



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

KWSH

Newsletter - October 2009 Issue

LET US HONOUR OUR NURSES FOR THEIR HARD WORK AND DEDICATION



CEO Mr Keith Lee, with nurses from Ward 3A and 5

At KWSH, we value our nurses for the support they give our doctors and more so for their love, patience and concern for our patients. To honour them, we celebrated Nurses' Day on 31 July.

This year's theme was 'infection control,' emphasising the importance of personal hygiene to fight the H1N1 flu. In line with this, a poster design contest was held to promote personal hygiene among all staff. "My nurses were all very excited about our very first poster contest so they

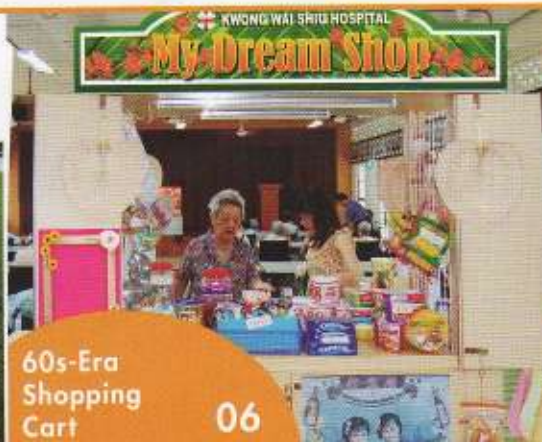
worked very hard to win," said Sister Khin Mar.

The celebration itself started with speeches from our Chairman, Dr Leong Heng Keng, our CEO, Mr Keith Lee, and Director of Nurses, Ms Penny Tan, who all acknowledged the contributions of nurses. The awarding of poster contest winners and a cake cutting session followed, but the highlight of the day was the talent competition. It was a truly enjoyable afternoon for all.

Continued on page 2



Fun &
Learning at
Marina Barrage 04



60s-Era
Shopping
Cart

06

Also Inside:

- ♥ Enjoying the Fruits of our Labour
- ♥ On the Singapore Flyer
- ♥ Therapy with Karaoke and Kopi
- ♥ Marina Barrage
- ♥ 100 years old and still going strong

Nurses' Day ...from cover page



Cake cutting session (from left): Mr Keith Lee (CEO), Dr Leong Heng Keng (Chairman), Dr Patricia Lee (Medical Director), Ms Penny Tan (Director of Nurses) and our nursing officers in green



"The magnificent mask", a hilarious play presenting a bra as a newly invented mask, was staged by our Day Rehabilitation Centre

Congratulations to the winners!

Poster Contest:

- 1st Prize winner: Ward 6
- 2nd Prize winner: Fundraising
- 3rd Prize winner: DRC, Ward 2

Talent Competition:

- 1st Prize winner: Ward 3A & 5
- 2nd Prize winner: Physiotherapy Department
- 3rd Prize winner: Main Ward Level 3



Our nurses presented song and dance numbers in a variety of costumes



Enjoying the Fruits of our Labour

Our volunteers from Schering-Plough laying the carpet grass

The grounds outside Ward 7 & 8 have been transformed into our very first fruit garden, thanks to the generous donation and support of volunteers from Schering-Plough Ltd. Led by their MD, Mr Gaetan Angoh, they helped us plant yellow lemon, lime, chiku, jambo fruits and baby papayas.

In creating this healthy environment, we hope our patients will enjoy the fresh air and admire the fruits and flowers while taking their evening walks. They are also free to pluck the fruits for themselves.

"We encourage patients to help water and harvest these trees and even contribute recipes using these fruits," said Ms Soon, our Volunteer Coordinator. "This will be good exercise for them, helping to improve their hand-eye coordination and stimulate their brain."



Lemon, one of the fruits now growing in our new garden.



30 kind volunteers transforming our garden to brighten the day for our patients



Planting the fruit trees to start our very first fruit garden

On the Singapore Flyer

A journey to the past and present

On 21 March, 20 Nursing Home residents were treated to a spin at the Singapore Flyer and a visit to the Peranakan Museum.

Under the sponsorship of the Singapore Tourism Board, our elderly rode the Flyer 165m above ground. Seeing the panoramic view of Singapore, they discovered just how much has changed since olden times.



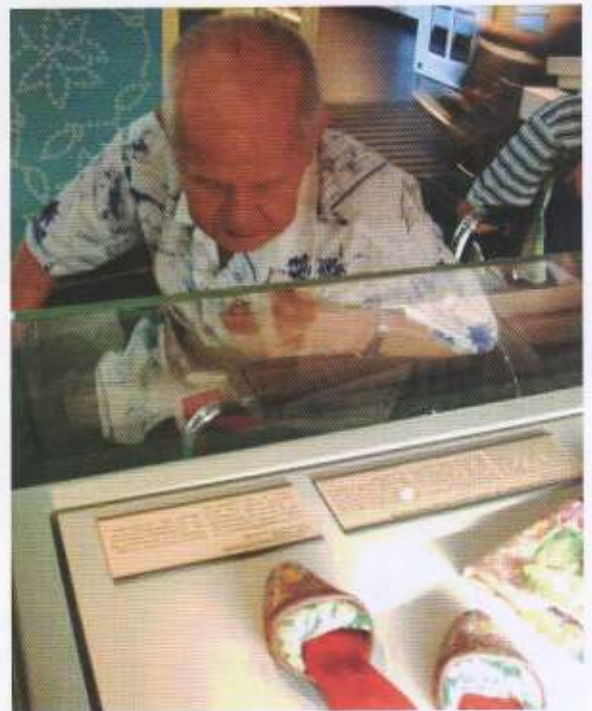
Our residents and volunteers enjoying a panoramic view of Singapore in the Flyer's capsule

Stimulating their memories at the Peranakan Museum

The residents then visited the Peranakan Museum to learn about its unique culture. The monuments and artifacts there were hoped to stimulate their memories and encourage them to share their own heritage with friends from different dialect groups.



A pair of Peranakan embroidery clogs on display brings back memories



Therapy with Karaoke & Kopi



Sipping kopi while being serenaded by our volunteers

Since 2004, our Kopi & Karaoke session has been a great comfort and entertainment for our patients. Every Tuesday afternoon, volunteers sing classic tunes while about 65 patients enjoy coffee and their favourite food such as curry puff, soon kueh and green bean soup.

These sessions give them a chance to socialise, and remind them that there is so much to enjoy in life. "I love this session very much because I get to listen to songs, my favourite pastime. I also enjoy talking to people," says Mdm Ong Wan Ting, a Main Ward resident.

Headed by Ms Soon, our Volunteer Coordinator, this programme is supported and funded by a group of faithful KWSH volunteers, whom we greatly appreciate for their generous contribution and donations all these years.



Marina Barrage

A day of fun and learning



At the Marina Barrage, the weather was perfect for our elderly to enjoy the kite flying session. At day's end, the residents went home with memories of a lovely afternoon.

Part of our diversional therapy program, kite flying lets our elderly reminisce about their childhood, and promotes hand-eye coordination.

"Such exercises are good for them because it aids motor control," says Ms Soon, our Volunteer Coordinator.

On 19 April, KWSH volunteers took 30 Nursing Home residents on an educational tour of Singapore's first city reservoir, an event co-sponsored by the Whampoa Community Club.

At the reservoir, our uncles and aunties relished how greenery was infused into the urban landscape, while enjoying the view of the sea from the heart of Singapore.

They visited the Sustainable Singapore Gallery, to discover how the reservoir was built, and how the barrage helps prevent flooding.



Learning how the dams and the pumps in the reservoir work



Learning how Singapore manages and plans its limited land resources, maximising their full potential

100 years old...still going strong!



Our volunteer presenting flowers to our resident centenarian, Mdm Low Soh Kee to wish her "Happy Birthday"

We honoured Mdm Low Soh Kee, one of our residents, when she turned 100 years old on 6 June this year.

Together with her children, we presented Mdm Low with a bouquet and a cake. "I am very happy and touched by this celebration," Mdm Khoo Koe Hoe, Mdm Low's daughter, said with a smile.

Mdm Khoo told us her mother migrated from China with her husband when she was only 24. Very kind and generous, Mdm Low helped out in the Buddhist lodge and temple, cooking vegetarian food for the needy and making generous donations when she was younger, said Mdm Khoo.

To Mdm Low's delight, our Karaoke & Kopi volunteers sang her favourite songs to help us create a happy celebration.

Upcoming ♥ Events



99th Anniversary Celebration 24 Oct 09

There will be free eye checks and a public health forum (in Mandarin). Please call KWSH 6297 6250 or 6299 3478 for more information and registration.



Christmas Celebration 19 Dec 09

Watch out for more information on our website.



Together with our volunteer physicians, KWSH offered free consultations and Traditional Chinese Medicine (TCM) treatments at Ang Mo Kio Community Centre as part of our community outreach programme

Health Forum for Thought

Community outreach at Ang Mo Kio Community Centre

The economic crisis can be tough on people, especially for the older generation. Realising this, KWSH hosts a health forum as part of our community outreach programme. To help the elderly cope with the crisis, we offer free consultations and Traditional Chinese Medicine (TCM) treatments, through the kindness of our volunteer physicians who actively support us on a regular basis.



Free eye check-up conducted by medical professionals from Singapore Vision Care

Thankfully, our last health carnival at Ang Mo Kio Community Center was able to offer so much more. With the help of Singapore Vision Care, Digisound and Emtech, we gave AMK residents TCM treatments and free eye and ear checkups by medical professionals.

We also invited Professor Chia Chay Puay from the Singapore Chinese Physicians Association to talk on Spine Injury Prevention. Our audience found the talk especially engaging and even actively participated in the exercise demonstration.

The event was a success with some 200 participants.



Exercise demonstration: Ways of stretching and relaxing our neck, spine and shoulder muscles to prevent spine injuries

"The session and the topics were helpful, easy to understand. I hope there's a health forum every month."

Mdm Soh Poh Soon, a forum participant



To join our next health forum, visit our website at www.kwsh.org.sg for upcoming events.

Our Dream Shop

A 60s-era shopping cart



Our dream shop



Helping to count her change

Our Charity Shopping Cart opened 20 June 09. Two Saturday afternoons a month, the cart gives our residents a shopping experience, despite being in the hospital. By having to count money to buy something, they also stimulate their brain.

This cart sells daily necessities and traditional snacks and sweets like kaching puteh, hacks and soon kueh at prices dating back to the 1960s. One resident who frequents the stall says, "I think I have returned to my younger days. Everything here is so cheap!"

Our thoughtful sponsors have been generously supplying us with traditional ear biscuits and vintage face powders, as well as toilet rolls and toothpaste. Just the same, we hope to find more things to sell in our cart.

"I think I have returned to my younger days. Everything here is so cheap!"

- One of our resident shoppers

Fundraising Events



Our fundraising chairman, Dr Lee Fook Hong (left), receives the cheque from PA's Group Chief Executive Director (CED), Mr Tan Boon Huat.

Charity Bazaar by the People's Association Staff Club

On 11 July, we had the honour of receiving a \$17,000 donation from the People's Association (PA) Staff Club. Intended for the hospital's operating expenses, the cheque was presented at the Singapore Science Centre, in conjunction with their family day.

We would like to thank Mr Tan Boon Huat, Group Chief Executive Director and the staff of PA for their efforts and generous voluntary contribution.

Help us to fulfill our dreams

Help us maintain a high standard of service for our patients. Your generous contribution will help us purchase our dream list of equipment needed to improve our patients' quality of life.

To help fulfill this dream for our patients, please call: 6297 6250 or e-mail: fundraising@kwsh.org.sg

You may also find our dream list at kwsh.org.sg/don_dreamlist.

A message from the heart

Our fundraising team would like to extend our sincere appreciation to all donors and volunteers for their continuous and generous contribution, support and time for our events. We could not have done it without you.

Interested in giving something back to society?

Join us as a volunteer! You can download the application form at http://www.kwsh.org.sg/vol_our.htm

衷心表扬护士的辛勤工作和奉献精神



2009 年护士节

广惠肇留医院肯定护士对病患们所投入的爱心、耐心和关心。为了表扬护士们的辛勤工作，医院特在7月31日举办活动庆祝护士节。

为了强调个人卫生对抵御H1N1流感的重要性，今年护士节的主题是“如何控制传染性疾病的蔓延”。其中一项活动是邀请所有员工参加海报设计比赛，从而提高全体员工的个人卫生意识。

管理层在庆祝活动上致辞时，肯定了

护士对医院的贡献。献词之后是海报设计比赛优胜者的颁奖礼和切蛋糕仪式。最精彩的部分则是奖品丰厚的才华比赛。

日间康复中心呈现了一出热闹的幽默短剧，由护士们载歌载舞。其中一个让台下观众乐翻天的笑点，是把胸罩剪裁成口罩的‘新发明’。大家在尽兴的表演和掌声中度过了一个愉快的下午。

我们衷心感谢所有护士们的用心奉献，并祝她们护士节快乐！

从过去到现在



2009年3月21日，20名疗养院的住院者参观了新加坡摩天观景轮和土生华人博物馆。

这次活动是由新加坡旅游局赞助，让年长者有机会感受到新加坡的进步和变化。

参观土生华人博物馆也使大家学到了土生华人的独特文化和传统，以增强大家的文化交流意识。

活动·预告



2009年10月24日
广惠肇留医院
成立99周年庆典

免费眼睛检验及华语健康座谈会

欲知更多详情及登记，请联络广惠肇留医院
6297 6250 或 6299 3478

2009年12月19日
庆祝圣诞节

更多详情请留意我们网站

享受我们劳动的成果



经过一段时间的准备，7号和8号病房外的第一个果园终于和大家见面了。

在董事经理，Gaetan Angoh先生的带领下，先灵葆雅公司的30名员工帮助我们除草、种植酸柑、人心果、以及小木瓜。

病患可以享受清新的空气、欣赏美景，甚至在晚上散步时采摘和品尝成熟的水果。

我们鼓励病患参与浇水、修剪树木，并且为水果食谱献计献策，让他们多动脑子，心智更活跃。



我们的60年代小贩手推车



我们的慈善小贩手推车于2009年6月20日开始营业，每两周一次，在星期六的下午举行。这个活动旨在带给医院的老人们一些购物乐趣，也希望通过买东西的算钱过程，让他们保持思维活跃。

这个小贩手推车售卖日常用品及传统点心和糖果，比如：花生豆、辣糖及笋糕，并以60年代的价格来定价。

我们要感谢赞助人捐献物品，比如传统牛耳朵饼和旧式的胭脂水粉。



愈加硬朗的百岁老人



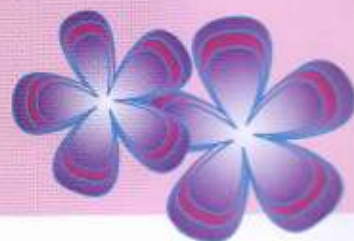
今年6月6日，我们的一位病患刘疏枝女士，在这里喜迎了她的100岁寿辰。

刘女士在儿女们的陪同下出席了生日庆祝会。这场生日会原本会因H1N1流感而取消，但最后还是如常举行，让她格外感动。

丘女士说她的母亲慈祥且慷慨，一辈子乐善好施，在佛教寺

庙做善事和帮厨，并捐助那些有需要的人。

庆祝会由咖啡与卡拉OK活动的义工筹办。大家都在欢唱中度过了一段美好的时光，刘女士也特别开心。



健康论坛

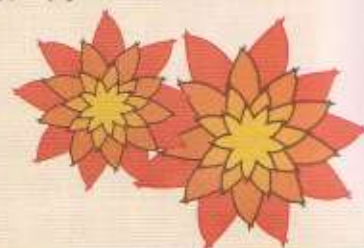


最近低迷的经济状况，对每个人都是沉重的打击，尤其是年长者。做为我们社区外展计划的一部分，我们多次为年长者提供了免费健康咨询及中医治疗。

我们最近一次在宏茂桥民众联络所举办的健康嘉年华活动就取得了巨大的成功，共有200人参与。参与机构包括Singapore Vision Care、Digisound 和 Emtech。所有参与者都免费接受了中医治疗以及专业医疗人员提供的眼睛和耳朵检查。

此外，健康嘉年华活动还举办了新加坡中医师公会谢斋培教授的讲座，内容关于脊柱损伤的预防。

欢迎浏览我们的网站 www.kwsh.org.sg 参与我们以后的精彩活动！



AiC

Agency for Integrated Care



Get all the right Eldercare Services within your reach.

Your loved ones deserve the best care that they can get. Yet it is often difficult to decide which care services are suitable for their needs.

At AIC, we provide the means to find all applicable eldercare services for your loved ones, at one comprehensive and user-friendly online resource. Come visit us at: www.aic.sg

Services at a glance:

Eldercare Service Locator

Helps you easily and quickly find the right services for the older persons under your care.

Calendar of Caregiver Events

Register online for a wide selection of courses to enhance your role as a caregiver.

Self-Assessment Tool

An easy-to-use assessment tool to help you explore the types of eldercare services that may be suitable for your loved ones.

AiC Hotline: 6478 2422

Should you be caught without online access, call our hotline for personal assistance.

www.aic.sg

在滨海堤坝度过寓教于乐的一天



4月19日，广惠肇留医院的义工带领30名疗养院的住院者到新加坡第一个城市蓄水池开展了一次教育之旅。这次活动由黄埔民众俱乐部共同赞助。

在这个将都市风景线与大自然的绿意完美结合的景点里，让年长者们在这市中心里欣赏到了美丽的海景。他们在新加坡资源永续展览馆观看了提坝防止城市中地势低洼地带水淹泛滥的演示，让大家眼界大开。

参观完毕后则是放风筝活动，这勾起了大家童年记趣，也提高了手眼协调能力。大家都带着美好的回忆和愉快的心情回家。

卡拉OK与咖啡疗法



自2004年起，我们的咖啡与卡拉OK活动就成了这里约65名病患的一种喜闻乐见的娱乐方式。

每逢星期二，这些病患都会享用咖啡和各式小吃，并在义工的悠扬歌声中度过一个休闲的午后。这些活动使病患们有机会同其他病房的病患交流。

这些活动由广惠肇留医院一些忠实的义工资助。广惠肇留医院衷心感谢他们这些年来慷慨的捐献和贡献，并希望他们再接再厉，继续为我们的病患带来更多的欢笑。



新加坡人民协会员工俱乐部慈善义卖

2009年7月11日，本院荣幸地收到了新加坡人民协会员工俱乐部的\$17,000捐款。这笔善款将用作医院的日常营运费用。

我们要感谢新加坡人民协会总裁陈文发先生和全体员工的努力及慷慨解囊。

请帮助我们实现这个梦想清单

请帮助我们实现病患们的梦想。你们的鼎力支持和慷慨解囊将帮助我们购买梦想清单中所需的仪器设备从而改善病患的生活素质。

现在就请致电
6297 6250 或电邮
fundraising@kwsh.org.sg
实现我们病患的期望与梦想。

您也可登录
www.kwsh.org.sg/don_dreamlist
浏览我们的梦想清单。

若想加入我们的义工行列，请登录
www.kwsh.org.sg/vol_our.htm
下载申请表格。



Be a Friend of KWSH

99 years ago, our founding fathers overcame many challenges in a colonial era and established Kwong Wai Shiu Hospital with a mission to help the sick and needy. 99 years later, we have remained faithful to this mission of serving our community because of the financial support you have given us. We invite you to continue sharing our mission by becoming a Friend of KWSH with your monthly contributions.

So say 'Yes' now, our Friend! Your generous donations entitle you to a tax exemption of 250%.

99年前，我们的创始人肩负救病济贫的使命，克服了在殖民时期所面对的许多挑战而创立了广惠肇留医院。由于大众的鼎力支持，我们在将近一个世纪后，仍然能够继续我们的使命为社区服务。我们在此诚挚地邀请您共同挑负起这一使命，成为广惠肇之友，常月的捐款给医院。您的乐捐，将享有百分之两百五十的税务回扣。在此附上回覆表格。



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

KWONG WAI SHIU HOSPITAL
705 SERANGOON ROAD
SINGAPORE 328127



BUSINESS REPLY SERVICE
PERMIT NO. 01543

Postage will be
paid by
addressee. For
posting in
Singapore only.



Together We can make a difference

The lifeblood of KWSH is the community, which has been supporting us faithfully. Our mission is to provide affordable healthcare to the less fortunate, for many years to come.

Always Professional. Always Caring. 专业护疗。时刻关怀。