

## Feature Article

## Thankful for the Unconditional Love

Nestor Lau

Nestor's positive attitude towards life is reflected in his zealous caring for his mother, who has diabetes and memory loss. Their physical, emotional and spiritual needs have been well met by

105 Gibson Centre's Abundant Life Institute for the past 2 years and he is very grateful to every volunteer's unconditional companionship and support.

In 2017, a friend told him that 105 Gibson offered many activities for the elderly and he enrolled his mother in the Brain Beat Dance class. She is an introvert, but slowly became more cheerful because of the warm hospitality and

proactive care of the volunteers.

She participated in the Spring Passion Summer Camp for two years. At that time, she needed regular injections because of diabetes and worried about not being able to attend. Fortunately, Gloria, an ALI volunteer who was a nurse, helped to support his mother, so that she could have a rich and joyful summer camp and gained treasurable friendships.

Nestor often talks about Elizabeth because of her spiritual care, friendly visits at times when his mother was emotionally unstable, and concerns about his health. He gained strength and comfort from her. She also introduced his mother to ALI's Friday activities, where his mother opened her heart and knew God. Nestor was also helped by Dr. David Wong, where he learned to ease his mother's feelings and de-stress himself as a caregiver. He thanks every volunteer who cares about them, accepts them with love and allows him to experience the unconditional love in faith. – *Written by 105 Gibson Reporter.*

## 105 Gibson Ministry : Abundant Life Institute

Serves those 55 years old or older by providing lifelong learning opportunities and building a meaningful life. ALI Learning Tracks include Health and Wellness, Literacy and Culture Appreciation, Visual Arts and Performing Arts, Spiritual and Life Concerns and Community Engagement.

## Lifelong Learning: Learn to Let Go and be Humble

Dr. Leo Fung

Dr. Leo Fung is currently a committee member of the 105 Gibson Centre's Abundant Life Institute. He worked as a Senior School Development Officer in Hong Kong and is now using his expertise in curriculum development for ALI. He has developed different levels of curriculum to meet the needs of members and to provide them the impetus for advancement.

Most current curriculums mainly focus on health and wellness. Leo hopes to have more courses in the areas of "Spiritual Care" and "Community Engagement", as well as technology courses such as DNA and nanotechnology, which allows students to keep pace with trends and staying young at heart.

Leo is a volunteer instructor in the "Health Talks in Chinese Medicine" and "Perspectives in Chinese Culture" courses. As an instructor, he has learned to let go of his identity as a professor and civil servant and be humble, where he would do the due diligence at home and provide students with correct answers and proper learning attitude in class.

Leo has been devoted to education throughout his life. Although he has obtained multiple degrees, he is still keen on his studies. He hopes to encourage others to learn for life. He also strives to fulfil his aspiration for learning with the hope to complete a Ph.D. in psychology and refresh the Japanese language he learned many years ago, where he may use it in mission ministry!

This is precisely what the old saying called, "one is never too old to learn." -- *Written by 105 Gibson Reporter*

## MY experience with 105 Gibson

### Bringing Love & Hope to the Community

#### Dr. David Wong

105 Gibson Centre's core values, Love and Hope, are exemplified in Dr. Wong's volunteer work at the Wellness Clinic. He was invited to consider opening a clinic for Abundant Life Institute. Through holistic healing, the clinic aims to address clients' emotional and spiritual needs as these are rarely addressed by family physicians. He was excited at the opportunity but was also anxious because as an anesthesiologist, he had no prior experience in family practice because he was trained as an internal medicine doctor..

After much contemplation and prayers, he accepted this meaningful mission. He finds the experience challenging yet rewarding and humbling. He felt blessed to have received the unflagging help of Rev. Jonathan Chan and Rev. Monica Chan, and also from nurse practitioner Clara and other volunteers who offered their expertise and insight during the clinic's planning and development stages.

The clinic began serving ALI members in November 2018. The clients are medically assessed and receive counselling that focuses on their emotional, social and spiritual needs. Prayer is also offered at clients' request. In this short time, Dr. Wong has witnessed seniors and their family members being helped.

Dr. Wong is grateful to be serving others. "God has never abandoned me when I needed him the most. I wish to help others with their emotional challenges, so they too can see and feel God's love during difficult times." Dr. Wong hopes that more physicians and nurses will share this vision and volunteer at the Clinic in the future, so that more ALI members and their families will receive help and care!

-- Written by 105 Gibson Reporter



### Volunteer Appreciation Day with Labyrinth Meditation

Volunteers participated in a labyrinth activity on April 6 and meditated on their volunteer experience at 105 Gibson Centre based on questions about friendship, volunteering, community, centre of our energy source, compassion, needy, journey, hope and receiving stranger. It was the first time they have tried this type of activity and this is some of their reflections.



#### What does it mean to volunteer?

- To contribute time and experience to people in need
- To be sensitive to people's needs and feelings
- To serve and to show love to others
- To pass on knowledge or skills



#### What have you gained from volunteering?

- Joy, happiness, satisfaction
- Leadership skills
- Sense of belonging



#### Why do you volunteer?

- Build up my resume
- Learn a new culture and meet new friends
- Give back to society
- Feel rewarding and sense of satisfaction
- More blessed to give than to receive

This activity gave me time to reflect on some things – we tend to go about our daily life without taking time to pause and reflect. This was overall a good experience for me. Thank you.

The labyrinth is a good experience allowing me to comprehend more about serving as a volunteer. It is the love of God that teaches me how to love others in His way.

A very nice experience. A nice way of thinking about community works! I have compassion for people in need because I feel this pain and helplessness. I always want to help to make them feel better emotionally and physically. Today I learned a broader way of services with love, faith and belief, not only with pity and compassion. When building the community, the benefits are not only going to the people in need, but go to all the people that surrounding the community.

Very nice reminder for this good information about life and values; as a Christian for over 40 years, it is easy to forget the importance of sharing our experience from God to our beloved relatives and friends. Thanks for encouraging me to be more passionate in helping our community.





## 105 Gibson in Action



**105 Gibson Abundant Life Institute** held a **Wellness Consultation Day** on April 13. Participants received free consultation from Traditional Chinese Medicine practitioners, massage, blood pressure tests and glucose tests.



Spring's arrival means our **Out of the Cold** program and **Tax Clinic** season is over. We were glad to welcome 60 guests on average each week and to file over 600 tax returns.



Participants in the **Arts and Crafts Night** from March to April painted winter landscapes under the instruction of Lillian Skerletovic.



# Upcoming Events

**Youth Services** will host **The Parenting Teenager Course** on Friday May 3 to July 5 from 7:30 to 9 pm. Learn to nurture a healthy relationship with your teenage child and help him/her grow into a mature and responsible person with character and positive values. Suitable for parents of teenagers aged 14 to 19. Course is offered in Cantonese and Mandarin. Fee is \$20.

**105 Gibson Abundant Life Institute Talk** in May is **Pharmacist Shares with You** and the topics include: Cold vs Flu; Dry Skin; Osteoporosis and Top 10 Tips on Medication Use. All are welcome to join.

Saturday May 4, 11, 18 from 2 - 3 pm.  
Saturday May 25 from 3 - 4 pm.

**The Strengths Workshop for Young Adults** will take place on Saturdays May 11 and 25 from 9:30 - 11:30 am. Discover your strengths and learn how to apply them with the CliftonStrengths Assessment. This is a two-part workshop and participants need to attend both sessions. Suitable for people age 17 - 25. Fee is CAD \$20 for workshop and US \$20 for online assessment.

**Tree Planting Family Day** will take place on Saturday June 8 from 9 am to 12 pm at Phyllis Rawlinson Park in Richmond Hill. It is an excellent time to come with your family to plant a tree for the environment and support the Centre's programs and services at the same time. You can choose to support by purchasing a young tree or by planting one at the event or by doing both!

**105 Gibson Thrift Store** mini sales will take place on Saturday June 22 from 9:30 am to 4:30 pm. Spring and summer clothing will be on sale. Regular hours are Wednesdays and Sundays from 12 - 4 pm.

105 Gibson Abundant Life Institute will host **Spring Passion Senior Day Camp - Inter-Generation Celebration** from July 2 - 25 (every Tuesday and Thursday) from 10 am - 3 pm. Activities include singing, dancing, exercising, arts and crafts and workshops so participants can learn ways to communicate with the younger generation and in-laws.

For inquiries or registration, please visit Centre reception, call 905.946.8787 or email [info@105gibson.com](mailto:info@105gibson.com)

## Supporting 105 Gibson

**We welcome you to join our efforts in blessing the community through partnership, donations, and volunteering. Visit our website for more information.**