

LionsBefrienders

Connecting Seniors, Enriching Lives



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Connecting Seniors,
Enriching Lives®



YEARS
Anniversary
CELEBRATION

10

Reopening of Senior Activity Centres

14

Tapping into an Innovative Way of Giving

20

Standing Together through Tough Times

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IN THIS ISSUE

- 03 New Colleagues
- 04 Chairman's Message
- 06 All in the Family - Khairi & Rozita
- 08 A Shoulder to Lean On - Sally & Andreanna
- 10 Reopening of Senior Activity Centres
- 11 LB Virtual Befriending @ SAC
- 12 Embracing Technology to Engage with Others
- 13 Using Telehealth to keep Seniors Safe, Healthy and Happy
- 14 Tapping into an Innovative way of Giving
- 15 A New Singapore Record
- 16 Connecting across the Years
- 17 Introduction of #Temi
- 18 Charitable Giving in Times of Need
- 20 Standing Together through Tough Times
- 22 Events

*All photos in this issue were taken before or after the Circuit Breaker period

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LIONS BEFRIENDERS WELCOMES OUR NEW COLLEAGUES!

*Names are arranged in alphabetical order



Cheong Fei Siang (Jesslyn)
Programme Coordinator
Home Personal Care @
Mei Ling, Community
Outreach Services



Chua Yong Quan
Care Coordinator
Senior Group Home @
Tampines, Community
Outreach Services



Erin Toh Xiao Xuan
Senior Programme
Development Executive
Befriending Services



Keith Tan Qi Feng
Befriender Executive
(Mental Health)
Befriending Services



Loh Whee Khee (Phil)
Communities & Care Executive
@ Mei Ling, Community
Outreach Services



Low Kwee Hong
Finance Executive
Corporate Services



Mark Lim Wen Hao
Programme Executive
Community Outreach Services
(Bendemeer SAC)



Medalene Chow Lin Ning
Finance Officer
Corporate Services



Ngan Siew Thai (Shirley)
Senior Executive
Human Resources
Corporate Services



Ong Zhen Yun
Programme Assistant
Community Outreach Services
(Clementi SAC @ 344)



Rafidah Bte Abd Samad
Programme Assistant
Community Outreach Services
(Clementi SAC @ 420A)



Sim Bee Lay
Befriender Executive
Befriending Services



Su Weihao (Keith)
Facilities Manager
Corporate Services



Tan Zhi Lin
Programme Executive
Community Outreach Services
(Clementi SAC @ 366)



Tay Boon Heong, Pierce
Social Work Associate
Community Outreach Services
(Mei Ling Cluster Support)



Yeo Soo Ling (Eileen)
Befriender Executive
Befriending Services



Yeong Soh Peng Sally Cazaria
Befriender Executive
Befriending Services



NEW YEAR GREETINGS FROM LIONS BEFRIENDERS (LB)

Hope everyone have been staying safe and well during these unprecedented times. The COVID-19 pandemic is a term not to be taken lightly of. Since last year 2020, it has disrupted and is continuing to disrupt and change all our lives. Our elderly seniors (more than 7,000) have also not escaped the effects of COVID-19 pandemic.

COVID-19 has highlighted the societal issues of lonely, isolated seniors and emphasised the importance of LB's mission - to provide friendship and care for the seniors to age in place with community participation, enabling them to enjoy meaningful and enriching lives. LB has worked steadfastly and tirelessly towards this mission these 26 years since establishment.

LB has rolled out the holistic development of seniors in stages and deepened programmes including mental health over the past year. Since June 2020, LB has implemented five phases of digitalisation through collaboration with various partners and is continuously exploring ways to improve the lives of the seniors under LB's care.

As the Ministry of Health continues to transform the healthcare system to meet the evolving needs of elderly Singaporeans, the scope of LB's senior activity centres (SACs) will be enhanced to address the social and care needs of seniors living mostly in rental units.

Since February 2020, LB has worked towards providing seniors with holistic care. In July 2020, the Community of Care at Queenstown commenced. It will serve LB well as we move towards the AIC's upcoming implementation of ABC baseline service model. Through this model, LB will provide more active ageing programmes for our seniors, befriending and buddy services for lonely and vulnerable seniors, collection of relevant information and referrals to care services for frail seniors under LB's care.

On the national front, LB shared its digitalisation efforts and other expertise at national and sector-level sessions and plenaries at the requests of AIC, NCSS, Jurong Health Campus, NWDC, universities and other Social Service Agencies etc.

Our seniors and volunteers also participated in a video compilation for Community Chest's Christmas Light-Up



**I wish everyone a
safe, healthy and
happy 2021**



of Orchard Road, graced by the President of the Republic of Singapore, Mdm Halimah Yacob.

LB also supported the national programme - Chingay 2021, where our Board members, staff and volunteers sang along to the song 'As I Believe' to signify our Singapore spirit. It was recorded and submitted for selection to be featured in this coming Chingay 2021 telecast.

As we embark on our journey of Phase Three, LB will resume volunteer-led activities with safe management measures in place. LB will transit from SafeEntry to TraceTogether to monitor entry and exit of all staff and seniors.

And in line with Singapore's move to build a Smart Nation by harnessing technology to drive cashless payments, LB joined hands with GivePls to launch over 30 Contactless Donation Terminals at food and beverage establishments and clinics across the island to increase fundraising and charity engagements.

LB also collaborated with Keppel Electric and 96.3 HaoFM to bring warmth and much needed social interactions to seniors residing in Tampines and Toa Payoh through installation of lights and befriending services.

At this point, I would like to take this opportunity to express on behalf of LB Management Board, staff of LB and myself as LB Chairman, our sincere thanks and gratitude to all our volunteers for their continuous and much needed support to help our seniors tide through this difficult time. And thank you for your presence at the Volunteers' Day 2020; your presence has made the 2020 Volunteers' Day a success.

Last but not least, my appreciation and heartfelt thanks to the strong support and co-operation of fellow Lions sitting in the LB Management Board, the SAC Management Committees and also to the Management and Staff of LB. I look forward to the continued support from Lions, Staff and volunteers.

I wish everyone a safe, healthy and happy 2021.

PDG Anthony Tay PPA, PBM



狮子乐龄之友协会（狮协）向大家献上新年的祝福

希望大家在这非常时期一切都安好。我们不能忽视2019冠状病毒这个词。自从2020年，它已打乱也继续影响并且改变我们的生活。我们的7,000多名年长者也避免不了2019冠状病毒所带来的影响。

2019冠状病毒凸显了孤立年长者的社会问题，同时也强调狮协使命的重要性—向年长者伸出友谊之手并提供关怀，让他们通过社区参与原地养老，过着丰富精彩，有意义的晚年。自成立以来，狮协也在过去26年不断的迈向这个使命。

在过去的一年中，狮协分阶段推出了年长者的整体发展项目，并深化了包括心理健康在内的计划。自从2020年6月，狮协也通过与合作伙伴实施了数码化的五个阶段，并且不断探索如何改善我们年长者的生活。

随着卫生部继续改变医疗体系，以满足新加坡年长者的变化需求，狮协乐龄活动中心范围将继续扩大，并满足主要居住在租赁屋中年长者的社会护理需求。

自从2020年2月，狮协一直致力于为年长者提供整体护理。2020年7月时，女皇镇关怀社区开幕了。随着我们朝护联中心即将实施的ABC基准服务模型迈进，这将对狮协有所帮助。通过这种模式，狮协将为我们的年长者提供更积极原地养老的活动，为孤独和脆弱的年长者提供友伴和伙伴服务，收集相关信息，并为狮协照顾下的弱势年长者提供转介服务。

在国家方面，狮协应护联中心，国家福利理事会，裕廊医疗保健园，西北社区理事会，大学和其他慈善机构的要求，在国家部门级别的会议和全体会议上分享了其数码化和其他专业知识。

我们的年长者和志愿者也参加了公益金乌节圣诞亮灯仪式，哈莉玛总统出席了此次活动。

狮协也支持妆艺大游行，我们的管理委员会成员，员工和志愿者在歌曲《As I Believe》中合唱，以表达我们新加坡精神。它被记录并提交以供选择，以在即将到来的妆艺大游行2021电视广播中进行播放。

在我们进入第三阶段的过程中，狮协将采取安全管理措施恢复志愿者主导的活动。狮协将从SafeEntry过渡到“合力追踪”，以关注所有员工和年长者的出入。

为了配合新加坡通过利用科技推动无现金支付来构建智慧国家的举措，狮协与GivePls携手在全岛30多个食品和饮料场所以及诊所开设了免触控捐赠终端机，以增加筹款和慈善活动。

狮协也与吉宝电气和96.3好FM合作，通过灯的安装和友伴服务为居住在淡滨尼和大巴窑的年长者带来了温暖和急需的社交互动。

在此，我谨借此机会代表狮协管理委员会、员工以及作为主席的我本人对我们所有的志愿者表示衷心感谢。他们持续不断地提供了急需的支持以帮助我们年长者度过这个艰难的时期。本人也感谢您参加2020志愿者日；您的参与使2020年的志愿者日圆满成功。

最后，我衷心感谢狮协管理委员会，乐龄活动中心管理委员会中，以及狮协管理层和员工的大力支持和合作。我期待着狮子会师友，员工和志愿者的持续支持。

祝大家在2021年平安，健康和快乐。

郑钦祥上

ALL IN THE FAMILY - KHAIRI & ROZITA



As a husband and wife staff duo in LB, Khairi works as a Programme Executive at Tampines SAC @ 499, while his wife Rozita, works as a Healthcare Assistant serving the seniors under the Home Personal Care programme. Despite having different jobs, the couple works in the same vicinity and constantly look out for each other.

Q1 What are the blessings of working in the same organisation?

Khairi:

Rozie and I commute to and from work together as I ride a motorbike so we can save on transport. With Rozie working in the same area, we often have lunch and catch up with each other. If either of us needs anything, we will just text each other.

Rozita:

I enjoy sharing with Khairi my ups and downs at work. As a couple, we are often the centre of attraction and seniors would tease me about being Khairi's wife, especially when I visit them. It is nice that we know the seniors the other person is serving as that allows our work community to be interconnected.

Q2 How do you support each other's work in LB?

Khairi:

I make intentional effort to lend my ears to Rozie for her to share about her day, be it good or bad. This enables me to offer her the necessary emotional and mental support. We will also keep each other updated if a senior we serve passes away, because it is likely we both know the senior.

Rosita:

We will exchange ideas on various topics, such as how to build rapport with seniors or the type of centre activities that are suitable for them. This helps us to devise good ideas for our work and be a strong pillar of support to each other.

Q3

Does working together make your relationship stronger?

Khairi:

I used to look after my parents before working at LB. Now, we are taking care of Rozie's parents, who are in their 70s and 80s. Working in LB and interacting with the seniors have taught us to be more patient and composed. This is also reflected in the way we treat each other in our relationship.

Rosita:

As work is our common topic, the sharing of our daily experiences naturally brought us closer together. At times, seniors have disputes, and those are opportunities for us to learn how to resolve conflicts and arguments. As his wife, I have witnessed Khairi's growth from the way he interacts with others and I am delighted to see him transform into a kinder and better person. He taps on his creativity to plan activities and makes conscientious effort to brainstorm fresh ideas to bring joy to his seniors.



Q4

How has serving the seniors helped you to grow as a person?

Khairi:

I'm grateful that my seniors regard me as a friend more than a staff, and that my engagement with them is beyond work. They now have more confidence in dealing with issues independently with the right help given. While we plan various activities in the centre, I see the greater value in watching the seniors smile and forget their worries. If I can make them laugh and be free from their worries even for just a short time, that is good enough.

Rosita:

Serving the seniors has taught me to live life one day at a time and not dwell on my problems. As a normal person with strength and capabilities, I am always reminded to lend a hand to those in need. I treat the seniors as my own parents, which compels me to be kind and caring towards them. Many seniors I encountered shared how they feel hopeless and worthless at their age and I try to change their perspectives by showing them that they are not alone.

Q5

What do you enjoy most about working in LB?

Khairi:

I value the friendships not only with the seniors, but also with my colleagues and superior. Supporting the seniors in ways like repairing their taps or fixing electrical appliances makes me feel happy to be able to contribute my skills. My centre works closely with neighbouring centres like Tampines SAC @ 434 and 494 and we uphold the team spirit by always helping each other out whenever possible.

Rosita:

Working in LB made me realise that having a fulfilling job is important and I am glad that what I do is aligned to what I want in life. Khairi and I have the passion for the senior care sector and our desire is to instill a love for seniors in our daughter. We hope to nurture her from a young age, such that she can grow up learning what it means to show respect, care and love to the elderly.

A SHOULDER TO LEAN ON - SALLY & ANDREANNA



The joy of serving is multiplied when you do it with a loved one. Sally followed in her daughter Andreanna's footsteps when she became a Befriender Executive in LB. Despite serving seniors from different regions, Sally and Andreanna have been leaning on each other for support.

Q1 Why did you choose to work in LB?

Andreanna:

I used to work with children, and I wanted to be involved in a different sector. With a passion for the social service sector and a heart to serve the community, I decided to embark on this journey of serving the vulnerable seniors in LB.

Sally:

I came from a different field and stepped into LB wanting to understand what it is like to serve the elderly. Believing that enriching the lives of others is also enriching my own, I view this job as one that is close to heart and purposeful.

Q2 What are the blessings of working in the same organisation?

Andreanna:

It is always good to be able to share our struggles or challenges to the immediate people we talk to. With my mom working in the same line, we can encourage one another when the going gets tough and offer suggestions whenever we face difficult or tricky situations. At the end of the day, we know that we can always count on each other. Although we work in different regions, we would still call each other up whenever we need help covering our duties.

Sally:

Andreanna has supported and guided me as the more experienced one in the organisation. There are certain things that I would consult her before making the decision. I also had time to cook healthier food for her and have meals together during the Circuit Breaker as we were both working from home.



Q3

How do you support each other's work in LB?

Sally:

Working with the seniors is definitely not a bed of roses. There are times where your patience is tested or you meet seniors who are harder to communicate with. During times like this, having someone to hear you out makes a world of difference. I am just grateful to have Andreanna as my emotional support.

Andreanna:

With our relationship established through the years, I find it easier to confide in my mom, knowing that I can depend on her in every situation. Be it physical or emotional support, I am glad that my mom and I could grow to understand each other better as we work together.



Q4

How has serving the seniors helped you to grow as a person?

Andreanna:

Serving has taught me the virtue of patience. As most seniors speak Mandarin, chatting with them makes me feel closer to my Chinese roots. Career wise, I am thankful for the opportunity to understand the actual needs of the seniors. Knowing that my mom will age too, I believe that the things I am learning, such as where and how to get the necessary resources will one day come in handy.

Sally:

Working in my current job has allowed me to understand the situations that the vulnerable seniors face. For many of our seniors, their relationships with their children or spouses are often neglected. Personally, I want to play a part in raising awareness of social isolation and be their voice in the community. Most seniors do not know who and how to approach for help, and it remains my desire to grow and journey with them through thick and thin. By being present, it brings a sense of assurance and comfort to the hearts of our seniors.



Q5

What do you enjoy most about working in LB?

Andreanna:

The bond I have with my colleagues is good and I feel supported by my superiors, who will check in on me and are genuinely concerned about my career progression and well-being. As I am studying for my social work degree, I find that both pursuing my degree and working in LB concurrently have given me a holistic perspective and experience of the sector.

Sally:

I enjoy field work personally as it allows me to step out of my comfort zone and meet people. Working in LB has been a great experience as interacting with the seniors on a day to day basis has given me this opportunity to enter their lives and be a trusted friend in their golden years.

REOPENING OF SENIOR ACTIVITY CENTRES

With the lifting of the circuit breaker measures from 2 June 2020, our Senior Activity Centres resumed with individual activities such as craftwork and tablet games in a safe and controlled manner to safeguard the well-being of our seniors.



Only five seniors were allowed entry each time by appointment basis. Staff would conduct temperature taking and ensure thorough disinfection of premises after each session.



The seniors enjoyed individual activities such as puzzles, colouring, iPad games and handicraft for an hour-long every week.

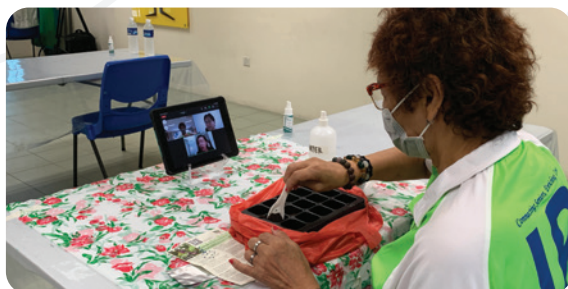
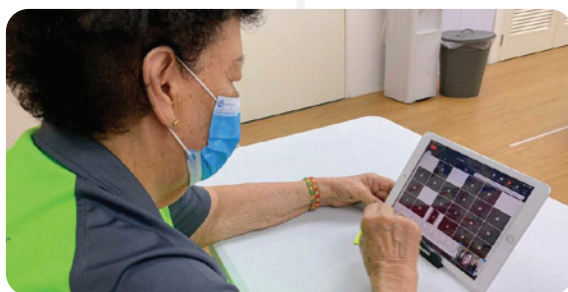


Since 9 September 2020, more senior-centric group activities resumed in the centres to cater to the seniors' psycho-social well-being. The seniors were overjoyed to once again engage in small group activities with their peers.

LB VIRTUAL BEFRIENDING @ SAC

COVID-19 has become an unprecedented challenge, leaving no one untouched and changing the way we serve our seniors. In spite of the challenges, it presented a window of opportunity for LB to get our seniors to adopt modern technology and take up new skills in order to continue engaging with others.

To help ease loneliness among seniors, LB collaborated with DBS to launch the LB Virtual Befriending @ SAC initiative in July and August 2020 where volunteers would engage seniors through virtual conversations, sing-along sessions, simple gardening projects and online games.



The LB Virtual Befriending @ SAC programme adds a bright spot to our seniors' day and gives them a sense of purpose as they embrace and adopt technology to engage with others.

The seniors longed for human interaction more than anything else and were delighted to have conversations with the volunteers.

EMBRACING TECHNOLOGY TO ENGAGE WITH OTHERS

In this connected era, our mobile phone has become a necessity that we cannot live without. As we embrace an increasingly digitalised environment in this COVID-19 climate, many seniors are struggling to keep up with the fast-paced technology. Prolonged isolation would greatly impact the seniors' psycho-social well-being and the one way to mitigate the sense of loneliness is through the introduction of smartphones to enable the seniors to connect with others online.



In July 2020, LB partnered with the Agency of Integrated Care and CareLine to distribute specially configured smartphones to LB seniors who do not own a phone. The seniors were equipped on the usage of the phone to seek for medical assistance and communicate with others.



LB joined hands with Project Coconut, Infocomm Media Development Authority and Singtel for the deployment of smartphones with data plans to the Befriending seniors in need from October to December 2020.

USING TELEHEALTH TO KEEP SENIORS SAFE, HEALTHY AND HAPPY

Virtual care is key to social distancing, especially for seniors with chronic illnesses. In an effort to keep seniors with health problems at home to avoid exposure to COVID-19 and reduce time spent waiting at hospitals, LB secured partnerships with seven hospitals (Alexandra Hospital, Changi General Hospital, Khoo Teck Puat Hospital, National University Hospital, Singapore General Hospital, Seng Kang General Hospital and Tan Tock Seng Hospital) to enable our seniors to access telemedicine services from home or at Centres.



It used to take 81-year-old Mdm Foo at least three hours for each polyclinic visit, but now with video consult, she spends only 45 minutes per session, a convenience which Mdm Foo Shiong Thay appreciates.



In June 2020, LB collaborated with Changi General Hospital to pilot the telehealth initiative in both the seniors' homes and at Tampines SAC @ 499. The seniors are able to receive timely consultations from the community nurses without the need for in-person visits.



The telemedicine trial between LB and Singapore General Hospital was featured on the Channel 8 news on 15 September 2020. For seniors with mobility issues like Mr Mak Choong Heng, the ease of video consultation reduces his burden of travelling, while keeping him comfortable at home.



The introduction of telemedicine services enable our seniors to access timely medical care, curtailing the need for routine in-person visits to hospitals or clinics, thereby limiting unnecessary exposure of vulnerable seniors to COVID-19. This initiative was highlighted in an article by Lianhe Zaobao on 18 October 2020.

TAPPING INTO AN INNOVATIVE WAY OF GIVING

As a partnership with GivePis and GovTech, LB has set up more than 30 contactless donation terminals islandwide at participating food and beverage outlets such as Tiger Sugar Singapore and Kele, as well as clinic Hallmark Physiotherapy. The donation terminals reflect a shift towards digital payments for LB and a reduction in the use of cash, with the pandemic underlining the need for such forms of contactless payment solutions.



Members of the public can make cashless donations using any debit or credit card with the payWave feature while paying for the food and drinks.



With the targeted roll out of 3,000 donation terminals by June 2021, LB is the first of the many charities to adopt the contactless payment devices. The islandwide launch was featured on media platforms such as Channel 5 News, CNA, CNA938, The Straits Times and Surita Berita.

A NEW SINGAPORE RECORD

In line with the Gardening with Edibles initiative spearheaded by NParks and sponsored by DBS, LB managed to set a new Singapore Record for holding the largest Mass Online Planting on 20 November 2020. With the support of volunteers from DBS, over 280 seniors across all 10 SACs participated in this event.



The seniors planted the seeds of edible plants in egg trays, with the guidance of DBS volunteers.

CONNECTING ACROSS THE YEARS

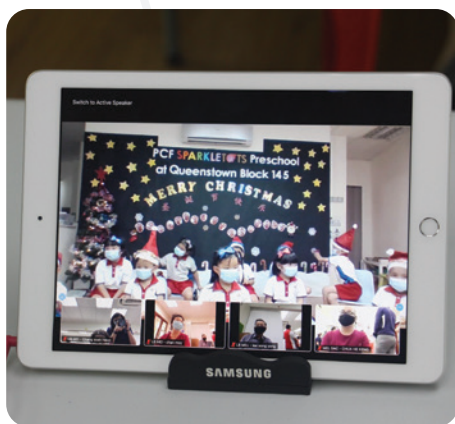
LB has partnered PCF Sparkletots to launch an intergenerational bonding programme with our seniors through a series of “Show and Tell” sessions. This will serve to mitigate the effects of generational segregation and help the young and old to appreciate and understand each other better. The programme was launched on 6 December 2020 and we were honoured to host PCF’s CEO, Mr Victor Bay and the PCF staff at LB Mei Ling SAC.



The 6,000 kindergarten students sent messages of love and encouragement through hand-drawn Christmas cards that were distributed to the seniors during the Christmas season.



LB's Chairman, PDG Anthony Tay, presented a gift of appreciation and the LB Befriending Conversations book to PCF's CEO, Mr Victor Bay.



The seniors were greeted with a song and dance performance by the students.



LB's senior, Mdm Cheng Siew Kee shared her treasure trove of priceless life experiences to a class of Kindergarten 1 students.

INTRODUCTION OF #TEMI

LB hosted the annual Alexandra Hospital Community Care Day at LB Mei Ling SAC on 23 December 2020. Alexandra Hospital has introduced #Temi, an interactive robot to anchor care in the home and community of seniors who are homebound, isolated, have multiple conditions, and have limited access to technology. Based in the newly opened Geriatric Services Hub at LB Mei Ling SAC, #Temi follows the seniors, zooms the care team in for telehealth and displays customised education videos tailored to the senior's holistic care plan at the touch of a widget.



The Geriatric Services Hub at Mei Ling SAC was declared opened by Mr Eric Chua, Parliamentary Secretary of Ministry of Social and Family Development & Ministry of Culture, Community and Youth and Member of Parliament for Tanjong Pagar GRC.

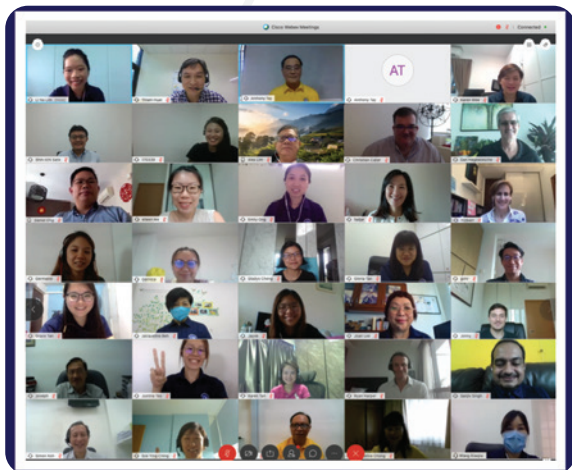


Celebrity Liu Ling Ling shared health tips alongside a dietician and physiotherapist from Alexandra Hospital.



Mr Eric Chua visited LB's senior, Mr Ow Soo Tian, for a live house call. #Temi will help to provide prompt identification of frail elderly in the community, offer timely education and treatment, and make geriatric service accessible and affordable to Queenstown residents.

CHARITABLE GIVING IN TIMES OF NEED



SG Roche donated \$150,000 to LB in July 2020 to support and enable the lives of seniors under our care. A virtual cheque presentation was held in appreciation of the donation.



To ensure that the centres were well-ventilated and safe to be around for the seniors, Rui En's fan club RBKD donated infra-thermometers, electric stand fans, face shields, hand soaps, toothpastes and disinfectant sprays to all 10 LB SACs in July 2020.



As a national movement launched by Ninja Van Singapore and Night Owl Cinematics, #SGPaysItForward donated 4,482 care packs containing essential items like face masks, handwash, sanitiser and wet wipes to LB seniors in July 2020.

Spending much time apart from family and friends can get really tough in this COVID-19 climate. We are grateful for the generous donations poured in by individuals and corporations who have given a boost of joy and strength to the seniors in the most tangible way.



Nothing beats receiving hand drawn cards from the children of Kinderland, which brought much warmth to the hearts of our seniors. Besides making the cards, some families of the young ones also partnered Masks Sewn With Love, to sew solidarity masks for the seniors in August 2020. LB also received a donation of \$12,674.63 from the school.



The team behind the local ZAI initiative developed and tested a portable kit for dehydrating and sanitising masks for reuse, of which 50 sets were donated to the LB staff in August 2020. The portable mask sanitisers also come with stress-free holders to store the mask while it is being sterilised.



Applied Materials Southeast Asia donated \$150,000 to LB in September 2020, which will enable us to provide a spectrum of integrated eldercare services for at-risk seniors.

STANDING TOGETHER THROUGH TOUGH TIMES

The COVID-19 pandemic has resulted in extreme distress in the community. For our seniors, the stress and anxiety they feel is even greater and nothing warms their hearts more than the generous giving of our partners and donors, assuring them that we will help them ride through the storm together.



In August 2020, Amgen donated 445 care packs (dry rations), valued at \$9,000, to the seniors from Mei Ling and Ghim Moh SAC. We also had the opportunity to show our partners around Mei Ling SAC and the Senior Group Home units.



SPH donated 1,000 packets of 500g Golden Peony Rice to the LB SAC seniors in September 2020.



As a collaboration between LB, LCS Enterprise and Euro Car Club Singapore, 1,000 ration packs were sponsored and distributed by 100 volunteers to the LB seniors in August 2020.



Jointly contributed by 31 Lions Clubs of Singapore, the Befriending and SAC seniors received 1,929 packets of sponsored baked cookies from Mirana Cake House in August 2020.



Since 2014, the Serve Our City Singapore team has built friendships and brought joy to the seniors living in the Bendemeer neighbourhood by organising monthly events and activities. During the circuit breaker period, they distributed food and household items to the seniors' doorsteps, ensuring seniors in need are receiving prompt help.



In celebration of the Mid-Autumn Festival in October 2020, 25 volunteers from Keppel Land, led by Mr Tan Swee Yiow, CEO of Keppel Land, packed and distributed care packs which each contained a box of mooncakes, surgical masks and other food items to 100 LB seniors living in Jurong.



Panasonic donated 300 headsets to the LB seniors, allowing them to connect with others online.



With the support of the Korean Women's Association in Singapore, the Embassy of the Republic of Korea donated 20,000 pieces of masks to LB. A Mask Donation Ceremony was held at LB Mei Ling SAC on 21 December 2020.

EVENTS

01 BRINGING CHEER THROUGH MUSIC

An initiative funded by Temasek Trust, Project Audible Cheer serves to relieve loneliness and allow LB seniors to stay connected through the radio-cum-MP3 players. The digital MP3 players were preloaded with a curated programme of content and music from the earlier years in different languages by the volunteers.



02 TOGETHER A STRONGER SINGAPORE

Fulfilling the yearly tradition, Pasir Ris Primary School invited the Tampines SAC seniors to their National Day Celebration on 7 August 2020.



03 BRINGING MID-AUTUMN JOY AND WARMTH

The SAC seniors were part of the Mid-Autumn Festival Celebration, where they engaged in various activities like online games, painting lanterns and guessing riddles on 1 October 2020. In such challenging times, LB is grateful to once again bring festive warmth and cheer to the seniors.



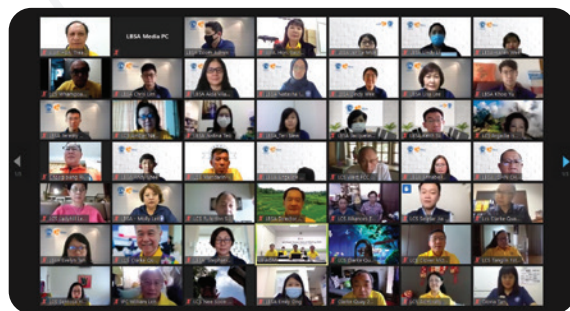
The centres were illuminated with beautifully painted festive lanterns curated by the seniors.



Special thanks to various partners, such as Old Chang Kee Singapore, SAGE Counselling Centre, twilightLOVE and Joey & friends for sponsoring the mooncakes which were gifted to the seniors.

04 LB AGM 2020

The annual LB Annual General Meeting (AGM) took place virtually on 19 September 2020 via ZOOM.



It was yet another successful AGM and we would like to express our sincere thanks to all 131 participants for attending the virtual AGM and their continuous support of LB.

05 WARMING HEARTS AND BELLIES

Since October 2020, LB has been working with Samsui Kitchen to distribute frozen packet soups to the seniors living at Telok Blangah and Indus Road.



Funded by McKenzie via Community Chest Singapore, this pilot project will allow the seniors to enjoy a variety of Chinese soups at the comfort of their homes.

06 CARING FOR THE SENIORS

In collaboration with Lions Club of Singapore Centennial and Diabetes Singapore, LB held an eye screening for the Bendemeer seniors on 25 October 2020.



Mr Heng Chee How, Senior Minister of State for the Ministry of Defence, graced the event and presented the certificates to the two organisers.

07 SHOWCASING LB MEI LING SAC

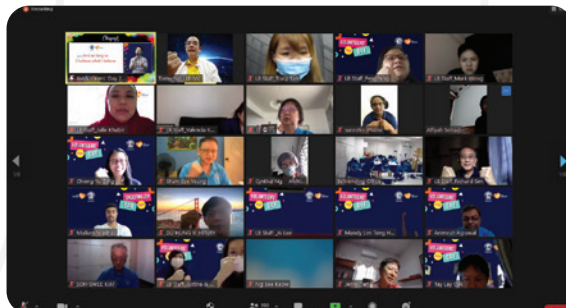
We hosted Mr Eric Chua, Member of Parliament for Tanjong Pagar GRC at Mei Ling SAC on 19 November 2020.



LB's Chairman, PDG Anthony Tay showed him around the centre, the Urban Garden tended by our seniors, Cluster Support Office and the Senior Group Home units.

08 VIRTUAL VOLUNTEER'S DAY

The LB Volunter Management Team held the inaugural Virtual Volunteer's Day on 5 December 2020.



It was yet another year where we celebrated and affirmed the efforts of our befrienders who have faithfully served their befriendees.



In loving memory of Board Director, Lion Prof. Tjen Hian Ka (1956 – 2021)

It is with great sadness that we announce the loss of our Board Director Lion Prof. Tjen Hian Ka, who passed away peacefully on 11 January 2021. We would like to thank the late Lion Prof. Tjen for his invaluable contributions to LB in his many years of service and expresses our deepest condolences to his family.

PREVENT LONELINESS & DEPRESSION IN SENIORS

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Lonely Seniors



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Engagement



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with Purpose



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Volunteering



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