

Sembawang Our Space



Part of QIC

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Engaging our Future Leaders



In May 2022, SGO-Sembawang was honoured to be invited for two sharing sessions with youth from Republic Polytechnic and Admiralty Secondary School respectively. We shared about the work we do in SGO, and how it benefits seniors in our community.

From these informal sessions, we aim to ignite the spirit of volunteerism in our youth. The youth were also excited to learn how they can play a part in supporting their own family members to age well.



2 PHV Kicks Off

"Knowledge is of no value unless you put it into practice."

To kick start Preventive Health Visits, our SGAs had to go through a series of theory and practical trainings before being certified. With tailored guidance from our staff, SGAs shared that these small group sessions were useful in clarifying their doubts, identifying areas for improvement, and rejuvenating our joy in serving seniors. SGO-Sembawang is heartened to see our SGAs' persistent hunger for learning, and bringing the best to our seniors!



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SGO-Sembawang Office Cohesion

At SGO-Sembawang, we work hard and play hard. With that, our welfare team; Sandra and Liling, have been diligently organising bonding activities for the office. In April and May 2022, SGO-Sembawang paid a visit to Le Le, the baby panda, at River Wonders, and had a great time at the Singapore Zoo interacting with the lovely animals.

Dinah brought her son along to the River Wonders. Little Zayn had a ball of a time with his new Godfather, Bala!



**GOOD
TIME**

4

Pots of Plants ft. SGA Mdm Chong

"Green is the prime colour of the world, and that from which its loveliness arises."



To fill her time after retirement, our bronze service award SGA, Mdm Chong (Woodlands Div), returned to her past interest of planting.



The joy of witnessing the blooming leaves and flowers fills her heart with a sense of achievement, making it the sole reason why she continues nurturing this interest since 2013.

Other than tomatoes, eggplants, and okra, Mdm Chong also plants succulents. She shared that succulents are the hardest to care for.

"Succulents wilt once you overwater them", says Mdm Chong.

Editor's notes: Hey all, Mdm Chong really has green fingers. I have personally witnessed pots right outside her place, and every pot looks stunning. Oh, if you are into planting/gardening, go nudge her!

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The Kindness Cure



"Kindness is like snow - It beautifies everything it covers."

Mdm Png suffers from diabetes and kidney failure. She requires frequent cleaning of the open wounds on her legs, and is undergoing regular dialysis treatment. As her condition progressively deteriorates, Mdm Png is left with 20% visual function, and her mobility issue has rendered her permanently handicapped.

Mdm Png's doting husband was the sole caregiver of all her daily needs, from food, wound dressings, and the couple's financial expenses.

In early 2022, Mdm Png's husband had a sudden cardiac arrest, and was pronounced dead. Mdm Png was in complete distraught. She went to seek advice and solace at a nearby Active Ageing Centre (AAC), and the latter offered to alert various community partners to come in place.

As one of the partners, SGO-Sembawang assisted Mdm Png by arranging for Meals on Wheels (MOW) for her daily meals, as well as Medical Escort and Transport (MET) service for her routine appointments. A community nurse was called in to assist with wound dressings as well.

Our staff found a sponsor for a microwave oven, and a side table suitable for Mdm Png's daily usage.

SGO-Sembawang is actively keeping a look out for Mdm Png and her overall well-being. At present, Mdm Png needs a single seater chair in replacement for her old one as it is too low for her.

