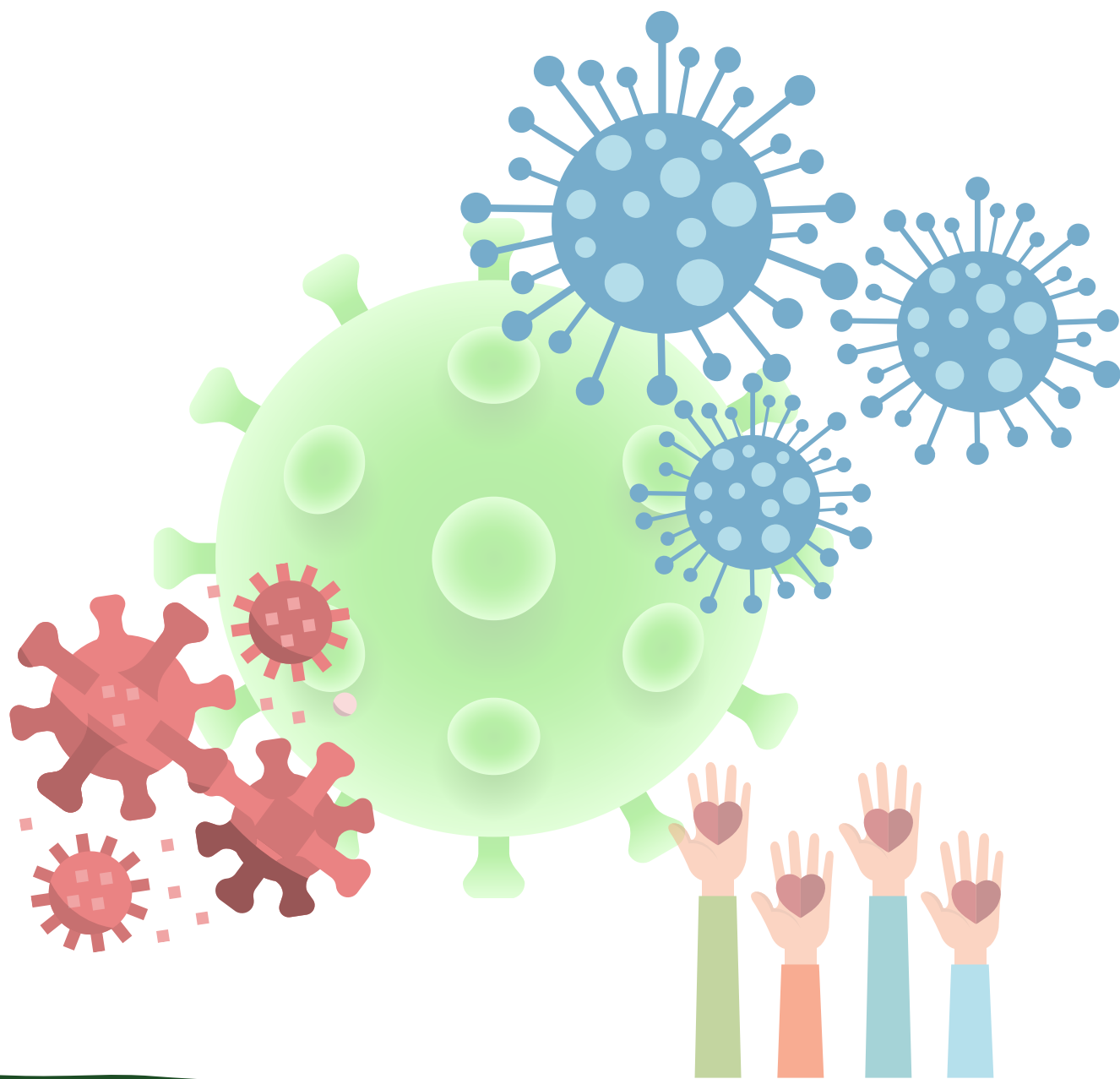


CCCIS Newsletter
HOPE Issue: 77
July 2020

維省新生會 季刊
生命之光 第77期
2020年7月

生命之光

HOPE



- A Message from Dorothy
- Our Covid Champions
- Staff Updates
- Current Activities

Translation (翻譯): Frieda Si

A Message From Dorothy 姚太專欄



My heart goes out to all the volunteers and staff who have worked very hard to support CCCIS and the wider community during the COVID-19 crisis.

Most of us are working from home but we are still on the go. We have been managing our services with unexpected challenges such as setting up new pandemic guidelines, adjusting work arrangements and adapting new support services. Introducing all these changes has been a challenge, but I truly believe we have the capacity to embrace and break down the hurdles we face.

Together, we have shown the strength of our Society and demonstrated what an asset all our volunteers and members are. Thank you for all the wonderful work that you have accomplished in these difficulty times. By working together, we can support the fight against this global horrific health crisis.

Undoubtedly, we feel the pain and suffering of those who have lost their jobs, closed their business or have contracted the virus. It goes without saying we also feel the overwhelming anxiety that together we must overcome. We, as a Society and a community, appreciate all the front-line health professionals who risk their own health to take care of the sick.

And we are thankful that we are safe even though we are still in the middle of another lockdown. We should take overcoming adversity as an experience, a pathway in building resilience and progress.

I would like to sincerely acknowledge all our CHAMPIONS who have taken up new initiatives passionately, helped and encouraged members stay connected in different ways during these stressful times.

(姚太)

首先，我想對所有在新冠疫情期間，為支持新生會和社區人士而努力工作的義工和工作人員，表示我最誠摯的敬意。

現階段，我們大多數人都在家工作，但新生會依然照常為社區人士提供服務。雖然面對當前的情況，在管理和運行服務上，我們不斷遇到難以預料的挑戰，例如制定新的操作規範以應對新冠疫情、不斷調整工作安排和所提供的支援服等。但我堅定地相信，我們有能力來克服所面臨的一切挑戰和障礙，來應對這些接踵而至的改變。

正是因為大家的齊心協力，我們向社區展示了新生會堅實的團結力量——由我們所有成員和義工共同保有的珍貴品質。感謝你們在這困難的時期所做的一切工作和努力。也正是因為有這「團結的力量」，我相信我們一定能一起奮鬥、一齊度過這場全球性的健康挑戰。

毫無疑問，面對那些因疫情而失去工作、暫停營業及感染了病毒者的痛苦和苦難，我們感同身受。其實在當下，我們每個人，不都在經受著壓倒性的焦慮嗎？但毋庸置疑的是：我們必須一同克服。作為社區和社會的一份子，我們應對所有冒著個人健康風險來照顧病人的一線醫護人員，表示最真摯的感謝。

雖然我們的生活仍處在封鎖的狀態下，但值得慶幸和感恩的是——我們仍然健康安全。我們應將克服逆境作為一種經驗、一種讓我們提高適應力和進步的途徑。

最後，我要再次感謝在這一段時間內，新生會所有充滿激情的“戰士們”，感謝你們在這困難時期，通過各種方式和方法，來幫助和鼓勵大家保持聯繫。

(Translated by Frieda Si)

Our Covid Champions 我們的義工“戰士們”



Our masking making team members

- Mandy Lee (co-ordinator)
- Yau Fong Lee,
- Wendy Ho,
- May Gan (Mask photo)

\$545 was raised so far after selling almost 110 masks.

口罩製作義工隊伍：

- Mandy Lee (統籌)
- 李太
- Wendy Ho
- May Gan

通過口罩義賣，為新生會籌款 \$545

Our office helpers: cleaning, mowing, admin and selling

- Portia Wong,
- Lai Lin Soon,
- Annie Lee,
- Dave So,
- Ken Lau

辦公室常務義工隊伍：幫忙清潔、除草、文書及義賣

- Portia Wong
- Lai Lin (麗蓮) Soon
- Annie Lee
- 蘇先生
- Ken Lau

Our Online Group Leaders

- Candy Ma,
- May Lui,
- Angie Lee,
- Jenny He

線上小組組長義工隊伍：

- 開開
- May Lui
- Angie Lee
- Jenny He

Our IT volunteers: teaching members to use social platform, e.g. WeChat, Zoom

- Sharon Zhao,
- Joey Chan,
- Frank Cui,
- Lai Lin, and
- Scott Li

我們IT義工隊伍：幫助大家學習使用社交軟件，如微信、Zoom視頻會議軟件

- Sharon Zhao
- Joey Chan
- Frank Cui
- Lai Lin (麗蓮) Soon
- Scott Li

Our drivers delivering gift packs

- Man (Samantha) Dong
- Zion Lo
- Frieda Si - who travelled miles to deliver goods to our clients over the weekend

我們的運輸義工隊伍：

- 阿文 (Samantha Dong)
- Zion Lo
- Frieda 小司 (在週末遠途跋涉給有需要的人士送物品)

Zongzi Making - Fundraising 端午節粽子製作義賣



This year, our Hoppers Crossing group members worked with their masks on to make zhongs to raise funds for the Society.

This was the first time they took up this new challenge.

While the quality was not 100% , it is the effort that counts.

After all, they all had fun and learnt a new skill. The group said they will do it better next year.

Thanks again to all the members, Mr and Mrs Bao, Bobo, Mr and Mrs Fung, Candy who co-ordinated the project and Frieda helped to distribute.

今年，Hoppers Crossing小組成員在六月戴著口罩、義務製作端午粽子義賣，為新生會籌款。

這是他們第一次接受這一新挑戰。

雖然粽子的品質並沒有達到他們心中的100%，但最重要的是大家一起努力了！

組員們都表示，他們都玩得開心、學到了新技能。他們亦表示，希望明年能做得更好。

再次特別感謝組員鮑先生和鮑太太、Bobo、馮先生和馮太太、負責統籌的開開，以及幫忙分發的Frieda。

Staff Updates 員工動態



After 25 years of working at the CCCIS, it is time for me to pass on some of my responsibilities. It has been such a privilege to work with such dedicated colleagues and volunteers, but I believe this is the right time for others to take the lead.

Frieda has been working at CCCIS for 3 years. The Committee of Management firmly believes she has the capacity to assist me in managing the Society and I know that you will all support her as she takes on this challenge. Frieda will start her new role in July 2020. As Frieda is back on full-time employment, Queenie Lam, our family support worker, will end her interim position.

Iris Li, another support worker, has finished working with us and gone back to finish her Master's in Social Work course. I would like to thank Queenie and Iris for their hard work and wish them well for their future endeavours.

Kaylha Ho is undergoing social work fieldwork placement at the moment. She will support some of our current projects and activities.

(Dorothy Yiu)

從新生會創立至今，為之工作了25年之久，也到了我該卸下一些重責的時候了。這些年來，很有幸能夠和一群兢兢業業的同事和義工一起工作。但我想，也到了該讓他人來領隊的時候了。

Frieda在新生會工作了3年多，新生會的管理委員會深信她有能力，能夠協助我一起管理協會。我亦知道，當她擔起這個責任時，大家都會在她面對這個挑戰時、一如既往地支持她。Frieda將於2020年7月開始擔任新的職務。

由於Frieda重返全職工作，Queenie（林姑娘）我們的家庭支持工作人員也將結束她的補替職位。另一位支持工作人員Iris Li（小李）也已結束她在新生會的工作，並將返校繼續完成她的社工碩士課程。

在此，我要感謝Queenie和Iris在新生會時的辛勤工作，並祝她們前程似錦。

Kaylha Ho（小何），是我們新的實習社工，她將協助我們一起組辦當前的一些項目和活動。

（姚太）

Our Family Support Service 我們的家庭支援服務



Due to the pandemic, our family support workers and volunteers only provide phone and online support except in urgent situations when workers outreach to the hospital or to the client's home.

Since the beginning of the epidemic, we have been actively educating our employees and volunteers on personal hygiene and closely monitoring their health.

受新冠疫情影响，我們的家庭支持工作人員和義工大部分時間只在線上和通過電話來給有需要的人士提供支持；並只在緊急的情況下，家庭支持工作人員才會出訪醫院或患者家中。

自新冠疫情爆發伊始，我們一直都在積極地對我們的員工和義工就個人衛生和防疫相關知識進行培訓，並密切監測他們的健康狀況、以維護大家及社區的健康安全。

Our Home Care Services 我們的「軒愛」家居服務



Since the beginning of the epidemic, we have been actively educating our employees on personal hygiene and closely monitoring their health. Unwell employees will stay at home and rest, they are not allowed to work until they complete the coronavirus (COVID-19) test and present their health certificates. Similarly, we have also been keeping an eye on the health of our clients and communicating closely with their families and care planning team to protect the health of both parties. All employees are required to conduct a temperature check before they go to work. Also, we will provide personal protective equipment for employees to handle each job, such as face masks, gloves, shoe covers, and apron, etc. We also hope to take the opportunity to thank the kind and generous people who have donated materials, your generosity has given us very important support.

(Reported by Brian Lo)

從疫情剛開始傳播時，我們就積極地向員工教育個人衛生管理及監察他們的健康狀況，身體不適的員工會留在家中休息，直到他們完成新冠病毒（COVID-19）測試並出示健康證明才能返工；同樣地，我們也一直留意著客戶的健康狀況、並與其家人及護理計劃團隊緊密溝通，保障雙方的健康。所有員工在前往工作前都需要進行溫度檢查，確保沒有發燒。另外，我們也會提供足夠的個人保護設備應付每項工作，例如是口罩、手套、鞋套及圍裙等。在此，我們也希望藉這機會感謝曾捐贈物資的善長人翁，你們的慷慨給了我們十分重要的支持。

（由小羅匯報）

Our Online Groups & Activities 我們的線上小組及活動

Come and join us for a social chat, getting information, learning new skills, and sharing tips how to cope with the pandemic

快來加入我們的線上小組和活動吧！

社交聊天、獲取信息、學習新技能並分享關於如何應對疫情的方式方法

CCCIS 維省新生會 2020年7月開始 - 新冠疫情期間 線上活動安排								
		Monday 一	Tuesday 二	Wednesday 三	Thursday 四	Friday 五	Saturday 六	Sunday 日
上午 AM	10:30		Box Hill 癌症互助小組 (粵語-每周) 平臺：微信/ZOOM 10:30-11:30am					
	11:00				帕金森症 互助小組 (每月第4個星期四) 平台：微信 11am-1pm		Springvale癌症互助小組 (每月第4個星期六) 平臺：微信/ZOOM 11-12pm	
	11:30							
	12:00							
下午 PM	1:00					Digital Support 電子通訊設備操作答疑 (粵語/普通話-每週五) 無需報名/ drop-in ZOOM (1-2pm) 房間號**: 964 4315 6775 密碼**: 123456 ** 每週更新		Box Hill 普通話癌症互助小組 (每月第1個星期六) 平臺：微信/ZOOM 12pm - 2pm
	1:30							
	2:00	西區夕陽紅 長者互助小組 (普通話-每週) 平臺：微信/ZOOM 2-3pm		怡情相聚小組 每週有不同資訊主題分享 (粵語-每週) 平臺：ZOOM, 2-3pm	癌症小組 (專為剛確診&接受治療的 患者和家屬) (粵語-按需求/on-demand) 平臺：ZOOM 2-3:30pm			
	2:30		Box Hill 癌症互助小組 (普通話-每周) 平臺：微信/ZOOM 2:30-3:30pm					
	3:00			怡情相聚小組 每週有不同資訊主題分享 (普通話-每週) 平臺：ZOOM, 3-4pm				
	3:30				癌症小組 (專為剛確診&接受治療的 患者和家屬) (普通話-按需求/on-demand) 平臺：ZOOM 3:30-5pm		Footscray癌症互助小組 (每月第2個星期六) 平臺：微信/ZOOM 2pm-4pm	西區夕陽紅 長者互助小組 (粵語-每週) 平臺：微信/ZOOM 3-4:30pm
	4:00							
	4:30							
	5:00							
	5:30							
	7:30	** Box Hill 英文癌症互助小組: 每月按需不定時						
	9:00	** 腦退化症互助小組: 每月按需不定時						

Due to formatting challenges (fit all information into one page), we apologise to those friends/members who cannot read Chinese, if you would like to join any of our support/activity groups, please contact

- office: 03 9898 9575
- SMS/WhatsApp: 0411 618 930

for detailed information in English.

如您有興趣參加我們以上的線上小組活動，請務必提前聯絡辦公室、獲取參與信息和鏈接

- 電話: 03 9898 9575
- 簡訊/WhatsApp: 0411 618 930

We are overwhelmed with gratitude to those who have donated PPE to our Home Care Services so that our workers can continue to support those vulnerable clients during the health crisis.

我們衷心感謝那些想我們家居服務捐贈了個人衛生防護用品的慷慨人士們，使得我們的員工可以在此疫情期間繼續為處在相對弱勢情況下的客戶提供支持。

