

Golden Times



The Milk of Life

• 41 Toa Payoh Rise, Singapore 298101 • 487 Bedok South Avenue 2, Singapore 469316
• Tel 6252 9900 • Fax: 6353 5725 • www.lionshome.org.sg • email: infocomm@lionshome.org.sg



**Lions Home
For The Elders**
狮子乐龄之家

Affiliated to National Council of Social Service



PAMPERING THE LIONS HOME STAFF



Caregivers are often overlooked and sometimes neglected; not at the Lions Home for the Elders though. On Saturday, 7 January 2012, a group of volunteers from Lions Club of Singapore Somerset, Jurong and Lotus, and their friends gave the staff in Toa Payoh a special treat of chocolate facials and body massages. Under the guidance of Lion Dianna Lim, club president of LCS Somerset, the volunteers took turns attending to the staff. One of the youngest volunteers, Elaine, was a secondary school student who heard about the project from her mother and jumped at the opportunity to learn and help. The heartfelt efforts by the volunteers were not lost on the staff. They walked away more relaxed, looking more radiant and feeling more appreciated for their services to the Lions Home.

WANTED!

SPONSORS FOR RESIDENTS ON SPECIAL DIETS

One of the challenges in caring for the residents is to ensure that they receive sufficient nutrition in their diet as many have diminished appetites due to their medical conditions.

At Lions Home for the Elders, more than 20% of the residents require nutritional supplements in their diets in addition to their regular meals. These milk powders are often added to a drink before being taken orally. For those who have difficulty swallowing or are on life support, their nutritional supplements are administered through nasogastric tubes. These residents often require special diets for their total nutritional needs. Not all nutritional supplements are the same. 'Ensure' is a common nutritional drink which most of the residents who require supplements are taking. However a select few require specific non-standard nutritional supplements, such as 'Glucerna' powder for diabetics and 'Novasource Renal' for those suffering from renal disease, as prescribed by their doctors. The cost of these non-standard nutritional supplements range from \$180-\$350 per month which is beyond the means of some of the family members and those on public assistance.

At the moment, the Home has nine cases of residents who are experiencing financial difficulties due to the high cost of these supplements and require long term sponsors (of at least 6 months) to assist them.



If you would like to become a sponsor, do contact our Senior Public/Social Welfare Executive, **Ms Dorothy Low** at pubaf@lionshome.org.sg or **63599176**.

Visits from Lions Clubs of Singapore

LCS Jiyang

7 JANUARY 2012

Members of LCS Jiyang began the Chinese New Year (CNY) celebrations by organising a lantern making session with the residents of LHE Toa Payoh on 7 January 2012. The residents enjoyed a specially catered tea break as they were entertained with evergreen CNY songs. The club also presented a cheque for \$3,000 to the Chairman of the Lions Home.



LCS Shangri-La

29 JANUARY 2012

Lions Club of Singapore Shangri-La has a close affiliation with the residents in LHE Bedok through their monthly tau huey Sundays project. But for Chinese New Year, the members made a special visit with gifts of ang pows and mandarin oranges on the 7th day of the Lunar New Year or "Ren Ri" (everybody's birthday). The residents also received new bibs which are frequently used during their meal times. The Lion members certainly brought joy to the residents as it made them feel as though they were spending "Ren Ri" with their own family members.



LCS Astrid

1 FEBRUARY 2012

The bubbly ladies from LCS Astrid shared Chinese New Year with the residents in Toa Payoh on 1 February 2012. Club president Lion Sylvia Ng and the members pushed a trolley of mandarin oranges from one level to another, distributing oranges and red packets to the residents in the common area and dormitories.



LCS Amber

15 JANUARY 2012

It is a Chinese tradition to wear new clothes at the start of the New Year for good luck. Thanks to Lions Club of Singapore Amber, our residents had new pyjamas and bibs as well! On 15 January 2012, LCS Amber members led by the 2nd Vice District Governor, Lion David Lee held a special handover ceremony of these items to the LHE 2nd Vice-Chairman, Lion Jerrick Tay. The donations were contributed by Mr Gurmit Singh and his family members. After a short briefing, the guests toured the Toa Payoh home and distributed ang pows to our residents. The residents looked cheerful in their new clothes and enjoyed the tasty chee cheong fun and tau huey for tea break.



LCS Lotus

5 FEBRUARY 2012

When LCS Lotus members visited LHE Toa Payoh Home for Chinese New Year, they made all the residents feel the joy of the season. Beside gifts of ang pows, all the residents in the two Homes received new clothes in bright cheerful colours. The ladies received new blouses while the men received new Polo T-shirts. Club president, Lion Elaine Ng worked closely with the nursing staff a few weeks prior to the visit to ensure that the sizes were correct for all the residents. The Home also received 300 new washable pillows to replace the worn out ones. LCS Lotus also held a fundraising dinner on 16 February 2012 at which they presented the Lions Home with a cheque for \$140,000.



Visits from our partners

Victoria School's 8 FEBRUARY 2012 Music from the Heart

The melodious sounds of Chinese New Year songs and familiar favourites from Teresa Teng emanated from the Lions Home in Bedok on 8 February 2012. All eyes were on the group of 40 students from the Victoria School Chinese Orchestra who were performing for the residents for the second year in a row. Each beautiful piece played had the residents tapping their feet and even singing along to the familiar tunes in appreciation.

When it was time for tea break, the students also helped by serving chiffon cakes to each resident. Despite some being shy and having limited Mandarin vocabulary, the students quickly adapted and were eventually happily chatting with the residents. Oblivious of the time, some even wanted to linger on even when it was time for them to leave. As they waved goodbye, the students wished the residents good health in the Dragon Year.



DANCING WITH THE LIONS - JTI

3 FEBRUARY 2012

For the second consecutive year, the staff of JTI led by its General Manager, Mr Steve Dyer, celebrated Chinese New Year with the residents of the Lions Home in Toa Payoh. Although most of the volunteers were new to the Home, they immediately felt comfortable interacting with the residents, chatting and serving food to them during the tea break. The sound of the drums, gongs and cymbals heralded the entrance of the Lions troupe. The Lions which "greeted" every resident were well-received; some of the residents were seen talking to the Lion head, patting its nose appreciatively and even excitedly receiving the "gifts" of oranges presented to them. One of the JTI staff dressed up as the God of Fortune wishing all the residents good health in the year ahead.



A professional singer and guitarist then provided more entertainment with evergreen Chinese songs. Not to be left out, the staff from JTI also joined in the performance, singing and dancing for the Ah Ma and Ah Gong.

As part of its community outreach, JTI Singapore regularly involves its staff in engagement programmes with the elderly residents from institutions such as the Lions Home for the Elders and the Henderson Home for Senior Citizens.

MICROSOFT'S ORANGE TRADITION

3 FEBRUARY 2012

A long drum-roll signalled their arrival. As the lion dance troupe entered via each side of the activity area in LHE Bedok, the residents were all smiles. The 'lion' created the word "Ji" meaning 'good luck' out of segments of the oranges it peeled, prompting some of the Ah Gongs and Ah Mas to reach out and pat the lion's head in appreciation. The lion dance performance signaled the start of a delightful afternoon spent with the staff of Microsoft.

"Even though many of the residents are unable to eat oranges, we wanted them to have a keepsake of the festivities," said event coordinator Ms Audrey Ong. So the visitors helped the residents to make 'mandarin oranges' using orange nettings complete

with green leaves as a finishing touch. The residents were certainly very pleased with their creations as each of them received a pair of oranges. The staff of Microsoft then rolled out the Chinese New Year goodies such as pineapple tarts, green tea cookies, cakes, fruit juices and chocolate milk.

The grand finale was a magic performance by one of the Microsoft staff who delighted his audience with disappearing coins and flames. Before bidding them goodbye, all the Ah Gongs and Ah Mas received ang pows and mandarin oranges as tokens of the sincere wishes from Microsoft.



16 December 2011

BRINGING WARMTH AND JOY TO THE RESIDENTS - ALLIANCE CONCRETE & LCS HOST

They were shyly elbowing each other at first but after the initial "Gong Xi Gong Xi", the staffs of Alliance Concrete were soon enjoying themselves at the Lions Home in Toa Payoh. Encouraged by the applause they received and cheerful participation by the residents, they sang two more Chinese New Year songs for the residents. Soon they were chatting happily as they served the residents dim sum, egg tarts and mee goreng for afternoon tea.

Before they left, the visitors presented each resident with gifts of new blankets and bed sheets for the Chinese New Year.



29 March 2012



AUTOMOBILE ASSOCIATION OF SINGAPORE

Months of concerted appeals to their members culminated in a van load of necessities which the Automobile Association of Singapore (AAS) delivered on 29 March 2012. The donation was presented to Lion Jeffery Yang, a Director on the Management Board by the CEO of AAS, Mr Lee Wai Mun. After the formalities, Mr Lee rolled up his sleeves and together with the rest of the AAS staff served the residents a sumptuous afternoon tea followed by a magic show. As the magician shuffled three cups which held a hidden ball, all the residents tried their best to guess where the ball was. Then, in enraptured attention, they watched as the magician swallowed a long balloon. His act was so convincing that some concerned Ah Mas told him not to do it! It was certainly an exciting afternoon for the residents.

BIRTHDAY CELEBRATION BY RITZ-CARLTON MILLENIA SINGAPORE

9 March 2012

The birthday girl in LHE Toa Payoh was glowing with excitement as the staffs from the Ritz-Carlton Millenia Singapore presented her with a birthday cake. She smiled throughout the birthday song, made a wish and graciously blew out the single candle. As the cake was being cut, the residents enjoyed the birthday treat of fish congee and chwee kueh prepared by Chef Jason from Ritz Carlton Millenia.

After the feasting came the fun time – the volunteers helped our Ah Gongs and Ah Mas to compete in making the best stationery/spectacle holders using colourful straws and other decorative accessories. It was a close contest and the top three winners were awarded with colourful battery operated light-sticks. "I can use it to call the nurse," one of the resident said in jest. They then sat back and relaxed to some alluring saxophone music.

But there were other birthday celebrants who were unable to join the party due to their health condition. To ensure that they did not feel left out, the visitors personally presented them with their birthday presents. The ladies received beautiful blouses while the men received T-shirts and Bermuda shorts, each beautifully wrapped in charming Japanese floral papers. Despite their condition, the birthday celebrants certainly appreciated the good wishes they received.



PETER - TAN ORGANISATION (PRUDENTIAL) 29 March 2012

They were multi-lingual and also multi-talented. The staff of Peter-Tan Organisation (Prudential) spoke in *de rigueur* English, Mandarin, Malay, Cantonese, Hokkien and Teochew, and they came to the Lions Home in Toa Payoh with a mission to entertain all the residents.

They danced to upbeat chart topper "Moves Like Jagger" to the delight of our residents who clapped along to the beat. A Korean Popstar look-alike young man also performed free-form dancing, to the delight of the appreciative audience who were noticeably charmed and called out "leng zai!" which means 'handsome boy' in Cantonese. There was even a special request for the entertainers to perform a Cantonese song by one of the residents. Another talented visitor performed a magic act using ropes. After letting the Ah Gongs and Ah Mas check on them, he managed to change their lengths much to the amazement of the audience.

The residents thoroughly enjoyed the performance and the tea break of siew mai, sin chew mee hoon and other side dishes. But what was even more special was that the Peter-Tan Organisation presented a donation of \$5,565 to Ms Angeline Woo, a Director on the Lions Home Management Board.



Acknowledgements



VALENTINE ROSES FROM CENTRAL PROVIDENT FUND BOARD COMMUNITY SERVICE COMMITTEE

13 FEBRUARY 2012

Every resident and staff of the Lions Home in both Toa Payoh and Bedok received roses from Central Provident Fund Board's Community Service Committee on 13 February 2012.



LCS TANGLIN & LIONS CLUBS FROM DAEGU, SOUTH KOREA

27 FEBRUARY 2012

LCS Tanglin and the Lions Clubs members from Daegu, South Korea visited the Lions Home in Toa Payoh and donated \$300 to the Home.



LCS CENTRAL & SISTER CLUBS

10 MARCH 2012

LCS Central and its visiting sister clubs from Kuching, Taiwan and Japan contributed a total of \$15,000 to the Lions Home for the Elders.

Acknowledgements



LCS HENDERSON CHEQUE PRESENTATION

24 MARCH 2012

LCS Henderson raised \$20,000 towards the purchase of adult incontinence diapers and "Ensure" milk for the residents.



AET TANKERS PTE LTD

28 MARCH 2012

Staff from AET Tankers presented LHE Executive Director, Ms Doreen Lye with food items and cash donations amounting to \$2,966.25 for the Lions Home.



BEDOK POLICE DIVISION

20 MARCH 2012

The officers from the Investigation Unit of Bedok Police Station raised funds to purchase food items for the Lions Home. Led by DSP Goh Tat Boon, they officially handed over the items to Lions Home Management Board Director Lion Jeffrey Yang.



SINGAPORE MANAGEMENT UNIVERSITY PHOTOGRAPHY CLUB

13 APRIL 2012

The students of the Singapore Institute of Management Photography Club raised \$892 through an auction of their own work and presented the donations on 13 April 2012.

Recognition Night 2011

“WE HOPE YOU HAVE FUN!”

exclaimed Organising Chairman, Lion Angeline Woo and Recognition Night 2011 definitely surpassed everyone’s expectations. The Guest-of-Honour, Minister of State for Health Dr Amy Khor applauded the volunteers for their efforts as Recognition Night 2011 saw a record number of 11 HK Lau recipients, the top award category which recognises contributions totaling \$50,000 and above over the one year period.

More than a hundred awards were presented that night. However what could have been a long-winded ‘Academy Award’ show was enlivened by music from the band which included Lion Archie Ong from LCS Metropolitan and former Speaker of Parliament Mr Tan Soo Khoon. The Home’s Angels comprising the Lions Home nursing and physiotherapy staff displayed their talents by dancing and singing for the audience. When the formal ceremony was over, the audience which included some residents in wheelchairs, all started dancing to the music. The boisterous revelry attracted curious guests from the other function rooms at the Holiday Inn Atrium. “Looks fun!” they remarked. Mission accomplished!

HK LAU AWARD RECIPIENTS FOR 2011 :

1. LEE FOUNDATION SINGAPORE
2. PSA CORPORATION LTD
3. NEPTUNE ORIENT LINES LTD
4. MR BAN SONG LONG
5. MRS MARGARET CHEN-LIEN
6. LIONS CLUB OF SINGAPORE EAST
7. LIONS CLUB OF SINGAPORE Khatib Mandarin
8. LIONS CLUB OF SINGAPORE Ladyhill
9. LIONS CLUB OF SINGAPORE Orchid
10. LIONS CLUB OF SINGAPORE Seletar
11. LIONS CLUB OF SINGAPORE Vanda



Editorial Committee: PDG William Kwok, Lion Eng Teal, Ms Doreen Lye, Ms Roslinah Rasdi & Ms Cheryl Goh.
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