

**TOUCH OF**

ISSUE 17 | DEC 2021

St Luke's  
ELDERCARE

# Grace

## LOVE BEYOND DEMENTIA

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## SOMETHING'S BREWING IN BISHAN

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# A fresh new look!

*We are excited to welcome a few new installments at St Luke's ElderCare. Starting with a brand new look for Touch of Grace, our magazine that highlights the work that we do in the community, and with our partners.*

*In December 2021, we are welcoming our new HQ at SIM. We are saying goodbye to our beloved office at Kallang Pudding that has been like a home for us in the last few years. We look forward to an amazing 2022!*

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## Honouring our Elders: Grandparents' Day

On Grandparents' Day, our colleagues at SLEC@Chong Pang Centre celebrated this special day with ice cream and a fun quiz for the elders.

At the end of the quiz, we were surprised to discover many amazing facts about our elders. Among us was an ex-national badminton player, a sword-maker, and one who used to run an elderly home business!

The folks at other centres like SLEC@Rivervale Centre and SLEC@Nee Soon East Centre also took this opportunity to show their appreciation to the elders by giving special performances and writing thoughtful letters.

Other than providing their loved ones, children and grandchildren with unconditional support and affection, it is clear that these grandparents played a huge role in our society.



Fundraising Highlight:

## Cycling around the island for the elders

In May 2021, a group of cyclists embarked on a fundraising journey for St Luke's ElderCare Residence @ Ang Mo Kio with a fundraising goal of \$30,000.

The team surpassed their goal and collectively raised a total of \$84,373. Way to go, team! We are incredibly heartened by their shared passion and the individuals who have supported them all the way till the finish line!

From all of us at St Luke's ElderCare, we thank you.



# LIFELONG LEARNING

This year, we are also excited to share that our Chief Executive Officer, A/Prof (Dr) Kenny Tan, was selected for a prestigious award offered by the Harvard Singapore Foundation to pursue a programme on Strategic Perspectives in Nonprofit Management. This programme is designed to equip CEOs of non-profit organisations with strategic perspectives, practical frameworks and leadership skills to drive high performance. He said, "There is always room for us to learn and grow. Improving ourselves not only widens our horizons but also increases our capacity to serve others better. I encourage all professionals to pursue ways of upskilling themselves actively so that we can make a bigger impact on our society."

Assoc Prof (Dr) Kenny Tan,  
CEO, St Luke's ElderCare

## WHEN PASSION FINDS A WAY

Working in a Social Service Agency that serves clients on the ground is not easy. Yet, our staff at St Luke's ElderCare are often commended for their positivity, warmth, and approachability. The secret? They are fuelled by their passion! In this issue, we feature two SLEC staff whose paths were set for other futures – but who chose to contribute to the meaningful cause of uplifting our elders. They are both award recipients of the Agency for Integrated Care - AIC Singapore Community Care Manpower Development Awards (CCMDA) 2021, which recognises their commitment to upskilling and further developing themselves to serve the community more effectively.

**Wu Jun Jie** has always been passionate about serving the community. He entered the eldercare sector when he was just 24 years old after deciding to focus on serving our elders. As a youth volunteer, Jun Jie discovered that he enjoyed interacting with elders. As a child, he was brought up by his grandparents, whom he says granted him "access to knowing more about their world". With these experiences, he found it fulfilling to be placed in a role where he could connect with elders.

"Some elders simply desire for someone who genuinely cares for them and who will listen to them, so they do not feel detached from the outside world," he shares. After a decade of serving elders, he completed a Graduate Certificate in Health Services. His job includes coaching centre supervisors, and to lead and guide the ground staff at SLEC.

**Vivien Mok** is a technological whiz, who studied IT for her formal education. After working in SLEC in a different position for four years, she obtained a Bachelor of Social Work, and took on a new position as a Medical Social Work Associate. A desire to make a difference keeps her going. "I have a passion for social work. I also hope to make a positive impact by improving the quality of life of people in our society," she says.

This spurred her to pursue a career with active community involvement and helping others. Her degree in social work has certainly equipped her with the knowledge and skills to respond effectively to needs. Moving forward, she looks forward to further building upon her skills and knowledge to improve her capacity in supporting others.

Wu Jun Jie,  
Centre Manager, Kebun Baru Centre

Recipient of AIC Singapore Community  
Care Manpower Development Awards  
(CCMDA) 2021.

“I HOPE TO  
MAKE A  
POSITIVE  
IMPACT...”

Vivien Mok,  
Medical Social Work Associate  
St Luke's ElderCare Residence@  
Ang Mo Kio

Recipient of AIC Singapore Community  
Care Manpower Development Awards  
(CCMDA) 2021.





# The Story of Mr & Mrs Yeo

Mr & Mrs Yeo are a hardworking and power-packed team. For years, Mr Yeo supported his family working as a school bus driver and cleaner, while Mrs Yeo drove a school bus. The loving couple led a simple but joyful life. It was not until early 2021 that Mrs Yeo felt something amiss about her husband, and things started to change.

"There were a few recurring incidents where he would walk to the neighbouring blocks or exit the lift on the wrong floor, or he would often return home at irregular hours, claiming that he was sent home from work when he was working as a cleaner. I decided to clarify with his cleaning supervisor on the irregular hours, and I was shocked to learn that my husband would often forget specific instructions and leave out certain tasks at work. I grew concerned over his cognitive behaviours through the accumulated incidents and advised him to retire. I was also worried for his safety as he cycled to work," says Mrs Yeo.

Mrs Yeo's hunch was confirmed when the specialist doctor diagnosed her husband with dementia. Though since then, Mr Yeo had mostly remained indoors, Mrs Yeo still faces challenges coping with his condition. "On a few occasions, he would go missing when I returned from work. My children and I had to search several locations to find him. You can imagine the anxiety we had been through." Thankfully, in the subsequent similar episodes, Mr

Yeo's family could locate him more swiftly from the tracker that his son bought for him. His family would often find him clearing dried leaves and drains at different factory spots.

In July, Mr Yeo's condition deteriorated, and he had difficulty identifying directions and returning home. "When I learned about his condition, I felt very discouraged. He is a doting husband, and before this condition, he would always help out with the housework. I couldn't process why this had happened. He also became increasingly hot-tempered and would get angry if I raised my voice slightly at him."

Realising the need for Mr Yeo to be cared for during the day when she went to work or had to run errands, Mrs Yeo decided to enrol Mr Yeo into St Luke's ElderCare (SLEC) through their doctor's recommendation. Daily, she would bring Mr Yeo to SLEC@Hougang Centre in the morning before going about her day. As the primary caregiver to her husband, Mrs Yeo is grateful for the assistance rendered by the care staff at SLEC. "I could take some rest after my work or run errands as I feel assured about his safety even when I am not with him.

The initial two weeks into enrolment at SLEC@Hougang Centre was challenging, as Mr Yeo showed signs of aggression and difficulty in adjusting to the new environment. "I had planned to withdraw him from the centre. But the care staff explained that my husband needed more time to adapt to the new environment and the unfamiliar faces, and I was glad that I heeded their advice! Within six weeks, my husband did not resist coming to the centre, and now enjoys the programmes tailored for him," shares Mrs Yeo.

More importantly, he enjoys coming to the centre, and he always carries a smile whenever I send him to the centre. I know that this did not miraculously happen without the constant effort and dedicated care from the care staff. They had conscientiously identified my husband's interests and he has taken up arts & craft and gardening. He loves gardening and collecting the harvest. Even at home, he tells me he misses staff members and looks forward to seeing them again! These efforts have helped my family feel assured in placing him under their care while I have some respite from my care responsibilities."

"I've also learned new ways to interact with my husband, and it has helped us to bond just like we used to," shares Mdm Yeo. Journeying with someone with dementia is not easy. Our services at SLEC may be able to assist you and your loved ones. For enquiries, please reach out to [hq@slec.org.sg](mailto:hq@slec.org.sg) or contact us at **6717 2777 (Monday to Friday, 9 am to 6 pm)**.





# UNDERSTANDING DEMENTIA

According to the Agency of Integrated Care<sup>1</sup> (AIC), 1 in 10 seniors above the age of 60 develop dementia.

Dementia is a medical condition that affects the brain, causing difficulties with memory, language, recognition, planning, and performing complex tasks.

If an elder you know is showing difficulties with specific details, or display any of the symptoms below, seek the advice of a medical professional.

## ***What are some of the signs of dementia?***

1. Difficulty thinking or creating logical trains of thought.
2. Failing to retain new information or remembering past events.
3. Inability to find words or communicate ideas.
4. Difficulties with complex tasks, or processing visual and spatial information – such as while driving.
5. Confusion and difficulty telling apart fiction and reality.
6. Changes in personality, or an increase in depression, anxiety, paranoia, or hallucinations.

### **IMPORTANT:**

Bring the elder to seek medical attention immediately. Caregiving for an elder with dementia can be challenging. Our services at St Luke's ElderCare can assist you, such as providing daycare services or providing social and psychological support.

For more information, please visit [www.slec.org.sg](http://www.slec.org.sg).

<sup>1</sup>. [www.aic.sg/body-mind/about-dementia](http://www.aic.sg/body-mind/about-dementia)



## Introducing: **BERNARD WAN AND SLEC'S NEW ACTIVE AGEING HUB**

### Active Living @ Active Ageing Hub

Who says our senior years must be dull? Our silver years should shine just as bright – we have earned it! St Luke's ElderCare is setting up Active Ageing Hubs (AAHs) within housing estates to serve as one-stop nodes that engage residents through active ageing programmes as well as day care, day rehabilitation and assisted living services. Our newest node at Bishan has been offering active ageing programmes since June 2021 and day care services since 1 December 2021.

"In the coming year, as part of our aim to build an ageing-friendly community in Bishan, we will be offering a wide range of holistic and exciting active ageing programmes to engage and empower our elders," shares Mr Bernard Wan, Centre Manager, Active Ageing Hub@Bishan that currently operates at Block 136 and 138 Bishan Street 12. Later in the year, HEAL (Healthy Eating and Active Living) – a gym and cafe will also be added to the AAH at Block 152B Bishan Street 11.

Residents above the age of 50 and living in Bishan can participate in our curated programmes to enhance their mental, physical, social, and cognitive wellness. These include lifestyle engagement facilities such as a mini-gym cum rehabilitation area, a cooking corner for baking and culinary classes, and a veranda for coffee or tea-time. There will also be opportunities for interpersonal interactions, volunteerism, and

personal development programmes for our residents. In addition to the services, programmes, and facilities available, our AAH also serves as an excellent way for our elders to bond and form friendships with one another. "By engaging our active agers in meaningful ways, we hope to build a community-centric model of care with strong social bonds. We hope the AAH will become a place where elders can live to their full potential. They can continue to engage in their lifelong interests and enjoy opportunities to develop new interests. We always encourage our elders to find new sources of fulfilment while receiving necessary support for their needs and priorities," says Mr Wan.

We highly encourage residents in the area to sign up for a free membership with the AAH and to participate in the diverse activities and services. We are also on the lookout for volunteers and partners for AAH@Bishan. Our volunteering opportunities include community befriending, activity facilitation, operational support, and concierge support. For more information, email us at [bishanadmin@slec.org.sg](mailto:bishanadmin@slec.org.sg) or contact us at 6911 1820.

“ By engaging our elders in meaningful ways, we hope to build a community-centric model of care with strong social bonds. ”







SLEC is an Institution of 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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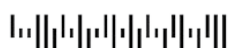
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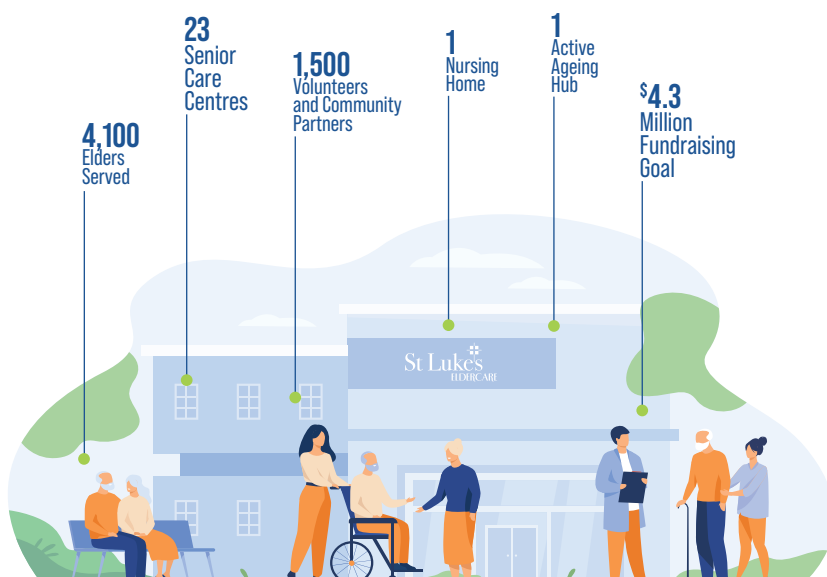
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