

Our Home!

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

October - December 2019 MCI (P) 092/02/2019

st JOHN'S HOME
FOR ELDERLY PERSONS
Celebrating Ageing since 1958

Thank you for joining us!

On 24th August, about 600 guests joined us in songs and dances at the Jubilee Garden Restaurant SAFRA Toa Payoh. Mr Sitoh Yih Pin, MP for Potong Pasir, graced the event.

The highlight of the evening was a surprise skit performed by our elderly residents who were dressed in costumes of yester years. We had a policeman in bermudas and a samsui woman in her signature red head-dress.

The night also saw entertainment from the Elvis Presley Interest Group. Dressed in sparkles and wearing the trademark hairstyle, the three "Elvis

Presleys" sang and gyrated to favourite tunes from "the King".

Close to \$450,000 were raised for our new Home! This is the highest amount ever raised since the Gala Dinner was started 6 years ago.

A big thank you to the donors, volunteers, sponsors and everyone who had contributed in one way or another to make our fundraising Gala Dinner 2019 a success!

View more photos from our Gala Dinner:

www.StJohnEldersHome.org.sg/photo-gallery



Elderly residents cha-cha to the guests' applause!

《怀旧溢彩》慈善晚宴成功筹得前所未有的善款数额

8月24日是我们喜庆的日子，近600名嘉宾出席了在《千禧楼》(Jubilee Garden Restaurant SAFRA Toa Payoh) 举行的慈善晚宴。很荣幸能邀请到波东巴西议员司徒宇斌莅临晚宴。

我们的年长居民呈现了一场精彩的舞台剧。小品充满了旧时的情怀，让嘉宾们回到了旧年代；有穿着短裤的警察，还有勤劳刻苦的“红头巾”！嘉宾们看



"Everybody in the whole cell block, was dancin' to the Jailhouse Rock!"

了，乐开了怀，给了表演者热烈的掌声！

另外娱乐节目还包括了Elvis Presley Interest Group的表演。三个“猫王”穿着闪闪发光的衣服，有着标志性的发型和舞步，为“猫王”的粉丝唱出经典歌曲。

在这次的晚宴为我们的新家园筹集了将近450,000元！这是自6年以来从晚宴中筹集的最高金额！

2019年慈善晚宴能如此顺利成功，非要感谢捐赠者，志愿者以及所有为这次晚宴做出贡献的善心人！

观赏更多慈善晚宴的精彩花絮，请游览：
www.StJohnEldersHome.org.sg/photo-gallery

(翻译：谢敏慧)



Mr Sitoh gleefully played along when our elderly resident dressed as a Parking Attendant gave him a "parking summon".

A Word from Our Chairman

Your strong support for our Gala Dinner has helped us raise close to \$450,000 for our building project.

The highlight of the fun-filled event on 24 August was the performance - "Walking Down Memory Lane" - by our residents, volunteers and staff.

Donned in uniforms and costumes from the 1930s to the present, one by one, they took centre-stage as they walked and acted out roles such as the Postman, Samsui Woman, Road Sweeper, Pilot and Air Stewardess. In appreciation of their performance, the 600 guests gave them overwhelming cheers and many garlands of flowers.

Construction of our new Home is progressing on schedule. The concrete floor of Level 5 of the five-storey building is now being constructed.

The new Home will have many improved, elder-friendly facilities such as 4-bedded rooms, anti-slip tiles to prevent falls, and bigger Physiotherapy and Activity Rooms. A new facility to be added will be a hydro-therapy pool to enhance our residents' well-being. The new Home is targeted to be completed in December 2020.

On behalf of the Home, thank you for your continuous support in helping us to care for our elderly residents and providing them with a future.

-Woon Wee Yim

View more photos from our Gala Dinner:

www.StJohnEldersHome.org.sg/photo-gallery

感谢您对我们慈善晚宴的大力支持与帮助，为我们建筑新家园项目筹集了将近45万元！8月24日那晚，600名出席宾客给年长居民和义工表演者热烈的欢呼声和许多花环以表示鼓励。

我们新家园的建设如期进行。目前正在建造第五层楼的混泥土地板。新家园将具有种种改善设施和适合年长者居住的特征，例如四人卧房，防滑砖以及更大的理疗和活动室等等。以提高居民的健康水平，我们还会增加一个水疗池。新家园计划于2020年12月竣工。

感谢您一贯的支持，让我们能够继续地照顾年长居民并为他们提供美好的未来。

- 云惟蔭(主席，圣约翰养老院)

(翻译: 晶)

Throwback!

Serving, Loving
& Caring

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



Students from Crescent Girls' School engaging our residents through games.



Residents and staff participating in a Fire Drill at our Home.



MBS-KOMA team helping to spruce up our Home.



Cedar Primary School's Boys Brigade spending an afternoon with our elderly.

Keeping our residents fit and active.

St John's Home for Elderly Persons has put in place a comprehensive programme to promote the physical and mental well-being of its residents. This programme comprises physiotherapy, group exercises and recreational activities.

A professional Physiotherapist draws up the customised programmes which are implemented and followed up daily by the Physiotherapy Aides (PAs).

Ruby is one of two PAs who work at the Home. Her workday starts at 7 am when she conducts morning exercises 5 days a week. She leads the residents in their group and individual exercises. Some of the residents are independent and can do the exercises by themselves. The others who are weaker need Ruby to support them when they exercise.

Ruby also facilitates recreational activities for the residents. These activities help them to remain mentally fit. They play games on iPads, participate in Music Therapy, work on puzzles, play board games like Snakes and Ladders, etc.

One challenging aspect of Ruby's work is managing a few residents whose behaviour disrupts group sessions. As she is from the Philippines, she sometimes need the help of her colleagues to communicate in dialects to the residents.

Ruby, who has been with the Home for more than 3 years, gets job satisfaction when she sees positive outcomes from her efforts. For example, a resident in her 90s sustained a hip fracture and through her own determination and Ruby's efforts in helping her, made a quick recovery within 2 to 3 months.



Ruby facilitating the use of the Leg Curl & Extension equipment

On her rest days, Ruby goes to Lucky Plaza to shop and to savour her favourite Filipino food like Adobo and Kare-kare. Her future plans include going back to her home country to resume her career as a College Lecturer or seek job opportunities in countries where she can be nearer to her family.

运动与娱乐：理疗助理扶助不可缺。

以促进年长居民的身心健康，圣约翰养老院（圣约）制定了一项全面的计划。该方案包括物理治疗、团体锻炼和娱乐活动等等。

一名专业理疗师会制定理疗方案，由理疗助理每天实施和跟进。

Ruby是圣约两位理疗助理中之一位。她的工作每天早上7点开始，领导居民们做早操。她带领居民进行团体和个人锻炼。一些能自理的年长居民，可以自己锻炼。其他人则如体力比较弱的年长者在锻炼时则需要Ruby来扶助。

Ruby还协助居民参与娱乐活动。这些活动帮助他们保持心理健康。他们可以在平板电脑上玩游戏，参加音乐治疗，玩拼图，玩诸如蛇和梯子之类的棋盘游戏等等。

Ruby的工作时往往会面对种种挑战：如管理一小组在行为上时不时会扰乱群体运动的居民，或与非英语源流的居民沟通。为了解决语言上的难题，她会要求同事为她翻译。

来自菲律宾的Ruby在圣约工作了3年多。她在工作感到最满意的就是当她的努力取得了积极成果。例如，一位90多岁的居民婆婆髌部骨折后，在婆婆的决心和

Ruby的努力帮助下，婆婆在短短的2到3个月内迅速康复了。

下班有空余时间时，Ruby喜欢和远在菲律宾的家人通电聊天。休息日，她也会去幸运购物中心购物和品尝她最喜欢的菲律宾食物，如Adobo和Kare Kare。Ruby 来新加坡之前是在菲律宾当一名教师，而她的的心愿就是回菲律宾和家人团聚和继续教书。

(翻译：CSL)



Ruby supporting a resident during leg exercises.

Building Redevelopment Update

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

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: Planned November 2019

Completion: Planned end 2020



Scan PayNow code to donate to our Building Fund



Front View, dated August 2019



Top View of Level 3, dated August 2019



Artist's Impression of a bedroom

Name-a-Facility Campaign

You can name a facility after a departed loved one, an organisation or a corporate identity.

To find out more about this campaign:

www.StJohnEldersHome.org.sg/building-a-new-home

Call Monica: +65-62854446

Email Monica: cp.frm@StJohnEldersHome.org.sg

Name-a-Facility

Room	S\$
Community Roof Garden	1,500,000
Level Three (12 Bedrooms)	1,200,000
Level Four (12 Bedrooms)	1,200,000
Level Five (9 Bedrooms and Staff Accommodation)	1,200,000
Dining Hall	1,000,000
Main Garden with St. John's Statue (Outside Chapel)	750,000
Physiotherapy Lounge	500,000
Activity Lounge	500,000
Bedroom for four residents with ensuite toilet and bathroom (per unit)	100,000

Contact Details

St. John's Home for Elderly Persons
69 Wan Tho Avenue Singapore 347601
T: +65 62854446 F: +65 62854885
E: stjnhome@StJohnEldersHome.org.sg
www.StJohnEldersHome.org.sg
www.facebook.com/StJohnsHomeSg
twitter.com/StJohnsHomeSG

Editorial Board

Chief Editor: Woon Wee Yim

Editor: Pearl Lee

Contributors: May Swee, Wilma Ng, Monica Chia

Publisher: St. John's Home for Elderly Persons

Printer: First Printers Pte Ltd

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 to 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.

We are not a government-subsidized charity. As an Institution of a Public Character (IPC), monetary donations to the Home are eligible for tax deduction of 2.5 times the amount donated.