



# ANGAGE

ANGELICAN SERVICES ENGAGING THE COMMUNITY

## God Makes All Things Possible

**12 July 2021 marked the day St. John's – St. Margaret's Nursing Home (SJSN NH) received its first resident. It was truly a momentous occasion as it took eight years for SJSN NH to become a reality as part of the SJSN Project Spring-Winter's (PSW) conception in 2013.**

Initial plan to commence SJSN NH operations in 2020 was delayed when the global Coronavirus Disease 2019 (COVID-19) pandemic hit. Construction work was halted due to suspension of workers onsite and delayed overseas shipment of construction materials to Singapore.

The PSW and NH Operations team placed their trust in God throughout the journey over the last 2 years.

Ms. Winnie Chan, Executive Director of SJSN NH shared, "Setting up the nursing home amidst the COVID-19 pandemic has been most challenging. We were hard-pressed on every side but God enabled us to trust Him and not lean on our own understanding. With His strength, we endured the trials and navigated through the challenges with His wisdom."

By the end of July, SJSN NH is caring for 40 residents and aims to serve 266 residents when it reaches full capacity. Since 12 July 2021, Mdm. Alice, 83 years old, diagnosed with dementia, has been staying at SJSN NH. Mdm. Alice is wheelchair bound and requires assistance with her activities of daily living.

*"We waited 8 months before my mother was admitted to SJSN NH. The SJSN NH care team is professional, helpful and friendly. I am assured that my mother is in the good hands of the care team who also engages her in meaningful activities in a homely environment," said Ms. Kathleen, daughter of Mdm. Alice.*

To learn more about the story of PSW, you may visit [sjsnvillage.org.sg](http://sjsnvillage.org.sg) and take part in a virtual tour of the nursing home!

### ABOUT SJSN NH

SJSN NH is a community initiative of SJSN Church, operated in partnership with SAMH. It is located within SJSN Village, an intergenerational, multi-service complex, which includes a preschool and church facilities. A co-located Senior Care Centre is slated to open in January 2022.



SJSN NH team receiving our residents on 12 July 2021.



[bit.ly/signup-e-updates](http://bit.ly/signup-e-updates)

### E-UPDATES SIGN UP

Let's care for our environment together.

Go green by scanning the QR code and sign up for electronic updates on St. Andrew's Mission Hospital and Singapore Anglican Community Services!



# Nurturing Students for Life: Loving and Treasuring Each Child

St. Andrew's Mission School (SAMS) is Singapore's newest special needs school established by St. Andrew's Mission Hospital (SAMH) for children on the autism spectrum disorder who are able to access the national curriculum. Opening in January 2022, SAMS will receive its first cohort of Primary One students.

Led by respected school leader and educator, SAMS Principal Mrs. Wong Bin Eng whose last posting was Principal of St. Andrew's Junior School, SAMS is guided by its vision to be a light in society, enriching lives with love, hope and joy.

With character development as the bedrock for education, SAMS strives to maximise its students' potential and develop their character to be active members of our society - committed to serve and lead, while nurturing them to be trustworthy role models, responsible thinkers and active contributors.

The SAMS *Holistic Curriculum for Life* framework is delivered via a mainstream school environment. The framework is based on an inclusive pedagogical approach to educate children with autism not only in key life and social-emotional skills, but also in the key components of the national curriculum so that every student is enabled to reach his or her God-given potential. At the same time, autism-friendly strategies are consciously integrated to meet students' learning needs and abilities.

At the heart of the SAMS *Holistic Curriculum for Life* framework are five enablers, which are founded on a set of fundamental core beliefs that *every student can learn and achieve his or her personal excellence, every teacher is a caring and skilful teacher to bring out the best in every student and every parent is supportive and collaborative.*

### The Five Enablers:

- ♥ Caring and Skilful Teachers
- ♥ Skills and Pedagogical Approaches
- ♥ Safe and Positive Learning Culture
- ♥ Holistic Assessment and Feedback
- ♥ Synergised Partnership

SAMS believes that it takes a whole village to raise a child. Moving forward, SAMS will forge strong partnership with our parents and strategic partners as it journeys on to bring out the best in its students. Together with its students, parents, staff and community, SAMS looks forward to creating synergy to propel everyone forward to serve and soar to greater heights.

For more information on SAMS, please log on to [www.sams.org.sg](http://www.sams.org.sg).



In 2020, St. Andrew's Mission Hospital was appointed by the Ministry of Education as the operator of the new national curriculum autism school. From January 2022, the autism school will be temporarily sited at Bukit Batok (the former Yusof Ishak Secondary School) and will move to its permanent site in Clementi from 2027.

# Caring for our Ageing Population

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

The construction of St. Andrew's Nursing Home (SANH) (Tampines North) has progressed steadily with the Temporary Occupation Permit (TOP) expected to be issued in the last quarter of 2022.

Being a long-term residential, nursing and rehabilitation care facility, SANH (Tampines North) can house up to 277 residents. St. Andrew's Senior Care (Tampines North), to be co-located within the nursing home, will serve our day care clients.



The current ground work progress of St. Andrew's Nursing Home (Tampines North)



Artist impression by MKPL Architects Pte Ltd

# St. Andrew's Migrant Worker Medical Centre



SAMWMC at Penjuru Recreation Centre

The Coronavirus Disease (COVID-19) pandemic saw an outpouring of support and generosity from Singaporeans for different vulnerable communities. It also brought about new ways of delivering essential and accessible healthcare for all, including our migrant worker communities who have worked alongside Singaporeans, contributing to our country's development and growth.

For St. Andrew's Mission Hospital (SAMH), the provision of migrant worker healthcare had been ongoing work. From 2012 till just before the start of the COVID-19 pandemic, St. Andrews Community Hospital (SACH), a service of SAMH, together with St. Andrew's Cathedral Medical Fellowship and other volunteers, were operating a regular free mobile clinic service for migrant worker dormitories.

When philanthropists first mooted the idea for a permanent medical centre dedicated to serving migrant workers and invited SAMH to collaborate, SAMH readily responded to this meaningful call.

On 21 August 2021, St. Andrew's Migrant Worker Medical Centre (SAMWMC) started operations with a small medical team at a temporary site at Penjuru Recreation Centre in western Singapore. This pilot endeavour will eventually transform into a permanent centre sited at a purposed-designed facility. It will be part of the Ministry of Manpower's future network of medical centres for migrant workers, providing accessible primary care and also meant to detect and mitigate infectious disease outbreaks.

The support of SAMWMC goes beyond the formal partners. When some dormitories recently had COVID-19 outbreaks, SAMWMC was in the thick of the operations but were blessed to receive care packs of food and drink donated by SAMH's sister organisation, Singapore Anglican Community Services (SACS) for migrant workers. These gift packs were appreciated by the migrant worker patients at SAMWMC. Practical support for SAMWMC also came in the form of care packs for the healthcare staff prepared by members of Yio Chu Kang Chapel.

May this meaningful development make a real impact in the lives of our friends who come from foreign lands to our shores. *Deuteronomy 10:19: "And you are to love those who are foreigners, for you yourselves were foreigners in Egypt."*



SACS care packages for our migrant workers

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

St. Andrew's Senior Care (SASC) (Bedok North) and SASC (Bedok South) aim to start providing maintenance and dementia day care, community rehabilitation, home care as well as active ageing services in the last quarter of 2022.



Artist impression courtesy of Housing Development Board (HDB)

SASC (Bedok North), will be located on Level 1 while the Active Ageing Hub (AAH) (Bedok North), to be located at Level 4, will serve up to 60 clients.



Artist impression courtesy of Housing Development Board (HDB)

SASC (Bedok South), to be located on the same level as the Active Ageing Hub (AAH) (Bedok North) on Level 2, will serve up to 100 clients.



# #SAMHSACSUNITED #BeTheLight

Amidst the Coronavirus Disease (2019) (COVID-19) pandemic, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) have worked as one to overcome many unprecedented challenges to ensure the continued delivery of essential services.

It was like any other day at St. Andrew's Nursing Home (SANH) (Taman Jurong) when a team member received a call from a staff of the Agency for Integrated Care saying, "One of your residents has tested positive for COVID-19". With that, the days merged into nights, the nights drifted into dawn as the team worked around the clock to snuff out the virus which had somehow gained hold in nursing homes across Singapore.

The team spirit was particularly evident when SANH (Taman Jurong), a service of SACS, strove on with the support of SAMH team members to provide care for its residents.

## A STRONG ALLIANCE OF PARTNERS INSIDE-OUT

The St. Andrew's Nursing Home Cluster as well as St. Andrew's Community Hospital (SACH) together with members from the Ministry of Health (MOH) and the Agency of Integrated Care (AIC), immediately stepped forward to support SANH (Taman Jurong).

The team's sense of purpose was strengthened by the understanding and unwavering support of patients and family members. With full support from the Board and Management Committee, the pandemic team was led by Ms. Priscilla Tan, Assistant Director of Nursing and Ms. Haijah Binte Jantan, Senior Nurse Manager of SANH (Taman Jurong). The pandemic team also received advice and support from MOH, AIC, Mr. Chan Wah Tiong, Chief Executive Officer, SANH Cluster; Mr. Philip Wong, Executive Director, SANH (Taman Jurong) as well as SACH Clinical Team.

The team took immediate measures to manage and contain the COVID-19 situation. These measures include stepping up residents and staff surveillance, infection control measures and contact tracing. The team also benefited from an AIC communication platform set which provided the latest updates on Polymerase Chain Reaction test regime, Contact Tracing, Personal Protection Equipment (PPE) logistics and clinical information on containing the spread of the COVID-19.

With staff members of SANH (Taman Jurong) placed on Quarantine Order, nursing team members from SANH (Buangkok, Queenstown) and St. John's - St. Margaret's Nursing Home started serving at SANH (Taman Jurong), providing a continuity of care for the residents. Care team members also went the extra mile to ensure that residents are well taken care of and engaged their family members with regular updates on their loved ones.

## LOVING AND SUPPORTING EACH OTHER AS A TEAM

To allay the concerns of residents and staff, the allied health team comprising psychologists, counsellors, social workers, pastors, physiotherapists and occupational therapists rallied together to provide online psycho-emotional support for them.

This humbling experience has reminded SAMH and SACS that Unity is Strength!

## Embarking on a Recovery-Oriented Journey

Singapore Anglican Community Services (SACS) believes in providing holistic care to help persons with mental health conditions by cultivating a Recovery Oriented Culture (ROC). In addition to the medical aspects, ROC is people centric and focuses on helping individuals to build and develop his / her personal identity and self-confidence, as well as empowering them to lead a fulfilling and purposeful life.

In May 2021, Anglican Care Centre (Hougang) started a ROC campaign. Every month, the centre will introduce a core value to the members through their virtual monthly community meeting, and share with them how the value helps them in their recovery journey. At the end of the month, staff and members will vote for the member who best exhibited the core value of the month. The elected member will receive shopping voucher as an encouragement.

### MONTHLY CORE VALUE WINNERS

#### MAY 2021 – RESPECT

"Respect means being polite, courteous and friendly to everyone. I am thankful to God and all my friends in the centre who voted for me. I feel honored, blessed and happy. This is a good campaign which enabled us to learn from one another."  
- Victoria



#### JULY 2021 – POSITIVE ATTITUDE

"I am happy to be voted as someone who has a positive attitude. Through observing my parents who remain calm and optimistic during challenging times, I have learnt that maintaining a positive attitude helps me to enjoy both my personal and work life."  
- Isnin



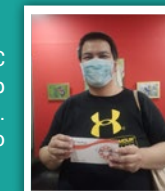
#### JUNE 2021 – HONESTY

"As the saying goes - Honesty is the best policy. To me, honesty is an important quality. I am pleasantly surprised that my friends at the centre perceive me as being the champion of this trait."  
- Li Li



#### AUGUST 2021 – DETERMINATION

"I am delighted to be voted as the August ROC campaign winner. In the past, I tend to give up easily whenever I was faced with challenges. Now, I have learnt to stay determined in order to achieve my goals."  
- Yee Tang



## National Day Awards 2021

## Public Service Medal PBM (Pingat Bakti Masyarakat)

We wish to congratulate Ms. Wong Kok Yee on receiving the Public Service Medal PBM (Pingat Bakti Masyarakat) under the National Day Awards 2021.

Ms. Wong was first enlisted in 1987 to help with Singapore Anglican Community Services (SACS) financial management and fundraising. As a chartered accountant and businesswoman, Ms. Wong had not only helped in looking after the financial stewardship of SACS, but also used her business management skills and network to organise charity events to raise awareness and funds for SACS.

In her 32 years in SACS Board, Ms. Wong had tirelessly served as Board Member, Office Bearers and in varying appointments in committees. As the Chairperson of the Fundraising Committee, Ms. Wong had organised an array of fundraising events for SACS. Besides the annual Charity Dinner, Ms. Wong had also helped to raise the much needed funds through Flag Days, concerts, and golf tournaments.

Ms. Wong is especially passionate about the work at the SACS Anglican Family Centre (AFC), a family crisis shelter for women and children facing family violence. She has been an advocate for greater support for this group of beneficiaries by working with the management and staff in developing a care model for the women and children recovering from family trauma. AFC has grown from a 25-person facility in 1991 to the current 100-person facility, and is one of the biggest family crisis shelters in Singapore.



Ms. Wong Kok Yee  
Member,  
Singapore Anglican  
Community Services



## Going The Extra Mile

The Nurses' Merit Award, started in 1976, is presented to nurses who have displayed noteworthy and exceptional performance, participated in professional development, and contributed to raising the nursing profession.

We are pleased to share that Mr. Peter Low, Assistant Nurse Manager, St. Andrew's Nursing Home (SANH) (Henderson) and Ms. Heng Chai Gek, Advanced Practice Nurse, St. Andrew's Community Hospital (SACH), were awarded the Nurses' Merit Award 2021.

### What inspired you to become a nurse?

My motivation to become a nurse started in primary school. I vividly remember reading a passage titled "Florence Nightingale" and was attracted to a drawing of Florence Nightingale holding a small lamp checking on a score of wounded soldiers. Looking back, nursing has been intriguing, dynamic and inspiring for me.

### What challenges have you encountered as a nurse and how did you overcome it?

As nurses, we are at the forefront of developments ranging from the increasing awareness/expectations from patients and their families, and staying on the pulse of the evolving healthcare knowledge, skills and technology - all while sustaining our passion to serve in the nursing profession.

The constant strong support from my colleagues and family, and emulating good role models at my workplace have helped me immensely in overcoming the challenges. I also find it particularly useful to periodically apportion time for rest and to engage in old and new hobbies.

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

Being a nurse has enabled me to view my patients beyond their medical issues. In addition to using my nursing knowledge and skills to care for our patients, I have the privilege to listen to my patient's life stories and be part of their journey during their last lap of life.

My most fulfilling experience as a palliative care nurse is when the care team bands together to help patients and their loved ones fulfil their last wishes.

### What inspired you to become a nurse?

There was a period whereby my brother was repeatedly hospitalised due to his brain tumour. I witnessed how the caring nurses attended to his needs as he laid on the hospital bed. I was deeply touched and hoped that one day I could provide care and comfort for those who are unable to care for themselves.

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

Your patients will be able to feel your genuine care for them when you put your heart into your work. Honest communication and practising what you advocate helps to build trust and rapport with both residents and colleagues.

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

In my 10 years, one of the more unforgettable experiences was a nursing home resident who used impolite remarks to catch my attention. I remained calm and attended to him with sincerity and great patience. After a year, he changed his attitude towards me and became more receptive towards my care for him. This experience encouraged me to be resilient when handling residents with challenging behaviour with the hope that they would feel my genuine care for them.



Ms. Heng Chai Gek,  
Advanced Practice Nurse,  
St. Andrew's Community  
Hospital (SACH)



Mr. Peter Low,  
Assistant Nurse Manager,  
St. Andrew's Nursing Home  
(SANH) (Henderson)

*"Happy staff equals happy patients" was a quote shared by Adjunct Professor Lee Chien Earn, Deputy Group Chief Executive Officer, SingHealth, when he delivered the plenary lecture during the Agency for Integrated Care Quality and Productivity Festival 2018. I truly agree with what he said because I also believe that when staff are happy at work, they will give of their best to the residents."*

## Engender Intergenerational Bonding with Bee-Bots

They may be from different generations and located at different physical spaces, but the seniors at St. Andrew's Senior Care (Henderson) bonded well with the preschoolers of PCF Sparkletots @ Telok Blangah Blk 44 (CC) as they experimented with new technology, a gadget named "Bee-Bot". Designed to look like bees, these programmable educational robots were introduced to the seniors by the preschoolers over three online sessions in June 2021. The preschoolers cheerfully and patiently demonstrated to the seniors how the programming of the Bee-Bots is done with simple and clear instructions. The preschoolers' enthusiasm got the seniors fascinated with Bee-Bot.



Seniors at SASC (Henderson) and preschoolers from  
PCF Sparkletots @ Telok Blangah Blk 44 (CC) engaged  
each other with Bee-Bots virtually.



Seniors getting their hand at programming the Bee-Bots.

Once they grasped the basics, the seniors had a lot of fun experimenting with different choreographies and formations. Many of these experiments hilariously ended up with the Bee-Bots flying off the placemats. After the seniors became familiar with operating the Bee-Bots, they were tasked with programming the Bee-Bots to move to targeted destinations. This involved visualizing the path of the Bee-Bots and deciding the number of steps they need to take before programming the Bee-Bots accordingly to reach their goals. Although a daunting challenge for the seniors at the beginning, they gradually gained confidence to handle the Bee-Bots independently after much practice.

The students and seniors were given the ultimate task of creating a dance performance together with the Bee-Bots. In preparation for this, the seniors used materials such as coloured paper, batik designs and angbaos to decorate their Bee-Bots according to a central theme of racial harmony. Thanks to their meticulous craftwork, their creative and colourful designs were truly a sight to behold!



Bee-bots dressed  
in their multi-racial  
"outfits".



Decorating the Bee-Bots for the dance  
performance.

Together with staff of SASC (Henderson) and teachers of PCF Sparkletots @ Telok Blangah Blk 44 (CC), the students and seniors programmed the Bee-Bots to dance to the common tune of "Singapura" with a display of uniquely paired and grouped Bee-Bot formations throughout the song in their own spaces. They also joined in the dance with movements they choreographed!

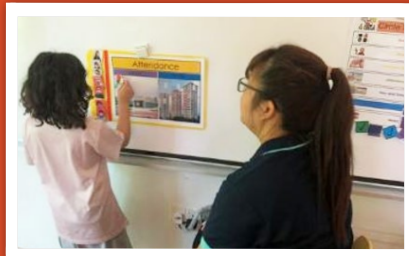
This cognitive stimulating experience with the Bee-Bots created many moments of joy and excitement for the seniors and the students, and most importantly contributed to sustaining their intergenerational friendship.

Activities were conducted within Safe Management Guidelines.



# Our Stories, Our Journey

Celebrating 16 years of commitment to the autism community this year, we take a closer look at how St. Andrew's Autism Centre (SAAC) has impacted the lives of those we serve.



## MEET ASHURA

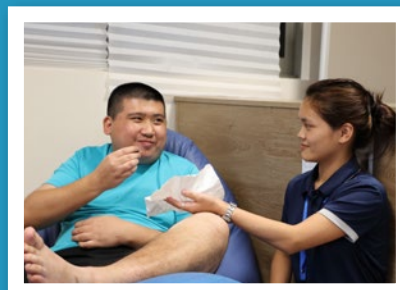
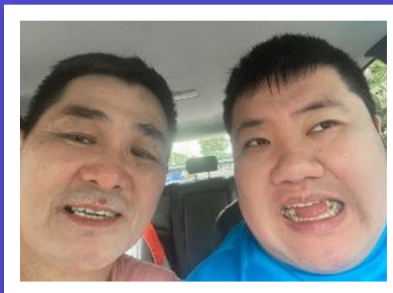
In 2017, Ashura, 6 years old, was enrolled in St. Andrew's Autism School (SAAS) part-time. She was non-verbal, not toilet-trained, and struggled to communicate her needs and learn in a group setting. With the help of a team of teachers, psychologists and occupational therapists, Ashura learnt to communicate her needs, be understood through speech and now has fewer meltdowns. Four years on, she is fully integrated into SAAS, and participates in class activities.

## MEET SHAWN

Shawn is a 34-year-old adult on the autism spectrum who has been attending SAAC Day Activity Centre (DAC) for the past ten years.

His adoptive parents, Stephen and his wife were elated when they adopted him at birth. At the age of four, Shawn was diagnosed with autism. Stephen and the family of five which includes two younger sisters of biological birth, embraced Shawn and his autism with love. The devoted father shared, "I'm just an ordinary dad. Even though I run out of patience with Shawn many times, I still love his innocence and honesty which calms me down.

In the past, Shawn had the tendency to bite and pinch himself when he was agitated. At the DAC, Shawn learnt calming techniques. Now, when Shawn gets upset or distressed, he is able to self-regulate and would request to go to a quiet place or take a walk to calm down.



## MEET XUAN

For the past two decades, Mr. and Mrs. Yeo have been the main caregivers for Xuan, who is prone to epilepsy at night. Over the years, this took a toll on the couple's health over the years as they age. Even though they were reluctant to explore other care options for their son, the couple decided to place Xuan at St. Andrew's Adult Home (SAAH) (Sengkang). To help Xuan cope with the new care option, they requested for a slow transition into the home for him.

After six months, the family was convinced that Xuan is in safe hands as they witnessed how he has benefitted from the good care provided by SAAH (Sengkang) care team.



**EMBRACING AUTISM,  
TRANSFORMING LIVES –  
THIS IS THE SAAC IMPACT.**

# Partners in Palliative Care: Project Happy Apples and St. Andrew's Community Hospital. Article contributed by Project Happy Apples Volunteers

Amidst this challenging time of the Coronavirus Disease 2019 (COVID-19) pandemic, St. Andrew's Community Hospital (SACH) and Project Happy Apples (PHA) bonded together, journeying with SACH palliative care patients and their loved ones.

Started in 2012 by students from Yong Loo Lin School of Medicine, National University of Singapore, PHA aims to empower future doctors and prepare society for end-of-life care, by impacting medical students, the general public, and patients receiving palliative care through their initiatives.

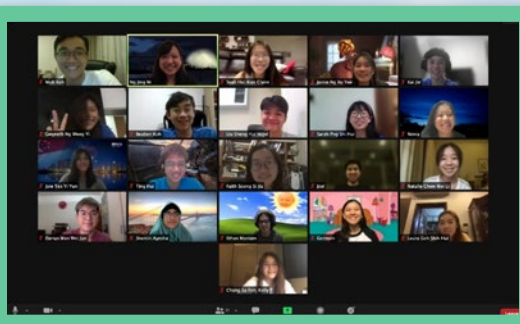
Traditionally, PHA has 2 main initiatives: an annual public exhibition and a befriending programme for patients receiving palliative care. However, due to COVID-19, PHA was unable to conduct home visits and inpatient ward visits. Instead, PHA partnered SACH to conduct virtual befriending sessions. Although this was not as ideal as befriending in-person, PHA hoped to bring joy and comfort to patients amidst the pandemic.

Volunteers interacted with each patient over two Saturday morning for an hour each. Each session comprised an activity component and a befriending component. During the activity component, PHA volunteers engaged patients through activities such as finger painting or origami, or put on elaborate performances virtually. As the patients got to know our volunteers better, they started to open up and shared more about their lives during the befriending component. The comfort that they found in our volunteers' company was evident from the bright smiles and laughter that peppered many conversations. In the second week of virtual befriending, our volunteers came up with creative ideas to fulfil the patients' wishes. Some groups conducted activities that held significance for patients, while other groups introduced the patients to various items that they had sent, such as colouring materials, flowering kits, and even personalised message boards to keep them occupied during their inpatient stay!

Through conversations with patients, PHA volunteers witnessed first-hand how the pandemic had impacted them – the restricted visitation situation meant that patients could not interact regularly with their family members and volunteers. PHA is very thankful that the virtual befriending sessions helped to alleviate their loneliness and boredom. After the sessions, many of the patients conveyed their joy in meeting the volunteers, albeit through a computer screen, with some even asking us when the next session would be! We hope that through the virtual befriending sessions, volunteers are now able to better empathise with palliative patients, having learnt more about palliative care and how they should approach end-of-life issues with patients and their loved ones.

We would like to take this opportunity to thank SACH staff, especially Mr. Justin Tan, Ms. Peh Lay Koon, and the Information Technology team, without whom these efforts would not have been possible. They were instrumental to the success of our virtual befriending sessions and selflessly took out time from their Saturday mornings to facilitate these sessions. Their dedication in caring for the patients served as a huge inspiration for all of us, and we are immensely grateful for their support.

Mr. Justin Tan, Associate Chaplain, Pastoral Care Services, who serves in the Violet Ward shared, "PHA made more special moments possible for our palliative care patients in the Violet Ward. They played crucial supportive roles which allowed us to extend the reach and enhance the quality of the care we provide for our patients in this season of the COVID-19 pandemic. They listened attentively to patients who shared their life experiences with them. This gives patients the opportunities to reflect on the meaningful moments that made their life purposeful. With their remarkable compassion and caring nature, the PHA volunteers brought tremendous joy and comfort to our patients. On behalf of our patients and the hospital, we express our appreciation and gratitude to each and every member of PHA."



**PHA has stood the test of time. That they could still create such meaningful encounters at such challenging times like this is a testament to the fortitude and resourcefulness of these students.**

Dr. Angel Lee, Medical Director, SACH



REFLECTIONS BY PROJECT HAPPY APPLES VOLUNTEERS



"The patient I met was a cheerful aunty who loves drawing and gardening. It was a joy listening to her share passionately about her hobbies. As she spoke proudly about the orchids growing back in her garden, I saw the longing in her eyes to go back to her old daily routine of caring for her plants. Interacting with her reminded me to look past the current conditions of the patients and embrace them as a whole. Let us be patient and understanding to everyone we meet."

– Ms. Emily Tan

"My group e-befriended a patient with an extremely warm personality. Unfortunately, we faced significant language barriers while communicating with her. Thankfully, the online setting allowed us to adapt quickly, by making good use of online tools like Google Translate and YouTube videos to engage her in simple conversations. Throughout our interactions, she showed us her brightest smiles, and even clapped along to our singing, a gesture that really warmed my heart. We were really happy that she loved the bouquet of red roses that we sent her afterwards!"

– Ms. Pang Xin Ler



Performing for PHA was really interesting and was really something that pushed me to step out of my comfort zone! However, I'm glad that even through such a small gesture, I was able to put smiles on the faces of the patients!

– Mr. Timothy Ng

Blessing!

Based on the theme "Blessings", Mid-Autumn Festival at Gardens by the Bay featured the "Colonnade of Lights", a vibrant showcase of 1,000 beautiful paper lanterns designed by the community at Supertree Grove and "Origami Crane Trees", which displayed origami cranes folded by social service agencies in Flower Dome. We are proud to share that the lanterns and cranes created by clients of Anglican Care Centre (ACC) (Bukit Batok, Hougang, Simei), Anglican Senior Centre (Hillview), St. Andrew's Senior Care (SASC) (Henderson) and residents of St. Andrew's Nursing Home (SANH) (Buangkok, Henderson, Queenstown) were part of the "Colonnade of Lights" and "Origami Crane Tree" showcase, which took place from 15 September to 3 October 2021.



Photo credit: Gardens by the Bay



Photo credit: Gardens by the Bay



SANH (Henderson)

A Road To Mental Health Through Cooking

Food is the universal language of love, and the process of food preparation is a loving effect that enables people to come together as a community and speak a common language.

Using her flair in cooking, Mdm. Sally Neo, better known as Aunty Sally in Anglican Care Centre (ACC) (Yishun), connects with the members from ACC (Yishun) through a bi-weekly cooking session over the past seven years. A volunteer with the centre since its opening, Aunty Sally would prepare delicious lunches for the members and impart healthy cooking tips and eating habits to them.

Cooking helps persons with mental health conditions strengthen their cognitive functions and improve their social skills. From meal planning, shopping and cooking practices, Aunty Sally actively engages the members and patiently brings them through the process. She builds good rapport with the members, lending them a listening ear and encouraging them.

Despite losing her physical ability to walk due to cancer, Aunty Sally perseveres in helping the ACC (Yishun) members improve their quality of life. Her selfless contribution was featured in "Heartwarmers", a Mediacorp Channel 8 programme which showcased the efforts of public-spirited individuals and groups who stepped forward to help and uplift the community.

Aunty Sally's segment in "Heartwarmers" was filmed in ACC (Yishun), together with five members from the centre – Peh Eng Cheng, Bernard Prasobhan, Albert Lee Seng Huat, Rose Virginia Edward Nathan and Quek Hai Kiat who were both nervous and excited about the filming. Mr. Peh shared "The food outside is not nice, it's so boring. Sally comes here to cook for us and it makes me happy."

From discussing the menu, planning the budget, shopping, preparing the ingredients, cooking to serving the mouth-watering dishes, the production crew captured the five members working in perfect tandem with Aunty Sally. It was a milestone unlocked for the members as it took them a lot of courage to be in front of the camera. Aunty Sally also played an important role in encouraging the members and building up their self-confidence through the cooking sessions.

For volunteering opportunities at Anglican Care Centre (Yishun), please contact Mr. Christopher Leow at 6753 5311 or [christopher\\_leow@sacs.org.sg](mailto:christopher_leow@sacs.org.sg).



Behind-the-scene filming for Channel 8 programme, Heartwarmers



SANH (Queenstown)



SANH (Henderson)



SANH (Buangkok)



ACC (Bukit Batok)



ACC (Simei)



# Join Us In Our Mission To Love And Care

St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) provide support, care and healing to those in need. Through our five pillars of services: Medical, Senior, Psychiatric, Autism, as well as Family and Children, SAMH and SACS strive to continuously bring **Love, Light and Hope** into the lives of our beneficiaries.



**Love**  
never fails

Love is patient, love is kind...  
It always protects, always trusts,  
always hopes, always perseveres.  
Love never fails.

1 Corinthians 13:4-8a



Support our work with your giving.  
Join us in relieving suffering and  
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**ST. ANDREW'S MISSION HOSPITAL (SAMH) AND  
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