

METTA

慈光心缘



Old Age Is But A Celebration

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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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Reverence for Life



As part of Metta's core values in continuous improvement, Metta Day Rehabilitation Centre for the Elderly underwent a major renovation to its Centre to provide a conducive environment and holistic rehabilitation services to our clients. Our Pioneer and Merdeka generation seniors deserve a welcoming space where they could focus on their rehabilitation and motivate each other in their customise exercises, as well as to socially connect with other seniors in the Centre.

Tying in with the month of June where Parents Day is celebrated, this issues honours the selfless love and sacrifices of Parents. When a child is brought into the world, it is a blessing to his/ her parents and at the same time, a debt which the child can never repay – for the valuable Gift of Life. As Confucius said: "The son derives his life from his parents, and no greater gift could possibly be transmitted." As a baby, we were utterly helpless and dependent on our parents for the basic functions of life. In turn, parents show their love through midnight baby feeds, changing of messy diapers, wiping away tears, kissing a bruised knee. When the child grows, parents sit through revisions, studying alongside their child and the anxiety extends as the child matures, leading the concern towards their job and relationships. Parental love never ceases, and the child is that embodiment.

Playing our part in the community, Metta takes it upon itself to provide regular training and welfare services to youths and adults with special needs so that they may be self-reliant should they ever be in the absence of their parents. With Metta's vast range of welfare services, from special education to disability care, we extend beyond our commitment to offer psychological, social and training support to caregivers of persons with special needs. It is the satisfaction and welfare of our beneficiaries and their families that propels us to go beyond the call of duty and collectively build an inclusive society for all.

Triple Gems Blessings

Venerable Shi Pu En
President
Metta Welfare Association

Re-Opening to Brighter Days

15 May 2019
Metta Day Rehabilitation Centre for the Elderly

The Metta Day Rehabilitation Centre for the Elderly wrapped up its much-needed two-month long facelift and re-opened its doors on 15 May 2019. After a comprehensive renovation of the Centre, the new facilities saw improved capacity with a new purpose-built activity wing for physiotherapy and occupational therapy treatments and a new therapy area with HUR equipments designed especially for strength training for seniors. These air powered exercise machines focus on strengthening core muscle groups especially the legs and upper body. The machines could also be pre-programmed with specific workouts and intensity levels to accommodate the individual care plan of the seniors.

Adjoining the exercise unit is a room for TeleRehab, a web-conferencing rehabilitative session designed for occupational therapy purposes is available. The overall new layout of Metta Day Rehabilitation Centre for the Elderly also allowed for more ample social spaces for volunteer based

activities frequently held by schools and corporations alike. Gracing the re-opening was Mr Desmond Choo, MP for Tampines GRC, who showed his support for Metta Medical Care's contribution to the society towards an ageing population.



Vesak Day Bazaar 2019

19 May 2019
Buddha Tooth Relic Temple's

The wet weather morning on Vesak Day certainly did not dampen the spirits of Buddha Tooth Relic Temple's stalwart devotees and tourists, many of whom thronged the temple premises for their morning prayers and also took time out to shop at the Vesak Day Bazaar held at BTRT's premises. Organised by Metta Welfare Association, the lively bazaar saw streams of crowds patronizing the stalls offering a wide array of vegetarian food items, snacks and wares from Thai street food of organic Thai mango sticky rice to organic sweet potatoes to avocados were available. There are also popular pastries, cakes and its signature mushroom pies by Metta Café alongside emporium-concept Big M, a general stall selling snacks such as Taiwanese mochi, nuts, crackers and potato chips all at a steal! Proceeds of the Vesak Day Bazaar goes into the funding of Metta's programmes and services in aid of some 1,150 beneficiaries under its care.



METTA CHARITY GOLF 2019



On 11 July, Metta is organising its 20th annual charity golf tournament at The Singapore Island Country Club.

Are you a golf enthusiast? Strengthen and explore new networking opportunities with like-minded golfers from various industries as you come together to champion for those in need.

Swing for charity and take part in the Metta Charity Golf! Funds raised through the Metta Charity Golf Tournament support the development and enrichment of Metta's welfare programmes and activities of over 1,150 needy beneficiaries. Register with us now at www.metta.org.sg/mettagolf

**Metta Welfare Association is a non-profit, voluntary welfare organization. We provide special education, welfare services, community and medical care to the intellectually disabled, elderly, chronically and terminally ill in our society, transcending race and religion.*



In Conversation With Venerable Shi Pu En

In observance of Parents Day in the month of June, Metta Welfare Association's President, Venerable Shi Pu En shares his views and thoughts on the Buddhism precept of filial piety and how the religion further strengthens his adulation for his late parents.

At 54, Venerable Shi Pu En have seen much about the changing times in Singapore. From the days of simplicity in the 60s through to the ever-growing technological world that brings about shifting change in family values, attitude and culture.

"Times were much easier back then with the absence of modern technological devices that causes communications within the family and friends to be easily distracted. In our present times, dual income households are more prevalent now. As a result, parents spend lesser time with their children. Communication is key in bringing family closeness. Yet, all is not lost if we are willing to prioritise our loved ones by eliminating technological distractions."

Born to a staunch Buddhist family in 1965, Venerable Shi Pu En showed keen interest in Buddhism when his parents brought him to the temple. The young boy felt a kindred connection and started actively seeking more information about the religion. Coincidentally, Venerable Shi Pu En partook in a short-term monkhood experience that was organised by Venerable Shi Fa Zhao. The next year, he went on to further his studies in Buddhism theology in Taiwan's Yuan-Kuang Buddhist College and graduated in 2005. Venerable Shi Pu En went on to complete a three-year research degree at Yuan-Kuang Institute for Buddhist Studies.

Beyond that revered demeanour, Venerable Shi Pu En is very much the filial son to his late parents. He recounted how his mother would rush home every lunch time to prepare meals for her children before rushing back out to work again. She did this for many decades without fail for her love of the family surpassed her own wellbeing. He also shared fond memories of his late father, whom once rushed down to his son's school to hand over the pocket money as the young boy had forgotten to bring it along with him that morning. These are the moments that touched the heart of Venerable Shi Pu En.

Over the decades of practising Buddhism, the teachings and precepts of

the religion further strengthens Venerable Shi Pu En's beliefs that parents are selfless with unconditional love to their children, otherwise also known as Compassionate Love. In Buddhism, the grace of Requite of the "Four-fold Kindness" is practised. It encompasses the grace of our parents, the grace of all beings, the grace to a nation and the grace to the triple gems. Without the love and compassion from our parents and the careful guidance of our mentors, we wouldn't be where we are now.

Our parents are always our beacon of light whenever we are lost and helpless by guiding us during our formation years. No matter which stage of our life we are at, any setback can cause great anxiety and worry to



our parents. Despite their imperfections, they cultivate our growth and equip us with the necessary survival skills. Repaying our grace to our parents is through gratefulness, filial piety and leading a righteous life. We should always be grateful of the things around us and to give selflessly, whilst guiding our path of life with wisdom, patience, perseverance and determination to overcome the ever-changing world.

在6月份的双亲节之际，慈光福利协会的主席释普恩分享了他对佛教重要思想之一，孝道的观点和想法，以及佛教孝道思想如何加深他对往生父母的敬拜之心。

今年54岁的普恩师父目睹新加坡的许多改变。从朴实无华的60年代到日趋变换的科技时代，带来了家庭价值观，态度和文化的各种变革。

"那时的日子简单得多，没有现代科技干扰着我们和家人及朋友之间的正常沟通。在现今社会，双薪家庭越来越普遍。因此父母有更少时间陪伴他们的孩子。沟通和互动是维系家庭凝聚力的核心关键。如果我们愿意排除科技的干扰，努力把我们对亲人的关注放在第一位，那时代的变换将不会影响亲情的延续。"

出生于1965年的普恩师父来自一个佛化家庭。他从小就随同父母到寺院参拜，也因此对佛教文化产生了强烈的兴趣。那时的小男孩对佛教有了亲切感并开始积极的多方接触佛教和加深对这个宗教的了解。

机缘巧合下，他在1997年参加了恩师上人法照大和尚在护国金塔寺主持的短期出家仪式。翌年他便发愿永远出家走向人生这条修行大道。同年他便到台湾圆光佛学院修读佛学并在2005年完成大学学位。他于2008年毕业自台湾圆光佛学研究院，完成了三年的研究学位。至今也跟随法公上人出家二十一年了。

普恩师父也分享了先父母对他付出的无私关爱。记得小时候，他的先母每天都在午餐时间赶回家为他准备饭菜后再冲忙赶回工作。她对孩子和家庭的付出，让她无怨无悔地奔波长达数十年，忽略了对自己的照顾。普恩师父的先父也曾经因为他早上忘记带零用钱上学，担心儿子没钱吃饭而从住家赶到学校把零用钱交给他。这段记忆让普恩师父非常感动。

经过多年的学习和修行，佛教的思想和佛法的精神让普恩师父坚信每位无私为孩子付出的父母都是出自于内心的爱护，这个爱心就叫‘慈悲心’。

“佛教徒需要从佛陀的教育中学习上报四重恩，即是父母恩，众生恩，国家恩和 三宝恩。孝道做得圆满不易。没有父母养育之恩和师长教导之恩就没有我们的存在。在我们无助和彷徨时，父母的保护培育我们成长，我们经历的种种危险和挫折都会让他们忧心。纵然他们不完美，他们也给了我们生命和在社会生存的条件。报答父母恩惠的方法就是要懂得感恩，孝顺和脚踏实地做好自己的本份。将自己一生真实受用，无私奉献，以智慧，耐力，恒心和坚定的韧性面对多变的社会和无常的人生。南無佛”

For Every Little Wonder

4 & 12 April 2019

Clients from Metta Day Activity Centre for the Intellectually Disabled enjoyed the befriending activities, food, games, and dance with staff from Johnson & Johnson. The indoor activities were the first CSR session that the consumer healthcare manufacturer collaborated with Metta. The clients engaged in basketball activities, paper hat making and piecing jigsaw puzzles with the volunteers which brought smiles and laughter to everyone's faces. In line with J&J's mission

statement, diversity and inclusion is what drives the organisation in their way of doing business.

Said a volunteer, "We at Johnson & Johnson would like to say a BIG Thank You to Metta IDAC. We had a great time partnering with the clients for fun and engaging activities and we look forward to future collaboration!"



Developing Values Through Service

5 & 26 April 2019

It was a memorable experience for students of Singapore Chinese Girls School who befriended the clients at Metta Day Activity for the Intellectually Disabled. The girls were excited about the Values In Action (VIA) programme with the clients that they planned beforehand and put up a song and dance skit to entertain

them. Topping off the afternoon fun, the girls engaged in puzzle game activities with some of IDAC's clients whilst others did craftwork painting

together. Guiding the clients in their specific tasks, the girls showed great interest and involvement during their entire VIA which help to shape their development as socially responsible youths who can contribute meaningfully to the community.



Smart Nation Should Support People With Special Needs

President Halimah Yacob visited Metta School on 23 May 2019 for a tour around the school's premises.

Says the President "Every student deserves access to holistic education regardless of their learning abilities. It is important that we work together as a community to ensure no student is left behind.

I visited Metta School and am heartened to see the various and interesting learning opportunities the school has to offer for their students. The school uses virtual reality to teach students executing daily activities like reloading of their EZ-link card or a trip to the supermarket. I was also impressed by the students who showed me their baking and cooking skills in the vocational training rooms. I look forward to these students being gainfully employed in the future."



Scan the QR code on left to view the video, or visit <https://mettawelfareassociation.wordpress.com/2019/05/27/3187/>

Old Age Is But A Celebration

Every weekday evening, Christopher Tan would punctually leave his office and rush to fetch his mother from the rehabilitative centre without fail. On some days he may be a little late to reach due to the rush hour evening traffic, but Christopher never fails to be present as soon as he can to pick up Mdm Ang Ah Lay, a client of Metta Day Rehabilitation Centre for the Elderly, safely back home. The 59-year old dutiful son found it a blessing to be able to look after his mother after all that she endured for him in his growing up years.

"I fondly recall the days when my mother would piggyback me all the way to my school in St Andrews Primary School from Macpherson market. The 1km route to the school was often flooded due to the poor drainage system, and together with my school bag and an umbrella, my mother would unflinchingly carry me on her back just to ensure that I will be kept safe from the torrents. She never once stopped to rest until she was sure I had reached the school safely. Twice a day, my mother would carry me to and from school for many years."

Christopher's mother, 89-year old Mdm Ang had undergone two hip replacement and a cataract surgery prior to her enrolment at Metta Day Rehabilitation Centre for the Elderly in 2017. Due to her advancing age, her mobility is weakened, and she requires the aid of a walking stick to get around. Thankfully for the Tans, Mdm Ang receives daily physiotherapy and rehabilitative sessions to aid her in her balance and mobility, day by day, gaining strength to her fragile frame. Her family is relieved to notice the general improvements to their mother and grateful for the well-rounded bio-psychosocial support that Metta Day Rehabilitation Centre for the Elderly offers to its beneficiaries.

59-year old Christopher Tan believes in quality of living for elderly folks like his mum.

Search "Old Age is But A Celebration" on Youtube to watch the touching flashback memories of Christopher and what it means to support and help the ageing population in Singapore

Metta Day Rehabilitation Centre for the Elderly provides rehabilitative care options to clients like Mdm Ang. Our Centre executes our vision of care to maximise their functional level by providing a comprehensive range of rehabilitative and social support services all under one roof.



Help support a senior to stand tall through a kind donation. Scan the QR code on left or visit: <https://www.giving.sg/metta-welfare-association/parents2019>



Give a Gift of a Fruit Bouquet

Have fun bonding together with the family to create an edible arrangement of fresh cut fruits presented in a beautiful vibrant bouquet.

Note of suggestion: Firm flesh fruits such as pineapples, papayas, grapes, blueberries, strawberries make ideal choice of fruits for skewering.

** Images are for illustration purposes only. We strongly encourage wearing gloves when handling food.*

What You'll Need:

- Bamboo skewers
- Assortment of fruits
- A nice pretty clear jar
- Navel oranges (quartered)
- Cookie cutters (various shapes and sizes)
- Fruit knife



1 Prepare your assortment of fruits. Create fanciful designs on sliced fruits using cookie cutters.



2 Using quartered navel oranges, arrange them skin side up into a clear jar.



3 Skewer the pieces of cut fruits according to your own creativity.



4 We're nearly there! The more fruit skewers you have, the more abundant your bouquet will be.



5 Arrange skewered fruit sticks into the clear jar and secure its base by inserting them into the peels of the navel oranges.



6 Do the same for all the skewered fruit sticks and be amazed by your masterpiece creation.

F.L.A.M.E VIRTUAL RACE 2.0

Fight to improve **L**ives, Be an **A**dvocate
for **M**etta's **E**xtraordinaires



Begin your
virtual strides at
metta.org.sg/flamevirtualrace



Donate \$15 to Register

Donate \$15 at metta.org.sg/flamevirtualrace and you'll receive a confirmation email with the race instruction. Remember to register by **31 Aug 2019**.



Run 5km or Complete 10,000 Steps

Choose your flame. Each coloured flame represents Metta's core services. Begin the race anywhere, anytime and with anyone. Complete the race at your own pace by **6 Sep 2019**!



Submit Your Results Online

Complete the race and upload a screenshot of your race results via the submission link included in your confirmation email.



Get Your Finisher Medal

Once we have verified your results, we'll add you to the leader-board and send a **Finisher Medal** to you. Plus, stand a chance to be one of our 10 lucky draw winners!

Organised by:



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METTA WELFARE ASSOCIATION

Contact us for more information on F.L.A.M.E Virtual Race



metta.org.sg/flamevirtualrace



events@metta.org.sg



6580 4688



fb.com/MettaWelfareAssociation