



**APEX HARMONY LODGE**



## **Annual Report 2017**

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## ABOUT APEX HARMONY LODGE

Apex Harmony Lodge (AHL) is the first purpose-built 210 bedded Lodge in Singapore for people living with dementia. Built at a cost of \$11.7 million in 1997, the Lodge, situated on a plot of land in Pasir Ris measuring 6,500m<sup>2</sup>, has 7 residential homes, a day-care centre, staff quarters, physiotherapy room, kitchen, multi-purpose hall, landscaped gardens and courtyard for Residents to walk about and relax. Each home is fully self-contained with its own dining area, relaxation room, assist-bathrooms and visitors' lounge where family members can spend quality time with their loved ones.

The Lodge admits people living with dementia only. Priority is given to families from the lower income group.

### GENERAL INFORMATION

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Tel: 65852265, Fax: 65852982

email: [ahl@apexharmony.org.sg](mailto:ahl@apexharmony.org.sg)

website: [www.apexharmony.org.sg](http://www.apexharmony.org.sg)

Society Registration Number: ROS 305/94 WEL

UEN Number: S95SS0086F

Charity Registration Number: 1270

Main Bankers: DBS Bank Singapore

Bank of East Asia

Hong Leong Finance Ltd

Maybank Singapore

Auditors: Baker Tilly TFW LLP



## **CORPORATE VALUES**

### **VISION**

To be a living model of a home committed to lives affected by dementia.

### **MISSION**

To provide the best of care for persons living with dementia

### **OPERATING PHILOSOPHY**

Unlocking the potential in every Resident, Staff and Volunteer beyond dementia care

### **OUR CORE VALUES**

Respect, Integrity, Perseverance, Passion, Devotion, Excellent Care

### **STRATEGIC THRUST 1**

Visionary Model of Dementia Care

### **STRATEGIC THRUST 2**

Synergistic Partnerships

### **STRATEGIC THRUST 3**

Enduring Innovative Culture of Excellence

### **STRATEGIC THRUST 4**

Operational and Fiscal Excellence



## MANAGEMENT COMMITTEE GOVERNANCE

### Roles and Responsibilities of Management Committee (MC)

The MC acts in the best interest of the Lodge in providing the best of care for persons living with dementia. It ensures that the Lodge is managed responsibly and prudently; complies with all applicable laws and internal policies; is governed by an appropriate code of conduct and has robust processes to ensure compliance with the code.

The MC maintains overall control and management of the Lodge, whilst delegating the day-to-day management to the management team headed by the Chief Executive Officer (CEO). The MC reviews and approves new programmes, changes in current programmes and significant transactions. The MC also approves the annual budget prepared by management. All MC members are not remunerated by the Lodge and are mandated to declare actual and potential conflicts of interest, and to abstain from voting or participating in decision-making on matters where they have a conflict of interest. The MC also ensures that the Lodge is in compliance with requirements in the Societies Act, Chapter 311, Charities Act, Chapter 37 and other relevant regulations, Financial Reporting Standards in Singapore (FRS), and the Code of Governance for Charities and Institutions of a Public Character (IPCs).

### Composition of our Management Committee

The MC takes cognizance of the need to keep a balanced mix of MC members from diverse background drawing expertise from areas such as financial management, medicine, law, strategic planning and technology. All MC members must be independent, in respect of not having any family, employment, business and other relationships with the Lodge. The CEO is an ex-officio non-voting member and attends all MC meetings unless otherwise directed by the MC. Other members of the management are invited to attend the meetings from time to time and to make presentations to the MC. As at 31 December 2017, the MC had 12 members. The MC met seven times since the last Annual General Meeting (AGM). The attendance of the members is as follows:

| No. | MC Members                     | Designation        | Number of meetings attended |
|-----|--------------------------------|--------------------|-----------------------------|
| 1   | Mr Chan Kum Leong              | Chairman           | 6/7                         |
| 2   | Dr Gabriel Oon Chong Jin       | Vice Chairman      | 7/7                         |
| 3   | Mr Kong Kenneth Kitson Michael | Honorary Secretary | 7/7                         |
| 4   | Mr Soo Hon Weng                | Treasurer          | 5/7                         |

|    |                              |                     |     |
|----|------------------------------|---------------------|-----|
| 5  | Mr Kang Hak Leng             | Assistant Treasurer | 7/7 |
| 6  | Dr Ee Chye Hua               | Member              | 6/7 |
| 7  | Mr Mathavan Devadas          | Member              | 4/7 |
| 8  | Ms Lai Chiew Hiang, Irene    | Member              | 3/7 |
| 9  | Mr Gan Boon Jin              | Member              | 4/7 |
| 10 | Mr Leow Tze Wen              | Member              | 5/7 |
| 11 | Mr Tan Cheong Hoe Charles    | Member              | 5/7 |
| 12 | Mr Christopher Ong Hsien Wei | Member              | 5/7 |

### Key Corporate Governance Initiatives

AHL is committed to lawful and ethical behaviour in all its activities and requires that its Management Committee, employees and volunteers conduct themselves in a manner that complies with all applicable laws, regulations and AHL's internal policies. In keeping with this commitment, AHL has complied with the Code of Governance for Charities and IPCs. AHL's Governance Evaluation Checklist for the period **1 Jan 2017 to 31 Dec 2017** can be viewed at the Charity Portal [www.charities.gov.sg](http://www.charities.gov.sg).

### Reserves Policy Statement

AHL maintains a Reserves Policy to provide guidance in the Lodge's management of its reserves. The policy applies to that part of the Lodge's reserves that may be used for its operating purposes. In this regard, Restricted Funds, which are mandated for specific use, are excluded.

The Management Committee ensures that the Lodge has adequate cash reserves to cover its annual operating expenditure.

Our current year General Fund Reserves of \$5.8 million are adequate to fund the Lodge's annual operating expenditure for the foreseeable future.

### Building Fund

In 2014, AHL designated part of the General Fund to a Building Fund for the purpose of building replacement with an initial \$6.4 million. During the financial year, this fund grew by a further \$391,554, which is equivalent to the annual depreciation for leasehold building. The Building Fund now standing at \$7.57 million will remain in the nature of an unrestricted fund.

### Restricted Fund

To ensure transparency and greater accountability, funding by Lien Foundation towards IngoT2, Gym Tonic and Remodel Dementia Care, and the corresponding Community Silver Trust (CST) matching grant were delineated under Restricted Fund. The Restricted Fund also includes Maintenance Fund, Medifund and Asset Capitalisation Reserve.

## THE CONSTITUTION

The Lodge is governed by a set of Constitution approved by the Registrar of Societies and the Commissioner of Charities, Singapore.

No amendments to the Constitution shall be effective unless approved by the members of the Lodge, Registrar of Societies and the Commissioner of Charities, Singapore.

The Lodge has no related entities at any time during the financial period or at the date of this report.

## THE MANAGEMENT COMMITTEE

The members of the Management Committee of the Lodge as at the date of this report were:

| No. | Name of MC Member              | Designation         | Date of Appointment | Occupation                                |
|-----|--------------------------------|---------------------|---------------------|-------------------------------------------|
| 1   | Mr Chan Kum Leong              | Chairman            | 30-Mar-17           | Accountant                                |
| 2   | Dr Gabriel Oon Chong Jin       | Vice Chairman       | 30-Mar-17           | Consultant Medical Oncologist & Physician |
| 3   | Mr Kong Kenneth Kitson Michael | Honorary Secretary  | 30-Mar-17           | Business Proprietor                       |
| 4   | Mr Soo Hon Weng                | Treasurer           | 30-Mar-17           | Accountant                                |
| 5   | Mr Kang Hak Leng               | Assistant Treasurer | 30-Mar-17           | Accountant                                |
| 6   | Dr Ee Chye Hua                 | Member              | 30-Mar-17           | Consultant Geriatrician                   |

|    |                              |        |           |                                       |
|----|------------------------------|--------|-----------|---------------------------------------|
| 7  | Mr Mathavan Devadas          | Member | 30-Mar-17 | Consultant,<br>Legal Firm             |
| 8  | Ms Lai Chiew Hiang, Irene    | Member | 30-Mar-17 | Marketing<br>Communication<br>Manager |
| 9  | Mr Gan Boon Jin              | Member | 30-Mar-17 | Executive Vice-<br>President          |
| 10 | Mr Leow Tze Wen              | Member | 30-Mar-17 | Director                              |
| 11 | Mr Tan Cheong Hoe Charles    | Member | 30-Mar-17 | Managing<br>Director                  |
| 12 | Mr Christopher Ong Hsien Wei | Member | 30-Mar-17 | Advocate &<br>Solicitor               |

## THE SENIOR MANAGEMENT TEAM

| No | Names                         | Dates of Appointment | Designation                     |
|----|-------------------------------|----------------------|---------------------------------|
| 1  | Ms Soh Mee Choo               | 15-Aug-13            | Chief Executive Officer         |
| 2  | Ms See Phek Leong,<br>Melison | 22-Feb-16            | Head of Psychosocial            |
| 3  | Mr Yeo Joo Hock               | 17-Oct-16            | Head of Operations              |
| 4  | Mr Go Hwi Kueh                | 03-Sep-13            | Head, Finance and<br>Compliance |

### Residents' Profile

As of 31 Dec 2017, AHL is home for 192 long-term Residents, and provided day-care-service to 23 other Elders. 72.9% of our Residents are aged 75 and older. They are our pioneer generation who played a pivotal role contributing to Singapore during our nation-building years. More than 36.5% of them have been residing in the Lodge for more than 5 years.

Of the 192 residents, 56 (29%) were fully-subsidized paying no fees, whilst 52 others (27%) were paying between \$100 and \$500 per month. The Lodge remains conscious of the need to provide for the needy.

**Staff Profile**

As of 31 Dec 2017, AHL had 141 staff, of whom a strong 66% comprises nursing staff. They were supported by a strong psychosocial team; comprising Physiotherapists, Occupational Therapist, Therapeutic Programme Executives, Arts Therapists, Psychologist, Associate Psychologists, and Social Workers. This forms the bastion for the Lodge to extend a robust integrated care to our Residents aimed at engaging and empowering People-With-Dementia (PWDs). A team of administrative staff provide support to render a smooth running of the Lodge operationally and to ensure strict compliance to the relevant rules and regulations.

During the year, none of the staff members received more than \$100,000 in annual remuneration, except the following:

| Bands                 | No of Staff |
|-----------------------|-------------|
| \$100,000 - \$200,000 | 1           |
| \$200,000 - \$300,000 | 1           |

None of the paid staff were close members of the family of the Chairman or Board Members.

**Related Entities**

AHL does not have any related entities.

## STRATEGIC THRUST 1 – Visionary Model of Dementia Care



### THERAPY THROUGH WORK

JOB PLACEMENT AND KNOWLEDGE CREATION FOR A DEMENTIA-INCLUSIVE COMMUNITY FOR NORMALIZED LIVING

**80 RESIDENTS BENEFITED**

AL 45  
SL 35



#### GOALS

- Work as therapy for persons with dementia
- Naturalize work into routine through occupational diversity
- Build staff capability to facilitate work activities

#### PARTNERS

- Orchid Laundry
- Greenology Pte Ltd
- Cheng Moh Huat Supplier Trading Co.

#### EXTERNAL VALIDATION

- Alzheimer's Disease International Kyoto 2017
- ILTC Workplan Seminar 2017
- 2017 Runner-Up Most Innovative Ageing Programme by Innovating Care Asia Pacific



#### RESULTS

**4** clients in paid job therapy programme

**39** residents in community work activities

**29** residents in Lodge work activities

**79** residents in Home work activities

Normalized Lives through High Potential Occupational Diversity during work activities

Vocation as core, "co-worker" interactions among residents and with partner staff, newspaper reading before work, iPad use for personalized music, facetime and cognitive stimulation, singalong on journey to work, self-make teabreak, teabreak at hawkers centres during work break, fruits for healthier diet

#### Dementia Care Mapping -5 to +5 Well-being range

- Greenology - 8 residents mapped, +2.2 to +3.3
- Crispy Folds/Classy Cushions - 5 residents mapped, +2.0 to +2.8

Positive WellBeing in Mood and Engagement



## WHAT IS THERAPY THROUGH WORK?

- Therapeutic use of "Work" as a medium to give Life back to people with dementia living in our Home
- Aims to achieve psychosocial wellbeing through re-cultivating purposeful life, promoting independence, and contributing to normalized living

## INITIATIVES



### CRISPY FOLDS (SINCE 2013)

With the support from our valued partner Orchid Laundry (OL), residents are offered a variety of towels ranging from face towel to floor mats to be worked on at the factory.



### GREENY-ALL-THESE (SINCE 2014)

A common household chore for mainly the ladies: plucking of vegetables to be cooked for resident and staff meals.



### GARDENING @ GREENOLOGY PTE LTD (SINCE 2014)

Residents carry out basic gardening (plant propagation) at Greenology nursery. It is a practical therapeutic activity that is enjoyed by many of them, and for others who have not done any gardening before, they treasure the connection with nature and enjoy the physical and mental benefits of this activity,

## WHY THERAPY THROUGH WORK?

### "Work"

- is fundamental aspect of society and essential part of life
- furnishes an individual with acceptance, identity, social acceptance and self-worth, and demonstrates ability to lead a fulfilling life
- dementia does not eliminate the need to be needed, accepted, and to be viewed by others as a productive, and vital member of the community



### SILVERABLE ME (SINCE 2014)

Residents are engaged in packing cutlery with support from our valued partner Cheng Moh Huat Trading Supplier Co.. Activity is broken down into 3 tasks - packing serviettes, packing utensils, and sealing plastic packets.



### DECORATIVE MOSS THERAPY (SINCE 2015)

Residents who have a knack for cleaning are self-engaged in clearing branches or twigs from clumps of coloured soft moss, and arranging them orderly in groups thereafter.



### CLASSY CUSHIONS (SINCE 2016)

Quality check of airline seat cushion covers at OL that includes checking for stains and loose threads before passing them on to OL staff to iron.



### HAPPY HANGERS (SINCE 2016)

A new work activity in collaboration with OL, carried out in the Home. Residents are required to do 1 to 3 tasks – differentiate and sort hangers, group hangers according to 10, and/or tie them together.

## ST1 VISIONARY MODEL OF DEMENTIA CARE

Stay 'fit' through fun activities

**Goals**

- To restore functional independence in the residents and enhance their quality of life

**Target Residents**

- Residents who have fair dynamic standing balance, fair balance, low-medium fall risk group

**Results**

- Establishment of various initiatives that caters to socialisation and physical functions of our residents
- F&F data assessment has shown residents to have maintained scores or improvement in certain components of BBS, FTSTS, DGI & PMS
- Residents' mood and engagement have been mapped to be positive in DCM assessment for MV & F&F Creative Movement

No of Residents

**200**

Most residents from AL, SL & TLC homes benefitted from F&F programs such as:

- Morning Venture
- Agility
- Gym Tonic
- Evening Venture
- F&F Creative Movement
- Active Group Rehab
- Passive Range of Motion (PROM)



## **Background**

- Dementia has been known to have adverse effects on cognition, emotion and behaviour in the affected person. There are also evidences that dementia has detrimental effects on their physical and functional ability, which also affects their safety awareness capability.
- The purpose of F&F initiatives is to improve the residents' physical & functional capacity, and to encourage socialisation. This is to ensure they live their life

## **Initiatives**



Morning / Evening Venture

Residents explore the nearby community via public transport, whilst enjoying a cuppa and some food of their choices



Agility

A higher cognition level is required from this group of residents. The simple movements are meant to enhance coordination, proprioception and balance.



F&F Creative Movement

A group exercise that caters to both WCB and ambulatory residents. To improve on their dynamic & static balance and encouraging socialisation



Gym Tonic

A circuit training that consists of 6 pneumatic air pressures for the residents to focus on muscle strengthening



Active Group Rehab

Individualised exercise treatment for residents to prolong their QOL and to engage them in meaningful movements for ADL performance

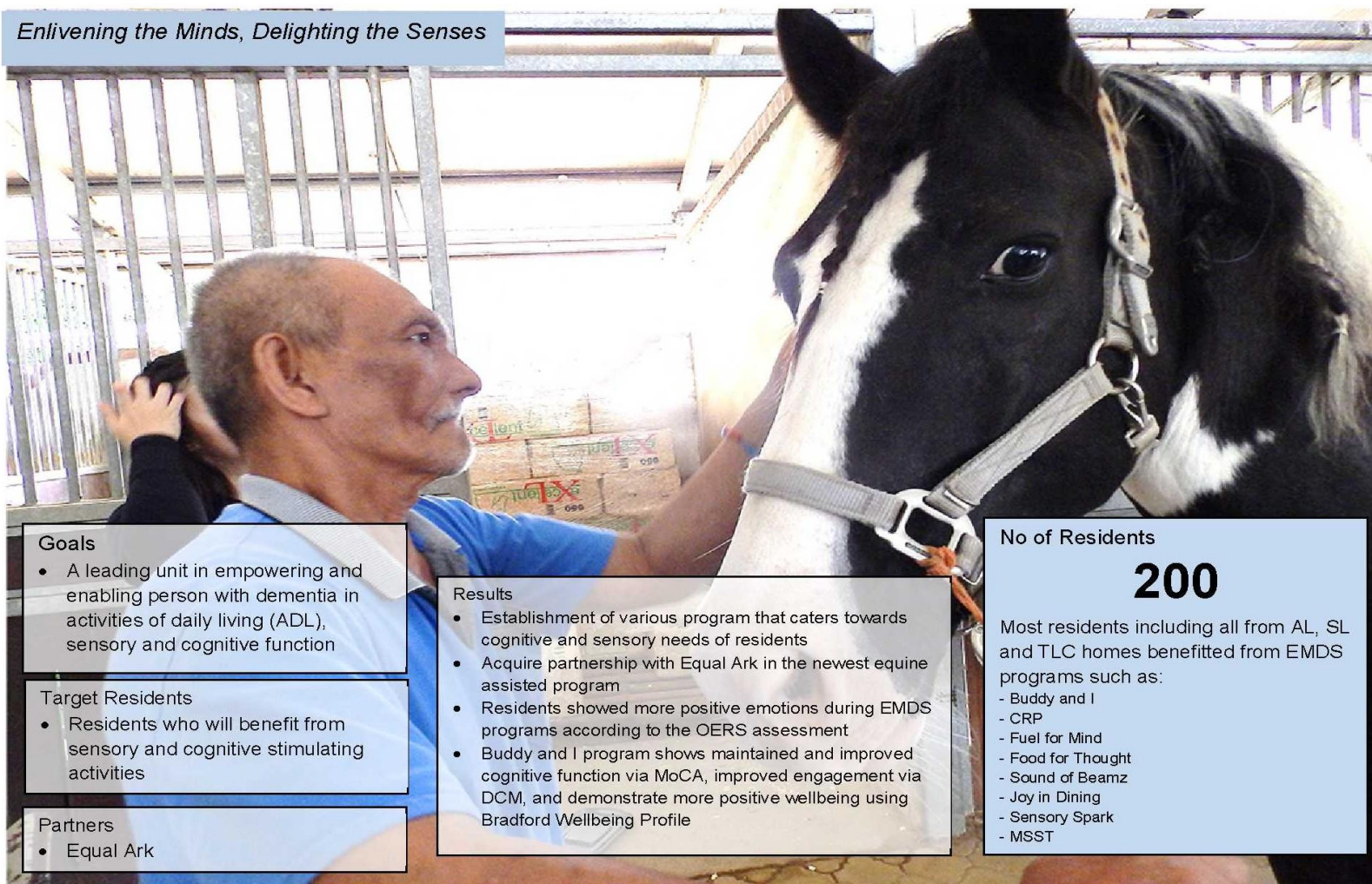


Passive Range of Motion (PROM)

Gentle movements of available range for all limbs to bed-bound residents

## ST1 VISIONARY MODEL OF DEMENTIA CARE

*Enlivening the Minds, Delighting the Senses*



#### Goals

- A leading unit in empowering and enabling person with dementia in activities of daily living (ADL), sensory and cognitive function

#### Target Residents

- Residents who will benefit from sensory and cognitive stimulating activities

#### Partners

- Equal Ark

#### Results

- Establishment of various program that caters towards cognitive and sensory needs of residents
- Acquire partnership with Equal Ark in the newest equine assisted program
- Residents showed more positive emotions during EMDS programs according to the OERS assessment
- Buddy and I program shows maintained and improved cognitive function via MoCA, improved engagement via DCM, and demonstrate more positive wellbeing using Bradford Wellbeing Profile

#### No of Residents

**200**

Most residents including all from AL, SL and TLC homes benefitted from EMDS programs such as:

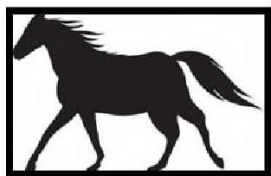
- Buddy and I
- CRP
- Fuel for Mind
- Food for Thought
- Sound of Beamz
- Joy in Dining
- Sensory Spark
- MSST



## **Background**

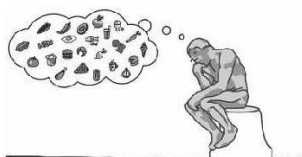
- People with dementia needs constant cognitive and stimulation as a form of functional maintenance due to the progressive declining nature of illness
- The initiatives under Enlivening Minds, Delighting Senses (EMDS) aims to provide optimum stimulation to enable residents to live to the fullest

## **Initiatives**



### **Buddy and I**

*Use of equine assisted activities that focuses on cognitive and sensory stimulation to empower and enthuse resident's communication, expression, bonding with one another as well as fulfilling each other's attachment needs*



### **Food for Thought**

*A series of thematic cognitive stimulation activities that encourage a multiverse of differential cognitive engagement*



### **CRP**

*Creation of discovery stations with cognitive and sensory stimulation items that enable resident's self-engagement daily*



### **Joy in Dining**

*Use of the colorful and well-designed Eatwell set to encourage residents in self-feeding*



### **Fuel for Mind**

*Cognitive stimulation program that is facilitated by youth that encourage both cognitive stimulation and intergenerational bonding*



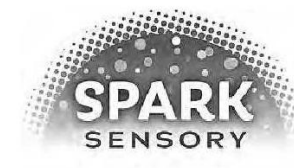
### **Sound of Beamz**

*Use of Beamz as a medium to encourage residents in musical and creative expression*



### **MSST**

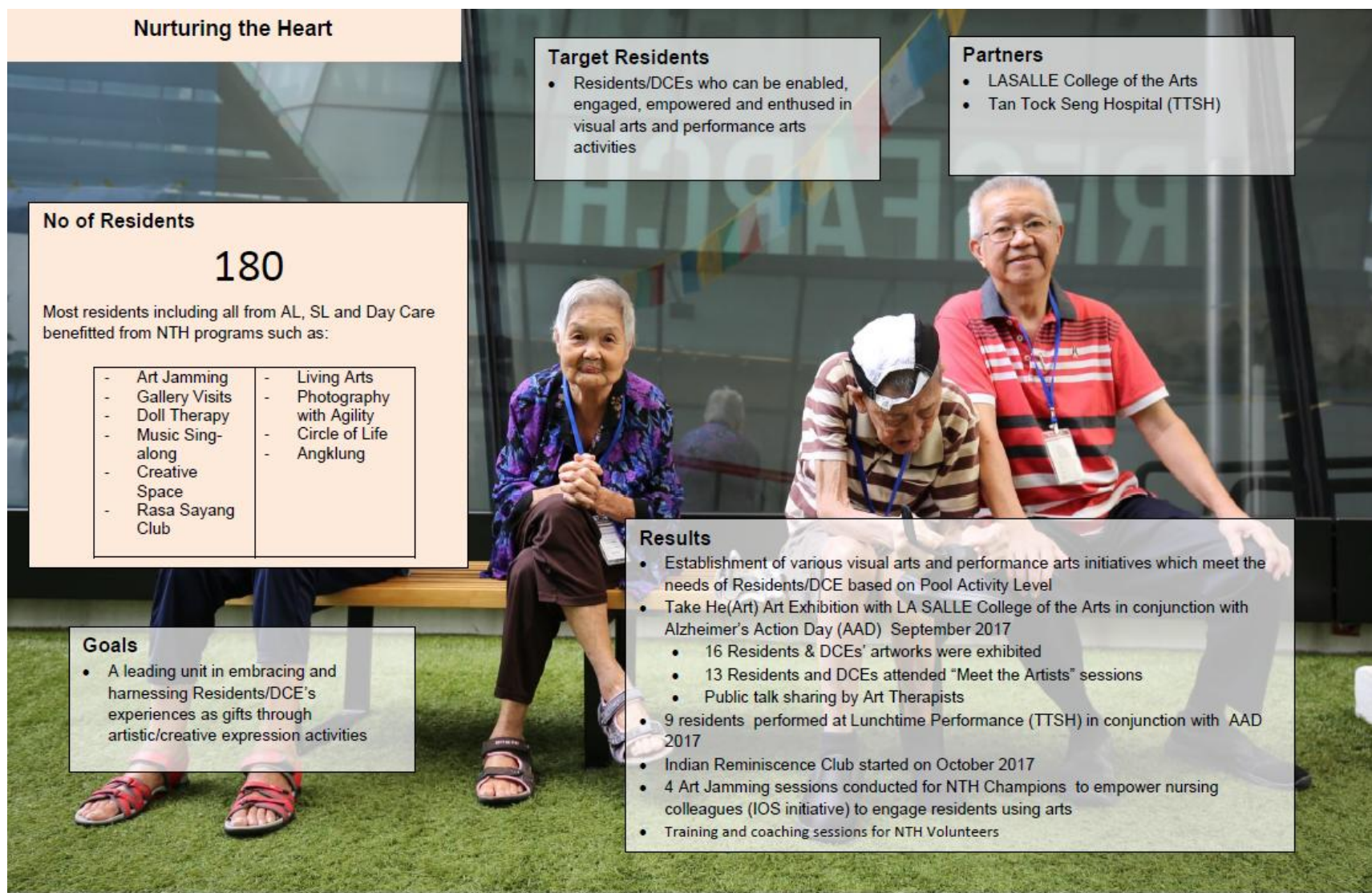
*A multisensory stimulation program that caters to those who are no longer capable in self-engagement via direct staff-facilitated stimulation*



### **Sensory Spark**

*A multisensory stimulation program that caters to those who can still capable of self-engagement via provision of a variety of sensory tools to the residents with/ without facilitation*

## ST1 VISIONARY MODEL OF DEMENTIA CARE



**Nurturing the Heart**

**No of Residents**

**180**

Most residents including all from AL, SL and Day Care benefitted from NTH programs such as:

|                    |                            |
|--------------------|----------------------------|
| - Art Jamming      | - Living Arts              |
| - Gallery Visits   | - Photography with Agility |
| - Doll Therapy     | - Circle of Life           |
| - Music Sing-along | - Angklung                 |
| - Creative Space   |                            |
| - Rasa Sayang Club |                            |

**Target Residents**

- Residents/DCEs who can be enabled, engaged, empowered and enthused in visual arts and performance arts activities

**Partners**

- LASALLE College of the Arts
- Tan Tock Seng Hospital (TTSH)

**Goals**

- A leading unit in embracing and harnessing Residents/DCE's experiences as gifts through artistic/creative expression activities

**Results**

- Establishment of various visual arts and performance arts initiatives which meet the needs of Residents/DCE based on Pool Activity Level
- Take He(Art) Art Exhibition with LA SALLE College of the Arts in conjunction with Alzheimer's Action Day (AAD) September 2017
  - 16 Residents & DCEs' artworks were exhibited
  - 13 Residents and DCEs attended "Meet the Artists" sessions
  - Public talk sharing by Art Therapists
- 9 residents performed at Lunchtime Performance (TTSH) in conjunction with AAD 2017
- Indian Reminiscence Club started on October 2017
- 4 Art Jamming sessions conducted for NTH Champions to empower nursing colleagues (IOS initiative) to engage residents using arts
- Training and coaching sessions for NTH Volunteers



## Background

- People with dementia also can be artists through engagement in visual arts and performance arts. These activities have therapeutic elements that enhance well-being of people with dementia.
- The initiatives under Nurturing the Heart strand aims to provide platforms for people with dementia to relate to and engage in arts in their daily lives and also to experience and express themselves through arts.

## Initiatives



**Art Jamming**  
*In-home naturalizing  
art activities for  
residents*



**Gallery Visit**  
*Outing to museums  
and galleries to  
appreciate arts*



**Doll Therapy**  
*Alternative therapy to  
promote feelings of well-  
being and attachment in  
people with dementia*



**Music Sing-along**  
*Singing as a form of  
musical expression and  
appreciation*



**Circle of Life**  
*Therapeutic drumming*



**Creative Space**  
*Open studio using arts  
(artmaking and music)*



**Rasa Sayang Club &  
Indian Reminiscence  
Club**  
*Appreciating cultural  
and reminiscence  
elements*



**Living Arts**  
*Artist-in-training as a form  
of "art as therapy"*



**Photography with  
Agility**  
*See through the world  
@ the beach through  
the camera lens*



**Angklung**  
*Traditional Javanese  
musical instrument which  
brings all of us together*

## Nurturing the Heart – Testimonies from Partners & Volunteers

### Sock Lin, NTH Volunteer for Living Arts

Initially, I was rather apprehensive about volunteering for the art therapy sessions at Apex Lodge because I felt so ill-equipped (still do, on and off) due to my lack of artistic flair. So I must admit that I did fumble a little due to my frame of mind. However, with time and training from Jue Ann & Eva, I began to pick up some skills on colour scheme & basic drawing techniques and ways to interact with the residents. Now, I have a better understanding of dementia & some idiosyncrasies of these special need people I have handled. I want to say that I am often awed by the special talents of the participants & was particularly impressed by some of the masterpieces displayed at the Art Exhibition at the La Salle College of the Arts in 2017, which was an eye-opening experience for me.

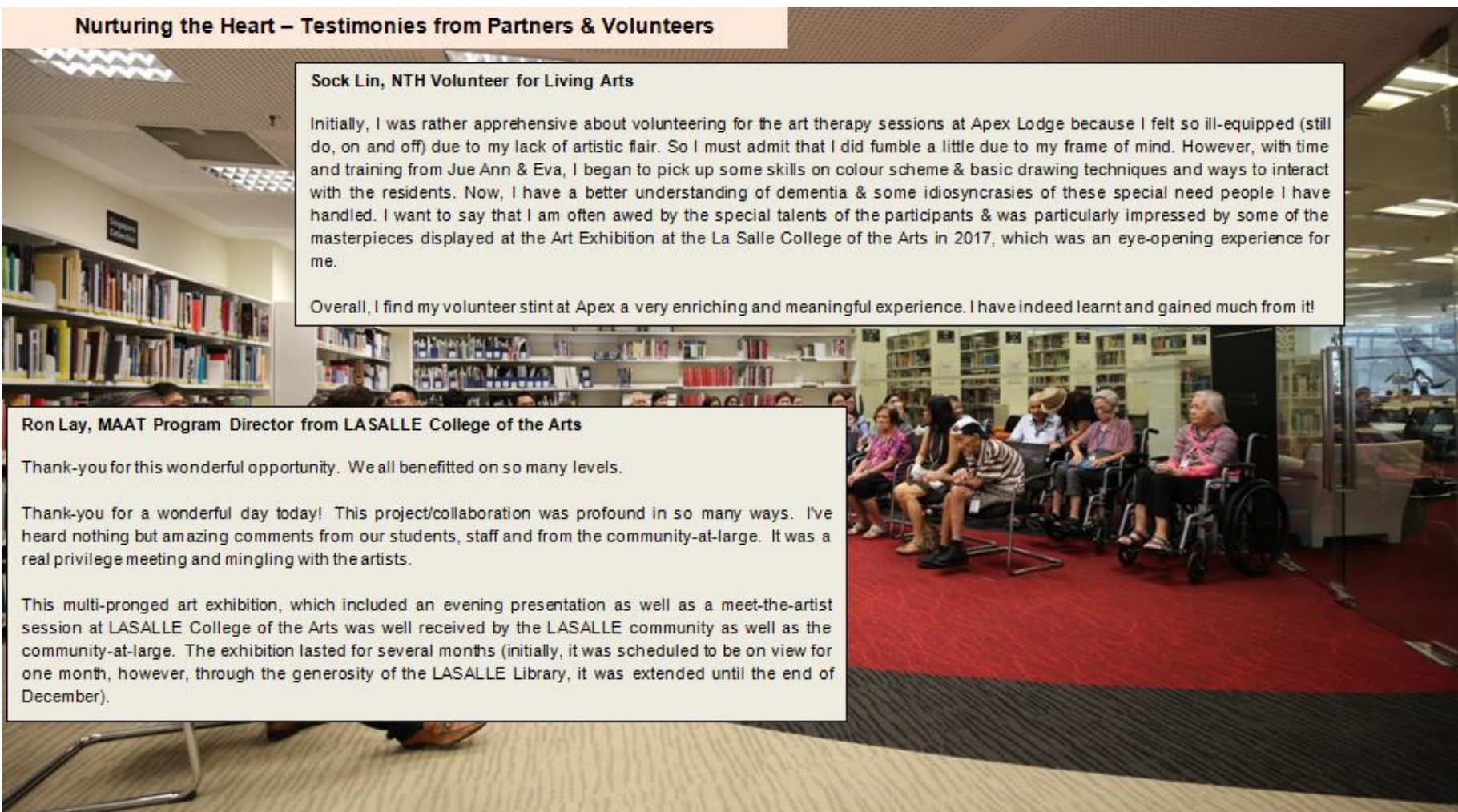
Overall, I find my volunteer stint at Apex a very enriching and meaningful experience. I have indeed learnt and gained much from it!

### Ron Lay, MAAT Program Director from LASALLE College of the Arts

Thank-you for this wonderful opportunity. We all benefitted on so many levels.

Thank-you for a wonderful day today! This project/collaboration was profound in so many ways. I've heard nothing but amazing comments from our students, staff and from the community-at-large. It was a real privilege meeting and mingling with the artists.

This multi-pronged art exhibition, which included an evening presentation as well as a meet-the-artist session at LASALLE College of the Arts was well received by the LASALLE community as well as the community-at-large. The exhibition lasted for several months (initially, it was scheduled to be on view for one month, however, through the generosity of the LASALLE Library, it was extended until the end of December).





## Nurturing the Heart – Testimonies from Volunteers

### Soh Ngee, NTH Volunteer for Living Arts

Though I have volunteered at Living Art programme for less than a year, the learning I have gained is enriching. I have learnt much from the residents and Art therapists about patience, communication skills, appreciation for each & every ability/talent and the positivity of affirmation for small achievements or attempts made. Whatever ability the residents have lacked due to their condition, their innate potential in drawing or painting has never been lost. Whatever they have drawn or coloured is the fruit of their effort and deserving of our affirmation. The uniqueness of each art piece is what matters and which I appreciate the most.

The brief training by the staff, Jue Ann and Eva, has given us a better understanding of the types of dementia and ways of engaging the residents in art sessions. In my communication with the residents, I have to constantly remind myself to listen though at times what they say might be hard to decipher, to encourage when a resident does not follow the norm of colouring and to motivate those who claim they cannot do or who takes great effort to start the task.

### Yew Hong, NTH Volunteer for Living Arts

I joined the Living Art session in late August 2017, and I was surprised to discover how art (drawing/painting) can be a form of therapy and is for everybody, both for the residents and myself. It is relaxing and there is much satisfaction upon seeing the residents' happy faces during the session and upon completion of their art pieces.

I was lucky to be able to join the Artists (residents) for the "Meet the Artists" session at LASALLE College of the Arts where the art exhibition was held. It gave me a chance to see the beautiful artworks, and surprised to learn of what the residents were capable of. A lot of guidance and coordination was needed to make this exhibit successful. Kudos to the Artists, Jue Ann, Eva and all staff involved!! Although one might doubt whether the residents fully understood the event, their happy faces at the end of it was worth it all.

## ST1 VISIONARY MODEL OF DEMENTIA CARE

## PERIWINKLE TRANSFORMATION

## GOAL

A home of unconditional love centred on physical and emotional comfort with happy memories for all.

## TARGET RESIDENTS:

All 30 TLC Residents

RESULTS: **30**

TLC Residents benefited from enhancement of physical and psycho-social environment best suited for late stage dementia, the typical profile of Residents in TLC

1. Daily routine infused with Multi-sensory Stimulating Therapy ( MSST)
2. Creation of a sensory stimulating environment by bringing nature to the Residents
3. Development of a nurturing community by bringing the outside in through engagement of family members
4. Provision of high quality PCC focusing on comfort and safety augmented with use of appropriate equipment

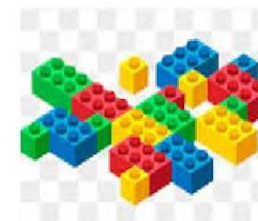




## **BACKGROUND**

Comfort, safety and dignity signifies the person-centred care at TLC. By comfort we mean physical and emotional comfort delivered safely. The 'disability' and 'impairment' of Residents due to advanced dementia are sparks to touch each other heart to empower staff at TLC to be more creative, capable and love them unconditionally.

## **INITIATIVES**



### **MSST**

In consultation with Occupational Therapist, MSST is integrated into daily routine which includes setting up of a movie theater, garden walk, soothing and therapeutic music in every room, mobile snoozlen, aromatherapy and use of changing shower LED light during bathing

### **SIT OUT OF BED EXERCISE**

For bedbound Residents, this exercise of assisting them to sit on reclining wheelchairs at least once a week aims to promote blood circulation, improve gas exchange, enable a change of environment which contributes to maintaining good physical, emotional and mental health

### **SENSORY ENGAGEMENT**

For Residents who have high tactile sensory needs, LEGO sets are made available to enable them to self-engage and enjoy the activity

## STRATEGIC THRUST 2 – Synergistic Partnerships





### Equal-Ark Singapore Ltd



*A gleaming resident enjoying his personal time with a horse*



*Our resident having a light-hearted moment with the horse and staff*

"AHL works the talk in its commitment to PCC. In our programme, we saw that management and ground staff spent much time working on the programme and devoted resources beyond our expectations to take the work further than planned (for e.g., through the clinical evaluation study), and in collaboration with us. This shared commitment is precious and inspiring."

Mr Ng Tze Yong, Chief Executive of Equal-Ark Singapore Ltd

### LiCo Wellness



*Our resident showing off his successful bake*



*Mr Sittu in full concentration preparing the dough*

"I came to know Apex Harmony through one of my friends when I was sourcing for a home where I could make some donations. From there, we began to have bread-making classes with the elderly where I enjoy the time spend with them."

Ms Eileen, Co-owner of LiCo Wellness

### DLs' Caring Community



*Volunteers practise Person Centred Care principles during haircut for residents*



*The regular happy volunteers*

Volunteers from DLs' Caring Community visit monthly to provide haircut for residents

### Jalan Loyang Besar (NC)



A painting by Abdul Jalil & Medeen, Ex-Day Care Elder

Apex Harmony Lodge is a purpose-built Home for Persons with Dementia (PWD) in Singapore. We believe that PWD is a gift to all of us and should experience a quality of life that is no different from any other person.

Brought to you by:

  
Jalan Loyang Besar NC  
Like our Facebook page  
@ Jalan Loyang Besar NC  
for updates

  
Apex Harmony Lodge  
Find out more about quality life for  
Persons with Dementia (PWD)  
at [www.apexharmony.org.sg](http://www.apexharmony.org.sg)

National Day Greeting Card, an artwork created by Mr Abdul Jalil, a former Day Care Elderly

A project with Jalan Loyang Besar Neighbourhood Committee, Pasir Ris East Constituency Office to create and distribute Greeting Cards to Jalan Loyang Besar Residents and AHL Community Partners



## Community Events

### Alzheimer's Action Day 2017



*Our Angklung team ready to make their first performance at Tan Tock Seng Hospital*



*Residents beautiful artwork displayed for a month at LASALLE College of the Arts*



*Sharing with the community the benefits of Arts for PwD at LASALLE College of the Arts*



*Our residents having fun while staying fit at Pasir Ris East Community Club*

The first of its kind, this year World Alzheimer's Day for the Lodge is commemorated as a month long event. We joined hands with like-minded and like-hearted partners to showcase the gifts and varied hidden talents of our Residents through art exhibitions, art talks and art performances.

### Boys Brigade Share-a-Gift Project with GLOBALFOUNDRIES Singapore Pte Ltd



*Christmas gifts ready for distribution*



*Volunteers in action*

Volunteers from GLOBALFOUNDRIES Singapore Pte Ltd distributing Christmas Gifts part of The Boys' Brigade Share-a-Gift Project

## ST2 SYNERGISTIC PARTNERSHIP

## TELE-GERIATRICS



**GOALS**

- Address the medical needs of Residents tapping on geriatricians off site
- Support family members to reduce physical visits for follow up at hospitals
- Build staff's clinical competencies
- Tap on technology to enhance care delivery

**70** Residents benefited from Tele-consultations and Physical Visits

**PARTNER**

- KTPH GeriCare

**TARGET RESIDENTS**

1. Residents who may be presenting sub-acute signs/symptoms of medical conditions that can be assessed and managed within the Lodge
2. Residents with chronic conditions presenting acute relapse/attacks
3. Residents with age-related debilitating problems/complaints
4. Residents with terminal conditions requiring palliative care and residents &/or NOK preferred to be cared for at the Lodge
5. Residents without NOK
6. Residents whose NOK have difficulties in bringing them for TCU
7. Residents with issues on Polypharmacy
8. Newly admitted residents with unique needs



## RESULTS

23

Trained

4

Certified

Tele-G Nurses

"TNTC lift me in terms of clinical knowledge and skills. It widens my sense of curiosity to deep dive on each resident's medical histories, social background and medication histories to be able to establish the correlation of each aspect. It helps me to move one step forward in providing clinical diagnosis. It also motivates me to participate in Multidisciplinary Team management for our residents thus contributing to the holistic approach of care planning."

-SSN Juanna, Certified Tele-G Nurse



"TNTC enabled me to refresh and update my knowledge on Geriatric Assessment. It helps me perform my daily work efficiently through proper assessment of the resident's condition. It also allows me to give the proper intervention and evaluate the care given to the resident"

-SN Marc, Certified Tele-G Nurse



"TNTC has helped me perform thorough assessment which is a vital aspect in Nursing. It also improved my clinical skills and confidence in presenting cases to the doctors for better management of the resident's condition"

-SN Greatchen, Certified Tele-G

123

Tele-consultations



8

Tele-MDT



12

Tele-CNE Sessions



Two sharings were conducted by AHL

\*Dementia with BPSD  
(June 2017)

\*Dementia Care  
Mapping: An  
Enabler to Improve  
Person Centered  
Dementia Care  
(Nov 2017)

20

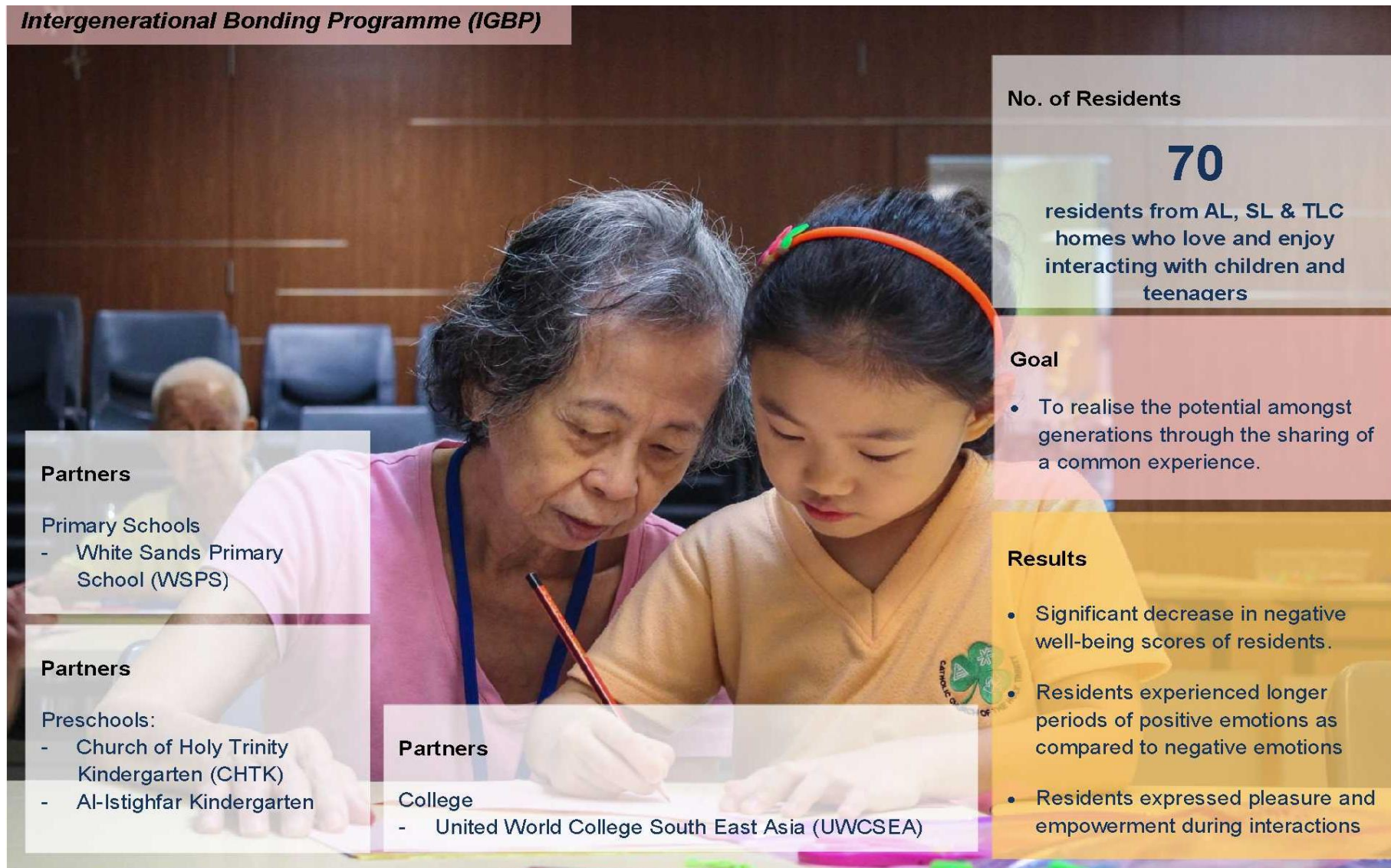
Residents were reviewed during Physical Visits





## ST2 SYNERGISTIC PARTNERSHIP

### *Intergenerational Bonding Programme (IGBP)*



**No. of Residents**

**70**

residents from AL, SL & TLC homes who love and enjoy interacting with children and teenagers

**Goal**

- To realise the potential amongst generations through the sharing of a common experience.

**Results**

- Significant decrease in negative well-being scores of residents.
- Residents experienced longer periods of positive emotions as compared to negative emotions
- Residents expressed pleasure and empowerment during interactions

**Partners**

Primary Schools

- White Sands Primary School (WSPS)

**Partners**

Preschools:

- Church of Holy Trinity Kindergarten (CHTK)
- Al-Istighfar Kindergarten

**Partners**

College

- United World College South East Asia (UWCSEA)

### Background

- Adopting the philosophy of Person-Centred Care (PCC), Apex Harmony Lodge provides integrated, holistic and enabling care with social psychology as a core component as we value the importance of building positive relationships for our residents.
- “We bring the inside out/ outside in”: We hope that IGBP will become a platform for residents to build and maintain a relationship with the younger generation, improving their well-being.

According to MSF, Singapore has



- IGBP Programmes provide a platform for children to interact with elderly, allowing children to learn life skills to engage with elderly and persons with dementia.

### Programmes





### IGBP with Al-Istighfar & CHTK

Preschoolers aged 5 – 6 years interacted with our residents on a weekly basis for an hour. Preschoolers engaged and collaborated with our residents in activities such as games, art & craft and music



### IGBP with WSPS

Primary school students aged 10 – 12 years interacted with our residents monthly for an hour. Students interviewed residents and creatively produced a hand drawn Lifestory Book which was shared with Residents



### IGBP with UWCSEA – Music with Reminiscence

College students aged 16 – 17 years interact with our residents on a weekly basis for an hour. Each student is paired with a resident, providing music which residents used to listen to in the past and eventually creating a personalized playlist for them.

### Testimonials

*"Happy (interacting with residents), because **we sing and dance for them to hear.**"*

*"Happy, because **I like helping people.**"*



Preschoolers from CHTK

*"(She) knows how to take care of me when I grow old because she **learned how to feed an elderly auntie during the party.**"*



Parents of Preschoolers from CHTK

*"Towards the end of the session, she suddenly **started thanking me** and that made me realised that even though she had not reacted to my presence, she was **aware of the music we listened to** and the **conversations we had together.**"*

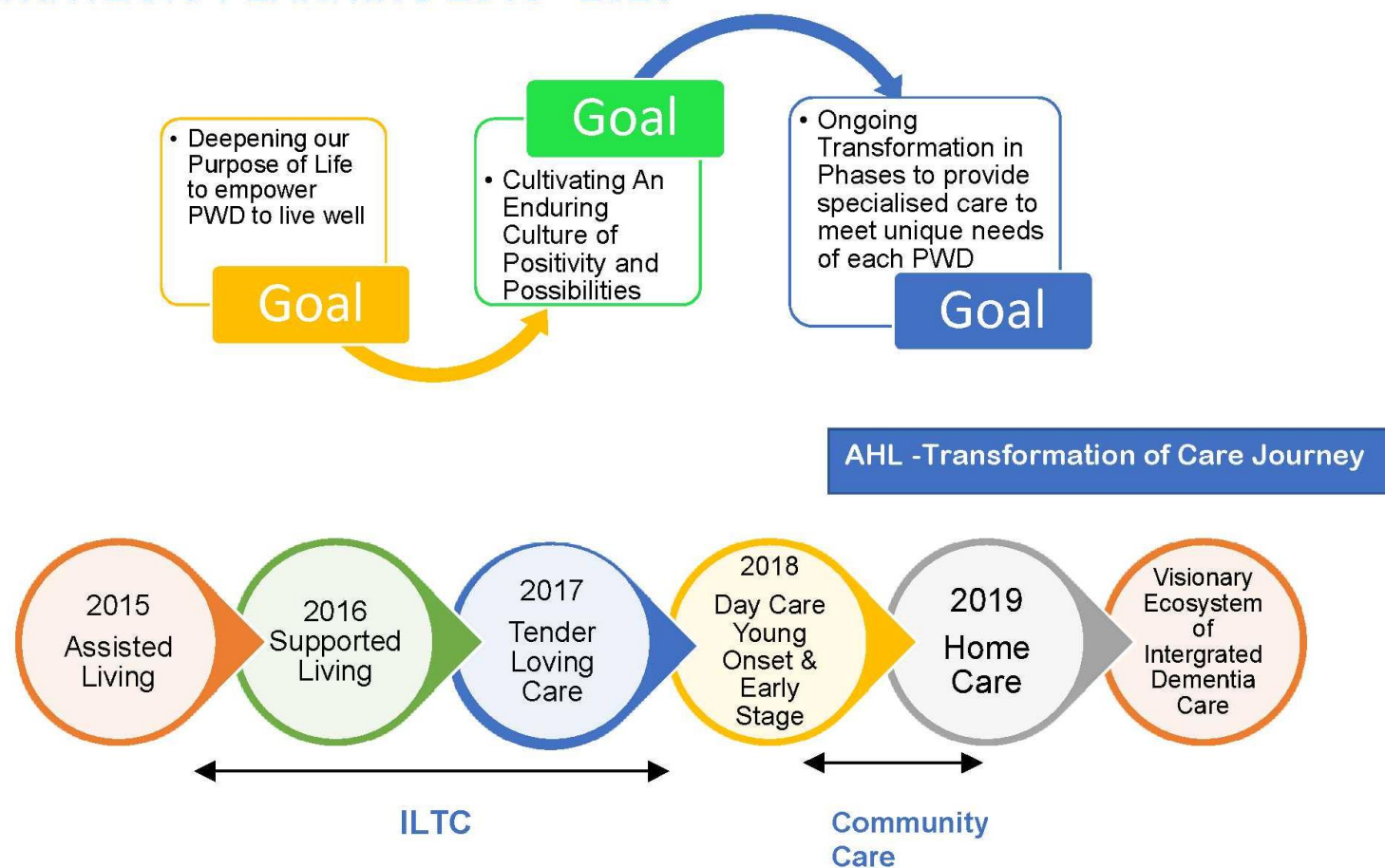


Student from UWCSEA



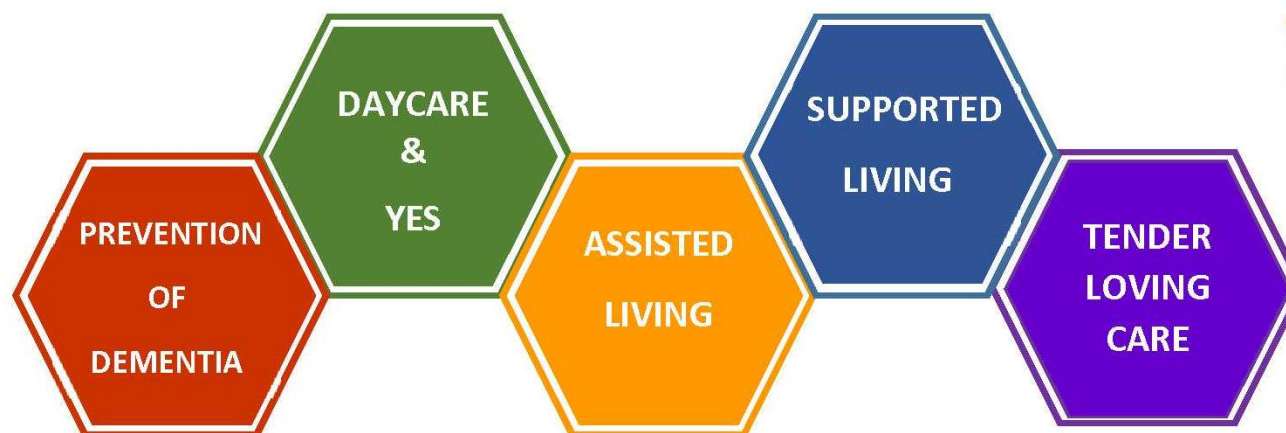
## STRATEGIC THRUST 3 – Enduring Innovative Culture of Excellence

### STRATEGIC PLANNING 2018 - 2020



## OUTCOMES OF SP 2018

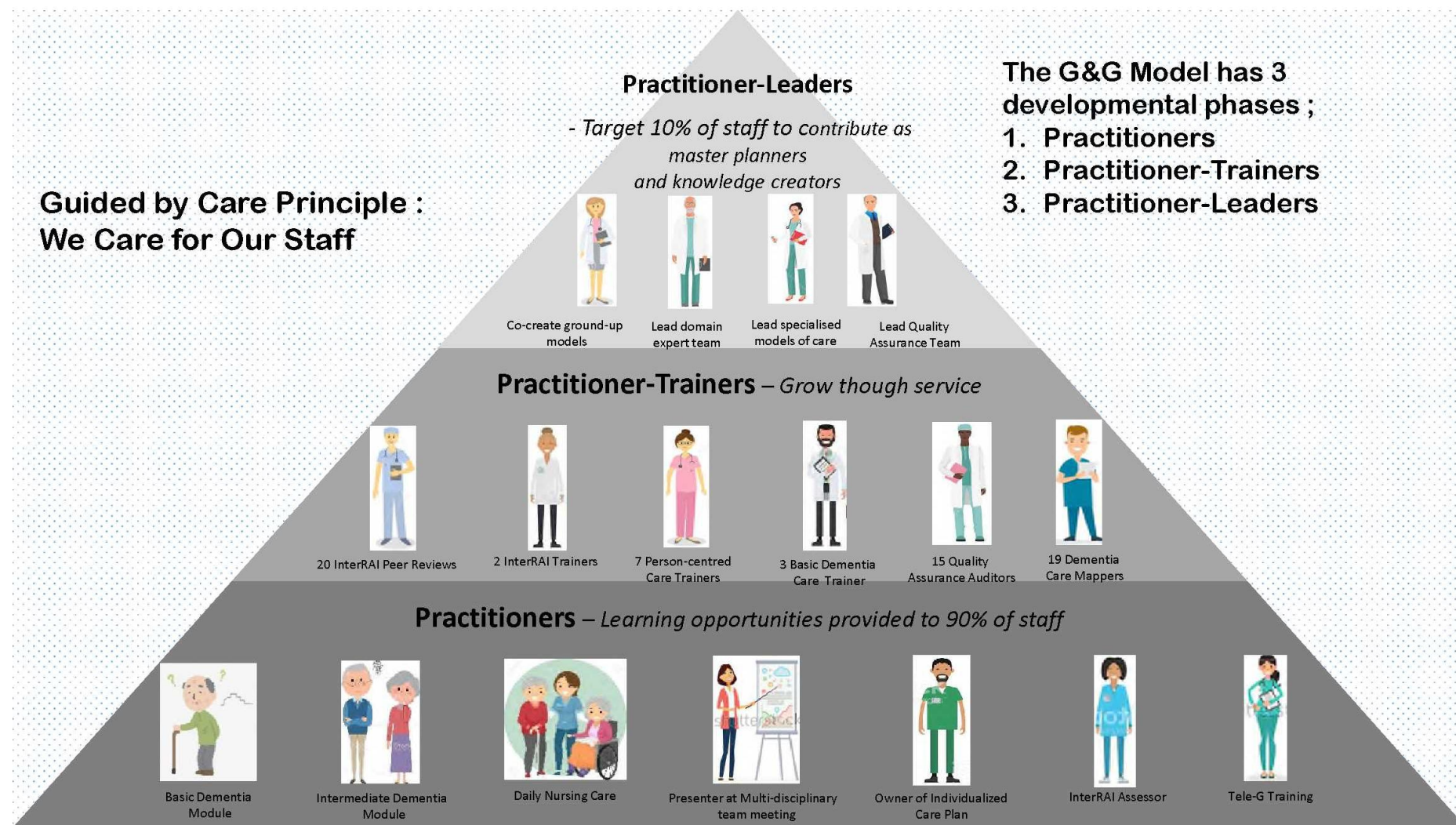
1. To provide a continuum of care for People with dementia



2. 2020 - To be a leading



## ST3 ENDURING INNOVATIVE CULTURE OF EXCELLENCE





## ST3 ENDURING INNOVATIVE CULTURE OF EXCELLENCE

## Quality Assurance

## Annual Service Quality Survey

Overall Satisfaction with Care &amp; Services



## Compliments &amp; Concerns



## Staff Suggestion Scheme (SSS)

**11** Suggestions Received

**8** Suggestions Accepted

**6** Suggestions Implemented



## Quality Service Excellence Award



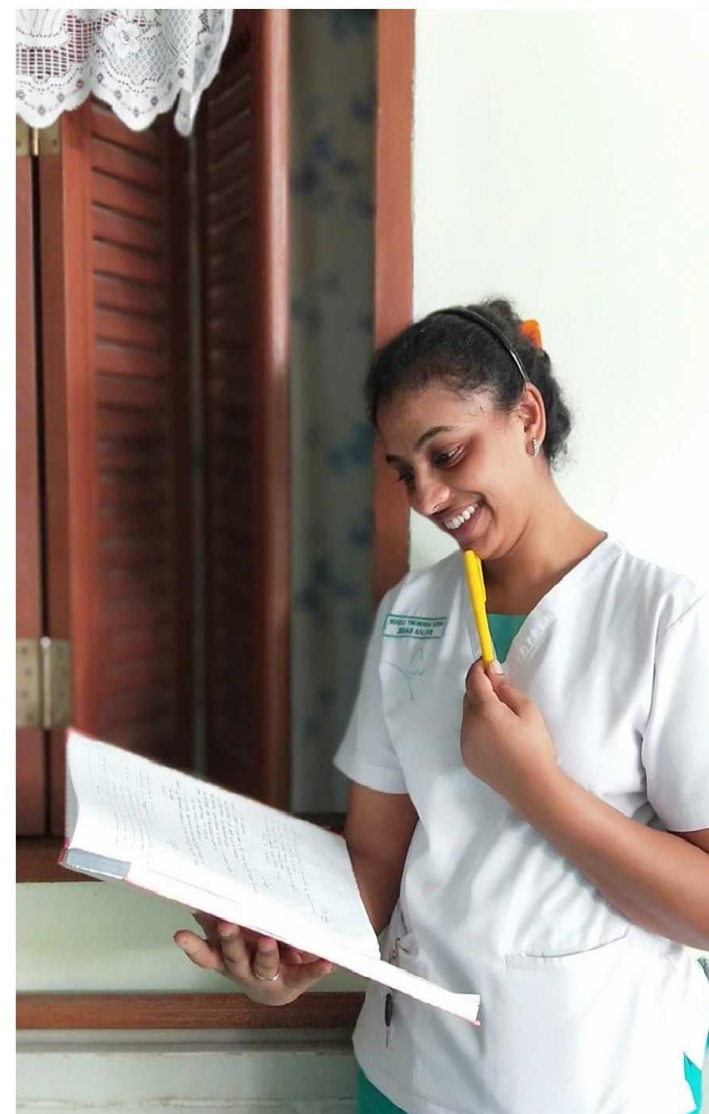
Periwinkle

Gerbera

Daisy

## Partners

- Internal Partners: Staff
- External Partners: Family members and caregivers & Agency for Integrated Care (AIC)



## Background

Continuous Improvement (CIR) is a key strategy towards organisation excellence at AHL. CIR is a purpose-driven process towards quality assurance of care and services in Apex Harmony Lodge (AHL). Besides enhancing quality of care and improving evidence-based practices, it is also tapped upon for staff development and to build an enduring culture of possibilities.



## Initiatives

### 1. Feedback Process

A platform for family and caregivers to provide feedback for improvement



### 2. Staff Suggestion Scheme (SSS)

This scheme aims to encourage staff to be innovative and think of ways/ideas to improve their work processes



### 3. AHL QAM and Internal Audit

Continuous review of SOPs (in alignment to ENHS) and Internal Audit system to improve and achieve best of care for residents



### 4. Quality Improvement Projects

Teams formed to improve work process to bring about quality improved outcomes for residents and staff





## STRATEGIC THRUST 4 – Operational and Fiscal Excellence

*Creating resort-like nurturing environment for People with Dementia*

### Impact

- 7 Homes
- 210 Residents

### Schedule

- Jan 2018 – Mar 2019

### Investment

- \$7.4m

### Partners

- Architect consultant - Newspace
- Main contractor - Logistics Construction Pte Ltd

### Scope

- Creating a naturalised, homely & safe environment for residents
- Bringing nature closer to the residents through construction of L1 patio & L2/L3 faux balcony
- Upgrading en-suite toilets with brighter color for ease of use & safety features
- Improving ambience of Visitor Lounge & space optimisation in Resource Room
- Replacing external timber window with powder coated aluminium frames to allow for more natural lighting into the rooms
- Creating open servery concept in Assisted Living Homes to empower Residents
- Recreating a multi-sensory garden to provide experiences to Residents & dementia friendly outdoor areas to stimulate Residents cognitively and physiologically
- Reconfiguring a safe and inviting L2 gym / exercise area



### Speed up residents' vital signs data capturing



#### Impact

- 7 Homes
- 210 Residents

#### Implemented

- Partner: Welch Allyn & Pulsesync
- Implemented in mid 2017

#### Benefits

- Wirelessly linked to IngoT
- Accurately capture Residents' vital signs
- Reduces paper float & manual recordings
- Alert staff on abnormal reading via red light & alarm
- Accessibility and ease of equipment transportation

"BP checking took < 15 seconds thus reducing risk of resident irritation / agitation" -- Juana (SN)

| Staff Quarter                                                                                                                                                                                                                                                                                          | EWAS                                                                                                                                                                                                                                                                                                                                            | Outsource Laundry                                                                                                                                                              | Fire Drill                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                |                                                                                             |                                                                                                                                                                                                        |
| <b>Goal:</b><br>Enhance staff well-being with a more homely stay-in environment for the female staff                                                                                                                                                                                                   | <b>Goal:</b><br>Fall alert mechanism to monitor residents' movements to prevent falls                                                                                                                                                                                                                                                           | <b>Goal:</b><br>To provide hotel-standard clean, crisp and well-pressed fresh linens for Residents                                                                             | <b>Goal:</b><br>Joint SCDF Fire Drill for better evacuation coordination during emergency                                                                                                                                                                                                 |
| <b>Implemented:</b><br>Sep 2017                                                                                                                                                                                                                                                                        | <b>Implemented:</b><br>End Jul 2017                                                                                                                                                                                                                                                                                                             | <b>Implemented:</b><br>31 Dec 2017                                                                                                                                             | <b>Implemented:</b><br>12 Sep 2017 (2 years once)                                                                                                                                                                                                                                         |
| <b>Impact:</b><br>Staff Quarter staff (approx. 55)                                                                                                                                                                                                                                                     | <b>Impact:</b><br>7 Homes, 210 beds                                                                                                                                                                                                                                                                                                             | <b>Impact:</b><br>7 Homes, 210 beds                                                                                                                                            | <b>Impact:</b><br>>200 residents & staff                                                                                                                                                                                                                                                  |
| <b>Coverage:</b> <ul style="list-style-type: none"> <li>• Additional bedrooms through conversion of Donation &amp; Volunteer rooms</li> <li>• Upgraded en-suite &amp; main toilets</li> <li>• Created a Laundry room &amp; clothes drying room</li> <li>• Revamped staff lounge in Sep 2017</li> </ul> | <b>Coverage:</b> <ul style="list-style-type: none"> <li>• Night monitoring from 10pm-5am</li> <li>• All rooms have motion sensors, reset button, call bells (toilet &amp; bed head) &amp; strobe light</li> <li>• Duty nurses carry pagers that would alert them to residents' movement</li> <li>• Targeted residents given bed pads</li> </ul> | <b>Coverage:</b> <ul style="list-style-type: none"> <li>• Residents' personal garment, bed sheets, blankets, pillow cases, draw sheets, curtains, bibs &amp; towels</li> </ul> | <b>Coverage:</b> <ul style="list-style-type: none"> <li>• Fire Alarm</li> <li>• L1 evacuation to Assembly Area</li> <li>• L2 / L3 horizontal evacuation</li> <li>• Simulated fire (smoke) at Daisy &amp; Periwinkle by SCDF</li> <li>• Simulated casualties evacuation by SCDF</li> </ul> |
| <i>"Staff loves the new toilet and appreciated additional shower heads to reduce waiting in the morning showering activities. With the revamped staff lounge, the whole place looks more homely and cleaner" – Greatchen (SN)</i>                                                                      | <i>"EWAS data helps to track those residents who are unable to sleep at night and intervene, perhaps further fall or other related incidents were prevented. It also alerts the staff on which room to attend first while making rounds as previously they do it by sequence" -- Emyrose (SSN)</i>                                              | <i>"The new vendor has cleaner, well-pressed and ironed linen or garments" – Rodney (EN)</i>                                                                                   | <i>"It has been observed that the residents are becoming more familiar with the routine and cooperates easily (except for challenging few). It is good to have this annually to refresh their memories" -- Nathan (PTA cum Gym Tonic Instructor)</i>                                      |

## Finance

The Lodge received 75.6% of its funding totalling \$8.08 million, from Government subvention in 2017. Fees collected from residents and day care elders accounted for 19.7%, with the balance 4.7% from donations and other sources.

92.7% of our total expenses of \$8.5 million, were incurred on the provision of services to residents and day care elders. During the year, \$391K of the General Fund were transferred to the Building Fund.



## SUB-COMMITTEE REPORT – Medical

|                 |   |                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chairman        | : | Dr. Gabriel Oon Chong Jin, <i>Consultant Medical Oncologist &amp; Physician, Mount Elizabeth Hospital</i>                                                                                                                                                                                                                                                                       |
| Deputy Chairman | : | Dr. Ee Chye Hua, <i>Consultant Geriatrician</i>                                                                                                                                                                                                                                                                                                                                 |
| Member          | : | Emeritus Professor Ernest Low Yin Peng, <i>Senior Orthopedic Consultant, Tan Tock Seng Hospital</i>                                                                                                                                                                                                                                                                             |
| Member          | : | Emeritus Professor Gabriel Low Cheng Hock, <i>Emeritus Professor of Surgery, Tan Tock Seng Hospital</i>                                                                                                                                                                                                                                                                         |
| Member          | : | Dr. Isaac Krishnamoorthy, <i>Senior Consultant Orthopedic Surgeon, Raffles Medical Hospital</i>                                                                                                                                                                                                                                                                                 |
| By invitation   | : | Dr. Winston Hwang, Attending Physician<br>A/Prof. Chiam Peak Chiang, Attending PsychoGeriatrician,<br>Institute of Mental Health<br>SRN Rita, ( Nurse Manager )<br>SRN Debbie May Amata (Nurse Manager)<br>SRN Juanna Maria Balajadra (Senior Staff Nurse)<br>SRN Marc Cabales (Staff Nurse)<br>Ms Soh Mee Choo, Chief Executive Officer<br>Mr Yeo Joo Hock, Head of Operations |

The Medical Sub-Com met five times during the year; on 16 Feb, 11 May, 3 July, 24 Aug and 16 Nov 2017. Besides carrying out mortality round, Chairman together with 4 members provide guidance on a wide range of clinical practices. In 2017, these include management of Tuberculosis at the Lodge, medication management in particular management of Controlled Drugs and medication errors. The sub-committee takes medication errors seriously, and reiterated that wrong drug, route or schedule, could cause undesirable side-effects or even death. Errors could arise from (a) failure to transmit message during hand over of duties resulting in omission to give residents medicine, (b) giving medicine to the wrong resident, especially when two residents have the same surname.

The sub-committee emphasized the importance of adopting a system of checks for safe medication practice, comprising the 5 rights : (a) right resident (b) right drug (c) right dose (d) right schedule (e) right route of administration. The check must be done by two SRNs or one SRN and one other senior nurse.

As for management of Controlled Drugs, following a hospital-prescription of a morphine-like drug (Fentanyl) for the control pain to one of our residents, the sub-committee issued the following directives:

- (i) Draw a list of all the scheduled controlled drugs, (such as Fentanyl, Morphine injections, Pethidine injections, Methadone, Codeine, Oxycodone, Benzodiazepines,

Morphine phensidate tablets and any others listed by HSA), to be made known to all SRNs. All SRNs must be alerted when any new resident with such drugs is admitted to the Lodge;

- (ii) Avoid admitting any one with controlled drug, otherwise explore switching over to another analgesic(s);
- (iii) Assign a SRN to maintain records in accordance to HSA directives, of any such drug in the locked-up cabinet;
- (iv) Let HSA take and dispose of any unwanted controlled drug.

Residents received medical attention from Dr. Winston Hwang, the attending house doctor who saw the residents regularly, and from Dr. Chiam, the psycho-geriatrician during her by-monthly visit. The sub-committee kept a close tab to ensure residents were prescribed no more medications than necessary, particularly upon their discharge from the hospitals. Dr. Hwang would keep medication to the essential where possible to avoid unnecessary side effects and interaction of drugs.

Preceding each meeting, Chairman and some of his members would do a ward round to inspect the Homes, its environment and cleanliness, and to interact with residents and relatives to have a first-hand account of the care being rendered. They would observe how medicines were administered to the residents, placing safety a primary concern.

Clinical Indicators were thoroughly discussed at each meeting. Guidance was provided to SRNs in management of falls which are common among people with dementia, incidences due to behavioural and psychological symptoms of dementia (BPSD), reducing unplanned admission, etc.

CEO shall update the Chairman of the medical sub-committee of all directives from MOH as the latter revamps and upgrades many of its services.

## **SUB-COMMITTEE REPORT - Human Resources**

The HR Sub-Committee comprises the following members:

|               |   |                                  |
|---------------|---|----------------------------------|
| Chairman      | : | Gan Boon Jin                     |
| Member        | : | Kang Hak Leng                    |
| By invitation | : | Soh Mee Choo, CEO                |
|               |   | Wong Ee Lin, HR & Admin. Manager |

During the year, the HR Sub-Committee held several meetings and discussions to deliberate on the Lodge's proposals for Management Committee's adoption:-

- 1) HR Policies & Procedures and Staff Handbook
- 2) Salary Structure to align with the latest MOH SAE Benchmark exercise
- 3) Enhancement for the staff development Bond

- 4) Mid-year Once-Off Ex-gratia payment, year-end performance bonus and annual salary increment
- 5) Changes in Staff Welfare Packages including recognition and rewards for staff who took on additional responsibilities outside their core areas.

In addition, the HR Sub-Committee also provided feedback on the Lodge's HR Capabilities Plan in alignment with the vision of AHL of:

- 1) A Choice Employer for employees to do common things uncommonly well; and
- 2) A Training & Consultancy Centre for Integrated Person-centred Dementia Care by 2020.

## SUB-COMMITTEE REPORT – Facility & Environment Enhancement

During the year, conceptual design discussions for the environment enhancement was full steam ahead as the Lead Consultant, New Space Architects Pte Ltd, led the bi-weekly meetings to establish our Lodge's requirements. In preparation for sharing our needs, the Lodge has consulted and visited few nursing homes, Khoo Teck Puat Hospital, eminent professors and doctors. Some of their invaluable suggestions were taken into the design specifications. This phase was finalized on schedule for a tender to be called.

The Evaluation Committee provided oversight of the tender process to appoint the main contractor. The Lodge called an open tender on 15 Sep 2017. At the close on 27 Oct 2017, five applied with 1 written withdrawal, culminating in the selection of Logistics Construction Pte Ltd (LCPL) with the final bid of \$6.38 million. The Evaluation Committee's recommendation on the selection was adopted by the Management Committee.

Some aspects of the environment enhancement project involve cyclical maintenance work which would be co-funded by MOH. The funding has to be utilised by March 2019, coinciding with project expected completion a month earlier.



## SUB-COMMITTEE REPORT – Audit

Chairman : Mr Leow Tze Wen  
Member : Mr Tan Cheong Hoe, Charles  
By Invitation : Go Hwi Kueh, Head, Finance & Compliance.

Both members of this Sub-Committee sat in the Management Committee which meets bimonthly. The Audit Sub-Committee's primary roles in the meetings were to provide inputs and comments on issues concerning internal controls, corporate governance and areas for improvement in the smooth running of the Lodge. The sub-committee also reviewed the audit plans of the annual statutory audit, and noted the audit certifications mandated to be performed by different external auditors in fulfilment of the various funding received by the Lodge. No major exceptions were reported by the auditors.

## Acknowledgement of Volunteers and Supporters

AHL wishes to thank our corporate partners and generous donors for their fervent support, and volunteers who had contributed their valuable time and resources in supporting activities and outings for our Residents and Day Care Elders. Your love, support and encouragement motivate all at AHL to continue to persevere with devotion, respect and integrity to live the AHL's values and mission to realise the vision.

- Lien Foundation who has since funded us a cumulative \$2.468 million towards the 3 projects; IngoT, Gym Tonic and remodelling of dementia care.
- Santa Monica Fund c/o The Community Foundation of Singapore, donated \$20,000 which was channelled purposefully to recreational and learning activities for people with dementia in Assisted-Living homes, in our ongoing 'Ignite-My-Life' programme.
- Orchid Laundry, for the ongoing laundry project (Therapy Through Work –TTW) which has been extended to community care for People-with-Early-Stage-of-Dementia (PESD) and People-with-Young-Onset-Dementia (PYOD) who benefit from the occupational engagement to enhance their quality of life and that of their care-givers. Orchid Laundry also brought Christmas Celebration to the Lodge for our Creative Space programme benefiting up to 20 residents in December 2017. In addition, Orchid Laundry had always been generously looking to enhance quality of life of Residents donated cash and contributed 8 Samsung tablets worth \$4,000 to the Lodge.
- Greenology Pte Ltd, for our continued synergistic partnership in gardening has expanded their love of vertical greening to the Lodge. A volunteer enthused by how Greenology inspired life of People-With-Dementia now supports the Morning Venture.
- Firefly Mission, paid bimonthly visit to the Lodge with regular karaoke and games for our residents, and organised a CNY lunch at Toa Payoh Safra in Feb 2017. A volunteer from Firefly Mission also provided lunch for staff in June 2017 and Dec 2017 while other volunteers donate generously to the Lodge.
- Lasalle College of the Arts, hosted an art exhibition, a public talk on art & dementia and meeting-the-artists session, to celebrate the artistic and creative talents for those living with dementia as part of celebration of the Alzheimer's Action Day 2017. Lasalle sponsored the lunch for the meeting-the-artists session.
- Lico Wellness, our new synergic partner in support of our Baking-Beyond-Hobbies in-community programme, which added another truly normalisation opportunity for our residents to remain active and feel involved in life, an attribute key to maintaining quality of life.

This list is by no means exhaustive, and we must also thank many others who are not mentioned above, members of all our sub-committees for the generous contributions of their time, resources and expertise in helping us realise our mission and vision.

## Acknowledgement of Donors

The generosity of sponsors and donors helps AHL to enhance the self-esteem, well-being and quality of life for people with dementia. Your kind donations went towards the building up of the capability of the Lodge to implement therapeutic programmes for the Residents. We are truly grateful for your continuing support of our mission.

### \$20,000 - \$49,999:

|                          |  |
|--------------------------|--|
| The Community Foundation |  |
|--------------------------|--|

### \$10,000 - \$19,999:

|                |  |
|----------------|--|
| Gee Choon Guat |  |
|----------------|--|

### \$8,000 - \$9,999:

|                     |                |
|---------------------|----------------|
| RSAF RCC            | Orchid Laundry |
| Leng Hiang Catering |                |

### \$5,000 to \$7,999:

|                             |               |
|-----------------------------|---------------|
| UK Online Giving Foundation | Anonymous (1) |
| Serene Khoo                 |               |

### \$2,000 - \$4,999:

|                           |                          |
|---------------------------|--------------------------|
| Eng Fong Moi              | Tay Cheng Chuan          |
| Chan Kum Leong            | Anonymous (2)            |
| Lynnette Leow             | Global Link Teck Pte Ltd |
| NBE International Pte Ltd | Tan Boon Hwee            |
| Lifestyle Connect LLP     |                          |

### \$1,000 \$1,999:

|                |                                        |
|----------------|----------------------------------------|
| Donation Box   | Ciseern by Designer Furnishing Pte Ltd |
| Kam June Howe  | Daniel Sng                             |
| Tay Huey Meng  | Eu Oy Chu                              |
| Anonymous (3)  | John Lee Peng Cheong                   |
| Anonymous (4)  | Mr Fred Patten                         |
| Anonymous (5)  | Ng William                             |
| Chan Kam Choo  | Ong Siow Hong                          |
| Chan Lai       | Pang Nguan Chye Frederick              |
| Chan Wing Seng | Robin Kang                             |



|                |                                  |
|----------------|----------------------------------|
| Chung Sook Yee | Sheng Keong Construction Pte Ltd |
|----------------|----------------------------------|

**\$500 - \$999:**

|                          |                          |
|--------------------------|--------------------------|
| Chesed Wong Ching-Yi     | Jessica Lim Siok Leng    |
| Anglo Chinese School     | Mrs Eleanor Lee & Family |
| Art of Living Foundation | Mrs Pow Ai Lin           |
| Anthony Patrick Nathan   | Tay Kim Poh              |
| Dr & Mrs PC Wong         |                          |

**Up to \$499:**

|                           |                          |
|---------------------------|--------------------------|
| Chua Suan Keow            | Kng May Choo             |
| Christina Wong Sui Fong   | Koh Meng Leng            |
| Llm Teck Chai Danny       | Loh Siew Leong & Family  |
| Ang Swee Hoo              | Mr & Mrs Leow Hock Chin  |
| Toh Chee Kiat             | Mr & Mrs Tek Yuen Teng   |
| Greenology Pte Ltd        | Mrs Lee Phee Hong        |
| Albert Cheng Jin Fu       | Ng Koon Seng             |
| Mr & Mrs Lee Han Shih     | Sarmiento De Venecia Mar |
| Ang Chin Lee Joyce        | Seng Ah Moi              |
| Anonymous (6)             | Sim Peng Nam             |
| Bessie Lim Juat Tu        | Tan Ah Han               |
| Chen Shuya                | Tan Yee Shan             |
| Cheng Siew Yen            | Tan Yu Wen               |
| Chng Gnee Kwee            | Anonymous (7)            |
| Chong Meisi               | Chong Hui Hwa Lena       |
| Dr Yeoh Swee Choo         | Lydia Tay                |
| Eu Tsun Barbara Jean      | Mok Chee Keong           |
| Foo Yontphanich Aree      | Ngoh Meng Yian           |
| Lin Teh Hua               | Tan Li Ying              |
| Lucy Chan                 | Teo Jing Yu              |
| Mrs Chong                 | Yap Gui Yong             |
| Mrs Gloria Barkar & Fami  | Yeo Ee Ling Irene        |
| Mrs Miranda Eu            | Heng Yee Siang Delfine   |
| Ong Hood Chye             | Alvin Chew Wye Kwong     |
| Tay Kian Leong            | Zehuei Tan               |
| Yan Kai Yun               | Chee Pei Ling            |
| YC & Margaret Chen        | Chu Ah Lim               |
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