

# GOING BEYOND



REN CI QUARTERLY NEWSLETTER

Jan - Mar 24

ISSUE 55



## Welcome to Ren Ci @ Woodlands

February was an exciting month for Ren Ci, as we finally operationalised our third nursing home - Ren Ci @ Woodlands!

It was an extremely fulfilling to see years of planning and effort come to fruition. After having faced months of delay due to COVID-19, we're now energised and excited to bring the Ren Ci way of care to the North!

We welcomed our first group of residents on 19 February, and have

been progressively admitting more residents since. Our Senior Care Centre has also been welcoming clients who live nearby.

We have been hard at work ramping up operations, and are planning something special for the official opening in July.

Stay tuned to our social media pages on Facebook and Instagram to find out more.

*\*Resident has consented to be photographed*

Unveiling the Ren Ci 30<sup>th</sup> Anniversary Logo *page 2*

Mr Ali's Homecoming *page 4*

Friendship's Forever Bonds *page 5*

### The Editor

Ren Ci Corporate Office, 71 Irrawaddy Road, S329562  
T 6355 6478 | F 6358 0900 | renci@renci.org.sg

If you have any contributions, comments or feedback, please get in touch with us.



# UNVEILING THE REN CI 30<sup>th</sup> ANNIVERSARY LOGO



2024 is a very special year for Ren Ci as we celebrate our 30th anniversary! Just for this year, we've launched a very special logo to commemorate this milestone.

If you take a closer look at the logo, you'll notice that a heart forms the number 3, with four stripes representing the Ren Ci facilities: our community hospital and three nursing homes. The logo also uses the colour red to represent the passion and heart that we have for those that we serve!

The 30th anniversary celebrations kicked off with a literal bang, as Dr Jamie Mervyn Lim, Chief Executive Officer; Ms Karen Bek, Chief Operating Officer; Dr David Ng, Clinical Director; and other members of our senior management team the unveiled the logo at the first townhall of the year by lighting up a lightbox accompanied by a confetti canon.





You may also have spotted the refreshed linkway at Ren Ci Community Hospital, featuring milestones from our history as well as some of the highlights from the past year. Come take a walk down memory lane with us!

This is just the start of a year of celebrations. Not only are we giving back to the community, we also have an entire year of events lined up for our donors, volunteers and staff!

The highlight of the anniversary year is our Charity Gala Dinner, which will be held on 12 October 2024. The organising committee, chaired by Ren Ci Board Member, Mr Raymond Chia and co-chaired by Ren Ci Vice-Chair, Mr Neo Kah Kiat, has already spent months planning this grand event!



**Mr Raymond Chia**



**Mr Neo Kah Kiat**

We are very honoured that President Tharman Shanmugaratnam, together with Mrs Tharman, will grace the event as our Guest of Honour. We aim to raise \$8 million through the Charity Gala Dinner for our patients, residents and clients. With Ren Ci Chairman Mr Seow Choke Meng serving as a special advisor to the committee, it's sure to be a celebratory bash to remember!

You'll be seeing Ren Ci 30th Anniversary logo being used through the year so keep an eye out! Have you spotted the refreshed newsletter layout that incorporates this logo?

# REN CI GIVES BACK

As part of our 30th anniversary celebrations, Ren Ci is Giving Back! We conducted our first outbound Ren Ci Giving Squad event in the run up to Chinese New Year, which was a huge success! We had wonderful colleagues from all 4 facilities and across different departments joining forces as one Ren Ci family to assist seniors in rental blocks (under Care Corner Woodlands) with housecleaning.

Not only did we managed to clean 11 units, we also took time to engage the seniors and chatted with them about their interests and hobbies. We also put up some decorations for the seniors who wanted them, and offered them mandarin oranges and festive well wishes.

We hope they had a Happy Chinese New Year!



Members of the Ren Ci Giving Squad worked hard to clean all surfaces, making sure the flat was spick and span.



We made sure to add a festive touch to the flats of seniors who celebrate Chinese New Year!



Part of the Ren Ci Giving Squad, ready and raring to go!



# MR ALI'S HOMECOMING

It's not often that a nursing home resident gets well enough to be discharged to their own homes, so we celebrate every time this happens!

One such resident is Mr Ali. He was admitted to Ren Ci @ Bukit Batok St. 52 in late 2022. His wife was his main caregiver. As the both of them are elderly and each have their own health conditions, his wife had difficulties coping with his increased care needs.

At the time of his admission, Mr Ali faced many challenges with activities of daily living, including feeding himself. However, he made the best of his admission and made new friends in his ward.

With the support of his family, our nursing home care team and his new friends, he persevered with his

rehabilitation programme, even practicing the exercises on his own after the daily sessions.

We are glad to update that Mr Ali's condition improved enough for him to feed himself! This milestone brought him and his family great joy and marked the start of his transition home. The care team worked very hard to ensure that Mr Ali and his family would still be able to receive the necessary support after his discharge.

The day of his discharge came in February this year. It was an emotional moment when he said goodbye to his friends and the care team, but we're all incredibly happy for him.

Congratulations on your discharge, Mr Ali!

*\*Resident has consented to be photographed*

# FRIENDSHIP'S FOREVER BONDS



“SURPRISE!”

At the multipurpose hall, everyone worked together to make this event possible. The group of friends had a great time catching up, reminiscing, eating and playing their favourite tabletop games.

It's not often that we have the privilege of hosting a group of friends. What a blessing to have such a big group of old friends!

When 16 of her primary schoolmates showed up at Ren Ci @ Bukit Batok St. 52 for a gathering, Ms A, who is in her 50s, was moved to tears. One of them had even made the journey back from Malaysia to attend! The group of them had lost contact since their schooling days, but managed to reconnect through the power of social media.

Since reconnecting, they had organised several gatherings. However, Ms A's subsequent functional decline and eventual admission to our nursing home meant that she had not been able to attend their gatherings for the past few years.

Since she was unable to go to her friends, they decided to come to her instead!

Knowing that she was at our Bukit Batok nursing home, her friends reached out to Ms A's care team with a request to organise a gathering on our premises. After much planning, the surprise party was held on one Sunday in March this year. From the catering of the food for the party to the setting up of the tables and chairs in our

*I am very delighted and happy, to be able to re-connect with them physically and especially with so many of them which I did not expect at all.*

*This is a memory which is precious and close to my heart.*

# TAKING TO THE SKIES



As part of Singapore Cable Car's 50th anniversary celebrations this year, the Mount Faber Leisure Group offered free rides for Singaporean seniors aged 60 and above every Tuesday in February and March. Of course, our Friends @ Ren Ci Active Aging Centre took full advantage and went on an outing to take a ride in the sky!

All Singaporeans love free things, so our members had to contend with long queues in addition to the hot sun. We made sure everyone was adequately prepared with hats, sunblock and plenty of water.

Our staff took this opportunity to bring our seniors to visit the brand new Sentosa Sensoryscape, and took a photo where the iconic Merlion once stood! Many memories of old Sentosa were shared, and everyone had huge smiles on their faces.

We even received a very sweet message from one of our seniors after the outing. Knowing they thoroughly enjoyed themselves is one of the best rewards we could ask for. If you're living near Ren Ci @ Bukit Batok St. 52 and are interested in joining Friends @ Ren Ci, drop our friendly staff a note via WhatsApp at 6665 2005 to find out more!



# WHEELS FOR REN CI HOSPITAL



We have another two wheelchair vehicles! We are grateful to our generous donors, Gain City and UOB Kay Hian, for funding these two much-needed wheelchair vehicles. With the operationalisation of Ren Ci @ Woodlands, we have even more residents who will need these vehicles, to go from medical check ups for their physical health to outings for their emotional and mental wellbeing. When Ren Ci @ Woodlands is fully operational, we will be housing more than 300 new residents. They, too, will need more vehicles to get around. You can contribute to another wheelchair vehicle for our residents – every dollar helps! Visit our ongoing Wheels for Ren Ci Hospital campaign at Giving.sg by scanning the QR code below:



DONATED BY UOB KAY HIAN



## REN CI LEARNING ACADEMY

**Get Trained as a Community Care Associate with Ren Ci Learning Academy**

Exciting news for Ren Ci Hospital! The Agency for Integrated Care (AIC) has awarded the WSQ Full Qualification Training for Community Care Associates and Senior Community Care Associates for the Community Care Sector to our very own Ren Ci Learning Academy!

If you have a heart to care, join us and our experienced trainers to start a fulfilling career in a sunrise industry. Email [rcla@renci.org.sg](mailto:rcla@renci.org.sg) to find out more!





# A 龙 (LONG) PARTNERSHIP

It has been more than 10 years since the FairPrice Group started making their annual Chinese New Year visit to Ren Ci – first to our Moulmein nursing home, and now to our Ang Mo Kio home! They bring a great deal of joy, energy and excitement every time they visit and this year was no different. Not only did they bring festive care packs filled with goodies for all our residents, they organised games, had a lo hei session and brought along little volunteers from NTUC First Campus preschool! The children delighted our residents with their adorable performance, putting huge smiles on their faces.

Resident Uncle Bob said it best:

*“Thank you for taking the trouble to see us,  
to make today a very special day for us.”*



Scan the QR code to view the video of the FairPrice Group's visit:





## 特别改装的多用途车



我们又添置了两辆特别改装的多用途车！感谢丰城（Gain City）和大华继显（UOB Kay Hian）的慷慨捐助，我们收到了另外两辆急需的多用途车。随着仁慈兀兰疗养院投入运作，我们需要为更多的年长者提供接送服务，以帮助运送行动不便的年长者进行检查和医疗预约。此外，我们也会用此车带年长者外出，让他们参与心理健康的外出活动。我们预计将需要为兀兰疗养院超过300名的院友提供护理服务。届时我们会需要更多辆的多用途车来载送他们。您也可以为我们的院友捐多用途车！通过扫描上方的二维码访问我们的“为仁慈医院筹集多用途车”活动，了解更多详情。

## 仁慈欢庆30周年！

2024年对仁慈医院来说是一个非常特殊的一年，因为我们庆祝成立30周年。我们不仅为我们的捐赠者、义工和职员筹备了一整年的活动，我们也在这一富有意义的一年回馈社区！30周年庆典以揭幕30周年标志项目开始，这也是仁慈今年第一次的全员大会！

30周年标志的心形构成一个数字3，而四条条纹代表了仁慈的各个设施即仁慈社区医院和三家疗养院。标志还使用了红色来代表我们对所服务对象的热情和关爱。您会在仁慈的各个角落看到很多仁慈的30周年标志。您是否有留意到在这一期季刊里增添的30周年标志呢？



## 仁慈回馈社会

回馈社会是仁慈30周年庆祝活动的一部分，我们在农历新年前夕举办了我们的第一次外出仁慈回馈小组活动。这活动取得巨大成功！来自所有4个设施和不同部门的同事，作为一个仁慈大家庭，协助居住在出租组屋（属于Care Corner Woodlands）的年长者进行清洁工作。我们不仅成功打扫了11个单位，还抽出时间与长者们交流，与他们聊他们的兴趣爱好。趁着佳节期间，我们也为长者们的家布置一番，喜庆新年。我们也为长者们的家送上了柑橘和节日的祝福！

## 免费的缆车



作为新加坡缆车50周年庆典的一部分，花柏山休闲集团在2月和3月的每个星期二为新加坡60岁及以上的年长者提供免费的缆车。仁慈活跃乐龄站的相伴@仁慈项目充分利用此机会，组织了一次的郊游，乘坐缆车领略天空之旅！

郊游当天的人潮很多，成员们不仅要排长队还要忍受炎热的阳光。幸运的是，大家都有携带帽子、防晒霜和充足的水。我们的工作人员还借此机会带领年长者参观全新的圣淘沙感官花园，并在标志性的鱼尾狮原址拍照留念！许多成员分享关于昔日圣淘沙的回忆，大家的脸上都露出灿烂的笑容。见证年长者们玩得很开心是我们最好的回报之一。

## 平价集团的“平价关怀包”

平价集团在仁慈各个设施进行农历新年探访已经超过10年了。从最初的摩棉疗养院到如今的宏茂桥疗养院。他们每次的到访都为疗养院的院友带来巨大的喜悦、活力和兴奋。今年也不例外，平价集团来到仁慈宏茂桥疗养院派发“平价关怀包”给院友，预祝他们度过美好的农历新年。关怀包里主要装有日常食品，如茶叶包、麦片饮料、柑和各种饼干，还有写着祝福和鼓励的便利贴。平价集团还组织了各种游戏、捞鱼生和带来来自职总优儿学府的小朋友！可爱的幼儿园小朋友用精彩的表演让院友开心不已。其中一位院友Bob先生很感激平价集团来到仁慈疗养院拜访院友并说道：“谢谢你们来探访我们，让今天成为一个非常特别的日子。”



## 仁慈兀兰疗养院迎来第一位院友

二月对仁慈来说是一个激动人心的月份，因为我们位于兀兰的疗养院终于启用并迎来第一位院友！看到多年来的规划和努力终于实现，这是非常感动和充实的。由于疫情来袭而导致工程数月延迟后，我们现在充满了活力和兴奋，将仁慈的优质护理带到新加坡北部！

我们在2月19日迎来我们的第一批院友。我们的乐龄护理中心也开始迎接兀兰及附近的居民和客户。我们一直在努力提高运营效率，并计划在今年7月的开幕仪式上举办一系列的特别活动。请关注我们的脸书(Facebook)和Instagram了解更多信息。



\*照片的使用已获得院友的同意

# 超越无限



Ren Ci 仁慈

仁慈季刊

2024年1月-3月

第55期



## 告别疗养院， 康复出院回家

居住在疗养院的院友可以病愈并得足以回到自己的家中是一件很难得和欣慰的事情。所以每当有院友病愈回家，我们都会与院友庆祝一番！阿里先生就是其中一位。他于2022年底来到仁慈武吉巴督52街疗养院。他的妻子是他的主要看护者。由于两人都年迈且各有健康问题，阿里的妻子很难应对阿里日益增加的护理需求。

入住疗养院时，阿里在日常生活中面临许多挑战包括自己进食。然而随着他结交了新的朋友并在家人，护理团队和新朋友的支持下，他坚持进行康复计划，希望可以尽快康复。不久，阿里的病情有所好转并可以开始自己进食！

这个里程碑给他和他的家人带来极大的喜悦，这也开启了他康复回家的计划。护理团队非常努力，积极帮助他实现康复，确保阿里和他的家人在他出院后仍然能够获得相关的护理服务。

今年2月阿里终于可以出院了！当他向护理团队和朋友告别时，大家都很不舍但都为他感到非常高兴，场面十分感人。我们恭喜阿里可以回到自己的家，回到社区，并祝福阿里一切安好！

\*照片的使用已获得院友的同意