

# Yong-en cares

A Newsletter of Yong-en Care Centre

## Thanksgiving & Looking Forward

As 2010 draws to a close, we @ Yong-en are thankful for all the blessings that have come our way and for God's leading as we went through this season of transition.

In 2011, we are extending the scope of our current services to meet the needs of the greater Chinatown community.

Our objective in Elderly Services is to "help older persons live independently in the community for as long as possible." Therefore, our pilot 'Home Care' program will enable us to provide services like skilled nursing care, chronic disease management and more to help our elderly clients achieve the above objective.

The centre-based programs of our Kids, Teens & Family services aim to build character through constructive activities. Our hope is that every pre-teen and youth participant will learn the right values and nurture good character to succeed in life. As for the kids, we are working on the framework of our tuition, reading and kids' club programs to help them build firm foundations in literacy and character.

At Yong-en, our Counselling, Social Work & Referral team has seen a rise in the families requesting for financial assistance and food rations. Single moms have come with babies in their arms requesting for milk powder to feed their infants. Each month we distribute about 250 food ration parcels to needy families. In fact, we have extended our service to the Jalan Kukoh/Chin Swee area over the last 9 months and foresee a growing need from that area as we work with our MP Dr Lily Neo and her grassroots leaders there.

Currently, all the above work does not have any form of regular funding from various government agencies or sponsors. Therefore, we need to rally help from individual and corporate sponsors to sustain the services. Therefore, we hope that you will give generously during this Christmas season and leverage on the government's 2.5 times tax deduction incentive before 31 December 2010.

May His blessings be upon you and your family this Christmas and into 2011!

A close-up photograph of a hand holding a single white daisy flower with a yellow center. The background is a soft, out-of-focus green field.A handwritten signature in black ink, appearing to read 'Trevor Tan'.

Trevor Tan  
Executive Director

The  
Spirit  
of  
Giving



# Elderly Services

## Looking back at a fruitful year...



Festive celebrations, "ang bao" and goodies for Chinese New Year, leisure and enrichment outings, enrichment talks and workshops, ration pack distribution, performance, wall murals, sensory garden...

Throughout the year, we have seen a constant stream of sponsors, donors and volunteers contributing in their own ways to make the lives of the seniors more comfortable and meaningful. Many individuals, schools and corporate organisations have also joined us in helping the seniors.

We are particularly proud to present our 22 senior graduates from our Home Help Volunteers training programme. These senior volunteers, with a mean age of 70, are regular volunteers in our Home Help services and social program.

## Moving on to a propitious year...



Monitoring of medication compliance, health status monitoring, nutritional care, skilled nursing care, fall prevention, chronic disease management...

Our Home Help service started in the year 2001 and has been serving over 200 home-bound or frail seniors diligently. As we walk the ground faithfully, the increasing need for skilled professional care caught our attention. The focus on meeting the seniors' psychosocial needs has gradually expanded to meeting their healthcare needs with demographics changes. It is therefore timely, for our move towards Home Care, which reflects well on our objective to "help older persons live independently in the community for as long as possible."

### Services provided in Home Care:

- Management of chronic diseases through information, communication and education.
- Provide skilled nursing care such as wound dressing, injections, change of feeding tube, urinary catheter, blood pressure and blood sugar monitoring for the homebound older persons.
- Medication packing/ monitoring/ education.
- Coordinate service provisions for social (Home Help), psychological (AMT, EBAS) and financial needs.
- Emotional and caregiver support.



# Kids, Teens and Family Services

2010 has been an amazing year. The children and teens have been blessed by various sponsors, organisations and schools. Below are the events that our children and youth have benefitted from:

## Children's Program:

- 1) ACJC Carnival sponsored by Anglo-Chinese Junior College
- 2) Bowling Outing sponsored by the Lions Club
- 3) VivoCity Adventure organised by Victoria Junior College
- 4) Mozart Experience sponsored by Tan Chin Tuan Foundation
- 5) F1 Rehearsal and Flyer sponsored by Singapore Tourist Promotion Board (Both Children & Youth)
- 6) Make your own lunch sponsored by Vanilla Bar & Café

## Pre-Teens & Youth Program:

- 1) HSBC Tree-top Walk organised by Saint Andrew's Junior College
- 2) Dialogue in the Dark sponsored by Tan Chin Tuan Foundation
- 3) Study Smart Talk organised by SuccessWorks

This year, we kick-started our pre-teens and youth program, which targets pre-teens and youth between the ages of 10 to 14. We are glad that the program went on smoothly as planned. Till date, we have an average of 12 pre-teens and youth attending our program. This program aims to build character through constructive activities. Through the activities, values such as attentiveness, boldness and compassion were taught. Our hope is that every pre-teen and youth who attends our program will learn the right values and exhibit good character in their day-to-day living. With globalisation, many good values seem to erode over time. Hence, it is time to help our next generation to learn the right values for life. If you have a passion to instil good values to the next generation, we would like to invite you to participate in your own special way. You can choose to donate, sponsor, organise or volunteer in our programs for 2011.

Below are the details of programs that you can partner with us:

Date	Character /Theme	Sport Activity	Target Audience	Sponsorship Request	Roles of volunteers
Mar	D – Determination	Paintball	Pre-Teens & Youth	Sponsorship from Donors or corporate	1. Organise/Plan activities 2. Assist with logistics
May / Jun	E – Enthusiasm & Excellence	Forest Adventure Kids Course or Adventure Day Camp at SAFRA	Children & Youth	Sponsorship from Donors or Corporate	1. Assist with logistics 2. Accompany clients during program 3. Group facilitators and debrief after the activities.
	Skills-based training (Holiday Activities)	Pick up a new skill & character trait learning through photography	Pre-Teens & Youth	School CCA or Photography Society Donation of old cameras	1. Organise/Plan program 2. Interact with clients for bonding 3. Impart photography skills
Sep	F – Forgiveness or Flexibility	Kayaking	Pre-Teens & Youth	Sponsorship from personal or corporate donors	1. Organise/Plan Program 2. Interact with youths 3. Learn about forgiveness and/ or flexibility
Oct	Children's Day Celebration	Playground @ Big Splash	Children	Sponsorship from personal or corporate donors	1. Assist with logistics 2. Interact with clients through games
Nov / Dec	Skills-based Training	Cup cake baking & Decorating with fresh cream lesson	Children	Sponsorship from personal or corporate donors	1. Assist with logistics 2. Interact with clients through learning
	G-Generosity	Tchoukball	Pre-Teens & Youth		1. Plan & organise program 2. Interact with youths 3. Help the clients learn about generosity

# Counselling, Social Work & Referral Services

**hun-ger** (hun'gər) – The discomfort, pain, or weakness caused by a need for food; famine; starvation. Hunger is a phenomenon experienced all over the world and the latest UN report on hunger reported that the current global economic crisis has triggered a spike in world hunger which has reached the highest level in four decades. Some one billion people are undernourished – more than any time since 1970 (UN Report on Hunger 2009).



Singapore is the world's fourth leading financial centre and a cosmopolitan world city, playing a key role in international trade and finance. Singapore is also amongst the top five busiest ports in the world. A.T. Kearney names Singapore as the most globalised country in the world in its Globalisation Index.

The Ministry of Manpower reported that although unemployment has stabilised, after declining sharply at the end of 2009, there were still 84,400 unemployed residents in June 2010 (Ministry of Manpower, 15 December 2010). The Community Development Councils (CDC) render assistance to some 43,000 needy residents through their local programmes and schemes (Community Development Council Annual Report 2009).



Yet, there are people who are hungry and needing assistance in getting their next meal. We may ask ourselves how is this happening in Singapore — land of chilli crabs and Hainanese Chicken Rice.

Fortunately, in Singapore, there are many volunteer welfare and religious organisations that offer meals or rations to those in need. Free meals are distributed daily and many benefit from these acts of kindness.

At Yong-en Care Centre, we are seeing a rise in families requesting for financial assistance and food rations. Single-parent mothers have come with babies in their arms or toddlers clinging on to their clothes. They come requesting for milk powder to feed their infants. To date, we have given out about 250 food ration parcels to families who come regularly on a monthly basis. Feeding a large family is never an easy task. Sometimes, food is never enough with hungry, growing teenagers around. Some families do request for more rations when their supply runs out, sometimes even when the month is not even up.

Beginning May 2010, a corporate organisation has pledged money to bless the children through our "Healthy Body" programme. Cereals, such as Corn Flakes or Coco Crunch and packet milk are given to students who attend our Tuition Programme. About 300 packets of Cereal and milk have been distributed to our primary and secondary students. We are indeed blessed with volunteers and donors who have responded to our call and have donated food items on a regular basis.

Breaking the cycle of poverty begins with us. According to the words of the famous Mother Teresa, "Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat. If you can't feed a hundred people, then just feed one."



# 辅导，社会工作与转介服务

『饥饿』 - 身体因需要食物而导至的不适、疼痛或虚弱。『饥荒』 - 因为饥饿而引起的惨剧。根据联合国的报告，当前世界各地都因全球经济危机而出现饥荒的现象，并且已达到四十年来的最高水平。大约有一亿人因而营养不良；这是自1970年来最严重的（联合国2009年报告）。



(上图一. 中心实习生子阳分发粮食给所需的居民)

新加坡是世界第四大金融中心和大都会城市，在国际贸易和金融有关键的定位。新加坡也是世界上五个最繁忙港口之一。AT Kearney (科尔尼球管理顾问) 在其全球化指数标榜中把新加坡列入最全球化的国家。

据我国人力部报告, 虽然失业率已在2009年末大幅度下调及稳定, 但至今年6月还仍有约84,400居民失业(新加坡人力部12月15日2010年)。社区发展理事会(CDC)通过他们的个地区方案和计划已提供援助给大约43,000贫困居民(社区发展理事会2009年度报告)。



(上图二. 包粮食)



然而，还有一些人在挨饿，需要扶助才有下一餐。也许你会问：“这种事怎么可能发生在新加坡，一个拥有美味辣椒螃蟹和海南鸡饭的国家呢？”

幸运的是，新加坡有许多志愿福利社和宗教组织都在提供膳食和粮食包给所需的人民。许多人都受益于这些免费的食物分发活动。

在永恩关怀中心，我们发现需要经济和粮食援助的家庭有增加趋势。其中包括，单亲妈妈抱着婴儿或拖着幼儿来到中心向我们恳求奶粉来喂她们的孩子。至今，我们每个月固定分发约250包粮食给所需要的家庭。然而，要喂饱一个大家庭并不容易。有时还没到月末，一些有出于发育期的青少年的家庭就已经把粮食都消耗掉了。因此这些家庭也会向我们恳求多一点粮食支援。

自今年5月起，永恩在一家商业赞助下为我们的孩童开发了一个『身体健康』方案。在此方案下，参加永恩补习班的孩童都会收到健康食品例如谷粮和牛奶。至今，我们已分发了约300包谷粮和牛奶。

我们感激所有志愿人士和捐赠者，感谢您与我们一起打击贫穷。著名的德蕾莎修女曾说：“不被需要，不被爱，受人冷落，被大家遗忘，我觉得这是更大的饥饿，没有了这些比没有食物吃是更大的穷困。如果你无法养活一百人，那么就养一个吧。”



(上图三. 实习生与“健康身体”计划)

# 儿童, 青少年及家庭服务

永恩的儿童和青少年在各家商业、组织和学校的赞助下度过了一个精彩的2010年。以下列出是我们的受益经验:

## 儿童节目:

- 1) 英华初级学院嘉年华会 — 由英华初级学院赞助。
- 2) 保龄球活动 — 由新加坡狮子会赞助。
- 3) 怡丰城探险 — 由维多利亚初级学院举办。
- 4) 『莫扎特的经验』 — 由陈振传基金会赞助。
- 5) F1赛车彩排及新加坡摩天观景轮 — 由新加坡旅游促进局赞助(儿童及青年)。
- 6) 自做午餐 — 由Vanilla Bar & Café 赞助。

## 青少年和青年节目:

- 1) 汇丰银行树间吊桥游走 — 由圣安德烈初级学院举办。
- 2) 黑暗中对话 — 由陈振传基金会赞助。
- 3) 『聪明学习法』座谈会 — 由SuccessWorks举办。

今年, 我们开始了针对于10至14岁之间的青少年的节目。按计划, 平均有12名青少年参加这项节目。我们节目总旨是通过活动来建设良好品德, 培养他们的专注力、魄力、恻隐之心等等。我们 希望这群青少年能发展及拥有良好的品格和价值观。

随着全球化及社会的演变, 许多良好的价值观慢慢的被侵蚀。此刻, 我们必须伸出援手来帮助我们的下一代, 让他们能够在正面的影响中成长。如果您对感化青少年具有热忱, 请回应我们的呼吁。

您可以选择捐赠、赞助、组织活动或成为义工来协助我们2011年的活动。请参详以下的2011年节目表:

日期	性格 / 主题	体育活动	锁定目标	协助方式
三月	决心	射击漆球	青少年和少年	<ol style="list-style-type: none"> <li>1. 捐赠或赞助</li> <li>2. 组织或计划活动</li> <li>3. 协助物流管理</li> </ol>
五月/六月	热忱与卓越	儿童森林探险课程或探险日营 @ 新加坡战备军人协会 (SAFRA)	儿童和青年	<ol style="list-style-type: none"> <li>1. 捐赠或赞助</li> <li>2. 协助物流管理</li> <li>3. 陪同学员</li> <li>4. 当活动小组指导</li> </ol>
	技能培训 (学校假期活动)	通过摄影吸取新技能和培养品德	青少年和青年	<ol style="list-style-type: none"> <li>1. 学校或各摄影会捐赠旧相机</li> <li>2. 组织或计划活动</li> <li>3. 与学员互动</li> <li>4. 传受摄影技巧</li> </ol>
九月	宽恕或适应性	皮艇运动	青少年和少年	<ol style="list-style-type: none"> <li>1. 捐赠或赞助</li> <li>2. 组织或计划活动</li> <li>3. 与学员互动</li> <li>4. 学习宽恕与灵活</li> </ol>
十月	儿童节庆祝活动	Playground @ Big Splash	儿童	<ol style="list-style-type: none"> <li>1. 捐赠或赞助</li> <li>2. 协助物流管理</li> <li>3. 通过游戏与儿童互动</li> </ol>
十一月/十二月	技能培训	纸杯蛋糕烘烤与装饰课程	儿童	<ol style="list-style-type: none"> <li>1. 捐赠或赞助</li> <li>2. 协助物流管理</li> <li>3. 通过游戏与儿童互动</li> </ol>
	慷慨	Tchoukball (球类活动)	青少年和青年	<ol style="list-style-type: none"> <li>1. 组织或计划活动</li> <li>2. 影导学员学习慷慨的品德</li> </ol>

## 回首过去丰收的一年...



节日庆典、新春佳节的红包和礼品、休闲和充实的郊游，教育性的讲座及座谈会、分发粮食包、壁画、表演、感官花园等等...

过去一年，有许多赞助商、捐赠者和志愿人士以不同方式络绎不绝的作出贡献。许多个人，学校和企业组织也陆续的加入我们的行列，让永恩的长者过上更舒适和有意义的生活。

最值得值得骄傲的是参加永恩家居助理培训课程的22位年长者。这些平均年龄为70的自愿人士是家居助理服务和社会活动的定期义务工作者。他们的公益精神真令人鼓舞！



### 迈向丰裕的新一年...

监督用药处方、观察健康状况、营养保健、专业护理、预防摔跤，慢性疾病管理等。

自2001年开始，永恩的家居助理服务和社会活动扶助了超过200位因瘫痪或体弱而被限困于家中的年长者。近两年，与日俱增的专业护理需求引起了我们的注意。

随着人口的变化，原本以协助年长者心理建设为重点的服务已逐渐扩展至提供基本医护保健。因此，我们适时开展永恩居家护理。此举也反映了我们的宗旨：“尽可能长期的扶助长者在社区中独立生活”。

#### 家居护理服务包括：

- 1) 通过信息沟通和教育来治理慢性疾病。
- 2) 提供伤口处理、药物注射、更换喂食管或导尿管、血压及血糖监测等专业护理。
- 3) 药品包装/监测/教育。
- 4) 协调提供社会服务例如家居助理，心理健康检测和经济支助。
- 5) 情绪与看护者支援。



# 永恩关怀

永恩关怀中心简讯

## 感恩与展望

对即将结束的2010年，我们在永恩深深地感谢各界所给予的协助与祝福以及上帝的指引。

在来临的2011年，我们将扩大永恩目前的服务范围以及提供更多援助来迎合牛车水社群需求。

永恩的长者服务主要旨意要：“扶助长者在社区中独立生活”。因此，我们启发的居家护理服务让我们能够更加全面化提供多样化服务例如，专业护理，慢性疾病治理等。

我们的儿童，青少年及家庭服务通过建设性的活动培养良好的品格。我们希望每一位参与活动的青少年和青年都能够以良好的价值观及品格谱写成功的人生。我们也正努力的在重构永恩的儿童节目如补习班、阅读课以及儿童俱乐部从而在加强孩童们的读写能力的同时培养品德。

我们察觉到向永恩辅导，社会工作及转介服务寻求经济与生活援助的家庭逐步上升。因此，在过去九个月内，我们与国会议员，惹兰勿刹集选区国会议员兼牛车水 — 金声基层组织顾问梁莉莉医生和附近地区的领导人密切合作将服务广阔到惹兰固哥 / 振瑞周围的地区。

目前，以上所陈述的服务、节目及计划都没有得到任何政府机构或赞助商固定的捐助。至此，我们呼吁各界善长人翁在这个圣诞佳节慷慨解囊，协助维持永恩的服务。善款捐于今年12月31日之前能够得到政府2.5倍的减税奖励。

赐福于您和您的家人，祝您过一个愉快的圣诞节并迈向美好的2011年！



陈传忠  
执行总裁

奉献  
精神

