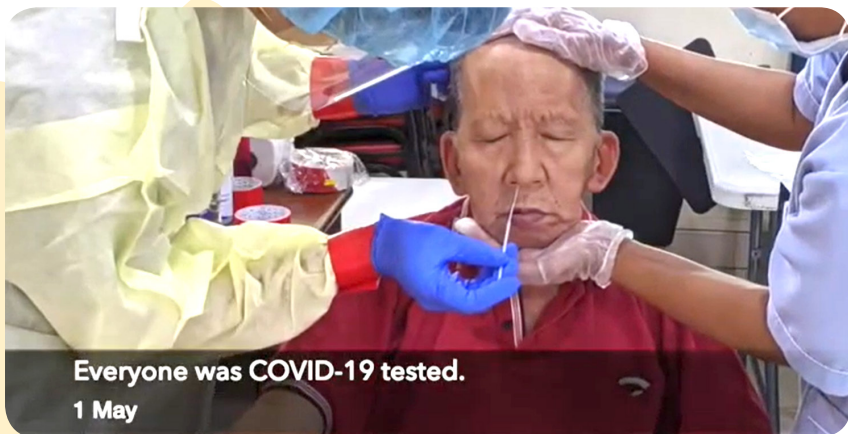


Our Home!

A QUARTERLY NEWSLETTER FROM ST. JOHN'S HOME FOR ELDERLY PERSONS.



Everyone was COVID-19 tested.
1 May

IT'S BEEN A CHALLENGING TIME FOR OUR HOME

During the May circuit breaker, our Home had to undergo very strict measures to safeguard our elderly residents. Everyone had to be tested for COVID-19, for example.

We have prepared a video to keep you updated on how we've been doing during these difficult times. Watch video here:

<https://tinyurl.com/SJWeAre>

对于我们养老院，这是具有挑战性的时期

在五月份的阻断期内，我们养老院必须采取非常严格的措施来保护我们的年长居民。例如，每个人都必须接受冠病检测。

为了使您了解在这些困难时期我们的工作情况，我们为您准备了视频。请点击观看：

<https://tinyurl.com/SJWeAre>



From 19 June, with some restrictive measures in place, our residents can meet up to 1 visitor at each time. Please call 62854446 to schedule a time.

For more information, please go to: <https://tinyurl.com/SJPhase2>

从6月19日起，在一些限制性措施范围内，年长居民每次可接待1位访客。请拨 62854446提前预约。有关更多详情，请浏览：

<https://tinyurl.com/SJPhase2>

I MISS

Since the end of March 2020, due to the preventive measures of COVID-19, our elderly residents have not received visitors or gone out of the Home. What do they miss in this period?

I miss..

".. my younger sisters and brothers."

Auntie Mei

".. my daughter and son." Uncle Chris

"..Indian food." Auntie Thevi

".. going out for jalan-jalan." Auntie Chui

".. my friends and volunteers." Auntie Lim

".. going to the Hawker Centres."

Uncle Chong

我最想念

自2020年3月底以来，由于采取了冠状病毒19的预防措施，我们的年长居民没有接待来访者或离开养老院。在这段期间，他们最想念什么？我想念。。

“。。我的妹妹和弟弟。”媚婆婆

“。。我的女儿和儿子。”李伯伯

“。。印度餐。”Thevi婆婆

“。。能出门逛逛的日子。”翠婆婆

“。。我的朋友和义工们。”林婆婆

“。。到小贩中心吃美食的时候。”

张伯伯



Residents enjoying the lunch subsidized by Food From The Heart and prepared by Grand Hyatt Hotel.

居民们正享用由 Food From The Heart 补助, Grand Hyatt 酒店准备的午餐。

A WORD FROM OUR CHAIRMAN

Since the start of the COVID-19 pandemic, it has been a very difficult time for the Home.

For our residents, what they missed most were the visits by their family members and volunteers. However, they do understand that it was necessary to restrict visitors in order to protect them from COVID-19.

Our staff too are undergoing a tremendously challenging time of making frequent adjustments to new and additional measures that have to be implemented, often at short notice.

On top of handling the COVID-19 situation, we have to take precautionary measures against dengue as we are in a dengue cluster.

But we are indeed thankful to receive support from many quarters and that has helped us cope.

On behalf of our Residents, we would like to thank:

- The Government for their Budgetary support and provision of timely and specific advisories on measures we have to implement;

- Family members of our residents and volunteers for their understanding and support. Some volunteers have provided our staff with appreciation meals and care packages;

- Donors, many of whom have taken to online portals to make their donations

(www.giving.sg/StJohnsHomeSg

<https://give.asia/charity/stjohnshome>) with Giving.sg waiving transaction fees from 1 January 2020 to 31 March 2021;

- Food From The Heart for subsidizing catered meals for our residents and staff during the Enhanced Circuit Breaker period in May. Our cook was not available to prepare meals because he was unable to stay-in at the Home or at a designated hotel as required for that month; and

- Our staff for their hard work in keeping the Home safe for our residents, for themselves and for everyone associated with the Home.

Thank you. We are however not out of the woods yet. Please continue to support us as we battle against COVID-19 and dengue.

- Woon Wee Yim

自冠状病毒19全球开始扩散以来,我们养老院就进入了一个非常困难时期。

我们的年长居民很想念他们的家人和义工们的拜访。但是,他们也了解那是必要的防疫措施,以保护他们免受冠状病毒19的感染。

我们的员工需要经常对新的和额外的措施进行频繁,还有在短时间内做出工作上的调整。这对上下员工都具有挑战性。

除了处理冠状病毒19预防措施外,我们养老院也不幸的处在骨痛热症热区内。我们因此必须采取预防伊蚊的措施。

但是,我们很感谢收到许多方面的支持,这对我们有极大的帮助。

我们谨代表年长居民感谢:

- 政府提供预算支持,并及时就我们必要的防疫措施和具体的咨询;
- 年长居民的家庭成员和志愿者的理解和支持。有些志愿者还为我们的员工提供“爱心套餐”;
- 许多捐赠者在线上捐款

(www.giving.sg/StJohnsHomeSg 和 <https://give.asia/charity/stjohnshome>) , 而从2020年1月1日至2021年3月31日, Giving.STg免收交易费);

- Food From The Heart, 在五月的阻断措施期间, 为我们的居民和员工补助餐饮。我们的厨师必须停工, 因为他不能按当局要求暂住指定的旅馆里; 和

- 我们的员工, 为维护年长居民, 自己以及与养老院有关的所有人的安全, 而不断努力和辛勤工作。我们还没有走出困境。在我们对抗冠状病毒19和骨痛热症的当儿, 请继续支持我们。谢谢您!

- 云惟蔭 (主席, 圣约翰养老院)

TEAM VS VIRUS

Shortly after Andy Lee, 45 years old, joined St. John's Home for Elderly Persons as an Operations Executive, he was thrown into a whirlwind of adapting to the strict measures handed down by the Ministries to protect the Home from COVID-19. Here is his account during May's Circuit Breaker when several of the Home's staff were housed in a designated hotel.

I was a salesperson before I joined St. John's Home on 9th March. God led me to St John's Home and blessed me with supportive colleagues who patiently guide me in this new role.

THE START OF THE MANY MEASURES

On 11th March, the World Health Organization (WHO) declared COVID-19 a pandemic. Wave after wave, precautionary measures were introduced to the Home to keep our elderly residents and staff safe from the virus. Everyone was overwhelmed and tired, yet relentlessly, my colleagues worked long hours without complaints.

With the Home's lockdown, a small number of live-in staff and residents start to develop "cabin-fever". I try to alleviate any discomfort by talking to them, buying the food they were craving for and providing a listening ear.

Following the directives from the Ministry of Health and Ministry of Social and Family Development, on 1st May, all residents and staff went through the discomfort of the COVID-19 swab test. After everyone's results came

back negative, together with my three colleagues, I moved into the designated hotel and prepared myself for a long 30-day stay during the Circuit Breaker, away from any physical interaction with my family.

Many of my friends envy this seemingly luxurious timeout and stay, but I would like to share a little of the other end of the spectrum.

MISSING MY FAMILY

Only after 4 hours in the hotel room at Parkroyal On Kitchener Road, I called my wife to lament my boredom.

Apart from working in the Home, I have only limited movement of 10 steps from the windows of my hotel room to the entrance of the room. During the long weekends, I would have several days of zero physical interaction with another person. The TV will be turned on for background sound in my waking hours, with me sometimes pacing up and down the room to kill time. The toughest part was being away from my family with my 3 kids yearning for me to be with them, even though we video-call for long hours on the phone. Praying and reading the bible gave me comfort.

My three other colleagues who was also staying at the hotel, did not have the slightest display of unhappiness. They even supported and encouraged me by passing me home-cooked food sent by their family members through the hotel concierge in the

weekends.

Amidst the challenges, I gained many positive perspectives. The embodiment of team spirit is when a group of individuals work together towards common goals, putting aside personal differences and interests. It is through a crisis like this pandemic that we can see why qualities such as teamwork, selflessness and a can-do attitude matter more than our paper qualifications.

• Andy Lee

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love." Galatians 5:13



Andy putting up safe-distancing barriers to get the Home ready for Phase 2.

BUILDING REDEVELOPMENT UPDATE

重建项目



WE NEED S\$3.4 MILLION MORE TO COMPLETE OUR NEW HOME.
我们还需要340万新元来完成我们重建项目。

Donate to our Building Fund
扫描捐款

DATES

Groundbreaking: 1st September 2018 • **Completion:** By March 2021



Front view of our new Home
(end of March 2020)
新家园正面照 (2020年3月底)

Due to the measures against COVID-19, construction work has been suspended since 7 April, the start date of the Circuit Breaker period. With the easing of some of these measures by the Government, work is expected to resume from September 2020. As such, we foresee that our new Home will be completed in

March 2021, instead of the initial planned date of December 2020.

为了实行2019冠状病毒阻断措施，自4月7日，建筑工作以被暂停。随着政府对一些措施的放松，工作将于2020年9月恢复。因此，我们预计新家园将在2021年3月之前完成，而不是最初计划的2020年12月。

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twitter.com/StJohnsHomeSG

DONATIONS IN CASH

• Donate online at
www.giving.sg/StJohnsHomeSg
<https://give.asia/charity/stjohnshome>

• 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

We are not a government-subvented 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.

IN-KIND

We welcome donations-in-kind including food and household items.

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