



Our Young & Old

Written By: Amy Lang

This year, I and several other youth volunteers at Capital Youth Outreach Club (CYOC) were given the opportunity to help out with the Chinese American community health services' "Elders Have Fun" event. This event (after its success in 2023) took place over the course of 12 weekends at the WorldShine Adult Medical Day Care Center, of which each session (lasting from 2pm to 5pm), would spend 3 hours of its time pertaining to the elderly people who would come and participate in the activities provided by the funding organization. The first hour would be dedicated towards

educating the elderly of health and welfare services and concerns, while the remaining 2 hours would be focused on leisurely and cultural activities, some of which would include traditional Chinese exercise or fun Chinese games to appeal to the aspect of Chinese culture.

In general, this event mainly revolves around social welfare and ensures that participants know the ins- and- outs of their healthcare, while keeping them engaged and having fun with each other. Speeches and lectures were given by certified specialists and other professionals in the health

department to ensure the credibility of all information given to the participants. The "Elders Have Fun" was free for those who met the criteria for being a participant and accommodations (including travel) were made to those who may have had less accessibility to the event. All-in-all, the event was tailor-made to be inclusive to all Chinese elders, truly encapsulating the generosity of the local Chinese community. Moreover, me and other CYOC volunteers worked together to provide both Chinese and Western snacks to those participating in the event during "tea time", working together as one workforce to efficiently prepare snack trays and distribute them accordingly.

One critical concept discussed during these sessions was disease. In particular, speakers would discuss how to manage one's health if affected by a particular disease, specifically one that could serve as a permanent, lifetime impairment. I found the discussion of Alzheimer's Disease to be an important topic that

not only elders, but the average person should also be made aware of.

Alzheimer's Disease slowly destroys the brain, leading to the degradation of cognitive function over time. Alzheimer's is diagnosed through a series of both physical and practical examinations; doctors could ask the patient of their daily habits or conduct a series of blood/urine examinations along with brain scans to assist with the diagnosis. Alzheimer's Disease is currently incurable, meaning patients will receive treatment not by eliminating the disease, but rather by mitigating its effect on the patient. Treatment can be administered through drugs that either preserve existing cognitive function or lessen the impact of the disease on the patient's brain. Unfortunately, Alzheimer's Disease will eventually cause the affected individual to lose their sense of self-care regardless of any treatment taken. As a result, it is essential that patients are given a

caretaker and a daily routine to follow before they become fully dependent on others to live. Families and loved ones must be made aware of Alzheimer's causes, effects, and results to understand what they are going through and act accordingly to their needs.

Moving on from the topic, CYOC volunteers were given a chance to participate in a talent show for the last session of the "Elders Have Fun" event; playing instruments, singing and dancing were some of the acts that were welcomed by the people organizing the display. In the end, both the volunteers and the elderly participating in the event had fun and the series of sessions hosted these past few months ended off on a good note. I foresee this event happening again in the future and being better than the last; this event is a step in the right direction towards providing care for our elders and I look forward to the future.



1. Helping prepare the snack trays for the elders



2. Signing in event participants and handing them water

Enjoying Elderhood: Health and Social Activities for Elderly Chinese Residents with CYOC Support

By: Peishi Yu



(Photo taken by Dechun Feng)

Supported by the Montgomery County government in Maryland, the Greater Washington Community Health Center hosted the "Enjoying Elderhood" senior health and social support activities for elderly Chinese residents. From May 25, 2024, to

June 22, 2024, CYOC volunteers helped every week.

These activities are tailored specifically for elderly Chinese residents of Montgomery County, aiming to help them learn and understand elderly health care knowledge. The activities also provided social opportunities to alleviate loneliness and promote physical and mental health.

There were lectures given at each session by family doctors, specialists, and other professionals. The volunteers not only helped sign in and prepare teatime desserts, but

also taught the elderly common English conversation, helped them learn how to use electronic products, and brought many performances to the elderly at the closing ceremony. The elderly and the young CYOC volunteers established a deep bond during the events.



(Photo taken by Dechun Feng)

A CYOC volunteer teaches seniors about supermarket English.



(Photo taken by Jennifer Wan)

Two CYOC volunteers help teach seniors to use electronics.



(Photo taken by Jennifer Wan)

CYOC volunteers in front of two full food trays filled to the brim with tea snacks.

CYOC WorldShine Performance

By: Camille Hu Photographer: Dechun Feng

Piano, violin, flute, music floating in the room as people performed. People's talents were amazing. Yesterday, I had a performance in WorldShine Adult Medical Day Care Center Germantown for all the elderly people. It was a very hot day. At first we were in a rush and I forgot my SSL hour form so we had to go back and get it and I was 3 minutes late. Anyway I sat down and got my music sheet ready. I was very nervous at the time but thankfully we started off with a game first.

We played a game that I don't

know the name of but it's like the first person says their name and the last person needs to say the name of the people in the table, something like that. I was a volunteer at table 12 and I met a couple who are also from Shanghai, I talked to them and had a conversation with them. Then I was told to go back to my table and prepare for my show. I was shaking and then 5 minutes later I

was called. UGH, I was so nervous, I was in a mess, my music sheet fell off of my stand. I got on the stand, shaking, I had to test if my violin was in tune. I started to play... UGH wrong note, wrong note, more wrong notes. I knew I should've practiced

more. I was so scared but I kept playing. I stopped playing and bowed, everyone clapped.

I felt relaxed after, I ate some grapes and some snacks and watched other people perform. They were so good! Better than me. I have

to practice more. But I decided to forget about it and enjoy the time there. So for the rest of the show I had a great time.

