

APRIL 2022



BCARE

Digest

BCARE SENIOR ACTIVITY CENTRE

We just turned 4!

Located at Blk 287A Compassvale Crescent, BCARE Senior Activity Centre (SAC) was set up in 2018 to serve the seniors residing in the 2 studio apartments. Last year, our service boundary expanded when we embarked on the transition stage to be an operator offering Eldercare Centre Baseline services to the seniors.

BETHESDA COMMUNITY GARDEN

Research has shown that gardening can positively affect an elderly person's cognition, physical health as well as psychological state. Bethesda Community Garden was set up in 2019 to enhance the holistic wellness of our seniors. It created opportunities for the seniors to interact and build new friendships with their neighbours in the community. It also offers a platform for them to spend their time meaningfully and learning from each other the skills in growing nutritious food that they have since get to enjoy too.



We will be starting a new course on gardening. Participants will get to learn:

- soil mix and organic pest control
- ways to germinate seeds
- how to cut and transplant
- what are the ideal growing condition, etc

Join us...

to find out the secret to having green fingers!

MINDGYM THERAPY

Early this year, we collaborated with Dancing Mind Pte Ltd and offered Digital Therapy for our seniors. With the aid of a pre-programmed Virtual Reality set, seniors are engaged in a 20-minute session through various activities depending on their conditions and needs.

This programme works to improve the following areas:

- **Physical health** (strengthens muscle and improves balancing)
- **Cognitive health** (stimulates the mind to improve attention, memory and coordination)
- **Emotional health** (helps to relax and improve sleep and mood quality)

It is especially ideal for seniors who are forgetful, frail, have sleep issues or even stroke.

We welcome more seniors to join us in maintaining good health and enjoying their golden years.



Volunteers

Having the faithful support of our volunteers is one of the reasons why Bethesda CARE Centre has come thus far. Coming from all walks of life and backgrounds, these volunteers are our extended hands and feet that help to bring love and care to the community. They include individuals, students and staff from secondary schools and tertiary institutions, as well as corporate companies. A helping hand outstretched, a warm smile or even just a listening ear has made a difference in the lives of our beneficiaries.

TESTIMONY

During my volunteering stint, I had the opportunity to work closely with some FAME Club members, guiding them in some essential skills like food preparation, cooking and cleaning. I even helped them in some simple gardening work! I realised that most of these are important skills that would help them in their recovery and being able to take better care of themselves. There was a sense of achievement in both the members and in myself when we could accomplish those tasks. I enjoyed myself thoroughly and would definitely love to return to volunteer at the programme again. ~Fiona Teh, Student Volunteer (MDIS)

YOU CAN MAKE A DIFFERENCE TOO!!

Come partner with us as we continue to reach out to those in need.....

Bethesda CARE Centre depends on support from well-wishers to fund our programmes and services. Every bit counts. The changed lives of individuals are a testimony of how every contribution, big or small goes a long way in touching lives and impacting individuals.



**Bethesda CARE is an approved IPC (Institutions of Public Character),
your donations are 2.5 times tax deductible.**

DONATIONS CAN BE MADE IN THE FOLLOWING WAYS:

CHEQUE

Please make crossed
cheque payable to
"Bethesda CARE
Centre"

BANK TRANSFER

OCBC Bank
A/C No: 629042045001

PAYNOW

UEN S96SS0198KD01

gi♥ing.sg

the city of good

[Online Donation](#)

🌐 www.bcare.org.sg | ✉ admin@bcare.org.sg | 📍 Blk 242 #01-93 Hougang St 22 S(530242) | ☎ (+65) 63404161

📱 <https://www.facebook.com/Bethesdacare> | 📷 <https://www.instagram.com/bcaresg/>