

TOUCH OF  
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St Luke's  
ELDERCARE

# Grace



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Chew Jun Xiang, Jimmy Tan, Jodie Lee, Myra Tan, Shannon Chiu, Tan Yee Lynn

# A message from our CEO



The past few months have been a flurry of events, marked with many momentous milestones. I am delighted to share some incredible news and celebrate collective success through the various awards we have received recently – a true testament to the team's unwavering dedication, compassion and commitment towards providing exceptional care to the elders in the community.

We were awarded the President's Certificate of Commendation (COVID-19) on 18 June, where we were recognised for making a significant impact in Singapore's fight against COVID-19. At the 11<sup>th</sup> Asia Pacific Eldercare Innovation Awards 2023 held on 25 May, six teams from SLEC emerged as finalists, with Circles Life Juggling Club and SLEC CommCare Academy clinching top honours in two categories.

On 26 May, we celebrated the official opening of Active Ageing Hub@Bishan, alongside key stakeholders, community partners and volunteers. We also took time to honour and recognise the team at our first nursing home, SLEC Residence@ Ang Mo Kio for their unwavering dedication and resilience, as we commemorated our 3<sup>rd</sup> anniversary on 18 May.

These memories and milestones are achieved alongside our dedicated partners and volunteers, for the benefit of the elders we serve. Let us continue to make a meaningful contribution to communities across Singapore.

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).

Blessings,

**A/Prof (Dr) Kenny Tan**  
Chief Executive Officer  
St Luke's ElderCare

## Affectionate reunion at the St Luke's Family Annual General Meetings

Affectionate hugs and smiles filled the multi-purpose hall of St Luke's Hospital (SLH), as the St Luke's family gathered on Monday, 28 August 2023, to convene SLEC's 23<sup>rd</sup> Annual General Meeting and SLH's 30<sup>th</sup> Annual General Meeting. The event brought together the Board of Directors, staff members, church partners, and supporters of both organisations.

In the Chairman's address, Professor Ho Yew Kee, Chairman of SLEC, led the room to consider the need to move the needle in impacting communities across the island, underscoring the need to move manpower in tandem with the approximate target of 20,000 to 30,000 elders in SLEC's care.

A/Prof (Dr) Kenny Tan, CEO of SLEC, shared about the three strategic thrusts

that will guide our trajectory and direction for the next few years. He also shared about our upcoming plans including the news of a third Residence (nursing home) to be built and the introduction of assisted living services that will enable more elders to age well and meaningfully in the community.

We extend our heartfelt gratitude to all who attended and eagerly anticipate the next joint fellowship at next year's Annual General Meeting.

Read more about our milestones and achievements in our Annual Report FY2022/2023 at [tinyurl.com/SLECAR22](http://tinyurl.com/SLECAR22).



# Celebrating Life and Successful Ageing at the 14<sup>th</sup> Ageing Asia Innovation Forum and the 11<sup>th</sup> Asia Pacific Eldercare Innovation Awards 2023

The 14<sup>th</sup> Ageing Asia Innovation Forum and Exhibition was a platform to share SLEC's thought leadership in the eldercare sector, as well as to exchange knowledge with other community care operators from Singapore and the region.

Serving as one of the forum's speakers, A/Prof (Dr) Kenny Tan, CEO of SLEC, addressed the participants on the topic of fostering intergenerational bonding in Singapore and shared how that can be achieved within the unique perimeters of Singapore's housing and infrastructure.



SLEC representatives at the 11<sup>th</sup> Ageing Asia Pacific Innovation Awards 2023

A/Prof (Dr) Kenny Tan also took the opportunity to interact on a topic closely intertwined with SLEC's decades-long service in the community. He shared about the challenges faced by elders in maintaining their relational and faith connections through the decline brought about by ageing and dementia.

At the 11<sup>th</sup> Asia Pacific Eldercare Innovation Awards 2023 held on 25 May 2023, six teams from SLEC emerged as finalists, with Circles Life Juggling Club and SLEC CommCare Academy clinching top honours in their respective categories.

**Circles Life Juggling Club:** Best Active Ageing Programme – Community (Winner)

**SLEC CommCare Academy:** Innovation of the Year – Caregiver Model (Winner)

**St Luke's ElderCare:** Operator of the Year – Dementia Day Care (Finalist)

**Hougang Centre:** Facility of the Year – Day Care Centre (Finalist)

**MELO-D@SLEC:** Innovation of the Year – Best Dementia Care Programme (Finalist)

**Dining Culture@SLEC:** Innovation of the Year – Social Engagement Programme (Finalist)

## SLEC Residence@Ang Mo Kio's 3<sup>rd</sup> Anniversary: Commemorating Three Years of Dedication, Resilience and Growth

Our first residential home, SLEC Residence@Ang Mo Kio celebrated its third year of operations on 18 May 2023. The excitement in the air was palpable as colleagues and residents gathered to commemorate the milestone with fun, laughter, games and not forgetting a mouthwatering lunch.

SLEC Residence@Ang Mo Kio boldly opened its doors amid heightened restrictions during the COVID-19 pandemic. We encountered obstacles at every turn, but it brought us new opportunities for growth and strength. The celebration served as a heartfelt tribute to the incredible staff, who have shown tremendous dedication and resilience, as well as the residents and their families, who have journeyed with us over the past three years.

Find out more about our services at [www.slec.org.sg](http://www.slec.org.sg).

A resident participating in a mobility-friendly bowling game

# Youths.Advocate.Seniors! An Intergenerational Movement by St Luke's ElderCare Understanding Inclusiveness and an Appreciation of Ageing Well

Youths.Advocate.Seniors! (Y.A.S!) is a movement that advocates and champions understanding inclusiveness and an appreciation of ageing well in Singapore. It also aims to raise funds for intergenerational programmes that support vulnerable seniors under SLEC.

We kicked start the movement with our first intergenerational event, *Passionate!* on 20 June 2023, which brought together youths and seniors for a day filled with insightful discussions. Moderated by Mr Jimmy Tan, Assistant Director of Communication & Partnerships at SLEC, esteemed speakers, A/Prof (Dr) Kenny Tan, CEO of SLEC, Mr Andy Seet, Director of Sector & Partnership at AIC, and Mr James Ji, Senior Manager (Eldercare cluster) of Youth Corps Singapore, shared their perspectives on the community care sector. This laid the foundation for deeper conversations on topics like happiness, companionship, and technology, giving rise to a better understanding of each generation's viewpoints as the participants broke into smaller groups to continue their discussion. In the afternoon, the participants had the opportunity to tour our first Active Ageing Hub@Bishan.

It culminated with *Actionate!*, on 1 July 2023, where close to 300 youths and seniors gathered for a walkathon across four routes of varying difficulties. The event was flagged off by Guest-of-Honour, Mr Eric Chua, Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development, alongside Professor Ho Yew Kee, Chairman of SLEC, and A/Prof (Dr) Kenny Tan. Participants of all ages walked together along scenic routes, traversing different difficulty levels, and discovering breathtaking sights like the Rail Corridor, MacRitchie Reservoir, and Henderson Waves. The event's success can be credited to the picturesque photo spots and the camaraderie shared among participants, both young and old.

Let's say Y.A.S! to giving, building new dreams and creating new stories that inspire. If you would like to contribute as a partner, donor, or volunteer, please reach out to us at [youthsadvocateseniors.com](http://youthsadvocateseniors.com).



Our panellists sharing different insights and perspectives on the community care sector in Singapore



In-depth discussions continue within smaller breakout groups



Flag off by Guest-of-Honour, Mr Eric Chua



(From L to R) Professor Ho Yew Kee, Mr Eric Chua and A/Prof (Dr) Kenny Tan

# Breaking the Silence Normalising End-of-Life Conversations at SLEC Residence@Ang Mo Kio

Advance Care Planning is important yet conversations surrounding end-of-life matters can be challenging at times. SLEC Residence@Ang Mo Kio collaborated with Tan Tock Seng Hospital's Advance Care Planning team and embarked on Project RESPECT (Respecting Preferences, Empowering Conversations Together) to roll out six thematic KOPI Talk group work sessions. These sessions provided a safe and supportive environment for elders, their families and our Social Work Services team to get together to discuss the elder's values, beliefs as well as fears and thoughts about end-of-life matters, understand their preferences and final wishes.

The weekly sessions over their tea break also sought to normalise such conversations and helped to empower the elders to make informed decisions and assert their autonomy, granting a sense of control over their care. Elders were invited to craft their legacy box which contained their treasured memories and departing letters for their loved ones.

Through these six weeks, our staff also formed a better understanding of the residents' healthcare preference for end-of-life management. We are proud of our elders for being forthcoming with their thoughts and being open-minded to such conversations.



Items from the residents' legacy boxes

Find out more about SLEC Residence@Ang Mo Kio at [tinyurl.com/SLECResidence](https://tinyurl.com/SLECResidence).



Ma Cecilia, Senior Physiotherapist helping a resident write a letter to his family

## SLEC Dining Culture Programme – Around the World in a Meal

Food is a universal language that can be shared and enjoyed regardless of one's age and background!

Our elders at the centres in the North and West clusters were treated to a scrumptious thematic lunch experience as part of SLEC's Dining Culture Programme. The culinary journey took elders on a tour of Italy and Thailand, tantalising their taste buds with a delectable range of dishes.

The tables were also adorned with vibrant colours and décor that complemented the cuisines, and some of the care staff also dressed according to the theme, adding to the ambience of the dining experience.

This event, "Around the World in a Meal" is part of the SLEC Dining Culture programme and is supported by the fundraising efforts of SLEC's #ChopeASeat campaign last year.

**"Our dining culture programme allows elders to build connections and meaningful relationships amongst themselves and with their carers through the sharing of meals together,"**

said Caroline Lay, Nutritionist at SLEC.

We hope these meals added a little touch of joy to their daily routines and sparked memories of the good old times in their younger days!

Find out more about our #ChopeASeat campaign at [tinyurl.com/Chope2022](https://tinyurl.com/Chope2022).



Our colleagues at SLEC Active Ageing Hub@Bishan serving up Spaghetti Bolognese and Mushroom Soup



Elders at SLEC Jurong East Centre enjoying scrumptious Thai mainstays including Pineapple Fried Rice and Tom Yum Soup

## A Yacht Adventure with Elders from SLEC Telok Blangah Centre

On 6 July 2023, elders from SLEC Telok Blangah Centre and 10 volunteers from Joyous Volunteer Group went on an unforgettable private yacht excursion. Departing from Sentosa Cove, some elders chose to lounge at the upper decks and enjoyed the sea breeze, while others bonded over a karaoke session at the lower deck, belting out classic hits from the 1960s and 1970s. The day ended on a high with a scrumptious lunch of hawker mainstays.

Madam Mok Sow Lan, 76, shares,

**"I particularly enjoyed singing one of my favourite songs, "Tian Mi Mi" (甜蜜蜜), with everyone clapping along. Being out at sea was nice and I haven't had so much fun in a long time."**

This event was organised and sponsored by Hao Ren Hao Shi (好人好事), a non-profit organisation managed and supported by founder, Anson Ng and a group of volunteers.



Elders from SLEC Telok Blangah Centre and volunteers at the yacht excursion

# Embracing a Life Filled with Vitality, Laughter and Meaningful Connections

Madam Ang Soon Chye, 83, is a resident of Golden Jasmine, a studio apartment projects for seniors, and a regular face at SLEC Active Ageing Hub@Bishan (AAH@Bishan), located at the foot of her block. She has been attending weekly rehabilitation classes at AAH@Bishan for the past year, and the classes have been instrumental in improving Madam Ang's physical health and overall well-being. Under the guidance of Senior Physiotherapist Caleb Low and Senior Occupational Therapist Goh Seok Teng, she was able to regain strength, flexibility and balance, and now leads a more active and independent lifestyle.

Madam Ang has found a new passion in Chair Zumba, and looks forward to the sessions, a programme co-organised by SLEC and Health Promotion Board at Bishan Wellness Hub. Our Senior Community Engagement Associate, Wendy Tan, who shares an indelible bond with Madam Ang, said, "I recall Madam Ang was very down the last two years when there were no activities due to the COVID-19 pandemic and safe management measures. It was hard for her to be cooped up at home all the time. Now that activities have resumed, she cherishes the moment, and I can see the immense joy she has while attending the Chair Zumba class together with all her friends."

"The staff are very kind to me. Wendy always informs me of any activities that is happening, and I always enjoy spending time with people, especially when there are excursions – we were invited to Kuo Chuan Presbyterian Secondary School to celebrate National Day with the children. All of us turned



Madam Ang participating in a Chair Zumba class

up dressed in red and white, and the atmosphere was so lively!", recounts Madam Ang. In addition, she participates actively in other programmes such as our arts programme and Rummikub. She adds, "Rummikub is almost like mahjong, and it keeps my mind active."

Beyond the fun-filled group activities and programmes, Madam Ang enjoys her time with the staff and a large group of neighbours, whom she shares a close bond with. She adds that the team's genuine care, compassion and consideration for the elders have made her feel like she is part of a big family.

***"I never thought growing old would be so fun and meaningful. It is nice when you have friends and familiar faces, and different things to look forward to every day."***



Madam Ang and Senior Community Engagement Associate, Wendy Tan

# What is Active Ageing and Why Should We Care?

Active Ageing encompasses a holistic approach to promoting health, independence and ageing well among elders. By adopting Active Ageing, elders can embrace and take pride in their golden years, leading to a higher quality of life.

## Benefits Beyond the Physical

Did you know that Active Ageing Programmes offer more than just physical benefits? While the term 'Active Ageing' is often linked to physical wellness, it also provides numerous mental and emotional benefits.

**Enhanced Well-being:** It helps elders maintain their cognitive abilities, physical health and emotional resilience. It also reduces the risk of chronic diseases such as heart disease and diabetes.

**Independence:** It allows elders to retain their independence and autonomy by staying physically fit and mentally sharp. This empowers them to carry out daily tasks and make decisions on their own terms.

**Social Connection:** It fosters social interaction, networking and community involvement, combating the social isolation and loneliness often experienced by older adults. Meaningful connections and social support contribute to mental well-being and a sense of belonging.

## Active Ageing Programmes at SLEC

Sweat it out, be a social butterfly, or dive into the world of arts! SLEC Active Ageing Programmes has something for everyone, where like-minded peers can pursue their interests and age actively together.



Like-minded individuals from the ukulele club



An active ager participating in the Expressive Art activity

Check out our exciting Active Ageing Programmes across the island:

- Colourplay
- Expressive Art
- Home Befriending
- Juggling Club
- Lawn Bowling
- Line Dancing
- Nagomi Art
- Pool Table Club

And many more to come!

Find out more about our Active Ageing services at [tinyurl.com/SLECActiveAgeing](https://tinyurl.com/SLECActiveAgeing).



Pool Table enthusiasts meeting regularly to play pool



## 拥抱充满

# 活力、欢笑和亲友关系的生活

83岁的汪顺彩女士居住在碧山金茉莉，这是建屋局为年长者在碧山推出的一个小型公寓项目。她也是圣路加乐龄关怀碧山的跃乐龄中心的常客。在过去的一年里，她每周都会参加碧山活跃乐龄中心的康复课程，这些课程有助于改善她的身心健康。在高级物理治疗师刘伟杰和高级职业治疗师吴淑婷的指导下，她恢复了体力、灵活性和平衡力，从而拥有更加活跃和独立的生活。

最近，汪女士爱上了坐式尊巴舞，十分期待参加由圣路加乐龄关怀和保健促进局在碧山健康中心联合举办的节目。与汪女士关系密切的高级社区互动专员陈钻珠分享说：“我记得过去两年，因为冠病疫情和安全管理措施的缘故，我们无法举办任何活动，汪女士的情绪变得很低落。她一直闷在家里，很难受。现在活动都恢复了，她非常珍惜。我看到她和朋友们一起参加坐式尊巴舞课，散发出满满的喜悦之气。”

汪女士自述：“工作人员对我非常好，钻珠总是通知我活动时间表。我非常喜欢和大家一起参加活动，尤其是郊游活动，最近我们受邀到国专长老会中学和学生们一起庆祝国庆。我们每个人都穿上了红白相间的衣服，现场气氛活跃热烈！”此外，汪女士还积极参加其他活动，如



汪女士参加坐式尊巴舞课

艺术活动和益智休闲游戏“拉密牌”。她补充说：“玩拉密牌和打麻将差不多，能让我的思维保持活跃。”

除了参加充满乐趣的团体活动和项目，汪女士也非常喜欢与工作人员和邻居们在一起，彼此建立了密切的联系。工作团队对年长者的真诚关怀、同理心和体贴，让她深感到自己是这个大家庭的一员。

**“我从未想过，乐龄生活会是如此有趣和富有意义。当你身边有朋友和熟人相伴，每一天充满许多值得期待的事物，这种感觉实在好。”**



汪女士和高级社区互动专员陈钻珠

# 什么是活跃乐龄? 为什么值得关注?

活跃乐龄是一个年长者养身的全面性方法，目的在于促进年长者的健康、独立性，使他们安享晚年。通过活跃乐龄，年长者可以享受并自豪于自己的黄金岁月，从而提高生活质量。

## 超越身体益处

活跃乐龄计划不仅仅是为身体带来益处，“活跃乐龄”经常和个人的身体健康挂钩，其实，活跃乐龄也能带来许多精神和情感方面的益处。

**提升康乐:** 有助于年长者保持认知能力、身体健康和情绪复原能力，还能降低患心脏病和糖尿病等慢性疾病的风险。

**保持独立:** 使年长者保持健康身体和敏锐思维，以拥有独立自主的生活，能够独立完成日常事务并按照自己的意愿做出决定。

**社会联系:** 促进人际互动、建立关系和社区参与，以消除年长者经常感到的社会隔离和孤独。有意义的联系和社会支持有助于建立年长者的心理健康和归属感。

## 圣路加乐龄关怀的活跃乐龄计划

尽情挥洒汗水，做个社交达人，或投身艺术世界！人人都能从圣路加乐龄关怀的活跃乐龄计划中获益。志同道合的同龄人可一同追求兴趣爱好，活出自己的精彩。



尤克萊利琴俱乐部的活跃乐龄人士们



一位活跃乐龄人士正在上表现艺术课

欲知更多有关我们丰富多彩的活跃乐龄计划，请前往我们的碧山活跃乐龄中心或遍布全岛的乐龄关怀中心：

- 色彩游戏
- 表现艺术
- 居家友伴服务
- 手技杂耍俱乐部
- 草地保龄球
- 排舞
- 和谐粉彩艺术
- 桌球台俱乐部

还有更多精彩活动，敬请期待！

欲知更多有关我们的服务，请上网  
[tinyurl.com/SLECActiveAgeing](http://tinyurl.com/SLECActiveAgeing)。



活跃乐龄人士们定期聚会打台球



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

Name / Organisation [Dr / Mr / Mrs / Ms / Mdm]: \_\_\_\_\_  
 NRIC / FIN / UEN No: \_\_\_\_\_ (compulsory for automatic tax deduction)

### Contact Details

Email: \_\_\_\_\_ Contact Number: \_\_\_\_\_  
 Address: \_\_\_\_\_ Singapore: \_\_\_\_\_

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.

If you would like to receive a hard copy tax-deductible receipt, please tick here.

### Donation By Cheque (for one-time donation only)

Please make cheque payable to "St Luke's ElderCare Ltd"

Cheque Number: \_\_\_\_\_

### Credit Card

Visa / Mastercard:



Name on Card: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

MM / YY

Signature(s):

By sending us this information, you fully understand and consent to the use and disclosure of your personal data which you have provided, for processing donations, submission of donation data to the Inland Revenue Authority of Singapore, fundraising appeals, marketing, advertising and receiving of eldercare and caregiving information, news and updates via email and newsletter in accordance with our privacy policy ([slec.org.sg/privacy-policy](http://slec.org.sg/privacy-policy)). You may unsubscribe at any point in time from our email alerts or the newsletter by emailing us at [donorcare@slec.org.sg](mailto:donorcare@slec.org.sg).

### FOR ST LUKE'S ELDERCARE'S COMPLETION

Bank	Branch	St Luke's ElderCare Ltd														
7	1	7	1	0	3	3	0	3	3	0	2	0	6	6	0	7

Bank	Branch	Donor's Account No.														

Donor's Reference No.																

### GIRO

Name of Bank: \_\_\_\_\_ Branch: \_\_\_\_\_

Name(s) as in Bank Records: \_\_\_\_\_

Bank Account Number: \_\_\_\_\_ Bill to: \_\_\_\_\_

St Luke's ElderCare Ltd

Signature(s) / Thumbprint(s):

Date:

- I/We hereby instruct you to process the instruction from St Luke's ElderCare Ltd to debit my/our account.
- 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 authorisation 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.

### FOR BANK'S COMPLETION

This Application is hereby **REJECTED** (please tick) due to:

- Signature/Thumbprint differs from Bank's records  
 Signature/Thumbprint incomplete/unclear  
 Account Operated by Signature/Thumbprint  
 Wrong Account Number  
 Amendments not countersigned by customer  
 Other Reasons: \_\_\_\_\_

Name of Approving Officer: \_\_\_\_\_

Date: \_\_\_\_\_ Authorised Signature: \_\_\_\_\_

# Make a meaningful impact through planned giving

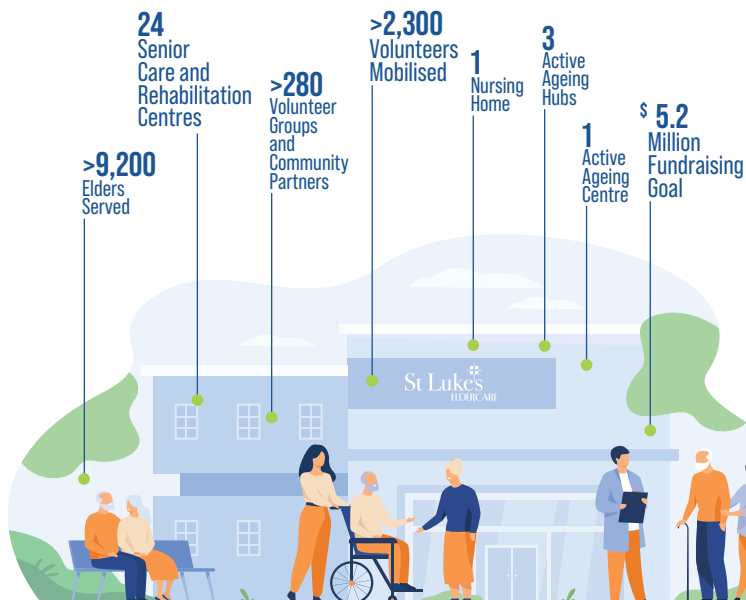
To find out how to include SLEC in your CPF nomination or get started on your legacy planning, please email us at [donorsupport@slec.org.sg](mailto:donorsupport@slec.org.sg)

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## DONATE ONLINE

Donating online is easy and hassle-free and helps us save on administrative costs and labour. Thank you!



<https://www.slec.org.sg/giving/ways-to-donate/>