

UNCOMMON VOICES

ISSUE 01/2024



OF BALLOONS, BONDS AND BRAWN

EDITOR'S NOTE

Rarely do we associate sports with seniors – an activity that may be deemed too rigorous and risky for the silver generation. Yet, at MWS, we have redefined the narrative with adaptive sports, beckoning seniors of diverse physical abilities into a world of fun and play tailored just for them!

In this issue, we invite you to step into the world of adaptive sports, where inclusivity is the name of the game. Beyond recreation, the evidence-based programme offers physical, social and therapeutic benefits. Join us in celebrating the vibrant spirit of our seniors like Mr Liao Vui Hon who found empowerment through adaptive sports!

Come, be a part of our inclusive and vibrant community – dive into the stories and initiatives that reflect our mission at <https://mws.sg/uncommon-voices/> and consider partnering us today for positive change!

Michelle
Editor



Adaptive Sports for Active Ageing

- **Frailty among older adults within the community is expected to rise from about 6% now to 27% in 2030.**
- **Adaptive sports enable older adults of varying fitness levels to participate using modified play rules and sporting equipment.**
- **Seniors enjoy opportunities to age actively, socialise, delay frailty and improve overall quality of life.**
- **With built-in therapeutic elements, adaptive sports can enhance functional capacity and mental health, and reduce the rate of falls.**
- **In line with national healthcare focus on preventive care, adaptive sports contribute towards reducing the disease burden on society.**

A group of 32 wheelchair-bound seniors are gathered in a multi-purpose hall in groups of eight, holding rackets and playing a leisurely game of badminton. However, instead of shuttlecocks, they are hitting slowly-descending balloons.

Enter the world of adaptive sports, where play rules

and sporting equipment are modified to accommodate different levels of functional abilities. At MWS Bethany Nursing Home – Choa Chu Kang (BNH) where 99% of the residents are wheelchair or bed-bound, adaptive sports allow them to enjoy the benefits of exercise despite a lack of mobility.

PLAY AND THRIVE IN THE SILVER YEARS

Staying active is crucial for good health and well-being, especially for older adults. Adaptive sports offer seniors who are frail or have physical disabilities a fair opportunity to participate in recreational sports, improving their overall well-being and quality of life.

This enables them to thrive and lead more fulfilling, productive lives in their silver years.

68-year-old Mdm A Sulosana is one MWS BNH resident who never imagined that she would be able to play badminton again after losing her right leg to diabetes.

“In my youth, I loved playing badminton with family and friends. But I stopped after marriage due to family commitments. I am glad that at this age, I can go back to playing my favourite childhood sport,” she said, grinning from ear to ear.

Another resident, 88-year-old Mah Siew Sang, said: “I’m into adaptive sports because it gets me moving. It’s much better than just being stuck in my room all the time. I’m in a better mood and have more energy since I started taking part in adaptive sports – it gets my heart pumping.”

For seniors like Mdm A and Mr Mah, adaptive sports help inject some joy and vitality into their days, while reducing the physical and mental health risks of a sedentary lifestyle.

INDEPENDENCE, DEXTERITY AND A CONFIDENCE BOOST

Then there are others like Mdm Chew Ah Buck, who have gotten better at everyday tasks and become more independent thanks to adaptive sports and physiotherapy. “I used to need assistance to move around. But now, I can walk independently, and my knee and back pain have improved,” said the 77-year-old.

Mdm Chew added that the strength and dexterity in her hands and fingers have become better. That has made a difference in how well she does her micro-job at the Nursing Home, where she helps fold and pack towels.



A senior playing adaptive soccer at MWS Active Ageing Centre – Golden Lily@Pasir Ris

“I can complete the task much quicker and with better results now,” she said, skillfully joining the two towel halves.

ACTIVE AGEING THROUGH ADAPTIVE SPORTS

Adaptive sports, along with other exercise and therapy programmes, are used to meet the World Health Organization’s recommendation on physical activity for older adults. This includes multi-component physical activity that emphasises strength and functional balance at least three days a week.

With MWS’ adaptive sports programme, therapeutic elements in the form of strength, balance and flexibility training using sports equipment are woven into the 45-minute routine. Imagine volleying a balloon with racket or shooting a basketball into a hoop repetitively for a set amount of time. The aim is to enhance functional capacity, improve mental health and reduce the rate of falls.

The initiative aligns with the shift in Singapore’s

healthcare strategy towards empowering seniors to proactively manage their well-being – through preventive health, active ageing programmes and care services. This helps to reduce the risk of people falling ill and further straining the healthcare system.

UPSTREAM INTERVENTION FOR HEALTHY AGEING

Frailty is linked to an increased risk of falls, acute illness, institutionalisation, immobility, care needs, decreased quality of life, disability and death.

In Singapore, falls account for 40% of injury-related deaths among older adults. If left unaddressed, fall risks like walking instability lead to recurrent falls and poor quality of life. Older adults who have experienced falls and near-falls may develop a fear of falling and restrict their activities and socialisation, diminishing their quality of life. Limited social engagement can lead to isolation and cognitive decline, raising the health and mortality risks of these seniors.

EMPOWERED AGEING

82-year-old retiree Mr Liau Vui Hon has made great strides in reversing his frailty since taking up adaptive sports at MWS Active Ageing Centre – Fernvale Rivergrove. During his first session, he had a hard time walking and standing steadily. But eight months of adaptive sports have improved Mr Liau’s leg strength and balance.

“After my last fall a few years ago, I sprained my waist and was in pain for about a month. I became fearful of falling. But now I can walk more steadily, which lowers my chances of falling,” he said.

These days, Mr Liau relies less on others to get around. This has improved his quality of life, enabling him to stay socially active and age in place. “I am now more confident in walking around my neighbourhood on my own,” he said.

SOCIAL ISOLATION ALSO A FRAILITY RISK

While factors such as inactivity, diet and illnesses can contribute to frailty, social isolation presents similar risks. Adaptive sports serve as community-building activities, preventing isolation and promoting social interaction.

Research has found that seniors who stay socially active have better memory, cognitive function, overall well-being and physical health.

ADAPTIVE SPORTS AND PROVEN IMPACT

The programme was initially launched in 2022 during the COVID-19 lockdowns at MWS Christalite Methodist Home (CMH) to combat inactivity and isolation among residents, and enhance their well-being.

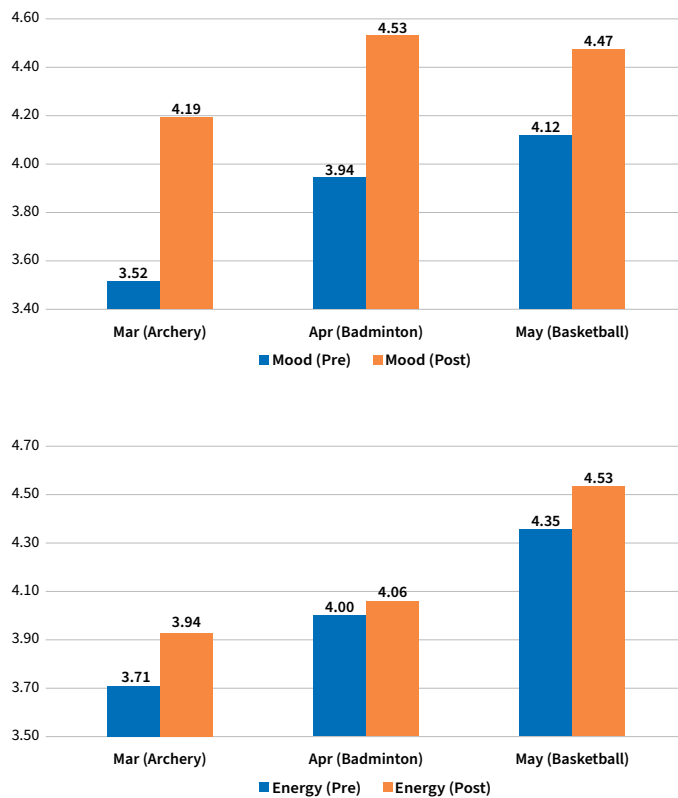
A six-month study using validated tools found that

75% of MWS CMH residents who regularly participated in adaptive sports improved or maintained their physical abilities, despite going through four COVID-19 lockdowns. Moreover, 80% of residents had a reduced risk of fall.

Another survey revealed that when residents spent more time socialising with their peers, their mood and energy levels improved as well.

PROGRAMME ADDRESSES BOTH SOCIAL AND HEALTHCARE NEEDS

On 14 April 2023, the programme was recognised with the People’s Choice Award at the National Healthcare Group Population Health Collective (POPCollect) Annual Workplan Seminar 2023. The programme was one of 14 that were showcased, and it won for its innovation,



A three-month survey conducted at MWS Christalite Methodist Home found that residents who participated regularly in adaptive sports experienced improved mood and energy levels



A group of residents at MWS Bethany Nursing Home – Choa Chu Kang playing adaptive badminton

FEATURE

integration across social and health care domains, and ability to empower frail seniors to take ownership of their overall well-being.

There is a wide range of activities within the programme and these include boccia, badminton and basketball, among others. Today, the programme has been expanded to MWS' Active Ageing Centres (AACs), Senior Care Centre, and two Nursing Homes.

ONE SIZE DOESN'T FIT ALL

The differentiating factor of adaptive sports is its inclusivity and adaptability to needs. Adaptive sports, for seniors in different

settings, are enhanced to meet their differentiating needs. For example, a basketball game played by seniors who are more mobile and active, and living in the community, is more rigorous and requires more skills training on movement on the court to prevent falls during the game. Even within the community setting, adaptive sports can be enhanced further (through change in layout and rules) to allow seniors of different abilities to play together. The same basketball game played by seniors in a nursing home will have different considerations.


“At our AACs that serve seniors living in the

community, the activity comprises cognitive elements like following instructions, learning new skills, strategising during games, and having friendly competitions. This helps the players to socialise more, and builds camaraderie among them,” shared Brendon Yam, Manager – Programme Development from MWS' Allied Health team.

At MWS CMH and MWS Nursing Homes, adaptive sports serve both as a social activity and a form of therapy for the senior residents. Given that the nursing home residents have limited mobility, they play badminton which helps build

their upper body strength and flexibility.

Meanwhile, at our Senior Care Centre, adaptive sports are used to help the clients undergoing community rehabilitation to improve their functional abilities and remain active in the community.

“The seniors are more motivated to engage in therapy when it is disguised as play. They are exercising without realising it!” said Brendon. “Adaptive sports make ageing more empowering and inclusive for seniors, and enable them to live purposeful and dignified lives in their golden years.” 



A modified version of Boccia, a Paralympic sport for people with motor impairments, is played across MWS Active Ageing Centres



MWS CEO Calvin Ngo (fourth from left) with colleagues at MWS' Staff Recognition Awards 2023

UP CLOSE AND PERSONAL WITH OUR NEW CEO

It's been several months since Calvin Ngo joined MWS as our Chief Executive Officer (CEO). Over several meetings, lunches, coffee and even a car ride between meetings, we found out why he came out of retirement to answer a call to serve and give back.

MWS Staff: Hi Calvin! Tell us a little more about yourself.

Calvin: I'm Calvin and I'm married with one son who's doing his Master's degree in Australia. I used to worship at Wesley Methodist Church till I met my wife. After we got married, I joined my wife and moved over to worshipping at St James' Church. I serve in the worship ministry where I play the electric bass and acoustic guitar.

A few years ago, God impressed upon me the need to give back. He gave me the Bible verse 2 Corinthians 9:8 – "And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."

Since 2018, I have been volunteering with Lakeside Family Services including leading its HR and IT digital transformation, then serving on its Board. In addition, I volunteer with Anglican Preschool Services and sit on the Board of IMPART, a start-up non-profit organisation that works with youths facing adversities.

Together with my wife, we also serve on The Marriage Preparation Course and The Marriage Course where we support couples from our

church who are planning to tie the knot, as well as married couples.

I am thankful that God has opened so many doors and given me the opportunities to serve and give back.

MWS Staff: That's been quite a journey. Volunteering is quite different from working full-time with a social service agency like MWS though. What made you join MWS?

Calvin: I was what some of you may call a 'corporate guy'. All my career, I had been

working in MNCs and other large corporations. A few years ago, I left my last job in the corporates and joined the furniture retailing business where I'd been an investor. At the end of 2019, I decided to call it a day. That was just before COVID-19 broke out. So I had effectively retired for about 3-4 years.

In March this year, I received a call from an executive search firm, asking if I would be interested in a job opportunity. What drew my attention was how the role is with a "faith-based organisation". The interview process was gruelling and I didn't hear back from the recruiter for some time. Then one day, I received the call telling me that I've been offered the role of CEO.

To be really honest, I was afraid when I received the news. I was like, "God, really?" I prayed and heard God telling me to go on a silent retreat which I did. Four weeks later, I accepted the role.



Leading worship at Staff Devotions



Visiting staff from MWS Family Support Programme to learn about their work on the ground

Answering this call has been yet another step of faith as I hold on to the verse He had given me, to serve and bless others as I had been so abundantly blessed.

MWS Staff: What has been your biggest challenge since joining MWS?

Calvin: MWS is a very large organisation with diverse programmes and service models. I am inspired by the passion of the people and the very good work we're doing. I think we just need to find ways to collaborate more closely yet stay agile, and be prepared to innovate so that we can serve our clients even better.

MWS Staff: You announced a new organisation structure which came into effect in September 2023. What are the plans for the new Healthcare Services and Family Services group? What other changes should we be expecting?

Calvin: Dennis (Group Director, Healthcare Services) and Francis (Group Director, Family Services) are reviewing the strategy of the two groups of services, including how we can better integrate the services and ensure a common care model across Centres that offer the same

service. There will be some changes to how we work and how we serve, but it will all be for the better.

I want to assure all colleagues that each and every one of you are important to MWS. Just because we hold different titles doesn't mean any one person is more valuable than the other. We play different roles, all of which are necessary in ensuring our beneficiaries, our clients receive the care they need. We just contribute and serve differently. Likewise, I am not more special or smarter than anyone else in MWS. As CEO, I simply have more responsibilities.

In 1 Corinthians 12:14-16, we read "For the body does not consist of one member but of many. If the foot should say, 'Because I am not a hand, I do not belong to the body,' that would not make it any less a part of the body. And if the ear should say, 'Because I am not an eye, I do not belong to the body,' that would not make it any less a part of the body."

So I am not here to change MWS nor change our vision or mission. My goal is for us to be One MWS. Support and help each other to do good better. Ultimately, we are all united in one God with one ministry.



During a get-to-know-you session at MWS Girls' Residence

MWS Staff: Shifting gear to something lighter, how do you recharge in the midst of such heavy responsibilities?

Calvin: I love to exercise and I practise *Muay Thai* to keep fit. I also enjoy travelling, to see the world and where possible, I will include a bit of downhill skiing too. Most of all, I love spending time with my family and my two dogs, Muffin and Cookie.




At a Muay Thai session

MWS Staff: That's a wonderful segue to talking about food, which is such a huge part of Singapore's culture. So, what do you enjoy in a good meal?

Calvin: I enjoy my hawker fare and things like black carrot cake, *lor mee*, beef *hor fun* and *wonton mee* are my go-to favourites. I'd have loved to cook more but thankfully, there are enough cooks in my family so I can simply enjoy the fruits of their labour.

MWS Staff: OK, last question and a very important one. Your surname makes it sound like you're destined for this job, to work in an NGO (Non-Government Organisation). But more seriously, how do we pronounce it?

Calvin: Haha, yeah, it's a common question. It sounds like "Nor" but without the "r". And you got to add the slightly nasal tone of "Ng" in the beginning. Catch me in person some time and I'll be happy to give you a demo over a *kopi*. 



Children living in rental flats could redeem free meals from local hawkers through MWS' *Kopi Kids* programme to address food insecurity

A RECIPE FOR EMPOWERMENT

Food is sustenance, but it is also more than that. It plays a pivotal role in shaping and connecting our lives. Whether tackling issues like food insecurity or using communal eating to foster social bonding, MWS utilises food to empower lives through community-driven initiatives.

BREAKING BAD EATING HABITS

Even in the foodie paradise of Singapore, the surprising reality is that some go hungry. About 1 in 4 clients who approach MWS Family Service Centre – Yishun (YFSC) seek urgent food assistance.

Recognising the adverse effects of food insecurity, last year, MWS YFSC piloted *Kopi Kids*, a 3-month programme to make healthy food options more accessible to children living in rental flats. The initiative enabled the children to redeem free meals from local hawkers, while growing vegetables in a partnership with Ground-up Initiative to give back to those hawkers. *Kopi Kids* sought to raise awareness of food insecurity and encouraged patrons of participating stalls to pay it forward by sponsoring a child's meal. Beyond easing hunger, the initiative aimed to cultivate healthy eating habits and break the cycle of dependence on processed food items. It also strengthened community bonds through stakeholder

partnership and educated the children about food sources and sustainability.

Besides food insecurity, a lack of nutrition knowledge is also linked to poor dietary habits and health. At MWS Girls' Residence (GR), many of the youth residents, with a history of chronic neglect and abuse, have low nutrition literacy and sustained unhealthy eating habits.

Since December 2022, MWS GR has teamed up with Mycelium Catering, the institutional catering arm of Food Inc, to provide balanced and nutritious meals for the residents, as part of educating them about nutrition and eating well. Through this, the residents discovered that wholesome food can also be tasty, and embraced healthier eating habits.

Emmanuel Stroobant, Chef & Co-Owner of Food Inc, said that the company's commitment aligns with his vision for children and youths to have healthy nutrition. Stressing the crucial impact of early nutrition on both brain and physical development, he said, "A balanced diet boosts concentration, prevents sluggishness and increases learning potential. It promotes optimal growth and development and prevents health problems in adulthood. It can also improve a child or

"A balanced diet boosts concentration, prevents sluggishness and increases learning potential. It promotes optimal growth and development and prevents health problems in adulthood."

- EMMANUEL STROOBANT, CHEF & CO-OWNER OF FOOD INC

youth's mood and prevent emotional problems linked to unhealthy eating."


BREAKING BREAD, BUILDING BONDS

This commitment to improving food quality for our clients extends to MWS Bethany Nursing Home (BNH) – Choa Chu Kang. Here, residents who are estranged from their families seldom have the chance to enjoy anything beyond the daily offerings from the Central Kitchen.

But for the past year, residents have been enjoying a special monthly meal sponsored by Blue Hill Capital, headed by Ms Selina Chin. "Thanks to the donation, we can offer special treats like roasted duck, mackerel fish, beef, lamb and crab," shared Chef Ho Lim Neng, Manager of the Central Kitchen at MWS BNH. "The residents and staff love these special meals and often ask for more. This shows that special treats or gestures have a mood-lifting effect and contribute to overall well-being."

Recognising how communal eating can enhance social bonds and well-being, special celebrations in conjunction with occasions like Valentine's Day are sometimes organised around these monthly meals to encourage bonding among residents.

In a broader initiative last year, MWS partnered with The Methodist Church in Singapore to launch Eat Share Connect, a communal dining outreach that urged local Methodists to connect with socially isolated seniors and families in need over a meal. The goal was to cultivate meaningful connections through shared meals, while fostering inclusivity in the community.

These food-focused initiatives would not have been possible without the support of our community partners. We are thankful for their belief in our cause, and anticipate collaborating with even more partners to empower families and individuals to have a better quality of life. 

MERRY MOMENTS

Christmas celebrations were back in full swing across MWS Centres



Our staff sleighed the fashion game at MWS Senior Care Centre – Eunus' Christmas bash, where they doled out sweet treats at the Eunus Polyclinic, pampered our seniors with manicures and feasted on volunteer-prepped festive goodies.



It was festive fashion showdown over at MWS Nursing Home – Yew Tee where staff showed up as their favourite Christmas character. The Best-Dressed award went to Aye Myat Oo, who wowed in a tree-mendous outfit made from diaper boxes and glitter foam sheets.



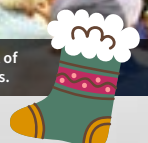
The Watoto Children's Choir – a travelling troupe of Ugandan orphans – brought the beats, the moves, and stories of finding hope after despair to MWS Bethany Nursing Home – Choa Chu Kang.

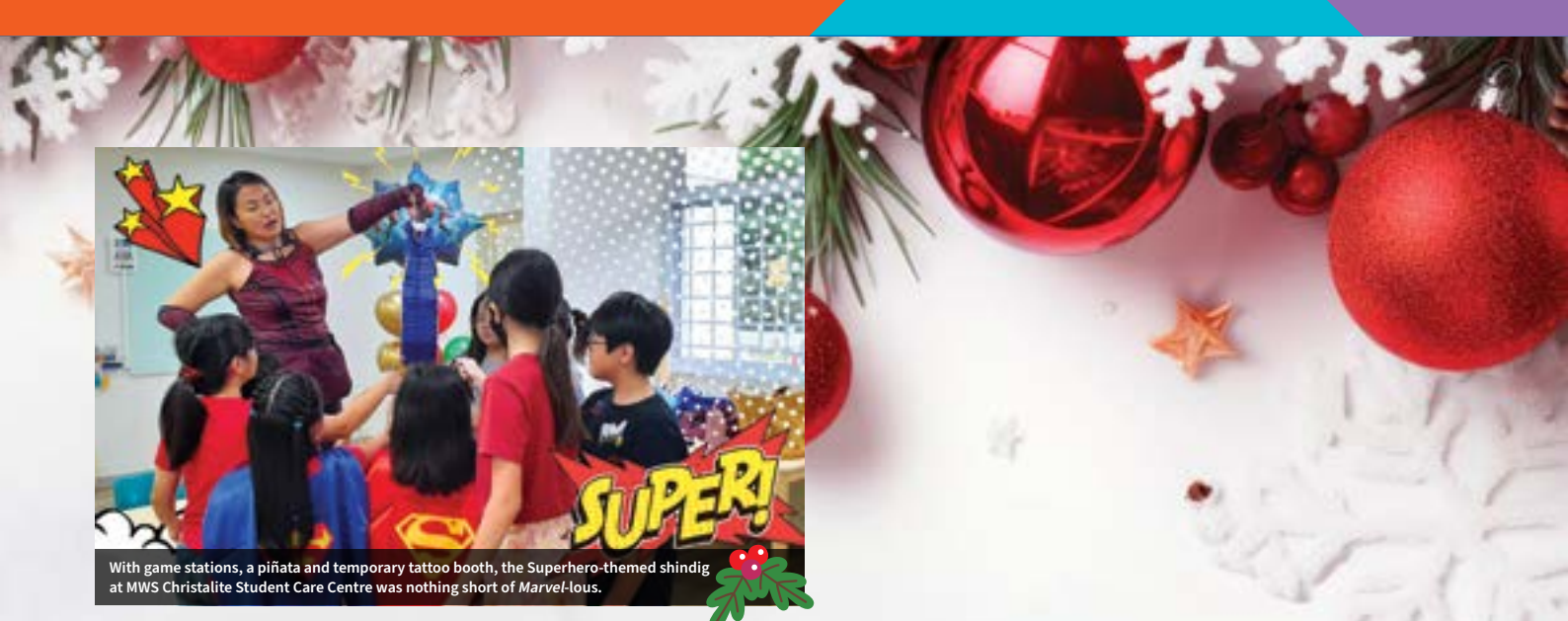


Singapore Sidecars treated our staff at MWS Nursing Home – Yew Tee to thrilling joyrides, as a heartwarming Christmas gesture for the team who bravely faced numerous challenges during the pandemic.



The Pentecost Methodist Church's Children Ministry brought Christmas magic alive with a stirring skit of the nativity story, captivating seniors and staff from MWS Active Ageing Centre – Golden Lily@Pasir Ris.





With game stations, a piñata and temporary tattoo booth, the Superhero-themed shindig at MWS Christalite Student Care Centre was nothing short of *Marvel*-lous.



Minnie of our MWS Corporate Services staff turned up in Mouse ears for our Disney-themed extravaganza.



Staff, volunteers and members from MWS Charis ACE Active Ageing Centre – Geylang East carol sung their way into the hearts of socially isolated seniors, reminding them the reason for the season.



Meanwhile, seniors from MWS Active Ageing Centre – Kebun Baru put on an exhilarating Angklung performance. Rock on, seniors!



What *batter* way to celebrate Christmas than with a cookie decorating party – just like the seniors at MWS Active Ageing Centre – GreenTops@Sims Place did!



The MWS FAM@FSC team bonded over a sizzling BBQ bash. What a lit idea!



MWS HOME CARE & HOME HOSPICE STAFF HONOURED AT 2023 COMMUNITY CARE EXCELLENCE AWARDS

We rejoice with four of our MWS staff who were recognised with the Community Care Excellence Award (CCEA) and the Community Care Manpower Development Award (CCMDA), given by the Agency for Integrated Care on 6 September 2023.

The awards commend both organisations and individuals for their pursuit of excellence and lifelong learning.



CCMDA recipient Dr Cai Zhengyan Roland

Kudos to CCEA gold award winners Yeo Chee Wei (Principal Medical Social Worker) and Chong Yan Chew (Assistant Nurse Clinician), as well as CCEA silver award winner Poh Chu Xiang (Senior Staff Nurse)! We also celebrate CCMDA recipient Dr Cai Zhengyan Roland for his commitment to continuous learning.

Thank you to all the winners for flying the MWS flag high!



MWS Home Care & Home Hospice team including CCEA recipients Yeo Chee Wei (3rd from left), Poh Chu Xiang (centre) and Chong Yan Chew (3rd from right) at the Community Care Manpower Development & Excellence Awards 2023



Our seniors from MWS Active Ageing Centre - Fernvale Rivergrove took part in MWS Empowerun, clocking a total of 562km to raise funds for those whom MWS care for

MWS EMPOWERUN RAISED NEARLY \$180K

More than 500 participants took part in the third edition of MWS Empowerun, raising nearly \$180,000 that will go towards over 11,000 families and individuals served by MWS.

The event took place as a virtual-only run from 21-30 July 2023.

Themed 'Bring Colours to Lives', MWS' flagship charity run offered three categories: 21km, 42km, and a custom distance. Participants could also choose an impact area to advocate for, and rally their family and friends to donate to their chosen cause.

We appreciate our delivery partner DPEX Worldwide Express, and our sponsors F&N Foods, Amore Fitness & Define, Eu Yan Sang Singapore and The Soup Spoon for their support in making this event a success.

MWS ANNUAL REPORT 2022/23 IS NOW OUT

Our Annual Report for 2022/23 is now available, with highlights on MWS' key initiatives in the financial year ended March 2023, and our upcoming plans.

2022 was marked by an uneven recovery in the aftermath of the pandemic, presenting continued healthcare, social and economic challenges to the social service industry.

Despite uncertainties, we continued to innovate and strengthened both internal and external collaborations to enhance care for over 11,000 families and individuals. This included deploying technology to better engage clients, galvanising partners to address critical social issues and equipping the community with much-needed resources.

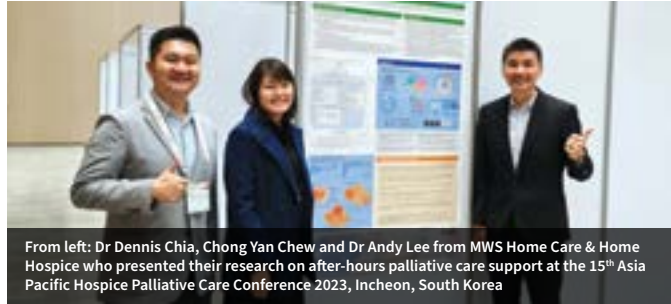


Scan the QR Code to read our Annual Report or visit our Annual Report microsite at <https://mws.sg/annual-report-fy2022-23/> to learn more about the year's highlights and our impact on the community.



SPOTLIGHTING AFTER-HOURS PALLIATIVE CARE AT REGIONAL CONFERENCE

The MWS Home Care & Home Hospice team recently presented its research findings on how our home palliative care patients tap on its after-hours service.



From left: Dr Dennis Chia, Chong Yan Chew and Dr Andy Lee from MWS Home Care & Home Hospice who presented their research on after-hours palliative care support at the 15th Asia Pacific Hospice Palliative Care Conference 2023, Incheon, South Korea

Entitled “A Descriptive Retrospective Study of Afterhours Support Service by a Home Palliative Care Provider in Singapore”, the findings were shared via a poster presentation at the 15th Asia Pacific Hospice Palliative Care Conference

(APHC) 2023, held in Incheon, South Korea from 4-7 October 2023.

The study focused on understanding the needs of MWS’ home palliative care patients after service hours, so that a better framework

of service can be produced.

One key discovery in the study is that the top interventions are nursing-related. To address this, it is crucial to establish standardised protocols for nursing issues and procedures that may arise after hours.



Credit: Photo from TODAY / Nuria Ling

MWS LAUDED WITH NATIONAL AWARD FOR WORK WITH ROUGH SLEEPERS AMID COVID-19

In recognition of MWS Family Service Centres’ (FSCs) work in providing casework to rough sleepers during the pandemic in 2020, MWS was honoured with the President’s Certificate of Commendation (COVID-19) on 18 June 2023.

MWS was one of several organisations who participated in *The Innkeeper’s Project* to house homeless individuals during the circuit breaker period. Our FSCs’ main role was in providing case management services to the rough sleepers at Buangkok Crescent Shelter, as part of holistic client care.

The team also conducted research with the rough sleepers to uncover the realities of homelessness, and made recommendations to address the issues including the need to build a community support network.

Scan the QR Code for more on our FSCs’ research findings from *The Innkeeper’s Project*.





MWS RECEIVED CHARITY TRANSPARENCY AWARD 2023

MWS is honoured to be among the 80 charities awarded the Charity Transparency Award on 21 November 2023.

Given by the Charity Council, the award recognises charities with exemplary disclosure and transparency practices.

The recognition underscores MWS’ commitment to accountability and transparency in our operations, and we will continue to strive for excellence in upholding these principles. Thank you donors and clients for your trust and confidence in us.

Mr Eugene Toh, Chairperson of MWS Board of Governance, receiving the Charity Transparency Award from Chairperson of the Charity Council Theresa Goh



INAUGURAL MWS UNCOMMON DIALOGUE ON POVERTY IN SINGAPORE

On the streets of Singapore, one of the most affluent cities in the world, we rarely see beggars or people rough-sleeping or scavenging bins for food. Many may think that poverty is not a big problem and only affects a minority. Delving a little deeper, is poverty only about a lack of money?

On 20 October 2023, MWS held the inaugural *MWS Uncommon Dialogue*, where esteemed panellists weighed in on the subject of *From Intergenerational Poverty to Mobility*.

Over 160 guests including donors, corporate leaders and representatives from Methodist churches and schools attended the event where Assoc Prof Walter

Theseira (Singapore University of Social Sciences), Dr Mathew Mathews (Institute of Policy Studies, National University of Singapore) and Dr Dennis Chia (Healthcare Services Group Director, Methodist Welfare Services) discussed what poverty in Singapore may look like, why some families continue to be trapped in a poverty cycle, whether meritocracy is ‘broken’, and the role which charities and community may play.

Mr Christopher Tan, CEO of Provident Ltd, also spoke on *A Different Stewardship*.

Look out for more details in upcoming issues of *Uncommon Voices* as we distil and share key takeaways from the event, on the issue of poverty in Singapore.

From left: Assoc Prof Walter Theseira, Dr Mathew Mathews, Dr Dennis Chia and host Steven Chia at *MWS Uncommon Dialogue: From Intergenerational Poverty to Mobility*

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WORKSHOP CHAMPIONS SURVIVORS OF SEXUAL ABUSE

In June 2023, social workers from MWS Family Service Centre – Tampines (TFSC) and MWS Girls’ Residence (GR) collaborated to run a workshop on sexual abuse for MWS GR residents.

The workshop aimed to inculcate affirming truths and dispel myths around sexual abuse. Participants learnt that sexual abuse is a crime and never the survivor’s fault. They were also taught that everyone deserves to feel safe in their bodies, and that recovery has no template timeline or look.



Participants penning words of encouragement to support sexual abuse survivors during a workshop conducted at MWS Girls’ Residence

By engaging in open discussions and exploring practical scenarios in a safe environment, participants gained a deeper understanding of this very important but often undiscussed topic. One resident shared, “Recovery takes time. Some days are difficult, while others are easier.”

Audrey Rajalingam, Head of MWS GR, said, “It’s a wonderful collaboration as it exposes FSC workers to the very palpable, tangible psychological holding of young women with early trauma.”



JOB OPPORTUNITIES

MWS is fast expanding and we welcome those who share our vision and passion to join us! Check out <https://careers.mws.sg/> for details.

CELEBRATING OUR VOLUNTEERS

On 8 December 2023, over 200 MWS volunteers and staff gathered at PARKROYAL on Beach Road for the biannual MWS Empowering Life Awards, which celebrated the exemplary commitment of our volunteers.

The event was a heartfelt expression of gratitude, and featured song and dance performances by students and seniors from MWS. The indispensable role of volunteers was underscored by MWS Chairperson Eugene Toh and MWS CEO Calvin Ngo in stirring speeches where they shared poignant anecdotes of those who went above and beyond to serve those in need.



Guests enjoyed a lively ukulele performance by students from MWS Christalite Student Care Centre

Among the distinguished awardees was Dr Peter Ng, recipient of the Empowering Lifetime Award for 26 years of faithful service. He reflected, “It is very encouraging to see so many stepping up to volunteer. I am heartened to know that as I step down from my role, I can pass on the

baton and continue to serve others in a different capacity.”

His words capture the spirit of commitment embodied by our volunteers. We deeply appreciate the partnership and support of volunteers, and look forward to empowering more individuals and families together.

A TRIP DOWN MEMORY LANE

In a gingerly manner, Madam Song approached the group of six seniors who had gathered for the inaugural 6-session *Reminiscence Facilitation* programme held at MWS Active Ageing Centre – GreenTops@Sims Place. She whispered to the facilitator that she will not be able to contribute much as she is neither “rich nor smart” and has no friends.

Many seniors like Madam Song experience social isolation and low self-esteem when they have little or no next-of-kin support.

Recognising this trend in an ageing society, the Singapore University of Social Sciences (SUSS) developed an evidence-based *Reminiscence Facilitation* programme along with a toolkit “*Come, Let’s Chat!*” to create a safe and supportive space for seniors to share memories and connect with each other.

Numerous studies have shown that reminiscing can significantly boost seniors’ life satisfaction and emotional well-being.



SUSS facilitators guided the seniors using tools like food and music to help them relive youthful memories and affirm their identity.

Throughout the sessions, the 18 seniors and volunteers engaged in animated and joyful conversation as they bonded over recollections of past events. MWS utilised



a validated research tool to measure outcomes among nine seniors, and the results showed significant improvement in their psychological well-being after the group work. This underscored the efficacy of reminiscence in promoting the emotional health of seniors.

Meeting regularly over a period of six weeks had also resulted in a strong sense of camaraderie among the seniors. Madam Song was visibly happy when she shared this closing thought with her facilitator, “Although I’ve had bad memories in life, there were also positive experiences that I could share here.” Each participant also took home a board with photo collages and reflective notes from the sessions.

MWS hopes to incorporate this programme in our outreach to seniors in the community, and welcome dedicated volunteers who would like to be trained in conducting reminiscence activities at our MWS Centres. Contact RITA@mws.sg for more details and *Come, Let’s Chat!*



LIVING LIFE IN FULL BLOOM

Despite facing chronic illnesses, Wendy Ong Po Choo is spreading joy and actively seeking ways to better the lives of others

Step into Grace Residence at MWS Bethany Nursing Home (BNH) in Choa Chu Kang, and what greets you are intricately-crafted flowers – from a vibrant orchid display at the nurses’ station to a delicate carnation by a resident’s bedside and a stunning hydrangea flower vase arrangement in a common sitting area.

The creator of these ornate blooms is neither a staff nor volunteer, but a 50-year-old resident, Wendy Ong Po Choo.

Despite suffering from Parkinson’s disease and a degenerative spinal condition which causes numbness and weakness in her limbs, Wendy is determined to embrace life fully.

“Even though my legs don’t work, my hands still do. I hope to bring people joy through handmade flowers,” Wendy said, punching out paper flowers from a craft punch while surrounded by art supplies and LED-lit hydrangeas strewn across her bed.

“Even though my legs don’t work, my hands still do. I hope to bring people joy through handmade flowers.”

Since her admission into the Nursing Home in September 2023, she has lovingly given paper roses to every resident and staff nurse, bringing joy to those who received them.

Connecting passion with purpose

Encouraged by her care team, Wendy embarked on a mission to fundraise for MWS BNH by crafting paper flowers and showcasing them at a festive bazaar organised by Seagate Technology in December 2023.

The self-taught artist, who honed her skills through online tutorials, said, “While others may be able to complete a handmade flower in an hour or two, it takes me a day due to my condition. I hope that the funds will help improve the lives of my fellow residents.”

Holistic healing

Wendy’s ethos of giving is rooted in her Christian faith.

But behind her warm and giving nature lies a past of deep pain and hardship.

Prior to her admission, Wendy had worked as a cashier to support herself and her mother. But after one too many falls due to her comorbidities, she was forced to resign.

As Wendy’s health worsened, her increasing care needs strained her relationship with her mother, leading to her eventual referral for long-term placement at MWS BNH.

Taking a holistic care approach, a multi-disciplinary

team worked with Wendy to address her physical, emotional and social well-being. This ranged from interventions like weight management care to group therapy and rehabilitation programmes.

MWS’ Chaplaincy team also provided Wendy with spiritual support and counselling. “It brought me peace and helped me to begin healing from past family wounds,” she said.

Today, Wendy is a role model, extending her caring touch to staff and fellow residents. Among her acts of kindness include soothing a cognitively impaired resident prone to episodes of aggressive behaviour through heartfelt dialogue in Hokkien.

But she is quick to downplay her contributions. “I’m simply doing my small part to care for my fellow residents,” she expressed. “I see them every day, more than my own family, so they have become like family to me.”



THE MAGIC OF COMMUNITY

When Mr Goh Geok Leng was navigating grief and loss, he found solace in the bosom of friendship

As the saying goes, one man's trash is another man's treasure. For 83-year-old self-taught magician, Mr Goh Geok Leng, he turns dumpster finds into magic props.

On a December afternoon, he is making a wooden table float, pulling silk scarves from an empty box, and morphing a blank sheet into a \$50 note, eliciting joyful oohs and aahs from his audience.

Meet "The Magician", a title bestowed upon Mr Goh by his peers and the staff at MWS Charis ACE Active Ageing Centre – Geylang East, where he has become the go-to guy for magic acts during birthday parties and festive occasions.

Mr Goh's love for magic started in childhood after watching a magic show. But it was only in recent years that he began learning and practising magic in his free time, using eco-friendly props.

"Sometimes, I spot something lovely in a dumpster, which looks perfect for a magic trick, so I bring it home. All my props are made from recycled materials," he shared. "I started performing my magic tricks at the Centre a few years ago. The audience's laughter, applause, and positive feedback keep me going!"

A double whammy

Even as Mr Goh delights in sparking gladness and laughter through magic, life has occasionally dimmed the lights of joy in his own journey.

"My wife of 58 years was diagnosed with lung cancer three years ago, which shook our world. As her condition gradually declined, she ended up in a wheelchair. During her last few months in the hospital, I visited her daily. But she couldn't recognise me towards the end. Her eventual passing left a deep void in my life, and now living alone, the loneliness creeps in," shared

"In my darkest hour... the Christians here stood by me, offering support and comfort."

Mr Goh, whose three children are married and living with their families.

While still grieving over the loss of his wife, Mr Goh faced another blow when diagnosed with the same condition that took her away. Despite initial resistance to treatment, with the encouragement of MWS staff and his loved ones, he eventually underwent chemotherapy. A year on, Mr Goh is back in the pink.

Magic of human connection
A hub for active ageing, the

Centre has been Mr Goh's go-to for a decade to play pool, sing *karaoke* and socialise. Today, it holds an even more cherished place in his heart, as a safe haven of solace.

Calling the Centre his "second home", Mr Goh said, "In my darkest hour, apart from my family members, only the Christians here stood by me, offering support and comfort. Regular activities also helped me cope after my wife's passing. Although I still miss her, I've since come to terms with her death and am doing much better." Touched by the kindness of the Christian community, Mr Goh has been attending church regularly and is exploring Christianity.

These days, Mr Goh continues to perform magic as a way of giving back to the Centre. He said: "If I can entertain the seniors, why not? Their happiness watching my magic acts brings me joy too!"

MWS CENTRES & PROGRAMMES

MWS CORPORATE SERVICES Methodist Welfare Services

70 Barker Road #05-01
Singapore 309936
Tel: 6478 4700 Fax: 6478 4701
Email: admin@mws.sg
Website: www.mws.sg

RESEARCH, INNOVATION & TRAINING ACADEMY

9 Choa Chu Kang Ave 4
Level 4 Singapore 689815
Email: rita@mws.sg

FAMILY SERVICES

MWS CHRISTALITE STUDENT CARE CENTRE

Blk 122 Geylang East Central
#01-74 Singapore 380122
Tel: 6744 4927
Email: MWSscsc@mws.sg

MWS GIRLS' RESIDENCE

600 Upper Thomson Road
Blk A #01-01 Singapore 574421
Tel: 6391 0567
Email: MWSgr@mws.sg

MWS COVENANT FAMILY SERVICE CENTRE – HOUGANG

Blk 613 Hougang Ave 8
#01-432 Singapore 530613
Tel: 6282 8558
Email: MWScfsc@mws.sg

MWS COVENANT FAMILY SERVICE CENTRE – BUANGKOK

Blk 997B Buangkok Crescent
#01-853 Singapore 532997
Tel: 6282 8558
Email: MWScfsc@mws.sg

MWS FAMILY SERVICE CENTRE – TAMPINES

Blk 470 Tampines St 44
#01-194 Singapore 520470
Tel: 6787 2001
Email: MWSfsct@mws.sg

MWS FAMILY SERVICE CENTRE – YISHUN

Blk 855 Yishun Ring Road
#01-3539 Singapore 760855
Tel: 6756 4995
Email: MWSfscy@mws.sg

MWS FAMILY DEVELOPMENT PROGRAMME

70 Barker Road #05-01
Singapore 309936
Tel: 6478 4700 Fax: 6478 4701
Email: MWSfdp@mws.sg

MWS FAMILY SUPPORT PROGRAMME

107 Eunos Ave 3
Storefriendly Centre #06-01
(W6019) Singapore 409837
Tel: 8812 9565
Email: MWSfsp@mws.sg

STRENGTHENING FAMILIES PROGRAMME@FAMILY SERVICE CENTRE (MWS FAM@FSC)

Office: 176 Orchard Road
The Centrepont #04-04,
#05-05 Singapore 238843
Programme: Blk 997B
Buangkok Crescent
#01-853 Singapore 532997
Tel: 6330 1080
Email: fam@mws.sg

MWS CHRISTALITE METHODIST HOME

51 Marsiling Drive
Singapore 739297
Tel: 6368 5179 Fax: 6368 7127
Email: MWScmh@mws.sg

HEALTHCARE SERVICES

MWS BETHANY NURSING HOME – CHOA CHU KANG

9 Choa Chu Kang Ave 4
Singapore 689815
Tel: 6314 1580 Fax: 6314 1576
Email: MWSbnh@mws.sg

MWS NURSING HOME – YEW TEE

51 Choa Chu Kang North 6
Singapore 689581
Tel: 6568 9200 Fax: 6568 9250
Email: MWSnhyt@mws.sg

MWS HOME CARE & HOME HOSPICE

2 Kallang Avenue
CT Hub #08-14
Singapore 339407
Tel: 6435 0270 Fax: 6435 0274
Email: MWSsh@mws.sg

MWS SENIOR CARE CENTRE – EUNOS

1 Chin Cheng Avenue
#01-02 Singapore 429400
Tel: 6530 3635
Email: MWSscc@mws.sg

MWS CHARIS ACE ACTIVE AGEING CENTRE – GEYLANG EAST

Blk 125 Geylang East Ave 1
#01-05 Singapore 381125
Tel: 6842 0497
Email: MWSceaac@mws.sg

MWS WESLEY ACTIVE AGEING CENTRE – JALAN BERSEH

Blk 25 Jalan Berseh
#01-142 Singapore 200025
Tel: 6298 0194 / 6298 0195
Email: MWSwaac@mws.sg

MWS ACTIVE AGEING CENTRE – FERNVALE RIVERGROVE

Blk 473A Fernvale Street
#01-17 Singapore 791473
Tel: 6481 7395
Email: MWSaacfr@mws.sg

MWS ACTIVE AGEING CENTRE – GOLDEN LILY@PASIR RIS

Blk 212A Pasir Ris St 21
#01-616 Singapore 511212
Tel: 6214 0119 / 6214 0189
Email: MWSaacgl@mws.sg

MWS ACTIVE AGEING CENTRE – GREENTOPS@SIMS PLACE

Blk 63 Sims Place
#01-227 Singapore 380063
Tel: 6747 1786 / 6747 1796
Email: MWSaacsp@mws.sg

MWS ACTIVE AGEING CENTRE – KEBUN BARU

Blk 180 Ang Mo Kio Ave 5
#01-2980 Singapore 560180
Tel: 6238 4136 / 6238 4137
Email: MWSaackb@mws.sg

MWS ACTIVE AGEING CENTRE – TECK GHEE VISTA

Blk 307D Ang Mo Kio Ave 1
#01-01 Singapore 564307
Tel: 6684 0341 / 6684 0361
Email: MWSaactg@mws.sg



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Chief Editor: **Calvin Ngo** Editor: **Michelle Aw Yong** Writer: **Cheryl Ong**

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Every dollar counts to people who have few or no resources. Your donation is greatly appreciated.

\$50

Support a primary school child's after-school care and educational needs for one month

\$100

Fund active ageing activities for a senior who is experiencing social isolation

\$200

Empower a family struggling with finances to clear debts of daily living for one month

\$500

Contribute to the medical, nursing and 24/7 care of a chronically ill resident at a nursing home

\$1,000

Sponsor a scholarship for a youth at risk to pursue a brighter future



For mobile banking donations, use the PayNow feature on your app and donate directly. Kindly provide us your NRIC No. to receive tax exemption.



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Empowering People to Have Life to the Full



The Giving Methodist

thegivingmethodist.sg



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Serving in His Footsteps

"For the Son of Man did not come to be served, but to serve."

Mark 10:45

Give Time

Sign up for a 2-hour pastoral care training by MWS Chaplains and minister to nursing home residents

Give a Donation

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Give Voice

Spread the word about The Giving Methodist to your friends and family through your social networks

14 February to 28 March 2024
Fundraising till end of 2024

Contact us
tgm@mws.sg



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The Methodist Church in Singapore



The Social Concerns Arm of the MCS



不同凡响

第一期/2024



气球、情谊与膂力

适合活跃乐龄的改良式运动

编者的话

我们鲜少将体育与年长者挂钩, 因为对银发族而言, 体育活动往往被视为过于激烈和高风险。然而, 经过重新定义, MWS通过改良式运动, 吸引了不同体能的年长者加入这个专为他们量身定制、有趣及好玩的世界!

在本期中, 我们邀请您进入改良式运动这个深具包容性的世界。除了娱乐之外, 这项循证计划还提供了身体健康、社交和治疗方面的益处。与我们一起庆祝改良式运动为像廖维汉先生这样的年长者赋权, 使他们充满活力!

想深入了解体现我们使命的故事和倡议, 请浏览<https://mws.sg/uncommon-voices/>, 参与我们包容且充满活力的社群。今天就与我们合作, 推动积极变革!

欧阳明怡
编辑



- 社区中年长者的虚弱程度目前约6%, 预计将在2030年上升至27%。
- 通过改良后的游戏规则和运动器材, 改良式运动让不同健康水平的年长者都能够参与。
- 年长者有机会参与活跃乐龄活动, 积极社交、延缓衰退, 并提高整体生活质量。
- 改良式运动融入治疗元素, 可以增强功能能力和心理健康, 降低跌倒率。
- 改良式运动与国家医疗保健侧重的预防性医疗一致, 有助于减轻疾病对社会造成的负担。

32名坐轮椅的年长者分成四组, 在多功能礼堂聚集在一起, 拿着球拍, 悠闲地打“羽毛球”。然而, 他们打的不是真正的羽毛球, 而是慢慢下降的气球。

欢迎来到改良式运动的世界。

在这里, 改良后的游戏规则和运动器材适合有不同功能能力的年长者参与。在MWS伯大尼疗养院 — 蔡厝港, 99%的院民需坐轮椅或卧床, 所以改良式运动使他们能够在缺乏活动能力的情况下享受运动的益处。

银发族通过玩乐享受金色年华

保持活跃对于一个人, 尤其是年长者的健康和福祉至关重要。改良式运动为体虚或有身体残疾的年长者提供了公平的机会参与休闲运动, 提高他们的整体福祉和生活质量。这

有助于他们过上活跃充实、更有成就感的金色年华。

68岁的A Sulosana女士是MWS伯大尼疗养院的一名院民，她从未想过自己因糖尿病而失去右腿后，还能够再次打羽毛球。

“年轻时，我喜欢与家人和朋友一起打羽毛球。但由于家庭责任，我婚后就没再打了。很高兴能在这把年纪重拾我童年时期最喜欢的运动。”她一边分享，一边笑得合不拢嘴。

另一位院民，88岁的马瑞生先生说：“我喜欢改良式运动，因为它让我动起来。这比一直呆在房间里要好得多。自从开始参加改良式运动以来，我的心情好多了，整个人也更有活力——它让我的心脏活跃起来。”

对于情况类似A女士和马先生的年长者而言，改良式运动为他们的日常生活注入一些欢乐和活力，同时也减少久坐不动的生活方式对身体和心理健康所造成的风险。

独立性、灵活性与自信提升

还有其他人像周亚目女士一样，经过改良式运动和物理治疗后，面对日常活动更为娴熟，更加独立。“过去，我需要帮助才能四处走动。但现在，我可以独立行走，我的膝盖和背部疼痛都有所改善。”这位77岁的年长者说。

周女士补充说，她的手和手指的力量与灵活性都得到改善。这让她更能胜任在疗养院的微任务如帮助折叠和包装毛巾。“我现在可以更快地完成



一名年长者在MWS活跃乐龄中心 - 白沙金百合玩改良式足球

任务，效果也更好。”她熟练地把两半毛巾接在一起，说道。

通过改良式运动活跃乐龄

世卫组织建议年长者参与多方位体育活动，每周至少三天着重于力量和功能平衡的运动。改良式运动与其他运动和疗法项目正符合这项建议。

MWS的改良式运动项目采用运动器材把力量、平衡和柔韧性训练融入45分钟的日常锻炼。试想象用球拍拍打气球或在规定时间内反复将篮球投进篮筐，这些活动旨在增强功能能力，改善心理健康，以及降低跌倒率。

这项倡议与新加坡医疗保健策略一致，策略提倡为老人增能赋权，让他们通过预防性医疗、参与活跃乐龄的项目以及护理与关怀服务，积极主动地管理个人健康，促进福祉。这有助于降低患病风险，避免给医疗系统进一步造成负担。

积极从上游着手开始介入，提倡活跃乐龄

体虚与跌倒、急性疾病、住院、行动不便、护理需求、生活质量降低、残疾和死亡等风险的增加有关。

在新加坡，年长者受伤死亡的个案有40%是由跌倒引起的。如果不加以解决，跌倒风险如行走不稳定会导致反复跌倒和生活质量降低。经历过跌倒和近乎跌倒的年长者可能会对跌倒产生恐惧，造成他们的活动和社交受到限制，从而降低他们的生活质量。有限的社交参与可能导致孤立和认知下降，提高这些年长者的健康和死亡风险。

被社会孤立也是体虚风险

虽然不活跃、饮食和疾病等因素都可能导致体虚，被社会孤立也存在类似的风险。改良式运动作为社区建设活动，可以防止孤立，并促进社交互动。

为年长者增能赋权

82岁的退休人士廖维汉先生在参加MWS活跃乐龄中心 - 芬维的改良式运动后，大大改善了体虚状况。第一次参加活动时，他走路和站稳都感到很困难，但经过八个月的改良式运动，廖先生的腿部力量和平衡取得了进展。

廖先生说：“几年前我最后一次跌倒后，扭伤了腰，疼了约一个月。从此，我便害怕跌倒。但现在我可以走得更稳了，这降低了我跌倒的概率。”

如今，廖先生在行动上依赖别人的程度减少了。这也提高了他的生活质量，使他能够积极参与社交活动，在地养老。“我现在更有信心独自在我的社区周围走动了。”他说。

研究显示，保持社交活跃的长者记忆力更好，认知功能更强，整体福祉和身体健康状况也更良好。

改良式运动及其已证实的影响

该计划始于2022年，在MWS基督之光卫理关怀院实行2019冠状病毒隔离措施期间掀开序幕，旨在改善院民不活跃和孤立的现象，并提高他们的福祉。

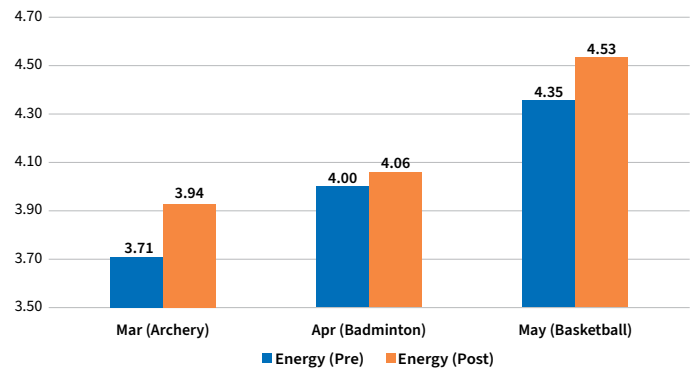
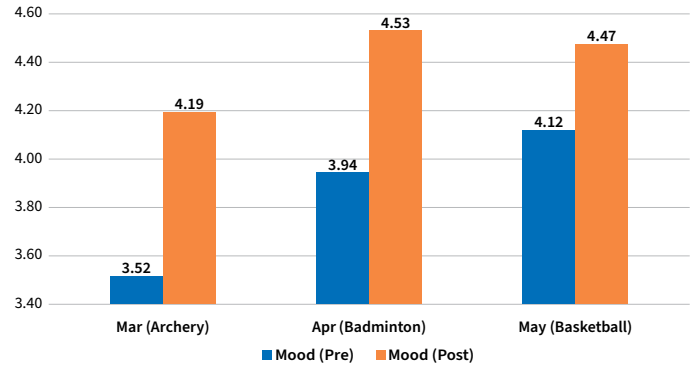
一项为期六个月的研究使用了经过验证的工具，结果显示尽管院民经历了四次2019冠状病毒阻断措施的实行，但75%的院民因定期参与改良式运动，改善或保持了他们的体能。同时，80%的院民跌倒风险也降低了。

另一项调查显示，院民与同侪的社交时间增加有助于他们改善心情和提高精力。

计划满足了社会和医疗需求

2023年4月14日，该计划在国立健保集团全民健康公社(POPCollect)的2023年度工作计划研讨会上，荣获了人民选择奖。该计划是14个展示项目之一，获奖原因包括其创新程度、跨社会与医疗保健领域的整合以及其如何增能赋权，提高体虚长者对整体健康负责的能力。

该计划包含多种活动，其中包括硬地滚球、羽毛球和篮球等。如今，该计划已经扩展到了MWS的各个活跃乐龄中心、乐龄护理中心以及两家疗养院。



在MWS基督之光卫理关怀院进行为期三个月的调查发现，定期参与改良式运动的院民在心情和精力方面都有所改善和提高



MWS伯大尼疗养院 - 葵厝港的一群院民正在打改良式羽毛球

“一刀切”的方式不一定管用

改良式运动的区别因素在于其包容性和灵活性。为了满足不同需求,改良式运动可针对处于不同状态的年长者进行调整。例如,社区中更积极活跃的年长者打的篮球会较为激烈,需要更多动作技能训练,让他们在球场上活动自如,以防跌倒。即使在社区环境中,改良式运动也可以通过

布局和规则的改变,加以调整,允许不同能力的年长者一起运动。同样的篮球活动在疗养院中进行的话,考虑因素将有所改变。

“活跃乐龄中心为社区中的年长者提供服务,所以我们举办的活动包含认知元素,如遵循指示、学习新技能、在比赛中制定战略以及进行友谊赛。这能促进互动,帮助大

家建立友情。”MWS综合医疗保健团队的项目发展经理任日明先生分享道。

在MWS基督之光卫理关怀院和MWS两所疗养院里,改良式运动既是社交活动,也是年长院民所接受的一种治疗。由于疗养院院民行动受限,他们参与羽毛球运动,增强上半身的力量和灵活性。

与此同时,我们的结合乐龄护理中心也采用了改良式运动,帮助正在接受社区康复的年长者提高其功能能力,继续在社区中活跃。

“当治疗化为游戏时,年长者更有动力参与,因为他们不知不觉中运动!”任先生说。“改良式运动包容性强,有助于增能赋权,使年长者过上有意义和有尊严的金色年华。” UV



硬地滚球是一项专为运动障碍人士设计的残奥会运动项目,其改良版本在各MWS活跃乐龄中心进行



MWS执行总监吴伟志(左起第四位)与同事在2023年MWS'员工表彰仪式上

近距离了解 新集团执行总监

吴伟志担任MWS集团执行总监至今已有几个月了。从数次会议、午餐和咖啡聚会甚至在往返会议的谈话中,我们发现他为何从退休中走出来,响应了侍奉和回馈的呼召。

MWS员工:嗨伟志!请介绍一下自己。

伟志:我是伟志,已婚,育有一子,他正在澳大利亚攻读硕士学位。我曾在卫理公会卫斯理堂敬拜,直到遇见妻子。婚后,我随妻子到圣雅各堂敬拜,并在崇拜事工中弹奏电贝斯和原声吉他。

几年前,上帝呼召我,向我传达了回馈的旨意。祂给了我哥林多后书9章8节这段经文:“神能把各样的恩惠多多地加给你们,使你们凡事常常充足,多作各样的善事。”

自2018年以来,我一直在湖畔家庭服务做志愿工作,包括

领导人力资源和信息技术数字化转型,然后加入董事会。此外,我还在圣公会学前教育服务和IMPART董事会担任志愿者,IMPART是一家初创非营利组织,专门与面对逆境的少年合作。

我和妻子也一起在圣雅各堂的《婚姻预备课程》和《婚姻课程》中侍奉,支持计划结婚的夫妇以及已婚夫妇。

我很感激上帝为我打开了

这么多扇门,给了我侍奉和回馈的机会。

MWS员工:这确实是一段非凡的旅程。然而,志愿服务与社会服务机构(好比MWS)的全职工作是有很大不同的。是什么让你决定加入MWS?

伟志:我是你们可能称为‘大企业上班族’的人。我的整个职业生涯围绕着跨国公司和其他大型公司。几年前,我离开了公司,投身于之前投资的家具零售业务。2019年,我选

择退休。那是在2019冠状病毒爆发之前。因此,我实际上已经退休了大约三到四年了。

今年三月,我接到一家猎头公司的电话,询问我是否对一份工作机会感兴趣。引起我注意的是,这个职位是在一个“以信仰为基础的组织”任职。面试过程很艰辛,有一段时间我都没有收到猎头的消息。然后有一天,我接到电话,告诉我我被邀请担任集团执行总监一职。



在员工灵修活动中带领敬拜

说实话,当我收到这个消息时,我很害怕。我说:“上帝,真的吗?”我祷告并听到上帝叫我静思独处,我就照做了。四周后,我接受了这项职务。

响应这个呼召是凭信心又踏出一步,我只能谨记着上帝给我的经文,因为祂将恩惠多多地加给我,是时候我也一样侍奉和祝福别人。



探访MWS家庭辅助计划的工作人员,了解他们在实地的工作

MWS员工:自加入MWS以来,你面临的最大的挑战是什么?

伟志: MWS是一个非常庞大的机构,旗下有多样化的项目和服务模式。同事的热情和我们所做的杰出工作给我很大的启发。我认为我们只需要找到更密切合作的方式,但还是要保持敏捷,时刻准备创新,以便更好地为客户提供服务。

MWS员工:你宣布了一项于2023年9月生效的新组织结构。接下来,新的医疗服务和家庭服务组有什么计划?我们还可以期待什么变化?

伟志: 秉助(医疗服务群组主管)和祥锦(家庭服务群组主管)正在审查两组服务的策略,包括如何更好地整合服务,并确保各个提供相同服务的中心拥有一致的护理模式。我们的工作和服务方式将发生一些变化,但这都是为了更好地服务客户。

我想向所有同事保证, MWS的每一个人都很重要。我们

各自拥有不同的头衔但这并不意味着任何一个人比其他人的角色更有价值。我们扮演不同的角色,所有人的角色都举足轻重,为的是确保我们的受益者,我们的客户,能得到所需的关怀。我们只是以不同的形式做出贡献和侍奉。同样的,作为集团执行总监,我并没有比MWS的任何人更特别或聪明,我只是有更多的责任。

哥林多前书12章14-16节中写道:“原来身体有许多肢体,

并不是只有一个肢体。假如脚说:‘我不是手,所以我不属于身体。’它不能因此就不属于身体。假如耳朵说:‘我不是眼睛,所以我不属于身体。’它也不能因此就不属于身体。”

所以我不是来改变MWS,也不是来改变我们的愿景或使命。我的目标是让MWS成为一体,支持并帮助彼此更好地行善。最终,我们都是和一个上帝成为一体,并且有一个共同的事工。

MWS员工:转换一下话题,在肩负重任的情况下,你是如何充电的?

伟志: 我喜欢运动,练习泰拳保持健康。我也喜欢看看这个世界,到处旅行,如果可能的话,我会将高山滑雪融入旅程。最重要的是,我喜欢和家人以及我的两只狗Muffin和Cookie在一起度过时光。



参加泰拳课程

MWS员工:这是一个很好的过渡机会,可以让我们开始谈论食物,毕竟饮食是新加坡文化的核心。你认为什么算是一顿好饭?

伟志: 我喜欢小贩食品:黑萝卜糕、卤面、牛肉河粉和云吞面都是我的最爱。我本来想多做饭的,但幸运的是,我家里已有够多厨师了,所以我可以享受他们劳动的成果。

MWS员工:好的,到了最后一个问题,也是一个非常重要的问题—你的姓氏拼起来可以理解为非政府组织(NGO),看起来你好像是注定参与这份工作。正经一点,你的姓氏应该怎么念?

伟志: 哈哈,是的,这是一个常见的问题。它听起来像“Nor”,但没有“r”的读音,而且你得在开头加上“Ng”的轻微鼻音。有机会亲自见面时,我很乐意在喝咖啡的时候给你示范一次。 UV



在MWS女子之家的破冰活动



MWS的Kopi Kids项目旨在应对食品安全。通过该计划，住在租赁组屋的儿童可向参与计划的邻里小贩领取免费餐食。

赋权的食谱

食物不仅是用于维持生命，它还塑造和连接我们的生活，从中发挥着关键作用。无论是解决食品安全的问题还是通过聚餐来促进社交联系，MWS都善用食物来推广社区驱动倡议，为宝贵的生命赋能赋予。

改掉不良饮食习惯

即使在新加坡这个美食天堂，还是出现令人惊讶的情况——有些人仍然挨饿。约有四分之一向MWS家庭服务中心 - 义顺寻求援助的客户急需食品援助。

有鉴于食品安全所带来的负面影响，MWS家庭服务中心 - 义顺于2023年推出了Kopi Kids试点计划。这是一项为期三个月的计划，目的是帮助住在租赁组屋的儿童更容易选择健康食品。他们有机会从参与计划的本地小贩那里领取免费餐，同时这些儿童也与农耕义工团体“聚友爱”合作种菜，回馈帮助他们的小贩。Kopi Kids旨在提高人们对食品安全的意识，并鼓励这些小贩的顾客赞助儿童的餐食，从而回馈社会。除了缓解饥饿，这项倡议也致力于培养儿童的健康饮食习惯，打破

他们对加工食品的循环依赖。通过利益相关者的合作伙伴关系，Kopi Kids不但加强了社区联系，还教育儿童食物的来源与可持续性。

除了食品安全以外，缺乏营养知识也与不良的饮食习惯和健康状况有关。在MWS女子之家，有许多年轻院生因长期被忽视和虐待的经历，不仅对营养了解有限，还保持不健康的饮食习惯。

自2022年12月以来，MWS女子之家便与Mycelium Catering, Food Inc的餐饮机构部门合作，为院生提供均衡和营养的餐食，教育她们有关营养和健康饮食的知识。通过这种方式，院生发现健康食物也可以很美味，并接受了更健康的饮食习惯。

Food Inc的厨师兼业主 Emmanuel Stroobant表示，公司致力于促进儿童与青少年的健康营养，这与他的愿景一致。他强调早期营养对大脑和身体发育的重要影响，便分享道：“均衡的饮食可以提高注意力和学习能力，以及防止呆滞感。它不只能促进最佳生长和发育，预防成年后的健康

“均衡的饮食可以提高注意力和学习能力，以及防止呆滞感。它不只能促进最佳生长和发育，(还可以)预防成年后的健康问题。”

- EMMANUEL STROOBANT, FOOD INC的厨师兼业主

问题，还可以改善儿童或青少年的情绪，预防与不健康饮食有关的情绪问题。”

共同进餐，建立联系

我们致力于改善客户食物质量的精神也延伸到MWS伯大尼疗养院 - 蔡厝港。在这里，与家人疏远的院民除了中央厨房日常供应的餐食以外，很少有机会享用美味佳肴。

但在过去的一年里，院民一直享用着由Blue Hill Capital赞助，每月一次的特别餐食，该公司由陈如慧女士带领。“多亏了这笔捐款，我们可以提供像烤鸭、鲭鱼、牛肉、羊肉和螃蟹这样的特别款待。”MWS伯大尼疗养院的中央厨房经理，何廉能厨师，分享道。“院民和员工都喜欢这些特别的餐食，并经常要求更多食物。这表示特别的款待或善举有提升情绪的作用，也有助于整体福祉。”

聚餐能加强社会联系和促进福祉，所以有时候我们会配合情人节等节日安排特别庆祝活动来提供这些每月一次的餐食，以促进院民之间的关系。

在去年一项更广泛的倡议中，MWS与新加坡卫理公会合作推出了“同餐，共享，联系”活动。这是一项聚餐外展项目，旨在鼓励本地卫理公会会友与被社会孤立的年轻者和有需要的家庭一起用餐，建立联系。其目标是通过共享餐食培养有意义的联系，同时促进社区的包容性。

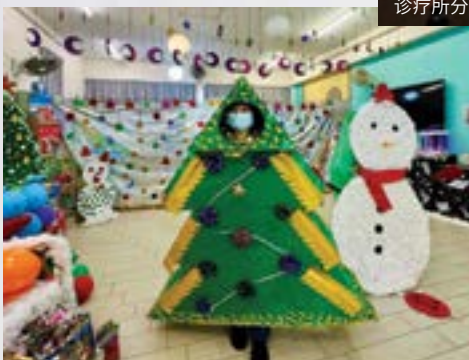
如果没有社区伙伴的支持，这些以食物为主的活动是不可能实践的。感谢他们相信我们的工作对社区的影响，也期待与更多伙伴合作，继续为家庭和受益者赋能赋权，过上更有质量的生活。UV

欢乐时刻

又到圣诞了，MWS中心的圣诞庆祝活动如火如荼地举行



在MWS结合乐龄护理中心-友诺士的圣诞派对上，我们的员工将时尚游戏推上巅峰。他们在友诺士综合诊所分发甜点，为我们的长者做手指美甲，尽情享受志愿者准备的节日美食，大家其乐融融。



在MWS疗养院-油池，员工们以自己最喜欢的圣诞角色亮相，展开了一场激烈的时尚对决。最佳着装奖授予Aye Myat Oo，她穿着由尿布盒和闪光泡沫板制成的华丽服装，镇压全场，令人惊叹不已。



这边厢，新加坡小绵羊边车请MWS疗养院-油池的员工到处兜风，这份刺激又温馨的圣诞礼物是向疫情期间勇敢克服众多挑战的团队表示感激。



另一边厢，来自乌干达的Watoto儿童合唱团为MWS伯大尼疗养院-蔡厝港带来了节奏、舞蹈和在绝望中燃起希望的故事。



卫理公会五旬节堂的儿童事工以耶稣诞生的故事为主题，表演了一场感人的小品，让MWS活跃乐龄中心-白沙金百合的长者和员工陶醉其中。





在MWS圣光学生托管中心, 超级英雄主题的盛大派对中少不了游戏站、皮纳塔和纹身贴纸摊, 简直是叱咤风云。



许多MWS业务服务部的员工在我们的迪士尼主题盛会上戴上了老鼠耳朵。



来自MWS颂恩活跃乐龄中心-芽笼东的员工、志愿者和成员为被社会孤立的年长者唱了曲曲动听的圣诞颂歌, 提醒他们圣诞节的真正意义。



同时, MWS活跃乐龄中心-哥本峇鲁的年长者们也进行了一场令人振奋的昂格隆演奏, 果然宝刀未老!



MWS活跃乐龄中心-沈氏坊青峰的年长者就像大家庭一样, 一起参加饼干装饰派对, 无疑是庆祝圣诞的最“家”方式!



位于家庭服务中心的巩固家庭计划(MWS FAM@FSC)团队在热腾腾的烧烤派对上增进凝聚力, 其热烈的回响增添了不少热闹的气氛!



MWS居家护理与慈怀疗护服务团队在颁发2023年社区护理卓越奖的颁奖礼上受到表彰

四名MWS员工于2023年9月6日接获护联中心所颁发的社区护理卓越奖 (CCEA) 和社区护理人力资源发展奖 (CCMDA), 受到了肯定, 我们为他们感到高兴。



CCMDA获奖者蔡正炎医生

这些奖项旨在表彰组织和个人对卓越和终身学习的追求。

谨此祝贺CCEA金奖获奖者杨志伟 (首席医疗社工) 和张燕秋 (助理临床护士), 以及CCEA银奖获奖者傅楚萝 (高级护士)! 我们也为CCMDA获奖者蔡正炎医生致以祝贺, 感谢他致力于自我提升。

感谢所有获奖者支持MWS的工作, 你是我们的骄傲!



MWS居家护理与慈怀疗护服务团队, 包括CCEA获奖者杨志伟 (左起第三位)、傅楚萝 (中间) 和张燕秋 (右起第三位), 在社区护理人力资源发展奖与卓越奖颁奖礼上



来自MWS活跃乐龄中心—芬维的年长者参加MWS赋权义跑, 完成了562公里的总距离, 为MWS关怀的对象筹集善款

MWS 赋权义跑筹集了近18万新元

超过500名参与者参加了第三届的MWS 赋权义跑活动, 筹集了近18万新元, 这将用于支持MWS服务的超过11,000户家庭和人士。

该活动于2023年7月21日至30日完全以虚拟方式进行。

MWS的旗舰慈善义跑活动以“为他人的生命增添色彩”为主题, 提供了三个类别: 21公里、42公里和自定义距离。参与者还可以选择自己支持的服务领域, 呼吁亲朋好友为该领域捐款。

非常感谢我们的交付合作伙伴DPEX Worldwide Express, 以及赞助商F&N Foods、Amore Fitness & Define、余仁生新加坡和The Soup Spoon的支持, 使这次活动取得成功。

MWS 2022/23年度报告现已发布

MWS 2022/23年度报告已经发布, 重点介绍了MWS在截至2023年3月的财政年度中的关键举措以及即将展开的计划。

2022年, 疫情过后复苏不均, 给社会服务行业带来了医疗、社会和经济方面的持续挑战。

尽管面对不确定性, 我们仍继续创新, 加强了内部和外部的合作, 提升服务, 让超过11,000户家庭和人士得到更好的关怀。这包括利用技术更好地与客户互动, 与合作伙伴共同解决关键的社会问题, 以及为社区提供急需的资源。



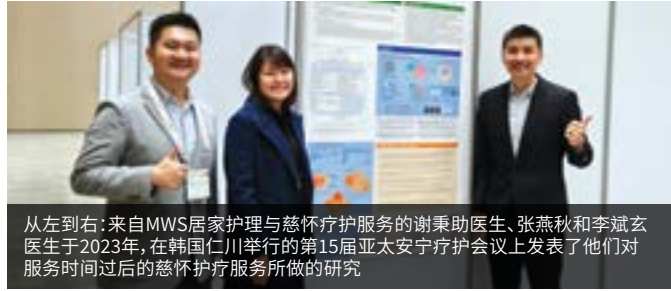
请扫描QR码阅读年度报告, 或浏览微型网站 <https://mws.sg/annual-report-fy2022-23/> 了解更多有关去年的年度亮点以及我们的工作对社区的影响。



在区域会议探讨服务时间过后的慈怀护理

MWS居家护理与慈怀护理服务团队最近发表了研究成果,分享居家慈怀疗护患者如何从服务时间过后的慈怀护理服务中受益。

名为“A Descriptive Retrospective Study of Afterhours Support Service by a Home Palliative Care Provider in Singapore”的研究结果通过海报展示,于2023年10月4日至7日在韩



从左到右:来自MWS居家护理与慈怀护理服务的谢秉助医生、张燕秋和李斌玄医生于2023年,在韩国仁川举行的第15届亚太安宁疗护会议上发表了他们对服务时间过后的慈怀护理服务所做的研究

国仁川举行的第15届亚太安宁疗护会议 (APHC) 上发表。

该研究旨在了解MWS居家慈怀疗护患者在服务时间之后的需求,以制定更好的服务框架。

研究的一个关键发现显示,最常见的介入与护理相关。因此,建立标准化协议,针对在服务时间之后可能出现的护理问题和程序是至关重要的。



图片来源:今日报 / Nuria Ling

MWS在2019冠状病毒疫情期间为露宿街头的流浪者开展个案服务而受到国家奖章的表彰

为了表彰MWS家庭服务中心在2020年疫情期间为露宿街头的流浪者开展个案服务,MWS于2023年6月18日获颁“应对冠病国家奖章”。

*The Innkeeper's Project*旨在为无家可归的人在阻断措施期间提供住所,而MWS是参与计划的其中一个机构。MWS家庭服务中心的主要角色是在万国弯庇护所为流浪者开展个案管理服务,协助提供客户全面的关怀。

团队还与流浪者进行了研究,揭示了无家可归的现实情况,并提出建议解决问题,包括建立社区支持网络。

欲知更多详情,请扫描QR码了解有关MWS家庭服务中心对*The Innkeeper's Project*的研究结果。



卓名宏先生, MWS管理委员会主席,从慈善理事会主席吴清娇女士手中接获慈善团体透明度奖奖状

MWS荣获2023年慈善团体透明度奖

MWS很荣幸能与其他79家慈善机构在2023年11月21日获得慈善团体透明度奖。

该奖项由慈善理事会颁发,目的是表彰在信息披露和透明度方面表现优异的慈善机构。

MWS一向致力于保持运营中的问责和透明度,这个奖更是给予我们的认可,鼓励我们继续努力,在维护这些原则方面取得卓越成绩。感谢捐赠者和客户对我们的信任和信心。



从左至右:特斯拉副教授 (Assoc Prof Walter Theseira)、马修博士 (Dr Mathew Mathews)、谢秉助医生和主持人谢恩实参加了“MWS非同凡响对话:从代际贫困到社会流动性”活动

首届关于新加坡贫困问题的MWS非同凡响对话

新加坡是世界上最富裕的城市之一,我们也很少看到乞丐、露宿街头或在垃圾桶里寻找食物的人。因此,许多人可能认为贫困只影响少数人,不是一个大问题。深入探讨一下,难道贫困只是指缺钱吗?

2023年10月20日,MWS首次

举办了“MWS非同凡响对话”,并邀请了令人钦佩的专家组成小组,发表对“从代际贫困到社会流动性”这个主题的看法。

共有160多名嘉宾参加此次活动,其中包括捐赠者、企业领导和来自自理公会堂会和学校的代表。在活动中,新跃社科大学的特斯拉副教授 (Assoc Prof Walter

Theseira)、新加坡国立大学政策研究所的马修博士 (Dr Mathew Mathews) 和自理福利服务的医疗服务群组主管谢秉助医生讨论了新加坡的贫困状况,为何一些家庭继续陷入贫困循环,“唯才是用”是否已经“崩溃”,以及慈善机构和社区可能发挥的作用。

财务咨询公司Providend Ltd的总裁陈显耀先生 (Mr Christopher Tan) 也发表题为《A Different Stewardship》的演讲。

请密切关注接下来的非同凡响期刊,我们将从这次活动中撷取和分享有关新加坡贫困问题的关键要点。

工作坊关注性虐待幸存者

2023年6月,来自MWS家庭服务中心-淡滨尼与MWS女子之家的社会工作者合作,为MWS女子之家的院生联办一场关于性虐待的工作坊。

工作坊的目的是灌输给予性虐待幸存者肯定的真相,澄清围绕性虐待的谬误。参与者了解到性虐待是一种犯罪,而这绝对不是幸存者的错。她们还学到,每个人都有权感到安全和受保护,以及康复之路不需要跟着固定的时间表或模式。



参与者在MWS女子之家举办的一场工作坊写下留言鼓励和支持性虐待幸存者

参与者在安全的环境中进行开放式讨论以及探讨实际情景,更深入地了解了这个非常重要但常常被回避的话题。一名院生分享道:“康复需要时间。有些日子很困难,而其他日子则相对容易一些。”

MWS女子之家的主任Audrey Rajalingam表示:“这是一次微妙的合作,因为它让家庭服务中心的工作人员接触到遭受早期创伤的年轻女性,见证了非常明显、真实的心理束缚。”



MWS的就业机会

MWS正在迅速扩张,欢迎与我们有共同愿景和热忱的人士加入!欲知详情,请浏览<https://careers.mws.sg/>。

表彰我们的志愿者

2023年12月8日,在美芝路的皮克林宾乐雅臻选酒店,200多名MWS志愿者和员工齐聚一堂,参加了两年一度的MWS赋能生活奖活动。该活动是为了表彰致力于杰出奉献的志愿者。

这个活动真挚地表达我们对志愿者的感激,MWS学生和年轻者也参与其中,带来了精彩的歌舞表演。MWS主席卓名宏和MWS集团执行总监吴伟志在激动人心的演讲中强调了志愿者是不可或缺的角色,也分享了一些动人的故事,阐述志愿者如何不遗余力地为有需要的人服务。



来自MWS圣光学生托管中心的学生为嘉宾们带来了生动活泼的尤克里里表演

在众多杰出的获奖者当中,黄德惠医生,忠诚服务了26年,所以获得了终身赋能奖。他反思道:“看到这么多人站出来当志愿者是非常令人鼓舞的。我很欣慰知道在我卸下任务后,我可以将接力棒传承给下一代,再继续以

不同的方式为他人服务。”

他的话捕捉到了我们的志愿者致力于体现的奉献精神。我们对志愿者的合作和支持深表感谢,并期待着为更多受益者和家庭增能赋权。

沿着回忆小径

宋女士小心翼翼地走向聚集在MWS活跃乐龄中心-沈氏坊青峰的年长者。他们分成了六人一组,参加为期六周的怀旧引导计划,该计划首次举办。她对协调员轻声说,她不能做出太多贡献,因为她既“不富有又不聪明”,也没有朋友。

像宋女士一样,许多年长者在缺乏或没有亲友支持的环境中会感到被社会孤立和自卑。

为了应对老龄化社会所带来的这个趋势,新跃社科大学(SUSS)开发了一项循证怀旧引导计划,同时推出了一个工具包“来,一起聊聊”,为年长者创造了一个安全和支持性的空间,鼓励他们分享回忆,彼此联系。许多研究显示,怀旧可以显著提高年长者的生活满意度和情绪幸福感。

SUSS的协调员使用食物和音乐等工具引导年长者重温年轻时的记忆,肯定他们的身份。

在整个课程中,18位年长者和志愿者们参与了充满生气和欢笑的对话,他们通过对过



去事件的回忆而建立了友善的关系。MWS使用经过验证的研究工具来测量九名年长者在小组分享后的心理状况。结果显示,参与者的心理幸福感有显著改善。这项发现突显了怀旧在促进年长者情感健康方面的有效性。

六周的定期会面也使年长者之间建立起了强烈的情感共鸣。宋女士与协调员分享结束语时显然很高兴,“尽管我在生活中有过不好的回忆,但也有可以在这里分享的正面经历。”每位参与者还带回了布满照片拼贴和感想贴纸的板子。

MWS希望将这个计划纳入针对社区年长者的外展服务。欢迎有兴趣进行怀旧引导活动的热心志愿者接受培训。预知更多详情,请联系RITA@mws.sg。来,一起聊聊吧!



绽放精彩生命

尽管面对慢性疾病，黄宝珠还是传播欢乐，积极地寻找各种方法，改善他人的生活。

一踏入蔡厝港MWS伯大尼疗养院的Grace Residence，从护士站充满活力的兰花陈列、院民床边精巧细致的康乃馨，到公共休息区令人惊艳的绣球花瓶摆设——迎接你的都是有人精心制作的花朵。

这些精致花朵幕后的创作者既不是工作人员也不是志愿者，而是50岁的院民黄宝珠。

尽管患有帕金森病和一种导致四肢麻木和无力的退行性脊柱疾病，但宝珠决心充分拥抱生活。

“即使我的腿不能动，我的手还是可以动的。我希望通过手工制作的花朵给人们带来快乐。”宝珠一边说着，一边用手工打孔机切割纸花。此刻，她的周围布满艺术品，床上铺着装置LED灯的绣球花。

“即使我的腿不能动，我的手还是可以动的。我希望通过手工制作的花朵给人们带来快乐。”

自2023年9月入住疗养院以来，她贴心地赠送每位院民和护士纸玫瑰，为他们带来欢乐。

热情与目标相联系

在护理团队的鼓励下，宝珠着手筹款支持MWS伯大尼疗养院，在2023年12月希捷科技的节日市集上展示她制作的纸花。

这位自学成才的艺术家通过

在线课程磨练自己的技能，她说：“其他人可能在一两个小时内便能完成一个手工花，但由于我的身体状况，我需要一天的时间。我希望筹得的款项能够改善院民的生活。”

全方位医治

宝珠的奉献精神来自她的基督教信仰。

她天性温暖慷慨，但曾经历一段深深的伤痛和艰难过去。

在入住之前，宝珠曾当过收银员以维持自己和母亲的生计。但由于合并症引起的摔倒次数过多，她被迫辞职。

随着宝珠的健康状况恶化，日益增加的护理需求使她与母亲的关系紧张，最终导致她被转介到MWS伯大尼疗养院长期安置。

多学科团队与宝珠合作，采取全方位护理方法，把焦点放在她的身体、情感和社交福祉上。这包括体重管理、团体治疗和康复计划等介入。

MWS的教牧团队也为宝珠提供了灵性关怀和辅导。她说：“这给了我平静，帮助我开始从过去的家庭创伤中治愈。”

如今，宝珠将关怀延伸到工作人员和其他院民，是大家的榜样。她的善举包括用福建话与认知障碍、容易发生攻击性行为的院民深切对话，给予安慰。

但她很谦虚地淡化了自己的贡献。“我只是在尽我微薄的一份力照顾朝夕相对的院民。”她说。“我每天都看到他们，次数比我见自己的家人还要多，所以他们已经成为了我的家人。”



魔术与社群精神

当吴玉龙先生陷入悲伤和失落时，他在友谊的怀抱中找到了慰藉

有句话说，“某人无用之物，可以是他人的宝贝”。对于83岁自学成才的魔术师吴玉龙先生来说，他把垃圾箱的发现变成魔术道具。

去年12月，在一个看似平淡无奇的下午，吴先生让一张木桌漂浮起来，从一个空盒子里抽出丝巾，而且将一张空白的纸变成50块钱的钞票，引起了观众的欢声笑语。

“魔术师”是吴先生在MWS 颂恩活跃乐龄中心 - 芽笼东的同侪和工作人员赋予他的头衔，他已成为生日派对和节庆活动中魔术表演的宠儿。

吴先生对魔术的热爱始于童年。当时他观看了一场魔术表演，但直到近年来，他才开始使用环保道具，利用业余时间学习和练习魔术。

“有时候，我在垃圾箱里发现

一些漂亮的东西，看起来非常适合用来表演魔术，所以我就带回家了。我所有的道具都是用回收材料制作的。”他分享道。“几年前，我开始在中心表演我的魔术。观众的笑声，掌声和热烈的回响是我坚持下去的动力！”

双重打击

尽管吴先生通过魔术给大家带来喜悦和欢笑，自己也乐在其中，但他在生命旅程中也偶尔经历了使他的喜悦之光黯淡的遭遇。

“我和妻子结婚58年，三年前她被诊断患有肺癌，这颠覆了我们的世界。随着病情逐渐恶化，她最终坐上了轮椅。她在医院的最后几个月里，我每天都去看她。但到了最后，她根本认不出我了。妻子最终的离世在我的生活中留下了深深的空虚感。现在，我独自生活，孤独感更是

“在我最黑暗的时刻... 这里的基督徒站在我身边，给予我支持和慰藉。”

涌上心头。”吴先生分享道。独居的他三个子女都各自成家了。

失去妻子不久，吴先生还未走出丧妻的悲伤，没想到同时，他面临了另一次打击，被诊断患有夺去妻子的同样病症。尽管最初排斥治疗，在MWS的工作人员和亲人的鼓励下，他最终接受了化疗。一年后，吴先生恢复了健康。

人际关系的微妙

十年来，活跃乐龄中心一直

是吴先生打台球、唱卡拉OK和社交的好去处。如今，中心已经成为给他宁静和慰藉的避风港，在他心中拥有更加珍贵的地位。

吴先生将中心视为他的“第二个家”。他说：“在我最黑暗的时刻，除了我的家人，只有这里的基督徒站在我身边，给予我支持和慰藉。定期的活动也帮助我在妻子去世后应对一切。尽管我仍然想念她，但我已经接受了她的离世，现在过得好多了。”吴先生因被基督徒社区的善意感动，开始定期参加教会活动，并探索基督教。

如今，吴先生继续通过表演魔术来回馈中心。他说：“如果我能给年长者带来娱乐，何乐而不为呢？看到他们在观看我表演时脸上挂着的笑容，我也感到无比快乐！”

今天你想带来怎样的正面改变？



对于处境窘迫的人而言，每一块钱都是至关重要的。
我们非常感谢您的捐赠。

\$50

资助一名小学生一个月的课后托儿服务和教育费用

\$100

资助活跃老化活动，帮助一名被社会孤立的年长者

\$200

为一户低收入家庭增能赋权，帮助他们偿还一个月的日常生活债务

\$500

为一名患有慢性病的疗养院院民提供医疗、护理和每时每刻的照顾

\$1,000

赞助一名边缘少年一份奖学金，让她得以追求更美好的未来



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