



Old Age, New Purpose

"Normally staff like to approach me because I'm very talkative," laughs Uncle Jimmy. "When they have problems, they will approach me and ask me how to solve." Having worked as a medical technologist overseeing blood transfusions in a public hospital for over 30 years, Uncle Jimmy retired late last year with a sense of relief. "I worked for so many years, I can feel the stress from my job. The emergency unit, ICU, general wards all ask for blood – the accident cases from A&E are very stressful. We cannot afford to make mistakes."

At a hawker centre, Uncle Jimmy bumped into Uncle Ming Zhou, who shared that he was volunteering at New Life Silvercare teaching seniors calligraphy. Uncle Jimmy soon joined the weekly calligraphy class at the Fajar Hub. He enjoyed learning a new skill and was inspired by Uncle Ming Zhou's attitude of always learning and sharing his knowledge. "He practices every day and tries to improve the way he teaches. He doesn't earn one cent, yet he got the passion to teach us." Uncle Jimmy also enjoys coming to the Thursday movement and exercise classes taught by Hing Yen, and hopes to learn how to train others someday.



Uncle Jimmy (right) with calligraphy teacher Ming Zhou

"Whatever I learn here (in New Life) I also bring there to help the seniors. As long as I can make them happy, I am happy also. If I can do something for them, why not?"

– Uncle Jimmy

Like Uncle Ming Zhou, Uncle Jimmy is keen to keep learning and improving. "Don't refuse to learn," he emphasises. "A lot of people say 'cannot lah, I can't do it' just because they are getting old. But as long as you are positive enough to learn, you can master a lot of things. I still think I got a lot of things to learn." To him, knowledge and skill are not to be pursued for their own sake, but to benefit others – a central part of the culture among Silvercare seniors. "Once I learn how to do something, I can also help others. I don't just keep it secretly by myself."



Uncle Jimmy (left) attending exercise classes taught by Hing Yen

Uncle Jimmy also shares Uncle Ming Zhou's passion to serve other seniors with his time and talents, which he finds "more satisfying" than pursuing a self-focused lifestyle. He contributed some calligraphy pieces to Silvercare's fundraising efforts during last year's New Life Day. He also volunteers with different organisations to reach out to isolated elderly as well as throw monthly block parties for seniors in his neighbourhood. "Whatever I learn here (in New Life) I also bring there to help the seniors," Uncle Jimmy shares. "As long as I can make them happy, I am happy also. If I can do something for them, why not?"



Help us to empower seniors!

Ageing can be a disorienting and lonely process, as many seniors who drift aimlessly after retirement can attest. New Life Silvercare helps such seniors to find social support and renewed purpose, just like Uncle Jimmy did.

Your support allows us to impart new skills to seniors and strengthen their sense of belonging. Donate to us now to empower seniors to find fulfilment and connection.

All donations are 250%tax-deductible.

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If you would like to impart skills to and befriend seniors, you can find out more about our volunteering opportunities [here](#).



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