sata CommHealth

SATA COMMHEALTH E-NEWS

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In this newsletter:

Here To Care Brand Essence
Page 02

Social Media News
Page 03

Donations News
Page 04 - 05

Charity-Related News
Page 06 - 07

Health News
Page 08

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We are
HERE TO CARE

CARE is in our DNA!

In this issue, we would like to share with you our brand essence of 'Here To Care'.

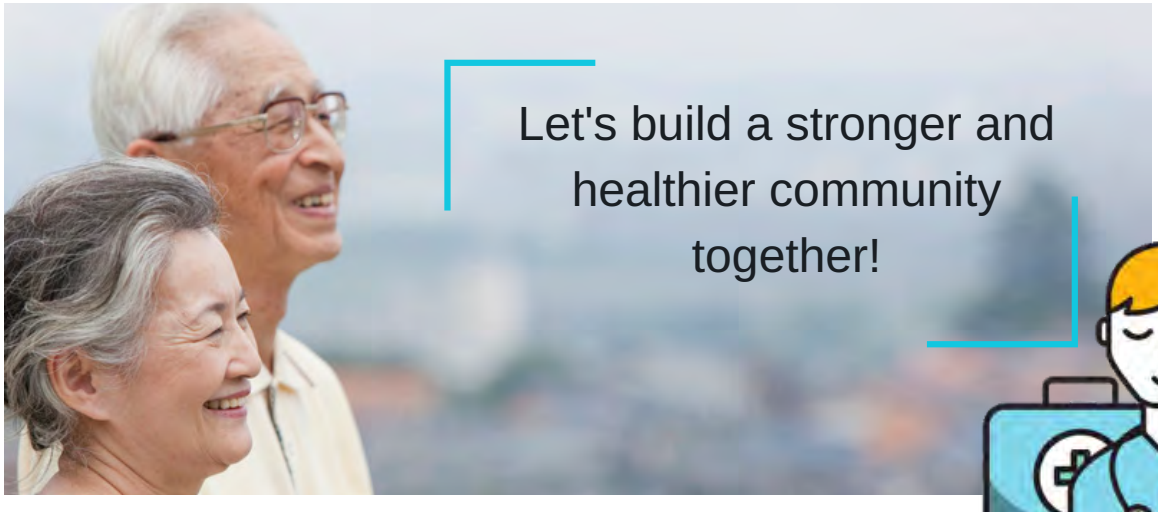
Despite the new normal that disrupts the way we live and work, SATA CommHealth is here to stay and will continue our primary goal of providing care for the seniors and vulnerable in the community.

We will continue to serve the public with our hearts and help the community through our Doctors-On-Wheels, Homecare and Rehabilitative programmes.

At SATA CommHealth, we are HERE TO CARE!

Our Brand Essence: Here To Care

At SATA CommHealth, we are **Here To Care**,
be it serving at medical centres or via our community services.
Our primary focus is to help the Seniors and Vulnerable in the community.



Our Staff Features on Social Media

On National Day, our frontline healthcare colleagues were still working at the dormitory and sending their greetings. Thanks for all your hard work!

Nurse Muzainah is an enrolled nurse who has worked at SATA CommHealth for about four years.

During the COVID-19 outbreak, she was one of the nurses deployed to various dormitories to provide daily onsite medical treatment to the workers who were unwell. On a daily basis, her team attended to workers with chronic respiratory diseases, musculoskeletal disorders, ear infection and skin problems. They also did swabbing for workers with acute respiratory symptoms.

Nurse Muzainah feels that providing daily onsite medical treatments while being fully donned in the stifling PPE is nothing compared to the hard work that has been contributed by the migrant workers for our nation. "...it kept me thinking about how migrant workers would have felt while working under the heat, helping us to keep our country clean, building homes and building roads." She said heartwarmingly.

Masks Donation

Thanks to North West Community Development Council, we received 500 face masks donated by Contribute.SG for our beneficiaries.

We wish to express our sincere appreciation to Contribute.SG for their kind sponsorship towards helping the community.

We will distribute these 500 face masks to our beneficiaries via SATA CommHealth Woodlands Medical Centre.

Kowloon Club and MSWL Masks update!

On 25th August (Tues), our Community Hub staff went to distribute the disposable masks donated by Kowloon Club as well as reusable masks given by Masks Sewn With Love (MSWL) to our rental block residents in Fernvale.

These masks were greatly appreciated by the residents. We would like to give a big thanks to Kowloon Club and MSWL once again for their generous donation!

Home Medicine Boxes for the Rental Flat Residents

SATA CommHealth launched a fundraising campaign in partnership with Dell Technologies in July 2020 to raise money to provide home medicine boxes for the seniors and vulnerable. For every $30 raised, 1 box will be given to a needy household. We have raised close to $30K so far.

Each box contains over-the-counter medications like pain relief plasters, Vitamin C, antacid, antiseptic cream, which help decrease the need for the seniors and needy families to go to clinics and pharmacies when they have minor ailments. This initiative will help to reduce their risk of getting respiratory infections like COVID-19 by avoiding crowded places.

On 27 August (Thurs), 800 of these home medicine boxes were handed over to Ms Sun Xueling, Minister of State (Education, Social & Family Development) and MP for Punggol West SMC. These boxes will be distributed to Punggol West rental flat residents.

Mr Eric Goh and Mr Ng Tian Beng from Dell Technologies, as well as SATA CommHealth's Chairman Mr Stanley Sia and CEO Dr Kelvin Phua were also present in this event.

At SATA CommHealth, we are Here to Care.

Help our Rehabilitative Patients

Besides homecare patients, there are other beneficiaries that require our help as well. We have posted some case studies about our rehabilitative patients on social media in hopes of raising awareness and bringing in more donations on giving.sg.

From getting dressed to preparing meals, we often go about our day and think nothing of it! But for many of our patients, the simple act of getting out of bed may take ages and buttoning up their favourite shirt would seem like an impossible task without assistance.

Without the ability to perform day-to-day tasks, their everyday lives are severely hindered and therefore rehabilitation is necessary for them to live better.

By providing physiotherapy sessions through our Rehabilitation Services as well as financial aid, we can help to empower those in need, giving them a chance to stand on their own two feet again.

Mr Rohaizad suffers from Stage 4 High-grade B Cell Lymphoma that causes his mobility, strength and sensation to be limited. He has an epidural tumour on the lower thoracic spinal cord which makes it looks similar to a Spinal Cord Injury. With this, he required maximum assistance for standing and moving around, especially for bathing.

SATA CommHealth's Rehabilitation Services Team stepped in to provide Mr Rohaizad with financial assistance to help fund his therapy sessions. Our Occupational Therapist was also activated to perform home modifications that helped to improve Mr Rohaizad's overall recovery significantly.

Now with a collator frame, Mr Rohaizad is able to stand with minimal assistance.

Caring Never Stops:
Homecare & Rehabilitation Services Team

Hooray! Our Homecare Services team has reached 997 home nursing visits in the month of August 2020, 10 times more than the initial 100 cases per month a few years ago!

Started in 2012, the team has been relentlessly providing their care and services to address the needs and demands of the immobile, home bound and physically disadvantaged, especially the elderly.

The team members have played a significant role in helping our seniors and vulnerable patients recovered well, both physically, and at times, mentally through encouraging words and humour to drive away their loneliness.

With or without a global pandemic, the Rehabilitation Services Team at SATA CommHealth is ever ready to serve our patients and ensure that their recovery journey process continues seamlessly.

With the help of technology, rehabilitation video consultations are readily available to patients, allowing them to continue with their therapy in the comfort of their own homes.

For those who do not have any gadgets or technology to support the video consultation, our Rehabilitation Services department is ready to loan the necessary equipment to ensure that they are able to receive the treatment they need.

SATA CommHealth believes in ensuring that all individuals receive the therapy sessions they deserve, regardless of their background or socioeconomic status.

Choose Cholesterol-lowering Foods to Protect Your Heart!

When you're spoilt for choice, make sure it's a healthy one!

High blood cholesterol levels lead to an increased risk of heart disease, which is the world's leading cause of death.

Actively incorporate cholesterol-lowering foods into your diet and go for regular health screenings to keep your heart healthy.

See suggestions on the right for healthy choices relating to healthy oils, soluble fiber and omega-3 fatty acids.