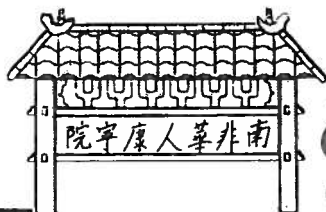


院寧康人華非南



Hong Ning
Chinese Aged Home

01-100309-000-06



Hong Ning
Chinese Aged Home 01-100309-000-06

☎ 614-9436



P.O. Box 515, Johannesburg, 2000
P.O. Box 36038, Belgravia 2009



MESSAGE FROM THE CHAIRMAN OF HONG NING

Few people in the Chinese community question today the need for an old age home. The reality of the social situation today more than justifies its existence. The home started six years ago with seven elderly people. Now the number of our aged guests has reached the maximum that can be accommodated in comfort, i.e. twenty-four.

One does not need a crystal ball to foretell that our present facilities cannot cope with the increasing number of applicants. More people are getting older and, thanks to medical science, more people are living longer. The need to expand is becoming more urgent. It would break our hearts to turn away anyone because there was no accommodation. As a result of this need, the management committee decided to purchase the house adjacent to the present Hong Ning site and it is the intention to use this house as the frail unit to cater for those of our residents who have become bedridden. Your support is requested for the financing and refurbishing of this section.

I would like to thank all those who have contributed in any way to the publication of this brochure. This brochure is meant to bring to the community's attention the needs of the aged and our obligation to help our elderly folk by providing a home where they are loved and accorded the dignity due to them. All this is impossible without the generous support of our people and we are most grateful for what has been done in the past and look forward to even greater support in the future. We appeal to you to give generously to this very worthy cause.

I would also like to take this opportunity of thanking my committee for all their valued assistance and support.

FRED PON
Chairman



CONSULATE GENERAL OF THE REPUBLIC OF CHINA

4TH FLOOR, STANDARD BANK GALLERIES
CORNER ELOFF & MARKET STREETS
JOHANNESBURG, 2001, REPUBLIC OF SOUTH AFRICA
TELEPHONE: 29-4334/5

南非華人康寧院
成立五週年紀念

枝繁葉茂 陰階堂
寒暑五易 功德揚
康寧父老 皆福壽
讚我華夏 重倫常

中華民國駐約翰尼斯堡

總領事

胡為真



敬題

華僑社會是一個大家庭，社會上的年長者也是青壯年大家族的長輩。希望我僑胞以及人老之老的偉大胸懷，對我華人康寧院鼎力贊助支持，使住在院裡的年長者都能享有一個恬適寧靜福壽康寧的生活。

南非華人康寧院成立五周年紀念

杜元方敬題





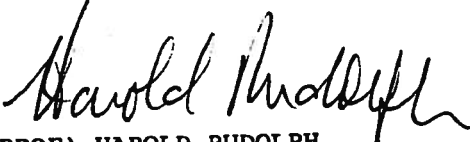
**MESSAGE
FROM THE
MAYOR
OF J.H.B.
(Prof) Harold Rudolph**

Johannesburg is one of the youngest cities in the world, celebrating its Centenary this year, yet it has a most colourful and impressive history. From being a dusty, grimy mining camp, it has grown to a cosmopolitan city of almost two million inhabitants, making it the largest city in the Republic. Johannesburg is also the undisputed financial and economic capital of the entire sub-continent.

The Chinese Community, whilst maintaining its own rich culture heritage, has made a very substantial contribution towards the City's growth and development. It is therefore with a sense of pride that I send warm greetings, on behalf of the City of Gold, to the Management Committee and to all the senior citizens of the Hong Ning Chinese Aged Home, on the celebration of the Home's Fifth Anniversary.

May the Home continue to expand its premises and activities in the future, so that the twilight years of the senior members of our Chinese Community may be filled with joy and tranquility.

My Mayoral theme in this Centenary year is "Together the future". Let us all, young and old, commit ourselves to join hands together to build a better, brighter and more peaceful future for us all.


(PROF) HAROLD RUDOLPH
M A Y O R



MATRON MAUREEN LAI YAT

The present Matron of Hong Ning, Mrs. Maureen Lai Yat, was born in Kimberley. After completing her schooling, Maureen began her training in nursing at the Kimberley Hospital where she qualified in 1960. Having worked in hospitals in Cape Town and Johannesburg, she nursed for a year at the Presbyterian Hospital, Dallas. In 1972 she married Richard Lai Yat. Two years later Richard was killed in a car accident. Maureen then worked at the Kensington Clinic where she did both administration and nursing. In 1982 she accepted the post of Matron at Hong Ning.

Hong Ning is most fortunate in having a person of her calibre as its Matron. She could easily find other employment where the financial remuneration would be better, the hours shorter, and with much less responsibility on her shoulders. But for her, these are not the things which have priority in her life. Other things are much more important. The love of God comes before all else.

It is this love which motivates her work which she regards not just as a job but rather as a vocation. She brings to each elderly person genuine love and concern. The old folk sense this and reciprocate accordingly. Maureen unashamedly weeps when one of her charges dies. When necessity demands it, she can be firm but it is a firmness based on deep concern for the individual and the home. It is never an expression of exercising authority for its own sake.

Hong Ning is deeply grateful in having Maureen as its Matron. The Chinese community can rest assured that the home is in good hands. Long may she be spared in guiding the home both now and in the future!

HOW IT ALL BEGAN

The Chinese Old Age Home was the brainchild of Miss Veronica Chokie. As editor of "Vinculum" magazine in 1972, Veronica first mooted the idea in an editorial and invited the community's reactions. While a few persons did write in, the response in general was pathetic. For most people, it was just a dream - an impossible dream. A few more attempts were made by various people to arouse interest in the project but nothing happened.

In early 1976 a former residential hotel in Belgravia, Johannesburg, was put on the market. It caught the eye of Mr. Edward May who immediately saw its potential as a home for elderly Chinese. Interested individuals in the community were contacted who expressed enthusiasm for the project.

Two meetings of various representatives of Chinese societies were held to discuss the idea. At the second meeting in the Kuo Ting school in June 1976, one group laid down certain conditions. These included no gambling, no drinking and no cursing rules for the envisaged home. At the end of this meeting the Chinese Consulate undertook to form an ad hoc committee and the various societies were invited to nominate their representatives.

Time elapsed but nothing materialised. Then a group of mostly young professional people decided that the need for such a home was too urgent to be delayed any longer. This group was decidedly unhappy about any restrictive conditions to be observed by the old people. These, in effect, would make the home an institution. One anonymous donor gave R10 000 on condition that these restrictions were not put into effect.

Immediately the standing committee got down to hard work. Various government officials were interviewed on how to establish such a home. It must be noted that all officials approached were most helpful and co-operative. Yet the project meant that a huge amount of red tape had to be patiently accepted. Weekly meetings were held to discuss progress and plan ahead. One very important item was registration as a welfare organisation. Without this, it is illegal to collect money for the home. Finally it came through.

Plans were immediately set in motion to organise a car competition. As the closing date drew near, the response in general was so poor that a new date was set. It was agreed that if insufficient money was received by then, the competition would be cancelled and the participants would receive their money back. Providentially, things took a decided turn for the better and the competition took place and a profit of R17 000 was realised.

In addition to this sum the committee received generous donations from local and overseas benefactors. This resulted in acquiring the former residential hotel at a purchase price of R32 000 but funds were needed for the renovation of this hotel for its conversion into Hong Ning Chinese Aged Home.

....HOW IT CONTINUES

In 1979 the Department of Community Development allocated R104 000 towards the renovation of Hong Ning. The buildings had to be restored and refurbished, not only to make the home pleasant and hospitable, but also to confirm to the standards of the Health Department of the Johannesburg City Council.

The loan from the Department of Community Development at an interest rate of 1% per annum is guaranteed by the Johannesburg City Council and is repayable over 40 years. Repayments are paid into a sinking redemption fund so that the home will only be liable to repay approximately 85% of the amount of the loan.

Tenders had to be submitted to the City Council for the renovations and the contract was awarded to a well-known firm. Months of hard work followed - electrical wiring had to be changed, an intercom system installed, new flooring fitted. After cleaning, damp-proofing and painting, the buildings stood proud once again. Building inspection reports revealed that the first inspection of the main building took place in 1905! The back section was built in 1933. The former tennis court between the two sections was landscaped and a sheltered walkway now provides access to the dining room.

The first residents moved in in October 1980. Many of them still remember the first day. Committee members and helpers drove various modes of transport to collect bits of furniture, crockery and cutlery that were still needed. For weeks beforehand, generous ladies sewed curtains and knitted blankets in readiness.

Meanwhile, a competition was held to find a name for the home. The name Hong Ning - meaning peace and tranquility - was chosen.

On the 25th January 1981, Hong Ning was officially opened by the Ambassador of the Republic of China, the Honourable Mr. H. K. Yang. Guests of honour were the then Mayor of Johannesburg, Councillor C. Venter, and the Consul-General of the Republic of China, Mr. Y. F. Tu. It was open day at Hong Ning and hundreds of people passed through the front doors to view the first Chinese home for the aged in South Africa. Tea and cake were served in a huge marquee on the lawn and the SABC's television cameras recorded the event for the evening news.

Now, in 1986, we look forward to an expansion programme that will enable us to offer an even better service to our residents.

With the purchase of the house next door to Hong Ning, we have increased our capacity by half. There is still red tape to be cut through, but before long, we hope that no. 433 Marshall Street, Belgravia, will become our frail unit. In this section, bedridden and geriatric residents will have constant nursing care, supported by the necessary medical and clinical equipment. It is envisaged that this section will operate on a ward basis rather than the individual rooms offered in the main section.

Loving care are the keywords and if we can continue to offer it, our elderly will benefit the more.

解答有關康寧安老院的疑難

(一) 康寧安老院是不是棄置老年人的場所？

康寧安老院不是老年人的棄置所，院方絕對不會接受任何不願住院的老人。他們申請住院有的是沒有親友可以依靠，有的雖有親友，但因種種困難無法給予妥善的照顧。

(二) 宗教信仰會不會影響接受老人住院的決定？

決定不會，無論過去或將來康寧院接受老年人的唯一準則只看申請人有住院的需要沒有。康寧院是為全體僑胞，並非為團體中部份華人而設立的。

(三) 老年人若無力支付住院費用是否也可住院？

一般老人都領有養老金，對住院費用多少已有著落不足之數親友也都會量力幫助。又善心人士的捐款對無力支付住院費用者也可作為補助，不過本院決不會為了老人無力支付院費而不予接受的。

(四) 老年人對院中許多規則並管制會發生反感嗎？

我們這所安老院冠有康寧兩字，意為一所康樂安寧的院宅，故院一切措置完全朝向這一目標進行。本院並無繁冗的規則和嚴格的管制，只有大家庭的氣氛，沒有收容所的作風。

(五) 住院老人飲食充足否？

康寧安老院自成立以來對老人的飲食一向悉心照顧，質量並重營養豐富，但每人口味不同要使人人一快朵頤是非易事。主事人對於有特殊飲食規定者，也予以個別照料。夜間，每人都有一瓶熱茶或其他飲料，任人選擇。

(六) 住院老人准飲酒否？

當然准飲。康寧安老院是家庭，不是監牢，住院老人都有飲食的自由。但此類飲料該由私人自備，院方祇於節慶日餐間供給酒類為老人助興。

(七) 住院老人醫療看護週到嗎？

康寧院老人享有優越的醫療和看護服務。目前有一位義務院醫霍國昌醫師，經常為病患老人診治。院長胡桂英女士是一位資深的護士，責任心和愛心並佳。此外尚有兩位助理護士協同照顧病人需要。倘若病況嚴重，院方會立刻將病人送往醫院醫治。

(八) 探訪住院老人院方是否歡迎？

的確，院方不但歡迎並且鼓勵外界人士前往探訪，這對住院老人好比是一劑補藥。因為有人前來探訪，院人老中知道自己沒有被人遺忘。親友如要把他們接回家中小住，院方也同樣歡迎。

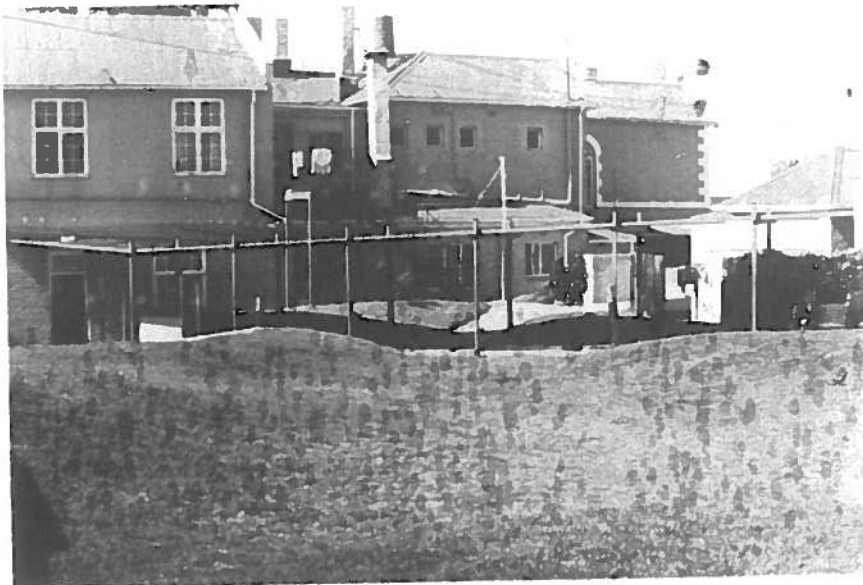
(九) 住院老人有義務把遺產捐贈給院方嗎？

完全沒有。私有財產該由私人自由處置，院方從不左右住院老人立遺囑將遺產捐贈給康寧安老院。



Entrance to
Hong Ning

Side view of
Hong Hing



Courtyard and
garden

THE QUESTIONS PEOPLE ASK

Isn't Hong Ning merely a human dumping ground for old people?

Definitely not! No old person is accepted into Hong Ning against his or her wishes. No exception is made to this rule. Some old people have no immediate family. Others have families who are unable, for various reasons, to look after them as they would wish.

Is religion a deciding factor in accepting an application?

Again, definitely not. This never has been and never will be a factor. The only criterion has been the need of the applicant to come into the home. The home is at the disposal of all the community and not any particular section.

What happens if an old person cannot pay?

Most old people receive an old age pension. If possible, family or relatives make up the difference. There are kind benefactors who may also help. But no needy person is ever turned away simply because he or she has no money. Never!

Are the old people hounded by numerous rules and regulations?

Hong Ning means in Chinese "a place of rest, peace, tranquility". It is run precisely as that. The rules and regulations are kept to the very bare minimum. Institutionalism is vigorously avoided at all costs!

Do the old people get enough to eat?

From the very inception of the home, strict attention has been paid to both the quality and quantity of the food. Maybe it is not always possible to please everyone as tastes differ, but the food is nourishing and ample. The dietary needs of any person are carefully observed. At night, each old person has a flask of tea or any other beverage of his or her choice.

May an old person have alcohol?

Of course. Hong Ning is a home, not a prison. If an old person likes a drink of wine or whiskey, why not? But such drink must be provided from personal sources. The home only provides drink on festive occasions.

What about medical attention?

Hong Ning residents enjoy excellent medical attention. Dr. Gerry Wing calls when his services are needed and Matron Lai Yat is a qualified nursing sister. Two qualified black nursing sisters are also on the staff. Those old folk needing hospitalisation are sent to the General Hospital.

Are visitors welcome?

Most certainly. In fact, they are encouraged to come. Such visits are a tonic to the old folk, assuring them that they are not forgotten. Likewise, relatives or friends may take out old folk for the day or longer.

Must the old people will all their possession to Hong Ning?

Of course not. How people dispose of their assets is a private matter. No elderly person is influenced in any way to leave anything to Hong Ning.

然而有關事項偶有屬於保密性質，不便向外人透露；然類似事件之及少，若加以公佈，勢必有損信任及重託。尚望有識之士諒察。

為增加入息，「康寧」每年有各項籌款運動，其中尤以於九月所舉行之「燒烤會」為最。

有關類似工作，特備同人所付出之時間、精力及費用自不在話下；然而既係為年長父

老之福利而工作，同人輩均能樂意犧牲，使

年長者能舒適愉快，安享天年。

倘政府出資，負責「康寧」全部經費，似

乎至為理想。然事實並非盡焉。其一有捐

於反哺奉養之天職，其二有逆於我中華民族

尊老敬老之美德。任何一事若有其價值，則

必須全力以赴。

不少學界喪人仕拒收花園，將善款轉贈

「康寧」，足證各界對「康寧」之信任。華僑

團體此類善舉乃我中華民族之傳統慷慨助

人美德。「康寧」全體全至為感激。「康寧」

有僑團之鼎力支持，面對未來，充滿信心，

並誓必全力以赴，不負眾望。

〇一
「康寧」之「經濟」救星

眾所周知，要維持一個「老人之家」經費絕不可少的，今日通貨膨脹，費用更是日益增加，是故「康寧」對善長仁翁所樂捐之一分一毫都極為珍惜。

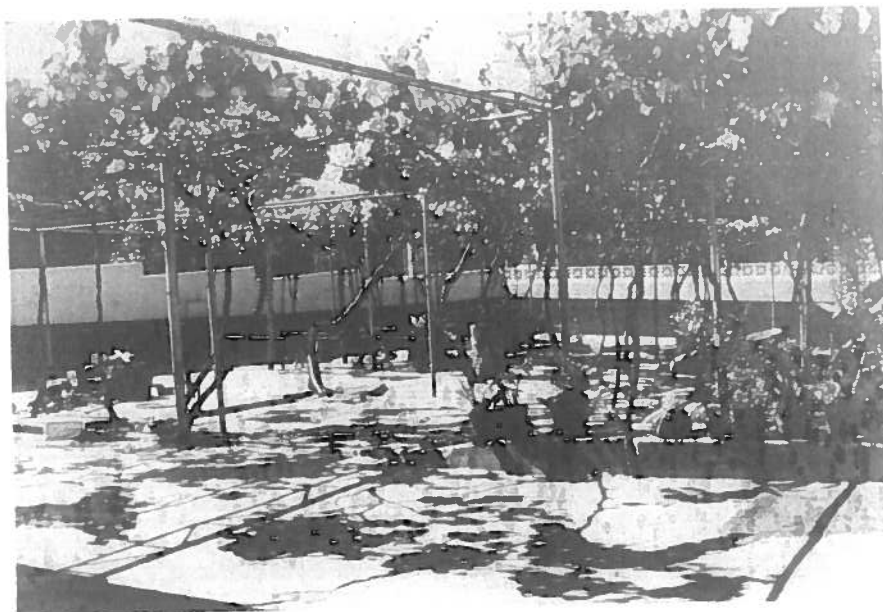
一般而言，維持「康寧」之每月經費為拾伍元菲幣，其中伍元為職員薪俸，一六元伍角為伙食，另二元為水電煤氣等費用。再者「康寧」必須清還社會福利部貸款拾壹萬菲幣。而「康寧」之每月入息乃來自每位住戶所付之一百八十元（即各人養老金之三分二以及由親友恩人所付之另外三分二）以及政府衛生署及社會福利部給予每位之津貼。是故「康寧」之每月出超為二千元，大家必須牢記其他不少「老人之家」收費為每月八百元左右。

「康寧」之存在全賴於華僑團體之鼎力支持。否則「康寧」必將關閉。本「家」自始即對經濟事項絕對謹慎，任何善款必詳加記錄，並將收據交捐助人士收藏。樂捐者之款項及芳名皆按時於通訊上公佈，每年財政報告亦由中二人士審核並呈交社會福利部。有關錢銀問題，任何能使華僑團體起疑失信之事，「康寧」絕對小心，避之若蝮。



The beautiful decorative plaque donated by the Overseas Mission of the Republic of China and Mr. Lo Ming Yuan

A front view of the recent acquisition which is to be converted into the frail unit



The vineyard of the new section

HONG NING FINANCES

Obviously it costs money to maintain an old age home. With ever-increasing inflation the costs are continually mounting. That is why Hong Ning appreciates every cent donated to the home.

It costs approximately R10 000 per month to keep the home in existence. Of this amount R6 500 is paid out in salaries, R1 500 in food and groceries, R1 200 in water, lights and gas. Hong Ning must also repay the R110 000 loan granted by the Department of Social Welfare. Monthly income is based on the R180 paid by each resident (this is composed of two-thirds of the old age pension, the remainder being paid by relatives or benefactors) and the subsidy of R42 per person given by the Department of Health Services and Social Welfare for each resident. There is therefore a monthly deficit of R2 000. One should remember that some old age homes charge something in the region of R800 per month.

Hong Ning depends heavily on the continued support of the Chinese community. Without that support Hong Ning would simply die. From the very outset, the home has been absolutely scrupulous in financial matters. Every donation is entered into the books and a receipt given to the donor. The list of donations and the names of the donors are published at regular intervals in newsletters. An independently audited financial statement is submitted to the Department of Social Welfare each year. Hong Ning simply cannot afford any slip-up in money matters which could undermine the community's confidence in its financial affairs.

It will be appreciated by every decent-minded person that there are sometimes certain confidential matters which cannot be disclosed to the public. There are very few in number. To publicise them would be to betray trust and confidence.

To supplement its income, the Hong Ning Committee arranges various fund-raising events throughout the year. By far the most popular and most successful is the annual braai held in September. These functions demand a great deal of time, effort and expense on the part of the organisers who cheerfully make these sacrifices for the sake of the old people. They consider it all worthwhile to ensure that our elderly folk pass their twilight years in comfort and dignity.

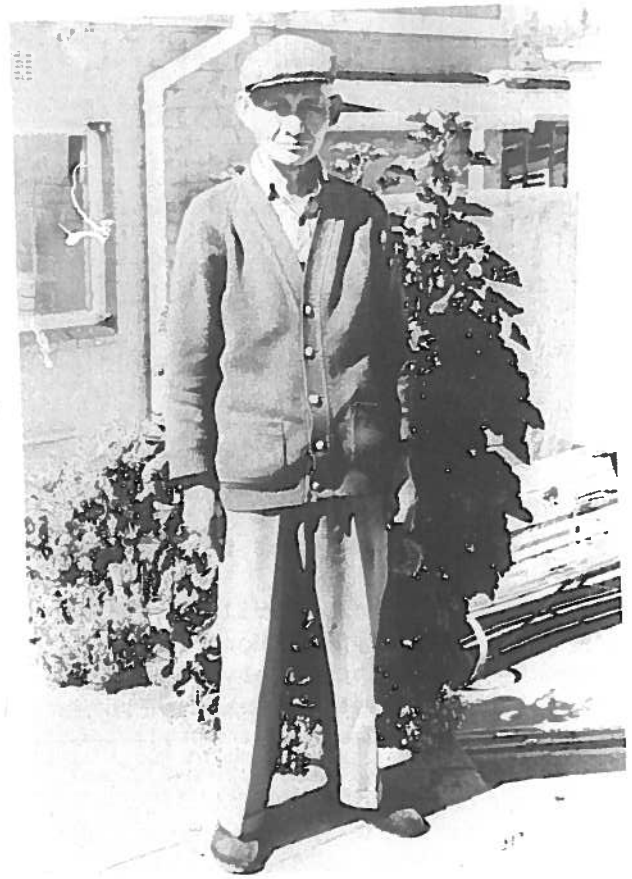
Perhaps it would be more pleasant if Hong Ning had all its expenses paid by the State. But that would be too easy. It might blunt the sense of duty and our Chinese sense of reverence and respect towards our elders. If a thing is worth having, then it is worth working for!

An indication of the confidence reposed in Hong Ning are the donations received in lieu of flowers from bereaved families. These are very deeply appreciated and reflect the traditional generosity and thoughtfulness of the Chinese community.

Hong Ning confidently faces the future in the secure knowledge that the community is solidly behind it. It will never give cause for that trust to be misplaced.



Hong Ning entrance hall



A resident, Mr. Ho Nai Dong



Residents watching T.V.

A VISITOR'S IMPRESSIONS OF HONG NING

Father Paul Pang, who visited South Africa in May 1985, is a most distinguished academic, linguist and recognised expert in Chinese cultural matters. The following is an extract from a letter written from his office in Rome:

"I am grateful to you for giving me the privilege of saying a few words to the readers of Hong Ning's special brochure. I am very happy to do so, particularly because I have had the honour of visiting the home more than once in these last two years. I almost feel myself part of it as I have come to know so well both the administrative personnel and the residents of this wonderful home. Before I ended my visit to Johannesburg last June, I did have the intention of visiting it again, to say goodbye to them, as I mentioned it to you on several occasions. But, unfortunately, our tight schedule simply didn't allow me to do so. This I regret very much.

It isn't easy to run a home. But you have succeeded in managing a home which is a real home. I could see the good spirit there. I saw how the old folks help one another in a very natural way. That is very touching. Despite their age and the inherent difficulties, these senior citizens show their exemplary spirit of reality and acceptance. They make us understand what it means to "grow old gracefully". This is a credit to both the administration and the community.

Our Chinese teaching says: "To respect old people with the same respect you pay your own elders : to love the young with the same love you love your own young". How beautiful it is to see this teaching put into practise at Hong Ning! The words of Matthew (chapter 25, verses 31-46) naturally come to mind. This is not only true of the administrative personnel and all those who, in one way or another, have helped and continue to help the home, but also with the residents themselves who help one another to lessen the burden of old age. It should be a constant source of consolation when we, all of us, think of the eternal reward God has prepared for all those who have helped Him in His "one of the least of my brothers". Life is worth living where there is love. And love is the act of the will and the heart. It is up to us to nourish it and to share it. And I can see this love is being shared freely and abundantly at Hong Ning.

Dear Father Michael, please convey to them my highest esteem and also my sincerest wish that the Home continues to grow as a place of love and respect and that God grant many others the courage and wisdom to love and respect the Home!

With fraternal greetings,

Yours ever in the Lord,

Father Paul Pang, O F M "