sata CommHealth

ISSUE 03

In The *Know*

Your Bi-Monthly Update on Everything SATA

The Impact We Create for the Community

This year's Osteoporosis & Fall Prevention Festival was extra special as we got to see participants in-person at Heartbeat@Bedok!

Christmas Log Cake Recipe

We're ending the year on a sweet note with a Christmas Log Cake Recipe for one and all to enjoy!

NOV 2022

SATA COMMHEALTH **CORPORATE NEWSLETTER**

#HereToCare Highlights 2022

Bouncing Back to Physical Activity as a Community

Fernvale Residents engaging in in-person Chair Zoomba at Community Hub at Fernvale.

JANUARY

FEBRUARY

Hosting President Halimah Yacob at Our Day Rehabilitation Centre

Staff engaging President Halimah while attending to a patient.

MARCH

Launching Singapore's First Medical Electric Bus

Minister for Health Mr Ong Ye Kung launched the bus with Chairman Mr Stanley Sia at our Headquarters.

APRIL

Senior Minister Commends SATA CommHealth on Electric Medical Bus

Dr Koh Poh Koon, Senior Minister of State (MOM & MSE) and Member of Parliament (Tampines GRC) showcased SATA on social media:

"Singapore's first electric bus to function as a one-stop basic healthcare mobile clinic".

MAY

Protecting Seniors through the Flu and Pneumococcal Vaccination Drive

Dr Wan Rizal, Adviser to Jalan Besar GRC GROs toured our vaccination drive at Kolam Ayer in collaboration with Kolam Ayer CC SCEC. The event is part of efforts to educate and protect seniors above 65 years old from influenza and pneumonia.

JUNE

Partnering with Corporates to Care for the Community

NCSS showcased our partnership with our corporate volunteer JP Morgan and how together, we've facilitated educational talks and taught seniors how to monitor their blood pressure to ensure they are keeping well at home.

Want to get updates lighting fast?

Like us on Facebook and Instagram to follow our activities for the community!

As we come to a close for the year 2022, we spotlight key moments throughout the year that have made an impact in the lives of seniors and vulnerable in the community, our beneficiaries, community partners, and staff of SATA CommHealth!

JULY

MOM Recognises SATA CommHealth for Medical Support to Migrant Worker Community

Dr Lam Meng Chon, Director of Assurance, Care and Engagement (ACE) Group under MOM, presented a Certificate of Appreciation for our dedicated medical support for our migrant worker brothers through our work with the Primary Care Plan.

SEPTEMBER

Harnessing the Power of the Sun

On 23 September, we launched our new solar panel system as part of our ESG Plans. The solar panel system was generously donated by Grab and developed by Sembcorp Energy Singapore. It will help us to generate cost savings and channel funds saved to run key community healthcare initiatives.

NOVEMBER

We Received The Charity Transparency Award 2022 Once Again

This is the fourth time we have received this award in recognition of us having adopted good transparency and disclosure practice, as well as governance standards. Our Chairman, Mr Stanley Sia received the award for SATA CommHealth on 9 November from Mr Desmond Chin, the Commissioner of Charities.

AUGUST

Who Could Forget Our 75th Birthday Celebration with President Halimah Yacob

We celebrated 75 years of service and being here to care for seniors and the vulnerable with all our colleagues and partners at an anniversary dinner together with President Halimah Yacob as our guest of honour.

OCTOBER

Partnering Community Leaders to Reach More of Those in Need

Community Partnerships are vital to opening doors for more help to reach those in need. We have been partnering with Thye Hua Kwan Moral Charities (THKMC) to conduct our Health Check & Vaccination Project over eight sessions from July to date to protect seniors from preventable illnesses and to stay healthy.

DECEMBER

We're Launching Our New Donation Portal and NFT to Commemorate 75 Years

Our online donation portal is now up and running and with that, we will be giving away Non-Fungible Tokens (NFT) to donors who donate $10,000 and above. The 8 NFT designs are a nod to greeting seals that SATA used to produce for fundraising decades ago. Today, these NFT designs commemorate our 75th anniversary and our dedication to serve the community from then, to now and beyond.

The Impact We Create for the Community

Osteoporosis & Fall Prevention Festival 2022

This is our second year holding the Osteoporosis & Fall Prevention Festival, and this year was extra special as we got to see participants in-person at Heartbeat@Bedok! For three days from 18 to 20 November, we held onsite fall risk screenings with seniors and multiple talks daily with our distinguished panel of speakers. From a dietitian to an orthopaedic surgeon, and from a physiotherapist to a podiatrist, members of the public were treated to tips, exercises, and knowledge on how to overcome falls for themselves and their family.

To kick things off, members of the public were invited for a complimentary fall risk assessment where our Day Rehabilitation Centre team performed tests to gauge the balance and gait of seniors. Our DRC team advised seniors, based on their results and invited them to listen in to our complimentary educational talks by speakers from our various community partners like AWWA and Thye Hua Kwan Community Hospital.

On 19 November, our Guest of Honour Mr Tan Kiat How, Senior Minister of State, Ministry of Communications and Information, Ministry of National Development, and Adviser to East Coast GRC GROs officially launched our Osteoporosis and Fall Prevention Festival together with our Chairman **Mr Stanley Sia** and CEO Dr Kelvin Phua.

Mr Sia warmly welcomed Mr Tan as well as residents and touched on the importance of fall risk prevention:

> *"Every year, about 8,000 seniors have a fall that leads to hospitalisation. We all know that once a person falls, there could be other complications, fractures, extended stay in hospital. All these things start happening, and so, the idea is that we want to prevent falls."*

Seniors and caregivers alike were given a goody bag each, ready to learn various tips and practices from our speakers to stay fall risk free. Orthopaedic surgeons, senior therapists, osteoporosis, and stroke experts answered many questions from the audience on proper healthcare, exercises to do at home and even the proper type of shoes they should wear.

Following that, **Mr Tan Kiat How** addressed the audience and he reiterated the value of fall prevention among seniors:

"

This is an important topic that we are bringing to all of you. I was just downstairs talking to some of our more senior residents going through the various stations and I think they understand that falls are a very traumatic experience not just for the individual, but also for the families and caregivers."

Mr Tan added:

Falls among our seniors, especially falls at home; these things can be prevented. And we take sensible steps, not too difficult steps you can take at home, to minimise many of these occurrences. So, I want to thank the charitable organisation like SATA CommHealth for initiating this Osteoporosis & Fall Prevention workshop. Very timely, very important."

Elaborating on SATA CommHealth's renewed focus from fighting Tuberculosis in 1947 to providing a range of healthcare services to fit the needs of the community, **Mr Sia** said:

"

The needs of the community today are really about healthcare for seniors. And what does that mean? Fall prevention, making sure that you eat properly, your diet, control diabetes, hypertension. These are very important because we all know that by 2030, one in four Singaporeans will be aged 65 and above. That means, we got to cater more for seniors from a healthcare perspective. So, this is what this whole event is all about, prevention of falls as well as how do we make sure our diet strengthens that."

The launch event was followed by an interactive session by Team Strong Silvers and Active Health, along with the rest of the days' engaging talks from our community partners and SATA CommHealth's very own DRC team. Overall, many residents commended that the event equipped them as caregivers and seniors themselves with practical tips they can practice at home to ensure they keep their environment clutter free, keep healthy with the right diet and exercise regularly to stay fit.

We are very grateful for the successful event held in partnership with Kampong Chai Chee CC and SCEC/AAC, Active Health, AWWA, Centre for Orthopaedics, Muhammadiyah, National Healthcare Group Polyclinics, SANKHZ, St Luke's Hospital, Team Strong Silvers, Thye Hua Kwan Hospital and Zao Inc, as well as our individual and corporate volunteers from JP Morgan.

With the help of our community partners, we hope to continue to reach out to more seniors and their caregivers to instil the right practices to be reduce their risk of falls.

Want your team to be featured in our next newsletter?

Reach out to us at mediacontact@sata.com.sg with your contact details and we'll get in touch!

5 Questions with Sara

In our last series for the year, we sit down with Saraniyah Silva Raj from the Day Rehabilitation Centre team. Sara shares with us the unconventional way she got to work at SATA CommHealth Rehabilitation team, and her journey and struggles being a new mom to a beautiful baby girl away from her family and home country.

1) Tell us about the time you first joined SATA CommHealth.

I followed my friend for his interview and HR found out I had a background in Physiotherapy. There was a vacancy for the role, they interviewed me on the spot, and I got the job! It was a blessing because I came to Singapore to shop for my Registrar of Marriage (ROM) and my friend was actually my fiancé. It's been 8 years with SATA and it's my first job in Singapore.

2) So, what's the difference between physiotherapy and occupational therapy?

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. Occupational therapy is for your activity of daily living (ADL) to return to work. I do physiotherapy for home basis patients; and I go to their homes every Friday and fortnightly for Tuesdays to do exercise sessions with the elderly patients. I enjoy it very much as I have a passion to work with and help the elderly.

3) What is one memorable experience you had while working in SATA CommHealth?

There was a Singaporean patient who lived in Malaysia and once a month she would travel from Johor Bahru to Singapore via train to do rehabilitation with us! She is an amputee due to diabetes and she wears a prosthetic leg. She had been travelling this way for more than a year, but she passed away. I felt very sad because we have a kind of bond. She was very comfortable talking to me and she would cook food for me too. I try to be a good listener and be a support system for her, and for all my patients.

4) How did Physiotherapy continue during the pandemic and lockdown in Singapore?

Our centres were closed, so we came up with 45 minutes to 1 hour video consultations on Zoom. I was part of the team that first started this. The video consultations are still ongoing. We have very good response from the children of the seniors; some of them setup the zoom link on their television and they work from home to setup for their parents. It's convenient and easier for seniors who need to travel far, but it really depends on the type of exercises they do as some still require the equipment we have in our centres. During my pregnancy, I also did video consultations because it's mostly instructing over video call, and I wouldn't be physically tired.

5) You recently became a mother, how has your journey been so far?

I couldn't travel back to Malaysia because of the lockdown, so I had to deliver my daughter in Singapore. My husband and I took care of our daughter when she was born all on our own for four months. After that I sent her to Malaysia to be with my mother. After my maternity leave, I went back to work and while sometimes emotionally it can hurt because my daughter is not with me, but I am able to balance myself at work because my husband is very supportive.

I need to thank everyone in my rehabilitation team as well because I had a difficult pregnancy and post-partum anxiety, but my team supported me throughout and I'm very thankful. Now that the border is open, my husband and I go back to see our daughter frequently and I feel happier overall and at work too with my team around me.

Know someone who has an interesting story, or like to share your own?

Reach out to us at mediacontact@sata.com.sg with your contact details and we'll get in touch!

SATA Staff,
Ms Doreen Teo

We're ending the year on a sweet note with a Christmas Log Cake Recipe for one and all to enjoy! Very kindly contributed by our volunteer Ms. Lim and demonstrated by SATA staff Doreen Teo during our weekly Cooking Demo sessions at the Community Hub at Fernvale.

Did you know?

We have released an e-cookbook filled with delectable recipes curated from our residents and volunteers. View the e-book here.

We hope you try this special treat as well as those in our e-book and share it with your loved ones and friends for the festive season!

Ingredients

For the cake Bowl 1
- 4 egg whites
- 38g caster sugar

For the cake Bowl 2
- 4 egg yolks
- 25g caster sugar
- 45ml milk
- 30ml corn oil
- 55g cake flour or plain flour
- 10g cocoa powder

For the cream filling
- 30g coverture chocolate melted (or you can use 30g chocolate ganache)
- 120g whipping cream

For the ganache outer coating
- 100g coverture chocolate
- 100g whipping cream or heavy cream

Method

1. Preheat oven to 180 degrees Celsius. Line a 28 x 28 cm pan with baking paper.
2. **Bowl 1:** Beat the egg white with a hand mixer until bubbles are slightly foamed. Add in the 38g of sugar and continue to beat until soft peaks. Set this aside.
3. **Bowl 2:** In another bowl, add in the egg yolks, the rest of the sugar, milk and oil and mix well with a hand mixer. Sift the flour and cocoa powder into the yolk mixture and stir well to combine.
4. Fold in the egg whites from bowl 1 into the mixture in bowl 2 until well combined.
5. Pour the mixture into the baking pan, spread evenly, and bake at 180 degrees Celsius for 15 minutes.
6. Pour the mixture into the baking pan and spread. **For the ganache outer coating:** Use a double boiler to melt the chocolate. Remove from the boiler once melted and add in the whipping cream and stir well. Set aside to cool completely.
7. **For the cream filling:** Whip the cream until smooth and then add in the melted chocolate and whip until soft peaks. Set aside.

Assembling your Log Cake

1. Once baked, run a knife around the edges of the cake to release it from the baking paper. Wait 2 minutes for it to cool.
2. Lay a tea cloth or baking paper on a flat surface and flip the cake onto it. Now slowly roll the cake with the cloth or baking paper like a Swiss roll and set it aside to cool completely.
3. Once cooled (after 15 mins), slowly unroll the cake and spread a thin layer of the cream filling.
4. Now, roll the cake again from the edge. Optional: You can cut a 2- or 3-inch piece of the cake roll and lay it beside your cake to form a "Y-log" shape.
5. Using a spoon or spatula, spread the ganache outer coating to cover the entire cake roll. Run a fork along the ganache gently in uneven strokes to create a log-look. You're ready to enjoy it with family and friends!

From the Corporate Communications Department to all, have a

Merry Christmas and a
Happy New Year
in advance!