sata CommHealth

ISSUE 13

In The *Know*

Your Bi-Monthly Update on Everything SATA

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Read more on Pg8

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On 3 August, our dedicated staff members and volunteers gathered together for our annual Flag Day - a cherished tradition where we collect donations and raise awareness towards our community initiatives.

Read more on Pg7

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SEP 2024

Making a Difference, One Box of Care at a Time

Microsoft

In June, SATA CommHealth partnered with Microsoft Singapore and our dedicated silver volunteers at Radin Mas Community Club to make a meaningful impact by distributing Home Medical Boxes to over 100 beneficiaries.

Thanks to the generous sponsorship from Microsoft Singapore, these Home Medical Boxes were stocked with essential medical supplies, including pain relief medication, heartburn remedies, wound care items, and plasters, all of which were intended to ensure the continued well-being of our beneficiaries.

The day was made even more special as we celebrated the birthdays of several beneficiaries. With a joyful birthday song and delicious cupcakes, we shared in their happiness and made the event a truly memorable one. The day concluded on a heartwarming note, leaving everyone with smiles and a deep appreciation.

BlackRock

SATA CommHealth partnered with BlackRock to distribute over 400 medical boxes to the Doctors-On-Wheels beneficiaries at Chinatown Active Ageing Centre (Jalan Kukoh). These medical boxes, filled with essential items for addressing minor injuries like cuts, are part of our ongoing initiative to support seniors in the community who may lack the means to purchase such necessities.

We extend our heartfelt thanks to all our supporters, partners, and volunteers for their invaluable contributions and partnership in making this initiative successful.

Celebrating Our Nurses and Healthcare Workers

On 1 August 2024, SATA CommHealth had the distinct pleasure of celebrating Nurses' Day, a day dedicated to honouring our nurses' and healthcare workers' extraordinary dedication and compassion. This occasion was a celebration and a heartfelt recognition of the tireless efforts that define the essence of healthcare at SATA CommHealth.

To show our appreciation for their commitment, SATA CommHealth hosted a buffet lunch where our nurses and healthcare workers came together in camaraderie and joy. Each nurse also received a special gift, generously provided by AIC and SMRT, as a token of gratitude for their hard work and compassion.

Our Chairman, Mr Tan Boon Gin, took this opportunity to express his deep appreciation for our team. In his Nurses' Day congratulatory message, Mr Tan acknowledged the role our staff play as SATA CommHealth continues to expand its services. He highlighted the significant contribution of our nurses and healthcare workers in supporting Vulnerable Families, the Frail & Disabled, Migrant Workers, and Chronic Renal Failure Patients. He emphasised that their ongoing dedication is not only vital to our mission but also to building a stronger and more resilient SATA CommHealth.

The day was a heartfelt celebration, reflecting the tireless efforts and caring spirit that our team brings to their work every day. We extend our deepest gratitude to all our nurses and healthcare staff for their remarkable commitment and service, which is invaluable to us.

Your dedication makes a difference every day, and for that, we say thank you!

SATA CommHealth Hosts Inaugural Here To Care For the Health of Migrant Workers 2024 Conference

On 26 September 2024, SATA CommHealth took a significant step forward in our mission to enhance the well-being of migrant workers by hosting the inaugural "HERE TO CARE, for the Health of Migrant Workers 2024" conference at the Holiday Inn Atrium, Singapore. This landmark event underscored SATA CommHealth's commitment to improving healthcare access and quality for migrant workers through innovative solutions and collaborative efforts.

The conference, centred around the theme "Here to Care", brought together a diverse group of healthcare professionals, policymakers, and industry leaders to address the pressing healthcare challenges migrant workers face in Singapore. The agenda was rich with insightful keynote presentations, panel discussions, and interactive sessions, all aimed at fostering collaboration and exploring sustainable healthcare initiatives that can make a real difference in the lives of migrant workers. In his opening remarks, **Mr Tan Boon Gin, Chairman of SATA CommHealth**, highlighted the importance of this conference.

Hosting this Migrant Workers conference serves as a vital platform for all of us in the industry to come together, share best practices, and engage in constructive dialogue,

> *"he stated. It is an opportunity to drive tangible improvements in healthcare delivery for migrant workers in Singapore, ensuring they receive the compassionate care and support they deserve. At SATA CommHealth, we actively explore various initiatives and partnerships to enhance healthcare accessibility and quality for migrant workers. We hope this conference will catalyse innovation, sparking new ideas and collaborations that will further elevate the standards of care for this essential workforce."*

One of the major highlights of the conference was the unveiling of Functional Health Programme, a new rehabilitation service developed in partnership with MigrantWell Singapore. The Programme for migrant workers, designed by SATA CommHealth's Community Programme Team, addresses work-related musculoskeletal disorders (WRMSD), which accounted for 60% of all confirmed occupational diseases in Singapore from 2019-2021. This programme offers a comprehensive approach to managing musculoskeletal pain and injuries, providing essential therapy services through a rotating team of rehabilitation professionals, ensuring daily access to quality care.

The conference also featured a thought-provoking panel discussion with industry professionals such as Dr Lee Heow Yong from Ministry of Manpower, MOM Assurance, Care & Engagement Group, Mr Jeffrey Chua, Head of Mental Health Training and Community Outreach at HealthServe Ltd, Dr Marcus Lee, Deputy Medical Director of Fullerton Health and Dr Matthias Wee, Head of St. Andrew's Migrant Medical Centre. The discussion covered a wide range of topics, including the evolving healthcare landscape for migrant workers, mental health support, occupational health considerations, and the role of technology in telemedicine.

Key features of the programme include:

Comprehensive Physiotherapy Services

Focused on managing musculoskeletal pain and injuries, particularly in the back, neck, knees, hands, and shoulders.

Health Maintenance and Education

Empowering migrant workers with the knowledge and skills to prevent injuries and maintain overall well-being.

Access to Healthcare

Ensuring that workers receive the care they need so that they do not have to choose between their health and livelihood.

Reducing Occupational Health Risks

Mitigating the long-term health impacts of WRMSD through preventive care and early intervention.

Since April 2022, SATA CommHealth and three other anchor operators, have been leading the charge in providing pandemic-ready healthcare services to over 260,000 migrant workers across six zones in Singapore. Operating three medical centres and two dormitory clinics, SATA CommHealth continues to enhance its services through the introduction of the PCP Plus Plan, which includes pain management education and ergonomics workplace safety. To further improve service efficiency and address language barriers, SATA CommHealth will also launch a comprehensive AI workout programme in collaboration with EliteFit.AI, to better ensure that the migrant workers receive the care they need.

SATA CommHealth at Migrantwell

Uplifting Singapore's Migrant Workforce

SATA CommHealth was honoured to be a partner for the MigrantWell Booth at the launch of the Community Marketplace, an innovative initiative spearheaded by the Singapore Business Federation (SBF) Foundation. This pioneering effort aims to inspire businesses to become catalysts for positive change, driving impactful initiatives that benefit many communities, particularly those in need.

The Community Marketplace debuted at the Singapore Apex Business Summit (SABS®), organised by the SBF on 23 July 2024. The event, which brought together community and business leaders, was graced by Mr Tharman Shanmugaratnam, President of the Republic of Singapore and Patron of the SBF Foundation. The summit underscored the importance of collaboration between the business and community sectors in fostering meaningful social change and highlighted the growing role of businesses.

For SATA CommHealth, participating in this event was a valuable and enriching experience. At the MigrantWell Booth, we engaged with diverse attendees, offering insights and practical advice on how businesses can begin or expand their corporate purpose journeys. Our focus was mainly on strategies that uplift Singapore's migrant workforce, a community integral to the nation's economy yet often overlooked in corporate social responsibility efforts. Our team shared best practices, success stories, and strategies, emphasising our commitment to improving the well-being of the migrant community.

We are immensely grateful for the opportunity to contribute to this meaningful initiative. The experience reinforced our belief in the power of collaboration and the critical role that businesses can play in creating a positive social impact. We look forward to continuing our efforts to uplift and support the migrant workforce in Singapore, ensuring they receive the care and respect they deserve.

SATA CommHealth Flag Day 2024

On 3 August, our dedicated staff members and volunteers gathered together for our annual Flag Day - a cherished tradition where we set out to the streets to collect donations and raise awareness towards our community initiatives for the elderly and vulnerable individuals.

All of the funds raised during Flag Day will go towards supporting our various community initiatives. These include our Doctors-On-Wheels programme, Homecare services, and the Community Hub at Fernvale. Through these vital programmes, we aim to provide essential medical treatments and services at highly subsidised rates, ensuring that our elderly and vulnerable individuals receive the care they need.

Every donation collected during Flag Day makes a meaningful difference in the lives of those we serve. We are deeply grateful to everyone who participated in Flag Day 2024 - your generosity and commitment make our work possible. We also extend our heartfelt thanks to our volunteers, whose invaluable time and effort have helped us continue our mission of caring for those in need.

Flag Day 2024 – Meet one of our volunteers, Tracy!

We had the pleasure of speaking with Tracy, one of our dedicated volunteers who generously contributed her time and energy to support Flag Day. We delved into what inspires her to make a meaningful difference through her work with SATA CommHealth.

Q Can you please share with us your name and how long you have been volunteering with SATA CommHealth?

Hello, my name is Tracy, and I have been volunteering at SATA CommHealth for two years.

Q What inspired you to start volunteering, and what drew you specifically to SATA CommHealth?

I have always been concerned about the high cost of medical treatments, especially for those I know can't afford them. SATA CommHealth provides subsidies for needy people, and I wanted to do my part to support this incredible mission.

Q Can you share with us your most memorable moment from your time as a volunteer?

One of my most memorable moments was meeting and working with many wonderful people. I gained new friends through the experience, and we have stayed in contact ever since. It has been amazing to see how our shared passion for volunteering has kept us connected. The friendships I have formed through volunteering are genuinely priceless.

Q What challenges have you faced as a volunteer, and how did you overcome them?

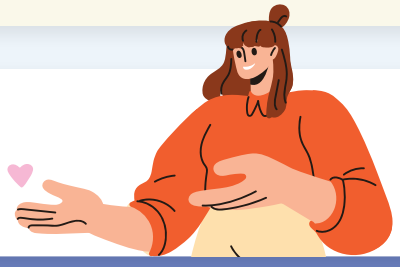
One of the biggest challenges I have faced as a volunteer is asking people for donations. It can be difficult, especially when people reject you. However, I have learnt to approach this openly and not take rejections personally. Instead, I focus on the positive interactions and remind myself of the good cause I support.

Q What would you say to someone thinking about volunteering with SATA CommHealth?

If you have a good heart and a desire to help people, you can consider (volunteering with) SATA CommHealth. Volunteering will allow you to make a real difference in the lives of those in need and become part of a compassionate community.

Donate to make a difference!

PayNow to donate now to help our beneficiaries or donate via our website https://portal.sata.com.sg/Donation/DonateNow



National Healthcare Group's Visit to SATA CommHealth

On 19 August 2024, we were honoured to host the National Healthcare Group (NHG) at our SATA CommHealth Uttamram Bedok HQ. Our CEO, Dr Kelvin Phua, and our Management team led the NHG delegation on an exclusive tour of our facilities, highlighting the extensive range of clinic services and health programmes we provide to the community.

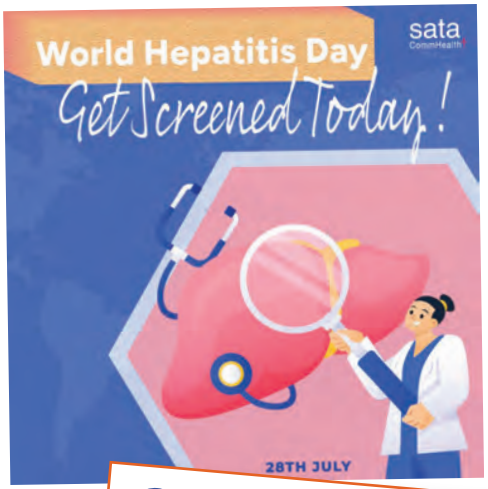
This visit presented a unique opportunity for both organisations to engage in meaningful dialogue, exchange innovative ideas, and explore future collaborations aimed at enhancing the accessibility and affordability of healthcare for our patients and beneficiaries.

We extend our heartfelt thanks to the National Healthcare Group for their visit, keen interest in our mission, and the invaluable time they spent with us.

Social Media Highlights

SATA CommHealth

At SATA CommHealth, we care for our community. On World Hepatitis Day, we encourage everyone to get screened, as early detection of Hepatitis A, B, and C can save lives. Protect your health - schedule your screening today.



SATA CommHealth

SATA CommHealth participated in the Volunteer Festival (VFest) on 13 July 2024 at Toa Payoh HDB Hub from 10am to 8pm. Attendees enjoyed the Silver Volunteers' performance at 4:45pm and the Human Library at 5:30pm. Memorable moments were created together!

SATA CommHealth

At SATA CommHealth, we provide compassionate care to all Singaporeans through our medical centres, community events, and homecare services, with a focus on supporting seniors and the vulnerable. Wherever life takes them, we are here to care.

SATA CommHealth

SATA CommHealth is deeply grateful to MSD Pharma (Singapore) for supporting our fight against cervical cancer. Through the "A World Without Cancer – Art Competition & Exhibition," funds were raised to provide HPV vaccinations for women aged 27 to 45, especially those from low-income families. This initiative aims to reduce cervical cancer cases in Singapore and promote women's health. We thank MSD Pharma for their generous partnership.

Want to get updates lighting fast?

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