

The Red Feather News

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From the Editor

Dear friends, residents, staff and volunteers of the Singapore Cheshire Home,

It's November at last! The month that invokes many thoughts at once: careful planning, project deadlines, mounting excitement, to name a few. The month with a tag: "The BGM". It is the meeting of the Cheshire Homes Far Eastern Regional Council (FERC).

The first Cheshire Home was established in 1948 in the U.K. Today, there are more than 55 Homes and services spread over more than 51 countries. We are grouped by our Regions. Singapore is among the 8 countries in the Far Eastern Region and plays host this year for the biennial event.

As November approached, the construction workers were kept working late into the night to keep to their project deadline. Many activities have kept us all busy. Several creativity sessions were conducted in the Home and some of our less functional residents put out some amazing works. You can see some of these on the art panel near our coinafon. Besides, there were regular activities such as horse-riding, bowling, Boccia games, invitations to dinner, football matches and concerts by SSO. We also took part in many handicraft sales organized by various companies and schools. Thus the days passed amid all the construction work.

For some, this month arrived all too quickly. For some others, it had been a long wait in anticipation. Anyway, it was a relief when the noise and dust from the construction site died down. It certainly is good to have a nice clean place to welcome our visitors.

We wish all our overseas delegates a pleasant stay in Singapore, and may the BGM be a fruitful and enjoyable experience for all.

Yours sincerely,

The Red Feather News is available on our Home's website: www.cheshirehome.org.sg

Monthly Birthday Celebration



On the 1st working day of every month, the Singapore Cheshire Home holds a celebration for the residents and staff whose birthdays fall on that month.

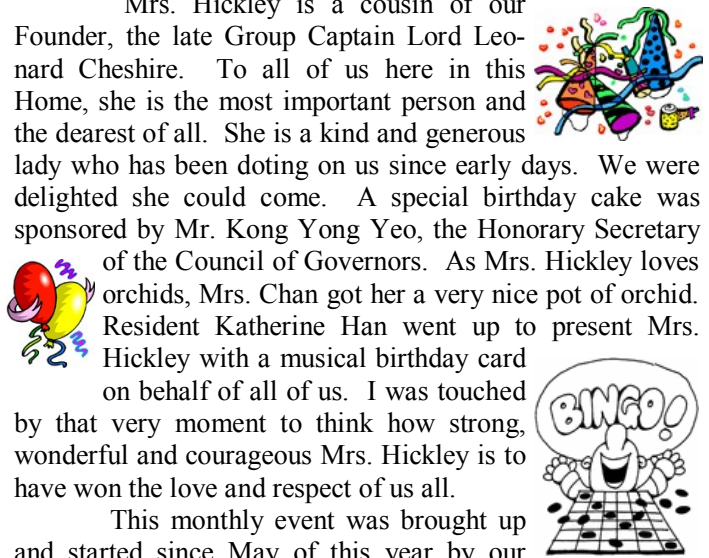
However, the month of August was different and special. Besides the birthdays, we celebrated Nurses' Day, National Day and the 19th wedding anniversary of Residents Mary and Jason. The celebration was held one day earlier on 31/07/06 to coincide with the actual birthday of a special guest, our dearest Mrs. P.F.I. Hickley.

Mrs. Hickley is a cousin of our Founder, the late Group Captain Lord Leonard Cheshire. To all of us here in this Home, she is the most important person and the dearest of all. She is a kind and generous lady who has been doting on us since early days. We were delighted she could come. A special birthday cake was sponsored by Mr. Kong Yong Yeo, the Honorary Secretary of the Council of Governors. As Mrs. Hickley loves orchids, Mrs. Chan got her a very nice pot of orchid. Resident Katherine Han went up to present Mrs. Hickley with a musical birthday card on behalf of all of us. I was touched by that very moment to think how strong, wonderful and courageous Mrs. Hickley is to have won the love and respect of us all.

This monthly event was brought up and started since May of this year by our AGM, Major (Ret) Tan. Our Management Committee members have been kind and generous to sponsor the cakes and other yummys for the event. We are grateful to the kitchen staff, too, for cooking us extra dishes for the celebration.

I'm glad for this monthly event that brings staff and residents together in the acknowledgement of one another's birthday.

~Noraini bte Adnan



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A Day to Remember

April 8th was a day for us to remember. For on that day, Mr. Ruminathan and his entire family came to spend time with us in commemoration of the 1st anniversary celebration of the demise of his beloved father. The father died at the age of 80. The family gave a eulogy of the man they remembered with love. A true Christian and the grandfather of the family, he instilled good Christian values to his children and grandchildren. He was a strict man but had a very kind and compassionate heart, especially for the less fortunate. It was in his nature to care and to give to the poor.

Thus, Mr. Ruminathan's mother and his whole family decided they should carry on such acts of kindness in memory of the man and chose to come to our Home. They brought along their pastor to say a short prayer and gave a sermon before the celebration. Then they sang several Christian songs joyfully. The children put up a performance of songs coupled with actions. They were so small and cute. It gave us much joy to watch them perform. The family gave us a nice dinner and after dinner we all received a red packet from them.

We were very touched by their kind gesture. A big "Thank you" to them for sharing this day with us and may God bless them all.

~Michael Lim

RSAF Open House

With 20 residents and a few helpers in it, the bus made for Paya Lebar Airbase on 01/09/06. We were bound for the RSAF open house. I was excited and happy because I love aircraft and it is a day to see many aircraft on display.

It was a hot day after the early morning showers. We had some drinks and snacks under a shade before more helpers turned up. After a group photo, we went round to see the military aircraft. Some of us went into a C-130 Hercules, a multi-purpose aircraft that transports goods, vehicles and military troops. I got very excited when I caught sight of the AH-64D Apache Longbow on display. I took a picture with it and wanted to take more but there wasn't time. We hurried on because the airshow was about to start. We gathered under the shade of an aircraft wing to watch the show.

First, came a show of different aircrafts. The Tiger IIs, the Hawkeyes, the Stratotankers, Hercules, Chinooks, Super Pumas and the Apache Longbows took their turn to do a fly pass. Next, came the amazing performance of aircraft and combat in action. The F-16s showed off flying at different angles and speed and its amazing agility to move in tight spots. Paratroopers dropped from the C-130. The Chinook showed how goods and military vehicles are transported from one point to another. Military troops dropped from the Super Puma and the soldiers put on a simulated combat.

The half hour show was an eye-opener. I was happy and glad the AETI organized this event to take us there to see the display and the show.

~Loke Peng Mun

Runway Cycling '05

It was 12th June '05. The outing lasting from 8a.m. till 12 noon was organized by AETI. Volunteers from AETI arrived here at 7a.m. We took the chartered bus to our destination and reached Paya Lebar Airbase about 9a.m. A senior officer then briefed us on what we were to do for the day.

With each resident accompanied by 2 AETI volunteers, we set off together to view the display on the 15000km runway. We saw many airplanes and helicopters on display. The personnels were helpful in giving us details on the airplanes and helicopters. There was a stage performance entertaining us and a balloon sculptor twisting balloons into all kinds of animal shapes and designs according to our fancies. The weather was scorching hot. The AETI staff treated us to chocolate flavoured and vanilla flavoured ice-creams. Halfway through the event though, we sought shelter from the rain and waited for half an hour for it to stop before we continued on our sight seeing.

At noon, we said the last goodbye to the company staff. We enjoyed the outing and we hope the AETI will organize such an outing again.

~Chan Yu Leong



What's Up & What's Coming?

We had the IMF at Suntec City. Now, we have the BGM at the SCH. The BGM was last held in Thailand in 2004. Singapore Cheshire Home is proud to play host this year. The meeting is on from 24th–26th Nov at the Carlton Hotel. We have overseas delegates from Malaysia, Thailand, Philippines, China, Japan and Hong Kong (SAR). The Home had planned for the delegates to come for a visit and lunch on the 26th Nov. With this event in mind, there were many project deadlines to make the Home neat and clean.

There had been much development this year, the physical aspect and otherwise. Ms. Florence Chow had taken on the post of our General Manager as of 1/1/06, and we have Major (Ret) Simon Tan as our Assistant General Manager as of 1/3/06. We lament the passing on of the late Justice Lai Kew Chai, the Chairman of our Council of Governors and former Chairman of FERC. He passed away on 27/2/06. Mr. Lim Kay Hua took on the post of chairman on 6/7/06. A new nurse-call system had been installed this year with funds from the NCSS. Staff and residents are happy the new system is working well and has given no problem compared to the old system we had.

The ICP (Individual Care Plan) was started this year. It not only helps us keep track of our physical conditions and our achievements, it gives the Home a better understanding of us, our dreams and our goals. Many residents are now taking English lessons or computer lessons to upgrade themselves with help from our volunteers. There are more computers in the computer room now, to cater to the growing number of residents using them and for some home-bound data entry job some are doing. The Day Care Centre (DCC) had grown and the hydroponics farm relocated.

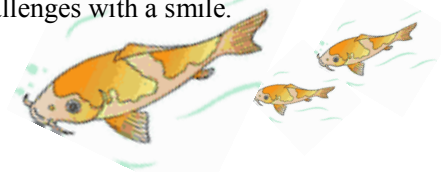
The Home needed space at the DCC to run some new programmes and activities for the residents as well as the Day Care clients and the TIL clients. Renovations started from March with the shifting of the farm, the soil testing, the knocking down of the old fire-escape and

piling. The new centre boosts a bigger therapy area and an open space waiting area that allows better ease getting on and off the ambulances. In addition, there's a Counseling Room and a new Volunteer's Room beside the office for the SW, PC and VC. On the 2nd floor, a big, open-space multi-purpose area would cater for any social and recreational activity.

Some other upgrading work would be carried out soon after the BGM. The Application for Cyclical Maintenance is applicable every 5 years. It is a government grant from the Ministry of Community Development, Youth & Sports (MCYS) that covers 90% funding (the Home pays the other 10%) for projects of upgrading and maintenance. Application had been submitted and approved for upgrading the room's windows, the bathroom floor and new cupboards for the residents. There and then, hospital beds will be repositioned to free up the doorways and make the rooms more spacious. After that, our rooms will be given a fresh coat of paint: a hue of blue for the boys and a nice pastel green for the girls.

Out in front of the Home, we now have a fish pond with many kois swimming in it. The fish pond is partly sponsored by KPMG, an auditing company that has been supporting our Home since 1998. Every year, on its community day, the company organized big group outings and brought us out. This year, the company brought us to the zoo and donated \$16,888 to the Home, of which \$10,000 was spent on the construction of the fish pond and the other \$6,888 to be spent on some therapy equipments.

Thanks to KPMG, there's a fish pond to enjoy. Now it is never a bore to sit out there waiting for transportation. It is also a good place to unwind and forget our problems for a while, and then come away feeling happier and much more able to face the world and any challenges with a smile.



Diary of a Farmer



Today..... it's harvesting again. It is from the new farm. After almost 12 years of rain and shine, the old hydroponics farm finally had to give way to the building extension of the Day Care Centre. A new hydroponics farm was built behind some residents' rooms and situated next to the Horticulture Area. A huge wild cinnamon tree and a land coconut tree were cut down, and a garden shed was demolished to make way for the new farm. The ground of the planting area was cemented and leveled off with the pavement behind the residents' rooms. The farm was made accessible through the Volunteers' Room by a slope too. After all that was done, the whole area looked spacious, neat, and clean and was bright with the fullness of sunshine. After three and a half months of waiting, the house warming planting was held on 20/3/06 and first harvesting of xiao bai cai was carried out on 18/4/06.

The move was a blessing in disguise. In the old farm, the vegetables were often stunted due to the insufficient sunlight caused by the big tree next door. The new hydroponics farm received plenty of sunlight and the vegetables grew amazingly well. It set a record-breaking weight of 38.6kg in the harvest.

~Sunny Sun



SPH Donates

On 21/08/06, Peng Mun, Anton and I went to the Singapore Press Holdings to collect a cheque for our Home. We were each given a goody bag and treated to a magic show at the SPH. I like the magic show very much because the magician is very funny. Mr. Ho Soo Foo collected the cheque on behalf of our Home.

This is the second time the SPH donated to our Home. After the magic show, we had a nice high tea buffet before returning to Cheshire Home. Thank you, SPH, for your generous donation and your support given to the Singapore Cheshire Home. ~Katherine Han

Newsflash!

- 09/02/06-- Bazaar Night at 35 SCE.
- 26/02/06-- St John Lunch Party at St John Ambulance HQ.
- 02/03/06-- Dance "Play In Memoriam" by The Necessary Stage.
- 04/03/06-- Marina Merlion Outing organized by Dehong & friends.
- 10/03/06-- Outing at Upper Peirce Reservoir by US Navy.
- 08/04/06-- Party at Home with Mercer Consultant.
- 08/04/06-- Performance and buffet dinner given by Mr. Ruminathan.
- 16/04/06-- Dinner invitation at Bishan C.C.
- 22/04/06-- Party at Home with IDA.
- 28/04/06-- A Tour at the National Library with AETI.
- 03/06/06-- Performance by Li Wei Song School & buffet lunch given by General Electric.
- 18/06/06-- Play "Mobile" at Esplanade by The Necessary Stage.
- 18/08/06-- KPMG Community Day at the Zoo.
- 01/09/06-- RSAF Open House at Paya Lebar Air Base outing by AETI.
- 23/09/06-- Outing at the Esplanade with Frontline Technologies.
- 30/09/06-- Guided Tour at the Botanic Gardens with AVIVA.
- 14/10/06-- Interaction and performance by Astute Pte Ltd.
- 28/10/06-- Dinner given by Resident Maniam's brother, Mr. Kandasamy.
- 30/10/06-- Tea and performance by CHIJ-Our Lady of Good Counsel.

Farewell to the following staff who'd left:

Sr. Rohana resigned on 16/11/05 to look after her grandchild. OT Mr. Sundar Philips and SW Agnes Lee resigned to go elsewhere. Driver Mr. Gary Wong and Clerical Officer Ms. Jane Puah left us in March. Others who have bid us farewell include TA.s, and NA.s who had ended their work contract. They were Simona, Carolyn, Cesar, Elenita, Maria, Thay Reh, Lingam and Anthony.

A warm welcome to the following staff:

AGM Major (Ret) Simon Tan, Nursing Sister Veronica Hooi, Clerical Officer Rina, SW Katrine, OT Alejandro, Driver Tan Keh Eng and TA Mr. Lee Kong Teck. There are many new faces from Sri Lanka, Myanmar and Philip-pines too. They are Ranil, Kumara, Min Tun, and Myint Myint, and TAs Aye Aye, Mary Jane, Paul Joseph, Christeta, Joji and Michelle.

New residents:

Frankie Wong, formally a TIL client, becomes a resident on 1/4/05. Anna Chua Seo Meng, Johahn bin Abdullah and Noraini bte Adnan came in last year on 12/10/05, 10/11/05, and 6/12/05 respectively. Ahmad Hisham bin Abdul Rahim joined us on 20/7/06 and Jessie Tan Gek Neo came in on 27/10/06.

Sad goodbyes:

Sadly, we bade goodbye to 4 residents who had passed on. Mr. Tay Chai Ann passed away on 3/10/05. Mr. Ker Hock Seng passed away on 1/2/06. Mdm Ong Bok Cheo passed away on 15/6/06. Among them was a young man, Lim Gui Sheng, who came in the Home on 16/5/06 and passed away shortly after on 10/9/06.

*AGM-Assistant General Manager, SW-Social Worker, VC- Volunteer Coordinator, PC-Programme Coordinator, OT-Occupational Therapist, TA-Therapy Aide, NA-Nursing Attendant, TIL-Training in Independent Living.