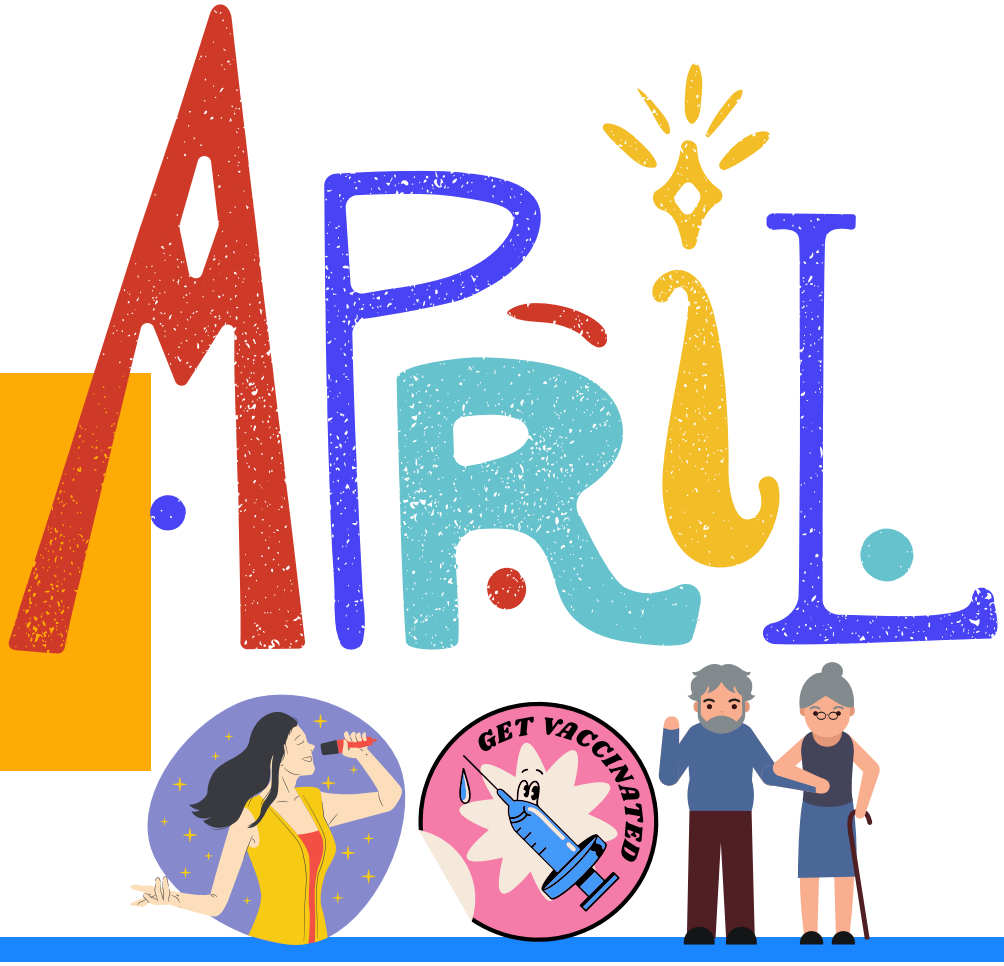
sata CommHealth

E-NEWS

April 2022 | Issue 22



In this newsletter:

Dementia Care Training to Community Partner
Page 02

Join us as Volunteers!
Page 03

Edutainment e-Getai Videos
Page 04

Penumococcal and Flu Vaccinations
Page 05

Rehabilitation Services
Page 06

Health News
Page 07

www.sata.com.sg

sata.commhealth

enquiries@sata.com.sg

6244 6688

We are
HERE TO CARE

Education with Entertainment

In this issue, we have both entertainment and educational updates for you!

In the effort to push for more awareness on pneumococcal and vaccinations for the seniors and vulnerable, we have produced e-Getai videos that aim to entertain and educate the viewers. Don't miss this entertaining show where Liu Ling Ling, Jacky Chin, Yang Guang Ke Le, Jun Long and Henry Heng etc performed lively songs as well as a humorous skit.

We continue to show our support of care to our community partners by providing dementia care training to the support staff of Muhammadiyah Health & Day Care Centre For Senior Citizens (MHCC).

Check out more stories inside this issue, including volunteerism activity and health tips for good bone health!

Dementia Care Training to Community Partner

Miss Siti Zubaidah Yusoff, who oversees the Rehabilitation Services department, has been invited to provide dementia care training to the support staff of Muhammadiyah Health & Day Care Centre For Senior Citizens (MHCC), which spanned across 10 weeks.

The Dementia Care Training encompasses the following:

- Patient-centred care
- Role of care staff
- Handling dementia clients and caregivers
- Communication techniques
- Basic cognitive assessments

At the end of the 10-week sessions, the care staff has to present one dementia case study to evaluate their understanding and competency levels when attending to a client with dementia.

It has been a rewarding partnership as the staff are seen to be more competent in the above that Muhammadiyah has extended our services to include Rehabilitation Services audit and consultation services, specifically for Occupational Therapy. We look forward to working with Muhammadiyah closely to provide quality care for the community.

SATA CommHealth aspires to be the community partner of choice, and this is one of the many efforts that the team at Rehabilitation Services is aligning to achieve that desired goal.

Join us as Volunteers!

On 24th March 2022 (Thurs), we organised a meaningful session for corporate volunteers from JP Morgan to learn from our volunteer trainer, Ms Sophia Ho, on how to use a blood pressure machine, which would be given later to the seniors and vulnerable from low-income families in Kembangan-Chai Chee district.

During the sharing session with the seniors, the volunteers also educated them on the importance of taking flu and pneumococcal vaccinations and encouraged them to register for the upcoming vaccination session in April 2022.

The volunteers also received a small token of appreciation for their supportive action and initiative to spread awareness of flu and pneumococcal vaccinations in their community.
We would like to thank our corporate partner JP Morgan for engaging the seniors and vulnerable and promoting the spirit of volunteerism in the community.

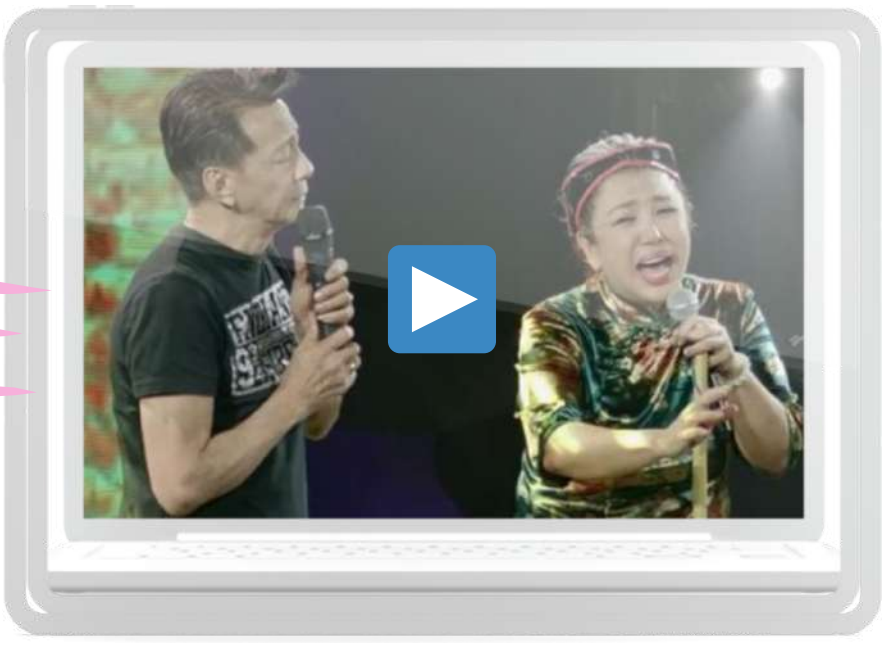
If your company would like to join us for Corporate Social Responsibility (CSR) activities or if you are an individual with specialised skillsets to share, do write to us at volunteer@sata.com.sg for more information.

Edutainment e-Getai 2022

Catch this entertaining e-Getai 2022 (Part 1 and 2) where Liu Ling Ling, Jacky Chin, Yang Guang Ke Le, Jun Long and Henry Heng etc performed lively songs and humorous skit.

Through this e-Getai, we hope to bring out the importance of pneumococcal vaccinations and encourage all seniors above 65 years old to go for the vaccinations.

While enjoying the show, do not forget to find out more about pneumococcal vaccinations.



Take your Pneumococcal and Flu Vaccinations now!

Meet our seniors who recently came to our Bedok medical centre for their flu and pneumococcal vaccinations. Flu vaccination reduces hospitalisation and emergency department visits in the elderly. The pneumococcal vaccine reduces the risk of contracting serious infections such as pneumonia, meningitis and sepsis. If you are above 65 years old or have elderly parents, find out more about getting these vaccines here: https://www.sata.com.sg/vaccinations/.

It's also important that we continue to educate the general public, especially the elderly about the importance of vaccines. Donate to our awareness campaign so we can continue to raise awareness on this issue and ensure our elderly are vaccinated and protected: https://www.giving.sg/sata-commhealth/vaccine-education.

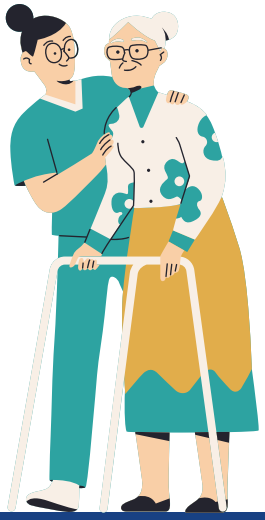
Meet our Rehabilitation Patient Mr Yap

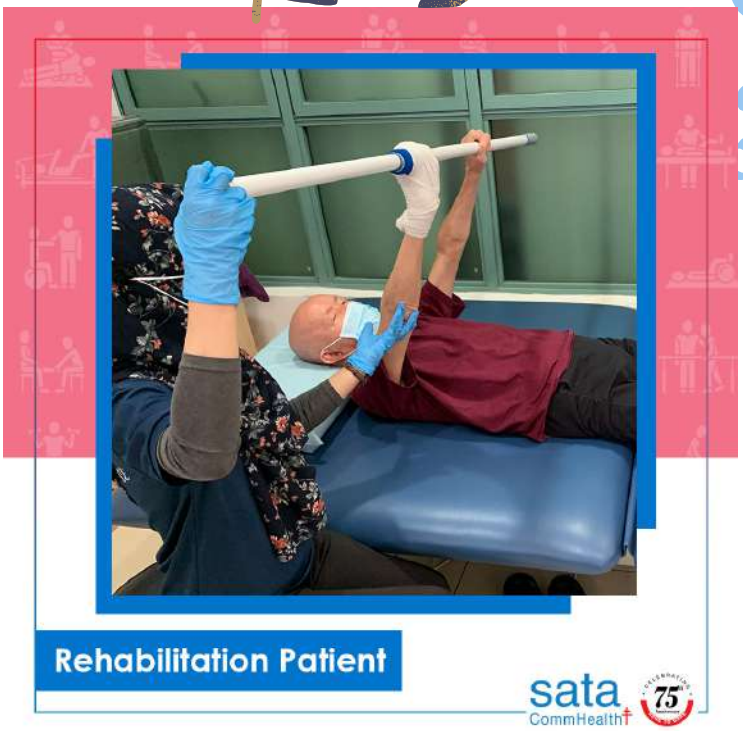
Mr Yap who is in his 70s, was referred by Agency for Integrated Care (AIC) and visits our Day Rehabilitation Centre regularly for his occupational therapy as well as physiotherapy sessions. He suffered from a stroke that affected the strength and sensation of his upper and lower limbs on his right side.

The aim of the occupational therapy sessions is for Mr Yap to regain strength in his upper limb in a graded manner. During the session, the occupational therapist uses the Saebo Glide bar to work on his shoulder flexors in small ranges first, while the exercises on the bed aim to strengthen his triceps when he pushes up the bar. Coupled with physiotherapy sessions, Mr Yap is slowly regaining his strength and starting to walk more day by day.

Find out more about our rehabilitation services here.

You can also consider donating to our rehabilitation programmes so that we can outreach to more beneficiaries who require rehabilitation services but face financial difficulties.





HEALTH TIPS

ADEQUATE CALCIUM FOR GOOD BONE HEALTH

How much calcium do you need a day?

It depends on your age!
If you are 51 years old and younger, you need 800mg of calcium a day.
If you are 51 years old and older, you need 1000mg of calcium a day.

How do I get 800 or 1000mg calcium a day?

- 1 glass of milk has about 300mg of calcium.
- If you need 800mg of calcium, you will need to take 2 glasses of milk a day.
- If you need 1000mg of calcium, you will need to take 3 glasses of milk a day.

SO MUCH MILK?

Thankfully there are other high calcium foods that you can choose from if you don't like milk. The following list is 1 portion each, like 1 glass of milk.

You can choose any of the foods in their amount but remember to take 2 or 3 portions a day according to your age.

High Calcium Food – 1 portion

- Cow's milk (full cream/low fat /skim) – 250 ml Or
- Yoghurt 200g - 1 ½ small pots Or
- Cheese - 2 slices processed Or
- Hi-calcium soya milk – 200 ml Or
- Beancurd (taukwa) – 1 large piece Or
- Ikan bilis – 2 tablespoons Or
- Sardines - 1 fish (with bone)

WHAT EXERCISES BUILD BONE?

Weight-bearing exercises

- Any activity performed standing up. When your feet & legs support your weight, your bones work harder, making them stronger. Eg walking, jogging, Taichi and dancing.