Breeze Through Circuit Breaker!

ASPIRE55
ULTIMATE GUIDE FOR SINGAPORE SENIORS

www.aspire55.com
BIG 5 TIPS FOR SENIORS

What every senior in Singapore needs to do for the circuit breaker

- **Stay Home with Positive Mindset**
  Stay home, be positive, be patient and listen to government advisories

- **Masks**
  Wear a mask at all times once you exit your house

- **Exercise**
  Maintain a safe distance with others. If going to a park, check crowd first [https://safedistparks.nparks.gov.sg](https://safedistparks.nparks.gov.sg) Engage in home exercises online.

- **Grocery Shopping**
  Plan a list of things to buy, order as much as you can via the online options that can deliver to your house. Eat well with healthy and have home cook meals. If you have to go to the wet market or supermarket, keep your activities to less than 30 mins. Wipe down your purchases once you enter the house.

- **Personal Hygiene**
  Wear a mask when you exit the house
  Don’t touch your face. Your face is sacred
  Maintain a safe distance with others
  Use hand sanitizer after touching any surfaces
  Don’t touch external surfaces and then touch your phone
  Clean your phone when you get home
  Wash hands often

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ASPIRE55 ULTIMATE GUIDE FOR SINGAPORE SENIORS
FRESH PRODUCE
Support local Singapore enterprises where possible

- **Singapore Kelong Seafood Farm**
  10% off discount code: Jan10
  http://www.ahhuakelong.com

- **Vegetables**
  https://www.facebook.com/fng.wholesale/
  https://ahyamvegetables.myshopify.com
  https://www.ediblegardencity.com
  http://www.greencircle.com.sg
  https://quanfaorganic.com.sg

- **Fruits**
  https://888seasons.com

- **Bread**
  https://breadyboys.com
  https://breadyard.com.sg

- **Seafood**
  https://tankfullyfresh.com
  https://songfish.com.sg
  https://www.marketfresh.com.sg
GROCERY SHOPPING
Support local Singapore enterprises where possible

• **Health Supplies & Assistive Living Products**
  15% off discount code: Aspire15
  https://healthyport.meiseisp.com.sg

• **Groceries**
  www.redmart.lazada.sg
  www.fairprice.com.sg
  www.coldstorage.com.sg
  www.shengsiong.com.sg
  www.giant.sg
  www.amazon.sg
  www.opentaste.sg
  www.purelyfresh.com.sg

• **Halal Groceries**
  www.mynikmart.sg
  www.adamhalal.sg
  www.csfoods.sg
  www.haomart.com.sg

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PREMIUM GROCERIES

Support local Singapore enterprises where possible

- **Premium / Specialised Groceries**
  - www.ryansgrocery.com
  - www.thefarmersmarket.com.sg
  - www.sashasfinefoods.com
  - www.bestorganicfood.sg
  - www.thefishwives.com
  - www.hubers.com.sg
  - www.natures-glory.com
  - www.sgorganic.sg
  - www.littlefarms.com
  - www.greencircle.com.sg
  - www.yayapapaya.com.sg
  - www.sgdeliandgrocer.com.sg
  - www.organicdelivery.sg
  - www.facebook.com/Themilkywaysg/

- **Immunity Supplements**
  10% off discount code: ASPIRE55SH
  https://santiviahealth.com

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SAVE LOCAL F&B
Support local Singapore enterprises where possible

- Visit the Facebook Group called Hawkers United – Dabao 2020 with listing of hawkers and restaurants in Singapore with delivery services for takeaway
  [https://www.facebook.com/groups/268960887438286/?ref=sh](https://www.facebook.com/groups/268960887438286/?ref=sh)

- App based delivery options
  [https://www.foodpanda.sg/](https://www.foodpanda.sg/)
  [https://www.grab.com/sg/food/](https://www.grab.com/sg/food/)
  [https://www.deliver.sg/](https://www.deliver.sg/)

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BOOK A TAXI

- **Taxi Booking Hotlines**
  - Common Hotline – 6342 5222 (6-DIAL-CAB)
  - Comfort & CityCab – 6552 1111
  - Premier Taxis – 6363 6888
  - Prime Taxi – 6778 0808
  - SMRT Taxis – 6555 8888
  - Trans-Cab Services – 6555 3333
  - Yellow-Top Taxi – 6293 5545
  - Special services (Flat rates)
  - MaxiCab (7 seater) Wheelchair Booking Service – 6600 9920
  - Limousine Taxi Booking – 6535 3534

- **SMS-A-Cab: Text to 71222**
  - “BOOK<space>Postal Code<space>#Pick-up point”
  - OR
  - “BOOK<space>Building Name, Blk No, St Name<space>#Pick-up point”
PRIVATE HIRE VEHICLES

- **Private Hire Cars Services**
  
  https://www.grab.com/sg/
  
  https://www.gojek.com/sg/

- **Moving / Courier Services**
  
  http://www.lalamove.com

- **Wheelchair Transportation Services**
  
  http://www.caringfleet.com
  
  http://streammobility.com.sg

- **Private Ambulance Services**
  
  Singapore Emergency Ambulance Services +65 6100-6995
  
  Parkway Ambulance hotline: +65 6473 2222
  
  ECON Ambulance Services: +65 6226 1188
VIRTUAL EXERCISES

Exercises you can do at home. Each stretch will be shown in a video format and released once a week from 1 April 2020 via [http://www.facebook.com/aspire55](http://www.facebook.com/aspire55)

If you are feeling tense around your shoulders, this shoulder stretch may be just what you need. The shoulder stretch is great for improving shoulder mobility and helps loosen those tight shoulders 👍

1) Start with your shoulders relaxed
2) Raise your right arm across your chest, parallel to the floor
3) Use your left arm to pull your right elbow towards your chest
4) Breathe normally while you hold the stretch for 30 seconds
5) Repeat the stretch with the other side

You should feel the stretch at your shoulder
Hold the stretch longer (e.g. 45 seconds) if you’re comfortable
Stop if you feel a sharp pain

[Image of shoulder stretch]

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Exercises you can do at home. Each stretch will be shown in a video format and released once a week from 1 April 2020 via http://www.facebook.com/aspire55
ONLINE DOC/CARE

• SG Gov COVID-19 Online Symptom Checker
  Developed by NUH, NCID, MOH
  https://www.sgcovidcheck.com

• Chronic Disease Management
  The consult is free - if they need medication, that is chargeable. Delivery fee for meds is $13 if the medication is <$100. No delivery charge if meds at $100 or more
  www.novi-health.com/teleconsult

• 24 hour GP Consult with Raffles Medical Group
  The consult is $18 – medication, that is chargeable. Delivery of medicine within 2 – 3 hours to your house.
  https://doctorworld.co

• Home Nursing Services & Caregiver Training (Online Training available)
  www.tetsuyuhomecare.com

• Physiotherapy Online Video Consultation (Weekdays)
  www.gobeyondrehab.sg

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HYGIENE HABITS

Just Ask!

COVID-19
Practise Good Personal Hygiene
Keeping our Hands & Environment Clean!

8 STEPS TO CLEAN YOUR HANDS

1. Palm to palm
2. Between fingers
3. Back of hands
4. Base of thumbs
5. Fingernails
6. Nails
7. Rinse & wipe dry

With Soap & WATER

Apply the product to the pulse of one hand. Rub the product on the surfaces of your hands according to steps 1 through 7 until your hands are dry.

With Alcohol-based Hand Sanitizer

Types of Disinfectants

<table>
<thead>
<tr>
<th>For Hand Hygiene</th>
<th>For Disinfecting Surfaces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soap &amp; Water</td>
<td>Alcohol-based Hand Sanitizer (at least 60%)</td>
</tr>
<tr>
<td>Alcohol</td>
<td>Alcohol (e.g., isopropyl alcohol 70%)</td>
</tr>
<tr>
<td>Benzalkonium Chloride</td>
<td>Chloroxylenol (e.g., piritritol)</td>
</tr>
<tr>
<td>Sodium Hypochlorite</td>
<td>Hypochlorites (e.g., sodium hypochlorite)</td>
</tr>
</tbody>
</table>

TIPS

- Keep windows open for ventilation.
- Wipe all frequently touched areas & objects surfaces to allow for air dry.
- Use alcohol as a replacement when the use of bleach is not suitable.

<table>
<thead>
<tr>
<th>Getting around (e.g., taking public transport)</th>
<th>Traveling by air</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleaning the house or workplace (e.g., clean, disinfect)</td>
<td>Going to school</td>
</tr>
<tr>
<td>Cleaning mobility aid(s) (e.g., wheelchairs, walking sticks)</td>
<td>Eating out (e.g., at cafes, restaurants)</td>
</tr>
<tr>
<td>Exercising (e.g., in a public health center)</td>
<td>Visiting a healthcare institution</td>
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</tbody>
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Remember to moisturize your hands frequently after washing!

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LIFELONG LEARNING

- **ASPIRE55 Tech Academy**
  How to use ZOOM for online meetings and webinars?

- **SCDF**
  How to save a life with CPR and AED?

- **AIC Community Mental Health Resource**
  How to support a loved one with mental health issues?

- **Mindfulness Resources Online**
  [https://www.facebook.com/BrahmCentre](https://www.facebook.com/BrahmCentre)
  [https://sgunited.wixsite.com/stayathomesingapore](https://sgunited.wixsite.com/stayathomesingapore)
  [https://www.facebook.com/WeimanKowArt/](https://www.facebook.com/WeimanKowArt/)

- **Dementia Friendly Singapore**
  How to help find a loved one with Dementia who is lost in community?
In relation to COVID-19

- **Subscribe to Gov.sg Whatsapp Broadcast**
  Local mobile: go.gov.sg/whatsapp
  Overseas mobile: go.gov.sg/whatsapp-overseas

- **To find a PHPC clinic**
  😷 To find where to collect mask

- **How to collect your government issued mask?**

- **Extension of CHAS subsidy and use of medisave for follow-up of chronic conditions through video consultations during covid-19**

- **Download Trace Together App**
  Support the Singapore government’s contact tracing
  [https://www.tracetogether.gov.sg](https://www.tracetogether.gov.sg)

- **Check Safe Distance Website for Parks before you visit**
  [https://safedistparks.nparks.gov.sg](https://safedistparks.nparks.gov.sg)

- **Solidarity Budget Cash Payouts**
In relation to COVID-19

- Order medicines for Home Delivery with your valid prescription

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MENTAL HEALTH HELP

• Agency for Integrated Care (AIC) Hotline
  Call: 1800 650 6060
  (Mon - Fri, 8.30am - 6pm)

• IMH Mental Health Helpline
  Call: 63892222 (24 hours)

• Samaritans of Singapore
  Call: 1800 221 4444 (24 hours)

• Online counselling from Silver Ribbon Singapore:
  Call: 6386 1928/6385 3714/6509 0271 (Mon – Fri, 9am – 5pm)

• Text-based online counselling with Fei Yue
  http://www.ec2.sg

• Care Corner Counselling Centre (Mandarin)
  Call: 1800 353 5800 (10am - 10pm)

• Hua Mei Centre for Successful Ageing
  Call: 6661 9555
  (Mon - Thurs, 8.30am - 6pm, Fri 8.30am - 5.30pm)
IMPORTANT HOTLINES

• **National Care Hotline**
  Singapore’s 24/7 National CARE hotline is now ready to offer the first wave of support. If you need someone to talk to about the issues that weigh you down – worried about COVID-19, its impact on your personal and family lives, on your jobs and livelihoods, and your future – you do not need to struggle alone. Our volunteer counsellors will support you.
  Call: 6202-6868

• **Non-Emergency Ambulance**
  If you have flu like symptoms, and suspect you have close contacts with people who had COVID-19 coronavirus, they will be able to help and send specialized healthcare workers to provide medical treatment and advice.
  Call: 1777

• **Emergency Ambulance / Fire SCDF**
  Call: 995

• **Police Emergency**
  Call: 999 or SMS: 71999

• **Citygas (Gas leak / disruptions)**
  Call: 1800 752 1800
Thank you to our healthcare heroes. #stayhomesavelives

Source: Tan Tock Seng Hospital