



# SEAS NEWSLETTER

JULY 2022 | SEMI-ANNUAL NEWSLETTER



## Office Opening

As COVID-19 restrictions have been lifted, we have resumed most of our in-person activities. We continue to provide services by phone, by appointment (in-person) and via online.

# New Horizon for Seniors Project 2021-2022

## Stay Seniors, Strong Community

The objectives of the project were to increase social participation and reduce social isolation of seniors while maintaining physical and social distancing under COVID-19 restrictions.

At the same time, volunteering opportunities were abundant and many seniors and youth in the community were able to interact and learn from one another. Seniors were also able to learn new skills from their fellow peers and youth volunteers; and shared their personal thoughts, experiences, and knowledge with other members in the groups.

In the past year, from April 2021 to March 2022, we organized various programs for seniors, where most of them were led by seniors with the help of our staff and youth volunteers. Programs and activities included, electronic device class, knitting class, English class, exercise group, cooking group etc. Due to COVID-19, the programs were held online via zoom or social media groups.

Other online activities that were arranged included monthly virtual birthday parties, where seniors were able to stay connected

and celebrate their birthdays together. At the online celebrations, they met new friends, played games, and sang karaoke.

Online games including bingo were arranged. It was the first time for most seniors to experience virtual gaming and they thoroughly enjoyed it.

## *New Horizon for Seniors Project 2022-2023*

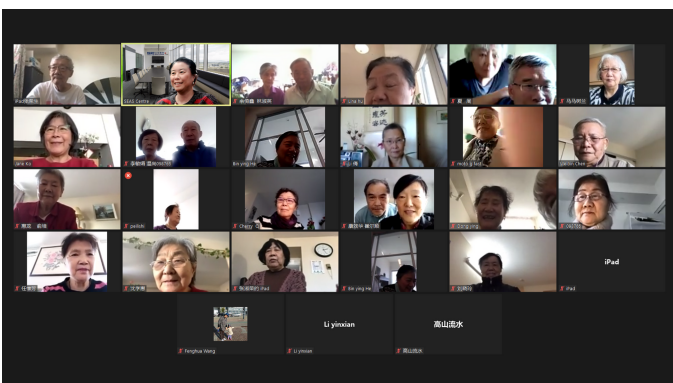
We are pleased to inform that our New Horizon for Seniors Project for the year 2022 to 2023 will engage in-person activities, after a two year hiatus. This year the project is named "Boundless World with Infinite Possibilities" where we will work together with seniors and youth in the community to deliver a seniors-led newsletter, seniors talent show, electronic device training classes, as well as various workshops for the seniors.

We are currently and continuously recruiting volunteers of all ages in planning and implementing the program activities. If you are interested, please let us know and join our working group! - Never too late!

## *Food Baskets during Christmas and Lunar New Year*

It was the first time in awhile to meet with the seniors in person. Seniors were happy to receive the food baskets and connect with the staff and with others.

We have distributed a grand total of 200 food baskets and PPE items in the winter (2021-2022) to seniors (65 years old and



above) living in the North York area. The food basket distributions were held in December 2021 and February 2022, where celebrating and helping seniors could combat any holiday blues for Christmas and Lunar New Year.



The food baskets were distributed at the S.E.A.S. North York office (in person), where seniors arrived in small group by appointments to pick up the food baskets.

## 《义工的乐趣和感受》

### Sharing from Volunteer

By 陈伟彬

移民加拿大28年，我感恩加拿大政府和多伦多社区职工对移民的帮助和关爱。二千年初在多伦多退休后，我做义工服务长者近20年。学到很多新知识，结识许多新朋友。



疫情前在《协群丽晶园社区》做义工，为长者讲解“智能手机”“微信”的应用和解答疑难，使得有需要的长者用上新科技，跟上时代前进步伐。去年8月至今年5月，在《协群社区生日会》群，分享正当有益的信息，鼓励群友参加“秋天峡谷公园赏枫”散步。

主持zoom 云会议生日会活动：为当月寿星祝福生日快乐！齐唱“祝你生日快乐”歌。

每个月有各种活动：“跟着视频学唱歌”，“欣赏优美动听歌曲”，“节日喜庆欢乐祝贺”，“BINGO 游戏”，“返老还童学折纸”……

参加活动为长者做义工，我感受到群友们的情和社区职工和义工们的关爱。我学习到很多新知识，结交了许多新朋友，分享到参加活动的乐趣！

我期待疫情过后，力所能及做个好义工，和长者们一起参与更多的活动，提高生活素质，健康快乐共渡美好时光！

# Recap of Recent Workshops

## Human Trafficking Awareness

April 20, 2022 @ Regent Park Community Centre

We had our first in-person workshop on April 20 after the lifting of most COVID restrictions. It was our pleasure to have the Detective Constable from the Sex Crimes Unit - Human Trafficking Enforcement Team (HTET) to come and speak on Human Trafficking to the community. The objective was to raise community awareness on human trafficking. The speaker introduced the crime of human trafficking and summarized the ordeals of the victims.

The HTET found out that the Asian community tends not to disclose human trafficking issues, due to many factors, such as the fear of being deported to their homeland, repercussions they and their families may face from their traffickers, and the cultural norm of remaining silent through suffering.

The HTET's goals are to create partnerships and collaboratively work with Asian communities to fight human trafficking, bring the victims to safety, provide the victims with their needs, and most importantly, end the silence and hear the victims voices.



## Healthy Relationships

May 24, 2022 @ Zoom

The healthy relationship workshop was given by clinical counsellor, Mental Health and Wellness Services from Skills or Change. The speaker outlined what a healthy relationship is and its importance, as well as ways to build healthy relationships.

### *What is a healthy relationship?*

The speaker addressed that, to her opinion, “a healthy relationship is one where two independent people just make a deal that they will help make the other person the best version of themselves”.

A healthy relationship should include the following elements: trust, honesty, support, mutual respect, free from threats, love, shared responsibility, fairness, compromise, understanding, kindness, equality and free from pressure.



### *How to Establish a Healthy Relationship*

The speaker shared that, in order to build healthy relationships with others, first, we have to build a healthy relationship with ourselves. We have to share our feelings, communicate with others, build trust with others, listen deeply, be vulnerable and be able to manage conflicts. In addition, setting boundaries will help both parties retain a sense of identity and personal space.

When dealing with past disappointment in relationships, we have to let our feelings out, take some time to heal, learn from the situation, adjust our expectations and move forward.

## **Introduction to Early Development**

May 25, 2022 @ Zoom

This was our first time to partner with Massey Centre for a workshop. Speakers from Massey Centre spoke on early child development.

The speakers introduced the four styles of early childhood attachment, which are secure attachment, insecure - resistant, insecure - avoidant, insecure - disorganized. Secure attachment is the attachment that is the ideal one for children's early development. Children with secure attachment feel safe to express all kinds of emotions with the caregiver, learn to trust the caregiver and can be easily comforted by the attachment figure.

The speakers also highlighted the importance of performing a developmental screening. It helps to identify children whose social emotional development is not on track, allow for early supportive interventions when needed, identify early risk factors and can prevent mental health problems for later in life. It also gives parents and caregivers the knowledge of social emotional development stages and it also provides the opportunity to address parent and caregiver concerns, and determine steps for follow-up.

**SEAS** S.E.A.S. CENTRE  
協群社區服務中心

## Family Fun Day

Araw ng Kasayahan Para Sa Buong Pamilya

Ngày hội gia đình vui vẻ

家庭同樂日



# Parents' Day - Family Event at Regent Park

June 18, 2022 @ Regent Park Athletic Ground

S.E.A.S. Centre hosted a family fun day event at Regent Park athletic grounds. This was our first outdoor event since the pandemic started in 2020. The objective of the event was to enhance family bonding, get the community involved in outdoor activities and have fun through a variety of games. Some examples include relay, three-legged race, patintero, ball carrying race, basketball and soccer.

The event started at 10:30am and ended at 12:30pm. There were over 170 participants and over 20 volunteers and staff who helped at the game stations and the prize station.



It was an event that fostered family bonding. A mother shared that her kids had never played three legged race before and this was the first time her kids got to learn this game. She was ecstatic that her kids had fun participating in the multiple games that were reminiscent from her childhood. She thought that it was a good opportunity for the younger generation to get to know what their parents used to play at their age.



# Fundraising & Donations

## Spring Charity Concert

S.E.A.S. Spring Charity Concert 2022 has launched on S.E.A.S. Centre YouTube Channel on April 23, 2022. There were 13 groups of pledged performers. In total, the charity concert has reached over 1.1k views and more than \$20,000 has been raised.

YouTube link to the charity show:

<https://www.youtube.com/watch?v=XP1dJg4rSt4>



We would like to thank Galleria Supermarket for including S.E.A.S. Centre as a beneficiary of its annual Share the Love charity event.



## Donations from MRVCBA

The Markham, Richmond Hill & Vaughan Chinese Business Association (MRVCBA) has donated \$10,000 to S.E.A.S. Centre to support the prevention and intervention of gender-based violence.



## Donation by the Estate of Alice Ko

The S.E.A.S. Regent Park Centre Activity Room has received a generous donation of \$30,000 by Dr. Jack Micay in memory of Alice Cheung Nui Ko. The ceremony to unveil the memory plaque will be held on September 9, 2022.

## Upcoming Fundraising Events

- S.E.A.S. Centre 5 kilometre walkathon August 2022 | more details coming up soon - stay tuned!
- S.E.A.S. Annual Charity Gala October 15, 2022 | Hilton Hotel Markham more details coming up soon - stay tuned!

## Offices

### Scarborough Centre

4168 Finch Avenue East,  
Unit 328,  
Toronto, M1S 5H6  
Phone: 416-519-5320 / 416-362-1375

### Regent Park Centre

50 Regent Park Boulevard,  
Unit 101  
Toronto, M5A 0L5  
Phone: 416-466-8842 / 416-360-0477

### North York Centre

3907 Don Mills Road  
North York, M2H 2S7  
Phone: 416-490-6491

### Markham Centre

32 South Unionville Avenue  
Unit 2036 & 2038  
Markham, L3R 9S6  
Phone: 905-305-1808

## Social Media

E-Mail: [info@seascentre.org](mailto:info@seascentre.org)

Instagram: [@seas\\_centre](https://www.instagram.com/seas_centre)

Website: [www.seascentre.org](http://www.seascentre.org)

Facebook: [www.facebook.com/seascentre.toronto](https://www.facebook.com/seascentre.toronto)

YouTube: [www.youtube.com/user/SEAScentre](https://www.youtube.com/user/SEAScentre)

## Upcoming Activities & Events

### Workshop: Canada Child Benefit

- Thursday, July 28 2022 | 1:30 - 2:30pm | Zoom ID: 249 568 1118

### Workshop: Senior Abuse

- Tuesday, August 16 2022 | 1:00 - 2:15pm | Registration Needed

**Canada Child Benefit**  
Adrian and Amanda will receive an additional \$600 with their regular monthly payment on May 28. Starting on July 28, they will receive additional \$174 for the 2022-23 benefit year. Bringing their new yearly total benefit to \$9,329.

**Senior Abuse**  
A societal topic that cannot be ignored.  
長者受虐：我們不能忽視的一個社會問題

What is Canada Child Benefit?  
Who is eligible to have the Child Benefits after the separation?  
什麼是兒童福利金？家庭重組後兒童福利金如何分配？

Online Workshop 講座以線上形式進行  
Zoom Meeting ID: 249 568 1118

Speaker 主講人: David Huang (Chinese Liaison Officer from Toronto Public Service 多倫多華人社區聯絡官)

Date & Time 日期: Tuesday, July 26, 2022 七月二十八日 星期四  
Time 時間: 1:00-2:15pm  
Language 語言: Mandarin 國語

SEAS Centre 協群社區服務中心 (北約克辦事處)  
Phone Contact 電話: Jo Shan 何楚瑩 @ (416) 490-6490  
Email: [shan@seascentre.org](mailto:shan@seascentre.org)

Online Via Zoom 講座以 Zoom 形式進行; Language 語言: Cantonese 粵語  
Speaker 主講人: David Huang (Chinese Liaison Officer from Toronto Public Service 多倫多華人社區聯絡官)  
Date & Time 日期: Tuesday August 16<sup>th</sup> from 1:00pm to 2:15pm  
2022 年 8 月 16 日 (星期二) 下午 1:00-2:15  
Contact 聯繫: Ling 416-466-8842

### Mid-Autumn Festival Art Jam @ Regent Park

- Friday, September 9 2022 | 4:00 - 7:00 pm

### S.E.A.S. Annual General Meeting

- September 16 (to be confirmed)

### S.E.A.S. Annual Charity Gala @ Markham Hilton Suites Hotel

- Saturday, October 15 | 6:00 - 11:00 pm



United Way  
Greater Toronto

FUNDED AGENCY