

Happenings

Senior Management Changes @ St Luke's



Mr Lim Hock Chuan retired as the Chief Executive Officer of St Luke's Hospital (SLH) and St Luke's ElderCare (SLEC) on 19 August 2016. During his administration, SLH added a new 7-storey wing while SLEC opened four new centres in Changkat, Nee Soon East, Nee Soon Central and Chong Pang, bringing the total number of centres to 14. The new wing allowed SLH to expand its outpatient services, inpatient gym and day rehabilitation centre, add two new wards with sub-acute facilities and a new chapel. Under his administration, the Dementia Ward also increased in the number of beds from 10 to 26. A dedicated team was formed to oversee an enhanced dementia programme with engaging and stimulating activities for patients.

St Luke's also worked with partners to strengthen collaborations that benefitted patients. Some of the collaborations include the NUHS-RHS (National University Health System – Regional Health Systems) Integrated Interventions Care Extension (NICE) Programme for Frequent Admitters, Appropriate Right Siting of Care Programme, and the Screen-for-Life @ West.

We would like to thank Mr Lim for his years of service and wish him all the best in his future endeavours.

Vision

Transforming
Community Care

Mission

A Christian healthcare
provider enriching lives
in the communities.

**St Luke's Hospital and
St Luke's ElderCare HQ:**
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ST LUKE'S ELDERCARE CENTRES:

AYER RAJAH CENTRE

Blk 150A Pandan Gardens
*Opening Soon

BUKIT TIMAH CENTRE

Blk 310 Clementi Avenue 4, Tel: 6873 1772

CHANGKAT CENTRE

Blk 350 Tampines Street 33, Tel: 6789 9956

CHONG PANG CENTRE

Blk 113 Yishun Ring Road, Tel: 6481 5708

CLEMENTI CENTRE

Blk 602 Clementi West Street 1, Tel: 6872 2210

GOLDEN YEARS CENTRE

Blk 831 Hougang Central, Tel: 6386 2273

HOUGANG CENTRE

Blk 126 Hougang Avenue 1, Tel: 6382 2366

JURONG EAST CENTRE

Blk 327 Jurong East Street 1, Tel: 6569 0416

NEE SOON CENTRAL CENTRE

Blk 766 Yishun Avenue 3, Tel: 6759 5903

NEE SOON EAST CENTRE

Blk 260 Yishun Street 22, Tel: 6481 5903

SERANGOON CENTRE

Blk 217 Serangoon Avenue 4, Tel: 6285 6004

TAMPINES CENTRE

Blk 101 Tampines Street 11, Tel: 6786 7688

TELOK BLANGAH CENTRE

Blk 33 Telok Blangah Way, Tel: 6273 3466

WHAMPOA CENTRE

Blk 96 Whampoa Drive, Tel: 6252 9661

Senior ManagementCh

A/Prof Tan Boon Yeow strongly believes in the cause and mission of St Luke's and hopes to leverage on the investment of the many who had contributed to the ministry of St Luke's.



A/Prof Tan Boon Yeow started his association with St Luke's as a supporter whilst the hospital was being built and subsequently as volunteer doctor helping with night calls when her doors opened in 1996. He recalls that in that same year, his wife went into labour on a night when he was on volunteer call. He continued to actively volunteer until he completed his post graduate training in Family Medicine, when he opted for a 6-month posting at St Luke's to experience working in a Christian setting. He subsequently decided to join St Luke's as he saw the need for doctors to work in this field. The needs were plentiful but 'labourers' were few. There were already many good doctors working in primary and acute hospital based care.

He subsequently underwent further training in Geriatric medicine in Melbourne and Sydney, Australia, culminating in a second Masters in Geriatrics as well as obtaining his fellowship in Family Medicine. He returned to head the medical department in 2003 and had the opportunity to hone his skills both as a clinician as well as an administrator under the tutelage of senior clinicians and leaders serving at the hospital both as staff and visiting consultants.

A/Prof Tan strongly believes in the cause and mission of St Luke's and hopes to leverage on the investment of the many who had contributed to the ministry of St Luke's.

When asked about his new appointment as CEO of St Luke's, A/Prof Tan acknowledges that it is a huge responsibility and at the same time a privilege to be able to continue to serve the patients and aging population living in the western part of Singapore.

He is grateful for the nurturing environment that St Luke's offers. He is also thankful for a team of capable and passionate staff. This, together with committed and generous partners and the faithfulness of God, gives him confidence that St Luke's Hospital is poised to become a greater blessing to the community that God has called us to serve.

anges @ St Luke's

Dr Kenny Tan was instrumental in bringing about an increase in service offerings, such as centre-based nursing, enhanced dementia care and weekend respite care at the eldercare centres.



Dr Kenny Tan assumed his role as Chief Operating Officer for both SLH and SLEC in February 2013, bringing with him a wealth of experience in both clinical and healthcare management.

Under his tenure in the last three and a half years, there had been capacity growth in infrastructure and services. Some of the key expansions at the hospital were the opening of a new dementia-friendly ward in March 2015 and opening of the new wing, which includes the Inpatient Gym, Outpatient Clinic and wards also underwent a facelift to enhance facilities and services. The eldercare centres also saw expansion from 10 centres in 2013 to 14 centres at present, including the latest Ayer Rajah Centre, as well as a Training Centre, targeted for completion by end 2016.

A performance driver, he was instrumental in bringing about an increase in service offerings, such as centre-based nursing, enhanced dementia care and weekend respite care at the eldercare centres. In 2016, the services also extended to home nursing, home medical and home personal care, and the recent Community Health Centre at Nee Soon Central Centre.

One of his key passions is staff empowerment, particularly for staff participation in local and overseas conferences. On a personal scale, Dr Tan also commits his personal time to provide counselling to caregivers who experience extreme burden and stress. He has actively participated in humanitarian work overseas since 1997. Much of this is done at his own time and cost, and his work impacts the lives of many in a significant manner. For his efforts, he was awarded the prestigious Healthcare Humanity Awards in 2016.

On 19 August 2016, Dr Tan assumed the position of Chief Executive Officer of St Luke's ElderCare Ltd.

Minister of State Mr Chee Hong Tat visits St Luke's Hospital



Mr Chee (7th from left) observes a patient undergoing rehabilitation as Mr Gribson Chan, Deputy Director of Rehabilitation Services, (3rd from left) explains the programme.

St Luke's Hospital hosted Minister of State for Health and Communications and Information, Mr Chee Hong Tat as part of his familiarisation programme of the various healthcare institutions on 8 June 2016. During his visit, the team presented St Luke's model

of care, its role in the healthcare ecosystem and the collaborations St Luke's forged with various partners. Mr Chee also toured the hospital where he witnessed the diversional therapy programmes at the Dementia Ward and the Inpatient Gym. He also saw the types of robotic equipment in the Day Rehabilitation Centre, including the \$12 glove the rehabilitation team made for our patients, helping them improve the use of their hands following a stroke.



Nurse Manager Naomi Chen (R) explains the type of activities that takes place in the Dementia ward to Mr Chee.

The nursing team provided a quick demonstration of wound care using the wound silhouette camera and the ultrasonic-assisted wound debridement machine. The wound silhouette camera helps nurses capture the size and depth of patients' wounds. It also charts the recovery process while the ultrasonic-assisted wound debridement machine uses the effects of cavitation to selectively debride wounds. Mr Chee ended his visit with an informal session with St Luke's Hospital staff at the chapel.

Nurses' Day 2016



Ms Susie Goh, Director of Nursing (5th from left) celebrating Nurses' Day with her team.

Nurses are a special group of people. They work together with the doctors and other healthcare professionals behind the scene to ensure the well being of the patients in St Luke's Hospital. And the

nurses continue to do so even after everyone has gone home. They have dedicated their careers in helping others during their time of need. They carry out their job even though it can get chaotic and difficult at times with patients and their families expecting so much. But they take it all in their stride. It is a difficult but noble job.



Nurses enjoying the day as they bond with their colleagues.

They take care of hundreds of patients and yet, they give patients their undivided attention. When patients and their families are feeling down or troubled, they become their friend, a confidante and a shoulder for them to cry on. The nurses do it like the professionals that they are, without hesitation, making each and every patient feel blessed with their care and concern.

More than just a nurse, they are the friendly faces that the patients see every day.

Unfazed by the hard work, our nurses professionally carry out their duties daily and also find time to come together to celebrate Nurses' Day on 1 August.

Creating a Community of Care in the North



A/Prof Muhammad Faishal Ibrahim (centre) enjoying the day out with residents.

Since bidding farewell to the St Luke's ElderCare Yishun Centre early this year in April, we relocated to three new addresses in the North at Chong Pang (Blk 113 Yishun Ring Road), Nee Soon Central (Blk 766 Yishun Avenue 3) and Nee Soon East (Blk 260 Yishun Street 22).

All three centres, together with the Wellness Kampung collaboration were officially launched on 15 September 2016. The event took place at Nee Soon Central, a centre that also provides enhanced dementia day care, centre-based nursing and home care services. The Community Health Centre is also sited within Nee Soon Central.

More than 400 residents, partners, staff and grassroots leaders watched as Associate Professor Muhammad Faishal Ibrahim officiated the ceremonial top-up of the Community Garden, a plot of garden where vegetables and flowers are cared for by residents and volunteers, and

later harvested for use at the Wellness Kampung.

For residents in the north, this collaboration will provide a platform to enable a community of care. It also integrates services for the well and frail elderly, allowing both groups to interact, including having the well elderly befriend and support the frail elderly.

The Wellness Kampung, together with neighbouring St Luke's ElderCare centres will provide eldercare services, and active ageing programmes such as cooking demonstrations, exercises and health screenings.

79-year-old Madam Tee Siu Onn, a client at SLEC Nee Soon Central who also participates in the cooking programmes at the Wellness Kampung says, "I have a lot of friends here and instead of staying at home alone, I have the freedom to take part in the group activities that I enjoy."

Community Health Centre (CHC) Service

Located within St Luke's ElderCare Nee Soon Central, the CHC aims to support general practitioners in the active management of chronic diseases such as diabetes.

Core services offered include diabetic foot screening and diabetic retinal photography. Other services like physiotherapy is also offered for patients who require individualized exercise programmes. To prevent diet-related diseases, our dietitians and nurses provide counseling and education for patients to learn self-care skills such as how to manage diabetes, hypertension and high cholesterol.



Home Care



To support seniors to be cared for within their homes, this service deploys care staff to the homes of the elderly for management of chronic diseases and provision of caregiver training. Under home care, the ElderSit service will be made available to benefit caregivers caring for their loved ones with dementia.

St Luke's and Partners Bring Health Screening To The Ayer Rajah Community

Project SilverCare, an annual health-screening programme jointly organised by students from the Yong Loo Lin School of Medicine, Alice Lee Centre for Nursing Studies, and the Department of Pharmacy from the National University of Singapore was held on 3 September at Ayer Rajah Community Club. Member of Parliament (MP) for West Coast GRC Ms Foo Mee Har graced the event.

This year, St Luke's Hospital and St Luke's ElderCare partnered the Family Medicine residents from the



MP Ms Foo Mee Har engaging with the residents during the health screening event.



MP Ms Foo Mee Har, (front row 2nd from right) together with A/Prof Tan Boon Yeow, CEO of St Luke's Hospital (5th from left) and Dr Kenny Tan, CEO of St Luke's ElderCare (4th from left) with the students and members of the public.

National University Health System, healthcare professionals from Jurong Health Services, to offer participants a more seamless follow-up process post-screening.

The team conducted free health screening for adults aged 50 and above. The team hopes to identify the elderly at risk for common geriatric conditions, in order to prevent deterioration in function and increase their quality of life. The event saw a turnout of close to 400 participants from the surrounding estates.

Transforming Communities Beyond The Shores of Singapore



The team from Singapore with their Chinese counterparts in Yunnan, China.

A multidisciplinary team from St Luke's Hospital, National University Hospital and Singapore General Hospital went to Yunnan, China to provide training to medical professionals at the 2nd Affiliate Hospital of Kunming Medical University.

Over three days, the Singapore Team shared extensively with over 100 medical professionals, comprising doctors, nurses and therapists who will in turn share the best practices they had learnt with their local colleagues.

This programme is part of a three-year-long project by the Singapore International Foundation titled Enhancing Healthcare Services for the Ageing Population in Yunnan. Relating her experience, Dr Priscilla Ang said "I trust what we have done will bear fruit in Yunnan, not only through the training but also subconsciously through our modelling to them of what a healthcare team should look like; the unity and teamwork we enjoyed would have been evident for all of them to see."

Collaboration with SingHealth – Home Nurse Training Programme

To meet the needs of patients with Parkinson's Disease (PD), the National Neuroscience Institute (NNI) introduced the NNI Parkinson Home Care Training and Support Programme. Through our collaboration with SingHealth, St Luke's ElderCare staff nurse Nooryani underwent training sessions such as clinic attachments and home visits.

The training equipped her with the necessary skills to evaluate the condition of Parkinson patients and knowledge on how to provide medication and social support. For example, Nooryani is now able to assess patients and recognize various symptoms that they may display.

She is also able to pre-empt complications thus reducing the chances of patients having the need to be hospitalized if the medical condition is attended to early. We are proud to have partnered with SingHealth to better address the needs of the community.



Staff Nurse Nooryani (2nd from right) undergoing home nursing training programme.

St Luke's Grand Karaoke Competition at Dignity Kitchen

St Luke's held its Grand Karaoke Competition Final on the 26th of August at Dignity Kitchen. The competition involved clients from 7 centers. After various rounds of scoring, there were a total of 14 finalists who were involved in the finale.

The programme involved singing, dancing, and a sumptuous lunch that was sponsored by the TeleChoice Group, along with volunteers who assisted with the dishing of food to our clients and attending to our clients.

Over 200 clients, staff and volunteers were involved throughout the competition. The event certainly saw great talent amongst our elderly as they sang along to classic songs from yesteryears. It was truly a meaningful and joyous occasion.



Clients and caregivers singing in tandem with karaoke participants.

Indian Heritage Centre Tour

In collaboration with National Council of Social Service (NCSS), Indian Heritage Centre (IHC) and St Luke's ElderCare (SLEC), approximately 50 volunteers and clients from SLEC Hougang and Serangoon Centre visited the Indian Heritage Centre in September 2016.

The tour provided a platform for the volunteers from NCSS to befriend our clients, encouraging intergenerational interaction through conversations and various activities. For instance, our clients were encouraged to design their own tote bags using color pencils, crayons and markers together with the volunteers.

SLEC would like to say a huge thank you to the staff and volunteers at NCSS and IHC and everyone who was involved in putting the tour together. We truly appreciate your time and effort. We look forward to future collaborations together.



Client designing his tote bag with NCSS volunteer.

Collaboration with AIMS AMP Capital – River Safari Visit



In September 2016, St Luke's ElderCare collaborated with AIMS AMP Capital Industrial REIT Management Limited to organize a visit to River Safari for our clients.

During the visit, approximately 30 volunteers, staff and clients were treated to a delightful lunch by AIMS AMP Capital and River Safari cruise rides. Our clients truly

enjoyed themselves as they strolled through the covered walkways whilst admiring 6,000 different species of animals housed under the park.

We sincerely appreciate the time and resources put into ensuring that the River Safari visit was a success and we look forward to our next partnership opportunity.

Our Partnerships

Singapore Teochew Foundation Donates S\$1million to St Luke's Hospital towards Dementia Care



Mr Tan Kien Lip, Chairman, Singapore Teochew Foundation (5th from the left) together with Dr Peng Chung Mien, Chairman, St Luke's Hospital (4th from right) and the unveiled plaque.

The Singapore Teochew Foundation donated \$1 million towards St Luke's Dementia Ward. With this generous donation, St Luke's increased bed size from 16 to the current 26 beds. In the next phase of renovation, the renovation team intends to dress the ward further to create a homely environment suitable for patients.

On 13 September 2016, the Chairman of the Board of Governors of the Singapore Teochew Foundation, Mr Tan Kien Lip unveiled a plaque that commemorated their donation. The Governors of the Singapore Teochew Foundation present that day were also given a tour of the Dementia Ward, the Inpatient Rehabilitation Gym and the Day Rehabilitation Gym.

St Luke's Hospital celebrates Dementia Day

on 21 September 2016 with a day of activities to provide education on dementia. There is currently no known cure for dementia but people can still live meaningful lives with support and proper planning. In 2012, about 28,000 people in Singapore aged 60 and older had dementia. The number is expected to soar to 80,000 by 2030.

Its growing prevalence is a concern and St Luke's has been working towards improving care and support for dementia patients and their caregivers to ensure a smooth transit back to the community.



St Luke's Hospital's chaplaincy team entertains the crowd with an uplifting song.

Dymon Asia – St Luke's Charity Luncheon



(L to R) Dr Kenny Tan, CEO, St Luke's ElderCare, Mr Timothy Teo, Chairman, St Luke's ElderCare, Guest-of-Honour, A/Prof Ho Peng Kee, Dr Peng Chung Mien, Chairman, St Luke's Hospital and A/Prof Tan Boon Yeow, CEO, St Luke's Hospital.

St Luke's Hospital and St Luke's ElderCare organised the Dymon Asia - St Luke's Appeal Luncheon on 5 August 2016. Held at One Farrer Hotel & Spa, more than 160 guests comprising organisational representatives and individuals came to know about the work of St Luke's and discovered the different ways in which they can support us.

The event was graced by Former Senior Minister of State for Law & Home Affairs and Chairman of the Home Team Volunteer Network Steering Committee, A/Prof Ho Peng Kee. During the lunch, A/Prof Ho spoke about the key challenges facing Singapore and how to foster a spirit of volunteerism amongst our immediate community; harness the capabilities of our youths and improve our family life.

St Luke's extends our sincere gratitude to Dymon Asia Capital for sponsoring the luncheon. We would also like to thank our donors and partners for their support towards the event and look forward to more meaningful partnerships in the future.



A/Prof Ho Peng Kee sharing his life experiences with the guests during the luncheon.

Contributing Her Skills To Benefit Others



Madam Koh giving patients a nice haircut



Madam Koh's earnest dedication has inspired others to want to use their skills to serve the elderly.

What motivates you? What are you good at? For Koh Guek Kio, affectionately known to many in the hospital as Madam Koh, she always had a heart for the less fortunate. She used to ask herself from time to time, 'What is it that I can do for others that will make their lives a little more pleasant?'

Madam Koh first visited St Luke's Hospital in 1997 because an elderly she had befriended was warded here. Then she saw a nurse giving haircuts to patients and thought that as a hairdresser herself, this was exactly what she could do! She would lighten the load of the nurses and make a contribution by helping to cut the patients' hair.

Madam Koh apprenticed at a hair salon in the 1950s. Since then she has accumulated a wealth of experience in hairdressing. Contributing her skills to benefit others who may otherwise not receive it inspired her greatly. That's how it all began for Madam Koh.

It has been 19 years but she is still faithfully volunteering and committed to this work. In the initial days, she regularly came to St Luke's Hospital on a weekly basis and her sessions started at 1pm and ended as late as 7pm. When asked what keeps her going, she says that her motto is simple. 'I hope to give patients a nice haircut so they look their best when they discharge. When they are happy, I am too.'

Madam Koh's earnest dedication has inspired others to want to use their skills to serve the elderly. Today, she no longer flies solo. She has garnered the support of 8 other volunteers and they now come diligently once a month, on Saturday afternoons.

So what motivates you? What are you good at? If you would like to volunteer and make a difference, we love to hear from you. Drop us an email at volunteer@stluke.org.sg.

Communicating Through Art



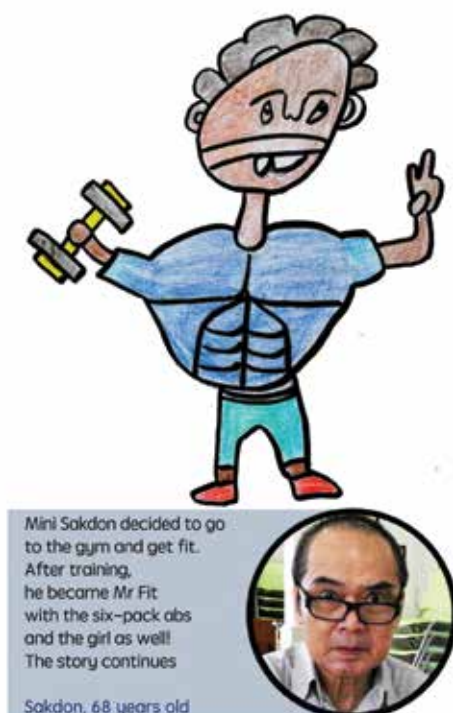
After 18 years of marriage, Mr Sakdon, and his wife were dealt with a blow. Admitted to the hospital in January 2016, doctors suspected that Mr Sakdon was dealing with Alzheimer's disease and mild Parkinsonism. His wife, the main caregiver, mentioned that upon discharge her husband seldom spoke and often isolated himself by locking himself in the room leaving her troubled.

However, things got better since he was enrolled to join St Luke's ElderCare Day Care programme in March 2016 where he started to participate in daily exercises and other activities such as art programme. The activities provided a platform for both husband and wife as it aided in facilitating communication. According to Mrs Sakdon "through the programmes and activities, it provided a common topic for us to speak to each other, my husband stopped locking himself in the room too".

She added that the care and passion displayed by the staff have allowed her to believe that she is not walking alone in this journey. After Mr Sakdon's condition improved and became more independent, it gave her the confidence to work part time at McDonald's in order to make ends meet. "I am thankful for the help that has been offered to my husband and myself and I am glad that my husband enjoys his time at St Luke's ElderCare," said Mrs Sakdon.

Mr Sakdon would like to encourage others to explore different methods to express themselves, "for people who are drawing for the first time, like myself, art can seem difficult to do. With the art programmes training and encouragement, we have gained the confidence to express ourselves creatively," said Mr Sakdon.

Below image: Mr Sakdon's comic book illustrations for the art programme.





Mr and Mrs George Shenoy

Back on his feet

It was a few days to Christmas and the Shenoy's were preparing for a family reunion. Suddenly, patriarch Mr George Shenoy, 77 years old then, was diagnosed with Guillain-Barré syndrome which affected his lower limbs and he was not able to move his body from the waist down.

Mr Shenoy had always taken care of every aspect of the family. Now Mrs Shenoy finds that she has to shoulder the family responsibilities on top of taking care of her husband. Mr Shenoy needed maximum assistance in daily living and his world was very much confined to the hospital bed in the High Dependency

Unit in the acute hospital. Mr Shenoy was then referred to St Luke's Hospital for rehabilitation. Here, Mrs Shenoy read, chatted and watched TV with him. The St Luke's Hospital nurses were also friendly and they chatted with him and made him laugh. Soon, Mr Shenoy was able to slide himself from the bed into the wheelchair and he could be wheeled around St Luke's. When he was discharged, he continued with his rehabilitation by going to the Day Rehabilitation Centre three times a week where he worked with our therapists. Mr Shenoy made great progress and within a few months, he was able to walk with the help of a walking stick. Today, Mr Shenoy is able to take walks around his estate with his wife. He has returned to work and has even gone on a cruise with Mrs Shenoy. The Shenoy's believed that the Lord brought them to St Luke's – and that He is looking after them.

**Help us to help patients such as Mr Shenoy get back on their feet.
Donate to St Luke's and make that difference to our patients' lives.**



SLH & SLEC are Institutions of Public Character (IPC).

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Transforming
community care

OUR MISSION

enriching lives
in the communities

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OUR VISION



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