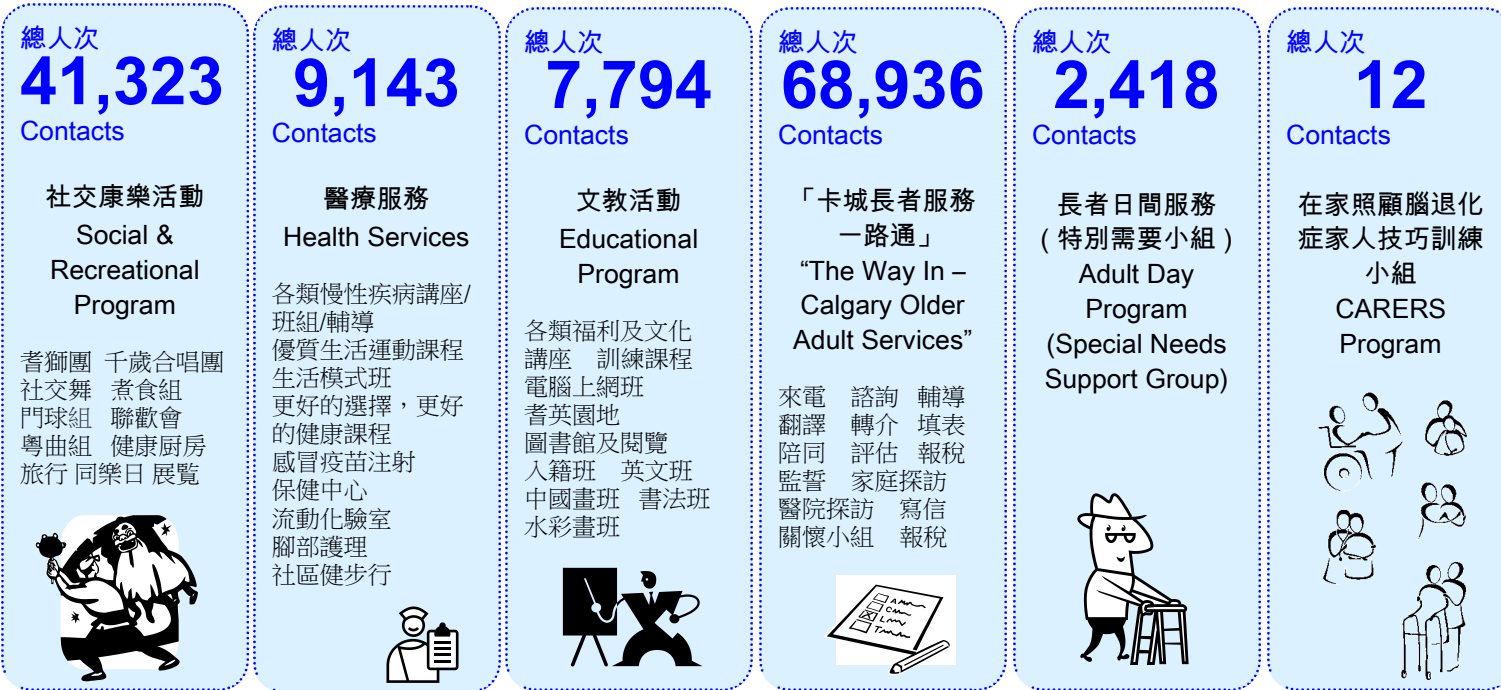


二零一五年度工作統計 2015 Programs Statistics



卡城華人耆英會 2015 年報

Calgary Chinese Elderly Citizens' Association Annual Report 2015



卡城華人耆英會第二十一屆理事會名單 21st Board of Directors (2015-2017)

Board of Directors	理事				
Desmond Lai	黎遠勝	Eugene Yew King Chieng	錢有金	Nikola Ho Wah Wu	胡浩華
John Lau	劉漢桂	Claudia Mei Ling Lam	林李美玲	Peter Lam	林坤
Thomas Chan	陳穎生	Thomas Kwong Sui Chow	周廣遂	Patrick Kwan	關國權
Advisor	顧問				
Kwok Hung Choi	蔡國雄	Hung Thu Cho	卓漢濤	Dominic Hon	韓晚良
Yuk Tong Cheung	張毓棠	Kwing Kwong Lee	李炯光	Stella Hon	韓梁麗霞
Pei Hua Huang	黃佩華	Wai Hang Yu	余偉行		

* 排名不分先後 Not in particular order

“Caring for Seniors 30 Years” 關愛耆英30年籌款點滴

Over the past 30 years, CCECA has strived to provide quality services to Chinese older adults to meet their needs in different areas. In 2015, in celebration of CCECA's 30th anniversary, we organized three different events to raise funds to meet service needs. These include our first Walkathon on July 23, which promoted healthy living for older adults; a “Caring for Seniors Fun Day” on August 22, and a “Caring for Seniors Fundraising Banquet” on October 17 at the Regency Palace Seafood Restaurant. Guests and participants who attended the fundraising activities all showed great enthusiasm and had a wonderful time. We raised a total of \$93,178, which exceeded our fundraising goal of \$80,000. We deeply appreciate the efforts, gifts, sponsorships, donations and contributions from all donors, volunteers, Board of Directors and CCECA staff, which made the “Caring for Seniors 30 Years” fundraising events a success.

在過去的30年，耆英會不斷竭誠為華人長者提供優質的服務，以滿足他們各方面的需要。為慶祝卡城華人耆英會成立三十周年，我們在2015年舉辦了三個不同的項目來籌務經費以應付服務的需求；分別於7月23日舉辦首屆的『健步行』籌款活動，藉以推廣長者健康生活，8月22日舉辦『關愛耆英30年同樂日』，和10月17日晚假座富麗宮海鮮大酒家舉行『關愛耆英暖卡城2015籌款晚宴』。出席籌款活動的嘉賓及參加者都全情投入，反應熱烈，共籌得93,178元善款，超出八萬元籌款目標，在此特別鳴謝各界善長仁翁鼎力支持，惠賜禮物、贊助、捐款，還有所有籌款活動的義工、理事和職員，使2015年關愛耆英30年籌款活動得以完滿成功。



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CCECA Key Achievements in 30 Years

耆英會三十年的重要成就

1985 CCECA was founded with 124 members
卡城華人耆英會成立於 1985 年，有 124 位會員

First issue of Seniors' Garden newsletter was published in the Edmonton News, the communication tool between the association and seniors
第一份《耆英園地》刊登於愛華報，成為長者與本會溝通渠道

1987 Chinese Community Outreach for seniors was established for those who could not make it to Chinatown
成立華人社區外展服務，方便未能到唐人街的長者

1994 Community Volunteer Income Tax Program provided free personal income tax service for low income seniors
「社區義工報稅計劃」為低收入長者提供免費報稅服務

1996 A self-financed Senior Centre was built strategically in the heart of Calgary's Chinatown
自行集資興建的卡城華埠耆英中心落成，中心位於卡城華埠中心地帶

Chinese-speaking Wellness Centre was formed to monitor the unique health needs of Chinese seniors
成立提供中文服務的保健中心，服務華人長者的獨特健康需要

Community support groups, as part of the outreach services were established in different neighborhoods to provide social network opportunities
作為外展服務的一環，於不同社區成立「社區關懷小組」，為長者提供社交網絡機會

1997 Screening Mammogram was provided in CCECA in partnership with Screen Test
與乳腺普測中心合辦在耆英會內提供婦女乳腺檢查

First Diabetes and Pre-natal Classes conducted in Chinese in CCECA
耆英會首次開辦糖尿病及產前班的中文課程

1999 The Chinese Special Needs Support Group, a day program for Chinese seniors with disabilities and family caregivers, was established. This was the birth of the first Chinese language day program in the city
「華人耆英特別需要小組」成立，是專為行動不便的長者及其家人而設的日托服務。該組是卡城第一個華語服務的日間護理服務



營運收支及資金結存表 (2014-2015 年度)

Statement of Operations and Changes in Fund Balances for the Year ended December 31, 2015

	2015	2014
REVENUE 收入	\$	\$
Grants for community programs 政府撥款收入	943,338	905,859
Cultural, social and educational program fees 活動收入	119,461	85,060
Fundraising events (net of expenses 扣除開支 \$16,980) 籌款活動	93,178	-
Casino funds spent 賭場撥款	66,654	35,640
Membership dues and donations 會員費及捐款	59,968	55,514
Others 其他收入	18,453	31,247
Amortization and deferred capital contributions 折舊和裝修	19,016	8,335
	1,320,068	1,121,655
EXPENSES 支出		
Community programs 政府撥款支出	938,338	905,859
General and administration 行政支出	141,340	132,640
Cultural, social and educational program fees 活動支出	111,279	97,460
Amortization 折舊	19,570	10,013
Professional fees 專業費用	6,685	6,381
	1,217,212	1,152,353
Excess (Deficiency) of Revenue over Expenses 全年度盈餘 / 超支	102,856	(30,698)
Unrestricted net assets, start of year 上年滾存	39,747	70,445
Unrestricted net assets, end of year 本年滾存	142,603	39,747



New in 2016 年新消息

Accreditation Update 認證最新資訊

We are reaching the last stage of finalizing all policies and documents for the accreditation. We will implement the new system for six months before the on-site visit. Hopefully, CCECA will be accredited at the end of 2016 or in early 2017.

我們已經到了認證的最後階段，便是確定所有政策和文件。在現場評估之前，新系統將會運作六個月。希望耆英會將在今年底或 2017 年初可以成功認證。

Funding Update 撥款最新資訊

We are happy to share that CCECA has secured three years of funding from The City of Calgary's Family and Community Support Services (FCSS), Alberta Health Services, and Alberta Justice and Solicitor General.

我們很高興告訴大家，我們已經獲得卡城市政府家庭及社區支援服務、亞省醫療服務局，以及亞省司法和檢察部的三年撥款。

Ten Years Centre Utilization Plan 十年中心使用計劃

In partnership with the Calgary Chinatown Seniors' Centre Foundation, we are going to prepare a ten-year centre utilization plan to meet the growing needs of seniors and the Chinese community.

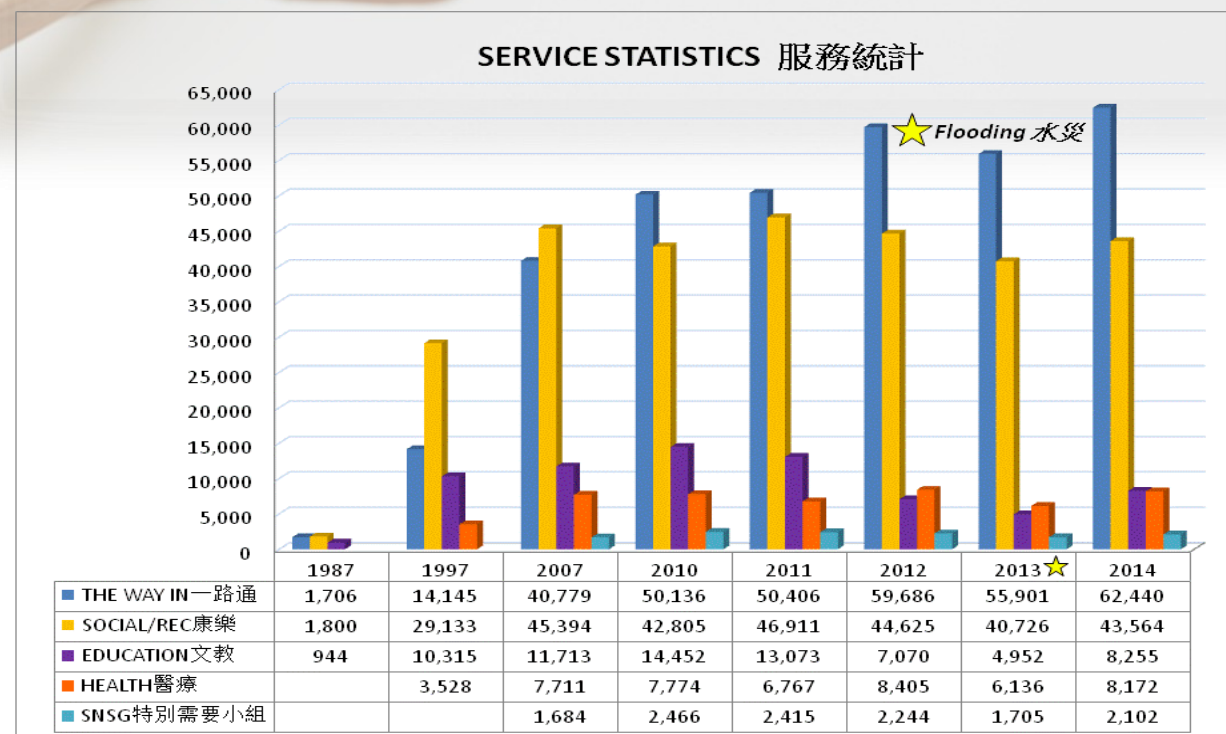
我們將與卡城華埠耆英中心基金會合作，準備一份十年中心使用計劃，以滿足日益增長的長者和華人社區的需求。

New Computer Network Server and Client Database System

新電腦網絡伺服器 and 客戶資料系統

Finally, we have replaced the 2003 computer network server, enhanced security measure, and finished setting up a emergency management plan and system documentation. In addition, we will be installing a new client database system to provide secure and effective data management in accordance with funder requirements.

最後，我們已經更換了 2003 的電腦網絡伺服器，以增強系統之安全性，亦制定緊急管理計劃和系統指引。此外，我們將按照撥款機構的規定，安裝新的客戶資料系統，以提供更安全和有效的數據管理。



2002 The Caregiver Program for the Chinese Community in collaboration with Calgary Family Services, was to train a group of first language caregivers to serve Chinese-speaking clients. This unique program also benefited unemployed new immigrants to get into the care giving market, with the on-going training and ESL classes

與卡加利家庭服務會合辦「華人家居助理課程」，訓練一批華語護理人員，服務華人長者也為華人移民提供職業訓練和英語課程

Chopsticks-on-Wheels in partnership with Meals-on-Wheels, established a special menu to cater the cultural and food preferences of the Chinese people.

與卡城送餐車合作推出「溫情鏟餐車」服務，提供適合華人文化及口味的特別菜單

Emotional Health Carnival partnered with 13 community organizations to organise annual event to promote the importance of emotional health in the Chinese community.

耆英會聯合 13 間社區機構合辦「情緒健康嘉年華」，每年於華人社區內組織活動，提高華人對精神健康重要性的關注

2003 Volunteer Visiting Respite Program trained volunteers to provide temporary relief for Chinese family caregivers, who are caring for frail senior family members full time.

推出「舒緩家人義工探訪計劃」，由受訓義工探訪及陪伴老弱者，為其家人提供暫時舒緩的機會

2004 In partnership with the Calgary Health Region, Chinese Living Well Program was established for people who suffered from chronic diseases such as diabetes, high blood pressure and chronic lung problem. The eight weeks program combined education session, three times a week exercise and "row your own boat" self-management class to assist clients to lead a quality life.

與卡城醫管局合辦「優質生活課程」，為長期病患者，如糖尿病、高血壓及慢性肺病患者，提供為期八星期的課程，包括教育課程、一週三次的運動課程以及自我掌舵工作坊，以協助長者過上優質生活

2005 Volunteer Visiting Program for Seniors was introduced to target home and care-centre bound seniors to have a friendly visitor once a week

「關顧耆英探訪計劃」為家居及/或護老院的長者提供親善探訪，義工每週探訪長者一次



2007 In partnership with the City of Calgary Senior Service Division, the Low Income Seniors' Home Safety Assessment Program trained a team of 12 volunteers and completed 80 walk through assessments on low income Chinese seniors' primary residences.
與卡城市政府長者服務部合辦「低收入長者家居安全評估計劃」，培訓了 12 名義工，為 80 位低收入華人長者的居所進行了安全評估

2009 Chinese Community Response to Family Violence was established with six partners to provide direct support to victims and their family members of family violence.
推出華人社區「反家庭暴力聯盟」，與六位合作單位共同向家暴受害者及其家屬提供直接支援服務

Civic Engagement Group was formed to advocate for Chinese seniors and encourage them to speak out and participate in the society.
成立「公民權益服務小組」，為華人長者維權，鼓勵長者發聲及加強公民參與

2010 Hidden in the Cultural Fabric: Elder Abuse and Neglect in the Ethno-Cultural Communities in Alberta, was an initiative to identify and develop innovative resources tools to increase the knowledge of older adults in Alberta about what constitutes elder abuse and neglect. Five language groups and five cities will be benefited from this project. "Say No to Elder Abuse" booklet was produced in six languages.
舉辦一個名為「文化布幕之後～亞省少數族裔的虐待和疏忽照顧長者」的研究，五種不同語言的族裔和五個亞省城市參與這個計劃，旨在界定和發展一套工具和資源去增加長者對虐老的知識，這個計劃也制作了一本用六種語言的「向虐老說不」小冊子

2012 In partnership with Mount Sinai Hospital Reitman Centre in Toronto, we organized "CARERS" program to provide training for family caregivers who take care of demented family members.
與多倫多西乃山醫學院惠民中心合辦「在家照顧患腦退化家人技巧課程」



2013 Provided instrumental support to Chinatown residents in Alberta Flood. Staff were deployed to reception centre to provide interpretation, social and emotional support to Chinese Calgarians.
為受亞省水災影響的華埠居民提供支援服務，本會職員被派往各緊急危難中心為災民作翻譯、社交及心理支援

2014 Provided emergency preparedness workshops to Chinese senior residents in Chinatown to prepare them for future disaster.
向華埠居民提供多個「緊急事件應變」工作坊，學習如何為將來可能出現的災難作出準備

2015 Organized First Walkathon to raise fund and promote healthy living for seniors
首次舉辦「健步行」，為本會籌款及推廣長者健康生活



Member Survey 2015 2015年會員問卷調查

In step with CCECA's 30th anniversary, we conducted a telephone survey with 1,086 members to measure member satisfaction and collect feedback to inform continuous program development. Survey results reveal that 86% of our members are satisfied with CCECA services. 21% of our members come to CCECA once a week, usually in the morning. Our most popular services include outreach service (59%), seminars (27%) and group activities (19%). 80% of our members indicated that through CCECA, they had gained information on senior benefits and relevant services. 80% remarked that CCECA services had enabled them to become more independent and live a happier life. 67% of our members had made new friends and expanded their social network through joining CCECA activities. We shall continue to listen to difference voices as we provide support to older adults to empower them to lead a happy and healthy life.

因應卡城華人耆英會成立三十周年，我們透過電話向一千零八十六位會員進行問卷調查，以了解他們對本會服務的滿意程度，及吸納意見，以持續發展本會服務。結果顯示百份之八十六受訪會員表示滿意本會的服務。有百份之二十一的會員每周來耆英會一次，一般都在上午的時間。最多人使用的服務是外展服務(百份之五十九); 其次是講座(百份之二十七)及班組活動(百份之十九)。百份之八十會員認為耆英會服務可讓他們認識更多老人福利及不同服務；百份之八十會員認為本會服務令他們生活得更獨立和開心; 百份之六十七認為參加本會服務可認識新朋友及擴闊社交網絡。我們會繼續聽取各方意見，務求讓長者生活得更健康快樂。