

Nee Soon Link

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RECREATION HUB OF THE NORTH

These days, residents in Nee Soon enjoy more recreational options at their doorsteps. With three more developments – Northpoint City, Kebun Baru CC and Yishun Park Hawker Centre jazzing up the neighbourhood, life is going to get more exciting every day!



Must-Try Hawker Food

Enjoy great food at the newly-opened Yishun Park Hawker Centre

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Largest Mall in the North

With the opening of the new South Wing, Northpoint City is now the largest mall in the North. Taste new culinary concepts at Makan Town and Bagus foodcourts. Try out a wide variety of electronic products at the expanded two-storey Harvey Norman. Stock up on groceries at two supermarkets – NTUC Fairprice and Cold Storage. Book-lovers can visit the re-opened Yishun Public Library. Residents can also look forward to upcoming Nee Soon Central CC, the first community club housed in a shopping mall.



President meets Kebun Baru kids

Showing off their talents to the President was a great encouragement for under-privileged kids

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Revamped Kebun Baru CC

Kebun Baru Community Club at 216 Ang Mo Kio Avenue 4 is now open after a two-year renovation. Sports buffs can enjoy new amenities such as basketball and badminton courts. Music lovers can make full use of the karaoke room, piano room and dance studio. Everyone can hang out at the Burger King, Domino's and café on site, or at upcoming activities such as English Premier League game screenings.

Yishun Park Hawker Centre Officially Open

The long-awaited Yishun Park Hawker Centre held its grand opening ceremony on 24 November 2017.

Residents have 43 cooked food stalls to choose from. The meals are wallet-friendly with each stall selling at least one main dish priced at \$3 or less.

Family-friendly features include child-friendly toilets and seating designed for families. After taking their meals, residents can try their hands at arcade games and pinball machines, or join in the regular community events and soccer match screenings in the hawker centre.

Move on to the next page to see what is in store!



New Buses, 807, 860 & 71

A better commuting experience coming your way

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MUST-TRIES AT YISHUN PARK HAWKER CENTRE

The hawkers at Yishun Park Hawker Centre range from well-loved brands to innovative hawkerpreneurs. You'll never run out of good food to try here!

SMOKIN' JOE, #01-37



Three months have barely passed since the opening of Smokin' Joe, a Western BBQ & Grill store, and owner Joseph Yeo, 29, has already entered the Top 10 (North Zone) in the SG Food Masters 2017 Competition. Meat here is charcoal-grilled to perfection and then served sizzling hot from the Josper grill, the same kind that celebrity chefs like Gordon Ramsay use. Joseph feels that the Josper grill imparts a good crispy crunch, yet seals in natural juices without much oil.

Joseph revealed, "I offer restaurant food at hawker prices. The ingredients I use are of high quality, such as Antarctic cod, Kurobuta pork and Wagyu beef."

Signature dishes include the BBQ Boneless Chicken Leg and Wagyu Beef Burger. Succulent, tender and aromatic, these dishes hint at his stints in fine dining restaurants for over six years. You can also order medium-rare salmon here, something truly special in a hawker centre.



SEAFOOD PIRATES, #01-35



Owners Darren Teo, 27 and Leonard Chen, 33 met each other during national service, and their friendship blossomed over the years. They enjoy going on mini food trails together. Whenever Darren cooks something, he invites Leonard over to his house to taste his food. "Everything, such as the taste and proportion, seemed so right. That's why we hit upon the idea of opening a stall together as I have confidence in his culinary skills," Leonard commented.

While most seafood stalls use meat broth, the duo insisted on preparing their broth from a mixture of seafood. The regular patrons have given feedback that the taste is refreshing – helped by the fact that his ingredients are not precooked. Must-try dishes include the Pirate's Signature consisting of prawns, oysters, clams and fish, and Oyster Omelette Rice.



AH LOCK TOFU, #01-08



Specialising in Hakka Yong Tau Fu served in Donburi bowl style, owner Lee Lock Teng took a semester break from his engineering degree at Nanyang Technological University to start his own stall under the Incubator programme.

Offering a unique take on the traditional dish, Ah Lock Tofu's dishes are all meticulously hand-made, from the Hakka Tofu to Thunder Tea Paste to their Japanese Short Grain Rice.

"Handmade cuisines bring out the original taste and freshness of the ingredients, though that also means more work," Lock Teng said. The traditional Hakka recipe was handed down from his late grandmother. It consists of deep fried bean curd and beancurd puff which are stuffed with minced pork belly, accompanied by Mani Cai (sweet leaf) and long beans. He

also makes his own chilli sauce. "There is a resident who recovered from depression after eating my Hakka tofu rice bowl. His mother came back to thank me," he let on.



NASI LEMAK AYAM TALIWANG, #01-33



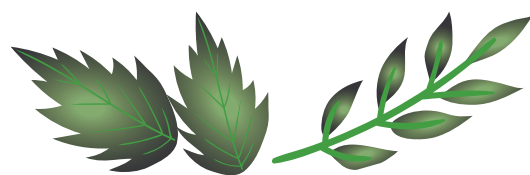
Nasi Lemak Ayam Taliwang offers a Malay-Indonesian fusion of Nasi Lemak and Ayam Taliwang (Indonesian grilled chicken). Owner Mohammed Noorman Mubarak, 39 and his wife Puti Andam Dewi, 31, not only married each other but their heritage cuisines as well. While they were on a honeymoon trip in Lombok, Indonesia, they chanced upon Ayam Taliwang. They liked it so much that they had to bring it back to Singapore.

“We experimented with different levels of spiciness and finally arrived at a sweet, spicy and tangy blend that can be accepted by Singaporeans,” Noorman Mubarak said. Crispy and well-marinated, Ayam Taliwang has gained quite a following since he opened his stall. The Tempeh (fermented soybean) boosts the nutritional value of this fusion dish.



Having had a following at Eunos Crescent Market and Food Centre, SJ Sikaner Ammal Muslim Foods ventured to open another outlet at Yishun Park Food Centre. Going by the long queues, it was a wise decision by owner Mohamed Baruk, 52.

The time-tested family recipes are at least thirty years old. Mohamed Baruk also handpicks fresh ingredients from Tekka market in Little India to ensure consistency in the quality of food. The Mee Goreng and chicken chop are some of the popular favourites not to be missed.



SJ SICKANER AMMAL MUSLIM FOODS, #01-10



DESSERTS, #01-04



Another incubator stall, Desserts was started by owner Peh Zixuan, 21. Zixuan wanted to make it easier to get healthy vegan food in the heartlands. But Zixuan realised that most residents do not eat salads every day, so he turned the stall into a dessert stall.

Now, he brings the same dedication he brought to his vegan food, to homely desserts such as green bean soup.



必试美食，尽在义顺公园小贩中心

MAKANAN YANG MESTI DICUBA DI PUSAT PENJAJA TAMAN YISHUN

无论是家喻户晓的老字号，或创意无限的小贩创业者，都聚集在这里。无论家喻户晓的老字号，或创意无限的小贩创业者，都聚集在这里。这里的美食应有尽有，包罗万象！

Para penjaja di Pusat Penjaja Taman Yishun terdiri daripada jenama yang disayangi hingga usahawan penjaja yang inovatif. Terdapat bekalan makanan enak yang tidak berkesudahan untuk anda mencuba di sini!

SMOKIN' JOE, #01-37



开张仅3月的西餐烧烤店Smokin' Joe已入围2017年‘美食至尊’（北部）前十名。招牌菜肴包括烧烤无骨鸡腿与和牛肉汉堡包。



AH LOCK TOFU 豆腐店, #01-08



客家豆腐在李洛霆（24岁）的巧思妙想下，蜕变成既传统又有新意的客家擂茶饭。采用上等的日本珍珠米，加上亲自调配的辣椒酱，这道美食肯定会让您精神百倍！



SEAFOOD PIRATES 海盗鲜味, #01-35



这道美食名副其实源自海洋。汤底都是由海产熬出来的。张育瑄（27岁）与陈牧坤（33岁）表示，因为食材是现煮的，回头客都赞美味道清甜浓郁。必试菜肴包括海盗招牌汤有新鲜的虾、蚝、蛤和鱼，还有蚝蛋饭。



NASI LEMAK AYAM TALIWANG, #01-33



Nasi Lemak Ayam Taliwang menawarkan campuran makanan Melayu-Indonesia yang terdiri daripada Nasi Lemak dan Ayam Taliwang (ayam panggang Indonesia). Ayam Taliwang yang renyah dan enak telah memperolehi ramai peminat sejak pemilik gerai Mohammed Noorman Mubarak, 39 tahun, dan isterinya, Puti Andam Dewi, 31 tahun, mula perniagaan. Tempeh meningkatkan nilai pemakanan hidangan ini.



SJ SICKANER AMMAL MUSLIM FOODS, #01-10



Resipi keluarga di gerai ini tahan uji sekurang-kurangnya tiga puluh tahun. Pemilik gerai Mohamed Baruk memilih bahan-bahan segar dari Pasar Tekka di Little India untuk memastikan ketetapan kualiti makanannya. Mee Goreng dan “chicken chop” adalah makanan digemar ramai yang anda tidak patut lepaskan.



DESSERTS 甜品, #01-04



摊主白子玄把过去对煮素食的热忱，灌注在绿豆汤等甜品上。冷热甜品的种类众多，当中肯定有符合您胃口的甜品！



PRESIDENT MEETS KEBUN BARU KIDS



“Madam Halimah is coming! Madam Halimah is coming!” The children shouted to each other, jumping with excitement.

Such heartwarming scenes abounded when President Halimah Yacob visited Child at Street 11 on 21 December. Children hugged her, sketched portraits of her and sang a song they had written for her. She even invited them to a picnic at the Istana!

President Halimah was there to launch a book written by the centre’s graduating class. While there, she heard about how MP Kwek Hian Chuan Henry, Nee Soon Town Council and the community have been supporting the centre’s

mission. For example, Nee Soon Town Council has built a pond near the centre, and is helping obtain permission for a treehouse. Such facilities enable children from the centre and nearby blocks to play and learn outdoors.

Child at Street 11 is a unique childcare centre in Kebun Baru. Most of their students are from disadvantaged backgrounds. They have an ambitious curriculum that exposes children to world-class art and encourages them to express

themselves. The children are instructed by artists such as Young Artist Award winner and conductor Wong Kah Chun and top flamenco dancer and choreographer Antonio Vargas.

Mr Kwek told the Nee Soon Link, “Showing off their talents to the President was a great encouragement to the kids. Child at Street 11 does very meaningful work, and the community will continue to be behind them.”



Hot Spring Park by 2019



Located at Gambas Avenue opposite Blk 114 Yishun Ring Rd, Sembawang Hot Spring is the only natural hot spring in Singapore. It is now used regularly by Nee Soon residents, however there are no facilities such as water-collecting points or a toilet.

NParks recently unveiled plans to develop it into a public park ten times its current size.



The one-hectare park will house a café, cascading pool, floral walk, water collection points and toilets. It will also be filled with fruit trees familiar in kampungs, to retain the nostalgic vibe of the place.

Work on the park will begin in early 2018 and is expected to be completed by 2019.

On the morning of 25 November, MPs for Nee Soon GRC Er. Dr. Lee Bee Wah and Assoc. Prof. Muhammad Faishal Ibrahim, together with MPs for Sembawang GRC Minister Khaw Boon Wan, Minister Ong Ye Kung, Mr Amrin Amin and Mr Vikram Nair, planted fruit trees to mark the launch of the public exhibition about the development plans.



Er. Dr. Lee Bee Wah revealed that the hot spring is within Nee Soon South constituency. NParks has been consulting with her about the development since 2015. She asked them to maintain the rustic feel of the place, while enhancing its capacity to attract residents, visitors and even tourists. As a civil engineer, she even discussed with them how to maintain the flow and temperature of the water.

Patient service associate Chris Goh, 56, comes to the hot spring almost every day. She revealed, “Together with other residents, we cook eggs here. These soft-boiled eggs are delicious even without adding soy sauce!”

WALK WITH ME: OUR JOURNEY OF



Dementia Forum at "Walk with Me: Our Journey of Remembering"

One of Khatib's first dementia-awareness events was a runaway success on 12 November 2017. 500 residents experienced first-hand the daily challenges that a dementia patient goes through, with an 'experiential treasure hunt'. For instance, they tried their hands at buttoning shirts while wearing gloves and counting coins with goggles on.

This was followed by a forum on building a dementia-friendly community. Speaking at the forum, MP for Nee Soon South Er. Dr. Lee Bee Wah said, "With a rapidly ageing society, the number of persons with dementia is expected to increase to 80,000 by 2030. That's about 1,000 people in Nee Soon South, and one in every block. We have to prepare our communities to better support them and their families. With a supportive community and services available for persons with dementia, they and their caregivers will have greater peace of mind."

The event was jointly organised by the Agency for Integrated Care (AIC) in collaboration with Nee Soon South People's Association, Khoo Teck Puat Hospital (KTPH) and Alzheimer's Disease Association.

COMMUNITY OUTREACH

As part of its efforts to build a Dementia-Friendly Community, Nee Soon South is raising awareness of dementia in its constituency. Together with AIC, KTPH and Lien Foundation, they have reached over 5,000 people, including over 50 merchants. Read the interview on Pg 7 for an understanding of how they support the dementia-friendly community.

These merchants, ranging from a goldsmith to clinics to coffeeshops, spread awareness further among their customers by word of mouth or displaying information about dementia at their stores.



Residents and panelists wrote down their vision of a Dementia-Friendly Singapore.

DEMENTIA GO-TO POINTS IN NEE SOON

If you encounter someone who seems lost and might have dementia, you can bring them to these Go-To Points:

Clarity Singapore	Blk 854 Yishun Ring Road #01-3511 S(76085)
Community Rehabilitation Support & Service (CRSS) Yishun	Blk 707 Yishun Ave 5 #01-36 S(760707)
Flora Spring Singapore Anglican Community	Blk 426A Yishun Ave 11 #01-74 S(761426)
Thye Hua Kwan (THK) Moral Charities (Chong Pang)	Blk 131 Yishun Street 11 #01-235 S(760131)
Sree Narayana Mission (Singapore)	12 Yishun Ave 5 S(768990)
St Luke's Eldercare (Nee Soon Central Centre)	Blk 766 Yishun Ave 3 #01-295 S(760766)
St Luke's Eldercare (Nee Soon East Centre)	Blk 260 Yishun Street 22 #01-97 S(760260)
St Luke's Eldercare (Chong Pang Centre)	Blk 113 Yishun Ring Road #01-457 S(760113)
Nam Hong Welfare Service Society	Blk 111 Yishun Ring Road #01-375, S(760111)
SASCO @ Khatib	Blk 813 Yishun Ring Road #01-01, S(760813)
Nee Soon South Community Club	30 Yishun Street 81 S(768455)
Nee Soon East Community Club	1 Yishun Avenue 9 S(768893)
Guardian @ Northpoint Shopping Centre	930 Yishun Avenue 2, #B1-01/02 S(769098)

The public can also learn more about dementia at the Wellness Centre at Blk 839 Yishun St 81

REMEMBERING Building a Dementia-Friendly Community in Nee Soon

DEMENTIA-FRIENDLY
SINGAPORE



Ms Jan Ho (left)
with Ms Jun Ang

The turmoil that dementia patients go through every day is unsettling. The same goes for caregivers who have to ensure their safety and well-being almost 24/7. In Nee Soon, we have a team of dedicated community partners who go the extra mile to keep a lookout for residents with dementia. We catch up with Ms Jan Ho and Ms Jun Ang of Ngee Soon Jewellery in Khatib Central, to hear how they support a dementia-friendly community.

FIRST BRUSH WITH DEMENTIA

Ms Jan Ho is no stranger to dementia. She first came to know of it when her great aunt, in her seventies, kept repeating what she said. “Gradually she forgot about the names of people who are taking care of her, yet still remembers distant relatives, including me,” Ms Ho revealed.

TELLTALE SYMPTOMS OF DEMENTIA

In 2016, an elderly lady came to Ngee Soon Jewellery to trade in old jewellery for new. A few weeks later, the same lady approached Ms Jun Ang and queried her, saying she thought she had traded for more jewellery pieces. Ms Ang quickly took out past invoices showing the exact amount of jewellery she had traded. Her doubts clarified, the lady went home. Her friends and relatives later explained to Ms Jun the lady had dementia, and thanked Ms Ang for her patience in explaining the details to the lady.

Episodes like these are common nowadays, especially in an ageing population such as Singapore. Ms Jun revealed that she would pay

more attention if a patron wears clothes inside out, or with mismatched buttons. “These are telltale signs of dementia, and I will start to notice what is happening. If they are someone we know, we will contact their family members, informing them that they are here in the store.”

“There was also an old resident who took items without paying from the neighbouring provision shop, and baskets from NTUC FairPrice supermarket. His family member will always return these items. So we know he probably has dementia and we will keep a look out for his safety,” Ms Ho said.

RAISING AWARENESS

Ms Ho knows her role in building a dementia-friendly community is important. “We have to be more patient, caring and giving towards residents with dementia,” she reflected.

She applauded Nee Soon South’s dementia-awareness event “Walk With Me: Our Journey of Remembering” on 12 November. “We must constantly expand the outreach. More residents can help one another when they can identify the symptoms. This paves the way for an inclusive and heartwarming community.”



**“THERE WAS AN OLD RESIDENT WHO
TOOK ITEMS WITHOUT PAYING FROM THE
NEIGHBOURING PROVISION SHOP... SO WE
KNOW HE PROBABLY HAS DEMENTIA AND WE
WILL KEEP A LOOK OUT FOR HIS SAFETY.”**

MS HO REVEALED



To find out about upcoming dementia-related events, visit dementiafriendly.sg Facebook page. For more information on dementia and other eldercare services, call the Singapore Silver Line at 1800-650-6060

YOUR IDEAS, OUR HOME

The void deck at Blk 276 Yishun Street 22 was teeming with excitement on 17 November. Residents from Blks 276 to 289 studied the planned Neighbourhood Renewal Programme (NRP) improvements for their blocks. Many of them were thrilled to see the facilities they have requested included in the plans.

MP for Nee Soon GRC Minister K. Shanmugam officiated the launch of the NRP Public Consultation. Among the amenities proposed are the addition of covered linkways with ramps, a family park, bicycle paths, children's playgrounds, fitness corners, seats, and upgraded badminton courts and community gardens. The proposed improvements cater to residents of all ages and will rejuvenate the precinct.

Resident Fadhilah Jamalludin looks forward to the building of covered linkways. She commented, "With that, I can walk around rain or shine without bringing an umbrella." Other residents such as sisters Ellis Ng and

Sally Ng lauded the idea of the jogging track, which encourages residents to take up an active lifestyle. The event ended on a high note with an awe-inspiring magic show.



PLANTING THE SEEDS OF TOGETHERNESS

Despite a rainy week, the sun shone bright on Nee Soon Central and Chong Pang as residents showed up for tree planting events on 25 November.

Nee Soon Central Zone 4's Residents' Committee welcomed MP for Nee Soon Central, Assoc. Prof. Muhammad Faishal Ibrahim as he graced the event. Amid cheers of 'huat ah!' and jubilant smiles, five *tecoma stans* saplings were planted. These plants, commonly known as the yellow trumpetbush, add a vibrant splash of colour to the open space facing Blk 774 Yishun Avenue 3 where they were planted.

Assoc. Prof. Muhammad Faishal Ibrahim led residents in the tree planting and watering, before unveiling a plaque that commemorated the event.

Resident Junaida, 41, who regularly attends RC events, said that her family of four enjoys being outdoors planting trees. Speaking in Malay, she said, "I feel very happy. I feel that my stress is gone just being here and gathering with the rest of the community."

Jenny Teo, a Yishun resident of over 20 years, was there with her friends to support the event. "Such events bring joy to the people," she said.

Meanwhile, more than 80 residents turned up at Blk 113 Yishun Ring Road to attend another tree planting event graced by MP for Chong Pang Minister K. Shanmugam.

Garcinia Subellipticas, otherwise known as Happiness Trees were planted. Known for their compact, conical crown, the trees will grow to a height of 20m and provide shade to the community.

Residents arrived as early as 10am to attend a workshop teaching them how to make mini terrariums. There was even a demonstration on how to craft a rose-shaped flower using a single pandan leaf. With so many fun activities encouraging a green lifestyle, it was no wonder residents came out in droves!

The last tree planting event occurred on 9 December, at the open space before Blk 161 Ang Mo Kio Avenue 4. MP for Kebun Baru Mr Kwek Hian Chuan Henry planted a Happiness Tree together with residents.

On the sidelines, Mr Henry Kwek announced that the upcoming Mayflower MRT Station on the Thomson-East Coast Line will be like a MRT in a garden, with its seven exits spruced up with plants and flowers. He thanked NParks for making this a reality.



LAUNCH OF BUS SERVICES

807, 860 AND 71



Yishun residents may soon run out of excuses for being late with the launch of new bus services 807, 860 and 71. Read on to learn about new buses you can take for a better commuting experience!

A loop service, bus service 807 plies Yishun Avenue 9, Yishun Ring Road, Yishun Avenue 5, Sembawang Road and Yishun Street 71. Key amenities it connects include Northpoint City, Junction Nine, Yishun Hawker Centre, Wisteria Mall, Khatib MRT station, Yishun Junior College and Chong Pang Market.



The route of bus 860 has been extended from Yishun to Yio Chu Kang MRT. Along the way, it takes Upper Thomson Road, stopping at Tagore Industrial Estate, Sembawang Hills Food Centre and the private estates of Kebun Baru.

Bus service 71 provides the long-awaited connection from Kebun Baru (Ang Mo Kio Avenues 1, 3 and 4) to Bishan MRT, where residents can get directly on the Circle and North-South Lines. It is also an additional link to Yio Chu Kang MRT, Mayflower Food Centre, the upcoming Mayflower MRT station and the newly re-opened Kebun Baru Community Club.

Prime Minister Lee Hsien Loong and Senior Minister of State Lam Pin Min together with local MPs such as Mr Kwek Hian Chuan Henry, graced the launch of bus service 71 on 9 December 2017. This is also the last and the 80th bus route introduced under the Bus Service Enhancement Programme (BSEP).

Take these buses to explore some new places!





Pioneer Generation Ambassadors Help Seniors Age Well In The Community

About Pioneer Generation Office

The Pioneer Generation Office (PGO) was set up in 2014 to reach out to the Pioneers; to honour and thank them for their contributions towards Singapore's nation-building efforts. PGO Nee Soon office was one of three pilot offices formed with the aim of conducting face-to-face, personalised outreach to our Pioneers and their families residing in Nee Soon.



Our Pioneer Generation Ambassadors with Professor Muhammad Faishal Ibrahim, Nee Soon Central Adviser

In August 2016, PGO expanded its outreach to engage all Singaporeans aged 65 and above, so as to share and explain measures which are relevant to their needs. These efforts are part of a broader Government effort to bring greater peace of mind to seniors and to promote active ageing.

What has PGO Nee Soon been up to in the last year?

PGO Nee Soon has been actively engaging seniors in Nee Soon through house visits by our volunteers who are also known as Pioneer Generation (PG) Ambassadors.

Training to bolster knowledge and communication skills

Our PG Ambassadors undergo extensive training which ensures that they have a good grasp of relevant schemes and are equipped with engagement skills to communicate effectively.

Establishing rapport with seniors

Apart from working closely with PG Ambassadors to build meaningful long-term relationships with our seniors, PGO Nee Soon also participates in various community initiatives along with our partners to connect and interact with seniors living in Nee Soon.



Outing to Gardens by the Bay with some of our Nee Soon seniors



Number of seniors in Nee Soon to date:

24,571



Number of seniors who have been engaged:

19,485 (79%)



Reflections of our Pioneer Generation Ambassadors

Nami Okubo, PG Ambassador

What motivated you to become a PG Ambassador?

While in University, I accompanied elderly from old folks' homes for outings as part of community service. After graduation, I had hoped to continue serving the elderly and happened to come across a recruitment poster outside the PGO Nee Soon Satellite Office. After finding out more about the programme, I decided to join as a PG Ambassador.

What would be your most memorable experience as a PG Ambassador?

I once visited an old couple who were heartbroken that their children do not visit them and even found excuses not to do so. Having heard their story and witnessed their grief, it reminded me of my grandmother whom I rarely spent time with. It was an eye-opening experience which taught me to value my loved ones.

What have you learnt as a PG Ambassador?

Many of us are kept busy with work and tend not to prioritise spending time with our loved ones. Having met some seniors who share how lonely they are, I have learnt how to cherish my loved ones by appreciating them and spending quality time with them. Now, I put aside time with my grandmother and show my appreciation for her love and care.



**Lek Gek Lee
Bernardine, PG
Ambassador**

seize the opportunity to help our seniors.

What motivated you to become a PG Ambassador?

As a resident of my estate for many years, I have met elderly who are lonely and struggling to cope with the pressures of life. When a friend shared with me that the Pioneer Generation Office was looking for PG Ambassadors, I decided to

What would be your most memorable experience as a PG Ambassador?

I met a senior who was reserved and not keen to be engaged. However, she gradually opened up and shared how life has become meaningless and that she felt like a burden to her family. I encouraged her to participate in community activities which could help her spend time in a meaningful way. Now, I meet her at community events and have noticed the change in her, she is much more positive in her outlook and has been signing up for activities such as cooking classes.

What have you learnt as a PG Ambassador?

Ageing in our society is definitely an issue that warrants our attention. There are elderly around us who are lonely and need someone to talk to. Empathy becomes important in our interaction with our seniors. When we interact with them, we should always lend a listening ear and put ourselves in their shoes.

For more information on the PG Ambassador Programme, please call PGO-Nee Soon at 6257 2180.



Silver Support Scheme

The Silver Support Scheme helps the bottom 20% of seniors who had low incomes through life and who currently have little or no family support.



Age and nationality - Singaporeans aged 65 and above



Low lifetime savings

Total CPF contributions of not more than \$70,000 by age 55

* If self-employed, your average annual net trade income should not be more than \$22,800 between the ages of 45 and 54



Type of housing

Live in a 5-room or smaller HDB flat

You and your spouse do not own a 5-room or larger HDB flat, private or multiple properties.



Low household support

Monthly household income per person of not more than \$1,100

How much would I receive?

Eligible seniors will receive quarterly Silver Support payouts according to the type of HDB flat that they live in.

Type of HDB flat lived in	Silver support pay-out per quarter	For more queries, please do contact: Hotline: 1800 222 6622 Website: www.silversupport.gov.sg Email: contactus@silversupport.gov.sg
1-room, 2-room	\$750	
3-room	\$600	
4-room	\$450	
5-room <small>* Live in and do not own a 5-room HDB flat</small>	\$300	

Real-Life Stories of Beneficiaries



A Hope for tomorrow

"So Uncle and Auntie, what was Singapore like when you were young?"

Mr and Mrs Yeo both looked into the distance as they recalled the olden days. Mr Yeo told us how he had to start work at a

very young age. Mrs Yeo shared that she was also expected to work and contribute to the family when she was just a young girl. "You had no choice but to work hard so that you can survive," she said.

Over the years, Mr and Mrs Yeo operated a small F&B business to raise their two children. After their daughter fell ill, they had to work even harder to juggle family finances while taking care of her.

During their visit, our PG Ambassadors observed that the couple required further assistance to cope with the family's growing financial pressures. PGO Nee Soon assisted the couple to appeal for the Silver Support Scheme which was reviewed and approved on a case-by-case basis. They were grateful for the assistance as the payouts greatly ease their financial burden.



Mdm Toh (left), aged 83 with her son Mr Toh, aged 60

Going the extra mile

Whenever she hears a knock on the door, Mdm Toh is quick to respond to her visitors. Ever since our PG Ambassadors first knocked on her door in 2014, Mdm Toh has become familiar with having visitors. She now

looks forward to chatting with our PG Ambassadors and is appreciative of their concerns for her.

Mdm Toh lives with her son in a 3-room flat and relies on his sole income as a cleaner. The family finds it challenging to make ends meet, so when PG Ambassadors shared the benefits of the Pioneer Generation Package and other assistance schemes available to ease their healthcare costs, Mdm Toh was elated.

As the PG Ambassadors found out more about the family's situation, they realised that the mother and son also struggled to put enough food on the table. Apart from ensuring that they receive relevant assistance, PGO Nee Soon also secured monthly food rations for the family. PGO is glad that their efforts have gone a long way in reducing their anxiety.



建国一代大使帮乐龄居民在社区享晚年

建国一代办事处的由来

建国一代办事处在2014年成立，目的是为了向建国前辈致谢致敬，感谢他们为国家建设作出贡献。义顺的办事处是全国首批办事处之一，这些年来与年长居民建立了深厚的联系。



我们的建国一代大使与义顺中议员费绍尔副教授

建国一代办事处在2016年8月已把触角伸向65岁及以上的乐龄人士，向他们解释种种有利于他们的政策，让他们可以安心养老。

去年义顺建国一代办事处做了什么？

义顺建国一代办事处的义工们，也称建国一代大使，挨家挨户造访乐龄人士。

加强知识与沟通能力的培训

我们的建国一代大使都有参与全面培训，增强沟通能力，掌握现今的援助配套，并知晓有关老化的种种课题。

与乐龄居民建立和谐的关系

除了通过建国一代大使做家访以外，义顺建国一代办事处也积极参与社区活动，认识更多居住在义顺集选区的乐龄人士。



与义顺乐龄人士滨海湾花园一游



义顺的乐龄人士人数：

2万4571人



已造访的人数：

1万9485人
(79%)



建国一代大使的感想

Nami Okubo, 建国一代大使

为什么要成为建国一代大使？

读大学时，由于热心社区服务，我常带老人院的乐龄人士出游。毕业后，我依然想继续服务他们。我碰巧看到义顺建国一代办事处的招募广告，觉得这是个帮助乐龄人士的好机会，于是就报名了。

您有什么难忘的经历吗？

有一次，我登门造访一对年老夫妇。他们说孩子们从不探望他们，更令他们痛心疾首的是，孩子还常找借口推搪。当我聆听他们的故事、感受他们的忧伤时，不禁想起我许久未看望的祖母。这次的造访让我领悟到亲情的重要性，教我珍惜亲人。

身为建国一代大使，您学到什么？

现今社会，我们都忙于工作，很少与家人相处。一些建国一代与乐龄人士倾诉他们的寂寞后，我学会珍惜亲人，多花点时间跟他们相处，对他们说些感谢的话。我现在会抽空陪祖母，并感谢她这么关怀我，经常下厨煮给我吃。



陆玉里
建国一代大使

为什么要成为建国一代大使？

在这里居住多年，我亲眼目睹许多孤独的老人默默在生活线上挣扎。有个朋友告诉我建国一代办事处正在招募建国一代大使。我决定抓住这个机会，帮助建国一代与乐龄人士。

您有什么难忘的经历吗？

我遇见一位沉默寡言的乐龄人士。但是我多上门几次后，她逐渐敞开心扉，告诉我她觉得生活没有意义，自己是家庭的负担。我鼓励她参与社区活动，保持活跃的社交圈子。现在，在社区活动里遇见她时，我察觉她的改变。她积极面对生活，还与我分享她正在上烹饪课程和保持活跃的生活。

身为建国一代大使，您学到什么？

人口老化在我们的社会的确值得关注。我们周围的乐龄人士有些会感到寂寞，需要有人聆听。和他们沟通时，同理心非常重要。关键是，我们必须设身处地为他们着想，细心聆听他们的心声。

若想了解有关建国一代大使的培训，可联络义顺建国一代办事处：6257 2180



乐龄补贴计划

乐龄补贴计划帮助低收入的年老新加坡人。属于弱势群体的他们，退休后没有或极少家庭成员继续补贴家用。



低终生储蓄

满55岁时公积金缴交额不多过7万元
*自雇人士在45至54岁时，平均年净收不超过2万2800元

年龄与国籍

年龄在65岁及以上，符合获得津贴条件的年长新加坡人



组屋类别

住在五房式或更小的政府组屋
*不是五房式或更大组屋、私人房产或多过一间房产的屋主



缺乏家庭支持

家庭人均收入不超过1100元

我能获得多少？

受惠者每三个月可获得补贴。补贴数额根据所居住的组屋类别而定。

组屋类别	每三个月的乐龄补贴	如有疑问，可联络： 热线： 1800 222 6622 网站: www.silversupport.gov.sg 电邮: contactus@silversupport.gov.sg
1房式, 2房式	\$750	
3房式	\$600	
4房式	\$450	
5房式 <small>*只有住在五房式组屋，却不是五房式组屋屋主的乐龄人士可获得</small>	\$300	

受益者的亲身经历

明天会更好

“安蒂、安哥，你们小时候新加坡是怎么样的？”

杨氏夫妇望着远方，思绪回到美好的童年。杨先生告诉我们他从小打工的经历。

杨夫人也分享说，虽然她是女儿身，家人都期望她能趁年轻出来做工。“当时我们都没有选择，只得刻苦耐劳才能生存。”

这些年来，杨氏夫妇经营一家小食店，养大两个孩子。但不幸的是，女儿生病，让他们经济拮据，还得背负起照顾女儿的责任。

建国一代大使在造访时发觉这对夫妇需要额外的经济援助。很明显的，他们没有能力照顾自己与女儿。义顺建国一代办事处帮助他们申请乐龄补贴。他们非常感激这项计划缓解他们的经济负担。



卓女士（左），83岁与儿子，卓先生，60岁

多一份付出

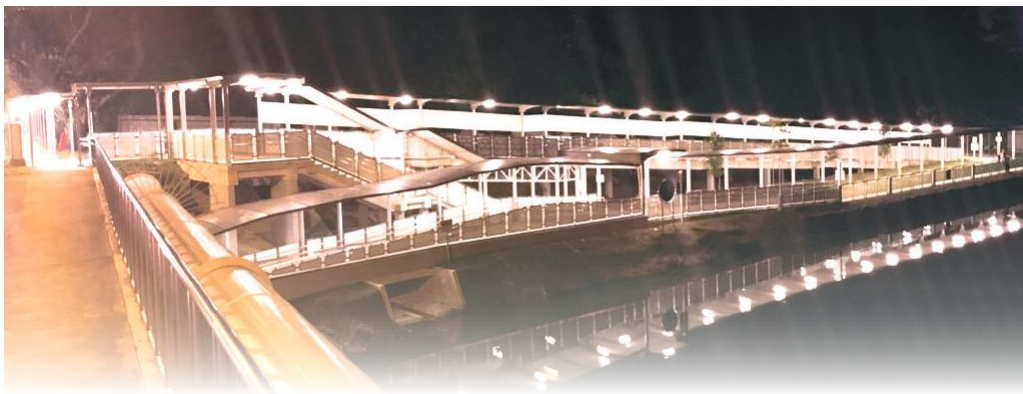
听到敲门声，卓女士依靠助行架，缓慢地走到门前。自从建国一代大使在2014年上门造访，卓女士已熟悉他们的到访。她期待跟

大使们聊天，同时感激他们对她的关心。

卓女士与她的儿子居住在3房式组屋。他们只能依靠儿子当清洁工的微薄收入，经常入不敷出。所以当建国一代大使分享建国一代配套与其他医药援助配套时，卓女士喜出望外。然而，当建国一代大使深入了解其经济状况时，发现母子连维持每日三餐都有问题。

除了确保母子都获得相关的经济援助，义顺建国一代办事处也为他们申请到每月的粮食配给。大使的努力，已大幅度减轻他们的忧虑！

LONG-AWAITED LENTOR UNDERPASS



It all began with an email from a Springleaf resident to MP for Nee Soon South Er. Dr. Lee Bee Wah. The resident asked for an underpass along Sungei Seletar, so residents could reach the bus stop at the other side of Lentor Avenue safely. That was in 2009. Unfortunately, Dr Lee's request to the authorities was rejected then.

However, the government subsequently announced that Lentor Avenue would be broadened under the North-South Expressway Project. Dr Lee took the opportunity to request for the underpass again. With her persistent requests, LTA agreed to build the underpass. NParks also agreed to extend the park connector network to the area.

On 3 December 2017, the long-awaited Lentor Underpass was finally launched.

Er. Dr. Lee said, "I'm very happy that residents can now get to the bus stop safely, and some also use it to visit the beautiful Springleaf Nature Park. Even residents of our HDB estates love it, as they can now easily walk or cycle to Springleaf Nature Park and the restaurants around Springleaf."

Resident Mdm Ho Moy, 67, welcomed the new underpass. "I will definitely use it as I enjoy the beautiful scenery of Springleaf Nature Park. I used to live there," she smiled.



Going Green Comes From Within



The Chairman of Nee Soon South Clean and Green Committee Mr Ng Hak Hai, PBM, recently clinched the Eco-friend award on 20 September 2017. He shared with us his eco-friendly initiatives and how these have transformed the community.

Three-Pronged Approach

The path towards a cleaner and greener community is made smoother with his adoption of a three-pronged approach – education, publicity and enforcement. "We went into schools and construction sites to conduct talks to students and workers respectively. When we launched new measures such as designated smoking points, banners were put up to create awareness," he said.

"As for enforcement, grassroots leaders are encouraged to train at National Environment Agency to be community volunteers. They are issued with authority cards that empower them to obtain an environmental offender's particulars," Hak Hai added.

Collaborating with Partners

Over the years, Hak Hai noted that cooperating with organisations such as Tzu Chi Singapore has reaped positive outcomes. The collaboration has resulted in three active recycling points set up at the void decks of Blk 805 Yishun Ring Road and Blks 841 and 873 Yishun Street 81. Held every second Sunday of the month, residents donate pre-loved items and are taught the techniques of sorting recyclables.

Education is the Key

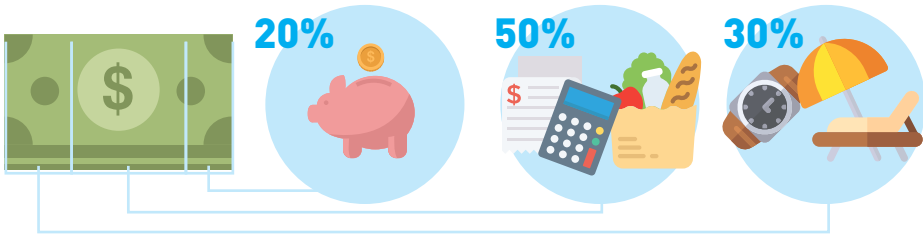
Nurturing environmental consciousness needs to start young, and this necessitates a values-driven approach. Hak Hai commented that parents should



not be over-protective. "For instance, the child may want to pick up litter to throw it into the nearest litter bin, but stop short when parents disapprove, thinking the litter will stain their child's hands. Over time, this will erode the child's sense of taking ownership of the environment," he cautioned.

LIVING WITHIN YOUR MEANS

Follow the 20/50/30 rule



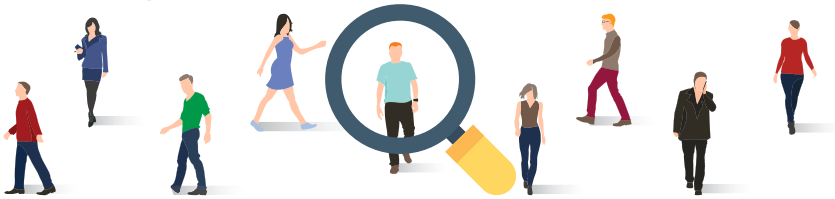
It allows you to enjoy living without burning a hole in your pockets. Essentially, you should save 20 percent of your income and dedicate 50 percent to basic necessities, such as living expenses and bills. The remaining 30 percent can be spent on your wants. This is also dependent on the life stage you are in. For instance, someone in his sixties may want to spend less compared to a young working adult, to save for contingencies such as surgery.

Separate needs from wants



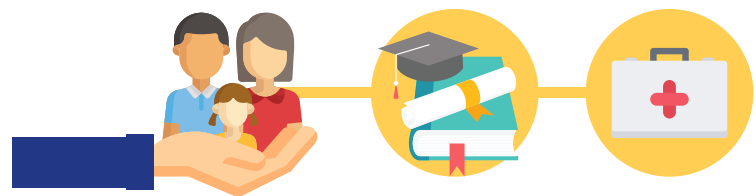
Curbing the desire to splurge requires rationality. Before spending, ask yourself questions like 'Do I see myself using this regularly?' and 'Why am I buying this item?' Adopting a reflective approach will keep your impulse buying behaviour in check.

Choose your circle of friends carefully



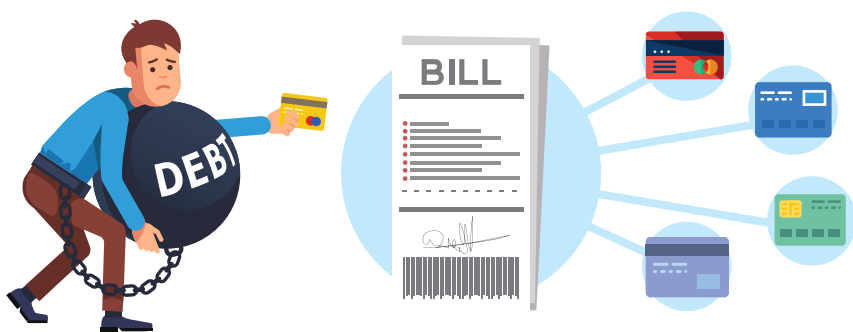
Motivational speaker Jim Rohn said that we are the average of the five people we spend the most time with. It has been noted that people will set aside their values, including those on money management, to keep up with their peers. You will find saving an uphill task if most of your friends are spendthrifts.

Leverage on government schemes



There are plenty of policies to help Singaporeans defray their expenses. For young parents, the Child Development Co-savings (Baby Bonus) Scheme helps to cover educational and healthcare expenses of their newborns. Seniors have also enjoyed a host of benefits under the Pioneer Generation Package.

Never use a credit card to pay off another



It will set off a vicious cycle and lead to mounting debt.

Never spend on a car



Never spend on a car if it will take you more than five years to repay the loan. Besides the high interest you have to pay every month, the value of the car will have depreciated significantly at the end of five years.

Do not fall prey to marketing gimmicks



Do not fall prey to marketing gimmicks like 'free' packages. There are no free lunches. Watch out for hidden costs by reading the fine print before signing on the dotted line.

Seek help from professionals



As financial products get increasingly complex, you may want to seek help from reliable financial planning experts. The MoneySENSE website by the Monetary Authority of Singapore helps individuals to better manage their cash flow through workshops and programmes. Those with chronic debt issues can go to Credit Counselling Singapore for assistance.

People of Nee Soon

What makes Nee Soon so liveable? From the younger generation to the elderly, they shared their perspectives on staying here for the long haul.



“We have been living here for about eight years. Our schools – North View Primary School and Northland Secondary School are just nearby. It is convenient to get the things we want. Shops and malls are within walking distance of our home.”

**Brother-and-sister pair
Mohammad Azwan, 14
& Nura Shikin, 12**



“It is easy to go from one place to another in Yishun. The market is just one bus stop away, and there is a bridge connecting Yishun Park and Yishun Pond. Sometimes I take a stroll there to take in the beautiful scenery.”

Patrick Yam, 64



“Over the 10 years living in Yishun, I've witnessed many improvements – for example lifts on every floor and sheltered linkways. Prior to the construction of these linkways, I would probably get wet on a rainy day like this! During festive seasons, I also share home-cooked food with my neighbours.”

Amanda, 28



“I like the quiet and peaceful surroundings in Yishun. Recently the town council pruned the trees growing along the roads. This makes our environment safer, especially during the rainy season. The flats have also been given a new coat of paint – bright orange, red and green. I remember receiving letters asking residents to vote for their favourite colours to paint the flats with!”

Raymond, 52



Welcoming 2018 @ Nee Soon South



Happy New Year!

Nee Soon South Countdown has always been a grand highlight for the past nine years and this year it did not disappoint. An estimated 10,000 residents turned out at the newly constructed MPC@ Khatib. This year's Countdown began with an hour segment of community performance, as local band 'The Three Quarters' wooed the crowd with their melodic mixture of Malay, Chinese and English hits. Residents were also thrilled at the star-studded line-up which included famous local artistes such as Pei Fen, Shabir, Desmond Ng, Sufie Rashid, 53A Band and duo Tosh & Weiliang.

Residents enjoyed themselves at activity booths from the various

Interest Groups and vendors sheltered under the newly constructed MPC @ Khatib. Countdown @ Nee Soon South 2018 also featured its very first 'Wishing Ball' activity, where residents penned their thoughts, wishes and resolutions for the New Year onto five gigantic 1.5m balls! Unfazed by the downpour, residents were in high spirits as they braved the rain partying the night away. Accompanied by the stars, MP for Nee Soon South Er. Dr. Lee Bee Wah led the countdown to 2018. The moment the clock struck midnight, everyone looked up in awe as fireworks lit up the night, ushering in the new year.

CHONG PANG



Mr. K. Shanmugam
Minister for Home Affairs and Minister for Law
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions

Every Tuesday at 7.30pm (except public holidays & eves of public holidays)
at Block 107 Yishun Ring Road #01-207 Singapore 760107
Tel: 6758 3039 Email: k_shanmugam@mlaw.gov.sg
Facebook: K Shanmugam Sc
Youtube: K Shanmugam

NEE SOON EAST



Mr Louis Ng Kok Kwang
MP for Nee Soon GRC
Chairman, Nee Soon Town Council

Meet-the-People Sessions

First four Mondays of the month, 7.30pm to 9pm
(Except the eves of and a public holiday).
at Block 227 Yishun St 21, #01-520 Singapore 760227
Tel: 6755 1946 Email: louisng4nse@gmail.com
Facebook: louisngkokkwang

KEBUN BARU



Mr Kwek Hian Chuan Henry
MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Tuesday at 7.30pm
(except public holidays & eves of public holidays)
at Block 109 Ang Mo Kio Ave 4, #01-14 Singapore 560109
Tel: 6454 8792 Email: HenryforKebunbaru@gmail.com
Facebook: Henrykwek

NEE SOON CENTRAL



Assoc. Prof. Muhammad Faishal Ibrahim
Senior Parliamentary Secretary,
Ministry of Education and Ministry of Social and
Family Development
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 609 Yishun St 61 #01-235 Singapore 760609
Tel: 6752 2532 Email: muhammad_faishal_ibrahim@msf.gov.sg
Facebook: muhammad.faishal.ibrahim1

NEE SOON SOUTH



Er. Dr. Lee Bee Wah
MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 850 Yishun St 81 #01-94 Singapore 760850
Tel: 6759 3413 Email: mp4nss@gmail.com
Facebook: leebeewahpage

LOCATE US

Yishun
Blk 290 Yishun St 22, S(760290)
Nee Soon Central
Blk 751 Yishun St 72, #01-186, S(760751)
Nee Soon South
Blk 845 Yishun St 81, #02-00, S(760845)
Kebun Baru
Blk 161 Ang Mo Kio Ave 4, #01-500, S(560161)



Essential Maintenance Service (EMSU)
after office hours:
1800 275 5555
1800 241 7711 (Kebun Baru)



**NEE SOON
TOWN COUNCIL**

Tel:
6758 0129
Email:
feedback@nsc.org.sg
Facebook:
Nee Soon Town Council
SMS/MMS:
9110 9877

MAKING NEE SOON OUR BEST HOME, EVERY YEAR!



MP for Nee Soon East Mr Louis Ng Kok Kwang together with cleaners

In the FY 2016 Town Council Management Report released in November 2017, Nee Soon Town Council was rated “green” for all four categories.

Nee Soon Town Council was one of the few Town Councils to achieve an all-green rating this year. Since the inception of the town council, Nee Soon Town Council has attained the green band every year.

We thank all residents for helping to keep the environment clean. We will keep working hard to provide good service and a pleasant living environment to all residents.

Town Council Management Results (FY 2016)

Estate Cleanliness	Estate Maintenance	Lift Performance	S&CC Arrears Management	Corporate Governance
Green	Green	Green	Green	Green

For more information, you may visit

[http://www.nstc.org.sg/uploads/files/Press%20Release_FY2016%20TCMR\(3\).pdf](http://www.nstc.org.sg/uploads/files/Press%20Release_FY2016%20TCMR(3).pdf)



WHAT DOES THE GREEN BAND MEAN?

- Ministry of National Development staff carry out audits and spot checks on Town Council work before assigning the ratings.
- Estate Cleanliness – less than 4 counts of cleanliness observations per block on average
- Estate Maintenance – less than 4 counts of maintenance observations per block on average
- Lift Performance – fewer than 2 breakdowns every month for every 10 lifts
- S&CC Arrears Management – less than 4 in 100 households owe arrears for 3 months or more and less than 40% of the monthly collectible S&CC for the town is overdue
- Corporate Governance – Full compliance of checklist with no observation from Auditor



SINGLE MUM TURNED HER LIFE AROUND

At 26, Joanne Tng was a single mum to two young children, including a daughter with cancer. At times, she felt despair. But she persevered for the sake of her children.

Now, her children are grown and she has a good job. Like a phoenix rising from the ashes, she has turned her life around. She even goes around sharing her story with single parents to encourage them not to give up.

SINGLE MUM WITH BEDRIDDEN CHILD

Joanne married young and gave birth to her daughter Chantilyn at the age of 20. Two years later, her son Brosnan was born. Her ex-husband was very young too. In fact, he was still in National Service.

To make things worse, Chantilyn was diagnosed with brain tumours at the age of six. Money was a constant problem, and her marriage began to fall apart.

After the divorce, she could not work as she had to take care of her children, and her only income was from renting out one room in her flat.

To make things worse, Chantilyn suffered a major stroke and became bedridden.

ON THE BRINK OF SUICIDE

She recalled, "I discharged my daughter from hospital and went home. I opened the window, intending to jump down with my children. My tenant came out from the room and asked me, 'What are you doing?'"

"When he heard, he told me, 'Your daughter is bedridden and doesn't have a choice. If you end her life now, it's not fair to her.'"

"My daughter also told me, 'Mummy, I'll walk again very soon. We will get through this together.'"

After that incident, Joanne decided to pick herself up and rebuild her life.

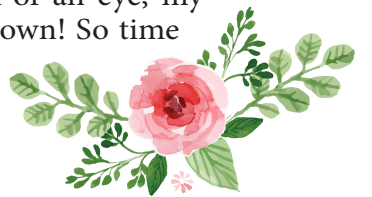
PICKING HERSELF UP

It was not easy. She was armed with only a primary school education and could not work regular hours because of her children.

"I came across a clinic in Bishan offering a position for clinic assistant. I jumped at the opportunity as it allowed me to go home in the afternoon to look after my children," she said.

sleep, you have no one to talk to. It seems like such a long time till they grow up."

"But now in the blink of an eye, my children are already grown! So time will pass. Difficulties can be overcome. Don't give up!"



A fast learner, Joanne started to memorise thousands of medical names. She later took up a clinic administrative course, which was 90 percent subsidised by the government. The other 10 percent was paid for by a training grant.

"The course enabled me to move on to another clinic in Serangoon with a higher salary. Nowadays, whenever I share my experiences with single mums, I remind them to upgrade themselves to secure their future," she asserted.

ADVICE TO SINGLE MUMS

Joanne admitted that the first few years of divorce were painful. "After the children go to

Joanne shared her story with the beneficiaries of Kebun Baru Cares. Volunteers interested in helping the needy in Kebun Baru can email henryforkeibunbaru@gmail.com.

Watch Joanne tell her story at:
<http://bit.ly/2y2NJov>

单亲妈妈重新振作



唐芝嫣在26岁时是单亲妈妈，照顾两个年幼小孩，包括身患癌症的女儿。有时，她感到绝望。但是，为了孩子，她坚持下来了。

现在，孩子们已长大，她也有一份稳定的工作。如凤凰浴火重生般，芝嫣重新振作，掀开人生新的一页。她以本身的经历，劝导其他单亲妈妈不要轻易放弃。

单亲妈妈与卧床不起的孩子

芝嫣早婚，20岁怀了女儿嘉怡。两年后，儿子嘉辉出生了。那时，她的前夫还很年轻，正在服兵役。

嘉怡6岁时被诊断患上脑瘤加剧经济负担。婚姻也开始破裂。离婚后，芝嫣因为孩子不能够工作，只能依靠出租一个房间，维持生活。

更糟糕的是，嘉怡还中风，一度卧床不起。

差点自杀

芝嫣说：“那时我送嘉怡出院。回到家里，我打开窗户，本来想与孩子们一起跳下去。我的租客从房间走出来，问我：“你在干什么？”

“当他知道我的情况后，他说：‘你的女儿身体瘫痪，没有能力做出选择。如果你现在结束她的生命，对她不公平。’”

“‘女儿也对我说：‘妈妈，我很快就会站起来走路。我们一起度过这个难关。’”

经过这次事件后，芝嫣决定重新振作，重建生活。

她重新振作

然而，生活并不容易。芝嫣只有小学文凭，而且因孩子的关系，不能做朝九晚五的工作。

她说：“刚好我读报纸时知道一家位于碧山的诊所在招聘诊所助理。我马上应

献给单亲妈妈的忠告

芝嫣坦言离婚的头几年难熬。“孩子都睡着后，就没有人讲话。看孩子长大成人是漫长的等待。”

“但是，一眨眼，我的孩子都长大了！所以，时间会过去。困难总能克服。千万不要放弃！”



“困难
总能克服。
千万不要
放弃！”

征，因为这份工作应许我下午回家照顾孩子。”

学习能力强的芝嫣，很快就强记背下几千个医药名词。她也报读诊所管理课程，费用有百分之90由政府津贴。另外的10巴仙由培训补助金支付。

她肯定地说：“这个课程让我能跳槽到另一间愿意给我较高薪水的诊所。目前，每当我与单亲妈妈分享经历时，我会提醒她们，要不断提升自己，才能保障未来。”

芝嫣与哥本峇鲁关怀计划的受益者分享她的故事。如果有义工对帮助贫困家庭有兴趣，可电邮
henryforkebunbaru@gmail.com.

观看芝嫣分享会的视频
<http://bit.ly/2y2NJov>