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ANGLICAN SERVICES ENGAGING THE COMMUNITY

BUILDING A NEW CONTINUUM OF CARE IN THE EAST

St. Andrew's Mission Hospital (SAMH) has recently been appointed by the Ministry of Health as the integrated operator of three eldercare facilities - a nursing home (NH) in Tampines North and a pair of Active Ageing Hubs in Bedok North and Bedok South.

With these three facilities clustered around St. Andrew's Community Hospital (SACH) and its acute hospital partner, Changi General Hospital, there is an opportunity to build a pioneering continuum of care to support eastern residents, from acute to intermediate hospital care. from community to longterm care. This will enable us to truly provide holistic care to our patients.

With the addition of the new nursing home and senior care centres, the SAMH-SACS family will be able to serve a total of 1,697 nursing home residents and 625 day care clients island-wide by 2022. We look forward to serving the community with God's Love as He continues to shine His favour upon us.



St. Andrew's Nursing Home and St. Andrew's Senior Care at Tampines Street 62

A new St. Andrew's Nursing Home (SANH) is scheduled to open in 2022. The 9-storey Home is SAMH's first nursing home located in the eastern region of Singapore and has a co-located Senior Care Centre. Situated near SACH, the nursing home is planned to provide 277 NH beds, 100 Home Care places and 60 Senior Day Care places.



St. Andrew's Senior Care (Bedok North and Bedok South)

An Active Ageing Hub combines the elements of active ageing with day care, day rehabilitation and home care. SAMH will also be opening 2 new Active Ageing Hubs, St. Andrew's Senior Care (SASC) (Bedok North and Bedok South). SASC (Bedok South) is projected to begin receiving clients in the second half of 2021, serving the community with 50 Home Care places and 100 Day Care places. Meanwhile, SASC (Bedok North) is expected to begin operating in the first half of 2022, with 50 Home Care places and 60 Day Care places. As it is sited next to a childcare centre, SASC (Bedok North) will also be implementing intergenerational programmes through which children and the centre's clients can interact and bond.

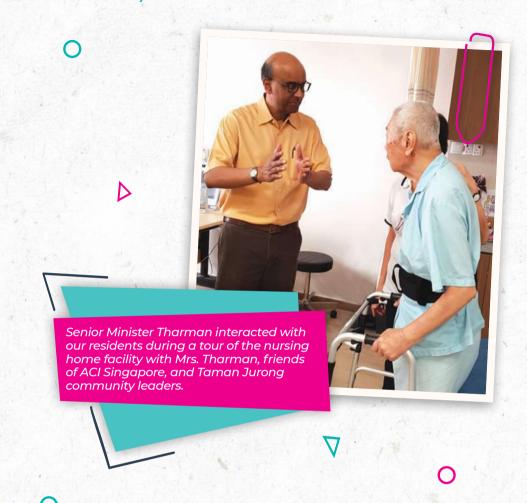
St. Andrew's Nursing Home (Taman Jurong)

OF THE COMMUNITY, BY THE COMMUNITY, FOR THE COMMUNITY

St. Andrew's Nursing Home (SANH) (Taman Jurong) held its first community event on 12 May 2019, and was privileged to have Senior Minister Tharman Shanmugaratnam, Coordinating Minister for Social Policies and Advisor to Jurong GRC Grassroots Organisations, as Guest-of-Honour, together with Mrs. Tharman.

The event was organised by ACI Singapore, an association of foreign exchange traders, as part of their corporate social responsibility efforts. Grassroots leaders of the Taman Jurong Constituency also attended the event in support of the new nursing home, the first to be located within the Taman Jurong vicinity.

Indeed, SANH (Taman Jurong) has been blessed by God's providence in bringing corporate and community partners to journey with us as we provide support, care, and rehabilitation for our residents.





"Let us come before His presence with thanksgiving, and make a joyful noise unto Him with psalms. "

30 August 2019 was another day of thanksgiving as SANH (Taman Jurong) held its official opening ceremony and dedication service.

This is the fourth St. Andrew's Nursing Home under the banner of the Anglican Church, and the first operated by Singapore Anglican Community Services (SACS) - the other three are operated by St. Andrew's Mission Hospital (SAMH).

The joyous occasion began with a dedication service graced by Bishop Rennis Ponniah, President of SACS and SAMH. Bishop Rennis led the management committee and staff of SANH (Taman Jurong) in renewing their commitment "to be a light in society, relieving suffering and enriching lives with the love of Christ" with a dedication pledge.



Mr David Ong, our 91-year-old SANH (Taman Jurong) resident, sang "You Are My Sunshine" accompanied by volunteers who played the ukulele and cajon.

ST. ANDREW'S NURSING HOME (TAMAN JURONG) OFFICIAL OPENING CEREMONY 30 AUGUST 2019

Mr. Tharman Shanmugaratna Senior Minister

Guest-of-Hono

Coordinating Minister for Social Police



From left to right: Dr. Arthur Chern, Group Chief Executive Officer, SACS and SAMH; Mdm. Ang Swee Huay, Resident of SANH (Taman Jurong); Mr. Phillip Wong, Executive Director, SANH (Taman Jurong); Mr. Andrew Goh, Vice President, SAMH; Mr. Chan Heng Kee, Permanent Secretary (Ministry of Health); Bishop Rennis Ponniah, President, SACS and SAMH; Senior Minister Tharman Shanmugaratnam; Mr. Goh Peng Tong, Chairman, Taman Jurong Citizens' Consultative Committee; Mr. Keith Chua, Vice-President, SACS; Mr. Chan Wah Tiong, SANH Cluster Chief Executive Officer and Executive Director, SANH (Queenstown).

Together with Mr. Azman Bin Sawal, SANH (Taman Jurong) resident, Bishop Rennis, SACS and SAMH President, presented a token of appreciation to Senior Minister Tharman.

This bamboo painting was created by Mr. Azman during his occupational therapy session. Mr. Azman chose bamboo as the subject of his painting for Senior Minister Tharman whom he looks up to as a person of great strength and endurance.

This was followed by the official opening ceremony, where SANH (Taman Jurong) was honoured to have Senior Minister Tharman also grace this significant event as Guest-of-Honour.

Highlights of the event included performances by Jurong Secondary School Symphonic Band, SANH (Taman Jurong) Nursing Team, as well as volunteers and residents of SANH (Taman Jurong). The audience was also treated to a song item by Dr. Alex Su, Vice Chairman of Medical Board and Senior Consultant, Institute of Mental Health, and guitarist, Mr. Steady Goh.



Planting the commemorative Gustavia Superba tree to mark the official opening of SANH (Taman Jurong), which provides long-term nursing and rehabilitative care for residents, including persons with dementia and mental health issues. The tree represents the Anglican ministry of serving the community and the continuous growth of SANH (Taman Jurong).

Providing A Complete Suite of Services

Mdm. Ang Swee Huay's family is one of many that have benefited from the services of SANH (Taman Jurong). At 91 years old, Mdm. Ang was the sole caregiver for her two children, both of whom have mental health issues.

Mdm. Ang shared, "In late 2018, I was diagnosed with early signs of dementia. My immediate concerns were the care needs of my 57-year-old daughter, Ms. Cheong Mee Choo, who is recovering from depression, as well as my 56-year-old son, Mr. Cheong Poh Fatt, who is recovering from schizophrenia. I sought help to make arrangement for our long term care needs. With the timely opening of SANH at Taman Jurong, I am relieved and assured that my children and I will be able to receive the nursing home care we require. Most importantly, we get to stay together as a family in the same home!"

For enquiries, please contact St. Andrew's Nursing Home (Taman Jurong) at 6411 0510 or email: tjnhenquiries@sanh.org.sg



Senving Senions IN THEIR GOLDEN YEARS

From left to right: Reverend William Tham, Vicar, Light of Christ Church Woodlands; Dr. Arthur Chern, Group Chief Executive Officer, SACS and St. Andrew's Mission Hospital (SAMH); Mr. Andrew Goh, Vice President, SAMH; Assistant Bishop Low Jee King, Archdeacon of Singapore; Mr. Vikram Nair, Adviser to Admiralty GROs and Member of Parliament for Sembawang GRC; Ms. Jerlynn Soh, Chairperson, Admiralty Zone 1 Residents' Committee; Mr. Keith Chua, Vice President, SACS; Mr. Edward D'Silva and Archdeacon Wong Tak Meng, Board Members, SACS.

Seeking to serve seniors in their golden years, Singapore Anglican Community Services (SACS) started operating its fourth senior activity centre, Anglican Senior Centre (ASC) (Woodlands) in 2018.

A dedication service, followed by an official opening ceremony of the centre, was held on 6 July 2019.

The official opening ceremony was graced by Mr. Vikram Nair, Adviser to Admiralty Grassroots Organisations (GROs) and Member of Parliament for Sembawang Group Representation Constituency (GRC), as the Guest-of-Honour. Representatives from government and partner agencies, members of Admiralty GROs and residents also joined in the celebration.

ASC (Woodlands) serves as a communal space for seniors living in the neighbourhood to access social and recreational resources. The Centre organises an array of programmes and interest classes





Assistant Bishop Low Jee King led the dedication service, where the management committee and staff of ASC (Woodlands) pledged their commitment

to meet the physical, social, emotional and spiritual needs of the residents.









engaged in a variety of programmes and interest classes. At the official opening, the seniors showcased their talent through Cha Cha Dance, Ukulele, and

to encourage seniors to stay active physically and mentally, while integrating them into the community.

Atour around the Centre was held after the ceremony, where guests visited booths that showcased various activities conducted in ASC (Woodlands). Christ Church Secondary School Boys' Brigade also set up games stalls to engage residents.

SACS is deeply appreciative of the gracious support given to ASC (Woodlands) by its partners, volunteers and residents in the neighbourhood. We endeavour to continue serving the community with love and be a beacon of light to many.

Coming Home

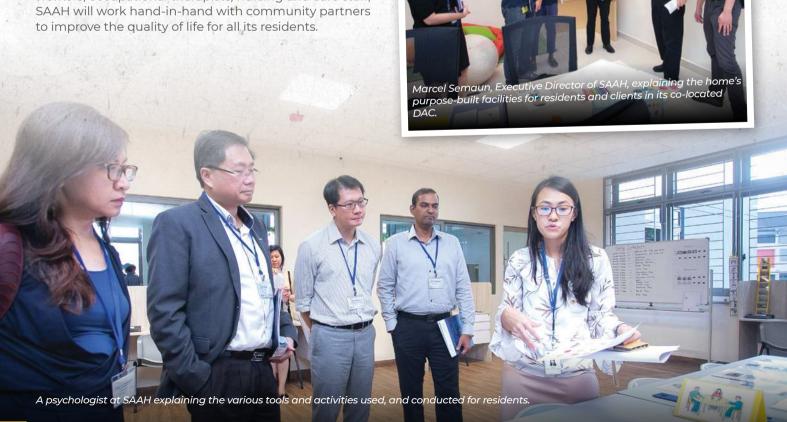
In July 2019, St. Andrew's Adult Home (Sengkang) [SAAH] opened its doors to autism partners and, one week later, to community partners in the Sengkang region. Visitors toured the premises and had a chance to understand the care and services provided at SAAH.

To ensure that the community partners had a basic knowledge of autism, they were provided with information through anecdotes and illustrations at the start of the event, before they toured the premises. Key points of interest on the tour were the mock-up residence and the common activity area shared by residents in two apartments. Staff were on hand to explain the rationale behind the layout and setup of the apartment, provide details on the daily programme, as well as answer visitors' questions.

The open houses provided an excellent platform for guests and staff to share their experiences and knowledge, learn about various services targeted at improving the lives of the residents and gain useful insights concerning the home.

With a multidisciplinary team of psychologists, social workers, occupational therapists, nursing and care staff, to improve the quality of life for all its residents.





RELIVING KAMPONG DAYS:

DAC (SENGKANG) FAMILY DAY

Day Activity Centre (Sengkang) [DAC (Sengkang)], which is co-located at St. Andrew's Adult Home (Sengkang), held its inaugural Family Day on Saturday, 15 June 2019.

Themed Reliving Kampong Days, the event provided the opportunity for clients and their families to bond over a picnic and games associated with kampong life in old Singapore.

The dark clouds that loomed overhead early that morning did not dampen the mood of the clients and their families, whose cheerful disposition persisted throughout the day as they participated in various activities lined up for them. Thankfully, the skies cleared in time for the clients to fly their kites with their loved ones at Sengkang Riverside Park. Clients also created blow-up plastic bubbles, with some assistance from their family members.

Watching them leave the park in high spirits was an encouragement to the DAC coaches who work hard through the year, enriching the lives of





Jubilant client with her parents after some fun kite flying time.



DAC client having fun with his mother, blowing plastic bubbles.

PRESIDENT HALIMAH YACOB

visits St. Andrew's Autism School

The class of Self-Control (morning session) welcomed a special visitor on Tuesday, 24 September 2019. That morning, President Halimah Yacob spent some time observing St. Andrew's Autism School students making beaded accessories in class.

She also interacted with students of other classes preparing sausage prata and breakfast wrap at its Colours Café, and using the Augmentative and Alternative Communication tools.

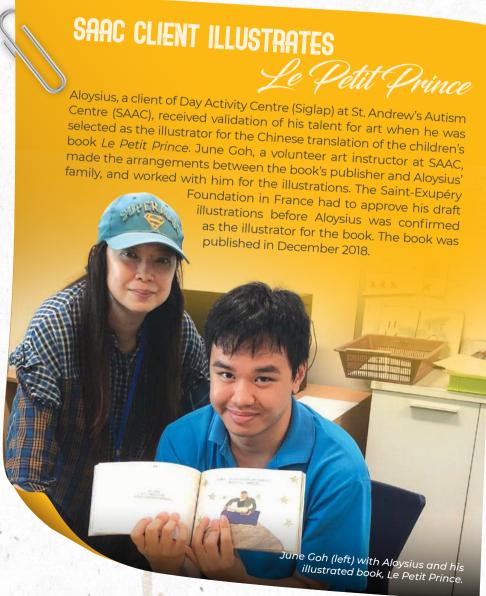
The two-hour visit was part of The Istana's community engagement efforts. The President also addressed members of the press, urging employers to improve work environment and processes to make room for more persons with special needs to work, and so build a more inclusive Singapore.





Tile-year-old student, Sharlyne Lee presenting President Halimah Yacob, with a set of beaded jewellery made by the students of Self-Control AM.





St. Andrew's Autism Centre

PSG CROSS-CULTURAL EXCHANGE WITH VIENTIANE AUTISM CENTER

St. Andrew's Autism Centre (SAAC) Parent Support Group (PSG) started equipping and supporting families of the children, youths and adults with autism enrolled in its school and Day Activity Centre to plan for and take trips overseas about eight years ago. Since then, many of families have gone on annual PSG trips to various parts of Southeast Asia, including Malaysia, Thailand, Indonesia and Vietnam.

The trip in September this year saw a total of 22 participants from five families bonding over good food and beautiful natural sights in Vientiane, Laos, with a key highlight being a cross-cultural exchange with Vientiane Autism Center. Families and staff from Singapore spent a fun-filled day of meaningful engagement with many Laotian families.





A LIFETIME TO MEASURE

Reflecting upon our life journey is natural as we age. In July, a structured life reflection programme was conducted for residents of St. Andrew's Nursing Home (Henderson), also known as SANH (Henderson), to help them appreciate the purpose and meaning of life. Residents who are introverts were strongly encouraged to participate in the programme which aimed to enhance their social involvement in the nursing home.

The collaboration with Hua Mei Counselling and Coaching Service, Tsao Foundation, saw the pilot programme covering four sessions conducted by professional counsellors and supported by the Medical Social Work Department of SANH (Henderson). During the programme, the residents shared their life stories and achievements as well as learnt tips on caring for others and self-care. Through experiential activities, the residents also re-visited significant moments in their lives and developed better awareness of their self-value. The counsellors helped them to illustrate, appreciate their personal strength and empowered them to find hope and meaning in their lives. Most importantly, the programme provided a platform for residents to form friendships with one another with new-found joy of living together in the nursing home.

The counsellors helped the residents to better understand the meaning of life through craftwork, with trees and fruits representing their lives and life achievements respectively.

Integrating back INTO THE COMMUNITY

Mr. Teo Say Siong, Resident of St. Andrew's Nursing Home (Buangkok)



Diagnosed with schizophrenia which had led to behavioral issues, Mr. Teo was admitted to St. Andrew's Nursing Home (SANH) (Buangkok) in 2013. Through the care provided by SANH (Buangkok) for Mr Teo, he learnt to manage his temper and finances. With sheer determination, Mr. Teo succeeded in his rehabilitation programme and found a job at a restaurant.

Mr. Teo participated actively in various activities, including the Arts Residency Programme, which aims to spread joy to nursing home residents through art. Mr. Teo's art piece was displayed at the SPARKS! Art Wellness Exhibition 2018. Mr. Teo shared, "I am glad that I can spend my time meaningfully and support myself. When I'm not working, I enjoy singing karaoke and participating in art sessions at the nursing home. I really enjoy the independence. It is comforting to know that I am cared for here at the nursing home."

Ms. Kayla, Client of Anglican Family Centre

Kayla and her two sons, residents of Anglican Family Centre (AFC), were victims of family violence and referred to AFC in May 2018. Despite the hardships and setbacks, Kayla remained steadfast in her wish



to create a brighter future for her kids. Through holistic intervention by AFC, Kayla and her sons participated in therapy sessions, talks and activities. This enhanced Kayla's self-reflection and awareness and taught her about her legal rights and custody issues.

With regular therapy sessions, the boys recovered significantly, attending childcare and school. They also participated in various AFC events. Kayla decided to give back to AFC by providing support for other victims, the same way AFC had helped her step out of her traumatic past with hope for a brighter future.

CREATING MEMORIES. **ENGAGING MINDS**

15 June 2019 was an eventful day for St. Andrew's Nursing Home (SANH) (Queenstown) residents.

Led by leaders and volunteers from the MINDS MYG, the volunteering wing of MINDS, 60 beneficiaries engaged SANH (Queenstown) residents in games, craft and songs. The highlight of the day was the painting of wall murals by MINDS MYG representatives which livened up the nursing home.

SANH (Queenstown) is indeed blessed to have the support of our community and looks forward to more of such opportunities where residents and community partners can spend meaningful time together!





Wee Jie Yin, Chairperson of MINDS MYG, presented a token to Mr. Chan h Tiong (left), Chief Executive Officer, SANH Cluster and Executive Director,

SANH (Queenstown).

The token is one of the products made by their beneficiaries from MINDScraft, a therapy programme to help clients develop self-confidence and fine motor skills. It represents the partnership between SANH (Queenstown) and MINDS

SERVING IN HIS

Unfailing Love

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

-1 Corinthians 13:4-8a



Anchored on God's promise of love, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) held our Charity Gala Dinner, themed "Love Never Fails", on 25 October 2019. In line with Singapore's bicentennial, the event was a night of thanksgiving and celebration as we looked back on milestones that bear testament to God's faithfulness upon Our Ministry of Love.

Guest-of-Honour, Mr. Heng Swee Keat, Deputy Prime Minister and Minister for Finance, commended SAMH-SACS for contributing to the community by providing healthcare and social services to the most vulnerable in society. Emphasising Singapore's bicentennial, DPM Heng highlighted the crucial role SAMH and SACS have played in meeting the needs of the nation through Singapore's nascent years till present.

From left to right: Mr. Andrew Goh, Vice President of SAMH; Ms. Denise Phua, Mayor of Central Singapore District; Bishop Rennis Ponniah, President, SAMH and SACS; Mr. Heng Swee Keat, Deputy Prime Minister and Minister for Finance, and Mrs. Heng; Dr. Arthur Chern, Group Chief Executive Officer, SAMH and SACS; and Mr. Keith Chua, Vice President, SACS.

social enterprise of Singapore Anglican Community Services





Bishop Rennis Ponniah presented a token of appreciation, hand-sewn by members of the Mother and Child Project, a social enterprise of SACS, to DPM Heng. Labelled 'Together We Build A Nation', the gift comprised a set of multi-racial dolls that was specially crafted in celebration of the Singapore Bicentennial.



DPM Heng also shared in our joy of being recently appointed by the Ministry of Health as the integrated operator of three eldercare facilities - a nursing home in Tampines North and two Active Ageing Hubs in Bedok North and Bedok South, enabling us to build a new continuum of care in the east.

In his welcome address, Bishop Rennis Ponniah, President of SAMH and SACS, shared about how our Ministry of Love has responded to the changing needs of the nation, putting our faith in God's guidance and strength to lead us throughout the years. SAMH and SACS will press on in our love for the community and our trust in God's promise, to continue being a light in society, relieving suffering and enriching lives with the love of Christ.

The evening concluded with the SAMH-SACS anthem, "Here I am, Lord". The lyrics of the chorus, "I will go Lord if You lead me; I will hold Your people in my heart", echoes the hearts of our founders as they responded to God's calling to serve in His unfailing love. This led to the birth of SAMH and SACS, which have served the needs of the community throughout the long history of this growing nation.





As we look forward to our upcoming chapters, we seek to embrace the challenges that lie ahead, knowing that the work we do is anchored in the Agape love of God – a Love that never Fails.

JOURNEYING WILH CAREGIVERS

On 31 August 2019, St. Andrew's Mission Hospital and Singapore Anglican Community Services (SAMH-SACS) conducted a seminar – "Caring for Persons with Dementia", the first of a series of community care talks. Care professionals and chaplains came together to share in-depth knowledge and resources in the area of dementia care to help caregivers with the challenges they face.

The morning started with Dr. Joshua Kua, Geriatric Psychiatrist, Raffles Medical Group and Visiting Consultant for Agency for Integrated Care (AIC), who expounded on the topic of clinical diagnosis and management of dementia. Caregivers attending the talk were well able to relate to his sharing of reallife examples from his years of professional experience. Meanwhile, Reverend Eric Yong, Chaplain, St. Andrew's Community Hospital (SACH) Pastoral Care Services, gave a pastoral perspective on the topic, tapping on his experiences of journeying with patients with dementia and their caregivers in SACH.

Mr. Dominic Tan, Senior Care Consultant, AIC, shared about subsidies and resources that help to alleviate the stress faced by caregivers of persons with dementia

In the same vein, Mr. Jared Goh, Head of Operations and Partnerships. Caregivers Alliance Ltd, shared on the importance of support and self-care for caregivers.

SAMH-SACS is grateful to be able to help caregivers in the community as they care for their loved ones with dementia. We are thankful for the many professional partners who have come alongside us as we continue being a light that shines for those in need.

A Chinese talk on the same topic was also held on 19 October 2019 (Saturday) at St. Andrew's Cathedral.









Caregivers Alliance Limited at 6388 2686 / 6388 8631

Alzheimer's Disease Association at 6377 0700



ASC (Hillview), a service of SACS, provides general and enhanced dementia day care,

ST. ANDREW'S MISSION HOSPITAL AND SINGAPORE ANGLICAN COMMUNITY SERVICES 10 Simei St 3, Singapore 529897

maintenance day care and community rehabilitation.

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- www.instagram.com/

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 (JOY Connect, Henderson, Queenstown, Tampines) • St. Andrew's Mission Hospital Clinic (Simei, Elliot Road)

SINGAPORE ANGLICAN COMMUNITY SERVICES

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 (Hillview, Jurong West, Tampines, Woodlands, Yishun) · St. Andrew's Nursing Home (Taman Jurong) · Anglican Family Centre • CITY Community Services

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