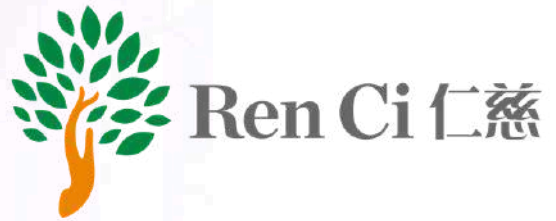


GOING BEYOND



REN CI QUARTERLY NEWSLETTER

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Formalising Partnership to Support Healthcare Workers

Ren Ci Hospital has signed a Memorandum of Understanding (MOU) with the Healthcare Services Employees' Union (HSEU), according HSEU with direct union recognition to represent over 1,000 healthcare professionals at Ren Ci.

The MOU marks a significant step in strengthening collaboration to support healthcare workers and promote positive employment practices.

The agreement was signed by NTUC and HSEU President K Thanaletchimi and Ren Ci CEO Yong Keng Kwang, and witnessed by NTUC Secretary-General Ng Chee Meng and Ren Ci Board Chairperson Seow Choke Meng. Other signatories and witnesses include HSEU General Secretary Simon Ong, HSEU Executive Secretary Steven Goh, Ren Ci Board Member and HR Committee Chairperson Lillian Lee and Ren Ci Human Resource Director Nuryasmin Hannah.

The Editor

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

Following the signing, representatives from HSEU visited one of the wards at Ren Ci Community Hospital, where they spoke with frontline healthcare workers and gained a better understanding of the work we do.

As an employer that is committed to staff wellbeing and fair employment practices, this MOU is a milestone on our journey to continue supporting our staff and enabling them to better care for those we serve.



Award-Winning Dementia Care Programme - Re²ignite



Members of our Psychosocial Services department were conferred the Outstanding Social Work Award (OSWA) - Practice (Team) for their innovative dementia care programme, Re²ignite, at this year's Outstanding Social Work Awards!

The award recognises the team's exemplary work in developing and implementing Re²ignite, a multidisciplinary psychosocial intervention designed to support persons living with dementia and their care partners through holistic, person-centred care.



Re²ignite – which stands for Recollect, Reintegrate and Ignite – addresses psychosocial, social and spiritual needs by shifting the care focus beyond illness and symptoms towards the person as a whole. Anchored in person-centred principles, the programme brings together professionals from psychosocial services, nursing and rehabilitation to engage residents meaningfully, strengthen social connections and support care partners in their caregiving journey.

The team was recognised for demonstrating strong professional practice, innovation and impact, reflecting their commitment to co-creating supportive and dignified care experiences for persons living with dementia. The award also underscores the importance of interdisciplinary collaboration in advancing psychosocial care within the intermediate and long-term care sector.

This achievement is a proud milestone for Ren Ci Hospital and a testament to the dedication, compassion and professionalism of our PSS colleagues. We extend our heartfelt congratulations to the Re²ignite team for this well-deserved national recognition and for continuing to light the way in person-centred psychosocial care.



Every Step Counts

by Sylvia Tan, Executive

Through the nights of 30 and 31 January, the Singapore Hospice Council (SHC) held its inaugural “Every Step Counts” sundown walk to commemorate 30 years of advancing palliative care alongside its 27 member organisations. As a member organisation of the SHC, Ren Ci staff were invited to participate.

There were various legs we could choose to walk, but many of us from Ren Ci chose to participate in the third leg, as it would take us past Ren Ci Community Hospital as one of the checkpoints. I personally joined both the second and third legs, proudly carrying the Ren Ci bear as a ‘bear bearer’, and covered a total of 24km – from the National Cancer Institute at Kent Ridge all the way to Dover Park Hospice in Novena!

There were certainly tough moments during the walk, especially as fatigue set in and my feet began to ache. Those moments made me pause and reflect on the deeper meaning behind our participation. To me, it serves to honour the individuals who build the foundation of accessible and quality palliative care in Singapore, and to celebrate the growing collective strength of the palliative care community, of which Ren Ci is a part.

Indeed, what kept me going was the wonderful companionship of friends from other member organisations, as well as the thoughtful refreshments provided at various checkpoints such as HCA Oasis@Outram. A big thank you to all the walkers, volunteers and hosting organisations for keeping our spirits high throughout the journey!





A Joyful Chinese New Year at Ren Ci

Chinese New Year at Ren Ci was filled with colour, laughter and heartfelt moments as residents, clients, staff and volunteers came together to celebrate the season.

Ren Ci Chairman Mr Seow Choke Meng, members of our Board of Directors and Senior Management took time out to visit all our facilities to distribute mandarin oranges and *ang pow*, spreading festive cheer for the season.

Volunteers played a big role in bringing the festivities to life across our households, wards and senior care centres. From roving lion and god of fortune mascots to musical performances and even spiritual support, our volunteers organised a host of engaging activities for our seniors.

Our staff made sure to incorporate the festivities in activities too, with our Rehabilitation team leading our residents in creating hydro dipped Chinese fans and horse racing games. From meaningful partnerships to dedicated staff and volunteers, the season was a wonderful reminder of the strong community spirit that defines Ren Ci.



A Stable Start to the Year of the Horse



What better way to welcome the Year of the Horse than with a visit to a horse stable? 11 clients from Ren Ci Senior Care Centre @ Ang Mo Kio enjoyed a memorable outing to Gallop Stables, where they got up close and personal with retired racehorses.

The clients were treated to an engaging and educational stable tour led by a horse expert and trainer, whose passion and humour brought the experience to life. Highlights of the visit included the opportunity to feed the horses and even groom a friendly pony – a first-time experience for our clients.

To cap off the day and usher in good fortune for the new year, the clients took part in a creative horseshoe painting activity. The horseshoes, once worn by the horses themselves, were transformed into colourful keepsakes that clients brought home as a symbol of luck and fond memories.

This enriching outing was made possible thanks to the generous sponsorship of Gallop Stable, as well as the support of DBS and Shinnyo-en volunteers. With their help, the clients enjoyed a truly meaningful and heartwarming experience with these magnificent animals.



Celebrating Hari Raya Across Ren Ci

Hari Raya celebrations began early at Ren Ci this year, bringing festive cheer, meaningful engagement and heartfelt moments to our residents and colleagues.

With the support of our dedicated volunteers, Muslim residents from Ren Ci @ Ang Mo Kio enjoyed a shopping experience right in the multi-purpose hall, where they were free to browse, touch and select their Hari Raya *baju*.

At Ren Ci @ Woodlands, residents also got creative in their own ways. Our Rehabilitation colleagues got them to roll up their sleeves to make delicious cornflake cookies! From mixing and shaping to washing up afterwards, this activity supported important therapeutic goals such as sequencing, coordination, attention and activity tolerance. Over at Ren Ci @ Bukit Batok St. 52, we held a party filled with laughter, delicious food and heartwarming performances.

Music also played a special role in the celebrations as our Music Therapy team curated a special Hari Raya playlist featuring both classic and newer Raya tunes. The playlist brings to life the vibrant atmosphere of Ramadan bazaars, with staff being encouraged to play the playlist for everyone to enjoy.

As celebrations took place across our facilities, the spirit of togetherness, tradition and care was deeply felt.



Honouring Stories of Care, Hope and Connection

Ren Ci Hospital's Psychosocial Services (PSS) department celebrates PSS Day every year, with this year's themed 'Passage of Light'. The celebration was held on 30 March, bringing together residents, volunteers and staff in a meaningful gathering that honoured the stories and people at the heart of psychosocial care.

Held as a reflective and welcoming experience, Passage of Light centred around an exhibition that showcased stories contributed by members of the PSS community, offering visitors insights into the lived experiences, shared journeys and therapeutic programmes that shape PSS's work. The exhibition provided space for quiet reflection, connection and appreciation of the diverse forms of care and support within the Ren Ci community.

Another key feature of the celebration was the human library experience, which invited participants to engage with personal narratives from individuals involved in psychosocial care. Through listening and conversation, the human library created opportunities for empathy, understanding and meaningful connection, reinforcing the importance of stories in healing and community-building.

Passage of Light served as a reminder of the compassion, resilience and dedication that underpin psychosocial services at Ren Ci Hospital. By celebrating the voices and journeys of residents, volunteers and staff, it reaffirmed our shared commitment to holistic, person-centred care and the belief that every story carries light worth honouring.



仁慈全院齐欢庆，共度开斋佳节

今年的开斋节庆祝活动在仁慈提早拉开了帷幕，为院友们和同事们带来了节日喜悦、有意义的互动以及许多感人至深的瞬间。

在热心的义工的支持下，仁慈宏茂桥疗养院的回教徒院友们在多功能礼堂体验了一场特别的“购物之旅”。他们在这里自由地浏览、触摸并亲自挑选心仪的开斋节服装 (Baju)。

在仁慈兀兰疗养院，院友们也展现了他们的创意。我们的复健团队带领大家挽起袖子，亲手制作美味的玉米片饼干！从混合材料、捏塑成型到最后的清洗工作，这项活动有助于达成重要的治疗目标，如步骤排序、协调能力、注意力以及活动耐力。与此同时，仁慈武吉巴督52街疗养院举办了一场充满欢笑、美食和精彩表演的派对。

音乐在庆祝活动中也扮演了特殊角色。我们的音乐治疗团队精心策划了一份开斋节特别歌单，收录了经典与现代的佳节歌曲。歌单重现了斋戒市集的热闹氛围，我们也鼓励员工播放音乐，与大家同乐。随着各院区庆祝活动的圆满举行，大家深切感受到了团结互助、传承传统与悉心关怀的精神。



“厩”在仁慈：马年稳健起步

喜迎马年，还有什么比参观马厩更好的方式呢？来自仁慈宏茂桥乐龄护理中心的11位长者前往 Gallop Stables 展开了一场难忘的户外之旅，并与退役赛马进行了近距离接触。

长者在马匹专家兼练马师的带领下，参与了一场既生动又具教育意义的马厩之旅。练马师的热情与幽默让整个体验变得鲜活有趣。此次访问的亮点包括亲手喂食马匹，甚至为一只友善的小马梳理毛发——这对我们的长者来说都是人生中的第一次尝试。

为了给这一天画上圆满句号并祈求新春好运，长者们还参加了创意马蹄铁绘画活动。这些曾由马匹穿戴过的马蹄铁，在长者们的巧手下变成了五彩缤纷的纪念品，象征着好运与美好的回忆。这次充实的郊游得以圆满举行，全赖 Gallop Stable 的慷慨赞助，以及星展银行 (DBS) 和 Shinnyo-en 义工的鼎力支持。在他们的帮助下，长者们与这些高贵的动物度过了一段真正富有意义且温馨的时光。



仁慈医院共贺新春，同享团圆之乐



仁慈的农历新年处处洋溢着色彩、欢笑与温情。院友、年长者、员工以及义工们齐聚一堂，共同欢庆佳节。仁慈医院董事会主席萧作鸣先生、董事会成员及高级管理层特别抽空走访了所有设施，分发柑橘和红包，传递节日的美好祝愿。

在各个住户、病房和乐龄护理中心，义工们为营造节日氛围发挥了重要作用。从巡回演出的舞狮和财神爷吉祥物到音乐表演甚至精神支持，义工们为年长者们组织了一系列丰富多彩的活动。我们的员工也将节日元素融入到日常活动中。复健团队带领院友们制作了水拓画工艺扇，并开展了趣味十足的赛马游戏。

从意义深远的伙伴关系到尽职尽责的员工与义工，这个佳节再次完美诠释了定义“仁慈”的强大社区凝聚力。



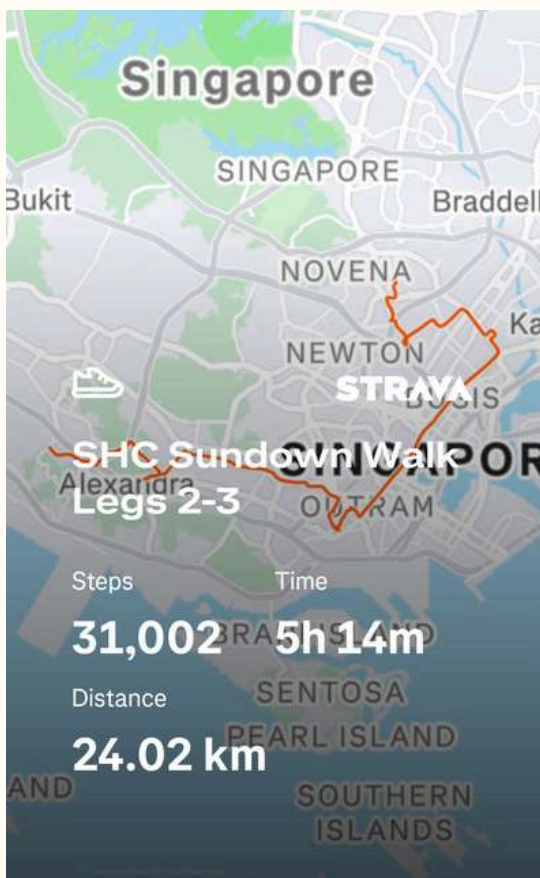
点滴点亮希望，每一步皆是力量

在1月30日和31日的夜晚，新加坡慈怀理事会（Singapore Hospice Council）举行了首届“每一步都算数”（Every Step Counts）夕阳健行活动，旨在与其27个成员机构共同纪念推动慈怀疗护发展的30周年。作为SHC的成员机构之一，仁慈的员工也受邀参与了其中。

活动分为不同的路段供选择，仁慈许多的同事都选择参加第三段路程，因为其中一个检查站会经过仁慈社区医院。我个人则同时参加了第二和第三段路程，并自豪地担任了“抱熊使者”，怀抱仁慈小熊完成了总计24公里的路程。

在健行过程中，确实会有感到艰难的时刻，尤其是当疲劳袭来、双脚开始酸痛时。那些时刻让我停下来思考我们参与活动的更深层意义。对我而言，这不仅是为了致敬那些为新加坡建立起可负担且优质慈怀疗护基础的前辈，也是为了庆祝慈怀疗护社群日益壮大的集体力量，而仁慈正是其中的一部分。

事实上，支撑我坚持下去的，是来自其他成员机构朋友们的美好陪伴，以及各检查站（如：HCA Oasis@Outram）提供的周到补给。衷心感谢所有的健行者、义工和主办机构，感谢你们在整个旅程中让我们保持高昂的斗志！



致敬护理、希望与连接 背后的生命故事

仁慈医院心理社工服务部每年都会庆祝“社工日”，今年的主题为“光之隧道”。庆祝活动于3月30日举行，将院友、义工和员工汇聚一堂，共同向心理社工护理核心的故事与人物致敬。

“光之隧道”旨在打造一种沉浸式且具反思性的体验。活动核心是一场展览，展示了社工社区成员分享的故事，让参观者深入了解塑造社工工作的真实生活经历、共同走过的旅程以及各项康复计划。展览为参观者提供了静心反思、建立联系以及感恩仁慈社区内多元化关怀与支持的空间。



载誉而归，以光同行

在今年的杰出社会工作奖 (OSWA) 中，仁慈医院心理社工服务部 (PSS) 凭借创新的 Re²ignite 项目荣获“实践组 - 团队奖”。该跨学科计划寓意“回忆、重塑与点燃”，通过以人为本的护理，全方位满足失智症患者及其护理伙伴在心理与精神层面的需求。

Re²ignite 的命名寓意“回忆 (Recollect)、重塑 (Reintegrate) 与点燃 (Ignite)”。它全方位满足患者在心理、社交和心灵层面的需求。该计划以“以人为本”为核心原则，汇聚了心理社工、护理和康复领域的专业力量，通过富有意义的互动增强住院者的社交联系，并为护理伙伴的照顾历程提供温暖支持。

这一殊荣不仅是对 PSS 团队专业素养与同理心的肯定，更是仁慈医院在中长期护理领域推动跨学科协作的重要里程碑。我们向团队致以热烈祝贺，感谢他们继续在心理社工护理领域照亮前行之路。



携手建立协作框架， 共创医护人员福祉

仁慈医院与职总保健服务雇员联合会 (HSEU) 正式签署谅解备忘录 (MOU)，由此 HSEU 将获得工会认可，代表仁慈医院的1,000多名医疗保健专业人员。该谅解备忘录标志着双方在加强协作、支持医护人员以及推广积极雇佣实践方面迈出了重要一步。

该协议由全国职工总会 (NTUC) 兼 HSEU 会长丹娜乐芝米 (K. Thanalethimi) 与仁慈医院首席执行官杨庆光副教授共同签署，并由全国职工总会秘书长黄志明和仁慈医院董事会主席萧作鸣见证。

仪式结束后，HSEU 的代表们参观了仁慈社区医院新装修的病房，与前线医护人员进行了交流，并更深入地了解了护理人员的日常工作。

作为一家致力于员工福祉和公平雇佣实践的机构，这份谅解备忘录是我们旅程中的一个重要里程碑，我们将继续支持员工，使他们能够更好地护理我们服务的对象。



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By submitting this donation form, you agree that we may collect, use and disclose your personal data as provided in or attached to this donation form in accordance with, and for the relevant purposes set out in, our Personal Data Protection Policy (as may be updated from time to time). Please visit our website at www.renci.org.sg/Personal-Data-Protection for further details on our Personal Data Protection Policy, including the purposes for which your personal data may be disclosed and/or used, how you may access and correct your personal data or withdraw consent to the collection, use or disclosure of your personal data.

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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，这一切都将是不可可能的。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。




Ren Ci 仁慈

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