

DENGUE IS CLOSER THAN YOU THINK

A resident shares her experience with the dreadful infection

When Ms Toh Guat Har, 68, started having a fever in June 2019, she thought it was due to the erratic weather. She recalled: "My body temperature was running at 38 degree Celsius for three consecutive days. I just drank more water and hoped the fever would go away."

But her symptoms worsened. She started developing skin rashes and complained about joint and muscle pain. "When I brushed my teeth, my gums started bleeding," she added.

Sensing that something was not right, her family members brought her to the clinic to seek medical attention.

To her horror, Ms Toh was told that she might have gotten dengue. She was then admitted

to the hospital. She said: "I remember the healthcare staff did assessments and blood tests regularly, and I was praying that the infection wasn't fatal." She was discharged after two days.

The unpleasant experience with dengue has made her more vigilant, and she takes precautionary measures to remove potential mosquito breeding sites at home. "I'll spray insecticide around the house, and make sure that flower pots and vases do not collect stagnant water."

She also makes it a point to remind neighbours and family members to maintain good housekeeping. She said: "It's as simple as not giving any chance for mosquitoes to exist in the house, and everyone has a part to play in safeguarding the community."

IN 2022

32,173

dengue cases reported, the **SECOND-HIGHEST** number of dengue cases in a single year, and **SIX TIMES** more than 2021

About

23,600

mosquito breeding habitats were uncovered, and

66 PER CENT were found in homes



Source: NEA

骨痛热症就在你我身边

居民杜月霞 (68岁) 在2019年6月患上骨痛热症。她的体温连续三天徘徊在38摄氏度, 之后她的皮肤出现红疹、肌肉和关节疼痛, 刷牙时牙龈也会出血。当时的痛苦和折磨历历在目, 她如今积极采取措施, 包括在家四周喷洒杀虫剂和清除花盆、花瓶的积水, 以预防蚊虫滋生。我们也应尽己之力, 采取“灭蚊五步骤”, 防范骨痛热症。

Denggi lebih dekat dari yang anda fikirkan

Penduduk Cik Toh Guat Har, 68 tahun, mengalami denggi pada Jun 2019. Suhu badannya naik 38 darjah Celsius selama tiga hari berturut-turut, dan beliau mengalami ruam pada kulitnya serta sakit sendi dan otot. Gusinya juga mula berdarah apabila beliau menggosok gigi. Pengalaman pahit itu kini membuatnya mengambil langkah berjaga-jaga dengan menghapuskan sebarang ruang yang berpotensi menjadi tempat pembiakan nyamuk di rumah. Kita semua boleh memainkan peranan dan mengamalkan 5-langkah Mozzie Wipeout bagi mencegah denggi.

டெங்கி நீங்கள் நினைப்பதைவிட வெகு அருகில் இருக்கிறது

குடியிருப்பாளரான 68 வயது திருவாட்டி டோ குவாட் ஹார், 2019 ஜூன் மாதம் டெங்கியால் நோய்வாய்ப்பட்டார். அவரது உடல் வெப்பநிலை தொடர்ச்சியாக மூன்று நாட்களுக்கு 38 டிகிரியாக இருந்தது. அதன்பிறகு சருமத்தில் தடிப்புகளும், மூட்டு மற்றும் தசை வலியும் ஏற்பட்டன. அவர் பல துலக்கியபோது ஈறுகளில் இரத்தம் கசியத் தொடங்கியது. அவதிப்படுத்திய இந்த அனுபவத்திற்குப் பிறகு, அவர் தனது வீட்டில் கொசுக்கள் இனப்பெருக்கம் செய்யக்கூடிய இடங்களை அப்புறப்படுத்தி முன்னெச்சரிக்கையாக இருக்கிறார். நாமும் கொசுக்களைத் துடைத்தொழிப்புதற்கான 5 செயல்களைச் செய்து, டெங்கிப் பரவலைத் தடுக்க நமது பங்கை ஆற்றவேண்டும்.

HOW TO PROTECT YOURSELF?

1 PRACTISE THE MOZZIE WIPEOUT "B-L-O-C-K" PREVENTIVE STEPS REGULARLY



BREAK
up hardened
soil



LIFT
and empty
flower pot plates



OVERTURN
pails and
wipe their rims



CHANGE
water
in vases



KEEP
roof gutters clear and
put in Bacillus
Thuringiensis Israelensis
(BTI) insecticide

2 CARRY OUT THE "S-A-W" PROTECTIVE ACTIONS



SPRAY
insecticide in dark
corners around the house



APPLY
insect repellent
regularly



WEAR
long-sleeved tops
and long pants

A NOTE TO YOU

Dear Residents,

Warmest greetings.

With June around the corner, families with school-going children will probably be looking forward to a mid-year unwind. Some of you may be planning trips overseas, while others may be staying in Singapore and looking for interesting activities and places to visit. Do check out new spots in Ang Mo Kio GRC like Fernvale Park at 128D Lorong Samak, where you can also enjoy a nice teh tarik and prata along nearby Jalan Kayu.

Ang Mo Kio Town Council continues to look out to ensure a good living environment for our residents, but your support and collective action are also crucial. In the coming warmer months of June to August, let us continue to be vigilant in taking preventive measures and good housekeeping steps to prevent the breeding of Aedes mosquitoes and the spread of dengue.

Whether you are caring for older parents or younger children, looking after your own health is also paramount. We ensure exercise facilities are well spread out and regularly upgraded across the GRC to support your health. For example, the void deck gym equipment we installed at several blocks in Serangoon North Avenue 4 aim to enable residents to exercise conveniently, come rain or shine!

Lastly, as a community, let us look out for one another. The Government has announced and rolled out a range of support measures to help Singaporean households in Budget 2023. If you, or a neighbour whom you know, is facing challenges that we can assist, please do reach out to us.

I wish all residents good health and happiness.

Ng Ling Ling

Member of Parliament for Ang Mo Kio GRC



亲爱的居民：

你们好！

6月即将到来，家里有孩子在上的父母可能会趁年假期间松懈一下身心。有些家庭可能计划出国旅游，有些可能选择留在国内，到处探寻好玩有趣的活动和景点。不妨在宏茂桥走走，参观新的景点，例如坐落在128D罗弄沙末的芬微公园。你们还可以到公园附近的惹兰加由享用美味的拉茶和印度煎饼。

宏茂桥市镇理事会不断致力于打造良好的居住环境，但大家的支持和集体行动也很重要。接下来的6月至8月，天气会更加炎热，我们必须提高警惕，采取预防措施并保持住家环境清洁，以避免伊蚊滋生，防止骨痛热症在社区传播。

你们也许要照顾年迈父母或年幼小孩，但我希望你们也要照顾好自己身心健康。我们确保社区内有各种运动设施并定期翻新，方便大家运动，保持健康。例如，我们在实龙岗北4道的几座组屋底层配置健身器材，就是要让居民随时都能锻炼身体。

最后，希望大家发挥社区精神，相互照应。政府在2023年财政预算案中宣布了一系列援助措施，帮助本地家庭缓解生活费上涨的压力。如果你们或邻居在生活上面遇到困难，请寻求协助。

祝大家身体健康、生活愉快。

黄玲玲

宏茂桥集选区国会议员

Penduduk sekalian,

Salam sejahtera.

Dengan ketibaan bulan Jun tidak lama lagi, keluarga yang mempunyai anak-anak bersekolah mungkin sedang menantikan masa untuk beriadah di pertengahan tahun. Ada yang mungkin sedang merancang untuk bercuti di luar negara sementara yang lainnya kekal di Singapura dan meninjau aktiviti-aktiviti dan tempat-tempat menarik untuk dikunjungi. Ayuh ke tempat-tempat baru di GRC Ang Mo Kio seperti Taman Fernvale di 128D Lorong Samak, di mana anda boleh menikmati secawan teh tarik dan prata enak sepanjang Jalan Kayu yang berdekatan.

Majlis Bandarang Ang Mo Kio terus berusaha untuk memastikan persekitaran hidup yang baik untuk para penduduk kami, namun sokongan dan usaha bersama anda juga amat penting. Semasa bulan-bulan yang lebih panas dari Jun hingga Ogos, marilah kita kekal berjaga-jaga dalam melakukan langkah-langkah pencegahan dan mengamalkan tabiat mengemas rumah dengan baik bagi mencegah pembiakan nyamuk-nyamuk Aedes dan penularan denggi.

Sama ada anda menjaga orang tua atau anak-anak kecil, menjaga kesihatan anda sendiri juga amat utama. Kami memastikan kemudahan bersenam diletakkan merata dan kerap dikemas kini serata GRC untuk menyokong kesihatan anda. Sebagai contoh, kami telah memasang peralatan gim di beberapa kolong blok di Serangoon North Avenue 4 untuk membolehkan para penduduk bersenam dengan mudah, tidak kira hujan mahupun cerah!

Akhir sekali, sebagai sebuah masyarakat, marilah kita menjaga satu sama lain. Pemerintah telah mengumumkan dan melancarkan berbagai langkah sokongan bagi membantu keluarga Singapura dalam Bajet 2023. Sekiranya anda, atau jiran yang anda kenali, sedang menghadapi cabaran yang boleh kami bantu, sila hubungi kami.

Saya ucapkan semoga semua penduduk sentiasa sihat dan bahagia.

Ng Ling Ling

Anggota Parlimen GRC Ang Mo Kio

அன்பார்ந்த குடியிருப்பாளர்களே,

இதயங்கனிந்த வாழ்த்துகள்.

ஜூன் மாதம் நெருங்கிவிட்டது. பள்ளி செல்லும் பிள்ளைகள் உள்ள குடும்பங்கள் பெரும்பாலும் அரையாண்டு விடுமுறையை ஆவலுடன் எதிர்பார்த்திருப்பார்கள். உங்களில் சிலர் வெளிநாட்டுக்குப் பயணம் செல்லத் திட்டமிட்டிருக்கலாம். மற்றவர்கள் சிங்கப்பூரிலேயே சுவாரசியமான நடவடிக்கைகளையும் சுற்றிப்பார்க்கக்கூடிய இடங்களையும் தேடிக்கொண்டிருக்கலாம். அப்படிப்பட்டவர்கள் அங் மோ கியோ குழுத்தொகுதியில் 128D லோரோங் சமாக் எனும் முகவரியில் அமைந்துள்ள ஃபர்ன்வேல் பூங்கா போன்ற புதிய இடங்களுக்குத் தவறாமல் செல்லுங்கள். பூங்காவுக்கு அருகே ஜாலான் காயு சாலையில் தேநீருடன் பரோட்டாவும் சாப்பிடலாம்.

நமது குடியிருப்பாளர்களின் வாழ்க்கைச் சூழல் நல்லவிதமாக இருப்பதை அங் மோ கியோ நகர மன்றம் எப்போதும் உறுதி செய்கிறது. இருந்தாலும், உங்களது ஆதரவு கூட்டு முனைப்புகளும் முக்கியம். எதிர்வரும் ஜூன் முதல் ஆகஸ்ட் வரையிலான வெப்பமான மாதங்களில், ஏடிஸ் கொசுக்களின் இனப்பெருக்கத்தையும் அதன்வழி டெங்கிப் பரவலையும் தடுக்க நாம் தொடர்ந்து விழிப்புடன் செயல்படவேண்டும்.

நீங்கள் வயதான பெற்றோர்களை அல்லது சிறு பிள்ளைகளைப் பராமரிப்பவராக இருந்தால், உங்கள் ஆரோக்கியத்தைக் கவனித்துக் கொள்வதும் மிகவும் முக்கியம். உங்கள் ஆரோக்கியத்திற்கு ஆதரவளிக்க,

குழுத்தொகுதி முழுவதிலும் உடற்பயிற்சி வசதிகள் இருப்பதையும் அடிக்கடி மேம்படுத்தப்படுவதையும் நாங்கள் உறுதி செய்கிறோம். எடுத்துக்காட்டாக, சிராங்கூன் நார்த் அவென்யூ 4ல் உள்ள பற்பல அடுக்குமாடிக் கட்டிடங்களின் கீழ்த்தளத்தில் உடற்பயிற்சி சாதனங்களை நிறுவிடுக்கிறோம். குடியிருப்பாளர்கள் மழையிலும் வெயிலிலும் நிழல்தரும் வசதியான இடத்தில் உடற்பயிற்சி செய்யலாம்!

இறுதியாக, ஒன்றிணைந்த சமூகமாக நாம் ஒருவரையொருவர் கவனித்துக் கொள்வோம் என்று நம்புகிறேன். சிங்கப்பூர்க் குடும்பங்களுக்கு உதவதற்காக, 2023 வரவுசெலவுத் திட்டத்தில் பல்வேறு ஆதரவு நடவடிக்கைகளை அரசாங்கம் அறிவித்துள்ளது. நீங்கள், அல்லது உங்களுக்குத் தெரிந்த அண்டைவீட்டார், எங்களால் உதவக்கூடிய சவால்களை எதிர்பாராக்கினால், தயங்காமல் எங்களை அணுகுங்கள்.

குடியிருப்பாளர்கள் அனைவரும் ஆரோக்கியமாகவும் மகிழ்ச்சியாகவும் வாழ வாழ்த்துகிறேன்.

இங் லிங் லிங்

அங் மோ கியோ குழுத்தொகுதி நாடாளுமன்ற உறுப்பினர்

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Scan to visit our website

For urgent essential maintenance services, please call
EMSU 1800 241 7711 (24 HOURS)

YOUR VOICE MATTERS

We would love to hear about the improvements that you would like to see around your estate. **Scan the QR code** to share your thoughts.



Suggestions will be evaluated and implemented if they are feasible.



Teck Ghee & Kebun Baru

Together with **PRIME MINISTER LEE HSIEN LOONG**, **MR HENRY KWEK HIAN CHUAN** launched the first constituency-based DADs for Life at the Kebun Baru Family Day 2023. The group aims to help fathers who live in the constituency to forge closer bonds with their kids.

IN YOUR HOOD

Check out what's happening across our estates.



Ang Mo Kio-Hougang

MR DARRYL DAVID had a good time interacting with residents at the Majlis Buka Puasa held at Ci Yuan Community Club. Donning their traditional costumes, many residents came together to break fast and enjoy the festive decorations.



Yio Chu Kang

In appreciation of our conservancy workers who have been working diligently to keep our estate clean, **MR YIP HON WENG** hosted an appreciation dinner for them. A certificate of appreciation was also given to honour their dedication and service to our community.



Fernvale

MR GAN THIAM POH presented deserving students in his ward with the Edusave Award. It not only motivates the kids to continue to excel at school but also recognises the love and support given by their parents and family.



Jalan Kayu

MS NG LING LING and property officers from the Ang Mo Kio Town Council planted trees at Block 529 Serangoon North Avenue 4 to contribute to a community project to plant 1,000 trees in Ang Mo Kio town this year.

#Didyouknow

This year marks 60 years of greening Singapore since our founding Prime Minister, Lee Kuan Yew, planted a Mempat sapling at Farrer Circus on 16 June 1963 to kick-start the nationwide greening movement. Let's keep the tree-planting tradition together to transform Singapore into a City in Nature!



Cheng San-Seletar

As part of AMK Town's "Plant a thousand tree programme" 2023, **MS NADIA AHMAD SAMDIN** joined senior residents from Cornerstone Senior Centre and members from Cheng San Cherry Residents' Network to plant trees at Block 591A Ang Mo Kio Avenue 10.

RATS UNWANTED

Learn tips to prevent unwanted guests in our estates

UNDERSTANDING RATS TO GET RID OF THEM

I am an omnivore. I will eat just about anything you eat.

I am attracted to moisture. Water helps me survive, grow and reproduce.

REMOVE THE FOOD SOURCE AND WATER SUPPLY

Clean food spills, crumbs and stains quickly.

Bag your food waste, tie it up and dispose of it properly. Do not leave them on the ground next to the litter bins.

Do not feed birds and stray animals, as the leftovers attract other pests.

Remove stagnant water and fix any dripping faucet.

I am flexible. I can squeeze through very small holes or cracks.

I love clutter. It provides me a safe haven to hide and nest.

ELIMINATE THE SHELTER AND ENTRY POINT

Discard unwanted items such as carton boxes and piles of newspapers. Do not store them along common corridors or in risers.

Close the bin chute door tightly after throwing your waste. Report any damaged door.

Check and seal any hole, crevice and opening in the ceilings, walls or floors.

Ensure that floor traps, gullies and downpipes are properly covered with grating.

You may have enjoyed watching the never-ending chases in the cartoon classic Tom and Jerry, but you may not love it as much if you need to hunt down and eliminate the very adaptive rat in real life. And we are talking about dealing with not just one Jerry but multiples of him.

Ang Mo Kio Town Council and the National Environment Agency have been conducting regular inspections, carrying out rodent treatments and ensuring that trash bins are cleared regularly, to proactively prevent and control rodent infestations.

A joint effort by all residents will also help to keep rats out of our living space. Food, water and shelter are the main sources for rats to thrive. So it is important to adopt good housekeeping habits and proper waste management to eliminate the root causes that attract rats.

从源头杜绝鼠患

为预防和控制鼠患，宏茂桥市镇理事会与国家环境局会定期展开稽查、采取防治措施及确保垃圾桶定时清理。居民也应尽责保持居住环境干净整洁，妥善处理垃圾，这样才能消除老鼠的食物来源、水源和栖息地，有效制止它们繁殖。

Jauhkan tikus dari estet kita

AMKTC dan NEA kerap melakukan pemeriksaan, menjalankan rawatan membasmi tikus dan memastikan tong-tong sampah dibersihkan bagi mencegah pembiakan tikus. Usaha bersama para penduduk juga dapat membantu menjauhkan tikus dari ruang-ruang kehidupan kita. Makanan, air dan tempat teduh merupakan sumber-sumber utama bagi pembiakan tikus. Justeru adalah penting untuk kita semua mengamalkan tabiat mengemas rumah yang baik dan melaksanakan pengurusan sisa yang betul untuk menghapuskan punca-punca utama yang menarik tikus.

எலிகளை விரட்டியடிக்க முயற்சி எடுங்கள்

எலிகளை விரட்டியடிப்பதற்காக, அங் மோ கியோ நகர மன்றமும் தேசிய சுற்றுப்புற அமைப்பும் அடிக்கடி சோதனைகள் நடத்துவதோடு, எலி மருந்து அடித்து, குப்பைத்தொட்டிகள் உடனுக்குடன் சுத்தம் செய்யப்படுவதையும் உறுதி செய்கின்றன. குடியிருப்பாளர்கள் அனைவரும் எடுக்கும் கூட்டு முயற்சியும், நமது வாழ்விடத்தை எலிகளின்றி வைத்திருக்க உதவியாக இருக்கும். எலிகள் ஈர்க்கப்படுவதற்கான முக்கிய காரணங்கள் உணவு, தண்ணீர், தங்குமிடம். எனவே, நல்ல துப்புரவுப் பழக்கங்களைக் கடைப்பிடித்து, கழிவுகளைச் சரியான முறையில் வீசுவது முக்கியம். எலிகளை ஈர்க்கும் அடிப்படைக் காரணங்களை நீக்க இது துணைபுரியும்.

WHAT ARE SOME POSSIBLE SIGNS OF RATS?

- **Rat droppings** that look like dark grains of rice
- **Rat burrows** for shelter, food storage and nesting
- **Rub marks** on walls and piping
- **Gnaw marks** on wires, wood or plastic
- **Scratching noises** that are often heard at night



Report any rodent issue in common areas via the OneService App.



A CALL TO SERVE RESIDENTS

Inspired by teammates, Property Officer Ms Zawani is ready to make a difference

I feel happy that I'm able to help improve the lives of residents and connect them to the right channels to address their issues.

– Ms Nurul Zawani Binte Mohd Jusri, Property Officer at Ang Mo Kio Town Council

Ms Nurul Zawani Binte Mohd Jusri's voice lit up with joy as she recounted the day she heard about the Property Officer job opening at Ang Mo Kio Town Council from her classmate. She had graduated with a Diploma in Facilities Management and was eager to move on from her administrative job to apply what she had learnt in a real-world setting.

Little did she know that this job would become more than just a career – it would be a calling. Four months into her job, Ms Zawani, 25, is enjoying learning new things while conducting daily inspections and addressing residents' feedback on estate management issues, such as leaking water pipes and high water pressure in the unit.

She recalled a heartwarming incident where her team inspired her to positively impact the life of residents. The Town Council received feedback in March that a lift at Block 332 Ang Mo Kio Avenue 1 broke down.



Ms Zawani was inspired by her teammates to go above and beyond.

“My colleague Kelvin and lift foreman Shahid went to the site for inspection. They found a wheelchair-bound resident and her helper looking helpless at the void deck. They were unable to get home as the lift serving her stack of units had broken down.”

“They then assisted the resident and her helper to another lift connecting to Level 11, and carried her down to her unit at Level 8. They also packed some dinner for the resident to ensure she was well taken care of until the lift resumed.”

Their small good deeds beyond work gave a powerful reminder to Ms Zawani that her job was not just about facilities management, but also about making a difference in people's lives.



Ms Zawani always listens patiently to residents' concerns and empathises with them.

Ms Zawani knows her job is also about building relationships and creating a liveable environment. To do this, she listens patiently to their concerns, handles difficult situations with resilience, and empathises with them.

She also uses social media to stay informed about facilities management and environmental sustainability issues, and share best practices with her team and the wider community.

“I feel happy that I'm able to help improve the lives of residents and connect them to the right channels to address their issues,” she said.

乐于服务

努鲁·扎瓦妮 (Nurul Zawani Binte Mohd Jusri, 25岁) 很高兴能加入宏茂桥市镇理事会的物业管理团队。她每天巡视和检查所负责的组屋区及处理居民的反馈, 并从中学习和汲取经验。

有一次, 她的同事接到电梯故障的反馈后, 与电梯维修工头一起到场检查。他们在组屋底层遇到一个坐轮椅的居民和女佣因电梯故障而无法回家。扎瓦妮说: “我的同事和电梯维修工头带她们搭另一座电梯到11楼, 然后背她到8楼的住家。他们还打包食物给她, 确保她在电梯修好之前得到妥善照顾。”

同事的善举让她刻骨铭心, 也时刻提醒她, 这不仅是一份管理组屋设施的工作, 而是能改善居民生活的使命。因此, 她耐心聆听居民的反馈、尝试理解并努力解决他们的问题。她说: “我很高兴能够帮助居民联系正确的单位解决问题, 改善他们的生活。”



**Blk 665
Hougang
Ave 4** | **ANG MO KIO-HOUGANG**
Reworked landscaping to
beautify the estate



**Blk 941 to 943
Hougang
St 92** | **ANG MO KIO-HOUGANG**
Upcycled MRT seats into benches
at void deck



**Blk 443C
Fernvale
Road** | **FERNVALE**
Re-levelled the
footpath for safety



**Blk 436
Ang Mo Kio
Ave 10** | **CHENG SAN-SELETAR**
Planted more trees near a new ramp as
part of our green and sustainable efforts

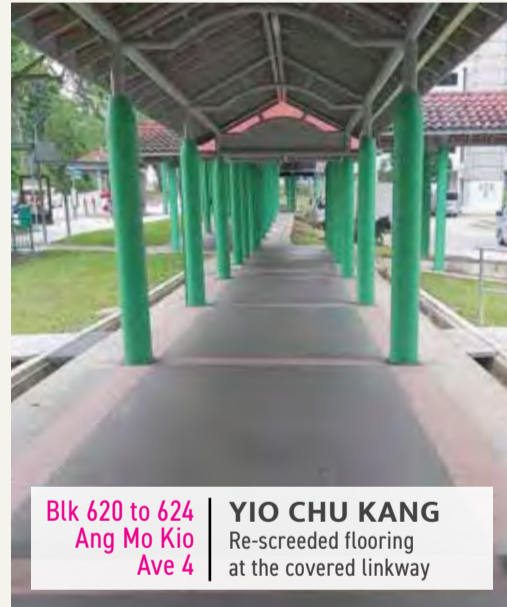


**Blk 323
Ang Mo Kio
Ave 3** | **TECK GHEE**
Constructed concrete
footpath

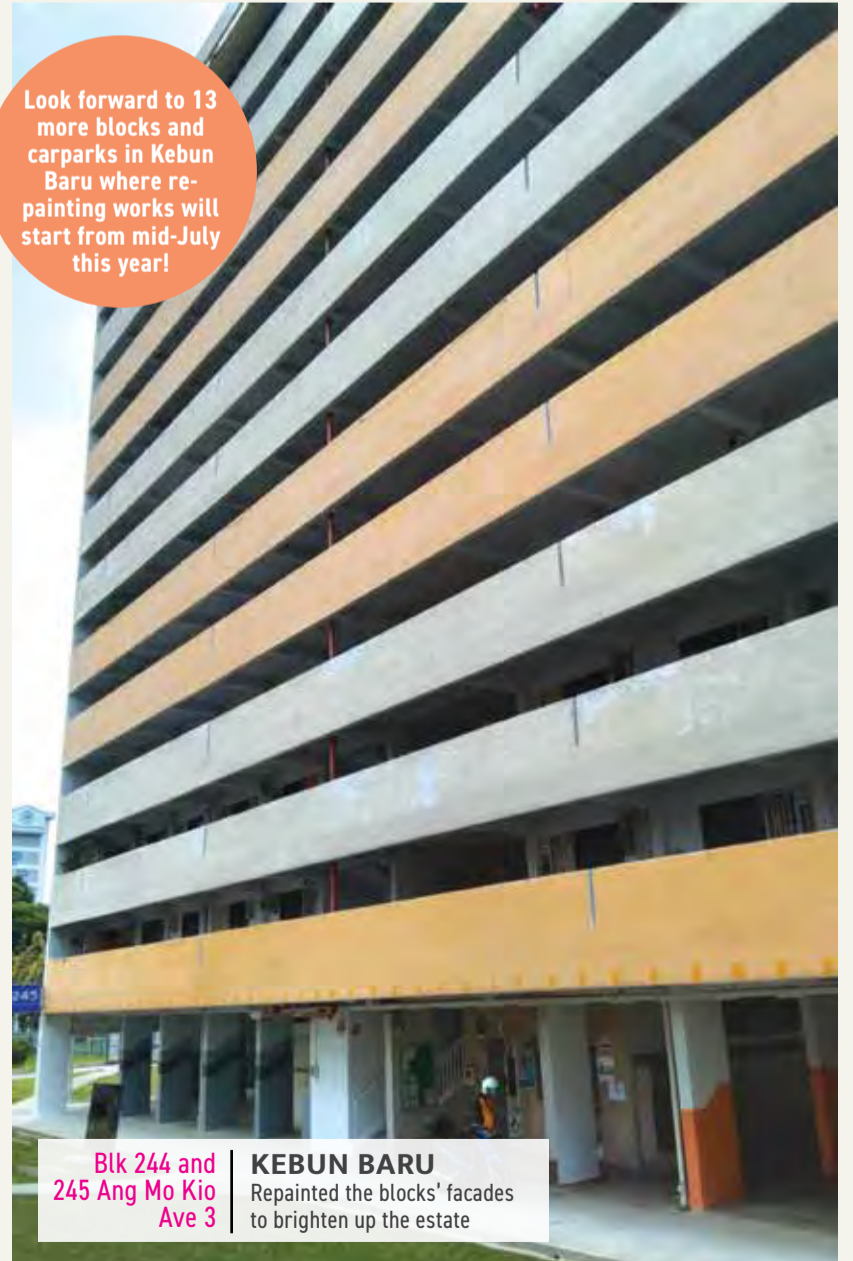


This is the first
indoor fitness corner
in Yio Chu Kang,
allowing residents
to work out, rain or
shine!

**Blk 124
Ang Mo Kio
Ave 6** | **YIO CHU KANG**
Constructed indoor
fitness corner



**Blk 620 to 624
Ang Mo Kio
Ave 4** | **YIO CHU KANG**
Re-screeded flooring
at the covered linkway



Look forward to 13
more blocks and
carparks in Kebun
Baru where re-
painting works will
start from mid-July
this year!

**Blk 244 and
245 Ang Mo Kio
Ave 3** | **KEBUN BARU**
Repainted the blocks' facades
to brighten up the estate



**Blk 535A Serangoon North
Ave 4 and
Blk 965 Hougang Ave 9** | **JALAN KAYU**
Installed additional
resting areas

CARE BEYOND WALLS

Persons with dementia find joy in therapeutic and community volunteering activities

At a community garden, seniors from AWWA Dementia Day Care Centre at Block 123 Ang Mo Kio Avenue 6 used their cameras to snap photos of the plants. Then they chatted, tried to recall the plant names, and shared tips on how to grow some that were familiar to them when they lived in a kampung.

This activity at the garden is a small part of the “Care Beyond Walls” programme that AWWA is piloting to bring dementia care beyond the physical walls of a centre. “The simple act of taking photos with a camera in a garden can help persons with dementia to reminisce about the past and retain some of their day-to-day skills,” said Ms Chua Shi Jia, a senior occupational therapist at AWWA.

She added: “Looking and smelling at the plants also help to stimulate their senses and create common conversation topics to promote social interaction with their peers.”

Under this new pilot programme launched by AWWA and the Lien Foundation, persons with dementia have also had the opportunity to volunteer at a preschool, primary school and temple. “Volunteering gives the seniors a sense of purpose and allows them to give back

to society,” said Ms Chua.

These senior volunteers will read to preschoolers, tend to a vegetable farm or help to arrange temple offerings. These activities help to keep them active and slow down the progression of dementia.

Ms Chua explained: “For example, arranging temple offerings on a plate can help the seniors practise fine motor skills and maintain hand-eye coordination, as they need to memorise the sequence of steps and position the betel leaves and bananas at the correct angles.”

She shared that a senior recalled spending time with the primary school pupils, which showed that the programme helped to create significant memories that were meaningful to the senior, contrary to the common experience of poor short-term memory by persons with dementia.

Mr Koh, 81, a retiree who joined the volunteering programme, said: “I enjoy volunteering at the Sri Darma Muneeswaran



The simple act of taking photos with a camera in a garden can help persons with dementia to **reminisce about the past** and **retain some of their day-to-day skills**.

– Ms Chua Shi Jia, senior occupational therapist at AWWA

Temple in Serangoon North. Though I am not Hindu, it doesn’t matter, because this is how we grew up in Singapore in the past.”

Currently, there are 12 seniors enrolled in the programme. AWWA plans to extend the programme to more persons with dementia and engage them in other volunteering activities, such as helping out in a charity kitchen.

户外康疗乐趣多 义务活动保活跃

位于宏茂桥的AWWA失智症日间看护中心，不仅让年长者在中心内活动，也有机会到邻近的社区菜园拍照。他们看到往日住在甘榜所熟悉的植物时，还会分享栽种心得。此外，一些年长者也参与AWWA和连氏基金会联合推出的试行计划，到托儿所、小学或印度庙做义工。他们为学前孩童阅读故事书、打理菜园或摆放寺庙供品。这些活动有助他们保持活跃和减缓失智症。AWWA希望鼓励更多年长者参与这项计划，以及安排其他义务活动，包括在慈善厨房帮忙准备简单的食材。



A senior volunteer read to preschoolers from Jamiyah Childcare Centre. (Photo: AWWA, Lien Foundation)

MEET- THE-PEOPLE SESSIONS (MPS)

IMPORTANT DETAILS TO PROVIDE

- Full name (as in NRIC)
- NRIC number
- Address
- Contact number
- Details of your appeal with supporting documents, if any



TECK GHEE
德义

Mr Lee Hsien Loong
李显龙先生

Address: Block 322
Ang Mo Kio Avenue 3,
#01-1928,
Singapore 560322

Time: Every Wednesday*,
7.30pm - 9.30pm

Email: teck.ghee@pap.org.sg

Tel: 6552 6055



ANG MO KIO-HOUGANG
宏茂桥—后港

Mr Darryl David
杰乐先生

Address: Block 632
Hougang Avenue 8,
#01-28,
Singapore 530632

Time: Every Thursday*,
7.30pm - 9.30pm

Email: amk.hougang@pap.org.sg

WhatsApp: 9827 0753 (text)



FERNVALE
芬维尔

Mr Gan Thiam Poh
颜添宝先生

Address: Block 443
Fernvale Road,
#01-411,
Singapore 790443

Time: Every Friday*,
8pm - 9.30pm

Email: gan.thiam.poh@amktc.org.sg

Tel: 6977 9399



CHENG SAN-SELETAR
静山—实里达

Ms Nadia Ahmad Samdin
娜蒂雅女士

Address: Block 533
Ang Mo Kio Avenue 5,
#01-4100,
Singapore 560533

Time: Every Thursday*,
7.30pm - 9.30pm

Email: chengsan-seletar.mps@pap.org.sg

Tel: 6452 7870 / 6454 0951
(available every MPS Thursday*,
7.30pm - 9.30pm)



JALAN KAYU
惹兰加由

Ms Ng Ling Ling
黄玲玲女士

Address: Block 522
Serangoon North Avenue 4,
#01-154,
Singapore 550522

Time: Every Thursday*,
7.30pm - 9pm

Email: jalan.kayu.mps@pap.org.sg

Tel: 6483 4341
(available every MPS Thursday*,
7.30pm - 9pm)



YIO CHU KANG
杨厝港

Mr Yip Hon Weng
叶汉荣先生

Address: Block 644
Ang Mo Kio Avenue 4,
#01-850,
Singapore 560644

Time: Every Thursday*,
7.30pm - 9.30pm

Email: yck.mps@pap.org.sg

Tel: 8951 0186 (available every MPS
Thursday*, 7.30pm - 9.30pm)

WhatsApp: 8951 0186 (text)



KEBUN BARU
哥本峇鲁

Mr Kwek Hian Chuan Henry
郭献川先生

Address: Block 109
Ang Mo Kio Avenue 4,
#01-04,
Singapore 560109

Time: Every Tuesday*,
7.30pm - 9.30pm

Email: kebun.baru.mps@pap.org.sg

Tel: 6454 8792



* Except Public Holidays and the eves of Public Holidays

Information is correct at the time of printing. Please refer to www.amktc.org.sg for updates.



HOW DO YOU AND YOUR FAMILY OR FRIENDS ENJOY THE FACILITIES IN THE NEIGHBOURHOOD?

(examples of facilities are barbecue pits, pavilions, fitness corners and so forth)

SNAP a photo of it and stand to WIN a \$20 shopping voucher!

Submit your photos to team_prcl@amktc.org.sg

Closing date:
11.59pm on 30 June 2023

- This contest is open to all residents living in Ang Mo Kio GRC, Kebun Baru SMC and Yio Chu Kang SMC.
- All photos must be taken within Ang Mo Kio GRC, Kebun Baru SMC and Yio Chu Kang SMC.
- All entries must be submitted together with the entrant's name, contact number and location in which the photo was taken.
- All submissions must be the entrant's own work, and he/she must own the copyright to any photograph entered.
- There is no limit on the number of entries per person.
- Five winning entries will be selected and the winners will be announced in the next issue of *Our Home*.
- By entering the contest, you grant AMKTC the right to use and publish the winning entries in our print and digital platforms.

Prizes are to be collected at Ang Mo Kio Town Council, Ang Mo Kio Avenue 1, #01-1561, Singapore 560342. Collection time is Monday to Friday, 9am to 5pm.



CONGRATULATIONS to the winners of the Snap & Win contest in the January-March 2023 issue. See what's their favourite spots in our town!

1 Chee Kien Keong
Block 257 Ang Mo Kio Avenue 4, where my parents took a photo. It reminds me of my late father who volunteered and contributed to the community through Tzu Chi Singapore.

2 Chan Ee Ching
I enjoy the morning breeze and tranquil feeling in the neighborhood park, Our Park @ 618.

3 Celestine Bay
Seats at Block 528 Ang Mo Kio Avenue 10 is my favourite spot. I always see residents here chit-chatting as if on an MRT train.

4 Toh Wee Ray
The rooftop garden, where we enjoy a leisurely walk.

5 Mahindran Munisamy
It brings back sweet memories of old sarabat stalls at the murals at Block 713 Ang Mo Kio Avenue 6.

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