

A photograph of four SCAS volunteers sitting on a wooden boat. They are all wearing bright yellow safety vests. From left to right: a woman with curly hair, a man with a beard, a woman with short dark hair, and a woman wearing a hijab. They are all smiling and waving at the camera. In the background, the Nile River is visible, along with the Cairo Tower and some city buildings under a clear blue sky.

# NEWSLETTER

OCTOBER, 2023

#54

**A Heartfelt Gesture: SCAS Spreading Love  
to Those in Need**

In a world where  
you can be anything  
- be kind.

On September 5th, in honor of International Charity Day, SCAS chose to spread love and kindness. We spent the day with elderly people in need of care and companionship. It was a day of warm conversations, shared stories, and smiles, bringing comfort and joy to their lives. Through our actions, we aim to inspire kindness that makes the world a better place for all.

In a world filled with challenges and uncertainties, one of the most profound acts of kindness is to give love to those in need, particularly the elderly and orphans. These vulnerable groups often face isolation, loneliness, and hardship, making it crucial for us to extend our compassion and support.



# THE ELDERLY: A LIFETIME OF WISDOM AND EXPERIENCE

As we age, we accumulate a wealth of knowledge, wisdom, and life experiences. The elderly are a cherished repository of this collective wisdom. However, many senior citizens find themselves isolated, with limited social interactions, leading to loneliness and depression.

Elderly people, especially those left behind and forgotten by their families, deserve our love and care.





## LONELINESS TAKES A TOLL

Elderly individuals who are left without regular contact with their families often experience profound loneliness. Loneliness is not just a fleeting emotion; it can have serious consequences on their mental and physical health. Studies have shown that loneliness can lead to depression, anxiety, and even a higher risk of chronic diseases. Spending time with the elderly can alleviate their sense of isolation and provide them with much-needed companionship.





# A SENSE OF BELONGING:

Feeling valued and loved is fundamental to human well-being, regardless of age. Elderly people who are left behind may grapple with feelings of abandonment and worthlessness. By spending time with them, you convey the message that they are still an important part of the community, that they matter. This sense of belonging can have a profound positive impact on their mental and emotional state.





## LONELINESS TAKES A TOLL

Spreading love and kindness is a powerful and transformative force that transcends boundaries, heals wounds, and enriches lives. It's a beacon of hope in times of darkness, a lifeline for those in despair, and a source of joy for both the giver and receiver. Whether through a simple smile, a kind word, a helping hand, or a selfless act, love and kindness have the remarkable ability to create ripples of positivity that touch hearts and inspire change.







Amira Said	Sr. PMO Manager
Llian Edward	Tendering Engineer
Passant Nabil	Projects Coordinator
Atef Hesham	Sr. Mechanical Tendering & Procurement Engineer
Eslam Safwat	Sr. Mechanical Tendering & Procurement Engineer
Yasmine AbdelAziz	Junior Projects Coordinator
Samuel Wadea	Accountant
Ousama AbdelAtty	HSE Officer
Soliman Shokry	HSE Officer
Hussein Elsheshtawy	Supervisor
Romany Rizk	Supervisor

**NEW COMERS**