

**TOUCH OF**

ISSUE 18 | MAY 2022

St Luke's  
ELDERCARE

# Grace

## THEIR JOURNEY WITH DEMENTIA: SANDY & MDM CHEE

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# Hello again from SLEC!

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

## A message from our CEO

We welcome the new year, which we hope will bring new opportunities, collaborations, and experiences to engage and empower elders in Singapore. We would like to thank all partners, donors, and volunteers who have made last year a successful one, despite the difficulties brought on by the Covid-19 pandemic.

Last year, we opened our first ever Active Ageing Hub (AAH) at Bishan, and got awarded a new residence at Punggol Field. In the coming year, we plan to work towards setting up two more AAHs in Northshore and Anchorvale. We also hope to launch Concern and Care and Salem Centres, which will use innovative ways to empower our care partners and volunteers to lead, support, and engage elders.

The beginning of this year reminded us that there are many things to be thankful for. In January, we held the SLEC Partners' Appreciation Day over Zoom, where we celebrated the collaborations and significant contributions of our donors, partners, and volunteers. Over the Lunar New Year, we made special efforts to bring cheer to the elders. Their smiling faces brought us great affirmation and joy.

In 2022, we strive to emphasise the importance of ageing-friendly activities that support elders in ageing actively and gracefully. We look forward to bringing you new updates over the year. If you would like to contribute as a partner, donor, or volunteer, please reach out to us at [www.slec.org.sg/giving/ways-to-donate](http://www.slec.org.sg/giving/ways-to-donate) and [www.slec.org.sg/ways-to-give/volunteer](http://www.slec.org.sg/ways-to-give/volunteer).



## Lunar New Year at SLEC

This Lunar New Year, our elders participated in craft making at SLEC centres. Using materials such as red packets, yarn and balloons, our elders created crafts like face masks, keychains and balloon sculptures.

The festive season can be challenging for some elders, especially those with disabilities. The team at St Luke's ElderCare Residence@AMK helped to foster the spirit of New Year shopping by bringing new and pre-loved clothes, shoes, and accessories from donors to the centre in a shopping cart. We were pleased to see the excitement of the elders who were able to "shop" at the centre and re-experience this annual custom.



Jocelyn Ng,  
Senior Nurse Educator

Assoc Prof (Dr) Edward Poon,  
Senior Director, Nursing Services  
& Academic Director

***We are proud to share that the St Luke's ElderCare team was awarded 3 "Star", 18 "Gold" and 111 "Silver" awards at the Singapore Health Quality Service Awards 2022. Aptly themed "Honouring Our Healthcare Heroes: Emerging Stronger", the Awards highlighted the contributions of our country's front-liners during the pandemic. We would like to thank all healthcare workers in and outside of the SLEC team, for their service and passionate work during these difficult times.***

***In this issue, we would like to introduce you to Jocelyn Ng and Michael Tiew, who were honoured with the "Superstar" and "Gold" awards respectively.***



Michael Tiew,  
Senior Medical Social Worker

### Jocelyn Ng, Senior Nurse Educator

Jocelyn was an immense pillar of support for the nurses at SLEC during the Covid-19 pandemic. Her duties included guiding and supervising all nurses for both PCR and ART screenings, and ensuring all swabbers performed Covid swab tests according to the infection control and Ministry of Health guidelines, among others. She vaccinated many of the staff in SLEC, as well as many of the elders at SLR@AMK. Many staff and elders commented that she performed an excellent and painless administration of the vaccine.

Jocelyn is motivated and fuelled by her care for others, and it shows through her actions. When a staff member was issued a quarantine order at work, she sent a care package to their facility to encourage the staff member. She has also personally purchased hand gels, vitamins, and food for staff members.

On another occasion, she noticed that an elder at SLR@AMK had been wearing the same sweater for a long time. She surprised him with 2 new lightweight sweaters, so that he could keep warm whilst his sweater was sent for washing. The elder was overjoyed, and we were all encouraged by her kindness. She said, "The Covid situation has actually made our team stronger. Our teamwork, mutual understanding, friendship, trust, support, and love for one another have been strengthened - we have got each other's back!"

### Michael Tiew, Senior Medical Social Worker

When Michael joined the SLEC team, he wanted to work with seniors and journey with them in a meaningful way. He wished to bring joy and love to the elders he served and to help them access the support or resources that they need.

The pandemic has made this difficult and caused more strain on the seniors. He shares that the wearing of masks has prevented him from observing their facial expressions, making it more difficult to assess and respond to their emotional needs. He believes that the work we do is even more important during these trying times, and he goes the extra mile to ensure clients are well taken care of.

To support colleagues who may be feeling demoralised, Michael often reaches out to them through phone calls, meeting them over coffee or a meal, and encouraging them with his wit and humour. He said, "We will triumph through these dark storms. We have come so far in this journey, and we can surely cross the finish line together, as champions!" It is the passion and giving spirit of staff members like Jocelyn and Michael that brighten our days. We are heartened to know that their contributions have been acknowledged and recognised, and are proud of their achievements. Congratulations, Jocelyn and Michael!



# Sandy & Mdm Chee

## 仙蒂与徐女士

### Their Journey with Dementia

When Sandy went to check on her mother, she found Mdm Chee already on the ground outside the toilet. She immediately went to check on her but found no signs of injury – there were no bruises, bumps, or bleeding wounds. Even so, she brought Mdm Chee to a polyclinic, and thereafter a hospital. It was then that Sandy learnt that Mdm Chee had, in fact, suffered a mild stroke that led to her fall.

This was the most recent development in Mdm Chee's onslaught of medical complications. The 85-year-old had previously overcome an ulcer in her liver, an earlier fall, and had started showing signs of dementia. This latest fall would result in walking difficulties. With her worsening dementia, Sandy's anxiety skyrocketed. "I was so afraid for her. I had to tend to her 24 hours a day, never leaving her alone, as I didn't want her to fall down again," she said.

Despite the immense stress from taking care of Mdm Chee in addition to her then 8-year-old daughter, Sandy hoped to live with Mdm Chee, rather than entering her into a nursing home. She wanted Mdm Chee to spend her days in a comfortable environment surrounded by loved ones, and persisted in her caregiving duties. However, she needed some time to get used to some tasks, such as helping her mother with toileting.

Eventually, the pressure started affecting her emotionally. "The social worker told me that I had to relax and not hold myself up to unreasonable expectations," she shared. When the doctor referred her to St Luke's ElderCare and a vacancy opened, she jumped at the opportunity.

"Things got a lot better. I had more time to do other things like getting groceries, taking care of my daughter, or just to catch a breath," said Sandy. "I can tell she likes it here, too. Sometimes at home, she will remember things she was doing at the centre, and start clapping. The staff are very friendly and patient."

SLEC support caregivers by alleviating their caregiving pressures, whilst providing holistic care in a safe and nurturing environment for elders. To find out more about our services, please visit [www.slec.org.sg/our-services](http://www.slec.org.sg/our-services).

### 她们与失智症的旅程

当仙蒂前往查看她母亲时，她发现徐女士已倒在浴室外的地板上。她立即查看伤势但并没有发现任何受伤的迹象——无淤青，擦伤或是创伤。即便如此，她还是将徐女士带到综合诊所，以及医院。也是在当时，仙蒂得知徐女士是因为轻微中风而导致摔倒。

这已是徐女士最近因健康状况而导致的状况。年仅85岁的徐女士已克服长在她肝内的溃疡、一次的摔倒、并开始出现失智症的症状，而最近一次的摔倒导致她行走上有困难。随着徐女士逐渐严重的失智症，仙蒂的焦虑也随着攀升。仙蒂坦言：“我为她感到害怕。我必须24小时全天看守她，不放她一个人，以免再次摔倒。”

即便需要同时照顾当时才8岁的女儿与徐女士，而承受了巨大压力，仙蒂还是希望与徐女士同住而不是将她送到养老院。她希望徐女士在接近亲人的舒适环境下生活，并坚守了徐女士的看护责任。但是，她还是需要一点时间适应一些任务，例如帮助她母亲上厕所等。

最终，这压力在心理上影响了她。仙蒂坦言：“社工告诉我，我必须放松，不要执着与无理的期望。”于是，医生将她推荐到圣路加乐龄关怀中心，并在中心有位时，她立即把握了机会。

仙蒂表示：“很多事情都变得比较好。我有更多的时间做其他的事，如采购日用品、照顾我女儿、或仅仅是喘口气。我看得出她也挺喜欢这里。有时在家，她会记起在中心做的事，并开始拍手。这里的职员都非常友善与有耐心。”

圣路加乐龄关怀中心协助看护者减轻看护压力，并在安全与培育的环境下提供全方位看护服务。欲知更多关于看护服务的详情，请到 [www.slec.org.sg/our-services](http://www.slec.org.sg/our-services)。

### You're in this together

Caregiving need not be a solo journey. Joining a caregiver support group can provide you with a space to express your feelings and experiences, connect with others and exchange support and insights.

St Luke's ElderCare runs Caregiver Support Groups to provide a safe, genuine and uplifting environment for caregiver participants. This platform motivates caregivers to express themselves freely in a non-judgemental space that provides mutual understanding and encouragement. Session activities will be facilitated by a team that includes medical social workers, occupational therapists, counsellors and physiotherapists.

Interested caregivers may enquire or register their interest in joining a Caregiver Support Group by emailing Michael Tiew, Senior Medical Social Worker, St Luke's ElderCare, at [michaeltiew@slec.org.sg](mailto:michaeltiew@slec.org.sg). Please include your full name, contact number, email and the name of your loved one with St Luke's ElderCare.

### 与“同志”一起通过这看护旅程

您不必单独地穿越看护之旅途。不如产于一个看护者支援团队，跟其他看护者联系，发表情绪，支援？圣路加乐龄关怀(SLEC) 的看护者支援团队为看护者提供着一个安全，真实，令人振奋的平台。会议中，我们会鼓励看护者无忧地自由发挥，互相同情。会议当中，有医务社工，职能治疗师，辅导员，物理治疗师提供指导。

有意看护者可以向SLEC的高级医务社工 Michael Tiew ([michaeltiew@slec.org.sg](mailto:michaeltiew@slec.org.sg)) 发电邮，了解更多详情或报名。请包括您的全名，联络号码，电邮和您在SLEC的关怀里的年长者的全名。







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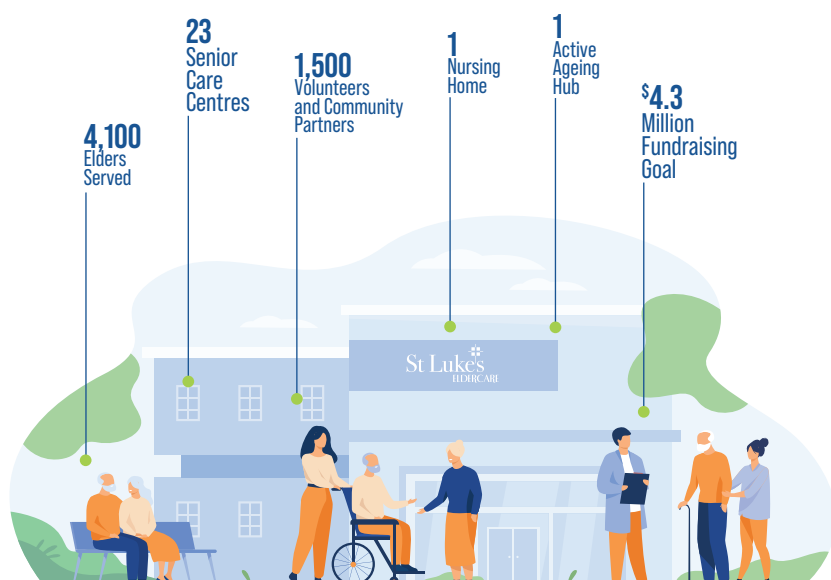
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