



ANGGAGE

ANGLICAN SERVICES ENGAGING THE COMMUNITY

Upcoming Senior Care Services

By 2030, about one in four Singaporeans will be 65 years old and older. With this demographic shift, St. Andrew's Mission Hospital responded to the Nation's call to ensure that the silver generation age well in an inclusive society.

We are developing two new nursing homes and three senior care centres to serve the community. The nursing homes will provide long-term residential, nursing and rehabilitation care. The three new senior care centres will provide a one-stop service for seniors, enabling them to age-in-place in the community.



Targeted to open in the first half of 2023

Development of the **St. Andrew's Senior Care (Bedok North)** in progress.



Targeted to open in the first half of 2023

Development of the **St. Andrew's Senior Care (Bedok South)** in progress.



Targeted to open in the first half of 2024

Development of the **St. Andrew's Nursing Home (Aljunied)** in progress.



Targeted to open in the first half of 2024

Development of the **St. Andrew's Nursing Home (Tampines North)** and **St. Andrew's Senior Care (Tampines North)** in progress.



Official Opening of St. John's - St. Margaret's Nursing Home and St. Andrew's Senior Care (Dover)

On 14 September 2022, St. John's - St. Margaret's Nursing Home (SJSJ NH) and St. Andrew's Senior Care (SASC) [Dover] officially opened as part of the SJSJ Village. The services are placed within an intergenerational, multi-service complex which include Little Seeds Preschool (SJSJ) by Anglican Preschool Services and SJSJ Church, collectively known as the SJSJ Village.

The opening event saw close to 150 people celebrating the momentous occasion which marked the fruition of Project Spring-Winter, a community service project for residents of Dover through the collective efforts of the church, its members, the public and SAMH. Mr Masagos Zulkifli, Minister for Social and Family Development, Second Minister for Health and Minister-in-charge of Muslim Affairs was the Guest-of-Honour. Joining him as a special guest was Ms Rachel Ong, Member of Parliament for the West Coast Group Representation Constituency (GRC) and Member of Government Parliamentary Committees (GPC) for Defence, Foreign Affairs and Manpower.

Mr Masagos shared,



"Just as it takes a village to raise a child, it takes all of society to support our elderly. A society as such would mean families working closely with providers like St. Andrew's Senior Care to design ways to provide the necessary support for their aged parents, both at home and at the centres, and volunteers proactively befriending isolated elderly in the community and linking them to relevant partners and programmes."

Mr Masagos further added that he was heartened to see that Little Seeds Preschool (SJSJ) designs its curriculum to facilitate interactions between its children and seniors at the nursing home and senior care centre.



From left to right: **Mr Chan Wah Tiong**, Chief Executive Officer, St. Andrew's Nursing Home Cluster; **Dr Arthur Chern**, Group Chief Executive Officer, St. Andrew's Mission Hospital and Singapore Anglican Community Services; **Reverend Alvin Toh**, Vicar, St. John's - St. Margaret's Church; **Mr Andrew Tay**, Chief Executive Officer, Anglican Preschool Services; **The Right Reverend Dr Titus Chung**, President, St. Andrew's Mission Hospital and Singapore Anglican Community Services, and Bishop of the Anglican Diocese of Singapore; **Mr Masagos Zulkifli**, Minister for Social and Family Development, Second Minister for Health and Minister-in-charge of Muslim Affairs; **Ms Rachel Ong**, Member of Parliament, West Coast GRC and Member of Government Parliamentary Committees (GPC) for Defence, Foreign Affairs and Manpower; **Mr Andrew Goh**, Vice-President, St. Andrew's Mission Hospital; **Mr Larry Choi**, Chairman, SJSJ Nursing Home Management Committee, during the unveiling of the official opening plaque for SJSJ Village.



Mdm Poon Kwai Peng, a resident of SJSJ NH, presenting her batik painting to **Mr Masagos Zulkifli** as a token of appreciation, together with **The Right Reverend Dr Titus Chung** and **Ms Ann Cheong**, Senior Care Associate, SJSJ NH.

The SJSM Village at a steady state will see expanded opportunities for interaction between the young and old. Residents of SJSM NH and clients of SASC (Dover) will welcome children from Little Seeds Preschool (SJSM) as part of their community care experience. This allows the older person to dialogue, share his/her life stories or journeys as well as participate in activities which can be part of the young students' intergenerational curriculum.

"I look forward to interacting with children from the preschool. I would be happy to play and talk to them, teach them how to keep the place tidy and do exercises with them,"



shared Mdm Nancy Lim, resident of SJSM NH.



Mr Lim Kien Boon, Deputy Executive Director, SJSM NH and Mrs Mina Lim, Director, SASC (Dover) leading Mr Masagos Zulkifli and Ms Rachel Ong on a tour at SJSM NH and SASC (Dover), together with guests and staff.

Celebrating 20 Years Of Caring For Persons With Mental Health Conditions

In 2001, aligned with the Ministry of Health's (MOH) new policy of focusing on the rehabilitation of patients with mental health conditions, MOH decided to close View Road Hospital, which specialised in the treatment of patients with mental health conditions.

Recognising the capability of Singapore Anglican Community Services (SACS) in providing rehabilitative care for persons with mental health conditions, MOH appointed SACS to take over the care and rehabilitation of over 100 patients from View Road Hospital. Anglican Care Centre (ACC) (Hougang), a service of SACS, was officially opened on 9 November 2002 and received 138 patients from View Road Hospital. Since then, the Care Team of ACC (Hougang) has been adopting the modified Clubhouse Model of Psychosocial Rehabilitation Programme to provide support and opportunities to persons with mental health conditions (referred to as members) to find a job and reintegrate back into the community. Ultimately, the programme aims to help our members regain confidence, make friends, learn new skills, and take ownership towards achieving their recovery, employment and educational goals.

"My recovery journey has been long and challenging, but with the right support I am able to make progress and live a life of happiness."

*- Mr Tharmalingam,
a member of Anglican Care Centre (Hougang)*

Scan here to read
Mr Tharmalingam's
inspiring story



A One-On-One Interview:

Mr Gerard Das

Volunteer Counsellor To Migrant Workers



Mr Gerard Das (right) engaged a migrant worker in a game during their recreational activities.

ANGAGE Please share with us your volunteer journey and how it started.

GERARD My late pastor, Reverend MK Bennet, was the first to encourage me to serve others. Over time, I realised how I could contribute to the community through my skills and talents.

I first started volunteering in 1995 with the Singapore Boys' Home. In 2001, I became a long-term volunteer counsellor with the Singapore Prison Service (SPS). My twenty years with SPS eventually led me to counsel foreign inmates. This probably seeded my interest to serve the migrant worker community.

ANGAGE What motivates or sustains your interest to volunteer?

GERARD This particular quote, "Aspire to Inspire before you Expire". I picked up this line during my counselling studies in psychology. Its meaning deepened my belief in the importance of making a positive impact in the lives of others.

ANGAGE Why did you start volunteering at St. Andrew's Migrant Worker Medical Centre (SAMWMC)?

GERARD My involvement with SAMWMC was through Dr Pang Ningyi who heads its medical services. He shared with a few of us how SAMWMC hopes to provide holistic primary healthcare, including dental, therapy and counselling services for the migrant workers.

I guess there is the convergence of personal conviction and my interest for this community. I responded to Dr Pang's call where we went on to develop a Wellness Assessment Checklist to identify migrant workers who require counselling. When SAMWMC started its operations, using the Checklist, I started counselling migrant workers who matched the "need mental aid" criterion.

ANGAGE How do you feel about serving at SAMWMC as a volunteer?

GERARD Volunteering at SAMWMC has given me great satisfaction. I can come alongside the affected migrant workers to uplift their mental state. At the same time, I can advocate to the less or un-informed on the importance to maintain good mental health.

ANGAGE What goes into a counselling session?

GERARD Most of the time, I encourage them to share their frustrations and challenges. Other times, I use therapeutic approaches to allow them to understand and resolve their issues while supporting them emotionally.

ANGAGE What is a memorable moment when volunteering at SAMWMC?

GERARD Plenty but this particular case stood out. There was a migrant worker who contracted Tuberculosis. Having spread to his spine, he was depressed when we first met as the illness affected his livelihood and financial support for his family.

I gently nudged him towards realising the need to re-focus on himself in order to help his family. He eventually made the difficult decision to seek treatment in his hometown in Hyderabad, India.

As we remain in touch, I am gratified to learn of his happy reunion with his family. He is grateful for the support rendered leading him to make the trip home. More recently, he updated that his health has improved for him to consider a spine surgery.

For me, the knowledge of how lives could be impacted positively continues to motivate me to serve as a volunteer.

Swing with Purpose

Acts of generosity remain prevalent during and beyond the Coronavirus Disease 2019 [COVID-19] pandemic. With the easing of Safe Management Measures, St. Andrew's Community Hospital [SACH] held the SACH Charity Golf and Dinner at Sentosa Golf Club on 13 October 2022. This giving deed was organised by Mr Henry Loi, a donor who rallied his network to support the work of SACH. This event was fully sponsored by Mr Loi and his friends. On full display at the event was the spirit of sportsmanship and camaraderie.

Being the main organiser, Mr Henry Loi gathered his family, friends and members of his profession to raise funds for SACH. Their generous donations will provide sustainable, affordable and accessible inpatient and community-based services for the community.



We are grateful for the support of all our donors and sponsors who collectively raised over \$100,000 to support our mission of providing care and healing to the underserved and disadvantaged.



*Before the tee-off!
128 golfers stood together in solidarity in support of the work we do at SACH.*



*A time of fellowship during dinner.
From left to right: **Reverend Tony Yeo**, Senior Pastor, Covenant Evangelical Free Church, **Dr Mervin Loi**, **Mrs Agnes Loi**, **Mr Henry Loi**, **Dr Loh Yik Hin**, Chief Executive Officer, St. Andrew's Community Hospital [SACH], **Mr Choy Siew Kai**, Vice President [Alternate], St. Andrew's Mission Hospital, **Mr Andrew Goh**, Vice President, St. Andrew's Mission Hospital, **Dr Alfred Loh**, Chairman, SACH Management Committee.*

The golfers enjoyed the game at The Tanjong Course, uniquely set against the Singapore Straits with views of metropolitan Singapore.

Caring for the Community with Doctors-on-Wheels

In caring for the community, collaborative teamwork amongst healthcare and social service agencies is essential. With the partnership of Woodlands Health and Doctors-On-Wheels (DOW), a community initiative by SATA CommHealth, Anglican Senior Centre (ASC) (Woodlands) is now able to work together with our clients to improve their medical health. DOW provides subsidised or free medical treatment to vulnerable seniors and those who do not have the means to seek medical care.

Since January 2022, the DOW team has started providing medical treatment every two months for our ASC (Woodlands) clients who are very grateful and appreciative of the initiative.



Mr Tang, 85 years old, shared,

"I visited DOW with feelings of debilitation and light-headedness. The DOW doctors conducted onsite blood and urine tests for me. Based on my test results, they referred me to the hospital for further follow-up. Assessing that I needed special medication for my medical condition which was not available on-site that day, they went the extra mile to personally deliver my medications to ASC (Woodlands) for me!"



Mr Kok, 89 years old, expressed,

"The doctor examined me and advised my family members that I might be suffering from dementia. Shortly after the DOW visit, I was hospitalised after a fall and subsequently diagnosed with dementia by the hospital. After recovering from my fall, I am happy to be back at the centre, participating in activities with other clients, volunteers and staff."



Mdm Lim, 71 years old, shared,

"Due to the Coronavirus Disease 2019 (COVID-19) pandemic, I felt that it was inconvenient and unsafe for me to travel to the polyclinic. Hence, I postponed my medical consultation even after I finished my supply of medications for my chronic condition. Having the DOW team at ASC (Woodlands) was very convenient for us. I am grateful that they helped to replenish my medications and conducted blood test for me."



Mr Ariffin, 81 years old, said,

"I am thankful for the pain management advice and medication prescribed by the DOW doctors for my persistent knee cap pain."



A Delectable Treat for Residents of St. Andrew's Nursing Home (Taman Jurong)



Residents and volunteers posed for a picture before they embarked on their trip.

On July 2022, with the easing of Safe Management Measures, our residents were thrilled to embark on their first outing to Dignity Kitchen after a long hiatus since the Coronavirus Disease [COVID-19] pandemic hit the world. Dignity Kitchen is a social enterprise kitchen that provides employment to the disadvantaged and persons with special needs.

Staff and volunteers of Dignity Kitchen brought our residents on a tour of the kitchen and engaged them in various activities such as karaoke and games.

The hospitality continued as our residents enjoyed a sponsored sumptuous lunch of local hawker delights.



Residents enjoyed their sumptuous lunch.

We hope to organise more outings for our residents with our community partners and sponsors to lift their spirits.



It is often said that music is a universal language. The art form is accessible and connects people across cultures, demographics and background.

There are also the intrinsic values of music whereby it reflects our state of mind, emotion or sentiment. Music can alleviate how you feel. This includes managing stress levels, enhancing memory, regulating mood, improving sleep or diverting attention from feelings of pain and anguish.

With these desired outcomes in mind, all our nursing homes under the umbrella of St. Andrew's Mission Hospital and Singapore Anglican Community Services initiated music-related programmes, in the form of music therapy and recreational programmes such as sing-alongs, karaoke sessions, ukulele appreciation and music jamming sessions with percussion instruments.



A wide variety of instruments are provided to suit different physical capabilities as well as create interest and excitement for active participation.

Introducing therapeutic singing in our music therapy sessions benefited our residents. **Mr Tan, 64 years old shared,**

"I lost my ability to sing and create music with friends when I suffered a stroke. Through music therapy sessions, I made good progress in my recovery journey and I am very happy to be able to sing again!"



Some benefits of playing percussion instruments include improving concentration, coordination and memory.

Incorporating music in our residents' daily activities can be empowering particularly for those who are bed-bound and unable to participate in physical activities. Through music therapy, resident **Mdm Lau, 87 years old,** who was in the advanced stage of dementia, was observed to be more alert and expressive. She even attempted to hum and sing to familiar tunes during her music therapy sessions.

Another resident, **Mr Ahmad, 67 years old, said,**

"My best companion during the visitation restrictions was a radio gifted to me. I enjoyed different types of music played on various radio channels. I am looking forward to having volunteers visit us again so that we can enjoy sing-along sessions with them as well as live music entertainment."



An individual music therapy session focusing on validating one's sense of identity and well-being through music engagement and music-based reminiscence.

A Concerted Campaign for World Autism Awareness Month 2022

In April each year, St. Andrew's Autism Centre (SAAC) and its partners from the Autism Network Singapore (ANS), Asian Women's Welfare Association (AWWA), Rainbow Centre, Autism Association (Singapore) and Autism Resource Centre (Singapore) band together to develop an impactful World Autism Awareness Month Campaign. The annual campaign seeks to raise public awareness towards autism. At the same time, sharing the lives and inner world of persons on the autism spectrum to effect a more inclusive society.

This year, SAAC led the campaign titled "This Is Me". The public was invited to enter 10 specially curated stories to experience the world of persons on the autism spectrum. Each story can be told through their lens as well as that of their families, caregivers and professionals working with them. To advocate beyond the dedicated month for autism, these stories of resilience, compassion, patience and in rising above challenges were compiled into a special e-book available for free download at <https://sgautism.org/waad2022/>.

Five graphic stories to illustrate the different ways in which persons on the autism spectrum may perceive the world around them through comics were also produced as part of the campaign.



A comic illustrating sensory overload that persons on the autism spectrum may experience was featured as part of the "This Is Me" campaign.



**This is Me:
See Me In A Different Light**

Scan to download the eBook!

The campaign has picked up a local and an international award for its outstanding work in raising awareness for persons with autism. It was awarded the Excellence in Public Sector/Non-Profit Marketing Category from the Marketing Excellence Award and the Silver Award from the W3Award.

Cheryl is a client of St. Andrew's Autism Centre's Day Activity Centre. **Mrs Yeo shared,**

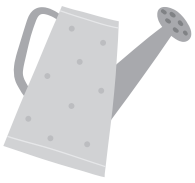
"There are many people who have walked this journey and many who are walking alongside us.

We learn together."

Find out more about their family's story in the "This Is Me" special e-book.



Mrs Jacqueline Yeo (right) on a walk with her twin daughters – Eunice (left) and Cheryl (middle) – at Marina Barrage.



Fostering Dignity of Work Through Urban Farming

In May 2022, St. Andrew's Autism Centre [SAAC] started experimenting with a vertical farm structure to maximise the space that we had for hydroponics farming by adding a variety of structures at SAAC Day Activity Centre [DAC] [Siglap]. A month later, our clients from the DAC [Siglap] horticulture programme successfully harvested the first batch of produce from the vertical farm!

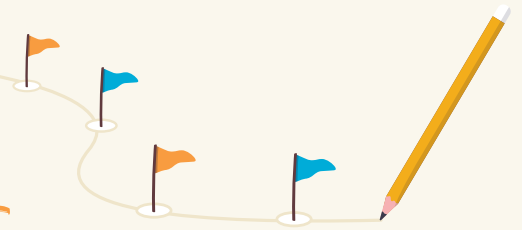
The vertical farm, part of the SAAC DAC Urban Farm initiative, provided our clients, who are on the moderate to severe autism spectrum, opportunities to learn urban farming skills such as soil mixing, preparation of seedlings, transplanting, soil aeration, as well as harvesting and packaging. Our clients were thrilled that the vegetables that they nurtured from new seedlings made their way to the dining tables of homes and restaurants such as Conrad Hotel's Oscar's restaurant!

In addition to acquiring vocational skills, the hands-on experience also taught our clients the importance of discipline, responsibility and safety. While our clients may not be able to be in open employment, it was heartening that they were able to contribute back to the community through the urban farm.



St. Andrew's Mission School

Journey Together As One Family



St. Andrew's Mission School team at its First Lunar New Year Celebration!



Total Defence Day at St. Andrew's Mission School!

The first half of 2022 had been nothing short of amazing for everyone at St. Andrew's Mission School [SAMS]. Team SAMS witnessed God's goodness at work as we co-shaped the school with our students and their parents.

We fondly recollected how everything came together for the school community at the start of this academic year. 6 and 7 January 2022 were two momentous days when we welcomed our first cohort of Primary One [P1] students and their parents who jointly participated in the school orientation. They embarked on an experiential tour of the general learning spaces as well as the specialised facilities at the interim school site. Thereafter, the pioneer P1 students participated in fun classroom activities to bond with their teachers as their parents attended a briefing session by the Principal, Mrs Wong Bin Eng.

Recognising the importance of building a strong foundation for SAMS, our teachers and corporate staff aim to synergise and harness each other's strengths to build a conducive learning environment for our students. We hope to inculcate a culture in which every child will be loved, treasured and nurtured to be the best that they can be.

SAMS believes that at the heart of our meaningful work is the devotion to maximise our students' potential. We desire each young person who passes through the gates of SAMS to be valued, trustworthy role models, responsible thinkers and active contributors who are committed to serve and lead.

The SAMS community is grateful for our parents, supporters as well as the autism and education sectors for coming alongside us to make the many significant milestones in our first six months possible: Our Commemorative Service, First Day of School, First Parent-Child-Teacher Conference, First International Friendship Day, First Parent Workshop, First Mass School

Assembly as well as First Lunar New Year, Hari Raya Puasa and Total Defence Day Celebrations. As we forge ahead, we pray for His continued guidance in weaving together a strong network of support for our students with their parents and our strategic partners.



Students enjoyed their recess on their first day of school.



The Right Reverend Dr Titus Chung, President, St. Andrew's Mission Hospital and Singapore Anglican Community Services and Bishop of the Anglican Diocese of Singapore, shared at the St. Andrew's Mission School Commemorative Service before officiating the opening of SAMH Heritage Room.



For more information on SAMS, please log on to www.sams.org.sg.

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

Love Never Fails

1 Corinthians 13:4-8



Your gift enables St. Andrew's Mission Hospital and Singapore Anglican Community Services to provide support, care and healing to the nation through our five pillars of services: **Medical, Senior, Psychiatric, Autism**, as well as **Family and Children**.

Donate Now



Your contribution will deepen our quality of care, expand our reach and empower the vulnerable.

All donations are eligible for 2.5 times tax deduction.



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Medical Services

St. Andrew's Community Hospital | St. Andrew's Mission Hospital Clinic | St. Andrew's Migrant Worker Medical Centre

Senior Services

St. Andrew's Nursing Home [Buangkok, Henderson, Queenstown, Taman Jurong] | St. John's - St. Margaret's Nursing Home | St. Andrew's Senior Care [Dover, Henderson, JOY Connect, Queenstown, Tampines Central] | Anglican Senior Centre [Havelock, Hillview, Jurong West, Tampines, Woodlands, Yishun] | Anglican Cluster Operator [Jurong East] | PEACE-Connect Cluster Operator

Psychiatric Services

Anglican Care Centre [Bukit Batok, Farrer Park, Hougang, Pasir Ris, Simei, Yishun] | Integrated Employment Services

Autism Services

St. Andrew's Autism Centre | St. Andrew's Adult Home [Sengkang] | St. Andrew's Mission School

Family And Children Services

Anglican Family Centre | CITY Community Services