BRANCHES

I am the vine; you are the branches.
John 15:5a (ESV)

JANUARY 2025

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H.I.P. CARNIVAL

Let's Get H.I.P. Carnival Returns with a Bang!

The annual Let's Get H.I.P. Carnival, a signature event of Presbyterian Community Services (PCS) Senior Services Division, returned this year, bigger and better than ever. This celebration, a cornerstone of PCS's commitment to active ageing, equipping and empowering seniors to live "H.I.P." lives – Healthy, Interdependent, and Purposeful.

The 2024 Carnival, held across five PCS Active Ageing Centres joined by more than 500 seniors in October and November, showcased the unique personality of each centre and the dedication of teams in fostering vibrant communities for seniors.

PCS Sarah AAC

Welcoming 50 new seniors from Jalan Bukit Merah, the Carnival at Sarah AAC featured games, performances, blessing draws, and a captivating magic show. Deputy Chief Mr Chew Chun Liang from the AIC Silver Generation Division joined the celebrations.

PCS Esther AAC

Over 150 seniors, including guests from FaithActs, enjoyed a lively carnival featuring games, a punching bag station, blessing draws, and a heartwarming intergenerational performance by students from Little Olive Tree (LOT) Ghim Moh. Guest-of-Honor Mr Eric Chua, Senior Parliamentary Secretary for the Ministry of Culture, Community and Youth & Ministry of Social and Family Development, graced the occasion.

PCS Martha AAC

Over 160 seniors enjoyed a vibrant carnival atmosphere, with games, snacks, and exciting blessing draws. The event featured a charming performance by LOT preschoolers and a mesmerizing musical and magic show by the National University of Singapore Alumni.

Presbyterian Eldercare @ Potong Pasir AAC (Care)

Despite the weather, over 165 seniors enjoyed mass exercises, dancing, and delicious local treats. Guest-of-Honor Mr Sitoh Yih Pin joined the celebrations, emphasizing the importance of active ageing.

PCS Evergreen AAC

Evergreen AAC took their Carnival to a new level by hosting the event at Tampines West Mall, where seniors reveled in games, performances, and a blessing draw amidst a bustling, festive atmosphere.

Beyond entertainment, the Let's Get H.I.P. Carnival reflects PCS's commitment to empowering seniors to age-in-place. By fostering community engagement and promoting healthy lifestyles, we strive to create a future where all seniors can live fulfilling and meaningful lives.

OUR SENIORS

Let Love Move @ GOS: Celebrating Inclusivity and Community Spirit

Over 300 Seniors from all 6 Active Ageing Centres under PCS joined the vibrant "Let Love Move" (让爱走动) carnival at Grace Orchard School, in partnership with Providence Presbyterian Church. This inclusive event, open to families, friends, volunteers and supporters, celebrated the unique abilities of students with special needs while promoting intergenerational connection through a day of fun-filled activities.

The carnival was a day of joy and connection, featuring a lively Zumba Gold mass dance, engaging carnival games, captivating student performances, and pampering services like massages, haircuts and nail art.

The pampering service was a hit with our seniors! They were highly engaged and visibly happy throughout the experience.

Our "Handiwork" group, a dedicated team of senior volunteers, delighted attendees with their handcrafted Christmas items. Meanwhile, "HIS Grace Printing Services" offered a unique opportunity to purchase customized merchandise, further supporting the school's initiatives.

His Grace Printing service is a PCS piloted printing workspace to create opportunities for the Special Needs community. It hopes to empower persons with special needs with skills in printing production to improve their well-being by acquiring hard skills to increase employment opportunities.

The "Let Love Move" carnival was a resounding success, demonstrating the power of inclusivity and the importance of fostering a compassionate and supportive community for all.

A Journey of Sustainable Gardening & Creative Expression

Presbyterian Community Services' Esther AAC partnered with Edible Garden City to host a four-part gardening series for seniors. This initiative aimed to enhance well-being by providing opportunities for participants to connect with nature, learn new skills, and express their creativity.

The series covered practical gardening skills, including edible cultivation, DIY self-watering planters, and organic practices. Participants also engaged in nature-inspired terracotta pot painting.

Beyond skill-building, the workshops fostered a strong sense of community and camaraderie among seniors. This initiative underscores PCS's commitment to promoting holistic well-being for seniors by engaging them in meaningful activities that connect them with nature and nurture their creativity.

Chinese Dance Classes at PCS Hannah AAC

Hannah Active Ageing Centre (AAC) has introduced Chinese dance lessons led by a skilled trainer in dance and drama. With just a portable speaker for accompaniment, the sessions focus on teaching graceful movements that seniors can master over time. As they perfect their steps, many participants have grown eager to perform, finding both motivation and deeper bonds within the group.

This enthusiasm has sparked interest in costumes and stage props among the centre's seniors, with the potential to evolve into a performance troupe. With gigs already lined up for next year, the programme reflects PCS's commitment to fostering health, interdependence, and purpose among seniors, turning a simple dance class into a meaningful and enriching experience.

Testimonies from Services Users

Mdm Ong Poh Neo, 88, finds a second home at Esther AAC

Esther AAC truly feels like my second home. I enjoy all the activities and love spending time with the members and staff at the centre. It's the perfect place for retirement seniors like me to stay active, connected, and happy.

Mr Koh Hock Chye, 85, DORCAS Home Care Service User

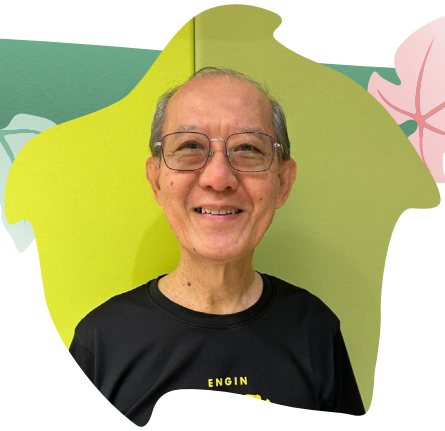
Getting to the doctor used to be such a hassle: calling a taxi, waiting, and managing everything on my own just to get downstairs. Now, with DORCAS coming straight to my home, it's so much easier. They provide a [car], someone to assist me, and even a wheelchair if needed, which has **made a huge difference**. It's very good and so much more convenient.

Mdm Salogin, 75, uplifted by Esther AAC

Esther AAC's programs are inspiring and motivating for seniors like me. Since joining, I feel healthier and happier. I've made many new friends, including neighbours I didn't know before. The environment is supportive, and it's so convenient for me to attend since it's just downstairs. I truly appreciate the centre and the caring staff at Esther AAC.

Mdm Chia Wee Gek, 70, stays active and connected with Esther AAC

After retiring from many years of work, I often felt lonely at home. The polyclinic referred me to Esther AAC, and now I join activities every day from Monday to Friday. I enjoy all the programs, especially the '**Walkie Foodies**,' where I explore beautiful places and try delicious food from different local hawker centres. I truly appreciate Esther AAC for organizing so many wonderful activities for us.



Mr Kee Siang Chin, 70, finds purpose and connection at Martha AAC

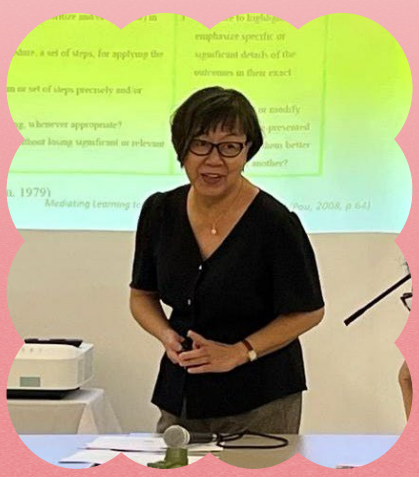
With plenty of free time after my recent retirement, I found that I had Martha AAC **has been a blessing**, offering daily programmes like light exercises, social gatherings, and informative talks on topics such as health and scam prevention.
I've made new friends and truly appreciate the staff, who are always friendly, caring, and make the effort to know us by name. Their dedication to organising enriching activities has made my twilight years far more fulfilling.

OUR SPECIAL NEEDS COMMUNITY

New Course at iSPACE: Adaptable Thinking @Work (AT@Work)

iSPACE, in partnership with the SG Enable Enabling Academy, launched the "Adaptable Thinking @Work" (AT@Work) Level 1: Relating with Others course for ECAT and EdCAT trainees. Being conducted over 10 sessions from October to December, the program equips individuals with special needs with key skills to boost employability.

Using the Mediating Learning Practice Framework (MLPF), the course applies a socio-cognitive approach to help trainees develop social communication and mental agility through discussions, role-playing, and group presentations. This initiative reflects PCS's commitment to empowering PwDs with innovative training, fostering workplace adaptability and personal growth.



Mediating Learning Workshop: Empowering Learners to Think Critically

iSPACE hosted a 2-day workshop on the Mediating Learning Practice Framework (MLPF) for educators and practitioners. This intensive program focused on empowering learners, particularly those with special needs, to think more effectively and solve problems with confidence.

The MLPF emphasizes understanding the learner's thinking process. Through interactive sessions, participants learned effective questioning techniques to gain deeper insights into learner perspectives and stimulate their cognitive development.

This workshop exemplifies iSPACE's commitment to developing innovative approaches that empower post-18 special needs individuals. By equipping educators and professionals with the MLPF framework, iSPACE contributes to a more inclusive and supportive learning environment where individuals can reach their full potential.

Expansion of Grace Orchard School and Development Plans to Equip Post-18 Individuals with Special Needs

Grace Orchard School (GOS) will soon relocate from its current West Coast site to a larger campus in Jurong West by 2029. The expanded facility will feature larger classrooms, dedicated spaces for students with ASD, sheltered playgrounds, and an increased capacity of 600 students—up from its previous 400.

Scan this QR code to read the full article featured in The Straits Times.

Grace Orchard School Prize-Giving & Graduation Day

Presbyterian Community Services (PCS) Chairman, Mr. Jonathan Kok, attended Grace Orchard School's (GOS) 23rd Prize-Giving & Graduation Day as Guest of Honour. Themed "Times of Rejoicing," the event celebrated student achievements with performances of dance, diabolo displays, songs, hand chime melodies and awards.

Mr. Kok commended students for their perseverance and encouraged them to pursue their dreams. He also acknowledged the contributions of parents, volunteers, and partners.

Looking ahead, the GOS community is filled with pride for its students and remains committed to nurturing their growth in partnership with PCS. This ongoing collaboration reflects PCS's dedication to creating a comprehensive support system for individuals with special needs throughout their life journey.

STEP Program Empowers Grace Orchard School Graduates with Valuable Life Skills

Trainees from the pilot run of iSPACE's Supported Transition and Engagement Programme (STEP), have successfully completed a 10-week personal grooming training course. Throughout the program, participants honed essential life skills such as proper oral hygiene and face-washing techniques, empowering them to present their best selves. STEP also emphasized the importance of creative expression and relaxation, with trainees enjoying engaging pottery art sessions to explore their artistic talents.

STEP, supported by SG Enable, is dedicated to equipping graduates of Grace Orchard School (GOS) with the skills necessary for independent living and a smooth transition into the community. By fostering confidence and promoting independence, the program aims to prepare participants for a brighter future. This program exemplifies PCS's commitment to supporting the development of special needs individuals, ensuring they have the tools and confidence to thrive.

OUR PARTNERS

Strengthening Partnerships

PCS senior management team has embarked on a series of valuable learning journeys in collaboration with esteemed community partners: St Luke's ElderCare, FILOS Community Services, and TOUCH Community Services.

These enriching experiences provided invaluable insights into innovative practices and strategies that are enhancing the well-being of our shared community. We are deeply grateful to our partners for their generosity in sharing their expertise and for the warm welcome extended to our team.

We look forward to building upon these partnerships and exploring future collaborations that will further enhance the experiences and well-being of those we serve.

Empowering Seniors: Scam Prevention Awareness with Singapore Police Force at Martha AAC

In today's rapidly evolving digital landscape, staying informed about the latest scams is crucial for everyone, especially seniors who are often targeted by fraudsters. To address this growing concern, PCS Martha AAC, in collaboration with the Singapore Police Force (SPF) at the Hougang Community Police Unit, hosted an engaging talk on scam prevention to over 40 seniors.

This initiative underscores the importance of continuous learning and engagement with current affairs for seniors. By equipping seniors with knowledge and tools to recognize and avoid scams, we empower them to make informed decisions and protect themselves from financial and emotional harm.

By staying informed about the latest scam tactics and adopting preventive measures, seniors can proactively safeguard themselves and contribute to a safer and more secure community for all.

Esther AAC Partners with SportsSG on CALM 1.0 @ AAC

PCS Esther Active Ageing Centre is honoured to be one of the first centres to implement SportSG's frailty prevention program under the Age Well SG initiative. Over an 8-week journey, our seniors engaged in activities designed to boost their health and independence, including resistance band and dumbbell exercises, nutrition tips for optimal health, and strategies for effective rest and recovery.

The program's impact was significant, with pre- and post-assessments revealing remarkable improvements. Seniors experienced increased lean muscle tissue, stronger handgrip strength, enhanced dynamic balance, and improved gait speed, contributing to better daily functioning and overall well-being. These outcomes demonstrate the program's success in empowering seniors to lead healthier, more active lives.

OUR VOLUNTEERS

Volunteer Feature: Carpe Diem Kindergarten with Hannah AAC

PCS Hannah Active Ageing Centre (AAC) was filled with laughter and cheer on 13 Dec as 77 seniors and over 70 children from Carpe Diem Preschool came together for a heartwarming intergenerational celebration.

Despite space constraints, the event ran smoothly, with seniors and children enjoying the festive activities. Adding to the fun, Hannah AAC also invited their Maintenance Day Care (MDC) counterparts to join the celebration.

What made the day truly special was the incredible team of volunteers who planned, coordinated, and financed the event. From securing sponsorships to managing logistics, their dedication ensured its success, with Hannah AAC spending only $70 to provide lunch for over 80 attendees.

The volunteers' efforts continued with a Christmas Eve Party on 24 Dec, offering a warm celebration for those in the Toh Yi community without family or friends.

They've decorated the centre, sourced food and prizes, and prepared for a night of joy and connection. Hannah AAC's volunteers exemplify the power of community spirit, bringing festive cheer and meaningful experiences to all involved.

Spreading Holiday Cheers with NCSS Volunteers

In early December, Martha and Sarah AACs were transformed into a FUN wonderland as volunteers from the National Council of Social Service (NCSS) hosted a heartwarming Christmas party for our seniors.

The afternoon was filled with festive cheers as seniors engaged in creative workshops, designing beautiful Christmas ornaments and tote bags with the help of the enthusiastic NCSS volunteers. The laughter and camaraderie continued as seniors showcased their vocal talents during a lively Karaoke session, singing along to Christmas carols and nostalgic classics.

The NCSS team not only volunteered their time but also joined in the festivities, culminating the event with an uplifting Christmas medley performance. We are deeply grateful to the NCSS volunteers for their dedication and for bringing the spirit of Christmas to our seniors. Their generous contributions made this a truly memorable and joyful afternoon.

PCS Seniors Celebrate iLoveChristmas with Churches

The annual iLoveChristmas celebration once again brought joy to the hearts of our seniors in the festive month of December. This heartwarming event, a collaborative effort between Providence Presbyterian Church and Orchard Road Presbyterian Church, united seniors from PCS Martha, PEPP, Sarah, Esther, and Evergreen Circle AACs to celebrate the spirit of Christmas.

Seniors enjoyed festive performances at both churches, participating in activities such as carolling, interactive storytelling of the Christmas story, and engaging craft sessions. These shared experiences fostered a sense of belonging and provided a warm and supportive environment for our seniors to connect with one another and reflect on the true meaning of Christmas.

This collaboration with our church partners exemplifies our commitment to building strong community partnerships to enhance the lives of our seniors.

OUR PRIDE

PCS Seniors Shine at National Celebration of Seniors Sports Challenge

Over 300 seniors from PCS Martha, Evergreen Circle, and Esther Active Ageing Centres (AACs) participated in the National Celebration of Seniors (NCOS) Senior Sports Challenge, an event dedicated to promoting active ageing and fostering community spirit.

At Bedok@Heartbeat on October 14th, Martha and Evergreen Circle AACs engaged in a spirited competition, with Evergreen Circle emerging victorious in the cross-centre Walking Captain's Ball Challenge, while Martha AAC secured a commendable second place.

On October 17th at Clementi Sports Hall, Esther AAC seniors showcased exceptional team spirit and sportsmanship for the same challenge. For many, this was their first foray into seated floorball and captain ball, providing invaluable opportunities for teamwork and skill development.

These events align perfectly with the H.I.P. (Healthy, Interdependent, Purposeful) lifestyle, demonstrating that age is no barrier to an active and fulfilling life.

The 2024 Seniors' Sports Day, with over 5,000 participants, underscores the growing popularity and importance of such initiatives in fostering healthy lifestyles, social connections, and a sense of purpose among our senior community.

Congratulations to all our participants!

AAC Seniors Excel at I-SING Games!

On December 5th, our Active Ageing Centres (AACs) – Sarah, Esther, and Martha – participated in the International-Singapore Intergenerational Games (I-SING) organized by Nanyang Technological University (NTU). This exciting event celebrates active aging through exergaming, combining fitness with technology.

Competing against 14 other AACs, our seniors demonstrated remarkable energy and teamwork. Sarah AAC, a previous national champion, secured third place, while Esther AAC followed closely in fourth.

Notably, Martha AAC made a triumphant return after a six-year absence, achieving an impressive fifth place.

This fantastic result highlights the dedication and talent of our seniors. Exergaming aligns perfectly with our H.I.P. philosophy, encouraging healthy living, interdependence, and a sense of purpose.

By embracing technology and engaging in active play, our seniors are proving that age is no barrier to a vibrant and fulfilling life.

SPECIAL HIGHLIGHTS

Lookout for our brand refresh!

SCAN TO DONATE
to our Special Needs Campaign

Your donation helps us to continue to meet the needs of our community.

SCAN TO DONATE
your CDC Vouchers to us

Your donation helps us to continue to meet the needs of our community.