



# AIGAGE

ANGLICAN SERVICES ENGAGING THE COMMUNITY





## ST. ANDREW'S NEW AUTISM SCHOOL (NATIONAL CURRICULUM)

The Ministry of Education (MOE) announced in December 2020 that St. Andrew's Autism Centre (SAAC) will soon operate a new special education (SPED) school for children and youths on the autism spectrum who are able to access the national curriculum for primary and secondary levels.

This new school seeks to provide its students with a well-rounded education, founded in the national curriculum, while preparing its students for life through the development of independent living and vocational skills.

The ministry's appointment is an affirmation of SAAC's good work in the autism community, and recognition of SAAC's commitment to journey alongside families with members on the autism spectrum, improving the quality of life of those we serve.

Beginning with 75 places per cohort, the new school will open its doors to its first batch of Primary One students in 2022, with a capacity for 500 primary and 350 post-primary places at steady state. It will be temporarily housed at the soon-to-be-vacated Yusof Ishak Secondary School in Bukit Batok when it begins operations next year. Its permanent site at Clementi is slated to be ready in 2027.

Since the announcement, SAAC's team has been working hard towards the commencement of the school in January 2022. With different teams paired with MOE counterparts, work on refurbishing the interim campus, determining admissions criteria and processes, finalising the curriculum, publicity and hiring plans has begun. These plans were shared and well-received at an engaging first open house which took place virtually on 13 March 2021 with more than 160 participants.

## SERVING THE NEEDS OF THE AGEING POPULATION

Aligned with the needs of the ageing population, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) have been expanding its eldercare services to serve more seniors.

### ST. JOHN'S - ST. MARGARET'S NURSING HOME

Located within the Dover community, St. John's – St. Margaret's Nursing Home looks forward to receiving its first resident in July 2021.

It will provide care for 273 nursing home residents and over 80 seniors at its co-located Senior Care Centre.



The Ministry of Health (MOH) has appointed SAMH to be the integrated operator of a nursing home and senior care centre in Tampines North, as well as a pair of Active Ageing Hubs (AAHs) in Bedok.

## ST. ANDREW'S NURSING HOME (TAMPINES NORTH) AND CO-LOCATED ST. ANDREW'S SENIOR CARE (TAMPINES NORTH)

Construction is underway for St. Andrew's Nursing Home (Tampines North), which will provide long-term residential, nursing and rehabilitation care for 277 residents, whilst its co-located senior care centre will serve up to 60 day care clients.

The nursing home and its co-located senior care centre is slated to begin operations in December 2022 and first quarter of 2023 respectively.





### ST. ANDREW'S SENIOR CARE (BEDOK NORTH) AND ST. ANDREW'S SENIOR CARE (BEDOK SOUTH)

The AAHs at Bedok North (left) and Bedok South (right) aim o open their doors in the first quarter of 2022 to provide general and dementia day care to 60 and 100 clients espectively. Community rehabilitation, home care, and active ageing services will be offered at the centres as well.



#### With our new and upcoming nursing homes and senior care centres, SAMH and SACS will be able to serve a total of more than 2,000 nursing home residents and 600 day care clients islandwide by

000000000

## ST. ANDREW'S NURSING HOME (ALJUNIED)

SAMH was also appointed by MOH as the operator of a Build-Own-Lease (BOL) nursing home in Aljunied.

The nine-storey nursing home, slated to begin operations in 2023, will provide long-term nursing and rehabilitation care to 342 residents.



## St. Andrew's Nursing Home (Buangkok)

#### **DEMENTIA-FRIENDLY THERAPEUTIC GARDEN**

Officially opened on 5 February 2021, St. Andrew's Nursing Home (Buangkok)'s Dementia-friendly Therapeutic Garden provides a sanctuary within the nursing home where residents and staff can find respite in nature.

Catered for residents with dementia and other mental health conditions, the purpose-built garden which spans around 600 square metres provides welcoming paths and open spaces for visitors to relax in its therapeutic environment.

The therapeutic garden was mooted as a result of evidence-based research which showed that residents and patients who are in touch with nature tend to experience less stress, be in better mood and have better cognitive skills. In this garden, residents can be stimulated by the colours, smell, and texture of flowers and leaves, which helps them feel more relaxed and engaged.

Imbued with 78 different species of plants, the garden is divided into 6 different zones: Smell, Hearing, Reminiscence, Taste, Touch and Sight zones.



At the entrance of garden, one will be greeted with the fragrance emanating from the Variegated Crepe Jasmine, Orange Cempaca and Golden Gardenia flowers in the **Smell Zone**.

Further down at the **Hearing Zone**, grassy plants trigger rustling sounds as the wind blow. An installed bamboo musical feature also augments the sounds within the zone whenever residents interact with it.





Jpon approaching the Taste Zone, one will see vegetable plots where residents and visitors engage in gardening activities. Edible plants such as mint, basil, brinjal and lady's fingers, are

grown here and subsequently used in the Home's occupational therapy cooking sessions for residents.



Last but not least is the **Sight Zone**, where plants with warm and bright colours are grown. Here, the experience of the garden culminates into a multi-sensory experience

with the smell of the flowers, the trickling sound of water from a water feature and the sensation of walking on a soft lawn of carpet grass. The residents are likely to be thrilled by the **Reminiscence Zone** which follows after, where plants such as the Lotus, Chinese Hibiscus, White Bougainvillea and Fragrant Pandan may bring back memories of their younger days.

The Reminiscence Zone features plants tha are familiar to the older generation, including plants with cultural significance or common uses for culinary purposes.



At the **Touch Zone**, residents can touch the leaves and flowers of plants which come in various shapes, sizes and textures. A variety of plants with different colours and forms are showcased, such as Ixora 'Super Pink' and Ixora 'Super Orange'.



The Touch Zone also includes a water feature and stone path. The bubbling water feature welcomes visitors to touch the water and enjoy the cooling sensation. In addition to providing a therapeutic effect, walking on the stone path helps improve one's balance and reduces stress and tension.

With the nursing home's planned activity of leisure in the Therapeutic Garden under the Agency for Integrated Care (AIC) Wellness Support Programme (WSP), the garden provides a place for social interaction between residents and staff. Residents can look forward to strolling or enjoying a game of chess in the serenity of the garden, as well as sipping a cup of coffee at the specially constructed mobile Sarabat stall in the Reminiscence Zone. In future, SANH (Buangkok) also looks forward to holding Therapeutic Horticulture Programmes in this new garden.

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## Lunar New Year Visit with CGH & SACH staff

#### BY PRIME MINISTER LEE HSIEN LOONG AND MDM. HO CHING

Prime Minister Lee Hsien Loong and his wife, Mdm. Ho Ching, visited Changi General Hospital (CGH) on 12 February 2021, the first day of the Lunar New Year, to show their appreciation to CGH and St. Andrew's Community Hospital (SACH) staff for working together to provide care for the community during the festive season.



patients with just a week's notice.

care wards at The Integrated Building, a joint CGH-

SACH facility, to care for medically stable COVID-19



Prime Minister Lee Hsien Loong and Mdm. Ho Ching thanked CGH and SACH teams for their deep partnership, dedication, commitment and sacrifices as they worked as one integrated system in the East to overcome the COVID-19 pandemic challenges together.

## Minister of State, Ms. Sun Xueling visits Anglican Family Centre

On 29 January 2021, Ms. Sun Xueling, Minister of State, Ministry of Education and Ministry of Social and Family Development, visited Anglican Family Centre (AFC) to better understand AFC's role in providing a safe temporary abode for women-in-crisis and their children.



The Right Reverend Dr. Titus Chung, President, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS), presented the SACS Golden Jubilee Commemorative Book and a Samsui woman doll handcrafted by members of Mother and Child Project (MnCP) to Minister Sun as mementos.

MnCP, a service of SACS, provides retail vocational training and home-based sewing work to disadvantaged women, single mothers and women recovering from mental health issues to help them become economically self-sufficient.



Minister Sun toured the facilities of AFC and learnt how the Centre fosters relationships among the residents, helping them to build up their self-confidence and reintegrate into society.

## Visit by Manpower Minister, Mrs. Josephine Teo, to Anglican Senior Centre (Havelock)

Anglican Senior Centre (ASC) (Havelock) organised its first event with the sponsorship and support of St. Matthew's Church on 17 and 18 December 2020, celebrating Christmas with clients and volunteers with safe management measures in place.

On the second day of the event, Mrs. Josephine Teo, Minister for Manpower, Second Minister for Home Affairs and Member of Parliament for Jalan Besar Group Representation Constituency, graced the Christmas Celebration and spent a joyous time with the seniors.



Minister Teo had a fruitful discussion with The Right Reverend Dr. Titus Chung, President of St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS); Mr. Keith Chua, Vice-President, SACS; Dr. Arthur Chern, Group Chief Executive Officer, SAMH and SACS as well as Mr. Vincent Budihardjo, Head, Senior Services, SACS, on how we can better serve the community together.

Indeed, ASC (Havelock) will continue to give of our best to serve the seniors with God's love.

## A Journey of Hope and Recovery



After her discharge from ACC (Simei), Ms. Ang Seck Poh (right) continues to receive support from Ms. Regina Khoo (left), Rehabilitation Counsellor, COMmunity Intervention Team (COMIT), ACC (Pasir Ris).

Seeking a breakthrough from her struggles, Ms. Ang Seck Poh sought residential mental health rehabilitation at Anglican Care Centre (ACC) (Simei) in September 2017. With the support of the counsellors and programmes at ACC (Simei), Ms. Ang has since been discharged and is now journeying forward in life with a new hope for the future.

"After being admitted to ACC (Simei), I learnt to actively manage my delusional disorder and aggression through residential rehabilitation programmes. For example, the Wellness Management Recovery Programme taught me the importance of timely and proper medication. This helped me to better control my condition and improve my mental health

While my journey has been challenging, I am proud to have secured and sustained employment in the food and beverage industry with assistance from the Employment Specialist at ACC (Simei). With support and encouragement from my supervisor at work, my self-confidence gradually increased and I received an award for sustained employment at ACC (Simei)'s Employability Night!

Although I am an introvert, I have forged precious friendships with staff and fellow peers at ACC (Simei). Upon my discharge from ACC (Simei) in September 2020, my company converted me to full time employment!"

- Ms. Ang Seck Poh

Discharged client of ACC (Simei)

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## Heroes of Selfless Dedication

Organised by SingHealth Duke-NUS Academic Medical Centre since 2011, the Singapore Health Quality Service Award (SHQSA) is a nationwide award to recognise and celebrate the exemplary efforts of healthcare professionals in improving patient experience.

## 198 healthcare professionals from St. And

198 healthcare professionals from St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) received the Hero Award, while Dr. Shaun Gerald Nathan, Resident Physician, St. Andrew's Community Hospital (SACH); and Ms. Chai Chew Moey, Senior Nurse Manager, St. Andrew's Nursing Home (SANH) (Henderson), received the Super Hero Award at the Virtual Award Ceremony on 29 March 2021.

#### Dr. Shaun Gerald Nathan, Resident Physician, St. Andrew's Community Hospital

At the start of the Coronavirus Disease 2019 (COVID-19) pandemic, Dr. Shaun was selected from the SACH palliative care team to assist Changi General Hospital (CGH) EagleCare, a programme providing end-of-life care for CGH's partnering nursing homes, where he helped to set up protocols, provided direct and telehealth cover, and took part in swab operations. He also supported the St. Andrew's Nursing Homes (SANHs) in its clinical reviews of the residents, and started a system to ensure that end-of-life needs of residents were looked after during the pandemic. Going beyond the call of duty, he even went down to the nursing homes after office hours with medication for residents to help manage their medical conditions on many occasions.

With his initiative and great sense of responsibility, Dr. Shaun has made a lasting impact in his work with EagleCare and the SANHs.

"This award is not so much a recognition of my work, but a recognition of the need to continue serving the community that I do this work for. I could not have done this without the mentorship from my bosses, the support from my colleagues, the encouragement from my patients and their families, the patience of my family and friends, and the inspiration of my faith."

- Dr. Shaun Gerald Nathan

#### Ms. Chai Chew Moey, Senior Nurse Manager, St. Andrew's Nursing Home (Henderson)

While many harboured fears of the consequences of contracting COVID-19, Ms. Chai Chew Moey stepped forward to be trained as the lead nurse to conduct COVID-19 swab tests at SANH (Henderson). She also volunteered to be the first person to be swabbed. These exemplary acts commandeered and set the direction for the rest of the nurses to follow. During the Circuit Breaker when no visitors or volunteers were allowed entry into the nursing home, Ms. Chai continued to ensure the well-being of the residents with dementia by bringing her two dogs to keep them company, turning their sullen faces to joyful smiles. Ms. Chai also bought ingredients and cooked the residents' favourite dishes. This gesture was greatly appreciated by the residents.

A remarkable nurse with a big heart, Ms. Chai is one who leads and serves with much love and compassion.

"I am honoured to receive the Super Hero award. To me, I am just doing small, simple acts of love. It takes only a little effort to bring joy and love to our elderly. My hope is that when people learn of what I have done, they will be encouraged and inspired to contribute to the happiness of the elderly in their own special way."

- Ms. Chai Chew Moey



#### **TEAM AWARDS**

#### **BEST TEAM (SPECIAL MENTION) AWARD: COVID-19 WARRIORS**



In a bid to reduce staff exposure to COVID-19, care team members from CGH and SACH, together with SAMH-SACS Information Technology Team, deployed robots for care delivery in SACH COVID-19 wards. Besides reducing the time which staff spent being exposed to COVID-19 positive patients, the telepresence robots also enhanced staff's engagement with patients, reduced the use of personal protective equipment as well as the time taken to complete tasks.

"Kudos to all the dedicated staff who demonstrated teamwork and enthusiasm in deploying the robots for interactive patient management! We are encouraged to continue evolving and incorporating modern technology into our healthcare practice."

- Dr. Ti Lian Lian, Senior Resident Physician, SACH

#### **BEST TEAM (MERIT) AWARD: TEAM SIMEI CAMPUS**

In response to the escalating number of people afflicted with COVID-19 in April 2020, SACH and CGH collaborated to convert SACH's two sub-acute care wards in the Integrated Building into additional COVID-19 wards for the Simei Campus.

In addition, SACH's outpatient clinic was activated into a Public Health Preparedness Clinic (PHPC), as well as designated as a Swab-and-Stay-Home (SASH) Clinic, enabling the CGH Accident and Emergency Department to concentrate on emergency cases. By collaborating, Team Simei Campus (i.e. CGH and SACH) was able to maximise its resources to effectively contribute to our nation's battle against COVID-19.

"We are honoured to receive this award. This would not be possible without the dedication of the SACH team members, as well as the CGH team who fought the COVID-19 pandemic with us. We will continue working together to meet the needs of our patients. Glory be to God!"

- Dr. Prabaharan Sinnathurai, Principal Resident Physician, SACH



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## LOVING THE EXTRA MILE

We give thanks for God's favour upon Elder Lee Chong Kai who has been volunteering over the years in the St. Andrew's Nursing Home (SANH) (Buangkok) Chaplaincy Ministry, as well as Mdm. Cynthia Wong Mee Tin and Mdm. Claudia Lee Wang Ling, volunteers of St. Andrew's Community Hospital (SACH).

They were presented the Healthcare Humanity Award 2020 (Volunteers Category) at the virtual award ceremony on 8 December 2020 for their time and effort in going the extra mile to care for the sick and infirm.



Elder Lee Chong Kai, is exemplary in the kindness and love he shows to residents and staff at SANH (Buangkok), serving in the Chaplaincy Ministry as well as being Chairman of the SANH Management Committee and St. Andrew's Mission Hospital Board Member.

Ms. Cynthia Wong, Executive Director, SANH (Buangkok) shared, "Elder Lee is a man of great humility who values bonding with residents and staff on a personal level to make a difference in their lives. To him, no life is too insignificant to be reached and touched."

Elder Lee attested, "Praise God for enabling me to convey His love to the residents at SANH (Buangkok). Their welcome and the selfless example of staff and volunteers provide great encouragement."



Ms. Namrata Sadarangani, Assistant Director of SACH Community Therapy Services, recalled, "Cynthia would help patients in various ways, including buying food for them, escorting them to the transport vehicle and even helping them to put on their shoes. A lady of compassion and humility, her empathy for patients and dedicated service have been a blessing to us."





Mdm. Claudia Lee Wang Ling shared, "I am honoured to have served at SACH palliative ward and inpatient therapy services for the past 7 years. It has been a humbling and inspiring experience where I have learnt a lot from both the patients and the care team."

Dr. Angel Lee, Medical Director of SACH observed, "Claudia relates to many in an unassuming way and lights up our ward in her quiet manner. I often see her sitting by our patients, sharing a moment with those who are lonely." When Mdm. Lee notices patients who are restless, she talks to them and provides a listening ear to calm them down. She constantly offers a kind word to uplift the spirits of patients who are disheartened by their illness.

## Generous Hearts FROM THE COMMUNITY



St. Andrew's Mission Hospital and Singapore Anglican Community Services give thanks to God for blessing us bountifully with generous hearts from the community as we press on to serve in His Ministry of Love amidst the COVID-19 pandemic.

#### ST. ANDREW'S COMMUNITY HOSPITAL









#### ST. ANDREW'S NURSING HOME (QUEENSTOWN)

Due to the COVID-19 situation, volunteers were unable to organise physical celebrations for the residents of St. Andrew's Nursing Home (SANH) (Queenstown) during the festive season.



To bring festive cheer to the residents, volunteers from Oueenstown Baptist Church (OBC) and Church of Our Savior (COOS) blessed them with gift packs of Christmas

Regular volunteers from COOS also put up a Christmas





During the Lunar New Year season, Ms. Joan Pereira, Member of Parliament for Tanjong Pagar Group Representation Constituency, presented a gift of fish ornaments, which traditionally represent abundance, to express her well wishes to SANH (Queenstown).

QBC also blessed the staff of SANH (Queenstown) with pineapple tarts, as well as gift pouches to the residents.





achers from New Town Primary School paid a visit to SANH (Queenstown) with traditional gifts of oranges, while the school's Red Cross society also hand made mask extenders and encouragement cards for the residents.

#### **ANGLICAN CARE CENTRE** (HOUGANG)

Anglican Care Centre (ACC) (Hougang) was touched by the thoughtfulness of volunteers from Dell Technologies and Visio Optical who conducted complimentary vision tests for our members. Helmed by Ms. Chong Sheau Lu from Dell Technologies, funds were raised to make this initiative possible, with 89 ACC (Hougang) members benefitting from complimentary spectacles.

**16** Thank you for your kindness. I love my spectacles very much. I can see better now! | | |

- Ms. Chee, member of ACC (Hougang)





## **Friends of SAAC**

Despite a challenging year in 2020, friends and partners of St. Andrew's Autism Centre (SAAC) helped to chase away the grey skies with their selfless contributions and generosity. Here are the inspiring stories of how they embraced persons on the autism spectrum and contributed towards enriching their lives.

#### **SNIPPING AWAY THE SHADES**

Stepping into a hairdresser salon is something that most of us do regularly, with some even enjoying their trips for the trim. However, this seemingly mundane routine is often an overlooked challenge for adults on the autism spectrum. Trips to the hairdresser are a challenge especially for those who have hypersensitive sensory issues and their families. Each trip may end up in a huge struggle and possibly uncut hair, with families finding themselves in awkward situations at times.

Irene and her fellow hairdressers from various salons understood the dilemma that families faced. In November 2020, they approached Day Activity Centre (Siglap) and offered to volunteer their skills. With the help of coaches, they trimmed the hair of 12 clients with swift precision.

ir patience paid off, and each client



Many plans were disrupted when COVID-19 hit the shores of Singapore last year, including the fundraising concert plans in February that Ms. Dawn Marie Toh had in mind for SAAC. However, this disruption did not dampen the spirits of Dawn and her fellow performers. Despite their tight schedules, they made time to record the fourth instalment of the Music Gives Back (MGB) charity concert. Together with well-known vocalists like Mr. Alex Chia (谢中杰) and world-touring musicians with the Singapore Symphony Orchestra, such as pianist Mr. Cheng Xing, they brought together a repertoire of popular music and songs from well-known films such as "The Merry Go Round of Life" from "Howl's Moving Castle", and popular Christmas songs such as "Have Yourself a very Little Christmas".



Scan to view the

performance on SAAC's YouTube Channel!

as the vocalist. The performance was recorded at Anglo-Chinese School's (Barker Road) Mrs Lee Choon Guan Concert Hall in November 2020.

While the MGB virtual concert premiered last December, you can still enjoy the performances through SAAC's YouTube channel via the QR code and contribute to our ongoing fundraising campaigns: www.saac.org.sg/events-campaigns.

#### **FINDING WHAT'S NEXT**



"What's next?" That is a question that lingers in the minds of parents with children on the autism spectrum. Helmed by well-known photographer Mr. Bob Lee, this project "Finding What's Next" aims to raise awareness about autism, and share insights of individuals with autism on their post-18 journey beyond school.

Since November 2020, St. Andrew's Adult Home (Sengkang) [SAAH] has been working closely with Mr. Lee (himself a parent of a child with autism) to feature 3 residents, exploring various narratives of their future through photography and interviews with staff and family members.

As part of the Esplanade Visual Arts programme, this exhibition will be held at the Esplanade Tunnel from 16 April to 4 July 2021. SAAH is heartened to be involved in this project to educate the community on persons on the autism spectrum, and hopes to reach out to more parents with children on the moderate to severe end of the spectrum in their child's post-18 planning journey.





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## Support our work with your giving

Anchored in God's unfailing love, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) have stepped out in great faith over the years to serve in areas where needs are the greatest. Through our four pillars of services: Senior Services, Psychiatric Services, Autism Services, as well as Family and Children Services, SAMH and SACS have brought love, light and hope into the lives of our beneficiaries.



Residents like David Ong keep active through rehabilitative and social activities at St. Andrew's Nursing Home (Taman Jurong).



Through an employment specialist at Anglican Care Centre (Hougang), Sukantha Khanthong is gainfully employed and looks forward to moving into her new flat in future.



As a student at St. Andrew's Autism School, Sharlyne Lee is educated in a functional and customised curriculum that develops her holistically.



Rose regained her self-confidence and independence through the programmes at Anglican Family Centre.

Love is patient, love is kind... It always protects, always trusts, always hopes, always perseveres.



- 1 Corinthians 13:4-8a

Scan the QR code to learn how you can join us in making a difference in the lives of our beneficiaries, such as David Ong, Resident, St. Andrew's Nursing Home (Taman Jurong); Sukantha Khanthong, Client, Anglican Care Centre (Hougang); Sharlyne Lee, Student, St. Andrew's Autism School; as well as Rose, Resident, Anglican Family Centre.

As we continue to serve those in need, we invite you to be a part of our mission to care with your gift of love.



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#### ST. ANDREW'S MISSION HOSPITAL

St. Andrew's Adult Home (Sengkang) - St. Andrew's Autism Centre - St. Andrew's Community Hospital -St. Andrew's Nursing Home (Buangkok, Henderson, Queenstown) · St. Andrew's Senior Care (Henderson, JOY Connect, Queenstown, Tampines Central) · St. Andrew's Mission Hospital Clinic (Simei)

Anglican Care Centre (Bukit Batok, Farrer Park, Hougang, Pasir Ris, Simei, Yishun) • Integrated Employment Services · Anglican Cluster Operator (Jurong East) · PEACE-Connect Cluster Operator · Anglican Senior Centre (Havelock, Hillview, Jurong West, Tampines, Woodlands, Yishun) · St. Andrew's Nursing Home (Taman Jurong) · Anglican Family Centre • CITY Community Services

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