



Building Stronger Communities, Together

ACTIVE AGEING CENTRE@ FILOS



The Songs We Love



MONTHLY HIGHLIGHT

Ageing Healthily: The Songs We Love

Music often evokes nostalgia and many of us have songs which remind us of a particular memory or period in our life. Our seniors enjoy reminiscing while listening to and singing songs which bring back fond memories for them.

“**The Songs We Love**” is an Active Ageing Programme at Filos that seeks to help our seniors to maintain their cognitive health.

A married couple in their golden years, Doris and Danny conduct this programme every other Thursday at Filos' Active Ageing Centre. Doris, who has been volunteering to help seniors for the past 10 years, shared “We are motivated to see the seniors enjoying the programme, reflected in their happy faces as they sing their hearts out.”

While Doris leads the group in singing, Danny diligently handles all the technical aspects. Danny,

who is in his 70's, expressed his gratitude for the chance to volunteer alongside his wife, "Volunteering has kept me busy and provided me an avenue to continue what I enjoy - working with technology."

It is clear that the activity is well-loved by our senior beneficiaries. 88-year-old Mr Ho, who is one of our regular participants exclaimed gleefully, "I'm very happy, I love to sing. I participate in a few of Filos' activities, but *The Songs We Love* is the programme I look forward to the most."

If you would like to share your skills or conduct activities for our seniors, sign up as an [Activity Organiser / Facilitator](#) or write to us at volunteer@filos.sg!



PROGRAMME HIGHLIGHTS

Together, we can do more!

On March 8th, we commemorate **International Women's Day**! This year's theme is "Embrace Equity" which focuses on creating an inclusive and equitable world.

We would also like to take this opportunity to feature some of our many female volunteers who have made an impact through volunteerism.

Last year, Srinidhi and her all-female team of volunteers first collaborated with Filos under their Junior College's Values-In-Action project to support low income children in the community. Through volunteering, they helped to impart life skills and build the literacy skills of our children, enabling these children to receive much-needed support and mentorship to achieve equal outcomes as their peers.

Having found the experience meaningful and fulfilling, Srinidhi is hoping to rope in more friends to volunteer with Filos in their personal capacity and make a difference in the community around

them- truly exemplifying what it means for women to partake in creating an inclusive and equitable world together!

If you have been inspired to volunteer, do check out the list of opportunities below or reach out to us at volunteer@filos.sg.

Filos Volunteer Training

FUNDAMENTALS OF BEFRIENDING



Learn from experts about:

- Common ageing issues faced by the elderly
- How to effectively communicate with seniors

PROGRAMME HIGHLIGHTS

Alleviating social isolation through befriending

The phenomenon of social isolation in seniors is a rising concern that comes with a rapidly ageing population. A study conducted by Duke-NUS Medical School in 2018 revealed that socially isolated seniors are more likely to experience depressive symptoms. A strong social network was also identified as playing a key role in decreasing the sense of loneliness in seniors and ultimately, in improving the overall well-being of the seniors.

At Filos' Active Ageing Centre, we work towards helping seniors build their social network and keeping them engaged in the community to alleviate the sense of isolation.

One of the ways we do so is through our befriending programmes. Our devoted volunteers help check in on the mental and physical wellness of Kembangan-Chai Chee's seniors through making phone calls and house visits on a regular basis. Recognising the importance of volunteers, Filos also conducts regular training to upskill and empower them in their roles.

Our upcoming volunteer training session on the "**Fundamentals of Befriending**" will take place on **1 April (Sat) from 9.30am to 1pm over Zoom**. We invite all current and aspiring volunteer befrienders to join us at the session. Find out more and sign up at bit.ly/FilosTraining-1Apr today!



STORY OF THE MONTH

Touching Lives: Filos' services for seniors

Filos' services for the elderly aim to support seniors in Kembangan-Chai Chee in building strong social connections in their neighbourhood and in receiving timely access to integrated health and social care. Read on to learn how our volunteers and staff alike have touched the lives of our senior beneficiaries!

Breaking Joyce's Expectations - For those with moderate or early-stage dementia, Cognitive Stimulation Therapy (CST) is an evidence-based treatment that has been proven to help with their cognitive conditions.

It took some convincing by her son before one of our beneficiaries, Joyce agreed to attend CST at Filos. However, from her very first session, she was grateful to have been met with the kindness and patience of our professional Eldersitter, Eva. Over time, she gradually opened up and Eva became a friend she could turn to. "From then on, I eagerly looked forward to Tuesdays and Fridays because I could learn a lot from Eva," Joyce shared in a heartfelt handwritten note.

Reaching Mdm Song* - When Senior Befriender, Stephen first approached Mdm Song, their brief conversations over the gate of her unit did not offer much room for rapport building.

With each visit by Stephen though, she slowly came out of her shell and eventually started opening up to Stephen about her problems. Now, Mdm Song would even go on regular walks with Stephen despite her mobility issues, which allowed more opportunities for her to exercise and socialise.

As we progress further into 2023, we hope to continue serving and empowering our beneficiaries so that they may continue to age happily in their community.

**Pseudonym is used to protect the identity of the beneficiary.*

VOLUNTEERING OPPORTUNITIES

Make a difference in someone's life and volunteer with us today!

If you are thinking of ways to give back to the community, you could consider making a donation or sharing your skills and time for a great cause.

Check out the various volunteering opportunities at Filos and within Bedok Town below!

"We make a living by what we get, we make a life by what we give."

- Winston Churchill

A promotional graphic for Filos SG Cares Volunteer Centre @ Bedok. It features the organization's logo, the text "WE'RE ON TELEGRAM!" in large bold letters, and the Telegram link "https://t.me/BedokVC" in a blue box. To the right is a large blue circle containing the white Telegram paper plane icon.

filos **SG Cares**
Volunteer Centre
@ Bedok

WE'RE ON TELEGRAM!

<https://t.me/BedokVC>

Filos Community Services

Family, Children and Youth

- [Activity Organiser \(Green Spot Activity Centre\)](#)
- [Programme Trainer - Total Recall / e-Teens](#)

Eldercare

- [Activity Organiser \(Active Ageing Centre - AAC\)](#)
- [Activity Facilitator \(AAC\)](#)
- [Exercise Facilitator](#)
- [Facilitator - Cognitive Stimulation Therapy](#)
- [Senior Befrienders](#)

Skills-based

- [Drivers for Ad-hoc Collections](#)

Volunteer Recruitment Talks

- [Volunteering with Families, Children and Youth](#)
- [Volunteering with Seniors](#)

SG Cares Volunteer Centre @ Bedok

Family

- [ComLink Bedok - Family Befriender](#)

Multi-service

- [SG Cares VC @ Bedok - Adopt a Repair](#)
- [Various organisations - Meals On Wheels](#)
- [Various organisations - Haircut Services](#)

Seniors

- [Active Ageing Centres - Befriender](#)
- [LC Nursing Home - Befriender](#)
- [NKF - Dialysis Centre Volunteer](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [SG Cares VC @ Bedok - Clean & Shine \(House-cleaning for seniors\)](#)
- [SGO - Silver Generation Ambassador](#)

Persons with Disabilities

- [MINDS - Customised Respite Carers](#)
- [St Andrew's Autism Centre - Class Support Volunteer](#)
- [SUN-DAC - Activity Befriender](#)

Volunteer with Us Today!

DONATE

Giving Hope to the Community

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

Donate Today!

Get in Touch

About Filos

Filos Community Services is a not-for-profit social service organisation. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Get the latest updates on our different platforms via this link: <https://linktr.ee/filosCS>



Or scan the QR code above for more details!

Filos @ 55

55 Chai Chee Drive #01-222
Singapore 460055

T +65 6241 1503 | F +6242 6039

Filos @ 38

38 Chai Chee Avenue #01-177
Singapore 461038

T +65 6242 5978 | F +6242 6039



Copyright © 2023 Filos Community Services Ltd, All rights reserved.