

Touch of

ISSUE 09 | SEP 2019

St Luke's
ELDERCARE

Grace™

A Celebration of Care Family Carnival

Celebrating 20 years of serving, loving,
and empowering communities.

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A Celebration of Care Family Carnival



To commemorate 20 years of serving, loving, and empowering communities, we will be organizing St Luke's ElderCare 20th Anniversary Family Carnival: A Celebration of Care.

The event aims to involve everyone in the community, our elders, caregivers, volunteers, residents, staff, community partners and churches as everyone plays an integral role in building a community of care.

Join us on Saturday, 23rd November 2019, from 9.00 am - 7.00 pm at OCBC Square, Singapore Sports Hub.

Find out how you can join in the fun by visiting slec.org.sg/20years/ today.

Wonderful Performances

Surprising Prizes

Exciting Games

Fun-filled Activities



Scan QR code for more information

Official Opening of SLEC Kebun Baru & SLEC Sumang Centre

The recent official openings of St Luke's ElderCare (SLEC) Kebun Baru Centre and SLEC Sumang Centre saw an approximate attendance of 300 attendees.

We are grateful for all the support we have received from community partners, grassroots members, volunteers and our elders who celebrated the occasion with song and dance performances.

Special thanks to Mr Henry Kwek, Member of Parliament for Nee Soon GRC (Kebun Baru); Grassroots Adviser to the Nee Soon GRC Kebun Baru Division and Ms Sun Xue Ling, Senior Parliamentary Secretary for Home Affairs and National Development; Adviser to Pasir Ris-Punggol Grassroots Organisations for gracing the official opening of SLEC Kebun Baru Centre and SLEC Sumang Centre respectively.

Find out more about our services by visiting slec.org.sg/our-services/ today.



Nurses' Day Celebration 2019

This year, our nurses gathered to celebrate Nurses' Day at Changi Garden Chalet. The celebration included a delightful line up of games and activities which involved catwalk performance, balloon games, blessed draw and barbeque.

We are thankful for their professionalism and dedication, for the provision of care from their hearts, and for their constant assurance and words of comfort to our elders in the community.



Floral Arrangement Workshop – Noel Gifts International Pte Ltd

As part of a collaboration with Noel Gifts International Ltd (Noel Gifts), approximately 100 elders will be participating in the floral arrangement workshops held across 10 of our eldercare centres.

The collaboration is part of Noel Gifts's efforts to give back to the society by sharing and guiding our elders in creating their own floral arrangements. Elders who took part shared that they truly enjoyed the workshops.

We look forward to forging many more meaningful partnerships ahead!



A Happy Mind for a Healthy Life

For four days a week, 79-year-old Mdm Kamaliah goes to 'school'.

'School' is the word Mdm Kamaliah's caregivers use to refer to SLEC Nee Soon Central centre, where she attends dementia day care service. Here, Mdm Kamaliah socialises with her friends, and does various recreational activities. She looks forward to going to the centre every day.

Her daughter Norshidah, 48, shared, "In the beginning, she was reluctant as it was new to her. Over time, she began to enjoy as she made friends. On the days she doesn't go to the centre, she asks me – today no school?"

Mdm Kamaliah, who has multiple chronic conditions, first began attending the centre in March 2019. She had been recommended by a doctor from Khoo Teck Puat Hospital, after being admitted to the hospital ten times over the course of a year. As she was diagnosed with dementia, the doctor recommended dementia day care to prevent her condition from deteriorating.

Norshidah, who is Mdm Kamaliah's primary caregiver, was hesitant when she first heard the doctor's recommendation. She was new to caregiving, having just left her job as a Teaching Assistant at Australian International School. Adjusting to life as a caregiver after 23 years in the workforce was not easy. Seeing her mother in and out of the hospital frequently was stressful as well, and she was not always sure she was making the best caregiving decisions for her. Still, she decided to give dementia day care a try.

"I sent her three times a week at first. Gradually, I noticed that she was getting better. She did not have spikes in her blood pressure like she did before," she said.

Norshidah attributes the improvements in Mdm Kamaliah's health to her being happier. "She has friends now, and she's fully occupied when she's at the centre. When she comes back home, she sleeps

early and has a good rest," she said. "She has only gone back to the hospital for fixed appointments."

In August 2019, Mdm Kamaliah began attending day rehabilitation sessions at the centre to maintain her functional ability. "She has her own routine in the morning now. She will do some exercises after she wakes up," Norshidah shared.

Since her mother began attending the centre, Norshidah feels her quality of life as a caregiver has improved as well. With her spare time, she is now looking for volunteering opportunities to support elders. "When I was working, I used to care for children. Now I'm more interested in caring for elders," she said, laughing.

On her advice to other caregivers, she shares that you need patience. She recalled an incident where her mother went to the toilet without informing her. Being frail with difficulty walking, Mdm Kamaliah was at high risk of falling. As such, Norshidah had told her to ask for help whenever she wanted to move around. In the heat of the moment, she got upset with her mother. It was upon reflecting later did she realise that her mother's dementia may have resulted in her forgetting to ask for help first.

Family members had rallied around in their own ways. Besides supporting her financially, her husband Johari has provided her with invaluable emotional support. Her four children also did their part in caring for their grandmother, such as accompanying her to the bathroom and changing her diapers. Her sisters, who share some of the caregiving duties with her, manage the financial aspects of her mother's care and takes care of her during the weekends.

Norshidah is thankful for her family members. Looking back, they have helped her tremendously during the toughest periods, especially when she first began her caregiving journey. "It is so important for every caregiver to have your support network," she states.



Mdm Kamaliah (second from left), pictured here with her family, stays happy and healthy through St Luke's ElderCare (SLEC) dementia day care service.

Home Modifications for Families Living With Loved Ones with Dementia

To help caregivers who are caring for their loved ones living with dementia, our Principal Occupational Therapist Ms May Low shares how you may modify your living environment.

It is important to familiarise oneself with the symptoms of dementia because an early diagnosis allows for early mitigation, planning, and treatment. According to a study conducted by Dementia Australia in 2016, people living with dementia experience the world very differently. Their perception of the world can be confusing, disorienting, and at worse, disabling and even hazardous. Thus, a well designed environment, planned through the lens of persons living with dementia in mind, can help maintain abilities and provide meaningful engagement by providing essential stimuli and accessibility in walking. To modify your living environment to be dementia friendly, you may start with these four areas.



Tip

Do you know about the Enhancement for Active Seniors (EASE) programme by Housing Development Board?

Introduced in 2012, the EASE programme subsidises home modification to make your home more elder friendly, in line with improving mobility and comfort for elders who choose to live in their own homes. It covers slip-resistant treatment to floor tiles, installation of grab bars in up to two toilets and up to five ramps in the flat or at the main entrance. For more information and to apply, visit: <http://bit.ly/EASE-Programme>



Introducing finger foods to elders living with dementia

According to the Alzheimer's Disease Association (2019), it was reported that more than 50% of our elders are living with dementia, and this number will increase progressively.

Serving of finger food can promote independence and improved nutrition for people living with dementia (and other conditions) who are struggling to use cutlery. It helps them to preserve dignity and increase their self-esteem. By empowering elders to be in control over what they eat, when they eat, and how much they eat, it can increase their overall consumption, help maintain a healthy diet, and improve their nutritional status.

Here are a few things to take note of:

#1 Keep the table setting simple

Avoid placing items on the dining table such as table arrangements or flowers that might distract or confuse our elders.



#2 Limit distractions

Serve meals in quiet surroundings, away from the television and other forms of distractions.



#3 Simple presentation

Do not overcrowd the plate and ensure the presentation of the food is kept simple.



#4 Food portion

Promote small frequent meals throughout the day.



#5 Plate Choices

Coloured plates can be used to frame the food. E.g. white sandwich should be placed on coloured plates so that the sandwich will stand out.



#6 Be flexible about food preferences

Keep elders' preferences in mind when preparing meals for them. Be aware that a person living with dementia may suddenly develop new food preferences or reject food that were liked in the past.



#7 Food safety

Remove seeds and skins and ensure food items are soft and moist for elders with difficulty in chewing or swallowing.



#8 Companionship

Having family members and friends seated whilst eating similar food promotes positive eating behaviour. A sense of sharing (of food) with familiar company has a calming effect on elders.



#9 Extended meal timing

Provide longer meal timing to complete the meals.



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📘 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

Please seal this area.



I want to help!

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

Donation Amount

☐ One Time Donation ☐ Monthly Donation

☐ \$50 ☐ \$200 ☐ \$500 ☐ Others: _____

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All donations to St Luke's ElderCare Ltd are eligible for a 250% tax deduction.

Tax deductible receipts will only be issued for donations of \$50 and above. For donations below \$50, tax deductible receipt will only be issued upon request.

☐ I would like to receive my tax deductible receipt via: ☐ hard copy ☐ email ☐ SMS

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Cheque Number: _____

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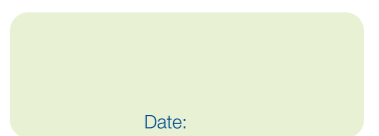
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- You are entitled to reject St Luke's ElderCare Ltd debit instruction if my/our account does not have sufficient funds and charge me/us a fee for this. You may also, at your discretion, allow the debit even if it results in overdraft on the account 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.

By submitting this form, I fully understand and consent to your use and disclosure of my personal data for the purposes of processing donations, submission of donation data to the Inland Revenue Authority of Singapore for tax deduction computation, performing donor relation activities, carrying out fundraising appeals and events and sending newsletters.

☐ I would like to opt out of receiving future newsletters.

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- ☐ Account Operated by Signature/Thumbprint
- ☐ Wrong Account Number
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- ☐ Other Reasons: _____

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Date: _____ Authorised Signature: _____

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