



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



Home's Hydroponics


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From the Editor's desk

By Resident Apollo Tan

Many events took place since the last issue of our newsletter

First it was Christmas followed closely by the Chinese New Year. We will have many visitors during December and January because of these joyous seasons; "How could our Home look so 'usual' during these times"?!?

It used to be something we residents and staffs took for granted as we had a 'Chief Creative Executive' named Mary Kwa who would come up with the 'theme of the Year' and the ideas and the materials for the decorations. She would then head an operation team and start producing the decorations for the Home. Then she will get some volunteers to put up all the decorations before early December. While most of us would just sit back and watch all these take place.

After Mary's departure, thoughts of having a 'No deco' Christmas and CNY did cross most of our mind.

Lucky for us, a few residents stepped up and came up with a lot of creative ideas for decorating the Home. Then even our stay-in staffs joined in. Everyone would spend most of their waking hours making the decorations and putting them up.

By early December, our main hall, main entrance, foyers, every pillar and every empty space was decorated. Everyone could feel the joyous season of Christmas and Chinese New Year. Even visitors could feel it the minute they stepped into our Home. Most of them could not leave without taking selfies and wefies with our decoration as their backdrop.

Well, we really have our new creative few from the residents and most of our stay-in staffs to thank for all their creative ideas and hard work and sacrifice of their many rest hours.

I personally believe that even the late Mary Kaw herself would have been proud with what they had done.



Full-house attendance by Residents, Staff & Volunteers



Artwork designed by the Home's Residents and Care Staff

OUTDOOR ACTIVITIES



Outing to Ang Mo Kio, Chong Boon market on 5 October 2019 by NTU RS PPC students volunteer



Groceries shopping at GIANT Tampines on 8 November 2019



Lunar New Year shopping at Chinatown with NTU RS PPC students volunteer on 18 January 2020



Kaplan staff volunteers brought residents to Changi Jewel and had lunch at Shake Shack on 29 November 2019

PROGRAMMES



Instrument and Wushu performance by Fernvale Primary School on 7 November 2019



ASRJC Symphony Band performance on 28 November 2019



Visit by Singapore Youth Flying Club on 10 December 2019



Singapore Police Force AMK Division Chinese New Year celebration & BINGO game with residents on 22 January 2020

FESTIVE CELEBRATION

AETI Chinese New Year celebration with residents on 29 January 2020



Lion and Dragon Dance performance on 4 February sponsored by Emerald Hill



HIGHLIGHTS

Visit by Minister Desmond Lee, Ministry of Social and Family Development on 29 January 2020.



Home's Lunar New Year Steamboat on 3 February 2020



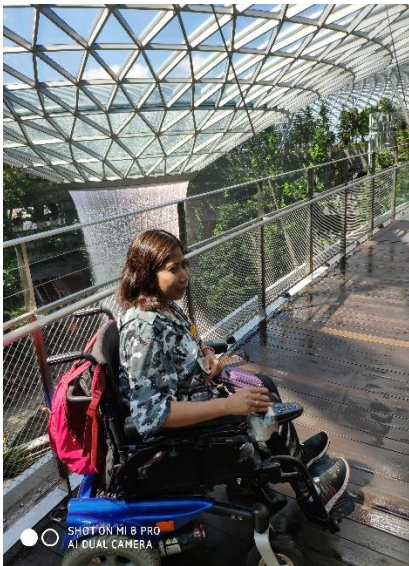
Outing to Jewel Changi Airport

By Resident Salfura Binte Alias

On the 26th November 2019 last year, I was lucky to be one of the selected residents going to my one of favourite places 'The JEWEL'. I was with 15 other residents accompanied by 6 of our Home staffs. This excursion was organized by our regular and friendly volunteers from Temasek Holdings.

We are divided into 2 groups and I was in the 'B' group where we proceed to our 1st stop at CANOPY BRIDGE which is 23 meters above ground where we could see through the glass floor panels for an immersive view of the greenery surrounding us. Then we proceed to our 2nd stop at CANOPY PARK which is like a playground for everyone. PETAL GARDEN is where we can enjoy looking at the creative displays of seasonal flowers from around the world coming in every colour and shapes. Then there was also TOPIARY WALK where there are a lot of beautiful topiary animals at the photo-friendly enclave.

Before going back home, we went to SHAKE SHACK for our lunch. I ordered Smoke Shack burger and a float for myself and it was such a huge big quantity that I cannot really finish it. Well Overall I think this is one of the greatest and well spent outing that I have went so far.



Simple and Memorable

By Resident Prabhakaran Sashwin

It was an afternoon filled with coloured lights, heart-warming decorations that captivated our guests, as well as a string of mind-blowing dance performances by our staffs.

The party started with a Christmas story by Miss Luan Lim about the true meaning of Christmas and the importance of it, she then closes the story with a few words of encouragement. After that, it was time for the showcase of performance by the staffs of Cheshire. The line of performance began with a few Christmas classics sung by the Heads of Department team, it was followed by the collaborated performance of the Happy Mynah and Kenny, our Executive (Volunteer & Programme Management), as well as a solo performance, from Kenny. And we also had Miss Charlene Chua, a budding singer, as she sang a Japanese, a Cantonese and also a Hokkien song. As the songs came to an end, it ushered in a beautifully and graceful Indian fusion dance performance by our staff, Miss Sandhuni.

Then we have 'Sister Jacque's Angels', our nursing staffs, and 'The Adorable', our therapy staffs, captivating us with their dance moves. They really kept the audience at the edge of their seats throughout the performances. Everyone watched with open jaws as we were all surprised. Those dancers, with their stunning looking outfit and dance moves were actually our staffs that we see every day!

As the dance performances came to a close, it was time for a new talent of Cheshire Home to be born, it was none other than Miss Joanne as she sang to some of her favourite tunes. In fact, she has become a part of the Cheshire's family not long ago. The line of performance came to a conclusion with a few memorable Christmas Carols by the Barker's family.

And the celebrations ended with a few Lucky Draws. As the names were being drawn, our hearts beat with anticipations and curiosity, as the prizes this year were limited and useful for everyone. And then, suddenly, out of the blue, my name was announced. I was happy to receive a Power Bank, but was hoping for the first prize.

Anyway, as the Christmas party 2019 came to an end, it is just in time for dinner, as we all gathered for a delightful buffet from the Four Seasons catering.

And with that, we end the Christmas party 2019. Till next time, this is Sashwin signing out



Two Month Older

By Resident Low Mun Chong

On the eve of my 2nd month stay in Cheshire Home I was asked to contribute an article to our newsletter on how I felt staying in Cheshire Home. To be honest, after staying alone for 20 years in a rented flat, I do not really like the place. The only thing positive here is that it freed me of the all the tedious household chores I need to do when I am alone and not forgetting I have more friends to talk to now.

The other positives I found is therapy. As long as you are free, Monday to Friday, you can go for exercise/therapy as much as you like. I think it is just too early for me to talk about the pluses and minuses of my staying experience.

Since it is a bit premature for me to talk about my experience here. Let me talk a bit about myself: when I was seven, my parents separated. At sixteen, I was down with a viral infection. That infection was definitely an immensely costly one! I lost all my bodily functions. I was like a new born After years of rehabilitation, I regained most of body functions and was enrolled in a hostel for the disabled. To stay there, you need to be gainfully employed. That was when I got my first job.

The year 2000, I rented a flat from HDB with a church friend. I also joined Singapore Disabled Sport Council (SDSC) sailing team that went to Melbourne, Australia and later Auckland, New Zealand for competition. Eye opening experiences indeed! Wind over there is stronger, so was the competition.

Many people love the serenity of the sea but I can only admire/embrace the sea on land but with sailing, you have the freedom to go anyway you like, the sea water was within touching distance, what a feeling. Breath taking indeed.

Well, a dislocation ended my love affair with sailing. I did carry on with sailing for a while but the pain was getting worse. So, when you need to abandon ship, you just have to.

A series of accidents together with some medical problems prompted some volunteers to suggest I look for Nursing Home. I was against the idea initially, but as I am getting weaker and being alone sooner or later, I will have to go to a Home. The greatest lesson I learned during this transition period is knowing how to 'let go', what you want and need.

At least, now I can tell others I stay in a landed property ;)



Prior admission to Cheshire Home



BINGO game with fellow residents in the Home

A Remarkable 2019

By Resident Nuraisyah Binte Amran

It all started in May 2019. I had pelvic bleeding which resulted in tremendous blood loss. I was rushed to Khoo Teck Puat A&E Care Centre.

My condition started to get better after multiple attempts of medications and infusions. Soon, I was fit for discharge.

Due to my health issues, the medical team at Khoo Teck Puat Hospital (KTPH) suggested that I might need supervision in the long run. That is when Cheshire Home came into the picture.

By early week of August, I finally settled down at Cheshire Home. I was struck with anxiety when I looked around me. I had a typical mindset about homes, and Cheshire Home was among them. I foresaw myself being all alone here, living a mundane life.

But just about a month later, my assumptions proved to be wrong. I made friends with everyone, and amazingly, I began to enjoy my stay here.

The best part about my stay here is meeting wonderful people from different walks of life. Everyone welcomed me with open arms. My wellbeing is well taken care of. Activities such as hydroponics, movie sessions, karaoke sessions and handicraft are among the activities that fill up my daily life. Therapies are done every day, accompanied by therapy aides, to ensure our safety throughout.

A few months passed since the start of my stay here, and it was finally November, my birthday month. I did not think nor expect anyone here would remember my special day. So, I was really caught off-guard when my roommates gave me a birthday surprise gifting me cheesecake, my favourite cake.

Ever since then, we grew closer, and we truly share and treasure this bond amongst ourselves. We treat each other like siblings and care for one another. We grew to love each other so much that our room will feel incomplete without the presence of the full squad.

When I look back, I am thankful that I chanced upon this wonderful place. Indeed, 2019 shall remain an unforgettable memory in my heart.



Surprise birthday cake!



My two lovely roommates