

METTA



A Brighter Tomorrow

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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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明天会更好 A Brighter Tomorrow

2021年对许多人来说，是充满挑战的一年，是我们的韧性和毅力不时受到磨炼和考验的一年。因为疫情的关系，一些从前习以为常的规范不能够再以同样的态度来看待，我们需要学习适应新的规范。告别2020年，我们抱着崭新的希望踏入2021年。

在大家慢慢习惯疫情限制条例的同时，慈光福利协会仍然积极地与利益相关者保持良好关系，促使我们继续为社会贡献。

除此之外，慈光福利协会正在进行操作改善，而估计会在2024年开办的慈明学校，以帮助有特殊需要的孩子们能有一个充实独立的生活为愿景。这与慈光福利协会为社区贡献的使命是一致的。

2021年的经济预计也将面临巨大的考验，希望我们能以稳妥的态度克服挑战，继续为社区提供优质服务。因为有您的慷慨解囊，我们才能度过艰难的时期。我在此由衷感谢各位对慈光福利协会的支持，祝愿大家在新的一年里一切顺利美满。

2020 has been a considerable challenge to many as we move ahead into the new year with renewed hopes. Through adversities in the past year, we had opportunities to gather and explore the lessons that test our tenacity. As we steer through the current pandemic, the trivialities we have previously taken for granted had shifted, and we learn to refocus our vision ahead. We must adapt to these new norms as per all past challenges we had overcome and thrive.

Although we have grown somewhat accustomed to restrictions such as social distancing, Metta Welfare Association have been diligent in maintaining the good personal relations with our stakeholders which motivates us to continue our work in the community to the best we can.

Aside from that, Metta will also see improvements and achievements to its operations, including the commencement of Maitri School in 2024. This school serves in alignment with MWA's mission of meeting the community's needs through the provision for more opportunities for children with special needs to seek a fulfilling and independent living.

2021 will also foresee a challenging time ahead for the economy while maintaining our focus and measuring ourselves on providing a consistent level of business practices and preserving a quality service level to the community. Without your unwavering support, we could not have come so far together to weather through arduous adversities. As we begin 2021 with much optimism, I wish everyone a year of new endeavours and my sincerest gratitude to all who have made a difference to Metta in all possible ways.

Triple Gems Blessings

昭坤法照 ^{BBM} Venerable Chao Khun Fa Zhao ^{BBM}
慈光福利协会主席 President of Metta Welfare Association

Fortune Jade Stuffed Packages 财运翡翠素包

Cabbage is among the auspicious food items served at Chinese New Year tables due to their homonym which represent a hundred types of prosperity luck. Coincidentally, the cabbage rolls also resemble stuffed packages that denotes abundant wealth. Prepared by students from Metta School's vocational F&B programme, this tasty dish served with a delicious egg white gravy are pretty, low-carb and a must-have to impress your family.



Recipe courtesy of Mr Tommie Chee (centre),
Chef Trainer at Metta School. Please scan
QR code on left to find out more about
Metta School's Vocational Programme.

Ingredients

Local cabbage	1 head
Dried Chinese mushrooms (soak to soften)	8
Fresh shitake mushrooms	8
Fresh button mushrooms	6
Vegetarian oyster sauce	2 tablespoons
Black fungus	20g
Chinese coriander	20g
Wolfberries	Garnish
Salt and pepper	To taste

Egg White Sauce

Egg	2
Potato flour	1 tablespoon
Water	500ml
Vegetarian seasoning powder	1 teaspoon (to taste)
Dark soy sauce	1 tablespoon

Method Of Preparation

1. Remove the cabbage leaves and soak in hot water.
2. Julienne the mushrooms and black fungus. Chop the coriander.
3. Soak the dried wolfberries in warm water.
4. Heat up a pan over medium fire and sauté all the mushrooms with oyster sauce. Add in black fungus and season with salt and pepper. Turn off the fire once the mushrooms are softened.
5. Remove the cabbage leaves from hot water and wipe each leaf dry with a paper towel.
6. Two tablespoonsful of cooked mushroom filling onto a cabbage leaf and roll them up firmly like a spring roll.
7. Steam the cabbage rolls for 6 minutes. Be sure to remove any condensation that would condense into the plate.
8. Heat up water and add in the vegetarian seasoning powder together with soy sauce for colour. Once the gravy boils, thicken it with potato starch before adding in the beaten egg white to create egg ribbons.
9. Drizzle the gravy over the cabbage rolls and garnish each roll with wolfberries.
10. Ready to serve.

Scan QR code on right to watch a video
preparation of this auspicious dish.



No Travel, No Problem



Last Christmas spelt a different celebration for many where overseas travel is no longer possible as part of the year-end holidays. To get our fix of entertainment, many of us have turned to our mobile phones and smart TVs for some family entertainment. And that's what Metta Welfare Association did to continue its

fundraising efforts as well as offer enjoyment to all with the Metta Virtual Movie Charity Screening.

In collaboration with CatchPlay+, an online movie and series streaming platform, the virtual charity event which ran through December saw a resounding success with tickets fully redeemed by corporates and individuals. SMJ Furnishings (S) Pte Ltd was among the corporate donors who donated 50 movie packages to the beneficiaries of Metta so that they may enjoy a good year-end over movies with their families. Each movie package consists of 30 days of movie screenings from CatchPlay+, together with unlimited screenings in the movie library and a premium movie voucher. The package is redeemable on the CatchPlay+ website or their mobile app. In addition to the movie package, donors also get a

goodie bag to go along with their movie nights.

The last virtual event of 2020 does indeed give off good vibes among our supporters. Says a patron of Metta's virtual movie event, Ms Ellen Yee, "I choose to support Metta's charity movie screening because it gives me the opportunity to contribute towards Metta's various community initiatives. I truly support and believe in Metta's motto in helping the disadvantaged and less fortunate. The movie screening is also an activity my nieces look forward to during their school break. (sic)".

Close to \$14,000 was raised through the virtual event that proved to be popular with 200 tickets sold out. The Metta Virtual Movie Charity Screening's success couldn't have been possible without the support of our sponsors, Honeyworld, La Gourmet, and Speak Good English Movement, and our supportive donors.

Renewed Hope For Our Elderly



Meet our 3 elderlies at Metta Day Rehabilitation Centre for the Elderly (MDRCE) and how they renewed hope to lead a dignified and independent lives. 65-year-old Mr Low Nguan Khoon, a client at Metta Day Rehabilitation Centre for the Elderly (MDRCE), is among the growing numbers who stay all alone by himself. Mr Low has never been married and gets by his daily living selling tissue papers at bus interchanges. A serious contusion on his right hip as a result of a bad fall many years ago has made his mobility a bigger challenge. All by himself in a 3-room flat, Mr Low is left to self-care with no one to assist him in his mobility.

A bad fall in 2014 resulted in Mdm Aw Ah Yee having poor strength to her lower limbs and not being able to stand or walk steadily. The 82-year old is currently receiving rehabilitation at MDRCE. She is widowed and lives by herself in an HDB flat near Simei.

66-year-old Mr Ong Siew Ho had never

been married. He lives with his single older brother. Mr Ong suffers from a partial stroke on the left side of his body in 2012 that impedes his mobility to move about. He was referred to MDRCE and is put on a strength and exercise program to maintain his functional mobility through MDRCE's therapies. Years of regular visits to MDRCE has finally seen improvements in Mr Ong's condition.

For Mr Low, Mdm Aw, and Mr Ong, the Lunar New Year is no different from any other normal day. Being physically challenged as a result of their ailment also limits their ability to leave their homes as much as possible. For one thing, the years of youth and being healthy and mobile is what all of them yearn for. They are among the elderlies who passed the medical means testing and are currently receiving free physiotherapy and occupational therapy sessions regularly at MDRCE. Being at MDRCE not only allow them companionship in the form of Metta's

therapists and staff but also gives them renewed hope as their condition gradually improve over time through the programmes and treatments.

After all, there is one wish that all three of them have in common for the new year: the ability to be independent and perform basic activities of daily living (ADLs) that they could once handle with ease.



Scan QR code find out more about MDRCE.



Loving Her Freedom At Age 84



"Where I grew up, I've known many elderlies in my (old) estate who were stricken with a stroke. It was terrible for them when I see them struggle with the ailment. There are no worse illnesses than having a stroke and that is why I am determined to get better so that I can be independent on my mobility."

~ Mdm Ong

Staying in a one-room rental flat in Tampines, she is fortunate to have a flatmate to be there for each other and provide support. Being alone without family does not mean loneliness. Mdm Ong is happy that she can still cook for herself, go to the market, shop, and take public transport with the use of a rollator. She is also able to care for her flatmate, Mr Lim, who is an amputee on his right arm and leg due to a poorly managed diabetic condition.

Retaining independence brings a lot of benefits to elderlies. It will help them in their physical and mental health, boost their confidence and improve their sense of purpose. Mdm Ong is thankful to Metta for the care to allow her to gain mobility to be independent.

Did You Know?

In Singapore, the number of seniors living alone like Madam Ong has increased. The Department of Statistics estimated that 83,000 elderly persons will be living alone by 2030, compared with the 47,000 seniors aged 65 and above in 2016.

Bring Love to Mdm Ong and our Elderlies by supporting Metta so that we can continue to provide these services to retain their independence.



Bring Love To Lonely Elderlies

Post-stroke survivor
Her determination in spite of her environment
We do the rest. Help us to help Mdm Ong

Scan these QR codes to find out how you can help elderlies like Mdm Ong.

giving.sg



GIVE ASIA



Colours Of Life 2021

On 18th Jan 2021, we kicked off our first virtual event of the year - the Colours of Life art exhibition at JetQuay, a collaboration with CAG and Jet Quay. The art exhibition featured beautiful batik paintings done by our Metta School Alumni with a recurring theme of butterflies and sunflowers, embodiments of hope – an apt theme for the challenging year that all of us faced. Every single masterpiece came accompanied with an artist's excerpt, an exclusive peek into the artistic minds of our Metta School Alumni, displaying their hopes and interpretations of their journey and feelings. The general public were encouraged to pick the artistic minds of our artists and through this, we wanted to showcase their talent and affinity with batik painting.

A booth was also set up, presenting Metta Café's sweet treats, cookies and pastries, and our Arts@Metta's art pieces, consisting of pottery figurines, mugs, coasters and more. Several CAG staff came to show their support and ended up purchasing tubs of cookies that they couldn't resist and trinkets that caught their fancy.

Mr Albert Lim, the senior Vice President from Changi Airport Group (CAG), Miss Samantha Lim, the General Manager from JetQuay and Mr Ee Tiang Hwee, the honorary secretary of Metta Welfare Association were invited to be the guests-of-honour. They participated in a communal activity where they were invited to unleash their artistic creativity and paint on butterfly pottery pieces. These were then stuck onto an artwork, alongside our Metta Alumni artists' painted pottery butterflies, creating a masterpiece that was the result of the shared efforts of everyone. That was a moving display of unity and a beautiful show of support for all that we do at Metta Welfare Association for our beneficiaries. This was all documented in our Facebook Live, where we thought we'd bring the event virtually to our supporters, donors and followers on Facebook.



Fresher Today, Leaders Of Tomorrow

Metta School re-opened on 4 January that saw approximately 63 students joining the school for a meaningful learning journey towards holistic education. Given the safe distancing guidelines, the teachers were able to execute the orientation programme while ensuring that their students stayed safe and yet enjoyed the activities curated for them.

Students were grouped into classes according to their learning needs as they engaged in ice-breaking games facilitated by their teachers. The games tested the students' agility, strength and balance, resilience and openness to challenges, apart from forming friendships with their classmates.

Some of the games that assessed the students' thought process included the Pasta Tower Challenge. Students must work in teams to build the tallest tower possible whilst at the same time, being sturdy enough to support a weighted object, a marshmallow. Using sticks of pasta, the students set about delegating specific duties to one another for team effort as they put their minds together on achieving their goals.

During the 3-day orientation programme, students were also brought around to view the School's compounds as well as to be inculcated on the school's values and mission by Metta School principal, Mdm So Kah Lay.



A team collaboration at the school sports hall also warmed up the activities for the students as they raced one another in teams, hopping around in gunny sacks and cheering one another on to complete the race in the fastest time possible. It was truly a fun and engaging experience for our students. It is believed that the skills and education that they receive at Metta School today will set the stage for them to be the leaders of tomorrow.

Creating A Sustainable Future For Youths With Special Needs

The management of Tes-Amm Singapore Pte Ltd gave a memorable Christmas to 110 students of Metta School. In line with the organisation's philanthropic vision, the students and their families received \$200 worth of grocery vouchers and transport allowances as a token of goodwill from Tes-Amm. It was good news for students from low-income families, all of whom are under Metta School's Financial Assistance Scheme (FAS).

Among the students eligible for the vouchers and allowances, Assekin Binti Mohamed Anuar, was extremely delighted as this goodwill gift would mean that her mother would be able to get more food for her siblings as well as help her in her daily commute to Metta School. Another parent of a Metta School student, Mr Ng, added, "This would help to alleviate our family's financial burden when it comes to our household expenses especially with the year-end approaching and more is needed for our children to start a new year in school."

Sharing his sentiments, Mdm Afiza says, "These vouchers would help to cover at least two months' worth of household groceries and supplies for the entire family. The goodwill gift will help us to save in the family's expenditure." Tes-Amm, a global leader in IT lifecycle services is no stranger to Metta Welfare Association as they have been Metta's partner in collecting and recycling used electronic equipment and accessories such as handphones, computers and peripherals which are in reasonable working condition. From being socially responsible in support of a greener earth, Tes-Amm also believes in being equally imperative to engage and support the community which we live in.

Says Mr Goh Chye Seng, Head of Corporate Accounting cum Compliance & Risk at Tes-Amm, "We have been a long-time supporter of Metta and we will continue to do so to do our part in giving back to the society. It brings comfort to us knowing that our actions have helped to create an impact in the lives of the students and their families."



CREATING
A BRIGHTER
TOMORROW

创造一个美好的明天



慈光福利协会
METTA WELFARE ASSOCIATION



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New project by Metta Welfare Association

慈光福利协会属下新建设项目

Slated to be completed in year 2024

预计于2024年完成



Scan to find out more
了解更多详情



For enquiries or Maitri School/Building donations. Please contact us(During Office Hours) at 65804628

若要了解更多或其他慈明学校/慈明聚缘阁建设计划项目。请在办公时间与我们的联系65804628



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