

KIN ON

健安康樂頤計劃 二零一八年冬季課程  
Winter 2018 (Jan. 1 - Apr. 30)

# Healthy Living PROGRAM

## BELLEVUE



### ASCF Community Center 銀髮族社區中心 (東區)

across from Crossroads Mall

15921 NE 8th St, C-206  
Bellevue, WA 98008  
Tel: 425.378.8181

## SEATTLE



### Kin On Community Center 健安社區中心 (西雅圖)

south of Columbia City

4416 S Brandon St,  
Seattle, WA 98118 (lower level)  
Tel: 206.556.2237

Contact Us 聯絡我們：  
healthyliving@kinon.org



Asian Senior Concerns Foundation with Sam Wan and Herb Tsuchiya



Ginger Li with Sylvia Liang, Sam Wan and Herb Tsuchiya



Ron & Melinda Eng  
with Sylvia Liang, Sam Wan and Herb Tsuchiya

## CONGRATULATIONS!

Volunteers from our Healthy Living Program, Ron & Melinda Eng, Ginger Li, and the Asian Senior Concerns Foundation, were presented with the 2017 Bertha Tsuchiya Outstanding Volunteer of the Year Award. And to many others, thank you for your valuable and selfless commitment to Kin On.

## 恭喜！

恭喜康健樂頤計劃的義工們，Ron & Melinda Eng，Ginger Li及銀髮族基金會獲頒贈2017年「陳碧珠女士年度最佳義工獎」。感謝多位熱心貢獻的義工們，本著不辭勞苦的精神，與健安共同為社區提供更豐富、更精彩的康樂節目。

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## Chronic Disease Self-Management Education (CDSME) Workshops

The Chronic Disease Self-Management Education (CDSME) Program contains evidence-based workshops developed by Stanford University designed to help people gain confidence in their ability to manage their chronic health conditions. CDSME is a 6-week, 2.5-hour workshop facilitated by two trained leaders. Participants will learn different tools to help manage their chronic health conditions more effectively. Some of the tools discussed in the workshop include dietary management, exercise, problem solving, decision making, communication and stress management. The concepts covered in this series-based workshop are progressive in nature. This program is funded by City of Seattle Aging & Disability Services.



Participants are encouraged to attend at least 4 sessions. Newcomers must wait to register for the next series if they have missed the first two sessions.

*"The workshop provided me with a chance to re-examine options and ways to manage and improve my own health. It also helps greatly in providing very useful information on how to care for others with chronic health conditions so they can live a more normal life."*

- Ed

### Chronic Disease Self-Management Program <sup>E</sup>

Helen Wang and Anne Nguyen

6 sessions @ Seattle

(TBD, please contact us if interested)

**FREE**

### Diabetes Self-Management Program <sup>M</sup> <sup>C</sup>

Michael Woo and Jerry Chang

Tuesdays, Feb. 6 – Mar. 13 (6 classes),

1:30 – 3:30pm @ Bellevue

**FREE**

### Chronic Disease Self-Management Program <sup>M</sup> <sup>C</sup>

Michael Woo and Jerry Chang

Mar. – Apr. (6 classes) @ Bellevue

(TBD, please contact us if interested)

**FREE**

## @ Seattle (Kin On)

### AARP Fraud Prevention and

### Awareness for Older Adults <sup>E</sup> <sup>C</sup> <sup>M</sup>

The workshop will cover fraud trends and behavior, the Con Artist Play Book, Fraud Prevention Strategies and Resources available to help. Workshop will be conducted in English along with Cantonese and/or Mandarin.

Contact us if interested.

**FREE**

### Adult First Aid/CPR/AED Training <sup>E</sup>

This course is intended for individuals who are not healthcare providers or professional rescuers. After successful completion of the course, including obtaining a passing score on the written exam, attendees will receive a MEDIC First Aid certificate that is valid for two years. Please bring a bagged lunch.

Kerry Taniguchi

Contact us if interested.

<sup>E</sup> English <sup>C</sup> Cantonese <sup>M</sup> Mandarin

## Community Conversations E C M

City of Seattle Department of Transportation is offering three topics, for a Community Conversation:

- Transportation Options for the community
- Education on pedestrian and traffic safety through the Vision Zero effort
- Upcoming transportation changes on the Rainier Avenue S. Corridor

Interpretation services available from Community Liaisons. Refreshments and snacks will be served.

**Contact us if interested.**

**FREE**

## Culturally Responsive Care E C M

A health navigation coordinator can help break the language barrier and ensure that you and your loved ones receive the best care possible. Topics may include:

- Choosing between a regular office visit, urgent care, or the emergency room
- Finding doctors or nurses who speak your language
- Understanding the documents you receive from the clinic
- Billing and insurance questions

Light refreshments will be served.

**Nelson Tang, Outreach & Engagement Chinese Program Manager, Swedish Health Services**

**Contact us if interested.**

**FREE**

## Financial Seminars E C M

Stay secure and independent longer by learning about how to manage your finances. Potential topics include planning for retirement, leaving a legacy and estate planning.

**Contact us if interested.**

**FREE**

## Kin On Community Center Tour E C M

Join us for a community center tour, sample a class, learn about our programs and enter to win Healthy Living Program class credit or membership!

**Contact us if interested.**

**FREE**

## Medicare Workshops E C M

Learn about Medicare health plans, options and benefits so you can make the right decision. Potential topics include:

- Choosing Between a Medicare Advantage Plan and a Supplement Plan
- The Four Parts of Medicare Made Easy
- Medicare Eligibility

**Contact us if interested.**

**FREE**

## FREE WEEKLY SEMINARS M

**@ ASCF (Bellevue)**

**1<sup>st</sup> SAT Birthday Potluck** - Celebrate birthdays together with food and drinks.

**2<sup>nd</sup> SAT Medical** - Presentations on various medical topics that help you to live a healthy life.

**3<sup>rd</sup> SAT Culture** - Seeing the world through different lenses.

**4<sup>th</sup> SAT Travel** - We know travel is fun but we can also learn a lot of life lessons from it.

**5<sup>th</sup> SAT Finance** - Make plans for a rewarding and fulfilling retirement.

Join us every Saturday for a special show and tell. Come share and exchange your stories, perspectives, and culture.

**Contact us for event details.**

**Saturdays, 10am – 12pm @ Bellevue**

**FREE**







# FITNESS

## @ Seattle (Kin On)

### DANCE

#### Beginner Line Dance EC

Put some fun into your exercise program by learning new moves to great music. This class is suitable for beginners.

**Linda Cheung**

**2nd and 4th Sundays, 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22 (8 classes), 2:15 – 3:45pm @ Seattle**

*Members: \$24/series or \$4/class*

*Non-members: \$40/series or \$6/class*

#### Tango Dance E

Medley Tango is a combination of American and international styles, which is delightful and very easy to learn.

**Moliza Wong**

**Tuesdays, Mar. 6 – Apr. 10 (6 classes), 2 – 3pm @ Seattle**

*Members: \$18/series or \$4/class*

*Non-Members: \$30/series or \$6/class*

### EXERCISE

#### Drop-In Table Tennis ECM

Enjoy a friendly game of table tennis! Tournament grade tables are available for your use. Space may be limited on Monday; new players please call before arrival. Paddles available for checkout at front desk.

**Mondays and Thursdays, Jan. – Apr.**

**10:00am – 12:30pm @ Seattle**

**FREE**

#### Fitness Corner (Drop-In) ECM

Improve your heart health and muscle strength by using our elliptical machine, dumbbells (up to 5 lbs) and wrist/ankle weights (up to 10 lbs). Equipment check out is available at front desk.

**Wednesdays, Jan. – Apr., 3:30 – 5pm @ Seattle**

**FREE**

## Zumba® E

Zumba® is an exercise in disguise and total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. This class is made possible through a partnership with Kaiser Permanente.

**YuPing Kuang**

**Wednesdays, Jan. – Apr., 5:30 – 6:30pm @ Seattle**

	Member	Non-Member
Jan. (5 classes)	\$15	\$25
Feb. (4 classes)	\$12	\$20
Mar. (4 classes)	\$12	\$20
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

## @ Bellevue (ASCF)

### DANCE

#### Belly Dance M

Belly dance is an expressive dance which emphasizes complex movements of the torso. It is fun and burns a lot of calories.

**Melinda Lee**

**Wednesdays, 12:30 – 2:30pm @ Bellevue**

	Member	Non-Member
Jan. (5 classes)	\$15	\$25
Feb. (4 classes)	\$12	\$20
Mar. (4 classes)	\$12	\$20
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

#### Dance Club M

Our dance club offers a great way to meet people and keep fit. Join us for the fun, friendship and entertainment through dancing.

**Saturdays, 1:30 – 3:30pm @ Bellevue**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (4 classes)	\$12	\$20
Mar. (5 classes)	\$15	\$25
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6



Experience an energetic, full body workout that is suitable for all fitness levels. This evidence-based group exercise program, developed by University of Washington and Group Health, has been proven to help older adults maintain balance, strength and independence. This program is funded by City of Seattle Aging & Disability Services. Students new to EnhanceFitness must arrive 15 minutes early to fill out paperwork and complete a fitness check.

### EnhanceFitness at Kin On E

**Amy Sue Zielske**  
**Mondays, Wednesdays and Fridays**  
**Jan. – Apr., 9:30 – 10:30am @ Seattle**  
**FREE**

### EnhanceFitness at

#### Asian Counseling and Referral Services (ACRS) E

For program cost or additional info, contact Rina Adams at rinaa@acrs.org or 206.695.7556 or Tracee Lee at traceel@acrs.org or 206.774.2440.  
**Lily Singh and Tuyet Hua Nguyen**  
**Tuesdays and Thursdays, Jan. – Apr., 1 – 2pm**  
**@ ACRS (3639 Martin Luther King Jr Way S, Seattle)**

### EnhanceFitness at ASCF E C M

**Selina Chow**  
**Tuesdays and Thursdays**  
**Jan. – Apr., 10 – 11am @ Bellevue**  
**\*No class from 2/13 – 2/22**  
**FREE**



*I had surgery in the past, which made it difficult for me to walk. The EnhanceFitness exercises helped me regain my strength after the surgery. I can walk and exercise like a normal person, or even better!*  
*- EnhanceFitness Participant*

### Dunhuang Dance M

Dunhuang Dance is a form of Chinese dance that draws sources from body movements depicted in artifacts found in Dunhuang Caves. It emphasizes balance, form, and movement.

**Melinda Lee**  
**Tuesdays, 11am – 1pm @ Bellevue**

	Member	Non-Member
Jan. (5 classes)	\$15	\$25
Feb. (4 classes)	\$12	\$20
Mar. (4 classes)	\$12	\$20
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

### Folk Dance M

Here's something for everyone whether you are brand new to dancing or have been doing this for years. We offer an opportunity to expand your cultural horizons, meet people, be part of a community, and of course, dance!

**Huiling Xiong**  
**Mondays, 1:00 – 2:30pm @ Bellevue**

	Member	Non-Member
Jan. (5 classes)	\$15	\$25
Feb. (4 classes)	\$12	\$20
Mar. (4 classes)	\$12	\$20
Apr. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

### Glorifying Dance M

Dance with your heart. We dance to celebrate and sing praises. It's fun and easy to follow.

**Su Seng Dai**  
**Mondays, Jan. – Apr., 10:30am – 12pm @ Bellevue**  
**FREE**

### Social Dance M

Social dances are the perfect way to meet interesting people that share your love of dancing. It is a whole-body workout that's actually fun.

**Su-Jeng Lin**  
**Sundays, Jan. – Apr., 5:30 – 7:30pm @ Bellevue**  
**Members: \$4 / Non-members: \$6**

# Tai Chi and Your Health

## A Modern Take on an Ancient Practice

Tai chi is sometimes referred to as “moving meditation.” There are many types of tai chi. They typically combine slow movements with breathing patterns and mental focus and relaxation.

Movements may be done while walking, standing, or sitting.

“At its root, tai chi is about treating the whole person and enhancing the balance and crosstalk between the body’s systems,” says Dr. Peter Wayne, a longtime tai chi researcher at Harvard Medical School. “It’s a promising intervention for preserving and improving many areas of health, especially in older adults.”



Several studies have found evidence that tai chi can increase balance and stability in older people and reduce the risk and fear of falls.

Each year, more than 1 in 4 older adults falls, and 1 out of 5 of these falls causes a serious injury such as broken bones or a head injury.

“Trying to be careful can make you more prone to falls,” Wayne says. “Tai chi may help you move more confidently and safely again.” Some NIH-funded research suggests that tai chi may also improve balance and prevent falls in people with mild to moderate Parkinson’s disease.

Research suggests that practicing tai chi might help improve posture and confidence, how you think and manage emotions, and your quality of life. Studies have found that it may help people with fibromyalgia sleep better and cope with pain, fatigue, and depression. Regular practice may also improve quality of life and mood in people with chronic heart failure or cancer. Older adults may find that tai chi can help improve sleep quality and protect learning, memory, and other mental functions.

Source: NIH News in Health

## EXERCISE

### Chi-Kung & Chen Style Tai-Chi E C M

By combining movement, breathing and meditation, this class offers Mee-Chung Qi Gong, Tai Chi for health, and Chen’s style Tai Chi chuan.

**David Pan**

**Saturdays, 12:30 – 1:30pm @ Bellevue**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (4 classes)	\$12	\$20
Mar. (5 classes)	\$15	\$25
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

### Tai Chi Fan & Yuan Chih Dance M

Yuan Chi Dance is a mixture of martial art, physical therapy dance and the chi exercise. With frequent extension movements of arms and legs to increase blood circulation to the brain and other parts of the body, the enchanting dance is an excellent exercise and has the effect of slowing down the inevitable aging process.

**Kuei Wu**

**Saturdays, 3:30 – 5:30pm @ Bellevue**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (4 classes)	\$12	\$20
Mar. (4 classes)	\$12	\$20
Apr. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

### Tai Chi Qi Gong M

Tai Chi is an ancient exercise that calms the emotions, clears the mind, and rejuvenates the body. The relaxed, graceful movements employ the timeless concepts of balance, softness, and awareness.

**Sue Yeh**

**Saturdays, Jan. – Apr., 9 – 10am @ Bellevue**

**FREE**

# TECHNOLOGY

## @ Seattle (Kin On)

### SmartLab 1 on 1 Tutoring

Make an appointment with our bilingual IT experts for one-on-one assistance about all things related to technology. Use Kin On's computers, iPad, tablet, or bring your own devices. Please make an appointment one day in advance. 45 minutes per session.

**Victus Wong**

**Wednesdays, Jan. – Apr., 10am – 2pm @ Seattle**

**FREE**

This project is funded in part by the Seattle Information Department.



**Seattle**  
Information Technology

### SmartLab Open Lab

Check your email, browse the internet, or enjoy catching up on the latest news using our computers, iPads and Samsung tablets.

**Monday – Friday, Jan. – Apr., 10am – 2pm @ Seattle**

**FREE**

This project is funded in part by the Seattle Information Department.



**Seattle**  
Information Technology

## @ Bellevue (ASCF)

### Photography (Beginner)

Our digital photography class will provide the solid foundation you need to take control of the camera and begin crafting images with intention. Topics include: choosing, using, and caring for a digital camera, and photo-retouching.

**David Pan**

**Saturdays in January, 1:30 – 3:00pm @ Bellevue**

*Members: \$12/series (4 classes) or \$4/class*

*Non-members: \$20/series (4 classes) or \$6/class*

### Photography (Advanced)

Upgrade your skills! Learn different photography techniques and start creating stunning images in this advanced photography class.

**David Pan**

**Saturdays in February, 1:30 – 3:00pm @ Bellevue**

*Members: \$12/series (4 classes) or \$4/class*

*Non-members: \$20/series (4 classes) or \$6/class*

## Computer Club

Come learn how to turn your photos into digital stories and how to share your works of art with friends and family. Use ASCF's computers or bring your own laptops.

**Ben Chang**

**Thursdays, 10am – 12pm @ Bellevue**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (4 classes)	\$12	\$20
Mar. (5 classes)	\$15	\$25
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

### Digital Photo Retouching 1

This course covers various aspects and techniques for photo editing, retouching, compositing, and much more.

**David Pan**

**Saturdays in March, 1:30 – 3:00pm @ Bellevue**

*Members: \$15/series (5 classes) or \$4/class*

*Non-members: \$25/series (5 classes) or \$6/class*

### Digital Photo Retouching 2

Learn how to leverage tools and features to make your digital images look their best.

**David Pan**

**Saturdays in April, 1:30 – 3:00pm @ Bellevue**

*Members: \$12/series (4 classes) or \$4/class*

*Non-members: \$20/series (4 classes) or \$6/class*

### Mobile Technology Tutorial

Make an appointment with our bilingual IT experts for one-on-one assistance about all things related to technology. Use ASCF's computers or bring your own laptops, phones or tablets. Please make an appointment one day in advance.

**Victus Wong**

**Mondays, Jan. – Apr., 10am – 4pm @ Bellevue**

**Fridays, Jan. – Apr., 10am – 2pm @ Bellevue**

**FREE / Non-members: \$10**



# Love Your Heart

## Take Steps To Reduce Heart Risks

February is American Heart Month—a time to reflect on the sobering fact that heart disease remains the number one killer of both women and men in the United States. The good news is you have the power to protect and improve your heart health.



To protect your heart, the first step is to learn your own personal risk factors for heart disease.

Certain risk factors—like getting older or having a family history of heart disease—can't be changed. But you do have control over some important risk factors such as high blood cholesterol, high blood pressure, smoking, excess weight, diabetes and physical inactivity. Many people have more than one risk factor. To safeguard your heart, it's best to lower or eliminate as many as you can because they tend to “gang up” and worsen each other's effects.

A heart-healthy diet includes a variety of fruits, vegetables and whole grains, as well as lean meats, poultry, fish, beans and fat-free or low-fat dairy products. Try to avoid saturated fat, trans fat, cholesterol, sodium (salt) and added sugar.

Regular physical activity is another powerful way to reduce your risk of heart-related problems and enjoy a host of other health benefits. To make physical activity a pleasure rather than a chore, choose activities you enjoy. Take a brisk walk, play ball, lift light weights, dance or garden. Even taking the stairs instead of an elevator can make a difference.

### Protect Your Heart

- Don't smoke.
- Maintain healthy cholesterol levels and blood pressure.
- Maintain a healthy weight.
- Choose more heart-healthy foods.
- Get and stay active.
- Know your family history.
- Learn the signs that something's wrong.
- Set a good example.

Source: NIH News in Health

# SmartLab Class & Practice Session

@ Seattle (Kin On)



A series of classes and practice sessions that designed to make technology, simple, fun, and practical for your everyday life. Use Kin On's tablets or bring your own.

Please register three days in advance.

## SmartLab Committee

**Saturdays, Feb. 24 – Mar. 31**

**10am – 12pm @ Seattle**

**FREE**

## Android Tablets Made Easy

Learn the basics of using your Android Tablet or Android phone including basic navigation, controls, typing, and more.

**Feb. 24**

*Lesson 1 Practice session: Mar. 3*

## There's an App for That

Learn how to install apps, use the camera, send/save photos, use browsers, and text message.

**Mar. 10**

*Lesson 2 Practice session: Mar. 17*

## Let's Connect

Learn how to connect with your loved ones anywhere across the globe using chat programs (e.g. WhatsApp, Wechat, or Line) and Skype.

**Mar. 24**

*Lesson 3 Practice session: Mar. 31*



**Seattle**  
Information Technology

This project is funded in part by the Seattle Information Department.





# ARTS & CRAFTS

## @ Seattle (Kin On)

### Open Craft Day

Enjoy a fun-filled half-day to work on your projects and share a potluck lunch. No formal instruction is provided although there is a lot of sharing of ideas and techniques. Bring your completed projects for show and tell!

**1st Tuesday of every month, 10am – 2pm**

**Jan. 2, Feb. 6, Mar. 6, Apr. 3 @ Seattle**

**FREE**

## @ Bellevue (ASCF)

### Calligraphy

Learn the art of Chinese calligraphy.

**She-Nam Fung**

**Fridays, 10am – 12pm @ Bellevue**

**\*No class on last Friday of the month**

	Member	Non-Member
Jan. (3 classes)	\$9	\$15
Feb. (3 classes)	\$9	\$15
Mar. (4 classes)	\$12	\$20
Apr. (3 classes)	\$9	\$15
Drop-in	\$4	\$6

## Craft & Chat

@ Seattle (Kin On)

Join us to explore your creativity, share ideas and meet other crafty people! Please bring a snack to share.

*Registration and payment required one week in advance of each class. No refunds given for cancellations less than 7 days in advance. \* Supplies included unless otherwise noted.*

### Iris Fold Cards

In iris folding, strips of paper are layered upon each other to create a pattern similar to the iris of a camera. Create two cards in the design of a dog, in honor of Chinese New Year!

\*Supplies needed: scissors and scotch tape. A limited supply will be available for use.

**Ginger Li**

**Wednesday, Jan. 24, 10am – 12:30pm @ Seattle**

**Members: \$10 per class / Non-members: \$15 per class**



\*for reference only

### Basic Chinese Knotting Series

A Chinese knot is tied and woven from a single length of cord into a multitude of designs of varying complexity. Traditional Chinese knots are rich in symbolic meaning, and can be used as good luck charms or beautiful decorations. Learn Chinese Knotting step by step and use it to make different styles. This series contains four classes that are progressive in nature. Students are encouraged to attend the full series.

**Muyun Chen**

**Wednesday, Feb. 14, Feb. 28, Mar. 7, Mar. 14,**

**10am – 12:30pm @ Seattle**

**Members: \$20 per series / Non-members: \$25 per series**



### 3D Origami Owl Series

Create an elegant paper owl using hundreds of small, folded paper triangles connected by a touch of glue. This series contains two lessons that are progressive in nature. Students are encouraged to attend the full series.

\*Supplies needed: magazine covers if certain colors are desired (~24 pounds weight).

**Kit-Ling Poon**

**Friday, Apr 13 and**

**Apr. 27, 1 – 3:30pm**

**@ Seattle**

**\* Please note the date change from Wednesday.**

**Members: \$15 per series /**

**Non-members: \$20 per series**



\*for reference only

# SOCIAL EVENTS

## @ Seattle (Kin On)

### Basic Mandarin For Beginners

Speak and understand basic conversations of daily living in Mandarin Chinese, one of the six official languages of the United Nations. Selected topics and situations come from real life scenarios.

**Coming soon! Contact us for more details.**

### Daytime Mahjong

Drop in or bring a friend to enjoy a friendly game of Mahjong. No formal instruction provided. This class is made possible through a special partnership with Keiro Northwest Nikkei Horizons program.

**1st and 3rd Wednesdays, Jan. – Apr., 1 – 3pm @ Seattle**  
**FREE**

### Karaoke Club

Enjoy an afternoon of singing your favorite songs and reliving memories with other friendly folks. Our current collection includes popular Mandarin, Cantonese, Taiwanese, English songs plus others!

**Mondays, Jan. – Apr., 1 – 3pm @ Seattle**  
**FREE**

### Tea Time (Drop In)

Gather your friends for tea and conversation in our beautiful community center. Feel free to bring snacks to share. Playing cards and board games are available to check out at the front desk.

**Tuesdays, Jan. – Apr., 3 – 4:30pm @ Seattle**  
**FREE**

### Walk & Talk

Walk & Talk is an invigorating way to get health tips along with exercise, and enjoy the company and conversation of others in the Kaiser Permanente and Columbia City community. Course details: A walking path in a park at the corner of Rainier Ave. S., and S. Alaska St.

**Fridays, Jan. – Apr., 12 – 12:45pm**  
**@ Rainier Valley Cultural Center (3515 S Alaska St, Seattle)**  
**FREE / Contact: Larnette Slade at 206.326.3801**

## @ Bellevue (ASCF)

### Basic English for Beginners

Learn useful English words and phrases including greetings, self-introduction, numbers, dates, telling the time, asking for directions, shopping, and ordering food from a menu. This program is funded by Liu Kuo-Chun Educational Foundation.

**Bill Chou (Mandarin/Cantonese speaker)**

**Thursdays, starting 1/18, 11am – 12:30pm @ Bellevue**  
**FREE**

### Family Support Group

The goal is for us to have quality (and perhaps even fun) time for mutual support, growth, and affirmation. Together, we will learn, share and celebrate the joy and challenges associated with caregiving. The support group will be facilitated by our social services staff. We meet monthly and attendance is voluntary.

**Wednesday, Feb. 7, Apr. 4,**  
**11am – 12:30pm @ Bellevue**  
**Contact us if interested.**

**FREE**

### Go Club and Bridge Club

Play Go and Bridge with friends.

**Saturdays, Jan. – Apr., 1 – 5pm @ Bellevue**  
**FREE / Non-members: \$5**

### Mahjong Club

We welcome you to play Mahjong and chat! Please make appointment one day in advance.

**Fridays, Jan. – Apr., 1 – 5pm @ Bellevue**  
**FREE / Non-members: \$5**

### Tea Time

Wherever Chinese go, the custom of drinking tea follows. Share your life stories with us over a cup of tea.

**Ralph Rei**

**Thursdays, Jan. – Apr.,**  
**1:30 – 3:30pm @ Bellevue**  
**FREE**



# Thoughts on Caregiving

## Caregiving and the holidays: from stress to success!

For most people, including caregivers, the holiday season can be a particularly stressful time of the year. It may be a time of celebration and family gathering for many. It might also bring up a groundswell of emotions, including sadness, guilt, and resentment for some. Below are some words of wisdom provided by the Family Caregiver Alliance that we hope will help us to have a joyful and meaningful time with our family and the loved-ones whom we care for.



- **An opportunity for communication:** Discussing a loved one's impairments and the realities of the caregiving situation offers others the opportunity to respond with assistance.
- **Holiday greetings and a brief note:** Writing a brief note can be a non-blaming way to inform distant or uninvolved relatives about the realities of the caregiving situation.
- **Ask for help for yourself and those you care for:** Consider talking to family members who you feel are not doing their part and sharing with them your disappointment. Open and honest communication may lead to a better understanding of the situation.
- **Be clear about your energy limit:** Let family members know that your caregiving duties are keeping you very busy and that you have less energy for holiday preparation.
- **Accept the need to adapt:** You may have to choose which events to attend based on which one is the simplest, least exhausting, and most enjoyable.
- **The visit room:** Many people with dementia find multiple conversations and background noise disturbing. To avoid this anxiety, the person may benefit from a quieter room with less stimulus where family members could take turns visiting.
- **Share your wish list:**
  - **Respite:** some caregivers ask for time off from caregiving duties as a gift for the holidays.
  - **Home repairs:** Simple home repairs may be the perfect way for a family member to help out if providing personal care is too uncomfortable for them.
  - **Care for you:** Some caregivers ask for gift cards for self-care, like a massage or facial.
- **Schedule one-on-one time:** Make a point of setting some time aside this holiday season to enjoy the person you care for in a relaxed, one-on-one context.
- **Reflect on the rewards:** Reflecting on the rewards of caregiving can help maintain your self-esteem. It may feel very rewarding to know that you are fulfilling a vow or promise you have made.
- **A little thank you goes a long way:** After the holidays, call, email, or write a note to family members or friends who spent time with you and your loved one. Emphasize the positive impact their visit made.

\*Content adapted from <https://www.caregiver.org/caregiving-and-holidays-stress-success>. Family Caregiver Alliance National Center on Caregiving, 785 Market St., Suite 750, San Francisco, CA 94103.

# 健康教育

## 慢性病自我管理工作坊

慢性疾病自我管理課程是史丹福大學研發的以證據為基礎的講習班，為幫助患者有信心地管理控制病情。課程為期六星期，每週2.5小時，由兩位受專業訓練的導師教授。參與者會學到不同的方法更有效地管理慢性疾病，例如日常飲食管理、運動方式、問題解決方式、如何作出決定、學會溝通及壓力管理。本系列講習班涵蓋的概念是漸進性的。該課程由西雅圖市老齡化和殘疾人服務部資助。

鼓勵參與者參加至少4次課程。如果參與者錯過了前兩節課，則必須等待至下一個課程開班時註冊。



“慢性病自我管理課程提供一個機會，讓我重新檢視、管理和改善自己的健康，它也為照顧者提供非常有用的資訊。此外，這課程有好的帶領者和參與者，讓我非常享受，樂在其中。—— Ed”

## 慢性病自我管理課程 (英)

Helen Wang及Anne Nguyen  
6堂課 @ Seattle  
(時間有待公布，有興趣參加者請與我們聯絡)  
免費

## 糖尿病自我管理課程 (粵)(國)

Michael Woo及Jerry Chang  
星期二，2月6日至3月13日(6堂)  
下午1:00至3:30 @ Bellevue  
免費

## 慢性病自我管理課程 (粵)(國)

Michael Woo及Jerry Chang  
3月至4月(6堂)@ Bellevue  
(時間有待公布，有興趣參加者請與我們聯絡)  
免費

@ Seattle (Kin On)

## AARP 防範詐騙講座 (英)(粵)(國)

該研討會將涵蓋欺詐趨勢和行為，騙子伎倆預防，防止欺詐策略和可提供幫助的資源。講習班將以英語和粵語或普通話進行。

有興趣參加者請與我們聯絡  
免費

## 成人急救/心肺復蘇/ 自動體外心臟去顫器課程 (英)

此課程為非專業醫護人員而設，並以英語教授和進行測試。成功完成此課程將會獲得MEDIC有效兩年的急救證書。請自備午餐。

Kerry Taniguchi  
有興趣參加者請與我們聯絡

(英) 英語

(粵) 粵語

(國) 國語



## 交通出行社區對話 (英)

西雅圖市交通局社區對話講座，主題包括：

- 社區交通出行選擇方案
- 「交通零傷亡」計劃措施 - 行人與交通安全教育講座
- Rainier Avenue South的交通變化

社區聯絡員提供口譯服務。會上將會提供茶點。

有興趣參加者請與我們聯絡

免費

## 美國醫院與 中文醫療服務介紹會 (英)(粵)(國)

中文醫療服務協調員可以幫助剛接觸西方醫療系統的人來打破語言障礙，並確保您和您的親人得到最好的照顧。介紹會內容包括：

- 選擇訪問普通診療辦公室、緊急護理或急診室
- 尋找說中文的醫生或護士
- 幫助您理解就診相關文件
- 計費和保險問題

介紹會將提供茶點。

鄧冠仁，瑞典醫院中文醫療服務經理

有興趣參加者請與我們聯絡

免費

## 財務研討會 (英)(粵)(國)

了解如何管理您的財務，保持安全和獨立。主題將包括退休計劃，遺產管理和計劃。

有興趣參加者請與我們聯絡

免費

## 健安社區中心導覽 (英)(粵)(國)

歡迎參加我們社區中心之旅，您可參與一堂示範課，了解我們的課程，並有機會獲得康健樂頤計劃的免費課程或會員！

有興趣參加者請與我們聯絡

免費

## 聯邦醫療保險知識講座 (英)(粵)(國)

了解Medicare健康計劃，選擇和好處，以便您做出正確的決定。主題將包括：

- Medicare Advantage Plan與Supplement Plan計劃的選擇
- 了解醫療保險的4個部分
- 醫療保險的資格

有興趣參加者請與我們聯絡

免費

## 週六專題講座 (國)

@ ASCF (Bellevue)

**第一個 慶生會：**一起慶祝生日，吃蛋糕，分享週六生活的喜悅。

**第二個 醫療專題：**提供與你息息相關的健康生活資訊，助你及家人實踐健康生活。

**第三個 人文專題：**探討社區、國家和世界事物的源流和轉變的過程，了解今天的世界。

**第四個 旅遊專題：**與大家分享旅遊心得，品味週六生活，開拓視野。

**第五個 財經專題：**做好財務規劃，為退休作更佳的準備，安享豐盛人生。

每週不同主題，邀請大家一同來學習和分享。想了解當週詳細演講主題，請與我們聯絡。

星期六，上午10:00至下午12:00

@ Bellevue

免費



# 康體活動

## @ Seattle (Kin On)

### 舞蹈

#### Linda基礎排舞班 (英)(粵)

學習新舞步，跟隨音樂節奏，給您的運動更添樂趣。該課程適合初學者。

Linda Cheung

每月第二及第四個星期日，1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22 (8堂)

下午2:15至3:45 @ Seattle

會員：整系列\$24或每堂\$4

非會員：整系列\$40或每堂\$6

#### 探戈舞 (英)

混合探戈結合了美式和國際探戈的風格，既輕鬆愉悅又十分好學。

Moliza Wong

星期二，3月6日至4月10日 (6堂)

下午2:00至3:00 @ Seattle

會員：整系列\$18或每堂\$4

非會員：整系列\$30或每堂\$6

### 運動

#### 乒乓球活動 (英)(粵)(國)

來享受一場友好的乒乓球比賽！比賽級乒乓球桌可供使用。星期一的場地有限，新參與者請在抵達前致電詢問。球拍可在前台登記領取。

逢星期一及四，早上10:00至下午12:30 @ Seattle  
免費

#### 健安健身房 (英)(粵)(國)

使用我們健身房的健身單車，啞鈴（最多5磅）和沙袋（最多10磅）來提升您的心臟健康和肌肉力量。前台提供設備租借服務。

逢星期三，下午3:30至5:00 @ Seattle  
免費

## Zumba® (英)

Zumba®是一種全身鍛煉，包括不同健身元素、有氧運動、肌肉協調、平衡性和靈活性，讓大家課後爆發能量感到精神一振。該課程與Kaiser Permanente合作。

YuPing Kuang

逢星期三，下午5:30至6:30 @ Seattle

	會員	非會員
1月(5堂)	\$15	\$25
2月(4堂)	\$12	\$20
3月(4堂)	\$12	\$20
4月(4堂)	\$12	\$20
單堂	\$4	\$6

## @ Bellevue (ASCF)

### 舞蹈

#### 肚皮舞 (國)

華麗優美的肚皮舞可以減重、塑身、強化心血管功能和促進身體協調性。不需配合別人的步伐，只需關注自身和內心，使靈魂和身體合二為一，讓您重新去重視、熟悉並愛上自己的身體。

李明珠

逢星期三，下午12:30至2:30 @ Bellevue

	會員	非會員
1月(5堂)	\$15	\$25
2月(4堂)	\$12	\$20
3月(4堂)	\$12	\$20
4月(4堂)	\$12	\$20
單堂	\$4	\$6

#### 舞蹈俱樂部 (國)

活動筋骨及防止老年痴呆，以舞會友，為將來的老身及老心來鍛煉及準備。歡迎攜伴參加。

逢星期六，下午1:30至3:30 @ Bellevue

	會員	非會員
1月(4堂)	\$12	\$20
2月(4堂)	\$12	\$20
3月(5堂)	\$15	\$25
4月(4堂)	\$12	\$20
單堂	\$4	\$6



EnhanceFitness是一個適合所有人的全身鍛煉。這個由華盛頓大學及Group Health所研發，並以循證為基礎的團體鍛煉計劃已被證明可以幫助老年人保持平衡、體力和獨立性。該課程由西雅圖市老齡化和殘疾人服務部資助，並與亞裔輔導及服務中心合作。新學員必須提前15分鐘報道填寫表格，並完成健身檢查。

## 健安 EnhanceFitness (英)

Amy Sue Zielske

逢星期一，三及五，上午9:30至10:30

@ Seattle

免費

## 銀髮族 EnhanceFitness (英)(粵)(國)

Selina Chow

逢星期二及四，上午10:00至11:00 @ Bellevue

\*2/13 – 2/22暫停

免費



## 亞輔中心 EnhanceFitness (英)

該課程在健安合作夥伴，亞裔輔導及服務中心舉行。詳情請與Tracee Lee，206.774.2440或電郵traceel@acrs.org聯繫。

Lily Singh及Tuyet Nguyen

逢星期二及四，下午1:00至2:00 @ ACRS

(3639 Martin Luther King Jr Way S, Seattle)

我曾經做過手術，這使我有一段時間行走很困難。然而EnhanceFitness的鍛煉幫助我恢復了我的體力！我現在可以像正常人一樣行走和鍛煉，身體還比以前更加好了！

--- EnhanceFitness參加者

## 敦煌舞 (國)

敦煌能量舞源自敦煌石窟的天人舞姿，結合太極而成的氣功舞蹈。S型舞姿產生能量，美化身、心、靈而展現輕靈飄逸流暢之美。

李明珠

逢星期二，上午11:00至下午1:00 @ Bellevue

	會員	非會員
1月(5堂)	\$15	\$25
2月(4堂)	\$12	\$20
3月(4堂)	\$12	\$20
4月(4堂)	\$12	\$20
單堂	\$4	\$6

## 民族舞 (國)

多種民族舞蹈的基本練習，不需要舞伴，以舞蹈的形式進行健身，一個曲目就可以構成一個表演節目，可以在社區進行表演活動。

熊慧齡

逢星期一，下午1:00至2:30 @ Bellevue

	會員	非會員
1月(5堂)	\$15	\$25
2月(4堂)	\$12	\$20
3月(4堂)	\$12	\$20
4月(5堂)	\$15	\$25
單堂	\$4	\$6

## 讚美操 (國)

運動、跳舞、讚美操！動作不會太快，適合中老年人。

戴淑慎

逢星期一，上午10:30至12:00 @ Bellevue

免費

## 社交舞 (國)

訓練您的頭腦、情感和身體，並結交朋友，讓您健康快樂！

陳淑貞

逢星期天，下午5:30至7:30 @ Bellevue

會員：每堂\$4 / 非會員：每堂\$6





## 常練太極拳的好處

太極拳是中華優秀傳統體育項目之一，在世界國廣為流傳。數百年的實踐證明，它是健身與防治一些慢性疾病的重要方法，更是一項必不可少的康復活動。

太極拳是一種輕鬆柔和、連綿不斷的勻速運動，這種運動屬於有氧運動，長期打太極拳能使心跳緩慢而有力，提高心臟功能，改善心肌營養，促進血液循環，對防治高血壓病、動脈硬化，有明顯作用。

太極拳講求放鬆慢練，目的是讓肌肉在不緊張的狀態下，慢慢掌握太極拳的運動規律。我們的四肢，身體每一部份，屬一個整體，在運動的過程中互相影響。太極拳一動無有不動，只要一動，每個關節都有轉動，慢練的目的是避免某些動作的細節被滑過。我們通過放鬆慢練，慢慢掌握這個動態的平衡。這便是太極拳的運動規律。當這個運動規律掌握後，則可快可慢，隨心所欲。

其獨特的鍛煉方法，對身體各方面都有正面的作用。鍛煉神經系統，提高器官功能。有助於心臟、血管和淋巴系統的健康。增強呼吸機能，擴大肺活量。促進消化功能和體內物質代謝。加強肌肉、骨骼和關節的活動。暢通經絡。

此外，太極拳講求體鬆、息柔、心靜，練拳時因要心靜用意，心無雜念，精神只集中於行拳走架之上，有效減輕抑鬱、負面情緒感。練拳後血氣迴圈暢旺，精神亦抖擻起來，工作效率自然提高。這無疑對樣樣講求效率、日常生活緊張、精神壓力沉重的大城市人有著正面的幫助。

參考資料：太極拳教室(taichi-classroom.org)

## 運動

### 氣功及陳式太極拳 (英)(粵)(國)

秘宗內(氣)功：五行拳、百脈運氣八勁神功；太極養生功；陳式太極拳：陳式太極拳精要18式、陳式太極拳38式。

潘光

逢星期六，下午12:30至1:30 @ Bellevue

	會員	非會員
1月(4堂)	\$12	\$20
2月(4堂)	\$12	\$20
3月(5堂)	\$15	\$25
4月(4堂)	\$12	\$20
單堂	\$4	\$6

### 太極扇與元極舞 (國)

繼承古代武術舞蹈的理念並與元極功法結合，配予意境高雅的音樂而創建出來養生保健的運動。

吳桂

逢星期天，下午3:30至5:30 @ Bellevue

	會員	非會員
1月(4堂)	\$12	\$20
2月(4堂)	\$12	\$20
3月(4堂)	\$12	\$20
4月(5堂)	\$15	\$25
單堂	\$4	\$6

### 太極氣功十八式/八段錦 (國)

柔軟健身運動，以柔和的太極拳加上緩慢深呼吸以達到健身的功效。

Sue Yeh

逢星期六，上午9:00至10:00 @ Bellevue

免費





# 資訊科技

## @ Seattle (Kin On)

### 智能實驗室一對一教授

與我們的雙語IT專家預約一對一教授課程，助您解答電腦科技疑難。您可以使用健安智能實驗室電腦或自備手提電腦、手機或平板電腦。請聯絡我們預約。每堂45分鐘。

**Victus Wong**

逢星期三，上午10:00至下午2:00 @ Seattle

**免費**

此項目由西雅圖資訊科技  
配對基金贊助。



**Seattle**  
Information Technology

### 智能開放實驗室

歡迎您來使用我們的電腦、iPad、Android平板電腦，檢查電郵、上網瀏覽或了解最新資訊。

逢星期一至五，上午10:00至下午2:00 @ Seattle

**免費**

此項目由西雅圖資訊科技  
配對基金贊助。



**Seattle**  
Information Technology

## @ Bellevue (ASCF)

### 數位攝影

如何選購、使用和保養數位相機，認識數位相機的構造及功能。認識光影、構圖及美學，以一般生活照為主，並利用電腦修相。

**潘光**

1月份，逢星期六，下午1:30至3:00 @ Bellevue

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

### 進階數位攝影

介紹進階的數位相機攝影功能、美化照片、構圖、美學與拍攝技巧等。

**潘光**

2月份，逢星期六，下午1:30至3:00 @ Bellevue

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

## 電腦俱樂部

學習將電子數位相片編輯成故事，並將成品以多種方式與親友分享。

**張釗本**

逢星期四，上午10:00至12:00 @ Bellevue

	會員	非會員
1月(4堂)	\$12	\$20
2月(4堂)	\$12	\$20
3月(5堂)	\$15	\$25
4月(4堂)	\$12	\$20
單堂	\$4	\$6

### 電腦製圖一

電腦修圖、修改拍壞的照片、調光、影像合成、製作及印製數位圖像等。

**潘光**

3月份，逢星期六，下午1:30至3:00 @ Bellevue

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

### 電腦製圖二

學習如何利用修圖工具和功能，輕鬆編輯出每個美麗瞬間。

**潘光**

4月份，逢星期六，下午1:30至3:00 @ Bellevue

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

### 行動科技一對一指導

我們有教師提供一對一指導電腦科技應用，助您解答疑難。您可以使用中心電腦或自備手提電腦、手機或平板電腦。請聯絡我們預約，每堂45分鐘。

**Victus Wong**

逢星期一，上午10:00至下午4:00 @ Bellevue

逢星期五，上午10:00至下午2:00 @ Bellevue

**免費 / 非會員：\$10**

## 美國心臟月讓心臟更健康

心臟或者心形是愛的象徵，二月份又是西方情人節所在的月份，同時又是美國心臟月。做出更佳的健康選擇，永遠不嫌太晚。您只需要為自己定下一個目標。



以下是可以採取的一些簡單步驟：

- 切勿吸煙或使用其他煙草製品。
- 定期檢查血壓。保持血壓在120/80mm Hg以下。
- 攝取符合美國心臟協會推薦的健康飲食。
- 多參加體育活動。
- 達到並維持健康體重（身體品質指數低於25kg/m<sup>2</sup>）。
- 保持空腹血糖低於100mg/dL。

如何改變飲食習慣？

- 選擇含有豐富蔬菜和水果的飲食。
- 選擇食用全穀物食物和低脂乳製品。
- 每週至少食用兩次魚肉，最好是這些含有omega-3脂肪酸的魚類（例如：三文魚、鱒魚和鮭魚）。
- 選擇食用無皮家禽和瘦肉部分並限制紅肉的攝入量。
- 飲食中包括豆類、堅果和種子。
- 使用健康的脂肪和油，例如橄欖油、菜籽油、玉米油或紅花油。
- 限制飽和脂肪、反式脂肪和添加糖的攝取量。
- 選擇或烹飪食品時，做到少鈉或無鈉（鹽）。以每日攝入的鈉低於1,500毫克為目標。
- 如果有飲酒習慣，要適度飲酒。

如何進行體育活動？

- 每週進行至少150分鐘的中等強度體育活動或75分鐘的激烈運動（或結合兩者）。
- 包括每週至少2天做強化肌肉的運動，為您帶來更大的健康益處。
- 找出能多加活動的方法。白天休息時或飯後可散步10至15分鐘。

如何控制膽固醇？

- 將您的飽和脂肪攝入量限制在低於卡路里總攝取量的5%至6%之間。
- 可透過改變飲食、規則的體育活動、減肥和/或藥物治療來改善膽固醇水準。

參考資料：美國心臟協會(heart.org)

## 健安智能實驗室 課程及練習

英 粵 國

@ Seattle (Kin On)



一系列課程和練習課教授您在日常生活中簡單、有趣和實用的技巧。您可以使用健安的平板電腦或帶自己的電子設備。

請於開班3天前報名。

星期六，2月24日至3月31日  
上午10:00至下午12:00 @ Seattle  
免費

### 輕鬆使用Android平板電腦

了解Android平板電腦或手機的基本知識，包括基本導航、控制、輸入等。

2月24日  
練習：3月3日

### Android應用程序

了解如何安裝應用程序，使用相機，發送/保存照片，使用瀏覽器和短信。

3月10日  
練習：3月17日

### 與世界聯繫

了解如何使用各種聊天程序（例如WhatsApp、Wechat或Line）和Skype與全球各地的親人聯繫。

3月24日  
練習：3月31日



Seattle  
Information Technology

此項目由西雅圖  
資訊科技配對  
基金贊助。

# 美術工藝

## @ Seattle (Kin On)

### 手工藝開放日

歡迎帶自己的手作和零食與眾人分享。雖然沒有導師指導，但大家能藉此聚會分享意見和交流心得，也可以帶已完成作品給大家欣賞。

每月第一個星期二，上午10:00至下午2:00

1月2日、2月6日、3月6日、4月3日

免費

## @ Bellevue (ASCF)

### 書法

學習中國書法藝術。

馮樹楠

逢星期五，上午10:00至下午12:00 @ Bellevue

	會員	非會員
1月(3堂)	\$9	\$15
2月(3堂)	\$9	\$15
3月(4堂)	\$12	\$20
4月(3堂)	\$9	\$15
單堂	\$4	\$6

## 手工藝班與聊天 @ Seattle (Kin On)

加入我們的手工藝班來發掘你的創造力，交流意見和結交新朋友！歡迎準備小吃與大家分享。

請在開課前至少一周報名並付費。在課前7日內取消登記將不能退款。\*上課用具已包含，除特殊說明外。

### Iris折疊賀卡

Iris風格的折疊賀卡是由紙條相互層疊以形成類似於相機的虹膜的圖案。為你的親友製作兩張狗年風格的賀卡！\*自帶工具：剪刀，透明膠帶。課上將提供少量工具。

Ginger Li

星期三，1月24日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15



參考圖片

### 中國繩結基礎班系列

中國結是用一根絲線編結而成，把不同的結飾互相結合在一起，就形成了造型獨特的設計。傳統的中國結有豐富的象徵意義，可以作為好運氣或美麗的裝飾品使用。

從零開始學習中國結，每節課會循序漸進的教授你如何製作中國結及作出不同的造型。本課程包含4節課，鼓勵參與者參加全系列課程。

Muyun Chen

星期三，2/14, 2/28, 3/7, 3/14

上午10:00至下午12:30

會員：\$20整系列 / 非會員：\$25整系列



### 3D立體摺紙 貓頭鷹系列

用數百個小三角形和少量的膠水來創造一個可愛的紙貓頭鷹。本系列課程包含2節循序漸進的手工班，鼓勵參與者參加全系列課程。

\*自帶工具：雜誌封面，根據造型顏色的要求（約24磅重的紙）。

Kit-Ling Poon

星期五，

4月13及27日，  
下午1:00至3:30

\*請注意時間從  
星期三的變更至  
星期五

會員：\$15整系列 /  
非會員：\$20整系列



參考圖片



# 社交聚會

## @ Seattle (Kin On)

### 初級中文對話班

中文作為聯合國六種官方語言之一，本課程將學習日常生活中的中文基本對話。每節課有不同的主題對話學習。

即將開班！有興趣的參與者請與我們聯繫。

### 日間麻雀

自己一人或約上三五知己，日間麻雀遊戲隨時歡迎您。此活動是健安跟Keiro Northwest Nikkei Horizons計劃合作。

每月第一個和第三個星期三，下午1:00至3:00 @ Seattle

免費

### 卡拉OK俱樂部

享受下午的歡唱時光，唱你最喜歡的歌曲，並與好朋友們一起重溫回憶。目前的音樂收藏包括流行國語、粵語、英文和其他歌曲！

逢星期一，下午1:00至3:00 @ Seattle

免費

### 茶話會

在我們美麗的社區中心和朋友飲茶和聊天。歡迎帶自己的零食與大家分享。前台有紙牌提供租借使用。

逢星期二，下午3:00至4:30 @ Seattle

免費

### 步行與聊天

步行與聊天是您鍛煉身體的好選擇，同時可與Kaiser Permanente和Columbia City社區成員交流。詳情請與Lamette Slade聯絡，電話206.326.3801。

逢星期五，下午12至12:45 @ Rainier Valley Cultural Center (3515 S. Alaska St., Seattle)

免費

## @ Bellevue (ASCF)

### 初級英語

學習實用的英語單詞和短語，包括問候語自我介紹、數字、日期、時間、詢問路線、購物和從菜單中訂購食物。該課程由劉國鈞教育基金資助。

Bill Chou (講師可用普通話、粵語及英文交流)  
逢星期四，上午11:00至下午12:30 @ Bellevue  
由1月18日起開班授課

免費

### 親屬照顧者支持團體

我們的支持團體由健安社工服務的職員主持，每月聚會一次，依個人意願出席。目標是讓我們有高質素的時光(更可以說是歡樂時光)，來互相支持、成長和鼓勵。當我們聚在一起，我們將會學習、分享和慶祝與照顧相關的挑戰與趣事。

星期三，2月7日及4月4日

上午11:00至下午12:30 @ Bellevue

有興趣的參與者請與我們聯繫

免費

### 圍棋俱樂部、橋牌俱樂部

開放空間給會員使用，歡迎同好一同交流！

逢星期六，下午1:00至5:00 @ Bellevue

免費 / 非會員：每次 \$5

### 麻將俱樂部

歡迎大家一起來打麻將、聊天、聯絡感情，請事先聯絡我們預約。

逢星期五，下午1:00至5:00 @ Bellevue

免費 / 非會員：每次 \$5

### 茶會

下午茶時間，大家一起喝茶和談談生活時事。

雷正義

逢星期四，下午1:30至下午3:30 @ Bellevue

免費



## 照顧與節日：從備感壓力到成功！

對大多數人，包括親屬照顧者，節日季節是一年中特別緊張的時刻。這段時間可能是很多人慶祝和家庭聚會的時候，同時也可能勾起不同的情緒，包括悲傷、內疚和怨恨。以下是家庭照顧者聯盟提供的一些建議，希望能幫助我們與家人和我們照顧的人有歡樂且有意義的時光。



- **一個溝通的機會：**談論所愛的人的病情和實際照顧情況，可以讓其他人有提供協助的機會。
- **節日賀卡與簡報：**寫上簡要的報告，以不責備的方式通知遠方或未參與照顧的親戚實際照顧情況。
- **為自己和被照顧者尋求幫助：**考慮與您覺得參與不足的家庭成員談談並分享您的沮喪，開放且坦誠的溝通可能會讓大家更了解情況。
- **說明自己的精力限度：**讓家人知道照顧工作使您非常忙碌，所以您沒有太多精力為節日作準備。
- **接受您必須調適：**您可能需要選擇那些最簡單的、不會使人精疲力竭且最令人愉快的活動參與。
- **探訪室：**多數患有失智症的人會受同時進行的對話和背景噪音干擾，為避免造成焦慮，可以準備一間安靜的房間，讓家人輪流探訪。
- **分享您的願望清單：**
  - **暫時休息：**有些照顧者希望能有一段休息時間作為節日禮物。
  - **簡單維修：**如果某些家庭成員對提供個人照護不自在，做些簡單維修會是一個很好的幫忙方式。
  - **善待自己：**有些照顧者想要善待自己的禮券，像是按摩或美容。
- **安排一對一時間：**在節日季節裡安排一個時間，與您照顧的人有個放鬆且滿足的單獨相處時光。
- **思考回饋：**思考照顧的正面回饋可幫助您維持自尊。當您知道已遵守許下的誓言或承諾，您將會感到很大的滿足感。
- **表達您的謝意：**節日過後，打電話、寫電子郵件或寫信給曾探訪或問候您和被照顧者的親朋好友，告訴他們帶來的正面影響。

\*內容來源：<https://www.caregiver.org/caregiving-and-holidays-stress-success>, Family Caregiver Alliance National Center on Caregiving, 785 Market St., Suite 750, San Francisco, CA 94103.

## IMPORTANT INFORMATION

**CLASS LOCATIONS:** @ Seattle classes are held at the Kin On Community Center located at 4416 S. Brandon St, Seattle, WA 98118. @ Bellevue classes are held at the ASCF Community Center located at 15921 NE 8th St, Bellevue, WA 98008. There is free parking available in our parking lot.

**REGISTRATION:** Winter term begins January 1, 2018 through April 30, 2018. Registrations are processed on a first-come, first-served basis. Registration is complete when full payment is received. Waiting lists will not carry on to the following term.

**MEMBERSHIP:** Annual membership to Kin On's Healthy Living Program is \$30. Membership is valid for one year and will expire on the last day of the month in which you signed up. Lifetime membership is \$300. Members receive free or discounted programs as listed under the "member" heading in the current HLP Catalog. Membership is not transferrable and not refundable. Membership waiver available for Medicaid recipients. Free annual HLP membership for volunteer lead instructors who qualify. Contact us for more info.

**PAYMENT:** Payment by cash, check, or credit card is accepted. Fees are due upon registration. Please make checks payable to "Kin On". We accept Visa, MasterCard, Discover Card, and American Express.

**REFUNDS & CREDITS:** Kin On reserves the right to cancel any class or workshop due to insufficient registration or withdrawal of an instructor. In the event of a cancellation, a refund or credit will be provided. Full tuition credit will be granted for classes, if you withdraw at least 48 hours before the class begins. Cancellations outside of 48 hours prior to class will result in a forfeiture of the full tuition amount. Class registration/fees are not transferrable.

**COMMUNITY CENTER RENTALS:** Our beautiful, modern community center is a 2,600 sq. ft facility available to rent for workshops, meetings, events and more. With a capacity of 174, the rental includes a full sized kitchen, staff lounge, and audiovisual equipment. Situated south of Columbia City, our location offers easy access to many restaurants and local amenities. Special pricing available for nonprofit organizations.

**QUESTIONS:** Contact us at 206.556.2237 or [healthyliving@kinon.org](mailto:healthyliving@kinon.org)

## 重要資訊

**課程舉行地點：**@Seattle (Kin On) 課程於健安社區中心舉行 ( 4416 S. Brandon St, Seattle, WA 98118 ) 。@Bellevue (ASCF) 課程於銀髮族社區中心舉行 ( 15921 NE 8th St, C-206, Bellevue, WA 98008 ) 。提供免費泊車。

**報名：**冬季課程於2018年1月1日開始，2018年4月30日結束。先到先得。費用全繳即報名手續完成。輪候名單不會順延到下一季的課程。

**會員制度：**加入成為健安康健樂頤活動(HLP)會員每年為\$30。會籍有效期為一年，由報名日開始計算至該月份的最後一天。終身會費為\$300。會員可享受免費或折扣參加在HLP目錄內有列為「會員」的健安康健樂頤活動計劃。會籍不可轉讓或退款。Medicaid的受惠者可申請豁免會費。HLP義工導師可申請豁免會費。詳情請與我們聯繫。

**付費方法：**可使用現金、支票或信用咭付款。報名時必須全數繳付。支票抬頭請寫「Kin On」。我們接受Visa, MasterCard, Discover Card及American Express等信用咭。

**退款：**如果因為沒有足夠的參加者或導師臨時退出，健安保留取消任何課程或講習班的權利。如果課程被取消，我們將為已報名的人士安排退款。如果在課程開始至少48小時前退出，我們將給予全額退款。在課前48小時之內取消，我們將沒收全部學費。學額及學費不可轉讓。

**社區中心租賃信息：**我們全新現代化的社區中心，面積有2600平方呎，可供租用為講座、會議、活動等場所。社區中心可容納174人，當中包括一個標準廚房、休息室和視聽設備。我們的活動中心位於哥倫比亞市 ( Columbia City )，交通便利，臨近餐館和各種設施。我們為非營利組織提供優惠價格。

**查詢詳情：**可電 206.556.2237或發電郵至 [healthyliving@kinon.org](mailto:healthyliving@kinon.org)

# 2018 WINTER REGISTRATION FORM

Registration is required for all classes, including free classes. One registration form PER PERSON.  
Form may be duplicated. Please submit your completed registration form and payment (if applicable) to:

Kin On Healthy Living Program  
4416 S. Brandon St Seattle, WA 98118  
206.556.2237 or healthyliving@kinon.org

## CONTACT INFO

Last Name	_____	First Name	_____	M. I.	_____
Address	_____				
Gender	__ F __ M	Birthday	____ / ____ / ____	For internal record only	
Phone	_____	Email	_____		

PROGRAM	DATE/TIME	MEMBER FEE	NON-MEM FEE
MEMBERSHIP ( \$30 ANNUAL, \$300 LIFETIME , OR \$0 RETURNING)			N/A
TOTAL PAYMENT			

## PAYMENT INFO

☐ Cash                      ☐ Check # \_\_\_\_\_ Please make check payable to "Kin On"

☐ Credit Card (CC payment can be taken in person or via phone. Please call 206.556.2237)

Name on Credit Card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiry (MM/YY): \_\_\_\_\_ CVV (3-4 digits): \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

## WAIVER

I, the undersigned, am a voluntary participant in the Healthy Living program of Kin On and I accept full responsibility for such participation. To the extent necessary, because of my health history and general physical condition, I have consulted my personal physician for advice and approval before participation and agree to obtain my own health or accident insurance to cover accidental injury or illness. I recognize the risks of injury and illness involved in any physical activity including exercise, in the use of power equipment (e.g. electric or gas), sharp tools, chemicals or any other potentially hazardous material or equipment. I understand that responsibility is not assumed by the leaders, volunteers, sponsoring organization or facility. I specifically agree to hold harmless said leaders, volunteers, sponsoring organization, or facility housing this program from any damages I suffer for any injury or illness attributable to my participation. By signing my name below I acknowledge and accept the risk and responsibility for my health and safety and waive to the fullest extent allowable by law any claim I may have for illness or injury against the program, its sponsoring organization, employees or volunteers, and against the facility housing the program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact/Relationship: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_





Non Profit Org.  
U.S. Postage  
**PAID**  
Seattle, WA  
Permit No. 69

**Kin On**  
4416 South Brandon Street  
Seattle WA 98118

Return Service Requested

[KinOn.org](http://KinOn.org)



**Free!**

## MAHJONG NIGHT

## 麻雀耍樂夜



This popular event brings together Kin On residents, community members, and young professionals in a casual setting with free food, raffles, networking opportunities, and more!

健安的麻雀耍樂夜歡迎不同背景、年齡、技術程度的朋友參加。這個活動讓健安院友、社區成員、年輕專業人士聚在一起，享受免費美食、抽獎、聯誼等等！

**Thursday, Feb. 1, 6:45-9:15pm**

**Co-host: Chinese American Citizen Alliance Seattle Lodge**  
**Free**

*Next event: April 5 (tentative)*

**星期四 · 2月1日 · 晚上6:45至9:15**

**協辦單位：美洲同源會西雅圖分會**  
**免費**

*未來活動：4月5日 (暫定)*

### Make a Difference

Over 100 participants participate in the Kin On Healthy Living Program each month. You can make a difference by sponsoring a workshop/class. Workshop/class sponsorships help Kin On to continue offering the Healthy Living Program to the community.

### 因你而不同

每月均有超過100人參加健安康健樂頤活動。透過您對課程及研討會的贊助，將可以為我們帶來不一樣的改變。課程及研討會的贊助有助於健安繼續向西雅圖和東區的居民提供更豐富、更精彩的康健樂頤活動。

**Business Sponsorship** - an opportunity to show the community you care, with your name/logo listed in promotional materials.

**商業贊助** - 一個讓您展現關心社區的機會。您的機構名稱或標誌將在活動宣傳材料中列出。

**Individual Sponsorship** - a special way to honor your loved one. Your loved one's name will be listed in all promotional materials (Example: Sponsored by Jane Wong in Memory of John & Mary Wong).

**個人贊助** - 以一種特別的方式來表達您對您所敬愛的人之敬意。他們的名字將列在所有的宣傳資料中(例如：活動由Jane Wong贊助以紀念 John & Mary Wong)。

If you'd like to learn more, please contact Jessica Wong, Corporate Relations Officer at Kin On at [jwong@kinon.org](mailto:jwong@kinon.org) or 206.556.2274.

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