

KIN ON

健安康健樂頤計劃 二零一九年夏季課程
Summer 2019 (May 1 - Aug. 31)

Healthy Living PROGRAM

BELLEVUE



Kin On Community Center - Eastside 健安社區中心-東區

across from Crossroads Mall

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

SEATTLE



Kin On Community Center - Seattle 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

5/15 CRYSTAL MOUNTAIN GONDOLA TRIP 水晶山纜車之旅



A Crystal Mountain Gondola ride with guaranteed views of the breathtaking Mt. Rainier National Park... are you in? Register before 5/15 to join our Kin On Healthy Living Program outing this summer! See page 9 for details.

坐上水晶山的纜車，享受嘆為觀止的雷尼爾山之景... 你來嗎？有興趣者請在5/15日前報名參加我們的暑期外出之旅！詳情參閱第19頁。

TWO IS BETTER THAN ONE 二人同行共享優惠



Enjoy a healthy life with your friends and families at Kin On's Healthy Living Program! Featuring a variety of exciting classes and activities at our Seattle and Eastside community center. Join our program with your loved one and get a discount on our membership!

\$55 for two Annual Membership
\$550 for two Lifetime Membership

(At least one person has to be a new member to receive this special offer.)

在健安的康健樂頤計劃中，與您的朋友和家人一起享受健康的生活！我們的西雅圖和東區社區中心提供豐富多樣的課程和活動。與您所愛的人一起參加康健樂頤計劃，可獲得會費折扣！

兩位年度會員55美元
兩位終身會員550美元

(2名成員中的至少1名必須是新成員)

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@ Seattle & Bellevue

AARP Smart Driver Course ^E

The AARP Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. Over nine in ten course participants report changing at least one key driving behavior for the better as a result of what they learned in the course and over eight in ten participants felt that information they learned in the course has prevented them from being in a crash. Plus, you may be eligible to receive an insurance discount upon completing the course! (Consult your insurance agent for details.)

Contact us if interested

Marge Lutton

2 sessions, 10am – 2:30pm

AARP member (bring card or ID): \$15

Non-AARP member: \$20

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 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. A minimum number of participants is required to start.

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



@ Seattle

Cancer Prevention & New Cancer Treatment Information ^E^C

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).

Dr. Richard To

Saturday, May 25, 1:30 – 3:30pm

Please RSVP.

Kin On Dementia Workshop ^E^M

Our Social Services team is offering a monthly educational series to help family members better interact and care for their loved ones. The proposed topics will include:

4/26: Understanding Memory Loss

5/31: Communication Skills

6/28: Middle-Stage Caregiving

7/26: Late-Stage Caregiving

8/30: Planning Ahead for Legal Matters

Michelle Wu (Licensed Social Worker)

Last Friday of each month, 2 – 3pm

FREE

FIRST CLASS FREE!

1st

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.

^E English ^C Cantonese ^M Mandarin



@ Seattle

DANCE

Beginner Folk Dance

Learn the rich dance traditions of China's numerous ethnic tribes and nationalities, each with its own rhythm, signature movements, and style.

Kit-Ling Poon

Fridays, 10:30 – 12:30pm @ Seattle

	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

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

Sundays, 6/16, 6/23, 8/1, 8/18 (4 classes)

2:15 – 3:45pm @ Seattle

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

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

EXERCISE

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.

Dee Williams

Mondays, 5 – 5:45pm @ Seattle

***No class on 5/27**

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

Table Tennis

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

Mondays and Thursdays,

10:00am – 12:30pm @ Seattle

***No class on 5/27 & 7/4**

FREE / Non-members: \$6

@ Bellevue

DANCE

Dancerise

Dancerise combines dance and exercise. We do many kinds of dances from different generations. The most important thing is that we dance together for fun and exercise to be healthier. Let's have a more colorful life!

Violet Wu

Tuesdays, 1 – 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

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. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Folk Dance

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! *A minimum number of participants is required to start. Contact us if interested.*

Huiling Xiong

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® - Seattle E

Amy Sue Sinare

Mondays, Wednesdays and Fridays

May – Aug., 9:30 – 10:30am

***No class on 5/27**

EnhanceFitness® - Eastside E C M

Selina Chow and Jennie Lai

Mondays, May – Aug., 9:30 – 10:30am

Tuesdays & Thursdays, May – Aug., 9:50 – 10:50am

***No class on 5/27 and 7/4**

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

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. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Meditation M

Based on his rich experience and knowledge, Dr. Wen would like to show us the path and concept of meditation. Participants will learn how to transform their mind from negative to positive, from disturbed to peaceful. *(New students are encouraged to complete at least one series. A minimum number of participants is required to start. Contact us if interested.)*

Vincent Wen

Mind-Body-Chi M

Retired oncologist Dr. Wen combined mind, body and chi to develop this Mind-Body-Chi. With deep breathing and easylearning 10 forms, your mind and body will feel much relaxed. You can be healthier by spending 15 to 30 minutes a day. *(New students are encouraged to complete at least one series. A minimum number of participants is required to start. Contact us if interested.)*

Vincent Wen

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 M

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.

Mukciau Chiu

Fridays, May – Aug., 2:30pm – 3:30pm @ Bellevue

***No class on 7/26, 8/2, 8/9**

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



TECHNOLOGY

@ 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, iPad, tablet, or bring your own devices. Please make an appointment one day in advance. 45 minutes per session.

Victus Wong

Wednesdays, 10am – 2pm @ Seattle

FREE / Non-members: \$6

SmartLab Open Lab

Check your email, browse the internet, or enjoy catching up on the latest news using our computers, iPads and Samsung tablets. No formal instruction provided.

Monday – Friday, 9:30am – 4:30pm

@ Seattle

FREE

VOLUNTEER WITH US

Each year, more than 100 volunteers support our seniors through tutoring, providing general support, and more. We hope you will join in the fun! All ages are welcome.

Here are a few areas we could use your help:

Tutor a student – Technology tutoring

Teach an enrichment class – Fitness (55+ level), craft, and language learning

Support our events – Annual events and outing program

Contact HealthyLiving@kinon.org for more info. Sign up for the weekly e-newsletter or follow us on Facebook to receive the most updated news and events of Kin On!



@ Bellevue

Mobile Technology Tutorial (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 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

FREE / Non-members: \$10

樂 紱 之 家

Aegis Gardens

Open to all seniors who need a little assistance.



Every day is a celebration of peace and harmony. Enjoy a unique community with distinctive amenities, intergenerational activities and Asian cuisine, that enrich residents' lives. Families are happy they have entrusted their loved ones to the compassionate care staff at Aegis Gardens.

Come meet our compassionate staff

425-786-0143



13056 SE 76th St, Newcastle, Washington 98056
www.aegisgardenswa.com



ARTS & CRAFTS

@ Seattle

Open Craft Day E

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

5/7, 6/4, 7/2, 8/6 @ Seattle

FREE

@ Bellevue

Acrylic Painting ECM

Acrylics are water based and it offers opacity (meaning you can paint right over your mistakes) that makes this medium especially appealing to beginners and elderly. Supplies needed: will be discussed during the first class.

David Pan

Jul. and Aug., Saturdays, 1:30 – 3:00pm @ Bellevue

Members: \$27/series (9 classes) or \$4/class

Non-members: \$45/series (9 classes) or \$6/class

Beauty 101 EM

Learn basic makeup techniques that work best for you! Students are encouraged to bring your own makeup; if you don't own any, feel free to come to class and learn about what you can buy!

Angel Chi

May, Tuesdays, 3 – 4:30pm @ Bellevue

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

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

Calligraphy M

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

Drawing ECM

Get hands-on learning in pencil drawing. You'll learn basic techniques, shading, compositions, perspective, and much more. Supplies needed: pencils and paper.

David Pan

May and Jun., Saturdays, 1:30 – 3:00pm @ Bellevue

Members: \$27/series (9 classes) or \$4/class

Non-members: \$45/series (9 classes) or \$6/class



Sewing Class CM

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, May – Aug.,

10:30am – 12:30pm, @ Bellevue (*No class on 8/5)

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

Ikebana M

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, 1:30 – 3:30pm @

Bellevue



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

Craft & Chat @ Seattle

Join us to explore your creativity, share ideas and meet other crafty people!

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.

Fabric Containers E

You can learn to make two multi-purpose use fabric containers in this class!

- Fabric "Hanging"

Container: for hanging on door knobs to put your keys in or hang it off your cell charger outlet, then place your cell in the pocket to charge! Think of all the possibilities to use this container!

- Fabric "Boat" Container: a handy container to put your jewelry, keys, etc. in or take to craft retreats for misc. items or fill it with treats for a 'thank you' gift; so many more possibilities! Plus it's collapsible, so travels well.

*Supplies Kit: \$5 per project, \$10 total for both projects
Supplies needed: sewing machine, 'denim' sewing machine needle (optional), straight pins and/or 'Wonder clips', fabric glue/glue stick, thread to coordinate with fabric, scissors, other regular sewing/quilting supplies of your own.

Patty Buckingham

Saturday, May 4, 11am – 4pm @ Seattle

Members: \$20 per class / Non-members: \$25 per class



DIY Panda Greeting Fold Card E

All about Panda! Make three panda greeting fold cards for your friends and families!

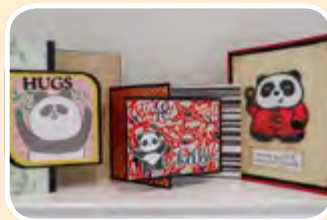
Ginger Li

Wednesday, Jun. 12,

10am – 12:30pm @

Seattle

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



Handmade Chinese Style Notepad E

Want a notepad that is different from others? Learn to make a Chinese style notepad for yourself!

Ginger Li

Wednesday, Jun. 26,

10am – 12:30pm @ Seattle

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



Intermediate 3D Origami Japanese Lucky Cat Series E C M

Create elegant paper Japanese Lucky Cat 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.

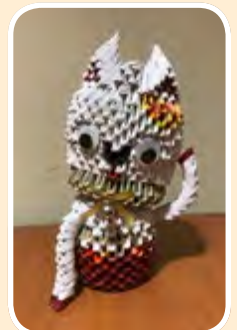
*Supplies needed: magazine covers and color papers (~24 pounds weight).

Kit-Ling Poon

Friday, Aug. 9 & 23,

1 – 3:30pm @ Seattle

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





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, 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, 1 – 3pm @ Seattle

*** No class on 5/27**

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 – 12pm @ Bellevue

FREE

Computer Club M

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

Ben Chang

Thursdays, May – Aug., 10am – 12pm @ Bellevue

FREE / Non-members: \$6

Family 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. We will meet every 2 months and attendance is voluntary.



Wednesday, Jun. 6 & Aug. 7,

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

Karaoke Time M

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

Thursdays, May – Aug., 12 – 1:30pm @ Bellevue

FREE / Non-members: \$6

Life Story Club

When you share your life story, you open yourself up to new opportunities to form friendships and to learn from the experiences of others. Storytelling is a powerful tool that empowers both the listeners and narrators. Join us to share your life stories and learn how to record them.

2nd and 4th Mondays of the month, May – Aug., 10:30am – 12:30pm @ Bellevue

FREE / Non-members: \$6

***No class on 5/27**

Mahjong Club M

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

FREE / Non-members: \$6

@ Seattle

MAY

12

Mom & Me Tea

Enjoy Mother's Day at Kin On with a French Parisian-style afternoon tea! Featuring sweet & savory treats with a selection of popular teas. Come dressed in your Sunday's best and capture the moment at the photo booth.

Sunday, May 12, 1 – 3pm @ Seattle, \$15 per person (Limited Seating)

Register by May 1 by mail, in-person, or online at <http://bit.ly/kinontea>

JUN

6

Mahjong Night **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! Co-hosted by Jade Guild and Taiwanese American Professionals - Seattle.

Thursday, Jun. 6, 6:30 – 9pm



JUN

21

Summer Adventures To Go: Kubota Garden and Picnic

A stunning twenty acres of hills and valleys, the Kubota Garden features streams, waterfalls, ponds, rock outcroppings and an exceptionally rich and mature collection of plant material. This unique urban refuge displays over sixty years of vision, effort and commitment by the Kubota family. Take a guided tour followed by an Asian themed picnic lunch. Wear comfortable walking shoes. Cash donations are accepted at the entrance. This program is made possible through a special partnership with Seattle Parks & Recreation.

Friday, Jun. 21, 10:30am – 2:30pm

\$18 per person. Space is limited! Call us to register today!

Discounted price is available to eligible person.



@ Bellevue

JUN

28

Crystal Mountain Gondola Trip

Take a scenic gondola ride over meadows of wildflowers, and climb over 2,000 vertical feet to the summit of Crystal Mountain after arriving Mountain Rainier.

Please bring your own lunch or dine-in at Washington's highest-elevation restaurant. Limited spots. HLP members get priority. Register by May 15.

Friday, Jun. 28, 8:30am – 6:30pm

Members: \$70 / Non-members: \$80

(Cash and check only. This non-refundable fee includes one charter bus ticket, one gondola ride ticket, and a dessert box.)



FREE WEEKLY SEMINARS @ Bellevue

Join us every Saturday for a special show and tell. Come share and exchange your stories, perspectives, and culture. The schedule may change. Contact us for event details or sign up for our weekly e-newsletter to receive updated seminar schedule.

Saturdays, 10am – 12pm @ Bellevue | FREE

- May 4** Tips on Preventing Instrumental Injuries / May Birthday Potluck
- May 11** Mother's Day - Organic Gardening and Plants Exchanging
- May 18** Study Group Sharing
- May 25** Medical Presentation by an MD
- Jun 1** June Birthday Potluck
- Jun 8** Medicare: Long-term Care and Preventive Services
- Jun 15** Study Group Sharing
- Jun 22** Travel Story – Five Stans
- Jun 29** Financial Management
- Jul 6** Travel to Ethiopia / July Birthday Potluck

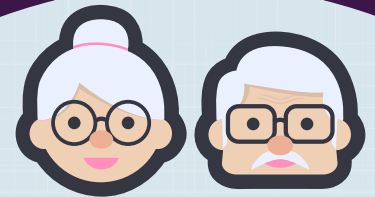


July 13 Pre-Planning Options

Sponsored by Dignity Memorial



- Jul 20** Study Group Sharing
- Jul 27** Travel Story – Five Stans
- Aug 3** Hypertension, Diabetes, High Cholesterol / August Birthday Potluck
- Aug 10** Medical Presentation by an MD
- Aug 17** Study Group Sharing
- Aug 24** Travel Story – Five Stans
- Aug 31** Financial Management



樂享健康生活
Celebrate Healthy Living
9/14 @ Baha'i Center

Mandarin-Cantonese

Language Exchange Meetup

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.

Fridays, May – Aug., 1 – 2:30pm @ Bellevue

FREE / Non-members: \$6

Music Club

If you love singing, come join us. Feel free to bring your instrument and showcase your talent individually and/or with your friends.

Eugene Wang

Thursdays, May – Aug., 3:30 – 4:30pm @ Bellevue

FREE / Non-members: \$6

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

FREE

Grief and Loss of Chronic Illness

We generally think of grief as a reaction to a death. But there is another grief that comes from loss while someone is still living. This grief is often seen when caring for someone with a chronic illness. Chronic illness, and particularly any illness that impairs a person's cognitive ability, causes caregivers and loved ones to experience grief and loss right now. The process of accepting the unacceptable is what grieving is all about.

Over time, with most chronic illnesses, there are changes in a person's abilities. Whether it is someone living with Parkinson's Disease who can no longer button a shirt, or someone coping with Diabetes who has to follow a special diet, or someone with Alzheimer's Disease who can't remember who you are, caregivers have to adjust to the needs of the care receiver. Caregivers may experience many kinds of losses: loss of independence, loss of control, loss of the future as it had been imagined; loss of financial security, of the relationship as it once was, loss of freedom, sleep, and family harmony; loss of someone to share chores and other tasks with, or simply the loss of someone to talk things over with. Persons with chronic illnesses also have to adjust to many of the same losses, but also—loss of dignity, mobility, a carefully planned future or retirement, a loss of roles that were played, or the loss of a sense of worth (all depending on what disability is associated with the illness).

It is easy to ignore these losses and just keep doing the things that need to be done. However, these losses lead to grief, and grief can lead to sadness, depression, anger, guilt, sleeplessness and other physical and emotional problems. It is important to identify our losses, identify our feelings, and let ourselves grieve the changes that have happened in our lives. When we can do this, our feelings will less often erupt as angry outbursts weighed down by guilt, or creep over us as depression and hopelessness; they instead can more easily be expressed as a shared loss of something treasured—which family and friends close to the situation can likely empathize with, leading to deeper communication and stronger relationships with those going through the loss with you.

Writing in a journal can help you to name and express your feelings about these losses. You can combine it with a gratitude journal—things that you are thankful for. Prayer, meditation, relaxation exercises, attending a support group (or simply talking with a friend or counselor), or creating a ritual can help you to let go of the intensity of the feelings so that you can grieve but also heal.

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 on 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/grief-and-loss>. Family Caregiver Alliance National Center on Caregiving, 785 Market St., Suite 750, San Francisco, CA 94103.

健康教育

@ Seattle & Bellevue

AARP駕駛者安全課程 (英)

AARP駕駛者安全課程是AARP所提供的眾多課程之一。這堂課是為了50歲以上的長輩設計的，也是全美最大的駕駛安全課程。參與這些課程的學員，十位當中有九位表示藉著所學習到的駕駛知識，他們改變了至少一項關鍵性的駕駛習慣；而超過八位以上的學員認為在課程中所得知的資訊使他們避免了車禍事故。不僅如此，你也許能在完成課程後獲得保險折扣優惠！（詳情請洽詢你的保險經紀代表。）

有興趣參加者請與我們聯絡

Marge Lutton

上午10:00至下午2:30(共2節課)

AARP會員(帶會員卡或ID號碼): \$15

非AARP會員: \$20

慢性病自我管理工作坊 (英)(粵)(國)

慢性疾病自我管理課程是史丹福大學研發的以實證為基礎的講習班，幫助患者增強管理控制慢性病症的能力。



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。學員學會用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。該課程由西雅圖市老齡化和殘疾人服務部資助。

本課程鼓勵學員參加至少4次課程。如果學員錯過了前兩節課程，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。*如果社區組織希望我們在他們所在地舉辦研討會，請與我們聯繫。

免費

@ Seattle

癌症防禦及新的癌症治療法 (英)(粵)

加入我們癌症治療的信息研討會。會上討論免疫系統，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。

Dr. Richard To

星期六，5月25日，下午1:30至3:30

有興趣者請聯繫我們報名。

健安失智症工作坊 (英)(國)

為了幫助家庭成員更好地與家人互動和照顧他們，健安社工部舉辦每月1次的教育講座。主題包括：

4月26日：理解健忘/失憶

5月31日：溝通技巧

6月28日：失智症中期照護

7月26日：失智症晚期照護

8月30日：提前規劃法律事項

Michelle Wu (執照社工)

每個月最後一個星期五，下午2至3

免費

首堂課免費！

1st

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。

(英) 英語

(粵) 粵語

(國) 國語



康體活動

@ Seattle

舞蹈

基礎民族舞班 (英) (粵)

學習豐富的中國民族傳統的舞蹈，每種都有自己的節奏，標誌性動作和風格。

Kit-Ling Poon

逢星期五，上午10:30至下午12:30 @Seattle

	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

排舞班 (英) (粵)

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

星期日，6/16, 6/23, 8/1, 8/18 (4堂)

下午2:15至3:45 @Seattle

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

運動

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。課程與Kanjin Yoga合作。

Dee Williams

逢星期一，下午5至5:45 @Seattle

*5/27暫停課程

	會員	非會員
5月(3堂)	\$12	\$20
6月(4堂)	\$12	\$20
單堂	\$4	\$6

乒乓球活動

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

*5/27, 7/4暫停課程

@ Bellevue

舞蹈

舞動人生 (國)

舞動代表舞蹈與運動的結合。舞動人生不侷限舞蹈種類，不拘泥於年代，最重要的是能一起跳舞同歡，進而達到有益身心的運動，讓我們的人生更多精彩多姿！

吳瑞珍

逢星期二，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

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(5堂)	\$15	\$25
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。(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)

熊慧齡

免費



EnhanceFitness®是一個充滿活力的適合所有人的全身鍛煉。這個以實證為基礎的團體鍛煉課程可以幫助中老年人保持平衡，增強體力和提高獨立性。鼓勵學員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

*5/27暫停課程

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9:50至10:50 @ Bellevue

*5/27, 7/4暫停課程

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

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(5堂)	\$15	\$25
單堂	\$4	\$6

打坐班

正確地指引大家打坐的方法與概念，溫碧謙醫師主要綜合本身涉獵諸多打坐方法、法門的經驗與個人的深度體驗，以現代心理學、生理學、神經生物學的知識為基礎，去蕪存菁，指點迷津，找出一條便捷易行的道路，讓學員很快進入自己的內心世界，做深度之旅。(新生請至少參加一整系列。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。)

溫碧謙

MBC養生功

癌症權威溫碧謙醫師的【MBC養生功法】，結合「心」mind & 「身」body & 「氣」chi，以呼吸吐納為主軸，配合簡單易學的十招功法，使身與心皆得舒展，達到養生的目的。整套功法一旦學成之後，每天只要花15-30分鐘的時間，即可把身和心照顧，有效強健身心健康！(新生請至少參加一整系列。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。)

溫碧謙

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。

邱木笑

逢星期五，下午2:30至3:30 @ Bellevue

*7/26, 8/2和8/9休息

	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(3堂)	\$9	\$15
單堂	\$4	\$6

資訊科技

@ Seattle

智能一對一輔導課 (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、iPad、平板電腦或自備電子設備。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

免費 / 非會員：\$6

智能開放電腦室

歡迎你隨時來使用我們的電腦、iPad、Android平板電腦，檢查您的電子郵件，上網瀏覽或了解最新資訊。該課程不提供導師。

逢星期一至五，上午9:30至下午4:30 @ Seattle

免費



@ Bellevue

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，助你解答疑難。你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：每堂\$10

齊來做義工！ 服務老年社區



每年有100多名

志願者通過輔助和提供支

持來幫助我們的老年人。我們希望您能加入我們，支持我們的社區。歡迎各年齡段志願者！以下是您能幫助我們的一些活動：

輔導學生 - 為老年人提供科技輔導

教授課程 - 健身（老年水平），手工藝和語言學習

支持活動 - 年度活動及郊遊計劃

請聯繫Healthyliving@kinon.org了解更多。訂閱我們的電子報或關注健安臉書專頁獲取最新消息與活動！

ART GALLERY - STARTING THIS SUMMER!

We will open up our community center in Seattle as a rotating art gallery, showcasing artwork that are either by local artists or by our very own members and volunteers of the Healthy Living Program! We hope to use this opportunity to promote creative aging, foster collaboration and partnerships, and provide a space to engage our community. Follow us on Facebook or subscribe to our weekly newsletter to see our featured artists and gallery events!

藝廊---暑期開張！

健安社區中心-西雅圖即將開放讓我們社區的藝術家及康健樂頤的會員和志工們展示他們的作品！我們希望利用這個機會展現中老年人的文藝創作，鼓勵更多的合作關係，並且讓我們的空間對外開放好讓社區參與。歡迎追蹤我們的臉書專頁或電郵週刊以便得到藝廊的最新消息！

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7日、6月4日、7月2日、8月6日 @Seattle
免費

@ Bellevue

壓克利彩畫 (英)(粵)(國)

壓克利彩是一種水溶性彩色顏料，但是乾後可防水像漆，很像油彩畫，也可以當水彩用。價廉物美，適宜耆老者作畫之用。第一堂課將介紹需自備的材料。



潘光

7月份與8月份，逢星期六
下午1:30至3:00 @ Bellevue
會員：整系列\$27(9堂)或每堂\$4
非會員：整系列\$45(9堂)或每堂\$6

美麗人生 (英)(國)

與大家分享一些最基礎的化妝技巧和常識。不論是自然妝或是為了特別場合而打扮的妝，歡迎美麗的妳/你來學習！建議大家帶自己的平常用的化妝品來上課！如果沒有化妝品，可以上課後選擇性買自己覺得需要或想要購買的產品。

Angel Chi

5月份，逢星期二，下午3:00至4:30 @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

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

素描 (英)(粵)(國)

以鉛筆為主作畫。認識工具，學習基本筆法、光影、構圖、透視等。請自備鉛筆和紙。

潘光

5月份與6月份，逢星期六
下午1:30至3:00 @ Bellevue
會員：整系列\$27(9堂)或每堂\$4
非會員：整系列\$45(9堂)或每堂\$6

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

5月份至8月份，每月第一個和第三個星期一，
上午10:30至下午12:30 @Bellevue
會員：每堂\$4 / 非會員：每堂\$6
*8/5休息

花藝班 (國)

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1:30至3:30 @Bellevue

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

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。



編織收納組合 英

在這堂課中你會學會製作兩個多功能用途的收納！

- 織物「掛袋」收納：

用於掛在門把手上，將鑰匙放入或掛在電池充電器插座上，然後將電池放入口袋充電！這個懸掛收納袋有無限的可能性！



- 織物「船型」收納：

一個方便實用的收納容器，可以將您的珠寶，鑰匙等放入，或用於擺放製作手工的零件，或用於包裝謝禮。有非常多的用途！再加上它可以折疊，所以出門旅行都有可以方便攜帶。

材料包：每個材料包\$5，兩個材料包\$10

工具：縫紉機，大頭針和/或'Wonder clips'，織物膠/膠棒，線與布料，剪刀，其他縫紉用品。

Patty Buckingham

星期六，5月4日，上午11:00至下午4:00

會員：\$20/ 非會員：\$25

DIY熊貓折疊賀卡 英

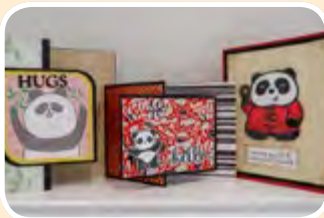
關於熊貓的一切！為你的家人朋友製作3張熊貓折疊賀卡吧！

Ginger Li

星期三，6月12日，

上午10:00至下午12:30

會員：\$10 / 非會員：\$15



手作中式筆記本 英

想要一個與眾不同的筆記本嗎？來我們的手工教室親自做一個中式風格的筆記本吧！

Ginger Li

星期三，6月26日，

上午10:00至下午12:30

會員：\$10 / 非會員：\$15



中級3D立體摺紙

日本招財貓系列 英 粵

用數百個小三角形和少量的膠水來創造一個可愛的紙質日本招財貓。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。

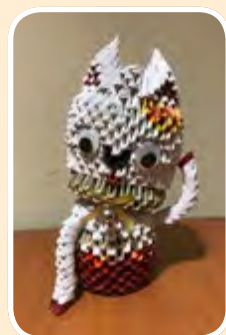
*自帶工具：雜誌封面紙和黃彩色紙（約24磅重的紙）。

Kit-Ling Poon

星期五，8月9日與23日

下午1:00至3:30

會員：\$15整系列 / 非會員：\$25整系列



社交聚會

@ Seattle

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 / 非會員：\$6

*5/27暫停課程

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 / 非會員：\$6

@ Bellevue

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)

逢星期二，上午11:00至下午12:00 @ Bellevue

免費

電腦俱樂部

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至下午12:00 @ Bellevue

免費 / 非會員：每次 \$6

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。

星期三，6月6日及8月7日

上午11:00至下午12:30 @ Bellevue

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 \$6

卡拉ok歡唱時光

享受歡唱時光，唱你最喜歡的歌曲，並與好朋友們一起重溫回憶。我們目前的音樂收藏包括流行的國語、粵語、台語、日語和英文歌曲！

逢星期四，下午12:00至1:30 @ Bellevue

免費 / 非會員：每次 \$6

生命故事俱樂部

講故事是一個保持腦力活躍與自我探索的好方法，並可為自己的生命歷程留下紀錄與結交朋友。生命故事俱樂部每次都有不同主題，邀請您來分享您的故事、聽別人的故事和學習如何記錄自己的故事。

逢第二個和第四個星期一，上午10:30至下午12:30 @ Bellevue，*5/27休息

免費 / 非會員：每次 \$6

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。

免費 / 非會員：每次 \$6

MAY

12

母親節下午茶

來健安享受法國巴黎風格的母親節下午茶吧！精美的下午茶包括多款美點及配搭特色茗茶。記得穿上你最美服裝，在我們照相亭捕捉媽媽們最美的瞬間。

星期日，5月12日，下午1-3點，每人\$ 15（位置有限）

請在5月1日之前報名，報名可通過寄郵件，親自蒞臨我們的活動中心或在線登記：<http://bit.ly/kinontea>

JUN

6

麻雀耍樂夜 **免費!**

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！

協辦單位：Jade Guild及Taiwanese American Professionals - Seattle

星期四，6月6日，晚上6:30至9:00



JUN

21

夏日之旅：Kubota窪田日本庭園導覽與野餐

窪田日本庭園擁有20英畝令人驚嘆的山丘和山谷、溪流、瀑布、池塘、岩石以及豐富的植物。這個獨特的城市花園展示了窪田家族六十多年的願景，努力和承諾。和園區志願者一起遊覽，享用亞洲主題野餐。請穿著舒適的步行鞋。入口處接受現金捐贈。此活動是健安與西雅圖市Parks & Recreation合作。

星期五，6月21日，上午10:30至下午2:30

報名費：\$18，位置有限，今天打電話給我們註冊吧！符合條件的人可享受折扣價。請聯繫健安工作人員了解詳情。



JUN

28

水晶山纜車之旅

由HLP會員組織的雷尼爾山山頂纜車之旅將於6月28日成行，早上8:30在健安社區中心-東區集合坐大巴出發。抵達雷尼爾山後，將搭山頂纜車到海拔將近七千呎的水晶山山頂眺望近在眼前的雷尼爾山，賞花賞山賞雪。午餐請自備或自行選擇在全華盛頓州最高餐廳Summit House餐廳用餐。名額有限，HLP會員報名優先，5月15日截止報名。

星期五，6月28日，上午8:30至下午6:30

會員：\$70 / 非會員：\$80 (只收現金與支票，費用包含大巴車費、山頂纜車票與一個簡單的點心盒，一旦確認報名，不可退費)



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4日 預防音樂演奏傷害的五大準則/5月慶生會
- 5月11日 母親節活動—有機園藝的樂趣與植物交換
- 5月18日 遊學自修讀書會專題分享
- 5月25日 醫學講座—醫師演講
- 6月1日 6月慶生會
- 6月8日 聯邦醫療保險與其長期照護和預防服務
- 6月15日 遊學自修讀書會專題分享
- 6月22日 旅遊專題—中亞五國系列
- 6月29日 財務規劃講座
- 7月6日 衣索匹亞遊記/7月慶生會

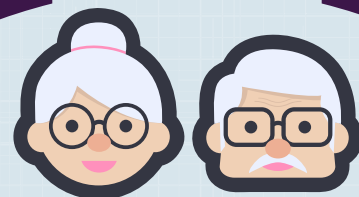


7月13日 生前規劃

Dignity Memorial 贊助



- 7月20日 遊學自修讀書會專題分享
- 7月27日 旅遊專題—中亞五國系列
- 8月3日 長者的三高/8月慶生會
- 8月10日 醫學講座—醫師演講
- 8月17日 遊學自修讀書會專題分享
- 8月24日 旅遊專題—中亞五國系列
- 8月31日 財務規劃講座



樂享 **健康生活**
Celebrate Healthy Living
9/14 @ Baha'i Center

普通話/廣東話交流會

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。

逢星期五，下午1:00至2:30 @ Bellevue

免費 / 非會員：每次 \$6

以歌會友

號召喜愛音樂與歌唱的同好一起來唱經典中英文歌曲，也歡迎會樂器的朋友帶任何樂器來伴奏。

王慶凱

逢星期四，下午3:30至4:30 @ Bellevue

免費 / 非會員：每次 \$6

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

慢性疾病的哀傷與失落

或許很多人認為哀傷是對死亡的一種反應。但還有另一種哀傷，就是在照顧患有慢性疾病的家人因失落而感到的哀傷。慢性疾病，尤其是損害病人認知能力的疾病，會讓照護者和病人感到哀傷和失落。哀傷是接受無法接受之事的一個過程。



隨著時間過去，大多數慢性疾病患者的能力會退化。有的帕金森氏症患者無法自行扣上襯衫鈕扣，有的糖尿病患者必須遵循特殊的飲食規定，有的腦退化症患者不記得身邊的人，照護者必須適應病人的需要。照護者可能會經歷各種各樣的失去(Loss)：失去獨立性、失去控制、失去想像的未來；失去經濟保障和以往的關係，失去自由、睡眠和家庭和諧；失去分擔家務和其他工作的人，或者失去能商量事情的人。慢性疾病患者也必須適應許多相同失去的東西，還有失去尊嚴、活動能力、精心規劃的未來或退休計畫，失去曾經擔當的角色，或失去存在價值（這些全部取決於疾病導致患者喪失哪些能力）。

我們很容易忽視這些失去的東西，而只是繼續做那些必需做的事情。然而，這些失落感會引發哀傷，哀傷會導致悲傷、抑鬱、憤怒、內疚、失眠及其他生理和心理問題。重要的是要認清我們的失去，認清我們的感受，讓自己為生活中的變化而哀傷。如果我們能做到這一點，我們不會那麼經常爆發因內疚感、抑鬱或絕望積壓下所產生的憤怒；可簡單地以共同失去重視的東西來表達這些感受，這樣和這情況有密切關係的家人和朋友更能與您感同身受，使您與那些共同經歷這些失去的人能更深入地交流並建立起更親密牢固的關係。

我們很容易忽視這些失去的東西，而只是繼續做那些必需做的事情。然而，這些失落感會引發哀傷，哀傷會導致悲傷、抑鬱、憤怒、內疚、失眠及其他生理和心理問題。重要的是要認清我們的失去，認清我們的感受，讓自己為生活中的變化而哀傷。如果我們能做到這一點，我們不會那麼經常爆發因內疚感、抑鬱或絕望積壓下所產生的憤怒；可簡單地以共同失去重視的東西來表達這些感受，這樣和這情況有密切關係的家人和朋友更能與您感同身受，使您與那些共同經歷這些失去的人能更深入地交流並建立起更親密牢固的關係。

寫日記可以幫助您指出並表露您對這些失去過往所有的失落感。您可以把它與記錄感恩內容的感恩日記一起寫。祈禱、冥想、放鬆運動、參加支持團體（也可以與朋友或輔導員交流）或是創造一個儀式可以幫您放下強烈的情緒，這樣當您經歷哀傷，同時也得到療癒。

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涵，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。

*內容來源: <https://www.caregiver.org/grief-loss-chinese> . 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-Seattle located at 4416 S. Brandon St, Seattle, WA 98118. @ Bellevue classes are held at the Kin On Community Center-Eastside 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, 2019 through August 31, 2019. 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: May 27 and Independence Day: July 4.

QUESTIONS: Contact us at 206.556.2237 or healthyliving@kinon.org

重要資訊

課程舉行地點：

@Seattle課程於健安社區中心-西雅圖舉行(4416 S. Brandon St, Seattle, WA 98118)。@Bellevue課程於健安社區中心-東區舉行(15921 NE 8th St, C-206, Bellevue, WA 98008)。提供免費泊車。

報名：夏季課程於2019年5月1日開始，2019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(星期一，5月27日)及國慶日(星期四，7月4日)。

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

2019 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: _____



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Permit No. 69

Kin On

4416 South Brandon Street
Seattle WA 98118

Return Service Requested

KinOn.org



SWEET & SAVORY BAKE SALE

SPONSORED BY JADE GUILD
TO BENEFIT KIN ON'S HEALTHY LIVING PROGRAM

SATURDAY, JUNE 15
10:00AM – 3:00PM
KIN ON COMMUNITY CENTER
4416 S BRANDON ST, SEATTLE

Contact: Patty Buckingham at plbuck3@gmail.com



誠意邀請您參加Sweet & Savory烘焙籌款活動，享用美味的糕點！
活動由Jade Guild贊助，所有收益將捐贈給健安康健樂頤計劃，以幫助我們的老年人建立一個更好的社區。
星期六，6月15日，上午10點至下午3點 | 健安社區中心 (4416 S Brandon St, Seattle)