

Seniors Give Thanks!



INTERNATIONAL DAY OF OLDER PERSONS

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Stories of  
Simple Gestures,  
Sincere Gratitude

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THE NATIONAL COUNCIL OF SOCIAL SERVICE

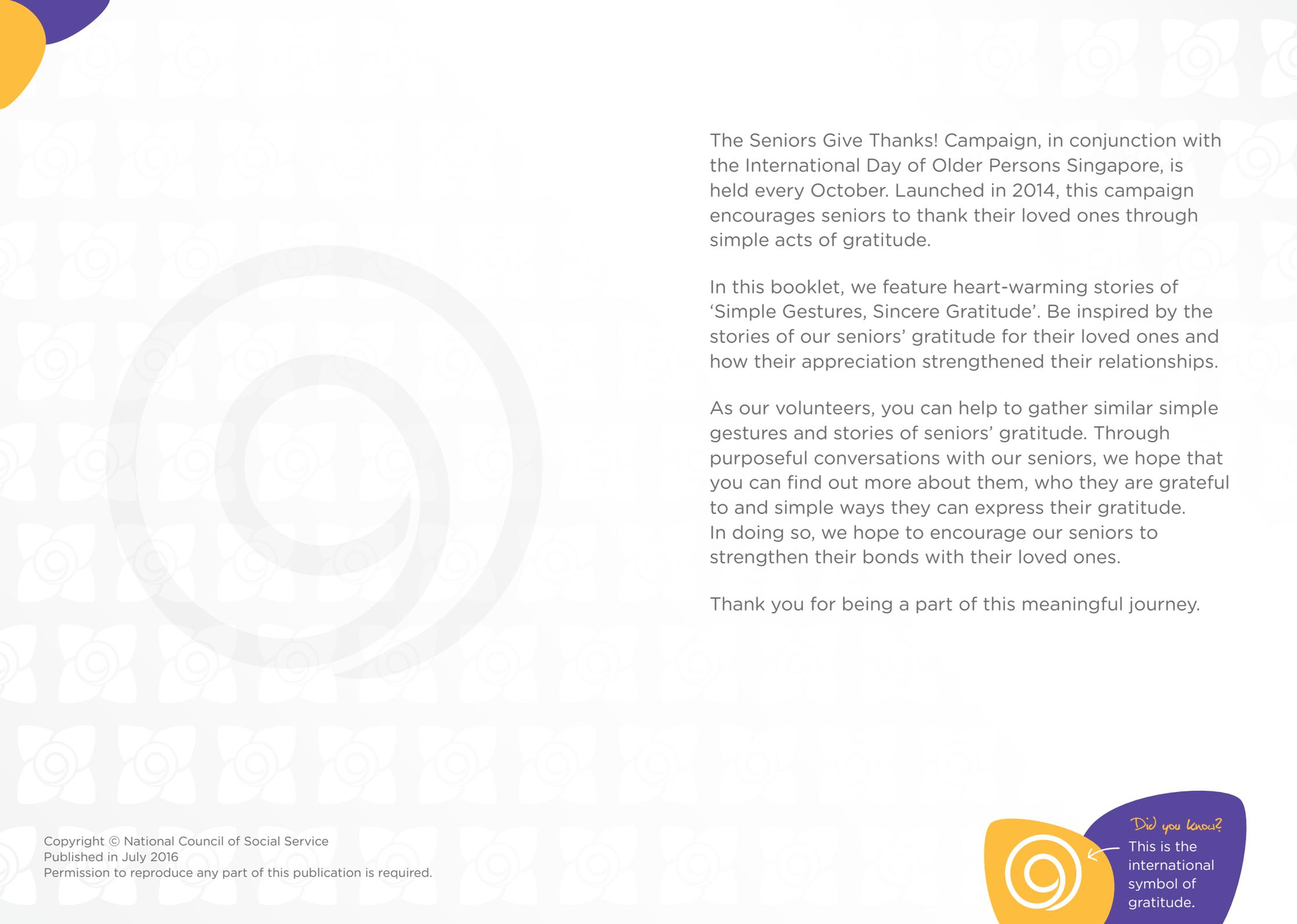


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The Seniors Give Thanks! Campaign, in conjunction with the International Day of Older Persons Singapore, is held every October. Launched in 2014, this campaign encourages seniors to thank their loved ones through simple acts of gratitude.

In this booklet, we feature heart-warming stories of 'Simple Gestures, Sincere Gratitude'. Be inspired by the stories of our seniors' gratitude for their loved ones and how their appreciation strengthened their relationships.

As our volunteers, you can help to gather similar simple gestures and stories of seniors' gratitude. Through purposeful conversations with our seniors, we hope that you can find out more about them, who they are grateful to and simple ways they can express their gratitude. In doing so, we hope to encourage our seniors to strengthen their bonds with their loved ones.

Thank you for being a part of this meaningful journey.





Mdm Mok Chow Mui pens down her words of gratitude for her husband, Mr Raymond Wong

"I am thankful  
to wake up  
to his smile  
every day  
of my life."

— Mdm Mok Chow Mui, 72

Sometimes it is the simple gestures that bring greatest happiness. Chow Mui's greatest joy is waking up to her husband's smile every day. Fondly recalling their courtship days with dates to Chinatown, Chow Mui is thankful to have her husband, Raymond, by her side for the past 46 years.

The couple believes in building a marriage on honesty, compromise, and the Chinese saying “床头打架，床尾合” which means never going to bed angry. At last year's International Day of Older Persons, they celebrated their love by cooking tom yum prawns together and shared their joy with friends and neighbours.



Mr Ganesan Pathmanaban (left) with his nephew,  
Mr Mane Ganden s/o Loganathan

" I am deeply moved  
by his  
care and  
kindness "

— Mr Ganesan Pathmanaban, 59

Ganesan's nephew, Mane, was mischievous and active as a young boy. He would often get scolded for creating a racket in the mornings when Ganesan returned home to rest from working night shifts.

Yet, Ganesan and Mane, now 26, are closer than ever. They share many common interests, one of which is relaxing to the tunes from The Beatles. Ganesan is glad that both he and Mane enjoy each other's company.

Ganesan has visual impairment and is grateful to his nephew who helps with his daily living needs, such as reading the price tags when they go shopping.



Mdm Betty Lim (right) sharing a moment with Christene Mae Lechuga

"Thank you  
for being  
just like  
family to me."

— Mdm Betty Lim, 63

Betty, who was a domestic helper as a teenager, has a soft spot for Christene, her foreign domestic helper of three years. She empathises with Christene and treats her with the same kindness as she would with a family member.

Christene, on the other hand, always looks out for Betty and enjoys chatting with her. Betty is thankful for Christene's care and constant companionship. She shared that for this year's International Day of Older Persons, they would go out and enjoy their favourite Japanese food together!



Mdm Kalsom Bee receiving a 'thank you' badge from her neighbour, Mdm Siti Buang (right)

"Thank you  
for  
always being  
by my side."

— Mdm Siti Buang, 72

Friendships can blossom in the most unlikely of situations, as proven by Siti's friendship with her neighbour.

Siti had to attend many medical appointments following her first surgery for colon cancer. Fortunately, she had her neighbour, Kalsom, to accompany her and help her understand medical terms. Once, Siti experienced great pain during early hours of the morning. It was also Kalsom who called for an ambulance and stayed by her side in the A&E department.

Thankful for the friendship, Siti now pays it forward as a volunteer to help other neighbours.



A simple gesture of gratitude from **Mr Kang Siew Keng** (right) reconnected him with medical social worker **Ms Ho Bee Hong** who helped him more than 10 years ago

"Today  
I have the chance  
to tell her,  
Thank You."

— Mr Kang Siew Keng, 71

Siew Keng keeps a name card in his wallet. It has yellowed with age, but he has held on to it since he suffered a stroke ten years ago. The name card belonged to the medical social worker who had arranged for his care and rehabilitation needs then.

Grateful for her help, Siew Keng told his story in last year's International Day of Older Persons' publicity video. Luckily, Bee Hong, the medical social worker, saw the video and reached out to him.

Siew Keng was glad that he could thank Bee Hong in person, with a thank you card and a kopi together. "I am very happy that I can thank her personally", he said with tears of joy.

