

Golden Times

MAY – AUGUST 2017



BUILDING RELATIONSHIPS, STRENGTHENING BONDS

Guest-of-Honour, Mr Gan Kim Yong, Minister for Health, unveiling the plaque at the Official Opening of Lions Home (Bishan) on 18 March 2017.



Mr Gan Kim Yong, Minister for Health, MP Mr Chong Kee Hiong, Advisor to Bishan-Toa Payoh GRC GROs and Lion dignitaries mingling with a resident and her family during a tour of the Home.



An auspicious lion dance performance at the Official Opening of the Lions Home (Bishan).

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A Nursing Home Experience



Nursing homes are important residential living facilities where the elderly are in an environment surrounded by dedicated healthcare givers, committed to providing optimal care, comfort and safety. However, despite it being a shared facility type of environment, a distinctly positive aura can be experienced, whether living, working or visiting.

For residents, the day-to-day experience of socialising and interacting with other residents from around the same "era", whilst engaging in group activities, often foster friendship and bonding. There is evidence that meaningful and planned programs of group activities contribute to self-esteem and personal autonomy, in addition to slowing the process of diminished cognitive function caused by ageing and multifactorial physical conditions. Sociological studies have shown that social interaction and active participation contribute to successful ageing. Volunteers' engagement with residents play a crucial part in bringing

both emotional and psychological therapeutic benefits.

Continuation of interests and habits that are part of the "lifestyle" and living standards of the elderly contribute to quality of life in old age, even as they make this transition from living at home with their family to living in a shared "home" facility environment. Adjusting to communal living may take time, but for those who may have been living alone, this environment brings security and peace of mind. Although their family members are not living with them here, there are areas within the Home where residents and their visitors can retreat to for privacy or spend time together over a meal.

Studies have shown that the elderly do experience conflicting feelings about their daily lives in nursing homes. Although generally, there are aspects of good relationship with other residents and their involvement in activities of daily living are positive, feelings of isolation, rejection and loneliness also do surface.

We need to look at the "ambiguities" concerning the nursing home - a home and place for ageing residents to live, a social environment created for them where they will experience most of their social life, and an institution providing high quality care.

This is where care staff and volunteers have the potential to positively impact the residents' experiences in a long-term care facility. For the nurses and health care professionals, the everyday provision of care can become routine, and on occasions, pose challenges when managing residents who are unresponsive and unpredictable in behavior. Understanding the physical needs of the elderly, their cognitive abilities as well as their eccentricities require limitless patience, compassion and sensitivity.

Volunteers may also find interaction and communication with the elderly intimidating, and support from the nursing and care staff will go a long way in making the experience a rewarding and enjoyable one.

At the Lions Home, it is our primary objective to make the experience of its residents a meaningful one so that they will feel less lonely, have friendships, are well cared for, able to participate in enjoyable activities and surrounded by their own belongings.

For them, it will be "being at home in a nursing home", a place where they will be spending their twilight years.

PDG Lion Isabel Cheong
Chairman



Generous Gifting!

Lions Home would like to warmly thank the following Lions Clubs for their recent cheque donations to the Home:

- LCS Meyer: \$100,000
- LCS Seletar: \$80,300
- LCS Chatsworth: \$10,000

Thank you for helping us to improve the lives of vulnerable seniors and putting a smile on their faces! Because of your generosity, our residents are well taken care of in a loving Home.



Official Opening of Bishan Home, 18 March 2017

By Ms Ivy Teng



Guest-of-Honour, Mr Gan Kim Yong, receiving a scroll symbolising blessings, from the mouth of the 'Lion' amidst the spontaneous applause from the audience.

The Bishan Home of the Lions Home for the Elders at Bishan Street 13 was officially opened by Minister for Health Gan Kim Yong on 18 March 2017.

We were honoured to have our partners from the Ministry of Health (MOH), Agency of Integrated Care (AIC), National Council of Social Service (NCSS), fellow operators of nursing homes, our vendors and not forgetting our passionate Lions – all joining us for the opening.

After a rousing welcome by a lion-dance performed by a group of vibrant youths, Minister Gan and the guests were taken down memory lane as they toured level 3 of the new facility. A wall collage, put together by Lions' members, showed the beginning of Lions Home for the Elders in 1980 to where we are today.

"The Home has come a long way", said Minister Gan Kim Yong at the opening. It has grown from housing 18 residents in a Housing & Development Board (HDB) void deck in Ang Mo Kio, to where it is today boasting of two Homes with a total capacity of 384 residents in Bishan and Bedok South.

The Bishan Home comprises a six-story building built by MOH and has a capacity of 230 beds. A Senior Care Centre (SCC) on level 1 provides dementia daycare, maintenance day care, social activities, rehabilitation and centre-based nursing.

Citing that most seniors would prefer to age at home, Minister Gan said that locating the SCC within the nursing home allows for easier commute to and from the SCC after the residents return to their own homes. He was

pleased that Lions Home was able to capitalise on such an arrangement.

Minister Gan added that aged care services play an important role in caring for our seniors. Beyond capacity building, we have to enhance the quality of care with an increasing focus on the quality of life and psychological needs of our seniors. Nursing homes today are also designed to inject ample greenery and more communal spaces for residents to have activities and interact with one another.

To this end, he applauded Lions Home for improving our programmes and making good use of the communal space by encouraging independent living through activities such as "kopitiam sessions" run by the residents themselves. The introduction of technology-based therapy such as Tablet Therapy, not only brings the residents up-to-date with the real

Continue next page...



GOH Mr Gan Kim Yong addressing the audience.

A group shot taken at the Lions Home (Bishan), Multipurpose Training Room-Level 1 featuring: Lion Lely Chin, Past Chairman PCC Lion Chin Siew Gim, Ms Doreen Lye, CEO of Lions Home, DG Lion Gilbert Tan, PDG Lion Isabel Cheong, Chairman of Lions Home, GOH Mr Gan Kim Yong, Minister for Health, MP Mr Chong Kee Hiong, Advisor to Bishan-Toa Payoh GRC GROs, PDG Lion Bobby Eng, Lion Rosie Eng, PCC Lion Lim Hon Chee and Lion Angeline Woo Rong Zheng, Secretary of Lions Home.





GOH Mr Gan Kim Yong and PDG Lion Isabel Cheong, Chairman of Lions Home, holding up scrolls of well-wishes which they received from the Lion Dance Troupe.

world but more importantly, such interventions enhance the mental, social and emotional well-being of the residents too.

Lions Home is proud of our efforts to forge community linkages around our new Home at Bishan. We connect well with family members of the residents, some of whom have offered to volunteer with the Home. We also partner with schools in the neighbourhood and corporate organisations to visit, befriend and bring cheer and comfort to the residents.

With two facilities in Bishan and Bedok South, Lions Home is not resting on its laurels. We are bracing ourselves to continue to build a more caring and inclusive society that honours and embraces our seniors as part of our community as they find meaning in their senior years – a sentiment also echoed by Minister Gan.



Chairman PDG Lion Isabel Cheong presenting a token of appreciation, "The Wilderness" to GOH Mr Gan Kim Yong, for officiating at the Official Opening of Lions Home (Bishan).



Residents wowed the audience with their song, "The Moon Represents My Heart" led by music instructor, Khor Ai Ming.



Chairman PDG Lion Isabel Cheong highlighting the photos of the newly constructed wall collage with GOH Mr Gan Kim Yong.



Wall Collage

The Wall Collage was created by the Lions Photography Interest Group to commemorate the official opening of Lions Home, Bishan. The images were chosen to reflect on the Home's history from its beginnings in 1980 to what it is today. From left to right, the collage features a Community Home at Ang Mo Kio Avenue 10, a nursing home converted from a World War II bomb shelter at Toa Payoh Rise, a redevelopment of the Toa Payoh Rise building, a new Bedok Home and a new Bishan Home. The Wall Collage traces the Home's progression from a humble building to a vibrant 'Home' for all and this is something we can be proud of for many years to come.

A heartfelt thanks to all who have made this possible!

Photo Courtesy of Lion Dominic Woon & Lion Johnny Chia

For more photos, visit **Gallery** - Lions Home (Bishan) Official Opening 18 Mar 2017, on the Lions Home website www.lionshome.org.sg.

Living. Caring. Serving.

Share the Joy

Lions Home is deeply touched by a letter of compliment which we recently received from the daughters (Lilian and Violette Kok) of the late Mdm Lily Tham, who was a resident of Lions Home Bedok.

“

The daily care given by all the nursing staff to all the residents displayed love and compassion because if they don't have a heart for these ailing residents, they won't be able to stay in this kind of service for too long. When my mother developed abscesses in both her breasts which refused to heal and had to be dressed daily, it was a very painful process for her and mum would protest when being dressed. My sister Violette and I have witnessed how gentle and comforting your staff nurses took responsibility to clean her in spite of their very busy schedule.

Your other nurses and nursing assistants were often so cheery that made mum's stay in an institution bearable. We also wish to commend on the cleanliness of the Home which is made possible by a strict regime of health care and maintenance carried out efficiently by your staff on a daily basis.

”

”

A Sister's Love

By Charisse Teo Li Ping
Corporate Affairs Department, Lions Home

Life took an unexpected sinister turn for 67-year-old Madam Wong Kia Phin when she suffered a massive stroke in July 2014.

“One morning, I was informed by a contractor that he saw a pair of legs right outside the toilet with the kitchen lights on, referring to the unit Kia Phin lived in. I rushed up and discovered my sister lying unconscious on the floor. She was later carried away in an ambulance,” said Ms LiLian Wong, the younger sister of Kia Phin, with a heavy sigh as she recounted that fateful day.

It was the beginning of a harrowing period for Kia Phin as she underwent major operations and was hospitalised for nine months which stripped her of her mobility. She had no choice but to rely on others for all activities of daily living. Being her closest family member, LiLian gave up her business, to dedicate time to look after Kia Phin. LiLian confessed, “The first few months were tough, I would not have come this far without my husband, Victor Goh's support.” A feeling of calmness settled over LiLian when Kia Phin was transferred to the Lions Home at Bishan on 8 November 2016.

“Ever since she was transferred to the Lions Home, I observed positive changes in Kia Phin. Her mood lifted substantially and she now has better eye contact and is more responsive. Kia Phin is able to nod and smile whenever I visit her. These significant improvements ease my worries,” LiLian shared. Due to the close proximity of her home, LiLian is able to visit Kia Phin daily and spend quality time with her sister. LiLian continued in a voice brimming with hope, “I want her to know that she is not walking alone in this journey. I will always be by her side till recovery. It is so convenient to have a nursing home within the community. I am able to meet her

day-to-day needs; feeding and massaging her. I have been keeping myself physically strong so I can continue to care for her. Whatever I can do for her, I will. Every weekend, I take her out for TCM and if time permits, I push her to the church nearby in her wheelchair. The daily bonding we share lightens Kia Phin's mood, this is a good sign.”

LiLian continues to explore options with the Physiotherapist to help Kia Phin on her road to recovery. “It is indeed heart-warming to see staff demonstrating professionalism in their job, resulting in positive changes to residents' well-being. The orderly system and the high level of cleanliness at the Lions Home no doubt boost the morale of residents living here. The holistic care here speaks volumes about the priorities and dedication of both the management and the staff,” said LiLian.

Knowing that Kia Phin will be well taken care of by the staff in such a safe and conducive environment at the Lions Home, LiLian feels a sense of peace and is now ready to return to the workforce.



Ms LiLian Wong spending time with her sister, Madam Wong Kia Phin.

This article is written and photos captured with approval from resident's family, Ms LiLian Wong.

Living. Caring. Serving.

Welcome Back to the Family!

Lions Home welcomes Mongcupa Froivel Tomampos and Superio Maria Lini who have resumed their employment with the Home.

**Mongcupa Froivel Tomampos -
Lions Home (Bedok)**
Nursing Aide – since 18 May 2017

*Keep going and challenge yourselves to
greater heights.*

Difficult times will yield good results.

Stay focused, be persistent and never give up.

Be shining stars and serve with tender hearts!

**Superio Maria Lini -
Lions Home (Bishan)**
Nurse Clinician – since 21 November 2016



Listening with an Open Heart

By Charisse Teo Li Ping
Corporate Affairs Department, Lions Home



PTA Venus guiding a resident during a therapy session.

Dedicated to bringing love and showing compassion to residents, Venus May Migote Tacuboy (Venus), a Principal Therapy Aide (PTA) at the Lions Home, is determined to enhance the quality of life for residents through building genuine relationships. Having been with the Lions Home since 2009, Venus' job entails planning of activities, assisting and preparing residents for daily therapy sessions, and supporting residents' overall needs to facilitate mobility.

Fueled by her passion for Eldercare, Venus shared, "Lions Home is an arena for me to share love and exhibit empathy to frail elderly, besides just performing my normal daily

responsibilities as a PTA. It tugs at my heartstrings whenever residents pour their hearts out to me. Listening sincerely to them with an open heart helps to fill the void in their lives and brings them immeasurable comfort. Residents become more forthcoming in communicating their wants and needs openly. Furthermore, the bond we share reduces the possibility of resistant behaviour when engaging residents in daily activities. Helping residents to maintain a sense of dignity and addressing their psychosocial well-being are equally important as well. Over the years, our relationships have gradually deepened and some residents even call me "anak", which means daughter in Malay. They are just like my second family."

Working at the Lions Home enables Venus to see the world in different perspectives and provides her a platform for self-reflection with words of wisdom through sharing of residents' experiences. Being constantly reminded of her mission to care for the underprivileged, Venus manages to overcome the inevitable challenges that come her way.

There is much that can be done to improve the quality of life for seniors, but, truly, all it takes is willingness and a caring heart.

Venus continues with an infectious smile, "Seeing residents making improvements, big or small, is always a joy to behold. It motivates me to strive together with them. Many times, I would give them a simple hug, as a means of consolation or encouragement, to let them know I care. At the end of the day, my ultimate goal is to see each of them happy, this is what I am here for."

As the saying goes, "Not all of us can do great things. But we can do small things with great love."

Living. Caring. Serving.

Believing that Little Things Count



By Charisse Teo Li Ping
Corporate Affairs Department,
Lions Home



Madam Tan Siew Lin, an ALU resident, making coffee during a Kopitiam session.

Every moment is an opportunity for us to serve and bring goodness to the people around us. Madam Tan Siew Lin, an Assisted Living Unit (ALU) resident who has been with the Lions Home for the past 10 years, is one who radiates boundless love and kindness to everyone she meets.

The 69-year-old was referred to the Lions Home due to severe osteoporosis for which she received regular treatment and medication. Weekly activities and therapy programmes have gradually strengthened Siew Lin's bones and helped her to regain mobility. Today, we see a stronger Siew Lin who moves around the Home independently with a walking frame.

A familiar face at the Kopitiam, Siew Lin has been serving on a weekly basis for the past five years. A typical Kopitiam session lasts about two hours where everyone can come together to share some local delights and mingle freely with residents from other wards. We spent an afternoon with Siew Lin to find out the reason behind her determination to serve. Clad in a bright red top and a pair of embellished earrings, Siew Lin stood by the pushcart area and began taking orders with an

eager glow of enthusiasm. Exhibiting great patience, Siew Lin made coffee, one cup after another and was constantly engaged in conversations with residents. Her affectionate smile seemed to be an instant mood lifter for those who were feeling down.

Speaking in Mandarin, Siew Lin candidly shared, "I am glad being able to serve. Though it may seem like a small act to many, it is meaningful to me. Sometimes, it is the little things that make us happy. Serving brings about positive energy and creates moments of joy. It motivates and keeps me mentally active and healthy. I feel good when residents return my friendship and some open up to me about their problems. I have since made a couple of good friends here. The care staff and clinical staff are very kind and patient. I treat them as my friends. They are the ones whom I can confide in and have supported me in the ups and downs of my life. Whenever I need a listening ear, I will go to them. Serving at the Kopitiam is also a great way to express my gratitude to the Home. I believe we can all make a difference, and that little things count."

This article is written and photos captured with approval from resident, Madam Tan Siew Lin.

Giving in the Best of our Abilities

By Victoria Koh, Vocalist

For some time, my bandmate and I were looking for an avenue to showcase our talents. One day, it dawned upon me that we should incorporate voluntary work into our performances. We had been practising for months and wanted to find a venue that allows us to perform and contribute to our society at the same time. I began searching online for such opportunities and then I found the Lions Home for the Elders. I sent in my request and was warmly greeted by the volunteer co-ordinator. Thereafter, my bandmate and I started planning for our very first performance at the Lions Home.

We were given the chance to perform and interact with the residents during the weekly kopitiam session. To create a

more meaningful experience, I invited some of my friends along and they enjoyed the session thoroughly. Overall, it was a fruitful and enjoyable session for all of us and we would like to thank the Lions Home for giving us the opportunity to render our services. We certainly look forward to the second kopitiam session next month!

Victoria Koh and her bandmate.



A Night to Remember

By Charisse Teo Li Ping
Corporate Affairs Department, Lions Home

The much anticipated Lions Home Staff Night was held on 27 April 2017 at Hilton Hotel. Staff from Bishan and Bedok Homes were dressed to the nines, ready to rock the night away. The corridor of the brightly lit grand ballroom was alive with conversations as staff gathered at the cocktail reception area exchanging greetings and posing for group shots.

The evening started with a welcome speech by Ms Doreen Lye, CEO of the Lions Home. She expressed her deepest gratitude to the staff for their endless dedication and commitment and encouraged everyone to continue to strive for excellence to make the Home a better place for all.

The event was hosted by a professional emcee and he certainly added spice and wit to engage the audience. Although the dinner buffet with its large spread of international dishes was a treat in itself, there were several other highlights in the evening's programmes. These included a series of fun games which had the staff competing against each other in groups. Staff from the Kitchen Department delighted everyone by singing a medley of songs with their



melodious voices, and had the audience clapping along. The night progressed with a solo performance of the traditional bamboo flute that warmed hearts as well as the entertaining and spectacular cultural dance. The Clinical Department staff put up a variety of synchronised dance moves with high enthusiasm and vigour. All performances were appreciated with rousing rounds of applause.

Following the performances, was the presentation of the 5-Year Long Service Award to 14 long-serving staff in recognition of their services to the Home. The night closed with lucky draws and many went home with attractive prizes. It was indeed a night of fun, joy and laughter that will be remembered!

For more photos, visit **Gallery** – Staff Night 27 Apr 2017, on the Lions Home website www.lionshome.org.sg.



Strategic Planning Workshop

5 & 6 June 2017



A team comprising 8 Board members and 14 key staff participated in a 2-day Strategic Planning Workshop on 5 & 6 June. We drilled through 3 fundamental but pertinent questions: "Who do we serve?"; "What needs do they have?"; and "How do we meet those needs?"

At the end of the workshop, it was time well spent. The first draft of the Home's Vision and Mission (VM) statements were developed. You can look forward to more concerted efforts being made to develop the final VM statements, strategies and implementation plans.



9 March 2017

SP Campers & Bedok View Secondary School

There was excitement among the residents as SP Campers and Bedok View Secondary School students began their dance performance.



23 March 2017

Tampines Junior College

Students from Tampines Junior College patiently guiding a resident through origami.



7 April 2017

CHIJ St Nicholas Girls' School (Primary)

A resident playing a game of Picture-Bingo, specially prepared by students of CHIJ St Nicholas Girls' School (Primary).



14 March 2017

LCS Whampoa

Residents eagerly waiting for LSC Whampoa Lions to select the "artist of the day" from the display of their colourful and creative art pieces.



6 April 2017

Bedok Green Secondary School

Bedok Green Secondary School students leading residents through a range of light hand and coordination exercises to keep them active and healthy.



18 April 2017

PEACE-Connect Cluster Operator

Members of PEACE-Connect Cluster Operator dishing out the scrumptious spread of Dim Sum for the residents during their visit.



26 April 2017

Delta Air Lines

Residents each being presented a surprise gift by a staff member of Delta Air Lines.



2 May 2017

RSVP Singapore & Standard Chartered

A resident smiling happily whilst performing hand exercises led by RSVP Singapore & Standard Chartered.



6 May 2017

LCS Nassim

Lions from LCS Nassim guiding residents through a game of Bingo.



19 May 2017

My First Skool (Blk 153 Bishan St 13)

Students brought joy and cheer to the residents by celebrating their birthdays.



20 May 2017

LCS Arcadia

A resident indulging in a chocolate facial treatment by a Lion.



24 May 2017

Wesley Methodist Church

The sing-along session organised by Wesley Methodist Church had the residents tapping their feet and clapping enthusiastically.



26 May 2017

Balestier Hill Primary School

Residents teeming with excitement in the game of The Price is Right arranged by Balestier Hill Primary School.



29 May 2017

Temasek Secondary School

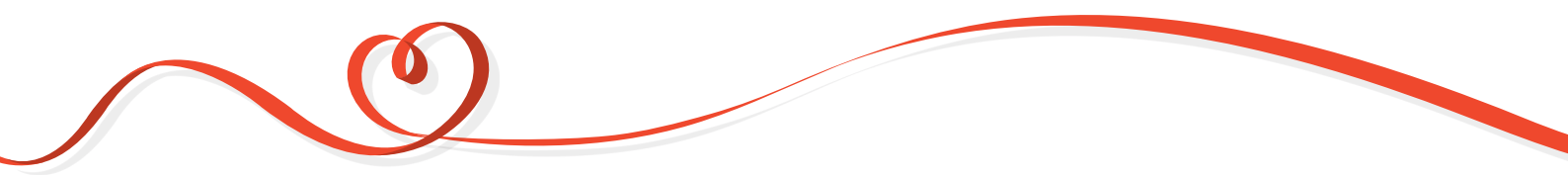
A resident admiring the hand drawn images and prints on a goodie bag which he received from a student of Temasek Secondary School.



31 May 2017

MY World Preschool

Residents and students from MY World Preschool trying their luck at a game of Bean Bag Toss.



2 June 2017

YWCA Bishan Child Development Centre

A YWCA Bishan Child Development Centre student helping a resident with Straw Craft.



14 June 2017

Nanyang Polytechnic (PI11ARS)

Students from Nanyang Polytechnic (PI11ARS) playing Pickup Sticks with residents.



5 July 2017

MindChamps Preschool @ Junction 10

Students from MindChamps Preschool @ Junction 10 flaunting their wushu skills, much to the residents' delight.



6 June 2017

RSVP Singapore

Senior volunteers of RSVP Singapore spending an afternoon with residents doing unique Thumbprint Art.



21 June 2017

Food From The Heart & SPRING Singapore

A resident feeling excited as she put her hands into the sealed box to guess the mysterious item in it, in a game of "What's in the Box?".



8 July 2017

Miss Singapore International 2017

Finalists of Miss Singapore International 2017 enlivened the Home with a medley of classic songs.



9 June 2017

Equip Global Pte Ltd

A passionate staff of Equip Global Pte Ltd holding a Windmill Craft for the resident to add some final touches.



23 June 2017

Knowledge Park Educare

A student from Knowledge Park Educare delighting a resident with a beautifully wrapped gift.



For more photos, visit **Gallery** on the Lions Home website www.lionshome.org.sg.

Senior Care Centre (SCC) Volunteers Recruitment

SCC

The Lions Home (Bishan) Senior Care Centre (SCC) is an integrated facility providing dementia day care, maintenance day care and social activities, rehabilitation, and centre-based nursing. It boasts a community setting which can accommodate 25 clients with various needs.

Be an SCC Volunteer today!

Would you like to do something that is

satisfying and of great service to your community? Then come and volunteer at the SCC! Volunteering at the SCC does not take up a huge amount of your time. We are looking for small volunteer groups to spread joy to our seniors through a variety of activities such as art and craft, befriending, baking, cooking, games, gardening, reading, etc.

Volunteers must be able to commit weekly / bi-weekly sessions between

2.00pm and 4.00pm on a weekday. We care for our volunteers' interests as well, thus the Clinical Department will conduct an orientation before the first session.

What's Next?

You can contribute in simple ways which can help make a difference in the seniors' lives. If you are keen to sign up as an SCC volunteer, please contact us at lhe.pr@lionshome.org.sg.

Happiness is All that Matters

By Students of Cedar Girls' Secondary School

Volunteering at the Lions Home for the Elders has been an amazing and eye-opening experience for us. We did not expect to form such a close bond with the elderly after only a few sessions.

They made an effort to talk to us and get to know us, and it was heart-warming to see how welcoming and enthusiastic they were during the activities. Not to mention the friendly Home staff, nurses and facilitators who were so patient and helped us whenever we encountered difficulties. We are truly grateful for their support. Seeing the hard work we put into each session pays off. Whenever the elderly participated eagerly, it was immensely gratifying.

From the sessions, our group learned to be more confident and patient when interacting with others, especially with the elderly, and nurtured us into better people. The relationship we forged with the elderly is something that we will never forget. Overall, volunteering at Lions Home for the Elders has been an enriching experience for us, and we look forward to volunteering more in the future to make a difference in the lives of others.



Lion Joyce Chao (in red) from LCS Ladyhill and a group of friends in the midst of the wonton-making session.

Photo courtesy: Lion Lena Chua (LCS Ladyhill)

Use What You Have, Do What You Can

Interview with Lion Joyce Chao (LCS Ladyhill), Lion Lena Chua, Betty Ng and Lilian Ng.

"Real happiness comes when we are able to make others happy," said Lion Joyce Chao, a member of LCS Ladyhill.

In May this year, a few members from the Club along with a couple of like-minded friends kick started their monthly voluntary sessions at the SCC.

"When we reach this (retirement) stage, we have a choice of what we want to do. We want to contribute our time and energy in community service. I am also very happy that my friends agreed to join me without hesitation," Lion Joyce shared.

On 15 May 2017, the group organised a wonton-making session for the seniors. From hands-on making of wontons to enjoying the end product, the group was very pleased to see the enthusiastic seniors enjoying every moment. When asked to use three words to describe their experience so far, the group cited enjoyment, yummy and satisfaction. Lion Joyce beamed, "Making wontons with the seniors is a great start. We can't wait for the next cooking session as we already have in mind the list of food items for the next session."

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 Lena Iriawati, Ms Charisse Teo Li Ping

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