

MEDIA RELEASE

29 Sep 2022

Inaugural Singapore Community Walk held on 1 Oct 2022 kicks off with 250 participants across 4 nursing homes, including 82 residents, in celebration of International Day for Older Persons

Singapore, 29 Sep, 2022 — The Singapore Community Walk 2022 will be held on 1 October across four nursing home venues with a simultaneous walk that will take place from 0730 to 0930 with 82 residents and 170 volunteers who comprise family members, staff, public as well as volunteers from the Agency for Integrated Care (AIC) and Healthcare Services Employees' Union. The inaugural walk aims to be an annual event to celebrate the International Day for Older Persons by encouraging intergenerational bonding and inclusiveness between nursing home residents and the community with an annual activity to support the future of healthy ageing-in-place communities.

Each of the four participating nursing homes will be supported by the volunteers to bring seniors who require mobility assistance on a pre-designated route ranging from 1-3KM. The four nursing homes are – St Luke's ElderCare Residence @ Ang Mo Kio, Sree Narayana Mission (Singapore) in Yishun, The Salvation Army Peacehaven in Upper Changi Road and Thye Hua Kwan Nursing Home in Hougang. The youngest and oldest residents participating at each facility are 56 and 96, 60 & 95, 59 & 94, and 49 & 87 years old respectively.

The Singapore Community Walk is a non-profit ground up initiative organised by Ageing Asia Pte Ltd, supported by AIC, the four nursing homes, Singapore Kindness Movement and ASPIRE55. The entire walk organisation took four months to coordinate with all planning and meetings conducted virtually. "Our partners were integral to the success of remote organising and planning efficiency of this event. As organisers, we wanted to ensure that we could create an opportunity for bite-size volunteerism amongst the public for this special day, intergenerational inclusiveness and a fun celebratory activity for seniors to enjoy." Ms Janice Chia, Founder & Managing Director, Ageing Asia Pte Ltd, Singapore. We would like to thank our care pack sponsors Healthcare Services Employees' Union (HSEU) and Singapore Kindness Movement.

"Sree Narayana Mission (Singapore) is glad to be able to play a part in this community event hosted by Ageing Asia alongside the many other participating organisations. Collaborations like this enhance community resilience and allow us to greatly enrich the lives of our seniors by providing them with a more fulfilling ageing experience." – Mr S. Devendran, CEO, Sree Narayana Mission (Singapore).

"We thank Ageing Asia for such a meaningful initiative to help connect care organisations with more volunteers, and to put active ageing activities on the map." – Mr Ardi S Hardjoe, CEO, THK Nursing Home.

"This pioneering initiative by Ageing Asia along with the enthusiastic participation by our fellow nursing home collaborators is a step in the right direction to boost volunteer enthusiasm for meaningful engagements with elders through inter-generational and community-focused activities. Together (sector partners, elders, caregivers, volunteers), we never walk alone!" - Assoc Prof (Dr) Kenny Tan, CEO, St Luke's ElderCare

"Fantastic, our residents get to leave their house to enjoy the open sky." - Mdm Low Mui Lang, Executive Director, The Salvation Army Peacehaven, Nursing Home.

The spirit of togetherness and inclusivity encapsulates what the walk is all about. Official volunteer registration is closed but members of the public are welcome to join and cheer the seniors and volunteers on. Interested parties who are keen to learn more about other volunteering opportunities may consider reaching out to the nursing homes directly.

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The walk is slated to kick off at 7:30am at each facility.

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Ageing Asia

Ageing Asia is Asia Pacific's first industry alliance on the business of ageing. We are an independent global eldercare knowledge platform with a community of business, government and community leaders that aim to drive change in the future of ageing in Asia Pacific. Our vision is to lead an advocacy and educational role in improving quality and standards of eldercare, nurture partnerships and curate development of solutions that address the new opportunities and market demands of the ageing baby boomer population. www.ageingasia.com

About the Agency for Integrated Care (AIC)

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need. For more about us, please visit <https://www.aic.sg>.

St Luke's ElderCare Residence @ Ang Mo Kio

St Luke's ElderCare (SLEC) is a Christian healthcare provider committed to meeting the evolving needs of our elders and caregivers. SLEC's ecosystem of care are centre, community, residential and home-based. Through our mission of Transforming Community Care, we deliver a full range of integrated services and programmes including maintenance day care, day rehabilitation such as physiotherapy and occupational therapy, dementia care, nursing care, respite care, wellness programmes and transportation. SLEC operates 24 eldercare centres island-wide, one active ageing hub, and one residential home, serving elders regardless of race and religion. Incorporated in 1999, SLEC is a registered charity and an Institution of Public Character.

Sree Narayana Mission (Singapore)

In keeping with the teachings of Sree Narayana Guru, the Sree Narayana Mission (Singapore) {SNM} is a social service agency committed to providing a range of social services for the underserved regardless of race, language, or religion. SNM is a registered, secular society with charity status and is a member of the National Council of Social Services (NCSS). It attained the 'Institution of Public Character' (IPC) status in 1987 and has maintained its charter since. SNM is also a proud recipient of the Charity Transparency Awards awarded by the Charity Council.

The Salvation Army Peacehaven

We offer professional care and a comprehensive range of services to care for the sick who have physical or mental disabilities, and have minimal or no appropriate caregiver support at home. We are the first nursing home in Singapore to achieve international accreditation by the Australian Council on Healthcare Standard's EQUiP Residential Care Standards.

Thye Hua Kwan Nursing Home

In line with the Singapore government's focus on active ageing, THKNH Ltd was set up in 2013 to respond to the arrival of a 'silver tsunami' and the anticipated increasing demand for eldercare services. Being client-focussed, we hope to provide, as far as possible, integrated and seamless care for ageing clients and their caregivers. We hope to play a significant role by providing the entire continuum of step-down care services in the ILTC sector.

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29 Sep 2022

Singapore Kindness Movement

We believe we can find kindness in every person. That is why the Singapore Kindness Movement (S.K.M) wants to encourage everyone to start, show and share kindness. We aspire to inspire graciousness one kind act at a time. By sparing a thought for the people around us, we hope each of us can be greater, create a more gracious society, and make life better for you and me. SKM is a non-government, non-profit organisation, as well as a registered charity and Institution of Public Character.

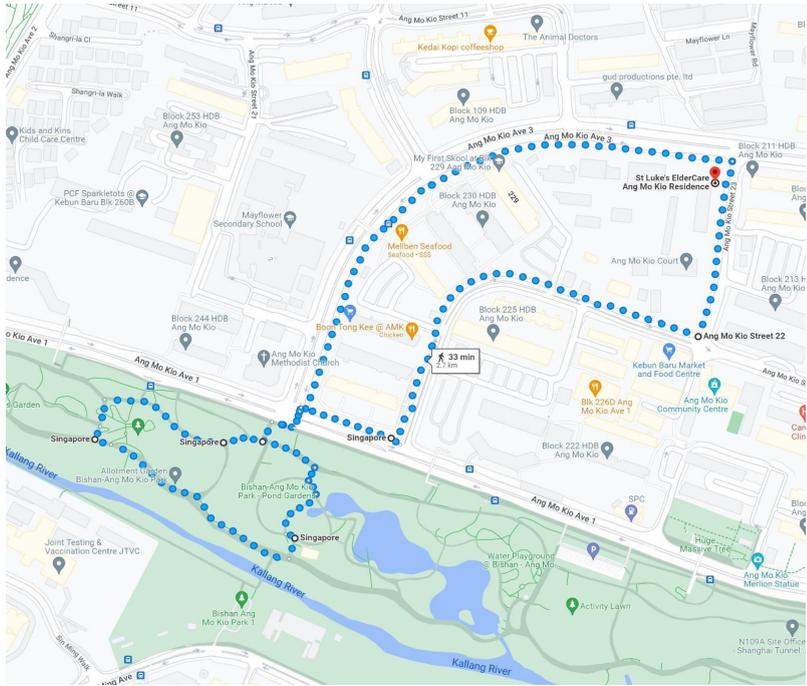
ASPIRE55

ASPIRE55 is a wellbeing community that offers a combination of social, health and care services to support ageing-in-place for seniors. We create family style gym clubhouses for the 50+ community placing health as the centre of the ageing journey, complemented by a portfolio of over 100 active ageing programmes and activities. We bring like-minded people together as a family to age successfully. ASPIRE55's vision is to be the happiest active ageing community in Singapore.

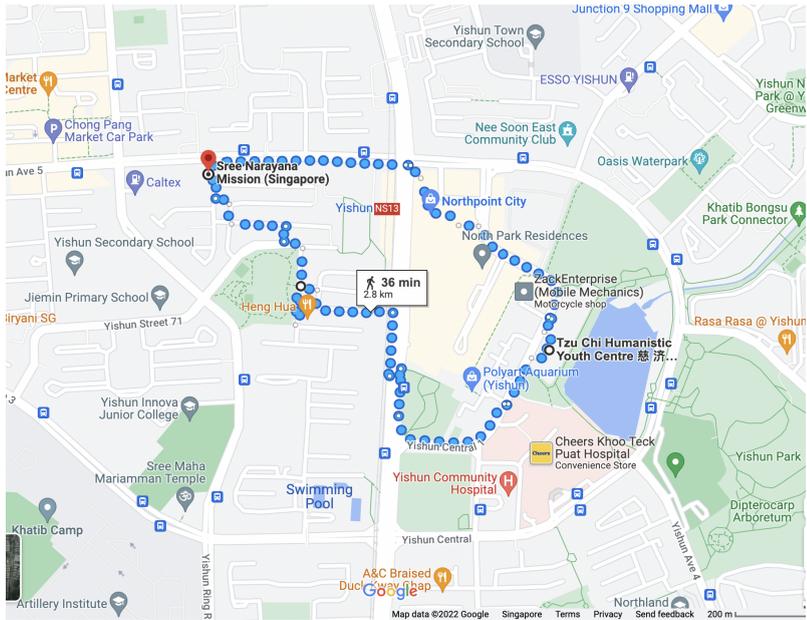
www.aspire55.com

MEDIA RELEASE
29 Sep 2022

Walking routes
St Luke's ElderCare Residence @ Ang Mo Kio ~2.7km

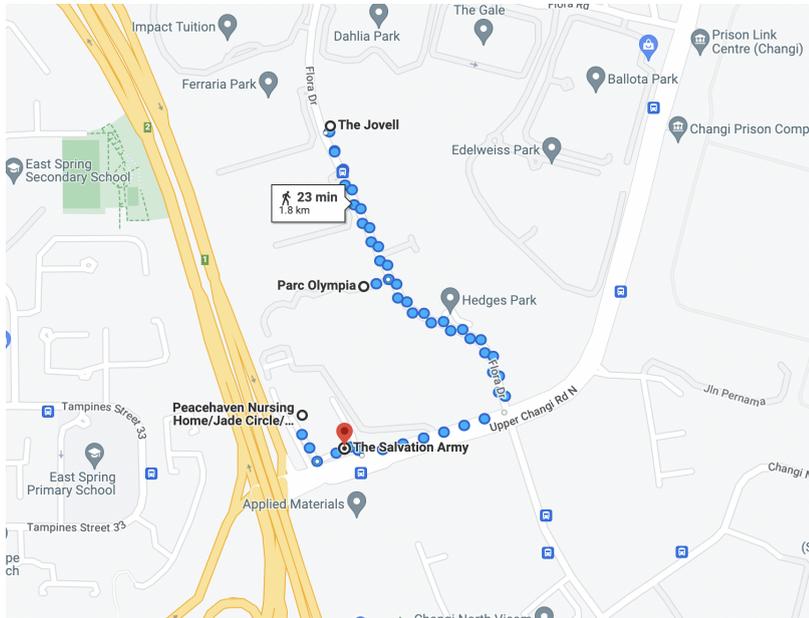


Sree Narayana Mission (Singapore) ~2.8km



MEDIA RELEASE
29 Sep 2022

The Salvation Army Peacehaven ~1.8km



Thye Hua Kwan Nursing Home ~1.1km



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MEDIA ENQUIRIES

Sharon Carvalho, Marketing Director, Ageing Asia Singapore
Email: sharoncarvalho@ageingasia.com