

Lakeside **News**

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Live Long and Prosper

What does it mean to age successfully?



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OUR CENTRES

Operating hours: 9.00am to 5.30pm (Monday to Friday)

Jurong East Centre

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Tel : 6564-9722
Fax : 6564-9422
Email : lfje@lakeside.org.sg

Jurong West Centre

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OUR STUDENT CARE CENTRES

Operating hours: 7.00am to 7.00pm (Monday to Friday)
7.30am to 1.30pm (Saturday)

Jurong East Centre

Blk 302, Jurong East St 32,
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A CROWN OF SPLENDOUR

“Gray hair is a crown of splendor; it is attained by living a righteous life.”

Proverbs 16:31

The word “ageing” does not always conjure positive images in the mind. This is because generally people fear growing old, frailty and mortality. In recent days, terms like “silver tsunami” and “sandwiched generation” have given rise to anxiety about the future and how we will cope with the growing number of senior citizens in our population. They have come to be seen as a burden to society, especially to the younger generation who will have to support them.

While it is important to prepare for the future, with rising healthcare costs and so on, we need at the same time to be mindful, lest we fall into the unintended mind frame that growing old and having a large proportion of seniors in our society is something negative, burdensome, and anxiety-producing. This needs a delicate balance.

To help ourselves find this balance, we need to first of all keep reminding ourselves of what common sense tells us – that living into our senior years is a blessing and a reward for having lived a good and responsible life. Having a large number of seniors need not be seen as a liability. On this note, it is helpful to remember 3 points.

First, seniors of the future will be highly educated and cultured, and still have much to offer in terms of life experience and practice wisdom. We need to learn how to engage them more to share their wisdom, as many of them can still be productive and active contributors to our society and economy, even into their 70s, 80s and 90s. This can be seen in the example of many world leaders today.

Second, many people are living longer and healthier lives. With this, many are able to live productive and active lifestyles way into their 70s, 80s and beyond.

Third, seniors also have much to contribute to the next generation in terms of the transmission of moral, social and cultural values. As fathers and grandfathers, mothers and grandmothers to the next generation, we have the responsibility to teach sound moral values to them. Children have much to benefit by sitting at the feet of elders to learn from the past, understand the present, and prepare for the future. Blessed are the children who have elders to mentor and guide them through the perils of life’s journey and who give them direction and hope for the future.

We should not despise gray hairs, but honour and embrace them. Our seniors may move a bit slower than before, but they can certainly help to guide us in the right direction. And when they are too frail to care for themselves, we should carry them and take care of them, just as they once did for us.

TEO TEE LOON
Executive Director

BACK TO THE KAMPONG

Kaki Kampong focuses on helping seniors develop physical, emotional, social, spiritual, intellectual and financial wellness.



Are our seniors in crisis? Citing the Samaritans of Singapore, The Straits Times reported that a record 129 elderly took their own lives last year. To quote the same article, “Experts say the reasons for suicide among the silver-haired are multi-factorial and complex: mental illness such as depression, a lack of social support, physical illness, financial problems, fear of becoming a burden, social disconnection and a lack of knowledge of avenues of help¹.” Suicide risk factors also include the loss of mobility, death of a loved one, and dementia; all of which drain a person of the will to live².

To prevent these grim statistics from rising, Lakeside believes it is important to empower seniors to cultivate personal well-being, especially when they are still in good health. Hence, we set up the Kaki Kampong Seniors’ Wellness programme to promote successful ageing, particularly among seniors who live alone.

Loosely translating to “Village of Friends”, the name Kaki Kampong conveys a sense of homeliness and kampong spirit, a throwback to the good old days. At a time when social isolation is a suicide risk for seniors, a return to community might be the answer. Kaki



Kampong provides social support and helps them stay active, positive, and delay age-related ailments.

Drawing on Rowe and Kahn’s concept of successful ageing³, Kaki Kampong focuses on helping seniors develop physical, emotional, social, spiritual, intellectual and financial wellness. To strengthen their physical and cognitive capacities, we run interest groups like tai-chi, Sudoku, painting, and conversational English. To empower seniors to make informed choices and take charge of their lives, we design a curriculum based on health and safety, retirement planning, Advance Care Planning (ACP)*, and more.

Being in a kampong also means to be a valued member of the community. Kaki Kampong emphasises the seniors’ community integration, because it

counters any feelings of alienation from a rapidly changing society. Notably, the programme “Give and Be Filled!” engages them in volunteering projects, where they contribute with their skills and talents. Our seniors have befriended and chaperoned less mobile Kaki Kampong participants, and organised a party for nursing home residents. There are also opportunities for inter-generational bonding, such as attending a mobile phone workshop run by youth volunteers.

Long life should be a blessing, not a cause for despair. To enable more seniors to age successfully, Kaki Kampong is setting up two more seniors’ wellness centres: one at the Integrated Renal Centre with the National Kidney Foundation, and the other at the Lakeside Integrated Centre. After all, life can be filled with purpose, meaning, and growth at every age.

*ACP refers to making end-of-life healthcare decisions ahead of time.

1. Tai, J. & Rashith, R. (2018, August 14). Multiple reasons behind elder suicide. The Straits Times. Retrieved from <https://www.straitstimes.com/>

2. Paulo, D. A. (2018, Apr 22) ‘Like a knife poking my heart’: Loss, loneliness and the killing pain of elderly depression. Channel NewsAsia. Retrieved from <https://www.channelnewsasia.com/>

3. Rowe, J.W. & Kahn, R.L. (1997). Successful aging. The Gerontologist, 37(4), 433-440. Available from: <http://www.ncbi.nlm.nih.gov.libproxy1.nus.edu.sg/pubmed/9279031>



IN GIVING, SHE RECEIVED

Mdm Lee, a 66-year-old, once described herself as timid and afraid to try new things. Her life has always revolved around her family, to the extent that she did not go anywhere other than the market. She is a faithful caregiver to her husband, who was diagnosed with Parkinson's Disease a decade ago. She also cares for her two school-going grandchildren.

Things began to change in March 2016 when Mdm Lee's neighbour invited her to Lakeside's Kaki Kampong Seniors' Wellness programmes. Eventually, she took on active roles at Kaki Kampong, volunteering to chaperone a senior with dementia to programmes, hold cooking demonstrations, and help in fundraising.

Even though Mdm Lee plays a vital and physically draining role in caregiving at home, she is thankful for opportunities to help out at Lakeside. Not only has the learning process been positive and empowering, it has helped her to break out of an otherwise routine life. Looking back, she is glad she decided to step out of her comfort zone because her life has become more vibrant and colourful. In Mdm Lee's own words, "The more I give, the more joy I get."

FROM STRANGERS TO KAKIS

68-year-old Mdm Yee, a Malaysian, came to Singapore to live with her only daughter after her husband passed away. She was a foreigner in a strange land. With no friends or relatives, she would only go out when accompanied by her daughter as she feared losing her way. While passing by one of Lakeside's offices, she chanced upon a registration sheet for a Sudoku class conducted by Kaki Kampong Seniors' Wellness. With her daughter's encouragement, she signed up, embarking on a journey that would change her life.

For the past 3 years, Mdm Yee has been the earliest to arrive for Lakeside's senior wellness programmes. Growing from a beneficiary to a volunteer, she is glad to run errands and prepare refreshments. She enjoys the company of her newfound *kakis* ("friends" in Hokkien), thus gaining a wider network of social support. Since then, she has learned to live more independently, and can now travel by public transport on her own. Today, she is happier, more confident and feels a great sense of fulfilment in her new home.



NEW KAMPONG, COMING SOON!



Hardworking volunteers conducted a community outreach to elderly

“Given that I am healthy and able-bodied, I volunteer whenever I have time,” said Mr Chong, a Kaki Kampong senior in his mid-60s. He was one of the 10 young and senior volunteers who went door to door reaching out to elderly retirees, homemakers, and caregivers. The team went to 27 blocks surrounding Lakeside’s upcoming senior wellness centre at 500 Corporation Road.

Silver Gen Ambassador and Lakeside volunteer, Chang Xue Qi, explained, “Seniors may have multiple commitments like caregiving or child-minding that may restrict them from joining active ageing programmes.” The community outreach was thus conducted to understand the profile of those senior residents, plus the social support they needed to participate in Kaki Kampong programmes.



Volunteer Mr Chong lends a listening ear

Projects like the outreach are also an opportunity to engage ambulant seniors like Mr Chong. He was glad he could help by providing a listening ear to fellow seniors. This experience has helped him feel closer to the community, and a sense of satisfaction to be able to contribute to society.

SERVING AT ALL SAINTS HOME RESIDENTS’ DAY

Encouraging able-bodied seniors to volunteer enables them to maintain a positive and healthy mindset. This is what Give and Be Filled! by Lakeside’s Kaki Kampong Seniors’ Wellness aims to achieve. As Jack Benny once said, “Age is strictly a case of mind over matter. If you don’t mind, it doesn’t matter.”

On a Friday afternoon, 16 Lakeside seniors volunteered at All Saints Home, the nursing home for frail elderly. They were involved in activities like designing paper flowers for the residents, preparing food, and running the photo booth. Some of them also helped the less-mobile

and wheelchair-bound nursing home residents move from place to place.

Judy Chuah, an active volunteer at Kaki Kampong, shared that she is happy to give back to the community: “I am willing to continue volunteering as long as I am able to.” Like the other seniors, she was genuinely excited and thankful to be volunteering at the event. As the day drew to a close, Kaki Kampong Seniors’ Wellness proudly received the Certificate of Appreciation from All Saints Home, in recognition of their contribution to All Saints Home Residents’ Day. Well done seniors!

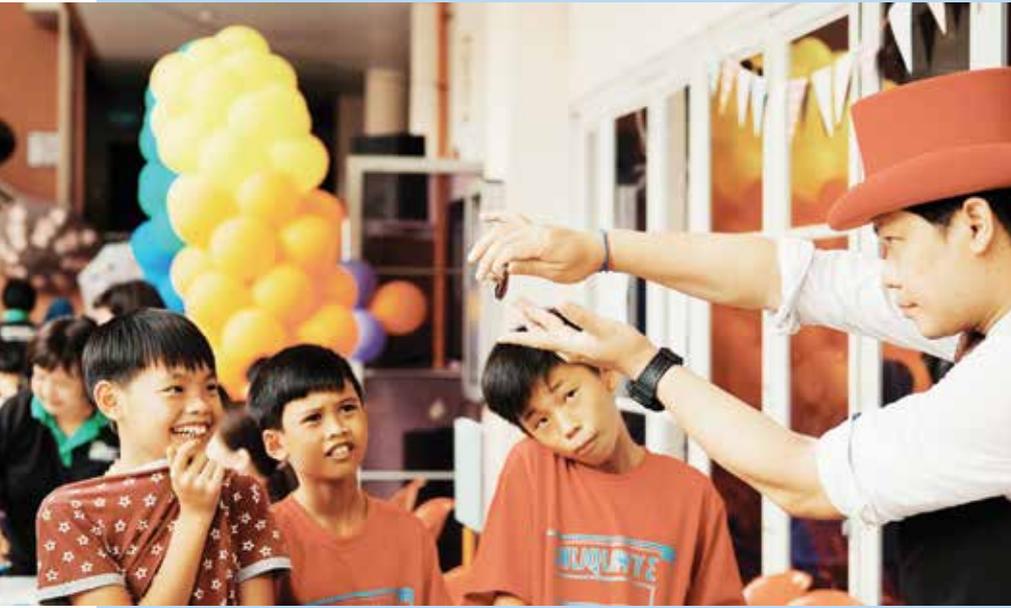


Lakeside seniors crafted paper flowers for nursing home residents



Fun at the photo booth!

HELLO FROM THE CARNIVAL!



On 21 July, Lakeside organised a Community Carnival in conjunction with our 25th anniversary celebrations at Jurong Spring Community Club. More than 600 residents were entertained with food, games and craft-making. They also learned about Lakeside's services and other community agencies they can seek help from in times of need.

Mr Desmond Lee, Minister for Social and Family Development and Member of Parliament for Jurong GRC, graced the event as Guest-of-Honour. Children from Lakeside's "I Can Read" programme performed a song and dance item while the seniors from Kaki Kampong Seniors' Wellness led in a 20-minute workout. An ultra-lively morning it was!

ADVENTURES AT RIVER SAFARI

It was not just another Friday for the children from Lakeside Student Care (Jurong East), as they took a trip down to River Safari. Sponsored by Epson, the children had the opportunity to see exotic animals first-hand and learn the importance of animal conservation. Mega fishes, red pandas, giant pandas, capybaras, flamingos, and monkeys were some of the animals they spotted. Thank you Epson volunteers for making the children's holidays enjoyable!

River Safari with Epson volunteers ▶



ILLUSION, IMAGINATION & INSPIRATION



Trick Eye Museum with MoM volunteers

Einstein once said, "Imagination is more important than knowledge." Taking time to imagine can help children develop creativity which is important for critical thinking and problem solving. Thanks to the Ministry of Manpower (MoM), children from Lakeside Student Care (Jurong West) were given the opportunity to exercise their imagination and creativity by posing with the wacky optical illusions at the Trick Eye Museum. They 'rode the merlion', were 'swallowed by monster fish', and almost 'fell into a pool of lava'. Thank you MoM for an inspiring trip!

GETTING CREATIVE WITH CERAMICS



Lakeside's Future Kids enjoyed their first pottery class with volunteers from Shell Lube Supply Chain over the school holidays. At Thow Kwang Pottery Jungle, volunteers guided the children as they moulded their own cups and pencil holders, complete with a sleek colour glaze. Thank you Shell for giving our energetic children a creative outlet and a chance to hone their motor skills!



The Future Kids programme, sponsored by Shell, comprises tuition and enriching outings for children at Lakeside Student Care.

Pottery with Shell Lube Supply Chain volunteers

WORLD OF WONDER

For children who might have difficulty going to the library, the WondeRead programme brings books to them instead. Lakeside is delighted to collaborate with National Library Board (NLB) on this programme to distribute suitable books to children, curated according to their reading interests. 21 children from Lakeside Student Care attended the launch of WondeRead on 28 July, National Reading Day.

The children were first treated to a lively storytelling session, followed by a chat



Storytelling at the launch of WondeRead with NLB

with Minister for Communications and Information, Mr S Iswaran, on the genres of books they love to read. Our children were gifted with 4 books each, to spur them on their love of reading.

Akif from Lakeside Student Care (Jurong East) is excited to start on "Adventures at Sea". He commented, "I like to read because it makes my English improve... And I like books that are about adventure because they're interesting."

PIZZA, ANYONE?



Pizza-making workshop with Shell NEXUS volunteers

Shell NEXUS volunteers brought children from Lakeside Student Care (Jurong West) to a pizza-making workshop at PastaMania. Together, they learned about food safety and made their own pizzas. This workshop is the 'Enrichment' instalment of iShellLearn2, a year-long series that adds value to the children's learning with diverse activities. Thank you Shell, for giving our junior chefs a slice of the action!

GOLFING FOR THE NEXT GENERATION

Golfers were in for a day of sunburns and smiles as they gathered on the green on 24 May for Lakeside's 25th Anniversary Charity Golf 2018. Generous sponsors raised **\$150,000** for Lakeside's new centre serving disadvantaged children

and youths in Nanyang, affirming that family background should not be a barrier to success.

The Guest-of-Honour was Mr Yee Chia Hsing, Member of Parliament for Chua Chu Kang GRC. His support has been instrumental to the development of the centre.



Guest-of-Honour, Mr Yee Chia Hsing, with Lakeside Chairman, Mr Andrew Tay

Highlights of the day included an incredible feat at Hole #16 in a single swing, a light-hearted evening hosted by Power 98FM DJs JK and Mike, and performances by Lakeside's Creative Arts Programme children and youth violinists.



Major sponsors added excitement to the event. Daimler South East Asia offered a Mercedes-Benz GLA 180 for the Hole-in-One car prize at Holes #7 and #11, while Healthsprings Aesthetics Pte Ltd gave away luxury skincare gifts and prizes.



Silver Jubilee Charity Gala

CELEBRATING

25 YEARS

OF BEING
A SILVER LINING
IN THE
COMMUNITY

For more info, go
to [http://bit.ly/
gala2018-donate](http://bit.ly/gala2018-donate)
or scan this
QR code



DATE:

2ND NOVEMBER 2018
FRIDAY

TIME:

6.00PM (COCKTAIL)
7.00PM (DINNER)

VENUE:

MARINA BAY
SANDS EXPO &
CONVENTION
CENTRE

1 Bayfront Ave,
Singapore 018971
Jasmine Main Ballroom, Lvl 3

GUEST-OF-HONOUR

**MR THARMAN
SHANMUGARATNAM**

Deputy Prime Minister
and Coordinating Minister for
Economic & Social Policies