

# A touch of His

# Grace™

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## CARING FOR YOU SPIRITUALLY AND EMOTIONALLY

**Our Pastoral Care team was established in December 2016 with the aim of providing spiritual guidance and pastoral care support to our elders, their caregivers and fellow colleagues.**

By God's grace, our Pastoral Care Department (now named Pastoral Care and Church Partnerships) expanded in the beginning of 2020. Our Chaplains now support the needs of our Senior Care Centres and our new nursing home, St Luke's ElderCare Residence @ Ang Mo Kio. Our four Chaplains will continue to journey alongside our stakeholders in providing spiritual and emotional care where needed.

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**Although work occupies possibly a third of our lives, there is indeed life beyond work. The monthly fellowship for staff and family members has allowed us to celebrate life with one another through food, fun and fellowship.”**

– an attendee of the monthly fellowship





### Principal Chaplain Tan Bee Ker

Principal Chaplain Bee Ker received God’s calling in the early 80s shortly after she started her Christian journey. She had been searching for God’s footprints but realized that they cannot be seen; they are like lines drawn in the water. The Psalmist says in Psalm 77:19 (NLT) “Your road led through the sea, your pathway through the mighty waters – a pathway no one knew was there. “

Since then, she has embarked on a journey of faith. The onward journey led her to sail the seas on board Doulos, a mission ship, with Operation Mobilization. The nearly 3-year experience was a period of molding and growth. Her years of training at Trinity Theological College and her subsequent ministry involvement with St Luke’s Hospital were a journey filled with surprises, challenges, and continued growth. Bee Ker is grateful to the Almighty God for the opportunity to serve St Luke’s ElderCare (SLEC) for the extension of God’s Kingdom.



### Senior Chaplain Petrina Tan

Petrina provides both pastoral care and counselling support, and works closely with both churches and para-church organizations for ministry collaborations. Prior to her career with SLEC, Petrina worked 15 years in banking, a decade as a stay-at-home mom whilst studying part time for her theological degree; 7 years as a pastor in her local church looking after the pastoral, cell, Women, Hospitality and Outreach ministries. Petrina holds a Bachelor of Theology and a Master of Arts in Counselling.



### Senior Chaplain Mah Seok Eng

The words from Luke 9:62, ‘Jesus replied, “No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.”’ continues to beckon me after I first heard it in the 80s. Since then, the desire to pursue the call of God remains a life-long mission.

The journey for this life-long mission has been both adventurous and challenging. Seok Eng is truly thankful for the opportunities to serve in the church, the mission field as well as the hospital. Through the grace and faithfulness of God, He is still grooming her in this adventure with Him in the Kingdom. Seok Eng’s prayer and goal are to help others to find their identity in God just as He has helped her to find her identity as His child and looks forward to partnering with God and colleagues to make this journey a reality here in SLEC for everyone. To God Be the Glory!



### Senior Chaplain Richard Woo

After an encounter with God around the age of 15, Richard was filled with passion and love for the Lord and aspired to share His love with others in a meaningful environment, sowing seeds of salvation in their hearts and lives. His first step of faith into full-time ministry took place when he enrolled into Tung Ling Bible School & Trinity Theological College, quitting his job in banking.

While Richard was still involved in the prison ministry, he felt the Lord leading towards ministering to the sick in the hospital. He became the Associate Chaplain of St Andrew’s Community hospital and then St Luke’s Hospital. He also joined The Bible Society of Singapore for several years. Richard then re-joined St Luke’s Hospital in 2015 before being led to join SLEC in the beginning of 2020.

Richard is married with three children who are in their adulthood now.

In order to come alongside those in need of spiritual and emotional support, and to provide them with comfort and encouragement, the pastoral care team works closely with our multi-disciplinary team of doctors, nurses, therapists, counsellors and medical social workers to deliver the much needed support when and where possible.

The support is delivered through various initiatives and activities such as the fortnightly staff prayer meeting, fortnightly chapel services, monthly fellowship amongst staff and families, festive celebrations and many more.

Many of the activities are also made possible with the support rendered by our church partners whom we work very closely with.

The team also organises Alpha Courses to provide a platform for both pre-believers and believers to explore the meaning of life and the Christian faith through a series of talks and interactive discussions.

To date, we have organised 5 Alpha Course runs with 150 staff attending. We praise God that 30 staff had come forward to receive Jesus as their Lord and Saviour. We are also grateful to God for the many testimonies of healing, re-dedication of lives, and restoration of families.



# ADAPTING TO COVID-19

With the onset of COVID-19 and the circuit breaker measures put in place by the Government, the fortnightly prayer meeting became a weekly affair and leveraging on the Internet and technology.

As many are confined to working from home, the online meetings allow us to pray against the tide of the virus outbreak and to uphold our elders and caregivers, our staff and our frontline colleagues in fervent prayer.

In addition to our weekly prayer meetings, a daily Morning Rhythm of Prayer and weekly devotional messages were also introduced. The daily Morning Rhythm of Prayer provided us with an opportunity to come together from 9.00 am to 9.15 am each day during the work week to put God first in all our affairs and to help anchor one another's faith in the Lord.

Weekly devotional messages were also introduced to allow the Chief Executive Officer and Board of Directors to share words of encouragement from the Bible for staff to draw upon and to see them through this unprecedented time.



Collage of weekly devotional message sent out to staff.



Staff gathering together for weekly prayer during COVID-19.



Screenshot of Morning Rhythm of Prayer that takes place every work day morning.

## ONLINE DEDICATION SERVICE FOR OUR NURSING HOME

Our plans for a formal dedication service to be held at our first nursing home, St Luke's ElderCare Residence @ Ang Mo Kio (SLR@AMK) had to be replaced by an online dedication service. The programme included an opening address by A/Prof Kenny Tan, Chief Executive Officer, followed by an Exhortation by Mr Foong Daw Ching, Executive Director. Dr Lester Leong, Chief Operating Officer led us in a dedication prayer followed by a closing prayer by Ms Ng Lay Ling, Head of SLR@AMK. Mr Timothy Teo, Chairman, closed the service with benediction.

The service saw 171 attendees, comprising members of the board, management and staff who took time off a Saturday afternoon to join in and consecrate the premises and staff to God's honour and glory.

Prior to the online dedication, we were able to organise a scaled-down onsite consecration of Households 3A and 3B on Good Friday, 10 April 2020. That was also the same day the team was called upon to extend care and support to 11 elders from the COVID-19 stricken Lee Ah Mooi Old Age Home (Thomson). They had been transferred to our Residence temporarily to be quarantined. Another onsite dedication was carried out on 27 April 2020 for Households 4A, 4B, 5A and 5B.



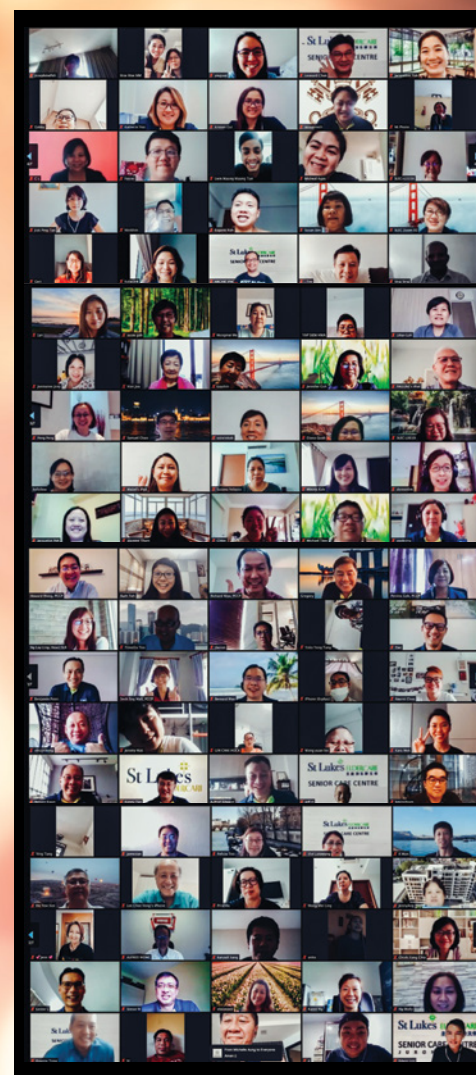
Preparing to receive elders from Lee Ah Mooi Old Age Home.



Onsite dedication for our elders, staff and households (wards) in SLR@AMK.

All praise and glory to God for the chance to lend our support to our counterpart in the community during such a time.

Join us as we continue to pray for our elders in the community, families who had been impacted by the coronavirus crisis, and our dedicated and selfless healthcare staff.



# COLLABORATING IN THE COMMUNITY, FOR THE COMMUNITY

Since 2012, St Luke's ElderCare (SLEC) and Telok Ayer Chinese Methodist Church (TACMC) have been in partnership to organise a wide variety of activities for elders in the community. These include regular outings, festive celebrations, and engagement programmes at SLEC Telok Blangah Centre by church volunteers and staff members.

The team led by member of the Local Church Executive Committee, Mr Ho Ann Chuan and joined by some of the pastoral staff and church members, would visit the centre every Wednesday to befriend and engage our elders through a variety of activities. To ensure the programme is fresh each week, the team adopts a 5-week rotation plan:

## Week 1 – Small Group Sharing



## Week 3 – Pastor Sharing and Birthday Celebration



## Week 2 – Cognitive Activities / Games



#### Week 4 – Bible / Testimony Videos



#### Week 5 – Breakfast / Coffee Session



#### Other Activities



We are also grateful for the opportunities and support which TACMC has rendered to us, allowing us to extend our reach further into the community. During one of their weekly church services, we were pleased to be invited to share about our work, those we care for and how each and every one of us can play a part.

Following the service, many church members approached us at the foyer to offer their support through donations. Many others came forward and expressed an interest in volunteering.

We look forward to establishing many more of such partnerships to enable us to reach out to the many more elders in the community.

**Reach us at [hq@slec.org.sg](mailto:hq@slec.org.sg) to find out how we can collaborate today!**

# AMAZING GRACE AND PERFECT TIMING

In November 2018, Mr Chua Boon Hai, a 77-year-old retiree, was referred to St Luke's ElderCare Ang Mo Kio Polyclinic Centre for day rehabilitation. A month later, he was also admitted to our day care services due to the lack of caregiving support at home.

Interestingly, Senior Centre Manager Jennifer Goh remembered Mr Chua as a generous person from her earlier days managing a Senior Activity Centre. Mr Chua used to donate tins of biscuits regularly to her centre.

Despite suffering from multiple chronic conditions and being wheelchair bound, Mr Chua attended the centre daily as he enjoyed the various activities and social interactions with other elders and care staff. In fact, after his return from one of his hospital stays, Mr Chua remarked that he missed all his friends at the centre!

Through the constant engagement of care staff who visited him in the hospital when he was admitted for stroke, as well as at his home, Mr Chua prayed to receive Jesus as his Lord and Saviour on 22 November 2019, and attended his first church service the following Sunday.

Sadly, a few days later, Mr Chua passed away at home. However, we thank the Lord for His amazing grace and perfect timing in giving Mr Chua the opportunity to come to know Him before he was called home to be with Him.



Hospital visit by Care Staff Michael Chan



During a home visit by Pastor Lim Tau Wei of Bethel Presbyterian Church and Senior Care Staff Lilian Loh, Mr Chua prayed to receive Jesus as his Lord and Saviour.

## A GOD SENT RELATIONSHIP

I wish to thank the Lord for reuniting me with Seok Eng, a former colleague of mine who has recently joined the St Luke's ElderCare family. As always, she is armed with the same demeanour, offering a genuine listening ear, topped with an infectious smile, a gentle touch and warm hug, offering solace and comfort. Such wonderful, simple gestures and reassuring prayers are what I needed most when I am distressed and struggling internally whilst trying to cope with life's challenges.

Prayer time with her, though sometimes done in a hurried manner due to work meetings and deadlines, has always been heart-warming, fulfilling, uplifting and encouraging that the moment it finishes I continue to feel this awesome feeling of renewal of hope, strength and confidence which is difficult to put into words!

**I thank God for sending such a wonderful servant into my life again and I know that through her loving ministry of faith, I can draw strength from God, who is the Author and Finisher of my faith. Amen!**

2 Corinthians 9:8

And God is able to make all grace abound to you, that you, always having all sufficiency in everything, may abound to every good work.

But God is able to multiply every favour toward you that you may always have whatever is sufficient for you in all things and that you may super abound in every good work.

**- Sharing by Ms Elaine Peh, Assistant Executive, Communications and Partnerships**



# UNFAILING LOVE AND HEALING POWER



**I am thankful to God for choosing me to be a living testimony for Him. God has healed me and has given me a second chance to live my life again. If God can heal me, God can heal you too!**

On 6 Dec 2019, I caught an influenza virus and was down with high fever, muscle, and joint pains. Although I recovered from fever a few days later, I had bad cough and was subsequently diagnosed as having bronchiolitis and pneumonia. I was admitted into hospital as doctor has found some holes in my lungs. Complications quickly developed and I was put through tests including MRI for meningitis, sepsis, and stroke. Consequently, I was placed on antibiotic and antiviral drips. Despite these, I felt an inner peace from God.



This inner peace, however, quickly faded away when the doctor pronounced the prognosis - a stroke and Bipolar Disorder. I was at a loss, felt sad and angry. "How could I have stroke as I am so young, without high blood sugar, high blood pressure and high cholesterol, and how could a pneumonia treatment have ended up as Bipolar Disorder? All these crashed me down and with the ongoing COVID-2019, I was scared and feeling terribly lonely.

God saw my sadness and He sent wonderful angels (doctors, nurses, and porters) to surround and comfort me. I was touched by their compassionate and professional care. This comforted me and I was discharged 10 days later. Overwhelmed by the ordeal, I questioned God for allowing sufferings and trials to come my way. I cried to God and pleaded Him to spare me from more suffering as I have had enough, and I will not be able to take it anymore!

God saw the brokenness in my soul and once again sent me a beautiful angel to help me. This angel is none other than Ms Petrina Tan, Senior Chaplain, Pastoral Care and Church Partnerships. She is gentle and soft-spoken, humble, empathetic, has a good listening ear, and most importantly non-judgemental. I felt safe to share and she walked through this challenging period with me. I benefitted a lot from the counselling sessions and through her professional help, I gained strength to face life challenges and continued to live my life with renewed hope.

I am thankful to my Centre Manager and Senior Centre Manager for sending this angel into my life and for standing by me during this challenging period. I appreciated our organisation's pastoral care support for staff as the support has helped me to return to work. I am thankful to Chief Executive Officer and Chief Operating Officer and my fellow colleagues for their support and understanding.

God's miracles continued! Besides providing many angels to help me along the way, He has paved the way for me to be reassessed during a medical review on 2 Mar 2020.

Instead of Bipolar Disorder, Doctor has reassured me that my condition was due to neuropsychic side-effect from an asthmatic medicine prescribed to me. It was a huge relief for me! I was speechless and completely overwhelmed by God's marvellous love.

This health scare had drawn me closer to God and I am forever grateful to Him for pulling me out from the shadow of death. God had miraculously healed and delivered me. I am proud to be part of St Luke's ElderCare and I thank God that I can continue to do the work that I love - to serve the Lord and the elders in the organisation.

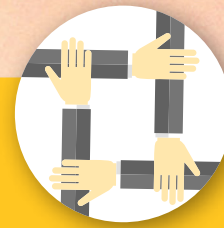
**- Sharing by Ms Cynthia Ong,  
Care Staff, Rivervale Centre**





## PRAYER

We covet your prayer support for our service to the elders and for our staff and stakeholders as we work together to transform the way care is delivered in the community care setting and to make a difference in the lives of the elders.



## PARTNERSHIPS & COLLABORATION

If you would like to explore ministry collaboration with St Luke's ElderCare, we very much welcome the opportunity to discuss more with you. Please contact Howard Wong, Manager, Pastoral Care and Church Partnerships at:

**Telephone:** 6390 9368

**DID:** 6390 9843

**Email:** [howardwong@slec.org.sg](mailto:howardwong@slec.org.sg)



## FINANCIAL SUPPORT

Every elder is different, and each comes to us with unique health and care needs whether it is for recovery, rehabilitation, nursing, or overall health maintenance. The solution must be tailored for effective and sustainable impact. Your financial contribution will enable us to better customise our programmes and services to each individual elder. Bless our elders today via this URL

[bit.ly/TOHG-Jun-2020](https://bit.ly/TOHG-Jun-2020) or QR code



## VOLUNTEERISM

Please let us know if you can help us as a volunteer whether individually or as a group through your gift of time, skills, and talent however big or small. We also welcome any ideas that you might have to better engage and touch the lives of the elders in our care. Volunteer with us via [www.slec.org.sg/ways-to-give/volunteer](http://www.slec.org.sg/ways-to-give/volunteer), alternatively, kindly scan this QR code:



To find out more about our programmes, services and locations, you may visit us via [www.slec.org.sg](http://www.slec.org.sg), alternatively, you may scan this QR Code:

