

AHL FAMILY NEWSLETTER

Touch each other's heart and live a full life

October 2016

CREATING A NURTURING COMMUNITY AND SPACE

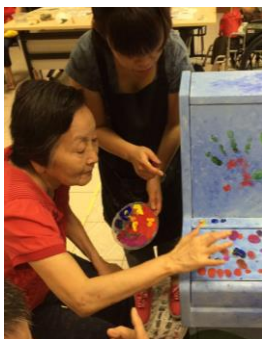


AHL strives to create a community and environment in the Lodge that makes residents feel safe, secure and enables them to live their life to the fullest.

Our space and activities serve to empower and engage residents to be involved in the Lodge's community and live a normalised life.

Dining in the Garden is a great example of this initiative. Together with the staff, residents set up tables and prepare their dinner in the garden. Thereafter they enjoy a sumptuous meal as a family in the rejuvenating garden where they do their gardening daily.

RESIDENTS EMPOWERED IN A NURTURING COMMUNITY & SPACE



Whenever one enters into our Lodge, one can hear warm chit chat, laughter and witness the comradeships, love and care of staff for residents.

Almost all residents will be busy doing what they like, from work-based activities such as moss cleaning, Silverable Me, house-hold chores such as wiping cutleries, folding clothes to leisure activities such as football, billiard, mahjong, colouring, lego, calligraphy and watching one's favorite programmes or listening to music streamed thru the ipads. Truly, it's a home for interaction and developing friendships with others.

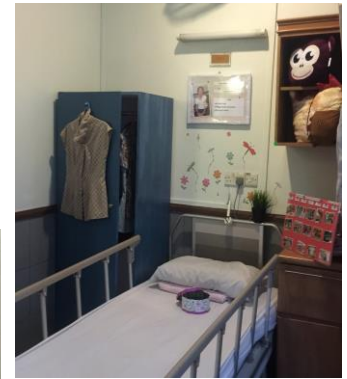
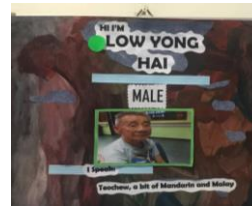
IN YOUR NEXT VISIT , PLEASE DO NOT HESITATE TO JOIN IN THE FUN!

PERSONALIZED SPACE

Sam Gosling, Ph.D., an associate professor of psychology at the University of Texas at Austin, elaborates on the important psychological comfort we gain by personalizing the space around us:

"People tend to be happier, healthier, and more productive when they can bring other people's view into line with their own"

As a proponent of Person Centred Care, we support our residents to personalize their bed space with personal belongings and familiar items to make it more like their own homes.



PERSONALIZED CORNER



We are planted by residents!



I am created by Mr. Ng!



Guys, what do u think about the coffee today?

HOMELY ENVIRONMENT

A reminiscence room, a decorated corridor showcasing talents of our residents, a beautiful garden tended by green fingers of Residents further enhances the homely touches.

Residents can be themselves; sit or laze around on a cozy sofa, relive the 'kampong' life as they chit chat over a cup of coffee.

Other Residents joined the staff to ensure the Home is neat, tidy and a pride of all at all times. And residents will do grocery shopping, bake a cake and share with all to enjoy.

Truly, every resident is a unique and valuable member of the big family. It is here that their inspiring stories continue.

"HOME IS WHERE OUR STORY BEGINS" - ANONYMOUS.

FAMILY ANNOUNCEMENTS

1. SKYPE with Family
It is with great joy to announce that our lodge now has SKYPE services available! To find out more please contact Enrolled Nurse at each Home)

2. Upcoming programmes for families and residents.
(a) ANGKLUNG with families

(b) CIRCLE OF LIFE - Percussion/ Drumming with families.

(c) MORNING VENTURE - Take a trip down 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.

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