

## Playing Football and Singing, You Can Do Everything You Like



### the First Episode of MDA'S Series of Activities

→ On Mar. 26<sup>th</sup>, when it was fine and sunny, MDA offered MD patients an opportunity to go outside the room and play together with their friends, people who are suffering from the same disease. MDA hoped that the patients could be able to feel more powerful and confident about their life after attending some outdoor activities.

On that day, MD patients played the first football game in 2009. At 12:15, 8 volunteers from Fudan University and Shenjun, the volunteer from Dazhong Taxi Corporate arrived at the square ahead of time, preparing for the game. At around 1:15, p.m., two players from either sides, as well as the referee, arrived at the square, and was preparing for the game. The four players are Chen Yan, Mo Yanjia from Team A and Huang Jiajun, Sheng Hongmei, from Team B, and Hong Simin acted as the referee. In the game, the players kicked the football with a piece of board which is fixed on the wheelchair. Players were competing with each other fiercely and both teams had correctly kicked the football into the “door” for several times. The family members of players took photos for them, also some passers-by stopped to watch the game and it seems that they enjoy it very much, since some of them even took the responsibility of a volunteer, helping to keep everything in order and the football game ended at around 1:55 p.m..

At around 2:30 p.m., after the football game, 7 MD patients, family members and volunteers arrived at Holiday KTV which is located on the 10<sup>th</sup> floor of Bailian Shopping Mall. Wang Derong, who missed the football team, joined us in Holiday, she said that she could not miss the opportunity, since she was fond of singing very much. The event was sponsored by Holiday and they offered us two hours' singing time for free. Miss. Li, representative from Marketing Department of Holiday, also arrived. Mr. Zhang, the manager of Holiday, Bailian, attended the event even if he was very busy. The event was hosted by Cheng Jialin, volunteer from Fudan University, and nearly all the patients were inspired and sang at least a song at the event. What is more, some really good singers, such as Sheng Hongmei, Chen Yan and Mo Yanjia, sang several songs and all the audience cheered up for their good singing. Volunteers from Fudan University, including Christofer, from Sweden and Jiang Rongjun, from South Korea, cannot help singing together with the singers. At the end of the event, patients, family members and volunteers shared their feeling for the whole day. People said that they enjoyed themselves very much.



“常青基金”人民币账号 名称：上海淘宝航社会公益基金会（请注明“常青基金”专项捐款并用短信、Email告知）

开户行：022210-工行上海市淮海中路第二支行 帐号：1001221009014454290 Swift code: ICBK CNBJSHI

USD Currency Account Name: YAN BAOHANG PUBLIC FOUNDATION SHANGHAI Account number: 1001221009141600424

BANK: The Industrial And Commercial Bank of China Sub-Branch of Xu-Hui district, Shanghai, International Department



Mr. Kumar, from Rotary, Shanghai, also came to the event and delivered best regards to patients present at the event. Also, journalists from SMG, SETV, took record of the football game and the singing event for the whole day.

The singing time at Holiday ends at around 4:30, p.m., and people left, feeling satisfied and excited.

#### Patients' words:

I felt very happy to attend MDA' activities this Thursday and be with volunteers from Fudan University.

We played wheelchair football games and went to sing KTV at Holiday after that. Compared with the several formal activities organized by MDA before that I have attended, this activity is like a date with close friends in the warm spring. I felt easy and happy.

——Chen Yan



#### Volunteers' words:

I felt happy singing with MD patients this time, which is a really different kind of experience from ever before. I have become more and more familiar with those patients and understand the hardship of their life. I admire them a lot.

——Chen Si

【By: Chen Si】

## The Group Work of MDA Will Start Soon!

→ On the morning of March 1<sup>st</sup>, we were able to invite Liu Ren Zhou to give MDA members a speech. Mr. Liu graduated from Department of Mathematics, Taiwan Normal University with a research area of education. He is specialized in family counseling and family therapy. It has been 25 years since Mr. and Mrs. Liu was devoted to charity when he was 31 years old. During the speech, Mr. Liu said that life was created from nothing. Life starts from 0 instead of 60. Even if we have very little from the God, do not take it for granted. We should be grateful to it. Our body is limited and material. No matter how well one's body is, there is always one day that it will end. However, we still have soul besides body. The soul is non-material and internal. Unless we decide to give up, our soul will always be somewhere in the world. What MDA members need is not sympathy but respect. The



“常青基金”人民币账号 名称：上海淘宝航社会公益基金会（请注明“常青基金”专项捐款并用短信、Email告知）

开户行：022210-工行上海市淮海中路第二支行 帐号：1001221009014454290 Swift code：ICBK CNBJSHI

USD Currency Account Name: YAN BAOHANG PUBLIC FOUNDATION SHANGHAI Account number: 1001221009141600424

BANK: The Industrial And Commercial Bank of China Sub-Branch of Xu-Hui district, Shanghai, International Department

speech made all the patients and family members present had a new thought on how to recognize and treat their life and their family members' life from a higher level. After the speech, Sheng Hong Mei, Hong Si Min, Mrs. Xu and Mr. Huang all shared their life story with others. Every one was moved by each other's persistence towards each other life. Mr. Liu Ren Zhou was also moved and gave every member who shared their story his own idea and suggestion.

In the afternoon, Zhu Chang Qing, General Manager Zhu from EAP, Ms. Xu Jian Qin, Mr. Wang, Ms. Peng He Fen and four interns had a preparation meeting for the group counseling. During the meeting, they had a heated discussion about the theme, member, time, frequency, place of the group counseling and the way to recruit group members. After the discussion, they reached a conclusion that the group size should be 8-12 people. The counseling will focus on some core members of MDA and they will be contact through announcement on the MDA website and telephone invitation. The counseling will be held once two weeks in EAP office on weekends. Ideally, it would be held 24 times. The theme could be discovering the potential of our members, exploring the meaning and value of life, experience their own value of life and therefore improving life quality. Since simple and generalized psychology theories might bore the member, the meeting decided to add more interactive activities.

【by: Cheng Jialin】

## MDA was Invited to Visit Home Sweet Home

→ On March 20<sup>th</sup>, the team of MDA were invited to visit Sweet Home Sweet located in NO.1213, Junmin Road, Sunqiao Area, Pudong District. The vision and mission of HSH is described as "Equipping the needy with special needs to fulfill their full individual potential in the community." In other words, HSH is designated for those people with special needs as education area, work site and sweet home. About 50 people with special needs from various places are living there and work there, earning their lives through selling their works. We were honored to be shown around the factory, elaborate works and also one of the four homes they live in named as "Love".

Other than looking around, we were invited for another main purpose to confer with the president of HSH about the cooperation between two sides. The president offered two projects One is the event with Dr. William Tan., end of May for 24hours marathon, which aims in promoting fundraising. the other is a new project to be run by HSH called Agape Garage Project which will provide MD patients with some possible community activities. Some details of the cooperation between two sides still need to be discussed in future.

【By: Sun Sensheng】



“常青基金”人民币账号 名称：上海淘宝航社会公益基金会（请注明“常青基金”专项捐款并用短信、Email告知）

开户行：022210-工行上海市淮海中路第二支行 帐号：1001221009014454290 Swift code: ICBK CNBJSHI

USD Currency Account Name: YAN BAOHANG PUBLIC FOUNDATION SHANGHAI Account number: 1001221009141600424

BANK: The Industrial And Commercial Bank of China Sub-Branch of Xu-Hui district, Shanghai, International Department