FREE COPY

Oretha's

3rd Edition (May 2025)

Join our FREE





Note from Oretha

I'm Oretha, founder of Oretha's Senior Concierge Services. For five years, we've provided **hospital accompaniment** services to help **senior citizens** feel **safe** and **supported** during medical visits, while offering peace of mind to their families.

I invite corporations, organizations, and entrepreneurs to join us in expanding this meaningful project to the **B40 elderly community.** Together, we can make a lasting impact on the lives of seniors in need.

Do contact +60 11-5625 9852 or email <u>care@orethas.com</u> for more information.

Thank you for your support, kindness and generosity!

Oretha Herrera

Join our community



Senior Citizen Discount WhatsApp Channel



🛈 🗗 orethaseniorcare

Bringing Hope to B40 Seniors



January 2025 marked a milestone for Oretha's Senior Concierge as the organization successfully launched its **first-ever free hospital accompaniment service for B40 seniors** living in PPR flats in Lembah Subang. The initiative was made possible through funds raised from the Senior Citizen Discount Guide published in November 2024, the support of Yayasan Hasanah and Ministry of Finance, Malaysia and the generosity of advertisers.

For many elderly individuals in the B40 community, accessing healthcare can be a daunting challenge. Long waiting hours, complicated hospital procedures, and the lack of a companion often discourage them from attending critical medical appointments. Recognising this gap, Oretha's Senior Concierge stepped in with a meaningful solution.

Program Perumahan Rakyat (PPR) flats aka the People's Housing Program is a Malaysian government initiative that provides low-cost housing to B40 income groups.

Making a Real Difference

The hospital accompaniment service took place at Hospital Serdang and Klinik Kesihatan Kelana Jaya, where volunteers assisted seniors with check-ins, paperwork, and navigation through the hospital system.

Most importantly, they provided much-needed companionship, making the experience less overwhelming for the elderly.

"For many of these seniors, hospital visits are not just about medical care it's about having someone there to support them.

We are beyond grateful to our volunteers and advertisers who made this possible."

Oretha Herrera, Founder of Oretha's Senior Care



How You Can Help



We invite companies, entrepreneurs, and individuals to be part of this impactful initiative. Those interested in advertising in the upcoming Senior Citizen Discount Guide —or contributing in other ways—can find details at <u>www.orethas.com/concierge</u> **Thank You** Sponsors of November 2024 Issue

















Supported and Sponsored by





Education

COMPANY	OFFER	CLICK LINK
Open University Malaysia	 Age 60 and above on registration date 50% discount for tuition fees Valid for first time registration only 	MORE INFO
UNITAR	 Age 60 and above 30% tuition fee waiver Conventional or online programs Excluding PhD, Doctor of Education, and Doctor of Business Administration programs Kelana Jaya Campus 	MORE INFO
Universiti Malaya	 Age 60 and above 50% reduction in teaching and research fees for Masters or Doctoral programs 	MORE INFO

Government

COMPANY	OFFER	CLICK LINK
Skim Mesra Usia Emas (SMUE)	 Age 60 and above Seniors must be Selangor residents and voters Entitled to receive annual RM 150 shopping voucher One-time RM 500 death benefit payment to the next-of-kin Register online, or go to the nearest DUN in Selangor 	MORE INFO

Fitness & Wellness

COMPANY	OFFER	CLICK LINK
Anytime Fitness	 Age 60 and above 10% discount off Standard Membership price 	MORE INFO
Happy Feet Reflexology	 Age 60 and above Compulsory to register as Happy Feet Member Foot Massage - 60 mins for RM49, or 90 mins for RM69 Foot & Back Massage - 60 mins for RM69, or 90 mins for RM99 	MORE INFO
iSpine Chiropractic	 Age 60 and above 30% off normal consultation (normal price: RM 100) 30% off first treatment (normal price: RM 200) 10% off follow-up treatment (normal price: RM 150) 10% off basic package, 10 sessions (normal price: RM 1,400) 10% off 2-sharing standard package, 20 sessions (normal price: RM 2,600) 10% off family package (max of 4 pax), 40 sessions (normal price: RM 4,800) 	MORE INFO
Kevlisthenics Health & Fitness	 Age 55 and above 30% off for Personal Training Class Package Medical clearance is required for seniors who are diagnosed with diseases or physical ability problems 	MORE INFO
Life n Fitness	 Senior membership package available Locations in PJ (Seventeen), and KL (EkoCheras, Bukit Bintang, Bangsar, TTDI, and Cheras Selatan) 	MORE INFO
Urban Retreat Spa Group	 Age 60 and above RM 99 for 90 minutes, any massage Valid on Monday-Friday, excluding public holiday 	MORE INFO





Support a cause & enjoy delicious pies in PJ!

4.8 📩 on Google Review*

Savour the goodness of our freshly baked pies, lovingly crafted by our very own PIE-fectionists -- talented young adults with special needs. Each pie is more than just a treat; it's a step toward empowering individuals and supporting their journey in meaningful employment. Every bite you take helps create opportunities and make a difference. Come and try all 10 yummy flavours!







🖪 💿 standpieme

Stand Pie Me Cafe Lot G-052, Ground Floor, Zone A, Millennium Square, 98, Jalan 14/1, Section 14, 46100 Petaling Jaya.





SENIOR PROMO

SENIOR CITIZENS AGE 60+ | DINE-IN ONLY MINIMUM SPEND RM 20 IN A SINGLE RECEIPT PLEASE PRESENT YOUR IC UPON ORDERING

"as of 1 May 2025

Food & Beverage

COMPANY	OFFER	CLICK LINK
Boncafe @ Home, Pavilion Bukit Jalil	 Age 60 and above 50% off on all beverages Valid on Mondays, at Pavilion Bukit Jalil outlet only 	MORE INFO
CO2 Coffee Bar @ Pavilion Bukit Jalil	 Age 60 and above 50% off on second cup Valid on Mondays, at Pavilion Bukit Jalil outlet only 	MORE INFO
KyoChon Malaysia	 Age 55 and above Free Korean teas with any food purchase Dine-in only 	MORE INFO
Memang Best Noodle House @ Atria	 Age 60 and above 10% off for 1 meal per pax Valid on weekdays only 	MORE INFO
Mitasu Japanese Restaurant	 Age 55 and above Lunch and dinner buffet at RM 63.60++ 	MORE INFO
Mr Fish Seafood Noodle @ Da Men Mall	 Age 60 and above 20% discount every Monday Da Men Mall outlet only 	MORE INFO
Nam Heong Ipoh	 Age 60 and above Free Chinese Tea refills, dine-in only Available at all outlets except Mid Valley Southkey 	MORE INFO
OO White Coffee KL @ Imazium Damansara Uptown	 Age 60 and above Buy 1 Free 1 on all drinks, excluding juices and bottled drinks Available from 3PM - 6PM, on weekdays only 	MORE INFO
Pulau Tikus Market Cafe Megah Rise	 Age 60 and above Senior Citizen menu starting from RM 5, comes with coffee or tea Available daily 	MORE INFO

Food & Beverage

COMPANY	OFFER	CLICK LINK
Sneaky Burgers	Exclusive Promo!	MORE INFO
Stand Pie Me Cafe	 Age 60 and above 20% discount with a minimum purchase of RM 20 Dine-in only 	MORE INFO
Wagyu More Malaysia	Age 60 and above20% discount on all buffet packages	MORE INFO

Fun & Leisure

COMPANY	OFFER	CLICK LINK
Aquaria KLCC	 Age 60 and above Tickets for RM 42 on weekdays, or RM 45 on weekends 	MORE INFO
Berjaya Times Square Theme Park	Age 55 and aboveTickets for RM 22	MORE INFO
ESCAPE Petaling Jaya	 Age 61 and above Free admission when accompanied by paying guest	MORE INFO
Farm Fresh @ UPM	 Age 60 and above MyKad admission rate of RM 10 Open daily except Mondays 	MORE INFO
Farm in the City	 Age 60 and above MyKad admission rate of RM 32 Closed on Tuesdays, except for public holidays and school holidays 	MORE INFO
Genting Skyworlds Theme Park	 Age 60 and above Online rate of RM 56, or walk-in rate of RM 86 Closed every Tuesdays, except for public holidays 	MORE INFO
GSC	 Age 55 and above Ticket price as low as RM 11 Selected locations only 	MORE INFO
KL Bird Park	Age 60 and aboveAdmission fee of RM 20	MORE INFO
Legoland Malaysia Resort	 Age 60 and above Get Annual Pass at the same price of Day Tickets (restricted months are March, June, and December) 	MORE INFO

Fun & Leisure

COMPANY	OFFER	CLICK LINK
Loud Speaker KTV	 Age 60 and above Rates starting from RM 15++ for 3 hours, with free-flow drinks and ice-cream Excluding special holidays and eves 	MORE INFO
Malaysian Philharmonic Orchestra	 Age 60 and above Concession rate of 15% discount on ticket prices 	MORE INFO
National Science Centre	Age 55 and aboveTickets for RM 3	MORE INFO
ONECARD Golden Senior @ 1 Utama	 Age 60 and above Redeem RM 5 Welcome E-voucher when you gain the ONECARD Golden Senior status via 1 Utama SuperApp (while E-vouchers last) Redeem a RM 5 Birthday E-Voucher into your 1PAY e-wallet via 1 Utama SuperApp on your birthday month (while E- vouchers last) Request to use folding cane chair, shopping trolley, and porter service at any Customer Service Centre How to apply: Existing ONECARD member automatically gets awarded the ONECARD Golden Senior status upon the age of 60 Walk-in to any Customer Service Centres in 1 Utama Shopping Centre Apply online 	MORE INFO
Petronas Twin Towers	 Age 61 and above RM 17 for MyKad holders RM 50 for non-MyKad holders 	MORE INFO
Petrosains @ Suria KLCC	 Age 61 and above RM 10 (Weekdays) RM 12 (Weekends/public holidays/school holidays) 	MORE INFO

Fun & Leisure

COMPANY	OFFER	CLICK LINK
Red Box Karaoke	 Age 60 and above 10% discount on room charges everyday, all day long 30% off from Monday to Thursday (11AM - 6PM) Excluding eve of public holiday and public holiday 	MORE INFO
Splashmania @ Gamuda Cove	 Age 60 and above Entitled to purchase tickets at a Child rate	MORE INFO
Sunway Lagoon	 Age 60 and above Online rate of RM 145, or walk-in rate of RM 150 	MORE INFO
Sunway Lost World of Tambun	 Age 60 and above Online rate of RM 93, or walk-in rate of RM 98 	MORE INFO
SuperPark Malaysia	 Age 60 and above 50% discount from admission fee Upon walk-in only 	MORE INFO
The Kuala Lumpur Performing Arts Centre (klpac)	 Age 60 and above Senior citizen rate available for selected shows 	MORE INFO
Zoo Negara	Age 60 and aboveMyKad promotion of RM 26	MORE INFO

Empowering Independence, Providing Peace of Mind

Oretha's Senior Concierge Services offer personalized, **non-medical support** designed to help seniors thrive independently.

In today's fast-paced world, balancing family, careers, and caregiving can be challenging—especially when loved ones relocate. That's where we come in.

Our dedicated team ensures your loved ones receive compassionate, comprehensive care, easing your worries and providing the peace of mind every family deserves.

Because caring for seniors means caring for the whole family.

Highly Requested

Accompaniment to Hospital Appointments

We assist seniors in medical appointments, acting as their advocates, and keep family members informed with updates and future appointment reminders.

Coverage:

- PPUM
- ISEC
- Pantai
- Tung Shin
- All hospitals within Klang Valley

Book an appointment with Oretha's Senior Concierge Services today!





orethaseniorconcierge.com

Healthcare

COMPANY	OFFER	CLICK LINK
20dB Hearing @ Pavilion Bukit Jalil	 Age 60 and above Complimentary hearing screening Instant rebate of RM 500 with purchase of unitron rechargeable hearing aid Valid on Mondays, Pavilion Bukit Jalil outlet only 	MORE INFO
ACT4Health	 Age 60 and above 20% off for Memory Test (normal price: RM 220) Valid until 30th June 2025 Contact 018-3802580 to book your appointment 	MORE INFO
Alpro Pharmacy	 Age 55 and above Free Silvercare lifetime membership, register at any Alpro Pharmacy outlet: Free My Silvercare Health Bank book RM 10 cash voucher for every RM 200 spent on the 18th of every month, except for items with asterisk (*) price tag Rebate vouchers for physio consultation, online shopping, and blood test Special discounts on selected items on the 18th of every month 12 months extended warranty on selected rehab products Silvercare Interaction Day on every 18th of every month Free hearing assessment 	MORE INFO
Angsana Health	 Age 60 and above 15% off for Memory Assessment and Fall Risk Assessment (normal price: RM 180 each) For every purchase, 15% will be channeled to the B40 Elderly Support Program initiated by Oretha's Senior Care Promo code: SHSORETHAS2025 Valid until 30th June 2025 	MORE INFO

Healthcare

COMPANY	OFFER	CLICK LINK
Central Dermatology Specialist Clinic	 Age 65 and above Offers include: 30% off consultation fee 10% off aesthetic procedures Valid until 31st July 2025 	MORE INFO
KPJ Healthcare	Exclusive Promo!	MORE INFO
Subang Jaya Medical Centre (SJMC)	 Age 60 and above Subscribe to Super Seniors Club Members privileges include: 20% off room and board 30% off selected health screening packages 15% off at SJMC's Cafe 35 and more 	MORE INFO
Sunway Medical Centre	 Age 60 and above Cherish card for seniors Privileges include: 20% off on room rates (excluding critical care units) 30% discount on selected Executive Health Screening packages 10% off on procedures at TCM Centre 10% discount on purchases at SunMed Retail Pharmacy @ Tower A and more 	MORE INFO

Parking & Transport

COMPANY	OFFER	CLICK LINK
KLIA Transit Concession	 Age 60 and above 30% discount One-way fares 	MORE INFO
KTMB Train Concession	 Age 60 and above 50% travel fare discount for Electric Train Service (ETS), KTM Komuter Klang Valley, Komuter Northern, and KTM Intercity Register online, or go the nearest KTMB station 	MORE INFO
MyRapid Concession Card	 Age 60 and above 50% fare discount on RapidKL Bus, BRT, LRT, Monorail, and MRT To apply, go to the Concession Registration Counter located at Pasar Seni Bus Hub, Conlay MRT Station, or via online 	MORE INFO
Paradigm Mall Petaling Jaya	 Age 60 and above 3 hours free parking: Stop by at Concierge Counter on Level G Verify IC Provide vehicle plate number Limited to first 100 customers per day 	MORE INFO

Others

COMPANY	OFFER	CLICK LINK
Awan Bedsheets	 Spend RM 200 or more in a single order, receive a complimentary pillowcase worth RM 50 Add preferred pillowcase colour to the cart Enter the promo code KAWANORETHA to apply the offer Valid on the online store, until 31st July 2025 	MORE INFO
Candle Pit Stop	 Age 60 and above Get 20% off for any of fun candle activities Get 30% for a group of 4 Applicable only from Tuesday to Thursday, except for Public Holidays 3 days advance booking is required Valid for in-store in Bangsar Studio only 	
Decor Fairy	 Age 60 and above Free Welcome Flower Box display for each package signed up for a senior citizen birthday event 	MORE INFO
Malaysia Funeral	Exclusive Promo!	MORE INFO
Shine Time Premium Auto Detailing & Bike Spa	Exclusive Promo!	MORE INFO

Exclusive Promo

for Oretha's Senior Citizen Guide



Exclusive Promo for Oretha's Senior Citizen Guide



About Oretha's



Oretha's Senior Care offer personalised non-medical support, empowering seniors to thrive independently.

In 2019, Oretha first launched Oretha's Senior Concierge where dedicated concierges provide assistance during hospital and clinic visits, as well as for various errands.

Currently, we have over 20+ Senior Concierges in the Klang Valley and two Senior Daycares in the heart of Petaling Jaya and Cheras.

In today's dynamic world, families often relocate or work full time, leaving seniors in need. Our services alleviate the stress, providing comprehensive care and peace of mind for your loved ones.



OUR SERVICES

SENIOR DAYCARE

Our comprehensive range of services is designed to cater to your senior loved one's needs, making their time with us both comfortable and enjoyable.

- Social & Cognitive Programs
- Health Monitoring
- Customised Physical Training
- Basic Care
- Nutritious Meals
- Hospital & Therapy Appointments

PETALING JAYA

1 SS 3/78 Taman Universiti 47300 Petaling Jaya

CHERAS

4 Jalan Siput Sedut Taman Billion 56000 Cheras









SENIOR CONCIERGE

With the support of dedicated concierges, we aid seniors with a variety of errands and appointments. Available in Klang Valley. Includes transportation.

SERVICES

- Hospital assistance in hospitals / clinics / therapy
- Errands & shopping
- Home management
- Companionship





DAYCARE | CONCIERGE | TRAVEL

www.orethas.com