

Touch of

ISSUE 11 | MAR 2020

St Lukes
ELDERCARE

Grace™

Sleep Well, Live Well

Read more about how we reached out to elders in the community with our partners.

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Open House @ Upcoming Nursing Home

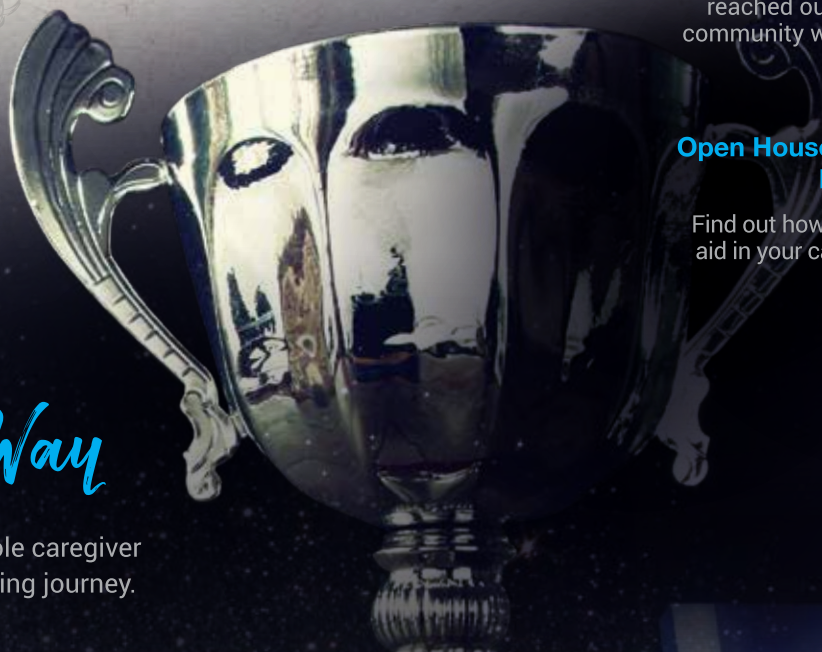
Find out how our services can aid in your caregiving journey.

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A Little Care Goes A Long Way

Read more about how Denise, the sole caregiver for Mdm Sng copes with her caregiving journey.

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SINGAPORE HEALTH
QUALITY SERVICE AWARDS

2020



Healthcare in the Heartlands

St Luke's ElderCare (SLEC) Hougang Meadow Centre Official Opening

SLEC Hougang Meadow Centre was officially opened in January by Mr Png Eng Huat, Member of Parliament for Hougang Single Member Constituency.

The event had various performances put together by our partners who have been very supportive since we commenced operations. Through our partnerships, we have been able to reach out to the community to deliver meaningful programmes and activities for our elders.

We endeavour to continue transforming community care by providing quality and holistic care for our elders. Beyond our centre, we also seek to support caregivers in their caregiving journey.

Our partnerships, such as with Martha Senior Activity Centre, E-Bridge Pre-school and churches, have enabled us to create platforms for intergenerational bonding and opportunities to foster a community of care.

— Ms Molly Ng, SLEC Hougang Meadow Centre Manager

We are grateful for the support received thus far, and look forward to your continuous commitment. Together, we will be able to forge a stronger community of care.

Find out more about our services here: www.slec.org.sg/our-services



Sleep Well, Live Well

A good night's sleep is the basic foundation for a healthy and happy lifestyle. As part of giving back to the community, Dr Lester Leong, our Chief Operating Officer, and staff of St Luke's ElderCare, participated in the Blissful Night Initiative 2020, distributing new mattresses, pillows and bolsters to less privileged residents in Ang Mo Kio.

This meaningful event was organised by People's Association, North West Community Development Council, Our Kebun Baru; supported by Sheng Siong, St Luke's ElderCare and Project Starfish. Also present were Mr Henry Kwek, Grassroots Adviser to Nee Soon GRC GROs and Mr Lim Hock Leng, Managing Director of Sheng Siong Group.

Participants also visited the newly opened Memory Café set up by Alzheimer's Disease Association and Salem Chapel. The Café is set up with the purpose of minimising the social stigma of persons living with dementia and provide a platform for social interactions.

We enjoyed being a part of this community outreach effort and look forward to more partnerships to enable our elders to live well and age gracefully in the community. If you share our vision to impact community, reach us at hq@slec.org.sg or 6390 9368.



Snapshots of Lunar New Year Celebrations



▲ Ms Grace Fu, Minister for Culture, Community and Youth, Member of Parliament for Yuhua SMC exchanging greetings at SLEC Jurong East Centre.



▲ Mr Goh Chok Tong, Emeritus Senior Minister, Member of Parliament for Marine Parade GRC with SLEC Marine Parade Centre.



▲ Mr Png Eng Huat, Member of Parliament for Hougang SMC with SLEC Hougang Meadow Centre.

Sharing About Occupational Therapy and other Community Services

As part of continuity of care, St Luke's ElderCare works with a network of healthcare partners. Sengkang General Hospital is one such partner, from where our elders may have received care, and we were delighted to be a part of "Community Connect", Occupational Therapists Day 2020. Held on 10 January, the event was organised for the public to learn more about occupational therapy along with community services by various service providers.

It was encouraging to see many elders and caregivers from the hospital and general public who participated in the activities and stepped forward to find out more at the respective booths.

You may visit www.slec.org.sg to find out more about our services and how you can help someone who may require centre-based or home-based care.



Recognising Commitment and Service

We were proud to receive 92 SingHealth Quality Service Awards this year. The awards were 3 Individual Silver Stars, 10 Individual Gold Awards and 79 Individual Silver.

The Guest-of-honour, Deputy Prime Minister and Minister for Finance, Mr Heng Swee Keat, presented a total of 4,295 awards to winners from 43 public and private healthcare institutions.

Heartfelt congratulations to all the awardees for your excellent service and dedication to the Community Care sector. We are very proud of you!

You too can make a difference in our community! Join us by sending your resume to recruit@slec.org.sg today!



Photo courtesy of SingHealth

St Luke's ElderCare Ang Mo Kio Residence



From May 2020, we will open our doors to offer residential-based services at our first nursing home. Located along 2 Ang Mo Kio Street 23, the 189-bed long-term residential care facility adds on to our centre-based and home-based services.

Spanning six levels, with a senior care centre and day rehabilitation centre, the facility will provide care for elders who cannot be cared for at home or in their community. This includes providing assistance to those who need help in most of their activities of daily living (ADL) and/or have daily nursing care needs.

If you would like to find out more about our services, visit www.slec.org.sg today.



Steamed White Pomfret

“

This recipe was passed down from my 60 years old godmother whom I lived with while I was growing up in Pulau Bukom. We were neighbours then and she needed help to take care of her grandchildren. I offered my help and this carried on for a few years. It was the beginning of a memorable and long-lasting relationship. Later on, I moved in to stay with her family and she took me in as her god-daughter.

Whenever I prepare this simple, home-cooked dish for my family, it evokes fond memories of my stay with my god mother, her family and Pulau Bukom.

”

- Mdm Mary Tong, Elder from St Luke's ElderCare Serangoon Centre

Ingredients:

- 1 white pomfret
- 1 leaf, salted vegetable, soaked and rinsed with water to remove excess salt
- 3 dried shitake mushroom, soaked in hot water for 30 minutes until soft and plump
- 5 ginger slices, washed and peeled
- 3 sour plums, lightly mashed
- 1 ripe tomato, washed and cut into wedges
- ½ teaspoon of cooking oil

Methods:

1. Wash and clean the pomfret before drying it with a kitchen towel. Place on steaming plate.
2. Slice salted vegetables and mushrooms.
3. Slant knife against fish body and make two deep cuts across. Do this for both sides of the fish body.
4. Place the salted vegetables, mushroom, ginger, sour plums and tomato on top of the fish.
5. Fill wok with water for steaming. Place steaming rack in wok, cover with lid and bring water to boil over high heat. Once water is boiling, place the steaming plate on the rack.
6. Steam fish on high heat for 8-10 minutes (depending on size of the fish).
7. Remove fish from wok and drizzle cooking oil over the fish.

Taste of Home is a recipe section inspired by food being a common ground that connects people and culture. This new section incorporates recipes from our elders, volunteers, partners and staff. Beyond recipes, we are sharing stories, heritage and culinary gems within SLEC. We hope you enjoy these family favourites!



A Little Care Goes A Long Way

Denise, the sole caregiver for her mother, Mdm Sng, shares how she chanced upon St Luke's ElderCare (SLEC) and her appreciation for the person-centred care provided.

My mom is 81 and she is getting increasingly frail each day. Over the past 18 months, she was admitted to the hospital four times for various health conditions. Her well-being is a worry I have every minute of the day.

I chanced upon SLEC Changkat centre while I was jogging one day. It struck me that my mom could potentially benefit from the services available at the centre, thus, I contacted the team to find out more. After learning that the centre offers day care and day rehabilitation services, I decided to enrol my mom for day rehabilitation.

I was extremely stressed out during the last incident when my mom was admitted to the hospital. However, I was touched by how Mr Dan Ng, the counsellor and Mr Leonard Chan, the centre manager reached out to offer the much needed assistance and advice.

I have no eldercare knowledge and experience, but they were patient in explaining to me the various care options. Additionally, it was reassuring having someone to talk to. Through our discussion, I learnt more about eldercare and how my mom's needs could be better supported.

Since my mom started attending the day rehabilitation programme, she seems happier and stronger. She also shared that the sessions are enjoyable.

I engaged SLEC only expecting a 'service', but I'm deeply touched by how they have gone the extra mile by expressing their concern and support constantly.

***Thank you very much!
Keep up the good work!***



St Luke's ElderCare

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Singapore 349326

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☎ 6390 9369

✉ hq@slec.org.sg

👉 slec.org.sg/giving

📘 StLukesElderCare

🌐 www.slec.org.sg

Ang Mo Kio Centre: 2 Ang Mo Kio Street 23

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

Ang Mo Kio Residence: 2 Ang Mo Kio Street 23

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 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]: _____

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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.

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Bank	Branch	Donor's Account No.

Donor's Reference No.

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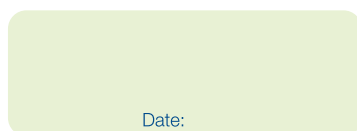
Name of Bank: _____ Branch: _____

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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