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Blessed Christmas

A Meaningful Time to Help Others

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

Sharing love through our services...

Thank you for your generosity

♦ **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.

For more information about our services, please visit www.pcs.org.sg

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HEAD OFFICE
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#08-08 GOLDEN WALL CENTRE
SINGAPORE 188216

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Just Be Happy! 只要常常喜乐

Mr Tan, 68, lives in a studio apartment with his wife. At the age of 59, he was diagnosed with Parkinson's disease. It was a big blow to him as he was looking forward to starting his next phase of life upon retirement in a few years. Then in 2015, he received another bad news. He was found to have stage two lung cancer.

But the resilient Mr Tan did not give up. He continued with his treatment and eventually his condition was brought under control. However, they had accumulated a hefty medical bill. So they decided to sell their flat and move to a smaller studio apartment. Initially, they were concerned that moving to a new environment, everything would be unfamiliar and they would not have a supportive network. Thankfully, they discovered our Seniors Activity Centre was just downstairs.

Since coming to our centre, Mr Tan has made many friends and he enjoys the activities organized there. At a recent medical follow up, the doctor told him he was managing his condition very well. I asked him what was his secret and he said, ***"Just be happy lah!"***

陈永安先生今年68岁。两年前与太太从四房式组屋搬到较小的乐龄公寓居住。陈先生退休前是一名德士司机，他驾了三十多年的德士养活一家五口。

可是在2009年不幸患上帕金森症。祸不单行，在2015年又得知自己患有第二期的肺癌！接着又是一轮的手术和化疗，才把病情控制下来。除了庞大的医药费之外，还有就是居住问题！他们决定搬离住了数十年熟悉的环境。搬到新家最大问题是这里完全是陌生的环境、没有熟悉的人、事物。但搬来不久之后他们就找到了马大乐龄活动中心，而且就在他们家楼下。

现在他和太太每天都会下来中心活动，也在中心认识了很多朋友。他更参与中心每星期所有的运动。医生也刚在最近的复诊中告诉他，他的进展很好，是因为他肯积极的每天活动。他很高兴的告诉我说很谢谢我们在这里开设中心让他们这些乐龄人士能够有适合的场所活动。他说：**"我现在天天喜乐，即使有病我还是喜乐！"**

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 ...

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PRESBYTERIAN Community Services

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