



UNCOMMON VOICES

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GOLDEN YEARS, NEW FEARS: TACKLING THE MENTAL HEALTH CRISIS IN AGEING

EDITOR'S NOTE

Illness, social isolation and caregiver burnout are just some of the issues brought on by ageing that can result in mental strain. Yet, ageing need not mean inevitable decline.

In this issue, we explore ways to address these challenges and share encouraging stories of seniors who found strength in community support and unlikely friendships. Tackling ageing-related mental well-being requires a collective effort. And it begins with recognising ageing as a lifelong journey, rich with potential for growth, fulfilment, and health.

Come alongside us today in embracing this change, so that future generations – and our future selves – may truly thrive in their silver years. Then, we can declare with confidence “They shall still bear fruit in old age; they shall be fresh and flourishing” (Psalm 92:14).

Scan for more stories and learn about our work.

Michelle
Editor



- **Loss of independence due to illnesses, a lack of purpose in retirement, caregiver burnout and isolation due to demise of loved ones or reduced engagements are just some of the challenges brought about by ageing that can cause mental strain..**
- **Loneliness is a growing epidemic and men are particularly vulnerable.**
- **Given the interplay between mental and physical health, tackling both is essential to delaying frailty and improving total well-being.**
- **Besides medical interventions, pastoral and spiritual care, reminiscence sessions, wellness and intergenerational activities are ways to embrace positive ageing.**
- **Society also needs to shift our views towards ageing by not seeing it as an inevitable process of decline, but recognising ageing as a life-long process that can be empowered with hope for personal growth, fulfilment and health.**

Mdm Sun Chun Yan (pictured with her husband, Mr Sim Chek Kwang) vividly recalls the moment in early 2024 when the stress of prolonged caregiving drove her to a mental breakdown.

For 17 years, she was full-time caregiver to her 73-year-old husband – tending to his

every need – after a stroke left him paralysed on his right side.

Her faith and resilience kept her going, even after her husband’s second stroke in 2022. But when he took a serious fall in early 2024 that hastened his physical decline, Mdm Sun reached her breaking point. Depression took hold, confining her to bed for

months as she cried for hours each day.

“It was the darkest time of my life,” the 54-year-old recounted. “It felt like one crisis after another, and I completely crumbled. I told my social worker that I wanted to jump off the tallest building. I couldn’t go on, and I couldn’t even bear to look at my husband.”



Loneliness, often called a “silent killer” of the elderly, significantly impacts both mental and physical health

SUPER-AGED SINGAPORE: TACKLING THE MENTAL HEALTH PUZZLE

Mdm Sun’s story sheds light on the challenges brought about by ageing that can cause mental strain. From burnout experienced by caregivers – often older adults themselves like Mdm Sun – or a loss of independence due to chronic and debilitating illnesses to financial stress and a lack of purpose in retirement, these challenges can weigh heavily on seniors’ mental well-being. Many also grapple with isolation and loneliness as loved ones pass on, social circles shrink, and opportunities for engagement dwindle.

According to the 2020 National Population Health Survey, nearly 10 per cent of those aged 60 to 74 experienced poor mental health, with depression, anxiety and loneliness topping the list of challenges. Loneliness, notably, has been a growing epidemic. A 2015 study by the Centre for Ageing Research and Education at Duke-NUS Medical School found that 39 per cent of Singaporeans aged 62 and above feel lonely. Men are particularly vulnerable, with 37 per cent feeling lonely compared to 31 per cent of women, highlighting the need for targeted community and social support to bolster their mental well-being.

Factors that may Contribute to Mental Health Decline in Older Adults

- Social isolation and loneliness
- Life changes e.g. new routines, retirement
- Financial strain
- Abuse and neglect
- Ageism e.g. age-related prejudice, discrimination
- Chronic illness
- Medication side effects
- Substance abuse
- Bereavement
- Caregiver stress

ADDRESSING MALE ISOLATION: INNOVATIVE ENGAGEMENT

For two years, 86-year-old retiree Mr Liong Kwee avoided the MWS Active Ageing Centre (AAC) – GreenTops@Sims Place near his block.

“Whenever I walked past and saw the many women inside, I felt like I wouldn’t fit in,” said the widowed former taxi driver, whose three children are grown and living apart from him.

After losing his wife to cancer in 2022, Mr Liong battled depression and suicidal ideation. “I used to meet my retired taxi driver friends, and they helped me cope with my loss. But one by one, they passed away. I thought, ‘What’s the point of living? I might as well join them.’”

Attempts by his younger son to get him to day care or join the AAC failed, as Mr Liong chose to spend much of his time at home.



That changed in August 2023 with the launch of the Men-Only Happy Hour programme at the AAC. Held weekly at the void deck of Block 63 Sims Place, the initiative addresses low male participation by engaging elderly men in male-centric activities like chess and foosball, promoting social interaction while supporting cognitive and physical well-being.

“I finally felt comfortable joining because it was all men,” said Mr Liong, who has since progressed to participating in other activities – from exercises to excursions and even *karaoke* with the ladies! “I’m much happier now and less lonely,” he said. “I’ve made lots of friends, and the different activities give me something to look forward to every day.”

Another participant, 83-year-old Mr Lachman Vaswani, described the programme as “a safe space for like-minded men”. “I live alone and often have no one to talk to,” he said, adding that mobility issues make socialising a challenge. “Here, I can share my life experiences and connect with others – it’s a great way to break the boredom.”

The programme is co-led by senior male volunteers, empowering them with a sense of agency and a meaningful role in the community. Its success has spurred MWS to explore introducing it to the other six MWS AACs.

TOTAL WELL-BEING IN HEALTHY AGEING

Given the interplay between mental and physical health – the ‘double helix’ – tackling both is key to promoting healthy ageing and delaying frailty. Doing so not only supports seniors but also eases the burden on families, caregivers, as well as our health and social systems. At Methodist Welfare Services (MWS), we recognise the complexities of ageing and its impact on seniors’ mental health, and make all effort to ensure our care approach and services are attuned to that. These include:

- Fostering social connections through health and social programmes, community outreach, and befriending;
- Providing caregiver support; and
- Offering diverse care options, from community-based services to care for the home-bound to long-term residential care

For Mdm Sun, hope emerged in her darkest days when MWS Home Care & Home Hospice stepped in after a polyclinic referral. Over six months, a multi-disciplinary team helped ease her caregiving and financial burdens by providing subsidised home medical and nursing care to manage Mr Sim’s chronic conditions. With his health stabilised and a physiotherapist helping him regain balance and walking confidence, Mdm Sun finally found some relief.

MWS medical social worker, Yeo Chee Wei, also offered emotional support, equipping her with coping strategies to navigate the many challenges of caregiving.

“The first time I met Chee Wei, I broke down and cried for three hours,” Mdm Sun shared. “My deepest pain was feeling unseen, but Chee Wei and the MWS team understood my suffering

– that alone was healing. Through our sessions, I learnt to self-reflect and trust in God more deeply. They supported me with prayer when I asked, which brought immense comfort.”

ANCHORED IN COMPASSION: GUIDED BY A MISSION OF LOVE

At the core of our work, reflecting Christ’s call to serve those who are vulnerable, is a commitment to affirming every individual’s worth and dignity, offering hope and healing to the broken and weary. Pastoral and spiritual care is central to this mission, providing clients and their caregivers with peace, hope, and a more positive outlook on life. This compassionate approach includes attending to one’s mental well-being, a vital aspect of holistic care.

The MWS chaplains play a key role in this effort. Through pastoral care visits,

they address the spiritual and emotional needs of clients and caregivers, offering prayer, encouragement, and a compassionate presence. With open hearts and a listening ear, they minister to people of all backgrounds and beliefs, providing comfort and reassurance.

The Chaplaincy team also partners with church volunteers to facilitate reminiscence sessions at our nursing homes. These sessions encourage meaningful conversations, helping the residents cope with the challenges of declining health by reflecting on times when they were fitter. Research has found that nostalgia serves as a powerful emotional resource, offering solace during times of hardship. This process enhances psychological, emotional, and spiritual well-being.

Missed the panel discussion **MWS Uncommon Dialogue: Tackling the Mental Health Crisis in a Super-Aged Singapore?**

Scan to watch the recording as healthcare experts weigh in on this pressing issue, ways to support our seniors, as well as preventive measures.



BREWING NOSTALGIA: A BLEND FOR MENTAL WELLNESS

The sight of a can of sweetened condensed milk lit up 94-year-old Mr Chew Wei Choon’s face. “I started brewing coffee as a teenager and became an expert at my own coffee shop,” he shared proudly, reminiscing about his days as a coffee brewer in a local *kopitiam*.

Mr Chew, a resident at MWS Nursing Home – Yew Tee living with dementia, was participating in the monthly reminiscence session, led by MWS Chaplain Chua Chiew Poh and church volunteers. These themed sessions – focusing on topics like nostalgic foods or old-time songs – encourage residents to revisit fond memories.

“Mr Chew used to be very withdrawn,” said Chiew Poh. “Since joining the sessions, he’s become more engaged, happily sharing stories from his younger day.



Mr Chew Wei Choon, a resident at MWS Nursing Home – Yew Tee, participating in a reminiscence session centred on nostalgic old music

These sessions help residents reconnect with their past, bringing smiles as they recall joyful experiences.”

Mr Chew’s daughter, Cathy, also noticed that her father’s dementia symptoms have stabilised, and his mood more balanced.

TOWARDS A MORE POSITIVE VIEW OF AGEING

Singapore is projected to attain ‘super-aged’ status in 2026, with almost one in five Singaporeans aged 65 years and above. This ageing cohort is also a changing profile marked by increased longevity, higher education, and affluence.

A 2021 report by the Centre for Ageing Better, ‘Reframing ageing: Public perceptions of ageing, older age and demographic change’, challenges the common narrative around ageing. It encourages shifting from seeing ageing as an inevitable process of decline to recognising it as a life-long process that, with the right support and policies, can lead to healthy, fulfilling, and purposeful lives.

Instead of viewing older adults as frail and dependent, seniors can be encouraged to stay engaged in the workforce, communities, and society,

even after retirement. This mindset empowers seniors to recognise their value, reducing feelings of isolation, boosting confidence, and encouraging active engagement, which are key to mental well-being.

BRIDGING GENERATIONS

MWS promotes a positive perspective on ageing through programmes and activities that encourage seniors to remain physically active, socially connected, and mentally engaged. Intergenerational engagement is one key approach. Connecting the generations through shared activities helps challenge ageist stereotypes while highlighting the valuable contributions of older adults to society. Read about the collaboration between MWS and NUS College of Alice and Peter Tan under NEWS.


EMPOWERING SENIORS TO THRIVE AND AGE WELL

Wellness programmes present another avenue for creativity

that empowers seniors to embrace ageing as a vibrant and meaningful chapter of life.

WHOLE-OF-COMMUNITY EFFORT

Through encouraging active participation and fostering meaningful connections, MWS hopes to reshape how society views and experiences ageing. By offering seniors opportunities for personal growth and fulfillment, and volunteering, they can break free from harmful stereotypes and redefine their role in society, thereby fostering a more positive and inclusive cultural narrative about ageing.

It takes a village to raise a child, and a whole community to support seniors in ageing well – both physically and mentally. Together, let us embrace ageing as a life course, resist ageism, and shape Singapore into a shining example of an inclusive, thriving super-aged society! 

KEEPING THE KAMPUNG SPIRIT ALIVE



MWS AACs are brimming with creative, staff-developed initiatives, and one standout is the *Wellness, Flower Tea & Me* workshop at MWS Active Ageing Centre – Golden Lily@Pasir Ris.

Designed to inspire self-care, this programme encourages breathing exercises to ease anxiety and depression. Co-led by trained senior volunteers from the Centre’s partner church, the workshop also features reminiscence activities, where participants share memories tied to flowers and tea, fostering meaningful connections as they explore the art of flower tea blending.

Studies show that reminiscing and social engagement are powerful tools for mental well-being, helping to alleviate depression and anxiety while boosting life satisfaction among older adults.

For 71-year-old Mdm Ameda Buyong, the workshop was a chance to connect with her neighbours and ease social isolation. “It also brought back the *kampung* spirit, where interactions were lively and meaningful. Nowadays, living in flats, many people shut their doors and disengage, which can feel isolating. This session left me feeling happy and refreshed, reminding me of the joy that community brings,” she shared.

Ways to Combat Mental Health Decline in Older Adults

- Stay active physically
- Eat a healthy, balanced diet
- Get enough sleep
- Socialise
- Exercise the brain e.g. reading, doing puzzles, singing, dancing, playing music, doing art
- Learn something new
- Practise mindfulness
- Participate in intergenerational activities





REDEFINING AGEING THROUGH INTERGENERATIONAL CONNECTIVITY

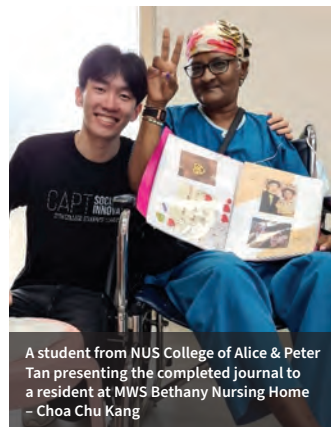
Students from NUS College of Alice & Peter Tan swap skills with seniors at MWS Charis ACE Active Ageing Centre – Geylang East

Connecting older and younger generations through shared activities help challenge ageist stereotypes while highlighting the valuable contributions of older adults to society. Mutual learning and social interactions promote inclusiveness and empathy that build trust and respect when people of all ages can learn together and from each other.

Working towards this, MWS' Research, Innovation & Training Academy (RITA) has partnered with the NUS College of Alice & Peter Tan (CAPT) on several initiatives, starting with *Project Chronicles*.

Co-created by NUS CAPT and RITA, the project involved students from the CAPT Social Innovation Wing engaging nursing residents at MWS Bethany Nursing Home – Choa Chu Kang through life story

journaling. The students led four sessions, covering topics like family life, occupations, favourite foods, and hobbies, which were expressed through craft activities and compiled into a personalised journal memento for each resident.



A student from NUS College of Alice & Peter Tan presenting the completed journal to a resident at MWS Bethany Nursing Home – Choa Chu Kang

Following the project, the students' self-reflections revealed a shift in their perceptions of seniors in nursing homes. One student shared, "A resident spoke


about her continued Catholic faith and how she attended mass online using her iPad. I had assumed that seniors in nursing homes were socially isolated; I hadn't considered their potential for well-being and flourishing."

The partnership continued with the *Ageless Skills Swap* initiative at MWS Charis ACE Active Ageing Centre – Geylang East in July 2024. NUS CAPT students taught the seniors how to create personalised WhatsApp stickers, encouraging IT savviness and creative expression. In return, the seniors introduced nostalgic childhood games like Marbles Toss and Five Stones, along with activities such as Nagomi art and Rummikub.

"I was amused when the seniors started to make funny poses and faces for the stickers," said 21-year-

old Samantha Tan, one of the students behind the initiative. "It was eye-opening for me to have this level of deep conversation with seniors apart from my own grandparents."

Intergenerational programmes have proven effective in fostering social and emotional connections between the young and old, enabling the exchange of wisdom and improving overall well-being. Tangible benefits include enhanced longevity for seniors and a sense of support and grounding for the younger generation.

Indeed, with Singapore expected to attain super-aged status within the decade, the RITA team aims to promote and integrate these programmes across MWS services, so that "the old shall dream dreams, and the young shall see visions". 

HEALTHCARE HUMANITY AWARDS 2024

For her exceptional dedication to patient care and inspiring leadership among colleagues, Chong Yan Chew, a Nurse Clinician with MWS Home Care & Home Hospice (HCHH), was honoured with the Healthcare Humanity Award (HHA) in the Individual Award (Resilience) category.

Yan Chew has played a pivotal role in raising awareness of MWS' home hospice services among hospitals and other external organisations, and fostering valuable partnerships with them.



Chong Yan Chew receiving the Healthcare Humanity Award 2024 from President Tharman Shanmugaratnam at a ceremony on 17 October 2024



Nurse Clinician Yan Chew sharing about MWS' clinical care delivery model

an acute care setting before transitioning to community care, said that she was drawn to the integrated care model at MWS HCHH as it embodies the holistic care approach she deeply believes in.

“It hasn’t been an easy journey, but undeniably a meaningful and fulfilling one,” she said. “This award acknowledges my commitment and dedication to patient care. I hope to inspire and nurture a resilient team of nurses, empowering them to make a difference and touch lives, even if it is only in small ways.”

The HHA honours exemplary healthcare professionals in Singapore who demonstrate outstanding dedication and compassion in their service, and is organised by MOH Holdings. **UV**



Yan Chew attending to a resident

She was also instrumental in spearheading palliative care rounds at MWS nursing homes and facilitating the integration of our home care and hospice services. Highly respected for her expertise, dedication, and readiness to mentor, Yan Chew has been an invaluable member of her team.

“Receiving this award means a lot to me as it reminds me of why I became a nurse: to make a difference in people’s

lives,” said Yan Chew. “I’ve truly enjoyed the interaction with my patients, and I feel humbled to be part of their journey. Their life stories and the lessons they’ve shared have been invaluable, teaching me the meaning of resilience. Their simple ‘thank you’ or gestures of appreciation motivate me to continue truly providing patient-centred care.”

The 40-year-old, who spent nearly a decade working in

COMMUNITY CARE EXCELLENCE AWARDS

A big congratulations to our staff members who were honoured with the Community Care Excellence Awards (CCEA)!

- **Individual Award (Silver)**
Nazurah Binte Nasir, Social Work Associate, MWS Nursing Home – Yew Tee
- **Individual Award (Gold)**
Subramaniam S/O T Ramachandra, Senior Staff Nurse, MWS Home Care & Home Hospice
- **Team Award (Gold)**
MWS Home Care & Home Hospice team for Enhancing Efficiency in an Integrated Home Health and Home Hospice Service

The CCEA is awarded by the Agency for Integrated Care. It aims to recognise the contributions of individuals who have demonstrated exemplary service and commitment in delivering quality care as well as project teams that have embarked on outstanding quality improvement projects within the community care sector.



Congratulations to the recipients of the Community Care Excellence Awards

MWS ANNUAL REPORT FY2023/24 IS OUT

In financial year 2023/24, MWS supported over 16,700 families and individuals, connecting them with resources to lead fuller lives. This was made possible by our dedicated staff, the efforts of more than 5,800 volunteers, and the unwavering support of our partners and donors. Scan here for stories of impact, transformation, and more in our Annual Report.



MEDIATION CAN EASE MENTAL TOLL OF DIVORCE: MWS FAM @FSC HEAD

Divorce can be an incredibly painful experience, often accompanied by significant psychological and emotional stress. Mediation offers a way to ease this burden by providing a softer approach to dispute resolution without the hostility and pressure often found in courtroom battles.

As such, mediation should be initiated as early as possible to smoothen the divorce process, allowing individuals to begin healing while minimising potential emotional and mental stressors, advised Yeow Ming Zhen, Head of Strengthening Families Programme@Family Service Centre (MWS FAM@FSC).

“Communication is key. Regardless of how (the divorcing couple) feels about each other and the problems they are experiencing, it’s important for them to know that the children still matter,” she emphasised. “If they are able to communicate and work these (issues) out effectively and efficiently, they won’t only be helping




themselves; they’d also help the family to heal more quickly from this painful event.”

Ming Zhen, who is also the Associate Director of Strategic Development under MWS’ Family Services group, was part of a panel speaking at a live webinar titled Divorce under Civil Law held on 28 October 2024, as part of the Law Awareness Weeks@CDC.

Drawing on her 14 years of experience as a community social worker, Ming Zhen also highlighted the various counselling and support services available in the community for couples contemplating or undergoing divorce, including discernment counselling to help couples make an informed decision about whether to stay married or divorce.



Above all, children’s voices need to be heard during the divorce process, stressed Ming Zhen. She underscored the importance of parents maintaining open communication with their children about the divorce, while avoiding over-sharing, and ensuring they receive adequate supervision and care during the transition. “There may be times when the (divorcing) parents find it emotionally harder to be present. We’ve seen cases of older children or even adolescents turning to unhealthy coping strategies because of the stress of academics as well as what’s happening at home, so inadequate supervision could lead to behavioural issues,” she cautioned.

The webinar drew over 150 participants. 



Scan here to watch the webinar.



MWS ON GRIEF AND BEREAVEMENT

Supervision is essential in palliative care to ensure practitioners provide effective, empathetic, and ethical support. It offers a structured space for reflecting on challenging cases, managing emotional responses, and maintaining professional boundaries. Through supervision, practitioners gain insights to navigate complex grief dynamics while addressing personal triggers that may arise during client interactions.

These insights and more were shared by Yeo Chee Wei, MWS Principal Medical Social Worker, at the Grief and Bereavement Conference Singapore, held on 7-8 November 2024. He was speaking on the benefits of supervision in social work practice, patient advocacy and staff well-being.

“Very importantly, for a patient who is experiencing grief and helplessness, a well-supervised grieving process can help him make sense of the loss, regain hope and find his voice. In time, this may also transform the social worker’s perspective and narrative, and contribute to better support for the patient,” shared Chee Wei. “Supervision needs to be designed to support the social worker’s mental well-being.”

NEW MWS NURSING HOME TO OPEN IN EUNOS!
After four years of meticulous planning and development, the much-anticipated MWS Nursing Home at Eunos is set to open its doors in March 2025!

This 171-bed facility will offer 24/7 care for those who are chronically ill and frail, with a steadfast commitment to enhancing residents’ quality of life. Strategically co-located with MWS Senior Care Centre and SingHealth Polyclinic, the new Nursing Home will become a cornerstone of holistic residential healthcare in this Eastern region of Singapore, bridging multi-disciplinary care and community connection. Stay tuned for more updates!

SHINING A LIGHT ON SENIOR MENTAL HEALTH: MWS UNCOMMON DIALOGUE 2024

By 2026, Singapore will become a ‘super-aged’ society, with more than one in five residents aged 65 and above. This demographic shift poses challenges for the healthcare and social sectors as to how we can shape care to enhance the overall well-being of our seniors. While physical health often dominates conversations on ageing, mental well-being is just as critical, influencing overall quality of life and the ability to age with dignity. How can we better support our seniors to live their golden years with purpose, dignity, and strong mental health?

These and other pressing questions were explored by a panel of healthcare experts at the second edition of MWS Uncommon Dialogue, on Tackling the Mental Health Crisis in a Super-Aged Singapore. Held on 4 October 2024, the event brought together over 120 guests, including donors, corporate leaders, and representatives from Methodist churches.

MWS CEO Calvin Ngo kicked off the discussion by highlighting the implications of a super-aged society and its far-reaching impact on all aspects of society.

The panellists – Professor Kua Ee Heok (Emeritus Professor



From left: Professor Kua Ee Heok, Dr Raymond Leong, Dr Ng Wai Chong, and moderator David Wong at MWS Uncommon Dialogue: Tackling the Mental Health Crisis in a Super-Aged Singapore

of Psychiatry, National University of Singapore), Dr Ng Wai Chong (Founder-CEO, NWC Longevity Practice), and Dr Raymond Leong (MWS Group Director of Healthcare Services) – discussed ageing’s impact on mental well-being and the mind-body connection.

“For every physical illness, there is a mental distress,” said Dr Ng. “Health is not merely the absence of disease; health is the ability to do things that are meaningful, and it’s the same for the body and mind.”

The panellists also discussed the value of preventive measures in addressing mental health issues. Professor Kua, in particular, advocated for the many non-drug approaches available, such as mindfulness practices, music reminiscence and singing, art therapy and gardening. Aside from improved cognition, the



Guests enjoying the animated sharing by the panellists


deeper relationships and social connectedness forged through participating in these activities have been found to provide additional guardrails against mental health decline.

Meanwhile, Dr Raymond gave an overview of Singapore’s healthcare services landscape and the range of support available across the spectrum of wellness.

Christopher Tan, CEO of Provident Ltd, also shared a moving message on what it means to leave a legacy, and the actions we can take to achieve it.

In his closing remarks, Eugene Toh, Chairperson of MWS Board of Governance, outlined MWS’ three-pronged approach to supporting seniors: partnering closely with the government, continually refining our programmes and care approach for seniors’ holistic health, and engaging stakeholders to foster understanding and support.



Scan here to watch the full recording and be equipped to better safeguard your mental wellbeing today, for a healthier tomorrow. 



Booth displaying an array of knick knacks used in reminiscence therapy



More than 120 guests attended this second edition of MWS Uncommon Dialogue

DIGNITY DINING

The scene is a traditional *Dim Sum 'Cha Lou'* or Chinese teahouse, alive with chatter and vibrant retro music. Thirty seniors gather around tables draped in pink tablecloths. Volunteers dressed up as waitresses in *cheongsams* glide between the tables, pushing trolleys topped with bamboo baskets of *dim sum* favourites such as *siu mai* (pork and shrimp dumplings) and *har gow* (shrimp dumplings). Local delights chicken rice, *tang yuan* (glutinous rice balls), and pandan cake soon follow. At each table, the attentive volunteers stand ready to refill cups with each senior's preferred tea.



An interactive *dim sum* experience was held at MWS Bethany Nursing Home - Choa Chu Kang on 21 October 2024



The soft-textured Hainanese chicken rice was a hit among the diners



A display of the soft-textured food created by The Project Futurus

Welcome to the "Sensory Restaurant on Wheels" – an experiential and innovative social programme that aims to infuse reminiscence and cognitive simulation into soft meal dining for seniors with dysphagia (swallowing difficulties). On 21 October 2024, 'the restaurant' rolled into MWS Bethany Nursing Home (BNH) – Choa Chu Kang, where the residents, many wheelchair-bound, have been gathered for an immersive sensory journey.

This project was a collaborative effort inked by the MWS' Research, Innovation & Training Academy with the Singapore University of Social Sciences (SUSS) and Hong Kong social enterprise,

The Project Futurus. With sector capability building as an end goal, MWS hosted a training session in the morning for staff and external healthcare partners to understand the process of using medically-graded care meals to benefit seniors diagnosed with dysphagia and to create a thematic Sensory Restaurant on Wheels experience for the MWS BNH residents.

Queenie Man, founder of The Project Futurus, said the initiative aims to enhance seniors' well-being by fostering social connection through food and restoring dignity to dining, ensuring an inclusive experience for

all, including those with swallowing difficulties.

"Dignity dining is about empowering individuals to make their own choices – selecting their tea, enjoying their favourite foods, and eating at their own pace," she said. "True person-centric care respects these choices, shifting decision-making from operators to seniors."

Dr Raymond Leong, Group Director of Healthcare Services at MWS, said the event provided a meaningful and enjoyable experience for the elderly.

"The activities included specially prepared snacks, along with songs and dances,

to evoke fond memories," he said. "Soft foods are especially helpful for the elderly with swallowing difficulties, as they help prevent choking incidents."

For 68-year-old Mdm Hwang Su Ling*, a resident of MWS BNH, the experience was a happy trip down memory lane. "My husband and I used to go to Chinatown for *dim sum* and *tang yuan*, so this event brought back those fond memories. I'm happy to be able to enjoy *dim sum* again," she said. "The food was delicious, and I enjoyed dining with the other residents, just like a family."

MWS' involvement in this innovative project presents an experiential learning opportunity for staff to explore serving soft food with ambience-setting that promotes dignity dining. The initiative aligns with our person-centric care model in respecting residents' choices and enriching their quality of life through enjoyable meals and increased social connectivity. UV

*Not her real name



The pilot run was a collaboration between the Singapore University of Social Sciences and The Project Futurus

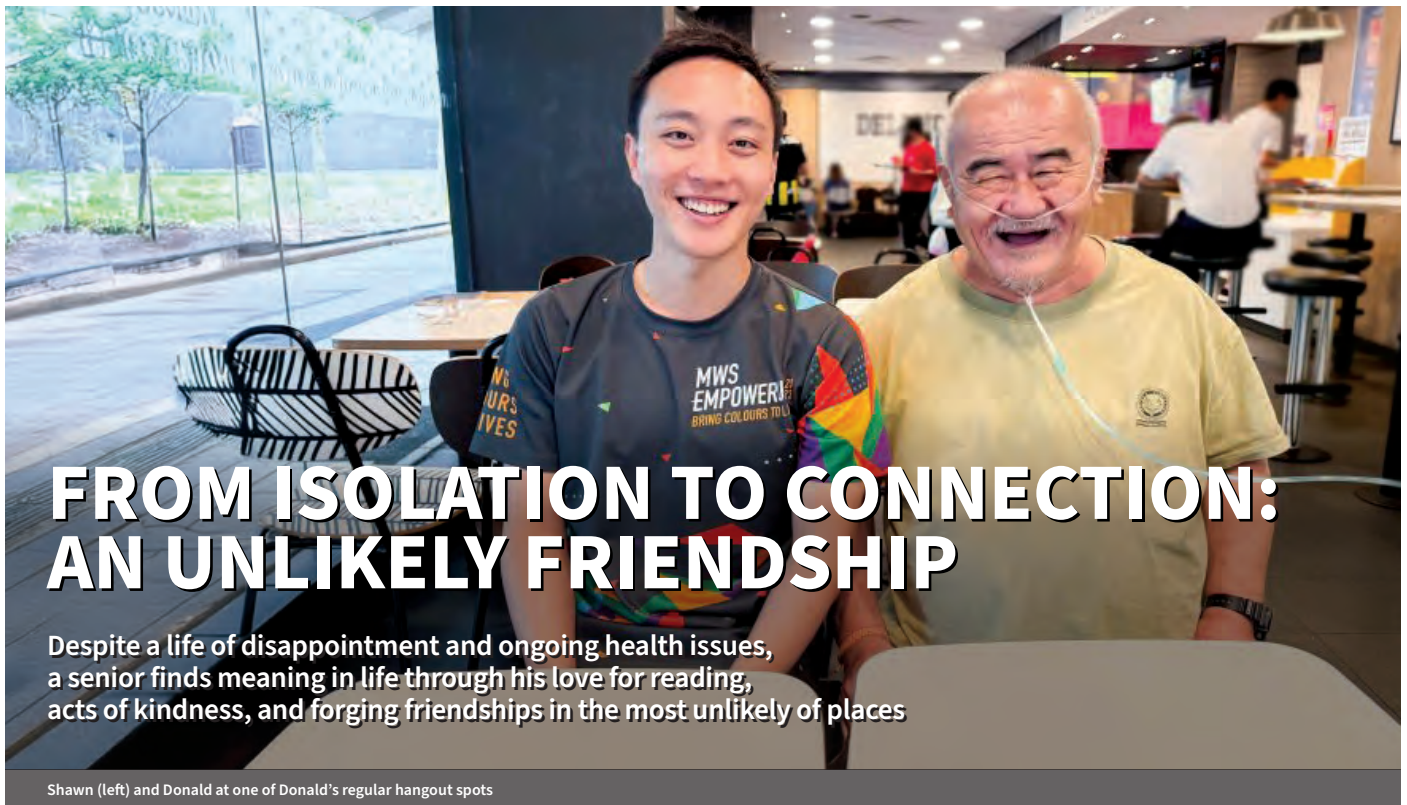
MWS BAGS CHARITY TRANSPARENCY AWARD 2024

Methodist Welfare Services is honoured to receive the Charity Transparency Award from the Charity Council once again, recognising our commitment to exemplary transparency practices.

We appreciate the continued trust and support of our donors and partners, and we remain dedicated to upholding these standards.



Eugene Toh, Chairperson of MWS Board of Governance, receiving the award from Theresa Goh, Chair of the Charity Council



FROM ISOLATION TO CONNECTION: AN UNLIKELY FRIENDSHIP

Despite a life of disappointment and ongoing health issues, a senior finds meaning in life through his love for reading, acts of kindness, and forging friendships in the most unlikely of places

Shawn (left) and Donald at one of Donald's regular hangout spots

Behind Donald Wee's seemingly intimidating stature and unapproachable visage lies a voracious reader with a brilliant mind and a kind heart. "I used to have a terrible temper, and I was always angry. But I learnt from reading that when we practise kindness, we not only help others, we feel better ourselves. These days, I genuinely feel happier," Donald shared candidly.

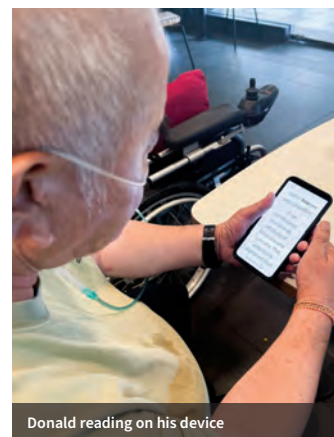
Listening to Donald, it becomes clear that his insights were hard-earned through numerous trials. His life has been profoundly shaped by a turbulent childhood with a verbally abusive mother, early retrenchment from the army, and ongoing battles with both mental and physical health issues. "Because of my mother, I developed a fear of marriage. I asked myself: What if I married a woman like her?" Donald chose to remain single and has lived alone ever since. As he aged, his health condition further limited his mobility. Today,

he uses a portable breathing machine and a wheelchair. While Donald's siblings are very supportive, age has also caught up with them, making it more challenging for them to visit. "Over the years, I've also seen many close friends succumb to illnesses," Donald lamented.

Despite these hardships, Donald credits his ability to overcome life's challenges to his two supportive sisters, his Christian faith, and a mentor he met in secondary school. "My mentor told me, *'Donald, you have to read if you want to survive in this harsh world,'* and she nurtured my love for books. And I've read many, especially self-help books," Donald said with a smile, pulling out his phone to show the titles in his reading app. "Lately, I've been exploring articles about artificial intelligence. I find it fascinating. More importantly, it's good to stay relevant."

Although reading became a meaningful pastime, the absence of family and friends


led to Donald experiencing social isolation and severe mood swings. Things began to turn around when his sister reached out to MWS Active Ageing Centre – Kebun Baru (KBAAC) for support. Since then, Donald has developed a close friendship with Shawn Tay, a volunteer management staff member at the Centre.



Donald reading on his device

In the last four years, their friendship has flourished especially with Shawn's weekly visits "I used to play the guitar and was a busker, but I stopped for many years. With Shawn's encouragement,

I picked it up again. I have many wonderful memories of us playing worship songs together," Donald shared. This friendship holds special meaning for Donald, who often struggles to find like-minded individuals who share his love for reading. Despite the differences in age, life circumstances, and interests, Donald appreciates Shawn's patience and empathy.

Shawn has also noticed significant improvements in Donald's mood and overall well-being. "Donald is candid, often smiling, and always generous, especially toward his friends. Even though he doesn't have much, he constantly looks for opportunities to bless others," Shawn said. "I'm glad that we can support and connect with seniors like Donald who experience social isolation and would benefit from genuine friendships. Through weekly visits and occasional festive events, Donald's world has become brighter, and I'm honoured to be a part of that light." 



EMPOWERED TRANSITION

Community support has empowered stroke survivor Teo Kim Seng to return to living independently at home after six years of institutional care

Mr Teo Kim Seng with Vennice Ng, a Case Management Executive at MWS Active Ageing Centre – Fernvale Rivergrove

When 60-year-old former taxi driver Mr Teo Kim Seng returned to living in the community after six years of rehabilitation at MWS Nursing Home – Yew Tee (YTNH), he faced significant challenges with little family support. His children live with their mother, his ex-wife, with whom he has an estranged relationship.

As a stroke survivor, Mr Teo relied on a wheelchair for mobility. However, due to his housing estate undergoing modifications to improve accessibility, he faced challenges in getting around.

Despite his long-held dream of living independently, the

reality of his situation left him despondent, socially isolated, and withdrawn. His hopes of having his children live with him did not materialise, deepening his sense of loneliness.

Dignified living

Even before Mr Teo was discharged, MWS YTNH had worked with MWS Active Ageing Centre – Fernvale Rivergrove (FVAAC) to ensure his smooth transition back to the community, equipping him to navigate the challenges of independent living with dignity and hope.

Arrangements were made to deliver meals to Mr Teo, escort him to medical


appointments, and support his home nursing needs and daily living activities. The MWS FVAAC team also visited him regularly to bring food rations, assist him in applying for financial aid, and offer him a listening ear for emotional support.

This network of care and support has enabled Mr Teo to exercise his right to live independently in the community, while respecting his wishes.

Greater peace of mind

“The MWS FVAAC staff have never turned me away when I needed help, and often go the extra mile,” shared Mr Teo. “There were a few

times when they rushed over to help me when I fell and couldn’t get up on my own. They also helped me assemble my furniture and accompanied me to run errands when I wasn’t confident to go out alone due to my blurry vision. And they are there to lend a listening ear when I need someone to share my worries with.”

This practical support has positively impacted his mental well-being. “Without their help, I’m sure I would have been constantly stressed and not have been able to manage on my own. Knowing I can always approach them for help gives me great peace of mind.” 

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WHAT POSITIVE IMPACT WOULD YOU LIKE TO MAKE TODAY?



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 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



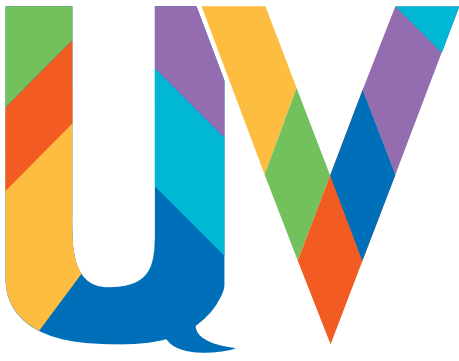
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Empowering People to Have Life to the Full



不同凡响

第一期/2025



金色年华，新忧浮现： 应对老年心理健康危机

编者的话

随着年龄增长，身体的疾病、社交圈的缩减，以及看护者的身心疲惫，常常成为老龄化过程中难以回避的问题，这些因素对心理健康带来了不小的挑战。然而，老龄化并不一定是走向衰退的代名词。

本期内容将聚焦如何应对老龄化带来的种种挑战，同时分享那些鼓舞人心的故事——年长者如何在社区支持和意外结识的友谊中重新找到力量。解决老龄化带来的心理健康问题，需要整个社会共同努力，而这一切的起点在于重新定义老龄化：它不只是衰退的象征，而是一段充满可能性的生命旅程，蕴藏着无限潜力，让人能够突破自我，追求圆满与健康。

今天就来和我们一同迎接这场改变，让未来的世代——包括未来的我们自己——在银发之年依然能够丰富人生，焕发活力。届时，我们将能满怀信心地宣告：“他们年老的时候仍要结果子，经常保持茂盛青翠”（诗篇92章14节）。

欲知更多故事，了解我们的工作，请扫描



欧阳明怡
编辑

- 疾病带来的独立性丧失、退休后的人生目标缺失、因全职照顾亲人而导致的身心疲惫，以及亲友离世或社交减少引发的孤独感，这些都是老龄化过程中常见的挑战。
- 这些问题往往给心理健康带来沉重的负担，尤其是孤独感，已成为老年群体中的“隐形流行病”，其中男性受影响尤为严重。
- 心理和身体健康息息相关，要实现健康老龄化，必须从这两个方面同时着力。这不仅能够延缓身体功能的衰退，还可以提升整体福祉。
- 除了医学治疗外，教牧与心灵关怀、怀旧活动、促进身心健康的活动以及跨代互动，都是积极应对老化的有效方式。
- 社会也需要重新审视老龄化，不应简单地将其视为不可避免的衰退，而应看到它是一段充满希望的生命旅程，蕴含着赋权个人追求成长、感受满足以及拥抱健康的无限可能。

2024年初，54岁的孙春艳女士（与她的丈夫沈一光先生合照）因长期全职看护经历几乎崩溃，心理压力达到了极限。

73岁的丈夫沈一光因中风导致右侧瘫痪，孙女士悉心照料了他长达17年。

尽管丈夫在2022年经历了第二次中风，她仍靠着信仰与毅力坚持下去。然而，2024年初的一次严重摔倒加速了丈夫的身体衰退，也让她的心理防线彻底崩溃。抑郁症使她整日卧床，长达数月，每天哭泣数小时。

“那是我人生中最黑暗的时刻，”她回忆道。“危机接踵而至，我彻底崩溃了。我对社工说，我想从最高的楼跳下去。我再也撑不下去了，甚至无法直视我的丈夫。”



孤独感常被称为年长者的“隐形杀手”，对心理和身体健康产生显著影响

迈向超老龄化社会：应对心理健康难题

孙女士的经历揭示了老龄化过程中对心理健康造成的诸多压力。从看护者的倦怠，到因慢性疾病失去独立性、财务压力以及退休后目标的缺失，这些问题都对心理健康产生了深远的影响。孤独感尤为突出，当亲友离世、社交圈缩小、参与机会减少时，老年人往往会感到与世隔绝。

2020 年全国人口健康调查

显示，60 至 74 岁的年长者中，近 10% 的心理健康状况较差，主要面临抑郁、焦虑和孤独感等问题。2015 年，杜克-新加坡国立大学医学院老龄化研究与教育中心的一项研究指出，新加坡 62 岁及以上人士中有 39% 感到孤独，其中男性比例为 37%，明显高于女性的 31%。这一数据凸显了为男性提供针对性社区支持的重要性，以改善他们的心理健康状况。

可能导致年长者心理健康下降的因素

- 社会孤立和孤独
- 生活变化，例如新的生活习惯、退休生活
- 财务压力
- 虐待和忽视
- 年龄有关的偏见、歧视
- 慢性病
- 药物副作用
- 药物滥用
- 丧亲之痛
- 照顾者的压力

缓解孤独感：专为男性设计的互动项目

86 岁的退休人士梁桂先生，家附近有一个 MWS 活跃乐龄中心 - 沈氏坊青峰，但他整整两年都没踏进去。

“每次路过时，看到里面坐着那么多女性，我就觉得自己不适合加入，”他说道。这位失去妻子的前德士司机，如今三个孩子都已长大，各自分开居住。

2022 年，梁先生的妻子因癌症去世后，他深陷抑郁，甚至产生了自杀的念头。“那时我经常和一些退休的德士司机朋友见面，他们让我感到不那么孤单，帮我渡过了失去妻子的低谷。可是后来，他们一个接一个地离世。我想，‘活着还有什么意义？不如也去和他们团聚吧。’”

他的小儿子多次尝试带他去日间护理中心或参与活跃乐龄中心的活动，但都未能成功，因为梁先生大多时间选择待在家中。



2023 年 8 月，MWS 在沈氏坊 63 座组屋底层启动了“男士专属快乐时光”项目，旨在解决男性参与率偏低的问题。该项目特别为年长男性设计，开展棋类、桌上足球等符合男性兴趣的活动，既促进社交互动，又有助于提升脑力和身体健康。梁先生自此终于愿意参与其中。

“因为全是男性参与，我终于觉得可以加入了，”梁先生说道。自那之后，他开始参与更多活动——从锻炼到出游，甚至还和女性一起唱卡拉 OK！“现在我开心多了，也没那么孤单了，”他说道。“我交了很多朋友，每天都有所期待。”

另一位参与者，83 岁的 Lachman Vaswani 先生，将该项目形容为“志同道合男性的安全空间”。他说：“我独居，常常没有人可以交流。”他补充道，行动不便让社交变得更加困难。“在这里，我可以分享我的人生经历，与他人建立联系——这是打破无聊生活的绝佳方式。”

该项目由年长男性志愿者共同领导，通过赋权他们积极参与社区事务，增强他们的自主性和价值感，同时让他们在社区中承担起重要角色。该项目的成功促使 MWS 进一步探索，将其推广至另外六个 MWS 活跃乐龄中心。

健康老龄化中的整体福祉

心理健康与身体健康如同“双螺旋”般紧密相连，二者相辅相成，密不可分。因此，同时关注两者是促进健康老龄化和延缓身体衰弱的关键。这不仅能帮助年长者改善身心状态，还能减轻家庭、看护者以及医疗和社会系统的负担。

MWS充分认识到老龄化的复杂性及其对年长者心理健康的深远影响，因此在服务和护理模式中融入针对性支持，确保年长者的需求得到全面满足。这些服务包括：

- 通过健康和社交项目、社区外展活动及亲善之友计划，促进社会联系；
- 为看护者提供支持；
- 提供多样化的护理服务，从社区服务、居家护理到疗养院长期护理，满足年长者不同阶段的需求

对孙女士而言，在最黑暗的日子里，曙光终于出现。在综合诊所的转介下，MWS居家护理与慈怀疗护服务团队及时介入，为她带来了希望。在接下来的六个月里，一个多学科团队提供了居家医疗和护理服务，并给予费用补贴，这不仅减轻了她在护理和经济上的压力，还帮助沈先生有效控制了慢性疾病。随着他的健康状况逐步稳定，以及物理治疗师协助他恢复了平衡感和行走的信心，孙女士总算得以松了一口气。

与此同时，MWS 医务社工杨志伟为她提供了情感支持，并指导她如何更好地应对护理中的种种挑战。

“第一次见到志伟时，我彻底崩溃了，哭了整整三个小时，”孙女士回忆道。“让我最痛苦

的是，感觉自己的困境无人理解。但志伟和 MWS 团队懂得我的痛苦，仅这一点就让我感到安慰和疗愈。在我们的交流中，我学会了自我反思，也更加信靠上帝。他们还在我提出请求时为我祷告，这让我感到无比的温暖和安慰。”

以爱为导向，以怜悯为根基：践行爱的使命

我们的工作核心是回应基督对服事弱势群体的呼召，肯定每个人的价值与尊严，并为受伤和疲惫的人带来希望与疗愈。教牧关怀和心灵陪伴为服务对象及其看护者带来内心的平安、希望以及更加积极的生活态度，是这一使命的核心所在。这种充满爱与怜悯的方式关注心理健康，是全方位护理中不可或缺的重要一环。

在这项工作中，MWS 的教牧团队扮演着重要角色。他们通过探访开展教牧关怀，关注服务对象及其看护者的心灵与情感需求，提供祷告、鼓励和充满关爱的陪伴。他们以包容的态度和耐心的倾听服务各类背景和信仰的人群，为他们带来安慰与安心。

此外，教牧团队还与堂会志愿者合作，在 MWS 疗养院开展怀旧引导活动。这些活动通过唤起居民对健康时期生活的回忆，鼓励有意义的对话，帮助他们更积极地应对健康衰退带来的挑战。研究显示，怀旧是一种强大的情感资源，能够在困境中提供慰藉，并提升心理、情感和心灵的福祉。

错过了《MWS2024 不同凡响对话：应对超老龄化新加坡的心理健康危机》

的专题讨论会？
扫描此处，观看
视频，聆听医疗



专家深入探讨这个值得关注的紧迫课题，以及支持年长者的方法和预防措施。



怀旧时光：记忆“冲”出暖心味，滋养心灵

一罐炼奶的出现让 94 岁的周维俊先生脸上瞬间洋溢出笑容。“我十几岁就开始冲泡咖啡，后来在自己的咖啡店成为一名冲泡高手。”他自豪地分享着，回忆起年轻时在本地咖啡店工作的日子。

患有痴呆症的周先生现居 MWS 疗养院 - 油池，定期参与由 MWS 牧师蔡秋波和堂会志愿者带领的每月怀旧引导活动。这些主题活动通过怀旧食物和经典歌曲等切入点，鼓励院民回忆过去的美好时光。

“周先生以前非常沉默内向，”秋波牧师说道。“但自从参加这些活动后，他变得更加



图为 MWS 疗养院 - 油池的院民周维俊先生，他正在参加以经典老歌为主题的怀旧引导活动

开朗，乐于分享年轻时的故事。这些活动帮助院民重拾与过去的连接，在回忆美好时光时绽放笑容。”

周先生的女儿 Cathy 也观察到，父亲的痴呆症状有所稳定，情绪更加平和。

迈向更乐观的老龄化视角

预计到 2026 年，新加坡将迈入“超老龄化”社会，每五名新加坡人中就有一人年满 65 岁及以上。而这一老龄化群体的特征也在发生转变——寿命延长、受教育水平提高，以及生活更为富足，成为新的趋势。

2021 年，英国“优雅老龄化中心” (Centre for Ageing Better) 发布了一份名为《重新定义老龄化：公众对老龄化、老年及人口变化的认知》的报告，倡导重新思考对老龄化的传统看法。报告指出，与其将老龄化视为不可避免的衰退过程，不如将其看作一段贯穿人生的旅程。通过适当的支持和政策，老龄化完全可以成为健康、充实且富有意义的生活阶段。

与其将年长者视为虚弱和依赖他人的群体，不如鼓励他们退休后继续参与职场、社区

和社会活动。这种思维方式能够帮助年长者重新认识自身的价值，减轻孤独感，增强自信，并推动他们积极投入各项活动，这些对心理健康至关重要。

跨代连结

MWS 通过各类项目和活动倡导积极的老龄化观念，鼓励年长者保持身体活跃、社交联系和心理参与。其中，跨代互动是一个重要的切入点。通过共同参与活动，不同世代之间能够建立联系，不仅打破了对老龄化的刻板印象，也突出了年长者对社会的宝贵贡献。详情请参阅新闻栏目下 MWS 与大陈爱丽丝与彼德寄宿型学院 (College of Alice & Peter Tan) 的合作内容。


赋能年长者，活跃生活优雅老去

促进身心健康的活动为年长者提供了一条富有创意的途径，帮助他们以积极的态度拥

抱老龄生活，将这一阶段打造成充实而有意义的人生篇章。

全社会携手共建积极老龄化

MWS 致力于鼓励年长者积极参与社区活动，建立有意义的联系，希望能够重塑社会对老龄化的认知与体验。通过为年长者提供个人成长、实现自我价值以及参与志愿服务的机会，MWS 希望帮助他们打破负面的刻板印象，重新定义自身在社会中的角色，从而推动更加积极且包容的老龄化文化的形成。

正如“养育一个孩子，需要全村人的努力”这句话所说，帮助年长者实现身心健康的老龄化，同样需要全社会的支持与合作。让我们携手将老龄化视为一段充满希望的生命旅程，共同抵制年龄歧视，打造一个包容、繁荣的超老龄化新加坡，成为全球闪亮典范! 

延续甘榜精神



MWS 活跃乐龄中心以创意十足的职员自主开发项目而闻名，其中一项亮点活动是位于 MWS 活跃乐龄中心 - 白沙金百合的“健康、花茶与我”工作坊。

这一活动旨在引导年长者关注自我保健，通过呼吸练习缓解焦虑和抑郁。工作坊由中心合作伙伴教会的资深志愿者共同带领，并融入怀旧环节，鼓励参与者分享与花和茶相关的记忆，在探讨花茶调配艺术的同时建立深厚的联系。

研究显示，怀旧和社交互动是促进心理健康的有力工具，不仅有助于缓解抑郁和焦虑，还能提升年长者的生活满意度。

对于 71 岁的 Ameda Buyong 女士来说，这个工作坊不仅为她创造了与邻居建立联系的机会，还帮助她缓解了社交孤立感。她说道：“这让我回想起甘榜时期，那时人与人之间的互动既热闹又充满意义。如今，住在组屋里，许多人都紧闭家门，与邻居鲜有交流，这种疏离感让人倍感孤单。这个活动让我感到心情愉悦，焕然一新，也让我重新体验到社区带来的温暖与快乐。”

应对年长者心理健康下降的方法

- 保持身体活跃
- 健康均衡的饮食
- 充足的睡眠
- 社交
- 锻炼大脑，例如阅读、做拼图、唱歌、跳舞、演奏音乐、做艺术
- 学习新东西
- 练习正念
- 参与跨代活动





跨代互动： 为乐龄生活赋予新定义

国大陈爱丽丝与彼德寄宿型学院的学生与 MWS 颂恩活跃乐龄中心 - 芽笼东的长者交换技能

通过共同参与活动，不同世代的人得以建立联系。这不仅打破了对长者的刻板印象，还能展现他们对社会的宝贵贡献。跨代共学与互动能够促进包容与同理心，同时增进信任与尊重，为各年龄层的人带来裨益。

为实现这一目标，MWS 研究、创新与培训部门 (RITA) 与国大陈爱丽丝与彼德寄宿型学院 (College of Alice & Peter Tan, CAPT) 合作，共同策划并开展了多个项目，其中包括“回忆记事计划” (Project Chronicles)。

通过“回忆记事计划”，CAPT 社会创新小组的学生与 MWS 伯大尼疗养院 - 蔡厝港的院民展开了深度交流，共同记录他们的人生故事。活动围绕四个主题展开，包括家庭生活、职业、喜爱的食物和兴趣爱好。学生带领院民通过手工制作呈现这些故事，最终为每位院民制作了一本个性化的纪念册，成为珍贵的纪念。

项目结束后，学生们在反思中提到，他们对疗养院中年长者的看法发生了显著变化。一名学生说道：“一位院民分享了她如何坚持自己的天主教信仰，并通过 iPad 在线参与弥撒。我一直以为疗养院的长者都与社会隔绝，没想到他们的生活依然充满希望和活力。”

2024 年 7 月，合作延续至 MWS 颂恩活跃乐龄中心 - 芽笼东，通过“无龄界限技能交换”活动进一步促进跨代互动。国大 CAPT 的学生教年长者制作个性化 WhatsApp 表情贴图，激发他们对科技的



国大陈爱丽丝与彼德寄宿型学院的学生向 MWS 伯大尼疗养院 - 蔡厝港的院民送上完成的纪念册

兴趣和创意表达；年长者则带领学生体验怀旧游戏，如弹珠、五石子，以及和谐粉彩 (Nagomi Art) 和拉密数字牌 (Rummikub) 等活动。

“看到年长者摆出搞怪的姿势和表情来制作贴图时，我觉得特别有趣。”21 岁参与“无龄界限技能交换”的 Samantha Tan 说道。“这次经历让我有机会与祖父母以外的年长者进行深度对话，真是一次大开眼界的体验。”

事实证明，跨代计划在促进不同年龄层之间的社会与情感联系方面效果显著。这种互动不仅能传递智慧，还能提升整体福祉。具体益处包括帮助年长者延长寿命，同时为年轻一代提供心理支持和人生启发。

随着新加坡在未来十年内迈向超老龄社会，RITA 团队计划将这些跨代计划推广并整合到 MWS 的各项服务中，践行“老者有梦，少年有愿”的美好愿景。 UV



杨志伟在 2024 年新加坡悲伤与丧亲关怀大会上发表演讲

探讨悲伤与丧亲关怀

在慈怀疗护中，督导是实践者不可或缺的重要环节，不仅为他们提供高效、具同理心且符合伦理的照护服务奠定基础，还帮助他们更好地反思复杂案例，调整情绪反应，并确保专业界限的清晰与稳固。通过督导，实践者能够更深入地理解如何应对复杂的悲伤动态，同时识别并化解与服务对象互动时可能引发的个人情感。

这些洞见及更多内容由 MWS 首席医务社工杨志伟在 2024 年 11 月 7 日至 8 日举办的新加坡悲伤与丧亲关怀大会上分享。他深入探讨了社会工作实践中的督导益处、患者倡导以及员工福祉等主题。

“对正在经历悲伤和无助的患者而言，经过良好督导的哀伤处理过程，不仅能帮助他们理解失落、重拾希望，还能让他们找到自己的声音，”志伟表示。“随着时间推移，这一过程或许还能改变社工的视角与叙述方式，从而为患者提供更优质的支持，而督导本身必须被设计为支持社工心理健康的有力工具。”

2024 年仁心奖

MWS 居家护理与慈怀疗护 (HCHH) 的护理主管张燕秋因其对患者护理的卓越奉献精神,以及在同事间展现的激励性领导力,荣获 2024 年仁心奖 (Healthcare Humanity Award) 个别奖 (坚韧类别)。

燕秋在提升 MWS 居家慈怀疗护服务的认知度方面发挥了关键作用,并与医院及其他外部机构建立了宝贵的合作关系。她还主导了 MWS 疗养院的缓和医疗查房,推动了居家护理与慈怀疗护服务的无缝整合。凭借扎实的专业知识、无私的奉献精神以及乐于指导的态度,燕秋成为



2024 年 10 月 17 日, 护理主管张燕秋在颁奖典礼上接受了由总统尚达曼颁发的 2024 年仁心奖

团队中不可或缺的一员,深受尊敬。

“这个奖项对我意义非凡,它让我回想起当初选择成为护士的初心:为他人的生命带来积极的改变,”燕秋说道。“与患者的每一次互动都是珍贵的经历,能够见证并陪伴他们生命中的重要时刻,我心存感激。他

们的生命故事和生活智慧让我深刻体会到坚韧的意义。而他们一句简单的‘谢谢’,或一个充满感激的手势,总是激励着我坚持提供真正以患者为中心的护理服务。”

现年 40 岁的燕秋在进入社区护理领域前,曾在急性护理领域积累了近十年的经验。她表示,MWS HCHH 的综合护理模式深深吸引了她,因为这种模式充分体现了她一直以来所坚信的全人关怀理念。

“这一路走来虽充满挑战,但却意义非凡,让人倍感满足,”她说道。“这个奖项是对我在患者护理上所付出承诺与努

力的肯定。我希望能激励并培养一支充满韧性的护士团队,赋予他们力量去影响他人、温暖生命,即便只是些微小却深远的改变。”



燕秋为一位院民提供护理

仁心奖由卫生部控股主办,旨在表彰新加坡在服务中展现出卓越奉献精神与同理心的医疗专业人士。UV

聚焦年长者心理健康: MWS 2024 不同凡响对话

到 2026 年,新加坡将迈入“超老龄化”社会,每五名居民中就有一人年满 65 岁及以上。这一人口变化对医疗和社会服务领域提出了严峻挑战:如何建立完善的关怀体系,提升年长者的福祉?身体健康常是老龄化讨论的重点,但心理健康同样关键,直接影响生活质量与有尊严地老去的能力。我们该如何支持年长者,让他们的黄金岁月更有意义,并保持心理健康与尊严?

2024 年 10 月 4 日,第二届 MWS 不同凡响对话以“应对超老龄化新加坡的心理健康危机”为主题,医疗领域的专家小组就这些紧迫问题展开了深入探讨。活动吸引了 120 多名来宾,包括捐助者、企业领袖和卫理公会堂代表。

卫理福利服务 (MWS) 集团执行总监吴伟志在开场致辞中



从左至右:Kua Ee Heok 教授、梁睿敏医生、黄卫众医生,以及主持人黄昌福,共同参与了 MWS 不同凡响对话应对老年心理健康危机

指出,“超老龄化”社会的到来将对社会各个层面带来深远影响。

本次小组讨论的发言嘉宾包括新加坡国立大学医院的精神科资深顾问 Kua Ee Heok 教授、NWC 医养达人有限公司的发起人兼总裁黄卫众医生,以及 MWS 医疗服务群组主管梁睿敏医生。他们深入探讨了老龄化对心理健康的影响及身心之间的关联。

“每一种身体疾病都可能伴随心理上的痛苦,”黄医生表示。“健康不仅意味着没有疾病,更在于能够从事



来宾们在台上嘉宾生动的分享中积极互动

有意义的活动,这一点对身体和心理同样重要。”

专家们还深入探讨了预防性措施在应对心理健康问题中的关键作用。Kua Ee Heok 教授特别提倡多种非药物疗法,如正念练习、音乐怀旧与合唱、艺术治疗以及园艺。这些活动不仅有助于提升认知能力,还能通过促进更深层的关

系和社会联结,为心理健康提供额外的支持。

与此同时,梁医生概述了新加坡医疗服务的整体格局,并介绍了涵盖健康各个层面的支持体系。

财务咨询公司 Providend Ltd 的总裁陈显耀先生分享了一段发人深省的信息,阐述了“传承”的真正意义以及实现这一目标的实际行动。

在闭幕致辞中,MWS 管理委员会主席卓宏总结了 MWS 支持年长者的三管齐下战略:与政府密切合作,不断优化面向年长者全人健康的项目和服务模式,并通过与利益相关方的互动加强理解与支持。

扫描此处,观看完整视频,学习如何守护自己的心理健康,为明天的健康生活做好准备。UV



调解能缓解离婚带来的心理压力:MWS FAM@FSC 负责人分享

离婚往往是一段极为痛苦的经历,伴随着显著的心理和情感压力。调解提供了一种更温和的方式来解决纠纷,避免了法庭诉讼中常见的对立与压力,从而减轻当事人的负担。

因此,MWS FAM@FSC位于家庭服务中心的巩固家庭计划负责人姚明珍建议尽早开展调解,以帮助顺利推进离婚流程。这不仅有助于当事人尽快进入疗愈阶段,也能最大限度地减轻潜在的情感和心理压力。

“沟通是关键。无论(离婚双方)对彼此的感受如何,或者他们正在面对怎样的问题,关键是让他们认识到孩子仍然是最重要的考虑,”她强调说。“如果他们能够高效地沟通并解决这些问题,不仅能帮助自己,也能让整个家庭



图片来源:Canva



MWS 家庭服务中心巩固家庭计划负责人姚明珍在直播研讨会上发言

更快地从这场痛苦的经历中恢复。”

明珍现任 MWS 家庭服务组战略发展副主任。2024 年 10 月 28 日,她以嘉宾身份出席了由社区发展理事会 (Community Development Council) 举办的《民事法:离婚诉讼》线上直播研讨会,该活动是“法律意识周@CDC”的一部分。

明珍凭借14年的社区社会工作经验,分享了社区中为考虑或正在经历离婚的夫妻提供的多种辅导和支持服务。其中包括“关系评估辅导”,旨在帮助夫妻理性评估婚姻状况,并做出是否继续维持婚姻或选择离婚的明智决定。

明珍特别强调,离婚过程中必须倾听孩子的声音。她指出,



图片来源:Canva

父母需要与孩子保持开放的沟通,但应避免透露过多细节,并在过渡期内给予他们足够的关注和照顾。“有时,(离婚的)父母可能因情绪问题难以全身心陪伴孩子。我们曾见过一些年龄较大的孩子,甚至青少年,由于学业压力和家庭变故,开始采用不健康的应对方式。如果缺乏足够的关注,可能会引发行为问题,”她提醒道。

此次研讨会吸引了超过 150 名参与者。 UV

扫描此处观看研讨会视频。



MWS全新疗养院即将落户友诺士!

经过四年的精心规划与建设,备受期待的MWS 疗养院 - 友诺士 将于 2025 年 3 月正式启用!

新疗养院设有 171 个床位,全天候为慢性病患和体弱年长者提供护理服务,全力提升院民的生活质量。疗养院与MWS 结合乐龄护理中心和新加坡保健服务集团综合诊疗所相邻,坐落于新加坡东部,旨在成为东部综合住院医疗服务的核心枢纽,联结多学科护理与社区资源。敬请期待更多详情!



MWS 2023/24 财政年度报告发布

在 2023/24 财政年度中,MWS为超过16,700 的家庭及个人提供服务 and 资源,助他们过上圆满人生。这一切离不开我们敬业的员工、超过 5,800 名志愿者的辛勤付出,以及合作伙伴和捐助者的坚定支持。

扫描此处, 阅读我们的年度报告,了解更多关于影响力、转变与感人故事的内容。



社区护理卓越奖

热烈祝贺荣获社区护理卓越奖 (Community Care Excellence Awards) 的团队与员工!

- **个人奖 (银奖)**
Nazurah Binte Nasir, 社工助理, MWS 疗养院 - 油池
- **个人奖 (金奖)**
Subramaniam S/O T Ramachandra, 高级护士, MWS 居家护理与慈怀疗护
- **团队奖 (金奖)**
MWS 居家护理与慈怀疗护团队, 项目为“提升居家健康与慈怀疗护服务的效率”



恭喜社区护理卓越奖得主

社区护理卓越奖由护联中心 (Agency for Integrated Care) 颁发,旨在表彰在社区护理领域展现卓越服务与承诺的个人,以及推动优质改善项目的杰出团队。

尊严饮食

在一间传统的点心“茶楼”里，热闹的交谈声与怀旧的音乐交织，为整个空间注入了温暖的氛围。三十位年长者围坐在铺着粉色桌布的桌旁，桌上摆满了经典的茶楼餐具。身穿旗袍的志愿者如老式茶楼的服务员一般，推着装满烧卖和虾饺等经典点心的小推车，穿梭于桌间，为每位长者送上美味。随后，鸡饭、汤圆和香兰蛋糕等本地美食陆续端上，丰富了他们的用餐体验。志愿者们贴心地守候在一旁，时刻为长者添上他们钟爱的茶水，整个场景充满了温情与怀旧的味道。



2024年10月21日，MWS 伯大尼疗养院 - 蔡厝港举办了一场沉浸式点心文化体验活动



细软质地的海南鸡饭深受用餐者喜爱



展示由 The Project Futurus 制作的细软质地餐食

“流动五感大茶楼”欢迎您的光临！这是一项为患有吞咽困难的年长者特别设计的创新社交项目，通过怀旧体验和认知刺激，为他们提供细软餐食的独特用餐感受。2024年10月21日，“流动茶楼”走进了 MWS 伯大尼疗养院 - 蔡厝港，为依靠轮椅的院民们带来了一次沉浸式的感官旅程。

这项计划由 MWS 研究、创新与培训部门 (RITA) 携手新跃社科大学 (Singapore University of Social Sciences) 和香港社会企业 The Project

Futurus 合作推出。活动以提升行业能力为最终目标，MWS 于当天上午为员工及外部医疗伙伴举办了一场培训，分享如何通过符合医疗标准的护理餐支持吞咽困难的年长者，并为 MWS 伯大尼疗养院的院民打造主题化的“流动五感大茶楼”体验。

The Project Futurus 创始人文慧妍表示，该计划旨在通过食物增进社会联系，同时为餐饮过程赋予尊严，确保每位年

长者 (包括吞咽困难的群体) 都能享受包容性的用餐体验。

“尊严饮食的核心在于赋予个人选择权——选择茶饮、享用最爱的食物，并按照自己的节奏用餐，”她说道。“真正以人为本的护理在于尊重这些选择，将决策权从运营者转移到年长者手中。”

MWS 医疗服务群组主管梁睿敏医生指出，此次活动为年长者带来了一次有意义且愉快的体验。

“活动中除了特别准备的小吃，

还有歌曲和舞蹈相伴，唤起了美好的回忆，”他说道。“细软餐对于吞咽困难的年长者尤为关键，不仅能提升用餐体验，还能有效预防噎食事故。”

对于 68 岁的黄素玲*女士——MWS 伯大尼疗养院的一名院民来说，这次体验是一段愉快的怀旧旅程。“以前我和丈夫经常去牛车水吃点和汤圆，这次活动让我重温了那些美好的时光。我很高兴能够再次品尝点心，”她说道。“食物非常美味，而且能和其他院民一起用餐，感觉就像一家人。”

通过参与这一创新项目，MWS 为员工创造了感官学习的机会，让他们探索如何结合用餐环境，为院民打造尊严饮食体验。该计划充分体现了我们的以人为本护理模式，通过尊重院民的选择，以愉快的用餐体验和更紧密的社交联系，进一步提升他们的生活质量。 UV

*非真实姓名



该试点项目由新跃社科大学与香港社会企业 The Project Futurus 携手合作完成

MWS 荣获 2024 年慈善团体透明度奖

MWS再次荣获慈善理事会颁发的慈善团体透明度奖 (Charity Transparency Award), 以表彰我们在透明实践方面的卓越表现。

我们感谢捐献者和合作伙伴一直以来的信任与支持，并承诺将继续坚持高标准。



MWS 管理委员会主席卓名宏从慈善理事会主席吴清娇女士手中接获奖状



从孤立到融入： 一段意想不到的友谊

尽管经历了人生的诸多挫折和健康上的困扰，这位年长者却通过阅读、行善，以及在意想不到的地方结识朋友，重新赋予了生命新的意义

志愿管理人员戴嘉劲(左)与黄志勇，在志勇常去的一个休闲角落

黄志勇外表看起来威严冷峻，不易接近，但他却是一个热爱阅读、思维敏捷且心地善良的人。他坦言：“我以前脾气暴躁，常常动怒。但阅读让我明白，行善不仅能帮助他人，也能让自己心情更愉快。这些日子，我的确感到比过去快乐了许多。”

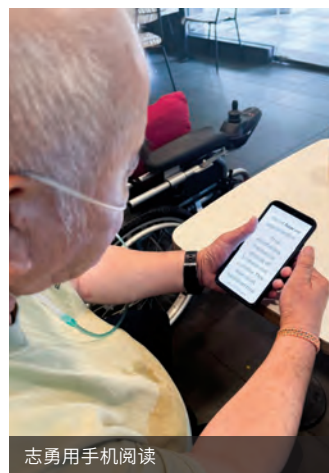
聆听志勇的分享，不难看出他的感悟来自多年的历练。他的童年因母亲的言语暴力而蒙上阴影，成年后因军队裁员失去工作，之后长期与身心健康问题抗争。“因为母亲，我对婚姻充满恐惧。我总是问自己，如果我娶了一个像她一样的女人怎么办？”志勇最终选择终身未婚，并一直独自生活。随着年纪增长，健康状况限制了他的行动能力，使他不得不依赖便携式呼吸机和轮椅。虽然他的兄弟姐妹一

直支持他，但他们年纪渐长，探望他的次数因此减少。“这些年来，我也目睹了许多好友因病离世，”志勇感慨地说道。

尽管历经种种困难，志勇将自己能够克服人生挑战的能力归功于两位支持他的妹妹、他的基督信仰，以及中学时期的一位导师。“我的导师曾告诉我：‘志勇，如果你想在这个严酷的世界生存，就必须阅读。’是她激发了我对书籍的热爱。我读了很多书，尤其是自助类书籍。”志勇微笑着说，并拿出手机展示他阅读应用程序里的书单。“最近，我在研究有关人工智能的文章，我觉得非常有趣。而且，保持与时俱进是件好事。”

虽然阅读为志勇的生活增添了意义，但家人和朋友的缺


席曾让他陷入社交孤立和严重的情绪波动。直到他的妹妹联系了 MWS 活跃乐龄中心 — 哥本峇鲁 (KBAAC) 寻求帮助后，情况才有所好转。从那时起，志勇与中心的一位志愿管理人员戴嘉劲建立了深厚的友谊。



志勇手机阅读

在过去的四年里，这段友谊逐渐加深，尤其是因为嘉劲每周的探访。“我以前会弹吉他，

也曾做过街头艺人，但很多年再也没碰过了。多亏了嘉劲的鼓励，我重新拾起了吉他。我们一起弹奏敬拜歌曲的回忆非常美好。”志勇分享道。这段友谊对志勇来说意义非凡，因为他一直难以找到同样热爱阅读的知音，而嘉劲的耐心和同理心让他倍感温暖。

嘉劲也注意到志勇的情绪和整体健康状况有了显著改善。“志勇为人直率、笑口常开，对朋友总是慷慨大方。即使他拥有的不多，他仍然不断寻找机会去祝福别人，”嘉劲说道。“我很高兴能支持像志勇这样的年长者，他们因社交孤立而渴望真挚的友谊。通过每周探访和一些节庆活动，志勇的世界变得更加温暖，而能为他的生活带来一丝光亮让我感到非常荣幸。” 



赋权之路

在社区的支持下，中风幸存者张锦成在接受六年的康复治疗后，成功重返社区并过上独立的生活

张锦成先生与 MWS 活跃乐龄中心 - 芬维的个案管理执行员黄靖颐合影

现年 60 岁的前德士司机张锦成先生在 MWS 疗养院 - 油池接受了六年的康复治疗，后重返社区，却面临诸多挑战。他与前妻关系疏远，孩子们也与前妻同住，家庭支持十分有限。

作为一名中风幸存者，张先生需要依靠轮椅活动。然而，由于居住的组屋区正在进行无障碍设施的改造工程，使他出入不便。

尽管张先生一直渴望独立生活，但现实的处境令他感到沮丧、孤立无援，并逐渐变得沉

默寡言。他希望孩子能与自己同住，但这一愿望未能实现，进一步加深了他的孤独感。

有尊严的生活

早在张先生出院之前，MWS 疗养院 - 油池就已与 MWS 活跃乐龄中心 - 芬维展开合作，协助他顺利过渡回归社区，并以有尊严且充满希望的方式应对挑战，实现独立生活。

为帮助张先生更好地适应独立生活，团队安排了送餐服务，陪同他前往医疗预约，并

协助处理居家护理和日常生活需求。同时，MWS 活跃乐龄中心 - 芬维的团队还定期探访，为他送上食品配给，帮助申请经济援助，倾听他的心声，给予情感支持。

这一关怀与支持网络不仅让 Teo 先生享有在社区独立生活的权利，也充分体现了对他个人意愿的尊重。

更大的安心

“MWS 活跃乐龄中心 - 芬维的工作人员从未在我需要帮助时拒绝过我，他们总是

愿意额外付出。”张先生分享道。“有几次我摔倒后，自己无法站起来，他们都会迅速赶来帮忙。他们还帮我组装家具，并在我视线模糊、不敢独自出门时陪我去办点事。每当我需要倾诉烦恼时，他们也总是耐心倾听。”

这些实质性的支持对他的心理健康带来了积极影响。“如果没有他们的帮助，我肯定会长期处于压力之中，根本无法独自应对生活。有了他们在背后支持，我感到特别安心。” UV

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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