

SUPPORT LIFE POINT. DONATE TO A CAUSE.

支持生命同行坊 捐助慈善事业

In this edition of our newsletter, Life Point reviews what we have done in the past year, with feedback gathered from our clients and partners on our services.

We would also like to ask for your support for our services. Every little bit counts! We thank you in advance for your generosity and trust.

这一期会刊我们和您一起回顾过去一年生命同行坊为社区提供的服务。我们也与您分享受益者以及工作伙伴们的回馈。

我们在此呼吁各位慷慨解囊，共襄善举。无论数目多少，我们都感谢您的一番心意。



EMPOWER PUBLIC TO MAKE LIFE DECISIONS

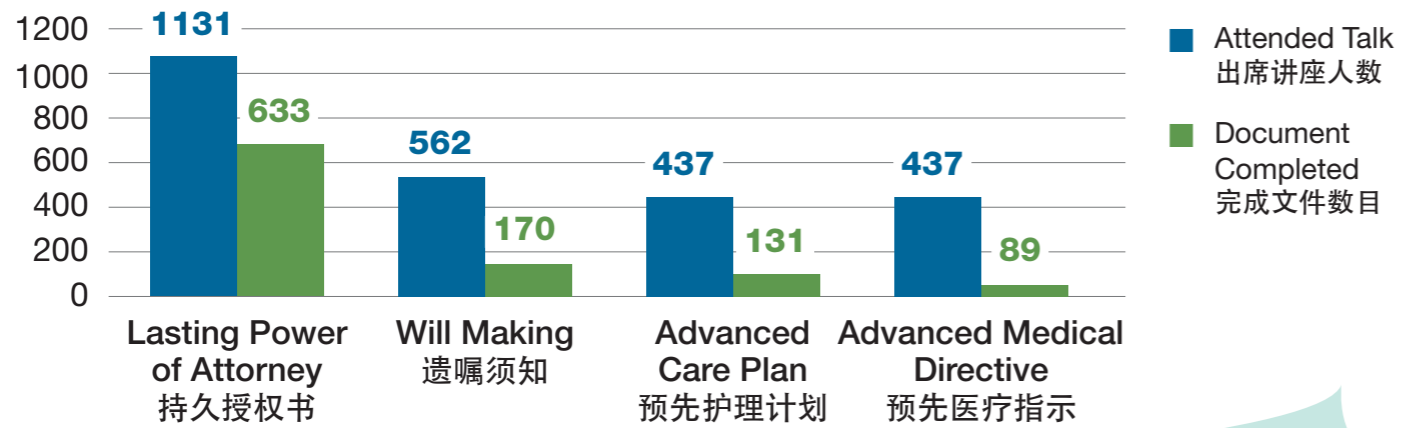
提早准备 安枕无忧



OUR ACHIEVEMENTS: APRIL 2019 - MARCH 2020

我们的工作成果 - 2019年4月至2020年3月

End-of-Life (EOL) Topics and Total Outreach 公众教育讲座参加人数



Other EOL Talks 其他公众教育讲座

Other EOL Talks (其他公众教育讲座)	Outreach (参加人数)
Entering the 4 th Age Talk (迈向圆满人生讲座)	46
Grief and Bereavement (面对哀伤与丧亲)	11
HOTA & Body Donation (人体器官移植法令&大体捐赠)	23
Pre-Plan Funeral (事先规划丧礼)	54

NEW Deputyship Application '代理人申请' 新服务

08 Talks Conducted (讲座次数)	68 Participants Engaged (参加人数)
08 Cases Followed Up (处理个案)	03 Professional Donees Engaged (专业代理人)

DID YOU KNOW? 您知道吗?

Professional Donees and Deputies help those with no suitable person to act as their proxy decision maker, looking after their personal welfare and property and financial affairs when they become incapacitated.

“专业被授权人”和“专业代理人”可以协助那些找不到适当人选为他做决定的人士，在他们失去心智能力的时候，为他处理个人福利和财产的事务。

Wonderful Life Programme 圆满人生学习小组

Life Review & Towards a Good Death Workshops
'生命回顾'学习小组与'规划善终'学习小组



Collaboration with North East CDC
与东北社区理事会合作

Seniors residing in the North-East district

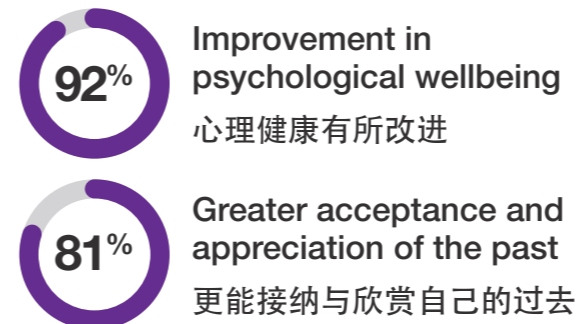
Including those served by Senior Activity Centres, Resident Committees, Community Centres, CDAC and Lion Befrienders

为居住在东北部一带的长者们呈献

参与单位包括乐龄活动中心，居委会，华社自助理事会以及狮子乐龄之友协会

Life Review Workshop 生命回顾学习小组

12 Runs 次 | 101 seniors 参加者



Adding Life To Years 为生命添上姿彩

Members' Activities by Numbers
会员活动统计数字

521 Membership (会员人数)	207 Active Members (活跃会员)
41 Organised Events (活动次数)	1029 Total Attendees (参与人数)
37 Active Volunteer (活跃义工)	1074.5 Volunteering Hours (义工时数)

Towards a Good Death Workshop 规划善终学习小组

15 Runs 次 | 128 seniors 参加者



Thanks for organising the sharing of deputyship application. It is definitely informative and fruitful. My team got better clarity and learned a lot. We will share and look out for potential clients and their caregivers who will need the service by Life Point.

感谢你们这次安排讲解代理人申请的事宜。这的确是讯息丰富而富有成果的分享，让我们了解得更清晰，并学到了不少东西。我们会留意并分享资讯给有需要的人士及其照护者，介绍他们使用生命同行坊的服务。

Danny Loke 陆华

Manager, Fei Yue@Limbang Green
飞跃乐龄活动中心经理

My father is seriously ill and not very mobile. It was great that staff from Life Point and the lawyer was able to visit our home to complete the LPA for him. This is very helpful to us and gives my father a peace of mind without having to exhaust his limited energy.

我的父亲身有重病，也不利于行。生命同行坊的职员以及他们找来的律师探访我们家，协助他完成持久授权书，真是太好了。这对我们非常有帮助，也让我的父亲安心，不必耗尽他有限的精力。

Kai Kit

I participated in the LPA, ACP and Will Making talks as well as courses organised by Life Point. I followed up to sign the important documents through Life Point's one-stop services. After making all the necessary arrangements while I am still healthy and with sound mind, I have better understanding on life and death and saved troubles for my children. I live more happily and freely now! Thank you Life Point for your services to the public.

我在生命同行坊参加持久授权书、预先护理计划和遗嘱讲座还有其他乐龄课程，后续还提供签署文件等各项服务。自从完成了人生毕业典礼的安排后，理解了死亡是人生最后的归宿，生死观在健康理智时想清楚，也不会给子女添麻烦了！生活的方式和态度豁然开朗，活得舒坦又潇洒！感谢生命同行坊造福大众！

Madam Lee Li Fang
李丽芳女士

They were able to facilitate the "Wonderful Life Workshop" very well and encouraged the seniors to share about their past. I had a good reflection about my past, gained acceptance on what I have gone through and started to prepare myself for the future.

他们把圆满人生学习小组带领得很好，并且鼓励乐龄人士分享他们的过去。我对自己的过去有了很好的反思，接受我所拥有的，并为未来做好准备。

Julie Ng

Member, Jia Ying Senior
Activity Centre
佳音乐龄活动中心会员

Here's how you can help to make a difference by donating to Life Point

支持生命同行坊，欢迎您作出捐款，使其服务持续发展



By Cheque 支票*

- Payable to: "SOCIETY OF SHENG HONG WELFARE SVCS"
- 抬头请写 "SOCIETY OF SHENG HONG WELFARE SVCS"

Internet Banking, DBS/POSB ATM machine*

网上银行、星展银行(DBS)/邮政储蓄银行(POSB)自动提款机*

Payee Name 收款人	SOCIETY OF SHENG HONG WELFARE SVCS
Payee Bank Name 收款银行	DBS Bank Ltd
Bank Account Number 账户号码	0239035680 (current account 支票账户)
Bank Code 银行编号	7171

PayNow* :

- Please take screen shot of the "transfer successful" page/bank slip, then whatsapp to 84634619 or email to lifepoint@shenghong.org.sg
- 请把“转账成功”画面或银行单的截图 whatsapp 至 84634619 或电邮至 lifepoint@shenghong.org.sg.



* Please indicate donor name, contact number at the reverse side of the cheque, reference field or bank slip. Please also indicate your NRIC no if you need tax deduction.

\$10	Sponsor the transportation costs of a needy senior to participate in Life Point activities/outing for better social connection 资助一位乐龄人士出外参加活动的交通费，增进他的社交圈子
\$20	Sponsor a needy senior to join our workshop to learn about how to live well and leave well 资助一位乐龄人士参加学习小组，学习如何活得好，走得好
\$50	Sponsor a home visit to a needy immobile senior on preparation of important End-of-Life documents such as Lasting Power of Attorney 资助一次家访，协助不良于行的乐龄人士准备他们的善终文件，例如持久授权书
\$200	Sponsor an educational talk at an elder care agency, to empower seniors in the community to understand and make important decisions on end-of-life preparation 资助在乐龄中心举办一场教育讲座，让社区的乐龄人士了解为善终提早准备的重要性
\$1000	Sponsor a dignified last rite (funeral) for a needy senior for his/her peace of mind 为一位有需要的乐龄人士安排一场有尊严的告别式，让他安心好走

By Cash 现金

- Come to Life Point office and make donation
- 前往生命同行坊办公室捐款

在支票背面、备注栏或银行单上，请注明捐款者的英文姓名和联络电话。如需获得减税，请注明您的身份证号码 (NRIC)。

Thank you!
谢谢您!



This list is inclusive but not exhaustive, we would like to express our heartfelt gratitude for your generosity

尚有善长仁翁热心捐款未克一一尽录，感谢各位鼎力支持

Name	Total
The late Tan Cheng Giap	246.05
Anonymous	200.00
Chan Ah Luan	200.00
Chan Kok Hong	200.00
Anne Lim/Ow Chun Yip	100.00
Tan Soon Tee	80.00
Chan Ye Pan	50.00
Tang Cher Soon	50.00
Tun Hun Nam	50.00
Ng Bock Hock	40.00
Lim Loo Eng	36.00
Tan Siew Kiow	36.00
Mak Yee Sun	20.00
	per month



Pre-registration is required for all activities / 所有活动需要预先报名
Please call 6538 9877 for registration / 请致电 6538 9877 报名

Activities for Members 会员活动

读书分享会

10月23日 / 11月27日 / 12月18日 (星期五)

继续由杨添瑞先生分享《下南洋》

12月开始，杨先生将分享《逆境的祝福》

时间：下午2点30分至4点30分

语言：华语

- ✓ 我们不渲染色情、暴力
- ✓ 我们不宣扬贬低政治、宗教、种族
- ✓ 我们不推销产品
- ✓ 我们不散播假消息
- ✓ 我们不作人身攻击。。。



FREE FUNERAL ARRANGEMENT FOR THE NEEDY 施棺服务

We assist people with financial difficulties to have the free funeral arrangement, e.g. simple farewell with dignity.

We also accept donations from the public to support this service and help others. You are welcome to call Life Point for more details.

我们为经济有困难人士提供施棺服务，简单及尊严的告别，协助他们面对这哀伤的时刻。

我们也欢迎公众捐款支持这项服务，协助他人度过难关。欢迎致电生命同行坊获取详情。

OVER THE RAINBOW - GRIEF & BEREAVEMENT COUNSELLING SERVICE

彩虹再现 - 哀伤辅导服务

If you know someone who recently lost their loved ones and require bereavement support and counselling service, please call Life Point at 6538 0884 for information and appointment.

生命同行坊为有需要人士提供丧亲辅导服务，陪伴丧亲者走过艰难时刻。请致电生命同行坊 6538 0884 获知更多资讯及预约。

"HOW TO PRE-PLAN FUNERAL AND COPE WITH GRIEF?" TALK

善别讲座：微笑道别，生死两相安

Date: 29 Oct Thurs

Time: 10:30am - 12:30pm

Language: English

Mode: Zoom Meeting

Free of charge

Please call 6538 9877 or get to our website to register

事先规划丧礼有窍门吗？丧亲如何让哀不再伤？

日期：11月30日（星期一）

时间：上午10点半至下午12点半

语言：华语

形式：Zoom 网上讲座

免费

请致电 6538 9877 或登上我们的网站报名

Activities Open to Public 大众活动

迈向圆满人生 Zoom 网上讲座系列

旅游不能没有地图，人生不能没有方向
诚邀公众通过此讲座全面了解
生命同行坊的服务宗旨如何让您获益

第一讲 11月24日 (星期二) 无憾人生/规划晚晴

学习如何为善终做准备，无后顾之忧，让自己有个圆满的人生

第二讲 11月25日 (星期三) 乐龄资源

提供您社会福利与医疗服务的资讯，以便知道有需要时，向谁寻求援助

上午 10 点半至中午 12 点
免费提供给 50 岁以上的人士参加

请致电 6538 9877 或登上我们的网站报名



One Stop Services for General Public 一站式服务

You can visit our website and Facebook page for the latest updates.

各位可以浏览生命同行坊的网站和面簿专页，查阅最新活动详情



www.shenghong.org.sg/life-point



https://www.facebook.com/lifepointshenghong/

Public Talk 公开讲座	Talk Fee 讲座费用	Assistance and Services 协助与服务	Service Fee 服务费用
<p>Time 时间: 10:30am</p> <p>Advance Care Planning (ACP) & Advance Medical Directive (AMD) (English)</p> <p>26/10/2020 (Mon), 26/11/2020 (Thurs), 29/12/2020 (Tue)</p> <p>You can log in our Facebook page to watch the pre-recorded video of the talk anytime.</p> <p>预先护理计划 (ACP) & 预先医疗指示 (AMD) (华语)</p> <p>17/10/2020 (星期六), 13/11/2020 (星期五), 09/12/2020 (星期三)</p> <p>你也可以登入生命同行坊的面簿专页，随时收看事先录制的讲座视频。</p>	<p>Member \$3 Non-member \$5</p> <p>会员 \$3 非会员 \$5</p>	<p>ACP signing by appointment with Life Point Staff at 65389877</p> <p>Only for participants who attended ACP talk</p> <p>请致电65389877与生命同行坊职员预约面谈。</p> <p>只限曾出席 ACP 讲座的人士</p>	<p>Free ACP Facilitation</p> <p>免费起草和签署预先护理计划</p>
<p>Time 时间: 10:30am</p> <p>Lasting Power of Attorney (LPA) (English)</p> <p>Chinatown Point: 06/10/2020 (Tue), 07/10/2020 (Wed), 06/11/2020 (Fri), 07/11/2020 (Sat), 01/12/2020 (Tue), 02/12/2020 (Wed)</p> <p>Zoom Meeting: 05/10/2020 (Mon), 05/11/2020 (Thurs), 04/12/2020 (Fri)</p> <p>持久授权书 (华语)</p> <p>牛车水唐城坊: 09/10/2020 (星期五), 10/10/2020 (星期六), 03/11/2020 (星期二), 04/11/2020 (星期三), 15/12/2020 (星期二), 17/12/2020 (星期四)</p> <p>Zoom 网上讲座: 08/10/2020 (星期四), 02/11/2020 (星期一), 14/12/2020 (星期一)</p>	<p>Chinatown Point: Member \$3 *Senior \$5 Non-Senior \$10</p> <p>Zoom meeting: Free of charge</p> <p>牛车水唐城坊: 会员 \$3 *乐龄 \$5 非乐龄 \$10</p> <p>Zoom 网上讲座: 免费</p>	<p>Service includes Form checking and Lawyer Signing of LPA</p> <p>Only for participants who attended LPA talk at Life Point</p> <p>服务包括检查表格以及安排律师签署持久授权书</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p>Legal Fee: *Senior \$50, Non-Senior \$100</p> <p>Admin Fee: Member \$5, *Senior \$15, Non-Senior \$30</p> <p>Application Fee: For Singaporean, waived till 31 Mar 2021</p> <p>律师费: *乐龄 \$50, 非乐龄 \$100</p> <p>行政费: 会员 \$5, *乐龄 \$15, 非乐龄 \$30</p> <p>申请费: 新加坡公民豁免至 2021年3月31日</p>
<p>Time 时间: 10:30am</p> <p>Introduction of Will Making (English)</p> <p>Chinatown Point: 13/10/2020 (Tue), 14/10/2020 (Wed), 17/11/2020 (Tue), 18/11/2020 (Wed), 05/12/2020 (Sat), 08/12/2020 (Tue)</p> <p>Zoom meeting: 12/10/2020 (Mon), 16/11/2020 (Mon), 07/12/2020 (Mon)</p> <p>遗嘱须知 (华语)</p> <p>牛车水唐城坊: 02/10/2020 (星期五), 03/10/2020 (星期六), 10/11/2020 (星期二), 11/11/2020 (星期三), 22/12/2020 (星期二), 23/12/2020 (星期三)</p> <p>Zoom 网上讲座: 01/10/2020 (星期四), 09/11/2020 (星期一), 21/12/2020 (星期一)</p>	<p>Chinatown Point: Member \$3 *Senior \$5 Non-Senior \$10</p> <p>Zoom meeting: Free of charge</p> <p>牛车水唐城坊: 会员 \$3 *乐龄 \$5 非乐龄 \$10</p> <p>Zoom 网上讲座: 免费</p>	<p>Will making by appointment</p> <p>Only for participants who attended Will Making talk at Life Point</p> <p>订立遗嘱需要事先预约</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p>Legal Fee: \$200 (for simple will)</p> <p>Admin Fee: Member \$5, Non-member \$10</p> <p>律师费: \$200 (简单遗嘱)</p> <p>行政费: 会员 \$5, 非会员 \$10</p>
<p>Time 时间: 10:30am</p> <p>Deputyship Application (English)</p> <p>Zoom meeting: 20/10/2020 (Tue), 16/12/2020 (Wed)</p> <p>代理人申请 (华语)</p> <p>Zoom 网上讲座: 23/11/2020 (星期一)</p>	<p>Free of charge</p> <p>免费</p>	<p>For family members or next-of-kin of those who have lost mental capacity</p> <p>我们协助丧失心智能力人士的家人和亲属</p>	<p>Service fees depend on the complexity of the case</p> <p>服务费用将根据个案的复杂程度而定</p>

*Senior: 50 years old and above 乐龄: 50岁及以上

For enquiry, please call 6538 9877 询问电话: 6538 9877

Address 地址: Life Point 生命同行坊
133 New Bridge Road
Chinatown Point #04-08
Singapore 059413

新加坡新桥路133号唐城坊
4楼8号 邮编 059413

Telephone 电话: 6538 9877

Facsimile 传真: 6538 9878

Email 电邮: lifepoint@shenghong.org.sg

Website 网址: www.shenghong.org.sg/life-point

Facebook Page 面簿专页: Life Point by Sheng Hong

Opening Hours 开放时间: Mon-Fri 星期一至星期五:
9.00am – 1.00pm / 2.00pm – 6.00pm
Sat 星期六:
9.00am – 1.00pm

Closed on Sunday & Public Holiday
星期日与公共假期休息

