

房協之友 通訊

HSC News

ISSUE
54
五十四期



抵抗 Anti
抗疫疲勞
Anti-pandemic Fatigue



房協之友網頁 www.hs-care.com



房協鄰里資訊 HS Estate Info

立即下載
房協鄰里 HS Neighbourhood



房協人•情•味
Housing Society Community



MIX
Paper from
responsible sources
FSC™ C019368



幫緊你



幫緊你

We help!

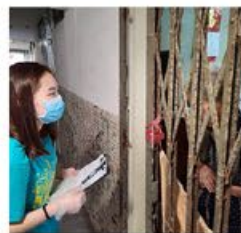
房協之友在這段全城抗疫的期間，絞盡腦汁，透過不同渠道，與大家攜手抗疫，幫助居民度過這段不能出門的日子。面對反覆的疫情，市民人心惶惶，不少長者們擔心受感染，紛紛自我隔離，足不出戶。我們有見及此，將一些日用品放入愛心防疫包，在屋邨內設關愛抗疫站，或派發到房協轄下屋邨的長者手上，令他們安心，亦附上愛心及關心。

In the period of fighting epidemic, HSC use various channels to support the elder residents in HS rental estates. Elderly worried about being infected by COVID-19. They rather stay home than going out. We then set up anti-epidemic pop-up booth, to distribute the Anti-epidemic Caring Gift Pack to the elder residents. The gift pack contains not only disinfection supplies, but also daily necessities, which rescue and comfort them from urgent needs and frustration.

HS - Hong Kong Housing Society HSC - Housing Society Community

長者收到心意包，無不表示開心又窩心。他們表示因為疫情反覆，所以不敢到樓下買餸，只靠朋友及鄰居「接濟」。這次的愛心行動，令他們感受到縱使疫情使人與人之間的距離疏遠，但實際上，我們的心還是連在一起。鄰里守望相助，從未遠離。

Elder residents were pleasant when they received caring from us during self-quarantine. They felt insecure of getting out even the market is nearby. The Caring Gift Pack gave them love from community, and made them not feeling alone.





——口罩裏的笑容——

Smiling Mask ☺

香港市民在疫情下生活了大半年，由最初全城搶口罩，到家中積存大量口罩。由年頭冬天戴口罩呻焗，到戴口罩過了整個炎夏，現在又來到冬天。由投訴口罩很焗、很不方便，到現在沒戴口罩外出，就渾身不自在。

The city have been encountering the impact of the coronavirus pandemic since the beginning of the year. Residents went on a panic spree for masks, from reluctant to wear a mask adapted to going everywhere wearing a mask.



不少參加者以應節的中秋造型出席，角逐中秋Character造型大獎



各組的冠、亞、季軍得主，來一張獨立的「大合照」！
Photos of the winners!

得獎名單 Award List (Chinese Version only)

兒童組

得獎者	屋邨/屋苑
冠軍 何芊悅	浩景臺
亞軍 丁芷琪	祈德尊新邨
季軍 關慕言	樂民新村
優異 張銘軒	喜盈
黃煒傑	寶石大廈
趙曉君	家維邨
陳沛鈞	景新臺
張旨晴	欣榮花園
曾梓晴	疊翠軒
Chan Yin Kiu	疊翠軒
Chan Nok Hang	疊翠軒
何卓諾	欣圖軒
李尹迪	景新臺

少年組

得獎者	屋邨/屋苑
冠軍 胡穎雯	明華大廈
亞軍 江嘉雯	觀塘花園大廈
季軍 黃凱琳	欣榮花園
優異 梁若霖	觀龍樓
梁若蘭	觀龍樓
Ng Hiu Ching	欣榮花園
陳日進	勵德邨
李俊廷	欣圖軒
劉天嵐	浩景臺
謝哉施	浩景臺
姚靖柔	浩景臺

公開組

得獎者	屋邨/屋苑
冠軍 陸世蘭	樂民新村
亞軍 梁嘉恩	沙頭角邨
季軍 Maggie Lai	駿發花園
優異 高彩虹	滿樂大廈
周潔賢	健康村
丁春森	祈德尊新邨
王雅妍	喜蒼
Lam Chun May	乙明邨
Chem Wan Chi	家維邨
梁明麗	真善美村
張芸	祈德尊新邨
何家健	浩景臺
關小娟	浩景臺

口罩已成為了我們生活上的必需品。我們對它既愛且恨，因為它就像現時食肆的隔板，不但隔開了病毒，亦同時隔開了人與人之間緊密的關係。它遮蓋了我們面容的大部份面積，掩蓋了大部份的表情，令人們在情感表達上產生了障礙。**房協之友**協助大家表達口罩裏的情感，舉辦了名為「口罩裏的笑容」的布口罩設計比賽。比賽旨在讓居民設計令人望到就會笑的口罩，藉此宣揚社區關愛、互信互助的正面訊息。

比賽反應熱烈，**房協之友**為此舉辦了頒獎典禮，邀請得獎者帶同親友出席，分享喜悅，亦可交流創作心得。雖然參加者都戴着口罩出席，但亦難掩他們的喜悅，口罩裏的笑容，大概就是這種吧！

Mask becomes necessity, but we love and hate it, as it blocks viruses, but also blocks interpersonal exchange. HSC held the mask design competition, "Smiling Mask", which aims to bring positive message of smiley behind mask to the community. Residents whoever wearing or seeing a smiling mask, would feel pleasant and positive.

HSC received overwhelming art pieces, and invited awardees and their family to attend the prize presentation ceremony. Awardees shared their creative ideas amongst each other. In the meantime, it provided a platform for art appreciation. Though all the guests were wearing a mask, the mask could never cover their happiness.



Participants dressed up for the Mid-Autumn Festival Costume Show



從新
啟動
Reboot

不少長者向我們透露，在疫情影響下，他們足不出戶，減少社交活動，整天呆在家中看電視、睡覺、吃飯，身體就像沒了電一樣，不動、亦不想動。久而久之，身體的機能就會衰退，心靈亦因而變得被動和負面。房協之友及九龍樂善堂聯手設計了一系列健腦活動、遊戲，替長者們重新開動身體的摩打，將身體推進啟動狀態。

Elders refused to go out under the impact of the coronavirus pandemic, they stayed at home in isolation from the community and became bored. As a result, mindful and physical body looked like running out of battery. The condition may cause negative effect on emotion as well. HSC and The Lok Sin Tong Benevolent Society, Kowloon, designed a series of brain training games for the elders, hope to reboot the mindful engine.

活動以獨立形式進行，除了提供一個安全的環境給長者外，更希望他們能在沒有壓力的環境下專心享受遊戲的樂趣。每個遊戲都經過精心挑選，務求令長者們身心得到全面的訓練，以最佳和積極的狀態，迎接多變的生活環境。

Elders took part in each game individually by turn to honour social distancing. The elderly played in a comfortable and pressure-free environment. Each game was tailor-made for training different parts of the body.



簡單道具如衣夾，亦可變為訓練手部肌肉及創意的遊戲。長者們利用衣夾創作獨一無二的藝術品

Simple props as clothespin, can be the materials of art creation. The game helps hand muscles and creativity training



利用七巧板砌出指定圖案，除了考驗長者們對圖形的認知外，更需要長者們的想像力及觀察力

In the Tangram game, participants have to use their knowledge on shape, and also skill of observation and imagination.



這個疊人仔遊戲，不但要心靜手定，更需要長者們對平衡概念的認知

Patience and balance are the core elements needed in the game



自己咭套自己造，在工作人員協助下，長者們細心地製作自己的咭片套，少一點眼力、心機及耐性都不可

Making an unique card holder for themselves, which needs patience, concentration and competency of sight.



電腦小遊戲，簡單測試長者的認知能力

Preliminary cognitive health assessment for the elderly





出嚟玩下啦!

Come and play!

抗疫大半年，不少人身心疲勞。長期在擔心受病毒感染和渴望呼吸新鮮空氣之中掙扎。**房協之友**決定幫抗疫疲勞的居民打打氣。我們邀請房協轄下出租屋邨的居民一起玩遊戲。一起笑過、歡呼過、開心過後，重新注滿正能量，以積極的態度迎接生活。

To get rid of Anti-pandemic Fatigue, **HSC** strives to cheer up all. We invited residents from the HS rental estates, to participate in the Elderly Game Day 2020.

我們精心設計了幾個簡單，又刺激的獨立遊戲攤位，每個遊戲均鍛鍊身體不同的大小肌肉。在有限的社交距離下，居民不但可鍛鍊身體，挑戰自己的能力，更讓心靈享受了一個輕鬆快樂的一天。

Tailor-made easy to play but excited games were aiming to train up different muscle sets of the body. While obeying social distancing, the participants had an energetic day full of joy and excitement.

聽力觸感大挑戰 粒粒皆辛苦

Sensory and Tactful Challenge

遊戲要求參加者們用眼力、耳力及觸感，估計5個汽水罐內裝有黃豆的數量，由最輕至最重排列。居民平日到街市買靚，練得一身敏感的「手感」，這個遊戲對他們來說簡直易如反掌。

Sense of audio, visual and weighting by feel and touch are tricky, while challenge of the game was tactful. Residents were required to identify the quantity of beans inside each cans.



反應大對決 隻手放嘍邊

Sense of Reaction

遊戲主持指示參加者做出不同的動作，兩位對戰的參加者必須集中精神，使身體配合做出對應動作。當主持講出特別指令時，對壘的二人鬥快搶奪枱上的物品。反應夠快，精神集中方為致勝的要訣。

Players need to comply with specific physical exercise posture under the command of the game leader. Once the leader made a spell, the faster to touch the object on the desk, the bigger prize they got.



考驗手眼協調 打小人

Body Coordination

用清洗乾淨的牛奶盒，重新包裝，作為「打小人」遊戲的主要道具。參加者要將手上的牛奶盒用力擲向地上的九個牛奶盒，即「小人」。嚴格來說，再生的牛奶盒已不再是牛奶盒，而是一片片堅硬而帶有彈性的紙皮。參加者須用適當的力度，令地上的「小人」反轉，太強或太弱的力度也不能成功。

Upcycling used beverage packets as game props, players tossed the game cards (packets) against those laid flat in order to spin up blessing words.



考驗手部肌肉 投球所好

Strength and Control of Arms

將不同顏色的球擲入對應顏色的箱，看似簡單的遊戲，但參加者對手部肌肉的控制和力量調節的判斷能力，一點都不能少。

Threw balls into designated color boxes; held a falling ping-pong on a slanting table need skillful body coordination.



考驗手部肌肉 吹你返屋企

將乒乓球放在傾斜的枱上，參加者須將滑落中的乒乓球用紙扇由起點撥到終點。考驗參加者手腕的靈活度及個人反應，稍有不慎，乒乓球便墮下。



記憶力測試 你還記得嗎

Test your Memory

將所有啤牌翻過來蓋着，參加者每次翻開2張牌，如果啤牌圖案不同，需將牌面朝下；如果相同則可將繼續翻開其他啤牌，直至將所有啤牌翻開。參加者運用腦力，成功將牌一一記下，便順利完成配對。

Players memorized playing cards, and made pairs when they were placed upside down, it was a memory training game.





環保變日常

***Put environmental friendly
in daily habit***

聽說如果將一件事情重覆21天，就會變成一個習慣，不如就從今天起，一起將環保變成習慣，將環保態度融入生活日常。

Someone said if one thing is repeated for 21 days, it will become a habit. It is better to turn environmental protection into a daily habit together from today. Share environmental protection routines from time to time, and incorporate green attitudes into daily life.

疫情期間，外賣、速遞增加，所產生的即棄塑膠廢物也越來越多。環保署2017年數字顯示，塑膠餐具的每月平均棄置量為5040公噸，超過300多架雙層巴士的重量。抗疫時期，即棄塑膠的使用量又會激增多少？

During the epidemic, food takeaway and delivery, bulk of plastic waste was generated. According to figures from the Environmental Protection Department in 2017, the average monthly disposal volume of plastic tableware is 5,040 metric tons, which is more than the weight of 300 double-decker buses. During the anti-epidemic period, how much more in quantity disposable plastics shall increase, sharply?



自備 Bring your own

自備可循環使用的物品，當然是減少即棄用品最直接的方法。有很多可以自備的小物品：餐具、水樽、飲管、環保袋等等。外賣時自備可循環使用的物品，實在可以減少很多即棄用品。源頭減廢，用少一件得一件；帶得一樣得一樣，你帶一件，浪費就少一件！

Bringing your own recyclable items is the most effective way to reduce disposable items. There are many small items that you can bring along: tableware, water bottles, reusable straws, eco-bags, etc. Bringing recyclable items for takeaway can reduce a lot of disposable items.

裸買 Naked buying

大家購物的時候，有沒有發覺產品附有很多包裝？裸買的意思是購買產品的時候盡量不使用任何的包裝。買米可以自己帶盒、買油亦可以自己帶容器。出門前計劃好今日要買甚麼，帶甚麼容器。盡量減少包裝廢物、減少製造污染！

When you shop, do you notice that the product comes with a lot of packaging? Naked buying means trying not to use any packaging when buying the product. You can bring your own container when you buy rice, oil, etc. Before going out, plan what to buy today and what containers to bring. Minimize packaging waste and reduce manufacturing pollution!





同學仔 *Simply the Best!* 你好堅!

剛過去的香港中學文憑試(DSE)的考生，是經歷最多變數的一屆。在年初新冠疫情影響下，應屆考生受停課的影響，只能在家自學，及後又轉為網上學習。

Year 2020 is the most challenging year for the candidate sitting for the Hong Kong Diploma of Secondary Education (DSE).

由不能外出、不能享受正常的校園生活，到四圍撲電腦、網絡大塞車，再到考試無期、延期、改期...等等。每個轉變對考生來說，都是一個挑戰。在一個充滿未知數的未來，經歷人生17年來的其中一件大事(說DSE是學生時期中的大事，相信無人會否定吧!)，不得不說句:同學仔，你好堅!

They were facing tremendous challenges impacted by the coronavirus pandemic, to name a few, school suspension, self-quarantine, online learning, incompatible or shortage of electronic devices/computers, network congestion, examination deferral, etc. All these uncertainties were stones on the road. For those who managed to go through the rough road, are superheroes!

房協之友為這個疫情下的中學文憑試考生打氣，設立房協之友獎學金，鼓勵在文憑試考獲佳績的學生。由於疫情反覆，我們將原本的頒獎典禮，改為以小組形式舉行。頒獎禮雖簡單但隆重，邀請了香港房屋協會總經理(物業管理)佘姚玉心女士為頒獎嘉賓，及與得獎考生們交流讀書心得和考試心情。

We hold the HSC Scholarship, which is aiming to provide encouragement and support to the candidates, who have outstanding performance in HKDSE. We held a small scale ceremony for the prize presentation.



香港房屋協會總經理(物業管理)佘姚玉心女士(左二)及高級經理(物業管理)李顯蕊女士(左一)頒獎予獲獎學生。圖中為獲得卓越獎的賴仲賢同學(右二)

Mrs Share, General Manager (Property Management) (left 2) and Ms Lee, Senior Manager (Property Management) (left 1) were the honourable guests to present the scholarship prizes. Mr Lai Chung Yin (right 2) was awarded for Outstanding Achievement.

頒獎禮最精彩的部份，往往是管理層與學生的交流。大家訴說自己的讀書心得之餘，亦可從中知道年代的變遷，對讀書或求學心態的影響

The sharing part was always the most delightful and remarkable session

家長的伴讀心聲是絕對可貴和感人的。王怡穎媽媽(右一)訴說陪伴及信任，已是對女兒的最大支持。

“Providing faith and company are the strongest support to my child”, said mother of Wong Yi-wing (right 1).