

You and 2,500 volunteers made one of the coldest days just a little warmer

Sunday, January 16, 2011

On this cold morning (the kind when you'd rather stay in a warm bed doing nothing at all) over 2,500 people chose to brave the winter and brought warmth and care to over 800 single elderly in Hong Kong.

Tracing back to 1996

This year marks the 15th year HOPE worldwide has organized Volunteers for Seniors Day. The event grew out of a small activity piloted in Yau Ma Tei in the mid-1990s. Our long-time partner, the Hong Kong Church of Christ, was searching for ways for its members to serve in the community. Someone then "stumbled" upon the need of the single elderly to have their homes cleaned and refurbished. The church mobilized its members for this good cause. Fifteen years later, with the strong support from not only the church, but also from volunteers and donors like you, from government departments, corporations and other organizations, the event is still going strong.

Keeping up with the times

As older housing estates are brought down to make way for newer ones and many elderly relocate, cleaning and refurbishing needs have been declining. Cases remain, but gone are the days when volunteers battled hundreds of roaches disturbed by the cleaning. Gone too are the times when volunteers often served until evening, even after calling in for backup.

Six years ago, we began the "Healthy Ageing in Public Housing" programme, to focus on elderly fall prevention, a growing need in the community. Using a simple assessment tool, trained volunteers go on "roadshows" to different public housing estates and test the fall risks of community-dwelling elderly. Those found with a high risk are referred for professional follow-up. So far more than 500 fall prevention ambassadors have assessed over 8,000 elderly in the community.

**Thank you
for
caring!**



You are the reason why we have served HK's elderly for the past 15 years.

You are the reason

We could not have done any of this without you. If you have supported us in any way, volunteered for the elderly services, made a donation, or referred us to someone who made a donation, regardless of how many years you have volunteered or how much you have donated, we thank you for bringing love, care, and the message of healthy ageing to this vulnerable group in our society. You are the reason why we have served Hong Kong's elderly for the past 15 years. Thank you for caring and continuing to care. Together, we will bring hope and change the lives of the elderly for another 15 years and more!

Thank you for caring! You and 2,500 volunteers made one of the coldest days just a little warmer.

2011

Spring NEWSLETTER

Bringing hope, changing lives



Love Your Elder

Know if they are at a high risk for falls

Most of you reading this probably do not think you are at a high risk for falls. But one day, you may be in that category. Or today, your parents, grandparents, or some elder relative may belong in that group. How would you know?

Here is a simple fall assessment test.

1. Background information

*Fall history: Has the elderly suffered a fall in the past 6 months? According to statistics, one quarter of those who have suffered a fall will fall again within a year. (Yes=2 points, no=0 points)

*Health and medication history: Does the elderly take hypertension medicine, sleeping pills, or diabetic medication? Has he/she ever suffered a stroke or has Parkinson's disease? All these increase the likelihood of the elderly falling. (Yes to any question=1 point, no=0 points)

2. Three indicators

*Lower limbs strength: A person's balance depends a lot on his lower limbs' strength. Ask the elderly to stand up from a sitting position. Can he do it in 2 seconds? (Cannot do it within 2 seconds=3 points, able to do it within 2 seconds=0 points)

*Reaction time: Drop a foot-long stick in front of the elderly person. Can he catch the stick? The quicker he can grab the stick, the better his reaction time. (Cannot catch stick=3 points; able to catch top third of stick=2 points, middle third=1 point, lower third=0 points)

*Balance: Standing with one foot in front of the other, ask the elderly to close his eyes. Can he remain in this position for 30 seconds without losing his balance? (Cannot stand for 30 seconds without losing balance=3 points, able to stand without losing balance=0 points)

After totaling the number from the above survey and test, if the person scores between 0 and 5, he is at a lower risk for falls. If the person scores between 6 and 12, he is at a high risk for falls.

Love another

Many single elderly do not have a son or daughter or even relatives to check if they are at a high risk for falls. You can show your care with one or both ways. You can volunteer with our Fall Prevention Programme. We will provide the training. You can also give a donation. For HK\$300 a month, given over a period of 12 months, you can help 28 elderly receive fall risk assessment and prevention education, with follow-up by an occupational therapist for those who need it. That's just \$10 a day, about the price of a cup of coffee.

You will change many lives!

*This assessment test was developed by the Department of Orthopaedics and Traumatology of the Chinese University of Hong Kong, <http://www.no-fall.hk/08C/08C.htm> (Chinese version) <http://www.no-fall.hk/08E/08E.htm> (English version)

More than 500 fall prevention ambassadors have assessed over 8,000 elderly in the community.



Lower limbs strength test



Reaction time test



Balance test



Worth repeating

- "I am grateful to learn from the elderly how to overcome any obstacles with determination. Very inspiring!"
- "From this experience, I am learning to take better care of my relationships. The elderly really just need love."
- "The elderly were very happy to have us, but were reluctant to see us go, walking us to the door to say good-bye."
- "I am moved to see their strength. I hope to see that though they live alone, they are not lonely."
- "Delighted to take part in this meaningful work. Hope the event will continue."



In the mid 1990's, we "stumbled" upon a need of the single elderly - to have their homes cleaned and refurbished. The event grew out of a small activity piloted in Yau Ma Tei.

Numbers

- 2,517- number of volunteers at the Volunteers for Seniors Day (V4SD) 2011
- 859- number of elderly served on V4SD 2011
- 9,200 -total number of elderly served on V4SD since 1996
- 552 - number of volunteers who have served as fall prevention ambassadors since 2005
- 8,684 - number of elderly served through the Fall Prevention Programme
- 5 - number of years Dr. Leong Che-hung, Chairman of Elderly Commission, has joined V4SD
- 6-12 - number of points scored in a fall risk assessment that indicates high risk



長者希望日

2011



Thank you for getting out of your warm bed on this cold morning to love and serve the elderly of Hong Kong.

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Dr. Leong Che-hung, Chairman of the Elderly Commission, presents a souvenir to State Street Bank, who has supported our Seniors Programme for the past 9 years.



Six years ago, we began the "Healthy Ageing in Public Housing" programme, to focus on elderly fall prevention, a growing need in the community.

Thanks a million!

Co-host



香港房屋委員會
Hong Kong Housing Authority

Co-organizer



城造在山上
CITY ON A HILL



Jade Sponsor



STATE STREET.

Sponsors

- Ms. Angela Li
- Creative Primary School's Kindergarten
- Dejiaohui Ji Xiu Ge Association, Macau, China
- Pressfield Company Limited

Special thanks

- Ms. Eva Cheng, JP, Secretary for Transport and Housing
- Dr. the Honourable Leong Che-hung, GBM, GBS, JP, Chairman of the Elderly Commission
- Shek Sau, Actor

Community Partners

- Aberdeen Kai-fong Welfare Association Social Service Centre Southern District Integrated Elderly Service Centre
- Asian Outreach Glorious Light Neighborhood Center
- Asian Outreach Hong Kong Ltd Island Harbourview Elderly Club
- Caritas Cheng Shing Fund District Elderly Centre (Shamshuipo)
- Caritas District Elderly Centre – Yuen Long
- Carson and Friends
- The Chinese Rhenish Church Hong Kong Synod Wo Che Rhenish Social Centre for the Elderly
- Department of Orthopaedics and Traumatology, the Chinese University of Hong Kong
- ELCHK Sha Tin Multi-service Centre for the Elderly
- The Government of the HKSAR Leisure and Cultural Services Department
- HKSKH Wong Tai Sin District Elderly Community Centre
- The Hong Kong Buddhist Association Buddhist Ching Hang Neighbourhood Elderly Centre
- Hong Kong Fundraising Consultancy
- Hong Kong St. John Ambulance
- Lai King Estate Residents Association
- NAAC Tuen Mun District Integrated Services for the Elderly
- Pentecostal Church of Hong Kong Ngau Tau Kok Neighbourhood Elderly Centre
- SAGE Cheung Shan Developing Horizon
- SAGE Tsuen Kwai Tsing Integrated Home Care Services
- The Salvation Army So Uk Estate Community Service Team
- Salvation Army Tai Po Integrated Services for Senior Citizens
- The Salvation Army Yaumatei Integrated Service for Young People
- Sik Sik Yuen Ho Kin District Community Centre for Senior Citizens
- Wells Fargo Bank, N.A.

We wish to thank the following photographers for helping us take photos on Volunteers for Seniors Day 2011: Andrew Lee, Asia Tiger Media Company, Eric Lam, Vincent Ngai.

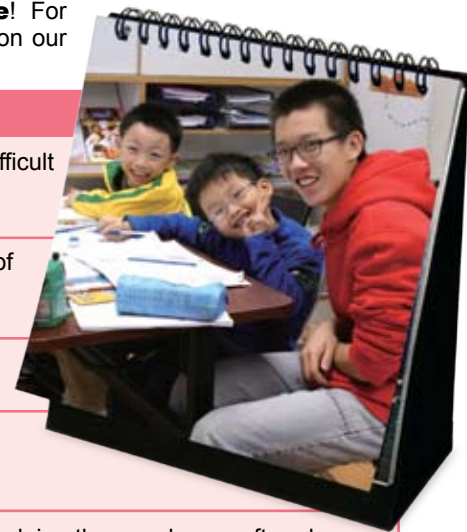


Let's Do Some Good!

Volunteering Opportunities in Hong Kong

If you are a positive influence, if you are energetic, if you like kids, these are just some of the volunteering opportunities 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/hopewwhk.

Date	Time	Programme	The good you will do
April 1 – June 30	Mon – Fri 4-5:30 pm or 5:30 – 7 pm	Homework Tutoring	Be the hero and guide the kids through difficult homework problems and exam periods. Frequency flexible
April 9	9 am – 1 pm	Outing to the Museum of Coastal Defense	Go with centre members to the Museum of Coastal Defense. Teach some English, learn some history.
April 9, 16	3 – 4:30 pm	Chinese Word Discovery	Play word games with the kids and build their Chinese language foundation.
May 10 (Public Holiday)	9 am – 1 pm	Outing to Hong Kong Heritage Museum	Discover Hong Kong's heritage with our centre members, in English.
May 14	2 – 5 pm	Say "I Love You" to Mom	Help the kids celebrate Mother's Day by helping them make a craft and write a letter to mom.
June 25	2 - 5 pm	My Little Fish Friend	Teach the character trait of respect by teaching kids how to raise tropical fish. Experience with raising fish preferred but not necessary.



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. For inquiry, call or email Ms. Fanny Yeung at 3586-2878, fannyyeung@hopeww.org.hk.

Date	Time	Programme	The good you will do
May – June	1-2 weekend afternoons	Elderly Fall Prevention Day	Use a simple tool to assess elderly's risk for falls, educate them about fall prevention. You will help them stay healthier and younger.
May – September	3 Saturday afternoons	Good Neighbour Volunteer	Visit elderly who are high-risk for falls. You will educate the elderly about ways to prevent falls.
June 4	Afternoon	Festival Visit	Celebrate the Dragon Boat Festival with elderly in the community.

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.

June 10 – 15	An County, Sichuan Province
July 31 – Aug 6	Zhangjiajie City, Hunan Province
December 25 – 31	Kunming and Yuan Yang County, Yunnan Province

International Volunteering Trips

For inquiry, call or email Alexa Shih at 2885-0439, alexaliu@hopeww.org.hk.

July 30 – Aug 6, Aug 6 – Aug 13	HOPE <i>worldwide</i> Volunteer Corps in Haiti
October 22 – 30	Singles Volunteer Corps in Haiti
October 2011	Engineer Volunteer Corps in South India on the tsunami coast





Haiti - one year later

Since the earthquake, HOPE *worldwide* USA has received approximately US\$1 million in donations to provide relief and recovery work in Haiti. Thank you all who donated to this cause through us in Hong Kong. Your generosity is part of the total amount that is bringing hope to Haiti by

- Providing daily meals. Over 300,000 meals have been provided since the earthquake.
- Providing medical care. Over 1,750 medical consultations have been given.
- Providing job training. About 100 people will be trained in basic construction skills.

- Caring for children. We are working with a partner, Haitian Support, to provide training to teachers and medical care to 455 school children in Bodarie, Haiti.
- Building new homes. Working with Food for the Poor, we are constructing a Village of HOPE *worldwide* in Croix des Bouquets, Haiti. Forty houses will be completed by April 2011 to house over 200 people.

Thank you for changing lives in Haiti.

*Read a more detailed story on our website, www.hopeww.org.hk

Thank you for bringing hope and changing lives in Haiti.



HOPE
worldwide
寰宇希望

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