

Touch of

ISSUE 15 | MAR 2021

Grace™

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Staying Safe, Staying Engaged

Staying Safe, Staying Connected

Our first round of the COVID-19 vaccination exercise commenced in January, where many of our frontline staff, Management and Board Members of St Luke's ElderCare came forward to receive the vaccination. Citing a common desire to protect elders under our care, our staff recognised that vaccination was a vital step in this pandemic.

Our staff has been working behind the scenes to ensure our elders remain connected and meaningfully

engaged albeit virtually. We are thankful for the support and team spirit that has been evident from re-purposing facilities to designing virtual programme formats.

You too, can play a role to engage our elders through virtual volunteerism activities. Contact us at volunteer@slec.org.sg to make an impact today!



Our 47 Individual Hero and Best Team awardees who were recognised at the Singapore Health Quality Service Awards 2021!

In this year's special edition of the awards, themed "Standing in Solidarity; Honouring COVID-19 Healthcare Heroes", our colleagues gained recognition for their exemplary work and going the extra mile to care for our elders in the midst of a pandemic.

Our 47 Individual Heroes are colleagues from our senior care centres and nursing home and they were awarded for their efforts and dedication in proactively engaging and ensuring that our elders were well-cared for during the Circuit Breaker and temporary closure of our centres.

Our Best Team awardees' "Together @ SLEC" project was significant as the large-scale project brought together staff from all centres, disciplines and departments.

Of these, 165 staff were trained and designated as Care Ambassadors to purposefully engage elders and continue to deliver care even while our centres were temporarily closed.

Heartiest congratulations to all our recipients!



Virtual Serenades

Driven by their passion for music and their love for our elders, volunteers from the Volunteer Guitar Connection interest group have been spending time with our elders every Tuesday.

Equipped with their guitars and delightful voices, they used to perform 'live' at our premises before COVID-19. While restrictions were in place, they devised virtual engagement sessions for our elders to dedicate songs well-loved songs.

Even when an unfamiliar song was requested by our elders, our volunteers would promise to learn the chords to perform for them in the following week!

Kudos to their love and dedication in bridging the physical distance through music and ensuring our elders are never disappointed!



Virtual Partner Appreciation Event

A huge thank you to all our partners who joined us for our first Virtual Partner Appreciation Event in January!

We were excited to have 140 attendees who gathered virtually for the event themed Igniting Hope. Conducted over Zoom, our Chairman, Mr Timothy Teo delivered the opening address and touched on how our partners have helped to make a difference in the lives of our elders.

This was followed by an impact update delivered by our Chief Executive Officer, A/Prof Kenny Tan who spoke on how COVID-19 had also presented opportunities for our partners and team to extend our reach and impact.

Truly without support from our partners, St Luke's ElderCare (SLEC) would not have come so far, impacting more than 5,000 elders daily through our centre-based, home-based and residential-based services.

In appreciation of their active support towards SLEC all these years, our staff across our headquarters, centres and nursing home expressed their heartfelt messages through a short video.

Thank you to all our partners for believing in us and for supporting our cause!

If you were unable to join us, you may scan this QR code to view the video:



Celebrating the Lunar New Year with AMK Primary School



Adapting to the safety measures in place due to COVID-19, students from Ang Mo Kio Primary School found creative ways to show their support and love for our elders at St Luke's ElderCare Residence @ Ang Mo Kio.

Aside from putting together handmade festive decorations and music videos to celebrate the Lunar New Year, the students also organised a food donation drive and packed a total of 180 hampers for our elders.

Our partnership with the school has also enabled us to empower and engage our elders in various intergenerational activities such as sing-along sessions before the pandemic.

We are grateful for the school's support as they continue to make a difference in our elders' lives. You too, can make a difference in our community! Write to us to find out how your organisation can be involved! Reach us at corp@slec.org.sg today!



Lunar New Year Celebrations

A line-up of activities awaited our elders across our senior care centres and nursing home as we celebrated the Lunar New Year in February.

As part of the celebrations, our elders were involved in the handicraft sessions organized by our staff and volunteers. Using recycled red packets and commonly found art materials such as twigs and coloured paper, our elders put together beautiful decorations which filled our premises. We are also grateful for the following church partners' support as they engaged our elders through the distribution of mandarin oranges, morning tea, handicraft, lo-hei and virtual Zoom engagements:

Bethany Church Singapore
Bethesda Hall Ang Mo Kio
Bukit Batok Presbyterian Church
Gospel Light Christian Church
Lighthouse Evangelism
Living Hope Methodist Church
Living Waters Methodist Church
New Creation Church

Overseas Mission Christian Fellowship
Paya Lebar Methodist Church
Pasir Panjang Hill Brethren Church
Providence Presbyterian Church
Sembawang Baptist Church
Sion (Presbyterian) Church Bedok
Yio Chu Kang Chapel
Yishun Christian Church

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Stewed Pork Ribs with Mixed Vegetables

"This is a simple dish which is special to me as my mother used to prepare it for me. It also brings about fond memories as I first savoured this dish at a hawker centre in the old Queenstown market which has since closed down."

Ingredients:

- 1 kg of soft pork ribs
- 1 piece of garlic, crushed into a paste
- 2 large onions, crushed into a paste
- 3 tablespoons of bean paste
- 1 can of mixed green peas, carrots and corns
- 1 can of baked beans with tomato sauce
- ½ can of luncheon meat, cut into cubes

Methods:

1. Scald the pork ribs with hot water in a large bowl and drain them well.
2. Heat a little oil in a wok.
3. Stir fry to cook the garlic, onion and bean paste.
4. Pour a moderate amount of water before adding the green peas, carrots, corns, baked beans and luncheon meat.
5. Add the scalded pork ribs and simmer over medium heat till the meat is cooked.
6. Add salt as desired.
7. Serve hot with porridge or rice.

Taste of Home

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!

Recipe from the daughter of Mdm Wee Kiaw, an elder who was previously at St Luke's ElderCare Chong Pang Centre



Passion to Purpose

Tapping on the interests of our elders and helping them to get back to what they love doing can often motivate them further in their rehabilitation journey. Here's how Mdm Nurul* found inspiration and joy during SLEC's centre-based sessions.

A bubbly and passionate cook who often provided for others, Mdm Nurul used to operate a stall in a school canteen selling local Malay favourites for 26 years.

She was devastated when she learnt that she could not return to work after being diagnosed with a stroke in 2019.

The Turning Point

Whilst she was out purchasing groceries one day, she experienced a fall and was admitted to Khoo Teck Puat Hospital. Little did she know that she had suffered a stroke. Shortly after her inpatient stay in the hospital, she was transferred to Sengkang Community Hospital before being discharged to SLEC Rivervale Centre for rehabilitation.

At times when she experienced fatigue, her therapist would encourage her to muster her strength to achieve the milestones set for her.

Purposeful Rehabilitation

Upon discovering Mdm Nurul's passion and love for cooking, her therapist introduced the use of rolling pins to encourage and challenge her so that she could continue making curry puffs like she used to.

Aside from her rehabilitation sessions at the centre, Mdm Nurul also made the effort to practise at home. She was delighted when her daughter even purchased a rolling pin and playdough for her to practise on. Seeing how she had progressed, her therapist asked if she would be keen to resume making pastries. Filled with excitement and with the support from her family, Mdm Nurul agreed to step up to the challenge!

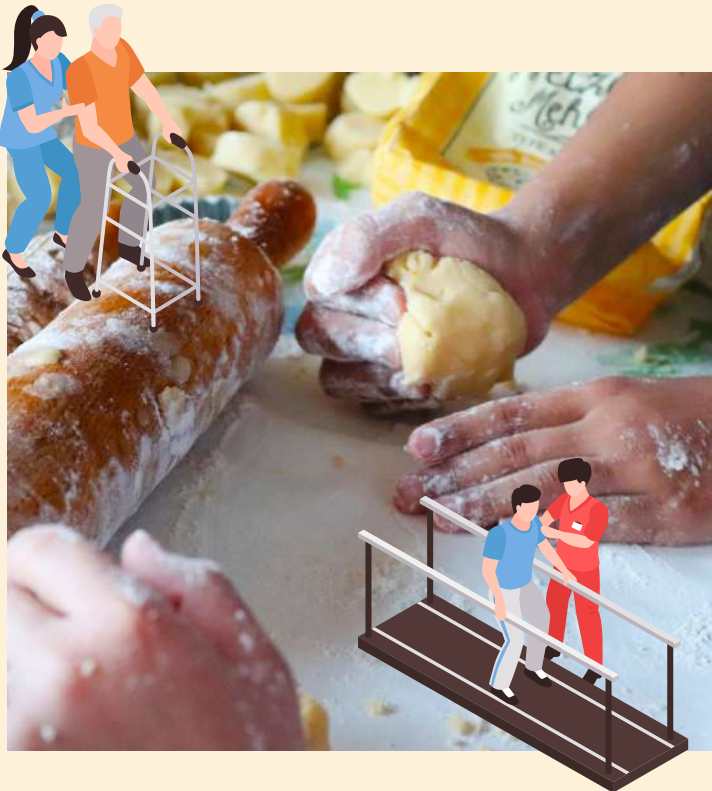
After several attempts, her efforts came to fruition as she elatedly shared a video of herself making the pastries at home.

"I am very proud of my wife! She is so happy to be able to cook and provide good food for others to enjoy again!" said Mdm Nurul's spouse.

At SLEC, we believe in engaging our elders and encouraging them to pursue their interests to lead a purposeful life.

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

*Pseudonyms have been used to protect the identity of our elder.



Join us as a staff:



Share your talents as a volunteer:



Impact an elder's life:

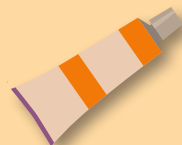
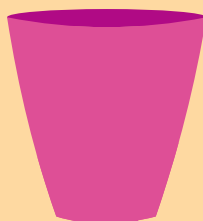


Igniting Conversations through Art

To provide programmes and activities for the varied interests of our elders, Care Staff Cynthia Ong and elders from our Rivervale Centre put together a collection of art pieces inspired by their yesteryears.

At the session, our elders were invited to share their experiences which were incorporated into the art-making process. Many shared about their lives during their younger years, for example, when they had to draw water from the well.

At St Luke's ElderCare, we believe that our elders should be meaningfully engaged. Through the process of art-making, we also engage our elders in reminiscence therapy.





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SLEC IPC number: IPC000155

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One Time Donation Monthly Donation

\$50 \$200 \$500 Others: _____

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

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Name of Bank: _____ Branch: _____

Name(s) as in Bank's Records: _____

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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.

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