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We welcome your views and prayer support.
Please drop us a line if you would like to find
out how you can contribute in any way.

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St Luke's Hospital 10th Anniversary Celebration

Over the past decade, St Luke's Hospital has provided quality care and compassionate service to more than 10,000 elderly sick and needy in the community. More than 80 per cent of these inpatients got better and returned home to stay with their own families upon discharge.

Outpatient services started in year 2005 to make available to patients value-added services such as outpatient consultations, X-ray and dental facilities, wound management services, health screening, day rehabilitation centre as well as home medical, home nursing and home therapy services for patients at home.

Through these ten years, there have been a number of major achievements which the Hospital is thankful for. St Luke's Hospital is amongst the first few community hospitals to introduce pressure-relieving mattresses for patients at risk of developing pressure ulcers. Several other firsts were also initiated in the community hospital as a continuous effort by the team to provide the best holistic care for the elderly sick and needy. Some of these include Neuro-Developmental Treatment (NDT) and wound care management courses at St Luke's Hospital.

In 2003, then-Honorary Treasurer and current Chairman, Mr Foong Daw Ching was awarded the National Day 2003 Public Service Medal (PBM) Award. In 2005, then-Chairman Prof Lee Hin Peng was awarded the National Day 2005 Public Service Star (BBM) Award. The staff team at St Luke's Hospital has been recognized by the community for their high level of professional expertise and patient care. Accolades include Ministry of Health (MOH) Nurses' Merit Award in years 2002 and 2005, The Courage Fund Healthcare Humanity Award in years 2004, 2005 and 2006 as well as Outstanding Volunteer Coordinator Award by National Volunteer Centre in year 2002. St Luke's Hospital also won the HEALTH (Bronze) Award by MOH in years 2001, 2002 and 2005, and the HEALTH (Silver) Award by MOH in year 2006.

In providing a continuum of services to the elderly sick, there are now five St Luke's ElderCare Centres in Clementi, Hougang, Tampines, Whampoa and Yishun, and two St Luke's Wellness Centres in Clementi and Tampines.



Prof Tommy Koh in a light-hearted conversation with Bishop Dr Robert Solomon and Mrs Solomon.



Prelude and Postlude by Mr Jusuf Kam and The Wesley Wind Ensemble.



Long Service Award Staff

The St Luke's family celebrated St Luke's Hospital 10th Anniversary in a humble thanksgiving spirit together with its eight foundation members, volunteers and guests. There were performances by Wesley Wind Ensemble and His Resurrection Power Dance Ministry from Wesley Methodist Church, one of its foundation members. A message of "Faith, Love and Hope" by Bishop Dr Robert Solomon reminded everyone of the vision and mission of the hospital, and inspired all who attended the celebration, the purpose and humble service that St Luke's Hospital is providing to the community.



In conjunction with the upgrading and improvement of its facilities, St Luke's Hospital embraces a contemporary new brand. This unique symbol – a combination of a medical cross and the Christian cross – underscores the faith and love behind all that the Hospital stands for. This new corporate identity ushers in the next era of *Serving, Loving and Healing.*

Home Care Services

St Luke's Hospital Home Care services aims to bring our medical, nursing and therapy services to the doorstep of our clients. This is especially important for clients who have difficulty accessing center-based services either due to their medical status, function and disability or environmental barriers. Our home care services have been extended to cover the **South West CDC** regions comprising of:

Hong Kah GRC - Hong Kah North, Yew Tee, Nanyang, Bukit Gombak, Keat Hong.

West Coast GRC - Telok Blangah, Pioneer, Ayer Rajah, West Coast, Clementi, Boon Lay.

Jurong GRC - Jurong Central, Taman Jurong, Yuhua, Bukit Batok, Bukit Batok East.

Chua Chu Kang SMC

The cost of our Home Care Services is as follows:

Home Nursing Care	
* Private Housing	* \$68.30
0% subsidy	\$57.80
25% subsidy	\$43.40
50% subsidy	\$28.90
75% subsidy	\$14.40
Home Medical Service	
0% subsidy	\$126.00
25% subsidy	\$81.90
50% subsidy	\$54.60
75% subsidy	\$27.30

Caregiver Training @ Home

Training of the caregiver under the Home Care program requires our Home Nurse and therapist to visit the homes of the families, to assess the needs of the caregiver and the client. Subsequently, the staff will prioritize the needs of the client with the families and plan a customized training package with the caregiver accordingly. Topics covered under this program include:

1. Personal hygiene
2. Positioning of clients and use of devices
3. Bladder care
4. Bowel care
5. Feeding
6. Mobilization and exercises
7. Nursing procedures such as wound dressing, intermittent catheterization, hypocount and blood pressure monitoring, giving injections, etc.
8. Any other issues

A caregiver training program conducted at home usually takes about 6 to 10 sessions, over the course of a month.

Home Therapy

In September 2006, St Luke's Hospital therapists worked together with the Home Care team to provide home therapy services, which comprises of physiotherapy, occupational and speech therapy. This program addresses the needs of those clients who have difficulty in accessing to centre-based services due to their medical status, function and social support; or have difficulty in transferring the new skills acquired in hospital to the home environment. It also caters to the individuals who prefer to have their therapy done at their own homes.

Home Therapy aims to improve and maintain the individual physically and functionally within the home and to integrate them back into their community and life-roles. Home therapy also provides caregiver education to optimize the care of the client at home.

Upon referral, the therapist conducts a detailed assessment on the client's physical, functional and cognitive status as well as the home environment. The therapist will also discuss with the client and family members on the goals and expectations of outcome for the program. With this information, the therapist will formulate an individualized treatment plan for the client.

The Physiotherapist's role is to prescribe therapeutic exercises to maintain or improve the client's physical status and mobility within their home and the community. These exercises can be carried out by the clients with or without the assistance from their caregiver.

The Occupational Therapist would assess and modify the home environment according to the functional ability of the clients. Equipment modifications may be prescribed to assist the client to be more participative in self-care and other activities through these modifications.

The Speech Therapist's role is to assess and treat feeding or swallowing problems to reduce the risks of choking. They also assess and treat speech or language problems to enhance communication between client and their caregiver, reducing frustrations due to miscommunications.

Home therapy is a good alternative for individuals who are unable to attend any centre-based therapy. This service ensures that this group of individuals will have an option to receive the necessary rehabilitation.

In collaboration with NCSS and MCYS, St Luke's Hospital is participating in a pilot program called **Therapy @ Home**, to deliver subsidized Home Therapy Services. Clients who meet the program criteria's can enjoy home therapy services at the following rates:

Subsidy Level	Private	Therapy@Home
50 %	\$84.00	\$30
75 %	\$84.00	\$16

Love Heals



Ms Sharon Yoh with her father, Mr Yoh A Ti, a discharged patient now undergoing day rehabilitation at St Luke's Hospital.

“My father was a very healthy man and it was a shock to him and to us, when he suffered a stroke and lost mobility of his limbs. After his discharge from NUH, he could not walk at all and stayed at St Luke's Hospital. He underwent several rehabilitation programmes, after which St Luke's Hospital arranged for him to return as an outpatient at the Day Rehabilitation Centre.

He has improved by leaps and bounds, mentally and physically. It is unbelievable how through the love of the staff, he has regained his confidence all over again. The patience that the staff, doctors and nurses have shown him are so commendable and pleasant. There are occasions when he forgets and repeatedly asks the same question. But the nurses and staff are so kind. They gently explain to him procedures and repeat instructions to him until he understands and is happy. Even when he was an inpatient, they spent so much time with him to explain step-by-step his condition and what needed to be done.

I am confident that my father will recover faster than expected. In fact, he is now able to walk, although we do understand that as a stroke patient, he won't be able to walk as fast as before, but we are happy that the love of the St Luke's team has made him able and has put a smile back on his face.”



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Volunteering with Love



Students from Anglo-Chinese (Independent) School Choir interacting with patients at Day Rehabilitation Centre and performing a repertoire of contemporary and classical songs.



CEO Mr Tan Tong Hai and staff of Singapore Computer Systems visit patients as part of President's Challenge 2006.



Volunteers' love has been like an overflowing stream and is always remembered. Since its inception, the Hospital has had thousands of volunteers who have not only assisted in fundraising efforts, but have also given professional advice through committees.

Others have continued to befriend patients through their regular visits. They do so as a reflection of the abundant love that God has showered upon them. Like all volunteers, they are always busy lending their support in the background and not wanting any recognition or publicity.

St Luke's has been blessed since the day it decided to open its doors to the community. A dedicated team of volunteers came



Lecturers from Ngee Ann Poly's Interdisciplinary Studies faculty doing a Service Learning Project as part of Diversional Therapy at St Luke's Hospital.

Trainee pilots from Singapore Airlines Singapore Flying College serenade patients with joyful singing.



in large numbers and have since provided in all the areas of needs, ranging from administration and backroom support, to becoming nurses' assistants and patients' companions and befrienders.

Every Thursday, a regular group of volunteers provides invaluable assistance to the Hospital staff. From mailing letters, filing and preparing cotton wool for sterilization and putting up decorations, week after week the group, never fail to busy themselves when they turn up.

Other volunteers help in wheelchair portering within the Hospital and some accompany needy patients on their check-ups at the acute hospitals.

Several other volunteer groups who visit the patients regularly include trainee pilots from Singapore Airlines Singapore Flying College, students from Princess Elizabeth Primary School and the 39th Company Boys' Brigade team from Swiss Cottage Secondary School.

In the early years, the Hospital was very dependent on volunteer doctors to serve the patients. Currently, the dental clinic is run by a group of volunteer dentists.

Through their love and tireless efforts, they have contributed much towards the growth and success of the Hospital.



Student volunteers from Anglo-Chinese Junior College and Methodist Children and Youth Centre singing Christmas carols to patients.

Food for Thot *He gave, because He Loved*

The season of Christmas imposes its tyranny on many of us. Instead of being able to give out *of thoughtfulness and love*, we often give because it is "expected".

Can we give cheerfully this Christmas? Only in so doing can we emulate the great Gift of Christmas. "For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life" (John 3:16, KJV).

And so God gave, not reluctantly or because He was forced by popular opinion, but because He loved. He gave

Himself—a costly Gift in the extreme, so expensive that many reject the Gift because of the obligation they know they incur upon acceptance.

Herein lies a Christmas mystery. Only by opening the first Gift may we truly comprehend what is the real significance of giving and receiving gifts. May this season not capture us in its tyranny, but release us in an eager cheerfulness to give.

*Extracted from "The Tyranny of Giving" by Dr Ralph F. Wilson
Joyful Heart Renewal Ministry (www.joyheart.com)*

The mission of St Luke's Eldercare is to enhance the total well-being of the elderly through a range of day support and other services.

Board of Directors

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Prof. Lee Hin Peng

Hon Treasurer
Dr Lee Soo Ann

Member
Mr Foong Daw Ching
Mr Jeyaraj Indra Raj



ElderCare Centres:

Clementi West ElderCare Centre

Blk 602 Clementi West Street 1

#01-25

Singapore 120602

Tel: 6872 2210

In Partnership with:

- South West CDC
- West Coast CCC
- The Bible Church, Singapore
- Mount Carmel Bible-Presbyterian Church

NorthEast CDC-St Luke's

ElderCare Centre

Blk 126 Hougang Ave 1

#01-1506

Singapore 530126

(off Lorong Ah Soo)

Tel: 6382 2366

In Partnership with:

- NorthEast CDC
- Tung Ling Community Services
- Bethesda Care Centre

NorthEast CDC Tung Ling

ElderCare Centre

Blk 101, Tampines Street 11

#01-13

Singapore 521101

Tel: 6786 7688

In Partnership with:

- NorthEast CDC
- Tung Ling Community Services
- Sion Community Services

Whampoa ElderCare Centre

Blk 97 Whampoa Drive

#01-222

Singapore 320097

Tel: 6252 9661

In Partnership with:

- Central Singapore CDC
- Whampoa CCC
- Prinsep Street Presbyterian Church
- Calvary Baptist Church

Yishun ElderCare Centre

Blk 740 Yishun Avenue 5

#01-490

Singapore 760740

Tel: 6759 9053

In Partnership with:

- North West CDC
- Yishun Christian Church(Lutheran)

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- More hands for therapy
- Bonding three generations
- Recharged and ready to serve

More hands for therapy

To meet the growing demand from the increasing number of post stroke clients, St Luke's ElderCare is beefing up its physiotherapy and rehabilitation team to better serve clients.

St Luke's ElderCare has organised a part-time, six-month-long therapy aide course to train staff in the basics of physiotherapy and rehabilitation care. The course is conducted by senior rehabilitation staff from St Luke's Hospital. When trained, the therapy aides will work under the supervision of St Luke's ElderCare physiotherapists.

Private individual physiotherapy/rehabilitation services are available on two-hourly sessions at St Luke's ElderCare centres. For more information, please call:

Clementi Centre	(Ms Agnes Teo)	-	68722210
Hougang Centre	(Ms Leow Ai Hwee)	-	63822366
Tampines Centre	(Ms Ng Lay Ling)	-	67867688
Whampoa Centre	(Ms Susan Sim)	-	62529661
Yishun Centre	(Ms Jenny Lim)	-	67599053



Lecturer Daniel Leung demonstrating the transfer of patient.



Trainees practicing the transferring of patient.



Daniel giving the lecture

Bonding three generations



Waving the balloons, welcoming the elderly

For the third year running, Bendeemer Secondary School and St Luke's ElderCare jointly organised an Intergeneration Programme to encourage bonding among three generations. The theme for this year's programme was "three generation racial harmony ... pass it on". The event, held at the school on 18 October, involved elderly clients from five St Luke's ElderCare centres, and the school's students and teachers. The school, under the dynamic leadership of Mrs Rathi, the Principal of Bendeemer Secondary School, also encouraged parents of some students to participate. Also helping to entertain the elderly were kindergarten children from NTUC ChildCare Centre, Whampoa Branch.

Cheerful students waving balloons with much enthusiasm welcomed the elderly. Students, teachers and parents teamed with the elderly to play several games with much fun and laughter. The event, involving over 700 participants, was colorful and exciting.

The guest of honour was Mr Chiang Heng Liang, a member of Bendeemer Secondary School's Advisory Committee. Mr Chiang, together with St Luke's ElderCare Chairman Prof Lee Hin Pin and Board Member Rev William Chiang, moved around to encourage the competing teams.



Mr Chiang presenting the prize to the winning team



The elderly enjoying different types of games



Mrs Rathi giving the welcoming speech



Prof Lee giving the thanksgiving speech



Ready for "firemen lift" game



Warming up exercise



Recharged and ready to serve

Rehabilitation Manager Ms Ng Lay Ling is back with St Luke's ElderCare after a year's absence. She is appointed as the manager of St Luke's ElderCare - Tampines Centre effectively 1st November 2006. Here is her story:

I'm back with St Luke's ElderCare after a year's "holiday" in London, to be with my husband who was there for his post graduate studies. I joined St Luke's ElderCare in 2003 as an assistant rehabilitation manager, and was then promoted to manager. My role is to oversee the smooth running of

physiotherapy services. I would like to thank Mrs Wee Wan Joo, Director of Corporate Development and Mr Henry Teo, Senior Manager for granting me a year's leave. I am now newly "recharged" and look forward to serve clients with love, hope and faith at Luke's ElderCare - Tampines Centre.

Hospital Upgrades for Better Patient Care



For the past few years, St Luke's Hospital has been upgrading its physical facilities to provide better patient care for the elderly sick and needy.

individual and corporate donors who have also contributed to this project.

In March 2006, renovation and upgrading work started and in January 2007, St Luke's Hospital would be completing Phase 2 of its upgrading project. There is a current occupancy rate of about 80 per cent. All the eight wards with 180 beds have been renovated to create more space between beds and a more cheerful ambience for patients and their visitors. A new elder-friendly lobby has been built to facilitate sheltered pick-up and drop-off. There will be new patient activity areas and interaction corners, with improved landscaping for the enjoyment of patients and their visiting family members. A rehabilitation park will also allow outdoor mobility training.

All the ten-year old beds were manually operated. The new hospital bed sets consist of bed, bedside locker, over-bed table and high-density pressure reducing mattresses. These new beds are designed to meet international standards. The height of bed could be lowered to chair level to facilitate nurses and therapists in safer transfer of patient from bed to chair and vice versa. This feature minimizes the risk of back injuries for nurses, therapists and caregivers. The beds have motorized patient control features. With this, patients can adjust their desired bed position by selecting the handset button with ease at their convenience.

St Luke's Hospital is thankful to Ministry of Health for the approval of partial capital funding of \$1.4 million for the Phase 2 re-development project costing \$2.2 million, and generous

St Luke's Hospital has received overwhelming favorable feedback from patients, relatives, caregivers and ward staff on the use of these new beds for patients.



Help us to Help Others

St Luke's Hospital provides a range of medical, rehabilitative and nursing services. Every year, the hospital provides quality care and compassionate service to over 1,000 patients. Despite patient fees and Government subsidies, St Luke's Hospital still needs to raise funds to subsidize the services to our patients.

St Luke's ElderCare runs five day care centres for needy elderly in Clementi, Hougang, Tampines, Whampoa and Yishun. The services are highly subsidized. In 2006, St Luke's ElderCare has to raise funds to help about 280 elderly with day care and rehabilitation services.

St Luke's Hospital and St Luke's ElderCare are voluntary welfare organizations. Both organisations do not receive funds from the Community Chest.

You can help others by donating any amount. If you would like to do so, please enclose the coupon with your cheque and send it to us. We and our elderly patients/clients will appreciate it.

Yes, I want to help!	
Name IN BLOCK LETTERS (Dr/Mr/Mrs/Mdm/Miss/Ms)	NRIC No.
Address	
Postal Code	
Tax Exempt receipt will be issued for donations of S\$50.00 and above.	
I wish to donate S\$_____ to:	
St Luke's Hospital Ltd <input type="checkbox"/> Monthly <input type="checkbox"/> One-time contribution Cheque No. _____ payable to St Luke's Hospital Ltd	St Luke's ElderCare Ltd <input type="checkbox"/> Monthly <input type="checkbox"/> One-time contribution Cheque No. _____ payable to St Luke's ElderCare Ltd
Type of Donation (For issue of tax exempt receipt)	
<input type="checkbox"/> Personal <input type="checkbox"/> Company (Please provide company's name and address)	
Please enclose this coupon with your cheque and send it to:	
The Senior Finance Manager St Luke's Hospital/St Luke's ElderCare 2 Bukit Batok Street 11 Singapore 659674	