



GOING BEYOND



Preparing to go home: Madam Tan (in wheelchair) and her daughters

The Bundle That Brings Hope

Up to 30% of admissions to Ren Ci Community Hospital (RCCH) are patients from Tan Tock Seng Hospital (TTSH) requiring post hip fracture care. Due to the high occurrence of seniors suffering from hip fracture after a fall, this condition was selected for the pilot trial introduced by the Ministry of Health (MOH) for Acute Hospital (AH) and Community Hospital (CH) from Oct 2016 to Sep 2019. TTSH and RCCH form the pilot trial for this hip fracture bundle which serves to cover care services provided to a patient during a clinical episode that extends from AH to post treatment in CH.

This pilot trial has shown that patients benefit from the seamless delivery of care from a multidisciplinary team spanning both hospitals, leading to better rehabilitation outcomes, earlier discharge and also reduces readmissions during and after the treatment period. The average wait time for the 488 admissions from TTSH to RCCH was reduced by up to 5 days and average length of stay for post treatment was reduced from 29 days to 21 days at RCCH.

Madam Tan So Lew, 79, was one of the beneficiaries. She suffered a fall and had a hip fracture surgery early this year and was subsequently transferred to RCCH for rehabilitation on 14th January. Under the bundle, she was successfully discharged home on 30th January, days ahead of the typical 29 days of stay for patients of similar condition. Encouraged by the positive results, Ren Ci will continue to partner TTSH and expand the types of bundle treatment.

THE HAPPY SHOW



The Happy Show

It was a night to celebrate the creative lives of residents in Ren Ci @ Ang Mo Kio, who were participants in art therapy since it was introduced to them in late 2017.

The Happy Show was the first such event to feature the life stories of our seniors through the artwork. The event saw the gathering of loved ones, volunteers, staff and management team from Ren Ci, to show their support to the residents.

These artwork were created on the memories of their past, a walk down memory lane and a living evidence of their fondest memory. Some rekindle their passion in art through the therapy while others discovered their late talent from the sessions.

A Walk To Remember

Partnering the community to care for our seniors in the community is at the heart of what we do. Ren Ci recently participated in the campaign, *Walk 2 Remember* to support the awareness of dementia.

Established by four aspiring individuals from Nanyang Technological University, the non-profit group aims to encourage intergenerational walking to combat the growing trend of dementia. Studies have shown that regular walking helps in delaying the early onset and progression of the condition. While there is no conclusive remedy for dementia, one should continue to age in place and practice holistic exercise regime to simulate the brain.

Roadshows and events are in the pipeline to advocate more about dementia. Keep updated by visiting our Facebook page at fb.me/RenCiHospital today!



Gift for Charity



Ren Ci Vice Chairman, Mr Lim Chai Boon (centre) receiving the donation from MCC Land Singapore

Premier property developer and regional arm of MCC Group in Southeast Asia, MCC Land Singapore hosted a fundraising programme at the organisation's annual dinner held at Marina Bay Sands on 11 January 2019 to give back to society. The fundraising drive successfully raised a total of \$30,000 to support Ren Ci Hospital. Ren Ci Vice Chairman, Mr Lim Chai Boon was in attendance to receive the gift that will help needy seniors in patient care.



A Night of Cultural Splendour

Charity musical LIN HUI YIN, based on a renowned Chinese architect, poet and writer of the 20th century, took centre stage on Friday, 25 January 2019 at The Esplanade Theatre in aid of raising funds for Ren Ci Hospital. The performance turned spotlight on the legendary character played by Soprano Chen Xiaoduo, who helped design the national emblem of China and the Monument to the People's Heroes. Together with her husband Liang Sicheng, played by Baritone Gao Peng who was referred to as the "Father of Modern Chinese Architecture", the musical illustrates popular stories of their triumph and love as they embarked on their lifework restoring ancient buildings in China.

Produced by the China National Opera and Drama Theatre and sponsored by the Fire Phoenix Cloud Computing Holding Co. Ltd, the night's performance raised more than \$250,000 for Ren Ci Hospital through sponsorships, outright donations and ticket sales.

Celebrating The New Year with LOVE and RESPECT

The spirit of giving extends beyond Christmas. Many individuals, organisations and public figures have ushered in the lunar new year with contributions of different forms.



Loving Contributions

The most iconic characteristic about Chinese New Year is perhaps the abundance of food. It is also the signature for most, if not all Singaporeans. In the spirit of inclusiveness, a group of like-minded donors came together and contributed some \$10,000 for seniors residing in Ren Ci @ Ang Mo Kio to busk in the festivity with specially curated Chinese New Year themed meal on four special days, Chinese and non-Chinese residents alike. More than 350 residents benefitted as a result of their generosity that filled their hearts with warmth. And over the weekends before the arrival of the festivity, another group of regular volunteers took them to complete the festival with a weekend shopping spree at the mall.

South West District Mayor visits Bukit Batok Nursing Home Residents



Mayor Ms Low Yen Ling paid a visit to residents at Bukit Batok during Chinese New Year and distributed red packets with mandarin oranges. Ms Low has been calling on residents at the home during festivities every year.

Joyful CNY celebrations



Ren Ci Board of Directors and management team made rounds during the festival to bring well wishes and red packets to the delight of our seniors at the nursing homes. Concluding the visit at the community hospital on “Chap Goh Mei” or last day of Chinese New Year draw the curtain down for the festival.



Intergeneration Bonding With The Elderly

A further testament to partnership with our community partners - NTUC FairPrice and its network pre-school establishment, My First Skool joined Ren Ci's management and residents at Ang Mo Kio home to celebrate Chinese New Year. This year marks the 11th year of support from NTUC FairPrice.

Ren Ci is filled with gratitude with the support from all walks of life and inculcating meaningful memories to the residents in Ren Ci. Let these kind act reminds everyone not to forget our seniors during the festivities.

Living Well, Leaving Well

Facing the issue of a fast ageing population and the growing need to focus on continued effectiveness and relevance in providing quality care for seniors, Ren Ci reviewed the way care was delivered to our nursing home residents. Our belief in evolving away from the medicalised model of care and moving towards a rehabilitative model, emphasising ageing with dignity, respect and self-reliance was mooted back in 2014. Since then, Ren Ci began the person-centred care (PCC) journey.

In our nursing home context, PCC refers to a care philosophy that emphasises residents' autonomy, dignity and sense of well-being. Ren Ci defines PCC as recognising all residents as unique individuals who can be empowered to shape their own lives and achieve their goals despite personal limitations. Our objective is to operate the nursing home more like a home that promotes autonomy, foster socialisation and allow the residents to self-help within a homely environment.

Conversation on End of Life

With the PCC approach in mind, Ren Ci has taken steps in our nursing homes to engage residents and family members in Advanced Care Planning conversations. This is part of our strategy towards End of Life (EOL) matters. Going in depth, "Living Well, Leaving Well", a programme that allows our residents and family members to start conversation on EOL issues was launched to explore their psychosocial and spiritual needs during the last stages of their life. It was found that most residents long for spiritual connection, a conducive environment to articulate their final wishes and a private space to spend their last moment with their family members.





An oasis of serenity

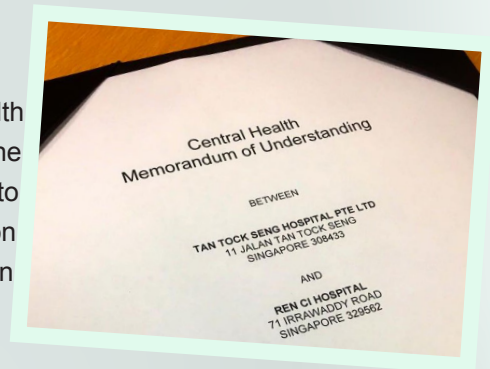
With the kind sponsorship of US\$25,000 from The Harley-Davidson Fund, the team at Ren Ci @ Ang Mo Kio Nursing Home started their project to spruce up the existing isolation room to a homely and more spiritually sensitive space where nursing home resident can live out his or her last days with privacy, dignity and respect.

Transforming the original clinical appearance of the room into an oasis of calm during the last stages of the residents' life requires much thoughts and planning. Each room is painted a calming colour and framed artworks of nature adorned the feature wall. Comfortable furnishings and dimmable downlights completed the setup.

The "Living Well, Leaving Well" project which includes the newly refreshed healing and holding rooms aims to benefit 40 direct (residents) and 200 indirect beneficiaries (family members, care staff etc) in a year.

Collaborate to transform and strengthen healthcare delivery

Ren Ci has signed a memorandum of understanding (MOU) with Central Health (TTSH) to develop and implement integrated care programmes that serve the needs of our population. The partnership also entails training programmes to build new capabilities for our workforce as well as enables sharing of population data and deployment of the network of providers and Community of Carers in local neighbourhoods.



A part of this partnership with Central Health will also focus on co-learning, sharing of knowledge and collaborating on innovation projects through leveraging on the extensive network of Centre for Healthcare Innovation (CHI) which includes innovation units from industry knowledge partners.

“We have the expertise and experience to drive workforce transformation and support healthcare training through new pedagogies. Therefore, this partnership with Central Health and CHI is strategic and timely,” said Mr Joe Hau, CEO of Ren Ci Hospital.

SingHealth Quality Service Award 2019



More than 170 Ren Ci staff who have delivered quality care and service to patients were recognised with Star, Gold and Silver awards at this year's Singhealth Quality Service Award (SHQSA) 2019. They were among the 3500 healthcare staff from 34 public and private healthcare institutions honoured at the annual event. This year, President Halimah Yacob was in attendance to give away the award.

Clinical Quality Management Unit Director, Dr Kala Kanagasabai was bestowed the Superstar award for her selfless dedication to patients with her group, Makan Kakis. The group brings local delicacies to patients on a monthly basis, a popular activity that brings seniors together and help them rekindle fond memories via hawker fare.

SHQSA is Singapore's first dedicated platform to honour healthcare professionals who provided excellent care and services. The Superstar award recognises healthcare staff who have exemplified outstanding efforts to improve patient safety, experience and outcomes.

Earlier this year, Ren Ci welcomed the first three-generation family who answered the call to the campaign, "Small Change For A Cause" introduced last December.

Coins Up For A Good Cause

42-year-old manager, Jeremy Giam, who came across the hospital Facebook post on the initiative and roped in his father and son to help in this worthy cause. The Giams have the habit of collecting and saving coins, a family tradition started by the patriarch of the family. Having filled two large ingot case with coins, the family decided to donate their collection of coins, weighing more than 13 kilograms, in the name of the good cause and hope to motivate other people to follow suit.

Their story received media attention in Chinese evening paper, Lianhe Wanbao. Home collection service is provided for loose change that exceed five kilograms. Call 6355 6477 to contribute your coins today!



An Evening with Gourmet Chefs

Fancy spending a night with over 300 of the finest global Chinese cuisine master chefs including Michelin-starred chefs and contribute to a good cause?

Now in its sixth year, the International Master Chefs' Charity Gala Dinner will be held in Singapore on 5 July 2019 at the Resorts World Sentosa. The chefs from Australia, China, Hong Kong, Macau, Singapore and Taiwan, converged annually to showcase their culinary talents and give back to the community in the host countr. In conjunction with its 25th anniversary celebration this year, Ren Ci Hospital was selected as the sole beneficiary for this charity extravaganza which targets to raise \$450,000 through outright donations and banquet sales.

Banquet priced at \$10,000 for VIP table, \$6,000 and \$3,500 is now available for booking directly via Ren Ci Hospital. Donations are entitled to 250% tax deduction. For reservation of table(s) or enquiries on how to be a sponsor in support of this meaningful event, please contact Karen at DID: 6355 6428 or email at karen_tan@renci.org.sg

Make a date for a sumptuous feast and do good at the same time!



文化灿烂之夜

慈善音乐剧《林微因》以20世纪著名中国建筑师，诗人和作家为背景。音乐剧1月间在滨海艺术中心举行，为仁慈医院筹集资金。知名中国高音组成的卡司，饰演传奇人物林微因。这部音乐剧由林的丈夫梁思成和被称为“现代中国建筑之父”的高强男中音演奏，演绎了他们在中国恢复古建筑的生活工作中的胜利与爱情的流行故事。

此慈善音乐剧由中国国家歌剧院和戏剧院制作并由火凤凰云计算控股有限公司赞助，夜间表演通过赞助，直接捐赠和门票销售为仁慈医院筹集了超过\$250,000。仁慈由衷感谢各界的支持。



慈善之礼

中冶集团旗下的东南亚地产开发商中冶置业(新加坡)月前在滨海湾金沙的集团年度晚宴上举办了筹款活动，以回馈社会。筹款活动成功筹集了\$30,000。仁慈副主席林财旻先生出席晚会，善款将用于帮助仁慈医院有需要的年长人士。



强化医疗保健护理

仁慈医院与陈笃生医院中区卫生签署了合作备忘录，以制定和实施满足人口需求的综合护理计划。这项合作关系将包括培训计划，以便强化我们的员工能力，并实现人口数据的共享，以及在社区内提供更好的社区护理者网络。

运用陈笃生医疗保健创新中心（CHI）的广泛网络，与各部门建立合作伙伴关系的一部分将侧重于共同学习，分享知识和创新项目合作。仁慈医院执行总监侯自成先生表示：“我们拥有丰富的专业知识和经验，可以通过新的教学法推动员工队伍转型并支持医疗培训。因此，这种伙伴关系具有战略性和及时性，”。



新加坡保健优质服务奖 2019

一年一度的新加坡保健优质服务奖已迈入第八个年头。3500名获奖者来自34家公共和私人医疗保健机构。其中170多名获奖者来自仁慈医院。他们为患者提供优质护理和服务分别获得了金奖，星奖和银奖。

今年的“超级巨星”得主，临床质量管理部门主任卡拉医生因其团队Makan Kakis为患者的无私奉献而被授予该个人奖项的最高荣誉。十年来，Makan Kakis每月为慢性病患单位的院友们带来当地美食。这项活动将院友们聚集在一起，品尝本地小贩美食，重新唤起过去的美好回忆。超级巨星奖给予临床医生，护理，联合健康，行政，辅助和中级及长期护理领域的医护人员，奖励他们为改善患者的安全，服务经验和临床成果做出的卓越贡献。总统哈莉玛女士受邀出席颁奖典礼并颁发奖状给予得奖人士。新加坡保健优质服务奖是新加坡首个致力于为勉励护理和服务医疗保健专业人士的平台。



为年长者带来希望的配套

约三成的仁慈社区医院病患是从陈笃生医院转接过来的髌部骨折病历，他们均需要术后护理。由于髌部骨折的发生率在年长者中居高不下，因此它被卫生部纳入为急症和社区医院试验性计划。仁慈医院和陈笃生医院合作，共同组成中区保健集群。

髌部骨折配套主要在临床阶段为病患在急症医院和社区医院提供共同护理服务。这项实验性计划可以让患者跨越两家医院的多方医疗团队接受无缝护理，从而获得更好的康复结果，更短的住院期，并减少治疗期间和再度入院的机率。

79岁的陈谢榴女士就是配套的收益者之一。陈女士今年年初因跌倒并在陈笃生医院进行了髌部骨折手术，随后于1月14日转入仁慈医院进行康复治疗。在配套的安排下，她于同月30日获准出院，比一般住院期的29天更短。她很高兴能在农历新年之前回家与她的孩子和孙子们一起欢庆佳节。仁慈将继续与陈笃生医院合作，扩大配套治疗的类型。



快乐秀

那是一场庆祝仁慈宏茂桥疗养院院友创意人生的夜晚。一场汇集了院友们，家属，仁慈工作人员和管理层的艺术展。自2017年年底，仁慈推出艺术疗法以来，一些院友们便成为了艺疗的参与者。快乐秀是第一次通过艺术展，展现年长者们将自己的生活故事融入作品当中。这些作品叙述了他们的过去。它们也是院友们重新捡起遗忘的才能和发掘新才艺的方式，同时象征人生和展开新生活的开始。



这些作品的主题讲述了失落，希望，信仰，爱情，快乐和幸福。艺术作品也揭示了艺术创作的过程如何成为年长者的喜悦之源，以及艺术与幸福如何交织在一起。

该秀是由“制作中的记忆”团体艺术治疗计划共同命名的，展出艺术治疗开放工作室成员的艺术作品以及「制作中的回忆」组艺术治疗计划。艺术作品在宏茂桥疗养院展出一个月后，已送至仁慈社区医院进行第二轮展示。

回忆之路

与社区合作照顾社区的年长人士是我们的核心。仁慈近期参加了由四名南洋理工大学学生创办的非盈利组织，Walk 2 Remember，“回忆之路”竞走活动，推动人们对失智症的了解。

研究显示，定期步行有助于延迟病情的发作和进展。虽然现阶段失智症并没有确切的治疗方法，但每个人都必须原地养老并持续运动保持身心健康。

今天就通过仁慈的面簿 fb.me/RenCiHospital 获取更多信息吧！



超越无限



照片：联合早报

零钱乐施，好善施德

一家三代响应仁慈医院推出的“零钱乐施”的募捐活动，为有需要的年长者捐出重达13公斤的零钱。去年12月，42岁经理严常硕在仁慈医院的面薄页面上看到了募捐活动，呼吁公众把家里的银角捐出。严知悉后便连同父亲和两个年幼的儿子参与活动。

严家三代都有储蓄和收集银角的习惯，是严老先生开始的“家族传统”。72岁的严明仁先生为了让孩子养成存钱的习惯，在孩子们小时候就经常送扑满给四个孩子。长大后的他们分别成为父母之后也同样送扑满给他们的孩子，延续这个“传统”并灌输他们未雨绸缪的重要性。

严常硕认为“零钱乐施”是一个很好的教育机会，让孩子学习把银角捐出来作为慈善用途。他们的善举也获得本地新闻联合晚报的报道。

如您有超过5公斤的零钱想捐出，请致电6355 6477 与我们的工作人员接洽。今天就和严家参与零钱乐施吧！

仁慈编辑

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