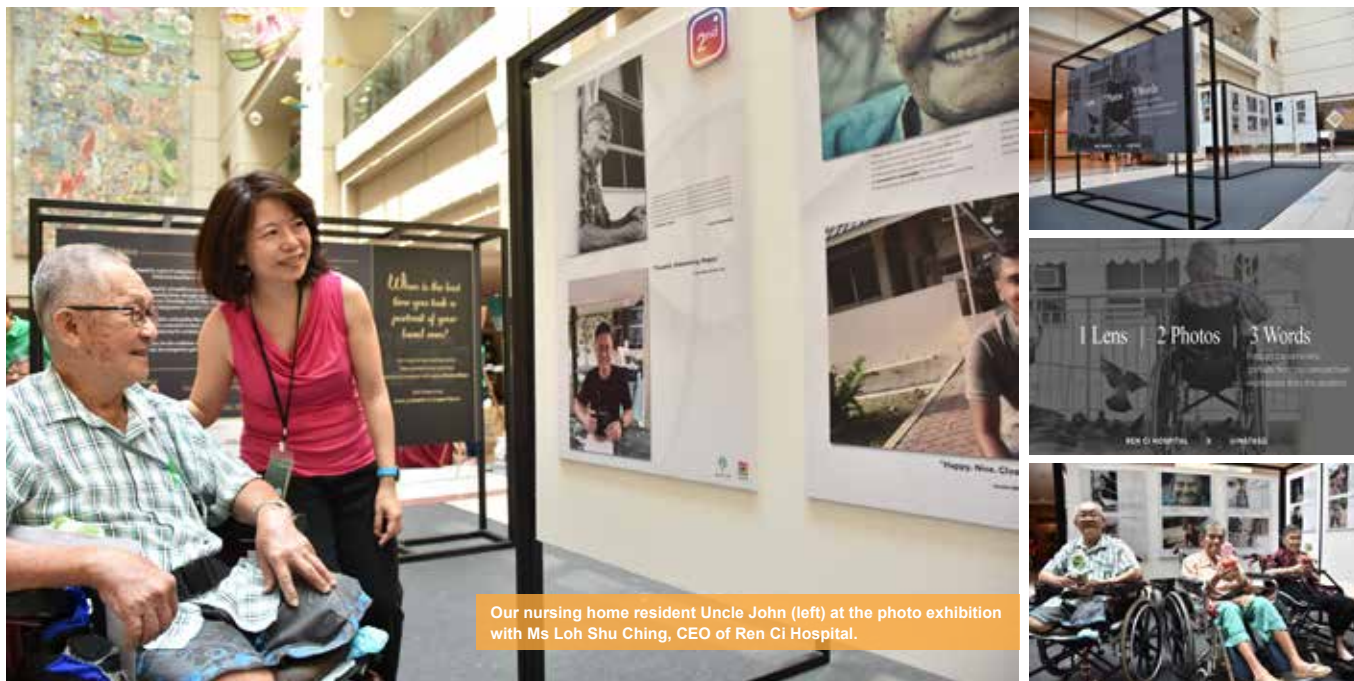




# GOING BEYOND



Our nursing home resident Uncle John (left) at the photo exhibition with Ms Loh Shu Ching, CEO of Ren Ci Hospital.

## 1 Lens | 2 Photos | 3 Words Photo Exhibition

A group of 15 avid instagramers from @instaSG, a community group of Singapore Instagramers, visited Ren Ci Nursing Home (Moulmein) on a Saturday afternoon in May with a mission - to introduce the art of photography to the residents.

This marked our first collaboration with @instaSG which led to Ren Ci's very first photo exhibition showcased at three locations - atrium at Tan Tock Seng Hospital on 1 July 2016, Square 2 shopping mall from 2 to 10 July 2016, and finally at Ren Ci Community Hospital till end of July 2016.

During the "Instameet", the instagramers paired up with the residents, and taught them the basics to capturing moments through ONE LENS. TWO PHOTOS from two perspectives - a portrait of the resident taken by the instagramer, and a portrait of the

instagramer taken by the resident were then showcased at the exhibition, complemented by THREE WORDS from our residents to sum up their learning experience in this meaningful photography activity.

The winning pair, 80-year old Madam Vengadasalam Maniammal (Aunty Mani), our resident and 25-year old instagramer, Pulendrarajah Gowreesan (Shaan) each walked away with \$120 worth of shopping vouchers sponsored by Square 2 shopping mall.

Ren Ci strives to provide meaningful opportunities for the youths to connect with the seniors under our care. This activity showed that residents of nursing homes have aspirations and interests. They want to learn skills, pick up hobbies, just like any other person.

## ON THE NOTICEBOARD

## Yesterday Once More

*Tikam-tikam*, cans-knockdown game and traditional snacks took centre-stage at the inaugural Family Day at Ren Ci Nursing Home (Moulmein) on 16 July 2016, much to the delight of the residents, their next-of-kin (NOK) and volunteers and staff of Ren Ci.

Themed “Good Old Days”, this funfair was a perfect activity for the residents and their family members to relive their younger days and bond over food and games. Residents without NOK also had a good time down memory lanes accompanied by our staff and volunteers. Everyone had a blast of fun from the past at the various game stations and tucked into local food served from the era.

More than 100 family members turned up and spent golden moments with their loved ones and our care staff. That’s the aim of this activity - building family ties.

“Even though it took us great effort to plan this event, witnessing how the residents, their families and our nurses enjoyed themselves made it all worthwhile,” said Ms Chong Wai Fung, Administrator of Ren Ci Nursing Home.



## Shop & Savour for a good cause

The 14<sup>th</sup> Ren Ci Vegetarian Food Fiesta returned to home ground – Ren Ci Community Hospital on 25 September 2016, after partnering and holding it at Foo Hai Ch’an Monastery in the last two years.

Close to 80 food and merchandise stalls were spread out over three floors, providing much retail therapy for the 5,000 visitors, volunteers, staff as well as our patients and nursing home residents. The atmosphere was bustling and everyone had a good time indulging in their favourite vegetarian food and shopping at the colourful stalls.

This fun-filled carnival successfully raised over \$390,000 (estimated and unaudited amount) through coupon sales, cash sales and outright donation. The proceeds will go towards enhancing patient care and support our beneficiaries.



## Ren Ci Flag Day 2016: Volunteers Needed

Calling all Flag Day Enthusiasts! 12 November 2016 is Ren Ci Flag Day. This is your chance to shower the love of giving and help the seniors by being a volunteer on that day. To sign up, please call 6355 6478 or email [nicholas\\_see@renci.org.sg](mailto:nicholas_see@renci.org.sg). Online sign up is available at <https://goo.gl/7t1TcA>

## FROM THE FRONTLINE

## Stay tuned for Love & Gratitude

After the successful Love & Remembrance Charity Concert last year, Goh Lee Hiang Memorial Fund (GLHMF) will present their second instalment of “**Because of Love (因为有爱)**” series of charity concerts at The Star Theatre on 6 May 2017. Titled **Love & Gratitude Charity Concert 2017**, Taiwanese superstar Chyi Yu will return and partner her long-time friend Wakin Chau for this one-night only charity concert. Word from event sponsor GLHMF was that there could be another guest performer.

Limited preferential donation tickets of \$2,000, \$500, \$350 and \$200 for this charity concert will be made available from October 2016 onwards. VIP package at \$2,000 per seat includes a pre-concert banquet dinner and a gift set to commemorate the event, limited to the first 350 seats.

For pre-booking of seats or enquiries on donation tickets and sponsorship, please contact Karen Tan at 6355 6428. These donations will be entitled to 250% tax deduction. Tax receipts will be issued in 2016 and/or 2017 based on your donation year. Ticket sales will be released to public from January next year through all SISTIC channels. Please mark your calendars and be ready for a night of love and gratitude.



Call and book your preferential donation tickets today! *See you on 6 May 2017.*

## VISION Check

On 17 August 2016, over 30 Ren Ci Nursing Home (Moulmein) residents received eye screening, thanks to the kind people from Atlas Eye Specialist Centre. Dr David Chan, senior consultant eye surgeon, together with his team of optometrists, Ms Lim Hui Ying and Hui Kit Ru, conducted eye check for our residents.

The residents were informed of the screening results and the Atlas Eye Team was able to flag out a number of cases for immediate follow up. Our heartfelt appreciation to Dr Chan, Hui Ying and Kit Ru for volunteering their time and expertise at our nursing home.



## Dual Partnerships

In August/September, Ren Ci Hospital inked two memorandum of understandings (MOUs), one with JurongHealth as one of the inclusive partners to provide continuous line of care in the healthcare system and another with HMI Institute of Health Sciences (HMI-IHS) to provide training to Therapy Assistant students undertaking the WSQ Higher Certificate in Therapy Services (TA course).

As part of the “JurongHealth RHS Collaboration”, a system of interconnected care services for the western population of Singapore, Ren Ci will be one of the care providers that enable seniors to seamlessly transit from hospital to aged care in the community.

The renewed MOU with HMI-IHS showcased Ren Ci’s commitment and expertise to provide quality training for TA-to-be in a realistic environment across Ren Ci’s facilities. The students have the opportunity to learn different skills through hands-on practice which will enable them to serve effectively in the aged community upon graduating.



## Bridging Generation Gap

For the first time in a long while, our nursing home residents at Moulmein reveled in the company of nursery and kindergarten kids. Childcare centre, Learning Vision @ Tan Tock Seng Hospital, kick-started their one-month visitation on 16 August 2016 to engage the seniors.

Each week for an hour, different classes popped by to participate in activities such as group exercising, art & craft and not forgetting the song and dance performances. The aim is to promote and strengthen inter-generational bonding through learning and fun activities between the young and the senior. The bubbly nature of these kids certainly brought much joy and laughter to our residents!



Said Ren Ci's Chief Executive Officer, Ms Loh Shu Ching, "Through partnership with childcare centres, we aspire to connect generations, build togetherness and at the same time value-add to the children's learning outside of classrooms, through the interaction with the seniors."



Ren Ci welcomes all volunteering efforts from the community. If you would like to volunteer with us, please contact us at [renci@renci.org.sg](mailto:renci@renci.org.sg).

## AWARDS AND ACCOLADES

### Charity Transparency Awards for Ren Ci Hospital

After clinching the Special Commendation Award for strong improvement in Corporate Governance and Management at the Charity Governance Awards (CGA) in 2014, Ren Ci's continuous pursuit of good governance saw us being one of the winners in the inaugural Charity Transparency Awards (CTA) 2016.

Introduced this year by the Charity Council, the CTA is given in recognition of exemplary transparency and disclosure practices which are aligned with the Code of Governance. Mr Lim Chai Boon, Vice-Chairman of Ren Ci Hospital received the award from Mr Gerard Ee, Chairman of the Charity Council at the award ceremony on 28 September 2016.



Ren Ci Hospital Vice-Chairman, Mr Lim Chai Boon (right) receiving the Charity Transparency Awards. (Source: Charity Council)

## AWARDS AND ACCOLADES

# Reaping a good harvest of awards

At this year's ILTC Excellence Awards held on 28 September, Ren Ci Hospital bettered its achievement two years ago by winning a total of 56 awards, including three individual gold winners and 50 silver winners. The gold winners are Dr Kala Kanagasabai, Senior Consultant and Director of Clinical Quality Management Unit, SN Beulah Rajah and SN Panchavarnam Porkodi.

Besides these individual awards, Ren Ci Hospital also clinched three team awards, two in the clinical quality improvement category and one in the productivity and innovation category. Congratulations to all the winners!



# Star Winners

Mr Desmond Teo, Executive Director and Chief Executive Officer (CEO) of Gaylin Holdings Ltd, was conferred the Public Service Star (Bintang Bakti Masyarakat or BBM) at this year's National Day Awards for his invaluable public service and contribution as a patron of Yew Tee Citizens' Consultative Committee (CCC). Mr Teo is also Ren Ci's patron since 2013 and has been supportive in all our fundraising efforts.

Mr Thomas Pek, President of Singapore Food Manufacturers' Association and the Chairman of Ren Ci Hospital's Medifund committee, also received the BBM in recognition for his involvement in the local food manufacturing, advocating the use of technology, automation and e-commerce to expand the reach of local products. Our heartiest congratulations to Mr Teo and Mr Pek for receiving the accolades!



Mr Thomas Pek (left) and Mr Desmond Teo.

# Graduating with Heart and Hope

Receiving the Balaji Sadasivan Study Award at the Intermediate and Long Term Care (ILTC) Manpower Development Awards Ceremony on 25 August 2016, the three awardees, namely occupational therapists Ms Nur Afiqah Binte Rahmat, Ms Sharmaine Chan Si Min and Ms Wang Xiao Yan graduated in March and have since put their new skills to good use at our Day Rehab Centre. *More on their commitment to serve in the aged community is covered in Up Close and Personal on Page 6.*

Also at the awards ceremony, senior physiotherapist Ms Tng Hui Ling received her scholarship to continue her education in physiotherapy through AIC's ILTC-UP or ILTC – Upgrading Programme.

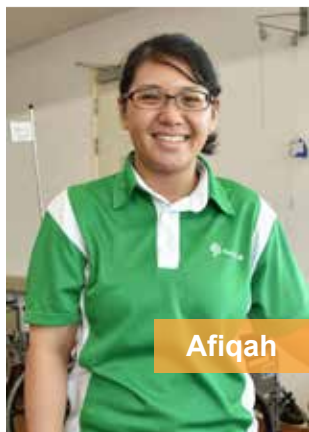


Senior physiotherapist Ms Tng Hui Ling (left) received the award from Dr Amy Khor, Senior Minister of State, Ministry of Health.

## UP CLOSE AND PERSONAL

Not one but three Ren Ci’s occupational therapists recently completed their Diploma in Occupational Therapy from Nanyang Polytechnic through Balaji Sadasivan Study Award, an education and training sponsorship established in 2010 for students pursuing careers as Nurses, Allied Health professionals or Healthcare Administrators in the Intermediate and Long-Term Care (ILTC) sector.

The trio, **Ms Nur Afiqah Binte Rahmat**, **Ms Sharmaine Chan Si Min** and **Ms Wang Xiao Yan** have since put their new skills to good use at our Day Rehabilitation Centre (DRC). We caught up with them to share with us their passion in occupational therapy and their commitment to serve in the aged community.



Afiqah



Sharmaine



Xiao Yan

### Why did you choose to work with the seniors?

I like working with the seniors as I enjoy listening to their stories about their lives and experiences. They would occasionally give nuggets of advice which I find them useful. I’m also influenced by my grandparents. Looking at them gradually getting frail as they get older makes me curious about how to help them retain physical ability.

I was taken care by my grandparents in my younger days and I grew up interacting with them and their elderly friends, listening to their life stories. So when I have to choose which sector to contribute my skills, there was no debate to work with seniors, as they bring me much joy.

I had opportunities to work with the seniors during my student days and that left me with a very pleasant and fulfilling experience. It tugs at my heartstrings whenever I see them being helpless due to an illness/disability. Helping them get well and return to the community gives me happiness and satisfaction and that’s why I chose to work with the seniors.

### How do you plan to use your new knowledge and skills at Ren Ci?

With the knowledge and skills I’ve learnt from school, I hope to inject satisfaction in life for the seniors through my therapy and help them regain their functional ability so that they can carry on with their everyday lives with ease. I hope to recommend new activities and therapy techniques to help more seniors.

I’ve learnt a lot during the 3-year course and will apply the theoretical knowledge as well as practical skills to help the seniors that come to DRC for rehab. My aim is to provide them with the best care possible and motivate them to look beyond their functional disability to get well.

I hope to apply my knowledge and skills in the planning of therapy sessions, partnering the multidisciplinary team to ensure that the best care is provided for the seniors. I believe I can contribute through in-services or sharing discussions too.

### What advice would you give to those who want to pursue a career in the ILTC sector?

Rehabilitation for the seniors can be a long and tiring process. Every senior is different and will definitely face many challenges along the way as we help them. So, to contribute in the ILTC sector, passion to help the elderly is a must. Together with commitment, the therapists can do a lot to improve the physical wellbeing of the seniors.

I think what is most important working in this sector would be to always serve with passion because when the road gets tough and draining, your passion to help the seniors will prevail. To me, I always go back to the reasons why I chose to serve in the aged community – to initiate a change and to better the life of the seniors in our midst.

Besides having the passion to serve the seniors, one must also have patience as the rehab process may take months to see the effect. Every little help we give can impact the seniors’ lives and to constantly look for ways to better the rehab method, you must be committed to acquire new knowledge and skills.

## 人物放大镜

三名仁慈职能治疗师通过“巴拉吉基金医疗保健奖学金”完成了专业学习课程并回到仁慈为需要复健的年长者服务。Afiqah, 陈思敏和王晓雁把她们所学到的新技能应用在来到日间复健中心的年长者。

在本期的《人物放大镜》，她们分享了为服务年长社区所带来的满足感。



陈思敏

王晓雁

Afiqah

### 为什么你会选择为年长者服务？

我从小是被我的爷爷和奶奶带大的。所以我从小就习惯和年长者互动，聆听他们的生活故事。当我需要做出选择在哪个领域发展时，很自然的我就选择了为年长社区服务。可以帮助年长者带给我无限欢乐。

当我还在上课时，我有机会与一群的年长者互动。他们给我留下了非常愉快的经验。我觉得年长者们很可爱而且我也很喜欢和他们交流及分享他们的点点滴滴。每当我看到年长者无奈于疾病时，我会感到很难过并会很想尽办法来帮助他们。这就是为什么我选择在年长社区服务与工作的原因。

我选择为年长者服务是因为我喜欢听他们讲述自己的生活和经历的故事。他们偶尔也会给我一些建设性的建议。其实我也是有受到我的爷爷和奶奶的影响。看着他们渐渐年老体弱，我时常思索如何能够帮助他们保持健康。

### 你会如何在仁慈使用你的新知识和技能？

在我这3年的专业文凭课程中，我学到了很多。我开始在工作岗位应用我所学到的知识为年长者们进行康复治疗。我的目标是帮助他们恢复行动能力并鼓励他们克服重重障碍。

我希望引用我所学到的知识和技能来更有效地安排年长者的复健计划和优化整个过程。此外，我也要增强治疗师和护理团队之间合作，以确保年长者们可以得到最好的照顾。我也相信我可以在复健服务或交流讨论时为年长者们提供良好的建议。

从专业文凭课程中所学到的知识和技能，我希望以不同的互动方式为年长者进行康复治疗。帮助他们恢复行动能力以让他们在日常生活过得更方便。作为复健中心的成员，我希望能够推荐新的活动和治疗技术来帮助更多的年长者。

### 你会给予那些想要在中长期护理领域工作的治疗师什么建议？

我觉得在这领域工作最主要的是拥有一颗服务的心。因为当复健道路变得艰难时，那颗想帮助年长者完成康复治疗的心也会慢慢的减少。对我而言，我总会回顾我为什么当初选择在年长社区服务的决定，那就是帮助有需要的年长者更好地拥有一个健康的生活。

除了有颗为年长者服务的热诚，你还需要有耐心。这是因为康复过程可能会耗上几个月的时间才能看到效果。每一个小小的帮助都可以影响到年长者的康复治疗。你也必须致力于不断寻找创新而有效的复健方法。

年长者的复健过程一般都是漫长和劳累的。在为他们服务时，治疗师必须了解每一个年长者都有不同的性格及病况而面对不同的挑战。所以要在中长期护理领域工作，热心帮助年长者是务必的条件之一。再加上意志，治疗师可以有效地改善年长者的身体状况，从而健康的过着日常生活。

## 奖项丰收

在9月28日举行的中长期护理杰出奖上，仁慈深获口碑一共获得56个奖项，当中包括3个人金奖及50个银奖。

这项专为在本地中长期护理界的医护人员而设立的奖项为那些在工作上展现卓越服务的人员提供一个备受肯定的平台。

除了个人奖项，仁慈医院也夺得三项团队奖，两项来自临床质量改进项目及一项来自生产力和创新项目。恭喜所有得奖者！这些荣誉再次证明了我们时时刻刻为病友们提供优质护理的承诺。



照片：（取自护联中心官方页面）

## 双喜临门

艺林控股执行董事兼行政总裁，张美昌先生在今年国庆日获颁公共服务星章 (Public Service Star) 表扬。他在油池公民咨询委员会 (CCC) 所做出的贡献和宝贵的公共服务获得认可。张先生自2013年成为仁慈的赞助人之一并多年来一直都支持仁慈的筹款活动。

同样获颁公共服务星章表扬的是白毅柏先生。他是新加坡食品厂商联合会会长也是仁慈医院医疗基金委员会主席。白先生近年来努力提升本地中小型食品业者的素质并积极拓展国际发展空间。

仁慈医院在此恭喜两位荣获国庆奖章。



（左起）白毅柏先生和张美昌先生

## 从“心”毕业，创造希望

在2016年8月25日举行的中长期护理服务 (ILTC) 人力发展奖颁奖典礼上，四位来自仁慈复健部的职员获得让他们提升他们的技能的赞助，继续在中长期护理领域里发挥他们的专长。高级治疗师唐慧玲获得护联中心升级计划赞助，继续修读有关复健的课程。

另外三位获得“巴拉吉基金医疗保健奖学金”的获奖者是Nur Afiqah Binte Rahmat、陈思敏和王晓雁。请到第6页的《人物放大镜》阅读更多关于得奖者们的分享与感言。





## 视力检查

在2016年8月17日，来自爱德眼科中心的高级眼科顾问曾百龄医生与他的两位验光师，林慧颖小姐和许杰茹小姐为超过30位仁慈摩棉疗养院病友进行了视力检查。

“视力退化及障碍对年长者来说是一个普遍的问题。我们很高兴能来到仁慈疗养院为病友们提供眼睛和视力检查，”陈医生说道。

在得知视力检查结果后，检查团队也为两位病情较严重的病友进行跟进护理及动手术。我们衷心感谢陈医生与他的检查团队来到仁慈义务为疗养院病友做视力检查。



仁慈欢迎并邀请大家参与我们的义工及筹款活动。如果您有兴趣和任何意见，请电邮联系我们：

[renci@renci.org.sg](mailto:renci@renci.org.sg)

## 促进跨时代的交流

一群来自Learning Vision@陈笃生医院幼儿中心的孩子们于2016年8月16日来到仁慈位于摩棉的疗养院与病友们开始为期一个月的探访及交流。

这群活泼可爱的孩子们每周花一个小时来到疗养院进行不同的活动如集体运动和制作手工艺品。当然也少不了为年长病友们呈现唱歌跳舞表演。这项合作的宗旨是要促进跨代联系，让小孩子们通过有趣的活动与老人家交流。

仁慈医院执行总监罗淑晶说道“通过与幼儿中心的合作，我们希望拉近孩子们与年长者跨代的距离，同时也促进孩子们有机会到教室外亲生学习书本上学习不到的知识。”



## 奖项和荣誉

### 慈善团体透明度奖

仁慈的企业监管与管理在2014年有显著的改进而荣获慈善团体监管奖后，今年仁慈不断自我改进和加强管理制度再次获颁第一届的慈善团体透明度奖。在9月28日举办的慈善理事颁奖礼上，仁慈医院的副主席林财旻先生从慈善理事会主席，余福金接获奖项。获得这个奖项也证明仁慈医院遵守和达到透明度的标准和慈善团体监管机制的监管准则。



## 《感恩~因为有爱》慈善演唱会

继去年一场爆满的《怀念~因为有爱》慈善演出后，吴丽香纪念基金将于2017年5月6日在星宇表演艺术中心呈现第二场命名为《感恩~因为有爱》慈善演唱会。台湾著名唱将齐豫与好友周华健将为慈善出一份力。吴丽香纪念基金发言人透露当晚的演出可能还会有一位特邀嘉宾。

\$2000, \$500, \$350 和 \$200 的限量优惠捐款门票，可以从10月起直接通过仁慈医院提前预订。\$2000座位的贵宾配套包含演唱会前晚餐和纪念礼包，限于首350个座位。这些限量门票的捐款将享有二点五倍的税务回扣。税务回扣收据将根据您的捐款年发出。

预知更多详情，或是想直接捐款或赞助这场及具意义的活动，可拨电话63556428与Karen联系。演唱会公开门票将从明年1月起在所有SISTIC购票处开始售卖。

敬请期待这场温馨的慈善演出。今天就拨电话预订优惠捐款门票！

我们2017年5月6日见。



## 两份谅解备忘录，两个合作伙伴

仁慈医院在今年八月和九月份签署了两份谅解备忘录。一个是参与裕廊保健集团共同合作提供社区护理服务。另一个是与新康国际卫生科学院(HMI-IHS)合作为主修治疗师助理的学生提供WSQ治疗服务高级证书(TA课程)的培训。



在裕廊保健集团的“区域医疗系统”计划，仁慈医院将作为医疗伙伴之一为西部的社区提供连接性的护理服务。

与HMI-IHS再次合作给予仁慈医院的物理治疗团队一个教导机会。他们可以应用他们的专业技能和知识在这平台上为这些学生提供有效的复建治疗培训，继续为年长者服务。

## 活动布告栏

## 那些年的美好时光

仁慈疗养院于2016年7月16日举办首届的家庭日，病友和家属们通过各式各样的游戏，扔罐竞争和传统小吃与仁慈义工及职员们打成一片。

这以“那些年的美好时光”为主题的嘉年华会给予疗养院病友和他们的亲人一个平台，通过游戏和美食重温年轻时的时光。那些没有亲戚家属的病友也在义工和仁慈职员的陪同下度过一个美好的下午。

超过100名病友及家属出席了这次的活动并与病友们及护理团队的职员一同在欢笑的好时光中完成了这个活动的目的 - 促进家庭关系。

“尽管我们花了很多的心思及时间去筹备这个活动，但能看到病友、亲人、义工及职员们能够相聚在一起沉醉在几个小时的美好时光，这一切的辛苦是值得的。”仁慈疗养院管理员说道。



## 《仁慈素食会》2016

一年一度的《仁慈素食会》又回来了！过去两年《仁慈素食会》都于福海禅寺举办，今年第十四届的《仁慈素食会》募款盛会于2016年9月25日回到仁慈，在社区医院举办。

这届素食会有近80个餐饮和商品摊位分布在社区医院的三个楼层，为约5000名前来的公众，义工朋友，职员及病友提供了他们喜爱的素食食品和琳琅满目的货品。

这项招牌募款活动成功为仁慈医院的病友筹集到约39万（未经审计）。所筹到的款项将协助仁慈医院继续为病友们提供优质的护理及医疗服务。



## 仁慈售旗日2016：欢迎义工来参与

号召所有售旗日爱好者！

2016年11月12日是仁慈的售旗日。您可以在这一天用行动来帮助年长者，为仁慈筹款。

今天就拨6355 6478 或电邮nicholas\_see@renci.org.sg报名。

您也可上网报名参与我们的售期日<https://goo.gl/7t1TcA>。

# 超越无限



## 《一个镜头、两幅相片、三字心声》

15名来自社交网络社群InstaSG的摄影爱好者在今年5月来到仁慈疗养院与病友们交流、拍照并用镜头来拉近彼此之间的距离。这首次的合作给予仁慈医院机会于7月1日在陈笃生医院一楼中庭院举办了一个小型摄影会，以“一个镜头、两幅相片、三字心声”为主题，展示了15名疗养院病友与他们摄影师的肖像照。

活动当天，InstaSG摄影师需要教导病友们如何操作相机及拍照。在互动当中，年轻的摄影师们渐渐发现病友的身体状况原来是多么脆弱。无力的手

握着相机、手指不停颤抖、根本无法握稳机身的病友们还是坚持完成摄影活动。

在颁奖仪式上，获得最佳肖像照的是八十岁的病友Aunty蔓尼和她的摄影师Shaan。他们赢得由SQUARE 2所赠送的购物礼券。

仁慈致力与年轻群体合作为年长者们提供更具有包容性的护理，为他们带来更有质量及意义的生活。同时这项活动也证明了疗养院的病友也和任何人一样拥有愿望和兴趣并学习新的技能。