

# Lions Befrienders

Coverage between January to June 2022

ISSUE 01 FY 22/23

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\*All photos in this issue were taken between January to June 2022.

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# STRENGTHENED RELATIONSHIP THROUGH ACTIVITIES



At the ripe age of 86, Mdm Leong truly exemplifies the saying, "Age is just a number." After joining the centre in April 2022, Mdm Leong and her husband, Raymond, have been participating in activities such as exercises, excursions, celebrations, health screenings, and IT lessons on using a phone, at Clementi AAC @344. Mdm Leong feels grateful for the opportunity to participate in these activities two to three times a week as it was a meaningful way to spend their golden years as retirees. "I look forward to participating in the activities here because of its people. The staff and seniors are all friendly and welcoming towards us," said Mdm Leong.



Mdm Leong and her husband, Raymond.

When questioned about her views on marriage, Mdm Leong, who was married for 58 years, stressed that one must not be fussy and the importance of supporting each other in a relationship. She took on the role of her husband's caretaker when he was diagnosed with dementia last year. When her husband is not at the day care, she would prepare his meals and attend to his needs. Despite such heavy responsibilities, she embraces these challenges and keeps a positive outlook in life.



Mother and daughter, Mdm Teo and Ruth.

Having lived at Clementi for 40 years now, the mother and daughter Mdm Teo and Ruth, started visiting LB Clementi AAC @ 344 in April 2022. On Wednesdays, the pair would visit the centre for Zumba chair to remain healthy and active. They also enjoy attending outings such as the Army Open House in June where they learnt more about the Army platforms. Participating in these activities together has strengthened their relationship and reduced feelings of loneliness.

“*The staff here cares for us and treats us well. I'm glad that the centre now opens to seniors from purchased units as well*”  
- Ruth.



## LIVING MEANINGFULLY AT OLD AGE

At 95 years old, Mdm Teo enjoys gardening and exploring new places with her niece and nephew in her free time. The mother and daughter pair also loves to explore places of interest such as Sentosa together. Being visually impaired at a tender age of 12, Ruth was trained to live with her impairment at Singapore Association for the Visually Handicapped (SAVH) from young. She currently works part time at Dining in the Dark under SAVH to support Mdm Teo and herself. As Ruth does not earn much, the pair would manage their daily expenses wisely and are contented with living a simple life.

# CHAIRMAN'S MESSAGE

Greetings Lions, Befrienders, warm-hearted partners, donors, and friends of Lions Befrienders (LB). As we navigate the endemic stage today, LB will hold fast to its commitment in providing holistic care and support for seniors to live and age independently, healthily, and actively in the community. With the relaxation of COVID-19 measures, the Active Ageing Centres (AACs) have adjusted to accommodate and engage more seniors for a variety of physical activities while retaining online activities for them.

Since May 2022, all 10 of LB's Senior Activity Centres (SACs) have been converted into AACs. The AACs will provide general social and health support to seniors regardless of their frailty, housing type and income levels, allowing LB to serve and reach out to seniors in the larger community.

LB has worked closely with various partners to serve our seniors and meet their evolving needs.

In February 2022, the PAP Foundation (PCF) donated \$398,400 worth of gift bags for distribution to the seniors. The gift bags are named "Bags of Love" to symbolise the act of love and care towards our seniors. They contain essential household items, pain-relief items and either a foldable trolley or walking stick with an in-built chair for the seniors residing at Mei Ling Street. The necessities will enable our seniors to participate in the community with ease and improve their emotional and social well-being.

To teach and empower our seniors to self-account their well-being to LB's staff, volunteers, and their caregiver, the i-Boleh device, a customised home care wellness companion tablet, was launched in April 2022. The tablet will enable remote intervention to help our seniors stay safe and holistically healthier in their homes. It also supports tele-consultation, promotes medication compliance, and provides appointment reminders. A list of entertainment such as individualised movies, music, radio, and photos are available on the tablet to keep the seniors engaged and serves as a form of reminiscence therapy.



Through the implementation of activities such as art therapy, gardening projects, Zumba classes etc., we provide holistic care and development of seniors to improve their spiritual, mental, physical, social, and emotional well-being.

At the Digital for Life Festival, the LB IM-OK device was launched in the presence of Mdm Halimah Yacob, President of Singapore, and the Minister for Communications and Information, and Minister-in-charge of the Cyber Security Agency and Smart Nation initiative, Mrs Josephine Teo. Funded by Infocomm Media Development Authority, the LB IM-OK device will allow remote monitoring and accounting of seniors' well-being, and it also contains digital literacy-related features such as cyber-security tips and a scam simulation app to educate seniors on how to stay safe online and avoid scams.

Under the MOU (Memorandum of Understanding) with Nanyang Technological University (NTU), a pool of health coaches, together with LB's staff and volunteers, are trained to help seniors manage chronic ailments, evaluate their health information, and advise them in exercise, diet, and other well-being goals. Besides training staff and volunteers, the MOU also enables LB to tap NTU's technology to design apps to monitor seniors' diet, games to train their cognitive skills and exercises to build physical strength.



***LB would not have come this far without the continuous and unwavering support of our volunteers, corporate partners, donors, lions members and our dedicated staff.***



Your invaluable support and generosity have helped sustain our programmes and made a positive impact in the lives of many seniors. Let us continue to work hand in hand to connect and enrich the seniors' lives!

**PDG Anthony Tay, PPA, BBM**

# 主席致辞



我要向各位狮友，志愿者，热心的伙伴，捐赠者和朋友们献上问候。在我们准备与2019冠状病毒共存的同时，狮协会保持与坚守提供年长者全面护理和支持的信念，让他们能够过上独立，健康和活跃的生活。随着2019冠状病毒措施的减缓，我们的活跃乐龄站也做了调整，以便容纳与接纳更多的年长者来参与面对面以及虚拟服务的各种活动。

自2022年5月起，狮协的十所乐龄活动中心都被转换为活跃乐龄站。无论他们的健康状况，住房类型和收入水平，我们的活跃乐龄站将为年长者提供社交与健康上的支持和帮助。这让我们能为更多社区里的年长者提供服务。我们也让年长者接触艺术治疗，园艺等活动来改善他们精神，心灵，身体，社交等方面的健康。

狮协也和许多伙伴保持密切的合作关系，为我们的年长者服务，并达到他们的各种需求。

2022年2月时，人民行动党基金会捐赠价值 \$398,400 的礼包给狮协的年长者。这些礼包被称为“爱的礼包”象征对年长者的爱与关怀。礼包有一些日常用品，止痛物品，一辆折叠手推车或带内置椅子的拐杖，赠予美龄街的年长者。这些日常用品能让年长者更方便参与社交活动以及提升他们的身心健康。

为了教育和鼓励年长者向狮协的员工，义工和他们的看护者自动报平安，狮协在2022年4月推出了我-可以 (i-Boleh) 系统。这是一款健康护理的软体平板电脑系统。它能进行远程协助来确保我们的年长者在家中的安全和健康。系统也会发出每日问候、提醒吃药复诊等信息。除此之外，这款平板电脑也具备了各种娱乐设备，比如电影，音乐，收音机和照片。

在今年的数码益终生节 (Digital for Life Festival)，狮协的 IM-OK 设备在哈莉玛总统和通讯与信息部长杨莉明的见证下公布。这设备是由资讯通信媒体发展局资助，主要是为了实现远程看护和鼓励年长者通报平安，让我们知道年长者一切安好。它也包括数码素养相关的功能，比如怎么安全的适用网络，了解诈骗模式应用程序等，帮助与教导年长者如何在上网时保持安全和避免诈骗。

狮协与南洋理工大学签署了一份谅解备忘录。狮协的员工和志愿者和健康教练一同接受培训，来帮助年长者管理不同的慢性疾病，评估健康状况，并在锻炼、饮食和其他健康目标方面上提供建议和指导。除此之外，这份协议书也让狮协适用南洋理工大学的科技技术来设计有关的应用程序检测年长者的饮食，通过游戏来训练认知能力和运动来锻炼体力。

“

若没有我们的志愿者，伙伴，捐助者，各位狮友和我们敬业员工的不懈和无私的支持，狮协不会有今天的成就

”

您宝贵的支持和慷慨帮助让我们维持以及发展狮协旗下的服务和活动，并为我们的年长者提供了生活的希望和意义。让我们继续携手来连接和丰富年长者的生活！

郑钦祥 PPA, BBM  
敬上

# RECIPES OF LOCAL DELICACIES!



After retiring due to health issues, LB's senior, Mdm Tan Yoke Lin, started spending her free time cooking for her neighbours, counterparts and staff at Mei Ling AAC. She is best known for her traditional desserts like Bobo Chacha and Muah Chee!

Mdm Tan believes that the prices of desserts outside are exorbitant. As such, she cooks for others so that they can enjoy these treats without having to pay for it. She also finds joy in seeing others enjoy her food. Mdm Tan has kindly shared some of her recipes with us.

DO GIVE THEM A TRY!



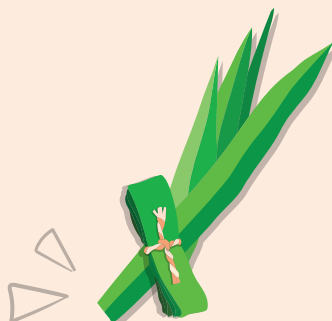
## RECIPE 1: BOBO CHACHA

Traditional desserts like this are popular amongst seniors, as they can reminisce about the old times through familiar flavours!



### INGREDIENTS:

- 1 yam
- 2 Indonesian honey sweet potatoes
- 2 orange sweet potatoes
- 2 purple sweet potatoes
- 1 packet of tapioca flour cubes
- 5-6 pandan leaves
- 1 packet of 500ml coconut milk
- 1 packet of 200ml fresh milk
- A handful of rock sugar
- A pot of water



### PREPARATION:

- 1) Prepare the starch by removing the skin of the yam and potatoes
- 2) Cut them into small cubes
- 3) Wash the pandan leaves
- 4) Steam the cubes of yam and potatoes for 10 mins on a small fire

### STEPS:

- 1) Put the tapioca flour cubes into a pot of water
- 2) Bring the water to a boil in a pot
- 3) Once the water comes to a rolling boil, turn the heat to low
- 4) Add the yam, potatoes, pandan leaves, coconut milk and fresh milk into the pot
- 5) Add a handful of rock sugar, adjust to taste
- 6) Simmer and stir occasionally for 30 mins
- 7) Scoop into a bowl and serve, either hot or cold!

DO NOTE THAT THE AMOUNT OF INGREDIENTS CAN BE ADJUSTED TO YOUR LIKING!



## RECIPE 2: RED BAMBOO WATER CHESTNUT DRINK

Mdm Tan's Red Bamboo Water Chestnut Drink is an excellent coolant for the body to help clear toxins and improve our overall well-being.



SERVES:  
15 CUPS

### INGREDIENTS:

- 6 sugarcanes
- 1kg of water chestnuts
- 4 bunches of red cane leaves
- ½ packet of dried melon strips
- A pot of water



### PREPARATION:

- 1) Wash and rinse the ingredients
- 2) Prepare the red cane leaves
- 3) Peel the water chestnuts
- 4) Cut the sugarcanes into small sticks, and further divide each stick into six equal parts

### STEPS:

- 1) Bring the water to a boil in a pot
- 2) Once the water comes to a rolling boil, turn the heat to low
- 3) Add the sugarcanes, water chestnuts, and dried melon strips into the pot
- 4) Simmer for 30 minutes
- 5) Add the red cane leaves into the pot
- 6) Simmer for another 15 minutes
- 7) Pour into cups and serve hot



# EMPOWERING SENIORS TO TAKE OWNERSHIP OF THEIR HEALTH



LB launched the i-Boleh Programme tablet, a home care wellness companion, at Mei Ling AAC on 14 April 2021. This is part of the LB health-centric ecosystem which puts seniors at the focal centre and bridges the gap between the seniors, their family members and healthcare professionals, through the sharing of their vital health information. Funded by Temasek Foundation's Oscar@sg fund, a total of 150 i-Boleh tablets will be distributed to high-risk seniors living alone in rental flats to allow them to continue receiving care and support in the comfort of their homes.



*Mr Eric Chua, Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development and MP for Tanjong Pagar GRC, graced the event as our esteemed Guest of Honour.*



*As a home care wellness companion tablet, the LB i-Boleh tablet will teach and empower seniors to self-account their well-being to LB's staff, volunteer, or their caregiver every day. The tablet will also provide teleconsultation, medical compliance, appointment reminders, important health alerts to keep our seniors in check and ensure that they remain healthy and active.*



*LB's Manager of COC and SGH, Chu Tiong Yong, presenting on the purpose and functions of the i-Boleh tablet.*



*Mr Eric Chua presenting the seniors with the i-Boleh tablets.*



*Mr Eric Chua, interacting with LB's seniors, Mdm Khatijah Hamid & Mr Wee Sang Son, during the home visit.*



*Mr Eric Chua, LB's team and our seniors posing for a photo at the end of the launch.*

# ADOPTING TECHNOLOGY TO LIVE INDEPENDENTLY AND CONFIDENTLY



On 22 April 2022, LB collaborated with NUS to host a GeronTech Showcase at Queenstown. The innovative designs and engineering solutions exhibited were designed and created to help seniors with the challenges they face in their daily lives. By introducing gerontechnology to the seniors, this will broaden their exposure and ease in the future adoption. We are deeply heartened by the partnership as these innovations will enable the seniors to live independently and confidently.



LB's i-Boleh home care wellness companion tablet was featured at the tech showcase.



Seniors learnt about EsoGlove, a soft robotic glove that assists stroke survivors with hand exercises.



Introducing FlexoSense, a 3D printed footwear, for patients who have diabetic foot ulcers to improve their foot health.



A senior trying out the Bixeps, a device that helps to activate muscles gently and recreate the benefits of exercise without physical stress or strain.



A group photo consisting of LB's team, NUS's professors and students, and vendors who exhibited at the event.

# EMBRACING DIGITAL TO IMPROVE SENIORS' LIVES AT DFL FESTIVAL



LB was invited to host a booth at the Digital for Life Festival on 21 & 22 May at Suntec Convention Centre and 28 & 29 May at Heartbeat Bedok. We shared how we use technology, specifically the IM-OK device and the Artificial Intelligence F.A.C.E programme, to provide holistic care and empower seniors to live independently. These are part of the LB health-centric ecosystem under I-OK and Safe Pod @ Queenstown.



On 21 May 2022, LB's Chairman, PDG Anthony Tay, along with other partners, officially launched the Data for All Initiative, which committed \$3 million to providing free digital access and connectivity for 30,000 beneficiaries, including seniors.



Our staff introducing the IM-OK device to a member of the public.



On 28 May 2021, the LB IM-OK device was launched in the presence of Mdm Halimah Yacob, President of Singapore, and Mrs Josephine Teo, Minister for Communications and Information, and Minister-in-charge of the Cyber Security Agency and Smart Nation Initiative.



LB's senior, Mdm Khatijah Hamid, introduced the IM-OK device to President Halimah Yacob. The IM-OK tablet is purposed to remotely monitor our seniors' well-being, along with digital literacy related features such as cyber-security tips and a scam simulation app to educate the seniors on how to stay safe online.



A senior was introduced to the F.A.C.E programme, which uses artificial intelligence to map positive and negative emotions of seniors in real-time. The insights generated aid our staff in assessing the seniors' mental health conditions.



LB's Executive Director, Karen Wee, also hosted and introduced the IM-OK device to Ms Rahayu Mahzam, Parliamentary Secretary for Health and Communications and Information, at the event.

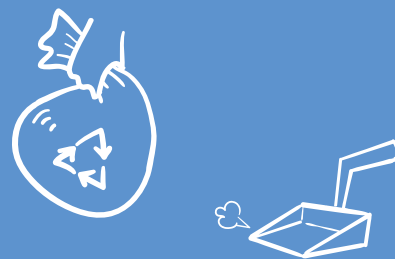


A big thumbs up from our seniors who enjoyed themselves at the event!



Our seniors ended their day with a sharing session with Ms Josephine Teo, as they share about their experiences using the IM-OK device.

# PROVIDING SENIORS A SAFER AND CLEANER LIVING SPACE



We are grateful to our partners at OCBC for offering a helping hand to our seniors residing at Mei Ling Street. On 22 April 2022, they spent the afternoon cleaning, painting the homes of our seniors, and sprucing up their living environments.



*Getting ready for the eventful day ahead!*



*Our volunteers giving the house a fresh coat of paint.*



*The team thoroughly cleaned the senior's home to provide a safer and cleaner living environment.*



*Cleaning every corner of the house to ensure that it is spick and span! Our seniors with mobility issues might find it hard to clean certain corners of the home, so that's where our volunteers' help come in handy!*



*LB's Executive Director, Karen Wee, presenting a token of appreciation to the staff of OCBC.*



*Thank you volunteers for your efforts! Your hard work will go a long way in ensuring the cleanliness and safety of our seniors' homes.*

# ENABLING SENIORS TO LIVE WELL IN THE COMMUNITY



A cheque presentation was held on 6 February 2021 at LB Mei Ling AAC to appreciate PAP Community Foundation (PCF) for their generous donation of \$398,400 to support the 7,800 seniors under LB's care. The amount was utilised to purchase essential household items, pain-relief items and either a foldable trolley or a walking stick with an in-built chair for distribution to the seniors.



Ms Indranee Rajah, Minister in the Prime Minister's Office, Second Minister for Finance and Second Minister for National Development, graced the event as esteemed Guest of Honour.



Ms Indranee Rajah presenting the cheque to LB's Chairman, PDG Anthony Tan and LB's Executive Director, Karen Wee.



LB's Chairman's PDG Anthony Tan, presenting a token of appreciation, to Ms Indranee Rajah.



Ms Indranee Rajah distributing gift bags named "Bags of Love" to the seniors. These items will enable our seniors to participate in the community with ease and improve their emotional and social well-being.



Ms Indranee Rajah was introduced to the AI F.A.C.E programme and the i-Boleh tablet that are used by LB to provide our seniors with holistic care and support.



# FORGING STRONG PARTNERSHIP WITH NTU

On 8 April 2022, LB signed a MOU (Memorandum of Understanding) with Nanyang Technological University (NTU) at LB Ang Mo Kio AAC. The signing was witnessed by Guest of Honour, Ms Ng Ling Ling, MP for Ang Mo Kio GRC.

This agreement allows LB to leverage NTU's expertise in active ageing research and continuing education, and work together to develop health coaching programmes and courses, which will improve and transform the lives of our seniors.

Launching Health Coaching as a part of our DNA, a pool of health coaches, together with LB's staff and volunteers, will empower and work with the seniors to co-create solutions and guide them towards a healthier lifestyle in various aspects such as nutrition, physical fitness, relationships, finding purpose in life etc.



LB's Chairman, PDG Anthony Tay presenting a token of appreciation to Guest of Honour, Ms Ng Ling Ling, MP for Ang Mo Kio GRC.



Ms Ng Ling Ling making an opening speech at the event.



The MOU was signed by Professor Tjin Swee Chuan, NTU Associate Provost and Chief Executive of PaCE@NTU and PDG Anthony Tay, Chairman of LB.



The MOU also enables LB to utilise NTU's technology to develop applications that monitor seniors' well-being, educational games to stimulate our seniors cognitively and exercises to build their physical strength.

# T-TOUCH COMMUNITY DAY TO SPREAD CHEER AND JOY TO THE SENIORS

On 24 June 2022, Temasek T-Touch held one of the largest Community Day to spread cheer and joy to LB's seniors across the 10 Activity Ageing Centres (AACs). Volunteers gathered at the various AACs to pack and distribute care packs containing daily necessities to seniors living in the vicinity. The team also held a one-day carnival for the seniors, with the theme centering around the golden era from the 70s to 90s, along with decorations, items, games, and performances that the seniors grew up loving and still fondly remember.



*LB's Chairman, PDG Anthony Tay, and Executive Director, Karen Wee, presenting a token of appreciation to CEO & Executive Director of Temasek Holdings, Dilhan Pillay.*



*The team of volunteers prepared and packed items such as coffee, biscuit, shower gel, mask, sanitizer into the care packs.*



*The volunteers distributing the care packs to the seniors' doorsteps.*



*Some of the carnival games involved throwing beanbags at cans and playing cup stacking.*



*Seniors visited the instant photo printing booth where they posed with thematic props for the camera.*



*Various performances were put up for the seniors' entertainment.*

# BRINGING EYE CARE & SUPPORT TO THE COMMUNITY



The longstanding partnership between Lions Befrienders (LB), Lions SaveSight Centre, Singapore National Eye Centre, and Singapore Women's Association has enabled LB to host eye screening sessions for over 10 years now, benefitting seniors from all over the island.

As seniors age, it is common for them to experience changes in their vision. Seniors might find it harder to see things up close, have difficulty discerning colours, and require more time to adapt to changing light conditions. These are all correctable through the use of glasses or by improving the light conditions around them.

On top of these common problems, the risks of contracting eye diseases also increases with age. Common eye diseases include cataract, glaucoma, age related macular degeneration, diabetic retinopathy etc. Poor awareness of these diseases can lead to delays in detection and subsequently complicate treatment as the disease could have been at a moderate or advanced stage upon detection.

After the pandemic hit, the team was not able to hold the regular eye screening sessions due to safe distancing measures. The team adapted by hosting ZOOM lectures, where professional doctors were invited to speak about various eye-related topics to continue engaging seniors whilst raising public awareness of common eye diseases. "Through our efforts, we hope to encourage seniors to come forward to be screened, so as to detect problems early and provide medical intervention before the condition worsens," said Dr Allan Fong, Head of the Cataract & Comprehensive Ophthalmology, and 2nd Vice-Chairman of the Lions Save Sight Centre.

On 5 June 2022, the team conducted free eye screenings for more than 120 seniors living at Clementi. Upon completion of the screening, reading glasses were prescribed to seniors, and those with detected eye diseases were provided with a referral to seek further treatment.

This event was made possible by the doctors, nurses, and volunteers who generously took time out of their busy schedules to help out at this event, and we would like to extend our heartiest gratitude to them.

The technological landscape is ever evolving, and the team is constantly exploring and adopting new technological solutions to better serve our seniors. Various solutions are already in the pipeline. For instance, the team is currently involved in research regarding the use of artificial intelligence for community screening, which could pick up eye diseases before they even surface.



Together with our partners, we believe our consistent efforts to bring eye care to the community will go a long way in creating an inclusive society for seniors, where seniors from all walks of life are equipped with the knowledge and access to timely eye care services to preserve their vision. This will allow them to see their loved ones and do the things they love and enjoy.



## 5 HOLE-IN-ONE PRIZES



**\$100,000**  
CASH



**\$100,000**  
CASH



**HONDA  
SHUTTLE  
HYBRID**



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



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

# LIONS BEFRIENDERS CHARITY GOLF SWING OFF LONELINESS

**Date: 5th October 2022, Wednesday**

**Shot Gun Time : 1.15PM**

**Venue : Tanah Merah Country Club, Garden Course**

**Guest-of-Honour : Mr. Eric Chua, Senior Parliamentary Secretary,  
Ministry of Culture, Community and Youth & Ministry of Social and  
Family Development**

**For more information, please contact [cep@lb.org.sg](mailto:cep@lb.org.sg) or call 6681 4967**

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