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# Yong-en News

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## Tea at the Istana

"This would be the first time that I will be at the Istana!" – a common refrain when 20 of our senior beneficiaries met at pick up point in Chinatown. They were eagerly waiting to visit Spice Gardens, Istana.

Yong-en Care Centre's senior beneficiaries had the privilege of being the first charity specially invited by the President's office to Istana ground on 14<sup>th</sup> December 2017 – as part of Madam President Halimah Yacob's initiative for the Istana to be more accessible to the general public.

The sight that greeted us was a host of volunteer gardeners and journalists waiting for our arrival at the Spice Gardens. We were quickly divided into three teams with volunteer gardeners giving us a grand tour of the Spice Gardens. It turned out to be an impromptu reminiscence activity as pretty soon, our seniors were animatedly telling each other what the spices were

used for in their earlier years. "If you combine this mint with ginger and make a drink out of it, it is good for cough" Madam Marimau related. "So sweet & tasty!" Madam Chan exclaimed when given a herb from the Gardens to try. What a treat of sight and taste for our seniors!

“The president is here!” - sent our seniors into a flurry; they eagerly awaited the President making the rounds to them and there was much excitement in being up close and personal with Madam President.

To top it off, seniors were ushered shortly to a refreshment tent and it was literally tea at the Istana, with the President herself hosting us. What a thrill!

After enjoyment of fruits from the garden and other refreshments, before the seniors left, they were all gifted with a fruit basket that was personally handed out by Madam President. It was all smiles in the return journey home.



Thank you Madam President, you have given our senior beneficiaries a once in a lifetime gift that is priceless!

\*Beneficiaries' names changed for privacy protection.



# Conversation Starter Kit for Seniors :



Yong-en was involved in the co-development of a conversation starter kit with National Heritage Board (NHB), National Council of Social Services (NCSS) and three other social service organisations. Envisioned to empower seniors in Singapore at the interpersonal level, the kit features 40 photos mainly from the 1950s and 1960s to facilitate meaningful and enriching conversations. They have been designed as prompts for volunteers and eldercare workers to use while engaging the elderly on heritage topics.

*“When working with seniors, social service practitioners can empower the seniors in many ways. We’ve designed the kit with the hope to offer the seniors an opportunity to share their life experiences, create new memories and make social connections with others in the community.”*

*Ms Griselda Ong, Yong-en’s Director of Elderly Services, one of the co-creator of the kit.*

The kit was launched at NCSS Seniors’ Empower event, 22<sup>nd</sup> November 2017, and will be made available to about 60 eldercare centres this year. It will also be available for use at some heritage centres in January, 2018.



## Helping Seniors with medication taking



**Yong-en is collaborating with Pillpresso, a health-tech start-up with a social cause, to provide inputs in developing a medication device for the elderly.**

Pillpresso launched a crowdfunding campaign in November to raise \$10,000 by December 2017. This money will be used to sponsor medication devices for Yong-en’s low-income elderly beneficiaries and help them with taking medicine accurately and timely. The funds raised are generously matched by Singtel, with the matched Singtel funding going towards Pillpresso’s research and development efforts.

Home Care team is providing inputs to Pillpresso on enhancing the medication device, based on our experience in the community.

Medication non-compliance leads to medical complication and fall risks for seniors. With this device, our Home Care nurses can better monitor our seniors’ medication compliance. This helps seniors remain healthy, stay out of the hospital and age gracefully at home.

## Giving with a heart :

**Our heartfelt thanks to Deutsche Bank for another year of active partnership with Yong-en. Yong-en was selected as one of four Deutsche Bank’s ‘Donate One Day’ Charity Beneficiaries.**

On 5<sup>th</sup> December 2017, we joined three charities in receiving a cheque donation from Mr. Oliver Bettin, Managing Director and Head of Asset Financing Asia, at their annual Christmas Charity Bazaar.

Apart from providing strong support to sustain Yong-en’s essential services in the community, Deutsche Bank employees also took time off to assist the Centre in

the work on the ground. They were engaged in activities such as house cleaning, befriending seniors at our dementia day care, packing and distributing food packs to less privileged families, curating interesting outings for active seniors, etc.

Deutsche Bank and employees, thank you for your engaged giving. We look forward to another year of fruitful partnership!



If you wish to make a donation, please visit [www.yong-en.org.sg](http://www.yong-en.org.sg) for more information for non-cheque donations. For cheque donations please issue to "Yong-en Care Centre" and mail it to "335A Smith Street, #03-57, Singapore 051335", and indicate: • Organisation Name (for corporate donation) and contact person; • Name as in NRIC and NRIC number (for tax deduction for individual donors) • Mailing address (for us to send you the receipt) • Email address.

Your donation for 2018 is eligible for 2.5 times tax exemption benefits.