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MIGHTY OAKS

Mighty Oaks Foundation

Annual Report 2021

Resilience & Innovation



Mighty Oaks Vision, Mission & Approach

Our Vision At Mighty Oaks, we believe that every elderly person deserves to live with dignity, purpose, hope and love

Our Mission Create an age friendly society by transforming lives and communities through intergenerational programs and activities

Our Approach Build connections and friendships between old and young through innovative intergenerational programs



Founder's Letter

Dear Friends of Mighty Oaks,

2021 was a year of resilience and innovation. Our regular programs were disrupted by the pandemic. Despite unprecedented challenges, we built resilience, held firm to our service mission and belief and helped our beneficiaries to foster wellness and find joy.

The pandemic was also a catalyst for our digital transformation. We harnessed technology to meaningfully connect old and young through regular learning programs, delivered online. These were much welcomed by our partners and beneficiaries. With more experience, we started to systemize and introduce our online programs to more partners, benefitting our community on a larger scale. Our impact widened and deepened as we trained teachers and social workers to conduct intergenerational programs on their own, using or adapting our teaching materials.

We extended this digital transformation by offering free smartphones to needy elders. Youth provided F2F training to enable elders to use their new smart phones to connect with friends and family and access new entertainment and knowledge platforms. This helped them to remain mentally and socially active, enhancing their well being.

Digital investment will continue to be a priority for 2022, enabling us to further our mission and impact and lay the groundwork for longer term recovery. This will help us to become more effective, transparent and accountable.

I was honoured to be one of the recipients of the Outstanding Active Age Women Award by WINGS (Hong Kong) in November, 2021. This is recognition of the collective effort of Mighty Oaks and our donors, partners, volunteers, supporters and our tireless team. Thank you all for striving to improve the well-being of elders and youth by responding to emerging needs for inter-generational engagement.

Poh Lee Tan
Founder of Mighty Oaks

Elder Beneficiaries

12,010

Student Beneficiaries

12,980

28

Partner Schools

50

Partner Elder Facilities

Overall Statistics

Note: Several elder facilities and schools joined multiple Mighty Oaks programs in 2021, deepening the impact of our intergenerational programs for both old and young.

Intergeneration Contact Hours

3829

Volunteers

425

Volunteering Hours

979

ACE Academy

ACE (Anchor Children with Elderly) is our regular intergenerational program. For ACE Academy, we collaborated widely with schools, elder facilities and other NGOs to deliver:

- Extra-curricular intergenerational programs online and
- School-based intergenerational program

Mighty Oaks adopted a speedy and innovative approach to respond to the pandemic, embracing digital transformation to continue operating, enabling, and promoting our service mission and beliefs. Here are some program highlights.

Operate:

i. Extra-curriculum: shifted from offline to online learning

With the theme 'Yummy', students and elders from 10 primary schools and elder facilities developed relationships online, exchanging ideas and stories through interactive and enjoyable activities, providing much needed social interaction during the pandemic.

Class Story:

We put spices/herbs in bags for elders to guess, while students provided hints to their elder buddies for an online game.

Kim por por was given star anise (八角) to feel and smell. Unfamiliar to some students, she proudly shared examples of popular dishes using this spice. She beamed, encouraged that the students learned a lot from her.

Food unites everyone, across generations!



Working with a therapy dog and trainer from the Hong Kong Guide Dogs Association, the old and young were excited and enthusiastically embraced having dogs in their online class.

Our thanks to the Hong Kong Club Foundation for sponsoring this program for the second year.

Class Story:

One student proudly held up her dog for all to admire. 'Doctor' was one of the few English words she knew, so that's what she named her dog. One elder used to own a dog and shared many practical tips on caring well for dogs.

Games with a special friend was fun, and the warm exchanges were unforgettable.



ii. From extra-curriculum to integration into school-based intergenerational curriculum

We were delighted to convince some primary schools to embed our ACE Academy program into their regular school curriculum. This shift was impactful, as the more frequently students learn about intergenerational engagement, the more likely they will learn to look beyond ageist stereotypes.

We invited 24 elders to join a series of 12 Visual Art Classes at The Salvation Army Tin Ka Ping School. Elders collaborated with all Primary 3 students to co-create over 120 paper fans, subsequently given by the students to elders living near their school to express love and care.

"It's a great chance for students to learn outside of books and show their love and respect in action. Mighty Oaks helps students to discard stereotypes of elders. It is so touching to see elders and youth inspire each other."

Principal, The Salvation Army Tin Ka Ping School

"I shared a 60 year old photo with a student in class. He was amazed and asked me to share more. I was invited into their social circle, sharing my experiences and life stories with the students."

Elder participant

"I could never have imagined myself sitting in a classroom with a group of Primary 3 students. I am grateful to do some arts and crafts with energetic students in class."

Elder participant

"The activity allowed students to see the energetic side of elders and provided a new learning experience for students to engage with elders. I could see students enjoy the in-class activities."

School social worker

Enable:

Conversations build empathy, perspective, and a feeling of interconnectedness among different generations. We wish to reframe how we view elders and bring alive their youthful curiosity, energy, and sparkle through stories and insights from earlier times. To encourage communication among young and old and prepare youth for serving the elderly, we

- created materials to encourage intergenerational conversations
- hosted training on engagement with elders for volunteers of other NGOs
- provided train-the-trainer sessions to our partners



We created the Hello! book and five bright and colourful ACE Books to encourage intergenerational fun and meaningful conversations for use in our various programs. We also incorporated arts and crafts and interactive activities such as treasure hunts, for use with these books.

These communication books were also used to train volunteers from HandsOn Hong Kong and other organizations. Volunteers learned how to select topics for smooth and rewarding dialogue with elders.

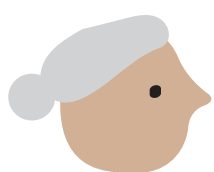
Thanks to the Kerry Group for sponsoring the creation of these communication books and to Toppan Merrill for sponsoring the printing of these books.



To broaden the impact of our programs, we hosted 11 train-the-trainer sessions, totalling 17 hours, enabling 21 teachers and social workers to conduct inter-generational programs on their own, using or adapting our teaching materials.

Key Statistics

ACE Academy in 2021



277

Elder
Beneficiaries



587

Student
Beneficiaries



17

Partner
Elder Facilities



15

Partner Schools



3829

Intergeneration
contact hours

Promoting intergenerational engagement

We supported our community in a difficult year and stayed true to our commitment to foster wellness for old and young.

ACE Art 2021

We encouraged 3,500 young artists from 16 schools to hand paint 3,500 tote bags with a Hong Kong heritage stamp theme. Apart from an independent panel of judges, we were delighted to have over 5,300 people voting for the People's Choice Award.

We also produced jigsaw puzzles and scarves for the elderly/ caregivers using artwork images from the ACE Art 2021 finalists.

Our thanks to the Kerry Group for program sponsorship of ACE Art for the second year.



"This tote bag allows me not only to draw but also to share my love and care for the elderly..... I am very impressed and learnt a lot from other finalists as their artwork is very creative, colourful, and nicely drawn. It is a meaningful program, and I encourage students to join this competition next year. It is so much fun, and the experience is wonderful and memorable."



ACE Art 2021 Champion

ACE Talks

We focus on character building, encouraging students to explore the why, what, and how to engage with older adults. To enable students to put learning into action, we issue a Grand-Challenge at the end of each talk. Such challenges relate to practicing character traits in the context of intergenerational interactions. For example, after the talk on gratitude, we challenge students to write or draw what they are grateful for when engaging with elders. Students were so excited to share with their peers upon completing the challenge.

We partnered with the Institute of Active Ageing of Hong Kong Polytechnic University and its founding director Prof. Teresa Tsien, to develop a series of nine ACE Talks, delivered by professional volunteers.. These talks have been very well-received by schools and students.



Operation Santa Claus

Mighty Oaks was honoured to be selected as one of the OSC beneficiaries in 2021. At the OSC Launch Ceremony, we shared our approach to bringing positive change to needy elders and youth by linking them to discover connections through intergenerational learning. We hope SCMP subscribers and RTHK viewers will increasingly appreciate elders' contributions to our community, past, present, and future.



Pandemic Responses

Small hands, big hearts!



Many elders have largely stayed home during the pandemic. We encouraged youth and other groups to spread joy by creating various thoughtful gifts for the elderly and their caregivers.

1 Smartphones

Smartphones are vital to help us stay connected with family and friends, particularly during the pandemic. 120 carefully selected needy elders in Sham Shui Po and Kwun Tong received gifts of new smartphones, together with 2 year unlimited data SIM cards, with the generous support of CSL Mobile.

Members of the Po Leung Kuk F.S.F.T. Children & Youth Development Centre Basketball Team and the Institute of Active Ageing of Hong Kong Polytechnic University volunteered to provide 4 training sessions to each elder. They were delighted to help to empower the elderly with their new smart phones.

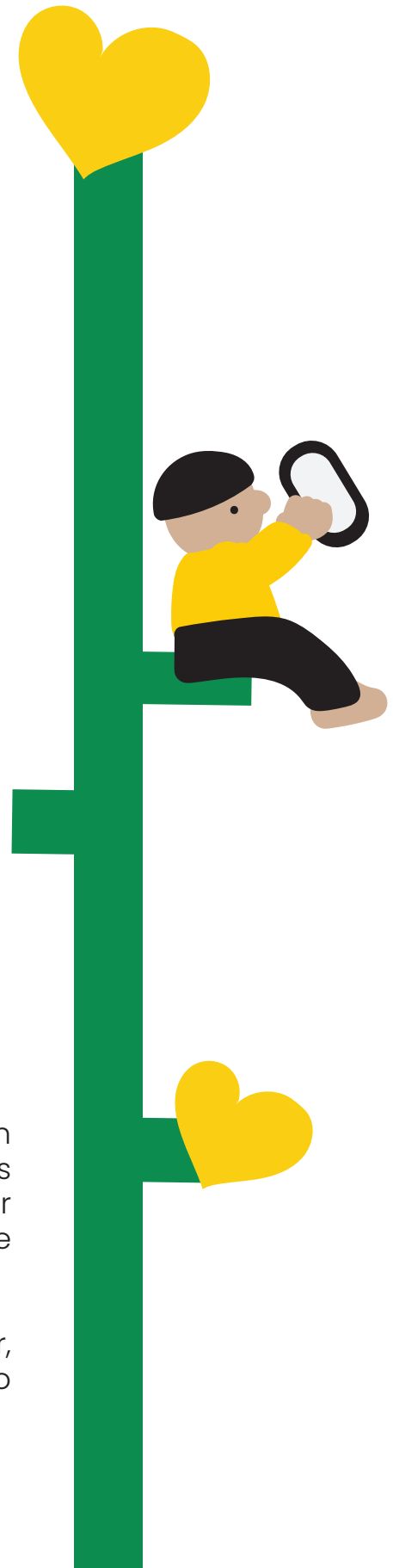
Heartfelt thanks to The Singapore Association of Hong Kong for their program sponsorship.

We partnered with the Neighbourhood Advice-Action Council (NAAC) for recruitment of elder beneficiaries and provision of critical support and with Tech Solutions for donation of personalized phone covers and protective film for the phones.

2 ACE Channel

We partnered with the Parent-Teacher Association of Diocesan Boys' School (Primary Division) to produce numerous Cheers4elders videos, shared with over 6,000 elders in 50 elder facilities. Residents in care homes voted for their favourite videos to encourage the youth.

"The rooms in our care home were filled with lively chatter, smiles, and laughter. These videos helped our residents to celebrate the lockdown Lunar New Year."
(Care home social worker)



3 ACE Workshops

Cookies4Elders/caregivers

Students from schools all over HK also expressed their love and care to elders/caregivers by baking thousands of cookies and cakes, personally delivering them to care homes all over HK. Care home residents and caregivers were so touched to receive these thoughtful gifts from students.

Food Art4Elders

Conversations around food facilitate friendships, reduce social isolation, and improve quality of life. Together, elders from NAAC, student volunteers, a chef from Dignity Kitchen and instructors from Mighty Oaks made a Singaporean dish – Popiah!

"I found that they all have different stories. If you are willing to listen, you will also discover the uniqueness of everyone around you." (Student volunteer)

"I have never tried decorating a cupcake."

"Never made cookies and cupcakes. I do not have an oven at home."

"Baking cupcakes seems something only young people do."

These comments were shared by community elders from Shek Kip Mei participating in our Cupcake Decoration Workshops. Although decorating cupcakes was new, all elders readily embraced the challenge, under the patient guidance of young volunteers from Hong Kong International School.

Before

Gifts4Elders

So many of you, including various youth groups, wanted to serve the elderly, either with gifts or through in person connections. Gifts included: 250 LNY banners, over 1800 gifts with handwritten encouraging notes, 93 hand knit scarves, generous donations of home-made turnip and LNY cakes for the elderly/caregivers and Pak Fah Yeow Oil.

Arts4Elders

We organized a series of 11 inter-generational workshops for 128 community elders, mainly from Sham Shui Po, with 52 young volunteers acting as teaching assistants, for a total of 270 intergenerational contact hours. We performed excerpts from Swan Lake, decorated cupcakes and danced to the music from Cats to lift the spirits of the old and young.

"I can't wait to eat my yummy cupcakes."

"I will share photos with family members."

**Never too old to play.
Never too old to decorate your first cupcake.**

After





Looking Ahead

It's been more than 2 years since the start of the pandemic. This has taken a toll on the mental and emotional health of both old and young. We will continue to provide a range of programs to meet the needs of socially isolated elders and youth, reduce stress and anxiety and create purpose and meaning. To achieve this, we will continue our extended outreach efforts, working with program partners, donors, volunteers and supporters. Together, there is much that we can do to help the old and young to emerge from the pandemic with a more positive outlook.

Increase impact of intergenerational programs

- Launch intergenerational programs sponsored by Operation Santa Claus and Social Innovation & Entrepreneurship Development Fund for 2 years
- Extend train the trainer programs for teachers/social workers
- Further promote benefits of intergenerational engagement
- Continue to harness technology

Foster wellness

- Art therapy to help old and young to reduce stress and anxiety
- Enhance social interaction and mood elevation through art and creativity

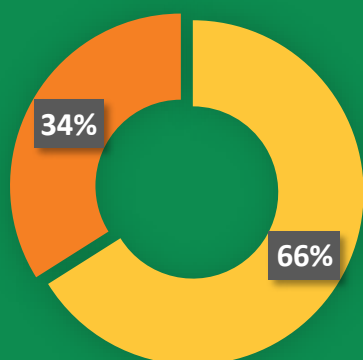
Pandemic Alleviation Relief for Elders

- Innovative ways to meet ongoing needs
- Unleash energy of the young to support elders

Financial Highlights

Income & Expenditure at a glance:

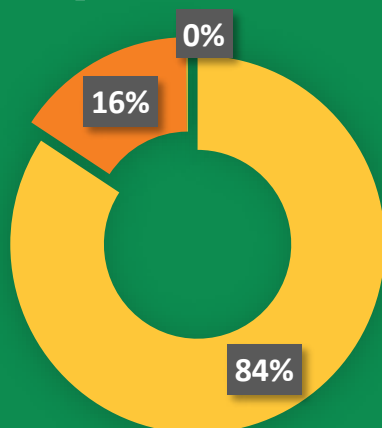
Income



■ Non-designated Donation ■ Designated Donation

| Donation Income | 2021 (Unaudited) | 2020 (Audited) |
|------------------------|---------------------|-------------------|
| Designated | 595,225 | 1,036,485 |
| Non-designated | 1,160,031 | 1,349,500 |
| Total Donations | 1,755,256 | 2,385,985 |

Expenditure



■ Programs and services ■ Operational
■ Depreciation

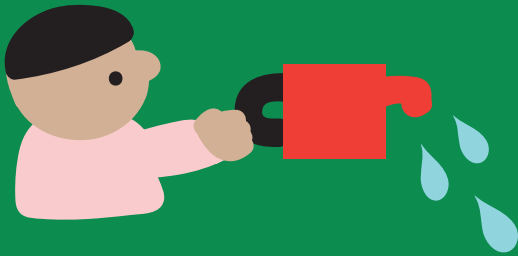
| Expenditure | 2021 (Unaudited) | 2020 (Audited) |
|-----------------------|---------------------|-------------------|
| Programs and Services | 1,872,129 | 1,548,132 |
| Operational | 346,647 | 178,151 |
| Depreciation | 3,373 | 7,444 |
| Total Expenses | 2,222,149 | 1,733,727 |

Note: We aim to maintain nine months of operating expenses in reserves. Surpluses in any given year goes to offset losses and is then placed into reserve balances to ensure the minimum reserves are maintained. After this, surplus funds are invested in new projects to serve the old and young.

Donors & Supporters

KEY DONORS & SUPPORTERS (in alphabetical order):

Heartfelt thanks to our donors, supporters, program partners and sponsors.



- Anthony C.C. Kam & Co.
- Baker & McKenzie
- CSL Mobile
- ES Holdings Limited
- Hong Kong Club Foundation
- Institute of Active Ageing of HK PolyU
- International Christian Assembly of God Limited
- Josephine Yim
- Kerry Group
- Philip Niem
- Poh Lee Tan
- Sau Ching Charity Foundation
- Samantha Hon
- Shun Hing Group
- The Singapore Association (HK)
- Toppan Merrill

ACE ACADEMY PROGRAM PARTNERS (in alphabetical order):

ELDER FACILITIES

- Chuk Lam Ming Tong Care & Attention Home for the Aged
- Endless Love Nursing Centre (Sheung Wan)
- Fung Tak Lutheran Home for the Elderly, Hong Kong Lutheran Social Service
- Haven of Hope District Elderly Community Centre – Hau Tak (Kin Ming)
- Hong Fook Church Social Centre for the Elderly
- HKSKH Kei Oi Neighbourhood Elderly Centre
- Kwun Tong Kwong Yum Home For The Aged
- Pok Oi Hospital Mr Kwok Hing Kwan Neighbourhood Elderly Centre
- SAGE Eastern District Elderly Community Centre
- Salvation Army Kam Tin Residence for the Seniors
- The Neighbourhood Advice-Action Council, Pak Tin Social Centre for the Elderly
- The Neighbourhood Advice-Action Council (Shum Shui Po)
- The Salvation Army Kam Tin Residence for the Seniors
- The Salvation Army Nam Shan Residence for Senior Citizens
- The Salvation Army Nam Tai Centre for Senior Citizens
- TWGHs Jockey Club Sunshine Complex for the Elderly

SCHOOLS

- Alliance Primary School Tai Hang Tung
- Chinese Y.M.C.A. Primary School
- Harrow School
- Hong Kong and Macau Lutheran Church Primary School
- Hong Kong International School
- Island Christian Academy
- Ka Ling School of The Precious Blood
- King's College Old Boys' Association Primary School
- Norwegian International School
- San Wui Commercial Society School
- Singapore International School (Hong Kong) – Primary
- S.K.H. Ling Oi Primary School
- The Salvation Army Tin Ka Ping School
- TWGHs Chow Yin Sum Primary School
- TWGHs Sin Chu Wan Primary School

Please support us

Please join hands with us as we continue to meet the needs of the old and young in our community. If you would like to donate or volunteer, please visit our website or please scan the QR code below:

Volunteer opportunities



Giving opportunities



Contact us



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