

# Golden Harmony: Bringing Joy and Wellness to Our Elders

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## Objective

The objective of this project is to promote the spirit of exercise among elderly to keep good health, despite old age. Besides, is also to let all elderly staying at the home to feel love and care from the society. In addition, some basic needs and groceries would be bought for the needy elderlies. The activities aim to help them to have better health, have some joy, and ease some financial burdens



Elderly people normally hardly exercise due to the limitation of old age. However, light exercises are always good for them to remain healthy. Through the appreciation of oldies songs and couple with some light exercises while sitting on the chair can help to promote their interest and enjoy doing exercises. Hence, this project aims to integrate the joy of listening to 'Teresa Tang' oldies songs and while listening to the songs, old folks can follow the rhythm and perform some exercises while in sitting position.

Besides allowing each individual elderly to feel care, to feel love and bring joy to their heart, we also aim to warm their heart and stomach by providing groceries and funds.



## 5 Lecturers from FBF who were involved in this project as below and 20 old folks :-)

Dr Kogilavani a/p Apadore.

Dr. Lee Ah Suat

Mr Keh Chia Guan

Ms Ng Yen Hong

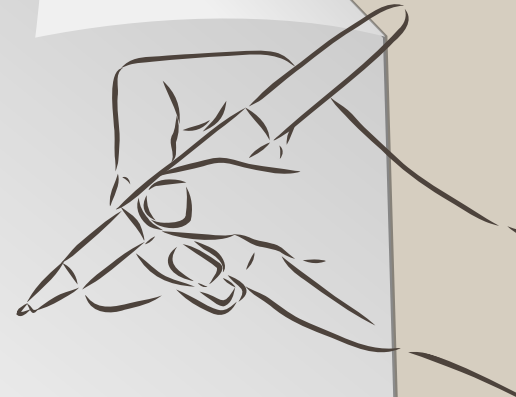
Ms. Tan Yen Teng



## Interaction of the activities

The interaction activities included in the project are as follows:

1. **Group exercises** following oldies songs of Teresa Tang. The integration of oldies songs with group exercises not only provides physical benefits but also promotes emotional well-being among the elderly. Music has been shown to enhance mood, reduce stress, and improve cognitive function in older adults. By incorporating familiar tunes and movements, the activity can evoke nostalgia, boost motivation, and create a sense of joy and connection during the exercise session. This can lead to increased participation, improved physical health, and a positive outlook on aging.
2. **Breakfast** with the old folks. Sharing a meal together provides a valuable opportunity for social interaction and education. During the breakfast session, discussing the importance of maintaining health through regular exercise can raise awareness and empower the elderly residents to take charge of their well-being. This engagement fosters a supportive environment where knowledge is exchanged, relationships are strengthened, and a sense of community is reinforced. Such conversations can inspire lifestyle changes and encourage the adoption of healthy habits among the elderly population.
3. **Taking photos and creating personalized greeting cards.** Capturing moments through photography and transforming them into keepsakes with heartfelt messages can have a profound emotional impact on the elderly individuals. The act of preserving memories in tangible form not only validates their presence and significance but also reinforces feelings of appreciation and belonging. The personalized nature of the greeting cards conveys care, thoughtfulness, and respect, enhancing the emotional connection between the participants and the project team. These gestures of kindness can evoke feelings of happiness, gratitude, and companionship, contributing to a sense of well-being and social connection among the elderly residents.
4. **Conversion of photos into greeting cards:** The post-event action of converting the photos into beautiful greeting cards with personal messages demonstrates a continued commitment to maintaining relationships and sustaining the positive impact of the interaction. By delivering these personalized cards to each elderly individual, the project team extends their care and support beyond the event, reinforcing the sense of community and solidarity. The act of receiving a thoughtful greeting card can evoke feelings of warmth, appreciation, and significance, serving as a lasting reminder of the shared experience and the bonds formed during the outreach activity. This follow-up gesture can strengthen relationships, foster a sense of belonging, and promote emotional well-being among the elderly recipients.



Overall, the expression of happiness among the elderly participants reflects the success of the community outreach activity in promoting social engagement, emotional well-being, and a sense of belonging among the elderly residents. By creating a positive and uplifting experience, the event contributes to enhancing the quality of life and happiness of the elderly individuals, fostering a supportive and caring environment for all participants involved.

## Personalised Greeting Cards



