

# Grace

## Weaving Brighter Silver Years

PAGE 4

Opening of SLEC  
One Punggol Centre

PAGE 3

Building Bridges Through Innovation:  
Helping the Younger Generation  
Experience Ageing at LifeLab@SLEC

PAGE 5

Five-party MOU: Strengthening  
Community Care Services in  
Bukit Panjang

PAGE 8

**CARE@SLEC**

**Pg 3:** Opening of One Punggol Centre: SLEC's Flagship Centre in the North-east Region

**Pg 4:** An Interview with Madam Wee Siew Wah: Weaving Brighter Silver Years

**LEARNING@SLEC**

**Pg 5:** Building Bridges Through Innovation: Helping the Younger Generation Experience Ageing at LifeLab@SLEC

**Pg 6:** Faith Matters: Conversations on Care and Spirituality

**Pg 7:** Join Our Community of Care: Acquire Essential Community Care Skills at SLEC CommCare Academy

**PARTNERS@SLEC**

**Pg 8:** Five-party MOU: Strengthening Community Care Services in Bukit Panjang

**Pg 8:** Healing Conversations at SLEC CommCare Symposium 2023

**LIFE@SLEC**

**Pg 9:** Striving for Excellence in Compassion: SLEC and Team Receives Awards

**Pg 10:** "A Satisfying Challenge": Nursing to Serve the Community

# A message from our CEO



At St Luke's ElderCare (SLEC), we work tirelessly to provide holistic care and support for our elders in their silver years. We strive to empower clients and their families to live comfortably, joyfully, and meaningfully through our key services. As we embark on a new year, our journey continues, and we seek new ways of serving our elders and their families even better.

In 2023, we expanded our reach with the opening of two Active Ageing Hubs at Anchorvale and Northshore as well as the opening of Active Ageing Centre (Care)@Chong Pang. We are also proud to have launched curated tours at LifeLab@SLEC, a new on-site learning facility that incorporates interactive activities and augmented reality to raise awareness about the realities and experiences of ageing. We hope that this builds strong bridges between generations and communities so we can all come together in support of elders, and to prepare for our own future.

Yet, these efforts and centres would mean nothing if not for the dedicated community of our staff, partners, and volunteers who pour their hearts into our cause. Recently, over 700 staff gathered for our year-end townhall – the sheer number of people was a testament to how far we have come, and how many hands and hearts are needed to make an impact. We took time to celebrate as a community and as an organisation, recognising our long-service staff, and the achievements of over 60 staff for exemplifying our core values.

It also brings us immense pride to share that our efforts were also recognised on a national level. Several of our staff received prestigious accolades including the Tan Chin Tuan Nursing Award, Community Care Manpower Development Award, and Community Care Excellence Award. As an organisation, SLEC also received the Charity Transparency Award and several awards at the Singapore HR Awards.

In this new year, we will continue to strive for excellence as we expand our footprint and embark on new adventures with our active and engaged elders.

Thank you for your continued support and we wish you a very Happy 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](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



# Opening of One Punggol Centre: SLEC's Flagship Centre in the North-east Region

On 10 January 2024, we celebrated the official opening of SLEC One Punggol Centre with Guest-of-Honour, Dr Janil Puthuchear, Senior Minister of State, Ministry of Communications and Information & Ministry of Health, gracing the event.

SLEC One Punggol Centre extends senior day care services to frail elders and those with dementia. Additionally, the centre offers rehabilitation programmes that address a variety of conditions, specialising in musculoskeletal-related issues for individuals of all ages. With the opening of SLEC One Punggol Centre, we are able to provide a seamless care journey for elders by being a single point of contact to meet their multiple care needs. Residents living in the North-east region will have access to a full suite of services and programmes at five SLEC locations namely, Anchorvale, Northshore, One Punggol, Rivervale and Sumang. In the pipeline is also SLEC's second Nursing Home, SLEC Residence@Punggol, slated to open in 2025.

Nestled within One Punggol, an integrated lifestyle hub, SLEC is one of the nine key co-location partners. We are constantly exploring collaborative opportunities with our community and care partners within the One Punggol complex.

One of our partners is Skool4Kidz Campus @ One Punggol, where we worked together to launch a structured 30-week intergenerational programme. On a weekly basis, the children and elders would gather at either centres intergenerational room for arts and crafts activities, singing, games and cooking classes, or excursions.

88-year-old Madam Kang Swee Leng was initially reserved and reluctant to participate in activities. Through this intergenerational programme, she is more outgoing and cheerful and looks forward



Madam Kang and Evan practicing calligraphy together

to the weekly visits by the preschoolers. She shares an indelible bond with her buddy, 6-year-old Evan Hartono.

Madam Kang shared,

***“Evan and his friends are always so full of energy. It is such a joy to be around them. The trip to the National Gallery was also something different from our usual routine and I really enjoyed painting apples and flowers during the Chinese calligraphy session with Evan.”***



SLEC Chairman, Prof Ho Yew Kee presenting a token of appreciation to Guest-of-Honour, Dr Janil Puthuchear



Our elders performing a song



(From L to R) A/Prof (Dr) Kenny Tan, Prof Ho Yew Kee, Guest-of-Honour Dr Janil Puthuchear, Ms Yeo Wan Ling, Prof Lee Chien Earn, Dr Alan Wong

## An Interview with Madam Wee Siew Wah: Weaving Brighter Silver Years

Madam Wee Siew Wah, aged 84, has always had an eye for design and has always been nimble with her hands. A professional seamstress of more than 10 years, she is an expert at taking humble materials and transforming them into something beautiful. Since 2019, Madam Wee has been a regular face at SLEC Changkat Centre. These days, sewing has taken a backseat, “my eyesight isn’t as good as before, and my fingers are stiff”, she laments. Instead, she spends her time weaving together beautiful arts and crafts projects including the wall mural and helping to decorate the two-metre Christmas tree at the centre.

Fluent in Cantonese and Mandarin, Madam Wee looks forward to spending time with her peers. “We usually have our meals together – we talk about our grandchildren, or trade cooking tips, I will share with them my favourite Cantonese soup or dish recipes. After that, we will spend the afternoon playing games or watching our favourite dramas on television. Every day spent at the centre is always meaningful, there is never a dull moment here.”

Beyond interacting with the elders at the Centre, Madam Wee also shares a close bond with the staff and volunteers. “We all have our different temperaments, sometimes, we can be very obstinate. But I am very thankful for the staff here, especially Leonard Chan, Centre Manager and Eunice Loh, Senior Care Community Associate. They have been very patient with us and know how to manage our ‘patterns’. It is not an easy job, but they always treat us with respect, love and care, and it feels like we are part of a big family.” She looks forward to the festive holidays “it’s always a nice feeling

during Chinese New Year, National Day or Christmas, where the staff will get us all together and organise activities such as tossing of the Yu Sheng, or singing Christmas carols, or play old-school games that we are familiar with.”

***“I used to think coming to a senior care centre was only for the sick and lonely, but it is not the case. I get to grow old together with new friends I have made, we get to spend time together doing meaningful things, and it is such a wonderful experience.”***



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



Madam Wee with Centre Manager, Leonard Chan



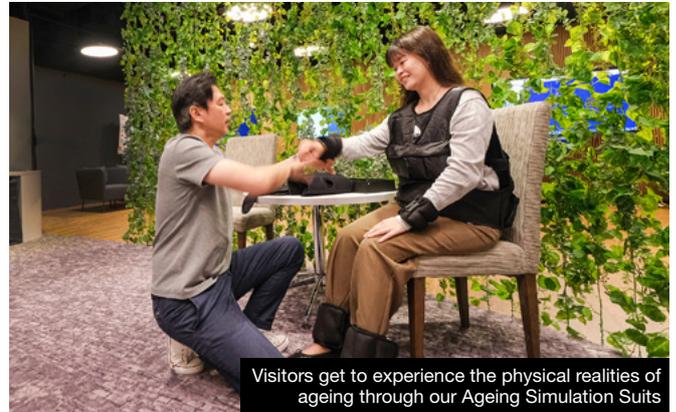
# Building Bridges Through Innovation: Helping the Younger Generation Experience Ageing at LifeLab@SLEC

Elders are often misunderstood by those who are younger. After all, we can never really know what they are going through until we experience it ourselves. As our nation progresses towards a rapidly ageing population, it becomes increasingly important to build bridges between generations, so younger persons are able to better understand the realities of ageing and how best to support the elders in their communities.

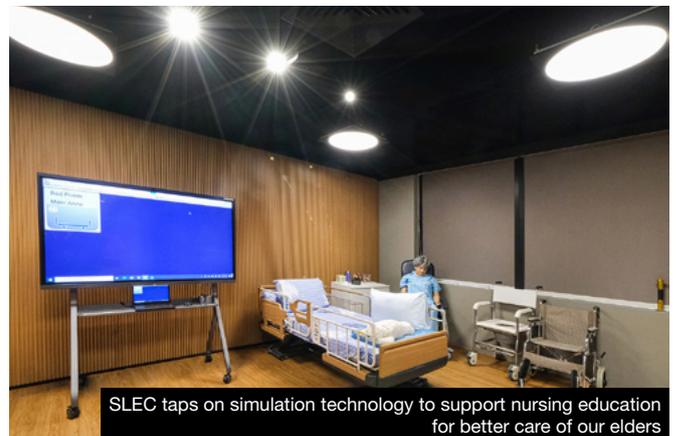
With this in mind, we launched LifeLab@SLEC, an on-site learning facility located at Level 3 of SIM Headquarters. With the use of experiential and virtual-reality technologies, visitors will be brought into different care settings and ageing phases, as participants embark on a unique journey to explore, learn, and experience what ageing well entails.

From January 2024, it will provide experiential tours to the public, where participants will learn about various topics related to ageing and eldercare. Through interactive activities such as putting on weighted “ageing suits”, navigating tasks and obstacle courses, and thoughtful reflection, participants are given a taste of what it feels like to live in aged bodies. They are also given the opportunity to ponder about meaningful living and graceful ageing, and to confront the realities of their futures.

In addition, participants can look forward to learning about the importance of preparing for the role of caregiving. Through hands-on activities, participants can acquire caregiving skills and cultivate empathy, enabling them to provide effective care for elders.



Visitors get to experience the physical realities of ageing through our Ageing Simulation Suits



SLEC taps on simulation technology to support nursing education for better care of our elders



Visit our space to discover how ageing can be graceful with the right support



Showcasing how SLEC leverages technology like VR to go on virtual adventures overseas

If you are interested in attending a tour or having a tour for your organisation or social group, please email [commcareacademy@slec.org.sg](mailto:commcareacademy@slec.org.sg) or indicate your interest by scanning the **QR code**.



# Faith Matters: Conversations on Care and Spirituality

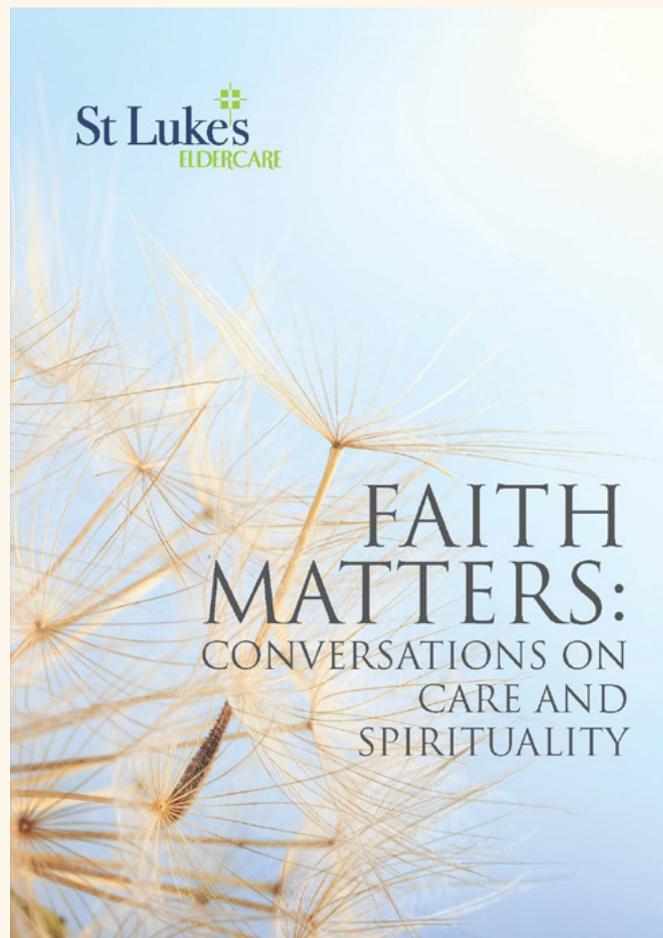
Faith Matters is an inaugural publication of SLEC and an invitation to readers to join us on an exploration of ageing issues and matters of faith.

As a Christian healthcare and community care provider, SLEC delivers care with the belief that every elder, next-of-kin and volunteer whom we encounter through our everyday work is a spiritual being on a lifetime journey. This conviction empowers us to serve joyfully and cherish the dignity of our elders, especially through their physical frailty and emotional upheavals.

As spiritual beings, we activate faith in our daily lives. Elders receiving care through our services entrust their total well-being to our dedicated staff's professionalism, competence and compassion. Along the same platform, many of our teammates have been fortunate enough to find their one calling in the service of others because of their faith.

In this intersection of faith and life, we view everyday activities and people around us through twin lenses. Personal struggles, physical health and emotional pain are experienced through our faith perspectives and lived realities. Faith Matters because it intrinsically affects the entire ecosystem of care, for those receiving and for those giving much-needed care.

To obtain a copy of this book, please scan the **QR code**.



# Join Our Community of Care: Acquire Essential Community Care Skills at SLEC CommCare Academy

You don't have to be a healthcare professional to learn how to care. It takes a village to raise a child, and a nation to safeguard our elders. They have contributed much to our history and development, and continue to contribute through unique skillsets and cultural preservation. Most importantly, they have given and still have so much love to give – and strengthening intergenerational bonds is an essential part of building an empathetic, embracing, and diverse society.

Launched in October 2022, SLEC CommCare Academy strives to generate interest in community care skills, and to equip community care stakeholders and elders with skills and knowledge to promote successful active ageing. In addition, it serves as a professional training provider and thought leader to all who are interested in entering and excelling in the Community Care sector.

Currently, many countries are facing rapidly ageing populations just like in Singapore, including Japan, China, and Monaco, among many others. This has led to an ever-growing need for Community Care staff. SLEC CommCare Academy also serves as an effective development institution for those interested in pursuing a career in the sector by offering industry-recognised qualifications and certified programmes.

Whether you are a member of the public hoping to learn useful skills to aid elders in your community, or a hopeful candidate eager to enter the Community Care sector as a professional care staff, we may have the right course for you.

SLEC CommCare Academy offers basic, intermediate, and advanced courses with a focus on these areas:

- Dementia & Spirituality
- Palliative Care
- Rehabilitative Care
- Wound Care



Rehabilitative Care courses include Care of Client with Stroke

Start your learning journey with SLEC CommCare Academy. For more information, please visit [www.slec.org.sg/commcare-academy](http://www.slec.org.sg/commcare-academy) or email [commcareacademy@slec.org.sg](mailto:commcareacademy@slec.org.sg).



Sister Susie Goh training other healthcare professionals on effective wound treatment



Representatives signing the sector-first five-party Memorandum of Understanding to strengthen community care in Bukit Panjang

## Five-party MOU: Strengthening Community Care Services in Bukit Panjang

With a joint vision to deliver collaborative and seamless care services for elder communities, Fei Yue Community Services, New Life Community Services, REACH Community Services Society, St Luke's ElderCare and St Luke's Hospital joined hands to better serve the Bukit Panjang community. Leveraging each organisation's expertise, resources and existing infrastructures, the five parties will deliver synergistic and compatible care solutions, bringing the focus upstream through preventive health and active ageing initiatives, and enhancing care within the Bukit Panjang community. The five party will also share training opportunities and resources to develop and strengthen senior services within the precinct.

REACH Community Services Society and SLEC had established a sector-first consortium to jointly operate an Active Ageing Centre (Care) in Teck Whye Vista and a Senior Care Centre in Senja Valley by 2024. Another consortium was established between New Life Community Services at St Luke's ElderCare to operate an integrated Nursing Home and Active Ageing Centre (Care) in Jelapang, slated for operations in 2026.

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

## Healing Conversations at SLEC CommCare Symposium 2023

Building on last year's inaugural CommCare Symposium, the second instalment, which took place on 29 September 2023 featured two distinct tracks, "Building a Dementia-Friendly Faith Community" and "Healing & Beyond: A Holistic Approach to Managing Wounds".

Healing conversations flowed with faith insights interwoven with actionable compassion in the dementia care and spirituality track. Venerable Wong Tak Meng anchored on the word "Re-member" while sharing a succinct snapshot of the dementia spectrum that will become increasingly commonplace across ageing congregations in Singapore. Sharing their lived experiences, the Wong family (Arthur, Patricia, and John) recounted the intimate challenges and joyful moments in caring for Arthur who is living with Mild Cognitive Impairment. Finally, Rev Dr Jimmy Tan shared his personal caregiving journey for his late mother who lived with dementia, and demonstrated how even through dementia, cherished moments can be drawn out for the heart's joy.

At the wound track, expert clinicians and wound care professionals including Dr Joseph Lo, Vascular Surgeon, Woodlands Health and Adj A/Prof Dr Prabha Sampath, Senior Principal Investigator, A\*STAR Skin Research Labs shared on managing Diabetic Foot Ulcers (DFU) and how RNA



Conversations with A/Prof (Dr) Kenny Tan, Venerable Wong Tak Meng and Rev Dr Jimmy Tan

therapeutics can aid the efficacy of healing these conditions in diabetic patients, respectively. While Ms Chong Hui Ru, Nurse Clinician (Specialty Care), Singapore General Hospital, presented on a specific treatment method for wounds, which involves the use of medicinal maggots.

A big thank you to our colleagues, healthcare professionals, sponsors, and partners who contributed to the event, and we look forward to seeing you in this year's CommCare Symposium.

# Striving for Excellence in Compassion: SLEC and Team Receives Awards

In the recent months, SLEC, as an organisation and its staff were recognised and acknowledged for their outstanding efforts and contributions to the community care sector – a testament to our commitment and unwavering dedication to delivering quality care and exceptional service to our elders.

## 16<sup>th</sup> Singapore HR Awards

The Singapore HR Awards is a platform that honours leading organisations that demonstrate breakthrough HR practices and implementations or have achieved outstanding contributions in the workplace and the workforce. We were awarded four accolades at this event:

- Excellence Award: Best-In-Class (Not-for-Profit & Public Sector)
- Workplace Culture & Engagement: Gold
- Learning & Development with Coaching and Mentoring: Silver
- Total Rewards (Compensation & Benefits): Bronze

At SLEC, we believe that people are our biggest asset. We strive to build a diverse and inclusive workforce, prioritise the well-being of our colleagues, and to improve and innovate programmes and processes that lead to a thriving workplace. We would like to thank and congratulate all who have made this possible!

## Charity Transparency Award 2023

The Charity Transparency Award recognises social service agencies that uphold high levels of governance through good disclosure practices. As a community care provider, we maintain high standards of accountability, and have stayed true to our values that guide us. We express our appreciation to the Charity Council for acknowledging our efforts in providing the highest standards of care for our elders in leading fulfilling and active lives.

## Community Care Manpower Development Awards 2023

Learning is a lifelong journey. We are immensely proud of the following team members for going the extra mile to improve their skillsets, so they can serve our elders even better.

To upskill themselves, Elijah Sia, Jeffrey Ha Keng Mun, Mah Wai Yee, and Michael Tiew enrolled into the WSQ Advanced Certificate in Learning for Performance Course. Ho Yin Yin is pursuing a Masters of Science in Dementia Studies, and Jasmine Chia has been awarded a pre-employment scholarship while studying for her Bachelor of Science with Honours in Occupational Therapy. They were all awarded the Community Care Manpower Development Award by the Agency for Integrated Care (AIC).

We would also like to congratulate Cai Yinzhou and Wendy Tan for receiving the Community Care Excellence Award for their significant contributions to the team.



A/Prof (Dr) Kenny Tan and SLEC representatives at the 16<sup>th</sup> Singapore HR Awards



Dr Alan Wong receiving the Charity Transparency Award 2023



A/Prof (Dr) Kenny Tan and award recipients at the Community Care Manpower Development Awards 2023

Want to make a change? Join us!  
[www.slec.org.sg/join-us/registration-form](http://www.slec.org.sg/join-us/registration-form).



Award recipient, Liwliwa Laeno with SLEC representatives at the 17<sup>th</sup> Tan Chin Tuan Nursing Award for Enrolled Nurses Award Ceremony

## "A Satisfying Challenge": Nursing to Serve the Community

When Liwliwa Laeno was just a little girl, she fell very ill. She experienced first-hand the warmth and love from the nurses who cared and supported her in her recovery. That, combined with what she calls "a special bond" with her grandmother, inspired her towards a career in the community care sector.

Today, she serves as a cluster nurse at St Luke's ElderCare with eight centres under her care – working alongside day care staff to ensure that the elders are well taken care of. In addition to tending to the elders, Liwliwa also provides training and support to the day care staff, equipping them with skills and knowledge to handle diverse situations arising from the elders' individual needs.

She shared,

***"What motivates me is knowing that our elders look forward to coming to the centre every day. They feel safe and secure when surrounded by people who care for them. When they approach me with genuine smiles or say 'thank you Missy', I know I have made a real connection. This gives me a sense of purpose and happiness".***

In taking care of the elders, Liwliwa and her team pay special attention to the development of the elders' physical and mental conditions. She said, "They may have limited physical function, but they use their remaining strength and abilities to stay active and engaged. I am so fortunate to be able to journey with them, and it motivates us to see improvements in their quality of life".

Even though she already serves as a mentor and provides training to her peers, Liwliwa constantly seeks to improve her own skills. In November 2023, she was recognised with the coveted 17<sup>th</sup> Tan Chin Tuan Nursing Award for Enrolled Nurses Award, which recognises outstanding, committed nurses in Singapore. She said, "My profession may be challenging, but it is also very satisfying. Nursing has fulfilled my passion to care for others and to serve humanity".

St Luke's ElderCare relies on passionate and dedicated staff for the meaningful work that we do. We can all play a part in caring for our elders.



## 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:

**Enrolled Nurse | Staff Nurse | Centre Manager | Community Care Associate | Occupational Therapist | Physiotherapist | Transport Captain**

Want to make a change? Join us!

[www.slec.org.sg/join-us/registration-form](http://www.slec.org.sg/join-us/registration-form).

# 专访黄秀桦女士： 编织更灿烂的银色岁月

现年84岁的黄秀桦女士对设计一直颇有心得，双手灵巧。她是拥有多年丰富经验的专业裁缝师，擅长将不起眼的材料改造成美丽的事物。自2019年以来，黄女士一直是圣路加乐龄关怀尚育中心的常客。近年来，缝纫已经在她的生活中退居次位。她感叹道：“我的视力不如以前了，手指也僵硬了。”如今，她把时间花在编织精美的手工艺品上，包括壁画和装饰中心那棵两米高的圣诞树。

黄女士能说流利的广东话和华语，喜欢与同伴们共度美好时光。她说：“我们时常一起吃饭，聊聊孙子孙女，或者交流烹饪心得。我会与他们分享自己最喜欢的广式煲汤或菜肴的食谱。我们也会在下午玩棋盘游戏或观看喜爱的电视剧。在中心度过的每一天都很有意义，在这里永远不会感到无聊。”

除了与中心的年长者互动，黄女士还与工作人员和志愿者建立了深厚的友谊。她说：“虽然我们年长者都有不同的性情，有时还会很固执，但我非常感谢这里的工作人员，尤其是中心经理陈要蜚和高级护理人员罗翠玉。他们对我们非常有耐心，知道如何处理我们的‘怪招’。他们的工作一点也不轻松，但他们总是以尊重、爱心和关怀对待我们，感觉就像我们是一个大家庭。”黄女士很期待节日的到来，她分享说：“在农历新年、国庆节或圣诞节期间，

工作人员会把我们聚集在一起，然后举行一些庆祝活动，比如捞鱼生、唱圣诞歌，或者玩一些我们熟悉的传统游戏，感觉实在太棒了。”

**“我曾经以为只有生病和孤独的人才会去乐龄护理中心，但事实并非如此。我可以和新朋友一起渐渐老去，一起度过美好时光，一起做有意义的事情，这是多么令人愉悦的经历！”**



欲了解更多有关我们服务的信息，请上网浏览  
[www.slec.org.sg](http://www.slec.org.sg)



# 通过创新搭建桥梁： 圣路加乐龄关怀生命实验室 (LifeLab@SLEC)帮助年轻 一代体验乐龄生活

年轻人可能会对乐龄生活有所误解。毕竟，只有亲身体会过，我们才能真正了解年长者所经历的一切。随着新加坡人口迅速老龄化，在各代人之间架起沟通桥梁变得越来越重要，好让年轻人能够更多地理解老龄化的现实，并学习如何更好地支持社区里的年长者。

有鉴于此，我们推出了LifeLab@SLEC，这是一个位于新加坡管理学院总部第三楼的现场学习设施。通过亲身体验和虚拟技术，参与者将认识到不同的护理环境和老龄化阶段，从而踏上探索、学习及体验幸福老龄化的独特之旅。

从2024年1月起，LifeLab@SLEC将向公众提供体验之旅，参与者将了解到失智症、慈怀疗护、灵性和康复等各种主题。通过互动活动，如穿上加重的“老人装”，然后完成任务和障碍赛，并进行反思，从而让参与者体验到年长者的生活感受。参与者也有机会思考什么是有意义的生活和优雅晚年，以助他们直面未来的现实。

此外，参与者还将了解到为照顾他人而做好准备的重要性。通过实作活动，通过实践活动，他们可以掌握护理技能并培养同理心，使他们能够为长者提供有效的护理。



如果您有兴趣参与或者想为您的组织或团体举办参观活动，请发送电子邮件至 [commcareacademy@slec.org.sg](mailto:commcareacademy@slec.org.sg) 或通过扫描二维码表明您的兴趣。





## 五方谅解备忘录： 强化武吉班让的社区护理服务

本着为武吉班让社区的年长者提供协同和无缝护理服务的共同愿景，飞跃社区服务、新生民众服务、援触社区服务社会、圣路加乐龄关怀和圣路加医院携手合作。这五个组织使用其专长、资源和现有基础设施，提供协同和兼容的护理解决方案，并从健康保健的上游着手，通过预防保健和活跃乐龄措施，强化武吉班让的社区护理服务。这五个组织也会共享培训的机会和资源，以发展和加强所属地区的乐龄服务。

援触社区服务社会和圣路加乐龄关怀成立了一个领域首创的联盟，于2024年在德惠联合经营一个活跃乐龄中心

(护理)，并在信佳谷联合经营一个乐龄护理中心。另外，新生民众服务和圣路加乐龄关怀也成立了一个联盟，在日拉邦路经营一家综合养老院和活跃乐龄中心(护理)，计划于2026年投入运作。

欲了解更多有关我们服务的信息，请上网浏览 [www.slec.org.sg](http://www.slec.org.sg)。

## 2023年圣路加乐龄关怀社区 关怀研讨会上的治疗对话

建立在首届社区关怀研讨会的基础上，第二部的社区关怀研讨会于2023年9月29日举行，探讨的专题分别是“建立一个对失智症患者友好的信仰群体”和“治疗与超越：管理伤口的整体方法”。

在失智症护理和灵性的专题讨论上，治疗对话侧重于信心的重要性及怜悯的可执行性。可敬的Wong Tak Meng强调了“重新构建”(Re-member)，针对新加坡教会会众逐渐老龄化，简要地介绍了失痴症谱系。黄氏一家的三位成员(Arthur, Patricia, 和John)分享了他们的亲身经历，讲述在照顾患有轻度认知障碍症的亚瑟时，所遇到的挑战和欢乐时刻。最后，Jimmy Tan博士(牧师)分享了照顾患有失痴症的已故母亲的心路历程，也展示了即使在失痴症的情况下，珍贵时刻的回忆可被唤起，激发内心的愉悦感。

在管理伤口和慈怀疗护的专题讨论上，临床专家和伤口护理专业人员，包括兀兰医疗园的Joseph Lo血管外科医生和新加坡皮肤研究院的高级首席研究员Prabha Sampath博士，分别分享了如何管理糖尿病足溃疡(DFU)以及核糖



核酸(RNA)疗法如何有助于治疗糖尿病患者的DFU状况。新加坡中央医院临床护士(专科护理)Chong Hui Ru女士，则介绍了使用药用蛆虫治疗伤口的特殊方法。

我们衷心感谢为本次活动做出贡献的同事、医护人员、赞助商和合作伙伴，并期待在今年的社区关怀研讨会上与您相见。



## “振奋人心的挑战”： 通过护理工作服务社区

当 Liwliwa Laeno 还是个小女孩时，她得了一场大病。在康复的过程中，她亲身感受到了护士的温暖和关爱，再加上她与祖母之间的一种“特殊纽带”，这些激发了她投身社区护理领域。

如今，她是圣路加乐龄关怀的一名护士，负责护理八个中心的年长者，并与日间护理人员合作，确保年长者得到妥善照顾。除了照顾年长者之外，Liwliwa 还为日间护理人员提供培训和支持，让他们掌握相关的技能和知识，按着各年长者的需求，应对不同的情况。

她分享说：

**“让我深感激励的是，我们的年长者每天都期待来到中心。这里有关心他们的人，令他们感到安全和有保障。每当他们带着真诚的微笑接近我或对我喊声‘谢谢你，Missy’（护士的意思）时，我知道自己已经和他们建立了真正的联系。这给我带来很大的使命感和幸福感。”**

在照顾年长者的过程中，Liwliwa 和她的团队特别关注年长者的身心发展。她说：“他们的身体功能有限，但他们会运用有限的力量和能力，保持身心活跃并积极参与活动。我很幸运能够和他们一起走这段人生的旅程，看到他们的生活质量得到改善，我们很受到激励。”

尽管Liwliwa已经是一名导师，为同辈提供培训，但她仍不断努力提升自己的技能。2023年 11月，她获得陈振传护士奖，该奖项旨在表彰新加坡杰出、尽职尽责的护士。她说：“我的职业可能深具挑战性，但也非常令人振奋。护理工作满足了我关爱他人和服务人民的热情。”

圣路加乐龄关怀的支柱之一就是热情和敬业的工作人员，大家共同完成非常有意义的工作。我们人人都可以在照顾年长者的方面发挥作用。



## 我们正在招聘

如果您想成为一名改变者，想在年长者护理领域开启一场意义非凡之旅，我们需要您！

目前，我们正在寻找有才能的人士担任以下职务：  
助理护士 | 护士 | 中心经理 | 社区护理助理 | 职业治疗师 | 物理治疗师 | 交通队长

请上网浏览 [www.slec.org.sg/join-us/registration-form](http://www.slec.org.sg/join-us/registration-form) 或扫描此二维码提交您的简历，并表明您对职位的兴趣。



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



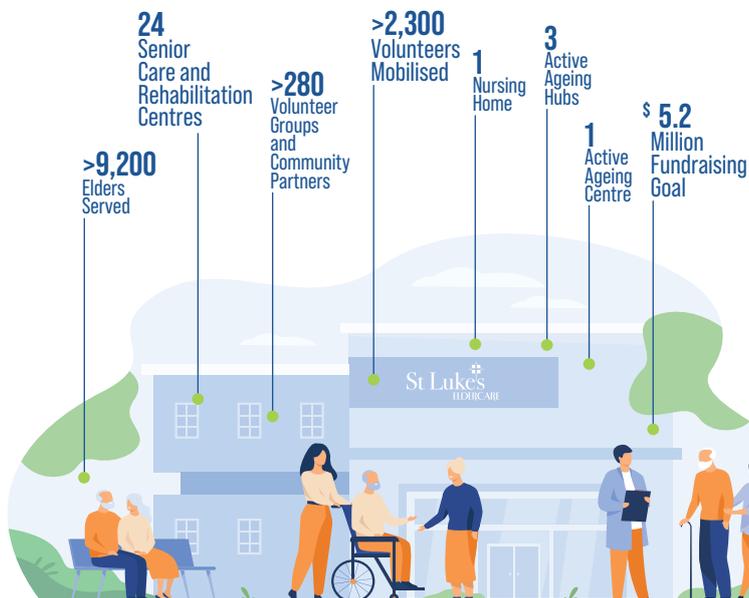
To find out how to include SLEC in your CPF nomination or get started on your legacy planning, please email us at [donorsupport@slec.org.sg](mailto:donorsupport@slec.org.sg)

BUSINESS REPLY SERVICE  
PERMIT NO. 09381



**ST LUKE'S ELDERCARE LTD**  
Fundraising Department  
461 Clementi Road #04-11  
Block A, SIM Headquarters  
Singapore 599491

Postage will be paid by addressee.  
For posting in Singapore only.



## 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/>