



2008 年扶輪國際年會/ Convention 2008

百歲人瑞仍然活耀於扶輪計劃

Centenarian stays active with Rotary project

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D3520 地區資訊編譯委員會主委高永吉前社長 PP Spencer 譯

百歲人瑞亨利·曾今年 7 月將邁入 101 歲，出席地 99 屆國際扶輪國際年會。

Henry Tseng, who will be 101 in July, attended the 99th annual RI Convention.
Monika Lee/Rotary Images



百歲人瑞亨利·曾將於今年 7 月 12 日邁入 101 歲，他仍然活耀著：即一週六天的清晨 6:30 在當地的基督教青年會參加早操課程，及他的每週的扶輪社例會。他平時都保持這兩種活動。

“如果我不出現，人們會擔心我，”曾說。他是位加州洛杉磯西木村扶輪社的社員。

曾是香港扶輪社前社長於 1969 年移民美國，本週於洛杉磯的國際扶輪國際年會去推廣一個與基督教青年會的夥伴計劃用來幫助患有巴金森症的人。

該計劃創始於 1996 年，是一項曾與其扶輪社員華利·費芝曼友誼的舉動。當費芝曼被診斷出有巴金森症時，他變成更為沮喪，因此足不出戶。曾的扶輪社與西木區基督教青年會合作。同時加州大學洛杉磯分校的醫學專家創立了巴金森病患學習終生有用技巧 (PLLUS)。這項特殊的健身計劃特別專注於幫忙巴金森患者改善其彈性、姿勢及功能性的活動能力。讓病患有機會仍然活耀且享有社交生活。

光從本地一個課程並不能滿足曾。他將計劃帶到布宜諾斯艾利斯，新加坡和芝加哥扶輪國際年會的攤位。如今已有 25 個巴金森病患學習終生有用技巧(PLLUS)的計劃在全球的基督教青年會推廣。

“扶輪將其名號打響亮，”基督教青年會西區執行理事安·山姆善說。“我愛扶輪，我們都愛它，扶輪打開許多扇門。”

山姆善說基督教青年會將提供任何扶輪社美金 5,000 元開辦資金，如果他們有意在當地成立巴金森病患學習終生有用技巧(PLLUS)的計劃。需更多資訊請上網 www.pllus.org 查詢。

Two things keep Henry Tseng, who turns 101 on 12 July, active: a 6:30 a.m. exercise class at the local YMCA six days a week and his weekly Rotary club meeting. He's a regular at both.

“If I don't show up, people worry about me,” says Tseng, a member of the Rotary Club of Westwood Village (Los Angeles), California.

Tseng, a past president of the Rotary Club of Hong Kong who immigrated to the United States in 1969, is at the RI Convention in L.A. this week to promote a partnership project with the YMCA that helps people with Parkinson's disease.

The project began in 1996 as an act of friendship between Tseng and fellow club member Wally Fischmann. When Fischmann was diagnosed with Parkinson's, he became despondent and wouldn't leave his house. Tseng's club worked with the Westside YMCA and medical experts at the University of California, Los Angeles to create the Parkinsonians Learning Lifelong Useful Skills (PLLUS). The specialized fitness program focuses on helping Parkinson's patients improve flexibility, posture, and functional mobility while providing an opportunity for patients to stay active and social.

Starting one local class wasn't enough for Tseng, who has taken the project to booths at Rotary conventions in Buenos Aires, Singapore, and Chicago. Today, there are more than 25 PLLUS programs at YMCAs around the world.

“Rotary gets the word out,” says Ann Samsen, executive director of the Westside YMCA. “I love Rotary, we all do. Rotary opens lots of doors.”

Samsen says the YMCA will provide \$5,000 in start-up funds to any Rotary club that would like to start a PLLUS program at their local YMCA. For more information, visit www.pllus.org.