

Make an impact today!

As Singapore braced itself from the economic fallout from the Covid-19 pandemic, low-income families found themselves facing job losses or wage cuts. They faced difficulties in covering the expenses of everyday living while having little to no savings in the face of an uncertain future.

Yong-en Care Centre is committed to serve the community in need. Today, more than ever, your giving matters. Let's stand together with struggling individuals and households in our community to forge ahead with hope.



Scan to make an impact today!

\$7	Monthly bread and spread for a household Simple bread and spread provides basic nutritional needs to many beneficiaries for the most important meal of the day.
\$60	Monthly food ration pack to a household in a rental flat Basic food items such as rice, cooking oil, beverage, noodles provide low-income families with warm meals.
\$360	Home care services by professionals for a senior for two months Most of our Home Care clients are lonely seniors without income who needs nurses to check on their health condition regularly in their homes. This will reduce the risk of re-admission to hospitals and it helps them to age in place.
\$500 - \$1000	Urgent financial assistance for needy families In this economic recession, low-income families faces an even greater need for financial support. Applications for financial assistance usually need waiting time and yet there are immediate and real needs to meet. We provide urgent financial assistance to aid immediate financial needs.
\$1200	A month of customised therapeutic programme by professionals for a senior with dementia Therapeutic programmes are important to aid senior with dementia to stimulate their minds and slow down the speed of deterioration
\$1500	A child's enrichment and tuition for the year. We provide free tuition classes and holiday enrichment events to primary and secondary students from disadvantaged families. The purpose is to help them cope with their studies and to provide an avenue to connect with these youths and children to should their families need further support and intervention.

PARTNERING US We seek your generous donation to sustain our services to our many beneficiaries. Your gift will go a long way. No gift is too small – Thank you for your partnership in giving!

Cheque	Issue cheque to “Yong-en Care Centre” and mail to: Blk 335A Smith Street #03-57 (S) 015335 Indicate the following details for tax exemption receipts: <i>Name, Address, NRIC/FIN No., Contact Number.</i>
Bank transfer	Our account number is 009-012526-4, DBS Checking account. After your bank transfer, please email: mail@yong-en.org.sg and indicate the following details for tax exemption receipts: <i>Name, Donated amount, NRIC no., Email, Address, Contact Number.</i>
QR for easy transfers	Please key your NRIC# and HP# in Reference No. field. to receive a tax exemption receipt.
Your personal donation is eligible for 250% tax-exemption. There are other ways to give on our website: www.yong-en.org.sg For more details, please call 6225 1002 or email: mail@yong-en.org.sg	



Embracing the new normal with seniors at our Day Care

The disruptions caused by the pandemic were especially disorienting for seniors with cognitive frailty. Caregivers were also increasingly stressed to care for the seniors at home in addition to cope with any impact suffered by themselves in turbulent times like these.

New routine at our Dementia Day Care:

“Wear your masks” and “Wash your hands regularly” are the most frequently heard phrases at the day care since our services resumed in July 2020. Assisting our seniors to perform SafeEntry check-in/out became part of the daily routine. These were the daily challenges, over and on top of the constant reminders given to our seniors to maintain safe distancing.

A smooth resumption of services was the result of the care team's detailed planning and preparation over weeks leading up to the centre's safe re-opening. From clients' attendance schedule, seating and transport arrangements to programme activities, we had to ensure our seniors' safe return to the day care. Programme activities had to be re-designed as sharing of items and group activities were to be avoided. Proper handwashing technique and mask wearing were included in our usual morning orientation cum exercise regime to help our seniors adjust to the new norm. Thankfully, months into Phase Two re-opening, the seniors are adjusting well and with the completed renovations of the facility, we have capacity to accommodate more seniors.



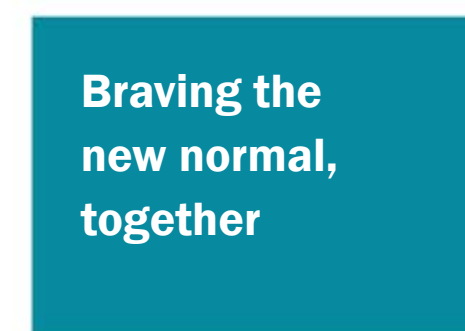
Leading our seniors towards the Digital Age



Digital technologies have developed into an integral part of our society with increasing access to information/services through the internet. Learning to use technology can help seniors to be included in the nation's move towards digital readiness. This need becomes more evident with the evolving COVID-19 situation and suspension of all senior-centric activities. Studies have also found that the use of digital technology can help seniors improve quality of life and slow down cognitive decline.

Working towards active and healthy ageing through YEAH!'s E3 model, one of the key programmes that will be introduced is “Virtual YEAH!”. A programme that aims to **Engage**/encourage seniors in meaningful use of digital technology as a form of life skills and lifestyle enhancement; **Enrich**/develop seniors to be competent and proficient users of digital technology; and **Empower** seniors to encourage one another towards embracing the digital age. By running YEAH! programmes in hybrid mode (virtual and physical concurrently), we hope to mitigate any disruptions and constraints through early preparation and empowerment of the seniors. Should there be a future suspension of senior-centric activities, the transition to virtual access would be smoother.

We have started running some enrichment workshops for the seniors and have incorporated the hybrid learning mode by injecting some elements of digital technology into the learning process. In the recent basic Ukulele workshop, the seniors had to download a tuning App to learn how to tune their ukuleles. By the 3rd workshop, they were all tuning their ukuleles before the lesson without apprehension.



Volunteer Spotlight

The volunteer spirit shines brightly at Yong-en in all times. Hear from our volunteers on their motivation to put in both time and effort for the beneficiaries of Yong-en.



"It has been a wonderful journey for me at Yong-en since the day I started volunteering", our faithful volunteer, Doris, remarked.

Doris has been volunteering regularly at our Dementia Day Care. With her cheerful disposition and melodious singing, she never fails to inject energy to the atmosphere at our day care. Over the years, she roped in her family and friends, like Kym and Danny, to join her in our volunteer activities. While the pandemic caused restrictions on physical gathering and activities, the trio gamely took up the challenge to initiate an online programme, FunMa, for active seniors at Yong-en. The online activities by FunMa ranges from singing to cooking and baking. Some dishes demonstrated included Rendang, "Chu Bi Png" (Glutinous Rice) and Chocolate Mug Cake. These sessions provided the seniors with an avenue to socialise and to share their own tips and tricks for cooking. We saw seniors trying the recipes themselves after the virtual sessions and sharing their creations enthusiastically with the rest of the group through their WhatsApp accounts.

These virtual interactions brought much joy to our seniors during the Circuit Breaker period. It was also a fruitful learning journey for Doris, Kym and Daniel as they grew accustomed to using digital technology in their communication with the seniors.

"Something as simple as a senior's smile make my day. The reason why I continue volunteering is the sense of satisfaction in doing my part for the society. It is important for us to socialise with the seniors because if they are left at home alone, it's easy for them to deteriorate mentally and physically. I hope that Yong-en can progress even further and bring positive changes to even more lives! "

– Doris

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My advice is to just
do it! And don't be
too hard on
yourself when you
don't have time.
Try out a variety of
activities, and then
commit to something
more long-term
when you are ready.

”
- Jeanne

How did you come to know about Yong-en and start volunteering with us?

I've been on a personal sabbatical since April last year and am currently a full-time student and running my online business. I was looking for something meaningful to do during the Circuit Breaker and signed up with several initiatives. I was connected to Yong-En Care by KampungKakis, another organization that I'm volunteering as a Marcomms team member. I started out by doing food deliveries in the York Hill and Banda Street areas last June, and then was asked if I would like to be matched with one of the elderly beneficiaries of Yong-en. That's how I got to know Mdm Loh. I didn't think doing food deliveries for these beneficiaries were risky as these activities take place outdoors and we made sure to practice safe distancing, hygiene and mask wearing.

Could you share a memorable moment during your volunteer experience with us?

My most interesting experiences are the times I have with Mdm Loh. We have difficulty in conversing with each other because she only speaks Cantonese and I don't speak the dialect. She's always trying to give me miscellaneous items from the grocery supplies given to her but doesn't eat, like kaya. I take them sometimes because I think it makes her feel good that the items are not going to waste, and that she can do something for me in return for me visiting her.

How has volunteer work had an impact on your life?

To be honest, it can get quite difficult to commit time to volunteer when I have to juggle project deadlines, paper submissions and my business. There are weeks when I simply have no time to pay Mdm Loh a visit. **But whenever Mdm Loh thank me for visiting her, it hits me how lonely she is, so no matter how busy life is, I will try to make time to pop by even if it's just for 30 minutes.** I would say volunteer work has made me more cognisant of the loneliness the elderly face, and I wonder what I can do to avoid the same fate in the future!



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”
- Titiem

I started my volunteering journey as I wanted to share Christ's love. As I have experienced His love and mercy, I would like others around me to also have the same experience. I sometimes take leave off work to make time to help with food ration deliveries for the needy as part of my little love to my Lord as He cares and loves humanity. "Whatever you did for one of the least of these brothers and sisters of mine, you did for me." - Matthew 25:40

What really encouraged me to volunteer with Yong-en is the community within Yong-en that works together regardless of race or religion to support the disadvantaged, and the sharing of little acts of love to bring a smile to the beneficiary faces. **Volunteering has given me a different outlook on life - that no matter how difficult it gets, we should maintain a positive attitude. Just like the elderly I have met at Yong-en who are always content with what little they have, and are so appreciative of the little gifts that they receive. They taught me about simplicity, contentment and gratitude in life.**

If you are interested in volunteering but worried about the technicalities, I would say to you,

Come and see! While it might be daunting to start, the impact that you can make in the lives of the beneficiaries will definitely stay with you and provide a new perspective on what it really means to be a volunteer. It is not the volunteer that help the beneficiaries, it is the beneficiaries who show and teach us how to love.

- Titiem Yang

Volunteers are vital in helping us achieve our objectives. They extend the reach of our work, add diversity to our community and reach to the community we serve.

Wish to connect with like-minded people who cares for the community?

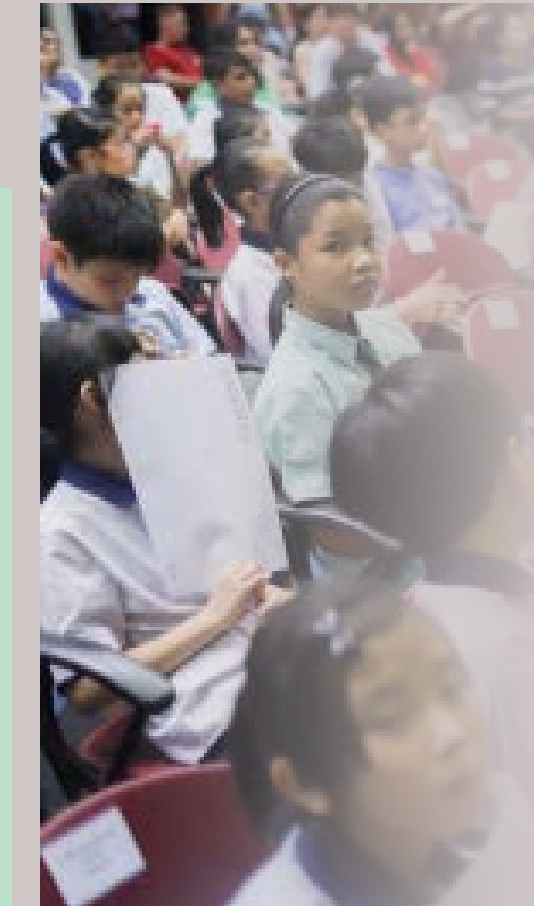
Volunteer with us now! Scan the QR to register your interest.



Celebrating Mothers at Yong-en

At Yong-en's Single Mother's Support Group, we aim to provide single mums with a support network and uplift them by helping them effectively navigate through challenges in parenting and life.

Here are two of our very own resilient mums who persevered and stood strong for their children under difficult circumstances.



Mdm Linda, a Thai national on long term pass in Singapore, and her 3 children are known to Yong-en for many years. Linda is grateful to Yong-en for helping her family through the difficult season when her husband was incarcerated.

Through support from our Family Support Services, the family remained positive despite the tough conditions during the COVID-19 pandemic. To help the family cope with stress under these trying circumstances, our team shared coping and family bonding techniques with the parents to bond with their children, as they spend more time at home together.

The effectiveness of our assistance was evident the minute we stepped into the house of Mdm Linda. We were greeted by her and her 3 cheerful children. They laughed and shared stories of their day when we visited to distribute food packs to her.

"These days we laugh a lot together. Things are much better now. My husband has taken the time to learn driving (a new skill), so that he can get a better job next time. Even Nila* (eldest daughter) is doing well and has been appointed senior prefect in her school", Mdm Linda told us with a beam on her face. She also thanked Yong-en for the bursary award given to her daughter. **"Yong En has helped my family a lot and we are always grateful for what you have done - providing us with food ration and support especially during Covid-19,"** Mdm Linda said as we bid the family goodbye.

Such positive impact to families and their lives are what keeps us going.

Mdm Heather is a foreign single mother from Philippine who has single-handedly raised her four children in Singapore. She is legally married to her husband who was previously incarcerated on a few occasions and thus spent an extended period away from the family. Eventually, she considered their relationship irreconcilable as they have been separated for several years coupled by his refusal to change.

Through Yong-en's Family Support Service, Mdm Heather was provided with regular support as she juggled both her work at a F&B outlet and parenting of her four children. **It was through Yong-en's services that Mdm Heather was connected to a regular befriender who has been actively making quarterly donations to support Mdm Heather's eldest son's school fees. Yong-en also supported the family through monthly food rations and invited her to participate in our family support group.**

It was great joy for both Mdm Heather and us when we received news of the approval of her eldest son's citizenship. This meant that his school fees will now be subsidised. It was a load off her shoulders and she was relieved that she could now manage this on her own. All the stakeholders involved rejoice at this successful step forward as we see the fruit of labour from this Single Mother's relentless pursuit in giving her best to her children.

* pseudonyms used in articles.
Photos were taken before Covid