

Our Home!

A Quarterly Newsletter from St. John's Home for Elderly Persons

Heading the Building Development Committee since October 2018 when the new St. John's Home was first conceptualised, nobody knew the enormous task involved better than Andrew Lioe who is also the Vice Chair of our Board. Here, he shares the experience which he truly felt is a divine appointment.



Constructing God's Refuge, a Journey of Faith

It has been an uphill journey from concept to construction but we all could see God's mighty hand leading us all the way.

The journey to make St. John's Home for Elderly Person's building the best Home it could be was our aim. The combined efforts of the BDC (Building Development Committee), the consultants (architects, mechanical & electrical engineering consultants, structural consultants, quantity surveyors) and the main contractor project team started in October 2018 and helped to steer the construction to what it is today.

Quite simply, we wanted each resident to be able to call this new building "Home Truly" from the single storey residential dwellings that they had been so used to.

Covid-19

Challenges came time and time again as the team met fortnightly to discuss the site progress from technical issues, design and authority requirements, contractor to sub contractor and vendor relationships and budgetary concerns. Nevertheless, despite these challenges, the team endeavoured to retain as much as possible the original design intent. Unfortunately, the plan to complete the building by November 2020 was delayed due to the Covid-19 pandemic which saw the Circuit Breaker period bringing construction to a halt. Even after the Circuit Breaker ended, main contractors and sub contractors had many challenges deploying

manpower and delivery of certain building materials from overseas were also affected. Despite this, the team rallied around the uncertainty and momentum picked up towards the end of the 2020.

Beacon of Light

It is hoped with this new building, it can be a beacon of light for the elderly living in the Sennett Estate, Bidadari and Potong Pasir community. In this future ready building, we can organise and provide facilities such that engagement with both our own residents and the elderly residents of the community can be beneficial and fun. Connectivity within the building both electronically and physical at the different spaces was fundamental in our design. Though this may be a brand new building, visitors will notice some of the monuments or definitive deco that was brought over from our old building. The history that this Home had at Wan Tho Avenue over the past years will not be forgotten and we must always recall the efforts of the pioneers that built the Home many, many years ago.

Continued on page 2...



Pictures taken in 2019

自2018年10月首次构思圣约翰养老院的新家园以来，刘惠翔一直领导建筑发展委员会。在这里，他分享了这种神圣委任的经历。

信仰之旅： 建造上帝恩赐的庇护所

从概念到构造这是一段艰苦的旅程，但我们团队都可以感受到上帝一路引领着我们。

我们的目标是让圣约翰养老院建设最理想的新家园。建筑能达到今天的成就，归功于各团队：建筑发展委员会、顾问们（建筑师、机电工程顾问、结构顾问、工程测量师）和总承包商项目团队，始于2018年10月的共同努力。

简而言之，我们希望每位居民能够从熟悉的单层住宅中将这栋新建筑物称为自己“真正的家”。

冠状病毒-19

团队每两周开会一次，讨论现场进度，包括技术问题、设计和当局要求、承包商到分包商和供应商关系以及预算问题。尽管面临种种挑战，团队还是努力地尽量保持原始设计意图。不幸的是，为了抗冠状病毒-19大流行而实行的病毒阻断措施，原定在2020年11月之前完工的计划被推迟了。甚至在阻断措施结束之后，主承包商和分包商在部署人力方面也面临许多挑战，并且某些海外建材的交付也受到影响。尽管如此，在不确定性的情况下，团队继续坚持，而在2020年底前渐渐恢复建筑进度。

成为年长者的灵感与鼓励

我们希望这座新建筑能够成为居住在Sennett Estate，比达达利和波东巴西社区的年长者的灵感与鼓励。这座“新时代”建筑的各种设施可容纳适合我们年长居民和社区中的年长者参与的各种有意义和有趣活动。建筑物内部在不同空间的电子和物理连接性是我们设计的基础。尽管这是一座崭新的建筑，但访客们会注意到从我们旧建筑带来的一些古迹或权威装饰。过去数十年里，这养老院在运涛道（Wan Tho Avenue）的历史将不会被遗忘，我们必须时刻回顾许多年前建造养老院的先驱们的努力。

我感谢董事会以及建筑发展委员会成员们把这个项目委托给我，也感谢他们给予我的支持。我还要向与我们孜孜不倦地合作的顾问们和主要承包商表示感谢，一起建立这栋上帝恩赐的庇护所。在此建造期间，我经历了个人的艰难时期，我感谢上帝引导我度过了所有难关，使我能够成为祂的仆人，把这项目搞好。一旦新大楼的建筑设置完成，就由我们所有志愿者和利益相关者来建造大楼的“软件”，使其成为“真正的家”。

刘惠翔 (主席-建筑发展委员会)

Word from our Chairman

Our new building has been completed (in the midst of the Covid-19 situation). We are excited that we will soon move in to a brand, new building.

The immediate challenge we will face is the huge logistical task of moving to the new building. Then, there will be the need for our residents to get accustomed to the new environment, like taking the lifts and interacting with the state-of-the-art IT Care System, "My Guardian Angel". We will also have to ensure that the new systems will work in the new building. We seek your prayers for all things to work out well for us.

On behalf of the Home, I like to take this opportunity to express our grateful thanks to you for partnering us in this journey to provide a future for our residents. We like to thank in particular our donors. With your strong support, our residents can look forward to having a roof over their heads up until at least 2045 (when the land lease will expire) and longer if it is then renewed.

We also like to thank the Singapore Institute of Architects for helping us with the wonderful architectural design of the new Home through a Design Competition which they organised for us. We are also deeply grateful to our dedicated volunteers and staff for making the Home a place where our residents regard as their home with the many and varied activities and programs that they always look forward to and a place where they receive care. Thank you.

- Woon Wee Yim

我们的新大楼，处于新冠病毒-19局势中，已经完工。我们很高兴即将搬入新家园。

我们眼前的挑战就是搬迁程序与工作。然后，我们的居民将必须适应新的环境，例如乘电梯并与最新的信息技术护理系统《我的守护天使》互动。我们还必须确保新系统可以在新建筑物中顺利操作。我们寻求您的祈祷，愿祖保佑我们事事顺利。

我谨代表养老院，借此机会对您在这次建筑工程中与我们合作，为我们的居民提供未来表示感谢。我们要特别感谢我们的捐赠者。在您的大力支持下，我们的居民可以期待拥有一个归身之地，直到2045年或更久（如果再续土地租）。

我们也要感谢新加坡建筑师协会协助我们组织新家园设计比赛。我们也非常感谢我们的义工和工作人员，提供年长居民众多活动，让居民们视为养老院是他们得到照顾的地方，他们的家。谢谢您。

- 云惟蔭
主席，圣约翰养老院

Share Your Thoughts, Win A Prize

– A Mini Blog Contest

We ran a mini blog contest from 20 January to 30 April 2021. Here, we showcase a winning submission from Sophia Tan.



Happy Birthday, Papa

It started in 2018. My father was 78 years old and still running a market stall with my mother. Apart from hypertension, he was in generally good health, but he was beginning to ask the same questions over and over. I was juggling two part-time jobs at that time and grew impatient with answering him repeatedly. One day I lost my temper at him, and he looked stunned, as if he was unaware that he had asked a question three times.

In November, he fell down in the bathroom. That spelled the beginning of a downward spiral for him. He had a fractured tailbone that required a hospital stay. I took the chance to ask the doctors to test him for dementia, and he turned out to have early stage Alzheimer's.

He refused to retire, having been active all his life. Going to the market allowed him to socialise and keep his mind active. However, the debilitating disease began to show. My mother complained that he was forgetting how to count, and sometimes gave customers the wrong change. He also uttered offensive retorts to customers, something he did not used to do. In turn, my mother grew frustrated and kept venting to me at home, so I was not only dealing with one elderly parent but the vexations of the other.

To exacerbate matters, I was let go of by one of my employers. Money was tight and a constant worry for me. I had

to watch how I spent every cent, but I also spent a great deal of time at home with my parents. It was during this period that I watched my father lose more and more of his lucidity. Gradually, he would forget my name, unable to utter it at the end of a sentence despite having called out to me with it for more than 40 years. He would pick up his favourite pen and struggle to recall how he used to sign his own name. His signature no longer had its old flourish of swift strokes. It became a messy whirl – random, pulsating lines of locusts invading his mental sphere.

Watching the man, who used to take me to school and run a business, lose more and more of himself as the days passed was a very painful process. In late 2019, my father suffered a haemorrhagic stroke which left him hospitalised. He passed away in November with my mother, brother and me by his bedside. The day that he died, I was offered a full-time job. Perhaps it was his way of compensating me from the other side – for the times I spent caring for him at home. In hindsight, I am grateful for the times I got to spend with him.

12 April 2021 would have been his 81st birthday, so Happy Birthday Papa. Although we can no longer spend it together, I hope you were comforted by the memories of the great times we shared.

Sophia Tan

(Age Group: 20 to 49 years old)

From page 1

I am grateful for the support given by the Board as well as the members of the Building Development Committee for entrusting this project to me. I would also want to mention a word of appreciation to the consultants and main contractors who worked with us tirelessly in this building of God's refuge. There were personal difficult times that I went through during this construction period and I thank God that He has brought me through it all to enable me to be His servant for this project. Once the physical set up of the new Building is up, it is up to all of us as volunteers and stakeholders to build the "software" of the Building, making it a "Home Truly"

Andrew Lioe Chairman (Building Development Committee)

A Guardian Angel at St John's



There will be a Special Angel guarding over our residents at the new St John's building. You can't see him of course, but he's everywhere in the Home.

"My Guardian Angel" (GA) has unique duties and will be working 24/7. His key responsibility is to care for our residents by tracking and collecting data.

The GA at the new St John's building will be tasked to take care of two main areas, keeping our residents safe and to help optimize his or her health as well as general wellness.

Keeping our residents safe

One of the GA's key duties is to make sure our residents are safe. Through a wearable watch, a first of its kind technology, our elderly residents are monitored closely to ensure their safety and security. For example, if Mr. Wong who is* 77 and frail, happens to slip and fall in the bathroom, the fall is detected by the special watch he will be wearing and alerts the staff to respond immediately. The location of the fall will be shown on the staff's tablet. There is also an emergency call button on the watch in case there are other situations the residents may need help.

In addition, our virtual geofencing system, again monitored via the watch, enables us to create alerts when residents enter a restricted area during a certain time period e.g, at night when Mr Wong whose eyesight is also not good, cannot see well.

Ensuring Health and Maintaining A Wellness Plan for Every Elderly resident

Each resident is unique and has different wellness or health needs. The GA is able to monitor and collect individual data which will help customize the care plan for each resident.

Many of our residents like Mdm. Wong* aged 70 are generally in good health. However, the GA monitors her weight, height, temperature, blood pressure and blood sugar regularly over time. If we see abnormal trend in her vital signs, we proactively get advice with a medical consultation. Otherwise, she may feel dizzy and have a fall. Also, when she goes for her check-up with her doctor, a report of her latest measurements will be given to her doctor for a faster diagnosis.

In addition, the GA also tracks our residents' lifestyle and daily activities through the watch. Mr. Nair* aged 75, suffers from weak legs and is not very mobile. The system monitors whether he takes his regular showers, how much time he spends in bed, and the number of steps he takes a day and whether he takes his meals. If Mr. Nair does not move enough because of his weak legs, a special physiotherapy programme can be created for him to help him maintain muscle strength.

This new state of the art is perhaps one of the first systems of its kind to be implemented in a Home for the elderly, and we hope, together with the dedicated care of our staff, it will greatly improve the quality of life of our elderly residents.

圣约翰养老院的守护天使

在圣约翰养老院新家园里，有一个特别的天使在守护着我们的居民。您看不到它，但它在新家园里无处不在。

《我的守护天使》(GA)有独特的职责，并且会24小时，每周7天，全天工作。它的主要职责是通过追踪和收集数据来照顾我们的居民。

在新家园，GA有两个主要任务：确保我们居民的安全，并帮助优化他们的健康状况以及总体养生状况。

确保居民安全

GA的主要职责之一就是确保我们的居民安全。通过首创的可穿戴新科技手表，我们将能向我们年长居民保持关注，以确保他们的安全。例如，如果77岁体弱的黄先生*在浴室里滑倒，他佩戴的特殊手表将会检测到跌倒动作，并警报工作人员立即反应。跌倒的位置将显示在工作人员的平板电脑上。新科技手表上还有一个紧急呼叫按钮，以防居民在其他情况下需要帮助。

此外，一样是通过新科技手表来进行监视，我们的虚拟地理围栏系统能让我们在一定时间内设计警报。列入，在晚上，视力不佳的黄先生进入了禁区，员工可以马上到现场给予协助。

确保健康并维护每位年长居民的养生计划

每个居民都是独一无二的，具有不同的健康或保健需求。GA能够监控和收集个人数据，这将有助于为每位居民定制护理计划。

我们的许多居民，例如70岁的黄女士*总体上都身体健康。但是，GA会定期保持关注她的体重，身高，温度，血压和血糖。如果我们发现她的生命体征出现异常趋势，我们会通过医疗咨询主动寻求建议，避免她感到头晕并跌倒的可能性。另外，当她去复诊时，她最新测量的报告将能提供给医生，以便更快地进行诊断。

此外，GA还通过新科技手表追踪居民的生活方式和日常活动。例如，纳尔先生* 75岁，双腿无力，行动不便。该系统监测他是否定期洗澡，他在床上多少时间，每天执行的步数以及是否有用餐。如果发现纳尔先生无法行动自如因为双腿无力，我们可以为他定制一套理疗程序，以帮助他维持肌肉健康。

这种最新的技术系统可能是在养老院中首创，而我们也希望，加上我们员工的全心照料，它将大大改善年长居民的生活素质。

Lester Lee, Pearl Lee
圣约翰养老院管理委员会成员
*名称已更改

Contributed by Lester Lee and Pearl Lee.

Management committee members at St. John's Home for Elderly Persons

* Names are changed

We Got The Shot!

We are glad that, as of April 2021, 94% of our elderly residents and all staff are vaccinated against Covid-19.

我们已接种了疫苗!

很高兴的, 截至2021年4月, 我们94%的年长居民
和所有员工都接种了冠状病毒-19疫苗。



Contact Details

St. John's Home for Elderly Persons,
69 Wan Tho Avenue, Singapore 347601

- T: +65 62854446 • F: +65 62854885 • E: stjnhome@StJohnEldersHome.org.sg
- www.StJohnEldersHome.org.sg • facebook.com/StJohnsHomeSG
- twitter.com/StJohnsHomeSG • instagram.com/StJohnsHomeSG
- www.tinyurl.com/SJHEPyoutube

Donations In Cash

- Donate online at www.giving.sg/StJohnsHomeSg
- Donate by PayNow to **UEN S61SS0176G1GF**



For tax-deduction, NRIC / FIN / UEN
must be indicated on the reference field.

- Issue cheque in favour of 'St. John's Home for Elderly Persons', and mail it to:
The General Manager
St. John's Home for Elderly Persons
69 Wan Tho Avenue
Singapore 347601

We are not a government-subsidized charity. As an Institution of a Public Character (IPC), monetary donations to the Home are eligible for tax deduction of 2.5 times the amount donated.

Donations In-Kind

We welcome donations-in-kind including Personal Protection Equipment, food and household items.

Go to :

www.StJohnEldersHome.org.sg/donate

to find out more on how you can help.

Editorial Board

Chief Editor :

Woon Wee Yim

Editor :

Pearl Lee

Contributors :

Monica Chia

Publisher :

St. John's Home for Elderly Persons

Printer :

First Printers Pte Ltd

