



Mighty Oaks Foundation Annual Report 2020

Crafting Love @ Mighty Oaks



Mighty Oaks Vision, Mission & Approach

Our Vision:

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

Our Mission:

To create an age friendly society by transforming lives and communities through intergenerational programmes and activities

Our Approach:

Build connections and friendships between old and young through innovative intergenerational programmes



Founder's Letter

Stronger Together

2020 was challenging, particularly for socially isolated and anxious elders. But 2020 also highlighted the resilience and strength of older adults, the incredible diligence and commitment of caregivers for the elderly and the abundance of kindness from across Hong Kong, including from our student community. Together, we stepped up to respond to the increased demand for support and care for needy elders.

To meet urgent physical needs, generous friends of Mighty Oaks donated over 74,000 face masks, 200 hand sanitizers and over 5,000 blessing bags for the elderly.

To meet the need for connection, students and their families recorded over 50 encouraging music videos, wrote thousands of cards, baked thousands of cookies and knitted over 400 scarves and beanies for elders. These were much appreciated by elders from over 50 elder facilities throughout HK. The pandemic offered opportunities for families to cultivate compassion together.

We demonstrated our admiration and appreciation for caregivers for the elderly through encouraging video cards from well-respected social workers, home-made cookies and cakes, handwritten cards, gifts of hand cream and face mask holders.

We adapted quickly by providing our intergenerational learning programs online. Although challenging, a silver lining has been technology adoption by the elderly. Initially unfamiliar with this learning platform, they soon responded well. Building trust and a relationship between the old and young can indeed grow and blossom online.

Many of us treasure older mentors, who have advised and guided us. We encourage the young to understand the need to learn from and care for elders and show them the respect they deserve. Working with the Institute of Active Ageing (HK Poly U) and Prof. Teresa Tsien, we developed a series of interactive talks to enable youth to embrace important life values through connecting with elders.

As we reflect on 2020, we are heartened by your generosity of spirit, enabling us to touch the lives of 21,000 elders and caregivers for the elderly. You show us that kindness prevails in uncertain times. Thanks for being part of a collective effort to connect the old and young. Indeed, we are stronger together.

With appreciation,
Poh Lee Tan



Overall Statistics

Elder Beneficiaries

20,000

Student Beneficiaries

4,000

Partner Elder Facilities

65

Partner Schools

25

Intergeneration
Bonding Hours

Over
1,500

Volunteers

Over
300

Note: Several elder facilities and schools joined multiple Mighty Oaks programmes in 2020, deepening the impact of our intergenerational programmes for both old and young

ACE Art 2020

CRAFTING & PAINTING FOR A GOOD CAUSE: ANCHOR CHILDREN WITH ELDERLY (“ACE”) ART 2020

ACE Art promotes understanding and respect for the elderly through creative art expression.

The number of participants doubled this year! We were delighted to have over 2,000 young artists from 10 schools who turned their art skills into love and care by crafting and painting for a good cause. Apart from an independent panel of judges, we were grateful to have over 3,000 people voting for the People’s Choice Award.



The theme was “**Chinese Opera**” - much loved by elders in Hong Kong. Through participating in this programme, young artists also learnt to appreciate our cultural and natural heritage, which is an irreplaceable source of life and inspiration.

A special mention for young artists from the Singapore International School (Hong Kong) who visited residents in the care home next to the school before starting their design journey.

Sharing from the People’s Choice Award Winner : Adeline Lee

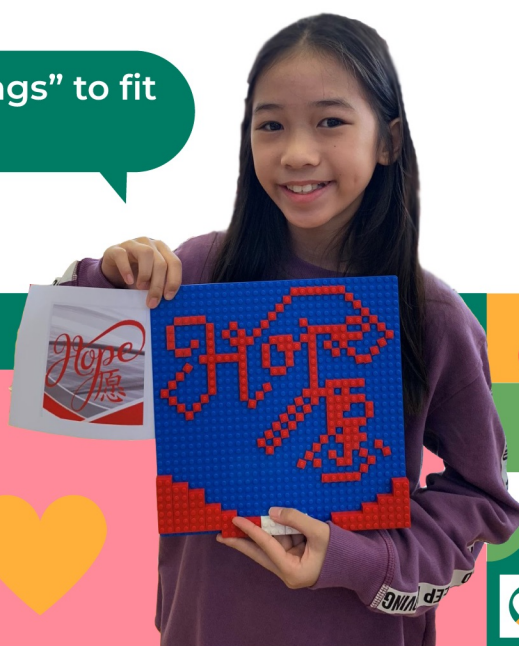
(From Singapore International School (Hong Kong))

This new approach enabled the youth to initiate conversations with the elders and understand their preferences before embarking on their crafting and painting. Their artwork was created with love and care, to meet the specific needs of their neighbourhood elders.



Singapore International School (Hong Kong)

‘My focus was to deliver “good blessings” to fit the more festive and cultural theme.’



Sharing from the Champion : Yip Yi Ching (SKH Yan Laap Memorial Primary School)

'I realise that the elderly in Hong Kong face many difficulties. Some feel bored and lonely. I designed a bag that communicates interesting stories ... I used vivid lines and a wide range of colours to show the most classic and gorgeous images of Chinese opera characters. I hope the elder who receives my bag will recognise the stories and have more joy in life.'



葉伊晴 (S.K.H. Yan Laap Memorial Primary School)

Hear from one of our independent judges:

'I enjoyed judging these artworks very much and valued the originality of each piece of art. I am pleased to note that the students were encouraged to explore the concept by themselves to create their own original artwork.'



Our thanks to the programme sponsor, Kerry Group; prize sponsors, the Hongkong and Shanghai Hotels and Shun Hing Group; venue sponsors, H6 CONET and Kerry Centre for their generous support.

ACE Academy

‘LOVE WITHOUT BORDERS, LEARN WITHOUT BOUNDARIES’

With the theme ‘Stronger Together: Forest of Fans’ in Term 1, students learned about the livelihood of older adults through hearing their personal stories and decorating bamboo fans with their elder partners after school at the elderly homes/centres. These in-person lessons provided time and space for young and old to interact and share amusing stories, allowing students to improve their communication skills and making elders feel appreciated and valued.

During the second wave of the pandemic with suspension of schools in Term 2, we adapted quickly by providing our intergenerational learning programmes online. ‘Radiating Love within the Family’ was the theme for our ACE Academy online lessons to promote ‘love without borders, learn without boundaries’. We encouraged students to support and show their care to one another, with a particular focus on their grandparents and older family members. Our thanks to the Hong Kong Club Foundation for sponsoring this programme.

Let’s hear from our Board member, Dr. Patrick Lam:

‘When I was helping the elders to put on their graduation gowns, the students arrived. The man I was helping shouted the name of his young partner immediately. The youth ran to him and promptly sat by his side, almost like he was his grandson. I could see excitement and anticipation in their faces.’

‘When I asked what his most unforgettable experience was - without hesitation - the elder answered, “The most exciting part was the opportunity to wear the full academic dress. I saw my children and grandchildren graduate, but I never thought that one day it would be my turn.”’



A precious moment between 富坤伯伯 and his young partner:

富坤伯伯, is 78 years old. He used to be a Chinese teacher. Despite living in an elderly home and relying on a wheelchair to move around, he regularly finds inspiration to continue to write poetry. The weather, TV episodes, the news, other residents in the elderly home, and memories of past events, people, and places. He draws on all these as sources of inspiration for his poetry.

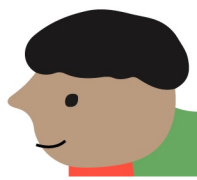


After finishing the last lesson, 富坤伯伯 proudly showed his “Doraemon” notebooks containing his poetry to his young partner. These little notebooks represented doors, enabling him to travel everywhere and anywhere and experience anything he wanted. His young partner was fascinated by 富坤伯伯’s poetic journey.



Elder
Beneficiaries

173



Student
Beneficiaries

173



Intergeneration
bonding hours

over 1,400

ACE Talks

Anchor Children with Elders (ACE) TALKS

We developed a series of ACE Talks in 2020 to enable students to learn about aging, enhancing intergenerational understanding and respect. All five ACE Talks were developed by experienced educators and volunteer professionals, with support from the Institute of Active Ageing, Hong Kong Polytechnic University (“HK PolyU’s IAA”), under the guidance of Prof. Teresa Tsien, the first director of the HK PolyU’s IAA.

We are excited to launch the talks in the academic year of 2020/21, and six schools have already signed up for our talks.

ACE Workshops

WIDENING THE CIRCLES OF LOVE DURING THE PANDEMIC

1 Masks4Elders

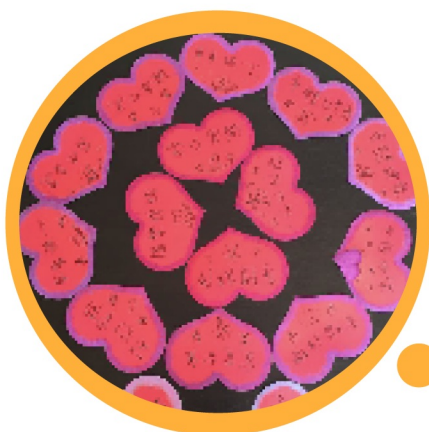
Masks4Elders: With support from generous donors, we widened the circles of love by donating over 74,000 surgical masks and 200 hand sanitizers to needy elders in care homes during the pandemic.

Behind the Music: Full of Love & Compassion

Rosey Chan is a contemporary pianist, composer, sound designer, cultural curator, and Steinway Artist, living in London. When she heard of the plight of Hong Kong people and the shortage of masks, she decided to waive all her fees from a recent project with world-renowned architect Andre Fu to buy surgical masks to donate to needy elders through Mighty Oaks Foundation. Hats off to them!

2 Love Boxes 4 Elders (including gift bags)

We received over 5,000 gift packs from students, families, supporters and friends of Mighty Oaks. Each love box or gift came with a beautifully hand-crafted card bearing messages of love and care. The gifts and cards were a source of great delight for elders in care homes receiving these gifts, knowing that people care, even though we cannot visit.



3 Cookies4Elders:

Caregivers in elder facilities worked above and beyond their job duties during the pandemic. The Mighty Oaks community wanted to thank these caregivers by blessing them with cookies and cakes, with a note of thanks. Our community baked over 4,400 cookies and cakes and delivered them to elder facilities for caregivers.

Caregivers' reactions upon receiving the cookies and cakes:

'The sweet surprises were welcome treats during an immensely challenging time for care home staff. We shared them with every department within our care home. Every staff member got to experience and taste the love, knowing that the community supports them and thinks of them.'

'The words on the thank you card touched my heart and reinforced my passion for taking care of the elderly.'



Sharing from volunteer bakers:

'I enjoyed the experience as having a purpose behind baking made it a lot more gratifying - it was great knowing that these cookies would bring a smile to the faces of the caregivers.'

'It was a great activity to do with friends, especially when baking on a larger scale to give back to the community. I asked a few friends to join me for a baking day!'

4 Scarves & Beanies 4 Elders:

Knitting forged bonds between people of all ages, spreading love and joy with creativity. Our volunteers joined hands to create over 400 hand knitted scarves and beanies for singleton elders and elders in care homes.



Never too old to volunteer

Babara Li, 李佳若, is 90 years old and continues to volunteer! Babara took up knitting at 74 and has been knitting ever since. Far from slowing down, she sees retirement as a chance to craft a meaningful and rewarding post-retirement life. Thank you, Babara, for contributing over 40 beanies to singleton elders and reminding us to pursue our passions in retirement. You are a great role model!

5 Videos4Elders:

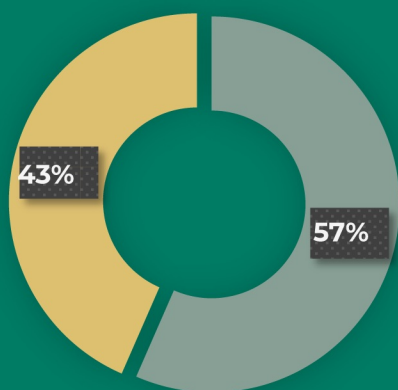
The Mighty Oaks community created over 50 videos to cheer elders during the first and second waves of the pandemic. Youth were keen to express their warm greetings and care to the elderly. Some danced, some played musical instruments, some skateboarded, and one even sang Chinese Opera; Mighty Oaks distributed these videos to care homes and touched the heart of elders who are unable to receive visitors.



Financial Highlights

Income & Expenditure:
1 January 2020 to 31 December 2020 (Audited)

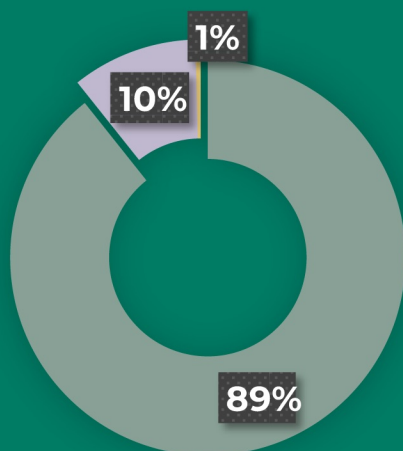
Income



Donation Income	2020	2019
Designated	1,036,485	1,627,000
Non-Designated	1,349,500	982,146
Total Donations	2,385,985	2,609,146

- Non-designated Donations
- Designated Donations

Expenditure



Expenditure	2020	2019
Programs and Services	1,548,132	1,351,068
Operational	178,151	253,187
Depreciation	7,444	51,447
Total Expenses	1,733,727	1,655,702

- Programs and services
- Operational
- Depreciation

Note: We aim to maintain nine months of operating expenses in reserves. Surpluses in any given year go first to ensure that 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, programme sponsors and programme partners.

- Anthony C.C. Kam & Co.
- Baker & McKenzie
- Elizabeth Chan Pouliot
- ES Holdings Limited
- Institute of Active Ageing of HK PolyU
- International Christian Assembly of God Limited
- Kerry Group
- Philip Niem
- Poh Lee Tan
- Samantha Hon
- Sau Ching Charity Foundation
- Shun Hing Group
- The Hong Kong Club Foundation
- The Hongkong and Shanghai Hotels
- Tony and Tina Niem
- Zheng Ge Ru Foundation

ACE ACADEMY PROGRAMME PARTNERS (in alphabetical order):

ELDER FACILITIES

- Asia Women's League Chan Kwun Tung Care and Attention Home for The Elderly
- Asia Women's League Limited Ho Leung Kit Ting Care and Attention Home for The Elderly
- Asia Women's League Limited Ho Leung Kit Ting Self-financing Activity Centre
- Care & Services Tai Wai Elderly Home
- Care & Services Wah Fu Elderly Home
- Caritas Fung Wong Fung Ting Home
- 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
- Granyet (Aberdeen) Elderly Care Centre
- H.K.S.K.H. Li Ka Shing Care and Attention Home for the Elderly
- H.K.S.K.H. Kei Oi Neighbourhood Elderly
- H.K.S.K.H. St. James' Settlement Central & Western District Elderly Community Centre
- H.K.S.K.H. St. James' Settlement Kin Chi Dementia Care Support Service Centre
- Haven of Hope District Elderly Community Centre (Hau Tak Centre)
- Haven of Hope District Elderly Community Service – Kin Ming Centre
- Haven Of Hope Nursing Home
- Kong Wan Care Home
- Little Sister of the Poor Saint Joseph's Home for the Aged (Sheung Shui)
- Little Sister of the Poor St Mary's Home for the Aged (Wong Chuk Hang)
- Mission Covenant Church of Hong Kong Yiu On Neighbourhood Elderly Centre
- Po Leung Kuk Tin Yan Home for the Elderly
- Po Leung Kuk Comfort Court for the Senior
- Po Leung Kuk King Lam Hostel
- Po Leung Kuk Kwok Law Kwai Chun Home for the Elderly
- Po Leung Kuk Sai Ying Pun Home for the Elderly
- Pok Oi Hospital Chan Au Yeung Lai Sim Memorial Day Care Centre for the Elderly
- Pok Oi Hospital Centenary Chan See Memorial Nursing Home cum Day Care Centre
- Pok Oi Hospital Chan Feng Men Ling Care and Attention Home
- Pok Oi Hospital Day Care Centre for the Elderly (Sham Shui Po)
- Pok Oi Hospital Jockey Club Care & Attention Home
- Pok Oi Hospital Mr Kwok Hing Kwan Neighbourhood Elderly Centre
- Pok Oi Hospital Mrs. Wong Tung Yuen District Elderly Community Centre
- Pok Oi Hospital Tai Kwan Care & Attention Home
- Pok Oi Hospital Yeung Chun Pui Care and Attention Home

- SAGE Eastern District Elderly Community Centre
- SAGE Kai Yip Home for the Elderly
- SAGE Mrs Wong Yee Jar Jat Memorial Home for the Elderly
- Sheng Kung Hui Nursing Home
- The Hong Kong Chinese Christian Churches Union Kwong Yum Care Home
- The Hong Kong Society for Rehabilitation Tsang Shiu Tim Home for the Elderly
- The Neighbourhood Advice-Action Council Pak Tin Social Centre for the Elderly
- The Neighbourhood Advice-Action Council Sau Mau Ping Social Centre for the Elderly
- The Neighbourhood Advice-Action Council Shamshuipo District Elderly Community Centre
- The Neighbourhood Advice-Action Council Martha Baker Social Centre for the Elderly
- The Salvation Army Bradbury Home of Loving Kindness
- The Salvation Army Hoi Tai Residence for Senior Citizens
- The Salvation Army Lung Hang Residence for Senior Citizens
- The Salvation Army Nam Ming Haven for Women
- The Salvation Army Nam Shan Residence for Senior Citizens
- The Salvation Army Nam Tai Centre for Senior Citizens
- The Salvation Army Po Lam Residence for Senior Citizens
- The Salvation Army Salvation Army Kam Tin Residence for the Seniors
- The Salvation Army Tak Tin Residence for Senior Citizens
- TWGHs Chan Han Home for the Elderly
- TWGHs Hui Mok Tak Yu Care and Attention Home
- TWGHs Jockey Club Sunshine Complex for the Elderly
- TWGHs Lo Man Huen Home for the Elderly
- TWGHs Lo Wong Yuk Man Nursing Home
- TWGHs Tai Tung Pui C&A Home
- TWGHs Wong Cho Tong Day Care Centre for the Elderly
- TWGHs Y.C. Liang Memorial Home for the Elderly
- TWGHs Yu Chun Keung Memorial Care & Attention Home
- Women's Welfare Club Western District Hong Kong Kwan Kai Ming Memorial Chung Hok Elderly Centre
- Yan Oi Tong Tin Ka Ping Care and Attention Home

SCHOOLS

- Chinese Y.M.C.A. Primary School
- Chiu Sheung School
- Diocesan Boys' School Primary Division
- Diocesan Girls' School
- HKTA The Yuen Yuen Institute No. 1 Secondary School
- Hong Kong University Graduate Association College
- Ho Lap College
- International Christian School
- Independent Schools Foundation
- Island Christian Academy
- Ka Ling School of The Precious Blood
- Kau Yan School
- Norwegian International School
- S.K.H. Ling Oi Primary School
- S.K.H. Tin Shui Wai Ling Oi Primary School
- S.K.H. Yan Laap Memorial Primary School
- Singapore International School (Hong Kong)
- St. Stephen's College
- The Mission Covenant Church Holm Glad College
- Tung Wah Group of Hospitals Chow Yin Sum Primary School
- TWGHs Mr. and Mrs. Kwong Sik Kwan College
- TWGHs S. C. Gaw Memorial College
- TWGHs Sin Chu Wan Primary School
- Victoria Shanghai Academy

Please support us

Let's join hands to support 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:



Giving opportunities



Volunteer opportunities

Contacts



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