

Always Professional, Always Caring 专业护疗,时刻关怀

Connect

Light a Lantern, Warm a Heart — Mid Autumn Festival Celebration



Shrouded in legends, myths and cultural practices, the Mid Autumn Festival is a celebration of abundance, love and beauty. To bring the festive mood to the needy elderly residents of Kwong Wai Shiu Hospital, we organized a Mid-Autumn Festival celebration event on 16 September 2012.

This year, our hospital once again invited the 20 Cantonese clans who have been supporting our cause through the years to our celebration for a reunion. The event was held in the Hospital's compound and our residents' family members, the Hospital's donors, volunteers, and community partners were invited to join in the celebrations. Senior Minister of State and MP for Whampoa SMC, Mr Heng Chee How also graced our event as our Guest-of-Honour.

This year, we saw the Hospital's compound decorated and lighted up with elaborate

displays of traditional lanterns hand-made by our volunteers and sponsored by generous donors. Adding on to our myriad of handmade lanterns this year, we also had "Kong Ming Dengs" (sky lanterns) being released into the sky by our donors.

Families that came formed a convoy armed with lanterns in tow and warm hearts filled with excitement. There were performances such as the LED dragon dance which was a fusion of tradition and technology; making it a truly animated sight for all to see, as well as a few of our volunteer singers who belted out familiar tunes. Our GOH and Chairman were also invited to start off a lotus wishing ceremony.

It is events like these which allow us to see what a wonderful melting pot our communities are. The atmosphere that night was truly one of festivity, joy and excitement.







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"East Meets West" Health Carnival at Ang Mo Kio Community Centre



On 22 July 2012, a group of 20 TCM Physicians comprising of staff and volunteers from Kwong Wai Shiu Hospital TCM Centre participated in the "East Meets West" Health Carnival organised by the Ang Mo Kio Community Centre Women's Executive Committee. At the carnival, free TCM consultations were provided by our physicians to the participants.

Whampoa Community Falls Prevention Programme

On 29 July 2012, our KWSH Rehabilitation Department took part in the Whampoa Health Carnival the Whampoa organized by Community Club. Out of the 500 participants, 150 older adults aged 65 and above took part in the Falls Risk Assessment conducted by our team.



Participants had fun; bringing out their zest when they were tested for their balance, gait speed and leg strength. Therapy staff then analysed and explained their test results whilst sharing healthy lifestyle tips. Participants were also invited to join the Falls Prevention Talk where bilingual advice on home safety and falls prevention was provided. Our Rehabilitation staff was joined by a group of dedicated volunteers and 30 physiotherapy and occupational therapy students from Nanyang Polytechnic for a successful run of its inaugural community outreach event.

Re & S Enterprises Pte Ltd (Inc.)
Sushi & Ichiban Prochamic Sushi & Ichiban Boshi) will be launching a charity drive to sell Gingerbread Man at all their outlets as part of their Corporate Social Responsibility efforts. 100% of the sales collection will be donated to Kwong Wai Shiu Hospital. Selling at S\$1.50

> each, the Charity Sales will be starting from 03 December to 31 December 2012. Don't forget to pick up the Gingerbread Man when you visit Ichiban outlets!

"Coming Up...

Charity Concert -13 December 2012

KWSH will be holding a Charity Concert on 13 December 2012 (Thursday), 7:30pm at the Singapore Conference Hall. The music director is the renowned Mr Iskandar Ismail and the concert will present a fusion of overseas and local singers such as Ding Fan, Jiang Wen Tuan, Bu Chang Weng, Tay Kewei, Dawn Yip, Cheryl Wee, Amni Musfirah, etc. Funds raised will go towards supporting the Hospital's redevelopment plan. For more information, please contact Kent at 6422 1259.



102nd Anniversary and Community Care Day - 01 December 2012

KWSH will be celebrating its 102nd Anniversary on 01 December 2012! The programme for the day includes carnival stalls providing free food, drinks, games and health screening, such as bone density test, balance screening and TCM consultation. Registration is required on a first come, first serve basis. For more information, please contact Fundraising at 6297 6250. Come and join us with your family on 01 December from 9am to 1pm.



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honour and recognise the contribution of nurses. Since the days of Florence

Nightingale, much has changed in health

care in terms of medical advances and technology. However, what has not changed is the human touch which heals the spirit often broken by illness, pain and suffering.

This year, to mark Nurses' Day, our Hospital held a celebration which consisted of dance performances from our nurses, a karaoke competition as well as a sumptuous buffet spread for all of them.

In appreciation of the dedication and effort of nurses who all play an important role in nursing us back to the pink of health in times of sickness, we wished all of them a Happy Nurses' Day.



Staff Development -HMDP-1LTC Recipients

KWSH's investment in staff development has helped it given the high demand for healthcare workers to meet increasing population. Lagare and Frank HMDP-ILTC and will be sent for Diploma in Gerontology and Diploma in Management Training respectively.



Welcoming New Members onboard our Team!

Dr Ow Chee Chung, CEO

(Right in the picture):

"We are committed to our mission to provide quality healthcare for the sick. poor and elderly by promoting the well-being and dignity of the people we serve, through compassion, charity and quality professional care. We have remained committed to this mission over the last 102 over years. The focus at the moment is to provide a holistic step down care nursing home and community services for our patients."

Ms Lyn Edel Yip, Director of Nursing (Middle in the picture):

"The work I do in KWSH is privileged; being able to touch the lives of patients and families in the most profound way and during their greatest need. I hope to leave a footprint in the lives of others: for the elderly, sick and the poor."

Ms Genevieve Koh, **Deputy Director of Operations**

(Left in the picture):

"It's about making a positive difference in patients' lives and making every moment count. I'm committed to work with our team to deliver efficient and effective results beyond the essentials."





KWSH Charity Golf 2012

The KWSH Charity Golf 2012 event was organized at the Tanah Merah Country Club on 10 July 2012 to raise funds for the hospital's redevelopment cost. This year, KWSH was delighted to have Mr Wong Kan Seng, MP for Bishan-Toa Payoh GRC and Patron of our Hospital, gracing the event as our

> Despite a short downpour, the moods of the golfers were not affected and they managed to complete all the 18 holes. A dinner was held after the game to thank everyone for their great support towards this meaningful event.

> On behalf of all our beneficiaries, we would like to express our heartfelt thanks to all sponsors for making this event a great success. We would also like to thank Mr Wong Kan Seng for his generous donation of S\$100,000 towards our hospital redevelopment fund. Their support has indeed exemplified the spirit of charity for all of us.

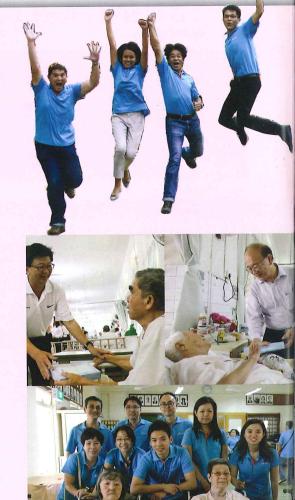
Sembcorp Kalahari Run – Raising funds for needy patients

On 16 October 2012, Sembcorp Industries (Sembcorp) sponsored a team of seven of its employees to run in one of the world's most challenging races: the Kalahari Augrabies Extreme Marathon in South Africa. In conjunction with this, Sembcorp ran a campaign to raise funds for charity from its business partners, employees and companies as part of their Corporate Social Responsibility efforts.

Of the S\$500,000 Sembcorp hopes to raise, around half will go to providing hospital equipment for Kwong Wai Shiu's new building.

The runners ran from 27 October to 02 November, covering a distance of approximately 250km across the Great Kalahari Desert. The participants had to run while carrying everything they required over the seven days, including equipment, clothes and food supplies. All seven of Sembcorp's runners successfully completed the race on 02 November.

KWSH truly appreciates the time, initiative and effort put in by companies like Sembcorp and individuals to support what we do. Their contribution will help us greatly as we seek to improve our facilities and provide high-quality medical care for the needy and elderly.



广惠肇留医院 2012慈善高尔夫球赛





广惠肇留医院2012慈善高尔夫球赛今年7月10日在丹那美拉乡村俱 乐部举行,为医院扩建费用筹集资金。今年很高兴的邀得大巴窑 --碧山集选区国会议员兼医院名誉赞助人黄根成先生为主宾。

午后短暂的大雨,没影响到参赛球手的情绪,他们成功地完成所有18洞赛程。赛后,医院举行晚宴感谢所有赞助商对这项有意义

活动的大力支持。医院主席李国基先生也在晚宴上颁发 纪念品予主要赞助商和优胜球手。

黄根成先生除拨冗出席球赛,更捐赠10万元充作医院发展基金。我们谨代表所有受益病人,衷心的感谢赞助商们体现无私的慈善精神。



Tanah Merah Country Club 10 July 2012







为贫苦病人筹款,胜科超级马拉松选手横越南非卡拉哈里沙漠

2012年10月16日,胜科工业赞助了一支由七名员工组成的队伍,参与了一项世界上最严峻的赛事--南非卡拉哈里沙漠超级马拉松赛。与此同时,胜科也主办了慈善筹款活动,呼吁公司伙伴、员工和公司捐款,作为其企业社会责任方面所作出的努力。

胜科希望从这项活动中筹得50万元的善款,拨出一半捐献给广惠肇留医院的新大楼。

队员们从10月27日至11月2日跑完南非卡拉哈里沙漠大约250公里的行程,沿途还须背着基本供应品,包括衣物与粮食一起奔跑。七名胜科员工顺利于11月2日完成行程。

广惠肇留医院非常感激胜科工业发起这项活动,以积极的行动支援 我们。在我们致力于为不幸人士与年长病人提供高素质的医疗 护理与设施的同时,胜科的捐助无疑助了我们一臂之力。





KWSH Connect

新管理层简介

区志忠医生,总裁 (图:右下):我们的宗旨是通过爱心,仁慈心与优质的专业服务,为病患,不幸人士与老年人提供专业的医疗护理,促进病患的健康与尊严。在过去的102年,我们始终坚持着这个信念。在当前的情况下,我们的重点是为病人提供一个更完善的社区疗养服务。

叶慧慧,护理总监 (图:中下):在病人与家属最需要帮助时适时的伸出援手,这使得我在广惠肇的工作更具特殊意义。凡走过必留下痕迹,我希望能为病人,不幸人士与老年人带来美好的回忆。

许佩芬, 营运副总监 (图: 左下): 无论每时每刻, 我与我的团队将致力 于为病人提供一个优越的疗养环境, 使他们有一个明确不同的体验。





2012护士节

护士节是一个赞誉和肯定护士的贡献所定的节日。从南丁格尔至今,医药和科技的进步改变了医疗卫生保健的步伐。然而,唯独以情感、以爱心治疗精神创伤、痛楚始终没有改变,仍然是最有效的方法。



今年, 医院以护士表演不同国籍的舞蹈, 卡拉OK比赛, 和丰盛的自助餐庆祝护士节。

护士们的细心关怀、照顾病患,在一个医疗团队中是重要和不可缺少的一部分。我们在此祝他们护士节快乐。



员工培训: 卫生部人力发展计划一 中期及长期护 理奖学金得主

随着人口老化有上升的趋势,对医疗护理人员的需求也随着增加。为了挽留有 经验的医护人员,广惠肇留医院向来对 员工的培训与发展都非常重视。

在卫生部人力发展计划下,Lagare小姐 与莫梅勋先生很荣幸的得到了中期及长 期护理奖学金,他们将个别进修老年病 学文凭与管理培训文凭课程。



从右边起: 莫梅勋先生, 区志忠医生, 叶慧慧小姐, Lagare小姐(不在图片中)

"中西合并"健康 生活嘉年华会



2012年7月22日,广惠肇中医门 诊中心的20位驻院与义务医师 参与了由宏茂桥民众联络所妇 女执委会举办的"中西合并" 健康生活嘉年华会。

我们的医师为参与的民众提供了免费的中医 咨询服务并解答他们的疑问。

Sonnect



黄埔社区如何预防跌倒活动

2012年7月29日,广惠肇留医院康复中心参与了黄 埔民众俱乐部主办的健康嘉年华会。嘉年华会共吸 引了500名民众参与,其中150名65岁以上的老人 参加了我们所设的跌倒风险评估计划。

我们的治疗师为参与者评估了他们的身体平衡度 ,步法速度与双腿力度。之后,我们的治疗师也 为他们分析了评估结果, 也与他们分享了一些健 康生活的建议。

参与者也受邀出席当天一场中英讲解的如何预 防跌倒的讲座, 演讲者也为参与者提供与分享了 家居安全与如何预防跌倒的建议。

除了我们的治疗师,还有30名南洋理工学院的物理 治疗与职能治疗的学生与义工们参与了这次的社区 活动。

"Coming Up...."

广惠肇留医院

广惠肇留医院于2012年12月13 日举办慈善演唱会。本地知名 音乐家依斯干达先生将担任演 唱会的音乐总监。国内外表演 嘉宾包括丁凡, 蒋文端, 卜灿 荣, 王闯, 叶佩芬, 郑可为, 郑可欣,黄馨慧,与Amni Musfirah等等。演唱会筹得善 款将用于资助广惠肇留医院重 建计划。欲了解详情,请拨 6422 1259与Kent联络。





Ichiban 餐馆义卖姜饼人

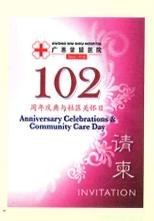
以体现企业社会责任 RE & S Enterprises Pte Ltd (Ichiban Sushi & Ichiban Boshi) 将在 所有餐馆义卖姜饼人。全数的售 款将捐献给广惠肇留医院。每个 姜饼人售价\$1.50, 义卖日期从

2012年12月3日至12月31日。响应善举, 请别忘了带些姜饼人回家!

广惠肇留医院102周年 庆典与社区关怀日

广惠肇留医院将于 2012年12月1日举办 102周年庆典与社区 关怀日。当天活动项 目包括免费的游戏和 美食嘉年华会, 骨质 密度与平衡测试和中 医义诊。参加者必须 预先登记。详情请电 募捐组:62976250。 欢迎您与您的家人来

参与我们的庆典。





Always Professional, Always Caring 专业护疗,时刻关怀

KWSH Connect



中秋节,一个被民间传说,神话与传统习俗笼罩着的传统节日。它也是一个象征团圆的节日。为了把欢欣的佳节气氛带给我们的住院病人,广惠肇留医院在2012年9月16日举办了一场别开生面的中秋庆祝会。

庆祝会在医院的庭院举行,同时邀请了 病人与其家属,医院的捐助者与社团伙 伴参与。广、惠、肇三属同人相信扶助 弱势群体社会价值观的传承对新加坡是 非常重要的,因此医院从2011年起, 起与20广东会馆团体,亮灯集体庆中 起与位很荣幸地邀请到高级政务 , 与黄埔区议员,王志豪先生莅临, 成 我们的座上嘉宾。

今年, 医院的走廊与庭院张挂了由义 工们亲手制作, 五彩缤纷的灯笼, 为 医院增添了浓厚的中秋气氛。除了无 数的手制灯笼,我们当晚也邀请与 会的来宾昇放孔明灯。参与的家属 也每人手提灯笼,在欢笑中形成了 一支队伍,使场面非常的壮观。

庆祝会上也有其他的表演项目,如融合了传统与现代由LED灯管组成的舞龙表演,令人赏心悦目。热心的义工们也为嘉宾们带来了多首耳熟能详,脍炙人口的经典金曲。

来宾们也在王志豪先生与本院主席的带领下,进行了一场莲花祈愿仪式。嘉宾们也受邀为仪式认购一束莲花。售出莲花所得的金额都全数捐献给广惠肇留医院。

这夜的气氛充满着欢声笑语,温馨 愉悦,也让我们通过这次的活动, 感受到处处有温情的社区凝聚力。





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