

Award for Excellence a Reward for Dedication

Congratulations to our volunteer Sophia!

Not only is she a bi-lingual speaker, she is also a dual volunteer demonstrating her versatility by offering her time to both MannaCare assisting with the elderly, and at a school with youngsters.

And her dedication, commitment and enthusiasm has been rewarded recently winning an award for excellence teaching Chinese at the [New Chinese Language and Culture School](#). Sophia who was born in China in the tumultuous 1960s is bi-lingual in English and Cantonese.

Teaching is very enjoyable and she remarks that, "The award was a surprise for me. I never set out to achieve such a goal. I just do my best. It was three years ago when I packed up my business in order to enjoy some quiet time, but I found I was bored."

It was around this time that Sophia starting her volunteering both at MannaCare (formerly Manningham Centre Association), and at the school. "I joined this school to teach Chinese on weekends, Saturday and Sunday, in two campuses, one for children in Years 4 to 6 and another campus is for children Years 7 to 9. In my class, I treat kids equally, that's why parents also love me".

At MannaCare, Sophia assists a resident with her lunch while chatting to her in Cantonese. This makes mealtimes much more pleasurable for our seniors. Sophia feels she can "help and make the residents happy" which she enjoys and "is my reward."



She has also volunteered in a variety of other roles including as a driver for clients of the rehabilitation services run by MannaCare; as well as helping residents in various other parts of the facility, currently at Doncaster Melaleuca Lodge. "I volunteered because I thought I needed to help. Society has changed a lot and I didn't have enough power to change everything but I wanted to help people and do what I could." She believes that older people need interaction so that they are not lonely and is proud to help MannaCare residents.

She hopes her volunteering rubs off on her family and that they "might themselves volunteer to help others in future."

Well done Sophia!