



GOING BEYOND



Third Nursing Home Within Integrated Health Campus

Photo: Woodlands Health Campus

Woodlands Health Campus is the first fully-integrated health facility in Singapore, comprising Acute and Community Hospital, Specialist Outpatient Clinics and an Intermediate & Long-Term Care (ILTC) facility. Ren Ci has been appointed as the operator to run the nursing home as well as senior care centre in the ILTC facility, making this our third nursing home facility after Ren Ci @ Bukit Batok St.52 and Ren Ci @ Ang Mo Kio.

Targeted to be ready by 2022, the new facility will have more than 300 nursing home beds as well as capacity for 100 clients at the senior care centre. This expansion will propel Ren Ci into the next league of becoming a 1,300-bed provider.

Ren Ci has assembled a multi-disciplinary team to work alongside Woodlands Health Campus and Ministry of Health in the design of the new facility as well as to re-design care pathway to leverage on the full services available on the integrated campus. Special attention is paid to harness the use of technology as well as planning for the provision of home care services for residents in Woodlands.

Mr Joe Hau, Chief Executive Officer of Ren Ci Hospital said, "We are excited to be appointed as the operator for the first nursing home that is integrated within a Health Campus, giving us the opportunity for a new model of care as we continue to serve the ageing community."



Shop and Savour for a Good Cause

Ren Ci's 25th anniversary celebrations culminated with its annual fundraising event, Ren Ci Vegetarian Food Fiesta in a resounding success!

More than 4,000 visitors, volunteers and staff came to support our needy seniors at this event on 6 October 2019. Close to 80 stalls were set up, offering a wide array of culinary delights and assortment of products ranging from apparel, handicrafts, food and household products.

Beyond retail and food therapy, this charity event fostered friendship and a strong sense of camaraderie amongst the staff and volunteers. The one-day carnival raised \$300,000 through coupon sales, cash sales and outright donations.

Maintaining High Standard of Transparency



Ren Ci's Governance and Risk Committee Chairman, Mr Yap Wai Ming (right) receiving the award from Dr Gerard Ee, Chairman of Charity Council

For the fourth year in a row, Ren Ci is awarded the Charity Transparency Awards (CTA), in recognition of exemplary transparency and disclosure of best practices. CTA is a broader scheme of the Charity Governance Awards initiated by the Charity Council with the aim to promote good corporate governance, transparency and disclosure in the charity sector.

At Ren Ci, the importance of transparency and good disclosure practices are seen as crucial pillars of good governance so as to ensure that the public are well informed when they decide to contribute for the good cause. Annual reviews are conducted to highlight areas for improvement as well as future plans, assuring donors

that Ren Ci is always forward-looking and has concrete plans for future charitable objectives. Mr Yap Wai Ming, Chairman of Ren Ci Hospital's Governance & Risk Committee accepted the award on 3 December 2019.

Appreciating Our Pillars of Support

Over 250 Ren Ci's volunteers and partners gathered on 2 November 2019 as we hosted an appreciation session to thank them for working relentlessly to serve our patients and residents over the past years. Amidst the attendees, 35 volunteers received their 5-year and 10-year Long Service Award.

This annual event paid tribute to all the volunteers in recognition of their devotion and selfless commitment as we collaborate to provide quality and meaningful living for those under our care.

We also took pleasure to thank our various partners from schools, religious groups and corporate organisations for their sheer dedications in helping Ren Ci deliver holistic care across our facilities.

Our heartfelt appreciation to our pillars of support for journeying with us to serve the seniors!



Representatives from (from left) Foo Hai Ch'an Monastery, Al Muttaqin Mosque and Church of St Mary of the Angels receiving the token of appreciation

Supporting Skills Learning in the Sector

On 26 November 2019, Ren Ci Hospital renewed its commitment to partner Institute of Technical Education (ITE) as one of the sponsoring organisations to provide apprenticeship-based training for ITE students on the Work-Study Diploma (WSDip) in Rehabilitative Care.

With the demand in community rehabilitative care expecting to grow due to the fast ageing population, it is important to offer realistic training and mentorship to ensure quality of skilled workforce and encourage more to join our community care sector. This also serves as a platform and encouragement for Ren Ci's care staff to upgrade their skills and knowledge through this technical diploma.

Visit ITE website at www.ite.edu.sg for admission details. Qualified entrants may also indicate their interest via email to rencihr@renci.org.sg.



Syafiqah, student under Work-Study Diploma (WSDip) Programme

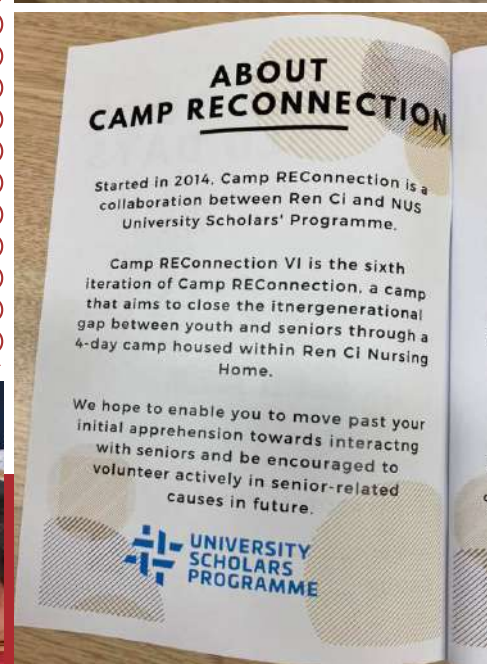
YOUTHS ASSEMBLED

The 6th edition of Camp Reconnection returned this year with 55 youths assembled for a 4-day youth camp. Initiated by Ren Ci since 2014 and supported by students from NUS Students' University Scholars Club (USC), this annual camp aims to bridge the gap between the youths of today and the seniors.

These youth participants experienced "ageing" through exploring how to commute with aid, perform everyday chores with some degree of handicap and even got the chance to experience blended diet which seniors with swallowing difficulties will consume daily.

Other activities included learning dialects, arts and crafts and the opportunity to connect with the nursing home residents through conversation and lots of fun games.

For the seniors, they simply loved having the youths around because of their bubbly personalities and vivacious laughter. They were also very enthusiastic about sharing their life stories with the youths. At the end of the camp, the seniors were treated to a memorable performance put up by the youths. A perfect ending to the beginning of newfound friendships.



Bringing the Kampung Spirit into the Home

On 26 October 2019, residents and their families at Ren Ci Ang Mo Kio Nursing Home were transported back in time to the good old kampung days. Here are some snapshots of our favourite moments.



The Gift of Love through the Lens



“Shared Memories – Portrait Programme” is a one-day photography activity concocted by like-minded volunteers who wanted to provide an opportunity for families and our residents to come together for a photoshoot, empowering them to create new memories.

Spearheaded by our group of Medical Social Workers, and with the help from volunteer group Twinkle Hearts, seven bed-bound residents from the Chronic Sick Unit (CSU) got to spend time outside the ward with families over a photography session.

“Through this therapeutic session of bringing the CSU residents and families together for a make-over photoshoot, we hope to rekindle the strength of the caregivers to continue the journey of care with their loved ones,” said Bridget Monica Das, Head of Social Work and Counselling at Ren Ci.

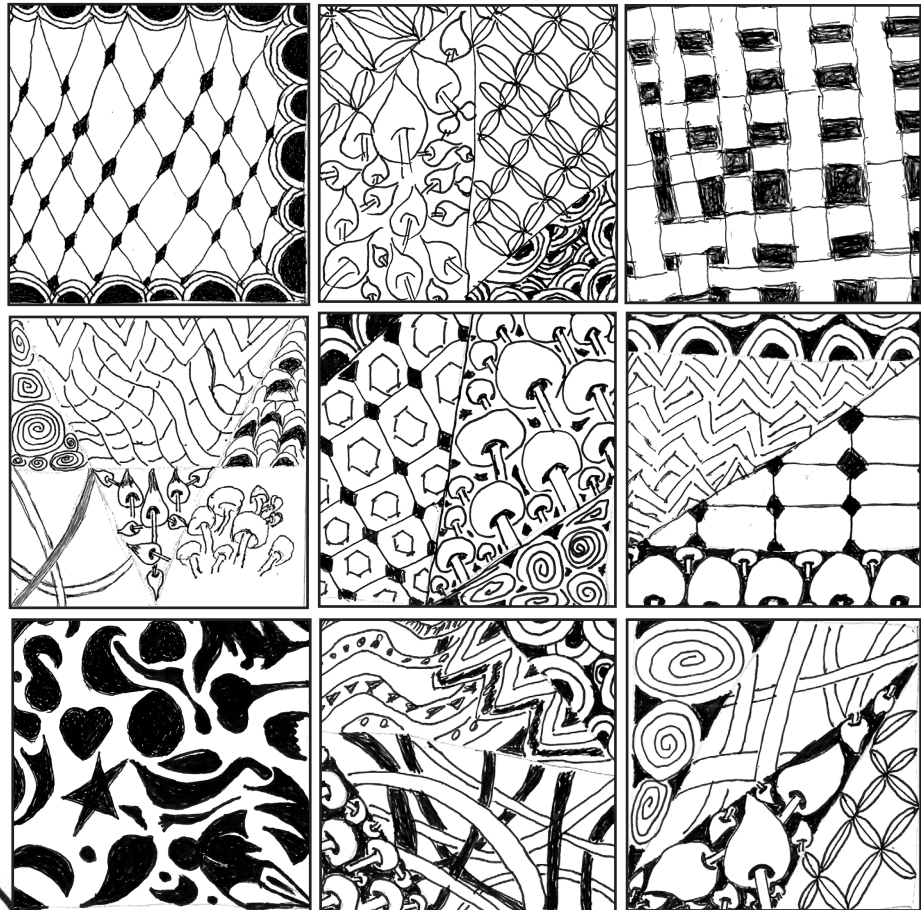
For the families, they were very happy to gather for the photoshoot. Some even brought old photos to reminisce past memories with their loved ones. New memories were created after this heart-warming photography session. Special thanks to the 23 volunteers from Twinkle Hearts for unwrapping the gift of love through the lens.



Tiled Patterns

Zentangle Art is an easy-to-learn, relaxing and fun way to create unexpected and beautiful images on small pieces of paper (tiles) by drawing structured patterns (tangles) of combining dots, lines, curves and circles. This therapeutic art method enables access to a state of relaxed focus, boost imagination and express creativity with confidence, achieving physical, mental and emotional benefits.

Leveraging on several volunteers who are certified Zentangle's tutors, Ren Ci introduced Zentangle art to a group of ICARE (Integrated Care for Advanced Respiratory Disorders) patients to help them manage their chronic breathlessness. The patients achieve remarkable calmness and concentration during the short moment of creating repeated patterns. The sessions received positive feedback. Drawing refreshed their minds and stimulated their brains, taking away their focus on their medical condition. In addition to the ICARE patients, Zentangle Art is now a weekly activity in the community hospital wards.





Health Benefits of Zentangle Art

Relaxation

Zentangle provides a simplistic and lighthearted way to unwind from the stress of the day. It hones your focus by drawing you away from agitation through subtle, calming and intricate strokes that lead to wholesome beauty.

Improved Sleep Patterns

The pattern-making beauty of Zentangle reaches deep into multiple aspects of your life. Through relaxing focus and creative growth, your mind sorts and processes daily events that help you enjoy a night of deep, replenishing sleep.

Develop & Rehabilitate Fine Motor Skills

Just as Zentangle helps build hand-eye coordination in all people, its benefits are particularly effective for those in the process of rebuilding motor skills. Connecting, shading and forming a Zentangle image into a beautiful whole is a peaceful yet makes new ties in the mind that can be seen in everyday life.

Improve Hand-Eye Coordination

Zentangle is an additive drawing technique that requires focus yet relaxes the overall mind. While anyone can do it, noting the detail and subtle nuances of each stroke help improve hand-eye coordination.

Increases Attention Span & Concentration

One of the most important aspects of Zentangle is its ability to hone a person's concentration skills by keeping them engaged in a flowing, blossoming creation. While it ultimately relaxes participants, Zentangle becomes easier and easier over time.

Nurture & Develop Creative Abilities

A goal of Zentangle is to free your thoughts in such a way that it ultimately strengthens and empowers your creativity. When you engage in Zentangle drawing, the creative part of your mind may frolic and grow in ways never before thought possible.

Back on Track

The nursing home residents at Ang Mo Kio finally got the chance to stroll the park on trishaw by Cycling without Age, a movement originated in Denmark that offers free bike rides aimed at enhancing the social integration of elderly as well as adults with intellectual disabilities.

Launched in December 2018, the trishaw programme was stopped in May 2019 after concerns over the use of the trishaw on shared pathways with pedestrians. Upon ensuring that the routes taken are safe for all parties and also the assignment of a safety marshal for each of the ride session, the trishaw programme was back on track with effect from 30 November 2019, much to the delight of our residents.



PART-TIMERS NEEDED! REN CI @ ANG MO KIO

We are looking for committed part-timers who can make a difference to the lives of our seniors.

Join us at least three times a week with a flexible four-hour shift:

- 7.00am to 11.00am OR 8.00am to 12.00pm

DUTIES

- Wheeling of residents
- Meals feeding
- Household chores (e.g. cleaning, bed-making and laundry)
- Supporting residents' engagement activities

REMUNERATION

- \$8.00 per hour

Interested in the opportunity?

- Walk-in interview at Ren Ci @ Ang Mo Kio (Address: 10 Ang Mo Kio Avenue 8 Singapore 567727, beside Townsville Primary School) on weekdays from 8.30am to 6.00pm ; or
- Email: noraini@renci.org.sg



乘搭三轮车，再次出发！

仁慈宏茂桥疗养院的院友终于有机会再次通过Cycling Without Age在公园乘坐三轮车。Cycling Without Age源于丹麦，目的是为疗养院的院友和新加坡智障人士福利促进会的会员提供免费三轮车服务，促进社会凝聚力。这项计划于2018年12月发起，后因公众对与行人共享的道路上使用三轮车表示担忧之后，而于2019年5月停止。

在确保所选择的路线对各方都是安全和确保每一趟的行程都有职员跟随后，此计划重新启动，让疗养院的院友们再次出发，感受乘搭三轮车的乐趣。



“重新链接” 训练营

第六届的“重新链接”训练营回来了！这训练营致力缩短年长者与青年之间的距离。

训练营从亲身体会式学习开始。举办单位使用各种道具，让参与者“老龄化”来探索年长者在日常生活所面对的一切障碍。参与者也有机会尝试到有吞咽困难的老年人每天都要食用的混合饮食。这些看似简单的任务其实让多数的年长者不知所措。

这活动让她们体会到年长者每天所面对的困难和挫折等。

其他与院友互动的活动包括学习方言、制作手工艺品、对话以及一起玩有趣游戏。

对于年长者来说，他们喜欢与周围的年轻人聚在一起，当看到充满青春欢笑的脸孔，他们仿佛重返青春岁月，信觉畅快。他们也非常热衷于与年轻人分享生活故事。结束前，参与者在多用途礼堂表演，为这届的训练营画上美丽和圆满的句号。



仁慈来到兀兰了!

仁慈医院将在兀兰设立提供超过300个床位和100个乐龄护理中心名额的第三家疗养院。新疗养院将设在兴建中的兀兰医疗保健园 (Woodlands Health Campus) 并预计于2022年分阶段开放。



照片：兀兰医疗保健园

兀兰医疗保健园设在兀兰17通道并将是我国首个结合急症医院、社区医院和长期护理设施于一体的新建设，所有设施都在同个时间构想和建造发展。

有了兀兰的新疗养院，仁慈医院的总床位将从1994年的174张床增至1300张床并可服务住在兀兰、三巴旺、海军部和马西岭等北部地区的居民及提供居家护理服务。

仁慈医院执行总监侯自成表示：“我们很高兴被任命为兀兰医疗保健园疗养院的经营商，我们将会利用结合急症医院、社区医院和长期护理设施于一体建设来开发新的护理模式。”



《仁慈素食会》2019

仁慈医院于2019年10月6日举办了一年一度的《仁慈素食会》，这也是仁慈欢庆25周年的最后一项募款活动。

此盛会设立了将近80个摊位售卖琳琅满目的商品包括服装、手工艺品和日常用品等。当然这也少不了素食佳肴。吸引超过4000名公众、义工朋友及职员踊跃地参与。

除了可购买到各种物品和食物，此活动还促进了职员和义工朋友之间的友谊。大家共同努力，使这项筹款活动圆满成功。这为期一天招牌募款活动通过优惠券销售和捐款成功筹集到约30万元。所有善款将让病友受惠，改善她们的生活素质和提高医院的医疗服务。

保持良好监管制度

为了鼓励更多慈善团体采取良好的监管机制，慈善理事会自2012年起颁发慈善团体监管和慈善透明度奖，表扬那些不仅达到监管准则的要求，而且在监管水平方面可成为榜样的慈善团体。仁慈医院连续第四年荣获慈善透明度奖。

我们每年都在努力改进哪些不足的地方，确保在管理方面和计划朝正确的方向前进。

仁慈医院监控及风险委员会主席叶伟明先生于2019年12月3日出席颁奖典礼接获奖状。



仁慈医院监控及风险委员会主席叶伟明先生（左）与执行总监侯自成出席颁奖典礼

谢谢你们！仁慈义工朋友

仁慈于2019年11月2日举办了一场义工慰劳下午茶会以感谢义工朋友在过去几年为仁慈院友的不懈付出。超过250名义工朋友和合作伙伴聚集在此与仁慈一同欢庆这个有意义的活动。

35名义工获颁5年和10年长期服务奖。此外，仁慈也邀请了学校、宗教团体和企业组织的各种合作伙伴出席这一场慰劳会。这些合作伙伴多年来来到仁慈社区医院、疗养院和慢性疾病单位与院友们进行各种活动，让他们的生活过得更充实。

仁慈医院谨此衷心感谢所有义工朋友多年来的热心支持。



仁慈医院社区互动委员会主席林财曼先生（右）颁发奖状给义工 Benjamin

继续支持社区关怀领域的技能学习

仁慈医院于2019年11月26日与工艺教育学院更新和延长合作关系，继续成为工艺学院的其中一家赞助机构。

由于新加坡人口迅速老化，社区康复护理和复健的需求预计将随着增长。这项合作可以为更多的学生提供实际的训练和指导，确保社区护理领域的人手充足，同时也鼓励更多人加入社区关怀行列。此外，仁慈的医务人员也可以通过这培训来提高技能。

请浏览工艺教育学院网站www.ite.edu.sg预知更多有关入学条件。如果你符合训练条件和要加入康复护理领域，请电邮至rencihr@renci.org.sg。



Alif, 其中一位加入培训来提高技能的仁慈治疗师

超越无限



仁慈于福海禅寺举办的《素食会2014》

仁心慈爱，福乐众海

成立于1994年，仁慈医院是新加坡为数不多的医疗慈善机构，在不分种族及宗教下照料慢性病患者。今日，由释明义法师创立的仁慈依旧与福海禅寺和福海佛教文化暨福利协会有着密切的联系，并携手在中长期护理领域提供全面和实惠的医疗、护理和康复护理服务。在仁慈医院成立于25周年之际，仁慈承诺将继续以仁心慈爱的原则及以人为本的护理服务理念，为病友提供优质的服务。福海禅寺的义工多年来的支持与无私奉献是有目共睹的。

“为了配合在中长期护理设施和疗养院的护理需求，来自福海禅寺的义工不遗余力并定期探访在仁慈的院友，目的是要改善他们的生活，为他们带来温暖，” 义工组长黄福全说道。

福海禅寺多年来也风雨不改参与仁慈医院一年一度的旗舰活动《仁慈素食会》，为仁慈医院募款。仁慈医院谨此衷心感谢福海禅寺一路来的鼎力支持，并期待将来的合作，把仁心慈爱的精神传播到社会的每个角落。