



In the June Edition of “Heart to Heart” series, our student volunteer Don Teh interviewed Mdm Tan, an elderly who participates in activities organized by CWA:

The experience so far has been extremely interesting and new even though I've never been involved with any organization to this extent before. Before this, I had never personally talked to an elderly citizen, nor had I spared time to really try to understand them. Through working with the CWA so far, I have learnt more about the problems that the elderly face and what is really essential to them and their caregivers.

Recently, I had the opportunity to have a conversation with the elderly at CWA, Madam Tan. During the interview, I got to know Madam Tan who comes across as a cheerful and sociable lady. Mdm Tan had just participated in CWA's Dementia Early Intervention Programme where she had finished a session on music and movement therapy. After speaking with Madam Tan, I understood that the CWA was a great source of happiness for her. It is the place where she

can relax and interact with friends and clearly, this has greatly contributed to her physical and mental wellbeing.

Moreover, Madam Tan herself is a very likable and friendly person. She had openly answered our questions and conversed with us about her own thoughts and feelings. She even showed concern for my other student volunteers and myself. She advised us to study well and hard, which is important given that she herself did not have a good education. From my conversation with Madam Tan, I feel that she values the activities provided by CWA greatly. Even though she loves her children and grandchildren a lot, they are not always around. Hence, CWA is a great source of interactions and activities. Furthermore, from what Madam Tan has said, the activities provided by the CWA are more than ample for her, but an increase in frequency would be welcomed as well.

Through my interaction with the elderly so far, I truly am grateful for this opportunity to work together with CWA in helping out. I am also looking forward to more volunteer work. The person who has been working together with us so far, Samuel, has been extremely patient and helpful, aiding us along the way as our group of students worked with CWA. I personally am very grateful for his help which has enabled us to work smoothly with CWA and enhancing our interactions with the elderly.

Contributed by Don Teh