



Part of QiC

SEMBAWANG

OUR SPACE

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01 SGO-SEMBAWANG 8TH ANNIVERSARY

Lo and Behold! SGO-Sembawang will be celebrating our 8th Anniversary this October with you, our mighty Silver Generation Ambassadors! Unlike previous years, we will get to meet everyone face-to-face over an exciting list of programs specially organised for you. Do look forward to celebrity appearances, guest performances, a photo-booth corner, and great prizes!

What are you waiting for? Click the poster to RSVP now!



02 AIC HOMECOMING 2022 @ HOMETEAM NS KHATIB

To harness bonding within the AIC Family and to further embed our culture of 3Cs (Caring, Collaborative and Cohesive), SGO-Sembawang took part in the Signature Teambuilding organised by AIC. On 25th July, we gathered at the new and hip, HomeTeam NS Khatib, to have half a day of fun and games!

No Spiderman? No worries. SGO-Sembawang has our very own Spider-Duo! Pssshhh, Angeline and Belle barely broke a sweat during the activities! Pictures on the left as evidences because "No Pic, No Count". Haha.

03 A CAREGIVER'S JOURNEY



In 2019, Dad was diagnosed with dementia, and things began to deteriorate progressively. He started to display signs of restlessness every night and was making a lot of noise. In fear of causing disturbance to my neighbours, I had to stay up at night to keep Dad company. Over time, the caregiving duty was taking a toll on me, and realised that I was sinking into depression. During one of his appointments at the polyclinic, I chanced upon Vanguard Senior Care Centre. From them, I came to know what Dad was experiencing is known as "sundowning", where patients with dementia are unable to distinguish day and night, resulting in frequent signs and behaviours of sleeplessness, and agitation at night. I started sending him for Night Respite and have never looked back since.

- Caregiver Teo LS

04 VANGUARD HEALTHCARE (NIGHT RESPITE)

Vanguard @ Woodlands provides Night Respite services for patients with dementia who exhibit sundowning behaviour. Trained staff would engage patients with exercise and meaningful activities including cognitive, sensory and reminiscence activities such as puzzles. They would also provide assistance with activities of daily living. Caregivers who are mentally and physically exhausted find it stressful to care for their loved ones. Caregiver burnout is real. Night Respite would allow caregivers to take a break from their caregiving duties and get proper rest at night.

As ambassadors, we should also ask about the well-being of the caregivers and advise them to seek assistance early. Aside from Night respite for patients with dementia, there are various grants from AIC which can benefit them. For more info, visit [DementiaHub.sg](https://dementiahub.sg).

Night Respite Service

- Mondays-Fridays 7pm-7am
- Transport can be provided within a limited boundary



05 OH HEY, NEW FRIENDS...

In this issue, we speak to our fresh faces in SGO-Sembawang, Kelvin and Belle!



KELVIN TAN SEMBAWANG CENTRAL

Kelvin strikes you as a classic gentleman who naturally put others before himself. This father of three enjoys the simple pleasures in life such as catching up with friends and family over supper. When he needs a breather, you can find him at Ya Kun sipping on his favourite kopi c ti lor kosong.

Aside from work, kindhearted Kelvin and his buddies volunteer to distribute groceries to needy families around Singapore. Need a buddy to volunteer with? Reach out to this one!



BELLE ENG CANBERRA

Bubbly Belle on the other hand loves to excite her taste buds with tiramisu or her new found favourite vadai at Kampong Admiralty.

This animal lover has two cute toy poodles which she absolutely adores. No dogs can escape her! On her recent holiday to Bangkok, she spent time visiting dog cafes. Belle is looking forward to her next holiday in Switzerland, a country with one of the most mesmerising sceneries!

If you're unsure where she is seated, look for the desk with all the PINK accessories.