



卓越之訊

Phoenix Newsletter

<http://www.phoenixclubhouse.org>

Mid-autumn Festival BBQ

The Clubhouse held a BBQ party to celebrate the mid-autumn festival on September 25. There were interesting games and plenty of food. We all had fun that day.

More than ten Jardine ambassadors brought moon cakes and presents to the clubhouse. First, we had a few ice breaking games for everyone to get to know each other. The Jardine ambassadors brought with them materials for making lanterns. Our members were very interested in it. They decorated the lantern beautifully and each lantern was unique. The staff and members worked together to prepare food; set up the BBQ site and music equipment together.

After making lanterns, the BBQ party begun. There was plenty of food! Crispy red sausages, meat balls & delicious fruits were all my favorites.

It was lucky that the weather was not too hot. The temperature was just suitable for BBQ. We had a good time. I hope I could attend the BBQ party next time.

TONY & Clerical



Central and Western Districts Health Festival

I joined the annual Central and Western districts health festival on August 29, 2015. I met Winnie and other members in the Clubhouse and after making sandwiches for lunch, we headed to Kennedy Town by MTR to participate in the event.

There were a lot of stores and display boards. I took the blood sugar test, the blood cholesterol test and the ultra sound bone density test. The experience was unforgettable. After all the tests, I found that my blood sugar level was normal but my cholesterol level was a bit high. There were a lot of professionals and they taught me how to control cholesterol levels. I need to eat healthily, have more vegetables, eat less fatty foods and do more exercise.

What impressed me most was the ultra sound bone density test. During the test, I had to put my feet on the machine. It was a bit cold. Then the machine will tightened around my feet to measure my bone density level. The normal density level is zero but mine turned out to be -1. It surprised me a bit. The staff explained the result to me patiently and taught me how to improve bone quality. I have to eat more high calcium food, such as milk and soy milk. Others taught me how to understand food labelling in order to purchase food with suitable nutrients.

I gained a lot from the event. I hope I can participate in the event next year. It is like having an annual health check for me.

Ho

Preparation of the Open House cum Employers' Reception

The Open House cum Employers' Reception is in the last stage of preparation. Our members and staff are busy preparing for the event. The Clerical Unit hosted a series of Tour Guide Classes for the members and many participated in it.

The Administration Unit is busy communicating with the vendor of the PA system. We hope the system will be ready on the day of the ER and the AV quality can be improved.

The Environmental Protection and Tuck Shop unit is making organic lip sticks, book marks and plants as souvenirs for the employers.

The Food Services Unit confirmed the refreshment booking. They are busy preparing and organizing members to be Clubhouse tour guides.

Hope you will enjoy it! See you there!

Clerical Unit



Dessert Class and Birthday Party

We had our dessert class and birthday party on August 15. Volunteer Shirley came and taught us how to make Mango Cheese Cake. First, we defrosted butter. Then we crushed Digestive biscuits; then we pressed the mixture into the cake mould and stored it in the fridge until ready to use.

Shirley then had us put a piece of wax paper cut to fit the mould on top of the biscuit mixture. We beat egg white until stiff, added sugar and mixed them well. Later, we mixed sugar, egg yolk, cream cheese, mango paste, butter and flour, and then put the mixture in the oven.

Since we had extra ingredients, we could make one more cake. We took the cake out from the oven and let it sit for a while. We also diced fresh mango for decoration.

Bonnie and I decorated the cake. We felt satisfied after finishing the cake. Then, we invited members to hold the birthday celebration.

I felt very happy. Making dessert gave me confidence. Although it was not easy to make cake, we can succeed with more practice.

Katy



Employment Dinner Sharing



I have Joined PC for almost 13 years. I have gone through 2 transitional employments: Jardine Schindler and Baker & McKenzie.

I am now been working at Sky Trend C.P.A. Co. Ltd. for almost 8 years. Although I face challenges at times, I am happy to face them. All the colleagues are supportive. I hope I can continue working at Sky Trend!

Neil

Administration Unit

1. Hospital Authority invited Phoenix Clubhouse to organize a training session for Occupational Therapists in Hong Kong on 14/1/2016. Ralph and Eva will be the lecturer. Members and staff from PC will be sharing their experiences. Friends of PC's chairman Mr. Danny Luk will be responsible for the employer sharing.
2. Thanks to Jardine Mindset Ambassadors for coming to PC and participating in the Mid-Autumn BBQ activity. We played games and received gifts and moon-cakes. We had a great time celebrating the festival.
3. PC accreditation will be held in January 5-8, 2016. Mr. Ralph Bilby (from USA) and Mr. Andrew Rirch (from UK) will come to PC for accreditation.
4. Keith, Anita and June will go to USA's Denver City to participate in the 18th International Clubhouse Seminar. They will give a presentation on employment and discrimination.
5. Phoenix Clubhouse will install a new broadcasting system to enhance the AV quality of the Open House cum Employers' Reception.

Transitional Employment

1. Joseph finished Baker & McKenzie's professional executive assistant position on 4th October. Wai-Kwan will take over Joseph's position on 5th October.

Supported Employment

1. Yuk-Kin finished Hang Seng Bank's clerical position on 28th September.
2. Kit Ying finished Holake's Clerical Assistant Job on July 13, and Yu-Yin Will take over her position on September 29, 2015

Clerical Unit

1. We finished designing and producing invitation cards to employers for the Open House cum Employers' Reception. Placement managers would deliver the cards to employers.

Education

1. We arranged Chinese/English tour guide classes for our members.
2. A series of 6 lessons of Peer Support Training Program to members for ER had been completed. A Communication skills workshop was also held. The Response was positive. The unit plans to arrange extra lessons in the future.
3. The adult Education class was conducted on 22nd September 3:00pm – 4:00p. 13 members attended. Thanks to Medical Social Worker Mr. Wut for the detailed information and sharing on this topic.

Environment Protection and Tuck Shop Unit

1. After discussing in the monthly meeting, badminton and jogging were selected tentatively selected as the Annual Sports Activity for 2016
2. On 18th September, we invited a volunteer from Leisure and Cultural Services Department to teach us how to plant Violets. We are trying to grow these beautiful plants according to their advice. Hope that we can sell them to our employers at ER!
3. We are designing souvenirs for the 18th International Seminar. It will be a phoenix made with paper rolls.

Food Services Unit

1. The Food Services Unit made pizza bread on September 18. All of us enjoyed making it and hoped to do it again.
2. We used Enneagram to analyze people's personalities on September 19. Members knew more about themselves and their colleagues from discussing the results.
3. A new lunch distribution system has been in use for a month. Members now have more spare time for social interaction.

November 2015

Program Preview

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class Class (11:00-11:45am) Chan Kwong, Katy		Health Cooking (5:00-7:36pm) Ling, Rachel	Hiking Neil, Henry, Enzo
8	9	10	11	12	13	14
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie	Movie Night (5:00-7:06pm) Debbie, Enzo	Putonghua Class (11:00-11:45am) Chan Kwong, Katy			Group Game Mimi, Anita, Rachel, Bianca
15	16	17	18	19	20	21
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Open House cum Employ- ers' Reception (5:00-8:15pm) All Staff and members		Positive Psychology + Birthday Party Eli, Winnie, Tracy
22	23	24	25	26	27	28
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Tennis (5:00-7:06pm) Joyce, Martin Friends of PC Meeting (7:00-9:00pm)		How to treat the Insomnia Maria, Francez, Rachel
29	30					
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie					

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Yoga (5:00-6:36pm) Volunteer June, Ap- ple, Henry		Hiking (9:00am-1:00pm) Ka, Henry, Enzo
6	7	8	9	10	11	12
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie	Karaoke (5:00-6:36pm) Wendy, Bianca	Putonghua Class (11:00-11:45am) Chan Kwong, Katy			HIM City Orienteering (9:00am-1:00pm) Joseph, Anita, (Martin), Bianca
13	14	15	16	17	18	19
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy		Tennis (5:00-7:06pm) Katy, Martin	Hong Kong Brands and Products Expo Fair (9:00am-1:00pm) Christina, Winnie, Tracy
20	21	22	23	24	25	26
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Christmas Hotpot (5:00-8:06pm) Anna, Tracy, Martin	Christmas Holiday	Cheung Chau Half Day Tour Apple, Henry, Rachel
27	28	29	30	31		
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy	X-BOX / Board Game (5:00-6:36pm) Katy, Tracy		



Phoenix Clubhouse
Web page : www.phoenixclubhouse.org
Email address : pc@phoenixclubhouse.org



Latest News

1. Open House cum Employers Reception will be held on Nov. 19, 2015. The scheduled is as follows: 6:00pm - 6:45pm, tour round PC; 6:45 - 7:30pm, members' sharing, Phoenix Clubhouse update and awards presentation to employers. We invite members to help organize the Open House cum Employers' Reception. Please contact: Winnie, Greg.
2. Phoenix Clubhouse has been nominated for QMH's Outstanding Team Award.

Special thanks to Miss Stella Poon for proofreading the newsletter.

Phoenix Clubhouse Address:
1/F North Wing,
David Trench Rehabilitation Centre,
No. 1F High Street, Hong Kong.
Telephone : (852) 25178127
Fax : (852) 25178169
Web page : www.phoenixclubhouse.org
Email address : pc@phoenixclubhouse.org



Opening Hours:
Work-ordered Day
Monday - Friday : 8:30am - 5:15pm
Saturday : 9:00am - 1:00pm
Social Activities
Tuesday or Thursday: 5:15pm - 7:00pm
and some public holidays

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