



## 人生下半場 「助攻」 尋意義

一隊球隊中，負責入球的前鋒往往獲得最多掌聲，但負責穿針引線的中場同樣亦不可或缺，這次的主角蔡業瑛（麥太）參與義工活動多年，踏入 50 歲時更辭去正職，全身投入義工活動，為她的人生「下半場」增添不一樣的色彩，亦為有需要的人士送上源源不絕的「助攻」。

麥太退休前任職銀行，有時候由於聯絡海外分行的緣故，需要在晚上工作，甚至日夜顛倒；但與此同時，籌備和聯繫義工活動又花上不少時間，於是麥太便萌生退休的念頭。「當時老公見我工作十分忙碌，有一天就向我提議考慮一下提早退休，全情投入義工活動。」聽到老公這一番話，麥太深受感動，「要離開一間服務了半生的公司，離開一群共事多年的員工，是一個十分困難的決定。」，「樂於助人也許是媽媽的遺傳吧！既然得到家人的支持，便無後顧之憂了，最終在工作與義工之間選擇了後者。」

熱心公益的麥太，足跡可謂遍佈不同的慈善團體，與扶康會結緣自參與一個慈善步行活動，麥太指沒有研究過與智障人士相處的特別技巧，最重要還是耐性、細心和愛心，「例如之前我接觸過一名服務使用者，每次都會背著一個很重的背包，第一次想幫他拿，他卻有點戒心，但只要你主動嘗試多幾次，他就會樂意跟你做朋友，最後他願意給我幫他拿背包。」

雖然義工活動是無償的，但麥太卻笑說她的得著遠比她所付出的多，「我不時會到石圍角工場做義工，其中一名會員每逢見到我來探訪，總是叫我『美少女』，我每次聽到都會笑得很開心。」這種喜悅是上天額外的賞賜，麥太指希望可以減輕智障人士家長的負擔，「我們只是在探訪時照顧他們，可能是一天或只是半天，由於照顧他們往往消耗更多的體力，都會覺得有點累，但想深一層，他們的父母卻要每天照顧他們，所以那怕只是很少的時間，能為他們的父母分擔一下也是一種幫忙。」

退休後的麥太全身投入義工活動，她笑言現在比年輕時更健康，「參加義工工作，除可訓練脾氣，處事更淡定外，人也越來越靚呢！」麥太更希望借此機會呼籲更多「有心人」參與義工活動，「助攻」更多有需要的人。





## "Assist" Brings Meaning to the Second Half of Life

In a football team, the strikers who are responsible for goal gaining often get the most applause, but the midfielders who are responsible for assisting attacks are also indispensable. Our interview guest this time, Ms. CHOI Yip-ying (Mrs. MAK) who decided to quit the job and devoted to volunteer service at her age of 50, has been participating in volunteer work for many years. Her determination not only colors her second half of life, but also brings endless "assist" to those in need.

Before retirement, Mrs. MAK worked in the banking field. Sometimes she needed to contact overseas branches and was required to work in the evening or even overnight. But at the same time, preparation and liaison work for volunteer activities took a lot of time as well. Therefore, she started thinking about retirement. "At that time, my husband saw my work was very busy, and he then suggested me considering early retirement and devoting to volunteer service wholeheartedly." Mrs. MAK was deeply impressed by her husband's words. "Leaving a company that has served half a lifetime, and to leave a group of staff who have worked together for many years is a difficult decision." "Loving to help others may be the heredity of my mother. With the support of family, she chose the latter between work and volunteer without much worries."

Mrs. MAK is full of public-spirit and has participated in volunteer activities of various charitable organizations. Her association with Fu Hong Society began with a charity walk. Mrs. MAK has not studied the special skills to handle persons with intellectual disabilities, but she found patience, considerate and love are the most important. "For example, I met with a service user before, he used to carry a very heavy backpack every time. When I wanted to help him for the first time, he was a little wary, but as long as you kept on trying several times, he would be willing to MAKE friend with you, and at the end he allowed me to carry the backpack for him."

Although volunteer work is unrewarding, Mrs. MAK expresses that she receives more than she gives with a smile. "I visit Shek Wai Kwok Workshop as a volunteer sometimes, one of the service users there used to call me "beautiful girl" and I laugh very happily every time when I heard it." This joy is an extra gift from God. Mrs. MAK hopes that she can reduce the burden of the persons with intellectual disabilities' parents. "We just take care of them during our visits, it may be one day or only half day. Taking care of them often consume more strength physically, and will feel a bit tired after that. However, their parents have to take care of them every day. So even merely a very short period of time, it is also a kind of help for their parents to share their burden."



After retirement, Mrs. MAK devotes herself to volunteer service fully. She feels even healthier than younger stage and said "Participating volunteer work helps improve my temper and I become calm in handling matters and feel prettier than before too." Mrs. MAK hopes to take this opportunity to invite more "warm-hearted people" to join the volunteer activities and "assist" more people in needs.