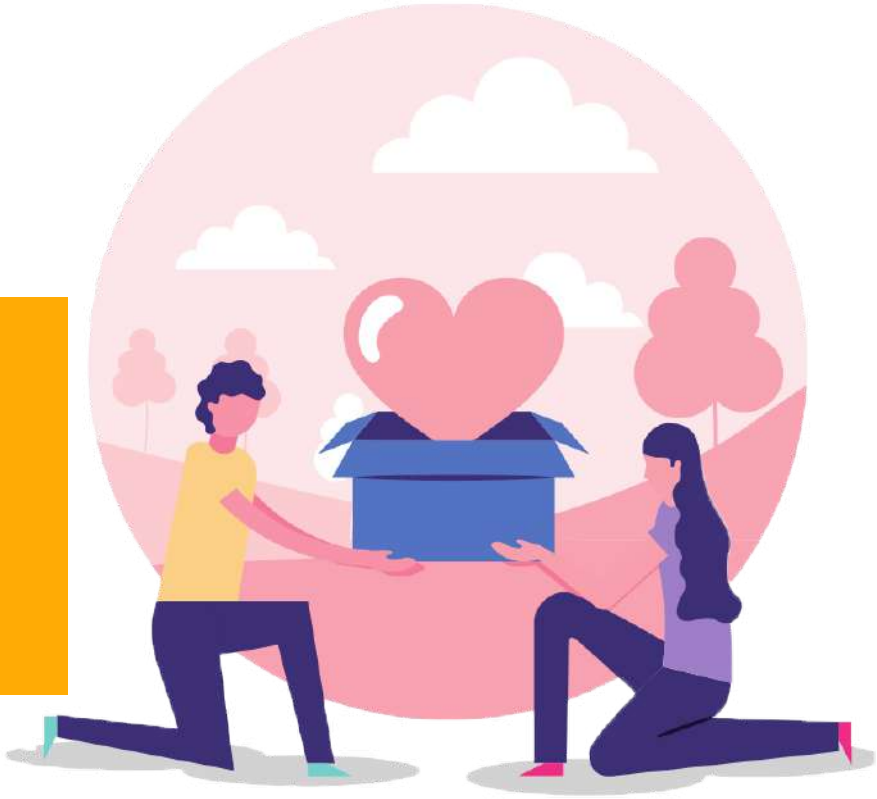
sata CommHealth

E-NEWS

January 2021 | Issue 7



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www.sata.com.sg

sata.commhealth

enquiries@sata.com.sg

6244 6688

We are
HERE TO CARE

A walk down the memory lane

SATA CommHealth official Flag Day was on the 16 January 2021. As no street donations are allowed, we are permitted to organise virtual Flag Day campaign from January - February 2021.

Since we started fundraising one year ago, we have received many heartwarming letters including legacy donations to SATA CommHealth. We are deeply grateful to these donors who are aligned with our mission to promote lifelong health and serving the community.

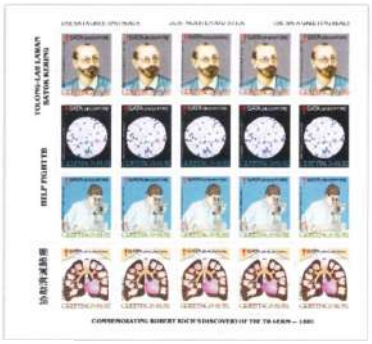
Last December, we received a newsletter from Singapore Stamp Club who has dedicated the whole newsletter to include SATA CommHealth's history, a letter from ex-Chairman, as well as designs of our past greeting seals. It was indeed a delightful surprise!

Read on and walk down the memory lane with us.

The Magical Work of SATA

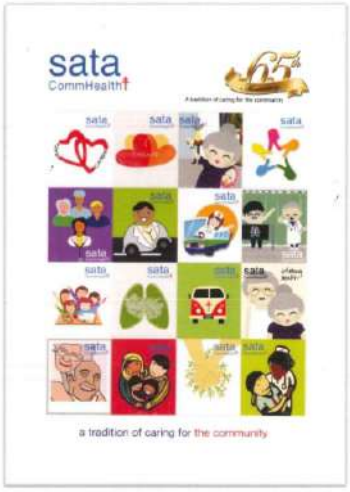
1972 25th Aniversary of SATA

1997 50th Anniversary of SATA



SATA@65 - 2009 RE-BRANDING
SATA CommHealth - A tradition of caring for the community

2009 COMMEMORATIVE ISSUE



16 SEALS REFLECTING SATA'S MISSION

A fund raising event by a former patient

Annual Flag Day to raise funds and gather public support

We were pleasantly surprised to receive from Singapore Stamp Club their December 2020 newsletter issue. This newsletter to their members contained information solely focused on SATA CommHealth's historical facts, letters from our ex-Chairman and ex-CEO, as well as memorable greeting seals dated all the way back when the healthcare charity just started operations!

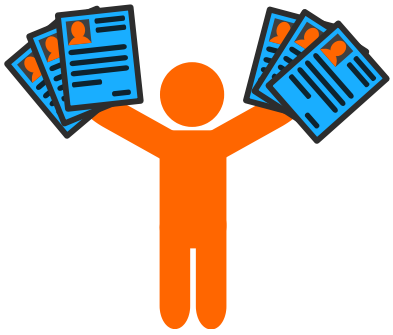
We thank them for the effort in making this newsletter a memorable gift for all of us at SATA CommHealth.

COVID-19 Vaccination Exercise
18-20 January 2021

A total of 150 employees at SATA CommHealth have received their first dose of Pfizer-BioNTech COVID-19 vaccines at our Bedok Medical Centre. Many of our healthcare colleagues are at the frontline fighting the COVID-19 pandemic, and they understand the importance of taking the vaccines to protect not only themselves but the patients, families, friends and the community.

Our CEO Dr Kelvin Phua and Medical Director Dr Cheryl Glenn were among the first few to take the vaccination too. Special thanks to Agency for Integrated Care - AIC Singapore for facilitating the delivery of vaccines to us.

News on SATA CommHealth!



Coronavirus Vaccines for seniors

Nursing homes get ready to vaccinate residents

They start identifying those who are suitable for jab; some living independently not in a hurry

Theresa Tan
Senior Social Affairs Correspondent
and Malavika Menon

Nursing homes have started identifying elderly residents suitable for Covid-19 vaccination.

St John's Home for Elderly Persons and Methodist Welfare Services (MWS) Nursing Home-Yew Tee, for example, have identified those suitable and are in the process of getting consent from the seniors or their next of kin for the shots.

At MWS Nursing Home-Yew Tee, about three in four of its 185 residents have been medically cleared for vaccination, its spokesman said.

Last week, the Government said seniors aged 70 and above would be vaccinated earlier, starting from the end of this month, instead of next month.

Many elderly – who are not in nursing homes – interviewed by The Straits Times expressed a wait-and-see attitude towards getting vaccinated, citing worries about the safety and potential side effects of the vaccine.

Madam Sitaravamma Sandrasegaren, 68, a senior dance instructor, is among those who are hesitant.

She said: "I do not have to be out of my home for long hours and Singapore has a low rate of infection at present, so I feel safe."

Like others interviewed, she said her concerns about the vaccine intensified after news that over 30 seniors in Norway died after being vaccinated.

On Monday, Norwegian health authorities said there was no evidence of a direct link between the deaths and the Pfizer-BioNTech vaccine, and that those who died were already seriously ill before getting vaccinated.

Other Singaporeans, like businessman David Gabriel, 76, are inclined to get vaccinated as he needs to travel in the region for work.

He has a daughter living in Bali and his father, 103, is in Australia.

Mr Gabriel is closely monitoring news about the vaccine, saying that he does not "want to put something in my body that creates more problems than it solves".

Social service agencies that work with the elderly say the receptivity of elderly Singaporeans to the vaccine varies. Many, though, have questions about the safety, efficacy and necessity of the vaccine.

For example, some think it is not necessary as they feel they would not catch Covid-19, while others are thankful the vaccine is given for free, said Lions Befrienders chairman Anthony Tay.

Dr Kelvin Phua, chief executive of Sata CommHealth, said it has put up common FAQs on its social media platforms to dispel misconceptions or answer questions that seniors may have.

Sata CommHealth has also conducted sessions to clarify information about the vaccine with its staff and encourage them to address queries from the elderly.

Experts say visiting the elderly, especially those living alone, is one effective way to educate them about the vaccine.

Singapore Management University law don Eugene Tan said a series of FAQs in various languages, including dialects, on various media platforms should be part of the outreach to seniors.

"Much as the policy temptation is to dwell on the benefits, the risks and uncertainties must be engaged and addressed. It is of utmost importance for people to know what they are getting themselves into and for them to decide what works best for them."

Associate Professor Tan also suggested avenues for medical counselling where one can ask questions before agreeing to be vaccinated. He added: "Where there are 'incidents' such as adverse reactions to the vaccine, this should be reported, and as much facts and information be made available.

"The reality is that there are anti-vaxxers out there, as well as people with good intentions but are misinformed about the vaccine."

Sembawang GRC MP Lim Wee Kiak said many of his residents are concerned about the vaccine as it does not have a long track record.

Dr Lim, an ophthalmologist, said: "I hope more reports on local data on side effects of the vaccination can be (made) available and released to the public so more can be assured of its safety."

ADDRESS UNCERTAINTIES

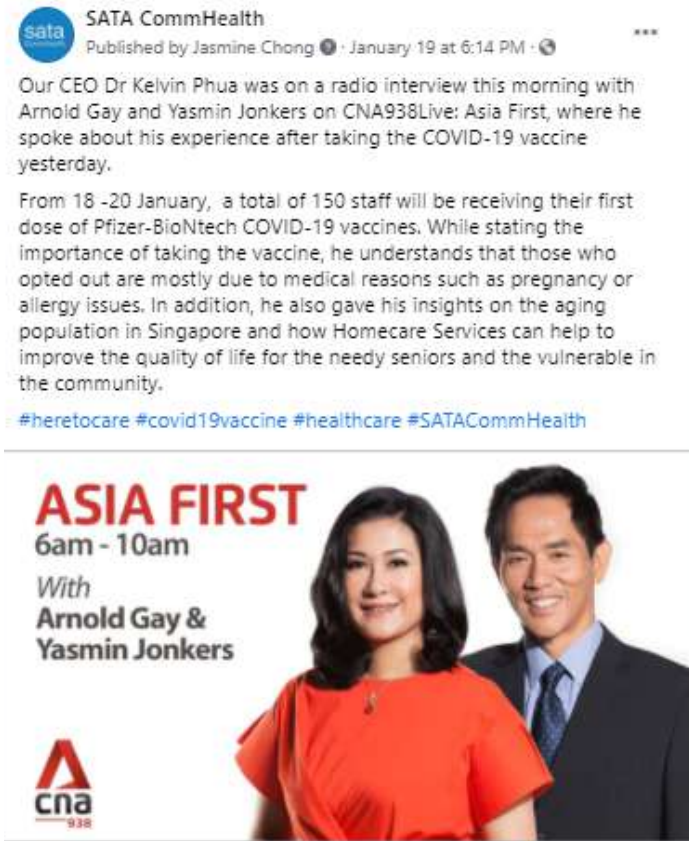
Much as the policy temptation is to dwell on the benefits, the risks and uncertainties must be engaged and addressed. It is of utmost importance for people to know what they are getting themselves into and for them to decide what works best for them.

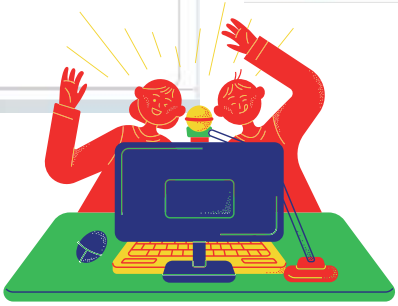
SINGAPORE MANAGEMENT UNIVERSITY ASSOCIATE PROFESSOR OF LAW EUGENE TAN, on providing a series of FAQs for seniors.

theresat@sph.com.sg
mmala@sph.com.sg

In the recent Straits Times article dated 21 January (Thursday), our CEO Dr Kelvin Phua of SATA CommHealth gave his viewpoints on the topic relating to COVID-19 vaccination for the elderly residents in Nursing Homes.

Radio interviews with CNA938!





In December 2020, our Medical Director Dr Cheryl Glenn participated in a radio interview on CNA 938 - Health Matters with Daniel Martin. She gave her insights on how the pandemic year has demonstrated the potential for fundamental shifts across the care continuum - especially for seniors and vulnerable.

On 19 January 2021, our CEO Dr Kelvin Phua was invited by Arnold Gay and Yasmin Jonkers of CNA 938Live: Asia First to talk about his experience on the COVID-19 vaccination exercise, as well as his insights on how our Homecare Services can help to improve the quality of life for the needy seniors and vulnerable in the community.

奉献：Serving The Healthcare Needs Of Our Community Since 1947

What comes to mind when SATA CommHealth is mentioned?

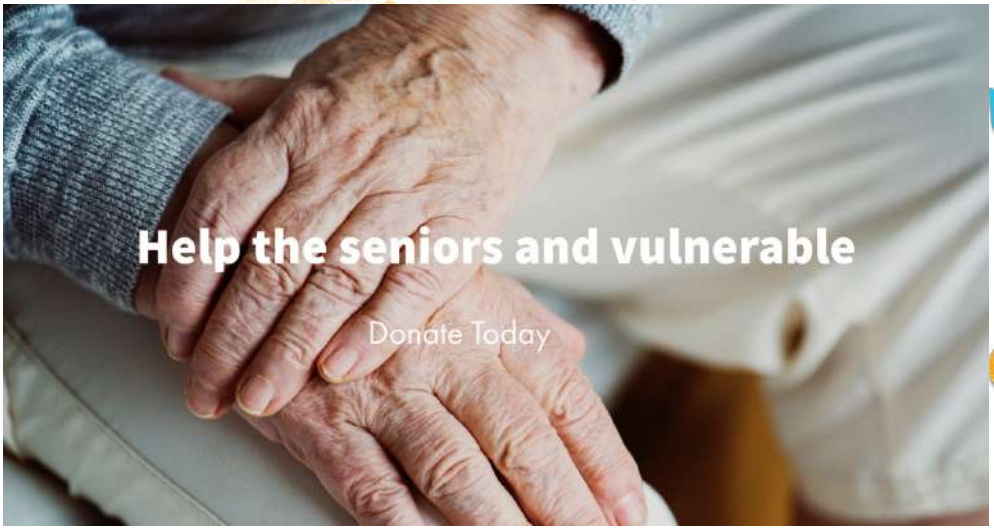
The name is likely not to resonate or achieve immediate recognition amongst the younger generation. However, we have existed as a charity and community healthcare provider since the formative years of Singapore. Known then as SATA, we have steadfastly and selflessly served the healthcare needs of the community when Tuberculosis (TB) was especially rampant in postwar Singapore.

While TB has nearly been eradicated, SATA CommHealth did not stop there. We continue to progress and evolve over the last few decades to provide more comprehensive healthcare programmes and services. We also constantly innovate to deliver mobile, affordable and specialised care for the sick and needy.

SATA CommHealth has always been at the forefront of caring for the healthcare needs of seniors and vulnerable. We were here to care since 1947 and will be here to stay for the generations ahead.

Watch our video on Service 奉献：Serving The Healthcare Needs Of Our Community Since 1947

Flag Day
January - February 2021



Our Official Flag Day was on the 16 January 2021!

As no street donations are allowed during this period, we are given permission to do online donations from now till 28 February. We hope more people will join us to create more awareness of our Flag Day campaign so that we can achieve more donations. In this way, we can help more seniors and vulnerable in the community via our community services.

To find out more about our donation campaign, please visit here.
Alternatively, you can also donate via our Flag Day 2021 campaign on Giving.sg.

We were here to care since 1947,
and will be here to stay for the generations ahead.

Legacy Donations

SATA CommHealth has been serving the community since 1947, and many families in Singapore have known the charity healthcare provider since when they were a child.

Since started fundraising one year ago, we are grateful to have received a few heartwarming letters, including legacy donations that the family members donated on behalf of their deceased family member.

Some have been through the Tuberculosis period, and have witnessed how SATA CommHealth has helped others or themselves by providing medical treatment to the needy and vulnerable in the community. SATA CommHealth also provided them with basic life skills such as sewing and knitting to earn a living during the postwar period. We have also received donations from donors due to the professional services received at our medical centres.

Some of the donors may have passed on due to old age, but their charitable deeds to help the vulnerable will forever be remembered in the minds of their loved ones.

We thank them for their love and support.

Peak Magazine - Leaving a Legacy

Featured in Jan/Feb issue of Peak Magazine, our Chairman Mr Stanley Sia talked about why he desires to make a long term impact on society by giving back in his own ways.

STANLEY SIA

A veteran in the banking and finance industry who has dedicated himself to the improvement of Singapore's healthcare systems.

"More can be done"

What is the gap that you saw in Singapore's healthcare system that led you to SATA CommHealth?

I've been involved in SATA CommHealth since 2012. Being in the private sector for all of my career, I've always had the desire to contribute in some way to society.

SATA CommHealth, in particular, interested me for its legacy and its resilience in adapting with the times to continue serving the community for more than 70 years. This resonated strongly with me, and has kept me in service at SATA CommHealth for the last eight years. In my time here, I've held several portfolios, with the role of chairman being the most recent.

Why do you feel that being a donor is important, especially in the healthcare sector?

While Singapore's healthcare sector is well developed and provides comprehensive services, more can be done for the seniors and vulnerable through the encouragement of a sustainable donation system beyond simply relying on government support.

About one in every four Singaporeans will be 65 and above by 2030. Singapore's low fertility rate and its rapidly ageing population will pose an economic and demographic stress to the nation and this is something we need to start preparing for.

Why did you decide to take up the position of chairman of the board in SATA CommHealth?

Covid-19 has changed the way we live, work and interact with each other. It has surfaced new challenges among the seniors and the vulnerable in the community.

When I took on the appointment in July 2020, at the height of the Covid-19 pandemic in Singapore, my immediate priority was to start laying the foundations of a sustainable charity, even as we were steering ourselves through the challenging times.

How has legacy giving changed the way in which you are able to contribute to the support of the healthcare sector?

In the past, the idea of legacy giving was relegated to high-net worth individuals, the ultra-rich and affluent. While few of us are in that position, there is no reason to exclude charitable giving from our estate planning. All gifts, large or small, are important. Charitable giving is life giving to the poor and vulnerable in our society and healthcare sector forms the backbone of a country's well-being.

Legacy giving lets you make a lasting impact on the lives of future generations, far beyond the measure of your lifetime. It is the best way to benefit a cause or charity that you care about now and in the future.

How to Prevent Hypertension or High Blood Pressure?

- Check your blood pressure regularly during visits to the doctor
- Maintain a healthy weight
- Adopt wise and healthy dietary habits
  - Have regular and balanced meals
  - Avoid oily, sweet, salty, high-cholesterol foods and large amounts of alcohol
  - Take more fibre such as wholemeal bread, brown rice and leafy vegetables
- Exercise regularly - about 3 times a week for 30 minutes each session
- Do not smoke. Quit smoking if you do smoke
- To maintain stress better
  - Set aside for relaxation
  - Ensure you get sufficient sleep
  - Learn relaxation and breathing techniques

How would I know if I have hypertension/high blood pressure?

A simple blood pressure check can be conducted using either a manual or an electronic blood pressure meter. Perform the check when you are relaxed, not after activity, as this would distort the reading.

What do the readings mean?

The systolic reading is the blood pressure when your heart is pumping. It is higher than the diastolic pressure which is the blood pressure when your heart is relaxing between pumps.

Blood pressure is given as systolic/diastolic.
Normal reading (depending on age, gender and lifestyle) should be:
- Systolic: less than 130, Diastolic: less than 85.