

# SAS NEWS

OB-SAS WITH US



## OUR GYM GETS A MAKEOVER!



Entitled *"Staying Fit in Our Silver Years"*, our new gym mural celebrates the strides our residents have made in their physical rehabilitation in the gym space. Staying fit need not be laborious, with a splash of colour, it can be fun too!

Our vividly coloured mural has been a group effort over the months - from creating a meaningful design, to raising funds, and to its eventual fruition with the help of volunteers.

A special thanks to our volunteer artist, Ms Anne Neo, who reached out to us and helped to put all of it together. We would also like to thank Woh Hup who not only sponsored this mural, they also supported us with volunteer painters over weekends to complete the mural. We could not have done it without the support of so many groups of people in our community coming together.

Last but not least, we are grateful to our two resident artists, Mdm Yuen and Mr Lee, for helping to add the finishing flourishes to the mural.

### "STAYING FIT IN OUR SILVER YEARS"

SPONSOR:  
 **WOH HUP**  
 BUILDING WITH INTEGRITY

PARTNER:  
 **THE GIVING COLLECTIVE**

DESIGNED BY:  
 Anne Neo, January 2024



**CNY CELEBRATIONS**

The Lunar New Year is an occasion close to many of our residents' hearts - a cultural celebration of the passing of another year, and a time spent with loved ones. Since not many of them get to spend as much time with their loved ones as they would like, we are ever grateful to have multiple groups of volunteers coming down to celebrate this occasion with them. We even had volunteer groups bringing them on outings!

Rotary Club of Singapore brought a group of our residents to Chinatown, PLMGSS invited our residents to a specially conducted carnival at their school, and our neighbour, Hong Lai Sze temple, as well as Caring Touch treated our residents to a hearty CNY meal outside!

For our residents who were unable to travel the distance, we had many volunteer groups who brought the celebration to our home! This festive period has been chock full of cny snacks, stunning performances, and fun activities.

Our gratitude goes out to everyone who has helped to fill in the festive joy that is always much needed in our home.



## FORTUNE BAGS (福袋)



We were also extremely grateful to receive fortune bags for our residents. These festive fortune bags were filled to the brim with some of their favourite CNY goodies and useful rations that they could use in their every day.

A big thank you to FairPrice Group and SATS Ltd (via Community Chest) for donating these gifts to our residents!



## ST JOHN'S BRIGADE



For the month of March, student volunteers from St John's brigade have been collaborating with our rehab team on a weekly basis to conduct activities for our residents. They would engage in activities such as gardening, games, art & crafts, and , karaoke.

Over the weeks, it is truly a joy to see the students become fast friends with our seniors as they chat amongst each other while engaging in the activities.





## RELIGIOUS FELLOWSHIP

Our Medical Social Services (MSS) team has expanded their psychosocial support to include our residents' religious beliefs.

While not all our residents are religious or share the same beliefs, religion is often a source of comfort and peace, especially in trying times. We believe that providing religious support can also help with their mental well-being during their stay here.

Many of the religious fellowships are conducted by religious organisations on a voluntary basis, and for that we are ever thankful for not only helping our residents on a spiritual level, but also for forging meaningful bonds with our residents during each session.



*Thank you to En-Naem Mosque, Brighton Community Church, Paya Lebar Chinese Methodist Church for their religious outreach!*

## TEMPLE OUTING



On 7 March, with the much needed help of our volunteers, we were able to bring 10 Buddhist residents to Kong Meng San Phor Kark See Temple. Located on Bright Hill Road, this is the biggest temple in Singapore.

On our trip to the temple, our residents managed to join the ongoing mass prayers. Our gracious host also brought our residents on a tour of the different sites and shrines on the temple grounds. This religious experience was finished off with a simple vegetarian meal before heading back.

We would like to thank our volunteers, especially Ms Ng Saw Hoon (she is also our residents' Nagomi art teacher) who graciously sponsored for the wheelchair transport to ferry our residents and volunteers to and from the temple.

## TENG GIVES BACK



Teng Ensemble is back! We are so glad to have this Chinese and Western fusion ensemble to have them perform again for our residents. Our residents were even humming and singing along to some of the more familiar songs!

In commemoration of their 20th Anniversary, the Teng Company also filmed a special at our home. Stay tuned for the upcoming special and congratulations to the Teng Company for 20 amazing years!

## AUTHENTICO WIND ENSEMBLE



Another music group that has performed for our residents is Authentico Wind Ensemble (AWE). They brought many popular oldies much to the delight of our residents.

If you would like to check them out, they are having their annual performance at SOTA entitled "Impressivo IV - An Evening of Tribute & Honour" on 27 April 2024.



# PHOTO BANK OF OUR JAN- MAR HIGHLIGHTS



*PLMGSS Lunar New Year Carnival 2024*



*Student volunteers with nEO*



Outing to Kong Meng San Phor Kark See Temple



Farewell Party for Mr Ibrahim!

# UPCOMING EVENTS



## SINGAPORE CHINESE ORCHESTRA (SCO)

**16 April 2024**

We are honoured to have SCO grace our premises to perform for our residents. We even heard that their conductor is coming down, so we can definitely expect a great performance!



## HAND HYGIENE DAY

**3 May 2024**

Cleaning your hands in the right way, at the right time can save lives. We are taking this day to improve on our hand hygiene practices. Together, we can sustain a culture of safety and quality starting with hand hygiene improvements.



## VESAK DAY

**21 May 2024**

To commemorate Vesak Day, a sacred day to millions of Buddhists around the world, our MSS team are organising a mini celebration to observe this day of reflection.