

***Editor's remarks:** As a caregiver, Virginia Chan has a tight schedule. However, she manages to squeeze time to rest and connect with the community. Making the best of her experience of teaching and working at a soap factory, she has become our facilitator for DIY Soap classes every other month and her classes are always among the most popular of all.*

## **DIY, a good way to spend time with your loved ones**

Virginia Chan

I've known several resources of supporting seniors or caregivers. But the events held by Richmond Caregiver Hub are the most attractive ones for me. Apart from plain knowledge and education, stressed caregivers need recreation and fun more than anyone else to maintain good mental health.

When the Hub asked me if I could teach DIY soap here, I hesitated in the beginning because I hadn't done it for quite some time. I thought about it, talked with my family & friends, and decided to take the "challenge."

DIY brought me so much fun before. It's time for me to pick it up again and share with others.

I have many years of experience teaching and working at a soap factory before retirement. I still remember every detail of doing it. I got a list of supplies, made some experiments at home,



and worked out improved recipes and agenda for the caregivers' classes. DIY soap is not hard, but it is never easy. I may make mistakes or encounter challenging situations. But during the preparation and workshops, I felt so much passion and happiness inside me. DIY is wonderful. DIY with those who are just like me caring for their loved ones is even more than wonderful!



*Virginia Chan was facilitating the DIY Soap class for caregivers.*

As long as I am needed by the Caregiver Hub, I'd love to share what I know and enable more to take a break, and experience the beauty of life.

Personally, I also recommend DIY as a good way to spend time



with your family or yourself. It's never too late or too old to do it. You can always start small. And when you get your masterpiece finally in your hands, it will be like sunshine in your heart.



*Hand-made soaps made by Virginia Chan*

