



GEM students who participated in project SPHERE (above)

On 26 January 2017, 52 Year 1 students from the Diploma in Gerontological Management Studies (GEM) participated in a Spring Cleaning activity for residents of Good!Life Senior Activity Centre. They spring cleaned over 10 rental units that day.

The Spring Cleaning activity allowed our students to

## Project SPHERE

understand the living conditions of older adults residing in rental flats.

Amirah shared, “The Spring Cleaning activity helped me to apprehend the living conditions of the less fortunate older adults in Singapore. This activity also allowed me to better understand some of the issues and concepts shared during lecture and tutorial classes”.

Farah also shared, “Apart from being able to chat and mingle with the older adult, the activity also encouraged us to work as a team! It was very rewarding to be able to make Mr Jelani smile through our conversations.

We are thankful for the experience!”

Overall, the Spring Cleaning activity provided our students an opportunity to broaden their perspectives about elderly in Singapore and apply skills in gerontology, beyond the classroom setting.

Lastly, we would like to thank Good!Life Senior Activity Centre (SAC) and Housing Development Board (HDB) for collaborating with us!



‘SPHERE’ stands for Students, Singapore Pools, and HDB Enriching and Reaching out to the Elderly.

## Hearts of Gold



GEM had a sharing session on 15 February 2017, where we invited two volunteers from Paya Lebar Wellness Centre to speak about their experiences.

We learnt about the speaker’s motivation for volunteering. They described it as an opportunity to do something that allows them to give back to the community as well as better appreciate what they already have.

More importantly, when they see that they have made a positive impact on the people and the community, they gain a sense of satisfaction and fulfilment that spurs them to continue volunteering!

Fiyon, a Year 3 GEM student shared, “Volunteering at an animal shelter has helped me learn to have better time management and has also helped me to gain self-confidence”.

The valuable experiences shared by our speakers truly exemplified hearts of gold and encourages our students to volunteer.

We would like to thank our speakers from Paya Lebar Wellness Centre for taking the time to come down to Temasek Polytechnic!

And of course, a big thanks to Fiyon for being so forthcoming

in sharing her volunteering experience with us!

We hope to continue holding these enriching talks so stay tuned for the next sharing session!



GEM students and guest speakers (volunteers) from Paya Lebar Wellness Centre (above)



As part of the Integrated Programme project "Wonder. Observe. Weave!" (WOW!), the Centre for Applied Gerontology\* (CAG) took in two student interns from Temasek Junior College in January 2017. They were involved with the project 'Geragogy: The Singapore's Perspective'.

With the introduction of SkillsFuture, an increased number of older adults can be seen taking part-time courses for personal enrichment or upgrading. There have been many studies on pedagogy and in recent years, andagogy.

However, less research has been done on geragogy, especially in Singapore.

Hence, the project explores the learning needs and wants of older adults (50 years and above) in Singapore.

The preliminary findings from this pilot exploratory project suggest that these older adults prefer a social learning setting

Although the cost is not much of an issue to most, they expect the content to be interactively delivered by well-prepared and experienced teachers.

Nonetheless, further research could be conducted to better understand the motivational differences between genders.

\*Formerly Centre for Ageing Studies (CAS)



'GEM Collaboratory' is now known as 'Centre for Applied Gerontology'

## Internships (Our Experiences)



### Overseas Internship Programme (OSIP) to Vivo bene Village, Chiang Mai

I interned at a Swiss-owned and managed resort that caters to both leisure guests and guests requiring special care. One of the most interesting experiences was pool therapy, where I worked with a guest who suffered from partial paralysis and underwent pool therapy. It gave him the opportunity to practice walking in a safe and controlled environment. A tip that I would like to share is, learn how to manage your expectations. Learning how to manage expectations will help you better regulate your emotions and in turn, you will be able to better enjoy OSIP. - Ernest



### Pioneer Generation Office (PGO)-Tampines

I did door to door visit to reach out to the older population in Singapore and was able to gain first-hand experience working in the social service sector. The internship had also allowed me to develop my communication skills as well as gaining further knowledge on the pioneer generation package. Overall, it was a gratifying experience helping the seniors. -Nahvin



### People's Association (PA) Paya Lebar Wellness Centre

I interned at a recreational centre run by older adults for older adults. I realised an active community is important for older adults to form social circles and engage their peers. I remember how one of the members of the wellness centre showed me a viral video of his friend's grandson speaking in Teochew and I thought to myself, seniors really aren't that different from us! -Krystal