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WELCOME NEW MEMBERS (February 2014)

ANG Mary
CHAN Kim Moi
CHAN Ngan Ling
CHAN Wing Shing, Raymond
ENG Poh Tzan
GOH Aik Guan
LIM Annie @ Lim Anne
Sabirah Bte Alavi Kutty
TAN Quee Hon
Tan Yang Lim Albert
TANDEAN Nancy

DOCTOR IN THE HOUSE

What is the difference between a sigmoidoscopy and a colonoscopy?

Nancy Tan

A sigmoidoscopy is the endoscopic examination of the rectum and sigmoid colon only. These two segments make up the last approximately 30% of the large intestine. Colon cancer occurs more frequently in these 2 segments.

A colonoscopy is the endoscopic examination of the entire colon. The colonoscopy is a more complete examination.

A sigmoidoscopy is sometimes recommended in

President's Message

The government's recent package to recognise and take care of Singapore's Pioneer Generation (PG) must have touched the hearts of many RSVP members. Indeed, more than half of our members are 65 years old and above. I am very happy for all our PG citizens. They contributed significantly to make Singapore the success that it is today. Congratulations for a well-deserved recognition.

It has always been RSVP's belief since our founding in 1998 that PG citizens still have a lot to offer. Hence, our mission to get more seniors, with their wealth of wisdom and experience, to volunteer their services. While health-care benefits are important, our elders also need socio-emotional support. Seniors helping fellow seniors to combat loneliness and isolation will go a long way towards creating a stronger and more caring society.

RSVP has a stronger voice now. The government sought our views on PG issues. We were also well represented at the Prime Minister's Istana Garden Party for the PG. We can all be proud of what RSVP has achieved thus far.

I would like to renew my call to members to continue to contribute and remain productive PG citizens.

Yours sincerely,
Koh Juay Meng

我国政府最近对我国建国一代的贡献作出一系列的表彰和关注的举措，确实触动了不少 RSVP 会员朋友们的心灵。实际上，超过一半的 RSVP 会员们的年龄都超越了 65 岁。我非常高兴在我们的会员当中有着不少属于建国一代的公民，他们曾经提供了富有意义的贡献，使我国日趋繁荣，而拥有了今天的地位。祝贺你们当之无愧的认可。

RSVP 自 1998 年成立以来，一直都确信今天的建国一代乐龄人士依然具有可观的活力；因此我们的任务是争取更多乐龄人士的参与，以他们丰富的智慧和经验来加入我们的义工服务，使我们的力量日益壮大。无可否认，保持身体健康固然使我们得益；我们的乐龄人士也需要友谊感情上的支援。例如在面临寂寞和孤单时，乐龄人士可以协助乐龄伙伴互助互勉，解决烦恼。凡此种种都要花上好些日子，从而建构成一个强健和更具关怀性的社会。时到今天，RSVP 已日趋成长，也更具规模，在“建国一代”的策略计划上，我们的政府不时寻求 RSVP 的意见，共谋策略。我们在总统府的园游会上充当了“建国一代”的代表，我们也为 RSVP 争取到今天的地位，感到相当自豪。我要再次强调我以前的呼吁，请大家努力不懈，作为建国一代的一分子，而不遗余力地为自己的光辉岁月，继续发光。

此致，
许悦明

Chinese New Year party to welcome the Year of the Horse 农历春节派对迎马年



Eighty RSVP members, including Board Members, celebrated the Lunar New Year or Spring Festival on 7 February. The celebration started with the traditional lion dance performed by

patients at low risk of colon cancer as part of screening in conjunction with a stool test for traces of blood or if they have symptoms attributable to the left side of the abdomen (where the sigmoid colon lies).

Dr Sujit Singh Gill
The Vascular & General Surgery Centre

Do send in your troubling health problems in a short question to us at general@rsvp.org.sg. We will try to get a doctor/specialist to answer it.

UPCOMING ACTIVITIES

A Journey down Memory Lane – Rediffusion (for RSVP Members only)
Saturday, 22 March 2014
9am to 12noon
RSVP Level 8 MPH
Free of Charge

50Plus Expo 2014



28 – 30 March 2014
11am to 9pm
Suntec Singapore, Level 4, Hall 401 - 404
(RSVP Singapore is a supporting organisation)
Click [here](#) for more information!

Josephine Leong and Chan Lai Foon. It was an afternoon of feasting and singing. We were indeed privileged to have with us Ms Angie Kim, Managing Director of Novartis, who so kindly presented RSVP with a \$3,000 cheque as part of “The Unforgettables” campaign. Mr Koh Juay Meng, RSVP’s president, in his message urged all members to embrace change as change would be imminent. He also gave away hongbaos to all present.

于 2 月 7 日，八十名 RSVP 会员包括了理事会成员参与了我们的农历春节派对。派对的开始是由 Josephine Leong 与 Chan Lai Foon 表演传统舞狮。整个下午充满了吃喝与歌唱的欢愉。我们也很荣幸邀请了 Novartis 的董事，Angie Kim 女士，参与我们的派对。Angie Kim 女士也为“难忘的”运动赠送给 RSVP 一张\$3,000 支票。RSVP 会长，许悦明先生，在致词时呼吁会员们要以宽容的心态面对迫切的改变。会长也在派对中颁发红包给出席的会员们。



For more photos, visit our Facebook—click [here](#).

RSVP Charity Golf 2014 2014 慈善高尔夫球赛

RSVP SINGAPORE CHARITY GOLF 2014
7 May 2014, 1.00pm (Shot-gun start)
Singapore Island Country Club, New course
Guest-of-Honour: Mr Lim Boon Heng, Chairman, Temasek Holdings
Fees: One full flight @\$3,000 inclusive of lunch and dinner
Hole-in-One Prize: Mercedes-Benz E-Class E200 Elegance worth \$154,700

RSVP SINGAPORE
THE ORGANISATION OF SENIOR VOLUNTEERS

RSVP Singapore – The Organisation of Senior Volunteers
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Email: general@rsvp.org.sg Website: www.rsvp.org.sg

RSVP will be organising a charity golf game on 7 May 2014 at the Singapore Island Country Club’s New Course to raise funds for our service community programmes for 50,000 beneficiaries. Our Guest-of-Honour will be Mr Lim Boon Heng, Chairman of Temasek Holdings. This is a particularly important fund-raising event for RSVP given the government’s recently launched Care & Share Movement which aims to mobilize resources to help the disadvantaged and promote the spirit of giving among Singaporeans. Under this scheme the government will match dollar for dollar funds raised by RSVP and other charitable organisations in 2014. Our aim is to receive a matching grant of \$200,000. We are thus counting on RSVP members to give this event their full support! For more details on how you can do so, please go to our website (www.rsvp.org.sg) or refer to our recent RSVP News e-blast sent out on 14 February.

RSVP 新加坡乐龄义工协会将于 2014 年 5 月 7 日在新加坡岛屿俱乐部的新球场，为我们的社区服务项目下的 50,000 名受益者举办一场慈善高尔夫球赛，以筹募基金。

当天的贵宾是淡马锡控股公司主席林文兴先生。这是 RSVP 配合政府为调动资源协助弱势群体，和发扬国人奉献精神，于近期推出的关怀与分享运动而举办的特别重要的筹款盛事。

在这项计划下，政府将对乐龄义工协会和其他慈善团体于 2014 年筹得的款项，给予一元对一元的资助。我们的目标是筹到 200,000 元，以便政府资助同等金额。因此，我们期望会员们对这项义举予以全力支持。

欲知详情，请浏览我们的网页或参阅 2 月 14 日发出的电子会讯。



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Tel: 6485 6111/ 6485 6113

About RSVP Singapore

RSVP Singapore The Organisation of Senior Volunteers is a non-profit organisation launched by the then Prime Minister Goh Chok Tong in October 1998 and approved as an Institution of Public Character in 1999. Its mission is to provide opportunities for seniors to serve the community with their talent and experience through purpose-driven volunteerism. Its major programmes are Cyberguide, Mentally Disadvantaged Outreach, Mentoring, Changi Service Ambassadors, Active Ageing Seniors, Ageing-in-Place, Enriching Lives of Seniors, Learning Journey and Senior Guiding.

Follow us on [FACEBOOK](#) or visit our Website www.rsvp.org.sg

Care and Share Movement

Apart from special privileges given out by the government to seniors aged 65 years and above as part of the Pioneer Generation package, the government has added another sweetener for all qualified voluntary welfare organisations. For every dollar RSVP raises as part of its fund raising, it will be matched by an equal dollar from the government.

So, friends and members of RSVP, do donate generously towards our cause. For a start, donate towards our Charity Golf event on 7 May, where we hope to raise \$200,000. More details in our webpage - <http://bit.ly/ii6ebPT>

National Council of Social Service visits RSVP Singapore



Mr Sim Gim Guan, CEO of National Council of Social Service (NCSS) and ten of his staff members visited our premises on 12 February 2014. This was Mr Sim's first visit to RSVP Singapore since he took up his appointment as CEO of NCSS on 1 November 2013. Our President, Mr. Koh Juay Meng led the sharing session. Our Executive Director, Mr. Edmund Song and Board members, Mr Sunny Chan, Mr Ngiam Tong Yuen and Ms Lily Lee, presented information on RSVP's programmes and related issues on senior volunteerism. A lively discussion with our NCSS colleagues ensued. Our signature event "Senior Volunteer Week" was highlighted as novel way to attract more seniors to join the voluntary community. The large presence of our Board, including our 1st and 2nd Presidents and Honorary Secretary underlined the importance we attach to having good relationship with NCSS. After a tour of our training centre on level 8, the visit ended with tea and snacks for all involved.

Encouraging email for Cyberguide and Silver IT Care Programmes

From: amrit kaur [redacted]
Sent: Tuesday, 11 February, 2014 3:27 PM
To: RSVP News
Subject: Request for Meeting

Dear RSVP

I am writing in to find out more about your Silver IT Care helpline and the Cyber Guide program.
I got your email address from Mr. Lam who attended to my call to your center and guided me to write this email.

I heard about your IT Care helpline on radio and I am very impressed with the initiative. I am an Indian from New Delhi, not a Singaporean. And would like to have a similar idea started in India.

For this, I wanted to come and meet the people who could tell me more about the programs.

Thank you once again and many congratulations on your on going good work at RSVP.
I look forward to meeting your offices at the earliest.

Best

Amrit Kaur
[redacted]

RSVP Singapore received a very encouraging email from Ms Amrit Kaur, a citizen of India. Ms Amrit had heard about our Cyberguide and Silver IT Care Programmes on the radio. As she was impressed and inspired by our programmes, which focused on "seniors helping seniors", she hopes to start a similar programme in India. We are very glad that our programmes have struck a chord with her. A visit to RSVP Singapore will be arranged to give Ms Amrit a more in-depth knowledge of our organization and its programmes.

If you are having problems with your computers, please call the Silver IT Care hotline at 64856113 / 64856134, or visit the Helpdesk at RSVP Singapore, Level 8. You can also drop an email to us at general@rsvp.org.sg and we try to address your with PC maintenance problem as best as we can.