

# Senior Home

By Jawaher Al-Asmar

Students from the **Flame Club** went on a trip to Qatar Foundation for Elderly People Care ‘Ihsan’ on April ,11 2016. At the beginning, it was hard to get the approval to visit the elderly home, but we succeeded to get the approval after one month. All the team members were excited about the trip and started to plan for it.

On the day of the trip, Miss Sara Champion and Miss Hayat Samad came with us, and they were responsible for our safety. It was an interesting trip because we took with us some gifts for the elderly men and women who live there.

They were so happy when we gave them these gifts; their smiles expressed a lot of happiness. We took a tour of the building where we saw a clinic, sports area to exercise and strengthen muscles and a small shop that belongs to one of the elderly women there. We bought some sweets from the shops.

While we talked with the elderly people about their feelings and thoughts, it was not easy for us to listen without crying because their pain and their tears tell the tale of loss and longing for sons. Some stories are still in our mind such as one woman asked us to get another gift for a man.

At first we were surprised, and then she said: «I need it for my son to give it for him when he visits me.» Their pain does not have any description, and for that we try our best to help them to ease their lives with very hopeful words. In the end, we learned important things, such as we should help others to forget their pain and try to share moments with them.

If you are interested in joining the FLAME Club, kindly email [funlzone@qu.edu.qa](mailto:funlzone@qu.edu.qa)



# Your Path to a Healthier Ramadan

The Flame Club held a “Your Path to a healthier Ramadan” event on 10 May 2017 at the Qatar University’s female food court. This amazing event aimed to give awareness to students about food habits in Ramadan. It also enriched Math and English skills. Also, Diet Delight center, a nutrition specialist, participated in this event and delivered a lecture to students about the bad food habits during Ramadan. The students benefited and participated in competitions at the event:

- 1 Speaking Competition: The students talked about the food habits in Ramadan in English. The students developed their English skills.
- 2 Write a Note Competition : The students participated in writing notes in English and it helped them with their writing skills.
- 3 Sugar Cubes Competition : This competition required students to use Math skills to calculate how much sugar was in their food. Students were surprised about how much sugar they eat.
- 4 Measure Calories Competition : The students measured the calories in food and compared the amount of calories in different foods, which enhanced Math skills.
- 5 Kahoot Competition : The students took part in asking questions about the topic that the food specialist dealt with, for example, food nutrition and bad eating habits.

At the end of the event some students won prizes. The first winner won a voucher from Diet Delight center for one month’s food during Ramadan. The second and third students won water bottles from Reebok.

