

AHL FAMILY NEWSLETTER

Touch each other's heart and live a full life

June 2016

EVERYONE HAS A STORY

In AHL, we believe everyone has a rich and interesting life story, waiting to be told and shared. In this issue, we are proud to share the inspiring stories of our dear Residents; their rich 'life story book' which tells of their whole life till now and their life stories continue as they join our family in the Lodge.

LIFE STORY BOOK . LIFE IS A STORY, WHAT DOES YOURS SAY?

These inspiring life stories are co-created through respectful collaboration between our staff and Residents. It is indeed a mutual discovery and growth journey. In the process, staff have the privilege of entering into the world of our residents that was unknown to them before. Many of our residents tell their stories with enthusiasm and fond memories and others with tears. Residents were not hindered by the "disabilities" of dementia such as difficulty in articulation and readily share of their lives which they had lived and deserved to be shared and celebrated.

As these stories were told to caregivers/ family members, they could not hide their amazement or were surprised by new discoveries of their elderly.



Life story books painted by residents

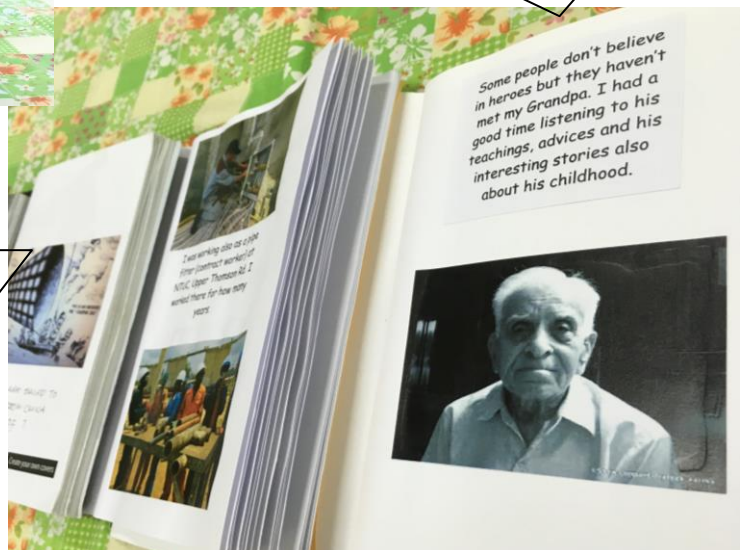


"Some people don't believe in heroes but they haven't met my Grandpa." - from one of our residents, expressing his love and respect for a person who plays a very important role in his life.



k2945997 www.fotosearch.com ©

"I sailed to Singapore from China at the age of 7" - the life story of one of our residents.



Some people don't believe in heroes but they haven't met my Grandpa. I had a good time listening to his teachings, advices and his interesting stories also about his childhood.

PERSONALISED SCHEDULES

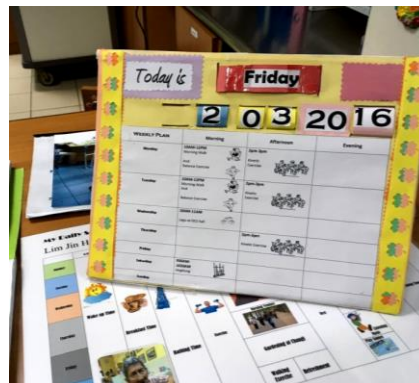
Their individualised life story and personalised schedule illustrate the colourful lives of our residents and give us a privileged glimpse into their world.

Each of our Resident in Assisted Living Homes will have their own personalised schedule which reflects their preferred lifestyles, choice of activities they want to participate and what is meaningful to them at this phase of their life. In AHL, they are busy individuals living fulfilled lives!

And let's peek at their busy, full lives ...



"How are you Dear!" Mdm Wee's signature greeting.



FAMILY ANNOUNCEMENTS

1. SKYPE with Family
We are happy to announce that our lodge now has SKYPE services available!

2. Upcoming programmes for families and residents.
(a) ANGKLUNG with families
(b) SYNERGY - Co-creating art with families
(c) CIRCLE OF LIFE - Percussion/ Drumming with families.

(d) MORNING VENTURE - Join us on a leisurely trip to White Sands Pasir Ris to enjoy breakfast together with your loved ones.

For more details, please call 6585-2265 ext 236 and look for Audrey Loo, Family Engagement & Psychotherapist.

3. Upcoming newsletter
We will be featuring how we create a nurturing community and space! Stay Tuned!



Monday 9am-11am
Morning Venture:
going out to the community for a nice walk, bus ride and a cup of coffee



Monday 10am-11am
Music Sing-along
Enjoying a musical session of singing and dancing in the hall to familiar songs of yesteryear!

