

SAS NEWS

OB-SAS WITH US



SAS NURSES MAKING WAVES IN THE NEWS



Tamil Murasu (27 Jul 2024): Senior Staff Nurse Thila finds bliss in the small smiles



Berita Harian (1 Aug 2024): Senior Enrolled Nurse Hafizah's mother's encouragement spurred her on to stay a nurse

In the lead up to Nurses' Day 2024, two of our nurses, Senior Staff Nurse (SSN) Thila, and Senior Enrolled Nurse (SEN) Hafizah, were featured on Tamil Murasu news and Berita Harian news respectively.

For the past 11 years SSN Thila has been with SAS, she is known to have a close rapport with residents and ward staff alike. Her friendly disposition makes her approachable - even for residents who face language barriers when speaking with her, she always makes it work.

SSN Thila lives in Johor Bahru and makes the daily commute back and forth to SAS. When asked how she is able to persevere through the lengthy hours, she cites her strong family support and her passion for the people at SAS.

SEN Hafizah has been with SAS ever since she started her career as a nurse 14 years ago. Her passion and care is not only a inspiration to us, she has also inspired her siblings to jumpstart their careers in nursing as well. Both her sisters are currently nurses at other healthcare facilities.

Over the years, SEN Hafizah has fostered such a close bond with our residents that they consider her family. Her presence gives them a sense of security, knowing that they are in good hands.

As of September 2024, she is currently furthering her studies in nursing with SAS' support. Here's all of us wishing you the best with your studies, Hafizah!

SAS FAMILY DAY 2024



Family Day was held on 3 August this year. Through the art exhibition and multiple performances, that were months in the making, our residents were able to showcase their many talents!

Our Drumming group kicked off the event with unique renditions of classics led by our Rehab team. This was then followed by solo singing performances from several of our residents. We also had a group of yoga chair dancers led by our MSS team.



Thank you to all the family members and volunteers for coming down to support our event and cheer our residents on. Also, a big thank you to Mr Alex Yeo, Adviser to Aljunied GRC Grassroots Organisations, for gracing our event.



NURSES' DAY 2024



This year's Nurses' Day was incredibly special with outpouring support from our community.

On top of the internal celebration we held to thank the caregivers at our Home, Crochet with Love also gifted our nursing staff with over 200 handmade pouches. Crochet with Love themselves are a group of caregivers to children with special needs. We also had our continuous supporter, David, bring in muffins for everyone. And Cecelia, who got all our caregivers a useful slingbag that is handy inside the ward.

Your support and understanding means so much to us! Thank you all for making this year's Nurses' Day and unforgettable one.



MID AUTUMN CELEBRATIONS



with SG Pools



in Rehab session



Donation from RCSW



Nagomi Pastel Art class

Mid Autumn is the time of the year that our residents look forward to, especially for the delectable mooncakes and the beautifully crafted lanterns.

Many thanks to Singapore Pools for coming down to celebrate this long awaited occasion with our residents. Rotary Club of Singapore West (RCSW) also brought many mooncakes to share all around the Home.

The pastel Mid-Autumn art pieces were done by our residents under the guidance of our artistic volunteer, Ms Saw Hoon, and her group. Every month, she comes up with new designs for our residents to follow along and our residents are always so proud of the pieces they create. Some of our residents also handmade lanterns during their Rehab activity sessions which are now proudly displayed in the Reminiscence room!

CALLIGRAPHY



A one of a kind totebag made up of residents' writing presented to Mr Heng



Since July, a group of our residents have been attending weekly Chinese Calligraphy sessions conducted right here in our Home. Chinese Calligraphy is an art form rich in history, dating back more than 4000 years of history. A group of our residents showed great interest and were extremely keen to delve into this part of their culture.

This mindful activity helped our residents to practice their attentiveness and motor skills with each stroke and curve of the brush. Their enthusiasm became evident as they each fell into a therapeutic lull filling multiple sheets practicing their handwriting strokes.



After the course of two months of hard work, our residents were each presented a certificate of completion to celebrate their achievement. They also wrote and presented personal couplets to show gratitude to their instructor, Mr Heng.

Studies have shown how engaging in calligraphy has the potential to help stroke patients improve motor impairments and upper limb function. We also hope that this will leave our residents empowered while showing others that hobbies and interest can also serve as a form of rehabilitation.



A big thank you to Mr Heng from the Nanyang Calligraphy for conducting the weekly sessions for our residents. We are deeply honoured and grateful to be able to give our residents such a cultural, intellectual, and artistic opportunity to express themselves.



PRAWNING FOR THE FIRST TIME!



It was the first time prawning for many of our residents! 60 volunteers from HSBC's Digital Business team brought 28 of our residents to ORTO at West Coast for a round of prawning.

The look of accomplishment on their faces and resounding cheer with each prawn caught really made the whole experience so memorable. Our volunteers even helped with the cooking of the prawns which was eventually made into a delicious soup for our residents to partake in. To further entertain the residents, our volunteers also conducted rounds of fun games and karaoke during their meal.

On this day, many hearts were warmed and fond memories made. Our residents were talking about it all the way back to SAS. Thank you once again to our generous volunteers from HSBC and to ORTO for hosting nearly a 100 of us. We hope that we can bring more residents for a visit again!



TALK FOR FUND 2024 SERIES

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FOUNDER, INSIGHTS ASSOCIATES
CO-FOUNDER, BRIDGING HEARTS PTE LTD

PROF. PETER LIM
MEDICAL DIRECTOR OF ANDROLOGY,
UROLOGY & CONTINENCE CENTRE
AT GLENEAGLES HOSPITAL

MR BERNARD LIM
CHIEF EXECUTIVE OFFICER
WEALTH HUB PTE LTD

Starting in July, we have been conducting online talks to raise funds for our residents in need. Spanning topics such as medical advice regarding health, career, and retirement guidance.

We are ever grateful to our volunteer experts for conducting these talks on their field of expertise. Sign up for our upcoming talks this year, and if you missed any of the previous talks, you can still find a recording of them on our YouTube page.



PHOTO BANK OF OUR JULY- SEPTEMBER HIGHLIGHTS



Family Day 2024



PCF group engaging with residents and helping to mend clothes



Keppel Club's Charity Golf tournament in September 2024



National Day celebrations with Aljunied GRC and multiple groups, as well as stunning performances by Wind Ensemble



For more photos and updates, head on to our social media pages @SASnursinghome

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