

Touch of Grace

St Luke's
ELDERCARE



Thank You, Our Friends & Partners!

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137 Staff Recognised for Quality Service

A Note by Our CEO



Singapore is set to become a super-aged nation by next year - 2026. That means more than one in five among us will be 65 or older. As our population ages, so do the challenges that come with it.

Thankfully, our elders don't face these hurdles alone. You - our supporters, partners and friends - are the reason why care, compassion and connection continue to reach our elders.

As St Luke's ElderCare (SLEC) moves forward from our 25th anniversary last year and continues working towards our vision of Transforming Community Care, amid growing demands and rising costs, we are deeply grateful for all who have journeyed with our elders so far.

We recognised over 130 supporters at our Partners' Appreciation Lunch on 8 March 2025 - including a few who have walked this journey with us for 25 years! Whether you've been with us for years or just joined hands with us, every partnership matters.

We hope you will also be delighted by the revamped design and other stories in this issue:

- Read about our elders meeting navy officers and visiting Bird Paradise.
- Learn to whip up a new dish or two from recipes contributed by our elders.
- Another must-read: an article penned by one of our own elders, about her time with us as an Active Ager.

On behalf of everyone at SLEC, thank you for your Time, Talent and Treasure. If you have a Testimony (or story) to share with us, email us at communication@slec.org.sg and we may consider featuring it in our next issue or our other platforms! Together, let's weave a tapestry of priceless connections.

Adj A/Prof (Dr) Kenny Tan
Chief Executive Officer

Appreciating Our Top Donors

To prepare for the future of ageing, we launched the SLEC Community Transformation Fund (CTF) in 2024. We aim to raise \$30 million over the next five years, to make a greater impact and benefit over 45,000 elders. We deeply appreciate our top donors — our Platinum, Gold, Pearl and Silver Partners who have each donated at least \$25,000.

Find out how CTF will support initiatives under six key pillars: **Innovate, Mentor, Programme, Advocate, Connect and Train (IMPACT)**.



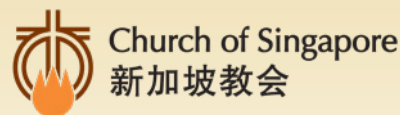
PLATINUM PARTNER



GOLD PARTNER

Mr Lee Woon Shiu

PEARL PARTNER



SILVER PARTNER

Mr & Mrs CC Chen



Elders Share Culinary Heritage in New Cookbook

The way to a person's heart is through their stomach, and readers of our recipe book will have both their hearts and stomachs full!

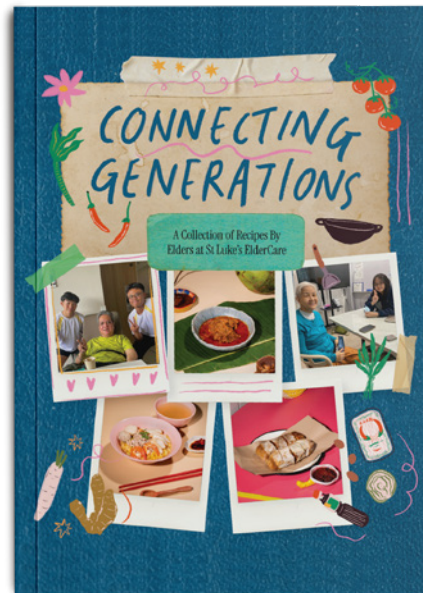
Connecting Generations is a collection of 25 traditional recipes by more than 20 seniors at SLEC. But this is no ordinary cookbook - it is a treasure trove of culinary heritage and a window into Singapore's rich history as elders share about their past.

The recipes span across four categories - Snacks & Sides, Comforting Carbs, Spicy Flavours, and Meaty Favourites. These include local favourites such

as Hainanese Chicken Rice, Beef Rendang, and Laksa Goreng.

With each recipe, the seniors share stories related to their dishes - how these dishes are portals to memories they have of their family, friends and younger years.

The book is now available at all public libraries. With every donation of \$100, you can get your own copy too. Scan the QR code to find out more.



“I have blessed my young colleagues with the books so they will not forget their heritage food and will learn to cook these recipes.

- An anonymous donor who supported the campaign and received six books



Fish Curry

Aunty Pichayappan Jagathambigai

This special dish reminds Aunty Pichayappan of all the times she has cooked Fish Curry for her friends, gathering everyone together for a special homemade meal from the heart.



Braised Pork with Dried Oysters

Aunty Mary Yee

“My mother used to make this dish using dried oysters as she believed that it helps cool down our bodies. My family, being Cantonese, loves to eat dried oysters and have soup for each meal.”



Canned Pork Trotters Bee Hoon

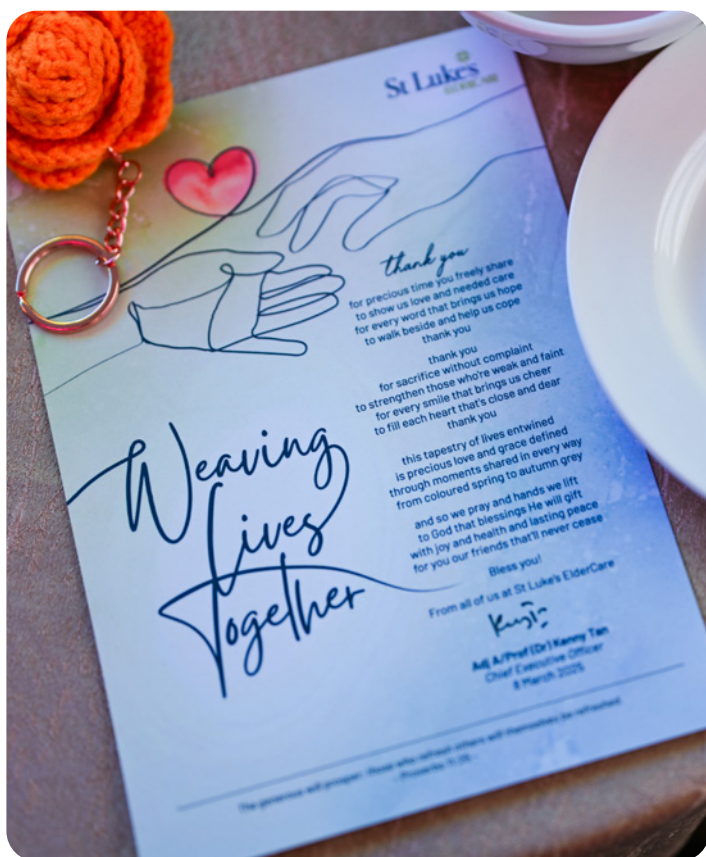
Uncle Lee Wee Tat

Uncle Wee Tat learned to make this dish at the age of 10, by watching his mother and using the “agak-agak” method of gauging measurements and ingredients based on feel and intuition. “Eating it reminds me of my mom’s cooking.”

Weaving Lives Together – A



In his opening address, our CEO, Adj A/Prof (Dr) Kenny Tan, shared that even as SLEC expands and works towards making a greater impact, our partners have made an impact too (see other stories in next page).



All guests received a thank-you card featuring a poem personally written by our CEO and a special crochet gift handcrafted by elders from our Active Ageing Centre (Care) @ Nee Soon East and the Heart for Yarn group comprising students from Catholic Junior College, Cedar Girls' Secondary School and National Junior College.

More than 500 friends of SLEC came together for our annual Partners' Appreciation Lunch on 8 March 2025. Themed "Weaving Lives Together – A Tapestry of Priceless Connections," the event honoured the dedication of partners who have given their resources and time, blessing our elders through connections beyond age, background, organisation and location.

We presented awards to 135 partners, including 75 new ones who had partnered us in the past year, and 39 partners who received the Long Service Star Award.

To all our partners, volunteers and donors – thank you for being part of this tapestry of care!

We thank our **>8,100** volunteers from >350 volunteer groups:

- Churches
- Community groups
- Corporates
- Interest groups
- Schools

Tapestry of Priceless Connections



Members from the Drum Fit Club of our Active Ageing Centre (Care) @ Ayer Rajah wowed the crowd with their opening performance.

Partners who innovate

Thanks to Youth Corps Singapore volunteers, led by Niki Lee of TinkerThings Global, over 100 elders learnt to use technology such as 3D printing and generating digital images on tote bags.



Partners who mentor

Medical undergraduate students from National University of Singapore's Project Empower hosted a Caregiver Experiential Camp, where they visited our centres with students from other institutions of higher learning. The students and our elders learnt from one another, fostering intergenerational connections. The undergraduates also acted as mentors to junior college and polytechnic students, teaching them about caregiver burnout and caregiving resources.

Why people volunteer

“My inspiration to support others in the community started when I found joy in guiding new members in line dancing.

- Mdm Yvonne Pan

“I want to volunteer because I want to give back to the community, just like how I have received.

- Mr Mike Tan



Mr Mike Tan, a volunteer with SLEC.

Anchors of Love from the Navy

Officers from RSS Formidable of the Republic of Singapore Navy visited two of our centres in November 2024, bringing waves of joy to our elders! They visited SLEC Senior Care Centre @ Keat Hong and SLEC Active Ageing Centre (Care) @ Bukit Timah. Among the volunteers were several distinguished guests, including Chief of Defence Force, Vice-Admiral Aaron Beng.

The volunteers spent time interacting one-on-one with our elders, forming meaningful and deep connections with them. Between lively bingo games, sing-alongs, and even a choreographed dance performance to the classic Singaporean folk song “Chan Mali Chan”, our elders enjoyed a day filled with laughter.

This visit not only brought joy to our elders, but also reminded the volunteers of the deeper meaning behind their roles: protecting and serving the people they hold dear.



Rifqa, an RP student, with Mr Larry, one of our elders, at Bird Paradise.



Joy Takes Flight at Bird Paradise

In November 2024, students from Republic Polytechnic’s (RP) School of Hospitality took our elders from SLEC Senior Care Centre @ Jurong East to Bird Paradise!

Spirits were high despite a light drizzle. For many of the elders, it had been more than two years since they last had an outing with students. For some of them, it was also their first time visiting the bird park since its opening in 2023.

Apart from birdwatching, our elders and the students alike had meaningful conversations throughout the day, soaking in each other’s company and fostering intergenerational bonds.

“Through our conversations, I learned more about (the elders’) daily lives, and it was heartwarming to see them enjoying the company of their friends and the students.

- Rifqa, one of the RP student volunteers

Keen to volunteer with SLEC?
Scan the QR code to find out more
or email volunteer@slec.org.sg



An Active Ager's Experience: Rediscovering the Colours of Life

My good friend Hui Qing excitedly shared her daily activities with me.

"Besides dancing in the public square, I also take part in other activities at the Active Ageing Centre! The most interesting one is the Drum Fit class..."

"Would you like to give it a try?" she asked. I smiled and nodded.

With her leading the way, we arrived at a classroom on the second floor. A dozen seniors were gathered, chatting and laughing together. "This is an Active Ageing Centre (Care) by St Luke's ElderCare," she said. I made a mental note of the name, though I still felt a little unsure.

At the front desk, a young man greeted me with a warm smile. "Hello, I'm Kwok Siang Kwang." Under his patient guidance, I completed the registration process and my initial uneasiness faded away.

The Drum Fit class instructor Gabriel Kho patiently taught us how to grip the sticks and strike the drum. "Don't be afraid, just follow the rhythm and imagine you're having a conversation with the drum."

Beyond drumming, another activity that left a deep impression on me was our visit to River Wonders. That day, Amy Lee, like a dedicated tour guide, led us in exploring this world of nature. Watching the adorable giant pandas

and the graceful manatees, it felt as if we had returned to our childhood.

Gabriel, Siang Kwang and Amy are like three warm rays of sunshine. Gabriel has a way of making us laugh and knows just how to encourage us when we lack confidence. Siang Kwang's attentiveness and patience make every senior feel truly cared for. And Amy, like a thoughtful daughter, always looks out for our needs with quiet dedication.

Now, every time I step into the centre, I feel a special warmth. Here, I have learned to stay curious in my later years and embrace new experiences with courage.

Many thanks to the staff at the centre, for bringing unexpected joy to my golden years.

“At this centre, I have met kindred spirits and reconnected with myself. Who knew that even in my 80s, I could still live such a vibrant and fulfilling life?”

- Mdm Quek Ee Tin, an active ager



Mdm Quek (left) learnt of the Drum Fit class through her friend Hui Qing.

This is a translation of a Chinese writeup contributed by Mdm Quek Ee Tin. Scan the QR code to read her full writeup on our website.



About the Contributor

For Mdm Quek Ee Tin, 82, writing started as a way to earn some extra income. Now, she writes simply because she loves to. "Sometimes, my hands just get 'itchy' to write," she says.

Having spent years working as a kindergarten teacher, then working at a community centre, she enjoys being part of an active community. Since 2024, she has been a familiar face at SLEC Active Ageing Centre (Care) @ Ayer Rajah.



Mdm Quek finds Gabriel Kho, our Senior Community Engagement Associate, to be a very encouraging instructor in the Drum Fit class.

SLEC Nurse Wins National Nursing Award

Seno Ruby Ann Ferraren’s caregiving journey began with a deeply personal experience. As her father battled with end-stage liver cancer, she stood by his side and supported him. His passing ignited a calling in her – to become a nurse and be a pillar of strength for others in need.

Ruby is our Senior Enrolled Nurse and has been part of SLEC for six years. On 21 November 2024, she became one of just 12 people to win the prestigious Tan Chin Tuan Nursing Award for Enrolled Nurses!

Organised by the Singapore Nurses Association, the national award is the highest accolade for Enrolled Nurses in Singapore, recognising their talent, dedication, and commitment to advancing the nursing profession. The awards were presented by Ms Jane Ittogi, the association’s Patron.

Ruby’s journey has been one of perseverance and passion. She started as a nursing aide in Singapore, facing various difficulties and having to adapt

to a new culture. But the gratitude from patients and their families kept her motivated. She went on to become an Enrolled Nurse specialising in dementia care and wound management.

She also took on responsibilities that required her to train colleagues and manage multiple centres. To remain adaptable to the evolving needs of the healthcare sector, she attends training sessions to upskill herself.

Congratulations, Ruby! Thank you for making a difference!

“Ongoing education, workplace opportunities, and meaningful connections with elders inspire me to thrive.

- Seno Ruby Ann Ferraren, our Senior Enrolled Nurse



Ruby specialises in dementia care and wound management.

Scan the QR code to learn how SLEC has impacted elders in the community.



Ruby with an elder at our St Luke's ElderCare Residence @ Ang Mo Kio.



We are thrilled to celebrate another year of success – our 8th consecutive year – at the Singapore Health Quality Service Awards (SHQSA) 2025!

Launched by SingHealth, SHQSA is Singapore's first dedicated platform aimed at honouring outstanding healthcare professionals who have delivered quality care and excellent patient experience. This year's awards were presented by President Tharman Shanmugaratnam on 13 February.

137 Staff Recognised for Quality Service

15
STAR
AWARDEES

46
GOLD
AWARDEES

76
SILVER
AWARDEES

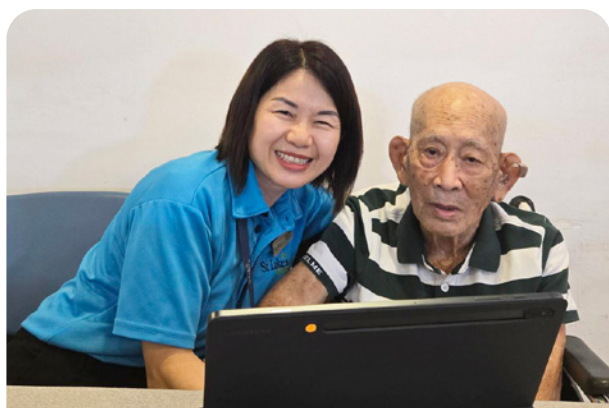
Star Awardee: Lily Chew

Supervisor, SLEC Senior Care Centre @ Jurong East

The 50-year-old has received various positive feedback and appreciation messages from elders and their caregivers since she joined SLEC in 2020 out of a "deep passion for serving the elderly". She also often goes the extra mile. For instance, on at least two occasions, she accompanied an elder to a nearby polyclinic to get her wound dressings changed.

She said: "The joy of witnessing the elders' smiles, heartfelt conversations, and improved well-being keep me going. Staying on in SLEC has been a natural thing to do, as I believe in the organisation's mission, I appreciate the trust placed in me, and I value the strong relationship built with the elders, their families, colleagues, and helpers."

Regarding her award win, she said: "I'm grateful to be nominated by my centre manager. It means a lot to me because my efforts are recognised. I'm fortunate to have a manager who values and acknowledges the team's hard work."



Silver Awardee: Therese Marie Tay

Occupational Therapist, SLEC Senior Care Centre @ Ang Mo Kio

While SLEC serves elders, its dedicated staff include younger people like Therese Marie, 27, who joined SLEC in 2022.

During her job interview, she learnt of SLEC's holistic approach to eldercare. "It made me feel this organisation is different from others that are very clinical and impairment-focused."

When asked what she finds most meaningful in her work, she said: "It's seeing my elders' progress in rehabilitation, when their attitude shifts from reluctance to eager anticipation of their sessions. Building good rapport with them is very important in this area."

年长者在 新食谱书中 分享烹饪传统

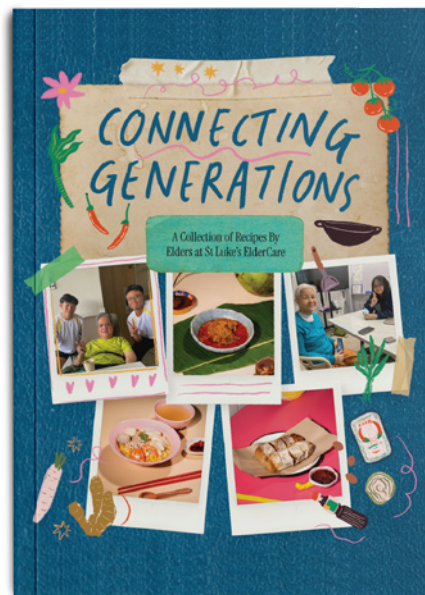
俗话说，要抓住一个人的心，先要抓住他的胃。这本食谱书不仅能满足读者的味蕾，更能温暖他们的心！

《连接世代》汇集了圣路加乐龄关怀超过20位年长者精心挑选的25道传统食谱。这不仅仅是一本普通的食谱书，更是一部珍贵的烹饪文化传承之作。透过年长者的分享，读者将走进新加坡丰富多彩的饮食文化与历史记忆。

本书的食谱分为四大类别——小吃和配菜、饭面飘香、辛辣风味和肉类佳肴，其中包括本地经典美食，如海南鸡饭、仁当牛肉和干炒叻沙等。

在介绍每道菜肴的同时，年长者们也分享了与这些美食相关的故事，故事中的食物不仅是美味的佳肴，更是承载着亲情、友情和青春记忆的桥梁。

这本书现已在各大公共图书馆上架。凡捐款\$100，即可获赠一本食谱书。更多详情，请查询：chopeaseat.slec.org.sg 或扫描下方二维码。



“我把这本食谱书送给年轻的同事们，希望他们不会遗忘传统美食，并能学会烹饪这些珍贵的菜肴。”

— 一位支持了这项活动并收到了六本书的匿名捐赠者



咖喱鱼

Pichayappan Jagathambigai 女士

这道特别的菜肴让Pichayappan女士回忆起那些年，她为朋友们烹煮咖喱鱼，大家围坐一堂，享受一顿充满温情的家常美食。



干蚝焖猪肉

余金杏女士

“我的母亲常用蚝豉（干蚝）来做这道菜，她相信蚝豉有助于清热降火。我们家是广东人，特别喜欢吃蚝豉，而且每餐都会喝汤。”



罐头猪脚米粉

李伟达先生

李先生10岁时便学会了这道菜，他通过观察母亲烹饪，并采用“agak-agak”（目测法）来判断食材和调味的分量。他说：“每次吃这道菜，我都会想起妈妈做的饭菜。”

重遇生命的色彩： 我的乐龄中心故事

我的忘年好友惠卿兴奋地跟我分享她每天的活动。

“除了跳广场舞，我还参加活跃乐龄护理中心的其他活动呢！最有意思的是打鼓课...” 她的话让我这个八十多岁的“老奶奶”突然涌起一股期待。

“要不要来试试看？” 惠卿热情地邀约。我笑着点头答应。

在惠卿的带领下，我们来到二楼的课室。十几位老人家正围坐在一起，有说有笑。“这里是圣路加乐龄关怀的活跃乐龄护理中心，” 惠卿介绍道。我默默记下这个名字，却对它还有些疑惑。

走到前台时，一位年轻人用温暖的笑容迎接了我。“您好，我是郭祥光。” 在他耐心的指引下，我完成了登记手续，心中的不安也随之消散。

打鼓课指导员许志辉耐心地教我们握棒，如何敲击鼓面。“别害怕，跟着音乐的节奏来，想象自己在跟鼓说话。” 这种贴心的引导，让我这个初学者很快就爱上了打鼓的感觉。

除了打鼓课，特别让我印象深刻的是那次河川生态园之旅。那天，美燕像个尽职的导游，带领我们探索这片神奇的自然天地。看着憨态可掬的大熊猫，优雅的海牛，我们仿佛回到了童年时代。

关于作者

对于82岁的郭圆珍女士来说，写作最初是一种赚取额外收入的方式。如今，她写作纯粹是出于热爱。她笑着说：“有时候，我的手就是‘痒’得想写。”

她曾多年担任幼儿园教师，随后在社区中心工作，一直喜欢融入活跃的社群。自2024年以来，她已成为亚逸拉惹活跃乐龄护理中心的熟悉面孔。

志辉、祥光和美燕就像这个中心的三束温暖阳光。志辉总能逗我们开心，在我们信心不足时送上恰到好处的鼓励。祥光的细心和耐心，让每一位来到中心的老年人都倍感温暖。而美燕则像个贴心的女儿，总是默默关注着我们的需要。

现在的我，每次走进活跃乐龄护理中心，都会感受到一种特别的温暖。在这里，我学会了在人生的晚年依然保持好奇心，勇于尝试新事物。

在这里，我找到了生命新的色彩，遇见了一群温暖的灵魂，也重新认识了自己——原来八十多岁的我，依然可以活出如此丰富多彩的人生。感谢活跃乐龄护理中心，让我的晚年生活绽放出意想不到的精彩。

“在这里，我遇见了一群温暖的灵魂，也重新认识了自己——原来八十多岁的我，依然可以活出如此丰富多彩的人生。”
- 郭圆珍女士，一位活跃乐龄者



郭女士(左)在朋友惠卿的介绍下开始参与打鼓课。

这是郭圆珍女士的心得文章。扫描二维码在我们的网站上阅读完整内容。



郭女士认为我们的高级社区参与专员许志辉在打鼓课有一种“贴心的引导”。



在开幕致辞中，我们的总裁医生兼任副教授，陈万隆，分享道，随着圣路加乐龄关怀不断拓展并努力创造更深远的影响力，我们的伙伴同样发挥了至关重要的作用。

携手编织人生画卷 —— 珍贵的情感织锦

2025年3月8日，500多位圣路加乐龄关怀的伙伴齐聚一堂，参加我们的年度合作伙伴答谢午宴。今年的主题是“携手编织人生画卷——珍贵的情感织锦”，我们向一路同行的伙伴们致敬，感谢他们倾注资源与时间，为年长者搭建起跨越年龄、背景、组织和地区的温暖联系。

在活动中，我们向135位合作伙伴颁发了奖项，其中包括75位在过去一年中新加入的伙伴，以及39位荣获“长期服务之星奖”的伙伴。

感谢所有的合作伙伴、志愿者和捐赠者——是你们的奉献，让这幅关爱的织锦更加温暖、绚丽多彩！



亚逸拉惹活跃乐龄护理中心的击鼓健身俱乐部 (Drum Fit Club) 为活动带来了精彩的开场表演，赢得了现场热烈的掌声！

我们感谢 **>8,100**

名志愿者，来自>350个志愿者团体：

- 教会
- 社区组织
- 企业
- 兴趣团体
- 学校

志愿者心声

“我之所以成为志愿者，是因为我想回馈社会，就像我曾经得到他人的帮助一样。

- 陈财德先生

“当我在指导新成员排舞时，我找到了帮助他人的快乐，这也激发了我去支持社区中的其他人。

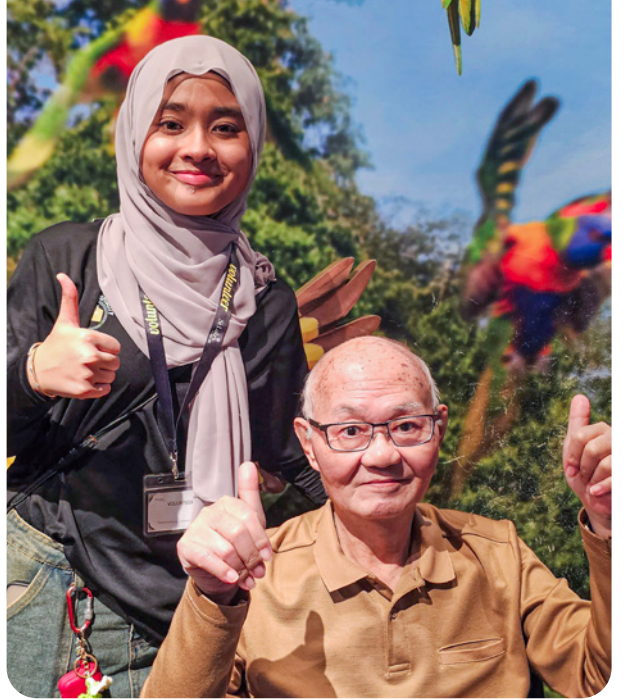
- 潘风珠女士

来自海军的温暖关怀

2024年11月，新加坡共和国海军护卫舰“威武号”（RSS Formidable）的军官们走进我们的中心，为年长者们带来了满满的温馨与欢乐。他们分别探访了圣路加乐龄关怀吉丰护理中心和武吉知马活跃乐龄护理中心。这次探访还迎来了几位尊贵嘉宾，其中包括新加坡国防总司令——海军中将孟耀诚。

志愿者们与年长者们进行了一对一互动，建立了深厚且温暖的联系。在热闹的宾果游戏、欢快的合唱，以及新加坡经典民谣《Chan Mali Chan》的舞蹈表演中，年长者们沉浸在欢乐的氛围里，笑声不断。

这次活动不仅为年长者们带来了无尽的喜悦，也让志愿者们深刻体会到自身肩负的使命——守护并服务他们所珍爱的人。



Rifqa, 一位共和理工学院学生, 和我们的长者Larry先生一起在新加坡飞禽公园游玩。

飞禽公园的欢乐时光

2024年11月，共和理工学院酒店管理的学生们陪同圣路加乐龄关怀裕廊东护理中心的年长者们前往飞禽公园游览。

尽管天空飘着细雨，大家依然兴致勃勃。对于许多年长者来说，这次出游是他们两年多以来首次与学生们一起外出，而部分年长者更是自2023年飞禽公园开幕后首次参观。

除了观赏鸟类，年长者们还与学生们进行了温馨交流，度过了一段美好时光，在互动中建立了深厚的跨世代情谊。

“通过交流，我更加了解了年长者的日常生活。看到他们与朋友和学生们一起享受这美好的一天，真的令人感动。”

- Rifqa, 共和理工学院学生



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圣路加乐龄关怀 护士荣获全国 护士奖

Seno Ruby Ann Ferraren 的护理之路源于一段深刻的个人经历。在她父亲与末期肝癌抗争的日子里，她始终陪伴在侧，给予他无微不至的关怀与支持。他的离世点燃了她心中的使命感 - 成为一名护士，为需要帮助的人提供依靠与温暖。

Ruby是圣路加乐龄关怀的高级注册护士，至今已在机构服务六年。2024年11月21日，她荣获陈振传护士奖，成为全国仅12位获奖者之一！

该奖项由新加坡护士协会主办，是新加坡注册护士的最高荣誉，旨在表彰他们的专业才华、奉献精神及对护理行业的卓越贡献。今年的奖项由该协会的赞助人珍一藤木女士 (Ms Jane Ittogi) 颁发。

Ruby的职业生涯充满了坚持与热情。她最初在新加坡担任护士助理，面对种种挑战，她努力适应全新的文化环境。

在此过程中，病人和家属的感激之情成为她不断前进的动力。随着时间的推移，她逐渐成长为一名注册护士，专注于失智护理和伤口管理。

Ruby 还承担了培训同事和管理多个护理中心的职责。为了更好地适应医疗行业不断变化的需求，她积极参加培训，不断提升专业能力。

恭喜Ruby! 感谢你为护理行业和年长者们带来的积极影响!

“持续学习、职业发展机会，以及与年长者之间深厚的情感联系，是激励我不断前行的动力源泉。
- Seno Ruby Ann Ferraren, 我们的高级注册护士



Ruby的专注于失智护理和伤口管理。

扫描二维码，了解我们如何影响社区中的年长者。



Ruby和我们圣路加乐龄关怀宏茂桥之家的一位长者





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St Luke's ElderCare Ltd

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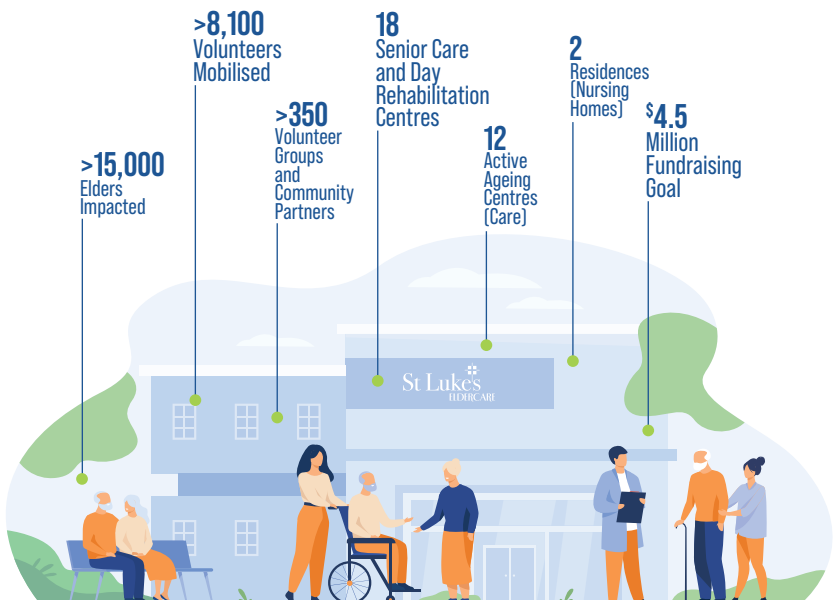
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