

MESSAGE FROM THE PRESIDENT:

It has been known and proved that mental wellness is as important as physical fitness to our health. In 2008, Canadian Institute for Health Information issued a research paper on "positive mental health". The report pointed out that promotes positive mental health is as necessary as treatment and management for mental health problems and mental illnesses.

At the beginning of a new year, I would like to share some thoughts with you about "renewal or refresh" our emotional well being to maintain a positive mental health.

There are many ways to take care of our mental wellness. Self renewal or self rejuvenation is one of many ways to maintain our mental wellness.

Every illness, especially mental illness, strikes a blow to one's self-confidence. When we feel sick, we realize we are so vulnerable. Every illness causes one's anger towards life. When we fall ill, we would like to fault the unkindness of our fortune. When the mental process of denial and angry toward an illness kicks in, it often hinders our will to seek help to the road of recovery.

If we learn ways to cope with our illness, it generates a sense of control. It gives us a way to rebuild our confidence.

If we do not devote our life to the limitation imposed to us by illness, we can live our life fully. Illness will be only a blip of inconvenience in our life.

To renew ourselves, it is important for us not living in the past. We have to look to the future. Every morning, there is an unwritten chapter of our book of life waiting for us to fill it in. With a positive mental attitude, we can fill the full page with joy and happiness.

February is the beginning of another new lunar calendar year, we wish you can use this seasonal milestone to rejuvenate yourself and maintain a healthy mental wellness. Keeping a positive attitude, it will provide us the vigour to deal with our day to day challenge. Having an optimistic feeling, it will let us enjoy our life.

Happy Lunar New Year to all our clients and staff!

Ken Chan, President

This publication is intended to provide information on the activities of Hong Fook Mental Health Foundation and Hong Fook Mental Health Association. It is published 4 times a year – February, May, August and November.

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Executive Director's Message

By Bonnie Wong

Happy Lunar New year!

In order to live a long and happy life, we have to stay healthy both physically and mentally; I would like to introduce the "SMART" principle as a way to take care of ourselves.

"S" stands for simple, "M" stands for manageable, "A" stands for achievable, "R" stands for reasonable and "T" stands for timely.

How do we implement this SMART principle on our lives? We can begin with the process by developing a "goal" plan and an "action" plan, which are simple, manageable, achievable, reasonable and timely. For example, your goal is to stay healthy, and your plan is to take the stairs and to exercise twice a week to get your muscles moving. It is a very reasonable plan that can be done easily. That's how "SMART" worked. If you need any information about "SMART", please contact our Activity Coordinator, Vicki Lau or other staff members for advice.

To manage our agency's services better, we continue to consult our service users, our families/caregivers, our volunteers, our community partners and stakeholders, our staff, and other health care professionals to develop and evaluate the services.

In the upcoming months, it's time for our agency's 2010-2015 Strategic Planning cycle. There will be lots of opportunities for service users, their families/caregivers, volunteers, staff, and community partners to provide their feedback to us.

Our agency's SMART goal plan and action plan are delineated as below: -

- S** Strengthening clinical strategies to improve service availability and quality of care, and to use data and outcome measurement to improve services.
- M** Managing staff and clients risks and safety with safety plan and preventive measure such as early identification of health risks e.g. managing multiple chronic diseases.
- A** Acknowledging that it is absolutely essential that our consumers/survivors, volunteers are empowered and supported to take the lead to determine their diverse needs and goals in their recovery journey from "illness to wellness".
- R** Raising awareness of, and reducing the stigma associated with mental illnesses to show that those living with a mental illness can also lead full, rewarding, and productive lives.
- T** Taking time to celebrate our successes and accomplishments through a series of social events such as staff and volunteer recognitions, walk for wellness, annual general meeting, photo gallery, and festival celebrations, etc.

We are committed to walk alongside with our consumers for their "Recovery" and grow with our communities in "Capacity Building". We encourage everyone to play an active role in helping us to improve our mental health system. Let us consider incorporating the "SMART" principle in developing our own "goal" plan and "action" plan at the beginning of the New Year.

Wish you and your family having a healthy and meaningful year of TIGER!



Happy Year of the Tiger

Highlights of Our Programs:

Self Help Program

Spadina site: ☺ Happy Friday Club ☺ Lunch Program ☺ Knitting Group ☺ Vietnamese Tea and Video Club
☺ Photo Club ☺ Drop-in Centre ☺ ESL Classes ☺ Korean Self Help Group ☺ Vietnamese Self-Help Group
☺ Cantonese Tea and Video Club ☺ Khmer Angkor Group for Cambodian Community ☺ Cambodian Leisure Club
☺ Physical Activities: Line Dancing, Basketball, Ping-Pong, Badminton, Aerobics, Tai-Chi and Walking Group

Midland site: ☺ Happy Thursday Club: Sing-along, Chinese Painting, Cooking, Singing Group and Beading
☺ Photo Club ☺ Physical Activities: Badminton, Basketball, Ping-Pong and Tai-Chi ☺ Mandarin Group

Groups

☺ Family Support Groups for Mandarin, Cantonese and Korean Communities ☺ Seniors Holistic Health Group

Volunteer Programs

☺ Talent Vocal Group ☺ Service Volunteer Group ☺ Peer Leaders ☺ Befriending Program
☺ Helping Heart Volunteer Group ☺ Vietnamese Youth Group

Our Tribute to Mr. Raymond Chung

Raymond Chung is Hong Fook's longest-serving executive director. His contribution to the Chinese and South East Asian Mental Health community is legendary. Since 1978, he has been an active volunteer for the formation and development of the Hong Fook Mental Health Association. In 2001, he became the Executive Director until his retirement nine years later. There were over 150 guests including community partners, agency representatives, clients, service users, volunteers, staff and colleagues attending his "Retiring still Inspiring" party on January 8, 2010.

As one of the founders of Hong Fook, Raymond encourages others to live a long and happy life, a quest in which no role model is better than Raymond himself.



Guest from the communities

Caring Community



Gift presented by the Seniors Holistic Health Group

Equitable Access



Raymond at the cake cutting ceremony

Wellness



Performance by Self Help Program participants

Recovery



Hong Fook family with staff from present and past

Candlelight

A Cantonese song sang by the Self Help Program participants at Raymond's Retirement Party

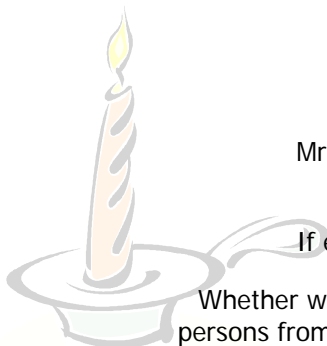
The light from one little candle helps us to see and keeps us from stumbling in the dark.

Mr. Raymond Chung lit a little candle 30 years ago and it has helped our community to see the importance of Mental Wellness.

If everyone lit a similar little candle, what a bright world it would be.

Whether we are professionals, survivors, family members, friends or other concerned persons from the community, we can all help to keep Raymond's candle shining brightly.

You in your small corner and I in mine.





Embracing Beautiful Minds

Dear Friends of Hong Fook:

On behalf of the Foundation, I wish you a very Happy, Healthy and Prosperous Year of the Tiger. Tiger symbolizes strength, energy and vitality, all desirable qualities.

In the realm of fundraising, I am pleased to report that we had a very enjoyable and successful 2-day sale event at First Creative Accessories Inc. BERTOTTI from November 21 to 22, 2009. At the end of the sale, First Creative made a generous donation to the Foundation. We hope for a repeat performance in the near future.

Looking forward, ladies and gentlemen, get set and mark your calendar for the following events:

Saturday, May 29, 2010: **The 2010 Walk For Wellness** will take place at the L'Amoreaux Park at Birchmount Road and McNicoll Avenue, Scarborough, between 10 a.m. and 3 p.m. In addition to getting fresh air and much needed exercise, you will enjoy performances and delicious lunch.

Saturday, June 12, 2010: **The 2010 Hong Fook "Embracing Beautiful Minds" Gala** will be held at Hilton Suites Hotel, 8500 Warden Avenue, Markham. You can help in many ways: be a sponsor, advertiser, purchase Gala tickets, donate prizes for silent auction, and volunteer at the event. This year's event will feature a spectacular fashion show sponsored by the renowned fashion designer, Mr. Thien Le. Please contact me or Jenny Le for more information.

Raffle tickets are selling for \$5 each. The prizes include: Trip For 2 to Las Vegas, 4 days, 3 nights, including air and hotel, Oriental Retreat Spa Package, Fashionable Leather Accessories and a PlayStation 3 System with Games and Accessories. The prizes will be drawn at the Gala.

Saturday, August 21, 2010: **The 8th Annual Hong Fook Charity Golf Tournament** will be held at the Station Creek Golf Club, 12657 Woodbine Avenue, Gormley.

In closing, I want to thank you for all your generous support in the past, and I sincerely hope to see you all at the upcoming charity events.

With best wishes,

Sincerely,



Peter Chang, Chair, Hong Fook Mental Health Foundation



Sponsors, volunteers and guests at the sale event. From left: Kenneth Kwok, Sylvia Kwok, Grace Law, Jimmy Tam, Raymond Chung, Dr. Peter Chang, Elsa Chang and Florence Tam