



Do You CARE TO RIDE?

Choo Ling Er
7x Kona Ironman World
Championship Finisher

Lim Thiam Hee
Senior at HNF
Active Ageing Centre

Sam Lee
TDC Participant 2022

Ben Yeo
Mediacorp Artist

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Care to Ride?:
Join the Excitement at Tour de Care 2024

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**A Special Day of
Appreciation for
Volunteers**

Upcoming Event



JOIN THE EXCITEMENT AT TOUR DE CARE 2024

Gear up for an unforgettable day of joy, camaraderie, and giving back at the kick-off event for our annual cycling fundraiser, Tour de Care 2024! We are inviting participants of all ages and cycling abilities to join us at the 100PLUS Promenade @ Singapore Sports Hub on Saturday, 30 March 2023, to celebrate the start of our month-long charity cycling fundraiser.

What You Can Expect:



A Scenic Ride

Embark on a scenic and safe cycling journey. With closed roads ensuring a safe passage, participants will enjoy panoramic views while cycling along Nicoll Highway and Marina Bay, adding a picturesque touch to this charity ride.



Mobility Ride

Inclusivity is at the heart of this event, with this segment designed to include individuals with disabilities and elderly participants facing mobility challenges.



Stage Activities

Engage in stage activities that will keep the energy high and spirits lifted throughout the event.



Stand a chance to win fabulous prizes in our lucky draw—a perfect way to end off an incredible day of fun and giving

Who We Welcome:

Families with Kids

Whether you have little ones on training wheels or teenagers ready for a cycling adventure, Tour De Care is a family-friendly event for all.

Avid Cyclists

Embrace the challenge and thrill of the ride alongside fellow cycling enthusiasts.

Corporate Teams

Strengthen team bonds and make a positive impact on society by participating with fellow colleagues.

Social Contributors

If you are eager to make a difference and contribute to a meaningful cause, join us and support those in need by cycling to raise funds.



Let's pedal together for a purpose! Scan the QR code to secure your spot and be part of a day of cycling, community, and giving back. See you there!

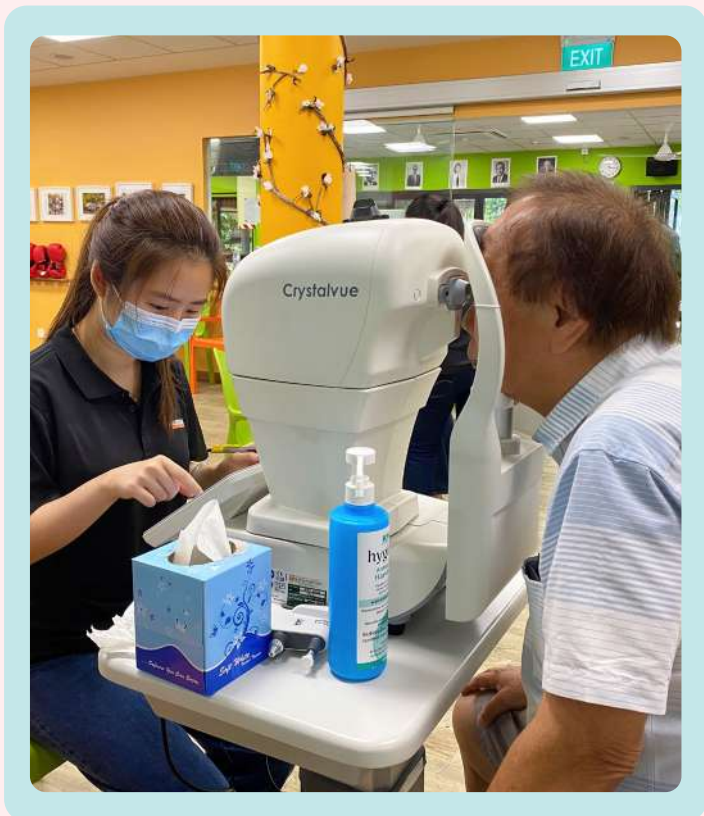
Latest Happenings



Open House – HNF Wellness Club @Buangkok

Seniors living in the vicinity were invited to our open house at Wellness Club@Buangkok where they had the opportunity to engage in rejuvenating Traditional Chinese Medicine (TCM) treatments and partake in a range of essential health screenings. From eye examinations and mental wellness assessments to cholesterol and diabetes screenings, our open house provided a comprehensive suite of health services tailored to enhance the well-being of the seniors in our community.

Our Community Outreach Team (CREST) and Carers' Hub also set up informative booths, providing valuable resources on mental health and caregiving to empower and support seniors.



For more details on CREST and how they can support you, scan the QR code.



Tips to Enhance your Mental Well-being

Cultivating mindfulness is a powerful tool for maintaining mental and emotional well-being. Below is a simple yet effective tip to integrate mindfulness into our daily lives.

Be **OKAY**, Stay **OKAY**

O bserve your emotions	K eeping a healthy lifestyle	A dopt coping skills	Y ou can reach out
Pause to identify and understand your emotions. Embrace your diverse range of feelings.	Ensure regular exercise and sufficient rest to improve management of stress.	Incorporate time management, deep breathing exercises, and self-care into your daily routine.	Share concerns with family and friends, and seek professional help when necessary.



Spreading Joy this Christmas with Grant a Wish 2023



With the support of Takagi Ramen and Singapore's top marathoner Soh Rui Yong, our Grant a Wish 2023 campaign has successfully fulfilled the wishes of our patients. From daily necessities to vital medical supplies, these gifts have significantly enhanced their quality of life. Together, we have created moments of joy during the holiday season and made a lasting impact on those in need.





Elevating Care Through our Continuing Professional Education Webinars



TACKLING POLYPHARMACY IN THE COMMUNITY

DR. JASMINE LIM
CONSULTANT, GERIATRICS
NG TENG FONG GENERAL HOSPITAL, NUHS

Since 2022, we have been organising monthly Continuing Professional Education (CPE) webinars for healthcare professionals as part of our commitment to achieve excellence in community care. With expert speakers from renowned healthcare institutions, the webinars cover a wide array of topics, ranging from palliative care to polypharmacy. Through this initiative, we want to

equip healthcare professionals with knowledge and skills to deliver exceptional care in the community.



For those who are interested in our CPE webinars, simply scan the QR code to visit our website to view the latest updates.



Commemorating the International Day of Older Persons



In our fifth year of celebrating the International Day of Older Persons, we invited inspiring seniors and their family members for a heartwarming photoshoot. Each photograph tells a story of a life filled with love and an indomitable spirit when faced with obstacles, celebrating the rich experiences of our seniors in the community.



Scan the QR code to read more about our inspiring seniors' life stories.

Spotlight



Empowering Caregivers: A Recap of Our Sustainable Caregiving Conference 2023

Last October, we held our caregiving conference titled “Creating a Sustainable Caregiving Community: A Conference for Practitioners and Caregivers” with the aim of empowering and equipping caregivers in the community with essential skills and knowledge, making their caregiving journey more sustainable.

The conference welcomed over 1000 physical and virtual attendees from all walks of life and backgrounds. From healthcare professionals to family members undertaking caregiving responsibilities, the conference created a space where experiences were shared, and bonds were forged.

The conference programmes were carefully curated to provide enriching learning opportunities. Speakers’ presentations covered a spectrum of topics ranging from caregiving practices to self-care, and they also shared their insights on navigating the complexities of caregiving with resilience and joy.



For those who may have missed our conference and are interested to hear what the experts have to say about caregiving, kindly scan the QR code to access the content.



In Sickness and in Health: Uncle Anthony's Dedication to his Wife with Dementia



Uncle Anthony, 86, is a client at our active ageing centre, Wellness Club@Buangkok and the main caregiver of his wife who suffers from dementia.

Being a caregiver for someone with dementia is no easy feat. Nights are disrupted as his wife, battling the effects of dementia, frequently wakes up and fusses, requiring his full attention to comfort and prevent potential falls or injuries.

Despite the stress that accompanies caregiving, Uncle Anthony adamantly refuses to send his wife to a nursing home. During the initial stages of his wife's illness, his family had discussed sending her to a nursing home. Uncle Anthony witnessed his wife's sadness after hearing about it, solidifying his commitment to caring for her and persevering through the challenges.

Amidst the trials, Uncle Anthony finds heartfelt moments in his wife's lucid days. On those days, his wife would express genuine gratitude for his unwavering care and acknowledge that nobody else could tend to her needs with the same love and dedication. Those precious moments are when Uncle Anthony feels a sense of recognition and warmth, touched by his wife's words that do not come easy.

Reflecting on his caregiving journey, Uncle Anthony shares practical advice with fellow caregivers:

“

There's nothing much that you can do but persevere, and most importantly, be patient.

”

His words embody resilience, patience, and a love that endures in sickness or in health.

Community Engagement



Making Christmas Wishes Come True at Wellness@Buangkok

For Christmas, we welcomed volunteers from Sumitomo Mitsui Banking Corporation at Wellness@Buangkok. Going above and beyond, these volunteers not only fulfilled the Christmas wishes of our seniors by gifting them what they wished for, but also shared in the joy of the season by celebrating Christmas with them, creating heartwarming and memorable moments.



Drumming Up Joy



Seniors at Wellness Club@Buangkok experienced firsthand the beauty when music and sustainability converge – through the novel experience of green drumming. Over the course of 12 sessions, the seniors were taught to create rhythms and beats using drumsticks and recycled plastic buckets. This unique programme not only helps to improve their agility, memory and cognitive abilities, but develops their ability to work in teams and improve their social skills.



Healing Paws, Healing Hearts



In a heartwarming initiative at Wellness@Hougang, our seniors found solace and joy through SoSD's Healing Paws programme, where the comforting presence of dogs brought a sense of companionship and warmth. We are grateful to volunteers from the organisation who brought their dogs down to our centre each month, allowing our seniors to forge meaningful connections with these furry friends.



Seniors with Dementia Find Comfort in Equine Therapy



At Wellness@Hougang, we introduced a special programme catering to seniors with dementia, providing them with monthly sessions of equine therapy, also known as horse therapy. By engaging in therapeutic activities such as grooming, feeding, and walking with the horses, our seniors were able to receive sensory stimulation and physical activity through meaningful interaction with the horses, benefitting their overall well-being.



A Special Day of Appreciation for Volunteers



We are always thankful to our volunteers who take the time to bring joy to our patients and seniors. For International Volunteer Day, we showed gratitude to our dedicated volunteers with a celebration at HNF Wellness Club@Buangkok, where volunteers enjoyed a lunch buffet and an afternoon filled with relaxing activities. From invigorating TCM massages to a soothing essential oil workshop and a lucky draw, we hope that our volunteers felt our sincerity. Our volunteers are the lifeblood of our organisation, and we extend heartfelt thanks for their invaluable contributions.

EXCITING NEWS!

Finding it cumbersome to look for coins when you use a supermarket trolley? We are giving away supermarket tokens in appreciation of your support, so do keep a look out for the upcoming giveaway on our social media channels!

Keep updated on all HNF news by following us on:

 @home.nursing.foundation

 @home_nursing_foundation



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 know 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 2024 to 31 December 2024 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: Other amount:
- \$.00 \$.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)



From Solitude to Strength: Mdm Zuridah's Journey of Resilience



At 58, Mdm Zuridah has confronted a myriad of health challenges such as heart and kidney failure, high blood pressure, high cholesterol, and diabetes. The weight of these ailments has confined her to a wheelchair, and she has been receiving home care from our senior staff nurse, Carolyn, for the past 3 years.

As a single mother, Mdm Zuridah spent many years living alone in a rental flat. Despite grappling with illnesses and limited mobility, her tenacity shone through. In the face of physical constraints, she diligently maintained her living space, undertaking household

chores such as sweeping and mopping while moving slowly on her personal mobility device.

Mdm Zuridah has a deep-rooted sense of self-reliance which makes her reluctant to burden those around her, including her children, as she feels that they have their own lives to lead. The COVID-19 lockdown was especially hard for her, amplifying the challenges she faced. As she could not leave the house easily by herself, there were times when she had no food left. Knowing her situation, Nurse Carolyn would buy food for her whenever she visited Mdm Zuridah for nursing care.

The turning point came in 2022, marked by Mdm Zuridah's frequent hospitalisations due to falls at home. It was to the extent that after being discharged from the hospital, she suffered another fall on the same day and had to be readmitted. Recognising the gravity of the situation, her daughter, with guidance from a social worker, hired a helper to care for Mdm Zuridah despite her financial

constraints. This decision brought a positive shift in Mdm Zuridah's life, providing her not only with practical assistance but also much-needed companionship.

With the arrival of her helper, Mdm Zuridah became a lot happier as she now had company and someone to take care of her daily. She also attends rehabilitation sessions to build her muscles and is diligent in doing these exercises daily at home. Having been wheelchair-bound for so many years, her goal now is to be able to walk.

“When you want things to be better, you need to make yourself better.”



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