

Seniors Delighted to be Visit by Volunteers from the Sien Lok Society of Calgary

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Sing Tao Newspaper

Annual Senior Visitation of the Sien Lok Society was held on June 28th (Sunday). More than 50 volunteers gathered at Gunkan Sushi House for a delicious breakfast provided by the Sien Lok Society. Then Winnie Ng, Coordinator of the Visitation, explained the details and thanked Gunkan Sushi House for letting them use the restaurant as the gathering place.

Winnie mentioned that the purpose of this Senior Visitation is to let the seniors know that their past contributions have not been neglected by the community, and they are loved and cared not just by their families but also by many others. She emphasized that all volunteers must put on a happy face during the visitation, some seniors may have hearing or mobility problems but when they see smiles and gifts, they will be delighted. She also encouraged volunteers to talk and spend some quality time with the seniors.

Winnie stated that without the supports of all the directors and volunteers of the Sien Lok Society, she could not make this event a success. She appreciated everyone's contributions. Then she divided the volunteers into small groups and dispatched them to 10 nursing homes throughout the city.

After the event, 14-year-old volunteer Melissa Wong expressed that after participating in this Senior Visitation and talking with the seniors, she learned how to care for and respect the old folks of her family.

善樂社義工探訪 長者關懷

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本報訊

善樂社一年一度探訪長者活動，於6月28日（星期日）展開。當天，50多個義工在Gunkan Sushi House集合，先享用由善樂社提供的豐富早餐，接著由召集人伍慧欣講解詳情，並且多謝 Gunkan Sushi House借出餐廳作集合場地。

伍慧欣表示，這次探訪長者的目的，是希望長者可以感受到自己所作的貢獻沒有被社區遺忘，除了親人之外，也有其他人對他們關懷。她強調，所有義工一定常掛笑臉，因為一些長者可能行動不便，或者說話有障礙。她相信，只要長者看見笑容及禮物就會很開心。她又鼓勵義工與長者多聊天。

伍慧欣指出，沒有善樂社的理事及義工支持，這次的活動無法由她一人完成，她非常感謝各人的大力支持。最後，她把義工分配到不同小組及10個不同地區的護老院。

14歲的義工黃希文，在運送禮物之後，有感而發地表示，從這次活動及跟長者傾談中，可以學習到怎樣對待及尊重自己家中的長者。