

KIN ON

健安康健樂頤計劃 二零一八年夏季課程
Summer 2018 (May. 1 - Aug. 31)

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

refer
a friend



REFER A FRIEND AND EARN \$5 FREE CLASS CREDIT

Summer is the perfect time to go out and try something new, especially with your friends and families.

Between 5/1 to 8/31, HLP Members can earn up to \$25 in class credit when you refer someone to become a Healthy Living Program member. New HLP members can also receive gift bags and \$15 HLP vouchers! *Details on Page 3

推薦朋友參加，即獲\$5課程減免優惠！

夏天到了！是時候都要到外面去嘗試新的東西，尤其是和朋友和家人一起。

於5月1日至8月31日期間，當您推薦您的朋友成為康健樂頤計劃會員時，HLP會員可以獲得高達25美元的課程獎勵。新的HLP會員還可以收到禮品袋和15美元的HLP優惠券！*詳情參閱第13頁

FIRST CLASS FREE!

Did you know you can try out a class to see if you like it, free of charge? Restrictions apply, please contact us prior to your first visit.

首堂課免費！

您知道您可以免費嘗試一節課，看看自己是否喜歡嗎？請在第一次上課之前與我們聯繫，優惠受若干條款限制。

HEALTH EDUCATION	2
FITNESS	4
TECHNOLOGY	7
ARTS & CRAFTS	8
SOCIAL EVENTS	10
THOUGHTS ON CAREGIVING	11

健康教育	12
康體活動	14
資訊科技	17
美術工藝	18
社交聚會	20
關顧園地	21

Targeted Therapies for Cancer Seminar (E)(C)(M)

Join us for an informative seminar covering targeted therapies for cancer. Immune system involvement, techniques, patient care, case studies and Seattle-based therapies will be also addressed. This program is made possible through a partnership with Washington State Chinese Cancer Network Association (WSCCNA). RSVP is appreciated. Please contact 206.850.5914 to sign up.

Speaker: Dr. Richard To

Saturday, Apr. 28, 2 – 4pm @ Seattle

FREE



@ Seattle & Bellevue

AARP Fraud Prevention and Awareness for Older Adults (E)(C)(M)

Protect your financial health and private information by learning about the latest fraud trends and valuable prevention tips. Featuring the Con Artist Play Book, Fraud Prevention Strategies and additional resources.

Contact us if interested.

FREE

Adult First Aid, CPR, AED Certification Training (E)

This course is intended for laypersons and non-healthcare professionals. 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. A minimum number of participants is required to start.

Kerry Taniguchi

Contact us if interested. Duration: 8 hours.

Chronic Disease Self-Management Education (CDSME) Workshops (E)(C)(M)

Developed by Stanford University, the Chronic Disease Self-Management Education (CDSME) Program offers evidence-based workshops developed by Stanford University designed to help people better 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, including dietary management, exercise, problem solving, decision making, communication, stress management, and more. 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.

Contact us if interested. *If there is a community or group that would like us to hold a workshop at their location, please contact us.

FREE

Hands-Only CPR & Stroke Symptoms Training (E)

This is an express, non-certification training to teach laypersons and non-healthcare professionals techniques and tools that can save lives, including adult hands-only CPR and stroke symptom identification. This class is made possible by a partnership with Seattle Fire Department, King County EMS & UW Public Health students. A minimum number of participants is required to start.

Contact us if interested. Duration: 1 hour.

FREE

FREE WEEKLY SEMINARS @ Bellevue

Join us every Saturday for a special show and tell. Come share and exchange your stories, perspectives, and culture. No sign up needed.

Saturdays, 10am – 12pm @ Bellevue

FREE



- May 5** Sailing: A Sport Like No Other / May Birthday Potluck
- May 12** How Naturopathic Medicine Can Help You
- May 19** The Right Diet for Prediabetes
- May 26** Zimbabwe: A Side You've Never Seen
- Jun 6** Rehabilitation: Getting The Right Care / June Birthday Potluck
- Jun 9** What If It Happens To You: Theft
- Jun 16** Introduction to Spanish Dance
- Jun 23** Victoria Falls: Largest Waterfall In The World
- Jun 30** Financial Management
- Jul 7** Performance Featuring Hana Hou Band / July Birthday Potluck
- Jul 14** What If It Happens To You: On Death & Dying
- Jul 21** (To Be Determined)
- Jul 28** Travel Story
- Aug 4** What If It Happens To You
- Aug 11** How Naturopathic Medicine Can Help You
- Aug 18** (To Be Determined)
- Aug 25** What You Need To Know to Be Healthy



Refer A Friend Program

Promotion runs from May 1, 2018 to August 31, 2018. Current HLP Members can refer others to join the HLP program as a paid member. Prizes are awarded based on the new member's membership type:

Annual HLP Member: \$5 HLP class credit* per referral, up to 5 referrals (\$25 max)

Lifetime HLP Member: \$15 HLP class credit* per referral, no limit to number of referrals

*HLP credits are non-transferable.



New Member Free Gift Promotion

Members who join between May 1, 2018 to August 31, 2018 are eligible to receive the following free gifts, subject to availability:

Annual HLP Members will receive a gift bag

Lifetime HLP Members will receive a gift bag plus \$15 HLP class credit*

*HLP credits are non-transferable.

@ Seattle

DANCE

Line Dance

Line dance is a fun way to improve memory, strengthen bones, and develop better balance to help prevent falls. Dancing is also a great stress reliever so will you leave class feeling great!

Linda Cheung

2nd and 4th Sundays, 6/10, 6/24, 7/8, 7/22, 8/5, 8/26 (6 classes), 2:15 – 3:45pm @ Seattle

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

Non-members: \$30/series or \$6/class

Moliza's Dance Series

Instructor: Moliza Wong @ Seattle

East Coast Swing and Jive

East Coast Swing (ECS) is a form of social partner dance with fast swing music, including rock and roll and boogie-woogie. Jive is one of the five International Latin dances, a form of Swing dance.

Tuesdays, 5/8 – 29 (4 classes), 2 – 3pm

Members: \$12/series or \$4/class

Non-Members: \$20/series or \$6/class

NightClub Two Step

NightClub Two Step (NC2S, sometimes disco two step or california two step) is a partner dance initially developed by Buddy Schwinmer in the mid-1960s. The dance is "one of the most popular forms of contemporary social dance."

Tuesdays, 6/5 – 26 (4 classes), 2 – 3pm

Members: \$12/series or \$4/class

Non-Members: \$20/series or \$6/class

EXERCISE

Drop-In Table Tennis

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, May – Aug.

10:00am – 12:30pm @ Seattle

FREE / Non-members: \$6

Gentle Yoga

The class will experience gentle seated and standing yoga movement. Students are welcome to use their own yoga mat or a chair during class. This class is made possible through a partnership with Kanjin Yoga. (Minimum number of students required to start. Contact us if interested.)

Dee Williams @ Seattle



Tango Dance class in April 2018

Cha-Cha Dance

The Cha-Cha is a fun dance of Cuban origin that can be danced to a variety of popular music like Latin pop/rock.

Tuesdays, 7/10 – 31 (4 classes), 2 – 3pm

Members: \$12/series or \$4/class

Non-Members: \$20/series or \$6/class

Social Dance All-in-One

This class will review and cover all the previous social dance types learned from May to July, including East Coast Swing and Jive Dance, NightClub Two Step and Cha-Cha.

Tuesdays, 8/7 – 28 (4 classes), 2 – 3pm

Members: \$12/series or \$4/class

Non-Members: \$20/series or \$6/class

FREE



Experience an energetic, full body workout that is suitable for all fitness levels. This evidence-based group exercise program has been proven to help older adults increase balance, strength and independence. Participants are encouraged to attend three sessions per week for the best results. This program is funded by City of Seattle Aging & Disability Services.



EnhanceFitness® at Kin On

Amy Sue Sinare

Mondays, Wednesdays and Fridays

May – Aug., 9:30 – 10:30am @ Seattle

EnhanceFitness® at Bellevue

Selina Chow and Jennie Lai

Mondays, May – Aug., 9:30– 10:30am @ Bellevue

Tuesdays & Thursdays, May – Aug., 10 – 11am @ Bellevue



*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



Gyrokinesis®

The Gyrokinesis® Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method which coordinates movement, breath and mental focus. You will feel a sense of calm, wellbeing and mental clarity after taking this class. A minimum number of participants is required to start.

Contact us if interested.

Zumba®

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.

Jim Lizardo

Wednesdays, May – Aug., 5:30 – 6:30pm @ Seattle

***No Class on July 4th**

	Member	Non-Member
May (5 classes)	\$15	\$25
Jun. (4 classes)	\$12	\$20
Jul. (3 classes)	\$9	\$15
Aug. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

@ Bellevue

DANCE

Belly Dance

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
May (5 classes)	\$15	\$25
Jun. (4 classes)	\$12	\$20
Jul. (4 classes)	\$12	\$20
Aug. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Dance Club

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 – 4:30pm @ Bellevue

	Member	Non-Member
May (4 classes)	\$12	\$20
Jun. (5 classes)	\$15	\$25
Jul. (4 classes)	\$12	\$20
Aug. (4 classes)	\$12	\$20
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. This program is sponsored by Seattle Formosan Christian Church.

Su Seng Dai

Mondays, May – Aug., 10:30am – 12pm @ Bellevue
FREE

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
May (4 classes)	\$12	\$20
Jun. (4 classes)	\$12	\$20
Jul. (5 classes)	\$15	\$25
Aug. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

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, May – Aug., 5:30 – 7:30pm @ Bellevue

Members: \$4 / Non-members: \$6

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
May (4 classes)	\$12	\$20
Jun. (5 classes)	\$15	\$25
Jul. (4 classes)	\$12	\$20
Aug. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Tai Chi Fan & Yuan Chih Dance (M)

Yuan Chih 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

Sundays, 3:30 – 5:30pm @ Bellevue

***No Class on 5/27**

	Member	Non-Member
May (3 classes)	\$9	\$15
Jun. (4 classes)	\$12	\$20
Jul. (5 classes)	\$15	\$25
Aug. (4 classes)	\$12	\$20
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, May – Aug., 9 – 10am @ Bellevue

FREE

24-Form Tai Chi Chuan

The 24-Form Tai Chi Chuan is a simplified form of Yang Style Tai Chi, consisting of slow continuous, soft and circular movements in a flowing form.

Contact us if interested.



TECHNOLOGY

SmartLab Class & Practice Session @ Seattle



NEW

1. Fun with Photos
2. Lumosity Brain Training

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

Space is limited, please register in advance!

Saturdays, June 23 – July 28
10am – 12pm @ Seattle

FREE

iPads and iPhones Made Easy

Learn the basics of using your iPad or iPhone including basic navigation, controls, typing, and more.

Lesson 1: June 23 / Practice session: June 30

There's an App for That

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

Lesson 2: July 7 / Practice session: July 14

Let's Connect

Learn how to connect with your loved ones anywhere across the globe using chat programs (e.g. What's App, WeChat, or Line) and Skype.

Lesson 3: July 21 / Practice session: July 28



Seattle
Information Technology

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

@ Seattle

SmartLab 1 on 1 Tutoring E C M

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

Victus Wong

Wednesdays, May – Aug., 10am – 2pm @ Seattle

***No Class on 7/4 & 7/11**

FREE

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



Seattle
Information Technology

SmartLab Group Session E C M

May - How to manage email accounts, email and passwords without having to write them down.

July - How to use contact list and voice control to manage phone calls and text messages.

August - How to spot fraudulent email, websites, and phone calls.

Victus Wong

4th Wednesday of every month

May 23, Jul. 25, Aug. 22, 1 – 2pm @ Seattle

***No Class on 6/27**

FREE

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



Seattle
Information Technology

SmartLab Open Lab E C M

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

Monday – Friday, May – Aug., 10am – 2pm @ Seattle

FREE

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



Seattle
Information Technology

@ Bellevue

Computer Club M

Come and share your tech problems and learn from each other. Use Kin On's computers or bring your own laptops.

Ben Chang

Thursdays, 10am – 12pm @ Bellevue

	Member	Non-Member
May (5 classes)	\$15	\$25
Jun. (4 classes)	\$12	\$20
Jul. (4 classes)	\$12	\$20
Aug. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

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 May, 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 June, 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

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

David Pan

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

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

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

Digital Movie Making

Learn the basics of selecting equipment, shooting, and prepping video for editing.

David Pan

Saturdays in August, 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 Kin On's computers or bring your own laptops, phones or tablets. Please make an appointment one day in advance. 45 minutes per class.

Victus Wong

Mondays, May – Aug., 10am – 4pm @ Bellevue

Fridays, May – Aug., 10am – 2pm @ Bellevue

***No Class on 6/29, 7/2, 7/6, 7/9**

FREE / Non-members: \$10



ARTS & CRAFTS

@ Seattle

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

May 1, Jun. 5, Jul. 3, Aug. 7 @ Seattle

FREE

@ Bellevue

Calligraphy

Learn the art of Chinese calligraphy.

She-Nam Fung

Fridays, 10am – 12pm @ Bellevue

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

	Member	Non-Member
May (3 classes)	\$9	\$15
Jun. (4 classes)	\$12	\$20
Jul. (3 classes)	\$9	\$15
Aug. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Chinese Painting

Learn the art of Chinese brush painting and experience the beautiful ancient art form.

Vivian Chao

Fridays, 1 – 3pm @ Bellevue

	Member	Non-Member
May (4 classes)	\$12	\$20
Jun. (5 classes)	\$15	\$25

Sewing Class

Learn how to take body measurements for accurate fit when making your clothing patterns. You'll also learn to design, cut, and sew.

Mukciau Chiu

1st and 3rd Mondays, 10:30am – 12:30pm, @ Bellevue

***No Class on 7/16 and 8/6**

Members: \$4 / Non-members: \$6

Ikebana

Learn the Japanese art of flower arranging with spring flowers! Enjoy arranging fresh flowers from your garden or bought from store. Please bring scissors, fresh flowers, vase and/or metal flower frog.

Belle Tsai

Wednesdays, 2 – 4pm @ Bellevue

***No Class on 6/6**

	Member	Non-Member
Jun. (3 classes)	\$9	\$15
Jul. (4 classes)	\$12	\$20
Aug. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Craft & Chat @ Seattle

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.*

Pop Up Birthday Cards

Create customized birthday cards for friends and family using whimsical and colorful adornments. *Supplies needed: scissors, tacky glue, and coloring pens. A limited supply may be available to use.

Ginger Li

Wednesday, May 9, 10am – 1:30pm @ Seattle

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



Intermediate 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 two classes that are progressive in nature. Students are encouraged to attend the full series.

Muyun Chen

Wednesday, June 13 & 20, 10:30am – 12:30pm @ Seattle

Members: \$15 per series / Non-members: \$25 per series



Chinese Paper Cutting Series

Chinese paper cutting is a traditional folk art. In this class, you will learn traditional paper-cutting skills to create an exquisite paper-cut pendant. This series contains two classes that are progressive in nature. Students are encouraged to attend the full series. *Supplies needed: small, sharp scissors. Instructor will provide limited supplies available for purchase.

Muyun Chen

Wednesday, July 11 & 18, 10:30am – 12:30pm @ Seattle

Members: \$15 per series / Non-members: \$25 per series



Intermediate 3D Origami Ostrich Series

Create an elegant paper ostrich 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 and yellow paper (~24 pounds weight).



*for reference only

Kit-Ling Poon

Friday, August 10 & 24,

1 – 3:30pm @ Seattle

Members: \$15 per series /

Non-members: \$25 per series

DIY RePurposing for a Purpose

Enjoy a series of classes offering "DIY RePurposing". STOP, don't throw it away! Use a familiar item from your home and creatively transform it into a different functional or decorative item.

Joyleen Koe

Wednesday, May 23,

10am – 12:30pm @ Seattle

Additional topics and class dates to be determined.

Members: \$10 per class /

Non-members: \$15 per class





SOCIAL EVENTS

@ Seattle

Daytime Mahjong E C M

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,
May – Aug., 1 – 3pm @ Seattle**

FREE / Non-members: \$6

Karaoke Club E C M

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, May – Aug., 1 – 3pm @ Seattle

FREE / Non-members: \$6

@ Bellevue

Basic English for Beginners E C M

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)

Tuesdays, May – Aug., 11am – 12:30pm @ Bellevue

FREE

Family Caregivers Support Group C M

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.

Wednesday, Jun. 6 & Aug. 1, 11am – 12:30pm @ Bellevue

FREE

Go Club and Bridge Club M

Play Go and Bridge with friends.

Saturdays, May – Aug., 1 – 5pm @ Bellevue

FREE / Non-members: \$6

Mahjong Club M

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

Fridays, May – Aug., 1 – 5pm @ Bellevue

FREE / Non-members: \$6

Mandarin-Cantonese Language Exchange Meetup C M

Conversation exchanges are one of the best ways to practice languages. Come join us and learn Mandarin or Cantonese in a fun and supportive setting.

Contact us if interested.

FREE / Non-members: \$6

Tea Time M

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

Ralph Rei

Thursdays, May – Aug., 1:30 – 3:30pm @ Bellevue

FREE

World History Club M

Together we will discover, share, and celebrate our similarities and uniqueness.

Su Seng Dai

Thursdays, May – Aug., 11:00am – 12:30pm @ Bellevue

FREE / Non-members: \$6



Real-Life Strategies for Dementia Caregiving

Dealing with Alzheimer's disease and other dementias is sometimes counterintuitive. The right thing to do is exactly opposite that which seems like the right thing to do. Here is some practical advice:



- 1. Being Reasonable, Rational, and Logical Will Sometimes Get You into Trouble.** When someone is acting in ways that don't make sense, we try to explain the situation so that they can comply. However, the person with dementia does not respond to our logical explanation. Giving straightforward simple sentences about what is going to happen is better.
- 2. People with Dementia Do Not Need to Be Grounded in Reality. When someone has memory loss, he often forgets important things.** He may have forgotten that his mother is deceased. We do not need to remind them of painful losses. Reality orientation may not be helpful. Redirecting and asking someone to tell you about the person he has asked about is a better way to calm a person with dementia.
- 3. Bending the truth can sometimes reduce stress.** When someone has dementia, honesty can sometime lead to distress both for us and the one we are caring for. It may be okay to tell your loved one that the two of you are going out to lunch and then just happens to stop by the doctor's office on the way home so that your loved one can see the doctor.
- 4. Making Agreements Doesn't Work.** People with dementia cannot follow through with agreements because of memory issues. It is better to rearrange the environment for safety purposes than to have a discussion about safety.
- 5. You Can't Do It All. It's OK to Accept Help.** When people offer to help, be ready to accept it. Make up a list of things people can do to help you, whether it is bringing a meal, picking up a prescription or staying with your loved one while you run an errand. Don't wait until you feel you are desperate.
- 6. It Is Easy to Both Overestimate and Underestimate What Your Loved One Can Do.** It may be easier to do something for our loved ones than to let them do it for themselves. However, they will lose the ability to be independent in that skill if you do it for them. On the other hand, if we insist individuals do something for themselves and they are unable to. Then, they may get frustrated and agitated. Finding out what they can do or cannot do is the key. It is a juggle to find the balance and adjust to it daily.
- 7. Tell, Don't Ask.** Asking for an opinion or feedback may have been normal in the past. However, in dealing with memory loss, your loved one may not have the words to respond or have lost the ability to respond. Asking questions put them in the dilemma of having failed to respond. Giving direct instructions may be more helpful.
- 8. It Is Normal to Question the Diagnosis When Someone Has Moments of Lucidity.** People with dementia have times when they make perfect sense and can respond appropriately. You may feel your loved one has been faking it. But, they are just having one of those lucid moments, to be treasured when they occur.

Are you caring for a relative or a friend who lives with you or in the community? Our **Family Caregivers Support Program (FCSP)** may be able to provide you with free support and resources to accompany you in your caregiving journey. Depending on the needs, services may include consultation, counseling, in-home respite services or financial support to buy eligible medical supplies. If you would like to learn more about the program, please feel free to call 206.652.2330 and ask to speak with one of the social services staff, Michael, Jane or Jerry, or email us at mwoo@kinon.org.

*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

針對性治療癌症講座 (英)(粵)(國)

加入我們的癌症治療研討會，涵蓋豐富的癌症治療信息。研討會將簡要介紹免疫系統，治療技術，病人護理及實例探究。該研討會與華州華人防癌互助協會 (WSCNA) 合作。

如有需要，將提供粵語及國語翻譯服務。請聯繫206.850.5914報名。

主講者：杜宇亮，生物物理學/生物化學 博士
星期六，4月28日，下午2:00至4:00 @ Seattle
免費



慢性病自我管理課程 (英)(粵)(國)

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，為幫助患者增強管理控制病情的能力。課程為期六星期，每星期2.5小時，由兩位受專業訓練的導師教授。參加者會學到不同的方法來有效地管理慢性疾病，例如日常飲食管理、運動方式管理、問題處理方式管理、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。

本課程鼓勵參加者參加至少4次課程。如果參加者錯過了前兩節課程，則必須等待下一期課程開班先可以註冊。本課程需要一定人數開班授課。

有興趣參加者請與我們聯絡
免費

心肺復甦及中風症狀訓練課程 (英)

這是一堂快速非認證的培訓，教授非專業人員和非醫療保健提供者可以挽救生命的技術和工具，包括成人心肺復甦訓練和中風症狀識別。本課程由西雅圖消防部門，金郡緊急醫療服務和華盛頓大學公共衛生部學生合作提供。本課程需要一定人數開班授課。

有興趣參加者請與我們聯絡
課程為1小時
免費



@ Seattle & Bellevue

AARP 防範詐騙講座 (英)(粵)(國)

了解最新的欺詐趨勢和有效的預防建議，以保護自己和家人的財務安全和私人信息。講座採用AARP騙子伎倆讀本，防欺詐策略讀本和其他資源。

有興趣參加者請與我們聯絡
免費

成人急救/心肺復甦/自動體外心臟去顫器證書課程 (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兩年有效的MEDIC First Aid急救證書。請自備午餐。本課程需要一定人數開班授課。

Kerry Taniguchi
有興趣參加者請與我們聯絡
課程為8小時

週六專題講座 @ Bellevue

每週主題不同，邀請大家一同來學習和分享。每周演講可能會有變動，想了解當周詳細演講主題請與我們聯絡，或加入我們電子郵件群組的以收到每周的最新資訊。

星期六，上午10:00至下午12:00
@ Bellevue
免費



- 5月5日 航海/五月慶生會
- 5月12日 自然醫學專題
- 5月19日 糖尿病前期患者的飲食
- 5月26日 旅遊專題—津巴布威
- 6月2日 復健專題/六月慶生會
- 6月9日 當這件事發生在你身上—偷竊
- 6月16日 西班牙舞介紹
- 6月23日 旅遊專題—維多利亞大瀑布
- 6月30日 財經專題
- 7月7日 Hana Hou Band 表演/七月慶生會
- 7月14日 當這件事發生在你身上—死亡
- 7月21日 主題待定
- 7月28日 旅遊專題
- 8月4日 當這件事發生在你身上
- 8月11日 自然醫學
- 8月18日 主題待定
- 8月25日 健康專題



朋友推薦計劃

推廣活動將於2018年5月1日開始至2018年8月31日結束。現HLP會員可以邀請新朋友加入HLP計劃作為付費會員。獎勵根據新會員的會員類型頒發：

年度HLP會員：每次推薦將獲得5美元的HLP課程折扣額*，最多推薦5次（最多25美元）
終身HLP會員：每次推薦將獲得15美元的HLP課程折扣額*，不限推薦人數

* HLP課程折扣額不可轉讓。

新會員免費禮品活動

2018年5月1日至2018年8月31日加入的會員有資格獲得以下免費禮物，但需視情況而定：

年度HLP會員將收到禮品包一份

終生HLP會員將收到一個禮品包加上15美元HLP課程折扣額*

* HLP課程折扣額不可轉讓。



康體活動

@ Seattle

舞蹈

Linda排舞班 (英)

排舞是一種用有趣的鍛煉方式，並能改善記憶，加強骨骼，發展更好的平衡力，以防止跌倒。跳舞也是一種很好的緩解壓力的方式，所以你会在課後感覺很棒！

Linda Cheung

每月第二及第四個星期日，6/10, 6/24, 7/8, 7/22, 8/5, 8/26 (6堂)，下午2:15至3:45 @Seattle

會員：整系列\$18或每堂\$4

非會員：整系列\$30或每堂\$6

Moliza's 舞蹈俱樂部

導師：Moliza Wong @ Seattle

搖擺舞捷舞俱樂部 (英)(粵)

搖擺舞是一種社交舞的形式。它在快速搖擺音樂下跳舞，包括搖滾樂和boogie-woogie。捷舞(Jive)是從搖擺舞(Swing)演變來的，是國際標準舞中的5種拉丁舞之一。

星期二，5月8日至5月29日(4堂)，下午2:00至3:00

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

夜總會兩步舞 (英)(粵)

夜總會兩步舞(NC2S，也叫做迪斯科兩步舞或加州兩步舞)是最初由Buddy Schimmer在60年代中期發展的社交舞，是「當代最流行的社交舞蹈形式之一」。

星期二，6月5日至6月26日(4堂)，下午2:00至3:00

會員：整系列\$12或每堂\$4

非會員：整系列\$20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

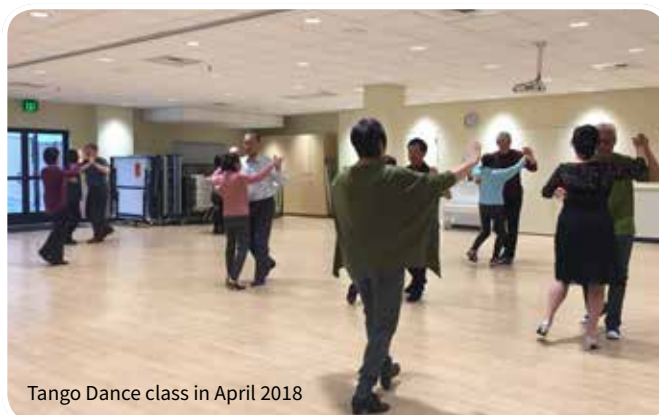
免費 / 非會員：\$6

舒緩瑜伽 (英)

本課程將會體驗到溫柔的坐式和站立式瑜伽運動。歡迎學生在課堂上使用自己的瑜伽墊或椅子。本課程需要一定人數開班授課。課程與Kanjin Yoga合作。

Dee Williams

有興趣參加者請與我們聯絡



Tango Dance class in April 2018

恰恰舞 (英)(粵)

恰恰舞是古巴風格的有趣舞蹈，可以運用到各種流行音樂，如拉丁/搖滾舞曲。

星期二，7月10日至7月31日(4堂)，下午2:00至3:00

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

社交舞集合 (英)(粵)

本課將回顧從五月到七月學習的所有類型的社交舞，包括搖擺舞牛仔舞，夜總會兩步舞，及恰恰舞。

星期二，8月7日至8月28日(4堂)，下午2:00至3:00

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

免費



EnhanceFitness®是一個適合所有人的全身鍛煉。這個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，增強體力和獨立性。鼓勵參與者一周參加三次課程以獲得最佳效果。該課程由西雅圖市老齡化和殘疾人服務部資助。



西雅圖 EnhanceFitness®

Amy Sue Sinare

逢星期一，三及五，上午9:30至10:30 @ Seattle

東區 EnhanceFitness®

Selina Chow及 Jennie Lai

逢星期一，上午9:30至10:30 @ Bellevue

逢星期二及四，上午10:00至11:00 @ Bellevue

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

墊上禪柔

墊上禪柔方式包括旋轉和圓弧的動作，動作連結毫無痕跡加上有節奏的重複和配合呼吸。每一個動作都可以流暢的連結到下一個動作，關節可以活動在適當的角度而不造成不順或擠壓。這些精心設計的組合促進身體的平衡，能力，強度和柔韌性。墊上禪柔課可以因個人的能力而調整，所有人不論是很有成就的運動員、愛健身的人、較年長的或是傷後的復原，或是有部分的障礙來上課，上完之後，整個系統像醒來似的並達到更平衡。呼吸的強調刺激自主神經系統，使得心理清晰和平穩。本課程需要一定人數開班授課。

有興趣參加者請與我們聯絡

Zumba®

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。

Jim Lizardo

逢星期三，下午5:30至6:30 @ Seattle

*7月4日暫停課程

	會員	非會員
5月(5堂)	\$15	\$25
6月(4堂)	\$12	\$20
7月(3堂)	\$9	\$15
8月(5堂)	\$15	\$25
單堂	\$4	\$6

@ Bellevue

舞蹈

肚皮舞

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
5月(5堂)	\$15	\$25
6月(4堂)	\$12	\$20
7月(4堂)	\$12	\$20
8月(5堂)	\$15	\$25
單堂	\$4	\$6

舞蹈俱樂部

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4:30 @ Bellevue

	會員	非會員
5月(4堂)	\$12	\$20
6月(5堂)	\$15	\$25
7月(4堂)	\$12	\$20
8月(4堂)	\$12	\$20
單堂	\$4	\$6

讚美操

運動、跳舞、讚美操！動作不會太快，適合中老年人。此活動由西雅圖台語基督教會資助。

戴淑慎

逢星期一，上午10:30至12:00 @ Bellevue

免費

民族舞

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
5月(4堂)	\$12	\$20
6月(4堂)	\$12	\$20
7月(5堂)	\$15	\$25
8月(4堂)	\$12	\$20
單堂	\$4	\$6

社交舞

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

運動

氣功及陳式太極拳

秘宗內(氣)功：五形拳、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
5月(4堂)	\$12	\$20
6月(5堂)	\$15	\$25
7月(4堂)	\$12	\$20
8月(4堂)	\$12	\$20
單堂	\$4	\$6

太極扇與元極舞

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
5月(3堂)	\$9	\$15
6月(4堂)	\$12	\$20
7月(5堂)	\$15	\$25
8月(4堂)	\$12	\$20
單堂	\$4	\$6

太極氣功十八式/八段錦

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

24式太極拳

以楊式太極拳為基礎，去繁取精而創立的一套太極拳路，為一項適合大眾的運動。

(時間有待公布，有興趣參加者請與我們聯絡)
@Bellevue





資訊科技

健安智能實驗室 課程及練習 @ Seattle

英 粵 國



新課題：

1. 相片/影像
2. Lumosity大腦訓練

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。位置有限，請提前報名！

星期六，6月23日至7月28日
上午10:00至下午12:00 @ Seattle
免費

輕鬆使用iPad及iPhone

學習iPad及iPhone基本操作，包括導航，操控，打字及更多！

課程1：6月23日 / 練習：6月30日

應用軟體App

學習如何安裝應用軟體App，使用相機，發送/保存相片，使用瀏覽器和iMessage。

課程2：7月7日 / 練習：7月14日

與世界聯繫

了解如何使用聊天程序(例如What's App，WeChat或Line)和Skype與全球各地的親人聯繫。

課程3：7月21日 / 練習：7月28日



Seattle
Information Technology

此項目由西雅圖資訊科技配對基金贊助。

@ Seattle

智能實驗室一對一教授 英 粵 國

與我們的雙語IT專家預約一對一教授課程，助你解答電腦科技疑難。你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。請至少提前一天聯絡我們預約。每堂45分鐘。

Victus Wong

逢星期三，上午10:00至下午2:00 @ Seattle

* 7月4及11日課程暫停

免費

此項目由西雅圖資訊科技配對基金贊助。



Seattle
Information Technology

智能小組實驗室 英 粵 國

五月份：如何管理電子郵件帳戶，電子郵件和密碼

七月份：如何使用通訊錄和語音來控制及管理電話和短信

八月份：如何識別欺詐性電子郵件，網站和電話

Victus Wong

每月第四個星期三，5月23日，7月25日，8月22日

上午10:00至下午12:30 @ Seattle (*6月27日課程暫停)

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 英 粵 國

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

電腦俱樂部 國

互相分享與解決科技產品相關問題，可以使用中心電腦或自備手提電腦，歡迎有興趣者加入。

張釗本

逢星期四，上午10:00至12:00 @ Bellevue

	會員	非會員
5月(5堂)	\$15	\$25
6月(4堂)	\$12	\$20
7月(4堂)	\$12	\$20
8月(5堂)	\$15	\$25
單堂	\$4	\$6

數位攝影 (英)(粵)(國)

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

5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 (英)(粵)(國)

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

6月份，逢星期六，下午1:30至3:00 @Bellevue

會員：整系列\$15(5堂)或每堂\$4

非會員：整系列\$25(5堂)或每堂\$6

電腦製圖 (英)(粵)(國)

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

7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

數位電影 (英)(粵)(國)

如何選購、使用和保養錄影機，應注意事項及美化，以一般生活照為主，並學習電影剪接和製作電影的片頭及片尾。

潘光

8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 (英)(粵)(國)

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

美術工藝

@ Seattle

手工藝開放日 (英)

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

5月1日，6月5日，7月3日，8月7日 @ Seattle

免費

@ Bellevue

書法 (國)

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

*每月最後一個星期五休息

	會員	非會員
5月(3堂)	\$9	\$15
6月(4堂)	\$12	\$20
7月(3堂)	\$9	\$15
8月(4堂)	\$12	\$20
單堂	\$4	\$6

山水畫 (國)

以淺顯易懂的方式，引領你漫遊中國山水畫的殿堂。

趙萬年

逢星期五，下午1:00至3:00 @ Bellevue

	會員	非會員
5月(4堂)	\$12	\$20
6月(5堂)	\$15	\$25

裁縫班 (粵)(國)

老師將指導大家量度衣身、製作紙樣、裁剪和縫紉，需自備材料與縫紉機。

邱木笑

每月第一個和第三個星期一，

上午10:30至下午2:30 @Bellevue

*7/16和8/6休息

會員：每堂\$4 / 非會員：每堂\$6

花藝班

日本傳統的插花藝術，為一種「新鮮花材」造型的藝術。春天春暖花開百花齊放，可以利用家裡庭院或購買的新鮮花材來享受插花的樂趣。請自備剪刀、花材、花器、水桶和劍山(如有)。

Belle Tsai

逢星期三，下午2:00至4:00 @Bellevue

*6月6日課程暫停

	會員	非會員
6月(3堂)	\$9	\$20
7月(4堂)	\$12	\$20
8月(5堂)	\$15	\$25
單堂	\$4	\$6

手工藝班與聊天 @ Seattle

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。



特色立體生日賀卡

使用有趣的和色彩鮮豔的裝飾，為親友製作定制生日賀卡。*自帶工具：剪刀，粘膠，彩色筆。課上將提供少量工具。

Ginger Li

星期三，5月9日，上午10:00至下午1:30

會員：\$10 / 非會員：\$15



中級中國繩結班系列

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。

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2節課，鼓勵參與者參加全系列課程。

Muyun Chen

星期三，6月13及20日

上午10:30至下午12:30

會員：\$15整系列 / 非會員：\$25整系列



中國剪紙班系列

中國剪紙是民間傳統藝術之一。導師將講解及示範，教授傳統的剪紙技藝，製作精美的剪紙掛件。課程包含2節課，鼓勵參與者參加全系列課程。*自帶工具：小而鋒利的剪刀。導師將提供有限的剪刀供購買。

Muyun Chen

星期三，7月11及18日，下午10:30至下午12:30

會員：\$15整系列 / 非會員：\$25整系列

3D立體摺紙 鴛鴦系列

用數百個小三角形和少量的膠水來創造一個可愛的紙質鴛鴦。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：雜誌封面紙和黃色紙(約24磅重的紙)。



*參考圖片

Kit-Ling Poon

星期五，8月10及24日，

下午1:00至3:30

會員：\$15整系列 / 非會員：\$25整系列

DIY回收工藝品

享受一系列的自製回收工藝品的課程。不要扔掉回收品！使用家中熟悉的物品，將其製成不同的功能性或裝飾性的物品。

Joyleen Koe

星期三，5月23日

上午10:00至下午12:30

更多的課程和時間待定。

會員：\$10 / 非會員：\$15



社交聚會

@ Seattle

日間麻雀 (英)(粵)(國)

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 / 非會員：\$6

卡拉OK俱樂部 (英)(粵)(國)

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 / 非會員：\$6

@ Bellevue

初級英語 (英)(粵)(國)

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)

逢星期二，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 (粵)(國)

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。

星期三，6月6日及8月1日

上午11:00至下午12:30 @ Bellevue

免費

圍棋俱樂部、橋牌俱樂部 (國)

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 \$6

麻將俱樂部 (國)

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 \$6

普通話/廣東話交流會 (粵)(國)

想學習或加強普通話或廣東話嗎？邀請講廣東話想學普通話的朋友和講普通話想學廣東話的朋友來互相學習和交流。

(時間有待公布，有興趣參加者請與我們聯絡)

免費 / 非會員：每次 \$6

茶會 (國)

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

世界歷史故事會 (國)

歡迎來聽、來讀、來講、來分享你所知道或感興趣的故事。

戴淑慎

逢星期四，上午11:00至下午12:30 @ Bellevue

免費 / 非會員：每次 \$6



照顧失智症病人的實用策略

應付阿茲海默症或其他失智症的方法有時候有違常理，正確做法常與看起來應該要做的事完全相反。以下是幾點實用的建議：



1. **合理、理性和依邏輯行事有時會讓你陷入困境：**當某人的行為表現與常理不合時，我們會試圖解釋情況使他們遵從。但是失智症病人不會回應我們的合理解釋，簡單明瞭地說即將發生的事情會更好。
2. **失智症病人不需時時被現實提醒：**當某人記憶力減退時，他經常忘記重要的事情。他可能忘記他的母親已經死亡，我們不需要提醒他們那些失去的痛苦，現實導向可能沒有幫助，重新引導他談談他所詢問的人是更好讓失智症病人冷靜的方法。
3. **善意的謊言有時能減少壓力：**當某人患有失智症時，誠實有時會對我們和我們所關心的人造成困擾。你可以跟你的親人說你們兩個要外出吃午飯，然後回家的路上恰好在醫院或診所停下來，這樣你的親人就可以看醫生。
4. **約法三章行不通：**由於記憶問題，失智症病人無法遵守協議。為了安全考量，重新布置環境會比與他討論安全更好。
5. **你無法凡事親力親為，應接受他人的幫助：**當人們試圖幫忙時，應做好準備接受它。編寫一份他人可以如何協助你的清單，無論是帶一頓飯、拿處方藥或是在你有事情時照顧一下你的親人，不要等到你感到絕望才尋求幫助。
6. **很容易高估或低估失智症病人能做的事情：**幫親人做些事情比讓他們為自己做事更容易。然而，如果你幫他們完成事情，他們將失去獨立自主的能力。另一方面，如果我們堅持讓他們為自己去做那些他們無法做到的事，結果可能是他們會感到沮喪和激動。關鍵是找出他們能做或不能做的事，每天都要想辦法找到平衡與做出適切的改變。
7. **多說少問：**在過去，詢問意見或回饋可能是正常的。但在面臨記憶喪失時，你的親人可能想不到回應的話或失去回應的能力。提出問題將使他們陷入無法回應的困境，給予直接的指示可能會更有幫助。
8. **當某人片刻清醒時，質疑診斷結果是正常的：**失智症病人會有一些時刻是舉止合宜且能做出適當回應的，你可能會覺得你的親人之前一直在假裝，但你只是恰好遇到他們那些值得被珍惜的清醒片刻。

*This tip sheet was prepared by Family Caregiver Alliance and reviewed by Donna Schempp, LCSW. ©2011 Family Caregiver Alliance. All rights reserved. Content adapted from <https://www.caregiver.org/ten-real-life-strategies-dementia-caregiving>. Family Caregiver Alliance National Center on Caregiving, 785 Market St., Suite 750, San Francisco, CA 94103.

您正在照顧與您同住或在社區居住的親戚或朋友嗎？健安的「親屬照顧者支援服務」或可以為您提供免費支援與資源，以在您的照顧之旅中陪伴您。依需要，服務可能包括諮詢、輔導、家居照顧服務及補助購買符合條件的醫療器材。如果您想了解更多有關此服務的內容，請隨時致電(206) 652-2330，與其中一位社工服務人員Michael、Jane或Jerry詢問，或發送電子郵件至mwoo@kinon.org。

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 C-206, Bellevue, WA 98008. There is free parking available in our parking lot.

REGISTRATION: Summer term begins May 1, 2018 through August 31, 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, chairs, tables, 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.

NOTE: Please note that the community center will be closed on the following holidays: Memorial Day (Mon, May 28), Independence Day (Wed, July 4).

QUESTIONS: Contact us at 206.556.2237 or 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：夏季課程於2018年5月1日開始，2018年8月31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、支票或信用卡付款。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等信用卡。

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、餐桌、座椅和視聽設備。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。

留意：健安活動中心將於以下國定假日關閉：陣亡將士紀念日(5月28日，星期一)；獨立紀念日(7月4日，星期三)。

查詢詳情：可電 206.556.2237或發電郵至 healthyliving@kinon.org

2018 SUMMER 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



MAHJONG NIGHT

麻雀耍樂夜 E C M

Free!

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!

Thursday, Jun. 7, 6:45-9:15pm

Co-host: Jade Guild

Free

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.

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

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).

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

Thank you to the following Mahjong Night Sponsors 感謝以下麻雀耍樂夜之贊助單位:

Swedish Health Services

Asian Healthcare Leaders Forum (AHLF)

Washington State Healthcare Executives Forum (WSHEF)

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！

星期四，6月7日，晚上6:45至9:15

協辦單位：Jade Guild

免費

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。

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。

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)。

了解更多信息，請聯繫健安企業關係主任 Jessica Wong，電郵：jwong@kinon.org 或電話206.556.2274。

