sata CommHealth

# E-NEWS

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*In this newsletter:*


SATA's History at National Museum
Page 02

Staff Feature on Social
Page 03

Our Services
Page 04

Charity-Related News
Page 05 - 08

Health News
Page 09 - 10



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We are
HERE TO CARE

## We are HERE TO CARE

Time flies, and we are now in the last quarter of 2020.

October is a busy month, as we continue to bring more awareness of SATA CommHealth's medical services and community programmes to our target audiences.

We have also worked with local start-ups to raise more donations for our beneficiaries.

Last but not least, our partner has launched Virtual Sports Asia 2020 and we are the official charity!

Read on to find out more!

# SATA's history at National Museum of Singapore

As an immediate response to the COVID-19 pandemic and with the intention of educating audiences on historical aspects of former public health crises in Singapore, the Museum team conceptualised a showcase of its collections, and 2 of our historical artefacts were chosen to augment the narrative.

This showcase is meant to reach out to the audiences and share with them some little known aspects of Singapore's history of handling public health crises.

It is now featured in a digital exhibition titled "Everybody Plays a Part: A Showcase of Public Health Crises and Responses in Singapore" accessible on the National Museum's website.

**Singapore Anti Tuberculosis Association (SATA) campaign leaflet in Mandarin**
**1950s-60s**

This leaflet promoted the use of SATA's mobile X-ray vans to screen for Tuberculosis. SATA was a charity organisation established to detect, treat and eradicate tuberculosis in Singapore. The idea of forming an organisation to fight tuberculosis in Singapore had originated from some prisoners-of-war during the Japanese Occupation, when tuberculosis cases were on the rise.

**How to Keep TB Away, a booklet issued by SATA**
**1950s-70s**

This illustrated booklet is an example of how public education was carried out to explain the dangers of tuberculosis (TB), a highly infectious disease that attacks the lungs and can spread to other parts of the body.

# Staff Feature on Social Media

Zoe has been working with SATA CommHealth since December 2018, providing clinical care for many of our patients who require rehabilitation sessions. To support them in their recovery journey, she would bring them on community outings that help enhance their abilities to cope in returning to their daily routines post injury/condition in the community.

The Day Rehabilitation Centre (DRC) team was faced with many challenges due to COVID-19; closure of DRCs, lack of technological resources and serving a restricted number of patients while keeping up with the heightened hygiene measures. Nevertheless, to ensure continuity of rehabilitation for our patients, the team pushed through, by educating patients with the required steps, for those who have the necessary IT infrastructure. This was done through video consultations (VC). These VC sessions were also accompanied by regular follow-up calls and necessary home visits (when the MOH circular allowed it), to help these patients perform rehabilitation sessions safely and appropriately at home.

Tele-rehabilitation has now become useful in keeping patients cognitively and physically active. This will help them to prevent immobility and potential health issues in future. “I do hope that the COVID-19 situation becomes more contained as physical and social interaction is still essential for the mental well-being of people.” Zoe said, hopefully.

# Advance Care Planning

Planning leaves less room for fear of the future! Pave your path towards lifelong health with the guidance of our Advance Care Planning (ACP) facilitators through discussions and reflecting upon your goals, values, beliefs and your future healthcare treatments' preferences.

We constantly strive to help you make better choices as we grow together.

It's $0 for all holders of CHAS Orange/Blue, Pioneer/ Merdeka Generation cards.
To find out more about Advance Care Planning, click here.

# Need to travel out of Singapore?

Pre-departure swabs and serology tests for COVID-19 are now available at SATA CommHealth Medical Centres.

For more details, click here.

Please call our hotline at 6244 6688 to enquire or book an appointment.

# Ready, Get Set, Run!

Kingsmen OOH-Media has launched Virtual Sports Asia 2020 and adopted SATA CommHealth as their official charity!

Part of the proceeds collected from the registration fees will go towards helping our beneficiaries via the various community programmes such as Doctors-On-Wheels, Homecare and Rehabilitation services.

If you are keen to participate in this virtual run event, please visit their official event website to register. You can run as an individual or as a team. Registration ends 31 October 2020.

Kingsmen has also created a virtual run donation campaign for SATA CommHealth to help drive more donations.

Join the Virtual Sports Asia 2020 with your family and friends and stand a chance to win prizes while doing charity at the same time!

# Fundraising with local start-ups

This month, we are collaborating with 2 local start-ups who are helping us to do fundraising.

One of them is AhMah's Legacy, which sells Ang Gu Kueh, Muah Chee, Png Kueh with a flavour of Ah Mah's tradition.

From October to December, AhMah's Legacy will be donating 10% of their ANG GU KUEH profits to SATA CommHealth.

To get these flavourful kuehs, visit their website to check out their sales date!

Next we have Anya Active. Based in Singapore, Anya Active provides quality and affordable yoga and workout apparel and activewear.

For the month of October, they are donating $1 for each order made to SATA CommHealth!

Find out more about their activewear at their website, where you will be spoilt for choice!

# Home Medicine Boxes for the Rental Flat Residents

On 28 September 2020, 800 home medicine boxes were distributed at 206A Punggol Place to the vulnerable seniors and families residing in Punggol West.

The home medicine boxes contain over-the-counter medications which are useful for common ailments like backache and diarrhoea. These medications can help them avoid the need to go to a crowded clinic or a pharmacy to obtain these medications during these times.

Minister Sun Xueling, MP for Punggol West, together with SATA CommHealth's CEO Dr Kelvin Phua and Dell Technologies' Mr Ng Tian Beng were personally there during the distribution event. Dell Technologies, Punggol West CC and SATA CommHealth made it possible by combining each of their strengths and resources to help this segment of the community.

At SATA CommHealth, we are here to care for the seniors and vulnerable.

# Caring Never Stops:
# Homecare & Rehabilitation Services Team

After a very unfortunate fall at home, Mr CYP now needs a walking frame to move around. He lives in a rented HDB flat alone with his flatmate who was not at home to help him at the time of the accident. On top of that, he also undergoes dialysis 3 times a week at NKF dialysis centre due to his deteriorating renal failure.

With SATA CommHealth's Homecare Services, things started looking up for Mr CYP tremendously. With no income or savings, not only was he very grateful for all the financial help rendered to him, Mr CYP is also very appreciative that our Homecare team makes sure his wounds are being carefully treated. At times the Homecare team even assists him with occasional buying of daily necessities at the supermarket (which he is unable to enter when riding his e-scooter.)

For more campaigns, visit here.

Our Occupational therapists are experts at addressing the effects of cognitive deficits on daily life.

Using a person-centred perspective, they not only work with the client, but with the family, and involve others to set collaborative goals and intervention priorities.

Different strategies are adopted for clients with mild, moderate and severe cognitive deficits.

Here in the photo, our Occupational Therapist is providing mental stimulation for a senior to enhance her word recognition capabilities so that she is able to read signboards as she moves around in the community.

# HOW TO BOOST YOUR IMMUNITY?

## Is it about taking a mega dose of a vitamin C supplement?

By Liow Min Choo
SATA CommHealth Dietitian

Vitamin C is one nutrient that is involved to keep the immune system healthy but it is not the only nutrient. The immune system is extremely complex but the first line of defence is to follow simple guidelines to naturally keep the immune system strong. Check out the 4 tips below.

### 1. Enough fresh fruits and vegetables

Taking a mega dose of a vitamin C supplement is not the answer to boosting immunity but taking enough fresh fruits and vegetables, including fruits high in vitamin C is the key.

Take 1 serving of a high vitamin C fruit everyday! Why? Because vitamin C is a water soluble vitamin, the body cannot store excess vitamin C. The kidneys excrete excess vitamin C through the urine. However research has shown that a higher intake of vitamin C, above the minimum required by the body has shown to benefit immunity.

Everyday, take at least 1 serving of a high vitamin C fruit e.g. 1 orange/ grapefruit /lemon/ lime or 1 slice papaya or ½ guava or 2 kiwifruits or a handful of berries.

### 2. Supplement with vitamin C when needed

Research has indicated that a higher intake of vitamin C has shown to benefit immunity. After taking your natural source of vitamin C-rich fruits such as 1 orange, we can supplement with 200-500mg of vitamin C. There is no need to take higher than 500mg of vitamin C for daily maintenance. Take 1000mg vitamin C supplement only when one is unwell or getting the flu.

Mega doses of vitamin C do not offer better health protection.

# HOW TO BOOST YOUR IMMUNITY?

## Is it about taking a mega dose of a vitamin C supplement?

### 3. Get Enough Sleep

Adequate sleep is another natural immune system booster. If we are sleep deprived, the body churns out stress hormones like cortisol to keep us awake and alert which can suppress the immune system. Try to get at least 7 hours of sleep!

The easiest tip to get more sleep – Get to bed 1 hour earlier!

### 4. Stay Active

Exercise is a powerful way to boost the immune system. It causes the body's antibodies and white blood cells to circulate in the body more rapidly to detect viruses and destroy them quickly. Being active also lowers stress hormones which would otherwise suppress the immune system. In addition, people who are stressed and anxious may not pay attention to other health habits like eating healthy or finding time to exercise or getting enough sleep.

The recommendation is 150 mins of activity a week.

Exercise intensity can be low – moderate e.g. brisk walking to jogging or playing sports. One doesn't need to jog but casual walking is too light. The pace has to be at least brisk walking or slow cycling or slow swimming. The block of time has to be a minimum of 20 mins at a time. E.g. if I brisk walk for 30 mins, I would have to try and do it 5 times a week to meet 150 mins of activity. The activity is not difficult but the time commitment is. So start wherever you are and slowly let the benefits of the activity encourage you to keep to the recommended time.

When it comes to fighting viruses, everyday precautions such as washing hands & staying away from people who are ill are important. But boosting your immune system may also give you an edge in staying healthy.

If you find this article interesting and like to have your company, colleagues or friends learn more about how to boost your immunity, SATA CommHealth's Dietitian Min Choo can conduct a nutrition talk via zoom webinar. For more information, please write to minchoo.liow@sata.com.sg.