

爱特儿双亲感恩慈善午宴



IDA Special Parents Gratitude Charity Luncheon



每年的5~6月份都是一个充满感恩与温馨的时光，不仅是我们表达对父母深深感激之情的日子，也是一段让我们通过过去的爱，与家人朋友欢聚共度时光的时刻。为了更好地传递感恩的情怀，我们特意选择这个美好的月份，让大家可以在团聚的同时，共同参与一场慈善午宴，为社会贡献一份爱心。

在此，衷心感谢默默奉献的筹委会会员，你们的默契合作使这场活动得以顺利筹备和成功进行；感激那些无私奉献的志愿者，你们的付出是我们活动成功的关键；同时也感谢所有尊贵的贵宾，您的出席让这个活动更加隆重；感激慷慨赞助商，你们的支持让我们能够有更多的资源去实现慈善目标；衷心感谢热心公益的善心人士，因为有了你们，我们的慈善事业才能更加有力量；最后，感激那些卖力演出的表演者和歌手们，你们的精彩表现为整个活动增光添彩。

再次感谢每一位为“爱特儿双亲感恩慈善午宴”所付出的辛勤努力，是你们的协同合作，让这个活动在感恩之际取得了圆满成功。期待未来，我们将继续携手，共同为更多有需要的人带来温暖和希望。谢谢大家！



Every year in the months of May and June, marks a period of gratitude and warmth, not only as a time to express our deep appreciation for parents but also as an opportunity to gather with family and friends, cherishing the love we've shared over the years. In order to convey the spirit of gratitude even more profoundly, we've chosen this wonderful time to come together, not only for a joyful reunion but also for a charitable luncheon, creating a chance for all to contribute to a greater cause.

We extend our heartfelt thanks to the dedicated members of the organizing committee, whose seamless cooperation ensured the smooth preparation and successful execution of this event. Our gratitude also goes to the selfless volunteers, whose commitment was crucial to the success of the activities. A special acknowledgment to all the esteemed guests, whose presence added grandeur to the occasion. We appreciate the generous sponsors whose support provided us with the resources to achieve our charitable goals. A sincere thank you to the passionate advocates for public welfare, whose benevolence strengthens our charitable endeavours. Lastly, we express our gratitude to the performers and singers whose enthusiastic performances added brilliance to the event.

Once again, we thank each and every one who contributed their hard work to make the "IDA Special Parents Gratitude Charity Luncheon" a resounding success. It is through your collaborative efforts that this event has achieved fulfilment during this season of gratitude. Looking forward, we will continue to join hands in bringing warmth and hope to those in need. Thank you, everyone!



Even though the Lunar New Year has passed for some time, the spirit of compassion persists. We extend our heartfelt gratitude, to volunteer Torey and the VPG REALITY team, for not forgetting to bring a thoughtful Lunar New Year gift bag to each of the special needs youth.

While this gift may seem simple, the weight of the goodwill behind it is immeasurable. A small gesture like this brings boundless joy to the special needs youth.

Once again, we express our gratitude to volunteer Torey and the VPG REALITY team for their kindness. We wish you to have a continued strength and prosperity in your endeavours. May your business thrive and be filled with success.

尽管农历新年已经过去一段时间，但关爱的精神仍在持续。我们向志愿者 Torey 和 VPG REALITY 团队表示由衷的感谢，感谢他们不忘为特殊需求的青少年带来充满心意的新春礼物袋。

尽管这份礼物可能看似简单，但其背后的善意之重是无法估量的。这样的小举动为特殊需求的青少年带来了无尽的欢乐。

再次对志愿者 Torey 和 VPG REALITY 团队的善举表示衷心的感谢。我们祝愿你们在事业中不断强大和繁荣。愿你们的企业兴旺发达，取得圆满成功。



感谢马来西亚马氏宗亲总会的光临，提前与我们共同庆祝端午节和双亲节。在这期间，学员们和家人一同包粽子，共同享用午餐，营造出一片温馨的氛围。最后，大家齐聚一堂，合影留念，记录下这美好的时刻。

这次特殊的活动不仅为我们带来了欢庆的氛围，也拉近了大家的距离。感谢马来西亚马氏宗亲总会的热情参与，让我们共同度过了一个充满温暖和团结的日子。期待未来能有更多这样的机会，共同分享快乐和温馨。

Thank you to the Malaysian Ma Clan Association for their visit, joining us in advance to celebrate both the Dragon Boat Festival and Parents' Day. During the event, students and their families came together to wrap traditional rice dumplings and enjoy a heart-warming lunch, creating a delightful atmosphere. At the end, a group photo was taken to capture this beautiful moments.

This special occasion not only brought a festive spirit but also strengthened the bonds among us. We appreciate the enthusiastic participation of the Malaysian Ma Clan Association, allowing us to share a day filled with warmth and unity. Looking forward to more opportunities in the future to come together and share joy and warmth.



在自立生活的课程中，烹饪课被视为一项必备技能。即使身边没有家人，教导个人学会烹饪，可以让自己不仅能够满足生活必需，而且能够喂饱自己。保证不让自己饿着肚子，是生活中最为重要的一环。

虽然所做的食物可能不是高档美食，但却是一个从不懂得下厨，到完成一道菜肴，最终端坐在自己面前的过程。这样的成就感才是我心目中的“美食”。

通过学习烹饪，不仅能够充实自己的饮食，还培养了解决问题和自给自足的能力。每一次成功地为自己做一顿简单而美味的餐食，都是对自己独立能力的一种肯定。这种能力将伴随着个人的成长，成为生活中的一项宝贵技能。

In the curriculum for independent living, cooking classes are considered an essential skill. Even without family around, teaching oneself how to cook ensures not only meeting basic life needs but also the ability to feed oneself. Ensuring that one doesn't go hungry is a crucial aspect of life.

While the prepared dishes may not be gourmet cuisine, they represent a journey from not knowing how to cook to presenting a finished product in front of oneself. This sense of accomplishment is what I consider as my "culinary delight."

Through learning how to cook, individuals not only enrich their diet, but also cultivate problem-solving and self-sufficiency skills. Each successful preparation of a simple yet delicious meal for oneself is an affirmation of one's independence. This ability will accompany personal growth and become a valuable skill in life.



感谢大家参与 **MBSJMPPZON** 障健社区交流日！此次活动旨在增进公众对特殊青少年的了解，同时为成员提供学习售卖货品的机会。通过与外界互动，他们不仅能够学到新技能，还能促进社交。

活动现场设置了丰富多样的摊位，包括零食、生活用品、熟食等商品，供大家选择购物。简短的致词仪式拉开了活动的序幕。当天还举办了儿童填色比赛，激发了孩子们的创意，最后优胜者获得了奖品和奖状。活动圆满结束前，大家共同留下了一张难忘的合影。

再次感谢大家的参与，让这次活动更加成功愉快

Thank you for participating in the MBSJMPPZON Inclusive Community Exchange Day! The purpose of this event is to enhance public understanding of special young individuals and provide members with the opportunity to learn about selling goods. Through interaction with the outside world, they will not only acquire new skills, but also foster social connections.

The event featured a diverse array of stalls offering snacks, daily essentials, cooked food, and more for everyone to explore and shop. A brief opening ceremony marked the beginning of the activities. Additionally, a children's colouring competition was held, sparking creativity in the young participants. Winners will be awarded with prizes and certificates. Before the successful conclusion of the event, everyone will be gathered together for a memorable group photo.

Once again, we appreciate your participation, making this event even more enjoyable and successful!



感谢马来西亚儿童协会（PCAM）为爱特儿举办了这场急救讲座。护士在现场示范并教导学员每一个急救步骤，使学习变得有趣而易于理解。感谢 Assunta 医院的医生和护士的参与，让学员们获得这些重要知识。

Thank you to the Malaysian Children's Association (PCAM) for organizing this first aid seminar for IDA. Nurses demonstrated and instructed the participants on each step of first aid, making the learning process interesting and easy to comprehend. We appreciate the presence of doctors and nurses from Assunta Hospital, who shared their valuable knowledge with the participants.



趁着中秋节这欢乐与温馨的时刻。大家聚在一起，分享美味的中秋佳肴，品尝各种月饼。欢声笑语中，我们玩起了传统的中秋游戏，增添了节日氛围。大家还聚在一起聊天，分享心情，共度美好的爱相聚之夜。

"Love. Reunion." Celebrating Mid-Autumn Festival.

Because of love, we come together. No matter how far the distance, it is love that unites us. Due to the demands of our respective jobs, we haven't had much time to sit down and get to know each other.

Seizing the joyful and heart-warming moments of the Mid-Autumn Festival, we gather together. Sharing delicious Mid-Autumn dishes, tasting various mooncakes, we engage in laughter and joy. Traditional Mid-Autumn games add to the festive atmosphere. We also gather to chat, share our feelings, and spend a beautiful night of love and reunion together.



第 28 届由八打灵痉挛儿童协会主办的慈善步行慢跑轮椅马拉松于 11 月 19 晨在 Dataran Merdeka 举行。超过 2000 名参与者在清晨 5:30 齐聚，展现了对社会的关爱。

这个美好而有意义的早晨，大家还在熟睡的时候，参与者们已经为慈善事业做好准备。这场马拉松旨在唤起社会意识，通过每个人的努力共同分享关爱。在这个独特的时刻，我们有机会为社会贡献一份微薄的力量，让我们携手共同创造更美好的未来。

The 28th annual charity walk, jog, and wheelchair marathon organized by the Spastic Centre took place on the morning of November 19th. Over 2000 participants gathered at Dataran Merdeka, preparing for the event even as the clock struck 5:30 am.

In this beautiful and meaningful morning, while most were still asleep, participants demonstrated their care for society. The marathon aimed to raise awareness and encourage everyone to share their hearts. At this unique moment, we have the opportunity to contribute a small effort towards society. Let us join hands in creating a better future together.



成功举办了特殊青少年烹饪成果展 1.0。活动中，青少年们展示了之前学到的烹饪技巧。

无论是准备工作还是整个烹饪过程，都是成员们亲自操作。虽然煮的只是一些简单的家常菜，但父母看到孩子们能够自己完成这些辛苦努力的事而感到欣慰。

食物不仅是味道，还有感动和鼓励。鼓励这些努力学习的青少年们，继续努力，为家人们做更多美味的菜肴。

最后，大家合影留念，纪念这美好的瞬间

The successful Special Youth Cooking show hand 1.0 took place. During the event, the young participants showcased the cooking skills they had learned.

Whether it was the preparation before cooking or the entire cooking process, the members personally handled it. Although they cooked simple home-cooked dishes, parents felt gratified seeing their children independently complete these tasks.

Eating is not just about the taste of the food but also about the emotions and encouragement. Encouraging these dedicated young learners to keep going and cook more delicious dishes for their families.

In the end, everyone gathered for a group photo to commemorate this beautiful moment.



在 12 月 2 日和 3 日，爱特儿与多个机构团体携手参与了由 mpsj 主办的义卖会，地点在 Puchong IOI Mall。我们设立了多个摊位，销售各式糕饼、手工艺术作品，并呈现了精彩的舞台表演。

现场还特设了一个让大家亲手制作姜饼的摊位，让参与者可以打造出符合个人喜好的姜饼。同时，欣赏到心仪的姜饼作品也可直接购买，为圣诞节做好准备。感谢所有当天前来帮忙或者偶然路过的朋友们，谢谢你们的支持，与我们一同庆祝国际残障人日。

On December 2nd and 3rd, IDA, together with several organizations, participated in a charity event organized by MPSJ at Puchong IOI Mall. We would set up multiple booths selling various pastries, handmade artworks, and showcasing stage performances.

A special booth was dedicated to allowing everyone to personally create gingerbread cookies, providing an opportunity to craft customized treats. Additionally, those who admired particular gingerbread creations had the option to purchase them in preparation for the upcoming Christmas celebrations.

We extend our gratitude to all those who volunteered to help or happened to pass by on that day. Thank you for your support and for joining us in celebrating International Day of Persons with Disabilities.



感恩圣诞，这是一个分享、爱和给予的时刻。在上帝的爱下，我们欢聚一堂。感激过去一年遇到的每一位，帮助过我们的朋友，以及与我们分享温暖的人。谢谢你们在过去的岁月里的付出和辛劳，没有你们，我们无法顺利完成每一个活动。愿大家在这个特殊的季节里感受到无尽的喜悦和温馨。

Gratitude. Christmas.

Christmas is a time for sharing, love, and giving. United by the love of God, we come together in this special season.

Grateful for everyone we've encountered in the past year, those who have helped us, and those who have shared a moment with us. Thank you for your efforts and hard work over the past year. Without you, we couldn't have smoothly completed every activity. Wishing everyone endless joy and warmth in this special season.