

My experience as a volunteer worker in caring for the Seniors of our community (Writer: Kwan Yuet Wai)

Day back to Nov. , 05 when I participated in this program:

Every other week, our team would set out to visit those seniors who lived alone in our community. Again & again, my feet were so tired after climbing up & down the stairs of the buildings where the seniors lived while the sweat on my body made me so sticky & wet. No matter how tired I was, I still needed to wear a smiling face. We were aware that the seniors need someone to show them concern & care.

The most impressive experience was the visit to an old lady, whose husband just passed away not long ago. As she related her story with tears rolling down from her eyes, tears also rolled down from my eyes. Deep down inside my heart, I felt that I was so blessed since every member of my family had been staying with me all along.

Another time, I was sent to visit an old man, who lived in a small & dim flat.

His house was filled with umbrellas & was so dark & cramped. However, he was living there happily & volunteered to share his experience in selling umbrella with me.

Through the contacts I made with seniors from different walks of life, I learned what the real meaning of happiness is. True happiness does not base on what you own in this world, but the satisfaction that derives from what you already have. As for myself, I feel more peaceful & contented after I was exposed to the living conditions of those seniors whom I visited. Thank God, I have been given a happy family with good living condition.

Recently, when I chatted with my family members after my return from those assignments, they commented:" Hey! you are getting smarter & more sociable".

They encourage me to continue with what I have already started. My wish now is to help more people & to care about their well beings as long as my health conditions allow. This is a mission which I am sure will make my life more fruitful and meaningful.