



Sree Narayana Mission(Singapore)

# DARSHANAM

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## UTSAV 2017 Lights Up with Performance by SNMNH Residents

The stage lit up as the residents of Sree Narayana Mission Nursing Home (SNMNH) performed at the Festival of Lights UTSAV 2017 Celebrations.

The dance performance titled 'Samarpanam' gracefully presented the different stages of life from youth to old age. In a celebration of bond and strength, the youth as well as the elderly performed in the dance. The oldest participant in the performance was 92 years old, Madam Lim Mou Tan. Other elderly residents who performed were all above 70 years of age.

It was also the first time that wheelchair bound senior citizens performed at UTSAV. The performers received a standing ovation for their performance. Sharing his experience on the stage, Mr K Ramachandran (85 years old) said, "for UTSAV, we had to perform at Little India where I had spent half of my life. When I was performing I could hear many people calling my name. That felt good. I felt very happy to be able to perform in front of a large audience."

Apart from the SNMNH residents, the multi-national SNM staff from countries like India, Philippines, Sri Lanka and Myanmar also added flare to the performance. Volunteers from Sree Narayana Mission, and students from the Indian Cultural Group and Republic Polytechnic were also part of the performance.



## Sree Narayana Mission Nursing Home Artwork Exhibited at the 2017 Singapore Health and Biomedical Congress

Ceramic artwork created by SNMNH residents was selected for exhibition at the 2017 Singapore Health and Biomedical Congress held from 12-13 October, 2017 at the Singapore Expo Max Atria. The ceramic artwork was created by residents in collaboration with students from Greenwood Primary School.



## Outing to Peranakan Museum

On 2nd August 2017, 15 residents along with staff visited the Peranakan Museum, under the HeritageCares programme by the National Heritage Board (NHB). The museum guides conducted an informative and interactive tour of the museum. The artefacts on display were used as talking points to trigger memories of the residents, who enjoyed the visit. Reminiscence therapy is a powerful way of empower the elderly especially persons with dementia by accessing long-term memories. This brings pleasure, stimulation and meaning, and has the potential to lift depression and improve communication.



## PAYM Service Learning Festival

30 SNMNH residents were invited to join the People's Association Youth Movement's (PAYM) Service Learning Festival held at the Singapore University of Social Sciences (SUSS) on 27th August, 2017. The residents engaged in various activities with students from Nan Hua High School and Millennia Institute.





## Hawker Food Day with Personnel from Khatib Amoy Quee and Nee Soon Camps

Singapore's cuisine is a food lovers delight. Tucking into a favourite hawker meal is something that all Singaporeans enjoy. The residents at Sree Narayana Mission Nursing Home are no different. Monthly hawker food day for SNM residents is the day where they can order their favourite hawker food. On 22nd August, 2017, Personnel from Khatib Amoy Quee and Nee Soon Camps took some of our residents to the nearby Chong Pang Hawker Centre for lunch. They were greeted by Mr. Shanmugam, Minister for Home Affairs and Law. The residents had a great time as they enjoyed their favourite hawker food like chicken rice and mee gooreng.



## Sree Narayana Mission Senior Care Centre

Hearty Volunteer group organized an Autumn Festival Dinner for the senior care clients from SCC Woodlands. For the first time, caregivers of clients were also invited to join in come along as part of family bonding on this occasion.



## Celebrating National Day

On 9th August 2017, Singapore's 52th National Day, more than 80 volunteers from ACE Seniors brought the National Day celebrations to Sree Narayana Mission. NDP funpacks were also distributed to the residents and it was a memorable and meaningful day for our residents.



## Meranti Home Celebrates National Day

National Day celebrations were held at Meranti Home on 18th August, 2017 from 7pm to 9pm. The event was graced by Mr Seah Kian Peng, MP for Marine Parade GRC.

Residents and staff of Meranti Home enjoyed ethnic performances and songs. Everyone also enjoyed an 8 course dinner. MSF staff and volunteers of MH joined in the celebrations too.



National Day Celebration 2017  
pratheesh photograph



## Sree Narayana Mission Hosts Talk on “Community Based Approach to Palliative Care”

Dr Suresh Kumar, the Founder Director of the Institute of Palliative Medicine in Kerala recently delivered a talk on “Community-based Approach to Palliative Care”. He has designed a volunteer-led care system that provides an alternative to rigid institutional care. In light of the growing demand for palliative care, Dr Suresh believes that healthcare needs to go beyond institutional medical care. This approach calls for services from medical institutions and hospitals to be taken to neighborhoods’ and homes, in order to effectively address the social, psychological and medical dimensions of care.



## Eldercare Networking Session

Sree Narayana Mission (Singapore) co-organized an Eldercare Networking Session along with Social Service Office (SSO) Yishun on 26th September 2017. The session was conducted with the purpose of co-creating localized initiatives for seniors. About 69 participants from 30 different organizations took part in the session.



## 24/7 Dementia Go-To Point Launched

Sree Narayana Mission Nursing Home in Yishun is the first in Singapore to become a Dementia Go-To Point. This is a 24/7 care facility well equipped to serve as a safe return point for seniors with dementia who are unable to find their way home, and reuniting them safely with their family and caregivers.



Mr Chee Hong Tat, Senior Minister of State for Health and Information and communications launched the Dementia-Go-To-Point. The launch took place in conjunction with Chathayam and received a wide scale media attention. .

SNMNH Dementia Go-To Point is the first 24/7 Dementia Go-To Point in Singapore and first in Yishun town set up to complement the Northern Network’s initiative spearheaded by the Khoo Teck Puat Hospital and Yishun Community Hospital.

As a Dementia Go-To Point, SNMNH serves as:

1. An Information Hub – where the community can access information easily to find out more about Dementia and care for Dementia or forms of assistance that is needed to support Person with Dementia (e.g. Day Care Placement etc)
2. A Resource Training Centre – where caregiver / foreign domestic workers can register to learn how to care and manage their loved ones with Dementia under the Care Giver Training Grant.
3. A Safe Return – where members of the public can bring confused and lost Person with Dementia found wandering aimlessly to SNMNH so that we can assist to facilitate their safe return to the family members. During the period of assist the confused and lost Person with Dementia, SNMNH Team will provide care and support to the PWD until they return home to their loved ones.

## SNM Flag Day 2017

On Saturday, 5 August 2017, staff, members and volunteers came together and took to the streets for a good cause – to raise funds for SNM Flag Day 2017. This year, all proceeds were channelled towards supporting the Sree Narayana Mission Nursing Home and Senior Care Centres. More than 76 schools and 10 corporate organisations lent their support this year, with a total of 532 volunteers spreading out across the island for street collections. Through the support of our volunteers and generosity of our well-wishers, Flag Day 2017 saw more than \$40,000 being raised.





## Chathayam Celebrations 2017

Chathayam 2017 was celebrated on a grand scale. The highlight of the celebration was the launch of the Dementia Go-To Point by Senior Minister of State for Health & Communications and Information, Mr Chee Hong Tat. Madam Halimah Yacob, President, Singapore also graced the occasion as special guest and handed over

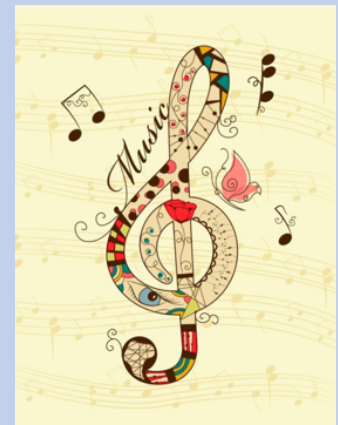
merit awards.

42 staff members were presented given the Long Service awards during Chathayam Celebrations on 10 September 2017. The awards, presented by Mr Shanavas, President, Sree Narayana Mission, -recognizes staff contribution and commitment to SNM.



## Announcements

### Music Classes for Beginners January 2017



Age limit: 5 - 15 years old.  
Application from trained students will also be accepted. Those with 3 - 5 years' experience in Music & Dance can join the existing classes.

To register, please contact office 67521785 (Leckchimi) or 91062884 (Sabu)

Fee:  
SNM Members: \$30/month  
SNM Associate Members: \$40/month  
Public: \$50/month

## Updates for Mission Members



### Appreciation Tea for Chathayam Volunteers

SNM(Singapore) wouldn't be what it is without All the Volunteers who give their time and talent

When : Sunday November 19, 2017 from 5.00pm  
Where : Sree Narayana Mission  
12 Yishun Avenue, Singapore 768992



### Karthika Deepam Pooja

Karthika Deepam Pooja will be held on Sunday 3rd December 2017 with a special prayer at 6.00pm at the Sree Narayana Mission.

All members are invited to participate with your family and friends.



**Sree Narayana Mission (Singapore)**

**SNM Home Care Services**





**A Leading Provider of Eldercare Services**

Sree Narayana Mission (Singapore) (SNM) is a leading provider of eldercare services in the nation, with over 37 years of experience in providing professional and quality nursing care services for the elderly in the community.

SNM's Home Care Services provide elderly members of the community with the chance to receive medical and nursing care in the comfort of their own homes.

**Nursing Care Services at Your Doorstep**

SNM Home Care Services include medical, nursing, and support services.

**Home Medical**  
For homebound clients unable to visit clinics and hospitals, SNM will provide house visits by medical doctors from its panel of doctors.

**Home Personal Care**  
SNM will provide clients with a trained caregiver to assist with activities such as:

- Maintenance exercises
- Personal grooming and hygiene
- General housekeeping
- Preparation of meals

**Home Nursing**  
SNM's team of qualified nurses will provide clients with a wide range of nursing services, including:

- Administration of medicine
- Wound/stoma care and management
- Administration of injections
- Changing of feeding tubes



**Caregiver Training**

SNM also provides basic training for caregivers to equip them with the basic skills to care for their elderly family members.

This includes:

- Assistance with ADLs
- Mobility and transfer techniques
- Dementia Care

**Contact Us**

For more information on our Home Health Services, feel free to call us at 6752 1785, or email us at [homecare@snm.org.sg](mailto:homecare@snm.org.sg)



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