

Our Home!

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

April to June 2024 • MCI (P) 054/12/2023



GALA DINNER 2024

Relive your **Kampong Days**
at our **Gala Dinner**

Guest of Honour
Mdm Halimah Yacob

Help us make St. John's Home a community of
care and love with your support



Join us for a delightful evening filled with delicious food,
captivating entertainment, and connect with our elderly community.
Let's make a difference together!



30 AUGUST 2024, FRIDAY
7:00PM - 10:00PM

SUMMER GARDEN RESTAURANT, SAFRA MOUNT FABER

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

All donations are eligible for a 2.5 times tax deduction.
Outright donations are welcome.
Contact us at: 6285 4446 or cp.frm@stjohneldershome.org.sg

**Don't Miss Out! Last Chance to
Support St. John's Home Gala
Dinner!**

Our Gala Dinner is just around the corner,
and this is our final call to join us for an
unforgettable evening.

You can look forward to:

- An exquisite 8-course Dinner with Chinese, Halal or Vegetarian options available
- Lively performances by our Residents & Staff
- Join our Residents' favourite game of Bingo

You can make a difference in the lives of our
vulnerable seniors. Make their Golden Years
brighter!

2024 年慈善晚宴

别错过! 这是支持圣约翰养老院慈善晚宴的最后机会!

我们的慈善晚宴即将到来, 这是您加入我们度过难忘之夜的最后机会。

您可期待的精彩活动内容:

- 精致的八道菜晚宴 (提供中餐、清真或素食选项)
- 老年居民和养老院职员带来的精彩表演
- 参加老年居民们最喜欢的宾果游戏

您可以改变我们弱势老人的生活。让他们的黄金岁月更加辉煌!



“At 83 years old, I never thought I would be dancing again, but here I am, getting ready to perform at the Gala Dinner. I'm grateful for the opportunity to share laughter and joy with everyone. This event means a lot to us, so come join us and celebrate ageing together!”

- Auntie ST, Resident

“我已经83岁了, 从没想过还能再跳舞, 但我现在正在为晚宴表演做准备。我很感激有机会与大家分享喜悦。这个活动对我们来说意义重大, 快来加入我们, 一起庆祝老年生活吧!”

- Auntie ST, 居民

Chairman's Message • 主席致辞

Dear Supporters and Friends,

It's incredible how time flies — we've already crossed the halfway mark of this year! Here at St. John's Home, our residents are eagerly preparing for the highlight of the year — our annual Fundraising Dinner on August 30th. This year, we are excited to host the event at a new venue, the Summer Garden Restaurant at SAFRA Mount Faber. With a Kampong theme, we hope to recreate the nostalgic charm of bygone days for both our guests and residents.

In an effort to uncover new talents among our residents, we recently held a talent show featuring singing, dancing, and various performances. The residents thoroughly enjoyed themselves and some standout performers will grace the stage at our fundraising dinner! We believe the entertainment and dinner will make it a night to remember. Please show your support by sponsoring a table or seat for the dinner.

We recently held art therapy sessions, which proved to be meaningful and a great way to enhance our residents' well-being. It provides a means of self-expression, which is beneficial for those who struggle to articulate their emotions. Engaging in creative activities also keeps their brain active, potentially delaying the onset of cognitive decline and conditions like dementia. We hope to continue offering more activities like this for our residents.

It's challenging to bring our elderly to the cinema, so we bring the cinema to them! We are thankful to Potong Pasir CC for organising the Movie Bus Event at our Home for our seniors. Residents from the neighbourhood joined our seniors at our Home to enjoy the film screening too.

I would like to make special mention of two Management Committee members, Mr John Pathy and Ms Pearl Lee, who have stepped down. We are deeply grateful for their contributions and the time they dedicated to their journey with the Home.

Our Home is deeply grateful for the many volunteers and donors who enrich the lives of our residents. Our goal is to make their lives meaningful and joyful each day as they spend their golden years with us. You can join me in this mission by volunteering at our events or donating to our Home. All donations are eligible for tax deduction.

I look forward to spending the evening with many of you at the upcoming fundraising dinner.

Warm regards,
Andrew Lioe



Andrew Lioe
Chairman

刘惠翔
主席

亲爱的支持者和朋友们：

时间飞逝，眨眼前半年过去了！在圣约翰养老院，我们的居民正在积极筹备今年的重头戏——8月30日的年度筹款晚宴。我们非常高兴能够在一个新的地点举办今年的活动——那就是位于SAFRA Mount Faber的夏园餐厅。晚宴将以“甘榜”为主题，希望为我们的客人和老年居民重现昔日的怀旧魅力。

为了发掘我们居民中的新表演人才，我们在近期举办了一场才艺表演，节目包括歌唱、舞蹈和各种表演。老年居民们都玩得非常开心，而当中一些杰出的表演者也将会在筹款晚宴上登台演出。

我们相信，精彩的表演和美味的佳肴将使晚宴成为难忘的回忆。我们诚挚希望大家能通过赞助桌位或座位来表示您的支持。

我们在近期所举办的艺术治疗课程证明了这是个非常有意义，并且能提升居民福祉的好方法。它提供了一种自我表达的方式，对那些难以表达情感的老年居民特别有益。参与创意活动不仅能够使他们的大脑保持活跃，也能延缓认知衰退和痴呆等疾病的发生。我们希望能继续为居民提供更多这样的活动。

要把我们的老年居民带去电影院是件非常困难的事情，于是我们决定把电影院带给他们！我们非常感谢波东巴西民众俱乐部为我们的老年居民策划了电影巴士活动。邻里的居民也加入我们的居民一起观看了电影放映。

我在此要特别提到两位已经卸任的管理委员会成员，Mr John Pathy 和 Ms Pearl Lee。我们衷心感谢他们对本院的无私奉献和时间。

圣约翰养老院衷心感谢众多的志愿者和捐助者丰富了老年居民们的生活。我们的目标是让他们在这里能够充实的度过每一天，享受充满意义和快乐的黄金岁月。您可以通过参加我们的活动志愿服务或捐款来加入我们这个使命。所有捐款都享有免税回扣。

我期待在即将来临的筹款晚宴上与大家共度美好的时光。

刘惠翔

Residents shine at St. John's Home Talent Show

In June, our Home held its second Talent Show, and we were excited to see there were even more enthusiastic participants compared to last year! From singing and dancing to piano performances by the residents and staff, our activity lounge was filled with melodies that brought joy to the audience.

Let's hear from some of our seniors:

Aunty Sau Mei, who sang her favourite songs "How Do You Say It (你怎么说 Ni Zen Me Shuo)" and "Not Coming Home Tonight (今天不回家 Jin Tian Bu Hui Jia)" reminisced about her younger days with a smile: "These songs remind me of a special time in my life. When I was 18, there was someone who had a crush on me! I was thinking about him when I sang."

Uncle Thomas enjoyed seeing the creative talents of his fellow residents, "Sometimes, you look at people, and you don't think they are the type to be creative, until they showcase their talents, and you're like, 'wow!'"

Healthcare Assistant Jacqueline shared her passion for singing, "I jumped at the chance to join the Talent Show! The residents were so kind, cheering and clapping along while I sang. I can't wait to perform with them at the Gala Dinner!"

ART AS THERAPY

Art programmes are a highlight for our elderly residents. Through painting, drawing, and other artistic activities, our seniors can express themselves and find joy in their creativity. Whenever there are Arts & Crafts activities, you can feel the residents' anticipation in the air and eagerness to start the activities.

Recently, volunteers from Punggol Secondary School brought fake flowers along with their youthful cheer to engage in flower arrangements with our residents. The room was soon filled with bright bursts of colour as the residents and volunteers enthusiastically assembled bouquets of flowers. When the volunteers went on to the next activity, some residents still wanted to continue with the flower arrangements!

By engaging in these activities, residents stimulate their minds and their motor skills as they concentrate on creating their craft works, as well as the additional benefit of having a masterpiece to display as a reward for them.

Once again, thank you to all participants who bravely put themselves on stage to give their best performance, and congratulations to the winners of this year's show who will be performing live for you at our Gala Dinner 2024.

Music is a uniting umbrella that allows people to relate and have fun with each other. It was heartwarming to see the audience members cheer and clap so loudly for each act. Lastly, our appreciation to our volunteer judges, Dorcas, John and Nancy for joining us.



圣约翰养老院才艺表演老年居民大放异彩

圣约翰养老院在六月份举行了第二届才艺表演，参与的老年居民比去年还多，让我们非常兴奋！由老年居民和员工呈现的歌唱表演和钢琴演奏，让我们的活动休息室充满了欢乐的旋律。

让我们听听一些老年居民的分享：

唱着自己最喜欢的歌曲《你怎么说》和《今天不回家》的Aunty Sau Mei，带着微笑回忆起年轻时的日子：“这些歌让我想起了生命中的一个特殊时光。我还记得在18岁的时候，有人暗恋我呢！在唱这些歌时，我就是在想着他。”

Uncle Thomas则很喜欢看到其它居民展现他们不为人知的才华：“有时候，你看着别人，并不会觉得他们是那么富有创意的人，直到他们展示才华，你才会惊叹，‘哇！’”

护理助理Jacqueline分享了她对唱歌的热爱：“我看到能参与才艺表演的机会，就马上参加了！居民们非常友善，一边为我欢呼，一边鼓掌。我迫不及待想在晚宴上与他们一起表演！”

我们再次感谢所有踊跃参与才艺比赛的参与者，并祝贺所有获胜者能在今年的晚宴上为大家进行现场表演。

音乐具有使人连接在一起的力量。看到观众们为每一项节目环节热情地欢呼和鼓掌，我们非常感动。最后，感谢我们的评审，Dorcas, John 和 Nancy的参与。



艺术疗法

艺术项目为我们的老年居民生活增添了色彩。通过绘画、素描和其他艺术活动，他们可以表达内心世界，并从创作中获得乐趣。每当有艺术和手工活动时，居民们总是充满期待，迫不及待地参与其中。

不久前，榜鹅中学的志愿者们带着假花来到我们的家园，与居民们一起进行插花活动。老年居民和志愿者们兴致勃勃地组装花束，整个活动场地瞬间变得五彩缤纷。当志愿者准备进行下一个活动时，一些居民仍然意犹未尽，渴望继续插花！

通过这些活动，老年居民们在专注于创作手工艺品的过程中，不仅能刺激大脑，还能锻炼手部灵活性，同时也有机会展示他们的艺术作品。





Be My Movie Kaki

Our residents were treated to an outdoor movie screening on 7 June 2024 organised by our friendly neighbour, the Sennett Estate Community. Over 150 people including elderly residents of St. John's Home, Potong Pasir residents and volunteers enjoyed the evening.

Happy Dancing Interest Group started the evening with a warm-up dance. Snacks and drinks were generously sponsored by volunteers for our residents to enjoy while watching the movie.

星空下的电影体验

2024年6月7日，我们的居民享受了一场由Sennett Estate Community所策划的户外电影放映活动。包括圣约翰养老院的老年居民、波东巴西的居民和志愿者在内，共有超过150人参加了这次活动。

Happy Dancing Interest Group以舞蹈拉开了晚会的序幕。志愿者们慷慨地赞助了小吃和饮料，让我们的居民在观看电影的同时享用。



The open-air cinema, fresh air and movies under the stars relive my youth days. I used to go with my father to Great World City to watch movies in the open in the 50s and 60s. Thank you for recreating that experience."

- Uncle TJ, 77 years old, Resident

露天电影院、新鲜的空气和星空下的电影让我回到了青春时代。我记得在50年代和60年代，我经常和父亲一起去大世界看露天电影。非常感谢你们重现了那段美好时光。"

- Uncle TJ, 77岁, 居民



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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