

LionsBefrienders

Connecting Seniors, Enriching Lives



MCI (P) 035/02/2021

ISSUE 1 FY 21/22



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Reaching Out in Times of Need

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*All photos in this issue were taken between January to April 2021.

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OUR LATEST UPDATES

Congratulations to the newly appointed Lions Clubs International District 308-A1 Cabinet Officers!

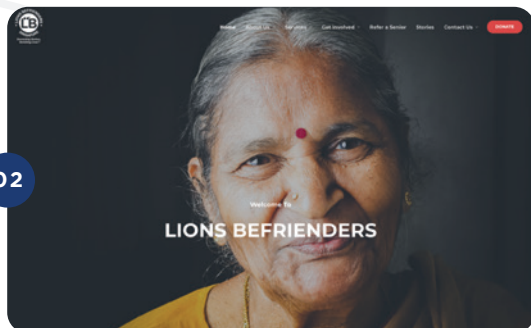
01

Lion Lesa Gan
District Governor

Lion Ho Sum Kwong
1st Vice District Governor

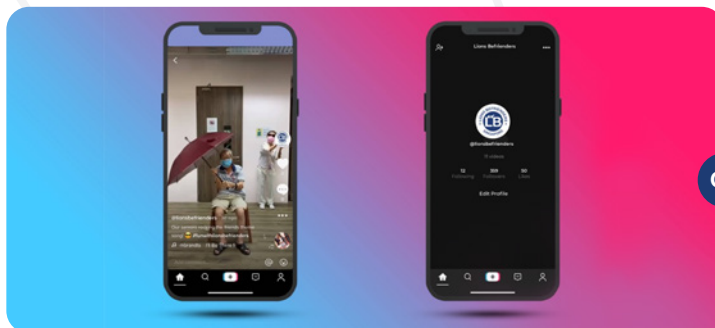
Lion Yeo Siew Yam
2nd Vice District Governor

02



In March 2021, LB launched a newly designed website that provides visitors with an enhanced user-friendly experience as they browse through information on LB's services.

03



LB's Tiktok account was created in April 2021, with the purpose of reaching out to the younger audience and changing the general public's perception of the seniors by showcasing the fun, vibrant and youthful side of them. Follow @LionsBefrienders on Tiktok today!

04



LB's staff, Tracy Tan and Chin Ai Lee, received certificates for the completion of the Tan Tock Seng Hospital Esther Coach Training on 27 April 2021. They were equipped with the knowledge and skill sets to address the health and social care needs of Esthers (elderly persons with complex care needs, usually involving multiple health and social care providers) in order to improve their mental, social, physical, emotional and spiritual well-being.

05



Over the past few months, LB has created a variety of videos where seniors were given a platform to share their stories in front of the camera. This allows the public to understand the personal struggles and challenges of seniors living alone, in hopes of inspiring them to reach out and support the seniors in need. Visit <https://bit.ly/3g1E1aj> to watch the videos.

ACTIVE AGEING CENTRE

**(A)
Active
Ageing**



Offer drop-in centre services & host/link Active Ageing Programmes (AAP) & meaningful activities

**(B)
Buddying &
Befriending**



Anchoring baseline social support services for vulnerable seniors through buddying & befriending

**(C)
Care &
Support**



Provide info related to relevant schemes, grants and support available for seniors and their caregivers

*All seniors
eligible*



06

Since 1 May 2021, five of our Senior Activity Centres have been renamed as Active Ageing Centre (AAC) as part of Ministry of Health's new eldercare model to ensure all seniors in Singapore are able to receive services. The AAC will provide general social and health support to seniors regardless of their frailty, housing type and income levels. This will help us to build a support system and reach out to seniors living in the larger community so as to improve their health and well-being.



**Stay vigilant and
stay safe!**



CHAIRMAN'S MESSAGE

Greetings Lions, Befrienders, warm-hearted partners and donors of Lions Befrienders (LB). These are truly unprecedented times – the COVID-19 pandemic has made its presence felt worldwide! No one has been spared; the lifestyle of each and every one has changed. So have our Befriendees – our elderly seniors under the care of LB.

LB had and is diligently continuing to adapt to the ever changing environment in this COVID-19 pandemic period. To help our seniors tide through these difficult times, LB continued its daily befriending activities and checking on our frail homebound seniors (living alone). Providing much friendship and much needed care to our seniors and with strict adherence to our government's COVID-19 guidelines. LB's top priority is not only to safeguard our seniors' well-being and also, to mitigate the effects of social isolation on our lonely and frail seniors.

The COVID-19 pandemic had opened up opportunities for LB to join forces with various partners to serve our seniors and meet their various needs.

- a) To reduce social isolation and expand our seniors' cultural horizons, LB entered into a Memorandum of Understanding with the Korean Women's Association in Singapore for collaboration in areas such as befriending and cultural exchange.
- b) LB's partnership with Keppel Land brought cheers and joy to our seniors from Ghim Moh Active Ageing Centre through art and music activities. In our collaboration with Vintage Radio and DBS for the Weekend Warrior Programme, seniors shared their memories as co-host with DBS volunteers and presenter Mr Guo Xian Hua.
- c) LB's partnership with WeesWares empowered our seniors to take ownership of their own health.

A low-cost, non-invasive well-being system known as i-Ok@LB was developed. With this i-OK@LB, seniors easily self-account their well-being to LB's staff, volunteers or their caregivers through video calls, allowing timely communications thus ensuring our seniors stay safe and holistically healthier in their homes.

As part of the Ministry of Health's new eldercare model, LB's five Active Ageing Centres (AAC), previously known as Senior Activity Centres, will now offer services such as active ageing programmes and befriending, including providing information on and referral to care services to seniors (60 years and above) regardless of their income levels and backgrounds.

With the nationwide vaccination roll-out and the Ministry of Health's offer of home vaccination service to homebound seniors, LB's Home Personal Care staff has commenced assessing the health conditions of our seniors and providing assistance to register our seniors with the Agency for Integrated Care for home vaccination.

This much needed care and befriending service for LB's elderly seniors would not be possible if not for the dedication and invaluable support of our befrienders and Lions volunteers, donors, partners, LB Management Board, LB SAC Management Committees and staff especially at this difficult and taxing COVID-19 pandemic period. On this note, I would like to express my warmest gratitude and thank you to all of you. LB will continue to look towards you as our caring & dedicated volunteers, warm-hearted LB partners and donors.

Stay vigilant and stay safe.

PDG Anthony Tay PPA, BBM



主席致辞

我要向各位师友、义工、热心的伙伴和捐赠者献上问候。2019冠状病毒让世界面临着一场前所未有的危机 - 它打乱了每一人的生活步调，这也包括狮协旗下的年长者。

狮协将继续努力适应因2019冠状病毒不断变化的环境。我们将通过友伴服务及探访体弱的独居年长者来帮助他们度过这困难的时期。当我们向年长者伸出友谊之手并提供关怀时，我们也严格遵守了政府设立的安全管理措施。狮协的首要任务不仅是保护我们年长者的身心灵健康，同时减轻社会孤立带来的后遗症。

2019冠状病毒疫情为狮协开发了许多机会，让我们与各合作伙伴联手服务年长者，满足他们的需求。

- a) 为减少社会孤立并扩大我们年长者的文化视野，狮协与新加坡韩国妇女协会签署了一份谅解备忘录，以在友伴计划和文化交流部分合作。
- b) 狮协与吉宝置业合作，通过使用艺术和音乐活动为锦茂活跃乐龄站的年长者带来欢乐。在狮协与意为复古电台和星展银行合作的周末勇士计划中，年长者在电台上分享了他们与星展银行义工和主持人郭显华先生共同主持的回忆。
- c) 狮协与 WeesWares 合作，研发了称为 i-Ok@LB 的低成本、非侵入性健康系统，让我们的年长者能够自主健康管理。有了这个系统，年长者可以通过视频通话轻松地狮协的员工、志愿者或他们的看护人通报他们的健康状况，从而实现及时性沟通，确保年长者在家的安全和整体健康。

作为卫生部的新老年护理计划，狮协旗下的五间乐龄活动中心将改名为活跃乐龄站。活跃乐龄站将为60岁及以上，无论收入水平和背景的年长者提供一站式的服务，其中包括活跃乐龄项目、友伴服务计划以及护理资讯与转介服务等。

此外，卫生部推出了居家接种计划，派出接种团队上门为有需要者进行服务。狮协的居家护理团队也开始评估我们年长者的健康状况，并把适合在家里接种疫苗的名字提交给护联中心。

在这困难的时期，承蒙各位师友，义工，捐赠者，合作伙伴，狮协管理层，狮协乐龄活动中心管理委员会和员工们的奉献。狮协的团队所给予的支持能够持续照顾年长者，并且提供最及时的护理和友伴服务。我在此向你们表示最深切的感谢。狮协将继续把您们看待为我们富有爱心和奉献精神的义工、合作伙伴和捐助者。

请保持警觉，注意安全。

郑钦祥 PPA, BBM
敬上

FORGING STRONG CULTURAL TIES

On 29 January 2021, LB signed the Memorandum of Understanding (MOU) with Korean Women's Association in Singapore (KOWAS) at Bendemeer SAC. The KOWAS-LB MOU puts in place a framework for collaboration in areas such as international and local befriending, cultural exchange through crafts, music and food, intergenerational bonding, knowledge sharing and fundraising activities.



The MOU was signed by Ms Sun-Mi Park, President of KOWAS and PDG Anthony Tay, Chairman of LB.



The seniors had the opportunity to learn more about the Korean culture through traditional activities such as the making of origami Hanboks and Korean masks painting.

The seniors built many precious friendships through interacting and engaging with the Korean volunteers.



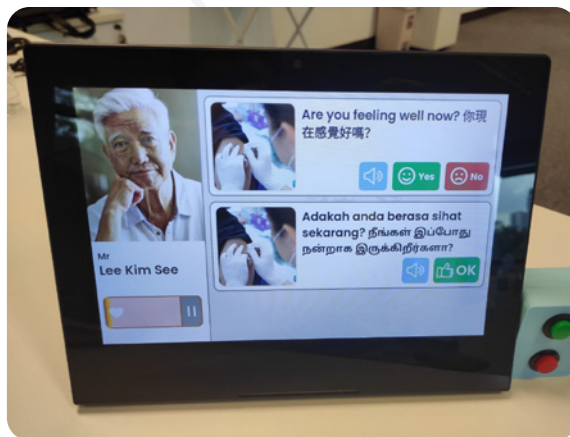


ANCHORING CARE WITH TECHNOLOGY - I-OK@LB DEVICE

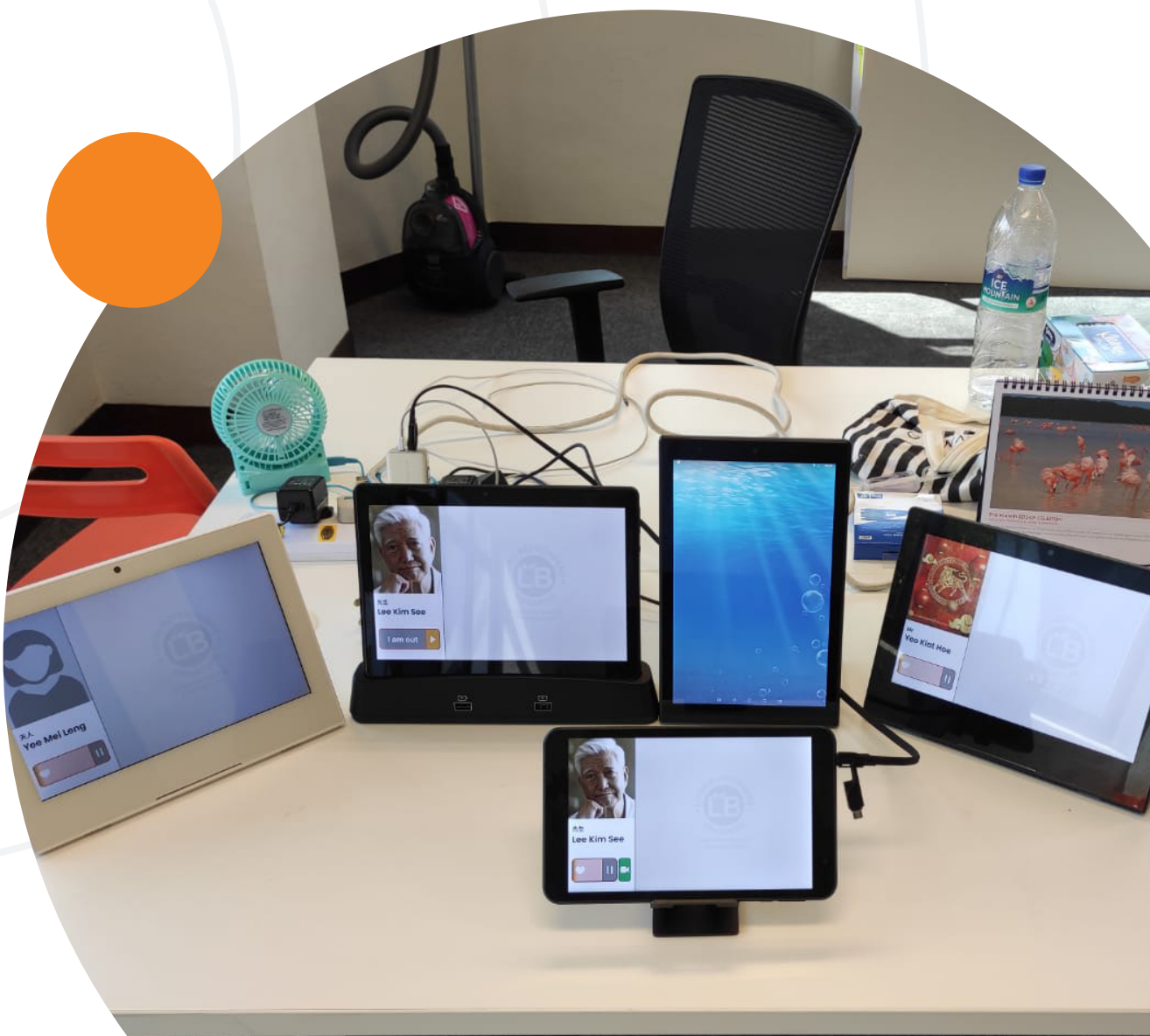
LB has partnered WeesWares to develop a low-cost, non-invasive well-being system, known as i-Ok@LB, to teach and encourage seniors to self-account their well-being to LB's staff, volunteers or their caregivers as much as possible.



10 seniors have participated in the trial, which yielded positive responses on the ease of use and non-intrusive nature of the system.



This is an important step towards a shift in mindsets to empower seniors to take ownership of their own health. With the new system, LB can communicate with the seniors and ensure their safety at home, reducing the need for physical visits. Seniors can also easily make video calls to staff or volunteers with the device, which will help them to age safely in a community.



TOURISM RAINBOW 2021

Lions Club of Singapore New Central partnered with Tourism Rainbow 2021, a tourism sector self-help group, to introduce elder-friendly tours and assist LB seniors with the redemption process so that they can rediscover Singapore anew and in a safe way with the use of the SingapoRediscover vouchers (SRV). Since the outbreak of COVID-19, LB had to suspend all outings for seniors under our care. Prolonged social isolation can enact an adverse impact on the elderly's well-being. But with the SRV, our seniors can once again explore the sights and sounds of Singapore, which will help improve their mental, emotional and social well-being.



We were honoured to have Mr Saktiandi Supaat, Member of Parliament for Bishan-Toa Payoh GRC who flagged off the tour for the Toa Payoh East seniors on 28 March 2021.



Over 30 seniors signed up for the tour and they were accompanied by members from the Lions Club of Singapore New Central.



As part of the tour, the seniors went on a cruise on the Singapore River and visited Gardens by the Bay.

EXPANDING HORIZONS THROUGH GLOBAL FRIENDSHIPS

LB has ventured into international befriending to help reduce social isolation in our seniors and expand their horizons. These sessions will add vibrancy to our SAC programmes and allow the seniors to learn about new cultures and build invaluable friendships.



On 3 February 2021, the seniors from Mei Ling SAC had a cultural exchange and sharing of the Lunar New Year celebrations and customs with students from Suzhou.



During this COVID-19 period, the seniors are grateful to have some form of human interactions and connections through these engagements.

REACHING OUT IN TIMES OF NEED

The COVID-19 pandemic is a long battle that we have fought alongside the seniors in the past year. We are truly grateful to the various partners and donors who have joined hands with us to enable the seniors to tide through this difficult period.



During the Lunar New Year season, Keppel Electric and 96.3 好 FM joined forces to install motion-sensor lights and share festive goodies with the seniors residing at Toa Payoh and Tampines on 29 January 2021. For seniors living alone, the motion-sensor lights will ensure that their living space is always well-lit to reduce the risk of falls.

Over the span of four weeks, 45 volunteers from KLA distributed care packs to help 3,000 seniors across Singapore tackle the dengue threat. By providing these care packs and spreading the word on dengue prevention, we hope to reduce transmission among the vulnerable seniors, who are still adapting to the challenges of living through a pandemic.



Check Point Software Technologies partnered LB to give back to the community. A team of employees packed and distributed goodie bags worth \$14,310 to the seniors residing at Mei Ling Street on 5 February 2021.



Championing Project Ramadan Donation Drive, 20 Muslim sponsors from the auto mobile industry partnered Bendemeer SAC to give back to the seniors. On 17 April 2021, they packed and distributed goodie bags containing necessities for daily use to some 130 seniors residing at Bendemeer.

Master Yakzer Tuiku, 大眾学佛研究会, 新加坡佛教居士林 The Singapore Buddhist Lodge, 爱心关怀协会 and Mr Lim Hock Leng came together to support LB through sponsoring vouchers and vegetarian dried goods for some 50 seniors during the Lunar New Year.



On 21 April 2021, around 20 volunteers from Keppel Land, led by CEO Mr Louis Lim, befriended and engaged the Ghim Moh SAC seniors with various on-site and virtual activities such as colouring, interactive games, online chats and a virtual piano performance. The seniors also received care packs that contained grocery vouchers, surgical masks, lunch boxes and others.

Two of Roche's affiliated companies, Roche Singapore Technical Operations Pte Ltd and Chugai Pharmabody Research Pte Ltd, rallied their employees to support the seniors by giving generously during the Lunar New Year. We received a total of \$12,450 cash donation from the companies.



LB partnered Lions Club of Singapore Katong, Contribute SG, heyyougotmailsg and Juyuan Secondary School to exchange well-wishes cards to spread words of hope and encouragement. The Tampines SAC seniors designed and painted cards for 50 patients from Dover Park Hospice. In return, students from Juyuan Secondary School made 100 cards for the seniors.



SWING OFF LONELINESS CHARITY GOLF 2021



**HONDA VEZEL 1.5G
(2021 FACELIFT)
RED**



**PHILIP STEIN
PRESTIGE
12RG-LW
WATCH**



**W ATELIER
FURNISHING
WORTH \$30,000**



**LEICA SL2S
WITH 24/70
LENS**



**HOLE-IN-ONE
PRIZES!**

10 September 2021 (Friday)

Tee Off Time : 12.30PM

Venue : Tanah Merah Country Club, Tampines Course

Guest-of-Honour : To Be Confirmed

Hole-In-One Prizes

- 1. Honda Vezel 1.5G (2021 Facelift) Red**
- 2. Philip Stein Prestige 12RG-LW Watch**
- 3. W.Atelier Furnishing worth \$30,000**
- 4. Leica SL2S with 24/70 Lens**

For more information, please contact Ms. Jacqueline Beh & Ms. Lim Li Na at 6681 4967 or email donate@lb.org.sg

Organised by:



Supported by:



A Programme of
District 308-A1
Singapore

Hole-in-One Sponsor:

