sata CommHealth

ISSUE 01

In The *Know*

Your Bi-Monthly Update on Everything SATA

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The Impact We Create for the Community

Behind-The-Scenes with Doctors-On-Wheels @ Toa Payoh Central Zone 1 Residents’ Network

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How to Ensure Good Bone Health as You Age?

Start building good bone health, it is never too late!

JUL 2022

SATA COMMHEALTH **CORPORATE NEWSLETTER**

Since 1947,
SATA COMMHEALTH IS #HERETOCARE

In celebration of our 75th Anniversary this year, we would like to walk you down key milestones that have made SATA CommHealth who she is today.

1947
SATA was registered on **26 August 1947**.

In picture: School children gathered to help raise funds during a flag day event.

1948
First medical clinic was opened in 1948, with its premises rented from St Andrew's Mission Hospital.

In picture: Dr G H Garlick, SATA's first Medical Director.

1949
SATA later built a **prefabricated hut** next to St Andrew's Mission Hospital to provide outpatient diagnostic and treatment services to the community.

1952
Many prominent businessmen donated money and the **Royal Singapore Tuberculosis Clinic** was built in Shenton Way.

1994 - 2008
Official reconstruction ceremony of **SATA Uttamram Clinic**, 1994.

Official opening of **SATA Woodlands Clinic** by Mr Wee Kim wee in 2001.
(Pictured above)

2009
Over the years, SATA changed its logo and eventually **rebranded to SATA CommHealth in 2009**.

2010
Official opening of **Physiotherapy Service** at SATA CommHealth Woodlands Medical Centre by Dr Teo Ho Pin in 2010.

2011
SATA CommHealth Chairman Prof Mak Yuen Teen (second from left) receiving the **2011 Singapore Prestige Brand Award** from Mr Tharman Shanmugaratnam (second from right).

2018
Minister Grace Fu, then Minister for Culture, Community and Youth, presenting a cheque Award to SATA CommHealth at the **2018 Charity Transparency Awards**.

2019
SATA CommHealth CEO, Dr Kelvin Phua along with staff of the organisation, accepting the **2019 Singapore Health Quality Service Award** from President Halimah Yacob on stage.

Mr Gan Thiam Poh (middle in pink top), MP for Ang Mo Kio GRC officially opened **SATA CommHealth's Community Hub** at Fernvale.

2020
SATA CommHealth CEO, Dr Kelvin Phua receiving the **2020 Singapore Health Quality Service Award** from Deputy Prime Minister and Coordinating Minister for Economic Policies, Mr Heng Swee Keat.

View our 75th Anniversary E-book for more details!

1954

Dato Lee Kong Chian, donated his South Wings Resort which was used to build 10 semi-detached houses for rehabilitation purposes.

1955 - 1960

SATA launched its **mobile treatment van** in 1955 with a **mobile X-ray unit**.

1962

Businessman **Mr G Uttamram** had donated to SATA in 1954 where a new regional clinic was built to bring adequate aid to the community.

1967 - 1993

Mr Wee Kim Wee, then President of Singapore, officially opened the **SATA Jurong Clinic** in 1990.

2012

Awarded the **Singapore Prestige Brand Award** under the Special Merit Category.

Officially launched the new **Mammo-On-Wheels bus** and **Homecare services**.

2013

Mr Ang Hao Yao (left most), Chairman of SATA CommHealth receiving the **2013 President's Challenge Social Enterprise of the Year** from President Tony Tan (middle).

2014

Recipients including SATA CommHealth for the **2014 Charity Governance Award**.

2015 to 2017

SATA CommHealth received the **Charity Transparency Award in 2016**.

SATA CommHealth was awarded the **Charity Transparency Award in 2017**.

SATA CommHealth management staff received **appreciation handcrafts** presented by Ms Grace Fu (third from left) to thank frontline COVID-19 healthcare workers.

SATA CommHealth staff dressed in PPE registering a migrant worker for **COVID-19 swab test** at the Singapore EXPO.

2021

Home mobile vaccination for the elderly and vulnerable.

COVID-19 **Vaccination Centre** at Kranji.

2022

Electric Vehicle (EV) was officially launched by Minister Ong Ye Kung, Minister for Health in March.

The Impact We Create for the Community

***BTS Feature:** Behind-The-Scenes with Doctors-On-Wheels @ Toa Payoh Central Zone 1 Residents' Network*

When I first saw the pair loading the vehicle with boxes of medical equipment alongside our very jolly driver, it hadn't yet occurred to me the impact we'd create on that sunny Thursday for seniors in the community. It started out with a casual chat on the Doctors-On-Wheels (DOW) van with my hosts for the day – Liu Xinru and Suryatini Sardjono Tunbridge (Tini).

I had probably stared at the DOW van multiple times over before Thursday, hoping one day to ride along with our healthcare heroes. As I reminisced this now-fulfilled dream (thank you Xinru), we reached our destination and were met with a snaking queue of bright-eyed seniors patiently awaiting staff to tend to their needs.

Our driver, Mr Wee loading the van with Doctors-On-Wheels team member, Xinru.

Team preparing the room

Xinru, Tini and Elaine who arrived onsite earlier, swung into action, transforming the Zone 1 Residents' Network into a mini-medical centre.

Among the many seniors we had the pleasure of meeting that day, Madam Irene was probably the one that impacted me personally. We only met towards the end of the morning though. My first encounter was with **Madam Gan**.

Dressed in bright red, we struck it off pretty well and got to talking about how she enjoys coming to the centre as it was walking distance from her home. The highly subsidised rate was a pull for her and more than that, Madam Gan was all praises for our doctor and staff.

– Madam Gan

"Dr. Toh is very good, he gives good advice and service. I see him for bone issues (osteoporosis) and doctor recommended I take bone supplements for better strength. I have been coming here for years; the staff are very friendly."

Madam Gan was sweet and very sporting when I asked if she followed us on Facebook – she's now a fan onsite and online. *(You can be our fan too, please like our Facebook page here!)*

Just then, **Madam Poh** came out from her consultation with Dr. Toh and Madam Gan quickly whisked her bag to Dr Toh's room for her turn. Madam Poh was accompanied by her son-in-law who was constantly by her side. She told us that she was recommended by a volunteer at a community event to visit our DOW drive.

The DOW team assisting Madam Poh and her son-in-law at the registration counter.

– Madam Poh

"My friend told me about SATA, and I decided to come because it's very convenient here. It's my third time coming, and I come here because of gastric pain. The doctor told me it's best to go for scope (gastroscopy)."

As she was speaking about this friend who introduced SATA to her, a loud uproar of "hellos" filled the small centre. **Madam Irene** had just arrived. Madam Poh took her leave after greeting Madam Irene and just before we could sneak a chat with her, Madam Irene disappeared.

We found her after much desperation in wanting to unlock who this popular lady was.
"Would you like some tea?"
To be honest we were quite surprised wondering where the cup and boiling water came from, but we were told that's Madam Irene – she's known by the neighbourhood as a caring individual who always ensures the seniors were comfortable in the centre. We also learned that it was Madam Irene who introduced Madam Poh and many other seniors to visit the DOW drive for their regular health check-ups.

– Madam Irene

"I prepare coffee or tea for those that want it. I was a Lions Befrienders volunteer for over 25 years since it started. I've also been coming to the DOW for 10 years. The staff here are very warm and welcoming, and I get my regular medication and no need to pay (due to SATA covering the costs for needy seniors). It's so convenient for me to come to the centre."

Looking up, we noticed Madam Gan had finished her consultation and was about to get her flu vaccination from Tini.

"Is it painful?"
Tini reassured Madam Gan,

"Nothing to worry, it's like an ant bite."

It may have been this connection I felt with Madam Irene, perhaps she reminded me so much of my 70-year-old godmother at home that got me to ask,
"Aunty, have you gotten your flu vaccination?"

"Oh, no not yet. I want to get it; how do I get it?"
Upon hearing this, Xinru briefly explained about the vaccination to Madam Irene and gave her a queue number to register for her flu shot.

"Thank you so much,"
said Madam Irene as she squeezed my hand.
"I'm very grateful that we have this (DOW) here and the staff and doctor are so welcoming. Will you come back to visit again?"

I patted her hand that felt so small in mine and promised, "Of course, I'll be back, we all will, to see you and everyone here again soon."

We left the centre in the afternoon with hearts full, and while some of us may not have medical expertise to directly help the seniors here, it makes a world of a difference just to be #HereToCare for our seniors and the vulnerable in the community.

Join us as a corporate volunteer!

For your next CSR project or as an individual volunteer, you can join us to impact lives.

Drop us an email at volunteer@sata.com.sg

How to Ensure Good Bone Health as You Age?

SATA Health Tips

Having healthy bones is extremely important as we lose bone mass when we age and this causes Osteoporosis in which your bones become brittle making them break easily. Falls are a common cause of injuries among older adults, and the incidence of falls increases with age which is a leading cause of disability.

In Singapore, approximately 8,000 seniors aged 65 and above were admitted to restructured hospitals annually from 2013 to 2016, owing to falls. The number of hip fractures per year is estimated to increase from 1,300 in 1998 to 9,000 in 2050. In the first year following hip fractures, 33% become dependent or are admitted to nursing homes. There is a mortality rate of 20-24%.

The good news is that falls are preventable through clinical interventions and reducing risk factors which mean Osteoporosis is not a natural part of ageing. You can help to prevent this by keeping your bones strong and healthy. SATA CommHealth has an Osteoporosis & Fall Prevention Programme, the Strong Bones Programme, that aims to reduce the number of falls among the elderly through early detection and intervention.

4 Focus Areas (EAST)

Education

Enhance public awareness and knowledge of fall prevention and osteoporosis

Assessment

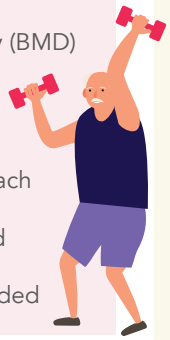
Using validated assessment tools such as OSTA, TUG, SPPB and etc to identify seniors at risk for fall

Screening

Bone Mineral Density (BMD) test for seniors at risk

Treatment

- 3-pronged approach via well-balanced diet, exercise, and supplements
- Medication if needed



5 Ways to Build Healthy Bones

Vegetable intake

- Vitamin C stimulates the production of bone-forming cells
- Vegetables help to increase bone mineral density
- Broccoli, Kale, Bok choi and Spring greens

Protein and Calcium Foods

- Protein and Calcium intake can help protect bone health during aging
- Lean meat, Fish, Greek yogurt, Eggs and Nut butter (Protein)
- Beans, Lentils, Canned sardines or tuna and Almonds (Calcium)

Strength Training and Weight-Bearing Exercises

- Weight-bearing and resistance exercises can help increase bone formation
- Yoga, Tai Chi and Walking

Vitamin D

- Sun exposure
- Fatty fish, Liver and Cheese

Foods High in Omega-3 Fats

- Helps to improve bone density and protect against bone density loss in older adults
- Mackerel, Salmon, Cod liver oil, Oysters, Sardines and Chia Seeds

Get Screened to Check Your Bone Heath Today!

Our Seniors Need Your Hand in Fall Prevention

With 5,000 hands coming together, we can empower our seniors with clinical intervention.

It happened once before. She had just finished washing the dishes and put them away on the rack to air dry. Turning to the left, in a blur she found herself on the damp floor with a sharp pain searing through her hip and back. The thought of it happening again brought tears to her eyes as unlike the previous time, her husband isn't around to help her up anymore. Due to her family's financial difficulties, SATA CommHealth stepped in by covering the full cost of her rehabilitation fees through our Health Endowment Fund. After undergoing physiotherapy with our rehabilitation team for three months, she has improved mobility in her lower limb strength.

While there are government subsidies available, some seniors are still unable to afford the low out-of-pocket sum required as they come from extremely low-income households. SATA CommHealth assists by absorbing the healthcare cost which is only possible through the generous donations from members of the public.

We seek your support to help our seniors for this cause. Donations $10 and above are entitled to a 2.5 times tax deduction. Your donations will be used to fund this scheme as well as other programmes for the needy and seniors.

Make A Donation Today!

With ***10,000*** hands supporting us with $10, we can pool together ***$100,000*** and bring greater awareness among the elderly in Singapore. We thank you so much for your generous support seniors and the vulnerable.

You can scan the QR code to donate via our Giving.sg campaign.

Receive a 2.5% tax deduction when you donate $10 or more.