

METTA

慈光心缘



Filial Piety: Love Thy Parents

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慈光福利协会
METTA WELFARE ASSOCIATION



Forging Ahead
In Partnership
携手前进 共创未来

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Filial Piety: Love Thy Parents



The months of May and June honours and celebrates parents and their influence in our lives and in society as we observe filial piety. Filial piety is a key pillar in the family structure. It is a concept, a virtuous act of being good to one's parents; being respectful and taking care of them in honour of realising and repaying to parents' their gift of life and love for their children.

As children, it is but a small measure to provide and care for our parents as they age, gratitude for the sacrifices made to nurture their children. Filial piety inculcated to children is also viewed in our Asian society as social indicators of a person's sense of responsibility, maturity and reliability. Such family values, passed from elders to the young, one generation to the next will sustain our future generations in leading their lives positively.

To all mothers and fathers, you are the superheroes in our lives. I like to take this moment to wish all parents a Happy Mother's and Father's Day.

With Heartfelt Gratitude

Venerable Shi Pu En
President
Metta Welfare Association



Metta Staff Learning Day 2017

22 May 2017

Our Staff Learning Day is a 1-day staff engagement program, organised to provide opportunity for staff to participate in community work (CSR) and team activities in order to foster friendship with the communities and our colleagues.

This year, the CSR involvement was a resounding success that forged community partnership with South East Community Development Council (South East CDC) and Thye Hua Kwan @ Bedok Radianc Senior Activity Centre.

With the active participation of 108 staff from all centres, the CSR was kick-started with goodie bag packing and distribution to 102 needy seniors residing in both one and two-room HDB rental units. The goodie bags comprised of items such as rice, cooking oil, toothbrush, toothpaste, detergent, body wash, dish wash and bathroom detergent. These items were hand-delivered by our staff to the seniors' doorsteps. We also helped to check the house conditions and feedback to Bedok Radianc Senior Activity Centre.

Following that, we hosted the seniors to interactive games, songs and dance performances, put up by our staff with diverse range of talents. The event came to an end with our staff serving lunches to the seniors. We were heartened to see the smiles and joys on many faces of the seniors.

Harnessing on our mission and core values, this learning journey was a good experiential lesson aligned to the learning objectives, more importantly, for us to make a societal impact in our communities.



Make Batik Painting Workshop Your CSR Checklist 19 May 2017

A corporate social responsibility activity checklist for companies should include Metta Alumni's batik painting workshop coached by our youths with special needs from Arts@Metta. Volunteers from local reinsurer, Singapore Re, took back a valuable skill of batik painting and their hand-painted floral artworks at this interactive workshop. The volunteer bonded over laughter, spilled wax and batik dyes as Metta Alumni's youths got to play Coach to their adult students for the day. They conscientiously guided them in batik painting, a skill handled with ease by Metta Alumni's youths with special needs.



Metta Charity Golf Tournament



Raffles Country Club • Thursday, 13 July 2017



Metta Welfare Association is back with its annual charity golf tournament at Raffles Country Club. Join us in this collaborative effort as a corporate sponsor or an individual golfer. You can expect a good time, good food and good prizes all for a good cause. Nestled amidst lush land, the golf club's panorama blends in with the natural environment of carefully landscaped greens. Guest-of-Honour is Chairman of Keppel Fellows, Mr Choo Chia Beng BBM

Make a difference today to the lives of our beneficiaries and empower them to achieve their goals. Register with us now at www.metta.org.sg/mettagolf.



Photos are taken from Metta Charity Golf Tournament 2016.



METTA CHARITY RUN 2017

Saturday, 26 Aug
Singapore Sports Hub

A true hero isn't measured by the size of his strength, but by the strength of his heart. Have a big heart and join us in the 8th edition of the annual Metta Charity Run on 26th August 2017 at OCBC Square, Singapore Sports Hub.

The fun does not just end there. A mini carnival awaits our runners after the run. Get lucky with our Super Draw and win exciting prizes while you're there! Join forces with us as we work towards bringing a positive impact for our beneficiaries through this meaningful event.

In a specially curated 'Superhero' theme run, we honour and celebrate two leagues of 'Superheroes'. The first being, our squad of heroic beneficiaries who live their lives fully despite their disabilities and the second, our pool of magnanimous supporters – basically, people like YOU! MP for Marine Parade GRC and Chairperson of GPC for Social and Family Development, Mr Seah Kian Peng, will grace the event as Guest-of-Honour and be among the superheroes running in the 5km league. Metta will not be where it is right now without these superheroes unstinting support.

Choose from the non-competitive categories of Powerful 5km, Legendary 10km or the Dynamic Duo parent & child 1.5km fun run. This fundraising event aims to raise \$180,000 and provide runners with the opportunity to be amongst like-minded participants in a gathering to go the distance for a good cause and celebrate healthy living.

	Early Bird Period (Till 25 Jun)	Normal Period (26 Jun onwards)
Powerful 5km	Individual - \$35	Individual - \$40
	Buddy (2 pax) - \$66	Buddy (2 pax) - \$76
Legendary 10km	Individual - \$45	Individual - \$50
	Buddy (2 pax) - \$86	Buddy (2 pax) - \$96
Dynamic Duo 1.5km Parent & Child Fun Run	Pair - \$55	Pair - \$60
	Group of 4 - \$210	Group of 4 - \$230
	*Additional Adult - \$25 Additional Child - \$30	*Additional Adult - \$30 Additional Child - \$35

Fastest fingers first! Register at <http://www.metta.org.sg/mettarun>.

There is a superhero in all of us. We just need the courage to put on the cape (and running shoes!)

Can't join to run for us but want to do your part for charity? Now you can when you help us fundraise for the Metta Charity Run 2017 at <https://www.simplygiving.com/event/mettacharityrun2017-510km>



Photos are taken from Metta Charity Run 2016.

METTA CHARITY MOVIE SCREENING

Saturday, 8 July, 5pm • The Cathay Cineplex



Caring for Elderly Parents

Today, 8.5 percent of people worldwide (617 million) are aged 65 and over (Cire B. 2016). The world's elder population continues to grow at an unprecedented rate. In less than 15 years, according to Population.sg Team (2016 Aug 22), "the number of Singaporeans aged 65 and above is projected to double to 900,000". That means the number from 1 in 8 Singaporeans today in that age group will be up to 1 in 4.

In this ageing society, caring for an elderly loved one may become a reality for many people when a parent reaches the point where living alone is no longer a safe option. While caring for an elderly parent can be rewarding, it can also be completely overwhelming. If you're relatively new to caregiving and are unsure where to start, here are a few tips to help you successfully ease into your new role and effectively care for you aging parent.

- **Assess** – first thing first, recognise the signs that your parent needs help in either physical or mental health. Focus on the areas like walking steadiness and gait, personal hygiene, cleanliness of the house, forgetfulness, loss of sight and hearing, incontinence, losing or gaining weight, and no longer enjoy doing what he or she used to.
- **Plan** – call for a family meeting to determine the primary care giver and other family members' involvement in the long run. Come to an agreement that who pays what. Also to work out the plan that allows the primary care giver to have periodic breaks while other family members cover the duty.
- **Organise** – Gather important documents and information of your elder parent, such as personal details, medical and financial related. For example, parent's IC, any health assist card, medical history or any referral letter or service contract, list of medication and dosing instruction, allergies, medical personnel's contact details, insurance card or health insurance policy.
- **Home safety** – Installing some basic safety measures can go a long way to help you in caring for your loved one by reducing home related accidents. For example, install grab bars in bathrooms, set lower temperature of water heater, place anti-slip mat on steps and shower floors, put brighter light bulbs and organise power cables to prevent tripping hazards.
- **Educate yourself** – Find out everything you can about your parent's condition and care needs, such as what type of medical care

and therapies are needed, what to expect in terms of progression of symptoms and possible treatment plans.

- **Communicate** – Keep the communication open throughout the caring process with your parents, medical professionals and family members about who will do what and how you can support each other.
- **Be realistic** – about your ability to help out and know your own limits. You should not try to do it all. For example, if the elderly parent is heavy for one person to lift, you should consider to hire help or get other family members involved.

• **Explore resources** – There are services that can help caregivers and their parents. Calling on community resources can help ease the responsibility of caregiving. Find out about the community services that you can tap on, such as government agencies, voluntary welfare organisations. These include home care services, meal delivery, transportation support, financial support schemes etc.

• **Care for yourself** – last but not least! It is normal for a caregiver to feel burnout, overwhelmed or helpless. Make an effort to give time for yourself to relax, eat well, exercise, see friends, and rest. Caring for yourself means better care for your parent.



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Hari Raya 2017 Cookies Order Form

Description	Unit Price	Quantity	Total Amount
Cranberry (appx. 40pcs per bottle)	\$10.50		
Cornflakes (appx. 40pcs per bottle)	\$10.50		
Chocolate w Macadamia (appx. 38pcs per bottle)	\$12.80		

Handmade cookies



Initiated by Metta Welfare Association, Metta Cafe was established in 2014 to provide F&B vocational training for Metta School graduates aged 18 and above, with mild intellectual disability and/or autism. Our mission is to train and create employment opportunities for youths with special needs, so as to equip them with relevant skills and help them achieve self-reliance and confidence for future employment opportunities.

Orders are to be placed at least 3 working days in advance by 2.00pm. Bulk orders are welcome, with the allowance of 5 working days.

Place your orders via
mettacafe@metta.org.sg or call 6580 4624 now!



Giving Back The Best I Could

Full-time caregiver, Mr Goh T. M. to Mdm Ho K.L, a client of Metta Welfare Association, shares about why he chose to give up his job to care for his aged mother.

My father passed away when I was nine years old. As the eldest child in the family, I left school at 16 and worked as a coffeeshop assistant. Along the way, I took on various odd jobs until I finally found a stable income as a Despatch Rider. The salary, supplemented with overtime pay, was enough to support the family and put my siblings through school.

"Who is going to look after mum?"

This was the question on everyone's mind after Mum had a fall and was diagnosed with vascular dementia and osteoporosis in 2014. My three siblings said that they couldn't afford to care for mother as each had to support their own families.

I had never felt so alone; it was just me against the world.

Due to her dementia, Mum required dedicated care round the clock. With the assistance of a Medical Social Worker, Mum was placed in Peacehaven Nursing Home. The monthly fees were tremendous and amounted to half my salary each month.

I visited Mum every weekend. There were moments where she could recognise me despite her dementia. The nurses told me that Mum had poor appetite. She would sit quietly in her wheelchair and rarely responded to questions. What pained me the most was the

look of sadness on her face. I was left with an enormous sense of guilt.

In December 2015, I met with a motorcycle accident while at work which left my right leg with a permanent limp.

Following My Heart

I took the accident as a sign. Giving up employment and becoming the sole caregiver for my mother would not be easy, but I wanted Mum to be happier being cared for in her own home, instead of being in a nursing home. She raised me and I want to give back.

Caregiver Isolation

Not everyone is cut out to be a full-time caregiver. While I am glad not to be juggling a full-time job with my caregiving responsibilities, I miss the work atmosphere. I miss my pay check. I miss the social interaction I had as an employed person. Without a salary, my savings were quickly being depleted.

Fortunately, Metta Welfare Association arranged for home

visits by a staff nurse and social worker. The staff nurse provides regular check for my Mum's vital signs and medication, while the social worker provides emotional support and financial assistance. Metta's assistance has been invaluable, even arranging for the Social Service Officer to visit us at home instead of making the trip to their office.

With society's high cost of living and limited financial resources, adult children who want to care for their ageing parents have tough choices to make. I am appreciative of the assistance and support provided by Metta Welfare Association.



PAY IT FORWARD

Donate Groceries to Metta's Low-Income Beneficiaries & Their Families

Donation for groceries goes to our low-income families when you donate online via NTUC FairPrice website. NTUC FairPrice will absorb the delivery costs of these donations.

For more information about this scheme by NTUC FairPrice and National Council of Social Service (NCSS), please visit: <https://tinyurl.com/glp9j>



Every contribution goes a long way in helping the less fortunate.

Brought to you by:

