



cwa

Caregiving Welfare Association

newsletter

AUGUST 2024

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Caregiving Week 2024



Seniors' Outing

CAREGIVING WEEK 2024



Organised by:



In Collaboration With:



SEP 16 CAREGIVERS' OASIS

🕒 2pm to 5pm

📍 Caritas Agape Village, Multi-purpose Hall

SEP 17 MID-AUTUMN FESTIVAL

🕒 9am to 2pm

📍 Caritas Agape Village, Multi-purpose Hall

SEP 18 SENIORS CONNECT

🕒 9.30am to 12pm

📍 Gateway Theatre, Black Box

SEP 18 CAREGIVERS CONNECT

🕒 2pm to 4.30pm

📍 Gateway Theatre, Black Box

SEP 21 CAREGIVING FEST

🕒 2pm to 4.30pm

📍 Sengkang Grand Mall, Atrium

Stay tuned for updates and more information on our social media channels and website
To indicate your interest to attend, please email marketing@cwa.org.sg.

Happy Nurses Day



"The most rewarding part of my job is seeing the smiles on the clients' faces when they receive the help they need."



Jaelle Koh

Jaelle's nursing journey began in secondary school with the St. John Ambulance Brigade, where she gained valuable nursing skills. This early experience inspired her to pursue nursing as her chosen path for tertiary education.

At CWA, Jaelle finds immense joy in seeing the happiness on her clients' faces when they receive the care they need. This sense of fulfilment fuels her dedication to the profession.

Jaelle conducts clinical assessments and supervises home personal care services. She manages HPC (Home Personal Care) clients and community caregivers, ensuring they receive essential support. Jaelle takes great pride in using her skills to make a meaningful impact on her clients' lives, providing care in the comfort of their homes.

Happy Nurses Day



"In general, nursing has broadened my horizons, allowing me to see people from all walks of life in their most vulnerable states. This experience has taught me how fragile life can be and revealed the many ways I can help someone feel better, both medically and emotionally."



Olivia Leong

When Olivia witnessed the dedication and compassion of the nurses caring for her father, this profound impact led her to study nursing at polytechnic, and after graduating, she began her career as a bonded nurse.

Nursing has fulfilled Olivia's professional aspirations and expanded her horizons. At CWA, she meets people from all walks of life, learning about life's fragility and how to help others medically and emotionally.

A memorable experience involved a CWA disabled senior experiencing frequent falls. Olivia increased his Home Personal Care (HPC) services, decluttering his home and ensuring his toilet floor was dry. These changes drastically reduced his falls, and to date, no further incidents have been reported.

Seniors' Breakfast Get-together



On 1 July, volunteers from DBS treated 19 of our seniors to a delightful breakfast at the "House Downstairs" café at Ulu Pandan Community Club. After breakfast, the fun continued back at our centre with a lively game of bingo.

We extend our heartfelt gratitude to the DBS volunteers for their generosity and the joy they brought to our seniors. It is through such acts of kindness that we continue to build a supportive and caring community.

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>.

Heritage For Wellbeing (National Day Edition)



In collaboration with the National Heritage Board (NHB), volunteers from Inchcape and NielsenIQ brought 14 seniors to Skyville@Dawson on 29 July.

The group explored murals depicting Singapore's heritage, followed by an arts and crafts session that evoked cherished memories. The event concluded with a delightful spread of tarts, pies, coffee, and tea from Kopi & Tarts, generously provided by NHB.

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Support CWA's Mission: Donate Today!



At Caregiving Welfare Association, we strive to empower caregivers and enrich the lives of seniors. Each year, we require **\$1,000,000** to support our programmes and services, including operational costs, that assist isolated seniors, seniors in need, and their caregivers. In 2023, our programmes and services reached **1,377 beneficiaries**.

With a **\$25** monthly donation, you enable a caregiver to seek respite and attend one session of our Caregiver Support Group, reducing the risk of caregiver burnout.

With a **\$50** monthly donation, you provide breakfast and groceries to a senior, alleviating their financial burden.

With an **\$80** monthly donation, you provide 2 hours of Home-Based Personal Care (HPC) services for 2 homes, assisting with personal hygiene, meal preparation, companionship, and daily living activities, significantly enhancing their quality of life.

With a **\$300** monthly donation, you fund an art therapy workshop for 15 caregivers, offering them emotional and psychological support in a safe environment.

With a **\$500** monthly donation, you sponsor outdoor social activities for 14 seniors, promoting physical health and social engagement.

With a **\$1,000** monthly donation, you provide a health and wellness programme for 20 seniors, including exercise classes, social activities, enrichment workshops, and health screenings to maintain their physical and emotional well-being.

To support us, you can scan and use the PayNow QR Code on the right via your mobile banking app.

Our Programmes and Services:

Home-based
Personal Care

Caregiver Support
Group

Case Management
& Supportive
Counselling

Provision
Programme





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 ISLANDWIDE RECRUITMENT



- **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.

UPCOMING EVENTS

AUGUST

2

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

AUGUST

8

10.30 AM TO 12 PM

National Day Celebration

AUGUST

13

9 AM - 1 PM

*Chinese Ink
Painting Workshop*

AUGUST

14

2 PM - 3 PM

*"Senior Health
Curriculum" by HPB*

AUGUST

23

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

AUGUST

23

2.30 PM - 4 PM

*"Art Therapy" Caregiver
Support Group (Chi)*

AUGUST

28

2 PM - 3 PM

*"Senior Health
Curriculum" by HPB*

AUGUST

29

2.30 PM - 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

AUGUST

30

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

UPCOMING EVENTS



DONATE



SUPPORT



VOLUNTEER



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>.