

A touch of His

St Luke's
ELDERCARE

Grace™

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SERVING IN THE NEW NORM

2020 is coming to an end. Under the raging coronavirus pandemic, our lives have entered into a new normal.

Firstly, to continue to serve the seniors at St Luke's ElderCare (SLEC) centres like our family, this new normal requires a "new" vision and a renewed perspective. With the lifting of Circuit Breaker, only five regular volunteers are allowed to be on-site to comply with safe-distancing measures. Nonetheless, our team was still able to listen to spiritual songs, play games, perform exercises, share words of encouragement and serve refreshments. All these activities were made possible using Zoom virtual conferencing technology, enabling us to continue to serve without disruption. To God be the glory!

Secondly, this new normal requires us to be grateful and thankful in everything, always. The pandemic has made us cherish our lives and our families more. The elders and our team are both grateful and each meeting with them is precious and brings us new joy. Gratitude brings joy and heals the body, mind, and soul, and a joyful heart is good medicine! The joy of the Lord is our strength, empowering us to serve and love each other. This opportunity for us to return to serve the seniors is entirely the favour of the Lord. We will all grow old, but the friendship forged with the seniors and the enthusiasm of our meetings always inspire us to thank God and praise His name! We will keep on learning and remain grateful!

Thirdly, this new normal requires us to have a new mindset and attitude. We are always learning and we need to adopt new technology, explore new method, and find new ways to care and serve the seniors. We must adapt to new changes with a new mindset by being attentive, serving wholeheartedly to the best of our ability and ensuring that our plan keeps in step with the new changes. We place our complete trust in God by believing that more seniors will ponder about eternal life because of the pandemic situation. They may need us to be there for them, to listen and pray with them. From the sharing of their life stories, we are enriched and grow into maturity too.

As we reflect on year 2020, we give thanks to God for granting us the grace and a new vision and enabling us to love Him and love others, despite the challenges. Let us persevere and actively participate in the service of SLEC under the new normal in the coming year 2021.

Exhortation

by Pastor Chan Kwang San
Pasir Panjang Hill Brethren Church
Ministry Partner @ SLEC Ayer Rajah Centre

Pastor Chan Kwang San and wife,
Dr Leong Siang Nuan, in Israel



2 FREELY GIVEN, FREELY GIVE

As a Christian, Priscilla preferred to involve herself in work that would bless others more than her own material well-being. She served in a UK Christian ministry by offering personal prayer ministry and equipping them to help others in need more effectively.

In 2005, her kidney function started to fail and during a hospital stay in 2015, she contracted a rare, serious skin disorder. Over time, her legs became weak from loss of use and she had to rely on a wheelchair to move around.

Priscilla started attending physiotherapy sessions at St Luke's ElderCare (SLEC) Ang Mo Kio Polyclinic Centre to restore strength in her leg. During this time, she picked up painting actively. She was able to express her zest for life and her devotion to God through her paintings. Jennifer, her physiotherapist, encouraged her to share her paintings and Priscilla was excited to see them framed and displayed.

Unfortunately, Priscilla could not follow-up on her rehabilitation sessions faithfully as she needed to be hospitalised time and again. Additionally, after the Circuit Breaker, Jennifer saw that Priscilla's condition deteriorated and referred her to Senior Chaplain Mah Seok Eng for pastoral care. There were moments when Jennifer would just pray with Priscilla and she would feel refreshed and energised.

While she would feel refreshed at times, she knew her passing was inevitable, and she had been preparing for it since 2016. Priscilla said that she would likely not live past December but would like to be able to celebrate her birthday in October. As such, her family had made arrangements for her celebration. Unfortunately, she passed away on 30th September 2020. Nonetheless, her family honoured her wishes and celebrated Priscilla's birthday in October 2020.

“ Blessed are the pure in heart,
for they will see God. ”
Matthew 5:8



Collage of Priscilla's paintings.



Priscilla (in Pink) and little Joseph (with his mother) and his family next door sharing a meal together during the Chinese New Year reunion dinner.



One of Priscilla's paintings displayed at SLEC Ang Mo Kio Polyclinic Centre

3 PARTNERSHIP WITH CHURCH OF SINGAPORE: TUNG LING COMMUNITY SERVICES

Church of Singapore and its community services arm, Tung Ling Community Services, have been a ministry partner of St Luke's ElderCare (SLEC) Hougang, Tampines and Marine Parade Centre since 2000, 2003 and 2018 respectively.

Since the opening of SLEC Marine Parade Centre in June 2018, our elders have been touched and blessed by the spiritual support that volunteers from the Church of Singapore have rendered through their befriending and engagement activities.

In the initial months, our elders were cordial. As the months passed, the friendship between the volunteers and our elders continued developing. Today, our elders are always looking forward to the monthly gathering.

We are grateful for their support as the volunteers continued with their engagement with our elders even during COVID-19. A team of 5 members have been visiting the centre monthly since September in addition to the individual volunteering by team members at the centre at their own time.

May we continue in this partnership of care and be a shining light especially to our pre-believing elders and staff to come to experience God's love and grace.



TESTIMONIES OF MS HOOI & MS ONG

Yio Chu Kang Chapel and its community services arm, Bless Community Services, have been ministry partners of St Luke's ElderCare (SLEC) Hougang and Serangoon Centre since 2004 and 2010 respectively. Many elders have come to enjoy and cherish the visits by the team from Yio Chu Kang Chapel, here are two testimonies:



Testimony of Ms Hooi Lai Lin

Ms Hooi Lai Lin has Osteoarthritis of the knees and requires a walking frame to help her move around.

“ After I was discharged from the hospital, I started attending day care at SLEC Serangoon Centre where I was able to make new friends and stay active through various activities. It was also through the centre that I met the caring members from Yio Chu Kang Chapel who prayed for my healing. I am thankful to God for the warm fellowship and care I received from members of Yio Chu Kang Chapel and staff of SLEC Serangoon Centre. ”



Testimony of Ms Jasmine Ong

Ms Jasmine Ong has Muscular Dystrophy and moves about with the help of a wheelchair. She has been attending day care at SLEC Serangoon Centre since 2018.

“ I first met the brothers and sisters of Yio Chu Kang Chapel during their weekly visit to the centre on Thursdays. They would share the Gospel, sing songs, and organise different activities for us to participate in. ”

Because of COVID-19, they had to stop the visits. I really miss them and their lovely singing as well as warm fellowship. Thankfully, Brother Gordon continued to interact with us virtually through Zoom. I look forward to seeing them again at the centre as soon as possible. ”

DAILY MORNING RHYTHM OF PRAYER — REFLECTIONS

Since its inception in April 2020, the daily devotions have been helmed by St Luke's ElderCare's (SLEC) chaplaincy team throughout the Circuit Breaker period. The devotions which were based on the Gospel of John (April to June), the Acts of the Apostles (July to October), and the Epistle to the Ephesians (October to November) saw an average attendance of 36 attendees on a daily basis. A new series based on the Book of Galatians commenced in mid-November 2020.

Since the commencement of Phase 2, all daily chapel sessions were recorded and circulated to staff via WhatsApp.

Read on to find out more about our attendees' reflections.

I found that sitting at God's feet and listening to His Word every morning for 15 minutes has enabled me to attend to other tasks in the day with clarity and wisdom. It is amazing how God has multiplied my time.

The praise and worship songs have been immensely nourishing. I am very appreciative of the time and effort which our Chaplains have put in to identify appropriate songs and lyrics to complement the Bible readings.

I have found that in acknowledging God at the beginning of each day, He has given me a clear mind while energising me, and a sense of confidence to deal with any challenges that I might face. Very often, I find relief from heaviness on my shoulders and a refreshing spirit which has come by my side and feel that something good is going to happen!

Now, if I were to miss a session, I would feel like I have to struggle through the day without Him. I am very grateful for the daily devotional. Praise God.

- Ms Susie Goh, Master Trainer, SLEC Learning Hub

During one particular session while we were going through Ephesians 6: 10-24, I was reminded that "... our struggle is not against flesh and blood, but against the rulers, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." And encouraged to, "therefore, be strong in the Lord and in the power of His might and put on the whole armour of God." I am particularly touched by the teaching on spiritual warfare in the scripture readings. I began to reflect on my personal walk with God, and was deeply encouraged by the words, "to put on the whole armour of God."

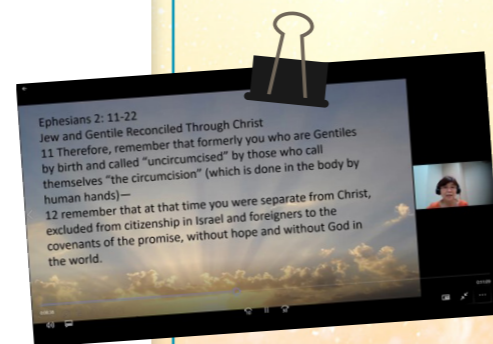
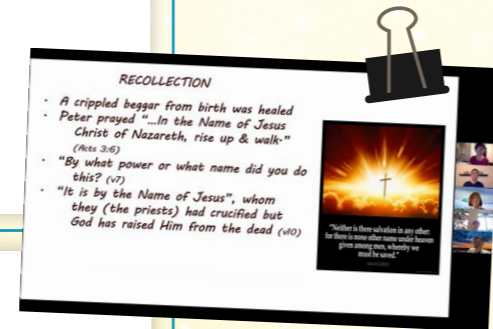
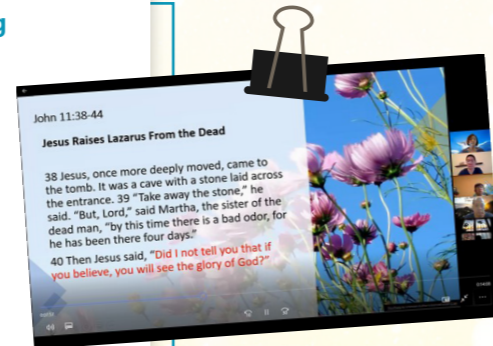
Being touched by His word encouraged me to share them with my spouse and to minister to him. It has indeed strengthened our spiritual life together since.

- Ms Jenny Lim, Senior Trainer, SLEC Learning Hub

I would like to express my gratitude and appreciation to our Chaplains for preparing and presenting the Daily Morning Rhythm of Prayer. I have benefited from the sharing and teaching of the Bible. My favourite segment has always been the time of reflection as the questions were well framed and often led me to pay attention to my own decisions and behaviours.

There is no better way to start my day off right than to be guided by the Word of God.

- Mr Darren Lam, Senior Manager, SLEC Information Technology



WEEKLY DEVOTIONS — REFLECTIONS

Since April 2020, St Luke's ElderCare (SLEC) Pastoral Care and Church Partnerships department has assisted to put together weekly devotions in both English and Mandarin which were circulated to staff via email and WhatsApp. The team has also compiled the materials into mini booklets which will be made available to elders and staff for Christmas.

Someone said, "It is harder to "write short" than to "write long". How true indeed! Keeping the weekly contemplative devotion writing to about 150 words is both challenging and exciting.

Much time and effort is required when preparing the materials and when doing so, I am often reminded of the Word in Proverbs 11:25 "... those who refresh others will themselves be refreshed." While writing, I am also reminded that the Lord is the Omniscient God. He is the Fountain of life. Only He can quench the thirst of the human soul. Only He alone knows the thoughts and needs of the reader.

I can only give to others when I am drinking it myself. In the midst of writing, I found myself refreshed, touched, and ministered. The starting point is me and the necessary pause before the Lord.

The challenge is to ensure the line of thought follows through and not stray. How to be specific yet precise. How to make it short and simple yet meaningful. And, how to make each word count. Everything seems an uphill task during the writing process. Everything seems easy after it's done.

I am reminded that the end point is always that the Omniscient God knows the needs of the reader. God can use the deliberated and prepared contemplative devotional to meet the needs of the reader during challenging times. The prepared devotional may be their only connection to the Scripture for the day and may be the seed for the reader to connect to the Omniscient God.

Seen from this perspective, nothing is wasted. The time taken to pause before the Lord, to put thoughts together, and to select the choice of Scripture are worth the while.

- Ms Tan Bee Ker, Principal Chaplain, SLEC Pastoral Care and Church Partnerships

Due to the pandemic, we saw the need to provide spiritual nourishment and encouragement to our staff. This led to the introduction of the Weekly Devotions.

The topics were aimed at cultivating one's being over one's actions as seen in the "Be" topics of each devotion.

The weekly topics were carefully tailored to help the staff in their daily work during COVID-19 with its new rules and norms.

The weekly devotions are delivered in short and crisped length while embracing the meditative components for the readers to contemplate and dwell on for the week. As such, each devotion is composed prayerfully and carefully to ensure that the nuggets in the Word of God are clear to the reader and provide guidance for challenges ahead.

I personally found it a challenge to write the weekly devotions. Very often, I devote much time in prayers asking God for guidance to find the right words and thoughts for the readers. It was indeed a rewarding experience being tasked to work on such writing.

However, it is also true that the tougher the task, the greater the blessings for the writer. I found I have learned much in the process of writing that the lessons have become blessings to me.

Besides being ministered to, I have also grown to appreciate the many other devotional materials around us. Above all, I have also learned to walk the talk personally. To God be the Glory indeed!

- Ms Mah Seok Eng, Senior Chaplain, SLEC Pastoral Care and Church Partnerships

2020 Thanksgiving

The end of the year is approaching, this is the time to look back and be grateful; my heart is often encouraged and renewed by the Lord's words. I experienced the Lord's faithfulness every day and thank the Lord Jesus for His blessing and well-being.

He helped me make up my mind to get closer to God and worship the Lord with my heart regardless of my condition and to live out the words the Lord has commanded.

A little thought

Although the virus invaded Singapore throughout the year. I was not sick. Although I visited my relatives and friends in the hospital several times and prayed with them, the virus could not harm me because the Lord Jesus is the God who cares about me.

The Word of the Lord in Job 22: 27-28 says, "You must pray to Him, and He will listen to you; you must also pay your vows. Whatever you decide to do, it will be accomplished for you; the light will shine on your way." I have found the words really encouraging.

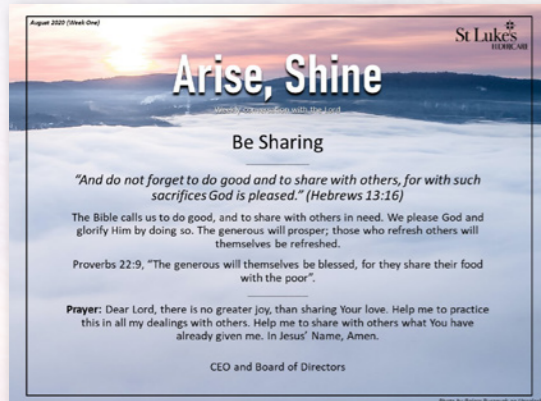
Pray/Grateful

In the unpredictable times that follow, I pray that the Lord will always guide me in the way I should go with His eternal love, the Lord's grace and Words.

I thank the Lord for His protection as I continue to do His work with my fellow labourers at SLEC in the Lord's grace and grow together in the Lord's words.

The Bible says. (Job 22: 28) No matter what we do, the Lord's grace and light guide us in the way ahead.

- Ms Josephine Yee, SLEC Volunteer Chinese Translator



MR CHANG BOK SENG

"I WAS SOMEHOW LED TO JOIN SLEC"

When Mr Chang Bok Seng was 63, he joined St Luke's ElderCare (SLEC) as a driver at SLEC Telok Blangah Centre in 2012. A former entrepreneur who started his own building and construction company of many years, Mr Chang had decided it was time to slow down his pace of life and to hand over the running of the business to his children.

Mr Chang felt that God led him to join SLEC. Having seen SLEC centres at various neighbourhoods in the course of his business, he always wondered what the organisation did. After he learned about the services and that the organisation was looking for a driver, he decided to sign up for the role.

When he told his daughter, Ellen, who is a believer, that he had joined SLEC, she could not believe it. She found it hard to reconcile the image she had of her father as a hot-headed businessman in the rough and tumble building and construction business with that of someone working for a charity and caring for others. And for such modest pay which was a far cry from his earnings before. She even dropped by the centre once or twice to see him in action for herself.

2012 was also the year that Telok Ayer Chinese Methodist Church had started to partner with SLEC at Telok Blangah. Even though Mr Chang was a Buddhist, he found the weekly Wednesday engagement and Bible sharing by the church with the elders to be comforting.

In November 2019, Mr Chang accepted Jesus as his personal Lord and Saviour and began attending the small group Bible study and gathering during the week and church service on Sundays regularly.

Mr Chang had also attended baptism classes and despite initial delays due to COVID-19 measures, was baptized on Sunday, 20 December 2020.

When asked what made him come to Jesus, Mr Chang replied that he used to have a very bad temper and today, he feels whole as a person.

Mr Chang celebrating his 71st birthday with his wife and family in November.

From top left: Ben (Nephew), Christina (Sister), Celine (Daughter-in-law), Jia Yin (Granddaughter), John Chang (Son), Ellen Chang (Daughter), Steven Lim (Son-in-law)

From bottom left: Jia Yi (Granddaughter), Mr Chang Bok Seng, Mdm Soh Yu Lan (Wife)



Serving others even during COVID-19.



Going strong at 71 years old.



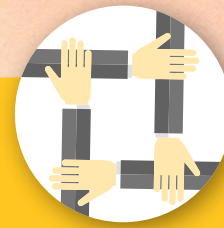
Mr Chang, (back row, 5th from left), together with teammates of SLEC Telok Blangah Centre saying Thank You to an ice-cream sponsor.





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



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 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, 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, alternatively, you may scan this QR Code:

