

Our Vision: Home With A Heart

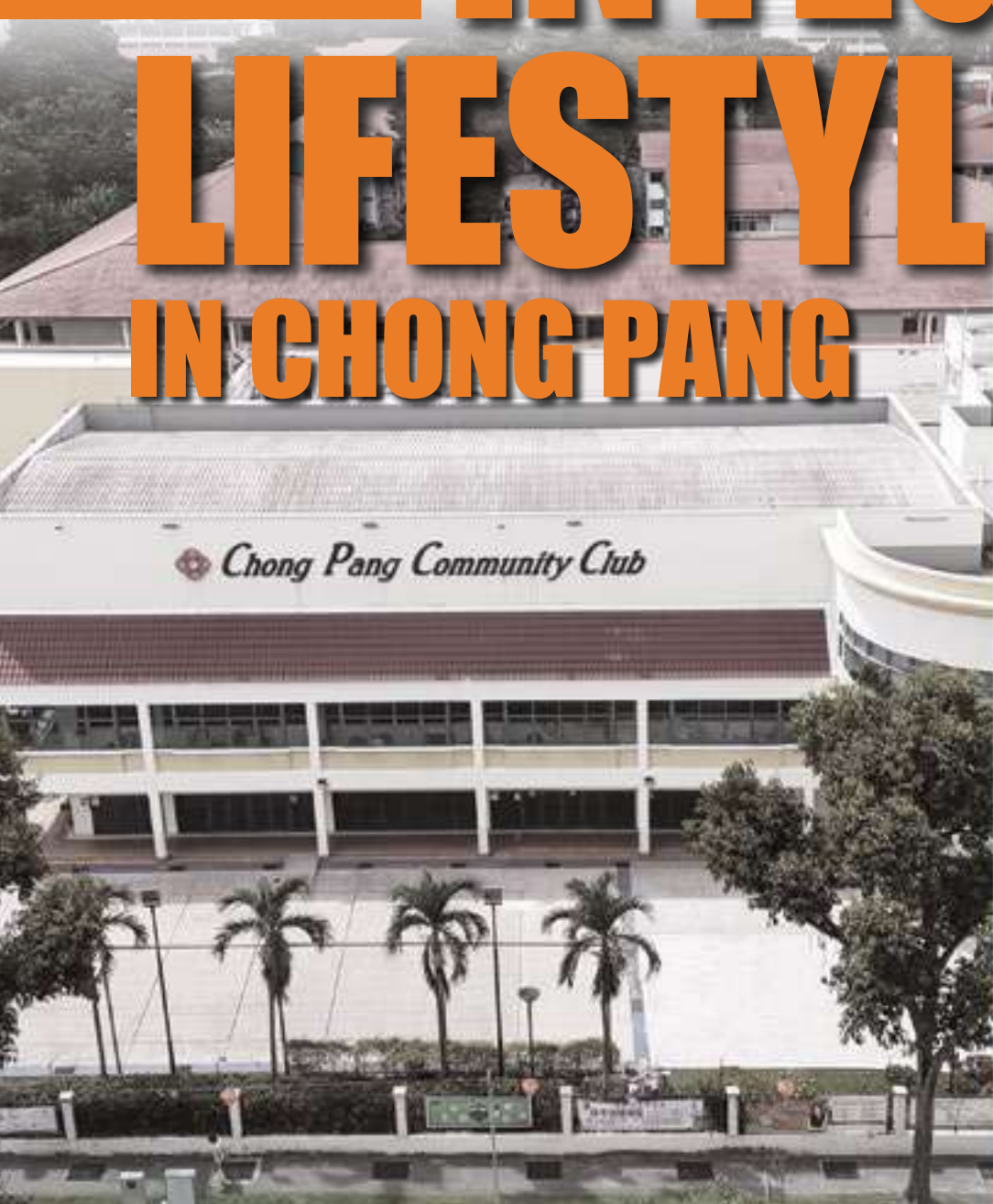
Our Mission: Building a safe, inclusive, sustainable and vibrant Town



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**A NEW
EXCITING**

INTEGRATED LIFESTYLE HUB IN CHONG PANG



Introducing Ms Goh

Find out more about our new General Manager

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Tree Planting

Bringing greenery to Nee Soon

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Chong Pang Community Club

Celebrating THE GOOD TIMES

The new year often brings forth new beginnings, and it is doubly so here at Chong Pang Community Club. With the demolition of the old building that has served the community for many years, we thought that it was a good time to take a look back at the precious memories we made at Chong Pang Community Club over the years and, at the same time, countdown to new and greater things to come at the new Chong Pang Integrated Development.

Many of Nee Soon residents both young and old have attended their fair share of events held at Chong Pang Community Club, and while it might be sad to see the old building go, the new building will provide Nee Soon residents with opportunities to get together with their family, friends, and fellow residents once more.

Minister K. Shanmugam, who attended the final event held at Chong Pang Community Club before its demolition, shared,

This last event at the current CC building brought back many memories for me and my GRLs – it's been around for 33 years, as long as I have been an MP in Nee Soon. So many memories, so many people whom we met there. Nostalgic, a sense of shared experiences, so much laughter, joy, good work done by volunteers, a place where our Nee Soon residents come and feel at home.

欢庆好时光

新的一年，新的开始，在忠邦民众俱乐部更是如此。随着为社区服务多年的旧建筑物被拆除，我们觉得此刻正是重温在忠邦民众俱乐部所构造的珍贵回忆，并同时倒数着更新、更美好的事物即将出现在忠邦城综合发展项目。

忠邦民众俱乐部是许多义顺区居民扶老携幼，一起参加活动的场所。勾起人们甜蜜回忆的旧建筑物消失，的确令人感到惋惜。新的忠邦城综合发展项目将重启民众俱乐部的联系功能，重新为义顺居民提供与家人、朋友及居民联络感情的平台。

尚穆根部长出席在忠邦民众俱乐部被拆除前举办的最后一次活动。他分享：“在这所俱乐部举办道别活动勾起我与众基层领袖的共同回忆。它已经在此地33年了，与我在义顺当议员的时间一样久。这里有许多回忆，我们在这里接见许多人，充满怀旧情怀。我们共同的经历、欢笑、喜悦及义工们的奉献仍然历历在目，到了这里仿佛有回家的感觉。”

MERAIKAN DETIK-DETIK MANIS

Tahun baru selalunya membawa permulaan yang baru, dan perubahan ini berganda-ganda lagi di Kelab Masyarakat Chong Pang. Dengan perobohan bangunan lama yang telah berkhidmat kepada masyarakat selama bertahun-tahun, kami berpendapat bahawa ini adalah masa yang sesuai untuk mengimbas kembali kenangan berharga yang telah kami lakukan di Kelab Masyarakat Chong Pang selama ini, dan pada masa yang sama, menantikan perkara yang baru dan lebih hebat yang akan datang pada masa hadapan di Pembangunan Bersepadu Chong Pang.

Ramai penduduk Nee Soon, baik yang muda mahupun yang tua, telah menghadiri banyak acara yang diadakan di Kelab Masyarakat Chong Pang, dan walaupun mereka sedih melihat bangunan lama itu pergi, bangunan baharu akan memberi peluang sekali lagi kepada penduduk Nee Soon untuk bergaul bersama-sama dengan keluarga mereka, rakan-rakan dan sesama penduduk.

Menteri K. Shanmugam, yang telah menghadiri acara terakhir yang diadakan di Kelab Masyarakat Chong Pang sebelum bangunan itu dirobohkan, berkongsi, “Acara terakhir di bangunan CC sedia ada ini membawa kembali banyak kenangan buat saya dan ketua-ketua akar umbi saya — bangunan ini telah berdiri selama 33 tahun, selama saya menjadi Anggota Parlimen di Nee Soon. Begitu banyak kenangan, begitu ramai orang yang kami temui di sana. Nostalgia, perasaan berkongsi pengalaman, banyak derai ketawa, kegembiraan, kerja-kerja baik yang dilakukan oleh sukarelawan, tempat di mana penduduk Nee Soon kita datang dan berasa seperti di rumah.”



நல்ல நேரங்களை கொண்டாதுதல்

புத்தாண்டுடன் பல சமயங்களில் புதிய தொடக்கங்களும் வருவதுண்டு. சொங் பாங் சமூக மன்றத்தில் அது இரட்டிப்பாக நிகழ்ந்தது. சமூகத்திற்குப் பலலாண்டுகாலம் சேவையாற்றிய பழைய கட்டடம் இடிக்கப்படுவதால், சொங் பாங் சமூக மன்றத்தின் அற்புதமான நினைவுகளைப் பின்னோக்கிப் பார்ப்பதற்கும், புதிய ஒருங்கிணைக்கப்பட்ட சொங் பாங் வளாகத்தில் கிடைக்கவிருக்கும் அருமையான புதிய அம்சங்களை வரவேற்பதற்கும் இதுவே உகந்த தருணம் என நாங்கள் நினைத்தோம்.

இளையர் முதல் முதியவர் வரை ஏகப்பட்ட நீ துன் குடியிருப்பாளர்கள் சொங் பாங் சமூக மன்றத்தில் நடைபெற்ற நிகழ்ச்சிகளில் கலந்து கொண்டிருக்கிறார்கள். பழைய கட்டடம் இடிக்கப்படுவது கவலை அளிக்கலாம் என்றாலும், புதிய கட்டடம் நீ துன் குடியிருப்பாளர்கள் குடும்பத்தோடும், நண்பர்களோடும், சக குடியிருப்பாளர்களோடும் ஒன்றுகூடி மகிழ் மீண்டும் வாய்ப்புகளை வழங்கும்.

சொங் பாங் சமூக மன்றம் இடிக்கப்படுவதற்குமுன் கடைசியாக நடைபெற்ற நிகழ்ச்சிக்கு வருகை தந்திருந்த அமைச்சர் கா. சண்முகம், “தற்போதுள்ள சமூக மன்றக் கட்டடத்தில் நடைபெறும் இந்தக் கடைசி நிகழ்ச்சி, எனக்கும் எனது அடித்தளத் தலைவர்களுக்கும் பல ரூபகங்களை நினைவுபடுத்துகிறது - இந்தக் கட்டடம் 33 ஆண்டுகளாக நீடித்து வந்துள்ளது. நானும் அத்தனை ஆண்டுகளுக்கு நீ துன் தொகுதி நாடாளுமன்ற உறுப்பினராக இருந்து வந்திருக்கிறேன். நாங்கள் இங்கு பலரையும் சந்தித்த பற்பல நினைவுகளை மனதில் எழுகின்றன. ஒருவிதமான ஏக்கம், ஏராளமான சிரிப்பு, உற்சாகம், தொண்டழியர்களின் அரும் பணி, பகிரப்பட்ட அனுபவங்கள், நீ துன் குடியிருப்பாளர்கள் வருகையளித்து இல்லத்தில் இருப்பதுபோன்ற உணர்வை அடையக்கூடிய ஓர் இடம் இது.”



Hidden Gems

IN OUR TOWN

As the new year begins, take the opportunity to explore parts of Nee Soon that you may not have seen before. Check out some of the places we have highlighted below!

Springleaf Nature Park (NSS)

1230 Upper Thomson Road, S787129

Start your morning the right way by heading out to Springleaf Park for some exercise! Feel at home in nature amidst the lush greenery of the park. Head to the lookout point to view the Seletar River or take a short walk along the park connector. There is also a bird watching tower at the park where you can spot birds from!



9am



Yishun Pond Park Lookout Tower (NSC)

90 Yishun Central, S768828

Located near Khoo Teck Puat Hospital, Yishun Pond Park provides picturesque, Instagram-worthy views. Ascending the spiral lookout tower, visitors are able to get a panoramic look at the surrounding area. Even better, the tower is wheelchair-accessible, which means that everyone will be able to experience the views that Yishun Park has to offer.



Something Old, Something New Thrift Shop (NSL)

Blk 426A Yishun Avenue 11 #01-74, S761426

Looking for a bargain? Why not drop in at Something Old, Something New (SOSN)? You might find something that catches your eye. Run by Singapore Anglican Community Services, SOSN is a social enterprise thrift shop selling preloved items. As an environmentally-friendly enterprise, SOSN practises green principles and employs persons recovering from mental health issues, equipping them with skills to allow them to work and live independently.



11am



Boardom Board Game Café (CP)

443 Sembawang Road, S758402

Take shelter from the blistering hot afternoon sun by playing board games indoors! Boardom provides a multitude of board games for people of all ages, as well as trading card competitions and even workshops teaching beginners about tabletop gaming. Furthermore, with extended opening hours on Friday and Saturday, night owls can game late into the night to their hearts' content.



2pm



Panda Statue (CP)

Blk 104, Yishun Avenue 5, S760104

Pandas have been the talk of the town in Singapore, especially when a new baby panda, Le Le, was recently unveiled at the Singapore Zoo. Yishun has its very own pandas, by way of its panda statue. In 1994, Nee Soon GRC MP K. Shanmugam visited Xindu County and presented the county's residents with a Merlion statue as a gesture of friendship. In return, Zao Dexi, Magistrate of Xindu County, visited Singapore for the bi-annual Chong Pang Day Celebrations in 1995, and presented local residents with this statue of a mother and baby panda.



4pm



Yishun Park Hawker Centre (NSE)

51 Yishun Avenue 11, S768867

Bookend your day with a hearty meal at Yishun Park Hawker Centre. Conveniently located next to Yishun Park and with two floors of car parks, Yishun Park Hawker Centre is extremely accessible for all. Offering a wide range of food options, diners will definitely be able to find something that will satisfy their cravings.



6pm



New Face

ON THE BLOCK

Nee Soon Town Council (NSTC) has undergone a change in managing agent, and as part of that change, Ms Christina Goh has been appointed as General Manager (GM) of the Town Council as of 1 June 2021.

To learn more about our new GM, we sat down and chatted with her about her job, her impressions of Nee Soon from her first months here, how COVID-19 has affected work, and her vision for the future of our Town.



How have you found working at NSTC so far?

It's been a challenging yet enjoyable experience. I've got to meet many wonderful people; from our MPs to our Grassroots Leaders (GRLs), councillors and Nee Soon community. They have been very welcoming and made joining the Town Council a smooth process.

What about Yishun? Are you enjoying it?

I enjoy how the community has shaped the town into one that is uniquely Yishun. The rural and urban areas in Yishun cross seamlessly, which I am sure is the collaborative efforts of our MPs and community.

Residents may not know much about what you do. Could you tell us more about your duties in the Town Council?

The Town Council's main scope of work is to manage and maintain common areas. It encompasses conservancy, maintenance, and horticultural works. Apart from routine maintenance, we also carry out cyclical works to ensure the upkeep of the estates. The Town Council is also involved in carrying out improvement projects of facilities such as playgrounds, fitness corners, jogging tracks, pavilions, and so on. As the Town Council is mainly funded by the collection of service and conservancy charges, we need to manage the accounts well.

Have you previously worked with other town councils?

I have previously worked in Hong Kah Town Council before its boundaries changed, and the estate now comes under Chua Chu Kang Town Council. Every town is different as residents' needs differ, so we have to tailor our policies to suit the ground. There is definitely not a 'one size fits all' policy working with town councils!

It's been more than half a year since you have come into the role. Is there anything that surprised you about Nee Soon Town Council?

Since we came onboard, I was pleasantly surprised by the strong support given to us by our MPs, GRLs, councillors and community partners. They have undoubtedly eased the transition process and allowed our team to get to work much faster.

Our MPs, GRLs and councillors also have regular sessions with the team to see how we can improve services for the residents and to streamline processes. Many of them gave us valuable pointers and guided the team, and we appreciate their help. Our objectives are aligned whereby we want to serve our residents better in order to achieve our vision of 'Home With A Heart'.

COPING WITH COVID-19 AND THE FUTURE

What has your experience been like managing the Town Council during the COVID-19 pandemic?

The pandemic has been challenging for everyone. It is a constant balancing act between safeguarding my team and fulfilling the goals of our Town Council. I would like to thank my team for their hard work during this extremely challenging period.

It has been hard to build rapport and culture as our staff are located across 4 offices. Moreover, we are unable to organise many team-bonding activities due to COVID-19 measures. However, I am glad to see that our staff managed to gel well with one another through our daily interactions, online meetings, NSTC Connects (an in-house publication that promotes team bonding) and events.

Do you expect any changes to your work as Singapore opens up?

This is a given. We have already experienced large shifts in the behaviour of our residents. The work patterns of our team have adapted to this new norm as well. We constantly seek out methods to bridge the gap between achieving results for our residents and providing our team with the optimal working environment and processes. In this way, we can provide a total experience for everyone.

While it has only been a short time, what would you say has been your greatest achievement at NSTC so far?

Being the new managing agent of NSTC, all eyes are on us, assessing our performance. As the GM, it is my duty to ensure our client's goals are met. In my opinion, our greatest achievement so far is having our stakeholders assimilating us as part of Nee Soon GRC, and having our MPs, GRLs and councillors share their appreciation for our efforts. I look forward to deliver more results with our NSTC team.

Is there anything else you hope to achieve during your time at NSTC?

On top of sustained business relations, we hope to build a robust town council team that can adapt to the changing needs of our community.

Lastly, as GM of NSTC, what would you like to tell the residents of Yishun?

Let's work together to continue building Nee Soon into a safe, inclusive, sustainable, and vibrant town.

Thank you for your time!

APPRECIATING OUR

Ungsung Heroes



Sanitation of public areas has come under greater scrutiny during the COVID-19 pandemic, and as a result, our Town Council cleaners have been working longer hours to ensure that our public spaces remain hygienic and safe for all residents. To commemorate their efforts, Nee Soon Town Council celebrated Cleaners' Appreciation Day on 13 November 2021.

Our MPs distributed gifts kindly donated by a volunteer, comprising face masks, ART kits, as well as \$200 in NTUC vouchers, to all cleaners in Nee Soon.

MP Derrick Goh personally presented the gift to cleaners in Nee Soon Link, recognising their efforts in sanitising and deep cleaning Blk 414 Yishun G & G market after COVID-19 cases emerged there.

Nee Soon GRC MP Assoc Prof Faishal, Minister of State for Home Affairs and National Development, together with Nee Soon Town Council and grassroots leaders, also presented the gift to cleaners from Nee Soon Central and Chong Pang. The cleaners have been hard at work deep cleaning and sanitising Blk 745 and Chong Pang Market and Food Centre due to COVID-19. We hope that the gifts would help show our appreciation and serve as encouragement to the cleaners.

Residents of all ages wanted to express their gratitude to our cleaners and, in Nee Soon East, even children wanted to show their support. MP Louis Ng presented handmade cards of appreciation from students of Northland Primary School. The four girls, Valelynn, Alicia, Valerie and Tiffany, each wrote heartwarming words of encouragement for the cleaners and thanked them for their hard work throughout the pandemic.

It is heartening to see many residents around Nee Soon thanking and encouraging our Town Council cleaners. The hard work of our Town Council cleaners is definitely appreciated by the community!



We Care FOR NEE SOON RESIDENTS

To support Nee Soon residents currently undergoing Home Recovery from COVID-19, People's Association (PA) has put together care packs, consisting of Antigen Rapid Test kits, masks, disinfectants, lozenges and supplements, and delivered them door-to-door.

Our grassroots leaders and volunteers joined the PA staff in the distribution, ensuring that these WeCare packages are promptly sent out to all affected residents.

The COVID-19 pandemic has spotlighted the solidarity and strong spirit of contribution and partnership in Nee Soon. This is truly our Home With A Heart.

上门送关怀礼包给 义顺集选区的居民们

为了提供援助给住在义顺，正在居家康复的冠病患者，人民协会上门送关怀礼包给他们。每个关爱礼包里有快速抗原检测仪、口罩、消毒液、润喉糖及保健品。

我们的基层领袖和义工们与人民协会会员一起参加派发行列，确保受影响居民都能迅速地收到所有的关怀礼包。

冠病19疫情聚焦义顺区团结一致、齐心合力帮助周遭居民的社区精神及凝聚力。这的确是我们大家心心相连的美好家园。



K Shanmugam Sc
October 24

[Care packs to residents]

Over the past few weeks, grassroots leaders and PA staff have been delivering care packs to residents who are undergoing Home Recovery.

It can be a difficult time for them and we are here to provide support.

Residents who are in need of assistance can contact [Chong Pang Community Club](#) at 6758 8258, or email at wecare_chongpang@pa.gov.sg.

#HomeWithAHeart



KAMI PRIHATIN TERHADAP PENDUDUK NEE SOON

Untuk menyokong penduduk Nee Soon yang sedang menjalani Pemulihan di Rumah daripada COVID-19, Persatuan Rakyat (PA) telah mengumpulkan pek penjagaan, yang terdiri daripada kit antigen, pelitup muka, cecair pembasmi kuman, lozeng dan makanan tambahan kesihatan, serta menghantarnya dari rumah ke rumah mereka.

Pemimpin akar umbi dan sukarelawan kami telah menyertai kakitangan PA dalam pengedaran tersebut sambil memastikan pakej WeCare ini dihantar dengan segera kepada semua penduduk yang terjejas.

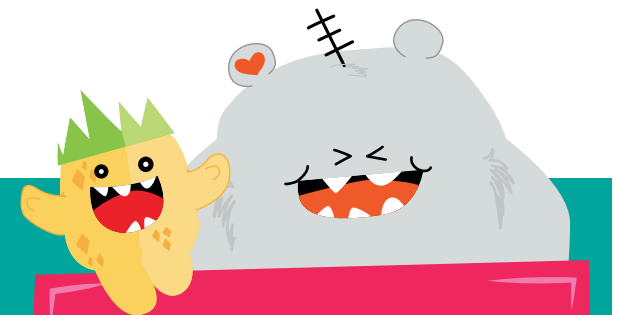
Pandemik COVID-19 telah menyorotkan perpaduan dan semangat sumbangan serta perkongsian yang kuat di Nee Soon. Ini sememangnya Kediaman Kita yang Berhati.

நீ துன் குடியிருப்பாளர்கள் மீது எங்களுக்கு அக்கறை உண்டு

கொவிட்-19 கிருமித்தொற்றினால் வீட்டிலிருந்து குணமடைந்து வரும் நீ துன் குடியிருப்பாளர்களுக்கு ஆதரவளிக்க, மக்கள் கழகம் பராமரிப்புப் பைகளைத் தயாரித்திருக்கிறது. ஏண்டிஜன் சுயப் பரிசோதனைக் கருவிகள், முகக்கவசங்கள், கிருமிநாசினிகள், இருமல் மாத்திரைகள், ஊட்டப்பொருட்கள் ஆகியனவற்றை உள்ளடக்கிய இந்தப் பைகள், அவர்களின் வீடுகளுக்கு நேரடியாகச் சென்று கொடுக்கப்பட்டன.

பாதிக்கப்பட்ட குடியிருப்பாளர்கள் அனைவரும் இந்த "WeCare" பைகளை உடனுக்குடன் பெறுவதை உறுதி செய்ய, மக்கள் கழகப் பணியாளர்களுடன் எங்கள் அடித்தளத் தலைவர்களும் தொண்டியர்களும் விநியோக நடவடிக்கையில் ஈடுபட்டனர்.

நீ துனில் நிலவும் வலுவான பங்களிப்பு உணர்வையும் ஒற்றுமையையும் கொவிட்-19 பெருந்தொற்று வெளிச்சம் போட்டுக் காட்டியுள்ளது. நீ துன் உண்மையாகவே நமக்கெல்லாம் அன்பை அள்ளித்தரும் இல்லமாகத் திகழ்கிறது.



Sign up for GIRO for your
S&CC payments!

Contact/Visit any Nee Soon Town
Council Office for more information.



Keeping Clean In Nee Soon

As part of SG Clean Day on 31 October 2021, cleaners in Nee Soon Town Council were given the day off, leaving the open areas and ground level of housing estates, public parks and gardens unswept. We hope that through this quarterly event, everyone understands the important role our cleaners play in maintaining the hygiene of our estates, and take personal responsibility for the cleanliness of their estate by throwing any rubbish into their designated bins.

Feed Me Please!

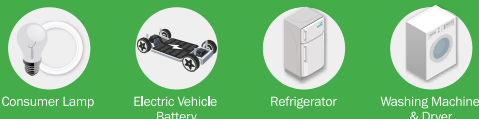
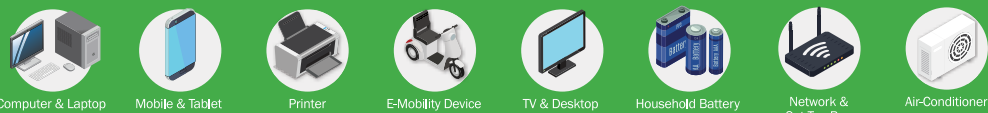
Have you spotted our new rubbish-eating friend around your neighbourhood? Trashemon, made in collaboration with the Public Hygiene Council and the Nanyang Academy of Fine Arts, can be found at the playground near Block 417 Yishun Avenue 11. Make sure you keep your eyes peeled for the brightly coloured bin if you happen to be in the area. Feed Trashemon to help keep our estate clean and litter-free!



Recycle your E-Waste



Types of Regulated E-Waste



For Larger Regulated Consumer E-Waste

- Call your local town council for bulky waste removal (Free)
- Call us at +65 3105 1608 or visit our website to book a doorstep collection (Charges apply)

Visit our website www.alba-ewaste.sg



- ACCEPTED ITEMS**
- Printer
 - Computer & Laptop
 - Mobile & Tablet
 - Network & Set-top Box
 - TV & Desktop Monitor
 - Bulb & Battery (Power banks included)

3-in-1 Bin



- ACCEPTED ITEMS**
- Household battery
 - Bulb

Battery & Bulb Bin



- ACCEPTED ITEMS**
- Household battery

Battery only Bin

Book and pay for Town Council facilities through the OneService App!



Town Council facilities available:



Void Decks



Multi-Purpose Halls

KEEPING IT IN THE FAMILY: FEEDING YISHUN WITH *Project Love Lunch*



Stephanie Ong is no stranger to volunteering. As a youth leader in Project Love Lunch, a ground-up community initiative set up by her mother that aims to provide groceries for the less fortunate, Stephanie has been volunteering in numerous charity events since she was a child.

After being named the 1st runner-up in Yishunite of the Year 2021, Stephanie credited her mother for instilling in her a love for volunteering. “I’ve been volunteering with my mother ever since I was 11. We started out in Marsiling, before moving our operations here to Yishun, giving out care packages every month and helping elderly residents clean their flats.”

Stephanie, who also frequently volunteers with her brother Zachariah, cites volunteering as an opportunity to bond with her family members. “My brother’s working, so he’s quite busy. We take the time when volunteering to catch up with each other, ask about how everything is going. It really helps us to bond as a family.”

DIFFERENT PERSPECTIVES

Through her time volunteering with Project Love Lunch, Stephanie has encountered people in all sorts of circumstances, and this has provided her with a different perspective on life. “I’m very fortunate and blessed as I don’t have to worry about anything. Some of the children I met when volunteering have a lot on their mind, such as taking care of their younger siblings, or having to worry about where their next meal will come from.”

A constant theme in Stephanie’s volunteering journey was children, and it is one that she actively welcomes. “Other volunteers have even come up with a nickname for me, ‘babysitter’, because I’m always taking care of children at various events,” she recalls with a smile.

“During events, I’ll usually look after the younger kids because I really like to work with kids, then their parents and the older kids can go on and have some fun on their own,” she continued.

Volunteering has also made a significant impact on Stephanie, who attributes her maturity to being exposed to volunteering from a young age. “I feel I have matured in my decision making and don’t make reckless decisions. I find that when I was younger, I would make childish decisions, but having seen children in worse circumstances, I have learnt to be more grateful for what I have.”

Ultimately, Stephanie embodies Project Love Lunch’s motto of ‘No Child Should Go Hungry, No Elderly Should Be Forgotten’, and has let her actions do her talking for her. Through her selfless acts, she has helped both children and the elderly in need.

Finally, Stephanie requests of her fellow Yishun residents, “Help out as much as you can, and if you can, volunteer.” Readers interested to find out more about Project Love Lunch can visit their Facebook page for more information.

“

Other volunteers have even come up with a nickname for me, ‘babysitter’, because I’m always taking care of children at various events.

”

全家总动员发起仁爱之盒计划， 捐赠日常用品给义顺居民



当义工对于王慧芯来说，并不陌生。身为仁爱之盒的青年领袖，她从小就投入各种各样的慈善活动。仁爱之盒是由她的母亲一手创办的社区援助计划，其宗旨是发挥甘榜精神和提供日常用品给弱势群体。

慧芯在2021年摘下义顺年度之星亚军头衔。她把这份殊荣归功于母亲的栽培，她灌输奉献精神及当义工的热爱。她表示：“我从11岁开始就与母亲一起做义工。我们刚开始的时候，是在马西岭，后来把业务营运转移至义顺，每个月派发爱心配套及帮助年迈的居民清洗他们的组屋。”

慧芯常常和哥哥志杰结伴做义工。她觉得和家人一起做义工能增进彼此的默契，使他们的关系更加亲密。她解释：“由于我的哥哥有份全职工，他一直以来是挺忙的。我们趁做义工时分享彼此近况，联络感情。这有助于加强家庭凝聚力。”

不同的视角

仁爱之盒计划让慧芯有机会接触来自各阶层，处于各种生活状况的人士。这些经历淬炼她本身的价值观，让她对于人生有了崭新的视角及看法。她说：“我衣食无忧，是幸运的。我也很感恩这一点。我所接触的孩子们总是忧心忡忡，比如得负起照顾年幼弟妹的重担，或者担心下一餐有没有着落。”

在慧芯奉献的道路上，孩童始终是主角，也是她热衷的课题。她回忆笑说：“其他义工甚至给我起了个‘保姆’的绰号，因为我总是在许多场所里照顾孩童们。”

她继续说道：“我通常在活动中帮忙照顾孩童们，好让他们的家长与年龄较大的孩子们可以享有片刻属于自己的空间，做他们喜欢做的事情。”

慧芯也把她的思想较成熟归功于从小就积极奉献自己的时间当义工的成长经历。她有感而发：“我觉得我在做决定的时候，心理方面明显成熟多了。现在的我再也不会做出冲动的决定。我发觉我小时候会做出幼稚的决定，但我亲眼目睹一些孩童们处于更艰难的生活环境时，我领悟到必须更加感恩目前所拥有的一切。”

至始至终，慧芯贯彻仁爱之盒所倡导的‘没有一个孩童会挨饿，没有年长人士会被遗忘’的宗旨，并为此付诸于实际的行动。她通过无私的奉献，帮助需要援助的年幼孩童及乐龄人士。

慧芯最后呼吁义顺居民：“尽量帮助其他居民，可以的话，欢迎投入义工服务行列。”读者如果有兴趣了解更多仁爱之盒相关信息，可浏览他们的面簿获取更多的讯息。



Greening NEE SOON

In support of the SG Green Plan, which aims to plant 1 million more trees around Singapore by 2030, Nee Soon Town Council organised Tree Planting Days across its various constituencies in November and December 2021. Accompanied by residents, our MPs headed out to various parks and green spaces around Yishun to plant trees and make Yishun a greener place for all, while adhering to existing COVID-19 safe distancing measures.

In addition to tree planting, participants helped to pick up litter in the neighbourhood, and were also given environmentally-friendly gifts such as metal straws and reusable face masks. There was even a workshop for residents to learn about harvesting and transplanting seedlings. We hope that this event will educate residents on the importance of keeping green, and that they will continue to support Nee Soon Town Council in our sustainability efforts.

绿化义顺

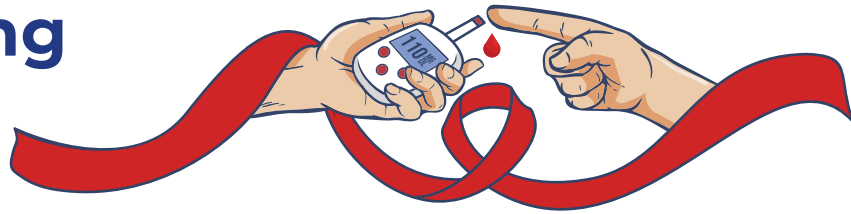
义顺市镇理事会在2021年11月及12月，在各社区举办植树节。这是为了响应新加坡绿色发展蓝图的宗旨，就是到了2030年，在新加坡各处种植1百万棵树木。我们的议员在居民的陪伴下，到义顺的公园及绿色空间种植树木。他们为义顺塑造更翠绿环境的当下，依然遵循着冠病19的安全距离措施。

植树之余，参与活动的居民同时帮忙在邻里捡垃圾，也同时获赠环保的礼物如铁吸管及可重复使用的面罩。居民也在一个工作坊学习如何栽种与移植幼苗。我们希望居民可以从这次的活动中了解绿化环境的重要性，并希望他们继续踊跃支持义顺市镇理事会的可持续发展项目。





Identifying and Managing DIABETES



Many Singaporeans love to eat hawker fare. It's tasty, easy on the pocket and saves time in the kitchen. However, Senior Staff Nurse (SSN) Jayasudha D/O Arumugam has seen the detrimental effect too much hawker food can have on people.

The 35-year-old, who works at Yishun Polyclinic, which is part of National Healthcare Group Polyclinics, recalls caring for a lady with poor sugar level control. "When her house was being renovated, she and her daughter often had no choice but to buy takeaway food. This resulted in her sugar levels rising to an unacceptable range."

SSN Jayasudha added, "During the counselling session, she shared her concerns about trying to improve her diabetic condition. She was worried about being a burden to her

daughter should any complications set in. To address her concerns, I shared with her the following:

- Learn more about the types and sources of carbohydrates, and how carbohydrates can affect blood sugar level
- Keep a food diary to track food intake and guide development of a healthy meal plan
- Check blood sugar level on a regular basis

"Subsequently, her sugar control improved significantly, and she felt more empowered to better manage her own diabetic condition. I am thankful that she was able to trust and confide in me, and I am so happy to see her more energetic and in better control of her health."

We asked SSN Jayasudha for some tips on dealing with diabetes. Delving into her role as a Care Manager, where she counsels people with chronic conditions and teaches them self-management skills — and the personal experience of caring for a father who suffers from the illness too — she listed these symptoms which could signal the onset of diabetes mellitus:



Frequent Urination



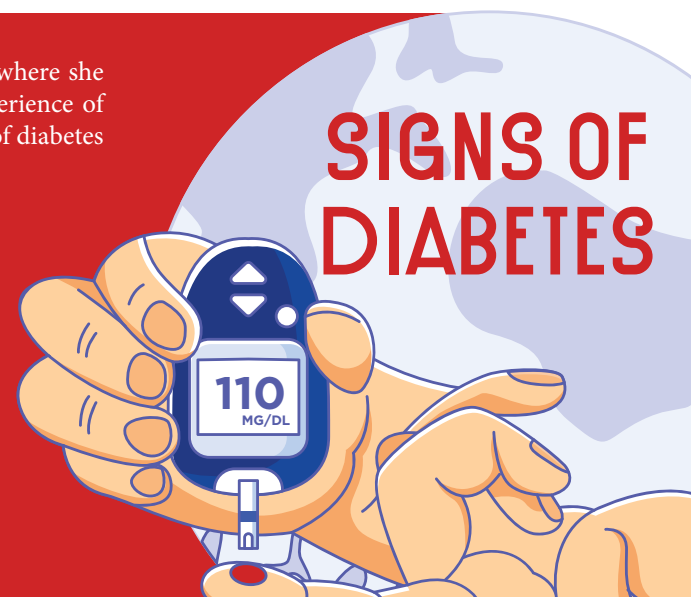
Blurred Vision



Unintentional Weight Loss



Constant Thirst



"Please remember that diabetes can occur at any age. I have even encountered a patient with diabetes at 20. While there is currently no cure, it can be controlled with the right steps. So, prevention and proper management of diabetes should start as early as possible!" said SSN Jayasudha, before going on to list the following five tips:

1. Get screened for diabetes every year



An annual screening for diabetes can help detect potential complications at an early stage. Lifestyle changes or medications can then help to reduce the risk of progression.

2. Maintain a healthy diet



Diet plays a role in affecting your blood sugar, so have a well-balanced diet. Knowing the sources of fat and carbohydrates, and understanding effective meal planning, can help in making wise food choices.

3. Stay active



Engage in low- to moderate-intensity exercises, which have been shown to help control blood sugar levels.

4. Monitor blood sugar level



Regular monitoring of your blood sugar, blood pressure and weight provides useful information to help you manage your condition.

5. Adhere to medication regime



Adhere to your prescribed medication regime. Discuss with your doctor if you are not tolerating the medication well.

After 13 years in the nursing profession, she feels that "half the battle is won when people feel empowered to take charge of their own health by adopting a conscientious and open-minded approach towards making lifestyle changes to improve their conditions".



For more information about a career in nursing, visit caretogobeyond.sg/nursing

Chinese New Year at Nee Soon



Ask Jasmine

Dr Jasmine Siang is a licensed behavioural specialist and psychotherapist with more than 12 years of experience in Individuals, Couples and Family Therapy. Her expertise includes abuse, anxiety, eating disorders, relationships, emotional issues, trauma, etc.

She firmly believes change is always possible and healing is an art. It takes time. It takes practice. It takes trust.

This column is not intended to serve as a substitute for any financial, medical, legal or other professional advice.

If you have specific concerns or an urgent situation in which you require professional, psychological or medical help, you should seek help from a licensed professional, physician or mental health professional.



Dear Jasmine,

I was an abandoned child. My parents put me up for adoption when I was three years old. We reunited recently with the help of my adoptive parents.

We spoke and they shared that they had no means of bringing me up and felt that giving me to another family would allow me to live a better life. It has been three months since I met them and I am unable to forgive them still. My past has also hindered my marriage — my husband wants to have children but I am unwilling to do so. It has caused many fights between us. I do not understand why he is unable to understand my feelings.

**Yours sincerely,
Abandoned Child**

Dear Abandoned Child,

You have not asked me a question in your message — perhaps it is because you are unsure what to even ask. I will first say that this short reply will not readily solve all of your problems, but I will instead present you with some questions that you can ponder over and hopefully guide your next steps.

I noticed that you have signed off as 'Abandoned Child' and the first question I want you to think over is, how do you see yourself? Are you still that abandoned child, or the woman that you have since grown into?

You have done a lot since then and life continues to move on. This is also true for your birth parents. It seems to me they have been able to justify their own actions, if not to you then at least to themselves. They probably believe they have done right, seeing where you are now. My second question for you is, do they really need your forgiveness, or do you believe that forgiving them will help you move on?

You also spoke about your unwillingness to have children, and how it has affected your marriage. How do you think your past has caused this? Do you fear that you will be like your parents and that is why you do not want to have children? And are you unwilling to have children, or unwilling to even overcome that fear?

I hope your journey to finding the answers to some of these questions can give you some clarity and hope.

**Jasmine Siang,
Behavioural Specialist/Psychotherapist**

Help is always available

For women and sexual assault care:
Association of Women for Action and Research (AWARE): 1800 777 5555
For marital relationships:
Care Corner Counselling Centre: 6353 1180
For mediation and dispute resolution:
Eagles Mediation and Counselling Centre: 6788 8220

For children- and youth-related issues:
WINGS Counselling Centre: 6383 5745
For mental health issues:
Shan You Counselling Centre:
6741 9293 / 6745 9293



Have a concern?
Simply scan this QR code and submit your entry here to be shortlisted.

Wishing our residents a

HAPPY NEW YEAR



Dear Residents,

2021 was a challenging yet fulfilling year for Nee Soon Town Council. Despite the pandemic, we completed several projects and initiatives to make Nee Soon a better town for all to work, play, and live in.

Some highlights in the past year include the extension of the current cycling path network in Nee Soon to 16.5 km, the completion of the Neighbourhood Renewal Programme in Nee Soon South and Nee Soon Central, as well as a series of sustainability initiatives such as a beach clean-up at Seletar Island.

We also revamped our Town Council Newsletter, Nee Soon News, to extend additional resources and support to our residents through our Local Tourism feature, Faces of Nee Soon, and Ask Jasmine column.

Thank you for your trust and support. We will continue to build modern yet practical facilities and inject creative ideas to make Nee Soon a vibrant town.

We hope that our residents will continue to stay safe and strong during the pandemic. For those in need, please do not hesitate to reach out to us. Let's take good care of ourselves and work together to make Nee Soon a Home With A Heart.

Wishing everyone good health, happiness, and success in the New Year!

Sudoku

		8	6	2				9
			5	1			3	
			8					1
			1		5		4	6
			4	3				
8		4					5	
		1	3		8			5
			9			1	3	
	8	3				6		4

Join the dots to help Nanas and Squish welcome the New Year!

Answers

8	6	2						9
			5	1			3	
			8					1
			1		5		4	6
			4	3				
8		4					5	
		1	3		8			5
			9			1	3	
	8	3				6		4

Difficulty Level: Medium



CHONG PANG



Mr K Shanmugam
Minister for Home Affairs and Minister for Law
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 107 Yishun Ring Road, #01-207, Singapore 760107
Tel: 6758 3039 | WA: +65 9350 9004
Email: mps@chongpang.org
Operating hours: Tuesdays 7.30pm onwards (except PH & eve of PH)
f K Shanmugam Sc kshanmugam_ K Shanmugam

NEE SOON CENTRAL



Assoc Prof Muhammad Faishal Ibrahim
Minister of State for Ministry of Home Affairs and
Ministry of National Development
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 609 Yishun St 61, #01-235, Singapore 760609
Tel: 6752 2532
Email: MPS.NSC@gmail.com
Operating hours: Mondays 7pm onwards (except PH & eve of PH)
f muhammad.faishal.ibrahim1 muhammadfaishalibrahim

NEE SOON EAST



Mr Louis Ng Kok Kwang
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 227 Yishun St 21, #01-520, Singapore 760227
Tel: 6755 1946
Email: Louisng4nse@gmail.com, nee.soon.east.mps@pap.org.sg
Operating hours: Mondays 7.30pm - 9pm
(first 4 Mondays of the month, except PH & eve of PH)
f @louisingkokkwang

NEE SOON LINK



Mr Derrick Goh Soon Hee
MP for Nee Soon GRC
Chairman of Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 461 Yishun Ave 6, #02-01, Singapore 740461
Email: derrickgohsh.mps@gmail.com
Operating hours: Mondays 7.30pm - 9.30pm
(first 4 Mondays of the month, except PH & eve of PH)
f @ derrickgohsh

NEE SOON SOUTH



Ms Carrie Tan Huimin
MP for Nee Soon GRC
Vice-Chairman of Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 850 Yishun St 81, #01-94, Singapore 760850
Tel: 6759 3413 | WA: +65 9634 5259
Email: CarrieTanNSS@gmail.com
Operating hours: Mondays 7.30pm - 9.30pm (except PH & eve of PH)
f CarrieTanCares @carriancares

LOCATE US

Yishun
Blk 290 Yishun St 22, S(760290)
Nee Soon Central
Blk 751 Yishun St 72, #01-186, S(760751)
Nee Soon South
Blk 845 Yishun St 81, #02-00, S(760845)
Nee Soon Link
Blk 411 Yishun Ring Rd, #01-1819, S(760411)



Essential Maintenance Service Unit (EMSU)
After office hours: 1800 241 7711



Tel: 6758 0129
Email: feedback@nsc.org.sg
f Nee Soon Town Council
@ neesoontc
Nee Soon Town Council
NeeSoonTC

Living the GoodLife!

In nEE soon

A Programme by **MontfortCare**

As Singapore's population ages, the need for eldercare becomes increasingly urgent. The COVID-19 pandemic has amplified that need, with many elderly members of society unable to go about their daily routines, making it difficult for them to socialise, particularly during the circuit breaker in 2020. Montfort Care, a social service provider that operates a series of programmes designed for seniors and their caregivers, helps to meet these needs within our community.

In addition to giving seniors a chance to interact with others, Montfort Care also provides any assistance and support they may require. With branches all around Singapore, including one in Yishun, the elderly members of society are able to benefit from their programmes islandwide. GoodLife! @ Yishun, a centre for seniors and caregiver support operated by Montfort Care, offers a wide range of programmes for both seniors and their caregivers, right here in our town.

Angeline Wong, Programme Manager at GoodLife! @ Yishun, shared more about the programmes offered by the centre, as well as how the centre has handled the COVID-19 pandemic. "We serve seniors aged 50 and above, and reach out to them via WhatsApp or through posters at our centre. Once seniors see a programme they are interested to take part in, they can call or message us to register for them."

GoodLife! @ Yishun offers a wide variety of programmes for seniors, including exercise programmes, done in collaboration with the Health Promotion Board to provide seniors with suitable activities and crafts lessons.

These programmes are not limited to Singaporeans too, as Angeline reveals. "As long as they are staying in Singapore, whether they are on a Long-Term Visit Pass or a Dependant's Pass, they are welcome to join our programmes."

For more serious cases, Montfort Care also has case management intervention programmes, should they be required. Case work management and counselling are provided for seniors requiring additional assistance, who are identified through referrals from hospitals or agencies. Seniors can walk into the centre should they require any help.

Dealing with COVID-19

Commenting on the effects of the pandemic, Angeline said, "During the circuit breaker period, we identified that there's a lot of seniors who weren't able to use technology, so during circuit breaker, our staff developed a programme, 'e-Seniors', to teach these seniors how to go about digital learning." The aim of 'e-Seniors' was to help seniors get to grips with online learning, and they are now reaping the benefits, with online lessons still prevalent now. These online lessons are conducted through Zoom, ensuring seniors can stay safe and comfortable while taking part in various activities.

"We did observe that during the circuit breaker, the seniors are lonelier and they want to find people to chat with," continued Angeline. In order to facilitate the socialisation of the seniors, now that Singapore has slowly opened up, Montfort Care has ensured that their activities involve working in groups, giving them the opportunity to talk to others.

Montfort Care has also continued with its home visits even throughout the pandemic, equipping its staff with face masks, face shields, and sanitisers, to ensure that even in this trying time, seniors in need of help are not left behind.

Ultimately, the care and safety of both seniors and staff come first for Montfort Care. Living by their motto of 'Those whom the world rejects, must move you the most', Montfort Care seeks to provide help to those in need, and will adjust their programmes to suit the community. Anyone interested in finding out more about the programmes they offer can head down to GoodLife! @ Yishun at Block 838 Yishun Street 81, #01-322, or call 64848040.

乐活在义顺

随着新加坡人口老龄化，对老年护理的需求变得越来越迫切。冠病19疫情的发生加剧了这份迫切感，尤其在2020年的疫情阻断措施实施时，许多年长人士无法进行他们熟悉的日常活动，以致社交变得困难。提供社区服务的非盈利组织蒙福关爱 (Montfort Care)，为年长人士和他们的看护者举办了一系列活动，尽可能让他们的需求得到满足。

蒙福关爱除了提供年长人士互动的机会，也提供他们所需的协助和支持。蒙福关爱的服务中心遍布全岛，让身处岛国各角落的年长人士皆能从中心举办的活动中受惠，包括住在义顺的年长者。由蒙福关爱管理的义顺快乐中心 (GoodLife! @ Yishun) 提供各种各样的活动选择，让义顺镇里的年长者及看护者不必离家太远，就能参加活动。

义顺快乐中心活动经理黄彩雲，分享了中心举办的活动，以及中心如何应付冠病所带来的挑战。她说："我们的服务对象是50岁以上的年长人士。他们可通过WhatsApp或张贴在中心的海报得知活动信息，如果看到有兴趣参加的活动，可以拨电或发简讯让我们帮他们登记。"

义顺快乐中心为年长人士准备的活动非常多样化，包括和保健促进局联手推出的快乐健康操，以及各种适合年长者进行的活动及手工制作。

黄彩雲表示，这些活动并不只限于让新加坡人参加。她说道："持有长期探访证或直系亲属证的人士，只要是居住在新加坡，都欢迎参加我们的活动。"

对于情况较严重的案例，如有需要，蒙福关爱也能进行针对性的管理和干预计划。需要额外帮助的年长者由医院或社区机构转介给蒙福关爱后，将获安排接受个别案例的管理和辅导。年长者如果需要帮忙，也可以直接到中心寻求帮助。

冠病疫情期间，保持身心活跃

谈到冠病疫情对年长人士带来的影响时，黄彩雲说："在冠病阻断措施期间，我们发现有很多年长者不懂得使用科技，所以我们的员工构思了一项'乐龄E-时代'(e-Seniors)活动，教导年长者数码科技的知识。" "乐龄E-时代"的宗旨是让年长者掌握上网学习的技能，这在线上课程仍然是主流的今天可即学即用，好处显而易见。由于线上课程都是通过Zoom进行，年长者们能够在安全又舒适的环境下参加各种在线活动。

黄彩雲继续说道："我们确实观察到年长者在阻断措施实施期间感觉更加孤单，很想找人说话。"随着新加坡的防疫限制逐渐放宽，蒙福关爱要继续为年长人士协调各种群组活动，以制造更多互相交流的机会。

蒙福关爱的家访活动在冠病疫情期间也从未中断。配备口罩、面罩及消毒剂的中心员工，确保需要帮助的年长者们都受到照顾，即使在这样的非常时期也不例外。

总而言之，关爱年长者们和员工及确保他们的安全，是蒙福关爱最看重的事。秉持着"被世界拒于门外的人，是最能推动你前进的人"这句座右铭，蒙福关爱致力于帮助有需要者，并将适时调整活动内容来满足社区需求。若有兴趣了解更多详情，可前往位于义顺81街大牌838单位01-322的义顺快乐中心，或拨电64848040询问。



Menjalani GoodLife! di Nee Soon

Semakin menua penduduk Singapura, keperluan bagi penjagaan warga emas menjadi semakin mendesak. Keperluan tersebut menjadi lebih penting dengan pandemik COVID-19, apabila ramai warga emas tidak dapat melakukan rutin harian mereka kerana menghadapi kesukaran bergaul, terutamanya semasa tempoh pemutus rantaian jangkitan pada tahun 2020. Montfort Care, penyedia perkhidmatan sosial yang mengendalikan siri program yang dikhususkan untuk warga emas dan penjaga mereka, membantu memenuhi keperluan ini dalam masyarakat kita.

Selain memberi peluang kepada warga emas untuk berinteraksi dengan orang lain, Montfort Care juga menyediakan sebarang bantuan dan sokongan yang mungkin mereka perlukan. Dengan adanya cawangan di merata Singapura, termasuk satu di Yishun, warga emas boleh mendapat manfaat daripada program anjuran Montfort Care di seluruh pulau. GoodLife! @ Yishun, sebuah pusat sokongan untuk warga emas dan penjaga mereka yang dikendalikan oleh Montfort Care, menawarkan pelbagai program untuk warga emas dan penjaga mereka di bandar kita.

Angeline Wong, Pengurus Program di GoodLife! @ Yishun, berkongsi lebih lanjut tentang program yang ditawarkan, serta cara mereka mengendalikan pandemik COVID-19. "Kami berkhidmat untuk warga emas berumur 50 tahun ke atas, dan mendekati mereka melalui WhatsApp atau melalui poster di pusat kami. Sebaik sahaja warga emas melihat program yang mereka berminat untuk sertai, mereka boleh menelefon atau menghantar mesej kepada kami untuk mendaftarkan diri."

GoodLife! @ Yishun menawarkan pelbagai jenis program untuk warga emas, termasuk program senaman yang dianjurkan dengan kerjasama Lembaga Penggalakan Kesihatan bagi menyediakan aktiviti-aktiviti yang sesuai, serta pembelajaran kraf tangan.

Program-program ini tidak terhad kepada warga Singapura sahaja, jelas Angeline. "Selagi mereka tinggal di Singapura, tidak kira pemegang Pas Lawatan Jangka Panjang atau Pas Tanggungan, mereka dialu-alukan untuk menyertai program kami."

Untuk kes yang lebih serius, Montfort Care juga mempunyai program intervensi pengurusan kes, sekiranya ia diperlukan. Pengurusan kes dan kaunseling disediakan untuk warga emas yang memerlukan bantuan tambahan, yang dikenal pasti melalui rujukan daripada hospital atau agensi-agensi berkenaan. Warga emas boleh langsung ke pusat sekiranya mereka memerlukan sebarang bantuan.

Menangani COVID-19

Mengulas tentang impak akibat pandemik, Angeline berkata, "Sepanjang tempoh pemutus rantaian jangkitan, kami mendapati bahawa ramai warga emas tidak celik teknologi. Jadi, dalam tempoh ini, kakitangan kami membangunkan program 'e-Seniors' untuk mengajar warga emas kita supaya celik digital." Matlamat 'e-Seniors' adalah untuk membantu warga emas memahami cara-cara pembelajaran dalam talian yang semakin meluas, dan mereka kini meraih faedahnya. Pembelajaran dalam talian yang dijalankan melalui Zoom, memastikan warga emas boleh kekal selamat dan selesa semasa mengambil bahagian dalam pelbagai aktiviti.

"Kami memerhatikan bahawa semasa tempoh pemutus rantaian jangkitan, warga emas berasa lebih sepi dan mereka mahu mencari kawan untuk berbual," sambung Angeline. Bagi memudahkan pergaulan warga emas semasa Singapura dibuka semula secara perlahan-lahan, Montfort Care memastikan aktiviti mereka melibatkan kerja dalam kumpulan, memberi mereka peluang untuk berbual dengan orang lain.

Montfort Care juga meneruskan lawatan ke rumah sepanjang pandemik, dengan melengkapkan kakitangan mereka dengan pelitup muka, pelindung muka dan cecair pembersih tangan, untuk memastikan bahawa walaupun dalam masa yang sukar ini, warga emas yang memerlukan bantuan tidak diabaikan.

Yang utama, penjagaan dan keselamatan warga emas serta kakitangan diutamakan oleh Montfort Care. Berpegang pada cogan kata 'Mereka yang disisihkan oleh dunia, paling menyentuh hati kamu', Montfort Care berusaha untuk memberikan bantuan kepada mereka yang memerlukan, dan akan menyesuaikan program mereka untuk keperluan masyarakat. Sesiapa yang berminat untuk mengetahui lebih lanjut tentang program yang ditawarkan boleh singgah di GoodLife! @ Yishun di Blok 838 Yishun Street 81, #01-322, atau hubungi 64848040.

'Nī' Sūn'-இல் நல்வாழ்வு வாழ்தல்!

சிங்கப்பூரின் மக்கள் தொகை முதுமையடைந்துகொண்டிருக்கிற நிலையில் முதியோர் பராமரிப்பின் தேவையும் அதிகரித்து வருகிறது. கொவிட்-19 கிருமிப்பரவல் இந்தத் தேவையை மேலும் அதிகரித்துள்ளது. குறிப்பாக 2020-இல் அமல்படுத்தப்பட்ட 'சர்க்யூட் பிரேக்கர்'-இன் போது சமூகத்தில் உள்ள பல முதியோர்கள் தங்களின் அன்றாட பழக்கவழக்கங்களைக் கடைப்பிடிக்க இயலாமல் தவித்தார்கள். அதோடு, மற்றவர்களோடு பழகுவதும் இவர்களுக்கு இயலாமல் போனது. முதியவர்களுக்காகவும் அவர்களின் பராமரிப்பாளர்களுக்காகவும் பல நடவடிக்கைகளை வடிவமைத்து வழங்கி உதவி செய்து வருகிற 'மான்ட்.போர்ட் கேர்' என்ற ஒரு சமூகச் சேவை நிறுவனம், இந்தத் தேவைகளைப் பூர்த்தி செய்து வருகிறது.

மற்றவர்களுடன் பழகுவதற்கான வாய்ப்பை மூத்தவர்களுக்கு வழங்குவதோடு மட்டும் இல்லாமல், 'மான்ட்.போர்ட் கேர்' அவர்களுக்குத் தேவைப்படும் உதவிகளையும் ஆதரவையும் வழங்குகிறது. 'மான்ட்.போர்ட் கேர்' கிளைகள் 'ஈஷன்' உட்பட சிங்கப்பூரில் வெவ்வேறு இடங்களில் செயல்படுவதால், சமுதாயத்தின் முதியோர் உறுப்பினர்கள் நாடளாவிய ரீதியில் தங்கள் திட்டங்களிலிருந்து பயனடைய முடிகிறது. 'மான்ட்.போர்ட் கேர்' இயக்கி வரும் முதியோர் மற்றும் பராமரிப்பாளர்களுக்கான ஆதரவு தரும் மையமான 'குட்லைஃப்! @ ஈஷன்' முதியவர்கள் மற்றும் அவர்களைப் பராமரிப்பவர்களுக்குப் பலதரப்பட்ட திட்டங்களை நம் நகரிலேயே வழங்குகிறது.

'குட்லைஃப்! @ ஈஷன்' திட்ட மேலாளர் ஏஞ்சலின் வோங், தன் மையம் வழங்கும் திட்டங்களைப் பற்றியும், 'கொவிட்-19' கிருமிப்பரவலைக் கையாண்டதைப் பற்றியும் மேலும் பகிர்ந்துள்ளார். "நாம் 50 வயது மற்றும் அதற்கு மேற்பட்ட வயதானவர்களுக்குச் சேவை செய்கிறோம். அவர்களை 'வாட்ஸ்அப்' (whatsapp) மூலமாகவோ அல்லது எங்கள் மையத்தில் உள்ள 'போஸ்டர்கள்' மூலமாகவோ தொடர்பு கொள்கிறோம். மூத்தவர்கள் தாங்கள் பங்கேற்க விரும்பும் திட்டத்தைக் கண்டறிந்தவுடன், அதனை 'வாட்ஸ்அப்' மூலமாகவோ அல்லது தொலைபேசி மூலமாகவோ தொடர்புகொண்டு பதிவு செய்யலாம்."

'குட்லைஃப்! @ ஈஷன்' சுகாதார மேம்பாட்டு வாரியத்துடன் இணைந்து முதியவர்களுக்குப் பொருத்தமான உடற்பயிற்சி நடவடிக்கைகளையும் கைவினைப் பாடங்களையும் வழங்கி வருகிறது.

இந்தத் திட்டங்கள் சிங்கப்பூரர்களுக்கு மட்டும் அல்ல என்று ஏஞ்சலின் விளக்கினார். "சிங்கப்பூரில் வசிப்பவர்கள், அதாவது நீண்டகால வருகை அனுமதி அல்லது 'டிபெண்டண்ட்ஸ்' அனுமதி பெற்றவர்களாக இருந்தாலும், எங்கள் நடவடிக்கைகளில் கலந்துகொள்ள வரவேற்கப்படுகிறார்கள்."

தேவைப்பட்டால், மிகவும் கடுமையான சம்பவங்களுக்கு, 'மான்ட்.போர்ட் கேர்' சம்பவ நிர்வாக தலையீட்டுத் (Case Management Intervention) திட்டங்களையும் கொண்டுள்ளது. மருத்துவ மனைகள் அல்லது பிரமுகர்கள் மூலம் தெரிவிக்கப்படும் மூத்தோர்களுக்கு நிர்வாகம் அல்லது ஆலோசனைகள் போன்ற உதவி வழங்கப்படுகின்றன. மூத்தவர்கள், ஏதேனும் உதவி தேவைப்பட்டால் மையத்தை தயங்காமல் அணுகலாம்.

கொவிட்-19-ஐக் கையாள்வது

"சர்க்யூட் பிரேக்கர்' காலத்தில், தொழில்நுட்பத்தைப் பயன்படுத்த முடியாத முதியவர்கள் நிறைய இருப்பதை நாங்கள் கண்டறிந்தோம். எனவே 'சர்க்யூட் பிரேக்கரின்' போது, முதியவர்களுக்கு மின்னிலக்கக் கற்றலைப் பற்றி கற்பிக்க எங்கள் ஊழியர்கள் 'இ-சீனியர்ஸ்' என்ற திட்டத்தை உருவாக்கினர்," என்று ஏஞ்சலின் கொவிட்-19 பரவலின் விளைவுகள் குறித்து விளக்கினார். முதியவர்கள் மின்னிலக்கக் கற்றலின் திறனைப் பெற உதவுவதே 'இ-சீனியர்ஸ்' இன் நோக்கமாகும். மின்னிலக்கப் பாடங்கள் நடைமுறையில் இன்னும் உள்ளதால் மின்னிலக்கக் கற்றல் பற்றிக் கற்றுக் கொண்ட முதியவர்கள் இதன் பலன்களை இன்னும் அனுபவிக்கிறார்கள். முதியவர்கள் பாதுகாப்பும் வசதியுடனும் பல்வேறு நடவடிக்கைகளில் பங்கேற்பதை உறுதி செய்ய, மின்னிலக்கப் பாடங்கள் 'ஜூம்' மூலம் நடத்தப்படுகின்றன.

"சர்க்யூட் பிரேக்கரின் போது, மூத்தவர்கள் தனிமையில் இருப்பதை நாங்கள் கவனித்தோம். மேலும் அவர்கள் பேசப் பழக நபர்களை தேட விரும்பினர்," என்று ஏஞ்சலின் கூறினார். சிங்கப்பூர் படிப் படியாகக் 'கொவிட்-19' பாதுகாப்பு நிர்வாக நடைமுறைகளைக் குறைக்கும் வேளையில், மூத்தவர்கள் மற்றவர்களுடன் கலந்துரையாடுவதை எளிதாக்கும் வகையிலும், அவர்கள் மற்றவர்களுடன் பேசுவதற்கான வாய்ப்பை அளிக்கவும், 'மான்ட்.போர்ட் கேர்' அதன் நடவடிக்கைகள் குழு நடவடிக்கைகளாக இருக்கும்படி உறுதி செய்துள்ளது.

இந்தக் கடினமான காலத்திலும் கூட உதவி தேவைப்படும் முதியவர்களைக் கைவிட்டுவிடக்கூடாதென்று, 'மான்ட்.போர்ட் கேர்' தங்களின் ஊழியர்களுக்கு முகமூடிகள், முகக் கவசங்கள் மற்றும் கைச் சுத்திகரிப்பான் ஆகியவற்றை வழங்கி 'கொவிட்-19' கிருமிப்பரவல் காலக்கட்டத்தில் கூட மூத்தோர் வீடுகளுக்குச் சென்று வருகை அளித்தனர்.

முக்கியமாக, 'மான்ட்.போர்ட் கேர்'-க்கு முதியவர்கள் மற்றும் பணியாளர்கள் இவர்களுடைய பராமரிப்பும் பாதுகாப்பும் முதன்மை பெறுகிறது. 'உலகத்தால் நிராகரிக்கப்பட்டவர்களே உங்களை அதிகம் நெகிழ வைக்க வேண்டும்' என்ற உறுதிமொழியின்படி வாழும், 'மான்ட்.போர்ட் கேர்' தேவைப்படுபவர்களுக்கு உதவிகளை வழங்க முயல்கிறது. மேலும் தங்கள் திட்டங்களைச் சமூகத்திற்கு ஏற்றவாறு மாற்றியமைக்கவும் செய்யும். அவர்கள் வழங்கும் திட்டங்களைப் பற்றி மேலும் அறிய ஆர்வமுள்ள நபர்கள் பிளாக் 838 ஈஷன் தெரு 81, #01-322-இல் அமைந்துள்ள 'குட்லைஃப்! @ ஈஷன்'-ஐ அணுகலாம். அல்லது 64848040 என்ற எண்ணில் அவர்களுடன் தொடர்பு கொள்ளலாம்.