

GOLDENTimes

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**Everyone needs to be valued.
Everyone has the potential to
give something back.**

Princess Diana

A warm welcome to all of you reading this first issue of the "Golden Times" for 2015!

This publication of the Lions Home for the Elders aims to not only reach out and connect with all friends and benefactors of the Home, but also to highlight events and activities that take place in both locations of the Home in Singapore. We hope that through this connectivity, more of you will come forward to contribute your time, efforts and means, and help enhance the quality of life of the residents.

My colleagues and I on the new Management Board of the Lions Home for the Elders look forward to working closely with you to make 2015 an eventful and exciting year for the Home. Our vision for the Home is that it continues to be the leading eldercare institution in Singapore, improving the lives of the elderly in our care.

The impending relocation of the Toa Payoh facility to Bishan provides a wonderful opportunity for us to give the new premises a fresh and new layout, and additional facilities for the residents. There will be many challenges to be faced in the process of relocation and operations in the new environment, but I am confident that in the very capable hands of Executive Director Doreen Lye and Deputy Executive Director Dr Lina Ma, together with all

staff from the Home, the transition will be a smooth one.

The Lions Home has been very fortunate to have had the consistent support of committed and generous donors, corporate partners and Lions Clubs in District 308-A1 all these years.



However, there is no room for complacency. With escalating operating and manpower costs, funds needed to run the two facilities of the Lions Home will also increase exponentially. More donors will have to be approached, invited and be involved in its activities. Loyal fundraising partners and stakeholders must be encouraged to continue to commit their involvement, secure in the knowledge that the Home will continue to ensure good corporate governance and practices. This is an onerous responsibility entrusted to the Management Board, and there must not be any let-up or compromise.

As the late Princess Diana once said: "Everyone needs to be valued. Everyone has the potential to give something back."

The Management Board members and I look forward to serving the Home in our respective capacities, and to invite the participation and commitment of all who share in meeting the needs of its residents, in one way or another.

PDG Isabel Cheong
Chairman 2015-2016

News



Congratulations!

Dr Lina Ma, Deputy Executive Director, Lions Home for the Elders, has been appointed to the position of Adjunct Professor by CQUniversity Australia. The Management and Board of the Home congratulate Dr Ma on her appointment.

Editorial Committee: PDG Isabel Cheong, Lion Dr Chey Chor Khoon, Lion Eng Teal, Ms Doreen Lye, Ms Lena Iriawati

Under the Personal Data Protection Act 2012 (PDPA), Lions Home views our responsibilities seriously and we are committed to protecting your privacy. The information we collect is used strictly for the purpose of operations and not used for any commercial purpose.

The views and opinions expressed in the articles are those of the contributors and do not necessarily reflect the policy and views of Lions Home. The Editorial Committee reserves the right to edit articles due to space constraints

Integrating Healthcare with Innovation

Lions Home Inaugural Nursing Conference, 26-27 March 2015



Guest-of-Honour Mrs Tan Ching Yee giving her view of the state of innovation in long-term care of the elderly in Singapore

Significant efforts have been made to integrate healthcare delivery systems with the intent to provide seamless care. As a result, great emphasis has been placed on quality in long-term care. With the growth of the nursing home industry and the increased interest in home and community-based services, new paradigms with different care approaches should be explored.

The theme of the Lions Home Inaugural Nursing Conference "Innovating Long-Term Care" deliberately plays on the acronym of ILTC, which is commonly referred to as Intermediate and Long-Term Care. This conference focused on how nursing homes can tap on Human Becoming Theory and research to innovate care for the elderly. The

aim is to synergise theory, practice and research, as well as to raise awareness about collaboration among intermediate and long-term care and acute care providers and academics. The focus is on the quality of life of the elderly, since long-term care facilities provide the locale for the many ongoing living experiences of elders.

The conference targeted both local and overseas audiences, comprising clinical professionals, nurses, allied health professionals, medical health practitioners and healthcare administrators. This two-day conference was supported by the Agency for Integrated Care and Man Fut Tong Nursing Home. Mrs Tan Ching Yee, Permanent Secretary, Ministry of Health, graced the occasion as Guest-of-Honour.

A list of distinguished resources speakers from local and overseas faculties shared their projects, initiatives and led discussions in their areas of expertise that are close to their hearts.

The conference was also a good platform for healthcare colleagues to re-connect or establish new ties for collective thinking, collaboration to achieve desired and sustainable outcomes for our healthcare communities.

Article contributed by Dr Lina Ma, Deputy Executive Director of Lions Home for the Elders



PDG Isabel Cheong, Chairman of LHE, delivering the Welcome speech at the Conference



(Top) The elders engaging in a panel discussion at the Conference; (below) LHE staff enjoying their interactions with colleagues in the elderly-care sector



LHE Deputy Executive Director Dr Lina Ma presenting a token of appreciation to the Guest-of-Honour Mrs Tan Ching Yee

Witnesses of Change

Long-time residents see the Home through its growth



Mdm Lau Guek Eng and Mr Koh Beng Chye (Photos courtesy of Lion Johnny Chia of LCS Tanah Merah)

Some of the residents have been with the Lions Home for nearly 30 years. They have seen the Lions Home through its various transformation and development. This issue of Golden Times features two residents who have been with the Home for the longest time.

Mdm Lau Guek Eng

Mdm Lau Guek Eng, 83, lived with her friends after the death of her mother many years ago. As age caught up with her, she started to have frequent falls and was hospitalised several times. She needed after-care when she was discharged from the hospital, but this became a burden to her friends, who were no longer able to take care of her. In July 1993, Mdm Lau was admitted to the Ang Mo Kio Sheltered Home, run by the Lions Clubs.

Mdm Lau was later transferred to Lions Home in Bedok when the 154-bed accommodation opened for operations in 1997. In 2002, Mdm Lau moved into the new Lions Home in Toa Payoh from the Bedok Home. She is currently in the Assisted Living Unit, allowing her the independence of mobility and some activities. She even helps out with the 'Kopitiam' (coffee shop) activity in the Toa Payoh Rise Home, serving meals to the other residents.

Mr Koh Beng Chye

Mr Koh Beng Chye, 86, used to live with his younger sister in his younger days. Unfortunately, his sister passed away in the early 1990s. Without someone to live with and nowhere to go, he was referred to the Ang Mo Kio Sheltered Home in August 1993.

When the Lions Home in Bedok was opened in 1997, Mr Koh became one of its first residents. Since 2002, he has been living in the Toa Payoh Home under the Assisted Living Unit. Like Mdm Lau, Mr Koh also helps out with the 'Kopitiam' activity.

Both Mdm Lau and Mr Koh will be moving to the new Bishan Home when it is ready by the third quarter of the 2015 (*read the backcover for more information*), thus witnessing the Lions Home's transformation from just a humble shelter, through its various stages of development.

Lion Dance at Lions Home

Nursing staff organises New Year celebration



Nursing staff engaging residents in a sing-along session

Lions Home's nursing staff brought much joy and happiness to the residents during the Chinese New Year celebration at the Toa Payoh Home on 2 March 2015. They performed a Lion dance, presented song items and provided a catered lunch for the residents. The residents were also very grateful to receive 'ang pows' (red packets) from the staff members.

New Pyjamas for New Year

LCS Amber pyjamas project

One of the all-time favourites with members of LCS Amber is the yearly distribution of 'ang pows' and the changing of new bed sheets at the Lions Home in Toa Payoh. New sets of pyjamas were also given out to the residents. This service activity was carried out before Chinese New Year to share with the residents the feeling of a brand new start to the year. This year, the club members managed to raise sufficient funds for 700 sets of pyjamas, together with a few hundred sets of bed sheets, face towels and bibs. PDG Isabel Cheong, Chairman of the Lions Home, received the gifts in a simple handover ceremony on 31 January 2015 at the Toa Payoh Home.



PDG Isabel Cheong, Chairman of the Lions Home, receiving the gifts from LCS Amber

Rice as the Food of Love

A joint project of LCS Enterprise and LCS Mandarin

LCS Enterprise teamed up with LCS Mandarin on 3 January 2015 to distribute rice to various charities and organisations, including the Lions Home for the Elders in Toa Payoh. This gesture was made possible through the donation of 2,000 kilograms of rice by Lion Regina Lee.

The clubs hope to organise more charity events in the future, as well as participate in other activities with other fellow Lions in aid of the Lions Home.



LCS Enterprise and LCS Mandarin distributing rice to the Home



"Together We Care and Make a Difference," pledged the staff of SingTel's Fixed Network Engineering



Mr Lim Cheow Hai (centre), Vice President of SingTel's Fixed Network Engineering, and Ms Doreen Lye (4th from right), Executive Director of Lions Home, with part of the SingTel team

"Together we care and make a difference" – that was the motto of the team of 20 staff from SingTel that visited the Home on 11 February 2015 to bring festive cheer to the elders. A little festive bag containing mandarin oranges, mangoes, a shawl or tee-shirt, a muffin and a drink was distributed to each resident. Seeing and hearing the elders' happiness and their appreciation was a very touching and enriching experience for all involved.

Mr Lim Cheow Hai, Vice President of SingTel's Fixed Network Engineering, ended the occasion with a promise "We shall be back again!". He thanked Ms Doreen Lye, Executive Director, Lions Home for the Elders, for facilitating SingTel's visit, and



Mr Lim Cheow Hai presenting a festive bag to a resident as Ms Doreen Lye looks on



A resident receiving a festive bag from a SingTel team member

giving SingTel the opportunity to be involved in the community. He encouraged his team to look beyond their daily work and shared his desire that more of his staff would become further engaged in community work.

Mr Lim and his team look forward to participating in Toa Payoh Home's impending re-location to Bishan when it becomes ready by the third quarter of 2015.

Article contributed by Ms Shirley Thian of SingTel (Fixed Network Engineering)

MND Staff Charity Bazaar Raises Over \$15,000

Staff from the Ministry of National Development (MND) visited Lions Home on 12 February 2015 to bring cheer to the residents during the Lunar New Year festive period. They also brought with them a cheque of \$15,644 raised during its Charity Bazaar held on 5 December 2014. The cheque was presented by Mr Randy Lim, Senior Director of Corporate Development, MND, to the Home.

During the visit, staff from MND engaged the residents in rounds of Bingo and Lucky Draws which the elders enjoyed immensely. The elders also feasted on delicious local delights such as 'Ondeh Ondeh' and 'Soon Kueh' brought for the residents' tea break.

The residents had so much fun that afternoon that, in fact, one of the ladies even stood up and proclaimed loudly how much she had enjoyed the celebration! The visitors also expressed how glad they were to be part of this occasion and looked forward to their next visit.



Ms Doreen Lye presenting a token of appreciation to Mr Randy Lim, Senior Director of Corporate Development, MND



Mr Randy Lim giving out 'ang paws' to the residents.



MND staff selling homemade cakes at its charity bazaar on 5 December 2014

Article contributed by Mr Steven Lin of Ministry of National Development



An **LCS Eunors** member serving food to a Toa Payoh Home resident on 17 January 2015

Gongxi

Clubs and corporate partners

January to February was a busy period at the Lions Home as many Lions clubs, corporate partners and individual well-wishers brought excitement and cheer to the Home residents during the Chinese New Year festive period. They presented different entertainment programmes and provided scrumptious food and delicacies for the residents. The residents were also delighted to receive the customary 'ang pows' from their generous visitors.



LCS Sunshine, together with the **Singapore Vehicles Traders Association**, inviting the Toa Payoh Home residents to sing on 7 February 2015

Visits by Lions Clubs...



LCS Shangri-La treating the Bedok Home residents with Chinese New Year delicacies on 15 February 2015



LCS South members singing along with the Bedok Home residents on 14 February 2015



Gongxi!

bring New Year joy to the Home



An LCS City member taking a photo with a Bedok Home resident on 28 February 2015



LCS Astrid presenting Mandarin oranges at the Toa Payoh Home on 26 February 2015



LCS Orchid distributing 'ang pows' to the Toa Payoh Home residents on 28 February 2015



(Top) Members of **LCS Vanda** and **LCS Seletar** distributing 'ang pows' to the Toa Payoh Home residents on 1 March 2015; (right) members entertaining the residents whole-heartedly



Gongxi

Visits by Corporate Partners



Ms Doreen Lye presenting a token of appreciation to Mr Gerald Lim, Commander of Clementi Police Division, who led members of the **Home Team Southern Sector Agencies** to visit the Home on 23 January 2015



Staff of **Chemicals & Machinery** entertaining residents with song and dance on 30 January 2015



A musical performance by staff of the Home Team Southern Sector Agencies for residents



Staff of Chemicals & Machinery serving cakes to the residents



Staff of the Home Team Southern Sector Agencies serving cakes to the residents



Residents participating in a paper-folding activity, aided by staff from Chemicals & Machinery

Gongxi!

to the Toa Payoh Home...



Daughters of Zion Cell Group playing a ball-game with the residents on 1 March 2015



Residents receiving 'ang pows' from a **Daughters of Zion Cell Group** member



Nitto Denko staff mingling with the residents



Staff from **DBS Bank** engaging residents in games on 5 February 2015



DBS staff distributing *Essence of Chicken* to the residents



Staff from **Nitto Denko** visiting the Home with lots of goodies on 5 March 2015

Ms Doreen Lye, on behalf of the Home, receiving an 'ang pow' from Mr Takami, Regional Director of Nitto Denko



Getting Ready for the Big Move

Update on Bishan Home's development



Interior work in progress at the Bishan Home

With the completion of the sixth storey, construction of Lions Home Bishan is almost done. The coming months will see final touches to the building exterior, and works on the interior of the building.

When completed, the Bishan Home will have a total of 36 wards with 230 beds.

Level 1 will house the clinical administration office, social welfare office, training and multi-purpose hall, as well as the Senior Care Centre providing day-care services.

On Level 2, the Dementia Care and Management ward will provide specific, fully secured dementia care with walking garden path and outdoor area.

The Transitional Care Facility and Assisted Living Unit will be located on one side of Level 3, while the other side will be for general care.

Levels 4 and 5 will be used for the care of frail and sick elderly and young adults.

The administration office, kitchen, boardroom and staff dormitories will be on the top level.



A view from a corridor in the Bishan Home

The building's basement will house the laundry, storeroom and car park. The building is expected to be ready by the third quarter of 2015.

Frontal view facing Bishan Street 13

