

METTA

慈光心缘



Mental & Physical Wellbeing

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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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Mental & Physical Wellbeing

In our society, the hurried fast pace of living has led many to compromise on their general wellbeing. Wellbeing is not just the absence of illness or mental ability. It is a complex combination of an individual's physical, mental, emotional and social health factors. Believing that worldly possession is the key to happiness can also harm a person's wellbeing. A person who chooses to over work misses out on time with family, friends, leisure pursuits and his health as a result of stress-induced habits. A poor lifestyle ultimately may culminate into serious health ailments which could deteriorate if habits are not changed. Quality of living might be compromised as poor health impede simple daily tasks' performance or might jeopardise the livelihood of an individual.



It is essential that we play our part by making positive changes to our lifestyle and be responsible for our own health and wellbeing. Metta regularly upgrades its healthcare services to meet the rising challenges of the ageing population and people with special needs. Introducing Metta Home Nursing, it bridges intervention and medical assistance of elderly patients requiring frequent re-admittance to the hospital. This allows the elderly to age in place by providing nursing services at their homes through telecommunications and home visits.

Together with appropriate care, adequate family and social support, our clients can still enjoy a meaningful and good quality of life. Metta will continue to work towards the seamless and holistic care of our clients for their total wellbeing through the enhancements of our programmes and services. Ultimately, our goal is to help our clients lead a beneficial and fulfilling life with their loved ones.

With Triple Gems Blessings
Venerable Shi Fa Zhao BBM
President of Metta Welfare Association

Metta Home Sheltered Arts Workshop

Metta Home for the Disabled has introduced a new art therapy that aims to provide relaxation and calm agitated behaviour in our adult clients with special needs. The Sheltered Arts Workshop is an indoor craft session that involves paper quilling among other art activities. Held in an environment that is familiar to the clients, the workshop is conducted by staff who are trained to work with people with special needs. The objective of this new art therapy provides an opportunity for our clients to have a sense of achievement while enhancing their skills.

Adopting simple step-by-step instructions by Metta's workshop supervisor, Lalitha, clients are taught to coil and shape narrow strips of paper to create designs such as hearts and flowers for their quilling project. This activity requires focus, attention to fine details and helps in improving the fine motor skills of the client with each degree catering to the individuals' level of competence.

The fun workshop is a hit among our clients as they look forward to each session conducted on a daily basis. Under close supervision, several clients have shown improvements as they independently complete the paper quilling to produce a final artwork.

These art pieces are available for sale. Enquire about these pieces at 6365 7666.



KEPPEL OFFSHORE & MARINE-METTA CHARITY GOLF TOURNAMENT 2016

Tanah Merah Country Club (Tampines Course)
28 July 2016

Metta Welfare Association is back for its annual 17th fundraising golf event, Metta Charity Golf Tournament 2016 partnering with Keppel Offshore and Marine again. The tournament will be held at the Tanah Merah Country Club.

It will be an exciting tournament as golfers pit their skills against each other for a good game. Participating golfers stand a chance to win a Hole-In-One prize of a Mercedes-Benz CLA 180 Shooting Brake among other prizes. The fulfilling afternoon wraps up with a relaxing dinner with entertaining performances and a lucky draw.

Wish to do your part for charity and join us in this golfing tournament? Log on to www.metta.org.sg for more information.



Photos taken from Keppel Offshore & Marine-Metta Charity Golf Tournament 2015.

Health Benefits of Playing Golf

Golf has quickly become a popular sport all over the globe. Players of all ages, walks of life and geographic locations find solace in a good game of golf. Golf can be good for your health and your heart. Be it taking the buggy or walking on the course, you would be working every single muscle in your body with just a golf game. If you traverse 18 holes 3 to 5 times a week, you'll get an optimal amount of endurance exercise for your heart. If you pull your clubs or carry them, you'll burn even more calories and benefit much more.

- Golf players who carry their bags while walking the course burn 721 calories on average.
- Players who travel the course using pull-carts actually burn 718 calories on average.
- Golfers who walk the course, but have caddies carry their bags burn 613 calories on average.
 - Those who ride in golf carts throughout the game still burn an average of 411 calories.

Benefits of Golfing!

1. **Reduces Stress** – It's been said that playing a round of golf releases endorphins. These are all-natural, powerful,

mood-enhancing "drugs" within our brains. Basically, golfing helps one to relax and reduce stress, which can affect health drastically.

2. **Stimulates Blood Circulation** – Some studies suggest that playing golf may actually stimulate blood circulation within our brains. This helps to improve nerve cell connections, and may actually delay an onset of dementia.

3. **Improves Mortality Rate** – A Swedish Study in the Scandinavian Journal of Medicine & Science in Sports concluded that golf just may affect life expectancy. According to the publication, of those who play golf regularly, there was a 40% decrease in mortality rates. That's an increase of a 5-year life expectancy.

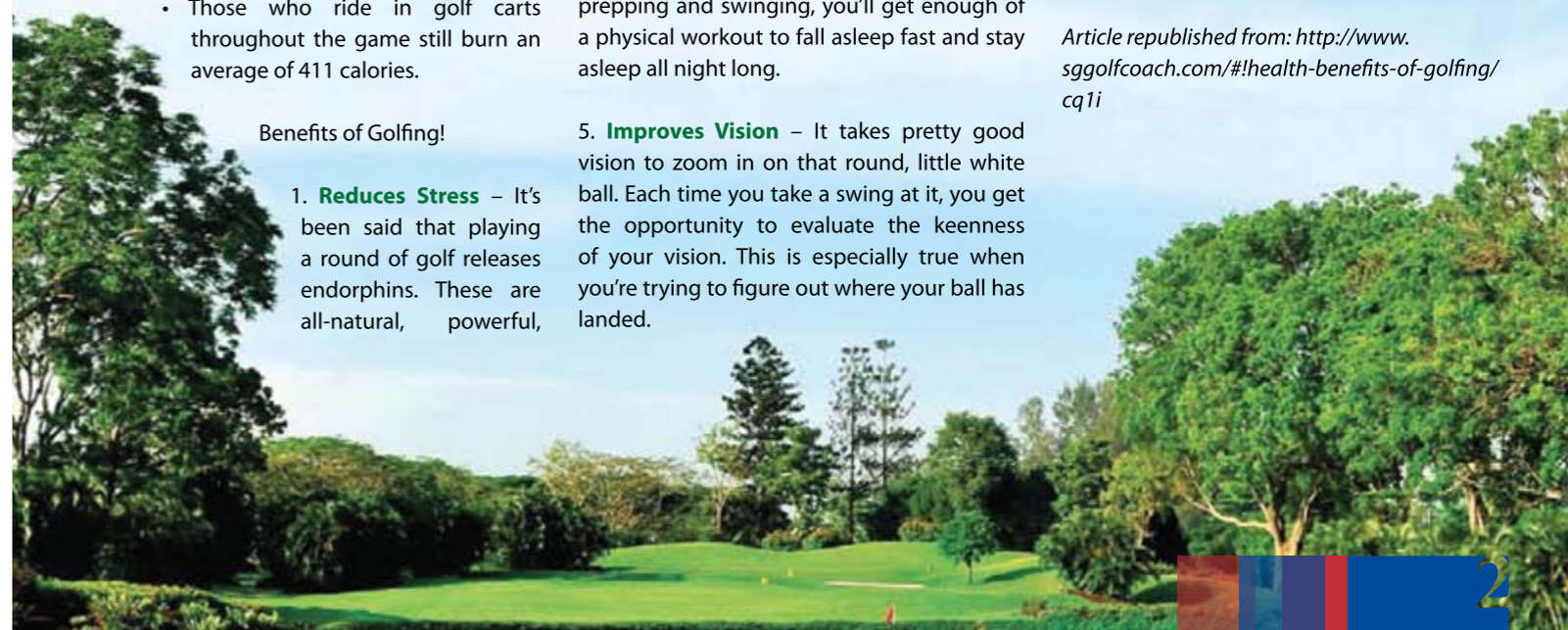
4. **Help You Get a Better Night's Sleep** – It's during sleep when our bodies heal most. Therefore, any activity that causes us to sleep well, naturally, is good for our health. Between walking the course, lugging your bag, prepping and swinging, you'll get enough of a physical workout to fall asleep fast and stay asleep all night long.

5. **Improves Vision** – It takes pretty good vision to zoom in on that round, little white ball. Each time you take a swing at it, you get the opportunity to evaluate the keenness of your vision. This is especially true when you're trying to figure out where your ball has landed.

6. **Gets Your Bladder Trained** – This is a surprising revelation from the golfers worth taking note of. Those frequent visits from your friendly course beer-cart steward can give your bladder a run for its time. The longer you learn to hold it, the more you strengthen the capacity of your bladder. And, as noted by several women golfers, it is also an effective way to strengthen leg muscles, especially the thighs. Crouching manoeuvres used by those who can't "hold it" are a unique way of doing leg exercises.

7. **Stimulates the Heart** – Remember that any form of physical exercise helps to get your adrenaline going. This, in turn, gets the blood pumping to the heart, strengthening it naturally. Exercising for just 30 minutes each day can help you lower your blood pressure by up to 5-7 points. Workouts also help you improve your cholesterol, lose weight and lower one's risks of getting heart disease.

Article republished from: <http://www.sggolfgoach.com/#!/health-benefits-of-golfing/cq1i>



Practise Good Handwriting Habits

Article contributed by Metta Preschool Occupational Therapists, Amelia Juntado and Heidi Mosqueriola.

Some children may find writing an easy and fun activity but to some others, it may find be a difficult and tedious process. Legible handwriting technique requires coordination of the eyes, arms, hands, pencil grip, letter formation and body posture. There are many reasons why some children have difficulty holding a pencil, sitting with a good body posture, learning to form letters, and writing legibly and neatly. Often, Occupational Therapists are present to assess a child's muscle strength, coordination, endurance and motor control and guide them through a series of activities to improve their handwriting skills.

Metta PreSchool Occupational Therapists, Amelia and Heidi, offers some simple activities which can be practised in the classroom or at home.

1. Sports and Games that could improve visual, motor, and coordination skills

- Play ball (catching, throwing, rolling, bouncing)
- Play balloon (catching, throwing, hitting)
- Toss rings over a pole

2. Hand/Finger Activities

- Play dough (rolling, pinching, pulling, twisting, cutting)
- Clip/unclip clothes pegs
- Pick small objects such as beads, blocks, pom-poms using tongs or tweezers

3. Pencil Grasp Activities

- String beads
- Pick up sticks
- Crumple bits of paper for arts and crafts

4. Letter Formation

- Form letters by gluing together beans, buttons, seeds
- Form letters with play dough, putty, clay
- Form letters in the sand, shaving cream
- Write letters in the air

*Note: Letters should be written from top to bottom and from left to right

5. Writing on Paper with Guided Lines

- Use coloured lines to indicate top, middle, and bottom line for tall letters and shorts letters
- Highlight the bottom half of the line
- Make a raised base (bottom line) using glue

6. Word Spacing

- Teach your child to use "finger space" by placing an index finger after each word that is written
- Place a dot or small line after each word the child writes. Erase it after he/she has finished writing.
- Play a game of arranging cut-out words to form a sentence on a whiteboard and placing coloured magnet after each word

Coaching a child good handwriting skills is not an easy task as it requires patience, attention, communication, and constant encouragement. Thus, teachers and parents are encouraged to schedule and plan activities for handwriting to be fun, interactive and enjoyable. Make it a habit to let your child write, draw, colour or create little notes. More importantly, remember to bring out those fanciful stamps; stickers; or just simply reward your child with a kiss or a big hug in showing how proud you are about his/her performance.



Living His Dream

What would you do if you knew your days are limited? Most of us would try our best to live our hopes and dreams in that remaining period of our time. For hospice patient, Mr Lim Eng Chui, that is a chance to visit the Gardens by The Bay for the first time with his loved ones.

Most of us would have visited Gardens by The Bay since it opened its doors to the public in 2012. However, for some like Mr Lim, it is a dream come true to get close to nature and step foot in the City in A Garden. Unfortunately for the 45-year old, he is not able to walk long distances and move as freely as before. The former coffee-shop assistant used to toil long hours at work, neglecting his health until he was inflicted with colon cancer in late 2014. Hospice patients like Mr Lim are grateful for The Singapore Ireland Fund and Metta Hospice's Make-A-Wish program that enables patients like himself to fulfil their final wishes.

Accompanied by Mr Lim's girlfriend and the Metta Hospice palliative care team, Mr Lim spent an enjoyable fruitful day at the Flower Dome in Gardens by The Bay. He was exceptionally blown away by the many various variety of sakuras and cherry blossoms on display in the air-conditioned flora enclosure. What completed the day was having his girlfriend by his side all through this time as he hopes to leave behind lasting memories for her.

"It doesn't matter if it is short-lived. What matters most is that I have lived it."

Mr Lim Eng Chui, 45 years old,
Metta Hospice patient

Metta Hospice Care introduced the Make-A-Wish program in April 2014 for its patients to fulfil their final wishes to their heart's content. This program aims to bring across the message to our clients that regardless of where we come from, who we are or what we have become, no one should deserve anything less in our final moments. The Metta Hospice Make-A-Wish program is sponsored by The Singapore Ireland Fund.



Going Digital

Metta Café is proud to jump on board with food delivery service, Food Panda, and rush-hour discount app, 11-Hour.

Now you can enjoy our various range of vegetarian and non-vegetarian fare delivered hot to your doorstep! Follow Metta Café on 11-Hour and be updated Live on special promotions and discount deals.



Food Panda: The leading mobile and online food ordering marketplace. Have food delivered hot to you by Food Panda delivery team.



11-Hour: A rush-hour discount app with a social cause. 11-Hour aims to reduce food wastages by merchants with last-minute deals and discounts up to 30% off.

Both apps are available on



and



Healthy Fried Vegetarian Bee Hoon



This simple Chinese-style fried vegetarian bee hoon with mixed vegetables and shiitake mushrooms is fuss-free and easy to prepare in the kitchen. Contributed by Mdm Jessica Feng, who created this recipe, this dish, free of alliums such as garlic and onions, is among the many vegetarian meals served to the beneficiaries at Metta Day Rehabilitation Centre for the Elderly.

Ingredients:

- 600 g rice vermicelli (bee hoon)
- 20 dried or fresh shiitake mushrooms, for dried shiitake, soaked till soft, discard the stems and slice the caps
- 200 g celery, sliced
- 200 g round cabbage, sliced thinly
- 100 g french beans, sliced into ½ inch
- 100 g carrots, julienned
- 1 tablespoon vegetarian oyster sauce (can be substituted with mushroom sauce)
- 1 1/2 teaspoon light soy sauce
- 1 teaspoon salt (adjust according to taste)
- 1 tablespoon ginger, julienned
- 1 teaspoons sugar
- 500g water or vegetable stock
- Pepper to taste
- Vegetable oil for frying
- Chillies, sliced for garnishing

Method:

1. Soften vermicelli in cold water for 15-30 minutes till soft. Drain and set aside.
2. Heat oil in wok over high heat and saute shredded ginger. Pour in mushrooms, carrots and stir-fry until fragrant. Add in sliced celery, cabbage and french beans.
3. Stir in soy sauce, vegetarian oyster sauce, sugar, and water or vegetable stock. Mix evenly then braise over low heat for 5 minutes.
4. Add vermicelli. Cook until water is absorbed. Season with salt and pepper. Stir continuously to coat all the noodles and incorporate all the vegetables.
5. Use tongs or a large pair of chopsticks to toss the vermicelli, so as not to risk breaking the vermicelli strands up.
6. Serve and garnish with sliced chillies.

Recipe courtesy of Mdm Jessica Feng. Jessica is a cook at the Metta Day Rehabilitation Centre for the Elderly who has been whipping up vegetarian meals for the centre's beneficiaries since 2008.

Bringing Joy and Life to The Elderly

30 April 2016

Clients from Metta Day Rehabilitation Centre for the Elderly spent a fruitful Saturday afternoon on a "fishy" excursion to S.E.A Aquarium (Sentosa), accompanied by volunteers of philanthropic organisation, Direct Life Foundation. It was a great time of interaction between the clients, volunteers and staff of Metta. Random bits of knowledge were exchanged along the way as each volunteer accompanied a client. Direct Life Foundation founder, Darren Cheng and his wife, Jenny Tay (accompanied by Mr and Mrs Roland Tay) joined in the fun-filled outing as they wheeled the clients around the gargantuan compound of the indoor aquarium. Clients thoroughly enjoyed the outing which ended with delectable bento lunches for all.



Metta Day Rehabilitation Centre for the Elderly thanks Direct Life Foundation and all participating volunteers for the eventful day.

Cupcakes with Love - Baking with NKF at Metta Preschool@Simei

13 May 2016

In a series of ongoing community outreach programme, a team of staff from National Kidney Foundation (NKF) dropped in for a bake and play time with Metta's pre-schoolers. The staff took turns to mix and prepare the batter while the children had a whole lot of fun unleashing their creativity on the baked cupcakes. With little fingers, the children piped yellow icing in various designs and topped it off with colourful rainbow jimmies.



Cheerful 5-year-old Metta pre-schooler, Shahana Fathima enjoys the session of cupcake decorating and showing her creativity.

It was a refreshing experience for the staff of NKF who deals with a different set of clients in their daily work.

"This outreach is a different experience from our daily work. The only similar concept to our job is the care and passion to what we do."

Chua Cheng Wah, NKF
Volunteer Leader



A Curious Mind is a Beautiful Mind

6 May 2016

Metta Home Day Activity Centre clients got their curiosity filled when they visited the Science Centre with an energetic group of Zendesk volunteers. Enthusiasm and laughter were clearly seen on the clients' faces as they touched and explored the magic of science. Eager Zendesk volunteers patiently guided and explained to the clients the various exhibits which fascinated them to no end.

Visiting the Eco-Garden, Tesla Coil Show, Immersive Experience and Butterfly Sanctuary gave the clients an opportunity to feel the allure of Mother Nature. They felt the touch of a butterfly, experienced the force of a typhoon, observed the mesmerising beauty of electricity and awaken their auditory sensory perceptions to the pattering sound of rain.

Thank you Zendesk for making it an unforgettable day.



Against All Odds

An early retirement is the last thing on the mind of Mr. Mohamed Rafi Bin K M Abdul. The feisty-spirited 52-year-old who was previously a private bus driver, suffered a stroke in 2013 that rendered him poor mobility to be gainfully employed.

A client of Metta Day Rehabilitation Centre for the Elderly since April 2015, Rafi was stricken with partial stroke late one night. Awoken to numbness on the right side of his body, Rafi called for an ambulance and dragged himself to allow the medics in. He was rushed to the hospital for emergency treatment and spent the next 5 months at the hospital. Fortunately for Rafi, his condition stabilised and he spent an additional 5 months at a community hospital before his admittance to Metta Day Rehabilitation Centre for the Elderly for regular rehabilitation therapy.

During Rafi's difficult times, his selfless sister gave up her job to become his main caregiver. This adds on to an additional loss of income for the family. Thankfully for Rafi, he receives subsidy from Metta Day Rehabilitation Centre for the Elderly. The family also receives basic food rations which Metta Welfare Association regularly hands out to its clients in need.

Always having an optimistic outlook on life, Rafi enjoyed independence and meeting new people when he used to work. Despite his current challenges in limited Activities of Daily Living (ADL), it did not stop him from continuously receiving rehabilitation at Metta Day Rehabilitation Centre for the Elderly in order to be independent again. Rafi's persistence and perseverance paid off and almost a year later, he is able to perform simple tasks such as going to the nearby shops by himself. With a never-say-die attitude, Rafi hopes with regular rehabilitative therapy, he would get back on his own two feet and return to the workforce. Chirped the optimistic man,

"I have no problem coming to Metta. I like coming every day for my therapy."



Metta's volunteering services are now available at the touch of your fingers!

Metta Welfare Association has recently launched a new FREE mobile app that makes tracking of our upcoming fundraising events, various welfare centre's information and best of all, registering and tracking the progress of your volunteer application a breeze!

What you can expect:

- **Volunteering Opportunities** - Registration now made easy on the app. Be a volunteer at our events, activities and our various welfare centres islandwide. Get alerts on your volunteering sign-ups.
- **Event Updates** - Receive updates on events from Metta such as our community fundraising activities with easy participation and sign up through the app.
- **Publications** - Read the latest bi-monthly Metta News from the app. Get updated on the latest CSR activities, news, information, health tips and inspirational stories of our clients.
- **Donate** - Easy, fuss-free online donation to do your part in helping the less privileged.

Metta App is currently available on

