

Touch of Grace

A Home Away From Home

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St Luke's
ELDERCARE



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Celebrating Excellence in Care and Skills Development

A Note by Our CEO



The year 2026 is significant for our community care sector.

This year, Singapore transitions into a super-aged society, where at least one in five of the population are aged 65 or older.

At St Luke's ElderCare (SLEC), we continue to deepen our efforts to enrich the lives of seniors in Singapore. In this issue, we highlight our ongoing work to lead meaningful conversations in care, alongside new partnerships that drive greater impact. This includes the inaugural SLEC x NAFA Ageing Artfully Conference, a first-in-sector initiative which brought together the arts and community care to reimagine ageing with creativity, connection and compassion.

Last December, we marked a significant milestone as we celebrated five years since our venture into residential-based services. What started as a bold step into a new territory has since grown into one of the key pillars of

our care continuum. We honour the dedication of our SLEC staff, partners and volunteers for truly making our residences a "Home Away from Home".

In 2025, we also organised our first SLEC Miles of Smiles 60km Challenge and saw the strength of our community in action, where participants came together to turn every step into support for our elders.

Looking ahead, we remain committed to fostering a culture of lifelong learning among our colleagues and strengthening collaborations to provide better care for our elders.

Thank you to all who have journeyed with us. With your continued support, we can embrace Singapore's super-aged status as a new chapter filled with opportunities and possibilities to Serve, Love and Empower Communities!

Adj A/Prof (Dr) Kenny Tan
Chief Executive Officer

Thanks for Going the Extra Mile!



In honour of SG60 and the seniors who helped build our nation, the SLEC Miles of Smiles 60km Challenge invited participants to run, walk or hike 60km while raising funds to support our elders from 1 November 2025 to 31 January 2026. Because of your dedicated support, we went beyond our fundraising goal of \$500,000!

Thank you for journeying with us - and for every step taken to bring joy, hope and smiles to our seniors. Let's continue to make a difference in their lives by giving our time, talent and treasure!



Scan to see who's top in raising funds and clocking steps.

Your Steps, Your Impact!

\$620,899.04*

124%

Raised

*Information is accurate as at 31 January 2026. Your gift went twice as far! All figures include the matching support from the Community Silver Trust Fund.

\$500,000

Goal

133,364km

Distance Clocked

1,638

Participants Engaged

>1,300

New Partners

When Passion Meets Learning

For Ms Susie Goh, a renowned wound care expert in Singapore, sharing knowledge has always been close to her heart. At 69, she continues to share her expertise. While she stepped down as SLEC's Director of Nursing in December 2025, she will continue to contribute through the SLEC CommCare Academy as a wound consultant from April 2026.

Teaching was her passion. Nursing, meanwhile, was her parents' wish – a path they hoped would one day allow her to care for them as they grew older. Everything aligned when Susie discovered that nursing could also open the door to education. In 1977, she began her nursing career.

Touching Lives Beyond the Bedside

Along the way, it was not only patients whose lives she touched. Susie realised that lasting improvements in care depended on the capability of nurses. Although she loved frontline work, she saw gaps in young nurses' knowledge and confidence, and knew she could make a greater difference through training.

In her 25 years of mentorship, she has trained about 1,500 nurses – local and foreign, through on-the-job training and education platforms such as the annual SLEC CommCare Symposium. These are achievements she treasures most – seeing nurses grow, remain in the profession and make a meaningful impact.

In SLEC, she has helped raise care standards and improve outcomes for elders by implementing nursing strategies and programmes, developing policies and standardised procedures, introducing digital wound documentation, and establishing a wound care fund.



Ms Susie Goh (with flowers), receiving Singapore's highest nursing honour, the President's Nurses Award, from then President S R Nathan in 2011.

During Susie's early nursing student days, she was asked to change the dressing of a painful wound. Under the bandage, she noticed tiny black specks and gently lifted one with a pair of forceps – only to realise it was a maggot! She spent the next 45 minutes cleaning and redressing the wound, eventually removing at least a hundred maggots.

The next morning, the patient told her it was the first night he had slept in two weeks without pain. In that moment, she knew she had found her passion in wound care. "Wound care is both an art and science. Every wound is different and requires skill and creativity to resolve," she said.



“In nursing, our impact is multiplied through the elders we care for, as well as the people we inspire, teach, and empower along the way.

– Ms Susie Goh, former Director of Nursing, SLEC

Learning for Life

Susie remains deeply committed to lifelong learning. She keeps her knowledge and skills current through workshops, conferences and collaborations with specialists and multi-disciplinary teams. She also learns new skills outside of work, expressing her creativity through crafts like knitting and rock painting.

Wound care has always been Susie's calling. Even when the work was challenging, she found strength in her purpose and the people she served with. "Passion will sustain you through the challenges and make the work truly meaningful," she said.

Her journey reminds us that when passion meets purpose, learning never ends – and lives are changed because of it. Thank you, Susie, for over 40 years of dedication and contribution to the nursing landscape in Singapore!



Ms Susie Goh administering wound care for an elder at SLEC Residence @ Ang Mo Kio.

Championing Healing Conversations

The SLEC CommCare Symposium returned for the 4th year on 18 and 19 September 2025, gathering 14 distinguished speakers and over 400 participants to explore practical strategies in wound care and dementia support. Organised by the SLEC CommCare Academy, the annual event serves as a platform for healthcare professionals, caregivers and the faith community to share best practices and knowledge, empowering helping hands to reach even further.



Ms Liwliwa Laeno, an SLEC Senior Enrolled Nurse, guiding a participant through a wound debridement exercise.

Wounds to Wholeness

The wound care track equipped more than 120 healthcare professionals with knowledge on critical topics, including wound healing challenges, advances in wound care, and the management of atypical wounds – driving efforts in helping practitioners stay abreast of developments in the sector.

Participants learnt and practised wound care skills through hands-on sessions in wound debridement and case study investigations. During the panel discussion, they also explored the psychological and social impact of wounds and the importance of recognising these factors in patient care.

Ms Susie Goh, then Director of Nursing at SLEC, said: "Don't just look at the hole, but at the patient as a whole". Her words served as a powerful reminder to go beyond the clinical understanding of wounds, as true recovery calls for a holistic approach that nurtures the body, mind and spirit.



Participants engaging in an activity during the breakout workshop, *Reminiscence as Reflection: Unlocking Spiritual Insights from the Past*.

Sustaining Faith, Sharing Hope and Supporting Love

Meanwhile, in the dementia and spirituality track, caregivers and faith leaders discussed practical strategies and creative approaches to providing spiritual care for people living with dementia. Caregivers learnt different approaches to enrich the lives of those they care for, from reminiscence therapy to music.

Adj A/Prof (Dr) Kenny Tan, CEO of SLEC, shared: "As caregivers, you are the storyteller for the person you care for. The question is: what is the story you would like to tell for your loved one with dementia?". He reminded participants of their power and role in shaping a narrative of dignity and meaning for their loved ones.

“The symposium explored very targeted topics that are rarely explored elsewhere. It has been very helpful to gain different perspectives.

- A participant of the SLEC CommCare Symposium 2025 Dementia & Spirituality track

Painting New Possibilities for the Future of Care



Ms Jane Ittogi and representatives from SLEC and NAFA officiating the event through a scrape painting activity. The abstract patterns and interwoven shapes represent the diverse strengths across the arts and community care sectors.

At SLEC, we're committed to holistic care, continually implementing meaningful approaches to draw on shared expertise and enrich the lives of our elders.

On 15 November 2025, SLEC and the Nanyang Academy of Fine Arts (NAFA) jointly organised the inaugural SLEC x NAFA Ageing Artfully Conference, the first of its kind to be hosted by a community care organisation and an arts institution. The conference followed the formalisation of their partnership through a Memorandum of Understanding signed in August 2025.

The conference, graced by Ms Jane Ittogi, brought together 14 speakers and over 100 artists, academics, community care professionals and changemakers. Participants gained fresh insights through keynote addresses and eight dynamic hands-on workshops, from music and visual arts to storytelling, theatre, movement and immersive ageing experiences.

Adj A/Prof (Dr) Kenny Tan, CEO of SLEC, shared about how the arts can help seniors live and leave meaningfully – fearlessly, with beauty, and with a lasting legacy. He said: "We must work together to bring the arts into our common spaces as a normalised part of our daily living – across settings, seasons and sectors!"

The conference also featured an arts exhibition, BLOOM, showcasing ceramics, craft and paintings created by our elders. It will rove across three libraries in 2026.



Participants learned how to engage seniors through rhythm and drumming during one of the breakout workshops, Golden Grooves.



Mdm Hajjah Sapiah Bte Abdullah, an SLEC elder, with her son and Ms Jane Ittogi at the BLOOM arts exhibition, showcasing her ceramic artwork.

“ I feel very clever making all of these and I’m so proud of myself... I smile as I look at my creations every morning now.

– Mdm Hajjah Sapiah Bte Abdullah, an elder whose ceramic pieces were displayed at the BLOOM arts exhibition

SLEC's Journey in the Arts

Engaged elders mainly through colouring activities

1999

2015

Created a dedicated Arts Programme to nurture elders' passions and skills through creative expression

2018

Recent Years

From 2021: Expanded our arts programme to feature more art forms including ceramics, paper clay and drama, and had more collaborations with arts groups such as Decadance Co and Voices of Singapore

From 2023: Embarked on our MELO-D (Musical Engagement and Learning for Older persons living with Dementia) programme

A Home Away from Home,

There was a special kind of joy in the air on 10 December 2025, the kind that comes from knowing you are home. That day, SLEC marked the 5th Anniversary of our Residential-based Services. The theme, "A Home Away from Home, Joy Upon Joy", captured our vision for our residences – we want our elders to feel at home and their days filled with joy, hope and meaning.

The event was held near SLEC Residence @ Ang Mo Kio, our first residence and the only one in Singapore to open during the Covid-19 pandemic. It was graced by Mr Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies, with partners and volunteers joining our elders, their caregivers and our staff for the celebration.

“When I first heard about St Luke’s ElderCare, it was during Covid, and it was indeed about your heroic deeds.

– Mr Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies. SLEC Residence @ Ang Mo Kio had opened earlier than planned to provide quarantine care for 11 seniors in need.



Active agers from our Active Ageing Centre (Care) @ Hougang performed songs at the event, rallying the community together in celebration.



More than marking a milestone, we brought the celebration to the community, with balloons and nostalgic treats.



Mr Kang Eng Tong, an elder at SLEC Residence @ Ang Mo Kio, taking a selfie with Minister Ong Ye Kung.

“It all began with a simple seed: a heartfelt desire to help seniors live well and leave well.

– Adj A/Prof (Dr) Kenny Tan, CEO of SLEC, reflecting during his opening address on the beginnings of our residential-based services in 2020.

Adj A/Prof (Dr) Kenny Tan, CEO of SLEC, shared about SLEC's faith journey of venturing into residential-based care amid the Covid-19 pandemic and used the acronym **HOME** to share about SLEC's vision for our residences:

- **H** – a “home away from home”, where elders feel supported and loved, just like in their own family
- **O** – a home filled with opportunities for elders to explore new interests and connect with the community
- **M** – a home without masks, so elders can see the smiles of those who care for them
- **E** – a home for everyone – for care recipients, caregivers, colleagues, as well as community partners

What does home mean to you? Scan the QR code to watch a video of our elders, volunteers and staff sharing what they think.



Joy Upon Joy

SLEC's Journey in Residential-based Services

SLEC was formed to offer an expanded range of care services for seniors in the community.

1999

2020

Our first residence, SLEC Residence @ Ang Mo Kio, commenced operations. Ahead of the opening on 4 May, the Ministry of Health requested that we host 11 seniors from another nursing home who required quarantine. They were welcomed into our 189-bed residence on 10 April, Good Friday.

2022

2025

SLEC Residence @ Ang Mo Kio received the "Facility of the Year - Residential" award at the 10th Asia Pacific Eldercare Innovation Awards in recognition of its "Home Away From Home" approach to residential care.

SLEC Residence @ Punggol commenced operations on 1 April with 201 beds.

2026

SLEC Residence @ Jelapang, in partnership with New Life Community Services, is targeted for completion by end 2026.



Since commencing operations on 1 April 2025, SLEC Residence @ Punggol has been nurtured by a dedicated team who makes this place a "Home Away from Home".

Stay tuned for the official opening of our second residence, SLEC Residence @ Punggol, in 2026! Our third residence, in Bukit Panjang, is also scheduled for completion in the same year. With these developments, we will have a nursing home in each healthcare cluster and be able to care for more than 650 seniors across our residences.



Having a Community to Call Family

With her parents having passed on and no siblings or spouse, Ms Catherine Koon, 75, had spent much of her life journeying alone. Whenever the new year came around, she would ask herself, "How come everyone has a reunion dinner but I don't have one?"

That changed in 2021 when she moved in to SLEC Residence @ Ang Mo Kio, where she found a place she could finally call home - a home built on the relationships she formed.

She often enjoys light-hearted banter with the staff at the residence, especially with Ms Rikayani, a Care Partner who has become a friend to her. Beyond offering a listening ear, Rika would often slip Catherine small treats to brighten her day - a little tradition between them.

Catherine also cherishes the companionship of SLEC's partners and volunteers who visit regularly. Earlier in 2025, volunteers from New Creation Church surprised her with a birthday meal from KFC. The simple gesture moved her deeply - so much that she quietly stepped away with tears in her eyes, having never experienced such care before.

Reflecting on her journey, Catherine shared, "My life was downhill when I was younger, but ever since coming here, it is like I can see the light."

Today, she is one of the bright sparks at the residence, spreading joy and lending a helping hand. She also played a key role at the 5th Anniversary Celebration of SLEC Residential-based Services as an emcee and proudly hosted Minister Ong Ye Kung and other guests on a tour of the residence that day.

While Catherine has no remaining immediate family, she has found her own family in the community at our SLEC Residence @ Ang Mo Kio.

“My life was downhill when I was younger, but ever since coming here, it is like I can see the light.

– Ms Catherine Koon, an elder at SLEC Residence @ Ang Mo Kio

A Home for Everyone



Volunteers from New Creation Church crafted mosaic coasters with our elders.

Thank You for Journeying with Us in 2025!

>1,000

volunteers

>60

volunteer groups

>3,400

hours of care

The Friendship that Gave Back

Vanessa Goh, 19, started volunteering at SLEC Residence @ Ang Mo Kio as a Raffles Institution student through her co-curricular activity (CCA). Two years on, her CCA involvement has ended, but she continues to volunteer and has even roped in her mother to join her!

She would return to spend time with the elders – playing Mahjong, conducting bedside mobility exercises, and joining them in community activities. Over time, she built relationships with the elders through of their “mischievous youth” and moments of connection and trust. She often shared her volunteering experiences at home, which inspired her mother to join her. Today, they volunteer together at the residence, befriending elders at the Kopitiam programme.

One of Vanessa’s most treasured friendships is with Mr Yang Tai Teck. She says that from him, she received more than she ever expected: “comfort when I was anxious about exams, joy in preparing news articles about Singapore or US politics to share with him, and a deep sense of purpose when his face lit up every week.”

Now, she hopes others will discover and experience the same kind of connection too: “All you need is a willing and open heart – the laughs, conversations and warmth will come naturally, and you’ll find yourself returning again and again. Have faith in your capacity to be a pillar of support for someone!”

As we celebrated the 5th Anniversary of our Residential-based Services, we also honoured the partners who have journeyed alongside us in serving our elders.

Every guest received a mosaic coaster crafted by elders, volunteers, and staff – a symbol of community and unity. It is inspired by the mosaic tables found in HDB void decks, which are also replicated in our Residence @ Ang Mo Kio.

Mr Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies, who graced the celebration event, also received an artwork made of mosaic tiles, lovingly crafted by elders from both our Residences (as shown on the cover of this newsletter).

From taking our elders out for trishaw rides to giving them haircuts, we thank all our volunteers for being **Super Loving, Extra Caring!**

“Every mosaic tile reflects a unique talent and contribution from each of us. Each piece on its own may seem insignificant, but together they form a masterpiece.

– Adj A/Prof (Dr) Kenny Tan, CEO of SLEC, sharing during his opening address about the mosaic coasters that guests received at the 5th Anniversary Celebration of our Residential-based Services



Vanessa Goh (left) and her friend Phoebe with our elders at the SLEC Residence @ Ang Mo Kio.

“What feels like a small gesture to you might be the brightest part of someone else’s day. That is the immeasurable beauty of volunteering: the way something so modest can mean so much.

– Vanessa Goh, volunteer at SLEC Residence @ Ang Mo Kio

Come join us in making a difference in the lives of seniors! For volunteering opportunities, scan the QR code or visit www.slec.org.sg/support-us/volunteer/.



Celebrating Excellence in Care and Skills Development

Community Care Manpower Development and Excellence Awards 2025

On 24 September, 27 SLEC staff were recognised at these awards, organised by the Agency for Integrated Care to honour individuals and teams in the community care sector for exemplary service, outstanding quality improvement projects, and training and upskilling efforts.

One of the winners was our CEO, Adj A/Prof (Dr) Kenny Tan, the first recipient of the inaugural Platinum Leadership Award. The award recognises leaders who drive excellence and innovation to advance the Community Care sector.

Scan the QR code to read his thoughts on the importance of community partnerships, in his exclusive interview with The Straits Times.



SkillsFuture Employer Awards 2025

On 7 November, we received the SkillsFuture Employer Award 2025 (Gold), a national accolade celebrating organisations that champion employees' skill development and lifelong learning. The award was presented by President Tharman Shanmugaratnam.

To strengthen capabilities for a future ready-workforce, our training arm, the SLEC CommCare Academy, expanded its training space to the Devan Nair Institute for Employment and Employability in January 2026.



19th Tan Chin Tuan Nursing Award for Enrolled Nurses 2025

As an Enrolled Nurse at SLEC, Catherine Dekket has impacted many lives. Beyond her expertise in wound care and complex geriatric conditions, her compassion and dedication shine through in every interaction with elders.

We are proud of her achievement in receiving the prestigious 19th Tan Chin Tuan Nursing Award (Merit) for Enrolled Nurses on 21 November. The award was established by the D.S. Lee Foundation in 2006 and is the highest national accolade for enrolled nurses in Singapore.



Singapore Health Quality Service Awards 2026

On 16 January, 137 SLEC staff were recognised with the awards, presented by Mr Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies. They honour healthcare professionals who have delivered quality care and an excellent patient experience. The recipients comprised 9 Star Awardees, 30 Gold Awardees and 98 Silver Awardees.



家外之家，

2025年12月10日，空气中弥漫着一份特别的喜悦——那是一种仿佛“回到家”的温暖与安心。当天，圣路加乐龄关怀欢庆住宿式照护服务五周年。主题“家外之家，乐上加乐”，正是我们对乐龄之家的真挚期许：让年长者感受到家的温度，让每一天都充满喜乐、盼望与意义。

庆祝活动在圣路加乐龄关怀宏茂桥之家附近举行。这是圣路加乐龄关怀的第一所乐龄之家，也是新加坡唯一所在冠病疫情期间启用的院所。活动荣幸邀请到卫生部长兼社会政策统筹部长王乙康莅临主礼，合作伙伴与义工也齐聚一堂，与年长者、照护者及同工共度温馨难忘的时刻。

“我第一次听到圣路加乐龄关怀，是在冠病疫情期间，那时听到的，都是你们在抗疫期间所作出的重要贡献。

- 卫生部长兼社会政策统筹部长王乙康。圣路加乐龄关怀宏茂桥之家曾提前启用，为11位有需要的年长者提供隔离照护。



我们后港活跃乐龄护理中心的年长者在活动中献唱，展现号召社区齐聚欢庆的精神。



不仅是庆祝一个里程碑，我们也把这份喜悦带进社区，配上气球和怀旧小吃。



康先生，圣路加乐龄关怀宏茂桥之家的一位年长者，与王乙康部长自拍合照。

“这一切，始于一颗简单的种子，一个真诚的愿望——希望帮助年长者活得好，也走得安然。

- 圣路加乐龄关怀总裁兼任副教授陈万隆医生，回顾2020年住宿式照护服务的起点

圣路加乐龄关怀总裁兼任副教授陈万隆医生在致辞中，回顾了机构在疫情期间凭着信念踏入住宿式照护领域的历程，并以HOME四个字母，分享乐龄之家的核心愿景：

- **H** – Home away from home (家外之家)
一个让年长者感到被支持、被爱护，如同在自己家中的地方。
- **O** – Opportunities (充满机会)
一个让年长者探索新兴趣、与社区建立连结的家。
- **M** – Masks off (摘下口罩)
一个能摘下口罩、展现真诚笑容的环境，让年长者感受到更真实的人际连结的家。
- **E** – Everyone (人人共享)
一个为照护对象、照护者、同工及社区伙伴而设的家。

家，对你来说意味着什么？
扫描二维码，聆听年长者、义工与同工分享他们心中的“家”。



乐上加乐

我们的住宿式照护服务 的发展历程

圣路加乐龄关怀成立，致力为社区年长者提供更全面的照护服务。

1999

2020

首所疗养院——圣路加乐龄关怀宏茂桥之家——投入运作。原定于5月4日开幕，后应卫生部请求，于4月10日（耶稣受难日）提前接纳来自另一家疗养院、需隔离的11位年长者。

2022

2025

宏茂桥之家荣获第十届亚太区乐龄照护创新奖“年度住宿式设施”奖项，肯定其“家外之家”的照护理念。

圣路加乐龄关怀榜鹅之家于4月1日开始运作，设有201个床位。

2026

与新生命社区服务合作的圣路加乐龄关怀日拉邦之家，预计于2026年底竣工。



自2025年4月1日投入运作以来，圣路加乐龄关怀榜鹅之家在一支充满热忱的团队耕耘下，逐渐成为一个“家外之家”。

展望未来，圣路加乐龄关怀将于2026年正式启用第二所疗养院——圣路加乐龄关怀榜鹅之家，第三所位于武吉班让的圣路加乐龄关怀日拉邦之家也计划于同年竣工。届时，圣路加乐龄关怀将在每个医疗集群中设立一所疗养院，整体可照护超过650位年长者。



一份家人般的陪伴

75岁的官惠卿女士，父母早已离世，也没有兄弟姐妹或配偶，人生的大半旅程几乎都是独自走过。每逢新年，她总会在心里问自己：“为什么人人都有团圆饭，我却没有？”

这一切，在2021年迎来了转变。那一年，她入住了圣路加乐龄关怀宏茂桥之家，终于找到了一个可以安心停靠的地方——一个建立在她所结下关系的家。

在乐龄之家里，官女士常与同工们轻松谈笑，尤其与护理伙伴 Rikayani (Rika) 女士格外亲近。Rika不仅耐心倾听她的心事，也时常悄悄送上小点心，为她的一天添上一份暖意——这是两人之间温馨的小小默契。

官女士同样珍惜圣路加乐龄关怀合作伙伴与义工定期到访的陪伴。2025年初，来自新造教会的义工特地为她送上肯德基 (KFC) 生日餐。这个看似简单的举动，却深深触动了她——她悄悄走到一旁落泪，因为这是她人生中从未经历过的关怀。

回顾自己的生命旅程，官女士曾分享：“我年轻时的人生一路走下坡，但自从来到这里，就好像重新看见了光。”

如今，她已成为乐龄之家里一道温暖的光，既把喜乐分享给身边的人，也乐于用行动关怀他人。她也在圣路加乐龄关怀住宿式照护服务五周年庆典中担任司仪，并自豪地为王乙康部长及多位贵宾介绍圣路加乐龄关怀宏茂桥之家。

虽然官女士已没有直系亲人，但就在这里，她找到了属于自己的家人与社区。

“我年轻时的人生一路走下坡，但自从来到这里，就好像重新看见了光。”

- 官惠卿女士，圣路加乐龄关怀宏茂桥之家的年长者

倡导 疗愈对话

2025年9月18日至19日，圣路加乐龄关怀社区关怀研讨会迎来第四届盛会，汇聚14位杰出讲者及逾400名参与者，共同探讨伤口护理和智症照护的实务策略。

此年度研讨会由圣路加乐龄关怀社区护理学院主办，持续为医护专业人员、照护者及信仰群体搭建交流与学习的平台，分享最佳实践与专业知识，让关怀的影响力不断延伸、持续深化。



圣路加乐龄关怀资深注册护士Liwliwa Laeno女士指导参与者进行伤口清创实作。

从伤口到痊愈

伤口护理专题为120多位医护专业人员提供了关键而实用的知识，内容涵盖伤口愈合的挑战、护理领域的新进展，以及非典型伤口的评估与管理，协助从业者紧贴行业发展脉动。

参与者透过清创等实作环节，亲身学习并练习关键伤口护理技巧，并结合案例研究，加深对临床应用的理解。在专题座谈中，大家也深入探讨了伤口对患者心理与社会层面的影响，以及在照护过程中正视这些层面的重要性。

圣路加乐龄关怀时任护理总监吳文爱女士分享道：“不要只看伤口本身，要顾及到患者的全人。”这番话让人深刻体会到真正的康复不仅止于临床处理，更需要全人关怀，兼顾身体、心理与灵性的整体需要。



参与者在分组工作坊《回忆即反思：从过去汲取灵性洞见》

持守信心、分享盼望、传递爱心

在失智症与灵性关怀专题中，照护者与信仰领袖共同探讨如何以务实且富创意的方式，为失智症患者提供适切的灵性关怀。参与者学习了多种丰富照护体验的方法，包括回忆治疗、音乐应用等，帮助提升患者的生活质量。

圣路加乐龄关怀总裁兼任副教授陈万隆医生在分享中指出：“作为照护者，你是所照护之人的说书人。关键在于——你希望为这位失智的亲人诉说一个怎样的故事？”他提醒大家，照护者在陪伴过程中，拥有塑造尊严、意义与希望叙事的重要力量与角色。

研讨会聚焦的主题非常精准，许多内容在其他地方很少深入探讨。能从不同角度学习，收获良多。

- 2025年圣路加乐龄关怀社区关怀研讨会失智症与灵性关怀专题参与者

以艺术重塑社区 照护的未来



珍一藤木女士与圣路加乐龄关怀及南洋艺术学院代表，通过刮画创作共同主持研讨会开幕仪式。抽象的图案与交织的形状象征着艺术领域与社区照护领域中多元而独特的力量。

在圣路加乐龄关怀，我们始终秉持全人关怀的理念，持续探索富有意义的实践方式，汇聚跨领域的专业与创意，丰富年长者的生命旅程。

2025年11月15日，圣路加乐龄关怀与南洋艺术学院（NAFA）联合主办了首届 SLEC x NAFA “艺术·优雅乐龄” 研讨会。这是首个由社区照护机构与艺术学府联合主办的跨界盛会，并紧随双方于2025年8月签署合作备忘录、正式确立合作关系之后举行。

研讨会荣幸邀请到珍一藤木女士出席，与14位讲者及逾100位艺术家、学者、社区照护专业人士和社会创新者齐聚一堂。参与者透过主题演讲及八场内容丰富、形式多元的实作工作坊，获得崭新的视角与启发。工作坊涵盖音乐、视觉艺术、叙事创作、戏剧、身体律动，以及沉浸式乐龄体验，激发深度思考，也促进实践层面的反思与交流。

圣路加乐龄关怀总裁兼任副教授陈万隆医生分享道，艺术不仅能丰富年长者的生活，更能帮助他们有意义地生活，也有尊严地走完人生旅程——无惧、优雅，并留下珍贵而深远的生命印记。他指出：“我们必须携手努力，让艺术自然融入日常生活的公共空间——跨越不同场景、季节与领域，成为生活的一部分。”

研讨会期间亦举办了“盛开”（BLOOM）艺术展，展出由年长者创作的陶艺、手工艺与绘画作品。该展览将于2026年巡回本地三所公共图书馆，让更多人看见年长者的创造力，以及生命持续绽放的光彩。



参与者在其中一场分组工作坊“黄金律动”中，学习如何通过节奏与击鼓活动与年长者互动。



Hajjah Sapiyah Bte Abdullah女士与其儿子及珍一藤木女士一同出席BLOOM艺术展，展示她的陶艺作品。

“我觉得自己真的很厉害，能做出这些作品，也为自己感到非常骄傲……现在每天早上看着这些创作，我都会不自觉地微笑。

- Hajjah Sapiyah Bte Abdullah女士，其陶艺作品于BLOOM艺术展中展出的年长者

我们的 艺术之路

以涂色活动为起点，
开启年长者参与艺术
的旅程。

1999

2015
设立专属艺术项目，通过创意表达
培育年长者的兴趣与技能。

2018

首次于旧国会大厦艺术之家举办艺术展，
展出来自900多位年长者的精选作品。

近年 发展

自2021年起：艺术项目持续拓展，涵盖陶艺、
纸黏土、戏剧等多种形式，并与现代舞团
Decadance Co、本地合唱组织Voices of
Singapore等艺术团体展开更广泛的合作

自2023年起：推出以音乐为核心的MELO-D
(失智年长者音乐参与与学习) 项目

热忱与使命的交汇

对新加坡著名伤口护理专家吳文爱女士而言，分享知识、成就他人的学习与成长，一直是她心之所系。即使已年届69岁，她对护理与教育的热忱依旧不减。虽然她已于2025年12月卸下圣路加乐龄关怀护理总监的职务，但从2026年4月起，她将以伤口护理顾问的身份，继续透过圣路加乐龄关怀社区护理学院，把专业与经验传承给下一代护理人员。

教学是她心之所向，而护理，则承载着父母的期望——盼望女儿日后能照顾年迈的家人。随着护理经验的累积，文爱逐渐体会到，护理不仅关乎照护本身，更能成为分享知识、培育他人的平台。1977年，她正式开启护理生涯。

从个体照护到专业培育

在这段旅程中，她触动的不仅是病患的人生。她也逐渐明白，唯有提升护士的专业能力，护理才能带来持久的改变。虽然她热爱临床前线的工作，但她意识到，若要带来更长远的改变，关键在于培育护士的能力与信心。

在长达25年的导师生涯中，她估计已培训约1,500名护士——来自本地与海外。她通过在职培训、以及一年一度的圣路加乐龄关怀社区关怀研讨会等平台，持续投入教学与指导。对她而言，最珍贵的回馈，莫过于看见护士成长、坚守岗位，并为无数服务对象带来深远而真实的改变。

在圣路加乐龄关怀服务期间，文爱透过多项关键举措，系统性地提升护理水平并改善年长者的健康成果，包括推动护理策略与项目的发展、制定相关政策与标准化流程、引入数码化伤口记录系统，以及设立伤口护理基金等，为护理服务奠定更稳固而长远的基础。



吳文爱（手持鲜花）于2011年荣获新加坡最高护理荣誉——总统护士奖，由时任总统纳丹颁发。

她在护理学生时期经历的一次事件，激发了她对伤口护理的热爱。当时她被安排为一位患者更换伤口敷料掀起绷带时，她发现伤口上布满细小的黑点；当她用镊子轻轻夹起其中一颗，才惊觉那竟是一条蛆虫！她随即投入清理工作，花了45分钟，小心地为患者清除伤口并重新包扎，最终移除了至少一百条蛆虫。

第二天清晨，患者对她说，这是两个星期以来第一次在夜里无痛入眠。那一刻深深烙印在文爱心中。她说：“伤口护理既是一门科学，也是一门艺术。每一处伤口都独一无二，需要技巧与创意来修复。”



“在护理工作中，我们的影响力不仅体现在所照护的长者身上，也体现在一路激励、教导并赋能的人身上。”

— 吳文爱女士，前圣路加乐龄关怀护理总监

终身学习

文爱始终身体力行终身学习的信念。她积极参与工作坊、学术会议，并与专家及跨学科团队持续交流，保持专业与实践的前沿。同时，在工作之外，她也透过编织、石头绘画等手工创作，探索与滋养个人的创意与内在世界。

对文爱而言，伤口护理不仅是一份职业，更是一份呼召。即使面对挑战，她始终从使命感，以及与同道伙伴并肩同行的过程里汲取力量。她说：“热情让你走过困难，也让工作真正变得有意义。”

她的故事提醒我们：当热情遇上使命，学习永无止境，生命也因此被改变。谨此向文爱四十余年来对新加坡护理事业的卓越贡献，致以最深的敬意与感谢！



吳文爱为圣路加乐龄关怀宏茂桥之家的年长者进行伤口护理。



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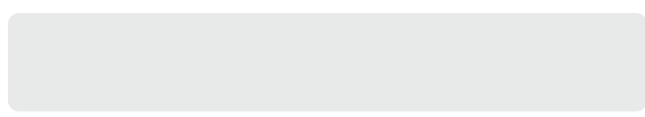
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