

# METTA

慈光心缘



## ***Metta's Medical Care Heroes***

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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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# Health is Wealth



Health is the biggest wealth for a person in his entire lifetime. Never has the need been greater for the community to show their empathy for humanity than a trying time like this. In the face of the health crisis that has stricken the world and our home country, it takes the collective effort of everyone to stay vigilant, never let our guard down and practise social responsibility of good hygiene habits and physical distancing, amongst other measures. As the situation and official guidance for Coronavirus (COVID-19) develops, we want to make sure that everyone of us do our part in bringing down the numbers. The most important thing is the people's health and well-being. Yet, there will always be the handful that fall through the cracks and it is up to the community to help one another.

COVID-19 has impacted nations and industries across the board and charities are similarly not spared. But I am heartened to see that despite the many restrictions in place of our usual lifestyle, many have also stepped forward to continue their part in giving to the less fortunate in these bleak times. It takes a little effort from just one person to add on to the collective community to create that impact that will bring positivity into the lives of Metta's beneficiaries.

Every compassionate step taken by us encourages benevolent thoughts that leaves imprints in people's hearts. It is the devotion, dedication and determination of our supporters, donors and volunteers that enables the spread of the spirit of goodness in the community. I take this opportunity to implore everyone to keep our hearts open as we remain vigilant together to get through these challenging times. There is no better way to dignify one's integrity through perseverance, sacrifices and determination in spite of the adversities.

Triple Gems Blessings

Venerable Chao Khun Fa Zhao BBM  
President  
Metta Welfare Association



# Windmills of Love

Every donation Makes a Difference



*"I Look forward to studying in ITE. I entered with nothing more then a dream and the need to prove myself"*

Ms Siti\*,  
Metta School Graduate with special needs

\*Name has been changed to protect the beneficiary's identity



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- 1) Use PAYNOW app to scan the QR code.
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No amount is too small to give. **Donate today.**

# Noodles and Oodles of Love



From lip-smackin' noodles to charity, Top 1 Hand Made Noodle celebrated the end of the Lunar New Year spring festival with an annual Charity event on 8 February 2020. Due to the COVID-19 crisis and social distancing measures in place, that did not stop Top 1 Hand Made Noodle from continuing with their charitable good works, despite our clients not being able to be present for the lunch. Founder of Top 1 Hand Made Noodle, Mr Andy Chng, donated several donation-in-kind items and red packets to a group of the intellectually challenged and seniors of Metta Welfare Association as a gesture of his best wishes to them for the year ahead.



Celebrating with the vulnerable in the community every year, Mr Chng strongly believes that everyone should enjoy a good meal during the festive season and is more than happy to whip it up himself.





# Metta's Medical Care Heroes

With the upcoming International Nurses Day on 12 May, we take this moment to share the stories of courage, hope and perseverance of Metta Medical Care's nursing team.

**Muhammad Azfar Bin Aziz**  
Staff Nurse with Metta Hospice Care

1) In your many years of experience as a staff nurse, what gives you joy in your work?



**Azfar:** Nothing beats knowing that I am able to provide assurance to the clients and family with my constant comfort and care.

2) How has being a staff nurse changed your life?

**Azfar:** Being a nurse, I have learnt to be more patient and tolerant as very often, apart from dealing with the clients, I also deal with their caregivers and/or family members. Understandably, many are anxious and worried of their loved one's condition. It takes a lot of constant reassurance on my part to ease their worries. While it may be challenging to work beyond my normal working hours, it also gives me a sense of pride for knowing that I am there for my client and their family.

**Ricky Chan**  
Staff Nurse with Metta HomeCare



What is the greatest joy in being a staff nurse with Metta Medical Care?

**Ricky:** The greatest joy I get as a staff nurse with Metta is seeing the happy faces and appreciation from the patients that I have cared for. Knowing that my efforts are appreciated and made a positive improvement in their well-being is one of the best takeaways I have in my line. There was once we celebrated the birthday of a client at her home during one of my routine home visits. The client was so touched and happy that she teared and requested a photo of the team to keep as a memory.

**May Leh Khaing**  
Assistant Nursing Manager

1) What drives and motivates you as an Assistant Nursing Manager?

**May:** The fact that I am able to provide comfort, either emotionally or physically to the clients and their families, keeps

me constantly motivated with joy in doing what I do.

2) Do you have any memorable experience to share?

**May:** In the medical field, when it comes to life and death, beauty is hardly a priority. I once had a patient who was afflicted with a severe seizure that required her to be deeply sedated for days. The patient, in her 20s, had very long and flowy thick hair. After a few days of being sedated, we noticed that the patient needed a good hair wash, or it would have to be cut off for hygiene's sake. As we were understaffed and time was of the essence, my colleagues and I at the hospital decided to undertake the challenge and give the patient a good hair wash instead. Every day after our shift ended, we took turns to wash the patient's hair throughout her entire stay in the ward. After close to 4 weeks of intensive treatment, the patient finally awoke. The patient personally thanked all of us with tears of joy for our determination to save her hair than have it cut short as it was a Herculean task for its length



and effort. To the patient, her long tresses was the priority to her overall appearance. We felt very much appreciated knowing that a little bit of extra effort from us went a long way. It was a joy to realise that we had played a part in saving her life as well as her confidence.

3) What challenges do you face?

**May:** There are moments of language barriers and patients with diverse family dynamics that prove to be challenging moments for me.

4) Can you share an incident of a challenge to you?

**May:** I once had a patient from UAE, who did not speak or understand English. His brother spoke minimal English, and there was a translator we could call. However, the translator or his brother could not be present around the clock. At the same time, as the patient struggled with his own medical condition, the communication barrier added additional stress to him. The nursing assessment of physical symptoms also became more challenging as it had to be done accurately and hourly. It was indeed frustrating for the patient and the nursing team. He was unhappy all the time. Eventually, we found a way to communicate better with the patient. With the help of the translator, we wrote down commonly used words in the language of the patient and ourselves during his treatment. Through that, our communication became easier and seamless. The patient became more relaxed when he could finally communicate what he needed. This made the task easier for our nurses to assess him better which led to appropriate and timely treatment for the patient.

## United We Care 礼轻意重 无限感恩



In light of the COVID-19 pandemic worldwide, many people are deeply impacted by this health crisis which has affected health, jobs, the global economy and our everyday lives. Charity organisations that provide essential welfare services to the vulnerable have not been spared.

Some 1,150 beneficiaries of Metta Welfare Association have similarly felt the impact to their lives. Even in these trying times, Metta continues to provide welfare services to our beneficiaries. Your donation will help keep our services operational and available for them during this difficult time.

The United We Care Project by Metta (Welfare Association) aims to ensure our beneficiaries with intellectual disabilities and those with chronic & terminal illnesses have access to our services during this difficult period.

Do spare a thought for the less fortunate in our society. Your donations will ensure we are able to continuously provide welfare services to the less fortunate.

Donations raised will be channelled towards the ongoing operation of Metta, such as: Metta Home for the Intellectually Disabled, Metta Hospice Care, Metta HomeCare. For more information, please visit our website at [www.metta.org.sg](http://www.metta.org.sg).

*There is nothing more fulfilling than knowing that your kind gesture will bring relief and a smile to the faces of the less fortunate. Please donate through the following options.*



[giving.sg](http://giving.sg)

**GIVE**  
ASIA



Donate Now via **PAYNOW**



# Keep Fit to Stay Fit

Article contributed by Metta School Senior Teacher, Mr Muhammad Ridhwan Rahmat

## The Importance of Physical Activity

Regular physical activity is important for all age and gender as it is critical to our health and fitness. However, an active lifestyle is not widely adopted by many Singaporeans. The 2010 National Health Survey by MOH indicates that approximately 39% of Singaporeans do not engage in sufficient physical activity. This leads to an increase risk of chronic illnesses such as hypertension, diabetes and even premature death.

## What We Can Do

To prevent illness and weight management issues, we are encouraged to engage ourselves in moderate-intensity aerobic activity or strength exercises for 150 minutes a week. Increase in exercise hours has benefits such as; 1) lowering the risk of premature death;

2) lowering the risk of chronic illnesses such as diabetes, stroke and coronary heart disease; 3) increase in cardio and muscular fitness; and 4) reduce depression and increase mental health. How do we keep ourselves consistently active? Here are THREE main activities:

- Lifestyle activities are activities that are carried out in daily life such as, taking the stairs, carrying groceries and spring cleaning.
- Aerobic activities, also known as "cardio", includes jogging, running or swimming.
- Strength activity are activities that make use of weights and resistance to improve joint and muscular strength such push ups and squats.

Getting active does not mean you have to engage yourself in a gym session everyday despite your busy schedule. Follow the chart to make your everyday routine into an exercise routine.

Domain type	Work/home	Active transport (commuting)	Leisure-time physical activity (exercise, recreation & sports)
<b>Lifestyle</b>	Intermittent light- or moderate-intensity activity	• Doing household chores • Taking the stairs	• 5-minute walk to the bus stop • Going for a stroll • Standing • Playing catch or frisbee • Flying a kite • Playing miniature golf
<b>Aerobic</b>	Moderate- or vigorous-intensity for more than 10 minutes at a time	• Mopping the floor • Doing manual work	• 15-minute brisk walk (~5 km/h) from the MRT station to home • Carrying groceries • Taking the stairs • Doing low-impact aerobics • Brisk walking or jogging • Playing soccer
<b>Strength</b>	Moderate- or vigorous-intensity using 0 to 10 scale	• Lifting/moving moderately heavy objects	• Carrying groceries • Taking the stairs • Using hand weights • Using resistance band • Doing Qigong/Tai Chi

\* Above chart is adopted from Health Promotion Board "National Physical Active Guideline: Professional Guide."

Create a checklist to track your physical activity level for a regular routine. You may want to increase your activities if you are not spending much time being physically active.

## Physical Active Checklist (Weekly)

No.	Physical Activities	Points	Check
1	Use the staircase instead of the elevator		
2	Take exercise breaks during the day (Get up from your desk, stretch, walk around, etc)		
3	Do house work (mopping, grocery shopping)		
4	If you take public transportation, get off one or two stops early and walk		
5	Spend 20 minutes of jogging or running 2 times a week		
6	Go for gym session or swimming for 30 minutes once a week		
7	Do light exercise such as push-up or squats while watching TV for 5-10 minutes		
<b>Total Score</b>			

**30 points and below** – Need to be more active!

**40-70 points** – Keep your good work!

**80 points and above** – You are exercising regularly! Well done!

Do remember to ensure safety first when engaging in physical activities. Ensure sufficient warm up and cool down time to prevent injury. Do hydrate yourself frequently to replenish body fluids lost during your exercise session. Have fun getting healthy with your loved ones!

Reference: Health Promotion Board's "National Physical Activity Guidelines: Professional Guide"

# Don't Worry, Be Happy

Article contributed by Metta School Senior Psychologist, Mr Leonard Lau

In these days of our fast-paced lifestyle, stressors from our environment are unavoidable. However, as the adage goes, if you can't change the world, you can change your mindset towards it. Start keeping a healthy and positive YOU when you adopt these mind-happy tips.

## 1) Healthy Body, Healthy Mind

- Exercise - Research findings have shown that good physical health does enhance our mental wellbeing. Physical exercise releases endorphins to lift our mood and heighten our energy level. Regular physical activity

helps to relieve our stress and aids in better memory.

- You are what you eat - Adopt a healthy diet with a low sugar and high good fats intake. This can give us more energy, improve our sleep and boost our mood. We should consciously try to avoid foods that may adversely affect our moods, such as alcohol or sugary snacks.
- Sleep well - Adopt a healthy sleep habit as it can make a difference in our ability to manage stress and balance our moods.

## 2) Be Socially Active

- Build relationships - Let's acknowledge the fact that positive relationships with others are important for our mental wellbeing. Humans are social creatures who need to build and keep relationships with other people. There is always a great benefit for us to have meaningful interactions with our family members, relatives, friends, co-workers and even strangers. Such interactions help us to build a sense of positive experiences. At a deeper level, they give us opportunities to support one another emotionally.
- No man is an island - It is a good practice to remind ourselves to cut back on screen time and have direct contact with other people. Don't let ourselves be socially isolated. Meet people with common interests by joining social, hobby or special interest groups to step out of our circle.

- Lending a hand - Research findings have shown that volunteering or participating in community life is greatly associated with an increase in mental wellbeing. Helping others can enrich our lives and give us a greater sense of meaning and purpose.

## 3) Keep Stress Levels in Check

- Calm your mind - Stress management strategies and relaxation techniques can help reduce our level of stress. Some of the activities are tai chi, yoga or mindfulness meditation.
- Stop to smell the roses - Put aside time for leisure activities that can give us a sense of fun and also make us feel good, such as listening to our favourite music, cycling, or taking a walk in the neighbourhood park. We need to acknowledge that leisure activities are a mental health necessity.

## 4) Learning New Knowledge or Skills

- Be a lifelong learner - Continued learning through life is not just about upgrading our employment-related skills set as research findings and anecdotal evidence have shown that learning new things does improve our mental wellbeing by –
  - instilling a sense of curiosity (and even fun).
  - helps us to build a sense of purpose and meaning.
  - Enhance our self-confidence and giving us a sense of achievement.
 Some suggestions – learn a musical instrument, learn to speak a dialect or foreign language, do crosswords, etc.

# With Love and Determination

Every parent would wish good health and happiness for their child, and while the circumstances of the Senthil family might differ slightly from the "average" family, they've found a way to make the most of the lot that life has given them.

## How it was discovered:

When Mr Rajagopal Senthil and Ms Mathivathani Mummurthy first discovered their daughter, Poornikha amid an epilepsy fit while sleeping, both parents were understandably distraught. She was only five years old at the time.

Her parents immediately brought her to a neurologist and obtained medication to help her control the condition. While she is currently on three different types of medicine to control her epilepsy fits, the congenital condition remains undiagnosed, and both medical professionals and Poornikha's parents remain unsure as to what are the exact triggers that cause the fits.

## Poornikha's challenges:

Her condition extends beyond the occasional epilepsy fit. Her parents have shared that Poornikha experiences mobility issues due to difficulty in walking. Her gait is imbalanced as she bends her right knee when walking. This causes her to sustain injuries from falling, and her parents often have to help support her. Aside from mobility issues, Poornikha's undiagnosed condition leads to difficulties communicating



with others, with pronunciation issues in her speech.

## Metta School's intervention:

Poornikha's condition has improved by leaps and bounds since she entered Metta Welfare Association in 2017. At Metta School, Poornikha attends weekly occupational therapy (OT) and speech-language therapy (ST) sessions, both of which provide significant assistance in helping Poornikha to manage her condition.

During her weekly occupational therapy (OT) group sessions with her classmates, Poornikha will take part in obstacle courses. Aside from being great fun, these obstacle courses allow her to work on her sensory integration skills, as well as provide a warm-up for handwriting tasks.

As part of the OT sessions, Poornikha takes part in group fine motor activities. Encouraging pincer strength, it allows Poornikha to develop a better grip for writing. Along with this, Poornikha and her classmates also learn the alphabet through alphabet formation. Not only is this activity fun and engaging for the class, but this multi-sensorial approach also encourages the internalisation of information.

Furthermore, while Poornikha's congenital medical condition has resulted in communication difficulties, this does not stop her from trying her very best in making her thoughts known to others. Poornikha also enjoys Metta School's speech-language therapy (ST) sessions.

During the sessions, she works on Phonological Awareness (PA). Phonological awareness is the foundation that allows us to communicate effectively with others, from speaking clearly to reading. To work on her PA, Poornikha learns how to break up words into syllables (e.g. ba + na + na = banana. Banana has three beats) and plays with sounds (e.g. bat – b + c = cat) in words.

Since Poornikha's engagement in Metta School's speech-language therapy (ST) sessions, she has become more confident in speaking and interacting with other people. Now able to use proper short sentences in English, she can communicate with her parents, who in turn, can understand Poornikha's wants and needs.

While Poornikha is still young and has a long journey of learning ahead of her, she has shown tremendous improvement and is slowly growing into a happy young woman.

Thank you MOM for all your love...

# Happy Mother's Day



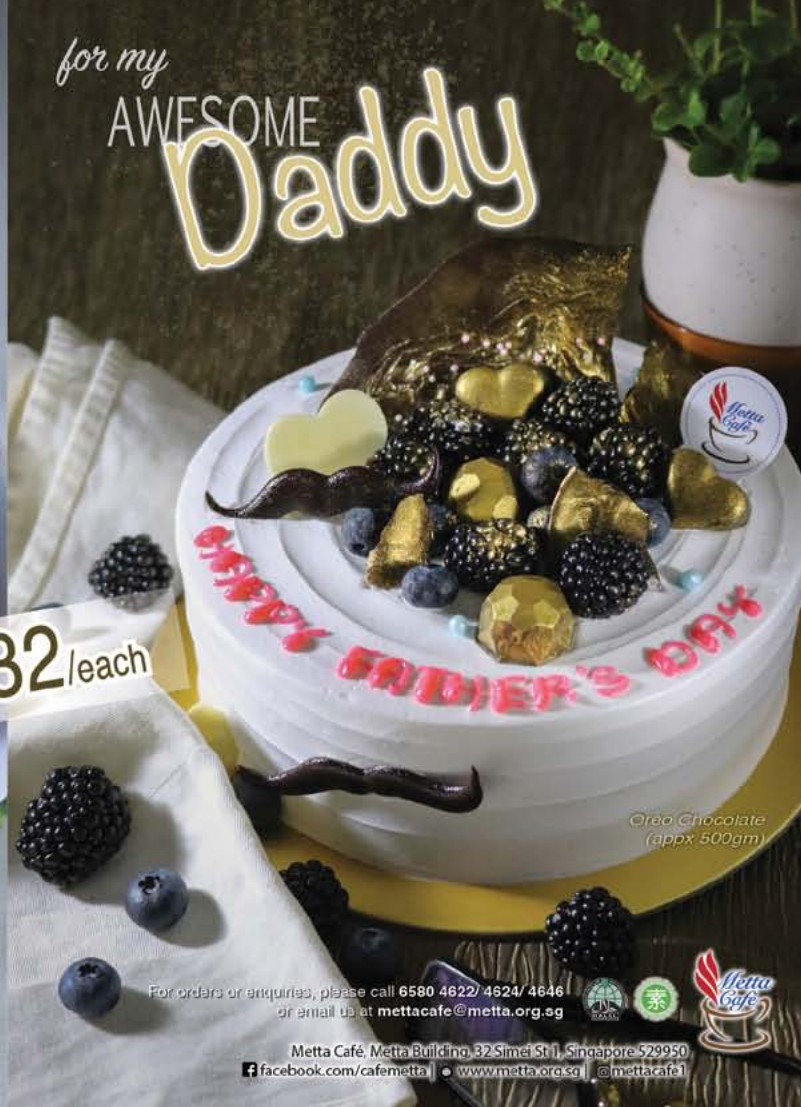
Strawberry Chocolate  
(appx. 500gm)

\$32/each

**Notes:**

- Pre-order is required. A lead time of 3 working days (except Sat & Sun) required for processing of order.
- Pictures shown are for illustration purposes only and cake designs are subject to slight variations.

# for my AWESOME Daddy



Oreo Chocolate  
(appx. 500gm)

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or email us at [mettacafe@metta.org.sg](mailto:mettacafe@metta.org.sg)

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# Selamat Hari Raya Aidilfitri



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