



GOING BEYOND



Auntie Ah Huay (second from right) posing for a group photo with fellow residents and volunteers amidst the Moulmein surrounding before their move to new home in Ang Mo Kio

New Home, New Neighbour

For 70 year-old Madam Chew Eng Huay, Ren Ci Nursing Home at Moulmein was home since her admission more than a decade ago after a stroke. Together with close to 200 other residents, Madam Chew or more endearingly known as “Ah Huay” traded the dorm-like wards at Jalan Tan Tock Seng for a modern 472-bed household cluster-living environment in the new home at Ang Mo Kio.

Designed to create a “homely environment” and promote social interaction, Ren Ci @ Ang Mo Kio adopts the design of cluster-living to offer residents with greater independence and autonomy to age with grace and dignity.

The excitement of moving into a new home

began months earlier when the residents got to select the household, bed and roommate. They also discussed on meal schedules, decoration and furnishing details of the new living space.

50 Ren Ci’s staff, led by CEO Ms Loh Shu Ching also spruced up the households and spent a night in the new home, just to just to ensure that the living environment would be conducive for the residents.

As the new neighbour in the Ang Mo Kio constituency, Ren Ci also held an open house on 12 August to offer the public a preview of the new home.

More details on Page 6 & 7 of this issue.

Serving the Bukit Gombak Community

In conjunction with Singapore's 52 birthday celebration on 9 August 2017, the Organising Committee for Bukit Gombak National Day Observance Ceremony 2017 presented Ren Ci @ Bukit Batok St. 52 with a plaque as a recognition to the nursing home as one of the community partners.

Since establishment, Ren Ci @ Bukit Batok St. 52 has been providing quality aged care services in Bukit Gombak to support the seniors to age in place. The Senior Care Centre co-sited in the nursing home offers seniors and their families with day care options to look after their needs near their own homes. In addition, the Keep Fit Centre has been a hotspot for Bukit Gombak residents to exercise in the evenings and weekends.

Besides offering a homely and person-centred care environment, Ren Ci actively partners the community to inject quality and meaningful living to the nursing home residents and also participated in Bukit Gombak community events.



Ren Ci Hospital's CEO, Ms Loh Shu Ching (right) received the plaque from Ms Low Yen Ling, Parliamentary Secretary, Ministry of Education & Ministry of Trade and Industry

Thank You For Your Dedication



NM Nelson (centre) received the award from Mr Gan Kim Yong, Minister for Health

Congratulations! Nelson Coronado Rosales, Nurse Manager at Ren Ci @ Bukit Batok received the honourable Nurses' Merit Award in recognition of his dedication in the intermediate and long-term care sector for the past eleven years.

The white uniform attracted Nelson to become a nurse more than two decades ago. Even after so many years in the nursing profession, his passion to care for those in need, in particularly the frail seniors remains strong. Nelson also takes pride in imparting his skill and knowledge to his juniors, as well as his belief to deliver the best care possible for all the patients.

The Nurses' Merit Award is given to nurses who have demonstrated consistent and outstanding performance and have made contributions to promote the nursing profession. Nelson received the award from Minister for Health Mr Gan Kim Yong on 7 July 2017.

Better Care Through Skill Upgrading

Ren Ci Hospital is proud to have four staff receiving the Community Care Manpower Development Award (CCMDA) to upgrade their skill to better serve the seniors. Receiving the awards from Senior Minister of State for Health, Dr Amy Khor, on 5 September 2017, therapists Cheah Ann Nee and Cherie Ling, nurse educator Nalina Kumari Resmi and medical social worker Chynna Lim, hope to use their newfound knowledge, skills and training to better serve patients in our community hospital and the residents in our nursing homes. In addition, two GP doctors that partners Ren Ci also received the Community Care GP Partnership Training Award.

The CCMDA, which assimilates four different awards previously administered by the Agency for Integrated Care, aims to provide fresh graduates, mid-career switchers and current staff working in the community healthcare sector with the opportunities for career growth.

Congratulations to all the winners!



Ren Ci therapist, Cheah Ann Nee (left) received the award from Dr Amy Khor, Senior Minister of State for Health

ON THE NOTICEBOARD

Arts in Eldercare Seminar

After several successful collaborations with the youth community to introduce art activities for the residents in Ren Ci Nursing Home (Moulmein), our art programme coordinator, Ms Lisa Wee was invited as one of the panellists to discuss on the topic of intergenerational programme at the Arts In Eldercare Seminar on 6 September 2017. Organised by the National Arts Council alongside Silver Arts 2017, it is an ongoing art festival by seniors for seniors and their families with the aim of enhancing the holistic well-being of seniors through the arts.



Lisa Wee (right) sharing on the importance of art to enhance the psychosocial well-being of seniors

The Art of Batik

As a member of the JurongHealth System (JHS) network of partners, Ren Ci has partnered Ng Teng Fong General Hospital (NTFGH) and Jurong Community Hospital (JCH) to strengthen the healthcare delivery system for the people living in the west. Besides the close collaboration in the clinical realm, art was recently introduced as a form of therapeutic activity as well as an aesthetic source to beautify the wards and waiting areas in the hospitals.

Close to 60 day care seniors and nursing home residents at Bukit Batok St. 52 had the chance to get creative when artists from Kamal Arts Ltd conducted Batik painting workshop. They learnt the basics of creating contemporary art using the traditional technique for Batik fabric design originating from Java.

16 of their artworks were showcased at the Arts & Health Exhibition 2017 held at the JurongHealth Campus on 7 September 2017.





Art Collaboration with St. Joseph's Institution

In the last few years, Ren Ci has been actively engaging schools and institutions with the objective of promoting social cohesion between seniors and youths. St. Joseph's Institution (SJI) International School is one of the pioneer collaborators which started befriending our patients in the Community Hospital. In a recent project, the students decided to transform their befriending experiences in the ward into artworks, inspired by the games they played with our patients and the conversations with the seniors. Read what one student, Megan Chua, shared about the experience.

As part of the school's service project, we visited Ren Ci Community Hospital to befriend elderly patients during their stay weekly. It was a really fulfilling time spent with the Aunties and Uncles in the ward, hearing from them interesting stories about their past. Most were enthusiastic about joining us in games such as Snakes and Ladders, Checkers and Bingo - we even learnt a few tips and tricks from them on how to beat our opponents in those games!

More recently, we begin to incorporate art into our activities with the seniors. To our delight, many of them showed more interest in the art activities than the games. As we engage the seniors through art and craft, we also learnt to be creative and so we formed groups to produce a series of artworks to illustrate on the pioneer generation, which is why many of our art pieces have aspects of Singapore, invoking a sense of nostalgia. Through our art collages, we endeavour to bridge the gap between the old (senior) and new (youth) and hope to inspire and encourage everyone, be it the young or old, to move forward with great optimism.

We were very excited to display our work at the linkway wall between Ren Ci Community Hospital and Tan Tock Seng Hospital in September. Those work exhibits our newfound respect for the seniors' vitality and enthusiasm in life.

Megan Chua
SJI-International



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.

Nursery Kids Meet Day Care Seniors

In the month of July & August 2017, childcare centre, Learning Vision @ Tan Tock Seng Hospital, returned to Ren Ci to engage our day care seniors under the Singapore Programme for the Integrated Care for the Elderly (SPICE).

A follow-up collaboration from last year's visit at our Nursing Home (Moulmein) and to foster "a conversation between generations", the nursery kids spent an hour interacting with the seniors through simple exercise, games and art & craft.



The nursery teachers appreciated this opportunity to strengthen inter-generational bonding through learning and fun activities between the young and the senior. Here's what they said:

"This intergenerational project with Ren Ci has been an eye opener for both teachers and the children. We witnessed the amazing chemistry, responsibility and compassion from the children, paying attention to the needs and abilities of the seniors. I'm happy and proud that the children managed to step out of their comfort zone to engage the seniors. Thank you Ren Ci for providing this valuable opportunity for our children to mingle with the seniors." – **Ms Zahirah, N2A Hercules English Teacher**



"Thank you Ren Ci for the opportunity where our children were able to spend quality time with the seniors through many facets of activities. It was a real-life engagement for our children to learn to be thoughtful when they interact with the seniors. Would be more than happy for more partnerships." – **Ms Christina, N2B Hercules English Teacher**

Showing Care All Year Round

GIRO donation is about contributing towards a worthy cause in a small yet consistent manner. It is easy to set up, based on amount you desire to give and allow you to shower care to those in need all year round.

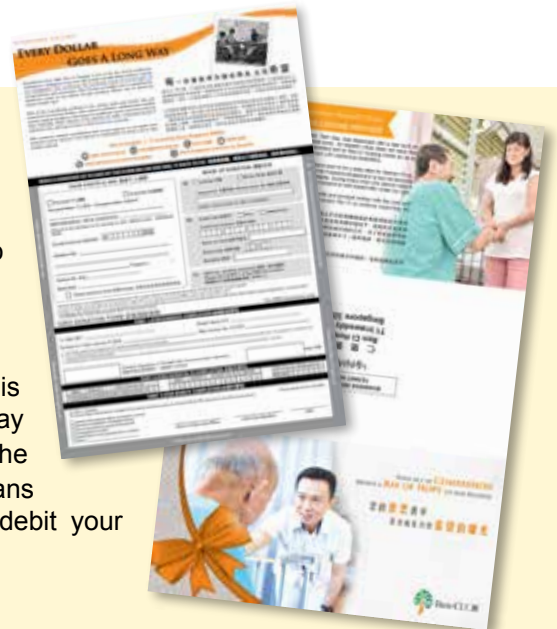
What is Giro Donation?

GIRO stands for General Interbank Recurring Order. The word "GIRO" is an Italian which means "circulation of money". It is based on a 3-way relationship between you, your bank and a billing organisation which in the case of a donation, the beneficiary organisation. By using GIRO as a means of donation, you actually allow the beneficiary organisation to direct debit your designated bank account to donate over a specified period of time.

Why Opt For Giro Donation?

GIRO donation is a convenient and cashless mode of supporting a good cause on a regular basis. It takes the hassle off finding time or opportunities to contribute to a charity. For the beneficiary, GIRO donation ensures regular stream of funds to help those in need. Also, your donation will be entitled to 250% tax deduction.

To donate monthly to Ren Ci Hospital via the GIRO mode (minimum S\$5 donation), simply complete the GIRO Donation Form and mail it to **Ren Ci Community Hospital, 71 Irrawaddy Road, Singapore 329562** or email to renci@renci.org.sg. The GIRO form is available on our website www.renci.org.sg/donate/giro/ or you can use the donation form enclosed in this issue of newsletter.





1/7

Sneak Peek of New Home

The doors of our new nursing home at Ang Mo Kio were opened to our fellow volunteers and resident's next-of-kin. Our volunteers' face were beaming with excitement as they gathered for their heritage trail around Ang Mo Kio before touring the households in the new home.

Residents' next-of-kin were full of praises at the coziness of the new home. The cluster living concept reminded them of a HDB home, which is the aim of the new facility in helping our residents to age with grace and dignity.

29/7

Readying the New Home

Imagine a staycation in a brand new nursing home? That's exactly what prompted CEO Ms Loh Shu Ching to lead her entourage of 50 staff to stress test the place and spent a night in the new home.

"We are glad to have the opportunity to experience what it's like to live in a nursing home before the first batch of Moulmein nursing home residents moved in on the 8 August 2017 and hopefully, we can understand better what the residents feel", said Ms Loh.

Upon check-in, most of the staff had to complete household tasks, such as wiping the windows and making the beds while others were busy decorating the new home and preparing dinner.

Pharmacy technician Chin Shi Hui, who shared the 4-bedded room with Ms Loh and two other colleagues, had a wonderful staycation experience in the cluster-living home, purpose-built to look like HDB flats. She commented that the time together brought everyone closer.

1/8

We Are Open!

Ren Ci's second senior care centre finally begin operation! Located at level 2 of Ren Ci @ Ang Mo Kio, the new centre provides both social and healthcare services which include day rehabilitation, maintenance day care, general and enhanced dementia day care and centre-based nursing for clients who require general nursing care such as wound management, stoma care, and medication administration.

The centre has various community and home-like thematic corners, such as the shopfront of a mini mart, void deck, living room and kopitiam, to provide clients with a sense of community integration. Various types of therapy sessions will be conducted at these corners to engage them in meaningful activities. Through supervision and tailored care for clients, Ren Ci aims to support them to lead meaningful lives by optimising their functional abilities and enabling them to remain integrated within the community.

12/8

Hello Ang Mo Kio!

After months of preparation for the move from Moulmein to Ang Mo Kio, Ren Ci @ Ang Mo Kio finally opened its doors and welcomed everyone at its Open House on 12 August 2017. Many came as early as 8am to visit Ren Ci's newest facility and join in a plethora of "Healthy Living, Ageing Well" activities for seniors and families. Celebrity Chef Eric Teo hosted a healthy cooking demonstration using the home's kitchenette, which is structurally designed to promote independent living and social interaction via a household cluster-living concept.

Within the Senior Care Centre (SCC) co-located in the home, Ren Ci's therapists conducted seated exercise using resistive bands, sponsored by Sanctband Singapore. Volunteers also coordinated art and craft activities for residents.

Admission to any Ren Ci's facility is strictly by referral through the Agency for Integrated Care (AIC), a centralised government agency that monitors the availability of beds across all Intermediate and Long Term Care (ILTC) facilities in Singapore. For enquiries on SCC services, please call 6355 6205.

16/9

We Are Hiring!

A dedicated job fair and recruitment drive was held to attract locals to join Ren Ci and the community care sector.

With support from the Agency for Integrated Care and the Employment and Employability Institute, Ren Ci aims to enhance employment support and matching residents living in Ang Mo Kio with jobs in the new nursing home. About 123 vacancies ranging from nurses, occupational therapists and the newly created role of resident care associate (RCA) need to be filled.

The event attracted stream of walk-in jobseekers where close to 100 applied. Close to 50 applicants were interviewed, of which 8 secured jobs on the spot.

Gift for Our New Home

To aid transportation needs, Mr Francis Peh generously donated over \$77,000 to purchase a passenger van for our new nursing home, Ren Ci @ Ang Mo Kio.

An earnest supporter and friend of Ren Ci, Mr Peh hosted a sumptuous Lunar New Year reunion lunch at our Moulmein home earlier this year.

Thank you, Mr Peh!



Join us as a Resident Care Associate!

Resident Care Associate (RCA) is a new dedicated caregiver role for our new nursing home in Ang Mo Kio. Entrusted to provide a wide range of assistance and help the seniors age gracefully, with dignity in the comfort of a homely environment, RCA will work closely with the clinical and allied health teams to enhance residents' quality of life in the home. If you have the passion to care for the elderly, we would like to hear from you!

Responsibilities

Provides companionship by actively listening to the residents' wishes and concerns, and ensuring that measures are taken to keep them comfortable. He/She facilitates and supports all aspects of the residents' daily lives, taking into consideration individual preferences. Part of a self-managed team, he/she is responsible for creating an environment that enhances residents' quality of life.

Basic Requirements

- Passion to care for elderly
- Able to understand/write simple English
- Physically fit to handle chores like lifting, bending and walking etc
- Computer literate

Benefits

- Comprehensive leave benefits
- Medical benefits
- Staff Insurance
- Flexi working arrangement

Please call 6355 6560 or email rencihr@renci.org.sg to find out more!



幼儿园学生与年长者建立友情

陈笃生医院Learning Vision幼儿中心继去年到仁慈摩棉疗养院探访院友及交流后，今年的7月和8月份再次回到仁慈探访年长者。小朋友们到仁慈社区医院的日间复健中心与年长者通过学习和进行一些简单的游戏建立联系。幼儿中心的老师感激仁慈医院提供一个让小孩子和年长者互动的平台。来听听老师们的感想：

“这项与仁慈的促进跨代联系活动让老师和学生们打开眼界。我们看见了孩子们的爱心和责任感，加强小孩子们的注意力，同时了解年长者的需求。我感到很开心和骄傲因为小孩子们愿意跨出他们的舒适区与年长者交流，”

Zahira, 英语老师

“带着孩子们到仁慈与年长者进行活动中，我感受到孩子与老人家一样快乐。孩子们的天真、可爱及活泼的一面融入到了年长者的物理治疗中。我看到一份真诚的爱和与年长者的欢声与笑语。” - 付博老师



新家获赠客运车

为了能让仁慈医院扩充载送院友和年长者的服务，仁慈之友白茂宏先生捐赠一辆超过7万7千新元的客运车给仁慈宏茂桥疗养院，用于载送使用轮椅的年长者到仁慈乐龄护理中心接受复健治疗。白茂宏先生较早前也在仁慈摩棉疗养院举行了一个丰盛的农历新年团圆午餐与院友们一同欢庆新年。仁慈医院衷心地感谢白先生的鼎力支持！



聘请院友关怀人员

院友关怀人员是仁慈医院在宏茂桥疗养院新增的职位。宏茂桥疗养院的构造和护理模式给予院友们更多的自主权、隐私和尊严。因此，院友护理人员会配合流动临床队和护理团队为院友们提供一个更有素质的生活。如果您对看护年长者有很大的兴趣，请联络仁慈的人事部6355 6560 或电邮rencihr@renci.org.sg。

责任:

您需要积极地与院友们沟通和倾听他们的意愿和顾虑，让他们感到备受重视。您也需要打理疗养院里的家务及看护院友们的日常作息如膳食管理和规划院友日常规划表等。

条件:

- 对年长者热情
- 可以了解和书写基本的英语
- 通晓电脑
- 可以处理基本的家务

福利:

- 年假福利
- 医疗福利
- 员工保险
- 灵活的工作时间



年长者的艺术研讨会

多次与社区合作并取得良好结果后，仁慈疗养院的项目协调员Lisa Wee受邀出席由国家艺术理事会和“艺悦乐龄2017”于9月6日举办的年长者的艺术研讨会。这项研讨会的目的是要让更多人了解艺术项目如何有效地增强年长者的福祉。



蜡染艺术治疗

作为新加坡西部的社区护理机构，并且是裕廊保健集团合作伙伴的成员，仁慈医院与黄廷方综合医院和裕廊社区医院合作，一同加强西部的医疗服务体系。艺术治疗被引入成为其中一项项目并用于美化病房和等候室等地方。

大约60名仁慈武吉巴督疗养院的院友和日间服务的年长者有幸参与由Kamal Arts Ltd举办的蜡染美术班。他们学习如何引用传统的方式进行蜡染。蜡染源于爪哇，是一种使用蜡防染色，在布料上创造出各种图案的方法。

在仁慈院友和年长者的作品当中，有16个获得在9月7日于裕廊医疗园的艺术与健康展览会上展出的机会。



通过艺术与圣若瑟国际书院合作

多年以来，仁慈积极与各大教育机构合作，推广年轻一代与年长者的社会凝聚力。圣若瑟国际书院是其中一所最早与仁慈合作的学府。圣若瑟的学生在最近的一项合作项目中巧妙地使用艺术与院友们“交流”。来自圣若瑟国际书院的蔡同学与我们分享了她在活动后的感言：

“作为学校的社区活动之一，我和同学们每星期都会到仁慈社区医院与院友们聊天，聆听他们的故事。虽然与他们相处的时间是短暂的但那是很珍贵和难得的。他们都很乐意参与我们安排的游戏节目，有些还玩得比我们更好。

随后，我们逐渐地在日常活动中加入艺术的元素。每位院友和学生都被分配到不同的小组。各组别根据“建国一代”的概念，制作出他们心中的新加坡。通过这些作品，我们希望可以激发更多人在勇往前进的同时，可以继续保持和年长一辈的互动。

所有参与这项活动的学生看见他们的作品在仁慈医院与陈笃生医院走廊展示时，都感到很兴奋和光荣。这些画作也是我们对院友们的一份敬意。”



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

加强武吉巴督社区的凝聚力

武吉甘泊国庆敬礼委员会为欢庆新加坡建国52年，特颁发奖项给为社区服务的机构。仁慈武吉巴督52街疗养院也获颁此殊荣。

自成立以来，仁慈武吉巴督疗养院已为社区里的年长者服务，协助他们原地养老。设在疗养院里的乐龄护理中心为当地的居民提供护老和日托服务。此外，乐龄护理中心里的健身房在平日晚上和周末开放给武吉甘柏的居民使用，加强社区凝聚力和鼓励居民参与院友的活动。

除了提供居家般环境和以人为本的护理外，仁慈积极与当地的居民携手合作，为疗养院的院友注入更多的活动，让他们过着优质的生活。



感谢您的奉献

仁慈武吉巴督疗养院的护士长，Nelson在医疗护理服务领域表现杰出，获颁今年度护士优异奖。Nelson于今年7月7日从卫生部长颜金勇部长手中接获奖项。

Nelson在二十多年前加入护士行业。即使在护士领域这么多年，他仍然热衷于照顾那些有需要的病人，特别是年老多病的病患。此外，Nelson也擅长培养刚加入护士领域的新人。他会细心教导新人如何为病人提供最佳的护理。

仁慈医院在此真挚恭贺护士长Nelson！

自我提升为病友提供更完善的护理

卫生部兼环境及水源部高级政务部长许连碯博士出席于9月5日举办的社区护理人力资源发展奖颁奖典礼。四名来自仁慈医院的职员从许博士手中接获奖状。

得奖者包括治疗师谢安妮和林雪莹、护理指导师Nalina和医疗社工林雪芳。她们受访时表示希望通过新知识、技能及培训来更好地为院友服务。另有两名与仁慈有着紧密合作关系的全科医生也在典礼上获颁相关奖项。

社区护理人力资源发展奖是护联中心经过整合旗下所有奖学金为一个奖项。目的是为发展新加坡社区护理领域并吸引更多人才加入，包括大专生和中途专业者。奖项的申请范围也因此扩大。恭喜各位得奖者！



治疗师林雪莹（左）从许博士的手中接获奖状

超越无限



新家，新邻居

70岁的周英花，九年前因中风而住进位于摩棉的疗养院。从此，这已成为她的家。被大家称呼为“阿花”的周英花女士连同200多位居住在摩棉的院友于8月和9月份分成三批，搬迁到仁慈位于宏茂桥的新疗养院。这11层高及拥有472张床位的疗养院是院友们的新家。疗养院的设计模拟政府组屋单位，每层楼分成三个区。每个区会有四个房间、三间浴室、一个用餐区和一个活动区。通过这样的设计概念，院方希望提供病患一个像家并拥有隐私的居住单位。

在几个月前，院友们已经很兴奋地商讨他们的搬迁细节。从选择室友、床位到如何布置活动空间，院友们迫不及待地想要尽快搬入宏茂桥疗养院。此外，仁慈医院执行总监，罗淑晶女士在较早前亲自率领50位职员到新疗养院度过一个晚上，体验疗养院的生活。

随着第一批共78位院友搬进疗养院，院方举办了一场开放日，让宏茂桥附近的居民有机会参观这新疗养院的设施。请到第6和第7页阅读更多宏茂桥疗养院的报道。