

Touch of

ISSUE 12 | JUN 2020

St Lukes
ELDERCARE

Grace™

A Home Away From Home

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A Home Away From Home

On 4 May 2020, St Luke's ElderCare Residence @ Ang Mo Kio commenced operations and welcomed our first few residents. Aptly termed as a "residence" instead of "nursing home", our latest residential care facility aims to be a home away from home for elders who may require care around the clock.

With over 189 beds, elders and caregivers can tap on our services and apply for government subsidies to acquire financial relief and support depending on their household income.

Our team of trained professionals endeavour to ensure our residents and elders in the community are cared for, supported by, and loved by each and every one of us, as a community.



External facade of St Luke's ElderCare Residence @ Ang Mo Kio



Visitor lounge by the reception area.



Community garden with expansive view of the neighbourhood.



Gym equipment within the Day Rehabilitation Centre.

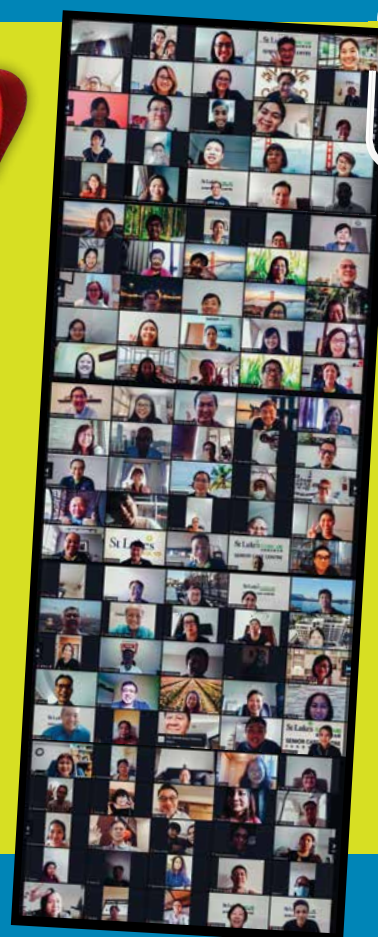
Online Dedication Service

As part of our efforts to adapt to the ongoing COVID-19 situation, we conducted our dedication service for St Luke's ElderCare Residence @ Ang Mo Kio (SLR@AMK) online on the second of May 2020!

The online dedication was attended by over 160 staff and Board Members. A/Prof Kenny Tan, our Chief Executive Officer delivered the opening address, followed by the sharing of the Word by Mr Foong Daw Ching, our Executive Director. Dr Lester Leong, Chief Operating Officer also led us in a dedication prayer followed by a closing prayer by Ms Ng Lay Ling, Head of SLR@AMK. Our Chairman, Mr Timothy Teo closed with benediction.

We are also thankful for the immense support we have received from Government agencies, corporate and community partners, and church partners. As we embark on this journey to provide care around the clock, we invite you to join us as a staff, volunteer and a partner, to make a collective impact in the community.

Write to us at hq@slec.org.sg today.



Caring Through COVID

COVID-19 has certainly made an impact on our daily lives and operations. At St Luke's ElderCare, it meant aligning with government advisories while finding ways to engage, empower and give meaning to our work.

One instance of adapting to the situation is finding new ways to engage and continue to provide care. Our centre colleagues prepared home-based learning activities, exercise videos, art and craft videos and singing sessions, to continue to reach out to elders at home. Technology came to play a big role, as appointed staff became Care Ambassadors to keep in touch with elders and caregivers via Zoom, Facebook and YouTube Channels.

We have been very encouraged by the active participation of our elders and grateful for the support of their caregivers during this period of time.

Stay tuned to our Facebook at [facebook.com/stlukeseldercare](https://www.facebook.com/stlukeseldercare) for more updates on our activities and happenings!



Here's a glimpse of the exercises we've prepared!



Upper and Lower Limb Strengthening Exercises



Upper and Lower Limb Aerobics



Standing Balance Exercises



Sitting Balance Exercises



Supporting our Community

In line with the Ministry of Health (MOH) directives, all of our centres were closed since 7 April 2020, with the exception of St Luke's ElderCare (SLEC) Hougang Meadow Centre located along 364 Upper Serangoon Road.

Whitelisted by the MOH, the centre has been serving approximately 40 elders who do not have adequate family support and require intensive custodial care as their caregivers are essential frontline service worker(s).

SLEC is grateful to be able to continue serving the community during this difficult phase of time.



Elders observing social distancing at the centre.



The dedicated care team at SLEC Hougang Meadow Centre posing for a group shot.

Caring for our Team

As part of our efforts to care for the community, we also provided an assortment of care packages for every staff prior to the implementation of the Circuit Breaker. These ranged from the provision of hand sanitizers, thermometers, face masks, and encouragement messages in the form of cards to uplift our spirits.

Despite trying times, we are grateful for every single one of our staff for their dedication, devotion, and determination in providing care.

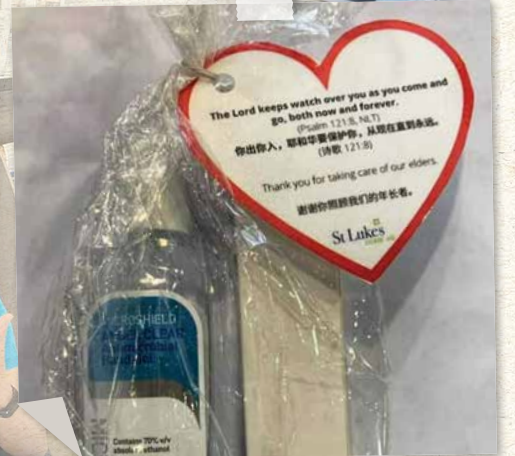
Bundles of hand sanitizers and thermometers packed for dissemination.



Individual packaging of mask with a different encouragement message.



Our team at St Luke's ElderCare Ayer Rajah Centre receiving the care packages.



Individual packaging of sanitizer and thermometer with encouragement message attached.

The Key to Staying Safe

As we continue to battle COVID-19 together, it is important to remember to practise good personal hygiene and maintain social distancing at all times. Here are some tips we have compiled. You may retain this page and keep it on your fridge as a reminder.

Soft copies will be made available on our website under Newsrooms, followed by Newsletters.

Let's stay home, let's stay safe, let's battle Covid-19 together!

PRACTISE GOOD PERSONAL HYGIENE



WASH

your hands regularly with soap and water



AVOID

touching your face with your hands

8 STEPS TO CLEAN YOUR HANDS



Palm to Palm



Between Fingers



Back of Hands



Base of Thumbs



Back of Fingers



Fingernails



Wrists



Rinse and Wipe Dry

Social distancing guidelines at work



1. Avoid meeting in-person, leverage on technology and teleconference instead.



2. Essential services employees should keep in-person meetings short, refrain from shaking hands, and observe 1-metre distance.



3. Reduce any unnecessary travel, gatherings and nonessential meetings.



4. When taking public transportation, avoid rush-hour crowding.



5. When exercising in public, you should continue observing the 1-metre distancing.

Equipping The Community Through Learning & Development

We are pleased to announce that St Luke's ElderCare has been re-appointed by the Agency for Integrated Care as one of the Learning Institutes in developing, delivering and administering training courses for the Community Care Sector. Through this partnership, we aim to continuously build a community of skilled workers to meet the needs of the sector.

Since we were appointed by AIC, we have trained 470 participants from the sector. This year, we will continue to offer a total of 11 courses covering topics such as palliative care, dementia care, infection control and many more.

Interested participants may apply by reaching us at **6390 9329**. Alternatively, you may email us at learninghub@slec.org.sg to find out how these courses can aid in your caregiving journey too.



Training session within the multi-purpose hall at Zion Gospel Mission Church.



Training session held at Eagles Communications.

Virtual Day Out

Thanks to virtual technology introduced by the National Heritage Board, our elders were able to explore and experience the Indian Heritage Museum via live broadcast.

During the online live tour led by the museum's guide, our elders learnt about the multi-faceted nature of

Indian heritage, its culture and arts. They were engaged in a Q&A session during the tour and were able to reminisce historical events, which also triggered topics for conversation about their yesteryears.



Inter-generational Day (Fajar Secondary School)

Our elders and Fajar Secondary School students always get excited about the annual Intergenerational Day.

It was no different at the latest event involving 190 elders and staff from St Luke's ElderCare. Organised for the ninth year running, student volunteers meticulously planned and managed game stations for elders to compete in. A reward system was also introduced to further encourage participation. A mutually beneficial collaboration, the event enables students to hone their communication skills, learn how to empathize with their elders and enable values inculcation. While our elders get to enjoy the fun, companionship and prizes!



We are truly thankful for this longstanding collaboration with Fajar Secondary School!



Silver Activities

Made possible by Southwest Community Development Council (SWCDC) through the utilization of the South West Innovation Fund (SWIF+), Silver Activities is a structured cognitive programme that aims to keep elders mentally active, engaged and digitally savvy.

As part of the programme, the activities include brain exercises that are developed based on research conducted on elders. The games are multi-lingual, elder friendly and designed to stimulate different areas of the brain.

Our elders and staff from St Luke's ElderCare Ayer Rajah, Bukit Batok, Clementi, Keat Hong and Jurong East centres, were meaningfully engaged.



Volunteer Hi-Tea Session

Our bi-annual Volunteer Hi-Tea sessions are always enjoyable affairs that enable us to know our volunteers better. A recent session had 50 attendees over two hours, comprising activities such as:



An Introduction to Volunteer Support Group



A Basic Introduction to First Aid



Are you a smart Supermarket Shopper

In addition to the talks conducted by our counsellor, nurse and dietitian respectively, our volunteers were able to forge new relationships with staff and volunteers who availed their time at centres across St Luke's ElderCare.

We were very encouraged by the attendance and involvement of everyone, and we look forward to seeing you on our next invitation!



List of Volunteering Opportunities



For more information, you may reach us at volunteer@slec.org.sg today!

Music Solutions

As part of our collaboration with Music Solutions, a leading provider of performing arts enrichment programmes locally and internationally, our elders at St Luke's ElderCare Changkat and Marine Parade were treated to sing-along sessions from an array of evergreen songs.

Aside from bringing joy and laughter to our elders at the centres, the team from Music Solutions have also been instrumental in grooming our staff into 'stars' as they were practicing for last year's Volunteer Appreciation Day 2019 song and dance item.



Stewed Salmon with Tomato

“

This is a simple and healthy dish for my spouse's lunch or dinner. Salmon is considered "brain" food as it is high in protein, omega-3 and vitamin D. Salmon may also be substituted with other fish such as mackerel (also high in omega-3). Onions, garlic and tomato also have antioxidant properties. Overall, this is an easy-to-prepare, tasty, and yet nutritious dish.

”

- Recipe from Mrs Seetoh, spouse of Mr Seetoh Pak Fun, an elder at St Luke's ElderCare

Ingredients:

100g salmon fillet, de-boned and cut into bite-sized chunks
1 small slice of ginger
1 small white or red onion, diced
2 cloves of garlic, minced

1 medium-sized tomato, sliced into wedges
½ cup chicken broth
Salt and pepper as seasoning
Light soy sauce to taste
Coriander, optional as garnish

Methods:

1. Season the salmon chunks with salt and pepper. Set aside.
2. Heat a little oil in a pan over medium heat. Stir fry ginger, onion, and garlic until fragrant.
3. Add tomato wedges and stir fry for a minute.
4. Pour in chicken stock (add a little water if desired) and bring to a boil.
5. Add marinated salmon chunks. Lower heat and let it simmer for 5 minutes or until the salmon chunks are cooked.
6. Add light soy sauce to taste and garnish with coriander.
7. Serve hot with porridge or rice.





Breaking the Barriers of Care

Care continuity at home is important for elders who may not find it as easy or convenient to leave their homes for healthcare services. Here's how Mr Henry Ho benefited from SLEC's home-based physiotherapy sessions.

After a stroke which put him out of work six years ago, he had to rely on a wheelchair ever since. When our Physiotherapist Pei Shan conducted her first home visit at Henry's place, she shared various tips and techniques on how to ease the process of transferring him from his bed to his wheelchair. As they began practising, she felt that Henry had the strength to do more.

After assessing his strength and getting to know him, she began planning for his subsequent sessions. During her second visit, she said "Uncle Henry, trust me". She then guided him to pull himself forward as she supported his back. To his surprise, he was able to lift himself from the wheelchair to catch a glimpse of the expansive view of his neighbourhood for the first time in years.

As she continues to guide Henry, she also does her best to learn more about him, his interests and so on. One of the questions she asked was the genre of music



he likes. Despite his difficulty with speech due to his stroke, Pei Shan was able to grasp that he likes English music. She then tried her luck with an Elvis Presley playlist and when she aired the playlist, Henry broke into a delightful smile.

At St Luke's ElderCare, we believe in ensuring our elders are able to age gracefully despite their medical conditions. Through our suite of services, our goal is to consistently reach out to elders and care for them holistically. Help us extend our reach into the community by sharing our work with your peers today.



Photo courtesy of the Agency for Integrated Care (AIC).

St Luke's ElderCare

50 Kallang Pudding Road, #07-02
Singapore 349326

☎ 6390 9368

☎ 6390 9369

✉ hq@slec.org.sg

👉 slec.org.sg/giving

📘 [StLukesElderCare](https://www.facebook.com/StLukesElderCare)

🌐 www.slec.org.sg

Ang Mo Kio Residence: 2 Ang Mo Kio Street 23

Ang Mo Kio Centre: 2 Ang Mo Kio Street 23

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 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

☐ 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:

MM / YY

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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