

GoldenTimes

JANUARY – APRIL 2017

HEART
is where the
H♥ME is



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Not A Building



It has often been said that 'Home' is where the Heart is. But 'Home' means so much more than just a house or a building. So how do we encourage, foster and reassure the residents of both the Bedok and Bishan Homes that their building or establishment is their 'Home'?

Someone once wrote that "individuals develop very strong emotional attachments to the places they live in". Thus it is the 'Home' where a sense of meaning and organisation is created in the individual's

life, where one feels in control, secure and oriented.

However, this "state" may be difficult to attain or achieve, as long-term healthcare facilities are necessarily regulated organisations tending to function as institutions. They are, even at best, not naturally comfortable or as pleasant as our homes may be.

A strong emphasis has been placed on the quality of life in nursing homes in recognising the tendency to establish "institutional" characteristics at the expense of a warm home-like atmosphere. Care processes and environments that are more welcoming and accommodating to the residents than an institution thus need to be paid special attention.

A variety of meaningful activities are an integral component of residents' lives, and contribute to the physical, mental, and psychosocial well-being of each resident, as well as to help them maintain, for as long as possible, a sense of independence and positive self-image and dignity.

Residents must feel secure and confident in their environment. Physical environment and settings should allow residents to function to their highest level.

There should be ample opportunities for residents to engage in meaningful social interchange with other residents, staff and / or family and friends. The larger community surrounding the 'Home' should be encouraged to welcome, participate and form bonds with residents.

The Lions Home for the Elders is 'Home' to over 300 residents requiring specialised medical and rehabilitative care. Sustaining the provision of quality, resident-centred care by efficient and caring staff may not be enough. They must also be ensured a physical environment that aims to support and continually improve residents' quality of life. All who have a stake in the Lions Home for the Elders, must assure its residents that they will be spending their twilight years in not "just a building", but a special 'Home' where their hearts are.

PDG Lion Isabel Cheong
Chairman

The new Golden Times

The Lions Home Editorial Committee is pleased to roll out a fresh new look and feel for our newsletter, Golden Times. Designed to connect and engage with readers on a deeper level, the new concept offers a balanced mix of stories and pictures which will keep the newsletter interactive, lively and visually stimulating. Featuring a sleek and modern appeal, it will be presented with special focus on latest updates and significant events. Links will be available to channel readers to our website for in-depth details. The new Golden Times is sure to provide an aesthetically pleasing reading experience.





Fond Farewell

Staff from Bedok and Bishan Homes hosted a farewell tea party on 28 February 2017 for the well-loved and respected Dr Lina Ma, Director of Clinical / Aged Care Services. Chairman PDG Lion Isabel Cheong presented a silver-plated coin set entitled 'The Splendour of Native Orchids' series as a token of appreciation to Dr Ma, for her dedicated service to the Lions Home for the last 17 years. Dr Ma's passion for gerontology and her tenacious spirit will continue to inspire us all and her absence will be dearly missed.



Active and Responsive

The Company Emergency Response Team (CERT) of Lions Home, preparing for the Fire Drill on 24 January 2017. The CERT Team, consisting of Lions Home staff, had completed the "Respond to Fire Incident in Workplace" course conducted by Avanta Global. The aim of the workshop is to equip the CERT Team with necessary skills to respond effectively to fire incidents that may occur at any point in time within the Home's premises.



A Special Visit by Swedish Healthcare Delegation

The Lions Home was honoured to host the Swedish Healthcare Delegation during their exchange trip to Singapore from 13 - 14 February 2017. The Delegation led by Ms Madeleine Harby Samuelsson, State Secretary of Swedish Ministry of Health and Social Affairs, alongside His Excellency Mr Håkan Jevrell, Ambassador of Sweden, also comprised Swedish healthcare companies. The afternoon visit was to provide them with insights on how the Home functions on a day-to-day basis and the variety of services and programmes it offers. The session ended with a tour of the Home led by Chairman PDG Lion Isabel Cheong and Ms Doreen Lye, Chief Executive Officer of the Home.

Snapshots from
the visit on
14 February 2017



Chairman PDG Lion Isabel Cheong, presented tokens of appreciation to Ms Madeleine Harby Samuelsson, State Secretary, Swedish Ministry of Health and Social Affairs and H.E. Håkan Jevrell, Ambassador of Sweden in Singapore to honour their visit.

From left to right: Trustee PCC Lion Lim Hon Chee, Ms Susan Lim - Marketing Manager of Vinda, Ms Yvonne Lai - Country Manager of Mölnlycke Health Care, Ms Sophie Svensson - Division for EU & International Affairs of Swedish Ministry of Health & Social Affairs, CEO Ms Doreen Lye, H.E. Håkan Jevrell - Ambassador of Sweden, Ms Madeleine Harby Samuelsson - State Secretary / Swedish Ministry of Health & Social Affairs, Chairman PDG Lion Isabel Cheong, Dr. Michaela Prochazka - Programme Officer of National Board of Health & Welfare, Ms Hema Selva - Commercial Officer of Embassy of Sweden, Ms Elaine Tam - Consultant of Business of Sweden.

Peace of Mind

By Charisse Teo Li Ping

Lions Home, Corporate Affairs Department

"If there is one thing I could change, I hope to take away her pain, so she would never have to suffer again," said Mr Lee Choon Hwa.

For nearly 20 years, the Lee siblings were under the care of their devoted mother, Madam Tan. However, in 2000, Madam Tan's independence was taken away when she suffered a stroke. Being the sole breadwinner of the family, Mr Lee supported the family and relied on a domestic helper to look after his mother.

However, things took a turn for the worse in 2009, when Madam Tan had one of her legs amputated due to diabetes. Mr Lee admitted that caring for his mother became more stressful, and many helpers came and left as they found it extremely gruelling to look after his ill mother.

A regular check-up led 52-year-old Mr Lee, to the diagnosis of blocked coronary arteries. To prevent the risk of a fatal

heart attack, Mr Lee sought treatment and underwent a heart bypass surgery in October 2015. He went back to work, healthy once again.

In April 2016, one of their longest serving helpers, was compelled to leave the Lee family to return to her hometown to get married. It was challenging to find a suitable helper in such a short period of time.

"Those new trainee helpers were terrified upon seeing my mom. They told me straight to my face that they could not handle someone without legs," Mr Lee recalled. At that time, Mr Lee was overwhelmed by a sense of hopelessness and despair as he could not get a replacement helper to look after his mother. Mr Lee searched frantically for a nursing home but all his efforts were futile. The stress was too much for him to bear. In his desperation, Mr Lee barged into the Lions Home and got into an altercation with the security guard. This came to the attention of Dorothy Low, our Senior Public / Social

Welfare Executive, who invited him to her office and tried to calm him down.

Mr Lee shared, "Dorothy is so kind, she empathised with me on my predicament, comforted me and worked with her colleague, Executive, Lin Yau Yeng, to figure out how they could assist me." The Lions Home connected Mr Lee to the Agency for Integrated Care (AIC) and in June 2016, Madam Tan was admitted to the Lions Home in Bishan. Mr Lee continued, "The support I received from the Lions Home and AIC eased my worries tremendously. I realised there are still kind souls around. These are people who were once complete strangers to me."

Mr Lee visited Madam Tan whenever he had off days. "Witnessing my mother being attentively taken care of by the nurses in the Lions Home gave me peace of mind. I am truly grateful to AIC and especially, staff of the Lions Home who gave me strength and lifted me up during my darkest moments," said a smiling Mr Lee, with a gleam in his eyes.



"The support I received from the Lions Home and AIC eased my worries tremendously."

We regret to inform that Madam Tan had passed on since the writing of this article.

Endearing Sweetness Amidst Festive Cheer

Residents at the Bishan and Bedok Lions Homes were completely immersed in the festive mood during the months of January and February, as streams of visitors hosted both Homes with a series of celebrations. Staff of corporate organisations, students and faculty of schools, as well as private volunteers, and members of Lions Clubs of Singapore, made stupendous efforts to enliven the Homes with a wide array of exuberant performances and mouth-watering lunches. The 'ang pows' and goodie bags lovingly packed for the residents, helped put a smile on their faces. These acts of love certainly exude the warmth of a 'Home'.

Visit **Gallery** on the Lions Home website www.lionshome.org.sg for more photos.

6 January 2017

National Kidney Foundation (NKF)

Residents' were all smiles when presented with customised goodie bags by staff from NKF.



14 January 2017

LCS Metropolitan

A delighted resident, after winning a game of "Passing the Ball".



19 January 2017

Singapore Artillery HQ

Young army men getting residents into the festive spirit with sing-along sessions.



21 January 2017

Lioness Club of Singapore

Lions helping to serve residents to a d-e-l-i-c-i-o-u-s lunch specially catered for the festive occasion.



23 January 2017

Bethesda Frankel Estate Church (Ukulele Group)

Members of the church group serving their home-made kueh kueh to the residents.



1 February 2017

Ministry of National Development

"Happy, Happy Chinese New Year, Aunty!"



2 February 2017

The Minstrels & Spectromatrix Singapore Pte Ltd

The captivating vocals of Mr Dick Yip and company enticed the residents to clap along enthusiastically.



3 February 2017

Ministry of Manpower (MOM)

A resident, with the help of MOM staff, was determined to complete the jigsaw puzzle within a given time-frame.



4 February 2017

LCS South

Lions waiting happily to distribute their mandarin oranges packed in dainty red bags.



5 February 2017

Bishan Community Club

Member of Parliament Mr Chong Kee Hiong, Adviser to Bishan and Toa Payoh GRC, and staff from the Bishan Community Club enjoying the traditional 'lo-hei'.



5 February 2017

LCS Seletar & LCS Vanda

Residents waiting in great anticipation to receive the golden candies from the "God of Fortune".



6 February 2017

LCS Astrid

Residents enjoy lantern making with some help from Lions.



9 February 2017

Nitto Denko (Singapore) Pte Ltd

What a haul! Donations of food and electrical appliances for the residents to celebrate Lunar New Year.



11 February 2017

Authentico Wind Ensemble

The Authentico Wind Ensemble with their rousing musical performance, much to the joy of the residents!



18 February 2017

LCS Goodwood

Lions in bright orange festive outfits, entertaining the residents with lively dance performances.



A Beautiful Nite

By Ms Charisse Teo Li Ping

Lions Home, Corporate Affairs Department

More than 250 donors, Lions and Management Board members as well as staff and residents of the Lions Home, gathered at Singapore Island Country Club (SICC) on 2 December 2016, for the Home's annual Recognition Night. The evening started on a lively note and the banquet hall was filled with merriment and laughter. As this year's theme was "*A Beautiful Life*", guests arrived in *Happy Colours* and this encapsulated the notion of "vibrant living in the HOME". The yearly event paid tribute to donors, Lions and staff for their significant contributions and unwavering efforts to better the lives of disadvantaged residents. We were privileged to have Mr Chan Heng Kee, Permanent Secretary, Ministry of Health, to grace the event as our Guest-of-Honour.



Winners of the prestigious H K Lau Award: NTUC Fairprice Foundation Ltd, PIC Investments Pte Ltd, LCS Meyer and LCS South.



Lions enthusiastically applauding award recipients on stage.



A resident's eyes sparkled with a glow of contentment as she was greeted with a warm handshake by GOH, Mr Chan Heng Kee.



Members of the Organising Committee could hardly contain their joy as they exchanged hugs with Lion Shirley Lee, who was presented a Special Award for her invaluable contributions to the Lions Home.

The following awards were presented:

H K Lau Award

PIC Investments Pte Ltd
Qian Xi Group of Restaurants
Michael Kum
NTUC Fairprice Foundation Ltd
Lions Club of Singapore Clarke Quay
Lions Club of Singapore Ladyhill
Lions Club of Singapore Meyer
Lions Club of Singapore Nassim
Lions Club of Singapore South
Lions Club of Singapore Vanda

Distinction Award

Tan Chin Tuan Foundation
Tan Wu Hao
Tim Palace Pte Ltd
Lions Club of Singapore Arcadia
Lions Club of Singapore Chatsworth
Lions Club of Singapore Henderson
Lions Club of Singapore Khatib
Mandarin
Lions Club of Singapore Marine Parade
Lions Club of Singapore Nee Soon
Mandarin
Lions Club of Singapore Oriental



Organising Committee members of Lions Home Recognition Night 2016 flashing their radiant smiles for a group picture.

Excellence Award

Abdullah Saleh Shooker Charity Fund
C T Koh Holdings Pte Ltd
Chan Kwang Cheng
Daniel Goh
Hi-P International Limited
JTI International Tobacco Services
(Singapore) Pte Ltd
Khoo Hwee Mien
Koh Chan Guan
Kuan Im Tng Temple (Joo Chiat)
LCE Engineering Pte Ltd
Margaret Chan-Lien
Ministry of National Development
Overseas Academic Link Pte Ltd
See Rui Qi
Singapore Totalisator Board
Tan Ean Kiam Foundation
Temasek Junior College
Tjen Hian Ka
Winner Engineering Pte Ltd
Yong Chin Hwee Serene
Lions Club of Singapore Aces
Lions Club of Singapore Cherish
Lions Club of Singapore City
Lions Club of Singapore East
Lions Club of Singapore Eunios
Lions Club of Singapore Evergreen
Lions Club of Singapore Goodwood
Lions Club of Singapore Jurong
Lions Club of Singapore Mandarin
Lions Club of Singapore Metropolitan
Lions Club of Singapore Orchid

Lions Club of Singapore Paterson
Lions Club of Singapore Pearl's Hill
Lions Club Singapore Phoenix
Lions Club of Singapore Royal
Lions Club of Singapore Shangri-la
Lions Club of Singapore Sino Way
Lions Club of Singapore Stamford
Lions Club of Singapore Tanah Merah
Lions Club of Singapore West
Lions Club of Singapore Yuan Mandarin

Merit Award

Acclaim Systems Pte Ltd
Airelated Services Pte Ltd
Balachandar Subramaniam
Bon Ween Foong
Chia Puay Hwee
Daikin Airconditioning(s) Pte Ltd
Dawn Lim Sock Kiang
Ding Leng Kong
E-Com Engineering Pte Ltd
Fermax Asia Pacific Pte Ltd
Fong Shen Maintenance & Engrg
Pte Ltd
Foo Chay Fong
Goh Kok Chin
Green Avenue Pte Ltd
Growth Vision Pte Ltd
Ho Chih Kwong
Hong Leong Foundation
Jack Investment Pte Ltd
Kaiser Pharmaceutical (Singapore)
Pte Ltd

Lee Chee Hwee
Leong Auto Pte Ltd
Lim Nancy
Lim Poh Choo
Lim Yong Tian
Lions Club Eagle Golf Guangdong,
China District 381
Loke Wai Yin
Low Yae Foong
Mitsubishi Electric Asia Pte Ltd
Seah Keow Beng
Super Steel Pte Ltd
Tai Hua Foods Industrial Pte Ltd
Tai Sin Electric Limited
Think One Credit Pte Ltd
Tong Loong Engineering Pte Ltd
Tsai Yuan Yiu
Vanguard Fire Systems Pte Ltd
Var Connectz (Pte) Ltd
Warren Golf & Country Club
Westcon Solutions Pte Limited
Lions Club of Singapore Astrid
Lions Club of Singapore Cheng Hua
Lions Club of Singapore Compassvale
Lions Club of Singapore Enterprise
Lions Club of Singapore Fullerton
Lions Club of Singapore Host
Lions Club of Singapore Island
Lions Club of Singapore Katong
Lions Club of Singapore New Central
Lions Club of Singapore Seletar
Lions Club of Singapore Sunshine
Lions Club of Singapore Tanglin



Lion William Loh of LCS Nanyang, receiving the Friends of Lions Home Award from C2nd VDG Lion Jeffrey Yang, 2nd Vice Chairman of Lions Home.



Management Board posing for a group photo with Guest-of-Honour, Mr Chan Heng Kee, Permanent Secretary, Ministry of Health.

Friends of Lions Home Award

Lions Club of Singapore Astrid
Lions Club of Singapore Ladyhill
Lions Club of Singapore Nanyang
Lions Club of Singapore Shangri-La
Lions Club of Singapore South
Lions Club of Singapore Vanda

Appreciation Award for Outgoing Board of Directors & Co-Opted Director

Lion Dr William Choo – 2015-2016
Lion Eugene Tan – 2015-2016
Lion Shirley Lee – 2014-2016
Lion Laurence Chin – 2016 (Co-Opted Director)

Appreciation Award for Organising Chairman & Co-Organising Chairman for Lions Home's Projects

LIONS HOME FLAG DAY 2016
• Organising Chairman, Lion Eric Koh
• Co-Organising Chairman, Lion Joohn Than

LIONS HOME RECOGNITION NIGHT 2016
• Organising Chairman, Lion Mary Ong

Staff 10-Year Long Service Award

Asokan S / O Narayanasamy Selvarajoo
Chong Ngee Moy
Deogracia Quintana Gorrero Jr
Melody Jacob Egar
Nang Khin Yadanar Aye
U Tin Win Hman

Special Award

Lion Chia Lai Soon
Organising Chairman, Lions Charity Show 2016

PDG Bobby Eng
Co-Organising Chairman, Lions Charity Show 2016

Lena Iriawati
*Senior Corporate Communications Executive,
Lions Home for the Elders*

Charisse Teo Li Ping
*Corporate Communications Executive,
Lions Home for the Elders*

Lion Shirley Lee
*Director (Volunteer Management),
Lions Home for the Elders*

Lion Angeline Woo Rong Zheng
*Secretary & Corporate Affairs Chairman,
Lions Home for the Elders*

Our Heartfelt Thanks

Guest-of-Honour
Mr Chan Heng Kee
Permanent Secretary, Ministry of Health

Sponsor
PDG William Kwok
Printing of invitation cards and programme booklets

Photos courtesy of Lion Dominic Woon & Lion Johnny Chia

Visit **Gallery** on the Lions Home website www.lionshome.org.sg for more photos.

Introducing Lions Home Management Board

Effective from 1 January 2017

Chairman

PDG Lion Isabel Cheong

1st Vice Chairman

PDG Lion Bobby Eng
Chairman, Finance Committee

2nd Vice Chairman

C2nd VDG Lion Jeffrey Yang
Chairman, Partnership Committee
Centennial 2nd Vice District Governor, District 308-A1

Secretary

Lion Angeline Woo Rong Zheng
Chairman, Corporate Affairs Committee

Treasurer

Lion Chua Soo Chiew
Chairman, Finance Committee

Assistant Treasurer

Lion Goh Boo Han
Member, Finance Committee

Centennial District Governor, District 308-A1

CDG Lion Gilbert Tan

Centennial 1st Vice District Governor, District 308-A1

C1st VDG Lion Jerrick Tay

Immediate Past Chairman, Lions Home

PCC Lion Chin Siew Gim

Directors

Lion Albert Chew
Chairman, Contracts & Purchasing Committee

Lion Aranea Chua
Member, Partnership Committee
(Volunteer Outreach / Management)

Lion Eric Koh
Member, Contracts & Purchasing Committee

Lion Francis Woo Yew Mun
Member, Partnership Committee
(Corporate Fundraising)

Lion Mary Ong
Chairman, Programmes, Services & Residents' Financial Welfare Committee
Chairman, Editorial Committee

Lion Richard Khoo Yong Ker
Member, Contracts & Purchasing Committee

Lion Stuyvesant Lim
Member, Partnership Committee
(Volunteer Outreach / Bishan Community)

Lion Tan Eng Siong
Member, Partnership Committee
(Fundraising)

Lion Victor Lee
Chairman, Constitution & By-Laws Committee

Co-opted Directors

Lion Dr William Choo
Member, Partnership Committee
(Fundraising Guidelines & Governance)

Lion Maureen Lee
Chairman, Audit Committee

Lion Peter Anthony Lim
Member, Partnership Committee (Lions Clubs Fundraising)

Lion Peter Tan
Chairman, Building & Maintenance Committee

Trustees

PCC Lion Lim Hon Chee
PDG Lion David Lee

PDG Lion Henre WH Tan
PDG Lion Steven Seah

Hearts of Love



The atmosphere at Lions Home Bishan was convivial on 14 February 2017, Valentine's Day. Staff and residents were pleasantly surprised to be greeted by Chairman PDG Lion Isabel Cheong and 2nd Vice Chairman, C2nd VDG Lion Jeffrey Yang, who had come to celebrate this occasion with them, bringing packets of "Hearts of Love" cookies.

The Lions Home Management Board initiated "Hearts of Love" to give an extra dose of love and happiness to the residents

on that special day. The Management Board contributed towards the cost of the cookies. Arrangements were made to bake heart-shaped Valentine's cookies, which were uniquely decorated with delicate icing and rainbow sprinkles. Both Chairman and 2nd Vice Chairman were effusively welcomed by residents and staff of Lions Home as they proceeded from level to level, distributing cookies to everyone. This simple yet significant gesture was indeed worthwhile as residents beamed with joy as they munched the cookies with great relish.



Editorial Committee, chaired by Lion Mary Ong: PDG Lion Isabel Cheong, Lion Dr Chey Chor Khoo, Lion Eng Teal, Lion Lily Tan, Ms Doreen Lye, Ms Ivy Teng, Ms Lena Iriawati, Ms Charisse Teo Li Ping, Ms Zynn Hor

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The Editorial Committee reserves the right to edit articles due to space constraints.