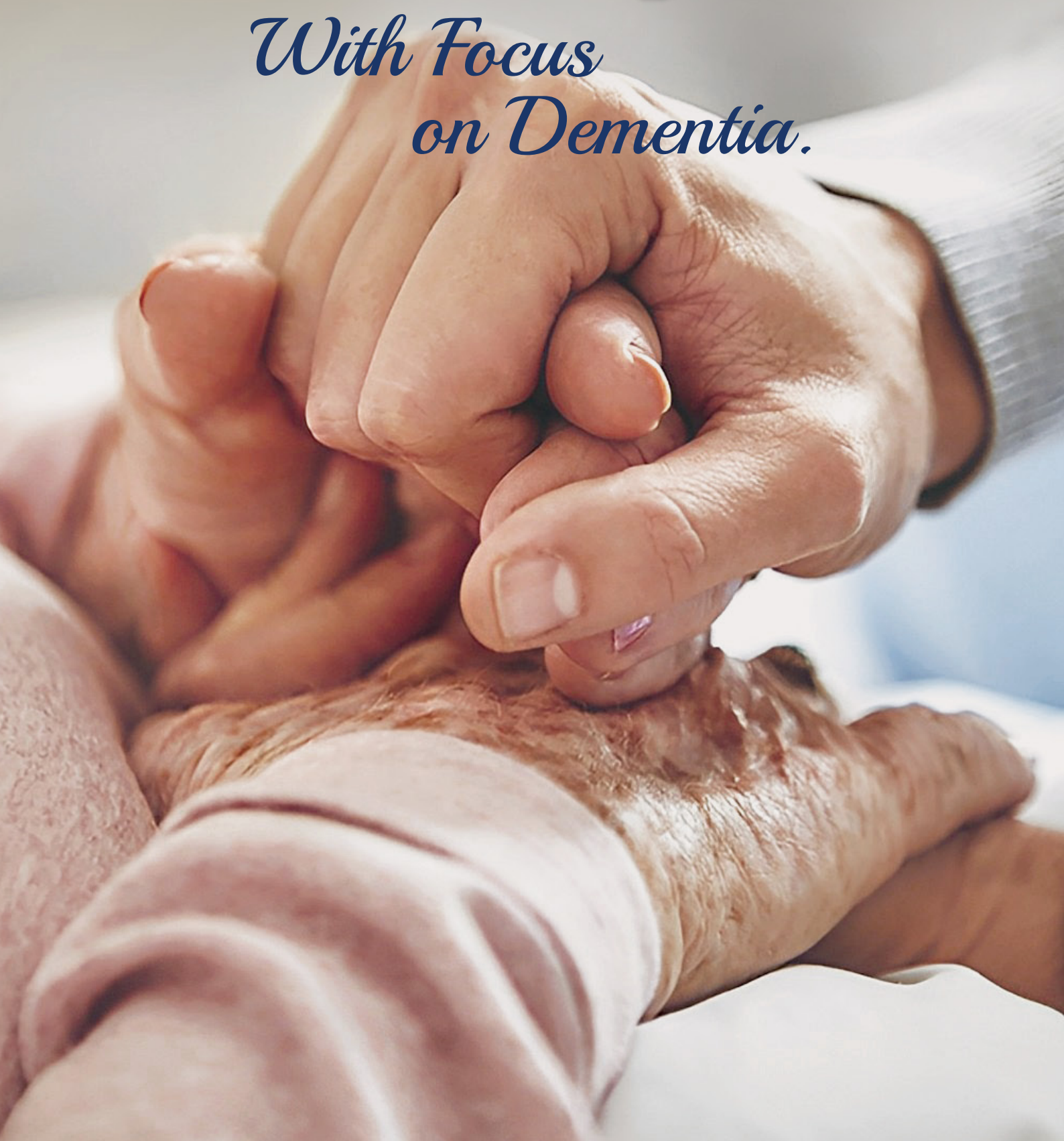


# *Touch of His Grace*

MCI (P) 01/07/2023

*With Focus  
on Dementia.*



# Sowing God's Word into Lives I

# Madam Yeo's Story

*"For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it."*

Isaiah 55:10-11 (ESV)



Madam Yeo was diagnosed with Vascular Dementia in 2018. After her husband passed away, her son enrolled her into St Luke's ElderCare Bukit Batok Centre in 2020 to receive care while he was at work.

In conversations, Mdm Yeo often reminisced about her days as a canteen operator. She took pride in her ability to manage all aspects of the canteen, from workforce planning to marketing promotions and even cooking the food. She was also a devoted mother to five children, whom she singlehandedly raised, along with taking care of their extended family.

During their pastoral visits, Chaplains Alec Lim and Eugene Quek would spend time with Mdm Yeo, attentively listening to her stories. Despite her tendency to repeat herself, the chaplains listened patiently. Chaplain Alec took pleasure in connecting with Madam Yeo, as they both shared a Teochew heritage. She affectionately referred to him as "Ah Di," which means little brother, and they often shared hearty laughs. Their conversations ranged from family and work to food, as well as Mdm Yeo's personal beliefs. Although Madam Yeo was not a believer, she would listen whenever the chaplains discussed God with her. She also welcomed their prayers each time they offered them.

One day, after the morning devotion, as the chaplains went around to pray for each elder, Mdm Yeo confided in Chaplain Alec about her concern for Madam Lim, who had suffered a stroke two years earlier. The stroke had affected Mdm Lim's ability to speak and move, making communication a challenge. They often had to resort to closed-ended questions, where she could only nod for a "Yes" or shake her head for a "No." Although Mdm Yeo did not know Mdm Lim very well, she mentioned that whenever she saw Mdm Lim, she felt "Gek Sim" (heartache) at her condition. She expressed to Chaplain Alec her desire for God to heal Madam Lim and help her lead a better life without having to struggle due to her condition.

Mdm Yeo's request took Chaplain Alec by surprise, considering she was not a believer. Nevertheless, he seized the opportunity to approach Mdm Lim and shared the message of Jesus with her. To his astonishment, Madam Lim agreed to accept Jesus as her Lord and Savior. That morning, she joined him in saying the sinner's prayer to receive Jesus.

**Editor's Note:** Despite suffering from dementia and not being a believer, Mdm Yeo managed to grasp biblical truths from the regular devotions conducted by the chaplains and their pastoral visits. As she heard stories about Jesus, she found solace in Him and sought His help for Madam Lim's struggles.



## Sowing God's Word into Lives II

# "A Treasure for the Elderly" Picture and Colouring Books



St Luke's ElderCare has been truly blessed to receive Jenny Ng's Mandarin books, known as "A Treasure for the Elderly". Originally created for her mother who has mild dementia, Jenny compiled a picture book of biblical stories, accompanied by simple Bible verses and brief prayers. Recognizing her mother's love for colouring, Jenny also published a series of colouring books to complement the set.

Upon receiving these invaluable books, Senior Chaplain Ho Yin Yin found inspiration on the set based on the seven "I Am" statements of Jesus in the Gospel of John. She decided to use them as the foundation for the devotional sessions she would conduct for the elders at the senior care centres.

During these sessions, Chaplain Yin Yin would explore one "I Am" statement at a time, incorporating appropriate games, Bible stories, and praise songs. As part of these sessions, the elders are encouraged to use Jenny's colouring books and engage with the Bible verses and prayers.

"I am not a Christian, but I like listening to the stories!" exclaimed one elder, illustrating the universal appeal of Biblical truths and their positive impact on all participants, regardless of their religious backgrounds. This enthusiasm extends to all the elders, including those grappling with dementia, who express their delight with the colouring books and diligently complete their assigned colouring "homework."

With faith in the promise that God's Word will never return to Him empty, we trust that it will accomplish His desire and achieve His purpose in the lives of the elders at the centres (Isaiah 55:11).

You can read more about Jenny Ng and her mother, who has dementia, at: [saltandlight.sg/news/dementia-patients-daughter-publishes-christian-colouring-book-to-keep-the-elderly-on-track-with-God/](https://saltandlight.sg/news/dementia-patients-daughter-publishes-christian-colouring-book-to-keep-the-elderly-on-track-with-God/)

## The Christian Faith and Ageing

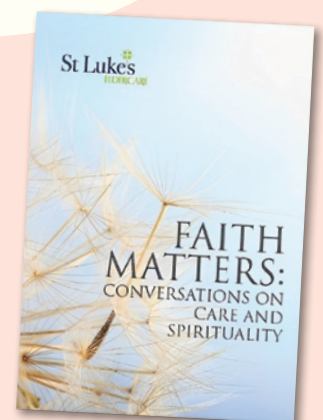
# Faith Matters: Conversations on Care and Spirituality

"Faith Matters," an inaugural publication of St Luke's ElderCare, cordially invites readers to explore the complexities of aging and matters of faith. Aligned with our mission as a Christian healthcare and community care provider, this poignant and sincere publication examines the intersection of faith and life, so as to foster understanding, support, and meaningful conversations on these profound subjects.

Within the pages of this inaugural issue, which focuses on dementia care, you will discover invaluable perspectives and guidance. Topics include the significance of rituals in the lives of individuals grappling with dementia, pastoral insights on caring for them, a personal caregiving story, and more.

We welcome you to engage in these conversations with us, with the hope that this publication will inspire and elevate your personal journey of caregiving and spirituality.

Obtain your copy of "Faith Matters" for a donation of \$30.00 at [www.slec.org.sg/faithmatters/](https://www.slec.org.sg/faithmatters/)



Join us as a volunteer!  
[www.slec.org.sg/ways-to-give/volunteer](https://www.slec.org.sg/ways-to-give/volunteer)



# Sharing the Love of Jesus Reminiscence and the Gospel (RaG)

**Editor's Note:** We collaborated with "Reminisce Connect" in July 2023 to introduce a series of engaging sessions tailored to our elders with dementia. In this article, our colleague from Pastoral Care, Counselling, and Partnerships, Senior Chaplain Richard Woo, shares insights into "Reminiscence and the Gospel" (RaG).

## What is RaG?

**RaG** is a specially designed 12-week reminiscence engagement created for individuals with dementia in a group setting. Using photographs, personal documents, objects, art and craft, role play, re-enactment, and music, participants are encouraged to recall their memories of past activities and events. Spiritual elements are seamlessly integrated into these activities, providing a platform to share the Gospel.

## Where is RaG held?

St Luke's ElderCare @Marine Parade serves as the pioneering location for this initiative. Its substantial number of individuals with dementia makes it an ideal setting for **RaG**.

## Who runs RaG?

**RaG** is overseen by Arthur Wong and his wife Patricia Lee of "Reminisce Connect," a non-profit organization. Arthur, driven by the goal of reaching out to elders for Christ, designed **RaG**. Patricia is an experienced oral history and reminiscence arts practitioner. Together with their son, John, who captures memorable moments through photography, they offer a diverse range of enjoyable and engaging activities for the elders.

## What are some of the topics covered in RaG?

Each 90-minute session, spanning 12 weeks, revolves around a different theme aimed at helping participants recall various aspects of their past lives. Topics such as "Getting to Know You," "Family and Childhood Days," and "Old School Days" encourage participants to share cherished memories, engage in creative activities linked to their recollections, and introduce spiritual dimensions into their journey of reminiscence.

## How is the Gospel shared in RaG?

The introduction of faith elements is conducted gently and in a relaxed manner. This approach allows participants to explore their spirituality without pressure, fostering meaningful discussions as the Gospel is appropriately shared.

For example, on the topic of "Family and Childhood Days," the elders are encouraged to share personal stories of their younger days, sing childhood songs, and play childhood games, after which the idea of family was introduced where God also has a family – a son by the name of Jesus.



Wedding and Marriage Reminiscence Session: Participants toasting to the "newly wedded" bride and groom.

## How has RaG been received by the participants?

Since its launch, the response to **RaG** has been overwhelmingly positive. Participants eagerly anticipate each engagement, as evidenced by their attentiveness and receptiveness during sessions. **RaG** has proven effective in fostering bonds, motivating memory sharing, stimulating cognitive thinking, and encouraging active participation among the elders.

## As a Chaplain, what are your thoughts about RaG?

As a Chaplain, I find **RaG** to be profoundly meaningful and effective in engaging our elders with dementia. It not only provides a platform for reminiscing but also nurtures relationships and offers spiritual support, making a positive impact in the lives of our elderly participants.



Old School Days Reminiscence Session: All hands pointing at the lovely senior who climbed the 100 steps to school at Methodist Girls' School, Mount Sophia.



Dating and Courtship Reminiscence Session: Our Senior warming up to SLEC staff as he recollected his growing up years and dating haunts.

**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](mailto:pccp@slec.org.sg).**

Support our work through a donation.  
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