

July 2026 Newsletter
MDDI (P) 079/03/2026



Strength in Every Story. Growth in Every Generation.



Scan to read our latest
FY2025 Annual Report,
Community in Action.

Latest Happenings



Strong & Healthy Fiesta

Wholesome Living, Hearty Giving



Yong-en Care Centre (Yong-en) successfully hosted its inaugural Strong & Healthy Fiesta on Saturday, 6 June 2026, at JiaYou@Chinatown Point. Supported generously by FairPrice Foundation, the pilot community health event attracted more than 250 residents, senior citizens, wellness enthusiasts, and community partners in a collective effort to champion long-term wellness and healthy ageing.

All activations were structured around Yong-en's core multi-pillared wellbeing message to promote strong and healthy bodies, minds, relationships, and communities.

This milestone event is part of Yong-en's 30th Anniversary celebrations, and it set a wonderful tone for the year ahead.

A Full Day of Wellness

Across 11 facilitators and a packed programme, attendees enjoyed expert-led public talks on topics ranging from frailty reversal and cognitive longevity to sleep, nutrition, and ageless ageing. Hands-on workshops in sensory wellness, mental wellbeing, nutrition, and even cardio-drumming kept energy levels high throughout the day.

Yong-en's own wellness coaches also led live demonstrations of our specialised resistance training system, alongside frailty screening assessments, giving participants practical, personalised health insights to take home.

Showcasing Services and Community Resources

Besides learning more about Yong-en's services, attendees also explored a vibrant marketplace of 16 community and corporate partners, offering health screenings, expert advice, educational resources, and wellness products.





Building a Stronger, Healthier Community

The success of our inaugural Strong & Healthy Fiesta reflects the growing importance of community-based wellness initiatives and collaborative partnerships. We are grateful to all our speakers, volunteers, partners, and participants who contributed to making the event a meaningful and enriching experience.

A Heartfelt Shoutout to All Partners!



The Strong & Healthy Fiesta would not have been possible without the support of our incredible partners and volunteers.

Event Supporter

- FairPrice Foundation

Programme Speakers & Facilitators

- Activa
- Dr Geraldine Tan, The Therapy Room
- Dr Wee Shiou Liang
- Howone
- Ms Hwee Er, Goshen Consultancy Services Pte Ltd
- Ms Annie, Mindful Circle
- Ms Zhi Tsung
- QuantumX
- SG Health Coaches Network
- Teng Ping Sensory Wellness
- Vickey & Shannen

Community Partners

- SingHealth — Breast Centre, Singapore National Eye Centre, Singapore National Stroke Association
- Fullerton Health
- Montfort Care
- Fei Yue Community Services
- The Prosthetic Company
- JiaYou@Chinatown Point
- True65 Wellness Tea
- TrueHugz Adult Diapers
- Perennial Holdings Private Limited



Highlight
Video



Event
Photos





Celebrate 30 years of service with Yong-en!

Strength in Every Story. Growth in Every Generation.

Scan for more info



What began as little acts of kindness by members of Fairfield Methodist Church in the 1990s grew into a dedicated effort to provide professional care services for those in need in Chinatown and beyond.

Guided by a calling to serve Community (elderly destitute), Yong-en Care Centre was registered as an independent charity in 1996 - 30 years ago!

Over the years, we have evolved our services to support seniors, families, children, and youth, fostering resilience, enabling ageing in place, and walking alongside individuals and families towards a brighter future. Through it all, we remain committed to our vision of Improving Lives and Impacting Communities.

As we commemorate this milestone, our anniversary theme, *Strength in Every Story. Growth in Every Generation.*, honours the countless individuals, families, volunteers, donors, staff, and partners who have been part of our journey. Their stories form a legacy of care, hope, and transformation that continues to shape Yong-en today.

As part of our 30th anniversary celebrations, we have launched a series of campaigns that honour our shared legacy and strengthen support for future generations. Explore the initiatives below and scan the QR codes to learn more.

How You Can Support

- Sponsor a table of 10 for our beneficiaries, volunteers, and staff to attend Yong-en's 30th Anniversary Lunch at just \$2,000
- Make a donation to support the sustainability of our programmes and services

Our support helps sustain essential services, ensuring that those in need continue to receive consistent care and support. As we celebrate this milestone, we invite you to be part of the next chapter, strengthening lives and growing communities for generations to come.

For more information, visit www.yong-en.org.sg/30thanniversary.

Sponsor a Table For Beneficiaries



Campaigns supporting Yong-en's 30th



For queries or wish to set up a fundraising campaign to support Yong-en's 30th, contact Nicole at 6225 1002 / nicole-liang@yong-en.org.sg.





**Sally holding a gift from her grandson.*



Lee Koon (left), Home Care Staff Nurse, and Sally (right).

Story Features

Living Well, With Care

Sally*, 80, has been under Yong-en's Home Care Services since April 2025. At risk of overdosing on her medications, she was referred to us by Singapore General Hospital.

Keeping track of her medications was challenging due to forgetfulness and hearing difficulties. Nurse Lee Koon stepped in to provide support, monitor her well-being, and liaise with Sally's family. As Sally did not want to burden her children, she did not share the full extent of her health issues with them.



Sally was awarded "Volunteer of The Year" at Lion Befriender



Since April 2025, Nurse Lee Koon has been visiting Sally regularly to help pack her medications, monitor her blood pressure, and remind her to take her readings when calm and rested. With this consistent support, Sally became more compliant with her medication regimen, eliminating the risk of overdosing. As her confidence in managing her health grew, Nurse Lee Koon reduced her visits from weekly to once every three weeks. Sally remains deeply grateful for her care.

Despite her age, Sally remains active and closely connected to her community. She starts each day by checking her blood pressure and completing household chores before heading out to run errands. She enjoys baking traditional treats such as kueh lapis, jempadah tarts, and popiah rolls, which she generously shares with friends and neighbours. A lifelong learner, she also attends baking classes to pick up new recipes and skills.

Her dedication to volunteering spans 25 years with Lions Befrienders, reflecting her deep commitment to helping others. "Helping other seniors gave me so much joy, and when I see them happy, I also feel happy," she shared.

"These 25 years of volunteering made me realised how blessed and lucky I am to now receive help from others."

Sally lives independently, stays active, and remain connected, demonstrating how community-based services like home care empowers seniors to age with confidence and dignity.

**Not real name.*



**Sammi during a pretend play activity.*



A Journey to Independence

In today's digital world, it is no surprise that children are spending more time on digital devices. While phones can be educational and entertaining, the effects of overuse are real.



For Mrs T these effects surfaced early in her four-year-old daughter Sammi*, who would throw intense tantrums whenever she was asked to stop.

"Sammi screams when I take the phone away." Mrs T shared. "It doesn't help that my husband would give in to Sammi and let her play with the phone, not fully understanding the negative effects on our child."

At that time, Mrs T was a full-time housewife caring for two young daughters aged five and one. While she wanted to apply positive parenting principles, managing her own emotions amidst frequent tantrums were challenging. The conflicting parenting approaches between her and her husband confused Sammi and affected her ability to develop independence.



Sammi engaging in activities with childminding volunteer.



Sammi performing during the Education Award 2025

Feeling discouraged and worried, Mrs T reached out to her social worker for support.

In 2023, she was referred to Yong-en's Extended Childminding Services at Kukoh+, providing the guidance and structure the family needed.

Through the programme, Sammi found a safe and nurturing environment where she could explore, learn, and grow. Over time, she developed social skills, learnt to communicate effectively with peers and adults, practised patience, and worked cooperatively with others. With the structure provided, she grew confident in managing her emotions and completing daily tasks independently.

At home, Mrs T noticed a remarkable change. Sammi began expressing herself clearly and assertively, telling her mother what she wanted and could do. "She often tells me, 'Mom, I can do it!'" Mrs T shared with a laugh. "Sometimes, she speaks like an adult."

More importantly, Sammi no longer relies on screen time for comfort. She now enjoys playing the piano, reading, and spending quality time with her family. The programme has empowered Mrs T through practical parenting strategies, providing much-needed respite to recharge, guide Sammi, care for her younger child and strengthen their family bonds for the future.

**Not real name.*



Joyce, Early Childhood Programme Facilitator, guiding Sammi in making oranges.



Sammi's drawing of her mother





Her Happiness Is My Happiness: Wendy's Story of Caring for Mum

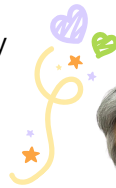


Mdm Ang (left) and Wendy (right) at Yong-en DDC's Christmas celebrations.

Wendy's caregiving journey embodies service before self. Before her mother, Mdm Ang*, was officially diagnosed with dementia in 2018, Wendy noticed gradual changes such as repeated questions, memory lapses, and uncertainty over daily routines like eating or bathing. What the family first attributed to ageing soon became a growing concern. Determined to support her mother, Wendy sought medical assessments and, through further testing, confirmed the diagnosis.

The diagnosis marked a turning point. Caregiving became not just a responsibility, but a conscious, selfless commitment. To better care for her mother, Wendy proactively attended courses on dementia to deepen her understanding of the condition and develop practical skills to support her mother. Recognising her mother's needs, Wendy and her husband moved in with her, adjusting daily routines to ensure meals, showers, safety, and meaningful engagement. At home, Mdm Ang was largely unengaged, spending her days watching television or napping. Wendy's attempts to involve her in activities such as arts and crafts were often met with resistance, as her mother felt they were "childish" and occasionally misunderstood Wendy's reminders as controlling.

Wanting her mother to remain active and socially connected, Wendy enrolled her at Yong-en Dementia Day Care (DDC) in August 2023. Here, Mdm Ang enjoys activities such as reality orientation, group games, arts and crafts, and especially karaoke, where her confidence and joy shine. A treasured moment for Wendy was seeing her mother's ang ku kueh artwork, created during a volunteer-led art session, transformed into a coaster for a fundraising campaign - an affirmation that her mother could still create, contribute, and find purpose despite living with dementia.



Mdm Ang and Wendy at the Singapore Flyer.

Wendy also shared that attending the centre three days a week has enhanced her mother's physical, psychosocial, and overall well-being, while slowing cognitive decline, as she is still able to carry conversations well with family members and peers at the centre, and recognise places and objects even though she has been diagnosed for 8 years.

The journey has not been without challenges. Wendy navigated differing family views, established routines, and provided constant supervision. Firm in her belief that routine brings stability and reduces anxiety for persons with dementia, she persevered. With the support of her siblings, who visit regularly and help preserve family traditions, Wendy continues to provide holistic care. "I am also grateful for my siblings. They are a source of support socially and financially. They recently brought her on an overseas trip, and she was very happy. Her happiness is what makes me happy," Wendy shared.

Even in moments of fatigue or difficulty, she finds joy in her mother's smiles, believing that service to others often requires putting oneself second. Yong-en's Dementia Day Care also provides her with respite, allowing time to run errands and continue her volunteering work. While a helper has recently been engaged for additional support, Wendy still remains to be her mother's anchor and primary caregiver, as she understands her routines, emotions, and behaviour deeply, after years of walking closely alongside her in this journey of care.

Through her unwavering dedication, thoughtful sacrifices, and deep love, Wendy exemplifies the true meaning of service before self.

*Not real name.



Scan to see Mdm Ang in action.

**Through it all, she remains guided by one principle:
her mother's happiness comes first.**

Amplify Yong-en's Work with Your Gift.

Yong-en Care Centre provides essential support to vulnerable seniors, families, and youth in our community. As the majority of our services are funded through public donations, your support enables us to continue this vital work and reach those who need it most. Join us in making a meaningful difference today.

*All donations are eligible for 250% tax deduction. To receive tax deduction, please provide your NRIC/FIN/UEN and email your full name and payment record to mail@yong-en.org.sg.

Please input in payment reference:

- YCC30 (from now till 31 Oct 2026 for Tote Board EFR donation matching)
- NRIC/FIN/UEN for Tax-Deduction

Bank Transfer

Account number: 009-012526-4 DBS
Checking account

PayNow

You may use PayNow to UEN **S96SS0165G**
or scan the QR.



YOU CAN SUPPORT:

\$100 provides one month of food rations for a household living in a rental flat.

\$200 funds one home care visit by a professional nurse for a senior in need.

\$100-\$700 provides urgent financial assistance for a family facing hardship.

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Volunteers play an important role in our programmes and services. If you or your organisation would like to volunteer with us, please contact us at yong-encommunity@yong-en.org.sg
Scan QR to follow our volunteer chat on Telegram (@yccvolunteer).

