



# Stay Strong, Live Long

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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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## Stay Strong, Live Long



This issue of Metta News celebrates World Health Day on 7 April as we pay tribute to our medical team at Metta Welfare Association. The theme of the World Health Day 2018 is "Universal health coverage: everyone, everywhere."

The theme resonates with us at Metta but goes beyond the provision of essential health services. We have developed individualised educational and care plans for our clients across our services, designing these plans around and for each individual. These individual plans meet and are adjusted to the changes and improvements made by each client.

The team of multidisciplinary professional staff at Metta provide para medical services such as physiotherapy, occupational therapy, speech therapy, counselling, nursing aid, palliative care and more. I am thankful for the dedication of our healthcare team at Metta as they face the rising challenges with passion and commitment.

Metta is committed to continually improving our ability to meet the needs of our clients and their families. As we extend our healthcare capabilities through the Metta HomeCare programme, we are confident that with the support of our Management, staff, donors and volunteers, we can provide quality care to all our clients that creates a ripple effect in their lives.

Triple Gems Blessings

Venerable Shi Pu En  
President  
Metta Welfare Association

## One Pot, One Metta Family

3 February 2018  
Metta Building

It is known that food binds people together and nothing binds a community of compassionate donors and volunteers than a steaming vegetarian hot pot. Metta held its Lunar New Year "Lou-Hei" luncheon at Metta Building to thank and honour its supporters, donors and volunteers on a Saturday afternoon. The celebration also took the opportunity to usher in the Lunar New Year with a blessings ceremony that was presided by Metta's President, Venerable Shi Pu En. A rousing

lion dance performance featuring six lions by students from Metta School kicked off the event. Tossing of the vegetarian *yu sheng* for starters had the excited guests filling the air with shouts of auspicious phrases of good fortune, health and a smooth year ahead. Giving an impressive entertainment during the lunch was a splendid display of Wu Shu performance by Metta School students. The communal dining of the hotpot with its amalgamation of the different ingredients is symbolic of the guests who come from different races, religions and backgrounds for Metta's cause, coming together as One Metta Family



## A Carnival Over the Rainbow

18 March 2018  
Metta Building and Metta School

It was a sea of colours at the Metta Charity Carnival as walkers, stallholders and volunteers donned their brightly coloured t-shirts. Amidst a bustling crowd of families young and old were colourful cartoon mascots that brought to life the Carnival's Cartoon Wonderland theme, all congregating at Metta Building on 18 March to share Metta's vision in helping the community.

Gracing the event as Guest-of-Honour was Ms Jessica Tan, MP for East Coast GRC and Advisor to East Coast GRC GROs as she flagged off the morning 3-km Charity Walk around the Simei estate that preceded the Carnival. First Vice-President of Metta Welfare Association, Venerable Shi You Guang delivered an opening speech and together with Ms Jessica Tan, struck the giant gong to symbolise the official start of the Metta Charity Carnival 2018.

Drawing long queues of crowds were mouth-watering vegetarian delights from laksa to multi-hued ang ku kuehs. Children were in their their own cool wonderland as they played in air-conditioned comfort with life-sized giant game sets such as a Snakes and Ladders, Pick Up Sticks, Jenga and an inflatable Dragon's Castle by Society Staples.

Thank you for joining us at the Metta Charity Carnival 2018!

As part of the Metta Charity Carnival 2018's success, we like to thank all our donors/sponsors, volunteers and staff for making this event a fruitful one.

Many special thanks to:

- Silver Sponsor - Integer Alpha
- Amoy Canning
- Apollo
- Changi-Simei Grassroots Organisation
- Crowne Plaza Changi Airport
- Dough Culture
- Fullerton Hotel
- Ik Chin Travel
- Kordel's
- Kwong Cheong Thye
- Lian Yick Metal Tents
- Marina Bay Sands Singapore Airlines Limited
- Singapore Pools
- Standard Chartered Bank
- Swensens
- True Fitness and many more



# METTA CHARITY MOVIE SCREENING

Saturday, 5 May, 4pm  
Shaw Theatres Lido

350 Orchard Road, Shaw House Level 5, Singapore 238868



An unprecedented cinematic journey ten years in the making and spanning the entire Marvel Cinematic Universe, Marvel Studios' *Avengers: Infinity War* brings to the screen the ultimate, deadliest showdown of all time. The Avengers and their Super Hero allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation and ruin puts an end to the universe.



Rating to be advised

© 2018 Marvel

For more information, please call 6580 4688, or visit <http://www.metta.org.sg/MettaMovie>.



Scan QR code to view movie trailer  
<http://www.youtube.com/watch?v=PhbdqFtp4eI>

## Having A Whale of A Time

27 January 2018

22 clients from Metta Day Rehabilitation Centre and HomeCare had a whale of a time with volunteers from LingJack Engineering when they went for an eventful CSR outing to S.E.A Aquarium at Sentosa. The educational and befriending outing was an eye-opening experience for the seniors, some of whom had not been to Sentosa for over 20 years. In a scheduled series of CSR partnerships between LingJack Engineering and Metta, the outing to S.E.A Aquarium with Metta Medical Care also marks a new experience as they had previously had CSR events with clients from Metta Home. Medical Care Manager, Ms Josephine Kuek, introduced the volunteers to Metta's services and taught them the proper way of handling a wheelchair.

The outing didn't just stop at Sentosa. LingJack staff ended the eventful day with a 4-course western lunch for everyone at Eighteen Chefs at Star Vista. The food was plentiful and volunteers sat down with the seniors, talk to them as they ate. It was a memorable experience for our clients from Metta Medical Care, in particular, a few clients showed great enthusiasm and appreciation to the volunteers, hugging them before they boarded the bus for home.



## A Little Joy Goes A Long Way

24 February 2018

Youths from the National University of Singapore BizAd faculty spent an enjoyable Lunar New Year celebration with 39 clients from Metta Day Rehabilitation Centre for the Elderly. Through a catered sumptuous lunch, the youths befriended and entertained the elderly through a series of ice breaking activities, song and performances, as well as getting the elderly involved in a Bingo game and simple arts and crafts. Using red packets, the youths helped the clients to create Lunar New Year crafts through their endless creativity. Serenading them with Chinese and Hokkien songs from the 60's, the youths went all out to give a heartwarming experience to the elderly through their altruistic efforts to bring joy to Metta's clients.

## Drawing Out His Talent

A young burly man sits in a corner at Metta Home Day Activity Centre's activity room, oblivious to the world and deep in his drawings, lies an arts prodigy, known affectionately by all around as Timothy. 34 year old Ganesan Timothy Charles, was born with mild intellectual disability and autism. A cheerful yet shy person, Timothy is well liked by his peers and trainers at Metta Home.

Timothy is the youngest amongst 3 children and the only son to a security guard father and homemaker mother. Timothy joined Metta Home Day Activity Centre in 2015, 13 years upon his graduation from MINDS. Not accustomed to the working environment, Timothy spent his days at home with his mum, who felt that a day program would better suit her son and keep him preoccupied. She also noticed a talent in Timothy who seemed to be very adept in caricatures. Being a client at Metta Home Day Activity Centre kept the young man more cheerful than being at home. He spends his day taking part in Metta Home's bite-sized projects which includes sheltered arts and craft sessions. The weekly routine has also taught Timothy time management which he would diligently prepare for sessions on time. Apart from just indoor activities, Timothy also had the opportunity for outdoor fun such as swimming and bowling and also visiting places of interests for CSR activities with



corporate volunteers to hone his community living and social skills. The new activities for Timothy couldn't have made his mother, Mdm Santa Maria Evelyn Celine, anymore happier. As she puts it, "Thank you for helping my son!".

## Walk Towards A Healthy Heart and Lifestyle

Article contributed by Alicia Lum, Community Engagement Officer for Metta Medical Care



To many of us, walking is something that we do every day without much thought. However, do you know that the low-impact exercise is also one of the simplest ways to work out? There is no special exercise equipment and no gym fees needed. Walking is an extremely versatile and flexible form of exercise which can match your pace to your current fitness level.

At the end of the day, indulging in a little low level physical activity is better than not exercising at all. Walking can be considered a good starting point for individuals who are not used to exercise. It is also easy to bump up your pace and go longer distances as you get better.

### Other Benefits Of Walking:



You can also increase the intensity of the cardio workout by walking faster, for longer distances or even up slope.

Alternatively, you can up the ante and consider rucking to add on for a physically intensive workout. Rucking, in its simplest form, is walking with a weighted pack on your back. The activity gets its name from "ruck sacks," which is military speak for "backpack." It is an active resistance training and can help to build body strength and burn three times more calories as you walk.

Aside from physical benefits, walking also provides valuable mental health benefits. It serves to calm the mind, especially if the activity is set in nature. There are many walking trails in Singapore which provides opportunities to get up close and personal with nature and greenery. For instance, MacRitchie's Treetop Walk provides walkers with a bird's eye view of the tall and large forested trees as well as the occasional glimpses of forested creatures. Hiking can provide us with a getaway from the usual hustle and bustle of our city life.

In support of a healthy lifestyle for its staff, Metta Welfare Association is among many organisations that have joined the Health Promotion Board's National Step Challenge – Corporate Challenge. The successful initiative saw active staff participation clocking an average of over 10,000 steps weekly since the programme started.

Put on those comfortable walking shoes and remember, fitness is not a destination, it is a way of life.

# Heroes in White

In celebration of World Health Day, we pay tribute to Metta's health care workers who dedicate their lives to the well-being of our clients. They share with us their memorable experiences on why they chose to be in the medical profession and the pride and satisfaction that comes along with their work.

### Press on with sincerity, passion and resilience and have trust in the process.

"I knew that being a Psychologist was my calling when at Primary 4, I was tasked by my teacher to help a fellow classmate who seemed to have difficulty with her studies, attention span and more noticeably, she also displayed extreme peculiar habits and obsessions. My friendship and interactions with my friend started me thinking about what else could have been done to help her and other children in a similar situation. It dawned upon me that early intervention is the key to helping individuals with special needs develop and adapt to society as best as they can."



Ms Eulisia Er  
Psychologist at Metta School

### Practicing patience, kindness and compassion all the time, everywhere I go.



"I have been in the medical industry for 46 years and I love every moment of it each day. At Metta, I assist in the supervision and daily operation of Metta Day Rehabilitation Centre for the Elderly to ensure that a quality standard of care to our patients are met. My duties include conducting initial individual care plans and nursing assessment. Amongst the biggest challenge in my role is juggling the psychological stress and physical disabilities of elderly clients. Thankfully, with the support of Metta, I undertook courses in elderly care management that enables me to better understand the elderly and serve them with pride."

Ms Asiah Awang  
Senior Staff Nurse at Metta Medical Care

### I can make that difference too.

"I graduated from Temasek Polytechnic with a Diploma in Gerontological Management Studies in 2017 and joined Metta soon after a brief internship at Alexandra Hospital. Being in the elderly care industry was an eye-opening experience and also a big challenge for me as communication with the elderly clients in various dialects and Malay was a hurdle for me. Over time, with the help and guidance of my colleagues, as well as the helpful clients, I picked up a smattering of dialects and became more sensitive to the elderly's needs. I want to continue to make a difference in our clients' lives here in Metta. I hope to make them smile a little more and engage them as much as I can. My wish is that they can regain their health and lead an active and independent lifestyle."



Ms Florence Lew  
Therapy Aide  
at Metta Medical Care

### Do It With Passion

"The only way to do great work is to love what you do and do it with passion, or not at all!"



Ms Donna Bote Fajardo  
Physiotherapist Aide  
at Metta Home

These are the inspirational words that Donna, a physiotherapist aide at Metta Home, lives by. Donna joined Metta Home in 2001 and provides physiotherapy training to the clients so that they are able to attain their highest functional capabilities.

Despite the challenges at work of having to handle multiple tasks and difficult clients at times, Donna sees it as a personal challenge. She upgrades her skills through attending courses and learning from fellow colleagues as well.

# Let's Get Happi Together!

Metta is excited to announce that we are on Happi, a mobile app that allows you to help Metta receive donations by answering 5-question surveys.

"Happi is a platform for people helping people where each participant's small acts lead to big impacts for any cause they're passionate about."

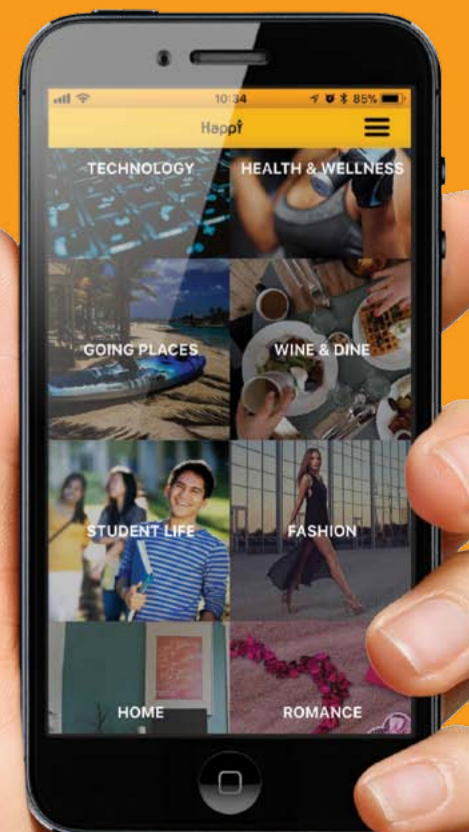
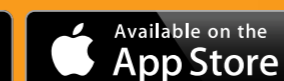
Greg Lipper,  
Happi's Founder and Chief Happiness Officer

It is that simple! Download the app today and start donating to Metta at no cost from you! Find out how: <http://onelink.to/6m57ew>

Follow our step-by-step instruction on how you can win yourself some awesome prizes while supporting Metta at the same time too!



Download the app



# Happy Mother's Day 2018



**\$29** each

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Metta Building, 32 Simei St 1 Singapore 529950



## AUTISM AWARENESS DAY Awareness • Acceptance • Integration

Autism is one of the world's fastest-growing developmental disorders. Despite this high prevalence, research shows that many parents of young children have very little knowledge about the signs of autism and are not seeking help early enough.

While there is currently no cure for autism,

early detection and intervention can result in critical improvements across the lifespan.

In conjunction with World Autism Awareness Day 2018 on 2 April, Metta Welfare Association seeks to raise funds for its EIPIC programmes and services for children with autism at Metta Preschool @Punggol and Metta School.

Established in June 2010, Metta PreSchool @Punggol specialises in early intervention programmes for children aged three to six from various races and religions who are diagnosed with mild to moderate autism spectrum disorders (ASD) and/or intellectual disabilities.

Metta School is a special education school for children aged seven to twenty-one with mild intellectual disability and/or mild to moderate autism spectrum disorder. Providing a holistic education that encompasses life skills, vocational skills, academics and the arts.

Visit: <https://www.giving.sg/metta-welfare-association/aaw2018> and share your joy with the less privileged.

