



Caregiving Welfare Association

newsletter

JUNE 2024

AGEING WELL, CARING BETTER

20 Years  
OF COMPASSIONATE  
ENDEAVOUR

### FEATURED ARTICLES



Why Caregivers Need Mindfulness



“Balik Kampung” in May

# CAREGIVING WEEK 2024

Y O U ' R E   I N V I T E D



16 SEPTEMBER  
TO  
21 SEPTEMBER

*save  
the date*

We're thrilled to announce Caregiving Week 2024, happening from 16 September to 21 September 2024.

Join us for a meaningful week as we invite you to come together with fellow supporters, caregivers, and friends to celebrate the spirit of caregiving.

Stay tuned for updates on our social media channels and website as we unveil the schedule of events and registration details.

## Why Caregivers Need Mindfulness

**Author:****Ms Erin Lee**

- Founder and Mindfulness Coach of Mindful Moments Singapore
- Certified Mindfulness Based Stress Reduction (MBSR) Teacher
- Professional Certified Consultant in Stress Management

When my grandmother was diagnosed with advanced dementia, my family and I unexpectedly fell into the role of being her primary caregivers. We spent a good number of years scrambling to meet the needs of our loved one, whose illness brought about a 180-degree change in temperament.

Before her dementia set in, my grandmother's demeanor was mostly gentle and calm. She enjoyed gardening, cooking, and making traditional Teochew kuehs for her children and grandchildren.

When her memory began to falter, she lost all interest in what she used to love doing. Over the course of two years, her illness took over, and we witnessed the once-placid old lady become highly anxious, agitated, and angry. She was severely underweight, yet embodied the physical strength that the entire family collectively could not handle. On top of having to deal with her constant screaming and increasingly violent tendencies, as caregivers who took turns watching her round the clock, we often found ourselves exhausted, confused, and feeling helpless.

In the art due to strong research evidence on its efficacy in improving our personal effectiveness and quality of life. Mindfulness can be integrated into the caregiver's life as a proactive and preventative approach to our health and wellbeing. Research has shown that practicing mindfulness consistently and effectively improves our focus, reduces anxiety and depression, as well as hones our ability to manage stress, build resilience, and prevent burnout, so that we can

To read more, click [here](#).

To find out more about the support we provide for family caregivers of seniors and to register your interest, please visit <https://tinyurl.com/CWACaregiverSupportGroup>.

# Hear from Our Clients: Home-based Personal Care



*I find immense joy in the presence of Reena, my caregiver, during her visits, for she offers much more than just care; she brings a sense of companionship that enriches my life profoundly. These visits have also contributed to my overall happiness and well-being. The convenience and familiarity of receiving care at home have reduced stress and enhanced my overall mood.*

- Anonymous, HPC Client

Our **Home-based Personal Care** service is now available round-the-clock, even on weeknights, weekends, and public holidays.



**24/7**

For more information and to book a session with us, please visit <https://tinyurl.com/w2xh4rb7>, call 6466 7996/6466 7957, or email [homecare@cwa.org](mailto:homecare@cwa.org).

## **"Balik Kampung" in May by Health Promotion Board**



Our seniors had so much fun reconnecting with their memories and each other during May's "Balik Kampung" workshop sessions.

The sessions are designed to help seniors build good mental well-being through engaging and nostalgic activities. With a focus on staying socially connected, the workshop plays a vital role in reducing the risk of developing mental health conditions like dementia and depression.

**Are you a senior aged 60 and above?** Become a member today for FREE and join in the fun at our future events and activities. Unlock a world of enriching experiences tailored for you. For more details and to register, please visit <https://tinyurl.com/MemberCWA>.

## **"Keep Fit"**

### **Monday to Friday, 9.30am to 10.15am**



Our seniors have been proving that age is just a number at our "Keep Fit" sessions. From gentle stretches to invigorating workouts, everyone is embracing the joy of movement and fitness.

These sessions are all about promoting health, vitality, and a sense of community. It's inspiring to see our seniors stay active, have fun, and support each other on their fitness journeys.

Join us and experience the benefits of staying fit and active, no matter your age. Together, we're building a healthier, happier community.

For more information and to register for our 'Keep Fit' sessions, please call 6466 7996.



# VOLUNTEERS NEEDED

- Caregiving Week 2024
- Community Engagement
- Festive Celebrations
- Outings & Workshops
- In-centre Activities



For more information and to apply, please visit <https://tinyurl.com/VolunteerCWA>.

**WE  
ARE HIRING**

**COMMUNITY CAREGIVERS  
CENTRAL/NORTH-EAST/EAST/WEST REGIONS**



- **EARN UP TO \$19/HOUR**
- **NO PRIOR EXPERIENCE REQUIRED**
- **FLEXIBLE WORKING HOURS**
- **COMPETITIVE SALARY WITH CPF CONTRIBUTION**

To apply, please visit <https://tinyurl.com/JoinUsCWA>, call 6466 7996, or email [homecare@cwa.org.sg](mailto:homecare@cwa.org.sg).

# UPCOMING EVENTS

JUNE

**5**

2 PM - 3 PM

*“Balik Kampung”  
by HPB*

JUNE

**14**

1 PM - 2 PM

*NUHS Lunchtime  
Webinar*

JUNE

**19**

2 PM - 3 PM

*“Balik Kampung”  
by HPB*

JUNE

**20**

9.30 AM - 12.30 PM

*Asian Civilisation  
Museum Outing*

JUNE

**20**

2.30 PM - 4 PM

*“Art Therapy” Caregiver  
Support Group (Chi)*

JUNE

**21**

1 PM - 2 PM

*NUHS Lunchtime  
Webinar*

JUNE

**22**

10 AM - 11.30 AM

*“Art Therapy” Caregiver  
Support Group (Eng)*

JUNE

**27**

2.30 PM - 4 PM

*“Mindfulness” Caregiver  
Support Group (Bilingual)*

JUNE

**28**

1 PM - 2 PM

*NUHS Lunchtime  
Webinar*



**Connect  
with us!**

## Monthly Provisions & Grocery Vouchers

In our ongoing commitment to support seniors and caregivers in need, we extend a helping hand every second week of the month. Join us as we provide essential provisions and grocery vouchers to families facing challenging times.

To find out more about how you can **support us**, please visit <https://cwa.org.sg>.