




TAMPINES JUNIOR COLLEGE  
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# **Project Title:**

# **Changing Mindsets. Changing Lives**

A Project by Tampines Junior College Interact Club 

supported by The Rotary Happiness Fund 

## **Mid-term Report**



The title of the 2016 project is Changing Mindsets Changing Lives. This year, there will be an emphasis on changing the perception of elderly through collaboration with other CCAs and sharing photos of the activities through social media (e.g. making the Interact Facebook Page accessible to the public/ sharing photos showing interaction of Interactors with elderly on Instagram/ school website). In addition, the students can also share their learning experience and reflections with other students in the school. This report will describe the students' contribution towards the project from February to June 2016.

### **Weekly Interaction Sessions at Evergreen circle**

Most of the elderly at Evergreen Circle are quite active and most of them are mobile. Initially the students started with simple art and crafts, singing sessions, memory games, Jenga and Bingo with the elderly. When the interactors understand the elderly better, they began to change their perspective of elderly and became more confident of coming out with more interactive games for them. They were really satisfied when they saw that the elderly were enjoying themselves very much.



The Bingo segment



Elderly enjoying a talk on osteoporosis



After the mini "lesson" conducted by the Interactors, we split up to converse with the elderly about osteoporosis. This allowed students to have deep insights and points of learning from the elderly, who contextualized new knowledge learnt to their own daily lives.



A group photo taken after discussions on the topic.



Paper mosaic activity, which the elderly were highly engaged in.



### **Weekly Interaction Sessions at St. Luke's ElderCare (Tampines)**

St. Luke's ElderCare (Tampines) is a day rehab centre and provides social day care services. TPJC Interact Club members visit the centre weekly to interact with the elderly. They planned various activities to engage the elderly meaningfully. These invaluable experiences allow our students to gain a greater awareness of how to bridge the intergenerational gap and bond with the senior citizens.



Playing Memory games with the Elderly



Elderly playing Bingo game



### Weekly Schemes to 811 wellness@west centre

The 811 wellness@west centre was set up this year at the void deck of Blk 811 Tampines St 81. The wellness centre provide the facilities for the elderly to meet up, have tea and participate in activities run by Volunteers. The students started having activities with the elderly since February this year. They planned and execute a range of activities for the elderly.



Elderly doing paper Mosaic



The elderly playing their favourite Bingo game



The elderly doing bowl weaving during an art and craft session with the interactors

### **Clean-Up Session of Residents' Home (A Collaboration with Evergreen Circle)**

On 29<sup>th</sup> of January 2016, TPJC's Interact Club visited the homes of the seniors staying at Evergreen Circle Neighbourhood Link (Block 827A Tampines St 81) to aid them in spring cleaning their homes for the upcoming Chinese New Year. Students were engaged in activities such as cleaning of windows and fans, painting wall corners, wiping cupboards, and scrubbing the floors. As these activities often require energy and balance, the elderly were appreciative that there were someone to lend a helping hand this year. Through the activity, students learnt to empathize with the elderly and understood the importance of teamwork. They also reflected that although what they had done might only help in a small way but they gained a great deal of satisfaction through interactions with the elderly and kind gestures shown to them by the elderly.



Photo showing the students scrubbing the floors for the elderly



Photo showing the students cleaning the dishes and cupboards



Post-event Group Photograph





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## **Lunar New Year Reunion Dinner**

On the 6<sup>th</sup> of February 2016, TPJC's Interact Club celebrated the Lunar New Year with the low-income elderly who live alone in Tampines. Together with Evergreen circle, Terrace RC and Spring RC, the Club organised a reunion dinner for the elderly. This event was a special one as it brought about laughter and joy to the elderly who would otherwise have to eat reunion dinner alone. It was really heart-warming to see the smiles on the elderly's faces as they participate in the activities.

Before the event, the students planned the activities catering to the needs of the elderly. On the actual day, the students decorated the venue, executed of games and activities such as Lohei and served food to the elderly. Through this event, the students learnt more about the way Resident Committee works in organising community events. They are able to think on their feet and make changes to the games to enhance engagement of the elderly. Last but not least, the students also developed their social skills when interacting with the elderly in this meaningful event.

After the event, many of the elderly shook hands with the Interactors and the teachers to thank them for organizing the event. This event has not only brought festive cheers to the elderly, it also brought about satisfaction to the students who worked hard to make the event a success.



Lohei With the Elderly



Multi-generational Approval



Group Photograph With All Organisers and Participants

### **Visit to the Moral Home for the Aged Sick**

On the 19<sup>th</sup> Feb 2016, the TPJC Interact Club, Guzheng Ensemble and the Chinese Drama Club visited the elderly at the Moral home for the Aged Sick.

Prior the trip, the TPJC Interact Club conducted a fund-raising drive from students and staff in College. The proceeds of the drive were used to purchase basic necessities such as face and bath towels, toothpaste, and toothbrushes for the elderly and to provide Ang Pows for the elderly. On the actual day, the Club also collaborated with Guzheng Ensemble and the Chinese Drama Club to conduct a two hour programme to celebrate Chinese New Year with the elderly. The elderly enjoyed the performances put up and had a great time connecting with the youths. Through this event, the students developed empathy, compassion and important lifeskills such as organisational and leadership skills.



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### **Friendship Week 2016**

TPJC Interact Club celebrated Friendship Week from 10<sup>th</sup> to 12<sup>th</sup> February 2016. The objective of the friendship week is to raise funds to support student initiated programmes for the elderly at St. Luke Eldercare, Evergreen Circle and Wellness@west Elderly Centres.

The Interactors set up a booth to sell various items such as Polaroid photographs, handmade flowers, sweets as well as bubble tea and cookies. Through this meaningful event, the students learnt to be resourceful and gained a better understanding about the qualities to be an entrepreneur as they were required to source for reliable suppliers. They also learnt effective administration, organisational and communication skills to ensure the smooth running of the event. Last but not least, students have built up their confidence throughout the whole process of planning and carrying out of the project.



Interact Booth Right Before Opening



Students collecting their pre-ordered bubble tea



Students taking photo at the polaroid booth

### **Visit to Lee Kong Chian Natural History Museum**

#### **Museum Outing with Elderly of Evergreen Circle**

On 16<sup>th</sup> March 2016, Interact Club accompanied the elderly of the Evergreen Circle to visit the Lee Kong Chian Natural History Museum.

Before the event, the JC1 students planned activities to be carry out in the museum. As the outing is the first event the JC1s had to plan since joining the club, planning the event together helped them develop teamwork and learn to bond with each other by pooling together their ideas and ensuring that they come to fruition. On the day itself, the students executed the games such as the Treasure Hunt, the Colouring Game, and the Puzzle Game, and accompanied and interacted with the elderly throughout the morning and early afternoon. Through interacting with the elderly, the JC1s were exposed to views regarding common subjects such as science and history that were previously closed to them. They also gained a stronger empathy for the elderly. This event not only gave the elderly a morning of fun and enjoyment, it also gave the students a deeper sense of what it means to be part of Interact Club.



Translating Exhibits for the Elderly



Interacting Together with Members of Public in the Museum



Students and Elderly Looking for Clues for Treasure Hunt Game



Group Photo at the End of the Event

### **Collaboration with Tennis club**

Kampung Senang Elderly Day Care Centre provides holistic day care for senior citizens through a natural and open environment that fosters elderly independence and freedom. On the 1<sup>st</sup> and 15<sup>th</sup> April, Tennis club collaborated with Interact Club to plan for two interaction sessions for the elderly at Kampong Senang. They had a tea appreciation session and Origami folding for the first session and pass the parcel, vegetable printing and sing-a-long for the second session.





The elderly doing Vegetable stamping



The elderly's end product from the Vegetable stamping.



The elderly passing the parcel

### **Panorama Concert**

On the 6<sup>th</sup> May 2016, the Interact students took up the role of ushers and backstage crew to help out in our School's Panorama. Our school provide a platform for a group of elderly from the Evergreen Circle to perform with our Guitar Ensemble. Interact Club also invited elderly from Lions Befriender (Tampines), ECON Life! Hub (Tampines), Evergreen Circle and Wellness@west to watch the performance. Through this event the Interactors learnt the importance of team work and humility. They also learnt to cater to the needs of the elderly through interaction with the elderly.



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Evergreen Elderly singing on Victoria theatre stage





The Ushers posing with Ms Leong



The backstage crew

### **Values in Action Project in Collaboration with Shooting Club**

On the 2<sup>nd</sup> June 2016, Interact Club and collaborated with Shooting Club to plan a mini carnival for the elderly of the Evergreen Circle at TPJC's school hall.

During the lead-up to the event, the JC1 students of both CCAs planned activities together. They decided on a carnival-style activity, in which members of both CCAs set up booths with games such as fishing, a modified boccia using bottle caps, building a tower with recycled materials, and shooting with nerf guns. Aside from the booths, the students also planned a



Golden Time where the elderly played bingo and Guess the Lyrics for them to cool down after the excitement of the carnival games.

On the day of the event, both Shooting Club members and Interactors accompanied the elderly from and to their bus to the school hall, and also throughout the entire event. Through interacting with the elderly, the JC1s learned the infectious yet simple joys of the elderly, and also the difficulties they face in mundane activities such as walking or enduring the hot sunshine.

After the event, many of the elderly thanked students of both Shooting and Interact Club for their efforts. As a result, the planning and execution for the carnival had deepened the Interactors' sense of belonging to the club, and also the Shooting Club members' community spirits.



The elderly and Interactors building a tower with recycled materials



Shooting Club members guiding the elderly in nerf gun shooting



Cheering the elderly on for the game of bocchia



**Accounts for Happiness Fund**

<b>Section A</b>					
Amount Received					
Mar-16	\$3,000				
<b>Section B</b>					
Expenditure					
S/N	Event	Item	Unit Cost	Total cost (\$)	Receipt no.
1	Moral Home for the aged sick	Bus Transport	1	\$120	Payment through School
			<b>Sub-Total</b>	<b>\$120</b>	
2	Visit to Lee Kong Chian Natural History Museum	Bus Transport	1	\$120	Payment through School
		Admission tickets for 32 students+ 3 teachers +30 elderly		\$265.35	Invoice no. 002328711
		Apollo wafers	3	\$8.85	GST Reg no. M2-0066884-07 Receipt no. 028379
		Dayplus Bread	35	\$42	GST Reg no. M2-0066884-07 Receipt no. 027542
		Bananas	35 pieces	\$7.25	GST REG No. :199904490N Bill no.: 0001172690/82903 #2
			<b>Sub-Total</b>	<b>\$443.45</b>	
3	VIA Collaboration with shooting club	Bus Transport	1	\$120	Payment through School
		Magnet sets	2	\$4	ROC :T02FC6208E GST Reg : F0-0006208N
		Plastic cup rolls	3	\$6.15	Tr:44587 GST no. MR-8500225-7
		Gardening support	1	\$2	ROC :T02FC6208E GST REG : F0-0006208N
		Wool Yarn	1	\$2	ROC :T02FC6208E GST REG : F0-0006208N
		Disposable cups	2 sets	\$4.10	GST no.: M4-0004578-0 Tr:54868
		Breakfast For 30 elderly		\$90.00	Invoice no. :JNC44683
		Black beans	1	\$1.70	GST no: M4-0004578-0 Tr: 23587
		Marbles	3	\$6	ROC :T02FC6208E GST REG : F0-0006208N
		Chop sticks	1	\$2	ROC :T02FC6208E GST REG : F0-0006208N



		Bingo Cards	5	\$10	ROC :T02FC6208E GST REG : F0-0006208N
		Bingo Cards	3	\$6	ROC :T02FC6208E GST REG : F0-0006208N
		Bowl	2	\$4	ROC :T02FC6208E GST REG : F0-0006208N
		Convenient Containers	5	\$10	ROC :T02FC6208E GST REG : F0-0006208N
		Colourful Straws	1	\$2	ROC :T02FC6208E GST REG : F0-0006208N
		Pickup sticks	3	\$3.60	ROC: 1991020290 GST REG No. : M2-0098838-8
		Five stones	3	\$6.60	ROC: 1991020290 GST REG No. : M2-0098838-8
		3-in-1 coffee	1	\$3.95	GST no.: M4-0004578-0 Receipt no. :5122
		Julie Cracker	3	\$7.35	GST no.: M4-0004578-0 Receipt no. :5122
		EG oat digestive cracker	3	\$6.75	GST no.: M4-0004578-0 Receipt no. :5122
			<b>Sub-Total</b>	<b>\$298.20</b>	
4.	Weekly schemes	Wool Yarn	8	\$16	ROC :T02FC6208E GST REG : F0-0006208N
		Whole meal crackers	5	\$10	GST Reg No. :199904490N Bill No. :0001193878/13802#2
		Hup Seng Biscuits	2	\$3.80	Receipt no.: 7587 12-59
		Biscuits	2	\$2.60	Receipt no. : 14-25#7629 14-25#7630
		Biscuits	2	\$2.60	Receipt no. :14-37#7631
		Biscuits	2	\$2.60	Receipt no. : 13-24#4405 13-45#4406
		Biscuits	2	\$2.60	Receipt no. : 14-03#6780 14-21#6781
		Biscuits	2	\$2.60	Receipt no. :16-04#7634
			<b>Sub-Total</b>	<b>\$42.80</b>	
			Total :	\$904.45	





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The weekly scheme will continue from July to August (Estimated Expenses: \$200). There are plans for another outing for the elderly (Estimated Expenses: \$500) and a Food distribution for 100 low income elderly (Estimated expenses: \$2600).

**Report prepared by:**

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Prepared 7<sup>th</sup> June 2016

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