



A VOICE FOR HOPE

ANNUAL REPORT 2016/2017

The Alzheimer’s Disease Association (ADA) was formed in 1990 as a result of a growing concern for the needs of persons with dementia, and for their families and caregivers.

Vision

Towards a dementia-inclusive society

Mission

- To provide quality care and support
- To promote research, education and training for dementia intervention and prevention
- To be a voice for persons with dementia and for their families
- To be the leader in dementia daycare
- To enable persons with dementia and their families to continue to live with dignity

Our Core Values

- Compassion
- Commitment
- Innovation
- Professionalism
- Integrity

Our Objectives

- To increase the quality and quantity of care for the elderly with dementia
- To increase the number of services for the elderly with dementia, and to be a model for other organisations to follow and learn from
- To increase families’ abilities to cope with and continue caring for their elderly with dementia
- To manage and support Centres for the elderly with dementia
- To increase opportunities for research, the teaching and training of psycho-geriatrics for personnel caring for the elderly

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Corporate Information

Registered Name	Alzheimer’s Disease Association
Registered Address	Blk 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157 Tel: 6353 8734 Fax: 6353 8518 Email: adahq@alz.org.sg Website: www.alz.org.sg
ROS Registered Number	142/90 WEL
Date Established	31 Dec 1990
Constitution	Society
Charity Registration Number	0902
Charity Registration Date	21 Sep 1992
IPC Registration Number	IPC 000304
IPC Registration Date	3 Sep 1993
UEN Number	S91SS0018J
Auditor	Kreston David Yeung PAC

Services and Programmes

Dementia daycare service through New Horizon Centres (NHCs) located in Toa Payoh, Bukit Batok, Tampines and Jurong Point

- Dementia care
- Occupational therapy, physiotherapy and art therapy sessions
- Respite care and therapeutic activities

Family of Wisdom (FOW) programme in Bendemeer, Tiong Bahru and Toa Payoh

- Weekly short-duration (three hours) daycare involving both the caregiver and their loved one with dementia
- Hands-on training of caregivers
- Exercise, games, singing, art, cooking; other cognitive stimulation activities

Caregiver Support Services through the Caregiver Support Centre

- Dementia Helpline: 6377 0700
- Information and referral
- Counselling
- Casework and Caregiver Support Groups in English, Malay and Mandarin
- Application for NCSS Safe Return Card
- Eldersit Respite Care Service
- Person-centred home-based intervention

Training and Consultancy through the ADA Resource & Training Centre

- Training workshops for family caregivers, domestic helpers and professional caregivers
- Consultancy on Dementia Care
- Resource Library
- Research/Publications
- Public Education
- Volunteering opportunities
- Academic attachments for Nursing, Medical Social Work, Psychology, Occupational Therapy and Gerontology students

President's Message

It's not often that I can begin exactly where I left off a year ago. I ended my message the last time wishing that Singapore becomes a Dementia-Friendly Community. So I'm heartened to hear the word dementia mentioned in this year's Budget and to see this greater push towards increasing the island's community mental health efforts especially to increase the number of dementia-friendly communities. We were honoured to host Ms Indranee Rajah, Senior Minister of State for Finance and Law, on 22 February during her visit to our Resource and Training Centre, Caregiver Support Centre and FOW Centre. She was able to experience first-hand the group activities our clients and their caregivers engage in, some of the challenges our caregivers experience, and how our caregiver support services are conducted. We also hosted Dr Ng Eng Hen, Defence Minister and MP for Bishan-Toa Payoh GRC, at our NHC in Toa Payoh. He was keen to interact with our clients and gain a better understanding of how our services have evolved over the years. Both visits came at a time when engaging and educating stakeholders in the work we do is very much appreciated.

The Alzheimer's Disease Association (ADA) is an enabler agency with a mighty task ahead and it has dreams and a vision in order to address pressing needs. It is this need to create job opportunities for those with

young onset and early stage dementia who are still able to contribute to society that lead to our next project. Generous amounts of advice, blended with a plethora of rules and permits, then gently whisked with dollops of encouragement produced our very own ADAcafé in October. The café is a pilot programme of ADA linked to the FOW Toa Payoh Centre. It provides purposeful therapy, job training and possible meaningful employment for our clients with young onset and early stage dementia, thus enabling them to live with dignity and enjoy a better quality of life. This is uncharted territory for us and the journey, as expected, has been bumpy.

Back in 2013, we piloted our FOW programme. Three years on and with demand growing we have established another centre at the Agape Village at Lorong 8 Toa Payoh. These three-hour sessions provide a continuum of community care for persons with dementia through the participation of caregivers in shared caregiving, while allowing caregivers to have respite time for themselves. Some of the clients from this centre help out at our café.

ADA will be embarking on a Strategy Planning exercise in the second half of 2017 to map out the directions the Association will take



from 2018- 2020. Due to the expansion of our Centres and programmes as well as the need to enable us to launch new programmes, ADA also needs to increase its fundraising capability. We hope that our existing generous donors as well as new donors will help support our Regular Gift Programme and other new initiatives.

The past year would not have been possible without the contributions from our dedicated volunteers, generous donors from near and far and tireless efforts by our staff members. My heartfelt thanks to everyone for their continued support and belief in the work we do and the services we provide.

Dr Ang Peng Chye
President

New Horizon Centres (NHCs)

ADA's New Horizon Centres (NHCs) are dementia daycare centres providing services, support and respite to persons with dementia and their caregivers. They enable caregivers to pursue their livelihoods while being assured that their loved ones are well cared for. Our four NHCs emphasise the person-centred care (PCC) approach in dementia care, where each client is valued as a unique individual with varied interests and talents. The Centres also ensure that the dignity of our clients is maintained despite their medical condition. An individualised care plan is formulated based on the physical, cognitive and social functioning of each client. Some activities organised at the NHCs include:

- Cognitively-stimulating interactive games
- Reminiscence and art therapy
- Group exercises
- Music and sing-along sessions
- Occupational therapy
- Excursions and festive celebrations

The Centres also received donations-in-kind from individual and corporate donors, from food products and groceries to art and recreational materials. Individuals contributed their time by volunteering at the Centres as befrienders to the clients and assisting with art therapy sessions, among other activities. Several staff from the NHCs also attended training programmes including basic first aid, CPR and AED, and workshops focusing on providing care to persons with dementia.



NHC Services At A Glance

Total number of referrals received
162

Total number of admissions to NHCs
117

Total number of clients on the muster list
312

Main sources of referrals include

AIC, NUH, TTSH, SGH, NTFGH, CGH, KTPH, IMH, SACH, NNI, Ren Ci Hospital, St Luke's Hospital, NHG Polyclinics

Community Involvement Programme

Hwa Chong Institution

Corporate Social Responsibility

Edrington Singapore, IBN A*STAR, Eisai, Iseaco, Citibank (81 staff in total)

Activities include

Hairdressing, live band performances, exercise sessions, befriending

Training Attachments

Total number of students on attachments: 138

- Nursing: 33
- Occupational therapy: 3
- Psychology: 2
- Gerontology: 92
- Mental health: 8

External organisations

Total number of staff on attachments: 6

- GRM Family Medicine Resident: 1
- AIC: 5

Donations-in-Kind

Toa Payoh

52 individual donors

BSS (S) P L
Ang Mo Kio Constituency Merchant's Association
Care for Life
Sparkle Tots Preschool
Chop Seng Heng
Citibank
A*STAR
Eisai

Tampines

Edrington Singapore

Bukit Batok

3 individual donors

Hillgrove Secondary School, Dignity Kitchen

Jurong Point

Edrington Singapore
Boys' Brigade
Food from the Heart
Manan Kitchen



Items include groceries, food products, goodie bags for festive celebrations and kitchen equipment

New Horizon Centres (NHCs)



NHC Toa Payoh

Ongoing art therapy sessions are conducted every Monday and Wednesday, while physiotherapy sessions are held every Tuesday and Friday, along with regular baking activities at least once a week. As part of a CGH Community Cultural Development research project, dance movement therapy was introduced to the centre, and staff participated in the training sessions. Everyday Waltzes is another weekly activity at NHC Toa Payoh. The centre was also involved in a pilot programme called Sing Out Loud! by The Esplanade Co, where clients received weekly singing training and showcased their talents. NHC Toa Payoh also celebrated festivals like Hari Raya, Easter and Mooncake Festival through craft-making and baking sessions.

SING OUT LOUD!

In 2016, The Esplanade Company approached ADA to offer their Sing Out Loud! programme to our clients. The regular workshop sessions enabled them to reminisce with songs from the past. Volunteers from The Esplanade Company also joined in the sessions to guide our clients through various activities, including exercises to help persons with dementia utilise their visual, auditory and tactile senses. The eighth and final workshop was held at the Esplanade - Theatres on the Bay on 31 March, where 21 clients from NHC Toa Payoh performed.

Granddaughter of Madam Margaret Tan Geck Kwan, one of ADA's clients, noticed a change in her grandmother since she participated in the programme. "Grandma hums the songs and communicates more, especially during dinner. The programme has fired her passion to sing again and she's happier and feels more alive."

The workshops, conducted in a group setting, not only enhanced creativity, but also facilitated social interaction. Madam Liao Peck Yong, who enjoyed elements of movement and dance in the sessions, reinforced the importance of social engagement. "I love to sing in a group as singing by myself is lonely."

ADA's CEO, Jason Foo, hopes that The Esplanade Company will bring the programme to the rest of ADA's dementia centres and other centres in the community.



NHC Bukit Batok

The centre was involved in a Person-Centred Care consultancy project which commenced in May 2016 to establish the current level of Person-Centred Care through Dementia Care Mapping, surveys with clients and families, and interviews with staff. Fifteen clients went on a supermarket shopping tour and lunch with their caregivers and volunteers, which was made possible with funds from the 'Outing Elderly Fund'. The centre was again selected by Hillgrove Secondary School as a beneficiary of their annual 'Conservation and Recycling Initiative Project'. Our client, Mr Yeo Ah Guan and his wife were featured in the President Star Charity Show in October 2016. The Adam Road Presbyterian Church also invited fifteen of the centre's clients and their caregivers to a Christmas luncheon at Gardens by the Bay. For Chinese New Year, clients celebrated with a buffet lunch with staff from ISEACO.

NHC Jurong Point

Besides support with befriending and reminiscence activities, individuals also donated groceries, basic necessities and equipment to help run the centre, with corporate donor Edrington Singapore donating activity items for clients and sponsoring a buffet lunch. Through achievements like the art therapy programme and photography tours, clients were kept engaged in activities such as art, music, exercise and outings. Along with the care from staff, scheduled activities played an important role in maintaining the well-being of our clients. Some of these activities include a Mother's Day celebration, an entertaining movie screening at Golden Village, a visit to Singapore Changi Airport with lunch at Swensens, and a trip to Hays Dairy Farm in January 2017 for clients to experience the great outdoors.

NHC Tampines

Our clients were involved in regular art therapy sessions and the Arts and Dementia programme, which included Peranakan Museum visits and photography tours. Dance Movement Therapy - a CGH Community Cultural Development research project - was also introduced to the centre as a new activity. Centre staff participated in training sessions to enable them to conduct the sessions. As part of the Hari Raya and National Day celebrations in July 2016, staff and domestic helpers dressed up in traditional costumes and put on a Malay dance performance for our clients. In September 2016, the centre also had a mooncake-making session for clients to get involved in the Mooncake Festival celebrations.

Family of Wisdom (FOW)

ADA's Family of Wisdom (FOW) programme is modelled after the FOW programme in Taiwan and seeks to provide a continuum of community care for persons with dementia through shared caregiving and mutual self-help among caregivers. An extension of ADA's NHCs and Caregiver Support Centre programmes, FOW complements a full-day dementia programme with shorter hours through social and interactive activities. The programme offers caregivers who attend the sessions with their loved ones respite and an opportunity to bond outside the context of caregiving. The cognitive activities are designed with a social element to foster greater interaction. Available in Luzerne Building and Central Plaza, the programme has since expanded to a third location at Agape Village in Toa Payoh.



FOW Programme At A Glance

Total number of referrals received
165

Total number of admissions to FOWs
88

Total number of clients on the muster list
153

Main sources of referrals include
TTSH, CGH, SGH, NTFGH, NUH, Hua Mei Mobile Clinic, Polyclinics, Private geriatricians

Total no. of volunteers
10

Visitors
AIC Community Mental Health Division, Tsao Foundation Hua Mei Mobile Clinic, TTSH Geriatric Medicine doctors, Senior Minister of State for Law and Finance Ms Indranee Rajah and her team, GPs attending the AIC CME talk on dementia

Training Attachments

Total number of students on attachments: 4

- Occupational Therapy: 1
- Gerontology: 3



FOW Bendemeer

The staff from FOW Bendemeer have been regularly involved in various workshops, seminars and conferences, including the Annual Scientific Conference on Ageing 2016. A few staff members also attended the 'Basic Concept of Person-Centred Dance Movement' organised by Changi General Hospital, and basic first aid workshops. On 16 November 2016, the centre held an art exhibition at Tan Tock Seng Hospital to showcase clients' works and raise funds. Experiential art sessions were also conducted by our art therapist in April 2016 and February to March 2017. Along with outings, clients also enjoyed recreational activities like bowling and baking.

Donations-in-Kind

FOW Toa Payoh
1 individual (3-seater sofa)



FOW Tiong Bahru

The centre has been active in several events like the FOW programme at the Singapore Mental Health Conference on 27 May 2016, and a fundraising event at Viva Business Park on 7 September 2016. Regular activities at the centre included art therapy sessions, which encouraged caregivers of persons with young onset dementia to participate, and Smell-A-Memory sessions where a set of 'smells' were used to evoke memories of our elderly clients. FOW Tiong Bahru also held an annual art exhibition and Chinese New Year Reunion Lunch.



FOW Toa Payoh

Like our other two FOW centres, the programme at Toa Payoh's Agape Village was set up in November 2016 with the aim of meeting the long waiting list for dementia daycare and to provide meaningful activities to both persons with dementia and their caregivers. Apart from engaging persons with dementia and caregivers in activities such as arts & craft, cooking and group games, FOW (Toa Payoh) goes a step further by leveraging on the ADAcafé to provide activities with vocational meaning to our clients in a dementia-conducive environment. Clients who are interested and able to help out in the café take on responsibilities such as serving customers during lunch hours, taking simple orders and assisting with general cleaning. FOW (Toa Payoh) has hosted visitors from AIC Community Mental Health Division, and received 10 referrals from Changi General Hospital and Tan Tock Seng Hospital.

ADAcafé

Started on 24 October 2016, the ADAcaf   @ Agape V is the first caf   in Singapore that seeks to provide purposeful therapy, job training and employment opportunities for Alzheimer's Disease Association (ADA) clients with young onset and early stage dementia. This new concept of dementia care hopes to be an avenue where persons with young onset and early stage dementia can be given the chance to find employment again, reconnect with the community, and simultaneously create greater community awareness of persons with dementia to enable them to live with dignity, enjoy a better quality of life and remain socially and economically engaged. Through this specialised programme, ADA hopes to help make the integration of persons with dementia less challenging by minimising the socioeconomic burden and harsh lifestyle changes caused by this devastating disease.

ADAcaf   serves breakfast sets, sandwiches, pastries, and a mainly Western lunch menu which includes meals like pasta with Ebi Prawns, Breaded Fish or Rosemary Chicken, and popular caf   dishes like Fish and Chips. The caf   also provides an in-house catering service for tenants at Agape Village. ADAcaf  's regular customers from Agape Village include Lions Befrienders



Service Association, Abilities Beyond Limitations and Expectations Limited (ABLE), Care Corner Seniors Services, and staff of Agape Village. Private functions at the caf   was also provided on 11 and 16 March 2017.

Run by a team of four, our clients are encouraged to engage in meaningful social interactions through opportunities to contribute to the caf  . Currently, Henry and Steven from FOW Toa Payoh volunteer at the caf   regularly.

The caf   operates from 8.30am to 5.30pm on weekdays, and from 8.30am to 2pm on Saturdays. It is closed on Sundays and Public Holidays.



Henry's Story



“Working at the ADAcaf  , dad has become less agitated. He even makes curry puffs for the family at times.”

Eric, Henry's son.

Henry is 75-years-old. Diagnosed with early stage Alzheimer's Disease in 2016, Henry remains highly independent. A former church volunteer, taxi driver, and school janitor, Henry had not been engaged in gainful employment upon retiring two years ago. He stayed at home most of the time. Communication issues and friction within the family soon arose. However, his son, Eric observed a change in Henry, who has become more light-hearted and jovial, since he started attending the FOW (Toa Payoh) sessions and volunteering at the ADAcaf  .

While Henry attends the FOW sessions regularly to slow down the deterioration of his condition, Henry's doctor suggested for him to work. He now goes to the ADAcaf   @ Agape V where he helps serve, clean and chat with customers every Monday, Wednesday and Thursday.

Mr Jason Foo, Chief Executive Officer of ADA, shared that the idea of the caf  , which embodies a 'Food for a Cause' concept, was derived from years of observing some clients, who, in their early stage of dementia, offered to help with simple food

preparation. He noticed that they were happily cutting vegetables and the activity seemed to bring back fond memories of their roles as wives and mothers. Mr Foo explained that the ability to continue working enables clients to feel validated and lead dignified lives. The concept caf   provides an opportunity for employment and serves as a form of therapy which gives a sense of security and purpose to clients.

“Henry is the first person with dementia to be engaged under this pilot caf   project,” he said, “and we hope to have four or five more persons with early stage dementia to help out in the caf  ”.

Centre Manager for FOW (Toa Payoh), Ms Chong Ying Ying, said that having Henry help at the ADAcaf   prevents his abilities from going to waste. With the growing number of people living with dementia in Singapore, ADA hopes to provide activities with meaning in a dementia-conducive environment where persons like Henry can continue to make meaningful contributions to society based on their interests and strengths.

Arts and Dementia

The Arts and Dementia Programme comprises visits to the Peranakan Museum, and photography tours involving persons with dementia from ADA's Family of Wisdom (FOW) centres and New Horizon Centres (NHCs). Now in its fourth year, the programme utilises the arts as a platform for our clients to connect with their past experiences and memories, increasing their general self-esteem, creativity, and interest to gain new skills.

Funded by the National Arts Council, the programme engages artists who are keen to share their expertise in visual arts and photography to lead the sessions and tours. Our clients have benefited greatly from the workshops and have displayed hidden talents and skills in visual arts, proving that persons with dementia can do just as well as those without the condition.



PERANAKAN MUSEUM TOURS

ADA works with the National Heritage Board and the Peranakan Museum for this unique tour, which provides an opportunity for persons with dementia to explore the cultural traditions and art of the Peranakans while reminiscing the good old days through interactive storytelling, enriching tours and art-making activities.



PHOTOGRAPHY TOURS

These visually-driven tours provide an opportunity for persons with dementia to discover and explore their innate creative instincts by using photos as a subject of discussion through storytelling, photo exhibitions, and creating photo albums. The introduction of the iPad exposes our clients to design work and editing by choosing their favourite photos to work on.

Mr Yeo Ah Guan, a former Senior Inspector with the Singapore Police Force, was diagnosed with Alzheimer's after a bout with Meningitis. With the Arts and Dementia programme, both Mr Yeo and his caregiver do not have to journey alone. Mr Yeo's wife, Mdm Ooi Giak Choo, hopes to take more photographs of her life with Mr Yeo and to cherish their moments together through photography.



World Alzheimer's Month 2016



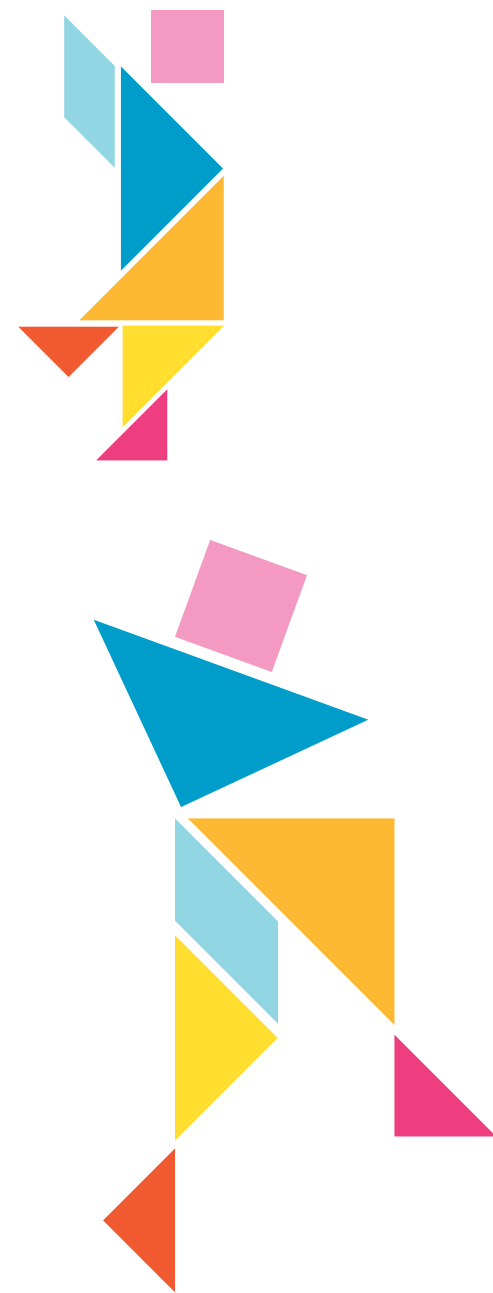
On 17 September 2016, the Alzheimer's Disease Association and Tan Tock Seng Hospital's Institute of Geriatrics and Active Ageing (IGA) came together to commemorate World Alzheimer's Month with a public carnival held at Toa Payoh West Community Centre. Themed, "Remember Me 2016", the event aimed to increase public awareness on dementia and other related conditions.

Senior Minister of State for Health, Dr Amy Khor, graced the event and addressed pertinent issues, including the importance of enabling accessibility to healthcare and strengthening community support for persons with dementia.

The annual World Alzheimer's Month event featured an array of creative art pieces crafted by clients from ADA's FOW centres. The crowd was kept thoroughly engaged through a karaoke session, performances and childhood games such as five stones to relive the good old days. A range of booths also emphasised the intricate connection between health and wellbeing.

Our Arts and Dementia's second art exhibition - "Remember Me - Through My Art" was held at Ang Mo Kio Public Library from 5 to 27 September 2016, in conjunction with the World Alzheimer's Month, and the National Arts Council's Silver Arts Festival. A public talk on 'Understanding Dementia' was also held at the library to increase awareness on dementia. ADA collaborated with the Chinatown Heritage Centre (CHC) for an exhibition of our clients' photography between 29 September and 31 December 2016. These exhibitions allowed our clients' families to appreciate their artwork and generate greater interest in dementia.

ADA also collaborated with Changi General Hospital and St Luke's Hospital to raise awareness of Alzheimer's on World Alzheimer's Day.



Caregiver Support Centre

ADA's Caregiver Support Centre (CSC) provides avenues for caregivers to learn more about dementia and pick up new caregiving skills. This support network ensures that caregivers are adept at facing challenging situations in providing care to their loved ones. CSC also offers the Home-based Intervention programme which involves home visits by care team members. This psychosocial intervention for caregivers in distress utilises a person-centred approach.



Dementia Helpline (Tel: 6377 0700)

Total calls
7487

Info Calls: **6380**; Referral Calls: **173**;
Counselling Calls: **934**;
Total Unique Counselling Calls: **180**

Feedback Ratings (Surveyed on 64 Referral Calls)

Average **4.38** out of 5
With **92%** > 3.5 rating

Caregiver Support Group (CSG)

CSG achieved
a total number of
700
participants

A total of
122
CSGs were conducted

English: **86**;
Chinese: **30**; Malay: **6**

Types of Support Groups
Art Therapy Support Group, Support Group for Singles, Experiential Art Therapy Support Group, Dance Movement Therapy Support Group, Support Group for Mid-Late Stages of Dementia

Ratings
Client Satisfaction Questionnaire (CSQ)
(Administered to 151 participants)

Average **4.26** out of 5
With **93%** ≥ 3.5

MemoriesCafé

MemoriesCafé has increased its number of community partners. The programme has been well received and is experiencing over-subscription. The number of sessions has increased from 27 in year 2015 to 42 for year 2016.

Total Sessions
42

Total Attendees
1218

Cafés in collaboration with Memories Café
ADAcafé, Ai Qing Hai Café (Music Dreamer), Crossings Café, Over the Counter, Porn's Kitchener Complex, Fun Toast @ Raffles Hospital, Happy Pancakes Café 10 Square @ Orchard Central, The Sapling, The Soup Restaurant, Wang's Café at St Andrew's Community Hospital, Jack's Place at Toa Payoh, Food for Thought at National Museum

Feedback Ratings
CSQ were administered on 95 clients
with **96%** ≥ 3.5



Eldersit Respite Care Service

Complimentary Sessions

Total of complimentary Eldersit sessions conducted
24

There were **118** attendees, out of which **46** were unique clients.

Ratings
CSQ were administered on 54 clients

93% rated the satisfaction level with an average score of **≥ 3.5** out of a total score of 5.

Paid Sessions
a total of
109
paid clients

a total of
70
new referrals screened.

Ratings
CSQ were administered
79% rated the satisfaction level with an average score of **≥ 3.5** out of a total score of 5.

*As of end of March 17, Eldersit programme has a waitlist of 38 persons.

Caregiver Support Centre

Person-Centred Home-Based Intervention

Total referrals received

157

Total cases followed up with intervention home visits

118

Total intervention home visits conducted for these cases

347

Ratings

Of those cases that had received the service,

93% rated the satisfaction level with an average score of **≥ 3.5** out of a total score of 5.

Public Education

Talks and World Alzheimer's Month

Total Participants

1327

Ratings

1018 respondents of 1102 gave a rating of **3.5** and above (**92%**).

ADA-Eisai Caregivers' Outing 2016

Caring for persons with dementia can be overwhelming. Often, caregivers need to acquire qualities akin to superheroes to fulfill the multiple and diverse needs of persons with dementia. The theme of superheroes was, therefore, mooted for the event, hoping to instill courage in caregivers and to pay tribute to their relentless care for their loved ones. The event, held on 24 September 2016 at Temasek Polytechnic's Temasek Tourism Academy, also served as a platform for caregivers to unwind and take a break from their daily duties to reiterate the importance of self-care.

Attendees

137

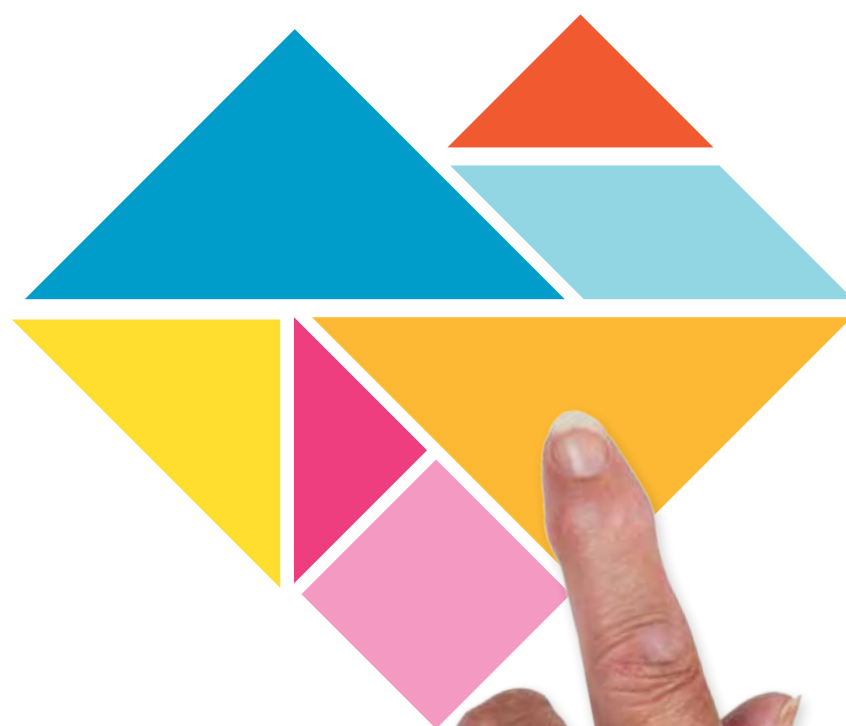
comprising caregivers, persons with dementia, staff from Eisai Singapore, ADA, and Temasek Polytechnic, and students

Ratings

Feedback was gathered from 42 respondents out of 59 caregivers (71%) who attended the event.

All the respondents provided a rating of **3.5** and above (out of a total score of 5).

An average rating of **4.33** was obtained.



22nd February

Ms Indranee Rajah, Senior Minister of State for Law and Finance, visited ADA Resource and Training Centre, the Caregiver Support Centre, and Family of Wisdom programme Centre at Bendemeer

CEO Mr Jason Foo interviewed by 938 Live on Budget 2017: 'More funding for programmes supporting persons with disabilities, mental health conditions'



10th February

Clients from New Horizon Centre Toa Payoh were involved in 'Sing Out Loud!', a pilot project with The Esplanade Co Ltd



23rd February

Mainstream news media coverage - 'Important for dementia patients to be in a familiar home environment: Indranee Rajah'



13th April

ADA website was revamped and made compatible for both mobile and desktop



19th April and 20th April

Clients from New Horizon Centres in Tampines, Bukit Batok and Toa Payoh attended the Singapore Youth Festival 2017 Arts Presentation for Dance

20th April

The ESTEEM Programme, a pilot project in collaboration with the National Neuroscience Institute, featured on Channel NewsAsia's Singapore Tonight. ADA's representative, Chong Ying Ying showcased Family of Wisdom Tiong Bahru.

25th April

CEO Mr Jason Foo presented on ADA's media and advocacy efforts at the Alzheimer's Disease International (ADI) Annual Conference 2017 in Kyoto

January 2017

ADA newsletter, 'ALZnews' renamed 'Voice of Dementia' and took on a new look



4th March

CEO Jason Foo interviewed on Channel NewsAsia Singapore Tonight News on Budget 2017: 'More support for people with disabilities and those with mental health conditions'



13th March

ADAcfé @ Agape V featured in Lianhe Zaobao, 'Café provides meaningful employment opportunities for early stage dementia patients'

24th March

ADA gave a public education talk during the '50Plus 2017 I'm In!' event organised by the Council for 3rd Age (C3A)

17th March & 18th March

ADA participated in the National Neuroscience Institute's 5th International Neurocognitive Symposium



27th March

Memories Café highlighted in video for '2017 Model Caregiver Awards'

Milestones 2016/2017
January - March 2017

ADA IN SINGAPORE

Our daycare centres provide care for persons with dementia during daytime working hours. Our staff at the Centres are also trained to provide education and support for family members to help them continue caring for their loved ones with dementia at home.



New Horizon Centre (Bukit Batok)
• Blk 511 Bukit Batok Street 52, #01-211, Singapore 650511
• Monday - Friday: 7.30am - 6.30pm
• 6565 9958



New Horizon Centre (Jurong Point)
• 1 Jurong West Central 2, #04-04 Jurong Point Shopping Centre, Singapore 648886
• Monday - Friday: 7.30am - 6.30pm
• 6790 1650



Family of Wisdom (Tiong Bahru)
• 298 Tiong Bahru Road, #10-05 Central Plaza, Singapore 168730
• Monday - Friday: 8.30am - 5.30pm
• 6593 6440 / 6593 6442

ADAcafé @ Agape V
• 7A Lorong 8 Toa Payoh, #01-01 Agape Village Singapore 319264
• Monday - Friday: 8.30am - 5.30pm
• Saturday: 8.30am - 2.00pm
• 6904 4095



Family of Wisdom (Toa Payoh)
• 7A Lorong 8 Toa Payoh, #03-06 Agape Village, Singapore 319264
• Monday - Friday: 8.30am - 5.30pm
• 6801 7483



New Horizon Centre (Toa Payoh)
• Blk 157 Toa Payoh Lorong 1, #01-1195, Singapore 310157
• Monday - Friday: 7.30am - 6.30pm
• 6353 8734



New Horizon Centre (Tampines)
• Blk 362 Tampines Street 34, #01-377, Singapore 520362
• Monday - Friday: 7.30am - 6.30pm
• 6786 5373



Family of Wisdom (Bendemeer)
• 72 Bendemeer Road, #05-29 Luzerne Building, Singapore 339941
• Monday - Friday: 9am - 6pm
• 6291 6268 / 6291 6260

ADA Resource & Training Centre
• 70 Bendemeer Road, #06-02 Luzerne Building, Singapore 339940
• Monday - Friday: 9.00am - 6.00pm
• 6293 9971

Caregiver Support Centre
• 70 Bendemeer Road, #03-02A Luzerne Building, Singapore 339940
• Monday - Friday: 9.00am - 6.00pm
• 6389 5121

Milestones 2016/2017

March - December 2016

25th May

Cai Suqi of ADA featured on Channel 8 daily primetime show, 'Hello Singapore'



27th - 28th May

ADA representative, Chong Ying Ying as a guest speaker at the Singapore Mental Health Conference



4th August - 1st September

Launch of Experiential Art Support Therapy series



30th June

ADA Volunteers Appreciation Dinner



21st September
World Alzheimer's Day event @ CGH

25th September
Official re-launch of New Horizon Centre Toa Payoh

8th October

Mental Health Awareness: Walk to Stamp Out Stigma at *SCAPE



8th - 9th October

NUS Medical Society Public Health Service event in Clementi



22nd October

ADA Volunteer's Appreciation glass mosaic craft session

23rd October

Clients Mr & Mrs Yeo featured on The President's Star Charity

24th October

ADAcademy @ Agape V opens to public



16th December

'Please Remember that I Love You', Channel 8 documentary premiers



5th - 27th September

Main organiser for the 'Remember Me - Through my Art' Exhibition



17th September

'Remember Me' in commemoration of World Alzheimer's Month carnival



24th September

ADA & Eisai Caregivers Outing 'Where Heroes Gather' at Temasek Polytechnic

4th November

Family of Wisdom Toa Payoh begins operations



9th November

'Remember Me - Through my Art' fundraising event

15th November

The first episode of the documentary series 'Facing Dementia', featuring ADA, aired on Channel NewsAsia



16th November

Art exhibition by Family of Wisdom, in conjunction with Tan Tock Seng Hospital

Public Education

ADA has been reaching out to the masses through public education talks, charity sales and booths at various events. Our talk 'Learning about Dementia' received a total number of 994 participants over 19 sessions, of which five sessions were conducted in Mandarin, while the 'Remember Me' talk received 155 participants over three sessions.

Through our community outreach efforts, we have managed to reach about 4278 individuals in the past one year and plan to widen our reach to create a more dementia-inclusive society.

2016

21 September 2016
World Alzheimer's Day 2016 booths at Changi General Hospital and St Luke's Hospital

8 October 2016
'Walk with Us, Stamp out Stigma'

8 - 9 October 2016
NUS Medical Society's Public Health Service 2016 event booth

17 - 18 March 2017
5th International Neurocognitive Symposium by the National Neuroscience Institute

24 March 2017
'50 Plus 2017 I'm In!' by the Council for 3rd Age

2017

Volunteerism

As part of our efforts to engage the community in dementia care and advocacy, ADA expanded our volunteer database to include more individuals who are keen to contribute to the cause. As with previous years, we have seen an increase in the number of individuals joining ADA as volunteers.

A total of 1077 volunteers were registered in our database in 2016 as compared to 1019 volunteers the previous year. Of the 1077 registered, 150 individuals had volunteered with ADA at least twice, contributing their time and talents regularly in our events. These volunteers have played a vital role in supporting ADA's efforts by taking on roles in befriending, acting as guardians to our clients during outings, admin support and public outreach in the past year.

ADA is always open to receiving more volunteers to join the family. With the ongoing expansion of our services and programmes, there will always be a continued need for volunteers and their selfless contribution.

Milestones of Philanthropy

- April 2016 - ADA started the Saturday Extension Programme in NHC (Tampines). Staff from Bloomberg volunteered at NHC Bukit Batok.
- October 2016 - NHC centres received 10 volunteers from Edrington and 11 volunteers from Citibank. Edrington also sponsored lunch, utensils and activity items to NHC Bukit Batok.
- December 2016 - Nine staff from Edrington volunteered at NHC Jurong Point with entertainment and lunch for Christmas.
- January, February 2017 - 16 staff from the Institute of Bioengineering and Nanotechnology, and another 16 from Eisai, sponsored lunch for our clients at NHC Toa Payoh for Chinese New Year. Iseaco staff also sponsored a CNY lunch.

ADA Resource and Training Centre

Dementia Care Mapping

ADA has been providing Dementia Care Mapping (DCM) courses in Singapore since 2007. Ms Carol Fusek, ADA member and associate trainer, remains the Strategic Lead, and only certified trainer in DCM in Singapore.

To provide on-going support for DCM users, ADA launched a Facebook page to provide DCM users with a platform to exchange knowledge and ideas on the use of DCM. A networking session was organised at ARTC on 30 March 2017, where guest speaker Dr Joy Lim presented her research study findings on the well-being of persons with dementia in a home-based tailored activity engagement programme (DemACT) using Dementia Care Mapping-Supported Living (DCM-SL).



- **2 runs** of the DCM (Basic User) course was conducted at Apex Harmony Lodge and ARTC in 2016
- **33 participants** were certified 'DCM Basic Users' by the University of Bradford, UK

Training for Family Caregivers and Foreign Domestic Workers

ADA is an approved training provider under the Agency for Integrated Care (AIC) Caregiver Training Grant (CTG). Caregivers may utilise the CTG to subsidise the course fees for the Family Caregiver Training Programme and training for Foreign Domestic Workers.

'Living with Dementia'

'Living with Dementia' is a Family Caregiver Training Programme designed to allow family caregivers to acquire a better understanding of dementia in an experiential way, and to equip them with the skills to care for their loved ones with dementia.

A total of **532** family caregivers trained since 2013

- Conducted a total of **19 runs** of core and elective modules in English and Mandarin
- **181 family caregivers** participated
- Received an **average rating of 4.60** out of 5 for effectiveness on course objectives, content, and trainers

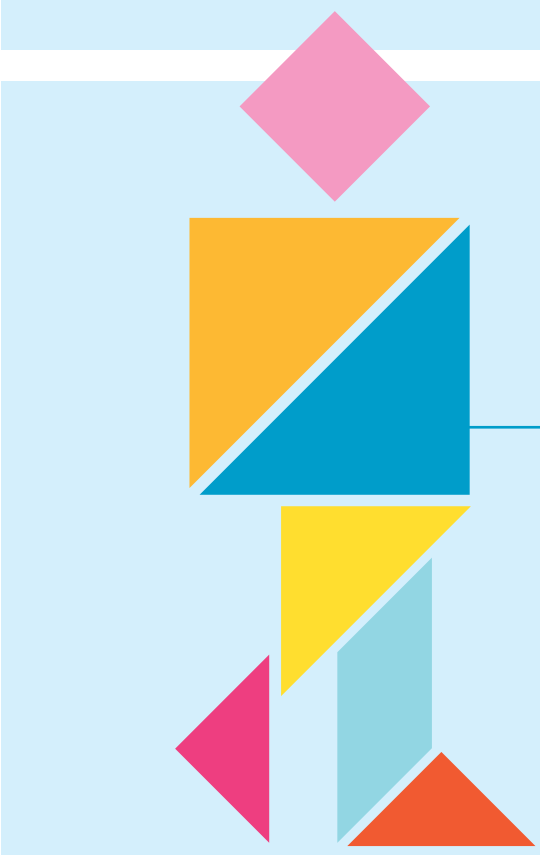


Training of Foreign Domestic Workers

ADA's Foreign Domestic Worker (FDW) Training remains well-received by employers and foreign domestic workers caring for persons with dementia.

A total of **1470** FDWs have been trained to date

- Organised **32 runs** of core and elective modules in English, Malay, and Burmese
- **394 domestic workers** participated
- Received an **average rating of 4.61** out of 5 for effectiveness on course objectives, content, and trainers
- A total of **35 foreign domestic workers** graduated from the programme



ADA Resource and Training Centre

Professional Caregiver Training (In-house)

ARTC organised a series of in-house training for ADA staff to ensure that staff maintain their competency in direct care.

- A total of **15 runs** were conducted at ARTC, NHCs, and FOW Tiong Bahru.
- Courses included workshops on dementia by the CGH Community Psychogeriatric Programme, Basic First Aid, CPR, assisting clients with Mobility and Transfers, Foundations in Person-Centred Dementia Care, Workforce Skills Qualifications (WSQ) work with clients with dementia, and facilitating activities with persons with dementia.



Professional Caregiver Training (Public)

ARTC increased its efforts to provide professional training programmes to eldercare agencies.

- A total of **381 professional caregivers were trained**.
- Received an **average rating of 4.53** out of 5 for effectiveness on course objectives, content, and trainers.
- Courses conducted include:
 1. Environmental Design: Supporting persons with dementia in Intermediate and Long-term (ILTC) Care Facilities by Dr Habib Chaudhury (11 May 2016)
 2. Creative Therapeutic Storytelling: For persons with dementia at Any Stage by Dr Sue Jennings (13-18 June 2016)
 3. Transforming Dementia Care the Person-Centred Way by Ms Carol Fusek and Ms Koh Hwan Jing at the SGH-PGAHI (20-21 July 2016)
 4. One run of 'Foundations of Person-Centred Dementia Care' and four runs of skills-based workshops for the PAP Community Foundation Sparkle Care @ Changi Simei (Aug 2016 – Feb 2017) by ADA associates and staff trainers
 5. One run of 'Provide a Dementia-Friendly Environment' for Thye Hua Kwan Senior Activity Centre staff (30 Sep 2016) by ADA staff trainers
 6. Seven runs of 'Mental Health First Aid for Older Persons' in English and Mandarin for the AIC Learning Institute from (Dec 2016 – Mar 2017) by ADA staff and associate trainers



Consultancy

ADA completed the consultancy project with PAP Community Foundation Sparkle Care @ Changi Simei in December 2016. In the last installation, ADA conducted a series of training workshops for new staff in preparation for the operation of PAP Community Foundation Sparkle Care @ Yew Tee Sparkle Senior Centre in March 2017.

ADA completed its Person-Centred Care (PCC) Consultancy project with Apex Harmony Lodge in January 2017. This project focused on evaluating PCC practice in an assisted living unit for residents with dementia within Apex Harmony Lodge, with the purpose of enhancing care provided to the residents. The approach involved the use of the Person-Directed Dementia Care Assessment Tool (PDDCAT), Dementia Care Mapping (DCM), surveys with family members and residents, and staff interviews. The data collected was used to guide improvements in the assisted living unit, and DCM was repeated one year later with the same cohort of residents (n=21) to evaluate the changes made. This project was presented at the 2017 ADI International Conference in Kyoto, Japan.

Training for Dementia Friendly Communities

In collaboration with the Agency for Integrated Care (AIC), ADA commenced a series of dementia awareness talks for members of the public and community partners in January 2017. Three talks were delivered from January to March 2017.

ADI Master Trainer (Train-the-Trainer) Programme

ADA continued its partnership with the Alzheimer's Disease International, Asia Pacific Regional Office (APRO), to expand the Master Trainer programme to more countries in the region. The Dementia Care Skills (DCS) course framework for care workers was subsequently developed for family caregivers, in consultation with dementia trainers from Bangladesh and Jakarta. ADA supported the third run of the five-day Train-the-trainer programme in Malaysia, organised by the Alzheimer's Disease Foundation Malaysia (ADFM), from 22 to 26 August 2016, in Kuala Lumpur. A total of 16 professional caregivers were trained, including participants from Malaysia and Brunei.

Advocacy and Media Coverage

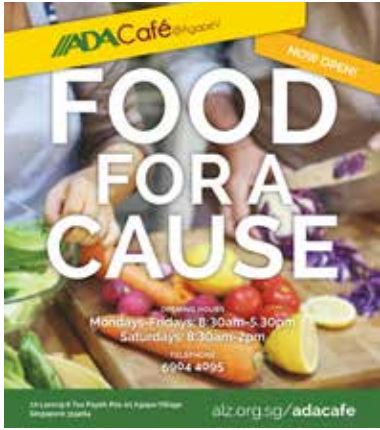
ADA has been featured in various local publications and media such as 'The Straits Times', 'Lianhe Zaobao' and 'Berita Harian' on dementia-related issues, along with television and radio interviews, and dementia documentaries. Such coverage enables ADA to reach out to a wider group of audiences from the general population to better advocate for persons with dementia and their caregivers.

One significant event where ADA's voice was heard included Senior Minister of State Ms Indranee Rajah's visit to ADA, following Budget 2017 which had stressed upon the need for greater dementia care support.

To further advocate for our cause and encourage a more dementia-friendly community, ADA initiated a revamp of its newsletter and website. The new publication, 'Voice of Dementia', is published biannually and features stories and news with a human touch as well as dementia-related tips. ADA's social media handles are also updated regularly with engaging videos and content.



Press coverage



Article on our client & cafe in local Chinese newspaper "Lianhe Zaobao"



Singapore Budget 2017 stresses need for greater support for dementia care



Newspaper articles on Senior Minister of State Ms Indranee Rajah's visit to ADA



Television & Radio coverage



Interview of CEO Mr Jason Foo on Singapore Tonight news on Channel NewsAsia & radio channel 938LIVE



Newsletter



"ALZnews" Former newsletter



"Voice of Dementia" Current newsletter

Social media engagement



Documentaries

"Facing Dementia" (English) & "Please Remember that I Love You" (Mandarin) on local television



Our Volunteers

Alison Lim	Gilbert Fernandez	May Soon Mimi	See Toh Huixia
Aloysius Mok Kai Liang	Goh Bee Lin	Melissa Goh	Seth Teoh En
Andy Lim	Goh Siok Cheng, Pearly	Christina Kwok Mun Hang	Shankha Chaudhuri
Anna Quek Chiew Kiang	Hew Yee Min Yvonne	Mubarika Aftabhusein	Shayne Yeo Siok Peng
Anthony Koh	Ho Lai Mun	Tyebally	Shirley Koh
Arzeen Ansar	Hong Anjin	Nancy Ng nee Auw Chor Yong	Sim Choo Yian
Audrey Lee	Hong Liying	Ng Joon Yan	Sim Hwee Hwang
Audrey Ling	Irene Chen Soo May	Ng Keat Siong	Sim Ngee Ling
Balan Saravanan	Irish Ong	Ng Seok Ling, Agnes	Siow Zhi Jie Nick
Ben D' Cotta	Jane Seow Ah Kim	Ngai Hin Kwok	Stesha Tan Shi Yun
Benedict Gay Yong Jie	Jennifer Lee	Nur Syafiqah Binte Jamiah	Sthamumathan Manoj
Benjamin Tan	Jenny Cao Sichu	Nurliana Binte Abdul Hamid	Tan Hong Dee Henry
Betty Tan Ah Poh	Jenny Wong	Ong Choo Chin	Tan Poh Ling
Chan Isa	Jessica Wong Ying	Ong Jing Long	Tan Yee Hwee
Charles Tan Jun Yii	Jetro Tull J. Roa	Ong Mei Hwei, Candice	Tang Tsui Theng Crystalene
Chen Jee Keong	Joanne Lim Tze Chin	Pak Xin Yi Elaine	Tara Chin Huiming
Cheng Joon Yin	Joe Moreira	Pang Liqin	Tay Chi Kian
Cheng Ruei Ying Katherine	Julie Sng	Pang Shih Chin, Patricia	Tay Chor Ter, Charlie
Dr Chitra Krishnakumar	Julyanty Pranata Didjaya	Pattiselanno David Jamias	Teo Eng Teck Gary
Chng Tong Boo Rodney	Karen Ng Boon Ling	Paula Ngo	Teresa Chan
Choe Kok Fai Patrick	Kiang Swee Yueh	Peck Soo Ping Carmen	Tham Lydia
Chong Yoke Lian	Kiew Yan Ching Geann	Poh May Jun	Theng Siew Ling
Chris Lim	Kuah Siew Hiong	Poh Sijie	Theresia Ivory Lisvanda
Chua Hui Ying	Lau Ee Hwee	Pun Xian-Shu, Kate	Toh Shao Wei
Chua Soon Tiong, Benson	Lee Mei Leng	Qin Mengqi	Veronica Tan Yi Ying
Chung Shiyong	Lee Yoke King Betty	Quek Min Hui Tricia	Vivian Chan
Claris Tay	Lehani Rico Francisco	Quek Yue Feng	Vivienne Lim
De Las Alas Pauline Franchesca	Liew Denise	Rachael Lee Zhi Yi	Wang Siew Ping
Doreen Yeo	Lim Chu Hsien	Rachel Wong Man Teng	Wong Yoong Kuan
Doris Tay	Lim Jingjie	Randy Reyes	Wong Yung Pine
Dr Kan See Mun	Lim Mei Yin Eunice	Ratana Lau Heng Ze	Xu Hui Qi
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Evonne Tay Chen Eng	Sr Lim Siew Choo Rosa	S Vivek Anand	Zhang Luqi
Feng Jia Yi	Lum Yee Yan Josephine	Sally Ang	
Foo Sok Ying	Lyves Seah Jing Yi	Samantha Chan Shu Yi	
Galston Wong	Margaret Pang	Saw Hue Theng	
George Chia	Mark Siong Theng, Judith	Seah Sue Mei Wendy	
Giam Bee Choo	Maurice Limuco	Seah Sue Wei Bernice	

Our corporate volunteers

Bloomberg L.P.
Citibank N.A.
Edrington Singapore Pte Ltd
Eisai (Singapore) Pte Ltd
Institute of Bioengineering and Nanotechnology
Iseaco Holdings Pte Ltd.

Our student volunteers under the Community Service Involvement Programme

Hwa Chong Institution
Chen Ning Yang Scholars' Club, NTU



Staffing and Governance

ADA's staff strength has increased from 107 to 121 as of 31 March 2017. In addition, there were 35 casual workers who provided Eldersit Respite Services to persons with dementia in their homes.

Twelve of our staff members received their Long Service Award. They were:

5 years of service

- Jocelyn Neo Seiw Geok**
Service Development
- Cai Suqi**
Resource & Training Centre
- Mazni binte Kaswani**
Resource & Training Centre
- Loganathan s/o Suppiah**
NHC (Jurong Point)
- Mok Puay Hoon**
NHC (Tampines)
- Agatha Yong**
NHC (Toa Payoh)

15 years of service

- Theresa Lee**
Executive Director
- Tin Tin Shwe**
Service Development
- Stephen Chan Yew Wei**
Caregiver Support Centre
- Halimah binte Ibrahim**
NHC (Tampines)
- Muharina Binte Mohd Taib**
NHC (Tampines)

20 years of service

- Mary Lim Puay Cheng**
NHC (Bukit Batok)



Our staff also attend training programmes regularly to remain relevant and updated in dementia care.

- The training providers include:
- Agency for Integrated Care (AIC)
 - Social Service Institute (SSI)
 - Singapore Association of Social Workers (SASW)
 - Tan Tock Seng Hospital (TTSH)
 - ARTC (in-house)



Management Committee (2016/2017)

- President: **Dr Ang Peng Chye, BBM**
- Vice President: **Dr Ng Li-Ling**
- Hon Secretary: **Chua Eng Chiang**
- Hon Treasurer: **Linda Chua**
- Officer i/c of Personnel: **Dr Seng Boon Kheng**
- Officer i/c of Professional Practice: **Dr Ong Pui Sim**
- Committee Members: **Alicia Tan, Dr Noorhazlina Bte Ali, P M Kumari, Yeo Su-Lynn, Philomena Anthony**

Disclosure of Interest

If a member of the Committee is directly or indirectly interested in any contract, proposed contract, or other matter and is present at a meeting of the Association or of the Committee, at which the contract or other matter is the subject of consideration, the member shall at the meeting and as soon as practicable after it commences, disclose the fact, and shall not thereafter be present during the consideration or discussion of, and shall not vote on, any question with respect to that contract or other matter.

Chairpersons of Management Committee Workgroups

- Human Resource & Finance: **Dr Seng Boon Kheng**
- Daycare Centre: **Dr Ong Pui Sim**
- Resource & Training Centre: **Dr Ng Li-Ling**
- Residential Care: **Chua Eng Chiang**

ADA Management Team

- Chief Executive Officer: **Jason Foo**
- Executive Director: **Theresa Lee**
- Finance: **Yow Lin Chan**
- Human Resource: **Tan Kim Thiam**
- Communications and Community Engagement: **Shima Roy**
- Information Technology: **Christopher Chia**
- Resource & Training Centre: **Koh Hwan Jing**
- Service Development: **Jocelyn Neo**
- Caregiver Support Centre: **Stephen Chan**
- Special Projects and FOW (Bendemeer): **Eunice Tan**
- FOW (Tiong Bahru) and (Toa Payoh): **Chong Ying Ying**
- NHC (Bukit Batok): **Mary Lim**
- NHC (Jurong Point): **Julaiha Rashid**
- NHC (Tampines): **Ong Boh Tan**
- NHC (Toa Payoh): **Maria Kung**

Staffing and Governance

Membership

Membership is open to all persons interested in the care of persons with dementia. The application form for membership can be downloaded from ADA's website at www.alz.org.sg or www.alzheimers.sg

Membership to the Association
as at 31 March 2017 was

129

They include the following:

- Life Member: 90
- Ordinary Member: 31
- Associate Member: 7
- Corporate: 1



Corporate Governance

In compliance with the Code of Governance for Charities and Institutions of Public Character, ADA is required to disclose its reserves policy and annual remuneration of its key executives.

ADA's policy for maintaining reserves are:

- The setting up of new Centres for persons with dementia
- Funding the operations of ADA and existing daycare Centres
- Funding new projects undertaken by ADA for the benefit of persons with dementia and their caregivers

For the year ending 31 March 2017, the three highest paid executives with annual remuneration exceeding \$100,000 each (which includes salaries, bonus and employer's Central Provident Fund contribution) were:
\$100,000 to \$200,000: 2
\$200,000 and above : 1

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Peter Hung Man Fai
Peter Lau
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Phung Minsi Sandra
Phyllis Tan Poh Lian
Pilinja Badrinarayan

Fashion for a Cause

Hani Brown

Hani Brown hosted 'Hippy Peace & Love Fashion Show' on 18 February 2017 in support of the Alzheimer's Disease Association. The local womenswear label's runway show, held at Timbre at Gillman Barracks, featured 45 models from a diverse range of age groups, backgrounds, nationalities and professions. The models showcased a series of fun hippy clothes to the tunes of artistes from the era, including Jimmy Hendrix, The Doors and Janis Joplin. Free flow of drinks and an after party were also part of the ticketed event. Proceeds from Hani Brown's fashion show were donated to ADA.



Running for a Cause



Raviin Kumar

As part of the Sundown Marathon 2017, two-time Sundown With Love Ambassador (SDWL) Raviin Kumar pledged his support to ADA in an effort to increase awareness on Alzheimer's disease. Raviin strives to give back to the community for the support he has been receiving as an athlete. A psychology graduate, Raviin also conducts research on mental health issues to acknowledge and recognise the efforts of people with Alzheimer's who battle their condition daily and their caregivers. Through his pledge, the donations received via the Simply Giving portal were donated to ADA.

Jackson Tan Sim Siong

Dubbed the "Hougang Ironman", Jackson Tan Sim Siong completed 1,000km in 20 weeks to raise funds for dementia and autism. With metal screws and plates holding his body together after breaking his bones in two traffic accidents, the 56-year-old part-time postman runs at Hougang Stadium every Monday and Thursday. As a runner with a cause, he hopes to inspire friends and residents to donate to the elderly with dementia and children with autism. Jackson runs for various charities in self-appointed campaigns to target a range of people including the underprivileged and cancer survivors. He receives support in the form of donations from his friends and acquaintances while also contributing his own money. He has since raised \$4,000 for the Alzheimer's Disease Association.



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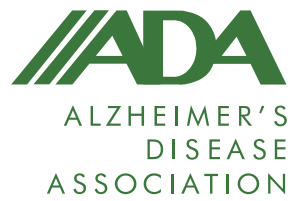
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Tan Kok Siong
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Tan Ming Han
Tan Muay Muay
Tan Pei San
Tan Qiuhan Vanessa
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Tan Siok Yin
Tan Su Ai
Tan Wee Leng
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Tan Yoke Yuan
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Teo Eng Hock
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