

## **Project Title**

Joining Hands with the Community for A Good Cause

## **Project Lead and Members**

**Project lead:** Lim Kong Beng, Chng Yin Ru Priscilla

**Project members:** Lwee Yan Bing, Png Geok Kwan, Suria Sahidha Binte Osman, Tan Ai Lin Diane

## **Organisation(s) Involved**

Ren Ci Hospital

## **Healthcare Family Group(s) Involved in this Project**

Allied Health

## **Applicable Specialty or Discipline**

Occupational Therapy

## **Project Period**

Start date: April 2023

Completed date: June 2023

## **Aims**

To tap on SCC client's meaningful and cultural occupation to engage a wider group of community seniors. Besides enhancing the occupational performance and engagement of the participants, it also created a sense of kampong spirit through socialisation and cultivated a positive culture of giving back to community among seniors.

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Conclusion**

See poster appended/ below

## **Project Category**

Care Continuum

Intermediate and Long Term Care & Community Care, Day Care

## **Keywords**

Occupational Performance, Engagement, Seniors

## **Name and Email of Project Contact Person(s)**

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# JOINING HANDS WITH THE COMMUNITY FOR A GOOD CAUSE

## VEGETARIAN DUMPLINGS DONATION DRIVE 2023

### Team Leads:

Lim Kong Beng | Chng Yin Ru, Priscilla

### Team Members:

Lwee Yan Bing | Png Geok Kwan | Suria Sahidha Binte Osman | Tan Ai Lin, Diane



1. Ren Ci @ Bukit Batok St 52 Nursing Home | 2. Ren Ci Senior Care Centre | 3. Friends @ Ren Ci Eldercare Community

### Project Summary: A Community Effort

As part of the Vesak Day & Dragon Boat Festival celebration this year, 40 individuals from Ren Ci Senior Care Centre (SCC), Ren Ci Bukit Batok Nursing Home (BBNH), Ren Ci Eldercare (EC) Community Seniors and volunteers gathered to take part in a Ren Ci donation drive by making Vegetarian Dumplings for sale.



Guided by the Occupational Therapy - Canadian Model of Occupational Performance and Engagement (CMOP-E), the donation drive aims to tap on SCC client's meaningful and cultural occupation to engage a wider group of community seniors. Besides enhancing the occupational performance and engagement of the participants, it also created a sense of kampong spirit through socialisation and cultivated a positive culture of giving back to community among seniors. Participants and next-of-kins (NOK) reported positive experiences at the end of the activity. The team intends to collaborate with community partners to sustain this initiative in different forms in the long run.

## Project Background: Putting Good Skills To Use

Since 2019, SCC clients have been making their own vegetarian dumplings during OT group to celebrate Dragon Boat Festival. Since 2022, the SCC team has identified a group of seniors with dementia who valued celebrating the Dragon Boat festival and enjoyed wrapping dumplings. The seniors felt that wrapping dumplings was a meaningful activity which they fondly linked back to their past roles as a homemaker. Since then, the OT group was tailored towards involvement of those clients with dementia by modifying and pitching the activity at a level which taps on their personal strengths as well as enhancing their participation and engagement. As a means of giving back to community, the team sold the dumplings to raise funds for Ren Ci. In 2022, 6 clients managed to produce 188 dumplings over 3 production days, raising a total of \$1,360. Good reviews of dumplings were received, of which many requested for the continuation of this initiative to include other Ren Ci facilities. To accommodate the increased number of orders this year, the Vegetarian Dumpling Donation Drive 2023 garnered more support by extending beyond SCC to involve EC community seniors, volunteers and BBNH residents in the preparation.



## Project Outcomes: New Friendships, Meaningful Purpose



- Good turnout of average 22 to 24 participants per production day, with average of 2 to 6 hours of engagement per participant.
- New friendships were formed among participants and a strong sense of kampong spirit was also cultivated. Some expressed fulfilment in sharing their knowledge and skills in wrapping dumplings with others.

- Through the acts of giving back to the community, participants said that it enhances their overall self-worth and well-being. Some even shared that they are looking forward to volunteering again next year. A total of 578 dumplings were sold, raising a total of \$3,009.
- The team also gave recognition to involved clients and residents through certificate and gifts.
- NOKs also commended the team for taking time and effort to plan the initiative.

### Conclusion: More Collaborations Ahead

It was a successful donation drive which also created a happier and more cohesive community among community dwelling and institutionalised seniors through meaningful occupational engagement. With the good reviews gathered from participants and NOKs, the team plans to collaborate with community partners to sustain this initiative in the long run.

### Project Details



**11** SCC clients  
**4** NH residents

**13** EC seniors  
**12** Volunteers



**From End April to  
Mid June 2023**

#### How it is done?

- A cooking workshop was conducted by Ren Ci volunteer to impart skills and standardise the cooking techniques among our participants.
- In the following month, the team publicised and consolidated the list of interested participants and dumplings orders among internal staff.
- Four production dates were set to include preparation of ingredients, wrapping and cooking dumplings. Participants were grouped based on their abilities and interest towards different stages of dumpling preparation. After the dumplings were made, they were packed and delivered to other Ren Ci facilities for collection.