



Sree Narayana Mission(Singapore)

DARSHANAM

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Birthday Celebration with a Difference!

Your birthday is a very important day for you, but it is just as important a day for your mother.

Madam Ho Lai Sam, a long-time resident of the Sree Narayana Mission Nursing (SMNNH), confided with her nurses last year, that she dearly wished to celebrate her son's next birthday with him. As it turns out, her son, Mr Gay Shee Thong, was a resident of All Saints Nursing Home. The SNM social work department got in touch with their counterparts in All Saints Home and AIC to come up with

a solution to bring mother and son together. Happily, Mr Gay's transfer from All Saints Home to SMNNH was approved, and now both mother and son live under the same roof, on the same floor.

Madam Ho is very happy to be able to spend her days with her son, and thanks the nurses and the Home for not only fulfilling her wishes but also going the extra mile. For SMNNH staff, the smile on Madam Ho's face was worth the effort taken to bring them together.



Adaptive Sports: From Wheelchair to Volleyball Court

In partnership with SportsSG and AIC, SNMNH initiated a new physical therapy programme for residents called the Adaptive Sports for Elderly Programme, or the Care Masters Programme. Adaptive Sports are similar to typical sports activities, but with modifications that make it easier for the elderly or people with disabilities to participate. For example, the Volley Balloon game is a modified version of badminton using balloons instead of shuttlecocks, to make it safer and easier for the elderly.

In March 2018, SNMNH organised its first Volley Balloon

Championship Tournament for residents, with each ward forming their own team of ten players. After a fun-filled afternoon, the team from Level 1 emerged as champions, winning 3 games in a row. All participants were presented with trophies and medals by S Devendran, CEO, SNM (Singapore).

The Care Masters Programme will gradually introduce new games and sports for residents to take part in, such as football, bowling and wheelchair racing.



Successful Blood Donation Drive

On 27 January 2018, SNM organised a blood donation drive, in collaboration with the Singapore Malayalee Association (SMA) and Singapore Red Cross. SNM & SMA reached out to community partners, religious organisations and other stake holders to recruit donors for the drive.



Associate Professor Dr Muhammad Faishal Ibrahim, Member of Parliament for Nee Soon GRC graced the event as GOH and joined in to donate blood to encourage first time donors and other members of the community to come forward as well. The event which attracted many young and first time donors, was a great success. There were over 98 donor registration and over 74 pints of blood were donated.



Chinese New Year Dinner 2018



On 20 February 2018, SNM hosted its Annual Chinese New Year Dinner Celebrations, with Associate Professor Dr Muhammad Faishal Ibrahim gracing the event as GOH. As with previous years, the celebrations continue to be

sponsored by SNM's long-time benefactor, Mr Chang Meng Kiat. Guests for the celebrations included residents of SNMNH and Meranti Home and their families, SNM's volunteers, community partners, staff, and SNM members.



The event started with a rousing lion dance, followed by speeches from the SNM president Mr Shanavas Vijayan, Professor Faishal Ibrahim and Mr Chang Meng Kiat.

Guests were treated to entertaining live performances and sumptuous 10-course Chinese dinner.



Seniors Get Cooking!

There are few things more Singaporean than our obsession with food. The SNM Senior Care Centres organise fortnightly cooking sessions for clients, where everyone comes together to prepare hearty and healthy dishes for all to enjoy. These cook-outs also provide opportunities for clients to socialise and interact with one another, sharing food, recipes and their favourite cooking tips.

These sessions have been a huge hit with clients, and not just for those who enjoy cooking, but even for those who have never cooked before.

One client said that she doesn't really like cooking as she finds it tiring. But these sessions rekindled her interest in cooking and also allowed her to make many friends along the way.

Another cheerful client added, "I enjoy cooking and sharing my favourite dish. I love helping other to learn as well".



Fun with Arts

It is never quite too late to enjoy art. The Senior Care Centres' weekly art programme helps clients find creative ways to unleash their inner artist. During these sessions, clients learn a variety of basic painting techniques, such as mixing and arranging complementary colours and shapes, textures, and forms. The art programme is conducted by both staff and volunteers with talent in art.

The first few sessions help to build clients' confidence, before they embark on small projects such as creation of calendars for the Centre and other such art work. Clients' completed works are proudly displayed at their respective Centres.



Meranti Champions!



After more than 10 years of persistent effort, Meranti Home has finally won the Championship Cup at the Annual Sports Day at the Activity Hub @ Pelangi Village. All six welfare homes

in Pelangi Village take part in this annual competition which includes games for both staff and residents.

For a full 2-weeks, participants practiced very hard to master the 5 games that were planned for the Sports Day. It was truly an exciting time for all involved, with staff helping to train the residents for the games. With the win, all the hard work appears to have paid off!

Apart from the games, residents also enjoyed an evening karaoke session, snacks and interaction with other residents.



SNM Bowling Day

On 30 April 2018, SNM Staff Welfare Committee organised a friendly bowling event for all SNM staff. This event allowed employees to bond together and enhance communication and support for each other. Also, this was a fun way to relax after a busy day at work.

Held at the Orchid Country Club, there was active participation by staff with 60 employees contesting for the first three positions. John Thong, IT Manager SNM won the first prize for individual game with 245 points, while Team 5 came first with 1045 points in the group event. A total of 10 teams were formed for the group event.



CEO, Mr S Devendran, SNM(Singapore), gave away the trophies to the winners and congratulated all for their active participation. 20 April also saw SNM Staff Soccer Team come together for the first time to play a friendly match at Naval Base Secondary School organized by Staff Welfare Committee.



Charity Drive Book Launch

Mr Yousuf Rajid launched his book "Ponmanamirtunthal Puv Vasamaahum" on 25th March 2018 at Sree Narayana Mission (Singapore). Associate Professor Dr Muhammad Faishal Ibrahim, Member of Parliament for Nee Soon GRC was the Guest-of-Honour for this event.

All proceeds from the sale of the books totalling S\$4,000 was donated to the Sree Narayana Mission Nursing Home.



Activities And Outings

At SNM, we believe that it is important for residents to retain their independence for as long as possible. Assistance is given to the residents to continue any social activity they may have participated in before they made SNM their home.

'Pasar Malam' for Residents

Pasar Malams harks back to the early days of Singapore and our roots in kampong life. Once every quarter, SNM organises its own Pasar Malam at the SNMNH, with covered stalls and nostalgic music, as a way for residents to relive days gone by and to enjoy hawker food familiar to them. We held the first of these Pasar Malams in January 2018, sponsored by Cipton Environment Engineering Pte Ltd, and supported by volunteers from Singapore Polytechnic and Agilent Technologies. Our second 'Pasar Malam' was held recently, on 6 May 2018.



Birthday Celebration at SNMNH

Birthday celebrations provide an opportunity to honor elderly residents and let them know they are appreciated and valued.



The first Tuesday of every month is a very important day for residents of SNMNH for one special reason – it's Birthday Celebration time.

Staff from SNMNH organise monthly birthday celebrations for residents, whose birthday fall within that month. Residents celebrate their special day with the help of family members, fellow residents and staff. Happy birthdays are sung, cakes are cut, candles are blown out and games are played.

The celebrations give residents a regular event to look forward to at the beginning of every month.

SNM Residents at the RSAF50@Heartlands Celebrations

SNMNH residents visited Sembawang Air Base for the RSAF50@Heartlands event, the golden jubilee celebrations of the Republic of Singapore Air Force (RSAF). Residents got opportunity to view the various static displays and even experience the live demonstrations of the Super Puma helicopter.



Bringing a Slice of Family Life to Elderly Residents!

Madam Anny Tong and her volunteer group initiated a lunch outing for the residents of SNM nursing home. Residents were treated to a sumptuous meal at Supreme Hotel, bringing a big smile to the faces.

Accolades for SNM

SNMNH staff KO KO Myint received the 2018 Courage Fund Healthcare Humanity Award. This award is reserved for healthcare workers who exemplify exceptional qualities and dedication in helping others, and SNM is proud to have such dedicated staff in its employ.



Year of Events Lined Up to Celebrate SNM's 70th Anniversary

SNM will mark its 70th Anniversary this year, our Platinum Jubilee Celebrations. To celebrate the historic occasion, a full year of events have been lined up. In addition to this, SNM will also be launching a special public anniversary publication in place of its usual souvenir magazine. Below are the list of the key events.

- Anniversary Pooja, Monday, 18 June 2018
- Volunteer & Donor Appreciation, Saturday, 23 June 2018
- Grand Chathayam Celebrations, 1 & 2 September 2018
- 'Service to the People' Symposium by SNM Youth, October 2018
- Official Opening SNM Care Centre, Sunday, 25 November 2018
- SNM Anniversary Dinner, May 2019

Official Closing of SNM Building Fund Committee

On 10 May 2018, a sit down dinner reception was hosted by SNM to mark the official closing of the Building Fund Committee. The Committee was established in September 2014 to raise funds for a property for SNM, to carry out its community outreach programmes. Through the generous support of many donors, S\$ 4,545,300.64 was raised to purchase a property at 394 Race Course Road. This was made possible by the dedicated efforts of the members of the SNM Building Fund Committee. In recognition of their commitment and tireless support, a token of appreciation was presented by the Patron of the Building Fund Committee, Associate Professor Dr Muhammad Faishal Ibrahim, Member of Parliament for to each of the members.



Your Newsletter Delivery Options

With over four hundred members, printing and mailing our monthly newsletter, is a major expense. In addition, we must take our newsletters to the nearest post office for mailing. You can help SNM save money by receiving your newsletter by e-mail or viewing it online at www.sreenarayanamission.org. To receive the newsletter by e-mail, send your email address to Anita at anita.thomas@snm.org.sg. We appreciate your support to help us save cost. Thank you.



Announcements

International Yoga Day



The International Yoga Day 2018, organised by the Indian High Commission, will be held on Sunday 17 June at SNM. All members are invited to attend the yoga program.

Volunteer and Donor Appreciation Day



SNM will hold the Annual Volunteer and Donor Appreciation Day on Saturday, 23 June 2018 from 3 pm to 5 pm, at the SNM Shaw Auditorium. This event is organised to thank all our volunteers, donors and well-wishers for the valuable contribution, services and support they have provided to SNM and its beneficiaries.

Annual General Meeting

The SNM Annual General Meeting 2018 will be held on Sunday, 29 July 2018 at 10 am, at the SNM Shaw Auditorium. A Notice of Meeting with further details will be mailed out to all members in June 2018.

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

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