

Golden Times

JANUARY – APRIL 2018



YOU ♥ MATTER TO US



FEATURING...

- 3 Reality of Long Term Care Placement
- 8 Give Gifts Lift Lives
- 10 Home is where the Love is
- 15 Lions Home, My Second Home
- 16 Living a Life of Purpose



Moving Forward



Since its establishment by the Lions Clubs in Singapore more than 37 years ago, it is timely to give serious thought to not only the positive aspects the Lions Home for the Elders (LHE) has in place now, but what it has to do to sustain its current status, and what

it needs to do to ensure continued success. The Home's Vision to build on this foundation to further develop and strengthen its leadership in the aged care sector will be a challenge to its Management Board and staff alike.

With the setting up of strategic initiatives as part of Strategic Planning for 2018 onwards, LHE will have to focus on key areas to initiate, launch and drive new and exciting programmes, and to extend and expand its current scope of services.

This will involve not only all departments in the clinical, health and medical sector, but also all members of the Management Board. The Home's Vision and Mission must be a shared one, a collective drive to ensure that the Lions Home remains a serious key player in the community, delivering sustainable, cost-effective, and person-centered services of a high calibre.

Mission and Vision statements and the purpose of the organisation, as well as the purpose of its strategic development, must be communicated to all stakeholders. And finally, with goals and objectives developed, the success of the organisation's strategies can then be gauged.

It is said that "Vision without action is merely a dream." LHE's Vision "to be the recognised, leading service provider for nursing, health and aged care" can become a reality with the shared collaborative efforts by all involved.

And the beneficiaries of the realisation of that Vision? The elderly and ageing in our society to whom spending the rest of their days in our eldercare facility is and will be a reality.

PDG Lion Isabel Cheong
Chairman

Lions Home unveils **new Vision and Mission statements.**

Vision

The Recognised Leading Service Provider in Health, Nursing and Aged Care.

Mission

Enabling the Elderly to Lead Enriched Lives through Holistic and Integrated Care.

Reality of Long Term Care Placement

By CEO Ms Doreen Lye

People “end up” in nursing homes, not so much through a deliberate choice made, but when faced with the reality that they no longer are able to live independently on their own.

Reasons mainly include:

- Deterioration in their health - frailty, medical condition, mental or physical disability.
- Medical conditions, such as stroke, dementia, multi-physical impairment requiring 24-hour nursing care, especially when the elderly are bed-bound.
- Inability of family members they live with to care for them and look after their needs.
- Family dynamics.
- Caregiver stress.

CHALLENGES faced by the elderly in nursing homes are:

- Giving up the familiarity of living in the comfort of their own homes with their family all their years and compounded by having to share their living space with strangers.
- Dependence on care staff for their daily activities like showering, feeding, toileting and changing of their clothes, especially when functional and mental abilities have been impaired.
- A sense of isolation, because of the unfamiliar environment and the absence of their own family members.

- Diminished social contact and interaction, especially if they were socially active before.
- Perceived loss or reduction of quality of life due to their dependence.
- Loss of or lack of privacy.
- Loss of freedom to make individual choices due to established routines, schedules and programme of activities.

COMMON SETBACKS the elderly usually experience in a nursing home are:

- i) Loneliness, often associated with depression
- ii) Helplessness
- iii) Boredom

To combat their loneliness, visits by family and friends are important. The lonely elderly are heartened by the senses that he / she is not forgotten and continues to have contact with those around them. Staff and befrienders offering a listening ear to them also help to reduce feelings of loneliness.

The experience of helplessness is real and the antidote is to provide medical and nursing care, to meet their physical, emotional and psychological needs.

Meaningful and stimulating activities to alleviate boredom are also important.

Continue next page...



A family member reading newspapers to a resident.





Residents engaging in stimulating and purposeful activities.

QUALITY OF LIFE for people living in nursing homes:

- **Health & Safety....**
Assurance that they are receiving the best care in a safe and secure environment.
 - **Security....**
Assuring their personal protection and safety of their personal belongings.
 - **Comfort....**
Provided with assistive equipment in their daily activities.
 - **Relationships....**
Bonding with fellow residents, care staff and volunteers.
 - **Enjoyment....**
Having a choice of food, outings and celebrating festivals.
 - **Dignity....**
Respected and accepted for who they are.
 - **Autonomy....**
Residents and families to be involved in decision making regarding activities of daily living.
 - **Individuality....**
Each person is seen as unique and special.
 - **Privacy.....**
Respect for the need for space and privacy.
 - **Spiritual Well Being....**
Opportunity to connect with their religious community.
 - **Environment....**
Pleasant and tranquil surroundings.
 - **Functional Competence....**
Provided, enhanced and facilitated by therapists.
 - **Meaningful activities....**
To mitigate erosion of the human spirit.
- Long term care placement shapes where the elderly live, how they live, whom they see, what they do and the relationships they have with their families & communities.
- Long term care is about ensuring quality of life, optimising what they are able to do physically and not focusing on what they are unable to do.
- There are many ways for friends of Lions Home, Lions members, volunteers and supporters to contribute in promoting a better quality of life for the elderly in these facilities. Be it in visiting and befriending, supporting the programmes and services, volunteering your talents – you can be assured that what you give is worthwhile and meaningful.
- More importantly, your presence and time spent with the elderly can mitigate their sense of isolation and abandonment, especially for those who have lost all contact with their families.

Falls Statistics and Prevention

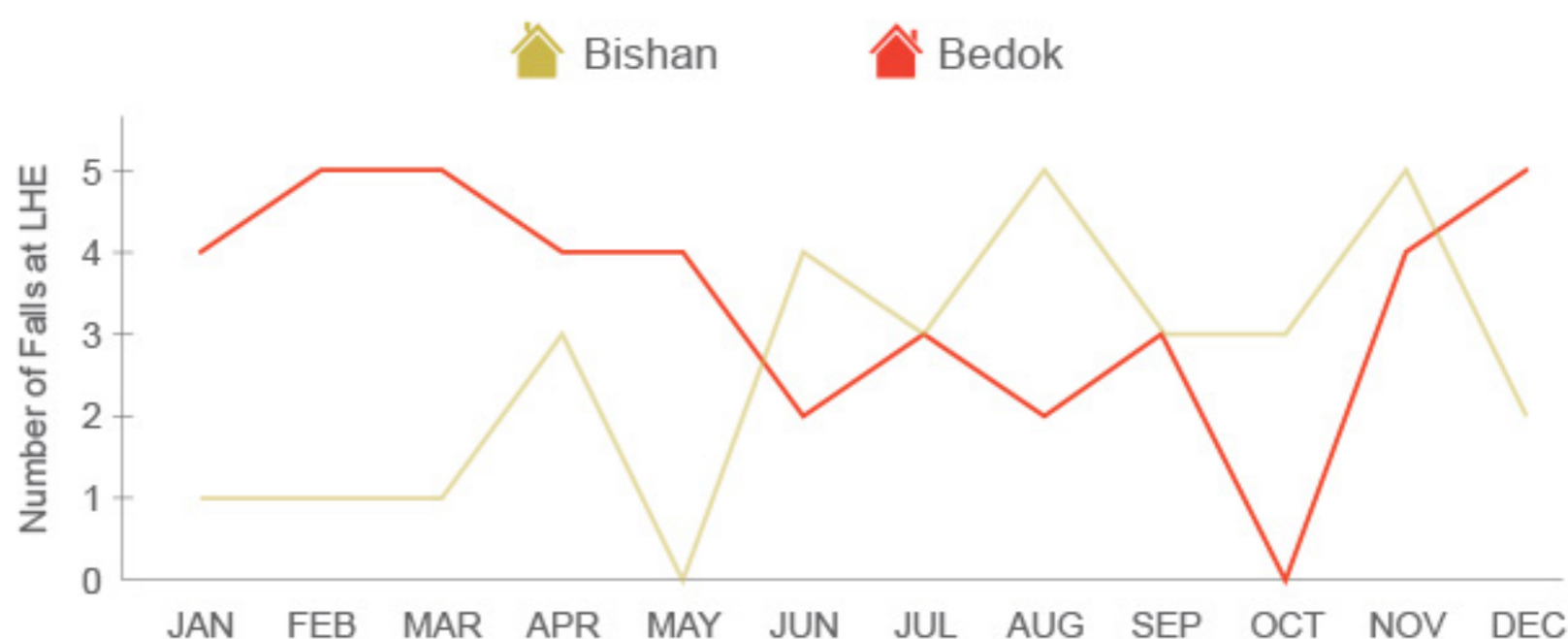
Lions Home for the Elders (LHE) Falls Committee was established to promote residents' well-being and safety awareness. The committee's goal is to assist LHE by providing individualised care and improving falls care processes and outcomes as well as to promote the safety of residents.

LHE has implemented computerised falls risk assessment forms which help us to assess and classify risks of falls for all the residents. Individualised care plans help to reduce the risks of falls as the system enables us to record, monitor and alert the falls risk categories.

The hip protector pants are also introduced for residents at risk of falls and recurrent fallers in both the Bishan and Bedok Homes.

By conducting regular meetings and providing training for the care staff, the committee promotes well-being among the residents which helps to prevent falls.

Number of Falls at LHE - January to December 2017



Average number of residents in 2017:

Bishan: 210 Bedok: 130

Tips for preventing falls for the elderly:

- Exercise regularly to improve balance and strength in muscles.
- Ensure adequate lighting, especially at night.
- Install grab bars and handrails in common slip and fall areas (e.g. bathrooms).
- Wear proper and well-fitted footwear (e.g. with velcro fastening and anti-slip soles).
- Keep walking paths clear of clutter (e.g. electric cords and newspapers).
- Have eyes checked regularly. Wear spectacles as advised by optometrist.
- Use a mobility aid (e.g. cane, walker or wheelchair) all the time with proper guidance if suggested by doctor, and perform regular maintenance of it.
- Be mindful of medications and side effects. Have medications reviewed each time a new prescription is given.



Pandemic Preparedness Exercise 2018

The Lions Home for the Elders (Bishan) participated in The Intermediate and Long Term Care Emergency Preparedness Readiness Exercise for nursing homes, organised by the Ministry of Health and Agency for Integrated Care, on 16 January 2018. The island-wide readiness exercise is conducted every two years which simulates an emergency situation. Lions Home staff will respond according to our Pandemic Preparedness Plan that focuses on the following areas: Infection Control Measure, Management of Residents, Visitors and Staff, Management of Suspected Case, External Communication and Internal Communication.

This readiness exercise is a platform for us to validate and improve on the different alert levels of our pandemic response plan, the Disease Outbreak Response System Condition (DORSCON). The commitment, dedication and tireless effort provided by our Emergency Preparedness Team has made this readiness exercise yet another success.



NEC Asia Pacific Celebrates 40 Years of Success with the Elders at Lions Home

By Joanna Tan, Senior Marketing Manager
NEC Asia Pacific



2017 marked NEC Asia Pacific's (NEC APAC) 40th year in Singapore. To celebrate this momentous occasion, the NEC APAC management decided to organise a charity drive where its employees are able to contribute back to the community both in kind and deeds. After much consideration, the NEC APAC management picked Lions Home for the Elders (LHE) as one of the two beneficiaries to adopt for the anniversary celebrations.

The celebrations lasted over 14 weeks with 40 fund-raising activities. All fund-raising activities and internal outreach

were executed by the various teams within the organisation. The activities organised included The Biggest Loser Challenge, Movie Night, Whiskey Night, NEC Dance Off, NEC Bazaar and other food-related activities. For the first time in NEC APAC's history, we were very heartened to see all the employees having fun and working together as one to champion the cause throughout the entire 14 weeks. And thanks to their hard work and contributions, we raised \$50,000 for the two adopted charities!

The anniversary celebrations finally culminated on 3 November 2017 with

the NEC APAC Make-A-Difference Day, when 46 NEC APAC employees devoted their precious afternoon to spending time with the elders at LHE. A delightful high tea party was organised in honour of the elders, with entertainment like magic show, on-site deejay, games, and song performances, all of which were executed by in-house NEC talents. We also took photographs of the elders and framed them in special photo frames which were given out as gifts at the end of the event, together with the gift bags that we had prepared.

We could see that all the elders who participated in the event truly enjoyed themselves. The smiles on their faces were our reward. We were so grateful for this experience when we were able to bring joy and friendship to the elders at LHE, even if it was just for a day.

At this point, on behalf of NEC APAC, we would like to thank Lions Home for the Elders for the opportunity to serve. Special thanks to Ms Doreen Lye, Ms Lena Iriawati and the team at LHE, for the warm hospitality and for making our visits so memorable and well-planned out. This event would not have been a success without you. Thank you!



Together We Make A Difference

By The Gardens at Bishan Neighbourhood Committee

On 4 November 2017, residents and stakeholders of The Gardens at Bishan Neighbourhood Committee raised funds in excess of \$5,000 in donations from The Gardens at Bishan estate residents, neighbourhood committee members, council members and friends of The Gardens at Bishan.

As part of the People's Association Project Sunshine charity drive, The Gardens at Bishan NC approached Lions Home for the Elders (Bishan) in August 2017, with the objective to assist the Home, as well as cultivate a charitable culture among the estate residents of the Gardens at Bishan Condo. The donation drive was well received and more than 30 estate residents volunteered for the event.



On the event day, volunteers served meals and performed for the Home residents, in the hope of adding colour to their lives. To commemorate the occasion, tee-shirts bearing the logos of the organisers were made for the Home residents. Grassroots Adviser, Mrs Josephine Teo, who graced the event in support of the organisers & Lions Home, gave the finishing touches to the new mural by artist Ms Belinda Low and toured the premises.

Reflecting on the event, Mdm Wong, a volunteer from the Gardens at Bishan was thankful for the experience and was heartened to know that Singaporeans were gracious in giving and that the Home residents were well taken care of by the dedicated and loving staff.





Give Gifts Lift Lives



Flag Day 2017

By Lena Iriawati
Corporate Affairs Department,
Lions Home



The Logo for Flag Day 2017.

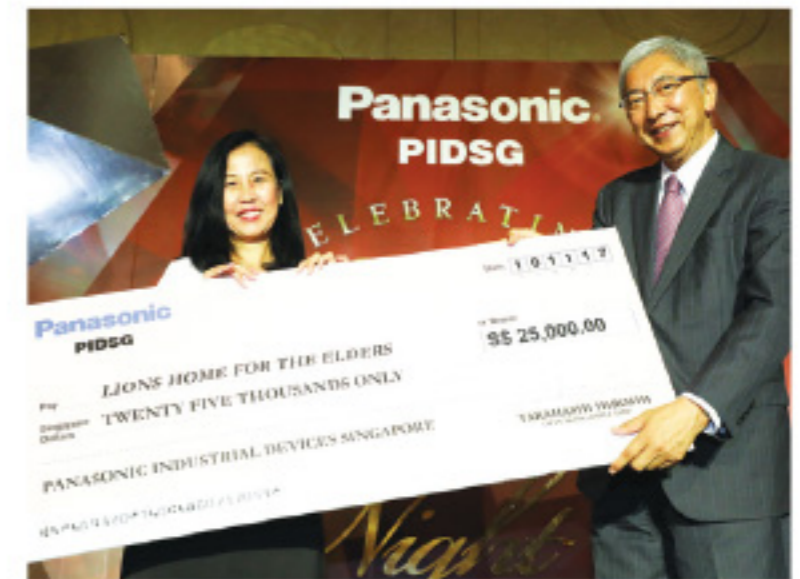
The theme for Flag Day 2017, Give Gifts Lift Lives, was conceptualised by Flag Day Committee Member Lion Winnie Lee from Lions Club of Singapore Agape. The logo was composed of the numeral one embedded in each of the

four pillars. This is to reflect the date of the fundraising event 11-11-2017, it also represented individuals joining their strengths to unite as one entity to appeal for public donations that would Lift the Lives of residents at Lions Home for the Elders.

Our heartfelt thanks go to the Organising Chairman Lion Aranea Chua and the Co-organising Chairman Lion Robert Tng for making Flag Day 2017 a success. The event was held on Saturday 11 November 2017 and 18 stations were set up island-wide as administration points to distribute 797 collection tins to about 885 flag sellers. The gross amount collected that day was \$91,561. Prior to Flag Day, 2407 Pledge Cards were also distributed to Lions Clubs and other organisations and the gross amount collected from these Cards was \$70,430.

The total amount raised will be used to defray the cost of running the two

nursing homes at Bishan and Bedok. The Home deeply appreciates all participating Lions, students and members of the public for their support and contributions and hopes to see them all again at the next Flag Day to be held on 6 October 2018.



Flag Day 2017 Organising Chairman Lion Aranea Chua receiving cheque from Panasonic Industrial Devices Singapore Managing Director Mr Takahashi Hiroshi.

Thank You Pledge Cards Supporters

Lions Clubs of Singapore

Aces • Admiralty • Agape • Amber • Arcadia • Astrid • Bedok • Beverly Hills • Broadway • Bukit Timah • Centennial • Central • Changi • Chatsworth • Cheng Hua • Cherish • Chong Pang • City • Clarke Quay • Clover • Compassvale • East • Enterprise • Eunos • Fort Canning • Fullerton • Garden City • Goodlink • Goodwood • Henderson • Host • Island • Ji Yang • Jurong • Katong • Katong Mandarin • Khatib Mandarin • Ladyhill • Lavender • Lotus • Mandarin • Marine Parade • Metropolitan • Meyer • Millennium • Miltonia • Nanyang • Nassim • Nee Soon Mandarin • Neesoon • New Central • North • Optimus • Orchard • Oriental • Oscar • Oxley • Pearl's Hill • Radin Mas • Raffles City • Royal • Seletar • Sembawang • Sentosa • Serangoon Gardens • Shangri-La • Siglap • South • Stamford • Tanah Merah • Vista • West • Westlake • Whampoa

Other Organisations

Kheng Cheng School • Land Transport Authority Singapore • Nanyang Academy of Fine Arts • Panasonic Industrial Devices Singapore • Riello UPS Singapore Pte Ltd



Student volunteers all geared up to collect tins to raise funds for Lions Home.



Thumbs up and forefingers up signifying 11-11! A very alert team of money counters despite the late hour.

★ Thank You Station Sponsors and Station Masters for Facilitating the Administration of Tins

Station Sponsors & Station Masters

AMK Hub Lion Belinda Yap - LCS Clover Lion Lim Hean Tee Amon - LCS Khatib Mandarin	Bedok Point Lion Sudhakaran - LCS East Lion Priscilla Tong - LCS Westlake
Bugis Junction Lion Li Jing - LCS Bukit Timah Lion Lai Chong Keng - LCS Cherish	Tampines Mall Lion Chai Ming Voon - LCS Marine Parade
Far East Plaza Lion Sarah Teo - LCS Broadway Lion Justin Li - LCS Broadway Lion Alice Ou - LCS Chatsworth Lion Nguyen Thi - LCS Goodwood	Junction 8 Lion Patrick Yoon Yew Wai - LCS Centennial Lion Peter Loo - LCS Centennial Lion Zen Sim - LCS Metropolitan Lion Lai Feng Gin - LCS Royal
J Cube Lion Horace Tan - LCS Jurong	Clementi Mall Lion Winnie Lee - LCS Agape
Nanyang Academy of Fine Arts Lion Nancy Lye - LCS Amber Lion Patrick Kek - LCS Amber Lion Goh Sok Koon - LCS Henderson	People's Park Centre Lion Ho Yu Xian - LCS Goodlink Lion Patricia Kong - LCS Host Lion Maggie Zhao - LCS Sino Way
SBS Transit Toa Payoh Bus Interchange Lion Priscilla Lim - LCS Changi	Waterway Point Lion Win Theingi - LCS Optimus
SMRT Harbourfront Lion Bob Redenz - LCS Compassvale Lion Pauline Lim - LCS Compassvale	SMRT Woodlands Lion Serena Yuen - LCS Admiralty Lion Daniel Ong - LCS Miltonia
SMRT Yishun Lion Hair Heng Seng Lawrence - LCS Neesoon Lion Johnathan Desmond - LCS Neesoon	Tiong Bahru Plaza Lion Poh Kee Choy - LCS Astrid Lion Stella Kok - LCS Pearl's Hill
Velocity @ Novena Square Lion Nancy Heng - LCS City Lion Lena Chua - LCS Ladyhill	White Sands Lion Randy Lim - LCS Chong Pang Lion Soh Wee Boon - LCS Nassim

★ Thank You for Volunteering as Flag Sellers on 11-11-2017

Lions Clubs of Singapore

Admiralty • Agape • Amber • Arcadia • Astrid • Bedok • Broadway • Bukit Timah • Centennial • Central • Changi • Chatsworth • Cheng Hua • Cherish • Chong Pang • City • Clarke Quay • Clover • Compassvale • Emerald • Enterprise • Eunos • Fort Canning • Garden City • Goodlink • Goodwood • Henderson • Host • Island • Ji Yang • Jurong • Katong • Khatib Mandarin • Ladyhill • Lavender • Mandarin • Marine Parade • Metropolitan • Millennium • Miltonia • Nanyang • Nassim • Neesoon • Neesoon Mandarin • New Central • Optimus • Orchard • Oscar • Oxley • Pearl's Hill • Radin Mas • Raffles City • Royal • Seletar • Sembawang • Serangoon Gardens • Shangri-la • Shaughnessy • Siglap • Sino Way • South • Stamford • Tanah Merah • Vanda • Venture • Vista • West • Westlake • Whampoa

Schools

Ang Mo Kio Secondary School • Changkat Changi Secondary School • CHIJ Secondary • CHIJ St. Nicholas Girls' School • Clementi Town Secondary School • ITE College West • Pasir Ris Crest Secondary School • Paya Lebar Methodist Girls' School • Serangoon Junior College • Temasek Junior College • Zhenghua Secondary School

Other Participants

Bishan Fire Station • Young Women's Christian Association

Photos Courtesy of Lion Dianna Olivia Lim & Lion Johnny Chia

For more photos, visit Volunteers & Donors Acknowledgment Gallery - Lions Home Flag Day 11 Nov 2017, on the Lions Home Website www.lionshome.org.sg.



Home is where the Love is

Lions Home Recognition Night 2017

By Charisse Teo Li Ping
Corporate Affairs Department, Lions Home



Lions Home Management Board members taking a group photo with Guest of Honour, Senior Minister of State for Health, Mr Chee Hong Tat.

Spirits were high as the Lions Home recognised its donors and volunteers during its yearly affair held at One Farrer Hotel & Spa on 2 December 2017. With Senior Minister of State for Health, Mr Chee Hong Tat as Guest of Honour, the event paid homage to corporates and individuals, Lions Clubs of Singapore, Management as well as staff, for their unwavering efforts and invaluable contributions to the Home.

Themed "Home is where the Love is", this year's Recognition Night was a rallying call to encourage the spirit of giving, in building a Home filled with abundant love and compassion for its residents. Close to 250 guests, including the Home's residents, came together and attended the event, which was one of the key celebrations of the year.

There was a palpable air of excitement when the emcee announced the winners from various award categories. Roaring applause filled the exquisite ballroom as the award recipients elegantly made their way to the stage to receive their plaques.

An impromptu singing performance also contributed to the heady evening. One of the Home's residents bravely took the mic from members of the live band, and delivered a few golden oldies with her angelic voice. The relatively brief but uplifting moment was utterly beautiful and triggered strong emotions.

Before the night came to a close, everyone gathered for a group photo and left with happy memories.

Lions Home would like to thank everyone for making the evening such a heart-warming one.

The following awards were presented:

H K Lau Award //

- Hotel 81 Management Pte Ltd
- Chan Weng Chih Matthew
- Overseas Academic Link Pte Ltd
- Tan Wu Hao
- Lions Club of Singapore Katong Mandarin
- Lions Club of Singapore Ladyhill
- Lions Club of Singapore Lotus
- Lions Club of Singapore Meyer
- Lions Club of Singapore Nassim
- Lions Club of Singapore Oriental
- Lions Club of Singapore Seletar



Lion Shirley Ow, president of LCS Katong Mandarin, receiving the H K Lau Award from Guest of Honour, Senior Minister of State for Health, Mr Chee Hong Tat.



At the self-registration kiosk.



Guest of Honour, Senior Minister of State for Health, Mr Chee Hong Tat, greeting a resident with a warm handshake.



An evening well spent with some of the H K Lau award recipients: LCS Meyer, LCS Nassim and individual donors Mr & Mrs Tan Wu Hao.

Distinction Award

Ban Song Long
Nelson Ng Kok Cheng
Lions Club of Singapore Chatsworth
Lions Club of Singapore Compassvale
Lions Club of Singapore Vanda

Excellence Award

Abdullah Saleh Shooker Charity Fund
Chan Kwang Cheng
Chue Yue Min
Commercial Diving Services (S) Pte Ltd
District Grand Lodge of the Eastern Archipelago
Felix Ong Kim Huat
Foo Loon Joke, Andy
Koh Chan Guan
Kong Ho Loon
Kuan Im Tng Temple (Joo Chiat)
Lasofi Investments Pte Ltd
Lim Nancy
Ministry of National Development

Tan Hong Kim
Temasek Junior College
The Late Chue Kum Kee
Tjen Hian Ka
Wesley Methodist Church
Lions Club of Singapore Arcadia
Lions Club of Singapore Central
Lions Club of Singapore City
Lions Club of Singapore East
Lions Club of Singapore Fort Canning
Lions Club of Singapore Goodwood
Lions Club of Singapore Henderson
Lions Club of Singapore Katong
Lions Club of Singapore Nanyang
Lions Club of Singapore Orchid
Lions Club of Singapore Paterson
Lions Club of Singapore Pearl's Hill
Lions Club of Singapore Royal
Lions Club of Singapore Sentosa
Lions Club of Singapore West

Merit Award

Balachandar Subramaniam
Chong Swee Kuen
Ho Chih Kwong
Hup Soon Construction Co. (Pte) Ltd
Koh Chor Gek Rita
Lee Ngow Johnny
Lim Yong Tian
Liu Zhiliang
Loh Renyao
Lydia Lim
Magicseal (S) Pte Ltd
Ow Phui Wah
Rolls-Royce Singapore Pte Ltd
Singapore Food Manufacturers' Association
Tay Eng Huat
Tiong Shu
Var Connectz (Pte) Ltd
Warren Golf & Country Club
Yap Teck Huat
Lions Club of Singapore Neesoon
Lions Club of Singapore Oscar



(From left to right) District Governor Lion Jerrick Tay with Lion Serene Yong, Managing Director of Overseas Academic Link Pte Ltd and Lion Tan Soh Keng of LCS Ladyhill.



(From left to right) Excellence Award Recipients Lion Joanna Soh of Commercial Diving Services, Mr Shiva Banerjee of District Grand Lodge of The Eastern Archipelago, Mr Norrizwan Rasip of Ministry of National Development, Lion Foo Loon Joke Andy, Lion Tjen Hian Ka and Leo Hinn Moe Aye of Temasek Junior College, together with 1st Vice Chairman PDG Bobby Eng (third from left) during the awards presentation.



Lions having loads of fun at the Photobooth.



A big thank you to the Organising Committee for a wonderful time and a fabulous evening.

Merit Award //

This Award is presented to volunteers who painted murals at the Lions Home Bishan in 2017.

Anglo-Chinese Junior College (Dance Society)
Belinda Low

Friends of Lions Home Award //

Lions Club of Singapore Astrid
Lions Club of Singapore City
Lions Club of Singapore Ladyhill
Lions Club of Singapore Shangri-La
Lions Club of Singapore South
Lions Club of Singapore Vanda
Leo Club of Singapore ITE College East

Appreciation Award for Outgoing Management Board Members //

2nd Vice Chairman 1st VDG Jeffrey Yang, 2016 – 2017
Assistant Treasurer Lion Goh Boo Han, 2016 – 2017
Director Lion Albert Chew, 2014 – 2017
Director Lion Eric Koh, 2016 – 2017
Director Lion Mary Ong, 2016 – 2017
Director Lion Richard Khoo Yong Ker, 2016 – 2017
Co-opted Director Lion Dr William Choo, 2017
Co-opted Director Lion Maureen Lee, 2017
Co-opted Director Lion Peter Anthony Lim, 2015 – 2017
Co-opted Director Lion Peter Tan, 2016 – 2017

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

LIONS HOME FLAG DAY 2017
• Organising Chairman Award, Lion Aranea Chua
• Co-organising Chairman Award, Lion Robert Tng

LIONS HOME RECOGNITION NIGHT 2017
• Organising Chairman Award, Lion Eric Koh

Staff 15-Year Long Service Award //

Nang Mya Tun
Ramalingam Vasanthi
Thomas Anita

Staff 10-Year Long Service Award //

Heng Hiang Hiang
Juliet Joseph
Zaw Myint

Special Award //

Lion Albert Chew
Contracts & Purchasing Chairman, Lions Home for the Elders

Lion Dr William Choo
Co-opted Director (Partnership – Fundraising Guidelines & Governance), Lions Home for the Elders

Lion Jonathan Foo
Lions Club of Singapore Compassvale

Lion Peter Anthony Lim
Co-opted Director (Partnership – Fundraising Lions Clubs of Singapore), Lions Home for the Elders

Lion Serene Yong
Lions Club of Singapore Ladyhill

Monica Jayarni
Senior Clinical Educator, Lions Home for the Elders

Photos Courtesy of Lion Dominic Woon & Lion Johnny Chia

For more photos, visit Volunteers & Donors Acknowledgment Gallery - Lions Home Recognition Night 2 Dec 2017, on the Lions Home Website www.lionshome.org.sg.



Celebrating Lunar New Year Lions Home Style

Each year, residents of Lions Home look forward to the thunderous performances of the Lion Dance and "God of Fortune" during the Lunar New Year celebration. Also, during this festive season, residents are blessed with red packets, mandarin oranges, tasty goodies and many more gifts brought to them by donors and volunteers. Here's looking at some of the happy New Year moments this year.



For more photos, visit Donors & Volunteers Acknowledgement Gallery on the Lions Home website www.lionshome.org.sg.

19 Jan 2018

Singapore MMA & Acrylic Group (SMAG)

"Bai Nian" - paying a New Year call.



12 Feb 2018

Singapore Polo Club

Bringing festive cheer to Lions Home.



25 Jan 2018

Denso International Asia

Opening a box of blessings.



12 Feb 2018

SingTel (Fixed Network Engineering)

Resident receiving an ang pow from Mr Lim Cheow Hai, VP of SingTel's Fixed Network Engineering.



24 May 2017

Wesley Methodist Church

Getting a new hair cut to greet a brand-new year.



15 Feb 2018

LCS Bukit Timah

Resident dancing with the "God of Fortune".



19 Feb 2018

The Fullerton Heritage (Fullerton Hotels)

Volunteers serving bento from the kitchen of The Fullerton Hotel.



23 Feb 2018

Bioskin Holdings

Gifting each resident with a red packet.



25 Feb 2018

LCS Seletar & Vanda

Traditional Lion Dance is a must!



21 Feb 2018

LCS Goodlink

Receiving an ang pow in the Year of the Dog.



23 Feb 2018

LCS Astrid

Spreading joy and happiness in abundance.



26 Feb 2018

ChildFirst Pre-School

Presenting auspicious greetings in a hand-made card.



22 Feb 2018

YWCA Bishan Child Development Centre

A song and dance to welcome the Lunar New Year.



24 Feb 2018

LCS City & Goldhill

Lunar New Year visiting.



28 Feb 2018

Ministry of National Development

Resident receiving a goodie bag filled with good luck and prosperity from Mr Tan Meng Dui, Deputy Secretary (Development) for the MND.





Senior Nurse Manager Ramalingam Vasanthi and residents having a great bonding session.

Lions Home, My Second Home

By Ramalingam Vasanthi
Clinical Department, Lions Home

Fifteen long years have passed. I could still remember that day; it was our second day in Singapore. CEO Ms Doreen Lye (Ms Lye) took all five of us - the first batch of Staff Nurses, who had arrived from India to work in the Lions Home for the Elders (LHE), to a dinner in Little India. She went the extra mile to help us settle in a new place. Ever since then, I felt the same kind of out-of-work bonding with my superiors. I chose that style to approach my subordinates. A work place should be like a second home. I made LHE my second home. I saw buildings built and buildings demolished. I witnessed the entire home shift to new locations.

LHE is a truly professional organisation that does not compromise on quality of Resident Care. As for staff, it offers many growth and development opportunities and there are no limitations for growth when we have the right attitude and knowledge. I have always been encouraged to stretch myself, improve my knowledge and develop new skills. No day is ever the same and, for me, it is this diversity that makes working at LHE really

enjoyable and a chance to learn how to think outside the box, find new ways to achieve the best results in resident care and in family satisfaction. LHE also gives me the opportunity to work in a pleasant multicultural environment.

The thing I appreciate most about LHE is that it has given me the opportunity to balance my professional and my personal life. I will always be thankful to Ms Lye, who believed in me and gave me this opportunity to grow, not only within the company, but also as a person. She constantly motivates people and encourages us to participate in decision-making. She is a dynamic boss who leads from the front and who has the ability to encourage people to go above and beyond. I feel excited to be part of this enthusiastic and professional team, to share our knowledge and experiences to achieve our combined goals.

The management team is good in ensuring suggestions and opinions of employees are being included in its planning process. We feel team-driven, and we run the Home in a

way that puts collective goals ahead of individual glory. This is a Home where we always have a voice no matter who we are. Positive ideas are encouraged and fully supported. We love what we do, and it shows in the strong relationships we have built with our residents, family and health care partners.

At Lions Home, I have learned so much. I laughed, I cried, I faced challenges, and I also experienced very beautiful moments that will stay forever in my memory. I have been awarded the "Nurses' Merit Award" in 2010 from MOH for outstanding performance and dedication to Nursing. I also received 15 Years Long service award from LHE in recognition for my contribution of service.

I look forward to the opportunities and challenges that come with the new standards of care. I am still being challenged with interesting new tasks and responsibilities. I am glad to be a part of this splendid group.

Looking forward to the years ahead.

Living a Life of Purpose



By Charisse Teo Li Ping
Corporate Affairs Department, Lions Home



Assistant Director of Nursing Joselito engaging a resident in meaningful conversation.

There are no billboards or prevailing formula for finding one's life purpose, but there are some common elements and often relates to things that we are naturally good at or enjoy doing. This is especially true in the case of Joselito Iporac, who embarked on a nursing profession; a career that has led him to self-discovery and enabled him to find his purpose in life.

Joselito started his journey at the Lions Home in 1999. Having obtained a Bachelor Degree in Nursing in the Philippines, Joselito began serving the Home as a Nursing Aide, and gradually advanced to be an Enrolled Nurse. He excelled in the role and moved up to the position of Staff Nurse. Despite some twists and turns, Joselito soldiered on and took a great deal of hard work before he progressed significantly to Nurse Manager. These milestones were defining moments which helped him navigate his path, and allowed him to reflect on his life to ensure he was on the right track.

At the Lions Home, Joselito was given ample opportunities to improve himself. One of which was getting enrolled in a post-graduate Degree Programme in Nursing at Griffith University Australia, fully sponsored by the Lions Home. He successfully graduated in 2016. In addition to that, he attended numerous conferences and seminars that were relevant to Geriatric Nursing Leadership and Management, which aided in his current practice for the Intermediate and Long-Term Care (ILTC) sector. Joselito's career has risen steadily and in March 2017, he was promoted to Assistant Director of Nursing.

As Assistant Director of Nursing, Joselito provides leadership and supervision in implementing effective management to all staff, maintains a high level of operational efficiency and quality care, as well as enhances service standards. Apart from his daily responsibilities, Joselito enjoys spending time with residents on a

personal level. For instance, he takes time after work to visit residents and brings food to those who are in hospital.

"I still vividly remember that incident. A terminally ill resident told her family that she wanted to go home, so they granted her wish and brought her home. According to one of her family members, the resident started looking for "Mi-Si" (nurse in Hokkien) back home. When she could not find the "Mi-Si", she told her family that is not her home, and insisted they bring her Home." The family finally grasped what she meant, and hurriedly sent her back to Lions Home. Upon arrival, she instantly looked for "Mi-Si", and died peacefully a few hours later. I experienced human connection at its most raw form; the resident treated us like family and I was deeply touched," Joselito recounted, his eyes crinkling into a smile. The encounter made him realise the intrinsically rewarding nature of nursing, and fuels the work he does today.

It is never an easy path, there are trials and challenges too. Occasionally Joselito has to deal with unreasonable demands from residents' families. Attending family conferences with assistance from his team has substantially helped with overcoming the problems. Meanwhile, Joselito hopes to bring the level of holistic care to new heights and focus on addressing challenges such as staff retention.

"I would like to take this opportunity to thank CEO, Ms Doreen Lye for believing in me and giving me the chance to grow professionally. My profession has helped shape me into the person I am today, and because of that, I am able to live purposefully and add value to the people around me," he says in a voice brimming with joy.

Here at the Lions Home, Joselito has uncovered his life purpose. Have you?

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