

Our Home!

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

January to March 2023 • MCI (P) 070/12/2022

65 Years of Caring for our Elderly

St John's Home has come a long way since it started in December 1958 when a group of Christians led by Canon Yip Cho Sang persuaded the Government to allocate a land in Sennett Estate for the building of a shelter for homeless elderly persons. It has been a long struggle to get the necessary funds for the construction at that time, we are most grateful to all our generous donors for their support.

We moved into a brand new 5-storey building, equipped with the latest technology and facilities to serve our elderly better in December 2021.

We could not have made these 65 years without the support of all our donors and stakeholders. Watch out for a series of activities to celebrate our Anniversary. Stay tuned and give us your support!



Opening Ceremony of St John's Home for the Aged on 21 December 1958



Groundbreaking on 1 September 2018



The old home and the new home

A homely cot plan for Singapore's old folk

BECAUSE old people may find it difficult to climb staircases, the plan of the proposed St. John's Home for the Aged in Singapore, has been revised. Instead of the two-storied blocks, the building committee has decided on a plan to erect five cottages. Mr. Eugene Seow, the architect, said that old people would feel happier to live in homely cottages. Under the leadership of Rev. Yap Chor Seng and with the help of the colony's Christian Churches, the home is being built at Wan Tho Avenue in the Sennett housing estate. Each cottage which is estimated to cost \$17,000, will accommodate about 25 people. Mr. Poh Lau, one of the committee members, said: 'No discrimination of race and religion will be shown. Men and women from all communities will be welcomed.' Work on the building is expected to begin within three months.

65年的暖心关爱

由(Yip Cho Sang)牧师和多为理念相同的基督徒和朋友发起, 圣约翰养老院自 1958 年就开始帮助贫困和无家可归的老人。从最初只有四间可容纳 50 名居民的宿舍到今天的规模, 养老院取得了长足的进步。回首当时为筹建所需资金费了很大的功夫, 我们为此非常感谢所有捐助者的慷慨支持。

2021 年 12 月, 我们搬迁至一栋全新并具备最新技术和设施的五层大楼, 以更好地为我们的老年居民服务。

如果没有所有捐助者和相关人员的支持, 我们将无法走过这65 年的历程。养老院也即将举办一系列的周年纪念日活动, 敬请期待并继续关注并给予我们您的支持!

Official Opening

On 26 November 2022, the new building of St John's Home for Elderly Persons was officially opened by President Halimah Yacob!

Our Home welcomed more than 200 guests throughout the day, and many left the event impressed by the new facilities and new technology, 'My Guardian Angel' resident monitoring system.



新大楼开幕典礼

2022年11月26日, 圣约翰养老院新大楼由哈莉玛总统主持开幕!

我们的家园全天接待了 200 多位嘉宾, 许多人对院所设置的新设施和名为“我的守护天使”的监控系统留下了深刻的印象。

Chairman's Message

Dear Friends of St John's Home for Elderly Persons,

Come have coffee with us!

The past few months have flown by so quickly, from the time we had our Opening Ceremony in November to Christmas celebrations and New Year, followed swiftly by the Chinese New Year.

Our new building has been bustling with activities and visits from corporate organisations, volunteer groups & friends. We are so grateful that we can resume the activities, visits and outings after the pandemic. This has certainly brought upon much joy to our residents and volunteers.

As people age, social interaction becomes increasingly important for maintaining a healthy and fulfilling life. Socializing provides a sense of purpose and meaning in life. Older adults who engaged in social activities often report feeling more fulfilled and satisfied with their lives. They also feel more connected to their communities and the world around them. It can help to reduce feeling of loneliness and emptiness, which are common among older adults. This is why at our Home, we encourage our residents to interact with their loved ones,

volunteers and participate in our activities. We understand that by moving to a residential sheltered home, they might experience changes in their social networks. We hope to prevent them from feeling lonely or isolated. In April, our residents will be able to connect directly to their loved ones through our Smart Video Communication System within the comfort of their rooms. This helps them to stay connected with their loved ones who face challenges visiting them in person.

The Coffee Corner in our building is open



Andrew Lioe
Chairman

刘惠翔
主席



to our neighbours, visitors and next of kin of our residents to enjoy tea & coffee on us.

St John's Home for Elderly Persons welcomes all of you to join us in either volunteering your time, making a donation in cash or in kind, or being part of a Living Community where ageing is celebrated.

I look forward to seeing you soon.



Meet our Residents' Committee

At St John's Home, we believe that residents' voices must be heard. We set up a Residents' Committee comprising of 15 residents to improve communication between residents and our management. Meet our officer bearers.

President	: Uncle Arvind
Vice President	: Uncle Joseph
Treasurer	: Uncle Kum Tong
Assistant Treasurer	: Aunty Sandathevi
Secretary	: Uncle Loh
Assistant Secretary	: Aunty Kandi

认识我们的居民委员会

在圣约翰养老院，我们有责任用心的聆听老年居民的心声。因此，我们成立了一个由 15 名居民组成的居民委员会，以便改善老年居民与我们管理层之间的沟通。

主席	: Uncle Arvind
副主席	: Uncle Joseph
财务主管	: Uncle Kum Tong
助理财务主管	: Aunty Sandathevi
秘书	: Uncle Loh
助理秘书	: Aunty Kandi



Uncle Arvind



Uncle Joseph



Uncle Kum Tong



Aunty Sandathevi



Uncle Loh



Aunty Kandi

I am very happy to be selected as the Chairman of our Residents' Committee. I want to promote harmony and cohesiveness among residents. I will listen to their feedback and make recommendations on their needs and hopes for the Home.

- Arvind Sharma

President of Residents' Committee

“我很高兴被选为居民委员会的主席。我想促进居民之间的和谐和凝聚力。我会听取他们的反馈，并根据他们对家园的需求和意愿提出建议。”

- Arvind Sharma

居民委员会主席

Happy Chinese New Year

This Lunar New Year was very exciting and fulfilling for our elderly residents with many different activities planned for them! Thank you to all who came to share the Chinese New Year spirit with us!

Celebrate Chinese New Year with Puricare

Growing up, I have had quite a few experiences volunteering at elderly homes; school gave plenty of opportunities for that. However, I felt quite distant from the whole programme. It felt as though I just needed to show up, do my assigned task and get it over and done with.

Volunteering at St. John's Home for Elderly Persons was different though. It was my first time being in charge of planning and executing the programme, which required me to think of the needs and experiences of the residents. It helped me put my heart into caring for the elderly. There were a few hiccups along the way, but this was for sure a learning opportunity for future volunteer programmes.

On behalf of the staff at Puricare, we are grateful for the opportunity to bring joy to the residents at St. John's Home for Elderly Persons. The smile on their faces truly made our Chinese New Year celebration a fulfilling one.

- Contributed by O'Connor Diana Bernadette,
Marketing Executive of Puricare Pte Ltd

主席致辞

亲爱的圣约翰养老院的朋友们，

来和我们一起喝咖啡吧！

时间飞逝，转眼间几个月就过去了。我们在11月举行新大楼开幕典礼后，便马不停蹄地筹办圣诞节和新年庆祝活动，紧接着就是庆祝农历新年。

我们的新院因企业组织、志愿者团体和各界朋友所举办的活动和到访而热闹非凡。我们很庆幸能在冠病疫情后重新恢复活动、探访和郊游，这无疑给我们的居民和志愿者带来了许多欢乐。

随着年龄的增长，社交互动对于维持健康和充实的生活变得越来越重要。社交提供了一种目的性和生活意义。参与社交活动的老年人会对自己的生活感到更加充实和满意，同时也感到与社区和周遭的事物有了更紧密的连接。社交互动无疑可以帮助减少老年人最常见的孤独感和空虚感。我们的家园因此大力鼓励我们的年长居民与他们的亲人、志愿者互动并参与我们的活动。我们明白搬迁新家园可能会影响他们在社交互动上的变化。为了不让他们感到孤独或孤立，于四月份开始，我们的居民将能够在他们舒适的房间内通过我们的智能视频通信系统，直接与他们的亲人联系。这将有助于他们与无法亲自探访的亲人继续保持联系。

我们的大楼内设有一家对外开放的咖啡阁，欢迎我们的毗邻、访客和老年居民的近亲前来享用茶饮和咖啡。

圣约翰养老院在此想呼吁大家继续为我们的老年居民提供支持，无论是贡献自己的时间、捐款或捐赠实物，和我们携手创建一个愉悦的养老环境。

期待与大家相见！



农历新年庆祝会

送虎迎兔，我们的老年居民参加了一系列热闹且欢愉的新春庆祝活动。感谢所有与我们一起迎新春的善心人士！

与Puricare一起迎新岁

在成长过程中，学校提供许多介绍做义工的机会，我也因此累计了不少在养老院当志愿者的经历。尽管如此，我觉得当中的参与感并不强烈，因为我只需要到场参与和完成已分配的任务。

在圣约翰养老院当志愿者的感觉就完全不一样了。这是我第一次负责计划和执行计划，因此我需要事先考虑居民的需求，以便我可以更全心地照料每一位老人。虽然过程中出现了一些小插曲，但这无疑是个如何能更好计划志愿者活动的学习机会。

我代表 Puricare 全体上下的员工，感谢圣约翰养老院让我们有机会为居民们带来欢乐。他们脸上洋溢的笑容为我们的农历新年庆祝活动画下完美的句点。

- Puricare Pte Ltd 营销专员 O' Connor Diana Bernadette

Meet our fundraiser, Akshara

Tell us about yourself.

Hello! I am Akshara Visvanathan, a Secondary One student from Cedar Girls Secondary School.

I've always like helping people and giving back to the community. Ever since I turned eight, I have always actively participated in volunteer work as well as helping the less fortunate.

I visited the Berkat Children's Home in Malaysia to donate groceries and school bags before Covid-19 struck us. Still wanting to do my part while in Singapore, I helped the underprivileged during Covid-19. I have supported several charities, Children's Wishing Well, Singapore Cancer Society, Mdm Wong's Shelter and Friends, and ActiveSg. I have been featured in the Stomp twice due to my social service!

What inspire you to support St John's Home for Elderly Persons?

I choose to support St John's Home as it is not a government subvented home and I want to help them get the help they require.

What inspired me to support the elders is that they have probably done so much in this world, and they deserve to be happy as these are times in which they need our support as they have "no one" with them. Thus, I would like to support them and make them happy!



投身公益不遗余力认识我们的筹款人 Akshara

自我介绍

你好！我是四德女子中学的中一学生，Akshara Visvanathan。

我很喜欢帮助别人并回馈社区。自八岁起，我就一直积极参与志愿工作并帮助不幸的人。

在冠状病毒席卷全球之前，我参观了位于马来西亚的 Berkat 儿童之家，并捐赠杂货和书包给那些孩子们。尽管如此，我仍然想在新加坡奉献自己的一份力量，所以我也在疫情肆虐期间帮助了许多弱势群体。其中就包括了几家慈善机构，例如Children's Wishing Well、新加坡防癌协会、Mdm Wong's Shelter and Friends和 ActiveSg。我也曾两度接受Stomp的访问，分享我回馈社会的经历。

是什么促使你支持圣约翰养老院？

我选择支持圣约翰养老院，因为它不是由政府资助，所以我想帮助他们获得所需的帮助。

激励我支持这些年长者的原因是因为他们大多都繁忙了大半辈子，一路上都做出了很多付出和牺牲，贡献功不可没。我觉得他们都应该得到快乐，尤其是他们觉得孤单和需要支持的时候，所以我想要支持他们，让他们感到开心！

Chef Teo

St John's Home's Chef Teo shares with us how is it like cooking for more than 100 people every meal.



Introduce yourself.

Hello everyone, you can call me Teo. I have been working at St John's Home as a chef for 14 years. I have been a chef since 1987, worked at various hotels and caterings.

Why do you want to be a chef?

I started my career by chance. I graduated and my friend recommended me to work as a chef and continue my passion since then.

I love cooking and enjoy seeing the happy faces of people. Good food makes people happy. There aren't many other jobs where you get to make people happy every day.

What are the challenges of a chef?

It is physically demanding with long hours of standing, lifting heavy pots of food, and carrying large bags of food. In addition, working in the kitchen is very hot especially at our old building. The current kitchen at our new Home is so much better with better ventilation and space.

What do you do when people don't like your cooking?

It happens. Sometimes the food is not to some residents' liking. I had to explain to them politely that this healthier cooking methods has more health benefits.

During Circuit Breaker in 2020, you stop working for two months. Do you miss cooking for the residents?

I do. But the residents miss me more! During the two months of lockdown, the residents only had takeaway food. Nothing beats freshly cooked meals.



Chef Teo 爱心餐 暖胃更暖心

为 100 多位老人居民做饭是一种怎样的感觉？来看看圣约翰养老院的主厨 Chef Teo 的分享！

自我介绍

大家好，你们可以叫我Teo。我在圣约翰养老院担任厨师已有 14 年。我自 1987 年起就成为一名厨师到至今，也曾在多家酒店和餐饮业工作过。

你为什么想成为一名厨师？

我是在机缘巧合之下开始了厨师的职业生涯。我在毕业后在一位朋友的推荐下成为厨师，并从那时起就秉持我对烹饪的热情一直到今天。

我很喜欢烹饪，也很喜欢看到人们脸上开心的表情。美食可以让人心情愉悦，并不是每份工作都可以这么的让人开心。

厨师的挑战是什么？

厨师是份对体力要求很高的工作，需要长时间的站立，食材和锅具也相当沉重。此外，厨房的工作环境也相当闷热，尤其是在我们的旧大楼内。相比之下，新大楼的厨房通风透气，工作空间也更宽敞。

当人们不喜欢你的烹饪时，你会怎么做？

这确实有发生过。当有食物不合某些老人居民的口味时，我就会有礼貌地向他们解释说，因为这种较为健康的烹饪方法对他们的健康有益。

在 2020 年的病毒阻断措施期间，您得停止工作两个月。你想念为居民做饭吗？

我非常想念他们，但我知道这些居民更想念我！在封锁措施实行的两个月，居民们都只能吃外卖，但没有什么比新鲜烹煮的饭菜来的更好。

Donation

Dear Friends,

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

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.

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