

*Love, Respect, and Dignity
Embrace Our Culture of Care*

—  —
關懷長者 你我有責
延展愛心 承傳文化


Villa
Cathay
CARE HOME



Enhancing Senior Care for Chinese Canadians

Villa Cathay is proudly home to hundreds of Chinese seniors from all over Vancouver. And we take that one word very seriously: *home*.

Home is so much more than four walls and a door. Home is about that feeling of safety, of comfort, of family. It means the warmth of belonging and the certainty you're exactly where you're meant to be.

Whether it's a simple heartfelt greeting, a traditional Chinese meal, or simply someone to talk to, our seniors are surrounded by love, treated with respect, and supported in living with dignity.

We want to keep providing this unmatched level of culturally focused and respectful care for generations to come.

**The kind of care you'd want your own parents to have.
The kind of care you'd want someday.**

However ...

加強對華裔長者的照顧

華宮安老院有幸成為來自大溫各地過百位華裔長者的家。而我們也很認真地看待這個肩負的使命：為長者締造一個屬於他們的「家」。

家並不只是由四面牆和一扇門所組成，它的意義在於提供身處當中的人一個安全、舒適和溫暖的感覺，家帶給我們溫馨的歸屬感，讓我們覺得適得其所。

無論是一句衷心的問候、一份傳統的中式膳食、或是一刻簡單的交談，我們的長者都被愛所包圍著，在華宮的每一天都受到全面的照顧和支援，使他們感到備受敬重，並且有尊嚴地生活。我們希望世世代代的長者都能享有這種無與倫比的照顧 — 一種以華人文化為本並且充滿尊重的護理服務。

這是一種您會為自己的父母安排，而您自己也會樂於接受的照顧。

然而...

Villa Cathay Is In Jeopardy

Without immediate action, the love, respect, and dignity with which we treat our seniors will become impossible.

Villa Cathay was built on a solid foundation of not-for-profit social good, but 40 years later the building itself is showing its age. Our facilities simply can't keep up with the complex health care needs of our aging population.

Our residents share their tiny double rooms with strangers. Private washrooms are too small for seniors with wheelchairs, meaning some must use the shared facilities. Three times a day, there are long waits for the aged and slow elevator as residents make

their way to the only common dining room on the main floor.

Despite the excellent quality of care at Villa Cathay, our current building has a negative impact on the quality of life and dignity our seniors deserve and expect.

***We need to do better, much better.
And with your help, we will.***

The solution is to re-build from the ground up, and we're asking you to join us as we raise the last \$5 million of the \$73 million needed for this project.

Our residents deserve your support.



華宮安老院正面臨前所未有的挑戰

如果不立即採取行動，我們對待長者的愛心、敬重和尊嚴將不能持續下去。

華宮是一間非牟利的安老院，因慈善的目的而成立，在服務了社區四十年後，院舍已顯疲態，現今的設施亦無法完全因應人口老齡化所衍生出來，多元的醫療需求。

我們的長者入住時需要和另一個陌生人共用雙人房間，而且房內的洗手間因為窄小不利輪椅出入，迫使使用輪椅的長者要等候可容納輪椅的公共洗手間。每天三次，長者必須花時間等待緩慢的電梯，以前往位於主樓，唯一的飯廳吃飯。

儘管華宮安老院提供了優質的護理服務，但目前院舍設備的限制卻對護理的質素有負面的影響，近而影響了長者應得的照顧品質及生活的尊嚴。

我們必須改善，比現在做得更好；在您的支持之下，我們便可以做到。

解決目前困境的方案是重新興建華宮的院舍，我們摯誠地邀請您和我們一起，為這個價值七千三百萬的重建項目籌集最後關鍵的五百萬元。

我們的長者值得您的支持。





The New Villa Cathay

Picture a modern ten-story tower alongside a beautiful three-story pavilion.

Each “Villa” (a care unit) will be designed around a neighborhood concept. Each neighborhood will be home-like and feature its own lounge, dining room, kitchen, exercise area, and family retreat room. The Villa concept will mean that residents will be more engaged with each other.

Each resident will have a private room designed to provide a comfortable transition from home. At the same time, every room will have ceiling lift capabilities and a private ensuite bathroom with a shower.

Common areas will be bright and cheerful, and staff will have the space and resources they need to engage our seniors in activities

designed to enhance their physical and psychosocial well-being.

All of this while maintaining the culturally appropriate care that we’re known for.

Because our residents come first in everything we do, we’ve organized the project so that they can continue to stay at Villa Cathay during construction. The first phase of the project, the tall tower, will be completed in mid-2019. Once residents move in, we’ll begin phase two of the project: the three-story pavilion.

The project will be fully completed in early 2021.

新的華宮安老院

請試著想像一座十層高的大樓旁邊還有一座三層高的別緻樓房。

每個別苑(照顧單位)是以小社區的概念而設計。每個社區都會像家一樣，設有客廳、飯廳、廚房、運動空間和家庭休息室。小社區的設計也將促使長者彼此之間有更多的機會和空間互動與聯誼。

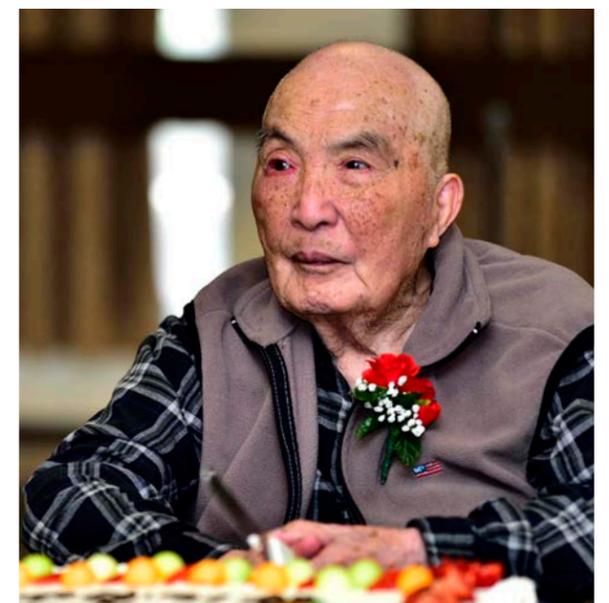
長者將入住如家一般舒適的私人房間，按照個人的喜好佈置房間。同時，每個房間都有天花板起重機的設備，協助行動不便的長者，每間房間的私人浴室也將安裝花灑設施。

在別苑裡，共用的空間將明亮清爽，予人愉快的感覺，照顧團隊也將有充分的空間和資源，協助長者參與有益身心的活動。

而以上的願景都將建立在以華人文化為本的護理之上，讓長者照顧更上一層樓。

由於華宮相信一切服務以長者的福祉為先，新華宮的建築計劃特別安排長者可以在重建期間繼續在華宮安全地居住。第一階段的高樓興建工程將在2019年年中竣工，在長者入住高樓後，第二階段樓高三層的西苑重建計劃將開始施工。

整個重建項目將於2021年初全面完成。



Culturally Relevant Care Sets Villa Cathay Apart

At Villa Cathay, we celebrate the vibrant Chinese culture of our residents and strive to create a welcoming environment that communicates the honor it is to support them through this stage of their life.

Whether it's sharing a scrumptious meal of lotus root soup and steamed minced pork or connecting over a game of Mahjong, we will continue to bring residents together to participate in activities that are familiar to them.

Before moving to Villa Cathay, some Chinese seniors experienced care that wasn't focused on their heritage. Even harder for them is the fact that many Chinese seniors don't speak or understand English. These fragile seniors can become withdrawn and depressed.

When they are given the chance to experience care at Villa Cathay, everything changes.

"I was only 110 pounds when I was transferred to Villa Cathay two years ago. I simply could not adjust to the Western cuisine that was served at my last care home. With time and the delicious menu at Villa Cathay, my weight and health steadily recovered. My weight is now a fighting 150 pounds as a result of the wonderful care that I have received at Villa Cathay. I am so fortunate and happy at Villa Cathay. This is my HOME." KEVIN CHENG, RESIDENT

We all deserve the chance to age amongst the culture that has shaped who we are.



文化的照顧讓華宮安老院與別不同

在華宮安老院，我們致力於創造一個讓長者以他們的華人文化背景為榮的環境，我們的長者照顧，為夕陽添晚晴。

無論是分享一頓有蓮藕湯和蒸肉餅的美味膳食，還是麻將耍樂，我們一致的使命是讓長者繼續在他們熟悉的文化中生活。

在搬進華宮安老院之前，有些長者曾接受非華人文化的照顧。對許多不懂英語的華裔長者來說，語言的隔閡使照顧更加困難。在這些狀況下，身體已經虛弱的長者可能變得更退縮和消沉。

當他們體驗了華宮安老院的護理後，一切都變得不同了。

「兩年前我初來華宮時，體重才110磅，我以前吃不慣另一家老人院的西餐飯菜。華宮美味的中餐飯菜使我食慾大增，隨著日月推移，我的身體狀況逐步改善。我的身體開始恢復，體重慢慢的增加，我現在體重已經150磅了，這都是華宮的姑娘們對我精心護理的結果。住在華宮安老院『吃得好，睡得好，多走走，身體好』還有各個社團來華宮唱歌跳舞表演等等。我們住在華宮是何等的快樂！華宮就是我的家！」 - 程萬里先生

我們每一個人都有權利在我們熟悉的文化環境中安享晚年。





「我在華宮安老院已經工作了十多年，能夠成為這個團隊的成員，令我感到自豪。我們都對工作充滿熱情，關心長者，致力讓他們感覺這裏是他們的家。」

- 黃詠瑜，照護團隊



A Red Cup as a Symbol of Respect

DR. ROBERT LOH, FUNDRAISING COMMITTEE CHAIR

A simple object showed me everything I needed to know about Villa Cathay.

I was visiting the home to take some photographs when I saw a staff member dash down the hall during afternoon tea. She returned shortly after, clutching a red cup in her hands.

My curiosity was piqued—why the rush to retrieve this cup? I watched as she filled it with tea, handing it carefully to an aged non-verbal resident.

The transformation was instant. The woman's eyes had been vacant just a moment

before. But as the cup touched her hands, she seemed to awaken. A brilliant grin broke out across her face.

“Why does she love that cup so much?” I asked the staff member afterwards. She shrugged. I would later learn it was the caregiver herself who had gifted the cup to the lonely resident.

These small daily acts of affection, care and generosity are what set Villa Cathay apart. They're what make me proud to be the Fundraising Committee Chair as we undertake this capital endeavor.

“I've worked at Villa Cathay for more than a decade now. I feel proud to be a part of this team. All of us have found a passion in our work. We truly care about our residents, and we're dedicated to making them feel like this is their home. I know each of their names.”

JOVY WONG, CARE TEAM

紅色茶杯代表的尊重

樂美石牙醫師，籌款委員會主席

透過一件簡單的物品，我知道了有關華宮安老院的一切。

當我在華宮做義務攝影師時，有一天在喝下午茶的時間，我看見一位護理員急急忙忙地經過，不久，她手裡拿著一隻印有白色心型圖案的紅色杯子回來。我很好奇她為什麼那麼匆忙地拿著那隻杯子，我便一邊觀察她小心翼翼地用那盛滿茶的杯遞交給一位長者。

當那位長者接過茶杯後，臉上轉瞬間綻開了燦爛的笑容。

我後來問那位護理員：「那位長者為什麼那麼喜歡那隻杯子呢？」，那護理員聳聳肩。後來我才知道，那隻杯子是這位護理員送給那位長者的禮物。

這些日常的小片段表達了深厚的情誼、關懷和愛護，正是華宮安老院與眾不同之處。也是因為這些互動，讓我身為籌款委員會主席而感到驕傲，努力為華宮籌款。



*“No matter what time of day I visit Villa Cathay, I am impressed with the empathy and professionalism of the staff. You can feel warmth in everything they do. **I feel confident with my mother in their care. I know she will be treated with the dignity and respect she deserves.**”*

SIDNEY NG, FAMILY MEMBER



Home Is Where the Heart Is

Whether we're in our current dated building or our new home, we will always go out of our way to ensure the comfort of our residents.

While so many seniors are forced apart from the people they love when they enter into a care surrounding, Villa Cathay makes a special effort to preserve those connections. And there's no better example than Mr. and Mrs. Li, who have been residents since 2014.

Arrangements were made when they

arrived at Villa Cathay so they could continue sharing a room, just like they were used to in their own home. The inseparable duo wake up beside each other each morning, walk to breakfast as a pair (exchanging compliments along the way!), and spend their days contentedly as a couple. They are truly two peas in a pod—and it's this kind of flexibility and care that is such an important part of what Villa Cathay offers.



家是心之所在、愛之所繫

無論是在現在舊院舍或新的華宮安老院，我們永遠都會盡全力確保長者過著舒適的生活。

許多長者因為要搬進護理院而被迫與配偶分開，在華宮安老院，透過用心安排，長者的感情得以維繫，於2014年入住華宮安老院的李氏夫婦便是最佳的例子。

當李先生李太太入住華宮後，華宮的團隊安排他們入住同一個房間，協助他們維持以往在家中的生活方式。他們每天在彼此的陪伴中醒來，一起到飯堂吃早餐，繼續開心地過著親愛的夫妻生活。彼此朝夕相伴形影不離—這正是華宮安老院用心和關懷的寫照。

「無論我是什麼時候去華宮安老院，我都對員工的同理心和專業精神留下深刻的印象，感受到他們對工作付出的愛心。我對華宮很有信心，知道在這裡我母親會受尊重和得到最好的照顧。」 - 吳重慶先生，長者家人



An Exciting Vision

LISA DONOVAN, CHAIR, BOARD OF DIRECTORS

I am thrilled to be part of the Board of Directors during this significant yet challenging time as we strive to enhance senior care for generations to come.



I first stepped into Villa Cathay in the late '70s and it was amazing even at that time. But now we are faced with outdated equipment,

restrictions in floor space, and small, slow elevators.

I'm excited when I think about how much potential there is to transform Villa Cathay into a spacious and comfortable home for our loved ones.

With your help, we will be able to increase the number of care beds by 50% for seniors in our community. We will build spacious single rooms that provide privacy and the opportunity for personalization. *And each of these rooms will be wheelchair accessible.*

We will create neighborhoods on each floor. Each neighborhood will have a large common area that will give seniors more opportunities for social connections, keeping their minds and hearts engaged in their community.

And a dining room on each resident floor will mean no more long waits for the elevator just to have a meal!

Our new home will be a wonderful place, and I can't wait for you to see it.



令人興奮的願景

范理沙，理事會主席

我十分開心在這個重要並且充滿挑戰的時候成為理事會的一員，這是我們致力提升長者護理服務水平的關鍵時刻。

我第一次踏進華宮安老院是在上世紀七十年代後期，而那時候華宮剛建造好，設備一流；但四十年後，我們面對著過時設備、空間限制及緩慢電梯所帶來的種種問題。

但是，當我想到重建後的華宮將可以讓我們摯愛的長者擁有寬敞舒適的家時，我便感到無比地歡欣。

在您的幫助下，重建後的華宮將增加百分之五十的長者護理床位，每一個臥房都會是寬敞的單人房，充分地保障個人的隱私，長者亦可將房間佈置成自己想要的家的樣子。未來的每間房間將可供輪椅自由進出。

每個樓層的別苑都是一個獨立的社區，每個別苑將有寬大的公共空間，讓長者有更多交誼的機會，讓他們的心神都可以投入社區的生活中。

每個別苑也將有獨立的飯廳，長者將不再需要為了三餐，花長時間排隊等電梯才能吃飯！

新的華宮安老院將是長者們美好的家園，盼能盡快與您分享。



“Every single volunteer and staff member at Villa Cathay has the same attitude—we care about our residents. If we can make the physical building as good as the care it’s going to be amazing.” DR. ROBERT LOH,
FUNDRAISING COMMITTEE CHAIR

Our Plans

Villa Cathay is fortunate to own the site at 970 Union Street in Vancouver, and we’ve been successfully operating our care home for more than 40 years. With a highly committed and dedicated Board of Directors, now is the time for a bold vision.

Soon to become the largest residential care community in Vancouver, the new Villa Cathay will be home to 224 seniors. In addition, our modernized “green” home not only complies with all licensing standards, but also meets the LEED Gold requirements.

The total investment for this project is \$73 million. In addition to our own capital reserve contribution, we’ve secured both a construction loan and a future operating agreement with Vancouver Coastal Health that will cover mortgage payments.

Now, Villa Cathay needs to raise just \$5 million more from our community to cover the final project costs. That \$5 million is exactly what’s needed to turn the new Villa Cathay into a home where quality senior care is never compromised.

Because Villa Cathay is a charitable organization, there are many ways to partner with us on this project. There are opportunities to recognize yourself, your family, a loved one or your organization within the new Villa Cathay Care Home.

Join us today, and be a part of this amazing charitable gift to the Chinese seniors in our community.

我們的計劃

華宮安老院很幸運地擁有位於溫哥華裕仁街970號的現址，並有著成功營運護理服務四十年的經驗。在勇於承擔的理事們領導下，現在是我們大膽地創新和發展的時刻了。

我們的新大樓將成為溫哥華最大的現代化護理中心，並將符合所有現行的規例和標準。此外，它將成為符合LEED Gold要求的綠色建築物。

重建項目的總投資額為七千三百萬元。除了我們的儲備金之外，我們已與溫哥華沿岸衛生局簽訂了未來的營運合約，未來的營運資金將可支付大部分興建的貸款費用。

然而華宮安老院仍需自行籌集五百萬元來補足這項龐大的興建計劃，這五百萬元正是將新華宮安老院打造成一個優質的護理家園所需要的。

華宮安老院是一個慈善機構，我們誠摯地希望可以與您攜手合作這個有意義的重建項目。新華宮大樓也提供多種命名機會來感謝、表揚您、您的家人、摯愛、和各個機構的慷慨解囊。

請今天就加入我們的行列，為我們的華裔長者帶來一份溫馨的禮物。

「華宮安老院裡的每一位義工和職員，都非常重視我們提供長者的服務；如果加上設備完善的新院舍，華宮將會在社區中持續地作出引以為傲的貢獻。」 - 樂美石牙醫師，籌款委員會主席





Invest in Our Community

Our residents call Villa Cathay their home—and with your help, we'll build a structure that reinforces that message at every turn.

Your tax-receiptable gift is an investment in providing dignified, loving, and respectful culturally-focused care to the seniors who have gifted us so much of their wisdom, time, and love.

It's a chance to say "thank you" to those who have given us so much. Please consider a generous gift to Villa Cathay today.

Villa Cathay Care Home

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Charitable Registration: 11928 5971 RR0001

為社區貢獻一份心力

我們的長者把華宮當作是他們的家，在您的幫助下，我們將能建成這個新大樓，進一步來發揚這個對家的信念。

您的善心捐款，將貢獻在打造一個充滿愛心、敬重、尊嚴、以華人文化為本的照顧環境，將是您給這群對社區曾付出過智慧、時間和愛心的長者，最豐富的回饋與禮物。

您的善心捐款更是對每一位為社會貢獻良多的長者們的一聲「多謝」，請考慮今天就捐助華宮安老院。

華宮安老院

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慈善註冊號碼: 11928 5971 RR0001



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