



Sree Narayana Mission (Singapore)

# DARSHANAM

ISSUE 02. 2019

## Volunteers' and Donors' Appreciation Day 2019



The Volunteers' and Donors' Appreciation Day 2019, held on 31 March 2019, celebrated the hard and 'heart work' of all SNM's volunteers, from individuals, partner organisations, corporates, schools and religious organisations. It was an opportunity for SNM to show its appreciation to the volunteers and donors for their generosity and dedication. With their support, SNM is able to extend its reach to as many disadvantaged as possible, and empower them through its various interventions and programmes.



Dr Mohamad Maliki Bin Osman, Senior Minister of State, Ministry of Defence & Ministry of Foreign Affairs, Mayor, South East District graced the event as Guest-of-Honour.

At the event, a special Rookie Award to honour new volunteers who exhibited exemplary attitudes in their volunteering was presented, along with the Friend of SNM award, which recognised new groups and organisations that contributed pro-bono services to SNM.

The Sustainable Partnership award was awarded to organisations that contributed their time for more than a year, on a weekly or monthly basis.

Corporate and Individual Donors were also presented the Donor Awards for their generous contributions towards SNM's resident and beneficiary programmes and services.

The event also saw two dance performances – one by SNM's very own "SNM Dance Group", and the other by "SNM Dance Juniors". Both performances received much cheer and applause from the audience.



## SNM Donation Draw 2019



*to the winners of the SNM Donation Draw 2019.*

Held on the Volunteers' and Donors' Appreciation Day 2019, the SNM Donation Draw 2019 marked an interesting first for SNM. Organised from 1 December 2018 to 30 March 2019, the donation draw raised a total of \$153,882, which will be used to defray the Senior Care Centres' (SCC) operational expenses, and implement more programmes and activities for our SCC clients.

We would like to thank all contributors for their support – a total of 5 local schools, 2 International schools, 5 corporate organisations and SNM members and staff – in addition to members of the public, who supported the donation drive.

The fundraising efforts also allowed SNM to leverage on government "dollar-for-dollar" matching schemes, including the Ministry of Health's Community Silver Trust (CST) grant and the Tote Board grant.

## SNM Hosts First Wedding in Nursing Home for Resident

Mr Velappan and Madam Savithiri have known each other since the 60s. When he was bedridden and hospitalised, Madam Savithiri was by his side. Over the years, Madam Savithiri has been a pillar of strength to Mr Velappan.



***“She is my god. She saved me when I was at my lowest point in life. I had no one in life.”***

When his condition worsened, she admitted him to Sree Narayana Mission Nursing Home in 2008. Every Sunday, without fail, she would make a one-hour bus journey from her flat in Bukit Merah to the nursing home in Yishun to visit him.

Madam Savithiri too found comfort in Mr Velappan. During a visit to the nursing home last year, Madam Savithiri mooted the idea of marriage. Mr Velappan excitedly agreed.

***“Since my husband passed away, I felt lonely. Now, my life has found meaning again.”***

On 12 April 2019, the couple got married in a simple ceremony attended by 150 nursing home staff, residents and community partners. The wedding was also graced by MPs for Nee Soon GRC: Minister for Home Affairs and Law K. Shanmugam, and Senior Parliamentary Secretary for Education and Social and Family Development Muhammad Faishal Ibrahim.



In a small room at the nursing home, Mr Velappan put a golden necklace around his bride’s neck, symbolising their marriage according to the Hindu tradition.



The sight of Mr Velappan standing next to his bride touched many staff at the nursing home. For the past three months, the staff worked hard to get Mr Velappan, who has weak knees, to walk again, instead of relying on his wheelchair.

CEO S. Devendran said this was the first time they hosted a wedding.

***“In the three years that I have been the CEO of this nursing home, we have said goodbye to our residents when they passed on. Today we are saying goodbye to a resident who is moving on to a new phase in his life. This is a rare occurrence. So each time such an occurrence takes place, it’s for us that one starfish moment and we celebrate it.”***

The momentous ceremony received significant publicity from the media highlighting the bold decision to start a new life ahead. It was a memory to behold for SNM and the couple.



## Finalist at International Ageing Asia Innovation Forum 2019

SNM participated in the 10th International Ageing Asia Innovation Forum 2019, which was held at the Marina Bay Sands Convention Centre from 14 – 15 May 2019. Themed, 'Changing the future of ageing in Asia Pacific', the forum showcased innovative models and practices from around the world which enable Healthy Ageing, Independent Ageing and Dignified Ageing amongst seniors.

It also served as a global platform to exchange ideas, and provided the opportunity for greater collaboration between businesses, governments and community organisations within the eldercare & healthcare industry.



SNM was also honoured to have been shortlisted as one of the finalists for the "7th Asia Pacific Eldercare Innovation Awards". In this category, SNM's Residents'



Committee was shortlisted as an innovative practice in Nursing Homes, highlighting SNM's commitment to empowering seniors.

SNM's very own Dance Group also graced the stage to present a dance performance that depicted Singapore's rich multicultural background.

Such participations are important platforms for SNM to leverage on to remain abreast of the evolving needs of an ageing society in Singapore.



## 70 Years of Service to the People!

It was a night of celebration for SNM as it commemorated its 70th Anniversary Charity Dinner on 10 May 2019 at the Orchid Country Club.

Encompassing the theme *"Progress with Compassion"*, a reflection of SNM's commitment to continued growth and service, the charity dinner highlighted SNM's 70-year journey from humble beginnings, to an IPC charity in the eldercare, healthcare and social services sector.



We were honoured to have President Halimah Yacob as the Guest-of-Honour. Mr K Ramachandran, Chairperson and Mdm Wong Siew Sing, Assistant Secretary represented SNM Residents' Committee in welcoming Mdm Halimah at the charity dinner.



Aimed at promoting intergenerational integration, a joint collaboration between students from Greenwood Primary School, Rainbow Centre Singapore and SNM residents showcased 90 art pieces, out of which, 10 of the best art pieces were presented at the silent auction.

In the spirit of inclusivity, the dinner also witnessed a performance by MINDS (Movement for the Intellectually Disabled) and Heart Enterprise, a Social Enterprise to engage Persons with Special Needs.



The dinner raised over \$1 million and will be used towards our efforts in building an inclusive society and allow SNM to introduce new interventions for the disadvantaged in our society. All our supporters, donors, sponsors, partners, members and volunteers showed up in strength. It was truly a wonderful night for all who had attended the dinner.



## SNM participates in Istana Open House

SNM was privileged to participate in the Istana Open House held on 5 June 2019. The event is part of the ongoing bicentennial celebrations, where SNM was one of three Indian organisations invited to be a part of.

Open to the general public, the event also showcased the new S\$20 note issued by the Monetary Authority of Singapore (MAS),

which depicts Singapore's journey to nationhood, paying tribute to forebears who laid the foundations for modern Singapore.



A team comprising 15 staff and volunteers represented SNM at the Istana and presented a token made by Project Smile beneficiaries, when President Halimah and First Gentleman visited our booth.

SNM was proud to have been able to make its mark on such a momentous event in celebrating the nation's bicentennial journey.



On that same note, SNM was also quoted by Prime Minister Lee Hsien Loong in his speech at the launch of Singapore Bicentennial held on 28 January 2019.

**“...Ethnic groups to provide mutual support and community leadership, like the Chinese clans and the Eurasian Association. Welfare bodies to take care of the poor and underprivileged, like the Sree Narayana Mission and the Catholic Welfare Services...” - Prime Minister Lee Hsien Loong  
(Launch of Singapore Bicentennial)**



## Project “Memories”

*“I have not seen him smile this way for such a long time”.  
“Oh, I didn’t know he enjoyed doing that!”*

These are reactions commonly expressed by caregivers when they see photographs of their loved ones participating in activities at SNM’s Senior Care Centres (SCC). Their loved ones – our SCC clients – participate in many activities at the centres, from gardening, to cooking and arts & craft, and capturing such activities through photographs are a great way to document and share what our clients do when they are at the centre.

As such, SCC decided to launch the “Memories” project, aimed at capturing the day-to-day lives of our clients, to share with caregivers on a quarterly basis. The project began in May 2019, with great success.

The photographs are pre-printed, and clients get the opportunity to create and decorate a photo album, led by Sharen, a volunteer arts & craft instructor. The activity includes a social element as well; the seniors work together to create the photo albums. The “Memories” project is held on the last week of each month, after which clients bring home their creations to share with their caregivers.

This activity is the perfect opportunity for our seniors to go through a recall exercise, where they share about the activities they have participated in for the month. Recollecting their experiences also help boost the senior’s memories, and shows the caregivers that their loved ones participate in a wide range of beneficial activities.



## Cooking with Love

In line with the Instrumental Activities of Daily Living Scale (IADL) assessment, SCC implemented the “Cooking with Love” initiative in March 2019, where clients follow a recipe and cook a meal together on a weekly basis.

Dishes of different ethnicities are explored during the respective festive celebrations, such as Chinese New Year, Hari Raya and Deepavali.

The IADL is a tool that is used for the assessment, as well as the treatment of one’s cognitive, upper limb and social functions. These activities are usually learnt during the teen years, and require more complex cognitive skills.

Assessing these functions is one of the ways SCC staff gain a better understanding of a client’s attention span, memory, limitations in mobility, and their ability

to work in a group. One of the measurements of IADL is meal preparation, a higher function activity.

These cooking sessions also open up the opportunity for social interaction – both clients and staff often have lively discussions on the different methods of preparing the dishes, and trade tips and knowledge.



## Hari Raya Celebrations at Meranti Home

Meranti Home@Pelangi Village celebrated Hari Raya Celebrations held on Friday, 14 June 2019. Coming forward to lend a hand were the volunteers from Lions Club alongside 2 other individual volunteers.

The event also featured band performances by the Dukes as well as a beautiful Malay dance put together by freelance performers. It was a wonderful time for both volunteers and residents.



## Chathayam Lunch 2019

We would like to sincerely thank the following members for their kind contributions:

S/N	Sponsor	Items Sponsored
1	Family of Late Mdm P Leela	Rice
2	Ms Jayalaxmi Tharmapalan & Ms Sheena	Paruppu
3	Mrs Radhamani Lakshmanan & Family	Sambar
4	Ms K S Sharmila & Family	Aviyal
5	Ms K S Salina & Family	Theeyal
6	Mr & Mrs Kungar Damodaran & Family	Thoran
7	Mdm Jija Bhai & Family	Pachadi
8	Mrs Janamma Unnithan & Family	Inchi Curry
9	Mrs Padmakshi Nadesan & Family	Naranga Curry
10	Mr Jayasim Tharmapalan & Family	Kadumanga
11	Mdm Syamala Chandran & Family	Pappadam
12	Dr G Raman & Mrs Raman Family	Ada Prathamam
13	Families of Late Mr S Dayanandan & Late Mr M Vijayan	Kadala Prathamam
14	Ms Krishnakumari & Family	Pachamoru
15	Mrs Lily Natarajan & Family	Banana Chips
16	Mr Viju Chakrapani & Family	Bananas
17	Mr & Mrs Mohanan Chitra Bhanu & Family	Cooking Oil
18	Mr & Mrs Subash Krishnan & Family	Cooking Gas
19	Mdm Chandrika & Family	Banana Leaves
20	Mr & Mrs Vijaykathan & Late Mr Kunchu Sathiyasandhan Family	Sarkara Puratti
21	Master Nivish & Family	Rasam
22	Mr & Mrs Suraj Senan & Family	Ghee

We would also like to thank all sponsors for their generous sponsorship for the Guru Pooja and Maha Samadhi Observance.

## Chathayam Celebrations

Join us from 13 to 15 September 2019 as we celebrate Chathayam:

Friday, 13 September - Guru Pooja & Flag Hoisting  
Saturday, 14 September - Cultural evening  
Sunday, 15 September - Spiritual disclosure,  
Chathayam sadhya,  
cultural show and  
lucky draw.

Venue: Sree Narayana Mission (Singapore)  
12 Yishun Avenue 5, Singapore 768992

## Donations

We look forward to your generous donations and support in making this year's Chathayam celebrations a meaningful one. For cheque donations, please make your cheque payable to "Guru Birthday Celebration Reserve". Alternatively, you may also make cash donations over our counter at Sree Narayana Mission (Singapore).

## Chathayam Souvenir Magazine

Members are invited to contribute articles, poems and short stories for the magazine. As a guide, please keep the article to 1 A4 sized page. Please email your contributions in word document format to: Bina.damodaran@gamil.com or Nishani.hassan@snm.org.sg.

Closing Date: 25 August 2019.

## Chathayam Merit Awards

Chathayam Merit Awards are extended to SNM members, members of their family and children of SNM staff who have performed well in their 'O' levels, 'A' levels, or Polytechnic Diplomas and intend to further their studies.

Application forms are available at the Mission office. Interested applicants are requested to submit their 'O' levels, 'A' levels, or Polytechnic result slips along with their application.

The closing date is Wednesday, 28 August 2019. The award is limited to one member from each family.

### Go Green with Darshanam!

Play your part in conserving the environment by going online to read the latest issue of Darshanam at [sreenarayanamission.org.sg](http://sreenarayanamission.org.sg). Please email us at [corporatecommunications@snm.org.sg](mailto:corporatecommunications@snm.org.sg) to receive the newsletter by email.

### Update Your Particulars

Are your particulars updated? Write to us at [corporatecommunications@snm.org.sg](mailto:corporatecommunications@snm.org.sg) to update your contact information so that you continue to receive our Darshanam newsletters.

We Welcome Your Feedback!

## Advertise in our Chathayam Souvenir Magazine!

Specifications		Black & White	Colour
Full Page	210mm x 297mm	\$550	\$800
Half Page	148mm x 210mm	\$350	\$500
Quarter Page	105mm x 148mm	\$200	\$350
With Compliments		\$75	

All artworks to be sent in 300 dpi.

Closing Date: 30 August 2019

**Sree Narayana Mission (Singapore)**

12 Yishun Avenue Singapore 768992 [www.sreenarayanamission.org](http://www.sreenarayanamission.org)