



卡城華人耆英會
THE CALGARY CHINESE ELDERLY
CITIZENS' ASSOCIATION

*40 Years of Heart:
A Legacy of Service,
a Vision for Tomorrow.*

ANNUAL REPORT

2025 年報



卡城華人耆英會

The Calgary Chinese Elderly Citizens' Association

CCECA 2025

40 YEARS OF HEART:
A LEGACY OF SERVICE,
A VISION FOR TOMORROW

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卡城華人耆英會

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會長的話

PRESIDENT'S MESSAGE



陳穎生
Thomas Chan

2025年，我們共同見證本會成立40週年之多個里程碑。回首過去，本會從最初只有5位員工，發展至現今擁有37位專業人員的團隊；會員人數亦從2021年的1,549人，按年遞增至2025年的2,682人。因應社會需求，本會服務亦與時並進。除了核心的社會服務外，亦積極開辦醫療支援服務及各項康樂活動，涵蓋歌唱、舞蹈、書法、繪畫及保健運動等。我們深信心理與生理健康密不可分，期盼透過豐富的文娛與健康促進項目，協助長者維持身心安康。

目前，居住於卡加利的華人群體已逾10萬人，其中65歲以上長者約1.5萬人，55歲以上高齡群體更超過2.75萬人。面對日益增長的社會需求，耆英會持續拓展服務。特別是針對近年從中國大陸新移居卡城的長者，本會特別開設粵語組與國語組項目，以消弭語言隔閡，協助新移民長者順利融入本地生活。

機構的穩健運作，始終仰賴各級政府與熱心人士的慷慨捐助，以及無私義工、全體理事與員工的互信合作。無論政策多麼完善、設施多麼先進，最終都必須依賴整體團隊，羣策羣力，同心協力運作。在此，謹向各位理事、全體員工及眾多義工致以最衷心的感謝。正因為大家始終以耆英會及會員的利益為依歸、攜手合作，才成就了今日機構的蓬勃發展。

本著因應需求、開拓創新的理念，耆英會在過去一年特別推出「甜睡計劃」。該計劃引入具科學實證的「失眠認知行為治療」（CBT-I），專門針對許多華裔長者面對的失眠困擾。在首批參與小組的長者中，高達85%的成員反饋其睡眠質素獲得顯著改善。與此同時，本會亦積極推廣「適當用藥及精簡處方」的健康宣導，期盼從預防醫學層面，改善及提升長者的晚年生活質量。

展望2026年，本會將如以往，全力投入新一週期的機構認證評審，在管理與服務質素上精益求精。然而更具歷史意義的是，我們將與其他社區團體共同開啟於2001年埋藏在機構門前的「時間錦囊」，共同見證並延續這份跨越四分之一世紀、25年前封存的歷史記憶，從而啟發未來的發展方向。

面對未來的挑戰，本會深知任重道遠，更需要社會各界繼續給予支持與鼓勵，共同開創更加美好的新篇章。

In 2025, we collectively celebrated several milestones marking the 40th anniversary of CCECA. Looking back, CCECA has grown from an initial team of just 5 staff members to a robust professional team of 37 today. Our membership has also experienced steady year-over-year growth, rising from 1,549 members in 2021 to 2,682 in 2025. To address evolving societal needs, our services have continuously adapted over time. In addition to our core social services, we have proactively introduced medical support services and a diverse range of recreational activities—singing, dancing, calligraphy, painting, and wellness exercises. We firmly believe that mental and physical health are inextricably linked, and we hope to help seniors maintain their overall well-being through these enriching cultural and health-promotion programs.

Currently, the Chinese population in Calgary exceeds 100,000, which includes approximately 15,000 seniors aged 65 and older, and over 27,500 older adults aged 55 and above. In the face of this growing demand, CCECA continues to expand its services. Notably, to support seniors who have recently immigrated to Calgary from Mainland China, the Association has established specialized Cantonese- and Mandarin-speaking programs. These initiatives aim to eliminate language barriers and facilitate a smooth integration into local community life.

The stable operation of our organization ultimately relies on the generous contributions of various levels of government and passionate donors, alongside the mutual trust and cooperation shared among our selfless volunteers, the Board of Directors, and our staff. No matter how robust the policies or how advanced the facilities may be, a successful operation ultimately depends on the collective strength and unified efforts of the entire team. I would like to express my most heartfelt gratitude to all board members, staff, and our many volunteers. It is because everyone has consistently prioritized the best interests of CCECA and its members—working hand in hand—that our organization thrives today.

Driven by our philosophy of responding to community needs through innovation, the Association proudly launched the "Sleepwell Program" over the past year. This initiative introduced evidence-based Cognitive Behavioral Therapy for Insomnia (CBT-I) specifically tailored to address the sleep difficulties faced by many Chinese seniors. Among the first cohort of participants, an impressive 85% reported a significant improvement in their sleep quality. Concurrently, the Association has actively promoted "Medication Appropriateness and Deprescribing" health advocacy campaigns, aiming to enhance the quality of life for seniors in their later years through preventative approach of medicine.

Looking ahead to 2026, the Association will fully dedicate itself to the next cycle of organizational accreditation, striving for continuous excellence in management and service quality. Even more historically significant, however, is that we will join other community groups to unearth the "Time Capsule" buried in front of our facility in 2001. Together, we will witness and honor this historical memory sealed a quarter of a century ago, drawing inspiration from the past 25 years to guide our future direction.

As we face future challenges, CCECA recognizes that the journey ahead is both significant and demanding. We look forward to the continued support and encouragement from all sectors of society as we co-author a beautiful new chapter together.

總幹事的話

EXECUTIVE DIRECTOR'S MESSAGE



馮瑞安
Kenneth Fung

在人工智能時代，守望四十載的溫暖與連結

2025年，耆英會迎來了成立40週年的里程碑。四十載風雨兼程，我們究竟在慶祝什麼？比起宏大的發展數據，或許最近收到的一封樸實感謝信，更能道出我們存在的終極意義。

這封信來自一位受到家庭暴力的長者。因與家人發生矛盾並演變為肢體衝突，這位長者身心受傷，離開家園，輾轉來到耆英會求助。我們的社工同事隨即介入：協助報警、陪同就醫檢查，並迅速安排了安全的臨時住宿。長者在信中特別提到，最讓他感動的是負責同工寸步不離的陪伴，那份超越職責的熱情與善良，讓同工甚至顧不上吃飯與休息。最終，在多方奔走下，長者順利獲安排入住長者大廈，重拾安穩與尊嚴。

這個個案，引發了我們的思考：

- **人與人的連結**：耆英會長期扎根於社區，成為華裔長者面對困難時尋求幫助的地方。這正是我們服務的精粹所在，不能被行政程序或科技所掩蓋。我們必須以行動展現關懷，給予長者安全感，協助他們捍衛權益、獲得保護。
- **社區聯繫與文化尊重**：我們協調警方、醫院及安置資源，積極動員社區力量；同時，我們始終以長者最熟悉的母語提供服務，確保每位長者，都能被充分理解與尊重。
- **認清限制，持續努力**：我們深知機構的力量有限，無法解決世上所有的難題，我們只能竭盡所能提供協助。

回望2025年，全社會都在見證人工智能的爆發式發展，它正不可逆轉地重塑著全球的生產力與就業面貌。面對這場科技變革，耆英會的立場積極而堅定——我們主動擁抱科技，應用AI來精簡行政、提升工作效率。然而，我們追求效率的終極目的，是為了將同工從繁瑣的行政庶務中釋放出來，把更多、更高質量的時間，真真切切地投入到面對面的服務中。科技越是發展，人與人的連結就越顯珍貴。這種人性的溫度，是我們走過40年最珍貴的資產，也是科技永遠不可替代的核心。

Guarding 40 Years of Warmth and Connection in the Era of Artificial Intelligence

In 2025, CCECA celebrated the milestone of its 40th anniversary. Looking back on these four decades of dedication and resilience, what exactly are we celebrating? Rather than pointing to grand organizational statistics, perhaps a simple, heartfelt thank-you letter we recently received best captures the ultimate purpose of our existence.

The letter came from a senior who had experienced domestic violence. Following a conflict with family members that escalated into a physical altercation, the senior was left physically and emotionally traumatized. Leaving home, the senior eventually made their way to CCECA for help. Our social work team intervened immediately: assisting with the police report, accompanying the senior for medical examinations, and swiftly arranging safe temporary housing. In the letter, the senior specifically noted that what touched them most was the steadfast accompaniment of the worker. Driven by a deep sense of empathy that went far beyond the call of duty, our colleague worked tirelessly through meals and rest periods. Ultimately, through tireless advocacy, the senior was successfully placed in a senior apartment, reclaiming stability and dignity.

This case prompted deep reflection across us:

- **Human-to-Human Connection:** Deeply rooted in the community, CCECA has long been a trusted haven where Chinese seniors seek help when facing difficulties. This is the very essence of our service—one that must never be overshadowed by administrative procedures or technology. We must show our care through concrete actions, providing seniors with a sense of security while helping them defend their rights and secure protection.
- **Community Coordination and Cultural Respect:** We coordinate with the police, hospitals, and housing resources, actively mobilizing community strength. At the same time, we always deliver services in the native languages our seniors are most comfortable with, ensuring that every individual is fully understood and respected.
- **Acknowledging Limitations, Sustaining Effort:** We are well aware that our organization's capability is finite and that we cannot solve all the world's problems; we can only do everything within our power to assist.

Looking back at 2025, society as a whole witnessed the explosive development of Artificial Intelligence (AI), which is irreversibly reshaping global productivity and employment landscapes. In the face of this technological revolution, CCECA's stance is proactive and firm—we actively embrace technology, utilizing AI to streamline administration and boost operational efficiency. However, our ultimate goal in pursuing efficiency is to free our staff from tedious administrative chores, allowing them to dedicate more high-quality time to genuine, face-to-face service. The more technology advances, the more precious human connection becomes. This human warmth is the most valuable asset we have cultivated over the past 40 years, and it remains the core value that technology can never replace.

四十週年慶祝晚宴

40th Anniversary Celebration Dinner

耆英會成立四十週年，是一個歷史里程碑。我們特意舉辦四十週年慶祝晚宴，當晚共有 390 位參與者齊聚一堂，一同紀念耆英會服務社區四十載的歷程。為了慶祝這重大時刻，並對多年來支持耆英會的各界表達深切謝意，我們非常榮幸邀請社區合作夥伴、熱心義工及全體職員出席，並特別安排免費接待 200 名會員參與晚宴。

晚宴展現了社區精神，內容包括晚宴聚餐、精采的文化表演，以及增添氣氛的抽獎環節。在充滿溫暖而熱烈的氣氛之中，會員們共同見證這歷史時刻，同時讓我們回顧過去成就，並展望未來。我們將繼續攜手並進，提升華裔長者的福祉，協助其融入加拿大社會。

The 40th anniversary of CCECA marks a historic milestone. We hosted a celebratory dinner that brought together 390 participants to honor four decades of service to the community. To celebrate this significant milestone and express our profound gratitude for the years of support and love shown to the association, we were proud to invite community partners, dedicated volunteers, and staff to the event, including a special arrangement to host 200 members free of charge.

The evening was a vibrant showcase of our community's spirit, featuring a dinner, captivating cultural performances, and an exciting lucky draw that added to the joyous atmosphere. In a warm and vibrant atmosphere, our members witnessed this historic moment together, allowing us to reflect on our past achievements and look forward to a bright future. Together, we continue to enhance the well-being of Chinese older adults and their integration into the Canadian society.



01



福利導航，服務轉介
Benefits Navigation and Referral

01

外展部

The Way In Older Adult Services (Outreach)

外展部為華裔長者提供超過 1,000 次服務，協助他們了解並申請各項福利與社區資源，以促進長者財務穩定與生活獨立。外展員提供聯邦、省及市政府各項計劃與福利的申請支援和後續跟進，服務範圍包括：養老金、退休金、保證收入補助金、加拿大牙科保健計劃、公平參與計劃、卡城傷殘人士交通服務、食物援助以及長者房屋申請。此外，我們透過電台廣播、網上平台及實體活動傳遞長者福利資訊；期間共舉辦 25 場福利資訊講座，累計 613 人次參與。

個案分享：重拾與社區連結的自信

Linda 是一位獨居長者，受限於行動不便與語言不通，亦曾多次跌倒，對於在冬季使用公共交通工具感到極度不安。外展員協助她申請卡城傷殘人士交通服務，並在初次申請被拒後成功提出申訴。隨著專屬交通服務的落實，Linda 現在能安全地前往就醫與購物，並重新找回融入社區、與人連結的信心。

Way In Services provided over 1000 case management services to Chinese older adults, helping them navigate and access essential benefits and community resources to enhance financial stability and independence. Outreach workers provided application support and follow up for federal, provincial and municipal programs and benefits, including Old Age Security (OAS), Canada Pension Plan (CPP), Guaranteed Income Supplement (GIS), Canadian Dental Care Plan (CDCP), Fair Entry, Calgary Transit Access, food assistance, and seniors' housing. Senior benefit information was delivered through radio, online platforms, and in-person programs. In total, we hosted 25 information sessions with a combined attendance of 613.

Linda, an older adult living alone with mobility issues and language barriers, experienced multiple falls and felt unsafe using public transit, especially during winter. An outreach worker assisted her with the Calgary Transit Access (CTA) application and successfully appealed the initial denial. With specialized transit now in place, Linda can attend medical appointments and shop safely and has regained her confidence to connect with the community.



社區義工報稅計劃 - 報稅診所

Community Volunteer Income Tax Program - Tax Clinic

社區義工報稅計劃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 77 節報稅診所服務，由 80 名義工協助，服務 2,852 小時，合計完成 2,037 份報稅表。當中包括於 6 所長者大廈舉辦 8 節外展報稅診所服務，完成 108 份報稅，反應熱烈；「福利資訊站」協助 200 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，例如協助來自烏克蘭及蒙古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。



The Community Volunteer Income Tax Program (CVITP) provided vital support for low-income individuals and seniors, assisting them with tax filing, refund applications, and various benefits. Throughout the year, a total of 77 tax clinic sessions were organized. With the help of 80 volunteers, the program delivered 2,852 service hours and completed a total of 2,037 tax returns.

This included 8 outreach tax clinic sessions held at 6 senior apartment buildings, completing 108 tax returns to an enthusiastic response. The "Benefits Navigator" assisted 200 Chinese-speaking residents in understanding government benefits. Furthermore, the team provided personalized support using appropriate languages, such as helping new immigrants from Ukraine and Mongolia complete their tax filings using translation applications.

In response to the growing demand, CCECA plans to expand the volunteer team, strengthen training, and strive to provide year-round community tax services.



02

全人健康，貼心護理

Holistic Wellness and Specialized Care

02

老人日間護理服務

Adult Day Program



她的笑容逐漸增多，更說「這裡像家一樣溫暖，活著有盼頭了，每天都在期待來這裡的那天。」

She often says, "This place feels as warm as home. I have hope again, and I look forward to the day I get to come here."

客人 A 移民加拿大八年，因孩子忙於工作而長期獨自在家，缺乏社交使她倍感孤單，情緒一度跌入低谷，甚至萌生放棄生命的念頭。2025 年加入耆英會特別需要小組後，工作人員與義工以愛心和耐心陪伴她，聆聽她的心聲並鼓勵參與活動，讓她重新感受到被看見與被需要。孩子也因她獲得具質素的陪伴與支持而深感安心。



Client A immigrated to Canada eight years ago. With her children occupied by work, she spent long periods alone at home. The lack of social interaction left her feeling deeply isolated, and her emotional well-being declined to the point where she once considered ending her life. In 2025, she joined the Special Needs Group at CCECA, where staff and volunteers supported her with compassion and patience, listening to her concerns and encouraging her to participate in activities. These efforts helped her regain a sense of being seen and valued. Gradually, her smile returned.

Her children are also greatly reassured, knowing she is receiving meaningful companionship and support.



(相中人並非客人A)
(THE INDIVIDUAL PICTURED IS NOT CLIENT A)

甜睡計劃

Sleepwell Program

耆英會於 2025 年 7 月啟動了全新項目——「甜睡計劃」。該計劃與達爾豪斯大學的 Sleepwell 研究及知識普及項目合作，採用具科學實證之失眠的認知行為治療 (CBT-I)，專注於解決華裔長者面對的睡眠問題。我們分別開設粵語和國語兩組，共進行 12 節小組活動（包括小組前及小組後的面談），服務 18 位長者。統計顯示，85% 參與者表示睡眠質素有所改善，包括更快入睡、對安眠藥依賴減少、夜間醒來次數以及夜尿頻率亦隨之降低。此外，我們還舉辦社區工作坊和錄製電台節目，推廣並分享 CBT-I 核心概念。鑑於需求日益增加，我們計劃明年擴大計劃規模。



一位長者分享：「在床上輾轉反側的時間少了，睡眠質素更好，對我來說，這讓我能享受我的生活。」

One senior shared, "With fewer hours of tossing and turning in bed, and much better sleep, for me, this allows me to enjoy my life."



CCECA launched a new project, the "Sleepwell Peer Support Program", in July 2025. It focuses on tackling the most common sleep problems that Chinese older adults face by using evidence-based Cognitive Behavioral Therapy for Insomnia (CBT-I) in partnership with the Sleepwell research and knowledge mobilization program at Dalhousie University.

We hosted two groups, Cantonese and Mandarin, with a total of 12 sessions (including pre- and post-group interviews), serving 18 seniors. Overall, 85% of participants reported improved sleep, noting that they were falling asleep faster, relying less on sleep medication, and experiencing fewer nightly awakenings and bathroom visits. We also hosted a community workshop and radio programs to promote and share the concepts of CBT-I. We plan to expand these sessions next year to meet growing demand.

美善囑福計劃

Palliative and End of Life Care Program

「美善囑福計劃」持續提供與文化適切的支援服務，期間服務近 900 人次。該計劃舉辦 12 場教育工作坊，涵蓋法律文件規劃、預設醫療指示以及善終安排決策等主題，共吸引 341 位參與者預早進行善終準備。此外，透過「藝術療癒」等三個專業支援小組，輔以個人哀傷支援，協助長者以尊嚴與坦然的態度面對人生最後階段。Sandy 是一位 80 多歲的女士，在失去丈夫後陷入深深哀痛，起初表現得非常沉默退縮。在加入哀傷支援小組後，她逐漸在分享中感受到聯繫與安全感。透過小組活動，Sandy 重新發現對繪畫的熱愛，現在的她不再感到孤單。



The Palliative and End-Of-Life Care Program continued to provide culturally sensitive support, recording nearly 900 client contacts. The program hosted 12 educational workshops on topics such as legal document planning, advance medical directives, and end of life decision making, engaging 341 participants in early end of life preparedness. Three specialized support groups, including Healing through Art, complemented individual grief support, helping seniors navigate life's final stages with dignity and peace. Sandy, a woman in her 80s grieving the loss of her husband, was initially withdrawn. After joining a grief support group, she gradually found connection and safety in sharing. Through the group, Sandy rediscovered her love of painting and no longer feels alone.



03

社區支援，居家安老

Community and Home Support Services

03

社區同行大使計劃

Chinese Community Helpers Program

「社區同行大使計劃」直接到訪 126 位處於孤立狀態的華裔長者家中，為他們提供服務。該計劃結合專業社會工作服務與朋輩支援介入措施，致力解決孤獨與社交孤立問題。社工負責提供全面的需求評估與輔導支援，同時50多名受過培訓的義工提供定期的家居探訪與朋輩支援。透過義工探訪與陪伴，許多服務對象展現更佳情緒健康與心理韌性。此外，我們也透過「農曆新年探訪」加強文化連結，由義工送上傳統賀年揮春，讓長者感到被重視，並與社區保持緊密聯繫。



Chinese Community Helpers Program (CCHP) reached 126 isolated Chinese older adults directly in their homes. The program utilized professional social work services with peer support interventions to address loneliness and social isolation. Social workers provided comprehensive assessments and supportive counselling, while more than 50 trained volunteers offered regular home visits and peer support. Many clients demonstrated improved emotional well-being and resilience through volunteer visits and support. Cultural connection was also fostered through Lunar New Year visits in which volunteers delivered traditional Chinese banners, helping clients feel valued and connected to their community.



社區同行大使計劃

Chinese Community Helpers Program

Evelyn 是一位華裔長者，起初因健康狀況下滑且社交支援有限，感到十分焦慮而尋求協助。透過計劃社工提供輔導支援，她的恐懼得以緩解，並開始接受朋輩支援服務。在兩名義工定期探訪下，Evelyn 減輕了孤獨感，對管理自身健康也更有信心。受到這份支援的啟發，Evelyn 後來也參加培訓並成為一名義工，幫助其他同樣面臨孤獨的長者。助人過程中，重新找到人生的目標與意義。

Evelyn, an older Chinese adult, sought support due to anxiety related to declining health and limited social support. Through supportive counselling offered by the program social worker, her fears eased, and she was introduced to peer support. Regular visits from two volunteers helped Evelyn feel less isolated and more confident about managing her health. Inspired by the support she received, Evelyn later became a trained volunteer herself, finding renewed purpose by supporting others facing loneliness.



交通接送及醫療傳譯服務

Escort Transportation Services and Medical Interpretation



92 歲高齡的Y女士，近期健康狀況下降，需要頻繁前往醫院。

Ms Ying, a senior aged 92 recently experienced a health decline and requires her frequent visits to hospitals.



由於她獨居，在面對年老帶來的種種挑戰時，缺乏足夠生活照顧與支援。耆英會「交通接送及醫療傳譯」義工在她就醫期間，全程提供翻譯與交通接送支援。

在Y女士最近一次出院時，我們觀察到她仍處於康復階段，身體非常虛弱，無法自行煮食。儘管後續將有護理人員接手照顧，但在出院到實際服務開始之前，存在一段「空窗期」。為了確保Y女士在此期間的營養與安全，「交通接送及醫療傳譯」義工特別為她訂購並送上冷凍中式餐點，以解決她的燃眉之急。

As she lives alone, she lacks sufficient caring support when facing the challenges that come with aging. Escort Transportation Services (ETS) and Medical Interpretation volunteers supported her with interpretation and transportation during those visits.

When she was recently discharged from the hospital, we observed that she was still in the recovery stage, physically very weak, and unable to cook for herself. Although follow-up care would be provided by nursing staff, there was a "gap period" between her discharge and the actual start of services. To ensure her nutrition and safety during this time, ETS volunteers specially arranged and delivered frozen Chinese meals for her, addressing her urgent needs.

長者家居維修服務

Volunteer Handy Person Program

「門」後危機，重獲居家安心

獨居的 C 先生因房門門鉸移位經常卡死，曾被困房內求救無援，導致他因恐懼火警逃生困難而不敢關門睡覺。雖曾向子女求助，但因子女忙碌未果，加上擔心維修費高昂，唯有一直「將就」。透過「長者家居維修計劃」，團隊迅速上門加固門鉸並削平變形的門邊，僅一小時便徹底解決安全隱患。C 先生欣慰表示：「呢個服務唔止整返好度門，仲整返好我份安心。義工親切又負責任，令我哋獨居長者住得更自在。」這充分體現了家居維修計劃的核心價值：及早識別隱患，預防意外，支援長者能有尊嚴地「居家安老」。



Restoring Safety and Peace of Mind

Mr. C lives alone and faced a significant safety risk: a bedroom door that frequently jammed due to aging hinges. After being trapped inside once, he became fearful of being unable to escape during an emergency and stopped closing his door entirely. High repair costs and busy family members had left this critical issue unresolved.

Our team stepped in to reinforce the hinges and trim the warped door edges. In just one hour, the hazard was eliminated. "This service didn't just fix my door; it restored my peace of mind," said Mr. C. "The volunteers were professional and caring". This case exemplifies the Volunteer Health and Property Program (VHPP) mission: identifying minor hazards early to prevent major accidents, enabling seniors to live safely and independently at home.

家居清潔

Housekeeping Services



作為「社區及家居支援服務」的重要一環，耆英會「家居清潔服務」在 2024 年中啟動後持續發展。該計劃透過協助長者及行動不便人士維持安全、健康的居家環境，進而提升其生活的獨立性與尊嚴，加強對社區的正面影響。在過去一年，我們服務共 93 位客人，累計 446 小時；隨著計劃更為人熟悉，需求亦與日俱增。我們始終致力提供可靠、文化適切且以客戶為中心的服務，並嚴格執行最高的安全標準。

除直接清潔服務外，我們更主動識別客人的各種需求，並協助其獲得必要社會資源。透過完成 37 份個案轉介以及協助申請 66 份「長者特殊需要補助」，我們顯著提升服務的可及性，並強化客人與社區支援系統之間的連繫。

The Housekeeping Service, part of our Community and Home Support portfolio, continued to expand following its mid-2024 launch. This program strengthens our community impact by supporting seniors and individuals with limited mobility in maintaining safe and healthy home environments that promote independence and dignity. Over the past year, we served 93 unique clients and delivered 446 service hours, with demand growing alongside community awareness. We remain committed to providing reliable, culturally responsive, and client-centered care while upholding the highest standards of safety.

Beyond direct housekeeping, our team proactively identified broader client needs and facilitated access to essential resources. By completing 37 case referrals and 66 Special Needs Assistance for Seniors applications, we have significantly enhanced service access and strengthened our clients' connections to community supports.



04

文教康樂，多元樂齡

Recreational and Educational Program

04

「樂藝傳情」健康樂齡表演計劃2025

2025 Happy Performing group for Healthy Aging (New Horizon Project)



「健康樂齡表演計劃」為會員提供寶貴機會，讓他們透過表演藝術展現創意、保持活力及加強社交聯繫。該計劃包含四個獨具特色的團隊：千歲舞蹈組、和諧歌樂團、華聲合唱團以及耆獅團。在計劃期間，共有 112 名會員與 40 名義工參與其中，並接受 38 小時專業培訓，涵蓋聲樂技巧、表演藝術及公眾演說等範疇。這些團隊聯手呈獻 11 場社區演出，觸及 950 人次，為廣大社區帶來文化連結與歡樂。這些活動贏得了高度讚譽，不僅讓參加者與義工感受到自我價值，也讓他們更有自信地向社區展示才華。

The Happy Performing Group for Healthy Aging Project fostered meaningful opportunities for our members to express their creativity, stay active, and strengthen social ties through the performing arts. The initiative featured four distinct groups: the Senior Dance Group, Harmony Choir, Mandarin Choir, and Lion Dance Group. Over the course of the project, 112 members and 40 volunteers benefited from 38 hours of professional training in areas such as vocal technique, performance skills, and public speaking. Together, these groups delivered 11 community performances, reaching 950 contacts and bringing cultural connection and joy to the wider community. These events were highly praised, leaving participants and volunteers feeling valued and more confident in sharing their talents with the community.



全新英語學習班

New English learning classes

我們開設了三班英語學習班——包括兩班初級班及一班中級班，旨在支援華裔長者的日常溝通需求。期間共舉辦了 27 節課堂，每週一次、每次 1.5 小時的課程平均服務 10 至 12 位參與者。在導師講授及雙語義工支援下，課程強調實用生活詞彙，並透過角色扮演和分組討論等互動方式，將教學應用於真實生活情境中。

為了提供實踐機會，我們在每期課程的最後一節，均會前往超市或其他場所進行實地考察活動。導師在教導長者英語方面經驗豐富，並建立「朋輩學習小組」，鼓勵學員在課堂之外持續練習。成效顯示，學員在運用英語處理日常必要事務（如購物、醫療及交通）時，自信心顯著提升。



We delivered three English classes—two beginner and one intermediate—tailored to support the daily communication needs of Chinese seniors. A total of 27 sessions were conducted, with each 1.5-hour weekly class serving 10-12 participants. Supported by an instructor and bilingual volunteers, the curriculum emphasized practical vocabulary for real-life situations through interactive methods like role-playing and group discussions.

To provide hands-on practice, we organized field trips to grocery stores or other local points of interest at the conclusion of each course. Our instructors, who are experienced in teaching older adults, also facilitated peer learning groups to encourage practice beyond the classroom. As a result, participants reported a marked increase in confidence when using English to navigate essential services such as shopping, healthcare, and transportation.



05

深耕社區，凝聚社群
Community Development

05

華埠權益倡議——第七區市議員候選人答問大會

Chinatown Advocacy Initiatives - Ward 7 Councillor Candidates' Election Forum

作為由卡加利市政府推動的「唐人街工作小組」成員，耆英會一向積極為這個具歷史意義的社區發聲與爭取權益。當前的首要任務，是為2023年「明日唐人街」計劃下的《唐人街文化計劃》及《唐人街區域新發展規劃》爭取落實資金。自該等規畫定稿以來，目前所獲得的財政支持依然相當有限。

為了推動公共問責，耆英會聯同卡城華埠街坊會、華埠促進會及 ACCT 基金會，於2025年10月11日聯合舉辦了第七選區市議員候選人選舉論壇。論壇聚焦於多項緊迫的社區議題，包括公共安全、房屋需求、經濟活力以及「明日唐人街」計劃。四位候選人出席了論壇，並就優先推動唐人街的發展與復興作出承諾。未來，唐人街工作小組將持續跟進並監督這些承諾的落實，確保社區的訴求能切實轉化為具體行動。



As a dedicated member of the Chinatown Working Group facilitated by the City of Calgary, CCECA actively advocates for our historic neighborhood. A critical priority remains securing implementation funding for the 2023 Chinatown Cultural Plan and the Chinatown Area Redevelopment Plan under the Tomorrow's Chinatown plan, which have seen limited financial support since their completion.

To drive accountability, CCECA partnered with the Chinatown Community Association, Chinatown BIA, and the ACCT Foundation to host a Ward 7 Councillor Candidates' Election Forum on October 11, 2025. The event centered on urgent community issues: public safety, housing, economic vibrancy, and the Tomorrow's Chinatown plan. Four candidates participated, making formal commitments to prioritize Chinatown's growth and revitalization. Moving forward, the Chinatown Working Group will rigorously track and follow up on these promises to ensure our community's needs are turned into action.



華埠社區花園

Chinatown Community Garden Program



「華埠社區花園計劃」於 2025 年 4 月 1 日至 11 月 20 日期間進行，並獲得「活化華埠小型撥款」的支持。該計劃打造一個充滿活力的共享綠色空間，用於園藝實踐、教育學習及社區聯誼。由 43 名義工組成專業團隊分為三組，負責花園日常維護工作——包括澆水、除草及修剪，同時協助舉辦教育工作坊與戶外活動。

義工不僅掌握專業種植技術（如耕種中式蔬菜），更在團隊合作中建立深厚社區聯繫。其中，「豐收日慶祝活動」別具意義，讓義工與居民有機會共同慶祝辛勤耕耘的成果，並分享這季度的寶貴經驗。

The Chinatown Community Garden Program, running from April 1 to November 20, 2025, and supported by the Chinatown Activation Microgrant, created a vibrant shared green space for gardening, education, and community bonding. A dedicated team of 43 volunteers across three groups managed daily maintenance—including watering, weeding, and pruning—while facilitating educational workshops and outdoor activities. Volunteers gained specialized knowledge in planting techniques, such as cultivating Chinese vegetables, while fostering stronger community ties through teamwork. The Harvest Day celebration was a particularly meaningful milestone, offering volunteers and residents an opportunity to celebrate their collective achievements and share their experiences from the season.



義工服務

Volunteer Services

耆英會持續將義工發展視為首要任務，提供系統化培訓、支援與嘉許機會。過去一年，我們針對不同服務與項目需求，舉辦多元化義工培訓，內容涵蓋服務守則、溝通技巧、服務長者、活動支援、翻譯技巧及朋輩支援技巧等，旨在提升義工的能力與自信。

2025年，405名活躍義工共貢獻 21,219義工服務小時，全面支援日常運作、外展服務、報稅診所、交通接送與醫療傳譯、社區探訪及大型活動。透過義工嘉許晚宴及亞省義工週活動，本會對義工的無私奉獻表達摯誠謝意。義工的熱情參與不僅加強我們的服務效率，更為長者及廣大社區帶來關懷、連結和支援。

CCECA continued to prioritize volunteer development by providing structured training, robust support, and meaningful recognition opportunities. Throughout the year, we offered a diverse range of training sessions tailored to the specific needs of our various services and projects. Key topics included service guidelines, effective communication, best practices for working with seniors, event coordination, medical interpretation, and peer support. These initiatives were designed to enhance our volunteers' professional capacity and personal confidence.

In 2025, 405 active volunteers contributed a remarkable 21,219 hours of service. Their efforts were instrumental in supporting daily operations, outreach programs, tax clinics, transportation, medical interpretation, home visits, and major community events. To honor this dedication, CCECA hosted a Volunteer Appreciation Dinner and held special activities during Alberta Volunteer Week to express our heartfelt gratitude. The passionate involvement of our volunteers not only strengthened our organizational capacity but also brought vital care, connection, and support to seniors and the wider Calgary community.



06

嶄新項目
New in 2026

06

公民關注組

Civic Concern Group

展望2026年，耆英會將成立「公民關注組」——一個由長者義工推動的倡議團體。其使命在於提升華裔長者的公民參與度，確保他們的聲音在公共決策過程中獲得傾聽與重視，同時促進他們更深地融入加拿大社會。

秉持「由長者引領、為長者服務」的理念，該組將積極倡導長者友善政策、支持創造安全且具活力的唐人街，並普及公民教育。透過建立夥伴關係，並為身處危機的脆弱家庭提供及時援助，這群義工倡議者將搭建起基層需求與體制變革之間的橋樑，賦能長者積極參與並塑造與自身生活息息相關的公共事務。

Looking ahead to 2026, CCECA will establish the Civic Concern Group, an advocacy group driven by senior volunteers. Its mission is to enhance the civic participation of Chinese older adults, ensuring their voices are heard and valued in public decision-making while promoting deeper integration into Canadian society.

Led by seniors for seniors, the group will champion age-friendly policies, support a safe and vibrant Chinatown, and deliver vital civic education. By building strategic partnerships and providing timely assistance to vulnerable families in crisis, these dedicated volunteer advocates will bridge grassroots needs with systemic change, empowering our elders to actively shape the public affairs affecting their lives.



2025服務統計

2025 at a glance (Statistics)

會員人數
No. of Members:
2,682全年服務總人次
TOTAL CLIENT CONTACTS
143,422服務使用者人數
No. of Clients:
5,745**58,344**社交康樂活動
Social & Recreational Programs**41,739**卡城長者一路通 - 外展服務
The Way In - Calgary Older Adult Services**22,373**文教活動
Educational Programs**6,012**社區同行大使
Chinese Community
Helper Program**4,274**長者日間護理 (特別需要小組)
ADP (Special Needs Support Group)**897**美善囑福計劃
Palliative and End of Life Care
Program**535**家居清潔
Housekeeping Services**3,102**健康保健活動
Health & Wellness Programs**3,910**交通接送及醫療傳譯
Escorted Transportation &
Medical Interpretation**440**義工支援
Volunteer Program**362**長者家居維修計劃
Volunteer Handy Person Program(只列部分數字)
(Partial data only)活躍義工人數
Active Volunteers
Number
405義工服務小時
Total Volunteer
Hours
21,219

2025 營運收支表

Statement of Operations 2025

2025年12月31日 Year ended December 31, 2025

	2025	2024
	\$	\$
REVENUE 收入		
Funded programs 撥款活動	1,376,814	1,461,909
Donations and fundraising 捐款及籌款	413,355	231,668
Endowment revenue 永久捐贈基金收入	382,189	365,634
General programs 一般活動	288,944	242,145
Other revenue 其他收入	94,416	83,455
Membership dues 會員費	52,054	51,393
Casino 賭場撥款	41,497	43,841
Amortization of deferred capital contributions 延後資產注資減	36,268	30,184
Grants 政府補助金	-	7,910
Rental income 租金收入	6,640	3,849
	2,692,177	2,521,988
PROGRAM EXPENSES 活動支出		
Funded programs 撥款活動	1,380,833	1,463,035
General programs 一般活動	429,963	348,428
Amortization of tangible capital assets 折舊	37,611	30,855
	1,848,407	1,842,318
	843,770	679,670
GENERAL AND ADMINISTRATION EXPENSES 一般及行政支出		
Employee salaries and benefits 薪金及福利	556,046	298,298
Office and administration 辦公室支出	258,922	188,795
Donations and other 捐款和其他支出	880	1,600
Fees charged to funded programs 撥款轉入	(18,893)	(46,597)
	796,955	442,096
EXCESS OF REVENUE OVER EXPENSES		
全年度盈餘	46,815	237,574

第26屆理事會名單

The 26th Board of Directors (2025-2026)



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



秘書 Secretary
黎瑞宜
Alison Lai



財政 Treasurer
林李美玲
Claudia Lam



理事 Director
雷雁玲
Annie Lei



理事 Director
呂品源
Danny Lui



理事 Director
梁永祥
Elton Liang



理事 Director
黃意彬
Patricia Fosbrook



理事 Director
何漢權
Peter Ho



理事 Director
龐嫻娟
Sim Kwong

耆英會團隊

CCECA Team

秉持著我們的使命、願景及核心價值——卓越、團隊、尊重、正直誠實與同情憐憫——我們團隊透過各項計劃協作並與持份者緊密合作，致力提供高質素且「以人為本」的服務，同時嚴格遵守復康設施認證委員會 (CARF) 的認證標準。

截至 2025 年 12 月 31 日，耆英會團隊共有 37 名員工，其中包括兼職與臨時員工。這多元化人力配置確保能持續提供服務，覆蓋多個計劃，並能靈活應對各個項目不斷變化的需求。

多語言支援

我們的團隊除使用英語外，亦提供國語及粵語服務。這有助確保以中文為母語的服務對象，能使用他們最熟悉的語言獲取所需的各項服務與支援。



Aligned with our mission, vision, and values—excellence, teamwork, respect, integrity, and compassion—our team collaborates across programs and with stakeholders to deliver quality, person-centred services and maintain compliance with Commission on Accreditation of Rehabilitation Facilities (CARF) accreditation standards.

As of December 31, 2025, the CCECA team comprises 37 employees, including part-time and casual workers. This staffing mix supports service continuity, program coverage, and flexibility to respond to changing needs across programs.

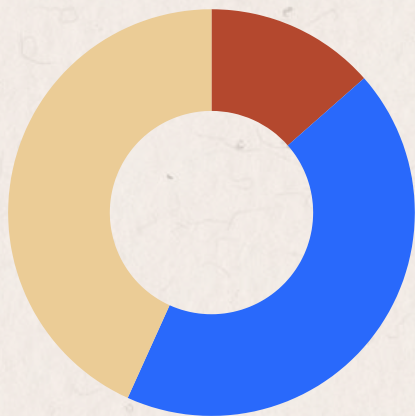
Multilingual support

Our team provides services in English, Mandarin, and Cantonese. This helps ensure that clients whose first language is Chinese can access the services and support they need in the language they are most comfortable with.

耆英會人力資源結構 (按聘用性質劃分) CCECA workforce distribution by employment type



耆英會人力資源結構 (按年齡世代劃分) CCECA Workforce distribution by generation



「嬰兒潮世代」 Baby Boomers (61-79)

14%

「X世代」 Gen X (45-60)

43%

「千禧世代」 Gen Y / Millennials (29-44)

43%

卡城華人耆英會 THE CALGARY CHINESE ELDERLY CITIZENS' ASSOCIATION

展望 VISION

華裔長者過著幸福，健康的獨立生活和為加拿大社會作出貢獻。
Chinese older adults live happy, healthy independent lives and contribute to the Canadian society.

辦公時間

辦公室： 星期一至星期六 上午九時至下午五時
外展部服務： 星期一至星期五 上午九時至下午五時

OFFICE HOURS

GENERAL OFFICE: MONDAY-SATURDAY 9:00AM-5:00PM
WAY-IN SERVICE: MONDAY-FRIDAY 9:00AM-5:00PM

撥款機構 FUNDERS (排名不分先後 NOT IN PARTICULAR ORDER)



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CALGARY CHINESE ELDERLY CITIZENS' ASSOCIATION

慈善機構登記號碼 CHARITABLE REGISTRATION #126698018 RR0002