

Our Home!

A quarterly newsletter from St. John's Home for Elderly Persons.

st JOHN'S HOME
FOR ELDERLY PERSONS

Celebrating Ageing since 1958

January to March 2020 MCI (P) 092/02/2019

I Wish for a Goddaughter!

This was what Uncle Loh, an 84-year-old resident at our home wrote on his Wish Card on the Wishing Tree that a corporate group had set up at our Home last Christmas. When asked why he wanted a goddaughter, Uncle Loh said he wished he had someone who would show him concern and comfort him when he felt sad.

He is not alone. While a few of the residents had wished for simple things like shoes or a dress, most wishes were not for material things but for "happiness", companionship or friendship. At our Home, our staff work hard to provide for the elderly's daily needs: nutritious food, clean living conditions and clothes. However, it is quite a challenge to meet the elderly's emotional needs. Not

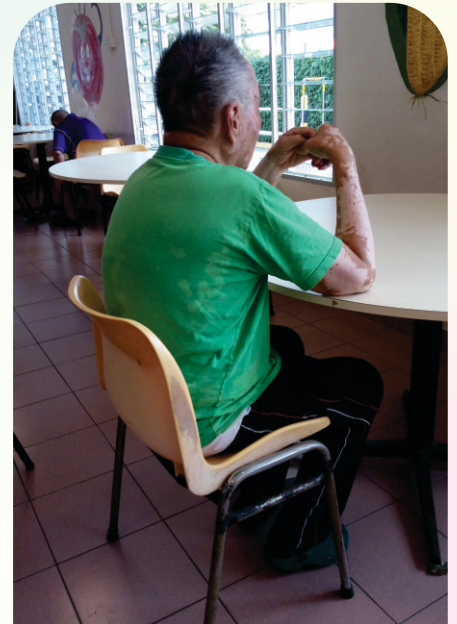
surprisingly then, at the end of the day, an elderly person may feel lonely in the quiet of the night.

We invite volunteers with willing hearts to befriend our residents. Regular visits help build a relationship with them and the engagement with people will give stability and purpose to our residents. It is extremely comforting to the elderly to know that there is someone who is willing to spend time talking and listening to them.

Would you be that "someone"?

To volunteer at our Home, please fill in this online form and we will contact you shortly:

<https://tinyurl.com/vatsj>



We invite volunteers with willing hearts to befriend our residents.
我们邀请有爱心的自愿者成为我们
年长居民的朋友。

我希望有个乾女儿!

这就是我们养老院其中一位84岁居民，罗伯伯，挂在“许愿树”的“许愿卡”上写的。“许愿树”是一家公司集团在去年圣诞节帮养老院设立的。罗伯伯说他希望有一个人能在他感到忧伤时安慰他。

罗伯伯的情况并不特殊。虽然一些年长居民希望获得简单的礼物，例如鞋子或衣服，但大多数的愿望不是物质的，而是“幸福”或有人陪伴。在圣约翰养老院，我们的员工非常努力地满足年长居民的日常需求：如有营养的饭菜，舒适的环境和干净的衣裳等等。但要满足年长者

的情感需求，是一个很大的挑战。不足为奇的是，当日落后，年长者会在宁静的夜晚中感到孤独。

在此，我们邀请有爱心的自愿者成为我们年长居民的朋友，定期拜访他们和建立关系，为他们带来稳定性。当年长者知道有人愿意花时间与他们交谈和聆听，他们将感到极为安慰。

如果您愿意接受我们的邀请，请填写在线表格，我们会尽快与您联系：<https://tinyurl.com/vatsj>

The Highest Standards of Governance



St John's Home for Elderly Persons was again awarded the Charity Transparency Award! This is the second time for our Home, with the first in 2018.

On 3rd December 2019, a total of 67 charities were presented with the esteemed award. Our Chairman, Mr Woon Wee Yim received the award from Dr Ang Hak Seng, Deputy Secretary for the Commissioner of Charities.

The award recognises charities that have adopted the highest standards of governance and aims to promote good governance in the charity sector by acknowledging the excellent work of charities, while inspiring others to emulate their best practices.

Building Redevelopment Update

Funds

Building Construction: S\$15 million

Current Collection: S\$10.5 million

Dates

Groundbreaking: 1st September 2018

Demolition: December 2018

Piling and Structure: February 2019

Architecture Works: November 2019

External Ground Works: December 2019

Completion: By December 2020



Scan PayNow code to donate to our Building Fund

We need S\$4.5 million more to complete our new Home.



Artist's impression of an Apartment. 卧室图纸。

A Word from Our Chairman

We are in the final stage of our building project. The new building is due to be completed by this December.

It will be a 5-storey building with many improved facilities such as:

- * Increased bed capacity of 150 (up from 86 presently).
- * Anti-slip tiles to prevent falls.
- * Personal Cozy Corner of 4.5 sqm space for each resident.
- * Lots of greenery and open spaces for our residents to relax.
- * A hydro-therapy pool to enhance our residents' well-being.
- * Bigger Physiotherapy and Activity Rooms.

The cost of the new building is about \$15 million. We have raised \$10.5 million. There is still a shortfall of \$4.5 million.

We would like to highlight here our Naming Rights campaign whereby you can support our new building by donating towards the following benefit for our residents:

我们正处于建设项目的最后阶段。新家园将于今年12月竣工。

新大楼将是一栋五层楼的建筑，其中包括许多改善设施，例如：

- * 150个床位（目前为86个）；
- * 防滑砖；
- * 每个居民享有的4.5平方米私人空间与舒适角；
- * 大量绿化和室外空间；
- * 水疗池；
- * 更大的理疗和活动室。

新大楼的成本约为1500万元，而我们已经筹集了1,050万元。项目资金仍短缺450万元。

* \$8,000 for a bench in an open space or corridor for our residents to sit and relax in the day. Our plans are to have 62 of these benches

* \$10,000 for a Personal Cozy Corner for each resident to have their private space with a bed, desk and cupboard

* \$60,000 for an Apartment within the new building, comprising 4 Personal Cozy Corners, a TV Room cum Pantry, Toilet and Bathroom.

For further details, please refer to the attached Factsheet and Donation Form.

With your continued support, we can make 2020 a milestone year for the Home - one in which the new St. John's Home for Elderly Persons is completed.

I take this opportunity to wish you and your family a Happy and Prosperous New Year!

- Woon Wee Yim

在此，让我推广我们的“命名权”筹款活动；您可以通过捐赠以下效益来支持我们的新建筑：

* 8,000元：摆在室外空间或走廊的长凳，供我们的居民休闲用；

* 10,000元：为每个居民提供一个私人空间与舒适角。该空间配有床，书桌和橱柜；

* 60,000元：为捐赠新家园中的一间卧房。卧房包括4个私人空间与舒适角，电视室兼厨房，卫生间和浴室。

有关更多详情，请参阅随附的概况介绍和捐赠表格。

在2020年，有您的持续支持，让我们一起踏入新的里程碑，迎接“新的圣约翰养老院”的到来。

我借此机会祝您和您的家人新年快乐，万事如意！

- 云惟蔭(主席，圣约翰养老院)

Receiving Through Giving

Shannon is a 19-year-old girl who began volunteering at St John's as a school activity. She spent several weeks at the Physiotherapy Area at our Home and found her experience both enriching and fulfilling. She shares some of her insights here.

Have you had breakfast?

I begin my day in St John's Home with the morning physiotherapy sessions. The elderly residents are required to do some basic exercises which are tailored to their individual needs. When I greet the uncles and aunties good morning, they would always ask me if I had breakfast. Some would tell me they are happy to see me, and others would share about the adversities they faced in their younger days, as well as the



Shannon engaging Auntie Lee in a fine motor skill activity

difficulties they face today as an aging individual. There would always be a few residents who are reluctant to do the exercises but after much persuasion they would give in and would even smile and thank me afterwards.

In the afternoon I spend time playing a game of "PlayDum" with Auntie Lim, a loud, chatty and very animated lady. She moves with exaggerated hand gestures and expressions, always making me smile and laugh. Despite the annoyed looks she gets from some of the elderly residents around her at times, she never fails to voice out her thoughts and is always engaged in playful banter with the Physiotherapist-Aides.

Closer to my own family

Volunteering here has made me extra grateful for my closely-knit family. Seeing the elderly members grin and go on enthusiastically about their children emphasizes the importance of filial piety to me. Many were proud parents who were more than happy to share about their family members, and they always ended our conversations with a reminder to listen to my parents.

I have also made wonderful friends with the team of Healthcare Assistants, Nursing-Aides and Physiotherapist-Aides who come from different countries and backgrounds. When I first came to St John's Home, I had suffered from a knee injury a few months

before and had difficulty walking and standing for long periods of time. The Physiotherapist-Aides whom I worked with, constantly made me take breaks and even came up with treatment plans for me during their own time. The warm and friendly working atmosphere here in St John's Home made me feel welcome, and this encouraged me to come back to volunteer again. I was also inspired by other volunteers who would come occasionally to interact with the elderly residents. There were groups of students who had planned activities for their school community service, as well as others who simply wanted to spend some time and effort to make the residents' day a better one. It reminded me that I should always strive to be a selfless member of the community and give back to society where possible, just like what the other volunteers are doing.

I think the act of volunteering is a great way to spend one's free time, and it can be an activity you carry out as an individual, as well as with family and friends.

- Shannon Gan

To volunteer at our Home, please fill in this online form and we will contact you shortly:

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Volunteering has made Shannon appreciate her family more.

Throwback!

Serving, Loving & Caring

To view more photos: www.StJohnEldersHome.org.sg/photo-gallery



Flu vaccination for everyone!



Enthusiastic colouring team.



Christmas Charity Classic Drive. With the help from Friends of Classic Cars, our elderly residents get to enjoy the Christmas lights along Orchard Road in style!



Gift of companionship from the staff of CPF Board.

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Donations In Cash

- Donate online at www.giving.sg/StJohnsHomeSg
- Issue cheque in favour of 'St. John's Home for Elderly Persons', and mail it to:
The General Manager
St. John's Home for Elderly Persons
69 Wan Tho Avenue Singapore 347601
- Walk-in donation at our office at 69 Wan Tho Avenue Singapore 347601



Donate Monthly
at giving.sg

In-Kind

We welcome donations-in-kind including food and household items. You can visit and buy at www.fairprice.com.sg/DonatetoSSOrg and choose St John's Home for Elderly Persons as your beneficiary.