

Newsletter - April 2011 Issue



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On 4 July 2010, Kwong Wai Shiu Hospital brought its year-long Centennial Celebration to the public with the Community Care Day. For a charity medical institution hospital founded by a community, and supported by public donations, it was very meaningful for the Hospital to mark its centenary with this community engagement and public outreach event.

Many of the Hospital's community partners participated enthusiastically to support the event. A team of eye professionals who volunteer for the Singapore Women's Association brought optometric equipment to conduct free examination for common eye problems among the elderly. Another team from the Singapore General Hospital brought bone density measurement equipment to perform free bone density tests. Many of the Hospital's volunteer Chinese physicians from the Traditional Chinese Medicine (TCM) Centre also donated their time to provide free TCM outpatient consultation for visitors.

To help our staff manage the expected turnout of about 1,000 visitors, the Hospital's regular volunteers turned up in full force. Some helped to serve food and beverages from the F&B stalls, while others helped to operate the game stalls. Most helped to porter patients by wheelchairs from their wards to visit the various activity stalls set up around

the Hospital grounds. The Hospital was very grateful to 10 of its corporate partners for generously donating their products in-kind. Thong Siek Food Industry, Fragrance Foodstuff, Kwan Inn Vegetarian Food, Zu-Lin Temple Association, and Guan Kee Bean Curd supplied all the food and beverages items. While Universal Integrated Consumer Products, L.D. Waxson, Leung Kai Fook Medical, Gardenia Foods, and NEWater sponsored all the items for the visitors goodie bags.

Together with the Hospital's Patron, Deputy Prime Minister Wong Kan Seng, as the Guest-of-Honor, the patients and the public were treated with a full day of activities, including the launch of "Conductorcise" in Singapore. "Conductorcise" a rhythmic exercise developed from the movements of a symphony orchestra's conductor, has been gaining popularity in US and Canada as an alternative

workout suitable for aging adults.







work hand-in-glove with fund raisers.

With such strong supporting team behind them, the Three Flowers will continue to blossom at the frontline of the Hospital's fund raising efforts, as Kwong Wai Shiu Hospital begins its next 100 years.



Like many Cantonese of his generation, Mr Chow Peng Yip has always felt an affinity for institutions founded by the Cantonese community. When he first came to Kwong Wai Shiu Hospital many years ago, it was just to visit a relative. Over time, his sense of filial piety developed into a much closer personal bond with the Hospital. Eventually, when a friend invited him to serve as volunteer for an event at the Hospital, he readily agreed.

5 years later, Mr Chow and his wife are among a dedicated group of regular volunteers that the Hospital relies on to help porter patients from their wards to the Rehabilitation Centre for their physiotherapy sessions. The volunteers also give moral support by helping the therapists to motivate and encourage the patients. Mr and Mrs Chow also take part in most of the activities organised by the hospital for its patients.

"Our greatest satisfaction is in having the elderly patients treat us like their best friends, and they are always very happy to see us," says Mr Chow. "They really appreciate our services from the bottom of their hearts."

Mr Chow credits his motivation for active volunteerism to the educational system of his time, which taught him the virtue of helping others whenever possible. "You won't be lonely when you volunteer," He said. "The happiness you find in helping is the best reward you can receive."





100-YEAR-OLD LEGACY OF VOLUNTEERISM

or 100 years, Kwong Wai Shiu Hospital has stood as a testimony to the Spirit of Volunteerism in Singapore. From the Cantonese community leaders who volunteered to undertake the founding of the Hospital in 1910, to the early immigrants in Colonial Singapore who volunteered to raise funds for building the Hospital, to many later generations of compassionate Singaporeans who volunteered their services to help the Hospital at various capacities. At the heart Kwong Wai Shiu Hospital, volunteerism is a historically rich cultural legacy for more than a century.

We Welcome Corporations, Organizations and Schools to Propose Special CSR Projects

Join Our Family of Volunteers by

- a. Online Application
 - Download an application form www.kwsh.org.sg/forms/volunteer.pdf
 - Email the completed form to volunteer@kwsh.org.sg
- b. Call-in Application
 - Call us to request for an application form at 6294 6603







practitioner has successfully used TCM methodologies in tackling many difficult-to-treat ailments. She assisted cancer patients to better manage with their conditions, advised couples with infertility issues, and even helped a 2-year old boy to gradually restore hearing in one of his ears.





The Chinese Seventh Lunar Month

he Chinese Seventh Lunar Month has a long established cultural history in Singapore. For the local Chinese community, especially the older generations, it is probably the most widely celebrated occasion after the Chinese Lunar New Year and the Mid-Autumn Festival. Besides the fanfare of street-side getai, traditional Chinese opera, elaborate religious rites with nightly feasts, and the auction of charmed items sanctified by Chinese deities, most devotees and participants would be especially conscious to perform acts of charity during the festivities. They believe it will bless the living and appease the dead.

Over the past 20 years, the Chinese Seventh Lunar Month is usually one of the busiest fund raising seasons in the Hospital's calendar. Besides their daytime duties, the fund raisers would need to spend every night visiting the festival-related celebrations taking place all over Singapore. At these events, they would go from table to table to appeal for donations. Sometimes, the event organizers would call the fund raisers onstage to make an appeal, or to auction off a special good luck memento. Other times, the fund raisers might need to wait for a long time before they could go onstage to do the auctioning, if the event organizers



arranged for more than one organization's fund raisers to attend the event.

At the end of the 30-day festivities for the Chinese Seventh Lunar Month, the fund raisers would have approached more than 10,000 individuals to appeal for donations.



Raising Fund at the Fishery Port







his year, when the fund raising team reached Singapore's best-known fish wholesale market at 5am, they did not find the usual hustle and bustle.

"By this time, business is over, and the bosses have gone to eat breakfast already," said a stallholder in Hokkien, as he dug into a drawer with a big padlock to fish out two red notes. His assistant jested, "You cannot wake up at 4am. That's too late already... You must reach here at 4am!"

As the fund raisers made their way from stall to stall, they had to tiptoe and stride along wet, slippery aisles stained by fish blood and littered with the debris of crushed ice, plastic wrappers and discarded fish parts. Every so often, they would need to dodge trolleys of fish coming at them from front and back, or avoid getting water splashed on them when the trolleys rolled over water puddles. For the uninitiated, it was soon apparent that, in a fish market, the fish had right-of-way!



Mid-Autumn Festival 2010



every year, to bring Mid-autumn Festival's

celebratory mood to our patients, the Hospital organises a Mid-Autumn Festival event in our award-winning garden. We will invite our patients' family members, donors, volunteers, supporters, and community partners to take part in the programme and activities. Throughout the Eighth Lunar Month, the Hospital's compound is also lit by Chinese lanterns sponsored by generous donors.

This year, the event on 18 September 2010 was supported by many groups of volunteers who wholeheartedly participated. They brought the joyous mood of celebrating the Mid-autumn Festival with family and friends to our patients.

Guests were welcomed by the highly energetic acrobatic performances of the Long Quan Sports Association Lion Dance Troupe at the Hospital Lobby. The thunderous beating of drums, gongs and cymbals immediately enlivened the Hospital's usually serene environment. In the garden, volunteers from the Institute of Fengshiu Bazi helped patients' family members porter their loved ones around on wheelchairs, to view the beautiful grounds festooned with traditional Chinese lanterns, ambient lights and fresh flowers.

The crowd was entertained by an elegant Fan Dance performed by the Jalan Besar Tai Chi Group. 10 singing enthusiasts led by renowned instructors, Mr Cheng Xing and Mr Tan Kim Hock, pleased the appreciative crowd with their renditions of timeless Mandarin and Cantonese classics.

All the food and drinks for the evening were packed by first-time volunteer Ms Sih Wei Sing, and 12 of her colleagues from NTUC FairPrice. Before the event, they had to cut more than 400 mooncakes, and packaged all the dim sum, traditional Teochew pumpkin kueh and yam kueh into disposable food containers.

"It was rewarding to be part of the reason the patients were smiling." Said Wei Sing.



每年,为了将中秋节举家欢庆的愉悦气氛带给病人, 医院都会在花园举办中秋园游会。我们通常都邀请病 人们的家属,募捐者,义工和社区活动伙伴参加。在 农历8月期间,医院的户外公共走廊也都会被热心募 捐人士所赞助的的灯笼点亮。

今年于9月18日举行的中秋园游会获得许多热诚义工的 全心支持。他们把与亲朋好友同欢共庆中秋佳节的喜悦 心情带给了病人们。

当晚新加坡龙权体育协会以活力十足精彩万分的舞狮表演 在医院大厅里热烈地欢迎到场的嘉宾。震耳的鼓声,配合 锣和铙钹敲击喧嚣,打破了医院里平时安宁平静的环境。在 花园里,风水八字学院的义工们则忙着帮助家属们扶推轮椅带 病人四处观赏用传统灯笼,彩灯和鲜花装饰点缀的美丽景色。

惹蘭勿刹民众俱乐部太极组也到场助兴,为大家表演一段典雅精湛的太极扇舞。知名歌唱导师,晨星和陈劲福则领着10位歌唱好手,在现场为大家带来了一首首耳熟能详的动听金曲。

园游会上所有的食物及饮料,都是由首次参与义工的施玮欣小姐和她12位职总平价合作社的同事一起包装的。在活动进行前,他们便必须切好400件月饼,以及将所有的点心,传统潮州南瓜和芋头糕点装进一个个便当盒。

玮欣说道: "病人们的笑容便是我们 的奖励了。"





Kwong Wai Shiu Hospital expresses its heartfelt gratitude to all donors and volunteers who attended the event. Your donations and support have truly lighted up the lives of all our patients.

广惠肇留医院非常感谢所有募捐者和义工出席中秋园游会。 你们的捐助和支持的确照亮了病人们在医院的生活。



"像我这样的年纪,已经不需要为金钱劳碌了。"罗泉卿医师用带有明显广东口音的华语说道。这位满头银丝的女士带着令人欣慰的微笑接着继续说:"许多有需要的病人受难治病痛问题所困扰,而又承担不了昂贵医药费。我在这里工作便可以帮助到他们。"

罗医师在香港是一位成功的中医师。她不但受过专业的中医培训,而且拥有20多年的行医

和教学经验。当她跟随丈夫到新加坡定居时,并没有开办私人诊所,而选择到广惠肇留医院中医门诊部上班,为社区里有需要帮助的病人和年长者服务。在她任职的4年里,罗医师成功地应用中医疗法处理很多棘手的病痛问题。她协助癌症病患更好地应付疾病、为不孕夫妇提供相关咨询,以及帮助一个2岁小男孩逐渐恢复一只耳朵听觉能力。









就 像许多与他同辈的广东人一样,周秉业先生对广东社群所创 办的社团互助组织附有亲和感。几年前, 当他第一次到访广惠肇 留医院,只是纯粹探望亲友。不久后,他的虔诚孝意进一步促进 了他与医院更密切的关系。后来, 当朋友邀请他义务帮忙医院的 一项活动, 他便很乐意地答应了。

5年后, 周先生和太太已成为医院热忱义工的一份子, 负责帮助 需要接受物理治疗的病人往返病房与康复中心之间。他们也在病 人接受物理治疗时从旁给予精神上的支持,协助医疗师鼓励病人。 周先生和周太太也积极参与医院为病人组办的各项活动。

"我们最大的满足感是年老病人们都视我们为好朋友,他们看见 我们时心情愉悦,"周先生说道。"他们衷心感激我们对他们的服 务。"

周先生将激励自己对义工活动热忱的原动力归功于他年少时教他 助人为快乐之本的教育理念。"做义工的人是不会感到孤单的,"他 说。"能帮助他人所感受到的快乐就是你最大的奖励。"



Yes! I would like to be a friend of Kwong Wai Shiu Hospital! 我要成为广惠肇留医院的拥护者!

(Dr / Mr / Mrs / Miss / Mdm)

(Dr / Mr / Mrs / Miss / Mdm)

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KWONG WAI SHIU HOSPITAL

705 SERANGOON ROAD SINGAPORE 328127

渔场筹款篇



今年,当募捐团队于清晨5点抵达新加坡闻名的鲜鱼 批发市场时,他们并没有感受到往常的热闹喧哗。

"这个时间,营业已经结束了,老板们都去吃早餐了。"一位讲福建话的摊主边说边从有个大锁头的抽屉 里抽取出两张红色的钞票。他的助手开玩笑地说道:

"你们不能清晨4点才起床,那太迟了。。。你们一定要清晨4点就到这里才行!"

募捐队员们到每个摊子筹募善款,他们得踮着脚尖, 涉过又湿又滑的过道。地上都是鱼血及零碎的小冰块, 还有被弃掉的塑料袋和鱼残。他们不时地得躲开频繁 来往的运鱼手推车,还要闪避手推车经过水坑时溅上 来的污水。在鱼市场里,是鱼为首人为副,人们都得 让路给鱼过。



农 历7月的中元节是新加坡文化历史已久的民俗传统节日。在本地的华人社群里,尤其是对老一辈的人来说,中元节可说是在农历新年及中秋节之后最为盛庆的节日了。

除了劲歌热舞的街边歌台、锣鼓喧天的传统戏剧、庄严盛大的祭拜亡魂仪式,和夜夜开宴喊标的福物拍卖会外,多数参与中元会活动的民众也特别热心公益。大家都深信行善积德会保佑世人和抚慰往生者。



过去20年,中元节往往是医院最繁忙的筹款旺季。募捐队员们除了日常的工作外,每天晚上还须要到遍布在全国各处的中元节庆祝晚宴募款。在会场,募捐队员们得不辞劳苦地沿桌筹募善款。有时候,主办单位也会安排他们上台呼吁募捐,或喊标拍卖特别的好运福物。其他时候,因一些主办单位会同时安排几个慈善组织轮流上台喊标,募捐队员们就得等上一段时间。

在为期30天的中元节,募捐队员们通常会向10,000名以上的民众募款。





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2010年7月4日, 广惠肇留医 院借着举办大型社区关怀日, 与公众一 起欢庆医院100周年纪念。

SHILL HOSPITAL & NURS

医院在社区工作上的多个合作伙伴都很踊跃地参与这项意义非 凡的社区活动。一组为新加坡妇女协会当义工的眼科专业人士带来 了验眼仪器,为老年人免费检验眼睛疾病。另一组来自新加坡中央医院的 医务人员带来了骨质密度检验器,为民众做免费的骨质密度测试。医院里 多位中医门诊部的医师们也很热心地为到访的公众提供义诊和免费中医咨 询服务。

医院的常规义工们也很积极地响应号召。大家都不遗余力地参与了帮忙医院员 工应付预计1000名到访公众的任务。有些帮忙打理提供饮食服务的摊位,有些负责 游戏摊档的运作。而大多数的义工则忙于帮助家属们扶推轮椅带病人到各个摊位参加活动。医 院十分感激10个慷慨赠捐物资的企业合作伙伴。同协食品工业、香味、观音斋、竹林寺和源记 豆花水提供了当天所有的饮食。而UIC CP, 凯伊秀, 梁介福药业, Gardenia Foods和新生水则 为到访公众的礼包提供礼品。

医院名誉赞助人、副总理兼内政部长黄根成、医院的病人们和到访公众在医院度过了活动频繁的一 天,包括了"指挥操",在新加坡发起的首场运动。"指挥操"是由交响乐指挥员手持指挥棒的动作所 发展成的韵律操。这项有氧运动盛行于美国及加拿大,适合老年人锻炼身体。

