

Our Home!

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

July to September 2022 • MCI (P) 021/01/2022

We came shining through...

For the first time since 2019, Staff and Management Committee were able to gather physically at our New Home for our Staff Appreciation Night.

In a poignant sharing session, staff bravely came forward to share their experiences and challenges during the Covid fight (Comments have been paraphrased for easy reading).

“During the Circuit Breaker in 2020, we were required to work in (separate) different zones. We did not have enough staff, so we had to work even on our rest days. We were only allowed to come out of our rooms during duty. The struggle was real.

The transition from our old building to the new Home during the pandemic was not easy. Whilst still adjusting to the new environment, we needed to make more adjustments because of Covid positive cases. It was a difficult ride, but the experiences helped me to learn and improve. I am thankful to have all my colleagues



alongside in this fight!

Last of all, I want to thank God because He fought with us, He protected us.

• **Excerpt from Thea (Lead, Nursing Aide)**
Sharing during Staff Appreciation Night



“During Circuit Breaker, our chefs did not cook, food donations were given to the residents and staff. Some residents felt that the food given was

the same everyday and also delivered late.

We were confined and restricted in the Home for a long time. We see people walking outside and enjoying life, we feel sad and wish we had the same freedom.

At the same time, I am thankful to God for giving me the opportunity to take care of old people in our Home in these difficult times. I learned to be more patient and flexible. When I am stressed, I encouraged myself with 1 Corinthians 10:13, “God is faithful; he will not let you be tempted beyond what you can bear. He will provide you a way out so that you can endure it.”

• **Excerpt from Mary (Lead, Healthcare Assistant)**
Sharing during Staff Appreciation Night

On behalf of all our elderly residents and family members, we would like to take this opportunity to thank everyone for the hard work in the past two years. It's not an easy journey, but we are glad to have all your support in such challenging times.



风雨之后的彩虹

“自 2019 年以来，我们的员工和管理委员会第一次在新家园参与实体员工感恩晚宴。

在这感人至深的分享会上，员工们勇敢地站出来分享他们在抗疫中所面对的种种经历和挑战。

在 2020 年的阻断措施期间，我们必须在不同的区域工作。在缺乏人手的情况下，我们即使在休息日也得上班。我们也只能在值班期间离开我们的房间。这场抗疫斗争是真实的。

在疫情下进行搬迁工作并不容易。在搬到新家园后，养老院中出现了第一起冠状病毒确诊病例。在适应新环境的同时，我们为了应付疫情爆发而做出了更多的调整。虽然这是一段艰难的时期，但这些经历让我受益匪浅。我很感谢所有和我一同并肩作战的同事！

最后，我要感谢上帝，因为他与我们共同作战，他保护了我们。

Thea (主管, 护理助理)

“由于厨师们在阻断措施期间无法为居民们准备食物，我们因此向居民和员工分发外界所捐赠的食品。在这期间，有的年长居民反馈为何每天的饭菜都大同小异，有时甚至还送晚了。

因为疫情的关系，我们被限制在院中有好长的一段时间。当我们看到其他人能自由自在的在外享受生活，我们感到非常难过，也渴望能拥有同样的自由。

同时，我感谢上帝让我有机会在这困难的时期照顾养老院中的居民。我也从中培养了更多耐性和学会了灵活处理事情。当我感到压力时，我会用哥林多前书 10:13 鼓励自己，“上帝是信实的；他不会让你们遇见无法抵挡的诱惑，他必为你们开一条出路。”上帝永远不会让他的孩子一个人呆着。

Mary (主管, 护理助理)

借此机会，我们谨代表圣约翰所有的年长居民和他们的家人，感谢大家在过去两年的辛勤付出。这不是一段轻松的过程，但我们很高兴能在如此充满挑战的时期得到大家的支持。

Chairman's Message

Dear Supporters & Friends

It gives me great joy to be writing this message for our newsletter for the first time as Chairman.

Having just taken over in June this year, I would like to take this opportunity to thank our immediate past Chairman, Mr Woon Wee Yim, for all his contributions over the past years, working tirelessly to ensure the future of this Home. Special mention to Mr Vijendran Alfreds & Mr David Ong who served in the Management Committee over the years that has helped the Home to what it is today.

Now that we have settled into our new premises and with the further easing of the Covid-19 rules in Singapore, it is our goal to improve on key major areas within the backdrop of our new facilities. Together with our newly elected Management Committee members, we are excited about the future of St John's Home.

• Programme

We wish to enhance the quality of our programmes by training our existing staff, developing better processes, and bridging the gaps so that they can be efficient while having good work life balance.

• Partners

In order for successful programmes to be implemented, we need more people and corporate enterprises to come forward to volunteer in planning and executing better activities for our elderly. We welcome volunteers to come forward with new ideas to create varied types of activities and engagement sessions for them.

• Financial Support

With the rising costs and the Home embarking on a new journey, we continue to rely on the generosity of donors like you. We would like to seek regular term donors that can contribute a certain amount periodically to support our residents who are on Public Assistance and Financial Aid Scheme. Such financial support will help the Home in sustaining stability for the coming years so that we can reach out to more residents who will benefit from this.

• Services

Moving forward, we hope to improve the quality of our services for both our residents and community partners with the resources which has been entrusted to us. We will engage with the professional team comprising of social

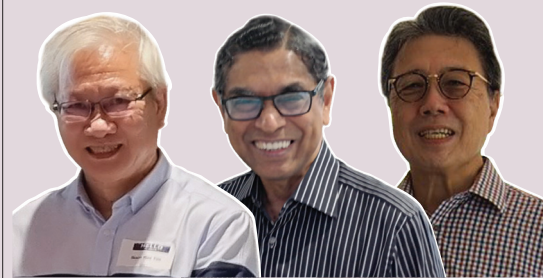


Andrew Lioe
Chairman

刘惠翔
主席

workers and counsellors to better enhance and understand the needs of the current elderly population in Singapore. With this collaboration, we can provide caregivers with a better quality of programme for their loved ones.

The official opening of the building is around the corner, and we will update you soon so that we can welcome all our supporters, sponsors, well wishers & the community at large to the place our residents call HOME.



From left: Mr Woon Wee Yim, Mr Vijendran Alfreds & Mr David Ong.

Annual General Meeting

On 24 June 2022, St John's Home For Elderly Persons held our Annual General Meeting via Zoom. Mr Woon Wee Yim thanked members for their support and presence at the meeting. In the meeting, he highlighted the key initiatives, achievements, and a summary of the progress the Home had made during the reporting year.

We would like to take this opportunity to introduce our newly elected members, Felicia, and Nicholas to our Management Committee.

年度大会

2022年6月24日, 圣约翰养老院通过 Zoom 召开了我们的年度大会。首先, 云惟萌先生向出席大会的成员们表达感谢。在会议上, 他向成员们呈报了在报告年度所实践的新措施、重大成就和进展总结。

我们也借此机会向大家介绍新加入管理委员会的成员, Felicia 和 Nicholas。欢迎你们!

FELICIA CHUA

Felicia loves people, and she enjoys watching the dynamic and networks growing beyond herself. Her professional and volunteering work includes Policies development, Strategic planning, and Outreach.

Currently she is the Deputy Director with The Employment and Employability Institute (e2i). She manages three teams to distribute grants of more than SGD 300 million to Singaporean companies. Felicia believes in empowering the people to empower the systems of the organisations.

"It has always been my mission to impact others within the community together and meaningfully. It is my privilege to serve in the Management Committee and I look forward to contributing my best to the future of the Home."

Felicia是个乐于与他人共事和重视人际关系的专业人士。她在公益慈善的专业领域包括政策制定、战略规划和推广宣传。

Felicia目前担任职总就业与智能培训中心(e2i) 副主任。她带领着三个团队, 向新加坡企业分配超过3亿的培训经费。Felicia 相信赋予人们权力将能赋予组织能力。

"我的使命旨在帮助社区中有需要的人。能够在管理委员会任职是我的荣幸, 我期待为圣约翰建立一个美好的未来。"



NICHOLAS NETTO

Nicholas is a Senior Lecturer at Singapore University of Social Sciences. His background is in Social Work, but he had several stints working with offenders, as well as roles in strategic planning and innovation. Outside work, he spends most of his time with his family, particularly his two young children. He hopes to bridge the generation gap between the old and young.

"Hi everyone, I'm Nicholas and am honoured to be able to serve at St John's Home. I look forward to getting to know more of you over the next few months and look forward to your fellowship and guidance. God bless!"

Nicholas是新跃社科大学的高级讲师。身为社工专业人士的Nicholas不仅拥有和前罪犯共事的经验, 他的专业领域也包括战略规划和创新。工作之余, 他大部分的时间都和家人在一起, 尤其其他两个年幼的孩子。他希望通过互动和相处来弥合老少之间的隔阂。

"大家好, 我是Nicholas, 很荣幸能够为圣约翰养老院服务。我期待在接下来的几个月能更好的了解大家, 并期待你们的团契和指导。上帝保佑!"



主席致辞

亲爱的支持者和朋友们，
这是我从今年六月接任以来，第一次以主席的身份为报刊写下这篇致辞。我对此感到无比的荣幸。

首先，我想借此机会感谢我们的前任主席，云惟荫先生，在过去几年不遗余力的确保圣约翰能持续发展，谢谢你的无私付出与贡献。我在此也特别感谢管理委员会会员，Vijendran Alfreds 先生和王達偉先生多年来的付出，你们的努力造就了今天的圣约翰。

随着大家已逐渐在新家园安顿下来和本地对于冠状病毒措施的放宽，我们现在所设的目标是为新设施进行更为全面的提升。我们与管理委员会都对圣约翰养老院的前景抱着满怀的憧憬。

• 程序

我们希望通过员工培训计划提高我们的服务质量，并开发更好的工作流程和弥合技能短缺。这将能够让我们的员工在高效的完成工作的同时，也能保持良好的工作与生活平衡。

• 伙伴

为了能有有效的实行计划，我们希望有更多的义工和企业挺身而出，为

我们的居民规划和筹办更好的活动。我们也欢迎志愿者提出新想法，为年长居民创建各种类型的互动体验。

• 经济支持

随着成本的上涨和兴建新家园的征程，我们需要像您这样的捐助者的慷慨解囊。我们也希望能够获得更多定期捐助者的支持，让我们的年长居民能继续的通过公共援助和经济援助计划得到经济帮助。稳定并持续增长的基金将能让我们在未来的几年帮助更多有需要的老人。

• 服务

展望未来，我们将善用资源提高为居民和社区合作伙伴提供的服务质量。我们也将与由社工和辅导员组成的专业团队合作，以更好地提高和了解新加坡当前老年人口的需求。通过这种合作关系，我们希望能看护者提供更优质的计划，以让他们的家人能得到更完善的照顾。

最后，我想借此宣布新家园将即将正式开幕的好消息，也会持续的向大家分享更多相关资讯。届时，我们欢迎圣约翰所有的支持者、赞助商、和社区朋友们到访我们称之为“家”的新家园。

GRAND FEAST By TTJ

On 14 July 2022, our elderly residents were invited to join TTJ 41st Anniversary Celebration Dinner at Raffles City Convention Centre. All our elderly and staff enjoyed savouring the sumptuous dinner and watching the entertainment programmes. They were extremely happy as this was the first time, they could attend such a grand event since Covid. Arvind, one of our elderly residents put up a song performance, “Wonderful Tonight” for the guests that evening.

“I enjoy singing and performing. I am very thankful to be given the opportunity to sing my favourite song to raise awareness and funds for our new Home. I hope my little efforts can help the Home.”

- Arvind, St John's Home Resident

I have been visiting St. John's Home since year 2014. I enjoyed talking to the residents and playing games with them. Their smiles make me happy. Volunteering programmes stopped due to COVID-19 and I did not get to see the residents for two years.

I am very happy to have the elderly residents of St John's Home joining us for our 41st Anniversary! The Home has always been a place closed to my heart.

It's more blessed to give than to receive, I am thankful that our company is doing well to have the ability to share my blessings. Without doubt, I donate to St John's Home to aid them in providing the essential care and support to the needy elderly.

**- Mr Teo Hock Chwee,
Executive Chairman and Managing Director
TTJ Design & Engineering Pte Ltd**

TTJ 设计与工程私人有限公司 41周年晚宴

2022 年 7 月 14 日，我们的年长居民受邀参加在莱佛士城会议中心举行的 TTJ 设计与工程私人有限公司 41 周年晚宴。

这是他们在疫情肆虐本地后所参加的第一场盛大活动。居民和员工们不仅大快朵颐的享受美食，也观赏了娱乐性十足的余兴节目。Arvind，我们的一位年长居民，也在晚宴上高唱了一首名为“Wonderful Tonight”的曲目。

“我非常喜欢唱歌和表演。我很感谢有这个机会表演我最喜欢的歌曲，并提高大众对我们新家园的认知和为圣约翰筹集更多的善款，为养老院出一份力。”

Arvind, 圣约翰居民

我自 2014 年以来就常以义工的身份到访圣约翰养老院。我很喜欢与养老院的居民交谈，并与他们一起玩游戏。看到他们脸上的笑容，我就感到非常开心。不过因为冠状病毒的关系，义工活动都停止了，而我也两年没有见到这些年长居民。

我很高兴圣约翰的长者能参与我们的 41 周年纪念，因为这家养老院在我心里一直有着很重要的位置。

施比受更有福，我很欣慰公司能取得不俗的成绩，让我有机会能回馈社会。毋庸置疑，我选择支持圣约翰养老院，希望我们的捐款能为养老院中的居民提供基本的照顾和养老护理。

**- 张福水先生，执行主席兼董事总经理
TTJ 设计与工程私人有限公司**

最后，圣约翰衷心祝贺 TTJ 设计与工程私人有限公司成立41周年！我们也非常感谢 TTJ、张先生和宾客们的热心捐款。晚宴共筹得了\$66,310，张先生也以个人名义捐出了 \$41,000。诸位的踊跃捐款将让我们在这个充满挑战的一年提供极大的帮助。



Lastly, a hearty congratulations to TTJ Design & Engineering Pte Ltd for your successes! We are grateful for the donation by TTJ, Mr Teo and guests. The dinner generated S\$66,310.00 from TTJ and guests and Mr Teo personal donation of S\$41,000.00 which aid us greatly in this very challenging year.



From left: Mr Andrew Lioe, Mr Teo Hock Chwee & Mr Woon Wee Yim.

Meet SAM our Assistant Counsellor

9 years ago, St John's Home sees a need to take care of the mental and spiritual well being of our residents and approached me to help. There was no budget for counselling service, but a Church member offered to fund one year of counselling to kick off this programme.

In 2013, I had semi-retired, however hearing about the elderly residents and their needs, I agreed to it. During the interview, I strongly remembered, Vijendran (St John's Home Board Member) told me that I am the peacemaker among the residents. Time really flies, coming January will be my 10 years with the Home!

I enjoy taking care of the mental well being of our residents. Elderly residents can be especially pessimistic, they often asked me, "Why am I still here", or "Why should I live?". I will encourage them, talk to them, and cheer them up! Our residents here are our priority, we do our best to help them. Sometimes it may be a challenge to get the residents to understand the issue and provide them with a solution. But I always remind them not to take things too hard or personal.

Sometimes I do little things for the residents such as helping them to buy fruits or biscuits. These are



all simple things, but it meant so much to them. I don't mind helping out with anything even driving or handyman so long the Home becomes a better place for everyone to live in.

9 years with the Home, my belief remains the same. "We are here to help our residents to live and make the best out of their lives". Seeing the residents deteriorate saddens me, we try our best to make every day the best day of their life.

Sam, 我们的的助理辅导员

九年前, 圣约翰养老院认为需要开拓照料年长居民的心理和精神健康的计划, 因此向我寻求帮助。辅导服务在当时并没有任何预算, 但人间有情, 其中一位教会成员决定资助为期一年的辅导服务, 使养老院能够成功启动该计划。

其实我在当年 (2013年) 已经处于半退休状态了, 但听到居民们的需求, 我决定答应帮助圣约翰。在应征的过程中, 我深深记得Vijendran (圣约翰委员会成员) 所说的一句话。他说: 我是年长居民中的主要调解人。时光飞逝, 来临的一月份将是我在圣约翰养老院任职的第十个年头了!

我很珍惜能够拥有照顾居民心理健康的机会。有些年长居民会显得特别悲观, 他们经常问我: "为什么我还在这里", 或者 "我为什么要活着"。

我便会鼓励他们, 和他们交谈, 让他们能够振作起来。照顾这些居民是我们的主要责任, 我们一定会尽力帮助他们。虽然在让居民了解问题的存在并为他们提供解决方案的过程并不简单, 但我总是提醒他们不要把事情看得太重或个性化。

有时我会为这些居民做一些小事, 比如帮他们买水果或饼干。这些看似简单的事情, 对他们来说意义重大。只要能让他们居住环境更为舒适, 我完全不介意做任何事情, 即使是开车或打杂。

九年的时间匆匆的过去了, 但我的信念始终如一。"我们来这里的目的是为了帮助我们的居民过上更好的生活"。若居民的情况有所恶化, 我就会感到非常难过, 所以我们更要努力的让他们的每一天都成为他们生命中最美好的一天。

Dear Friends,

Greetings to all of you from St John's Home for Elderly Persons.

With the increase in commitment from 86 to 144 residents for our New Home, we need to continually raise funds to provide shelter and essential needs for our elderly community.

Your kind contribution will enable us to continue our care for our residents. Whether in big or small ways, we hope you continue to support our Home. Once again, our heartfelt thanks to you for being part of our big family!

Donate online: www.giving.sg/StJohnsHomeSg

Donate by cheque: Made payable to St John's Home for Elderly Persons

Donate by PayNow: UEN S61SS0176G1GF



All outright donations are entitled to a tax deduction of 2.5 times the amount donated.

Kindly provide your Name and NRIC/ FIN/UEN for tax-deductions purposes.

Editorial Team

Editor: Pearl Lee, Wilma Ng

Contributors: Andrew Lioe, Lynn Ng

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Contact Us
ST JOHN'S HOME FOR ELDERLY PERSONS

1 Willow Avenue
Singapore 347508
Tel: 6285 4446
Fax: 6285 4885

For more information, please visit www.stjohneldershome.org.sg or email us at stjohnhome@stjohneldershome.org.sg.

Happenings 活动

Gardening with Seniors 园艺乐



Performances by Little Paddington Preschool 萌萌的小帕丁顿幼儿园表演



Social Workers Open House 社会工作者开放日

