



# ANGAGE

ANGELICAN SERVICES ENGAGING THE COMMUNITY



SACS widened its reach to care for Singapore's ageing population by operating 2 additional Senior Activity Centres (Studio Apartment) at Tampines and Woodlands in 2018.

## Enlarging Our Tent, Strengthening Our Stakes

Isaiah 54:2 reads, "Enlarge the place of your tent, and let the curtains of your habitations be stretched out; do not hold back; lengthen your cords and strengthen your stakes." Over the years, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) have been faithful in fulfilling God's call to serve the community. Enabled by Him, we have enlarged our tent to grow His Ministry of Care and strengthened our stakes in the area of health and social care services.

### Anglican Senior Centres (Tampines and Woodlands)

SACS widened its reach to care for Singapore's ageing population by operating 2 additional Senior Activity Centres (Studio Apartment) in 2018. Anglican Senior Centre (Tampines) will partner All Saints Church to serve the elderly residents in Tampines Changkat. This new centre, which started operations in early April this year, provides a place for seniors to be mentally, socially and physically active. Anglican Senior Centre (Woodlands) will partner Light of Christ Church to serve the seniors in Woodlands and is slated to start operation in third quarter of 2018. Something Old Something New, a Social Enterprise which focuses on vocational training for persons with mental health issues, will be featured at the new centres.

### St. Andrew's Adult Home (Sengkang)

The Adult Disability Home (ADH) that St. Andrew's Autism Centre (SAAC) is co-developing with the Ministry of Social and Family Development (MSF) began construction on 21 February 2017. The ADH will be known as St. Andrew's Adult Home (SAAH) (Sengkang). A Day Activity Centre (DAC) for up to 50 clients will be co-located with the home, which will have the capacity to house 200 residents. As of 19 April 2018, the 10th floor for one wing and the 7th floor for the other wing have been completed. Work on fittings and equipment, programme, staffing and logistics to support the residential home was on schedule. The new home is slated to receive residents in April 2019.



Construction of SAAH (Sengkang) is on schedule and the home is expected to be operational by April 2019.

### St. Andrew's Nursing Home (Taman Jurong)

SACS will also start operating a 290-bed nursing home at Taman Jurong from February 2019.



Construction of St. Andrew's Nursing Home (Taman Jurong).



Photo courtesy of Ministry of Health  
Artist's Impression of St. Andrew's Nursing Home (Taman Jurong).

# Double Celebration At St. Andrew's Nursing Home (Henderson)



Bishop Rennis Ponniah, President, SACS and SAMH, leading the management and staff of SANH (Henderson) in the dedication prayer and pledge.

It was a joyous Tuesday, on 27 February 2018, as St. Andrew's Nursing Home (SANH) (Henderson) celebrated its first anniversary with the official opening ceremony and dedication service.

The day of rejoicing began with a dedication service graced by The Right Reverend Rennis Ponniah, President, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) and Bishop of Singapore, with a special attendance by an 80-strong gathering of Diocesan clergy and deaconesses.

SANH (Henderson) was honoured to have Mr. Chee Hong Tat, Senior Minister of State, Ministry of Communications and Information and Ministry of Health, as the Guest-of-Honour for the official opening ceremony. Commenting on the design of SANH (Henderson) which integrates with its surroundings and provides opportunities for community activities to engage residents, Mr. Chee shared that the Ministry of Health (MOH) designs its nursing homes to be welcoming and to encourage the larger community to



Mr. Chee Hong Tat, Senior Minister of State, Ministry of Communications and Information and Ministry of Health, and Bishop Rennis Ponniah, presented an appreciation plaque to Mr. Lew Chee Beng, Chairman of Lew Foundation, for their generous contribution of S\$2 million to support the work of SANH (Henderson).



Conveying their call to care for the sick, SANH (Henderson) nursing staff sang and danced to the song, "Heal the World".

engage with the nursing home residents. This has worked well at SANH (Henderson) where neighbours of all ages have stepped forward to support and contribute to the residents' well-being.

There is no greater joy than seeing how those whom we served have benefitted from our services. Mdm. Sung who moves around using a wheelchair shared, "I was relieved when my husband was admitted here in April 2017. I live across the road with my helper and visit my husband daily."



Mr. Chee Hong Tat, Senior Minister of State, Ministry of Communications and Information and Ministry of Health, officially opened SANH (Henderson), together with Mr. Lew Chee Beng, Chairman of Lew Foundation, SACS and SAMH board members, and SANH management.



The official opening kicked off with a festive piece performed by the Christ Church Secondary School band.



One of the highlights was the Activities of Daily Living (ADL) dance by residents of SANH (Henderson) and clients of SASC (Henderson). Guests were inspired to join in the fun of mimicking day-to-day activities such as grooming, cooking and cleaning.



Mr. Chee Hong Tat and Mr. John Chan, Executive Director, SANH (Henderson), interacted with residents of SANH (Henderson) and clients of SASC (Henderson) during the group tour of the premises.

For the Tan family, it was a challenge to care for Mdm. Tan as her husband is the sole breadwinner and they have two children to support. Currently, Mdm. Tan is receiving care in the nursing home and the family can now continue carrying out their daily activities with greater ease, while visiting her frequently.

Moving ahead, SANH (Henderson) will be embarking on innovative solutions targeting falls prevention and focus on working towards a dementia care-centric nursing home cum senior care centre in the next five years.



In the spirit of Lunar New Year, Mr. Chee Hong Tat joined in the tossing of Yu Sheng together with guests, residents, clients and staff.

# St. Andrew's Nursing Home (Queenstown)

## - A Community Of Care

St. Andrew's Nursing Home (SANH) (Queenstown) inaugurated its home on 25 May 2018, slightly more than a year after it began operations. Currently, SANH (Queenstown) has reached an occupancy rate of 92%, serving 268 residents and St. Andrew's Senior Care (SASC) (Queenstown) provides day rehabilitation and day care services to almost 50 clients daily.

Prior to the official opening ceremony, a dedication service was held and graced by The Right Reverend Rennis Ponniah, President of St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS), and Bishop of Singapore. At the service, SANH (Queenstown) and SASC (Queenstown) pledged their commitment to meet the physical, social, emotional and spiritual needs of its residents.

SANH (Queenstown) was honoured to have Dr. Amy Khor, Senior Minister of State, Ministry of the Environment and Resources and Ministry of Health, as its Guest-of-

Honour for the official opening ceremony. Ms. Joan Pereira, Member of Parliament, Advisor to Tanjong Pagar Group Representative Constituency (GRC), Henderson-Dawson Constituency, also attended the event as a special guest.

During the celebration, a client of SASC (Queenstown), Mr. Abdul B Jalil Mushiran, accompanied by his daughter, Mdm. Rosna Binte Abdul Jalil, presented a painting that he had painted as a gift of appreciation to Dr. Amy Khor. Mdm. Rosna said, "My dad is 92 years old with general dementia. However, nothing fails to stop him from ageing actively and purposefully. He looks forward to the activities and chatting with his new friends at SASC (Queenstown). Both my dad and myself are honoured to know that his paintings are appreciated and privileged to have the opportunity to present one of them to Dr. Amy Khor."



Dr. Amy Khor, Senior Minister of State, Ministry of the Environment and Resources and Ministry of Health, and Ms. Joan Pereira, Member of Parliament, Advisor to Tanjong Pagar Group Representative Constituency, Henderson-Dawson Constituency, together with Mr. Lew Chee Beng, Chairman of Lew Foundation, SACS and SAMH board members, and SANH management, during the unveiling of the official opening plaque.



As a token of appreciation, Ms. Joan Pereira received a specially made bouquet of polaroid photos documenting moments SANH (Queenstown) had with her, from Mdm. Low Oo Hwa, client of SASC (Queenstown).



Dr. Amy Khor and Bishop Rennis Ponniah presented an appreciation plaque to Mr. Lew Chee Beng, Chairman of Lew Foundation, for their generous contribution to support the work of SANH (Queenstown).



Mr. Abdul Jalil B Mushiran, client of SASC (Queenstown), painting a portrait for the Guest-of-Honour of the official opening, Dr. Amy Khor.



Mr. Jalil presenting his masterpiece to Dr. Amy Khor as a token of appreciation, together with his daughter, Mdm. Rosna Binte Abdul Jalil, and Bishop Rennis Ponniah.

Mr. Hui Nai Wai, a resident at SANH (Queenstown) shared, "Staying at SANH (Queenstown) took away my family's worries of looking for a suitable caregiver. It has been a pleasant stay with all my needs being taken care of. My conditions have improved since my admission last August. Now I am able to lift up my hands and lift myself up to relief sore pressures."

The nursing home has been blessed with many helping hands and immense support from the community groups in the neighbouring constituencies, churches and schools. Since the establishment of SANH (Queenstown) and its co-located senior care centre - SASC (Queenstown), neighbours have been actively volunteering their time to engage the seniors through organising activities and events. Contributing back to the community, SANH (Queenstown)



Dancers from Church of Our Saviour and Meiling Street Dance Friends performing with SANH (Queenstown)'s residents and SASC (Queenstown)'s client.

opened its gymnasium for the general public's use during weekday evenings, to promote active living and active aging in the neighbourhood.

Just as a lighthouse that shines unceasingly to bring hope and assurance to those in darkness, SANH (Queenstown) and SASC (Queenstown) aim to be a beacon in promoting a community of care at Queenstown.



The community partners of SANH (Queenstown) who showed their tremendous support (left to right): Church of Our Saviour, St. Andrew's Secondary School, St. Margaret's Secondary School, Queenstown Baptist Church, Ms. Joan Pereira, Mr. Chan Wah Tiong (Executive Director of St. Andrew's Nursing Home (Queenstown) and Chief Executive Officer of St. Andrew's Nursing Home Cluster), Rainbow Centre, New Town Primary School, Queenstown Primary School and Queensway Secondary School.



The official opening ceremony began with Queenstown Primary School's Chinese Orchestra performing three classic oriental pieces.



Dr. Amy Khor interacting with the residents during the SANH (Queenstown) tour.



Mr. Hui Nai Wai, resident of SANH (Queenstown), was delighted to receive Dr. Amy Khor's autograph on the photos that he had taken with her at past events.



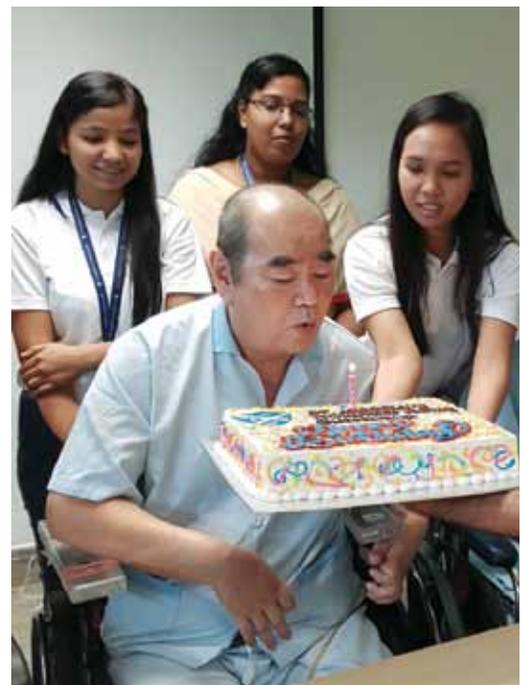
Heartwarming performances of nostalgic songs like "The Moon Represents My Heart" by the nursing team, residents of SANH (Queenstown) and a client of SASC (Queenstown).

# St. Andrew's Nursing Home (Queenstown)'s 1<sup>st</sup> Anniversary Celebration

St. Andrew's Nursing Home (SANH) (Queenstown) started operations with 40 nursing staff and its first resident on 17 April 2017. One year on, it has 119 nursing staff providing services to 268 residents. In the past year, staff and residents were blessed to receive care and support from the community, schools, churches and everyone at St. Andrew's Mission Hospital.

Staff and residents who were born in the month of April gathered together to celebrate the first anniversary of SANH (Queenstown) and their special day. All residents also received a slice of cake to commemorate the joyous occasion. An all-staff meeting was also held as the staff look back at the team's achievements for the past year.

SANH (Queenstown) will continue 'To be a Light in Our Community'; shining brightly for the elderly and honouring God by giving their best in caring for those under their care.



Staff and residents who were born in the month of April celebrating SANH (Queenstown)'s first anniversary and their special day.

# Collaborating With The Community - Ministerial Community Visit



Organised by Henderson-Dawson Citizens' Consultative Committee (CCC), a Ministerial Community Visit was held on 25 March 2018. Mr. Desmond Lee, Minister for Social and Family Development and Ms. Joan Pereira, Member of Parliament for Tanjong Pagar Group Representative Constituency, Henderson-Dawson Constituency, were present to engage residents and learn more about the various programmes and initiatives implemented in the constituency.

As part of the community event, a family carnival, "Kampong in the Sky", was also held at Dawson @ SkyTerrace. The carnival bustled with games and fringe activities, and showcased various good works by government agencies, community partners, and Voluntary Welfare Organisations where St. Andrew's Nursing Home (SANH) (Queenstown) was featured. SANH (Queenstown) conducted basic health checks such as Basic Mass Index (BMI) checks, blood pressure screening and basic eyesight tests for the residents and educated them on proper hand hygiene.

SANH (Queenstown) will continue to work closely with the community partners to provide quality and holistic residential care, as well as centre-based services via its co-located senior care centre, St. Andrew's Senior Care (Queenstown), to the elderly residents.



Photo courtesy of Henderson-Dawson Constituency  
Mr. Desmond Lee and Ms. Joan Pereira interacting with the residents during the Ministerial Community Visit.



Residents queued up for basic eyesight tests.



SANH (Queenstown) staff conducted blood pressure screening for residents.



Hand hygiene games were conducted to raise residents' awareness of the importance of hand hygiene.



## You Are The Best Gift To Our Nursing Home Residents!



SANH (Queenstown) appreciates volunteers from all walks of life to partner us in creating enriching and memorable experiences for the residents at our Nursing Home.

The residents at SANH (Queenstown) were blessed by volunteers who dedicated their time in organising activities for them. During the Lunar New Year festive period, residents were engaged in activities organised by the Church of Our Saviour, New Creation Church and schools within the community. They were also treated to a Lunar New Year concert at New Town Primary School. SANH (Queenstown) even had our first pet befriending session conducted by SOSD (Save Our Street Dogs) Healing Paws that brought much joy and comfort to our residents in March!

SANH (Queenstown) welcomes individuals and groups who can bring joy and hope to our beneficiaries and gain personal satisfaction through volunteering. You can make a difference in the lives of the residents with your gifts and talents. For more information on volunteer opportunities in SANH (Queenstown), please contact SANH (Queenstown) at 6877 4677 or email [qnhenquiries@sanh.org.sg](mailto:qnhenquiries@sanh.org.sg).



Volunteers from Evergreen Ministry of the Church of Our Saviour performing a song and dance item for the residents.



Students from New Town Primary School lifted the spirits of the residents through their bonding, singing and dancing sessions with them.

# Spreading The Joy Of Arts



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President Halimah Yacob, together with representatives from AIC, NAC as well as staff and residents of SANH (Buangkok).



President Halimah Yacob chatted with Mdm. Lim Kim Yin, resident of SANH (Buangkok), at SPARKS! Art Wellness Exhibition during the Opening Ceremony.

The Arts Residency Programme, a joint initiative between Agency for Integrated Care (AIC) and National Arts Council (NAC) launched in 2017, aims to spread the joy of arts to residents in the 9 participating nursing homes. This initiative has positively impacted their well-being.

From October 2017 to December 2017, nursing homes residents participated in the programme with sessions led by artists and learnt a wide spectrum of arts; from making clay sculptures, creating paintings using water colours, to using crepe paper to create flowers and plants.

With their acquired skills, residents from St. Andrew's Nursing Home (SANH) (Buangkok) and All Saints Home (Yishun Centre) jointly created their masterpiece of an array of flowers titled "Multi Bloom", which was featured as the main backdrop at the

"SPARKS! Art Wellness Exhibition 2018". 30 art projects by participating nursing home residents were also displayed at the exhibition which was opened on Friday, 9 March 2018 at the Raffles City Shopping Centre Atrium by President Halimah Yacob.

"When we were taught to create art pieces using clay during the Christmas period, I was inspired by the Christmas Dove. My artwork of the bird signifies peacefulness and simplicity of life. After completing my artwork, I felt happy and satisfied. I hope everyone who views my artwork shares my feelings of happiness."



Mr. Teo Say Siong, resident of SANH (Buangkok), at the SPARKS! Art Wellness Exhibition 2018.

# Soaking In The Lunar New Year Atmosphere At River Hongbao 2018

As part of St. Andrew's Nursing Home (Buangkok)'s effort to encourage social interactions among residents and to enable our residents to enjoy festive celebrations, our staff brought 10 residents to River Hongbao at Marina Bay Platform Float on 22 February 2018. Despite their initial apprehension, our residents conquered their fear of crowds quickly and enjoyed the outing. Everyone was immersed in the celebratory mood and splendid decorations, with a display of 500 lanterns and beautiful fireworks. The night also brought back happy childhood memories for our residents as they visited stalls selling nostalgic food and an indoor exhibition which displayed life-sized models of a kampong house, an old Housing Board flat and a modern home dining area.



Residents and staff of St. Andrew's Nursing Home (Buangkok) immersed in the festive celebration.

# St. Andrew's Nursing Home (Buangkok)'S First Centenarian



On 23 February 2018, St. Andrew's Nursing Home (SANH) (Buangkok) celebrated the 100th birthday of its resident, Mdm. Tham Lai Lin, together with Mdm. Tham's family.

Prior to being a resident of SANH (Buangkok), Mdm. Tham was well taken care of by her son, Mr. Vincent Chia, and his wife, Mrs. Helen Chia for the past 40 years. However, caring for Mdm. Tham became challenging when Mdm. Tham's dementia started to set in. Due to her behavioural and temperamental changes, Mr. and Mrs. Chia struggled to meet her needs as the only caregivers. When Mrs. Chia suffered a stroke, Mr. and Mrs. Chia realised that it was beyond their capabilities to provide appropriate care for Mdm. Tham at home and it was time to find an alternative care arrangement for Mdm. Tham.

In September 2015, the family admitted Mdm. Tham to SANH (Buangkok). Initially, Mdm. Tham often isolated herself and spent her days in bed. Attempts by the care team to encourage her to participate in activities with other residents were often



Mdm. Tham's heartwarming family portrait.

Mdm. Tham looking forward to her 100th birthday celebration with her family and care team of SANH (Buangkok).

met with rejection. The care team persevered in building a relationship with her, conversing and joking with her in Dialects, Mandarin and Malay to cheer her up, while ensuring that her needs are met and helping her to adjust to her new home.

Two years later, Mdm. Tham is enjoying her life in the nursing home, often initiating conversations and even joking with the care team. The strong bond between Mdm. Tham and the care team provided Mr. and Mrs. Chia much peace of mind knowing that their loved one is in good care.



The staff of SANH (Buangkok) celebrating Mdm. Tham's 100th birthday.

"My family is very blessed to have SANH (Buangkok) walk alongside us in our care journey for my mother. We are very grateful to the care team, especially the nurses, for their loving and patient care for her. Her milestone birthday celebration with the care team was most memorable," expressed Mr. Vincent Chia.

# Groundbreaking Ceremony For St. John's - St. Margaret's Village: New Community Services For Elderly And Young By 2021



The groundbreaking party (left to right): Dr. John Lim (Chairman of SJSM Nursing Home Management Committee), Dr. Arthur Chern (Group Chief Executive Officer of SAMH and SACS), Mr. Steven Lim (Grassroots representative, Honorary Chairman, Telok Blangah Citizens' Consultative Committee), Vicar Joshua Sudharman, Bishop Rennis Ponniah, Mr. Larry Choi (Chairman of the Project Spring-Winter Committee), Mr. Samuel Phoon, Ms. Mary Ong, Ms. Ling Kay Bin (Chairperson, SJSM Pre-School Management Committee).

Following the groundbreaking ceremony on Saturday, 3 March 2018, work began on St. John's - St. Margaret's (SJSM) Village: an integrated complex comprising a new 273-bed nursing home, a senior day care centre for 100 clients and a childcare centre for up to 200 children. Developed by SJSM Church, the new facilities will be located at Dover Avenue together with the existing church building.

Officiated by The Right Reverend Rennis Ponniah, Bishop of Singapore and President of St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS), the event was attended by numerous stakeholders including the management of SAMH, grassroots leaders from the Dover community, clergy from within the Diocese and pastors from other churches, as well as church leaders and members from SJSM. Also lending their support was Assistant Bishop, The Right Reverend Low Jee King and former Archbishop of the Province of South East Asia, The Most Reverend Datuk Yong Ping Chung.

The eldercare services, to be run under the name St. John's - St. Margaret's Nursing Home, is a collaboration

between SJSM Church and SAMH. It will serve residents over 60 years of age requiring nursing home care, regardless of race and religion. The childcare services will be run under the name St. John's - St. Margaret's Childcare Centre.

When it is fully operational in 2021, SJSM Village will be an integrated provider of childcare and infant care as well as medical, nursing, respite and home-based care for seniors. The complex will feature spaces and programmes that facilitate and nurture intergenerational connectivity and activities, with the aim of improving the quality of life for both seniors and pre-schoolers.



Artist's impression of St. John's - St. Margaret's Village.

# A Servant Leader, The Epitome Of A True Nurse



"I thank God for the opportunity to serve in SACH and for my team members, who work tirelessly behind the scenes, caring for patients from their hearts. This award belongs as much to them as to me."

- Ms. Ong Lay Keng, Senior Nurse Manager from St. Andrew's Community Hospital and recipient of the Healthcare Humanity Award 2018 (Honourable Mention)



Ms. Ong having a heart-to-heart talk with Ms. Gutterson Maureen Hazel, a patient.

The Healthcare Humanity Awards Ceremony was held on 26 April 2018, paying tribute to healthcare workers who exemplify exceptional qualities and dedication in helping others. This year, Ms. Ong Lay Keng, Senior Nurse Manager, St. Andrew's Community Hospital (SACH), received the

honourable mention award, the highest accolade of the Healthcare Humanity Award.

Ms. Ong, a pioneering staff of SACH since 1992, has contributed immeasurably to the growth and development of the nursing standards in SACH. When SACH moved from a 60-bed facility at Elliot Road to a brand new 200-bed hospital in Simei in 2005, Ms. Ong was one of four senior nurses who were instrumental in setting up and managing the wards, as well as helping junior nurses with the transition.

Ms. Alison Sim, Director of Nursing, SACH said, "Lay Keng exhibits the traits of a servant leader. She imparts clinical skills and experience unreservedly to her colleagues as well as demonstrates and encourages values such as empathy, humanity, dedication, compassion, integrity, courage, nurturing, perseverance and selflessness."

In July 2015, SACH set up a palliative care ward to care for patients with life-limiting illnesses. Even though Ms. Ong was not formally trained in palliative care, she volunteered to trail-blaze the start-up of the ward. To equip herself with the necessary skills and knowledge, Ms. Ong also attended many palliative care training workshops and conferences.

Ms. Naw Hsu Mon Khaing and Ms. Sini Anto, Senior Staff Nurses of the palliative care ward, shared, "Ms. Ong often comes back in the middle of the night to support patients' family members coping with the loss of their loved ones. When patients and their families struggled with emotional trauma or denial, Ms. Ong served as their pillar of support."

Ms. Diong Nguk Sing, Assistant Nurse Manager, added, "Ms. Ong never hesitates in going the extra mile for patients. She would encourage patients who were not eating well to eat by buying their favourite food."

Ms. Lee Soh Luan, Senior Nurse Manager and long-time colleague, enthused, "Ms. Ong's motto is 'Whatever We Do, We Must Do Right' and she always ensures that patients' interests come first. As long as it is within her means, Ms. Ong makes sure that requests made by patients are met, even when she has to stay behind after working hours."

Ms. Ong's colleagues hold her in the highest regard as their role model and mentor. Ms. Fannie Chua, a physiotherapist who works with Ms. Ong in the rehabilitative care ward, affirmed, "Ms. Ong is a fantastic caregiver for patients with a jovial character, bringing smiles to all patients. A caring and nurturing mentor, she is like a big sister to me. I shared

with her one day that I was having difficulty swallowing painkillers. The very next day, she passed me mini-sized painkillers. Her kind actions warm and touch my heart and remind me to show care and love for fellow care team members.”

Indeed, Ms. Ong is the epitome of a true nurse. Pastor Justin Tan, who works with Ms. Ong in both the palliative and rehabilitative care wards, said, “The care and service Ms. Ong provides for her patients and caregivers are akin to that provided by a five-star hotel. She often creates personalised methods to care for the patient, never hesitating to go out of her way to express kindness and compassion towards her patients.”

Ms. Ong’s commitment towards the nursing profession as well as her care and love towards



Ms. Ong Lay Keng, Senior Nurse Manager, received the Healthcare Humanity Award (Honourable Mention) 2018 from President Halimah Yacob.

her staff and patients know no bounds. Indeed, she is a gem in the healthcare industry and a worthy recipient of this award!

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## Honoring Excellent Healthcare Professionals

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Congratulations to the SACH healthcare professionals who received the Singapore Health Quality Service Awards 2018! Organised by the SingHealth Duke-NUS Academic Medical Centre since 2011, the Singapore Health Quality Service Award is Singapore’s first dedicated platform to honour healthcare professionals who have delivered quality care and excellent service to patients.

# Meeting The Needs Of The Ageing Population

Realising the need to provide healthcare services beyond institutional care at St. Andrew's Community Hospital, St. Andrew's Mission Hospital (SAMH) set up St. Andrew's Senior Care (SACS) (JOY Connect) at Kampong Glam to serve the medical and social needs of the community in 2015.

In answering God's call to meet the needs of the ageing population with His love, Singapore Anglican Community Services and SAMH set up Senior Care Centres (SCCs) at Henderson in May 2017, at Tampines in September 2017, at Queenstown in November 2017 and at Hillview in January 2018. All four SCCs provide day care, general and enhanced dementia day care and community rehabilitation. SASC (JOY Connect, Tampines, Queenstown and Henderson) also provide centre-based nursing and home care services. These services are supported by nurses, social workers, physiotherapists and occupational therapists.

| Senior Care Centres               | Location                                                                                         | Capacity                                                |
|-----------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| SASC (JOY Connect)                | Block 5 Beach Road, #01-4919, Singapore 190005                                                   | 30 Day Rehabilitation and 60 Day Care placements daily  |
| SASC (Henderson)                  | 303, Henderson Road, Singapore 108925<br>Co-located within St. Andrew's Nursing Home (Henderson) | 15 Day Rehabilitation and 60 Day Care placements daily  |
| SASC (Tampines)                   | Our Tampines Hub 1 Tampines Walk, #04-33, Singapore 528523                                       | 15 Day Rehabilitation and 55 Day Care placements daily  |
| SASC (Queenstown)                 | 11 Jalan Penjara, Singapore 149380<br>Co-located within St. Andrew's Nursing Home (Queenstown)   | 15 Day Rehabilitation and 100 Day Care placements daily |
| Anglican Senior Centre (Hillview) | HillV2 4 Hillview Rise, #02-22, Singapore 667979                                                 | 15 Day Rehabilitation and 40 Day Care placements daily  |

## "Ageing-in-place" in the community

Mr. Kenneth Kong Chein attends day care sessions at SASC (Tampines) 5 days a week. Apart from having hearing impairment, Mr. Kong was diagnosed with dementia a few years ago. As his condition worsened, he would stay at home often as it was unsafe for him to travel alone. A client of SASC (Tampines) since September 2017, Mr. Kong is now actively engaged in social and recreational activities and well-known as "The Helpful and Cheerful One" to both the care team and clients. Besides reading the newspapers to keep himself abreast of current affairs, he also pursues his interest in colouring at the care centre as he used to be a fine arts practitioner. With SASC (Tampines) located at Our Tampines Hub (OTH) where sports facilities are available, Mr. Kong is able to

join the care staff and his peers in walks as well as sports activities. He has even proven himself to be a great table tennis player! With Mr. Kong receiving care at SASC (Tampines), his sister, who is his main caregiver, can now have the peace of mind to focus on preparing for her sign language classes as a teacher and carrying out household errands.

Mdm. Low Oo Hwa had suffered a leg fracture which had reduced her mobility. Concerned for her safety, her family enrolled her into the maintenance day care and community rehabilitation programme at SASC (Queenstown) in November 2017. Three months down the road, Mdm. Low showed tremendous improvement in her endurance and standing balance and regained her ability to walk independently without a walking aid. While this is good news for Mdm. Low and her family, Mdm. Low missed the day care activities and her friends in SASC (Queenstown) as she is no longer required to attend day care sessions and her rehabilitation sessions have been reduced. She is now a volunteer with SASC (Queenstown), befriending the clients and assisting them in activities.



Mdm. Low Oo Hwa (right) befriending a client at SASC (Queenstown).



Mr. Kenneth Kong Chein (left) enjoying a game of table tennis in an auditorium at OTH, where SASC (Tampines) is located.



A client of Anglican Senior Centre (Hillview) undergoing rehabilitation.

# Autism In The Community - Through The Arts



Students, clients and beneficiaries of ANS member partners coming together with big smiles to greet commuters at Bugis MRT station on 12 April 2018.

Every April signals the time to refocus on raising autism awareness in the community.

Formed in 2015, Autism Network Singapore (ANS) is the first platform in Singapore for social service organisations serving the autism community and other stakeholders to create public awareness and mobilise support.

Member partners of ANS include St. Andrew's Autism Centre (SAAC), Autism Association (Singapore), Autism Resource Centre (Singapore), AWWA and Rainbow Centre, Singapore.

To commemorate World Autism Awareness Day on 2 April, as designated by the United Nations, ANS planned a series of activities and community engagements in April 2018.

Kicking off the World Autism Awareness (Singapore) [WAA(S)] 2018 campaign was a private screening of a Singapore film entitled "Wayang Kids" on 23 and 25 March. Made possible by generous sponsorships, the movie screenings reached out to more than 900 invited guests; including schools, corporates, volunteers, families and members with autism, of which about 110 were SAAC's invited guests from Anglican schools and churches.

"Wayang Kids", a heart-warming tale about inclusion and discovering identity, and how a primary school student with mild autism overcame odds to play a leading role in a Chinese Opera, was well-received and inspired many.

In line with the WAA(S) theme for 2018, "Autism in the Community: Through the Arts", ANS rallied more than 25 buildings, including TANGS, to light up in blue for the entire month of April. ANS also collaborated with Shaw Organisation for the first time to share an autism story through a special movie preview of "Tomorrow is Another Day" on 9 April 2018.

More than 400 invited guests, a quarter of which were members of the public who had won movie tickets through ANS's online campaign, attended the event. In addition, Shaw Organisation also kindly sponsored a static frame with an autism message which preceded the film during all their movie screenings.

Nominated for four awards in the 37th Hong Kong Film Awards and bagging two, the movie realistically depicted a middle-aged mother's daily struggles of navigating through life and



SAAC students riding the maiden voyage of the autism-themed train at its launch from Bukit Panjang to Bugis MRT station on 12 April 2018.

marital challenges while managing her special needs son with moderate autism and mild intellectual disability. Its bold visual portrayal resounded with many and tugged at heart strings with a few tear-jerking moments.

Adding to WAA(S)'s many firsts this year was the launch of an autism-themed Mass Rapid Transit (MRT) train in collaboration with the Land Transport Authority of Singapore (LTA), on 12 April 2018. An entourage of ANS representatives and beneficiaries, LTA representatives and the media rode the train on its maiden journey from the Bukit Panjang to Bugis MRT stations, bringing much joy and delight to commuters.

At four similarly decorated MRT stations-Newton, Bugis, Serangoon and Tampines, students, clients and beneficiaries of ANS member partners greeted commuters with special giveaways containing autism messages.

All in all, WAA(S) 2018 sparked a new beginning in its public outreach through social media and the arts, including a short clip "Buddy" and the critically acclaimed production of "The Curious Incident of the Dog in the Nighttime" jointly presented by the Singapore Repertory Theatre and Esplande -Theatres on the Bay.



Representatives of ANS member partners welcoming invited guests and public to the special movie preview of "Tomorrow is Another Day" on 9 April 2018.

# Encourager Of Persons With Mental Health Issues Honoured By Mayor

Mdm. Sally Neo, a faithful volunteer of Anglican Care Centre (ACC) (Yishun) since 2013, displays an enthusiastic outlook of life despite having lost a leg to cancer. Moving around in her motorised wheelchair, she cares for the elderly in the vicinity of her estate by distributing food to them and keeping them company.

Coming from a humble background, Mdm. Neo identifies well with the day care clients of ACC (Yishun) facing similar life situations. Through her experience, she is able to use affordable ingredients to cook nutritious and delicious meals for the clients of ACC (Yishun). They also learn the art of simple living and managing their household economy from Mdm. Neo. Ms. Sandy Low\*, client of ACC (Yishun), enthused, "Mdm. Neo is a very kind and lovely person. Rain or shine, she will cook for us. I enjoy cooking with her and all of us look forward to eating the delicious food that she cooks for us!"

Mdm. Neo's dedication in serving the clients of ACC (Yishun) as a volunteer exemplifies her optimism despite

her own physical limitations. As a living testimony to the clients of ACC (Yishun), she has touched the lives of many clients recovering from mental health issues, showing them that everyone can lead a fulfilling life despite one's medical condition or life situation. Mrs. Yvonne Lim\*, client of ACC (Yishun), expressed her heartfelt appreciation for Mdm. Neo, "Mdm. Neo is a very caring, cheerful and gentle friend. When I feel discouraged, I think of her as she is my encourager and stands by me in overcoming the challenges I face."

As a role model, Mdm. Neo has also inspired friends and neighbours to volunteer their services at ACC (Yishun). In recognition of her contribution to the community, Mdm. Neo was awarded the North West WeCare Awards at the North West Volunteers' Day on Saturday, 17 March 2018. The award commends individuals or groups of individuals who have demonstrated outstanding commitment in caring for the community, dedicating their time and services to those who are disadvantaged and in need.

*\*Names have been changed to protect clients' privacy.*



Dr. Teo Ho Pin, Mayor of North West District and Chairman of North West Community Development Council, presented the North West WeCare Award to Mdm. Sally Neo for her dedication in serving the community.

# Building Up Our Peer Support Specialists

Singapore Anglican Community Services (SACS) Psychiatric Services aims to tap on the personal experiences and expertise of our Peer Support Specialists (PSS), to actively reach out to our members and walk alongside them on their road to recovery.

These include having PSS engage our members in the Clubhouse Model (where members are responsible for the decision-making, running and upkeep of the clubhouse with minimal involvement from staff) to run rehabilitative programmes in the centre, taking the lead in creating a recovery focused culture, conducting peer support groups for working members and conducting home visits through the Peer Bridger Programme. To advance the career of PSS, SACS will also provide opportunities for them to develop their skills and abilities in the areas of public outreach and advocacy of mental health issues.

## Planting Seeds Of Hope

- MR. TAN KOK LIANG, PEER SUPPORT SPECIALIST,  
ANGLICAN CARE CENTRE (SIMEI)



In 2008, I started having hallucinations and kept hearing voices. Screams of a woman being abused troubled me so much that I called the police several times in a bid to save her. The police suspected that I might be suffering from mental health issues and advised my mother to seek medical advice. I was diagnosed with schizophrenia by a psychologist who referred me to the Anglican Care Centre (ACC) (Simei) for psychiatric rehabilitation.

When I first arrived at ACC (Simei), I was depressed. Life seemed meaningless and worthless. I isolated myself, refused to speak to the counsellor and declined participation in the rehabilitation programmes. A year later, with the support from family and friends and encouragement from my counsellor, I decided to rebuild my life. I started to participate in the rehabilitation programmes, undergo counselling sessions, and also

built friendships with members of ACC (Simei). Since then, I have not suffered a relapse of schizophrenia.

ACC (Simei) offered opportunities for me to work as an apprentice in the “Youth Empowered for Success” (YES) Club to help fellow members with mental health issues. Taking up the challenge to become an apprentice marked the start of my journey as a PSS. In 2013, I took up a Peer Specialist course conducted by Singapore Association for Mental Health and became the first person in ACC (Simei) to graduate from the course. After my graduation, I was blessed with the opportunity to provide peer support for members of ACC (Simei).

“Kok Liang used to be very withdrawn. Ever since he became a peer support specialist, he has been a source of inspiration for both members and staff of ACC (Simei). He often goes the extra mile in helping the members and motivating them to complete their Wellness Recovery Action Plans. In recent years, Kok Liang had even stepped out of his comfort zone to share his recovery journey at community outreach events in a bid to raise public acceptance of persons with mental health issues,” shared Ms. Shermyn Ow Yang, Senior Rehabilitation Counsellor.

In May 2016, I decided to advance in this area with the Peer Employment Resilience Learning course. By God’s grace, I graduated from the course, became a PSS and my life changed for the better. Having regained my confidence and enhanced my communication and listening skills, I was able to empathise with members of ACC (Simei) better as I cared for them. I thank God that our members and their caregivers have been encouraged by my recovery journey. I pray that I would be able to plant seeds of hope in more persons with mental health issues by sharing my testimony.

# From Darkness Into Light

- MS. IVY LAM, PEER SUPPORT SPECIALIST, ANGLICAN CARE CENTRE (HOUGANG)



I had a tough childhood and was a sickly child growing up in a poor, stressful family environment with 2 siblings, an alcoholic father who often gambled and a mother who had anger management issues.

When I was a teenager, I started to work part-time to pay for my school fees and managed to graduate with a Diploma. As I embarked on my first job, my father, a bed-ridden stroke patient, was discharged from a nursing home and subsequently diagnosed with dementia. I started to take on the responsibility of my family's financial needs, including my father's medical care. Distressed with my home situation, I was diagnosed with bipolar disorder after my admission to the Institute of Mental Health in 2006. People around me, including my family, my boyfriend and my employer, were not receptive of my medical condition. I was terminated from my job and my boyfriend ended our relationship.

Subsequently, my psychiatrist and medical social worker referred me to Anglican Care Centre (ACC) (Simei) where I received much love and support and widened my social network. At ACC (Simei), I participated in occupational therapy, counselling, emotion regulation (mindfulness, learning to accept and manage my own emotions) and art therapy sessions. Gradually, my medical condition stabilised.

In 2017, I completed the Peer Support Specialist (PSS) training conducted by the National Council of Social Service and was employed as a PSS by Anglican Care Centre (ACC) (Hougang). The course equipped me with the knowledge and skills to help members of ACC (Hougang) find hope and walk out from their darkness into light. Helping others benefitted me too as I built up my own support system and learnt to manage the daily life stressors I faced more effectively. In 2018, I was converted to a full-time staff and now work as a Programme Assistant with ACC (Hougang)!

"Ivy has proven herself to be a diligent, organised team member who puts her heart in all she does. She empathises well with the challenges faced by the members of ACC (Hougang) and plays an important role in encouraging and helping them through their recovery journey. Indeed, she is an asset to ACC (Hougang) and a blessing to our members," Ms. Ranjini Radhakrishnan, Senior Occupational Therapist, affirmed.

## Family As A Pillar Of Support On The Road To Recovery

Anglican Care Centre (ACC) (Hougang) hosted a Family Connect Day on 24 March 2018. Held biannually, the programme is designed to strengthen family bonds as well as educate family members on the diverse needs of persons with mental health issues and the importance of family support. It is also a platform for clients to share how their family members have walked alongside them on their recovery journey.

An activity called "The Living Room" was conducted during the programme, whereby clients and their caregivers planned the layout of a living room catering to the needs of their family. Through this activity, participants realised that each family has unique needs and

family members can work together as one unit to create the living room concept which fulfills everyone's needs.

Ms. Jane Lim\*, a client with ACC (Hougang), shared, "It has been a tough recovery journey for me as I was in denial of my illness. I also faced challenges in adjusting to life in ACC (Hougang) and learning new skills to manage my illness better. I am thankful for the psycho-education and counselling sessions conducted by ACC (Hougang) that helped me gain a better understanding of myself as well as the medical care provided by the Institute of Mental Health. Above all, I am gratified to have my family as my pillar of support. The regular family outings which ACC (Hougang) planned for us helped mend the strained relationship which I had with my sister due to my illness."



Mr. John Lim\*, Jane's father, added, "I have seen tremendous improvement in Jane's condition as she undergoes psychiatric rehabilitation at ACC (Hougang) and learns to be independent. We, as a family unit, will continue to stand by her on her recovery journey."

\*Names have been changed to protect clients' privacy.

"The Living Room" concept created by Jane and her family.

# From Receivers To “G.I.F.T.E.R.S” - Grooming Individuals For Transformation

Thirteen youths from CITY (Character in the Young) Community Services' Befrienders Alumni (BFA) rejoiced as their 2-day camp for the children living in the slums in Batam Island, Indonesia, ended with a huge success. Months before the camp, the youths, led by leaders elected among themselves, coordinated responsibilities and ensured that all the activities would be meaningful, engaging and interactive. Their mentors only provided advice when needed, allowing the youths to develop and execute the entire camp programme.

For the past 2 years, the youths spent their December holidays in Batam and organised camps for about 160 pre-school children living in the slums. The children were always excited to receive them and enjoyed participating in the games, arts and crafts as well as song and dance items. Most importantly, deeply etched in the hearts of the children were memories of the loving youths being kind and friendly towards them.

Some of these youths used to have social-emotional problems in their primary school years, were self-centred, suffered low self-esteem and faced challenges in making friends.

Through the Befrienders Club programme, a core programme of CITY Community Services, these youths were empowered to build up their character and self-esteem. Besides learning values such as respect, commitment and integrity, they also learnt to express their thoughts and feelings.

Since 2007, the Befrienders Club has reached out to 300 latchkey and disadvantaged children through 12 Befrienders

Clubs in 11 primary schools. Weekly sessions in the school premises are held to engage the children in social-emotional learning through games and activities as well as interaction with their mentors and peers to boost their self-esteem.

Upon graduating from primary school, the students are invited to join BFA as an ongoing effort to mentor and groom them into leaders. BFA also provides them with volunteering opportunities with the Befrienders Clubs and run camps.

Some of these changes take years to happen even with weekly mentoring in the Befrienders Club and BFA programmes, but it is well worth the effort. Mr. Terence Tay, a CITY staff, shared, “As a mentor, I am most heartened and privileged to be able to walk alongside these youths and witness their transformation from receivers to “G.I.F.T.ers”. They now have a newfound passion for life, living not just for themselves, but also caring for the less privileged who faced similar life situations as they did when they were younger.”



The youths gave out snacks that were meticulously chosen with love for the children living in the slums.



Working together tirelessly to unload the food and gift items prepared for the children in the slums.



The youths capturing precious memories with children living in the slums.



Happy children with the paper windmill they created with the help of the youths.

**LONG SERVICE AWARDS**



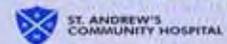
Long service award recipients of SACS with members of SACS and SAMH Board and Management.

**LONG SERVICE AWARDS**



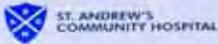
Long service award recipients of St. Andrew's Autism Centre with members of SACS and SAMH Board and Management.

**LONG SERVICE AWARDS**



Long service award recipients of St. Andrew's Community Hospital with members of SACS and SAMH Board and Management.

**LONG SERVICE AWARDS**



Long service award recipients of St. Andrew's Community Hospital (10 years and above) with members of SACS and SAMH Board and Management.

**BEST DRESSED CONTEST**



Our best dressed contestants in their beautiful national costumes.

**TALENT CONTEST**



Winners of the Talent Contest from St. Andrew's Nursing Home (Buangkok) with The Right Reverend Rennis Ponniah, Bishop of Singapore, President of SACS and SAMH (rightmost).

**I will hold your people in my heart**



Management and staff from the various services of SACS and SAMH singing "Here I Am, Lord" together.

**United In Christ  
To Grow His  
Ministry Of Love**

A dazzling array of beautiful ethnic costumes lit up the room as 870 staff, board and management committee members, vicars and chaplaincy team members of partnering parishes and our service partners gathered for a night of fellowship at the Singapore Anglican Community Services (SACS) - St. Andrew's Mission Hospital (SAMH) Staff Dinner on 6 April 2018.



The Right Reverend Rennis Ponniah, Bishop of Singapore, President of SACS and SAMH, delivering his address.

contributions in furthering His ministry of Anglican Community Services, the joint celebration also highlighted SACS and SAMH as united parts of one body in Christ working together closely to carry out God's work in the community.

Bringing to the fore the value of collective strength, The Right Reverend Rennis Ponniah, Bishop of Singapore, and President of SACS and SAMH, said, "God has knitted together individuals from diverse backgrounds, nationalities and experiences to serve at SACS and SAMH. I thank God for empowering us in building on each staff member's gifts and capabilities in growing His ministry of love."

of SACS and SAMH, said, "God has knitted together individuals from diverse backgrounds, nationalities and experiences to serve at SACS and SAMH. I thank God for empowering us in building on each staff member's gifts and capabilities in growing His ministry of love."

Dr. Arthur Chern, Group Chief Executive Officer (CEO) of SACS and SAMH, also commended team members of the senior, psychiatric, autism as well as family and children services of SACS and SAMH for their faithfulness in serving those in need whom God entrusted to our care.

May we continue to grow in **FAITH**, be renewed in **HOPE** and be empowered by His **LOVE** in carrying out the mission and vision of SACS and SAMH!



Dr. Arthur Chern, Group CEO, SACS and SAMH, engaging the audience with his welcome address.

Help Us Bring Bread To The Table  
Support Our Work And Get To Know Us Better



ST. ANDREW'S  
MISSION HOSPITAL



## CHARITY GALA DINNER

7 SEPTEMBER 2018 SHANGRI-LA HOTEL

Singapore Anglican Community Services (SACS) and St. Andrew's Mission Hospital (SAMH) will be organising a joint Charity Dinner at the Shangri-La Hotel on Friday, 7 September 2018, 7.30 pm, to raise funds so that we may continue to deliver quality and affordable services to meet pressing needs in our community.

We are privileged to have Mr. Lawrence Wong, Minister for National Development and Second Minister for Finance, as the Guest-of-Honour at the event. This year, we aim to raise \$600,000 from the dinner to support and expand the work of SACS and SAMH.

As we commit to providing medical and social services to the community, your assistance will go a long way in helping us to sustain our ministry of care. Please support this fundraising event by purchasing tables at the dinner. The tables are priced at \$10,000, \$5,000 and \$3,000 per table (tables of 10 persons). At the dinner, we will showcase the latest development in our stable of services. We also seek your help to invite friends and associates to support our cause by buying a table, or by making a cash donation. All donations and table price will be eligible for 2.5 times tax deduction.

For more information about the charity dinner, please email [general@sach.org.sg](mailto:general@sach.org.sg) or call 6586 1999.  
We look forward to, and thank you for your continued support of our work.