



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

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

KWSH Connect

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About 1,000 elderly participated at the Carnival
约一千名老年人参加嘉年华会

104 Anniversary and Community Day

At our 104th Anniversary Celebration on 8 November 2014, Mr Patrick Lee, Chairman of Kwong Wai Shiu Hospital (KWSH), declared the opening of the transitional facility to house the Day Rehabilitation Centre (DRC) and some administrative staff. This was to facilitate the next phase of the redevelopment.

In the midst of the redevelopment, KWSH is stepping up its services to cater to more elderly. In May this year, it had set up the Community Services department to provide home care services and caregiver training. There were about 255 home visits made by the Home Care team to date. It hopes to double its target number of clients by next year so that more needy elderly can age in place in the face of a bed crunch in nursing homes.

The fabulous carnival for the elderly would not have been a success without the support of many charitable individuals and corporate organisations, such as Hewlett Packard, RE & S Enterprises Pte Ltd, Rider Levett Bucknall, Comfort Delgro, etc. They had contributed a wide spread of fabulous snacks for the carnival as well as goodie bags for the participants.

We were also very thankful to the volunteer doctors and ophthalmologists from Singhealth and Singapore Women's Association respectively for the health checks for the elderly.



Board Directors touring the DRC at the new transitional facility
董事会成员游览新开的过渡设施

104周年庆典及社区关怀日

在2014年11月8日医院的104周年庆典及社区关怀日上, 广惠肇留医院主席李国基先生为刚建设好的过渡设施主持开幕仪式。此设施将容纳我们的日间康复中心以及一些行政办公室, 这移迁是为了便利扩建的下一个阶段工程。

在扩建当中, 本院也正在加紧增设更多的服务, 以照顾更多在社区里的老年人。今年五月, 我们成立了社区服务部门, 提供居家护理服务和照护者培训。居家护理团队至今已作了255次家访, 并希望明年能达到双倍的客户数量, 使更多有需要的老年人在自己的家中疗养和安享晚年。

今年嘉年华会的美食及游戏摊位, 都由许多善心人士和企业团体赞助, 如惠普、RE & S 企业私人有限公司、Rider Levett Bucknall 和康福德高等。此外, 当天年长人士也参加了由新加坡保健集团和新加坡妇女协会提供的免费健康检查。所有出席的年长人士都获得精美的礼包。



Paintings donated by three artists - Mr Chew Piak San, Mr Leong Chye Chye and Mr Loy Chye Chuan 三位知名艺术家 - 梁才才先生, 周壁珊先生及黎才专先生也捐赠了美丽的水彩画给广惠肇作拍卖筹款

Kind Generosity from the late Mr and Mrs Lee Ah Kee

Mr Lee Ah Kee was born in Singapore to poor immigrant parents from Guangdong, China, 1931. Despite crippling his left arm from a bomb injury at 14 years old during the Japanese occupation, he mastered his skill in mechanical repairs and worked till the age of 65.

As a childless couple, Mr and Mrs Lee led a very frugal and independent life. As a devout Buddhist, he desired to contribute to the natives of his province as well as the general public. Hence, subsequent to their demise in 2012, Mr Lee's sisters acted in accordance with the couple's wishes and donated a sum of S\$330k to KWSH.

We thank Mr Lee and his family for their trust and support for KWSH, and will do our best to continue serving the needy community.



The sisters of the late Lee Ah Kee presenting the S\$330k donation to KWSH

李亚基夫妇的捐款

李亚基先生(又名李华基), 广东新会人士, 于1931年在新加坡出生, 父母都是当时来自中国的移民。他因为在十四岁那年不幸被日军废置路边的炸弹炸伤导致左手残废, 伤愈后决心向机械维修发展, 成为一名维修技工并在此行工作数十年一直到六十五岁退休为止。

李先生与妻子熊福梅女士由于膝下无儿女, 所以一向生活非常节俭, 坚持要自食其力。李先生一生笃信佛教, 希望能够与同乡及大众结缘, 所以与妻子早已决定在死后将遗下房产捐给广惠肇留医院。2012年, 亚基先生与妻子相继去世。他的姐妹们在处理兄嫂产业事务后, 便按照李夫妇的遗愿将33万新元款项捐给医院以资助医院扩建计划。

在此, 我们感谢李亚基先生全体家人对广惠肇留医院的认同与支持, 医院将不负李亚基先生的期望, 努力为更多有需要的弱势群体服务。

Project CARE by Hong Wen School

On 2 October 2014, Hong Wen School celebrated Children's Day with a very meaningful programme at Kwong Wai Shiu Hospital (KWSH) - Project CARE "Children Actively Relating with the Elderly". Besides distributing goodie bags to the residents, the pupils raised a donation of \$2,400 out of their own school pocket money for KWSH. Such heart-warming gesture testifies of their charitable spirit.

"The aim of Project CARE is to enable our pupils to realise that they too can play a part in contributing back to the society meaningfully. We would like our pupils to have an enriching experience of celebrating Children's Day by sharing their joy with the elderly from Kwong Wai Shiu Hospital, our valued partner in the community. Respect and care for the elderly are two important values which we want to inculcate in our children." said Mr Poon Siow Leng, Principal of Hong Wen School.

宏文学校校长方小龙说, "关怀项目让我们的学生学习到, 他们也能以有意义的行动回馈社会。我们希望我们的学生能与广惠肇留医院的年长院友们一起庆祝儿童节, 和他们一起共喜悦和欢乐。尊重和照顾老人, 是我们希望能为我们的孩子灌输的两个重要的价值观。"



Gracing the event was Ms Low Yen Ling, Parliamentary Secretary for Ministry of Social and Family Development and Ministry of Culture, Community and Youth, and Mayor of South West District. 社会及家庭发展部兼文化、社区及青年部政务次长刘燕玲是关怀项目的主宾

宏文学校之关怀项目2014

10月2日, 宏文学校借庆祝儿童节参与了一项特别有意义的社区活动 - 把爱心和喜悦传给广惠肇留医院的年长院友。除了分发礼包给院友, 学生们也从自己的学校零用钱里, 筹集了总数S\$2,400元捐赠给医院。这种温馨的举动充分表露了他们的慈善精神。广惠肇留医院赞扬宏文学校在儿童节以这么有意义的活动来庆祝节日, 让学生们从小注入对社会的关怀和付出爱心。



A Homecare Nurse checking Madam Loo's blood pressure. 居家护士替罗女士检查血压

广惠肇留医院扩大走入社区计划

广惠肇留医院的社区服务包括为不能外出的年长者提供整体性居家医疗保健服务和为在家里照顾年长者的关怀者提供培训。

六月中，一队医院的行政职员到黄埔区里分发日用品礼包给一些低收入的乐龄人士。在那次社区活动中，工作人员探访了一位89岁的单身卢女士。当时卢女士的腿已经非常虚弱，须用有轮子的办公椅在家中移动。

因此，关怀队们建议卢女士使用适当

Care Goes Beyond KWSH

The Homecare services were started in June 2014 to cater to the needy homebound elderly living in the Whampoa and Kallang vicinities. KWSH's holistic homecare services include the following aspects – medical care, nursing, rehabilitation therapy and home help.

During a community outreach in Whampoa, the staff visited Madam Loo Ah Soo, a 89 year-old single lady who lives with her brother. The Homecare team found out that Madam Loo's legs were very weak and she had been moving around in her house using an office chair with castor wheels.

Besides advising Madam Loo on the appropriate mobility aids to use, the team managed to coax her to take a health assessment with our house-call doctor. Madam Loo had very low red blood count and was at the risk of losing consciousness at any time. She was quickly hospitalised for a blood transfusion and further medical assessments to rule out any internal bleeding. Currently, a physiotherapist from KWSH visits her weekly to help her gain physical strength in her legs.

Ms Loh, the adopted daughter of Madam Loo, was very thankful to the KWSH homecare team for attending to Madam Loo. Previously, she had resisted visiting any doctor and was not keen on improving her physical mobility. But with the care from the homecare team, she is now much more motivated to improve her health condition by participating willingly in the physiotherapy programme.”

的行动辅助器材，并劝她做健康检查。从居家关怀服务医生的检验中发现卢女士有非常低的血红细胞，且会有任何时候失去意识的风险。她很快被安排住进了医院进行输血，并做进一步身体检查，以排除有无内部出血。

目前，医院的物理治疗师会每周一次到她家中为她做一些增强腿力的运动。卢女士的养女，非常感谢广惠肇留医院的居家关怀团队，她说：“以前她曾拒绝过看医生，而且不热衷于任何活动。但是自从得到居家关怀队的关心后，她现在更积极参与物理治疗，以改善她的健康状况。”

Home-based Training for Caregivers

A few months ago, Madam Iris Ho approached the KWSH Community Services to provide Caregiver Training for her two domestic helpers at home. Both her helpers have been caring for her mother, who is a stroke patient. Madam Ho felt that the training had not only improved their caregiving skills but also their attitude and manner in tending to her mother.



Two Foreign Domestic Workers attending a Caregiver Training session at their employer's home
两位外籍女佣在雇主家中参与关怀者训练课程

Madam Ho commended the team for offering such a training programme to caregivers, “They are both now able to collaborate with each other and will always make it as their priority task to care for my mother.” She also looked forward to more skills enhancement courses for her helpers in the future.

在家培训关怀者

几个月前，何女士联络了社区服务部门，请他们为她的两位家庭女佣提供关怀者培训。她的女佣需要一直照顾她的中风母亲，培训不但提高了他们的照顾能力，而且也更加改进她们和她母亲相处的方式。

何女士赞许广惠肇留医院提供这样的培训，以照顾病者，“他们现在能够互相协调，并且优先照顾我的母亲。”她也期待以后会有更多的培训课程，提升女佣的看护能力。

Rehab Programme for a stroke patient

The Neuro Rehabilitation Programme was piloted by our multidisciplinary team of healthcare professionals in November 2013 to help residents who have suffered neurological deficits gain functional improvement. Assessed to have rehabilitation potential, Mr Foo Said See, a 74-year-old stroke patient, was selected to participate in the programme.

Before treatment, Mr Foo was on nasogastric tube feeding and required a lot of assistance for his mobility. He was also not able to sit up and maintain his sitting posture. However, after 6 months of intensive work with a speech therapist and various other therapists, Mr Foo is now not only able to sit up to eat but also able to ambulate himself in a wheelchair.

Benjamin Lim, Senior Occupational Therapist of KWSH, shared, "The rehab programme is a collaborative effort of the rehab team. It provides holistic treatment to help the client achieve optimal physical recovery. It is very encouraging to see our teamwork efforts bring favourable outcomes to the residents."



Mr Foo seated up having his meal at the table
符先生坐着吃饭

患者康复计划

自2013年11月起，医院的多学科专业团队推出了神经康复项目试点计划，以帮助那些有神经功能障碍但被评估为有康复潜力的院友。其中一位参与该康复项目的是74岁的中风病人符策书先生。

刚入院时，符先生须靠鼻胃管进食，并需要众人的协助来移动或坐起来。然而，经过6个月的语言治疗和其他各种物理治疗后，符先生现在不仅能够坐起来吃饭，还能够依靠轮椅走动。

广惠肇留医院康复中心的高级职能治疗师林伟铭，分享：“这项康复计划是康复团队努力合作的成果。它提供了全面化的治疗，以帮助院友实现最佳的体力恢复。能够这样有效益的结果，确是非常令人鼓舞。”

Providing Respite To Those Who Care

Since 14 October 2013, KWSH has been offering respite care as one of our inpatient care services. The clients came to us mainly due to reasons such as the primary caregiver being away (i.e., foreign domestic worker goes on home leave, family members are away on vacation) or when there are some disruptions to their living environment such as due to renovations.



Madam Lim with her caregiver, Khamla, after her respite stay at KWSH
林女士和她的照护者

Madam Lim Ah Heoh, 94 years old, was admitted to KWSH for respite care on 4 February 2014 when her caregiver was away on home leave. Madam Lim is bed bound and requires full assistance in her daily living activities. Her care also includes nasogastric tube feeding and regular turning to prevent pressure sores.

Madam Lim's daughter, Ms Tan Pheok Poh, commended the nurses for their dedicated care. She shared, "I am impressed with the alertness and clinical knowledge of KWSH's nurses. They were also cheerful and friendly despite their demanding work schedule."

提供照护者缓解机会

自2013年10起，医院开始提供暂托护理，以服务那些短暂时间没有自己的照护者照顾的人士。他们主要是由于照顾者暂时离开度假，或者当有一些干扰到他们的生活环境，如因装修工程等等。

94岁的林女士是其中一位住入疗养医院接受暂托护理。林女士是位卧床病人，须要照护者帮忙照顾她的日常生活，也包括鼻胃管喂食，并定时翻身以预防褥疮。

林女士的女儿赞扬看护她母亲的护士们。她分享说：“护士们的机敏和临床知识给我留下深刻的印象。同时，虽然她们拥有苛刻的工作日程，她们还是很开朗和友好。”



KWSH Chairman releasing a 'Kong Ming' lantern into the sky
 广惠肇留医院主席李国基先生昇放孔明灯



Residents, including some bed-bound ones, immersing in the festive joy of the night
 院友们,坐着、躺着,都沉浸在当晚的喜庆欢乐

“点燃一盏灯,温暖一颗心”中秋庆祝晚会2014

中秋节是一个象征团圆的传统节日。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2014年8月30日举办一场特别的中秋庆祝会。

今年我们也第一次安排了一些未能起身走动的院友,卧床参加这户外庆祝会,让他们感受中秋节的气氛和乐趣,积极的融入活动,不与社会脱节。今年103岁的梁见好女士是庆祝会里最年长的院友。她的儿子和我们分享,“很高兴广惠肇留医院能够组织这样的活动,让老年居民在特别节日里团聚庆祝,感受佳节的乐趣。”

另一位75岁的院友陈深美先生,今年身体状况不适合坐轮椅外出,他很庆幸和珍惜当晚仍然能够在庭院里卧床赏月及观看表演。他的家人也一起到来与他庆祝中秋,使那天晚上更快乐与难忘。

Mid-Autumn Festival Celebration 2014

Embracing the tradition of celebrating family reunions during the Mid-Autumn Festival, KWSH organised a heart-warming and enjoyable evening for our residents on 30 August 2014.

This was the first time that some of our bed-bound residents were able to join in the celebration. Some nursing beds were moved out into the garden compound so that these bed-bound residents were also able to immerse in the festive joy with the other residents on wheelchair.

Madam Leong Kin Hoh, who is 103 year old this year, was the oldest resident who joined in the celebration. One of her sons shared, “It is very good of KWSH to organise such an event to make the elderly residents happy especially on such festive occasion.”

Mr Tan Chin Mui, a 75-year old resident who used to go out on a wheelchair in the last few years but unfortunately had to be bed-bound this year, was in high spirits when he was escorted to the garden on his bed. Some of Mr Tan's family members also came to join him for the celebration and made the night even more joyous for him.



Mr Tan smiling happily with his family around him
 陈先生满脸笑容和家人一起庆祝中秋



KWSH Charity Concert 2014 – 慈爱满狮城慈善演唱会

慈爱满狮城慈善演唱会2014

2014年6月14日, 广惠肇留医院与新加坡华乐团 合作举办慈爱满狮城慈善演唱会, 为医院及其扩建项目筹款。

演唱会主宾是总理公署部长、环境及水源部兼外交部第二部长傅海燕女士。医院很荣幸邀请到新加坡首位在80年代打入台湾华语流行乐坛的著名歌手邓妙华小姐为演唱嘉宾。

KWSH Charity Concert 2014

KWSH Charity Concert 2014 – 慈爱满狮城慈善演唱会 was organized by Kwong Wai Shiu Hospital (KWSH) in collaboration with the Singapore Chinese Orchestra (SCO).

Gracing the event was Ms Grace Fu, Minister, Prime Minister's Office, Second Minister for Environment and Water Resources and Second Minister for Foreign Affairs. The Guest Artist for the night was Ms Maggie Teng, Singapore's first Mandopop export to Taiwan in the 1980s.



The donors did a good deed while enjoying a short cruise onboard SuperStar Gemini.

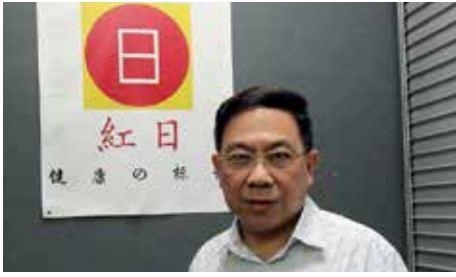
捐赠者在享受双子星号邮轮时, 也做了件有意义的善事。

Cruise For A Cause

The KWSH Charity Cruise was made possible by Star Cruises that donated to the hospital a number of cabins for the 3-day-2-night cruise to Malacca on the SuperStar Gemini.

丽星邮轮慈善游

丽星邮轮携手广惠肇留医院举办爱心慈善之旅, 丽星捐赠了好些 '3天2夜马六甲游' 的船票助医院筹款。



Mr Steve Lim, MD of RedSun Singapore Ltd.
红日新加坡有限公司董事经理林汉池先生。

Radio Telepoll Donation

KWSH is very grateful to RedSun Singapore Ltd for sponsoring a radio telepoll donation programme on FM 958. Hear what Mr Steve Lim, Managing Director of RedSun, says about the donation drive.

Share with us why you help KWSH in fundraising

"In the past, I had always thought that KWSH was a privately-run medical institution until I came to know from a newspaper advertisement in 2010 that it is a charitable hospital with more than 100 years of history. At that time, I started having an inexplicable desire to help raise funds for the beneficiaries. Hence, since 2011 I started co-organising the radio donation programme with KWSH and the recent one is our third collaboration."

Are you satisfied with the results of this radio telepoll donation?

"It's quite satisfying to see such results (about S\$200k raised) through lower advertising and production costs in the radio fundraising programme, as compared to higher costs through television. Moreover, many listenership had also been captured through such recent publicity. I believe that this will lead to more listeners making donations to KWSH in the future, and we should be able to raise even more in the radio telepoll fundraising next year!"

电话热线慈善筹款活动

医院十分感谢红日新加坡有限公司赞助广播电台958电话热线慈善筹款活动。以下是红日董事经理林汉池先生对这次筹款活动的一些看法及感受。

谈您为广惠肇留医院筹款的因缘

"对于广惠肇，一直以为它是私人开办的医院，并不知道是一间慈善医院，可能是平时很少在媒体上做宣传，无法让更多人晓得。我是在2010年，在报章上看到广惠肇医院刊登的广告，才知道它是慈善医院，而且已有100年的历史。在那时，就有一股莫名的感动，很想看看有什么地方，可以帮帮它筹款，因此，通过某家电台，在2011年，第一次为广惠肇主办筹款活动，今年已是第三次的电台筹款活动了。"

您对这次电话筹款的成绩满意吗

"由于很多电话热线的慈善筹款活动是通过电视台主办，制作费较高而通过电台所付出的制作广告费，能筹到如此成绩，是相当满意，而且也把广惠肇的需要，向广大听众宣传，相信未来会吸引及打动更多的捐款者，向广惠肇做出捐款，也更有信心在明年的电台电话筹款活动，将会筹到更多。"

Benjamin clinched two awards!

— the SAOT Inspiring Clinical Supervisor award and ILTC-SHMDP award

Apart from winning the 'Inspiring Clinical Supervisor' award from the Singapore Association of Occupational Therapists, Benjamin Lim, Senior Occupational Therapist at our DRC, has also been awarded the Social & Health Manpower Development Programme-ILTC (SHMDP-ILTC) for a Master degree programme in clinical rehabilitation. Kudos to him!

高级职能治疗师林伟铭荣获两个奖项

我们的高级职能治疗师林伟铭，除了获得新加坡职业治疗师协会颁发的“启发临床导师”奖外，也同时获得“社会及卫生人力资源发展计划 - 中长期护理奖学金计划”奖，供他到澳大利亚进修临床康复硕士课程。



Benjamin Lim at the SHMDP-ILTC award ceremony
林伟铭获得“社会及卫生人力资源发展计划 - 中长期护理奖学金计划”奖

KWSH *Our People* Connect



Jacqueline receiving the award
黄风玲获得中长期护理服务质量银奖

The ILTC Excellence Service Quality Awards (Gold/Silver)

The above award recognises the outstanding service and contributions of staff to their organisations in the ILTC sector. This year, Ms Wong Foong Ling Jacqueline, Therapy Assistant of DRC, is the proud winner of the Silver Award. Congrats, Jacqueline!

中长期护理服务质量奖

我们祝贺黄风玲（治疗师助理）获得中长期护理服务质量银奖。该奖项是为鼓励优秀的医疗服务人员对他们的机构的贡献。



DRC team with the winning poster
康复中心职员参加互联中心举办的海报竞赛

ILTC Quality Festival 2014 Poster competition

We congratulate the team who put in their team effort into creating a poster on "Person Centre Care - 'From the eyes of an elderly'". The poster came in as one of the finalists for the poster display at the recent ILTC Quality Festival 2014. The Poster competition is a platform for all ILTC organisations to showcase their Quality Improvement Projects and initiatives.

我们也祝贺康复中心入围护联中心举办的海报竞赛。参与海报构想及设计的职员创造了一个关于提高康复中心服务效力的海报, 名为“年老人士眼里的个人照顾服务”。此项竞赛为中长期医疗护理组织提供一个展示他们对质量改进的项目和创意的平台。



Nurses' Day Celebration 2014

On 01 August 2014, KWSH held a celebration to appreciate the hard work and commitment of all our nurses.

The highlight of the celebration was a skit put up by the management. Specially directed by our CEO, the skit brought a lot of laughter and amusement to everyone.

护士节2014

2014年8月01日, 广惠肇留医院举行护士节庆祝活动, 感谢所有护士的辛勤工作和付出。

庆典的高潮是由管理层们, 在我们的总裁特别指导下, 为大家呈现了一小特别有趣的戏剧小品, 为大家带来了许多欢笑和娱乐。



The African boys entertained the residents with songs in Hokkien, Cantonese, Mandarin and English
由来至Amitofo中的四位极有才华的非洲男生为院友呈现一些流行歌曲

National Day Observance Ceremony

On 8 August, KWSH's administration staff and some residents gathered at the event hall for the National Day Observance Ceremony.

After singing the national anthem and reciting the Singapore Pledge, the staff and residents together watched a very entertaining song performance put up by four very talented teenage African boys from Amitofo Care Centre (a centre that cares for orphans of Africa within the humanitarian and educational umbrella).

国庆敬礼2014

8月8日, 广惠肇留医院的执行人员和一些院友聚集在大礼堂为国庆敬礼。

除了齐唱国歌和宣读国家信约外, 执行人员和院友一起观赏了由来至Amitofo中心, 四位极有才华的非洲男生呈现的英语, 华语, 广东和福建歌一些流行歌曲。