

Sree Narayana Mission (Singapore)

DARSHANAM

SPECIAL ISSUE (APRIL)

President's Message

Dear SNM Members and Staff,

We are in an unprecedented time as we continue to tackle the COVID-19 pandemic, which has affected everyone in the world.

Since 7 April 2020, Singapore exercised "Circuit Breaker" measures, as Prime Minister Lee Hsien Loong called for unity and urged everyone to stay at home during this period. As many of you are now aware, PM Lee announced on 21 April 2020, that the Circuit Breaker period will be extended to 1 June 2020. The extension follows greater restrictions, including the closure of more workplaces, restricted access to four popular wet markets and the school holidays being brought forward to 5 May 2020. For your well-being, I would like to reiterate the importance of complying with the circuit breaker measures by staying at home, and only leaving your house if absolutely necessary. If you must leave your home, try to leave alone or, ask an immediate family member for help. Do continue monitoring your health closely for any respiratory symptoms. Please do not hesitate to consult the doctor for medical advice if you are unwell.

If you know any seniors in the community who need any assistance during this period, please refer them to any member of the Executive Committee or our Chief Executive Officer, S. Devendran.

The number of community cases remain in the double digits, almost two weeks into the circuit breaker. This comes as the number of confirmed cases in the foreign worker dormitories continue to rise rapidly. The number of fatality rates are also increasing. With such increases in the number of cases, it is of utmost importance that we enforce the strict precautionary measures to reduce the risk of importing the virus into our premises. The lives of over 400 residents, both seniors and staff, in SNM (Singapore) depend on the enforcement of these measures and we want to ensure that their 'Home' continues to be a safe and protected environment.

This is an opportune moment to reflect on Revered Sree Narayana Guru's teachings in the Atmopadesa Stakam (100 verses in Self Instruction). Verse 22:

പ്രിയമപരന്റെയതെൻപ്രിയം, സ്വകീയ-
പ്രിയമപരപ്രിയമിപ്രകാരമാകും
നമ്മതിനാലെ നരന്യ നന്മകും
ക്രിയയപരപ്രിയഹേതുവായ് വരണം.

What is dear to another--that should spell endearment to me also. This is the correct policy. Therefore, whatever one does for good should be so intended as to make it beneficial to others too.

With the new measures in place, we should continue to follow the safe distancing rules and maintain our hygiene so that we protect ourselves as well as everyone else in the community. We can only overcome this pandemic if we work together as one united people.

Members, I would like to take this opportunity to thank all of you for your steady support in the measures taken by the Mission. Your support allows the Mission to execute its plans seamlessly during this very challenging period.

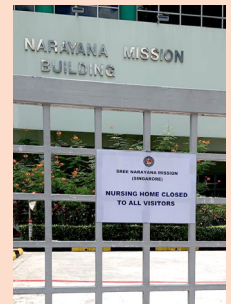
I express my sincere gratitude to all SNM (Singapore) staff, who have worked tirelessly during this challenging time. Majority of our care staff have been staying in Mission premises since early February 2020 and it has been almost two months since they have left the premises. Please join me in saluting their dedication. We wish them the very best so that they can continue to care for the residents.

Stay Home and Stay Safe, with Guru's Blessings.

Jayadev Unnithan
President, SNM (Singapore)

Stepping Up on Measures during Circuit Breaker Period

No Visitors Permitted in Nursing Home – On 2 April 2020, in accordance to the advisory by Ministry of Health (MOH) and Agency for Integrated Care (AIC), visitors were no longer permitted to visit their loved ones in the nursing home to reduce the importation risk of COVID-19 into the premises.



Following the announcement, SNM reached out to the residents' next-of-kin through letters and phone calls to update them of the new measures implemented.

As visits to the Home were temporarily suspended, SNM leveraged on technology to implement a WhatsApp video call system for the Nursing Home, where next-of-kin could call in to interact with their loved ones.

Since residents are not allowed to go out of the home premises, our programmes and therapy staff conduct one-to-one table-top activities such as watching movie, listening to music on electronic devices, colouring or engaging in handicrafts.



Care Staff Recalled for Circuit Breaker – Since 10 February 2020, all dormitory staff stayed in, while remaining care staff living in the community were recalled back on 7 April 2020 to reside in the nursing home during the circuit breaker operation. The Senior Care Centre, Rehabilitation Room and the Multi Purpose Hall were converted to temporary staff quarters, according to the different floor levels, to ensure no crossovers amongst staff. Shower facilities were also installed in all toilets in February as part of the preparedness readiness plan for staff in the event of a lockdown.

Closure of Senior Care Centres – SNM's Senior Care Centres in Yishun and Woodlands ceased operations on 7 April 2020, in line with the national advisory announced by the Prime Minister in his national address on 3 April 2020.

Following the closure, clients who were not technology savvy or had difficulty in recalling that they were part of the day care programme due to dementia, received activity packs prepared by staff. We are hoping that the activity packs will keep these clients engaged during the closure. In addition, photo albums created by clients from Project Memories were also given out to help clients with dementia recollect their memories. Medication packages were prepared for clients who required medication management.

Meranti Home on Split Zone – With effect from 6 April 2020, Meranti Home adopted a 'Split Zone' lockdown within the premises for staff and residents. Staff and residents were advised to remain within their zone assignment to ensure that there were no cross contacts. Video call communications were made available to residents should they need to reach out to their social workers who are off duty due to split shift, especially over the weekends.

DO YOUR PART & FIGHT COVID-19

Wear a mask



Remember to wear a mask when you step out of your home. Failure to wear one may result in you getting a fine so don't forget your mask when you're out.

Practice Social Distancing



Keep a safe distance of 1.5m from others when you step out for your essentials. Such social distancing measures will keep you and others safe in the community.

Consult a Doctor



If you are feeling unwell, please consult the doctor and follow the medical advice strictly.

Wash Your Hands



Stepping up on your hygiene is important to keep the virus at bay. Ensure regular washing and sanitizing of your hands daily.

Stay at home



Home is a lovely place! Staying at home will not only help reduce the risk of contracting the virus, it also prevents the spread.

Thank you for playing your part and remember to stay safe!

#SNMSupportsyou



Please follow us on Facebook for the latest updates and announcements, which we will be sharing during this closure period. Scan the QR code to follow our page or look us up @ SNMSINGAPORE on Facebook.

Information is accurate at time of print.

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