



Dusk-to-Dawn (D2D)

A St Joseph's Home Charity Walkathon

About

Dusk-to-Dawn (D2D) is St Joseph's Home's (STJH) first ever charity walkathon aimed at raising \$100,000 for its Dusk-to-Dawn overnight respite service for caregivers of persons with dementia (PwDs), as well as other new programmes and services of the home such as art and music therapy and outings for the residents.

The other key goal of the walkathon is to raise greater awareness of dementia and especially sundown syndrome or sundowning which affects some PwDs and which STJH's Dusk-to-Dawn overnight respite service was set up to address (<http://www.stjh.org.sg/wp-content/uploads/2018/04/Dusk-to-Dawn-Programme-Information.pdf>)

About Sundowning and Dementia

While publicity about the general symptoms of dementia is picking up, still very little is known about sundowning and what PwDs with sundown syndrome experience at night, as well as the concerns of their caregivers. The walkathon aims to bring to the fore this part of dementia; it also seeks to provide practical tips that you can take away and use to better support your friends and families who have to deal with the condition, often silently. For instance, how does one react to PwDs who insist on leaving the house at night or say they can see dead relatives?

Walkathon Details

Date: 21 September 2018 (Friday)

Time: 6.30 pm – 10.30pm (Flag-off time around 7.15pm)

Route: From St Joseph's Home to Jem / IMM and back to St Joseph's Home (Annex A)

Distance: approx. 12 km

Total time needed: About 2.5 – 3 hours

Registration Deadline: 24 August 2018

Walkathon Pledge

We encourage every participant to pledge to raise the relevant amount below. Donations beyond this amount are most welcome and every dollar counts!

\$500 → For regular participants

\$200 → For students (proof of identity may be required)

\$100 → For registered volunteers of St Joseph's Home

Donation submission methods: Upon completion of your personal fundraising, you may channel the funds to us in any of the following ways:

Option A → (tax exemption), cash/cheque to *Catholic Welfare Services Singapore*

Option B → (no tax exemption), cash/cheque to *St Joseph's Home*

Option C → Online bank transfer (please write to d2dwalk@stjh.org.sg for bank acc. no.)



For options A and B, please indicate on the back of the cheque “St Joseph’s Home’s D2D Charity Walkathon” and include your name, contact and mailing address.

To direct funds to Catholic Welfare Services, please visit <http://www.catholicwelfare.org.sg/>
To direct funds to St Joseph’s Home, you may mail the cheque or hand in the cash personally at our home (36 Jurong West Street 24, Singapore 648141)

Donation submission deadline: Donations may be sent in from now till the day of the charity walkathon i.e. 21 September 2018.

Walkathon Registration

Registration is required and can be done online or via hard copy forms. No fee is needed and **registration deadline is 24 August 2018**

Option A → Via Google forms – <https://goo.gl/forms/aKCZW1rna7r95SAO2>

Option B → Via hard copy form. Email us d2dwalk@stjh.org.sg to ask for a copy and to submit completed forms.

Walkathon Categories

There are 2 categories – Group and Individual. If you are signing up on behalf of your group members (Option A below), please note that all your members also need to register with us individually but indicate the group they belong to. Kindly get them to do so online or via hard copy form (see (a) above). This is to facilitate the distribution of the event pack and other logistics.

Option A → Group including corporates/schools/organisations etc (no participant limit)

Option B → Individual

Event Pack

Every successfully registered participant will receive an event pack consisting of, among other things, a D2D T-shirt which they must wear on event day for easy identification by the marshals and other members of the walkathon.

Event pack collection details are as follows:

Date: 14 – 20 September 2018, 9am – 9pm

Venue: St Joseph’s Home reception desk (right after the entrance)

Safety Advisory

- The walkathon is NOT a competitive race and participants should complete it at their own pace.
- Participants who are unwell should refrain from taking part and inform the organisers.



- To facilitate easy identification by event marshals, all participants must wear the T-shirt provided in the event pack.
- As the walk involves navigation of roads and traffic junctions, all participants are advised to follow the instructions of the marshals.
- In the event of rain, please note the following:

Timing	Rain condition	Measure(s)
One hour before flag-off time	Light to heavy	Event to go proceed, with possible postponing of event to later in evening in the event of persistent rain close to flag-off time
At time of flag-off	Light to heavy	Event to start when rain subsides or half hour / 45 mins later whichever comes earlier
One hour after flag-off time	Heavy	Event organisers will decide whether to cancel the event or otherwise

Partner Us

We are also seeking:

- (i) **Volunteers** (race marshals with prior walkathon/marathon experience)
- (ii) **Sponsors** (for lucky draw prizes, refreshments, goodie bag items)

Please contact us at partnership@stjh.org.sg

About St Joseph's Home

Set up by the Catholic Welfare Services and Canossian Sisters, St Joseph's Home has been welcoming the sick, aged and dying of all races and religion since 1978. Through the years, it has pioneered the hospice movement in Singapore, started a new infant and childcare centre within the home and is continuing to redefine the way we age with many new services and programmes in our recently redeveloped home¹.

As of July 2018, about 170 residents are receiving nursing and hospice care complemented by physio- and occupational therapy, pastoral care and volunteer-led activities like gardening, pushcart shopping, wellness services and art jamming. Daily activities with the children from the childcare centre are also part of the residents' schedule.

To learn more about us, visit our website (www.stjh.org.sg) or view our story through this video: <https://www.youtube.com/watch?v=jsUD2FdDTCc&feature=youtu.be>

¹ St Joseph's Home reopens with more elder-friendly facilities after \$62m renovation - <https://www.straitstimes.com/singapore/health/st-josephs-home-reopens-with-more-elder-friendly-facilities-after-62m-renovation>



Contact STJH

Should you have queries, kindly refer first to the list of frequently asked questions below. If you cannot find the answer to your question, email us at partnership@stjh.org.sg

FAQs

WALKATHON LOGISTICS

Question (Qn): How do I register for the walk?

Answer (Ans): Please click on this link: <https://goo.gl/forms/aKCZW1rna7r95SAO2>
Alternatively, you may email us for a copy of the hard copy registration form and send the completed form back to us via the same email address i.e. d2dwalk@stjh.org.sg

Qn: How do I register as a group?

Ans: You may also click on the link above or use a hard copy form. But please note that all your members would need to individually register with us – and indicate which group they belong to - to facilitate event pack distribution and other logistics.

Qn: Is there a minimum age for participants to take part in the walk?

Ans: Yes, three years old. All children below the age of 16 must be accompanied by their parent / guardian or have their parent / guardian's consent to walk alone.

Qn: May I bring my children who have not registered for the walk?

Ans: Yes, but non-registered participants will not receive any event benefits.

Qn: Is this a competitive event and what categories are available?

Ans: This is a non-competitive event. The two categories are (i) individual and (ii) group (including corporates / organisations / schools). Kindly note that every member of a group must register individually as well but indicate the group they belong to.

Qn: What happens after I register for the event?

Ans: You will be given updates of the event from time to time until event day. You will also need to collect your event pack with the D2D T-shirt that you must wear on event day.

Qn: What is the registration closing date?

Ans: 24 August 2018

Qn: When and where can I collect my event pack?

Ans: 14 – 20 September 2018, 9am – 9pm at St Joseph's Home reception desk

Qn: What if I have registered but am unable to participate?

Ans: Please inform the event organisers and let us know if you would like to send someone else or let us assign someone to walk on your behalf.

Qn: Will there be any bag deposit service at the event?

Ans: No. Kindly avoid bringing bags / valuables that cannot be slung around your body / kept in your pocket.



Qn: Is parking available St Joseph's Home?

Ans: Yes, limited lots are available on a first-come-first-serve basis. You may also park at the multi-storey carpark just opposite St Joseph's Home and walk to our place using the overhead bridge.

Qn: Will dinner be provided prior to the event?

Ans: No. Only some light snacks will be available. We also do not have a canteen / cafeteria where you can purchase food. However, as the walkathon winds its way through the heartland areas of Boon Lay and Jurong East/West, you may find eateries along the way.

DONATIONS / FUNDRAISING

Qn: How would the donations I raise be used?

Ans: All donations would go toward supporting the new services and programmes of St Joseph's Home for the benefit of the residents and/or children. Examples of such services / programmes include the Dusk-to-Dawn overnight respite service for caregivers of persons with dementia and art and music therapy.

Qn: Can I donate in other ways?

Ans: Yes, you may also donate directly to us or Catholic Welfare Services Singapore online (www.giving.sg) or via cheque or cash. Please visit www.stjh.org.sg/give for more details.

Qn: Why is tax exemption only applicable if I donate to Catholic Welfare Services Singapore?

Ans: St Joseph's Home comes under the purview of Catholic Welfare Services which is a registered charity with official Institution of Public Character status. This means only they have the authority to grant tax exemption to funds they receive. St Joseph's Home does not have that authority.

Qn: What if I wish for my donation to go directly to St Joseph's Home but still want tax exemption on my donation?

Ans: This is possible. But after you have made the donation to Catholic Welfare Services Singapore, you would need to let them and St Joseph's Home know that you would like the funds to come to us. Letting us know will enable us to keep track of the funds so that it comes back to our residents / children / programmes.

Qn: I don't know how to fundraise. What can I do?

Ans: Here are a few tips to get you thinking / started:

- **Don't give up!** People may need to be asked a few times before they make an actual donation. So just because they say no the first time doesn't mean they won't change their minds later on.
- **Gather a few friends for a research 'night in'** and see how much you could find out about persons with dementia and in particular, sundowning. What is it? What happens when symptoms arise? What can be done? Share your newfound knowledge with your network, or better yet, create quizzes and games for them to solve and let them reward you with a donation to the walkathon. Even if they prefer not to, you



may have helped or touched someone who, before you came along, was silently bearing their burden alone.

- **Start your own personal fitness regimen** in preparation for this walkathon. Post updates on how you're training for the walk and let your network know to support you one way or other.

CONTACT

Qn: I have a question that has not yet been addressed in the list of frequently asked questions above.

Ans: Please email us at partnership@stjh.org.sg



Route Map

