



**For the inaugural launch of “Heart to Heart” series, our volunteer Li Zi Qi interviewed Madam Amy, an elderly who looks forward to her daily exercise session almost every single morning without fail.**

**So what motivates Mdm Amy in doing what she has been enjoying even at an age of 88 years? Why does she keep up with what she has been doing?**

**In “Heart to Heart with Madam Amy”, CWA volunteer Li Zi Qi finds out more about her:**

Madam Amy is fluent in both mandarin and her dialect, which is Hokkien. I could feel that she is very pleasant and is really nice to talk to! She is also very helpful and patient when I was interviewing her. Madam Amy was honest in her conversation topic and told me about the language barrier problems she faced whilst she was having conversation with other people.

Madam Amy has a positive attitude when approaching her own life, even at 88 years of age. But she feels lonely. As her own children are very busy with their work, she will not try to disturb them too much also. Moreover, her own grandchildren might have been busy with school and additionally, she said that the elderly should not rely on the children to take care of them while they are still healthy. Yet, while interacting with Madam Amy, I am inspired by her sharing because I believe her positive mindset in spite of her circumstances will serve her very well.

Madam Amy is inspiring because she has such a positive influence on her friends, motivating them to live an active lifestyle. While I noticed that she is using a walking stick each time she comes to visit, she smiles and tells me that the reason she is using it is because she feels the effect of ageing, and also that of old age which all of us have to go through at some point in our lives.

Madam Amy is inspiring because she has such a positive influence on her friends who are the other elderly that come together with the exercise sessions as well.

Furthermore, she shared with me how she is having high blood pressure and high cholesterol level as well. Naturally, I was concerned about her condition. I felt that this is important to me because she did share with me that she is living alone with her husband who is 88-years-old.

However, regardless of the problems she is facing with her health, she remains very positive which I felt is not only admirable but shows that Madam Amy knows how to age with grace even at such a ripe old age. As she feels these chronic ailments are common for the elderly, she has come to accept it and even noticed that it is common even amongst friends approximately her age. Nevertheless, she is concerned that should her health continues to deteriorate further, her medical expenses will increase. As a result, this will be a huge burden to her family.

Overall, Madam Amy inspires me with her own positive attitude, of which she brings joy and happiness for the other elderly she interacts with.

**Contributed by Li Zi Qi**