

The hope you are bringing. The lives you are changing.



Smiling Faces

Reappear
When Restoring to
Normal Life

The last mask-wearing requirement is finally lifted as the pandemic eases. The earth-shaking moments brought by COVID over the past few years make us understand that we have to cherish everything we have today. We cannot take meeting with relatives, dining out with friends, and having sufficient medical supplies for granted.

When the government started unwinding the stringent COVID rules earlier on, the HOPE worldwide Elderly Day was able to be held again. More than 2,000 volunteers were sent out to bring warmth and care for 800 elders who were living alone or with spouse.



Due to the pandemic, visiting service was unable to be arranged for two years. Many volunteers reported that the elders were very happy to have the chances to chat with them. The 'Fulfill a Wish' Program was also restarted, helping more than 30 elders to make their wishes come true. We were especially inspired by many volunteers for offering their extra time and energy to provide appropriate help to the elderly.

There is this passage in the Bible, "When I am old, do not forsake me; when my strength fails, do not forsake me." (Psalm 71:9) Thankful that we are still young and have the strength to care for the aged group.



HOPE worldwide Elderly Day 2023

'Fulfill a Wish' Program

★ Stretching out a helping hand

Granny Chan, an elder who is suffering from Parkinson's disease, is now living alone. She used to rely on an umbrella to walk around, and her small wish was to have a proper crutch that fitted her height so that she could walk steadily when going out.

When the volunteers visited her, they found that the ceiling of her home was severely peeling off and had not been repaired for a while. Granny's husband is living in a nursing home after a stroke, so she has to deal with all family affairs alone. All the difficult tasks such as maintenance works have been put on hold for a certain period.

This group of volunteers had no experience in home renovation work but they really wanted to help Granny Chan, so they contacted HOPE *worldwide*, and finally found a professional to teach them how to fix and paint the ceiling. In one afternoon, the ceiling and window grilles of granny's home were repainted. Granny was very grateful as she finally got help, and could enjoy the Lunar New Year in a refreshed environment.

Due to the pandemic and limited mobility, Granny Chan has not seen her husband for a few years. We hope that they will be able to reunite after the COVID restrictions are eased.



★ Contentment brings happiness

Uncle Chan, who is also living alone, is unable to work since he is diagnosed with lymphoma. He needs to go to the hospital every weekday for electrotherapy.

Uncle Chan used to be a blue-collar laborer. Even though he is seriously ill in recent years, he is still optimistic. When asked about his needs, he just wished everyone good health and happiness. He also encouraged this group of young people to think ahead, keep up with the development of the society, and be a future leader. The volunteers were greatly inspired by Uncle Chan.

The volunteers took Uncle out to buy a new pair of shoes and encourage him be positive for his medical treatment. Uncle enjoyed studying Chinese fortunes in his free time. He was very grateful to this group of young people for visiting and chatting with him which had not been allowed for a while.

Uncle Chan might need to switch treatment methods in the near future. We wish Uncle good health and there are suitable medicines to ease his condition.



Be attentive to the needy

Fung and his wife Wendy visited an elder with a few teenagers on the Elderly Day. During the visit, they found that this elder had no bed in his home. He was sleeping on the floor even during the cold days which was not good for his health. They started searching for a suitable bed and found a free one on the internet. They immediately contacted the owner and arranged to send it to the elder's home.

They didn't stop there. They also helped to tidy up the place to make room for the bed and arrange cleaning so that the elder could enjoy the New Year festival in a refreshed environment. The enthusiasm of Fung and Wendy greatly motivated the others in meeting the needs of the elderly.



Keep sending warmth



An elder in the 'Fulfill a Wish' Program simply requested to dine with the volunteers. However, a kind volunteer noticed that the elder's toenails were too long and had gray nails during his first visit, so he contacted a nail barber to visit this elder for manicure service.

At the same time, this volunteer observed the elder lacked of warm clothes, so he bought a jacket and visited the elder again, hoping that the elder would have enough protection during winter.

We are deeply moved by the passion of the volunteers. As long as they noticed that an elder was in need, they would work tirelessly and reach out to help again and again.





Showing our care to the neighbors

A blind elder, Uncle Ma, participated in the 'Fulfill a Wish' Program this year. He wished to dine with a group of friends.

Uncle Ma suffered from glaucoma when he was 60, and was then diagnosed with cataract for another eye. Unfortunately, no operation could be carried out due to the nerve damage, making it impossible to recover.

His wife met some new friends in an activity some time ago. As they all speak Mandarin, they gradually become close friends. They are living in the same community and often help each other when encountering problems. When Uncle Ma was granted a flat in the public housing estate few years ago, his friends brought him to check the new flat and offered assistance in their daily needs.



Not only did the group of friends enjoy the food, but they also enjoyed each other's company and bonding. Their friendship reminds us to always show our care for friends and neighbors.



In addition to the 'Fulfill a Wish' Program, the HOPE *worldwide* Elderly Day also arranged a visit to the Hong Kong Palace Museum, with a total of more than 80 elderly participated.



Special thanks to different business organizations for sending voluntary teams to visit and show their warmth to the elderly.



Project C: Step out to show your care to the needy

Over the years, HOPE worldwide organized various volunteering activities and made an impact by gathering resources and manpower to serve the needy, meeting their needs and building a harmonious society.

'C' stands for Christ, Compassion and Care, and can also be interpreted as "giving" in Chinese. HOPE worldwide



implements the Project C Plan with an aim to encourage more people to be self-motivated in caring for those around them. Without any designated activities or projects, even no restriction in any form, it can be a greeting or a seat-offering, these are also Project C. The purpose is to remind us to always care for others.

My invisible friends



Although I can't see you, I can hear your laughter and feel your warmth.

Mr and Mrs. Tse are a visually impaired couple. The 'Fulfill a Wish' Program of HOPE worldwide helped Mrs. Tse to publish an autobiography few years ago. Annie was one of the volunteers at that time and they became friends since then. Annie and the other volunteers would celebrate the birthdays of Mr and

Mrs. Tse together every year.



Mr and Mrs. Tse were born blind. Growing up with physical defects was not easy at all. Mrs. Tse obtained a degree in Chinese Humanities at the age of 40. With the encouragement of her husband and the influence of her friends, her first book "Eating Hairy Gourd Rolls" was published few years ago, Annie and the other volunteers helped her to organize a new book launching event.

Annie and the other volunteers are deeply moved by their simplicity, contentment and gratitude. The couple has been working hard to break through physical barriers and persevere for their dreams. By their side, the volunteers are often influenced by their positive and optimistic attitude.



Treasure our friendship



Brenda and Jackson met Granny Chan when they served as volunteers in the 'Fulfill a Wish' Program certain years ago. Granny was living on a wheelchair, she needed some help for visiting her father who was living in a nursing home at that time.

That visit was very meaningful because Granny Chan's father passed away not long after. Brenda and Jackson become friends of her since then. They would regularly phone her to show their care or send supplies to Granny if she lacks anything.

Granny Chan's wheelchair broke down recently. Jackson immediately ordered some parts and brought the tools to Granny's home. While her husband was busy at repairing, Brenda picked up the hair cutting tools to help Granny's haircut and chatted with her. Granny Chan seldom went out and contacted the outside world, so she was very excited and talkative when the guests visited her.

Annie, Brenda and Jackson just make one further step, extending the hand of friendship and becoming friends with the beneficiaries. You are welcome to become a part of Project C today and bring the 3 C's to those around you.



Healthy Ageing: Revitalizing the aged group



'Santa Claus Orientation' was one of the activities under the 'JC InnoPower@ Healthy Ageing in Park' program. Most of the elder anticipate to live in the same community when they are ageing but able to walk is a crucial factor. HOPE worldwide cooperated with the Sham Shui Po District Health Center to conduct a sarcopenia assessment for the elderly, and invited them to participate in a 10-week fitness class to strengthen their body muscles.



'Santa Claus Orientation' was held at the end of last year, inviting this group of elders to prove the effectiveness of their training by treasure-hunting in the Sham Shui Po area. While happily chatting and walking with friends, most of them could complete the walk within 1.5 hours. With strengthened muscles, they are able to go anywhere now in the community without any difficulties.



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