

Seniors Get Smarter

智慧乐龄

In order to help the seniors better adapt the digital world and facilitate the inter-generational connection, students from NUS College of Alice and Peter Tan (CAPT) organized a workshop at Life Point in Jan-Mar 2021 to help seniors get smarter!

They taught the seniors digital literacy, which include hand phone applications that are useful for everyday life, such as Google Maps, Google Drive, PicsArt etc. Students are being paired up with seniors throughout the workshop for more meaningful connection. The one-to-one teacher format is well received by the seniors, as they are able to learn according to their own pace.

We have done a short interview with the seniors and students after the workshop.

We look forward to having more intergenerational programs in the future to form deeper relationships among generations.



为了让乐龄人士更好地适应数码世界以及促进世代之间的交流, 来自新加坡国立大学陈爱丽丝与彼德寄宿型学院 (College of Alice and Peter Tan, 简称CAPT) 的同学们在2021年1月至3月办了一个手机应用程序工作坊, 让乐龄人士更有智慧!

他们教授各种在日常生活里有用的手机应用程序, 例如谷歌地图 (Google Maps)、谷歌云端硬盘 (Google Drive)、PicsArt等, 推广数码通识 (digital literacy)。透过事先为同学和乐龄们进行配对, 让他们在整个活动里有着更有意义的交流。这种一对一的教导受到了乐龄人士的欢迎, 这样他们就可以根据自己的学习进度进行学习。

活动后我们跟乐龄和同学们进行了简短的采访。

我们期待未来可以有更多这类的跨代共融活动, 加深各世代之间的联系。



What made you sign up for this course? 是什么原因让你报名这个课程?

Mr Seah 谢先生:
I wanted to be able to make full use of my handphone
我想更充分全面地使用我的手机

Mr Low & Mr Ang 卢先生和洪先生:
I wanted to learn more about digital technology
我了解更多有关数码科技的东西

What were your expectations of this course? 你对这个课程有什么期望?

Madam Poon 潘女士:
I hoped to become more tech savvy
我希望更懂得运用科技

Madam Wong 黄女士:
I wanted to learn basic handphone functions, but the content of this course goes way beyond my expectations
我本来只是想学习一些基本的手机功能，而这个课程的内容超出了我的期望

What do you enjoy the most? 你们最喜欢什么?

Madam Ong:
I have enjoyed the company of the other participants and the students
我喜欢有学生以及其他参加者陪伴着一起学习

Madam Kok 郭女士:
The students have been patient with us, and the topics learnt so far have been interesting
学生们对我们非常耐心，学习的内容也十分有趣



Participants' Responses 参加者的反馈

Has the information learnt been useful? 你学到的东西有用吗?

Mdm Ng 吴女士:
Google Maps is very useful for finding places that we are not familiar with, and PicsArt is useful for adding designs onto photos

谷歌地图很有用，可以帮助我们寻找自己不熟悉的地方，而PicsArt又可以为照片加上自己的设计

Mdm Soh 苏女士:
Yes, especially Google Maps because it helps to estimate my travelling time

对，很有用，尤其是谷歌地图，因为它可以协助我们计算出行的时间

What will you want to learn in the future? 你将来还想学什么?

Mr Ang 洪先生:
I wish to learn more about how to shop online and how to use e-payment methods
我想学如何上网购物以及如何使用电子付款

Mdm Wong 黄女士:
I wish to learn more about personal data security on my phone, like setting strong password, using fingerprint or facial recognition. I also want to learn how to stay alert to prevent getting scammed
我想学多一点关于保护手机个人资料的东西，例如如何设立强密码，使用指纹及脸部辨识

Any other feedback? 有其他意见吗?

Madam Chek:
The students are very patient and approachable
学生们都很有耐心和平易近人

Mdm Wong 黄女士:
The class is lively and very personalized because of the 1-to-1 guidance
一对一的教导可以针对每个人的需要，班里气氛也非常活泼



Students' Responses 学生的反馈

1 What were your desired outcomes of the course? 你们期望这个课程可以得到什么效果?

To be a better communicator with the elderly
可以和乐龄人士有更好地沟通

To improve on our communication and presentation skills
改善我们的沟通和表达能力

To engage the elderly, and impart knowledge and skills which are beneficial in their daily lives
透过和乐龄人士互动，传授对他们日常生活有益的知识技能

To learn more about their strengths and challenges that they face
多了解他们的优点以及面对的挑战

2 Do you think you have achieved that desired outcome? 你们觉得达到了预期效果吗?

Yes. The senior enjoyed the lessons and they mentioned that the information taught was useful and interesting

是的。他们很喜欢这个课程，也觉得所教的内容有用以及有趣

3 What did you enjoy most? 你们最喜欢什么?

I enjoyed interacting with the elderly and learning more about them through the stories they tell
我喜欢和乐龄人士交流，并从他们讲述的故事中更了解他们

They have been very nice and enthusiastic in learning. They have also been patient with us even though we may have been impatient sometimes

他们对于学习非常热情。即使我们有时可能不耐烦，他们也会耐心地对待我们

Seeing them enjoy themselves while learning new things made me very happy and I learned some new things from the session too

看到他们享受着学习新事物，我也感到非常高兴。我也从这次活动中学到了一些新事物

4 What did you enjoy the most about teaching the seniors? 对于教导乐龄人士，你们最享受的地方是什么?

The sense of fulfilment when the elderly understands and enjoys what I am teaching them

就是乐龄人士了解并喜欢我教他们的东西时的那份满足感

I enjoyed the whole learning process with them. Their enthusiasm in self-improvement and learn new things made the sessions fun and lively. My elderly was so happy to learn that she can make collages using PicsArt and would do more at her own time to post on Facebook

我喜欢跟他们学习的整个过程。他们对于自我完善和学习新事物的热情使整个活动变得有趣和活跃。我教的那位乐龄很高兴可以学到如何使用PicsArt制作拼贴画，并说她会用在自己脸书的帖文上

5 What have you learnt from this experience (any takeaways/difficulties)? 你从这次经历中学到了什么（有什么得着和挑战）?

The senior taught me what it means to persevere and keep trying. I also learnt to be more patient

乐龄人士教会我什么是坚持和努力不懈。我也学会了如何更有耐心

I learnt that teaching someone enriches my own knowledge and also communication skills. I initially had difficulties finding the right words to explain complicated functions but over time I was able to think from the perspective of the elderlies and think of simpler/more relatable words that I can use in my explanation

我认识到教导别人可以丰富我自己本身的知识以及沟通技巧。最初，我很难找到合适的词汇来解释这些比较复杂的功能，但慢慢地我能够从乐龄人士的角度去思考，并想到运用一些比较简单或相关的词汇去解释

6 Do you think you would have taught differently if given another opportunity? 如果你再有可能会去教导，你认为你会有什么不同吗?

I would have been more patient by giving the elderly more time to try it out on their own before telling them the answer, simulating the environment where they are trying out the application on their own to prevent over reliance

我应该会在直接把答案告诉乐龄人士之前，更有耐心地先给他们时间，让他们自己去摸索，去找出答案，营造一个适合的环境让他们自己去尝试这些手机应用程序，避免他们可能会过于依赖他人

7 What other topics do you think will be suitable for seniors to learn? 您认为还有其他什么主题适合乐龄人士去学习?

Online shopping/ordering food
上网购物/叫外卖

Banking services (esp. online transfer of money)
银行服务，尤其是上网做转账

Activities for Members 会员活动

读书分享会

4月16日 / 5月28日 / 6月25日 (星期五)

由杨添瑞先生分享《一流老人：愈老愈受尊敬的生活方式》

时间：下午2点30分至4点30分

语言：华语



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

4月至6月生日的会员们，生命同行坊祝你们生日快乐!



Welcome New Volunteer!

欢迎新义工!

We welcome new volunteers to assist with our services.

If you are interested in becoming our volunteers, you can download and fill out the "Volunteer Application Form" on Life Point website then email to lifepoint@shenghong.org.sg or mail to our office. Shortlisted candidates will be invited for an interview.

我们欢迎新义工协助我们的服务。

有意成为我们的义工，可到生命同行坊网站下载填写《义工申请表》后电邮至 lifepoint@shenghong.org.sg 或寄来生命同行坊。如果条件适合将安排面试。

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 Open to Public 大众活动

迈向圆满人生 讲座



4月26日 (星期一) 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

4月27日 (星期二) 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

时间：上午10点至上午11点半

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

Entering the 4th Age Zoom Talk Series

3 Jun (Thurs) 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.

4 Jun (Fri) 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.

Time: 10:00am - 11:30am

Free for those over 50 years old to join



Please call 6538 9877 or get to our website to register

★ Mdm Lim Wan Kun

★ Mdm Tiner Tan May June

★ Mr Leong Kah Meng

★ Mdm Tan Siew Kiow

★ Mdm Tay Lee Hoon
Mrs. Sim Lee Hoon

★ Mdm June Yeo

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 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 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.

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

Volunteer Appreciation 向义工致谢

We gave some small gift as token of appreciation to our volunteers, thanked them for their encouragement and support to our service

我们赠送小礼物给生命同行坊的义工和社区伙伴们，感谢他们对于我们服务的支持和鼓励

"How to Pre-plan Funeral and Cope with Grief?" Talk

Date: 31 May Mon

Language: English

Time: 10:00am-12:00pm

Venue: Life Point

Free of charge

Please call 6538 9877 or get to our website to register

善别讲座：微笑道别·生死两相安 事先规划丧礼有窍门吗？丧亲如何让哀不再伤？

日期：6月21日 (星期一)

语言：华语

时间：上午10点至中午12点

地点：生命同行坊

免费

请致电6538 9877或登上我们的网站报名

Name	Total
Lim Tiam Teng/Poh Yeo Tee	1500.00
In memory of Ang Kim Kee	1300.00
Anonymous	1000.00
Poh Peng	1000.00
Anonymous	200.00
Jin YuKun	200.00
Kong Kwei Tee	200.00
Anonymous	100.00
Soh Chian Seong	50.00
Tan Siew Kiow	50.00
Tan Kuan Cheng	20.00
Mak Yee Sun	20.00 per month

Life Point@Sennett

生命同行坊 (信立)

175 Macpherson Road (behind Macpherson Sheng Hong Child Care, enter via Jalan Wangi)

175 麦波申路 (麦波申城隍托儿中心后面, 入口在惹兰万宜 Jalan Wangi)



Starting from September 2020, Life Point@Sennett introduced one stop service on end-of-life preparation as one of the services to seniors in the Sennett Estate. We have conducted talks on Advance Care Planning (ACP), Lasting Power of Attorney (LPA) and Will making. We have also help seniors get their documents done at our centre through partnership with law firm.

Other learning activities conducted included Zoom learning, Senior Go Digital, Life Review workshop, Mini Dialogue with seniors as well as National Silver Academy Short Courses such as TCM Nutrition, Ukelele, Auto-biography and Hanyu Pinyin, etc.

We hope that our services are meeting the needs of the seniors. We hope to help seniors build their social connection through these activities and hope to see more seniors coming forward to support us through volunteering their times with us.

从2020年9月开始, 生命同行坊 (信立) 提供一站式的善终准备服务, 作为服务信立社区的乐龄人士的众多项目之一。我们已经举办了讲座, 讲解预先护理计划 (ACP)、持久授权书 (LPA) 和遗嘱。我们还与律师楼合作, 协助乐龄人士在本中心做好这些文件。

其他的学习活动包括学习使用Zoom网上会议软件、数码乐龄计划、生命回顾学习小组、与乐龄人士对话等, 还有由全国乐龄学院资助的短期课程, 包括中医营养班、乌克丽丽 (Ukelele) 班、写自传班和汉语拼音班等等。

我们希望这些服务能够满足乐龄人士的需要, 也希望透过这些活动帮助乐龄人士建立社交网络, 并且希望看到他们之后可以作为志愿者来支持我们。



Life Point @Sennett One Stop Services 生命同行坊 (信立) 一站式服务

For enquiry 询问电话: 6230 0936, 9195 2006

Public Talk (Pre-registration required) 公开讲座 (需预先报名)	Date 日期	Talk Fee 讲座费用	Assistance and Services 协助与服务	Service Fee 服务费用
Lasting Power of Attorney (LPA)	Time: 10:30 am 27/04/2021 (Tues) 25/05/2021 (Tues) 22/06/2021 (Tues)	Member \$3 Senior \$5 Non-senior \$10	Service Includes Form checking and Lawyer Signing of LPA Only Participants who attended LPA talk at Life Point	Legal Fee: Elderly \$50 Non-elderly \$100 Admin Fee: Member \$5 Elderly \$15 Non-elderly \$30 Application Fee: For Singaporean, waived till 31 Mar 2023
持久授权书 (华语)	时间: 10:30 am 29/04/2021 (星期四) 27/05/2021 (星期四) 24/06/2021 (星期四)	会员 \$3 乐龄 \$5 非乐龄 \$10	服务包括检查表格以及安排律师签署持久授权书 只限出席生命同行坊相关讲座的人士	律师费: 乐龄 \$50, 非乐龄 \$100 行政费: 会员 \$5, 乐龄 \$15, 非乐龄 \$30 申请费: 新加坡公民豁免至 2023年3月31日
Introduction of Will making (English)	Time: 2 pm 04/05/2021 (Tues) 01/06/2021 (Tues)	Member \$3 Senior \$5 Non-senior \$10	Will making by appointment Only for participants who attended will making talk at Life Point	Legal Fee: \$200 (for simple will) Admin Fee: Member \$5, Non-member \$10
遗嘱须知 (华语)	时间: 2 pm 06/05/2021 (星期四) 03/06/2021 (星期四)	会员 \$3 乐龄 \$5 非乐龄 \$10	订立遗嘱需要事先预约 只限出席生命同行坊相关讲座的人士	律师费 200元(简单遗嘱) 行政费: 会员 \$5, 非会员 \$10
Special Arrangement 特别安排	Pre-recorded Talks via Laptop - Must book the time to view at least 2 working days in advance 用个人电脑观看预先录制的讲座 时段- 需要至少事先两个工作天预约			
Available topics 备有讲座录影课题如下:				
Advance Care Planning (ACP) - English 预先护理计划 (华语)	Duration: 1 hour 15 minutes Monday, Wednesday Available Time slots: 9am - 12 pm 2 pm - 4 pm	Member \$3 per topic Non-member \$5 per topic 会员 每项课题 \$3 非会员 每项课题 \$5	ACP Services ACP signing by appointment with Life Point Staff. Only Participants who attended ACP talk at Life Point	ACP - Free ACP Facilitation 免费起草和签署预先护理计划
Lasting Power of Attorney (LPA) - English 持久授权书 (华语)	约长1 小时 15 分钟 星期一和星期三 可观看时段如下: 9am - 12 pm 2 pm - 4 pm		LPA Services - To refer to the top 请参阅上方的持久授权书部分	LPA - To refer to the top 请参阅上方的持久授权书部分

*Senior: 50 years old and above 乐龄: 50岁及以上 Subject to GST 另加消费税

** Life Point @Sennett 生命同行坊 (信立)

Address 地址:

Sheng Hong Active Ageing Hub.
175 MacPherson Road. Singapore 348537

城隍乐龄中心。
175 麦波申路 邮编348537

Opening hours: Mon- Fri, 9am - 6 pm. Closed on Saturday, Sunday and Public Holiday.
开放时间: 星期一至星期五, 早上九点至下午六点。星期六, 星期日及公共假期休息



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

For enquiry 询问电话 : 6538 9877



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>29/04/2021 (Thurs), 27/05/2021 (Thurs), 24/06/2021 (Thurs)</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>15/04/2021 (星期四), 11/05/2021 (星期二), 11/06/2021 (星期五)</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6538 9877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: 19/04/2021 (Mon), 20/04/2021 (Tue), 17/05/2021 (Mon), 18/05/2021 (Tue), 12/06/2021 (Sat) (11:30am), 15/06/2021 (Tue)</p> <p>Zoom Meeting: 21/04/2021 (Wed), 19/05/2021 (Wed), 16/06/2021 (Wed)</p> <p>持久授权书 (华语)</p> <p>牛车水唐城坊: 05/04/2021 (星期一), 06/04/2021 (星期二), 03/05/2021 (星期一), 04/05/2021 (星期二), 01/06/2021 (星期二), 12/06/2021 (星期六)(09:30am)</p> <p>Zoom 网上讲座: 07/04/2021 (星期三), 05/05/2021 (星期三), 02/06/2021 (星期三)</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 conducted by 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 2023</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 2023年3月31日</p>
<p>Time 时间: 10:30am</p> <p>Introduction of Will Making (English)</p> <p>Chinatown Point: 10/04/2021 (Sat) (9:30am), 13/04/2021 (Tue), 06/05/2021 (Thurs), 07/05/2021 (Fri), 07/06/2021 (Mon), 08/06/2021 (Tue)</p> <p>Zoom Meeting: 14/04/2021 (Wed), 10/05/2021 (Mon), 09/06/2021 (Wed)</p> <p>遗嘱须知 (华语)</p> <p>牛车水唐城坊: 10/04/2021 (星期六)(11:30am), 12/04/2021 (星期一), 24/05/2021 (星期一), 25/05/2021 (星期二), 14/06/2021 (星期一), 22/06/2021 (星期二)</p> <p>Zoom 网上讲座: 08/04/2021 (星期四), 12/05/2021 (星期三), 23/06/2021 (星期三)</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 organized by 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: 29/06/2021 (Tue)</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

Subject to GST 另加消费税

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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
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



Life Point whatsapp



Life Point Telegram