

Touch of

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St Lukes
ELDERCARE

Grace™

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Engaging
Communities

Mother's Day Celebrations at Clementi Centre

In celebration of Mother's Day, our staff decided to engage our elders and Foreign Domestic Workers (FDW) in a simple handicraft activity.

As many FDWs themselves have children in their home country as well, this activity provided the team with an opportunity to rekindle their relationship as elders and FDWs gathered to prepare gifts to express their appreciation and to acknowledge the love, care and sacrifices made by Mothers.

To extend the reach of their activity and celebration, the team decided to avail these gifts to anyone who passed by the centre

by placing a desk filled with these handmade tokens and a greeting card.

We are thankful for the participation and support of everyone who was involved. To all the Mothers out there, you are truly a blessing!



Penpal in the Community

Driven by their love for elders, a group of volunteers from varying professions sought to engage our elders through a traditional method of communication – snail mail.

Their passion for letter writing provided our elders from St Luke's ElderCare Bukit Batok and Clementi Centres with opportunities to interact remotely during the pandemic. While some elders may not be well versed in writing, the activity enabled our elders to express themselves with the support of our care staff who

assisted to transcribe their thoughts.

Aside from enabling them to express themselves creatively, the therapeutic benefits include physical, cognitive, and emotional engagement as they recollect their thoughts and experiences.

We are grateful for the support and love that our volunteers have for our elders. We hope that through similar activities, more volunteers can step forward to empower,

engage and play a part in battling the helplessness, loneliness, and boredom that elders may face.

Find out how our elders and volunteers enjoyed themselves through a video that was featured in a documentary on Channel 8 Morning Express.



Creative Engagement Through Volunteerism

Our elders from St Luke's ElderCare Rivervale and Sumang Centres were delighted to learn how to build terrariums and play the ukulele. This was made possible by tapping on the SG CARE Community Partnership Grant which aims to enable community partners to forge relationships, grow and develop sustainable volunteerism.

The terrarium workshop was attended by a total of 70 elders from both centres over 3 sessions in March 2021. The workshop provided a platform for our elders to exercise their creativity and seize the opportunity to pick up new skills whilst providing a sense

of accomplishment through the completion of their very own terrariums.

Similarly, the ukelele workshop which was attended by 26 elders enabled our elders to practice and improve on their hand-eye coordination, social skills and acquire a comprehension of the various chords involved.

While the lessons have been put on hold due to the measures taken for COVID-19, our elders are looking forward to the next in-person Ukulele lesson as they will be preparing for a performance scheduled to be held at the end of the year.

Find out how you can volunteer your talents by writing to us at volunteer@slec.org.sg today!



Provision of Support to Caregivers

Foreign Domestic Workers (FDW) have always been a source of support for elders with higher care needs. Often, they go through tremendous stress in coping with language barriers and care responsibilities. Our counsellors decided to introduce the FDW Support Group to help manage and develop their psychosocial wellbeing.

The pilot programme has seen success thus far, our counsellors have been able to reach out to more than 20 FDWs. Many of the attendees have also shared positive feedback on how they have been able to share their difficulties and how they have learnt from each other's sharing and experiences.

We are grateful for their support and we are delighted to be able to provide a safe platform for them to validate their respective struggles.



Photos taken before COVID-19 safe distancing measures

Home Made Ngoh Hiang

"This is a simple dish which my husband and I enjoy. Its ingredients are easily available thus anyone can prepare it easily."

Recipe from the spouse of **Mr Lim Kim Seng**, an elder from St Luke's ElderCare Sumang Centre.

Ingredients:

- 500g pork belly, minced
- 500g prawns, chopped
- 10 pcs of water chestnut, diced
- 2 stalks of spring onions, sliced
- 2 red onions
- 1 carrot, diced
- 2 tablespoons of plain flour
- 2 tablespoons of cornflour
- 5 pcs of cream cracker crumbs
- 2 eggs
- 1 teaspoon of five-spice powder
- 2 tablespoons of light soy sauce
- A dash of white pepper
- A moderate amount of sesame oil
- 1 to 2 large sheets of dried bean curd skin
- 200 ml of oil for frying

Methods:

1. In a large bowl, mix all the ingredients and season well together.
2. Fold bean curd sheet and cut into the desired size.
3. Place a few spoonful of seasoned meat onto the bean curd sheet and ensure half an inch of space is available on both ends .
4. Wrap up the Ngoh Hiang like a swiss roll ensuring the bean curd sheet makes a complete round.
5. Seal the skin with some cornflour solution.
6. Place in a frying pan and fry till the skin is crispy.





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