

TOUCH OF

ISSUE 20 | JAN 2023

St Luke's
ELDERCARE

Grace

EMPOWERING ELDERS TO AGE GRACEFULLY AT ST LUKE'S ELDERCARE

PAGE 8



A message from our CEO



Happy New Year!

2022 was an eventful and significant year for all of us at the St Luke's ElderCare (SLEC) family!

Ending the past year with a major milestone, we launched the SLEC CommCare Academy which will build upon our in-house training capability and train external participants in a range of courses and disciplines across the healthcare industry. This is part of SLEC's efforts to meet the demands of Singapore's urgent need for a compassionate and competent workforce for our ageing population.

To mark the start of the CommCare Academy, we launched the inaugural CommCare seminar, which shared insights on important topics within the eldercare sector with an audience of over 500. The topics covered wound care, palliative care, and dementia & spirituality. We hope to see you at the upcoming seminar that's happening later this year.

The relaxation of the pandemic regulations in the second half of 2022 allowed our staff members to resume regular programmes and activities at our centres and nursing home. Together with our corporate, institutional, and church partners, we were able to bring warmth and joy to our elders over the Deepavali and Christmas festivities. We are always thankful to our volunteers, donors, and partners for being a part of our extended family, and I hope to meet many of you again in person this year.

Wishing you health and abundance this Lunar New 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 and www.slec.org.sg/ways-to-give/volunteer.

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Mr Robert (with
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The SLEC Family together on one night.

One Big Family

On 9 December, all of SLEC came together as one big family at the Orchid Country Club for a fun-filled night.

Through the event, we celebrated with one another and reflected on the connections we have made in our journey of transforming community care. We played, sang and ate dinner together as a family, and expressed our creativity by wearing eye-catching and creative costumes. We also cheered on our fellow SLEC staff as they took the stage in our inaugural 'SLEC's Got Talent' show, where our talented staff showcased a variety of performances including singing, dancing, and beatboxing.

A/Prof (Dr) Kenny Tan, Chief Executive Officer of SLEC, and Mr Gregory Lee, Director of Pastoral Care & Church Partnerships gave heartfelt sharing and wishes during the event. A/Prof (Dr) Kenny Tan reflected on how SLEC is one big family, expressing great appreciation to all staff who have served with him over the years. Gregory Lee concluded the event with a benediction urging all to reflect and be thankful for all experiences and accomplishments this year and wishing a blessed 2023 for all.



Introducing the St Luke's ElderCare Inaugural CommCare Seminar 2022

SLEC held its first-ever CommCare Seminar on Friday, 28 October 2022. Two tracks of the seminar “Healing Begins When We Talk About This” ran concurrently.

Dementia and Spirituality

The first part of the seminar covered how churches and faith groups can offer more inclusive care for persons with dementia and their caregivers. The seminar also provided insights on how to approach social and emotional difficulties that come with dementia with a spiritual dimension of care.

“A person’s worth is greater than what they know, think, or produce. Our personhood is not lost with dementia if it is not located in our brain but in our relationship with God,” said one of our guest speakers, Mr Leow Wen Pin, President of Koinonia Network and Director of the Centre for Disability Ministry in Asia.

Wound and Palliative Care

Jocelyn Low, Sa’idah Jalani, and Sylvia Lee covered the best practices in managing a fungating wound, tips for administering effective wound care, and more, illustrated through a case discussion. The Wound and Palliative Care track also focused on emotional and mental pain in addition to physical pain.

Ms Wan from Jurong Community Hospital, one of the attendees, told us that she learned a lot from the session. “With this knowledge, I can better understand the twin aspects of a patient’s wounds and emotions,” she says.

Thought Leaders in Eldercare Training and Education

In conjunction with the inaugural SLEC CommCare Seminar, SLEC also launched the CommCare Academy.

The SLEC CommCare Academy seeks to be a thought leader in eldercare education and training. SLEC CommCare Academy provides a range of courses to learners from all over the healthcare sector, intended to train more than 1500 learners annually from both inside and outside of the organisation.

It will also continue and build upon SLEC’s longstanding partnerships and collaborations with other organisations such as the Agency for Integrated Care to drive further innovation and training in the eldercare sector.



Scan to find out more about the SLEC CommCare Academy!



Our panel of experts discusses holistic care for elders with dementia.



Our distinguished speakers for the Wound and Palliative Care track.



Associate Professor Edward Poon speaking at the Wound and Palliative Care track.



Volunteers making a positive impact with compassion.



Volunteers from all walks of life helping those in need.



Sign up as a volunteer!

Celebrating and Appreciating Our Dedicated Volunteers at St Luke's ElderCare

Many of our volunteers have been with SLEC for over 10 years: their dedication to providing elders with care and company also means that they have endless expertise and knowledge we can leverage.

During our biannual volunteers get-together sessions, our volunteers gathered to share their volunteer experiences and provide feedback to the SLEC's Community Relations department in an effort to improve their volunteering experience as well as improve the care they are able to provide to the SLEC elders.

SLEC also took this opportunity to show our appreciation for the selfless dedication of our volunteers with a meal. As part of the end-of-year festivities, our volunteers were also treated to a celebratory cake. The volunteers expressed their gratitude for the recognition, with one volunteer, Maridol Tintero, saying "You are all very kind to us... [thank you] for making this gathering possible".

Visiting Singapore River this Christmas

Last Christmas, a group of 24 elders from SLEC@Telok Blangah had the opportunity to go on a sightseeing tour around the Singapore River, thanks to the support of volunteers and care staff. Many of the elders were wheelchair bound, and don't often get the chance to go out due to mobility issues, so this tour was a special treat. "We wanted to do something different for them this Christmas," said Mr Gabriel Chua, Centre Manager at SLEC@Telok Blangah.

During the tour, the elders were accompanied by volunteers from three different groups: Joyous Volunteers, Hewlett-Packard Company, and PCF Sparkletots. Mr Eddie Chow, a 67-year-old volunteer with the Joyous Volunteers group, said, "In their old age, their mobility is restricted and they spend most of their time in the centre, so it's good that they come out."

As a finale to the tour, the elders were driven through Orchard Road, where they got to see the street, all decked out in Christmas lights. "I liked all of it!" said Mr Ong Ah Bah, 80, when asked which part of the itinerary he enjoyed the most. Mdm Helen Yeo, 68, added, "I enjoyed being out in the sun, seeing the scenery, and talking to others."



A commemorative shot in front of the Raffles Statue.



The group in front of Old School Delights, where they had lunch.



A group photo in front of the Singapore River.

Food, Memory, and Connection: How St Luke's ElderCare Brings Elders Together through Shared Meals

Three elders. Three different journeys in one melting pot.

"Want to go eat?" — the underlying connotations of care and concern do not escape Singaporeans who cherish having a meal in a communal setting. Food often jogs memories of spending time with your loved ones either over a simple supper or a more elaborate birthday or wedding celebration. The relationship between food and memory is more sensory than other memories — that's the strong connection SLEC aims to leverage.

Our SLEC elders, like Mr Asiappan Abd Majeed Abd Rajak, Mdm Lim Kee Heong, Mdm Tan Lek Kee reminisced about their past while eating their favourite dishes. Their favourite dishes included Mr Asiappan's fish curry, Mdm Lim's chicken curry with stir-fried vegetables, and Mdm Tan's Ayam Buah Keluak — these dishes don't just represent their individual pasts, but also the intangible parts of our cultural heritage and memories that we aim to preserve and cherish.

As our beloved elders age, their younger loved ones are often preoccupied with working and tending to their own families, leaving the elders to have meals on their own. What was once an enjoyable and communal activity becomes an individual activity that is completed with little enjoyment.

We want to create opportunities for elders to relive their memories of shared meals and enjoyable food tastings in their past, while also providing caregivers and volunteers with the platform to express their gratitude and celebrate their relationships with elders through a meal.



HELP OUR ELDERS RELIVE THEIR FOOD MEMORIES



<https://www.giving.sg/slec/chopeaseat>

Your generous contributions will benefit the SLEC Dining Culture Programme, which aims to provide thematic meal opportunities and assistive devices to over 2,400 elders across the island through senior care centres, active ageing hubs, and residential homes.

The SLEC Dining Culture programme stands out from other meal options because of its concerted efforts to promote healthy eating habits. A positive dining culture also improves relationships and increases elder nutritional intake by improving food presentation, taste, and nutrition.

MAKING A DIFFERENCE IN ELDERCARE: FOO CHANG YUH'S STORY

Foo Chang Yuh, affectionately referred to as “Ah Y” by our SLEC elders, joined SLEC in 2019 at the age of 30.

In describing the shift from being an IT Security Analyst and Regional Sales Security Engineer to the eldercare sector, he says, “It wasn’t a mid-life crisis. I just wanted something different”. He joined SLEC as a volunteer. As he volunteered with SLEC to grasp a better understanding of the eldercare sector, he reminisced about how he observed the elders to be “lao wan tong”, which translates into playful and loving.

During his volunteering, he connected with the elders in such a positive manner that they were eager for his return, often asking him “When will you be coming back to visit?” Knowing that he had impacted the lives of the elders was pivotal for Chang Yuh, as this was when he began considering the eldercare sector as a career prospect. Working at SLEC seemed to tick all the boxes on his list — he wanted a different job that allowed him to give back to the community, and a job that was meaningful.

Since joining the eldercare sector in February 2019, his belief is “Don’t worry, don’t be stressed, just be happy because things will go smoothly at the end of the day. So, there’s no point being worried”.

Was He Interested in Eldercare from the Beginning?

Like most students deciding the path they would like to embark on after O-Levels, Chang Yuh ventured into Information Technology (IT) as it was the popular route. His education journey in IT brought him to Temasek Polytechnic and Nanyang Technological University (NTU Singapore).

Despite not having a background in nursing or gerontology, Chang Yuh adapted well during his transition. “It [the cybersecurity industry] was a fun experience and offered exposure, but all those experiences became mundane. I didn’t really enjoy what I was doing. There was no sense of satisfaction as compared to where I am now.”

“I have never looked back after making the change.”

To further his knowledge and expertise in the field, Chang Yuh graduated with a Masters in Applied Gerontology at NTU Singapore. He describes his journey as one of constant discovery as “there’s a lot to learn”.

WE ARE HIRING

If you would like to be a changemaker and start your meaningful journey in the eldercare sector, we want you!

We are currently looking for talented individuals to fill the following positions:

Care Staff | Occupational Therapist | Physiotherapist | Staff Nurse | Therapy Assistant

Head to <https://www.slec.org.sg/join-us/registration-form/> or scan this **QR code** to submit your resume and indicate your interest in any of our available positions.



**Foo Chang Yuh,
Assistant Centre Manager
at SLEC Active Ageing
Hub@Bishan**



Mr Paul Robert Kok Yow Wei smiling for the camera.

OVERCOMING ADVERSITY WITH THE HELP OF ST LUKE'S ELDERCARE: MR ROBERT'S STORY

In the lively hall of SLEC@Whampoa sits a man at a table with three other elders. However, he seldom talks to them, usually focusing on reading a book or watching videos on his tablet instead. Nevertheless, once you get to know him, Mr Paul Robert Kok Yow Wei, 83, or simply Robert as he likes to be called, is an affable and wise man. He can tell you many stories of his life, from his youth in what is now Sentosa to his tenure working overseas.

His cheerful and open nature belies that before being referred to SLEC, he went through a major operation due to internal bleeding in his colon, which caused him to be hospitalised for over three months. "My wife thought I was a gone case already," he mused on his time in the hospital.

Robert's medical bills were putting a financial strain on the family. His wife decided to quit from her job as a teacher assistant to care for him after he was discharged from the Community Hospital. He also lost his ability to walk independently, becoming reliant on the wheelchair in addition to having to use a catheter bag.

"My legs used to be so swollen, like that of an elephant," he stated regarding his condition at one point. However, thanks to the dedicated physiotherapists and therapy assistants at SLEC@Whampoa, along with his own determination, Robert is now on the road to recovery. While he is still unable to walk independently, his legs are no longer swollen, and he is no longer in as much physical pain as he used to be.

Therapy Assistant Moses Tan Kim Hock, 62, who has closely taken care of Mr Robert since his admittance to SLEC, commented, "He is a very good, self-motivated and encouraging person." Indeed, over his time at SLEC, Robert has created a close bond with Moses as well. "Moses is an angel," he says with a smile.

Every day, Robert typically goes through a series of exercises designed to increase leg strength as part of SLEC's maintenance rehab programme which aims to help elders maintain and build up their strength. He is now able to walk with the support of a walking frame and even motivates other elders during these exercises, with his favourite being standing balance.

"I'm fine, I'm excellent!" he cheerfully exclaims during an exercise session. "My condition has improved a lot since coming to St Luke's. When I first came, I was confused and had a lot of difficulties. Now it is really a lot better," he adds with a smile, giving a sense of newfound contentment.

You can help elders like Robert with a simple donation, no matter how small, or by volunteering and helping them directly. Visit <https://www.slec.org.sg/giving/ways-to-donate/> or <https://www.slec.org.sg/ways-to-give/volunteer/> for more information or to give help today.



Mr Robert and his peers work on functional mobility in group rehabilitation at SLEC.

EMPOWERING ELDERS TO AGE GRACEFULLY AT ST LUKE'S ELDERCARE

SLEC personalised its rehabilitation programme to improve Mr Robert's condition and assist him in regaining functional ability and independence.

Personalised One-to-one Rehabilitation

In June 2021, Mr Robert had to undergo a colon operation and was admitted to the intensive care unit (ICU) for two weeks. This led to weakness in his lower limbs and an inability to walk. By the time Mr Robert was discharged from the hospital, he needed an indwelling catheter, and his functional status had declined. The family enrolled him in SLEC's daycare and day rehab programme at the Whampoa Centre.

When Mr Robert first joined SLEC, Senior Physiotherapist Sedfrey (Tom) Atienza conducted an assessment to determine his rehabilitation needs. Mr Atienza placed Mr Robert in Active Rehab, which is tailored for individuals in rehabilitation to help them recover and improve their functional status. The programme provides customised and individualised rehab intervention with guidance from our trained team of physiotherapists.

Within three months of intensive rehabilitation, along with Mr Robert's determined spirit and strong family support, he gained confidence in both standing and walking activities. Initially, he required moderate to minimal assistance while ambulating until he was able to walk without any physical assistance using a rollator frame.

Our rehabilitation centres are equipped with elder-friendly gym equipment to help seniors exercise effectively.

Group Rehabilitation Therapy

With Mr Robert's improvement in walking, his current physiotherapist, Rowena, determined that he would benefit from SLEC's Fall to Fit Rehab Programme. The Fall to Fit Programme is one of SLEC's Integrated Group Programmes. The Integrated Programme focuses on maintenance physical exercises using group exercises prescribed by physiotherapists. This programme is designed to improve and maintain the

functional mobility of elders with a fall risk through a structured, gradual, and progressive exercise regime. Over 12 sessions, each 60-minute session targets deficiencies in balance, strength, mobility, and endurance.

Working with the Family

At SLEC, we believe that our elders should be empowered to communicate their plans and aspirations, and participate in improving our quality of care.

Rowena added, "After surgery, it can be challenging for clients to move around by themselves. Therefore, support or assistance from family members or healthcare providers is integral in helping elders regain their functional ability and independence, which is crucial in helping them age gracefully."

For more information about our various programmes, visit our Day Rehabilitation website at <https://www.slec.org.sg/our-services/centre-based/day-rehabilitation/>.



Mr Robert works on his strength and mobility at the rehabilitation centre, with the support of his physiotherapist and the elder-friendly gym equipment.



郭耀輝先生对着镜头微笑。

郭耀輝先生的故事：

在圣路加乐龄关怀的帮助下克服逆境

在圣路加乐龄关怀黄埔中心的热闹大厅里，有一位男士和其他三位年长者共用一张桌子，他很少和身旁的三人交谈，通常只专注于看书或用平板电脑看视频。然而，一旦认识83岁姓郭的郭耀輝先生，就会发现他是一位和蔼可亲的智者。他可以告诉你许多关于他的人生故事，从现称圣淘沙的地方所经历的年轻岁月到海外工作的经历。

其实，他的开朗大方外表背后隐藏了一个残酷事实。在被转介到圣路加乐龄关怀之前，他因结肠内出血，动过一次大手术，住院三个多月。在忆起住院的日子，他如此说道：“当时我的妻子以为我已无药可救了。”

郭耀輝先生的医疗费用给家庭带来了经济压力。他从社区医院出院后，他的妻子决定辞去助教的工作，专心的照顾他。他自己也失去了行走能力，除了需要使用导尿管，还必须坐轮椅。

他如此形容自己一度的情况，“我的双腿肿得像大象的腿一样。”非常感恩，在圣路加乐龄关怀黄埔中心专业的物理治疗师和治疗助理的帮助下，再加上个人决心，郭耀輝先生正在康复之路上。虽然他仍然无法独立行走，但他的双腿已经不再肿胀，身体的疼痛也减轻了。

在郭耀輝先生加入圣路加乐龄关怀后，治疗助理陈金福（62岁）一直细心照顾着他。陈金福形容郭耀輝先生为一个“非常好、积极主动、令人鼓舞”的人。渐渐地，他们俩建立了密切关系。郭耀輝先生笑着说：“陈金福是一个天使。”

在圣路加乐龄关怀的康复计划下，每天郭耀輝先生通常都需要进行一系列的体能训练，以强化腿部力量。这个计划在于帮助年长者保持和提高体能。现在，郭耀輝先生能够靠助行架行走，他最喜欢的训练就是静态平衡，还会时常鼓励其他进行体能训练的年长者。在某次的体能训练中，他兴高采烈地说：“我很优秀，我很出色！”接着，他笑着补充说：“自从来到圣路加乐龄关怀后，我的情况有了很大的改善。在初时，我搞不清楚状况，面临了许多困难。现在真的好了很多。”这一番话让人感受到他的全新满足感。

你可以通过简单的捐赠行动（无论捐赠数额），或者通过志愿服务直接地帮助像郭耀輝先生这样的年长者。欲知详情或报名成为义工，请上网查询：<https://www.slec.org.sg/giving/ways-to-donate/> 或 <https://www.slec.org.sg/ways-to-give/volunteer/>。



圣路加乐龄关怀 赋予年长者能力优雅 地度过晚年生活

郭耀辉先生与大家在圣路加乐龄关怀的
指导下参与团体康复改良活动能力。

圣路加乐龄关怀为郭耀辉先生制定了个性化的康复计划，以改善他的状况，使他恢复功能性能力和独立生活。

个性化的一对一康复治疗

2021年6月，郭耀辉先生必须接受结肠手术，在加护病房住了两个星期。这导致他下肢无力，无法行走。在出院时，他需要用留置导尿管，身体功能也有所下降。家人让他参加圣路加乐龄关怀黄埔中心的日间护理和日间康复计划。

刚加入圣路加乐龄关怀黄埔中心时，高级物理治疗师汤姆 (Sedfrey (Tom) Atienza) 给郭耀辉先生进行了评估，以确定他的康复需求。汤姆为郭耀辉先生安排了积极性康复计划，一个为每位患者定制的计划，以帮助他们恢复和改善功能性能力。此计划由训练有素的物理治疗师团队指导，为患者提供一套定制化和个性化的康复干预训练法。

经过三个月的积极性康复计划，再加上郭耀辉先生的毅力和家人的强大支持，他恢复了站立和行走的信心。起初，他在步行时需要中度和轻度的协助，后来他能够自行使用滚轮架行走。

我们的康复中心配备了适合年长者使用的健身设备，帮助老年人有效地锻炼身体。

团体康复治疗

随着郭耀辉先生的行走能力得到改善，现任的物理治疗师罗威娜 (Rowena) 确定他将能够从圣路加乐龄关怀的“从预防跌倒到运动康复”计划中受益。此计划是圣路加乐龄关怀的综合团体计划之一。综合计划着重于体能维修性训练，由物理治疗师指导，通过小组方式进行。

通过精心安排、循序渐进的训练方式，这个计划致力于减低年长者的跌倒风险，以及改善和保持他们的活动性功能。计划中共有12次训练，每次训练为60分钟，包括平衡、力量、活动能力和耐力的训练。

与家庭合作

圣路加乐龄关怀看重年长者的积极参与，让他们自由地分享心目中的计划和愿望，以及帮助我们提升护理素质。

罗威娜补充说：“手术后，患者的行动能力会受阻。因此，家人或医疗保健人员的支持和协助是关键，这有助于年长者恢复功能性能力和独立生活，好让他们优雅地度过晚年生活。”

有关我们各项计划的详情，请上网查询：<https://www.slec.org.sg/our-services/centre-based/day-rehabilitation/>。



郭耀辉先生在康复中心依靠物理治疗师和适合老年人使用的健身器材锻炼力量和活动能力。



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

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M M / Y Y

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1
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Million
Fundraising
Goal

