

# METTA

慈光心缘



## Roaring Success for The 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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# Roaring Success for The New Year

2017 was a busy and a fruitful year for Metta as she celebrated her 25<sup>th</sup> anniversary. We are reminded of the role we play in serving those in need and helping them live with dignity as we work together to better their lives. It is poignant to see the growth of Metta through the achievements made by our former and current clients as we produced our Silver Jubilee Commemorative Book.



As we start off the New Year, it is an opportune time to take stock of Metta's mission, values and direction to inflame our passion of service to the community. To better serve our clients, we continue on our journey for Business Excellence. Whilst we have made significant progress and improvements, we strive to streamline our processes, embrace the use of digital technology in our daily operations and to attain the People Developer certification. It is important for us to put in place best practices in our governance and operations as we are dependent on the support of our donors and partners to fund our programmes and services.

With the arrival of the Lunar New Year, I would like to take this opportunity to express my appreciation to all our donors and partners for their continued commitment and all that they have done to deliver on Metta's vision – to provide welfare services to the greater community.

The New Year will bring its own mix of challenges, but there is still much we must do. It is imperative to stay one step ahead of constantly changing trends in society as we embark on improving our services and processes to better serve our clients. Among the goals for the New Year is the growth of Metta's latest medical service, Home Care (previously known as Home Nursing), which has steadily seen its rise of client intake and further expansion of its services in the past few months.

Although the outlook for 2018 looks to be a challenging one, I am incredibly grateful to the efforts of all who have made Metta what she is today; it is because of you, and because we know we can do so much more for our clients and the community when we work hand in hand, that I have such great confidence in Metta's future.

I ask for your continued support for all of us at Metta as we journey in serving with love and compassion. I wish everybody a Happy Lunar New Year filled with happiness, love, good fortune and health.

Triple Gems Blessings

Venerable Shi Pu En  
President  
Metta Welfare Association

# Sweet Koi of Wealth

Lunar New Year is not complete without the ubiquitous *nian gao* (sticky rice cake). It is considered good luck to eat *nian gao* during this festive season because *nian gao* is a homonym for "a higher year." It symbolises progress, advancement and growth in the coming year ahead. This sticky sweet snack prepared from glutinous rice, is believed to be an offering to the Kitchen God, with the aim that his mouth will be stuck with the sweet sticky cake, so that he would only speak good words to the Jade Emperor. Similarly, the fish (*yu*), is a homonym for "surplus". The Chinese firmly believes in having surplus at the end of the year as the savings would represent more wealth in the new year.

With the amalgamation of two auspicious symbolism, this is truly a sweet dish to usher in a prosperous Lunar New Year!

**Yields: 8 portions**

**Ingredients:**

- Glutinous rice flour 450g
- Rice flour 350g
- Wheat starch 200g
- Water 1 litre
- Sugar 500g
- Peanut oil 30ml
- Dry osmanthus petals 10g
- Wolfberries 20g
- Cloves (for decoration) 4 pcs
- Food colouring (colour of your choice) 1 drop

**Method:**

1. Add sugar to one litre of water and bring to boil.
2. Turn off the fire once sugar solution starts to boil. Add dry osmanthus petals to the syrup and leave to cool.
3. Sift the flour and wheat starch.
4. Strain away the dry osmanthus petals and fold in flour mixture and peanut oil into the osmanthus syrup.
5. Whisk the batter till smooth before adding in wolfberries.
6. Pour batter into greased fish-shaped mould.
7. Steam the batter for an hour.
8. Leave the mould to cool before removing the *nian gao* from it. Decorate with cloves for fish eyes.



## 金构富贵鱼



Recipe courtesy of Barry Tay. Barry is a 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 2008. A skilled chef, Barry earned his culinary experience from the kitchens of Marche and Fish & Co.



# Have A Paw-Some New Year!



This Lunar New Year ushers in the Year of the Dog. Ranking as the eleventh animal in the Chinese zodiac, people born in that zodiac possesses traits of honesty, faithfulness, loyalty, straightforwardness with a strong sense of responsibility. Metta staff and clients born in the year of the Dog share their aspirations for the new year.

**Years: 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018.**



"I hope 2018 will bring in a prosperous economy and good health for all."

Kenny Gam, 47  
Metta Driver cum General Assistant



"I wish for happiness all year round!"

Jozie Keok, 24  
Arts@Metta Apprentice



"I am not afraid of hard work. I wish for more work in Metta Café."

Cher Wei Jie, 24  
Metta Cafe Apprentice

# METTA CHARITY CARNIVAL

Sunday, 18 March 2018, 9am - 4pm  
Metta Building and Metta School  
32 Simei Street 1, S(529950)

## CARTOON WONDERLAND @ THE CARNIVAL

Fancy a kaleidoscope of fascinating cartoon characters to brighten up your Sunday? Metta brings you a colourful cartoon-themed carnival filled with exciting stage shows, tempting finger food snacks, drinks and vegetarian delights to whet your appetite.

The colours symbolise the many walks of life from Metta's clients, donors, supporters, volunteers and staff, all of whom come from diverse backgrounds to get together for a common objective: loving the community.

Gather your picnic basket packed with delightful food and snacks at our carnival and join us for a family movie screening for the first time ever at Metta Building. Not enough? Jostle with the crowd for the Live stage performances amidst good bargain hunts and appetising smells of food wafting in the air. Kick start the merry food fiesta with a 3-km leisure morning walk that will ramp up your metabolism before the all-day feasting.

Come on down to get the best deals from snazzy fashion accessories, arts and crafts, dazzling costume jewellery, to amazing terrariums, health food products and many more!

Event proceeds will go towards the funding of Metta's programmes and services which help children, youths and adults with intellectual disability, the elderly, chronically and terminally ill patients.

For more details of the Metta Charity Carnival 2018, visit:

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





Every Saturday morning, 16-year-old Raynard Low, leaves his home in Pasir Ris for his favourite CCA lesson at Metta School: Lion Dance. No one would have expected the small built boy to be deft at handling the heavy lion's head as he practises his nimble footwork during lessons. While it may appear to be nothing unique about Raynard's ability, much effort must be lauded for Raynard who has intellectual disability.

Raynard is among the Metta School students with special needs who are in the 16-member Lion Dance troupe from Metta School. Raynard joined the troupe when he was 13. Like his fellow team mates, Raynard looks forward to every Lion Dance session held once a week at Metta School.

The youngest member in the Lion Dance troupe is only 11, with the oldest member at 24 years old. All of the members from the troupe have no prior experience to the traditional Chinese dance. New members are required to start by learning to sync the clashing tones of the cymbals before they proceed to handle the drumming. A minimum of four sessions would suffice for a student to pick up the basics of the Lion Dance percussions. To master the coordination of footwork and dance movements under the Lion costume takes a full year of diligent practice.



# A Roaring Success



On 2 December 2017, the troupe paid a learning visit to Lok Sin Tong Leung Kau Kui (LST LKK) Primary School in Hong Kong for an exchange programme to understand the history of the Lion Dance and its culture. The 8-day trip brought 16 students and 6 staff to two schools in

Hong Kong which also incorporates Lion Dance in their curriculum. It was an enriching experience for all as Metta School Lion Dance troupe performed the traditional dance alongside their hosts in a friendly performance that showcase the dance styles and techniques of each troupe. The eye-opening learning trip also helped to build a strong team rapport among the students, who only get the chance to interact with their fellow team members once a week during their Saturday training.

Apart from event performances, the troupe also receives recognition from Metta's donors and supporters with several corporate partners engaging their performing service for their annual Lunar New Year events as a symbolism of ushering in good luck and prosperity.



**Want to usher in an auspicious year ahead this Lunar New Year to your home or office?**

If you like to have Metta School Lion Dance troupe usher in good tidings to your home or office, drop us an email at [events@metta.org.sg](mailto:events@metta.org.sg) to enquire or book a slot now.

## History of Metta School Lion Dance Troupe

Since its establishment in 2003, Metta School Lion Dance troupe, comprising both the alumni and new members has grown in skill and popularity.

The troupe practices under the supervision and guidance of a dedicated instructor. Students also play their part to impart the fundamentals of this performing skill. It is heartwarming to note that Lion Dance also attract students from diverse ethnic groups.

The students are encouraged to work together to improve their moves and coordination skills.

As the activity emphasizes on cooperation and patience, the CCA aims to inculcate the importance of unity, team work and self-discipline among its troupe members.



# Upcoming Events of Metta Welfare Association in 2018



**Metta  
Charity Carnival  
18 Mar**



**Metta Charity  
Movie Screening  
May  
& Nov**



**Metta  
Charity Golf  
Jul**



**Lunar 7<sup>th</sup> Month  
Charity Auctions  
11 Aug  
- 9 Sep**



**Metta  
Charity Run  
29 Sep**



**Metta  
Shine Night  
Nov**

## Handmade with Love

4 November 2017

Clients from Metta Home for the Disabled had a blast as they tried their hand at baking butter cookies with staff volunteers from Garlock Singapore Pte Ltd. Each volunteer was paired with a client. Everyone had fun as the volunteers guided the clients in mixing, kneading and rolling the dough before cutting them out with cookie cutters and decorating the butter cookies with rainbow sprinkles and chocolate chips. It was a good hands-on activity as the clients were taught something new while giving the volunteers an opportunity to interact with them. The event ended on a sweet note as everyone got to try their handmade butter cookies.



## A Jolly Excursion to Bollywood Veggies

9 November 2017

Staff volunteers from Direct Life Foundation took a walk down memory lane with 7 clients from Metta Home Nursing with a fruitful day trip to Bollywood Veggies at Neo Tiew Road. In a rustic setting of the vegetable farm, the excursion brought back unforgettable nostalgic kampung memories of their childhood for the elderly clients as they touched and inhaled scents of freshly raked soil and handled the leafy produce. Throughout the farm tour, the clients and volunteers were brought around on a guided tour and educated on the various plant and vegetable species. A hands-on workshop to pot plants such as the screw pine (pandan) leaves, gave a whole new experience to the clients and the volunteers as everyone had fun learning how to affix the plant's roots firmly yet gently into the loose soil. Living that moment was an experience not to be forgotten by our Pioneer Generation clients.



## Jingle Bell Rock & Roll

15 December 2017

Clients at Metta Day Activity Centre for the Intellectually Disabled (IDAC) had a rocking Christmas celebration with Member of Parliament for Ang Mo Kio GRC, Mr Darryl David on 15 December. The event, attended by several Grassroots leaders, student volunteers from Ngee Ann Polytechnic, clients, their caregivers, and committee members saw the clients and volunteers putting together a line-up of song and dance performances for the guests. Mr Darryl David joined the clients on stage as he belted out festive jingles in the spirit of Christmas along with the IDAC clients. The celebration also took the opportunity to honour the caregivers and volunteers on their contribution to Metta IDAC with tokens of appreciation, made by the clients, presented to them. The festivities ended with a sumptuous catered western lunch sponsored by Mr Thomas Teo, brother of Metta IDAC client, Mr Teo Hak Jin.



## It's Beginning to Look a Lot Like Christmas

16 December 2017

Christmas came early for the elderly clients of Metta Day Rehabilitation Centre for the Elderly. Medical staff as well as their volunteer friends made it a Christmas party to remember for the clients. Staff nurse, Azfar, together with a group of young volunteers, showed off their musical flair with a violin performance of Christmas ballads. Lighting up the mood was a group dance joined by staff from Metta Hospice Care and Home Nursing, to the catchy tune of Chinese pop hit, Little Apple (小苹果).

Our resident 'Santa Claus' went around every client to surprise them with a little Christmas gift. The celebration also took the opportunity to celebrate the birthdays of December-born clients with luscious Christmas log cakes sponsored by an anonymous donor. As part of Medical Care's therapy programme, the clients got engaged in Christmas-themed games that build their psychomotor skills that not only piqued their interests, but also work on their dexterity and coordination movements.



## Jingle All the Way

17 December 2017

Christmas festivities continued over at Metta Home for the Disabled & Day Activity Centre. The celebration was led by Metta Home's volunteer, Ms Ann Lee, who brought a group of individual volunteers consisting of working folks from all walks of life with a passion to serve the community. It was a fun-filled morning of exciting games, sing-along sessions and a scrumptious catered buffet lunch for all. Metta Home's clients were delighted as they got up to dance to the upbeat Christmas music together with the volunteers and everyone had a great time in the festive merry making.



## Metta Hospice Remembrance Day 2017

18 December 2017

Once a year, family members of Metta Hospice's late clients gather for a remembrance session at Metta building. Themed Rainbow Connection, it symbolises hope and an enduring bond between the family members and their loved ones who had passed on. The sessions aim to provide the family members an opportunity to remember and honour their loved ones.



Metta Medical Care centre manager, Ms Josephine Kuek, handing out white roses to the participants.

The session commenced with a one-minute of silence for the late clients. White roses were then handed out to the session participants as an embodiment of respect and to pay homage to beginnings and hope for the future. It was a heartfelt moment for the participants where they shared their palliative care experiences as caregivers to their loved ones. After the heart pouring session, participants got engaged in a hands-on art and craft session of personalising cards with dedicated wishes to their late loved ones. The sharing experience concluded with a sing-along to Diana Ross' inspiring hit "If We Hold On Together".

Metta Hospice Care would like to take this opportunity to thank the participants for taking their time off on a Saturday



Mdm Sadiah and her son, Shad, family members of Metta Hospice's ex-client, Feroz.

to join in the session and share about their experience, thoughts and challenges during the trying times beside their loved ones. At Metta Medical Care, we constantly strive to go beyond the mere provision of medical care, to also provide psychosocial support to our clients and their families. The grieving process may be long and difficult, but we will walk the journey with them.

# 迎春納福



*Chinese New Year Collection 2018*

*Place your order today*

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mettacafe@metta.org.sg



facebook.com/cafetmetta/

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



## Share An Ang Pow; Show You Care



"I stopped work to become a full-time caregiver to my mother who has dementia and osteoporosis. Finances are tight on us without my income.

Thankfully, with the support of Metta Welfare Association, my mother is able to receive medical care and our family are able to make ends meet with their assistance."

*Mr Goh Tong Meng,  
son of Mdm Ho Kiew Lang,  
patient of Metta Home Nursing*



Caring for Royce Yeo, a child with special needs and the burden of paying the bills and living expenses is no easy feat for single mom, Mdm Tan. The

family could not afford fresh food from time to time and meat produce was a real treat. With support from Metta School's Grocery Assistance Programme, Mdm Tan and her son, a student of Metta School, are able to enjoy nutritious food.

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 believes that the Lunar New Year

is the start of a new beginning. Start a fruitful year for yourself and them when you show a little act of kindness to the less fortunate. Be blessed when you show your compassion.

This festive season, you can help folks like Mr Goh, Royce and his mother, when you set aside a festive budget by helping them fulfil their basic needs for a warm Lunar New Year.

Get your children involved in the joy of giving this Lunar New Year by encouraging them to donate some of their ang pow (red packet) money to the less privilege and disadvantaged! Their act of charity will make the world a better tomorrow when we inculcate the culture of sharing and giving at a tender age.

When you share, you show them you care.

Visit: <https://www.giving.sg/metta-welfare-association/cny2018> and share your joy with the less privileged.