

# ANGAGE

ANGLICAN SERVICES ENGAGING THE COMMUNITY



# All by God's Grace and all for God's Glory



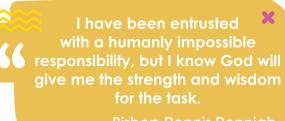
Welcome, Bishop Titus

Thank You, Bishop Rennis

On 30 August 2020, the Diocese of Singapore held a thanksgiving service for The Right Reverend Rennis Ponniah, Bishop of Singapore, giving thanks to God for blessing us with a God-fearing leader. At the thanksgiving service, Bishop Rennis Ponniah officially stepped down from his duties as Bishop of Singapore.

Installed as the ninth Bishop of the Anglican Diocese of Singapore on 20 October 2012, Bishop Rennis Ponniah served as Bishop of Singapore as well as President of St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) from 2012 to 2020.

Indeed, Bishop Rennis Ponniah has led SAMH and SACS in seeking the welfare of the community with God-led obedience and wisdom. A man after God's heart and a servant leader who abides in God's will, Bishop Rennis Ponniah often shared with his co-labourers, "SAMH and SACS are akin to two ships aligned to God's will. Our Godgiven vision and mission is in doing good works to care for others and to promote the well-being of the nation."



- Bishop Rennis Ponniah at the 2012 installation service



Bishop Rennis Ponniah with his wife at the Thanksgiving Service on 30 August 2020.

Under the stewardship of Bishop Rennis Ponniah, God empowered SAMH and SACS to be His channel of care and blessing to others in a world with evolving needs. In encouraging his co-labourers, Bishop Rennis Ponniah often brought to mind God's providence for His people, "Our courage to step into new areas of needs comes from our faith in God's power to supply what we need." In God's grace and power, Bishop Rennis Ponniah guided SAMH and SACS in growing our four pillars of services: Senior Services, Psychiatric Services, Autism Services, and Family and Children Services. The reach of our services expanded from eight centres in 2012 to 27 in 2020.



Bishop Rennis Ponniah at his installation service on 20 October 2012 with his wife, Mrs. Ponniah, whom he affectionately refers to as his spiritual ally who does everything in her power to help him fulfill God's calling.

Rennis Ponniah, The Provincial House of Titus Chung was officially installed as and SACS.

With the stepping down of Bishop Bishop of Singapore on 18 October 2020 and in accordance to the SAMH Bishops appointed The Right Reverend Ordinance and SACS constitution, St. Andrew's Cathedral Mandarin Dr. Titus Chung as the tenth Bishop Bishop Titus Chung also takes on the of Singapore. The Right Reverend Dr. leadership role of President of SAMH of the Holy Spirit and Chaplain to



Consecration and installation of Bishop Titus Chung on



appreciation of his faithful service in shepherding SAMH and SACS, an artwork "Two boats in unison - SAMH and SACS" was dedicated to Bishop Rennis Ponniah.

Handcrafted by the staff of St. Andrew's Senior Care (Henderson), it depicts two boats and their fishermen, who hauled in a miraculous and bountiful catch of fish after they acted in faith. The two boats represent SAMH and SACS, which are steered by their leaders; the miraculous catch of fish represents the good works of SAMH and SACS.



Ordained in 1997, Bishop Titus Chung was the Priest-in-charge of Congregation, Vicar of the Chapel St. Andrew's Secondary School. He continues to serve as an adjunct lecturer at Trinity Theological College.

"I am humbled and honoured and feeling the weight of responsibility that comes with the office. In an important way, it unfolds and confirms the leading of God in my life and ministry. As much as what awaits ahead may be challenging, I believe God is faithful to those He has called and we will receive mercy and find grace to help in time of need. I look forward to bringing the Love of God to the community together with SAMH and SACS team members."

- Bishop Titus Chung

# 18 October 2020 at St. Andrew's Cathedral. We look forward to Bishop Titus Chung's leadership!

# **Expanding Our Reach of Care:**

# ST. ANDREW'S NURSING HOME (ALJUNIED)





St. Andrew's Mission Hospital (SAMH) has been appointed by the Ministry of Health to manage a Build-Own-Lease nursing home in Aljunied.

Slated to begin operations in 2023\*, the nine-storey nursing home will provide long-term nursing and rehabilitation care to 342 residents, including persons with dementia.

# PROVIDING HOLISTIC CARE TO SENIORS IN THE EAST

Artist's impression by MKPL Architects Pte Ltd



MOH has also appointed SAMH to be the integrated operator of a nursing home and senior care centre in Tampines North, and a pair of active ageing hubs (AAHs) in Bedok (under the Integrated Operator (IOP) scheme).

The two AAHs at Bedok South and Bedok North aim to open their doors between 2021 to 2022\*. Providing general and dementia day care, community rehabilitation, home care, as well as active ageing services, the AAHs will be able to serve up to 100 and 60 day care clients respectively.

Meanwhile, the nursing home and its co-located senior care centre at Tampines North are scheduled to open in 2023\*.

care for 277 residents whilst its co-located senior care centre will serve up to 60 day care clients.

long-term residential, nursing and rehabilitation

By 2023, SAMH and SACS will be able to serve a total of more than 2,000 nursing home residents and 600 day care clients island-wide.

\*Timelines are subjected to further review due to the impact of COVID-19.

With God's leading and guidance, SAMH and SACS will continue to carry out our vision of being a light in society, relieving suffering and enriching lives with His love.

ANGAGE | DECEMBER 2020 3 2 ANGAGE | DECEMBER 2020

# Building a Community

# **FOR HAVELOCK VIEW SENIORS**

Aligned to help meet the growing needs of our ageing population, Singapore Anglican Community Services started operating its fifth senior activity centre, Anglican Senior Centre (ASC) (Havelock), in June 2020, amidst challenging times brought about by the COVID-19 Pandemic.



ASC (Havelock) serves as a communal space where seniors can keep physically and mentally active through an array of activ ageing programmes, such as morning exercises, art activities, and cognitive stimulation games.

Together with our volunteers and community partners such as St Matthew's Church, ASC (Havelock) sets forth to serve the Havelock View community with love.

# Mdm. Han

a client of ASC (Havelock) shared,

"I enjoy coming here to learn new things, exercise, and play games with other seniors!"



ASC (Havelock) also connects seniors to relevant care resources, and monitors the Alert and Alarm System (AAS) that assists elderly residents in the vicinity in the event of a fall or other emergencies at home.

For more information about ASC (Havelock), please call 6694 0967 or email asc\_havelock@sacs.org.sg

# Mdm. Lee

a client of ASC (Havelock) shared,

"I am glad that we have this senior centre in our neighbourhood now. I was very bored living alone at home. Now, I can come here to watch dramas and play bingo with my new friends!

# SAMH-SACS Nurses' Day Celebration

On 24 July 2020, staff and management of St. Andrew's Mission Hospital and Singapore Anglican Community Services (SAMH-SACS) commemorated Nurses' Day together for the first time through de-centralised celebrations.



The Right Reverend Rennis Ponniah, then Bishop of Singapore and President of SAMH-SACS, was the guest-of-honour. He was accompanied by then Bishop-Designate Reverend Canon Dr. Titus Chung.

In his opening message, Bishop Rennis Ponniah thanked our nurses for their hard work and perseverance as they continue to care for those we serve during the COVID-19 pandemic.



Sharing from Jeremiah 29:11, "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope," Bishop Rennis encouraged SAMH-SACS to be assured in God's goodness, not to lose heart, and continue seeking the welfare of our nation through these challenging times.

We give thanks to God for the opportunity to celebrate our nursing staff together as one SAMH-SACS family, despite the challenges of COVID-19. May we all continue living out our calling with compassion and good cheer, to bring hope to every patient and make a difference in their lives!

ANGAGE | DECEMBER 2020 5

Anglican Senior Centre (Hillview)



St. Andrew's Nursing Home (Buangkok)



St. Andrew's Senior Care (JOY Connect)



St. Andrew's Adult Home (Sengkang)



St. Andrew's Nursing Home (Henderson)



St. Andrew's Senior Care (Tampines)



St. Andrew's Community Hospital



St. Andrew's Nursing Home (Queenstown)



St. Andrew's Senior Care (Henderson)



Thank you, Rotary International District 3310 for your lovely gesture of appreciation, as well as Rotary Club of Queenstown Singapore for making this happen.



St. Andrew's Senior Care (Queenstown)

# Living Out God's Love:

# **NURSES' MERIT AWARD 2020**

We are overjoyed that Ms. Suzanna Ho, Nurse Manager, St. Andrew's Nursing Home (SANH) (Buangkok), as well as Ms. Arlene Dergam Aleta, Nurse Manager, St. Andrew's Community Hospital (SACH), were awarded the Nurses' Merit Award 2020.

Since 1976, the Nurses' Merit Award is presented by the Ministry of Health (MOH) to nurses who have displayed noteworthy and exceptional performance, participated in professional development, and contributed to raising the standard of the nursing profession. Reverend Canon Dr. Titus Chung, then Bishop-designate, presented the award recipients with a certificate and badge pin gifted by MOH during the SAMH-SACS Nurses' Day Virtual Celebration on 24 July 2020.

### Ms. Suzanna Ho, Nurse Manager, SANH (Buangkok)



"Nursing has transformed me into a more warm-hearted and compassionate person who loves and gives. I strongly encourage all who are contemplating to join the Nursing profession not to have any reservations. Join me on this enriching and fulfilling journey!"

Ms. Suzanna Ho

# What inspired you to become a nurse?

I made the decision to sign up for the Nanyang Polytechnic Nursing course on the last day of registration. That was also the day I made the decision to become a Christian. I believe that being a nurse is my calling. Even though I was academically challenged since young, with God's grace and strength, I completed my Diploma and later a Degree in Nursing.

### What are some lessons you have learned as a nurse?

As nurses, we meet people from all walks of life. It is important to stay professional, show empathy for patients and remain composed in challenging situations.

# What has been your most fulfilling experience as a

Patients and residents have taught me many valuable lessons. I recall caring for a young cancer patient whose wife and young child stayed by his side till his last moment. From this, I have learnt to treasure my loved ones, to appreciate and live life to the fullest, and be resilient to persevere on through challenging times.

# Ms. Arlene Dergam Aleta, Nurse Manager, SACH



"Nursing is my passion, and through it I am inspired to live out our Hospital's vision of being a light in society, relieving suffering and enriching lives with the love of Christ."

Ms. Arlene Dergam Aleta

### What inspired you to become a nurse?

My mother encouraged me to pursue nursing because she felt that nursing better suited my caring and patient personality compared to my initial interest in computer science.

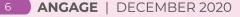
### What are some lessons you have learned as a nurse?

When I first started serving at SACH, I had an experience whereby I struggled to understand a patient's needs due to language differences. Through classes conducted by SACH, I learnt new languages such as Mandarin, Malay and Hokkien, which enabled me to communicate better with patients and build stronger rapport with them.

# What has been your most fulfilling experience as a nurse?

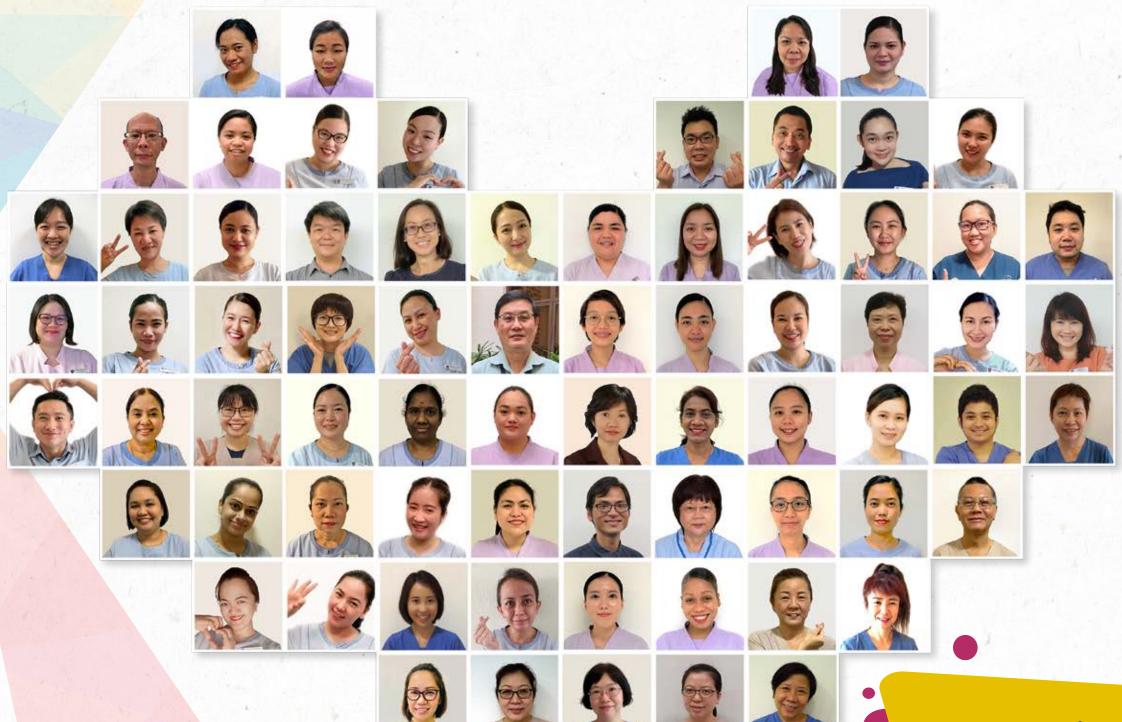
Being at the frontline in a COVID-19 ward was most fulfilling for me in my 15-year nursing career. This experience moulded me to be more decisive, led me to value teamwork even more, and to trust God for strength and wisdom.





# Quality Service from the Heart:

# **COMMUNITY CARE EXCELLENCE AWARDS 2020**



Introduced by the Agency of Integrated Care (AIC) in 2014, the Community Care Excellence Awards (CCEA) aims to recognise the contributions of individuals and project teams who have demonstrated exemplary service and commitment in delivering quality care to their clients in the Community Care sector.

# Individual Awards

55 healthcare professionals from St. Andrew's Community Hospital, five from St. Andrew's Nursing Home (SANH) (Henderson), one from SANH (Queenstown), and one from SANH (Taman Jurong) received the Silver Individual Award at the CCEA 2020 virtual award ceremony on 30 October 2020.

# Team Award

SANH (Buangkok) was also awarded the Team Merit Award for Clinical Quality Improvement. The award recognises outstanding projects that improve clinical care processes, patients' clinical outcome or safety.

A team of 10 nurses and a physiotherapist initiated the fall prevention project, 'Keeping Falls at Bay, The Care Bundle Way!'. Through the enhancement of staff competencies and awareness, the team successfully achieved 35% reduction in fall incidents and zero serious falls in a ward in 2019. This project was subsequently implemented across all the wards in SANH (Buangkok).

May we continue to serve our community with love and excellence.

Congratulations to all award recipients!

ANGAGE | DECEMBER 2020

# A MOTHER'S SELFLESS LOVE:

# **Singapore Patient Caregiver Award 2020**

Started in 2010, the Singapore Patient Caregiver Award honors the caregiver who has demonstrated strength, resilience and unwavering dedication in caring for another person who requires support in physical, mental, and/or social wellbeing, amidst health and/or social care challenges.

The selfless love and dedication of 92-year-old Mdm. Ang Swee Huay, resident of St. Andrew's Nursing Home (SANH) (Taman Jurong), in caring for her two children with mental health issues for the past 40 years bears testament of these attributes and clinched her the award.

Mdm. Ang's son, Mr. Cheong Poh Fatt, 57 years old, has schizophrenia and her daughter Ms. Cheong Mee Choo, 58, suffers from polio and depression. Both her children were afflicted with the illnesses since their teenage years. Mdm. Ang would wake up at dawn daily to make breakfast and lunch for them and remind them to take their medication before leaving for work. After work, she would rush home to prepare dinner and bathe Ms. Cheong, who is paralysed from the waist down. Despite being diagnosed with breast and colon cancer eight years ago, Mdm. Ang persevered on in her caregiving duties until late 2018 when she was diagnosed with early dementia and sought help to make long-term care arrangements for her family.



# living Together in the light

Desiring to break out of their darkest hours, Ms. Heng Lai Hiang and Ms. Chee Mai Huak received psychiatric residential rehabilitation at Anglican Care Centre (ACC) (Hougang). Through personalised programmes and support provided by the ACC (Hougang) care team, Ms. Heng and Ms. Chee developed independent living skills and were discharged from residential rehabilitation, with renewed confidence for community reintegration.



"Life was tough after my divorce, and I was re-admitted to ACC (Hougang) after a relapse of schizophrenia. Determined to overcome my life obstacles, I went for counselling sessions, took my medications promptly and participated in self-care activities.

As I aimed to attain financial stability, I took part in vocation training programmes organised by Employment Specialists of Integrated Employment Services, Singapore Anglican Community Services (SACS). With their guidance, I managed to sustain employment as a cleaner in a residential estate.

Gradually, my condition improved and I was discharged from ACC (Hougang)! I am thankful for the care team who were my strong pillars of support. Today, I share a flat with Mai Huak, my close friend from ACC (Hougang), and receive home visitation support from ACC (Pasir Ris) Community Intervention Team.'

### - Ms. Heng Lai Hiang,

discharged client of ACC (Hougang) Residential Rehabilitation Services



"During residential rehabilitation at ACC (Hougang), I took part in counselling and various personalised programmes to develop

I am staying with Lai Hiang and we support each other on our life journey. As part of my current day rehabilitation sessions at ACC (Hougang), I participate in programmes such as art therapy and financial management. I also receive guidance from a Peer Bridger in practical areas, such as commuting between places and financial

improvement. I enjoy sewing in my free time and my products are put up for sale at the Institute of Mental Health roadshows!"





With support from each other and continuous care provided by the residential rehabilitation and post-discharge care teams, Ms. Heng and Ms. Chee have found new hope in life. They continue to gain greater independence and strength, journeying on together in the light.

# Overcoming the Odds in Transiting DAY ACTIVITY CENTRE CLIENTS POST CIRCUIT BREAKER

As life returned to the streets of Singapore at the start of Phase 1 post Circuit Breaker, the St. Andrew's Autism Centre (SAAC) Day Activity Centres (DAC) of both Siglap and Sengkang began to bustle with activity again. DAC clients returned back to what seemed to be the usual routine, but with the new "normal" of donning masks throughout the time they are at the centres.



As it is with autism, some of the As Singapore moved on to Phase 2, adults already struggle with anxiety. With the new routines, that anxiety started busying themselves in heightened and the task at hand planning for community integration was steadily restored with the then was transiting clients back to the for the clients. After assessing the programme onsite after Home-Based Support during the Circuit Breaker, located near St. Andrew's Adult Home DAC (Siglap) and DAC (Sengkang) at and the two-month disruption to (Sengkang) [SAAH], where the DAC is classes. Besides using social stories on wearing masks and getting caregivers to help familiarise the clients with the an initial trial of having no more than DACs for adapting quickly to changes daily schedules again, DAC coaches five DAC clients and coaches from worked closely with each client and two selected classes practise going their parents for a smooth transition.

the coaches at DAC (Sengkang) crowds at the convenience stores located, and nearby parks within two kilometres radius, the coaches started out to regain their learning practices our adults with autism through the in purchasing. More classes embarked on community outings after the first successful trial.

Despite parents' earlier apprehension in having their child return to the programme at the DACs, confidence assurance of safety measures implemented, and attendance at both close to full capacity.

We salute the hard work of all at the brought about by our nation's response to the pandemic, transiting various phases of changes throughout the past months in the year, and overcoming the odds with our clients despite facing challenges.



When you think of staff retreat, do you picture a time of relaxation with good food, hanging out with your colleagues as you would with friends? Most would not expect it to involve stepping away from your work to, instead, work for someone else, especially without getting paid.



of St. Andrew's Autism School (SAAS) did during their staff retreat in 2018.

committee launched Project Love. social service agencies. Feedback was to make Project Love a key part of Henderson and Taman Jurong. the staff retreat every two years.

However, that's exactly what the staff With COVID-19 thwarting plans to volunteer as a group this year, they decided to send care packs and cards to frontline staff at the four That year, the school's staff welfare St. Andrew's Nursing Homes (SANHs).

aimed at giving school staff the On 15 July 2020, with the support of opportunity to come together sponsors like Tiger Balm and 100 Plus, as a team to give love and joy and staff who gave generously, 500 by helping others. All staff spent care packs with personal messages time volunteering at designated of encouragement and thanks were delivered to healthcare workers at the positive, so the committee decided SANHs in Buangkok, Queenstown,







# Perspective - So What's the Big Deal?

During the Circuit Breaker, SAAS teachers had to prepare materials for Home-Based Learning (HBL), while spending many hours online supporting students and their parents. Then, when MOE brought the mid-year break forward, they faced an extra-long third term, teaching students on the autism spectrum. In the midst of that, they proceeded with Project Love.

But that was not all. The school camp in July was themed "Healthcare Heroes". Teachers planned activities to help students learn more about COVID-19, and experience playing the role of nurses and doctors in a pandemic. The students then hand-painted 333 canvas pouches to appreciate healthcare workers at St. Andrew's Community Hospital and care staff at St. Andrew's Adult Home (Sengkang) [SAAH].

# Thank you, Guardian Angels!



team of nursing and care staff at St. Andrew's Adult Home (Sengkang) [SAAH] faithfully tends to a group of adults on the more severe end of the autism spectrum, cognisant that their loved ones have entrusted them in their care. That's the work of angels in our midst.

Marty\*, unable to verbalise his angst, had for several nights, awoken and apartment, much to their distress. Xen\*, despite his strong build, had was oftentimes unaware and unable psychologist and therapist. to control the strength he exerts on along, with many tiffs in between that required managing. All these and more are but examples of daily

and care staff, who work tirelessly in 24/7 shifts to ensure that residents gentle eyes and latent strength. He are well tended to, guided by SAAH's about reaffirming staff's dedication.

furniture around him. Then there is With intervention and perseverance, Sarah and Nora\* who live in the same Marty now sleeps through the night on with Nurses' Day was personable apartment, but who do not quite get most nights. Xen is still working on his strength moderation. For Sarah and Nora, some days are more challenging

- Provide tender, loving care round the clock
- ☑ Bispense first aid, and nursing attention where needed
- Manage emotional behaviours
- Assist in AIH (activities of daily living) and CLS (community living skills)
- That and tend to residents as their BFF (best friends forever)
- ☑ Encourage and motivate residents



called Singapore home for the past year. Care Staff Day this year was all

With COVID-19 safety measures in place, this special day in conjunction and memorable, filled with favourite comfort food treats of fried chicken and practical vouchers for groceries, as well as the surprise gift of flowers.



# Celebrating the Singapore Spirit: LIGHTING UP THE SIMEI CAMPUS





n celebration of National Day and in appreciation of healthcare workers in the battle against the Coronavirus Disease 2019 (COVID-19) Pandemic, the Simei Campus comprising St. Andrew's Community Hospital, Anglican Care Centre (Simei) and The Integrated Building, a joint project of Changi General Hospital and SACH, was beautifully lighted up with ncouragement messages. This was a special gesture courtesy of MJD. Pro, an integrated events and production company, from 3 to 10 August 2020.



Pro (first from right), and his team worked hard to make this special night light project a success.

Mr. Ching shared, "In such challenging times during the COVID-19 pandemic, our team deliberated on how we can bring cheer to our nation. We decided to put our skill sets to good use by acknowledging the sacrifices of all healthcare workers and encouraging them through our night light projections. We want to remind everyone that by staying strong and united, we will be able to see the light at the end of the tunnel!"



National Day 2020 saw Singapore paying tribute to healthcare workers as the nation battled against COVID-19. Our acute care partner, Changi General Hospital (CGH), invited Team SACH to participate in the National Day Parade 2020 "Roar of Unity" segment with them. Six F-15SG Eagles from the Republic of Singapore Air Force executed the "Roar of Unity" flypast in honour and recognition of all frontline fighters and essential workers in Singapore.





CGH and SACH reaffirmed our commitment to serve the needs of our community during the pandemic and beyond.



is thankful for the opportunity to celebrate Singapore's 55th birthday in a special way. May our love for the community always motivate us to deliver the best care for our patients!

# **NATIONAL DAY 2020**

As part of the National Day 2020 'Our Heart for Singapore' campaign which aims to connect Singaporeans and tell the story of the COVID-19 chapter in our nation's history, YMCA Student Care Centre @ Simei expressed their gratitude to the frontliners of SACH with a hand-crafted banner and a bouquet of flowers that was especially chosen by the students.



Four students and Ms. Selvi, Assistant Supervisor of YMCA Student Care Centre Supervisor of YMCA Student Care Centre @ Simei presented their heartfelt gifts to Ms. Alison Sim, Director of Nursing, SACH.

# STAYING CONNECTED AMIDST THE PANDEMIC



In a bid to protect the safety of residents, visitors, volunteers and staff of St. Andrew's Nursing Home (SANH) (Queenstown), visitations and physical volunteer activities came to a temporary halt in compliance with the Ministry of Health (MOH)'s advisory amidst the COVID-19 pandemic.

As SANH (Queenstown) continued to stay closely connected with the nursing home residents and their loved ones, the

team was blessed with continual support from community partners.



Led by Mr. Johnny Wee and his wife, Dorothy, Bukit Batok (BB122) Cell Group from Church of Our Savior crafted colourful mementos to appreciate the staff of SANH (Queenstown) and St. Andrew's Senior Care (Queenstown) for their hard work.

When visiting restrictions were eased by the MOH on 19 June 2020, our residents were glad to be reunited with their loved ones.



As a gesture of appreciation for the patience and understanding of our residents' loved ones throughout the COVID-19 period, SANH (Queenstown) warmly welcomed them with chocolate cookies when they returned to visit their loved ones.



Staff of SANH (Queenstown) were delighted to receive fruit hampers and handwritten cards from New Town Primary School.



To engage our residents remotely, students from St. Margaret's Secondary School lined up arts and craft session, handmade games and sing-along videos for them.



Queenstown Secondary School lifted the spirits of our residents with their gift of care packs as well as lovely notes of encouragement.



Zhangde Primary School blessed SANH (Queenstown) with donation of food items as part of their 'Bags of Love' project, which aimed to spread the spirit of giving in the community.





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likeSACH

standrewscommunityhospital

### 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)  $\cdot$  St. Andrew's Senior Care (Henderson, JOY Connect, Queenstown, Tampines) • St. Andrew's Mission Hospital Clinic (Simei, Elliot Road)

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

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