

You can make a difference!

If you are above **age 21** and would like to **reach out to the elderly**, come and join our team of **volunteers**. You are likely to be involved in the following areas:

- Visiting or making friend with the elders
- Assisting to conduct activities
- Providing administrative/logistic support

Just drop us an email or call us. We will arrange to meet you and discuss with you the details. Training will be provided.

I am only one, but still I AM ONE.
I cannot do everything, but still I CAN DO SOMETHING.
And because I cannot do everything, I will not refuse TO DO SOMETHING THAT I CAN DO.

~ Helen Keller

You may also wish to support our service by making a donation to us. Donation can be made in cash, by cheque or online. All donations are tax-deductible. Please include your full name, NRIC No., address & contact number with your donation.

Your cheque should be crossed and made payable to **Society of Sheng Hong Welfare Svcs**

For online donation, please visit www.sggives.org/sshws

You are welcome to visit us at:

Chinatown Point (shopping mall)

133 New Bridge Road, 4th floor, Unit #04-08

(Take escalator up to level 4, or take lift to level 3, walk towards Chinatown library)



Nearest MRT station: Chinatown, Exit E

By bus: No. 2, 12, 33, 54, 143, 147, 190

You may also contact us at:

Tel : 65389877

Fax : 65389878

Email: lifepoint@shenghong.org.sg

Website: www.shenghong.org.sg

生命同行坊
Life Point



Forward Planning for the Peace of Mind

A project by:



城隍慈善基金会

SOCIETY OF SHENG HONG WELFARE SERVICES

Life is a journey.

We lead different paths but we all end our journey in the same destination.

We cannot decide how our lives begin, but we can make plans how we live our lives, including our twilight years.

We celebrate birth & marriage, invest in education and build our careers. How much do we plan for the day when we reach our final destination?

What kind of legacy would you wish to leave behind?

How would you want to be remembered by your loved ones?

We believe that life is precious and we should live it to the fullest. We believe in the dignity of life as much as we believe in preserving human dignity in death.

At Life Point, we advocate early planning for end-stage-of-life matters. We wish to empower seniors with information and support so that they can plan and give clear directives in matters related to their last stage of life.

With proper planning, we wish to ease the mind of seniors that their last wish will be respected, hence, they can continue to enjoy their twilight years. It is in embracing a good death that we celebrate our lives.

Life Point wishes to create change in our attitude towards death. Instead of avoiding the issue and treating it as taboo, we wish to encourage open discussion on end-of-life matters.

Life Point provides the following services:

- **Outreaching** to seniors, especially those who are lonely or isolated;
- **Information & referral** services to assist seniors to access relevant community resources
- **Educational talks** to inform seniors on topics related to end-of-life matters
- **Life review workshops** to appreciate life
- Project to celebrate seniors' legacy of wisdom
- **Building friendship** & support among seniors through chit-chat sessions, interest groups and excursions
- **Volunteer training** & development amongst seniors as well as for seniors
- **Bereavement counseling**
- **Newsletter** & updates publication
- **Funeral** arrangement
- Application for **Lasting Power of Attorney (LPA)**

I alone cannot change the world, but I can cast a stone across the waters to create many ripples.

~ Mother Teresa

Life Point Membership is now open for registration!

If you are age 55 and above, a Singapore citizen or a Permanent Resident, you may apply for membership.

As a member, you will have the benefits of joining many of activities free-of-charge or at low cost. You will also receive our newsletter for regular updates of information & activities.

Entrance Fee (one-off): \$10

*Annual Fee: \$10 (*terms & conditions apply)

For registration, please bring along your NRIC and visit us at Life Point office at Chinatown Point.

