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Issue 1

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THE 4TH ELDERLY DAY CARE CENTRE

Good News for Jurong GRC residents!
Minister Lim Boon Heng officiated the opening of NTUC ElderCare's 4th social day care centre—**Silver Circle (Jurong Central)** on 21 April'07.



This centre is built with Universal Living Design that provides barrier-free accessibility. Jurong Town Council has also modified the surrounding vicinity to ensure that it is wheel chair user-friendly. Call us to make arrangement to visit our centre.



The centre has a showroom that showcases assisted living devices. You can learn tips on creating an elder-friendly environment that enables your elderly to live independently.



CARE@HOME

A pilot project in Jurong GRC, Care@home (non-medical home care) service was launched on 21 April'07.

This alternate care service serves seniors or elderly who are weak, homebound and require some form of care and support while their children are away at work.

Basic & Professional Services includes :

- ☺ Conversation & Companionship
- ☺ Exercises / Physiotherapy
- ☺ Meals Preparation
- ☺ Light Housekeeping
- ☺ Errand Services & Grocery Shopping
- ☺ Medical Escorts
- ☺ Physiotherapy
- ☺ Home Modification
- ☺ Counselling

Monthly Package or Daily Services of 1 hour to 4 hours per session (range from \$25 to \$60) are available.



**For enquiries, please call
Karen / Janice**

Tel : 6213 8213 / 2 or visit our website



Animals Watching...

27 April 2007



Zoo tour, sponsored by S'pore Maritime Officers' Union (SMOU). Our Centres' elderly were thrilled by the sight of Giraffes, Orang Utans and Hippos etc...

Fun Time May Day Carnival'07

12 May'07



An elderly enjoying herself, sticking coloured crepe paper balls made by our Centres' elderly during their art and craft sessions.

The public get to try our assisted living devices such as pills cutters, magnifying glasses and pills crusher etc..



A May Day Treat by NTUC

19 May'07



Museum, Clarke Quay, lunch, magic show, karaoke entertainment, goodie bag and ang pow... what a treat!

You have a Heart of Gold...






22 Jun'07

Volunteers' Appreciation Nite'07



An appreciation treat for our volunteers @ Orchid Country Club

Caring for older folks at home can be challenging yet meaningful. To cope with the challenges, we share some tips for the care-giver.

-  **Take good care of yourself** before you can take good care of others. Eat well, have sufficient exercise and rest.
-  **Get your family involved.** Recharge yourself by getting relief help.
-  **Knowledge is power.** Read, attend classes, visit website www.caregivers.org.sg for more caregiving tips etc. Know how to provide care effectively and efficiently.
-  **Be mindful** that your loved ones will need respect for their choices and independence. Allow them to make informed choices and encourage them to do things on their own.
-  **Share your experiences and learn from others** by joining a support group.