樂活老齡
Active Ageing

社會近年積極推廣和使用樂齡科技產品，從而協助照顧年長或殘疾等有需要人士。扶康會亦不例外，持續引入樂齡科技產品，以配合服務使用者需要。今期通訊以「樂活老齡」作主題，以多角度，從本會政策到人物故事，以及運用樂齡科技產品等，介紹本會如何體現「樂活老齡」。除此之外，專職醫療團隊亦講解如何透過個人化運動治療和提供膳食建議等，保持高齡服務使用者的身體健康。

睽違數年，本會於去年 12 月再度舉辦步行籌款。「Walk・In」步行籌款 2023 順利於青衣海濱公園露天廣場舉行，當日由石圍角工場的醒獅隊打響頭炮，由董事局成員點睛後，各服務單位和企業伙伴一同出發，十分熱鬧。

本會感謝葵涌扶輪社捐款支持設立感官角，支援服務使用者接受訓練；以及香港廚師協會再度邀請本會成為「國際廚師日」的受惠機構之一，讓服務使用者享受美味佳餚。另外，小編又會介紹本會與外間機構的合作活動。今期「扶康・良品」則會介紹康融服務有限公司所提供的滅蟲殺菌消毒服務。今期通訊內容豐富，萬勿錯過。

To aid the elderly or persons with disabilities, gerontechnology has been actively promoted and adopted lately. Fu Hong Society is no exception. To fulfill the needs of service users, the Society has continued to introduce Gerontech products. "Active Ageing" is the theme of this issue's newsletter. From policy, individual case studies, to exploring the use of Gerontech products, this issue explores how the Society brings about "Active Ageing" from multiple perspectives. Our allied health team also shares insights on maintaining the health of elderly service users through personalized exercise therapy and dietary advice.

After a short hiatus, we are pleased to bring back the Walkathon from last December. The "Walk・In" Walkathon 2023 took place at Amphitheatre of Tsing Yi Promenade.

The Shek Wai Kok Workshop lion dance team kicked start the event, after the representatives from the Council officiated the eye-dotting ceremony, all participated service units and corporate partners set off together.

The Society is grateful for the donation from the Rotary Club of Kwai Chung to set up a sensory corner to assist in service user training, as well as the Hong Kong Chefs Association's support during the International Chefs Day, bringing delicious cuisine to service users. Additionally, cooperation activities with external organizations are other highlights of the issue.

Meanwhile, "Fu Hong・Ichiban" introduces pest control and disinfection services that Hong Yung Services Limited offers. Do not miss out on all the exciting content coming up in this newsletter.