



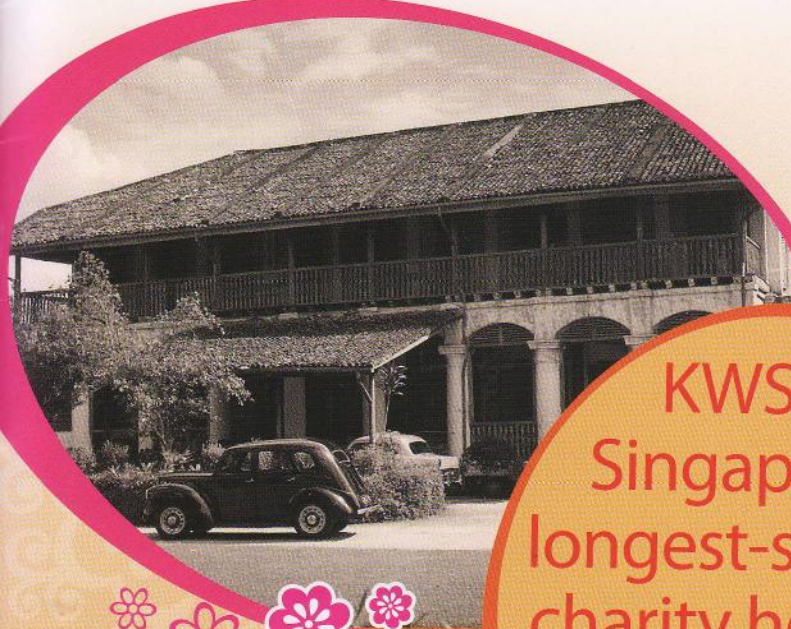
KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

KWSH

Newsletter - April 2010 Issue



A witness to Singapore's untold story

One of Singapore's oldest charities, KWSH has witnessed a little-known part of the country's history: the humanity and sheer generosity of our people.

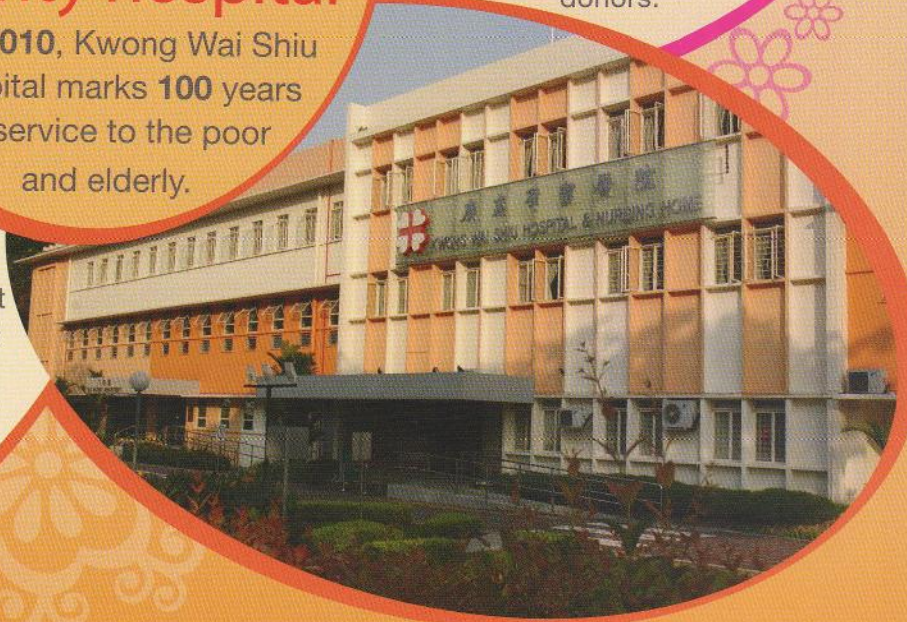
History books recall the hardships of Singapore's early immigrants, but they don't mention how our forefathers responded to their needs. This is the story of KWSH. A story that continues to this day, as this same spirit of charity lives on in KWSH's dedicated volunteers and donors.

KWSH: Singapore's longest-serving charity hospital

This **2010**, Kwong Wai Shiu Hospital marks **100** years of service to the poor and elderly.

An organisation committed to long-term service

It's rare for a charity to last a century, particularly if it's solely dependent on public donations. In fact, KWSH has not even raised its Nursing Home fees in the last 16 years, despite rising costs. What's more, KWSH has consistently delivered quality healthcare - taking pains to find cost-effective solutions and expertise to help improve its services.



廣施惠民 肇新百年
Centennial Celebration

The 100th Anniversary Logo

To engage the youth in our cause, KWSH invited students in Singapore to its 100th Anniversary Logo Design Competition in February 2010.

Eddy Muhammad bin Ibrahim, 24 years old, from NTU School of Art, Design and Media, created the winning design that inspired our Anniversary Logo. For his entry, Eddy won the S\$1,000 cash grand prize, on top of his S\$300 finalist prize.



Logo rationale:

The number '1' in the form of a ribbon captures the celebratory mood of the occasion, while the two hearts symbolise the strong bond between KWSH and its patients throughout the century. The two-toned colours also convey the forward-looking vision of the Hospital. The Chinese tagline, "廣施惠民 肇新百年," embodies KWSH's compassionate service to the elderly and less fortunate for the last 100 years, and the start of its new, fulfilling journey into the next century.

100th Anniversary Programme of Activities

With Singapore's growing, ageing population, KWSH recognises that more people will need compassionate care. Therefore, the Hospital's 100th Anniversary Activities are designed - not only to celebrate the past - but also to raise awareness and support for its cause.



100th Anniversary Logo Design Competition

Open only to students in Singapore, this competition was organised to promote KWSH & its mission amongst Singapore's youths.



Charity Golf @ Tanah Merah Country Club

29 April 2010 Mr. Mah Bow Tan, Minister for National Development, will be Guest of Honour.



100th Anniversary Community Care Day

4 July 2010 A Centennial Year celebration at KWSH for our patients, staff, volunteers and donors. Our Patron, Mr. Wong Kan Seng, Deputy Prime Minister & Minister for Home Affairs, will be Guest of Honour.



Charity Gala Dinner

25 Nov 2010 at Shangri-La Hotel, graced by Prime Minister Lee Hsien Loong.



KWSH Centennial Celebration Commemorative Book

This book documents the meager healthcare conditions in Singapore in the early 1900s and how KWSH overcame all challenges in the last century.



Cantonese Opera

26 Nov - 28 Nov 2010 at Kreta Ayer People's Theatre, with the special participation of Cantonese Opera legends.



The sec



A lifetime of service, a lifetime of fulfillment

To many at KWSH, Mdm Loo Yew Kim is an inspiring example of compassionate and dedicated service. She has been in the Hospital's nursing team for 40 years.

Mdm Loo's family had just migrated from Malaysia, when her father joined KWSH's maintenance crew, which is how she and her family came to live in the Hospital's Workers' Quarters at age three. Eventually, Mdm Loo joined KWSH as a nursing care assistant.

"At first, it was dirty and smelly," says Mdm Loo, but adds the Hospital has made significant improvements. For one, spittoons have since been replaced by diapers and commodes.

Mdm Loo says she finds great fulfillment and joy in giving the sick and needy the comfort they deserve. Mdm Loo hopes the Hospital will serve the community for many more decades.



"The Hospital is like a big family."

- Mr Ng Tuck Cheong, KWSH staff for 40 years



Secret to our longevity

How can a hospital run solely on public donations and survive 100 years, without even raising Nursing Home fees in the last 16? The answer lies in people whose dedication knows no limits – as well as their innovative ways to make the most of even limited resources.



Finding great joy in serving

For Mr. Ng Tuck Cheong, working in KWSH has given his life “so much meaning.” He joined the Hospital in 1970, as Executive Secretary in charge of administrative duties.

While the Hospital has depended heavily on donations, Mr. Ng knows they are not easy to come by. He was especially inspired by the Board of Directors who took time after work to roam different parts of Singapore, soliciting donations from the public.



To Mr. Ng, the Hospital is like a big family, where everyone is always willing to help. He feels the Hospital has reached 100 years, because of the volunteers, donors,

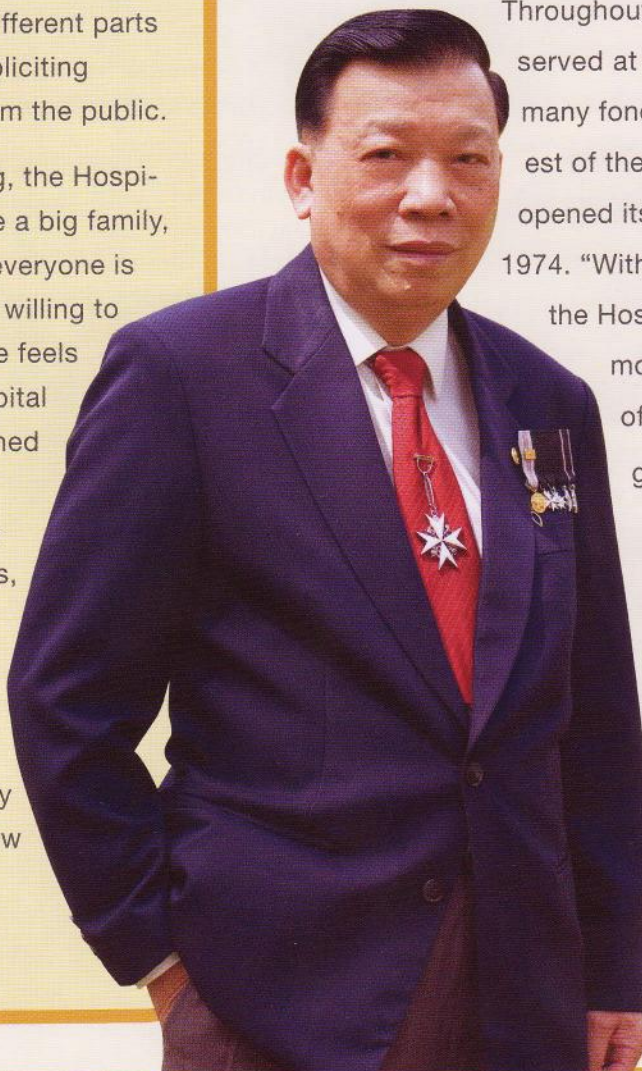
directors, nurses and doctors who have all devoted their time, professionalism and hard work. He is confident KWSH will enjoy another century of excellence, and overcome new challenges along the way.



The pillar of our Hospital

What kind of person dedicates more than half his life to charity? Meet Dr. Leong Heng Keng, KWSH's Chairman who has been a volunteer for 44 years now. Dr. Leong believes in giving back the blessings he has received. He adds, “It gives me great fulfillment to serve the community.”

Dr. Leong joined KWSH as a board member in 1966, and eventually became its Chairman from 1985 to the present. In all these years, nothing has daunted his commitment to serve. For Dr. Leong, as long as people are devoted and passionate, nothing can stand in their way.



Throughout the decades he has served at KWSH, Dr. Leong has many fond memories. He is proudest of the time the Hospital opened its doors to all races in 1974. “With that landmark decision, the Hospital was able to serve more patients, regardless of race, religion or ethnic group,” recalls Dr. Leong.

Dr. Leong appreciates the hard work and sacrifices of all the directors and staff, who all go the extra mile – not just to provide quality health-care – but also show genuine compassion for their patients.

KWSH: SMRT Silver Tribute Fund beneficiary



SMRT staff prepare the mooncakes

In Sep 2009, KWSH became a beneficiary of the SMRT Silver Tribute Fund. As their first contribution, SMRT volunteers prepared a Mid-Autumn feast with mooncakes, little gifts, Cantonese opera performances and magic shows for some 300 residents on 1 Oct last year. Then, on 23 October, the SMRT Silver Tribute Fund donated 240 bags of fragrant white rice. It was touching to see 18 taxi drivers sacrifice their free afternoon to personally deliver the bags of rice.



The minibus can accommodate 15 passengers, including 7 in wheelchairs.

Big gestures from young hearts



Students pass down the goodies



Students present their gift to a resident

On 30 Sep 2009, about 500 students from Hong Wen School creatively presented 1000 gifts to our elderly. From their school to the Hospital, they formed a gift-giving queue, through which they passed on the goodies – much to the delight of our residents.

"The parents were very supportive. Their generous donations made it possible for us to present these 1000 goodies," said Mr Noi, Hong Wen Primary School Principal. It's heartwarming to note that Hong Wen School students have consistently visited our Hospital every year since 2005.

New Vehicles "On Duty"

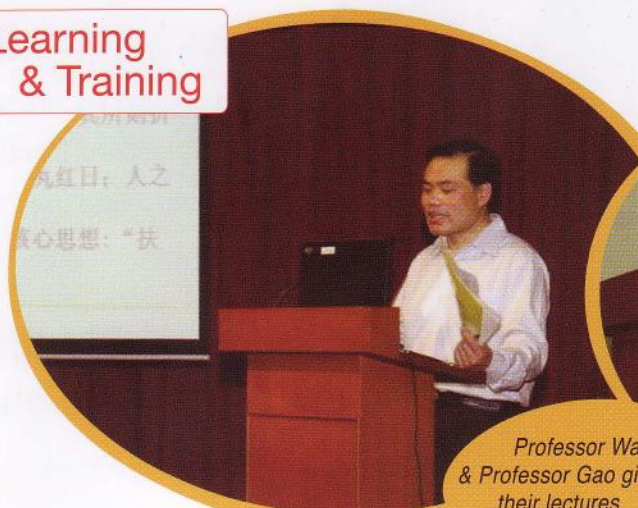
It is heartening how gifts can come in many forms, sometimes in very big packages. Recently, KWSH received a new Toyota Coaster Euro mini-bus, generously sponsored by Foochow Methodist Church, and Soon Li Heng Civil Engineering Pte Ltd.

This gift is deeply appreciated, as it will help cut down trips to shuttle patients to and from our Day Rehabilitation Centre (DRC). This will also help reduce Hospital costs, and elevate the quality of care we provide.

A sharing on TCM practices from Nanjing, China

On 9-10 Jan this year, Professor Wang Chang Song from Nanjing Southeast University - Zhongda Hospital shared his knowledge on Fu-yang theory and its clinical practice with TCM practitioners and students, while Professor Gao Jian Yun gave a seminar on moxibustion and its clinical practice.

Learning & Training



Professor Wang & Professor Gao giving their lectures



Fundraising

Hairstyling for a cause



Donation booth at Tai Wah Hair show

To commemorate its 53rd anniversary, Tai Wah Distributors Pte Ltd, importer/wholesaler of hair and beauty products, organised "Embrace Evolution," a hair/beauty fair cum charity drive from 5-7 Oct 2009 at Raffles City. KWSH was the designated beneficiary.

The event offered the professional services of about 50 volunteers from different beauty salons – in exchange for donations to the Hospital. Customers were asked to pay a mere \$10, but some gave as much as \$500.

"It was our first collaboration with Tai Wah. We are grateful to the company and all volunteer stylists for their service and contributions," said Ms Phoebe Teo, our Fundraising Manager.

Celebrating a tradition of sharing

Part of our healthcare philosophy is to observe traditional celebrations that give our elderly a sense of community, and help them find comfort in the familiar, especially in their old age. Such events also allow us to involve the public in our programmes.

Last Sept 26, we celebrated Mid-Autumn Season with 1,000 lanterns, some specially handcrafted by volunteers. A Chinese Orchestra performance from NAFA City enhanced the mood for the more than 100 residents present. Shortly after, our elderly took part in a lotus wishing ceremony. Basking in the glow of the lights, they also enjoyed dim sum, while being serenaded by volunteers.

We thank all who helped make our Celebration possible. 1050 lanterns were adopted by our kind donors, raising more than \$200,000.



The largest, Lantern of Blessings, handmade by our volunteers, generated the highest donation: \$12,000 from our generous sponsor, Mr Rodger Ang.



A resident taking part in the "Paint Your Own Lantern" Competition

Learning & Training



The Continence Intervention Programme funded by MOH, in collaboration with KWSH, Alexandra Hospital, Man Fut Tong Nursing Home and United Medicare Center

Controlling Incontinence, Building Confidence

91% of KWSH residents use diapers. To resolve this, our nurses joined the 12-month "Promotion of Continence Intervention Programme" last year. Since then, the programme has successfully weaned 4 residents off diapers. 21 others need diapers only at night, and another 2, who previously had stress incontinence, still use diapers but can now use the toilet. All are grateful to be weaned off diapers. Reducing our diaper use, aside from being environment-friendly, also helps cut costs, and deliver better care for our residents.

More books for our library!

A big thank you to the National Library Board for donating 500 books! Now we have books in all four official languages, our storytelling sessions can cater to all residents. During these sessions, volunteers also read newspapers aloud to update patients on national issues and recent events. Part of our innovative healthcare philosophy, storytelling helps keep our residents more alert.



广惠肇留医院 SMRT银悦基金的受益者



SMRT 德士
司机利用空档，
为年长住院者
递送240袋白米



在活动大厅
中年长住院者
正在用餐。

2009年9月，广惠肇留医院获选成为SMRT银悦基金的8个受益者之一。

为庆祝首次捐款，去年10月1日该慈善基金会为约300名住院者筹备了中秋晚宴。住院者满面笑容地共同享用了月饼并收到了小礼物。当天的粤剧和魔术表演也让住院者十分开怀。



学生们将
他们的礼物献
给住院者

作为学校社区服务的一部分，宏文学校的学生在2009年9月30日为住院者送上了1000份礼物。

大约500名学生从学校开始列队到医院献爱心，其情景十分感人。这种助人为乐的精神从一个学生传递到另外一个学生，这支队伍就形成了一条“爱心链”。当这些爱心以其独有的方式呈现在我们年长者面前时，他们尤其高兴。同样地，这些孩子也发现，献爱心是其乐无穷的。

宏文学校的校长胡先生说，“学生义工的父母十分支持这个计划。他们的无私奉献使我们学校为医院递送1000份礼物的愿望可以实现。”

我们感到欢欣的是，宏文学校的学生自2005年以来一直坚持每年到医院帮助病患。

新车投入服务了

礼物的形式多样化，有时候甚至是大型的。最近，医院收到一辆崭新的丰田考斯特欧系中型巴士，这是由两个机构——卫理公会福灵堂以及顺利兴土木工程私人有限公司捐赠的。

经过改装后，这辆准载20人的中型巴士可承载7名轮椅以及8名乘客。这份礼物深受大家喜爱，方便载送病人来往住家及日间康复中心，为病人节省交通费用。长远来说，这项赠品将提升对病患的服务素质。



中型巴士可载
15名乘客，包括
7名轮椅乘客。



学习与培训

帮助控制大小便失禁，帮助老年病患重拾自信。

在广惠肇留医院，91%的住院者皆使用尿布。针对这个问题，我们的护士参加了由新加坡卫生部在去年举办的“大小便失禁关怀计划”。同年4月，广惠肇留医院、亚历山大医院、万佛堂疗养院以及爱心疗养院共同合作为期12个月的项目正式展开。

这个计划对病患帮助极大。很多人能为摆脱尿布而感到十分欣慰。该项目不仅减少了尿布的使用量，还帮助缩减了医院和病人的开支，而且更加环保，这也同时提高了对患者的护理水平。



Tel: 6297 6250 Fax: 6295 8131 Email: fund_raising@kwsh.org.sg
www.kwsh.org.sg

Be a Friend of KWSH

100 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. 100 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%.

100 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, 我们在未来一个世纪后, 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
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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。

美发与慈善： 一举两得



Tai Wah
美容美发发展的
捐赠柜台。

Tai Wah Distributors私人有限公司——美容美发产品进口批发商，为了庆祝53周年纪念，在2009年10月5日至7日举办了“拥抱潮流”美发推广展及慈善义剪。广惠肇留医院是这项活动的主要受益者。

活动在莱佛士购物中心举行，活动中有专家提供美发和石蜡治疗。义剪全部所得尽数捐赠予医院。该活动要求每位顾客捐助10元，但却有很多善心人士捐出更多钱，甚至有的捐了500元。

医院募捐部经理张秀环小姐表示：“这是我们首次与Tai Wah Distributors私人有限公司合作。我们很感谢该公司所有美发师提供的服务及做出的贡献。”

欢庆传统 的喜悦

去年9月26日中秋节庆祝会，我们用一千个灯笼装饰整个花园及其附近的病房走廊，到处灯火通明。值得一提的是，其中一些灯笼是由义工亲手制作的。

一百多名住院者参与了这次活动，此次活动还包括来自南洋艺术学院狮城华乐团的华乐表演。华乐演奏将活动的气氛推向高潮。

住院者也在池塘放置莲花祈愿，表达他们深深的祝福。庆典还举行了一个彩灯绘图有奖竞赛。在灯笼散发着柔光，洋溢着温暖的气氛，住院者还享用了点心。此外，义工们还歌唱了他们喜爱的传统歌曲。

我们衷心感谢那些协助我们将这次中秋节庆典取得圆满成功的人士。共有1050个灯笼被慷慨的捐助者购买，此次获得捐资200,000元。最大的灯笼名为“吉祥如意灯”，由义工手工制成，获得了最大的一笔捐赠：12,000元，捐助者是乐于助人的洪石福先生。



“吉祥如意灯”
捐助者为
洪石福先生。



在“灯笼绘
制图案”竞赛
中获得大奖的
住院者。



一位住院者正
在专心一致地
在彩绘灯笼。

学习与培训



王教授和高教
授在礼堂授课。

中医讲座

为期两天的中医讲座于今年1月9日至10日在广惠肇留医院进行。

我们很荣幸地邀请到南京东南大学附属——中大医院的王长松教授，分享他在扶阳学说研究的成果及其门诊实践经验；而高建芸教授则分享了她的针灸治疗以及临床实践经验。中医师李嘉亮说：“王教授的演讲深入透彻。通过演讲我发现，在扶阳方法中，可以增加剂量来治疗一些常见的病症。”

百年庆典标志

为了鼓励年轻人加入我们的慈善事业，广惠肇留医院邀请教育和艺术学院所有学生参加今年2月举行的“百年庆典标志设计大赛”。其中，来自南洋理工大学艺术与媒体学院24岁的Eddy Muhammad bin Ibrahim力拔头筹，作品深具有极大的启发作用。除了300新元的入围奖，Eddy还赢得了1000新元的现金大奖。



数字“1”采用丝带象征欢乐的气氛，两颗心象征着100年以来广惠肇留医院与病患的心紧紧联系在一起。两种悦目的色调也彰显着医院高瞻远瞩的愿景。中文标签“广施惠民 肇新百年”阐释了医院在过去的百年岁月中如何为年长者以及贫困人士热心服务，及踏入未来新一个百年的征程。

广惠肇留医院计划吸引更多的年轻人参与院方活动，希望激励下一代义工以及捐助者参与，传承美德。



广施惠民 肇新百年
Centennial Celebration

百年庆典庆祝活动

在庆祝百年庆典的时候，广惠肇留医院深切地认识到自己任重道远。毕竟，随着新加坡年长人口的增长，越来越多的人需要关爱。因此，广惠肇留医院的百年庆典不单单是庆祝她走过的路程，更是提高各界人士对这所医院的关注度。



广惠肇留医院“百年庆典标志设计大赛”

开放给所有新加坡教育和艺术学院的学生参与，并获得热烈的回响，共收到了154件参赛作品。



慈善高尔夫球赛

2010年4月29日在丹娜美拉乡村俱乐部举行，国家发展部部长马宝山将以荣誉嘉宾身份参赛。



100周年社区关怀日

黄根成先生，副总理兼内政部长，广惠肇留医院名誉赞助人，将以嘉宾身份出席医院于2010年7月4日的100周年社区关怀日。参与者包括住院病人，职员，义工及捐款者。



名流慈善晚宴

2010年11月25日在香格里拉饭店举行。届时，李显龙总理将莅临参加。



广惠肇留医院百年庆典纪念册

记录我们辛勤工作及发展历程的百年庆典纪念册将于下半年出版。



粤剧义演

2010年11月26日至28日，将在牛车水人民剧院上演粤剧，届时，会有风华绝代的粤剧名伶特别演出。



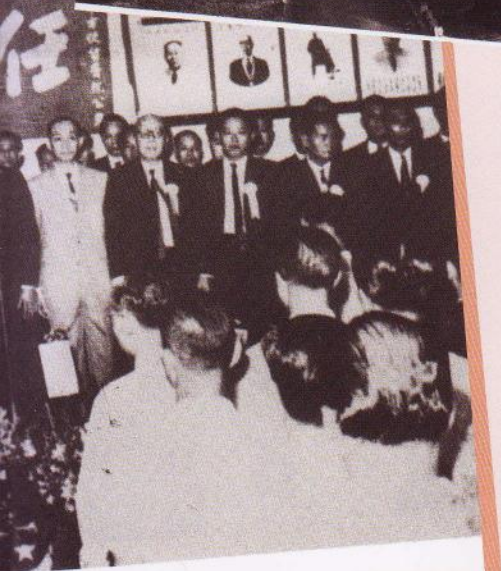
全体肃立，奏



见证了新加坡鲜为人知的故事

作为新加坡历史最悠久的慈善疗养医院，本院见证了鲜为人知的历史：人们所作出的无私奉献。

历史书籍让人们回忆起新加坡先辈们所经历过的苦难——但是这些记载并没有提到我们的先辈们是如何去帮助那些贫困及年老病者。这就是广惠肇留医院所见证的故事。时至今日，这个故事一直渊源流传，义工和捐赠者一起为广惠肇留医院奉献慈善博爱精神。



奏国歌

一个致力于长期服务的机构

很少有慈善机构能够坚持服务长达一个世纪，尤其对一家只依靠公众捐赠的机构来说更是难能可贵。重要的是，尽管在过去16年物价持续上涨，医院却没有提高疗养院收费。事实上，医院一直致力于提升医疗水准，改进服务素质。

终身服务，终身践行

对众多广惠肇留医院的职员来说，罗有金女士可谓是乐业、细心服务的榜样。迄今，她已在医院的护理队伍中工作长达40年之久。

早在罗女士只有3岁的时候，她已经在广惠肇留医院生活了。那时，她和家人从马来西亚移民到此，父亲成了广惠肇留医院职工，他们就住在医院的员工宿舍。

在她中学毕业之后，罗女士就在广惠肇留医院当了一名护理助理。

“开始的时候，护理工作又脏又气味难闻，所以我并没有想到我会在这里工作那么长时间。”她说，广惠肇留医院的卫生条件现在已有了极大的改善。而在那时，每张床下面都放着难闻的粪桶，如今已经使用尿布和盥洗台了。

这些年来，是什么支撑着她留下来坚持工作到现在呢？罗女士说，她发现照顾病患令自己觉得很有成就感。在细心周到照顾病患的时候得到他们认同赞誉，也让她获得了心灵上的极大满足。

罗女士希望广惠肇留医院在未来的数十年继续为社区服务，并祝愿医院百年庆典盛事圆满成功。



在服务中获得最大的满足

吴泰昌先生和我们分享他在广惠肇留医院服务的体会。他笑谈，“我的工作赋予了我的生命更多的意义。”

吴泰昌先生于1970年加入广惠肇留医院。当时他担任行政秘书，主管行政事务。因为医院的运营很大程度上要依赖于捐助，吴先生也知道这些捐款来之不易。他回忆当时董事们在工作之后还义务奉献出大量时间陪同职员到新加坡各区沿门募捐。董事们的募捐行动让他感到激励而觉得这些捐款来之不易。

对吴先生来说，医院就像一个大家庭，这个大家庭中每个成员，包括护士、医生都十分乐于助人。他认为，广惠肇留医院已到达了第100周年的里程碑，是义工细心的照料、捐助者慷慨的捐赠、董事们悉心的指导、以及护士和医生们的乐业，完完全全奉献给了这个大家庭，促使其发展到了今天。吴先生相信医院将迎来下一个百年辉煌，这是一个成长与卓越并存的过程，当然其中也需要克服很多困难。



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

Newsletter - April 2010 Issue

KWSH



廣惠肇留醫院主席
梁庆经博士

廣惠肇留醫院 的栋梁

什么样的人能够将大半辈子精力投入到慈善事业之中呢？梁庆经博士，广惠肇留医院的董事会主席，已担当义工长达44年。他秉持“取诸社会，用诸社会”的信念，并补充说，“服务于社区公众，我获得了很大的满足感。”

梁博士于1966年加入广惠肇留医院的董事会，1985年出任董事会主席，并一直任职至今。这些年来，梁博士披荆斩棘，在困难面前从未退缩。梁博士认为，只要人们虔心于慈善事业，并热爱慈善工作，什么困难也阻止不了他们前进的步伐。

在服务于广惠肇留医院的过去几十年中，梁博士有一些珍贵的回忆。

最让他引以为傲的是，1974年，广惠肇留医院破除成规，向所有种族的病患敞开了大门。“那是一个里程碑式的事件，医院能够一视同仁地为更多贫病者提供医疗，不管他来自什么种族，持有什么宗教信仰或遵循何种伦理标准。”

作为新加坡历史最悠久的慈善医院的董事会主席，梁博士称赞医院所有的董事及职员们所作出的努力及牺牲，不仅仅提供优质的医疗服务，而且对病患表现了发自内心的怜悯。

廣惠肇留醫院：
新加坡历史最
悠久的慈善疗养医院

2010年——广惠肇留医院百年庆典，
医院致力于为贫困及年
老者服务。

