

Touch of

MCI (P) 030/02/2018

St Luke's
ELDERCARE

Grace™

ISSUE 03 | MAR 2018

The Art of Giving

69 year-old
Mr Chia Wang Chong's
secret to staying young

SLEC Get-To-Know-You Volunteers Session



and other upcoming
volunteer activities.

PAGE 02

You're invited
to SLEC's first
art exhibition @
The Arts House!

More details on

PAGE 03

Empowering
Communities

Cities of Love Awards



Ms Jennifer Goh, cluster lead of North Cluster receiving the Cities of Love Award (COLA).

Held at the Singapore Management University (SMU) on 19 January, the awards recognised our "Loving Our Neighbours" submission featuring the Wellness Kampung at St Luke's ElderCare Nee Soon Central Centre. The project utilises community space to encourage participation amongst residents and seniors.

Launched in May 2017, the awards are the brainchild of Mr Tai Lee Seng and Ms Valerie Ang who co-wrote the book "Cities of Love".

COLA aims to recognise the ground-up efforts amongst unsung heroes, enterprising individuals and corporates, in protecting the environment and to galvanise others to be part of the movement.

SingHealth Quality Service Awards 2018

1 Gold Star and 23 Silver Stars marked the achievements and recognition given to our staff at the Singapore Health Quality Service Awards (SHQSA) 2018 Ceremony held on 30th January. Our heartfelt congratulations to the winners this year! We are extremely proud of your service efforts, dedication and care for our seniors.



The team from SLEC receiving the SHQSA 2018 award from Mr Gan Kim Yong, Minister for Health.

Caregivers' Event

SLEC was pleased to partner with South West Community Development Council (SWCDC) to launch Caregiving @ South West at our Ayer Rajah Centre. The initiative will provide a network of support and to equip, enable and empower caregivers at our Ayer Rajah Centre.



The Caregiving @ South West initiative will provide a robust and conducive environment for caregivers in the district via a three-pronged approach, "Celebrate, Support and Empower Caregivers" said Ms Low Yen Ling, the Mayor of South West District. The event was also graced by Special Guest, Ms Foo Mee Har, Member of Parliament (MP) for West Coast GRC.

From L to R: Ms Low Yen Ling, Mayor of South West District posing with Mr John Ashworth and his son, Mr Richard Ashworth (who is also his caregiver) along with Ms Foo Mee Har, MP for West Coast GRC.

Some facts* you may not have known about caregiving in Singapore:

- On average, caregivers spend 38 hours per week on caregiving duties.
- Three in four caregivers juggle between work commitments and caregiving duties.
- With one in four Singaporeans projected to be aged 65 and above by 2030, the number of caregivers is also expected to rise.

*According to the Singapore Survey on Informal Caregiving

Bukit Batok Centre *Dedication*



From L to R: Ms Vivi Lolowang, Bukit Batok Centre Manager, Dr Kenny Tan, CEO of St Luke's ElderCare, Rev Dr Chong Soo Fah, Providence Presbyterian Church Bukit Batok, Mr Timothy Teo, Chairman of St Luke's ElderCare, Rev Dr Chang Chian Hui, Bukit Batok Presbyterian Church.

A Memorandum of Understanding and Dedication of our newest St Luke's ElderCare Bukit Batok Centre took place in January. The event marked our partnership with Bukit Batok Presbyterian Church and Providence Presbyterian Church.

We are truly thankful and we look forward to serving the residents in Bukit Batok.

To learn more about our eldercare services, visit www.slec.org.sg/ourservices

SLEC *Get-To-Know-You* Volunteers Session

A Get-To-Know-You session for the new volunteers was conducted in January 2018 at Bukit Batok Centre. Over light refreshments, we welcomed 30 volunteers to the recently completed premises. An introduction of skills and talents amongst the attendees took place with much enthusiasm. Each of them stood up and confidently identified their skills.

Heartfelt thank you to our volunteers who, in their daily busyness, still took the effort to dedicate their time to doing good at SLEC.



Volunteers enjoying catching up over light refreshments.



Volunteers mingling to share how their skills have played a part in their journey of volunteerism.

Other Upcoming Volunteer Activities

General Training Sessions

- A.** Level 2 is scheduled on 3rd & 4th May 2018 (9am – 5pm)
 - Pre-requisite: For participants who have completed Level 1 and volunteered minimum 10 hours with St Luke's.
- B.** Level 1 is scheduled on 11th May 2018 (9am – 5pm)
 - To provide a basic knowledge of ageing process and how to better communicate with elderly.

Enquiries and registration can be made through volunteer@slec.org.sg or with respective eldercare centres.

CSR with Selarang Halfway House (SHH)

Selarang Halfway House (SHH) gave 200 roses to SLEC clients in Tampines on Valentine's 2018. A clear indication of their unconditional love to our seniors indeed! All caregivers and staff were not forgotten too! Love was literally in the air and lingered with a sweet scent cause on that day all we could say to one another was "I love you" and it returned with some resounding giggles and big smiles around.

Mr Eugene Tong, Centre Manager, shared, "St Luke's ElderCare Tampines Centre's partnership with Selarang Halfway House is a blessing. They first came in December 2017 with their group of volunteers to clean up and revitalize our garden area. With their continued support, our garden area can benefit our elderly and the community. Again, on Valentine's Day, their CEO and volunteers came to the centre to give roses to our elderly members. It was heart-warming to see the many smiles and joy displayed by our elderly. Many were very excited as it was their first time receiving roses. Indeed it was the most memorable moment for them."



Volunteers handing out roses to clients at Tampines Centre.

Thank you Selarang Halfway House. Your acts of service in spending time on Saturday 9th December 2017 by sprucing up our garden also brought on another meaningful kindred spirit towards our sustainable partnership. We look forward to take on this collaborative effort to the next level.

Curry Chicken

A one-pot, family-friendly meal that is given the thumbs-up by our dietician for being high in calcium and flavour, yet low on salt and fat.

Chicken curry, for many households, is redolent with memories of how our parents or grandparents used to prepare the dish. Spicy, umami and with a flavour spiked with fragrant spices, almost every family has their preferred rendition.

Amidst the cultural variations of Indian, Malay, Nonya, Hainanese, Japanese and Thai versions, the most common is possibly the chicken curry with potato, served with slices of crispy French loaf bread or a steaming bowl of plain rice.

While it is a convenient and delicious meal, chicken curry also tends to be high in sodium and saturated fats. Our SLEC dietician, Ms Ler Yi Bin shares her tips for a tasty and healthier curry dish, by focusing on homemade curry paste, removing unhealthy fats and ingredient substitution.

“Instead of store-bought curry paste, try making your own paste, which helps to reduce your sodium intake,” she says.

Before cooking, remove the fats and chicken skin. By discarding these fats, you can reduce your saturated fat intake, and reduce the risk of blockage of blood vessels which may cause heart attack or stroke.

Another way to make healthier curry is to substitute coconut milk with low-fat milk. This not only reduces the amount of saturated fat, it also increases the calcium value in the dish.

More Nutritional Tips

If you are not keen to substitute coconut milk with low fat milk, other alternatives are to:

1. Freeze your curry and scrap off the oil appearing on top when it is hardened.
2. Choose “trim” coconut milk which contains lesser amount of saturated fat.
3. Use the mixture of low fat and coconut milk (e.g. ½ cup of low fat milk and ½ cup of coconut milk)

Ingredients

1 whole chicken, skin removed, cut into 12 pieces	4 cloves
1 tbsp canola oil	2 stalks curry leaves
5 garlic, finely chopped	6 tbsp chicken curry powder, mixed with water until it forms a thick paste
1 inch ginger, finely chopped	1 cup low fat milk
1 big red onion, finely chopped	3 medium potatoes
1 star anise	1.5 tsp salt for marination
1 cinnamon stick	1.5 tsp salt

Directions

1. Marinate chicken with 1.5 tsp salt. Set aside. Wash off the salt thoroughly after 15 minutes or before adding into the pot.
2. In a wok, add in oil. When the oil is hot, add in chopped garlic, ginger and onion. Stir for 30 seconds.
3. Add in star anise, cinnamon stick, cloves and curry paste.
4. Turn the flame to medium heat. Stir all ingredients until golden brown or till the paste is fragrant. Avoid high heat as it may burn the paste easily.
5. Add in the chicken. Stir well. Add in ½ a bowl of water. Add in potatoes and salt, stir until all is coated with the paste. Add in the remaining ½ bowl water, let it simmer.
6. Cook until the chicken and potatoes are soft and tender, about 20 minutes. Add in low fat milk and continue to simmer for another 5 - 10 minutes.
7. Serve with rice or bread.



The Art of Giving

At 69, nothing holds the light-hearted Mr Chia Wang Chong back from giving. As a client at St Luke's ElderCare (SLEC) Ayer Rajah Centre, he has never lost sight of his desire to help others around him despite having met with an accident in 2012.



Mr Chia leading a group activity at SLEC Ayer Rajah Centre.

Mr Chia was admitted to a community hospital after a traffic accident which resulted in multiple injuries and fractures (mainly on the right side of his body) that also impaired his hearing. In 2013, he was referred to SLEC for day care and maintenance rehabilitation services.

Recuperating Well

Rain or shine, he never fails to turn up at the centre. The only exceptions are when he has to attend his regular medical check-up appointments.

His perseverance and determination have certainly paid off after approximately 5 years of rehabilitation. He has since recovered and is now able to move his right hand and leg compared to limited movements in his earlier years immediately after the accident.

Enabled to Give

Post-recovery, Mr Chia has become our client ambassador at Ayer Rajah Centre. He embodies the spirit of the G.R.A.C.E model of care, in which we believe that ageing should be embraced just like any

other stage of life. Where seniors take a renewed perspective that ageing can be a fun and enjoyable process, and that there are many new experiences to be had.

As an ambassador, Mr Chia advocates for volunteerism as a form of giving back to the society. He is also given the autonomy to do so.

Since regaining his mobility, he has been helping others at the centre, he is often seen assisting other frail seniors by supporting them as they



Mr Chia recording the points scored by his peers in the group activity.

get up from their seats. He will also be seen volunteering to help tidy up the premises after activities.

Recently, he even began to lead some of the games for his peers. When we spoke with him about his motivation behind going the extra mile, he cheerfully replied, "We should try to help others whenever we can because being able to help others is a blessing."

Youthful Secret

To date, Mr Chia still attends the centre on a regular basis and travels

via SLEC's transport service. The service which is subsidized by the Seniors' Mobility and Enabling Fund, alleviates his financial burden and allows him to focus fully on recovering. In addition to receiving subsidies for the transport, he is also a beneficiary of government subsidies and SLEC's Client Welfare Fund.

"I am happy to be in a place where I can help others and receive help in return. This is my formula to staying youthful – being active and helping others," shares Mr Chia with a grin.



Mr Chia cheerfully helping to set up the targets.

心路艺途 OUR ART JOURNEY

You're Invited!

Join us at the art exhibition to experience our seniors' journey through SLEC's Art Programme over the past 2 years.

Date

22 March – 24 March 2018

Time

10 am – 8 pm

Venue

The Arts House, Gallery One
1 Old Parliament Lane, Singapore 179429

*Admission is free



Follow us on Facebook or visit bit.ly/OurArtJourney for more updates on Our Art Journey.

About SLEC's Art Programme

The art programme is one such way through which seniors are engaged in a holistic manner. Conducted across all our centres, our art facilitators and care staff engage our seniors and encourage them to talk about their art piece to stimulate their cognitive function.

Aside from providing recognition and affirmation to talented seniors, the activity also acknowledges and brings the stories of our seniors to life.

St Luke's ElderCare

50 Kallang Pudding Road, #07-02
Golden Wheel Industrial Building
Singapore 349326

☎ 6390 9368

☎ 6390 9369

✉ hq@slec.org.sg

🌐 slec.org.sg/giving

📌 StLukesElderCare

🌐 www.slec.org.sg

Ang Mo Kio Polyclinic Centre*: 21 Ang Mo Kio Central 2

Ayer Rajah Centre: 150A Pandan Gardens

Bukit Batok Centre: Blk 168 Bukit Batok West Ave 8

Bukit Timah Centre: Blk 310 Clementi Ave 4

Changkat Centre: Blk 350 Tampines St 33

Chong Pang Centre: Blk 113 Yishun Ring Road

Clementi Centre: Blk 602 Clementi West St 1

Golden Years Centre: Blk 831 Hougang Central

Hougang Centre: Blk 126 Hougang Ave 1

Hougang Meadow Centre*: Blk 364 Upper Serangoon Road

Jurong East Centre: Blk 327 Jurong East St 31

Keat Hong Centre: Blk 801 Keat Hong Close

Kebun Baru Centre*: 216 Ang Mo Kio Avenue 4

Marine Parade Centre: Blk 86 Marine Parade Central

Nee Soon Central Centre: Blk 766 Yishun Ave 3

Nee Soon East Centre: Blk 260 Yishun St 22

Rivervale Centre*: Blk 164 Rivervale Crescent

Serangoon Centre: Blk 217 Serangoon Ave 4

Sumang Centre*: Blk 222 Sumang Lane

Tampines Centre: Blk 101 Tampines St 11

Telok Blangah Centre: Blk 33 Telok Blangah Way

Whampoa Centre: Blk 97 Whampoa Drive

* denotes coming soon



I want to help!

SLEC is an *Institution of Public Character (IPC)*.
SLEC IPC number: IPC000155

Donation Amount

☐ One Time Donation ☐ Monthly Donation

☐ \$50 ☐ \$100 ☐ \$200 ☐ Others: _____

Donor Details

Name / Organisation [Dr / Mr / Mrs / Ms / Mdm]: _____

NRIC / FIN / UEN No: _____ (compulsory for automatic tax deduction)

Email: _____ Home: _____ Mobile: _____

Address: _____ Singapore: _____

All donations to St Luke's ElderCare Ltd are eligible for a 250% tax deduction for the year 2017. Please state NRIC/FIN or UEN number for auto-inclusion in your tax assessment. Donations of \$50 and above are entitled to tax-deductible receipt. For donations below \$50, tax-deductible receipt will only be issued upon request.

- ☐ I would like to opt out of future marketing communication materials from St Luke's ElderCare.
☐ Go Green! I do not require a hard copy tax-deductible receipt.
☐ Please provide your mobile number to receive SMS acknowledgement instead of hard copy tax-deductible receipt.

☐ Donation By Cheque (for one time donation only)

Please make cheque payable to "St Luke's ElderCare Ltd"

Cheque Number: _____

☐ Credit Card

VISA / Mastercard:



Name on card: _____

Expiry Date:



Signature(s) :



By submitting this donation form, you fully understand and consent to our use and disclosure of your personal data for the purposes of processing donations, performing donor relations activities, carrying out fundraising appeals and events, sending marketing communication materials and submission of donation data to the Inland Revenue Authority of Singapore for tax-deduction computation.

FOR ST LUKE'S ELDERCARE'S COMPLETION

Bank	Branch	St Luke's ElderCare Ltd's Account No.
7 1 7 1 0 3 3	0 3 3 0 2 0 6 6 0 7	

Bank	Branch	Donor's Account No.

Donor's Reference No.

☐ GIRO

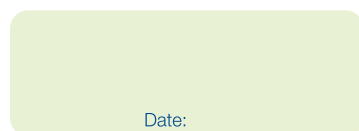
Name of Bank: _____ Branch: _____

Name(s) as in Bank's Records: _____

Bank Account Number: _____ Bill To: _____

St Luke's ElderCare Ltd

Signature(s) / Thumbprint(s): _____



Date: _____

- I/We hereby instruct you to process the instruction from St Luke's ElderCare Ltd to debit my/our account.
- You are entitled to reject St Luke's ElderCare Ltd debit instruction if my/our account does not have sufficient funds and charge me/us a fee for this. You may also, at your discretion, allow the debit even if it results in overdraft on the account and impose charges accordingly.
- This authorization will remain in force until terminated by your written notice sent to me/our address last known to you or upon receipt of my/our written revocation through St Luke's ElderCare Ltd.

FOR BANK'S COMPLETION

This Application is hereby REJECTED (please tick) due to:

- ☐ Signature/Thumbprint differs from Bank's records
☐ Signature/Thumbprint differs from Bank's incomplete/unclear
☐ Account Operated by Signature/Thumbprint
☐ Wrong Account Number
☐ Amendments not countersigned by customer BO
☐ Other Reasons: _____

Name of Approving Officer: _____

Date: _____ Authorised Signature: _____

Serving Loving Empowering Communities

BUSINESS REPLY SERVICE
PERMIT NO. 09381



ST LUKE'S ELDERCARE LTD
Finance Department
50 Kallang Pudding Road, #07-02
Golden Wheel Industrial Building
Singapore 349326

Postage will
be paid by
addressee.
For posting in
Singapore
only.

SLEC in numbers

3926



Clients
served
by 2018

25

Centres by 2018

