

Our Home!

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

October to December 2023 • MCI (P) 054/12/2023

Christmas Charity Drive by Friends of Classic

It was a special day for the residents at St. John's Home on 12 December 2023.

Our residents enjoyed games with volunteers from Friends of Classic, such as Pass the Ball, and listened to classic songs as goodie bags filled with essentials were given to them. While they were eating dinner, the sound of revving engines could be heard, followed by a colourful array of classic cars. It was as if our Residents were transported back to the 80s as excited chatter and murmurs filled the air.

We were honoured to have the Advisor to Potong Pasir Grassroots, Mr Sitoh Yih Pin, to flag off the event at 7pm. During the joyride, our residents enjoyed the beautiful Deepavali lights display along Little India, and the magnificent Christmas lights display along Orchard Road.

Aunty Sally was one of the Residents who joined the joyride. "It has been many, many years since I've visited Orchard Road," she commented, "The lights were

beautiful. I'm so happy to be able to experience this once again. Thank you so much."

Thank you to Friends of Classic for bringing such a memorable experience for the Residents! We would like to thank Mr Sitoh for joining us, as well as Heavenly Engineering for the dinner provided.



车友关爱传递 圣诞慈善活动

2023年12月12日对圣约翰养老院的居民来说是个特别的日子。

我们的居民与Friends of Classic的志愿者一起玩乐，参与传球游戏，并在聆听耳熟能详的经典歌曲接时领取装有生活必需品礼包。在享用晚餐时，引擎轰鸣声突然响起。五光十色的经典汽车让老年居民们眼前一亮，仿佛被带回到了80年代，兴奋的谈笑声弥漫空中。

我们非常荣幸邀请到波东巴西基层组织顾问司徒宇斌先生在晚上7点为活动揭开序幕。坐上由Friends of Classic志工所驾驶的經典汽车，老年居民欣赏了小印度美丽的屠妖节灯光展和沿着乌节路的壮观圣诞灯光展。

参与活动的Sally阿姨说：“我已经很多年来没来乌节路了，灯光太美了！能够再次体验这一切让我感到非常高兴。非常感谢。”

感谢Friends of Classic为老年居民们带来如此难忘的体验，也非常感谢司徒先生的参与，以及Heavenly Engineering所提供的晚餐。



Chairman's Message • 主席致辞

Dear Supporters and Friends,
The final quarter of 2023 has been exciting for both our residents and our volunteers.

We were finally able to appreciate our volunteers at our Volunteer Appreciation Night in October. Volunteers play a crucial role in our Home, providing support and contributing to the overall well-being of the residents through various activities and acts of kindness. I am grateful to the many committed volunteers who have sacrificed their time to visit and make a difference in the lives of our residents over the years. I encourage those who have intentions to volunteer in the community to make St John's Home for Elderly Persons your choice consideration. Feel free to drop by our office OR contact Lynn or Paul at 6285-4446 during office hours.

We are also grateful to the many corporate firms and individuals who make Christmas in December extra special by organising meals, games, interaction, and other activities. Our residents look forward to Christmas not just because of the gifts and food but also because of the personal engagements that they can have with new volunteers and friends.

As the song goes, Christmas isn't Christmas till it happens in your heart. I believe many of the residents have been touched by the heartfelt work put up by these volunteers and our staff to make every Christmas a memorable one.

As we end the year for 2023, may I again take the opportunity to thank our donors, volunteers, staff, and friends of the Home for your support and commitment.

亲爱的支持者和朋友们，

2023年的最后一个季度对我们的居民和志愿者来说是令人兴奋的时刻。

我们终于在十月份举办了志愿者感恩之夜，以表我们对志愿者的感激之情。志愿者在我们的养老院中扮演着至关重要的角色，他们通过各种活动和善举改善了居民的整体生活素质。我对所有在这些年来为养老院和我们的居民付出宝贵时间的志愿者表示感激。我鼓励有意在社区参与志愿活动的朋友们将圣约翰养老院作为你的首选。您可在办公时间内亲临我们的办公室查询更多详情，或拨电6285 4446联系Lynn或Paul。

我们也非常感激所有在12月份举办圣诞节餐饮、游戏、互动和其他活动的公司和支持者。我们的居民一直非常期盼圣诞节的到来，因为不仅有礼物和美食，他们也有机会和更多的人接触。

就如圣诞诗歌所言，如果你心中没有圣诞节的存在，那圣诞节就不算是圣诞节。我相信许多居民都被志愿者和我们的员工所精心打造的圣诞节庆祝活动而感动。

在结束2023年之际，我想再次借此机会感谢我们养老院的捐赠者、志愿者、员工和朋友们的支持和奉献。



Andrew Lioe
Chairman
刘惠翔
主席

THANK YOU, VOLUNTEERS!



On 27 October 2023, St. John's Home for Elderly Persons held a party to appreciate and get to know our volunteers.

The event was kickstarted by our Chairman, Mr Andrew Lioe, who gave a heartfelt speech to all the volunteers. Then, the volunteers challenged each other with a game of Pictionary. While teammates attempted to figure out drawings and fired guesses rapidly, others tried to make their drawings as realistically as possible, filling the room with joy and laughter.

After the exciting game, the party reached its highlight: performances put up by our residents. They proudly presented the talents they had prepared for four weeks as they performed and sang songs for the volunteers. Melodious voices echoed through the room as everyone enjoyed the show, and applause blasted the performers as soon as their performance ended. To the residents, it was a special way of appreciating and thanking all the volunteers for their contributions.

As the event came to a close, a video was presented, where more residents got to express their gratitude through speeches. Handmade flowers by the residents and staff were gifted to the volunteers to commemorate the wonderful night.

We conducted an interview with one of our long-term volunteers, Nancy. She has been volunteering with Echo of Praise





谢谢志愿者们的付出!

在2023年10月27日,圣约翰养老院举办了一场志愿者感谢活动。活动在我们的主席刘惠翔先生的开场致辞后掀开序幕。

志愿者们首先展开了一场Pictionary游戏的挑战。在队友们试图猜出绘画并迅速作答的同时,作画者则努力地使加强他们的绘画,养老院顿时充满了欢乐和笑声。

在这刺激有趣的游戏过后,备受期待的表演终于开始了——那就是由我们的居民们呈现的精彩表演。他们为志愿者们自豪地献上了经过四周准备的才艺表演和歌曲。悠扬的歌声在活动现场中回荡,如雷的掌声也随之响彻。对居民们而言,这是他们对志愿者贡献表示感激的特殊方式。

在活动即将结束之际,志愿者们也观看了一段记录居民们对他们表达感激之情的温馨视频。活动在居民和工作人员为志愿者们献上手工制作的花束下画了完美的句点。

我们采访了其中一位长期志愿者, Nancy。她自2003年11月起便在Echo of Praise (EOP) 进行志愿工作,同时在圣约翰养老院担任志愿者已有长达20年的经验。Nancy是在她的朋友,也是EOP创始人之一——Diana的鼓励下开始成为养老院的志愿者。由于养老院距离她的住家很近, Nancy也能够花更多的时间陪伴老年居民。

在被问及参与志愿服务的动力所在时,她说:“这是上帝的引导。我想要将耶稣基督的存在传达给老年人。”她还提到了在这20年志愿服务中令她难忘的两段故事。一段是一位接受洗礼的老年人,而另一段则是和她一起作画和弹吉他的居民, Marilyn。

“我很高兴能够在圣约翰养老院服务并担任志愿者。只要上帝允许, Echo of Praise希望能够继续与老年人一起赞美上帝,”她微笑着说。“我们也都是在60多岁和70多岁的人,其中一位已经84岁了。我们也都算是老年人。”

当我们问及她是否有任何对新加入志愿者的建议时,她分享了两个关键点。“首先,你必须对耶稣基督怀有热忱。你需要有一颗愿意奉献和志愿服务的心。这两点将使你在志愿服务和回馈社会中找到喜悦。”

我们要感谢所有志愿者为养老院所付出的时间和努力,你们为我们的老年居民带来了无尽的快乐和喜悦。我们谨代表所有的老年居民和工作人员,感谢你们为养老院所提供的帮助和支持,以及为我们的居民所带来的变化!



(EOP) since November 2003 and has been part of the volunteering family at St. John's Home for 20 years. She mentioned that she has started volunteering at the Home due to the influence of her friend, Diana, who is also a founder of EOP. Due to the short proximity of St. John's Home to her house, she could spend more time with the seniors.

“It was God's prompting,” she said, when asked about her motivations to volunteer. “I wanted to bring Christ's presence to the elderly.” She also brought up two memorable stories throughout her 20 years of volunteering. One was about an elderly man being baptised, while the other was drawing and playing

guitar with a resident, Marilyn.

“I'm very happy to serve and volunteer at St. John's Home. As long as the Lord endorses, Echo of Praise will hope to continue our Praise with the elderly,” she smiled. “You know, we are also in our late 60s and 70s, one of us even 84 years old. We are also elderly.”

When we asked her if she had any advice for new volunteers, she had two. “Firstly, you must have passion for Christ. You need to have a willing heart and hands to contribute and volunteer. When endorsed by the spirit, these two will allow you to find joy in volunteering and giving back to society.”

We would like to thank all the volunteers for devoting their time and efforts to contribute to the Home and providing our Residents immense joy and happiness. On behalf of all our Residents and staff, we are very grateful for your help and support throughout our journey in the Home, and for making a difference in our Residents' lives!

“It was God's prompting. I wanted to bring Christ's presence to the elderly. I'm very happy to serve and volunteer at St. John's Home. As long as the Lord endorses.”

- Nancy

Water Play Therapy

Since the introduction of Water Play Therapy in September, the pool has been filled with joy and laughter every Friday. Residents hold colourful pool floats and pool noodles as their physiotherapist and physio aides guide them through their exercises.

By engaging in Water Play Therapy, our residents enjoy the benefits of exercising while having fun at the same time, improving both their physical and mental health!

There are many hidden benefits to Water Play Therapy. Due to the buoyancy of water, the effects of gravity are reduced, which reduces stress on ageing joints and muscles. Being in the water reduces the impacts on their joints, which allows the elderly a wider range of motion during the exercises that regular physiotherapy may not allow.



水疗游戏疗法

自从在2023年9月引入水疗游戏疗法以来，每周五的游泳池都洋溢着欢声笑语。老年居民们手持五彩斑斓的游泳圈和泳池漂浮物，在物理治疗师和助理们的细心引导下完成他们的锻炼。

通过水疗游戏疗法，我们的居民在娱乐的同时也享有锻炼的好处，从而改善他们的身心健康！水疗游戏疗法有许多潜在的好处。由于水的浮力，减轻了身体受到的重力影响，从而显著减轻了关节和肌肉的负担。这使得老年人在常规物理疗法无法覆盖的锻炼中获得更广泛的活动范围。

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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