

Touch of

ISSUE 13 | SEP 2020

St Lukes
ELDERCARE

Grace™

Virtual Art Therapy Workshop

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Continuity of Care

Appreciation for Outgoing Chairman with Changing of Guard at SLEC Board of Directors

As we looked back on the work of St Luke's ElderCare (SLEC) in the past financial year from 2019 to 2020 during our Annual General Meeting (AGM) held online on 25 August 2020, we were also reminded of the distinguished service rendered by our Chairman, Mr Timothy Teo.

At the AGM, it was announced that this year would be the last year of his service onboard as SLEC's Chairman.

Mr Teo had served tirelessly since coming onboard the Board of Directors in September 2014. Under his tenure, SLEC's capacity grew from 11 eldercare centres serving 2090 elders to 23 eldercare centres, serving 4500 elders, expanding into one of the largest eldercare service provider in Singapore. We also saw the opening of our first nursing home comprising 189 beds, as part of the vision for end-to-end service provision.

One of Mr Teo's greatest passions is for person-centric care. Loneliness, helplessness and boredom were identified as the top three woes of ageing. The antidotes were outlined as loving companionship, opportunity to give and receive care, and variety and spontaneity.

Under Mr Teo's influence and watch, "No One Ages Alone" became our motto to encapsulate our missional calling for holistic care. SLEC's strategy also went beyond caring for the body, to caring for the mind and soul.

His vision for care played a key role in shaping SLEC's care philosophy and care provision.

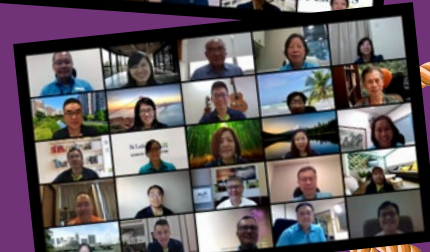
With his wise counsel and patient advice, SLEC services have been shaped to empower elders to live independently, yet supporting their social interactions. Facilities with inclusive community social spaces were built. Intentional planning with partners and volunteers to deliver programmes were also in place.

Mr Teo has been integral to the advances and achievements accomplished by SLEC in the past six years. We are grateful and much indebted to his invaluable contribution, dedication and judicious stewardship of SLEC.

With effect from 1 April 2021, Prof. Ho Yew Kee will be assuming his role as Chairman of the SLEC Board of Directors, while Ms Jacqueline Poh will be assuming the role as Deputy Chair.

"I am confident that both Prof. Ho's and Jacqueline's wealth of experience and their many achievements will enable them to lead the organisation to greater heights, as we continue developing innovative programmes and services to meet the needs of our community,"

Mr Timothy Teo,
Chairman, St Luke's ElderCare



Virtual Art Therapy Workshop

As part of our continuous efforts to introduce virtual volunteering opportunities and engagement, we organised a virtual art therapy workshop for our partners and volunteers. The workshop was conducted by our in-house art therapist to promote self-care through art, allowing participants the opportunity to express themselves artistically.

Using familiar objects and art materials commonly found at home, participants were led on an imaginative and creative journey through art. Our art therapist introduced fundamentals such as shapes, patterns and colours whilst employing four different art techniques of colouring, patterns, pointillism and collage.

We were excited to know that our participants were able to put together beautiful art pieces even though some of them shared that they had little experience in art.

Susan, a participant, shared, **"Art Therapy is new to me. I enjoyed the session and learnt how to relax better. Hopefully, I can volunteer at the centre and share this new knowledge with the elders soon!"**

Artwork done by another participant of the virtual art therapy workshop.



Artwork done by Susan, participant of the virtual art therapy workshop.



National Day Celebrations

A line up of activities awaited our elders across our senior care centres and St Luke's ElderCare Residence @ Ang Mo Kio (SLR@AMK), as we celebrated Singapore's 55th birthday this year. As part of the celebrations, our elders enjoyed performances put up by our staff and received mini gift packs, consisting of items such as our national flag.

At SLR@AMK, our elders received care packs and enjoyed a delightful tea break sponsored and organised by our partners; ACE Seniors, Baking Industry Training College (BITC) Singapore, Boston Scientific, ITE College East and Mayer Marketing. Students from My First Skool (Toa Payoh) brought much cheer to our elders with their virtual dance and exercise performance.

We are grateful for the support and celebrations put together by our staff and partners!



GIVE With Love

Recently, we reached out to preschools for their support in our virtual fundraising campaign titled "GIVE with Love". Our campaign was set up on giving.sg, enabling principals to invite their parents, teachers and friends to virtually support St Luke's ElderCare.

One of our longstanding preschool partners, Tung Ling Kindergarten, raised more than \$5,000 in a span of 3 weeks even though the target was \$2,500. Students from the school took on the role as young volunteers in making artworks for our elders from various centres.

We are thankful for the generosity displayed by Tung Ling Kindergarten's parents and teachers.

Our campaign will be open throughout the year for preschools to sign up. Preschools that are interested to raise funds for elders can register via this QR code.



▲ Volunteers from Tung Ling Kindergarten engaging our elders at Marine Parade Centre.

▲ Students volunteering at our centres prior to the circuit breaker.

Nurses' Day



This year, we celebrated Nurses' Day on 30 July at St Luke's ElderCare Residence @ Ang Mo Kio. Close to 100 staff and nurses joined us online via zoom, along with other attendees who were present at our residential care facility.

In honour and recognition of our nurses' incredible dedication and love for our elders, the attendees were engaged in a series of dance performances, photo-taking, cake cutting, blessed draw and a short video segment put together by our Management and staff.

Our heartiest appreciation to all nurses for the wonderful work you do. Your commitment to patients and healthcare is most commendable.



Indeed, nurses are priceless gems in community. Join us to positively impact the lives of our elders!



▲ Head of SLR@AMK, Ms Ng Lay Ling speaking to attendees during the event.



▲ Our emcees speaking to attendees over zoom.

Engaging our Elders Virtually

As our church partner, New Creation Church (NCC) has rendered support to St Luke's ElderCare in many ways. Before the circuit breaker, they organised events and activities for our elders across our senior care centres (SCC) and St Luke's ElderCare Residence @ Ang Mo Kio (SLR@AMK).

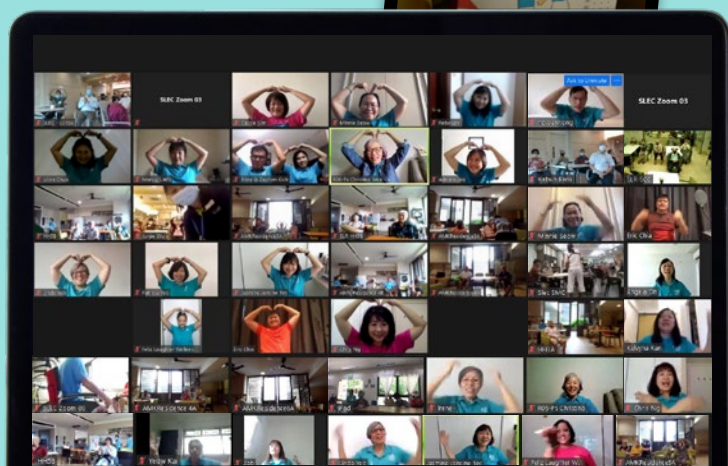
Though some of the engagement plans had to be shelved due to COVID-19, the team from NCC has been connecting with our residents virtually via zoom on a weekly basis. Since the first zoom session in May, a total of 14 sessions has been conducted. As the sessions went on, we were excited to see more elders from SLR@AMK and our SCCs actively participating in the programme.

Volunteers from NCC have also aided in conceptualising and producing Care Activities Kit to support our elders in staying active and engaged in the midst of the Covid-19. Our elders are grateful for the kits, which contain a variety of items such as memory games and colouring pieces.

We are thankful for all the church members and volunteers who have constantly introduced new activities and devoted their time to engaging our residents in SLR@AMK and other centres.

▲ Screenshot of NCC's volunteers engaging our staff and elders over zoom.

▲ Elder receiving the care activities kit prepared by volunteers from NCC.



Caring For More



To work towards a seamless transition for elders upon their discharge from hospital, the team from St Luke's ElderCare, National University Health System and Roche presented their proposal and submitted it to Design4Impact, an initiative to co-create solutions in a post COVID-19 world.

The proposal, recognised as one of the winning solutions, focuses on a mobile application named 'Buddy Aide'. The application aims to act as a post discharge buddy system, in pairing a volunteer with an elder as an informal caregiver over 28 days post discharge.

The volunteer buddy will be a valuable support to the elder in ensuring that the elder takes his/her meals regularly and provide timely reminders to the elder to consume his/her medication. A daily chat to lighten the elder's mood is sure to speed up post-discharge recovery and keep spirits high for the elder.

Find out how you can register as a volunteer today!



▲ Mr Edwin Lim, Centre Manager of Jurong East Centre and team leader of the project, sharing how elders living alone can be well supported.

FRESH VIETNAMESE SPRING ROLLS

"This dish is special to me because my good friend taught me to prepare it. We built our friendship through cooking. My son likes this dish very much, given that it's healthy and easy to prepare. Preparing this dish together has allowed us to enjoy priceless quality bonding time. My son even used this dish to take part in a school examination project!"

- Recipe from Elly Tan, a staff with St Luke's ElderCare



Serving size approximately 12 rolls

Ingredients:

- 1 packet of Vietnamese rice paper popiah skin
- 2 heads of butter lettuce, washed
- 3 cups of cooked Vietnamese rice vermicelli noodles
- 4 pieces of chicken breast meat, blanched and shredded
- 18 – 20 pieces of prawns, cooked, deveined and halved
- 1 cucumber, shredded
- 1 carrot, peeled and shredded
- 1 large onion, thinly sliced
- Chinese parsley, chopped
- Pork floss
- Peanuts, chopped
- Egg omelette, shredded

Method:

To prepare gravy

1. Add 1 part fish sauce to 3 parts of water in a pot and bring to a boil.
2. Add 1 tbsp sugar to the pot and stir till the sugar dissolves completely.
3. Remove the pot from the stove. Add the juiced lemon and chopped chilli padi.

Gravy Ingredients:

- Fish sauce
- Water
- Sugar, 1 tbsp
- Garlic, minced
- 1 lemon, juiced
- Chilli padi, chopped

To prepare rice rolls

1. Immerse two pieces of rice papers in lukewarm water for a few seconds to soften the rice papers.
2. Lay the softened rice papers on a clean cloth.
3. Add in the ingredients as per the order of listing above.
4. Leave 2 inches uncovered on each end of the rice papers.
5. Fold the uncovered ends of the rice papers inwards.
6. Tightly roll the rice papers.
7. Repeat with the remaining ingredients.

Caring Till The End

His Love for the Outdoors

An avid outdoors lover, Mr Hong Ming Hean was at his prime age of 36, when he experienced his first seizure during a canoeing expedition in Phuket in 2003.

Diagnosed with an incurable congenital neurological disorder, Ming Hean's condition has been deteriorating since the episode in Phuket. His diagnosed disorder is known to cause seizures, cognitive impairment and dilation of blood vessels, resulting in the redness of skin on his face and parts of his body.

"Ming Hean knew about his diagnosis at a young age and was mentally prepared that the symptoms could surface anytime. Nevertheless, he made it a point a live life to the fullest," shares Ming Khim, Ming Hean's brother.

In spite of his diagnosis, Ming Hean took up canoeing on both a recreational and competitive level. He made time to coach students at the Kallang River and documented his canoeing and outdoor experiences in a photo album.

As Ming Hean's condition continued to deteriorate, it became difficult and dangerous for him to work as he had regular seizures and reddening on many parts of his skin. Eventually, he left his job when mobility issues and skin discoloration became more severe.

Despite his efforts with physical rehabilitation, his condition took a turn for the worse after a stroke in September 2019 affected his functional ability and caused him to become bed-bound.

Upon his discharge from the hospital, he was referred to St Luke's ElderCare (SLEC) for home medical, home nursing and home rehabilitation services so that he could continue receiving appropriate care at home.

Continuation of Care at Home

Since the referral, Dr Tan Jiak Ping, Home Care Doctor from SLEC has been conducting home visits to Ming Hean on a monthly basis. During her recent visit in July, Ming Hean nodded and smiled in acknowledgement of her presence despite much difficulty and discomfort brought about from the swelling of his cheeks.

As part of the home care routine, Dr Tan checked Ming Hean's eyes for signs of infection and his lower limbs to assess his range of movement and strength. She noticed that he seemed to be experiencing some discomfort. Upon closer assessment, she realised that Ming Hean was developing a bedsore caused by his diapers and prolonged duration in a fixed position.

"Is it painful?" asked Dr Tan. Ming Hean's lips curled slightly as he attempted to respond to her.

As Ming Hean's condition is incurable and will continue to deteriorate with time, Ming Khim hopes to continue supporting Ming Hean through the remainder years of his life. Ming Khim shared that the recent circuit breaker enabled him to spend more time with Ming Hean and their 84-year old mother.

"I hope to prepare my brother for the tail-end of life so that he can go through it peacefully. I am grateful for the dedication and care that the team (from SLEC) has provided us with. They have provided us with much support during this caregiving journey," said Ming Khim.

Help in the Community

Many elders in community require our care and support. Our range of services across our senior care centres, residential care facility and home care services provide elders and their caregivers with professional medical care, advice and companionship.

Join us as a staff, volunteer or donor today to make a meaningful impact to the lives of our elders.

Join us as a staff:



Share your talents as a volunteer:



Impact an elder's life today:



▲ Ming Hean coaching students in canoeing.



▲ Dr Tan checking Ming Hean's eyes for signs of infection.



▲ Dr Tan checking Ming Hean's lower limb range of movement and strength.

Please seal this area.



I want to help!

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Donation Amount

☐ One Time Donation ☐ Monthly Donation

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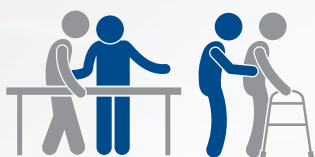


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