

Our Home!

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

January to March 2022 • MCI (P) 021/01/2022

It's A BRAND New Home! 崭新的家园!

Covid-19 had indeed taken an emotional and physical toll on many of us. Indeed, it had been two years since we conducted outings and volunteer visits for our elderly. During these trying times, we are thankful that the move to the new Home was a highlight for them.

冠状病毒确实对我们许多人造成不便, 也使很多人无论在身体或心灵上都已非常疲惫。距离我们上次为老人安排郊游和义务探访, 已经是两年前的事情。虽然这是段艰难的时期, 但我们很庆幸搬迁新家园能成为他们生活中的新亮点。



The new room is quiet and cosy, and everything is new. I am very happy to have the opportunity to try it. Thank you, God, for giving me life and blessing it with wonderful people and opportunities.

新房间很干净, 也很舒适, 而且所有的东西都是全新的。我很高兴有机会可以尝试这一切。感谢上帝给予我生命, 并赋予了我能遇上美好的人和机会的恩赐。



Uncle Chong Choon Hwee,
89 years old
张伯伯, 89岁



Auntie Jessie, 95 years old
杰西奶奶, 95岁

The Shaw Hall is beautiful, I couldn't wait to resume Sunday services with my friends and volunteers.

The Shaw Hall教堂很漂亮, 我非常期待能和我的朋友和志工一起参加礼拜聚会。



Uncle Loh Pak Kim,
87 years old
罗伯伯, 87岁

The nurses told me My Guardian Angel* can detect falls. I am curious if it really works, so I tested it. On my first night, I dropped the watch to the floor on purpose. The nurse came in less than a minute. Certainly, it works perfectly! I like my watch, wearing it makes me look trendy.

*My Guardian Angel is a wearable device that uses high sophisticated technology to monitor residents' movements and activities to detect falls and track meals attendance.

护士说我所佩戴的“我的守护天使”附有跌倒检测功能。我很好奇这项功能的实用性, 所以就做了一个测试。住在这的一个晚上, 我故意把手表掉在地上。还没到一分钟的时间, 护士就进来查看我的情况了。这个手表真的很好! 我非常喜欢, 戴上它让我变得时尚多了。

**“我的守护天使”是只使用高尖端科技的智能手表, 能通过居民的每一个举动和活动检测跌倒的可能性和记录用餐出勤率。



Auntie Lee Sau Mei, 65 years old
李女士, 65岁

I like the view of the beautiful estate from my room at 5th floor. It's very windy and I can see my favourite white flowers outside. Now, four residents are staying in a room with two toilets, we no longer have to wait or queue for so long to shower.

我很喜欢从我五楼的房间看出去的风景。那里不仅通风凉爽, 我还能看到我最喜欢的白色花朵。现在四个人同住在一间房间, 有两间厕所, 我们再也不用等很久才能洗澡了。

Chairman's Message 主席致辞

Dear Friends,

I hope you had a great start to 2022.

This is another challenging but exciting year for St. John's Home for Elderly Persons and for our residents, staff, partners, and all supporters. After several delays due to Covid-19, we have finally moved into our new premises last December. But soon after the move, we are faced with Omicron heightened phase in Singapore.

Adapting to a New Environment and the Omicron Phase

Amidst the excitement of moving to a new Home, our residents have to adapt to the new surroundings and to new SMMs (Safe Management Measures) due to Omicron. These measures are however necessary for their own protection and safety.

They had to learn where the light and fan switches are, how to use the lifts, and how to orientate themselves when moving around in the Home.

Our staff are doing their utmost to help our residents, especially with adjusting emotionally. This requires them to pay close attention to our residents with regular patrols and offering help when necessary, like walking the resident to the place he or she wants to go. For those residents who require counselling, our in-house Assistant Counsellor is at hand to provide assistance 5 days a week.

Even though in-person visits to Residential Care Homes are presently not allowed due to Omicron, our committed volunteers continue to engage our residents through virtual programs albeit on a limited scale due to resource constraints.

With more time and the prospect of the Omicron situation improving, we hope that every one of our residents will adjust well, even as they enjoy the better facilities in the new Home.

Help us meet financial upkeep of elderly

As we move into 2022, we anticipate financial challenges with the introduction of new facilities and technologies as well as the increase in number of residents. Each elderly resident requires \$1,900 to upkeep every month. St. John's Home subsidises this cost for our residents as they are not able to afford the full amount.

We appeal for your kind donations to help us with this shortfall. Thank you for your generosity.

Yours Sincerely
Woon Wee Yim
Chairman



亲爱的朋友们，

希望你在2022年有个美好的开始。

今年对圣约翰养老院的居民、员工、合作伙伴和支持者而言，又是一个富有挑战性却精彩的一年。虽然搬迁计划因冠状病毒而再三拖延，我们在去年的12月终于如愿的迁入新家园。但在搬迁不久后，我们就面对了奥密克戎高警戒解封阶段的情况。

适应新环境和对抗奥密克戎毒株

尽管大家搬迁到新家园感到兴奋，但对许多居民而言，其实不易。他们需要适应全新的居住环境，当中就包括了学习使用电灯、风扇和电视的开关位置，如何乘搭电梯，和熟悉房间周围的一切。

与此同时，他们还需遵守为了抑制奥密克戎传播而所采取的安全管理措施。虽然这些规定给日常生活带来了些许不便，但这些管制措施将能保障大家的安全及健康。

为了帮助老人居民能更好的面对这些挑战，我们的员工都竭尽所能的协助他们，尤其是情绪调节方面。员工除了进行例行定期巡逻，也无时无刻的为居民们提供立即帮助，例如陪伴他们前往所要达到的地点。我们内部的助理辅导员也以每周五天的形式，为需要心理辅导的居民们提供帮助。

虽然安老院因疫情的关系暂停探访，我们的义工仍然以有限的资源积极的为我们的老人居民安排一系列的线上活动。

随着时间的流逝和奥密克戎逐渐舒缓的趋势，我们希望每位居民都能很好的调适自己，在这全新的环境中享受更为完善的设施。

您的捐献将能帮助我们保持财务健康

迈入2022年，我们预计将在财务方面遇上不少挑战，尤其是在为新家园投入了新设施和科技后，还有因为居民人数增加所带来的额外开销。每位老年居民所需的每月花费约\$1900，但由于多数的居民无法承担这昂贵的开销，因此都由圣约翰养老院提供资助。

我们在此发出呼吁，希望大家可以慷慨解囊，踊跃的做出捐款。您的每一笔善款将能帮助我们渡过资金短缺的问题。感谢您热心的支持。

此致
云惟荫
圣约翰养老院主席

The BIG move!

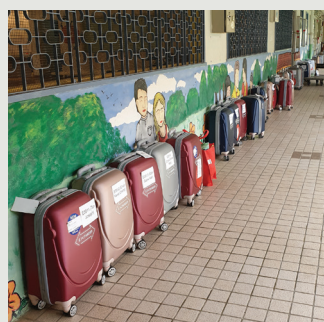
15 December 2021 was a momentous day for St John's. It was the final step in a long and tough journey, as we faced many challenges amidst the pandemic. That day, over 90 residents and staff made the physical move over to our New Home, not an easy feat!

This milestone wouldn't have been possible without the collective effort of all our supporters. On behalf of our Management Committee, Staff, Residents, and their families, we would like to thank you for journeying with us.

大搬迁

在大家的相互扶持下，我们在2021年12月15日的完成养老院搬迁。毋庸置疑的，对抗冠状病毒不仅是场漫长又艰辛的道路，当中也夹带了许多前所未见的挑战。原先计划于2020年完成的新家园，就因疫情的关系受到多次的延误而无法如期完成。

诸位的集体支持是我们能达成如此重大里程碑的主要因素。我们谨代表我们的管理委员会、员工、老年居民和他们的家属，对大家致以万分感谢。



Chinese New Year Celebration 农历新年庆祝活动

It was again a quiet Chinese New Year for our Home and elderly residents this year due to the suspension of all in persons visitation from 24 January 2022 to 20 March 2022.

Even so, we are grateful to continue receiving support from corporate partners, groups, and individuals by bringing the festive spirit to our Home remotely.

为了遏制冠状病毒的蔓延，所有的护理设施在2022年1月24日至3月20日期间全面禁止访客探访。因此今年的农历新年对我们的养老院和居民而言，又是一个安静的农历新年。

尽管如此，我们非常感谢能继续获得企业伙伴、团体和个人志愿者的持续支持，以远程的方式为养老院的居民带来欢愉的节日气氛。



A Chinese New Year online concert organised by Trends Cultural Enterprise was held on 4 Feb 2022 for our elderly. Listening to the warm greetings in dialects, familiar songs and oldies means so much to them. They had an enjoyable time singing along with the Alumni of Golden Age Talent Time.

在今天的2月4日，我们的老年居民就参加了一场由全盛文化企业举办的新春线上演唱会。听着一首首以方言演唱又耳熟能详的金曲老歌，对居民们而言意义非凡。表演期间，老年居民也随着黄金年华的表演者一起哼唱金曲，开心的沉浸在节日的气氛中。



On 8 February 2022, our elderly residents were invited to a virtual tour to Hong Kong by Hong Leong Foundation. We visited places of interests in Hong Kong and got an understanding of the traditions, cultures, and popular snacks loved by the locals of Hong Kong. At the end of the tour, delicious lunch and tea break kindly provided by Hong Leong Foundation were specially delivered to our Home by their management and staff.

We would like to take this opportunity to thank all our supporters for bringing the warmth and spirit of Lunar New Year to our Home. We hope to be able to celebrate the next Chinese New Year with everyone in person!

丰隆基金会在2月8日为我们的老年居民安排了一场香港虚拟旅程。除了到访香港的观光景点，我们也认识和了解香港的传统、文化和当地人最喜爱的特色小吃。在旅程结束时，丰隆基金会的管理层和员工还特地安排了外送服务，让居民们享用丰盛的午餐和茶点。

我们在此感谢所有的支持者为养老院所带来的温暖和喜庆的氛围。希望明年能亲自和大家一同庆祝新年！



The past few months have been really hectic for our staff and residents due to the relocation to the new Home. Since obtaining of TOP, on-site inspections and preparations, resident familiarisation trips and staff operational orientations were carried out to ensure that the new building is safe and ready for our residents.

With the complement of technology to increase operational efficiency and streamline work processes, it will enable our staff to better support and care for our residents.

The happiness and excitement on the faces of our residents have made all our efforts worthwhile. On behalf of my colleagues, I look forward to the start of a new journey at our new Home! 😊

- Peter Low, Head of Operations



Scan the QR Code to watch the video

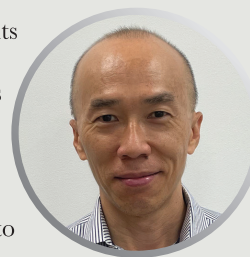
因为搬迁家园的关系，过去的几个月对我们的员工和居民们而言是异常忙碌的。在取得临时入伙证后，我们便开始了一系列的筹备工作，例如实地巡视和例行准备、协助居民熟悉路程和策划员工的运营方向。这一切的安排主要是为了确保建筑的安全性和实用性。

与此同时，我们也采纳了能提升营运效率和简化工作流程的科技，让我们的员工能更好的帮助和照顾我们的老年居民。

看到老人居民的脸上都挂着开心和兴奋的笑容，证明我们付出的努力和汗水都是值得的。

我谨代表圣约翰养老院的全体同事，希望大家能在新家园展望新篇章。😊

罗耀华, 运营主管



I can enjoy the larger live-in staff rooms and toilets.

- Zin Mar, Kitchen Assistant

我可以享受更大的员工宿舍和卫生间。

- Zin Mar, 厨房助手



WARM HEARTS, WARM MEALS II

16 MAY to 31 MAY 2022



A MEAL DELIVERY FUNDRAISING
CAMPAIGN exclusively with
GOODWOOD PARK HOTEL

STAY TUNED FOR MORE UPDATES

*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.

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