

# Touch of

ISSUE 14 | DEC 2020

# Grace™

**Our Garden, Our Community**  
Elders enjoying the fruits of their labour from the community garden

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Volunteers who help our elders look and feel good

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## Finding Hope in Despair

Find out how physiotherapy helped our elder regain independence

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# Community Care Day 2020 Virtual Celebration

Heartiest congratulations to all team members who received the Community Care Excellence Award (CCEA).

We are delighted and honoured to be awarded 18 Individual Silver Awards, Winner for Team Award in Clinical Quality and Merit for Team Award for Client Experience Improvement.

The CCEA is administered by the Agency for Integrated Care (AIC) to show appreciation to staff in the community care sector for going the extra mile to care for our elders, enabling them to age gracefully in our community.

The virtual celebration was graced by Mr Masagos Zulifli, Minister for Social and Family Development and Second Minister for Health, who commended all recipients for their admirable dedication and commitment to serving and caring for elders.

Join us in congratulating all recipients for their love and passion for our elders!



# Community Care Manpower Development Award 2020



"Seeing the impact my work has on the elders motivates me to continue learning and improving to innovate care delivery," says Alvin Teo, Centre Manager of St Luke's ElderCare (SLEC) Sumang Centre.

We are immensely proud of him for receiving the Community Care Manpower Development Award (CCMDA).

Organised by the Agency for Integrated Care, the awards provides new entrants, including students and mid-career switchers, and staff working in the community care sector with opportunities to develop professionally and grow their career in community care.

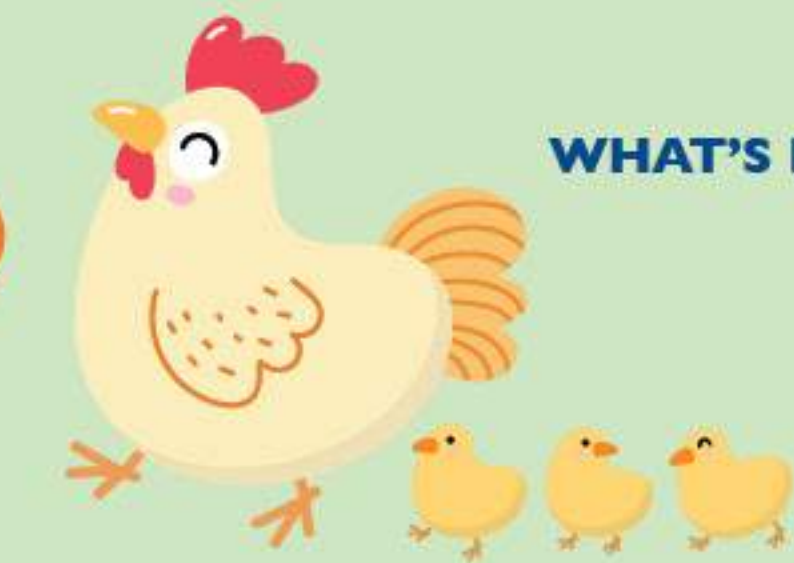
Check out video filmed by the Agency of Integrated Care via [bit.ly/CCMDA2020](https://bit.ly/CCMDA2020) or via this QR code:



Mr Alvin Teo  
Centre Manager  
SLEC Sumang Centre



# Reminiscence Day @ Bukit Timah Centre



It was Reminiscence Day for our elders and caregivers at St Luke's ElderCare (SLEC) Bukit Timah Centre.

The room was filled with laughter and enthusiastic chatter. Our elders were encouraged to share videos and pictures of their younger kampong days in Singapore. It was a heartfelt sharing session where our elders were given a platform to share their life stories.

Unlike present-day food courts and coffee shops in Singapore, food in the 1960s was served in traditional pushcarts. Our elders were treated to a walk down memory lane with food items such as kacang puteh (roasted beans) and attap chee (palm seed). They participated

in tikam tikam, a guessing game, often run by the provision shops at the housing estates. People would pay small change to randomly pick a ticket from the tikam tikam board in exchange for mystery prizes such as snacks, soft drinks and small toys.

Our staff gamely dressed up in the 1960s style and everyone had a memorable day.

At SLEC, we are always looking out for new collaborations to engage our elders in fun and meaningful activities. Join us as a partner by emailing us at [hq@slec.org.sg](mailto:hq@slec.org.sg) today.



# Celebrating Love @ Rivervale Centre

We were honored to share in Mr and Mrs Lee's lovely celebration as they commemorated their 54th wedding anniversary at St Luke's ElderCare (SLEC) Rivervale Centre.

Mr and Mrs Lee, both aged 82 this year, joined us recently in August 2020 for maintenance day care on weekdays.

In 1988, Mr Lee had a bad fall at work. He suffered injuries to his head, hands and his right leg had to be amputated. Just last year, Mrs Lee fell twice and was diagnosed with cognitive impairment. She had another fall in January 2020 and fractured her right hand.

Their son, Raymond, is their primary caregiver. Most unfortunately, he had audio impairment at birth and conversing with others was a major challenge.

In spite of their circumstances, selfless love and passion is evident in the Lee family. Raymond is grateful that his parents enjoy their time at the Centre, working on puzzles and making new friends. Having his parents well cared for while they are at the Centre leaves Raymond feeling assured and allows him pockets of personal time and to take a breather.

It is heartwarming to witness the close bonds between the Lee family. We are also heartened to know that they are well-supported by additional subsidies from SLEC, over and above government subsidies.

Make an impact to the lives of our elders by donating generously via <https://www.slec.org.sg/giving/> today.



## New Urban Kampung Research Programme

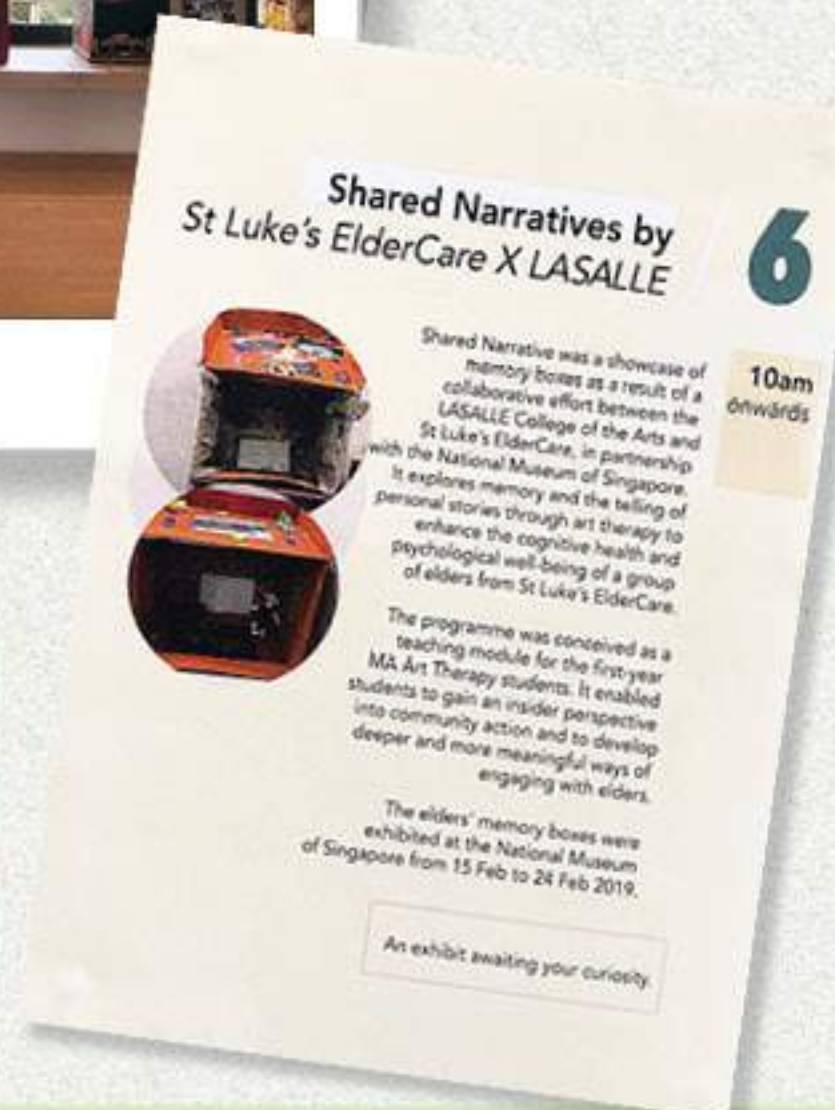
As part of the collaboration between Singapore University of Technology & Design (SUTD) and the Housing Development Board (HDB), St Luke's ElderCare (SLEC) is pleased to support the New Urban Kampung (nukampung) Research Programme by sharing our resources and experience to build stronger community cohesiveness in Jurong East.

Together with other community partners involved in this project, we set up a booth at Bold At Work to showcase unique art pieces done by our elders in collaboration with LASALLE College of the Arts.

Aside from equipping partners with a platform to share and reach out to the community, the programme aims to revive the kampung spirit whilst bridging the communication gap between residents to foster meaningful relationships.

Through the nukampung programme, residents can download a mobile application to register for events and activities, and meet like-minded neighbours who share the same interests.

Find out more about the nukampung (mobile application or programme) by scanning the following QR code:



## Our Garden, Our Community

Initiated by our staff and volunteers at St Luke's ElderCare (SLEC) Hougang Centre, our elders had a fun and memorable day planting and harvesting herbs and vegetables from the community garden.

The activity was well-planned to stimulate the five senses of sight, sound, smell, taste and touch. Our elders enjoyed the vibrant colors of the plants, flowers and herbs; heard the simple symphony of the birds; smelt the natural scent of herbs and nature; pruning process and tasted their produce of their harvest. Delighted in the personal touch of their pruning process.

Our elders beamed with pride as they saw the fruition of their efforts and shared their produce over lunch.

At SLEC, we believe in offering a variety of activities and programmes for our elders through partnerships and empowering our staff to introduce initiatives across our nursing home and centres located islandwide.

Have an initiative in mind? Get in touch today! Email us at [corp@slec.org.sg](mailto:corp@slec.org.sg)



## Caring for Our Partners

We launched our Volunteer Support Group (VSG) Programme in August to provide care and support to our volunteers as they contribute their valuable time and resources in crafting programmes and leading activities for our elders.

Our pilot programme was attended by 8 participants from the Church of Singapore. The session was facilitated by our in-house senior counsellor, Dan Ng, who guided the participants in reflecting on their volunteering journey and sharing their experiences.

Our in-house dietician, Ler Yi Bin also conducted health talks for partners, individuals and interest groups. Attendees shared that the sessions were useful and they gained knowledge on managing osteoporosis and high blood pressure through a healthy diet.

We are constantly on the lookout for volunteers who have a passion to serve our elders! Email us at [volunteer@slec.org.sg](mailto:volunteer@slec.org.sg) to indicate your interest today!



## Befriending Beyond our Walls

In collaboration with Citi Singapore, the Global Community Day Committee engaged with our elders at St Luke's ElderCare Changkat and Nee Soon Centre to celebrate National Day and Mid-Autumn Festival in August and October respectively via a virtual platform.

As part of the National Day celebration at Changkat Centre, the Citi Singapore staff hosted a Sing Along, prepared colouring activities and encouraged our elders to participate in a game of identifying Singapore's iconic landmarks.

Over at Nee Soon Centre, our elders participated in a Mid-Autumn themed bingo game, with refreshments courtesy of Citi Singapore.

On behalf of our elders, a big thank you to Citi Singapore for the memorable celebrations!



## Going Virtual with Intergenerational Games

A longstanding annual tradition, this year's Intergenerational Games Day went virtual on 20th October 2020.

60 elders from St Luke's ElderCare Keat Hong Centre had a great time with specially planned LIVE song performances, bingo games and prizes. In spite of the COVID-19 situation, the volunteer group of 12 teachers and 4 students poured their heart and soul into the dance performances, using various self-made props to create an engaging performance for our elders.

Thank you, Fajar Secondary School volunteers, for your creativity and enthusiasm in engaging our elders!



# Timeless Beauty

"Look good, feel good!" This timeless adage applies regardless of age.

We welcomed Team MDI, a group of volunteer hair stylists, providing complimentary haircuts for our elders at selected centres and our Residence @ Ang Mo Kio.

Patient and attentive to our elders' requests, the skillful team never fails to put a smile on our elders' faces. Our elders also comment on how good they look and feel after a good haircut.

Team MDI lead, Mark shares about their passion to serve. "The satisfaction we get is priceless when elders smile and appreciate our service. Although it may be easier to donate money directly, but we choose to make a connection. We choose to show love and care for them through our time and service," he adds.



# Youth for Case Project 2020

Bridging the generation gap isn't difficult when we put our hearts and minds into it.

36 Ngee Ann Polytechnic past and present students made the effort to regularly spend time with elders of St Luke's ElderCare Hougang Meadow and Rivervale Centre.

Known as Team Heart Over Mind (HOM), the students initiated "Project With You" comprising weekly activity boxes hand delivered with love, as well as Zoom and phone calls to chat with elders.

Designed to promote cognitive, physical and life skills, the activity boxes contained art-and-crafts, puzzles and games.

The 8-week initiative ended with a surprise 'reveal' of the faces of the HOM team via Zoom, joined by a surprise befriender who participated from abroad, while in Ireland.

Thank you, Team HOM! Our elders greatly anticipated and enjoyed every moment spent with them!



# Zoom Health Talks for our Partners & Volunteers

Good health speaks volumes! Eating well at home takes on a whole new level of importance amidst the Covid-19 pandemic.

Our Dietetic team connected with partners and volunteers over a series of monthly health talks conducted via Zoom, commencing in April with the last talk in November. The monthly health talks were well-received with an average attendance of 30 participants per session.

Participants gained many nuggets of wisdom on diet management and healthy meal plans. The last talk in November ended on a high note with giveaways up for grabs in the quiz segment. Time was set aside towards the end of each session for participants to share health tips and raise questions to the speaker.

We are grateful to our partners and volunteers for devoting their heart and time to serve our elders. We hope all participants who joined us for the health talks can share their new learning with family and friends to stay strong and healthy for all times!



# Young at Heart

Our elders at St Luke's ElderCare Residence @ Ang Mo Kio have been connecting with pre-schoolers from My First Skool Toa Payoh Centre via zoom as part of encouraging intergenerational activities.

Children have an inexplainable energy to brighten up the days and faces of our elders, simply with their presence. Their presence was sorely missed during the Circuit Breaker where all volunteer activities had to be temporarily halted.

The half hour Zoom sessions are always most engagingly filled with beautiful performances from the children, ranging from poetry reciting to skits! We sincerely appreciate all the effort put in by the teachers and children for the performances and look forward to seeing them in person once again, after the Covid-19 restrictions are lifted!



# Ukulele Jams @ Tampines

It was music to the ears with the introduction of Ukulele lessons by Changkat Community Club and its Residents Network Zone 3. 8 elders from our St Luke's ElderCare (SLEC) Tampines Centre enjoyed Ukulele lessons for a period of 3 months.

The first lesson began on 22nd October with instructors allaying the fears of our elders by providing patient support and encouragement. Adhering to safe distancing measures, the elders were divided into smaller groups for the lessons. Joy and laughter swiftly filled the rooms as the strumming began.

We thank all instructors for the patience and passion they embrace in introducing the Ukulele to our elders. We look forward to a splendid musical performance by our elders from SLEC Tampines Centre!



## Mimi's Pata Tim

A Filipino pork hock dish braised to fork-tender perfection, pata tim brings about fond memories for our nursing aide colleague, Betsy, from the Philippines.

"This dish is special to me, as my mum has been cooking this dish way before I was born. She usually prepares this pata tim on special occasions such as Christmas Eve, when my family gathers together for much love, laughter and a feast," says Betsy with a tinge of nostalgia in her eyes.

### Ingredients

- 3 pounds whole pork leg
- 3 cups soya sauce
- 2 cups pineapple juice
- 1 tbsp ground pepper
- 6 pieces bay leaves
- 1 can Sprite
- 1 cup water
- ¼ cup red sugar (optional)
- ½ cup pineapple chunks

### Method

1. Clean the pork leg by blanching it with hot water.
2. Make small cuts on the pork leg.
3. Place the blanched pork leg into a large pressure cooker.
4. Pour in the soya sauce, pineapple juice, ground pepper and bay leaves.
5. Cook the pork leg until it is soft and tender.
6. Pour in the Sprite, water and pineapple chunks.
7. Add red sugar to taste, while the pork leg simmers in the pressure cooker.
8. Serve with red chilli, if desired.



# Finding Hope in Despair

An avid mountain biker and master painter for over 50 years, Mr Chong used to enjoy long bike rides of freedom and nature appreciation for leisure.

In August 2018, he was diagnosed with Myasthenia Gravis (MG) exacerbation, characterised by weakness and rapid fatigue of muscles. The condition is caused by a breakdown in the normal communication between body nerves and muscles.

Mr Chong's diagnosis came as a shock to him and his family. In his worst moments of despair, he became extremely frustrated with becoming wheelchair-bound. He came close to giving up on his rehabilitation sessions.

### Finding a Light in the Darkness

Thankfully, he found a beacon of hope in Dr Mothi Babu Ramalingam, an Associate Consultant in Rehabilitation Medicine from Singapore General Hospital (SGH). Dr Mothi referred Mr Chong to St Luke's ElderCare (SLEC) Hougang Meadow Centre in November 2019, following his discharge from SGH.

Over the past 10 months, Mr Chong achieved great progress in his rehabilitation. He was supported by SLEC staff and was determined to press on, much to the relief of his family.

Mr Chong's daughter still recalls his first session at SLEC.

It wasn't easy. She shared a video where Mr Chong had to be assisted with a gait belt, and was closely attended to by 3 staff to ensure his safety.

Almost a year on, it is amazing to watch Mr Chong taking big strides with energy and confidence.

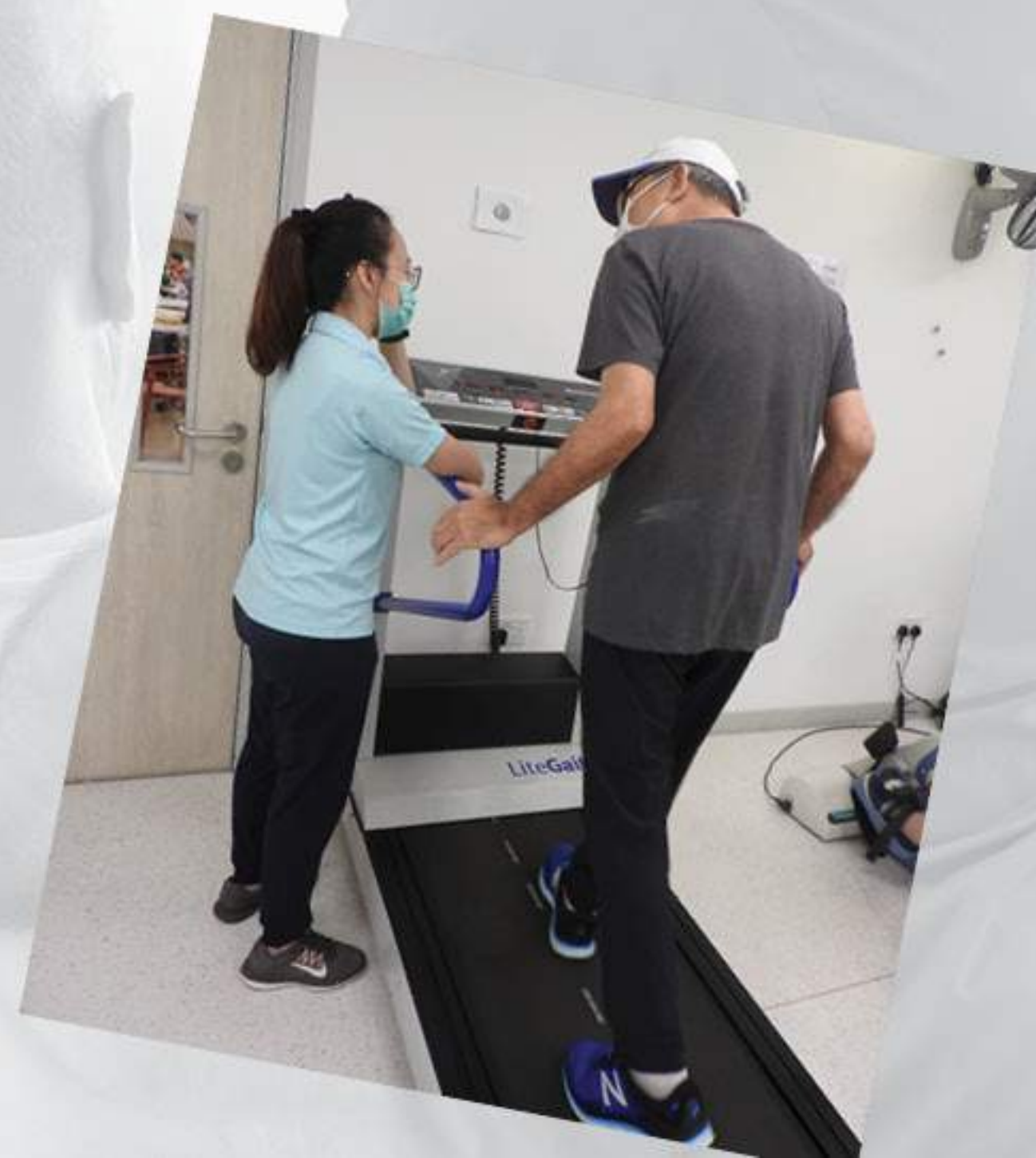
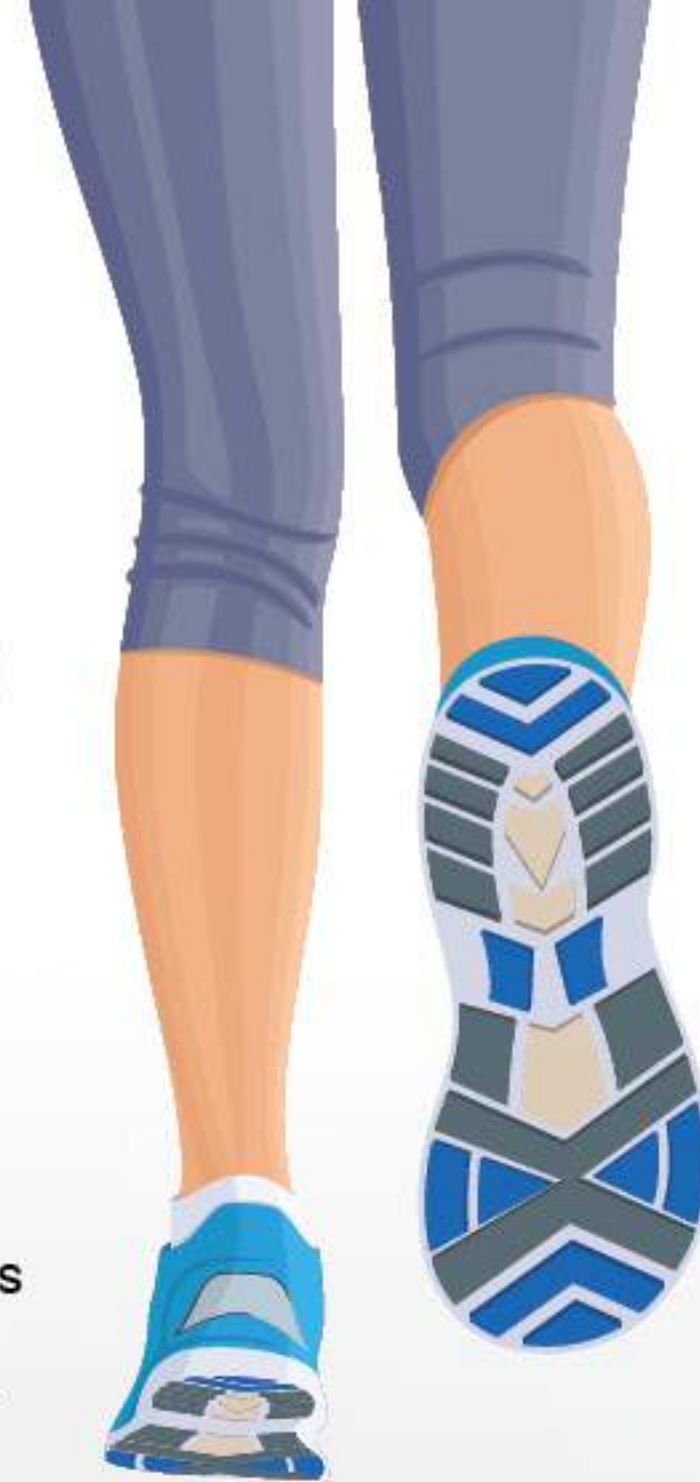
With the stunning improvements in his physical condition, Mr Chong currently attends weekly therapy sessions at SLEC Hougang Meadow Centre, down from his initial thrice-weekly intensive sessions.

### St Luke's ElderCare as a Second Home

Mr Chong credits his main physiotherapist, Alison, for his current ability to walk independently and stay alert for up to three hours in one sitting. He knows all the staff at SLEC Hougang Meadow Centre by name and even regards them as his grandchildren, given the care they have showered on him over the months. He diligently follows their instructions in practising simple daily exercises at home and heeds their reminders to be patient and seek doctor's clearance before he takes up cycling again.

In Mr Chong's words, "SLEC has been wonderful! Diagnosis is not the end. Stay positive, have faith in your doctor and therapists. Build new goals in life and work towards achieving them. Patience and perseverance is key!"

At SLEC, we are committed to serving and empowering elders. Visit our website today at [www.slec.org.sg](http://www.slec.org.sg) to find out more about our services and locate a centre near you!



Please seal this area.



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

### Donation Amount

One Time Donation     Monthly Donation

\$50     \$200     \$500     Others: \_\_\_\_\_

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

### Donor Details

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### Contact Details

Email: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_ Singapore: \_\_\_\_\_

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If you would like to receive a hard copy tax-deductible receipt, please tick here.

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**Credit Card**

VISA / Mastercard:



Name on card: \_\_\_\_\_

Expiry Date:

MM / YY

Signature(s) :

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Name of Bank: \_\_\_\_\_

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Bank Account Number: \_\_\_\_\_

Bill To: \_\_\_\_\_

St Luke's ElderCare Ltd

Signature(s) / Thumbprint(s):

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- 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.

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**5000**

Elders Served  
名年长者

**23**



Senior Care Centres  
所乐龄关怀中心

**1500**



Volunteers and Community Partners  
名义工和社区伙伴

**1**



Nursing Home  
间疗养院

**\$4.3**



**Million**

Fundraising Goal  
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