



From the Editor

We want to thank you wholeheartedly on behalf of the children at Ark Rehabilitation Centre in Huhehaote, Inner Mongolia. Your generous response to our last issue's call for help for their needs is deeply appreciated. In this issue, we'll bring you up to date on a few programmes we ran in different parts of the country, as well as report on the needs of some left-behind elderly folks in Baotou, Inner Mongolia who are cared for by a group of kind hearted volunteers.



Clinic Renovations to Improve Safety for Patients

In our December 2015 issue, we reported that a clinic in Da-ying, Shaanxi Province was in need of renovation. The clinic was in service for many years, but due to the lack of maintenance, it became dilapidated and potentially hazardous. With your generosity, the required funds were raised for the job. Below is an extract of a letter of appreciation from the sisters who operate the clinic:



Diagnosis room

Many Thanks !



Injection room

We are most grateful for Caritas' help for our clinic here in Da-ying!

A water conduit was put in place and the water pipes properly installed, the leakage problem was then fixed; improvements to electrical wiring now guarantee a reliable supply of electricity; a new coat of paint has been applied to the building, walls, doors, windows, and handrails.

The renovation work was completed in early January of 2017 and now the clinic looks clean, neat and tidy. Our patients can enjoy a pleasant and safe environment when they come to our clinic.

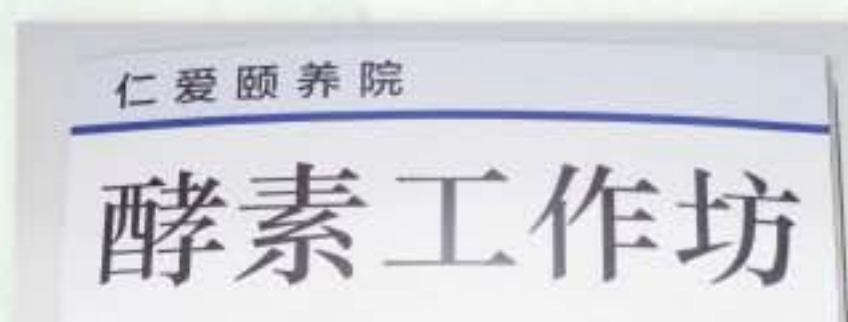


Business of Enzymes leads to Self-sufficiency for an Elderly Home

Ren-ai Old Folks Home is in Erlianhaote, Inner Mongolia. It has been providing shelters and home visit service, free of charge, to old folks who are handicapped and with no family support. The sisters running the home had to rely on charitable donations. Caritas-HK helped them with donated materials and guidance. Lately, the sisters also joined Caritas-HK's matching fund scheme, learning to raise funds systematically in the local community. Still they needed to look for other sources of income to meet their ever increasing financial commitments.

They found an innovative way to generate revenue. They researched, experimented, and came up with a range of marketable enzymes products made from fruits and vegetables. With help from Caritas-HK they bought a minivan to deliver the products to customers. It is truly exciting - they are on their way to become financially self-sufficient!

Promotional activities have been carried out. Many orders from restaurants and friends were received, with excellent reviews. More than 5,000 yuan have been generated since its introduction half a year ago. The plan is to submit the products for government approval prior to the end of this year. When the products are officially approved, the next step is to file for QS (Quality Safety) designation. We are happy to see the progress that the sisters have made.



Production & Functions

- **Water & sugar as fermenting agents.**
- **Some products can be used to rid pesticide & fertilizer residues off produce before consumption.**
- **Some products are good for weight reduction, or help the easing of constipation.**

品名: 黄瓜



功效: 调节免疫; 抗衰老; 减肥健体; 健脑安神;



品名: 芹菜



功效: 补充体力; 缓解焦虑、压力;

品名: 木瓜



功效: 和胃消食, 帮助消化蛋白质, 被誉为“天然消化酶”

The minivan for product delivery



品名: 水蜜桃



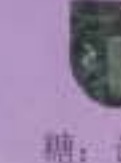
功效: 养颜、美容;

品名: 冬瓜



功效: 利尿消肿; 减肥; 瘦身; 清热解暑; 驻颜美容;

品名: 苦瓜



功效: 利尿活血; 调节血糖; 调节免疫; 美容养颜;

Amendment

The no. of inhabitants aged above 60 in Qilihe, Gansu mentioned in the last issue of "Mainland Brief" (61) - "Improve Rehab Care for Elderly ..." should be about 100,000. The web version has been amended accordingly.

Call from Afar ▴ ▴ ▴



Item no : 6201

Dear officer-in-charge,

We are a group of religious sisters from Baotou in Inner Mongolia. We serve in a rural community where many of the young people left and worked in big cities, leaving behind a lot of elderly folks who lack care and support from family members. These old folks often feel lonely and depressed. They live off their meager savings, and sometimes limited subsidies from their children. The majority do not receive old age support from the government. Their quality of life and the state of their health are truly worrisome.



Care services for elderly

We organized ourselves into a group of volunteers three years ago to help them. Each month we visit and provide them with various services such as washing bedsheets and clothes, shampooing and cutting hair, cutting nails; simple medical checkups such as measuring blood pressure and blood sugar. For the particularly needy, we provided some basic necessities such as foodstuff and clothing. Most of all, however our visits let them know they are loved, and people care about them. At present there are 30 people in our core group, plus another 30 who join and spread out in different locales. We have scheduled services for old folks in 6 villages around Baotou, serving more than 100 left-behind elderly folks.



A lack of resources is our biggest challenge. We have shortage of food, common household commodities, clothing, as well as the lack of reliable means of transportation. We also have difficulty providing extra help for the special needy. Because the villages are scattered in mountainous areas, it is necessary to hire vehicles to deliver the provisions. To save money we sometimes ask for help from parishioners who farm and have used tricycles, which becomes a problem during planting or harvesting seasons as they aren't readily available when needed. In winter, it becomes dangerous during or after heavy snow falls, or sandstorms.

We have been doing regular fund raising in our parish, but it is not enough to meet the needs of the elderly we care for.

With encouragement from our parish priest, we are writing to you for your kind support, and pray that you will heed our request.

A borrowed motor tricycle

Sr. Chen
April, 2019

Item		Budget(¥)
1	Allowance for 10 needy elderly x 12months	12,000
2	Visit - bringing food to 100 elderly x1year	15,000
3	Daily supplies to 50 elderly	10,000
4	Clothes to 50 elderly	5,000
5	Training for 30 core volunteers x2 times/year	5,000
6	A mini-van for product delivery (tax incl.)	46,000
Total (HK\$105,682)		93,000



Looking forward to
your response

For enquiry, please call on 35892259 or 35892500, or leave your message at mainland@caritas.org.hk. To show your care, you may write a crossed cheque payable to "Caritas-Hong Kong" and send it to: Mainland Service Desk, Room 505, Caritas House, 2, Caine Road, Central, Hong Kong. Please write down the item no. / purpose of the cheque and your contact information on the back.