

METTA

慈光心缘



A Bountiful New Year

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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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A Bountiful New Year



An eventful year has passed and a new one has arrived. While we've almost reached the end of January, it is still well worth reflecting on Metta's achievements in 2018 and what lies ahead for the Association. 2019 promises to be a challenging year of transformation and change as we foresee marked changes to Metta, as we expand our services, manpower and client count for Metta's centres.

With the nation's ageing population fast catching up, Metta sees the need to play a greater role in the community to support our seniors. Along with ageing comes a myriad of age-related illnesses which are anticipated to cost the nation at least \$3 billion by 2020 in social spending as reported by the Ministry of Finance in December 2017. Metta Medical Care is similarly gearing up to expect increased spending in healthcare and technology due to the increase in client intake in 2019. Besides the seniors, Metta Preschool is also expected to expand its services to meet the increased children with developmental and intellectual disabilities.

The new year also brings with it new challenges and goals for Metta, among which are general donations coming to a gradient plateau over the last few years as more efforts are required to raise the awareness of Metta and her mission to the public. Together, through the meaningful concerted efforts of our supporters and the public, I believe that we can overcome this hurdle that stands before us.

I take this opportunity to offer my sincerest gratitude to all who have made a difference to Metta in all possible ways. I ask for your continued support for Metta as we journey in serving with love and compassion. I wish everybody a Happy Lunar New Year filled with happiness, love, good health and fortune.

Triple Gems Blessings

Venerable Shi Pu En
President
Metta Welfare Association



Recipe courtesy of Mdm Goh Siew Choo
Yields: 3-4

Shiitake mushrooms, known as 香菇, a symbol of longevity and fulfilment of wishes in Asia, is among the many auspicious foods used in Chinese dishes during the Lunar New Year. Together with abalone, another homonym for Treasure and Wealth, this lip-smacking savoury vegetarian dish is easy to prepare and whets the appetite of any non-vegetarian!

Ingredients:

- 16 pcs shiitake mushrooms (soaked and drained)
- 150g vegetarian ham (sliced and pre-fried)
- 2 large mock abalone (sliced and parboiled)
- 200g xiao bai cai (trimmed)
- 1/2 tsp oil

Seasoning:

- 5 slices ginger
- 1 tsp vegetarian oyster sauce
- 1/2 tsp sugar
- 250ml water
- 1 tsp light soy sauce
- 1 tsp sesame oil
- 1 star anise
- Corn starch mixture (1 tbsp corn flour mixed with 3 tbsp water)

Braised Fortune Abalones with Longevity Mushrooms

Mdm Goh is a Cook at the Metta Day Activity Centre for the Intellectually Disabled (IDAC).

She started her vegetarian culinary experience in 2001 when she was with the now-defunct Metta Student Care Centre at Pasir Ris. Cooking for over 80 students at a time was no mean feat but Mdm Goh pulled it off. When the Centre closed in 2009, she joined IDAC to continue her culinary passion to impart love into her cooking for Metta's beneficiaries.



Method:

1. Blanch xiao bai cai in boiling water for a minute or until tender. Drain and set aside.
2. Heat oil in a wok over medium fire and sauté ginger slices and star anise until fragrant.
3. Add in the shiitake mushrooms and stir-fry for a minute.
4. Stir in the above seasoning of soy sauce, oyster sauce, sesame oil, sugar and water (except corn starch) and bring to a boil.
5. Once the sauce has bubbled, simmer it at low heat for 15 mins.
6. Thicken the sauce with corn starch.
7. Arrange the platter with blanched xiao bai cai, sliced vegetarian ham and mock abalone and spoon the thickened sauce and mushrooms over.
- 8) Serve with steaming hot rice.

Make This A 福-Filling Lunar New Year



Just Getting By...

Lim Peiling, 29
Client at Metta Home for the Disabled



"Will You Be My Friend this Lunar New Year?"

Michael Leong, 57
Client at Metta Home Day Activity Centre



Metta Supports the Merdeka Generation

Low Nguan Khoo, 63
Client at Metta Day Rehabilitation Centre for the Elderly

Lunar New Year is a time for celebrations, gatherings, food and catching up with friends and loved ones.

However, some of us do not have the luxury to experience the warmth of the festive season that happens once a year, due to their physical, mental, financial limitations and/or lack of family support.

The Chinese believe that the Lunar New Year is the start of a new beginning. Start a fruitful year for yourself and them when you contribute to set them on a path of happiness.

Let's start on the journey of generosity this year, making every act of giving a meaningful one.

Read their stories at <https://www.giving.sg/metta-welfare-association/mettacny2019> and make a warm New Year for someone in need.

METTA CHARITY CARNIVAL



THE TRAVELLER'S MELTING POT

All aboard!! Get your passport to inclusivity ready and join us for a day of fun frolicking in kiddy games, fascinating stage highlights, finger-lickin' snacks and vegetarian delights and an exciting lucky draw all at the Metta 'Airhub'! In a melting pot of colourful community diversity at Metta Building, the theme represents our stakeholders: our stall holders, donors, supporters, volunteers, beneficiaries and staff, all coming together to a common ground at Metta to support her cause.



Want more at the Metta Charity Carnival 2019? Embark on a calorie-burning 3km family walk around the Simei estate before the real fun begin. If you love shopping, stop over and dive right in to our bazaar halls for the best shopping deals of snazzy fashion accessories, arts and crafts, dazzling costume jewellery, amazing terrariums, health food products and many more at attractive prices. Have a child or brood in tow? Get ready for some fun with bouncy castles and games! For the foodies, fill your tummies and indulge in our carnival favourites like pizza, nasi bryani, traditional kuehs, churros, iced coffee, ice cream and more!

The event aims to attract 5,000 individuals and their families of which the proceeds raised will be directed towards supporting the development and enrichment of disability care, medical care, special education and early intervention programmes that Metta Welfare Association provides.

<https://www.metta.org.sg/mettacarnival>



Metta Volunteers Appreciation Lunch

14 December at Metta School

What better way is there to celebrate Christmas than a get-together with dedicated volunteers of Metta Welfare Association. Forty-five volunteers from Metta headquarters and its welfare centres gathered in Metta School for a sumptuous buffet luncheon. Volunteers were treated like VIPs, while Metta staff served the volunteers. Metta's President, Ven Shi Pu En also attended the luncheon and gave a speech about gratitude and appreciation towards the care and compassion of Metta volunteers. The President then presented Certificate of Appreciation to the volunteers. The volunteers were treated to a special surprise – each of them received a personalised mug. We certainly hope the volunteers had a great time that day.

Want a fulfilling experience and gain a sense of achievement through volunteerism? Enquire more about volunteering opportunities in Metta at events@metta.org.sg.



Those Were the Days...

Lunar New Year celebrations to many is about visiting family and friends as they indulge in festive goodies and catching up with our relatives and elders. Generation Xers to millennials alike, many of us would not be able to visualise a rustic community and the simple joys of life growing up in a kampong. Our clients from Metta Day Rehabilitation Centre for the Elderly share with us their fondest memories of celebrating the New Year in their childhood and long-forgotten practice.



"When I was a child, we used to celebrate Chinese New Year in our kampong. My kampong had only 5 houses and it was easy for us to gather at the seaside pier to play with firecrackers. Then, we would go back to our own houses and have our reunion dinner. Those were the days!"

Lee Kim Lian
62 years old



"I used to live in a Teochew kampong and for Chinese New Year, we would make Teochew kuehs and snacks to celebrate and eat.

In a kampong, we also raised our own livestock for consumption and all the womenfolk would gather and prepare the New Year meals while the men helped around the house. Everyone had something to do."

Sim Geck Hong
84 years old



"I spent my childhood in the kampong. Every CNY, my family would bake cookies, kuehs and nian gao.

We also grew our own vegetables in our kampong garden for our reunion dinner."

Ng Lun Moi
78 years old

"When I was young, we could not really celebrate Chinese New Year like others, as our family was relatively poor. This was even more so during the Japanese Occupation.

However, with the little rations that the Japanese troops gave us, we would try to make a decent CNY meal with it. Although it was simple and little, but we enjoyed every bit of it."

Lim Guan Choo
83 years old



"New Year celebrations are always with family members at home in our kampong. It was a small yearly affair and our meals are prepared with our own grown crops and raised livestock."

Setoh Hung Lin
80 years old



"When I was a young boy, I lived in a one-storey shophouse in Queen Street. Every year during CNY we would set firecrackers at the roadside to celebrate the new year. It was noisy, dangerous but fun and all the adults and children enjoyed it very much!"

Anthony Zee
91 years old



More Than Just Dollars and Cents

7 December 2018

Over 30 clients from Metta Day Activity Centre for the Intellectually Disabled had an enjoyable afternoon of befriending, singing and a table activity with staff from PriceWaterhouseCoopers Singapore (PwC). The jig-saw puzzle piecing brought the volunteers and clients together as they created the puzzle that also helped the clients with their fine motor skills and critical thinking. The activity was followed by a sing-along session by PwC staff who got the clients to join in the jolly dancing to the festive Christmas music. Notwithstanding that fun always goes along with filled tummies, the clients had a hearty tea break with a spread of appetising tea-time finger food snacks sponsored by PwC. The merry afternoon ended with PwC staff handing out festive goodie bags to every client that sweetened the day for all.

Snowmen on Holidays

11 December 2018

Pan Pacific Hotels Group (PPHG) continued its community social responsibility in a series of activities and outdoor excursions with clients from Metta's disability centres, Metta Day Activity Centre for the Intellectually Disabled (IDAC), and Metta Home for the Disabled & Day Activity Centre. On a previous CSR session, PPHG staff visited IDAC and together with the clients, created Christmas decorations under the theme "Snowmen on Holidays" from recycled materials of plastic bottles and discarded fabrics.

The "snowmen" are styled with cameras, suitcases, and sunglasses, and depicted on holiday, swinging leisurely from hammocks. Handcrafted ornaments, similarly made from recycled materials, adorn the Christmas trees. The art installation was then displayed at the Children's Garden at Gardens by the Bay.

To celebrate the festive season and as part of its annual fundraising campaign towards supporting people with special needs, PPHG staff brought 60 clients from Metta's disability centres to Gardens by the Bay to enjoy the scenic Tsum Tsum-themed Christmas in The Flower Dome and view their handcrafted ornaments at the Children's Garden. The clients truly enjoyed themselves as some darted between the bushes to play a game of Hide-and-Seek. The excursion ended with catered lunch of bento sets prepared by PPHG for all before heading back with lasting memories



Alone and Independent Now

For any child to lose their parents is sorrowful, what more for a person with an intellectual disability who relies on their parents greatly. At 34 years old, and an only child in his family, Ong Yeow Ping found himself all alone after the demise of his father six years ago.

Thankfully for Yeow Ping, his next-of-kin was his uncle, aunt and cousin. Upon the demise of his uncle and aunt, Yeow Ping's cousin, Mr Tan took over the sole caregiving responsibilities as no one was willing to step up as Yeow Ping's caregiver. However, with age catching up with Mr Tan, who is now a retiree, Mr Tan lacks the energy and resources to continue the care

for his cousin by himself.

In 2004, Yeow Ping was accepted into Metta Home. Apart from providing shelter and taking care of his daily needs for Yeow Ping, the Centre also engages him in activities such as craft activities, baking sessions and occasional outdoor excursions, among others. Along with the Centre's trained professionals, Yeow Ping is well taken care of and that gives Mr Tan a peace of mind. A friendly and compliant resident at Metta Home, Yeow Ping is well liked by his trainers and fellow peers. Brighter days have never been better for Yeow Ping, who finds a second family in Metta Home.



You can show your support for Metta Welfare Association in their effort to provide community care options and training programmes to intellectually disabled adults like Yeow Ping and his peers:

<https://www.giving.sg/metta-welfare-association/mettacny2019>

Buddy'in 2018: Together We Can Create An Inclusive Community

Contributed by Metta School teacher, Ms. Nurhaishireen Bte Md Rahim

The Buddy'IN programme was developed by the National Council of Social Service (NCSS) in 2014. Since 2015, SHINE Children and Youth Services (SHINE) has been the service provider delivering the programme. The programme involves school partners from Special Education School (SPED) and Institute of Higher Learning (IHL) to bring both groups of students together. This year, the objectives of the programme are to enhance the social skills of SPED students, and improve the IHL students' knowledge about persons with disabilities.

This is the 4th year that Metta School is involved with the project. Nine students from year one of the Employment Pathway Programme (EPP), for the very first time, were selected to be in this programme. In previous years, the programme comprised predominantly of students from the Vocational programme. The EPP1 students were paired up with students from Institute of Technical Education (ITE) College East. Together they went through 11 sessions of fun-filled activities. Such activities included but not limited to:

1. An outing to Giant Supermarket with APSN Katong School
2. Painting and Captain's ball within the ITE premises
3. Bowling session at NSRCC
4. Kite-flying, Tug of War and Touch Rugby at Marina Barrage
5. Harry Potter themed day camp within Metta School
6. Final Project at Lion's Home

The students have expressed that their favourite session was the outing to Marina Barrage as they got to play games that were new to them.

The activities were carefully planned to improve the EPP1 students' social skills. Through the activities, the students learned to communicate effectively by saying the 3 magic words (Hello, Please and Thank you), exhibit teamwork, responsibility and many more.

For their final project, the EPP1 students and their ITE buddies went to Lion's Home to help the elderly clean their living area. The EPP students put their skills learnt in Vocational Training to good use, and were glad that they were able to give back to the community.

On Graduation day (19 October 2018), the EPP1 students and their buddies made and exchanged friendship bracelets which served as a memento. At the end of the session, the students expressed heartfelt thoughts in their buddies' graduation booklet. Even though it was the last session, the students put on their brightest smiles as they were glad to have forged new friendships and were grateful for the programme.

Overall, the EPP1 students enjoyed the programme and have nothing but positive reviews on the programme. Here are some quotes.

"I like my buddy very much. The games were very fun and we had fun playing all the games together."

– Jordon Wee (EPP1-2)

"My buddy takes good care of me and helped me a lot. I will miss my buddy."

– Oyyappan Janani (EPP1-1)

"One of the hallmarks of social wellness is being inclusive, not exclusive, with our friendship."

– Laurie Buchanan, PhD



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