

# The Red Feather News, Singapore

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The Editor, The Red Feather News, Singapore Cheshire Home, 159 Serangoon Garden Way, Singapore 556056, Tel: 62809673

## From the Editor,

Dear friends and supporters,

The Red Feather News team has finally been geared into action. All thanks to Suet Fong, our new social worker. She nudged us, cajoled us, advised us and gave us lots of encouragement.

During our lag, there is no shortage of activities to write about, but just the lack of will and determination, and, well, the blues that cloud over us after some of our very beloved staff left for greener pastures. How we still miss them. Nevertheless, we wish them all the very best in their new endeavors.

On the brighter side, activities aplenty fill our days. Creativity time and bowling is an ongoing weekly or monthly affair. Some residents visit the NTUC supermarket nearby as part of a social integration programme by the Home with help from the UWC students. In fact, many of us have, for years, patronized the NTUC (Serangoon Gardens branch) for our daily grocery. Very soon now we will not be able to buy things from there anymore. The NTUC supermarket will be closed down for a big upgrading project in this area. Fortunately, we can always get what we need from the shops nearby in Ang Mo Kio.

We are ever grateful to the many organizations that continue to lend us their support year after year; the AJC, UWC, the Sowers, Cheshire Pals, the Japanese Association Music & Social Group and, oh, so many more.

Ladies from the Japanese Embassy continue their monthly visits with various activities organised for our residents. Yuriko Yamanakas, wife of the Ambassador visits us regularly with them. Thanks to her, we were introduced to the traditional form of Japanese music. She arranged for Shamisen Master Baisho Matsumoto to give a performance here in July. It was a wonderful performance and I was quite surprised to find many residents, including myself, enjoying it.

We'll be looking forward to the next recital in December when Mr. Baisho Matsumoto visits us again with his wife to give us another performance. As Yu Leong would tell you in his article too, there is nothing like music to drive the blues away. And oh, let some residents tell you what they have been up to in 'Happenings and Feelings' to keep their minds active and occupied.

Yours (fully occupied too),

*"I don't believe that a long life counts for a thing, if only we understood the broad picture, I believe that the only thing that really counts is being able to conquer your worst fears, and, no matter how hard you are hit, being able come up smiling for more." -Leonard Cheshire*

(Quote in letter to his mother when his uncle, Major-General Arthur Barstow, was killed in action during WW II. Taken from book titled "No Passing Glory" by Andrew Boyle.)

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# Happenings and Feelings

## *What makes you happy?*

**Katherine Han:** I feel happy when I am able to do coloring. I love to draw flowers and colour them, the colours which I like. Flowers are beautiful and it can cheer one up. I always like people to write in my diary and to read them when I am free. It makes me real happy to read them again and that also helps to inspire me to continue to do art. I like to go shopping and shopping for art materials real give me much joy and my interest in drawings grows deeper.

## *What activity do you enjoy most?*

**Michael Lim:** I used to like to meet new people and interact with them. I like to socialize and this is something I miss tremendously. Overtime, I can't be heard as I could not speak loud enough for others to hear me and I could not hear too well as well. I am saddened that my hands are growing weaker each day but I am thankful that I could play chess with PT and volunteers. This challenges me to think and I enjoy "thinking" game. It is real wonderful that people could help me move the chess as this helps me to be able to continue to engage in chess games.

I do occasionally read my emails with the help of fellow mate, Peng Mun. I enjoy keeping in touch with others although I can't key my thoughts. It is upsetting but thankfully, I still have chess to be my most enjoyable activity as of now.

## *My first outing to Punggol Park*

**Vivien Tang:** For the year 2008, I had my first outing to Punggol Park. It is something I don't usually do but I had tried. The outing enabled us to enjoy busking in the sunshine, feeling safe in the hands of our staff and opportunities to interact with volunteers. It is good to go out with volunteers.

## *Short Term Job: Data Entry*

**Peng Mun:** I like to have job assignment as this helps to occupy my time meaningfully. Of course, needless to say, there is some income. With the income, we can go shopping and buy what we need and this adds joy to our lives. My hope is that more jobs for us and a better job. Cost of living also affects us and I am glad to have some income for my expenses.

## *Maths Tuition At Singapore Cheshire Home*

**Anna:** I was very excited when Maths tuition was introduced to me. I am so glad to be able to study again. The previous staff, Ms Joanne had encouraged me to take up studies and I opted for it. I never regret it. Nowadays, I am looking forward for Maths lessons and this brings me much hope and joy. I also find doing Maths helps me to occupy my time meaningfully. That is wonderful!

I love most is playing the keyboard and would really love to play it often. I felt most satisfied when I could figure out which key to tap when playing a piece of music/song. I hope to continue with playing the keyboard more frequently or even to attend music lessons.

## *Newsflash!*

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|----------|--|----------|---|
| 05.04.08 | - Prawn fishing at Pasir Ris organized by General Electric.  | 09.08.08 | - National Day Parade at Marina Promenade attended by some residents.   |
| 08.04.08 | - Moviemania at Bishan Junction 8 Golden Village.  | 14.08.08 | - Outing to Changi Airport, Terminal 3 organized by Air Engineering Training Institute.                       |
| 09.04.08 | - Residents' birthday celebration for April.   | 23.08.08 | - "Angels' Day Out", Games with NUS as part of the Charity Fiesta 2008.                                       |
| 26.04.08 | - Costume Party with Central Christian Church.   | 28.08.08 | - "Love Night" Lantern Festival outing at Chinese Garden, invitation by Lanterns In Motion Pte Ltd.           |
| 26.04.08 | - Food Talk at Changi.   | 29.08.08 | - Food Talk at Bishan Junction 8.   |
| 07.05.08 | - Food Talk at Northpoint.   | 01.09.08 | - Outing to Changi Airport, Terminal 3 organized by St Andrew's Junior College.                               |
| 08.05.08 | - Residents' birthday celebration for May.   | 06.09.08 | - Mid-Autumn Festival Celebration organized by Christina Tan & Friends.                                       |
| 19.05.08 | - Vesak Great Joy Party by Buddhist Welfare Services.  | 10.09.08 | - Residents' birthday celebration for September.  |
| 22.05.08 | - Band Performance by United World College.  | 12.09.08 | - Floor Hockey with Yan Qing & Friends.   |
| 25.05.08 | - Runway Cycling 2008 outing organized by Air Engineering Training Institute.                          | 20.09.08 | - Performance & Sing-a-long by MSIG Insurance (Singapore) Pte Ltd.  |
| 30.05.08 | - Performance & Celebration of Duan Wu Jie with Christina & Daisy Tan & friends.                       | 27.09.08 | - Treasure Hunt by Central Christian Church (Hope Worldwide).   |
| 31.05.08 | - Ball Game with Central Christian Church (Hope Worldwide).  | 09.10.08 | - Birthday Celebration for October.   |
| 05.06.08 | - Residents' birthday celebration for June.  | 11.10.08 | - Visit from Victory Family Centre.   |
| 15.06.08 | - Love & Care 2008 organized by Macpherson Community Club Management Committee.                        | 14.10.08 | - Outing to West Coast Park with UWC students.  |
| 03.07.08 | - Residents' birthday celebration for July.  | 17.10.08 | - ComChest Opening at Labrador Park.  |
| 05.07.08 | - Games & Craft with Students from Singapore Polytechnic.  | 18.10.08 | - Visit from Church of Singapore.   |
| 07.07.08 | - Performance by Shamisen Master Baisho Matsumoto, arranged by Mdm. Yuriko Yamanaka, Embassy of Japan. | 21.10.08 | - Nature Walk at Punggol Park.  |
| 09.07.08 | - Food Talk at Plaza Singapura.  | 23.10.08 | - Food Talk at Toa Payoh Hub.   |
| 12.07.08 | - Boccia game with Anderson Junior College.  | 25.10.08 | - Visit from Central Christian Church.  |
| 17.07.08 | - Food Talk at Plaza Singapura.  | 31.10.08 | - Performance by CHIJ - Our Lady of Good Counsel.   |
| 20.07.08 | - Racial Harmony Day by Central Christian Church (Hope Worldwide).                                     | 12.11.08 | - Handicraft sale at Orchid Country Club arranged by Mr. Raymond Yap.   |
| 02.08.08 | - Chinese Orchestra Performance by Anderson Junior College.  | 13.11.08 | - Handicraft sale at Orchid Country Club arranged by Mr. Raymond Yap.   |
| 03.08.08 | - National Day Dinner organized by Serangoon Community Club.   | 15.11.08 | - "Cupcakes for my friends", volunteer gathering & cupcake decorating session sponsored by Miss Clarity Café. |
| 07.08.08 | - National Day cum residents' birthday celebration for August by Christina Tan & Friends.              | 02.12.08 | - Performance by Mr. & Mrs. Baisho Matsumoto arranged by Mdm. Yuriko Yamanaka, Embassy of Japan.              |
| 08.08.08 | - National Day Celebration by Victoria School.   | 09.12.08 | - Christmas Shopping at Vivo City with NUS students.  |
| 09.08.08 | - Bingo game with Buddhist Fellowship Youth Group.   | 13.12.08 | - Christmas celebration by Central Christian Church.  |
|          |  | 16.12.08 | - Residents' Christmas Party.   |

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The farewells:

4 T.A.s and 4 N.A.s had left. They are T.A.s Mr. Lee Kong Teck (16.01.08), Mary Jane (29.02.08), Joji (23.04.08) and Cristeta (28.04.08). N.A.s Kumara (21.03.08), Thuzar (24.04.08), Min Tun (01.07.08) and Myint Myint (29.07.08). Staff Nurse OhnMar Lwin left the Home on 31.01.08. Executive (Programme Management) Nigel Choo and Executive (Volunteer Management) Joanne Teo resigned on 23.05.08 and 23.08.08 respectively.

Residents Johahn bin Abdullah and Tan Ting Joo were discharged from the home on 20.06.08 and 22.07.08 respectively.

New staff include:

T.A.s Mellou Jane from Philippines (started work on 10.04.08), Myo Oo (11.04.08), Min San (23.04.08) and Nan Aye Thanda Win (04.03.08) from Myanmar. N.A.s Say Htoo (16.10.07) and Ni Lar (31.07.08) also from Myanmar, and Sampath (25.07.08), Gayani (07.08.08) and Muthukumara (10.07.08) from Sri Lanka. Teresa Lee Siew Hua came in as our Executive (Programme Management) on 05.05.08. She was re-designated as Executive (Volunteer Management) on 01.09.08. SW Poon Suet Fong started work on 08.09.08 and Executive (Programme Management) Melissa Leong started work on 22.09.08.

And the warm welcome:

We have 6 new residents: Wee Lee Juat (admitted on 01.11.07), Thomas Ng Boon Hock (03.12.07), Hasnan Bin Mohd Sani (01.02.08), Lim Lung Eng (01.07.08), June Swee Bee Choo (20.08.08) and Ang Boon Yew (29.09.08).

In memoriam:

Sadly, 3 residents passed on within the few months. Lim Yong Yin passed away on 16.02.08, Wui Ah Peng passed away on 13.06.08 and Dulcie Wee Poh Neo passed away on 04.07.08.

\*T.A. = Therapy Aide, N.A. = Nursing Aide, SW = Social Worker, PT = Physiotherapist.

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## Happy moments at Cheshire Home

As a resident of The Singapore Cheshire Home for 4 years now, I have encountered many happy as well as sad moments in the Home. But as the title suggests, I shall write about the happy moments.

First of all, I am pleased about the caregivers' performance. They carry out their duties well and are responsible and helpful. Every day, they start work as early as 6.30am. They would give me a good bath in the morning. On top of their daily routines such as mopping and sweeping the floor, washing the toilets, etc, they would assist me in my packing whenever I ask them

I got to know this Filipino caregiver, Julie. He is a really nice guy who always goes an extra mile to help any resident. Amidst his duties, he found time to help me cut my hair. Even on his off days, he willingly lends a hand in fixing the computers or tending the plants in the garden for the residents. In short, I am very happy to have him around. He does deserve my mentioning of him in this newsletter, even though I am afraid of others accusing me of being unfair.

Next, I really enjoy the indoor event planned by Volunteer Christina and her friends. They had celebrated some special occasions with us such as the Lunar New Year festival, the Duan Wu Jie (Dumpling Festival) and some residents' birthday as well. What I like most about the event is the karaoke singing. Christina and her friends would belt out a series of Chinese Oldies. They are excellent singers and the event is quite entertaining. I like to hear them sing as it drives my blues away. I feel glad and thankful that, despite their busy schedule, they have the heart to find time to entertain us. I really look forward to many of such events in the future.

I also make friends with the residents here. I am quite close to Vivien. We would joke, make fun of each other and watch television dramas together in the late evening. In conclusion, living in Cheshire Home has made me happy and contented with my lot, especially since having mixed around with residents of different disabilities.

~ Chan Yu Leong