

*A heartwarming musical with an insight into living with dementia*



# *Living with Lucy*

**A Journey with Dementia**

**24-25 Feb 2023 7:30 PM**

Drama Centre Theatre @ 3rd Floor National Library  
100 Victoria St, Singapore 188064

A JUKE BOX MUSICAL

# Living with Lucy

A Journey with Dementia

## Objective

To raise funds for Mind Science Centre's mental health translational research and development of community programs, and to build mental resilience in the community for better health outcome.

## Your support

The musical event reinforces Mind Science Centre's vision and serves as a Vital Platform to foster mental resilience and ripple outreach efforts in support of novel translational research programs by Mind Science Centre. It also aims to shed light on 'living with dementia', and depicts caregivers burden which often afflict families, communities and society.

### Organisers



Family Business Network Asia



Inner Wheel Club Singapore West

### In collaboration with



Mind  
Science  
Centre



Yong Loo Lin  
School of Medicine

### In Support of



# Synopsis

Lucy, a newly diagnosed senior with dementia, is facing a dilemma. Her family intends to move overseas, as her son-in-law has found a new job in Beijing. But Lucy refuses to move, as she is nervous about losing what little there is left, especially her familiar home, caring neighbours and loving friends. Grappling with a difficult decision to relocate, Lucy and her family are faced with real challenges. To live with Lucy or to leave her behind?

## Production Team



Mary Anne Tan  
Executive Producer



Brian Gothong Tan  
Producer / Artistic Director



Richard Tan  
Stage Director



Amni Musfirah  
Music Director



Khor Ai Ming  
Vocal Director

Written by ..... Krish Natarajan and Edgar Liao

Choreography by ..... Richard Chia

Dances by ..... Dance Ensemble Singapore under the  
artistic direction of Mdm Yan Choong Lian

Chorus by ..... Living With Lucy (LWL) Chorus

Cast led by ..... Our veteran Catherine Sng with Kimberly Chan,  
Geng Zixuan, Fleur Loh, Khor Ai Ming,  
Gerald Yong, Marguerite Tan, Ong Jean Wei,  
Leong Moh Yin, Jason See, Richard Tiong,  
Shayne Lee and Richard Chia

# The Cast

## FAMILY

Catherine Sng ..... Lucy  
Kimberly Chan ..... Lilian  
Geng Zixuan ..... Sean  
Fleur Loh ..... Matilda  
Shayne Lee ..... Andrew

## SENIOR ACTIVITY CENTRE

Khor Ai Ming ..... Amy (Manager/trainer)  
Gerald Yong ..... Justin (Volunteer)  
Ong Jean Wei ..... Care staff  
Jason See ..... Care staff  
Richard Tiong ..... Care staff  
Amni Musfirah ..... Care staff

## NEIGHBOURS

Leong Moh Yin ..... Cathy  
Marguerite Tan ..... Emma  
Richard Chia ..... Thomas





Mdm Yan Choong Lian  
Artistic Director



Ms Cai Shiji  
Creative Director



Ms Goh Yandan  
Choreographer

## **Dancers from Dance Ensemble Singapore**

Dance Ensemble Singapore Ltd

Artistic Director ..... Mdm Yan Choong Lian  
 Creative Director ..... Ms Cai Shiji  
 Choreographer ..... Ms Goh Yandan  
 DES Arts Performer ..... Cheng Guo, Pang Xinyi, Wang Xuedanyang,  
 Zhu Fangyi, Li Jiaqian, Gong Wenxuan,  
 Ou Yang, Ma Song, Yu Shuiyun

## **Living With Lucy (LWL) Chorus Singers**

April Tan, Carol Solis Paz, Cecilia Wong, Dionne Chua, Fleur Loh,  
Jason See, Joella Hong, Margot Wu, Ong Jean Wei, Richard Chia,  
Richard Tiong, Shayne Lee, Shirlene Tang, Suyin Anand

## **Musicians**

Tama Goh ..... Drum  
 Brandon Wong ..... Bass  
 Sandra Lim ..... Piano  
 Irena Taib ..... Guitar

## **Emcee**

Suyin Anand

# Opening

## Somewhere My Love

Song led by Amni Musfirah, Gerald Yong, accompanied by LWL Chorus  
Dance by Dance Ensemble Singapore

# Musical Highlights

### 1. Dementia causes feelings of dislocation

Moving to China is unfamiliar, Lucy feels displaced from her home

### 2. Dementia and fear feed each other

For Lucy, to be relocated to a foreign land means losing her familiar and favourite things

### 3. People with dementia need community

Lucy needs to know she is not alone and is connected with friends

### 4. Dementia care requires tough decisions

Caregiver (daughter) is torn between Mother and Husband

### 5. People with dementia need positive assurance

Lucy experiences activities in a dementia-friendly environment.  
Awareness of volunteerism

### 6. Dementia care requires commitment

Daughter has to prioritise and take ownership

### 7. Dementia care needs understanding

Daughter and husband decide to stay back to help Lucy feel more secure

### 8. People with dementia need love as their anchor

Lucy is overwhelmed by anxiety, depression and confusion. She calls for her closest attachment, granddaughter, Lucy's anchor..

### 9. People with dementia need a familiar home, their home

Lucy feels comforted and calm at home, a place dearest to her heart

# Finale

## I'll Follow Her (adapted from I'll Follow Him)

Song by Living with Lucy, LWL Chorus and Cast

# Songs

|  |   |
|--|---|
| "Somewhere My Love" .....  | Amni Musfirah, Gerald Yong & LWL Chorus   |
| "Dang Ni Lao Le (當你老了)" .....  | Khor Ai Ming & Leong Moh Yin  |
| Medley: "RasaSayangEh", "Tian Mi Mi (甜蜜蜜)", "Yue Liang Dai Biao Wo De Xin (月亮代表我的心)" ..... | Marguerite Tan, Khor Ai Ming, Leong Moh Yin, Richard Chia, Richard Tiong, Jason See, Shayne Lee & LWL Chorus                |
| "Lilian's Lament" .....  | Kimberly Chan   |
| "Put a Little Love in Your Heart" .....  | Amni Musfirah, Gerald Yong & LWL Chorus   |
| "Unforgettable" .....  | Gerald Yong   |
| Medley: "I'll Survive/Survivor" .....  | Kimberly Chan, Ong Jean Wei, Amni Musfirah with LWL Chorus and dancers Carol Solis Paz, Joella Hong, Margot Wu, Suyin Anand |
| "Should I Go or Should I Stay" .....   | Geng Zixuan with chorus by April Tan, Carol Solis Paz, Margot Wu, Suyin Anand   |
| "Yi Ren Yi Ban (一人一半)" .....   | Richard Tiong, Jason See  |
| "Flashlight" .....   | Kimberly Chan, Zixuan & LWL Chorus  |
| "Somewhere Only We Know" .....   | Fleur Loh   |
| "I Will Follow Her" .....  | All Cast  |

# Organisers



## Family Business Network Asia

Family Business Network (Asia) is a regional chapter of FBN International, a private not-for-profit organisation representing 4,000 family businesses in 65 countries. Family members share experiences and adopt governance to maintain harmony, wealth in the family and contribution to the community.

"By Families, For Families, Together Across Generations", FBN's mission is to celebrate the harmonious sustainability of business and families for generations to come. In line with our motto, "Living with Lucy", is a production close to our hearts which raises awareness about navigating intergenerational relationships, and the challenges of ageing with compassion and empathy.

To find out more, please contact us at [info@fbnasia.org](mailto:info@fbnasia.org)



## Inner Wheel Club of Singapore West

The club is the Singapore chapter of International Inner Wheel, the largest NGO women service voluntary organisations in the world, with representation at the United Nations. All women (of all nationalities) with the same passion of delivering personal service are welcome to join our club.

### Club Objectives

- Promote True Friendship
- Encourage Personal Service
- Foster International Understanding

### Recent Projects

- Provision of food vouchers, groceries, medical supplies, and household needs to impact more than 600 families
- Training volunteers to deliver pre-school reading and writing skills to young children
- Excursions for elderly residents living alone

Please contact us at [iwcswest@gmail.com](mailto:iwcswest@gmail.com), follow us on facebook, Instagram [#innerwheelclubofsingaporewest](#) [#personalservice](#)

# Mind Science Centre

Building resilience across ages

Mind Science Centre takes an upstream and evidence-based approach to optimize cognitive performance, build emotional resilience and promote mental wellbeing. This is achieved through translational research and community-based interventions. Its mission is to nurture an undefeated mind and build resilience across all ages.

Fully dependent on philanthropic donations and grants, the Centre focuses on academic research in neuroscience and mental health, translation of the research into community interventions through strategic partnerships, programme evaluation and capability building of healthcare professionals and volunteers. The main goal is to create a network of shared knowledge to benefit the local community.

Mind Science Centre is a National University Health System (NUHS) Centre of Excellence and an academic research centre of NUS Yong Loo Lin School of Medicine, Department of Psychological Medicine.



[www.mindsciencecentre.sg](http://www.mindsciencecentre.sg)

天天康齡  
Age Well  
Everyday

## Age Well Everyday (AWE) Programme

AWE programme encourages people to engage in active ageing, no matter their age. The holistic community programme is rooted in research and designed to delay cognitive deterioration.

The activities include health education, physical exercise, mindfulness practice, art and music reminiscence, horticultural therapy choral singing, therapeutic rainforest walk, and more. These activities can help to instill a resilient mind and increase socialization among seniors. Through healthy ageing, the aim is to delay the onset of dementia and improve the senior's quality of life.

A closely-knitted community of participants, volunteers and trainers is built with the help of our community partners. With a self-supporting programme structure, where volunteers ensure a sustained run of AWE activities, we are able to impact more people in the community.



[AWE Programme](#)

## Dementia Asia

Dementia Asia aims to be the one-stop portal for Asian-centric, evidence-based resources on dementia prevention, management, and self-help.

Over the past decade, Mind Science Centre has led research on ageing, dementia prevention, and mental health. The research was headed by Prof Kua Ee Heok, A/Prof Rathi Mahendran, and many other accomplished collaborators from NUS and NUHS. Our research has been published in top-tier journals and presented at numerous symposiums including the World Congress of Psychiatry.

Dementia Asia is an initiative to bring Mind Science Centre's research from the academic community closer to the general public. It aims to bridge close-knit connections in the community through active sharing of experiences and resources. This is in line with the centre's mission of capacity-building to promote communities with an Undefeated Mind.



**Dementia  
Asia**



[Dementia Asia](#)



## Doctor, am I at risk of Dementia? – Living with Dementia Webinar Series

A common question family caregiver asks us in the clinic is "Doctor, am I at risk of dementia?" This webinar will focus on the causes of dementia and what we can do to prevent the illness. The types of dementia and early signs will also be explored. We have invited Senior Consultant Psychiatrist at NUS and NUH, A/Prof Rathi Mahendran to share her expertise. This webinar will be chaired by Mind Science Centre Vice Chairman, Tan Geok Yin Professor of Psychiatry and Neuroscience, Prof Kua Ee Heok.

**LIVING WITH DEMENTIA**  
**"Doctor, am I at risk of Dementia?"**  
16 March 2023, 12:30 - 13:30

Discussion topics:

- Causes of dementia
- How to prevent dementia
- Types of dementia
- Early signs of dementia

Speaker: **A/Prof Rathi Mahendran**  
Senior Consultant Psychiatrist, NUS, NUH, and Singapore General Hospital  
Associate Professor of Psychiatry, NUS  
Associate Professor of Psychiatry, NUH  
Associate Professor of Psychiatry, Singapore General Hospital

Organised by: **MHS Mind Science Centre**, **NUS**, **Yong Loo Lin School of Medicine**

Supported by: **Renhai 仁海** (Renhai Centre Limited)

[Register Now!](#)

## 'TEENS & KIN' Art Workshops for Youths @ Mind Art Experiential Lab

The exhibition, which spotlights youth mental health and intergenerational bonding, was launched last July. For the March holidays, we will be bringing you a series of art workshops for youths to explore the concepts of resilience and self-perception. \*Workshop fees apply.

### 'Not A Teen'

by Mengju  
14 March, Tuesday  
3.30pm - 5.30pm

### 'Design your Future'

by Debbie Ding  
17 March, Friday  
10am - 12pm

### 'Paradigm Shift'

by Nhawfal Juma'at  
18 March, Saturday  
10am - 11.30am

[Sign up now](#)

Beyond that, hop by our ongoing 'Teens & Kin' exhibition located at Alexandra Hospital to redeem the 'Raising a Resilient Child' booklet. Admission is by booking only.

[Book your visit](#)    [View the virtual tour here!](#)



## Lunch-time Mindfulness Practice

MindGym is offering FREE classes to introduce Mindfulness as a lifestyle habit. The online mindfulness class happens every Friday, from 1 pm to 1.30 pm. The sessions will be conducted by a qualified Mindfulness Teacher - Ms Joy Chen, who is also a clinical psychologist. Get ready to hop on an experiential journey of mindfulness and reap the positive enhancements to your well-being!

[Sign up now!](#)