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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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## Putting the smile back on her face



*Mdm Teo on her day of discharge from St Luke's and her loving multi-disciplinary care team*

Mdm Teo Hoon Chuan had polio when she was a child. She continued to live independently by moving about on a wheelchair. All this changed when she had a stroke a year ago. She became bed-bound and had to be fed by tube. She grew withdrawn and depressed.

When she was admitted to St Luke's for rehabilitation, the multi-disciplinary team of doctors, nurses, therapists, social worker and chaplain made plans to care for her. Doctors gave her medication to treat her depression and assured her that she would get better. Each day, cheerful and attentive nurses cared for her, and maintained good skin hygiene to prevent pressure ulcers from forming while lending her a sympathetic ear.

The speech therapist gently encouraged and helped her to feed herself. And the chaplain sat beside her to listen to and encourage her regularly. The team also explained her condition to her relatives, who willingly co-operated to help in her recovery programme.

"My sister received loving, kind and professional care from the healthcare staff in St Luke's Hospital," said Mdm Teo's sister. "You've helped put the smile back on her face."

The care team met regularly to review her progress and planned follow-up activities to nurse her to better health. When the team noted that her family would not be able to provide

further care, they converted her status to Continuing Care. The social worker helped her family with information on long term care and the application for financial assistance.

Mdm Teo felt encouraged and become motivated to work with the physiotherapist in the exercises to prevent joint contracture. She also learnt strengthening exercises for her upper limbs so she could use the wheelchair again. She was provided with a reclining wheelchair to enhance her sitting balance training. Her perseverance paid off when she finally managed to sit on a standard wheelchair, freeing herself from being bed-bound.

As Mdm Teo improved, her self-esteem, shown in her smiles and body language, was a source of encouragement and reward to the care team.

When Mdm Teo was discharged from the hospital to a long-term care facility, she no longer needed to rely on tube feeding and was cheerful. Her family was pleased with her recovery.

"You treated her like a friend instead of a cumbersome patient. She was depressed and totally helpless. But the cheerfulness and loving kindness of all your staff lifted her from her depression and nursed her back to good health," said Mdm Teo's sister.

# St Luke's Helpline Speech Therapy

St Luke's Hospital provides speech therapy as part of the holistic care of patients. Speech therapy is given by a qualified speech therapist who is a member of the multi-disciplinary care team. Mildred Tan, Speech Therapist, talks about the programme.

## 1. What is Speech Therapy?

Speech therapy is a rehabilitative treatment of difficulties in speech, language and swallowing. These difficulties may result from several causes including stroke, brain injury, physical deterioration, mental retardation, development delays, cerebral palsy, cleft palate, voice pathology, hearing impairment and emotional problems.

## 2. What type of patients would benefit from Speech Therapy?

St Luke's speech therapy programme can help patients who have been diagnosed by their physicians as having speech, language and swallowing difficulties.

## 3. What is involved in Speech Therapy programme at St Luke's Hospital?

In this programme, patients are assessed using written and oral tests, or special instruments to ascertain the nature and extent of their speech, language and swallowing difficulties. The hospital then tailors an individualised plan of care according to patients' needs.

For individuals with little or no speech capability, the speech therapist may create alternative communication methods, such as automated devices and sign language for clients' use. Patients' frustrations are reduced when they can communicate effectively with the alternative voice.

Modern and evidence-based interventions and strategies such as postural adaptations, oral and facial exercises, food and fluid modifications are used to compensate and rehabilitate those with swallowing difficulties.

The multi-disciplinary care team, in consultation with the speech therapist, will plan the treatment for patients. Their families will be informed of the plan and their cooperation sought. Where appropriate, patients may return as outpatients for treatment upon discharge from the hospital. Referrals can also be made to attend a specialist course of therapy.

*For enquiries on speech therapy service, please contact Gribson Chan at 6895 3237 or gribsonchan@slh.org.sg*



*Patient Mr Tan Yew Chai being examined for his swallowing ability.*



*Mdm Chia Wee Kiew doing oral and facial exercises with help from Speech Therapist, Mildred Tan.*



*Therapy Aide, Noryati supervising patient Mdm Toh Lian Ee's caregiver at St Luke's outpatient clinic.*

# Helping patients resume independent lives

St Luke's Hospital offers a full range of rehabilitative services to enable patients to resume active and independent lives. One of the services is the **Cardiopulmonary Rehabilitation Programme**, specially developed for patients suffering from chronic heart and lung conditions. Agnes Hew, Senior Physiotherapist, describes the programme.

The four-week inpatient Cardiopulmonary Rehabilitation Programme is led by a multidisciplinary team. The team comprises a doctor, nurses, physiotherapist, occupational therapist, pharmacist and dietitian working closely with visiting Respiratory Physician, Dr Ong Kian Chung (in private practice) in the overall management of the patients.

The programme aims to reduce the frequency and severity of symptoms such as breathlessness, sweating, altered pulse, coughing, so as to improve fitness and ability to cope with daily function, and restore the highest level of independence possible.

The team assesses the specific needs of each patient, which may include independence in self-care at home, increased comfort in walking, ability to perform home exercises and to return to work.

The treatment includes a series of group exercises and activity training. Education in risk factor reduction, smoking cessation, nutrition and medication management is an essential part of the programme. It gives patients knowledge and promotes self-management to improve their overall quality of life.

Patients' families can take part in the rehabilitation process through frequent visits and attending educational sessions with the patients.



## Continuing Education Programme February - July 2006

St. Luke's Hospital is a community hospital providing rehabilitation and continuing care, especially for the elderly. As part of our commitment to provide quality care and compassionate service, we have organised on-going educational programmes for healthcare staff and carers in the community.

We are pleased to invite you to join us at our CEP and CME Programmes. These programmes emphasise the practical aspects in the care of patients, which will be relevant to doctors, nurses and community support groups.

Venue : Multi-Purpose Hall  
St Luke's Hospital  
2 Bukit Batok Street 11  
Singapore 659674

Time : 1 pm – 2 pm

Contact Person : Ms. Florence Ho  
DID : 6895 3279  
Fax : 6561 8205  
Email : florenceho@slh.org.sg

DATE	TOPIC	SPEAKER
Tues 7 Feb	Minimising poly-pharmacy in the elderly: the practical approach	Dr Ding Yew Yoong
Tues 7 Mar	Approach to common lower gastrointestinal disorders in the elderly	Dr Francis Seow
Tues 4 Apr	Sleep disorders in the elderly	Dr Ng Li Ling
Tues 2 May	Pain management in the elderly	Dr Ian Leong
Tues 6 Jun	Brittle bones break – Osteoporosis in the elderly	Dr Lydia Au
Tues 4 Jul	Management of congestive cardiac failure in the community ambulant elderly	Dr Chai Ping

SMC - CME Accreditation: 1 CME Point per session

## Continuing Medical Education Respiratory talks by Dr Ong Kian Chung

DATE	TOPIC
Tues 14 Feb	Update on management of bronchial asthma
Tues 14 Mar	Approach to chronic cough
Tues 11 Apr	Update on Management of COPD
Tues 9 May	Approach to chronic dyspnoea
Tues 13 Jun	Outpatient Management of community acquired pneumonia
Tues 11 Jul	Interpretation of CXR: common abnormalities & pitfalls to avoid

SMC - CME Accreditation: 1 Core CME Point per session

# Warming Hearts in Winter

"Dong Ze" means the arrival of winter. This traditional festival is celebrated by the gathering of family and friends in the cold winter while waiting for the arrival of spring.

For those in hospital, the "Dong Ze" festival, which fell on 22 December, can bring about an acute sense of loneliness. St Luke's staff and volunteers brought warmth to patients that day, by organising a heartwarming party to celebrate Dong Ze and Christmas.

"Dong Ze" is remembered locally by the eating of the hot dessert, "tang yuan" or rice dumpling, which symbolised reunion and blessing.

Hence, volunteers prepared this delicious dessert for the event. Foreign staff delighted patients with carols in Hokkien.

Happy faces glowed as patients and their families tucked into the delicious "tang yuan" while clutching presents and prizes

won during games.

One patient, Ng Hong, said as she enjoyed mouthfuls of the red and white "tang yuan", "I am so happy. I really enjoyed myself today. Thank you for organising this for us."



Volunteers happily preparing the Tang Yuan for our patients.



Assistant Director of Nursing, Christina Choy, enjoying Tang Yuan with our patients, nurse and volunteers



Director of Nursing, Susie Goh, in a cosy moment with patients and staff

# Project Smile

A team from Project SMILE (Sharing Magic in Love Everywhere) visited St Luke's Hospital on 16 December as part of the Diversion Therapy programme.

Project SMILE is initiated by TOUCH Youth Services, the youth arm of TOUCH Community Services. This is a community arts project aimed at teaching and training youth in the art of performing magic and bring a smile to the needy and disadvantaged in our community. Nigel Wong from Youth Services brought 60 youths from China, aged 16 to 18 years old to perform some simple magic tricks like tying knots and little cups with hidden balls that disappear.

The magicians divided amongst themselves in pairs and went to all the wards to perform magic tricks at the patients' bedside. This simple and entertaining performance brought joy and smiles to the patients, especially those who were bed-bound.

Diversion Therapy programme is part of the holistic treatment to improve patients' sense of well being.



Youths performing magic tricks for patients at the wards.



"That's where the hidden balls are!"



Performing a cards' trick for patient



Youths of Project SMILE from TOUCH Youth Services



# Concert raises over \$158,000

A fundraising Christmas concert raised over \$158,000 for St Luke's Hospital (SLH) and St Luke's ElderCare Centres (SLEC).



Heartwarming performance by award-winning a capella group, *The Idea of North* from Australia



Guest-of-Honour, Dr Vivian Balakrishnan, Minister for Community, Youth and Sport, and Second Minister for Trade and Industry and Mrs Balakrishnan

The one-night concert, organised by Zonta Club of Singapore, was held at the University Cultural Centre on 3 December. The Guest-of-Honour was Dr Vivian Balakrishnan, Minister for Community Development, Youth and Sports, and Second Minister for Trade and Industry and Mrs Balakrishnan.

Over 1,650 people watched the live performance of the award-winning a capella group, *The Idea of North*.

The group won Best Jazz CD and Best Jazz Song awards at the US-based Contemporary A Cappella Recording Awards 2005. Trish Delaney-Brown (soprano), Naomi Crellin (alto), Nick Begbie (tenor) and Andrew Piper (bass) put up an outstanding musical act with their superb musicianship and arrangements embracing jazz, soul, and gospel music, together with a variety of their own award-winning original, traditional and contemporary songs.



Performance by local band, *Seven:30*

A local band, *Seven:30*, formed by five young music lovers with their blend of soulful melodies and catchy rhythms, provided the opening act to the evening.

Clement Chow, known for his song "Count on Me Singapore", was the Master of Ceremony.

The concert was like a big family gathering. It saw the cooperative effort of Zonta Club, staff and board members of SLH and SLEC, and foundation churches, in organising of event and coordinating of tickets sales.



Christmas Concert at University Cultural Centre



Concert guests mingling with one another

Zonta Club, together with SLH and SLEC express their heartfelt appreciation to donors and sponsors for their generosity towards the concert.

## Food for That Renewal & Hope

(source - Max Lucado: The Applause of Heaven)

### Lamentations 3:22-25

*The LORD's love never ends. His mercies never stop.  
They are new every morning. His faithfulness is great.  
The LORD is good to those who hope in Him, to those who seek Him.*

\*\*\*

I wish I could make it all new again...but I can't.

I can't. But God can. He restores my soul. He doesn't reform, He restores. He doesn't camouflage the old, He restores the new. The Master Builder will pull out the original plan and

restore it. He will restore the vigour. He will restore the energy. He will restore the hope. He will restore the soul.

\*\*\*

### Prayer

Lord, You never promised us that this world would be easy. And yet, all of us can look ahead to the city that's set on a hill, to the lights that call us to eternity. And we take hope.

"LORD, your loyalty is great. I say to myself, 'The LORD is mine, so I hope in Him.'"

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**

Chairman  
Mr Foong Daw Ching

Hon Treasurer  
Dr Lee Soo Ann

Member  
Prof. Lee Hin Peng  
Mr Jayaraj 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
- Zion 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)

**ST. LUKE'S ELDERCARE LTD**

2 Bukit Batok Street 11

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Tel: 6567 0708

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- Inter-generational bonding
- Blessing of food
- Touched by love

# Inter-generational bonding

It may be ideal for three generations to live under the same roof by having children live with their parents and grandparents. But the home may be too small and there may be language barriers. These create social and physical separation, resulting in few genuine opportunities for the young and the elderly to meet and interact.

To help bridge the generation gap, St Luke's ElderCare partnered with Bendeemer Secondary School and organised a 3-generation bonding programme for senior citizens and the school children on 24 October. This is the third time that St Luke's ElderCare has organised such an event. About 250 clients from five centres and 350 students took part. The elderly clients were eager and looked forward to taking part in this annual event. The students were also enthusiastic and arrived early to await the arrival of the elderly in school.

Young and old played traditional games, which helped the students to value tradition and interact with the elderly. Activities included making dumplings, curry puffs, Chinese "kueh", wrapping "kachang puteh" and painting Chinese clogs. The students and the elderly enjoyed their time together and look forward to next year's event.



Elderly clients and students engrossed in playing traditional games together



From left: Mr Foong Daw Ching, Chairman of St Luke's ElderCare, Mr Koh Boon Long guest of honour, Mr Laurence Wee and Mrs Rathi principal of Bendeemer Secondary School



The elderly clients enthusiastically participated in the exercises

# Blessing of food

Every working day, the van driver of Yishun ElderCare Centre (YEC) picks up the centre's clients, then stops at Block 925, Yishun Central 1 to pick up free bread from Lim Hai Heng, proprietor of Hao Bang General Wholesales Trading.

The free bread scheme for YEC started three years ago when an organisation approached Mr Lim to provide the unsold bread for them to sell at half price. But Mr Lim felt he should bless the needy with the

unsold bread. A staff from YEC found out Mr Lim's intention and approached Mr Lim to donate the bread to the centre. Mr Lim agreed willingly. Since then, YEC clients have been enjoying a variety of bread for breakfast and tea.

Lim Jin Koon, owner of Leong Huat Fruits Trading, is also a donor of food to YEC. A year ago, the centre used to purchase fruits from Mr Lim's stall at Block 106, Yishun Ring Road. When Mr Lim learnt that the fruits were for the elderly, he decided to donate the fruits instead. From then on, clients have been enjoying fresh fruits courtesy of Mr Lim.



Volunteers, staff and Lim Hai Heng (centre)



Volunteers, staff and Lim Jin Koon (3rd from left)

In December, staff, volunteers and clients visited the two shops to present Christmas cards and gifts.

Well wishers who would like to donate to the centre financially or in kind may call Centre Manager Jenny Lim at 67599053 or write a cheque to Yishun ElderCare Centre at Blk 740, Yishun Avenue 5, #01-490, Singapore 760740. Tax deductible receipts will be issued for donations of \$50 and above.

# Touched by love

Volunteers at St Luke's ElderCare bring joy to clients and staff. Often seen serving with smiling faces, the volunteers have touched the lives of the elderly with their love, compassion and kindness.

About 35% of ElderCare programmes are supported by volunteers. They help in centre management committees, health screening, physiotherapy and diversional therapy, cleaning of premises, providing food and befriending the elderly. The volunteers spend time with the clients and accompany them on outings. They perform

for clients on special occasions such as clients' birthdays, and Chinese New Year and centre anniversary celebrations.

To thank the volunteers, St Luke's ElderCare celebrated its third combined volunteer appreciation dinner, on 16 December. There were about 220 guests of whom 170 were volunteers, from churches and the neighborhood. Dr Lee Soo Ann Board Member of St Luke's ElderCare, delivered a speech thanking the volunteers for their dedication. Volunteers are a great help to St Luke's ElderCare. If you are interested to know more about volunteering, you are welcome to visit and learn more about our work. Please call our centre managers:



Brass Quintet presentation by volunteers from Yishun Centre



SLEC, SLH Board members, staff and volunteers enjoyed sumptuous dinner together

Clementi Centre, phone 68722210 (Agnes Teo)  
Hougang Centre, phone 63822366 (Leow Ai Hwee)  
Tampines Centre, phone 67867688 (Judy Lam)  
Whampoa Centre, phone 62529661 (Susan Sim)  
Yishun Centre, phone 67599053 (Jenny Lim)

# St Luke's welcomes a new Chief Executive Officer



St Luke's new Chief Executive Officer, Mr Lee Chee Yeng

Mr Lee Chee Yeng is the new Chief Executive Officer with responsibility to oversee St Luke's Hospital and St Luke's ElderCare with effect from 12 December 2005.

His appointment ends a few months of search for a person to fill this new position.

Mr Lee told St Luke's Happenings, "I thank God for the exciting opportunity of working with the Board of Directors, Management and staff to bring St Luke's to greater heights. Together as a team, we will deliver on the commitment of providing quality, holistic and compassionate care to our patients".

He brought with him many years of management experience. As Director (Operations)/ Director (Information Systems), he played a key role in PSA's success in transforming Singapore into the world's busiest port and a world-class container hub. He was awarded the Public Administration Medal (Gold) for his contribution. Later, he was the CEO of Changi International Airport Services (CIAS) for five years.

He was a member of the Board of several companies including Toa Payoh Hospital, Changi General Hospital and SingHealth.

He also serves in the leadership of Pasir Panjang Hill Brethren Church.

We welcome you, Chee Yeng, into the St Luke's family.

# Be part of a worthy cause



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 inpatients. Despite patient fees and Government subsidies, St Luke's Hospital needs to raise \$700,000 this year to subsidise 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 subsidised. This year, St Luke's ElderCare has to raise \$500,000 to help about 280 elderly with day care and rehabilitation services.

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

Help us to help the elderly. Make a donation using the form below and mail your cheque to the address stated. Thank you for helping the elderly.



**Yes, I want to contribute!**

Name IN BLOCK LETTERS (Dr/Mr/Mrs/Mdm/Miss/Ms)		NRIC
Address		
Postal Code		
Tax Exempt receipt will be issued for donations of S\$50.00 and above.		
I wish to donate S\$_____ to:		
<b>St Luke's Hospital Ltd</b>		<b>St Luke's ElderCare Ltd</b>
<input type="checkbox"/> Monthly <input type="checkbox"/> One-time contribution		<input type="checkbox"/> Monthly <input type="checkbox"/> One-time contribution
Cheque No. _____		Cheque No. _____
payable to St Luke's Hospital Ltd		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