

A touch of His

St Luke's
ELDERCARE

Grace™

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A CAREGIVER'S JOURNEY

In The Beginning

When Constance's late father, Mr Chua Chok, was still around, his wife, Mdm Siek, was his full-time caregiver. Mr Chua was battling cancer and underwent chemotherapy for treatment. Besides caregiving, Mdm Siek also singlehandedly managed the household chores, groceries and cooked their meals.

When Mr Chua went on to be with the Lord in September 2018, Mdm Siek grieved deeply over the loss of her partner and best friend of 48 years.

She slipped into depression and lost a lot of weight. The depression affected Mdm Siek's cognitive function and she could not conduct her daily activities of living, such as bathing. Her daughter, Constance, had to move in to take care of her.

Constance was suddenly faced with the task of taking care of her mother and did not know what to do. She sought advice from her friends who recommended her to the nearby St Luke's ElderCare (SLEC) Telok Blangah Centre. The Centre Manager readily assisted and got Mdm Siek registered with the centre to begin her recovery journey.

Her Caregiving Routine

Every morning at 6.30am, Constance will gently tap on her mum and say, "Ma, it's time to wake up to go to 'school'", evoking excitement in Mdm Siek. 'School' is the word Constance uses to refer to St Luke's ElderCare (SLEC) Telok Blangah Centre, which Mdm Siek attends for day care.

Constance will then assist her mother with her bath, getting dressed, and prepare breakfast, before sending Mdm Siek to the centre. They would be listening to hymns in the background and Mdm Siek would hum to worship songs such as "活出爱Live Out Love".



The team at the centre has provided Constance with the assurance that her mother enjoys her time there and is cared for with love.

Her Spiritual Journey

Aside from the dedicated team at the centre, church volunteers from Telok Ayer Chinese Methodist Church would come by the centre weekly to share the Word of God, sing worship songs and even bring the elders on outings from time to time.

The weekly visits have helped Mdm Siek to open up, enabling her to connect with the church volunteers through songs. "Their unwavering encouragements together with that from the centre's care staff enabled my mother to be more open to try new things," said Constance. "By the grace of God, my mother can now take on her daily activities of living with minimal assistance," she added.

Meaningful Engagements

Mdm Siek was initially reluctant to go on outings as she would complain of pain to the leg. However, with the constant encouragement from the staff, she eventually gave it a try. With each outing, Mdm Siek began to enjoy herself more thoroughly.

One such outing was to the newly opened Jewel Changi Airport where caregivers and family members were invited to spend time with their loved ones as volunteers. Constance was delighted to soak in the atmosphere and explore the nature-themed entertainment and retail complex with her mum for the first time.

Floral arrangement sessions at the centre also sparked an interest in Mdm Siek. Organised by Noel Gifts, Mdm Siek and the elders were given fresh flowers to create their very own bouquet. "I am glad my mom enjoys her time at the centre. I recalled the instance where my mother came back very happy with her bouquet," said Constance.

SLEC serves more than 4,000 elders and their family. Many family members like Constance often juggle the roles of being a mother, a full-time employee and a caregiver at the same time. At SLEC, we seek to raise awareness of eldercare and the support and resources we provide for caregivers like Constance. Join us in making a difference towards elders in our community. To find out more, visit www.slec.org.sg today.



A Celebration of Care Family Carnival

Celebrating 20 years of serving, loving, and empowering communities, we will be organizing St Luke's ElderCare 20th Anniversary Family Carnival: A Celebration of Care.

We hope to involve everyone in the community - our elders, caregivers, volunteers, donors, residents, staff, community partners and churches as we believe that everyone plays an integral role in building a community of care.

As we celebrate this milestone with our friends and families, we hope to also form new partnerships to enable us to better serve our elders in the coming years. We ask for your support towards enhancing care to our elders through better care processes, new technology and equipment.

Every dollar raised through the carnival will be matched by the Community Silver Trust, a dollar-for-dollar donation matching grant provided by the Government, to enhance the services of Voluntary Welfare Organisations in the Intermediate and Long-term Care sector.

Find out how you can join in the fun by visiting slec.org.sg/20years/ today



BUILDING A COMMUNITY OF CARE

At St Luke's ElderCare, we place great emphasis on our staff, volunteers and partners in ensuring they are also being cared for within the community.

In 2017, we started running the Alpha course. Since then, we have been able to reach out to a total of 130 attendees who have come to know of God. Out of 130 attendees, 26 of them received salvation and we also witnessed many of them who rededicated their lives to Jesus. We managed to speak to 3 attendees to find out how their journey in Alpha has been.

When I was invited to attend Alpha, I was hesitant. I was a believer but I did not attend church regularly.

During the Alpha course, I learnt a lot about the miracles of God and how He touched the lives of our colleagues and friends as they shared their experiences.

During the Alpha retreat, I received the gift of the Holy Spirit. The Spirit came upon me when I was overcome by emotions with flashbacks of my past. Subsequently, I felt God's touch, I had an inner peace that has lasted ever since.

To God, be the glory!

- Jet Apelado, Senior Physiotherapist, SLEC Ayer Rajah Centre

After attending the first session, I realized Alpha was not limited to people from just one religion or denomination, it was open to everyone. Thus, I tried to attend each week, and finally made it to the Alpha Retreat.

The Alpha Retreat was overwhelming, in a good way. I found that I learned a lot and I felt really blessed to come to know Jesus and to realise that God has put us here on earth for a reason and for a purpose.

Through the Alpha Retreat, I've come to feel blessed, that the burden I carry with me has been lightened and that there is a release of fear, worry and anxiety in my life. I've come to feel the presence of our Lord, who is willing to accept us, forgive us and love us unconditionally.

- Norman Odulio, Senior Physiotherapy Associate, SLEC Whampoa Centre

Growing up, my father was abusive. I bore hatred for him all these years. During one of the sessions at Alpha, I received news of my father's death. I then realized that I am able to forgive him and find peace in my heart.

I am glad through Alpha, I have been able to better connect with God who has given me the strength to do so.

I am also thankful for everyone who encouraged me to attend the course and I'm grateful for God who has always been accompanying me on this journey.

- Mark Anthony Guzman, Physiotherapy Associate, SLEC Tampines Centre



REACHING OUT THROUGH PARTNERSHIPS

To offer a variety of engaging programmes and activities for our elders, we continuously explore innovative approaches and partnerships. Recently, we partnered New Creation Church (NCC) to organize an outing to Star Vista. Approximately 80 elders, 12 staff, and 20 church volunteers joined the outing. The church volunteers also completed the volunteer level 1 training organized by our Volunteer Engagement team.



During the outing, our elders had a great time as the church volunteers brought them around the mall for lunch, window shopping, and to view the auditorium where service is usually held at on Sundays. Our elders were also very comfortable with the volunteers as NCC has been conducting services twice a month at St Luke's ElderCare Kebun Baru Centre since October 2018.

We are thankful for their support and we look forward to working with many more partners to reach out to more elders and caregivers in the community. Find out how you can make an impact in our elders' lives by visiting www.slec.org.sg today!



A HEART TO SERVE

Volunteers take on an integral role in the community. Unsure how you can begin? Fret not!

Training is available for all our volunteers. The training is conducted in 2 levels to equip volunteers with basic skills and knowledge regarding managing and communicating with an elder.

Level 1:

- Learn basic elder communication skills
- Acquire knowledge on ageing and range of mobility aides

Level 2:

- Acquire knowledge and skills on moving and transferring elders, bed transfers
- Learn to communicate with empathy
- Learn to plan elder-friendly activities

We are always looking for more volunteers with different skills and interests (e.g. handicraft, balloon sculpting, photography etc.)

You can bring a smile to our elders. Find out more about volunteering at volunteer@slec.org.sg

LET US CONTINUE TO *pray for*



God's protection to be upon the elders, their caregivers, our staff, volunteers, donors and our community partners.



Staff members, caregivers and volunteers to be filled with wisdom, strength and love as they care for our elders through our services.



More church, community and corporate partners to come onboard with us to render spiritual and financial support.