



มูลนิธิแบ่งปันชีวิตนครราชสีมา SHARING FOR LIFE FOUNDATION KORAT

บ้านผู้สูงอายุราชสีมา โครงการเยี่ยมชุมชน HOME FOR THE AGED: HOME CARE PROJECT

892 ถ.เดชอุดม ต.ในเมือง อ.เมือง จ.นครราชสีมา 30000 โทร 044-957206-807

www.sharingforlifekorat.org info@sharingforlifekorat.org

Sharing for Life Foundation and Catholic community

Home Care Project in the city of Korat

Narrative report January – December 2023

(Reported by Ms. Ananya)



Korat is the biggest city of the Northeast of Thailand with a population of around 450,000 people. It is the location of the ‘Home for the aged – Ratchasima’ and of the ‘Sharing for Life Foundation’. The urban area of the city has many poor, abandoned disabled people and this project aims at helping such people that, every day, we see living difficult lives mostly due to living alone, very old age and several kinds of disabilities that hinders working and self-sufficiency.

Mainly people in our project suffer of physical or mental disabilities. We follow and visit 159 people regularly and just a few of them can do some work such as collecting recyclable plastic, tins, and bottles from garbage and selling them for two or three Euro per day.

The Thai government subsidy for old people is 19 Euro per month + 20 Euro if they are living with disabilities. The minimum required to live above the poverty line in Thailand is an income of 100 Euro per month.

Sharing for life initiative started from the presence of Camillian in the city of Korat. The need of creating a sign of merciful love of Jesus among the most poor and sick. Religious Camillian in corporation with local catholic community and diocese bishop Joseph Chusak Sririsuk. Our aim is to involve the whole community in raising the problem of the poor and sharing the donation to them and monitoring their lifestyle number going out to visit once a week and organizing a special day once a year on 26th December.



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Purpose

Have the aged, disabled, and poor

1. To improve their lives and to access treatment and welfare state subsidies.
2. To receive knowledge and advice in health care and hygiene and keep a healthy environment around their house.
3. To restore connections with the health system and religious institutions not to feel lonely or abandoned.
4. To live the mercy of the Lord through the Christian community presence, in particular.
5. Be understood and taken care by their communities through the implementation of a pilot project.
6. Supported by a strong group of volunteers caring for them.

Beneficiaries

1. The aged, disabled, and poor 159 cases in the area of 30 km. from the office
2. The poorest that are in difficult conditions in particular.
3. The disabled that live alone and without helpers or relatives.

Project Duration

Yearly base, according to financial support and foundation policy.

Activities

1. Prepare relevant forms, and documents
2. Prepare the bags with food and other items according to the beneficiaries' needs.
3. Visit and distribute the bags to the beneficiaries: about 12 people (families) in one day, once a week, four/five weeks a month.
4. Give advice, encouragement and compassion.
5. Keep records of special needs and bring the necessary items in the next visit.
6. Fundraising and monthly report writing to the foundation by full time staff.



Monitoring and evaluation

1. Monitor and evaluate the achievements of the project's team in relation to the beneficiaries' health and mood and happiness.
2. Post the evaluation on the Foundation website for interested parties and sponsors.
3. Report budget use monthly.
4. Report overall result at year-end to Sharing for Life Foundation Central Office.

Team members

1. Father Giovanni Contarin or Father Sampan Wapiso
2. Permanent staff (Full time)
3. Retired nurse Mrs.Kanjana
4. Volunteers

The number volunteer in 2023

Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	Total
5	16	17	9	15	14	11	16	5	9	4	2	123

Essential items in the bag

Rice, oil, fish sauce, canned fish, toothbrush, toothpaste, soap, washing powder, body powder dishwashing liquid, carton of milk, drinking water, instant noodles.

Necessary equipment

Net, blanket, towel, trousers, other clothes, adult diapers, mattress and pillows

Disability equipment

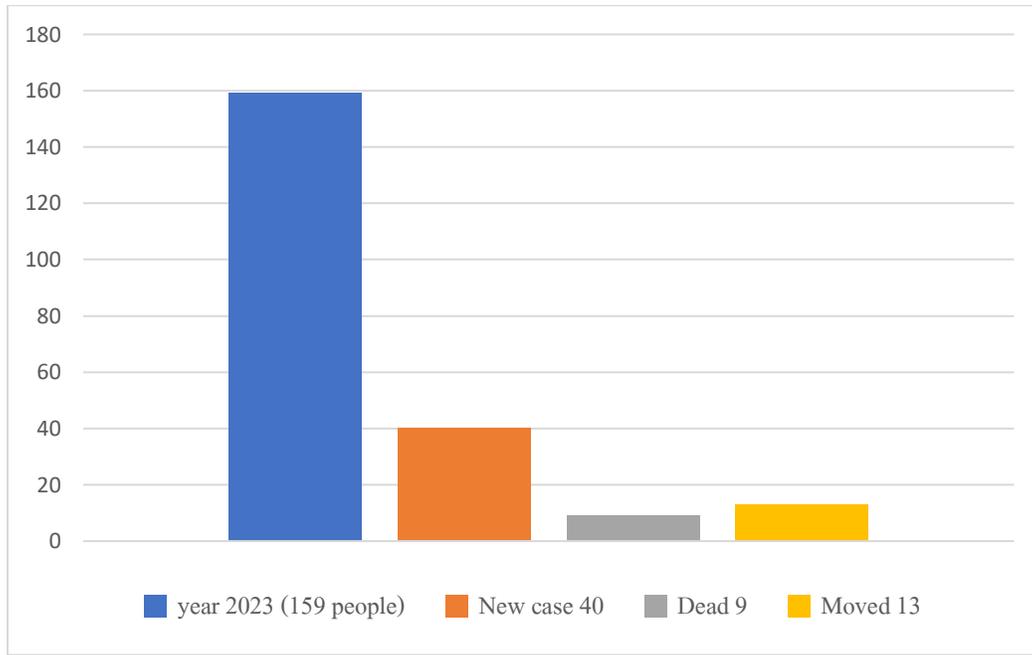
Walker aid, wheelchair, Commode Chair

Beneficiaries 'characteristics (159 people)

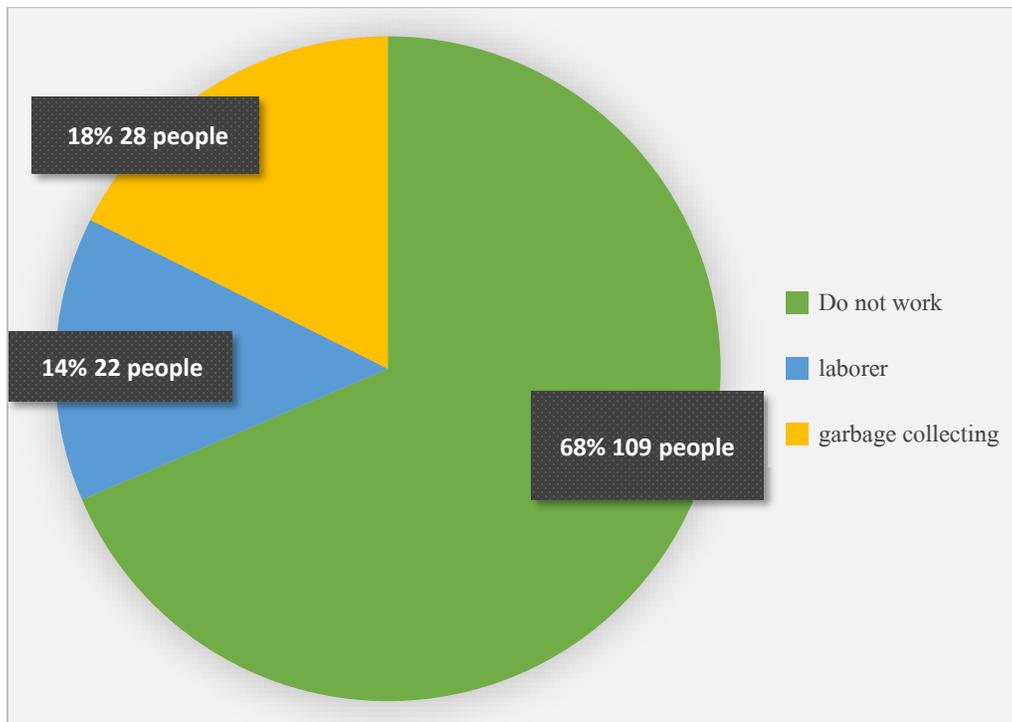
Female	Male	6-60 years old	61-92 years old	Cerebral Palsy	Deaf- Blind	Movement impairment	Mentally	Diabetes	Pressure disease	Other diseases
101	58	50	109	20	12	19	1	65	40	38



Graph of total, new, dead, moved away cases



Graph of benefactor's occupation





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Home Care Project Income			
No.	Income	Cost (THB)	Cost (EUR)
1	The diocese of Nakhon Ratchasima	260,000 THB	6,800 EUR
2	Support funds from abroad (for various projects) From the investment department, Lat Krabang	750,000 THB	19,600 EUR
3	Donation from PR. And social media	617,537.72 THB	16,100 EUR
4	Donate box	3,708 THB	96 EUR
5	From Sharing for life store	38,890 THB	1,000 EUR
6	Supporting funds for various projects -Gfour wine company -T&SC furniture company -Project Yai (Fundraising group to help various foundations)	250,988 THB	6,600 EUR
7	Project income For the Ratchasima Elderly Home (Waste separation project, Laudato-Si project)	7,770 THB	200 EUR
8	Mr. Fabio Marucco (restrict funds for poor elders)	177,720.44 THB	4,600 EUR
Total	Fifty-four thousand – nine hundred ninety six Euro	2,106,614.16	54,996 EUR

**Exchange Rate 1 Euro = 38.35 THB (31st January 2024) **





Home Care Project Expenses				
No.	List of items and activities	Amount	Cost (THB)	Cost (EUR)
1	Consumer goods: rice, dried food, medicines ...	12 sets x 5 times/month x 12 months at 14 EUR/set	386,584 THB	10,080 EUR
2	Financial support in cash	12 beneficiaries x 5 time/m x 12 months at 3 EUR/case	82,839 THB	2,160 EUR
3	Team travel and transportation	5 visits x month x 12 months at 30 EUR/visit	69,032 THB	1,800 EUR
4	Office Supplies	10 EUR/month x 12 months	4,602 THB	120 EUR
5	Team members meals	5 members x 5 times/month x 12 months at 3 EUR	34,516 THB	900 EUR
6	Other (Vehicle maintenance)	200 EUR x 3 times	23,010 THB	600 EUR
7.	Staff's financial compensation	400 EUR x 13 months	199,428 THB	5,200 EUR
8.	House repairing	3 beneficiaries' houses	96,300 THB	2,510 EUR
Total	Twenty-three thousand -three hundred and seventy Euro		896,311 THB	23,370 EUR

**Exchange Rate 1 Euro = 38.35 THB (31st January 2024) **

Day of the poor budget-December 26 Christmas following day (Boxing Day)

List of items and activities	Amount	Cost (THB)	Cost (EUR)
Pickup car – van – motorbike	7 community	3,800 THB	99 Euro
Gift set and necessary items for 107 people	107 set	35,485 THB	1,391 Euro
Cash, just for daily expenses	Adult 107 x 6 Euro Children 29 x 3 Euro	24,300 THB	633 Euro
Bingo gift (only useful items)		17,927 THB	467 Euro
Food and beverage		17,965 THB	468 Euro
Others: clothing packing bags, plastic cups, equipment loan fees		6,572 THB	171 Euro
Total	Three thousand two hundred twenty-nine	106,049 THB	3,229 Euro

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Sharing for Life Store

It was built in November 2021 to keep all donated stuff and for selling secondhand clothes as income generation to buy necessary items, dry food, and cash donation to the beneficiaries. In 2023 the income generation total was 1,000 Euro.

Public Relations

Update news and event on social media 3 times a week and use Facebook ads once a week.

1. Facebook Both Thai and English

-มูลนิธิแบ่งปันชีวิตนครราชสีมา

-Sharing for life-care for the poor Korat

2. Instagram -sharingforlife.korat

3. Line official -@811vizxl

4. Youtube -Sharing for life Korat

5. Website -<https://sharingforlifekorat.org>

Expected results

The beneficiaries

1. have a happier physical and mental health.
2. are not alone and feel not lonely.
3. improve their quality of life.
4. are encouraged to continue to live.
5. are supported by volunteers from the community motivated by the project team.

Conclusion

Home care activities helped us to be close to the poor and share their feelings and know their basic needs. We try to do our best involving friends and benefactors, to prepare food bags and doing some repairing.

Sharing feelings, living empathy, and praying together is the best we can do to see their face smiling and happy. We replaced all the 9 beneficiaries who died and the 13 ones who moved to other provinces with 40 new cases of aged, disabled and real poor.



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We are becoming a well-known foundation; our work is well accepted because everybody sees that we follow our beneficiaries closely and continuously. Our work is not only giving away and distributing goods, but also compassion, love and making the beneficiaries experiencing the presence of the people of God and the local church.

World day of the poor 2023

World day of the poor is set up in December every year, this year is on Tuesday 26th December on the Boxing Day. The aim of this event is to give the Project's beneficiaries the feeling that they are special and have something they really wish. It is a special day for the poor in the Vatican with Pope Francis. He established this event for the whole Catholic Church to be on 19th November, but we moved it after Christmas. Around 136 beneficiaries (107 adults, 29 kids) came to the 'Home for the Aged-Ratachasi' to have a meal of good food together, watching a performance and lottery draws in a happy environment.

We also gave them a set of necessary items, bag of medicine and new cloths. To the children we gave a set of stationary and some snacks and toys. At the end of that day, they felt happier than every other day. We organized free transports them to our place and back home in the evening.





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World day of the poor 2023





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Newsletter Home Care Project Sharing for life Korat

January 2023

New year starting, we continue to work to help the poor, disabled and the abandoned in the city of Nakhon Ratchasima. In the past year 18 people died and received 30 new cases. Now there are 141 poor people in the project.

Mr. Manoch Puttal is a singer, musician, and former television host of international music and made a music magazine. Manoch is currently a radio host and is running the program "Thai commoners" on Thai PBS channel broadcast Wednesdays from 21:45 - 22:15. He spoke about the problems of Thai society as follows: "Common Thais, City of Hope" to explore the inequality in Thai society after the massive outbreak of COVID-19 in 4 important issues to find ways to help and make Thai society better and become a city of hope.



1st visitation in January 2023

On January 18th, 2023, we went to visit the poor in the Home Care Project near Sharing for life office, brought a bags with necessary items, drinking water and clothing. This community is the closest to the Foundation's office, only 2 kilometers apart. Mostly the poor in this community are the elderly and the disabled, total of 10 people. This time, there are 2 students be a volunteer from Mary College of Business Administration.





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2nd visitation in January 2023

On 24 – 25 January 2022, we went to visit the poor along with the team of Mr. Manoch Phuttan to film the program for “Thai commoners”. 1 person is living under the bridge. There are 3 disabled people in this area and 1 poor person. The next day, visit the poor at Ban Nong Pet Nam, at Non Sung District, which providing a necessary bags, clothing, drinking water and some money also taking care of hygiene for “Ta Moan” who is unable to take care of himself, the team cut his hair, nails and take him a bath.



February 2023

1st visitation in February 2023

On 3rd February 2023, we went to visit the poor at Nonmun & Natawong village at Chaloe Phra Kiat district, gave them an essential bag, drinking water, and secondhand clothes, total of 10 families and accept 2 new cases, 1 disabled and 1 old poor lady.





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2nd visitation in February 2023

On 8th February 2023 we went to visit the poor at Thung Sawang community (the largest slum near the center of Korat city) gave them an essential bag, drinking water, and secondhand clothes, total of 10 families, thank you Mr.Gennaro and Mr.Matthew joined as to visited the poor.



3rd visitation in February 2023

On 18th February 2023 we informed that there are old poor couple in need, has no one to take care and collecting boxes and bottle for living near Saveone Market. We founded their bathroom must fix (no roof and wall) so we decided to accept them to the project and give them 4,000 baht to fix the bathroom. Then we go to Krock Kraut community visit 8 families, gave them an essential bag, drinking water, and secondhand clothes, total of 10 families.





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4th visitation in February 2023

we went to visit the poor at Tha ta ko village behind The Mall gave them an essential bag, drinking water, and secondhand clothes, total of 10 families. This time there are special 7 volunteers form Chaiyaphum Province to joined us visit the poor to make a merit on birthday and give their own necessities stuff to see people who has difficult in living.



5th visitation in February 2023 last day of this month

On 28th February 2023 we visited the poor nearest Home For the Aged Ratchasima, gave them an essential bag, drinking water, and secondhand clothes, this time there are 2 volunteers from Italy, Mr.Matteo and Mr.Mario thank you all volunteers and supporters.





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March 2023

1st visitation in March 2023

On March 4, 2023, Sharing for life foundation went to visit the beneficiaries in a Jakkrrat district with a group of Italian volunteers, give them a bag with necessary items, drinking water and clothes, total of 6 people.



Update new bathroom

Do you remember Grandma's open toilet?

On that day we hired other beneficiaries to repair a new bathroom for grandma, using all 4,000 baht. They are very happy that doesn't have to wait for dark before being able to use the bathroom. There are more cases that we intend to repair houses in this year. All donations received will be used to perform various operations like this.





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2nd visitation in March 2023

On March 10, 2023, Sharing for Life Foundation visited the beneficiaries at railway community, bring survival bags, drinking water and clothes to 10 beneficiaries. Today, there are volunteers joined and brought lunch box to give to the beneficiaries on the occasion of their birthday, thank you Khun Song and Khun Sam.



3rd visitation in March 2023

On March 17, 2023, Sharing for life foundation visited the beneficiaries at Nong Pet Nam Community, Khok Kruat Subdistrict, brought survival bags, drinking water and clothes to 9 beneficiaries.



Grandma's new house update 20 March 2023

Ms. Hong lives alone in a small house without walls and a leaky roof, we coordinated with the community leader, Khun Somwang, to carry out the process contact a mechanic to renovate the house which we supported by a budget of 10,000 baht.





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4th visitation in March 2023

On March 25, 2023, Sharing for life Foundation visited the beneficiaries at Nong Khai Nam and the Ban Klao community brought survival bags, drinking water and clothes to 6 beneficiaries.



On Monday, March 27, 2023

Sharing for life foundation together with Home for the aged Ratchasima

Have the opportunity to receive training on waste separation with Sister Kalaya Trisopha from the Congregation of the Sister of the Sacred heart of Jesus of Bangkok and the brothers and staff. The purpose of this project is to separate waste, get clean garbage, create value for waste and make money. Moreover, to cultivate awareness of the value of waste. The key point is that waste must be clean before being sent to the public. Which we will use the knowledge gained to apply for the greatest benefit and pass on this knowledge to beneficiaries for them to make money and create value for them.

We would like to thank Sister Kalaya Trisopha and team for providing this training.





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5th visitation in March 2023

On March 31, 2023, Sharing for life Foundation visited the beneficiaries at Si Mum Community and brought survival bags, drinking water and clothing total of 10 beneficiaries.



April 2023

1st visitation in April

On April 6, 2023, Sharing for life Foundation visited benefactor at the Hua Thale and the Boonnimit community, brought survival bags, drinking water and clothes to 10 benefactor. This time there are 2 Italian volunteers, Mr. Alex & Mr. Stefano, joining to visit the benefactor. We also gave the ice budget to grandma; she is very happy and likes it very much.



2nd visitation in April

On April 14, 2023, on the occasion of the International Day of the Elderly, April 13, 2023, Sharing for life Foundation visited the benefactor at King Sawai Riang Community, brought them a survival bags, drinking water, and clothing to 15 benefactors. Today, there are 2 Italian volunteers, Mr.Alex & Mr.Stefano, went to th visit the benefactor.



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3rd visitation in April

On April 26, 2023, Sharing for life foundation went to visit the benefactor at Chaloem Phra Kiat District, brought survival bags, drinking water and clothing to 13 benefactor s. This time, there was a team of GFour Wine joining and brought the survival bags that were given to the benefactor too. Sharing for life Foundation would like to thank you Mr. Lugar, Ms. Khem and staff from GFour Wine Company for their support.



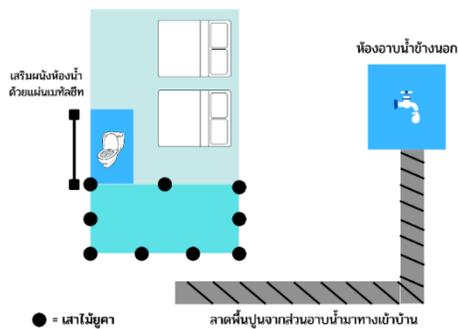
House Repair Project

Tamon (83 years old) and Yai Nee (74 years old) are husband and wife both were abandoned unprofessional because grandma Nee has a crippled back and is blind on one side. Her eyes are not healthy. Both of them only have money to support the elderly (800 Bart + 700 baht) and neighbors to help share food, water and electricity in the grandparents' house. At first, Father Wiroj and Khun Kanjana has come to help these two elderly people since August 15, 2019, and later repaired the house Because the condition of the house in has no floor and simply built on the ground when the rainy season the floor will be soaked with water and the ground became mud which is very dangerous for the elderly, the mattress was placed on the floor, making it wet. Father Wiroj and Khun Kanjana therefore asked for a budget to improve the house for and asked for a novice to help improve the house by having brick blocks pave the floor to raise the floor level roof



repair and the walls of the house using galvanized sheets including providing raised beds, mattresses and bedding give to them.

This year, we saw that the condition of the house has deteriorated greatly. It must be renovated again, the pillars of the house are rotten, the galvanized roof leaks. By replacing the decayed house pillars, using 8 3-inch eucalyptus wood, repairing the walls in the bathroom section using the magnet sheet. Replace the leaky roof with new zinc and pouring cement around the outside shower area to prevent slipping.



Waste separation project

After the staff received training in waste separation with Sister Kanlaya Trisopha on March 27, 2023, then the foundation has built a recycling room for waste collection under the water tank in front of a Laudato Si garden. Also, adding a bin for recycling waste place them at various points in each ward In the Home for the aged Ratchasima.





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A wheelchair lending service for those who needed

On April 28, 2023, the foundation gave an elderly wheelchair loan for ease of movement and doing daily activities because wheelchairs have a high price, and the elderly are only temporarily needed. Which is the granddaughter grandmother asked to borrow a wheelchair for grandma to use temporarily.

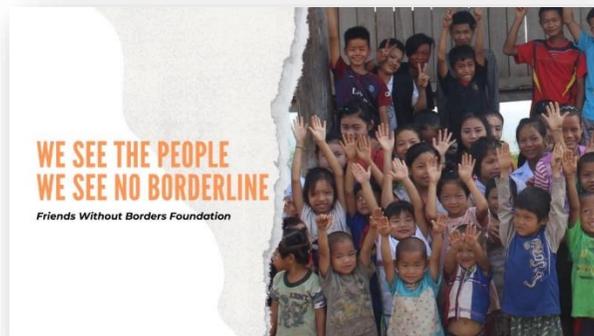


May 2023

May 2, 2023

Sharing Life Foundation, has sent finance support “Friends Without Borders Foundation” which operates a project to help Myanmar refugees with the main objectives educating refugee children until they can go to university and carry out projects to help activities as follows: understanding of human rights and human dignity in an ethnically diverse society, legal status, sexuality, culture, religion, and political opinions through research, communication, media, arts, and publicity activities enhance the capacity of local communities and civil society in human rights and communications act for the public good or cooperate with other charitable organizations.

Which the foundation still lacks the budget for the construction of the facility as follows: sanitary facilities for the school, reservoir, bedroom for students including mattresses and beds for students.





1st visitation in May

On May 4, 2023, Sharing foundation went to visit 13 poor people at Thung Sawang Community, brought them the survive bags from GFour. Today Ms.Song and Ms. Sam gave us 12 bags of snacks to the benefactors and have a volunteer Ms. Maria went to visit the poor with us.



2nd visitation in May

On May 9, 2023, Sharing foundation went to visit the poor in the railway community, a total of 11 people. Today, there are 2 volunteers from RMUTT, Nong Bim Bim and Nong White the intern “Art Gallery” join with us. Including the Italian volunteer, Mr. Max, join us too.



3rd visitation in May

On May 13, 2023, Sharing foundation went to visit the poor in Khok Kruad Community and Save One market total of 12 people. Today we received 2 new cases to join the project. The first is a poor person's inability to make a career because having to take care of a disabled husband and 2 great-grandchildren. The second is a disabled poor, a disabled husband, the wife must take care of her husband which the monthly income is not enough to spend.





4th visitation in May

On May 18, 2023, Sharing foundation went to visit the poor in Tha Tako community and Wat Muang total of 12 people. Today we received 2 new cases to join the project, the first is a mother who must take care of 3 children, which one of them is disabled. The second is a poor lady who cannot work due to a large wound from dialysis on her arm. Today there are 4 volunteers join us to visit the benefactors, a trainee from Art gallery and Italian friend of Fr.Giovaani.



"Sharing Box sent by post"

It's a box that puts things as needed that the benefactor has requested for example, this family the old man takes care of wife and son both disabled. He only wanted adult diapers because there are 2 patients needed, which normally he would use 1 sheet per person / 4 days. Also, he peels coconuts for sale which the income to buy adult diapers is not enough. We provided 2 boxes of adult diapers and dry food send to him.





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5th visitation in May

On May 23, 2023, Sharing foundation went to visit the poor at Prasopsuk, Det Udom and Suebsiri community. Bring them a survival total of 10 people. Today we received 1 new case the old lady disabled, living with daughter. Luckily she has a great leader take care of her while the daughter not at home.



On May 24, 2023,

Sharing foundation supported travel expenses for Italian elderly Mr. Andrea Ricci who needs to return to Italy to maintain health and no money for travel expenses.



On May 26, 2023,

The foundation has supported Home for the aged by purchasing 50 more chickens to increase egg. Since 94 chickens give 2,200 eggs per month, an average of 73 eggs per day. Which is not enough for use in 1 day. To reduce the cost of buying we need about 150 chickens for sufficient productivity.





6th visitation in May

On May 27, 2023, Sharing foundation went to visit the poor at Nong Pet Nam community total of 9 people. This time, we encountered a big problem, what happens most to vulnerable groups is foreclosure due to lack of payment in installments. One old lady had to move out of the house she lived in for more than 10 years, but fortunately, the owner of the new house rented to her for only 1,500 baht per month (if she doesn't have money to pay rent, it's fine). This Kindness has greatly helped the elderly, who are suffering from homelessness. She earns 700 baht for the elderly card, 800 baht for the disabled, and 300 baht for the state welfare card total of 1,800 baht per month, if she had to pay 1,500 baht per month to rent a house, she would have only 300 baht. We therefore asked for additional requirements she only wanted a mattress and a futon because now there are only blankets for sleeping the foundation will allocate bedding in good condition that has been donated give to her.

Today, there are 2 volunteers, Ms. Junior and Ms. Fah support the first aid kit and dry food for the poor.



7th visitation in May

May 30, 2023 Sharing foundation went to visit the poor at Non Sung district total of 9 people.

“The intention” Mr. Arm is a music teacher at the music school (Music Smile Pak Chong) has the intention to make merit to help the poor, which chosen to support our foundation. Therefore, gathered with students do busking to raise money and bring all proceeds of 8,951 baht to buy rice, dry food, drinking water and milk and bring it to the poor with us today. Including being a part of cultivating kindness, generosity and sharing by taking one of his students join with us too.





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On May 31, 2023, update the house improvements for Tamon and Yainee.

After we planned to renovate the house for Tamon and Yai Nee. Today operation is 60% of which has been done and is expected to be completed by June 10, 2023.



June 2023

1st visitation in June (7th June 2023):

The Foundation visited the area of Hua Talay to distribute survival bags and other items to the impoverished residents, totaling four individuals. Approximately 20% of our beneficiaries are homeless, engaged in general contract work, with no family or relatives. Some people are living under bridges and sleeping on boxes, while others reside in abandoned houses. The issue of homelessness remains a significant problem in Thai society, demanding attention.

Another problem encountered is abandonment. On this day, we encountered a visually impaired elderly person with disabilities who has been neglected. He lives in a shed behind a trash area, where hardly anyone notices the residents. Fortunately, he is fortunate to have a good neighbor who brings him food three times a day. Despite having relatives, various agencies are unable to assist in sending him to an elderly home. Ms. Nui, his neighbor, informed us that he struggles and has impaired consciousness. He experienced vision loss in the past and ate spoiled rice. Ms. Nui suggests that if anyone wishes to make a charitable contribution, they should consider helping him. Today, we provided Grandpa with a box of cereal snacks to eat, and Ms. Nui will be responsible for delivering it to him.

Lastly, there is the issue of families abandoning their own relatives. According to a survey, elderly individuals who are poor face the additional burden of caring for their grandchildren or even great-grandchildren who have been abandoned by



their parents. For example, this grandfather is responsible for looking after his grandchildren and his sick wife. His only income consists of 300 baht from the welfare card and 600 baht from the senior citizen card. Additionally, he earns around 1,000 baht per month from garbage collection, but he has to spend 3,000 baht per month on rent for his house. Today, we donated a book weighing approximately 60 kg, which we received from Mr. Kittiphong Limkosit to the grandfather. We discovered that selling books as waste only yields 4 baht per kilogram.



2nd visitation in June (8th June 2023):

The Foundation visited the Chakkarat District to distribute survival bags and other items to impoverished individuals, totaling five people. The beneficiaries we visited today were elderly individuals who are poor and unable to work due to physical limitations. Some of them engage in vegetable collection to sell, which provides them with an additional income of 40-60 baht per day. Despite leading modest lives, they receive visits from neighbors or grandchildren who bring them some food. Based on our observations, most rural villagers lead simple lives and rely on mutual support and simple occupations.



3rd visitation in June (12th June 2023):

The Foundation received information from Mr. Wittaya regarding one of his friends, who happens to be dealing with problematic neighbors. We conducted a location check to gather information for verification and met with the neighbors. Ms. Kwan informed us that Mr. Lek arrived here seven years ago and has been working as an ordinary individual without official documentation or an ID card. Mr. Lek originally owned land in Buriram, Huai Lat province, but he came to Korat for working in tapioca fields. He partnered with his nephew to work as a contractor, specializing in cultivating and harvesting cassava. Unfortunately, due to poor health, Mr. Lek's returns have been minimal. Ms. Kwan has taken on the role of providing



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Mr. Lek with food and emergency assistance, treating him like a family member. Every time Ms. Kwan can help others, she embraces the spirit of the **"Good Samaritan," offering support and compassion to those in need.** The foundation has coordinated with government agencies to facilitate the process of obtaining identification cards, allowing Uncle to access various government benefits and welfare programs.



4th visitation in June (17th June 2023):

"Cultivate the mind"

Mr. Luca, Mr. Fabio, and the staff from GFour Wine generously donated 50 survival bags to the foundation. They visited 14 impoverished individuals in the Si Mum community. Ms. Lugar, along with officers from GFour company, came to the community to cultivate a spirit of love and kindness towards fellow human beings facing hardship. They engaged in conversations, offering encouragement to uplift their lives. Today, Ms. Luca's team presented a scholarship to a family burdened with the responsibility of caring for five grandchildren. The grandmother, who is the sole provider for the family, earns a living by peeling fragrant ingredients and selling them for 300 baht per day.

During this visit, it was evident that both the donors and recipients experienced joy. The recipients were delighted to receive the donations and engaged in conversations with many benefactors. They were even willing to give back what they had, such as locally grown vegetables, as a gesture of gratitude for the kindness they received. These simple acts of generosity brought happiness to both parties involved.





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5th visitation in June (21st June 2023):

Today, Father Sampan Wapiso (Director of Home for the Elderly Ratchasima), Mrs. Kanchana Nopkaeo (Head of Nursing of Home for the Elderly at Ratchasima), and Mr. Pong (President of King Sawai Rieng Community) joined the King Sawai Rieng Community area. We brought survival bags, drinking water, and clothes to distribute to 15 beneficiaries. Additionally, we provided essential household items. All three individuals also shared love and kindness with the beneficiaries. we engaged in conversations, asked questions, offered health advice, and provided encouragement. These small acts of kindness brought happiness to both the givers and the recipients.

Mr. Pong has informed us about a new case to consider. It involves a person with a mobility impairment who is living in poverty. This individual is unable to work and relies solely on income from the handicapped card and state welfare card. The Foundation is pleased to offer assistance and has included this case in the Home care project.



Support for the Friends Without Borders Foundation (June 23, 2023)

Following last month, the foundation provided partial financial support to the Friends Without Borders Foundation to be used for the construction of health facilities for the school, water reservoir, student dormitories, as well as beds and mattresses for the students in the Ban Nai Soi community, Pang Moo Sub-district, Mueang Mae Hong Son District, Mae Hong Son Province. However, the funds were not sufficient to cover all the expenses. This month, we have decided to provide additional support of 50,000 Baht to ensure the smooth progress of the project.





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On June 24, 2023,

the Foundation generously provided a mattress and bedding set to Grandma. She had expressed her desire for a bed as she currently sleeps on blankets, which makes her sleep uncomfortable. Responding to her request, the Foundation donated the bedding sets and mattresses, ensuring that Grandma can now have a more comfortable sleeping arrangement.



Assistance for Special Medical Expenses (June 26, 2023)

Father Giovanni has assisted of 3,000 baht to a patient who used to reside at the Camillian Social Center, Rayong. The foundation has contacted this patient and learned that her partner needs to take time off work to care for her and accompany her to the hospital. She has recently recovered from COVID-19. On Tuesday, May 27, 2023, she will be going to the Chonburi Cancer Center to initiate radiation therapy while her kidney disease treatment remains in Rayong. Her left kidney is swollen, and the doctor will perform a procedure to drain the fluid. During this period, she will face difficulties with travel expenses and the availability of dry food supplies. Her current income is derived from selling old belongings and gathering and selling vegetables along the canal. She is currently unable to walk and has borrowed a wheelchair from Eden Garden to use. Both of her legs are weak.





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6th visitation in June (30th June 2023):

"Volunteering"

Volunteering is the act of dedicating one's time to help others or society without expecting any compensation. Volunteer activities can be anything that contributes to the efficiency or benefits of others or society. Being a volunteer not only helps others but also helps develop one's own skills and enhances understanding and empathy towards society and the problems it faces. Being a volunteer is a great choice for building social networks and relationships.

After Mrs. Kanjana Nophakaew retired from nursing, she transitioned into a volunteer nurse and co-initiated the "Home Care Project in Korat" with Father Wiroj Nantachinda over five years ago. Mrs. Kanjana visits the recipients of assistance and provides guidance on healthcare, medication usage, and blood pressure monitoring.

Today, the foundation visited the Boon Nimmit community and distributed essential bags, drinking water, and clothing to seven recipients of assistance. Additionally, they provided necessary items donated by others to one recipient (charcoal stove, bowls, ladles, mats, fans, blankets, and mattresses) as the recipient's original belongings were worn out.



July 2023

1st visitation in July (7th July 2023):

The giver is a person with a generous heart and a willingness to support others. They are ready to provide assistance such as various items, food, or money, as well as cooperate in supporting others without expecting anything in return.

Today, Volunteer Aor, who traveled from Khon Kaen province, visited the community, and brought the experiences she has gained to contribute as part of her ongoing research project and academic studies.

On this day, the foundation and the volunteer team visited the beneficiaries in the Nonman community, Chaloem Phra Kiat district, with a total of 10 individuals. They distributed livelihood bags, drinking water, and clothing to the beneficiaries. Additionally, they provided essential items to those in need, such as earthen stoves, mosquito nets, and blankets, which were received from Khun Sakai, for the beneficiaries.



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On July 8, 2566, in the morning, Father, John received a phone call from someone seeking assistance with their accommodation expenses, as they had been behind on payments for the past two months, amounting to 3,000 Baht. Father. John asked him to come to the office to discuss the details. In the afternoon, the man arrived at the office along with his two children. Through the conversation, it was revealed that the man sells snacks made from minerals at various food stalls for a living. He lives with his two sons but has faced financial difficulties for the past 2-3 months due to a serious illness that prevented him from selling his goods and earning income. Consequently, he accumulated a rental debt of 3,000 Baht. He also mentioned that he had separated from his wife and was taking care of the children himself. The children attend school during the day and assist him in selling goods at night. In response to their situation, Father. John decided to provide financial support of 2,000 Baht to contribute to the children's education fund.



On July 11, 2566, the Share Life Foundation supported the the Friends Without Borders Foundation with a donation of 30,000 Baht to be used for constructing bathrooms and other amenities for children and displaced individuals in the Myanmar community. The projects at this school consist of several initiatives, including the construction of kitchens, dormitories, and bathrooms. The funds from this donation will be allocated to support these projects or, if needed, for other charitable initiatives within the same area.





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On July 14, 2566, the foundation helped with accommodation expenses to a single mother who is taking care of her two sons. She had been divorced from her husband six years ago and has been solely responsible for her children since then. She used to have a stable job, but due to the COVID-19 pandemic and the economic downturn, she lost her job. She now works as a dishwashing contractor, earning only 200 Baht per day, which is not enough to cover her two months' overdue room rent. She has no relatives, parents, or siblings to rely on, making it necessary for her to seek help from the foundation. If she couldn't pay the rent this month, she and her children would face eviction from their place. Understanding her difficult situation, the foundation provided her with 3,500 Baht for the accommodation expenses.

Later, she managed to find stable employment at a company that allows her to support her family. However, due to her fixed working hours, she couldn't continue her dishwashing job, leaving her with no daily income. Since she had just started the new job, she couldn't access any advance payments for expenses. She requested further assistance from the foundation, this time for 3,000 Baht to cover her children's daily expenses until the end of the month.

On July 15, 2566, the Share Life Foundation in Nakhon Ratchasima participated in a meeting called "Project Development for People's Participation in Driving Government Policies and Prime Minister's Orders." The meeting was organized by the Prime Minister's Office in collaboration with the Institute of Research and Consultancy of Thammasat University. The main objective of the meeting was to study and analyze problems and obstacles related to the implementation and monitoring of the current government policies. It aimed to gather public opinions, explore the process of promoting and fostering public participation, propose policies, and suggest solutions to address the challenges hindering effective operations.

During this meeting, the foundation had the opportunity to learn about the workings of various government units involved in addressing the issues faced by the impoverished and homeless people in Nakhon Ratchasima province. This insight allowed the foundation to better understand how they can assist and support those in need within their community projects. They gained valuable information on how to coordinate with specific government agencies to provide the best possible aid to the underprivileged population. By actively participating in such meetings, the foundation can contribute to improving the welfare system and enhancing the quality of life for the impoverished and homeless individuals in Nakhon Ratchasima province. They now have a clearer understanding of how to approach and collaborate with relevant government agencies to ensure effective and targeted assistance to those in need.





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2nd visitation in July (18th July 2023):

Date: July 18, 2566

"Volunteerism"

Volunteerism refers to individuals who work or provide services without receiving compensation. They engage in activities that benefit the public and communities, collaborating with organizations or other groups. Volunteers play a significant role in building a strong society.

Today, we have Mr. Stefano, an Italian volunteer who previously worked with the foundation for over a year, and he has returned to Thailand to be part of the community visit to the underprivileged. He joined the community visit to Thung Sawang community to day.



3rd visitation in July (22th July 2023):

Date: July 22, 2566

Today, we visited and provided assistance to 12 beneficiaries in the Kok Kruat community, including 2 new cases that were added to the program. The new cases we received today were particularly alarming as they were burdened with debts due to unpaid water bills. The large family members all have occupations related to collecting old items and garbage for selling. Additionally, there is a visually impaired member who requires special care. The grandmother shared with us that she earns a daily wage of only 150 baht by folding paper boxes at the local garbage depot. Unfortunately, none of the family members receive any government welfare cards except for the elderly and disability cards. Their living conditions are challenging and not suitable for providing proper care to the elderly and disabled members who require special attention. We are glad to provide immediate assistance and essential items to the grandmother and her family.

On this day, we extend our gratitude to you, Khun Sam, and your family for the contributed snacks that supported the beneficiaries.





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4th visitation in July (25th July 2023):

Today, we visited and provided assistance to 10 beneficiaries in the community located beside the railway track, including 2 new cases that were added to the program.

"The Generous Souls"

Generous souls are individuals who exhibit selflessness and perform actions for the betterment of society or others without expecting anything in return. The spirit of generosity holds significant importance in many religions and cultures worldwide and often serves as the heart of various religious and charitable activities.

Generous souls can inspire others to do good deeds and contribute to creating a better society. Even small acts of kindness can bring happiness and positive changes to others.

We extend our gratitude to you, Ms. Sam, and your family for the contributed snacks and boxed lunches that supported the beneficiaries today. We also thank you, Ms. Nui, for volunteering and being part of this community visit.



July 26, 2023

Good news! MS. Esther is a Myanmar refugee living in Thailand and has a volunteer spirit to help fellow refugees. She asked for help from Father John to support a scholarship with an amount of 18,000 baht for tuition fees in Thai language, to work at an international company in the UK. After completing the course, Esther sent a letter to Father John explaining what happened: "Dear Father, I hope you are well. Let's discuss Kanila's competitive day, father. I would like to inform you that I have had the opportunity to start providing services to Thai workers, and I feel very fulfilled. Thank you very much for your kindness and friendliness in helping me study the Thai language. I will visit you on the third weekend of September or during the last week of the month, according to your convenience. I would also like to share pictures of the training of Thai and Burmese workers when I visit them for training on the protection of work safety rights. Thank you for all the help you have provided me. You are always in my thoughts, and I hope to see you soon."

Note: There were a few punctuation and capitalization errors, which I corrected in the revised version. If you have any further questions or need additional help, feel free to ask!



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5th visitation in July (29th July 2023):

Today, we visited and provided assistance to 10 beneficiaries in the Tha Tago community and visited the local temple, Wat Muang.

On this day, we were accompanied by a novice from Camillian Youth Formation Center 1989, who joined us in visiting and bringing love, compassion, and encouragement to the underprivileged individuals.

The act of giving love and compassion is truly touching and brings warmth and happiness to the recipients. The support and care we provide help them feel understood and cherished. Listening and understanding their stories and feelings are equally important as giving material assistance. If they need attention and cooperation during difficult times, offering understanding and providing advice become more meaningful than mere words.

Sharing for Life Foundation,would like to express our heartfelt gratitude to everyone who supports us.





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August 2023

1st visitation in August (1st August 2023):

Today, we visited and provided assistance to 8 beneficiaries in the Prasopsook, Sibsi, and Dej Udom communities.

Sharing compassion means showing empathy and giving importance to the suffering of oneself and others. It involves understanding and actions that promote happiness and progress for others.

Compassion can take various forms and can be expressed in different situations:

1. Offering advice and assistance: Compassion often arises when someone is facing clear difficulties and needs help. In such cases, compassion can be demonstrated by providing guidance or assistance in relevant matters.
2. Understanding and empathizing: Showing understanding and empathy means valuing the suffering and emotions of others.
3. Providing emotional support: Compassion can be displayed through emotional and spiritual support. This may involve being a good listener and being there for others when they need it.
4. Understanding without judgment: Compassion is also about not condemning others when they make mistakes or have faults. Offering understanding can help them feel at ease and resolve the situation.

Compassion is an innate quality in all individuals and can be learned and developed continually.

Sharing for Life Foundation, extends our gratitude to Mr. August, Mr. Jaonai, Mr. Lampong, and Mr. Khem from Camillian Home Sriracha, for joining us on this visit.



2nd visitation in August (11st August 2023):

On the occasion of Mother's Day approaching, the Sharing Life Foundation visited the community, bringing essential bags, drinking water, and clothing to distribute to the beneficiaries. In today's event, volunteers from the Elderly Home joined us to gain insights into the diverse lives of the beneficiaries, who face different challenges. This experience helps us understand the various perspectives on living conditions.



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On August 12, 2023 in support of Mother's Day,

Mother's Day is a day celebrated to honor and show appreciation for the role and importance of mothers in our lives. It is a day set aside to express gratitude, respect, and love for our mothers. It's an opportunity for us to show our special and warm feelings towards our mothers through giving gifts, going out for meals, or engaging in special activities together. On the occasion of Mother's Day, August 12, 2023, the Sharing for Life Foundation joined in supporting a noodle shop, providing elderly have meals to enjoy together.



3rd visitation in August (18th August 2023) :Location: Nong Kai Nam Community

Number of beneficiaries: 6 individuals

Today, two Italian volunteers, Mr. Max and Mrs. Alex, joined us in the community visit. They generously donated clothing and contributed 10,000 baht to support the foundation. The volunteers also participated in visiting the less fortunate individuals with us. The phrase "จิตใจเมตตา" in Thai means having a compassionate heart. It signifies showing empathy and understanding towards the hardships of others. This concept is related to the idea of fostering good relationships and kindness. Having a compassionate heart is often demonstrated through helping others and striving to improve the lives of those around us. This could involve providing advice, economic assistance, or even emotional and spiritual support during times of illness or difficulty. Having a compassionate heart generally has positive effects on both the recipients of help and the givers. This is because it creates an atmosphere of understanding and nurturing within the relationships between individuals.



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4th visitation in August (21th August 2023)

Location: Simum Community and Klong Sawai Riang Community

Today, the foundation, along with the Thai PBS team, visited the communities to conduct qualitative interviews and gather data to reflect the issues faced by marginalized individuals.

The interviews focused on their livelihoods, challenges, and the assistance they receive from the government. This effort aims to "broadcast" the voices of the marginalized, making their issues more visible.

Reflecting social issues through marginalized groups helps us understand the problems directly from those who experience them. It highlights their basic needs and the rights they seek to access from the government. Various forms of media, representatives, or spokespersons play a crucial role in presenting these issues to ensure a clear understanding and promote effective listening.

Sharing Life Nakhon Ratchasima, we extend our gratitude to the Thai PBS team, Mr. Mon, Mrs. Somwhang community leader of Simum, Mrs. Kanjana, head nurse of Home for the Aged Ratchasima, Mr. Pong, head of Sawai Riang Community, as well as Nong Nui, Khun Aae, and Khun Tai, volunteers who joined us in the field.





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5th visitation in August (26th August 2023) Location: Under the Hua Ta Lay Bridge and Hemaraj Community

Number of beneficiaries: 10 individuals

"Seeing" In this context, "seeing" refers to see those who face difficulties and require assistance. In our daily lives, we encounter them everywhere – by the roadside, under the bridge, or beneath the trees. We can provide help to them both directly and indirectly. Direct assistance involves engaging in conversations, asking questions, and providing immediate necessities like food, water, or financial aid. Indirect assistance involves contacting organizations or relevant agencies to assess the situation and offer ongoing support.

Sharing Life Foundation is pleased to act as a medium to provide assistance both directly and indirectly to those facing challenges. We are committed to helping individuals in need.

Today, we extend our gratitude to Ms. Arisa for joining us in the field and visiting the poor.



On August 28, 2023, The foundation supported the establishment of a mushroom farm with the aim of reducing the cost of food production and enhancing the benefits for the elderly. This initiative was driven by the mushrooms have medicinal properties that can help prevent and treat various illnesses if consumed regularly. Additionally, they are easy to digest, making them suitable for elderly. The budget for the construction of the mushroom farm was 10,000 Thai Baht.





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6th visitation in August (29th August 2023) Location: Sawai Rieng Community

Number of beneficiaries: 8 individuals

"Providing Opportunities" This is a profoundly important aspect of supporting both societal and individual growth. It doesn't just promote fairness and equality within society; it also encourages individuals to develop their fullest potential.

When we provide opportunities to others, we must recognize that everyone possesses unique skills, talents, and experiences that can contribute to making society better. By offering opportunities, we create an environment that supports diversity and acceptance, giving every individual a chance to showcase their potential and create meaningful impacts.

However, these opportunities not only foster personal and professional growth, but they also allow individuals to face new experiences such as challenges and responsibilities. They help build confidence, provide inspiration, and bring happiness by embracing novel experiences.



On August 30, 2023, the foundation welcomed probationary staff.

The foundation provided an opportunity for beneficiaries to participate in a trainee, allowing them to utilize their knowledge and skills in a work environment. They were hired for marketing positions to promote the foundation's activities, including providing support for one bicycle to facilitate their commute to work.





September 2023

1st Visitation in September (September 1, 2023):

We visited the beneficiaries of the Boon Nimit Community, totaling 6 people. Today, we were joined by three volunteers from Italy: Mr. Angelo, Mr. Andrea, and Mr. Stefano. We extend our gratitude to them for their generous volunteering. Difficulties in life are an integral part of the human experience that cannot be avoided. They are something everyone encounters at different times in life, whether in terms of physical health, relationships, love, work, finances, or friendships. Difficulties can arise from unforeseen circumstances, emotional challenges, or efforts to challenge oneself in various aspects of life. While life's difficulties are unavoidable, how we choose to manage them significantly affects the quality of our lives. Practicing mindfulness in dealing with and recognizing the importance of learning from difficulties can help us thrive, grow, and lead more stable and happier lives, both personally and socially.



On September 8, 2023, "Special Assistance."

Mr. J, who is 18 years old, completed his primary education at a private school but didn't receive a diploma due to unpaid fees in the final year, totaling 17,000 Baht. After finishing his primary education, he couldn't continue to secondary school. To support himself and make a living, he started performing Li-Ke (Thai traditional dramatic performance) at the age of 12. His income from these performances was unpredictable, and his family's financial difficulties made it impossible for him to pay the school fees needed to obtain a diploma. After more than six years, he finally earned his diploma with the foundation's support, which covered the outstanding school fees of 17,000 Baht.

Our Part-time staff encountered difficulties in obtaining a disability card due to a lack of funds for the necessary medical examination. The foundation provided 1,500 Baht to cover the expenses required for the medical examination, obtaining the disability card, and various medical treatments.



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Father Giovanni provided assistance to a patient who used to reside in the Camillian Social Center Rayong, providing a total of 1,500 Baht for transportation expenses to go to the hospital. The patient's deteriorating health required frequent visits to the hospital, resulting in a loss of daily income.

On September 9, 2023, during "Pizza Day":

Father Giovanni organized a "Pizza Day" with the intention of serving authentic Italian pizza to the elderly, their relatives, and staffs at Home for the Aged Ratchasima. The event was prepared by Father Giovanni and his Italian friends, who used homemade Italian-style dough to create a variety of pizzas with fresh, hot toppings.



2nd Visitation in September (September 12, 2023): Community Outreach with Interns:

Our interns, "Nong Earth" and "Nong Sai," both fourth-year students majoring in Social and Community Development at Nakhon Ratchasima Rajabhat University, participated in their first day of community outreach with us. They will be interning with us until November 2023.

Good neighbors are essential for fostering a healthy and balanced life in a shared community or neighborhood.

They willingly assist others and enthusiastically engage in community activities and projects.

Good neighbors are individuals who cultivate positive relationships with everyone, understand and listen to your thoughts, and are ready to share their knowledge, feelings, and experiences with others.

Good neighbors actively participate in activities that promote community cohesion, such as attending neighborhood council meetings and joining in community social events. This strengthens community bonds.

Having good neighbors can lead to happiness and a sense of comfort in your living environment. Moreover, it contributes to the creation of a strong and cooperative community that can work together when challenges or issues arise, thanks to the strong commitment and responsibility of good neighbors.



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On September 20, 2023, Support “the congregation of Our Lady of Charity of the Good Shepherd” in Myanmar

The congregation of Our Lady of Charity of the Good Shepherd provides essential social services to the Myanmar community, including women who have survived human trafficking, regardless of age. These services encompass mental and physical health support, reintegration into families and society, medicine provision for patients, formal and non-formal education, vocational training, and employment opportunities. The association collaborates with similar organizations to bring about systemic and societal change.

The Myanmar community in the nearby area often struggles to find employment and lacks sufficient resources, leading to potential displacement from their homes. Many choose to move to Thailand or China, often without vocational skills. This vulnerable situation increases the risk of human trafficking and sexual violence, sometimes involving the use of drugs with severe physical and psychological effects.

At present, the organization faces budgetary constraints for medical support, with some individuals in urgent need of medication. Sharing for life provided vital support in the form of a 20,000 Baht contribution for medication and nutritional supplements for the Myanmar community.

This support is crucial for offering hope, medical care, an improved quality of life, and mental and educational support.

3rd Visitation in September (September 22, 2023):

On September 22, 2023, we visited the less fortunate in the Khok Kruat sub-district, providing support to a total of 13 people.

On this day, we were honored to have Mr. Luca from GFour Wine Co. supporting us with 50 essential bags and joining us in visiting the beneficiaries as a Christian. A good Christian is someone who consistently follows the principles of the Christian faith and values that align with the teachings of Jesus Christ. The qualities of a good Christian include:

Faithfulness: A good Christian maintains unwavering faith in God and continuously follows the Christian faith.



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Compassion: A good Christian possesses integrity and a heart for helping others. They may engage in volunteer work within the Christian community or participate in projects focused on aiding the less fortunate.

Love and Understanding: A good Christian loves and understands others, making an effort to comprehend and listen to the opinions and feelings of others. They are capable of showing kindness and empathy toward the suffering of others.

Personal Growth: A good Christian focuses on personal spiritual and emotional growth. They may join study groups to learn and grow in their Christian faith.

Facing Challenges: A good Christian doesn't shy away from life's challenges and problems. They use their faith and God's grace to confront both success and failure.

Goodness in Christianity may take various forms, and individuals may have different practices. However, everyone aims to build a strong relationship with God and assist others in their community with genuine love and compassion.



4th Visitation in September (September 29, 2023):

On September 29, 2023, we visited the beneficiaries in the Thung Sawang community, totaling 7 people

Being a giver means providing assistance and resources to others without expecting anything in return. It holds social value and leads to the happiness of both the giver and the recipient. The steps to learn to be a giver are as follows:

Explore your own abilities and resources: Start by exploring your abilities and resources that you can offer to others. These may include time, knowledge, wealth, interests, and warmth.

Choose a giving method: You can give directly to people you know or within your community. Alternatively, you can give online, such as by donating to non-profit organizations, participating in volunteer activities, or offering assistance in the online community.

Find a suitable way: Ensure you can provide assistance or resources in areas where you are skilled and interested. This will bring happiness and a sense of worthiness to being a giver.

Don't expect to receive: Being a giver should be done with the intention of helping others without expecting anything in return. Giving love and warmth from the heart is something valuable.



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Recognize the importance of being a giver: Being a giver can create happiness and joy.

Acknowledge responsibility: Being a giver must be responsible for the efficient and effective use of resources and assistance, ensuring that resources are used appropriately and are beneficial to the recipients.



On September 29, 2023, under the theme of "Returning the Favor":

Ms. Esther, a dedicated aid worker for Myanmar citizens, expressed her commitment to learning the Thai language to enhance his work in Thailand. Given the relatively high expenses associated with this endeavor, Mr. Auster sought educational funding assistance from the foundation.

Upon completing her course of study, Ms. Esther secured the job she desired and improved her living conditions. With a strong desire to repay the support he received, Ms. Esther generously donated 10,000 Baht to the foundation and volunteered with them for one day.

"Returning the favor" is essential for building positive relationships and supporting individuals and communities. It plays a pivotal role in creating a society where people come together, enhance their understanding of one another, and foster good mental health for both givers and recipients.





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October 2023

"Starting a New Life"

This elderly was abandoned by his family and was living in very poor conditions, with neighbors and community leaders helping with occasional food and hygiene support every 2-3 days. As a result, his health deteriorated significantly.

The foundation decided to give him the opportunity to start a new, better life. He was admitted to Home for the aged Ratchasima, with Sharing for life foundation covering all expenses and providing him with the necessary care until his last days.

We collaborated with Mr. Nattaphon, a community development expert from Mueang Mai Khok Kruat Municipality, to assess and arrange the elderly admitted to Home for the Aged Ratchasima also obtaining the necessary legal permission, on October 3, 2566, he is begin his new life.



1st Visitation in October (October 4, 2023):

Visited the community of Tha Tako and Wat Muang to provide assistance to 11 people.

" Pastoral work"

Pastoral work is an essential part of religious and community life, with various forms and roles that differ across different faiths. Pastoral work aims to assist people according to their respective religions and offer guidance to strengthen faith and understanding in Christianity."





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2nd Visitation in October (October 14, 2023):

Visited the communities of Ded Udom and Sueb Siri to provide assistance to 10 people.

On this day, there were 5 volunteers who joined us out of goodwill. The team was led by Brother Khomsan, Mrs. Kanjana, Ms. Tipaya, Nong Earth, and Nong Beer.

The term "Pun Nam Jai" in Thai refers to showing compassion or kindness to others, often translated as doing good or helping others without expecting anything in return. Acts of kindness can manifest in various ways, such as assisting those in need, donating items or one's time, offering advice or support, or simply showing empathy and understanding for others in their time of need. Practicing compassion is a crucial element in building strong and harmonious relationships within the community and creating a better and more caring society."



3rd visitation in October (October 20, 2023):

visited the beneficiaries in the Nong Ped Nam community. There were 4 beneficiaries in total.

On this day, we were joined by three volunteers from Home for the aged Ratchasima's staff. Khon Kaen

We would like to express our gratitude to Mrs. Kanjana, Ms. Nongkran, and Nong Ran for their voluntary participation today.

Making good use of one's free time is important for personal development and increasing the value in one's life.

There are many ways to do good things in free time but someone chose to volunteer to help others.

Volunteering is an activity done voluntarily, and it offers several benefits, including:

Satisfaction and Happiness: Volunteering can bring satisfaction and happiness to both the giver and the receiver.

Knowledge and Skill Enhancement: Volunteering provides opportunities to learn new things.

Networking: Volunteering helps create a strong social network.

Helping Others: Volunteering contributes to community development and assists those in need.



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Community and Social Value: Volunteering plays a vital role in community and social development and helps address local societal issues.

Volunteering takes on various forms, such as volunteering in schools, hospitals, charitable organizations, and social benefit organizations."



4th visitation in October (October 25, 2023):

We visited the beneficiaries in the Seemum community, and there were a total of 16 beneficiaries.

On this day, we were accompanied by three volunteers: Ms. Kanjana Nopkaew, Ms. Somwong Kraiphanom, Ms. Nachcha Chupolkrang

During this visit, we received two new cases - elderly individuals who have been abandoned and are facing financial difficulties, relying on their grandchildren for support.

Apart from providing love, compassion, and essential items to the beneficiaries, the foundation also offered educational scholarships. A scholarship of 5,000 Baht was presented to the family of Mr. Talang by Mr. Luukar GFour Food & Beverage."





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"Improved Quality of Life"

After receiving excellent care at Home for the Aged Ratchasima, his quality of life improved significantly. He now enjoys three nutritious meals a day, receives regular hygiene care, wears clean clothes, and sleeps in a warm bed. This has positively affected his mood and given him a cheerful and radiant demeanor.



Upcoming Event:

On Tuesday, December 26, 2023, we will be organizing the "World Day of the poor" at the Leodato si Garden, Home for the aged Ratchasima. This event is a celebration where gifts and encouragement will be given to the beneficiaries in Home care project, with a total of 150 participants.

Activities at the event will include painting and coloring activities for children, watching performances by the Home for the aged staff, lucky draws, distributing necessary bags, presenting gifts, and having lunch together.

We cordially invite you to join us in "Sharing Joy and Gifts" with the poor, making their day special and memorable.

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"ปันขวัญ ปันสุข"

แบ่งปันสิ่งของ เพื่อเป็นของขวัญจับฉลากให้กับผู้ยากไร้
จำนวน 150 คน ในวันผู้ยากไร้ 26 ธันวาคม 2566

"หรือร่วมทำโรงทาน สนับสนุนอาหาร"

รายการของขวัญจับฉลาก

1. พัดลมตั้งโต๊ะ
2. ไฟโซล่าเซลล์
3. จักรยานผู้ใหญ่
4. จักรยานเด็ก
5. ตุ๊กตา
6. ของเล่นเด็กชาย
7. ชุดเครื่องเขียน
8. เครื่องใช้ไฟฟ้าในครัวเรือนต่าง ๆ

รายการของขวัญถุงยังชีพ จำนวน 150 ชุด

1. ข้าวสาร
2. น้ำดื่ม
3. เมกาล่อง
4. น้ำมันพืช
5. น้ำมัน/ซอสปรุงรส
6. ปลากระป๋อง
7. ผงซักฟอก
8. น้ำยาล้างจาน
9. เสื้อคลุมกระเป๋า/ผ้าถุง (มือ1)
10. เสื้อคลุมกระเป๋า/กางเกงผู้ชาย (มือ1)
11. สบู่/แปรงสีฟัน/ยาสีฟัน

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November 2023

1st Visitation in November (November 3, 2023):

Visited the beneficiaries in the railway community. There were 20 beneficiaries in total.

Every human being has basic needs, but not everyone has access to them. Basic needs, or 'basic human needs,' are the essential elements required for a person to lead a happy and fulfilling life at a basic level.

These needs are essential for living a decent life and include:

Food is necessary for humans to obtain energy and essential nutrients for growth and sustenance.

Water is necessary for drinking, cooking, and hygiene. Humans need it to stay alive.

Shelter is essential as it provides individuals with a place to live, protecting them from adverse weather, natural disasters, and various risks.

Clothing provides protection from the elements and enhances one's beauty and identity.

Health promotion is crucial for maintaining both physical and mental well-being, which is fundamental for a high quality of life.

Protection from harm is vital for safeguarding against a wide range of risks and dangers, including physical safety, food safety, and social safety.

Love and Relationships and social connections are crucial for happiness and a sense of community.

These basic needs are essential for a high-quality life, and societies frequently strive to ensure universal access to and satisfaction with these fundamental requirements.



2nd Visitation in November (November 14, 2023):

Visited beneficiaries in Ban Groud, providing support to 10 recipients as part of our ongoing commitment to their well-being.

During our visit to Ban Groud, supporting 10 recipients, we were reminded of the crucial role that love within the family plays in human life. The family serves as the center of society, playing a pivotal role in shaping attitudes and cultures that impact personal growth and development.

We can express love for our family members through the following ways:



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บ้านผู้สูงอายุราชสีมา โครงการเยี่ยมชุมชน HOME FOR THE AGED: HOME CARE PROJECT

892 ถ.เดชอุดม ต.ในเมือง อ.เมือง จ.นครราชสีมา 30000 โทร 044-957206-807

www.sharingforlifekorat.org info@sharingforlifekorat.org

1. **Support and Understanding:** A loving and supportive family creates a safe space, reflecting the happiness of its members.
2. **Building Bonds:** Family love helps in building strong and lasting bonds.
3. **Promoting Development:** A loving family promotes learning, skill development, and the growth of its members.
4. **Instilling Pride and Trust:** Love helps build trust among family members and fosters a sense of pride in being part of the family.
5. **Sharing Joy and Sorrow:** A loving family shares both joy and sorrow, creating meaningful experiences that emphasize the importance of love and relationships.
6. **Supporting in Difficult Situations:** Family love helps face challenges and provides support in difficult situations.
7. **Instilling Responsibility and Teaching Values:** Families are places where values are taught, and responsibility is instilled, contributing to the growth of individuals into good and valuable persons.

Strong family relationships are crucial for creating a thriving society and ensuring a good quality of life for its members.



3rd Visitation in November (November 20, 2023):

Today marked the third visit in the Boon Nimmit community, during which we visited nine aid recipients. Two volunteer couples from Italy joined us to spend time with the elderly.

Prioritizing the elderly is crucial in every community, as the aging population continues to grow in many regions. Therefore, readiness and appropriate support for the elderly are essential for creating a certain and safe society for everyone.

The importance of caring for the elderly encompasses:

Healthcare: Giving importance to the healthcare of the elderly is crucial, significantly impacting their quality of life.

Social Support: Some elderly individuals may face challenges in work or mobility. Building a strong and supportive community is essential to assist them, which includes creating a suitable environment and providing services that meet their needs.



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Promoting Learning and Activities: Elderly individuals have interests and intellectual flexibility. Promoting enjoyable activities and lifelong learning can help them maintain physical and mental well-being.

Preventing Illness and Mental Health Care Emphasizing disease prevention and mental health support is crucial, given the higher risk of illness and mental health problems among the elderly. Providing appropriate services and suitable mental care is essential.

Building a Care System: Creating a suitable care system for the elderly—such as developing appropriate housing, providing home care services, and establishing responsible care facilities—ensures they can enjoy a good quality of life within the community.

Prioritizing the elderly is a fundamental aspect of sustainable development and societal acceptance. Creating a supportive and robust community for all age groups benefits everyone.



4th Visitation in November (November 28, 2023):

Today, we conducted the fourth Community Excellence Visit, reaching out to aid recipients at Chaloen Phra Kiat. We visited 6 individuals in need.

For this community visit, we went beyond the city limits of Korat to visit aid recipients. Even in the distant areas, there are many people in need of assistance. Distance is not a barrier for us to bring love and compassion to them.

These individuals eagerly awaited our visit, anticipating someone to talk to, share moments, and receive blessings. Our encounters involve providing spiritual comfort and sharing the blessings of life to uplift their spirits. Many are visually impaired, elderly, and some live alone without proper care. Meeting them bi-monthly allows us to understand their genuine needs.

Being present with them has shown us the positive impact of the assistance they receive from the foundation. Some experience improved mental well-being, while others face physical challenges associated with aging. Despite these hurdles, the support provided by the foundation aids in alleviating their monthly expenses, contributing to an overall improvement in their quality of life.



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The foundation invites those with a charitable heart to join us in sharing what they have. Items that may no longer be necessary for some could be essential for others. Let us collectively contribute to the betterment of their lives."



December 2023

Recruitment of New Staff on December 2, 2566

On December 2, 2566, we welcomed a new team member to our organization. Ms. Pop, who grew up in a Camillian family, is currently pursuing her undergraduate degree at Mae Fah Luang University. Father John, has kindly allowed Ms. Pop to work part-time with our foundation in the marketing.

1st Visitation in December (December 4, 2023):

We visited the underprivileged in the Non Mun community, where a total of 12 individuals are recipients of assistance.

During this community visit, we brought essential items and distributed them to the beneficiaries. We also monitored the living conditions of each household, including their health and mental well-being. The recipients included elderly individuals, those with chronic illnesses, people with disabilities, and children.

We engaged in conversations with the recipients, sharing words of encouragement and teachings from religious figures. As this month coincides with the Christmas festivities, celebrating the birth of Jesus on December 25th each year, we took the opportunity to spread love and joy. We witnessed the happiness of the recipients and aimed to contribute to their improved well-being.

In this spirit of giving, we invite all those with a generous heart to join us in sharing items or provisions that they would like to pass on to those in need through our foundation.





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2nd Visitation in December (December 12, 2023):

We conducted our second community visit on December 12, 2023, reaching out to those in need in the Kok Kraut community.

In this visit, we assisted a total of 12 beneficiaries.

The hardships faced by each individual varied significantly. Many of the recipients faced challenges in their lives that surpassed the difficulties encountered by the average person. Despite this, they persistently strive to fight through their circumstances, working hard to sustain themselves daily and aspiring to lead better lives.

The items they require might seem ordinary for the general population, but for them, these are valuable and essential for daily living. Items such as rice cookers, bicycles, blankets, or dry food are indispensable for their survival. These necessities play a crucial role in sustaining their lives.

We extend our gratitude to Ms. Bee, a volunteer from Italy, and Ms. Nui for their participation in today's assistance efforts.

Your contributions have been invaluable in making a positive impact on the lives of those in need.

Sharing Lives Foundation, Nakhon Ratchasima Thank you, Ms. Bee, and Nong Nui, for being a part of today's relief efforts.



“World day of the poor” On Tuesday, December 26, 2023, Sharing for life Nakhon Ratchasima, in collaboration with the Diocese of Nakhon Ratchasima and Home for the Aged Ratchasima, organized the "World day of the poor." The event aimed to celebrate the Christmas festival by spreading love, compassion, and gifts to the beneficiaries of the community outreach program.

Bishop Joseph Surasak Sirisutthi honored the event as the presiding officer. He extended warm wishes to the attendees and presented gifts to the beneficiaries. The activities during the event included a lecture by MR. Kan Sutham Thevakul on "Cancer Awareness for the Elderly: Know, Prevent, and Stay Strong in the Face of Cancer."

The event also featured performances by Home for the aged Staff, a coloring competition for children, a communal meal, lucky draws, gift presentations, and the distribution of livelihood bags. A total of 133 people participated in this year's event.



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Home Care Project in the city of Korat Year 2023





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