

METTA

慈光心缘



Sharing the Spirit of Giving

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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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Sharing the Spirit of Giving



Sentiments for 2016 have been less than rosy with businesses affected by the slowdown in the economy. Yet despite that, I am heartened to see many corporates and individuals, donors and volunteers coming forward in their selfless and giving spirit to continue making that difference to our society. The past months have seen Metta working in collaboration with corporations in our major fundraising events and staff volunteers helping to bring joy and smiles to our beneficiaries. With the community outreach, helping hands and warm hearts of the community, the lives of our beneficiaries have improved over the years.

As we look back at the end of 2016, it is timely to reflect on our achievements and to look forward to what we still need to accomplish, ready to make the most of things in the new year. The best of all gifts around Christmas is the presence of love and compassion to the less fortunate all wrapped up in each other.

Before we bid farewell to 2016, I like to thank our supporters, donors, volunteers and staff who have put in their best efforts for Metta throughout the past year. We can look ahead into the new year with confidence, hope and resilience through the provision of the right resources by the community to meet those challenges. Thank you for all your hard work. I wish you all the very best for the new year ahead.

Yours in the Dharma

Venerable Shi Pu En
1st Vice President
Metta Welfare Association

Being Close to Nature

21 October 2016

25 clients from Metta Day Rehabilitation Centre for the Elderly got away from the heartlands and close to nature when staff volunteers from MDIS (Management Institute of Singapore) took them out for an outdoor trip to Gardens by the Bay. Enjoying the floral theme of Tribal Tempo: Flowers from South Africa, the display marks the first large-scale South African floral exhibition in Gardens by the Bay and Singapore. MDIS



volunteers wheeled the clients into the Cloud Forest and Flower Dome as they toured across the colourful floral safari landscape. It was an eye-opening trip for the clients and volunteers who enjoyed themselves tremendously.



Bringing Warmth to Little Hearts

6 December 2016

Christmas came early this year, Santa's elves came in the form of volunteers from Moove Media Pte Ltd dropped gifts for our young children. Staff from the advertising arm of ComfortDelGro Corporation dropped by Metta PreSchool @Punggol to deliver presents and yummy treats and joined the little tots for their tea breaks. Thank you Moove Media for brightening the hearts of our young children during this festive season of giving!



Making That Difference

14 December 2016

Staff from Keppel Corporation devoted time and effort in making their mark with impactful community programmes to help the less-fortunate in society. Among their community outreach projects is a recent exciting trip to Resorts World Sentosa (RWS) S.E.A Aquarium with 25 clients from Metta Home for the Disabled. Keppel Volunteers paired up with our clients as they brought them around the aquarium and explored the mysteries of the sea along the way. It was a fruitful trip for all as smiles were beaming on the clients' faces throughout the excursion.

Thank you Keppel Corporation for making it a fun-filled day for our clients!

Beautiful Smiles to Start the Day

14 December 2016

It was a morning of Christmas fun for staff of Family Dental Clinic (FDC) and clients of Metta Day Rehabilitation Centre for the Elderly when they got together and exercised their creativity in making Christmas pizzas and a Christmas Tree art craft. FDC staff assisted our clients in making a savoury pizza with tomato paste, vegetarian ham, capsicum, mushrooms; and a sweet pizza with kaya, chocolate and fruits, among other ingredients. An arts and craft session included creating mini paper Christmas Trees which the clients proudly displayed their teamwork and creativity at the end of the session.



Metta Charity Movie Screening 2016 – Moana

26 November 2016@The Cathay Cineplex

Metta held its last fundraiser of 2016 with a charity movie screening that saw movie buffs coming together to catch the Disney animated adventure, Moana. Snaking queues packed the reception as families with children and grandparents in tow, came to support Metta's cause to provide welfare to the disadvantaged and less privileged. It was a truly great experience with the message of resilience and perseverance coming across the movie's storyline. The smiles of the faces of our guests were enough for us.



Merry Baubles of Gold

Christmas spirit comes to Metta Home for the Disabled and Day Activity Centre this Christmas. Metta Home's resident cook, Mr Barry Tay, prepares daily meals for the beneficiaries of Metta Home for the Disabled and Day Activity Centre. More often than not, it is a feat for him to churn up nutritious yet appetising dishes for the beneficiaries. Whoever says that vegetarian Christmas fare has to be boring? Merry Baubles of Gold is one of Barry's latest vegetarian creations at Metta Home that goes well on a Christmas spread.



Ingredients:

- 200g Japanese rice (uncooked)
- 200g potatoes
- 300g silken tofu
- 220ml water
- 50g Chinese parsley, chopped
- All-purpose flour (for dredging)
- Salt and pepper to taste
- Vegetable oil for frying

Method:

1. Cook rice with 220ml of water.
2. Peel and dice potatoes and steam them with the tofu.
3. Once cooked through, leave to cool for 15 minutes before mashing the potatoes and tofu together.
4. Combine the mixture with the cooked rice and Chinese parsley.
5. Season with salt and pepper to taste.
6. Shape the mashed mixture into golf-sized balls.
7. Dredge the balls in flour.
8. Heat oil up to 180 degrees in a medium saucepan and deep fry the balls till golden brown.
9. Garnish with cherry tomatoes, fresh greens and serve hot.

Recipe courtesy of Barry Tay. Barry is a cook at the Metta Home for the Disabled & Metta Home Day Activity Centre who has been whipping up vegetarian meals for the centre's beneficiaries since 2008. A skilled chef, Barry earned his culinary experience from the kitchens of Marche and Fish & Co.



Made With Love For The Season DIY Paper Quill Christmas Cards

Clients at the Metta Home for the Disabled took to paper quilling in the new Sheltered Arts Workshop as part of their regular occupational therapy to train their motor skills and mental relaxation sessions. This simple craft is easy to follow yet creates beautiful and elegant touch to the final art work. For the months of November and December, Metta Home clients spent their days creating beautiful paper quilled Christmas cards with their creativity and newly learnt skills.

Follow the step-by-step instructions by our client, Tan Thiam Teng, on how you can also create a simple yet beautiful paper quill card this Christmas.

Materials needed:

- | | |
|---|-----------------------|
| 1) Green and red paper strips (approx. 0.5cm thickness) | 5) A pair of scissors |
| 2) Red construction paper (cut into a circle of 7cm diameter) | 6) A5 card |
| 3) Decorative craft twine (approx. 22cm) | 7) Paper glue |
| 4) 1 paper quilling slotted tool | 8) Glitter glue |

Getting started:



Step 1: Cut out a circle from a piece of red construction paper with a 7cm diameter and paste it on the top cover of the empty greeting card.



Step 2: Decorate the edges of the circle by gluing a decorated craft twine on the circumference.



Step 3: Using a slotted quilling tool, create curls from red paper strips.



Step 4: Paste on the completed curl strips within the red circle affixed on the card.



Step 5: Fold green paper strips to create ornament 'shoots'.



Step 6: Glue the ornament 'shoots' to the top of the circle.



Step 7: Decorate the curl strips with gold glitter glue.



Step 8: You may add on other embellishments such as silver snowflakes to complete the card.

Personal handcrafted paper quill cards made by our clients are also available at: <http://bit.ly/2h2ubnA>



Have A Merry Feast And Stay Healthy Too

Although festive foods are usually high in calories, it does not mean you have to avoid them completely



It's the time for feasting but why not indulge in a healthier way?

With some planning, it is possible to have a Christmas feast that is yummy and still good for you.

You can use more herbs and spices instead of salt and replace part of the cream with milk, for instance.

For party-goers, simple tips such as removing the skin of the turkey or chicken, choosing leaner cuts of meats and eating more vegetables can help to cut your calorie intake.

Although festive foods such as roast pork with crackling, candies, chocolate, cakes and puddings are high in calories, it does not mean you have to avoid them completely.

It is the amount you eat and how often that matters, said Ms Bibi Chia, principal dietitian at Raffles Diabetes and Endocrine Centre.

"If festive dining is limited to only one occasion, I would almost say the person can eat whatever he wants," she said. "However, for most people, the celebration goes on for a few days or even weeks."

Ms Chia suggested that party hosts can allow guests, especially those with dietary restrictions, to bring their own dishes.

During this season, those who are chronically ill or have other health concerns will have to take more care to keep to their diets.

Mr Derrick Ong, dietitian and director of Eat Right Nutrition Consultancy, advised those with diabetes to aim for low glycaemic index foods like yam, pumpkin and multigrain bread, and to eat lots of vegetables which can be accompaniments to the usual Christmas fare.

"For those on insulin or diabetic medications, it's best to watch the alcohol too, as the combination might lead to hypoglycaemia (low blood sugar)," he said.

People who have kidney failure but are not on dialysis treatment will need to go easy on the roast meat, turkey and other protein, he said. They should do the same with the gravies and sauces to keep their sodium intake in check, regardless of whether they are on dialysis or not, he added.

Everyone else should just eat in moderation and take care not to eat food that they cannot tolerate.

It may be a season of feasting but that's not the reason to forget about your health, particularly for those who are ill, recovering from an illness or have allergies.

The Price of Overeating

Overeating may lead to bloating and nausea. It can also precipitate acid reflux with heartburn. This form of indigestion causes a burning sensation in the chest, due to stomach acid entering the oesophagus.

You can prevent the occurrence of heartburn and bloating by keeping to regular mealtimes and avoiding late suppers or bingeing at buffets, for instance. If you do experience heartburn or bloating, simple over-the-counter medications like antacids can usually help to relieve the symptoms quickly.

However, if the symptoms recur frequently or if there is associated weight loss, a sensation of food being stuck when swallowing, frequent vomiting or black stools, one should seek medical advice early.

Source: Dr Yim Heng Boon, senior consultant gastroenterologist and hepatologist, Mount Elizabeth Novena Specialist Centre

Giving Their Gift Of Time

Gifts comes in more ways than just tangible presents. For Metta Home's volunteers, Wei Xiang and Soon Huat, the offer of their personal time to befriend and provide haircuts to Metta Home's clients are their ways of giving back to society.

34-year-old Wong Wei Xiang is a Regional Service Engineer who came to know about Metta Welfare Association through Facebook. Feeling empathy for the clients, he felt that they would do with a good friend and listening ear. He understood what it felt like to be treated differently and wanted the client to have friendship. Hence, Wei Xiang made it a point to regularly spend his free time at Metta Home, engaging the clients in simple games and colouring activities. He hopes that his actions would be able to lift the spirits of the clients up and bring a smile to their faces. Seeing those happy grins makes Wei Xiang's day.

For some volunteers, putting the skills of their livelihood to better the lives of the disadvantaged are a means of giving back to society. Erh Soon Huat is a hair stylist by profession who was introduced to Metta by a friend. The 46-year-old volunteer wanted to experience what it felt like to contribute to society and started his first volunteering experience with Metta Home in 2006. To date, he recruits more than ten volunteers, some through his regular customers and friends, and trains them in hair cutting so that they may provide the same service and time to the less fortunate. In the process of giving free haircuts to the clients, Soon Huat also befriends and engages them as he gradually got to know the clients and their caregivers over time.

Volunteers like Wei Xiang and Soon Huat are among the growing pool of young volunteers who believe in bettering the lives of the disadvantaged in the society. They do not have a lot of time; but they have a big heart. There is no better sense of self-achievement than contributing in meaningful ways. If you would like to make a difference in the lives of the less fortunate, Metta Welfare Association welcomes all corporates and individuals to join us and make the community a better place.

To find out more about our various volunteering opportunities, please download our Metta App on iTunes or Android Play Store or at our website www.metta.org.sg.



Sharing the Spirit of Giving

GIVE NOW: http://www.giving.sg/metta-welfare-association/sharing_the_spirit_of_giving

\$100 – Metta PreSchool



Poor social interaction and delayed milestones are among signs of autism & children with special needs. Early intervention programs & speech therapy sessions aids to correct them so these children may progress to mainstream schools.

Your gift will provide ONE HOUR Speech Therapy to ONE preschooler.

\$30 – Metta School



Metta assists some over 100 students from low-income families through the provision of essential groceries and financial assistance.

Your gift will provide essential groceries to ONE student from a low-income household for ONE month.

\$30 – Metta Alumni



Chee Meng is an apprentice at Arts@Metta. At the Alumni, he further hones his skills in batik painting with constant practise. Despite his disability, Chee Meng hopes to be an artist so that he can be independent and financially self sustaining.

Your gift will provide batik painting for 6 apprentices for ONE week.

\$20 – Metta Day Activity Centre for the Intellectually Disabled



Mary, one of our client with intellectual disabilities is taught basic life skills such as personal grooming. Adult diapers are among one of the necessities for their training and use.

Your gift will provide basic personal grooming tools and 10 pieces of adult diaper for ONE beneficiary for 5 days.

\$30 – Metta Home for the Disabled & Day Activity Centre



Maria is a resident of Metta Home for over 2 years. She enjoys the activities and friendships at Metta Home for the Disabled which provides community care options to needy individuals aged between 18 & 55 with multiple disabilities.

Your gift will provide ONE meal for ONE beneficiary for ONE week.

\$80 – Metta Day Rehabilitation Centre for the Elderly



Mr Tan had a stroke several years ago which impedes his mobility in walking. Regular physiotherapy sessions at will aid him in regaining the strength of his legs so that he would finally be able to walk unassisted again.

Your gift will provide ONE hour of physiotherapy for ONE day.

\$50 – Metta Hospice Care



At 84, Mr Koh suffers from end-stage prostate cancer. He requires a quad stick to walk and needs an oxygen concentrator for his frequent bouts of breathlessness.

Your gift will provide Mr Koh and other patients the use of medical equipment in their homes.