

METTA

慈光心缘

Celebrating the Nation's Milestone



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慈光福利协会
METTA WELFARE ASSOCIATION

Caring For Our Communities
关爱我们的社群

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An SG50 Special: Celebrating the Nation's Milestone

2015 marks a special milestone for Singapore as she turns 50 this year. Throughout the goliath challenges yet meaningful moments in the last half century, it is a good time for us to reflect on who we are and how far we have come together. Just as turning 50 is about looking ahead as it is about looking back, the achievements of our pioneer generation and diligence of our younger generation will propel our nation's stability to even greater heights.

While we celebrate the joyous moment, we should never forget the community at large, especially the less privileged and disadvantaged sections of our society.

To mark this special occasion, our various centres have come up with their own initiatives to spread the joy with our beneficiaries as we commemorate Singapore's 50th anniversary since independence.

I like to take this opportunity to thank our pioneer generation staff, volunteers and donors who have devoted their time, efforts and dedicated contributions to Metta. We are motivated to create a bigger impact on the many who are with us on this meaningful journey. Together, let us engender a more inclusive society in our community.

With Triple Gems Blessings

Venerable Shi Fa Zhao BBM
President
Metta Welfare Association

Metta Charity Run 2015 5 September 2015 East Coast Park (Big Splash)

The Metta Charity Run dashes into its sixth year in support of charity and community bonding while promoting a healthy lifestyle with a non-competitive run. The run which comprises of a 10km, 5km and a Parent and Child 1.5km Fun Run category will test the endurance of adults and entertain the little ones with fun and games. This year, we are honoured to have Siemens Pte Ltd joining us as our Platinum Sponsor to raise funds for the development and enrichment of our disability, medical, special education and early intervention programmes in aid of some 1,000 beneficiaries from various races and religions.

Look out for attractive goodie bags and exciting lucky draw prizes during the carnival. This is a healthy family sporting event not to be missed!

If you have a passion for running and like to run for a good cause, register with us at: <http://www.metta.org.sg/mettarun2015/> or scan the QR code below.



We'll see you on the big day!!



Can't join the run but want to do your part for charity? Now you can when you help us fundraise for the Metta Charity Run 2015 at: <https://www.simplygiving.com/event/mettarun2015>

**Photos taken from Metta Charity Run 2014.*

5 Tips to A Healthy Diet After 50

After the age of 50, the goal of one's diet is to maintain weight, consume heart-healthy foods and, above all, stay strong! Use the following 5 tips to live your 50s in fabulous health and avoid age-related illnesses.



1. Add B12 to your daily supplements
B12 supports healthy nerve and blood cells needed to make DNA. B12 is primarily found in fish and meat. As we age, our stomach acid decreases, making it more difficult to absorb nutrients such as B12.



2. Really cut back on salt
A high salt diet puts us at risk for hypertension which is a danger for cardiovascular diseases and stroke. Most salt in the average diet comes from processed foods. Cut back and eventually forego processed foods to aim for 1500 mg or less sodium per day.



3. Check your multivitamin for Iron — and toss it if it has
The average woman experiences menopause at age 50. After menopause, the need for iron decreases to 8 mg of iron a day. And excess of iron leads to toxicity because the body doesn't have a natural way to excrete iron; too much can cause liver or heart damage and even death.



4. Pay more attention to calcium and vitamin D
Due to gastric and hormone changes, vitamin D levels (which is needed to absorb calcium) and calcium absorption tank around age 40. Postmenopausal women have an increased risk of osteoporosis because of their lack of estrogen. The body after 50 will break down more bone than it will build. Ideally, it's ideal to consume adequate calcium before age 30.



5. Eat like a Greek!
When researchers looked at the populations in the world that had the most people over the age of 100, they noticed a common theme: the Mediterranean diet. A 2000 study in the British Journal of Nutrition found that the Mediterranean diet (which includes plenty of fruits, vegetables, whole grains, moderate wine consumption and olive oil) was associated with longer survival.

Original article extracted from: <http://health.clevelandclinic.org/2013/05/5-tips-to-stay-fit-after-50-2/>

Lunar 7th Month Charity Auction 2015

The Lunar 7th Month Charity Auction 2015 is an annual cultural fundraising event of Metta to raise funds for the programs and services for its various nine welfare centres.

The highlight for this year's auspicious centrepiece is the "Vessels of Double Blessings" (欢喜壶) intricately carved out of Liu Li and a symbolism that all good things should come in a pair.

For more information or to purchase the "Vessels of Double Blessings" (欢喜壶), please visit www.metta.org.sg/hq/index.php/lunar-7th-month-charity-auctions/



You may also scan the QR code below to view a video of the auction item.



Metta Charity Bowling 2015 14 Nov



Parenting a Child with Global Developmental Delay

Contributed by Ms Evania Yeo, Metta Preschool Educational Psychologist

Children younger than 5 years old who fail to meet expected developmental milestones in multiple areas of motor, speech and language, cognition, social functioning, and activities of daily living are described to be having Global Developmental Delay (GDD). In this article, we share with you on strategies for parenting a child with GDD.

Children with GDD often experience difficulties with academic work. They may also face challenges in social skills and poor daily living skills such as feeding or dressing. If left untreated, this may contribute to behavioural problems such as task avoidance, low self-esteem or depression.

To help your child with learning difficulties, it is important for you to understand his current level of functioning. Learning is more effective when adults use multiple modalities (visual, auditory, tactile, and kinaesthetic) to guide them.

For example, when teaching a child to recognise an alphabet, parents can use the following methods:

- **Visual learning:** use Flashcards that show the letter A, read books and look for words that contain the letter.
- **Auditory learning:** Play songs that reinforce letter A, such as the ABC song, or phonics songs.
- **Tactile learning:** Practice writing letter A on paper, chalkboard, sand or finger paint the letter. Or create the letter with clay.
- **Kinaesthetic learning:** Find letter A in a child's environment, such as on car plates and posters. Play games like freeze game or dance to the YMCA song.

Parents can read up more about the stages of communication from the book "More Than Words", by Fern Sussman. The book provides practical strategies for each stage, increasing their understanding of activities so that they can respond to what their parents say.

Parents are encouraged to plan activities before carrying them out with their child, and think about their own teaching methods and interaction to better improve on them.

Parenting is never an easy job, so remember to reward yourself and your child at the end of the day for the good effort!



Metta Hospice Care Make-A-Wish: Fulfilling the Dreams of Our Beneficiaries

Contributed by Mr Tay Jia Sen, Metta Hospice Care Counsellor

As part of the Singapore Ireland Fund's philanthropic initiative, Metta Hospice beneficiaries, Mr Koh Howe Chua and Mdm Zaleha Bt Syed Sidek got the chance to experience the Tulipmania Floral Display on 24 April 2015 for their first trip to the Gardens by The Bay.

Due to the onset of their medical condition, Mr Koh and Mdm Zaleha spend most of their time indoors as they tire easily if they travelled long distances. This is in contrast to the active lifestyle led by the two beneficiaries prior to their illnesses. Unfortunately, the opportunities for them to experience more outdoor activities were limited as their family members found it logistically challenging to take them out.

The two beneficiaries enjoyed the sight and smells of the flowers' sweet aroma in the cool atmosphere of the flower dome. It was truly an outing not to be forgotten!



Tribute to Our Pioneer Generation Staff and Volunteers

As Singapore turns 50 this year, we would like to take this opportunity to thank and honour our pioneer generation staff and volunteers who have contributed to Metta in their own unique ways.

Thank you for your contributions and being a part of Metta's achievements and success. We wouldn't have done it without you!



"I love working with the elderly and they enjoy my presence. They even try to look for me when I am on leave!"

Janet Tang, 66 years old
Therapist Aide with Metta Day Rehabilitation Centre for the Elderly since 2000



"I believe the answer to be healthy in mind and body is to be constantly active. Volunteering lets me keep fit and meet many people from all walks of life."

Lim Kim Chwee, 84 years old
Volunteer with Arts@Metta since 2013



"Helping out at Metta allows me to return back to society what was given to me."

Tan Ah Choo, 71 years old
Volunteer with Metta Welfare Association since 2001

My Story – Love of A Family is Life's Greatest Blessings.

Name: Mr Lim Sim Lin
Age: 53 years old

The old adage, blood is thicker than water, holds true for most of us, especially in the case of Mr Lim Sim Lin, a client of Metta Day Rehabilitation Centre for the Elderly. Ever since the 53-year old was struck with a partial right stroke in late 2013, his family have been his pillar of support to his daily needs.

Things was never that glum for Mr Lim who runs a ladies apparel store with his wife in Ang Mo Kio. They were a typical happy Singaporean family who loves holidaying in Thailand and Hong Kong; going to the beach frequently and shopping together. But all this changed when Mr Lim was struck with a sudden stroke in the midst of a family dinner. He was rushed to Changi General Hospital and diagnosed with stroke. Mr Lim spent 3 months in St Andrew's Community Hospital before he

was referred to Metta Day Rehabilitation Centre for The Elderly for rehabilitative physiotherapy.

There, Mr Lim receives strengthening exercises like skater board and hand cycle with the guidance of Metta's physiotherapists and therapy aides. Gait training, stairs and step climbing are administered to improve his balance and strengthen his lower limbs.

In a matter of 14 months, Mr Lim made tremendous improvements with his mobility and is now less dependent on his family. It is their enduring support that made Mr Lim determined to regain at least at least 70% of his mobility. Looking forward, Mr Lim hopes to re-join his wife in their family business and proudly attend his son's O Levels graduation without a walking stick.



Kite Flying with The Associates & Advisors' Clique

25 May 2015
Marina Barrage
Contributed by Ms Eilynn Chin, Community Partnership Executive

An energetic team from Advisors' Clique, a group of financial consultants representing Great Eastern Financial Advisers, together with their participants from The Associate program, came together at the Marina Barrage to make it a special and enjoyable day for 26 clients of Metta Home Day Activity Centre.

The energetic volunteers guided the clients on the simple craft of kite-making before letting their kites soar into the clear blue skies. Despite the hot weather, our clients enjoyed the cool and vast spaciousness of the Barrage while learning how to fly their kites with the volunteers. It was truly a fun-filled Monday morning to start the week for everyone!



Paint for Home & Hope

June 2015
Metta Day Activity Centre for the Intellectually Disabled

The Nidana Youth Group initiated a community project to help refurbish the worn premises of Metta Day Activity Centre for the Intellectually Disabled in Hougang.

The centre, started in 1995, serves individuals with intellectual disabilities. Over two consecutive weekends in June, the Nidana Youth Group put together their time and effort into giving the centre a brand new look with a fresh coat of paint. They hope that with their efforts, the interior would offer Metta's clients a more conducive and comfortable environment for learning and interaction.



Breathing in Nature for Metta's IDAC Clients

12 June 2015
Gardens by the Bay
Contributed by Ms Eilynn Chin, Community Partnership Executive

26 clients of Metta Day Activity Centre for the intellectually Disabled spent a lively eventful day at the Gardens by the Bay with 40 volunteers from Siemens Singapore. The helpful and caring volunteers partnered each

client as they toured the Flower Dome and Cloud Forest, taking in the colourful sights of the kaleidoscopic flora in the theme, Flowery Fun Times with Nursery Rhymes, during the outdoor befriending outing.

It was an enjoyable day for all as our clients got close to nature and Siemens volunteers gained exposure in team planning for a large group while learning to interact with Metta's intellectually disabled clients.



If you like to volunteer your time or join us for a CSR activity with our clients, you may enquire more at events@metta.org.sg.



VISION

In accordance with The Great Compassionate Vows of The Buddha of Medicine, Metta aims to provide welfare services for the community, regardless of race or religion.

MISSION & OBJECTIVES

Metta is dedicated to working closely with our clients, donors, partners, suppliers, government agencies and community organisations for the provision of welfare services to meet the needs of the community at our centres. Metta currently supports the following services:

- Disability Care – residential care, respite care, day activity care and training for the intellectually disabled.
- Medical Care – home hospice care for the terminally ill, day rehabilitative services for elderly and stroke patients.
- Children Care – early intervention for children with learning difficulties;
- Alumni Care – vocational training, employment assistance and support for graduates of Metta School;
- Special Education – special education and vocational training for children with mild intellectual disability and/or autism; and
- Others – welfare services required by the community.



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