

運動的意外收穫

Amazing Harvest of Exercising

長者競技日啓動全”新”運動

坊間有著不同的研究，指運動可以帶出各類好處，鼓勵任何年齡的人，都應培養好規律運動的習慣。有研究顯示帶氧運動所產生的安多芬，能有效幫助減輕身體痛楚和負面情緒，亦會使人感到輕鬆、興奮。房協之友有見及此，絞盡腦汁設計一系列全「新」運動，於長者競技日推出，務求令長者們寓運動於玩樂，不知不覺間已做了一天的全身運動，帶動他們培養「運動」的習慣。

房協之友長者競技日於 2015-11-17 假烏溪沙青年新村舉行，逾 300 位來自房協轄下出租屋邨的長者參與其中。競技日項目除了指定的徑賽項目外，我們設計了障礙接力賽，加入不同的肢體技巧元素，考驗運動員的身體協調。此外，競技日更加入了創新的元素，包括：鍛鍊手眼協調的滄海遺珠及射籃球；考驗腳腕控制的橫掃千軍及一腳入洞；講求準繩的許願樹及神射手等。這些「全新」項目均精心設計，務求讓長者們有「全身」運動的機會。

競技日除了體現運動員的體育精神外，運動員亦毫不吝嗇地展現燦爛笑容及貪玩的一面。互相鼓勵、支持打氣、開玩笑，是我們在活動中最期望看到的一幕。運動所產生的安多芬再一次發揮作用，令大家過了開懷大笑忘我的一天。

Exercise Initiatives in HSC Athletic Gala

There is no difficulty to research for advantages of exercising, while one of those benefits is pressure and depression relief. This is the momentum that drives HSC to keep on exploring new programs for the enjoyment of our residents, amongst which to encourage regular exercise as a game.

HSC Athletic Day 2015 was held on 2015-11-17 at YMCA Wu Kwai Sha Youth Village. Near 300 elders from HS rental estates joined and competed in the event. We embedded body training elements into each task that intended to provide comprehensive body exercise opportunity to the elders.

Laughter and cheerful faces were everywhere in the sport ground. Residents were sharing community bond and team support while having fun.

鄰里樂系列

Harmonic Community

看闊一點 會發現你得到的不只是一點

臨近節日，便會看到一群群穿著制服的關懷義工穿梭於屋邨樓層之間，提著心意包到訪鄰居。剛過去的中秋節及將到臨的春節亦沒有例外，房協之友安排了義工探訪活動，探訪獨居或雙居的長者，送上節日心意及慰問。隨著時代變更，鄰里關係有所改變，從前敞開的家門亦逐漸關上。幸好在房協的屋邨裡亦未見各家自掃門前雪的現象，鄰居之間互相幫助的情景時有發生，甚至不少更成為好友。

熱心的居民、長者騰出自己保貴時間參與各類型義工活動，為凝聚互助睦鄰社區作出努力。他們的參與，使義工關懷探訪活動更有意義，除了讓長者及有需要人士等弱勢社群受惠之外，義工可以善用餘暇、供獻社會。希望將溫暖送給被探訪的對象之餘，義工也有個人發展。透過上門探訪及對話，義工能夠深入了解鄰居們(尤其較少外出的長者)的生活狀況，亦會為自身帶來滿足感，將這份使命伸延下去。

房協之友亦不時為義工們安排持續學習工作坊，讓義工不斷自我增值，保持求知的渴望。退休後其實是另一種生活的開始，可以有更多時間發掘自我及對社區作出貢獻。

Gain and Give

You may not miss the Caring Volunteers around estate corridors conducting home visits to elderly residents or the needy near festive seasons. Like no others, HSC Operation Love programmes organize Caring Volunteers in Mid-Autumn Festival and the coming Spring Festival to send care and concern to elderly and needy residents with warm greetings. Neighborhood bonding built among HS residents is strong while these volunteer visits further strengthen it.

Through door-to-door visits, volunteers gain familiarity of their neighbours as well as the community they are living in. Residents engage their spare time volunteering for HSC not only brighten lonely days of the service recipients, but also have a chance to contribute to the community, and for personal development. HSC lifelong learning workshops further enhance diversified knowledge.

愛心行動

Operation Love

愛 無界限

愛是無界限的，房協之友的服務對象及範圍亦不局限於房協居民。我們竭盡所能把愛及關懷散播及擴展到更遠的地方，持續地帶領義工進行社區探訪及有意義的公益籌款活動。

房協之友與循道衛理楊震社會服務處/循道衛理關懷長者中心合作，連同觀塘花園大廈義工隊，分別於9月至11月連續3個月探訪黃大仙區獨居及雙居長者、欣榮護老院及松齡康輝護老中心。義工們不但送上節日禮品，還有最重要的愛心和關懷。雖然受訪者不是熟悉的街坊，但是充滿愛心的義工仍非常關心素未謀面的長者們，與他們暢談生活點滴，了解長者在不同社區的生活習慣及居住環境，義工與長者互相分享人生經歷，氣氛融洽。儘管護老中心部份長者較為體弱，但在義工們積極帶動氣氛下，長者們投入參與集體遊戲，一同歡渡愉快的下午。

愛除了是無界限外，表達形式也是多元化的。每當房協之友發現一些有意義的活動時，我們會毫不猶豫鼓勵及呼籲屋邨及屋苑共同參與。觀塘花園大廈、家維邨及祖堯邨超過100位義工於2015-10-11及2015-12-12分別參與了由義務工作發展局舉辦的義行義跑義015慈善步行籌款和扶康第十二屆「甜蜜心連心」步行籌款，持續推動及發展義務工作，既出錢又出力。我們寄望義務工作得到良好並持續的發展，令受惠者持續增加。

Love is Borderless

Love is borderless, our volunteering services are not confined to HS residents, but spread to the community. Our caring volunteering services cover home visits, community care and charity work.

For 3 consecutive months between September and November, HSC Kwun Tong Garden Estate Volunteers Team cooperated with Methodist Social Service Centres, conducted visits to elderly living alone or with another elder in Wong Tai Sin District, Yan Wing Care Home for the Elderly and Pine Care Group elderly home. Kind-hearted volunteers showed their love and care to the elders in the community and were eager to serve the needy. Service delivered to the elderly homes were different from that of home visit, and volunteers involved the clients in group games with extra patient and care.

We serve in diversity, and with no reservation. HSC coupled with over 100 volunteers from Kwun Tong Garden Estate, Ka Wai Chuen and Cho Yiu Chuen to join charity walks organized by the Agency for Volunteer Service and Fu Hong Association in October and December 2015 respectively. We sincerely hope that the momentum of volunteering can be sustained, with the vision of expanding service coverage.

鄰里樂系列

Harmonic Community

秋高氣爽郊遊樂

相信很多人都會視秋天出外走一走，享受郊遊樂。**房協之友**於秋季期間帶領居民到迪士尼樂園玩樂一番。別以為迪士尼樂園只是小朋友的世界，長者們一樣可以在園內玩個飽。也別以為他們對迪士尼故事主角認識不多，他們進入樂園後，生氣頓現，步履也更變得輕盈。興致勃勃地戴上3D眼鏡欣賞米奇幻想曲，排排坐觀賞獅子王慶典，坐船仔遊覽小小世界，在巡遊時又會隨著音樂節奏打拍子，像年輕人一樣拿起手機拍過不停。他們開心滿足的笑容活像一個小朋友，活力十足的長者們甚至到了集合時間仍不願意離開，紛紛跟我們工作人員說未玩夠。

房協之友亦舉辦了鄰里樂自在遊，帶領乙明邨居民參觀馬鞍山濾水廠及白鷺湖互動中心。居民親身目睹了濾水的過程及儀器，了解濾水的過程、成本及困難之處，都說以後要節約用水。另，居民在白鷺湖互動中心享受繞湖生態遊，更參與當中的小遊戲及手工製作，帶回家的不單止有自家製作的小手工，還有大大的成功感。

Tour in the autumn

Autumn is an excellent time to travel. **HSC** led our residents to Disneyland in October. Don't think that Disneyland is a place for kids only. Our elderly enjoyed so much in the theme park. They know more characters than you and me. Energetic residents are cheerful with smiles like kids.

HSC led JMC residents in autumn picnic, visited Ma On Shan Water Treatment Plant and Lake Egret Nature Park. They were introduced the basic process and equipment involved in the water treatment plant. When they realized the costing, complex processes and difficulties in water treatment, Residents promised to reduce water consumption and make an effort in natural resources conservation. Besides, they enjoyed ecological walk from the Lake Egret Nature Park. They also participated in game and handicraft workshops.

樂得耆所

Ageing In Place

活到老 玩到老

所謂心態決定境界，人能保持心境年輕，才可令身體年輕。房協之友鼓勵活到老、玩到老，時刻令自己保持玩樂之的心，不受年齡規範，勇於尋求新挑戰，令自己與時並進。冬至與春節同樣有「拜冬」、「賀冬」等習俗尊師敬老，是昔時各家庭團聚慶賀的節日，家庭成員吃佳節美食慶祝，更會走訪親友居所慶賀。我們在2015-12-9及11日假西貢戶外康樂中心舉辦了冬節敬老顯愛心 樂得耆所生日茶聚，邀請了近400名來自房協出租屋邨的長者同渡冬節。令人振奮的是，當中3位參加者年齡超過90歲，遠道而來跟我們一起盡歡，發揮其玩到老的精神。從他們面上的笑容看來，便知道他們的心境一定比實際年齡年輕一大截，這正是其養生之道。

Life-long PLAYING

To keep a young body, we need a young heart. HSC actively promote life-long PLAYING, which aim to encourage elders to play without the concern of age. On 2015-12-9 and 2015-12-11, we celebrated Winter Solstice with near 400 elders from 8 HS rental estates in the Winter Solstice Gathering cum Ageing-in Place Birthday Party at Sai Kung Outdoor Recreation Centre. Amongst them, 3 participants aged over 90 years old joined the activity. They demonstrate the philosophy of Life-long PLAYING.

環保見聞系列

GO GO Green

反樸歸真 親近綠色之旅

綠色生活是都市人的一大議題，居住在香港這個人煙稠密的城市對此尤其嚮往。細心一看，原來綠化的地方可以這麼就近。

相信一般市民都在街市或超市等便利的地方購買蔬菜，有沒有想過品嚐自己親手種植的菜？一群熱愛自然有機的居民，分別來自觀龍樓與觀塘花園大廈，積極投入廚餘回收及耕種，於屋邨花園開闢一小片綠色天地。既環保又可享受親手努力的成果，實是一分耕耘，多分收穫呢！

適逢十月份進行的國際環保博覽 2015，房協之友除了帶居民到場參觀，了解最新的環保資訊及技術之外，當日亦安排參觀位於東涌的香港青年會綠機田。參加者甫一到場便與農場職員交流種植心得，更可以親身體驗掘番薯的感覺；在田園內同場亦有小手工環節，認真是推廣綠色生活的好地方。

Back to Nature

Living in a densely populated city as Hong Kong urges the need of green life. Have you ever thought of planting your own vegetable instead of buying them from wet market? There are tenants residing at Kwun Lung Lau and Kwun Tong Garden Estate who actively participate in food waste recycling and organic farming. They develop green corners at their estates, help to promote green community and enjoy fruits of their effort.

Visit to the Eco Expo Asia 2015 and Tung Chung Green Organic Farm organized by HSC for these green fingers is a great chance to share environmental knowledge and planting skills.

咪嗱嘢食店

正所謂民以食為天，而身處有「美食之都」稱號的香港，食肆數量及種類多得讓人選擇煩惱，然而吃剩的食物或經處理後的食材卻為環境產生另一個煩惱。在填飽我們的肚子同時，香港每天所製造超過三千公噸的廚餘亦逐漸填滿各個堆填區。有見及此，環保署推行「咪嗱嘢食店」計劃，鼓勵餐飲業界為顧客提供食物份量選擇和採取減少廚餘措施房協身為惜食約章的簽訂者，當然亦鼓勵居民在家居同樣「識」食，食幾多煮幾多，不做大嘍鬼！

Food Wise Eateries Scheme

While Hong Kong is known for Gourmet Paradise, leftovers and processed food cause environmental problem. Over 3,000 tonnes of food waste is produced every day. In light of this, the Environmental Protection Department launched the Food Wise Eateries Scheme to encourage food and beverage sector offering portioned meal and adopting food waste reduction measures. Housing Society as a signee of the Food Wise Charter also encourages tenants to reduce food waste household-wise.

惜食貼士

農曆年將至，市面上賀年食品紛紛推出。房協之友給你辦年貨小貼士，讓你過一個環保新年。

Food wise tips

Chinese New Year is coming! Here comes Food Wise Tips for you to have a Green New Year.

食得晒至好買 Think before you buy food	因應食物的保鮮程度購買份量 Buy food portions accordingly to the freshness
食得晒至好煮 Think before you cook	家居煮食按成員的食量控制 Cook food accordingly to appetite
食得晒至好嘅 Think before you order food	外出點餐根據食量而定；同時食肆亦應提供食物份量選擇如大/小份量、多/少飯等 Order enough food for appetite; choose a restaurant which could have various dish portion
食唔晒唔好嘅 If you can't finish your food, don't waste it	在家中可以將剩食再煮；外出用餐時打包吃剩的食物 Create new dishes by the uneaten food; Do not throw away those uneaten food when having meal outside

嘩鬼說故事

你害怕嘩鬼嗎？不用怕！房協之友遇見了一班既可愛又善良的嘩鬼，他們更會說故事呢！「嘩鬼們」以「友善社區」為主題創作閱讀報告，以探討鄰里關係，希望努力建立和諧社區，教導我們要多站在別人角度思考，多為別人著想。鄰里要互助互愛，建造一個又一個充滿人情味的社區。房協之友於 2015-10-24 舉行的書。畫說故事頒獎禮中，邀請「嘩鬼們」以獨特的服飾及造型亮相，甚至在臉上繪畫，扮「鬼」扮馬，可愛有餘。嘩鬼，可怕嗎？

Tale more about the Fairy

Are you afraid of fairy? HSC met a group of fairies who are so cute and kind that tell tales! They composed book reports with the theme of Harmonic Community. HSC held award presentation ceremony of Summer Story Sharing Award Scheme in 2015-10-24. These fairies attended with unique costumes and make-up. Weren't they scary?