



关爱行动

It's Better To Give Than To Receive

When Lee Jia Min was 8 years old, her father brought her and her brother to visit the elderly at a home for the aged. They soon found friendship in one particular elderly and she would look forward to such visits every Chinese New Year, especially to see the elderly's face alit with joy.

When she turned 21, she could think of no better way to celebrate the occasion than by giving once again

to the elderly. "I wanted to learn how to give freely, unconditionally," she thought to herself.

Along with 30 friends, Jia Min put together a Chinese New Year celebration for about 50 elderly at KWSH, bringing to them the gifts of entertainment from traditional songs and Chinese orchestral music, food and hong baos. Such unusual birthday celebration marked the most memorable day in her life.

While most 21-year-olds would think of receiving on their birthdays, Jia Min chose instead to give. Through her good example, she not only learnt the lesson of giving for herself but also taught her friends and others that it is better to give than to receive.



Lee Jia Min (2nd from left) handing out hong baos to the elderly.
李嘉敏 (左边第2位) 分发红包于院友。

施比受更有福

李嘉敏8岁时, 父亲带她兄妹俩探访老人院。经过多次的探访, 与其中一位年长者建立了友情。从此, 每当农历新年, 嘉敏都会期盼去老人院, 再见这位年长者和蔼可亲的笑容。

步入21岁, 嘉敏觉得最佳庆祝生日方式是年长者分享欢乐。她心想, “我要无私的奉献, 布施我的爱心。”

今年的农历新年, 嘉敏和30位好友探访广惠肇留医院, 呈现一场歌唱表演给院友观赏。并分发礼物和红包于50位院友。这特殊的庆祝生日方式给嘉敏留下毕生难忘的人生回忆。

21岁的生日是接受亲友的礼物与祝福, 嘉敏却选择布施于他人。她的善举, 迁动了朋友的心, 体会到施比受更有福, 人生会更有意义。

医院对嘉敏的善行感到非常鼓舞与赞赏, 希望她能抛砖引玉, 感动更多年轻人伸出关爱之手, 把温馨带给更多的年长者。

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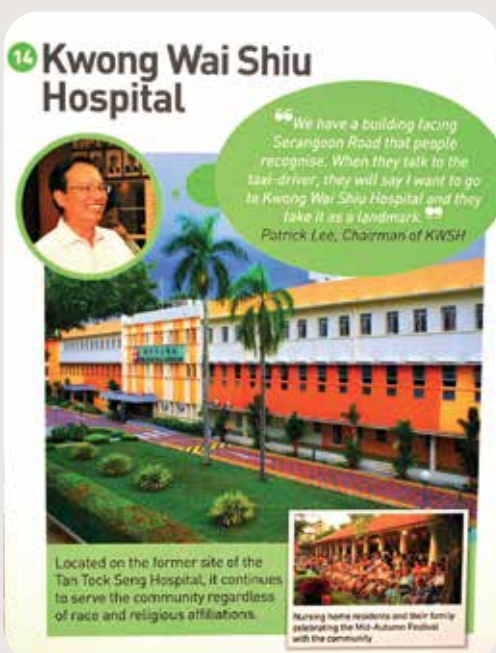
The amazing recovery of an 82-year-old client

While trying to get up from bed one morning, Mr Swee Lim Seng, 82 years old, had a fall and sustained a fracture in his right hip. After undergoing a hip screw implant, he could not use his right hip and leg for 6 weeks. Thereafter, he was referred to KWSH Day Rehabilitation Centre for rehabilitation.

After 5 months of rehabilitation, Mr Swee regained his mobility and is now able to cook for his family and commute around by public transport. Understanding the importance of health and wellness to seniors, he is still continuing with his wellness programme at the Day Rehabilitation Centre.

82高龄惊异的康复

某日，崔先生起床时不小心跌倒导致右臀部骨折。经过手术植入髋螺钉，6周内他不能使用身体右边部分。由于家中缺乏看护者，他被推荐到广惠肇留医院日间康复中心来进行护理治疗。经过5个月的护理治疗后，崔先生恢复了受伤前的行动能力。现在他不但能为家人烹煮，也能自行乘搭公共交通。经历了这段时间，他深深体会到健康的重要性，这促使他继续到日间康复中心进行护理保健。



KWSH showcased at the Draft Master Plan 2013 Exhibition

The heritage status of KWSH's Main Block was showcased at the Draft Master Plan 2013 Exhibition launched by the Urban Redevelopment Authority on 20 November 2013.

The building, which faces Serangoon Road, is easily recognized by people. It is commonly used as a landmark for the vicinity by members of the public.

2013草案总体规划展

市区重建局于2013年11月20日举办草案总体规划展，广惠肇留医院的文物建筑是其中展出的建筑物。医院在实龙岗路是众人周知的建筑物。很多人以医院作为界标，以便寻找附近的建筑物。

Corporate organisations bring festive cheer and love to our residents through their CSR activities at KWSH...



Abbott “turning Science into Caring” at KWSH

On 6 December 2013, the staff volunteers from Abbott Singapore held a Christmas celebration for our hospital’s residents. The volunteers put up an entertaining performance which included several popular songs in our local dialects. Abbott Singapore also sponsored a sumptuous buffet and a “Face Mask Changing” performance which had many residents enthralled.

We thank the Abbott staff for volunteering their time to bring wonderful moments to our residents during the Christmas season.

企业机构为院友带来节日欢乐

12月6日，新加坡雅培的员工为院友举办了圣诞庆祝会。员工们献上多首方言流行歌曲。也安排一场“变脸”表演。表演者手法灵巧，在短时间内变出多款面谱，博得院友不少掌声。雅培新加坡也赞助丰盛的自助餐给院友享用。

医院感谢雅培员工放下工作陪院友度过一个欢乐的下午，希望有更多的企业机构能加入，为社会有需要的年长者伸出援手。

A trip to Chinatown with HSBC volunteers

22 January 2014 – Our residents had a chance to experience the Chinese New Year mood during their afternoon trip to Chinatown.



Accompanied by HSBC volunteers, the residents got to do a bit of shopping at the Chinese New Year Bazar with some pocket money given to them.

汇丰银行义工陪院友逛牛车水年货市场

1月22日，院友在汇丰银行义工的陪同下，浩浩荡荡来到牛车水感染农历新年的气氛。琳琅满目的摊位令院友格外喜悦。个个忙着采购传统年货物品，满载而归。

医院感谢汇丰银行义工不辞劳苦，沿途无微不至的照顾院友，让他们感受外面世界的美丽。医院也希望有更多的企业机构能参与，为院友的生活增添欢乐。

Delightful Chinese New Year celebration

Many thanks to Microsoft and Dunman High School for their efforts in making the festive occasion an enjoyable and memorable one for the residents. They got to experience the festive mood at KWSH though they could not have such celebration at home with their family.

院友欢庆华人新年

非常感谢微软和德明政府中学的学生舞狮团为医院院友呈现愉快和难忘的新春节。他们虽然不能在家里与家人庆祝新年，但也能因此体验了华人佳节的气氛。



Traditional Lion Dance performance sponsored by Microsoft 由微软赞助的舞狮表演者

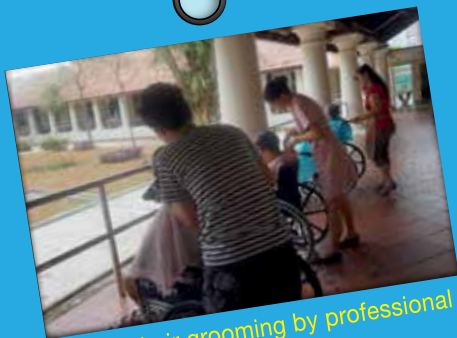


Entertainment by famous Getai singers
由著名歌台歌手呈现歌舞节目



Dunman High School Lion Dance Troupe greeted the residents from bed to bed in the ward. 德明政府中学的学生舞狮团与病房院友近距离互动

Some Of The Ward Activities By Our Volunteers



Regular hair grooming by professional hair stylists



A resident having a bedside card game

Befriending The Residents



A Befriender having a bedside chess game with a resident



Befrienders interacting with a resident in the ward



KWSH the Beneficiary of a Chinese New Year Auction by Kang Li Mineral Kingdom

On 7 February 2014, Master Lim of Kang Li Mineral Kingdom graciously put up a total of 6 pieces of crystal ornamental pieces for auction to his loyal customers. The auction raised \$20,000 and Master Lim kindly donated the total sum collected to KWSH. On behalf of our beneficiaries, we would like to thank Master Lim for his generosity and charitable spirit.

康丽水晶风水拍卖筹款

2月7日，康丽水晶风水的创办人林果昆师傅慷慨捐出6件水晶装饰物供拍卖。当天，他的忠实顾客为了慈善义举，个个不落人后，争相出价，总共为医院筹得大约2万元。医院非常感谢林师傅的仁心善举，造福医院的受益者。



KWSH's Donation Drive In The Community

KWSH's annual "House-to-House and Street Collection" programme commenced on 3 March 2014. This year, the fundraising team consists of 20 members. Each of them, bearing a permit issued by National Council of Social Service (NCSS), visit the various neighbourhood stalls, shops and industrial factories to appeal for donations.

“沿户募捐”活动

一年一度的“沿户募捐”活动，在3月3日拉开序幕。今年筹款团队拥有20名代表，将到邻里商店，熟食中心与工厂积极募款。他们都携带着国家福利理事会（NCSS）准证，方便捐款者查证。希望大家能慷慨解囊，支持医院的募捐活动。

KWSH Admin Caring Team organized festive celebrations for our residents

As part of the 'Admin Caring' programme, our administration staff volunteers organize monthly activities for the residents. In all the activities, the residents have enjoyed their interactions with our staff. It has been very rewarding for the staff to see the smiling faces of the residents at each activity.

Besides the tender care by the nurses, the residents have also enjoyed the love and care from the administrative staff. We continue to strive in our bid to provide compassion, charity and professional care services to the underprivileged elderly.

医院的行政员工爱心组

爱心组定期与院友的交流活动，获得院友积极的反应。每当佳节期间，组员与院友打成一片的画面，深深的触动每个人的内心。院友脸上发出的微笑，是组员最佳的回报。

在病房里，除了医务人员的细心照顾，爱心组的关怀是带给院友的精神粮食。通过爱心，善心和专业的医疗服务，是医院秉持的宗旨。



医院的行政员工爱心组同院友欢庆佳节



12 December 2013 – KWSH Admin Caring Team belted out Christmas songs in the garden compound.

12月12日，爱心组的成员在花园里和院友们一起做早操并献上多首圣诞歌曲。



6 February 2014 – During the Chinese New Year season, some team members toured the wards to greet the residents with mandarin oranges.

2月6日，爱心组的成员走访病房向院友们拜年并送上桔子，为病房增添佳节气氛。



Distributing CNY goodie packs to the elderly in Whampoa

On 27 January 2014, a team of administrative staff stepped out of the office to distribute some Chinese New Year goodie packs to the selected elderly from the

lower-income group residing in the Whampoa vicinity.

Led by our CEO, the staff visited several households to bring some

festive cheer to the elderly. Except for a few of them who were not at home, most of the elderly received the goodie packs with grateful smiles.



分发新年礼包给黄埔区里的乐龄人士

爱心组也把爱心带入社区，在总裁的带领下，组员走访黄埔区低下层的住户，分发新年礼包给贫困的乐龄人士。得知医院的探访，这些乐龄人士脸上都露出感激的微笑。组员都感受到院内与院外的年长者都需要大家的爱心与关怀，传播人间温情，爱心组加油！

Staff Wellness Activities



Bowling Competition 2013

On 14 Dec 2013, about 140 staff gathered at the Tessensohn Community Club for a bowling competition.

There were loads of fun on the Saturday morning as the staff, grouped into various teams, did their best in the game. Comaraderie and team spirit could be seen during the event, which also aimed to bond our staff closer to each other.

员工康乐活动 - 保龄球比赛

12月14日，约140名员工聚集在公务员俱乐部参与保龄球比赛，员工们被分配成不同的队伍。比赛期间，个个磨拳擦掌，各尽本能，队员都为自己的球队欢呼打气，希望击败对手。通过此活动，不但让员工们认识不同岗位的同事，也增进团队合作的精神。



Staff Dinner and Dance 2014

KWSH Staff had an exciting and enjoyable D & D night on 21 March 2014. The staff felt happy and recharged after an evening of fun and laughter in the good company of fellow colleagues.

员工晚宴

员工晚宴于3月21日假千禧楼举行。当晚节目高潮是最佳服装比赛，参赛的外籍员工都穿著各自国家的传统服装，展现出不同风格的一面，令人耳目一亮。紧凑的节目带给员工不少惊喜与笑声，大家玩得不亦乐乎。

Coming Up...

KWSH Caregiver Training Sessions (April – June)

To help caregivers enhance their skills in caring for their loved ones, we will be conducting the following classes:

广惠肇留医院照护者 培训课程 (4月 – 6月)

为了协助照护者提升照顾自己亲人的技能, 我们将会举办以下类别的课程:

Courses	Status
Basic Skills in Caregiving (For Caregivers) 基本护理技巧 (供照护者参加) Course Code: BSCCG01	English 25 – 26 Apr 14 (Fri - Sat) 9.00am to 5.00pm 英语教课 4月25 – 26 日(星期五与星期六) 上午9点至下午5点
Basic Skills in Caregiving (For Caregivers) 基本护理技巧 (供照护者参加) Course Code: BSCCG02	English 20 – 21 Jun 14 (Fri - Sat) 9.00am to 5.00pm 英语教课 6月20 – 21 日(星期五与星期六) 上午9点至下午5点
Basic Skills in Caregiving (For Foreign Domestic Workers) 基本护理技巧 (只限外籍女佣参加) Course Code: BSCFDW01	English 23 May 14 (Fri) 9.00am to 5.00pm 英语教课 5月23 日(星期五) 上午9点至下午5点
Basic Skills in Caregiving (For Foreign Domestic Workers) 基本护理技巧 (只限外籍女佣参加) Course Code: BSCFDW02	English 14 Jun 14 (Sat) 9.00am to 5.00pm 英语教课 6月14 日(星期六) 上午9点至下午5点
Basic Skills in Caregiving – Home based 基本护理技巧 (登门教课) Course Code: BSCHB	English / Mandarin weekdays 9.30am to 12.30pm or 1.30pm to 4.30pm 英语/华语教课 (星期一至星期五之间) 上午9点30分至中午12点 下午1点30分至下午4点

For more information, please visit our website: www.kwsh.org.sg
For enquiries, please dial 6422 1267 or email: care@kwsh.org.sg
欲知详情, 请点阅本院网站。
询问电话: 6422 1267 或电邮: care@kwsh.org.sg

Mother's Day (April - May)

4-5月

Show your appreciation for your mum this Mother's Day while supporting a good cause by ordering gifts or flowers from KWSH. Sale starts mid-April.

母亲节

向母亲表达感激之情同时为慈善出一份力, 请踊跃支持认购广惠肇留医院母亲节精品。精品于4月中旬开始销售。

Charity Concert (June)

6月

KWSH will be holding a Charity Concert on 14 June 2014, 7:30pm at Singapore Conference Hall with Singapore Chinese Orchestra (SCO). For more information, please contact Hock Seong at 6422 1279.

慈善演唱会

广惠肇留医院将在6月14日(星期六)下午7点30分, 于新加坡大会堂举办由新加坡华乐团呈现的“慈爱满狮城 慈善演唱会”。欲知详情, 请电64221259 (黄伟健)。

Mid-Autumn Festival
Celebration (August)

8月

To herald in the festive mood for the residents in KWSH, we will be organising Mid-Autumn Festival Celebration event in the month of August.

庆祝中秋

广惠肇留医院将在今年8月于医院的庭院举办年度中秋庆祝会, 把欢欣的佳节气氛带给我们的院友。

Charity Golf (October)

10月

As part of our fundraising effort, we will be organising our annual Charity Golf on 31st October 2014 at Tanah Merah Country Club (Tampines Course).

高尔夫球赛筹款

广惠肇留医院2014慈善高尔夫球赛将在今年10月31日在丹那美拉乡村俱乐部举行。

KWSH 104th Anniversary (November)

11月

KWSH will be celebrating its 104th Anniversary at the end of the year.

欢庆104周年

广惠肇留医院将在今年11月举办104周年庆典与社区关怀日。

104 Years