

HNF CARES

2025 MDDI (P) 005/06/2025



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**SKIP THE WAIT,
CHOOSE
SUSTAINABILITY!**

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to switch to digital copy.

Grant A Wish Patient Story

Dignity is a gift we can give together.

Your contribution, no matter the amount, provides essentials, transport, and compassionate home care to underprivileged patients like Magaitharan.

Gift today and bring dignity and joy to our patients this Christmas.

HNF'S IMPACT



5,901

Home Care Patients

Home Nursing



35,220

Visits



2,726

Patients receiving
Psycho-social assistance from
Medical Social Workers

Over a year,
the centre supported



540

seniors participated
in at least one active
ageing programme

Every festive season, we ask our patients for their Christmas wish, and the quiet humility of their answers never fails to move us. This year, 52-year-old Mr. Magaitharan S/O Rajamanikam shared his.

Once a proud SAF serviceman and hardworking crane operator, Mr. Magaitharan now battles kidney failure and chronic wounds that tragically left him with only his big toe on each foot. Mr. Magaitharan shares his one-room flat with a live-in helper. His wish wasn't for anything fancy, but for simple privacy. He asked for a curtain—a humble divider to create a space of dignity and quiet.



**SCAN HERE
to donate**



WELCOME 2026

Main events to celebrate 50 Years of Care.



Gala Dinner (Tentatively Sep 2026)



Caregiving Symposium (Tentatively Oct 2026)



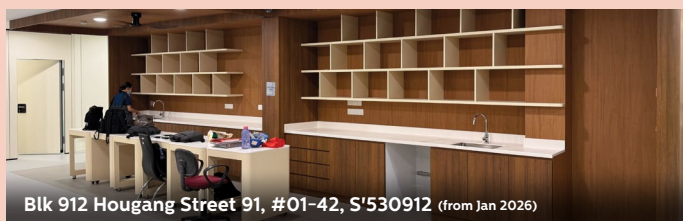
Tour De Care Cycling Fundraiser (Tentatively Nov 2026)



Agewell Championship (Tentatively Nov 2026)



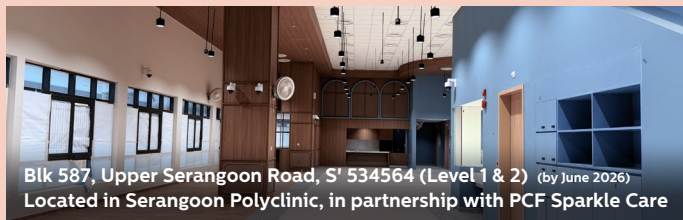
New Active Ageing Centres



Blk 912 Hougang Street 91, #01-42, S'530912 (from Jan 2026)



Blk 922 Tampines Street 91, #01-217, S'520922 (from Feb 2026)

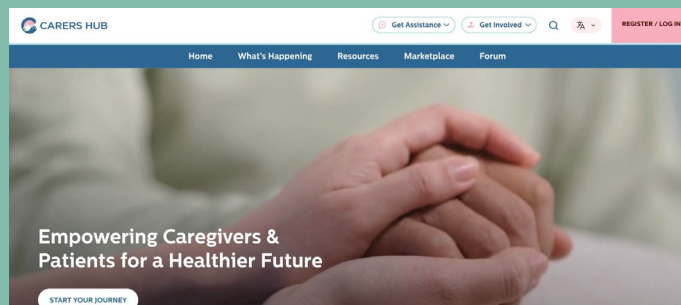


Blk 587, Upper Serangoon Road, S' 534564 (Level 1 & 2) (by June 2026)
Located in Serangoon Polyclinic, in partnership with PCF Sparkle Care

Launch of Carers Hub

(Tentatively Oct 2026)

All-in-one digital portal for caregivers nationwide, offering tools, resources, and community to care for your loved ones, and yourself.





Supporting Safe and Comfortable Feeding at Home: Expanding Percutaneous Gastrostomy Tube Management with SGH Nutrition Team

As Nasogastric Tube (NGT) insertion may become increasingly difficult for patients, HNF nurses continue to actively advocate for transitioning to Percutaneous Gastrostomy (PEG) for a more sustainable and comfortable long-term feeding option.

PEG provides a reliable method of delivering milk, medication, and even blended diets directly into the stomach, especially for patients with swallowing difficulties. Compared to NGT, PEG helps to reduce the risk of aspiration, is more comfortable during insertion, less likely to be displaced, and requires less frequent replacement. This means fewer hospital visits, lower transport costs, and greater comfort for both patients and caregivers.

Since October 2024, 88 referrals have been made from various hospitals for PEG consideration which has proven as a testament to the growing awareness and success of this initiative. Monthly case discussions between HNF and SGH continue to ensure that patients are assessed comprehensively for the best possible care outcomes.



Patient Story “A New Lease of Comfort for Mr K.”

Mr K, a 70-year-old senior with a history of dysphagia, had been reliant on a nasogastric tube (NGT) since November 2020. Over time, repeated NGT insertions grew to become more challenging and distressing for both Mr K and our care team.

Recognising its challenges, our nurse referred him to Singapore General Hospital (SGH) for a Percutaneous Gastrostomy (PEG) assessment. In December 2021, the procedure was successfully performed. Four years on, Mr K. continues to do well with his PEG tube changed every six months, involving minimal complications.

According to his family, the transition to PEG brought immense relief. The procedure was arranged promptly,

reducing waiting time and minimising discomfort. They have seen less physical suffering, significant cost savings from fewer tube replacements, and most importantly, greater comfort and peace of mind for their loved one.

For our nurses, the benefits have been equally clear. PEG care is simpler and quicker to manage, allowing them to focus more on holistic patient care. They’ve also observed fewer emergency calls and home visits, reflecting smoother daily care for both patients and caregivers.

This collaboration between HNF and SGH exemplifies how shared expertise can transform home care through making feeding safer, more dignified, and more compassionate for those who need it most.



A Journey of Resilience and Hope: Mr Tan's Story

Since 2023, the Community Mental Health Outreach Team (CREST) at HNF has supported Mr Tan, a former factory owner whose resilience has deeply inspired our staff and partners.

When we first met him, his home reflected years of silent struggle. Yet behind this was a man with warmth, humour and an enduring love for food, despite more than a decade of mental health challenges.

Mr Tan was referred by the HNF Active Ageing Centre (AAC), and his care has since been supported by HNF's Home Nursing, Home Personal Care and Home Medical services. His case is also well known to our Head of Clinical Development, who contributed significantly to the interdisciplinary and interagency efforts surrounding his care. Together, the teams worked to honour his wish to continue living independently in his familiar neighbourhood while ensuring his safety, health and dignity.

In collaboration with the Institute of Mental Health (IMH), HNF CREST encouraged Mr Tan to undergo a two-week admission to stabilise his mental wellness. During this period, HNF mobilised volunteers to restore his home into a clean, safe and comfortable environment. Our Home Nursing team prepared his medications, the AAC staff supported his daily intake, CREST conducted regular check ins on his emotional wellbeing and home conditions, and our Home Personal Care team continued providing daily assistance. Mr Tan also receives a full fee waiver to ensure that financial challenges do not hinder his access to care.

While he still experiences occasional difficulties, the coordinated support across HNF has enabled him to continue living independently. Over the past two years, Mr Tan has become more than a client; he has reminds us of the strength found in perseverance and the impact of compassionate support. His optimism and quiet determination continue to guide our work and reinforce our commitment to serving those in need.

Mr Tan has shared his gratitude for HNF's support, and we are humbled by his trust and courage. His journey reflects the purpose of our work: **walking with individuals through their challenges and supporting them towards stability, hope, and joy.**

**Have questions or
need guidance?
Sign up with our
CREST team today.**





From March to September 2025, HNF Wellness at Hougang Senior Care Centre implemented the DancingMind Digital Health Programme. Forty-two seniors, including those with dementia and mild cognitive impairment, participated in this six-month, twice-weekly programme.

Using Virtual Reality (VR) technology, the sessions combined music therapy, mindfulness, cognitive training and movement activities to strengthen cognitive, emotional and physical wellbeing. Seniors also practised daily life skills in a safe virtual environment to build confidence and independence.

Positive feedback and measurable improvements affirmed the programme's impact:

- **Cognitive function (Mini-ACE) improved by an average of 3.38 points (+27.5%)**
- **Mood (Ottawa Mood Scale) improved by +32.3%**
- **Energy levels increased by +36.3%**

HNF is exploring long-term sustainability to continue this meaningful initiative.



HNF was honoured to participate in the National Day Observance Ceremony by Buangkok – Fernvale South, graced by Mr Victor Lye, Adviser to Ang Mo Kio GRC GROs.

To celebrate SG60, 30 active HNF seniors marched with pride and energy, demonstrating that unity and resilience shine at every age. From the flag raising to the festive booths, the atmosphere was vibrant with community spirit and celebration.

“It was an enjoyable experience, and visiting the IMH premises was memorable. The food was good, and it was exciting to watch the contingents march past during the flag raising ceremony. Overall, I had a lot of fun. The duration was just right, and the activities were well planned. I would attend future events organised by PA if time and schedule permit.”

Lim Choon Huat
(Shirley), 73



Many seniors in our community face challenges such as memory decline, reduced mobility, social isolation, and emotional distress. Your support helps us to deliver essential care, meaningful engagement and a supportive environment for the seniors in their homes, our senior care and active ageing centres.

Whether a one-time gift or sustained giving, your support strengthens their wellbeing and quality of life.

Join us in making a lasting difference!

Together, we can create more moments of connection, hope and growth for the seniors.

HNF Active Ageing Centres' Seniors Giving Back to HNF Senior Care Centres

This initiative is a partnership between the Active Ageing Centre (AAC) and the Senior Care Centre (SCC), where senior volunteers from the AAC lead a monthly community walk for SCC seniors. Active senior volunteers accompany and engage frailer seniors (majority are persons living with dementia), offering encouragement while gaining a deeper appreciation of their own health and abilities. Their regular involvement also helps them maintain physical activity, mental wellbeing and a renewed sense of purpose.

For SCC seniors, the walks provide gentle exercise, reduce social isolation and build confidence to interact within the community. With volunteer support, they feel safer, more connected and better integrated into social activities. The initiative fosters an inclusive environment where ageing well becomes a shared community effort, and it strengthens the AAC–SCC network by pooling resources to support a wider group of seniors.



“As a caregiver, taking a wheelchair-bound person out can be an experience evoked with excitement and also fear of uncertainty as the experience varies from wheelchair users. I find it rewarding with joy and fun when I see them smiling, enjoying the fresh air as we exercise (stretching) together”

Volunteer experience
Mdm Koh



HNF was proud to be part of the 15M Health Games on 5 October 2025, co-organised with our community partners. We are grateful for the invitation from the NHG Group Population Health to participate in the carnival, games, as well as to co-create the seniors games. The partnership resulted in the Soft Volleyball segment for the senior games, and strong participation across the games.

The Healthiverse event brought together more than 80 teams representing 12 towns across Central and North Singapore. The atmosphere was filled with energy as participants of all ages competed across six co-designed games tailored to different abilities. It was a heartwarming day that showcased determination, teamwork, and community spirit

Our teams arrived early to familiarise themselves with the venue and competition areas. After a morning of preliminary rounds, both our Boccia and Floorball teams advanced to the quarter finals. With unwavering team spirit and enthusiastic support from our seniors, HNF clinched third place in Boccia and first place in Floorball.

A highlight of the day came during the awards ceremony, when HNF was also announced as the overall champion for Hougang Town. Spirits were high as participants celebrated their achievements and expressed excitement about returning next year.





A Decade of Giving: Lawrence Low's Volunteering Journey

“ It's always heartening to see them smile after an outing or visit. ”

For the past decade, Mr. Lawrence Low has been one of HNF's most dedicated and active volunteers. His journey began when a friend invited him to help at a movie outing for HNF's home care patients at the then newly opened Seletar Mall. That single experience sparked his passion for giving back, and since then, Lawrence has become a familiar and trusted presence at many HNF's activities.

Over the years, Lawrence has generously contributed his time and heart to a wide range of volunteer roles. From accompanying seniors on outings and medical appointments to befriending home care patients and distributing festive hampers, his warmth and sincerity have touched countless lives.



Beyond HNF, Lawrence also volunteers at local Chinese temples, where he helps at outreach events and carnivals, distributing meals to the less privileged. For him, the most rewarding part of volunteering is the genuine friendships formed along the way, especially with seniors who now regard him as a “dear friend”. “It's always heartening to see them smile after an outing or visit.”

Volunteering has also shaped Lawrence's personal journey. After a mid-career switch to pursue his passion as a licensed tour guide, the flexibility of his new profession allowed him to dedicate even more time to volunteering and bringing joy to others.



Combining his knowledge of Singapore's heritage with his love for seniors, Lawrence recently initiated a reminiscence programme in our senior care centres where seniors revisit familiar places and memories while learning about its present. This helped bridge the past and present in a meaningful way.

As Singapore's population ages, Lawrence hopes the younger generation will continue to step forward and make a difference. “The needs of seniors are changing. Future seniors will be more tech-savvy, and their expectations will be different. I hope more young people will volunteer and it's truly more blessed to give than to receive.”

Even a small act can spark a big difference in our seniors' lives. Watch now:



Join us in making care more personal and meaningful:



Corporate Social Responsibility Activities by Corporate Partners



A Heartfelt Partnership with Commonwealth Concepts (CWC)

Since 2024, Commonwealth Concepts (CWC) has been a steadfast partner in supporting our community in Hougang and Buangkok through a series of meaningful initiatives.

One memorable collaboration was a pizza-making workshop at PastaMania's newly opened outlet in Sengkang ActiveSG Sports Centre. Seniors from Wellness@Hougang (Senior Care Centre) enjoyed donning their chef hats to craft their own pizzas and their joy and pride were evident as they savoured the fruits of their labour.

CWC's commitment to promoting senior wellness extends beyond culinary fun. In partnership with fitness instructors, they also conduct quarterly "Seated Resistance Band Exercise" sessions at Wellness@Buangkok, encouraging seniors to stay active in a fun and accessible way.

In celebration of SG60, CWC went the extra mile by organising a National Day Carnival for over 100 seniors at Wellness Club@Buangkok (Active Ageing Centre). The event featured lively game booths, a Zumba session, and an atmosphere filled with community spirit. CWC also generously sponsored refreshments and provided NDP goodie bags, leaving every participant smiling.

We are deeply grateful for CWC's continued partnership and commitment to enriching the lives of our seniors, and we look forward to many more meaningful collaborations ahead.



A Cut Above: Shunji Matsuo Brings Joy to Our Seniors

Since 2021, Shunji Matsuo, a renowned Japanese hair salon celebrated for its creativity and care, has been a wonderful partner in bringing joy to our seniors at HNF's Wellness Centres. Every month, their team of professional hairstylists generously volunteers their time and talent to offer free haircuts to our senior clients, always leaving a lasting impact.

These monthly sessions do more than refresh appearances; they uplift spirits and restore confidence. Each visit ends with radiant smiles, heartfelt gratitude, and renewed cheer, serving as a reminder of how small acts of kindness can make a meaningful difference in someone's day.

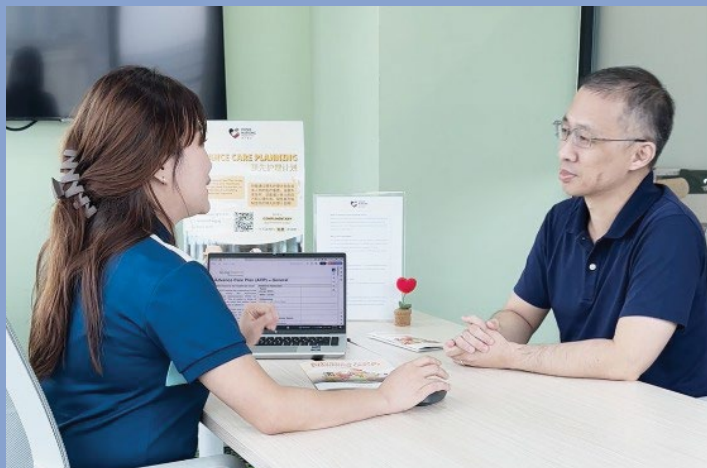
We are deeply grateful to Shunji Matsuo and their dedicated team of hairstylists for their continued compassion and commitment to giving back to the community.

We welcome like-minded corporate partners to collaborate with us in supporting seniors through purposeful and engaging initiatives.

Reach out to our Volunteer Management team at volunteer@hnf.org.sg
WhatsApp 8228 9154

to learn how your organisation can be part of this meaningful journey.





Empowered by ACP: Living Life to the Fullest Every Day

At Home Nursing Foundation, many clients discover that Advance Care Planning (ACP) is more than just paperwork. It creates space for meaningful conversations and offers emotional reassurance. Serene*, 63, shared how her ACP experience in Singapore transformed from a distant, procedural formality she once completed overseas into a truly personal and connected process.

Through ACP, she was able to express her care preferences clearly and have open, honest conversations with her son. This gave them both comfort and peace of mind and even inspired her son to move back from overseas to support her which became an outcome she treasures deeply.

The process also prompted Serene* to reflect on her values around independence, dignity, and staying active. With support from an Active Ageing Centre, she embraced new experiences such as Zumba, volunteering, health talks, and a photography course. These activities have enriched both her physical and mental wellbeing.

Her renewed outlook has had a positive effect on her and her family, enhancing her quality of life and strengthening their bonds. **“Ever since completing my ACP, I feel lighter in spirit, more connected to the people around me, and at peace with myself.”**

Serene's* story shows how ACP can empower individuals to live purposefully while ensuring their wishes are understood and respected.

Home Nursing Foundation encourages everyone to consider ACP as a meaningful step toward planning for the future with confidence and peace of mind.

**"Serene" is an alias used at the client's request.*

ACP TIPS



Making It Personal and Meaningful

Advance Care Planning (ACP) is more than filling out forms. It is a conversation about what truly matters to you, so your loved ones and healthcare team can honour your wishes.

Life moves quickly, and we rarely stop to reflect. ACP gives us that chance to pause, think, and make sure our voice is heard when it matters most.

TIP 1

Start with what matters in your everyday life
从让你日常生活变得有意义的事物开始。

TIP 2

Involve your support network
在进行预先护理计划（ACP）时，邀请您信任的家人或朋友一同参与。

TIP 3

Be clear, but stay flexible
详细表达您的偏好是好的，同时也要保留灵活性，以便随着人生变化作出调整。

TIP 4

Stay true to yourself and trust the facilitator
忠于自我，并信任协调员。ACP 聚焦您的真实价值与选择，我们的协调员将支持您探索最适合自己的决定。

FINAL TIP!

ACP is your voice, your choices, your life. Speak from the heart, openly and confidently.
ACP 是您的声音、您的选择、您的人生。请发自内心的、坦诚、自信地表达。符合自己的决定。



**THE BEST TIME IS NOW.
TAKE THE STEP TODAY.**



Talk to the HNF ACP team or visit our website to learn how you can start your ACP journey.

Every Dollar Counts.

Your Generosity Makes Home a Healing Place.



\$225
A short weekend staycay
= 1 home medical session



\$150
The price of a smart device
= 1 home therapy session



\$115
A fancy dinner date
= A home nursing visit



\$50
A piece of quality T-shirt
= 2 hours of personal care

MAKE A DONATION

My Personal Particulars

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

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 verifications and receipts. All donations made between 1 January 2026 to 31 December 2026 to HNF will qualify for a 250% tax deduction.

☐ I DO NOT wish to receive any communications from HNF

My Donation

☐ One-time Donation ☐ Monthly Donation

☐ \$225 ☐ \$150 ☐ \$50 ☐ Other Amt

MODE OF PAYMENT

☐ Credit Card (Visa/MasterCard/Amex)

Credit Card No.

Name as on Credit Card

Expiry Date of Credit Card / (Month/Year)

☐ Bank & Cheque No.

(payable to "Home Nursing Foundation")

☐ Please send me GIRO form

☐ Paynow (UEN S76SS0044DA02)



By providing the information in this application 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.

ABOUT HOME NURSING FOUNDATION

Founded in 1976, HNF is an established charity that provides home healthcare services in Singapore to support patients' physical and mental wellbeing.

Our HNF Wellness@Hougang and Wellness@Buangkok senior care centres & rehabilitation centres offer an array of social activities, physical and cognitive rehabilitation therapy to help our elders stay strong and engaged in our communities.

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

6854 5555 home.nursing.foundation www.hnf.org.sg

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CELEBRATING

50

YEARS OF CARE

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