



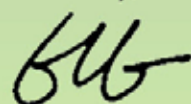
Time flies. It seemed like yesterday when I took over in 2012 as President. I am glad that during my tenure, together with my Council, we were able to organize one public seminar on Ageing Well, in 2013 and two major conferences, the Annual Scientific Conference on Ageing (ASCA) in 2014 and 2015. It is no mean feat considering that the Society relies on volunteers to fulfill its mission.

My Council and I have many people to thank during our tour of duty, but there are too many to mention here. However, I wish to make special mention of the sons of late Henry Lim: Mr Benny Lim, Mr Raymond Lim and Mr Dennis Lim. If not for their unstinting support, we would not have been able to carry on the legacy left behind by their father. We hope we have done you proud Mr Henry Lim.

We also want to take this opportunity to thank and honour two long serving members of the Society who have made significant contributions. They are Prof Kua Ee Heok and Mr Laurence Wee. Their selfless giving and visionary leadership have steered this Society to even greater heights. Henceforth, at this coming Annual General Meeting in August, we will be conferring the Lifetime Achievement Award to the two of them.

Fellow members, we have come a long for a small society with a big vision. Let us come together on the 22 August, 1.00pm at One Farrer Hotel to celebrate our humble success and also our nation's 50th birthday. We look forward to seeing you all there!

Sincerely,



A/Prof Goh Lee Gan

President, Gerontological Society

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Excerpt of Speech by Mr Gan Kim Yong, Minister For Health & Chairman Of The Ministerial Committee On Ageing, At The Sg50 Scientific Conference On Ageing, Marina Mandarin Hotel, 19 March 2015

'Ageing in Singapore in the Next 50 Years'

Workplace for All Ages

Firstly, we need to re-think how we learn and work as we grow older. 50 years ago, when life expectancy was about 70 years, we may retire in our 50s. But as our life expectancy increases to 85 and further closer to 100, do we still retire at the same age and spend half of our lives in retirement? That will be decades of our lives in retirement. What do we do with all this time on our hands?

At the individual level, we need to re-conceive learning, work and retirement. 14 years of formal schooling surely cannot be adequate for an expanding work life. We need different combinations of learning, leisure and work of different forms. For example, some seniors we spoke to told us that they would like to take on a mentoring or coaching role in their current companies. Others tell us that they would like to have more flexible work arrangements, such as part-time work so that they can spend time with family, volunteering, or learning new things. As we live longer, we have to learn for longer and work for longer.

Workplaces need to adapt to changing employee profiles as well. The challenge to employers is to re-design the workplace into one that is suitable for all ages. The re-design would be needed in various aspects – such as job roles, work hours, model of remuneration, work environment, work culture. The ability of employers to capitalise on the creative energies and experience of a workforce of different ages, will be the key to unlocking productivity and economic growth of a fast maturing nation.

For example, Federal Hardware Engineering, a SME, has leveraged WorkPro, a government scheme which provides funding for companies to put in place measures to augment local manpower, foster progressive workplaces and strengthen the Singaporean core in our workforce. In doing so, Federal Hardware Engineering has enhanced communication and fostered a closer working relationship among its intergenerational workforce. Currently 8 out of 70 employees of the company are re-employed workers, and the company has worked with these employees to re-assign them to jobs which do not require working with heavy machinery.

Health for All Ages

Secondly, we need to organise our healthcare system to better extend the "health span" of individuals and make the delivery of healthcare services appropriate for our ageing population.

The Ministry of Health will place much greater emphasis on preventive health. Over the past 50 years, we built a comprehensive school health service. This has played an important role in improving our health outcomes by starting with our young. In the next 50 years, we need to invest more on preventive health for adults, including

older adults, so that we can extend the health span of the population even as our life span increases.

We also need to transform the way we deliver services to patients. We have expanded the capacity of our acute and community hospitals. However, the centre of gravity of the healthcare system will have to increasingly shift to primary care and home and community aged care. We envision a primary healthcare system, where there is a primary care team for every patient. The team, comprising physicians, nurses and allied health professionals, will be able to look after patients in the primary care setting, as well as help them navigate the healthcare system as they transit across care settings.

In parallel, we are building a robust home and community care ecosystem to support our seniors to age in place for as long as possible.

Not only does a rapidly ageing population challenge the way we organise services, it also requires a re-think of the mix of healthcare professionals we have, and how we finance health and aged care. Even as we build infrastructure and enhance affordability under Healthcare 2020, we are looking ahead and studying ways to articulate an expanded role for Regional Health Systems to promote health and to integrate care for all in different regions in Singapore.

We have already made a start. Today, every one of the six regional healthcare systems are pushing ahead to step up preventive health services for their respective population. Take Alexandra Health Services as an example. It has worked with local communities in the north and northwest region to screen some 6,500 residents living there. It has also partnered corporations such as SMRT, to bring health screening and chronic disease management programmes to some 780 taxi drivers servicing their taxis at Woodlands service centre. We have achieved some very encouraging results from this pilot. Over six months of health coaching, 50% of taxi drivers with weight issues lost some weight, and 46% of those with some blood pressure issues achieved a normal BP. Of about 250 taxi drivers who followed up with a visit to the community nurse post at least two times, three-quarters had made lifestyle changes to their diet and exercise. We are continuing to work with the regional health systems to bring such preventive health services to seniors in the community and workplace.

At the other end of the spectrum, Alexandra Health

System has also started the Ageing-in-Place to provide better integrated care for elderly patients in the community. Under this programme, AHS deploys community nurses to reach out to patients who have been admitted multiple times to Khoo Teck Puat Hospital over a period of six months. These community nurses visit the patients at home and conduct a preliminary assessment of the home and community support needed. Such support may include medication reconciliation to better manage their multiple medication needs, or home modification to allow them to move around at home safely. So far, over 900 patients have benefited from this new programme. The team was also recognised for their efforts last year when they were awarded the 2014 UN Public Service Award.

City for All Ages

Beyond the individual and community, urban planning also has to evolve as our population ages. And the principles we rely on to organise our housing, urban environment and transport have to be reviewed and enhanced. We want to ensure that our seniors, even at a ripe old age, still feel safe and empowered to go out and stay active, and live as independently as possible.

We need to re-imagine our city, and make concrete efforts to improve both hardware and software to make this a city for all ages. In terms of hardware, we want to make the transport system more senior friendly and our city more walkable, and minimise fall risks in the city environment and neighbourhood. In terms of software, we want to provide for more assisted living services within our housing towns to complement our aged care system, and involve the community to look out for their older neighbours.

Marine Parade is one of the communities where we first piloted the City for All Ages initiative to re-imagine our city at the local level. Since 2011, we have worked with the residents to understand seniors' needs in the community. Local partners introduced programmes such as a befriending programme run by Goodlife!, a VWO, to recruit "Angel Ambassadors" to provide psychosocial support for lonely and frail seniors in the community. By working with grassroots and community partners, we have also introduced infrastructural enhancements to make the town more senior friendly, such as having more rest benches and adding anti-slip coating to drain covers. To further promote healthy living, the Marine Terrace Hawker Centre now serves healthier hawker food in most of its stalls. We now have 16 City for All Ages sites spread across Singapore, where localised solutions unique to each community help make their communities suitable for all ages.

An "Ageless" Mindset

The critical determinant of whether ageing will be positive for individuals and our society is in the mind. We have a much higher chance of achieving successful ageing if individuals do not associate ageing with mere decline, loss of value, or worse, disability. Likewise, we have a better chance at productive longevity if employers do not have a negative view about seniors, and if the young and society as a whole do not hold a pessimistic and deterministic view of ageing.

As part of the Action Plan for Successful Ageing, the Ministerial Committee on Ageing spoke to over 1,300 Singaporeans over six months last year to find out what Singaporeans' aspirations are, and to gather feedback on how we can do things better. While seniors are aware of the need to take care of their health and financial security, there is a genuine thirst among seniors for continuous learning, and a desire for continued engagement in our community and in the workplace. Singaporeans are also bursting with ideas on how to transform the face of ageing in the next 50 years.

One Singaporean we spoke to last year, Dr Rosemary Khoo, President of NUS Senior Alumni, told us that she wanted to participate in this conversation to contribute to the national effort to prepare for ageing not for herself, but for the next generation. Dr Khoo also happens to be one of 18 speakers today. There are many seniors like Dr Khoo in the pioneer generation! For example, there was an overwhelming enthusiasm among seniors during a conversation on volunteerism – senior volunteers tell us that we should recognise volunteerism efforts of seniors not for them, but so that seniors can pass on the values of lifelong contribution to society, to the younger generation.

I am heartened that many Singaporeans of all ages – like the contributors of the book being launched – have already started to join us in our national conversation on ageing. I hope that over time, we can also grow a ground up movement – of seniors, of employers, of union leaders, of community partner, of professional in various disciplines – to jointly transform ageing in Singapore.

This book 'Ageing in Singapore in the Next 50 Years' is part of this positive transformational process. I would like to commend its authors, for not only celebrating our nation's achievements over the last 50 years, but also looking to the next 50 years.

Conclusion: Towards an Ageless Nation

At independence 50 years ago, then-Prime Minister Mr Lee Kuan Yew described the nation's path to the future as a "journey along an unmarked road to an unknown destination". Singapore in the past 50 years can be described as an extraordinary nation built out of pure will – the will of a resilient people who refuse to yield to the harsh circumstances we have been dealt with.

The next 50 years is just as uncertain. The circumstances and challenges will be very different. But if we have the same "can do, never say die" spirit, we can once again defy gravity and reap the upside to longevity. Together, we can transform the face of ageing in Singapore, and build an Ageless Nation full of dynamism when we celebrate SG100.

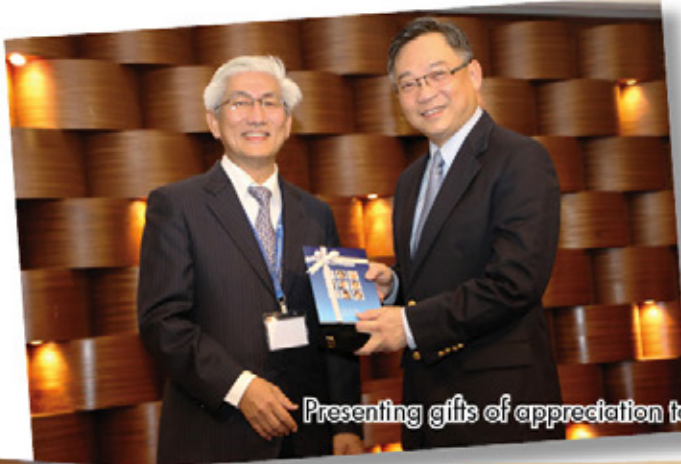
May I wish you a fruitful and enjoyable conference. Thank you.

We want to ensure that our seniors, even at a ripe old age, still feel safe and empowered to go out and stay active, and live as independently as possible.

Highlights of SG50 Scientific Conference on Ageing 2015...



(Lt – Rt): Arthur Lim, Dr Chiang Hai Ding, Prof Kua Ee Heok, Minister Gan Kim Yong (MOH), Mrs and Mr Raymond Lim, A/P Goh Lee Gan, Laurence Wee



Presenting gifts of appreciation to Guest of Honour and VIP



Recipients of Poster Prizes



Visionaries of the future...Our conference speakers



ASCA 2015



GERONTOLOGICAL SOCIETY

29th Annual General Meeting

SAT 22 AUG 2015

1 Farrer Hotel & Spa,
1 Farrer Park Station Rd Singapore 217562
(Level 6, Ballroom 2)

AGENDA

- President's Message
- To Confirm Minutes of the 28th Annual General Meeting
- To Receive and Approve the Annual Report and Statement of Accounts for the Year Ended 30th June 2015
- Election of Office Bearers
- Any Other Business

Ageing in Singapore the next 50 years



GOH LEE GAN
KUA EE HEOK
CHIANG HAI DING

Order your book now at \$10 per copy

Via email to : shirley@gs.org.sg

Please make cheque payable to "Gerontological Society"
89 Short Street #03-07 Golden Wall, Singapore 188216

the rising tide **Dementia** can we stop it?

The quiet epidemic of dementia is a cause for concern. This seminar will discuss a community effort to lower the incidence of dementia. The translational research is from the Jurong Ageing Study which shows that health literacy with music-remembrance, mindfulness practice, art therapy and tai-chi, can improve depression, anxiety and cognition (The Lancet Psychiatry 2014). The NUH Memory Clinic Study indicates the course of dementia is 8 - 12 years and psycho-social interventions can improve quality of life.

FREE
BOOK for
participants

Ageing in Singapore the next 50 years



GOH LEE GAN
KUA EE HEOK
CHIANG HAI DING

Registration Fee: \$40 (Tea included)

Members: \$10 (Tea included)

Community Dementia Prevention Program

A/Prof Goh Lee Gan
*President, Gerontological Society of Singapore;
Senior Consultant Family Physician, NUHS*



Jurong Ageing Study for Dementia Prevention

A/Prof Rathi Mahendran
Senior Consultant Psychiatrist, NUHS



Life Course of Dementia NUH Memory Clinic (1990-2010)

Prof Kua Ee Heok
*Tan Geok Yin Professor of Psychiatry
and Neuroscience, NUHS*



Conferment of Honorary Member of Gerontological Society

Mr Raymond Lim
Member of Parliament, East Coast GRC

Lifetime Achievement Award

Mr Laurence Wee
former Nominated Member of Parliament

Professor Kua Ee Heok
Past President, Gerontological Society



22 August 2015, Saturday (Time: 2pm - 5pm)
One Farrer Hotel & Spa, Ballroom 2, 1 Farrer Park Station Road, Singapore 217562
For enquiries please contact Shirley at 6333 5177 shirley@gs.org.sg