

GOLDENTimes

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Paying It Forward

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



"A great accomplishment shouldn't be the end of the road, but the starting point for the next leap forward".



As quoted by someone: "A great accomplishment shouldn't be the end of the road, but the starting point for the next leap forward".

Lions Home Bishan continues to provide high standards of nursing, medical and rehabilitative care to its residents, as well as reach out with its wide range of non-residential services and programmes to the aged residents in the Bishan community.

It is timely that we look forward to how we proceed with the next phase of its development.

The Home's new organisation, approved by the Management Board, has taken into consideration

the restructuring of the various Board Committees and executive staff designations. This includes incorporating the Governance Committee under the Executive Committee and in particular, we have set up the Programmes, Services and Partnership Committees.

In line with this, Ms Doreen Lye will take on the role of Chief Executive Officer (CEO), with Dr Lina Ma as the Director, Clinical & Aged Care Services.

We look forward to the continuing support of the Lions Clubs in Singapore, our generous donors and sponsors, as well as our dedicated volunteers to help the Lions Home for the Elders achieve even greater heights in the provision of holistic services for the community.

PDG Lion Isabel Cheong
Chairman 2015-2016

Healthcare Humanity Awards 2016

Dr Lina Ma, our Director, Clinical & Aged Care Services, was presented the Healthcare Humanity Awards (HHA) on 6 May 2016 by Dr Amy Khor, Senior Minister of State, Health & Environment and Water Resources. HHA is administered under The Courage Fund (www.couragefund.com.sg) which was set up in 2003 to honour healthcare workers. Dr Ma was nominated by Tan Tock Seng Hospital for being an outstanding healthcare professional. Madam Kay Kuok, Chairman of the Fund's Board of Directors,

said that the award winners "have each in their own special way touched the lives of those whom they serve".

PROFILES OF RECIPIENTS 2016 – INTERMEDIATE AND LONG-TERM CARE (ILTC)



Dr Lina Ma Yee Sheung
Deputy Executive Director
Lions Home for the Elders

Dr Lina Ma has spent the last 16 years at LHE rising up the ranks from nurse to Deputy Executive Director. She has contributed significantly in building up capabilities and capacity of the aged care facilities. She has also made significant inroads in improving the lives of residents living in the nursing home facilities. With her drive and tenacity, Dr Ma is constantly pushing the boundaries in supporting effective internal policies in health and social care and to modernise nursing home practices.

"Being in healthcare has accelerated my appreciation of human dignity and living quality. Hence my unapologetic single minded approach in pursuing strategic diversity in integrated care across family, across community, across society, and across cultures."



In recognition of top donors for their invaluable contributions to the Lions Charity Show 2016

PLATINUM SPONSORS (DONATIONS OF \$100,000-\$249,999)

LIONS CLUB OF SINGAPORE NANYANG



Lions Club of Singapore Nanyang was chartered in 2003. They strongly support the causes of Lions Home for the Elders and Lions Befrienders. The club participated in a Joint Clubs Walkathon to raise funds and sponsored Charity Dinner tables for the lonely elderly, and have organised many groups of students to visit the Lions Home and Lions Befrienders' Senior Activity Centres. The elderly enjoyed the students' performances and welcomed the interaction with them. In return, these students said that they had benefited and were grateful for the opportunities to spend time with the elderly. They told their teachers that it was very meaningful and would like to continue with the visits. Lions from Singapore Nanyang are committed to raise funds and bring cheer to the lonely elderly.

U9 GOLF

U9 Golf originated from 'Union Nine' formed by nine union golfers from NTUC and was established on 9 September 2003. Since their inception, the membership has increased to 28. The club's mission is to promote golf fellowship and organise charitable projects to support the underprivileged and needy in our society. U9 is greatly influenced and supported by five of the club members who are also members of the Lions Clubs of Singapore Katong and Tanglin. U9 Golf was delighted and honoured to be part of Lions Charity Show 2016. All members of U9 Golf take this opportunity to extend their deepest gratitude



and heartfelt appreciation to Lions Home and Lions Befrienders for this enriching and humbling experience. U9 Golf believes that their collective efforts will help to advocate to our future generation and young adults, that every able individual should step forward and give their unconditional commitment and unreserved effort to help the needy and less fortunate in our society for the betterment of mankind.

QIAN XI GROUP OF RESTAURANTS



Qian Xi Group of Restaurants started operations in 1997. There are currently nine restaurants under the Group, including its newest – Carpenter 29 – that serves seafood and fine cuisine in elegant settings. During the first five years of its operations, Qian Xi donated to two schools for needy students. Mr Tony Foo, CEO of Qian Xi Group, made his first cash donation to Lions Home for the Elders and Lions Befrienders in 2005. Since then, Qian Xi Group has been sponsoring Charity Dinner tables for the Lions Befrienders and making cash donations to the Lions Home. During numerous charity lunches and dinners at Qian Xi's various restaurants, the staff always ensured excellent service for its guests. The Qian Xi Group pledges continued support for Lions Home and Lions Befrienders for years to come.

M&L HOSPITALITY

M&L Hospitality is a Singapore-based real estate investment trust with an international portfolio of best-in-class hotels. M&L Hospitality was established by the Kum family and prides itself



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in preserving and growing wealth through sound investment strategy. Executive Chairman, Mr Michael Kum, shared that the company chose to contribute to the cause as "Caring for the elderly is our responsibility. We owe a considerable amount to this generation who have made a significant contribution to Singapore's success. My main inspiration in giving back through Lions Home for the Elders and Lions Befrienders is to honour my late mother who was a key figure in my life".

NTUC FAIRPRICE FOUNDATION



As a retailer with a heart, FairPrice aims to do good by giving back to the community through various initiatives including supporting like-minded organisations that serve various segments of society. FairPrice has supported the Lions Befrienders and Lions Home for the Elders since 2012, because the Lions' focus on enriching the lives of seniors matches FairPrice's own commitment to meeting the needs of elderly Singaporeans. FairPrice's donation as a Platinum Sponsor for Lions Befrienders and Lions Home for the Elders inaugural Lions Charity Show 2016 marks a landmark year in this long-time partnership. Through its continued support for philanthropy and

community service, FairPrice aims to inspire people of all ages and all walks of life to work together to create a caring, giving and socially responsible Singapore for future generations to come.

OVERSEAS ACADEMIC LINK PTE LTD (OAL)

In 1990, Lion Serene Yong established Overseas Academic Link Pte Ltd to place students in institutions of higher learning overseas. Since then, she and her team



have developed an unrivalled understanding of bridging students with universities and academic institutions of their choice. The team brings with them an absolute commitment to find the best option to meet every student's aspirations for a quality overseas degree. Lion Serene brings with her the same high level of commitment to charitable causes, including scholarships to deserving students and donations to Lions Befrienders and Lions Home for the Elders. A very humble Ladyhill member for the past 25 years, Lion Serene has continuously demonstrated her generosity, compassion and care for the less privileged in our community.

GOLD SPONSORS (DONATIONS OF \$50,000-\$99,999)

GIM TIM GROUP OF RESTAURANTS



The Gim Tim Group was founded by Mr Oh Joo Chong in 1975. Today, there are five restaurants under the Group providing affordable but great tasting food. Its current Managing Director, Mr Oh Cheng Kiat, honours and supports the founder's teaching in caring for the less fortunate and needy, especially the socially-isolated seniors with little or no family support. Mr Oh Cheng Kiat hopes that, along with community support, Gim Tim would be able to provide these seniors with a sense of security and confidence during their golden years.

TOTE BOARD AND SINGAPORE POOLS

Established in 1988, Tote Board is a Statutory Board of the Ministry of Finance. As a grant-making organisation, Tote Board channels the surplus from the gaming activities of its agents – Singapore Pools and Singapore Turf Club – as well as the collection of casino entry levy, towards worthy causes with the vision of Giving Hope to vulnerable groups and Improving Lives of all in Singapore. They supported the Lions Charity Show 2016 with the focus to keep the seniors in the community actively engaged. This is their contribution to making Singapore an inclusive, vibrant and resilient community.



Dutch Lady Donates to Lions Home

Dutch Lady was pleased to partner with the Lions Home for the Elders to promote the goodness of dairy products for World Milk Day 2016. 1 June 2016 is marked globally as World Milk Day – an annual commemoration of the importance of including milk and dairy products into our diets for balanced nutrition.

As part of our World Milk Day activities, staff from Dutch Lady visited the Lions Home and distributed nearly 300 packets of Dutch Lady PureFarm Low Fat milk. Lions Home representative, Corporate Communications Executive Ms Charisse Teo, also took part in a charity spree event specially organised for Dutch Lady's beneficiaries held on 3 June 2016 at FairPrice Xtra, Nex Mall. In a 10-minute interactive and fun dash, Charisse raced through the aisles and collected for

the Lions Home residents, more than \$400 worth of essential items, including cooking oil, healthy snacks, toiletries and Dutch Lady milk!



Ms Ng Liyun from Dutch Lady (middle) and Lions Home Corporate Affairs Team, after the Charity Spree

FrieslandCampina, parent company of Dutch Lady and one of the world's largest dairy cooperatives, throughout the month of June, donated 10 cents for every one-litre carton of Dutch Lady PureFarm UHT milk sold at FairPrice outlets. Through this, they raised \$20,000 for Lions Home and other charities.

Believing in nourishing by nature, Dutch Lady is glad to have supported the health and well-being of Singaporeans, and for the opportunity to have partnered with the Lions Home for the Elders in this effort.

Article contributed by Dutch Lady Singapore

Donation Appeal: Lions Home Passenger Van

Lions Home operates two passenger vans to transport residents to hospitals for follow-up appointments and for collection of medications. These vans are on the road for an average of seven hours daily. The Home needs to replace

one of the vans which will be 10 years old by March 2017.

In view of the above, the Home would like to appeal for donations. Kindly make your donation cheque payable to "Lions Home for the Elders" and send to 9 Bishan Street 13, Singapore 579804 or donate online at www.lionshome.org.sg

NOTE: Please indicate "Lions Home Passenger Van Appeal" and provide your name as in your NRIC, your NRIC number and postal address to enable us to send you a tax exemption receipt.



Warren Golf & Country Club (WGCC) Family Day & Charity Carnival



PDG Lion Isabel Cheong, Chairman of Lions Home for the Elders, presenting a token of appreciation to Warren Golf & Country Club's President Mr Patrick Kwek, Social Convenor Ms Rhena Tan and General Manager Mr Jinder Aujla

WGCC raises close to \$13,000 for Lions Home

were held such as charity game and sales booths, charity bowl, dedication of karaoke songs with live band etc. All proceeds went towards the Lions Home for the Elders.

At the end of the event, close to \$13,000 was raised and for that, we thank all our members and their families and friends for their big hearts! The funds have been used to sponsor the naming rights of two nursing beds, and to purchase a food processor and special milk feed.

The Club is indeed very glad to be able to do our bit for charity and improve the lives of the elderly at Lions Home for the Elders!

It was a day of family, friends and fun for everyone attending Warren Golf & Country Club's Family Day & Charity Carnival held on 5 June 2016.

Article contributed by Ms Elgin Ong, Marcom & Membership Manager of Warren Golf & Country Club

The Family Day is an annual affair on Warren Golf & Country Club's event calendar. This year however, the event was made exceptionally meaningful as a charity element was incorporated into the programme for the very first time.

Fundraising efforts at the Club started a couple of weeks prior to the Family Day in which our Club members generously made cash donations in support of this meaningful cause.

On the Family Day itself, aside from bazaar stores, stage performances and games, a number of fundraising activities



Mr Patrick Kwek, President of Warren Golf & Country Club, gamely went up the dunking tank to raise more funds for the event during the Family Day & Charity Carnival

My Best Birthday Gift!

What brings you happiness? I am just a 10-year old boy and may seem just a normal child growing up in the eyes of many. I have always wondered how I could impact the world and make a little difference. I would like to share with everyone how we can all bring a ray of hope to the less fortunate and make the world a better place. For me, I am thankful to have one of the best moms in the world that I look upon as a role model, guiding me along the way and adding meaning to my life.

In March 2016, my family planned for me a mini birthday celebration at Sentosa. The number of friends who turned up for the party was more than a gift itself. However, some of my schoolmates had compelling reasons to present a birthday gift. And so came the "light bulb" moment when I asked for them to make a donation, of any amount, to the Lions Home for the Elders. I would say that was the best birthday gift I had ever received.

I handpicked Lions Home as my mom is a member of the Lions Club of Singapore Ladyhill, which has been actively involved in the two Lions Homes. She started bringing me with her when I was just three years old. Together with her club members, we would entertain the residents with performances



Magic show performed by Dominique amazed the Bedok Home residents on 23 June 2016

and some finger food. During my kindergarten school days at Halifax Montessori Childcare, we also provided the Lions Home with activities such as magic shows and musical performances, bringing cheer to the elderly. Visits to the Lions Home have always been heart-warming to me, as I have treated them more like friends. The spontaneous smiles from the residents at the Home stirred me deeply and made me want to visit them again.

There are countless ways we can offer help and provide support to the people around us, so long as one is willing to take the first step. I am truly grateful that my classmates and their parents have been supportive of my idea by sharing their gifts and donating generously to the Lions Home. We never know what is going to happen tomorrow so let us all become connected and start building a community full of care and love. The next time you pay Lions Home a visit, count me in!

Article contributed by fundraiser, Dominique Chui from St Andrew's Junior School, and Ms Charisse Teo of Lions Home, Corporate Affairs Department



Dominique and his classmates at the Bedok Home with PDG Lion Isabel Cheong and other Lions



Fundraiser, Ms Lydia Lim, all ready at the "Ride Back" event

Ride Back

Charity riding event raises over \$7,000

My first visit to Lions Home for the Elders was during Lunar New Year when my neighbour, Ms Valerie Loo, who was organising a Lo Hei for the elders, asked if I could be the Mandarin emcee for the day. I was very happy to accept the invitation. I did not have any prior knowledge about the Home until the visit.

The experience stirred mixed emotions. I was very humbled and moved by the nurses and care staff and, at the same time, impressed by their level of patience and concern for the residents. The residents gave us a warm welcome despite having to live in the Home without their families and friends. They put up a strong front and welcomed us with positive vibes. I was somewhat taken aback as I have lived with both my grandparents since I was young, so I could only imagine how the residents must feel and the difficulties they might have been through.

Through observation, I realised that most of the residents are not physically able to leave the Home without assistance and so many of them have to stay indoors most of the time. I thought then that instead of having them seek entertainment outside, I could bring the entertainment to them by providing a new Karaoke set, mahjong tables, board games, maybe a Wii or Playstation, chess set or whatever recreation that can be brought into the Home. It was at the spur of the moment that I wanted to raise funds to buy entertainment equipment for the residents.

I decided to put my networking skills to test and organise a simple yet effective fundraising event – "Ride Back" – that was targeted to raise \$5,000 within a month and at the same time raise public awareness of the Lions Home. With the immense support of family and friends, the event exceeded my expectations with more than \$7,000 raised! This definitely motivated me to raise funds independently again either through my own resources or to play a role in a bigger fundraising team.



All riders had geared themselves up fully to complete the riding challenge

Lions Home is close to my heart, especially after interacting with the residents. Lions Home Fundraising Chairman, Lion Jeffrey Yang, who graced the "Ride Back" event, also shared with me the hardships faced by some of these residents and their families. I view my fundraising effort as just a shadow of what the clinical staff and team do on a daily basis. I am truly inspired by the people behind Lions Home for the Elders. Thank you for being a beacon of light for me. I look forward to bringing more joy to the residents' lives and letting them know that they are greatly appreciated.

Article contributed by fundraiser, Ms Lydia Lim

Visit and Tree Planting by Lions Clubs International Centennial President Chancellor Bob Corlew on 8 July 2016



LCI Centennial President Chancellor Bob Corlew, planting a tree during his first visit to the new Lions Home at Bishan

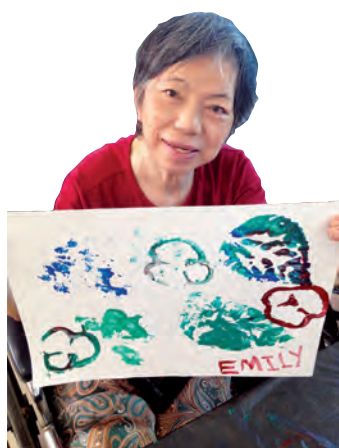


LCI Centennial President Chancellor Bob Corlew and First Lady, Dianne Corlew, PDG Lion Isabel Cheong, Centennial District Governor Lion Gilbert Tan and other Lion Dignitaries

Art as Therapy



Bedok Home residents guided by Anita Thomas, Occupational Therapist Aide of Lions Home



Bedok Home resident, Emily, proudly displaying her masterpiece



Another resident admiring her completed painting

Culinary Arts Programme for LHE Staff

14 sessions every Wednesday



Kitchen staff from Lions Home Bishan listening attentively to trainer Ms Mumtaz Ismail from JBS International College Pte Ltd



Kitchen staff practising their culinary skills under the watchful eyes of Ms Mumtaz Ismail

Joyful Moments at Bishan Home



A joyous resident posing for a photo with the Wu Shu student performers from Hwa Chong Institution after their fabulous performance on 15 March 2016



Staff from Marina Bay Sands surprised residents with pink and red roses on 6 May 2016 to celebrate Mother's Day



A resident enjoying a hand-made chocolate facial mask specially prepared by LCS Arcadia and Leo Club of Nanyang Polytechnic on 7 May 2016



LCS Evergreen visited the Home with a group of skilful manicurists who pampered the residents with their excellent service on 26 May 2016



Staff from Pon Asia Pte Holding Pte Ltd and RSVP came together on 10 June 2016 and distributed customised gift bags to the delighted residents



Thoughtful staff from Charles & Keith enlivened the Home on 15 June 2016 with colourful decorations to celebrate some of the residents' birthdays



Residents receiving nail care by professional staff from Sensual Nails Spa on 22 June 2016

Contestants of Miss Singapore International livened up the atmosphere of the Home with their entertaining performance on 25 June 2016 – Photo Courtesy of Singapore Women's Association



Benchmark Electronics staff treated residents to a mouth-watering buffet on 13 May 2016 and presented them with souvenirs





Residents enjoying themselves tremendously in Passing the Parcel game organised by LCS Cherish on 29 June 2016



Staff of Food from the Heart and Ministry of Education bringing sparkles of joy to Bishan Home residents with birthday celebrations and games on 20 July 2016



Members of LCS Meyer and CARE Centre bringing cheer to the residents on 23 July 2016

Memorable Visits to Bedok Home



Residents were fascinated with the amusing performances by The Necessary Stage on 14 April 2016



Staff from The Esplanade Co Ltd visited the Home on 3 May 2016 and taught the residents how to play the Angklung, a popular bamboo musical instrument



The band from Anderson Secondary School showcasing their musical talent to residents on 19 May 2016



Residents were in high spirits as they received goodie bags from Temasek Secondary School students on 30 May 2016



Staff from Bukit Sembawang Estates Limited brought a birthday cake and lots of gifts to share with the residents on 30 June 2016



Students from Temasek Junior College guiding Bedok Home residents in their colouring activities on 2 July 2016



Henderson Secondary School students entertaining residents with various creative board games on 8 July 2016

Students from St. Patrick's School enhancing the spirit of residents with memory card games on 5 July 2016



Senior Care Centre Official Opening



9 May 2016 was a red-letter day for Lions Home for the Elders at Bishan as it was the official opening of its newly designed Senior Care Centre (SCC). The objective of the SCC is to meet the demands of the growing number of seniors in Singapore. The centre, which offers Centre-Based Nursing, Rehabilitation, Dementia Day Care and

Maintenance Day Care, can comfortably accommodate 25 day-care clients in a community setting. It is fully equipped with rehabilitation equipment to enhance the physical mobility of these clients, and it also provides various social activities such as art and craft, and singing sessions.

The Opening Ceremony was attended by the first group of day-care clients and their family members, as well as some Lions. PDG Lion Isabel Cheong, Chairman of Lions Home for the Elders, officially opened the SCC with a welcome speech. Ms Doreen Lye, Chief Executive Officer, Dr Lina Ma, Director, Clinical & Aged Care Services of the Lions Home and one of the day-care clients and her family, together with PDG Lion Isabel, declared the SCC open by cutting the ribbon. Some residents from the Lions Home, who had been practicing hard for weeks for this big day, put up a faultless performance of chorus singing for the guests. The event ended with a buffet lunch and light refreshments.

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

Appeal for Bishan Naming

The Lions Home for the Elders appeals for sponsorships of Bishan Home facilities. These facilities will bear plaques with the sponsors' names.

The following facilities are still available as at 29 August 2016.

- 95 Beds - \$4,000 each
- 20 Rooms - \$40,000 each
- 1 Small Open Terrace - \$40,000
- 1 Large Open Terrace - \$150,000



For those who have already sponsored, the Management Board, staff and residents would like to take this opportunity to express their sincere appreciation and gratitude. (The plaques for these facilities are installed and ready for viewing.)

Editorial Committee: PDG Lion Isabel Cheong, Lion Angeline Woo Rong Zheng, Lion Mary Ong, Ms Doreen Lye, Lion Eng Teal, Lion Lily Tan, Ms Lena Iriawati, Ms Charisse Teo, Ms Ong Hui Qi

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