



Dear Caritas,

We are religious sisters from Shaanxi province. Last year's statistics indicated that there are more than 7.6 million old people in this province, of which 1.5 million are fully or partially disabled. Many of the families in our province are designated as of what we refer to as the '4-2-1' structure: i.e. 4 seniors (2 sets of grandparents, maternal and paternal); 2 parents (father and mother); and 1 child. Many of the old folks are bedridden and their children are not able to give them the needed attention as they have to work hard to make a living for the family. There is no one to help these old folks at a time when they need it. They

feel helpless, and they are on their own. They are trapped - their poor health make it difficult for them to go outside. Many of them harbor suicidal tendencies.

We have organized parishioners in 3 districts: Xian, Baoji and Shangzhou into groups of 25 volunteers each led by 10 religious sisters, to do scheduled home visits 3 times a week. During these visits the old folks are offered health services such as : wash and cut their hair; wash their feet; cut their finger nails;

talk to them and keep them company, sometimes during the last moments of their lives. We organize social events for 150, four times a year in each district and wish to instill lively hope in their lives with these activities.

This program costs approximately RMB47,620 (= HK\$59,525). It is a big challenge for us to raise this amount, especially when we are still in this Covid pandemic. We pray and hope for your positive reply.

Sr. Li
02-03-2022

Lonely seniors in the remote areas are lack of care. Home hazards are everywhere

For enquiry, please call 35892259 or 35892500, or leave your message at mainland@caritas.org.hk or 51737210. To show your care, you may WhatsApp the picture of the bank slip (Account no. of Caritas-OHK: HSBC --- 002-206118-001 or ICBC --- 721-021-0000-713), including your contact information at 51737210, or 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 your contact information on the back.



The daily life of lonely elderly in the countryside is meaningless and dull

Item	RMB
Rice	5,000
Flour	4,200
Cooking oil	7,800
Misc. food items	3,600
Fruits	3,600
Transportation	12,150
Electric hair cutter	1,050
Blood pressure gauge	1,720
Meal	4,000
Fuel & toll fees	4,500
Total	47,620

From the Editor

There are many positive responses to our last issue of Mainland Brief, for which we are deeply thankful. We thank you on behalf of the seniors and sisters in Erlanhaote for your generous donations!

In this issue, we will share results of programs that have been completed, and bring to your attention the needs of the lonely seniors in the remote area of Shaanxi province. We pray for your continuing support.

Old Folks & Orphans in Henan Benefited from New Equipment

'Home of Love' was founded more than 20 years ago by a group of religious women in Henan. It is a home for old folks and disabled children who have no family to care for them. Due to lack of repair, the facilities were so worn out that it became a serious challenge for the sisters to do their job properly. All these changed with generous donations from Hong Kong benefactors. Below is a thank you letter from the sisters:

Caring for the old folks and handicapped children in our home involves a lot of chores: shopping for food and other supplies; cleaning up and disposing of garbage, are only a couple of the many odd jobs Tao-Tao, a child with Down syndrome, has been doing in his tricycle. The tricycle that he has been using for more than 10 years, which was badly worn out. It broke down often and we spent much time pushing and fixing it; for example, on the road to and from the market. It was tough for Tao-Tao and he was desperate. He often complained and wanted a replacement. But we could not do much since we did not have the resources -- not until early 2021 when we received your donations from benefactors in response to our appeal! Tao-Tao was exuberant to have a new electrical tricycle. He wheeled around announced excitedly to everyone here, "I have a new vehicle now! I can now use it to take the little brothers and sisters to show them the flowers!" The kids were excited too -- they gathered around Tao-Tao's new tricycle to dance and exclaim with joy!



Tao Tao and the new electrical tricycle

Since the beginning of the Home of Love, we have been doing the washing, cooking and all the chores needed to care for the old folks by ourselves. We started with firewood, then gradually to using briquettes -- it was hard work. With your help, all that has changed. We got rid of the 20-year-old earthen stove and the wok. Not only us nuns are grateful, so are the old folks.

Food made with new equipment



The seniors enjoyed the food made by the sisters

They thank God and your organization, as is well summarized by an old lady, "Sisters, now you don't have to lift and move around the 7 heavy steamers when you cook steamed buns for us. What a relief!" One of the old men observed, "Now that you can make dough with machine, and cook with electricity, you will no longer suffer from the extreme heat of cooking with firewood and earthen stove, especially when the weather is hot, 40° C or more. We can't do much else, but we can pray for our benefactors" We fervently offer our prayers for you!

Looking forward to
your response!



The Path of Growth for a Social Service Group in Liaoning Province

From Serving Children to Educating Families



It's been 7 years since 2014, when a group of sisters started a center for left-behind children in Guanling Village, Liaoning province. Through experience, they realized the importance of the family in the development of children. Over the years, with the help from Caritas and other benefactors, they have been observing and learning from practices of other organizations, and have attained credentials and professional qualifications in the process. In 2019, they founded the first integrated family service center in the community, and registered with the officials as a professional social service organization. Attached is an abstract of a thank you letter from the sisters:



Walkathon



Christmas party



At the end of a summer camp, every child got a prize --- Academic Award, Super Lovely Baby Award, Diligent Helper Award, Proactive & Hardworking Award, etc. Everybody yelled happily and said, "We all got a prize!"



.....Watching these children grow from first graders to middle school students, from little kids to adolescents taller than their teachers, we have been privileged to accompany them on their paths of development. We witnessed the problems each of these left-behind children faced while they were growing up, and noticed that it wasn't their problems, but also problems in their families that they had to deal with. With this in mind, in addition to programs to assist them in study assignments; reading books; running programs of interest; organizing summer camps, we included psychological counseling in our program, all with the purpose of helping the children and their families to develop in a healthy manner.



Home visit on snowy day. Taking picture with the parents and the children when arrived at their house.



.....Along the way, we were introduced to a lot of folks who share our ideals and pursuits. Some of them helped by offering our children lessons such as mental development drawing; sandplay therapy; identify emotions; and dental hygiene practices. In 2018 and 2019, we invited legal experts to conduct talks to parents and children on the prevention of and protection from sexual abuse.



.....With 7 years of experience offering our services and various promotional activities, we have been able to raise our crowdfunding capability, even though we have yet to raise a significant sum. Still, through the small amounts of donations from many benefactors, we are able to continue with our programs.



Due to lack of resource, poor heating facilities as a result. The children had to put on coat in the library.



Online class on parenting



Computer class

.....In 7 years, our children have grown up, and so has our center! We thank Caritas for your support and your help for our development from a blank sheet to what we are today -- more professional. Your help from the beginning by providing us with funds to purchase the hardware, later by providing us with funds to pursue courses in psychology; management and organization; 2nd level qualification in social work; qualification as sandplay therapist; your care and attention to the details of our needs. And in 2019, you invited our entire staff to Hong Kong to visit the tens of centers managed by Caritas which inspired us immensely and helped us envision our future direction.



.....We began by helping the left-behind children and have now evolved into a program of family development and education. We have been to more than 50 places within the country to conduct workshops and seminars on this topic -- to train the trainers who in turn would provide similar service in their communities. We have run programs tailored to address our current challenge -- the Covid pandemic, and developed an online program to provide psychological consultation to those who need it. We are resolved to continue our program to help children in need, and to promote family education. This is our way of showing our gratitude to all who have helped us!



Seminar on parenting for parents

