



Caregiving Welfare Association

Dear Friends of CWA,

Greetings from the Caregiving Welfare Association (CWA)!

We would like to wish everyone a blissful and prosperous Happy Lunar New Year.



In this February 2021 issue of ***What's Happening @ CWA?***, we will be sharing on some of the recent activities and events that were held at CWA.

We have also collaborated with ***Rehab & Beyond*** to share some useful information for self-care when working from home during current COVID-19 period.

What's Happening @ CWA?

EMA 'Tech Up for Seniors' workshop

CWA values the importance of active aging and meaningful engagement with the seniors. On the 16th & 22nd December 2020, CWA collaborated with the Energy Market Authority (EMA) to conduct the 'Tech-Up for Seniors' workshops.

The objectives of the workshops are to equip seniors with the knowledge and skills using their mobile phones.

During these workshops, the seniors learn about the benefits of using the various smart phone applications such as WhatsApp video calls, payment using QR code, SingPass and the Trace Together App.

Crime prevention knowledge (such as identifying scam calls) were also shared during at the workshops. The workshops were conducted virtually by the volunteers from EMA via Zoom platform and assisted by CWA staff in CWA premises.

CWA will continue to work with EMA to help the seniors go digital!



EMA volunteers engaging the seniors via Zoom.

We are aware that most of us would be working from home due to the current COVID-19 situation. For caregivers who are working from home, this can be very taxing both physically and mentally. As such, we are pleased to share with all of you some useful tips and information provided by **Rehab & Beyond**.

WORK FROM HOME ERGONOMICS – HOW TO PREVENT NECK & BACK PAIN

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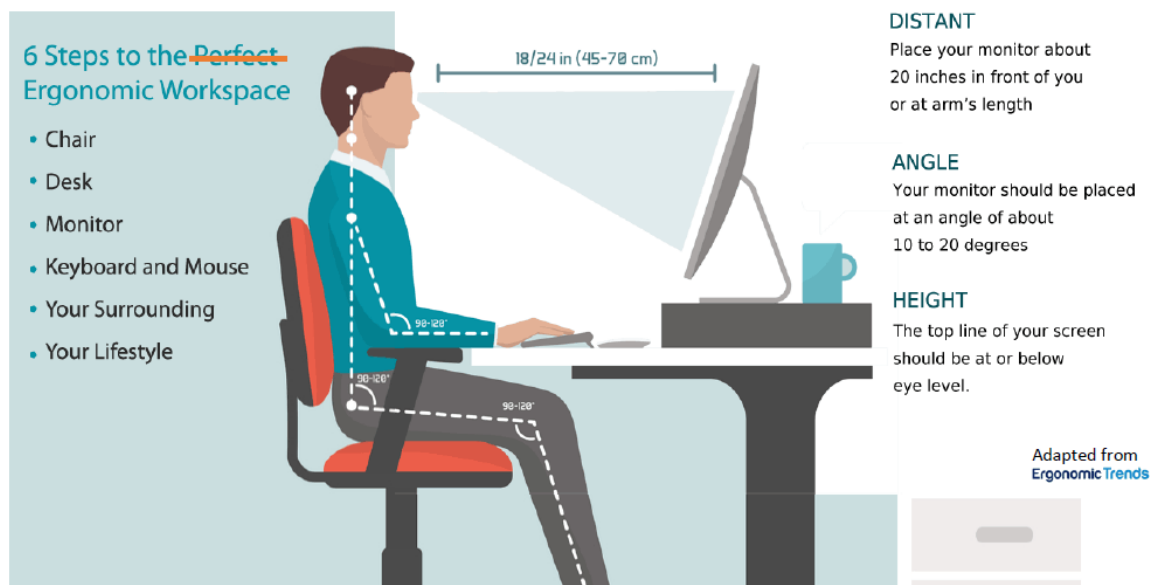
This practical worksheet is specially curated for you by Principal Physiotherapist Jaden Lim @jaden.physio.

INTRODUCTION

Many of us are working from home (WFH), often in make-shift workstations such as your dining table. The WFH arrangement and regular online meetings may cause you to sit for long periods of time in unfamiliar postures. You may even start to develop neck/shoulder aches or back pain. This practical guide is designed to help you prevent or overcome neck and back pain.

The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If the pain persists, consider seeing a doctor or a MOH-registered physiotherapist for a detailed assessment.

KEY MESSAGE 1 – The best posture is your next posture!



The 'Perfect Workspace' or 'Perfect Sitting Posture' are outdated concepts. Even if it is the most ideal posture, staying in the same position for too long WILL result in aches and pains. In general, try to move about or **change your posture every 20-30 minutes of sitting**.

The above graphic shows the ideal working set-up that allows us to minimize strain on the body. What's the latest concept? **The best posture is your next posture!**

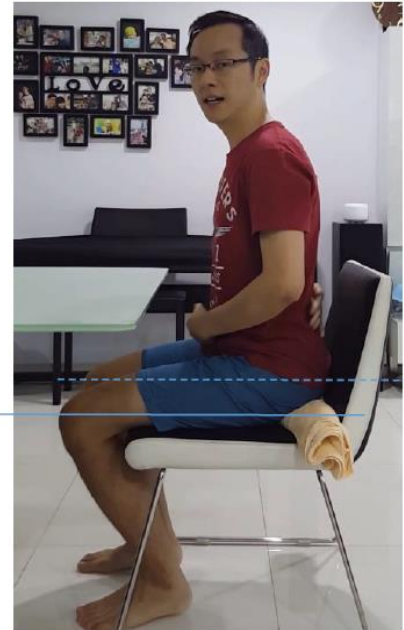
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SITTING TIP 1

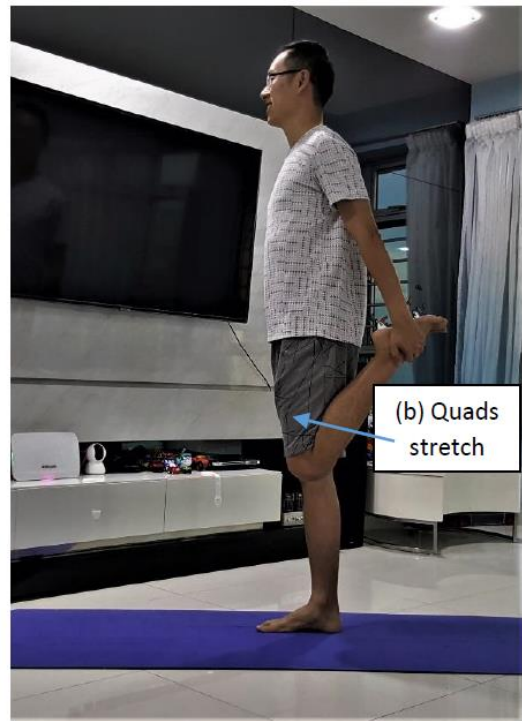
- Keep the feet flat on the ground
- Maintain a slight curve of the back, using a pillow or folded towel



SITTING TIP 2

- Place a rolled towel at the base of the chair
- Sit on the towel such that the hip is above the knee to reduce pressure on the back

KEY MESSAGE 2 – Take regular micro breaks to rest or stretch



If you have been sitting for a long time, the front of the hip can get very tight. Reverse the effect by stretching your (a) iliopsoas and (b) quadriceps. Perform the stretch for 20 seconds, 5x each leg. Look at a distant object about 20 feet (6m) away to relax your eyes.

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(c) Trunk rotation (static stretch)
Twist your trunk and hold onto the backrest of the chair. Hold for 10 seconds x 5 each side.



(d) Trunk rotation (dynamic stretch)
Place the back of your left palm on the forehead. Twist your trunk to the left and point your left elbow backwards. 20x each side. Do the static version if you feel giddy.



(e) Pelvic Tilt (sitting)
Roll your pelvis forward and arch your back. Then flatten your back against the chair's back rest. Repeat 20x.



(f) Half Squats (hip/knee strengthening)
Stand with your feet and knees shoulder width apart. Bend your knees and imagine yourself sitting on a chair behind you. Keep your knees steady as you lower yourself.

CWA Carousell Initiative

As mentioned in the previous issue (January Edition) on the 28th and 29th December 2020, CWA participated in the Smart Festival of Light event at Jurong Lake Gardens. This is a charity sale event that was held in conjunction with President's Challenge 2020.

Handicraft items such as beaded ornaments, quilted pouches and plush bears that were handmade by the seniors and volunteers were sold to the public.

However, for those who have missed the event and would wish to purchase these handicraft items to support our cause, you may visit the CWA Carousell page @caregiving.sg to support us!

carousell Search for an item All of Singapore

Caregiving Welfare Association (CWA)

@caregiving.sg
No ratings yet >
Singapore · Joined 5m 6d
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The Caregiving Welfare Association (CWA) was established with the mission to improve the quality of life of elderly through dependable direct services, and to inculcate a generation of responsible and knowledgeable caregivers in an ageing population.

Listings

Search listings...

Item	Price	Condition	Views
CWA Handicraft C... S\$4 CNY Beaded Orna... New	S\$4	New	2
CWA Small Patchw... S\$5 Small Patchwork Po... New	S\$5	New	2
CWA Weaved Box ... S\$8 Weaved Box made ... New	S\$8	New	2



Beaded Ornaments & Bead Hearts made by the seniors and volunteers of CWA.

ALL sale proceeds will go to CWA to sustain its programmes and services.

Thank you for taking time to read this issue of '**What's Happening @ CWA?**'

Please visit <https://www.cwa.org.sg/> for the latest update and news on our programmes and services.

**Kindly email us at contact@cwa.org.sg if you wish to remove your email from our mailing list.*