

# SAS NEWS

## OB-SAS WITH US



## HORSING AROUND



For many of our seniors, this was their first opportunity to be up and close with horses. The experience was both exhilarating and enlightening. To our surprise, many of our residents approached the horses with confidence, eager to share their warmth and smiles. Some of them even nuzzled close to the horses!

Engaging in activities like this not only brings joy but also enhances the emotional well-being amongst our seniors. The bond with animals has a remarkable ability to elevate spirits and cultivate a sense of calm and happiness.

There is a growing incorporation of Equine Assisted Therapy within the traditional healthcare sector, aimed at fostering therapeutic human-animal interactions to assist with stress, depression, and other mental health challenges.

A heartfelt thank you to Equal: Animal-Assisted Services for organising this wonderful activity for our seniors, especially our generous sponsors who continue to support our mission of enriching the lives of the elderly.

## EOY STAFF PARTY



Our Hawaiian themed End of Year Staff Party was such a blast with our talented staff performances that really took it to the next level! The evening was filled with exciting announcements, lucky draws, best dressed contests, and scrumptious food. It also wouldn't be a night without recognising achievements and celebrating the dedication of our staff.

We are also proud to honour our achievements and celebrate the dedication of our team. Several staff members were recognised with long service awards, with the longest one being an impressive 25 years with SAS.

We hope everyone had a chance to unwind and have fun. Thank you for a year of dedication and perseverance. Here's to creating more memories together. Cheers to all for making our workplace a vibrant and special community! Let's continue supporting one another, and may the coming year be filled with success, happiness, and continued camaraderie among our staff.



## GRANTING WISHES

Thanks to a joint effort involving families, Ambulance Wish Singapore (AWS), Tan Tock Seng Hospital (TTSH) Project Care, and SAS, we have fulfilled the final wishes of our residents.

### Celebrating Mdm Ng's Wish

For Mdm Ng, we organised a delightful Durian party, enveloped in the warmth of her family, volunteers, and a special guest — her lifelong idol, Andy Lau. She was so charmed by the Andy Lau cutout that it stayed by her bedside for weeks.

### Reuniting Mr. Tan with Family

Mr. Tan expressed his desire to reconnect with his two sisters, who had been apart for quite some time. One sister resides in another medical facility, while the other faces memory challenges that complicate visits. Our Medical Social Services (MSS) team really worked hard to reunite the three siblings at our aptly named Reminiscence room where they spend a heartwarming time catching up with one another and walking down memory lane.



## REHAB DAY



Rehabilitation is not just about healing, it's about empowering lives one step at a time. Every year, our Rehab team celebrates Rehab Day as a combination of Physical Therapy and Occupational Therapy Day.

This special occasion honours the dedication and hard work of our therapists and the incredible progress of our residents. The event is filled with engaging activities and inspiring talks.

The day is a testament to resilience, hope, and looking towards a brighter future, where every small victory is celebrated and every challenge becomes an opportunity for growth.



## DEEPAVALI CELEBRATIONS



During this festival of lights, we had multiple groups coming down to celebrate with our residents and staff. From getting a taste of the festive snacks to making vibrant coloured rangolis, we had an absolute fantastic time with our volunteers.

This festival not only illuminated our spaces but also our hearts, reminding us of the beauty of cultural exchange and the importance of community spirit. One of our Chinese residents commented that in his 91 years, he's so grateful that this is his very first time celebrating Deepavali and what an eye opening cultural experience this is for him!

A big thank you to our friends from The Kindness Ripple, Big At Heart, and Soniya & family, for celebrating with us and touching the hearts of our residents and staff.

## OFF TO THE OCEANARIUM

Our residents recently had an unforgettable outing to the newly transformed Oceanarium, courtesy of our volunteers from DBS Singapore! It was an afternoon filled with awe, excitement, and meaningful conversations as our residents explored the deep sea wonders of marine life.

What made this outing truly special was the opportunity for our residents to bond with the volunteers from DBS. Together, they shared stories, laughter and unforgettable moments that will be cherished for a long time.

Thank you for spreading joy and making a difference in our community!



## SAS ANNUAL APPRECIATION LUNCH



Thank you to everyone who came down to celebrate with us on 8 Nov! Our annual Appreciation Lunch celebrates our partners, donors and volunteers from all walks of life, each pitching in in their own way.

We hope everyone enjoyed the line up of performances by *Golden Beats* (our resident drummers), *Avenue One* (our staff), and volunteers (Serene & Friends).

And to those who could not make it down, we missed you and hope to see you soon!

## CHRISTMAS FESTIVITIES



We had ourselves a busy festive period with volunteers coming down to celebrate with our residents chockful of songs and activities. We had carols ringing in the air through the month and Christmas decorations that really gave our Home the sparkling holiday vibes.

Thank you all for coming together and reminding us what the true Christmas spirit is! Many unforgettable memories were made.

Huge shout out to The Young Hearts by EZ4U, Paya Lebar Chinese Methodist Church, SG Helping Hands, Kung Mern Sern Tau Yen, SG Pools, Brighton Community Church, St Anne's Church, Authentico Wind Ensemble, Faith Music Centre, Rotary Club of Singapore West (RCSW), Rotary Club of Sentosa, and Betty's Fabulous Volunteers' Club.



## PHOTO BANK OF OUR JULY - SEPTEMBER HIGHLIGHTS



*Games & Activities with Fitch Group*



*Sweet Christmas coffee treat for staff from Rotary Club Singapore*



*Outing to Jewel with SATS volunteers*



*Christmas crafts by our residents during Rehab Art sessions*



*Christmas Celebration with Rotary Club of Sentosa*



*Nov and Dec Mass Birthday Celebrations with The Young Hearts by EZ4U and RCSW - Dec Cake Sponsor: Clifford*

# STAY TUNED



## Join us for an evening of celebration and connection!

Support our residents in need by purchasing a table, contributing to our goal of raising S\$300,000 to preserve vital facilities and provide compassionate care to over 4,000 seniors in Singapore for the past 57 years.

Every table purchased makes a meaningful difference in the lives of our elderly residents. Let's strengthen the ties that bind us!



Date: 27 March 2026 (Friday)

Time: 6:30pm

Location: Novotel at Kitchener

Purchase a table now:

[www.societyagedsick.org.sg/  
donation/charity-dinner/](http://www.societyagedsick.org.sg/donation/charity-dinner/)

## YOUR DONATION CAN HELP MAKE A DIFFERENCE



(Step 1) In the reference box, enter:  
"Donation, NRIC/FIN/UEN, Mobile no."  
to **enjoy 250% tax deductible** benefits.  
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with the above information after you've  
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