sata CommHealth

E-NEWS

October 2021 | Issue 16

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We are
HERE TO CARE

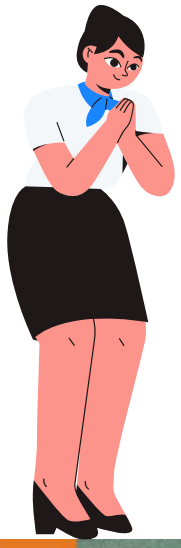
Leading up to our 75th Anniversary...

SATA CommHealth will be celebrating its 75th anniversary next year, and we would like to take this opportunity to re-visit our history & heritage leading up to where we are today. We have started by presenting certificates of excellence to our past chairpersons to honour and recognise their sacrifices and contributions that have led to the growth of our organisation.

The SATA CommHealth team has also been involved in the Singapore government's initiative to offer COVID-19 vaccinations to the elderly. Find out what it's like in a day's journey for our Home Vaccination Team.

We are also available for appointment booking for Sinovac vaccination.

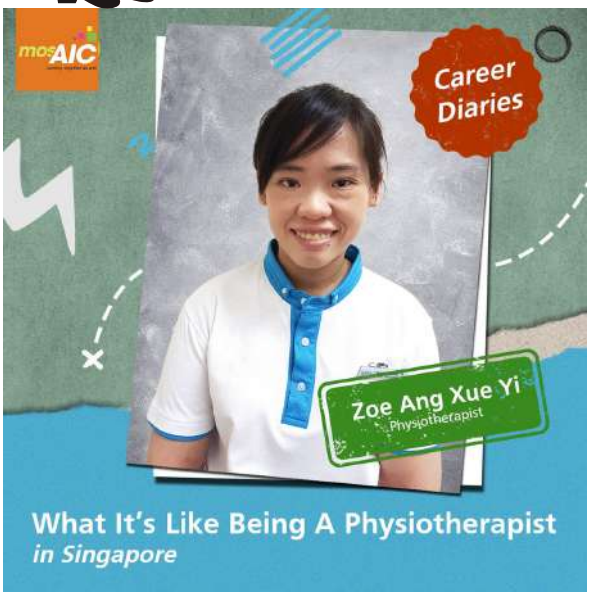
Find out more in this issue.



Staff Profile: Miss Zoe Ang Xue Yi, Senior Physiotherapist

(Article reposted from mosAIC)

Wonder what's it like to be a Physiotherapist in Singapore?
Find out from our colleague, Senior Physiotherapist Miss Zoe Ang!



Name: Zoe Ang Xue Yi
Occupation: Senior Physiotherapist at SATA CommHealth
Age: 32
Years in profession: 10 years
Years in current organisation: 2 years 8 months
Top 3 skills: Teamwork, observation skills, resilience
Best lesson learned on the job: Never be restricted by what you think that you cannot achieve.

Q: Why did you become a Physiotherapist?

A: It was by chance that I came across the Allied Health booth during a Nanyang Polytechnic open house when I was deciding on my academic progression of choice after A levels. I have always been interested in working in the biology and healthcare sectors. The idea of working to help people regain their mobility after an injury (accident) or stroke appealed to me. Hence, I signed up for the Diploma in Physiotherapy and have been working as a physiotherapist ever since.

Q: What made you stay in the sector?

A: It is the job satisfaction derived from seeing patients improve in their mobility functions day by day, getting re-integrated back into their lives and being able to achieve their respective goals.

Q: Growing up, what did you want to be?

A: I had different job aspirations growing up. I was always interested in biology and wanted to work in the Life Science or Health Science field. However, I was more interested in working with people rather than in a laboratory, which is why I chose Health Science instead.

Staff Profile: Miss Zoe Ang Xue Yi, Senior Physiotherapist

(Reposted from mosAIC)

Q: What are some of the reactions you usually get when you tell people what you do?

A: They would usually ask for advice about a certain body ache that they have and ways to resolve those issues.

Q: How would you describe your job to someone who has never heard of it?

A: Physiotherapists are Allied Health professionals who employ non-pharmacological strategies for the management of issues with the physical body. We have a diverse range of disciplines and work with patients from all works of life, ranging from pediatrics to palliative patients. We predominantly prescribe exercises to patients to improve in their physical function in various aspects (muscle strengthening to balance). Our main goal is to help restore a patient's function after an injury or disease by empowering them with the skillset and the knowledge to self-manage their symptoms and exercises.

Q: What are the expectations of being a Physiotherapist?

A: Key qualities of a Physiotherapist include being analytical, having good time management, having good interpersonal skills, being approachable and tolerant, being a team player and having good communication skills. Physiotherapists are also expected to have relatively good physical health to keep up with the physical demands of the job and to observe good biomechanics to prevent work-related injuries.

Q: What is the best thing about being a Physiotherapist?

A: Having the job satisfaction that you have helped improve a person's life in small and simple ways.

To read up more on Zoe's daily work responsibilities, please visit here.

Chairman Appreciation Award

As SATA CommHealth will be celebrating its 75th anniversary in 2022, we would like to take this opportunity to re-visit our history & heritage leading up to where we are today. Over the span of the last seven decades, SATA CommHealth has much to celebrate.

Started as a mobile medical team to attend to Tuberculosis patients in quarantine facilities back in 1947, today SATA CommHealth operates six medical centres & organises multiple community outreach programmes benefiting seniors and the vulnerable. We are also at the forefront in the fight against COVID-19 through our vaccination efforts.

As a charity we are grateful and thankful to our donors, volunteers, staff and the public who have supported us over the years. We especially owe much of our organisational leadership, success and guidance to our past chairpersons. In line with our 75th anniversary, we recently presented a certificate of excellence to our past chairpersons to honour and recognise their sacrifices and contributions that have led to the growth of our organisation.

The recipients of the Past Chairman Appreciation Award 2021 are:
- Ms Theresa Goh : 2017 - 2020
- Mr Ang Hao Yao : 2013 - 2017
- A/Prof. Mak Yuen Teen : 2008 - 2013
- Mr Martin Tsang : 2005 - 2008
- Dr. Richard Eu Keng Mun : 1961 - 1966

To view our list of all the past chairmen, visit here.

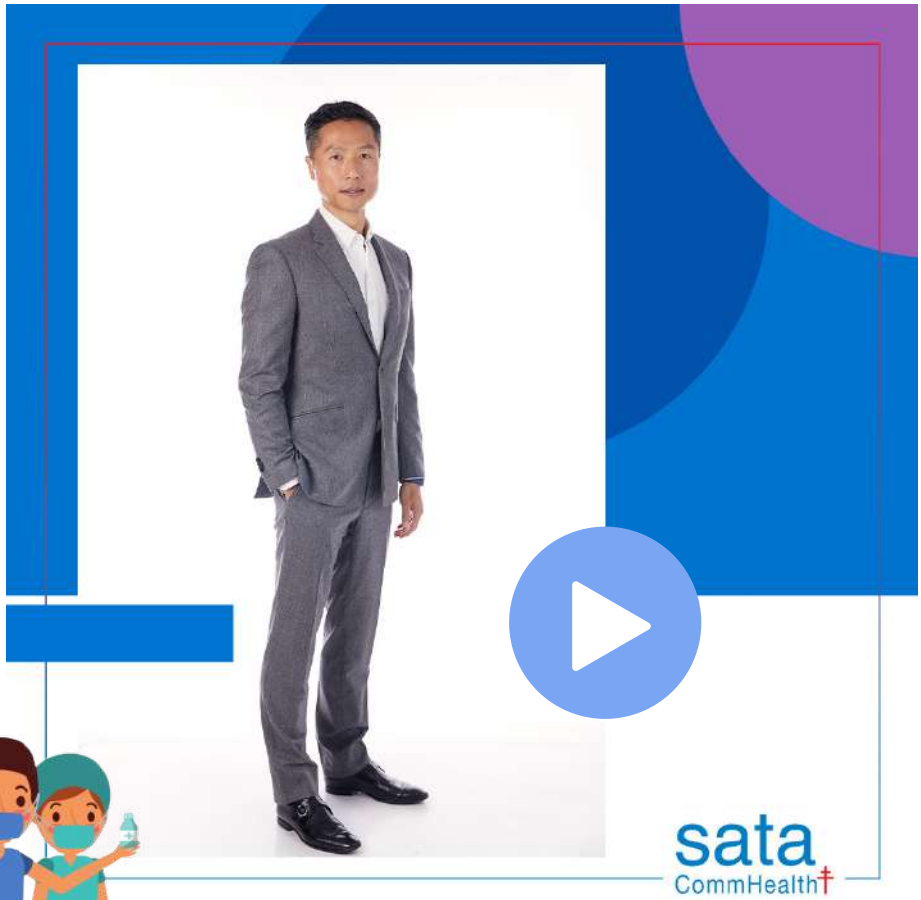
Chairman Mr Stanley Sia

Meet our Chairman, Mr Stanley Sia, who's also the co-head of Standard Chartered Bank's digital channels and data analytics for the Asia region.

During his tenure as our Chairman since June 2020, he has focused on bringing stability and innovation to the organisation.

Mr Sia is passionate about caring for the elderly population and is humbled by how much satisfaction he achieves from serving on the board of SATA CommHealth.

You can read more about him in the August 2021 Issue of CPA Australia's INTHEBLACK magazine.



Go for your
Bone Mineral Density Scan

Osteoporosis is the "silent disease" that elderlies in their sixties might be suffering from without even being aware of it. There are typically no symptoms for this disease until you suffer from a fracture or bone collapse. With early detection and proper treatment, the progression of osteoporosis can be reduced and even halted. At SATA CommHealth, we are currently offering a Bone Mineral Density Scan at $59. PG, MG and CHAS Cardholders (Orange and Blue) get a 10% subsidy. Other terms and conditions apply.

Visit here for more information or call 6244 6688 to book an appointment.
Bone Mineral Density Scan is available at our Bedok, Jurong and Potong Pasir Medical Centres. Early detection of osteoporosis helps you live a healthier life in the long term.

Book now for Sinovac Vaccine!

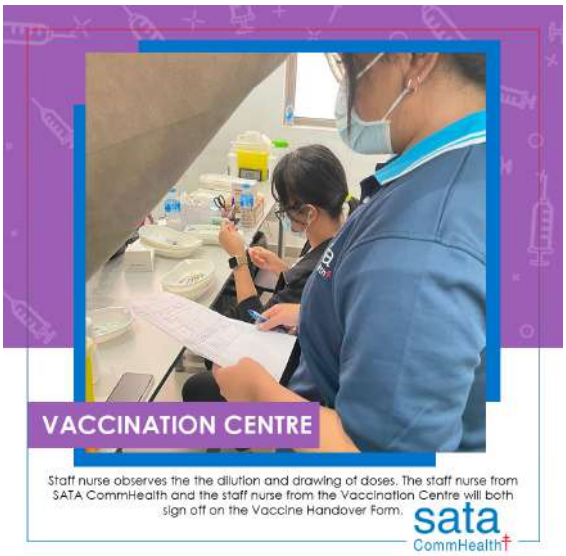
We provide Sinovac Vaccine for COVID-19 at our SATA CommHealth Ang Mo Kio Medical Centre.

Please call our hotline at 6244 6688 to book an appointment now.
For more information, please visit https://www.sata.com.sg/vaccinations/.

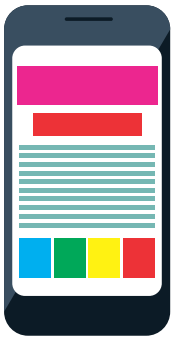
A day of a Home Vaccination Team

The SATA CommHealth team has been involved in the Singapore government's initiative to offer COVID-19 vaccinations to the elderly. A home vaccination team comprises 1 doctor, 1 nurse and 1 support staff and covers about 8 houses per day, with up to 3 people vaccinated in each household.

Check out the day's journey of a Home Vaccination Team below.



News on SATA CommHealth



21 September 2021 The Straits Times

Some medical centres are seeing a growing demand for health screenings as more people pay closer attention to their health during the COVID-19 pandemic.

Visit here for the full article.

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Source: The Straits Times © Singapore Press Holdings Limited. Reprinted with permission in e-newsletter.

6 October 2021 The Straits Times

Stroke survivor exercises more as part of rehab and also becomes a volunteer.

Visit here for the full article.

Legacy Donation by Homecare Patient

Our homecare services started in 2012 with the aim to improve the life quality of the most vulnerable and disadvantaged seniors in the community. Our nurses visit the homes of these patients to provide medical care like wound dressing, routine injections and changing of feeding tubes. The late Mr Lee Choy Theng was one such beneficiary of the homecare services. Due to his multiple health problems, his doctor recommended he seek help from a charitable organisation. We were happy to be able to help Mr Lee out.

Every fortnight, our homecare senior nurse Jia Jia visited him with his medicines pre-packaged so that it was easy for him to take them on time, and also pre-loaded his insulin. She also helped Mr Lee changed the dressing on his wound that was a result of a diabetic ulcer. According to Madam Julia Lee, Mr Lee's sister, her brother looked forward to seeing Jia Jia every fortnight. Her warm manner and friendliness never failed to put a smile on his face. When Mr Lee passed away in March 2021, Madam Lee donated his savings of S$5000 to SATA CommHealth because she was able to see the impact that the organisation made on the lives of the vulnerable seniors. She hopes her donation will be able to support more people in similar situations.

You can also help more homecare patients by donating here.

BREAST CANCER AWARENESS MONTH

To date, the most common cancer affecting women is breast cancer, such that it takes up 29.4% of cancer diagnoses amongst Singaporean women. With that said, early detection is the best preventive measure against cancer, and one essential tool is the mammogram.

Mammography uses a low-dose X-Ray to image the breast and is used to aid in the early detection and diagnosis of breast diseases in women.

A mammogram is used as a screening tool to detect early breast cancer in women experiencing no symptoms as well as to detect and diagnose breast ailments in women experiencing symptoms such as a lump, pain or nipple discharge.

The best time for a mammogram is one week after your menstruation.
We recommend that women undergoing mammography do not wear deodorant, talcum powder or lotion under the arms or on the breasts on the day of the exam. These can appear on the image as calcium spots. Bring along any prior mammograms for the radiologist to compare.

Breast Cancer Awareness Month Campaign
Take charge of your health — Make a booking before 15 November, to schedule a mammogram from now till 30 Nov 2021 and enjoy $25 funding assistance now! (For eligible applicants only.)

For questions and booking, call 6244 6688.