

Not just another Sunday

What do Disneyland, Ocean Park, shopping, a 3D movie and eating roast goose have in common?

And what do those have in common with Lucky Bags, painting and cleaning, and fall prevention?

The commonality lies in the fact that over 2,600 volunteers made January 8, 2012 a very special day for 861 single elderly in Hong Kong. The services they provided ranged from the ordinary, such as a simple visit, to the once-in-a-lifetime outing to Disneyland. Without their enthusiastic participation, the 16th Volunteers for Seniors Day could not have happened!



A dragon dance to welcome in the Year of the Dragon!

This is where your donations and sponsorships come in. They helped make these wishes come true (thank you very much!). The elderly's physical conditions made going out of the immediate neighbourhood by themselves a challenge. This is where the volunteers come in. They accompanied the elderly, showed the way, and pushed the wheelchairs.

Thank You for Making the Day So Special

Read all about it

Inside this newsletter, you will read some touching stories of how this all came together. We will also tell you about what the five minutes you gave us in 2010 accomplished in 2011.

Waving the magic wand

What made this year's Volunteers for Seniors Day a bit more special was the "Fulfill a Wish" Programme. Working with partnering organizations, we identified 60 elderly who had some kind of special wish. The truth was that they were all quite simple. Many of them simply wanted to go on outings to places in Hong Kong where they had never been, some needed New Year shopping done, while others just wanted to eat roast goose.

Volunteers for Seniors Day is also a way for not-so-old elderly to serve the community.

The elderly's financial constraints made these wishes...well, wishes.

Whether it's cash or in-kind donations, we thank you for your generosity.



Thank you for making an ordinary day so special. And thank you for continuing to care about a whole generation of people who helped build the Hong Kong we know and enjoy today.

Over 2,600 volunteers made January 8 a very special day for 861 elderly in Hong Kong.





“It’s Like She Had Won the Lottery”

Grandma Wu has worked hard all her life to provide for her family. Her hard life took a toll on her legs and feet and she now needs a wheelchair to get around. The social worker at her community elderly centre told her about HOPE *worldwide*'s Volunteers for Seniors Day Fulfill a Wish Programme. She hesitantly signed up and indicated that she would like to visit Disneyland.

She couldn't believe her good fortune when the social worker told her that she would be going to Disneyland on January 8th, accompanied by 3 HOPE *worldwide* volunteers. The social worker told our volunteers that she had never seen Grandma Wu so happy before. It's like she had won the lottery. The four of them spent a very happy, very special day in the land of Mickey.

We have no words to describe how happy she was and what a great time she had. We can only show you the pictures. Here, a picture is truly worth a thousand words.

A Different Kind of Shopping Experience

Seventy-seven year old Grandma Cheung came to Hong Kong when she was a young woman, leaving her children back in China. She now lives alone in one of the public housing estates.

She had a simple wish – to shop for goods such as dried mushrooms, dried scallops, and dried fish before Chinese New Year. It's a tradition that many elderly look forward to at this time of the year.

On Volunteers for Seniors Day, Grandma Cheung was accompanied by Emily Chan and a few others on a shopping trip to Sham Shui Po. Emily told us, "It was very fulfilling to help Grandma Cheung do something that she couldn't ordinarily do.

We walked and shopped around, looked at all the stuff, tried to figure out the best deal. It was clear that this was what she really wanted to do. We were like friends, talking with each other, exchanging tips on picking the good stuff and even bargaining for the best deals. When we finished, she had a very content look and said that all the stuff would last her for the whole year! I am very grateful for the opportunity to help an elderly fulfill a wish this year. I hope to do it again next year!"

Thank you, Emily, and so many of you for taking the time to serve. Thank you too, if you have given us a donation or sponsorship in the past. This is a perfect example of donors, volunteers, and us working together to bring hope and change lives.



Thanks a million!

Co-host



香港房屋委員會
Hong Kong Housing Authority

Co-organizer



城造在山上
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- ABWE Lai King Baptist Church Bradbury Elderly Centre
- Asian Outreach Hong Kong Ltd Island Harbourview Elderly Club
- Auxiliary Medical Service
- Caritas Cheng Shing Fung District Elderly Centre (Shamshuipo)
- Caritas District Elderly Centre - Yuen Long
- Carson and Friends
- Chinese International School Dragon Dance Team
- The Chinese Rhenish Church Hong Kong Synod Wo Che Rhenish Social Centre for the Elderly
- Christian Family Services Centre-True Light Villa District Elderly Community Centre
- Cummins Hong Kong Ltd.
- Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong
- ELCHK Sha Tin Multi-service Centre for the Elderly
- HKSKH Wong Tai Sin District Elderly Community Centre
- The Hong Kong Buddhist Association Buddhist Ching Hang Neighbourhood Elderly Centre
- Hong Kong Christian Service Fortune Neighbourhood Elderly Centre

Special Thanks

- Dr. Alfred Chan, Chairman of the Elderly Commission
- GoodNews Communication International Ltd.
- Mr. Duncan Pescod, Permanent Secretary for Transport and Housing (Housing) / Director of Housing
- Ms. Wai-chun Tsang
- Hong Kong Christian Service Un Chau Neighbourhood Elderly Centre
- Hong Kong Fundraising Consultancy Limited
- The Hong Kong Mortgage Corporation Limited
- Hopkins Training and Education Group
- International Social Service (HK Branch) Tin Shui Wai (North) Integrated Family Service Centre
- Lai King Estate Residents Association
- Leisure and Cultural Services Department
- Neighbourhood Advice-Action Council-Sham Shui Po District Elderly Community Centre
- Pentecostal Church of Hong Kong Ltd-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
- Sik Sik Yuen-Ho Fu Neighbourhood Centre for Senior Citizens
- Sik Sik Yuen Ho Kin District Community Centre for Senior Citizens
- TWGHs Wilson T S Wang District Elderly Community Centre
- Wells Fargo Bank, N.A.

We wish to thank the following organizations and photographers for taking photos during Volunteers for Seniors Day 2012: Addison So, Andrew Lee, Asia Tiger Media Company, Chris Ling, Eric Ho, Eric Lam, Jacky Cheung, Roundcircle, Vincent Ngai

How Your Clicks Led to Healthier Lives

Remember the 5 minutes you gave us in 2010?

Your 5 minutes and a few mouse clicks helped us win a grant from Li Ka Shing Foundation's Love Ideas♥HK Philanthropic Campaign. With this grant, we took the Elderly Fall Prevention Programme to some of the older private housing estates around Hong Kong.

It helped someone like Mr. Tang

Ninety-two year-old Mr. Tang worked as a tailor before retiring. He now lives alone in an old building with no lifts. One day, we set up shop in the elderly centre Mr. Tang frequents. Our volunteer assessed Mr. Tang on his risk for falls and found that he was a high-risk case. Subsequent follow-up visits by an occupational therapist and volunteers gave Mr. Tang a new hand-rail and a non-slip mat in the bathroom – simple measures to reduce the possibilities of falls.

A total of 73 volunteers assessed 1,045 elderly for their risk for falls. Of those elderly, we found 149 (14%) to be in the high-risk category. Thanks to you, many more elderly have a higher awareness of their risk for falls while some received proper walking aids and necessary home modifications. All can lead healthier, more dignified lives.



Your 5 minutes brought the Elderly Fall Prevention Programme to those living in older private housing estates.



Thanks to you and the Love Ideas Love HK campaign, Mr. Tang is living a healthier life.



Let's Do Some Good!

Volunteering Opportunities in Hong Kong

If you are positive, energetic, or simply like kids, these are just some of the volunteering opportunities for you for the next few months.

There are many more! For inquiry, call 2776-6829, or email enquiry@hopeww.org.hk, or watch for updates on our Facebook page at www.facebook.com/hopeww.



Date	Time	Programme	The good you will do
April 18 – June 6 (Tuesdays)	5:30 – 7 pm	Badminton Class	Get yourself and the kids moving. Build character and fitness together. Frequency flexible.
Saturday, April 21	9 am – 12 pm	Outing to Lei Cheng Uk Han Tomb Museum	Help the kids learn some English while on an outing to the historical monument.
Saturday, May 5	2 – 6 pm	Something Sweet for Mom	Guide our kids in making a special dessert for Mother's Day.
Saturday, May 19	9 am – 5 pm	Stanley Bay outing	Can you identify the tree by looking at its leaves? Want your own shell collection? Come outdoors with us!
Mon – Thurs, June 18 – 21	4 – 5 pm	Paper-folding class	How do you entertain yourself if you just have a piece of paper? Come and find out along with our members.
Thursday, June 28	2 – 6 pm	Space Museum outing	Help our kids learn some English as you explore space without having to leave earth.



If you are good at expressing love and concern, there are many single elderly in Hong Kong who need you. We provide the necessary training. Watch for updates on our website (www.hopeww.org.hk) and our Facebook page (www.facebook.com/hopewwhk).

Volunteering Trips to China

If you don't mind traveling tough (just a little) and simple accommodations, come and experience China's countryside and also do some good. Interested? Call or email Christina Chan at 2915-3992, knchan@hopeww.org.hk.

July 29 - Aug 4, 2012	Huining County, Gansu Province
Dec 25 – 30, 2012	Yunnan Province (Tentative)



International Volunteering Trips

For inquiry, email or call Elexa Liu at 2885-0439, elexaliu@hopeww.org.hk

Aug 4-11, 2012	HOPE worldwide Volunteer Corps in Haiti
October 13-20	Singles Volunteer Corps in Haiti



From Tragedy to Blessings

The tragedy

One of the most devastating and deadliest earthquakes in the beginning of the 21st century occurred in Gujarat, India on 26th January 2001, killing twenty thousand in the region. Three important towns—Bhuj, Anjar, and Bacchau—were destroyed. Small towns and villages were reduced to rubble.

The blessings

A flood of international relief workers came in. But as disasters continued to happen all over the world, relief workers were called to help in other places. However, HOPE foundation workers stayed. On one acre of land donated to the organization, HOPE foundation started a mini-hospital and built a school to serve the poor in Bhuj.

HOPE foundation started a mini-hospital and built a school to serve the poor in Bhuj, India.



HOPE foundation's work in Bhuj is giving hope to families to one day break the cycle of poverty through education.



Uneducated girls in India are often married off when they are as young as 12. Instead, Jyothi attends the HOPE foundation Primary School and dreams of becoming a teacher.

Changed lives

The tragedy is turning out to be a blessing for someone like 12 year-old Jyothi. Very often, uneducated girls Jyothi's age are married off and would live a life of abuse, misuse, and silent suffering. This easily could have been Jyothi's fate. But instead, Jyothi and her three younger siblings study happily at the HOPE foundation Nursery and Primary School.

Jyothi recently had to undergo surgery and was out of school for two months. Despite the challenge, Jyothi came back, studied hard and eventually ranked number 8 in her exams. She dreams of becoming a teacher one day.

HOPE foundation's work in Bhuj is literally changing the life of girls like Jyothi and giving hope to families to one day break the cycle of poverty through education.