

Touch of His Grace

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SLEC Pastoral Care and Church Partnerships – PROFILE



Senior Chaplain Tan Bee Ker spending time with Mdm Chan Choon Kin of SLEC @Hougang Centre.

Listening to the Heart's Cry – Mdm Tan's Story

Mdm Tan (real name hidden for privacy) is 60 years old, and she suffers from a stroke in her left frontal lobe. She has a close-knit family and they keep to themselves. Her husband, the sole breadwinner of the family, is 54 years old and works as an odd-job labourer. They have an adopted daughter, a 12 year old who requires close supervision. Mdm Tan was a cheerful and humorous homemaker who held the family's purse strings.

Following her stroke, she became distressed by her loss of mobility, and frustrated over her difficulty in speaking. Her husband had to stop working to support her, and eventually, they depleted their savings. Being the caregiver took a toll on him and he became easily irritable and short-tempered. Mdm Tan soon began to experience mood swings and disorientation, and wanted to end her own life. Her situation was made worse as they did not have many friends they could turn to for help.

When she was admitted to the care facility, Mdm Tan would often scream and ramble on about something, but the care staff could not make sense of what she was saying. One day, Senior Chaplain Tan Bee Ker spent half an hour interacting with her and felt disappointed at not being able to help her

predicament. However, deep in her heart, she sensed Mdm Tan had something significant to say. So, she went back and spent more time with her, giving her full attention to Mdm Tan. It soon became clear that Mdm Tan was saying that it pained her heart to see her husband acting out his frustration by scolding their only daughter and that she wished someone could help convey her feelings to her husband. When Bee Ker said she would help convey her plea to her husband, Mdm Tan became visibly relaxed and calm. There was peace in the household for the rest of the day and the evening.

Since then, Mdm Tan started to call Bee Ker her friend. Mdm Tan had also started to speak more coherently and her mood visibly improved. This in turn had a positive effect on her husband who became calmer and more positive.

About SLEC Pastoral Care and Church Partnerships

The Pastoral Care and Church Partnerships team works closely with church partners to provide spiritual and emotional support to elders, their caregivers, and staff. The support includes being present and journeying with the person to restore the wholeness of the body, soul, and spirit, strengthening resilience in managing life's complexities and challenges, and helping to resolve vital relationship issues. The team complements SLEC's multidisciplinary team of clinicians and care specialists in caring wholly for those in need.

PCCP's activities include personal pastoral care and counselling, leading chapel services, consulting with church partners on engagement activities at SLEC facilities, organising various dedication services, and holding organisation-wide Easter and Christmas celebrations.

SLEC Church Partnerships aims to establish a community of church partners in jointly providing pastoral care to elders, caregivers, and staff and to support SLEC's work, grow the partnerships with churches, and raise awareness of SLEC as a ministry partner and a ministry equipper in eldercare to churches.

We welcome members of God's kingdom to join us in reaching out and caring for the elders at our facilities and in the community. To find out more, please email pccp@slc.org.sg.

Cell group members from Lighthouse Evangelism visiting the elders of SLEC Residence@Ang Mo Kio Household 3B for Christmas celebration.



Senior Chaplain Richard Woo praying with elder Mr Lim Yong Hue of SLEC @Telok Blangah Centre.

SLEC BISHAN ACTIVE AGEING HUB – Christmas Celebration with Church Partners 2022



The Emcee, volunteer Mr Sebastian Lim, welcoming everyone to the Christmas Celebration!

SLEC Bishan Active Ageing brought 2022 to a close with a Christmas celebration at Bishan Wellness Hub on Friday, 30 December 2022. Elders from its services and those staying in the neighbourhood were specially invited to attend the festive event.

Reflections

“A simple event to bring some festive cheer to the elderly. Also, it was meaningful as it gave the St Luke’s clients an opportunity to hear a personal testimony. Praise God for every open door.”

– **Deacon Lau Siew San, Adam Road Presbyterian Church**

“It was the loveliest sight to see so many helping hands coming together to serve and care for the seniors — from the band to the volunteers from several churches, to the community centre that provided the space to the teams in St Luke’s — the gentle joy that shone on the seniors’ faces made it all worthwhile.”

– **Deacon Andy Au Yong, Living Praise Presbyterian Church**

“We are thankful for the opportunity to celebrate Christmas with the elders. We could see how happy they were when the amateur music team sang them some Oldies but Goodies. Through the elders’ facial expressions and our conversations with them, we could attest to how grateful and joyful they were to celebrate Christmas not alone, but with the community. More so, to let the love, hope and joy brought by Christmas to dwell in their hearts. Our befrienders were blessed and delighted themselves to see the elders being blessed through this event. Last but not least, SLEC’s staff has demonstrated to us how each elder is being treated with great dignity and love. What a meaningful Christmas it has been!”

– **Elder John Chai, Zion Bishan Bible-Presbyterian Church**

“I formed the ‘Heart Drive’ band in 2018 to use oldie ‘60s and ‘70s Chinese and English songs to form the ‘hook’. Doing so set the atmosphere for us to share the love of Christ through personal testimonies and Christian worship songs. It was a wonderful way to end the year with a huge gig at the Bishan Active Ageing Hub on 30 December. Evangel Baptist Church members, which for the first time, included some young adults, sang familiar carols to the folks. Three other churches supporting the SLEC facility also sent representatives to be befrienders, adding to the vibrancy and energy that day! I would also like to say a heartfelt ‘thank you’ to members of Adam Road Presbyterian, Living Praise Presbyterian, and Zion Bishan Bible-Presbyterian. Finally, a special word of appreciation to members of Heart Drive who came from different churches. Without them, there would be no Heart Drive. In the meantime, if those reading this are musicians interested in joining the band, please write in to admin@evangelbc.sg and we can then build a bigger team to serve God and the community in this unique manner!”

– **Mr Benny Lee, Heart Drive, Evangel Baptist Church**

“It is such a beautiful event when we see God’s people coming together to bless the community!”

– **Mr Foo Chang Yuh, Assistant Centre Manager, Emerging Services, SLEC Bishan Active Ageing Hub**



Mr Benny Lee, founder of Heart Drive, sharing his personal testimony.



Our grateful thanks to members of Evangel Baptist Church, Adam Road Presbyterian Church, Living Praise Presbyterian Church, and Zion Bishan Bible-Presbyterian Church for befriending and celebrating Christmas 2022 with the elders of Bishan!

CHURCH PARTNER PROFILE – Full Gospel Assembly

Full Gospel Assembly started partnering with SLEC Residence@Ang Mo Kio towards the end of 2020 amidst the changing environmental conditions and safe distancing rules as Singapore grappled with the COVID pandemic.

Led by Pastor Kelvin Leong of the church's Salt and Light Ministry, the team comprises four to five befrienders who would visit a household at the nursing home to spend time, play the occasional board game and minister to the elders each month.

Full Gospel Assembly also supports SLEC financially through ad hoc and yearly donations of funds towards SLEC's work.

In late October 2022, the team started conducting art therapy sessions for the elders of Household 8B, engaging them in simple drawing and colouring activity. The sessions were well received, and the elders enjoyed the fellowship so much that they asked the team to spend more time with them.

The rainbow flower serves as a reminder of the love and connection that will always remain, even after loss.



Sister Susie Goh, Director of Nursing, Residential-based Services (Right) and Senior Chaplain Mah Seok Eng (Left) preparing the candle-lighting ceremony.

ST LUKE'S ELDERCARE RESIDENCE'S REMEMBRANCE SERVICE –

Finding Comfort and Healing



On Saturday, 12 November 2022, we had the honour of hosting the inaugural Remembrance Service for families of residents who had passed away in the previous months at SLEC Residence@Ang Mo Kio. It was an opportunity for us to come together with caregivers and family members and share treasured memories of the deceased.

The beginning of the Remembrance Service included "Voice from the Heart," a letter-writing activity for grieving family members intended to help their loved ones find closure. We then watched a tribute video, read poems, and heard from both family and staff members.

A candle-lighting ceremony marked the conclusion of the service and served to remind us of the love and memories of our elders. Each of the families received a rainbow flower that was specially prepared by our residents and students in solidarity with those who had passed.

The families and care staff were moved to tears as we celebrated the lives of the elders we once loved and cared for. Despite the event being emotional, we felt comforted and experienced an inevitable sense of peace.



Pastor Kelvin Leong (second from left) and team members at SLEC Residence@Ang Mo Kio during Christmas 2020.



An art therapy session with the elders of Household 8B in October 2022.