

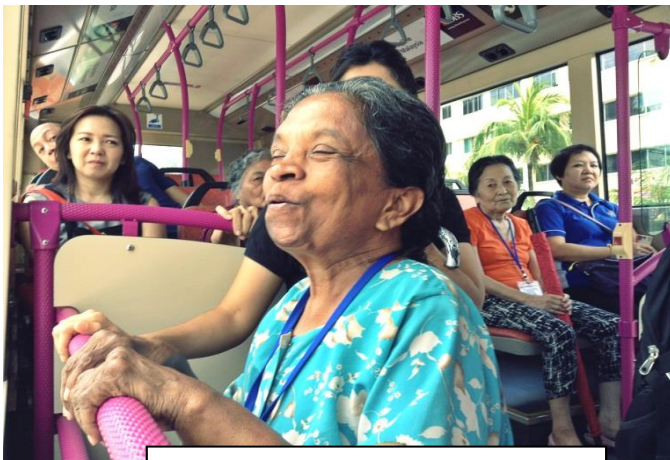
AHL FAMILY NEWSLETTER

Touch each other's heart and live a full life

April 2016

THE BIRTH OF AHL FAMILY NEWSLETTER

AHL believes that People with Dementia (PWD) should experience a quality of life that is no different from any other person which is the core value of Person- Centred Care. In our Assisted Living Homes (Lily and Gerberra), we envision to normalize the lives of our PWDs as much as possible. The birth of AHL Family Newsletter is to share a glimpse of what this looks like in action! Throughout the year we will send you 4 newsletters (April, June, September, December 2016). There will also be announcements and invitations for activities for families. For this season, we wish to present our In-community programs at AHL. Hope you enjoy reading and do look out for more announcements and great news in the upcoming newsletters!



Residents taking public transport during morning venture

RESIDENTS OUT ON A MINI ADVENTURE!

Every Monday, Wednesday and Friday mornings, our staff will bring a group of residents out for a mini adventure to either a nearby coffeshop to enjoy a cup of coffee and some toast, or to Changi beach to enjoy the breeze. Look at the beautiful smiles of our residents! You are welcome to join us in this enjoyable Fun and Fit Programme too!

TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.” – LEO BUSCAGLIA.

GO GREEN! @GREENOLOGY



Every Mondays and Wednesdays and Thursdays and Saturdays, our AL residents look forward to gardening in this beautiful and special nursery at Greenology Private Limited in Changi. Look how our beloved residents are so enthused in gardening in the photo on the left!

RESIDENTS HAVING FUN & GETTING FIT!

A new in-community program titled “Agility” was designed to improve the balance and coordination of residents so that residents could continue to enjoy going out to the community. Ten residents from the Assisted Living Home participated in this programme. The residents would enjoy the outdoor exercise at the Changi Beach Park and thereafter take a leisurely stroll along the beach. The photo on the right features a resident getting fit in a fun and enjoyable way at Changi Beach!



RESIDENTS AND FAMILY OUTING!



Over the course of the year, we will have some events for families and residents to spend meaningful time together. This Chinese New Year lunch event, organized by one of our community partners - firefly mission was one of them. Residents and families enjoyed a scrumptious meal together and some fascinating performances. We look forward to you joining us for our next event!

FAMILY ANNOUNCEMENTS

1. SKYPE with Family

It is with great joy to announce that our lodge now has SKYPE services available! To find out more please contact this no.: 6585-2265 ext 236 and look for Audrey Loo, Family Engagement & Psychotherapist.

2. Upcoming programmes for families and residents.

- (a) Angklung with families
- (b) SYNERGY - Co-creating art with families
- (c) CIRCLE OF LIFE - Percussion/ Drumming with families.

For more details, please call 6585-2265 ext 236 and look for Audrey Loo, Family Engagement & Psychotherapist.

3. Upcoming newsletter

We will be featuring how we make care unique & personalized! Stay Tuned!

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