sata CommHealth

# E-NEWS

December 2021 | Issue 18

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6244 6688


We are
HERE TO CARE

## Thank You for all the Support!

In this last month of 2021, we have many things to be grateful for...

We are thankful that we can be a part of the initiative to combat the Covid-19 virus and vaccinate the population, especially the most vulnerable seniors in the community.

We are also honoured to receive the 'Best Rehabilitation Programme' finalist award during the 9th Asia Pacific Eldercare Innovation Awards Ceremony, on our service model towards improving the quality of life for the elderly.

Thank you to all the donors and volunteers who have contributed by donating your money and time to help the seniors and vulnerable in the community.

We hereby wish all a Merry Christmas and a fabulous 2022 ahead!

# State Of Care
# Covid-19 Jan-Oct 2021

At SATA CommHealth, we are proud to be a part of the initiative to combat the Covid-19 virus and vaccinate the people in the community, especially the most vulnerable seniors.

Here are our efforts in numbers from January to October 2021.

At SATA CommHealth, we are HERE TO CARE.

# Staff Profile: Miss Nur Farisha Mohd Subari
# Homecare Services

Name: Miss Nur Farisha Mohd Subari
Occupation: Social Worker, Homecare Services at SATA CommHealth
Age: 34
Years in the current organisation: coming to 2 years
Top 3 skills: Engagement skills, resilience and teamwork
Best lesson learned on the job: Regardless of the nature of the job, be humble and sincere in performing them. A small kind of act that we do may not mean anything to us, but it may mean the world to those who need our help.

Farisha started off as a Procurement Coordinator (contract position) in Jan 2020. When the Covid-19 situation escalated in the first few months, she was informed that the company had to implement some cost savings measures which include termination of employment for contract staff. However, instead of letting her go, her superior asked if she would like to consider a Home Personal Care Assistant position as they have vacancies in the department.

After much consideration, she decided to take up the position. In the meantime, she was also in Year 2 of her part-time studies as a Social Work student at the Singapore University of Social Sciences (SUSS). Although Home Personal Care is not exactly the same as Social Work, she believed that the end goal and objective are similar, in that she would be able to help the vulnerable clients and improve their lives in one way or another.

Farisha graduated with a Bachelor Degree in SUSS around June this year. She is grateful and thankful that SATA CommHealth is supportive of her education and career plan. With the knowledge she acquired from school, she hopes that she will be able to do more for the clients as well as the organisation.

She was also involved in the Home Vaccination Project and had the opportunity to manage a few home vaccination teams as well as collaborate with MOH and AIC colleagues. Now she's back in Homecare Services continuing her social work responsibility. She's now taking the time to meet with the existing clients to understand their situations and see if we can help address their needs wherever possible.

And here's a quote from Farisha: "Don't focus on things that we cannot control but focus on things that are within our control. Stay positive and be happy!"

# News on SATA CommHealth

Source: The Straits Times © Singapore Press Holdings Limited. Reprinted with permission.

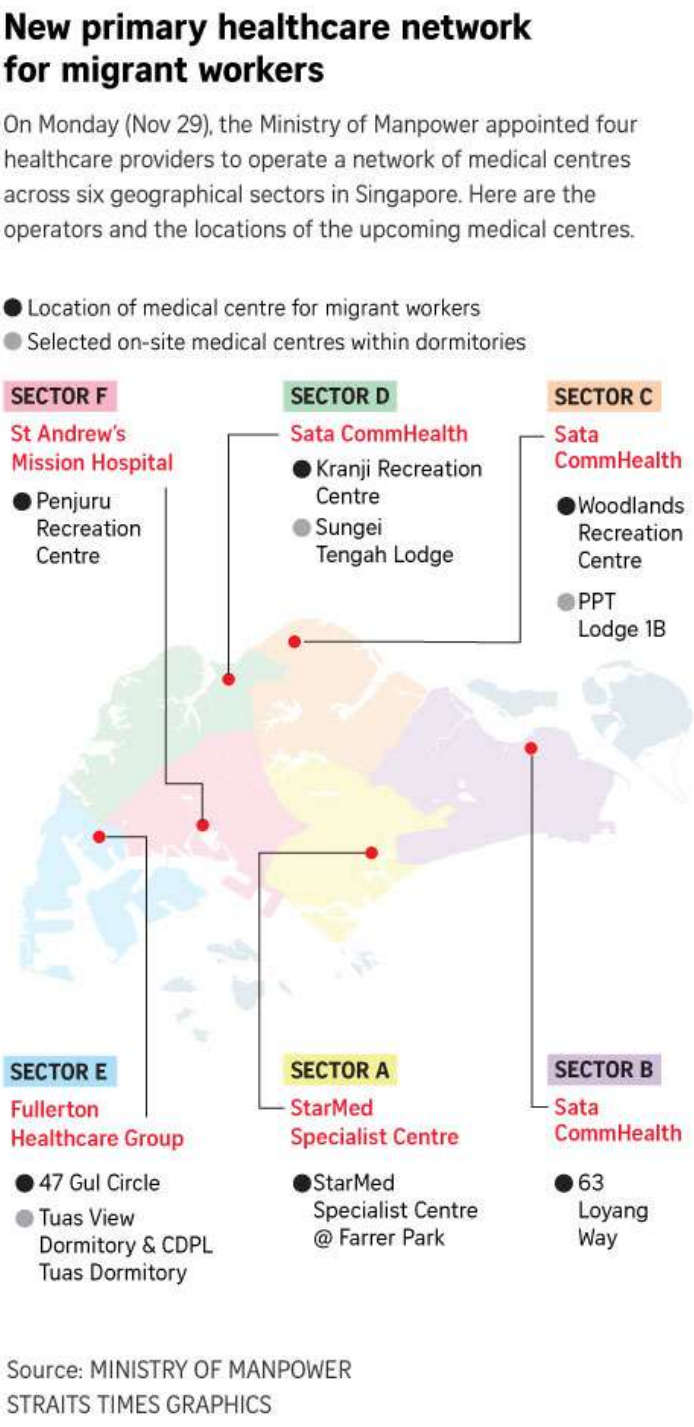
**29 November 2021 The Straits Times**

Companies that employ migrant workers here will soon be able to buy primary care plans to cover their workers' healthcare costs. The plans, ranging from $108 to $145 per worker a year, will be offered by four healthcare providers, one of which is SATA CommHealth.

We were awarded this project to help provide the following services to the Migrant Workers:

- Medical examinations for work pass purposes,
- Medical consultations and treatments,
- Annual health screenings and telemedicine.

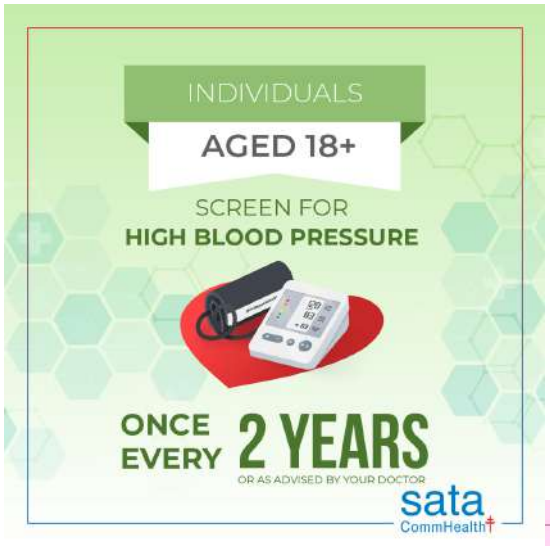
Fullerton Healthcare Group, StarMed Specialist Centre and us were appointed to operate the five sectors allocated to private healthcare companies, while the NGO-run centre, operated by St Andrew's Mission Hospital (SAMH), is already up and running at a temporary site in Penjuru Recreation Centre.
Visit here for the full article.

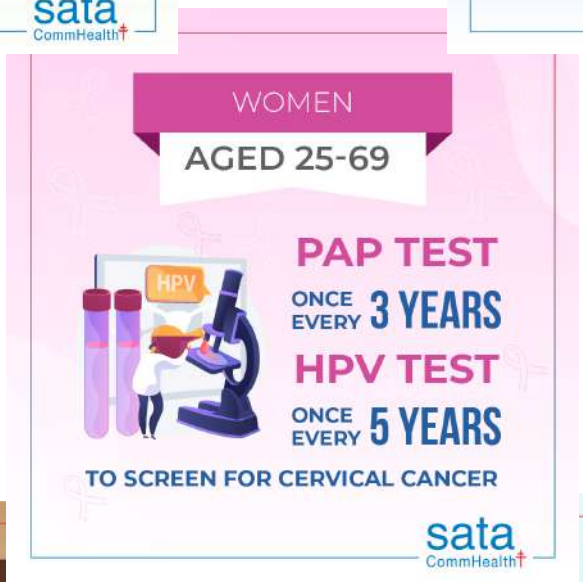


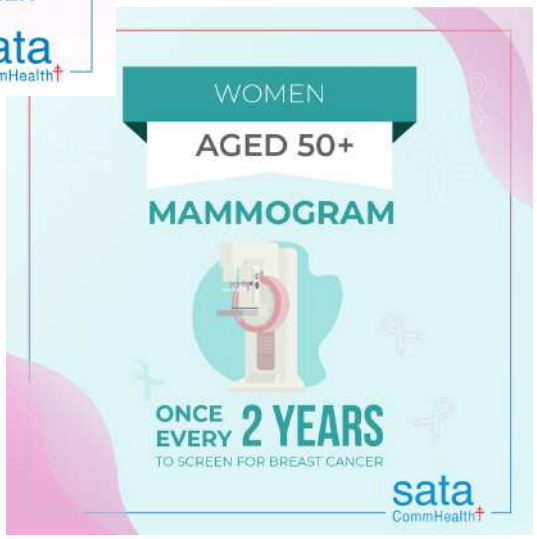
# Go For Your Health Screening

Early detection of any type of chronic illness helps save lives. Going for health screening helps you identify risk factors and early stages of diseases. Check out below for the recommended period between health screenings based on your age group.

At SATA CommHealth, we offer a variety of health screening packages to suit your needs. Visit https://www.sata.com.sg/hsp/ for more information, or call 6244 6688 to book an appointment.







# Finalist In 'Best Rehabilitation Programme'

We are honoured to receive the ‘Best Rehabilitation Programme’ finalist award during the 9th Asia Pacific Eldercare Innovation Awards Ceremony that was held at One Farrer Hotel on the 3rd December (Friday) in Singapore.

The annual Asia Pacific Eldercare Innovation Awards organised by Ageing Asia honours excellence in business, operational and service models towards improving quality of life for elders. Launched in 2013, the annual awards is the first of their kind in the region created to recognise organisations and the teams for their innovative and quality approaches to change the way the region’s older adults age, and applaud their contribution in shaping the future of the ageing landscape.

# CARA: A Pioneering Dementia Membership Programme

The CARA app was developed by Dementia Singapore in partnership with the National Council of Social Service (NCSS) and the Agency for Integrated Care (AIC).

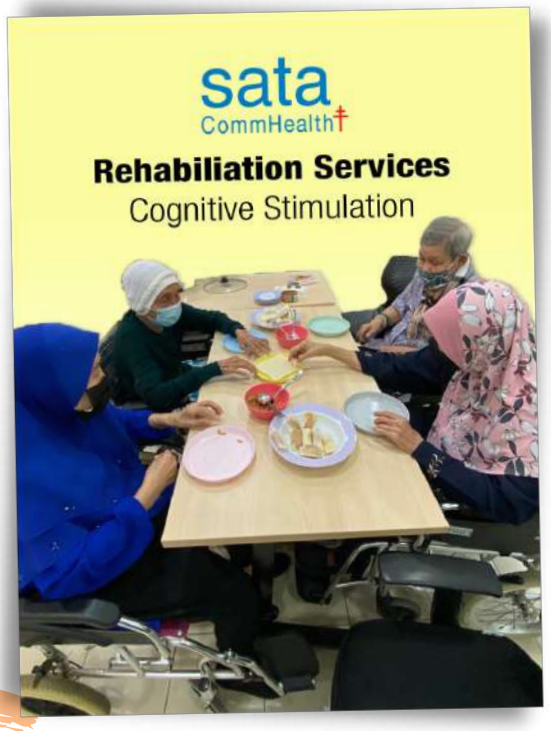
We are proud to come on board as a partner, providing CARA members access to our Dementia Care Therapy Services by our Rehabilitation Services Department. CARA members (both persons with dementia and caregivers) can engage us if they need any assistance or further guidance in supporting their loved ones with dementia.

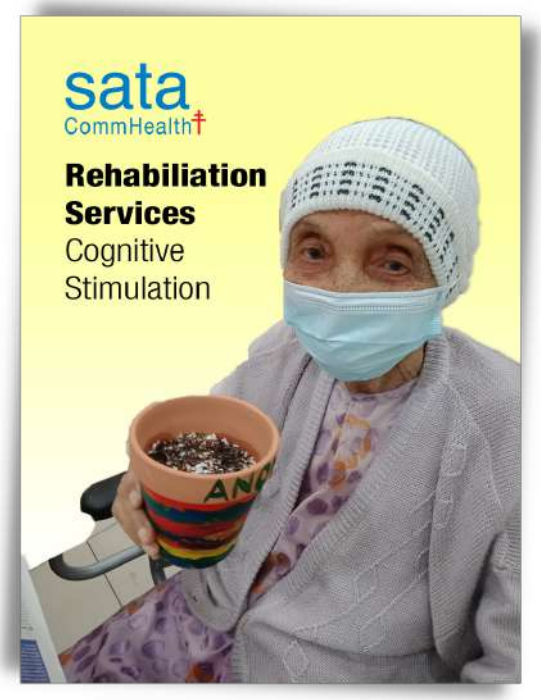
Our Rehabilitation Services Department offers an array of services, which include physiotherapy and occupational therapy. As part of our dementia care services, we provide group therapy for our clients living with dementia, caregiver training services, as well as home visits, home modifications and home engagements.

Our therapy sessions for persons with dementia aim to engage them with activities that maximise their functional and cognitive abilities. Beyond that, our goal is to empower each of them to live with dignity and lead a good quality of life at every step of their journeys.

To find out more about CARA, please click here.

To find out more about our Rehabilitation Services, please click here.



# SG Cares Giving Week Campaign Collaboration With Ah Mah's Legacy!

We are happy to be collaborating with Ah Mah's Legacy again this year, as part of our SG Cares Giving Week Campaign!

Ah Mah's Legacy is a home-based business that sells artisanal Teochew Kuehs with a twist, to embrace our culture and heritage. They mainly sell Ang Gu Kuehs, as well as Muah Chee, with menus that change every week to accommodate to customers' demands!

From now till 31 December 2021, with each purchase of the Teochew Kuehs, Ah Mah's Legacy will be donating $1 to SATA CommHealth! Pre-orders can be made on the website only on Wednesdays, 8:30pm, and delivered or collected on Sundays from 3:00pm –6:00pm.

You can visit their website for more information: https://www.ahmahslegacy.com/.
You can also contact Ah Mah's Legacy through WhatsApp

Do help spread the love of kuehs while spreading love and kindness during this season of giving!

# SG Cares Giving Week Campaign
# Health Screening For The Seniors And Vulnerable

Seniors and the vulnerable are one of the groups that tend to ignore the importance of health screening. Little do they know that health screening is important to help detect early signs of illness, or any medical condition such as diabetes, hypertension and high cholesterol.

With early detection followed by proper treatment and good management can result in better health outcomes and decrease the risk of complications.

SATA CommHealth is rolling out a basic health screening programme with the objectives of spreading awareness of the importance of health screening among local seniors and the vulnerable, and identifying and referring participants with chronic disease for further follow-up.

The health screening service components comprise of the following:
1) Screening
Body Mass Index (BMI)
Blood Pressure (BP)
Blood Glucose level
Vaccination (Health Survey)
2) Nurse Counselling and Advice

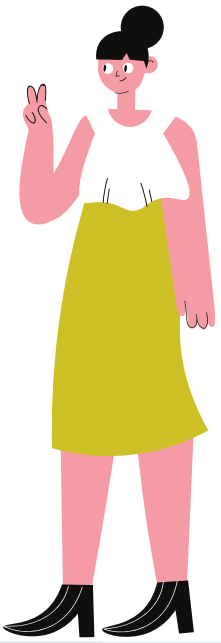
We are targeting to work with community partners and grassroots organisations to serve at least 1000 beneficiaries under this programme.

To find out more and to donate, please visit here.

In this season of giving, do help extend a little support for this group of elderlies who do not have the financial means to go through proper healthcare.

We are here to care, so join us to be a part of the caring community!

# Thank You To All Our Donors!



## THANK YOU FOR YOUR DONATION

sata CommHealth

As we reach the end of 2021, we would like to thank you again for your donation.

All donations received will go towards serving the seniors and vulnerable under our community programmes such as Doctors-On-Wheels, Homecare and Rehabilitation Services, as well as our Community Hub @ Fernvale.

On behalf of our Board of Directors, staff and beneficiaries at SATA CommHealth, may we wish you a Merry Christmas and a Happy New Year in advance! Please stay safe and have a great year ahead.

Yours Sincerely,

Chia Boon Khiang 谢炆嶓
Head of Strategic Partnerships & Branding (Director)

# A FAST, HEALTHY DINNER that turns into A TASTY LUNCH!

On busy days, we all love to have dinners cooked in no time and if it can be turned into a tasty lunch the next day..... that would be a bonus!

The following dinner recipe makes a completely separate and tasty lunch the next day so that it's not just leftovers for lunch. Also, half of the preparation work for lunch had already been done - It's fast to get the lunch ready.

## Home cooking has major health advantages –

1) Use a healthier oil.
Do not use a general labelled vegetable oil for cooking that doesn't involve high heat. These oils are high in palm oil which is high in saturated fat which when taken in excess, can raise blood cholesterol levels. Choose pure canola, sunflower, soybean, corn, olive oil for general cooking. Use peanut, rice bran and vegetable/palm oil for the occasional deep-frying which needs a higher temperature.

2) Avoid unnecessary seasonings and processed food
Season food simply. Avoid all in one processed seasonings as it generally contains unrefined oils, sugars and excessive flavour enhancers.

3) Add fresh and useful ingredients
Include some fibre-rich foods like fresh herbs, vegetables and grains and wherever possible include probiotic foods all of which help to keep the digestive system balanced and functioning properly by improving the diversity of bacteria in our gut microbiome. Some examples of probiotic foods are fermented foods like yoghurt, kimchi, miso, tempeh and sauerkraut.

## DAY 1 DINNER
## EVERYDAY CRISPY CHICKEN WITH SWEET TOMATOES
## JAMIE'S DINNERS BY JAMIE OLIVER

One of the quickest ways to get dinner ready is to roast meat and vegetables in the oven. It also frees you to do other things instead of slaving away at the stove. This is one of my favourite recipes from Jamie Oliver where his cooking is simple and fuss free but delivers big on flavour. It only takes a couple of minutes to assemble these ingredients but the slow gentle cooking in the oven renders the chicken very tender and fall off the bone and the skin crispy. The cherry tomatoes are slow roasted and adds flavour to the gravy.

**Ingredients: (Serves 4)**
4 fresh chicken legs
Sea salt & freshly ground black pepper
A big bunch of fresh basil leaves torn & stalks chopped
1 stalk cherry tomatoes on the vine
10 cloves of garlic (Leave skin on & whole, uncut)
1 fresh big red chilli or chilli padi (as desired)
Olive oil

**Method**

- Preheat oven to 180c on bottom element with or without fan.
- Season chicken with salt and black pepper and place them in a large pyrex dish or baking pan in a single layer. Put tomatoes, garlic, basil leaves & stalks, sliced chilli over and some under the chicken.
- Drizzle some olive oil over.
- Cook in the middle of the oven for 1½ hours until the chicken skin is crispy and lightly browned.
- Squeeze roasted garlic before serving. Lovely with crusty bread, mashed potatoes or pasta.

Note: The simpler a dish is, the quality of the ingredients become more important. Use fresh chicken legs instead of frozen whenever possible and use cherry tomatoes on the vine or organic tomatoes, they are far sweeter although more expensive. The extra expense is worth it.

Extra chicken from Day 1 Dinner will go to.....

**DAY 2 LUNCH**
**GREEK CHICKEN PITA**

**Ingredients: (Serves 1-2)**
Yoghurt spread -
¼ cup Greek yogurt
2 roasted garlic squeezed from the skin *(from Day 1 Dinner)*
½ teaspoon Lea & Perrins Worcestershire sauce
1 teaspoon chilli sauce (as desired)
½ teaspoon sweet relish
1 tablespoon finely chopped fresh coriander/parsley
Salt & white pepper to taste

1 cooked chicken leg sliced *(from Day 1 Dinner)*
1 small onion thinly sliced
⅓ cup finely shredded lettuce
2 cooked cherry tomatoes *(from Day 1 Dinner)*
¼ cup grated cheese ( as desired)
1 pita bread

**Method**

- Assemble yoghurt spread and leave in the fridge until lunch is needed.
- Adjust the ingredients as desired to taste. If you want it spicier, you can add in sliced chilli or more chilli sauce. Mix yoghurt spread with sliced chicken and divide into 2 portions.
- Cut pita bread in half and toast before eating.
- Open the pita pocket and fill in with 1 portion of sliced chicken, onions, lettuce, 1 cooked cherry tomato and cheese if desired.
- For a fast lunch, accompany it with a bowl of soup.

Note: Pita bread is a middle eastern round yeast-leavened flatbread that puffs up when it's baked to form a pocket in the centre. You can fill the pocket with a variety of fillings like it is with chicken here.

You can find pita bread at the bread section of Cold Storage or NTUC Finest but one of the nicest house-made pita bread is from Pita Bakery at Bali Lane. It is baked daily, all-natural and has no preservatives. It is soft and fluffy. Sweet Relish is bottled and can be found among sauces and condiments in the supermarket. Lea & Perrins Sauce is an English savoury and sour condiment that is useful to add to marinades and dips.

If you do not want to buy a packet of English parsley, you can use coriander or any fresh herbs but do include some as it adds a fresh earthy flavour. The yoghurt spread is refreshing & low fat compared to a typical mayonnaise dressing. Freshly cooked and packed soup is now available at Cold Storage and NTUC Finest like Soup Spoon, Saybons, Fassler and they are convenient to stock at home for an easy meal.

Have a go at these recipes and write to me at minchoo.liow@sata.com.sg.
I love to hear from you and get some feedback.

There are 2 more recipes to share and I will contribute them at another Health News if I get some email responses. So Happy Cooking!