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## SINGAPORE HEALTH INSPIRATIONAL PATIENT AWARDS 2017 - MR TEE CHOON ANN

Read about his journey in finding the strength to live life positively

**Dialogue Session with Former Minister of State for Manpower, Mr Teo Ser Luck**

**Bringing Speech Therapy into Homes**

**Scaling Great Heights for a Cause**

# Message

**Karen Lee**  
Chief Executive Officer  
Home Nursing Foundation



**D**ear readers, it has been a while since our last publication but please be assured we haven't been resting on our laurels. In this issue, we will be sharing highlights of the key events that took place in the first and second quarter of 2017. We will also take this opportunity to celebrate the efforts of our people-dedicated individuals who work hard with HNF, be it as a staff, volunteer or donor in serving our patients and their caregivers.

HNF is only able to push forth with our mission of delivering quality care to our patients. We speak to our longest serving staff, Mr Chua Kheng Hong, who has devoted 30 years of his service to HNF, to find out the driving force that makes him to stay and grow with the team.

I am also happy to share that our staff achieved 7 Golds and 20 Silvers at the Singapore Health Quality Service Award (SHQSA) ceremony. The award is a testament to our commitment and selfless dedication in giving their best at work for our patients.

In appreciation to HNF's friends for their kindness and contribution, we organised a Patients' Outing and Donors Thank You Lunch on 23 March this year. We presented Certificate of Appreciations to our top donors and long-serving volunteers.

Our patients have consistently served as our greatest inspiration and motivation. Read to find out how Mr Tee Choon Ann, recipient for the Singapore Health Inspirational Patient & Caregiver Award 2017 overcome the

odds and finds back his strength to live a happy and meaningful life.

It is heartening to know that there are many like-minded corporates, as well as individuals who support our ongoing efforts in bringing quality healthcare to our patients' homes.

We are grateful to Dr Kumaran Rasappan, who has embarked on a fundraiser campaign "No Mountain Too High", to raise funds for our Caregivers Programme. The fundraising campaign will run from June to December 2017. You can support us by pledging a donation on [https://give.asia/story/no\\_mountain\\_too\\_high\\_1](https://give.asia/story/no_mountain_too_high_1).

I would also like to put on record my appreciation to our new corporate partners –Paragon Shopping Centre and Grab Singapore, as well as our long-standing partner, Singapore Buddhist Youth Mission, who has supported HNF for six consecutive years. You can find out more about our sponsorships and events in the "Community Partnerships" section. Enjoy your reading and do continue to support HNF Cares.

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## HNF Patients' Outing and Donors Thank You Lunch

**H**NF held its Patients' Outing and Donors Thank You Lunch on 23 March 2017 at the National Museum of Singapore to express our gratitude to HNF's friends who have contributed to the growth of HNF over the years. While it was a special occasion for us to celebrate the good works that had been done, be it as a fundraiser, donor or volunteer, it also provided a meaningful platform for our friends to





come together and indulge in hearty chats with 15 of HNF patients.

Inspired by the museum's multi-faceted ways of presenting Singapore's history and culture, the luncheon was in so many ways reminiscent of childhood days as everyone was taken down the memory lane with old school games deliberately scattered across table tops where the guests were seated. Guests were ushered to their tables named after childhood games such as 'Spinning Tops', 'Five Stones', 'Pick-up Sticks', 'Kuti Kuti' and 'Chapteh'. The theme certainly added a dash of fun for everyone at the event! Each guest was also given a goodie bag containing a bottled packed with iced gem biscuits, a tiffin carrier and a door gift which was kindly sponsored by SingTel.

The event kicked off with a welcome speech by HNF President, Ms Priscylla Shaw, followed by a scrumptious bento lunch. To add



more fun and joy to the event, five HNF patients were picked by HNF Chief Executive Officer, Ms Karen Lee, at a lucky draw event. HNF Director of Nursing, Ms Chan Mei Mei, presented the prizes to the lucky winners.

Ms Shaw presented certificates of appreciation to HNF's top donors and volunteers for their generous contributions and support in making a positive difference in the lives of our patients and their caregivers.

After lunch, all guests were treated to a free tour of the different exhibitions in the museum where

they had wonderful experience learning in greater depths on the history and defining moments of Singapore. HNF beneficiaries had heartwarming exchanges with Visa and Nanyang Polytechnic volunteers as they shared memories and lifetime stories while touring the exhibitions. It was a fun-filled day for HNF patients and their caregivers as they returned home in taxi rides that were generously sponsored by SMRT Corporation.

Once again, a big THANK YOU to all our friends and supporters for bringing hope and support to our beneficiaries!!

## Singapore Health Quality Service Awards 2017



**H**NF is proud to announce that 7 Gold Awards and 20 Silver Awards were conferred to HNF staff at the Singapore Health Quality Service Awards (SHQSA) 2017!

Held on 17 January 2017 at University Cultural Centre, National University of Singapore, 27 HNF staff were presented with the awards by Mr

Chee Hong Tat, Minister of State for Health, at the annual ceremony.

Organised by the SingHealth Duke-NUS Academic Medical Centre since 2011, the Singapore Health Quality Service Awards (SHQSA) is a nationwide award to recognise and celebrate the exemplary efforts of healthcare professionals in service

excellence. The awards served as a recognition of the commitment and passion of our staff in giving their best in all that they do.

Our heartiest congratulations to all winners and thank you once again for your hard work in making a difference in the lives of HNF's beneficiaries in one way or another!

# Engagement Sessions with Regional Health Systems



*JurongHealth's Case Managers, MSWs and AIC CRT Team listened attentively to HNF updates, together with HNF Assistant Nurse Clinician, Sister Renuka D/O Nagalingham and Occupational Therapist, Mr Richard Lao Tayer.*

In FY2015/16, HNF received a total of 5,505 referrals with over 80% of the referrals from restructured hospitals.

To better engage our healthcare colleagues and improve care transition, HNF conducted a series of engagement sessions with the RHSEs in early 2017 to raise awareness on HNF's care model and services. The sessions provided networking opportunities for ground staff from different care settings to interact and develop closer relationships in delivering coordinated patient care.

The first stop was held with National University Hospital's (NUH) Medical Social Workers (MSWs), Therapists, Case Managers, Care Coordinators and AIC Community Referral Team (CRT) on 8 February 2017. Over the subsequent two weeks, pit stops were made at Khoo Teck Puat (KTPH) and Changi General Hospitals' (CGH) Medical Social Service Departments, followed by Tan Tock Seng Hospital's ward nurses and JurongHealth's case managers, MSWs and AIC CRT team stationed at Ng Teng Fong General Hospital (NTFGH).

HNF Head of Corporate Affairs, Ms

Shannon Lim, led the HNF team in the engagements. Besides updating on HNF's expanded scope of services, successful case studies were also shared on how patients have benefitted from HNF multi-disciplinary team-based practice and collaborations with the RHSEs.

For instance, HNF nurses assigned to Alexandra Health System (AHS) would join in monthly multi-disciplinary meeting (MDM) with KTPH Ageing-In-Place (AIP) – Community Care Team (CCT). This created a common platform for HNF to bring up complex cases for case discussion and patient co-management in the community, avoiding unnecessary hospital visits. Reasons of referral withdrawal or rejection were also highlighted to better understand the ground constraints and explore probable resolutions.

It was assuring for HNF to receive positive feedback from the appreciative audiences at the various HNF's sharings. Some even lauded HNF for the excellent work done for its patients, spurring the team's morale and determination in carrying on the good works!

It is indeed a great learning session on the updates and care model of HNF. You have touched many patients' lives in the community. We can learn from one another and work closely together for our patients.

– Ms Lim Li Ying,  
Senior Medical Social Worker,  
Ageing-In-Place,  
Alexandra Health

“

The staff have gained a better understanding on HNF's works.

The statistical information also helped to put things into perspective. And of course, being able to meet the HNF team definitely helped to build inter-agencies relationship!

– Ms Cerene Wong,  
Senior Medical Social Worker,  
Changi General Hospital





*The HNF team jointly conducted the JurongHealth's engagement session on 24 February 2017.*

## Dialogue Session with Former Minister of State for Manpower, Mr Teo Ser Luck

It was an honour for HNF to present on our productivity journey at a dialogue session with Former Minister of State for Manpower, Mr Teo Ser Luck and various Social Service Voluntary Welfare Organisations (VWOs) on 1 February 2017. The session was jointly organised by Workforce Singapore (WSG) and Singapore Productivity Association (SPA). The session was an engaging platform for HNF to share its productivity initiatives with organisations in the social service sector.

HNF Head of Corporate Affairs, Ms Shannon Lim presented on the Quality Improvement (QI) Project in improving HNF's home nursing service delivery. With funding support from Agency for Integrated Care's (AIC) Healthcare Productivity Fund (HPF), HNF collaborated with SPA to conduct a gap analysis on the home nursing service and uncovered key inefficiencies that led to low patient contact time.

The QI team consisting of key nursing process owners and operational staff conducted value-stream mapping of existing processes and workflows. The service delivery

processes were streamlined and integrated through infrastructure/process improvements, adoption of technology enablers and job re-designing. The eventual patient contact time was projected to increase by at least 30% through these initiatives.

Ms Shannon Lim also participated as a panelist with Mr Teo where VWOs' representatives raised pertinent questions on the available WSG funding to support productivity initiatives and government efforts to attract talents into the sector.



*HNF Head of Corporate Affairs, Ms Shannon Lim, receiving a token of appreciation from Former Minister of State for Manpower, Mr Teo Ser Luck.*

VWOs need to innovate and be more productive in this new manpower lean landscape. Productivity enhancements through adoption of technology or job redesign can go a long way in improving the sustainability of operations, and allow VWOs to deliver higher quality services to their clients. Workforce Singapore (WSG) will support VWOs in their productivity journey through our schemes and initiatives such as the Lean Enterprise Development Scheme (LEDS) and WorkPro Job Redesign Grant.

– Mr Toh Swee Chien,  
Director, Healthcare,  
Social and Business Services Division, WSG



# Up Close and Personal with HNF's Longest Serving Employee, Mr Chua Kheng Hong

**W**ith a career spanning almost three decades in HNF, Senior Administrative Executive, Mr Chua Kheng Hong has never looked back from the day he chose to join the HNF family. But why HNF? For Mr Chua, the answer was simple and clear – a career that touches the lives of needy patients.

For Mr Chua, working in HNF is more than just a means of earning a living, it gives him the opportunity to help the less privileged in our community. To be in the position to serve others resonated deeply with Mr Chua's personal values and till today, Mr Chua is appreciative of the very meaningful job he is doing.

"I have always wanted to work for a charitable cause to help the needy so I decided to apply for the clerical position at HNF when there was an opening back in 1989. Although I am not a clinical staff who provides home healthcare services to patients, I still believe I can help in improving their quality of lives," said 61-year-old Mr Chua.

Fondly loved and known for his caring and outgoing personality in HNF, Mr Chua enjoys interacting with colleagues from different departments while executing his day-to-day administrative duties in a timely fashion. During the course of his work in HNF, Mr Chua has supported many community outreach events that helped to raise awareness of HNF and its works.

Mr Chua was tickled as he vividly remembered HNF's first Flag Day in 1997. It was an exciting time for the entire HNF family as everyone was involved to raise awareness and funds.

"As it was the first time that we organised a Flag Day to raise funds and awareness for HNF, we were very eager to know the total donations raised. We innocently thought that we could finish counting the money within a few hours after the event. I remembered it was close to 800 tins. We started counting from 6pm and by 1am, it dawned upon us that we would never be able to finish the count



*Mr Chua at the HNF Flag Day in 2006.*

as there was simply too much! In fact, we took more than two days to complete the count!" said Mr Chua with a hearty laugh.

The Flag Day left the deepest impression in Mr Chua as he personally saw how everyone rallied together to plan and execute an event that was alien and new. Notwithstanding, the unbroken spirit of the HNF family was one of determination, resilience and passion that saw everyone playing a role in supporting the event to the best of their abilities.

So what does Mr Chua appreciate most working in HNF? "All our nurses! I really salute and respect them for their selfless dedication and professionalism in providing high quality healthcare to our patients. It is never easy to be a nurse and I applaud them for the great work," shared Mr Chua.

When asked about what has made him stay with HNF all these years, Mr Chua said in no uncertain terms that it has been a fulfilling journey at HNF and he hopes to be able to give his best at work to help more patients in need of HNF services.

# Bringing Speech Therapy into Homes



*Ms Low Ai Wei, HNF Speech Therapist.*

**T**o better meet the needs of patients, HNF is pleased to announce that Speech Therapy Services will be available starting May 2017.

## **What is Speech Therapy and who requires it?**

Speech Therapy is offered to individuals with speech, language, voice, cognition and swallowing difficulties. The sessions are conducted by Speech Therapists who are certified Allied Health Professionals, and are trained to assess and help patients to improve or restore these functions.

They work with individuals who experience difficulties in speech and language disorders, voice clarity, memory and problem solving, or feeding and swallowing related difficulties following but not limited to:

- Stroke
- Cancer
- Neurodegenerative diseases (e.g. dementia, Parkinsons Disease)
- Traumatic brain injury

## **Can effective speech therapy be provided at home?**

Most sessions provided by a Speech Therapist can be conducted at home. Patients will receive the same level of quality rehabilitation, as compared to those offered by Hospitals and other healthcare institutions.

## **What are the benefits of home speech therapy?**

- Allows preparation of actual meals in different variations to increase accuracy in the assessment for patients with swallowing difficulties. This helps a speech therapist to provide recommendation to ensure safe feeding options for patients. With this new service we hope we will be able to reach out to more patients who require Speech Therapy services after being discharge from the hospitals.
- Caregivers can observe and learn simple therapy techniques and exercises to practise with patients at home.
- Reduce the need to travel, as well as waiting time for appointments for wheelchair or bedbound patients, bringing convenience to patients and their family members
- Continuity of care is offered to patients who are too frail to seek treatment at hospitals or are home-bound.

For more information, kindly contact us at 6854 5555 or email us at [referral@hnf.org.sg](mailto:referral@hnf.org.sg). We accept referrals from hospitals, polyclinics, general practitioners and medical social workers.



# Patient's Story

## 请献出您的爱心

**M**dm Tay Kak Hong, 66, and her husband, Mr Lim Hong Huat, 63, have each other for companionship ever since they were married. Things took an adverse change in 2006 for the loving couple when Mdm Tay fainted at a coffee shop and was rushed to the hospital. Unfortunately, Mdm Tay suffered a stroke on the third day of hospitalisation that caused her to become bedridden and lost her ability to communicate. Though devastated by Mdm Tay's condition, Mr Lim had to pull himself together to provide the best care for Mdm Tay. As her primary caregiver, it was difficult for Mr Lim to juggle between both his work responsibilities and providing the best care for Mdm Tay at home.

Mr Lim eventually resigned from his job in the same year to care for Mdm Tay full-time. As the only caregiver, Mr Lim faced challenges such as financial and caregiver stress. In May 2016, Mdm Tay was referred to HNF to receive home nursing and medical services which included the changing of nasogastric tubes, wound dressings and medical reviews. HNF Medical Social Worker, Mr Daren Sim, also provided support and assistance to Mr Lim in overcoming some of his challenges.

"I did not know about HNF until my wife was referred to receive its services. I was very happy to have so much support from HNF. Besides completely waiving off all the nursing fees to relieve my financial stress, Nurse Jenny (Lee) and Daren have been very caring towards my wife and myself. I am very grateful to them and HNF," said Mr Lim.

Besides government subsidies, the charity dollars received will help our needy patients like Mdm Tay to receive home nursing care without having to worry about the financial implications. HNF is committed to providing our services to all our patients regardless of their ability to pay, and your valued donation will support us in making the difference. Thank you for your support.

*\*Mdm Tay Kak Hong has passed away on 21 April 2017.*



*HNF Medical Social Worker, Mr Daren Sim (centre), with HNF patient, Mdm Tay Kak Hong and caregiver, Mr Lim Hong Huat.*

66岁的林丰发先生和63岁的邓巧凤女士自成为结发夫妻以来，便成为对方生命的一部分。携手同行数十载的夫妻，却在2006年面对了他们人生中最严峻的考验。邓女士在咖啡店突然倒地，虽然立即送医救治，但却在住院的第三天不幸中风。邓女士在中风后不仅失去行动和说话能力，还需长期卧床。

这突如其来的意外无疑对林先生带来沉重的打击。不过他告诉自己必须接受这个残酷的事实，因为邓女士在这个时候最需要他的照顾和支持。林先生也开始肩负起兼顾家庭和工作的繁重压力。由于无法在家庭和工作间取得适当的平衡，林先生在同年选择辞去工作，成为全职看护者。但这却为林先生带另一番困扰，尤其是经济和身上的压力。

在2016年5月，邓女士在医院的转介下成为“家护基金”旗下的病人，并接受了由专业居家护士所提供的一系列服务，如：更换鼻胃管、伤口护理及医疗护理。“家护基金”医疗社工，沈立强，也为林先生提供各方面所需要的支持和申请援助，帮助他度过难关。

林先生说：“我很开心，也很庆幸能够得到“家护基金”的帮助。“家护基金”除了豁免了我太太的护理费用，护士周秀梅和社工沈立强，也很关心我太太和我的情况。我非常感谢他们和“家护基金”的帮助。”

除了政府津贴，您的捐款将能获益“家护基金”旗下的所有病人，让他们在无需担心费用的情况下，能够在家调理病情。我们希望您可以慷慨解囊，为我们的病人献出关怀和支持。

\*邓巧凤女士已在今年4月21号逝世。

For online donations, please visit HNF website at 若您想要通过网络捐款，请浏览“家护基金”的网址 <http://www.hnf.org.sg>.



# Finding the Strength to Live Life Positively

*It is always difficult for any individuals to come to terms when they learn that big changes will be taking place in their lives, especially when they have fallen ill. It also takes great strength, courage and resilience for a patient and his family to overcome hurdles in their recovery journey.*

*To celebrate these individuals and to encourage other patients and caregivers in their journey, the Singapore Health Inspirational Patient & Caregiver Awards was started in 2010. Our patient, Mr Tee Choon Ann was among the 45 winners of the Singapore Health Inspirational Patient & Caregiver Awards this year.*



*(From left to right): Prof Ivy Ng, Group CEO, Singapore Health Services Pte Ltd, Dr Lam Pin Min, Minister of State for Health, Mr Tee Choon Ann, together with our nurses & CEO at the award ceremony.*

**M**r Tee Choon Ann was in despair after learning that he had contacted Human Immunodeficiency Virus (HIV) in 2011. He was only 52 then. The virus attacking his immune system had left him frail and Mr Tee, who used to toil away his nights delivering poultry to markets and food stalls could no longer continue working.

Mr Tee was referred to Home Nursing Foundation in 2015 for medication management as he failed to take his medicine regularly. When HNF Senior Staff Nurse Janet Tan first visited him at home, Mr Tee looked depressed and was suffering from adverse skin condition.

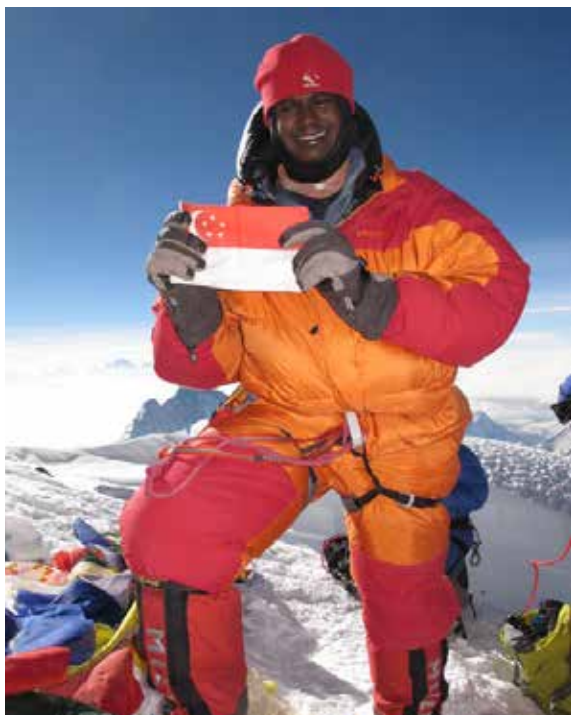
His health took a worse turn and Mr Tee was admitted to Tan Tock Seng in December that year. After his discharge, Senior Staff Nurse Janet continues to take care of his medication and social wellbeing by making regular home visits. Mr Tee was touched by her dedication and

started taking medicine and attended his medical reviews regularly. His condition improved gradually.

As Mr Tee was not socially outgoing, he was also encouraged to attend the day care services at the Communication Diseases Centre (CDC)'s Patient Care Centre (PCC). Little by little, social interactions with the volunteers and patients lifted his spirits up and Mr Tee learns to pick up resilience in the face of adversity after seeing how other patients gets on with their lives. Mr Tee is happy to contribute by learning to make handicrafts from volunteers and sell them to raise funds for other HIV patients.

Mr Tee also draws strength from his siblings and the healthcare team who have supported him during his difficult times. "I don't feel sorry for myself. I would rather focus on leading a happy and meaningful life. This is the best way to express my gratitude for those who care for me," says Mr Tee.

# Scaling Great Heights for a Cause



**N**o mountain can stand in the way of 33-year-old Dr Kumaran Rasappan, Senior Resident in Orthopaedic Surgery under National Healthcare Group, when it comes to doing good. Dr Kumaran is also the first Singaporean to scale the heights of Mount Everest in 2012 to raise funds in support of a charitable cause.

Between June to December 2017, Dr Kumaran will embark on an arduous journey to climb K2 and Makalu – the world's second and fifth tallest mountain in the world to raise funds for Home Nursing Foundation (HNF) and Singapore National Stroke Association (SNSA).

By naming the fundraiser as 'No Mountain Too High', Dr Kumaran hopes to encourage and inspire HNF patients and their caregivers to be strong no matter how overwhelming the odds may appear to be. Through the six-month expedition, Dr Kumaran hopes to raise at least \$50,000 in support of HNF's Caring for Our Caregivers Programme.

In this issue of HNF Cares, we speak with Dr Kumaran to find out more about his notable expedition!

## Why do you choose to scale K2 and Makalu?

I choose to climb K2 is because it is the world's second tallest mountain after Mount Everest. In comparison to Mount Everest, K2 is more difficult and treacherous due to combination of several elements including weather and topography. K2 is also prone to avalanche and rock-fall. These harsh conditions make K2 the second deadliest mountain in the world.

As for Makalu, I gazed upon its beauty for the first time as I was descending Mt Everest in 2012, and I told myself that I will climb it one day. Makalu is one of the most remote and less climbed Himalayan giant peaks. It is also one of the toughest mountains to climb as only five out of its first sixteen attempts were successful according to records.

## What are some preparation works prior to the climb?

To simulate the real climb conditions, I made regular climbing sessions at Bukit Timah Hill, going up and down 27 stories in my apartment block and 50 stories at The Pinnacle at Duxton with a fully loaded backpack that weighs about 25kg. I also attended gym sessions and did long runs to increase my endurance and stamina to withstand the harsh mountain conditions.

## Thank you for supporting HNF in your climbing expedition! What has inspired you to raise funds in support of HNF's Caring for Our Caregivers Programme?

I have close interactions with patients and their caregivers during my course of work, and I realise that many caregivers do experience emotional upheavals from great levels of distress to anxieties. I am heartened to learn that HNF is launching the new caregiver programme to address the psycho-social and emotional needs of caregivers, and not just focusing its efforts on delivering quality patient care. I am delighted to have the opportunity to play a role in this through my climbing efforts. I hope to raise greater awareness on the challenges faced by caregivers on a daily basis and it is my wish that the community will donate to support HNF's caregiver programme.

To support Dr Kumaran's expedition, you can pledge a donation at

[https://give.asia/movement/no\\_mountain\\_too\\_high\\_1](https://give.asia/movement/no_mountain_too_high_1).



# Bringing Home Healthcare Closer to Those in Need



**A**ccording to the report published by The Singapore Department of Statistics (DOS) in 2005, Singapore's ageing population will surge to one in four by 2030, compared to one in eight today. It was also reported that the number of Singaporeans aged 65 and above will be more than 900,000 in 2030.

In this issue, HNF Cares catches up with Dr Kok Mun Foong, Chief of Home & Community Care Division, Home First Group, Agency for Integrated Care (AIC), on her take of the emerging healthcare landscape and what it takes to support aging-in-place.

## **1. Ageing population has been a pressing topic in Asia including Singapore. What are some of the challenges faced locally?**

Ageing today comes with longevity, so increasingly more people need care for longer periods of time. To support our seniors and their caregivers, we need to grow the diversity of care services and options to meet varying needs. Care needs can be as minimal as managing stable chronic diseases like hypertension, or complex enough to require round-the-clock nursing care. We also need to attract and groom care professionals to provide these care services. Changing the perceptions jobseekers have of the Community Care sector is a challenge. This is a sunrise sector which offers meaningful careers for anyone with a heart to serve our seniors.

## **2. How can AIC play a role in working with the Community Care partners to address these challenges?**

Our service partners are at the forefront of providing the care our seniors need. AIC supports their efforts to strengthen their capabilities, develop services, enhance care quality and improve productivity. We administer a range of Community Care scholarships that our care professionals can tap to develop their skills and careers and run training courses to equip the sector's staff with relevant skills. We also organise Community Care job fairs and manage initiatives to attract more to join the sector, such as the enhanced Return-To-Nursing Scheme for back-to-work nurses.

## **3. How has aged care developed in recent years?**

Over the years, an array of Community Care services and financial assistance schemes has been introduced for seniors and their caregivers. Increasingly, more care services are being delivered in the community and "shifting out" of institutions like hospitals. The

goal is to continue to make our care more person-centred so our seniors can realise their wish to live and age well at home, in the community.

## **4. We understand that AIC has been promoting home and community-based care as the first care option for seniors. Can you elaborate on HOME FIRST?**

Surveys show that most seniors want to age at home, surrounded by family, memories and friends. The concept of Home First begins with our seniors being the focus around which community-based care services revolve. Such a person-centred approach aims to support seniors in ageing well at home, and they or caregivers can do so by exploring the home and centre-based services first.

This means that you and I can live in our home and community safely, independently and comfortably even when grow old. This is possible with the care support available in the community.

## **5. AIC is a great supporter to Community Care partners like HNF in its capability building and services development which enable clients including seniors to be cared for at home. What do you think of the impact of these collaborative efforts on the community?**

The goal of enabling our seniors to live and age well is a common one shared by all stakeholders in the Community Care sector. HNF is one such partner which has been growing its service offerings to help more seniors, while working to increase public awareness of Community Care services. We were honoured to support their Portraits of Love exhibition in 2016. Today, our seniors have more care options to choose from, compared to five years ago. This has been possible only through the efforts of individual agencies and the result of collaborations among the stakeholders.

## Singapore Buddhist Youth Mission: Chinese New Year Vegetarian Dinner & Charity Fund Presentation



Senior Executive, Communications and Development, Ms Tiffany Khoo (sixth from left) at the Chinese New Year Vegetarian Dinner and Charity Fund Presentation event.

For the 6th consecutive year, Singapore Buddhist Youth Mission (SBYM) has supported the works of HNF providing affordable and comprehensive home nursing and healthcare services to our

patients. To celebrate the Year of Rooster, SBYM held a Chinese New Year Vegetarian Dinner and Charity Fund Presentation event on 18 February 2017 where a generous sum of \$5,000 was donated to HNF.

On behalf of our patients and their caregivers, HNF would like to express our heartfelt gratitude to SBYM for the strong and continuing support!

## Ride for Good: Making a Difference with Every Ride



From left to right: HNF CEO, Ms Karen Lee at the cheque presentation ceremony with Mr Ng Chee Soon, Regional General Manager of Grab for Work, and representatives from Lazard Asia Limited, the top company who rode the most Ride for Good rides.

Ride for Good is an initiative from Grab for Work, the complimentary business travel solution by Grab. Going beyond providing business rides, the Grab for Work team hopes to encourage corporate offices to turn work travels into do-good rides. For every ride tagged to Grab for Good between 3 April to 30 April 2017, Grab has pledged a dollar in support of HNF and HCA Hospice Care.

The campaign recorded a total of 1982 rides and Grab has generously matched the donations, raising an amount of \$3936 for HNF.

We would like to thank Grab for believing in our cause, and to all companies who had participated in the Ride for Good campaign!





## A Festive New Year at Paragon Shopping Centre

**H**NF was grateful to Paragon Shopping Centre for bringing smiles and early Chinese New Year festive cheer to our patients on 13 January 2017. 13 HNF patients and their caregivers were pampered with a beauty makeover that was kindly sponsored by Paragon tenants.

HNF beneficiaries were also specially treated to a sumptuous 'dim sum' meal by Imperial Treasure Super Peking Duck Restaurant. The event concluded with a presentation of gift vouchers and door-gifts to all HNF

patients, generously sponsored by Paragon Shopping Centre.

Going beyond organising the delightful afternoon surprises for our patients, Paragon also participated as a HNF Donation Box Placement Programme Partner during this festive period to raise donations for HNF between 9 January 2017 to 11 February 2017. HNF would also like to thank Grab Singapore for sponsoring taxi transportation and making it possible for our patients and their caregivers to participate in the outing.

## ALPA-S Chinese New Year Hamper Distribution



ALPA-S dedicated their time to pack the hampers at HNF main office on 6 January 2017.

On 9 and 10 January 2017, the volunteers delivered the hampers personally to the patients' homes, bringing them early Chinese Lunar New Year cheers! During the hampers deliveries, the ALPA-S team added a personal touch to the initiative by taking time to socialise with our patients and listening to their lifetime stories.

**I**n celebration of the Year of Rooster and to spread festive wishes to beneficiaries of HNF, Airline Pilot Association – Singapore (ALPA-S) generously sponsored 88 hampers to our Chinese beneficiaries. Despite their busy schedules, volunteers of

HNF would like to say a "BIG THANK YOU" to the management and all volunteers of ALPA-S for the kind and giving spirit! Your continuing support and generous contributions will go a long way in making a difference in the lives of our beneficiaries.

春满佳节，  
温情满人间。

Kindness in giving creates  
love. The test of our progress  
is whether we provide  
enough for those who  
have too little.

– Captain Yang Siew,  
Charity Chairman of ALPA-S.

# Celebrating Vesak Day at Kong Meng San Phor Kark See Monastery



Vesak Day is widely celebrated by Buddhists in Singapore and around the world to commemorate the birth, enlightenment and nirvana of the Buddha. Kong Meng San Phor Kark See Monastery, one of the largest Buddhist temples in Singapore, celebrates Vesak Day by hosting a series of celebratory events. For the first time, HNF joins the Monastery in its Vesak Day celebration on 9 and 10 May 2017.

A public education booth was set up to raise awareness of our services to the community and a total of \$1574 was raised over the two days.