

METTA

慈光心缘



Because Sharing is Caring

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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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Because Sharing is Caring



The year has come to an end once more with festivities coming around the corner. As we wrap up the full year with merrymaking, we must not lose sight of the underprivileged sections of our society. Many a time, their hope is ignited by the generosity and goodwill of the general public. Sharing is a divine virtue. It is a phrase that speaks in volumes and a trait understood by many. It takes strength for many of us to share things that are dear to us. Through sharing, we impart a piece of ourselves to symbolise that we are secure enough to give to others. When we share, we showcase a sense of humility and empathy to those in need. Empathy is also what makes Metta strive to continually be ahead of changing trends and times in educational and training programmes, medical care and better practices for our beneficiaries.

It is also the same motivation for Metta Welfare Association when she had recently achieved the Singapore Quality Class with People endorsement from Enterprise Singapore. With the certification, the Business Excellence initiative provides us with a roadmap for excellence and spur us to continue improving our performance and services. Among our efforts for continual advancement is the investment of staff upgrade both technologically and in client service satisfaction.

Let this be a moment for us to express our compassionate side and open our hearts to the less fortunate in the midst of merriment and celebration of the year-end festivities. A little gift that can elicit a smile to our beneficiaries is the best self-satisfaction present that the giver can receive in return. I believe that with the collective efforts and dedication of our donors, corporate partners, volunteers and sponsors, we can be the Santa Clauses to the hearts of those in need.

Triple Gems Blessings

Venerable Shi Pu En
President
Metta Welfare Association

Spreading the Joy Tis' Season

The year end is a time of holidays, family gatherings, good food and merry making. It is also a time of giving and a time of sharing in the uplifting spirit of the holidays. For some, it would mean overseas travels. For others, what better way it is than to stay back and engage in activities closer to home that can teach a thing or two about an altruistic culture.

Here are some activities that you can engage in:

1) Share Your Time

The happiest people are not those getting more, but those giving more. You can share the joy by volunteering your time at welfare organisations to aid the less privileged. Such are the cases of Metta Home for the Disabled and Metta Day Activity Centre for the Intellectually Disabled's clients who require assistance to socialise or go out to public spaces. Spend your time to celebrate the year-end festive season with our clients to bring a smile to their face and a sparkle to their eyes.



2) Shop for Charity

Keen to do your part for charity yet not able to spare the time? You can have your cake and eat it too by supporting Metta Alumni's youths with special needs through purchase of Metta Café's Christmas confectionery delights or Arts@Metta's batik-print accessories as Christmas gifts for your loved ones and friends.



Metta Alumni comprises of Metta Café and Arts@Metta of which both programmes train young people with special needs in areas of baking or art so that they may gain independence and employment. This Christmas, check out the festive spread all handmade with love by Metta Café's youths.

3) Find Joy in Giving

As Winston Churchill said, "We make a living by what we get, but we make a life by what we give." Charity can have some of the most impactful influences on our life. It enables us to be conscientious of more than just ourselves. Giving isn't only about what it does for others; it is also about what it does for us.



Give a Christmas Gift of Love

Presents all beautifully gift-wrapped in their festive wrappings are synonymous with Christmas. For the vulnerable and less privileged, their hopes for an ideal Christmas 'present' comes in intangible wishes of Love, Acceptance, Friendship, Independence and Self-Confidence.

Metta Welfare Association provides a comprehensive range of welfare services to our beneficiaries that goes beyond the mere fulfilment of their requirements. We take pride in seeing them receive proper care and lead fulfilling lives.

This Christmas, set aside a special place in your heart to help our beneficiaries fulfil their wishes. With your generosity, your donation goes into the funding of Metta's welfare centres' training and therapy programmes, as well as supplying basic necessities, medical supplies, groceries and meals to our beneficiaries from low-income families.

The Greatest Gifts are Not Wrapped in Paper, But in Love

Visit: <https://www.giving.sg/metta-welfare-association/wishlist2018> and drop a token of your gift to them.



The joy that you give to others is the joy that comes back to you. A little gesture, as small as an online donation, may seem small but it creates an impactful change to their life of the vulnerable in our society.

4) More Space with Less Waste

Spring cleaning your home and throwing out stuff that you've outgrown or no longer need? What you do not need could be put to good use when you donate them to charities like Metta's Green Charity Drive. You can donate your pre-loved clothes, books and bags or computers and IT paraphernalia. Donated items can be deposited at B1 lift lobby of Metta Building. Declutter your home this holiday season and save the earth.

Please visit <https://bit.ly/2Dcufjc> to know more about Metta's Recycling Programme.



Crispy Rösti with Mushroom Ragout

Yields: 4

Everyone loves a golden crispy rösti what's with the constant long queues for it at Marche restaurants. Now, you can skip the queue and prepare this fried fritter vegetarian dish with a creamy mushroom stew on the side all right in your own kitchen.

Ingredients:

- 1kg potatoes (USA Russet)
- 200g button mushrooms (coarsely chopped)
- 100g brown beech mushroom aka shimeiji mushroom (coarsely chopped)
- 200ml cooking cream
- 200ml water
- 40g margarine
- 20g plain flour
- 15g fresh tarragon
- ½ tsp ginger (s11hredded)
- ½ tsp ground black pepper
- Pinch of salt
- Juice from half a lime
- Cherry tomatoes to garnish
- Olive oil

Method:

For the Crispy Rösti

1. Steam the potatoes until just tender, but not soft. Allow to cool, and chill for at least a couple of hours before grating them with a coarse-toothed hand grater.
2. Season the grated potatoes with salt and pepper to taste. Mix the

grated potatoes with half the melted margarine.

3. Heat up a greased frying pan and add in the grated potatoes. Allow to cook for a couple of minutes and then shape it into a flat cake, pressing down as lightly as possible. Cook for a couple of minutes, then gently shake the pan to loosen the potato cake. Invert the potato cake carefully and cook on the other side till both sides are crispy and golden brown.

For the Mushroom Ragout

1. Heat up olive oil in a saucepan and sauté the ginger.
2. Once the ginger is fragrant, pour in the chopped mushrooms, remaining margarine, tarragon and lime juice.
3. Thicken solution with flour. Stir continuously while adding water and bring it to a boil for 5 minutes.
4. Finally, stir in cream and season with salt and pepper to taste. Leave to simmer for 2 minutes.
5. Spoon the mushroom ragout and serve with rösti. Garnish with cherry tomatoes.



Recipe courtesy of Barry Tay. Barry is the chief 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 2009. A skilled chef, Barry earned his culinary experience from the kitchens of Marche and Fish & Co.

Wrecking It Away

24 Nov 2018, Metta Charity Movie Screening at Golden Village, Suntec City

Kids and families alike had a blast at the recently ended Metta Charity Movie 2018 with Disney's latest animated movie, Ralph Breaks the Internet: Wreck-It Ralph 2. Held at Golden Village in Suntec City on 24 November 2018, the movie fundraiser drew over 550 moviegoers, consisting of supporters and their families, volunteers and Metta's beneficiaries, to the matinee.

Organised by Metta Welfare Association for the 7th year, the adventure-packed animated movie screening aims to raise funds for Metta's programmes and welfare services for its beneficiaries. We thank our donors for their dedicated support towards Metta's vision to provide quality welfare services to the community.



Fun with Ah Kongs and Ah Mas

30 October 2018

Eleven elderly clients from the Metta Day Rehabilitation Centre for the Elderly had an afternoon fun of befriending session with young student volunteers from ITE College East at the college's premises. Starting with an exciting game competition of Rummy-O, the students got the elderly worked up to a joint exercise segment which the elderly clients enthusiastically joined in. The atmosphere was further heightened as the engaging emcee roused the crowd with his witty stand-up and motivation.

The real fun came on with retro-style game booths and traditional games such as the shooting can and fish-a-prize game. It was a moment of jolly befriending as the young volunteers listened to the stories of the good ol' days shared by the elderly during the game activities. Like young adults with their 'grandparents', it was also a learning experience for the students to care for the elderly, with responsibilities such as helping them in their wheelchairs and taking them to the toilet during breaks where necessary.



Twinkle Twinkle Christmas Star

2 November 2018

Management and staff of the Pan Pacific Hotels Group (PPHG) showed their support towards the disability sector of society when they engaged in Christmas craft making and befriending session with clients from Metta Day Activity for the Intellectually Disabled. Using recycled materials such as paper, plastic bottles and bottle caps, the staff volunteers were paired with each client and assisted them with creating Christmas ornamental decoration. The finished art pieces are to be presented and hung for display on the trees at Gardens by the Bay, of which clients from Metta IDAC and Metta Home Day Activity Centre, along with PPHG staff will visit in December.

PPHG staff also catered vegetarian bento sets for the clients' lunch and surprised the clients with goodie bags and grocery vouchers.



Being Good Enough is the Best for Her Mother

Story provided by Jasmine Han, social worker from Metta PreSchool @Punggol.

Any parent of a child with special needs would understand the difficulty in raising one. Time and financial resources are often tight for such families, with some parents leaving their full-time job to be the main caregiver for their child. Such is the case of Mdm Tan, whose daughter, Fion, attends Metta PreSchool @Punggol. Mdm Tan's husband is currently the sole bread winner for the family of four living in a 3-room HDB flat. Since infancy, the 6-year old bubbly girl was diagnosed with Global Developmental Delay (GDD). Apart from not meeting her developmental milestones, coupled with weak literacy and numeracy skills, Fion also demonstrates improper social behaviours towards her peers and her younger brother. For a child at her age, Fion also faces great challenges in her writing skills with her progress lagging behind her peers.



Mdm Tan's concerns were alleviated when Fion began early intervention at Metta PreSchool @Punggol in January 2018. With the small class ratio and conducive learning environment, Fion was able to catch up with her peers in her fine motor skills that has shown tremendous improvement to her teachers and parents. Through the teachers' incorporation of visuals and sharing of social stories, Fion has also learnt to grapple with appropriate social behaviours that was once the anguish of Mdm Tan. Among the overall progress of Fion includes being able to recognize and identify numbers in sequences and days of the week, reading sighted words, and improved social interactions through short and appropriate sentence structure. A big challenge to Fion previously, she can now handle 2-3 step instructions, adopt appropriate social skills to and establish her social interaction with her peers and teachers.

Adding on to the family's relief, Metta PreSchool @Punggol also assists the Tans with affordable school fees and monthly food rations. The PreSchool also adopts family-centred practices by engaging Mdm Tan's involvement to better support Fion's learning journey.

The biggest joy of Mdm Tan came when Fion showed great improvements to her development such that she will be enrolled into a mainstream primary school in 2019. With her daughter's progress now on par with her peers, Mdm Tan's apprehension for Fion's development is alleviated as she can now return to employment with a peace of mind and aid the family's present financial situation.


Metta's Upcoming Events in **2019**



Metta
Charity Carnival
24 Mar



Metta Charity
Movie Screening
Apr



Vesak Day
Bazaar
19 May



Metta
Charity Golf
Jul



Lunar 7th Month
Charity Auctions
1-29 Aug



Metta
Charity Run
Sep



F.L.A.M.E.
Virtual Race
Oct & Nov



Metta Charity
Movie Screening
Nov

For more information, please call 6580 4688 or email to events@metta.org.sg

Travel Safe Travel Happy



It's the year end holiday season when overseas travel peak. For the elderly and/or people with limited mobility and reduced immunity, there are additional precautions to watch out for when being on foreign soil.

Do not let the unexpected ruin an otherwise perfect holiday. Here are some safety tips to observe when travelling abroad:

1) Get Appropriate Vaccinations

eg: MMR (Measles, Mumps, and Rubella) and seasonal flu.

It is important to visit a doctor to assess and address any medical conditions and determine whether vaccines are necessary prior to an overseas travel. (Pls give reasons why)

2) Never Forget Your Medications

Bring along the senior's regular medications. Pack sufficient medication for the travel duration with additional supply in any unforeseen circumstances of travel delays. It is also advisable to pack along preventive medication for altitude sickness (when being on a plane) and diarrhoea.

3) Do Your Research

Prior to a travel, do some research of medical facilities at your country of destination. Find the nearest hospitals and clinics to your residence in case of any emergency.

4) Get Insurance

Among the most essential travel preparations are travel insurance. It can cover one during an emergency situation such as an accident, sickness or if one requires medical attention in a foreign country.

5) Watch What They Eat

Seniors tend to have sensitive stomachs. Where possible, do avoid spicy and undercooked meat or seafood.

6) Suitable Footwear

Wear comfortable shoes such as flat, non-slip covered shoes.

7) Feet Exercise

Wearing compression socks can help to prevent deep vein thrombosis during a flight. Move frequently, take a stroll up and down the aisle if/when possible. To perform leg and foot stretches and exercises while seated.



School's Out!

The school year is almost over! Every school holiday, parents often think about the various activities that can pre-occupy their little ones. Play is a natural and enjoyable way for children to learn, as learning will take place whenever there is fun. And learning also helps to reinforce in a child what he was taught in school. Here are some activities that involve the fine motor skills of children with special needs which even parents can join in the fun too:

Contributed by Metta Preschool Occupational Therapist, Ms. Mosqueriola Heidi Belga

Holiday Indoor Activities for Children with Special Needs

Painting

- Place a big piece of paper on the wall/ floor (or lay a plastic picnic mat beneath, if necessary).
- Experiment a variety of colours, sponges and/or paint brushes, as well as fingers to enhance creativity.
- For easy reference, you may also use a model picture/ template.
- Decide for or suggest to your child a theme that you can work on, such as the weather of the day; about the family; a favourite toy/ place, etc.
- Use hand-over-hand assistance to guide your child, if necessary.



Art and Craft Activity

- Select a simple template of your child's favourite cartoon character, toy, or any picture that he/ she likes.
- Draw a border line around it.
- Crumple a piece of cut-out crepe paper
- Paste the crumpled paper or cut out coloured paper within the traced border.
- You may try different colours on each designated part of the picture.
- Try to fill up the whole picture as much as you can with the crepe paper.



Baking Cookies

- Prepare all the ingredients necessary for a cookie dough recipe.
- Guide your child to pour the ingredients according to your instructions.
- Mix all the ingredients well.
- Flatten the cookie dough with a rolling pin.
- Experiment with cookie cutters of different patterns.
- Press the cookie cutter onto the dough and place the cut-out dough on the cookie sheet.
- Demonstrate how to decorate, then bake the cookies.



Scavenger Hunt

- Prepare a checklist of things that you and your child will be hunting for.
- Give your child clear instructions and rules on how to play the game.
- Name the items to be searched around the house.
- Direct your child on the area where the items on the list can be found.



- When the first item is found, ask your child, "What is this?", then tick it on the checklist.
- Subsequently, direct your child to find the next item until the checklist is completed. You may also drop subtle hints to aid your child during the hunt.

Simon Says

- A parent starts the game by saying "Simon says", before listing a few simple commands. For example, "Simon says jump 3 times/ touch colour green/ take 2 balls", etc..
- Have your child follow the instructions.
- Take turns with your child to say "Simon says" (guide on what instructions your child can say).
- If necessary, offer options, such as "Do you want me (parent) to run or dance?"
- Perform the instructions according to your child's commands.
- Repeat the game as many times as you wish.



Simple Board Games

- Prepare game materials needed for a board game.
- Designate or choose specific game pawns (you may use your child's favourite miniature toy character).
- Decide on the sequence of turns, such as Parent-Child- Parent-Child- Parent-Child (varies with the number of persons playing the game).
- Start with a parent rolling the dice and moving the game pawn accordingly.
- Then, let your child roll the dice and move the game pawn.
- Take turns at the dice until a game pawn reaches the 'FINISH' tab.



You are all set for the coming school holidays... Have FUN and gain more learning and bonding time with your kids!



Christmas Collection 2018



For orders, please call 6580 4622/624/646 or
email us at mettacafe@metta.org.sg

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Cakes and cookies are handmade by Metta School Alumni Youths with Special Needs