

Our Home!

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

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

Living The Active Life

Back in 2015, Lim Seng Kim, now 73 years old, was delivering medical supplies to Tan Tock Seng Hospital (TTSH), when suddenly the bags were slipping from his hands. A Doctor saw it and recognised it as a symptom of stroke. Uncle Lim was

immediately warded and stayed in TTSH for the next two months. Uncle Lim lost his job as a delivery driver after that and at the suggestion of his sister, a volunteer at St John's Home, he applied and came to stay in our Home.

A hardworking man

Uncle Lim started working as a school bus driver when he turned 21. Fresh out of school, he stayed in the family business for close to 20 years. Eager to try different opportunities, Uncle Lim went to work in a

logistics firm as a night delivery driver while continuing to help in the family business. On hindsight, Uncle Lim reckoned that his lifestyle of working day and night could be the cause of his stroke.

Active in school too

When asked what his fond memories are of growing up, he grinned proudly and said he was a school runner, winning medals for the school in the 100m and 200m dash. He remembers vividly that his Primary School, the now defunct West Hill Primary, was the only school which had the "Box-Jump"

event, similar to the hurdles except athletes had to jump over wooden boxes instead of hurdles. Progressing to Chung Cheng High School, he was involved in the Drama Club and performed in the annual fundraising event for his School Hall

On the go at St John's Home

Despite not being able to move well because of his stroke, Uncle Lim starts his day at 4.30am by walking on the pebble walk and then hitting the massage chair till breakfast at 6.30am. He is also a member of the Home's Seniors-Online Club where residents learn how to use a smartphone. In the evenings, Uncle Lim tends to his Bonsai.

He is happy that he can return to his hobby of gardening in St John's Home.

In fact, Uncle Lim wished that he had travelled and toured the world and even dreamed of driving his delivery truck along the Silk Road!

Uncle Lim is proof that living an active life in one's senior years is more than possible. It only

takes the right mind set!



Caring for the plants gives Uncle Lim a sense of achievement.



Getting in touch with technology in the Seniors-Online Club

60 Years of Serving, Living & Caring
st JOHN'S HOME
FOR ELDERLY PERSONS
GALA DINNER 2019



REMEMBERING GOOD OLD TIMES!

Dance the night away at our Gala Dinner, and take a trip down memory lane with our residents!

Help us to raise funds for our new building. We need another \$5 million

to complete our new Home by end of 2020.

We appeal for your support. Kindly see the attached Donation Form for details.

WALKING DOES NOT REQUIRE A GYM MEMBERSHIP

The American Centers for Disease Control and Prevention recommends walking as a great way to get enough activity to reap the health benefits as we age. Why walking? One, it does not require any great skill nor does it require any equipment (other than a good pair of walking shoes) or a health club membership. And it is something that you are already doing every day. The only question is whether you are walking enough to derive the benefits of decreasing your risk for chronic diseases often associated with ageing such as heart disease, hypertension and diabetes.

First, you have to measure your steps each day using a pedometer or some other device. Ideally, it has a way to upload the steps data to your internet account that can analyse your achievements over a period of time. Some even allow friends to see and encourage each other to achieve their step goals. Anything that is worth doing is worth measuring. Studies have shown that most people tend to overestimate their level of physical activity or the number of steps they think they are doing until they start to measure. In fact, many pedometer users will tell you that they are more motivated when they measure their steps daily. Since your step count resets at midnight to zero, the pedometer tends to motivate you to complete your goal each day. And many do feel unhappy when they do not meet their daily goal!

For most seniors, a moderate comfortable pace of walking is about 100 steps per minute – but of course you can always pick up the pace. So where do you stand? Here is a rough guide. *

- Walking level of less than 5000 steps per day is considered a sedentary lifestyle which is often associated with increased risk of several chronic diseases associated with ageing.
- If you are walking 5000-7499 steps, that would put you in the “low active” category. While this is better than sedentary, you will not likely reap the health benefits associated with exercise yet.
- From 7500-9,999 steps, you are in the sweet spot. In this range, you will start to accrue the health benefits of moderate exercise and decreasing your risk for various chronic diseases.



- What most pedometers want you to achieve is 10,000 steps each day, which for a moderate strolling pace, will take about 1.5-1.7 hours and cover approximately 6 km. For most who can manage, this is a good target to achieve. You may need to work your way up to that level over several months.
- Anything above 12,500 steps per day, you are in the highly active range. There is no reason not to walk more steps if you are able to at that level. But this is not an easy target to set on a consistent basis.

Fortunately, walking in Singapore is safe, easy and accessible. Most HDB estates have footpaths that are well located and comfortable to walk anytime of the day or night (except for the occasional e-bikes and e-scooters). If you are motivated, go to a park. Most of the parks are great for walking – my favourites are Labrador Park, West Coast Park, Botanical and Chinese/Japanese Gardens. If you are thinking about starting an exercise regime, consider the humble act of just walking more ... but do not forget to get your pedometer first. Daily measurement is a big motivator!

*Ref: “Evidence Behind 10,000 Steps Walking”, Journal of Health Research, Vol. 31 No. 3 (June 2017)

- L Lee, volunteer writer at St John's Home for Elderly Persons.

A WORD FROM OUR CHAIRMAN

We are glad that quite a number of our residents will benefit from the Singapore Budget announced in February, under the Merdeka Generation Package. In addition, the Budget also has good news for Institutions of a Public Character (IPCs) like St. John's Home.

This is because the Government, as part of the Bicentennial Celebrations, will grant dollar for dollar matching for donations raised by IPCs in 2019. More details are expected to be announced by the Government.

This comes in a very timely manner for our Home because we still need to raise another \$5 million to complete our building project,

due in December 2020.

We are glad that there is good news for corporations as well. As announced at the Budget, businesses will enjoy a 250 per cent tax deduction on qualifying expenditure when their employees volunteer or provide services to IPCs.

We welcome you, individuals or corporate groups, to visit our Home. We also appeal to you to donate to the Home, since donations made in 2019 will go the extra mile through the dollar for dollar matching grant by the Government. Thank you.

-Woon Wee Yim

SHE TAKES CARE OF EVERYTHING...BIG AND SMALL

Mary comes from Myanmar and has been working at St John's Home for Elderly Persons (SJHEP) as a Healthcare Assistant (HA) since she came to Singapore in December 2007. As an HA, her work is to keep the residents healthy and as comfortable as possible and that includes everything, ranging from preparing and serving meals to doing the laundry and cleaning the dormitories.

A typical day for Mary starts at 6 am, when she prepares breakfast for the residents with the other HAs.

As an HA Lead, Mary monitors the stock of housekeeping items and informs the General Office when new supplies are needed. On her own initiative, Mary has implemented cost-saving measures like pouring detergent from 1-litre bottles into smaller bottles for the HAs to use.

When the weekend comes, Mary prepares the Lounge for the Sunday Chapel service. She will also lay the table for the parishioners' breakfast after Chapel service. As Sunday is the Cook's rest day, she helps the Assistant Cook with meal preparation. When the Kitchen Helper is on leave, Mary helps in the Dining Hall as well.

To Mary, the elderly residents remind her of her grandparents who lived with her and her family of six back home in Myanmar. Mary's grandparents took care of her and her three sisters while their parents were at work. And she remembers her favourite dish of pork stew which her grandma used to cook.

Remembering those days with her grandparents, Mary is always ready to help when the residents approach Mary with their various requests; e.g. they may ask for a bar of



Mary serving a resident in the afternoon tea break.

soap or to warm up food which their families occasionally bring to the home. She also readily accepts that caring for the elderly means that sometimes they can be quarrelsome and stubborn. It also helps Mary to be always patient with the elderly residents.

It's not all work and no play for Mary. On Sunday afternoons when there are no special programmes at SJHEP, Mary attends the Karen service at Kim Tian Christian Church. On her rest days, she likes to stroll in Peninsular Plaza, Bugis or Chinatown. She enjoys eating local food like roasted pork rice, chicken rice and duck rice. Mary loves singing Hymns and enjoys the music of Jim Reeves.

Most of the work of an HA like Mary may seem to be simple and routine tasks but they are crucial to the comfort and well being of the residents.

BUILDING REDEVELOPMENT UPDATE

Funds

Building Construction: S\$15 million

Current Collection: S\$10 million

Dates

Groundbreaking: 1st September 2018

Demolition: December 2018

Piling and Structure: February 2019

Architecture Works: Planned August 2019

Completion: Planned end 2020

One Highlight Feature

Dedicated Physiotherapy area and equipment to help and support our residents in improving or maintaining mobility, balance and independence.

Name-a-Room Campaign

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

To find out more about this campaign:

View: www.StJohnEldersHome.org.sg/BF

Call Monica: +65-62854446

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

We need S\$5 million more to complete our new Home.



Piling works started in February 2019

You can also support our Building Fund through our Gala Dinner. Details are in the attached Donation Form.

THROWBACK! SERVING, LOVING & CARING



New pillows for the new year from Sennett Estate community.



Beijing 101 Bingo prize!



Origami with Presbyterian High School



Happy birthday to all-of-you!



Ang Baos and CNY snacks from Addcom Solution P.L.



Our residents were invited to Tian En Care's New Year's Day luncheon and concert



Fire Drill at our Home is held once every 6 months



A visit to Gardens By The Bay with Siemens P.L. Communications



Residents enjoying the company of students from Tanjong Katong Girls' School Girl Guides

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
W: www.StJohnEldersHome.org.sg
FB: www.facebook.com/StJohnsHomeSg

Contributors: May Swee, Wilma Ng, Monica Chia

Editorial Board

Editor: Pearl Lee
Chief Editor: Woon Wee Wim
Publisher: St. John's Home for Elderly Persons
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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

In-Kind

We welcome donations-in-kind including food and household items. For ease of donating, 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-funded charity. As an Institution of a Public Character (IPC), monetary donations to the Home are eligible for tax deduction.