



The new life news

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Caring for the Caregiver

A holistic approach towards community health – that's the aim of **New Life Community Health Centre**. Nurse Manager, Ms Diana Ooi, says an effective home care programme consist of four areas – the medical, nursing, functional and social aspects. While the medical and nursing components contribute towards the management of diseases for the general health and wellness of the patient, the functional element involves the extent of the patient's capacity & competency to function at home & within the community. However it's the social aspect that's sometimes neglected in home care. That's one area that New Life's Home Care programme hopes to make a difference in the community. Ms Ooi feels that a number of caregivers in Singapore are not adequately equipped and provided for. They therefore lack informed and coordinated resources to provide for the patient to the best of their ability.

Government statistics show that there were 210,800 caregivers in Singapore in the year 2000. And by the year 2030, this number is likely to increase. That's as 19 per cent of the population would by then be 60 years and older.

Given the rising trend in the number of caregivers, Ms Ooi feels it's important not to discount caregiver stress. She says caregivers go through intense amounts of psychological, emotional and physical stress, especially if they take care of patients day by day over a period of years. The emotional upheaval in the home can consequently lead to the caregiver not acting in a rational manner, resulting in him or her not being emotionally able to provide holistic and informed care for the patient.



Ms Ooi suggests that there's a constant need to evaluate the caregiver, to determine if he or she is able to provide optimum care for her ailing loved ones. One aspect of this evaluation is to ascertain if the caregiver is sufficiently trained. Another area involves a support network, whether it's within the family or through Voluntary Welfare Organisations. A third component concerns respite, the principle that caregivers need to take an occasional break. This can take the form of a short overseas vacation during which the patient is put into the care of a community hospital. Alternatively, a befriender or the patient's extended family can be roped in to take care of the patient while the caregiver goes for a holiday. This brief retreat for the caregiver can be the key towards pursuing happier and more effective caregiving.

New Life Community Health Centre was set up with the mission of providing optimal independence and health not only within the home but also within the community. By taking care of the needs of the caregiver, and providing for the social aspect of the patient's home care, this complements the other elements of the patient's nursing, medical and functional concerns, thereby providing a holistic approach towards community health.

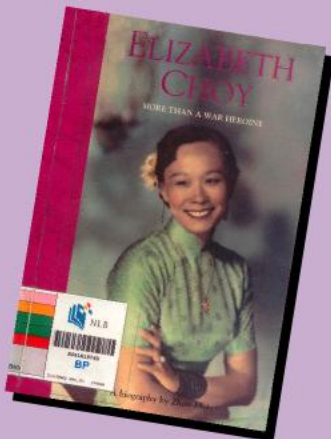
Mark Lim

KIDZ DAY CAMP ON FORGIVENESS

By Ms Pow Wai Cheng

Volunteer Trainer, New Life Kidz Club

Forgiveness is a character trait that runs contrary to the emotions. Not only is it difficult to personally embrace; it is even more difficult to convince another to do so. But that was the task before us – a team of **14 volunteers**, serving in **New Life Kidz Club's Discover Character! Day Camp**, on **4 Jun 2004**, at the Covenant Evangelical Free Church Chapel, with this run of the camp focusing on the theme of forgiveness.



As the programme unfolded, the **26 children** participants were led through from a definitive understanding, to a cognitive acceptance, and finally to an emotive conviction of forgiveness. Memory drills, songs, craft, stories and even a science “experiment” engagingly and dramatically communicate the message.

The forgiving spirit of the local war heroine Elizabeth Choy in the story “Healing the Wound of War” touched the children’s hearts, while the “Muddy Glove” demonstration awed them with the “magical” cleansing of the muddy glove tainted by iodine, symbolizing unforgiveness. These activities left a deep and lasting impression.

At the end of the day, the children brought home with them objects from their craft sessions; in addition to the intangible



“Forgiveness is like a caged bird being set free”

~ Laura Ong, 7 (participant)



– that forgiveness is a character trait they would seek to adopt. As Laura Ong, aged 7, put it: forgiveness is like a caged bird being set free. And so indeed, wisdom does come forth from the mouths of children!

What's Happening at New Life?



Container Painting Competition ~



~ by Holland-Bukit Panjang GRC



School Social Work



Partners in Action New Life & Fajar Secondary School

The **Fajar Family Life Centre** at Fajar Secondary School will be officially opened on **24 July 2004**, and will serve as a resource hub and contact point bringing family life enrichment – through the school – to families in Bukit Panjang. In conjunction with this special occasion, the school is organising a parenting seminar. Mr Anthony Yeo, a reknowned and experienced counsellor and educator, will share his valuable insights on parenting at this seminar.



So mark the date, as New Life celebrates with Fajar Secondary School, and join us for this significant milestone in strengthening family bond and building stable families!

WHO MOVED MY PEACE - MANAGING CONFLICT WITH TEENS

By Mr Anthony Yeo, Clinical Director of Counselling & Care Centre

Guest of Honour, Dr Teo Ho Pin, Mayor for NorthWest CDC, Member of Parliament for Holland-Bukit Panjang GRC (Bukit Panjang).

DATE : 24 July 2004 (Saturday)
TIME : 2:00 pm - 4:30 pm
VENUE : Fajar Secondary School
COST : \$5 per person / \$8 per couple (inclusive of refreshments)
*Register in a group of 10 persons to enjoy a special rate of \$30 per group



For enquiries & registration, please call Ms Christine Kang at 6892-0937 or christinekang@newlife.org.sg

Staff News



One of New Life's pioneer staff, **Jacqueline Wee** was formerly the Administrative Assistant of New Life Childcare, until she resigned in Dec 2001, to become a stay-home mother to care for her son Asher, who is now 2.5 years old. She and her husband, Dennis, are members of CEFC, where she currently serves in the dance ministry. Jacqueline re-joined New Life and since 1 June 2004, has served as Administrative Assistant with New Life Community Health Centre.

A lover of adventure and the great outdoors, **Tricia Lim** sought a new realm of work that better suited her, after completing her ACCA in June 2003 and almost a year in the corporate workforce. Responding to the door God opened, Tricia joined New Life on 1 June 2004 as a Programme Assistant with the Youth Centre, supporting the Centre's variety of programmes for children and youth. Seen here with her mother, she is currently attending Hinghwa Methodist Church and serves with the young adult cell.



New Life Kidz Club Discover Character! Camp ~ Sincerity ~

A monthly Kidz Club activity. Children will learn and develop various positive character qualities through fun games and creative activities.

Date: 10 Sept 2004 (Friday)
Time: 10 am - 6 pm
Contact: 6892-0979 or
joshuacheng@newlife.org.sg

Did you like our New Life News? Send us your comments, feedback and suggestions, so that we can make our newsletter an even more enjoyable read for you!
Email us at email@newlife.org.sg or write to us at 10 Jelapang Road, Singapore 677740.

We Want To Hear From You!

Our Programmes & Services

CHILDCARE CENTRE

Playgroup
Nursery
Kindergarten

YOUTH CENTRE

Kidz Club
School Social Work
(Zhenghua Primary School)
STEP-UP Programme
(Zhenghua Secondary School)

FAMILY LIFE CENTRE

Counselling
Legal Advice
Family Assistance
Family Life Enrichment
School-Family Education Programme
(Fajar Secondary School)

COMMUNITY HEALTH CENTRE

Home Care
Health Care

How Can I Give in Support of New Life?

BY CHEQUE: Payable to "NEW LIFE COMMUNITY SERVICES CENTRE". Please furnish your name, FIN/NRIC number, address, and contact number.

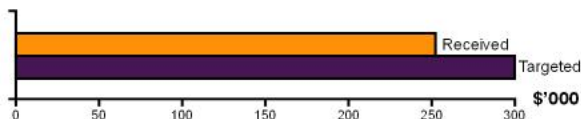
BY CREDIT CARD: Follow on-line instructions at www.donation.org.sg/call_newlife_frame.html (requires credit card number)

DONATE YOUR ERS SHARES: www.ers.org.sg
"Cash Exchange Instruction" and follow on-line instructions.
(requires SingPass ID and password)

Donations received in current year are eligible for tax deduction in the following year. Until further notice, tax deduction will be twice the value of donations made. Individual donors need not claim tax deductions if they have furnished their full name and FIN/NRIC number, as New Life will submit details directly to IRAS.

For more help, contact 6892-0849 or serenatan@newlife.org.sg.

Funds Targeted and Received (as of 15 June 2004)



New Life Community Services Centre is
affiliated to



Mastering
Life's
Transitions

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