

## **Project Title**

Stay Active, Stay Healthy with Moca Minimart!

## **Project Lead and Members**

**Project members:** Alan Tan, Chng Teck Huat, Sean Keong, Steven Loo, Alvin Ho, Ang Khoon Wee, Cynthia Ho Shu Han, Muhd Afif Bin Manap, Jolanda Goh

## **Organisation(s) Involved**

Chong Hua Tong Active Ageing Centre

## **Healthcare Family Group(s) Involved in this Project**

Healthcare Administration

## **Applicable Specialty or Discipline**

Community Health

## **Project Period**

Start date: September 2022

Completed date: September 2023

## **Aims**

By fostering a sense of community and connection, social support contributes significantly to the success and sustainability of initiatives. This enhancement takes on added importance as it directly influences the quality of life for inhabitants. Promoting a positive living environment, social support positively impacts mental health, reduces feelings of isolation, and enhances overall satisfaction with the project.

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Conclusion**

See poster appended/ below

## **Project Category**

Care Continuum

Intermediate and Long Term Care & Community Care, Day Care

## **Keywords**

Seniors, Engagement, Community

## **Name and Email of Project Contact Person(s)**

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CHALK  
2023

Poster  
#9

# PHASE 2: STAY ACTIVE, STAY HEALTHY WITH MOCA MINI MART!

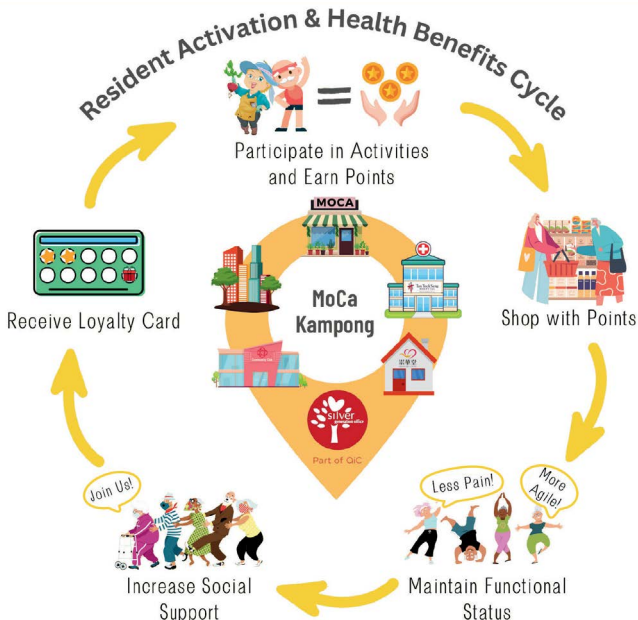
## TO ENHANCE SENIOR ENGAGEMENT IN ACTIVE AGEING PROGRAMMES, TACKLING THE WIDESPREAD ISSUE OF LOW PARTICIPATION IN THE COMMUNITY

### Team Members:

Alan Tan (CHTAAC) | Chng Teck Huat (CHTAAC) | Sean Keong (CHTAAC) | Steven Loo (CHTAAC)  
Alvin Ho (Moulmein Cairnhill Silver Generation Office) | Ang Khoon Wee (Moulmein Cairnhill Silver Generation Office) | Cynthia Ho Shu Han (Moulmein Cairnhill Silver Generation Office) | Muhd Afif Bin Manap (Moulmein Cairnhill Silver Generation Office) | Jolanda Goh (Moulmein Cairnhill Silver Generation Office)



Tan Tock Seng  
HOSPITAL  
National Healthcare Group



The integration of social support is crucial for enhancing the overall well-being of residents in any project. By fostering a sense of community and connection, social support contributes significantly to the success and sustainability of initiatives. In the realm of residential projects, this enhancement takes on added importance as it directly influences the quality of life for inhabitants.

Implementing social support mechanisms involves creating spaces and platforms for residents to interact, share experiences, and support one another. This can range from organised community events and forums to online platforms that facilitate communication. These initiatives not only strengthen social bonds but also provide a support network for individuals facing challenges or transitions.

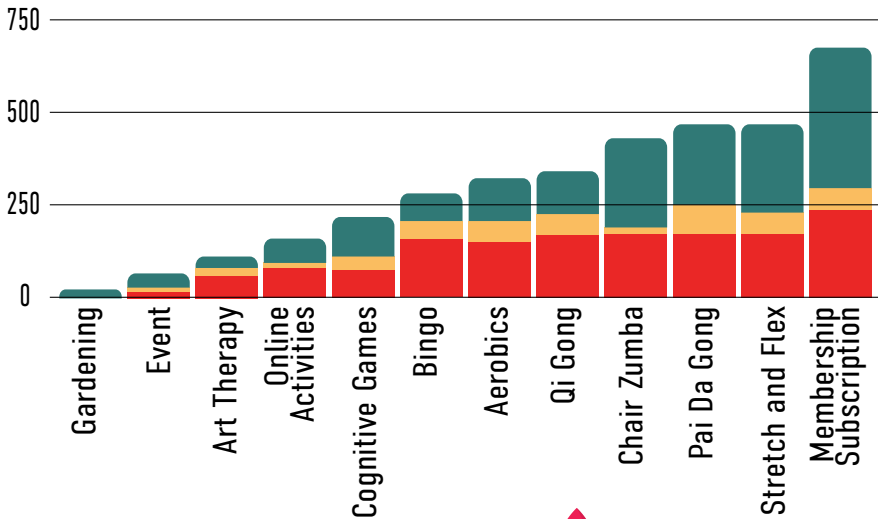
In addition to promoting a positive living environment, social support positively impacts mental health, reduces feelings of isolation, and enhances overall satisfaction with the project. Residents who feel connected and supported are more likely to actively engage in the community, fostering a sense of pride and ownership. Ultimately, the incorporation of social support within residential projects goes beyond the physical infrastructure; it creates a thriving and interconnected community, laying the foundation for long-term success and resident well-being.

At 86, I found myself shying away from physical activities and rarely interacting with others. For 5 years, I resisted Chong Hua Tong Active Ageing Centre's efforts to draw me into their Active Ageing programmes, content with just picking up my lunch there. But then **MoCa Mini Mart** started, and it sparked something in me. Now, you'll see me at the morning exercises and enjoying Bingo and cultural sharing in the afternoons. Not only have I started making friends, but I also feel healthier, more vibrant. **I'm truly living life again.**



Type 2 senior,  
Mr Chung, age 86

## Active Ageing Programme Participation Growth Chart



■ SEP 2022  
■ JAN 2023  
■ SEP 2023



**284%**  
 Increase in  
**Membership  
 Subscription**  
 since inception  
 in Oct 2022

Help Our Seniors Live Well!

Donate healthy groceries to MoCa Mini Mart.

Come to 47 Owen Road, #01-251, S210047

(Monday - Friday, 10 AM - 4 PM)

Your gifts keep our community  
strong and joyful!

