

GOLDEN Times

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Residents in the Yesteryear Room enjoying a therapy session playing mahjong

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**Lions Home
For The Elders**
獅子乐龄之家
Affiliated to National Council of Social Service



Welcoming the Next Milestone

As the Lions Home in Toa Payoh prepares to move to its new premises in Bishan, it is timely that the services which the "new" Home will be providing be relooked at, not only to its over 200 residents, but in extending to the neighborhood in which it will be situated.

Since it began its operation in Toa Payoh in 2003, the Lions Home has chalked up an impressive list of Clinical "Milestones", key achievements which include:

1. Obtained an ITE Approved Training Centre status for Health Care in 2001
2. Developed and implemented an IT InfoCare System (Health) in 2002
3. Established a 42-bed Dementia Specific Unit in 2003
4. Established an Assisted Living Unit Facility (ALU) – the first in Singapore, in 2005
5. Developed and implemented an End-of-Life Care Programme for Residents in 2006
6. Implemented Dementia Care Mapping – the first of its kind in a Nursing Home in Singapore – in 2007
7. Set up a Transitional Convalescence Facility (TCF) Service, funded by MOH in 2012
8. Lions Home is engaging in ongoing Research Study Projects with National Eye Centre, KK Hospital and Curtin University.

The latest direction in the care model is more focused on Resident-Centred Care, where each resident receives an individualised plan according to his/her individual needs.

The Home has, in the last few years, also been admitting not only the frail sick elderly, but also young adults in their 20's from poor families needing financial assistance, and who are unable to care for their needs at home.



Having close proximity to residents in the neighborhood, the Home will have a Senior Care Centre where clients will receive medical and nursing services which include Dementia management, rehabilitation and recreational therapy. Families and caregivers who accompany them will also learn home management and other coping strategies. The Lions Home will be well placed to be an important establishment in the community of Bishan.

The Lions Clubs in Singapore can be very proud of how much the Home has achieved and accomplished since its humble beginnings in 1980. With the move to Bishan, we look forward to clubs and Lions continuing to keep in touch with the Home's residents through frequent visitations to help attend to their needs and bring them cheer.

PDG Isabel Cheong
Chairman 2015-2016

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

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.

Healing Paws

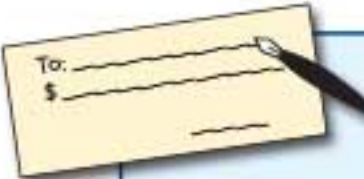


Healing Paws was first launched in January 2014. It is an outreach programme initiated by a group of warm-hearted volunteers who named themselves as, "Save our street dogs" (SOSD). SOSD aims to educate public against animal cruelty, promoting their welfare and create a change of life for these homeless strays by finding them a new home. The big-hearted individuals behind the Healing Paws programme are members of the public who volunteer to make monthly visits to the Lions Home with their pet dogs, to provide a short bonding and playing session for our residents. According to SOSD:

- visits from dogs can help to provide a welcoming change from the daily routine for the older adults;
- animal visits offer entertainment, a welcoming distraction from pain and infirmity for the older adults;
- dogs accept people as they are, regardless of their age and physical and cognitive disability.



Our residents have benefitted enormously from the Healing Paws' visits since the programme started nine months ago. Staff have noticed that the programme has improved residents' social functioning through petting and feeding the dogs. It has also improved the quality of life for our older residents with dementia. Very often, during the interaction with the animals, there are laughter and happy facial expressions all around.



Summary of Fund Raising: What You Should Know

The following list serves as a guideline for clubs when organising fund raising activities for the Home but it is by no means exhaustive:

1. Please ensure that you inform the Home of your fund raising activity by completing a prescribed form that you can obtain from the Home. This is to let the Home be aware of your fund raising activity should a member of the public make an enquiry.
 2. Apply for a police permit if fund raising involves collecting donations from the public. A copy of the police permit is to be given to the Home. The fund raising project must be audited when a police permit is obtained, with a copy of the audited accounts to be given to the Home.
 3. Cash collected at any fund raising event should be accounted for immediately and verified by a third party on site. It is best to announce the collection to the public if the event is a close-door event. Cash collected is to be given to the Lions Home the next working day, and an official receipt must be obtained from the Home for this donation.
 4. If cash is donated into the Home's donation box, please ensure that, if available, a member of the Board of Directors of the Home is present so that the cash collected can be accounted for and verified on that particular day. If it is not possible for a Board member to be present, the locked box should be sealed, countersigned and handed over to the Home's Accounts department the next working day.
 5. All cheque donations should be collated and handed to the Home the next working day.
 6. Keep a proper set of accounts for the donation drive. All records relating to the donation drive should be kept for at least five years for audit by IRAS or any other authorities, if required.
 7. All outright donations (via cash, cheques, and credit cards) to the Home are qualified for tax deduction. If donors require a tax deductible receipt from the Home, please remember to obtain the individual donor's full name as in their NRIC, or the corporate donor's full company name and its Unique Entity Number (UEN).
 8. You must ensure that the 70:30 rule for each fund raising project is complied with. In other words your expenditure for each fund raising project for the financial year should not be more than 30% of the funds raised.
- For more information on Fund Raising Guidelines, please visit our website at: <http://www.lionshome.org.sg/fundguide.cfm>



Overcoming Adversity with Dignity

A Home where a resident gains courage and faith



*Eddie Leow surfing the Internet
(Photo courtesy of Ms Charisse Teo of Lions Home)*

Eddie Leow Kwang Ping, 44, used to enjoy riding on his motorbike, spending weekends rollerblading and taking scuba diving holidays; he was then a Cargo Officer. Unfortunately, in a flash, Eddie's life took a turn in year 2000 when he met with a road accident and has been living with paralysis caused by severe spinal cord contusion (Tetraplegia).

Being quite a fiercely independent person, Eddie found himself lost soon afterwards. He felt like he had hit rock bottom, with not a single hope in sight. The accident irrevocably altered his life. Eddie could never imagine a life without his freedom and the capability to take care of himself. After he was discharged from the hospital, Eddie was left in the care of his mother.

In 2003, Eddie's mother suffered sensory stroke and her health deteriorated drastically. This was when Eddie was introduced to the Lions Home. It took five years for Eddie to realise he needed to move his life forward by returning to his "active" self once again. Eddie decided to embrace the future and started leading a productive and quality life in the Lions Home by engaging four hours daily with the desktop computer provided by the Home.

The Internet is a "world of knowledge" for Eddie as it provided him with entertainment such as social media platforms and free online games. The news portals also keep him very much updated. All he has to do is to simply use his lips to clip on the stylus and he can easily control the digital touchpad that is connected to the desktop. When asked why

he is able to spend hours on the computer, Eddie replied with a jovial smile, "By doing this, I am able to get in touch with the outside world."

In a blink of an eye, Eddie has been with the Lions Home for 12 years. There is nothing more he could ask for as this is the place where he regains courage and dignity. To Eddie, the compassionate caretakers and nurses at the Lions Home have been very empathetic as they generously grant him his requests whenever possible. Come October 2015, Eddie, together with the rest of the residents, will be moving to the new Bishan Home where they will continue to experience the warm, homely environment with a great level of comfort.



Eddie Leow (Photo courtesy of Ms Charisse Teo of Lions Home)

*Article contributed by Ms Charisse Teo of Lions Home
(Corporate Communications Department)*

This article is written and photos captured with approval from resident, Eddie Leow.

Therapy with the Heart of Love

Interview with Helen, Lions Home's Physiotherapist

What made you join the Lions Home?

I cannot deny the fact that money is one important reason for me to work in the Lions Home. However, working in a good environment and having supportive supervisors are the main reasons why I chose to work here since September 2011.

What are some skills or traits you need to possess to do your job well?

In Lions Home, most of our residents belong to the elderly category, so being kind-hearted is one trait we should possess. We should also treat all our residents as our own grandparents with patience. In addition, having initiative and being diligent in applying the knowledge of professional skills in physiotherapy plays an important role too.

What would a normal day be like for you being a physiotherapist?

Well, I spend most of my time giving physiotherapy to the residents (inpatients as well as Transitional Convalescent Facility (TCF) residents) such as doing exercises, managing group activities, monthly assessment for our residents and assessment for new admissions. Regularly, I have meetings with my Rehabilitation Manager and colleagues to discuss about the residents and other relevant issues.

Tell me a time when you had a difficult encounter in Lions Home and how you cope with it.

I recall one incident when some residents were not in a good mood and did not wish to participate in any activities planned for them. I tried my best to understand their emotions by letting them be alone for a short moment until they felt better and tried to communicate with them about their problems.

Describe the most unforgettable experience you had in Lions Home.

The most unforgettable experience I had was when one of my long-term residents showed tremendous improvement after I helped him through his therapy. That happened when I just got promoted as a Physiotherapist, and he was a newly admitted stroke patient. He has high potential for rehabilitation and was enthusiastic in doing exercises so that he could recover soon. I was very persistent in assisting and training him continuously for three months. Finally, when I saw with my own eyes that he was able to



Phyo Thandar Htay Helen, Physiotherapist of LHE Toa Payoh, from Myanmar (Photo courtesy of Ms Charisse Teo of Lions Home)

walk under supervision, that moment of joy was totally indescribable. Since then, I have become more confident at my work, too!

What motivates you the most in your current job?

I usually get motivated when helping the residents with their routine exercises. I also feel deeply encouraged when my colleagues and I gather together in small groups to plan new activities and programmes that will help residents improve their physical ability.

What is the greatest value that you would like to share with your fellow colleagues?

I would love to inspire my fellow therapist assistants to try their best in all that they do and never give up, and to take things one step at a time. Most importantly, love the residents and set a goal to improve the quality of life for all of them.

Were you given any professional development opportunities while serving in Lions Home?

Yes, after two years working in the Home, I was given the chance to attend an Advanced Certificate in Physiotherapy. The whole course was fully sponsored by the Lions Home. I learnt so much from the course that both the theory and skills that

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Fulfilment Comes from the Acts of Giving



Warm-hearted members of Bengali Associate of Singapore

The Bengali Association Singapore's community service arm Samarpan organised a visit to the Lions Home for the Elders on 17 June 2015. It was a moving and enriching experience for everyone who participated in this event.

This was a humble attempt to bring smiles to the faces of the elderly aunties and uncles residing there, and we were deeply moved by their overwhelming response.

We started the event with a traditional dance,

followed by songs, bollywood dances, ukelele playing, and the entire event was choreographed by our younger members. What made it even more special was that all the announcements were made in Mandarin by these young adults. It was very touching to see our "young-at-heart" audience smiling and clapping happily as they watched the performances.



The young member from Bengali Association serving the residents with their favourite snacks

It was a very special moment for these young girls and boys to go around shaking hands, happily talking to the "Dadus and Didas" (grandfathers and grandmothers) and joking with them.

We look forward to our next visit to your wonderful home and meeting up with the Aunties and Uncles again.

Article contributed by Bengali Association of Singapore

Therapy with the Heart of Love

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Helen guiding a resident during a therapy session

I received were of great use doing my current job.

How did you manage to juggle between work and studies/courses? (Describe also the career path)

That period was quite a big struggle for me as I had to manage between both my studies and work. My weekly day-off was also used up for the

course. Besides working in the Home, there were many course assignments to be completed, and

there were times when I had to study for my theory exam. However, I felt that the hardwork was worth it because I can apply all that I've learnt in my job. It helped me to refresh and widen my knowledge in Physiotherapy. In addition, my colleagues, especially my rehabilitation manager and therapy assistants, were extremely supportive. They were of great help and I would like to take this opportunity to thank them. They answered all sorts of questions from me and gave me plenty of advice. They even role-played as patients so that I could practise more for my practical exam.

Where do you hope to see yourself in the next five years?

Well, if I have a chance, I would like to pursue a master's degree specialising in Geriatric/Neurology Physiotherapy. I would love to enhance my skills and keep on upgrading myself for the Lions Home and the residents.

HLA Spreads Heartfelt Joy to the Residents

As part of Hong Leong Asia's (HLA) commitment to give back to society, HLA rallied its employees to spread some joy and happiness to the beneficiaries of Lions Home at Toa Payoh on 26 June 2015.

In addition to the donations-in-kind contributed by HLA and its employees, the volunteers prepared a birthday celebration for those residents whose birthdays were in the month of June. The residents were entertained with a series of songs and games lined up for them. The atmosphere was enlivened with joy and laughter when the jovial emcee greeted them in dialect.

The volunteers warmed the hearts of the elderly when they sang a medley of golden hits such as Shalala by Wynners and Alan Tam's "朋友" (Friends) both in Cantonese and Mandarin. They also received several song requests which they gladly obliged.

Regardless of age, when it comes to games like Bingo, the elderly were filled with eagerness



"Extremely delicious, one is never enough! A few more slices of cake for me, please!"

to win prizes. The volunteers enjoyed the interaction with the elderly residents over games and sumptuous tea-break after the birthday cake cutting. To add fun and liveliness to the celebration, the volunteers pumped up sculptured balloons in the form of flowers and poodles to give to the residents.

The volunteers felt a great sense of fulfilment when they saw the smiles on the elderly residents' faces and their gestures of appreciation.

HLA hopes that through this CSR activity, a simple contribution will be able to make a difference in the lives of the elderly residents, fostering a more giving and compassionate workforce that cares for the society.

*Article contributed by
Ms Adeline Fong of
Hong Leong Asia*



"You sure it's mine again? I have been winning since the start of the game!"



Ms Charisse Teo of Lions Home presenting a token of appreciation to Mr Leong Kok Ho, Chief Financial Officer of China Yuchai International Limited (one of Hong Leong Asia Business Units)

Spending Quality Time with the Residents

Visits by Lions Clubs...



The residents expressing their appreciation for the fabulous performance by Lions from LCS Cheng Hua on 25 April 2015



The jubilant smiles on the faces of the Lions of LCS Cheng Hua brought double happiness to the residents



LCS Vanda brought a group of trained stylists to the Home to give the residents a nice "makeover" on 27 April 2015



The residents were delighted and satisfied with the excellent service provided by LCS Vanda and the group of stylists



President Lion Ng Teong Soon of LCS Beverly Hills presenting "ang pows" to the delighted winners of the Bingo game on 27 May 2015



LCS Beverly Hills came forward to present "ang pows" to both winners of the day!

Moments of Joy...

Visits by Corporate Partners



The hot shocking pink costumes worn by dancers from the Angelina Tay School of Bellydance surely lifted the spirits of the residents on 4 April 2015! (Right) Their soft and rolling dance movements made the residents on cloud nine



Enthusiastic staff from Seadrill brought loads of goodies for the residents on 9 April 2015



There you are! Done! Residents managed to finish making beautiful pots of colorful flowers with guidance from the Far East Orchid staff on 21 April 2015; (Right) a resident about to finish putting together a pot of blooming flowers with the assistance of staff from Far East Orchid



The Boy Scouts from St Gabriel Secondary School entertaining the residents with songs and performance on 17 April 2015; (Top) The enthusiastic Boy Scouts trying their best to match the numbers for the residents during the game of Bingo

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Students from Anglo-Chinese International School listening attentively while a resident relates her story on 5 May 2015



Anglo-Chinese International School students joyously put on a self-made handcrafted friendship band for the residents



The residents chatting heartily with the staffs from Sensual Nails Spa while waiting for their nails to be done on 12 May 2015. (Photo: Sensual Nails Spa)



"Pink color looks cool on you! Let's try it out!"



The group of lively and passionate interns from KPMG Management brought contentment to the residents on 5 June 2015 (Photo: KPMG Management)



Pleasant intern from KPMG Management patiently serving bean curd to residents (Photo: KPMG Management)



Thoughtful members of Porsche Club giving out goody bags to the residents on 11 July 2015



A child's innocence indeed brought wide smiles to the residents



On 16 July 2015, the children from Little Palm Pre-school combined their efforts to put up a lively and spirited dance performance for the residents



Children from Little Palms Pre-School gathering together to recite poetry to the residents



The residents enjoying the company of Miss Singapore International as they made time for bonding and interaction during their meals on 18 July 2015



A finalist of the Miss Singapore International 2015 patiently serving food to the resident (Photo: Miss Singapore International 2015)



Lions Charity Show 2016

Inaugural Live Show on MediaCorp Channel 8
Sunday 24 Jan 2016, 7pm

The **Lions Befrienders (LB)** and the **Lions Home for the Elders (LHE)**, two locally established eldercare charitable organisations run by the Lions Clubs of Singapore, will be organising an inaugural live charity show on 24 January 2016.

The main purpose of the charity show is to raise the awareness of the general public towards the plight of our beneficiaries, most of whom are members of the pioneer generation. These people have in their younger days contributed to the growth of Singapore but now, they seem to be forgotten and overlooked. Another objective of the charity show is to raise funds to meet the operational needs of both the Lions Befrienders and the Lions Home.

To be staged at MediaCorp's new studio at Mediapolis@One-North, we are excited with the prospect of starting the New Year on a high note. We urge all Lions and friends to lend your support to this charity show.

Watch this space, and stay tuned as we keep you updated on the progress of the charity show in the days ahead!

In aid of:



**Lions Home
For The Elders**
狮子乐龄之家

Affiliated to National Council of Social Service

Please support generously



Lions Befrienders Service Association

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