

新年快乐



HAPPY CHINESE
NEW YEAR

2021

Year of OX



NEW NORMAL

新常态



2 020 was indeed a very special year. In this year, we wore masks and went through the circuit-breaker period together. We learned how to maintain social distance, work from home, and participate activities online, etc. The world has since entered a "new normal". Everyone is working hard to face and adapt to this "new normal".

Life Point is no exception of it. In the past year, we have made many changes to deal with this "new normal".

In this edition, let us review how we adapt to the "new normal" and look forward to the "new future".

刚 过去的2020年的确是非常特殊的一年。在这一年里，大家戴着口罩，共同经历了阻断措施，也学会了如何保持社交距离、在家工作，以及参加线上活动等等。这个世界从此进入了“新常态”，大家都在努力去面对和适应这个新常态。

生命同行坊也不例外，过去一年我们作出了不少改变来应对这个新常态。

这一期就让跟大家回顾我们如何适应新常态，展望新未来。



1 Life Point Social Media Platforms 灵活运用社交媒体平台

As Singapore went into Circuit Breaker, we were unable to do our outreaching and publicity the way we used to - printing flyers to put at our door, entertaining walk-in and telephone enquiries, etc. In order to continue our outreaching work, we took to online communication applications and platforms such as Facebook, WhatsApp and Telegram.

We made use of these applications and platforms to stay connected with the community by disseminating our own public talk schedule, other activities that we might be hosting and also to share information on other Social Service Agencies which might be hosting important and relevant webinars and activities during this period of uncertainty.

Despite the gradual lifting of restrictions, Life Point will continue to use these online communication applications and platforms to disseminate information. **Do follow us on our Facebook, join our WhatsApp group or subscribe to our Telegram Channel to stay connected with us!**

2 New normal for public talks 公众讲座新常态

Hosting educational talks for the purpose of imparting important information on end-of-life planning to the public, especially the seniors is one of Life Point's core services. Because of the Covid-19 pandemic, we had to make the shift from presenting face-to-face to presenting via online platforms. This new normal has helped to accelerate the adoption of technology by seniors. It has also allowed us to reach out to a different group of individuals who previously could not find the time to make a physical trip down to our office to attend our educational talks. With restrictions slowly lifting, we are now able to provide both face-to-face and online talks.

举办公众讲座，向社会大众，尤其是乐龄人士传递关于临终规划的信息，一向是生命同行坊的重点服务之一。由于新冠病毒疫情，我们需要从面

随着新加坡实施阻断措施，我们无法像以前那样透过印刷传单，接受现场和电话查询等方式宣传我们的服务。为了可以继续开展服务，我们运用了不少线上应用程序和平台，包括面簿(Facebook)、WhatsApp和Telegram等。

我们利用这些应用程序和平台发布消息，保持与社区的联系，例如发布讲座时间表以及我们主办的活动讯息。我们还藉此分享了其他社会服务机构的的活动，而他们在此期间也主办了不少线上讲座和活动。

尽管阻断措施逐步取消，生命同行坊仍将继续使用这些线上应用程序和平台发布消息。

请到我们的面簿专页关注我们，加入WhatsApp群组或者订阅我们的Telegram频道，与我们联系！



3 Online Zoom mode workshop 线上学习小组



The impact of Circuit Breaker measurements creates an urgent need for us to expedite digitalisation process. We need to think of how to integrate our service delivery using virtual platform in order to continue serve the seniors during the pandemic situation. We spent time explored and learned new virtual tools, created and tested e-workshops materials. We also passed on our digital knowledge to our participants. The online workshop has extended our target group from seniors at Senior Activity Centre to seniors who are more IT savvy.

阻断措施所带来的影响，迫使我们加快数码化的进程。我们需要思考如何把我们的服务与线上平台结合，以便在疫情期间继续为乐龄人士服务。我们需要花时间去探索和学习运用新的线上工具，并且预备和试用会在线上学习小组里使用的材料。我们也藉此把数码知识传授给学习小组的参加者。

线上学习小组也使我们的服务对象从平时在乐龄活动中心活动的乐龄人士扩展到另一批更懂得运用科技的乐龄人士。

In the past, sitting in circle and playing game together, Now, appear row by row in zoom and cheer each other over internet.



以前是围着坐玩游戏，现在是网上“排排坐”互相打气

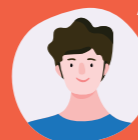


Audrey Chong

“Face-to-face can see the real people and body language, and of course the communication is more in-depth, while online sharing may let participants to have more courage to share with the newly met participants. Online activities can also save commuting time and make it more convenient.”

面对面沟通可以看到真人和肢体语言，沟通当然更深入，不过线上分享也许可以让初相识的人更勇于分享。网上活动也可以让人节省交通的时间，参加更方便。”

对面的讲座转向透过各种线上平台举办讲座。这一新常态一来促使乐龄人士更快去学习使用科技，也让我们能够接触更多受众，尤其是那些平常找不到时间亲自前来我们的办公室参加讲座的人士，而随着阻断措施的逐步解除，我们现在已经可以提供面对面以及线上两种方式的讲座。



Asher

“As the speaker, I pick up new skills and become multi-tasking for the online talks, such as create zoom link and QR code, doing presentation and answer questions through zoom chat function at the same time, etc.”

作为讲员，举行线上讲座使我学习了新技能，也要同时进行多项任务，例如建立讲座链接和二维码，讲解的同时回答聊天室里的的问题等等。”



4 Introduction of Deputyship Application 推出“代理人申请”新服务

This year, Life Point started a new service namely Assisted Deputyship Application Programme (ADAP). We provide information and assistance to caregivers who wish to apply as a deputy. When a loved one is born with mental impairment, or there is no Lasting Power of Attorney (LPA) in place before a loved one loses his/her mental capacity, caregivers will have to apply to become a deputy of the loved one, in order to better manage their affairs and to plan for the future.

We help walk-ins and caregivers referred by Social Service Offices, hospitals, nursing homes, Family Service Centres, Agency for Integrated Care (AIC) and Special Needs Trust Company (SNTC) to guide them in navigating the complex deputyship application process. We also go to special needs schools to help parents apply for deputyship for their special needs children before they turn 21. If you know of someone who can benefit from this new service, contact us!

在这一年，生活同行坊也开展了一项新服务，叫做“协助申请代理人计划”(ADAP)。我们为希望申请成为代理人的亲属提供资讯和协助。当你心爱的人天生缺乏心智能力，或者他在丧失心智能力之前并没有做持久授权书(LPA)时，亲属就必须申请成为他的代理人，更好地管理他的各项事务，为他计划未来。

我们除了协助直接前来查询的人士以外，也接受来自社会服务中心(SSO)、医院、疗养院、家庭服务中心、护联中心(AIC)和特需信托机构(SNTC)的转介，指导他们进行复杂的代理人申请程序。我们还会去特需学校，帮助家长为他们21岁以下的特需孩子申请成为代理人。如果您知道有谁可以从这项新服务里受益，欢迎他们与我们联系！



We go to some special needs schools and social service agencies to help the parents apply for deputyship.

我们会去一些特需学校和社会服务机构协助家长进行代理人申请。

5 Online Members' Activities and Lower Threshold for Membership 线上会员活动以及降低入会门槛

During the new normal, Life Point has held some new activities for our members, including 'Games for the Brain' via Zoom, Workshops on how to use Zoom, etc.

Life Point has lowered the eligible age for membership application from 55 to 50 in the hope to encourage more seniors to join as member to enjoy the benefits of Forward Planning for the peace of mind.

在这个新常态期间，生命同行坊也为会员们举办了不少新活动，包括线上脑力游戏、学习运用Zoom工作坊等等。

生命同行坊也将会员的入会年龄从55岁调低到50岁，以鼓励更多长者加入成为会员，享受事先规划的好处，安枕无忧！



Madam Lee

"In the beginning, it is challenging to participate in online activities. However, with the frequent usage of the software, I am now more comfortable. It is also more convenient as commuting is not necessary."

开始的时候，参加线上活动对我来说是具有挑战性的，可是随着频繁使用相关软件，我现在觉得更加自在，而且不需要搭车，因此也更方便。”



Promoting life and death education is always a challenge to Life Point team before and after COVID-19 outbreak. Although striving to provide similar standards of service via online mode is a great challenge, we continue to adapt the new normal as we serve and get buy-in from the public.

无论疫情前后，推广生死教育对于生命同行坊团队而言一直充满考验。尽管透过线上模式提供相等标准的服务对我们是一项巨大的挑战，我们仍然获得了不少来自大众的支持，我们将继续努力适应新常态，为大众提供服务。

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

1月22日 / 2月26日 / 3月26日 (星期五)
由杨添瑞先生分享《新加坡封城日记》

时间：下午2点30分至4点30分 语言：华语



For members having birthday in January-March, Life Point wish you a very Happy Birthday!

1月至3月生日的会员们，生命同行坊祝你们生日快乐！

Join us as a member! 加入成为会员！



If you are 50 years old and above, Singapore citizen or permanent resident, you can apply to be our member!

You will have the benefit of joining many activities free-of-charge or at low cost. You will also receive our newsletter and updates of activities.

Please bring along your NRIC and visit us to join!

如果您年满50岁或以上，是新加坡公民或永久居民，您就可以成为我们的会员！

您将享有免费或以优惠价格参加各种活动的福利。您也会定期收到会讯及活动讯息。

请携带身份证，前往生命同行坊报名入会！

Entrance Fee (one-off) 入会费 (一次性) : \$10
Annual Fee 年费: \$10

Activities Open to Public 大众活动

Entering the 4th Age Zoom Talk Series

18 Jan 2021 (Mon)

Part 1: Life Without Regrets
Forward Planning for Peace of Mind

Nurture relationships with your loved ones with effective communication skills and learn to plan for a good departure.

19 Jan 2021 (Tue)

Part 2: Resource Kits for Silver Generation

Understand landscape of social and healthcare services for seniors in Singapore to do forward planning for later stage of life.

2:30pm - 4:00pm

Free for those over 50 years old to join

Please call 65389877 or register via <https://forms.gle/P7XPHy7DbDA3cSbQ6>



Recruitment of Care Ambassador 公开招募关怀大使

- Offer a listening ear
- Understand and monitor the Senior's needs, challenges and progress
- Able to commit to monthly or fortnightly phone calling service for at least 6 months (at Life Point for 2 hours on weekday afternoon)

Register your interest via 8896 1527 Ms Tan or 8178 7460 Ms Lok. Shortlisted candidates will be invited for an interview.

- 具有同理心去细心聆听
- 愿意理解和关注乐龄人士的需要和挑战
- 愿意每个月或每两个星期的周日下午，抽出两小时前来生命同行坊，通过配对打电话给乐龄人士，为期至少六个月

有意者请致电 8896 1527 (陈小姐) 或 8178 7460 (骆小姐), 如果条件适合将安排面试

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

\$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



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 8463 4619 or email to 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.

* 请把“转账成功”画面或银行单的截图 whatsapp 至 8463 4619 或电邮至 lifepoint@shenghong.org.sg。

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
Lim Hock Heng	1000.00
Lee Shyr Shyr	800.00
Yap Ha Moi	500.00
Yap Soi Moy	500.00
Chan Kok Hong	200.00
Goh Siew Kim	200.00
Kong Kwei Tee	200.00
Lee Li Fang	200.00
Kho Siw Gan	150.00
Tan Chee Hwee (Chen Zhiu Hui)	140.00
Tan Lee Cher	100.00
Thia Lai Chun	100.00
Yeo Yoke Keow	100.00
Ang Serene	50.00
Chan Ye Pan	50.00
Foo Lee Fung	50.00
Kong Lai Tong	50.00
Leong Choy Lean	50.00
Phua Lai Ein	50.00
Yong Lily	50.00
Chan Kuan Cheng	20.00
Chong King Wah	20.00
Loh Kim Hong	20.00
Tan Hung Noi	20.00
Teh Tau Choo	20.00
Mak Yee Sun	20.00 per month
Lee Own Nam	10.00
Michele Wah May Leng	10.00
Tan Hoi Wan	10.00
Tan Kuan Cheng	10.00

Mr Tan Cheng Giap (deceased in June 2020) donated his asset to Life Point, to enable more seniors to benefit from Life Point's services.

陈政业先生于2020年6月去世后，捐献遗产予生命同行坊，让更多乐龄人士从生命同行坊的活动中受惠。

FREE FUNERAL ARRANGEMENT FOR THE NEEDY 施棺服务

We assist people with financial difficulties and without next-of-kin 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.

我们为经济有困难及没有亲人的人士提供施棺服务，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。

BEREAVEMENT SUPPORT 丧亲辅导服务

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: 20 Jan Wed

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: 3月29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

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 (Pre-registration required) 公开讲座 (需要预先报名)	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>15/01/2021 (Fri), 17/02/2021 (Wed), 05/03/2021 (Fri)</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>08/01/2021 (星期五), 16/02/2021 (星期二), 04/03/2021 (星期四)</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 6538 9877</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: 26/01/2021 (Tue), 27/01/2021 (Wed), 23/02/2021 (Tue), 24/02/2021 (Wed), 13/03/2021 (Sat) (11:30am), 23/03/2021 (Tue)</p> <p>Zoom Meeting: 25/01/2021 (Mon), 22/02/2021 (Mon), 22/03/2021 (Mon)</p> <p>持久授权书 (华语)</p> <p>牛车水唐城坊: 12/01/2021 (星期二), 13/01/2021 (星期三), 09/02/2021 (星期二), 10/02/2021 (星期三), 09/03/2021 (星期二), 13/03/2021 (星期六) (9:30am)</p> <p>Zoom 网上讲座: 11/01/2021 (星期一), 03/02/2021 (星期三), 08/03/2021 (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: 06/01/2021 (Wed), 09/01/2021 (Sat) (9:30am), 02/02/2021 (Tue), 03/02/2021 (Wed), 02/03/2021 (Tue), 03/03/2021 (Wed)</p> <p>Zoom Meeting: 05/01/2021 (Tue), 01/02/2021 (Mon), 01/03/2021 (Mon)</p> <p>遗嘱须知 (华语)</p> <p>牛车水唐城坊: 09/01/2021 (星期六) (11:30am), 19/01/2021 (星期二), 05/02/2021 (星期五), 08/02/2021 (星期一), 16/03/2021 (星期二), 17/03/2021 (星期三)</p> <p>Zoom 网上讲座: 18/01/2021 (星期一), 09/02/2021 (星期二), 15/03/2021 (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: 18/02/2021 (Thurs)</p> <p>代理人申请 (华语)</p> <p>请直接致电查询详情</p>	<p>Free of charge</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

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Opening Hours 开放时间: Mon-Fri 星期一至星期五:
9.00am – 1.00pm / 2.00pm – 6.00pm
2nd & 4th Sat of each month
每月第二和第四个星期六:
9.00am – 1.00pm

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

