



Blooms of Hope

"I quit my job because of my walking problem," shares Emily, a senior. Often the first to welcome new faces at the Fajar hub, Emily suffers from a chronic knee issue. She was due for a leg operation, but the procedure was postponed after the doctors discovered a heart problem that could complicate the surgery and threaten her life. "I got frightened. I didn't want to go for any further tests."

Living in Bukit Panjang, Emily often passed by the Fajar Youth Hub wondering what went on inside. A friend told her of the New Life Silvercare active ageing programmes in the morning and she decided to join them. "Before coming to the centre, I was alone at home, my family are all out at work. I come to the centre to do the exercises because I have companions there." Besides finding friends, her presence has made the hub livelier and more welcoming. Denise, Silvercare programme executive, shares, "Emily is the life of the party! She's very cheerful and bubbly, and she's not afraid to be herself."



*"I walk like a penguin,
doesn't matter. Walk like a
gorilla, doesn't matter.
As long as I walk."*

– Emily

An adept learner, Emily loves learning various arts and crafts, whether from Youtube tutorials or from volunteers teaching at the hub. "When I started to make crepe paper flowers, I was surprised that I do it well," she shared. After about a year of participating in Silvercare programmes, the staff and volunteers noticed her passion for crafts and asked her whether she would like to teach paper flower-making to other seniors. Even though she had not intended to volunteer, Emily agreed.



Since blossoming into a 'teacher', Emily has discovered that other seniors share her joy in learning to make beautiful things. "Some of them make the flowers and display in their homes. Their grandchildren see it and ask, "How come Grandma can make all these?" Then they came and told me, "My grandchildren love the flowers!" Being able to impart her gifts not only blesses others, but encourages her to live purposefully despite her physical condition. "I walk like a penguin, doesn't matter. Walk like a gorilla, doesn't matter," she laughs. "As long as I walk."



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Many seniors, like Emily, are waiting for the chance to bloom into a beacon of hope and purpose amidst challenging personal circumstances. New Life hopes to give more seniors that opportunity as we expand our Silvercare services to other areas of Singapore.

Support our work of empowering seniors to live connected and fulfilled lives by donating to Blooms of Hope on Giving.sg today!

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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