



傑出義工分享 Outstanding Volunteer Sharing

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早於求學時期已認識卡城華人耆英會。機緣巧合中，懷著「助人為快樂之本」精神，投身義工行列，轉瞬已廿載。

從最初加入直至現在，感覺自己仍然在就讀期間，耆英會不斷發展，不斷推出新事項讓義工去服務，推動和建議我們去選讀特別科目，深入了解不同的技能（例如：Row Your Own Boat, Alberta Fitness Leadership, Caring with Confidence with Alzheimer Society of Calgary, Taking Care of You... Powerful Tools for caregivers, Mount Sinai Hospital Reitman Centre's Carers Program & Gerontology Studies at MRU) 而自己亦樂於研讀，為的是遇上困難也可活學活用，難題迎刃而解，服務他人，所謂教學相長，幫助別人之餘，自己也獲益良多。

猶記得參與「關顧耆英探訪計劃」中認識一位 94 歲長者。她頭腦清晰，喜歡作詩詞，更贈送以下七言詩句，作為讚賞及鼓勵我，亦表達我的心聲，驅使我更加努力為長者們服務。

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回顧 30 年耆英會的成績，有賴各理事會，員工和義工們，群策群力，各展所長，所得的成果超著。適逢建立 30 週年，謹祝卡城華人耆英會威名不朽，功績長存。

I knew about the Calgary Chinese Elderly Citizens' Association when I was still a student. Twenty years ago, I started joining CCECA as a volunteer, believing that helping others would be a source of happiness.

陳壽添 Sau Tim Chan

在耆英會擔任義工，轉瞬間已 16 年。我每星期兩天在外展部接待處服務，其餘三天間中陪老人家往醫院、化驗所或專科醫生檢查和診病。其間見證了耆英會服務項目日益增加，發展迅速。

華人社區，不論新舊僑胞，講何種方言，上至申請政府福利、醫療護理、家居服務，下至日常生活，事無大小均會往耆英會要求服務。曾經有一位老婦遺忘了一包三文魚頭在 3 路公車上，要求我們寫張便條往公車失物處找尋。

就算主流機構，例如醫院或診所護士、社工、護老院、銀行等都會轉介他們的客人來耆英會要求幫助。最近有一令我驚訝的事：有間主流學校的老師寫信給一個家庭有困難的華裔學生家長，叫他們來耆英會幫他們向食物庫申請領取食物。以上的例子，可見耆英會在卡城的知名度和認受性。有此成績，乃 30 年來歷屆理事和眾員工努力的成果，謹此致意。

I have been working for CCECA as a volunteer for 16 years. Every week for two days I work as a receptionist at the Way In Department, and for three days I provide services to the senior by accompanying them to hospitals, medical laboratories, or medical specialist offices for a check-up or consultation. During these years, I have seen the rapid expansion of the services provided by CCECA.

Since I joined CCECA as a volunteer, I have had the feeling that I am still studying at school as CCECA continues to develop and introduce new programs for us to work on, and encourage us to learn more skills by taking special courses such as Row Your Own Boat, Alberta Fitness Leadership, Caring with Confidence with Alzheimer Society of Calgary, Taking Care of You, Powerful Tools for caregivers, Mount Sinai Hospital Reitman Centre's Carers Program & Gerontology Studies at Mount Royal University. I am pleased to take those courses as I can learn how to overcome difficulties and serve others better. Also, I am able to learn a lot by helping others.

I remember meeting a 94 years old lady while I was in "Volunteer Visiting Program for Seniors". The lady was clear-headed and she loved writing poems. She once wrote me a Chinese poem to praise and encourage me. In fact, this poem has also shown my personal feelings about volunteer work and has motivated me to work harder to serve the elderly.

The success of CCECA is due to the joint effort of its board of directors, volunteers and staff members. I would like to take this opportunity to congratulate CCECA on its 30th anniversary and to wish that its success will last forever.

People from our Chinese community, whether they are new or old immigrants and whichever dialect they speak, may come to CCECA to seek services such as applying for government benefits, looking for medical care, or even finding solutions to everyday life matters. Once an old lady who had left a bag of salmon fish heads on the Route #3 bus came to ask us to help her write a note so that she could take it to the Calgary Transit's lost and found department to try to find her lost bag.

Many local organizations, such as hospitals, clinics, social services, nursing homes, and banks, may refer their clients to come to CCECA to seek help. Recently, I am quite surprised to learn that a local teacher has written a letter for the parents of a Chinese student whose family has financial difficulties to bring to CCECA so that we can help the family to apply to the Food Bank for food assistance. From the above examples, we can see that CCECA is being recognized as a major social service organization. The success of CCECA is due to the hard work of its board of directors and staff for the past 30 years.