

GOLDEN Times

MCI (P) 128/01/2018

JANUARY-APRIL 2016



IN THIS ISSUE...

Chairman's Message	2
Management Updates	3
Lions Home Recognition Night 2015	4-7
Lions Charity Show 2016	8-11
Visits	12-14
News	15
Tele Rehabilitation Programme	16

**Lions Home
For The Elders**
獅子樂齡之家
Affiliated to National Council of Social Service



Meeting New Challenges



2015 was an eventful year, and one which will be remembered as a year of changes and new beginnings for the Lions Home for the Elders (LHE). Inevitably, 2016 will bring along new challenges and opportunities for the Home.

In April 2016, the Senior Care Centre (SCC), began its operations with the following service mix – for clients requiring sessional based rehabilitation, dementia management and care, sessional centre-based nursing care, and maintenance therapy.

Since its move to Bishan, the Home and its residents have had to adapt to a different environment. Space constraints have meant that activities for the elderly have to be modified and programmes relocated. Concerns expressed by the Home's 'neighbours', not used to having an eldercare establishment in such close proximity to their homes, were duly addressed and resolved with the support of the Ministry of Health.

Lions Clubs and their members have been unstinting in their support of LHE over the years. Many have developed friendships with residents in both the Bedok and Bishan Homes. Through befriending and contacts with the residents, Lions have brought great cheer to the elderly.

The challenge for LHE will be for Lions members to develop an even closer affinity with our residents. With more and more voluntary organisations competing for a piece of the charity 'pie', LHE will have to promote and encourage a greater sense of ownership amongst the Lions Clubs in Singapore. Fund raising and support of the Home should be, and need to be, the responsibility and undertaking of our Lions in District 308-A1.

In this new term, let us work together to achieve new and even greater heights for LHE. Let us make an even greater difference in people's lives.

As the motto of a leading school says 'The best is yet to be!'

PDG Lion Isabel Cheong
Chairman

Nursing Staff Gets a New Look in 2016

2016 ushers in a refreshing look for the Home's nursing staff as they put on their newly designed uniforms!



Before



After

LHE Management Board Members



Management Board members attending a full day Corporate Governance Workshop at the Social Service Institute on 14 March 2016

Chairman

PDG Lion Isabel Cheong

1st Vice Chairman, Finance Committee

PDG Lion Bobby Eng

2nd Vice Chairman, Partnerships

Committee Chairman

Lion Jeffrey Yang

Secretary, Corporate Affairs

Committee Chairman

Lion Angeline Woo Rong Zheng

Treasurer, Finance Committee

Chairman

Lion Chua Soo Chiew

Assistant Treasurer, Finance

Committee

Lion Goh Boo Han

Immediate Past Chairman

PCC Lion Chin Siew Gim

District Governor

DG Lion Nancy Lim

Directors:

Building & Maintenance Committee

Lion Richard Khoo Yong Ker

Constitution & By-Laws Committee

Chairman

Lion Victor Lee

Contracts & Purchasing Committee

Chairman

Lion Albert Chew

Editorial / Programme Services

/ Residents' Financial Welfare

Committee Chairman

Lion Mary Ong

Fund Raising Guidelines & Governance

Lion Dr William Choo

Fund Raising (Lions Clubs)

Lion Eugene Tan

Fund Raising (Corporate)

Lion Francis Woo Yew Mun

Public Relations / Corporate

Communications Collaterals

Lion Eric Koh

Volunteer Outreach / Management

Lion Shirley Lee

Co-opted Directors:

Audit Committee Chairman

Lion Laurence Chin

Building & Maintenance Committee

Chairman

Lion Peter Tan

Fund Raising (Bishan Home)

Lion Peter Anthony Lim

Trustees:

PCC Lion Lim Hon Chee

PDG Lion Eric Ng



Chairman PDG Lion Isabel Cheong presenting a token of appreciation to Guest-of-Honour Dr Lam Pin Min, Minister of State for Health, on behalf of the Management Board



Welcome speech by G.O.H. Dr Lam



Sharing the evening with one of our main sponsors, the Singapore Totalisator Board

The annual Recognition Night of Lions Home was held on 12 December 2015. Themed 'Rocking Good Times', the event drew inspiration from the Toa Payoh Home's shift to Bishan Home, and reminisced the good old days at the old Home. The event recognised the outstanding contributions by

the Lions Clubs of Singapore, corporate sponsors, individuals and staff of the Lions Home. We were honoured to have Dr Lam Pin Min, Minister of State for Health, to grace this momentous occasion as our Guest-of-Honour.

H K LAU AWARD

- KWAN IM THONG HOOD CHO TEMPLE
- LEE FOUNDATION
- OVERSEAS ACADEMIC LINK PTE LTD
- U9 GOLF
- LION SERENE YONG CHIN HWEE
- LIONS CLUB OF SINGAPORE CHATSWORTH
- LIONS CLUB OF SINGAPORE EAST
- LIONS CLUB OF SINGAPORE EVERGREEN
- LIONS CLUB OF SINGAPORE KATONG
- LIONS CLUB OF SINGAPORE LADYHILL
- LIONS CLUB OF SINGAPORE LOTUS
- LIONS CLUB OF SINGAPORE MEYER
- LIONS CLUB OF SINGAPORE NANYANG
- LIONS CLUB OF SINGAPORE SELETAR
- LIONS CLUB OF SINGAPORE VANDA

DISTINCTION AWARD

- JT INTERNATIONAL TOBACCO SERVICES (SINGAPORE) PTE LTD
- SINGAPORE TOTALISATOR BOARD
- BAN SONG LONG
- KOH CHAN GUAN
- NEO KAH KIAT
- LIONS CLUB OF SINGAPORE BEDOK
- LIONS CLUB OF SINGAPORE BEVERLY HILLS
- LIONS CLUB OF SINGAPORE GOODWOOD
- LIONS CLUB OF SINGAPORE NASSIM
- LIONS CLUB OF SINGAPORE ORIENTAL
- LIONS CLUB OF SINGAPORE PEARL'S HILL

EXCELLENCE AWARD

- ABDULLAH SALEH SHOOKER CHARITY FUND
- AN DEVELOPMENTS PTE LTD
- C T KOH HOLDINGS PTE LTD
- CARING INTERNATIONAL RECYCLING SERVICES
- COGENT LAND CAPITAL PTE LTD
- ITE COLLEGE CENTRAL
- KUAN IM TNG TEMPLE (JOO CHIAT)
- MINISTRY OF NATIONAL DEVELOPMENT
- OTICON SINGAPORE PTE LTD
- ROLEX SINGAPORE PTE LTD
- SINGAPORE POLICE FORCE
- TEMASEK JUNIOR COLLEGE LEO CLUB
- THE DISTRICT GRAND LODGE OF THE EASTERN ARCHIPELAGO
- THE REUBEN MEYER TRUST FUND
- WESLEY METHODIST CHURCH
- CHAN KWANG CHENG
- HONG KAI TIONG
- KHOO HANG CHOONG
- KHOO HWEE MIEN
- KUM SOH HAR MICHAEL
- MICHAEL LIM KIM HONG
- ROGER GAN
- TJEN HIAN KA
- WONG HUEY FANG
- LIONS CLUB OF SINGAPORE ACES
- LIONS CLUB OF SINGAPORE ARCADIA
- LIONS CLUB OF SINGAPORE CITY
- LIONS CLUB OF SINGAPORE EUNOS
- LIONS CLUB OF SINGAPORE HOST
- LIONS CLUB OF SINGAPORE ISLAND
- LIONS CLUB OF SINGAPORE JURONG
- LIONS CLUB OF SINGAPORE KHATIB MANDARIN
- LIONS CLUB OF SINGAPORE NEESOOON
- LIONS CLUB OF SINGAPORE ORCHARD
- LIONS CLUB OF SINGAPORE ORCHID
- LIONS CLUB OF SINGAPORE PATERSON
- LIONS CLUB OF SINGAPORE ROYAL
- LIONS CLUB OF SINGAPORE SHANGRI-LA
- LIONS CLUB OF SINGAPORE SUNSHINE
- LIONS CLUB OF SINGAPORE WEST



Dazzling band performance by Archie & the Gang



Ms Doreen Lye, Executive Director of Lions Home and our residents having a whale of a time!



Lion Karen Hong, President of LCS Vanda, receiving the H K Lau Award



Dr Lina Ma, Deputy Executive Director of Lions Home, receiving the 15-Year Long Service Award from Chairman PDG Lion Isabel Cheong



Lion Serene Yong, Managing Director of Overseas Academic Link, receiving the H K Lau Award from G.O.H Dr Lam Pin Min



A Special Award for Lion Johnny Chia for his selfless service in readily contributing his professional photographic skills



Ms Heng Hiang Hiang, Admin & Operations Manager, receiving the Special Award for her commitment and dedication to the Home



Past Chairman Lion Henry Kwek receiving a Special Award for his contribution to the Bishan Home Project



A token of appreciation for Ms Doreen Lye, Executive Director, for her dedicated service

APPRECIATION AWARD FOR OUTGOING BOARD OF DIRECTORS AND CO-OPTED DIRECTORS

- 2ND VDG LION JERRICK TAY
- LION ANDY TAN WT
- LION CHUA SER KIONG
- LION HO SUM KWONG
- LION NANCY LYE
- LION PETER TAN
- LION DR CHEY CHOR KHOON (CO-OPTED DIRECTOR)

APPRECIATION AWARD FOR ORGANISING AND CO-ORGANISING CHAIRPERSONS FOR LIONS HOME'S PROJECTS

- LIONS HOME RECOGNITION NIGHT 2014 ORGANISING CHAIRPERSON LION SHIRLEY LEE
- LIONS HOME RECOGNITION NIGHT 2015 ORGANISING CHAIRPERSON LION EUGENE TAN
- LIONS HOME FLAG DAY 2015 ORGANISING CHAIRPERSON LION HO SUM KWONG
- LIONS HOME FLAG DAY 2015 CO-ORGANISING CHAIRPERSON LION ANGELINE WOO RONG ZHENG

STAFF LONG SERVICE AWARDS**15-YEAR**

- DR LINA MA

10-YEAR

- DODANGOLLE RAJAPAKSEGE KUMARA S
- ERIC BAYONBON GARCIA
- MAGARITA PANTON BORROMEO
- PEDRO CARIASO SOLERIA
- SALAI WIN ZAW
- SEAH AH HOY

5-YEAR

- LINGGU LINCOLN LUWING
- TAN GIM EK
- PRASFER MARY ANAJAO PIOLLO
- MOHD RIDZUAN BIN ABDUL AZIZ

SPECIAL AWARDS

- HENG HIANG HIANG
- PAST CHAIRMAN LION HENRY KWEK
- LION JOHNNY CHIA

SPECIAL THANKS**GUEST-OF-HONOUR:**

DR LAM PIN MIN, MINISTER OF STATE FOR HEALTH

SPONSORS & DONORS:

- CRYSTAL TIME SINGAPORE PTE LTD
- GRAND HYATT SINGAPORE
- RAYDENT SUPPLIES (S) PTE LTD
- DR CHOU CHUNG SHIH
- LION CECELIA GOH
- LION DONNA NG
- LION JONATHAN FOO
- PDG LION DAVID LEE
- PDG LION ISABEL CHEONG



Smiles from the staff of Lions Home



A night filled with joy and laughter!



Lions Home staff sharing a special moment with G.O.H. Dr Lam Pin Min

Lions Charity Show Raises \$3.7M



Lion Alvin Chan, Region 1 Chairperson, receiving an Appreciation Award from G.O.H. Mr K Shanmugam, Minister for Home Affairs and Minister for Law, for raising \$100,000 and above per Region

The first ever Lions Charity Show, a joint collaboration between two entities Lions Befrienders and Lions Home for the Elders, was the first televised charity show of the year. The show, held at the new Mediacorp campus in The Theatre@Mediacorp, was broadcast live over Mediacorp TV Channel 8 on Sunday 24 January 2016. Aptly themed, 'Active and Graceful Ageing', the ultimate goal of the show was to raise funds for the vulnerable and disadvantaged seniors in our society. This significant event was graced by Guest-of-Honour Mr K Shanmugam, Minister for Home Affairs and Minister for Law. Other specially invited guests included Mr Heng Chee How, Senior Minister of State, Prime Minister's Office, and Mr Baey Yam Keng, Parliamentary Secretary, Ministry of Culture, Community & Youth. Some of the residents from the Home were also present during the show and they had the time of their lives!

Hosted by Guo Liang and Quan Yi Fong, the night's performances featured veteran artistes such as Zoe Tay, Kym Ng, Chen Hanwei, getai singers from Getai Challenge and foreign guests Susanna Kwan, Yen-J, Johnny Yip, Anna Lin and G.E.M. Tang. The celebrities indeed took the audience by storm with their impressive performances. The evening ended on a high note with thunderous applause during the cheque presentation ceremony for the top fundraisers.

This show has increased public awareness about Lions Home. It is an opportunity for the public to contribute and give a helping hand to the frail elderly residents.

As it was the very first live charity show by Lions Befrienders and Lions Home, tremendous efforts were made by all members of the Organising Committee and two Sub-Committees (Publicity and Fundraising Sub-Committees). There were many late-night meetings and these committee members faced many challenges. However, they were all motivated and deeply committed to ensure that everything fell in place. Their perseverance and indomitable spirits were evident and their dedication and hard work contributed greatly to the success of the show.



Lion Eng Chen Lian, Zone 2 Chairperson, receiving an Appreciation Award from G.O.H. Mr K Shanmugam, for raising \$30,000 and above per Zone

Both entities are very pleased to announce that they have achieved the combined target of \$3.7 million. The total sum raised will be shared equally between the two charitable organisations to fund the operating costs and to enhance quality of life for the frail elderly in society and for those

who rely on their services. The amount raised will help the pioneer generation age with dignity and pride. The Organising Committee, led by Chairperson Lion Chia Lai Soon, would like to express its heartfelt thanks to everyone for their generous donations and strong support.

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



Left: DG Lion Nancy Lim and some members of Lions Clubs of Singapore. Right: Managing Director of Overseas Academic Link, Lion Serene Yong (2nd from left) with members of Lions Club of Singapore Ladyhill and friends



Left: Some members of the Lions Charity Show Organising Committee; Right: Mr Fermin Diez, Deputy CEO, Group Director (Human Capital Development) of National Council of Social Service, with spouse Ms Wong Su-Yen and Lion Richard Koong, Immediate Past Chairman of Lions Befrienders



Left: Lion William Loh, Chairman of Lions Befrienders, Mr Tony Foo, Chairman of Qian Xi Group of Restaurants and Ms Sara Kwek of Lions Befrienders. Right: PCC Lion Anthony K G Cheong and spouse, PDG Lion Isabel Cheong, Mr Heng Chee How, Senior Minister of State, Prime Minister's office and PDG Lion Bobby Eng

For all those who made the Lions Charity Show a success:

SPONSORS:

PLATINUM (Donations of \$100,000 - \$249,999)

Lions Club of Singapore Nanyang
 U9 Golf
 Qian Xi Group of Restaurants
 M & L Hospitality
 NTUC Fairprice Foundation
 Overseas Academic Link Pte Ltd

GOLD (Donations of \$50,000 - \$99,999)

Gim Tim Group of Restaurants
 Tote Board and Singapore Pools

SILVER (Donations of \$30,000 - \$49,999)

Hi-P International Limited

BRONZE (Donations of \$10,000 - \$29,999)

Hong Leong Foundation
 Kwam Im Thong Hood Cho Temple
 Lee Foundation
 Leong Auto Pte Ltd
 Prosper Marine Pte Ltd
 Super Steel Pte Ltd
 Mr & Mrs Richard Ang
 Mr Bon Ween Foong
 Ms Low Yae Foong
 Mdm See Rui Qi

PARTNERS:

Bugis +
 DBS Bank Ltd
 FOCUS Adventure Pte Ltd
 Golden Watch Gold & Jewellery
 JJ Design
 Magazines Integrated Pte Ltd
 S.A.M Creative
 SBS Transit Limited
 Unique Colour Separation Pte Ltd
 Usual Media
 Wee Nam Kee Hainanese Chicken Rice Restaurant
 Woodlands Transport Service Pte Ltd

LIONS CLUBS OF SINGAPORE:

PLATINUM FUNDRAISERS

Lions Club of Singapore Katong
 Lions Club of Singapore Ladyhill
 Lions Club of Singapore Nanyang
 Lions Club of Singapore Vanda

GOLD FUNDRAISERS

Lions Club of Singapore Evergreen
 Lions Club of Singapore Khatib Mandarin
 Lions Club of Singapore Meyer
 Lions Club of Singapore Nee Soon Mandarin
 Lions Club of Singapore Tanah Merah



Members of U9 Golf

SILVER FUNDRAISERS

Lions Club of Singapore North
 Lions Club of Singapore Yuan Mandarin

BRONZE FUNDRAISERS

Lions Club of Singapore Arcadia
 Lions Club of Singapore Clarke Quay
 Lions Club of Singapore Enterprise
 Lions Club of Singapore Henderson
 Lions Club of Singapore Katong Mandarin
 Lions Club of Singapore Marine Parade
 Lions Club of Singapore Oriental
 Lions Club of Singapore Paterson
 Lions Club of Singapore Royal
 Lions Club of Singapore Seletar
 Lions Club of Singapore Stamford
 Lions Club of Singapore Sunshine
 Lions Club of Singapore Tanglin

OTHERS

Lions Club of Singapore Aces
 Lions Club of Singapore Amber
 Lions Club of Singapore Astrid
 Lions Club of Singapore Beverly Hills
 Lions Club of Singapore Cherish
 Lions Club of Singapore Compassvale
 Lions Club of Singapore Goodlink
 Lions Club of Singapore Island
 Lions Club of Singapore Ji Yang
 Lions Club of Singapore Lotus
 Lions Club of Singapore Mandarin
 Lions Club of Singapore Metropolitan
 Lions Club of Singapore Nee Soon
 Lions Club of Singapore Phoenix
 Lions Club of Singapore Serangoon Gardens
 Lions Club of Singapore Siglap
 Lions Club of Singapore South
 Lions Club of Singapore Venture
 Lions Club of Singapore Whampoa



Organising Committee Chairperson, Lion Chia Lai Soon with Mediacorp artistes and Mr Chan Long Jong, Deputy CEO and Chief Customer Officer of Mediacorp

To all who have called the donation hotlines, corporate sponsors and partners who contributed one way or another to make this show a success, Lions Home would like to say a very big **THANK YOU!**



Other fundraising events held in conjunction with the Charity Show...



Mega Roadshow @ Bugis+ held on 16 January 2016



Seniors from Lions Befrienders getting ready for their percussion performance at the Mega Roadshow @ Bugis+



Charity Seaswim on 23 January 2016



Taking the plunge to raise funds

Lunar New Year Cheer

The Lions Home warmly welcomed the large number of corporate partners and Lions Clubs who visited the two Homes during the Lunar New Year festive season. The entertaining performances, appetising lunches and attractive goodie bags brought cheer and contentment to all residents and livened up the atmosphere of the Homes. The efforts and generous contributions from all had certainly warmed the hearts of the residents.



Wesley Methodist Church members spreading joy to Bishan Home residents with a sing-along session on 28 January 2016



Students from Haig Girls' School guiding Bedok Home residents in colouring and drawing activities on 29 January 2016



Staff of Singapore Vehicle Traders Association distributing 'ang pows' to Bishan Home residents on 30 January 2016



Students from PCF Sparkletots (Bishan North) performing a lively dance at the Bishan Home on 1 February 2016



Daughters of Zion Cell Group brought Yusheng to 'Lo Hei' with Bedok Home residents on 4 February 2016



Bishan residents enjoyed making Lunar New Year decorations with guidance from students and teachers of Kuo Chuan Presbyterian Primary School on 16 February 2016



Students from My First Skool (Bishan) in colourful traditional costumes getting ready to sing along for Bishan Home residents on 4 February 2016



LCS Astrid brought scrumptious food to celebrate Lunar New Year with Bishan Home residents on 12 February 2016



LCS South presenting Mandarin oranges in beautifully decorated bags at the Bedok Home on 14 February 2016 (Photo courtesy of LCS South)



Bishan home residents receiving well wishes and goodie bags from Ministry of National Development staff on 17 February 2016



Mr Junichi Matsumoto, Managing Director and staff of Nitto Denko presenting a gift and mingling enthusiastically with Bishan Home residents on 18 February 2016



The belly dance moves by VRM Biologik staff had the Bishan Home residents clapping with loud cheers on 18 February 2016

Staff from Singtel brought abundance of joy to Bedok residents by sculpting balloons in blooming colours on 15 February 2016





A mouthwatering lunch catered by Fullerton Heritage for Bishan Home residents on 19 February 2016



Students from ITE College East captivated the hearts of Bedok Home residents with their graceful dance performance on 19 February 2016



Members from Bishan Community Centre and MP Mr Chong Kee Hiong, Advisor to Bishan and Toa Payoh GRC GROs, presenting 'ang pows' and souvenirs to Bishan Home residents on 20 February 2016



Students from The Little Skool-House International entertaining Bedok Home residents with a Lion Dance on 22 February 2016

Performers brought in by LCS Seletar and LCS Vanda livened up the atmosphere at the Bedok Home on 21 February 2016 (Photo courtesy of LCS Vanda)



Lions Home residents, accompanied by nursing staff, shopping and strolling through the streets of Chinatown, the best place to soak in the festive atmosphere of Lunar New Year! (Photos courtesy of Mr Sudev)



Lions Clubs International Visits Bishan Home



Lions Clubs International 2nd Vice-President Lion Naresh Kumar Aggarwal visited the Bishan Home on Sunday 15 November 2015, accompanied by LCI Headquarters Operations Group Manager Lion Kevin Cherep, ID Lion Charlie Chan (as shown above and on the right). Also present were his spouse PP Lion Dora Chan, CC Lion William Tan, DG Lion Nancy Lim, 1st VDG Lion Gilbert Tan and 2nd VDG Lion Jerrick Tay.



Official Handover of Toa Payoh Home to SLA

Lion Henry Kwek, the Chairman of Bishan Home Project, officially handed over the premises of the Lions Home for the Elders Toa Payoh to representatives of Singapore Land Authority (SLA) on 30 December 2015.

Tele Rehab Programme Shows Good Result

In early July 2015, Lions Home for the Elders, together with the acute hospitals, community hospitals and day rehabilitation centres, were invited to join a two-year study of the Tele Rehabilitation Programme. This Programme is a collaborative project started by Associate Professor Gerald Koh and a group of professional researchers from the NUS Saw Swee Hock School of Public Health and NUS Faculty of Engineering. It uses the latest technology with applications to provide therapy prescribed for individual residents.

This programme, using customised video recordings stored on an iPad tablet, is for rehabilitation therapy. Motion sensors are placed on the resident's body by the physiotherapist and therapy aides to track and measure the movement during exercise. An automated voice feedback will help the physiotherapist and therapy aides assess the resident's progress, review and prescribe the subsequent set of exercises. Different intensities of exercise are accompanied by appropriate demonstrations and clear instructions.



At the Lions Home, physiotherapist Ms Helen Phyo, under the supervision of the Rehabilitation Manager, will prescribe suitable sets of sitting and standing exercises applicable to the medical condition of individual residents. Since residents started the Tele Rehabilitation Programme more than six months ago, the physiotherapy team found improvements in residents' physical fitness and quality of life. Residents reluctant to participate in any form of exercise in the past found the programme inspiring and were fascinated by the new technology.

The advancement of this technology has indeed benefitted both mobile and wheelchair-bound residents. It has optimised their functional level particularly for those suffering from de-conditioning and musculoskeletal conditions. Through this pilot study, the inputs captured, and feedback from therapists and residents will be valuable in enhancing the application's algorithms. This will better equip Singapore's healthcare system, contributing to the goal of a 'Smart Nation'.

Article contributed by Dr Lina Ma and Charisse Teo of Lions Home for the Elders

Editorial Committee: PDG Lion Isabel Cheong, Lion Angeline Woo Rong Zheng, Lion Mary Ong, Lion Dr Chey Chor Khoo, Lion Eng Teal, Lion Lily Tan, Ms Doreen Lye, Ms Lena Iriawati, Ms Ong Hui Qi, 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.