



The Red Feather News

The newsletter of the Singapore Cheshire Home

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A Publication by the Residents of the Singapore Cheshire Home




TABLE OF CONTENTS


From the Editor's Desk	2
My Experience at Workplace during COVID-19!	3
2020 - The Year Everyone Will Remember ...	4 - 6

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From the Editor's Desk

By Resident Apollo Tan

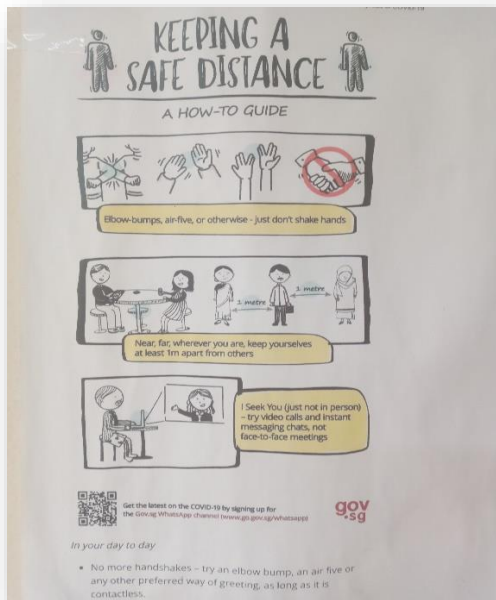
Firstly, we want to apologise for the delay in producing this issue of our Newsletter Main reason, of course being, the pandemic.

Yes, it has greatly disrupted our lives here in the Home too.

And due to the lockdown of our Home, in order to avoid contact with outsiders, we have lost a lot of activities and interactions with people and new experiences; we found ourselves without much topic to write about.

Therefore, this issue of our Red Feather News will have only two articles Guess what they are about Yes, the COVID-19 pandemic of course. Though they focus on the same topic, they are very different.

So, hope you would enjoy reading this issue that is dedicated to COVID-19.



Keeping a safe distance – at least 1 metre apart from others



Home's garden is one of the areas that split into Female & Male zone

My Experience at Workplace during COVID-19!

By Resident Noraini Bte Adnan

The COVID-19 was discovered in December 2019 in China. I didn't imagine that it will spread throughout the whole world. This silent virus finally crept into Singapore in January this year.

In the start it was all imported cases. But slowly, it spread to our local community.

I was still going to work regularly 4 times a week at the Innovation Healthcare Centre. There wasn't any registration or taking of temperature. But we were told to wear a mask. The supervisor of the management will check on all of us. I started to sanitised my hands before and after work.

Then, on 7 February 2020, one unlinked community case was found, and following that, the DOSCON Orange in SINGAPORE. We were told to stop work for two weeks.

When I returned after two weeks, everyone entering the building had to do the compulsory registration and temperature taking. We were then given a sticker.

I was advised by some of the doctors whom I met, that we should drink more water, always wear the mask and don't be around crowded places. Some of the doors there were closed to the public. So was the lift. I love to enjoy being alone at the *Foreword* cafe at level 4. I will have a drink there before I start work. But eventually everything changed. The place was only opened for the staffs.

I was really disappointed that not many people are able to get into all the social enterprise. And sales are getting down. It was really bad.

By the way, some of the nurses and doctors passing by would still give us words of encouragement telling us that we can still buy snacks and titbits from the cafe. They would even help me to pay at the cashier and start a conversation with their colleagues.

I really need to be more careful, as by then, cases increased by the day. I will not let people touch my wheelchair. I would wash my hands whenever I touch things or even the lift button. I would try not to let anyone else sit beside me.

A few weeks before the circuit breaker, I was getting quite worried when many areas around the interchange of Ang Mo Kio were blocked. Some of the shops at Novena closed. People around were talking about a possible lockdown. I really feel uncomfortable with my surroundings. I share with my colleague that I think there will be a lockdown soon.

But whatever I shared is unbelievable to them. A few days, before the circuit breaker, I have to stop going to work. It was sad. I miss my colleagues. I have to say goodbye to them on the phone. I miss seeing friends which are working with another social enterprise there. Even though there is an age gap between us, I still feel really close to them, like family.

This COVID-19 pandemic has surely made me face and challenges some very unforgettable experiences.

I hope everything will be over as soon as next year.

2020 - The Year Everyone Will Remember

By Resident Apollo Tan

As a Singaporean born in the Generation X years, I must say I have indeed “Seen it All”.

I have witnessed Singaporean moving from kampung to HDB to condos. Ribbon typewriters to Electronic Typewriters to Computer / Printers. From Sending Telegram to overseas to Sending Airmails to Sending Emails. From Black / White TV to Colour TV to Flat-Screen TV to LED TV to Smart TV. From Vinyl Records to Cassettes to CDs to MP3s. From Dial Phone to Number Pad Phone to Brick-like Mobile Phone to Pocket-size Mobile Phone to Touchscreen Smartphone. And of course, computers From the gigantic cupboard-size computers that we only see on TVs to the green LCD 1st Gen 8088 PC to Windows 3.1 to Windows XP to Windows 7, 8, to Windows 10. From 750 bytes 5.25” Floppy Disk to 1.44 MB 3.5” Diskette to 650 MB CD Disc to 1 GB thumb drive to 5 TB Portable Drive.

Already I have shown you so many changes I have witnessed In fact, I could still go on.

But even after all these numerous changes I have been through and accepted, nothing could have prepared me for the changes of 2020.

January started off with news of a virus spreading in a wild-life market in Wuhan, China. “News like this is very common, right?”, I thought. Wow, was I so wrong!

The virus keeps spreading, people start dying. Fear starts building. At that time, I kept wishing it would never reach Singapore But alas, it did.

By now, this virus that is so relentlessly spreading itself everywhere in the world won a name for itself It is called COVID-19, short for Coronavirus Disease 2019.

At first, it was DOSCON ‘Yellow’, lives still go on as normal but with more frequent washing of hands People wearing masks became a common sight.

Then The DOSCON ‘Orange’ All forms of gatherings, groups, events stopped. Strict social distancing and wearing masks becomes compulsory. But even this doesn’t work. The numbers of people getting infected and numbers of deaths from COVID-19 still keep going up Not only in Singapore, but all over the world.

For us, the “never before in the whole history of Singapore Since Stanford Raffles discovered our island.” CIRCUIT-BREAKER, aka CB, took place on 7th April 2020.

- No one, as in everybody, regardless of race, gender, social status or age Especially the elderly, are allowed to go outdoors. Not even to your neighbours’ place. You can only go out to get food for your household, using take-aways (dabao) or if you are working in the essential business.
- All businesses and schools were shut down immediately Only essential businesses, like food deliveries, hawkers, food supplies and importers, healthcare and public transport are allowed to continue.

The CB was a very brave and drastic move, an ‘act of desperation’ I would say And it proves to be effective. After two months of CB, the number of new infections in the community were reduced to less than ten.

Although we are now in the ‘out of danger’ stage, Phase 3, the virus has left us with so many damages and changes:

Let's look at the damage the virus caused us:

- Deaths - To date of writing this, there are more than 1.3 million deaths throughout the world due to COVID-19. (Source: <https://www.worldometers.info/coronavirus/>)
- Infected by COVID-19 - To date, there are more than 54.3 million reported cases throughout the world But these figures are underestimated as there are many more unreported cases.
- All air travels came to an abrupt stop - All airport staff, even pilots and cabin crews, tour-guides, everyone in the tourism industry find themselves looking for other revenues to stay alive.
- Because of lockdowns everywhere, all non-essential work stops. Without work, no salary Without salary, many starves. Without workers, businesses can't continue. Business starts to adopt salary deductions, or staff thinning (retrenchment), or even closing down. Economy starts to tumble, jobless rate goes up. Governments have to tap on reserves to support its nation.
- Brick and mortar stores start closing down - even big names like the Robinson chain have to say "good bye".

Then, the changes in our lives:

- Grouping / Splitting - All organisation / Nursing Homes have to be split to smaller groups. Each group is to be totally separated and stay away from other groups. This is so that if ever anyone gets infected, that group of people will be quarantined while others can still run the organisation. *Our Home too was split, Male Residents / Female Residents. Half of all our staff force is either 'Team A' or 'Team B'.*
- In order to reduce outside contact with the residents, all group visitors are prohibited. All kinds of outings, except for doctor appointments, were stopped. This means no more Bingos, no more games, no more singing and dancing, no more parties from companies or groups. No more site-seeing or group outings. Everything fun, all gone.
- Buying food and groceries - Food deliveries and online shopping became so essential to everyone. Even wet-market buying has gone online.
- Work from home, home-based learning - Two of the most common abbreviations you will hear now: WFH, HBL. Offices will never be fully staffed again as most people are told to work from home nowadays. Time spent in school classrooms are reduced while schoolwork is now done online.
- Zooming and Video Conferencing - No more office meetings, walk-in interviews, seminars, even attending someone's wedding, or graduation, or wake or cremation, all these are done using video conferencing. Hmmm, have you ever imagined how it would be like for a Boss who is angry with his staffs for not doing a good job, and starts screaming at them, through Zoom, while in his own home?
- Mask-up everyone and stay 6 feet away - No more will we be able to see smiles when we go out. No more going to cinemas, discos, hang-outs (Psst, psst. No need to put on lip-sticks or blush. They will be covered by your mask anyway. Better to buy a good pair of sunglasses)
- 'No Entry' unless you have 'Safe Entry' - No more can you just stroll into anywhere you like You must do the 'Check-In', 'Check-Out' with 'Safe-Entry'

COVID-19 pandemic has affected thousands of people. Singapore government banned gatherings of people and enforcing strict quarantine to control the spread of the virus

The pandemic has without a doubt changed our lifestyle and the Home's day to day routine.

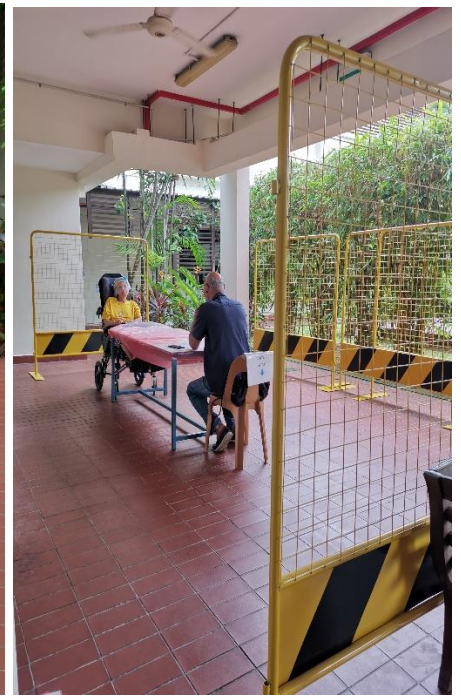
In June 2020, the Home is open for resident visitor with precautionary measures in place e.g. SafeEntry, Health/Travel declaration, temperature taking, wear mask, maintain 1 metre distance etc. Only pre-designated visitor was allowed to enter the Home at any one time and appointments had to be made and approved in advance.



Visitor registration... SafeEntry, Health & Travel declaration, mask etc



Maintain minimum of 1 metre distancing



Pre-designated Visitor area

Home's staff were split into teams and were further split by zones. Residents were divided into Female and Male zones.



MSF proactive swab tests for Adult Disability Home. Home's residents and staff, first round of swab test was conducted in May 2020.

Clinic staff prepare to swab resident and staff during a mass COVID-19 testing event held in the Home



Resident Dolly & Staff Jorell get tested



Take a deep breath...relax.....Generally no pain but it is common to experience discomfort



Singapore General Election 2020

On 10 July 2020, 25 residents exercised their duty as citizen and cast their vote at nearby polling station. Adhering to safe precautionary measures, the Home's van and designated staff assisted on the day.



Singapore National Day 2020 Celebration

“Every year, rain or shine, Singaporeans come together on the 9th of August for the National Day Parade, to celebrate the making of our nation, and renew our commitment to Singapore,” PM Lee.

With COVID-19 safe distancing measures was exercised. On 7 August, the Home celebrated National Day differently from previous years. Residents enjoyed the screening of music video of National Anthem and the song “Home”. They were happy to receive funpack bags.



Despite the challenging time, Home continue to run programmes in small group activities of no more than 10 and for a duration not exceed 60 minutes in accordance with MSF guidelines.



Handicraft session conducted at Male Zone. Resident Jason, Peng Sun and Ah Meng hands-on.....



Kahoot game on Zoom (live game) with ASRJC student. Residents enjoyed the game and interaction



Movie day!

Sit back and relax.....

Singapore Cheshire Home Resident's Committee was formed to look after the social and communal interest of the residents in the Home. The residents themselves elect suitable candidates to serve the Residents' Committee.

The Residents' Committee act as a bridge between residents and the Home's management. They help to disseminate relevant information, participate and represent the residents at functions and events.

The Residents' Committee also help to connect residents with one another by welcoming and extending a hand of friendship to new residents to help them make the social transition to their new pattern of life.

RESIDENTS' COMMITTEE - April 2020 to March 2022

-  Salfura Binte Alias - Chairman
-  Low Mun Chong - Vice Chairman
-  Patrick Chan - Treasurer
-  Ng Siew Lian - Member
-  P Sashwin - Member
-  Tan Ah Meng - Member
-  Tiew Tsui Ling - Member