

**We need it**

We live in a busy, competitive city. We work some of the longest hours in the world. We hurry through our day, getting as many things done as possible.

That's why we every so often need something that can touch our hearts.

**Don't see this every day**

Volunteers for Seniors Day was exactly this "something". There were so many things that were touching about this day. The first one was the sight of over 2,000 volunteers coming out to serve over 820 single elderly. Many of the volunteers were elderly themselves as well as parents who brought their young children and even babies. Then there were 91 single elderly who got their wishes fulfilled. One was having part of her life story written with the help of the volunteers. Another was getting a walking stick and reading glasses. Some others went to Ocean Park, Disneyland, and other Hong Kong attractions. All of the elderly were receiving daily necessities in lucky bags printed with a drawing by a nine year-old boy, chosen from over 700 drawings.

Thank you, Professor Anthony Cheung Bing-leung, Secretary for Transport and Housing and Professor Alfred Chan, Chairman of Elderly Commission, for supporting Volunteers for Seniors Day 2013.

**The magic touch of a promise**

There was one thing, actually 1,005 of them, that was "extra" touching this year! Inside every lucky bag, there was a neckerchief, all hand-knitted by one Grandma Tsang. Grandma Tsang is a cancer survivor. While she was in treatment, she met another cancer patient who was knitting scarves and giving them to elderly centres. Grandma Tsang promised her friend that she would carry on her legacy if one day her friend should pass away. The result was over 1,000 neckerchiefs that were donated to us to give to the single elderly being served on Volunteers for Seniors Day 2013.

**Thank you for touching our hearts!**

**Volunteers for Seniors Day 2013**

**Thank you!**

Thank you, Grandma Tsang, for touching our hearts with your loyalty to your friend. Thank you, volunteers, young and old, for touching our hearts with your enthusiasm to serve. Thank you, sponsors, for touching our hearts with your generosity. We believe that you have all touched the hearts of the 822 elderly you served and have made Hong Kong a more blessed place.



2013

**Spring**

NEWSLETTER

Over 2,500 volunteers were excited for a day of giving!



We are grateful we could serve the elderly over the last two years. Both the kids and adults were ready to give.  
--Jacqueline Wong



Kids Volunteer Corps! They were ready to entertain the elderly! -- Sammy Liu



Have you ever seen a bunch of volunteers more excited to serve than these?



Nine year-old Lau Chak Him took home the overall winning trophy in our first Lucky Bag Drawing Competition. In the words of our judge, artist Ms. Jlee, his drawing was "warm, colourful...it fully conveys the message of blessing, longevity, health, and peace." Congratulations!



Nice drawing from the volunteers!



Hong Kong's badminton star Pui Yin Yip came to show us a few moves to stay agile and healthy.



This year, members of the HOPE worldwide Centre for Kids came to encourage the volunteers!



Hand in hand, this elderly couple came ready to serve!



Our first Lucky Bag Drawing Competition attracted over 700 beautiful entries. Congratulations to all the winners. Well done!



We are motivated to serve by the love of God! -- Belinda Sy



These elderly volunteers were ready to live out "loving your neighbour as yourself"! -- Cina Ip



Working hard at making a new door!



Such focus and concentration!



Giving the elderly a clean house to start the New Year!

# 長者 2013 希望日



Today we helped fulfill the wish of two elderly women who have trouble getting around. Through this experience, we know more personally the elderly's needs. Their smiles were the best reward. -- Edward Chan



Giving a bit of our time brought the biggest smile to this elderly's face.



Bringing warmth to this elderly woman who was visually-impaired.



A simple outing to Nan Lian Garden fulfilled many elderly's wishes.



Thank God the weather was just right for our outing to Disneyland. Grateful that the elderly forgave us after some communications mishap. We then convinced her to take a picture with us to remember the day. -- Ka Ying Chang



The children's giving spirit warmed the elderly woman's heart. -- Roland Chan



Listening to Grandpa's "good old days"!



Eighty year-old Grandma Ho is so encouraging. She kept saying that she wants to make a special cape for the kids. The kids brought a lot of joy to Grandma Ho. So grateful that the children had a chance to give. -- Emily Lau



These two girls' angelic voices brought a lot of joy to the grandpa we served. -- Jacqueline Wong



Even though this is my 17th year, I am still just as excited as the first time. I don't get out much because I had a big operation last year, but somehow I had enough energy on this day! I was touched by the elderly couple's warm hospitality. They made fragrant Fujian tea, gave us some to take home, and even gave my son a red packet. We had a happy time just chatting. When I put the neckerchief on the old woman, it felt like we had known each other for years! -- Elaine Chan



When we visited the grandma, she was all smiles. She was very happy to receive our visit. She kept thanking us for listening to all the sad stories about her life. I learned that day what it meant to "bring warmth" to someone else. -- Rachel Ma



"It's safer and more convenient if you put them here."



"Grandma, these things are placed too high. It's dangerous for you to climb up and down!"



"Let me get them for you."



"Give it a try! Isn't it more convenient? Also reduces the chance of falling."



# Thanks a million!

## Co-host



香港房屋委員會  
Hong Kong Housing Authority

## Co-organizer



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## Special Thanks

- Professor Anthony Cheung Bing-leung, GBS, JP, Secretary for Transport and Housing
- Professor Alfred Chan Cheung-ming, BBS, JP, Chairman of the Elderly Commission
- State Street Foundation Fund at Give2Asia
- Ms Jlee, Artist
- Ms Yip Pui Yin, Hong Kong women's badminton player
- Ms Tsang, Neckerchief Knitter

## Community Partners

- ABWE Lai King Baptist Church Bradbury Elderly Centre
- Caritas Cheng Shing Fung District Elderly Centre (Sham Shui Po)
- Caritas District Elderly Centre - Yuen Long
- Christian Family Services Centre-True Light Villa District Elderly Community Centre
- Carson and Friends
- Cummins
- Department of Orthopaedics and Traumatology, the Chinese University of Hong Kong
- ELCHK Sha Tin Multi-service Centre for the Elderly
- HKSCH Wong Tai Sin District Elderly Community Centre
- Hong Kong Christian Service Fortune Neighbourhood Elderly Centre
- Hong Kong Christian Service Un Chau Neighbourhood Elderly Centre
- Hong Kong Institute of Vocational Education
- Hong Kong St. John Ambulance
- Hopkins Training & Education Group
- Lai King Estate Residents Association
- Mandatory Provident Fund Schemes Authority
- Neighbourhood Advice-Action Council-Sham Shui Po District Elderly Community Centre
- NVIDIA Corporation
- Pentecostal Church of Hong Kong Choi Wan Neighbourhood Elderly Centre
- Pentecostal Church of Hong Kong Ngau Tau Kok Neighbourhood Elderly Centre
- SAGE Chai Wan District Elderly Community Centre
- SAGE Cheung Shan Developing Horizon
- SAGE Tsuen Kwai Tsing Integrated Home Care Services
- Salvation Army Tai Po Integrated Services for Senior Citizens
- Salvation Army Yaumatei Integrated Services for Senior Citizens
- Sik Sik Yuen Ho Chui District Community Centre for Senior Citizens
- Sik Sik Yuen Ho Fu Neighbourhood Centre for Senior Citizens
- The Chinese Rhenish Church Hong Kong Synod Wo Che Rhenish Social Centre for the Elderly
- The Hong Kong Buddhist Association Buddhist Ching Hang Neighbourhood Elderly Centre
- The Hong Kong Mortgage Corporation Limited
- TWGHs Wilson T S Wang District Elderly Community Centre
- Wells Fargo Bank, N.A.

We wish to thank the following photographers for helping us take pictures during Volunteers for Seniors Day 2013: Asia Tiger Media Company, Cheung Tik Man, Eric Ho, Francis Chow.



# Let's do more good...

## ...for children!

For inquiry, call 2776-6829, email Gloria Yau at [gloriayau@hopeww.org.hk](mailto:gloriayau@hopeww.org.hk) or watch for updates on our Facebook page at [www.facebook.com/hopewwhk](http://www.facebook.com/hopewwhk).

Date	Time	Programme	The good you will do
Mar 28, 29 Apr 2, 5	11-12 am	Delicious Easter Treats	Assist the kids as they learn how to prepare delicious Easter treats.
Apr 3	10 am – 4 pm	Through a Child's Eyes	Assist a well-known professional photographer as he teaches the kids and takes them out on a photo run.
May 25	1 – 5 pm	History Museum Outing	Put a little more culture in our centre members' lives (and also yours) with an outing to the HK History Museum.
June 22	1 – 5 pm	Little English Reporters	Assist our centre members as they put their English oral skills to work by interviewing native speakers.



## ...for the elderly!

Contact Fanny Yeung at 3757-8020 or email her at [fannyyeung@hopeww.org.hk](mailto:fannyyeung@hopeww.org.hk) for details.

Date	Time	Programme	The good you will do
May - Jun	1-2 weekend afternoons	Elderly Fall Prevention Day	Use a simple tool to assess elderly's risk for falls, educating them about fall prevention. Programme takes place in public housing estates.
Jun - Oct	3 Saturday afternoons	Good Neighbour Volunteer	Visit elderly who are assessed with a high risk for falls and educate them about fall prevention.



## ...in China!

Make your plans now for the following trip. Registration will open in May. Check our website and Facebook page for updates.

July 28 – Aug 3, 2013

Gansu Province



# Bringing hope and changing lives around the world

## Coming around full circle

In Kathmandu, Nepal, HOPE *worldwide* runs the Asha Vidhyashram school (also known as HOPE school) where children from impoverished families can receive something that can change their lives and future – an education. Begun in 1996, the school has graduated more than 550 students. Currently, 150 students are enrolled.



Tulasi is now working as a teacher back at the school where she started.



In Kathmandu, one of the poorest cities in Asia, HOPE *worldwide* paves the way out of poverty for poor families through education.



Tulasi (front row, second from left) as a kindergartener in 1999. The Asha Vidhyashram school has graduated more than 550 students since 1996.

Here is a story of one such changed life.

### Seeking a better life

It started out as a typical “farmer seeking a better life for his children.” Tulasi Jirel and her family came from a remote village of the Dolakha district in Nepal. Her father barely made a living selling food in public places. He couldn’t even dream of sending his two children to school.

### A crucial decision

Luckily, the parents heard about HOPE school. In 1999, they made the crucial decision to send five year-old Tulasi to the kindergarten section of the school.

### A changed life

Making the most of the opportunity, Tulasi was disciplined, obedient, and diligent. After graduating from the HOPE school, she then received a scholarship to study at the Nava Indra Dhanus English Boarding School. She graduated from there and went on to enroll at the Pasang Lhamu Sherpa Memorial College where she is currently studying business management.

### A perfect circle

Tulasi has just been hired as one of the teachers at the HOPE school. She is now teaching children where she was once a student. Tulasi is very grateful to the school for giving her a very different life through education. HOPE school is also proud to have her back as one of their teachers.

Tulasi Jirel (center) started as a kindergartener at the school. She is now studying business management at college.



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