



GOING BEYOND



Photo credit: Agency for Integrated Care

Art Bridges Generation Gap

Art is an “in” thing at our nursing homes. For our residents at Moulmein, opportunities to immerse in art were made possible through various community partnerships. The collaboration with YOLDEN (Arts), a regular seniors befriending programme which aims to foster intergenerational bonds between youth and seniors through arts-based activities, offered our seniors an opportunity to express themselves creatively.

YOLDEN (Arts) is an inter-agency collaboration including the Agency for Integrated Care (AIC), National Arts Council (NAC) and Youth Corps Singapore (YCS). “YO” comes from the word “YOuths” and “OLDEN” comes from the word “gOLDEN”, which represents the seniors and describes their years of accomplishment. A group of 25 YCS volunteers spent three Saturdays a month,

over four months, to befriend our seniors and engage them through different themes of art, bringing warmth and joy to the sessions.

Prior to volunteering, the youths received training in art by Singapore artist Foo Kwee Horng, under the auspices of the AIC Wellness Programme and also underwent basic eldercare and dementia awareness training. The training equipped them with the skills to connect with the seniors during the sessions.

“Art is a powerful tool which impacts the seniors positively in terms of their physical health, mood, and social interaction,” said Lisa Wee, Programme Coordinator at Ren Ci Nursing Home (Moulmein). For the seniors, doing art helps seniors reshape perceptions of what they can do.



“As the healthcare landscape evolves to meet the demands of an ageing population, Ren Ci, as a leading provider in the intermediate and long-term care (ILTC) sector, will need to evolve our services to ensure that our seniors get seamless care in the community when they need it.”

*Ms Loh Shu Ching
Chief Executive Officer, Ren Ci Hospital*

CEO on...

MOH's 3 Beyonds:

By 2030, one in four Singaporeans will be aged 65 years and above, and this will double the number of seniors we have currently to 900,000. An older population will require more healthcare services and care for longer periods. The prevalence of age-related diseases such as hip fractures and dementia will also be expected to increase.

As MOH increases the country's healthcare capacity by increasing the number of healthcare facilities and workers, they have also developed plans to prepare to meet the long term healthcare needs in a sustainable manner. These plans are known as the “**3 Beyonds**” – **beyond hospital to community**, **beyond quality to value**, and **beyond healthcare to health**.

How Does Ren Ci Fit In?

Beyond Hospital to Community

MOH plans to shift the healthcare delivery model away from the hospital, and closer to the home. This requires the strengthening of the primary and community care services, particularly in the areas of mental health services and palliative care.

The approach of palliative care is to relieve suffering and improve the quality of life of patients who are facing life-threatening illnesses. Ren Ci has stepped up on subacute care in the community hospital and is working closely with Tan Tock Seng Hospital to strengthen palliative care. This year, a new service, Integrated Care for Advanced Respiratory Disorders or ICARE, was introduced to help patients suffering from chronic breathlessness as a result of advanced lung diseases. For our long-staying residents at the nursing homes, Ren Ci will improve end-of-life care and promote advance care planning, which is a series of conversations about individuals' preferences for care towards their end-of-life.

Beyond palliative to community care, Ren Ci plans to start Integrated Home and Day Care (IHDC) services which aim to benefit seniors with complex conditions who require long-term care support. And in the area of mental health services, Ren Ci nursing homes in the heartland of Bukit Batok and Ang Mo Kio will be supporters of the dementia friendly communities as Go To Points (GTP) to aid seniors with dementia who have lost their way and help them return safely to their family and caregivers.



Beyond Quality to Value

In order to keep healthcare affordable and sustainable for the future, MOH plans to improve productivity in our sector. Ren Ci's person-centred care model focuses not only on good quality care but also look at how maximum value can be derived within available resources. The household concept is an example of clever use of space that aims to preserve residents' autonomy, dignity and sense of well-being.

In order to enhance productivity, Ren Ci will leverage on the use of technology and industry partnership to enable work procedures to be more effective so as to meet the needs of patients holistically. Expanding job roles like the introduction of Resident Care Associate will also improve productivity, leading to better quality care and value to patients sustainably.



Beyond Healthcare to Health

Moving beyond hospital to community, and beyond quality to value, are about how we change and improve the way we deliver healthcare to patients who are already ill. MOH's plan is to move beyond delivering good healthcare to encouraging good health. On that note, Ren Ci will look into setting up "Social Hubs" in our nursing homes to enhance community engagement and promote active and healthy living among the seniors in the community. Our Keep Fit Centre in our Bukit Batok Nursing Home has served the Bukit Gombak residents well.

Besides working with grassroots on campaigns that focus on early interventions and healthy lifestyle choices, Ren Ci will also open its doors to facilitate intergenerational bonding. Through partnerships 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 Vegetarian Food Fiesta 2017

仁慈素食会 2017

Date : 1 October 2017

Time : 8.30am to 5pm

Venue : Ren Ci Community Hospital
71 Irrawaddy Road, Singapore 329562

Support Ren Ci's iconic annual fundraising carnival by joining us!

Bring your family and friends down to Ren Ci for good food and fun, and at the same time contribute towards a good cause.

Call us at **6355 6520** or email william_lee@renci.org.sg to get your coupons today!



New Home, New Role

To give our residents greater level of privacy, dignity and autonomy in the new nursing home at Ang Mo Kio, Ren Ci will introduce a dedicated caregiver role called Resident Care Associate (RCA), who is entrusted to provide a wide range of assistance in the household as well as responsible for caring and looking after the seniors.

As a member of a self-managed team, the RCA is the backbone of the nursing home and a trusted friend of the residents. They will work closely with the clinical and allied health teams, to create an environment that enhances residents' quality of life. Their role includes:

- Develop & implement resident individualised daily care plan
- Design & implement life enrichment programmes
- Assist & guide residents in therapeutic exercises
- Support residents with the activities of daily living
- Assist residents with prescribed medications & physician consultation
- Monitor and record relevant resident information

We hope that the RCA will help residents age gracefully, with dignity in the comfort of a homely environment. As they would know the residents better than other care partners, RCA will be empowered to make decisions that will support the goals of our residents.

Existing nursing aides (NAs) and health care assistants (HCAs) will be re-designated as RCAs. We are currently recruiting more locals to join us as RCAs. If you are interested to join us as RCA, please contact Ren Ci's Human Resource department via email rencihr@renci.org.sg.

A Home of Harmony & Compassion

Ren Ci's new nursing home in Ang Mo Kio will welcome its first batch of residents from the current Ren Ci Nursing Home at Moulmein in August 2017. As a multi-religious society, we were taught to embrace peace and harmony with one another, regardless of race, language or religion and similarly, the new home will be a warm and welcoming home where seniors of all faiths – or none - can live harmoniously together. On the morning of 11 May 2017, Ren Ci was honoured to have the religious leaders representing various faiths at the new Ang Mo Kio nursing home to support this ethos of tolerance, understanding and harmony. Gracing the event was Ren Ci Hospital's Chairman Mr Chua Tian Poh, members of the Board of Directors, Management and staff, as well as several Moulmein Nursing Home residents.



Learning from the Expert

Tapping on Agency of Integrated Care's (AIC) Social & Health Manpower Development Programme-ILTC (SHMDP-ILTC) – Visiting Expert Scheme, Ren Ci Hospital along with four other nursing homes, namely Ling Kwang Home, Man Fut Tong Nursing Home, Peacehaven Nursing Home and Singapore Christian Home invited Dr Audrey Weiner, President & CEO of The New Jewish Home to Singapore to conduct discussions and talks on the Green House Model (GHM) from 17 to 21 April 2017.

Dr Weiner shared her valuable insights on how to deliver person-centred (PCC) care during her walkabout at our facilities including the new Ang Mo Kio Nursing Home. Her public talk at Ren Ci Hospital was attended by over 200 participants from the ILTC sector.

Dr Audrey Weiner conducting talk for the staff in the Multi-Purpose Hall



Leadership in Action: Dr Kalaimamani d/o Kanagasabai

Congratulations to Ren Ci's Senior Consultant & Director of Clinical Quality Management Unit, Dr Kalaimamani d/o Kanagasabai for clinching The Courage Fund's 2017 Healthcare Humanity Award in the Intermediate Long Term Care (ILTC) Category.

Held on 25 April 2017 at the Orchard Hotel Singapore, the award ceremony continues its legacy of rewarding outstanding healthcare workers and inspirational role models who go the extra mile to offer care and comfort to the sick and infirmed.

Dr Kala takes time to establish rapport with patients and her fellow colleagues, and can always be relied upon to guide other staff in providing better patient care. In the eyes of colleagues at work, Dr Kala is an exemplary leader, who motivates and is a great role model. She has guided many colleagues in completing many award-winning Quality Improvement projects. In the eyes of patients as well as residents at Ren Ci, she is more than just a doctor, as she always shows care and concern, just like how a family member would.

Despite her heavy workload, she is actively involved in volunteer work, initiating and leading the "Makan Kakis", a group of Ren Ci staff which comes together to bring hawker food to residential patients at Ren Ci's chronic sick unit and nursing homes. Dr Kala also goes on mission trips regularly; visiting underprivileged regions to provide much needed medical service and brings along donated items for the less fortunate.





Star-Studded Charity Concerts in aid of Ren Ci

On 6 May 2017, the queen of Taiwanese folk-pop, Chyi Yu and her long-time good friend, Wakin Chau performed pro-bono for the second instalment of the trilogy of concerts - Love & Gratitude Charity Concert 《感恩~因为有爱》慈善演唱会 presented by Goh Lee Hiang Memorial Fund (GLHMF).

Together, they wowed and mesmerised their faithful fans and the full-house audience of over 5,000 with continuous renditions of their popular hits. During Wakin's segment, he belted out Don McLean's hit song Vincent (Starry, Starry Night) to perfection after sharing that he first heard of Chyi Yu's song on a starry night, more than 30 years ago before Chyi Yu paved the way for him into the pop music scene.

Guest performer, Kelvin Tan Wei Lian, winner of the first Project SuperStar in 2005, added the local essence to a night of great melodies that easily touched the listener's heart. The encore segment of two songs, Chyi Yu's "The Olive Tree" 《橄榄树》 and the popular duet "Lovers of The World" 《天下有情人》 concluded the night of gratitude that's filled with much love for a good cause. This sold-out charity concert raised S\$2,512,211 in donations and ticket sales for Ren Ci Hospital and Assumption Pathway School.

Less than a month later on 3 June 2017, Hong Kong's legendary composer Joseph Koo led his entourage of renown Hong Kong Cantopop artistes such as Frances Yip, Johnny Ip, Teresa Cheung, Eliza Chan, Luo Jia Liang and Ruco Chan to perform at the Joseph Koo "Love & Blessings" Charity Concert 顾嘉辉《祝福~因为有爱》慈善演唱会.

The Star Theatre was packed full-house, predominantly with middle-aged audience who probably spent their childhood years cozying up at home to watch Hong Kong TVB Cantonese drama serials every Saturday night. Be it "The Shanghai Bund" by Frances Yip or "Man In the Net" by Teresa Cheung, these instantly recognisable tunes are just some of the many top hits by Hong Kong's most prolific maestro Joseph Koo.

The audience journeyed down memory lane, as they sang along with the timeless hits, which provided so much joy and memories through the past 4 decades. A perfect night of love and blessings for a worthy cause, as Ren Ci Hospital is the sole beneficiary of the charity concert. A total of \$1,638,636 in donations and ticket sales was raised and net proceeds will go towards patient care.

Giving the Gift of Life

With the support from Singapore Red Cross, Ren Ci Hospital hosted the inaugural blood donation drive on 4 May 2017.

Close to 80 donors including several from Tan Tock Seng Hospital and Lee Kong Chian School of Medicine responded to our call and stepped forward and joined us in this worthy cause.

At the end of the donation drive, Singapore Red Cross was rewarded with 61 packs of blood as some donors had to be turned away due to stringent checks. We thanked all who stepped forward and welcome more to join us the next time.



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.



⁰¹ Guest-of-Honour, Mr Lim Swee Say, Minister for Manpower (left) presenting a token of appreciation to Mr Nelson Lim, Director of JP Nelson Offshore Services Pte Ltd, the platinum sponsor of the event.



Putt & Par for a Worthy Cause

112 avid golfers played golf for a good cause at the 6th Ren Ci Charity Golf Tournament held at the Sentosa Golf Club, Serapong Course on 26 May 2017. Minister for Manpower, Mr Lim Swee Say graced the event as Guest-of-Honour.

Even though the tournament was disrupted by wet weather, the golf enthusiasts were full of cheer and in good spirits throughout the tournament. Some cultures believe that rain washes away troubles and woes. In fact, the rain brought an afternoon of bonding amongst the golf enthusiasts while they played a part in raising the much needed funds for the seniors in Ren Ci.

Special thanks to main event sponsor, Mitsubishi Electric Asia Pte Ltd. They have been supporting this charity event since its debut in 2012. The event raised \$603,150 for Ren Ci Hospital. Special thanks to the members in the Organising Committee for their untiring efforts to make this golfing event a success.

《因为有爱》慈善演唱会圆满结束

华语乐坛唱将周华健和齐豫于5月6日为慈善无酬劳演出《感恩~因为有爱》慈善演唱会。这项由吴丽香纪念基金呈献的慈善演唱会成功为本地慈善团体筹得超过250万新元的善款。所筹得款项将全部捐献仁慈医院及圣升明径学校。

当晚星宇表演艺术中心座无虚席，超过5000人出席《感恩~因为有爱》慈善演唱会。周华健和齐豫先是合唱《梦田》和《明明白白我的心》。接着，周华健展开了演唱会的上半场，演唱了《孤枕难眠》、《让我欢喜让我忧》等经典歌曲，唱到《爱相随》、《花心》时，全场大合唱，现场就像是大型的卡拉OK。

周华健圆梦

56岁的周华健说，当自己还是中学生的時候，有次在山上露营，听的就是齐豫的《答案》。一直以来，他希望有机会为齐豫伴奏这首歌曲。当晚在新加坡的舞台上，周华健弹着吉他，为齐豫伴奏了这首歌。他表示，这次可说是圆了自己的梦。

陈伟联担任神秘嘉宾

演唱会也邀请到本地歌手陈伟联为特别嘉宾。齐豫说：“来到新加坡表演，希望可以找到一位本地的歌手，于是我想到了邀请伟联，他的声音很干净很棒”。陈伟联与周华健和齐豫一起唱了《朋友》，接着独唱了《火柴天堂》和《小人物的心声》。演唱会结束前，周华健和齐豫也在台上合唱了经典情歌《天下有情人》，为演出画下完美句点。

顾嘉辉《祝福~因为有爱》慈善演唱会

此外，香港“经典大师”顾嘉辉在6月3日举办由吴丽香纪念基金所呈献的《祝福~因为有爱》慈善演出，为仁慈医院筹款。叶丽仪、叶振棠、张德兰、陈洁灵、罗嘉良和陈展鹏共襄盛举，共筹得约163万新元。

艺人们演唱的都是顾嘉辉的作品，率先出场的陈洁灵代关菊英唱了《狂潮》，勾起许多观众心中的港剧回忆。每一位出场的歌手，都恭敬感谢顾嘉辉的提拔，才有今日的歌坛地位和演出机会。叶振棠演唱了电视剧《苏乞巧》的主题曲《忘尽心中情》，并与罗嘉良合唱了《飞跃18层》的主题曲《难为正邪定分界》。张德兰与陈展鹏合唱电视剧《贼公阿牛》的主题曲《只有情永在》。压轴出场的叶丽仪演唱了顾嘉辉1961年，参加邵氏电影《不了情》的作曲比赛的作品《梦》和经典名曲《上海滩》。演唱会在众歌手大合唱《狮子山下》中圆满结束。



具有慈悲心和无私的典范领袖

仁慈医院的临床质量管理组高级顾问兼总监Kalaimamani d/o Kanagasabai医生获颁由国立保健集团主办的“仁心奖”。始于2004年，今年为第14届的“仁心奖”颁奖典礼在4月25日于乌节大酒店举行。该奖旨在表扬有杰出专业表现又热心助人的医药保健工作者。总统陈庆炎博士、卫生部长颜金勇与卫生部高级政务部长许连碯博士担任颁奖嘉宾。

Kala医生积极地与病友及同事们建立起良好关系，并且可以随时指导其他护理人员为病友提供更好的护理。在同事的眼里，Kala医生是一个领导者的榜样，她帮助及指导同事完成许多获奖的质量改进项目；在病人的眼里Kala医生不仅仅是一名医生，而是一如既往地表现出关怀，就像他们的家庭成员一样。尽管工作量很多，她也积极参与志愿工作如自动自发地发起一个名为“Makan Kakis”的计划，让疗养院及慢性病患单位的病友能享受到令人垂涎三尺的本地街边美食。此外，Kala医生也时常发起志愿者之行，到贫困地区为有需要的人提供急需的医疗服务，并把捐赠物品带给他们。

#FunRaisingforRenCi

仁慈首届捐血活动

仁慈医院在新加坡红十字会的支持下在5月4日于仁慈社区医院举办第一届的捐血活动，吸引约80名职员与公众踊跃捐血，共收集到61包血液。陈笃生医院的职员也热烈响应此活动。当天有很多捐血者在严格的捐血标准下不允许捐血。仁慈医院衷心感谢所有捐血者的贡献。



高尔夫球友为善不落人后

112位高尔夫球手于2017年5月26日齐聚圣淘沙高尔夫球俱乐部，参加今年的仁慈高尔夫球慈善竞赛，筹得约60万新元的善款。当天活动的大会主宾是人力部长林瑞生先生。尽管活动因上午下起一场大雨而中断，高尔夫球手并没有因此而感到失望。他们在整个过程中都表现出激情和拉近了彼此之间的交情。仁慈特别感谢主要赞助商Mitsubishi Electric Asia Pte Ltd赞助此活动。Mitsubishi Electric AsiaPte Ltd自2012年起每年都成为仁慈慈善高尔夫球的主要赞助商。仁慈也要感谢筹备委员会的鼎力支持。



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

新的家，新的职位

为了给予病友们更多的自主权、隐私和尊严，仁慈将会设立一个崭新的护理模式，推介一个全新的看护者职位 - 病友护理人员（Resident Care Associate, RCA）。病友护理人员的主要任务是打理疗养院里的家务及看护病友们。作为一个自我管理团队的成员，病友护理人员在疗养院扮演着举足轻重的角色，他们也是院友们可以依赖的朋友。病友护理人员将会与配合流动临床队和护理理团，为院友们提供一个更有素质的生活环境。病友护理人员的任务包括：

- 制定和规划院友日常规划表
- 设计和规划院友的个人发展项目
- 协助和引导院友进行复健活动
- 看护院友的日常生活活动
- 协助院友进行药物管理
- 监测和记录相关院友的个人信息

我们希望病友护理人员能帮助院友在新疗养院家居般的环境下安享晚年。宏茂桥疗养院采用小型集群设计采用一个容纳较少院友的房间，让院友们过得更舒适和有隐私的生活。我们预计将需要多达150为病友护理人员，本地人将占其中的百分之五十。如果您有兴趣成为病友护理人员，请联络仁慈的人士部或电邮至rencihr@renci.org.sg。

和谐与仁慈之家

仁慈很荣幸地邀请到各种信仰的宗教领袖在5月11日来到仁慈位于宏茂桥的疗养院祈福，为院友们塑造一个和谐的环境。目前居住在摩棉疗养院的病友们将会从8月份起分批地搬迁至宏茂桥疗养院。出席当天盛会的有仁慈医院主席蔡天宝先生、董事长、管理层及职员。大约15位摩棉疗养院院友也到场支持此盛会。



向专家学习医疗界的温室模型

在护联中心（AIC）中长期护理“社会与人力资源发展计划”的专家分享项目下，仁慈医院连同灵光养老院、万佛堂疗养院、救世军安乐之家疗养院和新加坡基督徒爱老院邀请The New Jewish Home的主席兼总监Audrey Weiner博士到新加坡来分享温室模型的座谈。座谈会于4月17日至21日在仁慈社区医院的多用途礼堂举行。

Weiner博士领导纽约拥有最长久历史的非营利性长期护理和康复服务的Jewish Home Lifecare。仁慈将引用以人为本的护理模式来经营位于宏茂桥的新疗养院。Weiner博士也到新疗养院参观并教导护理人员如何在设施和环境的配合下为院友们提供最全面的以人为本护理。

超越无限



照片：新加坡青年志愿团队提供

艺术促进两代关系

近期仁慈为疗养院院友注入许多艺术元素，抒发他们的情绪。护联中心携手新加坡青年志愿团队和国家艺术理事会共同推出YOLDEN (Arts) Programme。这项计划让年长者通过绘画、手工等方式来表达他们的情绪。这也是心理治疗的一种疗程。

“YOLDEN”这个词是青年 (YOUTH) 和年长者 (goLDEN) 的结合。25位来自新加坡青年志愿团队的青年义工报名参加在仁慈摩棉疗养院进行义工服务。他们要在一个月里腾出三个星期六到疗养院与院友交流并通过不同的艺术主题与年长者互动。在进行义工活动前，这群青年参加一系列护联中心

快乐生活计划项目下的视觉艺术培训活动（由新加坡艺术家胡贵宏指导）和接受基本的老年护理及失智症培训以确保他们拥有应付年长者的技能。

“艺术是一项很强大及拥有很多潜能的工具，它可以积极地影响年长者们的的情绪、社交互动和健康”，项目协调员Lisa Wee说道。

除了教导年长者如何绘画以外，青年在活动上为他们注入许多温暖和快乐。对于院友们来说，这些艺术活动打破了他们对自己的看法和他们仍然有能力做的事情。院友们也很珍惜与青年一起度过的创意宝贵时刻。