

# The Red Feather News, Singapore

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

## **From the Editor:**

*The Lee Ah Mooi Old Age Home had a rather similar humble beginning like Cheshire Home. The late Group Captain Lord Leonard Cheshire, started the first Cheshire Home when he took in a man in need of care into his own residence in Hampshire, London. Likewise, the late Mdm. Lee Ah Mooi, who was a nurse, took into her own residence and cared for the aged ladies who were Samsui women and 'Ah Mahs' who had no families to depend on.*

*I came to learn of this fascinating and touching history of the old age Home on its Facebook page whilst editing one of the articles for the newsletter. Compared to the internet of early days, nowadays there is nothing that cannot be found on the web using the computer, or iPhone, or iPad.*

*I remembered the first computer we had. It was in a corner of our 'Quiet Room' and used only for games like 'Load Runner'. My sister loved that game and I was contented to just sit quietly by her side and be the watcher, afraid to touch the computer lest it explode! Before I could*

*master 2 complete levels of 'Load Runner', the computer was gone. Er... no, it didn't explode!*

*A few years later, we had another computer on which I used to practise my newly acquired basic skill of 'DOS' and 'Word Star'. It was all I knew until we gained access to the internet. It is a different story now as we got used to using the computer and surfing the internet.*

*Recently, there was much news about Steve Job, founder of Apple. I'm glad someone wrote about Dennis Ritchie and shed some light on the person who came up with the necessary computer programming language to govern all the computers in the world wide world and made possible the world wide web – the 3 Ws that we all loved and came to depend on for information.*

*Even as we progress and learn new things, may we never be too full of ourselves that we forget we started, and still need to start, from a humble beginning.*

*Yours always,*

## The **facebook** Experience

I was first introduced to the social networking site Facebook by fellow resident, Viki. When I first started to use Facebook, I felt excited and curious. This was because it was my first experience in coming across a website in which I could play games and make new friends at the same time.

Upon using Facebook, I realized that there were other activities which I could actively engage myself in. These include using Facebook to chat and stay connected with other residents and friends. One of the residents that I frequently chat with is Yu Leong.

There are many games we can play on Facebook. The games that I usually play are puzzle games such as Mahjong, Treasure Island, Farmville and Shooting Ball. I enjoyed playing these games as they are very

enriching and fun.

As a user of Facebook, I can also connect and join similar interest groups with other users to play games in group settings.

I understand that I can upload photos onto my Facebook account and share them with my friends. Although I can borrow a camera from other residents, I do not know how to utilize this function. Hence, one area in which I would like to learn would be the uploading of photos. In doing so, this would help me to improve both my IT and networking skills.

~Vivien Tang

### **Editorial Board**

Editor : Ms. Elizabeth Tan

Layout : Mr. Neo Ah Her

Members : Mr. Stephen Sng

Mr. Chan Yu Leong

## **Newsflash!**

- 11.06.11 -- Lunch at Pu Tien Seafood Restaurant Pte. Ltd. by New Woman.
- 18.06.11 -- Bingo and buffet lunch given by The Lodge St. George.
- 23.06.11 -- Interaction and room cleaning by Staff from Bendemeer Primary School.
- 26.06.11 -- Bingo, singing and tea by Sowers Group.
- 07.07.11 -- Visit by Commissioner of Charities, Mr. Low Puk Yeong & Staff.
- 08.07.11 -- Kampong games, interaction, tea & goodie bags by CPG – Facilities Management.
- 09.10.11 -- Lunch at Pu Tien Seafood Restaurant Pte. Ltd. by New Woman.
- 12.07.11 -- Games, performances and tea by Ms. Christina Tan & Friends.
- 13.07.11 -- Visit by Teachers & students from The Church of Christ in China, Fong Yun Wah Secondary School.
- 18.07.11 -- BBQ dinner given by Oriole Café & Bar with appearances by Mediacorp artistes.
- 19.07.11 -- Bingo, performance and dinner by McDonald's Restaurant Pte. Ltd. (North Zone).
- 22.07.11 -- Bowling and lunch at Hougang Superbowl by Rolls-Royce Singapore Pte. Ltd.
- 23.07.11 -- Interaction and games by Singapore Polytechnic – Philippines Expedition 2011.
- 28.07.11 -- Story telling and “Project Deliver Me” by National Library Board.
- 31.07.11 -- Bingo, interaction and tea by Harvester.
- 02.08.11 -- Games, performances and tea by Ms. Christina Tan & Friends.
- 07.08.11 -- Games, interactions and tea by Sowers Group.
- 13.08.11 -- “Food and Shopping Talk” by WOW Group.
- 16.08.11 -- A meal at Mr. & Mrs. Johnson's house.
- 18.08.11 -- Outing to Marina Bay Sands by AFTC – AETI.
- 10.09.11 -- Founder's Day celebration.
- 13.09.11 -- Games, performances and tea by Ms. Christina Tan & Friends.
- 14.09.11 -- Movie Screening by Senior Citizens Community Club of Jurong Spring Community Club.
- 17.09.11 -- “Nature Walk”, games and lunch at Ang Mo Kio Avenue 10 by The Lodge St. George No.1152EC.
- 21.09.11 -- A meal at Mr. & Mrs. Johnson's house.
- 24.09.11 -- Bingo, singing and tea by Jacobs Engineering Singapore Pte. Ltd.
- 28.09.11 -- Story telling and “Project Deliver Me” by National Library Board.
- 01.10.11 -- Indian dance performance, games & Karaoke by SGH Ambulatory Support Group.
- 03.10.11 -- Buffet by Mdm. Sng Ewe Moy & Family.
- 06.10.11 -- Birthday celebration and bingo co-organised by Ministry of Home Affairs.
- 08.10.11 -- Lunch at Pu Tien Seafood Restaurant Pte. Ltd. by New Woman.
- 08.10.11 -- Bingo, singing and goodie bags by Southeast CDC.
- 08.10.11 -- Bingo, singing and tea by Jacobs Engineering Singapore Pte. Ltd.
- 10.10.11 -- Visit by Spastic Association.
- 12.10.11 -- Visit by Centre Enabled Living.
- 15.10.11 -- Visit and sponsored lunch by USS George Washington Travellers.
- 15.10.11 -- Games and performances by Anderson Junior College 14/11.
- 22.10.11 -- “Gratitude, Respect, Compassion Banquet” by Hougang Secondary School.
- 29.10.11 -- Bazaar at Vivo City, East Court, organised in conjunction of Comchest Truehearts Show.
- 30.10.11 -- Buffet lunch given by Society of St. Vincent De Paul, Conference of St. Alphonsus, Novena Church.
- 01.11.11 -- Performances by The Talented People Company.
- 01.11.11 -- Performances and tea given by CHIJ – Our Lady of Good Counsel.
- 04.11.11 -- Visit and bingo by Mircon Semiconductor Asia.
- 06.11.11 -- Buffet lunch by Mr. Kandasamy & Family.
- 12.11.11 -- Lunch at Pu Tien Seafood Restaurant Pte. Ltd. by New Woman.
- 19/20.11.11 -- LiveEnabled Showcase 2011 organised by Centre of Enabled Living.

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## Visit to Red Cross Home & Lee Ah Mooi Old Age Home

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It was a fine sunny day on 15<sup>th</sup> July 2010 when some residents and a few staff members, visited the Singapore Red Cross Home and Lee Ah Mooi Old Age Home. The social visit was organised by our Home. An SBS bus was chartered for the outing.

The first Home we visited was the Red Cross Home, located at Lengkok Bahru. We were welcomed by a young, capable and kind Malay lady; the General Manager of the Red Cross Home. She gave us a 10-minute briefing on how the Red Cross Home is run. Then she took us on a tour of the Home.

I was, first of all, impressed by the building which was newly built to accommodate the Home as part of the Red Cross Family Link. Yet, at the same time, feeling apprehensive, knowing there are many disabled people like me staying there. On touring the Home, I found the place to resemble a hospital ward. The residents staying there were severely disabled. Either they laid on their beds or were seated up with much support. Many had to be tube-fed too. I was saddened by what I saw.

We later dropped by at Toa Payoh Hub to have a quick lunch before setting off again. It was a very hot and humid day and I was feeling exhausted. Lee Ah Mooi Old Age Home was the final destination we were visiting that day. Someone, familiar to all of us, was there to welcome us. She is none other than Sister Tan, who works part-time both at The Singapore Cheshire Home and at the Lee Ah Mooi Old Age Home. She came out to receive us and introduced us to the Manager of the Home.

The Home operated in what was formally the building of Lee Kuo Chuan Primary School - a very old building indeed. Each classroom of the old school is packed with as many beds as it can accommodate. The residents are 60 and above. Many of them were lying on their beds at the time of our visit and I noted that many needed to be tube-fed too. However, the oldest resident is a remarkable lady who is 104 years old and is still capable of feeding herself. Only a few were able to sit up and they were happy to see us visiting and interacting with them. I could see they were lonely and just needed someone to talk to.

Back in Cheshire Home after the visit, I felt very fortunate that I'm able to move about independently in my motorized wheelchair. I am thankful, too, that I can make use of the computer even with one hand.

*~Noraini Adnan*

- 22.11.11 -- Performances by Shamisen Master Mr. Baisho Matsumoto and his wife.
- 24.11.11 -- Visit by Director of Disability Division, Elderly and Disability Group, MCYS, Ms. Wong Kuan Ying, and staff.
- 25.11.11 -- Christmas lunch given by Nuance-Watsons (S) Pte. Ltd. with gifts, angbao, carolling and Christmas tree decorating.
- 26.11.11 -- Vegetarian lunch by Mahabodhi Monastery with singing and martial arts performances.
- 28.11.11 -- Visit by Sisters from Congregation of St. Paul De Chartres in Vietnam.
- 03.12.11 -- Christmas carolling, games & tea by Moriah Bible-Presbyterian Church.
- 04.12.11 -- Buffet dinner by Dr. Yvonne Soong & Family.
- 05.12.11 -- Invitation to United World College's Christmas party.
- 10.12.11 -- Residents' Christmas Party 2011.
- 11.12.11 -- Christmas skit by The Sowers.
- 13.12.11 -- Activities and performances by Hearty Care Centre.
- 16.12.11 -- Entertainment and buffet dinner by Temasek Holdings (Pte. Ltd.).
- 16.12.11 -- Dinner & Dance at Grand Hotel Hyatt by D'perception Singapore Pte. Ltd.
- 22.12.11 -- Christmas programme by Kaplan Singapore.
- 23.12.11 -- Performance, singing & buffet Dinner by AFTC – AETI.
- 24.12.11 -- Christmas programme by WOW Group.

### ***The farewells:***

4 of our staff resigned. They are 2 N.A.s, Shashini (13/06/11) and Kalpana (21/09/11), A.N. Paul (01/09/11) and C.A. Mr. Chong Kim Poh (01/11/11) who had been with us for more than 15 years.

### ***New staff and residents:***

The post of Exec-Social Service had been taken up by Ms. Chua Mui Leng (on 27/06/11). Besides her, we have 4 other new staff: N.A.s, Saduni (10/06/11), Karen Joy (23/07/11) and Samitha (21/09/11) and H.A., Chamath (26/10/11).

We have a new resident: Ivan Lin Rixin, 24, who came into the Home on 01/08/11.

\* N.A. = Nursing Aide, H.A. = Health Assistant, A.N. = Assistant Nurse, C.A. = Care Attendant.

### ***The Japanese Association – every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month***

They facilitate the music therapy for the residents. Sometimes they treat us to special guest performances.

### ***Ladies from the Japanese Embassy – every 2<sup>nd</sup> Thursday of the month***

They interact and do colouring as a form of therapy with the residents.

### ***The Lodge St. George No.1152EC – every 3<sup>rd</sup> Saturday of the month***

They take 4 residents (on rotation) out for movie treat and lunch at Bishan Junction 8.

### ***The Lodge St. Patrick – every last Sunday of the month***

They take some residents (on rotation) out for dinner at Serangoon Gardens.

### ***The Cheshire Pals – every 2<sup>nd</sup> Sunday of the month***

They help feed the residents at dinner time and on special occasions hold tombola games with NTUC Vouchers as prizes.

### ***AETI – last Tuesday of the month***

They help clean the Home and occasionally organise an excursion for the residents.

They also organise year-end and new year parties for us.

### ***ITE (West Dover) – on a Saturday in a month or 2***

### ***Anderson Junior College (AJC Interact Club) – Wednesdays***

### ***St. Joseph's Institution International – Tuesdays***

### ***United World College (Upper School) – Mondays and (Senior School) – Thursdays.***

- These groups come during school term. They play board games, interact, help doing odd jobs like room-tidying and teaching simple English, and take the residents to nearby Ang Mo Kio park for 'Nature Walks'. On top of these, the A.J.C. students take the residents out for grocery shopping at 'MyVillage' and the ITE (West Dover) students help clean the residents' fridges.

## ***From the Bottom of our Hearts...***

*As the editor of the Red Feather News, I used my discretion to crop and take out a great number of events that had taken place to keep the 'Newsflash!' short and crisp. These are mostly school visits and regular weekly or fortnightly events. We seek your understanding that we would not be listing everything that takes place in our newsletter. That is not to say that we appreciate these regular events any lesser.*

*On the contrary, you're like good, old friends. There's a feeling of warmth, of friendship and love and we are happy to see you again and again. Here, on this page we have listed some of the very regular groups with their respective programmes that had been on-going for a long time.*

*As Christmas comes along and we draw close to the end of another year, we thought back on the many blessings that we have received through volunteers, friends, individual donors and company donors. There are so many of you who warm us with your friendship, generosity and kindness. We have this to say to you: **Thank you very much! We wish you all a Very Merry Christmas & a Happy and Blessed Year 2012!***