

TOUCH OF

ISSUE 19 | SEP 2022

St Luke's
ELDERCARE

Groove

OUR HOME
AWAY FROM
HOME

PAGE 4



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

A message from our CEO

The previous months have been peppered with heartening and humbling milestones in St Luke's ElderCare's (SLEC) journey. We were shortlisted as finalists in the categories **"Facility of the Year - Day Care Centre"** and **"Innovation of the Year - Social Engagement Programme"**, and earned the title of **"Facility of the Year - Residential"** at the 10th Asia Pacific Eldercare Innovation Awards 2022 organised by Ageing Asia. This is both a fantastic affirmation and a humbling experience – a reflection of the hard work of our team at SLEC Residence@ Ang Mo Kio, and motivation to improve our still-fledgling residential-based services.

This month also marked the beginnings of a "new normal" at SLEC, with volunteer training held in person for the first time since the pandemic began. There's a tangible pick-up in energy as our spaces fill up with our lively volunteers. It has not been easy but moments like these inspire us to continue Serving, Loving, and Empowering Communities. Thank you to all our staff, volunteers, partners and supporters! And to our elders - you make it all worth it!

We are committed to promoting the well-being of our elders and creating opportunities for them to actively participate in society by improving their daily life through quality activities and experiences. 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 and www.slec.org.sg/ways-to-give/volunteer.



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The SLEC family is back!

Readying Our Volunteers

We were excited to see our volunteers for our first in-person volunteer training in two years! Our volunteers had lots of fun interacting with our trainers and each other, and gained a better understanding of being a volunteer with the elderly.

"I learnt how to be a good befriender and how to take better care of elders, including my own mother. The training was very interactive, and it is a lesson for life," reflected volunteer Eve Chew. You, too, can volunteer to make a difference to our elders' lives. Find out more via our website www.slec.org.sg/ways-to-give/volunteer.

Getting to Know Uncle James

Uncle James: Our Rehab Patient & Volunteer

"Touching one life at a time" — that's the personal motto that Uncle James Kwok lives by. The former school counsellor, who often goes as "Uncle James", enjoyed guiding youths in need and doing volunteer work. In September 2020, Uncle James started feeling pain in his left hip that stretched all the way down to his left ankle. He found out that his spinal cords were compressed, which affected his nerves. After going through surgery in March 2021, he was referred to St Luke's ElderCare to recover his mobility and strength.

As a former physical education teacher, Uncle James initially faced feelings of dejection, and experienced struggles with performing daily tasks like self-care and walking when he began his rehabilitation at St Luke's ElderCare. The desire to regain his ability to walk around the house and reduce stress on his wife, who was caring for him, made him determined to recover. Uncle James was often encouraged to sing songs like "What a wonderful world" with occupational therapist Jonathan Coo while doing exercises, enlivening the sessions. "The staff here are all very encouraging and motivating," Uncle James shared.

As Uncle James made progress in his recovery, he decided that he wanted to pay it forward by serving as a volunteer at Ayer Rajah Centre. Every Monday, he joins the elders at the Senior Care Centre after his rehabilitation session. He plays cognitive games like "Rummikub" and chess with the elders, and also chats with them about the good old days of the past. Having seen his friends face the challenge of dementia, Uncle James hopes his engagement helps the elders at the Senior Care Centre keep mentally and socially active.

Our rehabilitation client and volunteer shared his philosophy: "Rehab is not just exercise, it's also the community among the clients and the staff. Healthy mind, healthy body. Mind over matter". You, too, can join Uncle James in volunteering to serve our elders at www.slec.org.sg/ways-to-give/volunteer.

**“HEALTHY MIND,
HEALTHY BODY.
MIND OVER MATTER.”**



An active Uncle James during his boxing session



Uncle James with our elders as a volunteer

Our Home away from Home

家外的家

What a week to rejoice in for the residents and staff of SLEC Residence@Ang Mo Kio! SLEC's first residential care facility clinched the "Facility of the Year - Residential" award at the 10th Asia Pacific Eldercare Innovation Awards 2022 for our "Home Away From Home" approach to residential care.

We were runners-up in the "Facility of the Year - Day Care Centre" and "Innovation of the Year - Social Engagement Programme" categories, and clinched the award for "Facility of the Year - Residential". We are honoured to have received these recognitions, which tasted doubly sweet riding the high of the residence's second-year jubilee celebrations. It was a strong affirmation of our efforts to provide quality and loving care to our elders since the onset of COVID-19 pandemic, when we first opened. At the same time, it was a humbling moment - an opportunity for us to step back and reflect on how much still lies ahead.

It has been a momentous journey filled with both endearing and challenging moments since SLEC Residence@Ang Mo Kio opened its doors two years ago. We are looking forward to celebrating our journey with more memorable times like this to come.

值得圣路加乐龄关怀宏茂桥之家住户与职员欢庆的一周！

圣路加乐龄关怀宏茂桥之家的第一间乐龄关怀设施以“家外的家”方案赢得第十届长者护理创新奖的“年度设施 - 乐龄之家”殊荣。

我们更是“年度设施-日间看护中心”与“年度创意 - 社区参与计划”项目的亚军；并也获得“年度设施 - 乐龄关怀”奖项。

我们感到非常荣幸，而这也让欢庆中心二周年的激昂加了双倍欢乐。这是对我们2019冠病期间，初开幕，对年长人士提供优质服务与关爱的强烈认可。与此同时，也给予我们机会退一步思考未来的可能性。

这是自圣路加乐龄关怀宏茂桥之家两年前开幕至今一段兼具欢乐与挑战的旅程。我们期待欢庆未来更多相同时刻。



SLEC at the 10th Asia Pacific Eldercare Innovation Awards



Our award-winning residence



欢笑嘉年华 a Carnival of Smiles 😊

In May, SLEC Residence@Ang Mo Kio commemorated its two-year anniversary. On this special occasion, laughter and joy filled the air as residents and staff celebrated this joyous occasion. Dubbed “the carnival”, elders participated in a variety of exciting games like tikam-tikam, froggy whack-a-mole, and competitive cup stacking. They enjoyed sweet treats like ice cream and cake, swayed along to live musical performances, and received beautiful balloon sculptures prepared by New Creation Church.

Elder Lim Niar Chee, who gave the Tikam Tikam station a whirl, was hit with a stroke of luck on her first try – “I was ‘heng’, and won a plastic drinking bottle. It’s cute!” she recounted. Elder Lim Pek Tiong took on the cup stacking challenge. “It’s quite fun as it tests your speed in stacking the cups, and what pattern you want to create also,” he remarked. Even as the festivities drew to a close, many a smile was to be found on many of our elders’ faces. It has been, after all, a long time since many of them have had the opportunity to enjoy a celebration on such a scale. Here’s to more memorable moments along the way as our residents and staff continue their journey at the SLEC Residence@Ang Mo Kio.

圣路加乐龄关怀宏茂桥之家于五月欢庆成立两周年。在这特别的日子，中心围绕着住户与职员的欢笑声。名为“嘉年华”，年长者参加了多项为他们而筹备的精彩游戏，如抽抽乐，青蛙叮咚锤，与竞技叠杯。他们也享用了如雪糕与蛋糕等甜点，并随着现场音乐表演挥舞。不仅如此，他们也获得新造教会所预备的美丽气球雕塑。

给予抽抽乐游戏一试的年长者Lim Niar Chee女士幸运的在第一次尝试时就赢奖。她坦言 “我很幸运！赢取的塑料水瓶很可爱！”

年长者林伯忠先生则挑战了叠杯子游戏，并表示“这相当好玩，因为它不仅考验你堆积杯子的速度，还考验你创造花样的实力。”

尽管节庆已告一段落，年长者脸上的笑容依然存在；毕竟距离上一次举办类似规模的庆祝活动已有好段日子。期待关怀之家的住户与职员在接下来的旅途上继续创造更多难忘时刻。



CALLING ON OUR NEIGHBOURS

Another day, another adventure! The SLEC team partnered with Yishun Health to bring about some Kampung Spirit in the heart of the neighbourhood. Recently, our Community Relations Executive, Cai Yinzhou, partnered with Ms Low Beng Hoi, Director for Nursing, Population Health & Community Transformation from Yishun Health to speak door-to-door to the elders residing in Yishun.

Hearing their stories and the challenges some of them face, Yinzhou and Ms Low recognised that some elders in the area might be socially isolated. The duo spent their morning sharing about the different activities available at our Kampung Wellness centres in Yishun.

However, their journey in convincing the elders didn't go easy. Along the way, Yinzhou and Ms Low faced a few challenges. As some of the elders had difficulties conversing in English or Mandarin, Yinzhou learned to connect with the elders using Chinese dialects or in another language – a skill that is acquired while engaging with our elders.

While they're determined to make their rounds in Yishun, the duo had to overcome rainy weather and new uncharted paths. They remained undeterred and managed to reach out to new elders in the neighbourhood who were interested to be part of the Wellness Kampung activities.

Elders who are keen to join our Wellness Kampung can contact us at **6257 4702** (Blk 115 Yishun Ring Road), **6257 4802** (Blk 260 Yishun Street 22) and **6257 4842** (Blk 765 Nee Soon Central), or email wellnesskampung@ktph.com.sg.



Cai Yinzhou & Ms Low Beng Hoi



SLEC teaming up with Yishun Health



Yinzhou & Ms Low in the neighbourhood



SLEC is an Institution of Public Character (IPC).
SLEC IPC number: IPC000155

Donation Amount

☐ One-time Donation

☐ Monthly Donation

☐ \$50

☐ \$200

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☐ Others: _____

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

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We are going green! St Luke's ElderCare will issue e-receipts for all tax-deductible donations.

Please fill in your email address to receive an acknowledgement email.

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- 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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