National Day Appeal 2018

PRESBYTERIAN Community Services
长老会社区服务
Shaping tomorrow's community today

WE CARE, SINGAPORE

一起来关心新加坡！

Serving as... One Nation Together

Thank you for giving to our services

♦ **Our Seniors Activity Centres (SACs)** purpose is to reach out in partnership with the community to engage and support the frail seniors to age-in-place for as long as possible. We currently run five centres:

- **Sarah SAC @ 105 Jalan Bukit Merah**
- **Evergreen Circle SAC @ Tampines St 81**
- **Hannah SAC @ 21 Toh Yi Drive**
- **Martha SAC @ 364 Upp Serangoon Rd**
- **Esther SAC @ 61 Strathmore Ave**

♦ **Dorcas Home Care** 家居护理 assists the frail and vulnerable elderly in our community through meals delivery, escort for medical appointments, housekeeping and personal hygiene services.

♦ **Emergency Relief Scheme 紧急经济援助** provides short-term financial assistance to families and individuals in dire financial straits, e.g. sudden loss of sole breadwinner, illnesses etc.

♦ **Integrated Programme (IP)** is an inclusive programme that allows children with special needs and developmental delays to learn alongside regular peers in a mainstream setting.

BUSINESS REPLY SERVICE
PERMIT NO. 03370

PRESBYTERIAN COMMUNITY SERVICES
HEAD OFFICE
89 SHORT STREET
#08-08 GOLDEN WALL CENTRE
SINGAPORE 188216

Postage will be paid by addressee. For posting in Singapore only.

Life is more vibrant now...

人生还是精彩

Mr Tan (not his real name), 72, lives alone in a rental flat at Jalan Bukit Merah. During his younger days, he was a technician who handled everything himself. Ever since he retired, he has been staying at home. He is known to the staff of Sarah Seniors Activity Centre (SAC) who conduct regular outreach to seniors living alone in the neighbourhood.

About a year ago, we observed that Mr Tan frequently forgets if he has taken his meals, or which floor he stays at. Through the arrangement of a social worker, he went to see a neurologist and was diagnosed with early stage dementia. At the same time, we noticed that he was unable to manage his everyday life, and his house became very dirty and messy.

Concerned for his well-being, the social worker together with some volunteers helped to clean and paint his house, allowing him to live in a cleaner environment.

Besides this, he was also encouraged to participate in various activities at the SAC. Now, he comes to the centre every day to enjoy lunch made with love and also to participate in the weekly exercises organised by the centre. Occasionally, he will also go out on excursions with the other seniors.

"Now, his life has become more vibrant and he is smiling more often."

陈先生(非真名)今年72岁，单身人士，退休后独自居住在惹兰红山的租赁组屋。他被诊断患有初期的老人痴呆症。由于他已经无法处理日常生活，导致家里非常脏乱！通过社工的安排，一群义工为他打扫和清理、并粉刷房子，让他的居住环境焕然一新。在我们不断的鼓励，现在他除了每周日到中心来享用我们的爱心午餐，也参与每周两天的乐龄健康运动和其它活动。

现在他的生活开始活跃起来，脸上更充满了笑容！

(In 2005, those with dementia aged 65 years and above numbered 22,000. By 2020 it is projected the figure will increase to 53,000, a figure which will more than triple to 187,000 by 2050.)

Source: http://alz.org.sg/dementia/singapore/

PCS runs 5 Seniors Activity Centres (SAC) across the island. Our aim is to reach out, in partnership with the community, to care for the seniors and support them to age-in-place for as long as possible.

Thank you for your care & support ...

I wish to donate $ [ ] to the Presbyterian Community Services

*Please make your cheque payable to: "Presbyterian Community Services"

Name in Block : Mr/Mrs/Miss/Mdm/Dr _____

Address : _____

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Cheque No : _____ Date : _____ Email: _____

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Alternatively, you can donate online via www.giving.sg/pcs

PRESBYTERIAN Community Services

Wef 1 Jan 2011, all donations by individuals/corporates will be automatically included for tax deduction.
Donations made from 1 January 2016 to 31 December 2018 will be eligible for 2.5 times tax deduction.

☐ I wish to receive a tax exempt receipt.

☐ I wish to remain anonymous in all your publications.

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