



相逢就是缘——华府青年助力“老有所乐”

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2024年6月22日下午,由华府社区健康服务中心举办的本年度第二期“老有所乐”活动的结业典礼在马里兰州阳光保健养生中心举行,华府社区健康服务中心的领导,“老有所乐”学员和华府青年(CYOC)小义工们五十多人出席了这场名为“有缘再会”的庆祝活动。

“老有所乐”是为蒙郡华裔老人设立的免费福利活动,筹办这一活动的目的是为帮助华裔老人学习和了解老年保健知识以及公共福利和健康服务资源,提供社交机会,排解孤独,促进身心健康,并帮助他们学习如何运用新的社交技术,同时鼓励他们依据所长,发挥余热。

华府青年(CYOC)组织小义工们从2024年5月25日起,连续参加了5期“老有所乐”活动。在这5个周末的活动中,共有10位华府青年(CYOC)的小义工为老人们分发水果、食物、饮料、教老人学英语、使

用手机等服务。今天,更多的华府青年(CYOC)小义工们来到这里,和老人们一起庆祝这个特殊的日子,展示他们的才艺。你瞧他们:有唱歌的,跳舞的,弹钢琴的,玩小游戏的……节目多种多样,他们的到来给老人们增添了很多欢笑。

“相逢就是缘”,节目开始之前的破冰游戏—名字串烧,请说出您同桌朋友的名字,充分活跃了气氛。小义工们作为评委分坐在老人中间,看老人们谁能又快又准地说出同桌其他人的名字。他们还和老人们一起聊天,老人则不停地给孩子们拿水果和瓜子。宽敞的礼堂内,一张张快乐的笑脸,好一幅和谐甜美的画面!

由刘巧女士主持的才艺表演在期待中开始。首先给我们带来表演的是我们年仅8岁的小义工 Ruijia Feng,他表演的曲目是一贝多芬九号交响曲和蛇舞。看他的一双小手在钢琴上跳舞,一首好听的曲子就被他弹出来了;接着是健

康活动中心的学员王兰荣奶奶给我们带来电吹管独奏—牡丹之歌,随着手指的按动,清澈响亮的声音从电吹管里传出来,让人沉浸在音乐之中。王奶奶短短几个月的学习就能有如此成功的演奏真是了不起。下一个表演的也是小义工: Lily Xu 钢琴独奏—菊次郎的夏天,那跳动的音符、优美的旋律不由得让人回想起电影《菊次郎的夏天》。“啦啦啦……”小提琴那优美的声音你是不是也想听一听? 那你的愿望实现了,这首小提琴独奏—Merry go round就是由我们的小义工 Camille Hu来演奏的,多美妙啊!

中场休息时,我们华府青年(CYOC)的主席 Jennifer Wan 为我们讲话,表达了美好的祝愿,希望活动越来越好。华人健康服务中心还为老人们颁发了出勤奖,看看爷爷奶奶们脸上的笑容……颁奖结束后,学员杨淑琴奶奶来为我们表演独唱—人说山西好风光。随着

音乐的旋律,这清脆的声音显得格外好听。在这样的年纪还能有如此嘹亮的声音真是让人敬佩。听完了好听的音乐那下面就来看一段舞蹈吧!舞蹈—山语者,由我们的小义工 Jennifer Zhang来表演的,那漂亮的舞姿伴随着山间鸟语的声音乐人想到了在山里的奇境,让人沉醉。表演怎么能少了传统戏曲节目呢? 节目京剧—贵妃醉酒是由学员谢勤奶奶来表演的。那一声清脆响亮的声音传入耳朵,瞬间给这个下午添加了几分中华色彩。听完了京剧,看完了舞蹈又听完了钢琴,那下一个表演是什么呢? 有请长笛独奏表演者小义工 Jaylyne Yang 来为我们表演—Toan-tab,长笛的特色就是声音很亮,笛声入耳让人陶醉在其中。听完了笛子那让我们来玩一个小游戏吧!“你从哪里来?”—表演者小义工 Mirabelle Li,“说出你的家乡然后我就可以给你在地图上指出来”,能把整个地图都背下来这个

技能还真是有点特别啊!表演最后的压轴节目就是由我们的小义工: Bo-yuan Liang带来的钢琴独奏—幻想即兴曲(肖邦),这首曲子时快时慢时轻时重真是美妙极了。

快乐的时光总是短暂,节目已渐近尾声。这真是一个有意义的下午,老人和孩子们的欢声笑语,其乐融融!随着相机的咔嚓声,“老有所乐”第二期活动圆满结束了!感谢华府青年(CYOC)的小义工们为老人们带去了欢声笑语;感谢华府华人健康服务中心组织活动,为孩子们提供了成长的舞台。未来会更好,后期会有期!



Volunteering at '老有所乐': Serving the Senior Community and Bridging Generations

Ruichen Feng, June 2024

Since June 1, 2024, almost every Saturday afternoon, I've been volunteering with the Capital Youth Outreach Club (CYOC, 华府青年) at the Worldshine Adult Daycare center for an event series called "老有所乐" organized by Chinese American Community Health Services (CACHS, 华府社区健康服务中心). These events aim to support senior Chinese immigrants who face language barriers, offering health seminars and social opportunities for them to connect.

My responsibilities include checking them in at the start, ensuring they stay hydrated with water bottles throughout, assisting with meal preparation and serving

snacks during the event. Occasionally, I help them navigate technology, like using apps on their iPads or phones. Afterward, I help tidy up, rearrange tables and chairs, and clean the room once they've left. On June 22, it marked my final day volunteering in person at '老有所乐' and the culmination of the "老有所乐" activities. This day was particularly enjoyable as they organized a performance show, mainly featuring CYOC members, with some senior participants. My brother kicked off with piano renditions of "Ode to Joy" and "Snake Charmer." Following was a CYOC girl playing a more intricate piece, which I found delightful. A

violinist performed "Merry Go Round," among others, showcasing their talents. The seniors also wowed us with their performances—some classic Chinese songs and a Chinese opera. The whole event beautifully bridged generations and cultures, blending Western and Eastern musical arts.

Reflecting on my time volunteering, I feel deeply privileged to have been part of these events. Beyond the practical tasks, witnessing the seniors' joy and appreciation for the activities made a lasting impression on me. Their enthusiasm and warmth created a supportive atmosphere that made every Saturday afternoon fulfilling

and meaningful. Volunteering here has not only broadened my cultural understanding but also enriched my

perspective on community service and the importance of intergenerational connections.

