



# GOING BEYOND



## More Care Options for Seniors

Limited community care option is a major issue for the ageing population. To ensure a seamless and conducive place of recuperation beyond hospital wards, Ren Ci piloted the “Short-stay Unit” (SSU) at its Ang Mo Kio nursing home with support from MOH.

A total of 80 beds are available for a limited term of care of up to 6 months so as to enable longer period of time for the clients to recuperate after discharge from a hospital.

“We believe that this new care option will benefit those who require assistance in rehab or activities of daily living (ADLs) but lack of caregiver at home,” said Ms Bridget Monica Das, Head of Social Work & Counselling, the department that manages the SSU.

During this period, the client receives assistance with their daily activities while they recover and gain confidence to return to the community. The other aspect of SSU is to increase the client’s sense of independence, self-worth and meaning in life through self-discovery and reconnection.

As per all Ren Ci facilities, admission is strictly by referral through the Agency for Integrated Care (AIC), a centralised government agency that monitor the availability of beds across all ILTC (Intermediate and Long Term Care) facilities in Singapore.

A medical social worker at the hospital or polyclinic will be able to assist in submitting an application to AIC.

## Second Year In A Row

The Charity Council introduced the Charity Transparency Awards (CTA) in 2016 with Ren Ci Hospital emerging as one of the winners in the inaugural year. Once again, we have clinched the award in 2017.

The CTA is given in recognition of exemplary transparency and disclosure practices, both of which are important pillars of good governance. Mr Yap Wai Ming, Chairman of Ren Ci Hospital's Governance & Risk Committee attended the award ceremony on 15 November 2017 and received the award from Ms Yeoh Chee Yan, Permanent Secretary for Ministry of Culture, Community and Youth.



*Mr Yap Wai Ming (right), Ren Ci Hospital's Chairperson of Governance and Risk committee, receiving the Charity Transparency Award.*



*Nursing Home resident, Peter Tan (right) receiving the prize from Health Minister Gan Kim Yong.*

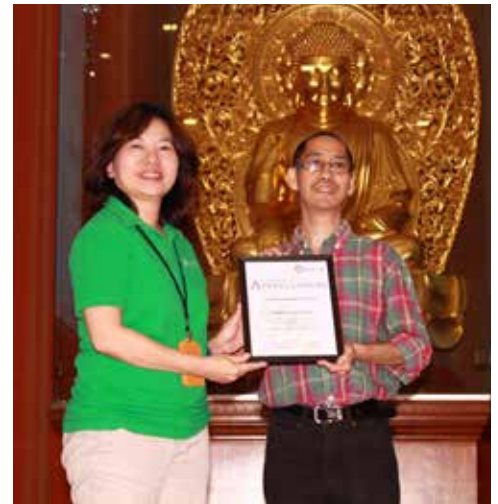
## ‘Circle of Life’ Art Exhibition

Winning a third prize for his poetry work and having his artwork on display at an art exhibition was a dream come true for Ren Ci nursing home resident, Peter Tan. Receiving the award from Minister for Health, Mr Gan Kim Yong was a bonus.

Responding to the call for original works of art demonstrating artistic impressions/interpretations based on the theme: “Circle of Life”, Ren Ci Hospital submitted four entries for the Singapore Health & Biomedical Congress 2017: 5<sup>th</sup> Medical Humanities Exhibition.

“Ignite Life”, Peter’s poem that commemorates the camaraderie and new friendship among his fellow residents in the home and an abstract painting by fellow resident, Paul Tan, which illustrates the passion of life with great optimism, were selected for the exhibition.

“I’m surprised that my humble poetry has received recognition at this exhibition,” said Peter after the award ceremony.



*Edward (right) receiving the Inspirational Engagement Award from CEO Ms Loh Shu Ching*

## A League Of Their Own

At the annual Volunteers Appreciation event on 28 October 2017, Ren Ci paid tribute to all volunteers in recognition of their devotion and selfless commitment in serving our patients and residents over the years. Attended by close to 200 regular volunteers and helpers at the Vegetarian Food Fiesta 2017, the event witnessed a total of 59 volunteers who were acknowledged for their long service, of which 6 have spent 20 years volunteering with Ren Ci.

This year's Inspirational Engagement Award was presented to Mr Edward Wong of Passion Bonders. Since becoming our volunteer in 2004, Edward has been faithfully offering his time to serve our nursing home residents and grew his team to enrich the quality of our residents' life.

On a separate occasion at the Singapore Patient Action Awards 2017, a platform by Tan Tock Seng Hospital to honour individuals and groups for enhancing the healing journey of patients, our long-serving volunteer group, Smilez, emerged as one of the winners in the Singapore Patient Support Group/Volunteer Award (Group) category. Over the years, Smilez has made significant and notable contributions to the lives of our nursing home residents through their weekly engagements. Congratulations to Smilez and heartfelt thanks to all volunteers for being a part of Ren Ci's mission to enhance our seniors' quality of life.



## Thank you from Ren Ci @ Ang Mo Kio

Since the inception of Ren Ci @ Ang Mo Kio in August 2017, the distinctive concept of the nursing home has received significant media interest and generous support from industry and collaborative partners. The household cluster living facility also opens its doors to welcome donors who were enticed to the new model of care that promises greater privacy and autonomy to residents. The adoption of Person-centred Care or PCC, a care belief that the organisation embraces in accentuating ageing with dignity, respect and self-reliance, strengthens the relationship between the care staff and the residents. The strong encouragements from all walks of life have generated counts of visits to the facility. For that, we would like to extend our heartfelt appreciation to all of you.



## Fitness Boost for The Seniors

Some 20 seniors gathered at a public fitness corner in Ang Mo Kio with our physiotherapists, Ms Lai Ka Ying and Lionel Lim on 8 December 2017. The pair demonstrated the proper use of public fitness equipment with the residents noticeably surprised that resistance weights on some of the machines were adjustable. The sharing session were both rewarding for the seniors and fulfilling for our therapists. Ren Ci will continue to bring more enriching information to the seniors through the company of fun and interactive channels.

*Our therapists (in green) imparting some simple techniques to the participants.*

## My Singapore Love Story

Mention Uncle John and many in Ren Ci would recall that he is one of the more independent and active residents in our nursing home. But little does anyone know about this past, especially his glorious moments during the British Army days and his contribution to the Singapore Armed Forces.

A local group, Hidden Good was hunting for ideas for their next life-story documentary, uncovering Uncle John's story was their *Eureka* moment.

Upon securing the necessary funding from Our Singapore Fund, a funding channel by the Ministry of Culture, Community and Youth (MCCY), Tote Board (Singapore Totalisator Board) and the Singapore Centre for Social Enterprise (raiSE) to support meaningful projects by passionate Singaporeans to showcase and build national identity, as well as co-funding by The Honour Singapore, the good people of the Hidden Good team set off to bring Uncle John's story to live.

On 16 November 2017, Uncle John was invited to "meet & greet" with the audience at the premiere screening of the documentary. Close to 50 invited guests and members of the Hidden Good gave Uncle John a standing ovation after the screening, much to his delight. It was an amazing exchange during the Q & A session and Uncle John stayed on beyond his bedtime to address all the queries from the audience.

The Hidden Good will launch this documentary on their Youtube channel in February 2018.



*A group shot of Uncle John (center, yellow top) with his young supporters.*



*Getting ready for a walk!*

## Breathing With A New Lease Of Life

74 year old Mr Tham Ah Chue used to work as a carpentry worker making kitchen and cabinet features for construction projects in his younger days. With his meagre salary, he managed to raise his family of four daughters with his wife, a full time homemaker.

In 2017, he was admitted multiple times for severe breathlessness before his transfer to Ren Ci for rehabilitation. He admitted that he knew nothing about the community hospital prior to his admission. Moving to Ren Ci was “part of the arrangement. I just accepted what was prescribed for me.”, he said in mandarin. His failing vision added to his woes.

Shortly after his admission, Ren Ci rehabilitation team introduced him to a series of exercise designed to strengthen his lungs. It was a workout that he practiced religiously, often doing it after dinner. As part of the programme, therapists would bring him out for a walk that simulates the distance between his Ang Mo Kio home and the wet market that he frequents. The rehab team has a bigger plan for him – to allow Mr Tham to go home. The routines in this programme are all parts of the preparation work to acclimatise him with maximum normalised life after his discharge from Ren Ci. At the same time, he was getting treatments for his eye problem.

Coupled with his strong determination, Mr Tham’s efforts paid off. Today, his breathless episode has decreased. He is also less dependent on using oxygen mask. Mr Tham’s experience is all part of Ren Ci’s I-CARE programme. A multidisciplinary collaboration between Tan Tock Seng Hospital (TTSH) and Ren Ci Hospital, I-CARE is a pilot specialised rehabilitative programme developed for patients with chronic breathlessness. It aims at improving the quality of patients’ life and promotes community re-integration by alleviating breathlessness and other physical symptoms including psychological support.

The community hospital is currently the only healthcare facility in Singapore that offers such rehabilitation treatment to patients with respiratory condition. Patients are generally referred by acute hospitals from Singapore General Hospital and Tan Tock Seng Hospital.



“ I regret not having interacted with my great grandpa as it will be a year later before I see him and unpredictable things could happen. So I am going to try and get on the phone with him even though he might not remember me well. I’m also not usually an outspoken person. So this camp helped me to step out of my comfort zone and speak to the seniors comfortably. ”

**Oviya, Participant**



“ Through the experiential learning, I realized that the things we deemed as easy might not be so to others. And I learnt to be more sensitive as we will not be able to fully understand them unless we’re in their shoes. ”

**Ke Xuan, Participant**

“ When the seniors listen to us, it’s their form of giving, and their form of giving is also their form of receiving. ”

**Miguel, Facilitator**



## The Gap is Real

The growing gaps between generations are not a new topic in today’s Singapore. Scores of groups are working to close the loopholes behind, with many articles suggesting that education should be the strongest advocator to stitching up the hole.

In its edition to bridge intergenerational relations, Ren Ci Hospital jointly established the Camp Reconnection programme with NUS University Scholars Programme (USP) to reconnect and stay connected with our seniors. The annual four days camp took place in December 2017 and attracted close to 60 participants from secondary schools and junior colleges aged 16 to 19.

The first day of camp started with a day packed with introductory programmes. A foundation necessary for participants to arm themselves with basic knowledge including conversational dialects and familiarisation tour within the facilities before splitting into groups in the days to come. The highlight of the camp was perhaps the experiential learning journey where students were taken around the facility to experience some of the issues faced by the elderly like blurred visions and moving around with a wheelchair through custom designed equipment simulating similar conditions. The activity aimed to allow the participants to understand the limitations faced by the elderly in their daily life and understand the stark contrast between the two generations and forge greater understanding from the youth.

Inspirational speakers were also invited to join in this learning voyage including 82 year old former national bodybuilder, Ching Teng Soon who shared of his experience with the participants and hope to encourage them to make a difference in the lives of the elderly.

Engagement and communications are undoubtedly the best medicine to foster any new relationships between the generations. These are the trademarks of Camp Reconnection.

## Snip for Charity

Celebrated hair salon, Kimrobinson recently showed up at the premise of Ren Ci Hospital, all in the name of charity. The third edition of the charity haircut supported by the team of highly skilled hairstylists attracted an overwhelming number of staff, patients and visitors. The four hour long session raised more than \$2600, one of the highest number recorded. Two patients were also specially selected to receive a haircut. Who says you can't stay in style while recuperating?



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).

## Season of Giving

Century old Masjid Khalid celebrated its anniversary by giving out cheques of \$10,000 to ten partnering organisations including Ren Ci. Singapore's Prime Minister Lee Hsien Loong was the guest-of-honour and presented the cheque to the recipients. CEO Ms Loh Shu Ching was in attendance to receive the goodwill donation from Prime Minister Lee.

In this season of giving, Pearlie White, Masons Home Décor Singapore and Rotary Club of Singapore have also made generous contributions to patients and residents of Ren Ci.



*Ren Ci Hospital's CEO Ms Loh Shu Ching received the cheque from Prime Minister Lee Hsien Long.*

## Twelve Days of Christmas

The Christmas season still lingers like the aroma of coffee. Major roads and streets in Singapore are still tastefully decorated in the season of giving. Ren Ci joined in the celebration by sprucing up the interior of our facilities to brighten the spirits of patients and residents.

Themed "Twelves days of Christmas", Ren Ci's prominent walkway exhibited the work between our talented patients and the students from Saint Joseph Institution (SJI). Ren Ci's collaboration with the institution for the past few years has helped instill confidence to our beneficiaries. These work are an expansion of testimonials of our elderly's self-worth.

Find out the exciting programme we have brewed with our seniors and community partners for the upcoming Chinese New Year from the next issue of Going Beyond. Happy New Year!



## 十二天的圣诞



圣诞节的气氛彷彿咖啡座里的咖啡香，久久不散。新加坡的大街小巷都仍充满着圣诞的味道。仁慈也不列外，同院友一同欢庆圣诞节和迎接2018年的到来。

以“十二天的圣诞节”为主题仁慈医院与圣若瑟国际书院（SJI International）再次携手合作，让学生与病友发挥他们的才华，一起绘画并将作品展览在仁慈医院与陈笃生医院的走廊。过去几年与圣若瑟国际书院合作已经为仁慈的病友灌输一种自信的理念。

仁慈接下来会在农历新年为病人们带来更多的节目。请留意我们下一期的《超越无限》。

## 再次为慈善理发

著名发廊kimrobinson在2017年11月9日再次来到仁慈医院为本院筹款。这是kimrobinson第三度来到仁慈用实际行动献爱心。

在短短的4个小时内，kimrobinson成功筹集超过2千600元的善款。这款项也是历年来最高的一次。仁慈的两位病友也有幸获得发型师们为他们免费理发。仁慈医院感谢kimrobinson抽出宝贵的时间为仁慈筹款。



## 佳节期间也不忘行善

卡立回教堂为庆祝成立100周年，以行善的方式于2017年12月6日捐出\$10,000新元给10家慈善机构。仁慈是受惠机构之一。仁慈医院执行总监罗淑晶女士从受邀出席晚宴的李显龙总理手中接获支票。

此外，Pearlie White, Masons Home Décor Singapore和Rotary Club of Singapore 也在这佳节期间热心地捐助仁慈的院友。仁慈医院谨此衷心感谢所有捐赠者的鼎力支持与捐献。





## 义工的联盟

为了表扬及答谢仁慈义工朋友的付出和支持，仁慈医院在2017年10月28日，于仁慈社区医院的多用途礼堂举办了一场义工慰劳下午茶会。约200名定期来到仁慈的义工及参与2017年素食会的助手受邀出席这场盛会。在本届的义工慰劳下午茶会，共有59名义工获颁长期服务奖，当中有6位已经默默地为仁慈付出超过20年之久。

今年的“启发启心奖”得主是来自Passion Bonder组的Edward。Edward自2004年起加入仁慈的大家庭，默默地为仁慈院友服务。与此同时，他也不遗余力地扩大义工团队。

另一方面，仁慈医院的Smilez义工团队无私的奉献获得肯定，今年获颁陈笃生医院的新加坡激励贡献康护奖的看护者团队奖。多年来，Smilez每个星期都会定时来到仁慈疗养院，并通过各式各样的娱乐节目与院友们交流。Smilez的付出和贡献改善了院友们的生活方式，并为他们带来曙光。

仁慈医院谨此衷心感谢所有义工朋友多年来的付出与支持。



## 仁慈为宏茂桥社区服务

仁慈医院的物理治疗师黎嘉盈和林瑞鸿在2017年12月8日于宏茂桥的公共健身角落为大约20名年长者示范如何使用健身器材。

作为仁慈与宏茂桥社区互动的其中一项活动，治疗师示范和教导居民使用健身器材的正确方式。分享活动中，居民也乐知一些器材备有调整功能。

仁慈将继续通过各种有趣及富有教育意义的活动与宏茂桥居民互动。



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)

## 仁慈二度蝉联 “慈善团体透明度”奖

慈善理事会在2016年推出慈善团体透明度奖，鼓励慈善团体保持高水平的监控机制。续2016年，仁慈再次获颁此殊荣。

仁慈医院监控及风险委员会主席叶伟明先生与执行总监罗淑晶女士于2017年11月15日出席颁奖典礼接受奖状。



## 以“生命之环”为主题的原创艺术展

对仁慈疗养院院友陈策邦来说，能在艺术展展览他的诗歌作品是件美梦成真的事。从卫生部长颜金勇手中接获奖状更是意外之喜。仁慈医院响应这项以“生命之环”为主题的原创艺术展，提交四个院友的参赛作品。在这四个作品当中，策邦的诗歌“点燃生命”和保罗的抽象绘画获得展示的机会。“点燃生命”的内容是纪念策邦与一班疗养院院友之间的友情和新的友谊；保罗的抽象绘画则带出如何以乐观的方式来面对生活。

仁慈医院真挚恭贺院友的成就！

## 仁慈宏茂桥疗养院感谢您

自2017年8月以来，仁慈宏茂桥疗养院的独特设计风格和经营方式获得媒体的关注和群众的兴趣。仁慈也迎来许多业内团体及捐款者的访问。院内的设计模仿政府组屋，为院友们提供一个拥有隐私的居住单位。此外，仁慈也秉持着以人为本的护理观念，让院友们享有更多的自由和自主权。以人为本的概念是把每一位院友视为独特个体。他们可以在不受身体的限制下，塑造有自主的生活和实践的目标。仁慈医院借此机会感谢所有来宏茂桥疗养院参观和考察的朋友！



# 超越无限



## 仁慈提供更多的护理选项

有限的社区护理选择是人口老龄化的其中一个挑战。仁慈医院在卫生部的协助下在仁慈宏茂桥疗养院推出“短期疗养单位”，让年长者在病房以外的环境修养。单位拥有80张床位，并可提供长达6个月的护理，让他们有足够的时间来恢复体力。

在这段期间，仁慈的护理团队会协助年长者进行日常生活的训练，让他们重拾信心回到社区独立生活。此外，短期疗养单位的护理和疗养模式可激发年长者们对生活的毅力。让他们更有意义地去面对接下来的生活。

负责管理单位的社会关怀及辅导部部门主任碧琦解释，“我们深信短期疗养单位的推出有利于那些需要复健和日常作息帮助却没有看护者的年长人士。”

所有要到仁慈接受护理的病患和年长者都必须通过护联中心的转诊。护联中心将审核符合相关条件的申请。

您可通过您目前就医的医院的医疗社工索取申请表格。