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St Luke's
ELDERCARE

Grace™

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Quality of Life

Official Opening of

St Luke's ElderCare (SLEC) Keat Hong Centre

Keat Hong Centre is our newest centre in the West providing a full range of services from home care to centre-based nursing.



Song performance by pre-schoolers from My First Skool

We were delighted to have Mr Zaqy Mohamad, Member of Parliament (MP) for Chua Chu Kang Group Representation Constituency (GRC); Adviser to Chua Chu Kang (Keat Hong) GRC Grassroots

Organisations (GROs) grace the official opening on 18 April 2018.

Mr Zaqy Mohamad was presented with a pear-shaped ceramic teapot made by 87 years old, Mdm Lam Lee Chun, in appreciation for his support.

The lineup of programmes brought people from different walks of life, comprising pre-schoolers, volunteers, and seniors from the centre who performed for the audience.

The centre's upcoming inter-generational programmes serves to provide opportunities for seniors and pre-schoolers to engage with experiential learning. Pre-schoolers tend to learn empathy while seniors gain greater self-esteem as they impart life's experiences to them.



Mr Zaqy Mohamad sharing with the audience about how eldercare services benefit families in the community

Through the centre's suite of services and programmes, we look forward to bridging generations and to better serve the community.

To learn more about eldercare services at Keat Hong Centre, visit www.slec.org.sg/our-services/



Mr Zaqy Mohamad with Mdm Lam Lee Chun who made the ceramic teapot in the shape of a pear

Open House Ayer Rajah Centre

Residents of Ayer Rajah spent their Sunday morning on 11 March engaged in wellness and social activities at our Ayer Rajah Centre Open House. They also learnt of the numerous Social Clubs that the centre organises on a regular basis such as gardening, chinese chess, mahjong which are available for free to seniors of Ayer Rajah.

The event was graced by Ms Foo Mee Har, MP for West Coast GRC who encouraged the residents to stay active physically and mentally through those social clubs. Other social clubs such as Batik Painting, Ceramic and Tie-Dye Club are available at a minimal fee.

To join a social club at Ayer Rajah Centre, contact ayerrajahadmin@slec.org.sg for more information.



Ms Foo Mee Har posing with residents and seniors of Ayer Rajah

Singapore Good Design Mark (SG Mark) Award

St Luke's ElderCare Ayer Rajah Centre was awarded the Singapore Good Design Mark (SG Mark) Award, Social Category on 10 May for its unique interior design that provides a conducive environment for seniors to age gracefully and receive quality care.

The design, conceptualised by D'perception Ritz was lauded for its innovative utilisation of space. It incorporated biophilic elements to enable connection and access to nature; retro furniture and settings to create homeliness and familiarity; memorabilia to incite positive memories, amongst other innovative solutions.

To view the award-winning interior design of Ayer Rajah Centre, visit www.slec.org.sg/our-stories/



The Interior of the Dementia Day Care section of Ayer Rajah Centre uses memorabilia to incite seniors' positive memories

Photo Credit: D'perception Ritz



6th Asia Pacific Eldercare Innovation Awards Ceremony 2018

We were honoured to be recognised as the Best Day Centre Operator and finalist for Best Active Ageing Programme (Community) at the 6th Asia Pacific Eldercare Innovation Awards Ceremony 2018.

The submission for Best Day Centre Operator featured our centre at Ayer Rajah which incorporates design

elements to better enable ageing-in-place in a dementia friendly environment.

The unique allocation of spaces within encourages and enables many different group activities to be organised. The combination of internal and external space that incorporates greenery and nature with full height windows and low barriers provides a positive effect on the health of our clients at the centre.

Our Wellness Kampung at St Luke's ElderCare Nee Soon Central Centre was also recognised as one of the finalist for the Best Active Ageing Programme (Community). Launched as a partnership with Yishun Health and Nee Soon GROs, it utilises community space to encourage social interaction between residents and seniors. Seniors and residents can use the facility for gathering, cooking and reading.



Wellness Kampung at SLEC Nee Soon Central Centre provides a common space for residents and seniors from the centre to interact

Photo Credit: D'perception Ritz



Retractable awnings provide shade and comfort for alfresco dining and gardening at SLEC Ayer Rajah Centre

Living Life to Its Fullest



Formerly a beautician, 72 years old Margaret Mun is retired and actively volunteers during her free time whilst caring for her 89 years old mother. She shares how volunteerism has brought her immeasurable joy and satisfaction, and would love to continue while she still can.



Margaret Mun, a volunteer of seven years, serves three times a week at SLEC Tampines Centre

Her Journey

It started seven years ago when Margaret passed by SLEC Tampines Centre and decided to sign up as a volunteer as she wanted to keep her mind and body active. Since then, she has progressed from helping once a week to now three times a week. From simple tasks such as wiping tables, bringing seniors out on excursions during festive occasions, assisting seniors to their rehabilitation sessions, she has now become friends with seniors at the centre, and readily helps at the kitchen.

For the first two years, she recalled how she would bring seniors to their

rehabilitation session next door. Then, she had to attend SLEC volunteer training once a week for four sessions before she could volunteer more effectively. She has since completed two levels of volunteer training, and has learnt practical skills such as communication with seniors, bed and wheelchair transfer, nutritional facts and others.

Her Motivation

On the other two days that she does not volunteer at the centre, she helps out at Our Tampines Hub, National Library Board (NLB) where she returns borrowed books to the shelves. When asked where she derived her motivation

from, Margaret responded with a smile that “it all comes from having a willing attitude and a caring heart.”

Her Dedication

This is her 7th year serving as a volunteer at SLEC Tampines Centre and Margaret has no intention to stop. She wishes to continue serving. Her words of encouragement to those who are interested to volunteer are “One should have patience, love and carefulness (耐心, 爱心, 小心),” said Margaret with a wide smile.

Engaging, Exchanging and Empowering Through Art - SLEC's Inaugural Art Exhibition

SLEC's inaugural art exhibition on 21 – 24 March saw more than 300 art pieces from five modalities being displayed. The collection of art pieces were created by our seniors during SLEC's Art as Therapy programme and were curated to the themes Perfect Imperfection, Restore, In the Moment, Metamorphosis and Evoke, or P.R.I.M.E in short. Art modalities on display were Batik Painting, Ceramics, Comics Drawing, Mixed Media Painting, and Water Colour Still Life Painting.

Launched in 2014 by the People's Association (PA) and National Arts Council (NAC), the WeCare Arts Fund is administered through the five Community Development Councils (CDCs).



Seniors viewing their own art works



Ms Low Yen Ling, Mayor of South West District posing for photo with SLEC art facilitators, partners and representatives from the Community Development Councils (CDCs)

We were honoured to have Ms Low Yen Ling, Mayor of South West District grace the opening. She shared the three Es (Engage, Exchange and Empower) that art helps seniors to be meaningfully engaged, enables them to exchange experiences with their loved ones and empowers them with confidence to express themselves.

Mdm Mary Tong, a client from SLEC Serangoon Centre discovered her talent in art during the art programme. Her experiments with art resulted in the creation of her unconventional teapot art piece which she dearly calls, "My Little Elephant". Ms Low added

that it sparked many conversations with her daughter and provided Mdm Tong a means to share her experiences. Through art, seniors like Mdm Mary Tong are empowered to express their ideas, creativity and thoughts.



Mdm Mary Tong posing with her "My Little Elephant" teapot at the Art Exhibition

Art Themes (P.R.I.M.E)

Perfect Imperfection – Transcending flaws and failures; valuing these as assets. In spite of physical limitations and weaknesses which are inevitably the result of ageing, this theme shows how seniors who are physically challenged, are empowered to create art.

Restore – To reinstate to its original intent and purpose.

This theme captured stories of seniors who are faced with psycho-emotional struggles and how art provides an outlet of expression.

In the Moment – Special focus on the present, paying attention to actions and thoughts experienced in a given time.

It captures the "eureka" moments when seniors with dementia recall positive memories, and whose mood are alleviated as they are engaged with art.

Metamorphosis – A marked change in appearance or character.

This theme captures stories of seniors who are transformed through their engagement with art – from initial hesitance, fearfulness to boldness and confidence.

Evoke – To recall, stimulate, awaken, or bring forth a feeling, memory or image.

This theme captures stories of seniors who discover art as a means for expressing their imagination and creativity.

About SLEC's Art Programme

Initiated in 2015, the idea for the SLEC's Art Programme was derived from the belief that seniors should be empowered and encouraged to flourish independently. The aim is also for seniors to age well, through meaningful interactions and activities.

In 2015, the first four art forms – batik painting, ceramic, comic drawing and water colour still life painting were introduced. More art forms, such as percussion, mixed media, and animation became part of the programme in mid-2017.

To date, SLEC's art programmes have reached 900 of its seniors and will continue to enrich the lives of seniors in the years ahead.

Journey with us as a volunteer or donate to the art programme!

Visit www.slec.org.sg on ways to contribute.

5 Tips to Achieve Rehabilitation Goals

The road to recovery requires regular practices and follow-throughs with rehabilitation tasks. To aid in your loved ones' recovery, our Principal Physiotherapist Ms Kung Beng Keng, shares five simple tips for family caregivers to work with their loved ones to achieve positive rehabilitation outcomes.

Tip #1 Practice

Practice, practice, practice! Continue with your rehabilitation exercises after the sessions. You and your loved ones have a very important role to play to follow through with rehabilitation tasks at home. Continuous practice helps to prevent functional decline.

Tip #2 Follow Through With Exercises

Carry out the physical trainings, mind stimulation, and home engagement tasks taught by your Physiotherapist and Occupational Therapist at home. This helps to reinforce what was learnt.

Tip #3 Take Pictures

A picture paints a thousand words. Take a picture or video the exercises demonstrated by your therapist. Ask your therapist for task sheets to help you remember and remind your loved ones.

Tip #4 Incorporate Into Daily Activities

Incorporate the rehabilitation tasks in your loved one's daily activities. Your loved ones need to do them anyway. For seniors that are physically more challenged, incorporating the tasks into his/her daily activities helps with easing him/her into the tasks. It also encourages active movements.

Tip #5 Support Where Necessary

Do not over-help. Try to engage and encourage your loved ones to participate in their daily activities. You may also start small by doing a small number of repetitions and slowly increase the frequency over time.

Bubur Cha Cha

A popular dessert in Singapore that caters to the palates of avid food lovers who like coconut milk. This dish has been modified for a healthier choice with the use of substitutes low in sugar, fat and high in calcium.



Ingredients (serves 8)

4 medium sweet potato, diced	3 tbsp sago
1 medium yam, diced	½ tsp salt
8 pieces pandan leaves, knotted	240ml trimmed coconut milk
60g Gula Melaka, chopped	800ml unsweetened high calcium soymilk

Directions

1. Steam sweet potato and yam separately till soft.
2. In a large pot, add soymilk, sago and knotted pandan leaves and bring to a boil for about 5 minutes.
3. Add trimmed coconut milk, Gula Melaka, salt and stir. Remove pandan leaves.
4. Add steamed sweet potatoes and yam.
5. Turn off the fire once the soymilk boils.
6. Serve hot or cold.

Nutritional Tips

1. Substitution of coconut milk with a combination of low fat, trimmed coconut milk and unsweetened soybean milk reduces the calories by 33% and the fat by 75%.
2. Trimmed coconut milk contains 43% less fat than regular coconut milk.
3. Use of caramelized sugar or flavoured sugar can help to enhance the taste of the overall dish.
4. This dish is lower in fat, lower in sugar, high in calcium, and high in vitamin A and C.

Calories	Protein	Carbohydrate	Fats	Sodium	Calcium
155kcal	4.6g	23g	5g	181mg	211mg

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🌐 slc.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



I want to help!

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

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- 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.

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