



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




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From the Editor's Desk

By Resident Apollo Tan

Hi everyone, 2021 has been another roller coaster ride..... with lots of good news that brings us new hopes and joy and also numerous sad/bad news that bring fear and tears.

With so much negativity around us, it is good for us to turn our focus on what we have and be thankful.....

This year, here in Cheshire Home, three very special ladies who together cumulatively, have given no less than 100 years to caring for us, are starting their retirement. All three, Sister E Jacques, Sister Tan Lian Eng and Mrs Chan Chooi Ling, PBM, Chairman of the Council of Governors have in their capacity or roles, given exemplary dedication and commitment!

So, we would like to dedicate this latest issue of the Red Feather Newsletter to them.

Thank you, Sister Jacques, Sister Tan and Mrs Chan. Be assured that we will ALWAYS remember you with deep appreciation and gratitude.

We wish you many years of Good Health, Peace and abundant Happiness.



Sister Tan, Sister Jacques and Chairman, Mrs Chan

Our Chairman Mrs Chan

By Resident Elizabeth Tan

Mrs Chan Chooi Ling was appointed Chairman of the Management Committee from 1994. The Board was restructured in year 2010 and Mrs Chan was appointed Chairman, Council of Governors since then. She will be retiring soon in September 2021. She has been involved with The Singapore Cheshire Home since around 1958.

As a Chairman, Mrs Chan rarely misses any meeting, be it our weekly meetings or meetings with the other members of the Council of Governors. She also almost always turns up at every important function at Cheshire Home. Even though she has to use a wheelchair in the few later years of her service, she always made it a point to be present for meetings and functions, sometimes staying here the whole day from morning till late in the evening.

Mrs Chan is a keen artist and had some of her art pieces framed and put up in the admin building and therapy room II. She did several pictures of flowers over the years and had them printed out as greeting cards for Cheshire Home. These cards were mainly packed and sold as a way of raising funds for the Home's Exigency Fund. The idea of having this fund came about when she was in chairmanship. It was to help in the cost not necessarily covered by funds from the governing bodies. Besides doing cards, she enjoys making beaded necklaces for sale for the same cause. She also got together many of her friends who are good with handwork to help in the production of beautiful craft work for our handicraft sales. Her love for nature things of beauty is shown in her keenness to add that touch of beauty to special occasions through flower arrangement. Every Founder's Day, she will arrange a vase of fresh flowers to put beside the portrait of our founder, and for Chinese New Year she would do up a new bunch of artificial flowers to welcome a new spring.

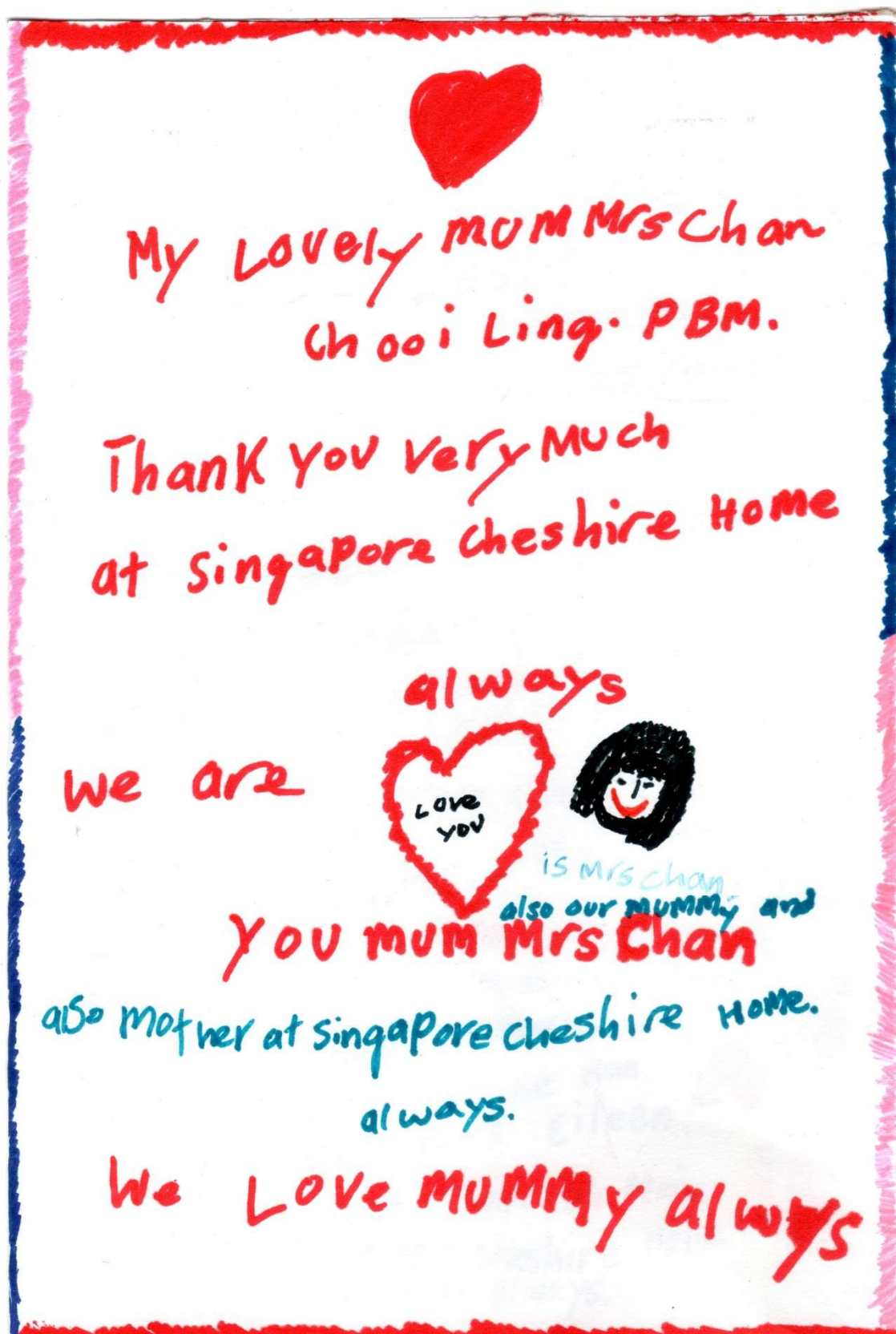
While everybody may be hoping, thinking and planning for a big feast during the festive season, Mrs Chan is always mindful to keep meals simple for us. Hoping that we stay good and healthy always, she is careful that we do not over indulge with food. But, every year, on her birthday, she would treat us to a special lunch of chicken rice or Penang prawn noodles. She also recommended a friend of hers, Mrs Dorothy Chan, to sponsor us regularly with a meal from Far East Organisation.

We know she cares for each one of us in her own way and know us by name and case history. Her concern for any particular resident is evident in the way she asked about the resident and talked about it in some of the conversation we had with her. Now that she is retiring and saying 'Sayonara' to all of us, we want to wish her all the very best in her retirement.

We want to say, "Thank you, Mrs Chan....." for dedicating a good half of your life to the cause of The Singapore Cheshire Home; for doing your best to make this Home the best Home we can be in; for your kind thoughts and concern for all of us; for attending the numerous meetings to get things going and running smoothly; and for nudging us to be better people doing better while doing battle in life. Thank you for all you've done for us. May you have a golden time in your retirement enjoying the rest that you so deserve. And may the good you do return to bless you richly in your golden years.



A Hand-drawn Card
Dedicated to Mrs Chan
By Resident Katherine Han & Friends



My Dearest Mummy Mrs Chan
wishes you all the
Best!

May Lord Bless mum
Mrs Chan with
good health and
healthy
Everyday.

Our Singapore Cheshire
Home is the Happy
Home always
we are Miss you very
Love Much...
Katherine Han
Bee Geok Eileen.
Kim Yim. Poh Moi.
We are Cheshire Home
Love always.



Our 'Lady with the Lamp'

By Resident Apollo Tan

Have you ever heard or read the legend of a woman who goes around every night, with a lamp in hand, checking on every wounded soldier in the hospital during the war? She does that every night for years..... that she was also known as 'The Lady with the Lamp'.

Haha! No, this is not a scene from a horror movie..... It is actually the true story of a legendary nurse named Florence Nightingale (12 May 1820 - 13 August 1910). She serves as a manager and trainer of nurses during the Crimean War.

I, too, personally know someone that resembles this legendary nurse, soft-spoken, caring and dedicated to ensure all her patients are well taken care of..... She too is a 'Sister', a nursing rank that is likened to 'Staff Sergeant' in the Army world, and therefore she is known as Sister Elizabeth Jacques.



I met her on the first day I was admitted into Cheshire Home back in 1987. She greeted us and showed me to the room where I will be. There, she introduces me to my roommates and she said: "You will be sleeping in this room with these nice boys (my roommates). If you need anything, or any help, they will help you or they will get the staff to help you. Don't worry, everyone here will try to help you." After hearing this, all my anxiety of living in a new environment were immediately calmed.

After that day, she would come to me almost every day to check on my wellbeing. She would say: "My dear, how are you today? How is your" In fact, she does this for every resident; that is usually the time we voice our grievances.

Being the Chief Nursing Officer of the Home, she really has big shoes to fill. Not only must she ensure the physical wellbeing of every residents and staffs, she also have to manage the staffs and ensure they know how to take 'good care' of 'her residents' (that's us, all the residents) and to keep the Home clean..... not forgetting, loads of paperwork to do for reporting purposes.

Every morning, right after she comes in for duty, she would put on her nurse gown, walk pass the hall, and head straight to our bathrooms and rooms..... as that is when all the residents are bathing. She would be there, supervising and ensuring all 'her residents' are bathed properly and cleanly. There were many occasions when she would actually do it herself as she teaches the staffs; squatting down while washing the resident's toes, rubbing off 'the dirt' from the feet (the old-school way). She would then proceed to ensure that all the rooms are cleaned. After that you will see her checking on every one of us on our wellbeing before going back to her office to do her paperwork.

She is also someone who cares about our feeling. She would always try to protect our modesty by ensuring the doors and windows are closed before lifting our shirts. She would bring us to a corner before telling/asking us anything personal. And when we are ill, we can expect to see her coming to check on us at least three times in a day. Making sure we are comfortable and have water to drink, etc.

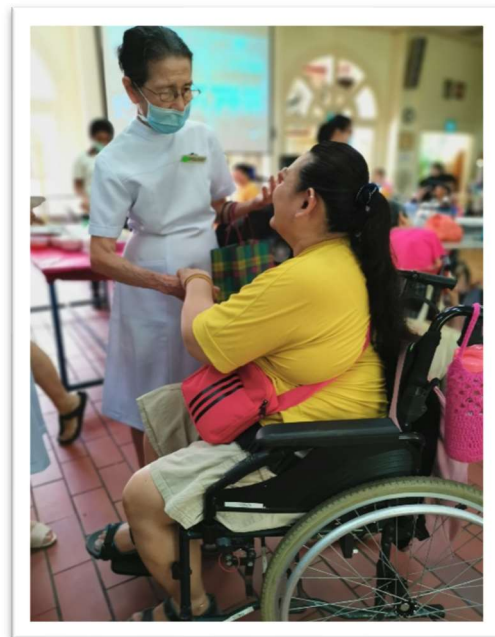
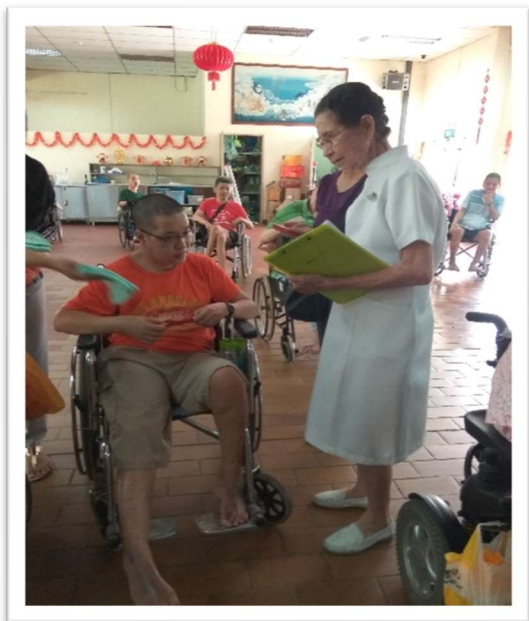
Everyone in the Home will *always* remember her famous quotes: "MINE..... not 'my one, my one'. No such word 'my one'." Whenever you are going to eat something like deep-fried or chicken with skin, etc. and she passed by, you will hear her say: "Oh my goodness, so oily. Come, come, let me take out some of these....." and she will help you make your food less sinful. When she advice you on going for treatment, she always uses this quotation 'A stitch in time Saves nine'. Whenever she talks to you, her sentence always starts with "My dear,"

Throughout the years, she has trained quite a few nurses here..... She really showed them how to be patient with us, how to care for us at the same time respect us. And as a result, we have quite a number of great nursing staffs that have a lot of patience, and are caring like her.

Her presence in the Home is so significant that anyone, be it ex-staffs, ex-volunteers, visitors that used to come, will always ask us if our 'Ang-mo missi' is still working. And they will always bring up some memorable but pleasant encounters with her.

Wow, how time flies. Before we even noticed it, thirty-four years had passed since that first day I met Sister Jacques. Alas, it is time for her to retire from working. She really deserves it as she has really worked very hard and put in so much dedication to the Home for thirty-five years.

Throughout my life, I have been staying in hospitals and nursing homes for more than three-quarter of my life..... and have met hundreds of nursing personnel. But only a handful of them have a very special place in my heart..... and..... Sister Jacques, you are definitely one of them.



A Poem Dedicated to
Sister Jacques and Sister Tan
By Resident Salfura Alias

Long before you entered nursing,
The Lord had played his part,
Planting seeds of love and kindness
In the portals of your heart.

For it's clear that you've been gifted
With a sympathetic ear.
And blessed from the beginning
With a willingness to cheer.

And the people who you cared for,
Are better off by far,
When they're touched by your compassion.
By the person that you are.

For in times of woe and worry
When they're frightened or they're blue.
No one could be more consoling
Than the friend they'll find in you.

