

HCC SPORTS DAY

words by Guo Xiang En (Member) and Jun Chia (Staff)



Our very own HCC models; The Blushing Bride, Hawaiian Lady, Caning Man and the Star Wars Warrior.



Hula Hoop Relay



Cheering at their victory



Team Hope collecting their prizes

There was a drizzle on the day of our HCC Sports Day (16th April 2009, Thursday), but it did not dampen our spirits. With God's grace, the drizzle subsided fifteen minutes into the event.

Our 1st game was the Hula Hoop Relay, where the teams are to roll the hula hoop to one end and skip back using a skipping rope. Hope was the first in this, followed by Joy, Peace, then Love/Faith.

2nd game was Fill the Bottles, teams had to scoop cups of water from a pail and run to the other end to empty the cups into a bottle,

and run back. Peace reigned in this activity, followed by Hope, Love/Faith and then Joy.

Our 3rd game was Ball Relay, the game is to balance a ball on the racket, head towards the end, go around a hula hoop and then return to the team. Peace was an expert in this game, followed by Hope, Joy, then Love/Faith.

Our 4th game is Fancy Dress, where the teams exhibits their creative side to dress up a person with paper. The model has to get into character and act out a scene. We had a Hawaiian

Lady, Bride, Star Wars warrior and the Caning man! Love/Faith was tops in this, followed by Hope, Peace, then Joy.

5th game was Captain Ball, it was a vigorous netball game between the 4 teams. Joy is definitely an expert in this, followed by Hope, there was a tie between Peace and Love/Faith.

Love/Faith did the best in Cheering, followed by Joy, Peace then Hope.

In the end, 1st position went to Hope, 2nd to Peace, 3rd to both Joy and Love/Faith. Thank you everyone for your great sportsmanship!

-HCCconnect

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“ To touch other's lives is to give out my complete love by saving other people's lives. Every human being, no matter poor or sick must be well taken care of through love. Love is the fruit of life.

No matter what without love, nobody will survive the ordeals. Tender love and care makes a life worth living. ”



This month's feature is a quote by Ong Cheng Hwa, a member of HCC and also our friendly receptionist.

WHAT WENT ON FOR THE MONTH OF APRIL...



We had Professor Heyrman giving a talk about "Interface Between Law and Psychiatry" on the 27th March, Friday on the premises of HCC.



Professor Heyrman gave a talk on "Making Medical Insurance Fair and Beneficial for Persons with Mental Illness" on 29th March, Sunday. It was jointly organised by SACS and AGMI.



We had our first Sports Day of the year 2009 on the 16th April, Thursday! Even though there was a slight drizzle and it did not dampen anyone's mood, we all had a good time!

UPCOMING EVENTS...



There will be Community Emergency Preparedness Programme (CEPP) training held by Singapore Civil Defence Force on the 30th April (First Aid / CPR) and 4th May (Fire Safety) for both members and new staff of Hougang Care Centre.



An exercise programme has been planned for all members during the month of May. It will be conducted by a fitness centre's instructor and there will be a total of 8 sessions, once per week. Whip out your training shoes, because we are going to do some exercises and get FIT!

/EDITORIAL TEAM
SEAH SIEW LING • TAN KWEE SEE • ANDREW CHIN • YVONNE KIANG • JUN CHIA

A TALK: INTERFACE BETWEEN LAW AND PSYCHIATRY

words by Seah Siew Ling (Member)



Dr. Sally Thio with Professor Mark Heyrman



Interested attendees arriving



Prof. Heyrman sharing his experience



Q&A session

Professor Mark J. Heyrman visited the premises of Hougang Care Centre on the 27th March, 2009 (Friday) to give a talk on interface between law and psychiatry during the family support group. It was attended by interested public and care-givers.

We welcome Professor Mark Heyrman, whom with many years of experience from the USA to HCC.

Several major themes were brought up in the talk, such as dealing with persons with mental illness, how the law should not discriminate against them and they are entitled to be treated well. The law should try not to discriminate in regards to housing and job-seeking based on mental illness. It must be ensured that there are equal treatment, and quality health care for persons with mental illness.

Professor Mark Heyrman mentioned that everyone

should be treated equally. The law prohibits to discriminate anyone rich or poor, and treats them all the same. In criminal law, only people who are guilty, will be found guilty. When there is a contract between two persons, they must understand what is happening. Some persons cannot be involved in contracts because they have mental illness. In mental health law, someone will be appointed to make decisions on contracts for the person who has mental illness.

Treatment on persons with mental illness should be consented by them.

Doctors must inform persons with mental illness of the benefits and side effects of the treatment. There should have a system in place that a third person will take care of the assets of the person. Doctors and lawyers can work towards the same goal of making sure that persons with mental illness can get the best treatment available.

In conclusion doctors, nurses, psychologists and lawyers must work together to ensure that mentally ill persons get quality treatment just like any ordinary patient and that the law treat them fairly. ■

AGMI SYMPOSIUM: INSURANCE PARITY FOR MENTAL ILLNESS

words by Cheo Thier Sian (Member) and edited by Seah Siew Ling (Member)



The law in the US works well with persons with mental illness as the law does not discriminate against individuals with mental illness, they are treated equally. Persons with mental illness in the US, whom are trying to apply for housing has been discriminated by the law and the government

is still trying to solve this problem, but everyone are treated equally in the health care system.

In Massachusetts, government ensures that persons with mental illness are covered in health insurance plans.

We are glad that Professor Heyrman is here in Singapore

to impart his knowledge about insurance parity. There was a good attendance of both interested public and professionals in the health care and insurance industry in the talk.

This talk was jointly organised by SACS Mental Health Cluster and AGMI. ■

ABOUT ME -

Lydia Ng (Member)



I am Lydia Ng. I was born in Kedah in 1954. I have 13 family members. I am the fourth child and the only daughter in the family. I studied in a Chinese primary and secondary school. After my studies, I nearly applied to be a school teacher. During those times, girls are not allowed to work outside

home.

I came to Singapore during my uncle's wedding and did not return to Malaysia since. I got married and raised twin children and got employed as a cashier in a hotel. After, I worked as a cook in Marymount Kindergarten. I resigned later, and worked as a cashier

in a coffee shop. I worked for sixteen years.

Then, I collapsed and came to HCC. I like being in HCC. In the future, I decide to go for a medical check-up and return to employment. ■

Lydia is currently helping out in HCC's kitchen. Staffs and members alike had complimented on her superb cooking skills!