



FOR IMMEDIATE RELEASE

Yee Hong presented Helen Lu the Golden Ray Award for 25 years of exemplary volunteer work

(Toronto, June 17, 2010) Mrs. Helen Lu, affectionately known as “MaMa Lu” and the “Volunteer Queen” was honoured tonight with the Golden Ray Award by Yee Hong Community Wellness Foundation for her dedication and tremendous contributions to Yee Hong and the community.

“Helen brings enthusiasm, compassion and commitment to everything that she does,” said Dr. Joseph Wong, Chair and Founder of Yee Hong Community Wellness Foundation and Co-chair of the 2010 Golden Ray Award Organizing Committee. “Her association with Yee Hong began when it was only a concept. And now, 25 years later, Yee Hong is the largest non-profit long-term care provider in Ontario with four centres operating across the GTA. Helen, at 79 years of age, remains a tireless fundraiser for Yee Hong and an ardent advocate for healthy and dignified living for seniors.”

To list Helen’s contributions to the community would be like writing a short novel. Among her many worthy endeavours, she is a member of the Board of Directors of Yee Hong Foundation, a founding director of the Heart and Stroke Foundation of Ontario’s Chinese Canadian Council; she helped organize the United Way of Greater Toronto’s annual walkathon since its inception in 1993, as a member of the Elizabeth Lue Foundation; she actively promoted bone marrow registry. In addition, she is always at the forefront in raising funds for various disaster relief efforts.

“Helen is truly a worthy recipient of this award,” said Pauline Tong, President of Yee Hong Foundation. “Well known for wearing her trademark running shoes, going around to raise funds for various worthy causes, Helen is a living example of what a huge difference a person can make by simply taking action.”

Helen has been widely recognized for her community contributions by all three levels of the government. Her accolades include the Outstanding Achievement Award from the Ministry of Citizenship and the Queen’s Golden Jubilee Medal from the Government of Canada, just to name a few. In 2004, Helen was appointed as a member in the Order of Ontario. Tonight, this momentous occasion was witnessed by over 500 guests, including her family, friends, community leaders and elected officials including Derek Lee, MP, Scarborough-Rouge River, the Hon. Gerry Phillips, Minister Responsible for Seniors, Bas Balkissoon, Parliamentary Assistant to the Minister of Health and Long-Term Care, David Caplan, MPP, Don Valley East, His Worship Frank Scarpitti, Markham Mayor and many more.

“I am humble to be honoured,” said Helen Lu, the recipient of the 2010 Golden Ray Award. “I started volunteering when I first emigrated from Taiwan because I wanted to contribute to my new home and community. I am grateful for the support from my family, friends, mentors like Dr. Joseph Wong, that allows me to do my part as a Canadian citizen.”





**Yee Hong Community
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Co-chaired by Dr. Wong, John Man, Hugo Lam and Nancy Siew, the Golden Ray Award tribute dinner is part of Yee Hong's Seniors' Month activities. The month of June also saw the successful completion of Spring Into Wellness, an event that combines walkathon and wellness activities. The objective of these events is to bring awareness to the many contributions that seniors have made and the importance of senior care as the greying population continues to climb at a rapid rate.

About Yee Hong

Yee Hong is a caring community where seniors enjoy a continuum of culturally and linguistically appropriate care. With a client-centred and personalized approach, Yee Hong is currently serving 15,000 seniors and their families across the GTA. The waiting list for our 805 long-term care beds has surpassed 2,400, the longest in Ontario. In order to sustain our level of care delivery and many community based programs, Yee Hong Community Wellness Foundation needs to raise fund each year to support the centre operation.

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