

Live More In A Minute Video Series



Give and live more

A video series showcases how people can make the most of their everyday lives



Benson Ang

For bank employee and dragon-boater Kenneth Lee, living more fully means maximising his time and devoting it to fitness and exercise whenever he can.

The 30-year-old is the captain of the DBS Asia Dragons, the bank's dragonboating team, and makes it a point to work out in the morning before he goes to work and during the pockets of time between appointments.

He is a senior associate with the bank's corporate development and ecosystems department.

Mr Lee is among nine people featured in the Live More In A Minute video series, produced by

Singapore Press Holdings' integrated marketing division and sponsored by DBS Bank.

The series, which comprises eight videos, shows how people can make the most of their everyday lives, with each episode providing tangible tips on how viewers can "live more".

The videos were uploaded weekly onto The Straits Times' Facebook page (www.facebook.com/TheStraitsTimes) this and last month.

In his clip, Mr Lee says: "Even after work, say I have only 30 minutes before my next appointment, that is when high-intensity interval training helps. Fifteen minutes and you are done. You'll be out of the gym in 30 minutes."

The last video, which was aired last Wednesday, featured administrative assistant Deborah Ong and sales manager Eric Tan, who spoke about the joys of volunteering.

Other people featured in the series include conservationist Yong Ding Li from non-profit organisation BirdLife International and The Straits Times food correspondent Rebecca Lynne Tan. Almost every video has been viewed more than 50,000 times.

The series is part of DBS' 50th anniversary efforts to encourage people to seize life's opportunities

and live fruitful lives.

It is also in line with a new nationwide initiative called 18 Days Of Giving, A Lifetime Of Caring, which aims to bring the nation together in growing the Singapore Cares movement – a social movement based on a spirit of care and compassion – to build a more caring and inclusive home for all.

Ms Karen Ngui, head of DBS' group strategic marketing and communications, says: "As a purpose-driven organisation, we believe that businesses can and should be a force for good."

DBS employees across the region will participate in 50 volunteer programmes, she adds.

"We take an integrated and holistic approach to giving, with inclusive banking services, a volunteerism culture and the DBS Foundation, which is dedicated to championing social entrepreneurship."

bang@sph.com.sg

SCAN TO WATCH:
See the Live More In A Minute videos series
<http://str.sg/watchfb>

Driven to help others

Helping others enriches one's own life. That is what drives administrative assistant Deborah Ong to volunteer.

The 26-year-old, who has been volunteering regularly with the Movement for the Intellectually Disabled of Singapore (Minds) since last year, says: "It might seem strange, as you are giving up your time. But volunteering allows you to gain a new perspective of the world and appreciate the little things in life."

She regularly attends events organised by the Me Too! Club, a programme under Minds that aims to enhance the social integration of people with intellectual disabilities through leisure and befriending activities.

For example, about two weeks ago, Ms Ong went for an outing to the Road Safety Community Park, where she got to know Ms Judith Teo, 23, one of the programme's beneficiaries. Holding hands, the two learnt about road signs and basic traffic rules.

Ms Ong says: "Spending time with Judith was fun. She was bubbly, outgoing and shared with me that she was going for a ukulele class later that day."

"She also said she was eager to attend the National Day Parade with her family, where she would see fireworks and the Red Lions (from the Singapore Armed Forces). I was touched by her optimism and excitement about new experiences."

Every fortnight, Ms Ong also visits the home of another Minds beneficiary, where they do art and craft activities such as folding paper flowers, watercolour painting and flower arrangement.

Initially, she says, the beneficiary was shy and not enthusiastic about the activities. But she grew to trust Ms Ong and became more motivated to do the activities.

Ms Ong says: "Although she did not speak much, when the artwork was finished, she would often smile. It made me appreciate how small things such as art and craft can bring joy to her life, as well as to mine too."

Her advice for people who are keen to volunteer is to do so with an open mind. "There are so many types of volunteer work. There is something for everyone regardless of your schedule," she says.

"And the experiences and insights you get along the way are things which money cannot buy."

Ms Koh Gee May, Minds' deputy chief executive officer, 46, says: "The progress in the lives of our beneficiaries through the Me Too! Club has been impactful and heartfelt, with caregivers citing marked improvements in their children's social and self-help skills."

"We would love for more volunteers such as Deborah to consider embarking on being a befriender."

Administrative assistant Deborah Ong and Ms Judith Teo, one of the programme's beneficiaries, learning about road signs and basic traffic rules at the Road Safety Community Park.
PHOTOS: SCREENGAB

Joy and satisfaction from volunteering

Every Saturday for at least four hours, you will find Mr Eric Tan, 58, at a seniors activity centre at Block 35 Circuit Road, which is run by Care Community Services Society.

There, the sales manager spends time with elderly folk, most of whom are in their 60s to 80s, playing games such as Bingo.

Volunteering brings Mr Tan, who is married to a housewife and has two sons in their 20s, joy and satisfaction.

He says: "There is a lot of meaning in making someone else's life better. It is much more fulfilling than watching television or lazing around at home."

He notes that one of the key issues that the elderly face is loneliness. He remembers an encounter in the early 2010s with a kidney patient in his 70s who had lost hope in life.

The widower, who lived in a two-room HDB rental flat, was a wheelchair user and had to have a catheter bag attached to him all the time.

Mr Tan says: "He told me that he felt miserable."

After much convincing, he got the man to visit the seniors activity centre to talk. "I befriended him, asking about his life and past. That, I think, made a big difference to him because it made him feel less lonely."

The man died in 2014 from pneumonia.

Mr Tan says: "I feel proud that I helped him find the courage to make the most of his life."

Apart from seniors activity centres, Care Community Services Society also runs after-school student care centres, as well as a cognitive care programme for those who suffer from, or are at risk of getting, dementia.

The organisation's executive director, Mr Dewin Lee, 48, says some of its volunteers come up with and facilitate lesson plans for various programmes and services.

Some also conduct home visits with staff and accompany the elderly to the centres.

"All our volunteers play an important role because they bring different skills and talents," he adds.

"They come from various industries, from Navy specialists to lawyers to doctors."



Sales manager Eric Tan volunteers at a seniors activity centre at Block 35 Circuit Road every Saturday for at least four hours.