

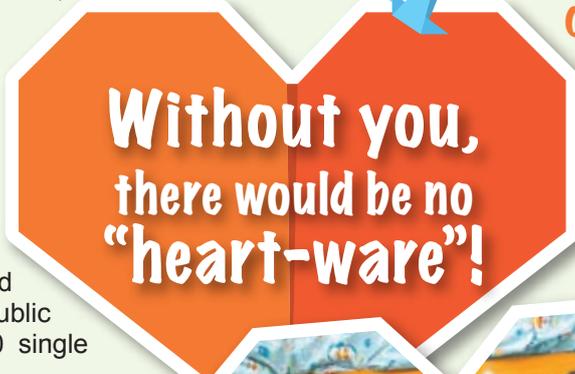
**One sentence sums it up!**

"In helping the elderly, we need hardware, software, and heart-ware!"

Thank you, Professor Cheung Bing-leung, Secretary of Housing and Transport, for summing up for us what Volunteers for Seniors Day is all about.

Held for the 19th year, Volunteers for Seniors Day on February 8th saw close to three thousand volunteers going out to 73 public housing estates, serving over 900 single elderly. On this day, wishes were fulfilled, homes were cleaned, lucky bags full of gifts were given, and love and care were expressed in conversations and time spent together. A family of three who volunteered together received a card in the mail a few days after the event. An eighty-eight year-old elderly woman wrote:

*"Thank you for visiting me today. Thank you for your card and the gifts. I don't have any daughters but today, you were like a daughter to me. I would love calls and visits from you when you have the time. I am very happy to know your family."*



**Without you,  
there would be no  
"heart-ware"!**

Thank you, Professor Anthony Cheung Bing-leung, for coming to encourage our volunteers for the third consecutive year.



Card received by volunteers a few days after the event.



**Companies pitched in too!**

This year more companies have pitched in to help. Some gave financial support and some gave in-kind donations. A number of them have given consistently over many years, such as State Street Bank, Pressfield Holdings, NVIDIA, and Wasser Beauty. Not only did they give donations and goods, but most even had their staff come and volunteer.

**Venture capital, private equity, and beer**

What did these have in common and what did they have to do with Volunteers for Seniors Day? They are also part of the "heart-ware" that went into making this year's event successful. Members of the Hong Kong Venture Capital and Private Equity Association got creative in their fundraising. They came together and played "beer pong". Proceeds from the evening were donated to Volunteers for Seniors Day.

Thank you to all the corporate sponsors! This could not have happened without your generosity.



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### A last-minute surprise

In conjunction with Volunteers for Seniors Day, we have also held the "Lucky Bag Drawing Competition" for the past three years. Hundreds of members of the public (young and old) kept us busy in November and December by sending us their drawings. Many of them were done with much thought, heart, and artistry. This year we held a ceremony for the winners. At the end of the ceremony one gentleman handed us his business card and gave us a last-minute surprise. He wanted to donate packs of pu-erh tea leaves for each of the lucky bags! Of course! The elderly would love that!

### Looking forward to the 20<sup>th</sup> year!

We are so grateful to you -- volunteers, sponsors, community groups, and individual donors -- for giving Hong Kong's single elderly another heart-warming day. Thank you. Let us do it again next year!

## All heart!

A little more than a year ago we were blessed to have Mr. Cheung Man-sun, former Assistant Director of Broadcasting, become our official ambassador.

### Taking us where we have not gone before

Since then, he and his wife, famous RTHK disc jockey Ms. Candy Chea, have been a powerful force in connecting us to parts of the wider Hong Kong community where we have not reached before. Last year they arranged for us to be the beneficiary charity of Calf Bone King's Tuen Mun restaurant opening. Instead of giving the traditional flower baskets and bouquets for a restaurant opening, Calf Bone King's suppliers gave donations to support our work. Proceeds from the restaurant's soft opening day were also donated.

For our inaugural Great Santa Run in December of 2014, Mr. Cheung and his wife lined up "The World's Most Durable DJ", Uncle Ray, and singing duo Robynn & Kendy as event ambassadors. The presence of singer Jason Chan at this year's Volunteers for Seniors Day opening ceremony was also the fruit of their labour.

### A special couple

What we appreciate the most about Mr. Cheung and Ms. Candy is their energy and heart. During our meetings with them, they are constantly coming up with ideas and asking us for event and programme highlights so that they can promote our work more effectively to more people. They have visited and interacted with the elderly and children we serve. Each time they have given all of their hearts, bringing laughter to the elderly and inspiration to the young.

Thank you, Mr. Cheung and Ms. Candy! We look forward to a heart-filled future of bringing hope and changing lives!

HOPE worldwide Ambassador Mr. Cheung Man-sun and his wife Ms. Candy Chea are connecting us to the wider Hong Kong community.

Welcome to Volunteers for Seniors Day 2015.



Grandma Tsang, the neckerchief knitter, promised to be back with more neckerchiefs next year.



Thank you, Uncle Po, for bringing smiles to our little volunteers.



R.E.S.P.E.C.T. for our long-time volunteer, Anderson Leung and his wife for putting the elderly's needs before their own.



Wendy said that her knowledge and awareness of elderly fall prevention have been raised through volunteering.



## Giving that went around full circle

### More than just one day of service

The mission of HOPE worldwide's Elderly Programme is to help Hong Kong's elderly people age healthily and with dignity. The annual "Volunteers for Seniors Day" is not the only time needy elderly are helped. Throughout the year, we recruit, train, and organize volunteers to carry out the Fall Prevention and Fulfill a Wish Programmes.

### She gives...

One of our long-time Volunteers for Seniors Day volunteers, Wendy Yeung, recently became regularly involved in the Fall Prevention Programme. Through volunteering to help assess elderly people's fall risks and educating them about fall prevention, her own knowledge and awareness of this issue have also been raised.

### And was given back

A few months ago, Wendy realized that a fall prevention roadshow was coming to the estate where her parents live. In fact, she had signed up to volunteer there. She invited her parents to come for an assessment. Her father was assessed to be a high-risk case and received follow-up visits from an occupational therapist. Later, we assisted in getting two handrails installed in his bathroom, thus greatly reducing his risk of falling.

### To all our Elderly Programme volunteers

Wendy's parents are very happy and grateful now that they can age more healthily. We are very happy and grateful for the thousands of volunteers like Wendy. Thank you for being an integral part and the heart of our Elderly Programme. Rain or shine, whether on a hot and humid summer day or a cold and wintry one, your services to the elderly really do bring hope and change lives.

Wendy's father was assessed to be a high-risk case for falls and received follow-up services from us.

Handrail installed in the bathroom greatly reduces Mr. Yeung's chance of falling.

At Volunteers for Seniors Day, the young-old serve the old-old.



They have the best secret weapon for bringing a smile to the elderly's face - cute kids!



Serving on Volunteers for Seniors Day is a family affair.



These Filipino women used their only day off to serve the elderly of Hong Kong. Thank you.



Some of the children of those who volunteered at the first few Volunteers for Seniors Days are now old enough to serve in the same way.



Some corporations gave a donation and sent their staff to volunteer.



Thank you, everyone, for making February 8th a heart-warming and special day.





# Thanks a million!

## Co-host



香港房屋委員會  
Hong Kong Housing Authority

## Co-organizer



香港基督教會  
Hong Kong Church of Christ

## Jade Sponsors



STATE STREET



## Gold Sponsor

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## Silver Sponsors



## Ruby Sponsors



## Special Thanks

- Professor Anthony Cheung Bing-leung, Secretary for Transport and Housing
- Professor Alfred Chan Cheung-ming, Chairman of the Elderly Commission
- Mr Cheung Man-sun, former Assistant Director of Broadcasting, RTHK, Ambassador of HOPE worldwide
- Ms Candy Chea Shuk-mui, Hong Kong radio DJ
- Mr Jason Chan Pak-yu, Singer
- Ms Tsang Wai Chun, Neckerchief Knitter

## Community Partners

- Auxiliary Medical Service
- Caritas Cheng Shing Fung District Elderly Centre (Sham Shui Po)
- Caritas District Elderly Centre - Yuen Long (Tin Chak)
- Carson and Friends
- Christian Family Services Centre Shun On District Elderly Community Centre
- Christian Family Services Centre True Light Villa District Elderly Community Centre
- Department of Orthopaedics and Traumatology, the Chinese University of Hong Kong
- Evangelical Lutheran Church Social Service – Hong Kong Radiance Hub
- Free Methodist Church Bradbury Tak Tin Social Service Centre for the Senior
- HKSAR Leisure and Culture Services Department
- Ho Wing Neighbourhood Centre for Senior Citizens (Sponsored by Sik Sik Yuen)
- Hong Kong Christian Service Bliss District Elderly Community Centre
- Hong Kong Christian Service Fortune Neighbourhood Elderly Centre
- Hong Kong Christian Service Un Chau Neighbourhood Elderly Centre
- Hong Kong Sheng Kung Hui Wong Tai Sin District Elderly Community Centre
- Hong Kong Institute of Vocational Education
- Lai King Estate Residents Association
- Pentecostal Church of Hong Kong Choi Wan Neighbourhood Elderly Centre
- The Hong Kong Buddhist Association Buddhist Ching Hang Neighbourhood Elderly Centre
- The Hong Kong Society for the Aged
- The Hong Kong Society for the Aged Chai Wan District Elderly Community Centre
- The Hong Kong Society for the Aged Kai Yip Neighbourhood Elderly Centre
- The Hong Kong Society for the Aged Tsuen Kwai Tsing Integrated Home Care Services
- The Neighbourhood Advice-Action Council NAAC Sham Shui Po District Elderly Community Centre
- The Salvation Army Tai Po Multi-Service Centre for Senior Citizens
- Tung Wah Group of Hospitals Fong Shu Chuen District Elderly Community Centre
- Tung Wah Group of Hospitals Wilson T.S. Wang District Elderly Community Centre Integrated Home Care Services Team

## Corporate Partners

- Able Solution Consultants Company Limited
- AngelSky
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- Hopkins Training & Education Group
- Mandatory Provident Fund Schemes Authority
- The Hong Kong Mortgage Corporation Limited
- Wells Fargo Bank

Special thanks to: Jason So (Emcee), Jeffrey Chan (Usher-in-charge); Asia Tiger Media Company, Francis Chow, Leo Tam, Mario Hui, Wang Hui (Photographers and Videographers)



# Let's do more good...

## ...for children!

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

Date	Time	Programme	The good you will do
Now until June 30	4 – 5:30 pm or 5:30 – 7 pm	Homework Tutoring	Assist children as they tackle their homework and watch them grow in their confidence and achieve targeted key performance indicators
April 2	3 – 5 pm	A Heart-felt and Meaningful Easter Party	Help kids learn about “Caring”, one of the Six Pillars of Character, through a fun Easter party
April 13	9:45 am – 5 pm	Art and Science Outing	Kids will finish out their Easter holidays with an outing to an art studio and the Science Museum
June 26	4 – 6 pm	Dodge ball Competition	Assist in our dodge ball competition and help kids learn “Fairness”, one of the Six Pillars of Character

## ...in China!

Teach English with other volunteers to some of the most eager secondary students you will ever meet. Check our website and Facebook page or contact Christina at [knchan@hopeww.org.hk](mailto:knchan@hopeww.org.hk).

July 19 - 25 Gansu Province

## ...fundraise!

Have fun, see the sights, or get fit while you fundraise and help the needy in Hong Kong and China. Check our website and Facebook page or contact Elexa at [elexaliu@hopeww.org.hk](mailto:elexaliu@hopeww.org.hk).

Dates	Event	Details
October 18-24	The Good Trekker Trekathon	Fundraise and enjoy the stunning scenery. Trek 40 km in 5 days in Sichuan Province. Starting in Chengdu, we end in Yading Nature Reserve in western Sichuan.
December 13	HOPE worldwide Great Santa Run	This year, be Santa Claus to Hong Kong's underprivileged children. Run in a Santa suit, raise funds, and have fun at this community event.



# Bringing hope and changing lives around the world

## Hope blooms in Japan

### Painful memory

This year marks the 4th anniversary of the earthquake and tsunami that hit Japan in 2011. According to CNN the confirmed death toll was 15,890 as of February 2015. Many of the survivors are still unable to return home and are living in temporary housing.

### Flowers, benches, and community

Since March 2012 HOPE worldwide Japan has been working with the people of Watari town in Miyagi Prefecture, one of the areas most damaged by the disaster. Staff there have chosen horticultural therapy to help the people recover from their traumatic experience. In 2013 2,628 people benefited from a number of therapy classes growing flowers, vegetables and crops. The HOPE worldwide Therapy Garden has become an oasis for the people in the area. Locals, young and old, visit the garden daily. One regular comer says, "This is my most favourite thing to do every morning, just to come and rest and see the beautiful flowers in this garden."

Initially most of the participants were women. The staff had to figure out a way to get the men to be part of this community. They came up with a furniture-building project. By working together building benches and tables for the garden, the men formed new friendships and became regular visitors there.

The staff began a furniture-building project to attract men to the programme.



In 2013, over 2,600 people benefited from therapy classes growing flowers, vegetables, and crops.



HOPE worldwide Japan uses horticultural therapy to help tsunami victims recover from their traumatic experience.

### More reasons to hope

In June of 2013 HOPE worldwide Japan began a job assistance programme to help tsunami survivors and people with disabilities. A store selling baked goods and fresh vegetables was opened in the community. It now employs 14 people—most of them have disabilities and had been unemployed for a long time. They are extremely grateful for the opportunity to work. The programme has the capacity to expand up to 20 employees.

Having the ability and opportunity to work, being connected with one another, and working to grow plants from the land that was once devastated by the disaster give the people of Watari much hope and a future to look forward to.

Hope blooms in Watari town, Miyagi Prefecture, one of the areas most damaged by the 2011 tsunami.



The HOPE worldwide Therapy Garden draws visitors, young and old, from the local community.



**HOPE**  
worldwide  
寰宇希望

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