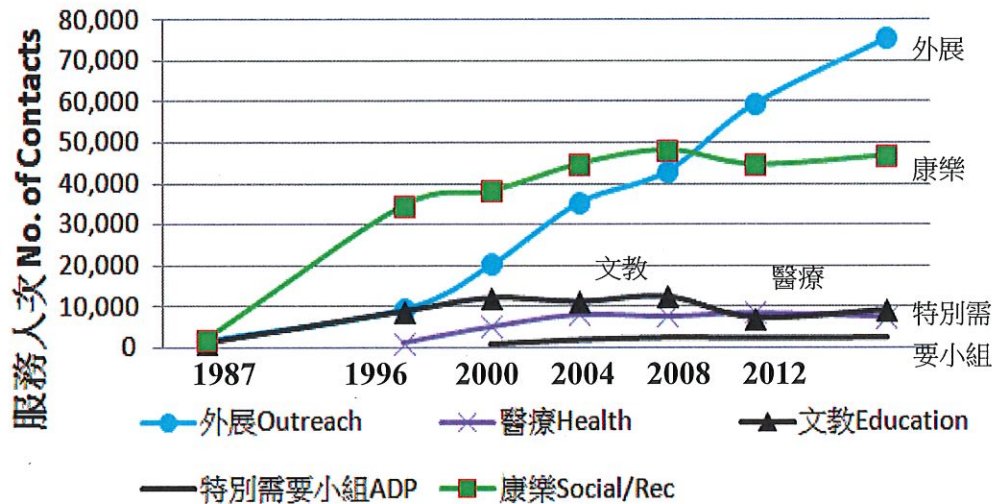
教育講座數目 No. of education workshops

125

全年服務總人次 No. of total client contacts

145,120

服務增長 Growth In Service



關懷一組



關懷二組



關懷三組(國語)



關懷四組(西北)

服務總人次 Client contacts:



46,768

社交康樂活動
Social & Recreational



7,452

保健服務
Health Services



8,983

文教活動
Educational Program



75,703

「卡城長者服務一路通」外展服務
"The Way In - Calgary Older Adult Services"



2,400

長者日間護理服務 (特別需要小組)
ADP (Special Needs Support Group)



50

在家照顧腦退化症家人技巧訓練小組
CARERS Program



3,734

社區同行大使服務
Chinese Community Helper Program

2018 年營運收支表

Statement of Operations

For the year ended December 31, 2018

P.15

	2018	2017
REVENUE 收入	\$	\$
Funded programs 撥款收入	1,258,961	1,284,988
General programs 一般活動	222,440	207,357
Donation and fundraising 捐款及籌款	83,875	104,010
Membership dues 會員費	41,380	42,360
Casino 賭場撥款	34,801	41,979
Longevity 長壽組	26,826	17,069
Amortization of contributions related to capital assets 延後資產注資減值	21,375	3,166
Other income 其他收入	7,325	1,254
	<u>1,696,983</u>	<u>1,702,183</u>
PROGRAM EXPENSES 活動支出		
Funded programs 撥款支出	1,258,961	1,284,988
General programs 一般活動	173,353	166,422
Longevity 長壽組	26,826	17,069
Amortization 折舊	19,574	6,611
	<u>1,478,714</u>	<u>1,475,090</u>
	<u>218,269</u>	<u>227,093</u>
GENERAL AND ADMINISTRATION EXPENSES 一般及行政支出		
Wages and benefits 薪金及福利	149,742	143,702
Occupancy 租金及維修費	52,276	47,180
Office and administrative 辦公室支出	27,389	22,666
Other expenses 其他支出	11,592	19,770
Professional fees 專業費用	7,073	7,316
Cost sharing (recovery) 成本攤分(收回)	(23,905)	(23,310)
Fees charged to funded programs 撥款轉入	(60,644)	(60,448)
	<u>163,523</u>	<u>156,876</u>
Excess of Revenue over Expenses 全年度盈餘 / (超支)	<u>54,746</u>	<u>70,217</u>

卡城華人耆英會
第二十二屆理事會名單
The 22nd Board of Directors
(2018-2019)

* 排名不分先後 Not in particular order

會長 President

林李美玲 Claudia Lam

副會長 Vice President

錢有金 Eugene Chieng

秘書 Secretary

陳穎生 Thomas Chan

胡汝燁 Sidney Woo

財政 Treasurer

黃炳君 Patrick Wong

理事 Directors

黎遠勝 Desmond Lai

林 坤 Peter Lam

吳振光 Henry Ng

胡浩華 Nikola Wu

王吉伶 Aldous Wong

鄭嬋娟 Sim Kwong

會務顧問 Advisors

黃佩華 Pei Hua Huang

榮譽顧問 Honorable Advisors

李炯光 Kwing Kwong Lee

余偉行 Wai Hang Yu

韓晚良 Dominic Hon

韓梁麗霞 Stella Hon

社會事務顧問 Social Services Advisor

鮑胡葵儀 Teresa Woo Paw

周廣遂 Thomas Chow

林培根 Pui Kan Lam

撥款機構 Funders :

* 排名不分先後
Not in particular order

