

# Golden Times



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



**Lions Home  
For the Elders**  
獅子乐龄之家

Affiliated to National Council of Social Service



## Congratulations!



Deputy Executive Director, Ms Lina Ma, was honoured with a Teaching Award from Curtin University which recognises teachers for their excellence in teaching and contribution to the quality of learning and teaching at Curtin University.



Nurse Clinician, Ariva Varadhan, received her "Master of Science in Dementia Studies" from the Academic Council of the University of Stirling, United Kingdom in June 2012.

## BOOMING Good Health



Ta,ta,ta – ta,ta – ta,ta,ta – ta, ta. The simple rhythm reverberated through the central air well of the Lions Home in Toa Payoh. In the main lobby, a group of residents were arranged in a half circle each holding various types of drums. As the beats of the drums became more synchronized, the drum instructor introduced several variations to the beats, each time sensing the reaction of the residents to this ancient art form. For the next 15 minutes, the instructor, supported by one of the nursing staff, played a soothing rhythmic tune. The happy tune elicited excited dancing by one of the resident who was quickly joined by a staff member. The session ended with another stretching hand exercise. The residents are now eagerly waiting for their next drum session.

This type of drum therapy was introduced to the residents twice a week early this year. The session starts with hand warm-up exercises such as the flicking of hands as well as the massaging and stretching of fingers. The drum instructor then leads the residents in creating various rhythms and different beats. This is followed by each member leading the group in turn to drum according to a rhythm each desires. This exercise gives them a sense of fulfillment and control. The drumming session alternates with breathing exercises and bellowing or hollering – which acts as a form of stress-relief. After about half an hour, another round of hand exercises ensues followed by relaxation break during which the residents rub their hands together to warm them up and then slowly cover their eyes.





● **SCDF BISHAN FIRE STATION – 19 APRIL 2012**

It was not your typical love story – a Thai, an Indian and a Malay man were agonising over their single status at a coffee shop when a King suddenly appeared and announced a singing competition for his daughter’s hand in marriage. The three excited candidates jostled with each other to flaunt their vocal talents to the ‘princess’. After the show, the princess who was draped from head to toe in a sarong, chose the Thai man as her most ideal suitor. The king then brought her forward and permitted the Thai man to kiss his bride. When the princess unveiled her face, all three men screamed and ran for their lives as they realised it was a man! The Ah Gongs and Ah Mas in LHE Toa Payoh roared with laughter at the hilarious skit presented by the SCDF Bishan Station.

As the entertainment continued during the residents’ tea break, another group of young men were energetically cleaning the dormitories and toilets from top to bottom. Armed with ladders, plastic pails, cleaning cloths and dusters, they jovially helped the Home’s maintenance crew add an extra sparkle to the Home. As always, the officers of SCDF Bishan Station totally endeared themselves to the hearts of the residents.



● **SINGTEL – 26 April 2012**

SingTel raised \$ 2,691.00 through the sale of Ah Gong Ah Ma Chopsticks for the Lions Home. The Vice-President of Consumer Operations visited LHE Toa Payoh to officially present the cheque to Lion Jeffrey Yang, Director, Fundraising Committee on 26 April 2012. After a tour of the Home, the VP and staff of SingTel served pandan chiffon cakes to the Ah Gongs and Ah Mas for their afternoon teabreak.



● **PRISON DEPARTMENT AND LCS TANAH MERAH - 15 MAY 2012**

23 young offenders were scheduled to spend their afternoon cleaning the premises of LHE Toa Payoh. For the officers who accompanied them, this rehabilitation programme was an opportunity to assess the ones who were due for release. The few young offenders who were responsible for removing the algae using jet spray however found the jet spray too heavy to manage. The rest however used their numbers to good use and made quick work of cleaning the windows.

By 3pm, the young men began serving tea to the residents on Level 2 and 3. As they went around with the drinks and cakes, there was a noticeable change in their manner. In the Assisted Living Unit on Level 3, two young men helped one of the residents fold rubbish bags into individual packs. What initially seemed a needless exercise, they later learned was actually a form of therapy for her. Another young man listened patiently as an Ah Ma complained that she had not been fed for a few days. Although he had been briefed on the physical and cognitive disabilities of some of the residents, the tears started to well up in his eyes. Another admitted that he was thinking of his own parents as he met the elderly in the Home.

This meaningful session was the outcome of the collaboration between Lions Club of Singapore Tanah Merah and the Prisons Department. As the following quotes from the participants indicate, it may have had a powerful and life-long impact of these young men.



**QUOTES:**

*“To see the elderly smile just makes you happy and motivates you to be a better person.”*

*“It was a good wake-up call for us youngsters to realise what the elderly experience. It was a pleasure serving them and putting smiles on their faces.”*

*“When I was supposed to be involved in cleaning the Home and serving the residents food, I didn’t know what to do as I have a maid who serves me! It was a truly heart-warming, eye-opening and sense-knocking experience!”*

*“Despite those trying days that I had to go through (in prison), I am much more fortunate compared to the elderly. At least I have a pair of legs to walk on, a pair of hands to eat with and I can clean up after myself in the washroom.”*



● PEI CAI SECONDARY SCHOOL & LCS NANYANG – 25 MAY 2012

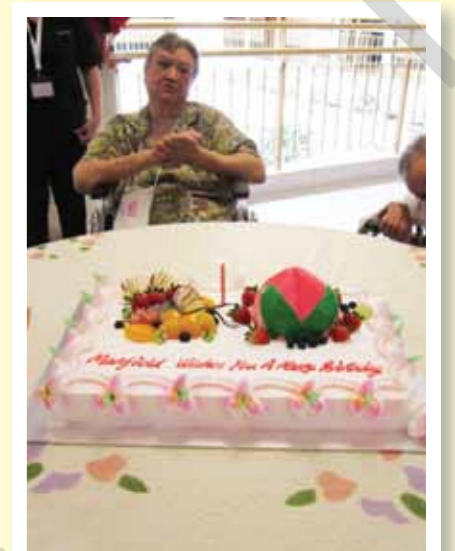


For four special residents at LHE Bedok aged 70-90, it was a day to dress up. Two of them were born on 13 May, one was born on 25 May while the final one was born on 28 May. Soon after their afternoon naps, the residents gathered for their tea break cum group birthday party. After the customary blowing out of the birthday candles, the birthday cake was shared with all the guests. The teachers of Pei Cai Secondary School who hosted the celebrations looked on with great satisfaction as the residents enjoyed the delectable chocolate cake covered in white cream.

A number of the teachers were not new to Lions Home and have hosted several birthday celebrations for the residents. Apart from providing a special treat, they also introduced craft activities which encourage the residents to use their motor skills. Despite their small numbers, the teachers were able to lead the residents in transforming layers of crepe paper into lovely fluffy petals. Even some of the health care assistants joined in the activity to motivate the residents. The simple exercise produced lovely flowers which the residents were proud to display.



● MANFIELD EMPLOYMENT SERVICES - 26 JULY 2012



The peach is an auspicious sign of longevity and Manfield Employment Services brought much joy to the birthday celebrants in LHE Toa Payoh with a beautiful birthday cake shaped like a large peach. Each birthday celebrant received gifts of fragrant liquid bath soap and powder in lovely packages.

The rest of the 'guests' at the birthday party received dainty red chiffon bags filled with potpourri. The delicate fragrance of dried lavender delighted the residents who were keen to place them on their bedside lockers. No birthday party would be complete without food. Scrumptious mini quiche lorraine, chicken pies and mini crab rolls were served and many went for a second helping.

## ● ANDERSON JUNIOR COLLEGE – 31 MAY 2012



The 18-year-olds students from Anderson Junior College entertained the “Ah Gongs” and “Ah Mas” in LHE Toa Payoh with songs to the accompaniment of the ukulele. Evergreen and current pop songs were presented by the all-girl group with their sweet voices. Then their nimble hands helped the “Ah Gongs” and “Ah Mas” fold paper roses which were later made into cards adorned with beautiful glitter and cut-out animals. The residents were overjoyed and proudly held up their cards to show off their beautiful creations. While the girls were busy with the entertainment, another team of three boys flexed their muscles by helping to pack and stack hundreds of uniforms for the Human Resource Department. Although they had limited time with the residents, the students were diligent in assisting the staff of the Home.

## Acknowledgements

- 29 students from the Buddhist Hung Sean Chau Memorial College, Hong Kong. They generously donated cakes and served them personally to the residents.
- Agape Little Uni’s group of childcare centres ran a donation appeal for Nestle milk powder among their students and raised the equivalent of \$11,629.80 worth of milk powder for our residents.
- Lion Tan Lay Keow from LCS Beverly Hills donated 26 cartons of face masks to the Home.

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

*The Editorial Committee reserves the right to edit stories due to space constraints*