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*For immediate release*

## **Nursing home residents relive memories of a Long Long Time Ago**

Over 120 seniors from Ling Kwang Home for Senior Citizens, including their day care and Singapore Programme for Integrated Care for the Elderly (SPICE) clients, relived memories of their younger days thanks to a special screening of Jack Neo's "Long Long Time Ago" (我们的故事) today. They were also treated to a surprise appearance by film director Jack Neo and members of the cast. This is part of a corporate social responsibility (CSR) effort by mm2 Entertainment and Jteam Productions in collaboration with the Agency for Integrated Care (AIC).

2. While today's event was a special treat, movie screenings are a regular Tuesday fixture for residents and clients at Ling Kwang Home for Senior Citizens. This is one of the close to 20 recreational and social activities the home has been running to improve the social and emotional wellbeing of their residents and clients. These include weekly *kopitiam* Wednesdays where residents get to purchase drinks and snacks from "vendors", spa and karaoke sessions and art activities.

3. "I am not able to visit a cinema, but I still get to watch the movies shown here every week," said Mdm Chua Chee Neo, 82, a resident of the home. "I also enjoy

other recreational activities like the weekly *kopitiam* sessions and the *mahjong* sessions every afternoon.”

4. “On behalf of our seniors, we would like to thank Jack Neo and his team for this special screening. The nostalgic movie will help them reminisce and recall their kampong days, sparking memories and conversations with their peers. At Ling Kwang Home, we believe in supporting our seniors to age well here in their “second” home. Besides caring for our residents’ physical needs, we also focus on their social and emotional needs, and encourage them to stay active. We do this through our recreational activities to help our seniors find new interests, pick up new skills and keep them meaningfully engaged. ,” said Dennis Tan, Chief Executive Officer of Ling Kwang Home for Senior Citizens, noting that the Enhanced Nursing Home Standards specifically mentioned the need for nursing homes to look after the psychosocial wellbeing of residents and provide activities to engage them.

5. The home has also been organising visual arts and creative movement sessions for its residents under the AIC Wellness Programme since 2014. The programme aims to increase the variety of recreational and social activities Community Care institutions can tap on to improve their clients’ wellbeing and quality of life. As part of the programme, nine of their staff have undergone training to conduct art activities with their residents and clients to enhance their mobility, sensory experience and imagination.

6. The AIC Wellness Programme started in 2014. It currently comprises three activities – visual arts, creative movement and Tai Chi. The activities have been

rolled out islandwide to Community Care institutions such as community hospitals, nursing homes, hospices and senior care centres. It is supported by the National Arts Council who signed a three-year Memorandum of Understanding with AIC in March 2016 to introduce more arts-based activities into the Community Care sector.

7. Said Dr Seow Yong Tong, Chief of AIC's ILTC Quality, Innovation & Productivity Division and Long Term Residential Care Development Office, "In recent years, we have seen a 100% increase in the number of Community Care organisations participating in the AIC Wellness Programme. As of April 2016, over 200 staff from over 40 organisations have been trained to organise its activities. This is very heartening as psychosocial activities can improve our seniors' wellbeing and quality of life, important elements to ageing well at home and in the community. We will continue to support the Community Care sector in developing and rolling more wellness activities to support them in their efforts to provide better care holistically."

8. As part of this CSR effort, interested Community Care institutions can also screen this movie for free for their clients.

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## **About the Agency for Integrated Care (AIC)**

The Agency for Integrated Care (AIC) seeks to create a vibrant Care Community enabling people to live well and age gracefully. AIC coordinates and facilitates efforts in care integration to achieve the best care outcomes for our clients. We do this by empowering them with health and social care information and arranging for their care when they are discharged from hospitals. We enable stakeholders to raise the quality of care, and also enhance collaboration by working with health and social care providers to increase services to support the ageing population. Our work in the community brings care services and information closer to those in need. For more information, please visit [www.aic.sg](http://www.aic.sg).