



handicaps digest

A Publication of Handicaps Welfare Association
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Apr - Jun 2008

RI Boys Bring Colours of 'Hope, Faith and Love' to HWA

See page 20



High Flyers from HWA

See page 7



DRIVING LESSONS FOR PERSON WITH DISABILITY

残疾人士驾驶指导课程



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Freedom to Explore**



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For More Information, please contact
The Transport Department
HANDICAPS WELFARE ASSOCIATION
残疾人士福利协会
16 Whampoa Drive Singapore 327725
电话TEL. 6254-3006 传真FAX. 6253-7375
Website: www.hwa.org.sg

DRIVING INSTRUCTION RATES

Description	Fees	
	Member	'A' Member / Non-Member
One-time Registration Fees	\$20.00	\$20.00
Driving Fees (Per Hour)	\$25.00	\$30.00
Vehicle Rental on Test Date	\$70.00	\$70.00

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Call 6254-3006

The Dial-a-ride scheme provides a convenient and affordable door-to-door service using mini-buses equipped with wheelchair-lifts to carry passengers-in-wheelchairs. A key service of the Association, our special needs transport service operates with a fleet of wheelchair accessible mini-buses. These specially adapted vehicles provide the much needed transportation for people with mobility-related disabilities to go to work, school, vocational training, hospital/rehabilitation visits and recreational activities. For booking enquiries, call Grace or Guek Hwa at 6254-3006.

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Apr-Jun 2008

The Handicaps Welfare Association was founded to encourage and foster the ideals of self-help and mutual assistance among the disabled and to promote their welfare. All the members of the Executive Committee are persons with disabilities.

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Greetings to all members, supporters, and colleagues of the Handicaps Welfare Association (HWA)!

You may have noticed a significant addition to HWA's building- a beautiful mural painting by friends from Raffles Institution. President of National Council of Social Service, RADM (Ret) Kwek Siew Jin, graced the event and even held the brush and contributed to a portion of the mural. I would like to extend my deepest appreciation to everyone who has added colours to HWA. We hope the cheerful hues will uplift the spirits of our members for many years to come.

On another note, we have come to a close of Financial Year 2007-2008 in the blink of an eye. It has been a good year for HWA. External

partners and sponsors have been most supportive of our fund-raising efforts and I am proud to announce that we have managed to maintain a surplus. The Executive Committee and Staff at HWA will continue to put in a hundred and one percent of hard work to scale greater heights in the next Financial Year.

This year, our Annual General Meeting will be held on 21 June 2008. Members will be informed of more details like venue and time at a later date. I look forward to meeting all members at this event.

Leslie Teo

执行理事长前言

衷心问候全体残疾人士福利协会会员，支持者和同事!

大家应该注意到了协会墙壁的明显改变，那就是由来自莱佛士学院的朋友们所做的精彩壁画! 国家福利理事会的会长，郭守仁少将也参与了盛会并亲自执刷为我们的墙壁增添了辉煌的一笔! 在这里我衷心的感谢每一个参与者。希望这些欢快愉悦的色彩能在以后的日子里不断的激励我们每一个人。

另外，**2008**财政年即将结束，对协会来讲这是我们成功的一年，外界的合作伙伴和支持者对

我们的募捐活动给予了莫大的支持，在这里我自豪地声明我们再次达到年终盈余。董事会和协会所有工作人员将继续付出一百二十分的努力以争取在下一个财政年里更创新高。今年我们的常年大会将于**2008年6月21日**举行。

我们会在稍后的时间通知全体会员具体的会议地点和时间。期待在这次的会次上再次与你们见面。

Leslie Teo

Executive Committee 2007/2009

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Vice President

Desiree Lim Kok Liang

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Honorary Assistant Secretary

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Honorary Treasurer

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Committee Members

Julie Chong Cheng Harn

Jack Lai Pak Lok

Sherena Loh Shook Han

Ringo Om Kim Chai

Shareen Ong Siew Hoon

Michelle Siew Teok See

New Members

HWA welcomes the following new members into its family:

Ordinary Members

- Palineselvan s/o Nagappan
- Pang Chyen Wen
- Yip Kien Seng
- Tan Beng Leong
- Ong Say Kuan
- Muhammad Sufiyan Bin Mohd Salleh
- Ramzan Bin Adnan
- Goh Thien Seng
- Lee Chee Keong
- Tan Lye Heng
- Mark Lin
- Ham Wee Fong
- Lee Pei Ling

Associate Member

- Orijuela Jose Efe

Obituary

With Deepest Sympathy and Heartfelt
Condolences to the Families of:

- Zhen Cai An @ Tay Chai Ann
- Lim Lay Keng Mary
- Muhammad Faisal Bin Musa
- Lim Siang Hong
- Ho Chee Siong
- Lim Muay Muay

IFX Infineon Award

Have you submitted your application for the Infineon Inspiration (IFX) 2008 Award? If not, what are you waiting for?

This is a good chance for you to realise your dream. The deadline for submission of application form is **23 May 2008**, so you still have time!

More details on the IFX 2008 award:

Sponsored by Infineon Technologies Pte Ltd, the IFX Award valued at up to \$10,000.00* aims to identify individuals or groups who never stop dreaming and believe the sky is truly the limit.

Send in your application, together with a brief description of your Dream proposal, including budget and possibly a game-plan to accomplish it!

The winner of IFX 2008 Award will be announced at HWA's Annual Wheel, Walk or Jog event at the Botanic Gardens on 6 July 2008.

* Subjected to conditions set by IFX Honorary Selection Committee

WWJ Pledge Cards

Calling out to all HWA members, if you wish to help out for the upcoming Wheel, Walk or Jog 2008 in July, please do so by registering to take up Pledge Cards.

The person to look for is Frances, and she can be contacted at 6254 3006.

YOU CAN MAKE A DIFFERENCE! Register for the Pledge Cards now!

Thanks to supporting partners and organisations, we were able to set up booths at various locations around Singapore for HWA members to sell Donation Drive tickets.

Donation Drive 2008

HWA Members In Action

Here are some shots of our members in action at:

Bedok Interchange
Tan Tock Seng Hospital
Toa Payoh Hub



What are you waiting for?

Have you done your part in Donation Drive 2008? If not, wait no more. HWA needs your support! Please contact Mr Daud at **6254 3006** if you want to purchase our Donation Drive tickets or booklets. Each ticket costs \$2 and one booklet has 10 tickets.

Calendar of Events

for May, June, July and August 2008



may

1 May

Labour Day

11 May

Mothers' Day Celebration

17-18 May

Overnight Outing

19 May

Vesak Day



23 May

Deadline for 2008 IFX Award applications

jun

21 June

HWA's Annual General Meeting

jul

6 July

Wheel, Walk or Jog 2008



19 July

Donation Draw

25 July to 1 August

Garden Festival at Suntec, by NParks



aug

2 August

Flag Day

3 August

Coin Counting Day

9 August

National Day

23-24 August

NCSS 50th Anniversary Carnival





High Flyers from HWA

HWA was abuzz with excitement on the morning of 19th March when over 50 HWA members converged at the car-park, eagerly waiting for staff from RS Components Pte Ltd to take them on a flight of fancy aboard the Singapore Flyer!!

Over 120 staff from RS Components had assembled at HWA with two missions in mind – firstly, to treat HWA members on an unforgettable ride on the newest attraction in town i.e. the Singapore Flyer and, secondly, to give HWA premises a fresh look. Dividing themselves into different teams, the RS Components staff quickly dispatched themselves to do their assigned tasks.

The biggest team was in charge of leading the 50 HWA members to Marina Bay, where the tallest Ferris-Wheel in the world stands. These 50 members

were the lucky ones selected from the overwhelming response received for the visit to the Singapore Flyer.

The slightly overcast sky did not dampen the spirits of our members and the staff of RS Components. Once at the foot of the 42-storey giant observation wheel, the staff wasted no time in organising members into smaller groups so as to facilitate the boarding of the capsules later on. Mr Peter Tan, Operations Manager, South Asia of RS Components gave a hearty welcome and played some games with members to break the ice and also warm them up for the flight.



Many excited faces were seen boarding the Singapore Flyer. The staff took charge of assisting our members into the capsules, which had elderly and wheelchair friendly synchronised double door entry/exit systems. Friendly Singapore Flyer staff was also on hand to lend their assistance.

Once inside the capsules, the members and staff played a game of "spot the difference". The staff prepared printed copies of images outside the Flyer and added in certain features or buildings digitally. Members were then asked to point out the difference between what they could view from the capsules and the printed images. The 30-minute ride was thus made even more engaging. The interaction between members and staff was a refreshing side entertainment to an otherwise slow and monotonous climb to the top. The precision wind engineering design of the Flyer meant a steady ascent, which allowed members a smooth and relaxing ride.

At the peak of the ride, everyone flashed their cameras and took scenic shots to mark special moments on the iconic architecture. If not for the

cloudy weather, the photos would have been even more spectacular, and the view breath-taking.

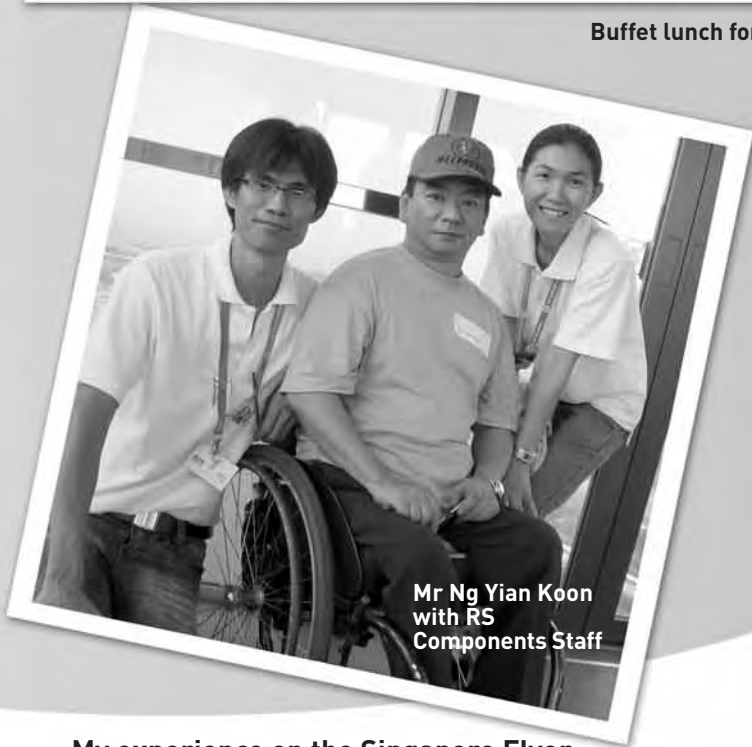
As the revolution motioned to a stop, members alighted and made their way back to HWA, where a buffet feast was laid out for them by RS Components staff. Yet another great interaction time for all.

Thanks to RS Components, members were able to experience the Singapore Flyer. Not forgetting the other 2 teams of staff that stayed back at HWA to paint car park lots and a mural on a side wall! As a token of appreciation by HWA, a painting by HWA member Ms Tay Bee Lian was presented to Mr Jones Leung, General Manager of RS Components (South Asia).

As HWA members and staff bade farewell to the friendly folks from RS Components, some members were seen chatting to others about their experience on the big wheel, while some others were showing off photos taken aboard the Flyer. What a heart-warming way to wrap up this trip to the Singapore Flyer.



Buffet lunch for all



Mr Ng Yian Koon
with RS
Components Staff

My experience on the Singapore Flyer....

Ms Julia Pang

"I feel very lucky to be chosen to go on this free trip. I had a great time while in the capsule, playing games with the RS Component Staff."

Mr Ng Yian Koon

"I feel that the trip was too short, since the ride was only 30 minutes. But the experience was good on the whole. I wish there were more games and interaction."

Ms Angelina Lim

"I enjoyed the trip, as I could see Singapore from a different view. My Mom was the one who encouraged me to join this trip, and I didn't regret it at all! The RS Component Staff were very helpful. They took photographs for me and we even exchanged contacts."



Some Interesting Facts About The Singapore Flyer

- The Singapore Flyer stands at 541 feet (or equivalent of a 42-Storey building), and is the world's tallest Ferris wheel, for now. By late 2008, the Great Dubai Wheel will be erected and it will stand at 607 feet high. Yet, the race for such money-making landmarks does not stop at 607 feet. Come 2009, a 682 feet high Beijing Great Wheel will outshine the Singapore Flyer and Great Dubai Wheel, to become the world's tallest Ferris wheel.
- A massive 1800 tons of steel were used in the construction of the Singapore Flyer
- The Singapore Flyer can carry 784 passengers in its 28 fully air-conditioned and UV protected capsules
- One revolution of the Singapore Flyer will take 30 minutes, during which its passengers can take in the sights of parts of Malaysia and Indonesia.
- A "step on" platform at each entry/exit makes it convenient for the elderly and the wheelchair bound.
- There is a back-up power generator to drive the Singapore Flyer and it can last for at least 8 hours.

Reference site:

http://www.popularmechanics.com/science/extreme_machines/4248340.html

http://www.singaporeflyer.com.sg/aboutus_facts_fig.php

观景轮 展翅翱翔之旅

2008年3月19日，残疾人士福利协会上空洋溢着兴奋与紧张的气息。50名协会会员聚集在停车场里热切地等待着来自RS Components Pte Ltd的员工们带领他们去领略新加坡摩天观景轮的壮观景致。



来自RS Components的120多名员工肩负着两项重任：第一，款待协会会员一场难忘的旅程-乘坐全岛最热门的景点摩天观景轮；第二，让协会会所焕然一新。这些员工们迅速分成几个小组，开始了他们各自被派遣的指定任务。

人数最多的一组负责带领50个协会会员前往滨海湾，那里耸立着全世界最高的摩天观景轮。这50个会员是从无数申请者中被选出来的幸运儿。

些许乌云飘在天空，但这丝毫没有影响协会会员和员工的兴致。一到达这座高度相当于42层楼建筑物的巨大观景轮脚下，员工们就开始马不停蹄的

把协会会员分成不同小组,为接下来的登舱做准备。RS Components的营运经理（南亚）Mr Peter Tan为协会会员致欢迎词，并与会员们一同玩游戏以打破冷空气，做好热身准备。

期待的时刻终于来临,员工们负责开始帮助协会会员进入观景舱。整个登舱过程中可以看到一张张激动而兴奋的脸庞。值得一提的是为了方便乐龄人士和轮椅使用者，观景舱还设置了双门同步进入系统。友好的观景轮员工也热情地参与帮助。

进入观景舱后，协会会员和员工们开始玩起“找不同”的游戏。员工们在事先拍好的观景轮外的风景图片上



Set to board the flyer



Buffet lunch for all



The descent before the ascent



Ms Angelina Lim with RS Components staff



Ms Julia Pang with RS Components Staff

用电脑添加了一些细节或建筑物，让会员们比较他们实际看到的风景来找出不同的地方。会员与员工之间的互动让这30分钟原本可能会是缓慢并单调的爬升过程变得趣味盎然。

由于摩天轮经过精密通风设计，整个爬升过程中会员们不必担心大风造成振动和摇晃，可以悠然自得地欣赏美景。当所在的观景舱升到致高点时，每一个人都第一时间拿起手中的相机拍摄落地窗外的风景，惟恐错过任何一个标志性建筑物。如果不是厚厚的云层遮住了天色，每一张照片都会是一份令人赞叹的精品之作。

当观景舱完成一圈的旋转，陆续回到地面，会员们在公司员工的帮助下离开观景舱，启程返回协会会所。RS Components的员工们已经在那里贴心的安排了一场丰盛的自助大餐迎接他们。

与此同时，留在协会会所的另外两个小组重新粉刷了会所的停车场，并在会所的一面墙壁上绘制了一幅精彩的壁画。非常感谢RS Components为协会所做的翻新和提供这次难得的机会让我们的会员可以亲身体验新加坡摩天观景轮的壮观景色。作为薄礼，残疾人士福利协会向RS Components南亚区总经理Mr Jones Leung赠送了一幅由协会会员Ms Tay Bee Lian所作的油画以略表谢意。

欢乐的时光总是过得特别快，协会会员和工作人员即将送走这些来自RS Components的朋友们。大家聚集在一起互相分享乘坐观景轮的感受和所拍的照片。新加坡摩天观景轮之旅在愉快的气氛中圆满结束。

And He Never Gave Up...

By Mohamad Nizar Bin Zainal



Tan Teck Huat

It was just about a year ago when Tan Teck Huat sustained his injury. After undergoing a traditional massage treatment to relieve some neck and shoulder discomfort, Teck Huat woke up the next morning, and suddenly realised that he could not move. He was immediately rushed to the hospital, and after a thorough examination, Teck Huat was found to have sustained a prolapse of the cervical disc at the C6 level. Teck Huat's life immediately changed.

One can only imagine the amount of fear and worry that a young man in his mid-thirties like Teck Huat would have felt, having to go through an operation to stabilise his neck, and facing the prospects of being wheelchair-bound. But that fear and worry was immediately replaced by a never-say-die spirit. As soon as he could, Teck Huat started learning about his injury, to ensure that he still had control over his life, no matter how much it had changed. He spoke to other patients in the hospital who had similar injuries, and found himself a makeshift support group, one that he would continue to seek and share resources with for some time to come. Teck Huat was a firm believer of being an active participant in the rehabilitation process. While he put his body at work performing the exercises, he also applied himself mentally, asking questions to the rehabilitation staff, all for the sake of understanding what had happened, and what he could do about it.

"I found it hard to look at able-bodied people around me... And I felt like I did not have the courage to interact with them... I felt insecure."
- Teck Huat

"If you are able to return to work, please do so. Besides having a source of income, what is more important is that time passes by really fast at work."
- Teck Huat

However, despite his injury, it never occurred to Teck Huat that he would be unable to carry on working after his rehabilitation. And with that never-say-die attitude, Teck Huat set an enormous goal and began striving hard towards achieving that goal -

return to work within a year.

Teck Huat was the key person in-charge for all of his affairs. He refused to sit back and wait for things to happen. With the availability of the Internet, and armed with his telephone, Teck Huat would constantly be on the ball - be it looking for equipment or chatting with other individuals with spinal cord injury to learn from their experiences. He kept in contact with his colleagues from work, and wrote emails to his superiors to update them on his condition. At the same time, Teck Huat did

not neglect his rehabilitation. Once he was discharged from hospital, he immediately contacted HWA to request for home-based therapy under the Personal Care Service.

Teck Huat was working as a technical officer with SP POWERGRID, when the injury happened.

Teck Huat made good progress throughout the six months of rehabilitation. He was acutely aware of



Teck Huat and caregiver, using staircrawl machine.



Teck Huat doing therapy at home.



Occupational Therapist visits Teck Huat at home.

the changes in his body, and how his functions slowly but surely returned. There were many times when he would report that he felt a difference in the way his body seemed to be working better – his breathing, his arm movements – and all of these were great sources of motivation for Teck Huat to continue putting in effort to reach his goal.

One of the most important milestones he felt he achieved was when he managed to secure funding through the Assistive Technology Fund (ATF) to purchase a staircrawl machine. Although the machine was costly, Teck Huat could feel a sense of excitement for the possibilities that lay ahead. It was really worth the expense, because to Teck Huat, the staircrawl was a first step to being able to return to work.

Teck Huat then requested for HWA's Occupational Therapist to perform a worksite visit, to assist his company staff and recommend modifications to the work environment. His immediate superiors were very keen to help Teck Huat integrate back to the workplace, and responded positively to the

"Recoveries or improvements are my main motivation throughout the past months. Sometimes I feel that I am not so disciplined in carrying out the exercises. But with the improvements, and with the support and encouragement from my family, HWA, friends and colleagues, I told myself not to give up!"
- Teck Huat

"There are very big challenges - physically and mentally." - Teck Huat

recommendations made. Renovations were underway within two weeks. By the time his upper limb strength had returned sufficiently in December, the renovations at Singapore Powergrid had also been completed. The staircrawl had arrived by then, and Teck Huat's caregiver was competent to handle the machine. All things seemed set for Teck Huat to make a visit to his former work place, to review the renovations before he formally returned as a technical officer.

Teck Huat made all the arrangements, right down to the transport that would ferry himself and the Occupational Therapist to and from the workplace. In fact, Teck Huat prepared himself so far ahead, that he even made plans with the taxi driver and transport company to fetch him to and from his workplace daily, when he finally returns to work.

At the workplace, Teck Huat was received most enthusiastically by his colleagues, some of whom were seeing him for the first time since his injury. It was a very heartwarming moment for Teck Huat to be among his colleagues again, and to see the effort that has been expended by his company to



Teck Huat catching up with old friends.

"I am very thankful to my company for believing that even though I have a disability, I can still contribute." - Teck Huat

make his workplace accessible for his convenience. A review of the modifications found the renovations to be done perfectly, and even better than what was recommended. Teck Huat could not express his sense of gratitude enough.

Teck Huat has successfully returned to work for about two months, and is doing very well. The past year has been one of much change for him, but he has stayed strong and persevered to achieve his goals. Teck Huat dedicates his success to his supportive family who stood by him throughout his most difficult times. He also thanks his friends and colleagues, as well as HWA staff who have helped him so much. And, last but not least, he has himself to thank, for always carrying that fighting spirit.

And for never giving up.

"You may feel that once you are on a wheelchair, life is no longer a concern to you... But you should not think that way... find something to do at home or to learn at any Associations... While we should be brave to face the realities and challenges ahead of us, we should not give up hope... Lastly, we should not wait for things to happen, rather we should make things happen!" - Teck Huat

On HWA's Personal Care Service:



HWA's Personal Care Service (PCS) is in its second year of running, and currently serve more than 100 clients. PCS consists of two main services – nursing and home-based therapy. Nursing services include basic nursing care such as showering and wound care, as well as addressing more advanced needs such as insertion or change of feeding tube. Home-based therapy services facilitate the performance of exercises and functional activities within the comfortable home environment.

Under the home-based therapy services, clients, their families and the professional staff come together to discuss goals and to collaborate towards achieving these goals. While goals differ from client to client, the general aims of the services are to reduce the burden of care on the family or caregivers, while encouraging and building upon the clients' confidence and independence, be it in everyday living or for specific objectives, such as leisure exploration or to return to work. These will ultimately improve the quality of life for both the clients and their families.

Teck Huat is one of many clients who have successfully utilised this service to help him achieve his goal after sustaining injuries or acquiring disabilities. With focus on specific rehabilitation needs, collaboration to discuss individual goals and individualised treatment plans which monitor and challenge clients appropriately, clients are kept involved in the whole rehabilitation process, and are able to benefit much from the service.

For more information or queries on Personal Care Service, please contact E Ling at **6254 3006**.



永不言弃

距离Tan Teck Huat受伤已经一年了。那时他去做了一次传统的按摩治疗以减轻肩颈酸痛。当第二天醒来时他却突然意识到整身麻痹无法移动。家人即刻带他去了医院。经过一番全面检查，Teck Huat被确诊为颈椎第六节脱垂，他的生活从此彻底改变。

可以想像当一个像Teck Huat一样30多岁的年轻人不得不接受颈椎手术，并一生都要坐在轮椅上面时，他要面对多少恐惧

和忧虑。但是这些恐惧和不安很快就被永不言败的精神所取代。当他的病情稍有好转，便开始研究相关疾病的医学资料。不管所要面对的生活变得多么艰难，他都要为自己的命运作主。他同医院里患有相同病症的病人交谈并成立了一个临时支援小组，以随时寻求和交流有用的信息。Teck Huat积极参加康复运动。而在每次运动中，不只是他的身体在活动，他还会追根究底，向治疗师了解自己身体所发生的变化。

Teck Huat受伤之前在SP POWERGRID担任技术员。对他来说，既使患上如此重伤也不代表他要放弃这份心爱的的工作。他为自己设下了一个重大目标并开始为之不懈努力。这个目标就是：要在受伤后的第二年重返工作岗位。

“我发现我很难去注视身边那些身体健康的人... 我没有勇气去与他们交流... 我会焦躁不安...” - Teck Huat

“只要你有能力回去做工，就一定要去做。除了可以有一份收入外，最重要的是时间会过得很快。” - Teck Huat

Teck Huat拒绝坐以待毙，他要自己全权主导自己的生活方式。通过互连网络和电话，他可以经常同其他

他患有脊椎疾病的患者分享经验。他还同时与他的同事保持联系并时常通过邮件向上司汇报他的近况。与此同时，Teck Huat也没有忽略康复疗程。当他可以出院后，便第一时间联络残疾人士福利协会，申请个人护理服务部的家庭康复疗程。

经过六个月的康复疗程，Teck Huat的病势恢复得很快。他可以感觉到身体状况的变化，一些身体机能在慢慢恢复。很多时候他会告诉治疗师他的呼吸，手臂的动作都在一天

天好转。而这一切也让他更有信心继续为那个目标努力奋斗。

对于Teck Huat而言他所达到的最重要的里程碑就是他成功的申请到了Assistive Technology Fund



Teck Huat的新工作台



翻修 - 合并两间洗手间间隔, 改装为轮椅使用者专用洗手间



Teck Huat与老朋友聊天

(ATF)的基金以购买staircrawl, 尽管花费不菲, 但随之而来的种种可能性还是令Teck Huat雀跃不已。因为这将是他为重返工作岗位所踏出的第一步。

“在过去几个月里, 病情的好转给了我最大的推动力。有时我会觉得疲倦而不想做运动, 但是感觉到身体状况一天天好起来, 还有看到身边的家人, 朋友, 和残疾人士福利协会的工作人员不停地支持, 我告诉自己 - 绝不轻言放弃。” - Teck Huat

他要在正式重返工作岗位之前检查一下翻修后的工作环境。

Teck Huat安排好载送他和治疗师往返公司的交通工具。事实上,他甚至做好了

接下来Teck Huat邀请残疾人士福利协会的职业治疗师参观他曾工作的公司, 提供意见改造一个更加通畅无阻的工作环境。Teck Huat的上司积极参与帮助他重回工作岗位, 对治疗师所提出的建议给予极大的支持。翻修工程在短短不到两个星期的时间内完成。

长远打算 - 商定一个出租车司机和公司接送他每日往返。

2007年12月, Teck Huat的手臂基本恢复力量, Singapore Powergrid的翻修工程也圆满完成, staircrawl已经被送到他的家里, 而他的看护也已能够熟练操作。Teck Huat为他受伤后第一次从新踏入曾工作的公司做好了一切准备。

“我要面对很多挑战 - 身体上的和精神上的。” - Teck Huat

在公司里, Teck Huat受到同事们热情欢迎。其中一些同事是他在受伤后第一次见面。对他而言, 看到公司为了方便他的出入而斥资从新改造办公环境, 让他终于可以重新站在这些伙伴当中, 这是多么感动人心的时刻。检查结果证明, 整个翻修工程完全达标, 甚至远远超过预期的效果。Teck Huat感动之情无以言表。

截至报道之日, Teck Huat已经成功重返工作岗位两个多月了, 所有工作都

翻修 - 从停车场到办公室的轮椅用路



职业治疗师拜访Teck Huat

“我非常感谢我的公司，虽然我已经残疾了，但公司依旧相信我能做出贡献。” - Teck Huat

进行得很顺利。过去的一年对他来说是变化最多的一年，但是他顽强坚持并达到了最终目标。Teck Huat把他的成功归功于困难时期一直在他身边支持他的家人。他也感谢所有朋友，同事，以及帮助过他的残疾人士福利协会的工作人员。最后他要感谢自己，那一贯秉持的战斗精神让他不论面对多么艰难的状况都不曾放弃。

“也许你会觉得当有一天你不得不坐在轮椅上，生活方式对你来说会变得无足轻重... 但是你也也许可以换一种方式去思考... 去找一些事情在家里做或者去上一些社会组织提供的课程... 我们要勇敢面对现实和挑战，而不是选择放弃希望... 最后，我们不应该只是坐以待毙，相反的我们要作自己命运的主人！”

- Teck Huat

残疾人士福利协会个人护理服务部:

HWA的个人护理服务部已经运营两年了，目前已为100多名顾客提供了优质服务。PCS提供两项主要服务 - 护理服务和家庭康复治疗服务。护理服务包括基础护理如洗浴，伤口护理，和满足更进一步的护理需求如插入或者更换食道导管。家庭康复治疗服务是在舒适的家庭环境里的为顾客提供康复治疗。



在家庭康复治疗服务下，顾客和他们的家人以及专业治疗师一起讨论设定治疗目标和治疗计划。尽管顾客不同目标也不同，但服务的基本目标就是要减少顾客对家人和陪护的依赖程度，同时鼓励并建立顾客的信心和独立性。让他们可以自信的应付日常活动或者某些特殊的需求，如进行休闲活动甚至重返工作。这些都将最终提高顾客和他们家庭的生活质量。

Teck Huat是这项帮助伤残人士达到目标的服务项目的受益者之一。通过关注特定的康复需求，以合作方式协商个人目标和个人治疗计划，这种治疗方式能够更够全面地监控和适当地激励顾客，顾客将能更好地参与进整个康复过程中，并相应地获益更多。

如果您需要更多关于个人护理服务部的信息或资料，请联系E Lin电话**6254 3006**。



Fortis Donates Vehicle

To support our relentless pursuit to improve the opportunities for people with disabilities to participate actively in their communities and live independently, Fortis has generously donated S\$85,000 to purchase a new van and also fund the vehicle's operating cost at \$45,000 per year, for 3 years.

This specially adapted vehicle provides the much needed transportation for people with mobility-related disabilities to go to work, school, vocational training, medical consultations and recreational activities.

The new vehicle, which was received on 20th March 2008 will boost HWA's Transport fleet to a total of 15 vans and buses.

Fortis's contribution is important to HWA as we continue to strive towards achieving our objective of improving the quality of the lives of people with disabilities, leading to an eventual integration to the mainstream society.

On this note, HWA wishes to extend its appreciation to Fortis for its community spirit and proactive involvement.

Fortis is an international financial services provider active in banking and insurance, and is ranked among Europe's top 20 financial institutions. It has been in Asia for over 105 years, and has successfully combined its banking and insurance expertise in key growth market. As part of its Corporate Social responsibilities, Fortis also plays an active role in the society by supporting the disadvantage of groups or local communities in which it is active in through a combination of philanthropy and voluntary work.

RI Boys Bring Colours of 'Hope, Faith and Love' to HWA

Some 25 students, staff and a couple of 'old boys' from Raffles Institution (RI) brought colour and cheer to HWA on 20th March in celebration of the school's Community Day to mark its 185th anniversary.

Armed with brushes and paint, the students, from the Hullet Memorial Library Club, came as early as 8.30am and set to work on a mural that would depict community bonding through love, hope, faith and happiness. Joining them briefly in the artwork were 'RI old boys' RADM (Ret) Kwek Siew Jin, now President of National Council of Social Service (NCSS), RI Headmaster, Mr Koh Chin Nguang, and Senior Deputy Head Master, Mr S Magendiran.

They were then given a tour of HWA by Mr Subrata Banerjee, Assistant Director and Head of HWA Rehabilitation Centre, and Ms Raneer Govindram, Manager (Fund-Raising/Public Relations).

The early morning drizzle did not dampen the enthusiasm of the students and they managed to complete the mural in about 4 hours – the end result ... a vibrant and refreshing look to a side wall of HWA's building.



The Press was also on site to capture this event, and it was reported next day in The Straits Times.



RI Headmaster, Mr Koh, also presented a cheque for \$2,640.56 was also presented to HWA's Executive Director, Mr Leslie Teo. The donation was part of the collections from a fund-raising Jog-a-Walkathon

Masterpieces

If you had read the last issue of Handicaps Digest, you would know that our members went to Botanic Gardens for their second outdoor painting session.

Here are some of the Masterpieces by our members. Enjoy...

A pity we cannot share photos of the third outdoor painting session, held at the National Museum because no photography was allowed. Nonetheless, our members had a great time there and that's what matters!



Ms Chuan Yew Eng



Ms Lim Kim Lye



Cheque presentation by Mr Koh



GOH given a tour

by RI students. Mr Teo expressed deep appreciation for this act of generosity by the students.

What RI Community Day is about

RI Community Day is a school day that has been set aside for staff and students to do service not only for the community but also as a community. RI Community Day reaffirms the school's commitment to serving the community and also reminds students about the importance of dedicating themselves to the common good in whatever they do.

It is also a platform for students to independently plan and carry out a Community Involvement project that they themselves are passionate about as the leaders of all core Co-Curricular Activity (CCA) groups and some Merit CCAs have independently identified and organized a Community Involvement Project for their own members and teachers (under the guidance of students from the school's Interact Club).



The meaning of the mural

The mural consists of 2 main components - the heart and the four-leaf clovers. The heart shape formed by the pair of hands signifies that everyone can create love - love for those around you, love for your community, love for your world. At the same time, this pair of hands is also representative of the noble act of giving out love to others. Four-leaf clovers are traditionally considered to be lucky, as the leaves each represent "hope", "faith", "love" and "happiness". As such, the image of humans forming the shapes of four-leaf clovers represent that everyone can be a source of hope, faith, love and happiness.

Past RI efforts in HWA

The Hullet Memorial Library Club has been contributing to HWA since 2006. The following highlights some of their efforts:

- painted HWA's former art centre
- raised funds to purchase a television and DVD sound system set
- sourced for dining furniture for Cosy Corner
- decorated the creative studio and recreational lounge area
- organised a tea-party for HWA members in March 2007



Ms Tay Bee Lian



Mr Ricky Wong



Mdm Daisy Tai

HWA's Sailing Champs

HWA members Ms Desiree Lim and Mr Jovin Tan have secured a spot to compete at the Beijing 2008 Paralympic Games, after clinching first place in the International Association For Disabled Sailing (IFDS) Two-Person Keelboat World Championship on 27 March, at Changi's SAF Yacht Club.

HWA congratulates the duo who has made Singapore and the Association proud!

Check out what they have to say about their triumph:

Jovin

1. What are your feelings/thoughts about winning the World Crown in Sailing?

On the last day of the competition, even though I knew we won, I was not prepared for a celebration because I was so tired and stressed over the week of competition. But now, I am super happy that we are the world champions!

2. How hard did you train for this competition? Any sacrifices made?

We were training since July 2007, after we got the Skud 18 boat. And we never failed to train even when the coach was not around due to other commitments. We were training 2 days on weekdays for gym and both weekends for water training. Sacrifices that I had to make was not being able to have more free time to go out with friends, and to commit both weekends at the sailing club.



3. Who would you like to thank for winning this competition and why?

I sincerely want to thank my sister, first of all for being always there whenever I had training, helping me in and out of the boat as well as pushing me around to find things that I need for this event. I would also like to thank my coach, volunteers who have helped my team, and staff of SAF Yacht Club.

4. How are you preparing for the Paralympics in Sept?

Well, we will have to train smart and put in more training days.

5. What is/are your goal(s) for the Paralympics in Sept?

My goal is to do my best and I hope to get at least a medal in the Paralympics.

Desiree

1. What are your feelings/thoughts about winning the World Crown in Sailing?

We are very happy about getting a gold medal for this competition. It's a very sweet victory because it's our first competition in this class of boat and many people did not expect us to do well. It's sweet also because our results show that Singapore did not just qualify to participate

in the Paralympics 2008 but we qualify as Champions of this World Championship!

It's also a sweet victory because it was quite a tiring regatta, the weather was very hot and humid throughout the regatta period and yet we managed to triumph. Last, it's a sweet victory because the fight for first place was very close and we fought hard for it.

We had three races per day except for the second day. Though we came in 1st in the first three races, we started to drop in our overall position on the third day of race. At one stage of the competition, even a third placing was difficult to maintain. We had technical failures with our spinnaker (the big sail in front of the boat) which we could only fix on the rest day. After resting for one day, we got our act together and told ourselves "NO MORE MISTAKES" and managed to clinch the crown on the last day of race. And this was despite the fact that we had another technical failure with the skipper's seat which could not right itself after canting to the starboard side (right side) and we had to sail with him on the wrong side throughout the second last and last race of the regatta, i.e. the side that is disadvantageous to our speed and pointing angle. This is not to say that the competition was not up to par but rather, it's a miracle that we came in first despite the many problems we had at sea throughout the regatta.

2. How hard did you train for this competition? Any sacrifices made?

We had water training on Saturdays and Sundays and gym training on Tuesdays and Thursdays. Jovin and I had been training continuously since 2004, after our try-out at the Paralympics 2004 in Athens and we started training on this class of boat, Skud 18, in July 2007. Water training with our coach, Mr Lock, was usually four hours but adding up the time required to wash down, keep the boat and travel time, we usually end our day at about 6 to 7 p.m. So in fact all the usual spare time that people get on weekends were non-existent for me. On top of all of this, I have to take my own leave, and even unpaid leave for competitions, as any events usually require about at least two weeks of my time. But I do it because I love sailing and I love the competition.

3. Who would you like to thank for winning this competition and why?

There are many that we wish to thank but mainly I wish to express my deepest gratitude and appreciation to our Coach, Mr Lock Hong Kit, who had dedicated himself voluntarily, without asking or expecting any sort of compensation, to train Jovin and I to qualify and compete in the Paralympics. Mr Lock is one of the 5 international jury in Singapore, and his decision to train Jovin and I called for quite a few sacrifices of his own. His unstinting support and belief in our potential was a great boost to our self confidence and we trained with the mindset that we do not want to disappoint him. Without his dedication, I doubt we would have the results we have today. Throughout our training on the Skud 18 since July 2007, we have also met many people from the SAFYC (Changi) and Raffles Marina and friends of our coach who have been very forthcoming in extending their help to us.

4. How are you preparing for the Paralympics in Sept?

Our training schedule will intensify from May 2008 onwards and our Coach intends to arrange for champion Sailors from the able-bodied fraternity to spar with us. For myself, I'll also have to train further to increase my strength (what my coach call explosive power) and stamina to perform better on water.

5. What is/are your goal(s) for the Paralympics in Sept?

We intend to apply what we have learnt in this championship and from the many months of training, and hope for the best.

All the best to Desiree and Jovin for the upcoming Paralympic Games in September 2008!

Do You Know?

Vinny Lauer, a paraplegic, was the first person with a disability to sail solo around the world, non-stop and unassisted on August 18, 2000.

Reference: Paralyzed Veterans of America, Sports N Spokes, March 2008, Vol. 34 No. 2 Victory At Sea

Max Tan Wins Two Gold Medals at Paralympics Pre-qualifiers

By Lee Khai Yan, Channel NewsAsia | Posted: 10 March 2008 2348 hrs

SINGAPORE : Singapore has a chance of having two of its athletes compete in the equestrian events in this year's Beijing Paralympics.

Max Tan, a 20-year-old polytechnic student with Cerebral Palsy, clinched two golds at the Guangzhou Paralympics Pre-qualifiers, which ended on Sunday.

With 10 years of riding experience under his belt, Max won the Grade 1b Individual Test, and the Grade 1b Freestyle event.

He will vie with other riders at the pre-qualifiers for the last three slots in the September Paralympics.

If successful, he will join Laurentia Tan, another rider with Cerebral Palsy - who qualified last July.

Results will be announced early next month.

Let's Floorball!

A group of 8 students from the Singapore Management University (SMU) conducted a Floorball Carnival on 22th March 2008 at Toa Payoh Central Community Centre for people with disabilities. Named "Project Rendezvous", the event was organised to enrich the lives of people with disabilities by offering them more opportunities to stretch their athletic potential and develop an active interest in sports through Floorball.



Floorball is a high-intensity game that requires much interaction and team dynamics. Non-stop action is involved in the game, which makes it very interesting and appealing to people of all ages, gender, or skills. Hence, it is also suitable for people with disabilities as long as the players abide by the safety guidelines.

"Project Rendezvous" proved to be a success and attracted participation from beneficiaries like HWA, Association for Persons with Special Needs and Singapore Association for the Deaf. Positive feedback was received from the beneficiaries as many of them enjoyed themselves in the high-adrenaline game, and some even expressed interest in continuing the sport.

HWA member Ms Yau Meiyi took part in this event and here's what she had to say post-event:

"The clinic was very interesting and fun! I've made friends with the SMU students, who are a group of very out-going people. The event was well-managed by them. I find that Floorball is an easy sport to master, anyone can do it if they are willing to learn."

This event is part of HWA's Come Learn A Sport Programme (CLASP). CLASP hopes to promote disability sports as an integration activity with the mainstream society.

What is Floorball?

Floorball is an indoor team sport played using composite or carbon sticks with a plastic vented blade where the aim is to put a light plastic ball into the opponent's goal. Floorball is played in a court by six players per side. The players may control and redirect the ball using a stick with a blade that is often curved at one end. Players must not use their hands, arms or head to play the ball on purpose. One may use other body parts. It is also allowed to play (especially stop) the ball once by foot, but not to score goals or pass to teammates.

A floorball team consists of 5 field players and one goalkeeper, whose primary job is to stop the ball from entering the net, and who is permitted unique protection gear. The goalkeeper is not permitted a stick. The playing field is 40 x 20 metres and enclosed by a board with rounded corners (50 cm tall). The ball is made of plastic, is 72 mm in diameter, has a maximum weight of 23 grams, and has 26 holes in it.

Reference site: <http://en.wikipedia.org/wiki/Floorball>

在轮椅上打篮球

篮球场上，不见高大威猛的球员，只见十张轮椅“你追我逐”，刺激指数却不输一般的篮球赛。这场轮椅篮球友谊赛，是义安理工学院Wheelpower每周一次的例行活动。



Wheelpower主席廖建雄（18岁）两年前因为脚伤的缘故，而放弃了原本热爱的足球。“当时的我只想发起一项与运动有关的，全新的课外活动，所以我召集了一群朋友，和他们分享我的构思。大家一起集思广益，联想到了轮椅篮球。”

在新加坡残障体育理事会(Singapore Disabled Sports Council)的协助下，Wheelpower获得了日本贸易总商会(Japanese Chamber of Commerce and Industry)的慷慨赞助，轮椅供不应求的问题迎刃而解。

不过，首次的招生活活动，令建雄信心小受打击。“有些学生语带不屑对我说：‘我四肢健全，为什么要加入你的轮椅篮球队自找罪受？’还好后来加入的队员都能体会我的用心。我只不过想让残障人士也有机会享受运动的滋味。”

队员的支持与想法，也令建雄深感欣慰。他们终于了解那些缺乏轮椅设备的公共场所，对残障人士造成多么大的不便。

除了到华侨中学担任学生教练，Wheelpower也曾经与本地的职业轮椅篮球队切磋球艺。

轮椅篮球赛的比赛规则，其实与一般篮球赛大同小异。如果有球员不慎摔倒，球赛必须马上中止。为了安全起见，轮椅的后方也安装了多一个防滑的小轮子。

轮椅篮球看似简单，其实不然，从运球到投篮，都比一般篮球赛更考验体力与耐力。运球与推动轮椅必须交替进行，从较矮的角度投篮也更具挑战性。

Wheelpower副主席黄丽婷（18岁）热爱舞蹈，她所负责的轮椅舞团，正在为今年的国庆庆典进行紧锣密鼓的彩排。

丽婷说：“除了轮椅运动，我们也积极主办社区服务活动，比如售旗日(Flag Day)。我们正考虑引进一些新项目，比如射箭和Boccia（类似丢弹珠的游戏）。”

Reference site: http://yzone.omy.sg/index.php?option=com_content&task=view&id=358&Itemid=56

School



YTSS students help to white-wash our faded side-wall.



Yishun Town Secondary School (YTSS)



YTSS serenades our Rehab members.



Interaction time with our members.



Tour of HWA and learning about Wheelchair Basketball.

Visitors

Lakeside Primary School



Song performance by Lakeside Primary.



Having a shot at wheelchair basketball.



Rulang Primary School



Students learn about wheelchair handling.



Rajinder talks to students while doing his therapy.



Mr Lee teaches students about the parts of a wheelchair.

Thomas, Fitri and mom taking photo with the mouse mascot.



Flowers Galore at Sentosa

Contributed by Thomas Chua

It was 11th of February 2008, the 5th day of the Lunar New Year. I woke up in the morning wishing that I had not eaten so much the night before. All the days of excessive eating had finally caught up with me. My stomach was feeling so bloated. After taking medicine, I decided that I must get out of the house. If I didn't, I would continue feasting. How could I say "No" to "Kong Bak Pau" or "Emperor Chicken"?

After a short discussion, my Mom, Fitri (my maid) and I agreed that it would be a good idea to spend the beautiful sunny afternoon outdoors, at the Sentosa Flowers 2008 show. This annual Lunar New

Year floral display boasts rare species of flowers from America, Africa, Asia, Middle East and Europe.

So, armed with our picnic basket full of Taiwanese rice biscuits, mandarin oranges and water, we set off for Sentosa! When we reached Harbour Front MRT station, we took the Sentosa Express to Imbiah station, where the biggest flower exhibition was held.

Even though it was just 10.45am, the place was already bustling with activity. Some people were just sitting around, chatting and taking in the beauty of the surroundings. Others were busy snapping photos of flowers or with the miniature figures of



Thomas and Fitri at the Floral wall.

Rat dressed in traditional Chinese clothes. It was the Rat Year after all!

We went to the giant floral wall which was decorated with many bands of colorful and blooming flowers. The entire wall was like a rainbow, it was such a marvel to look at.

The next spot that we went to was the Merlion Plaza, where we saw a "Rat family" celebrating a family reunion on top of a bowl full of rice. After a short queue, Fitri managed to take a photo with the "Rat family". She was told by the attendant not to pull the tail of the Rat as it was already breaking off!

On the other side, there was an escalator running upwards to the Merlion. The exhibition area was on a slope which made moving around in my wheelchair very difficult. My mom and Fitri had to take turns to push me. Some of the slopes were steep, others gentle. There were also a few elderly people on wheelchairs. I didn't think their helpers fared any better.

As we moved along, we came across a small pond. There, you could see some water-lilies, including lotus on the surface, with 3 beautifully flower-crafted white swans along the sides. When I saw the humpbacked bridge, I broke out in cold sweat. This could yet be my biggest obstacle. There was no

turning back. We had to soldier on. As we went ahead, I could hear my mom and Fitri struggling and panting behind me. When we went down the bridge, they were really trying very hard to get a grip onto my wheelchair, to prevent me from plunging into the pavement. Even though it was both uncomfortable and nerve-wrecking for me, I couldn't help but feel more for my two sweaty and breathless helpers. That was definitely one of the worst experiences I had.

I spotted a Wall's ice cream stall nearby. I decided to reward my mom and Fitri with a treat. As we were having a hearty time gobbling down the corn ice-cream with wafers, we laughed about our push along the bridge earlier. We didn't dare to go by the bridge again. When we came down later, we took another route instead.

The flowers were separated according to the continents which they were from. There were Carnations, Orchids and Cornflowers, to name a few. My favourite was the Sunflowers from the 'African' section. They came in various sizes. I was hoping to find one as big as my head but the biggest was only the size of my hand with my fingers spread out. Viewing the flowers certainly brightened up my day and made me more cheerful after the nightmarish bridge experience. It was however, disappointing not to see the names of the individual flowers.

We managed to catch the Rat mascot and took a photo with it, with the help of the attendant. There were a couple of spots where you could find long queue of 'lovers' waiting to take photos with the floral presentations symbolizing love. For example, a bench with 2 love-shaped hearts joining together, covered with lovely red roses and the pair of swans crossing their necks to form the shape of love in the fountain.

I didn't go all the way up to the Merlion. It was too hot and tiring. We didn't even go down to the Beach station to see the Golden Rat and his animal friends, or to the floral floats display. We were all tired. Even if I had another chance to go, I would hesitate. The flowers were very beautiful and exotic but unfortunately, we didn't have the energy to go up to the Merlion.

Do You Have a Story to Tell?

We are calling out to all HWA members for article contributions to Digest. If your article is published in the Digest, you will receive an incentive of \$40 per article.

Here's what you have to do:

1. Write an original article* of about 800 to 1000 words, either in English or Chinese. You can choose the topic of your article. For example, you can write about your holiday or life experiences, but your article has to be original and never-before published.
2. Send your article to us, either by email (editor@hwa.org.sg), fax (62537375) or mail to the Editor, Handicaps Welfare Association at 16 Whampoa Drive, S(327725). Please include in your subject heading, "Article Contribution".
3. Watch out for the next issue of Digest! If your article is published, we will contact you shortly for payment.

It's that easy. So start writing now!

* Your story/article should contain no false or unwarranted claims for any product or service and contain no defamatory statements. It should also not infringe the copyright or other right of any person. Published articles will become HWA's property (for both print and/or electronic media) upon payment. You will keep HWA indemnified against all claims, actions, suits, demands, losses, costs and expenses in respect of the printed matter.

你有故事要与人 分享吗?

我们诚邀所有残疾人士福利协会的会员们为本刊贡献文章。如果你的文章在文摘中出版,你将收到\$40的稿费。

以下是具体步骤:

1. 写一个大约800到1000个字的文章,英文或华文都可以。你可以选择你的文章的主题。举例来说,你能写有关你的假日或者生活经验的故事,但是你的文章必须是真实的并且以前从未出版过。
2. 发送你的文章给我们,可以用电子邮件(editor@hwa.org.sg), 传真(62537375), 或邮寄给编辑 Editor, Handicaps Welfare Association at 16 Whampoa Drive, S(327725)。请在邮件名称中标明“文章贡献”。
3. 留意下一期文摘的出版! 如果你的文章被刊登,我们将很快地联络你并且支付稿费。

就是那么容易。现在就开始写作吧!

* 你的故事/文章不应该包含针对任何的产品或者服务的错误的或者无根据的要求, 而且没有包含破坏名誉的陈述。它也应该不破坏版权或任何人的其他权利。付款之后, 出版文章版权将归残疾人士福利协会所有(印刷品及/或电子媒体)。如果违反以上规定, 你必须赔偿残疾人士福利协会有关该出版物的所有主张, 行动, 诉讼, 要求, 损失、费用和开销。

Work Your Brain



Readers alert! Want to work your brain and win some prizes as well? Here is your chance in our Digest Quiz. A cash prize of \$20 will be given away to 3 winners with the correct answers. Remember, the answers to the quiz are to be found within the Digest, so keep on reading!

- Q1.** Name one new staff at HWA.
- Q2.** Which company recently donated a vehicle to HWA?
- Q3.** RS Components sponsored 50 HWA members for a ride on the Singapore Flyer. True or False?
- Q4.** Name one member who won the World Crown in Sailing recently and secured a place in the Beijing Paralympics 2008.
- Q5.** What day was Raffles Institution celebrating when they painted a mural at HWA?

HWA Digest Quiz Application Form

Full Name (as in NRIC): _____
 Contact Number: _____
 Address: _____
 Membership No.: _____

Answers:

Q1. _____
Q2. _____
Q3. _____
Q4. _____
Q5. _____



Please send your completed application forms to:

Digest Quiz (Attn: Editor)
 Handicaps Welfare Association
 16 Whampoa Drive
 Singapore 327725

Rules and Regulations

1. Only HWA members are eligible to participate (staff, Exco members and editorial board are not eligible)
2. Entries must be submitted using the application form on this page
3. There will be a maximum of 3 winners per quiz
4. In the event that there are more than 3 correct entries, the winners will be decided by ballot
5. The judges' decision is final
6. The closing date of the quiz is **30 June 2008**. All completed entries should reach HWA no later than this date
7. The correct answers as well as the winners of the quiz will be announced in the next Digest issue

Congratulations!

These are the Winners of the Quiz in January- March 2008 issue of Digest:

Tai Ung Wei, Jonathan
 Membership number: 0327T

Fam Yiling
 Membership number: 2031F

Ng Sook Kwan
 Membership number: 0812N

Each of the Winners will receive a cash prize of \$20.

A Day at the Farm

A group of 32 members, care-givers, family members and volunteers took a Saturday off to visit 2 farms in urban Singapore. Yes, we do have some very interesting farms in Singapore! Check out the pictures below to see what you missed at the Hay Dairies (Goat Farm) and Jurong Frog Farm on 22nd March.



Feeding time!



Are they having frog-leg porridge?



Watching in amazement



Daddy, where are the frogs?

If you are interested to visit these farms, here are their addresses:

Jurong Frog Farm
56 Lim Chu Kang Lane 6
Singapore 719164
www.jurongfrogfarm.com.sg

Hay Dairies Pte Ltd
No. 3 Lim Chu Kang
Agrotech Park Lane 4
Singapore 718859
www.haydairies.com.sg

Annual Care

Every year, without fail, a group of compassionate people from Realm of Tranquility will invite HWA members to their event, Annual Care and Share Day.

The Annual Care and Share Day aims to keep the senior citizens occupied and bring them joy and good memories. It also hopes to motivate more people to contribute in one way or another to the less privileged.

This year, 37 HWA members attended the event on 30 March and were treated to performances and a nice dinner at Kreta Ayer People's Theatre. The Guest of Honour for this event was Dr Maliki Osman, Parliamentary Secretary for Ministry of National Development.



Members enjoying the performance

"I am glad we are able to get the continuous support from participants, members, friends, schools, performers and sponsors to make this 18th annual care and share day a success. More than 1500 people gathered to mark the meaningful and joyful event."
- Ms Rebecca Tan, President, Realm of Tranquility

Fund-raising Carnival by Tampines Secondary School

Our members were invited to a Fund-raising Carnival at Tampines Secondary School (TPSS) on 19 April.

Although the morning sun was unforgiving, it did not stop our members from enjoying themselves at the Carnival. Helpful students were around to assist and some even fanned our perspiring members!

It was all about fun, games, prizes and ice-cream! Our members definitely had a blast at the game stalls. The pictures say it all....

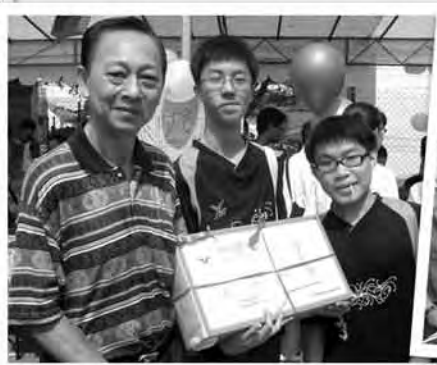
Proceeds from the Carnival will go to Handicaps Welfare Association. Thank you TPSS!



Everyone is a winner!



Good strike!



Top prize Winner of the day



Taking aim

and Share Day



President Ms Rebecca Tan with Dr Maliki & Mr Eddie Tay, founder of Realm of Tranquility



Photo with HWA member



Performances

New Face on the Block

Spotted some unfamiliar faces around HWA's premises recently but too shy to say "Hi"? Read on and get to know the new additions to the HWA family!

So the next time you see these faces don't be afraid to go up and strike a conversation. We promise they won't bite!

Who	Designation	When	Background	Personal Goal	Likes	Favourite Food
 <p>Aye Mya Mya Aung</p>	Therapy Assistant	21 Feb 2008	Physiotherapist in Myanmar's Eden centre for the disabled children for more than 2 years	To live happily for the whole life	Swimming	Myanmar food and Chocolates
 <p>Louis Gielie Ann Adsuara</p>	Healthcare Assistant	20 Feb 2008	Manufacturing Specialist (Factory) for 3 years	Own land and a big house	Cooking, Baking	Seafood
 <p>Pamela Chew</p>	Public Relations Executive	18 Feb 2008	Fresh Graduate	To be happy in everything and anything that I do	Netball, shopping, travelling	Sushi
 <p>Sim Wee How</p>	Driver	25 Jan 2008	Was a taxi driver for more than 20 years and is familiar with all roads in Singapore	Earn enough to bring my family overseas for holiday every year	Spend every minute of my life with my family together	Light meals like "chee cheong fun"
 <p>Seetoh Soon San</p>	Driver	7 Jan 2008	Have done sales before, and was once a Driver	Hope to go for overseas travel once a year	Prefer to stay at home and watch TV	Prawn noodles
 <p>Silas Chong Jin Hao</p>	Social Worker	1 Dec 2007	More than 2 years of experience in the Social Service sector	To visit my friends in U.S. soon	Playing games, reading comics, viewing drama & movies	Hakka dishes
 <p>Joyce Wang Yi</p>	Sr Assist. Executive (HR/Admin)	1 Nov 2007	2 years experience in the field of Human Resource	To give my dear boyboy a happy and healthy life	Playing game, reading, and cooking	Anything that can be eaten
 <p>Jeany Ducusin Quinones</p>	Healthcare Assistant	1 Oct 2007	Worked as nursing Aide for 6 years in Villa Francis Home for the aged	To pursue my studies in Nursing and to serve those in need	Playing games, listening to music	Seafood
 <p>Lee Chee Meng</p>	Healthcare Assistant	10 Aug 2007	25 years as a Salesman, 10 years working with the blind at the Gospel Mission to the Blind	Stay healthy and be able to serve the community for many more years	Keep fit (e.g walking), cooking, dogs	Pasta, Malay rice, Bread and all kinds of fruits
 <p>Johnson Yeo Tiong Seng</p>	Driver	2 Aug 2007	Worked in Singapore Press holdings as Chief Cashier for 34 yrs	Travel all over the world, at least travel overseas once a year	Playing basketball	Seafood

Goodbye Seems to be the Hardest Word



With much regret (and tears!), HWA bade farewell to our long-serving staff, Mr Kelvin Lim on 15 April 2008.

Kelvin had decided to move on to another Organization after serving 6 years in HWA.

No doubt, Kelvin will be sorely missed by all at HWA. Nonetheless, we would like to wish him all the best in his next job!

See what staff at HWA would like to say to Kelvin:

"Thanks for your guidance and support when I first joined HWA. It was always nice to see you introduce Wheelchair Basketball to student visitors!" - Pamela (a.k.a. Newbie)

"I'm eyeing his fan, hehehe..." - Richard (a.k.a Mr Geylang)

"It is fascinating seeing you play basketball during lunch time and always catching all the attention from visiting students. You've been a nice colleague to talk to. All the best for your future endeavors." - Silas (a.k.a Mr look-like-nice-guy)

"His pleasant look gives me motivation to work! After he leaves don't know whose look can motivate me..... maybe Erik...but he is moving out soon...."- Juande (a.k.a. Ms insects-love-to-bite-me)

"May you find real satisfaction and joy in your new endeavour. True blessing and peace be with you as you meet new challenges. God bless you and your family." - Victor (a.k.a. Mr always-answering-phone-calls)

"Hi Kelvin, 很舍不得你走! 没有你在HWA, 做工的时间会少很多乐趣。不管你以后去到哪里, 都不可以忘记我们这些亲切的同事, 呵呵...." - Joyce (a.k.a. Ms why-must-everything-come-to-me?)

"The "work-hard-play-hard" dude... Always good to know that people can still have fun at work!!! It's great knowing you... and hope you bring just as much inspiration and joy to the next place you go on to!" - Nizar (a.k.a. Mr hard-to-get)

"I always feel sad when staff members tender their resignations. However, this is the reality of life that people come and go. It's no longer like olden days when people stay on with their first job till retirement. Kelvin has done a good job in HWA and I would like to wish him every success in his new posting." - Leslie (a.k.a. Big Boss)

"Wishing him all the best in his new job"- Frances (a.k.a. Lady-sitting-beside-Mr Geylang)

Kelvin wants to say...

"Throughout my 6 years of service, I see the work of the Association and believe the service to people with disabilities is important and admirable. HWA's mission is indeed crucial in Singapore. I am very thankful for the opportunity to serve people with disabilities during my tenure. I have learnt much from my superiors and benefited intangibly from my service in HWA.

I have been inspired by many HWA members by the little things that they do. They are my Lance Armstrongs, Joni Earecksons, Helen Kellers.... all in our own Singapore! Many friendships have been forged in my capacity as a staff, facilitator, colleague, community partner and friend. I am confident that these relationships would continue despite my departure.

So friends until we meet again... "Fight the good fight, finish the race..."



Kelvin gives his farewell speech.



Factsheet on Persons with Disabilities

- Around 10 per cent of the world's population, or 650 million people, live with a disability. They are the world's largest minority.
- This figure is increasing through population growth, medical advances and the ageing process, says the World Health Organization (WHO).
- In countries with life expectancies over 70 years, individuals spend on average about 8 years, or 11.5 per cent of their life span, living with disabilities.
- Eighty per cent of persons with disabilities live in developing countries, according to the UN Development Programme (UNDP).
- Disability rates are significantly higher among groups with lower educational attainment in the countries of the Organisation for Economic Co-operation and Development (OECD), says the OECD Secretariat. On average, 19 per cent of less educated people have disabilities, compared to 11 per cent among the better educated.
- In most OECD countries, women report higher incidents of disability than men.
- The World Bank estimates that 20 per cent of the world's poorest people have some kind of disability, and tend to be regarded in their own communities as the most disadvantaged.
- Women with disabilities are recognized to be multiply disadvantaged, experiencing exclusion on account of their gender and their disability.
- Women and girls with disabilities are particularly vulnerable to abuse. A small 2004 survey in Orissa, India, found that virtually all of the women and girls with disabilities were beaten at home, 25 per cent of women with intellectual disabilities had been raped and 6 per cent of women with disabilities had been forcibly sterilized.

Accessibility Improves

H17 HOME

THE STRAITS TIMES FRIDAY, MARCH 7 2008

More landed-home owners installing lifts

Many do so to help elderly family members with mobility problems get around the house

BY TAY YI WEN

OFFICES, shopping malls and high-rise apartments are not the only places with lifts zipping people up and down the different levels.

More Singaporeans in landed properties are coming round to the idea of installing them in their homes as well.

While they are generally those who are better-off, having a lift at home is not always about sloth or showing off. Many have at least one family member with mobility problems.

Take 52-year-old Mr Harold Tan, an air-cargo businessman. His four-storey house in the Braddell area has a carpeted lift servicing the four levels.

He already had the lift in mind when the house was being designed, primarily because his mother – now 82 and who goes over to stay once a month – has a knee problem.

"Now, with a lift, she and her friends can come over and they can go to any floor they want. It is not a problem like before," he said.

The others in the house are his 40-year-old wife, their 20-year-old daughter and a maid.

He added: "Home lifts are going to become more common as people start to live longer."

Those in the business of making lifts confirm the trend.

Otis Elevator and Hitachi Asia said they have noticed an increase in home lift installations in the past few years. And architectural firms like Interdesign Berakan started designing homes with lift shafts in 2006.

Mr Siew Yat Hung, a senior sales manager at Hitachi, said the company has seen a 50 per cent jump from 2006 in lifts installed in homes.

He put the trend down to the economy doing well and people getting older and needing help negotiating the stairs.

Often, they have a wheelchair-bound family member, and can afford the cost of this convenience.

Installing a lift costs less than people think, said Mr Siew.

"It costs less to install a home elevator than to own a car – and many in Singapore own more than one car."

Mr Tan, for example, spent \$45,000 for his lift, which he reckoned was "not much" when com-

pared to the cost of the house. He also does not consider the yearly maintenance cost – \$1,000 for four servicings – too much to pay.

Instead of moving to apartments, owners of landed properties can consider installing a lift when their weak, ageing knees start giving problems.

Mr Tan said his neighbour has already retrofitted his home with a lift shaft in anticipation of such a day.

Mr Peter Fong, a semi-retired oil and gas consultant, has also decided to install a lift so he can continue to enjoy his space as he ages.

His house in Bukit Timah is now being fitted with a \$70,000 Otis lift, which he said will "help me keep track of my active grandchildren when they run up and down".

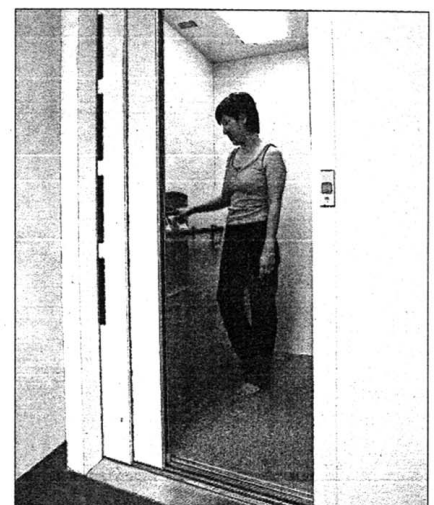
Already, the three, aged from two to five, run him ragged whenever they visit, which is often.

Of course, the pragmatic Singaporean who installs a lift in his home looks far ahead as well.

Mr Tan said: "A home with a lift will be a draw for three-tier families if the house is ever put up for sale."

While the lift is now a boon for his mother, he also plans to spend his own golden years in the house, without needing to worry about navigating those stairs.

tayyiwen@sph.com.sg



ST PHOTO: FRANCIS ONG

CONVENIENCE: Mr Harold Tan's wife uses her home elevator to take her to the roof garden on the fourth level.



Help Us.

To Uplift the Lives of People with Disabilities

The Handicaps Welfare Association (HWA) was formed in Dec 1969. Since then, the Association has grown to over 1,700 members and its membership is increasing every month. As a self-help group, HWA raises funds on its own.

HWA has been serving the needs of people with disabilities from the low socio-economic group for 37 years. It has strenuously made every attempt to help meet their needs through its ever-expanding range of services, which is on-going. The HWA has been able to do this simply because the Singapore public has been more than generous and forthcoming in their monetary contribution.

HWA provides a range of programmes and services for its members and the community – from welfare assistance to education courses, a door-to-door

dedicated transport service, financial assistance and food rations to the needy, driving lessons for the disabled and a befriender service. It also runs Rehabilitation cum Independent Living Centre and Personal Care Service for the disabled people in the community.

Please help us to uplift the lives of the disabled people by making a donation to the Association. No donation is too small for charity. **Thank you for your generosity and kind support.**

To:
HANDICAPS Welfare Association
16 Whampoa Drive
Singapore 327725

I/ We wish to donate \$ _____ to the Handicaps Welfare Association.
Enclosed is my/our cheque /postal /money order No. _____.

The tax-deductible receipt is to be issued to:-

Name: _____ NRIC NO.: _____

Address: _____

Telephone: _____ (H) _____ (O) _____ (HP)

* Tax-exempt receipts will only be issued for donations of S\$50 and above.
For additional information or clarification, please call us at (65) 6254 3006.

Advertisement Rates

If you wish to advertise your products or services in Handicaps Digest, please fill up the form below and mail it back to us at the following address:



Handicaps Welfare Association

16 Whampoa Drive Singapore 327725

Tel : 62543006 / Fax: 62537375

Email: hwa@hwa.org.sg

I / We hereby agree to take up an advertisement space in your HWA Digest magazine.

Name of Organisation: _____

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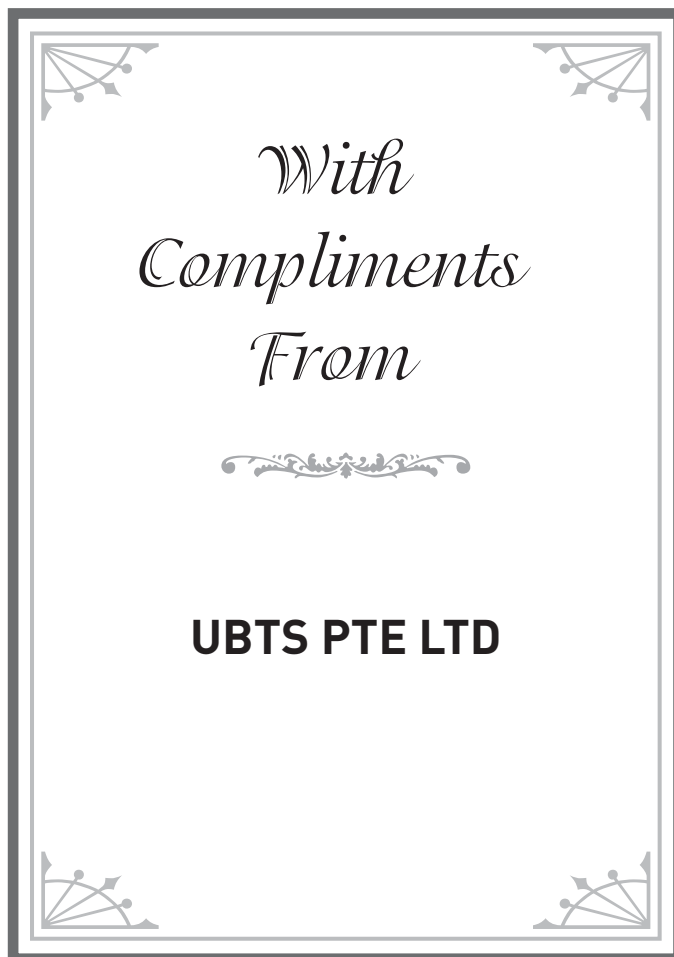
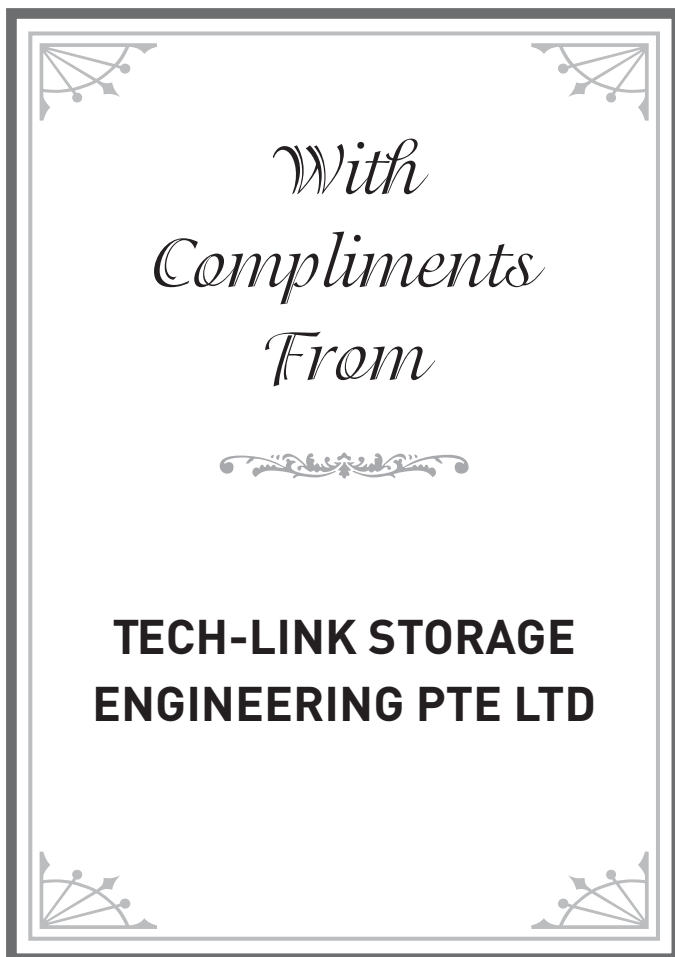


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