sata CommHealth

ISSUE 09

In The *Know*

Your Bi-Monthly Update on Everything SATA

Road to Recovery – Rehabilitation at SATA CommHealth

Mdm Elsie Ow, a vibrant 75-year-old was diagnosed with Ischaemic Stroke with motor impairment on 5 March 2023.

How Much Sodium Are You Taking In?

Singapore residents consumed an average of 3.6g of sodium daily.

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JAN 2024

Rounding Up 2023

March

DOT and SHOP Programme
MOU Signing Ceremony

May

Official Opening of Medical Centre for Migrant Worker Kranji Recreation Centre

April

Official Launch of Practical Innovation for Elders (PIE) Room

February

Awarded Singapore Health Quality Service Awards 2023

November

Community Health Day Walkathon at East Coast Park and Carnival at Bedok Town Square

Awarded Tripartite Alliance Award 2023

Awarded Charity Transparency Award 2023

July

Community Health Day at Toa Payoh HDB Hub Atrium

Flag Day

June

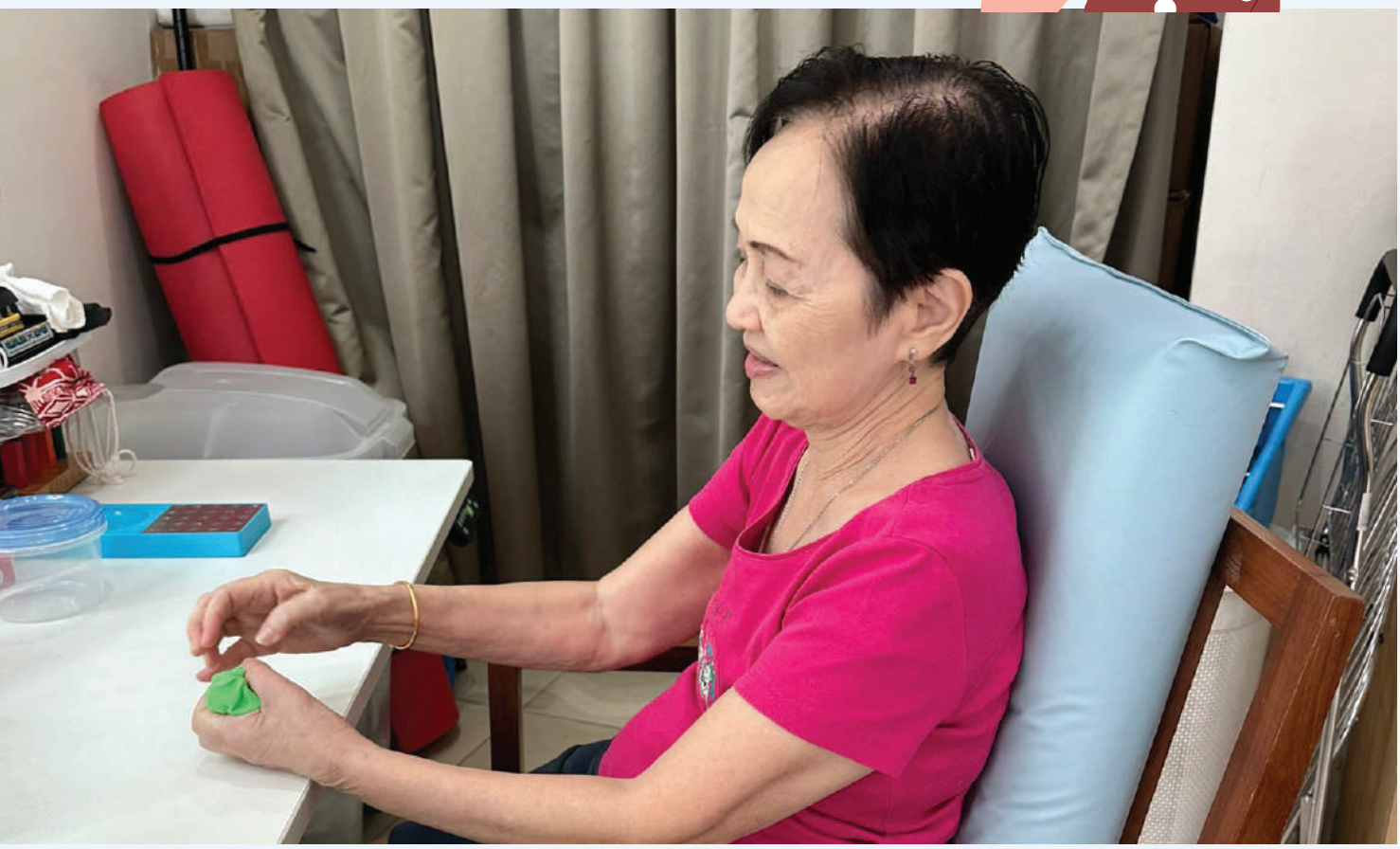
Appointment of New SATA CommHealth Chairman Mr Tan Boon Gin

December

Received Covid19 Resilience Certificate and Medal

Road to Recovery

Rehabilitation at SATA CommHealth



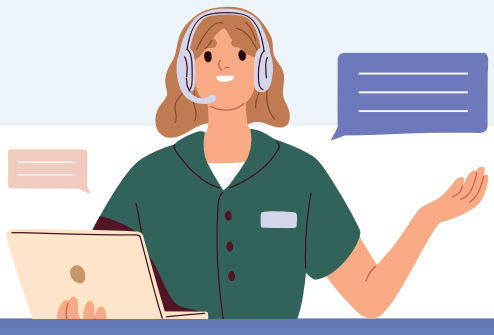
Mdm Elsie Ow, a vibrant 75-year-old was diagnosed with Ischaemic Stroke with motor impairment on 5 March 2023. The stroke disrupted her once-active life, impacting her left hand's sensation, fine motor skills, and strength. Before her rehabilitation with SATA CommHealth, Mdm Elsie faced reduced standing balance, diminished mobility confidence, weakened core strength, and a noticeable decline in her left-hand functionality.

Once an enthusiastic beader, seamstress, and political enthusiast who closely followed American politics on YouTube, Mdm Elsie now grapples with newfound limitations. The stroke has significantly impacted her activities of daily living (ADL), making tasks such as using her left hand for drinking water and thorough showering challenging. It has also taken a toll on her emotionally. However, with the unwavering support of her husband and son, she has embraced the therapeutic journey ahead, focusing on the potential restoration of her left-side mobility.

Rehabilitation with SATA CommHealth has become a transformative experience for Mdm Elsie. Her notable achievements include successfully gripping grab bars, performing squats, and, most impressively, crafting a small leather pouch with her left hand. This pouch symbolises her triumph over physical limitations and signifies her resilience in adversity.

How do you get your referral?

https://www.sata.com.sg/rehabilitation-services/ or call our Rehabilitation Services at 6244 6732.



SATA CommHealth provided comprehensive and personalised support to Mdm Elsie's journey. The rehabilitation process, tailored to Mdm Elsie's needs and aspirations, empowered her to reclaim not just physical abilities but also the essence of a fulfilling life post-stroke.

The specialised care from SATA CommHealth became the cornerstone of her recovery, ensuring her rehabilitation goals were met and exceeded. Mdm Elsie's story is a testament to rehabilitation's transformative power, especially when guided by a dedicated and supportive healthcare partner like SATA CommHealth. Her journey serves as an inspiring example of resilience and recovery, highlighting the crucial role that specialised rehabilitation plays in restoring a sense of normalcy and joy in the lives of stroke survivors.

Homecare for Seniors: Your Help Matters, Give Generously Today

Homecare Services are increasingly vital necessities that provide care to patients as well as a respite for caregivers. It provides caregivers and their families a pillar of support for them to lean on in trying times, to stay resilient and to ensure a more sustainable manner of care for the needs of their ageing or physically challenged loved ones.

You can help our beneficiaries who are in dire need of financial support by donating generously towards their care.

Scan the QR code to donate or visit this link: https://www.giving.sg/donate/campaign/here-to-care-for-seniors

We thank you for your kind donation!

Transparency Award 2023

SATA CommHealth is thrilled to announce its recent triumph at the Charity Transparency Awards. Mr. Tan Boon Gin, our esteemed Chairman, graciously accepted the accolade during the distinguished award presentation ceremony on 21 November 2023.

The Charity Transparency Award is a testament to our unwavering commitment to fostering transparency in the charity sector. By recognising the outstanding efforts of charities, the award aims to inspire others to adopt and replicate best practices. This acknowledgement underscores SATA CommHealth's dedication to upholding exceptional transparency and governance standards.

We reaffirm our pledge to maintain these high standards as we celebrate this achievement. Our ongoing commitment is geared towards effectively serving and addressing the evolving healthcare needs of seniors and vulnerable individuals. SATA Commheath is committed to maintaining high transparency and governance standards as we strive to meet the ever-evolving healthcare needs of seniors and vulnerable individuals.

SATA CommHealth
Healthy Life Club Membership

Join the Virtual Healthy Life Club (HLC) and benefit from a **5% discount** on the list price of our Health Screening Packages.

Register for free to receive a 12% discount

on all Jewel Coffee product purchases.

Email mediacontact@sata.com.sg and mention "**HLC Jewel Coffee**" with your registered name for the discount code.

Stay healthy, add value to your life with a better lifestyle.

How Much Sodium Are You Taking In?

SATA CommHealth Health Tips

According to the 2018/19 National Nutrition survey, Singapore residents consumed an average of 3.6g of sodium daily, exceeding the World Health Organisation's recommendation of less than 2g. Excessively consuming sodium, a vital mineral necessary for maintaining fluid balance and supporting nerve function, can pose health risks, turning an otherwise essential element into a potential threat.

Dangers of Excessive Sodium Intake

Consuming too much salt can be harmful to your health. It is essential to be cautious about the amount of sodium in your diet. Excessive sodium intake is linked to various health risks, such as

High Blood Pressure

Heart Disease

Kidney Problems

To promote overall well-being, it's advisable to limit your salt intake and choose healthier food options.

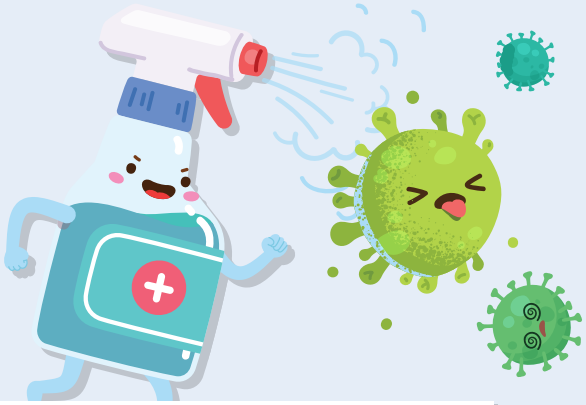
MOH Measures on Promoting Low Sodium Intake

Singapore's Ministry of Health (MOH) has initiated campaigns, educational programmes, and collaborations with the food industry to address high sodium intake. The Health Promotion Board (HPB) has supported reduced-sodium alternatives since 2018. Lower-sodium standards are now part of the Whole-of-Government Healthier Catering policy, which started in May 2021.

HPB aims to address salt in food preparation, encourage healthier industry options, and enhance public education on sodium reduction. MOH is also considering measures inspired by global examples, like sodium taxes, to reduce sodium intake in Singapore.

Proactively overseeing sodium intake promotes immediate well-being and serves as a preventive measure against potential health issues. Make thoughtful decisions to cultivate a healthier and sustainable approach to sodium consumption in alignment with your well-being goals.

Antimicrobial Solution by Zao Inc



MicrobeCare™ 70-2 is a cutting-edge 2-in-1 disinfectant and antimicrobial coating treatment that forms a molecular bond with all porous and non-porous surfaces. This innovative solution effectively eradicates viruses, bacteria, and fungi in a single application, protecting for 365 days.

Powered by patented technology, MicrobeCare™ prevents the spread and hazardous accumulation of microorganisms, empowering organisations to prioritise the safety of their employees and customers. This non-toxic antimicrobial safeguard is easily applied and molecularly bonds with any surface, remaining invisible and odourless. Its sustained durability complements the most potent cleaning products, ensuring enduring effectiveness.

In addition to MicrobeCare™, Zao Inc. offers wearable rehabilitation aids such as the Saebo Glove and Saebo Stretch.

For further details on the Antimicrobial solution, please email mediacontact@sata.com.sg.

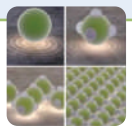
The MicrobeCare™ Technology:

How can MicrobeCare™ Protection last for 365 days?

When applied to a surface, during the chemical process, MicrobeCare antimicrobial, silane-based molecules, covalently bond to the surface forming a thin film, becoming an **integral and permanent part of that surface.**

Step 1:

The first element of the molecule is a silane-base which forms a permanent matrix, coating the entire tread area.

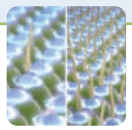


Step 2:

The second element is a positively charged nitrogen atom that attracts the microbes to the surface.

Step 3:

The third element is an 18-linked carbon chain that forms an impenetrable matrix of swords.



Step 4:

As microbes are drawn to the surface, the carbon chain pierces the microbe while the nitrogen atom electrocutes it, quickly killing the microbes without dissipation.