



**For Immediate Release
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Yee Hong Celebrates Seniors' Month – an occasion to strengthen the virtue of Filial Piety

(Toronto) June marks the Seniors' Month where seniors are celebrated all across the four Yee Hong Centres. A number of events will be held to honour our elders and bring senior care to the forefront.

Golden Ray Award Tribute Dinner (June 17)

The 78 year-old Mrs. Helen Lu, the "Volunteer Queen", will be presented the Golden Ray Award by Yee Hong Community Wellness Foundation for her tremendous contributions to Yee Hong as well as to the community at large.

"From just a concept to becoming one of the largest non-profit senior care providers in this province, Yee Hong has been fortunate to have Helen at every step along the way," says Dr. Joseph Wong, Founder and Chair of Yee Hong Foundation and Co-Chair of the 2010 Golden Ray Award. "Until this day, Helen remains a tireless fundraiser for Yee Hong and an ardent advocate for healthy and dignified living for seniors. I am proud of her."

Affectionately known as "MaMa Lu", Helen has been a champion of many charitable causes since she emigrated from Taiwan more than 30 years ago. Among her many worthy endeavors, she is a member of the Board of Directors of Yee Hong Foundation and a founding director of the Heart and Stroke Foundation of Greater Toronto's Chinese Canadian Council. In addition, she is always at the forefront in raising funds for various disaster relief efforts. Helen has been widely recognized for her community contributions by all three levels of government. In 2004, Helen was appointed as a member in the Order of Ontario.

Golden Ray Award Tribute Dinner, co-chaired by Dr. Joseph Wong, Nancy Siew, John Man and Hugo Lam, will take place on Thursday, June 17 at Regal Chinese Cuisine & Banquet Hall, 1571 Sandhurst Circle, Unit 107, Scarborough, ON M1V 1V2 (McCowan Road and Finch Avenue). Dinner and festivities will begin at 6:30pm and the award presentation will start at 8:30pm. Tickets are limited and the prices are: \$60 (regular) and \$100 (patron). The net proceeds will go to Yee Hong Foundation. For tickets and enquiries, please contact Katherine Hui at (416)321-0777 ext.1812.

Spring Into Wellness (June 5 and 12)

Combing wellness and fundraising, Spring Into Wellness is one of Yee Hong's signature events. It will take place on June 5th at Yee Hong Centre – Mississauga and on June 12th at Yee Hong Centre – Scarborough-Finch. In addition to the charity walk, there will be other fun activities, including a ping pong contest and karaoke sing-a-thon. For those who enjoy cooking healthy and sumptuous dishes, they can bring a home-made dish to each event and enter a cooking contest.





“Spring Into Wellness is a fantastic event that offers something for everyone,” says Henry Chiu, the Foundation’s Development and Communications Director. “We encourage the community to join us for these wellness activities, support a great cause, and in the process come to appreciate the meaning of filial piety.”

Yee Hong Centenarian & Nonagenarian Club

Yee Hong Centenarian & Nonagenarian Club is a place where we celebrate longevity and honour our seniors. Nursing home residents who are over 90 years of age will automatically become club members. The residents whose birthdays fall between February and June will be honoured. At the celebration, each will receive congratulatory greetings from three levels of governments, a personalized birthday card, a special memento and the opportunity to have a family portrait taken.

Currently more than 35% of our 805 nursing home residents are over the age of 90 and there are 16 centenarians living in our centres.

Bridlewood Mall Dumpling (June 11-13)

In celebration of Seniors’ Month and the Dragon Boat Festival, traditional Chinese dumplings, sticky rice wrapped in bamboo leaves, will be sold at Bridlewood Mall on June 11-13. All proceeds go to Yee Hong.

About Yee Hong

Yee Hong is a caring community where seniors enjoy a continuum of culturally and linguistically appropriate care. With a client-centred and personalized approach, Yee Hong is currently serving 15,000 seniors and their families across the GTA through its 805 long-term care beds, senior housing, community-based programs, medical and rehab services. Many of the programs and its current standard of service delivery are not funded by the government. In order to sustain our level of care delivery and many community based programs, Yee Hong Community Wellness Foundation needs to raise \$2.5 million each year.

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