

# GOING BEYOND



*Ren Ci Chairman, Mr Chua Thian Poh (front row, fourth from left) with all the long service volunteer awardees.*

## Ren Ci Volunteer Appreciation Hi-Tea

Famed American artist Dr Theodor Seuss Geisel once said: "To the world you may be one person, but to one person you may be the world". This is probably the closest expression to describe Ren Ci's gratitude towards the contingent of volunteers who dedicated their time and effort to volunteerism.

For many years, Ren Ci's volunteers have become an indispensable source of hope to our residents. They have worked tirelessly to enrich the lives of our residents in their unique ways. Some took them on outings while others simply give them a haircut. An appreciation high-tea session was recently held on the third day of November to acknowledge their faithfulness to volunteer for the welfare of the residents. The occasion also recognised the long-term commitment for some 46 volunteers with the long service awards.

If you would like to make a difference to our silver generation, join the volunteering journey to enrich their lives. Please contact us at [renci@renci.org.sg](mailto:renci@renci.org.sg).





## Connecting Generations through Trishaw Rides

A fun intergenerational activity was successfully conducted together with Cycling Without Age and MINDS's Me Too Club. Close to 20 residents from Ren Ci @ Ang Mo Kio Nursing Home took rides together with the beneficiaries from MINDS around Bishan Park on a Denmark-made trishaw.

Volunteers from Cycling Without Age steered the trishaws which are specially designed for easy access by both elderly and persons with disabilities and yet nimble enough to navigate through small spaces. Throughout the curated rides to the park, our residents took the opportunity to chitchat with the students and their conversation morphed into laughter during the leisure journey. The ride on the trishaw helps the seniors to relive the memories of the past while the youths embrace a refreshing experience of bonding with the Pioneer and Merdeka Generations.

Cycling Without Age is a movement which originated in Denmark that offers free bike rides while Me Too Club programme aims to enhance the social integration of adults with intellectual disabilities. This innovative initiative is made possible under Moving Generations Programme, funded by Temasek Foundation Cares.

## Showcase of Art

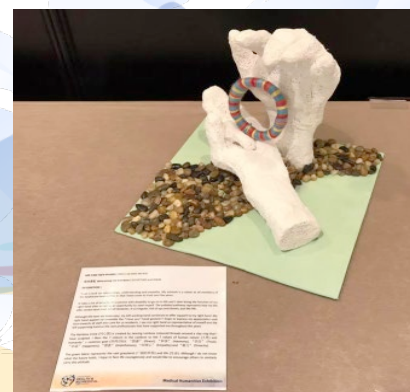
Responding to the call for original works for showcase at the Singapore Health & Biomedical Congress 2018: 6th Medical Humanities Exhibition, our Ang Mo Kio Nursing Home resident Mr Peter Tan, created a sculpture as a tribute to Ren Ci's care staff whom he has come to trust over the years.

Based on artistic interpretation of the theme "Trust", Peter was elated that his creation "Welcoming the Rainbow" was selected for the exhibition. He made the sculpture using his plastered hand which depicts that trust is built on relationships, understanding and empathy.

Another contributor for the exhibition was our chronic sick patient, Mdm Goh Bee Hong who combined her liking of pandas and jigsaw puzzles to create a painting of two pandas that symbolises trusting relationship and how it can be pieced back together again even if its broken.



Mdm Goh's winning artwork



Mr Tan's masterpiece



# Vegetarian Food Fiesta 2018



Ren Ci's annual flagship event welcomed the support from more than 70 individuals and groups to set up shops for a common cause – to raise funds for the needy seniors. More than \$400,000 was raised from the one-day event.

Fundraising efforts are paramount to alleviate financial challenges of Ren Ci's patients and residents as they recuperate to return to the community. It is also the primary mission of Ren Ci to provide affordable medical, nursing and rehabilitative care. With the encouraging result, Ren Ci is committed to continue in the journey of partnering the community for a better Ren Ci Vegetarian Food Fiesta 2019.

## Come Join The Community Care Sector

On 2 November 2018, Ren Ci Hospital anchored its commitment to partner Institute of Technical Education (ITE) as one of the sponsoring organisations to provide on-the-job training opportunities for ITE students on the Work-Learn Technical Diploma (WLTD) in Rehabilitative Care.

The WLTD Programme is a formal apprenticeship-based training arrangement targeted at ITE graduates with Nitec or Higher Nitec qualifications.

Facing an ageing population where demand in community rehabilitative care is expected to grow, it is important to offer realistic training and mentorship so as to ensure a skilled workforce and to encourage more to join our community care sector. Ren Ci hopes to share our expertise with incumbent students and will send our own existing care staff to upgrade their skills and knowledge through this technical diploma. Visit ITE website at [www.ite.edu.sg](http://www.ite.edu.sg) for admission details. Qualified entrants may indicate their interest via email to [rencihr@renci.org.sg](mailto:rencihr@renci.org.sg).



Ren Ci CEO, Mr Joe Hau (front row, fourth from left) in the MOU signing ceremony





“ I am someone who usually shy away from volunteering events but I am very glad to have taken the step out of my comfort zone to participate in this camp. It is really very interesting to interact with the elderly and learnt so much about their past. The tools (e.g. communication skills) that I was taught during the first day of camp came in very handy during the interaction with them. Because of the joy on their faces, I am more motivated to volunteer. ”

*Toh Jun Jie, 17, Pioneer Junior College*



Camp Reconnection has moved into its fifth year bridging connections between generations. Beside retaining staple activities like experiential learning and dialect lessons, this year's theme Back In The Day sought to bring youth participants and seniors together on memory lane.

Some 40 youths from junior colleges and polytechnics participated in the 4-day event. Melanie Chng, 20, who have volunteered in more than two editions said that the Camp is an enriching platform for the young to get to know the seniors and understand their challenges so that she can relate better with her grandparents at home.

A storybook depicting the life stories of our seniors is currently in the works. The book is the concluding “homework” from the participants and their tribute towards the contributions our residents have gifted during their prime years.

The annual camp is a collaboration between Ren Ci Hospital and National University of Singapore University Scholars' Club. More than 160 youths aged between 16 – 19 have passed through this camp.







Ren Ci's Governance and Risk committee Chairman, Mr Yap Wai Ming (left) and Mr Joe Hau at the award ceremony

## 3rd Charity Transparency Award for Ren Ci

For the third consecutive year, the Charity Council has bestowed the prestigious Charity Transparency Award to Ren Ci. The award encourages charity organisations in enhancing their disclosure and governance practices. It also highlights key areas of disclosure that helps in informed giving. This recognition serves as a testament to Ren Ci's commitment to good governance standards and will motivate the organisation to continue serving needy seniors with heart and hope.

## Ren Ci Mobile Library



A year ago, Ren Ci @ Bukit Batok St. 52 started a library corner with the support from National Library Board and 250 books of different genres.

With the help of student volunteers, the library went "mobile" as they push the book trolley to the wards so that residents with mobility impairment can still enjoy some reading. With the success of the mobile library, Ren Ci recently concluded an online fundraising effort, raising \$10,000 to expand the library with more books such as comics like "老夫子" and audio books, after getting residents' feedback on the types of books they like to read.

### Lin Hui Yin - Charity Musical 现代歌剧 《林徽因》

Friday, 25 January 2019 | 8pm  
Esplanade Theatre

Donation tickets of \$288, \$188 and \$128 are now available for booking. For booking of seats or enquiries on donation tickets and outright donation, please contact Nicholas at DID: 6355 6520 or email at [nicholas\\_see@renci.org.sg](mailto:nicholas_see@renci.org.sg)

*\*Your donation will be entitled to 250% tax deduction*





*Mr Joe Hau and Ms Chong Wai Fung, Executive Director of Ren Ci @ Ang Mo Kio received the cheque from Ang Mo Kio Methodist Church*

Giving is a generosity in offering happiness to those in need. It delivers long lasting effect on those benefitting from their act of kindness. During the recent gift giving season, Ren Ci's residents were bestowed with the generosity from all walks of life.

Ang Mo Kio Methodist Church recently marked its 40th anniversary by giving back to three community institutions. As the newest addition in the neighbourhood, Ren Ci @ Ang Mo Kio was privileged to have been gifted with a cheque donation of \$20,000.

Separately, local oral hygiene brand, Pearlie White continues their commitment to provide support to the community. They paid a surprise visit to the residents in Ang Mo Kio in early December and presented them with an early Christmas present consisting of house brand oral hygiene products.

Our avid volunteer since 2007, Food and Beverage entrepreneur, William Liou recently launched a charity drive in conjunction with the opening of his second restaurant, 满福小厨 and pledged 10% of his total revenue to Ren Ci on the first three days of the opening.

And to celebrate the opening of their third branch, Lao Jiang Superior Soup partnered with Ren Ci Hospital and ran a charity drive in November. More than \$10,000 had been raised for our seniors from these events.

The season of giving has been nothing short of heartening contributions.

With this, we would like to wish everyone a Happy New Year.



**Pearlie White®**

*Ren Ci @ Ang Mo Kio resident received the gift from Pearlie White*





# A Pint of Blood Save Lives



Did you know a pint of blood can potentially save up to three lives?

On the first day of November 2018, a blood donation drive was brought to the ground of Ren Ci where 57 pints of blood were donated by staff and members of the public.

Donated blood is not only meant for emergency use but also long term treatments. Every drop of blood is a priceless drop of life. Be a regular donor today. Make an appointment at <https://donateblood.hsa.gov.sg>.



**老江一品汤**  
Lao Jiang Superior Soup

**盛大开业**  
Grand Opening @ Oasis Terraces  
681 Punggol Drive #01-42/43  
Limited Menu Serve on 23rd Nov 2018

1000 4005 3001 3002

With every purchase of above dishes, \$1 - \$2 will be donated to Ren Ci Hospital.

**Charity Campaign**  
23rd Nov - 25th Nov

First 100 customers who spend at least \$10 will stand a chance to participate in our lucky draw on 23rd Nov 2018.

Lao Jiang Superior Soup reserve the right to amend the terms and conditions without prior notice.

[laojiangsuperiorsoup.sg](https://laojiangsuperiorsoup.sg) [laojiangsuperiorsoup](https://facebook.com/laojiangsuperiorsoup) 62440219

**Ren Ci 仁慈**

**满福小厨**  
HOUSE OF HAPPINESS #01-294

House of Happiness will be donating  
10% of the total revenue from  
26 to 28 October to Ren Ci Hospital.

26 to 28 October 2018  
6pm to 10pm  
Address: 294 Bedok Road, Singapore 469450



# Falls Prevention Programme to Help Seniors

Close to 70% of falls in seniors happen within their households and health conditions and age related physical changes like decreasing muscle strength and balance are some of the common causes.

As Ren Ci promotes seniors to age in the community, it is important for them to be equipped with adequate information on identifying fall hazards and the right recovery techniques in the event of falls. A pilot programme was initiated by Ren Ci in collaboration with Teck Ghee Zone 'A' Residents' Committee (RC) to address these concerns.

The 13 sessions led by Ren Ci's therapists teach physical exercises and education on topics like home and community safety and fall recovery. Participants are identified by the RC during their regular house visits. Thus far, 11 seniors have benefitted from the programme. Mdm Lai Ah Moey, 75, said that the programme gave her useful information on fall prevention and she intends to share it with her friends.

Head of Ren Ci's Rehabilitation Department, Ms Ng Lip Chin believes that the customised programme will strengthen the seniors' physical condition and help them mitigate potential risks, increase their knowledge on falls prevention and empower them to make appropriate decisions in their daily activities to prevent falls.



## Small Change FOR A CAUSE

**You Can Put Your Loose Change To Good Use!**

**"Small Change for a Cause" is Ren Ci's initiative to advocate that small donations can have a meaningful impact and all loose change gathered over time will collectively bring a ray of hope to the seniors under our care. We would like to call upon your support and help our beneficiaries through your small change donation.**

**Home collection service is available if your loose change adds up to more than 5kg.**

**Simply call 6355 6477 for home collection service!**

**\*All local donations are entitled to 250% tax deduction.**





# 预防跌倒课程帮助年长者



近70%的跌倒事故发生在年长者家中。因健康状况和年龄相关的身体变化，如肌肉力量和平衡能力减缓是导致意外发生的一些常见原因。

仁慈为促进年长者在社区中原地养老的当儿，让年长者们握有相关的认知能力如识别危险处及正确的恢复技术是非常重要的。因此仁慈医院宏茂桥疗养院与德义A区居民委员会合作，开办课程授予年长者。

由仁慈复健师指导的13个课程讲授家庭安全，社区安全和跌倒康复等主题的体育锻炼和教育。参加者由居民委员会在进行常规家访期间确定。截至目前为止，已有11名年长者从课程中受益。 现年75岁的赖亚妹女士说，该计划让她更深入了解跌倒预防技术，并打算与朋友分享。

仁慈复健部主任黄立菁小姐认为定制课程将加强老年人的身体状况，帮助他们减少潜在风险，增加他们对跌倒预防的知识，并使他们能够在日常活动中做出适当的决定，以防止跌倒。



## “从新连接”训练营：第五季

迈入第五年的“从新连接”训练营继续致力于促进两代距离。除了保留体验式学习和方言课程等标志性课程外，今年的主题“回到从前”还将青年参与者和老年人聚集在一起。

来自大专学府和理工学院的约40名青年参加了为期4天的活动。现年20岁的梅乐妮已经以自愿者的身份参加了超过两届的训练营，她说训练营是一个很好的平台，让年轻人更好地了解年长人士及他们的挑战。训练营也让她可以更好地与家中的祖父母沟通。一本以院友为主的故事书正在企划中。书籍是参与者的“毕业作品”，他们将院友们毕生的经历串写成书，以书表达对这些年长人士的敬意，感谢他们壮年时代的奉献。

“从新连接”训练营是仁慈医院与新加坡国立大学学者俱乐部合作。多达160名年龄介于16-19岁之间的青少年加入了这个营地。





## 仁慈素食会2018

仁慈医院一年一度的旗舰活动迎来超过70名志愿人士及企业机构设起摊位为有需要的年长者募款。为期一天的活动共筹募超过\$400,000。筹款工作对于缓解仁慈病人和居民回归社会的财务挑战至关重要。这也是仁慈为提供负担得起的医疗，护理和康复护理服务的使命。2018年的成就令人鼓舞，仁慈将继续与社区伙伴们合作共创造更好的仁慈素食2019。



义工组长黄福全（中）与仁慈医院总监侯自成（右）和医务总监李良智合照

## 感谢义工们的奉献茶会

美国著名艺术家特奥多雷博士曾说过“对于世界而言，你可能是一个人，但对于一个人，你可能就是这个世界”。这个说法可能是用以表达仁慈对义工们感激之意，最为贴近的表达方式。多年来，义工们将时间和精力投入义工服务。他们已成为院友不可或缺的希望之源。他们不辞辛劳地以独特的方式丰富了院友的生活。有些义工带他们去郊游，而其他人或许为他们理发。

仁慈于11月3日举办了一场感恩茶会以表达义工们为院友们的付出。此次茶会也如同往年颁发了长期服务奖项给予46名义工，表扬他们多年来的奉献。如果您想为我们的银发族带来改变，请加入义工之旅，丰富他们的生活。



# 加入社区关怀行列

2018年11月2日，仁慈医院正式成为工艺教育学院的合作伙伴，成为工教院的其中一家赞助机构，为工艺学院学生们提供康复技术文凭 (WLTD) 的培训平台。

随着新加坡人口迅速老化，社区康复护理的需求将大大提高。为确保社区护理领域的人手充足及鼓励更多人加入社区关怀行列，提供切实的训练和指导是至为重要的。

同时该文凭的训练机制也可为仁慈医务人员提高技能。WLTD计划是一个为工艺教育毕业生以学徒的正规训练。

请浏览工艺教育学院网站[www.ite.edu.sg](http://www.ite.edu.sg)以预知更多有关入学条件。如果您符合训练条件并且热衷于在康复护理业的工作，请通过电子邮件向[rencihr@renci.org.sg](mailto:rencihr@renci.org.sg)表达您的兴趣。



## 艺术之秀

我们持续不断地发愿院友们的潜力，赋予他们自信心，从而原地养老。我们的院友们就在2018年新加坡健康与生物医学大会：第六届医学人文展览会的原创作品征集活动中，脱颖而出。其中，陈策邦的“欢迎彩虹”雕塑品就为他再次赢得肯定。策邦也在2017年同个活动中以优胜者的姿态胜出。

展览中也展示来自慢性病患单位吴女士的作品。她结合了对熊猫和拼图的爱好的爱好，制出了一幅两只大熊猫的画作，象征着信任的关系。



# 仁慈医院三度获颁慈善团体透明度奖

慈善理事会连续三年授予仁慈医院。该奖项鼓励慈善组织加强其透明度及企业监控管制，有助于捐赠人士在全然知情的情况下作出捐款决定。

奖项的认可证明了仁慈看待良好监控管制的重要性，同时为医院注入一挤强心针，激励仁慈继续秉持着宗旨用“心”和“希望”为有需要的年长人士服务。



仁慈医院监控及风险委员会主席叶伟明先生出席颁奖典礼接获奖状



# 超越无限



## 三轮车拉近两代关系

淡马锡关怀基金会与Cycling Without Age推出一项崭新的三方合作计划。源自于丹麦，该计划的概念为疗养院院友和新加坡智障人士福利促进会的会员提供免费三轮车服务，从而促进社会凝聚力。

超过20名仁慈宏茂桥疗养院的院友有幸与新加坡智障人士福利促进会的会员一起乘坐丹麦制造的电动三轮车，同时享受风景宜人的碧山公园。三轮车的独特设计可以舒适地容纳两名乘客包括残障人士，并且能够轻易地在狭小空间行驶。

沿途公园的路上，院友们也和智障人士会员谈天说地，欢笑声中也透露不少对过去的回忆。而对年轻一代来说，几次的三轮车车程是一次次的另类体验。

仁慈医院将不遗余力地提倡更多能够促进两代关系的合作计划，为年轻一代和年长人士搭建桥梁拉近两代距离。