

Sree Narayana Mission(Singapore)

DARSHANAM

ISSUE 03. 2018

Deepavali – Lighting Up Life at SNM

Deepavali Celebrations at SNM were as vibrant and colourful as ever, with staff and residents coming together to put up cultural show. Organised by SNM Staff Welfare Committee, the celebrations held on 15 November 2017 showcased the hidden talent of staff and residents through a variety of song and dance numbers. The highlight of this year's celebrations was the heart-racing Bhangra Dance number, performed by both staff and residents.

What truly set these celebrations apart from other years was the dedication and support of 'Elangoven Productions,' a group of volunteers who chose to spend their first day of Deepavali with the residents of SNM, spreading love and festive cheer.



Some 50 volunteers came together to put on a dazzling cultural programme for the residents, stealing their hearts with dance performances of hit songs of the yesteryears.

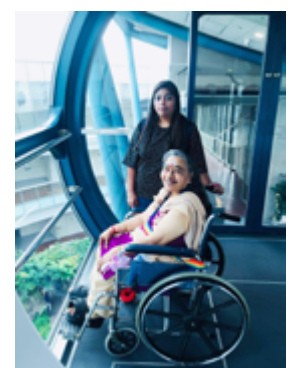
Meranti Home, SNM's welfare home in Pelangi Village held its own Deepavali Celebrations on 27 October 2017, with a cultural show and a sumptuous five-course meal.



Day Out for Residents

Outing to the Singapore Flyer

A trip to Singapore Flyer on 4 December 2017 was an unforgettable experience for the residents of SNM Nursing Home. The Public Utilities Board Employees' Union (PUBEU) invited 15 residents from the Home and 4 clients from SCC to ride the Singapore Flyer and thereafter to the PUB Recreation Club for lunch. For many of the residents, the ride on the Singapore flyer was a new experience as they took in the skyline of Singapore.



A Trip to the Singapore Zoo

Adelaide University Alumni Association (Singapore) members and their family spent a morning with 15 of our residents at the Singapore Zoo.



'Bollywood' Deepavali Night 2017

Several residents accompanied by staff were treated to the "Bollywood" Deepavali Nite 2017 organised by the Singapore Indian Chamber of Commerce and Industry at One Farrer Hotel & Spa. The Guest-of-Honour was Her Excellency President Halimah Yacob.



Christmas – Merry Days & Season of Giving

Christmas is celebrated with great fanfare at SNM, and 2017 was no different. The SNM Nursing Home was decorated lovingly with handcrafted Christmas ornaments, a grand Christmas tree in the foyer and a life-size reindeer sleigh on level 2. The Home was blooming in the Christmas colours of red, green and white.

On 21 December, volunteers and friends from the community came together with the residents and staff of SNM for the Christmas Cake Mixing Ceremony. They mixed colourful cherries, dates, raisins and all things nice to make a delicious Christmas cake. This event heralded the true spirit of the holiday – family and kinship. Cerealtch School of Baking Technology, graciously supported this event by providing the recipe for the cake and baking it as well. From the neighbourhood volunteered to bake the cake for the residents.

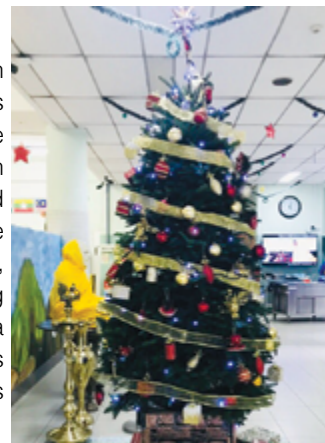


Celebrating the season of giving, a number of corporate donors visited SNM Nursing Home to distribute gifts to the residents.

SNM held its annual Christmas Celebrations on 23 December 2017.



It began in the morning with Christmas carolling for the residents of the Home. In true spirit of the holiday, SNM CEO, Mr Devendran donned the red and white suit and played Santa Claus, greeting the residents and clients of the Home, distributing gifts and spreading Christmas Cheer. SNM's Santa Claus was even featured on AIC's Facebook Christmas Greetings post.



Later in the evening, a sumptuous Christmas dinner was served, followed by a Christmas show with songs, dances and games for everyone. The event ended with Christmas gift exchange amongst staff.



An exciting week of celebrations came to end with a special Christmas lunch served to all residents on 25 December 2017.

IRO Heartland Outreach Initiative

The Inter-Religious Organisation (IRO) in collaboration with Nee Soon Central Inter-Racial and Religious Confidence Circle (IRCC) organized an inaugural 'Interfaith Dialogue Session- Promoting Religious Harmony in The Heartlands' on 10 December 2017 at SNM.

Ambassador K Kesavapany, President, IRO, the brainchild behind the dialogue session, said "The primary objective of the dialogue session was to share with the public, the basic tenets of each religion with an aim to promote deeper understanding

and appreciation of the different faiths in Singapore." He added that selecting SNM as venue partner was very apt because the Mission was named after Sree Narayana Guru, whose teaching promotes the idea of universal brotherhood - "whichever religion it suffices; as long it makes a better person".

The dialogue session, officiated by the Member of Parliament for Nee Soon Central, Associate Professor Muhammad Faishal Ibrahim, received media coverage.



Key to a New Journey

A key handover ceremony for the 394 Race Course Road property was held on 3 December 2017 marking the beginning of a new journey in the Mission's 70 years' history.

This building will be SNM's Care Centre which will offer a variety



Associate Professor Muhammad Faishal Ibrahim, patron, SNM Building Fund Committee graced the auspicious occasion said, "I want to thank all the committee members and donors who believed and supported the good work of SNM by donating to the project, he said. It was a lot of hard work. I am very happy and glad that we have finally managed to acquire a property and I am confident that SNM will surely build upon what we had hoped to achieve from this place. I hope this new frontier will take SNM towards another level of care and sharing the happiness in Singapore through its work."

The chairperson of the SNM Building Fund Committee, Ms Swapna Dayanandan thanked the Building Fund Committee, SNM President as well as the EXCO for their support.

She added, "It has been a long journey. Next year we celebrate our 70th anniversary. We never owned a property till date which we could call our home. All these years, we ran our services from a rented premise. Moving from place to place to carry out services

of community outreach programmes. The acquisition of this property was made possible through the unstinting efforts and support of many individuals, the community, SNM members and staff and the SNM Building Fund Committee.

was not easy. It was constantly filled with anxiety for being unable to anchor and grow in one place. This new acquisition will change all that. As we carry out existing programmes like nursing home, senior care centres and welfare home, the new property will help us enhance and branch out to do more with community programmes".



The new building will be officially opened on 23 June 2018 to mark the beginning of SNM's 70th anniversary celebrations.

When Age is Only a Number

This year in January, Madam Yeo lu turned 106 years old. While the SNM family was excited that the centenarian crossed yet another milestone, hale and hearty, but for this bubbly and active lady, it was just another year gone by.

Madam Yeo came to SNM five years back at the age of 101. When asked about her secret to a long life, Madam Yeo attributed it to 'morning exercise routine and non-fussy eating habit'. She said, "I eat whatever I have to eat and I am not very fussy or choosy about the food".

She came to Singapore along with her brother at the age of 13 from China. In her early days in Singapore, she worked in a kampong farm. She got married at the age of 18. Madam Yeo is not only fluent in Hokkien and Teochew, but she can also speak Malay which she picked up during her stay in the kampong.

Madam Yeo is a very active and determined lady even at the age of 106. She does not like to miss her morning exercise routine and pushes the nursing and the care staff to make her do the exercise even when the weather is bad. She also loves to dance and talk, often entertaining the staff and fellow residents with stories from the past. For Madam Yeo age is all in the mind.



Work-Life Balance at SNM

The SNM family strongly believes good work-life balance for a healthy and active life. To live up to this, nursing staff took part, for the first time, in the Gericare@ North Inter-Nursing Home Badminton Tournament held on 27 October 2017. The exciting tournament had teams from seven Nursing Homes putting up a tough fight throughout the game. In the four-hour long match, SNM emerged First Runner Up with EN Charlot and NA Telex.



SNM's 70 Years of Service in Singapore

18 June 2018, will mark SNM's 70th Anniversary in Singapore. Year-long activities and events are being planned to celebrate this milestone.

Members can look out for more updates on the anniversary celebrations very soon.



Announcements

Chinese New Year Celebration



SNM will be holding its annual Chinese New Year Dinner, hosted by Mr Chang Meng Kiat, on Tuesday, 20 February 2018 at 7.00pm.

Tickets are priced at S\$ 38.30 (Chinese Cuisine) and S\$32.10 (Halal Cuisine) per person. SNM members who are 65 years and above will need to pay only \$10 for the dinner. Payments by cheque should be made in favour of Sree Narayana Mission (Singapore).

Please contact Ms Devi, Ms Leckchimi or Ms Sarojam at 67521 785 to reserve seats or tables for the dinner, by 13 February 2018. Reservations will be on a first come first serve basis.

Volunteer and Donor Appreciation Day



The Volunteer and Donor Appreciation Day will be held on Saturday, 31 March 2018 at 3.00pm, at the SNM Multi-Purpose Hall.

This event is organized to thank all our volunteers, donors and well-wishers for their valuable contributions and support.

Date : Saturday, 31 March 2018
Time : 3.00pm to 5.00pm
Venue : Sree Narayana Mission (Singapore)
12 Yishun Avenue,
Singapore 768992

We appreciate the feedback of our readers. Please email us at anita.thomas@snm.org.sg

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