



The Cheong sisters were happy to be residing with each other again in Jan 2015.

感情丰厚的姐妹花很高兴能够住在一起

Sisters Reunited at KWSH



104-year-old Mdm Chong Ah Khew and 99-year-old Mdm Cheong Mui have been inseparable for decades. In 2013 when the elder of the two, Ah Khew, became physically weak and had to be admitted to KWSH, Cheong Mui was left alone at home, separated from her elder sister.

After a few falls at home, Cheong Mui underwent surgery and was admitted to Lions Home for the Elders for

recuperation. Towards the end of her stay there in December 2014, she expressed her wish to stay close to her elder sister at KWSH. At the same time, KWSH's nursing staff (who had been caring for Ah Khew) proposed to bring Cheong Mui over to KWSH so that she could be reunited with Ah Khew, who missed her younger sister dearly.

KWSH then facilitated Cheong Mui's admission to KWSH and even arranged for her to be placed alongside Ah Khew. In January 2015, the Cheong sisters were happy once again as they enjoyed each other's company, especially during meal-times and rehabilitation sessions.

They had their last Chinese New Year reunion celebration together in KWSH with some corporate volunteers who graciously organized the happy occasion. The nursing staff also developed a deep bond with the two lovely sisters. When Ah Khew passed away on 19 February 2015, some nurses even participated in the funeral rites and gave the younger sister all the emotional support she needed.

The time they spent together at KWSH might be short, but it was indeed a joyful reunion for them. "I am thankful that I could be with my sister during her last days here at KWSH. I am happy that her days were filled with peace and love from being in a caring environment," said Cheong Mui.

姐妹花重逢于 广惠肇留医院

104岁的钟亚娇和99岁的钟梅是对形影不离的姐妹花。在2013年,当姐姐钟亚娇身体变得虚弱并住入本院后,钟梅只能独自留家里想念她姐姐。

钟梅在家中跌倒数次后,不得不接受手术,并留在狮子之家疗养。后来,她表示很想与她的姐姐住在一起。在同一时候,广惠肇留医院负责照顾钟亚娇的护理人员提议把钟梅转介到这里来和一直深切思念妹妹的钟亚娇团聚。

本院于是帮助钟梅住入留医院的手续,甚至还安排她在姐姐旁边的床位。两姐妹花自重逢后都比以前开心多了,两人无时无刻都在彼此的陪伴下,用餐和进行物理治疗。医院的护理人员也与两位姐妹结下了深厚之缘。

一班企业志工者于2015年2月17日,慷慨地为院友们举办除夕团圆饭,姐妹俩也在当天一起度过。遗憾的是两天后,亚娇于2015年2月19日去世,几位照顾她的护士还参加了她的葬礼,并给妹妹所有精神支持。

姐妹俩在医院里一起度过的时间虽不长,但那确实是个欢乐的团聚。钟梅说:
“我很高兴姐姐能在一个充满爱心的环境中享受安宁与备受爱护的日子,也很庆幸可以和姐姐在一起渡过她最后的时日。”



Mr Tan Chwee Beng doing rehab therapy with an Occupational Therapist
职能治疗师为陈水明先生作康复治疗

Restoring Mobility Functions using Rehabilitation and TCM Therapy

Since 1986, Mr Tan Chwee Beng, aged 62, was diagnosed with cervical myelopathy and underwent his first surgery. After his second surgery in 2007, he was referred to KWSH Day Rehabilitation Centre. He was then experiencing pain in his neck and shoulders, together with weakness and numbness his limbs, thus affecting his mobility and activities of daily living.

(Cervical myelopathy is a chronic degenerative disease which can occur at any age, with higher occurrence rate in people aged above 40 years. Treatment takes longer and symptoms may relapse after treatment. The symptoms include pain on the neck, shoulders, arm and chest; numbness in the arms, muscle degeneration, and even paralysis of the limbs.)

At the beginning, Mr Tan was very depressed at knowing that his condition will progressively deteriorate and its recovery would hence be very slow. However, he persevered in his rehabilitation, coupled with TCM treatments. He went through various forms of intensive training, such as for ambulation, muscle strengthening and fine motor skills, to restore his physical ability for activities of daily living. His TCM treatments include acupuncture, moxibustion* and Chinese herb prescriptions, to further restore his physical strength by improving his blood circulation and reducing rheumatism/arthritis. Such integrated interventions have led to vast improvements in his health despite its slow recovery pace.

He has now regained his functional ability and experienced less numbness in his limbs. He is also able to walk for about 300 metres without a break.

We admire Mr Tan's perseverance and trust in our rehabilitation and TCM services. Mr Tan's next goal is to be able to walk from his home to the nearby coffee-shop to have tea with his friends. We will continue to do our best to help him achieve his goal.

* Moxibustion is a traditional Chinese medicine technique that involves the burning of mugwort, a small spongy herb, to facilitate healing.

中医与物理复健结合治疗改善日常活动功能

62岁的陈水明先生于1986年被诊断患上脊髓型颈椎病而动了一次手术。他于2007年动了第2次手术后到本院日间康复中心及中医门诊中心接受结合治疗,当时他颈背疼痛,上、下肢乏力,手指发麻,行走困难,大大影响了他的日常起居及饮食自理能力。

(按:脊髓型颈椎病的特点:属慢性退化性疾病的范畴,可发生于任何年龄,40岁以上的中老年人发病率较高,治疗时间较长,治疗后极易复发等特征,临床常表现为颈、肩臂、肩胛上背及胸前区疼痛,手臂麻木,肌肉萎缩,甚至四肢瘫痪等。)

起初,陈先生知道患此慢性退化性疾病,其复原进度将会因而缓慢及反覆而感到沮丧。所幸他仍坚强持续地在广惠肇进行复健运动并结合中医治疗。他经历了各种康复机能训练,帮助他恢复了日常生活功能的活动能力。中医治疗方面,主要包括针刺,艾灸及中药处方,以改善血液循环,祛风湿和强筋骨等,进一步加强了他的体力。这种不间断的综合性治疗和调理不仅使颈椎功能不继续退化,反而逐渐改善了他的健康状况。

现在,他的手脚活动功能恢复显著,麻痹的情况也有所改善。并可以使用步行架在室内连续步行300米。

我们钦佩陈先生的毅力和对本院日间康复中心及中医门诊中心的信任,陈先生的下个目标是自我步行到邻里咖啡室跟朋友喝茶聊天,我们将会竭尽所能协助他完成目标。



A patient undergoing acupuncture treatment
病人接受中医治疗

Acupuncture Therapy Improves Paralytic Conditions

After a head injury in April 2014, Mr Ng SC, aged 82, was in bedridden condition, had slurred speech symptoms and was cared for using tube feeding and urinary catheterization.

From an educational talk at KWSH TCM centre in August 2014, Mr Ng's daughter found out about the healing potential for paralytic conditions using acupuncture treatment. The family then sent Mr Ng to the centre for TCM therapy.

Mr Ng went through acupuncture therapy twice a week since 11 Sep 2014. After a month of therapy, Mr Ng was able to consume porridge through oral feeding. And almost a month later, he did not have to use the urinary catheter and was able to lift both hands more easily.

Mr Ng's son, Mr Ng H K, shared, "With improvements in his health conditions, my father is feeling much better and happier now. He has also started taking his favourite duck rice since mid December 2014"

"The principle of the acupuncture therapy is to stimulate acupuncture points on meridians along the throat & genital region. This helps to facilitate and regulate blood circulation, thereby improving the functions of the throat & urinary system," said Dr Liauw S L, Chief Physician of KWSH TCM Centre.



Mr Ng H K accompanying his father to KWSH TCM clinic.

黄宏强先生陪伴他父亲到广惠肇留医院中医门诊中心

应用针刺复健疗法改善瘫痪病人的体质

黄思剑先生, 82岁, 自2014年4月跌倒脑部损伤后身体瘫痪, 四肢力弱, 语言不清, 靠鼻饲和导尿管过活。

黄先生的女儿从本院2014年8月举办的公众教育讲座中知悉针刺疗法对瘫痪病具治疗潜能, 便安排他到本院中医门诊中心接受针刺治疗。

自2014年9月11日开始, 黄先生每星期进行2次针刺治疗。经过1个月的治疗后, 黄先生已无需靠鼻饲进食, 可口服粥餐。治疗近2个月时, 黄先生不再依赖导尿管小便。除此, 黄先生的双手臂上举较以往自如。

黄先生的儿子黄宏强分享: "自病情改善后, 我的父亲深感舒适且比较开朗, 并在2014年12月中旬开始进食他青睐的鸭饭。"

广惠肇留医院中医门诊中心主理兼顾问医师, 廖秀莲博士说: "针灸治疗原则取决于经脉所过, 主治所及以促进血液循环并加强咽部及生殖器官的功能从而解除吞咽与排尿障碍。"

Lim Family Grateful to KWSH Homecare Team



KWSH homecare nurse briefing Ropiah on wound dressing items

居家护理护士为Ropiah介绍伤口敷料品

Mr Lim Ee Sin, aged 90, had been wheel-chair-bound for several years ever since he suffered a stroke and hip fractures due to a fall. One weekend in May 2014, his regular home nursing service was not available to Mr Lim. Hence, the KWSH homecare team was called upon to train Ropiah, the domestic helper who was the main caregiver of Mr Lim, in caregiving skills.

Thereafter, the homecare nurses continued to make regular home visits, between May and December 2014, to help

Mr Lim manage his skin sores and wounds. During each visit, the KWSH homecare nurse would recap with Ropiah the wound care procedures and to also explain the uses of the various wound-dressing products so that the helper would be more confident in caring for Mr Lim. Both Ropiah and Mr Lim's wife had often mentioned that they were happy with the team's services.

Unfortunately, Mr Lim passed away in December 2014 due to severe pneumonia. The Lim family was very appreciative to the KWSH homecare team for its dedication and care towards Mr Lim prior to his demise.

"I really appreciate what the KWSH Homecare team had done for us. They often went the extra mile in caring for my late father-in-law. They were not only excellent in wound management for my father-in-law, but also responded promptly to our emergency requests. The good caregiving skills imparted to our helper had also enhanced her competence in caregiving," said Ms Susan Fong, daughter-in-law of Mr Lim.

林府感恩广惠肇的居家护理服务

90岁的林先生因中风和髌部骨折后就一直依赖轮椅好些年。在2014年5月中的某个周末, 林先生因之前的指定居家护理团无法到林先生家中看护, 因此, 找来了广惠肇留医院的居家关怀团为他的主要照护者, 女佣Ropiah提供关怀训练。

此后, 居家护理人员定时于5月至12月间到林先生家里为他护理皮肤溃疡及伤口。每次访问期间, 护士都与Ropiah复习伤口护理步骤, 还解释了各种伤口敷料的用途, 让助手更有信心照顾林先生。Ropiah和林太太经常提到, 他们很高兴团队的服务。

林先生不幸于2014年12月因严重肺炎而去世。林府全家人非常感激关怀团队对林先生无微不至的照顾。

"我真的很感谢广惠肇留医院的居家护理服务。岳父生前获得他们非常用心地照顾, 他们不仅很有效率的为我的岳父处理伤口, 也迅速回应我们的紧急请求。他们很好的培训我们的女佣, 增强了她照顾我岳父的能力。" 林先生的媳妇方女士说。

Celebrating Volunteerism

Kwong Wai Shiu Hospital (KWSH) held a special event on 6 December 2014 to celebrate the spirit of volunteerism.

For more than a century, KWSH has been able to provide professional care for our residents and clients, and now our beneficiaries have enriching lives all due to the unwavering support and priceless contributions of our volunteers.

More than half of the volunteers have served KWSH for more than 5 years. Amongst them were two veteran volunteers, Mr Chin Chon Shin and Mdm Lee Ah Phee, who have volunteered with us for more than 30 years. Mr Chin, a retired school principal, regularly visits our residents who always look forward to meeting him to share about their joy and misery. Mdm Lee, who is in her 80s, is another befriender of KWSH. She not only volunteers regularly but would also mobilize her own group of seniors to organize various activities that bring joy to our residents.

KWSH is also grateful to Prof Chia Chay Puay, Mr Ngoh Tian Lock and Ms Wong Siok Khun who have tirelessly served at our TCM Centre for 10 years. With their many years of experience, they have mentored a few hundred new physicians at the centre. Together with 70 other volunteer physicians, their valuable contributions have helped our centre build a good foundation for future growth and development.

广惠肇留医院志工答谢晚会

2014年12月6日，广惠肇留医院配合国际志愿者日举办了志工答谢晚会。

广惠肇留医院今日能交出亮眼的成绩及获得社会的认同，所有志工们坚定的热心支持和贡献，功不可没。

出席晚会的200多位嘉宾当中，包括了医院的义务董事。超过一半的志愿者，服务都超过5年。本院特别赞许服务超过30年的陈銓盛先生和李亚扁女士。陈先生是一位退休的校长，年近80岁，目前还持续定期探访我们的院友。院友们都很期待与他相聚，和他分享喜悦和烦恼。年过80的李亚扁女士，也是我们的另一个乐龄之友。她不但自己定时志愿服务，也常出动乐龄知交好友一起组织种种活动为我们的院友带来欢乐。

我们也特别感谢谢斋培教授、吴添禄师父和黄淑勤医师，三位都在广惠肇留医院中医门诊中心志愿服务了10年以上。凭借他们多年的经验，他们在该中心指导过几百个位新进医师。他们三位以及其他70位志愿医师，都为我们的中医中心打造了良好的基础，促进未来的发展潜力。



From left: KWSH CEO, Mdm Lee Ah Phee, Mr Chin Chon Shin, KWSH Chairman
(从左一) 医院总裁, 李亚扁女士, 医院主席, 陈銓盛先生

Makan Project at KWSH DRC Samsui Supplies & Services 赞助膳食

Samsui Supplies & Services launched its Makan Project on 2 December 2014 as a CSR initiative to serve 30,000 meals to disadvantaged groups across Singapore. The menus were specially designed and the food was cooked in small, restaurant-style portions by Samsui's chefs.

The charitable group came to KWSH Day Rehabilitation Centre (DRC) to whip up delicious western lunch for the DRC clients. All the clients enjoyed delicious food in Christmas ambience set in fine-dining style specially created to suit the Western cuisine.



KWSH Asst. CEO (1st from left) with representatives from Samsui Supplies & Services
医院助理总裁（左一）和Samsui Supplies & Services的职员

Samsui Supplies & Services从2014年12月2日起，为启动企业社会责任精神，推出了Makan项目，承诺提供30,000份膳食给弱势群体。餐馆式的膳食由Samsui的厨师精心设计。

该慈善的团队于2014年12月2日来到本院的日间康复中心，为中心的客户准备精致的西餐。所有的人都在圣诞节的装饰气氛下，享用美味的佳肴。



Set lunch specially created by Samsui chefs
厨师精心设计的套餐



Seniors at Day Care Centre enjoying Christmas luncheon
日间护理中心年老客户享用圣诞午餐

Companies bring festive cheer to KWSH residents 企业公司带给院友佳节欢乐



Mr Ludwig Reichhold, Managing Director of Dragages Singapore, handing out Christmas gifts to the residents.
宝嘉总裁分派圣诞礼品给院友

Christmas Celebration by Dragages Singapore on 23 December 2014

宝嘉于2014年12月23日为医院院友举办圣诞庆祝活动。



Staff of Dragages entertaining the residents with Christmas hits.
宝嘉的职员为院友表演圣诞歌曲

Christmas Goodies from Vantage Automotive

东风标致



Delivery of Christmas goodies to KWSH in a fleet of Peugeot Cars
由东风标致轿车载送圣诞礼品



Other Celebrations



CNY Celebration at KWSH - with Microsoft volunteers and Dunman High School Lion Dance Troupe
微软的志愿者和德明中学舞狮团为院友欢庆农历新年



CNY garden celebration by Institute of Fengshui Bazi Pte Ltd
风水八字协会为院友主办庭院庆祝活动



'KWSH Family' Celebrates Chinese New Year

We greatly appreciate the kind generosity of QSS Safety Products (S) Pte Ltd and Pico Electronics (S) Pte Ltd who kindly organized a Chinese New Year celebration for KWSH residents on 17 February 2015. It was a marvelous celebration for our residents, most of whom could not go home to have reunion gathering with their families at home.

The residents smiled happily when they were greeted by mascots, dressed as a Goat and a Panda Bear, and 'Fortune Gods', all presented by the senior management staff from the two sponsoring companies.

One group of residents basked in joy while enjoying the traditional Chinese festive music and delicious Chinese dishes at the event hall. Other residents who could not join in the celebration at the hall had premium fish porridge in their wards. All faces shone with happiness and gratitude when the 'Fortune Gods' went around greeting them with Mandarin oranges and Ang Baos.

'广惠肇大家庭' 庆祝农历新年

我们非常感谢郭瑞成（新）私人有限公司及匹克电子（新加坡）私人有限公司的慷慨赞助，于2015年2月17日为医院的院友举办农历新年除夕团圆饭庆祝活动。

赞助公司的高层管理人员打扮成‘羊’，‘熊猫’和‘财神爷’的吉祥物，为院友们带来了许多欢乐。

参加大礼堂活动的院友们一边享受传统的新年流行歌曲，一边欢乐的捞鱼生和享用美味佳肴。其他不能到大礼堂参加活动的院友也能享用优质爽口的鱼粥。

“财神爷”分发橘子和红包给院友时，院友们脸上都露出开心的笑容。



Delighting in Hawker Fare 出外品尝小贩食物



Our admin-caring team would have occasional outings with some of our residents to delight in hawker fare.
医院关怀队带院友到附近的美食中心品尝试一些小贩美食。

Social Activities with Residents 与院友的社交活动

The KWSH admin-caring staff celebrated Christmas with the residents, who enjoyed a ball game, the food and singing.

院友与医院行政职员欢度圣诞节，
享受美食，游戏，唱歌等。



Staff Wellness Activities 员工福利活动



Staff enjoying sumptuous food at the year-end barbeque party (Dec 2014)
员工年终烧烤派对



KWSH staff on a movie outing (Oct 2014)
医院职员电影郊游