

Touch of His Grace

MCI (P) 048/07/2022

*“Behold,
I make all things
new.”*

(Revelations 21:5)



A New Friendship

SLEC Golden Years Centre is tasked to engage with the senior residents of the nearby HDB blocks at Hougang Central and encourage them to stay active and age gracefully. One of the staff members, Ng Joon Lin, has been reaching out to Madam Lo Sia Lui, an 89-year-old widow who lives alone with her son, who is her sole caregiver.

At first, Madam Lo was wary and unfriendly, and did not even let her son talk to Joon Lin. But Joon Lin persisted in her efforts to connect with the family and discovered that Madam Lo's health was deteriorating, and she had even been hospitalised.

One day, Joon Lin saw Madam Lo at the void-deck, and took the chance to explain her role in caring for the well-being of the senior residents in the neighbourhood. From then on, Madam Lo became more receptive to Joon Lin and even invited her for home visits. With Joon Lin's encouragement to stay active, Madam Lo started to join the exercises and line dancing organised by the centre.

As Joon Lin and Madam Lo became friends, Joon Lin was able to share more openly with Madam Lo about her faith and how she could love others because Jesus first loved her. Joon Lin prayed and trusted that her testimony would plant seeds of faith in Madam Lo's heart.

"Therefore, we are ambassadors for Christ, God making his appeal through us." (2 Corinthians 5:20a ESV).



Joon Lin and Mdm Lo, together with Mdm Lo's helper.



Mdm Lo participating in the active ageing activities organised by SLEC Golden Years Centre.



Joon Lin and Mdm Lo catching up.



Mdm Teo working out at SLEC Sumang Centre.



Mdm Teo and Chaplain Yin Yin enjoying a laugh together.

A New Perspective

At St Luke's ElderCare, we consider it a privilege to engage with extraordinary elders like Madam Teo Peck Hong. In her eighties, she has been attending our SLEC Sumang Centre since February 2023. Despite facing significant challenges while raising her eight children, Madam Teo remains a woman of unwavering faith, emphasising the value of humility. Initially introduced to the centre by her daughter to gauge her interest, Madam Teo has since discovered a deep fondness for being there.

When asked about her experience at the centre, Madam Teo genuinely expresses joy and describes it as a large family, akin to a church. One aspect she cherishes greatly is the devotional sessions led by Senior Chaplain Ho Yin Yin and the partnership with Gospel Light Christian Church. During these sessions, she feels a profound closeness to God and receives messages of comfort and reassurance from Him. She recalls a particularly memorable occasion when she sensed God urging her not to worry about her present troubles, assuring her that He would take care of her.

For Madam Teo, the devotional sessions serve as an opportunity to establish a profound connection with God and renew her faith. She feels immensely blessed to be part of a community that enables her to worship God beyond attending the weekly Sunday service with her daughter.

Madam Teo's experience at St Luke's ElderCare serves as a poignant reminder of the significance of fostering strong connections with both our faith and our community, particularly as we age. We are deeply honoured to welcome this remarkable elder as a cherished member of our senior care centre family and privileged to learn from her wisdom and experiences.

A New Lease of Life



Madam Irene Tan Quee Lang, a 73-year-old woman, was referred to SLEC Golden Years Centre in November 2021 due to her long-standing battle with depression and anxiety since 2013. Overwhelmed by feelings of helplessness and frustration, she struggled to comprehend the letters that arrived in her mailbox. This contrasted starkly with her earlier years when she possessed independence and a vibrant personality. Even after retiring from a 32-year tenure at a multinational corporation, she remained active as a volunteer at her local Residence Committee.

Principal Chaplain Tan Bee Ker took notice of Madam Irene's melancholy and made a conscious effort to uplift her spirits during her visits to the centre. The turning point arrived when Madam Irene heard Bee Ker's heartfelt Easter message, which resonated with her deeply. From that point forward, she became more open to prayer and spiritual guidance. As Madam Irene eventually embraced Christ into her life through prayer, Bee Ker continued to provide her with companionship and supplemental reading materials, such as Our Daily Bread, to nurture her newfound faith.

In addition to the care and support she received from Bee Ker, Madam Irene found solace in the involvement of members from Wesley Methodist Church. Through their worship, teaching, and exercise sessions, she experienced the love of Jesus. The staff at the centre also played a significant role in her journey, demonstrating genuine care and organising various programmes and activities, including Zumba, Stretch Bend exercises, colouring, and painting sessions, all of which helped uplift her spirits.

Today, Madam Irene eagerly looks forward to engaging her mind through mathematics exercises, expressing her creativity through beautiful artworks, and exploring the world of colours at the centre. Thanks to the efforts of SLEC Golden Years Centre and its ministry partners, she has rediscovered a sense of purpose, finding joy in both the activities provided and her relationship with God.



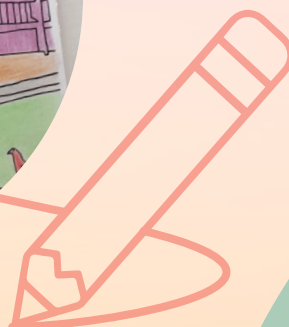
Mdm Irene adding colours to an artwork.



Mdm Irene's artwork displayed at SLEC Golden Years Centre.



Mdm Irene's artwork displayed at SLEC Golden Years Centre.



Join us as a volunteer!
www.slec.org.sg/ways-to-give/volunteer

Church Partner Spotlight: Sion Church Bedok



Sion Church Bedok members celebrating Chinese New Year 2019 at SLEC Changkat Centre.

Sion Church Bedok has been a dedicated partner of Tung Ling Elder Care Centre in Tampines since 2000. In 2005, when the management of the centre was transitioned to St Luke's ElderCare, the church continued its support under the new name, SLEC Tampines Centre. Over the years, the church's outreach has extended to include SLEC Changkat Centre in 2013, fostering a lasting connection with the elderly residents at both locations.

Currently, the church organises regular visits to the Tampines centre every 2nd and 4th Thursday afternoon, while the Changkat centre receives visits every 1st and 3rd Friday afternoon of each month. These visits create opportunities for meaningful engagement with the elders, involving a range of activities such as singalongs, song presentations, Bible sharing, personal testimonies, art and craft sessions, games, and festive celebrations.

Ms Janice Lim, a church admin staff member and dedicated volunteer with the Changkat team, shares her heartfelt experience of ministering to the elders:

"Throughout my time volunteering at the centre, I have encountered numerous touching moments. The elders and staff have left a lasting impact on me through their simple gestures—a smile, a hug, or a handshake—that spoke volumes beyond words.

I vividly remember one elder who always enjoyed singing with us. Our friendship blossomed when he requested to sing a Chinese song he adored, despite not understanding the language. From that point on, we would engage in chats during my visits. He would share his stories and interests with me, and I would attentively listen. Recently, due to work commitments, I was unable to visit the centre for a few months. To my surprise, my co-workers informed me that he had been asking about me and eagerly awaited my return. I was deeply moved. Determined to reconnect, I prioritised my tasks and rejoined the volunteer team.

The staff members at the centre also deserve recognition for their remarkable dedication, unwavering patience, and genuine care for the elders. They consistently go above and beyond their duties to provide assistance and support. These cherished memories are truly invaluable to me."

We express our sincere gratitude to Senior Pastor Rev. Poh Siong Hoon, Preacher Benjamin Yong, Preacher Goh Shu Siang, church admin staff, Changkat team volunteer Janice Lim, and all individual members of the church who have wholeheartedly dedicated themselves to the well-being and spiritual care of the elders at St Luke's ElderCare in Tampines and Changkat throughout the years.



Sion Church Bedok members at a visit to SLEC Changkat Centre in June 2022.

Senior Pastor, Rev Poh Siong Hoon, conducting an Easter devotional at SLEC Tampines Centre in April 2023.



Sion Church Bedok members during Christmas at SLEC Changkat Centre in 2022.



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<https://www.slec.org.sg/giving/>

Partner with us! To find out more about partnering with us in caring for our elders in the community, kindly email pccp@slec.org.sg.