



UNCOMMON VOICES



CARING FOR THE CAREGIVER: A LOOK AT MWS CIRCLES OF SUPPORT

ISSUE 01 / 2019



About MWS

Methodist Welfare Services is purposed to serve the disadvantaged and distressed, as Christ Jesus has taught us, regardless of race and religion. We support the low-income, chronically ill, destitute, socially isolated and vulnerable across age groups, so that their lives may be restored.

We strive to realise that with an integrated and holistic suite of care that comprises trained professionals across 19 centres and programmes. These are designed to reduce poverty, alleviate the strains of modern family life, help the elderly age in place, nurture the potential of children and rehabilitate at-risk youths.

Working in close partnership with churches and the community across the island, we pray that someday, all who call Singapore home will truly be able to live life to the full.

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Encircling Caregivers

The landscape of caregiving is complex. When patients are struck with terminal illnesses, interventions to meet their psychosocial and emotional needs have to work in tandem with medical and nursing care. Many parties, such as caregivers, medical social workers and counsellors, are involved to walk with the patient through their time of illness or disability.

Informal caregivers, usually loved ones or relatives of the patient, face a lot of pressure in their role. During the initial stages, some may be untrained or are ill-equipped to manage the symptoms of the patients' illnesses. In addition, the financial burden and sacrifice of time in caregiving often add to their worries. This inevitably results in many caregivers coming face to face with burnout, anxiety and depression themselves.

At MWS, we are keenly aware of the challenges caregivers face, and we support them with different types of support and interventions. These extend from the core family of the care recipient to community-based and residential support. (See page 6 for MWS Circles of Caregiver Support)

MWS Home Care and MWS Home Hospice provide training for caregivers, empowering them with techniques to manage their loved ones at home. Respite care at our two nursing homes is an option for caregivers seeking relief from their caregiving duties. MWS also provides counselling and

organises family bonding sessions to affirm caregivers in their work, as well as extend financial assistance to caregivers in the form of subsidies.

The MWS continuum of care is well-supported by a dedicated team of volunteers and staff. Medical social workers help patients with the emotional distresses they face through each stage of their illnesses. A multi-disciplinary team of doctors, nurses and other staff also continually improve their services to better support caregivers and patients. We hope that caregivers will be receptive to utilising the various formal services available, to ease their caregiving responsibilities.

As the Scriptures say, "If one member suffers, all suffer together; if one member is honoured, all rejoice together." (1 Corinthians 12:26, ESV). It is our mission therefore, to persist in enriching the lives of not only the disadvantaged and the distressed among us, but also in supporting their caregivers who are a critical extension of our ecosystem of support.

MS JUNIE FOO
MWS GROUP EXECUTIVE DIRECTOR



The Caregiver's Dilemma

As of 2017, the number of residents above the age of 65 has crossed the 500,000 mark, and by 2030, this number is expected to reach almost a million. As the effects of an ageing population become more extensive in Singapore, the Ministry of Health is increasing capacity in home and centre-based care. This is in line with a Lien Foundation report's finding that more seniors are being cared for outside of nursing homes, choosing instead to utilise subsidised home and centre-based services. (Care Where You Are, Lien Foundation, 2018)

WHAT IS INFORMAL CAREGIVING?

When loved ones are struck with serious illnesses and opt to be cared for at home, immense pressure falls on informal caregivers to fulfil their needs. Informal caregivers may be spouses, adult children, grandchildren, or domestic helpers.

Caregiving involves a host of daily duties, including feeding, bathing, toilet assistance, dressing, walking,

coordinating medical appointments, and managing finances for the patient.

CAREGIVING AT WHAT EXPENSE?

Although many caregivers hope to give the best care to their loved ones, the demands of the role can be physically, mentally, and emotionally draining.

Caregivers often make sacrifices of time and energy, and yet, the full-time demands of caregiving often come with little or no reward. Additionally, caregiver stress can be caused by difficult or uncooperative care recipients, disrupted schedules, the toll on their own health and finances, and caring for elderly persons with depressive symptoms. The care requirements also increase when the patient's illness becomes more severe.

Such mental and emotional distresses felt by caregivers are often neglected. According to a survey done by the Ministry of Social and Family Development (MSF) in 2013, 20% of caregivers in Singapore reported

symptoms of depression, and 21.6% said that caring for their spouse worsened their own well-being.

When caregivers are unable to cope adequately with the tasks and even take care of themselves, they inevitably face burnout.



WHAT MAKES ONE A CARE RECIPIENT?

According to MSF's 2012 Survey on Informal Caregiving, people who need help with any one of these 6 Activities of Daily Living (ADLs) are considered care recipients.

- Taking a bath
- Moving around
- Getting dressed
- Transferring such as moving from chair to bed
- Toileting
- Eating



Caregiving – A Challenging Role

Susceptible to burnout from the multiple stresses of their roles, here are some common challenges that caregivers face:

Lack of training and know-how

Caregivers face a steep learning curve in knowing how to meet their care recipients' needs. Many are not equipped with adequate techniques to manage the demands of complex illnesses.

Personal sacrifices

Caregivers may face job insecurity for taking time off work or answering care-related calls during work. They are also vulnerable to personal strain, with some even developing symptoms of chronic illnesses themselves.

Psychosocial problems

The onset of terminal illness can trigger many psychosocial problems which add to the stress of caregivers. They may also face strained relationships with their care recipients.

Financial burden of care

Stricken with additional expenses, caregivers generally worry that their care recipients' medical expenses are depleting their own Medisave account and other savings.

Burnout signs include loss of appetite, insomnia and chronic fatigue, feelings of helplessness or hopelessness, or the feeling of being detached from reality.

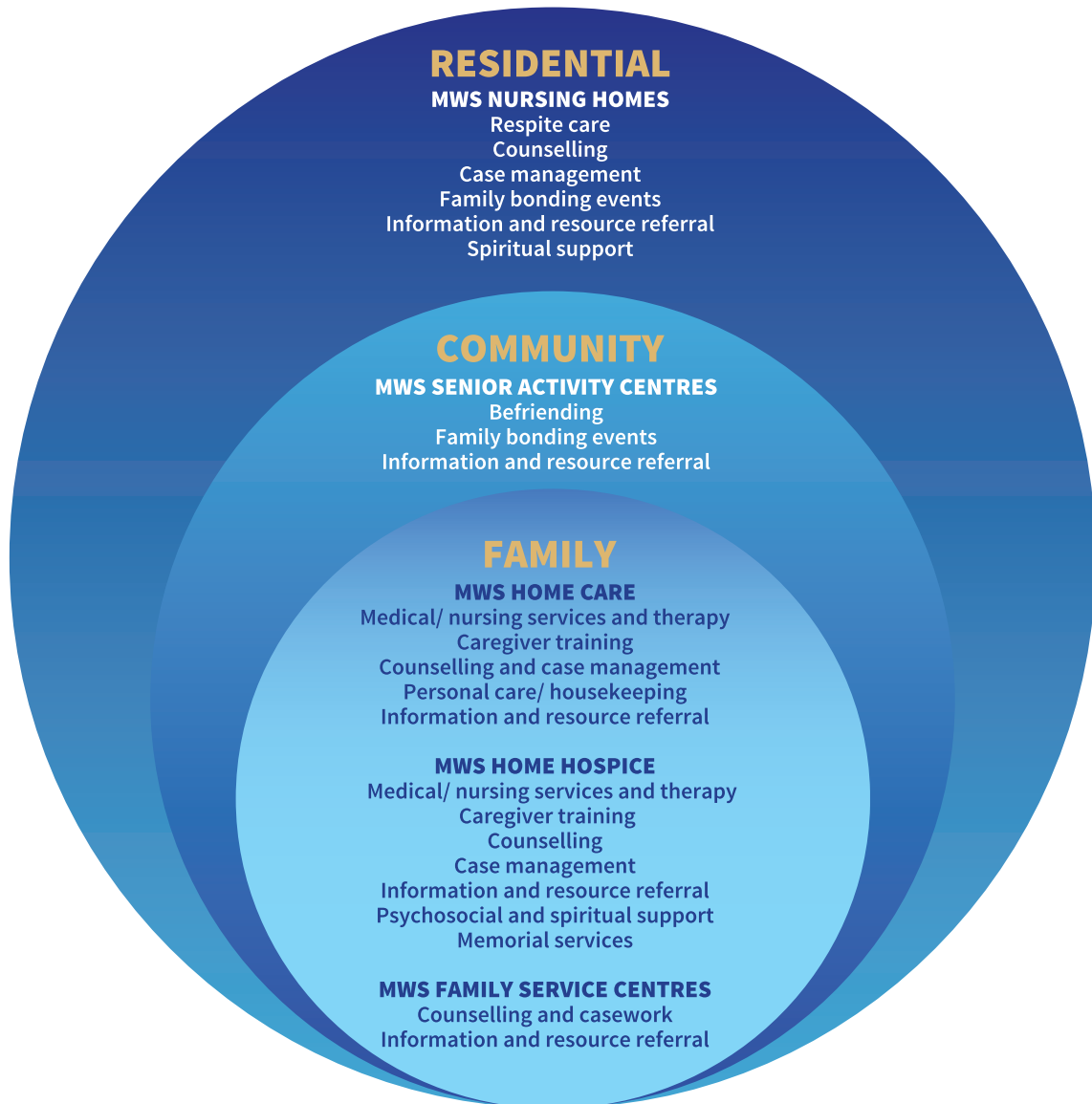
Certainly, more support is needed for caregivers to manage their caregiving, mental health and well-being.



MWS nursing homes provide caregivers with respite and a helping hand in caring for their loved ones.

Buffering the Caregiver's Burden with MWS Circles of Caregiver Support

MWS provides a wide range of support for caregivers at three levels – family or home-based, community-based, and residential care.



SUPPORTING AND EQUIPPING THE FAMILIES OF CAREGIVERS

MWS Home Care and MWS Home Hospice are set up to equip caregivers with the skills and training to manage their care recipients' medical and nursing issues at home. Our nursing staff provide readily-available guidance to caregivers on managing symptoms of illnesses through frequent and regular home visitations, and a 24-hour nursing hotline. Over time, as caregivers grow

in confidence and competency in managing illnesses, the nursing team may reduce the frequency of home visits. When caregivers are equipped with techniques to manage symptoms, the number of hospital visits may also be reduced.

MWS Home Hospice continues to help caregivers with bereavement needs, in the event of the demise of their loved ones.

Our Family Service Centres support caregivers experiencing burnout and stress with casework services. In these cases, the workers will bring in community resources such as cluster support services, institutions such as the Institute of Mental Health and other caregiver support services to alleviate the caregiving stress and also reduce the possibility of abuse of caregivers.



Rehabilitative therapy helps improve dementia patients' conditions.

RALLYING THE COMMUNITY IN CAREGIVER & FAMILY RELATIONSHIPS

MWS Senior Activity Centres support seniors with day-to-day tasks, such as reading of mail or running important errands, as well as keeping them physically and mentally active through exercise and activities. This provides respite to caregivers who can then focus on building closer relationships with their care recipients. Activities such as family bonding events also help strengthen bonds between caregivers and loved ones.

HOLISTIC RESPITE CARE IN OUR NURSING HOMES

Caregivers who need respite from their duties can consider the option of placing their loved ones in the care of our MWS nursing homes, MWS Nursing Home – Yew Tee or MWS Bethany Nursing Home – Choa Chu Kang for up to one month.

The nursing homes are staffed with professional staff who provide nursing and medical care, allied health care, and rehabilitative therapy. Care is also taken to improve health and functioning.

The Homes also offer a variety of activities such as games and outings, to engage the residents meaningfully every day. Counselling provides emotional support for the recipients, and supports their psychosocial needs.

DOING MORE FOR CAREGIVERS

MWS Home Hospice, MWS Home Care, and the nursing homes provide financial subsidies for caregivers, such as nursing home fees, common medication, or supplies like milk powder.

Empowering caregivers even more in the year ahead, MWS plans to improve our support, by filling gaps outside office hours and home-based respite care

during weekends, providing stronger financial support for caregivers, and setting up caregiver support groups.

The burden of care is complex, and the needs ever-evolving. Your support is important to help us continually enhance and integrate our services for our beneficiaries and their caregivers. Support us by making a donation at give.mws.sg.

The True Value of Palliative Care



Ms Tan (middle) finds assurance and support in MWS hospice care for her mother.

Ms Tan Kah Hong stopped work to be a full-time caregiver 6 years ago after her mother, Mdm Yeo Ah Cheng, 92, had a bad fall at home. It was the beginning of Mdm Yeo's frequent hospital admissions in the ensuing years, peaking at 8 times in 2015.

During one visit, an x-ray showed a dark patch on Mdm Yeo's left lung. The principal doctor referred her to MWS Home Hospice in September 2016 after the family decided not to treat it due to her advanced age.

Ms Tan was originally apprehensive about engaging MWS Home Hospice's services. To her, "hospice" meant the end of the road for her mother. However, as MWS Home Hospice trained and

guided her on caregiving techniques, Ms Tan learned the true value of palliative care. It is really about making her mother comfortable, and sparing her the agony and risks of frequent hospital admissions.

With guidance from the doctor and nurses, and easy access to help through the 24/7 hotline, Ms Tan learned to manage Mdm Yeo's symptoms which included breathlessness, swallowing impairment, chronic bronchitis, and recurrent pneumonia. This significantly cut down hospital admissions to just once in 2017.

"I was worried about what hospice care would mean for my mother," says Ms Tan, "But MWS Home Hospice actually

empowered me to take better care of her. I want people to know this service exists and they need not be afraid of it."

Today, Ms Tan confidently manages Mdm Yeo's chronic illnesses on her own at home. She is well prepared with a standard response protocol for every symptom her mother exhibits, and no longer calls the emergency ambulance in a panic at every sign of distress. Even with the stabilisation of Mdm Yeo's condition allowing her to be discharged from the home hospice service in November 2018, MWS continues to take care of her under the MWS Home Care team for her home medical and nursing needs.

The mother and daughter now spend their days joyfully doing what is important in life – with songs, Bible reading, and accumulating beautiful memories.

"I was worried about what hospice care would mean for my mother. But MWS Home Hospice actually empowered me to take better care of her."

- Ms Tan Kah Hong

Keeping Family Close



Home care not only guided Ms Chaong (middle) in better caring for her father, it helped rebuild their relationship.

Ms Joycez Chaong, 45, jokingly addresses her father as “Emperor Chaong”. Observing their interactions, it is hard to imagine this close-knit pair used to argue frequently.

Ms Chaong has been the main caregiver for her father, Mr Chaong Tham, 75, since he suffered a stroke in July 2017. From being fit and independent, he became bedridden overnight, and was unable to move any part of his body except his eyes. He was also unable to speak. His stroke was so severe, doctors were not sure he would survive.

Fortunately, Mr Chaong pulled through during his month-long stay in hospital. The hospital referred him to MWS Home Care upon his discharge for continued care at home.

The first 3 months were very challenging for Ms Chaong. MWS Home Care recognised the immense need for care and the nurse visited the family weekly,

providing guidance and training to Ms Chaong on proper caregiving techniques in bedsores prevention and care, and use of the feeding tube. Therapists attended weekly to improve his ability to communicate and re-enable him to sit out of bed independently. MWS also stepped in to apply for subsidies for milk feeds and diapers from the Seniors' Mobility and Enabling Fund as the costs were taking a toll on them.

Through grit, and the sacrificial care from his daughter, and the services from MWS Home Care, Mr Chaong made a remarkable recovery. He regained his ability to speak and was weaned off his feeding tube, resuming oral feeding. MWS Home Care was then able to reduce the visits from twice weekly to monthly, before discharging him in July 2018 to a day rehabilitation centre.

“I really appreciate the advice from MWS Home Care on how to care for my dad, for the financial support, and for guiding

us through this challenging time,” says Ms Chaong.

Mr Chaong was able to resume activities that he once enjoyed, like visiting the wet market and shops with his daughter, and sharing family meals with his other children. Keeping family close – that has to be the most fulfilling reward for the MWS Home Care team.

MWS Home Care provides home-based medical and nursing care, therapy interventions, and home personal care services to homebound elderly.

MWS Home Hospice provides home-based palliative care to persons at the end of life.

A Community of Carers



Mr Koh receives help with managing his mail and tasks, thanks to the extended community of caregivers.

For most of his life, *karung guni* man Mr Koh Kar Moh worked hard to make an honest living. The 92-year-old ran a stall at the Sungei Road market for over 30 years, but retired 8 years ago due to a significant drop in earnings.

Living alone, with only occasional visits from his two nephews, he was feeling increasingly isolated and lonely. Finances were also tight.

During a door-to-door knocking session, a volunteer encouraged him to join MWS Wesley Senior Activity Centre – Jalan Berseh, which is located just below his rental flat. Mr Koh began to visit the centre regularly and participate in the activities. He has also made friends who are his neighbours in the community.

"I particularly like the daily morning exercises, Nutrition Programme, and

regular outings. They keep me active, fit and healthy; and I get to see many new places," he says.

As his health and eyesight deteriorated over the years, managing mail, household tasks, and medical issues have become more challenging. The community of help at the centre has chipped in to support him.

The centre staff helps with his mail, provides transport directions and other forms of assistance whenever he needs them. He also gets a helping hand with fixing household issues such as the malfunction of water taps, lights, or phone.

"The staff are really personable, and it gives me great peace of mind that they are looking out for me and always ready to help," says Mr Koh.

For senior folks who live alone, having the care, support, and warmth of the community not only helps them age in dignity, it also gives them hope that there is humanity in our busy red dot, Singapore.

"It gives me great peace of mind that they are looking out for me and always ready to help."

- Mr Koh Kar Moh

When Caregivers Cannot Manage

This is a story that truly embodies the essence of a love that never fails and “always protects, always trusts, always hopes, always perseveres”.
(1 Corinthians 13:7, NIV).

In September 2016, Mdm Yee Choon How, 79, had a nasty fall which left her with bleeding in the brain. Due to Mdm Yee’s dire medical condition, her husband of 49 years, Mr Lai Seng Choo, had to make the painful decision of putting her under the care of the MWS Bethany Nursing Home – Choa Chu Kang.

When Mdm Yee was first admitted, she was dazed, bedridden, and could not speak. She could not even recognise Mr Lai because her mental capacity was impaired. Doctors told Mr Lai that 8 out of 10 people who survive injuries of that extent end up permanently paralysed, but Mdm Yee overcame that and more.

Mr Lai used to be a security officer, but he stopped work to care for Mdm Yee. He also sold their HDB flat and downgraded to a smaller unit to pay for her medical bills. Mr Lai is at the Home every morning at 9am when visiting hours start, with her breakfast and lunch. He would painstakingly feed her each meal, a small spoonful at a time.

With his unconditional love, combined with the nurses’ dedication and care, rehabilitative therapy, and activities at the Home, Mdm Yee gradually got better. The family-like environment at the Home helped Mdm Yee feel at peace and comfortable. The financial assistance and subsidies also reduced Mr Lai’s anxieties about the fees.

“When my wife first came here, she was very unstable. With the proper care at MWS Bethany Nursing Home, she has

become stronger and I couldn’t be happier with her progress,” says Mr Lai.

Today, not only can Mdm Yee recognise her husband once again, she is able to understand simple conversations in Cantonese and Mandarin. Though wheelchair-bound, she has also learnt to play simple musical jingles during weekly Hope Kee sessions.

The nursing home’s thorough care for Mdm Yee has not only relieved Mr Lai of challenging caregiving duties, it has allowed them to renew their love for each other. Mr Lai’s hope is for Mdm Yee to get well enough to return home. He is positive that day will come.



“With the proper care at MWS Bethany Nursing Home, she has become stronger and I couldn’t be happier with her progress.”

- Mr Lai Seng Choo on his wife.

With MWS nursing home providing all-round care, Mr Lai gets to relish every moment with his wife Mdm Yee.

Adopting the Seniors as Their Own

For Alvin Teo, 47, a trial stint at a senior activity centre after completing his diploma in Community and Social Services (Senior Services) has turned into 5 years in the community eldercare sector.

Alvin started as a senior programme coordinator with MWS Senior Activity Centre – Teck Ghee Vista, diligently working his way up to centre supervisor. He worked hard to create a familial environment, and his efforts have paid off.

“It warms my heart to see the bond between our members,” says Alvin, “We see them helping fellow members by pushing their wheelchairs when they

head out for lunch, and some go out of the way to deliver meals to those who are sick at home.”

Members are following the good example set by the staff, who regularly go the extra mile to help other members, especially those who live alone. Alvin and his staff go beyond their job scope to help seniors with daily tasks like reading bills, using smartphones, and even escorting them home when they are unwell.

The members regard Alvin and the staff as their extended family, treating them to home-cooked lunches and baked goodies to show their appreciation. What is even more gratifying is seeing

how the more reserved members have changed. They enter the centre with bright smiles these days, and are opening up to others.

Whenever he can, Alvin also attends the wakes of members who have passed on.

“The family members tell us that the centre has brought meaning to their loved ones. They really enjoyed the last phase of their lives being surrounded by people who have become part of their family. Hearing that gives me a sense of fulfilment, because we have filled a gap in their lives.”



MWS Supervisor Alvin Teo serves members of the senior activity centre like they are family.



MWS Medical Social Worker Zann Wong (*middle*) shares a light-hearted moment with fellow colleagues amid the heavy demands of palliative care.

Filling the Gaps in Home-Based Care

The diagnosis of terminal illness brings immense change for patients and their families. Apart from having to cope with physical symptoms, many patients experience waves of emotional distress, fear, and uncertainties.

The psychological distresses faced by patients can be complex. At the onset of illness, anxiety and fear tend to surface, and some patients even express denial about their diagnoses. As patients attempt to adjust to deteriorating health conditions or face a recurrence of symptoms, depression or anger may be evident.

Zann Wong, 40, is a medical social worker with MWS Home Care and Home Hospice, and is responsible for providing psychosocial support to patients.

“Attending to patients’ psychosocial needs is imperative in helping them cope with their illnesses. It helps them maintain emotional well-being, and regain a sense of purpose and autonomy,” Zann explains.

To help patients cope, medical social workers provide counselling, helping to expand the patient’s social support networks, and address needs for financial assistance.

“Counselling gives them the opportunity to speak about the impact of illness, helping them maintain hope and meaning in facing end-of-life issues,” Zann says.

Medical social workers also support a multi-disciplinary healthcare team, and work with doctors and nurses to deliver patient-centric care across the continuum.

Apart from end-of-life care, they also fill many other gaps. When an MWS Home Care patient’s daughter, who was also her caregiver, passed away, the patient did not have anyone to manage her daily medication and bills, and things descended into crisis mode. The medical social work team stepped in to arrange escorts for her hospital appointments, coordinating with hospital social

workers and the social service office to provide resources for her to continue living independently in the community.

MWS Home Care provides home-based medical and nursing care, therapy interventions, and home personal care services to homebound elderly.

MWS Home Hospice provides home-based palliative care to persons at the end of life.

Running these two services in an integrated way makes it possible for patients to be served a full suite of services seamlessly.

The Befriender Who Truly Knows



Mdm Phan draws strength from her faith to befriend others, despite fighting Parkinson's disease herself.

64-year-old Mdm Phan Lian Nyuk, more affectionately known as Aunty Jasmine, has a pleasant smile that instantly warms hearts. Even though she grapples with Parkinson's disease which causes stiffening of the muscles, blocked ears, and headaches, this positive and enthusiastic lady is a close befriender to the residents of MWS Nursing Home – Yew Tee.

Aunty Jasmine is neither a volunteer nor staff of MWS. She is one of the 200 residents of the Home.

As a stricken patient herself, she is a credible and genuine source of comfort and understanding to fellow residents coping with pain and distress.

“In life, one can make the choice to approach challenges with optimism, or gloom. I hope to encourage my fellow

residents to adopt a positive outlook and live with more fulfilment and vitality,” Aunty Jasmine muses, as she coaxes a dementia patient to eat.

Despite her weakness, she fills her days with activities, and encourages other residents to join her on her walks, mahjong sessions, exercises and games.

Inspired by her positive outlook and actions, the Home's Chaplaincy team invited Aunty Jasmine to join them in providing pastoral care to the residents.

“She is truly influential,” says the Home's Assistant Chaplain, Ms Chua Chiew Poh, “She befriended a resident with Parkinson's disease and encouraged him to join her at weekly chapel services. He has since grown to enjoy them, and now regularly asks me about the next chapel session.”

A devoted Christian, Aunty Jasmine also prays for residents at their bedside.

She is also attuned to the fatigue and stress which caregivers face. On one occasion, she advised a visibly exhausted grand-daughter of a resident to share visiting and caregiving duties with her mother, and rely more on the care given by the nurses at the Home. Caregivers of other residents have also opened up to her and shared their difficulties.

Aunty Jasmine hopes that others will adopt a similar heart of compassion.

Believing that God has sustained her in her lowest moments, she reads the Scriptures for strength and peace, and strives to bless others with the same comfort that she has received. The nurses' care at the Home has also impacted her greatly.

“Just by being there and doing simple things like bringing me a towel, the nurses help me feel safe. Such simple gestures of care do wonders, and cannot be underestimated,” says Aunty Jasmine.

Aunty Jasmine's story demonstrates that even the frail and sick can harness the precious functionalities left to live purposefully and fully. Indeed, as we know from the Scriptures, God's grace is sufficient for us and His power made perfect in weakness (2 Corinthians 12:9, ESV).



The Giving Methodist

6 March –
13 April '19

GALVANISING *all Methodists for* ACTS OF LOVE



SPEARHEADED BY



The Methodist Church
in Singapore



The Social Concerns Arm of the MCS

*“Freely
you have received;
freely give.”*

Matthew 10:8 (NIV)

The Giving Methodist is back. Just as God gave his only begotten Son to redeem us, this Lent, let us remember God’s greatest gift by giving generously, and uplifting the spirits of the poor and in-need.

3 ways to give:

Give Time

Sign up for exciting volunteering opportunities at our 19 centres.

Give A Donation

Pledge \$1 a day or give a one-time donation to the poor and disadvantaged.

Give Voice

How to give:

- Complete the Donation Form attached and mail the completed form to Methodist Welfare Services; OR
- Scan the QR code below to visit thegivingmethodist.sg, find out how you can sign up for one of the many volunteering opportunities, or make a donation.



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For enquiries, contact tgm@mws.sg



/thegivingmethodist

Never Too Old to Care for Others



Mdm Tey helping to serve hot beverages to fellow members at the senior activity centre.

The gregarious Mdm Alice Tey greets everyone entering MWS Senior Activity Centre – GreenTops @ Sims Place with a warm and ready smile. The 70-year-old retiree was one of the first members to join the centre, and has taken upon herself to make every person feel like part of the centre’s growing family.

Before the centre opened, Mdm Tey would make friends with the seniors she met daily at the wet market. Now they have a warm and friendly place that is bustling with activities to engage these neighbours-turned-friends.

When new members join the centre, Mdm Tey would make them feel at home while they find their footing in a new social environment.

“We started out with just 10 people in the centre. But now, I have over 150 friends,” said Mdm Tey happily.

Mdm Tey also helps the staff by serving hot beverages to members too frail to get or carry their own drinks. When volunteers are unable to help with the daily activities, she steps in to cover their duties.

She has become a well-loved member at the centre, at which she lovingly refers to her friends as her “sisters”.

“I do what I can to help the centre and the other members,” says Mdm Tey, “Someday, I may just become too old to help but for now, I hope to continue supporting others.”

The warm hearts of volunteers bring much comfort and encouragement to our staff and beneficiaries. Visit mws.sg/volunteer today to discover a myriad of volunteering opportunities, or write to us at volunteer@mws.sg to find out more.

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MWS is a member of NCSS.

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WHAT IMPACT WOULD YOU LIKE TO MAKE TODAY?



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Every dollar counts to people who need resources and support. Whether it is a low-income sick elderly who needs nursing care, an isolated senior who needs support in the community, or a hospice patient facing the end of life, your generous support enables MWS to serve them, and empower them to have life to the full.

\$ 10

Run physiotherapy for residents.

Contribute to the physiotherapy our residents are provided with to strengthen their limbs and improve their motor skills. Your contribution will help reduce muscle deterioration and regain much needed strength.

\$ 30

Provide milk powder for patients' supplementary needs.

Some of our patients and residents have difficulty eating solid food. Without proper nutrients, they will become malnourished and be vulnerable to infections. Ensure is given so that our patients have the right nutritional balance. Your gift will help provide sustenance for our beneficiaries.

\$ 50

Provide diapers for bed-bound patients.

Some of our residents suffer from incontinence, which may cause skin conditions, sores and even psychological distress. Your contribution will provide diapers for incontinent residents.

\$ 100

Engage socially isolated seniors.

Life for our healthy seniors should not stand still and deteriorate. To prevent our seniors from social isolation, our senior activity centres organise day programmes to engage the seniors in meaningful activities, empowering them to take care of their mental, physical and emotional well-being, and helping them age in place.

\$ 250

Organising workshops to teach seniors new skills.

Our seniors are eager to learn new skills and keep their minds active. Help them stay up to date and connected with society. Our workshops teach them new skills such as social media and photography, to enable them to pursue new hobbies and talents. Your contribution will help them find a new zest for learning and increase their self-esteem.

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