

Our Home!

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

July - September 2019 MCI (P) 092/02/2019

st JOHN'S HOME
FOR ELDERLY PERSONS

Celebrating Ageing since 1958

They Just Need A Listening Ear

Auntie Angie hadn't been joining excursions. The Home's Operations and Volunteer Management Manager, Ms Wilma Ng asked if she would like to go for a luncheon hosted by external sponsors. Auntie Angie pondered and replied she would, only if someone helped her up the stairs. Wilma personally saw to it that Auntie Angie's request was followed, and since then, Auntie Angie has been enjoying outings with our Home and volunteers.

A listening ear is what Wilma primarily provides for the elderly, although she is currently the Operations and Volunteer Management Manager at St John's Home. She feels that many people find it difficult to communicate with the elderly, but all they need is someone who will pay them attention sincerely. Wilma says, "Be patient and open, that is key to opening the elderly's heart."

Her job however involves a lot more than that. Wilma has over 30 years of industry experience and has been with SJHEP for 3 years. Her duties cover Operations, Administration and Volunteer Management.

She also finds organising activities and connecting with the seniors very fulfilling, like singing, Bingo!, arts and craft, etc. It is her firm belief that although seniors have years of life experiences, they still enjoy the opportunity to communicate and learn from others.

As such, Wilma often invites corporations and individuals to hold various activities or take them out for a walk.

"There are times that the elderly would whine about the space constraints of the facility, but all this will change soon," Wilma shared enthusiastically.

St. John's Home for Elderly Persons is building a new facility that can accommodate 150 elderlies. In order to make the elderly residents feel at home, the new building will expand vertically to a five-storey building as well as featuring a variety of activity rooms.

To fundraise this project, the annual fundraising Gala Dinner of the Home will be held on August 24th, 2019. To donate, visit www.giving.sg/StJohnsHomeSg/GD2019

用心了解老人家

为了让年长者的每一天过得更充实快乐, 圣约翰养老院的运营经理, 黄明华需要绞尽脑汁组办一系列的活动。但是在这30年以来她从不喊累。

养老院举办的活动包括: 歌唱, 抽奖游戏, 手工制作等等。她说: "每次能看到年长者快乐的露出笑容我就感到很欣慰。"

年长者虽然阅历丰富, 可是他们还是非常享受能和其他人交流的机会。所以黄经理会时常邀请个别机构在养老院举办各项活动或义工带他们出外走走。

婆婆出门咯!

安琪婆婆好一段日子没参加外出的活动了。黄经理试问她是否要参加义工带领的餐馆午餐聚会。婆婆想了想, 回应着: "有人扶我上楼梯, 我就去!"。黄经理从此出游时, 亲自扶安琪婆婆上下楼梯。安琪婆婆也积极的出外活动了。

很多人认为, 老年人难以沟通。其实, 他们需要的只是一个聆听的对象。黄经理表示与老人家交谈时只要用心了解老人家的近况, 他们就会打开心房。

她也说老年人有时候会为房里的狭窄空间起口角, 可是这一切都会因新设施而改变。圣约翰养老院正在新

建一座能容纳150名老人的设施。为了让老年人生活得更舒适, 新的养老院会构建成一栋五层楼高及附有多种的活动室的建筑。

为了积极筹款已完成这项目, 养老院一年一度的慈善晚宴将在8月24日举行。我们热烈欢迎您的参与, 请游览以下网址乐捐

www.giving.sg/StJohnsHomeSg/GD2019



Building Redevelopment Update

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

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



Community Roof Garden (Artistic Impression)

Community in Bloom Awards

Greenery has proved to be important in helping to create a conducive environment for the elderly. Many residents cultivate plants, often with the help of volunteers from the community. Our Home won the Community in Bloom Awards in 2014, 2016

and 2018. This prestigious award is given every two years by the National Parks Board. Hence, our architects have therefore designed a Community Roof Garden in the new building, to allow our residents to continue enjoy greenery. There will be plots for gardening, as well as benches to rest in quiet contemplation.

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:

View: www.StJohnEldersHome.org.sg/BF

Call Monica: +65-62854446

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

You can also support our Building Fund through our Gala Dinner.

Donate here: www.giving.sg/StJohnsHomeSg/GD2019



Superstructure of Level 1

Annual Report 2018

Our latest Audited Financial Statements and Annual Report are ready.

You can download them at

www.StJohnEldersHome.org.sg/Financials

A Word from Our Chairman

There is certainly no lack of things to do to keep one busy, even in a small-to-medium charity like ours.

Construction of our new Home is progressing on schedule for completion by December next year.

Besides the daily work of caring for our residents, we are busy preparing for our 6th fundraising Gala Dinner to be held on 24 August. In line with Singapore's bicentennial year, the theme of the Gala Dinner will be "Remembering Good Old Times".

We revamped our website recently and would like to thank two of our volunteers for sponsoring the project. The new website features a new video, produced by the Home with the help of volunteers.

Before the end of July, we hope to successfully implement the PayNow QR Code. When completed, it will provide donors with another means of making donations to the Home -- simply by clicking on the smartphone.

None of the things we are doing will be possible without your support as our stakeholders. Thank you for partnering us to provide the care to our elderly residents that they need.

-Woon Wee Yim

Watch video message <https://tinyurl.com/WordCM-Jul2019>

Working Hand-in-Hand for Successful Ageing

It is common for elderly residents to take some time to adjust to a new place when they first arrive at St John's Home. Some find it more difficult than others, depending on the residents' life experiences, his or her cultural values and personal beliefs. Many continue to face challenges as they learn to adjust to a routine and community living.

The Counselling and Coaching team from the Hua Mei Centre for Successful Ageing (HMCSA) has been partnering the team at St John's Home for Elderly Persons (SJHEP) to provide counselling services to the seniors at the Home for the past six years. We provide individual counselling and group coaching to support the residents in managing and adjusting to their new life and home.

Uncle Timothy came into SJHEP in 2017. He was an introvert man who preferred to keep to himself then. Through our various attempts in connecting with him, he subsequently grew to be more sociable and outgoing – he now candidly greets people around the home and is aware of his surroundings.

Working Together

The close partnership is effective due to constant involvement from the staff at SJHEP as they continuously observe and regularly give feedback on residents' psycho emotional needs to our team - issues such as changes in the residents' physical health, conflictual relationships between residents and adjustment issues (resulting in emotional stresses) which the Home and its residents may need help in coping.

This helps us to create a suitable counselling intervention plan that is targeted to motivate and better support the residents emotionally in an appropriate way. A very common issue to manage is the conflict among the residents which can be mitigated through conducting emotional management skills sessions with them – this has successfully reduced the number of conflicts and helped improved overall relationships among the residents.

Coaching Groups

Another approach is through coaching groups conducted by our counsellors for residents. Emotional Management Groups focus on creating awareness and seeing new possibilities in accepting and managing emotions. Life Review Groups focus on appreciating each personal life journey and becoming more



positive. Through these activities, we noted that the residents showed enthusiasm and a sense of belonging as they shared similar challenges they face. Take for example Uncle Ronald and Auntie Claudia who previously seldom interact. After their participation in the group, they became close support to each other. Auntie Claudia shared an account of her recent fall and low mood with Uncle Ronald, who empathised and encouraged her to live positively.

Empowering Seniors

The close collaboration between HMCSA and SJHEP has also helped residents to start taking charge and be empowered towards themselves and the Home. At times, we get residents approaching and asking us for support on their own initiative. For instance, Auntie Moana approached us for counselling because she became acutely aware of changes in her physical health, resulting in feeling of anxiety and insomnia. Her attempt to find these answers through counselling helped to alleviate her anxiety and hence increase her sense of control. We continue to work together to give our elderly at the Home a good life in their golden years.

* Names in the article has been changed

- Loh Yan Zhu and Lina Koh

Yan Zhu and Lina are Counsellors at Hua Mei Centre for Successful Ageing, Tsao Foundation

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.

Date: Saturday, 24th August 2019

Venue: Jubilee Garden Restaurant SAFRA Toa Payoh

Time: 6.30pm – 10.00 pm

Guest-of-Honour: Mr Sitoh Yih Pin, MP for Potong Pasir

Donate here: www.giving.sg/StJohnsHomeSg/GD2019



Throwback! Serving, Loving & Caring



Art 'n' Craft with children from
Preschool By The Park



TTJ Design & Engineering P.L. celebrating dumpling festival
with games, lunch and of course dumplings!



Games and goodie bags from the
staff at Central Provident Fund Board



Weekly Majong session with volunteers
from Jasmine & Friends



Getting musical - brought to us
by Esplanade's Angklung Mini Project.



1st Commando Battalion 5th Coy spruced up
our Home, arranged the store and had
a great time with our elderly!

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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. 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.