

HNF CARES

Issue 1 of 2022 | MCI (P) 034/05/2021



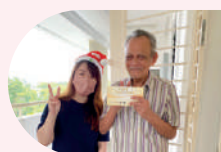
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Ushering in the Year of the Tiger with Mediacorp Artists

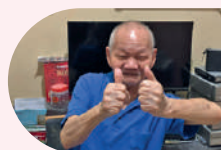
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WE HAVE RELOCATED OUR HQ!

Blk 490, Lorong 6 Toa Payoh, HDB Hub #05-10 S310490

Latest Happenings



Welcome to Our New Office

We are thrilled to share that Home Nursing Foundation has relocated to our new head office! We have moved to a new facility that will better support our growing community of caregivers, volunteers, and beneficiaries. Our stakeholders can use our new office to attend training, participate in support groups and enjoy

recreational activities – we even have a new resource library and pool table for our visitors to enjoy!

Kindly see below for our new address and please take note that our telephone and fax numbers remain unchanged.

**Blk 490, Lorong 6 Toa Payoh,
HDB Hub #05-10 S310490**

Ushering in the Year of the Tiger with Mediacorp Artistes



This Lunar New Year, our lucky seniors at HNF Wellness@Hougang got to usher in the Year of the Tiger with four handsome Mediacorp celebrities – Elvin Ng, Herman Keh, Zhai Si Ming, and Tyler Ten. Our seniors had a morning full of joy and laughter as the charismatic quartet partook

in the celebrations with them, spreading their infectious cheer through an exciting game of Bingo, distributing festive goodie bags, tossing Yusheng, and leading our seniors in the singing of Chinese New Year songs.



Gift A Joy Pack Campaign

This Lunar New Year, many of our patients were delighted to receive specially curated Joy Packs filled with CNY goodies and decorations that brought the joyous atmosphere of the festivity into their homes.

Thanks to your generous donations, vulnerable patients who would not usually be able to leave the house to prepare for the Lunar New Year were able to usher in the Year of Tiger with much joy and excitement!



Celebrating Christmas and Chinese New Year with our Virtual Bingo Sessions

The ongoing pandemic has left many of our elderly patients confined at home. Hoping to alleviate their loneliness and bring some festive cheer to them, our lovely volunteers went down to our patients' homes during Christmas and Chinese New Year to celebrate the festivities with them.

As part of the celebrations, our volunteers brought their laptops down to our patients' homes, engaging them in a virtual Bingo session over Zoom where they met and interacted with other patients and played against them.

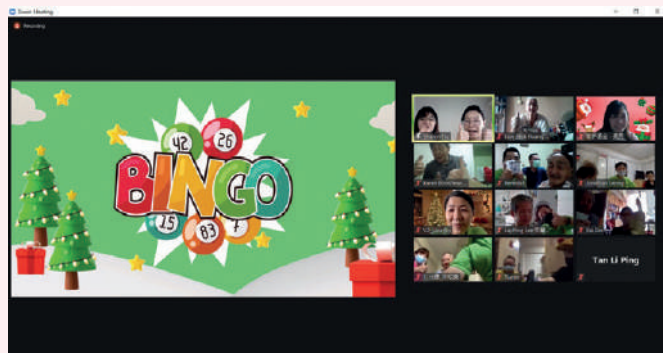
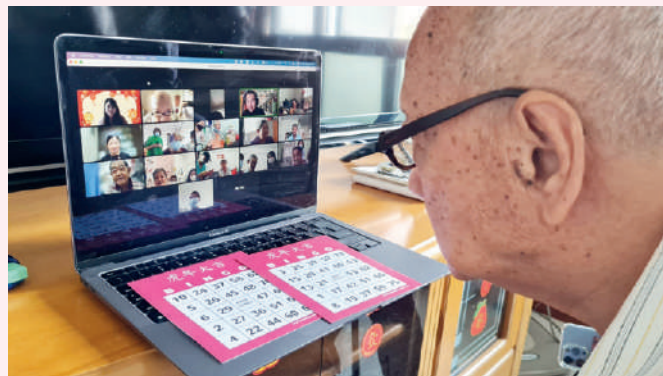
During the game of virtual Bingo, our seniors were all fully engrossed in the activity, becoming especially excited and cheering when they were close to winning. Both celebrations ended with a heart-warming moment where our seniors were gifted meaningful gifts to commemorate the occasion.

A huge thank you to our dedicated volunteers and big-hearted individuals from Chong De Cultural Society and Tibetan Buddhist Centre for taking the time to impart festive cheer to our patients!





If you are keen to make a difference to our community, kindly reach out to us at volunteer@hnf.org.sg for more volunteering opportunities.



A Jolly Christmas at HNF Wellness Centres



An exciting line-up of activities awaited our seniors at our HNF Wellness Centres as we celebrated Christmas last December.

As part of the celebrations, the seniors at our centres had fun playing Christmas-themed games like Pass the Parcel, Decorate the Christmas Tree and Finish the Christmas Carols. They also got to indulge in festive treats like log cake, fruit tarts, and honey-baked ham that were specially prepared for them.



Taking the festivities up a notch, our seniors sang Christmas carols led by a group of student volunteers, watched and clapped along as our healthcare staff surprised them with a special dance performance, and even took part in some dancing themselves. Our very own HNF Santa Claus also made his rounds and delivered presents to our happy seniors who were thrilled to see him.

The Joy Of Giving: Grant A Wish 2021



As our Grant A Wish campaign came to a close last December, we would like to take this opportunity to thank our generous donors for making this annual fundraising event a huge success. We are so grateful to have surpassed our initial target and doubled the number of wishes granted this year!

With your support, our beneficiaries were able to receive the items that were on their wishlist and enjoy a blessed Christmas. Among our many beneficiaries is Mdm Sahyah, who needed a new set of air mattress and a supply of adult diapers due to her bedbound state.



Watch how we surprised Mdm Sahyah with her Christmas gifts via the QR code.

You Can Make A Difference In Our Patients' Lives!



Scan the QR code to watch how our amazing volunteers like Weiping, Wendy, Lawrence and Asher have made a difference and brought joy to our patients!

*Photo taken before Covid-19

Embark on a rewarding volunteering journey with HNF today! If you are interested to volunteer as an individual or would like to organise a fun and meaningful Corporate Social Responsibility (CSR) activity for your company, do reach out to us at volunteer@hnf.org.sg to find out more.

Spotlight

Caregiving Conference 2021

In celebration of our 45th Anniversary, HNF hosted our very first virtual caregiving conference in September 2021 to prepare informal, family caregivers for their caregiving journey. Supported by the Agency for Integrated Care (AIC), Caregivers Alliance Limited, Dementia Singapore, Montfort Care and NWC Longevity Practice, we hoped to create a platform where caregivers can access professional support and be empowered when it comes to tending to their loved ones.



95% of the participants found the topics useful, kindly scan this QR code to access the videos:



Community Engagement

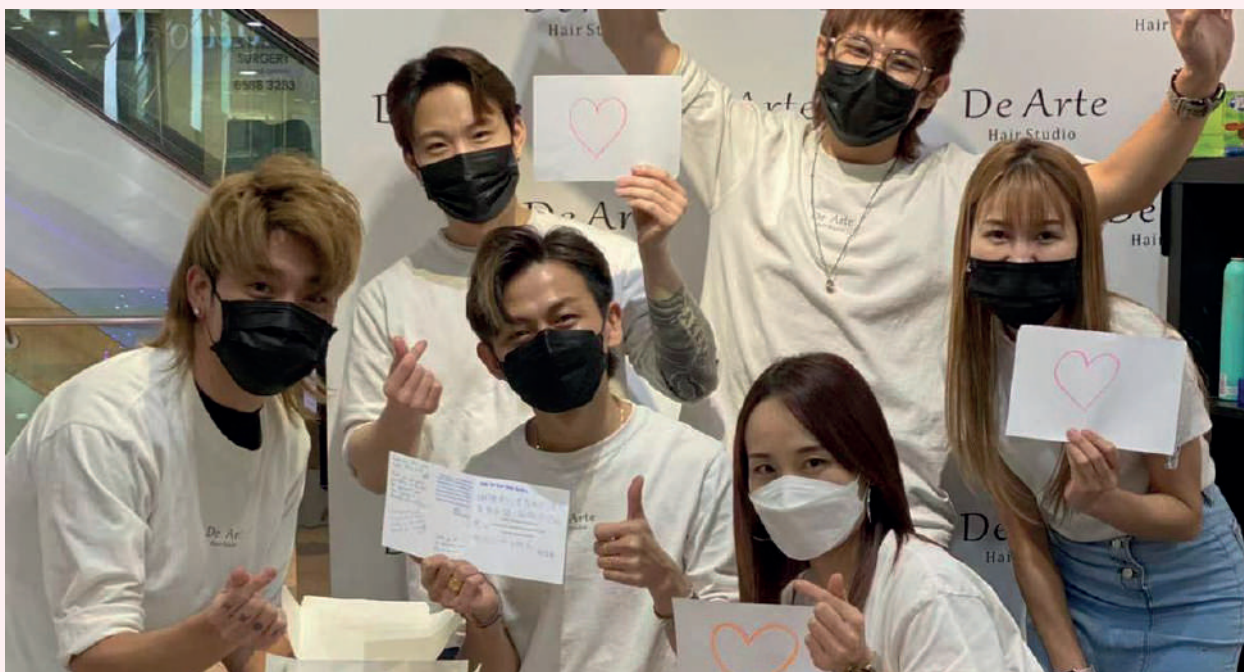


Cultivating A Vibrant Community at HNF Wellness Centres

It has always been our ardent belief that a vibrant and compassionate community is the key to empowering seniors when it comes to ageing with joy and dignity. At HNF Wellness Centres, our staff aspire to create

a lively and stimulating environment where our seniors can partake in a wide array of programmes and activities that engage them physically, mentally, and socially.

Celebrating International Volunteer Day



A token of our appreciation to the team at De Arte Hair Studio for volunteering free monthly haircuts to seniors at our Active Ageing Care Hub!

We are always grateful to our dedicated volunteers who tirelessly serve and support our patients, no matter rain or shine.

From partaking in our befriending programmes, assisting in our Wellness Centre activities, distributing bi-monthly hampers, to engaging our seniors in the home vaccination programme, our volunteers have been extremely supportive every step of the way.

To express our love and appreciation for them on International Volunteer Day (5 Dec), we planned a special delivery to surprise our volunteers with a lovingly curated care package filled with an assortment of treats.

We would also like to take this opportunity to thank our sponsors Annabella Patisserie, HoneyWorld, MegRhythm, Tong Garden, and UFC Refresh for making this initiative a success!



Our lovely volunteer, Jara, who has kindly devoted her time to help out with our various events.



A huge thank you to the team at Shunji Matsuo for pampering our seniors with free haircuts at our Wellness Centres!

CPR & AED Training for Volunteers



Our volunteers from Chong De Cultural Society learning how to perform proper chest compressions on CPR manikins.

Every second matters when it comes to saving a life. In collaboration with Singapore Red Cross Academy (SRCA), our volunteers attended a Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) training to equip themselves with the right techniques to effectively administer CPR and AED in the event of a cardiac arrest.

Under the guidance of the SRCA trainers, our volunteers were taught to react calmly when they encountered such emergencies and the proper guidelines for the life-saving procedures. Volunteers were then tasked to put what they had learnt into practice by administering the CPR and AED techniques on CPR manikins.



Here are a few simple steps you can follow should you ever encounter an individual who requires urgent resuscitation:

D: Danger

Check for potential dangers or safety hazards within the vicinity of yourself, the casualty and any by-standers

R: Response

Check for the responsiveness of the casualty

S: Send For Help

If unresponsive, call 995 to seek an ambulance

A: Airway

Open airway by tilting head or chin

B: Breathing

Check for breathing – if breathing is absent or abnormal, commence CPR

C: CPR

Perform 30 compressions followed by 2 rescue breaths

D: Defibrillator (AED)

Attach AED as soon as available and follow instructions provided by the machine



Our HNF staff and volunteer practicing how to use the Automated External Defibrillator (AED).



Our volunteer putting what he learnt into practice by performing the necessary CPR checks and steps.

Finding Strength in the Face of Adversity



We all know how much courage and determination it takes to pick yourself up after a major setback. More than two decades ago, Mr Tan Hian Eng was having one of his usual nights out when he felt a sudden, strange numbness permeating his body. By the time he realised he was suffering from a stroke and the ambulance was called, it was already too late. He found that he no longer had any control over his own body, having been left paralysed and unable to talk after waking up in the hospital. This was devastating to Mr Tan who had, up till that point, led a carefree life. He was adventurous and enjoyed trying his hands at different things – he even opened a small food business once, selling rice and noodle dishes to the public.

Despite facing such a severe setback, Mr Tan's tenacious nature pushed him to keep going in the face of adversity. Today, at the age of 70, he has regained his speech and mobility – albeit still facing numbness and paralysis in one side of his body – owing to his determination to not be brought down by his circumstance. "After I was discharged, I bought a pair of sports shoes for myself because I wanted to exercise and get better. I managed to wear out two pairs of sports shoes before I could walk again," shared Mr Tan, as he recounted the struggles he had faced.

Although Mr Tan still faces some trouble getting around, he tries to be as independent as he can. He takes showers by himself, does the laundry, and even goes out sometimes to buy his meals. For housekeeping matters that Mr Tan has difficulty performing such as mopping the floor and washing the toilet, he receives support from HNF through our

weekly Home Personal Care programme to maintain a sanitary living space. Our staff nurse also visits him regularly for medication packing and essential health checks to ensure that his health remains in good condition.

When his brother passed away a few years back, Mr Tan was left all alone without a companion and caregiver in the rental flat that he still currently resides in. Instead of wallowing in his predicament, he took things in his stride and faces each day with a cheerful demeanour, grateful for each day that he has. He spends his days doing the things he enjoys, such as having friendly chats with his neighbours and being an avid audience member of his favourite radio programmes and television shows.

"As humans, we should not think too much," Mr Tan said,

"We just have to live each day as it is. I am happy even though my life is a simple and modest one."

At HNF, patients like Mr Tan inspire us with his resilience and determination to live with joy, despite his ailments. By sharing his story, we hope it also inspires you to stay strong during tough times.

MAKE A DONATION

My Personal Particulars

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

NRIC/FIN.

 - -

(NRIC/FIN is required for automatic tax deduction)

Company Name

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 verifications and outreach purposes. All donations made between 1 January 2022 to 31 December 2022 to HNF will qualify for a 250% tax deduction.

- ☐ Opt me out of HNF news and updates
☐ Opt me out of HNF volunteering activities
☐ Opt me out of HNF Annual Report Acknowledgement

I would like to make a DONATION

☐ Monthly☐ One-time☐ \$24 ☐ \$71 ☐ \$150☐ \$200 ☐ \$500 ☐ \$1000☐ Other amount:\$.00☐ Other amount:\$.00
☐ I am an existing monthly donor, please increase my monthly contribution to
\$.00

By providing the information in this donation form, I agree and consent to 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 donation.

PAYMENT METHOD

☐ Please send me GIRO form☐ Cheque

Bank & Cheque No.:

(Please make payable to "Home Nursing Foundation")

☐ Credit Card
☐ VISA ☐ MASTERCARD ☐ AMEX

Credit Card No.

Name on card

Expiry Date /

Signature

ABOUT HOME NURSING FOUNDATION

Founded in 1976, HNF is an established charity that provides home healthcare services in Singapore, regardless of our patients' ability to pay. Dedicated to all-round support for our patients, HNF delivers comprehensive care programmes to look after patients' emotional well-being and healthcare needs.

Our HNF Wellness @ Hougang and Buangkok centres offer an array of social activities, social support and holistic healthcare services to help our elderly stay independent in their own community.

At HNF, we believe that home is where the heart is and we hope to continue to do more with your support!



6854 5555



fundraising@hnf.org.sg



www.hnf.org.sg



home.nursing.foundation



home_nursing_foundation

Give online by scanning this QR code



Make Caring and Sharing a part of your daily life!

Pledge a monthly contribution to help our vulnerable patients in need



4x
cups of gourmet coffee

= 1 Home Personal Care Session (\$24)



1x
massage

= 1 day of Dementia Day Care (\$71)



1x
hearty family meal

= 1.5 Home Nursing Visits (\$150)

How Has Your Experience With Us Been So Far?

Thank you for being a part of the HNF community!



In our efforts to improve our services, we would like to invite you to leave us your valuable feedback via Google Reviews. To show our appreciation, we will be giving away a special HNF NETS Flashpay Card (Stored Value: \$5) to 100 lucky individuals. All you need to do is to email a screenshot of your feedback to emedia@hnf.org.sg by 30 April 2022. The winners will be randomly chosen and subsequently notified of their winnings.



Simply scan the QR code or use the bit.ly link provided below to be brought to the review page. Log in to your Google account when prompted to leave us a review!



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