

# KWSH Connect



Donation from the late  
 Mdm Khoo Guat Neo  
 主要捐助者之一



Health Minister touring the exhibition on KWSH Redevelopment  
 颜部长巡视医院的发展计划展览



One of the top donors of KWSH in 2013  
 主要捐助者之一



Residents queuing up at a game stall  
 居民排队玩游戏

## 103 Anniversary Celebration and Community Care Day 2013

On 9 November 2013, more than 1,000 people turned up to celebrate the 103<sup>rd</sup> anniversary of Kwong Wai Shiu Hospital (KWSH) at a fun carnival that offered more than 30 stalls providing a good variety of food, games and free health-screening checks. The carnival crowd included some residents from the hospital as well as the elderly who had pre-registered their participation through the various community clubs and senior activity centres.

Guest-of-honour, Health Minister Gan Kim Yong, commended the hospital's commitment towards relentlessly serving the community for the past 103 years. He also applauded the hospital's efforts in organising such a meaningful event to benefit the elderly community. Before joining the residents at the carnival, Mr Gan viewed the exhibition on the KWSH redevelopment project and was presented with an overview of the pilot programme on the Neurology-care Differentiation Ward.

Mr Patrick Lee, Chairman of KWSH, shared in his speech, "To meet the rising demand

of the aging population, we will do more in terms of community partnerships and outreach to help the elderly lead a healthier lifestyle. I envisage the hospital transforming into a vibrant community hub of integrated healthcare services for seniors in 2017."

Mr Lee also expressed his heartfelt appreciation to all the donors and volunteers for their selfless contribution and hoped to have their continuous support to equip the hospital with sufficient resources to continue serving the community for the next century.



## 103 周年庆典 与社区关怀日

11月9日, 超过1000位邻里乐龄居民到广惠肇留医院一起与院友们参与103周年庆典与社区关怀日。今年的嘉年华会共有30余个美食及游戏摊位, 当天也提供免费体检。

卫生部长颜金勇先生是庆典的大会主宾。他赞扬本院于过去103年来对社会的热心贡献, 也嘉许医院组织类似的社区活动惠益乐龄人士。颜部长当天也巡视了医院的发展计划展览和脑神经科护理试点病房。

医院主席李国基先生在大会致词中提到, "为了配合我国人口老龄化的趋势, 我们将会大力拓展社区保健活动, 帮助年长者过更健康的生活。祈望扩建工程在2017年完成后, 能打造一个为民众提供医疗与保健的社区活动中心"

李国基先生也代表广惠肇留医院全体同仁衷心感谢善心人士的慷慨解囊以及义工们的无私奉献, 并希望大家持续的支持, 使到本院有足够的资源继续在第二个百年为社会服务。

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### Charity Golf 2013

On 18 July 2013, some 140 golfers from sponsoring organisations (supporting KWSH fund-raising efforts) portrayed their philanthropic spirit as they helped our hospital fundraise at the annual Charity Golf event held at the Tanah Merah Country Club.

This event was also a good platform for companies to promote their social corporate responsibility.

### 慈善高尔夫球赛

2013年7月18日, 140位善心人士与赞助商不仅能享受自己喜爱的高尔夫, 也为我们每年在丹那美拉乡村俱乐部举行的慈善高尔夫球赛筹款。

慈善高尔夫球赛不仅能促进友谊及业务关系, 更重要的是, 也提供机会让成功人士回馈社会。



Charity Golf 2013 慈善高尔夫球赛2013

### Mid-Autumn Festival 2013

The sixth annual celebration of the Mid-Autumn Festival was held in the nostalgically beautiful garden compound on 7 September 2013. KWSH residents and their families, volunteers, donors and community partners came together for a joyous reunion.

Gracing the heartwarming event was Mr Heng Chee How, Senior Minister of State (Prime Minister's Office) and MP for Whampoa SMC.

A new highlight amongst the fabulous display of beautiful lanterns this year was the spiral lantern, measuring 1.5 metres high and 1.1 metres wide, made from recycled water bottles beautifully hand-painted by the volunteer artists.

Chairman making his welcome address 主席致欢迎词

### “点亮一盏灯, 温暖一颗心” 中秋庆祝晚会 2013

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2013年9月7日举办了一场特别的中秋庆祝会。这也是医院第6年举办中秋庆祝会。

庆祝会在医院的庭院举行, 同时邀请了病人、家属、乐捐者、义工们与社区伙伴参与。我们很荣幸地邀请到总理公署高级政务部长兼黄浦区议员, 王志豪先生莅临, 成为我们的座上主宾。

今年, 除了传统的手制灯笼外, 热心的义工们也特别利用再循环塑料瓶, 精心制作了高1.5米, 宽1.1米的螺旋型梦幻花灯和大型走马灯为医院筹款。



Guest-of-Honour releasing a sky lantern into the sky  
释放‘孔明’灯笼腾空而起



Special lanterns made from recycled bottles  
特别利用再循环塑料瓶, 精心制作的梦幻花灯



Entertainment programme at the Pavilion 娱乐节目



Residents at the joyous Mid Autumn Festival celebration  
中秋节的欢乐气氛笼罩着院友





Visit by the President and Health Minister 总统和卫生部长探访本医院

## Visit by President and Health Minister

On 25 June 2013, President Tony Tan and Health Minister Gan Kim Yong made a visit to Kwong Wai Shiu Hospital to pay a special tribute to our healthcare workers for their dedication and extra efforts put in to ensure the well-being of the patients during the haze situation in June.

President Tony Tan lauded our dedicated staff for a great job done in going about their work despite the difficulties.

## 总统和卫生部长访问医院

总统陈庆炎博士和卫生部长颜金勇先生于2013年6月25访问医院，向医务工作者致以崇高的敬意。

我国空气被烟霾严重笼罩的期间，本院医务工作者们都加倍努力，为院友们提供特别措施，如安装了向护联中心借用的冷风机。总统嘉许医院的自发，专业态度与工作精神，策划及部署当情况进一步恶化的危机管理。

## Project CARE 2013 by Hong Wen School

On 3 October 2013, Hong Wen School celebrated Children's Day with a very meaningful programme at KWSH - Project CARE "Children Actively Relating with the Elderly".

The school students brought goodie bags and heart-shaped cards hand-written with heartening messages for our residents. The latter also enjoyed breakfast in the garden with some students, parent volunteers and teachers.

Guest-of-honour Ms Sim Ann, Minister of State for Communications and Information, and for Education, praised the school for organising such a meaningful activity for the students to learn the values of love and compassion.

## 宏文学校之关怀项目

10月3日，宏文学校借庆祝儿童节参与了一项特别的有意义的社区活动－学校的千多位师生家长们各自手提一个礼包从学校徒步五百米到广惠肇留医院增送给病人，表达对他们的关怀。

学生们将他们手写的心型祝福卡片贴挂在展板，表达了他们对住院病人的满怀爱心。一些学生们也呈现一项华乐表演，师生家长们也同时在庭院里与院友们共进早餐。

通讯及新闻部兼教育部政务部长－沈颖小姐，也出席了这项活动。她嘉许学校与医院举办此项目，让学生们从小注于对社会的关怀和付出爱心。

KWSH  
Connect



## Nurses' Day

Our Hospital held a Nurses Day celebration on 1st August 2013 to acknowledge the sacrifices nurses make in their toil to better the lives under their care.

Led by our Director of Nursing, Ms Lyn Edel Yip, the nurses made a pledge to honour the code of ethics and professional conduct of the Singapore Nursing Board.



A celebration well-deserved by all the nurses 护士节庆祝会

## 护士节

医院于2013年8月1日举办了护士节庆祝会以答谢护士们照顾院友的辛劳和牺牲。

护士们在总护士长的领导下宣誓遵守道德规范和专业品行。



Hong Wen School students arriving at KWSH with goodie bags 学生提着礼包到达KWSH

Ms Sim Ann with KWSH Chairman and Principal of Hong Wen School  
沈颖部长与医院主席和宏文学校校长



### Family Orientation Programme by KWSH MSW

A new initiative started by the Medical Social Workers (MSW) Team, the Orientation Programme for the family members of newly admitted residents serves as a platform for the social workers to get to know the family members. The latter will be introduced to the 'discharge planning' programme and also get to understand the care environment and services in KWSH.

The family members who attended the last two sessions of the programme felt more assured of leaving their loved ones in KWSH after having a better understanding of the hospital set-up.

### 家属引介会

引介会是由医院医药福利社工推出的聚会,刚入住医院病人的家属可通过这平台实地视察医院的服务素质和环境;社工们也能深入了解家属的情况,并与他们共同策划及准备病人日后出院的最佳安排。



Family Orientation Programme  
新入院病人的家庭成员的引介新活动

### Caregiver Training Programme



A practical training session  
for caregivers  
实用的培训课程

Our pilot programme on Caregiver Training, targeted at the caregivers of KWSH clients and from the community, was conducted over 3 days in end October 2013 to impart caregiving knowledge and skills to them.

The participants were very happy with the training session as they were able to share with each other the challenges and knowledge about caregiving for their loved ones. We hope to have more of such sessions in 2014.

### 关护者培训

我们的试点关护者培训,主要的对象是日间康复中心病人和公众的关护者。在2013年10月底我们进行了为期3天的培训,传授护理知识和照顾技能。参与者都很满意培训的内容,他们分享并相互考验所学到的知识,以便更好的照顾到他们的家人。2014年,我们希望能增加培训的班次。

### Admin Caring Programme by KWSH Administration Staff

A monthly programme initiated by our CEO, the Administration Caring programme provides opportunities for our administration staff to interact with and bring joy to our residents.

We had, so far, organised a movie screening and a morning exercise activity for the residents.

### 行政职员关怀项目

在总裁的倡导下,行政职员自愿的组织常月活动项目与住院病友交流,关怀他们。已进行的项目包括与院友一起观赏“梁婆婆”影片和早晨伸展操。



Admin staff doing outdoor exercises with residents  
行政职员与居民一起做伸展操

### 恭贺我们的医药福利社工主任许达焕获得护联中心颁发的社会工作硕士学位奖学金

医药福利社工主任许达焕在接触工作三年间,热爱自己的工作和为年长者服务,他的热忱和对专业知识的求知欲望促使他希望更进一步提升自己,以便更好的为医院和病人服务。他的努力为他争取到护联中心颁发的社会工作硕士学位奖学金。

许达焕表示,在社会服务领域里工作是一份荣耀,也是一份有意义的专业。

我们为他对医院和病人的付出鼓掌,并祝愿他学业成功。

### Congratulations to our Head of Medical Social Workers (MSW)

In a short span of less than three years, our MSW Head, John Koh, has excelled in his profession! His passion in working with the elderly and their families and his strong commitment in his job have led him to pursuing a Master of Social Work with the award of the SHMDP- ILTC (Social & Health Manpower Development Programme - Intermediate and Long Term Care) - Fellowship Scheme.

John shared that it has been a privilege to be able to work in the social service industry and it is fulfilling to be in a helping profession.

We applaud him for his passion and dedication in serving KWSH and wish him the best in furthering his studies.

John at the award ceremony with Director of Nursing  
许达焕与总护士长在奖学金颁奖礼

### Our People



# 广惠肇留医院发展计划

## KWSH REDEVELOPMENT PROJECT

**A place where Integrated Healthcare Services and Community Care meet.**

The redevelopment project will transform KWSH into an integrated nursing home and community hub in 2017.

(An artist's impression of the new KWSH building in 2017. 广惠肇留医院扩建设计概念)



A **new** Kwong Wai Shiu Hospital in 2017 will boast the following:



◆ **本地最大单址疗养院**  
**Largest single-site nursing home:** Total no. of beds will be increased from 350 to about 600



◆ **乐龄护理中心**  
**Senior Care Centre:** Doubling the number of patients served at current Day Rehabilitation Centre



◆ **中医服务及社区保健项目**  
**Quality TCM services** for the elderly and community health preventive maintenance



◆ **住院护理**  
**Inpatient Care:** Incorporating the Differentiation Wards for Neurology Care and Dementia Care

◆ **活跃社区中心**  
**Vibrant Community Hub:** To achieve this vision, KWSH will focus on community outreach and partnerships to provide:



社区扩展保健活动  
Outreach Events for the elderly and the community



医疗服务  
Medical Services



病例管理及社援服务  
Care Management and Social Support Services



慈怀护理及家援服务  
Hospice and Homecare Services



## A snapshot of our facilities and services that will be enhanced -

### KWSH Senior Care Centre (SCC) 乐龄护理中心

The centre comprises of a team of healthcare professionals including Physiotherapists, Occupational Therapists, Speech & Language Therapists and Nursing staff to provide geriatric care to 120 clients a day in the East Central region.



1. Day-Care Services  
日间托老服务

2. Day Rehabilitation Services  
日间康复服务

3. Dementia Care Services  
失智托老服务

4. Falls Prevention & Wellness Services  
防跌保健服务

5. Basic Nursing Services  
基本护理服务

### Ward Differentiation 病房分类

The main types of differentiation include:

- Neurology Care 脑神经科护理病房
- Dementia Care 失智症护理病房



**Intervention-rehabilitation** programmes to help our patients in their recuperation journey include:

- Goal directed therapy with advanced technology
- Ambulation training with multi-tasking techniques while walking
- Functional task training with self-care and instrumental activities
- Group therapy with socialisation and motor skills training

## Traditional Chinese Medicine (TCM) Centre 中医门诊中心

KWSH TCM aims to be a highly regarded TCM Centre for the elderly as well as the community by raising the quality of the services which will include general consultations, acupuncture, Tui Na, and specific conditions common in elderly.

To become a vibrant community hub, KWSH will focus on community partnerships and outreach.

Homecare 家援服务

## Community Partnerships 社区合作伙伴

KWSH will engage community organisations to operate within the redeveloped complex. With inputs from MOH, the following areas of services have been identified:

- Medical services
- Case management
- Home care
- Hospice and palliative home care
- Wellness programme
- Other specialised clinical services (eg. Dialysis)



Medical Services 医疗服务



Specialised Clinical Services (e.g. Dialysis) 洗肾服务

These community organisations will complement our expanded services of day rehabilitation, senior care centre and TCM clinic.

## Community Outreach 社区外展

KWSH will also focus more efforts in community outreach to benefit the heartlanders in the neighbourhood. Relevant community partners will also be brought into the KWSH integrated community hub to leverage on our services and facilities in a holistic environment.



Outreach Programmes by TCM and Rehabilitation Services  
康复和中医服务的推广方案



Partnering Schools for Community Programme  
与学校携手合办社区活动





Events supported by donors and volunteers 由捐助者与义工鼎力支持的活动

Part of our Community Outreach efforts will include reinforcing our **CARE** and **SUPPORT SERVICES** to enhance the knowledge and skills and well-being of all caregivers.

## CARE and SUPPORT SERVICES 关怀与扶助服务



### We need your support!

We hope to have your support in making this redevelopment a great success.

**For more information on how you can make a donation to Kwong Wai Shiu Hospital, please contact us at:**  
**KWONG WAI SHIU HOSPITAL** 705 Serangoon Road, Singapore 328127

• Email: [fund\\_raising@kwsh.org.sg](mailto:fund_raising@kwsh.org.sg) • Website: [www.kwsh.org.sg](http://www.kwsh.org.sg) • Tel: 6297 6250 Fax: 6295 8131

**Thank you for partnering us on this meaningful journey of caring for the sick and needy elderly.**