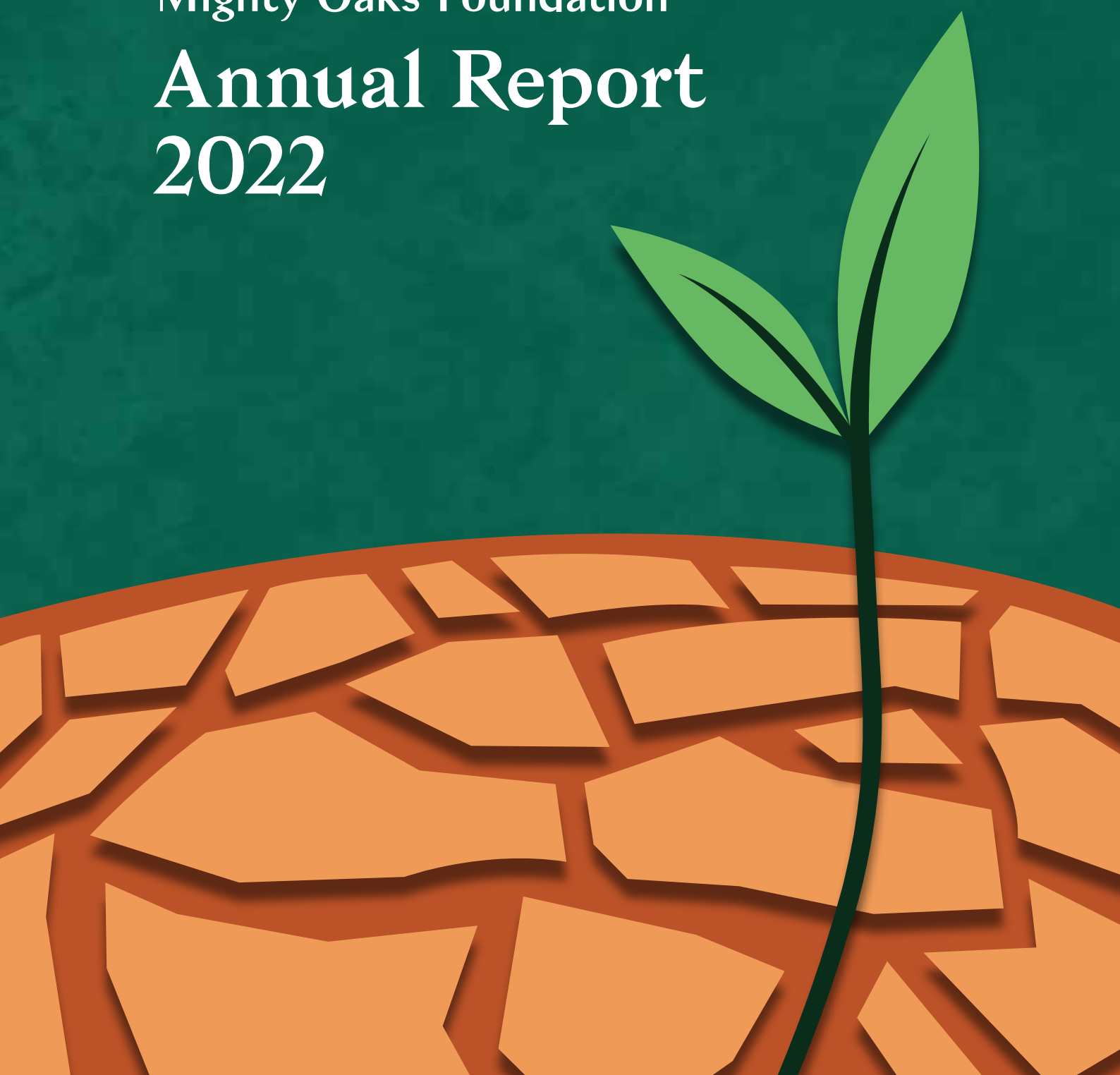




Mighty Oaks Foundation

# Annual Report 2022





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# Vision and Mission

## Vision

Every elderly person deserves to live with dignity, purpose, hope and love

## Mission

Create an age friendly society by transforming lives and communities through intergenerational programmes

Our goal is to establish regular collaboration between elder facilities and nearby schools

Charity Reference Number: 91/13824

# Founder's Message

Dear Friends,

Spring is nearly here, and we are moving past the worst moments of the COVID pandemic. We have much to learn, even some things to gain. Beneath the fear, darkness and even pain, we rediscovered the interdependence of generations and how much we need each other.

Mighty Oaks and our beneficiaries saw and experienced many miracles in everyday life. Ordinary people experiencing extraordinary things. I am honored to share some observations.

**Befriending Technology.** Many older adults befriended technology and there is no going back. They learnt to attend our regular online classes, having fun with youth via Zoom. They learnt to enter breakout rooms. They were grateful for their young buddies becoming their “miracle friends”, dispersing loneliness with love. Indeed, when “forced” to embrace technology, they rediscovered resilience and adaptability.

**“We” not “Me”.** So many of you responded to the urgent needs of older adults and supported our work generously. Our donations tripled and this enabled us to serve many more elders, some desperate for food and medication.

**A Kinder Future.** The pandemic drew us together as a society into a kinder future. We rallied together, we saw the inherent vulnerability in being human and our inescapable connectedness. Let our willingness to reach out not wane, let our ability to keep our hands open not dwindle. May our goodwill and gratitude long continue.

People thrive when they feel connection to others. Help us to continue to connect older adults with youth. Thanks for believing in our mission and for supporting us. Let's see what we can continue to do together!!!

With gratitude,  
Poh Lee Tan

# Our Impact

Since 2017

48,644  
Elder  
Beneficiaries

19,136  
Student  
Beneficiaries

46  
Care Package  
Distribution  
Partners  
(2022)

92  
Partner  
Elder  
Facilities

68  
Partner  
Schools

# ACE Academy: An Oasis in the Chaos

The COVID-19 pandemic caused unprecedented challenges. The elderly, being particularly vulnerable, were deeply affected by the high mortality rate, leading to social isolation and physical and mental deterioration.

Throughout 2022, ACE Academy continued to be a light in the darkness, facilitating meaningful communication between generations. We hosted 21 online classes for elders and students to regularly engage in intergenerational dialogue and art creation. Additionally, in partnership with like-minded schools, we offered 37 in-curriculum intergenerational lessons, allowing elders to join classes during school hours for in-person connections with youth.

**237**  
Elder  
Beneficiaries

**497**  
Student  
Beneficiaries

**2,357**  
Bonding  
Hours

*Thank you!*

Thanks to the Hong Kong Club Foundation, Operation Santa Claus, The Social Innovation and Entrepreneurship Development Fund and Impact Incubator for their support in connecting elders and youth.



# Unexpected miracles

Under the theme “IG Symphony” for term 1, old and young from 20 elder facilities and schools co-created bags with radio motifs, focusing on Cantonese nursery rhymes. These online classes allowed both old and young to engage with the outside world, despite the strict social distancing measures.

Our theme for term 2 was heritage wet markets. Elders and students shared their favorite recipes and simulated opening their own market stalls. A therapy dog and trainer from the Hong Kong Guide Dogs Association joined some online classes, to the immense delight of both old and young.



ACE Academy is much more than just an art class for both generations. It's overarching value lies in the dialogue and communication between old and young. This enthusiasm for getting to know one another did not wane despite the online setting.

From the very first lesson, elders from SAGE Eastern District Elderly Community Centre and students from San Wui Commercial Society School were eager to connect. They often signed in early, to allow more time for chit-chat. The elders loved showing off their “homework” to their student buddies, consisting of artwork they created between classes. Breakout rooms facilitated deeper discussions.

During one class, a student's cat jumped in front of her camera, generating a joyful discussion about pets. Students proudly showed their pets on screen, whilst elders offered tips on raising healthy pets.

One unexpected “miracle” for elderly participants is becoming more adept in accessing online tools and resources, opening a whole new world and facilitating life-long learning.

One unexpected “miracle” for students is using their computers to generate much needed connection for socially isolated elders, often inviting family members and even pets to join the online classes. How will they remember the pandemic? The online classes helped to lift youth out of their own anxiety to focus on the acute needs of community elders. It was a lesson in resilience and how to cope in times of crisis.

The unsung heroes are the teachers and social workers/caregivers in our partner schools and elder facilities, going above and beyond to make our online classes a precious opportunity to bridge the generations.



## Strengthening institutional partnerships

Many of our institutional partnerships strengthened during the pandemic, as we increasingly leaned on each other. One example is our year-long partnership with each of The Salvation Army Tin Ka Ping School and Singapore International School (Hong Kong) respectively, integrating the ACE Academy programme into their regular school curriculum. In total, 79 elders and 274 students participated in 19 sessions of movement classes and 18 sessions of visual art classes.

Inviting elders to join students’ regular classes ushered in fresh energy and new ideas to inspire students to learn from different perspectives and empathize with their elder buddies. This sense of empathy extended beyond their elder buddies in class to older family and community adults. It was like an oasis in the desert for the elderly to engage with exuberant students, after being socially isolated for so long.







At The Salvation Army Tin Ka Ping School, one grandmother tearfully shared her joy. Although she had visited the school countless times in the past, dropping off her child and later her grandchild at the school entrance, she was particularly thrilled because finally she could enter the classroom and learn alongside students to create artwork.



”

“These initiatives are a great chance for students to learn about love and respect outside the classroom. By engaging with elders, students gain a renewed perspective of the older generation!”

Principal Chan, The Salvation Army Tin Ka Ping School



# ACE Art: Hearts Come Together

ACE Art 2022 inspired 3,900 young artists from 15 schools to create tissue box cover artwork as gifts for community elders. Despite social distancing challenges, our judges, finalists and the public enthusiastically voted online for the winner of People's Choice Award (over 4,000 votes).

All 3,900 students' artwork was gifted during visits to elders residing in care homes or members of elderly centres, providing much-needed personal interaction and fostering a sense of connection.



*Thank you!*

Thanks to Kerry Group and our venue partners for enabling us to showcase the artwork of these young artists to more than 400,000 visitors through exhibitions held in Central Market, Mega Box, and Citywalk.







# Pandemic Responses: Rays of Hope

We are deeply committed to the well-being of elders in our community, especially during the challenging circumstances of the 5th wave of the COVID-19 pandemic. In collaboration with our elder services partners, Mighty Oaks worked tirelessly to deliver care packages to elders. These packages included essential items such as masks, testing kits, hygiene supplies, and food items. We are incredibly grateful for the generous support of our donors and supporters. To ensure smooth distribution, we mobilized 120 volunteers and engaged community partners. Together, we collected, packed, and distributed 11,000 care packages to elders residing in various districts.

These packages not only addressed the urgent needs of elders, but they also served as a reminder that they are not forgotten by society. The visits and personal connections conveyed love and care from individuals representing all walks of life.

In this challenging year, we were grateful to collaborate with numerous churches in serving our community. We partnered with the One Campaign and 45 churches during the 5th wave to distribute care packages to needy elders.







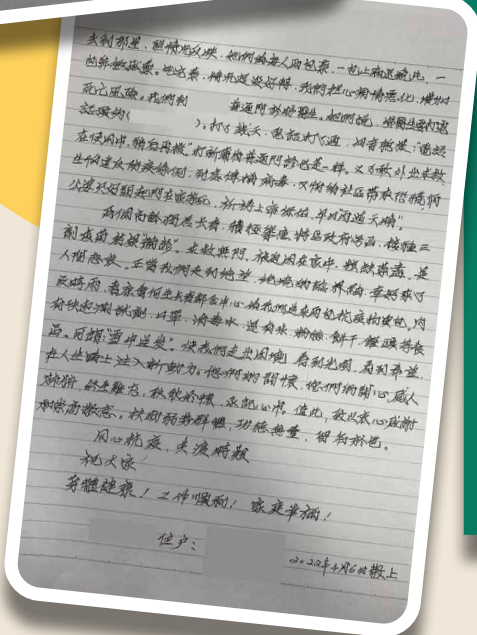
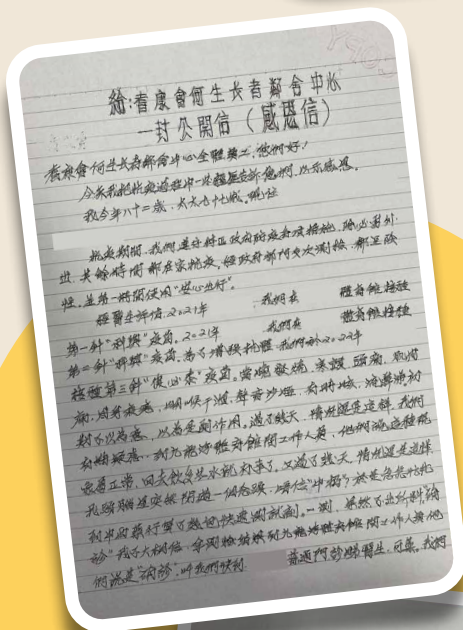
Our partner, SAGE Ho Sang Neighbourhood Elderly Centre, shared a thank you letter from Mr. and Mrs. Chow.

Mr. Chow (82 years) and Mrs. Chow (77 years) lived in Kowloon Bay. Despite being triple vaccinated against COVID-19 and only leaving their home when strictly necessary, they contracted the virus in February. Even after taking medication from the doctor, they did not get better. They rang the government hotline for help, but their calls went unanswered for several days.

“We were afraid to leave home, as this could break the law and contribute to spreading the virus, causing more panic. So we closed our doors and waited, praying to God to get better.

We felt helpless and trapped at home, with insufficient food and no access to medicine. We were miserable. Just when we were desperate, SAGE Ho Sang Neighbourhood Elderly Centre sent us two care packages containing testing kits, masks, disinfectants, but most importantly food such as rice, vermicelli, biscuits and canned food. This arrived just in time and brought a ray of hope and gave us strength to carry on. The care shown by SAGE Ho Sang and all those involved touched our hearts and we will never forget their kindness. I sincerely thank all of you. Helping the weak and vulnerable is the greatest act of goodness.”

Mr. and Mrs. Chow





# Reducing feelings of isolation

To provide emotional and social support amidst strict social distancing, we launched three programmes: Chats with Singleton Elders, ACE Therapy and Home Improvements for Elders.

## CHATS WITH SINGLETON ELDER

We connected to show care and companionship to 380 singleton elders confined to their homes. 85 student volunteers and their family members engaged in weekly conversations between April and June. They checked on their mood, remind them to exercise and maintain a healthy diet at home, and, most importantly, fostered mutual understanding and friendship between the generations during this challenging time.

Thank you!

Thanks to the passionate volunteers from Baker McKenzie, Diocesan Boys' School, KFC, Morgan Stanley, WINGS Hong Kong and Mighty Oaks' friends for their support.



“Ah Yi and her son, who is in Primary 3, called me every Sunday. They asked me how I was doing and reminded me to pay attention to hygiene when I go out. As a singleton elder living alone, it can be lonely at times, but receiving their calls makes me happy, and I would like to express my gratitude to them.”

Ng por por

## ACE THERAPY

Mighty Oaks launched ACE Therapy as a new way of providing care, with a focus on the emotional and social well-being of both elders and students. In 2022, 148 elders and 33 students participated in 24 therapy groups that emphasized mood uplift, self-expression, and increased social interaction.

95%

of participants agreed that the therapy sessions allowed them to express their emotions and experience an uplift in mood

90%

of participants felt heard and supported



Thank you!

Thanks to the Sau Ching Charity Foundation and the Hong Kong Jockey Club Charities Trust for their support.

We also focused on helping participants explore topics related to post-COVID needs, such as bereavement and self-exploration.

Recognizing the positive impact of expressive arts therapy, in 2023, we will continue to assist elders to gain confidence and new perspectives through various form of expressive arts.

## HOME IMPROVEMENTS FOR ELDERLY

With acute fears of contracting the virus, many elders spent most of their time at home. They were concerned about lack of proper ventilation and the risk of bringing germs home after necessary visits to the market or hospital. We were able to provide over 3,000 elders with home appliances such as fans, kettles, blood pressure meters, and home sanitizing services, improving their living conditions during these tough times.

Let us share the story of an elderly couple with a broken, second-hand fan that was held together by nylon strings. To minimise electricity bills, they kept using this fan instead of air conditioning during the hot and humid summer. They faced stress and discomfort, worrying about their safety at night and fearing that the strings securing the fan's broken parts would eventually give way. Consequently, they struggled to get a good night's sleep. However, through the Home Improvement Project, we were able to provide them with a new fan. Now, they can finally enjoy a safer and more comfortable home environment.

Thank you!

Thanks to Huaiyu Charitable Trust, Shun Hing Group, and Aloes Tree Limited for their generous support.





# Mighty Oaks Community: Musical Blessings

In November, Mighty Oaks organized the Cheers4elders Live Concert at International Christian Assembly. Over 200 elders enjoyed performances by more than 70 young musicians, including the Yale Alumni Chamber Music Society of Hong Kong, Yew Chung International School of Hong Kong, and Good Hope Primary School cum Kindergarten (Primary Section). Through the uniting power of music, we ushered in a colorful rainbow of joy into the hearts of the elderly.







In December, to celebrate Christmas with over 150 community elders, we hosted Christmas Carols at M7. With participation of St. Joseph Primary School, Hong Kong International School, Watermark Church, and dancers from the YArt, Christmas music filled the air, the meaning of Christmas was shared, and simple gestures of handshakes and hugs from the performers brought warmth to both the bodies and hearts of the elders.

Music and love connect the hearts of old and young. We encourage the elderly not just to enjoy performances by students but also to feel empowered to share their own talents. Watch this space!!!

Elders from the Salvation Army Wah Fu Centre for Senior Citizens attended both the Cheers4elders Live Concert and Christmas Carols at M7. They have expressed a desire to perform for the community, perhaps jamming with youth. We will definitely be arranging this.



Let us share one heartwarming moment at the Christmas Carols event. A 90-year-old lady arrived early for the concert, taking her seat in the front row with a big smile. After the concert, she shared that despite suffering from chronic pain, the caroling and hugs from the children warmed her heart to the point where she no longer remembered the chronic pain in her joints or the cold weather.



# Volunteers' Sharing

Mrs Tam is a 90-year-old, born in Hong Kong. She and her husband, who worked in trading, traveled around the world in the 60s, returned and settled in Hong Kong in the 90s.

During her widowhood, she often spends time knitting to keep her brain active and she likes colourful yarn. In the past decade, Mrs. Tam has knitted over 2,000 scarves that were distributed to needy members of our society. Mighty Oaks is honoured to partner with her.



“Hey there! I’m Tyler, from Hong Kong International School. During my time at Mighty Oaks, I’ve been privileged enough to meet many inspiring individuals, Poh Lee Tan being one of them. She is a determined woman who’s mission is to create enriching and lasting solutions in order to help the elderly live with dignity, purpose, and hope.

This summer, I feel honoured to be an intern for Mighty Oaks Foundation allowing me to be closely involved in many their projects. For example, ACE Art, Home Improvements for Elders, etc. All these projects really touched my heart and demonstrated to me how eager they are to help the elderly.

Hopefully, as months and years go by, we can keep up this relationship and they can increase my exposure to more opportunities where I can help the elderly.”

Tyler Chen, Summer Volunteer

For several years, the CIS Parent Teacher Association has been partnering with Mighty Oaks to warm needy elders with handmade scarves. This year, 281 scarves was knitted with love, many came with notes and wishes to elders.

“I think the most valuable thing you can give to people is time, so knitting a scarf or more for someone, is putting all the kindness for this person and sending a message like ‘We care about you, so we spent hours to make something special for you because you are important to me, you are special.’ ... I hope our elders like our presents, because we made all these scarves with love... Thanks to everyone who participated in this community project, and massive applause to people who are there to care for community elders, thank you very much.”

Ms. Ann-Mar Munoz, teacher of Chinese International School





# A New Chapter

2022 has been a year filled with challenges, but it has also brought us many blessings. Mighty Oaks is incredibly grateful for the support we have received from the community.

## New board members

We are thrilled to welcome three new board members: Dr. Lydia Chan, Mr. Frankie Leung, and Prof. Teresa Tsien. Their expertise in education, business consultancy, and gerontology will be invaluable to the growth and development of Mighty Oaks.

We would also like to express our heartfelt thanks to the retiring directors: Mr. Barry Cheng, Dr. Hayden Jon, and Ms. Josephine Yim. Their many years of contribution to Mighty Oaks has been instrumental, and we are grateful for their contributions.



“Intergenerational nurturing and bonding often brings unparalleled joy and newfound understanding to both the young and young-at-heart.”

Dr. Lydia Chan

“Serving the elderly is not only a way to show respect and gratitude, but also an opportunity to learn from them and practice loving others.”

Frankie Leung

“Please walk with us/them, not for us/them; we/they need opportunity, not pity.”

Prof. Teresa Tsien

# New office

We are pleased to announce our move to a new and spacious office at M7, Mallory Street, Wan Chai. Since moving in November, we have forged connections with new partners, including St. James Settlement and the Methodist Church, to better serve the elderly in Wan Chai. We anticipate further collaboration with many new partners, focusing on supporting elders physically, mentally, and socially. We are grateful to our landlord, the Urban Renewal Authority, for their support.

## OLD OFFICE

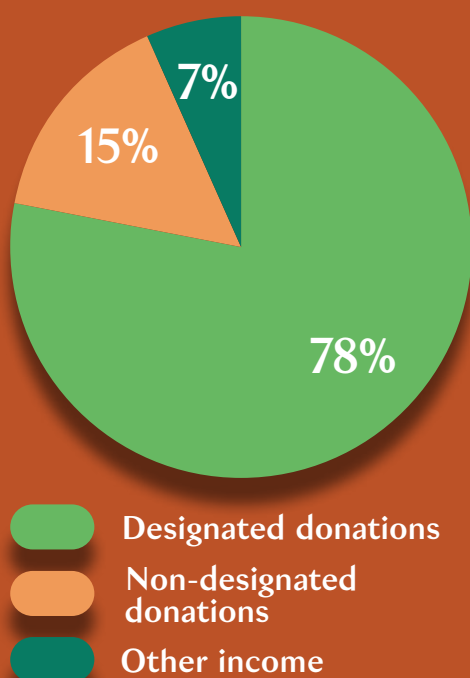


## NEW OFFICE



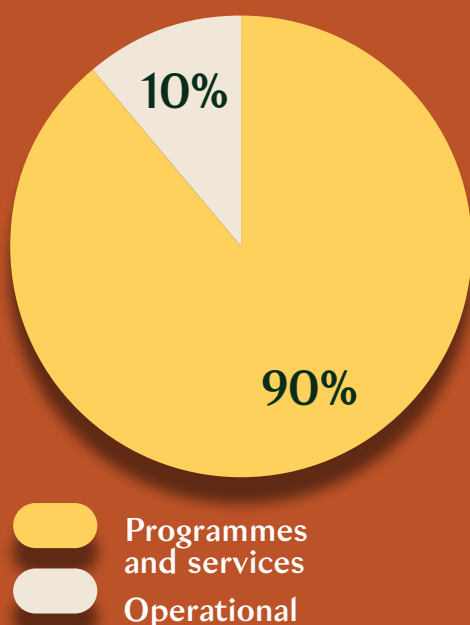
# Financial Highlights

## Donation income



Donation income	2022 (audited)	2021 (audited)
Designated donations	4,114,445	578,000
Non-designated donations	802,823	1,162,031
Other income	337,277	0
<b>Total donation income</b>	<b>5,254,545</b>	<b>1,740,031</b>

## Expenditure



Expenditure	2022 (audited)	2021 (audited)
Programmes and services	4,526,310	1,939,201
Operational	563,833	295,176
Depreciation	0	8,629
<b>Total expenditure</b>	<b>5,090,143</b>	<b>2,243,006</b>

# Acknowledgments

## Key donors and supporters (In alphabetical order)

- Acker M & C
- Aloes Tree Limited
- AS Watson Group
- Baker McKenzie
- BioEm Air Sanitizing Technology Co Ltd
- Central Market
- Chan Wai Yin Elizabeth
- Kay Cheng
- Chung Yee Tai, Simon
- Citywalk
- Golden Resources Development Ltd
- Thomas Leo LW Ho
- Hon Wai Man Samantha
- The Hong Kong Club Foundation
- The Hong Kong Jockey Club Charities Trust
- H.S. Chan Company Limited
- Huaiyu Charitable Trust
- Imada Luen Wah World Ltd
- International Christian Assembly
- Kee Wah Bakery Limited
- Kerry Group
- Koh Liang Heong
- Lam Pik Ha Eliza
- Charmaine Li
- Erica Li
- Della Lo
- Lo Wai Kei
- Manhattan Group
- Margaret Cheung and Joseph Cheung
- Nadine Eden Maurellet
- Mega Box
- Million Yield Development
- Philip Niem
- Tony and Tina Niem
- Operation Santa Claus
- Sau Ching Charity Foundation Ltd
- Shun Hing Education and Charity Fund Ltd
- Slaughter and May
- The Social Innovation and Entrepreneurship Development Fund
- Poh Lee Tan
- James Tien
- Tong Seen Ming Anna
- The Urban Renewal Authority
- Viewking Trading Limited
- Win Concept Enterprise Ltd
- Vivien Webb Wong
- Zonta Club of Hong Kong II



# Programme partners

## (In alphabetical order)

### ELDER FACILITIES

- Christian Family Service Centre
  - » Lively Elderly Day Training Centre
  - » Shun On District Elderly Community Centre
  - » True Light Villa District Elderly Community Centre
  - » Tsui Lam Day Care Centre for the Elderly
  - » Vera R. Desai – Mind Delight Memory & Cognitive Training Centre
  - » Yam Pak Charitable Foundation King Lam Home for the Elderly
  - » Yang Chen House
- 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
- Hong Fook Church Elderly Centre
- Institute of Active Ageing – PolyU
- Methodist Centre
- Pok Oi Hospital Mr. Kwok Hing Kwan Neighbourhood Elderly Centre
- St. James' Settlement
- The Hong Kong Society for Aged
  - » Chai Wan District Elderly Community Centre
  - » Chan Tseng Hsi Kwai Chung District Elderly Community Centre
  - » Eastern District Elderly Community Centre
  - » Ho Sang Neighbourhood Elderly Centre
  - » Mr Wong Wha San Memorial Neighbourhood Elderly Centre
  - » Rotary Club of Hong Kong Northwest Neighbourhood Elderly Centre
  - » Tsuen Kwai Tsing Integrated Home Care Services
  - » Tsuen Wan District Elderly Community Centre
  - » Y K Fung Neighbourhood Elderly Centre
- The Neighbourhood Advice-Action Council
  - » Cha Kwo Ling Centre
  - » Fu Tai Neighbourhood Elderly Centre
  - » Lei Tung Neighbourhood Elderly Centre
  - » Ma On Shan Neighbourhood Elderly Centre
  - » Martha Baker Social Centre for the Elderly
  - » Nga Yin Association Neighbourhood Elderly Centre
  - » Sau Mau Ping Social Centre for the Elderly
  - » Shamshuipo District Elderly Community Centre
  - » Tin Shui Neighbourhood Elderly Centre
  - » Tuen Mun District Integrated Services Centre for the Elderly
  - » Tung Chung Integrated Services Centre
  - » Wongtaisin District Integrated Home Care Services Centre



- The Salvation Army
  - » Bradbury Home of Loving Kindness
  - » Kam Tin Residence for Senior Citizens
  - » Nam Ming Haven for Women
  - » Nam Tai Centre for Senior Citizens
  - » Wah Fu Centre for Senior Citizens
- Tsim Sha Tsui District Kaifong Welfare Association Neighbourhood Elderly Activities Centre
- TWGHs Jockey Club Sunshine Complex for the Elderly
- WINGS Hong Kong

## SCHOOLS

- Alliance Primary School, Tai Hang Tung
- Aplichau Kaifong Primary School
- Central And Western District Saint Anthony's School
- Chinese International School
- Chinese Y.M.C.A. Primary School
- Chiu Sheung School, Hong Kong
- CreativeKids
- Creative Primary School
- Diocesan Boys' School
- Diocesan Boys' School Primary Division
- Good Hope Primary School
- Harrow International School Hong Kong
- Hong Kong Baptist University
- Hong Kong and Macau Lutheran Church Primary School
- Hong Kong International School
- International Christian School
- Island Christian Academy
- Ka Ling School of The Precious Blood
- Kau Yan School
- King's College Old Boys' Association Primary School
- Lok Sin Tong Leung Kau Kui Primary School
- Maryknoll Convent School (Primary Section)
- Norwegian International School
- PLK Grandmont Primary 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
- San Wui Commercial Society School
- Singapore International School (Hong Kong)
- St. Joseph's Primary School
- Tai Po Baptist Public School
- The Hong Kong Chinese Women's Club Hioe Tjo Yoeng Primary School
- The ISF Academy
- The Salvation Army Tin Ka Ping School
- TWGHs Chow Yin Sum Primary School
- Yew Chung International School of Hong Kong



## CHURCHES

(Supported the distribution of care packages to elders during the 5th wave of COVID-19)

- Brotherly Love Swatow Baptist Church
- Cheung Chau Baptist Church
- Chinese Christian Evangelists' Mission Chung Kei Church
- Christian and Missionary Alliance Goodrich Church
- Christian and Missionary Alliance Graceflow Church
- Christian Glorify Grace Church
- Christian Mission Church
- Christian Pun Shek Church
- Church of Christ Living Water Foundation
- CNEC Sheung Shui Christian Church
- Evangelical Free Church of China Hong Fuk Church
- Evangelical Free Church of China Sun On Church
- Evangelical Lutheran Church of HK Life Lutheran Church, Yuen Long
- Evangelical Zion Church Limited Abundant Life Church
- Gracious Shepherd Christian Church
- Hong Kong Evangelical Church Yan Fook Church
- Hong Kong Evangelical Yan Kwong Church
- Hong Kong Sheng Kung Hui Church of The Good Shepherd
- Hong Kong Sheng Kung Hui Holy Spirit Church
- Hong Kong Sheng Kung Hui St. Barnabas' Church
- Jordan Baptist Church
- Kwun Tong Fuk Lam Church
- Kwun Tong Mandarin Baptist Church
- Lord's Grace Christian Church – Mandarin Congregation
- Ma On Shan Church of the Nazarene
- Mission Covenant Church Charis Church
- Mu Min Cumberland Presbyterian Church
- N.T. Assemblies of God Church – Tuen Mun Church
- Pentecostal Holiness Church Shaukiwan Assembly
- Revival Christian Church
- Sai Kung Baptist Church
- Shatin Gospel Centre
- Shepherd Community Church
- The Chinese Christian & Missionary Alliance Tai Wai Church
- The Chinese Rhenish Church Hong Kong Synod
- The Church of Christ In China – Anani Church
- The Church of Christ in China – The Covenant Church
- The Praise Assembly (633 District)
- The Praise Assembly Ltd – Tsuen Wan District
- The Salvation Army – Kowloon West Outpost
- The Salvation Army – Melody Corps
- The Salvation Army – Sha Tin Corps
- Tsim Sha Tsui Swatow Christian Church Kwai Fook Church
- Tze Wan Shan Swatow Christian Church
- Yuen Long Kam Kwong Church

# Please support us

Please join hands with us as we continue to meet the needs of older adults and youth of our community.

If you would like to donate or volunteer, please visit our website or scan the QR codes provided:

## Volunteer



## Donate via PayMe



## Contact us

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