



Our Home!

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

January to March 2024 • MCI (P) 054/12/2023

Chef Elton Spread Smiles with Delicious Lunch



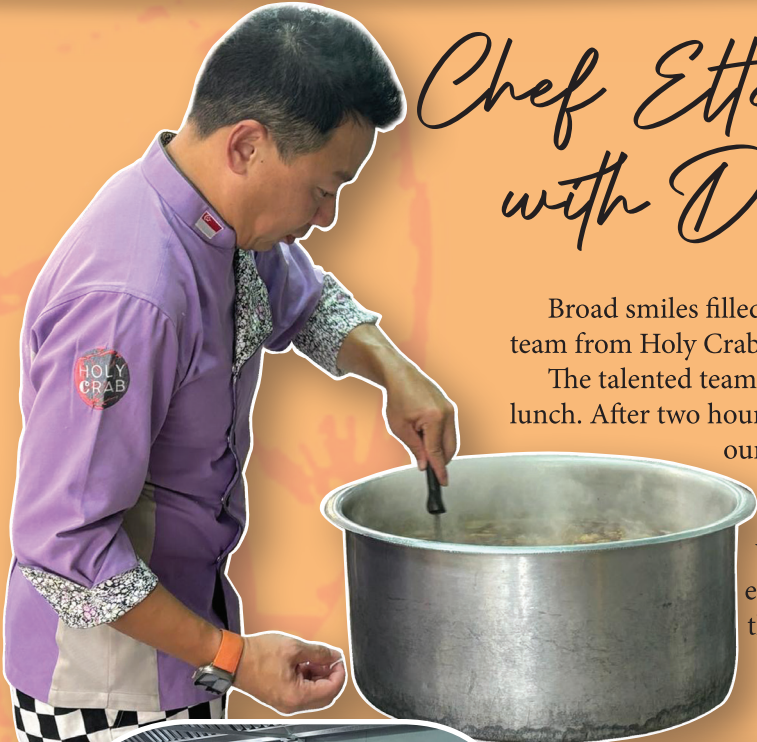
Broad smiles filled St John's Home on 5 March 2024 as Chef Elton brought his team from Holy Crab to surprise our seniors with a delicious lunch.

The talented team from Holy Crab came early to prepare the ingredients for lunch. After two hours of hard work, lunch was served. Chef Elton kindly greeted all our residents and introduced the meal that was specially prepared for them.

Everyone was treated to melt-in-your-mouth braised pork belly, mouth-watering Chinese sauerkraut, and perfect onsen eggs! Several of our residents even requested second servings as the food was too delicious to resist!

We took the opportunity to chat with Chef Elton.

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从厨房到心灵 通过美食带来欢乐

2024年3月5日，圣约翰养老院充满着欢声笑语，因为 Holy Crab 的主厨兼老板余教煜，带领着他的团队为我们的老年居民献上了一顿美味的午餐。

厨艺精湛的 Holy Crab 团队一早就开始准备午餐的食材。经过两个小时的辛勤工作，丰盛的午餐准备好了！余教煜主厨亲切地向居民们打招呼，并介绍了为他们精心准备的餐点。

老年居民品尝了入口即化的红烧五花肉、香气扑鼻的酸菜以及色泽完美的温泉蛋！美味诱惑令人难以抵挡，几位居民甚至要求第二份！

我们也借机与余教煜主厨进行了交谈。

■ 继续下一页





Andrew Lioe
Chairman
刘惠翔
主席

Dear Supporters & Friends,
It has been an awesome start to the first quarter of 2024. Volunteerism and visits from supporters like yourself have made our Home vibrant and enriching for our elderly residents.

Celebrating Chinese New Year (CNY) was a highlight for our seniors. We are grateful for the activities, friendship and food generously provided by organisations and volunteers. To enhance the quality of life for our elderly, we strongly believe in creating a vibrant social environment with activities like games, arts & crafts, gardening, art therapy, and even outings to local attractions, all catered to our residents' interests and abilities.

Besides the CNY festivities, we were blessed by Chef Elton and his team from Holy Crab for cooking up a storm for us. Our residents got to enjoy delicious local delights in the comfort of St John's Home. Everyone appreciates good food, and these warm, delicious meals make this building more than a place to stay, but truly a Home for the elderly.

We're also excited to announce the introduction of Traditional Chinese Medicine

(TCM) services by Cheng Hong Welfare. This weekly service provides acupuncture to interested residents and is extended to the staff members as well. Read about what Aunty Wong has to say about this later in this newsletter.

Another exciting addition to our Home is our on-site café, managed by one of our residents, Aunty Chua. She serves refreshments to visitors and residents, and the donations received for the simple food and drinks she prepares are greatly appreciated.

Together with the Sennett Estate grassroots team, we are planning monthly evening music band performances. This will be a great way to entertain our residents and visitors and for our communities to get to know us.

We warmly invite you to visit our café and upcoming monthly music performances and other exciting events we have planned for the rest of the year.

Thank you for helping us make St. John's Home for Elderly Persons a true home for our elderly. I look forward to seeing you soon.

Yours Sincerely,
Andrew Lioe

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Could you share about Holy Crab with us?

Chef Elton: Holy Crab is a forerunner of Singapore's much-loved Private Dining Scene. We originally offered a unique experience of dining in my abode back in 2009. In 2017, I decided to pull out all stops and opened a brick-and-mortar shop in Bugis. At Holy Crab, we're all about bold, distinct flavours, forged by a fiery need for 'Wok Hei' (breath of the wok).

Among all your specialities, why did you choose to cook braised pork belly for our seniors?

Chef Elton: Braised pork belly rice, also known as 'Lu Rou Fan', is a familiar one-pot dish which is super flavourful, quick to serve, and soft to bite for the elderly. The onsen egg and sauerkraut enriched the dish, adding a bolder flavour with a hint of heat (spiciness) and sourness. All in all, the dish is nourishing, nostalgic and comforting to the heart.

Are there any challenges you faced while cooking for our seniors today?

Chef Elton: The biggest challenge was finding the right balance as seniors may have different dietary and health restrictions, and the elderly often need food that is flavourful but not overly

salty or spicy. Additionally, the texture needs to be soft and easy to chew.

"Overall, my team and I are overjoyed that everyone enjoyed what we dished out for them. We are happy that we were able to pay it forward and touch the hearts of our pioneer generation", said Chef Elton.

Thank You Holy Crab, for filling our elderly residents' tummies and hearts. We can't wait for your next cookout!



亲爱的支持者们，

2024年的第一季度是一个令人兴奋的开始。由志愿者们举办的活动和探访为我们的老年居民的居家生活增添了活力和色彩。

农历新年的庆祝对我们的老年居民来说是一个意义非凡的时刻。我们感谢各个组织和志愿者筹办的活动、美好的友谊和丰盛的美食。为了提高我们老年居民的生活质量，我们根据他们的兴趣和能力安排了各种活动，如游戏、艺术与手工艺、园艺、艺术疗法以及参观本地景点等，营造一个充满活力的社交环境。

除了春节庆祝活动，我们还得到了 Holy Crab 的余教煌主厨及其团队的支持，为我们烹煮了丰盛的美食。居民们在圣约翰养老院舒适的环境中品尝着美味的本地佳肴，这使养老院不仅仅是一个居住的地方，而是老年居民真正的家园。

我们也很高兴地宣布，养老院将引入由众弘福利协会提供的传统中医服务。有兴趣的居民将能从这项每周一次的中医疗服务获得免费的针灸疗法，而服务也将开放给员工使用。请在本刊阅读Aunty Wong对这项服务的看法。

另一个令人兴奋的新设施是一家由我们的居民，Aunty Chua，经营的咖啡厅。她为访客和老年居民提供茶点服务，而她捐出兜售餐饮收益的善举也受到了极大的赞赏。

我们还与 Sennett Estate 基层团队一起筹划了每月一次的晚间音乐演奏活动。这不仅能娱乐我们的居民和访客，也是一个能使社区更加了解我们的良机。我们诚挚地邀请您来参观我们的咖啡厅，以及即将举行的每月音乐演出和其他令人兴奋的活动。

感谢您帮助我们让圣约翰养老院成为我们老年人真正的家园。期待与您相见。

刘惠翔
主席

Acupuncture Services by Cheng Hong Welfare Service Society

Arthritis pain is one of the most common ailments in older adults, and many seniors in St John's Home experience it too. Acupuncture is a traditional Chinese medicinal practice that involves inserting thin needles into specific points on the body. Acupuncture has been shown to provide much-needed relief to seniors who are undergoing chronic pain. We are grateful to Cheng Hong Welfare Service Society for providing pro bono acupuncture services to our elderly every Friday.

"I used to do acupuncture regularly, but I stopped doing it after I stayed at St John's Home because it is very challenging for me to travel out by myself nowadays. I am thankful that the physicians from Cheng Hong Welfare visit weekly to help me with my arthritis pain. The acupuncture sessions have helped me regain some flexibility in my joints, allowing me to participate more easily in the activities here." - Aunty Wong



众弘福利协会携手圣约翰养老院

为居民提供免费针灸服务

关节炎是老年人中最常见的疾病之一，许多圣约翰养老院的老年居民也经历过这种疼痛。针灸是一种传统的中医疗法，涉及将细针插入身体的特定穴位。根据研究，针灸已被证明能够为正在经历慢性疼痛的长者提供急需的缓解。我们感谢众弘福利协会在每周五为我们的老年居民提供的免费针灸服务。

"我曾经定期接受针灸治疗，在由于独自出门对我来说非常困难，所以在我住进圣约翰养老院后，我就没有做针灸了。我非常感激众弘福利协会的医师帮助我缓解关节疼痛。针灸治疗帮助我恢复了一些关节的灵活性，使我更容易参与这里的活动。" - Aunty Wong

Enriching the lives of our Seniors

Micro jobs is a scheme that allows seniors to get paid for simple tasks and enable them to keep fit and active.

At St John's Home, we introduced Micro jobs to keep our seniors meaningfully occupied, encourage social interaction, and keep them active. Some jobs we offered at our Home include folding clothes, doing administrative work, and managing a Café.

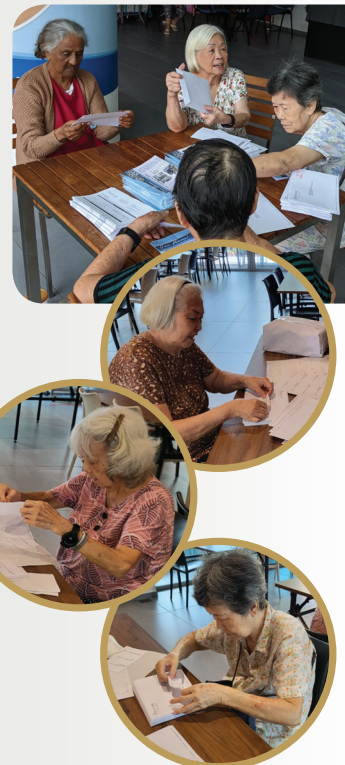
Fun Fact: Do you know that all our newsletters are carefully packed by our residents as part of our Micro job scheme?

社交融入与活跃：微型工作计划

微型工作是一项允许老年人通过简单的任务获得报酬的就业计划，以帮助他们保持健康和活跃。

在圣约翰养老院，我们引入了微型工作让老年居民参与其中。这不仅能够鼓励他们进行社交互动，同时也能保持活跃。我们所提供的一些工作包括折叠衣服、行政工作和管理咖啡厅。

趣闻：您知道我们的报刊是由老年居民在微型工作计划下精心包装而成的吗？



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您能为我们做个自我介绍和Holy Crab的由来吗？

余教煌主厨：Holy Crab是备受新加坡喜爱的私人餐饮场所的先驱。我们最初于2009年在我的住所提供独特的用餐体验。2017年，我决定全力以赴，在武吉士开设了一家实体店。在 Holy Crab，我们着重于大胆、独特的风味，以“锅气”（Wok Hei）做为主要的“灵魂”，为客人带来极致的味觉享受。

在你所有的拿手菜中，为什么你会选择为我们的长者烹煮红烧五花肉呢？

余教煌主厨：红烧肉饭，又名“卤肉饭”，是一道家喻户晓的家常菜。它的口味非常丰富，上菜速度快，也适合老年人咀嚼。温泉蛋和酸菜所带有一丝辣味和酸味为这道菜增添了更浓郁的口味。总的来说，这道菜营养丰富、带有怀旧情怀、让人感到舒适温暖。

您今天为我们的老年居民做饭时是否遇到了任何挑战？

余教煌主厨：最大的挑战是在满足老年人可能有的不同饮食和健康限制中找到适当的平衡。老年人通常需要口味丰富但不过咸或辣的食物，口感也需要柔软和容易咀嚼。我和我的团队都非常高兴看到每位老年居民喜欢我们为他们所准备的食物。我们很高兴能够回馈社会，为我们的建国一代带来欢笑。

谢谢 Holy Crab 在为我们的老年居民带来丰盛美食的同时，也温暖了他们的心。我们期待下一次的互动！

GALA DINNER 2024

Save the Date & help us choose a Theme for our Gala Dinner!

Get ready for an unforgettable evening and save the date! Our annual Gala Dinner is coming up on 30 August 2024. This year, we have more exciting programmes for you. Stay tuned for more updates!

We are inviting YOU to propose the theme for this year's Gala Dinner! Submit your most creative theme ideas and get a chance to win a \$50 NTUC voucher. Send your theme ideas through the QR Code or link below.

Link here: <https://bit.ly/Gala2024Theme>

Submit your ideas by 12 May 2024.

All the best to you!



帮我们选择晚宴主题!

准备好度过一个难忘的夜晚吧! 我们的年度晚宴将于2024年8月30日举行。今年, 我们将为您准备了更多令人兴奋的节目。敬请关注更多详情!

我们邀请您帮助我们选择今年晚宴的主题。提交您最具创意的主题想法, 并有机会赢得\$50元的NTUC购物券。通过下方的二维码发送您的想法。

请于2024年5月12日之前提交您的想法。

祝您好运!



CHINESE NEW YEAR CELEBRATION

We were delighted to celebrate this CNY with many of you! We want to extend a heartfelt thank you to all our friends, supporters, and volunteers who took the time to visit us! Your presence truly added to the joy of the occasion. Thank you for being a part of our community, and may you have a prosperous dragon year ahead!

欢庆2024农历新年

我们很高兴与许多人一起庆祝这个农历新年! 我们衷心的感谢所有抽出时间探访我们的朋友、支持者和志愿者! 你们的到来为这个节日增添了喜悦。非常感谢您对我们的家园的支持。



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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