

# Our Home!

A Quarterly Newsletter from St. John's Home for Elderly Persons

Welcome to our first newsletter of 2021!

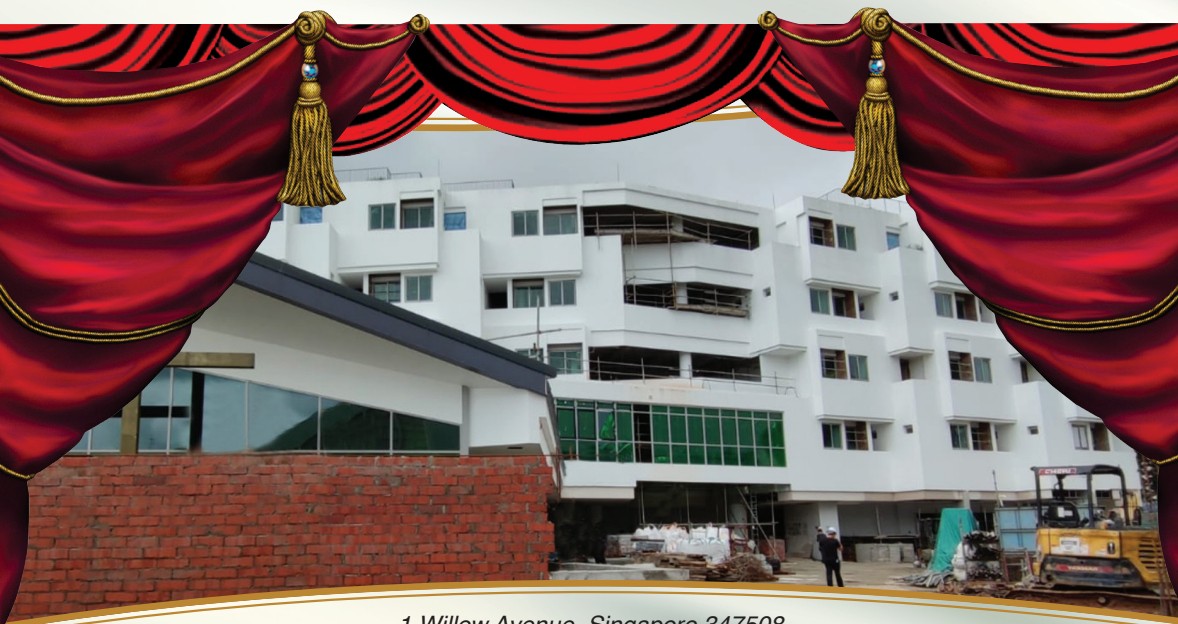
We are thankful for your support through a difficult 2020  
and we look forward to a fresh and healthy start to the new year!  
Here are some "first" news snippets that we would like to share with you.

## A First Look at Our New DREAM HOME!

It is slowly taking shape. Here is a first peek at our new five-storey building.  
The brand new building, equipped with the latest technology in resident care will  
be ready by June 2021.

However, we are still short of \$2.5 million for the building project.  
Please continue to support us by donating here. Thank you very much!

<https://www.giving.sg/StJohnsHomeSG/love2>



1 Willow Avenue, Singapore 347508

欢迎阅读我们2021年的第一期季刊！我们感谢您在艰难的2020年所给予的支持，  
并期待着全新，更健康的新的一年！以下让我们与您分享本养老院一些“首次”花絮。

## 首次亮相：新家园！

新家园初具规模。这是我们新的五层楼房的正面照。  
这座配备了最新科技的居民护理系统的全新建筑将于2021年6月前完工。  
但是，我们建筑基金仍缺250万元。请您继续慷慨捐赠。谢谢！

<https://www.giving.sg/StJohnsHomeSG/love2>



# Word from our Chairman

Our residents have been eagerly looking forward to the resumption of volunteer activities in the Home.

So, it was no surprise that they thoroughly enjoyed themselves in the small-scale open-air live concerts held in the Home's car park at end-2020. This was brought to them by "Esplanade On The Go" via a music truck cum stage. With performances over three days, each time with a limit of 10 residents in the audience, close to 60 of our residents enjoyed the entertainment.

To keep our residents actively engaged on a regular basis now that we are in Phase 3, we are gradually resuming our regular volunteer activities from January. Each activity will be limited to 10 persons. We will commence with two such regular activities for a start.

While Covid-19 is not behind us yet, we are glad to be awarded a Certificate of Appreciation for the President's Volunteerism & Philanthropy Awards Special Edition in December 2020. The award is an affirmation to our Home in supporting and providing for our vulnerable elderly residents amidst a challenging time.

May I take this opportunity to wish you and your family a happy and prosperous New Year.

-Woon Wee Yim

我们的年长居民一直热切期待像疫情前时和志愿者们一起活动。

因此，他们非常享受在2020年底在本养老院停车场举行的小型露天现场演唱会。这是由《Esplanade On The Go》呈献的。为期三天的表演，每次观众最多10位居民，其中有近60位居民享受了这与众不同的表演。

为了让我们的居民在解封第三阶段能够与志愿者互动，我们将从1月开始逐步恢复我们的定期志愿者主导的活动。每次活动最多可容纳10人。我们将从两个此类常规活动开始。

尽管冠状病毒-19还在持续，但我们很高兴获得2020年12月《总统志愿与慈善奖特别版》的感谢证书。该奖项是对我们养老院在病毒的艰难时期里对年长居民的照顾和呵护的肯定。

我愿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)

## HAPPY LUNAR NEW YEAR!

新春快乐！

Our Ah Gong and Ah Mah wish you a Blessed and Safe Lunar New Year.

May the New Year bring you and your family Peace and Joy!



About 30% of our residents are under the Public Assistance (PA) Scheme. It takes about \$1,500 to provide for one resident, and after defraying the cost with the PA funds, there is still a yearly shortfall of about \$200,000 for our Home. If you like to support our "PA" elderly residents, please donate here:

<https://www.giving.sg/StJohnsHomeSG/pa>

This campaign is supported by Tote Board's matching grant. Your donations are multiplied! Thank you very much!



在本养老院，约有30%的居民接受公共援助计划 (PA)。一位居民的费用大约1,500元，用了公共援助金支付费用后，养老院每年仍然短缺约200,000元。如果您想支持我们的“PA”年长居民，请乐捐：

<https://www.giving.sg/StJohnsHomeSG/pa>

此筹款项目授予新加坡赛马博彩管理局的资助。您的捐款成倍增加！非常感谢您！

## Phase 3: Visiting of Residents (as per the advisories from the Ministries)

Two pre-designated visitors are allowed per resident at a time. Each visit is limited to 60 minutes and visitors must schedule visitation appointments in advance.

To book a visiting schedule, please fill in this online form:

<https://tinyurl.com/SJHVisitForm>

For more information, please go to:

<https://tinyurl.com/SJHphase3>

Thank you for your cooperation.

## 解封第三阶段 (根据有关当局的咨询)

每位年长居民一次只允许接待两名预先指定的访客。每次拜访时间限制为60分钟而访客必须提前安排拜访时间。

要预订拜访时间，请填写网上表格：

<https://tinyurl.com/SJHVisitForm>

阅读有关信息，请游览：

<https://tinyurl.com/SJHphase3>

谢谢您的合作。

## First To Donate Their Leave Days...

Passionate Lighting Group (PLG) became the first company to donate their leave days to St. John's Home.

"After hearing over the radio one morning about an idea of utilizing annual leave entitlement for a good cause, our MD, Mr Michael Chia, suggested we should do the same. Since most of us won't be able to travel overseas, we encouraged our employees to encash their leave and donate to a charity of their choice." said Ms Michelle Hee, the Executive Director at PLG.

For PLG, besides promoting a "Share and Care" spirit among the staff, the donor staff gets to enjoy tax deduction and CPF contribution as well. All these, without the staff having to contribute from their own pocket. "The staff are very happy to participate as it's a double-win for them; the ability to give and receive at the same time." Michelle adds.

When asked what a company should be aware of if they want to start such an initiative in their organisation, Michelle reminded that employers must bear in mind that leave encashment is subjected to CPF contributions, and cautions that it must not be made mandatory as "charity comes from the heart".



Michelle and her team having activities with our elderly residents in 2019. For five years now, Passionate Lighting Group has been a regular corporate volunteer at St John's Home for Elderly Persons.

## 首次收益于年假兑现

圣约翰养老院首次收到从Passionate Lighting Group (PLG) 员工们兑现未使用有薪假期的捐款。

PLG执行董事Michelle Hee说 "一天早上, 听了关于利用年假行善的一则广播后, 我们的总经理建议我们公司应该考虑组织类似行动。由于我们大多数人都无法出国旅行, 我们鼓励员工兑现未使用的有薪假期来捐赠给他们心选的慈善机构。"

对于PLG, 除了在公司倡导 "共享与关怀" 精神外, 在无需员工自费下, 员工们可以享受税收减免和公积金缴纳。 "员工们都很乐意参加这项倡议, 因为这对他们来说是双赢的; 能捐赠, 又能收益。"

如果其他机构想考虑组织这样的倡议时, Michelle提醒雇主, 员工兑现有薪假, 公司必须缴交公积金。她也劝告倡议不应该是强制性, 因为 "行善必须发自内心"。

## All they need is 15 minutes...

I walked to my neighbourhood market this morning for breakfast and some "auntie" shopping as my daughter would call it. On the way back I met an 80-year-old lady and somehow, we began to chat. My Mandarin is at best rudimentary but I struggled on, sensing she wanted to talk. At first it was about how cheap the fruits n veggies were at the stalls this morning but slowly I found out she lived in the area with her daughter and family. She spoke crisply and clearly, with a very strong accent since she originally was from Shanghai.

We spoke about this and that for maybe 15 mins (with me grasping maybe 50% of what she said, nodding my head when really I had no clue what she was saying!) and finally as we went our separately ways she said "you know I have probably spoken longer with you today than I have all week with my family...".

I was sad and happy at the same time. Sad that that is the reality of ageing for some people these days but happy that I was able to make the day a little bit better for a sweet old lady.

Spare a minute for our elderly ... they only need us to be there, listening, even if it is only for a few minutes.

Soon it will be our turn...

Pearl Lee, Board Member at St. John's Home for Elderly Persons.



A student interacting with our resident in 2019

## 他们只需要15分钟...

今天早上, 我到了附近巴刹吃早餐和买菜。在回家的路上, 我遇到了一位80岁婆婆。不知何故, 我们开始聊天; 闲聊着今天水果蔬菜价格有多便宜。后来我慢慢得知她和女儿及家人住在该地区。婆婆来自上海, 声音清晰, 口音重。

我们闲聊大小事, 大概持续了15分钟 (因为我的华文沟通水平只能算是初级, 我大概只听懂一半, 只好一直点点头! )。最后, 当我们向对方道别时, 婆婆说: "妳知道我今天和妳的谈话时间可能比整周与家人的谈话时间更长....."。

我既感到遗憾又高兴; 遗憾的是, 这是当今某些人衰老的现实, 高兴的是, 我能够让这位和蔼可亲的婆婆的一天过得更美好一些。

为我们的年长者抽出一分钟。他们只需要我们的聆听, 即使只有几分钟。

很快地就会轮到我们的了。

Pearl Lee (董事会成员, 圣约翰养老院)



# First Open-air Concert!

Our residents were treated to their first open-air concert by “Esplanade On The Go” music truck. Over a period of three days, on 30 November, 1 December and 4 December, with 10 residents in the audience at a time, they performed songs from The Carpenters, ABBA, Teresa Teng and many more.

Auntie Jessie, one of our residents in the audience, enjoyed the open-air concert very much and acknowledged that it brought a spark amidst the boredom of adhering to the social distancing measures.



## 首次露天音乐会！

我们的年长居民首次参加了露天音乐会。为期三天，11月30日，12月1日和12月4日，每次限10位居民听众，《Esplanade On The Go》音乐卡车表演者带来来自 The Carpenters, ABBA, 邓丽君, 等等的经典歌曲。听众之一的杰西婆婆非常享受露天音乐会，并承认在这烦闷抗疫情的情况下，这音乐会带来了一丝火花。

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- www.tinyurl.com/SJHEPyoutube

### Donations In Cash

- Donate online at [www.giving.sg/StJohnsHomeSg](http://www.giving.sg/StJohnsHomeSg)
- Donate by PayNow to **UEN S61SS0176G1GF**



For tax-deduction, NRIC / FIN / UEN must be indicated on the reference field.

- 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

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.

### Donations In-Kind

We welcome donations-in-kind including Personal Protection Equipment, food and household items.

Go to :

[www.StJohnEldersHome.org.sg/donate](http://www.StJohnEldersHome.org.sg/donate)  
to find out more on how you can help.

### Editorial Board

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