



Bulletin

A publication of Gerontological Society of Singapore

C O N N E C T

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The President speaks...

ASCA 2014

Annual Scientific Conference on Ageing Theme: Successful Ageing in Asia Pacific

Thursday, March 27 2014 @ Marina Mandarin Hotel

Welcome Message

It is my pleasure to invite you to the 2014 Annual Scientific Meeting of the Gerontological Society of Singapore. The theme is "Successful Ageing in Asia Pacific". We are honoured that Dr Amy Khor, Senior Minister of State, Ministry of Health & Ministry of Manpower will be the Guest of Honour and she will be delivering the Opening Address.

Ageing is not a failure, neither is it a disease. We can all age successfully. A life course approach is important because in old age we inherit the pluses and minuses of what we have done to our lives physically, socially, and mentally. We need a winning mindset. Hence the Society's Tagline – "Changing mindsets of young and old".

In this conference, we have four seminars which together will examine various aspects of ageing: financial independence, ageing in place, chronic disease case, and active ageing. We have also assembled a panel of speakers from the Asia Pacific region to share perspectives of successful ageing from the sociological perspective, and we also have a panel of speakers who will discuss perspectives on health and social policies for ageing populations.

Looking forward to seeing you there. There will be something for every stakeholder!

Associate Professor
Goh Lee Gan

Annual Scientific Conference on Ageing

Theme: Successful Ageing in Asia Pacific

Thursday, March 27 2014 @ Marina Mandarin Hotel

PROGRAMME

Time	Topic	Speaker	Chairperson
8.00am	Registration and Breakfast		
8.30am	Welcome Address by President, Gerontological Society Singapore	A/Prof Goh Lee Gan	Mr Laurence Wee
8.40am	Keynote Address by Guest of Honour	Dr Amy Khor, Senior Minister of State	
9.00am	Honouring the late Mr Henry Lim	Mr Laurence Wee	
	Presentation of Book to Mr Benny Lim	Prof Kua Ee Heok	
9.10am	Eighth Henry Lim Lecture		
	Citation of Prof Kua Ee Heok	A/Prof Goh Lee Gan	
	Lecture	Prof Kua Ee Heok	
9.30 am	Tea break		
9.45 am	Seminar 1. Financial Independence & Ageing in Place		
	Ageing in Place in Singapore	Dr Ong Yunn Shing	Dr Chiang Hai Ding
	Ageing in Place in Hong Kong	Mrs Teresa Tsien	
	Financial Independence in the Elderly	Ms Lee Yuit Chieng (tbc)	Ms Kwek Puay Ee
11.45 am	Seminar 2. Chronic Disease Care & Active Ageing		
	Active Ageing in Asia Pacific	Prof Katherine Braun	Prof Kua Ee Heok
	The TaRA Project on Active Ageing	Prof Rathi Mahendran	Mr Arthur Lim
	Diet and other Lifestyle Strategies for Active Ageing: Insights from Okinawa	Prof Craig Wilcox	
12.30 pm	Lunch		
1.30 pm	Seminar 3. Successful Ageing from the Sociological Perspective		
	Japan	Prof Takeo Ogawa	Ms Thelma Kay
	Korea	Prof Dong Hee Han	Dr Chow Yeow Leng
	Indonesia	Prof Tri Budi	
3.00 pm	Tea break		

* tbc - to be confirmed

Time	Topic	Speaker	Chairperson
3.15 pm	Seminar 4. Comparative Perspectives on Health & Social Policies for Ageing Populations		
	Hong Kong	Prof EK Yeoh	Prof Phua Kai Hong
	Japan	Prof Thang Leng Leng	Dr Yap Mui Teng
	Korea	Dr Erin Kim	
	Taiwan	Prof Rachel Lu	
	Lessons for Asia	Prof Toshihiko Hasegawa	
	Panel Discussion		
5.30 pm	End		

Conference Information

Conference fees for public	\$388 Sing dollars
Early bird registration by 28 February	\$330 Sing dollars
Gerontology Society of Singapore members	\$188 Sing dollars
Overseas delegates	\$288 Sing dollars
Student delegate	\$250 Sing dollars

Register online at <http://gs.gswebco.com/>

Free paper submission

Delegates are invited to submit up to two posters each for the conference. Presentation of the poster will be portrait A0 size.
Ms Shirley Lim –
shirley@pcs.org.sg
63344445 ext 103



**The Council wishes
all Members**

马到成功, 新年进步

Straight Talk

Reflections on Singapore
politics, economy & society

“ WHO ARE WE? WHAT DO WE BELIEVE IN? WHAT ARE THE CORE VALUES THAT INFORM OUR SOCIETY? THESE ARE FUNDAMENTAL QUESTIONS THAT GO TO THE SOUL OF OUR COUNTRY. WE NEED TO KNOW WHO WE ARE TO KNOW WHERE WE ARE GOING. I ADDRESS THESE QUESTIONS...”

THE STRAITS TIMES

STRAIGHT TALK | Raymond Lim



Photo by Lim Wei Han

Raymond Lim is Chairman of APS Asset Management and Senior Advisor to John Swire & Sons (Southeast Asia). He is also a director in several listed companies in Singapore, Hong Kong and Australia. A former Cabinet minister, he held various ministerial appointments including Foreign Affairs, Trade and Industry, Entrepreneurship, Finance and Transport from December 2001 to May 2011. Prior to entering Parliament in 2001, Mr Lim held various senior positions in the financial industry including Chief Executive Officer of DBS Vickers Securities, Managing Director of Temasek Holdings, Research Director of Kim Eng Securities and Chief Economist of ABN AMRO Asia Securities where he was ranked one of the best economists in the region by international fund managers. Before joining the financial industry, Mr Lim was a law lecturer at the National University of Singapore and a journalist with *The Straits Times* Political Desk. He was also the Founding President of the political discussion group, The Roundtable. A Colombo Plan scholar, Mr Lim has a First Class Honours degree in economics from the University of Adelaide. Subsequently awarded the Rhodes Scholarship for Singapore, Mr Lim graduated with First Class Honours in the Master of Law at King's College, Cambridge and a Bachelor of Arts in Jurisprudence at Balliol College, Oxford. He is married to an architect and has a son and a daughter and a pet German shepherd.

This is a collection of speeches and essays spanning Former Minister Raymond Lim's 20 years in journalism, finance and politics. The issues he addressed then are still very much alive today. He lays out his views on Singapore society, politics, the economy, entrepreneurship, foreign affairs and the Asian financial crisis. Now, when the appetite for political debate has grown exponentially alongside social media, here is **Straight Talk** on:

- **Society** - Our economy is up. No mean feat in a crisis-strewn decade. But the "feel good" factor seems missing. Why?
- **Politics** - It used to be said that there is a climate of fear which deters people from speaking up against government policies. Today, the pendulum has swung the other way.
- **Economy** - Many Singaporeans who visit and work in China come back shell-shocked. Will they sweep us and other small economies out of the economic landscape?
- **Entrepreneurship** - We need to imbue in our young a different worldview. It is not a world where everything must have its place and nothing is left to chance. Nor is it a world where we wipe off every speck of dust and in the process lose the stardust.
- **Foreign Affairs** - Because our immediate environment is fraught with many uncertainties, we must create space for ourselves to grow and prosper. The creation of space must be the single most important strategic concept of our foreign policy.
- **Financial crisis** - Blaming others for the problems – the Chinese over-saving rather than American over-consuming – is not helpful in managing the crisis and minimising its recurrence. Pogo was right: "We have met the enemy and he is us."

(Source: <http://www.stpressbooks.com.sg/Straight-Talk-Reflections-on-Singapore-politics-economy-and-society.html>)

Royalties of this book will be donated to the Gerontological Society of Singapore.

Highlights of the 7th Henry Lim Lecture – The Mental Capacity Act

Mental capacity is the ability of the person to make a specific decision at a particular time. The lack of mental capacity refers to the ability to make a decision in relation to the matter at hand because of an impairment or disturbance in the functioning of the mind or the brain.

The Mental Capacity Act enables people to plan ahead and gives them the power to make choices for their future before they lose their mental capacity.

(source: [http://www.publicguardian.gov.sg/Portals/0/Guides/Guide_to_MCA_for_Caregivers\(English\).pdf](http://www.publicguardian.gov.sg/Portals/0/Guides/Guide_to_MCA_for_Caregivers(English).pdf))

For more information, you can contact the following:

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Photos of AGM 2013, 24 August, TaRA @ Jurong Point



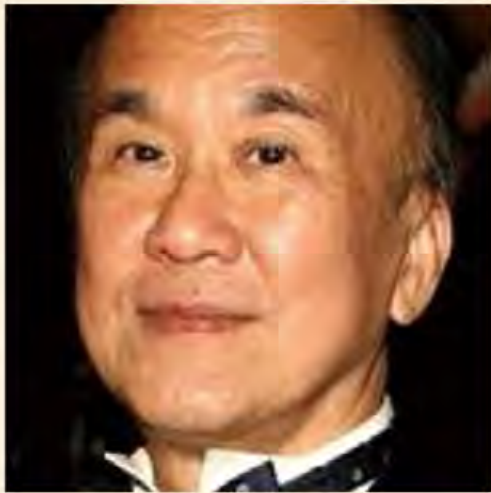
audience getting their "Act" together



Q & A



Speaker Mr Richard Magnus,
Chairman, Office of Public Guardian



In fond memory of Dr Sylvester Yong Siew Yuen, PBM...

(1945 -2013)

"Dr Sylvester Yong was our founding President. With him and a few other stalwart members, the Gerontological Society of Singapore was birthed...he was a dear member and supporter."

Laurence Wee, Hon. Advisor

Introducing...

MENTAL HEALTHCARE OF THE ELDERLY

A Primer for Health Professionals

EDITED BY
KUA EE HEOK
RATHI MAHENDRAN

AN EXCERPT FROM THE INTRODUCTION

The first book on Ageing Medicine in Asia was published 28 years ago. Since then, there has been steady progress in research and health services in this expanding field of medicine. The impetus to write this book for Asian healthcare professionals was prompted by the late Professor S. Shan Ratnam, who was the Director of Postgraduate Medical Studies at the National University of Singapore 15 years ago. With the greying of the population in many Asian countries, he mooted a training course on mental healthcare of the elderly because of a dearth of professional skills in this subspecialty.

The phenomenal increase in the number of elderly people in the near future - the 'new old' - will pose tremendous challenges to health and social services. For the past century, mental healthcare in many Asian countries has mirrored the British model, initially with the large mental asylum and now with a community emphasis. In recent years, Asian countries have begun to rethink and introduce innovations to improve their mental health services. This book contains some of these new ideas and is a primer for health professionals who are involved in the care of elderly people with mental health problems like depression and dementia.

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