

# Lions Befrienders

Coverage from July 2022 to January 2023

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\*All photos in this issue were taken from July 2022 to January 2023.

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# TECHNOLOGICAL INNOVATION AS ENABLERS IN HEALTHY AGEING



## HOLISTIC CARE



BIOMEDICAL



PHYSICAL



MENTAL  
EMOTIONAL



SOCIAL



SPIRITUAL



DIGITAL INNOVATIONS & ENHANCEMENTS IN  
SCREENING & MONITORING OF SENIORS' HEALTH

CONSIDERATIONS OF OUR TECHNOLOGY ADOPTION ARE :

CONVENIENT • NON-INTRUSIVE • SUSTAINABLE • ABILITY TO SCALE & INTEGRATE



### F.A.C.E. A.I.

Fast detection of negative emotions to flag up further monitoring



### I-OK

Self-reporting of well-being & established eco-system of care within home



### IM-HEALTHY STATION

Promote easy monitoring & quick detection of change in health statuses



### COGNETIVITY

Early detection of cognitive deterioration to plan for intervention

INDIVIDUAL OWNERSHIP

TAKING ACTION

PERSONAL EMPOWERMENT



# CHAIRMAN'S MESSAGE



*We are in the works of empowering seniors to be active contributors to society as they age independently, actively, and healthily in the community.*

Greetings and a Happy Chinese New Year to our Lions, Befrienders, partners, donors, and friends. 2022 was a year of growth and new milestones for Lions Befrienders (LB). As the nation transits into the endemic stage, LB has been committed to restoring our seniors' lives through the reintroduction of activities and outings in addition to continued harnessing of innovative technology and digital tools.

## Growth

Many active ageing programmes were rolled out in centres to engage more seniors regardless of frailty, income levels and housing types. These are for the seniors' learning & development such as digital classes, physical well-being such as yoga and qi gong, health & wellness such as health talks and screenings, emotional well-being such as music & art therapy, and mental well-being such as recycling projects.



As part of our digital innovations and enhancements in screening and monitoring of seniors' health, LB launched the health-centric ecosystem that puts seniors at the focal centre and bridges the gap between them, their family members and healthcare professionals, through the sharing of their vital health information. This will be an important step towards our work in preventive healthcare.

## New Milestones

LB has grown to new heights and achieved many milestones in the past year.

In August, LB signed a Memorandum of Understanding (MOU) with five Biopharmaceutical Manufacturers' Advisory Council (BMAC) companies, including Abbott, AbbVie, MSD, Roche, and GSK. It provides preventive care and support to our seniors through the early screening of dementia via an AI based application that allows self-administration and early detection of mild cognitive impairment.

To advocate for social connectivity in Singapore, LB launched the inaugural UNLONELY Movement that will encourage people to connect with each other through physical visits, sharing of meals, phone calls, gifts or more. These actions will help push aside feelings of loneliness and allow people around us, including friends, colleagues, and even neighbours, to feel valued and seen.

LB's Befriending Conference was also held to promote relationship building and joint learning in the community care sector. As eldercare agencies work at the busy intersection of active ageing, health and social care, it is important for us to build strong relationships with our stakeholders and improve our capabilities to care for seniors.

We would not have achieved what we have without the steadfast 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 on the lives of many seniors. Together, we can build a supportive and inclusive community in Singapore!

**PDG Anthony Tay, PPA, BBM**





# 主席致辞



“我们也通过创新技术和数码科技，帮助年长者在社区中独立、积极和健康地养老，并成为社会的积极贡献者。”



我要向各位狮友，志愿者，伙伴们，捐赠者和朋友们献上新年的祝福。2022年充满了增长和许多新的里程碑。随着国家进入流行阶段，狮协会一直致力于通过重新引入活动和郊游来恢复我们年长者的生活。

## 狮协的进展

我们的活跃乐龄站已推出许多活动来吸引更多年长者，无论他们的健康状况、收入水平和住房类型。这些活动将用于年长者的学习和发展（例如学习使用科技课程）、身体健康（例如瑜伽和气功）、健康与保健（例如健康讲座和筛查）、心情感知（例如音乐和艺术疗法）以及心理健康（例如回收项目）等。

在我们筛查和监测年长者健康的创新部分，狮协也推出了以健康为中心的生态系统，将老年人置于焦点中心，并通过此和家属与医护人员共享他们的健康信息。这将是我们在预防保健方面迈出重要的一步。

## 新的里程碑

在过去的一年里，狮协已取得不少成就，并达到许多的里程碑。

2022年8月时，狮协与五家生物医药制造商咨询委员会 (BMAC) 公司签署了谅解备忘录 (MOU)，其中包括雅培 (Abbott)，艾伯维 (AbbVie)，默沙东 (MSD)，罗氏 (Roche)，and 兰素史克 (GSK)。它能够通过基于人工智能的应用程序对痴呆症进行早期筛查，为我们的年长者提供预防性护理和医疗帮助。该应用程序也能通过自我管理及早发现轻微的认知障碍。

为了倡导新加坡的社交联系，狮协也发起了首届不寂寞运动 (UNLONELY Movement)，鼓励新加坡人通过实际的拜访、共餐、电话、礼物等方式相互联系。这些行动将有助于消除孤独感，并让我们周围的朋友、同事，甚至邻居，感到被重视和被关注。

我们的交友大会 (Befriending Conference) 也在11月举行，以促进在社区护理范围建立关系和共同学习。由于乐龄护理组织都在忙着推动积极生活、健康和社会关怀，我们与利益相关者的良好关系和照顾年长者的能力对我们来说是非常重要的。

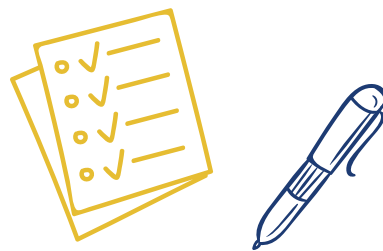
如果没有我们的志愿者、合作伙伴、捐助者、狮子会会员和我们敬业的员工坚定不移的支持，我们将无法取得今天的成就。您宝贵的支持和慷慨帮助维持了我们旗下的服务和活动，并帮助到许多年长者的生活。让我们一起建立一个彼此支持及包容的社区！

郑钦祥 PPA, BBM

敬上



# ANNUAL GENERAL MEETING 2022



LB's 28th Annual General Meeting took place on 17 September 2022 at The Grassroots' Club.



*A group picture of LB's Management Board at AGM.*



*Registration of the voting and alternate delegates.*



*The delegates voting and agreeing upon the changes in the constitution.*



*Pictured from left to right: LB's Executive Director, Karen Wee; Honorary Treasurer, Lion Goh Boo Han; LB's Chairman, PDG Anthony Tay; District Governor, Lion Ho Sum Kwong; Honorary Secretary, Lion Belinda Yap and Co-opted Member, Lion Ying Wai Lin.*



*A group picture of LB's Management Board at the event.*



# DETECTING DEMENTIA & MILD COGNITIVE IMPAIRMENT IN SENIORS



On 29 August 2022, LB signed a Memorandum of Understanding (MOU) with five Biopharmaceutical Manufacturers' Advisory Council (BMAC) companies, namely Abbott, AbbVie, MSD, Roche, and GSK. In line with the national Healthier SG initiative where general practitioners (GPs) are at the forefront of preventive care, the Cognivity's Integrated Cognitive Assessment (CognICA) will provide early screening of mild cognitive impairment (MCI) and dementia in seniors using an artificial intelligence (AI) based application.



From left to right: PDG Anthony Tay, Chairman of Lions Befrienders; Mr Sridhar Dorai, Site Director of AbbVie Operations Singapore; Ms Yik Yin Fun, Site Director of Abbott's Nutrition Facility Singapore; Mr Fernando Otero, Associate Vice President of MSD Manufacturing Singapore; Mr Dan Hagewiesche, General Manager/Vice President of Roche; Mr Lim Hock Heng, Vice President and Site Director of GSK.



The MOU signing marked the first time in Singapore where five BMAC companies collaborated for a social cause.



The cognitive ability of a senior is detected through a 5-minute game on the CognICA technology. It uses natural images of animals which are displayed for a fraction of a second. The speed and accuracy of the senior taking the test is reflected as a digital biomarker for an effective assessment of cognitive function.



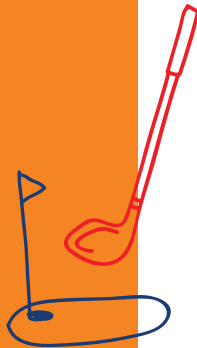
LB's Chairman, PDG Anthony Tay, giving a speech at the signing.



Ms Yik and Mr Sridhar providing guidance to LB's senior, Mdm Kuay, on the use of the CognICA software.



# SWINGING OFF LONELINESS IN SENIORS



The Swing Off Loneliness Charity Golf tournament teed off at Tanah Merah Country Club, Garden Course, on 5 October 2022. This was followed by a charity dinner in the evening. We are grateful for the generous donations poured in by donors, individuals or corporations, through monetary donations, sponsorships or participation as a golfer, that have gone towards supporting LB's programmes and services.



All golfers gathered for a group picture before the tee off.



The golfers enjoying the charity dinner after the tournament.



Prior to hitting their tee shots, golfers were relaxing and getting ready.



The charity dinner was graced by Guest of Honour, Mr Eric Chua, Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development.



The golfers showed their support to fend off loneliness among seniors through their participation.



Mr Eric Chua presenting the tournament and lucky draw prizes during the dinner.

# APPRECIATING THE UNWAVERING SUPPORT OF VOLUNTEERS AND PARTNERS



For the first time since the pandemic, LB held its Appreciation & Awards (A&A) 2022 at Hilton Singapore Orchard on 15 October 2022. A&A 2022 recognised the selfless contributions and dedication of volunteers and partners who have faithfully served our seniors through the pandemic. Coming together to celebrate the theme of 'Diversity', seniors from diverse backgrounds and races showcased their talents through music, dance and singing.



Mr Tan Chuan-Jin, Speaker of Parliament, graced the event as our esteemed Guest of Honour.



Mr Tan Chuan-Jin with Team 'Clementians', who was awarded Volunteer of the Year (Group) Award.



Seniors from Tampines & Clementi AACs embodied the spirit of active ageing by putting together various dance performances.



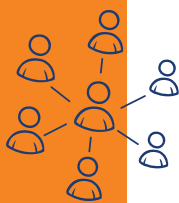
Evoking a sense of familiarity by singing to popular Chinese tunes, our seniors from Ang Mo Kio AAC showcased their singing talents to the guests!



LB's staff and seniors enjoying lunch together.



# ENCOURAGING SOCIAL CONNECTIVITY AMONG ALL SINGAPOREANS



LB launched its inaugural UNLONELY Movement, along with the 'Call to Connect' hand sign at Heartbeat @ Bedok on 21 October 2022. The launch of UNLONELY movement aims to encourage social connectedness amongst all age groups, whether through physical visits, sharing of meals, phone calls, gifts or more. Actions like these help to push aside feelings of loneliness and allow people around us, including our friends, colleagues and even neighbours, feel valued and seen.



LB's Chairman, PDG Anthony Tay, together with LB's Executive Director, Ms Karen Wee, sponsors, supporters and LB's team posing for a photo while doing the 'Call to Connect' hand sign at the launch.



The movement was officially launched by the team with a Mira ball and animation.



LB's Chairman, PDG Anthony Tay, and District Governor, Lion Ho Sum Kwong, presenting a calligraphy piece as token of appreciation to Ms Elizabeth Ong from Mirage Aesthetic.



Our seniors from Tampines AAC @ 434 opening the launch with a drum performance.



Our seniors from Mei Ling & Ghim Moh AAC, accompanied by student volunteers, put together a 'Turn back the time' traditional fashion show to relay the message that seniors are not walking alone in this journey.



The 'Call to Connect' hand sign signifies the action of two people coming together to connect. It serves to remind all people to call up a loved one and connect with them. To date, we have about 500 LB staff, seniors, volunteers, partners, and members of the public who have done the hand sign with us.



# SHARING OF KNOWLEDGE, TRENDS, AND INSIGHTS TO IMPROVE SENIORS' LIVES



LB held its inaugural Befriending Conference at Lifelong Learning Institute on 4 November 2022 to promote relationship and joint learning in the community care sector. The conference proceeded in full capacity as experts and researchers share their knowledge, trends, and insights that will benefit the eldercare, healthcare, and community care agencies, in planning for future community interventions to enhance the health and well-being of the seniors.



We were honoured to host Mdm Rahayu Mahzam, Senior Parliamentary Secretary for Ministry of Health, as our esteemed Guest of Honour.



LB's Immediate Past Chairman (IPC), Lion William Loh, presenting a token of appreciation to Guest of Honour, Mdm Rahayu Mahzam.



Group photo with LB's IPC, Lion William Loh, Executive Director Ms Karen Wee, organising team and speakers.



The guest speakers shared their invaluable knowledge and insights on various topics such as loneliness and social isolation, health coaching, and end-of-life care in the community.



Mdm Rahayu Mahzam trying out the IM-Healthy station that enables seniors to measure their health statistics such as their blood pressure and BMI.

# ENRICHING SENIORS' LIVES WITH CULTURAL OPERA SHOW



After 3 years of pandemic, LB held its iconic Cultural Opera Show on 19 November 2022. As a way to preserve the art of traditional opera and expand our seniors' cultural experiences, around 600 seniors from LB's Active Ageing Centres were invited to watch the performances.



We were honoured to host Ms Yeo Wan Ling, MP for Pasir Ris-Punggol GRC, as our esteemed Guest of Honour.



Our AAC seniors excitedly posing for group photos before the performance.



The performances were staged by professional local artist groups.



Watching the performances uplifted our seniors' spirits and allowed them to connect with their traditional roots.



# ENGAGING SENIORS WITH THE ARTS



In a collaboration between Lions Befrienders and the National Arts Council, various programmes are introduced to showcase our seniors' artistic talents.

NAC-LB's "Breathing Life" programme at Bendemeer AAC introduced our seniors to the concept of artmaking in their daily lives. Seniors did vocal and movement exercises in harmony and practiced their coordination skills to make music using common objects and traditional toys like paper balls, plastic bags, rattan canes, pillows etc. Guided by Ms Angie Seah, this programme culminated in a participatory presentation and a showcase of clay artworks created by the seniors.



From left to right: Lion Amon Lim, PDG Gareth Goh, Lion Chris Chan, LB's Chairman PDG Anthony Tay, Mr Heng Chee How, Senior Minister of State for Defence and Deputy Secretary-General of the National Trade Union Congress, and IPC William Loh.



“The Spirit of Ghim Moh” programme showcased our seniors’ life stories which includes their struggles and aspirations, how they came to sign up at Ghim Moh AAC and gradually developing a community that supports one another. This is part of the SilverArts initiative to encourage seniors to express themselves creatively, deepen family bonds and form new social connections. Through weeks of hard work and determination, the showcase for this programme includes a captivating performance by our seniors.





Facilitated by SEED Collective, visual images were utilized to encourage seniors' participation in meaningful art-making on the theme of 'home'. Our seniors also added personal photographs that reflected on their youth, backgrounds and social ties. The participants also took part in playback theatre performances that evoked personal stories from the seniors and enables them to revisit key milestone events of their lives. Its final showcase portrayed the diversity of these stories through 3D artworks co-created by our seniors and SEED Collective artists, along with sensory sound effects to boost their experiences.



Mdm Lim Kian Mui showing her artwork, together with Lion Helen Cheong, PBM



Lion Joseph Low with the seniors who engaged in the NAC Community Arts Engagement showcasing their work at CLM420A AAC.



*Connecting Seniors,  
Enriching Lives®*

# Hardship Ageing Fund

**Your valued donation  
enables our seniors to  
meet their daily needs.**



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Donate  
to LB!**

