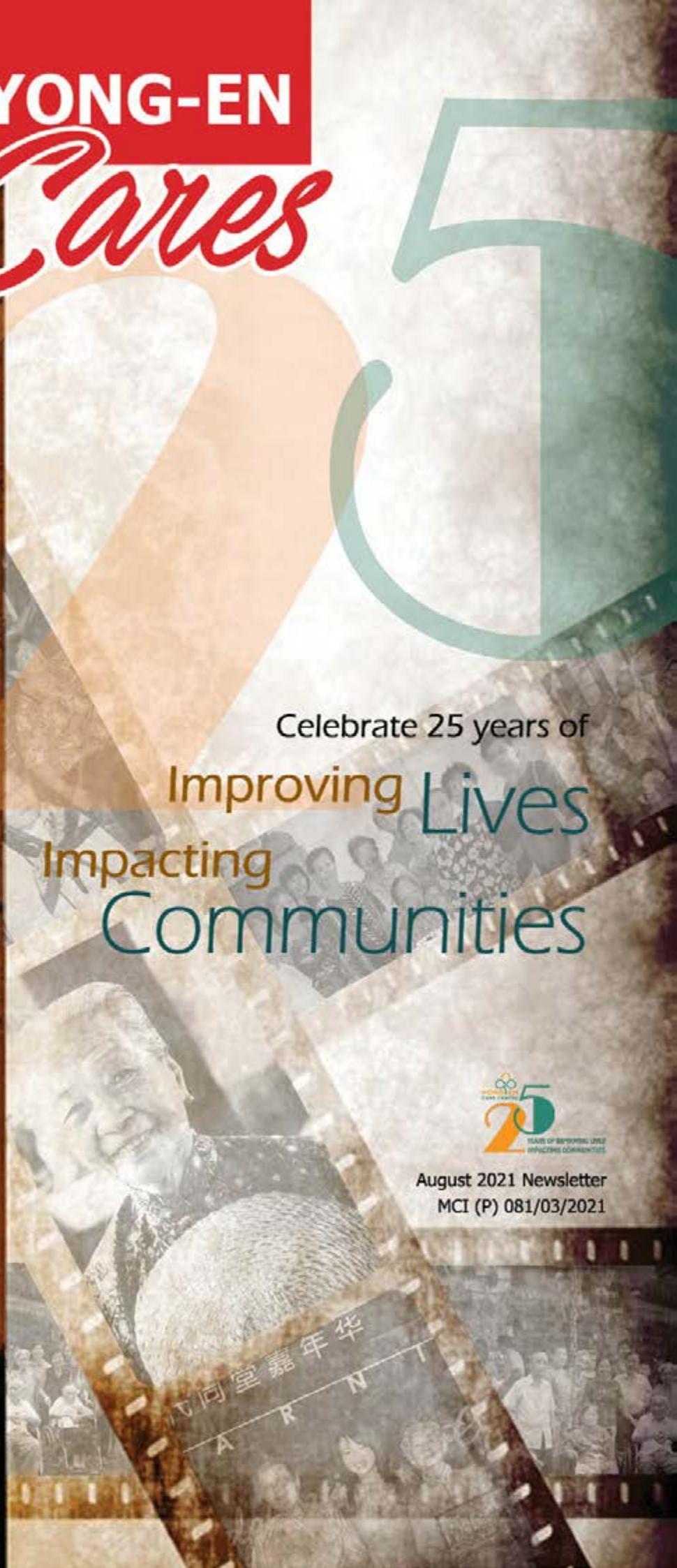




YONG-EN

Cares



Celebrate 25 years of
Improving Lives
Impacting Communities



August 2021 Newsletter
MCI (P) 081/03/2021

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A R N T

Celebrating 25 years of

Growing in Grace

Yong-en's story is held together by G.R.A.C.E, an acronym for the core values which have anchored the soul of Yong-en for 25 years.

God's love

Expressing God's love through humility, care and compassion

We value life and serve the needs of the community with patience, kindness and authenticity

Caring for person living with Dementia - Unwavering Grace - Scan QR code to watch Mr Chong's sharing on his journey as a Caregiver. What makes him to say: **"Now I treasure the time with my wife even more. I see this as a god-send opportunity for me to care for her and love her more."**



Respect

Showing respect for everyone regardless of gender, race, language, nationality, or religion in all circumstances.

We accord dignity to every person whom we encounter and work with while serving in Yong-en.

Coping with divorce, financial burdens and the role of a single mother present a set of hurdles to cross in determining the best situation for the children and oneself. Yong-en's Single Mother's Support Group was designed to help women find strength, accord dignity and build confidence for the journey ahead. Serene is a fine example and has been with the group since 2010, through counselling and friendships made with single mothers like herself, she has been able to choose growth and embrace the life she has been blessed with.



Affirmation

Building resilience by supporting and encouraging individuals in their life journey.

We recognise the potential, enable the strengths and celebrate achievements to empower our community.

Fraternal twin brothers, Ling Wen Jian and Ling Wen Xing have lived on 335A

Smith Street from birth, crossing paths with Yong-en in their Primary School years through our tuition programme. **"It gave me an environment to really study, and to ask questions where I had doubts in my homework."** The objectives of hosting and providing free tuition for children in the community has never been solely about giving them a boost in their studies, it was also a golden opportunity to speak words of encouragement, raise self-esteem and plant seeds of confidence in the formative years of childhood.

Since June 2019, Wen Jian has been an active volunteer with Yong-en, **"I had received. I want to give back to the community and do my bit for the neighborhood."** During the intense months of Covid-19 in 2020, he had stepped up to supply much needed manpower for Yong-en's hot meals distributions. Wen Jian is about to begin his final year at the Faculty of Computer Engineering, NUS; Wen Xing has a full-time job in IT, is also finishing his part-time studies.

We are grateful to have been able to maintain the friendship and be of support to the Ling family through the years - we are extremely proud to have played a small role in the success of the Ling brothers and to witness the growth in their life journey.

Commitment

Being faithful and reliable in upholding the Vision and Mission of Yong-En Care Centre and in our service to the community.

We shall be present and take ownership of our mission to build relationships of trust.

A day in the life of a home care nurse. Scan QR code - Karen, our Home Care nurse will bring you through a day as a home care nurse. She did more than a role of a nurse. Often, she will slow down to listen to her patients despite her busy schedule for the day.



Excellence

Serving one another with diligence, innovation and professionalism.

We continue growing, learning and innovating to deliver relevant services and foster positive experiences.

Innovation at Work

Problem: How do we measure the bodyweight of our wheelchair bound DDC Clients?

- 1) Buy a \$1000 Wheelchair Scale
- 2) Give up and just put 'NIL' under their monthly weight checks
- 3) Using 2 digital scales, a plank and a piano bench, innovate and create a cost effective solution

Our DDC staff, Jen Kai, master handyman and chief innovator, dedicated to those under his care had come up with an incredibly affordable solution to take the weight of our wheelchair bound clients.

Making full use of the available items on hand (Piano Bench, weighing scales and wooden plank) - an 'invisible wheelchair' scale was made.

Clients were carried up from their wheelchairs and comfortably seated on the bench where Jen Kai was able to take their weight.

This same scale proved very helpful to the team with clients who are unwilling to step on a weighing scale.

With age, visual perceptions change and the ground looks uneven where the scale is, hence the caution.



Using 2 digital scales, a plank and a piano bench, to weigh our wheelchair bound clients.



This group of clients are no longer afraid as they are invited to seat themselves for their monthly weigh-ins now!

Great work Jen Kai! Your spirit of excellence is celebrated!

Growing with our Community

Uncle Ah Hua

Meet Uncle Ah-Hua from Chinatown Complex Food centre, Yong-en's go to for a mid morning caffeine fix. He has been in the coffee business for 60 years now together with his wife. Muscle memory and genuine strength in spite of his years, go on display as he pulls the liquid, black gold from one pot into the other. Come by and join us for a cuppa, except Mondays and Thursdays of course, the days Ah-Hua is at rest!



Hao Hua Cooked Food

Blinded by the florescent lights of Old Master Grill Stall, we almost missed the quiet and serene, elderly couple serving out Chap Chye Peng right next door (Hao Hua Cooked Food #02-120). It was fortunate to be able to add on homely, stir fried vegetable dishes into our fatty, roast pork rice packets. Like grandma's cooking! ...because it was a grandma cooking everything in sight, since 1985 at Chinatown Complex! Another reason to come look for us at Yong-en!



Da Zhong Herbal Tea

In the 1960s Da Zhong Herbal Tea was selling for 30cents out in the back alleys - imagine the relief brought by these concoctions from SG's heat then!

With a mix of Chinese and impressive, 'broken English', Uncle came to life when we started chatting him up. Proudly (and loudly) telling us that he had relocated here since 1983 to continue making a living selling his brews, it has been nearly 40 years. He turns 70 this year and exclaims with a tinge of sadness that the medicinal suppliers are all closing, soon he will not have ingredients anymore, and that he should follow suit.

Do swing by, get yourself a bottle of his teas (it is authentically good), give your brightest smile, ask him to tell you a story and then tell it back to us.



Loving our Neighbours!

Our Community • Our Strength



Scan QR code -
to view our
25th Anniversary video

Our Next Lap

Over the 19 years that our Dementia Day Care has been running, we have seen a lot of changes in the care model, including different types of therapeutic activities which we are bringing into Yong-en.

Dementia Day Care goes beyond just a day care model, this is what we aspire to do. We are moving our model into Montessori for Dementia which focuses on our client's strengths, it is very personalized which assists greatly in the empowerment of people living with Dementia.

Loss of recent memory and some cognitive capability does not mean that they can no longer make their own decisions or lead dignified lives.

In the past, the mean age group of Dementia was around 75 years, with increasing awareness about Dementia and its implications, we foresee much younger individuals signing up for a variety of programmes in order to slow the process of deterioration in their cognitive functions. The profiles of clients vary; with different life challenges at different stages of their lives. There will be this desire and need to continue living their lives as normal as possible and to cope with the changes that come with dementia. Empowerment comes with the intention for them to work their way around this

disease together with their family members.

Life can still be meaningful even with Dementia - We want to make every day a new day, every day a beautiful and dignified day for them.

“ We want to make every day a new day, every day a beautiful and dignified day for them. ”

Opening of Yong-en Active Hub (YEAH!), an upstream approach, how we come to this idea of having YEAH! and what were the challenges?

Living a boundless life, age is just a number. We want every senior at YEAH! to recognize their potential, look past their limitations and go for what they want. We focus on the 3 Es - Engage, Enrich, Empower.

Dementia Day Care (DDC) and Home Care services help clients in the management of their health conditions and provide support and care in the ageing phase. Preventive work to provide a more holistic, integrated elder care service is a natural next step. YEAH! looks into activities which promote healthy ageing, to help the population increase their healthspan. Learning must continue regardless of age - we are truly grateful to God for the provision of YEAH!'s venue and partners - list partners.

The next Decade

Our vision for DDC goes beyond day care, we want to establish a comprehensive network of dementia care services in the next decade, providing a care concept that supports the PLWD and their caregivers to live well in the community.

Home Care is an essential service which has become even more necessary with COVID-19 - we want to continue to provide safe and affordable care, expand our services to add more value in our services for the community.



A walk down memory lane...

appreciating where we are today



“I hope that there will be a deepening of partnerships and collaborations within and across agencies to be better able to provide holistic care for our clients..”

Interview with the Vice President, Mrs Shermaine Tang

My fondest memory:

My fondest memory in Yong-en is of befriending families, the clients that Yong-en serves. It is really a privilege to be able to get to know them and to hear their stories. I am always humbled by the authentic sharing of how they overcome their challenges and make the most out of what life presents them. It is a joy to journey with them and honour to share their burdens and also their simple joy. I hope that there will be many more who will step forward to befriend clients of Yong-en in Chinatown and beyond – by being a channel of blessing, we ourselves are richly blessed.

Yong-en has remain committed to its vision of sharing God's love, value-adding to the lives of others, to use our gifts and resources to bless the community and help them live better lives and bring cheer. We hope that this is something that will never change, that we are here to impart God's love to the community.

What achievements of Yong-en are you proud of?

If I were to knock on the doors of the community and say that I am from Yong-en, they will open their gates and invite us in to have a chat or even offer us a meal. This is something that I am deeply heartened by, the warm welcome of the community, the acceptance of Yong-en as an agency who is a friend, that they trust us enough to want to open their doors and allow us to be part of their lives. This is something that we hope, will continue.

What do want to see more of at Yong-en?

I hope that there will be a deepening of partnerships and collaborations within and across agencies to be better able to provide holistic care for our clients.



Vice President, Mrs Shermaine Tang

Interview with Benjamin Chan, 1st Executive Director of Yong-en Care Centre

How did Yong-en begin?

Fairfield Methodist Church relocated into 1 Tanjong Pagar in 1986. In the first decade of being with the community of Chinatown, church members served informally via providing free tuition to young children of disadvantaged families. Members who were medically trained and qualified went on a very regular basis to visit seniors living in the 1 room rental flats, located opposite Fairfield Methodist Church. In 1996, the late Rev Dr Clarence Lim formalised all of our volunteering work and effort by constituting Yong-en Care Centre, it was then the church officially recognised and supported the outreach work to the community.

An unforgettable encounter:

A senior gentleman we served, was very much alone, estranged from his family and completely hopeless in many ways. In our conversations with him, he spoke often about 'waiting for his day to come', there was no zeal nor purpose in his life. Yong-en befriended him through serving him in love - household chores and shopping for fresh food from the market and delivering groceries. We began engaging him in the activities at our centre which gave him a sense of involvement and fulfilment. Yong-en provided more than friendship, we became his extended family in many ways.

He was diagnosed with terminal cancer along the way and we continued looking after and caring for him. Upon admission into the hospital and hospice thereafter, we stayed in touch with him, providing friendship and care. Yong-en attempted to reach out to his estranged family, no one came forward.

When he passed on, we were the only ones there, over 30 staff and volunteers came by the funeral to say goodbye – Yong-en had become a family to him in his final days. Yong-en provides more than a service to the community, I am so glad that we have this platform to befriend the members of the community in deep and meaningful ways.

What lies ahead for Yong-en?

In the past 25 years, Yong-en has developed and delivered professional services to the different community age group. I believe going forward there will be even more that we can do by studying the needs and filling up the gaps.



Mr Benjamin Chan, 1st Executive Director of Yong-en Care Centre



Happy 25th Anniversary Yong-en!!!

Calling all volunteers, supporters and clients of Yong-en! We want your enthusiasm to enliven and empower us for the road ahead!

Would you fundraise along with us this September?

SCAN



make an impact today!



Gift your Time & Talents
25 Aug - 25 Sep 2021

**You Can Contribute!
Fundraise for Yong-en!**

Ways to do it!

- Run a bake sale
- Walking Challenge
- Cycling Challenge
- Host a Supper Club
- Sell pre-loved items
- Hold a mini Virtual Concert
- Sales of Art and Crafts

FUNDRAISING GOAL:

\$100,000

Register your interest!


gracie-ngoi@yong-en.org.sg
Contact: 9754 1449



Growing in Grace

#GIG25

PARTNERING US We seek your generosity to sustain our services to the Community. No gift is too small - Thank you!

Cheque	Issue cheque to "Yong-en Care Centre" Mail to: Blk 335A Smith Street #03-57 (S) 015335
Bank transfer	DBS Checking Account No. 009-012526-4 Email transfer details to: mail@yong-en.org.sg
Online funds transfer services	UEN S96SS0165G 
Credit Card	Online: www.giving.sg/ycc
For tax exemption purposes, please indicate: Name, Address, NRIC/FIN, Contact Number	



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