

KINECTION

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Eliane Dao, R.N. Belonging in service to the Asian community

By Susan L. Cassidy

An immigrant from Vietnam in 1967, Eliane Dao was determined to get her nursing education and to serve the people and community engaged in her own Vietnam again. The graduate from Anderson Community College in Oregon, and more so to get her B.S. and Nurse Practitioner degree from Harbor Medical Institute (HMI).

It is not just "It's a Million Dollars." Being a nurse is a profession, and she got into a job at HMI first, and if they get all the necessary skills, she got into a Washington state entry system. She particularly enjoys that work because it has brought her together with the hospital's Care Agency (CA) because of COVID-19, where she started to get to know people from different cultures, ethnicities and languages, communities. She has been very effective in getting "the message" across to the community and working with people directly that she believes, "It is a common sense, and



"I think I would just call her"

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Building Resilience

As the threat of COVID-19 spreads throughout the world, the global community met the challenge with resiliency, generosity, and hope. We applaud our team at Kin On for the care and commitment they've shown to our residents, clients, and their families; we thank all the health professionals and frontliners who keep our community running; and we are humbled by all the meals, face masks, cards, drawings, and supplies from local businesses, organizations, and individuals.

迎難而上 守望相助

隨著新冠肺炎疫情的威脅遍及全球，國際社會保以堅韌、慷慨和希望來應對挑戰。我們讚揚健安團隊對院友、委託人及其家人的關懷和承諾；我們感謝所有使我們的社區持續運轉的衛生專業人員和前線人員；我們也非常感激當地企業、組織和熱心的朋友贈送暖心得餐食、口罩、卡片、畫圖和用品。



Dear friends of Kin On,

As I look back on the history of Kin On, I am humbled, grateful, and inspired. Humbled by the small group of people who came together 35 years ago because they saw the need to care for our elderly. Grateful for our employees and supporters who display incredible dedication by continuing to fulfill their commitment to our community. Inspired by the next generations who are committed to building upon the legacy of our founders.

Despite years of diminishing public funding and challenges posed by a complex healthcare system, Kin On has remained steadfast in its mission to serve the elderly along the aging continuum. We grew from being just a nursing home to an aging-friendly campus with a wide array of healthcare, social, educational services for our elders.

I am honored to have led the team in the past three years. I am especially proud of how everyone at Kin On has reacted and handled the unique situation that the COVID-19 pandemic has presented. Our leadership team has been managing the situation proactively from the very beginning. We have implemented the proper safeguards under the CDC and local health agencies' guidelines and continuously monitor and adjust daily. We have pivoted and made changes in service delivery to continue our commitment to serve the community. Though the days are heavy and the future is unpredictable, we have not stopped working to fulfill our mission.

Here are a few recent highlights that I'd like to share with you:

- After weeks of searching since the recent fire, we have selected a new office for the Care Network and Home Care services headquarter in the heart of Chinatown-International District. Thank you for your generous donations and support to help us rebuild this essential program.
- We are in phase II of our \$750,000 HVAC renovation project at the nursing home to improve air quality and temperature control, which is expected to be completed this year.
- The partnership with International Community Health Services to implement Aging in PACE (AiPACE) is moving forward smoothly, with the capital campaign and the preliminary architectural design efforts in full swing. The pandemic demonstrated the importance and need of finding new ways to take care for our elders. AiPACE is a revolutionary care model that will allow hundreds of elders to age safely and independently in the community.

35 years ago, the community came together to form Kin On, and ever since then, we have been driven by a common purpose to serve the underserved. As the pandemic continues to impact all of us, our mission remains the same – caring for our beloved elders in the Asian community.

Kin On's legacy is our legacy. We couldn't have accomplished any of it without our staff's tireless commitment, and all of you, our faithful supporters. I thank you.



NIGEL LO

Kin On CEO

致健安之友：

當我回顧健安的歷史時，我感到既謙卑、感恩又鼓舞。對於三十五年前那一小群，因應照顧亞裔耆老需要而聚集在一起創辦健安人士，我感到謙卑。我感恩，我們的員工和支持者，一直履行對社區的承諾，表現出不可思議的奉獻精神。而那些致力延續創始人理想的下一代亦令本人感到鼓舞，他們的理念給予了我很多啟發。

儘管多年來公共資金的減少和複雜的醫療體系給我們帶來了很多挑戰，健安一直堅定不移地致力於為老化人群提供服務。我們已經從一間療養院，發展成為一個老年人的友好園地，為耆老們提供了廣泛的醫療、社會和教育服務。

我很榮幸在過去三年領導健安這個團隊。我特別為健安每個人應對和處理新冠肺炎大流行所引起的特殊狀況而感到自豪。我們的領導團隊從一開始就一直積極主動地管理和控制局勢，根據疾病預防控制中心和本地衛生機構的指導方針實施了適當的保障措施，並每天進行持續監控和調整。在服務提供方面亦積極作出改動配合現時的環境，以繼續致力於為社區服務的使命。儘管日子艱難，再面對無法預測未來，但我們從未停止為長者服務以及為未來的發展作投資。

我想與您分享以下一些近期的亮點：

- 在火災發生後，我們積極為社區護理服務網和家居照顧服務在唐人街尋找一個新的辦事處，幾經努力，我們已找到新的地方。感謝您們的慷慨捐助和支持，幫助我們重建這一重要服務項目。
- 耗資75萬美元，旨在改善空氣質量和溫度控制的療養院通風系統更新已進入第二階段，該項目有望在今年完成。
- 與國際診所合作的AiPACE(一項革命性、全面照顧老人的護理模式)，其籌資活動和初步的建築設計工作正在全面推進。這次的疫情凸顯了尋找新方法照顧老人的重要性，而AiPACE將使數百名老年人在社區中安全獨立地養老，正是我們投資未來的重中之重。

三十五年前，我們的社區團結起來創辦了健安，一直為那些極需要卻又找不到適當服務的耆老們提供了他們所需，是我們的共同目標。隨著疫情繼續影響著我們所有人，我們的使命依然維持不變——照顧亞裔社區中我們深愛的長者。

健安是我們社區的重要資產。沒有我們員工的不懈努力，以及您們——忠實支持者，我們不可能完成所有這些工作。

謹此，衷心感謝您。



盧兆章

健安行政總裁

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Life during COVID 疫情下



Our activity teams have been coming up with creative ways our residents can still have fun while staying safe. While many have been doing individual activities like reading, coloring, and making crafts, some sing together in the hallway.

活動組的員工一直在想出新穎的活動，給我們的院友在保持安全的同時仍然可以玩得開心。有些院友在做獨自一人的活動，例如閱讀、填色和製作手工藝品，有些則結伴於走廊唱歌。



Such uplifting gestures brought a smile to every worker.

打從心底的暖意給每個員工帶來了微笑。

STAFF MEMBER

In June, residents and staff at our nursing home received COVID-19 testing and were all cleared. A huge thank you to ICHS, mobilizing their team quickly to make the screening a smooth, efficient process.

六月份時，療養院的院友和員工接受了新冠肺炎測試，所有人都沒有感染。非常感謝國際診所(ICHS)，他們迅速動員了他們的醫療團隊，為我們提供高效便利的篩查。



的點滴



Staff members were always ecstatic with the surprise meals and treats. The food was delicious, but what they appreciated the most was the considerate care behind the gesture.

員工對有心人所送贈的便當盒和飲料感到非常的驚訝和欣喜。食物很美味，但他們更感謝背後的體貼照顧。



You have taken care of many of our family members (and currently still do). I hope everyone knows that the community is thankful for all that you do.



健安一直以來為我們眾多的家人提供關懷照顧。我希望每個人都知道社區對您們所做的一切表示衷心感謝。

HEIDI LAU



Our dietary department has been creative and Moo Shu Pork was wildly popular. The tender pork, crisp vegetables, and crunchy mushrooms are brought together in a wrap, creating a delicious and fulfilling dish with great texture and nutrition.

膳食部富有創意，推出的木須肉廣受歡迎。將鮮嫩的豬肉，清脆的蔬菜和香脆冬菇包裹在一起，創造出美味而充實的菜餚之餘，還有出色的口感和營養。



It's important that we do whatever it takes to protect the most vulnerable and underserved members of our communities and there is no challenge too big or too small to help those in need during these trying times. We send our deepest gratitude to Kin On for serving our community.

我們盡一切努力保護社區中的弱勢群體是非常重要的，並在這個艱難時期，必須守望互助，竭盡綿力。衷心感謝健安為我們的社區服務。

SEATTLE VIETNAMESE FAMILY CHURCH



A Former Nurse's Reflections on COVID-19

杏林細語：健安前護士憶古論今

By Carol-Ann Smith

About five months into the Stay-At-Home order, Seattle residents finally began settling into a “new normal.” The COVID-19 pandemic is an unprecedented global health crisis, forcing us to adapt to new public health guidelines.

At Kin On, both community centers have remained closed, while the Seattle location serves as a temporary storage space for additional emergency supplies. Our staff has taken full advantage of communication technology to keep people socially connected while physically apart. We host 20-30 hours of virtual programs on Zoom every week and make phone calls to check on Healthy Living Program members regularly.

在頒布居家令五個月後，西雅圖居民終於開始適應「新冠病毒的常態」。新冠肺炎是前所未有的全球性健康危機，迫使我們適應新的公共衛生準則。

在健安，兩個社區中心都保持關閉，而西雅圖社區中心則是臨時存儲額外應急物資的地方。我們的員工充分利用了網絡交流軟體，每週在Zoom上進行20到30個小時的虛擬課程，使人們在家中保持社交上的聯繫，並定期打電話與健康樂頤計劃(HLP)的會員接觸聊天，關顧他們的需要。

其中一位HLP會員，畢玉琮(Eliane Dao)與我們分享了她在疫情期間的獨特經歷。作為一個中老年人，她儘量減少外出的時間。除了購買食物和補給品的基本行程外，她則忙於整理車庫，養一隻被疫情困在美國的小狗，教一位住在洛杉磯的朋友說英語，以及參與我們的智能科技課程，與志願者Victus黃老師學習有關科技的內容。

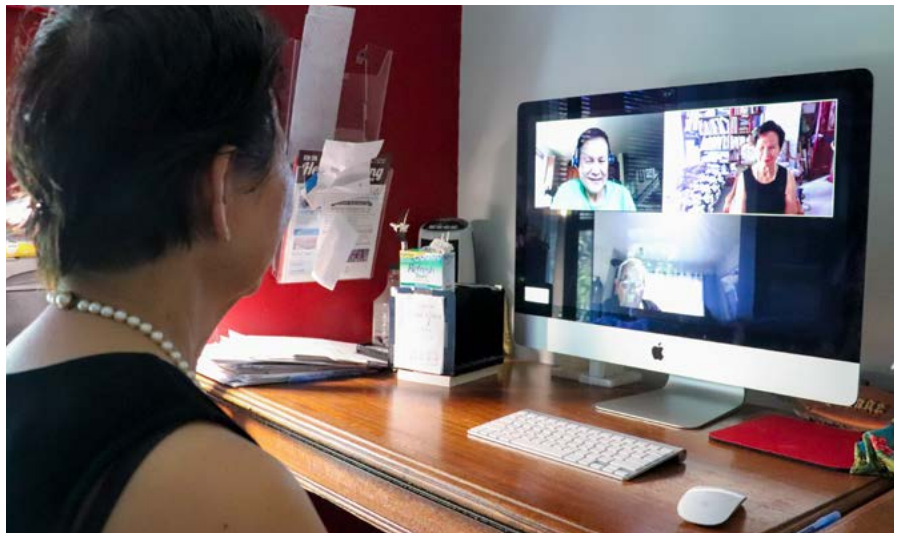
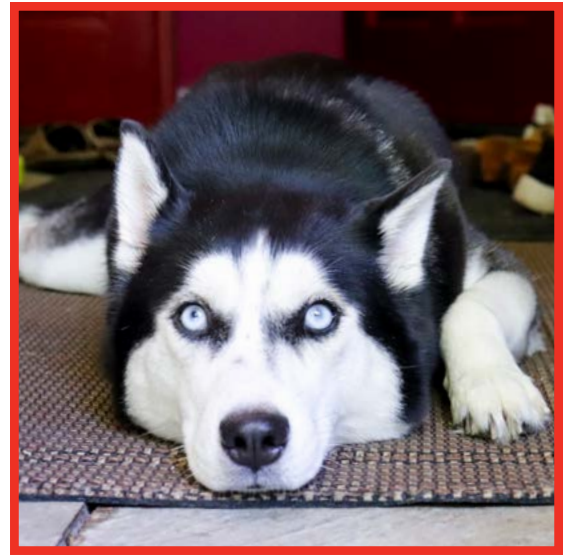
Eliane Dao was one person who answered the call and shared her unique experience with COVID-19. As an older adult, she limits her time spent outside the house. Aside from essential trips for food and supplies, she has kept herself occupied with cleaning her garage, fostering a dog who was stranded when the pandemic hit, teaching a friend in Los Angeles how to speak English, and videoconferencing with our SmartLab volunteer Victus Wong to learn more about navigating tech.

Dao's husband, Dr. Mayeda, is a practicing physician and former medical director at the now-closed Keiro Northwest nursing home. He continues to see his patients from the Keiro Northwest community and even a few who reside at Kin On. Throughout COVID-19, in-person visits are reserved for emergencies only, whereas routine checkups are now virtual through Zoom or phone call. His participation in SmartLab virtual sessions helps him in his practice, especially as telehealth has become a new norm. Because most of his patients are older adults, technology has become essential for health professionals to continue providing care while protecting their patients' health and themselves.

Dao's connection with Kin On began in the early 1990s when she joined the organization as a nurse at the request of Fred Yee, former Kin On CEO. Kin On has grown in leaps and bounds since opening its nursing home doors at 1700 24th Avenue South, but there was no shortage of obstacles in becoming a comprehensive healthcare network, she recalled.

Unlike most mainstream nursing homes, Kin On staff speaks the languages and understands the culture of the residents, who are mostly of Asian descent. Dao herself could speak Cantonese, Mandarin, Vietnamese, French, and English. While many nursing assistants could not speak English well or had no certification at first, they had medical and nursing backgrounds in their home countries. Dao appreciated that Kin On helped new immigrants with job opportunities, training and certification, and other resources. In return, they happily and tirelessly provided our residents with high quality and culturally appropriate services.

"I just felt that they were so humble to come work as a nursing assistant even though some were doctors in China. They devoted their energy and used their knowledge to improve the care of the elderly. Their willingness to work hard was inspiring."



Eliane的丈夫前田健是一名執業醫生，曾出任現已關閉的Keiro日裔養老院的醫療主管。現在他依然與Keiro Northwest社區的長者保持聯繫，甚至還有一些長者已經在健安入住。在新冠肺炎疫情期間，前田醫生只會親自接待需要急診的患者，而其他例行檢查則通過Zoom或電話虛擬進行。他指參加智能科技課程有助於他學習如何進行虛擬檢查，尤其是在遠程醫療已成為一種新模式。由於他的大多數患者都是老年人，因此科技技術已成為衛生專業人員在保護患者健康和自身健康的同時繼續提供護理的必要條件。

Eliane與健安的關係始於1990年代初，當時她應健安前行政總裁余海量(Fred Yee)的邀請加入健安擔任護士。她回憶說，自從在南24大道1700號開設療養院以來，健安取得了突飛猛進的發展，但是要成為一個全面的醫療網絡並不容易。

Months after joining Kin On, Dao was asked to serve as the Director of Nursing Services (DNS). With her new position came more responsibilities, more problems, and constant stress. “I was the DNS, I was a nurse, I was doing infection control reports, I had to be a health educator, I had to take care of the family of the residents.” Dao listed the roles she juggled and noted that she and her nursing colleagues often received much criticism but little reward.

On top of all the expectations and new regulations, staff shouldered the extra burden of skilled nursing shortages as Kin On struggled to find enough funding in the first few years. Dao was often on-call in case a nurse could not make it to a shift. She did all this while maintaining her nurse practitioner duties at International Community Health Services and raising two sons. Still, she remained a staunch supporter of her nursing team. She knew Kin On could not afford to lose staff.

Nursing assistants received the least pay for the hardest work. Dao was keenly aware of the immense pressure nursing home staff were under to meet the demands of the government, families, and residents, all without mistakes.

COVID-19 has unmasked the longstanding systemic issues that have been plaguing the long-term care industry. Nursing homes across the country have felt the chronic lack of federal funding, not only facing shortages in personal protective equipment (PPE) and staffing, but also inadequate testing kits and resources.

Dao retired as a nurse practitioner a decade ago, choosing to offer interpretation services in healthcare and other settings during her retirement. She empathizes with long-term care staff and especially with immigrant health care workers for whom she always advocated. Above all, she is grateful because she understands how difficult their jobs already were before the pandemic. “I want to thank them. I feel respect for their moral value, how they look at people. I am thankful to the medical group, who are so willing, who show the spirit to help the people who are in desperate need to get help.”



Eliane Dao (front row, fourth from the left) was recruited by Fred Yee (front row center) to join Kin On as a part-time nurse. She was later promoted as Director of Nursing Services. The photo features a group of staff member in 1988 at Kin On's old facility.

畢玉琼(前排左起第四)接受余海量(前排中間)的邀約加入健安。起初為兼職護士，其後晉升為護士長。這張照片是1988年健安舊院中的一群工作人員合影。

When we come out of this pandemic, no matter where we live, our society will have changed forever. Perhaps it's finally a wake-up call for us to focus on investing in health care reform and social services to better support our most vulnerable, marginalized populations, including elders and immigrant health care workers. The lack of preparedness and the neglect in policy costs us thousands of lives, as in Dao's words, "Life is more precious than money. It can't be paid back." Once our leaders act with this belief in mind, we can take away some lessons from this pandemic to build a better future for all.



與大多數美國的療養院不同，健安員工會講多種語言，並了解院友的文化，這些院友大多是亞裔。Eliane自己可以說粵語、普通話、越南語、法語和英語。雖然許多助理護士起初英語說得不好或沒有證書，但他們在本國擁有醫學和護理背景。Eliane讚揚健安為新移民提供了就業機會，培訓和認證以及其他資源。與此同時，這些護理人員則承擔了繁重的工作，並不遲勞苦地向院友提供其符合文化的服務。

「我覺得來擔任助理護士的他們很謙虛，要知道有些人其實在中國當醫生。他們付出精力，利用自己的學識來改善老年人的護理。他們努力工作的態度令人鼓舞。」

加入健安幾個月後，Eliane被要求出任護士長一職。她的新職位帶來了更多的責任，更多的問題和不斷的壓力。「我是主管，我是護士，我需要做感染控制報告，我亦必須做一名健康教育者，我同時照顧院友的家人。」Eliane列出了她所扮演的角色，並指出她和她的護理同事經常受到批評，但獲得很少回報及讚賞。

除了應付所有期望和新的規定外，由於健安在最初幾年內難以找到足夠的資金，員工承擔了因專業護理人員短缺的額外負擔。Dao時常輪班待命，另外維持在國際診所(ICHS)護士的職責，並撫養兩個兒子。儘管如此，她仍然是她護理團隊堅定的支持者。她知道健安承受不起失去員工的風險。

護士助理的工作最辛苦但得到的報酬最少。Eliane充分地意識到，養老院員工在滿足政府、家庭和院友需求方面承受著巨大的壓力，而且工作不能出差錯。

新冠肺炎疫情揭露了困擾長期護理行業的長期系統性的問題。全國各地的療養院都存在長期缺乏聯邦資金的問題，不僅面臨個人防護設備和人員短缺的問題，還有檢測試劑盒和資源不足等情況。

Eliane十年前從護士崗位退休，她在退休期間選擇在醫療保健和其他場所提供口譯服務。她非常同情面對疫情的長期護理人員，尤其是這些移民來美的護理工作者。更重要的是，她很感激，因為她了解疫情大流行之前這些護理人員的工作已經很困難。「我要感謝他們。我很尊重他們的道德價值，以及他們照顧人們的態度。我感謝所有醫務人員，他們很樂意去幫助需要緊急援助的人。」

當我們擺脫這疫情大流行時，無論我們生活在哪裡，我們的社會都已永遠改變。也許這是一個警鐘，要求我們專注於醫療改革和社會服務方面的投入，以更好地支持我們最需要幫助，處於邊緣，最脆弱的人們，包括老年人和移民醫療工作者。缺乏準備和政策上的疏忽使我們成千上萬人喪生，借用Eliane的話來說：「生命比金錢更寶貴。它無法償還。」希望我們的國家領導人能謹記這一信念並採取行動，我們就可以從這次疫情大流行中吸取一些教訓，為所有人建立更美好的未來。



Rebuilding for the Community, by the Community

關懷服務社區 全賴有您

Just when we thought we were starting to find ourselves adapting to the “new normal,” Kin On was forced to face yet another challenge. On June 25, a fire raged through the Eng Suey Sun Plaza in Chinatown-International District (C-ID), where Kin On’s Care Network Office was located, and a demolition crew tore down what remained days after the disaster.

The structure housed 11 businesses, including our satellite office, which served as the primary hub for our home care and community-based social service for over two decades. Fortunately, there were no injuries.

Back in the 90s, we decided to expand our services to meet the needs of our elders who choose to age-in-place in their own homes. We wanted to provide a service outpost in the CID for easy access to our care team, elders, and their families. It has proven to be very beneficial to the local community.

“We have been very fortunate to use this space for such a long time to serve the community,” said Michael Woo, our Care Network Director. “Our office space provided us with a consistent presence in Chinatown so that we could be closer to many of the clients we serve. Through this space, we have been able to provide a lot of services - with home care being the biggest program, along with community-based social services, family caregiver support, and disease management workshops.”

Most of our office staff have been working from home during the pandemic. They are pivoting and adapting to the changes, and rising to the challenges. Yet, when coupled with this unexpected tragedy, it is taking a significant toll on our emotional health. Everyone lost something in this devastating fire. Though mostly documents and office supplies, we can’t ignore the fact that this space meant something to each of our staff.

“Sometimes you don’t know how much you will miss certain things until you lose it. It meant a lot to me and other people, especially the Eng Family Association. Losing the building is a loss for the community. There was a lot of history and many sweat and tears that generations of people had invested there.”

Due to fears of the virus, the home care business was down to 50% in March and April. Despite challenges, we continue to prioritize staff and client safety by providing personal protective equipment (PPE), and enforcing safety protocols for active caregivers. We also offer information and wellness checks and deliver care packages to clients throughout these trying times.

Acts of kindness are what keeps us going, keeping our community strong and connected during trying times. We could not be more thankful for how much the community responded to our call for support.

Just a few days after the fire, a donor handed us the keys to their space in the C-ID for us to use temporarily. In less than two months, over 160 community members contributed, sending in \$62,305 and a \$70,000 grant from a generous foundation to help us rebuild. We have already purchased new laptops and additional PPEs with the funds. We are also close to moving into a new space and providing seamless support to our most vulnerable population during this pandemic.

“Moving forward, I believe this will be a new beginning, not only having a new place but also allowing us to retool and reconceptualize what we can do for the community. It presents an opportunity and potential for us to look at ourselves inwardly and better serve our community more effectively.”

Everything that has happened continues to remind us that we cannot do any of this on our own. It is a community effort, and we are so humbled and grateful for the outpouring of support!

當我們開始適應「新冠疫情的常態」時，我們再次面對另一場挑戰。6月25日清晨一場大火在唐人街的伍胥山商業中心肆虐，而幾天後拆遷人員拆除了整棟大樓。大樓常駐11家企業，包括我們的唐人街辦公室。在過去的20年中，唐人街辦公室一直是健安為逾二百多個家庭提供家居照顧和社會服務的基地，貼近大家的安老資源中心。

上世紀90年代，我們決定擴展服務範圍，以滿足在自己家中安老的老年人的需求。我們希望在唐人街中提供一個服務站，方便與我們的護理團隊、長者及其家人溝通。多年來當地社區非常受益於我們的服務。

「很幸運能夠常駐在唐人街辦公室為社區服務」社區服務網總監胡大明說。「多年來扎根唐人街，總算能夠服務區內街坊。在這個辦公室裡，我們提供很多服務，除了最主要的家居護理服務外，還有社會服務、親屬照顧者支援服務和慢性病自我管理工作坊。」

在新冠疫情大流行期間，我們大多數辦公室的工作人員都在家中工作。他們正在努力應對變化，應對挑戰。然而，當這場意外來臨時，它給我們的精神帶來巨大的悲痛。每個人都在這場無情的大火中失去了一些東西，儘管主要是文件和辦公用品，我們不能忽視這個辦公室對我們每個人都有著特殊的意義。

「在失去某些東西之前，或許我們往往不會特別在意，直到回想起來，才知道有多珍惜這些已失去的東西。這裡對我和其他人，尤其是伍氏公所都意義重大。對社區來說亦是一大損失。這裡充滿歷史，以及幾代人在這裡投入的汗水和酸甜苦辣。」

由於擔心病毒肆虐，三月和四月的家居護理業務減少了一半。儘管面臨挑戰，我們仍將員工和委託人的安全放在首位，持續為工作的護工提供個人防護設備，確保實施安全規程。我們還提供健康檢查，並在這艱難時期為委託人提供護理物資和食品。

能幫互助是使我們前進的動力，能在艱難時期保持社區的團結。我們對社區給予我們呼籲的回應表示衷心的感謝。

火災發生幾天後，一名捐助者將其唐人街辦公室的鑰匙交給了我們，供我們臨時使用。在不到兩個月的時間裡，超過160名捐助者向我們贈與\$62,305，另一個慷慨的基金會撥款\$70,000，以幫助我們重建。目前我們已使用這些資金購買了新的筆記本電腦和個人防護設備。我們亦即將遷入唐人街辦公室的新址，並為最需要幫助的人群提供無縫支持。

「展望未來，我相信這將是一個新的開始，不僅重新設立一個新的辦公室，亦希望藉此遭遇，重新構想我們未來如何繼續支持區內的長者，重新認識自我，好讓我們更好地為社區服務。」

最近發生的一切都在提醒著我們，社區的支持是健安不可或缺的重要力量。我們對社區無盡的支持感到謙卑和感恩！



Coping With Social Isolation and Loneliness 走出疫情下的孤獨感

Dealing with COVID-19 can be overwhelming. It's normal to feel worried, anxious, and frustrated as many of us are not able to do things that we used to be able to do and have the same quality of social connections we used to have with others. For some, social isolation or loneliness is a real concern. Factors such as living alone, lack of family support, struggling with disability, language and transportation barriers may increase the chances of social isolation.¹ Unfortunately, a prolonged sense of loneliness and social isolation are well documented as have an adverse impact on one's health.^{2,3,6} The good news is that there are many things we can do to tackle loneliness and to start feeling connected again.

Below are some ideas that might help us to mitigate the sense of social isolation or loneliness in these trying times.^{1,4,5}

疫情不斷，相信不少人精神壓力很大。感到緊張、焦慮或沮喪自然不過。我們以前能夠做的事情，以前能夠約見的人，都好像離我們很遙遠。而對於某些人來說，社交孤立或孤獨確實是一個棘手的問題。獨居、缺乏家庭支持、在殘疾中掙扎、語言和交通障礙等因素可能會增加社交孤立的情況。¹ 研究表明，長期的孤立與孤獨不單影響社交生活，還會增加患上身體和情緒疾病的機會。^{2,3,6} 然而，當大家嘗試走出第一步，其實可以做很多事情來提高心理健康，調整積極的情緒，消除精神壓力和孤獨感，重新築起人與人之間的橋樑，增加彼此的聯繫。

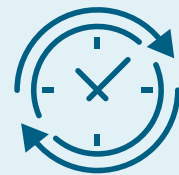
以下是一些想法，幫助我們減緩在這些艱難時期的孤獨感。^{1,4,5}

1 MAINTAIN A DAILY ROUTINE

Keep a list of things that you want to do every day. This will give you a sense of regularity, self-efficacy and accomplishment.

保持每天日程

列出每天想要做的事情，讓自己有規律性，增強自我效能，帶來成就感。



2 STAY ACTIVE

You can select an exercise routine or program based on your health conditions, needs and interest. Walking around the neighborhood can be another option. Exercise is known to have a multitude of benefits, including helping with depression.



保持活躍

根據自己的健康狀況、需求和興趣來選擇鍛煉身體的活動。在社區中漫步可能是一種選擇。眾所周知，運動有很多好處，不但能夠改善情緒，而且能減少抑鬱和焦慮等負面情緒。

3 MAINTAIN OUR CONNECTIONS WITH OTHERS

Although face-to-face contact might not be feasible or advisable during the current pandemic, meaningful connections can often be maintained through exchanging greeting cards, notes, telephone calls, or through social media platforms such as Facetime, Zoom or instant messengers.



保持與他人的聯繫

在疫情下，面對面的聯繫也許不可行，又或不建議，但我們可以透過交換賀卡、便條、電話或社交媒體平台，例如 Facetime、Zoom 或短訊來維持有意義的聯繫。

TAKE GOOD CARE AND BE KIND TO YOURSELF

4

- Take a warm bath
- Buy or cook a dish you like and don't forget to savor the experience while you are enjoying it
- Enjoy a cup of tea, coffee or your favorite drink
- Watch some of your favorite movies or TV programs
- Listen to your favorite music
- Read books that you enjoy or try a new genre
- Pray, meditate and reflect, for those who have spiritual or religious beliefs
- Practice mindfulness
- Light scented candles (under safe conditions) to reduce stress
- Adopt or take care of a pet
- Get good sleep



保重並善待自己

- 洗個熱水澡
- 購買或烹製自己喜歡的菜餚，並且在享受美食的同時不要忘記細味過程當中的點點滴滴
- 享用一杯茶、咖啡或您最喜歡的飲料
- 觀看一些您喜歡的電影或電視節目
- 聽您喜歡的音樂
- 閱讀您喜歡的書籍或嘗試其他類型的讀物
- 有精神或宗教信仰的人可以祈禱、打坐和思考
- 練習正念
- 在安全條件下點起香氛蠟燭，減輕壓力
- 收養或照顧寵物
- 睡個好覺

UTILIZE YOUR CREATIVITY

5

- Journaling (i.e. Keep a gratitude journal. Gratitude often is not limited to being thankful for things that are positive. Sometimes negative or challenging experience can help us to realize what we have to be thankful for.)
- Calligraphy
- Origami
- Knitting
- Building models
- Painting
- Decluttering
- Make a realistic to do list, take small steps and follow through with it
- Home improve projects



利用您的創造力

- 日記(寫下屬於您的感恩日記。感恩通常不僅僅限於對好事表示感謝。有時候，挫敗或困難的經驗也可以幫助我們認識到需要感恩的事情。7)
- 書法
- 摺紙
- 針織
- 建築模型
- 繪畫
- 整理
- 制定一份切合實際的待辦清單，一步一步，按目標完成
- 家庭裝修項目

Feel free to check out the sources below if you would like to know more about this topic.

如果您想了解更多有關此主題的信息，可參考以下資源。



1. <https://www.health.harvard.edu/aging/5-ways-to-fight-loneliness-and-isolation>
2. <https://www.apa.org/monitor/2019/05/ce-corner-isolation>
3. <https://www.aginglifecarejournal.org/health-effects-of-social-isolation-and-loneliness/>
4. <https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>
5. <https://www.health.harvard.edu/mind-and-mood/exercise-is-an-all-natural-treatment-to-fight-depression>
6. <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>
7. <https://www.forbes.com/sites/womensmedia/2016/07/08/8-ways-to-have-more-gratitude-every-day>



Wellness Warrior Walk Brings Families Closer Together

「健康戰士 5公里」拉近心的距離

For the last ten years, Kin On has hosted annual sports tournaments to raise funds to support our elders. However, this year to ensure our community's safety during the global pandemic we shifted our event to a virtual Wellness Warrior Walk 5K!

We set a goal of \$20,000 to support elders in our community and you crushed it! Together, we reached and surpassed our goal, raising \$30,826. Let's hear from a few "Wellness Warriors" about their experience.

在過去的十年中，健安每年都會舉辦慈善運動會，以籌集資金支持我們的長者。今年為了確保在全球疫情大流行期間我們社區的安全，特此將活動改變為虛擬的「健康戰士5公里步行活動」！

一開始我們設定了\$20,000的目標來支持社區中的長者，而您幫我們超額完成，最終籌集到了\$30,826。讓我們從一些「健康戰士」那裡聽聽他們參與這次活動的體驗。



EMILY WON
Family Member 院友家屬

I joined this 5K because my dad has been a resident at Kin On for almost 20 years and it gave me an opportunity to help them raise funds. It was also a way to motivate me to stay active during this COVID time. I decided to run a 5K for every donation I received on my Facebook fundraiser site. My friends got clever and donated multiple times so I would have to run more of them! I did a total of twenty 5Ks and over 62 miles. It felt good to do something positive during these uncertain and difficult times. It also gave me a reason to keep active and interact with my family and friends.

Kin On has taken such great care of my dad and us over the years and we consider the staff there like family. It felt great to be able to give back to them, especially during this time where it's hard to have fundraisers. Thank you Kin On!



我父親在健安居住了將近20年，加入這個籌款活動給了我一次幫助他們籌集資金的機會，這也是激勵我在疫情期間保持活躍的方式。我決定在我的Facebook籌款網站上，為每筆捐款都跑5公里。而我的朋友們很聰明，多次捐款，所以我總共跑了20次，一共62英里！在這些不確定和困難的時期，做些積極

的事情感覺很好，這也給了我保持活躍並與家人和朋友互動的理由。

多年來，健安一直非常照顧我父親和我們，我們認為健安的員工就是一家人。尤其是在目前很難募集資金的時候，能夠回饋他們，真是太好了。謝謝健安！

I was initially somewhat skeptical about having the Wellness Warrior Walk 5K event. The reason being I haven't done any virtual sports activities before and I would prefer real sporting games for its competitive nature. My daughter, Jessica, volunteered to join me for the walk after she heard about it. We completed our first father-daughter walk on a very nice Saturday afternoon in Hong Kong's Tseung Kwan O area. The walk gave us some bonding time and we definitely enjoyed every bit of it. (Maybe next time we compete for best team uniform or the most interesting walk as I still enjoy a good competition!)

起初，我對舉辦「健康戰士 5公里」活動持懷疑態度。原因是我以前沒有參加過任何虛擬的運動會，而且我更喜歡真正的體育遊戲，因為它具有競爭性。我的女兒樂扶(Jessica)得知消息後，自願參加我的步行活動。我們在一個天氣非常不錯的星期六下午在香港將軍澳地區完成了第一次父女步行活動。這個機會給予了我們一些談心相處的時間，我們絕對樂在其中。(也許下次我們可以加入最佳團隊制服或最有趣的步行路線等競賽元素，畢竟我還是喜歡比賽較量一番。)



KARMAN CHEUNG 張焯光
Kin On Supporter 健安之友

JESSICA CHEUNG 張樂扶
Karmen's Daughter 張焯光的女兒

5.78

Kilometers

10'48" Avg. Pace
1:02:28 Time
216 Calories

20 m Elevation Gain
148 Avg. Heart Rate



It was a really fun and meaningful experience to do this fundraiser with my father. It was the first time we did a 5K together and we were able to connect and stay active all while supporting an amazing cause. It brings so much joy to know that putting a little time and energy can help raise support for the Kin On community. I would do it again in a heartbeat!

和父親一起進行這項籌款活動真是一次有趣而有意義的經歷。這是我們第一次一起進行5公里步行活動，既可在支持健安的同時與家人聯絡感情並保持活躍。花一點時間和精力可以幫助增加社區人士對健安的支持，這讓我感到非常高興。下次，我必定會繼續參加！



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Our celebration is going virtual! 線上慶祝健安三十五週年



For over 35 years, countless elders and families in the Asian community have benefited from our culturally relevant health care services. This is quite an achievement and it says a lot about both the commitment of our staff, and all of you, our dedicated supporters! Thank you!

Under normal circumstances, we would be throwing a big party and celebrating with all of you in person. Unfortunately, we're unable to do that right now.

Kin On's 35th Anniversary Committee and staff have put together something special for you to enjoy from the comforts of your own home. We hope you will celebrate with us by tuning in **every Wednesday from September 16 – October 7** for a series of videos, highlighting stories that honor the past, celebrate the present, and share our vision for the future.

Visit <https://kinon.org/celebrate35/> for more information.

過往三十五年來，無數亞裔社區中的老年人和家庭受益於我們提供的符合亞裔文化的醫療服務。這是一項偉大的成就，是我們員工以及所有支持者的對社區的承諾，在此深表謝意！

我們原計劃將舉行大型慶祝會並親自向所有人致謝，但很遺憾現在因疫情無法做到這一點。

健安的三十五週年籌備委員會和同事們準備以特別的慶祝方式，讓您可以在家中舒適地享受及參與。我們希望您能與我們一起慶祝，**在9月16日至10月7日的每週三**收看一系列視頻——感恩過去、慶祝現在和展望未來。

登入<https://kinon.org/celebrate35/>了解更多。