

# FINAL REPORT YEAR 2012



# EDF

The Education for Development Foundation  
มูลนิธิเพื่อการพัฒนาเพื่อการพัฒนา



## SENIOR CITIZENS SMILES PROJECT



**EDF**

The Education for Development Foundation  
มูลนิธิกองทุนการศึกษาเพื่อการพัฒนา



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# **FINAL REPORT**

## **Senior Citizens Smiles Project 2012**

By  
The Education for Development Foundation (EDF)

Sponsored by  
American Women's Club of Thailand (AWC)

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# FINAL REPORT

## Senior Citizens Smiles Project

### Introduction

When we visit the Northeast or “Isan” of Thailand, we can see most of grandparents live alone together with grandchildren whereas the working-age adults are working in Bangkok or the big city. This is really one of the social problems in Thailand which need our support to fulfill the need. In most cases interactions with the younger generation are minimal even though they live in the same family.

However in reality the higher cost of living in the city combined with the meager rates of pay on offer for the available jobs mean there is little, if any, money left to send back to the family. This leaves the grandparents of the household with the twin tasks of raising the children and working to provide an income for the household.

As head of the household senior citizens have a duty to care for their grandchildren. However many senior citizens in rural Thailand suffer many health issues and in general terms do not take good care of either their own health or their grandchildren’s. Diabetes and blood pressure are common among the older generation.

From a mental health perspective many feel inferior and lonely, and lack self-confidence resulting from being unable to easily complete the chores and tasks they were once able to.

As such the children miss out on much of love, care and attention they would otherwise

receive from their absent parents. Many feel abandoned and suffer and low self-esteem and lack self-confidence. In addition there is often a lack of regular nutritious food for the household.

Senior Citizens Smiles and Power Kid Plus+ Project join the activities hand in hand, to educating and empowering senior citizens to take better care for themselves and their grandchildren, moreover to bring a mutual relationship between family members and create a happy family at the end. Organic farm consists with growing vegetable and animal farming are the activities help to build a good relationship between grandchildren and grandparents and help in building self-confidence through joining activities together at home. After the grandchildren getting closer to their grandparents, they get in touch and deeply understand the love, care and affection from own grandparents.

At an initial phase, EDF started Senior Citizens Smiles Project as a pilot project and implementing in 2 schools in Udon Thani at Ban Nhong Wanghee School and Ban Donyang Narai School.

The 6 main activities done in this project are as **Orientation and Training on healthcare knowledge** to senior citizens and students which held on July 6, 2012. **Peer group activity** for senior citizens to promote freely talked and discussed on the interested topics such as sharing on agriculture experience or meditation to reduce loneliness. **Physical health for senior citizens and children**

conducted every Thursday for Ban Dongyang Narai School and every Friday for Ban Nhong Wanghee School. Each school has its own style of exercise such as Ban Dongyang Narai School has “Bamboo stick stretching” whereas Ban Nhong Wanghee school had different style of exercise that is “Elastic stretching”. **Healthy eating / self-sufficiency** through growing organic farm at home.

**Mental health** continue to do praying and meditation mostly before going to bed almost every day. **Aged wisdom** to transfer know-how from elderly group to young generation such as bamboo basket making class, mat making class, bamboo hat class, crochet class and broom making class.

Many things achieved by implementing 6 main activities under Senior Citizens Smiles Project.

- Improved health awareness amongst 100 senior citizens and 100 children in terms of physical, mental and social.
- Improved mental health of senior citizens and children's group as we can observe from the smile on their faces.
- Greater interaction and improved relations between the generations.
- Accomplish love, care and create more understanding between each other.
- The grandparents are proud, happy to transfer aged wisdom to children.
- Most of the senior citizen's family is happier than before.

## Objectives

1. To support and develop better healthcare awareness amongst in senior citizens in rural Thailand (mental, physical and social)
2. To develop children’s healthcare knowledge, self-confidence and learning capacities
3. To increase happiness, health and mutual understanding in the family

## Target group

1. Senior citizen – able bodied, willing to participate, aged over 55 (100 total)
2. Children – aged under 18 (100 total)

## Target area

2 schools in Udon Thani province

-Ban Nhong Wanghee School, Amphur Nhong Wuasor, Udon Thani.

-Ban Dongyang Narai School, Amphur Pen, Udon Thani.

## Duration

June-September 2012

## The project implementation plan

Plan/Activities	Month 2012					
	1	2	3	4	5	6
	May	June	July	Aug	Sept	Oct
1. Finding schools and village to willingly implement the project						
2. EDF officially announces the result of the grant to the school and the village						
3. Sign MOU with the school and Transfer the budget						
4. Orientation about project details with school, project leaders and PESA						
5. Training and Peer group: aware of health care by doctor						
6. Implementation activities such as exercise, organic farm, meditation, teaching children						
7. Monitoring and Evaluation period						
8. The school writes reports and submit to EDF						
9. EDF submits a Report to American Women's Club						



## Activities

### 1. Orientation and Training on healthcare knowledge to senior citizens and students (July 6, 2012)

Before the project started we need to explain and clarify the project details to the target groups to have the same understanding. EDF staff and Udon Thani Primary Educational Service Area 1 divided into 2 teams, one team went to Ban Donyang Narai school and the other team went to Ban Nhong Wanghee School to conduct orientation and training held on July 6, 2012.

Senior citizens are in need of healthcare information, guidance and advice to enable them to better care for themselves and their grandchildren. Both groups need to better understand the needs and challenges of the other to help them support one another. EDF and Udonthani, Primary Educational Service Area 1 organized the Orientation and Healthcare Training at Dongyang Narai School in Amphur Pen and Ban Nhong Wanghee School in Amphur Nhong Wuasor, Udonthani Province. The participants were 130 people consisting of representatives of 25 elderly per school and groups of 25 students per school.

The first session started with a basic medical check up with a local primary care unit such as

body weight, blood pressure and Hypoglycemia testing at the registration time. After opening the session, EDF staff clearly explained the group about the project details and followed with interesting lectures on “Health care for senior citizens” by the Director of Health Promotion Hospital at Sub-district level. The main contents talked about physical health, Healthy eating, and Mental Health for senior citizens. The expert team showed and led all participants to do simple exercise and stretching with bamboo stick or with elastic. A session in the afternoon, we divided two groups for brainstorming action planning session, the first group designed on growing organic vegetable and farm animals, the second group paid full attention to discuss about exercise for the elderly group, aged wisdom activity to transfer knowledge to grandchildren and peer group activities. Before ending, each group presented their action plan to all participants. After that, everyone went back with smiles and happy to join this useful project.



**Schedule  
July 6, 2012**

Time	Activities	In charge person
08.00 – 08.30	Registration	School
08.30 – 09.00	Medical Check-up for Senior Citizens - Weight and height /blood pressure	Health Promotion Hospital, Sub-district level
09.00 – 09.15	Ice breaking game	School
09.15 – 09.20	- Self introduction - Explain about today's objective	School EDF
09.20 – 10.00	Senior Citizens Smiles Project in details	PowerPoint By EDF
10.00 – 10.15	Break	School
10.15 – 12.00	Lecture on "Health Care for Senior citizens" - Exercise - Healthy eating - Mental health	Expert from Health Promotion Hospital at Sub-district level
12.00 – 13.00	Lunch	School
13.00 – 14.30	Workshop  Group 1: Action plan and budget for Peer group activity and Aged wisdom activity (Teacher+Community leader+Senior citizens)  Group 2: Action plan for Exercise and healthy eating (small group with 4-5 members senior citizens + students) - Presentation from each group	Project Supervisor/EDF
14.30 – 14.45	Break	School
14.45 – 15.30	Conclusion and closing speech	EDF





## 2. Peer group activity for senior citizens

As we know that most of senior citizens live alone during day time when their grandchildren study at school. Peer group discussion is an activity to gather them to talk freely once a month.

At Ban Dongyang Narai School, there were 4 topics to be discussed under Peer group discussion activity such as sharing of **agricultural experience, bamboo handicraft, crochet and summarize about each activity**. Peer group discussion is usually taking place every Thursday at 16.00-17.00. Actually it is an activity to make senior citizens feel relax, having a sense of group belonging and be a part of the group.

Date	Topics discussed on the peer group discussion
July 24, 2012	Agricultural experience
August 9, 2012	Bamboo handicraft
September 6, 2012	Crochet
September 13, 2012	Summarize about each activity

At Ban Nhong Wanghee School selected mainly 2 topics about health care for senior citizens and meditation/listen to Buddhist teaching.

On July 24, 2012, **peer group discussion** just started for the first time and because the project activity just started for a week and most of them do not feel confident to do organic farm at home, so this was a very good floor for them to talk and share to each other. The first topic selected by senior citizens was on “Agriculture experience” just to share about knowledge, different technique, know-how to raise chicken, fish, duck and vegetables. There were 62 persons participated and gained lots of knowledge such as how to reduce investment cost, how to prevent animal diseases, and so on. The school had completed the other 3 more times for peer group discussion on the remain topics. Usually, the peer group discussion took place on the same day of exercise and the school provided with lunch and break to all senior citizens and those who participated in the activities.

According to the observation, found that the senior citizens groups sharing this session with smiles because they got chance to socialize with each other on the topic they are in need, they feel to spend time in a useful way, have many friends, and knowledge increased.

### **3. Physical health – senior citizens and children together**

Exercise for senior citizens group was organized for 12 times every Thursday for Ban Dongyang Narai School and every Friday for Ban Nhong Wanghee School. Once a week, from 16.00-18.00, senior

citizens group gather together for exercise activity and peer group discussion. At Ban Dongyang Narai School has own exercise style of “**Bamboo stick stretching**” led by health volunteer and student leaders, they use to do exercise at school or space in the village. At Ban Nhong Wanghee school had different style of exercise that is “**Elastic stretching**”. At the beginning there was a meal provided for all senior citizens who participated, after 4 times, no more meals provided and the teacher thinks the senior citizens group might not come for exercise, surprisingly, all 50 senior citizens and children still joined the exercise organized every week even though there was nothing given to them after exercise. This show that the senior citizens group was really seeing the importance of exercise because they always get wellness, refreshment, joyful when finished the exercise.



#### 4. Healthy eating / self-sufficiency

Diabetes and blood pressure is common diseases among senior citizens, therefore eating habit is very important to prevent and keep healthy all the time. The 2 schools already have organic farming activity at school with the help of community people, teachers and students. Senior citizens work to help children at school to grow organic vegetable and farm animals. The school provided with seeds, breed tree and with knowledge and know-how existing, then the senior citizens can easily create a vegetable bed at home with children.



At senior citizen families grow vegetables which can grow in rainy season such as onion, mint, lemon grass, basil, banana, chili, galangal, sweet basil, water spinach and so on. Each family started to raise either chicken or fish or duck or frog at home together with their grandchildren. Usually, grandchildren help to do watering vegetables and feeding animals.



#### 5. Mental health

Mostly, senior citizens go to the temple with their grandchildren only on Buddhist holy day around 4 times a month. The grandparents go to the temple to do meditation, listen to Buddhist teaching and also they help in volunteering activity at the temple either cleaning or washing dishes.

Moreover, children and grandparents continue to do praying and meditation mostly before going to bed almost every day.



#### 6. Aged wisdom

We want to use the wisdom of the senior citizens to teach and inspire children and to help build relationships. By doing this activity senior citizens feel proud and happy that they can show their power by transferring their wisdom to young generation. This is also to carry on the local wisdom from one generation to the next generation, otherwise it will disappear.



**At Ban Nhong Wanghee School**

- Aged wisdom class conducted on July 20<sup>th</sup>, 2012 at Nhong Wanghee School on the topic related to home agricultural farm such as a feeding chicken, feeding catfish, or farm planting.

- Mat making class, the expert is 75 years old and still can go to school and teach students with patience. Mat has a wonderful design and it is quite difficult for young generation to easily follow. One piece of mat takes at least 5 days to complete and can sell only 300 Baht a piece.



- Bamboo basket making class, used to stream sticky rice. Many senior citizens can make bamboo basket and can teach this know-how to students at school. The bamboo basket sells for 8 Baht per pieces and for the fast maker can make about 30 pieces a day, it is an extra money for the family.



**At Ban Dongyang Narai School**

Aged wisdom classes are conducted every Wednesday from 14.30-16.00.

The school conducted 3 topics of aged wisdom by coordinating with senior citizens and invited them to be the resource persons as below;

- **Bamboo hat class** taught by senior citizen for 35 M.1 students. The resource person taught for 3 times already by practicing students to do by themselves. Now all of 35 students can show their skill in making bamboo handicraft.



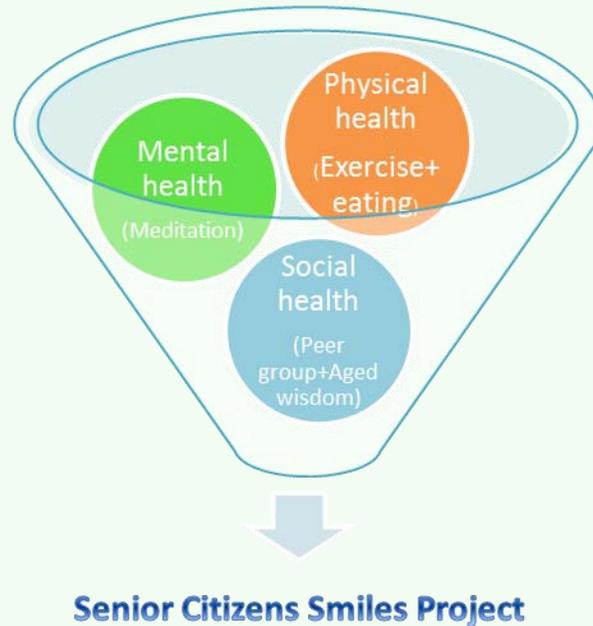
- **Crochet class**, this activity is for M.2 students, 35 students. Mostly, female students are able to do it well, but only male students are not so skillful that because of their nature. All of students from M.2 class gained knowledge about how to do crochet.



- **Broom making class**, it made of grass flower which can easily find from the village or the village nearby. This is very useful because after making students can use it to clean classroom and no need to buy it. All 37 students from M.3 class are interested and enjoyed a lot to learn broom making. The school has integrated this activity into Basic Career and Technology Subject. Therefore, students get chance to study this interesting class every week.



## Achievement



1. Improved health awareness amongst 100 senior citizens and 100 children in terms of physical, mental and social. All senior citizens realize and aware of taking better care of themselves and grandchildren. As a prove, we can see that almost every senior citizens join exercise at least once a week and they eat from organic farm at home and be more careful about eating as the health volunteers always follow up and provide healthcare knowledge to them.
2. Improved mental health of senior citizens and children's group as we can observe from the smile on their faces. Prayer and meditation are much helpful to strengthen their mind.
3. Greater interaction and improved relations between the generations. After joining farming activity between grandparents and grandchild, it was really improved the relationship among them. The child gained more confidence to talk openly with his/her grandparents without shy, and they could feel that in fact grandparents always love and care them.
4. Through several activities that children join with grandparents, both generations are really developing love, care and create more understanding between each other. This is really reducing the age gap, children feel that they receive lots of affection from their grandparents, even though they are away from parents.
5. The grandparents are proud, happy to transfer aged wisdom to children. This is really a power of aged that they can do such a valuable thing and in fact there are lots of things within grandparents for young generation to learn.
6. Most of the senior citizen's family is happier than before.

## Success Stories

### Ban Dongyang Narai School, Amphur Pen



**Name** Mrs Moon Wongharimat, 67 years old  
**Address** 78 Moo 17 Tambon Jomsri, Amphur Phen, Udon Thani province  
**Occupation** Farmer **Family members** 2 persons

Two generations joining activities together, children do not go to play game from internet whereas grandparents have physically and mentally improved. In the past, senior citizens used to live separately, most of them do not socialize and communicate among each other, but now things have turned in a better way, most of community people cooperate and participate in school activities.

After the project has been introduced to the school and community, there is no problem about game addiction and motorbike club. One more important advantage is aged wisdom will not be disappearing because there are the process to transfer knowledge and know-how from old generation to the young generation. Once when children are more skillful, then they can do as a small business and earn extra income.

If someone asks about the success of the Senior Citizens Smiles Project, the laugh of joy and smile on senior citizens's face can be one indicator to measure the project success at the initial step.

Mrs. Moon Wongharimat, 67 years old, one of the senior citizens target group from Ban Donyang Narai Village. From a person who hardly paid attention to her own health and wellness, she has changed to healthier and happier lifestyle. When AWC, Thai Health Promotion Foundation and EDF had visited the project site, Mrs. Moon proudly showed her small vegetable garden near to her small house to all of us. She said that she grew vegetable with Ms. Worada Posi-ngam or "Sai", a 13-year-old niece. The school provided breed tree and let grandmother and niece grow and maintain trees. Mrs. Moon family can take this vegetable for their meals.

"Mrs. Moon and Sai are the two members in the family, because Sai's parents are working in the city, both parents will visit home only on important festival occasion. The school promotes and support villager to grow organic farming at home, Mrs. Moon went to school and received vegetable breed tree.

Every Thursday, Mrs. Moon attends exercise and never miss any day, it seem Mrs. Moon is very enjoy doing exercise, even though her house is quite far from the school. She thinks this is really a very good activity to keep her healthy. She felt that the project has drawn her closer to her family and vice versa. It's also given her chances to communicate more with the younger generations in order to lessen the generation gap. Peer group chat among the elders was as a tool to create a better living, reduce stress and loneliness by telling and sharing stories and experiences with friends.

Sai, now is studying in M.2 or grade 8 at the Ban Dongyang Narai School said that her grandmother, Mrs. Moon loves exercise activity held on Thursdays very much because she enjoys to dance with groups and Sai also is a student leaders to lead in exercise activity and having meals together after exercise which make everyone feels happy.

After finishing M.3 or grade 9, I planned to continue further study to higher education, now Sai is saving money for her future. Sai would like to be a doctor in the future as her dream because she can cure her grandmother. Actually, Sai does not want to work outside the village, she would like to do farming in the village because farming provides lots of things to eat, even though we do not have much money.

**Ban Nhong Wang Hee School**  
**Amphur Nhong Wuasor, Udon Thani**  
**Province**

**Name :** Mr. Boonsarn Luangjan, 69 years

**Address :** 40 Moo 4 Tamboon Nhong-or, Amphur Nhongwuasor, Udon Thani Province

**Occupation :** Farmer    **Family Members:** 7 persons

After his participation in “Senior Citizens Smiles” project, Mr. Boonsarn has seen the changes in his life and could feel abundance of happiness. He felt the lesser stress from loneliness because of the close bond between himself and family members. More family related activity such as gardening, animal farming, and local handicrafts have built up stronger tie within her family. Additionally, Mr. Boonsarn has also passed down his local wisdom and knowledge through the younger generation which create greater understanding and more intimacy within his family. Besides, the project has also encouraged him to live wise and eat well with the daily exercise for aging people, mental enhancement activities such as praying and mediation that can be practiced both at the temple and at home. The children became more caring and respectful to the elders. Moreover, the local hospital has also provided healthcare knowledge and supports for senior citizens in the village. As a result, the project has effectively improved his health and wellness.

**Mrs. Hongthong**, 63 years old  
**Address** 144, Moo 8, Tambon Nong-or, Amphur Nhongwuasor, Udon Thani Province  
**Number of family members :** 4 persons

“After joining Senior Citizens Smiles Project, the grandparents feels more happy both physical and psychological, they do not feel lonely and stress anymore as their grandchildren are closely taken care of them. More importantly, the senior citizens are proudly transfer their knowledge and know-how to their grandchildren and by teaching from time to time make both generations talk, communicate more and well understand each other. Senior citizens and grandchildren get a chance to join project activity such as growing vegetables, chicken farming, frog farming, fish farming, and handicraft at home. Now most of senior citizens realize more about eating habits and pay attention to exercise every week. All enjoy a lot after finish exercise and also after coming from concentration session at a temple nearby. This good practice can be repeated at home, many of them do pray and concentration before go to bed. According to the observation by grandparents found that their own grandchild behave better by taking care of aging health. Moreover, the child knows well about their duties and responsibilities. This project is a very good one by coordinating with nearly all local organizations in the village such as health promotion hospital, helping on medical check up regularly for ages group and providing knowledge on healthcare. This is to add more smiles on senior citizen faces”

### **Conclusion**

Not only senior citizens can smile on their faces but children also smile with full of joy. More importantly, this is a community of happiness and no one wants to leave the village. In the near future, abandon senior citizens' problem might be reduced, because younger generation would not leave their village anymore when they are happy with own community.

# Appendix

## School information

### 1. Ban Dongyang Narai School

**Address**

Ban Narai Tungsawang Village, Moo 2, Tambon Jomsri,  
Amphur Pen, Udon Thani Province 41150  
Tel: 042-220192      Email :

**Type of school**

Primary and junior high school (kindergarten year 1 to junior high year 3)

**Area of educational service coverage**

4 villages : (1) Narai village (2) Narai Tungsawang Village (3) Dongyang village (4) Dongyangpattana village

**Travelling**

64 km from downtown of Udon Thani Province (1 hour driving)

**Year of Establishment:****School Personnel**

Director: Mr. Prawee Panurak

Tel (Mobile): 087-951-0858

Teacher in charge : Mr. Sopon Srichaicherd

Tel (Mobile): 087-861-1655

Teacher in charge : Mr. Peerapong Puangsuwang

Tel (Mobile): 081-051-4114

**Number of teachers:** 16 (Male: 8 Female: 8)

**Projects supported by EDF:**

1. Scholarship
2. Power Kid Plus+ Project (Agriculture& Health Promotion)
3. Clean Toilet Project

## School Statistic

Class	Number of students		Total
	Male	Female	
Kindergarten 1	15	22	37
Kindergarten 2	20	22	42
Primary 1	18	21	39
Primary 2	12	24	36
Primary 3	18	12	30
Primary 4	16	21	37
Primary 5	22	18	40
Primary 6	19	12	31
Junior high school 1	17	18	35
Junior high school 2	18	17	35
Junior high school 3	22	15	37
<b>Grand total</b>	197	202	399

### Number of students with disabilities: 2

School Area: 29 Rais

#### School Facilities

1. Permanent classroom building: 3
2. Multipurpose building: 1
3. Restroom: 18 toilet blocks
4. Computer lab: 2
5. Computer: 20
6. Drinking water tank: 0
7. Non-permanent classroom building: -
8. Library: 1
9. First-aid room: 1 (with 2 beds)

#### School and student needs

1. School uniform
2. Cafeteria
3. Water Tank
4. Traditional music instruments



## 2. Ban Nhong Wanghee School

### Address

Nhong Wanghee Village, Moo 8, Tambon Nhong-or,  
Amphur Nhongwuasor, Udon Thani Province 41220.

Tel: 042-298-275 Email : wanghee@windowslive.com

### Type of school

Primary and junior high school (kindergarten year 1 to junior high year 3)

### Area of educational service coverage

2 villages : (1) Nhong Wanghee village and (2) Kham Mak Koon Village

### Travelling

40 km from downtown of Udon Thani Province (40 minutes driving)

**Year of Establishment:** 1939

### School Personnel

Director: Mr. Pipit Suwansingh

Tel (Mobile): 081-873-4303

Teacher in charge : Ms. Kanjane Yodkiri

Tel (Mobile): 085-746-9327

Teacher in charge : Ms. Lamulpetch Kongsima

Tel (Mobile): 089-937-2730

**Number of teachers:** 16 (Male: 4 Female: 12)

### Projects supported by EDF:

1. Scholarship
2. Library Project
3. Clean water Project
4. Power Kid Plus+ Project (Agriculture& Health Promotion)
5. Clean Toilet Project

### School Statistic

Class	Number of students		Total
	Male	Female	
Kindergarten 1			
Kindergarten 2	17	13	30
Primary 1	12	8	20
Primary 2	15	7	22
Primary 3	9	15	24
Primary 4	10	8	18
Primary 5	13	14	27
Primary 6	7	13	20
Junior high school 1	16	2	18
Junior high school 2	7	5	12
Junior high school 3	11	4	15
<b>Grand total</b>	<b>117</b>	<b>89</b>	<b>206</b>

**Number of students with disabilities: 2**

**School Area:** 15.4 Rais

**School Facilities**

1. Permanent classroom building: 3
2. Multipurpose building: 1
3. Restroom: 28 toilet blocks
4. Computer lab: 1
5. Computer: 35
6. Drinking water tank: 0
7. Non-permanent classroom building: -
8. Library: 1
9. First-aid room: 1 (with 2 beds)

**School and student needs**

1. School uniform
2. Cafeteria
3. Water Tank
4. Traditional music instruments



## Senior Citizens List

Ban Dongyang Narai School, Ban Narai Village, Tambon Jomsri, Amphur Pen, Udon Thani Province

No.	Senior Citizens				Students			Family			Address	
	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name	
1	Mr. Kong Wongprachum	M	69	Farmer	Mr. Thepchai Napangkabut	M	14	5	98	17	Tung Sawang	
2	Mr. Sawan Watcharin	M	62	Farmer	Mr. Rungrawee Tang-oat	M	7	7	159	17	Tung Sawang	
3	Mr. Tee Wongprachum	M	70	Farmer	Mr. Thanakorn Wongprachum	M	6	5	121	17	Tung Sawang	
4	Mrs. Duan Karasai	F	66	Farmer	Mr. Prawit Panjit	M	10	4	134	17	Tung Sawang	
5	Mrs. Ploy Tipsuth	F	69	Farmer	Ms. Chutatip Kaewmuang	F	11	6	58	17	Tung Sawang	
6	Mrs. Huan Panlampak	F	61	Farmer	Mr. Nopparat Panlampak	M	7	5	118	17	Tung Sawang	
7	Mrs. Moon Wongharimart	F	67	Farmer	Ms. Worada Posingam	F	13	2	78	17	Tung Sawang	
8	Mr. Duangchan Apkarat	M	63	Farmer	Ms. Arisa Udomsri	F	8	6	129	17	Tung Sawang	
9	Mr. Wichian Chantornsena	M	65	Farmer	Mr. Thanakorn Chantornsena	M	9	5	146	17	Tung Sawang	
10	Mrs. Pang Aoahanad	F	65	Farmer	Ms. Panida Cherdthong	F	14	4	95	17	Tung Sawang	

Senior Citizens				Students			Family		Address		
No.	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name
11	Mrs. Jiamjit Kampitoon	F	57	Farmer	Mr. Apinan Kampitoon	M	15	6	84	17	Tung Sawang
12	Mr. Sawat Singkam	M	64	Farmer	Ms. Jidapa Narddaeng	F	9	5	90	17	Tung Sawang
13	Mr. Buasi Aoahanad	M	71	Farmer	Mr. Weerapong Thawatmethee	M	11	4	91	2	Narai
14	Mrs. Penprapa Nardsen	F	57	Farmer	Ms. Rungnapa Nardsen	F	12	5	148	2	Narai
15	Mrs. Sim Bunlerd	F	74	Farmer	Mr. Tawan Bunmak	M	9	5	65	2	Narai
16	Mr. Buntiam Sarakarm	M	65	Farmer	Ms. Patchanida Butsurin	F	13	4	67	2	Narai
17	Mr. Kone Hormsab	M	67	Farmer	Ms. Kanokwan Saenthep	F	9	6	120	2	Narai
18	Mr. Amporn Cherdthong	M	59	Farmer	Mr. Somrak Pomchiangpin	M	12	5	136	2	Narai
19	Mr. Cha-on Bunprom	M	60	Farmer	Mr. Thanakarn Mathupha	M	8	4	186	2	Narai
20	Mr. Ploy Wongprachum	M	71	Farmer	Mr. Jirayu Chartpiboon	M	3	6	132	2	Narai

No.	Senior Citizens				Students			Family		Address		
	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name	
21	Mrs. Chaeng Chaisaree	F	65	Farmer	Ms. Mukmanee Chaisaree	F	9	6	127	2	Narai	
22	Mr. Anan Wongprachum	M	60	Farmer	Ms. Tichila Sukmanee	F	11	5	48	2	Narai	
23	Mrs. Sila Nardthong	F	57	Farmer	Mr. Worachai Luedee	M	4	5	131	2	Narai	
24	Mrs. Wanthong Yatan	F	57	Farmer	Ms. Thitiya Duangta	F	11	4	142	2	Narai	
25	Mrs. Mon Bua-ngern	F	56	Farmer	Mr. Jakkrit Buapumthai	M	10	4	99	2	Narai	
26	Mrs. Noona Luedee	F	72	Farmer	Mr. Wayu Luedee	M	8	2	118	3	Dongyang	
27	Mrs. Muan Wongprachum	F	65	Farmer	Mr. Apinan Nardthong	M	9	2	56	3	Dongyang	
28	Mrs. Thin Buawan	F	71	Farmer	Mr. Ponlawat Udaman	M	9	6	34	3	Dongyang	
29	Mrs. Boon Ubonlong	F	76	Farmer	Ms. Riyaporn Bunlerd	F	9	6	27	3	Dongyang	
30	Mrs. Chadee Wongprachum	F	68	Farmer	Mr. Thawatchai Bunlerd	M	9	8	47	3	Dongyang	

Senior Citizens				Students			Family		Address		
No.	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name
31	Mrs. Thai Faiikhao	F	62	Farmer	Mr. Apinan Naree	M	7	3	45	3	Dongyang
32	Mrs. Maeng Saengthong	F	72	Farmer	Mr. Kritsanachai Saengthong	M	10	7	32	3	Dongyang
33	Mrs. Aooob Nardthong	F	71	Farmer	Mr. Siriwat Thungluang	M	9	6	49	3	Dongyang
34	Mrs. Prakai Cherdthong	F	56	Farmer	Ms. Sudarat Jodnok	F	7	5	212	3	Dongyang
35	Mrs. Wang Rodchompoo	F	59	Farmer	Ms. Sunan Jodnok	F	7	6	25	3	Dongyang
36	Mrs. Yod Pakdeesri	F	58	Farmer	Mr. Woramet Pakdeesri	M	9	11	31	3	Dongyang
37	Mrs. Chansi Chaichan	F	58	Farmer	Ms. Pattareeya Phathong	F	7	11	182	3	Dongyang
38	Mrs. Kamphong Buaphai	F	72	Farmer	Ms. Niracha Buaphai	F	4	4	103	16	Dongyang Pattana
39	Mrs. Mai Luedee	F	74	Farmer	Ms. Chaiwat Luedee	M	7	7	88	16	Dongyang Pattana
40	Mrs. Muk Nardthong	F	60	Farmer	Ms. Pitchayanin Sarakarm	F	5	5	8	16	Dongyang Pattana

Senior Citizens						Students			Family		Address		
No.	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name		
41	Mrs. Hua Wongprachum	F	80	Farmer	Mr. Kanakorn Chaisena	M	5	5	75	16	Dongyang Pattana		
42	Mrs. Sawad Wenbap	F	66	Farmer	Ms. Sakai Kamwandee	F	3	3	37	16	Dongyang Pattana		
43	Mrs. Khantee Intachai	F	67	Farmer	Mr. Bon Intachai	M	6	6	17	16	Dongyang Pattana		
44	Mrs. Wanta Wongprachum	F	66	Farmer	Mr. Jeerasak Wongprachum	M	3	3	109	16	Dongyang Pattana		
45	Mrs. Soi Chonnok	F	68	Farmer	Mr. Kritsana Udomsak	M	6	6	76	16	Dongyang Pattana		
46	Mrs. Noon Urai	F	67	Farmer	Ms. Chularat Arj-Udom	F	6	6	20	16	Dongyang Pattana		
47	Mrs. Kongkhan Thungluang	F	60	Farmer	Ms. Suthida Bantaohome	F	7	7	64	16	Dongyang Pattana		
48	Mrs. Kampaeng Chaiwat	F	71	Farmer	Mr. Chayanont Chapitak	M	6	6	11	16	Dongyang Pattana		
49	Mrs. Som Ubonlong	F	72	Farmer	Ms. Cheernicha Buawan	F	2	2	120	16	Dongyang Pattana		
50	Mrs. Kampee Saentom	F	71	Farmer	Mr. Adisorn Cherdthong	M	4	4	78	16	Dongyang Pattana		

### Senior Citizens List

Ban Nongwanghee School, Moo 8, Ban Nongwanghee Village, Tambon Nong-or, Amphur Nongwuasor, Udon Thani Province

No.	Senior Citizens				Students			Family		Address	
	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name
1	Mrs. Lampan Saenplee	F	55	Labourer	Mr. Kridsada Duangdee	M	15	3	98	8	Nongwanghee
2	Mrs. Nang Hongthong	F	63	Labourer	Ms. Tadsaporn Hongthong	F	14	2	144	8	Nongwanghee
3	Mrs. Tia Sai-Udom	F	56	Labourer	Mr. Krit Sai-Udom	M	11	7	61/1	8	Nongwanghee
4	Mr. Song Kamsaeng	M	67	Farmer	Mr. Wayu Kamsaeng	M	14	6	58	8	Nongwanghee
5	Mrs. Boontun Nama	F	57	Farmer	Ms. Sujitra Nama	F	7	4	64	8	Nongwanghee
6	Mrs. Jiang Thanyawan	F	77	Farmer	Ms. Chantakan Kamkummuang	F	10	4	87	8	Nongwanghee
7	Mrs. Daeng Kritkom	F	71	Farmer	Ms. Suchanart Sirisutha	F	11	6	31	8	Nongwanghee
8	Mrs. Sayon Homechaiwong	F	55	Farmer	Mr. Nattawut Srisui	M	9	6	59	8	Nongwanghee
9	Mr. Muey Chairat	M	80	Farmer	Mr. Kittinan Ponsorn	M	11	3	1	8	Nongwanghee
10	Mr. Wanna Srikaew	M	71	Farmer	Ms. Suthida Srikaew	F	13	5	26	8	Nongwanghee

Senior Citizens				Students			Family		Address		
No.	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name
11	Mrs. Wongduan Jaisa-ard	F	55	Farmer	Mr. Ithipon Thongkam	M	13	6	94	8	Nongwanghee
12	Mr. Chan Masaeng	M	68	Farmer	Ms. Rujira Komkla	F	10	3	78	8	Nongwanghee
13	Mr. Chuen Supasorn	M	58	Farmer	Ms. Sirima Supasorn	F	7	4	76	8	Nongwanghee
14	Mrs. Bunlai Jaisa-ard	F	56	Labourer	Mr. Nathakan Jaisa-ard	M	13	6	109	8	Nongwanghee
15	Mr. Samlee Nama	M	59	Farmer	Mr. Chayodom Nama	M	10	3	81/1	8	Nongwanghee
16	Mrs. Kampon Kromthamma	F	61	Farmer	Ms. Wanida Patthaisong	F	12	3	40	8	Nongwanghee
17	Mr. Noo Kritkom	M	78	Farmer	Ms. Kedsara Buachai	F	12	4	30	8	Nongwanghee
18	Mrs. Kamla Sriharat	F	61	Farmer	Ms. Supitcha Srinonerang	F	6	6	41	8	Nongwanghee
19	Mr. Luan Kampramile	M	63	Farmer	Mr. Katasith Samsuwan	M	9	3	44	8	Nongwanghee
20	Mrs. Somjit Tawanda	F	59	Farmer	Ms. Kanokpit Kaowwiset	F	12	6	80	8	Nongwanghee

Senior Citizens						Students			Family			Address		
No.	Name-Surname	Gender	Age	Occupation		Name-Surname	Gender	Age	Members	House no	Moo	Village name		
21	Mrs. Khemthong Buachai	F	67	Farmer		Mr. Suksan Duangrat	M	12	5	22	8	Nongwanghee		
22	Mrs. Toomma Pala	F	89	Farmer		Mr. Dechathorn Duangdee	M	7	3	67	8	Nongwanghee		
23	Mrs. Noonuam Panomai	F	60	Farmer		Mr. Natchapon Bunsarn	M	12	5	124	8	Nongwanghee		
24	Mrs. Nuanchan Phuchamroen	F	55	Farmer		Mr. Anuchit Pimsud	M	15	7	47	8	Nongwanghee		
25	Mrs. Amka Ponklao	F	61	Farmer		Mr. Chaipichit Detkate	M	15	7	102	8	Nongwanghee		
26	Mr. Chalong Komkla	M	69	Farmer		Mr. Kittipan Chapan	M	10	5	166	4	Kammakkoon		
27	Mrs. Samai Poongma	F	62	Farmer		Ms. Chanakran Tosaeng	F	6	5	94	4	Kammakkoon		
28	Mrs. On Wangdee	F	63	Farmer		Mr. Natthapon Wangdee	M	8	4	97	4	Kammakkoon		
29	Mrs. Sao Uttama	F	55	Farmer		Mr. Nattapon Totuang	M	13	4	10	4	Kammakkoon		
30	Mr. Ken Wongsapao	M	55	Farmer		Ms. Mantana Jamras	F	9	8	134	4	Kammakkoon		

Senior Citizens						Students			Family		Address		
No.	Name-Surname	Gender	Age	Occupation		Name-Surname	Gender	Age	Members	House no	Moo	Village name	
31	Mrs. Phan Sirirattanapong	F	61	Labourer		Ms. Rattiyakorn Bordindam	F	14	5	32	4	Kammakoon	
32	Mrs. Tuan Onkaew	F	70	Farmer		Ms. Sasitorn Onkaew	F	11	12	41	4	Kammakoon	
33	Mrs. Kambao Phachan	F	66	Labourer		Mr. Kittinan Suksai	M	15	6	6	4	Kammakoon	
34	Mrs. Samlee Ardpasa	F	59	Farmer		Mr. Theerapong Ardpasa	M	6	6	73	4	Kammakoon	
35	Mr. Bunsarn Luangchan	M	69	Farmer		Ms. Surachart Srikunchorn	M	13	9	40	4	Kammakoon	
36	Mrs. Sa-ngiam Pochai	F	53	Merchant		Ms. Pantita Leecharoen	F	9	8	87	4	Kammakoon	
37	Mrs. Naree Saksamran	F	66	Farmer		Mr. Anucha Pinasa	M	13	9	67	4	Kammakoon	
38	Mrs. Pin Homena	F	60	Farmer		Mr. Manaschai Kamsri	M	13	7	9	4	Kammakoon	
39	Mrs. Amorn Kromfamma	F	63	Farmer		Mr. Sompong Pimbao	M	12	5	20	4	Kammakoon	
40	Mrs. Krathin Sithi	F	55	Labourer		Ms. Namtip Weechai	F	10	6	156	4	Kammakoon	

Senior Citizens						Students			Family		Address	
No.	Name-Surname	Gender	Age	Occupation	Name-Surname	Gender	Age	Members	House no	Moo	Village name	
41	Mrs. Too Kanha	F	55	Farmer	Mr. Apisith Panapet	M	15	6	90	4	Kammakkoon	
42	Mrs. Tee Singbunma	F	57	Farmer	Ms. Yonlada Thong-om	F	10	4	63	4	Kammakkoon	
43	Mr. Sangwan Panhaphon	M	60	Farmer	Mr. Waiyawit Chaownuea	M	7	4	86	4	Kammakkoon	
44	Mr. Tiam Onkaew	M	79	Farmer	Mr. Kittiwit Saengwadee	M	7	5	31	4	Kammakkoon	
45	Mrs. Piam Sibuum	F	56	Farmer	Mr. Phuwanai Namon	M	13	3	43	4	Kammakkoon	
46	Mrs. Buapan Chaowkraboot	F	60	Farmer	Ms. Kanwara Maneewong	F	11	6	167	4	Kammakkoon	
47	Mr. Kittinan Srisui	M	58	Farmer	Ms. Waraporn Chaisert	F	14	4	22	4	Kammakkoon	
48	Mrs. Chansee Baolorpet	F	84	-	Ms. Kanyapat Pratumrat	F	10	7	7	4	Kammakkoon	
49	Mr. Suban Kritkom	M	52	Farmer	Ms. Kamonwan Withee	F	6	5	117	4	Kammakkoon	
50	Mrs. Preeeda Kanha	F	58	Farmer	Mr. Teerasak Chawigkunram	M	14	4	21	4	Kammakkoon	

## FINANCIAL REPORT

### SENIOR CITIZENS SMILES

**JUNE - SEPTEMBER 2012**

No.	Description	Value in Baht		
		Budget	Actual Cost	Balance
<b>1</b>	<b>Activity 1 : Preparation / field survey for selection</b>	<b>9,700.00</b>	<b>9,030.00</b>	<b>670.00</b>
<b>1.1</b>	<b>Field Survey for selection:1 provincel,Udonthani province</b>			
	<b>(25 May 2012)</b>			
	1.1 Transportation in BKK (130*2)	260.00		
	1.2 Bus Ticket BKK-UD-BKK (1 staff@686*2 times)	1,372.00		
	1.3 Van rental ( 1 day@1,800)	1,800.00		
	1.4 Fuel for transportation out BKK (1,457+1,521)	2,978.00		
	1.5 Accommodation	1,400.00		
	1.6 Honorarium for committees ( 2 person*200)	400.00		
	1.7 Overtime for driver (3 hrs@100.-)	300.00		
	1.8 Food & Beverage	520.00		
<b>2</b>	<b>Activity 2 : Training and Peer group</b>	<b>112,900.00</b>	<b>114,576.00</b>	<b>-1,676.00</b>
<b>2.1</b>	<b>Health care training</b>			
	<b>2.1.1 Preparation</b>			
	Transportation in BKK (130*2)	260.00		
	Bus Ticket BKK-UD-BKK (1 staff@686*2 times)	1,372.00		
	Van rental (1 day@1,800)	1,800.00		
	Fuel for transportation out BKK	1,680.00		
	Accommodation	1,400.00		
	Allowance for EDF staff (1 days@210)	210.00		

<b>2.1.2</b>	<b>Training for 2 Schools / villages (2 days / 2 schools) (5-6 July 2012)</b>			
	<b>(50 elderly persons, 10 teachers, 2 EDF staff, 2 recreators, 1 project supervisor 50 student leaders and 20 community leaders (Total 135 people)</b>			
	Transportation in BKK for 2 staffs (2 times 360+260)	620.00		
	Bus Ticket BKK-UD-BKK (2 staffs@1,372)	2,744.00		
	Transportation for 2 recreators(2@1,500)	3,000.00		
	Accommodation for staffs ( 2 night* 2 rooms@1,400)	5,600.00		
	Accommodation for 2 recreators ( 2 night* 2 rooms@1,400)	5,600.00		
	Tip for bellboy (2 times@100)	200.00		
	Van rental (2 day@1,800)	3,600.00		
	Fuel for transportation out BKK (2 schools* 2 days) / (1,600+1,550)	3,150.00		
	Allowance for 2 recreators (2 days@1,500)	6,000.00		
	Allowance and transportation for doctor (2 days@3,000)	6,000.00		
	Allowance for 2 EDF staffs (2 days@210)	840.00		
	Meal and coffee break at school (135 persons* 2 days @150)	40,500.00		
	Materials for schools (backdrop, stationeries, paper, crayon etc.) 2 schools@5,000	10,000.00		
<b>2.2</b>	<b>Peer Group</b>			
<b>2.2.1</b>	<b>Group discussion (2 schools/4 months)</b>			
	Communication / Transportation / Soft Drink / Materials	20,000.00		
<b>3</b>	<b>Activity 3 : Grant to school</b>		<b>145,000.00</b>	<b>145,217.00</b>
	3.1 Exercise with students (2 schools@2,500)	5,000.00		
	3.2 Organic farm (make a plastic ponds/ seeds/ baby fish/ fertilizer making) (2 schools@50,000)	100,000.00		
	3.3 Aged wisdom training for students+materials (2 school@20,000)	40,000.00		
	3.4 Bank Fee for transfer money to school	217.00		

4	<b>Activity 4 : Preparation of project summary repot</b>			<b>2,000.00</b>	<b>2,000.00</b>	<b>0.00</b>
	4.1	Project summary report	2,000.00			
5	<b>Activity 5 : Monitoring</b>			<b>30,100.00</b>	<b>28,092.60</b>	<b>2,007.40</b>
	<b>Project Coordinating cost (4 months)</b>					
	5.1	Communication	1,600.00			
	5.2	Equipment	2,000.00			
	5.3	Office supply	2,200.00			
	5.4	Postage	1,200.00			
	<b>Monitoring ( 10 Sep 2012)</b>					
	5.5	Taxi for 2 staffs (2 times 360+260)	620.00			
	5.6	Air Ticket (BKK-UD-BKK)	3,960.60			
	5.7	Train Ticket UD-BKK (1 staff)	732.00			
	5.8	Accommodation ( 1 night@1,400)	1,400.00			
	5.9	Tip for bellboy (2 times@100)	200.00			
	5.10	Van rental (1 day@1,800)	1,800.00			
	5.11	Fuel for transportation out BKK	1,680.00			
	5.11	Meal and coffe break at school (10 persons@ 150)	1,500.00			
	5.13	Honorarium for driver (UD to Airport)	500.00			
	5.13	Professinal fee for provincial committee (1 person*500*1 day)	500.00			
	5.14	Documentation ( Elderly people health care handbooks (100 units@ 77.-)	7,700.00			
	5.15	Delivery for Elderly people health care handbooks	200.00			
	5.16	Call	300.00			
	<b>Total</b>			<b>299,700.00</b>	<b>298,915.60</b>	<b>784.40</b>



**EDF**

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