

Newsletter

2025

Welcome to our second quarterly update of 2025!

The past few months have been filled with festive cheer, creativity, and meaningful experiences for our seniors. From celebrating Chinese New Year with joy and togetherness to exploring Gardens by the Bay and discovering new artistic talents, it has been a season of connection and enrichment! We are grateful for the support of our volunteers, staff, and community in making these moments possible.

Highlights from the Previous Quarter of 2025

1. Chinese New Year Celebration (February 2025):

From tossing Lohei for prosperity and good fortune to sharing festive joy with goodie bag giveaways, the centre was filled with laughter, warmth, and togetherness! Adding to the excitement, our staff dressed up as ‘财神爷’ (God of Wealth), bringing smiles and blessings to everyone.



2. Gardens by the Bay Outing (February and March 2025):

We had organised three trips to Gardens by the Bay for our lovely seniors! They enjoyed the beautiful floral displays, relaxed in nature, and spent quality time with friends, making wonderful memories together.



3. Pebbles Painting (March 2025):

Mood boosted, creativity unleashed, and pebbles fabulously painted! Huge thanks to Ms Wendy and her amazing team from Sennett Estate Community for turning our seniors into pebble Picasso protégés that afternoon.



4. Portrait Drawing Class (March 2025):

Our dedicated volunteer, Ms Sophie, introduced portrait drawing to our seniors, making their first attempt both fun and meaningful! Sketching Mother Teresa sparked creativity, laughter, and a shared appreciation for kindness. It was a heartwarming session filled with joy and encouragement!



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Dementia Corner

We're introducing a new section in our quarterly newsletter to help families better understand dementia. Through this initiative, we aim to share simple, supportive information to raise awareness and encourage early support.

🧠 What is Dementia?

Dementia is a condition that causes a progressive decline in a person's cognitive abilities — such as memory, thinking, and reasoning — which can interfere with daily life and activities. **It is not a normal part of ageing**, but a medical condition that can make everyday tasks more challenging over time.

There are different types of dementia — with Alzheimer's disease being the most common. Others include vascular dementia, Lewy Body dementia, and frontotemporal dementia. Each person's experience is different, and early understanding and support can go a long way in helping them live with dignity and connection.

🧠 Common signs of dementia

- Problems with communication
- Difficulty doing familiar tasks
- Poor or decreased judgement
- Changes in mood or behaviour
- Changes in personality
- Confusion with place and time
- Withdrawal from work or social activities
- Difficulty planning or solving problems
- Misplacing things
- Forgetfulness that affects day - day living



Although dementia cannot be cured, early detection and proper support can greatly improve quality of life! At our centre, we're building a dementia-friendly space where seniors feel safe and supported. Most of our staff have gone through training, and we're working towards setting up a specialised dementia hub to better care for those with dementia. ❤️

You may wish to check out this video resource titled "Recognise Dementia – Hear From Others Who Have Experienced It" via the YouTube link below:

<https://youtu.be/FAK4V7OZJ2Q?si=CvJKavsRMLIPsQBx>

🌱 Look out for more tips and resources in upcoming issues!

Get Involved

We'd love to hear from you!

Share your feedback or ideas for activities, outings, or volunteering by emailing us at aah@shenghong.org.sg or WhatsApp us 8071 3176.

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