



GOING BEYOND



Mr Seow Choke Meng



Dr Chua Thian Poh

Leadership Transition at Ren Ci Board

Dr Chua Thian Poh has retired from the Board of Ren Ci Hospital after 21 years of service at one of Singapore's largest non-profit healthcare institution. Ren Ci Hospital was established in 1994 to provide care for needy beneficiaries with chronic care needs and it has since expanded its services steadily over the last 27 years. Dr Chua was also the Chairman in the last 14 years.

Mr Seow Choke Meng, a veteran with Singapore Press Holdings and former Board member on National Healthcare Group and National Council of Social Services, has taken over the role as Chairman. The leadership transition coincides with the new two-year term for the Ren Ci Board which takes effect from 1 July 2021. Besides Dr Chua, the Board also saw another five retiring Board members with two new incoming members.

Mr Joe Hau, CEO of Ren Ci Hospital, said, "We would like to thank Dr Chua for his strong leadership and dedication in helping Ren Ci achieve many milestones in our journey. In his early days as Chairman, he visited the hospital wards in the evenings after his office hours so that he could fully understand the operations of the hospital. Dr Chua has touched many hearts with his compassion and dedication to helping the needy. He has never missed any major events and would always thank volunteers and supporters personally. Dr Chua will be greatly missed by all in the Ren Ci family."

The Editor

Ren Ci Corporate Office

71 Irrawaddy Road, Singapore 329562

T 6355 6373 | F 6358 0900 | renci@renci.org.sg

This quarterly publication is produced by Ren Ci Corporate Communications. If you have any contributions, comments or feedback, please get in touch with us.

Journey of Heart & Hope

“It has been a privilege serving our patients, nursing home residents and senior care centre clients over the years. I am thankful for the strong support and teamwork from the Board and Management. As part of Ren Ci’s robust succession plan, Choke Meng has been named as the new Chairman. With his many years of experience in the non-profit scene, I am confident that Choke Meng will take Ren Ci to greater heights,” shared Dr Chua.

Mr Seow Choke Meng is currently serving as the Vice Chairman on the Board. “I am grateful for the confidence placed in me to continue the years of good work achieved by Chairman and the team of Board members. A third nursing home at Woodlands Health Campus is in the pipeline and I look forward to working with the Board, Management and our stakeholders to continue doing our part in bringing community care in Singapore to greater heights.”

Ren Ci Hospital went through a period of growth and development in the last decade and firmly established itself as one of the key healthcare providers within the intermediate and long-term care sector. During Dr Chua’s tenure as Chairman, Ren Ci expanded from its existing community hospital facility at Novena to include two new nursing homes and two senior care centres at Ang Mo Kio and Bukit Batok. Close to 25,000 seniors benefited from Ren Ci’s care facilities. Staff strength increased from 350 to more than 900 in tandem with the greater number of beneficiaries and expansion of programmes. Here’s some of the many wonderful memories captured during Dr Chua’s journey of heart and hope at Ren Ci.



Honouring Inspirational Patient & Caregiver

The annual Singapore Health Inspirational Patient & Caregiver Awards (IPCA) celebrates the best of patients and caregivers who have not only touched our hearts with their exemplary show of courage, strength and resilience, but also motivated and partnered in our mission to deliver better patient care.

A virtual ceremony was held on 27 May for last year's as well as this year's winners. This year, Ren Ci celebrates another two inspirational caregiver winners at the Award - Mdm Jamilah Bte Othman and Mdm Kengeamal D/O Chinniah who took care of their respective charge with unconditional love. Both caregivers had demonstrated tremendous determination and compassionate love and our staff have been greatly touched and motivated by their faithful commitment.



▲ Our inspirational caregiver Mdm Jamilah Bte Othman

Our heartiest congratulations to our winners!

Giving by means of Synthesis



▲ DCS Synthesis Pte Ltd, Mr Jimmy presenting a cheque to Ren Ci Hospital

DCS Synthesis Pte Ltd, our valued supporter and volunteer for the past 5 years, celebrated their achievement of obtaining Singapore Enterprise Top 50 Award, by organising a fundraising event and matching the amount dollar-for-dollar for Ren Ci. A total of \$25,000 was raised to help the needy patients in Ren Ci Hospital. Our heartiest congratulations to DCS Synthesis on your win and our gratitude too for choosing to mark your achievement with such meaningful charitable act.

In addition to the donation drive, Mr Jimmy Teo, Group CEO of DCS Synthesis Pte Ltd and the Vice-President of Chang Clan General Association, rallied 3 other clans; Singapore Lee Clan General Association, Nanyang See's Clan Association and Chia General Association to provide a series of sumptuous meals for our staff during the heightened alert period. We are indeed grateful to be supported as we battle the ongoing COVID-19 pandemic. If our cause of serving the needs of the seniors in our midst resonates with you to contribute, please visit www.renci.org.sg

Selamat Hari Raya

Ren Ci @ Bukit Batok St. 52 adopted 'Back to Kampong' as the theme for this year Hari Raya celebration. Weeks before, the Senior Care Centre was transformed to a festive kampong with dazzling lightings around attap houses and coconut trees. The therapists engaged the seniors in the kitchenette to bake traditional raya cookies and they were also taught simple Malay dance steps. All these came together during the final celebrative event where care teams put up dance performances for the elderly, sang raya songs together and munched on delicious cookies. The 'kampong' spirit in Ren Ci was amazing!



Mothers' Day

In celebration of Mother's Day this year, Floral Kokoro, one of Singapore's bespoke florist, showered their love on our nursing home residents with 288 specially hand-crafted bouquet of flowers. These lovely blooms of love were welcomed with smiles, delight and even tears of joys by the special women we care so dearly for at Ren Ci.

Vesak Day Celebration

Ren Ci volunteers once again went to great length to make Vesak Day celebration meaningful for our Buddhist patients and residents this year. Volunteers from Buddhist Fellowship organised a virtual celebration for more than 70 residents across all three Ren Ci facilities. Not only did the residents witness the bathing of Buddha ritual, they also joined in the prayers and lighting of the lotus lanterns. Foo Hai Ch'an Monastery recorded the ceremony held within the temple on Vesak Day which residents could watch and meditate at their own timing.



Taking on New Roles amid COVID

For Nazirah and Iylia, the COVID-19 pandemic gave them the time to think, reflect and also to plunge head-on into job roles within the community care sector. Hear from them how they ended up in Ren Ci as Resident Care Associates (RCA).

HOW HAVE YOU BEEN AFFECTED BY COVID-19?

N: Since the start of the pandemic, I was without a full-time job and only managed to become a safe distancing ambassador as an interim measure. It was really a big challenge for me to get a permanent job.

I: I was a Food Panda delivery rider and freelance designer prior to lockdown. I was doing relatively well until the pandemic forced many others to join the food delivery sector and I wasn't able to earn as much.

WHAT MADE YOU THINK ABOUT JOINING THE COMMUNITY CARE SECTOR THEN?

Both (laughing): Well, this sector was actively hiring!

N: At the same time, I had enjoyed a close relationship with my late grandmother. As such, I am confident that I would be able to interact well with elderly nursing home residents.

I: As for me, I've been brought up by a single mother and I do wonder about how I'm going to care for her in the future. I think joining the community care sector will enable me to learn necessary care skills which would be useful in the future.

WHAT WERE SOME OF THE CHALLENGES YOU FACED IN THE NEW ROLE?

N: It was challenging to get to know the residents well in a short time. Each resident has different conditions such as dementia and different likes and dislikes. It took me some time to understand their behaviours.

I: Coming from a different industry, I had very little knowledge about how to care for the seniors. Learning the healthcare terms and jargons and remembering the different protocols were some challenges which I had to overcome.

TAKING ON A NEW ROLE CAN BE QUITE DAUNTING! WHAT KEEPS YOU GOING?

N: The encouragement and support from my family and fellow colleagues have been the energy source that kept me going. I told myself that engaging in community care will have a lasting, positive impact to the seniors we serve. The trainings have also given me the confidence to carry out my tasks well.

I: The nursing home residents have accepted my care and are drawn to me whenever I'm on shift. I have this sense of duty to help them achieve better quality of life in the home.

Iylia and resident during their
daily gardening activity ▶

Art Therapy @ Ren Ci

Art Therapy is a form of psychotherapy that uses visual arts to support patients to improve their psychosocial and socio-emotional well-being. Art Therapy is facilitated by Art Therapists who have undergone post-graduate training in the field. This therapeutic modality was formally introduced in Ren Ci in 2017. Here, Ms Poh Shu Ning (MA AThR), Art Therapist based in Ren Ci Community Hospital, shares her journey with one of our patients.

“ I've had the privilege of engaging Mr Ong Chwee Aik in Art Therapy since March this year. Mr Ong has Chronic Obstructive Pulmonary Disease (COPD) which causes him to cough and suffer from progressive breathlessness. He is being cared for as a patient from the ICARE (or Integrated Care for Advanced Respiratory Disorders) programme at Ren Ci Hospital and Art Therapy was offered to help support his emotional well-being. As his Art Therapist, my goal would be to facilitate the process of self-understanding and self-expression for Mr Ong via art, with the aim of enhancing his overall care and clinical outcomes.

The sessions always begin with shared conversations about art. Mr Ong said he likes viewing and admiring the works of famous artists although he had never formally made art. While receiving rehabilitation care at Ren Ci Hospital, we found ways of appreciating art together, either virtually or through physical art catalogues of various artists working with various mediums. The viewing of these artworks encouraged Mr Ong to share personal connections, associations and insights. Some images also had the effect of improving his mood by helping him to relax.



During weekly Art Therapy sessions, Mr Ong started to embrace the instinctual flow of creativity that was within him and expressed them through his drawings. He was initially critical and self-conscious of his efforts, but with encouragement, he was emboldened to trust his own creative process. When a box of charcoal sticks was presented to him, Mr Ong was overjoyed and expressed how he could now draw anywhere he wanted! He was motivated to capture the fleeting moments in the ward, and started connecting with his hospital environment. Mr Ong made numerous sketches of ward staff, patients, the electronic ornamental bird gifted to him by his granddaughter and even food that was on his bedside table.

Through his art, he identified what was important to him and contemplated ways of being in the here and now as well as in the future to support his personhood. He explored feelings of loneliness and frustration from his recurrent hospitalisations, the impacts of COPD, hopes, unfulfilled wishes and his mortality.

With his new found confidence and identity as an artist, Mr Ong would often invite me to show his sketches to other colleagues. I then asked if Mr Ong would like to formally share his artworks with others through his first solo art show. Mr Ong agreed immediately and decided to title his art show “随心所欲的画” (Creating to My Heart’s Content). An online art show was also curated to allow Mr Ong to continue to maintain social connection with his long-time friends of more than 60 years. They met as students at Dunman High School, and he used to meet with them regularly. The online show also allowed Mr Ong to share his creative legacy with his extended family members who could not view the physical art show due to restrictions in visitation at the hospital.

The art show at the ward was well received by Mr Ong’s family, staff and patients alike. Mr Ong received praises from his daughters who commented, “家里出了个画家” (“There’s now an artist in our family!”). Mr Ong gave many thumbs up and beamed with pride. Meeting the universal yearnings to be seen, to feel valued, loved and accomplished, was at the core of psychosocial care for Mr Ong, which perhaps motivated Mr Ong to continue to create. ”

Mr Ong’s indomitable and renewed spirit, openness and courage to step into his own art process, offers a glimpse of how creativity can be a vital healing force in face of multiple losses. You can view Mr Ong’s artworks online at www.ongchweeai.com till end of August 2021.



卫塞节庆典

仁慈义工在今年的卫塞节再次竭尽全力把各种格形式的卫塞节活动带给社区医院患者及疗养院院友，纪念佛教创始人释迦牟尼佛诞生和成道。来自Buddhist Fellowship的义工为仁慈的三个单位设施策划一场虚拟庆祝活动。院友不仅可以亲眼目睹各地的浴佛仪式，还参与了点亮莲花灯和祈祷过程。福海禅寺也录制了当天在寺庙内举行的卫塞节仪式，让院友们可以在空闲时间观看及进行打坐。



激励人心病患与看护奖

由新加坡保健服务集团举办的“激励人心病患与看护奖” (Inspirational Patient & Caregiver Awards 2021) 今年迈入第11届，旨在表彰优秀的病患和看护者。仁慈医院的两位看护者在5月27日举行的线上颁奖典礼获颁“激励人心看护奖”。她们分别是Jamilah Bte Othman女士和Kengeamal d/o Chinniah女士。她们俩的共同点是多年来任何时候都保持乐观和积极，无条件地付出和对她们的亲人不离不弃。我们的护理人员对它们的决心和付出而感动和受激励。仁慈衷心祝贺我们的得奖者。



▲ Kengeamal d/o Chinniah女士

母亲节

母亲节绝不仅限于母亲和孩子。Floral Kokoro花店在今年的母亲节赠送了288束特制的手工花给疗养院里的妈妈，以心意向她们表达爱意。疗养院里的女性院友非常开心收到这些美丽的花。仁慈在此祝福妈妈们母亲节快乐、身体健康！



欢庆开斋节

仁慈武吉巴督52街疗养院今年以《回到甘榜》为主题，准备一系列线上与线下活动。年长者把乐龄护理中心打造成一个怀旧的马来村庄，炫耀的装饰和华丽的节日彩灯带出了甘榜情怀的布景。治疗师们与年长者在小厨房里烘焙传统糕点和教导他们简单的马来舞蹈。随着音乐节奏拍掌，护理团队为年长者呈现献舞蹈。大家一起唱开斋节歌曲，一边吃美味的佳节糕点，场面轻松活泼。大家在当天都彻底感受到“甘榜”精神！



乐施与奉献

亚洲领先的零售科技解决方案供应商DCS Synthesis Pte Ltd为庆祝他们获得新加坡企业 50 强奖的成就，为仁慈举办一项“用爱捐赠，与我们一起传播爱！”筹款活动。DCS Synthesis 呼吁他们的合作伙伴、朋友和亲戚将所有给予他们的祝贺转化为对仁慈医院的捐赠，成功筹集到\$25,000 善款。DCS Synthesis在过去5年在仁慈各个设施单位积极和热心进行义工活动。除了这捐款活动外，DCS Synthesis 集团首席执行官、新加坡张氏总会副会长兼青年团团长张振铭先生还召集了其他三个氏族；新加坡李氏总会、南洋施氏公会和新加坡谢氏总会在这提高戒备期间为我们的员工提供膳食。我们衷心祝贺 DCS Synthesis 也感谢他们选择如此有意义的慈善行动来纪念这一个里程碑。



▲ 张振铭先生亲自派发膳食给仁慈的护士

The Art of Sharing over the Rainbow

《另一道彩虹》艺术慈善筹款活动

Online Auction



▲ Mr Loh Yuen Leang



▲ Ms Susanna Wong



▲ Mr Chew Swee Fah



▲ Mr Victor Ang



▲ Mr Mark Luo PC



▲ Mdm Wang Chun



▲ Mr Ng Peng Sing

Themed **The Art of Sharing over the Rainbow** | 《另一道彩虹》艺术慈善筹款活动, these art pieces are the works from artists Mr Loh Yuen Leang 罗源粮先生, Mr Chew Swee Fah 邱瑞发先生, Mr Mark Luo PC 罗福章先生, Mr Ng Peng Sing 黄品胜先生, Ms Susanna Wong 十三妹 and Mr Victor Ang 阿信. We also have a set of photographs by Mdm Wang Chun 王春女士.

The beautiful art pieces are available for bidding via an online auction from 18 July 2021 to 30 September 2021 (close at 8pm). You can view the art pieces in detail on <https://www.renci.org.sg/theartofsharingovertherainbow>

Please contact Karen Tan at 6355 6428 / karen_tan@renci.org.sg or Haxy Huang at 6355 6478 / haxy_huang@renci.org.sg if you are keen to bid for the paintings or would like more information.

This auction targets to raise \$100,000 through outright donations and proceeds from the art pieces to support patient care at Ren Ci Hospital.

Amidst this pandemic, we believe that the spirit of loving kindness and compassion lives on. Rainbow symbolises hope and we thank you and count on your support on our care journey to serve the community with heart and hope.

“随心所欲的画”私人画展

艺术治疗是一种心理治疗，以艺术媒体作为主要的表达和沟通方式。通过创造过程，与艺术治疗师的扶持，强化参与者的心理素质。在這一期的《超越无限》，我们邀请在仁慈医院担任艺术治疗师的傅淑宁与大家分享她艺术治疗的这一段旅程。

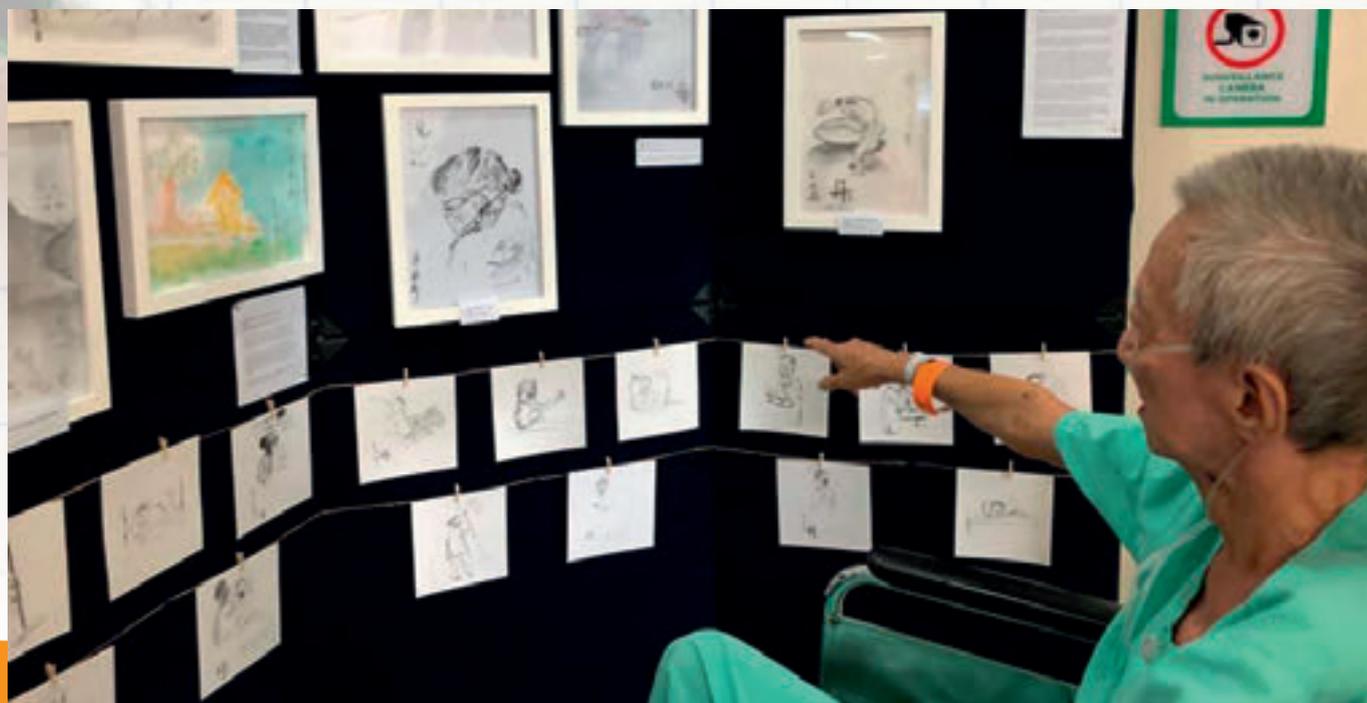
“让我留下最深刻的印象的是来自仁慈社区医院的病患王水益先生。我从3月开始与王先生进行艺术治疗。王先生患有慢性阻塞性肺病，呼吸困难和咳嗽，他也是仁慈医院重度气喘综合疗护计划（I-CARE）的病患。作为他的艺术治疗师，我的目标是通过艺术来促进王先生的自我理解和自我表达的过程从而提高他的整体护理和临床结果。

我们的艺术治疗都会以关于艺术的共享对话开始。王先生表示，虽然他从未正式接触过艺术，但他喜欢观赏和欣赏著名艺术家的作品。在仁慈医院接受治疗的这段期间，我们为王先生设计一些欣赏艺术的方案，无论是虚拟的观赏艺术作品，还是通过各种媒介工作的实体艺术目录。观看这些艺术品间接鼓励王先生与我分享他个人的点点滴滴。一些艺术品还可以帮助他放松和改善他的情绪。

王先生在接受艺术治疗时，慢慢扮演起艺术家的角色，他经常会与其他的病友和医护人员分享他的作品。他喜欢使用炭笔作画，以他的视角来画出他在医院里观看到的任何事和物，例如医护人员和病友的素描。有一段时间，王先生的画中频频出现一只鸚鵡。当我询问他为什么在他的画画里经常出现一只鸚鵡时，他告诉我那是一只声控鸚鵡玩具，是他的九岁孙女送给他的生日礼物。王先生通过他的作品来表达他的想法，他的孤独感和沮丧感、慢性阻塞性肺病对他的影响、他的希望、他未实现的愿望和他对死亡的看法。

随着他创作了越来越多的作品，我就询问王先生是否愿意通过他的第一次个人艺术展正式与他人分享他的作品。王先生当即同意，并决定把他的艺术展命名为“随心所欲的画”的私人画展。这一个在仁慈社区医院举办的小画展取得圆满成功。如果您对王先生的画展感兴趣，您可以游浏览网址 www.ongchweeaik.com 在线欣赏王先生的作品。展出直到 2021 年 8 月止。

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蔡天宝卸任，萧作鸣接棒 仁慈医院主席一职

领导仁慈医院长达14年的蔡天宝博士卸下主席一职，由原来的副主席，新加坡报业控股华文媒体集团及时报产业业务顾问萧作鸣先生接棒，于2021年7月1日生效。此次领导层交接恰逢仁慈医院董事会两年任期届满。新旧董事会的变动包括五名董事会成员卸任和添加两名新成员。

蔡天宝博士在2000年加入仁慈董事会并在2007年起担任仁慈主席。在他的领导下，医院服务迅速扩大至包括社区医院、武吉巴督与宏茂桥两家疗养院。另外，设立三所提供日间复健和看护服务的乐龄护理中心和培训学院。医院床位也在蔡天宝博士接过主席棒子后增加一倍，近2万5000名年长者在仁慈医院的护理设施下获益。职员人数从350人增至900余人。

回想加入董事会的21年，蔡天宝博士说：“我很荣幸多年来可以为我们的患者、疗养院院友和日间服务客户提供优质的医疗服务。我非常感谢董事会成员在任期内踊跃提供意见，并给予全力支持和协助。萧作鸣先生的热情、远见、领导才能、团队精神和凭借他在非营利领域多年的经验，将把仁慈带到新的高度。”

仁慈执行总监侯自成先生说：“我们要感谢蔡主席以无比强大的领导力和奉献精神，帮助仁慈在过去十年建立许多里程碑。仁慈有今天长足的发展，蔡主席居功至伟。蔡主席会定期审查医院政策，提高监管准则与透明度，扶持医院茁壮成长。蔡主席在刚当上主席时会常在晚上来医院探访，以便充分了解医院的运作情况。他的亲力亲为充分彰显他认真看待仁慈推行仁心慈爱，以人为本的服务理念。许多员工以蔡主席为榜样，更自觉地守好岗位，落实为病人提供仁爱的优质服务。蔡主席从未错过仁慈任何的大型活动。他会亲自感谢所有付出的义工朋友和支持者。我深信在仁慈的每一个人都会非常怀念蔡主席。”

萧作鸣先生说：“我很感激蔡主席和董事会成员团队对我的信心。仁慈将在兴建中的兀兰医疗保健园设立第三家疗养院。我期待与我们的董事会、领导团队和员工紧密合作，将新加坡的社区护理提升到更高的水平。”

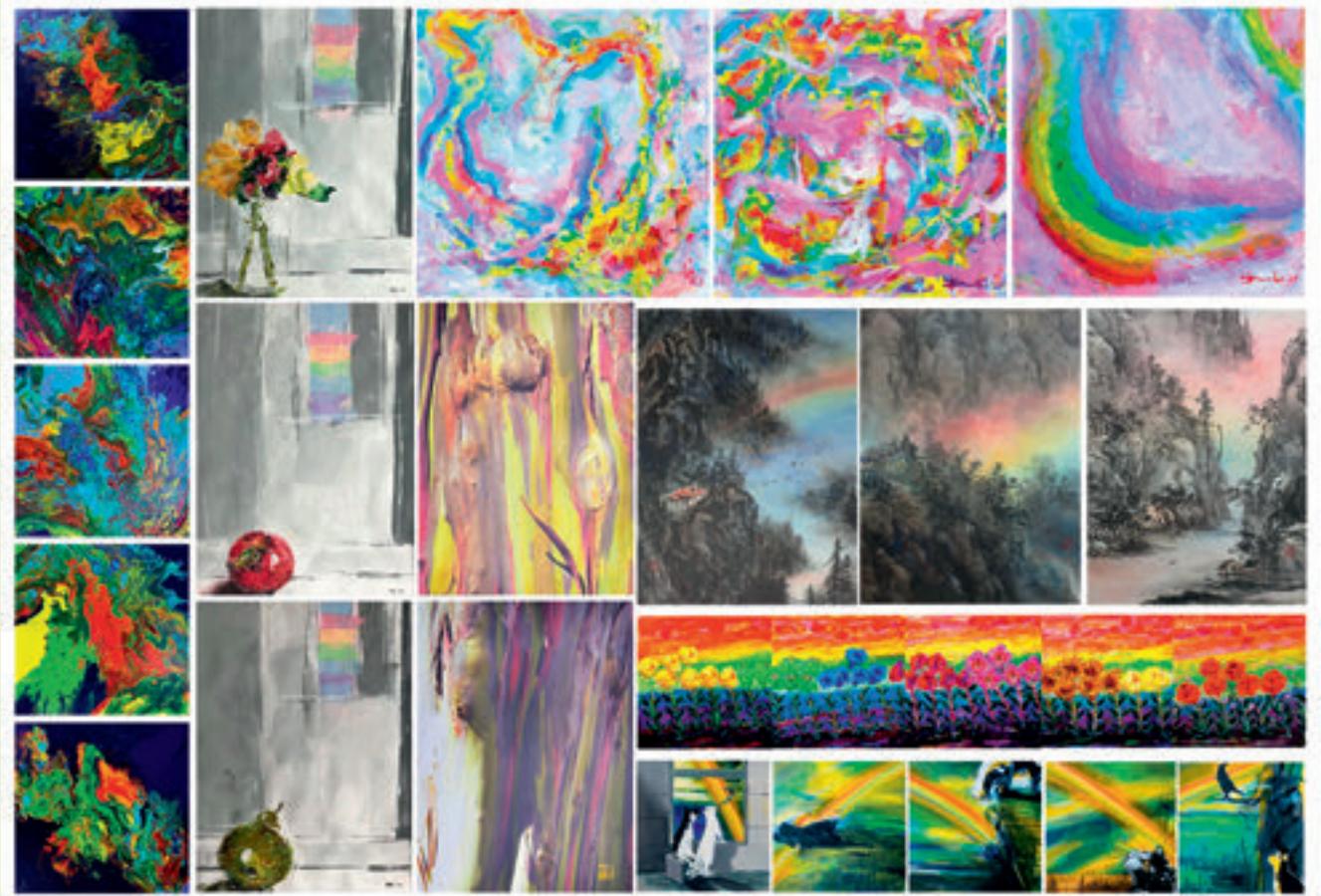
▼ 蔡天宝博士与慢性疾病单位病患一同把爱的纸心挂在“关怀与希望之树”



44期

2021年4月 - 6月
MCI (P) 033/08/2020

超越无限



《另一道彩虹》艺术慈善筹款活动

仁慈医院非常荣幸收到35幅艺术作品供医院筹款。这命名为《另一道彩虹》艺术慈善筹款活动以彩虹为主题。艺术作品出自于著名艺术家如罗源粮先生、邱瑞发先生, 罗福章先生, 黄品胜先生, 十三妹和阿信等。这当中也包括一组由王春女士拍摄的照片。

这些艺术作品将从7月18日至9月30日（晚上8点截止竞标）通过网上拍卖筹款形式进行竞标。您可以游览<https://www.renci.org.sg/theartofsharingovertherainbow> 欣赏所有作品和阅读艺术家的简介。

如果您对这些艺术作品感兴趣或想预知更多详情, 请联系Karen Tan 6355 6428 / karen_tan@renci.org.sg或Haxy Huang 6355 6478 / haxy_huang@renci.org.sg。

彩虹象征希望! 我们希望通过这网上拍卖筹款活动能够达到我们的筹款目标, 为仁慈医院筹集\$100,000的善款。