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## **PRESS RELEASE**

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**FOR IMMEDIATE RELEASE**

### **SENIOR VOLUNTEERS ENCOURAGE OTHER SENIORS TO GIVE THANKS TO THEIR LOVED ONES**

*Singapore, 29 September 2018* – Express thanks and strengthen relationships with your loved ones through simple acts of gratitude - that is the message that senior volunteers want to instil in their peers.

The senior volunteers are from RSVP Singapore The Organisation of Senior Volunteers and are working hard to encourage more seniors to give thanks, instead of just receiving it, through simple acts of gratitude.

This movement, called the “Seniors Give Thanks!” campaign, is already in its fourth year. It was first launched in Singapore in 2014 by the National Council of Social Service (NCSS) together with social service organisations, community and corporate. The campaign is held in conjunction with the International Day of Older Persons (IDOP) celebration.

Findings from the Quality of Life Study by NCSS in 2015 have shown that social participation is one domain with the greatest impact on improving quality of life of seniors. Community activities like “Senior Give Thanks!” which celebrate seniors’ bonds and relationships with loved ones, can help to improve seniors’ feelings of love and companionship.

This year, more than 200 seniors from seven senior activity centres will converge at the Lifelong Learning Institute on 29 September to present handwritten cards to their loved ones to show their appreciation.

The event, in support of the Singapore Cares (SG Cares) Movement that looks at building a caring and inclusive society, will complement other smaller-scale IDOP celebrations at 16 centres islandwide. Of which, the first was held on 30 August with RSVP's senior volunteers celebrating IDOP with 35 seniors at Lakeside Family Service Centre and the last expecting to end in mid-October. In total, IDOP celebrations this year will reach out to over 400 seniors.

Mdm Wendy Aw, 66, a senior from Pacific Activity Centre, has written handmade cards for her two friends, Mdm Ainon and Mdm Rohaya. While they do not speak the other's language, Mdm Aw is thankful that both ladies have helped her in the three years they've known each other.

More than 19,000 "Thank You" cards have been distributed to 52 agencies for seniors to pen their gratitude and present to their loved ones. It will be the second time that multiple social service organisations are gathered at a single venue to celebrate the day as a sector.

Senior Minister of State for Law and Health Mr Edwin Tong will be present at the event to lend his support.

The IDOP was established on 14 December 1990 by the United Nations General Assembly. It is observed every year on 1 October.

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For press enquiries, please contact:

Ms Nur Rashidah Khalid  
Manager, Corporate Communications  
Mobile: 6485 6124  
Email: [rashidah@rsvp.org.sg](mailto:rashidah@rsvp.org.sg)

Ms Neo Hong Hong  
Assistant Director, Corporate Partnership & Fund Development and Corporate Communications  
Mobile: 6485 6105  
Email: [honghongneo@rsvp.org.sg](mailto:honghongneo@rsvp.org.sg)

### **About RSVP Singapore**

RSVP Singapore The Organisation of Senior Volunteers is a non-profit organisation and an Institution of Public Character as defined under the Charity Act. The organisation started in 1998 and was launched by then-Prime Minister Mr Goh Chok Tong. RSVP Singapore is a registered society under the Societies Act and a member of the National Council of Social Service (NCSS).

Since its inception, RSVP Singapore has been actively engaging seniors in purpose-driven volunteerism. With over 2,500 volunteers, RSVP Singapore serves more than 200,000 beneficiaries each year including the mentally disadvantaged, at-risk children from low income families, and socially isolated seniors through its community service programmes.

### **About International Day of Older Persons (IDOP) 2018**

International Day of Older Persons, or IDOP, was first launched in Singapore in 2014 and is an initiative coordinated by National Council of Social Service (NCSS). As part of the celebrations, NCSS introduced the “Seniors Give Thanks!” campaign, for seniors to give thanks to their loved ones by penning their thanks on the cards. In 2017, RSVP spearheaded the IDOP celebrations for the first time. This is the second year RSVP is organising the event.

There will be over 200 senior participants from seven senior activity centres: Jamiyah Nursing Home, THK SAC @ Cassia, Viriya Community Services, Pacific Activity Centres (Sunshine Gardens, Punggol Ripples 211B, Punggol Ripples 264A) and FILOS Community Services.

### **About SG Cares**

SG Cares is a social movement championed by public agencies, corporate and community partners to build a more caring and inclusive home for all. The movement invites all

Singaporeans and people who live in Singapore to put values into action through active volunteerism, ground-up efforts and everyday acts of care. It also aims to build capability and share resources across various sectors and organisations to grow opportunities for volunteering. By inspiring and supporting one another, we can show the world that we are a nation that cares. [www.sgcares.sg](http://www.sgcares.sg)

## Annex B

<b>IDOP 2018 Programme</b>	
<b>9.30am</b>	Arrival of guests and senior participants
<b>10.05am</b>	Qigong performance by Pacific Activity Centre (Sunshine CCK)
<b>10.20am</b>	Batik painting activity by Jamiyah Nursing Home
<b>11.00am</b>	Arrival of GOH
<b>11.03am</b>	Welcome address by Mr Koh Juay Meng, Chairman, RSVP Singapore
<b>11.05am</b>	Showcase of IDOP celebrations and stories
<b>11.40am</b>	Writing of "Thank You" cards and presentation to their family members/close friends
<b>12.10pm</b>	Closing Address by GOH
<b>12.20pm</b>	Networking & lunch
<b>1.00pm</b>	End of event

**Partner Organisations for Small-Scale IDOP celebrations**

(From end August to mid-October)

1. CARElderly Seniors Activity Centre (SAC) @ Circuit Road
2. Centre for Geriatric Medicine - Tan Tock Seng Hospital
3. Jamiyah Nursing Home
4. Lakeside FSC
5. Orange Valley SAC
6. PEACE-Connect Cluster Operator
7. St Luke's Eldercare – Ayer Rajah Centre
8. St Luke's Eldercare – Keat Hong
9. St Luke's Eldercare – Sumang Centre
10. St Luke's ElderCare Ltd – (Chong Pang Centre) at Yishun
11. St Luke's ElderCare Ltd – Kebun Bahru Centre
12. St Luke's ElderCare Ltd – (Nee Soon Central Centre) at Yishun
13. St Luke's ElderCare Ltd – (Nee Soon East Centre) at Yishun
14. St Luke's Eldercare Ltd (Rivervale Centre)
15. Thye Hua Kwan Seniors Activity Centre @ Cassia
16. THK Bedok Radiance SAC

Featured Stories



Story 1: Mr Chiang Kum Kuan, 78

Mr Chiang Kum Kuan is grateful to his wife, Mdm Ng Yeok Yip, for taking care of the family while he was at work. He felt that she has done a great job of bringing up the children. All of their children are grown up and have families of their own. They are celebrating their 50<sup>th</sup> wedding anniversary this year.



Story 2: Mdm Rajammah D/O Kainnaiya, 87

Mdm Rajammah is a widow with 12 children. She currently stays with her youngest daughter's family in a one-room rental flat in Clementi. Mdm Rajammah is thankful for her daughter, who takes care of her and her grandchildren although she is working full-time.



Story 3: Mdm Wendy Aw, 66

Mdm Wendy's friendship with Mdm Aion & Mdm Rohaya transcends racial and language barriers. Mdm Wendy speaks only Mandarin whereas Mdm Aion & Mdm Rohaya speak Malay and some English. Mdm Aw is very thankful for both ladies as they have helped her and her family throughout the three years they have known each other.