sata CommHealth

ISSUE 08

In The *Know*

Your Bi-Monthly Update on Everything SATA

“Promoting Health and Unity: SATA CommHealth Community Walkathon & Carnival 2023

Held in collaboration with Pfizer, took place on 4 November 2023.

“Donors and Volunteers Making a Difference

Making a positive difference in the lives of seniors .

NOV 2023

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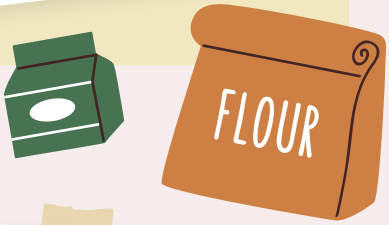
Mid-Autumn Festival Celebration

SATA CommHealth organised several events in September to engage the elderly in the community, allowing them to come together and celebrate the season. These events included a Mid-Autumn Festival celebration and a Mooncake Demo at the SATA CommHealth Fernvale Community Hub (SCHF), as well as gatherings at the Bishan Wellness Club and a Mid-Autumn celebration with seniors at Marymount.

Mooncake Making Demonstration

A session showcasing the SCHF Shanghai Mooncake Making Demo and a Mid-Autumn Festival celebration with the residents.



Mid-Autumn celebration with seniors at Marymount

Ms. Gan Siow Huang, Minister of State (Education & Manpower) and Adviser to Marymount SMC, joined us at our Healthy Mid-Autumn Festival Celebration for the seniors. This event was a gathering of Marymount's senior community, celebrating a health-oriented Mid-Autumn Festival with low-sugar mooncakes and tea. Seniors received blood pressure monitoring devices and were guided on their use for health monitoring. The occasion also encouraged seniors to become part of the #HealthierSG movement for a healthier lifestyle and emphasised the importance of vaccinations. It was a community celebration that highlighted the values of well-being and togetherness.

Embracing Health and Togetherness at Marymount CC's Mid-Autumn Celebration.

Mooncakes and tea delight for the seniors.

Ms Gan and a senior exploring the blood pressure monitoring machine together.

Guiding Seniors: Introduction to blood pressure monitoring at the event.

Inspiring healthier living, a talk by SATA CommHealth's Resident Doctor, Dr Ooi Seong Thean.

Seniors at Marymount CC's Mid-Autumn celebration.

Promoting Health And Unity:

SATA CommHealth Community Walkathon & Carnival 2023

The SATA CommHealth Community Walkathon & Carnival 2023, held in collaboration with Pfizer, took place on 4 November 2023. SATA CommHealth's Chairman, Mr Tan Boon Gin, CEO Dr Kelvin Phua and other Board Directors flagged off the community walkathon. The primary goal of this Community Health Day was to promote preventive health education, fall prevention, and the Healthier SG initiative. It underscored the crucial role of COVID-19 vaccinations in safeguarding public health, emphasising their significance in the ongoing battle against the pandemic. The event featured a diverse range of activities for children, adults, and seniors, advancing the goals of unity and community education on essential health matters.

Dr Kelvin Phua emphasised the importance of regular health screening, advanced care planning, and vaccination. He actively encouraged senior citizens to learn more about osteoporosis and fall risk screening while advocating for participation in the Ministry of Health's Healthier SG initiative.

"As a healthcare charity, we are here to care for the seniors and vulnerable. We hope that SataDay will stand as a resounding call to action and serve as an important reminder for all to undergo regular health screening, advance care planning, and vaccinations. Seniors are encouraged to learn about osteoporosis, fall risk screening, and the Ministry of Health's Healthier SG initiative."

– Dr Kelvin Phua, CEO of SATA CommHealth.

In support of the event, Pfizer, with its commitment to improving global health, proudly stands alongside SATA CommHealth in their mission to foster a healthier and more resilient community. Together, Pfizer and SATA CommHealth have played a crucial role in ensuring the prompt and cost-effective distribution of COVID-19 and pneumococcal vaccinations in Singapore, especially during the challenging times of the pandemic. This collaborative effort has been pivotal in protecting public health and will continue to evolve as they explore new horizons.

"At Pfizer, we are committed to supporting initiatives that promote health and well-being. We are proud to be a part of this momentous occasion and believe that preventive health education and COVID-19 vaccination awareness are crucial for building a healthier and more resilient community."

– Erika Pagani, Country Manager for Pfizer Singapore.

The event, themed 'HERE TO CARE - make every step count,' featured a non-competitive walkathon spanning 1.5km to 2.8km. It included strategically placed three trivia checkpoints that conveyed the paramount significance of COVID-19 vaccinations and the valuable insights gleaned from the pandemic experience. Joining us in the walkathon were seniors, younger participants, and migrant workers who have contributed to nation-building. The walkathon concluded with a solemn pledge, fostering a sense of collective commitment and unity among all participants.

The carnival segment of the event was all-inclusive, featuring health screening stations, enlightening health talks, booths providing educational information from our in-house dietitian on sodium intake and Pfizer on preventive vaccinations, captivating Wushu, Taichi, juggling, and singing performances, and adrenaline-packed Zumba dances. Carnival activities such as board hand-printing, stage games, carnival games, children's colouring zones, and a bouncy castle kept the children entertained, along with a photo booth for creating enduring memories. We were honoured to have Senior Minister of State Tan Kiat How as the Guest of Honor at the carnival to experience the meaningful and lively event.

Thank you to all the participants, sponsors, volunteers, and staff for making this event possible and taking steps toward a healthier and more vibrant future for all.

Social Media Highlights

SATA CommHealth

October is Breast Cancer Awareness Month. Early detection through regular mammograms and self-exams is crucial, as breast cancer is the most common cancer in Singapore. SATA CommHealth offers mammography services to promote a healthier you and Singapore.

SATA CommHealth

Annual flu vaccination is vital for individual and community health, reducing healthcare burdens and contributing to global preparedness. Join us for a #HealthierSG—walk into our centres for your flu shot today.

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SATA CommHealth expresses deep gratitude to outgoing President Halimah for her support during the pandemic and for gracing our 75th Anniversary. Her continuous support has been vital in our mission to be #HereToCare for the vulnerable, contributing to a #HealthierSG. Madam Halimah champions various causes and has a genuine commitment to grassroots initiatives. Her personable character and care for her people are truly inspiring.

SATA CommHealth

As the year comes to a close, it's time to celebrate and toast to health and well-being. SATA CommHealth offers comprehensive health screening packages, including an innovative Digital Brain Function Screening (DBFS) for early dementia detection and monitoring. To learn more or book an appointment, call 6244 6688.

Prioritising your health and your loved ones' well-being is crucial.

SATA CommHealth

On World Alzheimer's Day, SATA CommHealth emphasises the importance of early detection and holistic care. The Amethyst Health Screening package for seniors includes mental and physical health screening, helping identify conditions like depression and dementia. With the Digital Brain Function Screen, a gamified assessments is provided for at-risk seniors to prevent cognitive decline.

Want to get updates lighting fast?

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

Donors And Volunteers Making A Difference

Ghim Li Global Pte Ltd staff members teamed up with SATA CommHealth to make a meaningful impact in their local community. With great enthusiasm, they volunteered at SATA CommHealth's headquarters to pack essential home medical boxes (HMB) for seniors in need. This heart-warming initiative extends to two key locations: SATA CommHealth Fernvale Community Hub in a low-income and rental flats area and the Kembangan Chai Chee Senior Activity Centre.

"Being part of the Kembangan Chai Chee event held a profound significance. It underscored the great value of contributing to the community and reconfirmed the potential for effective corporate social responsibility collaborations. I take pride in our team's dedication and our ability to make a positive impact on seniors in need and support within our local community."

- Mr. Gan Minghao, EVP, Operations at Ghim Li Global Pte Ltd

Here, Ghim Li employees assist with activities for seniors and distribute these vital home medical boxes. Their commitment to making a positive difference in the lives of seniors underscores the potential for impactful corporate social responsibility partnerships with SATA CommHealth.

Continuing Medical Education (CME) Talk

Digital Brain Function Screen (DBFS)

In this age of digital technology, people are well-informed about the importance of good health in aging well. While general health screening provides insight into our well-being, many of us tend to overlook the most important organ in the human body - the brain.

We were honoured to have Dr Prem Pillay present on the topic of "Optimising Brain Health and Function for Your Patients" at the CME talk on 4 October 2023.

Assessing brain health conditions can be challenging in a primary care setting, as patients may appear normal or not be aware of their brain dysfunction.

Mild Cognitive Impairment (MCI) is the stage between the expected decline in memory and thinking that occurs with age and the more serious decline of dementia. Early detection and management of MCI is critical, as it may provide an opportunity to slow down or prevent the progression to dementia.

Symptoms of MCI include:

1. Memory problems
a decline in memory, forgetfulness (e.g., forgetting names or words), misplacing things, and finding it more difficult to learn something new.
2. Language difficulties
difficulty finding the right words, expressing themselves, or following conversations.
3. Problems with executive function
it may affect an individual's ability to plan, organise, make decisions, or complete complex tasks.
4. Decreased attention span
leading to an inability to concentrate.
5. Reduced spatial awareness
may result in trouble navigating familiar surroundings or following directions.
6. Mood changes
such as depression, anxiety, and irritability, etc.

Digital Brain Function Screening (DBFS)

DBFS comprises a series of neuroscience games that can be completed within an estimated time of 14 to 18 minutes. DBFS focuses on evaluating the brain's working memory, attention, and executive function. It can be accessed through desktop, tablet, or mobile devices. Upon completing the test, the results will be generated, and you can subsequently discuss them with your doctor. This enables primary care physicians to better diagnose brain diseases early, including structural problems like strokes, tumours, traumatic brain injuries, as well as functional brain disorders, including neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and other dementias.

Remember, prevention is better than cure. MCI might be prevented and improved by maintaining a healthy lifestyle, ensuring sufficient sleep and rest, exercising regularly, and incorporating mindfulness activities into your daily life, which can stimulate your brain.