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Issue 2 – January – July 2019



**HOME
NURSING
FOUNDATION**
家护基金

HN F **CARES**



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Dazzled By Colours On Water

In a series of paper marbling workshops held in the final months of 2018, our seniors had a fun time as they learned to transform droplets of paints into beautiful marbled patterns on a water-based solution. The specially curated workshops, which took place at Goodman Arts Centre, were the results of a first-of-its-kind collaboration between HNF and Artefakts. Besides experimenting with a myriad of contrasting colours, our thoughtful volunteers also guided our seniors along to create intricate patterns using different colour combinations. As they witnessed their designs being transformed onto paper, the new experience also empowered them to express their creativity and imagination.

Mdm Tan Bock Eng, 81, a participant at this workshop shared that she was excited to use the colours she liked. "I wanted it to be eye-catching, just like a rainbow so I choose to blend seven different colours together", said Mdm Tan Bock Eng, who was beaming with joy as she showed off her art piece.

The activity had encouraged interaction between our volunteers and our seniors, as new friendship blossomed. It also improved the physical and mental well-being of our seniors, as they created the beautiful art pieces themselves.



Donors' & Volunteers' Appreciation Lunch

It's our way to show our thanks to our supportive donors and dedicated volunteers, as we held our Donors' & Volunteers' appreciation lunch at the National Museum of Singapore on 3 May this year.

The luncheon saw over 80 corporate, partners and volunteers gathered together at this simple affair. In appreciation for their spirit of giving back, our corporate donors and partners each received a paper marbling art piece while our individual volunteers were each

presented petite bouquets containing a handcrafted rose-shaped soap filled with baby's breath.

The event also provided an opportunity for everyone to mingle together. We are happy to embark on this journey with you and we hope to have your relentless support as we continue to bring positive changes to the lives of those we impact.



Created by our patients, each paper marbling art piece is unique to its design.



The petite bouquet (Center piece is a rose-shaped soap handcrafted by HNF staff) for our dedicated volunteers who contributed their skills and time in the past year.



Singapore Health Quality Service Award 2019

The Singapore Health Quality Service Award, held at the University Culture on 15 January, was a recognition platform to honor healthcare professionals who displayed commitment and dedication, as well as the delivery of quality care to patients. We are proud to have 25 staff receiving their awards this year.



Winners of the SHQSA 2019 at the award ceremony

List of recipients

Star

Chan Mei Mei
Assistant Nurse Clinician Charine Chen

Gold

Deidre Lee
Daren Sim
Senior Staff Nurse Julie Chew
Staff Nurse Hong Jiawei
Senior Staff Nurse M Kanagarani

Silver

Advanced Practice Nurse Lai Manting Precilla
Assistant Nurse Clinician Kiong Mui Swan Annie
Nurse Clinician Hafidah Binte Saipollah
Senior Staff Nurse Hayaty Binte Abdullah
Senior Staff Nurse Kartini Binte Saman
Senior Staff Nurse Lam Runbing Madeleine
Senior Staff Nurse Lu Htoi
Staff Nurse Kok Kwai Huong Candace
Staff Nurse Lee Gek Yee Vicky
Staff Nurse Shahfadzillah Binte Jaafar
Staff Nurse Siti Mariam Binte Mohamed Amin
Staff Nurse Chitra D/O Kumarasamy
Senior Enrolled Nurse Lily Suriani Binte Ramlee
Enrolled Nurse Nur Dyana Binte Zainuddin
Quek Wei Liang William
Low Wee Ling
Tay Mei Yan
Lim Hwee Sze Janice

Home Personal Care Services

Many of our elderly patients suffer from multiple chronic illnesses and need help in their daily living activities. To help patients age well at home, HNF rolled out its Home Personal Care Services in March 2019. The new service aims to assist the seniors – particularly those frail and less abled elderly living alone, with their personal care needs, basic housekeeping and medication assistance. The service also supports caregivers by offering elder-sitting to relieve caregiving burden.



HNF staff reading news articles to a patient during her elder-sitting session

Students in Rehabilitative Care to get hands-on training experience

Home Nursing Foundation and The Institute of Technical Education inked a Memorandum of Understanding to offer a new Work-Learn Technical Diploma in Rehabilitation Care on 2 November 18.

This partnership will provide more hands-on learning opportunities such as on-the-job training and attachment placement programmes at HNF. The programme aims to equip students with relevant work skills and experiences, so as to better prepare them into the workforce.

Tan Chin Tuan Nursing Award

Tan Chin Tuan Award's 2nd runner-up Senior Enrolled Nurse, Ms Jenny Yong says there is no greater feeling than being able to contribute her part and to support patients in need.

As a school student, Jenny remembers watching the team of nurses who has cared and supported her grandfather during his stay at Singapore General Hospital. "The simple gestures of assurance and words of comfort had warmed my heart", said Jenny.

She started out as an enrolled nurse in TTSH's general ward at the age of 19. She had worked in TTSH's operating theatre unit before joining HNF. She said: "Providing care to patients at home allows me to get to know them better and to coordinate their needs. Care coordination is important to ensure patients are properly cared for at home. It also allows elderly patients to age with dignity and in comfort."

As senior enrolled nurse at HNF, Jenny works mostly with elderly patients, some of whom are homebound and suffer multiple chronic

illnesses. She makes frequent home visits to assist our patients with simple wound dressing, changing of feeding tubes and urinary catheters.

Jenny sees it as a privilege to help others. She always goes an extra mile for patients in need. Recently, one of her patients is scheduled for a minor eye surgery. As he does not have any family members, Jenny fetched him back from his surgery after her shift ended. She said: "There is no greater feeling than being able to contribute my part and to continue providing support to my patients".

For Jenny, nursing is her calling and the satisfaction in seeing patients get back their life on track is what makes her continue to be a nurse.

"I am happy that my hard work and commitment are recognised and I feel honoured to win this award. In healthcare, it is essential to expand and pick up new skills set and I want to learn as much as I can, to provide better care for patients to the utmost of my capabilities".



From left: Dr Della Suantio Lee, Chairman of D.S. Lee Foundation and Mr Edwin Tong, Senior Minister of State, Ministry of Law and Ministry of Health, presenting the award to Senior Enrolled Nurse, Jenny Yong, third-prize winner of the Tan Chin Tuan Award 2018

Hard Work Pays Off For Community Care Excellence Gold Award Recipient Pushpa Kumari



From left: Dr Amy Khor, Senior Minister of State for Health presenting the award to Senior Staff Nurse, Pushpa Kumari, Community Care Excellence Gold award recipient

“*I enjoy working with seniors and I want to provide the best care possible, especially to those with little or no family support. We are more than just nurses; we are their friends and confidants*”

As a high school student, Senior Staff Nurse (SSN) Pushpa Kumari always found biological science fascinating and had looked forward to a career in the health science industry. Her career path was determined by a bad fall that took place during one of a major sports event in school. “I saw how the nurses took care of patients, providing them with warmth and comfort when they most needed. They inspired me to be a nurse”, explained SSN Pushpa.

In 2000, SSN Pushpa Kumari moved to Singapore after marrying her husband. She started off as an assistant nurse at Swami Home, where she first learnt about community nursing. She soon found her calling in serving the elderly. She said: “I enjoy working with seniors and I want to provide the best care possible, especially to those with little or no family support. We are more than just nurses; we are their friends and confidants”.

Today, she is a home care nurse with Home Nursing Foundation and has been with us for more than 11 years. A typical day for SSN Pushpa starts as early as 7 a.m., where she packs her bag of medical supplies and confirms appointments with patients and their families before setting off for home visits.

SSN Pushpa is glad to be able to bring nursing care to patients, in the comfort of their homes. She explained: “Many seniors prefer to age and recuperate at home, where the feeling of relief, comfort and ease lies. Patients may also be able to recover faster at home”.

A passionate and committed nurse, SSN Pushpa doesn't mind taking care of patients beyond her work hours. She also makes an effort to involve patients by keeping them updated on their health information and tailoring on the care that meets individual needs. One of her most challenging cases was an elderly patient whom she treated for a venous ulcer. The patient had suffered for many years and was very depressed when SSN Pushpa first visited her for wound dressing. Her recovery journey had involved many rounds of team discussions and reviews, but the patient eventually recovered.

For her dedication to the delivery of quality patient care, she received the Community Care Excellence Gold Award for the individual category at this year's Quality and Productivity Festival on 15 September 2018.

SSN Pushpa shared that she is proud to be part of the healthcare team, and she will always remain as a nurse. She added: “Although the job can be stressful and tiring, it is also rewarding when you can make a difference in helping patients get well”.

Baking nostalgic favourites of the good old times

Some 15 patients were invited to a baking workshop filled with fun and laughter at OTC Café, National Library Building on 12 April 19. Sponsored by TENA, this event created an opportunity for our seniors to learn and bake these soft and fluffy Ma Kuo Kueh (nonya steamed cakes) themselves.

The Ma Kuo Kueh, a nostalgic favourite of our seniors had invoked memories of the good old days, as they shared life stories and experiences with each other. An enthusiastic Mdm Hamidah Binte Mohd Noor, 70, chatted merrily on the different variety of sweet treats, including nonya kuehs that she and her classmates had enjoyed during her school days.

Mdm Hamidah had made strawberry flavoured Ma Kuo Kueh since it has always been her favourite. The assortment of colours not only lightens up their mood, but also motivates the seniors in getting into their baking actions. The simple affair saw our happy seniors bringing home their baked goods to enjoy with their family members and friends.



Bringing Joy Through Simple Acts – The benefits of volunteering



Every month, Ms Wang Weiping, 36, would take three hours of her time shuttling between blocks of HBD estates to deliver bags filled with grocery products to our needy seniors living in Yishun. A caring individual who loves to help others, Weiping is a regular volunteer for our monthly hamper distribution since 2014.

“I wanted to do something meaningful. As many eldercare services are looking for volunteers, I decided to give it a try and I have been enjoying this volunteering experience,” she says. The smiles and kind words of appreciation are what keep me going”.

Weiping also participates in patient outings, where she befriends and engages our patients throughout the event. Being a sociable individual, she always enjoy a good time of chit-chatting session with the elderly. “I am glad to be a listening ear to these elderly as most had turned to us for attention and support,” she says.

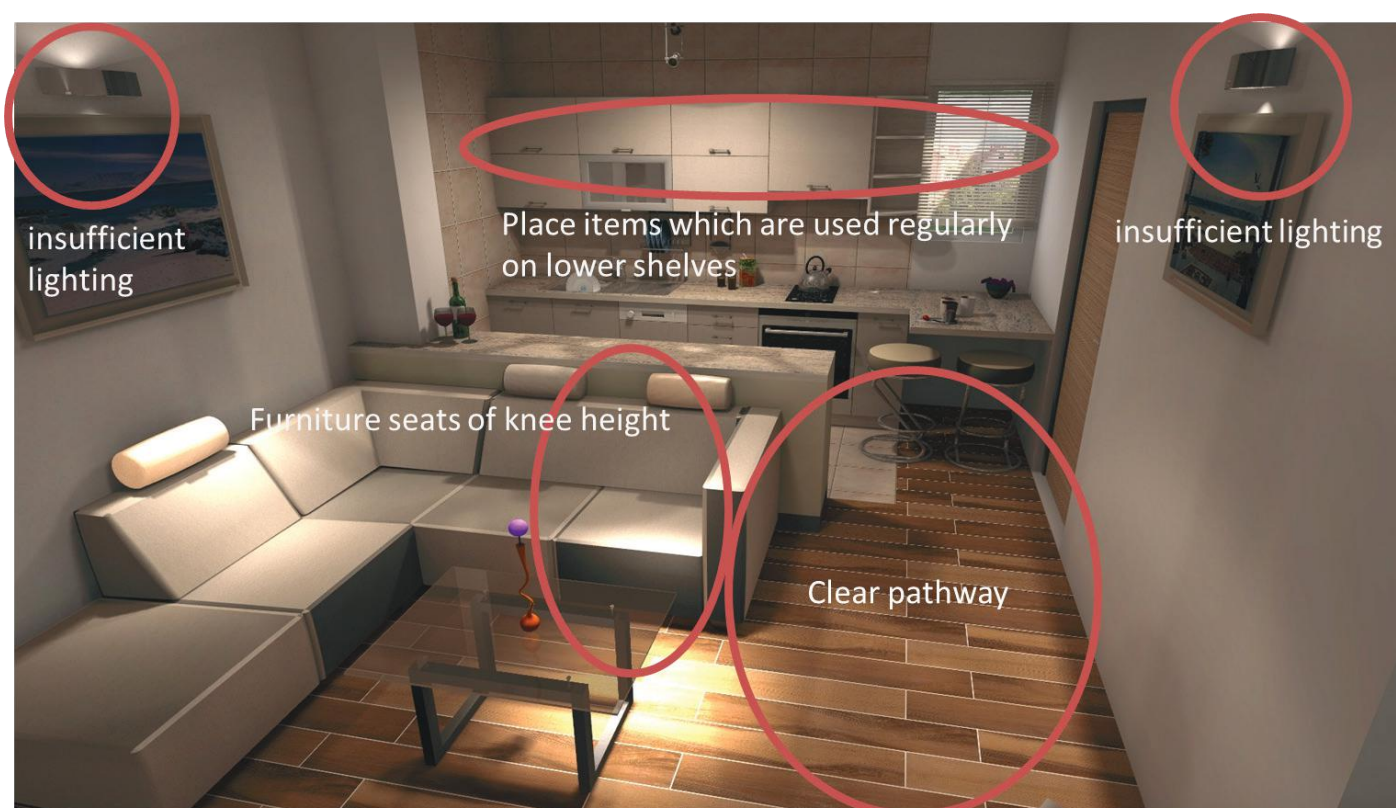
One of her most heartwarming moments, she recalls was with a Malay elderly whom she met while accompanying him back home. “The patient had invited me to continue our chit-chat session in his house, where he shared his life stories and also old photos of his wife and family.” It was that special invitation from the patient to join their Hari Raya Celebration that makes volunteering special, when she is encouraged to continue and do more to help more people.

Seeing how seniors enjoyed themselves at the various outings also makes her feel that the simple acts of service has been meaningful and fulfilling. “These little actions which show the elderly that we care, give me an uplifting feeling of connection with the community. It has also become a natural part of my daily life,” she adds.

Creating a safe home environment for elderly

Is your home environment safe for the elderly staying with you? Falls are prevalent among seniors and may lead to serious injuries. However, falls can be prevented. Find out the steps you can take to create a safe environment for your loved ones.

1. Ensure the furniture is not obstructing any pathway for easy navigation.
2. Ensure electrical wires are bound together and tucked away to create a clear and unobstructed pathway.
3. It is good to select furniture seats of knee height to ensure the feet can fully touch the floor when seated.
4. Re-arrange items which are used regularly by placing them on level shelves if they were kept in the higher shelving.
5. Use a long grabber to grab items out of your reach.
6. Ensure adequate lighting throughout the house. Light switches should be easily accessible.



HNF Wellness @ Hougang 康乐轩

We are excited to be opening our first Senior Care Centre (SCC) in September 2019! With the new centre opening in Hougang Community Club, we hope to bring our services closer to your home, where our seniors can age well, in the familiar surroundings of their homes.

Stay tuned on our facebook and Instagram page for more updates! For enquiries & registration details, please call us at 6854 5555 for more information.

Our services at HNF Wellness @Hougang include



Day Care Services



Community Rehabilitation



Centre-based nursing



Home healthcare services



Caregiver training & more!

Join our OPEN HOUSE

on 12 October 19, 9am -3pm!

Hougang Community Club, 35 Hougang Ave 3, #04-01, Singapore 538840

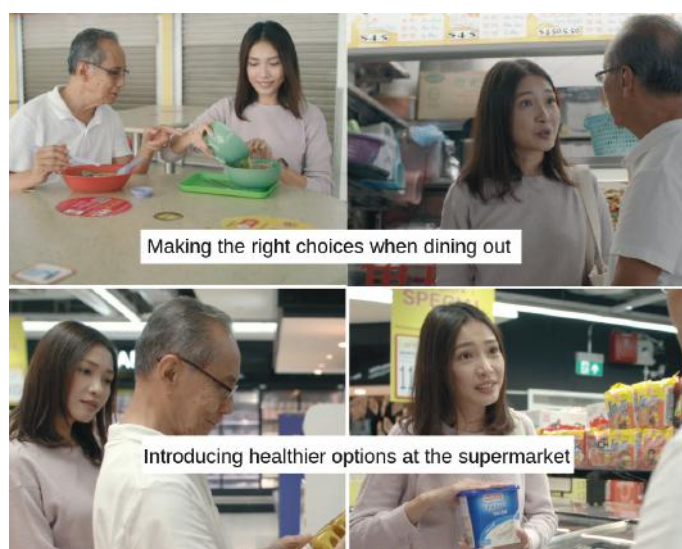
Operating hours: Monday – Saturday, 7am- 7pm



HNF Wellness video

It is important to help our older parents eat right and stay active. To encourage seniors to stay healthy and age well, we will be rolling out a series of web videos this September. These videos contain simple exercises, healthy recipes and eating tips useful for seniors in their daily living. Follow us on HNF YouTube and be the first to check out these episodes in September!

We are pleased to have Ms Dawn Yeoh's participation in this web videos. Ms Yeoh, who is starring as the granddaughter, will share more about living well with her grandfather in these 12-part webisodes.



Scan this QR code to subscribe to HNF's Youtube channel

Lend a Helping Hand to Those In Need

Mr Neo Chuan Beng, 66, lives alone in a rented one-room flat in Beach Road. Suffering from achondroplasia, a genetic condition that causes dwarfism since birth, Mr Neo led a hard life.

For years, he toiled through back-breaking labour serving drinks in coffee shops and packing fruits at the stalls until he slipped and fell while crossing the road. This unfortunate incident left him paralysed from waist down and he had stopped working for close to 20 years.

Being confined to his mobility scooter all day, Mr Neo suffers from sacral sores where wounds continue to develop on his lower back due to prolong pressure on the skin. A single elderly who lives alone in his one-room rental flat, Mr Neo is grateful to HNF for taking care of his nursing needs since 2011. Our nurses visit him twice every week

to care for his wounds and to change his urinary catheter once every month. Thanks to the dedicated care by our clinical team, Mr Neo's condition is under control and has no hospital readmission records over the years.

Mr Neo, who survives mainly on public assistance, is relieved to receive the waiver of his medical fees from HNF. He is also thankful to have donated items such as diapers and dressing items to help him cope with his daily needs and to live in dignity and comfort at home.

Lend your helping hands and heart to support patients like Mr Neo, make a donation today! Simply fill up the attached form and mail it back to us now. For other fundraising opportunities, kindly email us at fundraising@hnf.org.sg for further discussion.



MAKE A DONATION

My Personal Particulars

Name (Dr / Mr / Ms / Mrs / Mdm) _____

☐ **Personal Donation**☐ **Corporate Donation***NRIC/FIN No. ☐ - ☐☐☐☐☐☐☐☐ - ☐

(NRIC/FIN is required for automatic tax deduction)

Company Unique Entity No. (previously known as "ROC" / "ROB")

☐☐☐☐☐☐☐☐☐☐ (Only applicable for corporate donation)

Address _____

Postal Code _____

*Tel _____ *Mobile _____ *Email _____

Note: Fields with * are mandatory. Contact details are for donation verification and outreach purposes. All donations made between 1 January 2019 to 31 December 2019 to HNF will qualify for a 250% tax deduction.

☐ **Opt me out of HNF news and updates**☐ **Opt me out of HNF volunteering activities**

My Donation

☐ **One-time Donation** ☐ **Monthly Donation**\$500 ☐ \$300 ☐ \$100 ☐ Other Amt \$ _____

Mode of Payment

☐ Interbank Giro (Kindly complete the form on the right side.)☐ Bank & Cheque No. _____
(Payable to "Home Nursing Foundation")☐ Credit Card - ☐ Visa ☐ MasterCard ☐ Amex

Credit Card No.:

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Name as on Credit Card _____

Expiry Date of Credit Card ☐☐☐☐
(Month / Year)

By providing the information in this application form, I agree and consent to the Home Nursing Foundation ("HNF") collecting, using, disclosing and sharing amongst themselves my personal data, and disclosing such personal data to HNF's authorised service providers and relevant third parties for purposes reasonably required by HNF to process my application.

Application Form For Interbank Giro (for monthly donation only)

Part 1: For your Completion (Please do not use correction fluid)

Name as in Bank's record _____
(Dr / Mr / Ms / Mrs / Mdm)NRIC/FIN/Passport No. ☐ - ☐☐☐☐☐☐☐ - ☐

Date _____ Contact No. _____

Name of Bank _____

Your Bank Account No. to be debited (For Your Completion)

- (a) I/We hereby instruct the Bank to process the BO's instructions to debit my/our account.
(b) The Bank is entitled to reject the BO's debit instruction if my/our account does not have sufficient funds and charge me/us a fee for this. The Bank may also at its discretion allow the debit even if this results in an overdraft on the account and impose charges accordingly.
(c) This authorisation will remain in force until the Bank's written notice is sent to my/our address last known to the Bank; upon the Bank's receipt of my/our written revocation; or upon the Bank's receipt of the notice of expiry from the BO.



+ Thumbprint(s) / Signature(s)

Part 2: For HNF's Use

Beneficiary: **Home Nursing Foundation**

Billing Organization's Customer Reference No.

SWIFT BIC	Billing Organisation's Account No.
OCBCSGSGXXX	
SWIFT BIC	Account No. to be debited

*Signature _____ Date _____

Part 3: For Financial Institution's Completion

To: Home Nursing Foundation - This Application is hereby REJECTED. Please tick for the following reason(s):

- () Signature/Thumbprint# differs from Financial Institution's records () Account operated by Signature/Thumbprint#
() Signature/Thumbprint# incomplete/unclear () Amendments not countersigned by donors
() Wrong account number () Others _____

Name of Approving Officer _____ Authorised Signature _____ Date _____

+ For thumbprint, please go to the branch with your identification.

Please delete where applicable.

* In accordance with the Charities Act (Chapter 37), individual and corporate donors have to include their NRIC or UEN number respectively for tax deduction.

Glue Here

Glue Here

Get Involved!



Fundraise

- Donation
- Start your own fundraising campaign for our beneficiary
- Support our fundraising campaigns



Partner with Us

- Employee-Led engagement taps on your staff talents & resources to bond the company together for a cause
- Student-Led engagement helps to build values in students & develops them to be change-makers
- Family-Led engagement lets parents interact & impart values to their child while bonding together for a cause



Volunteer

- Upskill through our courses & apply your new skill through our volunteering activities
- Contribute your time & skill by organizing workshop/ activities for our beneficiary



Contact us at **6854 5555** or email us at **enquiry@hnf.org.sg**

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