

April to June 2020

MCI (P) 063/02/2020

Our Home!

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

THESE ARE DIFFICULT TIMES... PLEASE CONTINUE TO SUPPORT US

As a Charity we depend on donors like yourself to run our Home. Due to the Covid-19 situation, we are cancelling our only fundraising event for the year, Gala Dinner 2020, and we expect to see at least 26%* less donations. If you are able and willing, please consider:

- Donating your one-time Solidarity Payment of \$600 to our elderly's new Home, as suggested by DPM Mr. Heng Swee Keat to those who are able to give to others (Straits Times, April 6). Every dollar counts during these times.

- Or perhaps you might want to remember a loved one through our Name a Room campaign.

You can name an Apartment, 47sqm, comprising 4 Personal Cozy Corners, a TV Room cum Pantry, ensuite Toilet and Bathroom with a donation of SGD60,000.

You can also name a Personal Cozy Corner which comprises a bed, a desk, a cupboard, curtained-off space of 4.5sqm with a donation of SGD10,000.

For more information, please call 62854446 or go to:

<https://tinyurl.com/SJNewHome>

*Percentage of Gala Dinner 2019 donations and event grant to total donations for 2019

这是艰难的时期..... 请继续支持我们。

圣约翰养老院是一家不受政府资助的慈善机构,在很大程度上取决于公众的慷慨解囊,以使我们能够继续照顾弱势年长居民。由于冠状病毒19的情况,我们将取消本年度唯一的筹款活动,即2020年筹款晚宴,并且我们预计捐款将减少至少26%*。

如果您有能力并愿意,请考虑:

1. 按照副总理兼财政部长王瑞杰的建议(海峡时报,4月6日),把这一次性“同舟共济现金补助”的600元捐赠给更需要的人。在此,我们呼吁您乐捐给年长居民建立新家园。在这段时间里,积少成多。

2. 通过我们的“命名权筹款活动”来纪念一位亲人。

您可通过捐赠60,000新元来命名一个47平米的卧室,其中包括4个人舒适角,一间电视兼小餐室和一间卫生间兼浴室。

您也可通过捐赠10,000新元命名一个4.5平方米的个人舒适角,其中包括一张床,一张桌子和一个橱柜。

有关更多信息,请拨电62854446或浏览

<https://tinyurl.com/SJNewHome>

* 2019 年筹款晚宴捐款和活动赠款 占总年度捐款的百分比。

WE NEED S\$4 MILLION MORE TO COMPLETE OUR NEW HOME.

我们还需要**400**万新元来完成我们重建项目。



Artist's impression of an Apartment
卧室图纸



Scan to donate to our
Building Fund 扫描捐款

A Word from Our Chairman



Artist Impression of our new Physiotherapy Lounge 物理治疗室

COPING WITH COVID-19 AND PLANS FOR THE HOME IN 2020

We took prompt measures as early as 23 January to protect the Home from Covid-19. Since then, multiple other measures have also been taken.

The daily necessities of our residents are still well taken care of. We thank donors who continue to send Donations In-kind to our Home via on-line grocers like Fairprice and Kindness Mart.

The suspension of all volunteer-led activities means that our residents can only participate in small-scale activities. Before the Covid-19 situation, external social and corporate groups would come to our home weekly to interact with our elderly residents with games and songs.

Since 2 April, no visitors are allowed to the Home, while meals are served to residents in their dormitories to avoid gatherings in the Dining Hall.

As for our fund-raising Gala

Dinner (normally held in August or September), we have cancelled the event this year. We will continue to put efforts in our online fundraising campaigns through various platforms like giving.sg and give.asia.

The construction of our new Home was progressing on schedule. However, with the implementation of the Enhanced Precautionary Measures against Covid-19 announced by the Government on 3 April, all construction works have been suspended from 7 April to 4 May.

We would like to express our appreciation to you for your understanding and cooperation regarding the Covid-19 measures taken, especially on restrictions to visits and suspension of volunteer activities.

At the same time, we seek your continued support to donate towards our new Home to help us fund its completion so that our residents will have a Home to stay in beyond 2020.

- Woon Wee Yim

应对冠状病毒19和2020年养老院计划

我们早在1月23日就采取了及时措施,保护养老院免受冠状病毒-19的伤害。从那时起,我们还采取了多种其他措施。

我们年长居民的日用需求仍然得到了很好的照顾。我们非常感谢捐赠者继续通过网络商店(如Fairprice和Kindness Mart)把物品送到我们养老院。

在发生冠状病毒疫情之前,每周都会有社会团体或公司团体通过游戏和歌唱与我们的老年人互动。为了防止疫情来袭,我们暂停了所有由志愿者主导的活动,这意味着我们的居民只能参加小规模的活动。此外,自4月2日起,养老院已不接待任何访客。居民们都在房间里用餐以避免在食堂聚会。

很遗憾地,我们已决定取消今年的筹款晚宴(通常在八月或九月举行)。我们将继续通过Giving.sg和Give.asia等各种网络平台努力地推广线上筹款活动。

我们的新建筑的建设原本是如期进行,但是,随着政府于4月3日宣布的《冠状病毒-19增强型预防措施》,所有建筑工程已从4月7日至5月4日暂停。

我们感谢您对我们冠状病毒-19所采取的措施的包容,特别是在限制访客拜访和暂停志愿者活动方面的理解与合作。

同时,我们呼吁您继续支持我们的新建筑筹款活动,以帮我们的年长居民在2020年以后拥有一个家。

- 云惟蔭 (主席,圣约翰养老院)

UNDERSTANDING AND MANAGING ANXIETY

These days, Singaporeans worry about many things.

“Will they ever find a vaccine or cure?”

“Is this social distance enough or will I be fined?”

“Will any one of us in the family be retrenched –will we be able to meet our financial obligations?”

Worry is what happens when we are fixated with fears, negative thoughts, uncertain outcomes or things that could go wrong. A healthy dose of worry stimulates our mind, prompts us to get into a thought process of finding a solution for a situation or to simply take actions.

WHEN WORRYING BECOMES BAD

However, worrying can get out of control, causing us to be constantly overwhelmed with negative thoughts and excessive fears, as well as develop unconscious and uncontrollable physiological reactions. For example, when our worry over the viral infection gets excessive, we might unconsciously develop a habit of compulsive hand washing regime, which eventually may cause chapped, raw or even bleeding hands. Our compulsive hand washing can even lead to drastic lifestyle change which we are unaware of, such as rejecting all social visits and panic shopping

(and hoarding) of liquid soaps and hand sanitisers.

Anxiety becomes an issue when we have difficulties coping with the various high emotions, negative thoughts and physiological symptoms – leading to a sense of helplessness, hopelessness, frustrations, fear and insecurity therefore affecting our family life and impairing our bio-psycho-social functioning.

So, when anxiety gives us a sense of loss of control, or being stuck in a hopeless situation, or even leading us to a full-blown panic attack, we have to slow down, do some reflection and manage our anxiety better.

RELAX AND STAY CONNECTED

There are many relaxation techniques that can help us manage our anxiety. We can try deep breathing exercises and focus on the present moment. Go for a leisure walk, meditate or practice Yoga to take our mind off the negative thoughts. Additionally, we can seek for counselling help and advice too.

In this trying time of the pandemic, we urge everyone to stay connected with our friends and loved ones despite the social distancing measures. Call a friend or relative and have a deep conversation with him or her. We can also send a snail mail to ask about them. We can become a good listener for our friends and loved ones too and help keep a lookout for anyone with anxiety issues and guide them out of it.

While we may not be able to change the situation we are in, we can definitely dictate how we want to respond by living each day meaningfully and purposefully. Let's all stay level-minded, hopeful and adapt well to the COVID-19 situation.

By Yan Zhu & Lina

Counsellors of Hua Mei Centre for Successful Ageing, Tsao Foundation

THROWBACK!

SERVING, LOVING & CARING

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

OUR CHINESE NEW YEAR CELEBRATIONS!

养老院农历新年庆祝活动!



Buffet lunch sponsored by Hong Leong Foundation, catered by Orchard Hotel



Singapore Buddhist Lodge distributing Ang Baos to our residents



Regular donor Mr Mok blessing our residents with gifts and Ang Baos



Friends In Charity hosting a CNY Lunch at Bliss Garden Restaurant

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
facebook.com/StJohnsHomeSg
twitter.com/StJohnsHomeSG



Donate Monthly at giving.sg

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:
General Manager
St. John's Home for Elderly Persons
69 Wan Tho Avenue
Singapore 347601
- Walk-in to donate at our office at
69 Wan Tho Avenue
Singapore 347601

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.

EDITORIAL BOARD

Chief Editor: Woon Wee Yim

Editor: Pearl Lee

Contributors: Monica Chia,
Wilma Ng

Publisher: St. John's Home for Elderly Persons

Printer: First Printers Pte Ltd