

RUMAH SERI KENANGAN RESIDENTS DO MORE THAN EAT AND SLEEP

Taiping, 1 December – Some might believe that the elderly who live at old folks' home spend their time only eating and sleeping. In reality they are exposed to various activities including skill-building activities.

This was expressed by Taiping Rumah Seri Kenangan supervisor Ahmad Sukri Abdul Samad who is the Senior Social Welfare Assistant Department of Social Welfare Malaysia (JKM) while briefing 30 Association of Administrative and Professional Officers (POTENSI) from Universiti Malaysia Perlis (UniMAP) during their visit recently.

According to Ahmad Sukri, just like residents of a boarding school, the residents also wake up as early as 6 am to perform the Subuh prayers in congregation before attending the morning sermon and doing some light aerobics.

“After breakfast, they will attend the religious class, cooking workshop, gardening class, and various other classes provided to fill up their time.

“In fact, the annual programmes such as visits to tourist spots are also conducted. In short, the daily routine is filled with various beneficial and interesting activities,” he said.

POTENSI's “Nature with Kindness” corporate social responsibility (CSR) programme led by POTENSI president, Raja Shah Erman Raja Ariffin also entertained the Rumah Seri Kenangan residents with a karaoke session, P. Ramlee songs guessing game and birthday celebration.

He said that the POTENSI programme also donated beds, pillows and money to the residents to ease their stay there.

“The visit deeply affected the POTENSI club members as they shared gifts with the needy.

Besides aiding the Rumah Seri Kenangan, POTENSI also carried out a CSR programme at the Taiping Zoo by cleaning the zoo grounds while getting to know the flora and fauna there.

Finally, to test their stamina and fitness, the POTENSI members climbed the 1036 metre-tall Bukit Larut, providing a new experience for those who had never climbed the recreational hill before.

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