



LOVE BEYOND
88 YEARS

- SalvationArmySingapore
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*To safeguard our beneficiary, the name has been changed, and the beneficiary is not in the photo.

CAREGIVING BURNOUT



The Salvation Army Family Support Services meets the needs of underprivileged seniors, many of whom stay in 1 or 2-room flats around Beo Crescent. One of Family Support Services' clients, Mdm Lee*, participates in the Elderly Drop-in Programme, which provides care and support to seniors at risk of isolation.

Before joining Family Support Services, Mdm Lee was feeling very downcast as her husband was diagnosed with cancer relapse. She was his sole caregiver and experienced severe burnout. Her friend saw her struggling to cope and suggested that she join Family Support Services' Elderly Drop-in Programme (EDIP). Our staff provided counselling and taught her how to cope with her struggles. Through our programme, she met many other seniors, and the new friendships allowed her to connect more with the community. She also often approached our staff for advice whenever she felt overwhelmed by her situation.

Thriving beyond the Struggles

As time passed, Mdm Lee developed a more positive outlook on life. For a short period, Mdm Lee's husband also accompanied her to attend EDIP until his condition did not permit him so. After her husband passed away, Mdm Lee found comfort through the support of our staff and by occupying herself with the centre's activities. Recently, Mdm Lee started volunteering by escorting another EDIP member, who has dementia to the centre and back home. Mdm Lee shared, "I am thankful to Family Support Services for giving me the emotional support when I needed it the most. I am happy to pay it forward and care for others who need help."

The Salvation Army provides a comprehensive network of services to care for the vulnerable and disadvantaged in the community. Your contribution will help us provide practical and timely help to seniors like Mdm Lee and those in need today.

BE A
BEACON OF
HOPE



SCAN TO DONATE

- Log in to your bank's mobile banking app
- Key in the donation amount
- Enter the details in the reference box for tax deductible benefits:
E17<SPACE>NRIC/FIN/UN
<SPACE>MOBILENO
Example : E17 S1234567A 91234567

照料者心力交瘁

*姓名已经更改

救世军家庭支援服务设法满足弱势长者的需要。这些长者有很多都住在河水山一带的一房式或两房式政府组屋里。其中一名救世军家庭支援服务的受惠者*李女士就参加了长者上门求助项目。这是一项专为有被孤立风险的长者提供关怀和支援的社区服务项目。

在加入家庭支援服务之前，因为丈夫癌症复发，李女士一直感到很沮丧。她是丈夫唯一的照料者，而她就感到十分心力交瘁。她的朋友看到她应付不来，于是就建议她参加家庭支援服务的长者上门求助项目（Elderly Drop-in Programme, 简称 EDIP）。本军的职员提供辅导咨询，教导她如何应对她的困境。通过本军的项目，她认识了许多其他长者。认识了这些新朋友让她跟社区有了更多接触。当她被压得透不过气时，她也经常向本军的职员倾诉，寻求意见。

摆脱困境

久而久之，李女士对生活变得较为积极乐观。有一段短时间，她的丈夫也会陪同她一起参加长者上门求助项目，可惜后来他病情恶化，也就没有办法陪同李女士了。丈夫去世后，李女士在本军职员的支持下，还有通过参与中心的活动，心情得到了慰藉。最近，李女士开始做志愿工作，陪同另一名患上失智症的成员到中心来，还有回家去。李女士分享道：“我很感谢家庭支援服务，他们在我最需要帮助的时候给予我的情感上的支援。我很高兴自己现在能投桃报李，关怀其他需要帮助的人。”

救世军为社区中的弱势群体提供全面的服务，关怀和照顾他们。您的捐献将让我们能够帮助像李女士这样的长者，还有其他有需要的人，为他们提供实际而又及时的援助。

ENHANCING ELDERCARE TRAINING



We are excited to announce that The Salvation Army Peacehaven Jade Circle Acaedemy is collaborating with Social Service Institute (SSI) to launch a new training portfolio in March. The new courses will expand our range of eldercare courses on dementia care and other training programmes from foundation to advanced levels.

There will also be courses in palliative care that will introduce learners to the care concept and enable them to have a deeper understanding of the needs of persons with life-limiting illnesses. For industry practitioners looking to move to management roles, they may consider taking up leadership courses with a focus on dementia care and community service programmes. Information about the new courses will be available soon on SSI and Peacehaven Jade Circle Acaedemy websites.



CHRISTMAS KETTLING 2022



With the easing of safe management measures, enthusiastic volunteers rang the bells at various malls across Singapore and encouraged passersby to donate. Christmas Kettling 2022 raised over \$219,000, and this amount will go towards helping the vulnerable and underprivileged under our wide range of services.

We wish to thank our donors, mall partners and volunteers who came together and helped make the event a success. We also like to express our most profound appreciation to Starbucks Singapore for their steadfast support and generous donation of \$61,094.95 from the sale of the Christmas beverages at the 19th Starbucks Christmas Open House.



FRIENDSHIPS ACROSS CULTURES



In celebration of International Migrants Day, The Salvation Army and TOUCH International organised a curated programme for 120 migrant workers that culminated with a 'Banquet of Friendship' at Gardens by the Bay. This buffet dinner also marked the first anniversary of 'Blossoms of Friendship', a joint initiative by The Salvation Army and TOUCH International. Ms Gan Siow Huang, Minister of State, Ministry of Manpower, graced the event as the guest of honour.

Earlier in the day, migrant workers were treated to an open-top bus or a vintage car tour to view Singapore's iconic landmarks. We want to acknowledge our valuable supporters - Westlite Accommodation, Gardens by the Bay, Classic Car Club Singapore, Ten Square and Gateway Arts for making this event possible. Seeing the joy on the faces of the migrant workers was worth every effort!

NEVER TOO OLD TO LEARN



As part of Family Support Services (FSS)'s digital literacy efforts for seniors, we started the Seniors Digital Support Group Programme at the end of 2021. To address the different learning needs of the seniors, we grouped them according to their learning pace and interests. We also started WhatsApp chat groups to support them in their learning journey and help them apply what they have learnt. A participant, Mdm Lee, said, 'Before attending the lessons, I did not know how to use smartphones. However, the FSS staff was patient, and now I know how to use the TikTok app to watch interesting short videos'.

At Infocomm Media Development Authority's Digital for Life Appreciation Dinner in November 2022, The Salvation Army received a Certificate of Appreciation in recognition of our contributions toward the Digital for Life movement.

UNCOVERING COMMON MYTHS ON DEMENTIA

MYTHS



Dementia is a normal part of ageing.

Dementia is a disease.

VS

FACTS



Dementia is not a normal part of ageing. While it is common to become occasionally forgetful as we age, this does not mean we have dementia. Persons living with dementia may forget things they have recently been told, put objects in unusual places and are unable to learn new tasks. This is not the case for seniors who are ageing normally.

Dementia is not a disease but a set of symptoms. These symptoms can affect the ability to think, remember things, and reason to the extent that a person's activities of daily living are impaired. Other changes can include trouble with language or communication, and unexpected changes in mood and behavior. Alzheimer's disease is just one type of dementia, and there are many different types.



RED SHIELD CLUB MONTHLY DONATION FORM



PERSONAL PARTICULARS

Name Dr/Mr/Ms/Mdm/Mrs _____
 Address _____
 Postal Code _____ NRIC/FIN/UEN _____
 Tel _____ Email _____

MONTHLY DONATION BY INTERBANK GIRO

Part 1: For Donor's Completion

To: The Manager

Bank _____ Branch _____

My A/C No.

I would like to "Make a new contribution of/Increase my contribution to \$ _____

- a) I/We hereby instruct you to process The Salvation Army's instructions to debit my/our account.
 b) You are entitled to reject The Salvation Army's debit instructions if my/our account does not have sufficient funds and charge me/us a fee for this. You may also at your discretion allow the debit even if this results in an overdraft on the account and impose charges accordingly.
 c) This authorisation will remain in force until terminated by your written notice sent to my/our address last known to you or upon receipt of my/our written revocation through The Salvation Army.

Date _____ Signature(s) or thumbprint(s) as in bank record _____

Part 2: For The Salvation Army's Official Use

Bank	Branch	The Salvation Army's Account No.	Reference No.																	
7	1	7	1	0	0	3	0	0	3	9	2	4	3	3	8	3				

Bank	Branch	Account No. To Be Debited

Part 3: For Financial Institution's Completion

To: THE SALVATION ARMY,

The application is hereby REJECTED for the following reason(s)

- Signature/Thumbprint# differs from the Financial Institution's records
 Signature/Thumbprint# incomplete/unclear#
 Account operated by Signature/Thumbprint#
 Wrong account number
 Amendments not countersigned by customer
 Others:

Name of Approving Officer _____ Authorised Signature _____ Date _____

For thumbprints, please go to the branch with your identification.

MONTHLY DONATION BY CREDIT / CHARGE CARD

I would like to "Make a monthly contribution of/Increase my contribution to \$ _____

- MasterCard VISA Amex Diners

Name as on Card _____

Card No. - - - Card Expiry /

Date _____ Signature _____

All GIRO and Credit/Charge Card Payment will be made on the 4th day of every month. *Please delete where applicable.

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

- Yes, I want an annual receipt (only applicable to donors who have provided their NRIC/FIN/UEN).
 Receipt will only be issued for a donation of \$50 and above.
 No, I do not need an annual receipt.
 Specify use: _____

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JOIN OUR RED SHIELD CLUB!

Red Shield Club is a recurring donation programme providing a steady and essential source of funds for The Salvation Army's social centres and programmes to help our beneficiaries.

BENEFITS OF REGULAR GIVING:

Convenient

Avoid the hassle of writing a cheque or worrying about enclosing cash in envelopes.

Simple

Receive a single summary of all your gifts in a year.

Flexible

Alter or cease your pledge at any time.

Affordable

It is easier to find \$10 a month than it is to find \$120 a year.

Cost-Efficient

Reduce the Army's gift processing and mailing cost.

Life-Changing

Regular gifts enable us to plan and develop our services and programmes more effectively to help people.

HOW IT WORKS:

1. Decide on the amount you wish to contribute each month, then select your deduction by inter-bank Giro or by credit card.
2. Fill out your personal and bank particulars using the monthly contribution form on the left and mail it back to us.
3. Your desired monthly donation will be automatically deducted on the 4th of every month.

Thank you for your continued support. Your donation will fund all social services under The Salvation Army to help our beneficiaries. Our fundraising goal for FY2023 is around \$12.9 million.



ONE-TIME DONATION FORM 一次捐款表格

Dr/Mr/Ms/Mdm/Mrs Name _____

Address _____

Postal Code _____ Tel _____

Email _____

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 (eg. NRIC/FIN/UEN).

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

- An SMS acknowledgment only.

Or

- A tax deductible receipt for donations of \$50 and above.

I would like to find out more about:

- Monthly Donations Volunteering Wills & Legacies Donating Items

Here is my donation of \$50 \$80 \$100 \$ _____

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

Bank/Cheque No. _____

Or please charge my donation to

- MasterCard VISA Amex Diners

Name as on Card _____

Card No. - - -

Card Expiry /

Signature _____

- The Aged Children at-risk Migrants in need Families, and Community aid

Specify use: _____



The Salvation Army IPC No. 000549
 Address Ang Mo Kio Central PO Box 640 Singapore 915605
 Volunteer 6555 0249 Wills & Legacy 6011 7391 Donation In-Kind 6288 5438
 Cash Donation 6555 0242 Email public.relations@smm.salvationarmy.org

The Salvation Army respects donors' confidentiality. By submitting our donation forms, we have added you into our donor mailing lists for processing donations, donor relationship management, fund raising and communications. To opt out of receiving communication materials for our donors, kindly email donations@smm.salvationarmy.org with the subject heading 'Unsubscribe'.

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