

Touch of

ISSUE 10 | DEC 2019

St Luke's
ELDERCARE

Grace™

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Celebration of Care

Volunteer Appreciation Dinner 2019



We hosted close to 500 volunteers and staff during the Volunteer Appreciation Dinner 2019, held at SAFRA Toa Payoh in October.

The dinner served as a platform for us to recognise our dedicated volunteers who have contributed in tremendous ways. To appreciate their support, we had a series of exciting games and activities which brought joy and laughter to many.

Heartiest congratulations to our long service award recipients for serving 5, 10 and 15 years respectively, your selfless dedication and care is truly commendable. Thank you for making an impact on the lives of our elders!

Find out how you can make an impact as a volunteer by reaching us at volunteer@slec.org.sg today!



Magic Cares Van Community Programme Official Launch

The Magic Cares Van was officially launch on 10 October at Toa Payoh Hub and the event was graced by Mr Khaw Boon Wan, Coordinating Minister for Infrastructure and Minister for Transport, Member of Parliament for Sembawang Group Representation Constituency.

Since July 2018, our elders have been participating in weekly music sessions organised by SBS Transit and I'm Soul Inc around St Luke's ElderCare Kebun Baru Centre's vicinity. Elders from the community were also invited to join the sessions. Designed to make music through body movements, elders and staff volunteers were engaged and entertained as they moved to the beat of songs from their yesteryears.

With the launch of this programme, more elders in our community will be able to join these fun music sessions as the vans travel to different HDB neighbourhoods. Stay tuned to find out where this programme will be expanded to!



Collaborative Impact Through Creative Expressions

In collaboration with Tan Chin Tuan Foundation, we launched the storybook put together by elders and youths from the community. Aptly titled 'ONE', the storybook which stands for Old & New, Nature & Nurture and Endings & Beginnings, is a compilation of creative illustrations and writings by youths.

Approximately 120 youths from various schools, elders from different organisations and community partners attended.

We are thankful to be a part of this collaboration and look forward to more of such meaningful partnerships to extend our care for more elders in the community.

Find out how your team can also touch the lives of our elders and youths in the community by emailing us at hq@slec.org.sg today!



Caring as A Community for the Community

We were delighted with the invitation to share about our work to the respective congregations at Telok Ayer Methodist Church, at Telok Ayer Street and Wishart Road on 10 November.

Dr Lester Leong, Chief Operating Officer, St Luke's ElderCare (SLEC) and Mr Simon Lim, Centre Manager from SLEC Clementi Centre shared about our services and volunteer activities which occurred as a part of our partnership.

The event raised approximately \$13,000 and we are truly grateful for the support provided by the church and her members. As we continue to provide care in the community, we rely heavily on our partners support in order to extend our reach to reach out to more elders.

If you wish to make a contribution today, please visit www.slec.org.sg/giving/



20th Anniversary Message from A/Prof Kenny Tan, CEO

St Luke's ElderCare is extremely grateful to be celebrating our 20th Anniversary.

As we look back at the different challenges and opportunities over the last twenty years, we are indeed grateful to have been able to continue serving our communities through love and care. It is especially gratifying to be able to celebrate our 20th anniversary with everyone who has been part of our St Luke's ElderCare family.

We would like to take this opportunity to thank our partners for all your support and contribution. Your partnership has given us the strength and impetus to carry on what we are doing!

We are also appreciative to our staff whose love for our elders and whose contributions have led to our continued success. We have grown into a 500-strong team of talented and passionate individuals who, through learning and development opportunities, are excited to continue raising the bar for service delivery.

Last but not least, we would like to thank our caregivers for your trust in us. Your encouragement and compliments propel us to continue to do our best for our elders.

We endeavor in the coming years to continue providing person-directed care, so that our elders will continue to age gracefully with dignity in the community. Your efforts and support give us reasons to be excited about the future.

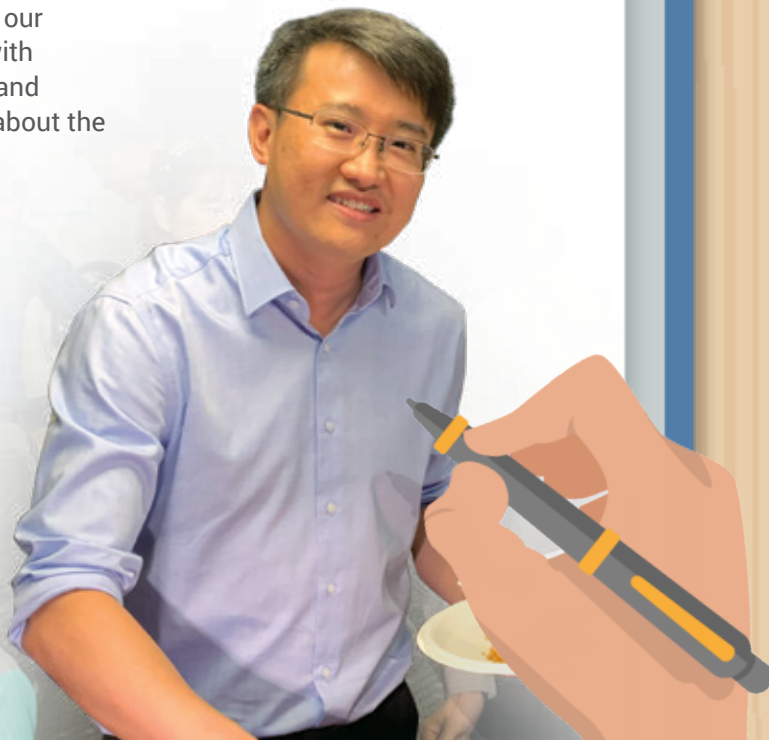
In the days ahead, our work will remain challenging but we look forward to journeying with you in impacting lives and transforming community care.

Thank you for being part of the St Luke's ElderCare story! Towards the next 20 years!

Sincerely,



A/Prof Kenny Tan



Chicken Katsu Curry (serves 4)

During this festive season, let's prepare a simple dish that our youths and elders can enjoy with a twist - Baked Chicken Katsu Curry! The chicken is coated in panko and baked in the oven until golden brown. It is a good alternative to greasy fried chicken, without compromising the crunch. This recipe is so simple that you can easily prepare it when hosting your guests this Christmas!

Ingredients:

2 pieces of skinless chicken breast	2 carrots - cut into 2 cm cubes
2 tsp of salt	2 potatoes - cut into 2 cm cubes
A few dashes of black pepper	2 onions - cut into pieces
1 cup of panko (Japanese breadcrumbs)	750ml water
1 cup of wholemeal flour	4 cubes of Japanese curry roux
2 eggs	4 cups of cooked plain rice
2 tbs of canola oil	



Methods:

A. Chicken Katsu

1. Butterfly and cut the chicken breast in half. Pound the chicken to equal thickness if necessary. Add salt and sprinkle black pepper on both sides of the chicken. Marinate for about 15 - 30 minutes.
2. Preheat oven to 200°C. Line a piece of baking paper on the oven tray.
3. In a shallow dish, add wholemeal flour; and in another shallow dish, whisk the eggs; and in another shallow dish, add panko.
4. Dredge each chicken piece in the wholemeal flour to coat completely, pat off the excess flour. Then dip into the egg mixture and finally coat with the panko. Press the chicken onto the panko to make sure they are sticking on the chicken.
5. Place the chicken pieces on the oven tray.
6. Bake for about 25 - 30 minutes. Make sure that the chicken is baked to golden brown.

B. Curry

1. Heat oil in a pot over medium heat and add in the onions. When the onion is fragrant and translucent, add the carrot and stir.
2. Add the potato and sauté together for a couple of minutes then pour the water into the pot.
3. Bring it to boil, put the lid on and let it simmer for 10 minutes.
4. Adjust the heat to low and add in Japanese curry roux. Dissolve the curry roux and bring it to simmer for another 5 minutes. Turn off the heat.

C. Assemble the dish

1. Serve the rice in a shallow bowl. Cut the chicken katsu into strips.
2. Place the cut chicken katsu on the rice and pour the curry over the chicken katsu and rice. Serve.

St Luke's ElderCare 20th Anniversary Family Carnival



To commemorate our 20th anniversary, St Luke's ElderCare organised a family carnival on 23 November at OCBC Square, Singapore Sports Hub.

The event was graced by Guest of Honour Mr Lim Biow Chuan, Member of Parliament for Mountbatten SMC; Deputy Speaker of Parliament.

Approximately 2000 elders, their families, volunteers and partners were seen at the carnival. A lineup of activities awaited our attendees as they participated in various games and performances put together by SLEC, our community partners and dedicated volunteers.

Aside from celebrating 20 years of service in the community, the event also served as a platform to raise awareness of eldercare, provide a platform for intergenerational interaction and to raise funds for our beneficiaries.

The event has raised an approximate amount of \$240,000. The team is grateful for all the donations received and we are also thankful for all the support that was provided by everyone. With your support, we will be able to continue reaching out to elders and families within our community.

The programme ended with a bang as volunteers from our eldercare centres put together a number of engaging and amazing performances.

If you would like to continue supporting us as we continue on our journey to serve, love and empower our communities, you may visit slec.org.sg/giving to donate to our cause.



HEAL Programme 2019

To continuously engage our team, the Healthy Eating And Living (HEAL) Programme enabled everyone to participate in a range of team bonding activities that was organised across the year. This year, the committee put together three activities, River Safari Visit on 25 May, Fun Walk and Movie Screening from Labrador Nature Reserve to Vivocity on 13 July, and the Bowling Event at Our Tampines Hub on 6 September.

It was encouraging to see an average attendance of 191 staff and family members throughout all three activities. We are also delighted to receive the constant support of our HEAL ambassadors who provide logistics support and actively encourage their peers to attend and aid in logistics and event planning atop their respective job duties.

Stay tuned to our Facebook via the QR code or visit us at facebook.com/StLukesElderCare to be the first to find out what our team is up to!



St Luke's ElderCare

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🌐 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

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: _____

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.

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

☐ I do not require a 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 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.

FOR ST LUKE'S ELDERCARE'S COMPLETION

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.

☐ GIRO

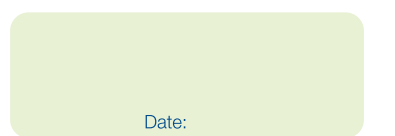
Name of Bank: _____ Branch: _____

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

Name of Approving Officer: _____

Date: _____ Authorised Signature: _____

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Singapore 349326

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