



卡城華人耆英會

The Calgary Chinese Elderly
Citizens' Association



ANNUAL REPORT 2024 年報



整全計劃：促進長者經濟、社交、身心健康
Holistic programs for Socio-Economic Wellbeing,
Social Inclusion, Health and Mental Wellness



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會長的話

Message from the President

陳穎生
Thomas Chan

我非常榮幸能擔任卡城華人耆英會會長。

四十年前，一群充滿熱情的社區成員看到了一個重要的需求，創建一個讓長者可以聚會、感受到支持、保持活躍生活並與社會保持聯繫的空間。在過去的四十年裏，我們見證了巨大的變化，但有一件事始終未曾改變：我們始終懷著深切的敬意和關愛，迎接每一位走進我們大門的人。

今日這一切成就，離不開無數人的辛勤付出和真摯奉獻。

今天，我們不僅慶祝這個中心的歷史，更要向那些為它奠基和建設的人們致敬。

感謝我們的創始人：感謝你們的遠見卓識。

感謝我們的員工：感謝你們的奉獻與努力。

感謝我們的義工：感謝你們慷慨地付出精力及寶貴時間。

感謝我們的捐助者與支持者：感謝你們對我們使命的信任與支持。

感謝我們的理事會成員：衷心感謝你們對卡城華人耆英會的奉獻與服務。你們的領導和承諾，對我們服務的長者群體產生了正面深遠的影響。

僅在過去的一年裡，我們就取得了諸多成果，例如：

我們推出專為華裔長者而設的社區及家居支援計劃，服務包括家居維修、清潔、交通接送及醫療傳譯、精神健康教育及小組和照顧者支援小組等，致力實踐讓長者於社區居家安老的目標。另外，我們繼續加強社區聯繫，與其他長者中心、外展服務單位、老人大廈等機構連繫，互相合作，為長者提供多元文化交流及全面支援。總計在 2024 年，我們有 2,636 位會員，5,565 位服務使用者，服務達 147,106 人次。

為了提供更好服務，我們於 2024 年 12 月開始進行翻新工程，並持續至 2025 年，以提升無障礙設施及安全性。透過撥款、本會資源及各持份者的意見，我們針對這座已有 29 年歷史的設施完成了多項急切維修：更換恆溫器、維修逾期的屋頂空調機組、升級洗手間的免接觸設備、加固入口大門，以及修復鬆動的防雨板。這些改進展現了我們致力於為所有人打造安全、包容且溫馨的第二個家。

這些成就只是卡城華人耆英會四十年影響力的一個縮影，而這一切的實現，都離不開我們這個了不起的羣體。隨著人口老化的加劇，像我們耆英會這樣的中心將在未來發揮更加重要的作用。我們承諾將與時並進，提供多元化、實用並富有吸引力的項目，滿足各位長者的需求。

讓我們繼續共同建設一個讓長者不僅受到援助，更值得慶幸的社區。

祝賀卡城華人耆英會四十周年慶典！



會長的話

Message from the President

陳穎生
Thomas Chan

I have the distinct honour of serving as President of the Board here at CCECA.

Forty years ago, a small group of passionate community members saw a need, to create a space where older adults could gather, feel supported, stay active, and remain connected. Over four decades, we've seen incredible change. but one thing has remained constant: our deep respect and care for every person who walks through our doors.

And we've only gotten here because of the hard work and heart of so many.

Today, we celebrate not only the history of this centre, but the people who built it.

To our founders—thank you for your vision.

To our staff—thank you for your passion and dedication.

To our volunteers—thank you for giving your effort and time so generously.

To our donors and supporters—thank you for believing in our mission.

To our board members— I extend my heartfelt gratitude for your dedication and service to CCECA. Your leadership, guidance, and commitment have made a lasting impact on the lives of the seniors we serve.

Just in the past year alone, we've launched a Community and Home Support Program specifically for Chinese older adults. Our services include handyperson service, escort transportation and medical interpretation, mental health education and support groups, caregiver support groups and housekeeping service. All aimed at helping seniors age in place. We continued to strengthen partnerships with other senior centres, way-in service agencies, and seniors' apartments to offer multicultural exchange and comprehensive support. In addition, many clients still prefer in-person visits, finding comfort here. In 2024, we served 2,636 members and 5,565 service users, totaling 147,106 service contacts. To better support them, we began renovations in December 2024, continuing into 2025, to improve accessibility and safety. Using funding and our resource with stakeholder input, we addressed urgent needs in our 29-year-old facility—replacing thermostats, repairing overdue RTUs, upgrading washrooms with hands-free features, securing entrance doors, and fixing loose flashing. These improvements show our commitment to a safe, inclusive, and welcoming second home for all.

These accomplishments are part of a larger legacy, forty years of impact, made possible by this remarkable community. As our population ages, the role of centres like ours will only grow in importance. We're committed to evolving with the times—offering inclusive, accessible, and engaging programs that reflect the diverse needs of today's seniors.

Let's continue building a community where seniors are not just supported, but celebrated.

Happy 40th Anniversary to CCECA!



2025年是耆英會成立四十週年。自1985年5月創會以來，耆英會陪伴無數華裔長者走過人生旅程，見證了社區的成長與轉變。回顧這四十年的歷程，不僅是一部基層非牟利機構由小至大的成長史，更是政府與市場之外，第三部門力量扶持弱勢、回應社會需求的重要實踐。

作為致力於服務華裔長者的非政府組織，耆英會憑藉靈活性與創新精神，針對文化與語言上的特殊需要，建立起具文化敏感度與社區連結的服務模式。從創會初期僅5位員工起步，發展至今天擁有約30名員工、包括專業社工，加上近400名義工的團隊，我們持續以專業服務、志願精神、文化關懷為核心，提供一站式、全方位的支援服務，涵蓋身心健康、社交參與、家居支援與社區互動等不同層面，協助長者安享晚年、積極融入社會。

作為立足華埠的華人社會服務機構，耆英會不僅承擔服務功能，更肩負著一份獨特的文化使命。我們的會員來自不同年代的移民 – 從早年興建鐵路的華工後裔，到因各種政治、經濟及家庭原因移居加拿大的中國內地與香港移民。他們帶著歷史的記憶與文化的包袱，在異地離散中，尋根生活。正如唐君毅先生所言：「中華民族之花果飄零」，第一代移民面對語言隔閡、文化衝擊、經濟壓力與社會歧視，惟有從自身文化與價值體系中汲取精神資源，方能在異邦「靈根自植」。

另一方面，海外華人社會正是「文化中國」的有機體現。我們深信，唯有從文化出發，才能建立自信、促進融合，並於多元社會中發揮積極貢獻。多年來，耆英會積極舉辦各類推廣中華文化的活動，包括節慶慶典、傳統工藝、在加華人歷史研討與世代交流等，嘗試傳承文化記憶，培養文化認同。

展望未來，我們將繼續探索創新服務與文化實踐的可能，承擔更多社會與歷史責任。在關懷長者的同時，也延續我們對社區與文化的承諾。誠如張載所言：「為天地立心，為生民立命，為往聖繼絕學，為萬世開太平。」這句話，在某程度上，也正是耆英會四十年來一路走來的核心精神與信念所在。



總幹事的話

Message from the Executive Director

馮瑞安
Kenneth Fung

The year 2025 marks the 40th anniversary of the Calgary Chinese Elderly Citizens' Association (CCECA). Since our founding in May 1985, CCECA has walked alongside generations of Chinese older adults, growing from a grassroots initiative into a vital community institution. Our story reflects the strength of the third sector – organizations that operate outside government and market systems—to support underserved populations and respond to changing social needs.

CCECA was established to address the specific cultural and linguistic needs of Chinese seniors, offering services that mainstream systems often overlook. From just five staff members in the beginning to nearly 30 today, we have built a professional team supported by almost 400 volunteers. With a spirit of innovation and flexibility, we provide holistic, one-stop services – including health and mental wellness, social engagement, community participation, and home support – to help seniors age with dignity and stay connected to society.

As a community-based organization located in Calgary's Chinatown, CCECA also carries a unique cultural mission. Our members come from different immigration waves – from early Chinese railway workers' descendants to more recent immigrants from Mainland China and Hong Kong. Many faced discrimination, cultural barriers, and economic hardship. As Chinese philosopher Tang Junyi described, the Chinese diaspora often resembles "scattered blossoms and drifting fruit." Yet through cultural resilience, these communities strive to take root and flourish in a foreign land.

Overseas Chinese communities are living expressions of "Cultural China." We believe cultural identity is key to building confidence, fostering inclusion, and contributing to a diverse society. Over the years, CCECA has hosted numerous programs—festival celebrations, traditional crafts, community history talks, and intergenerational activities—to preserve cultural memory and inspire a sense of belonging.

Looking ahead, we remain committed to adapting our services to meet evolving needs while deepening our cultural contributions. We strive to care for seniors and uphold a shared heritage, guided by a spirit echoed in the words of philosopher Zhang Zai:

“To establish a moral consciousness for the universe,
To define a guiding purpose for the people,
To continue the lost teachings of past sages,
To bring peace to all future generations.”

This vision continues to inspire our work—past, present, and future.



外展部

The Way In Older Adult Services (Outreach)

對於在現有機制與福利申請流程中遇到困難的華裔長者，外展員協助他們填寫各類表格，包括申請養老金、長者福利及住屋等。我們亦與「頤家安老」社區網絡合作，提供文化及語言友善的服務，促進醫療與社區資源的整合。

2024 年，外展部共舉辦 20 場教育講座，接觸超過 500 人，提高長者對各項福利與資源的認識。我們透過電台節目、網上工作坊和實體講座等多元化平台，幫助長者了解可用資源。同時，外展員持續向長者介紹政府新措施，及時向長者傳遞有關福利與政策變動的資訊，向他們說明各項計劃的申請資格，並協助完成申請程序。2024 年，我們重點關注「加拿大牙科保健計劃」，全程協助長者申請並跟進相關問題。

We support Chinese older adults who face challenges navigating public systems and applying for benefits. Our outreach workers assist with completing forms for old age pensions, senior benefits, and housing applications. We also collaborate with the In Place Social Prescribing Network to offer culturally and linguistically appropriate services that better connect health care with community supports.

In 2024, the Way-In Older Adult Services (Outreach) organized 20 educational sessions, reaching over 500 participants and raising awareness of available benefits and resources. To promote seniors' socio-economic well-being, we used diverse platforms—radio, online workshops, and in-person talks—to provide accessible information. Our outreach workers kept seniors informed about new government programs, clarified eligibility requirements, and supported them through application and follow-up processes. A major focus in 2024 was the rollout of the Canada Dental Care Plan, for which we provided full support, from initial applications to resolving post-application issues.

經濟穩定 生活無憂

Promoting Socio-Economic Wellbeing through Benefits Navigation



社區義工報稅服務 - 報稅診所

Community Volunteer Income Tax Program - Tax Clinic

經濟穩定
生活無憂

Promoting Socio-
Economic Wellbeing
through benefits
navigation



2024 年，社區義工報稅服務為低收入者及長者提供重要支援，協助他們報稅、申請退稅和各項福利。全年共舉辦 64 節報稅診所服務，由 76 名義工協助，服務 2,944 小時，合計完成 2,187 份報稅表。

當中包括於四所老人大廈舉辦八節外展報稅診所服務，完成 156 份報稅表，反應熱烈；「福利資訊站」協助 146 位華語居民了解政府福利。此外，團隊還使用合適語言，提供個人化支援，例如協助一位來自烏克蘭的新移民使用翻譯應用程式來完成報稅。

因應日益增長的需求，耆英會計劃擴充義工團隊、加強培訓，並努力提供全年無休的社區報稅服務。

In 2024, CCECA's Community Volunteer Income Tax Program (CVITP) provided vital support to low-income individuals and seniors, helping them access tax refunds and benefits. A total of 2,187 returns were filed through 64 sessions, with the support of 76 volunteers contributing 2,944 hours.

The program hosted eight outreach clinics at four senior housing locations, completing 156 returns with positive feedback. A "Benefit Navigator Table" assisted 146 Chinese-speaking residents in understanding government benefits. The team also offered personalized, language-sensitive support, including helping a newly arrived Ukrainian immigrant complete her return using a translation app.

To meet growing demand, CCECA plans to strengthen its volunteer team, enhance training, and work toward offering year-round tax services for the community.



創新多元 融入社會

Increasing Social
Inclusion Through
Innovative and Diverse
Programming

義工連繫長者計劃

Senior Volunteer connection

許多華裔長者因語言及交通障礙，難以參與社區活動。本計劃透過義工主導的活動、跨代互動及文化節慶，減少華裔長者的社會孤立。

我們每個月都為各個長者社群組織團體活動，邀請資深義工帶領遊戲和健康操。夏季舉辦跨代互動計劃，促進不同年齡人士之間的學習交流，減少年齡歧視。中秋及農曆新年期間舉辦傳統慶祝活動，強化社區凝聚力。此為期一年的項目共吸引 **325** 位參與者，推動社會包容、多元與健康老齡化。同時透過專業培訓與有意義的義工機會，提升義工能力並改善義工長者的福祉。

Many Chinese seniors face language and transportation barriers, making community participation difficult. This project aims to alleviate social isolation among Chinese older adults through volunteer-led activities, intergenerational engagement, and cultural celebrations.

We organized monthly group activities in several senior living communities, where senior volunteers led games and wellness exercises. We also hosted intergenerational programs in the summer, fostering cross-generational learning and reducing ageism. In addition, we held Mid-Autumn and Lunar New Year events to celebrate traditions and strengthen community bonds.

This one-year project successfully engaged 325 unique individuals, promoting social inclusion, diversity, and healthy aging. By offering training and meaningful volunteer opportunities, we enhanced volunteer capacity and improved the well-being of senior volunteers.



創新多元 融入社會

Increasing Social
Inclusion Through
Innovative and Diverse
Programming

創新藝術興趣班 - 「與藝術同樂」工作坊、 素描班、和諧粉彩班

New arts-related interest classes -
Play with Arts, Pencil Sketch, and Nagomi Pastel

藝術具有撫慰身心的力量。2024 年，耆英會開辦 8 節「與藝術同樂」工作坊、26 節素描班及 9 節和諧粉彩班，共 289 服務人次。這些課程成為參加者抒發情感、紓解壓力和結交朋友的平台。在溫馨友善的環境中，長者透過藝術得到創意啟發、情緒支持和珍貴的社交連繫。

Art has the power to calm both the body and mind. In 2024, CCECA organized a variety of art activities, including 8 sessions of Play with Arts, 26 sessions of Pencil Sketch, and 9 sessions of Nagomi Pastel, reaching a total of 289 client contacts. These programs provided opportunities for participants to express their emotions, manage daily stress, and build meaningful friendships. Through art, seniors experienced creativity, emotional support, and valuable social connections in a warm and welcoming environment.



創新多元 融入社會

Increasing Social
Inclusion Through
Innovative and Diverse
Programming

創新項目 - 華埠鄰舍日:社區花園音樂會

Innovative Program –
Chinatown Neighbour Day: Community Garden Music Concert

耆英會首度響應「鄰舍日」，於華埠社區花園舉辦慶祝活動，有賴 9 位義工協助，吸引 220 位居民共聚一堂，享受初夏。

我們與頤景樓合作，籌備節目包括：現場音樂、互動遊戲、藝術工作坊及即影即有相片區。參加者熱衷於「華埠知識問答」遊戲，加強了社區人士對華埠的了解。我們亦提供輕食茶點，制造輕鬆愉快的氣氛，促進交流。此活動加強了社區聯繫，展現卡城多元社區的包容精神。

CCECA joined the Neighbour Day for the first time, hosting a celebration at the Chinatown Community Garden with the help of nine volunteers. The event drew 220 residents to gather and enjoy an early-summer afternoon. In partnership with Clover Living, we offered live music, interactive games, an arts workshop, and an instant-print photo station. Attendees were especially enthusiastic about the “Chinatown Trivia” game, which deepened everyone’s knowledge of the neighbourhood. Light refreshments created a relaxed, sociable atmosphere. Overall, the event strengthened community connections and showcased Calgary’s spirit of inclusion.



加強身心健康活動

Enhanced health and wellness program

2024 年，耆英會加強整全的健康服務，支援長者身心健康。16 場健康講座共接觸 339 服務人次，主題包括「做個健康揸FIT人」、「掌握健康:自我保健有技巧」、「護眼有妙法」、「長者食得營養」、「改善睡眠技巧」、「退化性膝關節炎物理治療」等。我們舉辦健康保健課程共 92 節，吸引 1,213 服務人次，內容涵蓋武術、正念瑜伽、柔力球、伸展運動及與亞省醫療服務局合辦的「更好選擇，更好健康 – 慢性疾病自我管理課程」；保健中心共 22 節，共 190 服務人次；正念靜觀小組共 8 節，支援 48 位長者管理壓力、情緒與提高韌性。這些計劃共同推動長者積極生活、終身學習與情緒健康，促進社會包容並提升生活質素。

In 2024, CCECA enhanced its holistic wellness offerings to support seniors' physical and mental wellbeing. Through 16 health talks, we reached a total of 339 attendances. Topics included **“Be a FIT and Healthy You,” “Mastering Health: Self-Care Tips,” “Smart Ways to Protect Your Eyes,” “Nutrition for Seniors,” “Tips to Sleep Better,”** and **“Physical Therapy for Degenerative Knee Osteoarthritis,”** etc.

92 sessions of health & wellness classes were held with 1,213 client contacts, engaging seniors in martial arts, mindful yoga, Taichi softball, senior stretching and **Better Choices, Better Health - Chronic Pain** which was co-organized with AHS. The Wellness Centre hosted 22 sessions with 190 client contacts, while the mindfulness group offered 8 sessions supporting 48 participants in managing stress, emotions, and resilience. These programs collectively promoted active living, lifelong learning, and emotional wellbeing—fostering social inclusion and a better quality of life.

關注身心 保持健康

Health and Mental
Wellness



美善囑福計劃

Palliative and End of Life Care Program

關注身心 保持健康

Health and Mental
Wellness



2024 年，美善囑福計劃舉辦一系列教育活動以鼓勵大眾為善終或喪親提早做好準備，包括由律師主講的法律講座，以及墓園負責人主講的殯葬服務講座。另外，我們安排生死教育工作坊和卡城墓園一日遊，讓參與者反思死亡與生命意義。全年舉辦了八場教育講座，共 256 服務人次。本計劃亦與榮基護理中心合作，提供兩次義工培訓，吸引 31 人參與，旨在深入了解切合文化的臨終關懷。此外，我們為 40 位家屬或長者提供個案服務，協助其善終需要；亦舉辦三個照顧者與哀傷支援小組，接觸 20 位參加者，共 77 服務人次。透過多元活動，提升大眾對生命晚期的認識、反思及準備。

In 2024, the project hosted a series of educational events to encourage end-of-life preparedness. These included a legal talk by a guest lawyer and a sharing session with a funeral service professional. Participants also took part in workshops and a guided cemetery tour, offering opportunities to reflect on death and the meaning of life. In total, eight educational workshops were held, with 256 client contacts.

The project further collaborated with Wing Kei Care Centre to provide two volunteer training sessions, engaging 31 participants, aimed at deepening understanding of culturally sensitive support for those facing palliative or end-of-life care. In addition, 40 casework services were provided to individuals navigating hospice and end-of-life situations.

Three support groups for caregivers and seniors experiencing grief were also organized, with 20 participants and a total of 77 client contacts. Through these diverse activities, the project fostered awareness, reflection, and readiness for life's final stage.



社區及家居支援 - 家居清潔

Community and Home Support Services - Housekeeping

耆英會家居清潔服務，目標是讓長者能獨立地於家中居住。2024 年，我們為 30 戶，共 39 位華裔長者提供基本家居清潔及協助簡單家務，家居清潔員服務共 144 小時，而項目職員則共完成 60 次家訪（共 92 小時）。

本計劃與社區夥伴協作，確保最迫切的長者獲得及時支援，我們作出了 20 次個案轉介，並 11 次協助長者申請「亞省長者特殊需要援助計劃」。這些服務提高居家安全、減少孤立，並支持長者獨立與提升整體福祉。

Our housekeeping services played a vital role in helping seniors live independently at home. In 2024, we provided light cleaning and household support for Chinese seniors, assisting 39 clients across 30 households, with a total of 144 service hours and 60 home visits amounting to 92 hours.

In collaboration with community partners, we ensured timely support for those most in need, completing 20 case referrals and providing assistance on 11 occasions to help seniors access the Alberta Special Needs Assistance for Seniors program. These services promoted safety, reduced social isolation, and supported seniors' independence and overall well-being.

關注身心 保持健康

Health and Mental
Wellness



客人故事

Client Story

外展服務

Outreach Services

85 歲的蘇珊獨居，行動不便，需以助行架扶助行走。語言及行動障礙使她常在外出時迷路或上錯車。外展員協助她申請「卡城通」點對點接送服務。但於獲批後，她仍難以理解預約流程。外展員耐心指導她如何購票及使用方法。

因健康因素，她需定期就醫，「卡城通」接送服務成為她就診與購物的重要依靠。然而語言障礙令她難以自行預約此服務，外展員每次仍需協助聯繫安排。此項服務大大提升她的生活質素，讓她得以與社區保持聯繫，並滿足日常所需。

Susan is 85 years old and has limited mobility. She lives alone and relies on a walker to get around. Her mobility challenges and language barriers pose difficulties during her travels, often resulting in her getting lost or boarding the wrong bus. To address these issues, an outreach worker helped her apply for Calgary Transit Access, a service that provides point-to-point transportation for her outings.

Once approved, she initially found it difficult to understand how to use the service and book her trips. The worker patiently guided her step by step, teaching her how to purchase tickets from a store and how to use the service. Due to her fragile health, she frequently needs to attend medical appointments. Calgary Transit Access has become an essential resource, enabling her to independently visit doctors and shop for daily necessities. However, her language barrier prevents her from booking rides on her own. Whenever she needs transportation, she reaches out to the worker, who assists her in scheduling the trips. This service has greatly enhanced her quality of life, allowing her to stay connected with the community and effectively meet her daily needs.



客人故事

Client Story

老人日間護理服務

Adult Day Program

老人日間護理服務（即特別需要小組）透過度身訂造的課程，致力提升有特別照顧需要之華裔長者的身心健康，並促進他們與社區的社交連結；同時為照顧者提供重要的喘息空間與支援服務。

八十五歲的C先生八年前被診斷患有腦退化症，家人發現其認知能力下降且容易走失，尤其在疫情隔離期間更令人憂心。2023年，他們為C先生報名參加此支援小組。初期，C先生幾乎每日嘗試外出十五次，堅稱要去工作。工作人員耐心陪同散步並設計符合其興趣的活動，還邀請家屬錄製關懷短片。漸漸地，C先生開始參與團體活動、與組員互動並展露熱情，走失次數明顯減少，也較易被安撫。家人見證他重拾快樂與歸屬感，深感欣慰。此故事顯示出耐心、度身訂造的照顧與社區支持的力量。

Special Needs Support Group is dedicated to improving the physical and mental health of Chinese seniors with special needs through tailored programs while promoting social connection within the community. In addition, the program offers crucial respite services and support systems for caregivers. Mr. C was diagnosed with dementia eight years ago, and his family noticed a decline in his cognitive abilities, along with a tendency to wander. Concerned for his well-being, especially during the pandemic-induced isolation, they enrolled him in the Support Group in 2023. Initially, Mr. C struggled to adjust. He attempted to leave almost 15 times a day, insisting he needed to go to work. The program staff showed immense patience, accompanying him on walks and organizing activities tailored to his interests. They also involved his family, who recorded heartfelt messages of love and support to comfort him.

Gradually, Mr. C began to thrive. He started participating in group activities, engaging with peers, and showing genuine enthusiasm. His desire to leave decreased, and he became easier to calm during moments of agitation. Over time, his progress was remarkable. His family was overjoyed to see him find happiness and purpose in the program. Thanks to the dedicated staff, Mr. C rediscovered a zest for life, forming meaningful connections and a sense of belonging. His story is a testament to the power of patience, tailored care, and community support in transforming lives.



客人故事

Client Story

社區同行大使計劃

Chinese Community Helpers Program

瑪莎曾全心照顧丈夫直到他去世。她非常想念丈夫，間中感到孤單。多年來，瑪莎為了照顧丈夫而忽略自己的健康，導致反覆出現疼痛，須接受物理治療。一年前，她的女兒露絲發現母親食慾不振、睡眠不佳，遂向耆英會尋求協助。

我們的社工探訪瑪莎，完成評估後提供輔導及制定服務計劃，並協助她聯繫各項社區資源。我們亦安排兩位社區同行大使連續 10 週上門探訪，提供朋輩支援並以及帶領她在家中做運動。之後，瑪莎獲贈助行架，使她能夠獨立外出並參與社區活動。瑪莎深深感激項目職員與義工在她困難時期所展現的關懷，也因此體會到自我照顧的重要，並珍惜新建立的人際關係。

Martha had been a devoted caregiver for her husband until his passing. She missed her husband and often felt lonely. For years, Martha neglected her own health to care for her husband, resulting in recurring pain, and the need to see a physical therapist. A year ago, her daughter, Rose, noticed Martha had lost her appetite and was having trouble sleeping. Rose reached out to CCECA and sought help for her mother. Our social worker visited Martha, provided supportive counseling, and set up service plans after completing an assessment. The worker connected Martha with various community resources to obtain support. Two Chinese Community Helpers were arranged to visit Martha for 10 weeks. The community helpers provided peer support and facilitated exercise during home visits with Martha. Later on, Martha received a walker, which enabled her to go out independently and participate in community activities. Martha is grateful for our staff and volunteers who showed compassion during her tough times. She now realizes the importance of taking care of her well-being and appreciates the new relationships she has formed.



客人故事

Client Story

交通接送及醫療傳譯服務

Escort Transportation Services and Medical Interpretation

C先生與L女士是一對居住在卡城偏遠地區的年長夫婦，因交通不便及語言障礙而難以就醫。C先生手術後，一位義工提供了醫療傳譯服務，確保他得到適當的治療。隨後，又有另一位義工在L女士安排並接受手術期間，為她提供交通接送及傳譯服務。

在此服務支援下，兩人康復進展良好，生活質素大幅提升。他們的故事展現了我們的交通接送及醫療傳譯服務如何為長者提供關鍵支援，使他們能更有信心、也更從容地使用醫療資源。

Mr. C and Ms. L, an elderly couple living in a remote area of Calgary, faced challenges accessing medical care due to transportation difficulties and language barriers. After Mr. C's surgery, a volunteer provided interpretation support, ensuring he received proper treatment. Later, another volunteer assisted Ms. L with transportation and interpretation during her surgery. With dedicated support, both recovered well, significantly improving their quality of life. Their story highlights how our medical interpretation and transportation services provide crucial assistance, helping seniors navigate healthcare with confidence and ease.



客人故事

Client Story

長者家居維修服務

Volunteer Handy Person Program

F女士在 2024 年接受了長者家居維修服務。當時，她家裡出現多項問題：浴室和廚房水槽下的水管漏水，圍欄搖搖欲墜，以及不確定家中的安全探測器是否仍在正常運作。

她表示，這些家居問題讓她壓力很大，因為她不知道該如何解決。以前她曾嘗試尋求專業人士協助，但即使初步檢查也需支付高昂費用，讓她難以負擔。對此，她非常感激家居維修義工與項目職員無償提供幫助，親自上門檢修，並以最經濟的方法解決每一個問題。

「你們的義工既親切又負責任，連一分錢都沒收，卻把所有問題都解決了。這個計劃真的幫助了像我這樣的低收入長者。」F女士如是說。自從維修完成後，她感到居家更加安全舒適，能在自己的家中享受安心與自在。

In 2024, Ms. F received support from our Volunteer Handy Person Program (VHPP). At the time, her home faced several issues: leaking pipes under both the bathroom and kitchen sinks, a fence at risk of collapsing, and uncertainty about whether her home safety detectors were still functioning.

She shared that these problems caused her significant stress, as she didn't know how to address them. In the past, she had tried hiring help, but the high costs – even just for an inspection – were difficult to afford. She deeply appreciated the practical, no-cost assistance from our team of volunteers and staff, who visited her home and resolved each issue using the most affordable solutions.

“Your volunteers are kind and responsible. They didn't charge me a cent and still helped fix everything. This program truly helps low-income seniors like me,” she said. Since the repairs, she feels much safer and more comfortable living in her home. She is now able to enjoy peace of mind at home.



嶄新項目 New in 2025

甜睡計劃、適當用藥與減藥計劃

Sleepwell Program, Medication Appropriateness and Deprescribing Project

耆英會持續致力於促進長者的整全健康，我們將於 2025 年啟動「甜睡計劃」與「適當用藥與減藥計劃」。「甜睡計劃」將透過義工領袖培訓、精神健康嘉年華，以及朋輩支援小組，提供全面的睡眠健康資訊；同時，我們將製作雙語電台節目系列《自我照顧與睡眠健康》，以提高華裔社區對睡眠健康的關注和意識。「適當用藥與減藥計劃」則旨在幫助長者更深入了解自己的常用藥物，定期檢視並作出知情決定。透過與專家合作、項目職員及義工接受培訓，兩個計劃將共同促進更佳睡眠、更安全的用藥方式，以及有助長者身心健康。

As part of our ongoing commitment to holistic senior wellness, CCECA will launch the Sleepwell Program, and Medication Appropriateness and Deprescribing Project in 2025. The Sleepwell Program delivers comprehensive sleep health information through volunteer-leader training, a mental health carnival, and peer support group. At the same time, we will produce a bilingual radio series, “Self-Care and Sleep Wellness”, to raise awareness of sleep health within the Chinese community.

Complementing this, the Medication Appropriateness and Deprescribing Project aims to help seniors develop a deeper understanding of their regular medications, review the medications and make informed decisions. Through expert collaboration and training for both staff and volunteers, these two initiatives will together promote better sleep, safer medication practices, and enhanced physical and mental well-being for older adults.



2024 服務統計

2024 at a glance (Statistics)

服務使用者人數
No. of Clients:

5,565

全年服務總人次
TOTAL CLIENT CONTACTS

147,106

會員人數
No. of Members:

2,636

部分數字
Partial list



社交康樂活動
Social & Recreational Programs

56,074



卡城長者一路通
- 外展服務
The Way In - Calgary
Older Adult Services

46,775



文教活動
Educational Programs

24,154



健康保健活動
Health & Wellness Programs

2,833



社區同行大使
Chinese Community
Helpers Program

7,016



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

3,617



交通接送及醫療傳譯
Escorted Transportation &
Medical Interpretation

3,206



義工支援
Volunteer Program

305



美善囑福計劃
Palliative and End of Life
Care Program

723



長者家居維修計劃
Volunteer Handy Person Program

382



家居清潔
Housekeeping

429



義工服務小時
Total Volunteer Hours

19,020

2024
義工服務統計
VOLUNTEER
SERVICE
STATISTICS



活躍義工人數
Active Volunteers Number

397



2024 營運收支表 Statement of Operations

2024 年 12 月 31 日 Year ended December 31, 2024

	2024	2023
REVENUE 收入	\$	\$
Funded programs 撥款活動	1,461,909	1,496,885
Endowment revenue 永久捐贈基金收入	365,634	333,000
General programs 一般活動	242,145	245,159
Donations and fundraising 捐款及籌款	231,668	269,816
Other revenue 其他收入	83,455	29,004
Membership dues 會員費	51,393	49,281
Casino 賭場撥款	43,841	45,427
Amortization of deferred capital contributions 延後資產注資減值	30,184	30,550
Grants 政府補助金	7,910	-
Rental income 租金收入	3,849	3,960
Longevity 長壽組	-	(8,921)
	2,521,988	2,494,161
PROGRAM EXPENSES 活動支出		
Funded programs 撥款活動	1,463,035	1,487,314
General programs 一般活動	348,428	313,588
Amortization of tangible capital assets 折舊	30,855	32,584
Longevity 長壽組	-	(8,921)
	1,842,318	1,824,565
	679,670	669,596
GENERAL AND ADMINISTRATION EXPENSES 一般及行政支出		
Employee salaries and benefits 薪金及福利	298,298	266,034
Office and administration 辦公室支出	188,795	177,852
Donations and other 捐款和其他支出	1,600	6,596
Fees charged to funded programs 撥款轉入	(46,597)	(37,380)
	442,096	413,102
EXCESS OF REVENUE OVER EXPENSES		
全年度盈餘扣除營運支出	237,574	256,494



第25屆理事會名單

The 25th Board of Directors (2024-2025)

會長 President
陳穎生 Thomas Chan

副會長 Vice President
駱偉文 Michael Lok

秘書 Secretary
姜培傑 David Keung
梁永祥 Elton Liang

財政 Treasurer
林李美玲 Claudia Lam

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雷雁玲 Annie Lei

陳加信 Garson Chan
黃意彬 Patricia Fosbrook
陳俊清 Stephen Chan (已離職 resigned)

上屆會長 Immediate Past President
林李美玲 Claudia Lam



撥款機構 Funders



Funded by the Government of
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Seniors Program



A network of
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for older adults.

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，惠及長者。

CCECA is a non-profit social service organization. Our operations rely on donation.
Your generous donation is welcome.

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



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Calgary Chinese Elderly
Citizens' Association - CCECA