

Caring for Fasting Seniors

Given that we shelter seniors of all races and religion, there are many things SASCO must consider in order to fulfil our seniors' cultural and religious needs. The reason is that religion is a big part of many of our seniors' lives and pivotal in helping them cope and make peace with the ailments that come with ageing.

Given the importance of religion to our seniors, it is essential that we make sure this aspect of their life is handled carefully, to be treated with value and respect. Outings to temples, church visits, space arrangements for prayers are all made in advance so that our seniors can participate in their respective religious activities where necessary.



A major example of this would be the preparation of additional mealtimes during the month of Ramadan. Starting the day earlier and ending later than usual, our kitchen staff work hard to ensure our seniors can get fresh, nourishing meals before and after the fasting hours. Through thorough pre-planning and arrangements, our staffs take turns rotating shifts and duties to ensure everything is carried out on time and seamlessly. We hope that every early morning and late evening, our seniors are reminded that their needs and practices are always considered at SASCO.



One of the most heartening aspects in serving a diverse group of seniors is the way our seniors show up for one another.

A few of our non-Muslim seniors even joined their fasting friends during some early mornings and evenings to keep them company. These meaningful gestures reflect the strong friendships and sense of community built among our seniors.

Despite coming from different backgrounds and beliefs, they continue to look out for one another in simple, thoughtful ways that make everyone feel included and cared for.

SASCO prides itself on cultivating a close-knit community of seniors from all walks of life. Through different varieties of programmes, classes and hobbies, our seniors are able to discover new friendships and deepen existing bonds. One of the easiest ways to bring our seniors together is through a shared love of music. Hence, for the first time ever, we hosted a ticketed live music event at SASCO@Khatib, to showcase the singing talents of our active ageing seniors, who spent months preparing and rehearsing for their performances.



The idea to host a live music night came about during the usual karaoke sessions, where many seniors noticed that some of their peers have outstanding and captivating vocals. Since then, SASCO@Khatib received several requests from the seniors to host an event for their musically inclined friends to showcase their skills.



It took some time to put the event together as most of the talents initially declined to perform, citing embarrassment and a lack of confidence. However, with continuous encouragement and convincing from friends and staffs, we managed to identify enough seniors and volunteers to put together a string of performances which lasted over two whole hours.



This time, instead of a karaoke machine, our seniors got the opportunity to work with a volunteer keyboardist and a vocal trainer to develop their performances over a period of two months. Through the weekly rehearsals, our seniors built deeper friendships, grew in confidence and rediscovered their joy of lifelong learning.

When the performance day finally arrived, it felt almost dreamlike, as all those weeks of practice could finally be materialized. As our seniors stepped onto the stage, aura and excitement filled the air and each song shimmered with warmth, carrying the memories and emotions held in their hearts all along. From timeless classics to slow rock anthems, our seniors proved that skill and passion only grow stronger with age.



In giving their hearts so freely to the music, our seniors discovered they had become brighter and braver than they had ever imagined. Audience members moved to the rhythms and harmonies and were left feeling inspired through the invigorating performances by their peers.



We hope to hold more of these events in the future and invite a bigger audience, so more seniors can have the chance to perform, express themselves and share their love for music. These performances also help to reshape perceptions of ageing, highlighting resilience and the vibrant life experience that our seniors bring to the community. With every song performed live, our seniors reminded us that it is never too late to learn and inspire.

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