

# SAS NEWS

## OB-SAS WITH US



Picture a small horse trotting up to your bedside and nudging your arm gently for a pat. You stroke the amiable creature's mane and feel the texture between your fingers — that's the experience that we were able to bring for our residents thanks to our generous sponsors and everyone who donated to the *Pet With Me* fundraising campaign!

After the positive response from the stables outing at Equal last year, we went on to partner with them to bring the experience in-house for our residents who are less mobile. Our aim is to give our residents, whether they are on their beds or seated, a chance to experience this therapeutic moment.

Starting in March 2026, Equal arranged for two miniature horses to visit. Due to their small size, the horses were navigated between the beds easily and brought such immense joy into our wards. Our residents were so intrigued by the miniature horses. For many, it was their first time getting up and close with a horse. Many of them were also in disbelief that horses could be so small - for reference these miniature horses grow to be the same size as a larger dog.

These adorable animals made the rounds in the ward, stopping at every bed to greet the residents. The horse trainers/guides encouraged our residents to pat the horses lightly on their head and brush their mane. Of course some of our residents were hesitant at first, but most of them quickly opened up as the horses were so tame and patient. The gentle nature of the horses seemed to work wonders, lifting spirits, and sparking conversations among the residents. Laughter and smiles filled the rooms as the horses playfully nuzzled against hands and accepted pats with delight.

The therapeutic benefits were evident. Not only did the visit brighten the day, but it also encouraged social interaction and provided a calming influence that created lasting moments of joy and connection for everyone involved.



# HAND HYGIENE DAY 2026



Every year on May 5, we commemorate World Hand Hygiene Day with an event dedicated to raising awareness and highlighting the importance of hand hygiene practices, particularly within our nursing home.

The event featured interactive booths, engaging contests, and fun games that made learning about hand hygiene an enjoyable experience.



## THIS ACTION SAVES LIVES!

Preventing the spread of harmful germs not only safeguards our residents during their care but also protects our staff, enabling them to provide care without compromising their own health.





## GROW WITH US: HYDROPONICS



Our therapeutic gardening program is sprouting new ways to enhance the quality of life and overall well-being of our residents. The Grow with Us Project is a therapeutic gardening programme developed to enhance the quality of life and overall wellbeing of residents. Through meaningful and structured gardening activities, the programme seeks to provide residents with opportunities to remain physically active, socially connected, cognitively stimulated, and emotionally engaged. Whether they're in a wheelchair or bed, everyone with a green thumb (or a desire for one) can join in the fun!



This year, we've launched an indoor hydroponics gardening system that lets our residents grow herbs and veggies indoors all year round, right inside the nursing home. The hydroponics component enables year-round indoor cultivation of herbs and vegetables within the nursing home environment, providing residents with regular opportunities to participate in planting, monitoring, harvesting and caring for crops. The traditional gardening component complements this by allowing residents to engage in outdoor gardening activities involving vegetables, flowers and ornamental plants.



Together, these two gardening styles create a vibrant ecosystem perfect for residents of all interests and abilities. Plus, it's not just about gardening! The program connects with other fun activities like cooking, arts and crafts, memory-sharing sessions, and social programmes. Residents can enjoy the full journey from planting seeds to enjoying a tasty meal, boosting their sense of achievement and community spirit.

Beyond resident engagement, the project also seeks to build long-term sustainability by equipping staff with gardening and hydroponics management skills, while establishing systems and processes that will enable the programme to continue benefiting residents for years to come.



## SHAPING THE FUTURE OF SAS



Our Board members, Executive team, and IT Sub-Committee recently convened for impactful retreat sessions that focused on the future of SAS.

### Strategic Planning Retreat

Under the leadership of our CEO, Mr Timothy Liu, the strategic planning retreat offered a valuable opportunity for open dialogue, thoughtful discussions, and personal reflections on our collective purpose. This gave moment for us to pause, reflect, and explore how SAS can continue to enhance the care we provide to our residents.

We are thankful for the commitment and heart from everyone who attended. Together, we look forward to creating more possibilities. With a shared vision and teamwork, we hope to continue making SAS a place of care, comfort and dignity for our residents.

### IT Sub-Committee Engagement

In a separate session, our IT Sub-Committee engaged in an insightful discussion to outline SAS's IT transformation plans. As the needs of care evolve, technology will play a crucial role in supporting our staff, streamlining work processes, improving resident care, and protecting vital information.

Our IT journey goes beyond mere system upgrades or equipment replacements; it is focused on empowering our care teams to work more efficiently, minimising manual processes where possible, and allowing staff to concentrate on what truly matters — caring for our residents.

We are thankful for the dedication and passion shared by all participants. With a unified vision and strong collaboration, we anticipate building a stronger and more future-ready SAS for the residents we serve.



## CIAO, FATHER SIMON

In May, our Catholic residents bid farewell to Reverend Father Simon Ho after 2 years of knowing him. He has been holding monthly Holy Mass at SAS since April 2024, and is well loved by our residents. What began as a small gathering of about 8 residents soon grew beyond the small room's capacity. The sessions were soon moved to the MPH as the congregation more than doubled in size, with NOKs joining in as well as more volunteers! These sessions bring about comfort and inner peace for our residents, which is invaluable to us.

While we will miss Father Simon, we also wish him all the best as he furthers his studies in Rome. Thank you for becoming a beacon of hope and providing spiritual guidance for our residents. We hope to hear from you as you continue extending your ministry.



## DRAGON BOAT FESTIVAL

The Dragon Boat Festival is a cherished tradition amongst many of our residents who always anticipate the fragrantly wrapped dumplings this time of the year. A big thank you to all the donors who sponsored dumplings for our residents. That effectively welcomed the festivities into the wards.



For many of our residents, this was the highlight of their day, and it really brought back fond memories. We are grateful for the opportunity to keep these cultural festivities alive, fostering a sense of community and belonging within our Home.



## LEARNING FROM FELLOW NURSING HOMES



Our Executive team had the privilege of visiting Sree Narayana Mission Home @Riverwalk and St Joseph's Home, Catholic Welfare Services Singapore, for a site tour and learning exchange.

The visits were meaningful and insightful, giving us the opportunity to hear from both teams about their operations, care approaches and the heart behind the work they do each day.

As Singapore moves towards a super-aged society, it is important for service providers like SAS to continue learning from one another, sharing good practices and working together towards better outcomes for our residents.

Our heartfelt thanks to Mr S. Devendran and his team from Sree Narayana Mission Home, and Ms Ivy Lim and her team from St Joseph's Home, for their warm hospitality and generous sharing.

**ALL DONATIONS \$10 & ABOVE ARE ELIGIBLE FOR 250% TAX DEDUCTION.**

Share a meal with those in need

# COMFORT IN EVERY BITE

- ✓ Modified Meals
- ✓ Tube Feeding

**SCAN ME**

Imagine being hungry, but afraid to swallow. For many of our 400 residents, a simple meal can be a struggle. Most of them suffer from swallowing difficulties, making regular food a choking risk.

To keep them safe, our vendor prepares every meal in four different textures—from chopped to smooth blends.

Every day, we serve over 1,400 meals. Whether it's a bowl of soft porridge or a blended nutritious soup, these meals give our residents the strength they need to keep going.

Your gift today puts a safe, warm meal on the table for a senior who can no longer cook for themselves. It's a simple way to show them they are cared for.

**How your gift helps:**

- \$20: Gives a senior 3 meals & 2 tea breaks for a day
- \$50: Provides all meals for a resident for 3 days
- \$500: Feeds a senior for an entire month

# HONOURING OUR PIONEERS:

Upgrade Our Nursing Home for a Brighter Tomorrow

**SCAN ME**

Help Us Upgrade Our Nursing Home for a Brighter Tomorrow! Our facilities are crucial in providing a caring environment. However, after over two decades at our Hougang compound, our buildings and facilities need major repairs and updates.

Your donation will bring joy and dignity to our elderly residents.

**Your contribution will help us:**

- Re-waterproofing, re-plastering, resealing, repainting of wards
- Replace old carpentry work in the wards
- Replace damaged window panes and worn-out sliding doors
- Replace sanitary fittings in ward bathrooms
- Address other essential repairs and maintenance

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# ESSENTIAL CARE FOR OUR ELDERLY



**SCAN ME**

Most of us don't have to think twice about staying clean and dry. But for our residents, it is a basic comfort they rely on us to provide.

Since many of our seniors spend their days in a wheelchair or in bed, high-quality diapers are not a luxury—they are a must. These diapers help prevent painful skin rashes and keep our residents feeling dignified and fresh throughout the day and night.

For a senior from a low-income family, the cost of diapers adds up very quickly. We want to make sure our cupboards are always full so that no one ever has to wait for a change.

Your donation is a simple but powerful way to show a senior that you care about their comfort. It's a gift of dignity that they will feel every single day.

**How you can help:**

- \$80: Gives a senior a full month's supply of diapers
- \$240: Provides three months of comfort and hygiene
- \$480: Supports a resident's essential care for six months



# KEEP THE WHEELS OF CARE TURNING



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# FOLLOW US!



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THE AGED SICK

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## Stay in Touch



@SASnursinghome



WE NEED  
YOUR HELP



# YOUR DONATION

can help to provide quality  
care to the aged sick in need.



(a) In the reference box, enter:  
"Donation, NRIC/FIN/UEN, Mobile no."  
to **enjoy 250% tax deductible**  
benefits.

e.g. *Donation S1234567A 91234567*

(b) Email us at:  
[donation@societyagedsick.org.sg](mailto:donation@societyagedsick.org.sg)  
with the above information after  
you've made the donation.