sata CommHealth

In The Know

SEPTEMBER 2026

Your Bi-Monthly Update on Everything SATA CommHealth

First Steps into Healthcare: An Intern's Journey at SATA CommHealth

Read more on page 03

Celebrating Our Nurses

Read more on page 04

Scan to Donate Now via PayNow

02

Saving The Earth, One Drop of Water at a time

At SATA CommHealth, sustainability is about taking practical steps to reduce waste and make better use of the resources around us. As part of our ongoing commitment to environmental responsibility, we continue to explore innovative solutions that support greener ways of working.

One such initiative is the installation of an air-conditioning condensation collection unit on our electric truck (EV truck). During operation, vehicle air-conditioning systems naturally produce condensation. Instead of allowing this water to drip away and go unused, our EV truck now captures and stores the collected water for reuse.The recycled water is used for non-potable purposes, such as washing and cleaning the vehicle. This simple yet effective solution helps reduce our reliance on treated water for routine maintenance while promoting more responsible resource management.

The initiative complements SATA CommHealth's adoption of electric vehicles, further supporting our efforts to reduce our environmental footprint and embrace sustainable practices across our operations. By recovering and reusing water that would otherwise be wasted, we are turning an overlooked resource into an opportunity for positive change.

Sustainability is a shared responsibility, and meaningful progress begins with small actions. Through initiatives such as air-conditioning condensation recycling, SATA CommHealth continues to improve operational efficiency while caring for the environment.

As we move forward, we remain committed to adopting innovative solutions that support both community health and environmental stewardship, ensuring that every drop, every resource and every effort contributes towards a greener future.

First Steps into Healthcare: An Intern's Journey at SATA CommHealth

What happens when you put an intern in charge of events, volunteers, hundreds of guests and countless moving parts?

For Valerie Khoo, an intern with SATA CommHealth's Volunteer Management department, the answer was uncertain at first. Having only experienced shorter work attachments, she wondered how much responsibility she would receive and how much she could contribute. Six months later, she found her answer.

From planning outreach events and coordinating volunteers to supporting an event attended by more than 380 people, Valerie stepped beyond her comfort zone, took on real responsibilities and discovered that she was capable of more than she expected.

Learning by Doing

Valerie's internship showed her that volunteer and event management involves much more than planning. It requires organisation, communication and the ability to connect with people.

With guidance from her team, she was entrusted with meaningful responsibilities, from coordinating stakeholders and engaging volunteers to ensuring that events ran smoothly.

One of her favourite memories was the Chinese New Year Volunteer Appreciation Lunch, where she had the opportunity to connect with volunteers beyond their usual roles. These conversations gradually developed into meaningful relationships, and many volunteers have since become familiar faces she enjoys working with.

"Wow, I Actually Did That."

One of Valerie's proudest moments came during a preventive healthcare outreach event at GV Suntec City, which welcomed more than 380 attendees. With only two weeks to prepare, she helped coordinate RSVPs, seating arrangements, registration, volunteer deployment and communication with multiple stakeholders.

Seeing everything come together, Valerie remembers thinking:
"Wow, I actually did that."

More than the success of a single event, the experience reminded her of how much she had grown and what she could accomplish when given the opportunity to step up.

A Place to Grow

Welcoming. Supportive. Purposeful.

These are the three words Valerie uses to describe her experience with the SATA CommHealth team. She appreciated how her colleagues welcomed her from day one, trusted her to take ownership of her work and supported her whenever challenges arose. Through working with colleagues, volunteers, beneficiaries and community partners, Valerie also became more confident in approaching new people and expressing herself.

"I'm grateful for the people I've met and the things I've learnt from them," she shared.

"These are the relationships I'll remember and continue to treasure long after my internship ends."

Valerie's Recommended Lunch Spot & Order
Wingstop at HeartBeat@ Bedok
Recommended flavours:
Louisiana Rub & Garlic Parmesan

04 Celebrating Our Nurses

Every 1 August, Nurses' Day gives us an opportunity to recognise the dedication, compassion and professionalism of nurses who care for patients and communities every day.

At SATA CommHealth, nursing takes many forms. It can mean supporting patients through health screenings and preventive care, helping migrant workers navigate unfamiliar healthcare systems, listening to someone who needs reassurance or finding simple ways to overcome communication barriers.

This Nurses' Day, we celebrate four members of the SATA CommHealth nursing family and the experiences that make their work meaningful.

Meet The People Behind Your Care

Herlina Binte Jumahat
Senior Staff Nurse, Migrant Worker Medical Centre
Sungei Tengah Lodge

Her Nurses' Day Message

"To all nurses, thank you for your dedication, compassion and teamwork. Nursing may not always be easy, but every effort makes a difference to someone."

"Let's continue supporting one another and providing the best care we can for our patients."

After almost 20 years in nursing, Herlina Binte Jumahat has experienced many aspects of healthcare, from emergency care and school health to her current role in primary care at SATA CommHealth's Migrant Worker Medical Centre. While each setting has brought different lessons, her motivation has remained the same: to care for and help others.

For Herlina, nursing is more than treating illnesses or carrying out procedures. It is about showing compassion, patience and respect while ensuring that patients feel heard and supported.

"Even small actions can make a difference," she shares.

Working with migrant workers from different backgrounds has shown Herlina the importance of clear communication. She noticed that some patients misunderstood a routine question about medication allergies due to language differences. Some thought the nurses were asking about skin conditions rather than previous allergic reactions.

To make the question easier to understand, Herlina created a simple visual poster using pictures and clear language. It was a small change, but one that helped patients communicate more confidently. It also reminded her that good healthcare begins with ensuring people understand the care they receive.

Wang Guogang Dennis
Senior Staff Nurse, Migrant Worker Medical Centre
PPT Lodge

His Nurses' Day Message

"To my fellow nurses, thank you for your unwavering dedication, resilience and compassion. Every day, you touch lives in ways that may not always be seen, but are deeply felt."

"To the community, healthcare is a shared responsibility. Even a simple act of kindness, understanding or support can make a meaningful difference."

More than a decade ago, a nursing scholarship brought Dennis Wang to Singapore and began his journey in healthcare. Starting as a mental health nurse, Dennis learnt the importance of patience, empathy and building trust with patients. During the COVID-19 pandemic, he expanded his experience by supporting PCR testing and serology screenings across homes and migrant worker dormitories.

Today, these experiences continue to guide his work at SATA CommHealth's Migrant Worker Medical Centre. Dennis meets patients from many countries and cultural backgrounds every day. While language differences can sometimes be challenging, he believes some things require no translation.

"Kindness and compassion are universal," he says.

For many migrant workers who are far from home, small gestures can have a lasting impact: a smile, a patient explanation or simply taking time to listen. For Dennis, nursing is not only about treating illnesses. It is about ensuring that every person feels respected, valued and cared for.

"Every patient has a unique story. As nurses, we have the privilege of supporting them through some of life's most vulnerable moments."

Nur Wahidah Binte Samsudin
Senior Staff Nurse, SATA CommHealth
Jurong Medical Centre

Her Nurses' Day Message

"To the community, thank you for the trust you place in us. Your appreciation and support motivate us to continue giving our best."

"To my fellow nurses, thank you for your dedication, resilience and compassion. Continue supporting one another, keep learning and take pride in the meaningful work that you do."

For Nur Wahidah Binte Samsudin, some of the most meaningful moments in nursing happen when patients return and remember the care they received. Whether it is a familiar face returning for health screenings or a patient recalling a previous interaction, these moments remind Wahidah that even brief encounters can leave a lasting impression.

A listening ear. Reassurance during a procedure. Taking time to answer a question.
These simple acts can mean much more to the person receiving care.

"That is what makes nursing so meaningful to me," she shares.

Wahidah's passion for healthcare began when she was young, after witnessing paramedics helping people during emergencies. Their ability to support others during vulnerable moments inspired her to pursue nursing.

Today, she continues that purpose through her work at SATA CommHealth Jurong Medical Centre. For Wahidah, nursing is about combining clinical knowledge with trust, comfort and compassion. She finds particular purpose in preventive healthcare, where early detection and timely intervention can improve patients' future health. Knowing that her work contributes towards a healthier community makes every day meaningful.

MOH Nurses Merit Award 2026

Nurulhuda, Assistant Nurse Manager at SATA CommHealth's Migrant Worker Medical Centre, has been conferred the Ministry of Health Nurses' Merit Award 2026.

Established in 1976, the Nurses' Merit Award recognises nurses who demonstrate exceptional performance, pursue professional development and contribute towards advancing the nursing profession.

For SATA CommHealth, this recognition is especially meaningful. As a pioneer member of the Medical Centre for Migrant Workers project team, Nurulhuda, affectionately known as Sister Huda, has played an important role in building and strengthening the nursing team from its early days. Through her empathy, professionalism and commitment, she continues to support both patients and colleagues. By sharing her experience and encouraging her team to grow, she has helped foster a nursing environment built on compassion, teamwork and mutual respect.

Her achievement reflects the qualities celebrated this Nurses' Day: care that extends beyond clinical treatment, leadership that strengthens others and a commitment to serving every patient with dignity.

Congratulations, Sister Huda, on this well-deserved recognition.

Bring Healthcare Closer to Home

At 67, Mr Z carries more than the weight of his own health concerns. He is also the sole caregiver for his wife, Mrs Z, who is wheelchair-bound and living with moderate cognitive impairment.

While managing diabetes, high blood pressure, high cholesterol and an increased risk of falls, Mr Z also looks after his wife's daily needs. Over time, even simple routines became more difficult. Trips to the hospital were physically exhausting, while preparing nutritious meals and keeping up with caregiving responsibilities often left him stretched.

A referral from Sengkang General Hospital brought much-needed support closer to home through SATA CommHealth's Community Hub @ Fernvale.

There, Mr Z received physiotherapy to improve his strength and balance, while Mrs Z received occupational therapy to help her remain as independent as possible in her daily activities. Through SATA CommHealth's Homecare initiative, the couple also received financial assistance to help ease the cost of ongoing care.

For Mr Z, the support has meant more than simply having access to healthcare. It has brought reassurance that he no longer has to manage the caregiving journey alone.

With regular care now within reach, the couple can continue supporting one another and living independently in the place they know best: home.

Your donation can bring care closer to those who need it most.

Your support helps provide subsidised doctor consultations and integrated care for vulnerable patients at Community Hub @ Fernvale and Community Clinic @ Beach Road.

Together, we can make essential healthcare more accessible and give vulnerable individuals and families the support they need to live healthier, more independent lives.

Funds raised through this campaign will contribute towards this programme and may also be used to support other campaigns and initiatives aligned with the organisation's mission and objectives.

Ways to donate

1) PayNow

UEN: 194700119G002
Please indicate your **Full NRIC/FIN/UEN** and name in the reference field for tax deduction purposes.

2) SATA Portal (Debit/Credit Card)

To donate via debit or credit card, please scan the QR code below and visit our website.

3) Cheque

Kindly issue a crossed cheque payable to **"SATA CommHealth"**
Mail your cheque to:

Attn: Fundraising
SATA CommHealth
1 Tai Seng Avenue, #07-08
Tai Seng Exchange
Singapore 536464

For tax deduction purposes:

- **Personal donations:** Please provide your name, NRIC, contact number and residential address.
- **Company donations:** Please provide your company's name, UEN number, contact number and company address.

07 SATA Social Buzz

Kidney health can be a concern for the whole family. SATA CommHealth encourages relatives and spouses of patients with End-Stage Renal Disease, or those undergoing dialysis, to consider early renal screening, as they may be at higher risk of developing Chronic Kidney Disease. By identifying potential concerns early, the programme aims to support timely intervention and give families greater confidence in taking charge of their kidney health.

Small improvements can make a meaningful difference in keeping patients safe. SATA CommHealth's MCMW Infection Control Working Group presented its first regional infection control project at APSIC 2026 in Kuala Lumpur, highlighting efforts to strengthen cleaning practices at its Migrant Worker Medical Centres. Through targeted audits and staff retraining, the team reduced residual fluorescence on high-touch surfaces, reflecting its continued commitment to safer care, continuous improvement and stronger infection prevention practices.

Aches, pains and changes in mobility are often dismissed as part of getting older, but they can sometimes signal underlying bone health concerns. In a recent interview on Money FM 89.3, SATA CommHealth's Dr Ooi Seong Thean shared why osteoporosis deserves greater attention across all age groups. With greater awareness, healthy habits and timely screening, families can take proactive steps to protect bone health, maintain independence and age well together.

Bone loss can occur quietly, often without obvious signs until a fracture happens. SATA CommHealth is raising awareness of osteoporosis and the role of Bone Mineral Density (BMD) scans in assessing bone health, particularly for those at higher risk. By identifying changes early, individuals can take timely steps to protect their bones, maintain mobility and support healthier ageing. BMD scans are available at selected SATA CommHealth Medical Centres across Singapore.

Check us out on TikTok too!

We were washing our hands while posting this.

Think you're doing it right? Watch our quick guide to proper handwashing and see what you might be missing.

Stay connected with SATA CommHealth

sata.commhealth | @satacommhealth | SATA CommHealth | @satacommhealth