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Building Stronger Communities, Together



MONTHLY HIGHLIGHT

Bloomberg and Filos Join Hands for a Year of Active Ageing Initiatives

Filos is excited to announce a new chapter in its collaboration with Bloomberg, who will support our *Active Ageing Centre* throughout 2025. Building on our partnership since 2021, this initiative aims to enrich the lives of seniors in Chai Chee through engaging programmes and activities that promote mental stimulation and social connectivity.

The partnership kicks off with a festive Lunar New Year celebration on 5 February. Seniors can look forward to stage performances, interactive games with prizes, a traditional *Lo Hei*, and delicious meals. To add to the festive cheer, each senior will also receive a red packet. These events are designed to foster social connections, create lasting memories, and strengthen the community bonds among our elderly residents.

The celebrations mark the beginning of an exciting year. Planned monthly events include an outing to *Gardens by the Bay* with a terrarium-making workshop in April, a *Nutrition Talk* to promote health and wellness in May, and a *Mid-Autumn Festival celebration* in October, among others.

Vandna Ramchandani, the APAC Head for Bloomberg's Corporate Philanthropy, shared the organisation's motivation for this partnership: "In Singapore's 60th year, Bloomberg is proud to support programmes aligned with the Forward SG principles. **Addressing the challenges of an ageing population is a priority, and we are delighted to collaborate with Filos in scaling their impactful work at the Active Ageing Centre in Chai Chee. Our goal is to help build connections, reduce social isolation among seniors, and equip them with new skills,**" said Vandna.

Our partnership with Bloomberg is a testament to the power of collaboration in addressing the challenges of an ageing population. With their steadfast support, Filos can deliver impactful programmes to seniors in Kembangan-Chai Chee, fostering a community where seniors feel valued and empowered. This strategic partnership reflects our shared vision of building a resilient and inclusive society.

With Bloomberg's commitment and Filos' dedication, this collaboration promises a meaningful year of impact, fostering a stronger, more connected community for our seniors.



PROGRAMME HIGHLIGHTS

Empowering Young Minds Through Storytelling

On 10 January, Filos' *Reading Room (Special)* brought a unique blend of storytelling and inspiration to our children, in collaboration with **Temasek Junior College's Drama Club**. Themed "Healthy Mind, Happy Mind," this session aimed to help children build confidence as they enter the new school year.

The highlight of the day was a heartwarming skit performed by the student volunteers. The story follows Kai, a nervous boy preparing to enter knight school, and his journey of overcoming fears and embracing new challenges. Through Kai's story, our children learned an important message: **"I can try new things."**

Before the play, an engaging icebreaker game—*Splat!*—helped set the tone, creating a safe space for them to connect and an atmosphere of fun. After the performance, the children reflected on their favourite moments and shared personal takeaways, including one who said, **"It made me**

feel brave to try new things!”

These activities were more than just entertainment; they sparked meaningful conversations and inspired courage. We extend our heartfelt gratitude to TJC's Drama Club for their creativity and dedication, which made this session unforgettable.

You can also play a part in building up our children and youth by volunteering for our [Reading Room \(Special\)](#) or [Green Spot](#) programmes next year!



PROGRAMME HIGHLIGHTS

Reminiscence Training and Filos' New Care Connect Services

Dementia, a devastating neurological disease, continues to rise with our ageing population. It isolates, disengages, and robs individuals of their identity, dignity, and quality of life. Striking even younger individuals in cases of early-onset dementia, the need for innovative care and meaningful engagement has never been greater.

Recently, Filos hosted a training, on engaging seniors through reminiscence, from January 8 to 10. This workshop, facilitated by Arthur and Patricia—UK-trained Reminiscence Arts Facilitators in Dementia Care—equipped Filos staff and volunteers with the knowledge, skills, and attitudes necessary to engage seniors holistically, including those living with dementia. Participants learned about the profound impact of oral history on legacy and closure, how to re-enact joyful past occasions, and methods for awakening long-term memories via the five senses, among other techniques.

“The reminiscence training went beyond learning about a programme,” shared Renay, Senior Social Worker at Filos. “It introduced participants to the art of connecting with seniors as unique individuals with rich histories to be celebrated. Both little and big events, when recalled, brought immense joy. **It is now for those of us who were trained to find ways to bring this same sense of celebration and joyfulness to seniors at risk of or living with dementia.**”

Looking ahead, Filos will be launching a new series of **Reminiscence Connect** sessions that will fall under our range of dementia work under our **Care Connect** services. The *Reminiscence Connect* sessions will help build a community of support and connection for seniors with dementia and their caregivers. Together, we can transform dementia care, one memory at a time.

Know a senior who might benefit from Filos' programmes in dementia work?
Email info@filos.sg to learn more about Care Connect today!



STORY OF THE MONTH

Love in Action: A Couple's Heart for Volunteering Together

This Valentine's Day, we shine the spotlight on a couple whose love story extends beyond their relationship to the wider community. **Meet Suan Hoe and Colleen**, a dynamic duo who have been volunteering with Filos for the past four years.

Born and raised in Singapore, Suan Hoe met Colleen, a Canadian, over 35 years ago. Together, they have built a life rooted in gratitude and service. Their faith has inspired them to give back, and their retirement years have become a season of intentional giving. As volunteer drivers and regular contributors to our monthly food distributions, they bring more than just items to our beneficiaries—they bring joy, compassion, and connection.

"We enjoy the interaction with the staff, other volunteers, and clients at Filos," shares Colleen. "Checking in on regular beneficiaries for a chat is something we look forward to." This genuine connection has made their time with Filos all the more meaningful.

Volunteering as a couple has its unique strengths. Colleen's limited grasp of local dialects is complemented by Suan Hoe's fluency, while Colleen's impeccable sense of direction ensures that Suan Hoe never takes a wrong turn during deliveries. Together, they embody teamwork and mutual support. **"As a couple, we're able to call on each other's strengths to overcome weaknesses, making us stronger as a team,"** Suan Hoe explains.

When asked how volunteering has enriched their relationship, the couple is quick to agree: **“Happiness is a shared experience, knowing we can brighten each other’s day or someone else’s. It gives us purpose and great pleasure.”** This Valentine’s Day, let Suan Hoe and Colleen’s story remind us of the joy and fulfilment that come from serving together. As they say, love in action is the greatest gift of all.

Explore volunteering opportunities for 2025 at the end of this newsletter or visit the Filos Volunteer Portal: <https://bit.ly/FilosVMS> to start your volunteering journey.

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



filos **SG Cares**
Volunteer Centre
@Bedok

**WE'RE ON
TELEGRAM!**

<https://t.me/BedokVC>



Filos Community Services

Family, Children, Youth

- [The Early Learning Programme \(Volunteer teacher\)](#)
- [Green Spot \(Activity Organiser\)](#)
- [House Cleaning for Low-income Families/Seniors](#)

- [Reading Room \(Special\) - \(Activity Organiser & Storyteller\)](#)
- [Tuition](#)

Community Mental Health

- [Care Buddy](#)
- [Cognitive Stimulation Activity Facilitator](#)

Eldercare

- [Active Ageing Programme Organiser](#)
- [Exercise Group Facilitator \(Active Ageing Centre\)](#)
- [Fetch Kakis](#)
- [Home-based Active Ageing Programmes](#)
- [Senior Befriender](#)

Skills-based

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

SG Cares Volunteer Centre @ Bedok

Family, Children & Youth

- [Morning Star Community Services - CareNights Facilitator, Tutor, Reading Room](#)

Multi-service

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

Seniors

- [Active Ageing Centres - Befriender](#)
- [LC Nursing Home - Befriender](#)
- [Medical Escort for Frail Female Senior](#)
- [Medical Escort for Frail Male Senior](#)
- [NTUC Health Senior Day Care - Activity Facilitator](#)
- [NTUC Health Nursing Home \(Chai Chee\) - Befriender](#)
- [SG Cares VC @ Bedok - Clean & Shine \(House-cleaning for seniors\)](#)
- [SG Cares VC @ Bedok - Medical Escort](#)

Persons with Disabilities

- [AWWA School @ Bedok - Classroom & CCA Support](#)
- [MINDS Towner Garden School - Community Mobility Training](#)
- [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!

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