

SAS NEWS

OB-SAS WITH US



This year's Nurses' Day took on a quieter and more relaxed tone as we emerged from the influenza season. With several reasons to scale back the celebration, we still wanted to make sure our nursing and care staff knew just how much we valued their dedication and service.

So, instead of a big gathering, we kept it simple and heartfelt — a bubble tea cart, flowers, bentos and cake for everyone.

Through the long and demanding weeks of the influenza season, our nursing and care staff remained steadfast in caring for our residents. Their patience, professionalism and compassion did not go unnoticed.

This Nurses' Day, we simply wanted to say thank you — for the care you give, the strength you show and the difference you make every day.



DHARMA DRUM SINGAPORE (DDS)



文/王美玲, 法鼓山新加坡护法会
活动时间/2026年8月21日

传递光明与祝福：

安老协会里，最动人的陪伴与祈福。

时隔三个月，法鼓山新加坡再次走入安老协会于8月21日举行「2026年浴佛祈福法会」。这是暂停三个月后，首次恢复每月定期举行的祈福活动。

熟悉的佛号再次响起，宁静的法音回荡安老协会的活动礼堂。此次法会共有45位义工到场护持。有人负责布置庄严的坛场，有人准备灯钵，让长者能够在佛前供灯；有人陪伴行动不便的长者，也有人协助长者完成浴佛。

其中最令人动容的，是陪伴长者浴佛的时刻。有些长者行动不便，有的坐在轮椅上，有的长期卧床，双手已经不再灵活。义工便轻轻扶着他们的手，一起舀起净水，一勺一勺地为太子佛浴佛。

看似简单的三个动作，对于年迈、身体虚弱的长者而言，却需要付出不小的力气。义工没有急着代替他们完成，而是在一旁耐心守护，轻轻扶持，让长者亲自完成这份虔诚的心意。每一勺清水，都带着对生命的祝福，也承载着长者心中最单纯的愿望。

三勺净水，也寄托着三份愿心：

愿断一切恶，愿修一切善，愿度一切众生。

随着一句句「南无本师释迦牟尼佛」佛号响起，不少长者双手合十，跟随着大众念佛。有些长者虽然无法完整念出佛号，却安静地坐着，聆听熟悉的圣号。

法会结束后，常炬法师慈悲提醒义工们，我们来到这里，是各种因缘的促成，也是他们给我们一个机会，让我们来种福、结善缘。

走进安老协会，表面上看似是我们付出时间与力量，陪伴长者、帮助长者；但从佛法的角度来看，每一次相遇都是因缘，每一次付出也是自己修福、修慈悲心的机会。长者让我们学习放慢脚步，学习耐心，也让我们更直接地看见生命的无常。

安老协会工作人员也分享长者们的情况。工作人员表示，有些长者原本看起来状况还可以，却因为一场病，身体状况迅速恶化；随着年龄增长，需要长期卧床照护的长者也越来越多。有些长者来到这里之后，可能就再也没有机会回到原来的生活环境。对他们而言，这里或许已经成为人生最后的一段路。

生命的无常，就这样真实地呈现在眼前。

也许这个月，我们还与长者一起共修、一起念佛；下个月再回来时，可能已经少了一位熟悉的身影。也正因为如此，每一次法会、每一次义工的陪伴，对长者而言都显得格外珍贵。工作人员也感谢义工们愿意走进安老协会，用时间与关怀陪伴长者。

一盏灯，是一份光明；

三勺水，是一份愿心；

愿这盏灯照亮长者的心，愿这一勺勺清净水洗涤身心，也愿这一声声佛号，陪伴每一位长者走过人生最后一段路。

愿以浴佛祈福法会功德，回向所有长者身心安稳、福慧增长，回向一切病苦众生离苦得乐。愿我们珍惜当下、广种善因，共结法缘。

A Meaningful Return of Fellowship and Blessings

After a three-month pause, familiar Buddhist chants once again filled the halls of the Society for the Aged Sick (SAS) as Dharma Drum Mountain Singapore returned on 21 August 2026 for a Buddha Bathing and Blessing Ceremony.

The session marked the welcome return of the group's monthly fellowship activities with our residents. A total of 45 volunteers came together to prepare the prayer space, assist with the offering of lights and, most importantly, accompany our residents throughout the ceremony.

One of the most touching moments was seeing volunteers patiently helping residents take part in the Buddha bathing ritual. For some of our residents, particularly those with limited mobility or strength, even the simple movement of holding and lifting the ladle required effort. Instead of doing it for them, the volunteers gently supported their hands, allowing them to participate at their own pace and complete the ritual themselves.

Around the hall, some residents folded their hands and joined in the familiar chants, while others simply sat quietly and listened. Regardless of how they participated, the gathering provided a peaceful and meaningful time of spiritual connection and companionship.

For our residents, such visits are more than an activity on the calendar. They bring familiar faces, shared moments and the comfort of knowing that members of the community continue to remember and care for them.

We are grateful to Dharma Drum Mountain Singapore and its volunteers for their continued commitment to our residents. Through their time, patience and presence, they bring not only blessings, but also warmth and companionship to the elderly in our care.



FEATURE ON FRONTLINE

With the current worsening haze conditions, SAS was interviewed by local TV Mandarin program, **Frontline** 前线追踪, on our haze response plans. Recently, the Air Quality Index (AQI) briefly rose to 105 — reaching an "unhealthy" level. With many places such as our nursing home relying on natural ventilation, how will we handle the escalating haze conditions? How are our residents coping so far? Our CEO, Mr Timothy Liu, answers these pressing questions during the interview.

They also spoke to two of our residents Mdm Chua and Mr Koo (pictured on the top right) on how they are doing and personally dealing with the haze. You can watch the full episode [here](#) or scan the link on the right to watch it!



CELEBRATING THE FESTIVITIES



The festivities are always a cause for celebration. In this quarter we are so glad to be able to resume our mass activities. Starting slow with National Day. Our nation's 61st birthday was observed with plenty of treats from traditional Kueh to soft and colourful cakes.

For Mid Autumn festival, we had several sponsors that brought mooncakes for our residents and staff. And of course the celebration would not be complete without lanterns which the Buddhist Life Mission group brought to light up the halls of our Home.

Mass birthday celebrations have also resumed much to the delight of our residents. Every year is a cause for celebration and somehow being able to cut a cake with a big group singing Happy Birthday always makes the occasion feel extra special.



SHAPING THE FUTURE OF SAS



A big congratulations to Nurse Manager Tan Bao Zhen for being the recipient of this year's MOH Nurses' Merit Award (NMA).

Established in 1976, the NMA is an annual accolade presented by the Ministry of Health to honour the nurses who demonstrate exceptional performance, ongoing professional development, and significant contributions to advancing the nursing profession.

It is our honour to have NM Bao Zhen with SAS since 2017. Under her care management, our residents, NOK, and staff all feel reassured and a huge sense of gratitude.

In case you missed it, her award presentation segment was also featured on Channel News Asia. You can check out the clip on our website!



VISIONCARE PROGRAM

In partnership with the Singapore Woman's Association (SWA), our residents were able to get their eye screening this year. It's not always easy to bring our residents offsite to get their eye check up so it has been made very convenient for us to have the eye screening at our MPH. Under the Singapore Vision Programme, 50 of our residents were provided with complimentary eye screenings.

Ahead of the screening, our care team worked closely with the programme team during the pre-visit to identify residents who needed their eyesight checked. The SWA volunteers also played an important role in assisting residents to and from the screening area. Their patience, care and hands-on support helped make the screening accessible to residents with different mobility needs.



Good eye health is especially important for our elderly residents. As we age, changes in eyesight may occur naturally, while chronic health conditions can also affect vision. Sometimes, these changes may go unnoticed or be accepted as simply part of growing older. Regular eye screenings can therefore play an important role in identifying potential concerns and helping our residents maintain their quality of life.

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

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

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



For most of us, a trip to the doctor is just a short commute. But for our residents at SAS, it is a major journey. Since many are unable to walk, a simple check-up requires a specialised wheelchair van and a helping hand.

Your kindness ensures that no resident is left behind. You are providing the fuel, the van, and the peace of mind that help is always within reach.



SCAN ME

How your contribution will help:

- \$80: Helps cover the cost for one medical appointment round-trip.
- \$240: Helps cover the cost for three medical appointment round-trip.
- \$800: Covers 10 round-trips for medical appointment.



Our latest
Annual Report
is out!

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US!**



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