

SEP 2024



Red Shield Appeal Event & Luncheon: Over \$425,000 raised for our beneficiaries.

The Salvation Army held its 28th edition of the Red Shield Appeal Luncheon at Conrad Centennial Singapore in July 2024. This year's event for fundraising was focused on family reunification, reconciliation, and healing for The Salvation Army's social services. The funds support over 2,000 beneficiaries a month. Minister of State, Ministry of Home Affairs and Social and Family Development, Sun Xueling, and ambassadors from 9 countries graced this year's event to show appreciation to our major donors, corporate partners, and volunteers who play a vital role in our mission and impactful work.



In Photo: Captain Tan Bee Yit (left) with ex-beneficiary Nottle Chew (right).



Partners IN CARING

SEP 2024

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Red Shield Appeal Event 2024 | The MasterChef Experience | MSF Fostering Open House 2024 | Recipe Spotlight | Insider Insights | Nurses' Merit Award | Call for Christmas Kettling Volunteers



EVENTS

On 17 August 2024, Peacehaven Nursing Home kicked off "The Masterchef Experience" at Punggol Waterway Point in collaboration with the City of Glasgow College to raise awareness about dementia prevention and management. The event featured *Masterchef: The Professionals* winner, Chef Gary Maclean engaging the crowd with a mouth-watering live cooking demonstration, where he educated families and caregivers about nutrition and healthy dieting. The event also featured booths from Peacehaven Nursing Home and their partners, with activities such as intergenerational art & craft, and interactive stations on health, dancing and dementia awareness. These are part of Peacehaven's ongoing mission to provide compassionate, individualised and holistic care for the elderly without discrimination.

THE MASTERCHEF EXPERIENCE



“Being part of this dementia awareness event in Singapore was really memorable and meaningful. I'm thankful for this opportunity with The Salvation Army's Peacehaven Nursing Home.

Chef Gary Maclean”

FOSTERING OPEN HOUSE '24



Gracehaven Fostering staff returned with valuable insights from the MSF Fostering Open House 2024.

Our Children & Youth Group's Gracehaven Fostering was part of the organising committee in the Ministry of Social and Family Development (MSF) Fostering Open House 2024 held at Marina Bay Sands. The event aimed to discuss the crucial support needed by our children and their families was a resounding success, including sharing of stories by Gracehaven Fostering's foster parents as part of the human library experience for visitors. Gracehaven Fostering stands committed in its mission to provide a safe and secure home for children and young persons who require care and protection.

FOOD FOR THOUGHT

RECIPE SPOTLIGHT - SUPERFOODS ON A BUDGET!

In August, we had a memorable visit from the National Chef of Scotland and *Masterchef: The Professionals (UK)* winner Chef Gary Maclean! Chef Gary conducted three live demonstrations of healthy meals that promote brain and body health, including a luscious salmon with mango salsa and cucumber pickles!



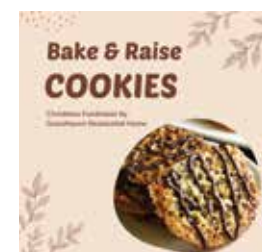
SALMON WITH MANGO SALSA AND PICKLED CUCUMBERS

Scan the QR code below for the full recipe now!



BAKE & RAISE - BY KIDS, FOR KIDS!

Christmas is round the corner - presenting scrumptious crispy almond and sesame Florentine cookies made with love by the kids of Gracehaven Residential Home. All proceeds go to supporting essential items and food for the children. Scan the QR code below to find out how you can order some for your Christmas gifts this year!



Scan the QR Code below to place your order



INSIDER 内部数据 INSIGHTS

THE LINK BETWEEN NUTRITION AND DEMENTIA CARE

By Peacehaven's Dr Katie Avery (Director of Education) and Ms Marsha Tan (Dietician)

Dementia is a significant concern in Singapore due to our ageing population. Currently, 1 in 10 people over 60 and 1 in 5 over 80 have dementia, with projections indicating 152,000 cases by 2030. Age is the primary risk factor, but poor diet, lack of exercise, smoking, alcohol consumption, high blood pressure, diabetes, and genetic factors are also seen as contributory factors. Unlike the global trend where Alzheimer's Disease dominates, Singapore has a high prevalence of vascular dementia, which constitutes about 45.5% of cases. This type is often linked to strokes caused by high blood pressure, an issue affecting about 1 in 4 Singaporeans aged 30-69, exacerbated by excessive salt intake.

To address this, the government and health agencies have launched public education initiatives on managing blood pressure, such as the "War on Diabetes", and Nutri-Grade food labeling. These efforts promote a balanced diet with whole grains, leafy greens, and affordable oily fish to improve cardiovascular health and reduce dementia risk. By improving dietary habits and public awareness, these measures aim to enhance overall health and mitigate the rise in dementia cases.

152,000

PROJECTED DEMENTIA CASES IN SINGAPORE BY 2030

85%

OF PEACEHAVEN RESIDENTS WITH SEVERE DEMENTIA SHOWED IMPROVEMENT IN ASSISTED DAILY LIVING

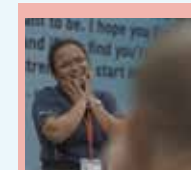


Nutri-Grade food labelling initiative by the Ministry of Health

MEDIA SPOTLIGHT



KIDS IN PLAY X OUR GRANDFATHER STORY



Kids in Play feature: POV: Inside Changi Prison

Watch the full video on our Linktree! (QR code on the right)

Our Kids in Play (KIP) programme was featured on popular media website Our Grandfather Story, and garnered more than 125,000 views and shares. The video featured Dan*, one of the beneficiaries as he went through the experience of visitation and his experiences with KIP. Beyond the heart-warming video that moved the hearts of many, we remain committed in our journey to Restore Lives.



个人营养与老年失智症：有关联吗？

由于人口老龄化，失智症在新加坡引起了极大的关注。目前，每 10 个 60 岁以上的人中就有 1 人患有失智症，每 5 个 80 岁以上的人中就有 1 人患有失智症，预计到 2030 年将有约 152 000 例失智症患者。年龄是主要的风险因素，但不良饮食习惯、缺乏锻炼、吸烟、饮酒、高血压、糖尿病和遗传因素等也是诱因。与阿尔茨海默病占主导地位的全球趋势不同，新加坡的血管性痴呆发病率较高，约占病例的 45.5%。这种类型的失智症通常与高血压引起的中风有关，大约每 4 个 30-69 岁的新加坡人中有 1 人患有高血压，而盐摄入量过多（约 90% 的新加坡人盐摄入量过多）又加剧了这一问题。为解决这一问题，新加坡政府和卫生机构推出了多项举措，如管理血压的公共教育项目以及营养级食品标签。这些措施提倡均衡饮食，多吃全麦食品、绿叶蔬菜和价格适中的油性鱼类，以改善心血管健康，降低患上失智症的风险。通过改善饮食习惯和提高公众意识，这些措施旨在提高全国的整体健康水平，也能减少失智症病例的增加。

BE A BEACON OF HOPE & DONATE TODAY



1. Log in to your bank's mobile banking app.
2. Key in the donation amount.
3. Enter the details in the reference box for tax deductible benefits (receipts available upon request):
4. E17JUN<SPACE>NRIC/FIN/UEN<SPACE>MOBILE NO.
E.g. E17SEP S1234567A 91234567



Find out more about our work on socials through our LinkTree QR code on the right!

AWARDS



PEACEHAVEN SENIOR STAFF NURSE RECEIVED NURSES' MERIT AWARD BY MINISTRY OF HEALTH

Senior Staff Nurse (SSN) Ms Naw Eh Kpaw Phaw (April) from our Peacehaven Nursing Home was awarded the prestigious Nurses' Merit Award for her outstanding performance and leadership, and her consistent drive to improve her everyday tasks. She constantly reviews and improves internal policies and places her clients' well-being as her top priority. Furthermore, SSN April also contributes to the development of Singapore's nursing industry by mentoring students from the Institute of Technical Education (ITE). The Salvation Army proudly celebrates SSN April's remarkable achievement and extend our heartfelt congratulations to her for receiving the prestigious award.

VOLUNTEERS NEEDED: CHRISTMAS KETTLING 2024

Christmas Kettling by The Salvation Army is a cherished holiday tradition where volunteers stand by donation kettles and ring bells to spread the festive cheer and encourage generosity from passers-by. Every coin and note dropped into the kettle pot helps fund vital programmes that support those in need including the elderly, at-risk children and youths, isolated migrant workers, and ex-offenders and their families. This yearly fundraising initiative is a heartwarming reminder of the spirit of giving, bringing families and communities together in a shared mission of compassion and hope.

This year's Christmas Kettling will be held from 25th November to 22nd December, Monday to Saturday from 11 am to 9 pm (in 2-hour shifts). We need YOUR help to make a difference! Volunteer bell-ringers are required to commit at least 2 hours per shift, with no limit to the number of shifts across the stated period.

Moreover, we are also seeking talented performers (ranging from Christmas carolers and storytellers to dancers), bakers and youth advocates who are passionate about our causes. Sign up for a good cause and impact lives today!

Register as a
Volunteer now!



VOLUNTEER



SalvationArmySingapore



The Salvation Army Singapore



thesalvationarmysg



www.salvationarmy.org.sg

Want to stay connected in an eco-friendly way? Choose to receive our digital newsletter and enjoy the convenience of having the latest updates and inspiring content delivered right to your inbox.

Email public.relations@smm.salvationarmy.org to receive a digital copy.

RESPONSE SLIP

Dr / Mr / Ms / Mdm / Mrs _____

Address _____

Postal Code _____ Tel / HP _____

Email _____

☐ Current Donor ☐ New Donor
☐ Personal Donation NRIC / FIN _____
☐ Corporate Donation UEN _____

This donation is tax deductible and the deduction will be automatically included in your tax assessment if you have provided your Tax Reference number (e.g. NRIC/FIN/UEN).

Upon successful clearance of my donation, I would like to receive:

☐ An SMS acknowledgement only ☐ A tax deductible receipt for donations of \$50 and above.

MORE INFORMATION

☐ Red Shield Club (Recurring giving) ☐ Legacy and Wills

PAYNOW DONATION



1) Key in the donation amount.
2) Enter the details in the reference box for tax deductible benefits (receipts available upon request)
E17JUN-SPACE-NRIC/FIN/UEN-SPACE-MOBILE NO.

DONATION AMOUNT

Your donations and support will bring about a huge impact to those in need.

Here is my donation ☐ \$50 ☐ \$100 ☐ \$200 ☐ \$ _____

Frequency ☐ Monthly Donation ☐ One-Time Donation

CHEQUE (For one-time donation)

☐ I enclose my cheque made payable to **The Salvation Army**

Issuing Bank/Cheque No. _____

CREDIT CARD (For monthly or one-time donation)

Please charge my donation to

☐ MasterCard ☐ VISA ☐ Amex ☐ Diners

Name as on card _____

Card No. - - -

Card Expiry /

Signature _____

2024PICSEP