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Touch of Grace™

St Luke's ELDERCARE

ISSUE 06 | DEC 2018

The Power of Positive Ageing

For 78 year-old Mr Lim Swa Chwee, staying young is about optimism and continued contribution.

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Positive Ageing

Bringing Value and Care to our Elders

Ms Sridevi Karuppusamy, Team Leader (2nd from left) and Mr Jagaraj Pillai, Team Member (3rd from left) for Team Award Winner project, "Maintenance Rehab Sessions in Group" posing for photo with our Centre Manager for St Luke's ElderCare Jurong East Centre (1st from left), Chief Operating Officer (4th from left) and Chief Executive Officer (5th from left).

Mr Jagaraj Pillai, Team Member for project, "Maintenance Rehab Sessions in Group" receiving the Team Award from Dr Amy Khor, Senior Minister of State for Ministry of the Environment and Water Resources and Ministry of Health.

Heartiest congratulations to our recipients of the Community Care Excellence Award at the Quality and Productivity Festival 2018. Once again, the biennial event brought practitioners in the Community Care sector together to promote a culture of safety and quality improvement through the sharing of best practices. The theme was "Delivering Value for Clients… One improvement at a time."

We are proud to be the Team Award Winner under the Productivity and Innovation Category for "Maintenance Rehab Sessions in Groups". The project aimed to improve our elders' experience through group therapy. Our elders were encouraged to undergo group rehabilitation exercises to facilitate mutual support, among other benefits.

We were also awarded two Team Merit Awards under the Clinical Quality Improvement Category for "Dementia Care Teams @ SLEC" and "Fun Fitness Activities (FFA) in Senior Care Centre" projects. The former aimed to assemble a dementia care team to empower care staff to better manage dementia clients, while the latter sought to improve elder and staff motivation, and satisfaction with maintenance exercises.

22 of our staff were awarded the Individual Silver Award in acknowledgement of their exemplary service excellence and commitment to serving our elders.

Well done to all our award recipients. We are proud of you!

Glad to be part of the Kebun Baru Community!

We were glad to host the visit by Prime Minister Mr Lee Hsien Loong, Mr Henry Kwek, Member of Parliament for Nee Soon GRC (Kebun Baru) and Adviser to Nee Soon GRC Grassroots Organisations and Community Partners to our St Luke's ElderCare Kebun Baru Centre during Kebun Baru Community Club's Official Opening.

Residents of Kebun Baru had the opportunity to experience our rehabilitation equipment, SilverFit. SilverFit uses gamification technology, a virtual therapy system created for balance, flexibility, strength and cognitive training to aid in therapy sessions.

As one of our newest centre in the North, SLEC Kebun Baru Centre is also a registered Dementia Go-To-Point where members of the public can refer lost and wandering persons with dementia.

Through our suite of programmes and services, we hope to enrich lives and better serve our community.

Getting Physical, Staying Engaged

Whether through learning a new activity or making new friends, our elders are encouraged to stay well by being engaged. Here are snapshots of activities they enjoy.

Our elders from SLEC Clementi Centre enjoying coffee and learning how to use iPads at Starbucks.

Elders from SLEC Jurong East Centre decorating their own Memory Box.

Lasalle student guiding an elder at Sumang Centre as she paints new elements onto her memory box.

A Lasalle student volunteer describing the exhibition on display to an elder from SLEC Jurong East Centre.

Lasalle student volunteer posing for a photo with an elder from SLEC Jurong East Centre.

Integenerational calligraphy session with My First Skool at SLEC Keat Hong Centre.

Caregivers, rehab staff and elders dancing in tandem at SLEC Rivervale Centre.

Elders at SLEC Serangoon Centre entertained during a pet therapy session.

Pet therapy volunteers posing for a photo with a few elders from SLEC Serangoon Centre.

The Power of Positive Ageing

Encouraging our elders to practise self-care is a great way to promote independence. Here's how 78-year-old Mr Lim Swa Chwee stays healthy – with a positive mindset and active lifestyle.

Mr Lim socialising through a game of mahjong, without the monetary gains.

Mr Lim Swa Chwee is 78 years old. He attends the St Luke's ElderCare Hougang Centre where he enjoys activities like playing music, drawing and mah-jong games.

He leads a simple life on his own. On weekends, he watches television, listens to the radio, shops for sundries, does his laundry and attends church. On weekdays, he goes for his usual morning exercise before walking to the senior care centre.

He says, "I like being able to make friends here, including the staff." Sometimes, a group of elders, the centre's manager and myself would go for coffee at the nearby coffeeshop."

Experience Never Gets Old

It is not in Mr Lim's nature to sit back and wait to be served. One of the ways that he maintains dignity even in his advanced age is to help others.

At the centre, he enjoys chatting about his past and how he used to take up various odd jobs to make a living.

He was a hardworking youth and willingly took up any jobs he could find. His career was rich and colourful, accumulated over a lifetime and spanning work experiences such as shipyard worker, coffeeshop assistant and supermarket food packer.

The skills and life experiences he has gained over his lifetime are now put to good use at the centre.

Because of his enthusiasm, the staff encourages and entrusts him with "duties" such as tending to a small garden, where he expertly waters the plants and turns the soil in a small garden patch outside of the centre.

Mr Lim also actively volunteers as a server and handyman, helping to distribute song books, serve coffee to other elders and even fix screws that have come loose in the chairs.

When asked why he takes on these roles. He states simply, "If I can help, I will help. The staff cares for me here, so I help them out by looking out for the others at the centre."

The kindly elder, who is affectionately known as Ah Chwee to his close friends, is also known to give up his place at games so that other elders can have a chance to play.

Prioritising Health

Always neatly attired and groomed, Mr Lim is determined to keep himself in the pink of health. He watches his diet carefully, preferring simple fare like cabbage, fish or soup noodles.

His main fears are falling ill or suffering a fall. This motivates him to keep up with his regular walking exercise and keep all his doctor's appointments.

Mr Lim concludes that his health and life is a personal responsibility. "If I don't take care of myself, who should I count on to take care of me?" he says.

Mr Lim sharing his art pieces, where one of them is a mixed media art drawing, inspired by his love of the percussion instrument.

Ready, Stretch, Flex

Improve your flexibility and loosen tight muscles with these stretching exercises. Try these four exercises daily and watch your flexibility increase!

What you need:

A Chair

A bamboo pole around 90 cm in length

Exercise #1

1. Sit with back straight and feet placed comfortably on the ground.
2. Hold pole in both hands and lift upwards above the head. Bring pole closer to your head if discomfort is felt.
3. Hold for 5 - 10 counts at the highest point possible and bring down the pole to your thighs.
4. Relax and repeat 10 times.

Exercise #2

1. Sit upright with feet placed comfortably on the ground
2. Hold pole in both hands and lift pole above your head.
3. Gradually bring down the pole behind head
4. Hold for 5 – 10 counts.
5. Relax and repeat 10 times.

Note: If you are unable to bring the pole behind your head, lift it up as high as possible and bring down.

Exercise #3

1. While sitting upright, lift right arm above your head, aiming to touch your right ear
2. Do the same with your left arm and gently stretch towards your left ear
3. Hold for 5 – 10 counts and repeats step 1 and 2 for five times.

Exercise #4

1. Interlock fingers and try to stretch arms forward until they are fully extended.
2. Bring back to chest.
3. Repeat steps 1 and 2 for 10 times.

Season's Eatings!

Put a local spin on your festive feasting with this Satay Chicken Skewers recipe. For sides, serve up some pineapples, cucumbers and red onions to accompany this healthier-option dish!

Satay chicken stewer (serves 4)

1 large red onion, peeled and sliced

4 garlic cloves, peeled and sliced

1 thumb sized ginger, peeled and sliced

1 long red chili, sliced

¼ cup no-sugar-added peanut butter

¼ cup reduced fat/ low fat yogurt

1½ tablespoon reduced-salt soy sauce

400g chicken breast fillet, cut into 2cm pieces

2 tablespoon chopped coriander

3 shallots, peeled and sliced

Directions

1. Spray a large non-stick frying pan with olive oil and set over a medium-high heat. Sauté onion, garlic, ginger, and the chili for 8 -10 minutes, or until they turn golden. Allow mixture to cool slightly.
2. Place onion mixture, peanut butter, yogurt and soy sauce in a food processor. Transfer half of the peanut sauce mixture to a small bowl and set aside.
3. Scoop remainder into a large bowl, then add the chicken and stir to coat thoroughly. Cover and set aside in the fridge to marinate for at least 30 minutes.
4. Thread marinated chicken into eight skewers.
5. Heat up a pan with medium heat. Drizzle a bit of oil and place chicken skewers on frying pan.
6. Pan fry chicken for 8 - 10 minutes on low heat until chicken is cooked through and turns golden brown.
7. Garnish the chicken skewers with coriander and the shallots. Serve the skewers with remaining peanut satay sauce.

Ingredients	Calorie (Kcal)	Protein (g)	Total fat (g)	CHO (g)	Fibre (g)	Sodium (mg)
Onions	60	1.65	0.15	14	2.5	6
Garlic	18	0.76	0.06	3.97	0.3	2
Ginger	14	0.33	0.14	3.2	0.4	2
Chili	18	0.84	0.2	3.96	0.7	4
Peanut butter	162	6.2	13.72	3.56	1.9	11
Yogurt	32	2.25	1	3	0	43
Soy sauce	12	1.93	0.06	1.19	0.1	766
Chicken breast	688	83.4	37	0	0	252
Per four serving	1004.0	97.4	52.3	32.9	5.9	1086.0
Per serving	251.0	24.3	13.1	8.2	1.5	271.5

Nutritional Tips

Use low fat yogurt to reduce calorie intake.

Avoid using ready-made condiments. The use of natural herbs and spices in your marinade helps to enhance the flavour.

Use no-added-sugar peanut butter and reduced-salt soy sauce can help to reduce calories intake and sodium in your diet.

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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
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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
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☐ One Time Donation ☐ Monthly Donation

☐ $50 ☐ $200 ☐ $500 ☐ Others: _____

Donor Details

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

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

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All donations to St Luke's ElderCare Ltd are eligible for a 250% tax deduction. Please state NRIC/FIN or UEN number for auto-inclusion in your tax assessment. Tax-deductible receipt will be issued for donation of $50 and above. 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: M M / Y Y

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.

☐ **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.

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Bank	Branch	St Luke's ElderCare Ltd 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.

FOR BANK'S COMPLETION

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

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☐ Account Operated by Signature/Thumbprint
☐ Wrong Account Number
☐ Amendments not countersigned by customer
☐ Other Reasons: _____

Name of Approving Officer _____

Date: _____ Authorised Signature: _____

Frequently Asked Questions on SLEC Recurring Giving Programme can be found at www.slec.org.sg/giving

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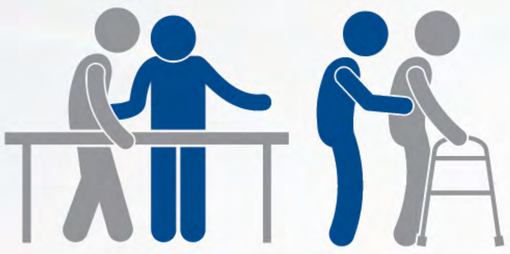

Clients served by 2018

22 Centres by 2018

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