

GOING BEYOND



REN CI QUARTERLY NEWSLETTER

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We are Hospital Operator of the Year 2025

Ren Ci Hospital was awarded the Operator of the Year (Hospital) at the 13th Asia Pacific Eldercare Innovation Awards 2025. The award recognises the best eldercare service provider.

Celebrating Our Inspirational Patient & Caregiver Award Recipients



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

On 28th May 2025, Ren Ci Hospital celebrated as four incredible individuals were recognised at the Singapore Health Inspirational Patient & Caregiver Awards (IPCA) ceremony. Graced by Minister of State Ms Rahayu Mahzam, the annual Awards celebrate patients, caregivers and partners who have inspired us with their exemplary show of courage, strength and resilience.

Ms Yeo has been an integral part of the Ren Ci family since 1996, from her days as a student to her current role as a working professional. Together with her dedicated Twinkle Hearts group, she has touched the lives of countless individuals across our facilities.

Working hand in hand with our staff, Twinkle Hearts ensure that their activities align with our seniors' needs.

Some of the programmes Twinkle Hearts has started include the monthly birthday celebration for Chronic Sick Unit residents, bringing hawker delights to our nursing home residents and partnering our staff on the Shared Memories project, which provides long-staying residents and their families the rare opportunity to have a professionally taken family portrait.

Her compassion, creativity, and unwavering commitment have not only inspired her team, but also the entire volunteer community at Ren Ci.



➤ **Ms Yeo Siew Mui**
Inspirational Partner (Volunteer)
Award



➤ **Mdm Lek Siang Lwee**
Inspirational Patient Award

A client at our Senior Care Centre, Mdm Lek's personal health challenges are numerous, with hearing loss, diabetes, transmetatarsal amputation, hypertension and ischemic heart disease, among other conditions. Despite her health challenges, her love for her children spurred her on to maintain a positive attitude and even taking a proactive approach to partner our care professionals to improve her condition. Although previously recommended for a nursing home placement, she insisted on returning home to support her daughter, who has a physical disability, and maintain the family household.

Mdm Lek took the initiative to request for additional rehabilitation sessions, and worked on her lower limb strength to maintain a steadier gait. Her efforts paid off! Not only did she maintain her ability to walk short distances, she has improved to the point where she can even get groceries for her children now.

Inspirational Patient & Caregiver Awards 2025

Mdm Wong is currently the main caregiver for her husband, who is a resident in our Chronic Sick Unit. Bedbound and uncommunicative after suffering a haemorrhagic stroke in 2020, he is on a ventilator and requires tube feeding. Mdm Wong has learnt to clean his tracheostomy inner cannula to help him breathe more easily and wipes away his oral secretions.

Her unwavering dedication to her husband is evident through her daily visits. Every day, she gently sponges his body, even after his morning shower, and carefully checks his back to apply powder and ensure his comfort.

A nurturing mother, she has also guided her children in caring for their father in the face of overwhelming challenges. Together, they work towards the shared goal of providing the best care possible for their beloved husband and father.



➤ **Mdm Nancy Wong**
Inspirational Caregiver Award



➤ **Mr Tang Kok Hoong**
Inspirational Caregiver Award

Mr Tang's wife suffered a stroke overseas in 2023, and he has been devoted to her care since. He has been involved in her rehabilitation journey, making sure to attend caregiver training sessions and taking over home management to enable her to concentrate on her recovery. Not only did he accompany his wife to all her appointments and therapy sessions, he also learnt how to assist Mdm Lee with her daily mobility and home exercises so that she could continue her home exercise programme.

He made sure to support her psychosocially as well, speaking positively of her recovery and encouraging her. He also made the effort to bring Mdm Lee out on excursions, meet family members, go to church and have simple meals out.

He continues to be a strong pillar of support for her.

The Spirit of Giving

Staff from Yusof Ishak Mosque visited Ren Ci @ Woodlands in April as part of Hari Raya Aidilfitri festivities. The team, led by Executive Chairman Ustaz Mohd Fairuz Shah Sudiman, brought festive snacks for our residents to enjoy and get into the festive mood. The team also donated a motorised wheelchair that will be loaned to residents who need mobility support.

The mosque has been a long-time supporter of our Muslim residents, providing weekly religious support that brings comfort and spiritual strength to our residents. We'd like to thank the team from Yusof Ishak Mosque as well for supporting Ren Ci!



Celebrating Dragon Boat Festival

Who would've thought seniors could row a dragon boat? Clients of Ren Ci @ Woodlands' Senior Care Centre participated in an inclusive rowing event in June. The clients (the oldest of whom was 96 years old!) were all first-time dragon boaters. They spent a week decorating their own "dragon boat" and then rowed with pool noodles to the drumbeat. Not only was this an incredible endurance event for them, it also ignited our clients' competitive spirit. Determined to win the competition, each team cheered as loudly as they could to create unforgettable memories together.



Rice Dumplings Workshop

A highlight of the Dragon Boat Festival for many is getting to eat rice dumplings or 粽子, but not many of us can say we make our own.

This year, Ren Ci Active Ageing Centre (Care) organised a volunteer-led workshop for our AAC members. The 5-hour workshop taught attendees how to prepare the ingredients, the wrapping technique and the cooking duration.

Members went home happy with the fruits of their labour to share them with their families.



Rehabilitation Corner



What is Occupational Therapy?

It may sound like it is about helping people find a job, but that's a common misunderstanding! Occupational therapists (OTs) support people to regain and maintain their participation in everyday activities. These could be self-care tasks like showering and dressing, productive tasks like housekeeping and cooking, or leisure tasks like Tai Chi or going on social outings. At Ren Ci Hospital, OTs work in all services from community hospital to home therapy, from providing direct client care to consultative work on programs and client management.

Common Myths

Myth 1: "OT is only for people who can't work."



False! OTs can work with anyone regardless of employment status. After a medical incident, a retiree may wish to be able to fetch their grandkids from preschool again while an employee may wish to return to work. Both would benefit from OT whether it's learning to use a motorised aid to continue being mobile in the community or learning new coping skills and adapting tasks for an improved job fit. Our focus is on function and participation – not employment.

Myth 2: "OT is just exercise."



Not quite. Movement is often used in therapy with the emphasis being on how it being meaningful and practical. For example, we may physically engage someone in simulated meal preparation in the process of supporting them to return to cooking, or practice transferring from bed to chair safely after a hip operation to support their return to mobility within their home.

Myth 3: "OT is only for the elderly."



Not necessarily. At Ren Ci, many of our clients are seniors, but OTs work with clients across the lifespan from that start to end of life. You'll find us in neonatal units, preschools, drop-in centers for adults with disabilities, mental health services, palliative care services and many more. Our skills in problem solving practically and holistically, and our person-centred approach helps us work with diverse clients across a variety of services.

Brought to you by Ren Ci Occupational Therapist (OT), Rachel Ho

Occupational Therapy & Falls Prevention

As people age, they may become more prone to falls. Falls are a major concern for older adults. In Singapore, 85.3% of older adults aged 65 and above were admitted into the Emergency Department due to falls, with nearly half (49.9%) requiring hospitalisation (Yeo et al., 2009). Globally, about 28–35% of adults aged 65 and above experience a fall each year, and this figure rises to around 50% for those over 80 (Ong et al., 2022).

This prevalence underlines the critical role OTs play. OT assess risk factors (e.g. poor balance, vision changes, unsafe home environments), and recommend modifications to their home environment to help them regain confidence, reduce fall risk, and stay safely independent at home. Learn some home safety tips to enhance safe environment at home!



Did you know that the Enhancement for Active Seniors (EASE) programme subsidised items in your HDB flat to improve mobility and safety within the flat? It is also offered as part of Home Improvement Programme (HIP). You may find out more about your eligibility on HDB EASE website!

Home Safety Tips from an OT

1. **Clear the floor.** Loose wires, clutter, or rugs with curled edges can cause falls. Keep walkways clear and non-slip.
2. **Light it up.** Make sure hallways, stairs, and bathrooms are well-lit, especially at night. Motion-sensor lights can help.
3. **Grab bars and anti-slip floor treatment.** Install grab bars in the toilet and shower. Use anti-slip mats in wet areas like the bathroom and kitchen.
4. **Use chairs with arms.** It's easier and safer to get in and out of a chair with armrests. Avoid low or soft seats that sink in.
5. **Organise daily items.** Keep things you use often at waist height to avoid unnecessary bending or stretching.



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Yeo, Y. Y. C., Lee, S. K., Lim, C. Y., Quek, L. S., & Ooi, S. B. S. (2009). A review of elderly injuries seen in a Singapore emergency department. *Singapore Medical Journal*, 50(3), 278–283. <https://smj.sma.org.sg/5003/5003a6.pdf>

New Partnership with Dharma Drum

To mark a new partnership between Ren Ci @ Woodlands and Dharma Drum Singapore, a Buddha Bathing Ceremony was held on 16 May. With discussions and preparations for the ceremony starting 2 months prior, this was a large-scale event where every Buddhist resident of the nursing home was invited to attend. Honorary Member Dr Aaron See also attended to show his support.

Response from our residents was enthusiastic, with so many participants that they had to make their way to the multipurpose hall in batches to ensure everyone had a chance to listen to the Venerable and take part in the bathing of the Buddha statue ritual.

As part of the partnership, Dharma Drum Singapore has committed to organising monthly Buddhist support sessions at Ren Ci @ Woodlands from July, providing our residents at Woodlands with spiritual support.

Our Buddhist residents participated wholeheartedly in the ceremony, bringing them a measure of calmness and peace.



REN CI CHARITY GOLF TOURNAMENT 2025

We drove through the end of May and swung into June with our annual Ren Ci Charity Golf Tournament. This year, 132 golfers participated in the tournament, held at the Sentosa Golf Club and graced by the presence of our Guest-of-Honour Speaker of Parliament Mr Seah Kian Peng.

It was heartening to see so many come together, not only for the love of the game, but to support a meaningful cause and make a difference in the lives of our beneficiaries. We would like to take this opportunity to thank everyone who participated in the Ren Ci Charity Golf Tournament as well as the organising committee Chairman Mr Zhong Ming and Co-Chairmen Mr Jeremy Lim and Mr Jonathan Yeo.



Horses By Your (Bed)side

Among the many different activities we hold for our nursing home residents is animal assisted therapy. Most often, we have volunteers who bring their dogs, cats or even rabbits into the home, allowing our residents to spend time with these furry friends.

Animal assisted therapy has been shown to have incredible benefits, including improved emotional wellbeing, lowered stress levels and even reduced feelings of loneliness. However, bedbound residents tend to miss out on these activities as they are unable to be moved to the activity area.

Enter Horses By Your (Bed)side by EQUAL, a programme that brings miniature horses directly to the bedside of our residents! This unique and heartwarming programme was conducted over six weeks and brought great joy and excitement to our residents. Even residents who are usually reluctant to participate in activities slowly opened up and became receptive to the miniature horses. Witnessing them reaching out to pet the horses with a smile on their faces was extremely heartening! Feedback was overwhelmingly positive, with residents commenting that this was an experience they would always treasure.



WHearts x Let's Create!

Let's Create! Is an art showcase by our creative residents and clients across our Nursing Homes and Senior Care Centres. Through the month of June, artwork created by our seniors in our Nursing Homes and Senior Care Centres from art therapy sessions and art-based activities were showcased on the WHearts wall in Woodlands Health Campus. The showcase was officially launched on 9th June, with residents, clients and family members gathering to enjoy the creative work of our residents and clients.

Art is a platform and tool used for our seniors to express themselves and tell their story and a reminder that our seniors are artists and storytellers with their own experiences. Reflecting the meaningful impact of arts on our seniors, a resident shared that "art is creative, helps the brain keep active".

Thank you to all parties involved in celebrating and appreciating the creativity and work produced by our seniors!



Rehab Day 2025

This Rehab Day, all our staff were invited to join the Rehabilitation team and experienced the journey of recovery through the lens of a patient. The theme this year was Breaking Barriers, Building Bridges and the mini-carnival event highlighted the collaborative efforts of our Physiotherapists, Occupational Therapists, Speech Therapists and Community Care Associates.

Through participating in activities designed to highlight various aspects of rehabilitation, staff experienced first hand how our Rehab team works with patients on their rehabilitation. The activities were creatively designed so that staff would have to work around challenges common among our patients, such as vision impairment, or a leg weakness. Our staff played human foosball with an ankle weight on one leg, made sandwiches with blurred vision, and more.

Through these activities, our staff were better able to comprehend challenges that patients may face in carrying out their Activities of Daily Living (ADLs) and better empathise with patients with physical challenges.

All in all, it was a day full of fun and learning and we thank the Rehab Department for organising such a meaningful event!



仁慈医院杰出代表，以勇气与韧性赢得殊荣

2025年5月28日，仁慈医院为四位杰出人士的荣耀而欢欣鼓舞。他们获得了“新加坡保健激励病患与看护者奖”。颁奖礼由卫生部兼数码发展及新闻部政务部长Rahayu Mahzam主持见证。这奖项旨在表彰那些以非凡的勇气、力量和韧性触动人心，并激励大家共同致力于提供更佳病患护理的优秀病患、看护者和合作伙伴。我们提名的四位候选人都获得奖项。



开斋节的奉献精神

尤索夫伊萨回教堂的员工在执行主席Ustaz Mohd Fairuz Shah Sudiman的带领下于四月到访仁慈兀兰疗养院，举办了开斋节庆祝活动。团队不仅为院友带来了节日零食，让他们感受节日气氛，还捐赠了一辆电动轮椅，供需要行动辅助的院友使用。

尤索夫伊萨回教堂长期以来一直支持我们的穆斯林院友，每周提供宗教支持，为他们带来慰藉和精神力量。在此，我们衷心感谢尤索夫伊萨回教堂团队对仁慈医院的慷慨支持！



马儿助力疗养院卧床院友重获笑容

仁慈疗养院致力于为院友举办丰富多彩的活动，动物辅助治疗便是其中备受欢迎的一项。我们通常会邀请义工带着他们温顺的狗、猫甚至是兔子来到院内，让院友能与这些可爱的朋友共度美好时光。

研究表明，动物辅助治疗益处良多，不仅能有效改善情绪健康、减轻压力，更能减少孤独感。然而，对于卧床不起的院友而言，他们往往无法参与到活动中，从而错过了这些宝贵的体验。

为了弥补这一缺憾，EQUAL机构特别推出了“床边的马儿”计划，将可爱的迷你马直接送到了院友的床边！这项独特而充满温情的计划为期六周，为院友带来巨大的快乐与惊喜。令人欣慰的是，有些平时不愿参与活动的院友也慢慢敞开心扉，欣然与这些迷你马互动。当看到他们脸上洋溢着笑容，伸出手轻抚马匹的那一刻，我们都深受触动。院友们的反馈非常热烈，许多人都表示这是一次他们将永远珍藏的宝贵经历。



心灵上的新慰藉

为了庆祝仁慈兀兰疗养院与法鼓山新加坡护法会建立新的伙伴关系，双方于5月16日共同举办了一场浴佛法会。这场法会经过两个月的筹备，邀请了疗养院里佛教院友参加，是一场大型活动。仁慈荣誉成员施龍現博士也出席以示支持。

佛教院友们反应热烈，参与人数众多，大家分批前往礼堂，以确保每位院友都有机会聆听法师开示并参与浴佛仪式。作为此次合作的一部分，法鼓山新加坡护法会从七月起，每月为兀兰疗养院院友提供心灵上的慰藉。我们的佛教院友全心投入地参与了这场法会，从中获得安宁。



仁慈慈善高尔夫球竞赛 2025

一年一度的仁慈慈善高尔夫球竞赛在圣淘沙高尔夫俱乐部举行，共有132位高尔夫球手参与，并荣幸邀请到国会议长谢健平担任主宾。

看到如此多的人齐聚一堂，不仅出于对高尔夫的热爱，更是为了支持一项有意义的事业，帮住我们的受患者，这着实令人鼓舞。在此，我们衷心感谢所有参与本次竞赛的仁慈之友。



划船体验：年长者点燃心中竞技之火

长者也能划龙舟？

仁慈兀兰乐龄护理中心的客户们在六月参加了一场别开生面的划船活动。长者们（其中最年长者已96岁高龄！）都是第一次体验龙舟。他们花了一周时间亲手装饰自己的“龙舟”，随后随着激昂的鼓点，用游泳浮力棒奋力“划桨”。这不仅是对他们耐力的挑战，更点燃了所有人的竞争精神。为了赢得比赛，每个团队都竭尽所能地大声呐喊助威，共同创造了充满欢声笑语的难忘回忆。



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SERVICE WITH HEART AND HOPE

Since the inception of Ren Ci, we have grown to serve over 3,500 beneficiaries annually, with strong support from donors like you. From a single chronic sick unit at the former Woodbridge Hospital, we now operate a community hospital, chronic sick unit, three nursing homes, four senior care centres and an active ageing centre (care). Our comprehensive range of services today include rehabilitation, residential care, palliative care, home care, art and music therapy, training academy and more. None of this would have been possible without you. Your generosity enables us to provide the best care we can for our seniors, allowing them to age with dignity and grace. From the bottom of our hearts, **THANK YOU!**

仁慈医院得益于慷慨捐助者的鼎力支持，我们每年为逾三千五百名年长者提供服务。我们从创立时单一的慢性病患单位发展至今，现在拥有一家社区医院、慢性病患单位、三所疗养院、四家乐龄护理中心和一间活跃乐龄护理中心。我们今天提供的全面服务包括复健、住宅护理、慈怀疗护、居家护理、艺术和音乐疗法、培训学院等。没有您的支持，这一切都将是是不可能的。感谢您的慷慨，使我们能够为年长者提供优质的护理服务。仁慈衷心感谢您过去的支持，让我们共同迎接未来三十年和更长时间。



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