



# CHSG NewsUpdates

A newsletter to keep our members in touch ..  
"Friendship Is A Bond, We Choose To Form.."

October 13, 2021  
Issue no : 0124

## Dear Caring Hearts

Where did all our time go, since our last newsletter in April ?

We are still navigating through a trying time with the pandemic, and the increase in COVID-19 infections.

Despite, the challenges of in-person meet-ups, CHSG manages to keep in touch, through our online activities and continue to bond with each other and stay strong.

Looking at the past months, we continued to have joyful activities together and never allowed the COVID situation, to dampen our spirit of togetherness.

We continued to attend many health talks virtually, and enthusiastically, celebrated **Mother's Day** online, with a "**Chair-Yoga**" **Session**. This was specifically put together for our CHSG Ladies. We thank Ms Aarthi for coming forward to volunteer her time, in teaching us yoga in a simple form. Our Mother's Day Celebration was meaningful – catching up with one another engaging in "Motherly Talks" !!

We didn't forget our "Fathers" either. We acknowledged **Father's Day** on June 18, by sharing "Dad's stories" That too, was meaningful . Our Dads reflected on their respective journeys when they first became Dads. It was truly a "touching reflection" time. Thank you Dads, for all the sharing!

Again, due to the COVID-19 restrictions, we couldn't celebrate **Singapore's National Day** this year in the way befitting the occasion. However, we gave the celebration good merits, by getting together online on August 7, 2021 belting out our National Day songs of yesteryears. We attempted the National Day Dance, swaying to the beats of this year's national day song – "A Road Ahead" It was a fun get together, being patriotic, waving our Singapore flags plus getting our exercise done at the same time.



Dr Yeo Tee Joo, Director of NUHCS-Cardiac Rehabilitation Unit – spent his lunch time on August 17, to be with CHSG members for a session of “**Doctor In the House**” virtually. It was as usual, a well received educational session that we continuously look forward to.

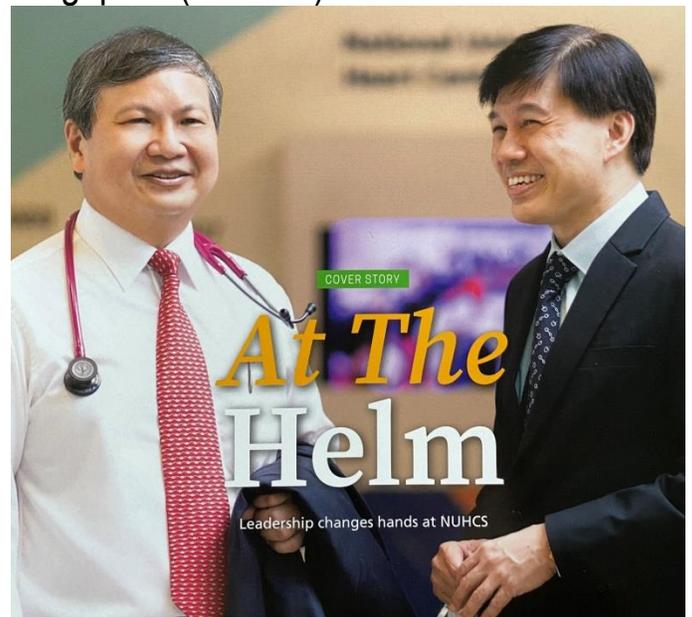


With a blink of an eye, came September. We acknowledged **World Heart day on September 29, 2021** and pledged to keep ourselves heart healthy,

September has been a time, when CHSG goes for our annual retreat overseas. But alas, as in 2020, we had to forego our travels and in-person get-togethers in large groups.

Nonetheless, we pursued with a Virtual Event on **October 2, 2021 with a CHSG Virtual Retreat Cum Appreciation Day.. Destination : Singapore**

We were determined to have this Retreat, specifically, to allow us to get-together, and very importantly, to take the opportunity to express our appreciation to the Management and Cardiac Rehab Team of National University Heart Centre, Singapore (NUHCS)



**CHSG VIRTUAL RETREAT CUM APPRECIATION DAY**  
In conjunction with World Heart Day  
@ Saturday – October 2, 2021  
10.00am – 12.00pm (Via Zoom)

**OUR RETREAT THEME :**  
“YOU’LL NEVER WALK ALONE.. as We Are CHSG : CARING BEGINS WITH ME”

After 13 years helping the Directorship of NUHCS, Prof Tan Huay Cheem handed the baton to A/Prof Yip Wei Luen James effectively July 1, 2021.

### **Thank You to Prof Tan Huay Cheem**

CHSG felt the need to convey our heartfelt appreciation to Prof Tan, who has been there for us, since the many years and especially in the inception and growth of CHSG to date. It was an emotional and memorable time for us, to reflect the journey, of CHSG till this time.

Thank You So Much Prof Tan for your Guidance and Full Support during your tenure as Director of NUHCS. We look forward to many more good years with you.

### **Congratulations & Welcome A/Prof James Yip**

The Retreat, continued on a high note, with us, tapping our feet, singing to the tune of “Congratulations” and more Congratulatory messages. .

We were privileged to congratulate and welcome A/Prof James Yip as Director of NUHCS. We are equally happy and blessed, to be working with A/Prof James Yip .

We extend our sincere thanks to A/Prof James Yip for his continuity of full support to CHSG, and likewise, we look forward to many good years together.

### **Thank You Dr Yeo Tee Joo And Cardiac Team (Ms Ng Hsuen Nin, Ms Ong Mui Cheu, Mr Qamaruzaman) at Heart Rehab**

We cannot let the event go, without Thanking Dr Yeo Tee Joo and his Cardiac Team too. Dr Yeo, Ms Hsuen Nin, Ms Ong Mui Cheu,, Mr Qamaruzaman, Ms Serene have all been with us, during our Rehab days, and we are thankful that we have been cared for, and were constantly motivated to get heart healthy..

**Our appreciation too, to Mr Tan Teck Chong and all operations and marketing staff** who have extended their support to CHSG, in one way or the other.



The retreat was celebrated with singing, merry making, speeches and much bonding through our videos.

9 Self-Made, In-House Videos In All. Phew!

We were overjoyed, that members liked our Jerusalema Dance Video. Who would have thought, that NUHCS heart patients who didn't know each other when lying in NUH hospital bed then, will one day, dance

happily together, and in much better health too. The strength of CHSG, has and will always be, connecting and embracing people through our love and care.

We felt connected as a CHSG Family, and missed all CHSG members, who couldn't be with us at the Retreat.

We closed our CHSG Virtual Retreat with familiar songs, that we hold dear – “Friends Are Quiet Angels”, “Never Walk Alone” and “If We Hold On Together “..etc

### **C.A.R.E Program – A Future Journey To Support Our Elderly**

During the Retreat, we introduced plans to include our new initiative – our **C.A.R.E. Program**

The acronym **C.A.R.E.** reinforces our passion to put additional focus to care for our CHSG members of the older age group (60s, 70s, 80s and beyond)

**C.A.R.E. : Care And Assistance For Our Respected Elders Program** emphasize on healthy ageing and explores support to our older adults facing the challenges of aging. We will explore creative ways for meaningful engagement amongst our respected elders and aim to support and walk alongside one another in the senior years.

This resonates well, with our Theme for our 2021 retreat **“You'll Never Walk Alone”**. It supports meaningfully, our Vision and Mission in building an Inspiring and Caring heart patient support group that brings positive changes to the lives of heart patients and our community.



In realizing our Vision and Mission, we will enhance by further embracing one another, and strengthening our core value in **“Caring Begins With Me”** .

It is therefore apt, that in addition, we are rolling out yet another initiative

**WE ARE CHSG FAMILY :  
UNITY IN DIVERSITY**  
**WHERE LOVE & CARE CONNECT US**

Love And Care, Connect Us As One Big CHSG Family, with richness in different cultures, religion and ethnic races.

Further Announcements will be made soon in enriching our Multi-Cultural elements.

## Concluding Remarks

We thank Prof Tan, A/Prof Yip, Dr Yeo, all in NUHCS and CHSG members for being together, on Oct 2 morning. We have had a wonderful 2021 Virtual Retreat Cum Appreciation Day.

Thank you for making it a wonderful success and our time worthy. We leave you with some beautiful photos taken at the Retreat, for us to enjoy our good times.

We continue to see each other at our Online CHSG Heartbeats Exercises and Sharing Sessions, every Tuesdays and Fridays.

Till our next newsletter, blessings to stay healthy and sending love and light as always .....

Cheers,  
Mag ❤️

**“Caring Begins with Me”**



## An Event To Remember ..

