



## 成就 Accomplishment

**2** 019年對耆英會來說是具挑戰性的一年，因為來自卡城聯合公益金的撥款遭削減。幸好耆英會在《關愛耆英健步行》和《關愛耆英籌款表演》週年籌款活動中獲得社區人士鼎力支持，得以維持中心日常活動和外展服務的一貫服務水平。此外，我們亦成功獲取撥款推行兩項全新計劃：《長者家居維修計劃》和《啟發人生-跨代共融藝術小組》，以滿足長者日益增加的需求。最後，我們很榮幸獲邀加入長者及房屋廳廳長轄下的長者諮詢委員會，分享有關長者需要和如何應付現行服務不足的意見。同時我們就減低體制性障礙和政府繁瑣手續，如何有效地應對現時及日漸出現的需求，以及解決問題的優先次序等方面提供意見。我們在委員會中扮演的角色，使耆英會得以在長者及房屋廳的工作和政府決策中產生深遠且積極的影響。

2019 was a challenging year with reduction in funding from the United Way of Calgary and Area. With support from the community for our annual walkathon and fundraising show, we managed to maintain the same level of services for our clients in centre programming and outreach services. In addition, we had secured funding to launch two new projects - Volunteer Handy Person Program and Project Inspire Intergenerational Art Group - to meet the growing needs of older adults. Last but not least, we were honored to be invited to join the Minister's Seniors Advisory Committee to share our perspectives on the needs of seniors and how to bridge existing service gaps. We contributed insights on reducing systemic barriers and government red tape, how to effectively respond to existing and emerging needs, and the priority of issues to be addressed. Our role in the committee has enabled us to make a far-reaching positive impact in the ministry's work and government decision making.

## 啓發人生 - 跨代共融藝術小組

### Project Inspire - Intergenerational Art Group

撥款機構 Funded by: The Aging Well in Community Grant Program

這是一個與 Greater Forest Lawn 55+ Society 及 LINKages 的合作項目。於 2019 年，我們成功舉辦了三次，每次為期 8 週的【啓發人生】- 跨代共融藝術小組，共有 147 名參加者。此計劃建基於正向心理學中的精神豐盛模式 Flourishing Model (PERMA + V)，該模式強調幸福的六個範疇包括：積極，投入，關係，意義，成就和生命力，目的在促進長者的健康晚年。透過採用不同的創意藝術活動例如：集體繪畫、石頭畫、拼貼畫、公仔製作、禪繞畫、音樂和形體等活動，為青年人和長者創造平台，讓他們通過討論，探索和發現的方法去實現健康晚年。



參加者對此計劃的反應非常良好。不少人從參加小組的過程中發現到自己的藝術潛能。在比對參加者前及後的調查問卷，結果顯示有不少的正面成效，包括：長者的認知，對幸福晚年有關的知識和技巧有顯著的改善。許多參加者亦表示，他們可以藉此機會與不同文化背景的長者和年青人交往做朋友。透過藝術表達能使自己生活得更加積極，和建立社交支援網絡。



*「我對自己所畫的畫感到好驚訝！  
我無法想像我能做得到！」*

*「我感受到小組的支持，並高興認識  
到來自不同文化背景的新朋友。」  
..... 參加者*

*"I am so surprised of what I draw; I can't  
imagine that I can do it."*

*"I feel support in the group and happy to  
meet with other people in different  
cultures." ..... Participants*

This was a collaborative project with the Greater Forest Lawn 55+ Society and LINKages. We had successfully run three cycles of an 8-week intergenerational art program in 2019, with 147 participants. The project design was based on the Flourishing Model (PERMA+V) derived from Positive Psychology, which focuses on six aspects of wellbeing (Positivity, Engagement, Relationship, Meaning, Accomplishment, and Vitality), with the goal of promoting the aging well of seniors. We created platforms for youths and seniors to discuss, explore and discover ways to achieve aging well through using different kinds of creative art activities, such as collective painting, stone painting, collage, doll making, Zentangle drawing, music and movement.

Feedback from the participants was very positive, and many of them had discovered their potential in arts through joining the group. A comparison of pre- and post-project survey results revealed many positive outcomes, including significant improvement in the seniors' awareness, knowledge and skills associated with aging well. Many participants reported that they were able to make friends with other seniors and youths from different cultures and felt more positive about themselves through the empowerment of arts and the social support networks established.

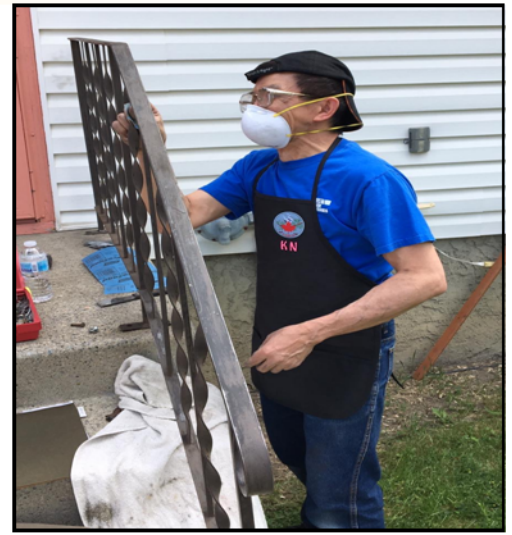


# 長者家居維修計劃

## Volunteer Handy Person Program - VHPP

撥款機構 Funded by: Calgary Foundation

耆英會於 6 月正式開展這項計劃，經由受訓的家居維修義工，為有自置物業的低收入華裔長者，提供免費的家居維修及保養服務。計劃目的在於支援這班長者，使他們可以安全地在家安享晚年。透過家居檢查及安裝煙霧感應器和一氧化碳探測器，來確保長者的家居安全。於 2019 年，共有 16 名義工接受了市政府的有關培訓，學習了小型家居維修的技巧。過去一年，我們為 91 名長者進行了家居評估，及完成了 238 項家居維修工作。我們察覺到不少華裔長者因為語言或經濟問題，未能僱用合資格的維修技師進行小型家居維修。是項計劃旨在填補這些不足，使能讓長者獲得可靠且會說中文的維修人員上門為他們提供免費的維修和保養服務。與此同時，本計劃提供了一個與孤獨長者聯繫的通道，以便教導他們有關家居安全的知識，並鼓勵他們使用其他與長者福利有關的服務。



**“很高興可以用母語去要求他人做維修的工作。”**

**“義工為我修理好漏水的水龍頭後，我感覺鬆了，覺得更安全，更放心地住在家裡。”**

**“我感謝義工提供如此優質而免費的維修服務。”……受惠長者**

*“I am so happy to use my mother tongue to ask someone to do the repair works. I feel relieved, more safe and at ease to live in my home after the volunteer helps me to fix the water leaking of the tap, I appreciate the volunteers provide excellent repair works at no cost.”*

*…… Service recipient*

We launched this program in June to provide free minor home repair and maintenance services to low income Chinese homeowner seniors by trained handy person volunteers. The goal of this program was to support Chinese homeowner seniors to live independently and safely in their own homes as long as possible. Through home inspection and installation of smoke and CO detectors, we strove to ensure a safe home environment for older adults. In 2019, 16 volunteers were trained by The City of Calgary with skills of doing handy person jobs. We did intakes and completed 238 jobs in the homes for 91 seniors. We found that many Chinese seniors were unable to hire qualified trade persons to do minor repairs due to language or financial barriers. The program was designed to bridge this gap, enabling senior homeowners to access free repair and maintenance services provided by reliable Chinese-speaking handy persons. At the same time, the program provided a gateway to connect with isolated seniors to educate them on home safety and encourage the uptake of other beneficial senior services.

**91**

受助長者  
seniors  
served

**16**

受訓義工  
trained  
volunteers

## 促進身心健康的活動

### Aging well & Wellness Program

耆英會一貫宗旨是透過我們的活動項目去支持華裔長者達致擁有幸福快樂的晚年生活。從 2018 年開始，我們採納了 International Council on Active Aging 倡議的健康模式，該模式建基於七個領域（環境，智能，體能，社交，靈性，職業和情緒），以幫助長者確立全人健康。在 2019 年，我們聚焦於加強長者的社交和身體健康的兩個領域。我們開辦了新的社交班組，包括粵曲組、二胡班、拉闊音樂茶座、拉闊歌唱及電子琴班、社交舞班、健腦遊戲大本營和中國象棋比賽等。此外，亦開設了強身健體的保健活動，如太極/木蘭扇、椅子瑜珈、地壺球組、地毯保齡球、太極柔力球、乒乓球和冬季運動日等。以上新的班組均獲長者歡迎。並表示保健活動可助長他們多方面的健康，令他們保持活躍，這些有趣活動可增加他們的社會聯繫。



拉闊音樂  
Live Music



太極扇  
Taichi Fan



柔力球  
Rouliqiu

It is always our goal to support Chinese older adults to achieve aging well through our programs. Starting from 2018, we have been adopting the wellness model advocated by the International Council on Active Aging in our programming, based on the seven dimensions of wellness (Environment, Intellectual, Physical, Social, Spiritual, Vocational and Emotional), to help our seniors build holistic health. In 2019, we focused on strengthening the social and physical wellness of older adults. We offered new social groups/classes including a Chinese opera group, erhu classes, live music café, live singing and keyboard classes, ballroom dance, board games, and a Chinese chess competition. We also offered physical enhancement classes including tai chi/Mu Lan fan, chair yoga, floor curling, carpet bowling, tai chi soft ball, table tennis, and a winter games day. All these new classes received positive feedback from older adults. They said the wellness program had enhanced different aspects of their wellbeing, motivated them to stay active, and increased their social connection through fun activities.

# 多元化共融活動

## Inclusion & Diversity

為慶祝長者週，耆英會於2019年6月1日舉辦了一項名為「我的驕傲」藝術同樂日的特別活動，並邀請了亞省長者及房屋廳廳長盤世寶女士擔任特別嘉賓。除了發表演說外，盤世寶廳長還頒發獎品給「耆英·我的驕傲」相片故事比賽的三名得獎者。是次比賽共有18名長者遞交作品，他們用相片及故事敘述令他們引以為傲的成功人生故事。當天約有300名長者與友伴到場參加同樂日，慶祝這些人生的重要時刻。此外，長者還到訪手工藝攤位嘗試做手工，接受按摩和傾聽令人鼓舞的人生故事。該同樂日成功吸引了一些首次參加者，證明具創意的社區活動可以有效他減低社交孤獨感及促進接受服務的機會。



CCECA hosted a signature event, "Aging Proud Art and Fun Day", on June 1, 2019 to celebrate Senior Week. We invited The Honourable Josephine Pon, Provincial Minister of Seniors and Housing, to be our special guest to give a speech and present awards to the three winners of the "Aging Proud Photo and Storytelling Contest". 18 seniors submitted stories with photos to tell about what made them proud and successful in life. About 300 seniors came to the event to celebrate these important moments with their peers. The seniors also visited the activity booths to do crafts, enjoy a massage, and hear inspirational life stories. This Fun Day successfully attracted some first time participants, evidencing the effectiveness of using creative community events to reduce social isolation and promote service uptake.



# 白

2002年開始，情緒健康委員會（EHC）與八個非牟利組織合作，在華人社區推廣情緒及心理健康。2019年10月26日，情緒健康委員會舉辦了一項「生活多姿彩活動」。透過提供資料及協助獲得免費或低收費的社交康樂活動來促進社會聯繫。活動包括舞蹈示範、展示可以參加的活動，（例如乒乓球、羽毛球、跳舞及唱歌）的攤位，還有註冊社工和卡城及愛城中信中心主任許婉華女士主持的「積極聆聽」工作坊。參加者透過互動工作坊了解到積極聆聽的精髓和進行實踐練習。這都是建立健康關係的關鍵技巧。參加者的反應非常正面，表示該活動可以激勵他們採納積極的生活方式，並參與有益身心的康樂活動，以增進身體，社交和情緒健康。



In collaboration with eight non-profit organizations, the Emotional Health Committee (EHC) has been promoting emotional/mental health in the Chinese community since 2002. On October 26, 2019, EHC organized an “Active Living Fair” to promote social connection through providing information and facilitating access to free or low cost social recreational activities. Highlights of the event include dance demonstrations, display booths that featured affordable activities (such as ping pong, badminton, dancing and singing), and an “Active Listening” workshop facilitated by Queenie Hui, Registered Social Worker and Centre Director of Chinese Christian Mission of Canada, Calgary and Edmonton Centres. Through the interactive workshop, participants gained understanding on the essence and practice of active listening, which is a crucial skill for the building of healthy relationships. Feedback received from event attendees was very positive. It showed that the fair had motivated them to adopt an active lifestyle and engage in beneficial recreational activities to enhance their physical, social and emotional wellness.



# 社區同行大使 Chinese Community Helpers Program

撥款機構 Funded by: Family & Community Support Services, the City of Calgary

# 這

是一項由同輩支持和提供協助的計劃。研究亦證明這項計劃可以有效協助長者減低孤獨感及增強抗逆力。在 2019 年，我們培訓了 18 名新的義工協助推行計劃。目前，耆英會共有 40 名受過訓練的社區同行大使，為 131 名面對困擾或其他情緒問題的孤獨長者提供同輩情緒支援。計劃旨在協助孤獨長者能與社區保持聯繫，並且克服人生十字路口的挑戰。受訓的社區同行大使會定期探訪或致電給孤獨長者，以陪伴及關心問候。對於以關愛與孤獨長者同行的社區大使所帶來的正面影響，我們感到非常自豪。

This is a peer support and intervention program that has proved to be effective in helping older adults reduce feelings of loneliness and increase resilience. In 2019, we had trained 18 new volunteers to help out in this program. Currently, we have 40 trained community helpers to provide peer emotional support to 131 isolated older adults who are facing distress or other emotional challenges. This program helps isolated and vulnerable seniors stay connected and overcome challenges in the crossroads of life. Our trained community helpers pay regular visits or make phone calls to offer companionship and emotional support to lonely seniors. We are proud of the positive impact created by our community helpers who walk alongside isolated seniors with compassion and love.

「丈夫的離世使我感到非常悲傷。我甚至不想做飯和走出家門。但透過社區同行大使計劃，我得以向一個願意聆聽我的人表達情緒，而且我更掌握了一些應付壓力的自我照顧技巧。我意識到我要探索新的生活和要更獨立地活下去。」……受惠長者

*"Grieving the loss of my husband is so depressed and my mood is so down and blue. I did not even want to cook and to go out of the house. But through the Chinese community helper program, my emotion can be expressed to someone who listens to me, and I have recognized some self-care skills to cope with the stress. I realized that I need to explore some new normal and want to live more independent."  
A senior participant*



## 外展部個案分享 Outreach Case Sharing

**陳**伯七十來歲，獨居於老人大廈，平日要倚賴助行器幫助他走動。三月中旬，陳伯收到大廈經理通知，他的租約不獲續期，而且要在五月底遷出。陳伯感到困擾，於是前來耆英會求助。外展員為他提供支援性輔導，以降低其憂慮，然後為他轉介所需服務，替他取得其弟的支援。耆英會後來得知租約不獲續期的原因，原來是與陳伯失禁而引起持續的衛生問題有關。大廈經理表示，他弄污所租單位和公眾地方，而且過去更引致臭蟲為患。經理指出，可能因為語言障礙，陳伯和他的弟弟對管理處提出的要求置之不理。耆英會於是替陳伯申請入住老人院，但最終因為衛生方面的因素，申請被拒。耆英會繼而轉介他接受家居護理，輪候長期護理院。但陳伯的家居護理員拒絕轉介，因為雖然她關注陳伯的認知問題，但認為他不符合長期護理院的資格。至此，陳伯的人生變得極具挑戰，然而耆英會的外展員繼續與他同行，更鼓勵他不要放棄。最後，外展員安排陳伯與其家庭醫生會晤，以便轉介老人科作評估。評估結果顯示，陳伯符合入住長期護理院資格。耆英會外展員努力不懈，在陳伯一段艱難的人生路上提供支援，協助他避過露宿街頭的終局。現時，陳伯住在一個他感到安全和有保障的長期護理院。

**Mr** Chan is a senior in his mid-70s living alone in a senior apartment, and he needs to use a walker to get around. In mid-March, Chan was notified by his building manager that his lease would not be renewed and that he would need to move out by the end of May. Chan was distressed by the news and came to CCECA for assistance. Our worker provided him with supportive counseling to alleviate his anxiety, then connected him with needed services and obtained family support from his brother. The worker found out that the non-renewal was due to Chan's ongoing hygiene issue caused by his incontinence.

According to the building manager, Chan had soiled his apartment and the public areas and had a record of bedbug infestation in the past. The manager said that Chan and his brother had not been cooperative with taking appropriate actions to address the issues, which was likely due to communication problems caused by their language barrier. The worker helped Chan apply for housing at a seniors' lodge, but the application was rejected due to hygiene concerns. The worker then referred him to a long term care centre, but the homecare nurse rejected the referral, saying that he did not qualify. Life had become very challenging for Chan but our worker continued to walk alongside him and encouraged him not to give up.

Finally, the worker arranged for Chan to meet with his family doctor to get a referral for geriatric assessment, the results of which qualified him for long term care placement. With tireless effort, our worker supported Chan through the difficult journey and helped him avoid becoming homeless. Mr. Chan is now living in a long term care centre where he feels safe and secure.





## 特別需要小組個案分享

### Special Needs Group (Adult Day Program) Case Sharing

# 施

女士在中風後出現失語症，不能與家人或朋友溝通，於是感到憂傷和孤獨。2018年，她開始參加耆英會特別需要小組。透過聚會和小組活動，她與耆英會職員、義工及社區其他成員聯繫起來。她通過這個支援網絡，找到被接受的感覺，且認識了新朋友。耆英會職員及其他參加者經常鼓勵她多說話，且耐心幫助她更正發音。此外，耆英會更特別安排一名曾受訓的義工在她的組別幫她忙，又陪她步行，製造更多社交和對話的機會。在眾人持續的支持和鼓勵下，於過去兩年施女士取得重大進展。現時她經常掛著笑臉，且可以講更多字詞和句子。特別需要小組顯著改善了施女士的整體健康，從實際上協助她，到建立溝通技巧和自信，以致促進社區共融和協助她找到希望，喜悅及珍貴的社區歸屬感。



# Ms

See suffers from aphasia as a result of a stroke. She was not able to communicate with family or friends and consequently felt sad and lonely. In 2018, Ms. See joined CCECA's special needs support group where she got connected to staff, volunteers and other members of the community through gatherings and group activities. Through this support network, she found acceptance and gained new friendships. Staff and other fellow participants always encouraged her to speak more and patiently helped her correct her pronunciation. We

also arranged for a trained volunteer to help out in her group and accompany her on walks to create more opportunities for socialization and conversation. With consistent support and encouragement, Ms. See had made significant progress over the past two years. She always wears a smile on her face now and is able to speak more words and sentences. The support group has enhanced Ms. See's well-being holistically, from giving her practical help in building communication skills and confidence to enhancing social inclusion and helping her find hope and joy as well as a treasured sense of community.

# 義工服務 Volunteer Services

義工在耆英會擔當著重要的角色。義工沒有報酬，不是因為他們毫無價值，而是因為他們是無價。

*Volunteers play a crucial role in CCECA. Volunteers don't get paid, not because they are worthless, but because they are priceless.*

2019年，我們共有453名義工積極參與和支持本會的日常活動及服務，他們為耆英會提供了總計27,526的義工服務時數。耆英會只有27名職員，沒有這群義工的協助，會方多項活動和服務很明顯無法舉辦或維持下去。我們非常感謝全體義工，全憑他們的貢獻，耆英會得以成為眾多華裔長者和其家人的第二家園。



耆英會義工服務



CELEBRATING  
25  
YEARS

cceca volunteer services



義工服務時數

Total volunteer hours

27,526

活躍義工數目

Active volunteers no.



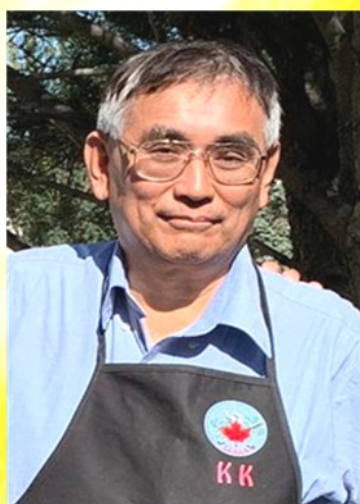
453

In 2019, we had 453 volunteers actively involved in supporting our regular programs and services, contributing a total of 27,526 volunteer hours to CCECA. With only 27 staff, it is obvious that many of our programs and services would not have been possible or sustainable without the help of our wonderful volunteers. We are so grateful to all of our volunteers for their contribution to make CCECA a second home to many Chinese seniors and their families.

# 傑出義工獎 Outstanding Volunteer Award

2019年10月4日，我們舉辦了義工嘉許晚宴暨傑出義工頒獎典禮，以感謝義工們的貢獻和承擔。謹此恭賀三位傑出義工得獎者郭華、吳寶玲及黃勵明。此外，吳惠蘭獲得了新人義工獎，而郭華更獲選為最受歡迎義工。這些傑出的義工不但為關顧服務建立優質標準，更為其他義工們樹立好榜樣。

On October 4, 2019, we hosted the Volunteer Recognition Banquet and Outstanding Volunteer Awards ceremony to celebrate the great contribution and commitment of our volunteers. Please join us in congratulating Kelvin Kwok, Becky Tsu and Li Ming Huang, the three recipients of the Outstanding Volunteer Award. In addition, April Wong received the New Volunteer Award and Kelvin Kwok won the Most Welcome Award. These exceptional volunteers help establish high standards of caring services and serve as role models for their fellow peers.



## 郭華先生 Mr. Kelvin Kwok

一年服務時數 Yearly service hours: 297 小時

服務年資 Years of Service: 15 年

服務崗位 Positions:

1. 社區義工報稅計劃 Tax Clinic
2. 公民權益小組 Community Engagement Group
3. 長者家居維修計劃 VHPP

## 郭華先生 Mr. Kelvin Kwok

最受歡迎

義工獎得主

Most Welcome Award



## 吳寶玲女士 Ms. Becky Tsu

一年服務時數 Yearly service hours: 396 小時

服務年資 Years of Service: 13 年

服務崗位 Positions:

1. 義工探訪服務 Volunteer Visiting Program
2. 特別活動 Special Events
3. 公民權益小組 Community Engagement Group
4. 文書支援 Office Support



## 吳惠蘭女士 Ms. April Wong

義工新人獎得主  
New Volunteer Award



## 黃勵明女士 Ms. Li Ming Huang

一年服務時數 Service hours provided: 404 小時

服務年資 Years of Service: 12 年

服務崗位 Positions:

1. 社區義工報稅計劃 Tax Clinic
2. 前台接待(外展部) Front Desk (Outreach)
3. 特別活動 Special Events

## 長者好鄰居計劃 Senior Neighborhood Network (SenNet)

**耆英會獲得新撥款，將於 2020 年 推行一項名為「長者好鄰居計劃」(SenNet) 的全新項目。此項目由加拿大政府新境界長者計劃撥款資助。**

本計劃旨在吸納和聯繫住在華埠和 Panorama Hills 兩個目標社區內的孤獨華裔長者，以建立互助的鄰里支援網絡。我們希望透過本計劃來刺激和鼓勵社區內的關愛意識和促進鄰舍關係。我們將招募和培訓區內居民作為非正式的鄰居義工。然後以一對一的形式，安排他們藉著電話問候、家訪、鄰居資源卡、生日咭送遞、社區園藝、聊天會面、準備緊急聯絡資訊及社區資源轉介等，去關懷住在同一社區的孤獨長者。

與此同時，我們亦會招募義工組長，為居住於這兩個社區的長者組織集體活動和社區活動，以建立互相支援，激發關愛行動和協助長者與社會保持聯繫。本計劃目標是為長者及家庭建立一個堅固而友好的睦鄰網絡，使他們得以過著幸福獨立的生活。





**We have received new funding from the Government of Canada's New Horizons for Seniors Program to launch a new collective impact project, Senior Neighborhood Network (SenNet), in 2020.**

This project is to engage and connect isolated Chinese older adults who reside in two target communities, Chinatown and Panorama Hills, to build natural and neighborhood support. Through this project, we also want to inspire and ignite kindness and promote neighbor networks in the target communities. We will be recruiting and training local residents to serve as informal neighbor volunteers to provide one-on-one care to isolated seniors living in the same neighborhood through acts of kindness, such as friendly phone calls and greetings, door visiting, neighbor resources card, birthday card delivery, gardening help, meet and chat, emergency contact preparedness, and community resources referral.

We will also be recruiting leadership volunteers to organize group activities and community events for the older adults residing in the two target communities to build mutual support, inspire kindness, and help them stay socially connected. Our goal is to build a strong and kind neighborhood for seniors and families so that they can live a happy and independent life.



## 全年服務總人次 Total Client Contacts

# 142,297

服務使用者人數 No. of clients

# 4,804



卡城長者服務 — 外展服務  
The Way In –  
Calgary Older Adult Services  
73,414



長者日間護理服務 (特別需要小組)  
ADP (Special Needs Support Group)  
2,978



社交康樂活動  
Social & Recreational Programs  
45,677



社區同行大使計劃  
Chinese Community Helper Program  
4,787



文教活動  
Educational Programs  
7,123

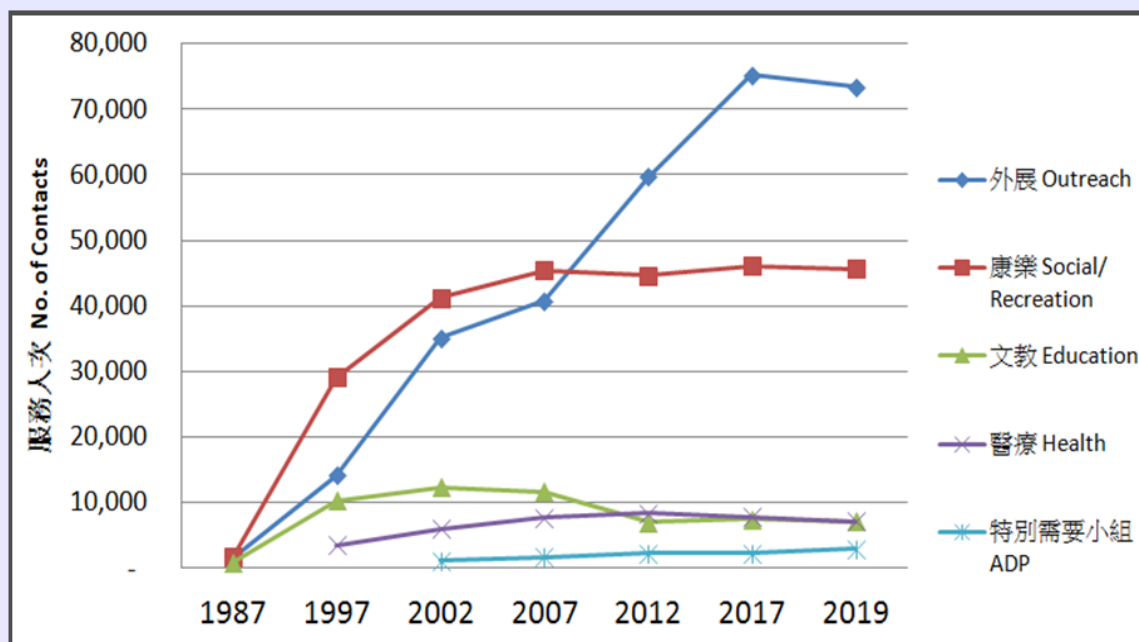


長者家居維修計劃  
Volunteer Handy Person Program  
1,153



保健服務  
Health Services  
7,165

## 歷年服務增長 Service Growth over Years



# 2,019

會員人數

No. of Members

# 2019 營運收支表 Statement of Operations

截至 2019 年 12 月 31 日 For the year ended December 31, 2019

	2019	2018
<b>REVENUE 收入</b>	<b>\$</b>	<b>\$</b>
Funded programs 撥款收入	1,232,102	1,258,961
General programs 一般活動	179,776	222,440
Donation and fundraising 捐款及籌款	169,698	83,875
Casino 賭場撥款	50,056	34,801
Membership dues 會員費	39,868	41,380
Longevity 長壽組	19,935	26,826
Amortization of contributions related to capital assets 延後資產注資減值	19,233	21,375
Other income 其他收入	4,586	7,325
Rental income 租金收入	2,860	--
	<u>1,718,114</u>	<u>1,696,983</u>
<b>PROGRAM EXPENSES 活動支出</b>		
Funded programs 撥款支出	1,255,535	1,258,961
General programs 一般活動	140,231	173,353
Longevity 長壽組	19,935	26,826
Amortization 折舊	19,195	19,574
	<u>1,434,896</u>	<u>1,478,714</u>
	<u>283,218</u>	<u>218,269</u>
<b>GENERAL AND ADMINISTRATION EXPENSES 一般及行政支出</b>		
Wages and benefits 薪金及福利	165,368	149,742
Occupancy 租金及維修費	52,335	52,276
Office and administrative 辦公室支出	31,574	27,389
Other expenses 其他支出	19,316	11,592
Professional fees 專業費用	7,175	7,073
Cost sharing (recovery) 成本攤分(收回)	(11,581)	(23,905)
Fees charged to funded programs 撥款轉入	(48,380)	(60,644)
	<u>215,807</u>	<u>163,523</u>
<b>Excess of Revenue over Expenses 全年度盈餘 / (超支)</b>	<u>67,411</u>	<u>54,746</u>

# 卡城華人耆英會 第二十三屆理事會名單

The 23rd Board of Directors (2019-2020)

## 會長 President

胡汝燁 Sidney Woo

## 副會長 Vice President

陳穎生 Thomas Chan

## 秘書 Secretary

黃炳君 Patrick Wong 潘文龍 Jason Poon

## 財政 Treasurer

鄭嬋娟 Sim Kwong

## 理事 Directors

胡浩華 Nikola Wu 林 坤 Peter Lam

周廣遂 Thomas Chow 吳振光 Henry Ng

林培根 Pui Kan Lam 王吉伶 Aldous Wong

朱敖蕙瑚 Angela Chu 關國權 Patrick Kwan

## 上屆會長 Immediate Past President

林李美玲 Claudia Lam

## 社會事務顧問 Social Services Advisor

鮑胡葵儀 Teresa Woo Paw

## 撥款機構 Funders :

\* 排名不分先後 Not in particular order



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 operation relies on donation. Your generous donation is welcome.

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