



Mr Gan Kim Yong, Minister for Health, delivering his welcome address at the anniversary celebration
卫生部长颜金勇在周年庆典为医院致词

105 Anniversary and Community Care Day

More than 1200 people turned up to celebrate KWSH's 105 years of care at its 105th Anniversary and Community Care Day on 21 November 2015.

The event was graced by Mr Gan Kim Yong, Minister for Health, who shared KWSH's redevelopment plans in his welcome address to the audience. The redevelopment will transform KWSH into the largest single-site nursing home in Singapore. The distinct features of the new 12-storey building will include a Dementia Garden and Memory Street to aid in sensory stimulation for dementia patients. As part of the redevelopment, four conserved buildings and the iconic KWSH Heritage Garden will also undergo major renovations.

Working towards the vision of an integrated community hub, KWSH has also forged partnerships with HCA Hospice Care (HCA) as well as the Singapore Institute of Technology (SIT) through the signing of a Memorandum of Understanding (MOU) with each party.

Through the collaboration, HCA will move into KWSH's premises in 2017 where it will provide day care and home hospice care services to its palliative patients, and KWSH would be able to tap on the expertise of HCA in improving the quality of care for its inpatients. Interdisciplinary teams from SIT, comprising students and faculty from different programmes, and KWSH will also jointly work on community innovation projects to improve productivity and enhance the quality of aged care services at KWSH.

This year's fabulous carnival was sponsored by many philanthropic organisations and individuals who contributed a wide spread of fabulous delicacies (more than 40 items) and games. The carnival participants had a great time enjoying the entertaining performances, put up by several volunteer interest groups from the community, while indulging in the delicious local delicacies. In collaboration with Singapore General Hospital, Singapore Women's Association and 'myear Singapore', health screenings were also provided for the carnival participants.



KWSH organised the MOU signing ceremony between KWSH with SIT (left) and HCA
广惠肇留医院同新加坡理工大学(左)和HCA慈怀护理分别签署了合作备忘录



Scale model of KWSH's redevelopment plan
广惠肇留医院扩建计划的3D模型



A huge crowd of more than 1200 people attended the carnival
约1200位公众参加了嘉年华会

105周年庆典及社区关怀日

广惠肇留医院于2015年11月21日举办105周年庆典及社区关怀日, 共吸引了超过1200位公众一同庆祝。今年的庆典格外热闹, 嘉年华会的活动和表演也比历年来的丰富, 现场洋溢着朝气蓬勃的欢乐气息。

庆典邀请到卫生部长颜金勇先生担任主宾。部长在开幕致词里也分享了许多关于扩建医院的新设施, 包括了崭新设计的失智症花园和怀旧街, 用以街刺激患者的感官, 并且降低他们的焦虑和忧郁情绪。被列入历史保留的4栋建筑和霍然亭及其花园也将进行装修。

为了达成广惠肇在2017年成为一间顶尖的疗养院和社区康复中心的目标, 医院也同新加坡理工大学和HCA慈怀护理分别签署了合作备忘录。HCA慈怀护理将会在2017年将搬至广惠肇留医院的大楼内, 为提供日间慈怀护理与居家慈怀护理服务。新加坡理工大学则会与广惠肇留医院合作科研加强年长病人护理的新科技与设计, 为广惠肇的病患提供更好的护理服务。

今年, 社区关怀日的嘉年华会也收到许多慷慨机构和善心人士热心赞助美食和游戏。新加坡中央医院, 新加坡妇女协会和 'myear Singapore' 等社区伙伴们也不遗余力, 前来为参加嘉年华会的年长者提供了免费的身体检查。

医院衷心的感谢所有捐赠者和志愿者一直以来的帮助, 在扩建中更需要各界更多的支持, 来为院友和社会提供更好的服务。



Mr Vinny Gwee speaking to his mother via Skype
魏名耀先生通过视讯Skype与陆女士聊天

KWSH helps mother and son to stay connected

Mdm Loke Yow Hoe, 67 years old, has long suffered from a loss of strength in her knees and thus requires assistance in her daily activities. Her son, 19-year-old Vinny Gwee, is her primary caregiver who takes care of her daily needs.

Both mother and son were elated when Vinny was selected by his school to participate in a month-long exchange programme in Taiwan in June this year. However, he was worried about the well-being of his mother during his absence.

When Vinny's mother was left in KWSH's respite care during the month of June, the hospital, upon knowing Vinny's concerns, specially arranged for Mdm Loke to communicate with her son regularly via Skype to stay connected.

In a continuous effort to enhance our services to the patients, KWSH will extend this programme as well as other technology related activities to patients whose family members could not visit them regularly.

千里相思一线牵，广惠肇助母子保持联络

67岁的陆女士长期感到自己的膝盖虚弱无力，日常需求都得靠他人的协助完成。她19岁的儿子，魏名耀，是照顾她日常生活需求的主要看护者。

因此，当名耀被学校受邀参加到台湾长达一个月的学生交流计划时，他的内心百感交集；在高兴的当儿却放不下母亲的身体健康状况。为了确保陆女士能继续得到妥善的照顾，名耀在前往台湾之前把母亲安顿在广惠肇留医院。

医院得知名耀的顾虑后，特别为他们母子俩准备视讯‘Skype’，好让他们母子俩能在国外期间通过国际视频通话保持联系。陆女士因为能经常和儿子通过视讯‘Skype’聊聊天说说话，所以不会感到孤单，而名耀也及时了解母亲的情况。

广惠肇留医院从这次的计划中得到了肯定，也将会把这项计划开启给更多的院友。

Not missing any polling

KWSH made special arrangements to bring a resident to participate in the polling on 11 September 2015.

Mdm Wong Cheo Tee, who completed her polling at Hong Wen School, said "Voting is very important to me. As I have no family members to bring me to the polling station, I am very grateful that with the help of the staff, I was able to vote in two elections during my stay here."

难忘的投票日

在9月11日，广惠肇留医院做了特别的安排，为院友黄招弟女士到医院附近的投票站 - 宏文学校 - 完成了投票。

她说“我觉得投票是非常重要的！我没有什么亲人能带我去投票，因此我很感谢医院员工的帮助。他们特地安排带我到投票站，让我在住院的期间也可以参加这两届的投票。”



Mdm Wong with her IC and polling card
黄招弟女士拿着自己的身份证和投票卡

More new social activities for KWSH residents

KWSH has enhanced its series of social activities for the residents since March 2015. Some of the programmes include mesh bag painting, communication (with family members) using 'Skype' and tablet games that promote sensory stimulation. All these will help to improve their emotional and social well-being during their stay here.

广惠肇留医院为院友主办无纺布袋绘画活动

为了促进院友的感官刺激，提升其体能，认知社交及控制情绪的能力，广惠肇留医院在今年3月起为院友提供了许多社交活动。这些活动包括在无纺布袋上彩绘，与家人通过视讯聊天‘Skype’通话和在平板电脑上玩游戏。



A KWSH resident playing the tablet games
一位院友正在用平板电脑玩游戏

Kind Generosity from the Central Sikh Gurdwara Board and Mdm Lim Kwee Lian

KWSH would like to thank Mdm Lim Kwee Lian and the Central Sikh Gurdwara Board for donating this new mini-van to us!

林桂莲女士和中央锡克教基金会的善心捐赠

广惠肇留医院向林桂莲女士和中央锡克教基金会表示谢意，感谢他们捐赠的小型货车！



Mdm Lim Kwee Lian and members of the Central Sikh Gurdwara Board with KWSH CEO Dr Ow (extreme right)

林桂莲女士和中央锡克教基金会的代表

Acupuncture helps to relieve acute and chronic pain

Mr Yeo, a 63 year-old primary school teacher, has long been suffering from Rheumatoid Arthritis, which has affected many of his joints such as the shoulders, fingers, elbow, knees and ankles. Mr Yeo's condition worsened in January last year and he was subsequently prescribed a very high dosage of Naproxen by his specialist doctor to ease his pain.

However, Mr Yeo's condition did not improve much even with the specialist's prescribed medication. The pain, together with occasional swelling in some of his limb joints, hindered his movement and greatly affected his daily living. Mr Yeo was later recommended by his friends to visit Dr Liauw at KWSH's Traditional Chinese Medicine (TCM) Centre.

After receiving several sessions of acupuncture treatment from Dr Liauw, the pain and swelling in Mr Yeo's joints started to subside. He was also able to gradually cut down on the medication that he was taking. By December 2014, Mr Yeo had been relieved of his pain in his joints and stopped taking medication for arthritis altogether.

Today, Mr Yeo is still consulting Dr Liauw regularly to further improve mobility in his joints. He is very grateful to Dr Liauw in aiding in his recovery.



Mr Yeo receiving treatment from Dr Liauw of KWSH's TCM Clinic
中医门诊中心的廖医师正在为杨先生进行治疗

针灸有助减轻急性和慢性疼痛

63岁的杨先生是一名长期类风湿性关节炎的患者，因此他常觉得自己的双侧肩关节，双侧肘关节，十指，双侧膝关节及双侧踝关节僵硬疼痛。在2014年1月，杨先生突然感到疼痛加剧。经西医专科诊断后，配了高剂量的奈普生消炎止痛药。

但是，服药期间杨先生的上述关节持续疼痛，双膝尤甚，而活动也受限。他必须缓慢步行，上下梯级也非常费劲；有些关节也亦红肿。

杨先生的朋友见他疼痛不堪，便建议他到广惠肇留医院中医门诊中心找主治医师廖秀莲博士求医。经过定期的针灸治疗后，他的多关节红肿情况逐渐好转。杨先生也渐渐的减量服用奈普生消炎止痛药。在2014年12月，杨先生便自行完全停止服奈普生消炎止痛药。

至今，廖医师继续定期为杨先生诊治助强关节灵活度。他非常感激廖医师细心照料，让他摆脱风湿关节疼痛，也停止依赖口服消炎止痛药。

Assessment and training on motorised device

KWSH is one of the four eldercare service providers appointed by the Agency for Integrated Care (AIC) for the motorised device (wheel-chair or scooter) assessment and training for Senior Mobility Fund (SMF) applicants.

The assessment and training serves to ensure the safe use of the motorised device by the SMF applicants. The Day Rehabilitation Centre (DRC) is an ideal training and assessment centre for the motorised device as it not only has qualified Occupational Therapists but also appropriate facilities and features.



广惠肇留医院日间康复中心获委任为乐龄助行基金申请者提供机动化器材选用评估与训练

广惠肇留医院很高兴获护联中心委任，为助行基金申请者提供机动化器材选用评估与训练，以指导欲购买器材的乐龄人士安全的使用方法以协助他们的行动。

本院提供理想的训练环境，因为我们不仅有合格的职业治疗师，同时也拥有适当的设备和场地（如充裕的开放空间、斜坡、电梯、靠近地铁等），都有助于使用器材的训练。

An Occupational Therapist training a patient on the use of the motorised device (wheel-chair or scooter)

日间康复中心的职能治疗师正在指导一名乐龄人士安全的使用机动化器材的方法

Clinical trial on SP's new robotic elbow brace

At KWSH's Day Rehabilitation Centre (DRC), patients suffering from stroke are encouraged by the therapists to engage in a regular exercise to improve mobility of their hands. The centre, in a bid to achieve better rehabilitative outcomes, has been exploring the use of robotic technology in rehabilitation. The centre came to know about a lightweight portable robotics elbow brace device developed by the School of Electrical and Electronics Engineering in Singapore Polytechnic (SP) in June last year.

A clinical trial was conducted with six patient volunteers between August and September 2014 with positive results shown in patient comfort and improvement in arm recovery. The elbow brace won the Excellence in Education & Training Convention (EETC) R&D Award 2015 held at the SP Convention Centre in October this year.

KWSH and SP have agreed to continue the clinical test for a longer period to understand its efficacy. This is an important milestone for both KWSH and SP. We cherish this partnership and look forward to a fruitful and long-term collaboration.

广惠肇留医院为新加坡理工学院研发的便携式机械手臂进行临床测试

中风病人需要有效地进行重复的肢体锻炼，以便增强身体的灵活性。为了提高康复效果，新加坡理工学院的电气与电子工程学校研发的可便携式机械手臂，日前在广惠肇留医院日间康复中心进行测试。

在2014年8月至9月之间，日间康复中心邀请了6位中风病人参与临床测试。结果显示机械手臂有助于恢复患者由于中风而瘫痪的手臂功能，机械手臂於2015年10月赢得新加坡理工学院的产品研发奖。

这次的合作是双方关系发展的一个重要的里程碑。广惠肇留医院和新加坡理工学院将会继续不断地举办临床测试，让机械手臂可以尽快得到正式的使用。



A picture of the Robotics Elbow Brace device
携带式机械手臂的造型

Timely access to accurate automated vital signs data increases workplace efficiency

KWSH, together with other Nursing Homes, started the 'Vital Signs Automation' initiative in September 2015 to better streamline the recording process of patients' vital signs effectively. With the adoption of a five-year plan by implementing IT computerisation and automation progressively, KWSH aligns its resources and commitment to promote greater workplace efficiency.



Patient Care Assistant scanning a patient's ID for vital signs measurement
病人护理助理正利用新系统将一名院友的生命体征数据通过无线方式发送至EMR中

自动化即时获取精确的生命体征数据，以提高工作效率

广惠肇留医院，联同其它的疗养院，在2015年9月开始采用一项“自动化生命体征采集和记录过程的系统。这项系统可让护理人员在护理现场通过无线方式将院友的生命体征数据发送至EMR中。因此，系统将大幅度降低记录这些数据所需要的时间和劳力，因而提高工作效率。

广惠肇留医院也将在5年内逐步实施新科技和自动化的计划，有效的应用资源以提高工作效率。

KWSH Mid-Autumn Festival Celebration 2015

“点亮一盏灯，温暖一颗心”中秋庆祝晚会

On 19 September 2015, KWSH hosted its annual Mid-Autumn Festival celebration with its board members, donors, residents and their family members and representatives from the 19 Chinese clans.

The start of the joyous celebration was marked with the release of a giant sky lantern, measuring 3.0 metres by 2.5 metres - the biggest ever in Singapore. 24 other smaller sky lanterns were also released into the sky by the donors. The residents enjoyed the performances by our volunteers and also participated in a 'lotus wishing' ceremony and lantern walks around the hospital's garden.

We are very thankful to all the donors and volunteers for their hard work in making this event a memorable one.



KWSH Chairman Mr Patrick Lee affixing his note of written blessing on the "well-wishes board"
广惠肇留医院主席李国基先生参与当晚的庆祝

为了让院友们感受到节日的喜庆气氛，广惠肇留医院每年都会举办中秋晚会，邀请院友家属，善心人士，支持者及合作伙伴们在璀璨的夜色下欢庆佳节。

2015年9月19日，医院的董事会成员，院友，员工与所有的受邀者共约450多人参加了一场非常特别欢欣的中秋庆祝晚会。

今年中秋庆祝晚会的焦点莫过于在亮灯仪式上独占鳌头的特大孔明灯 - 高3.0米，宽2.5米 - 堪称是新加坡有史以来最大的。我们也邀请了善心捐赠者一起昇放24个中型的孔明灯，并与院友和他们的家人一起观赏了歌唱表演，参加莲花池许愿仪式和游花园共赏花灯。

这次的庆祝晚会能圆满完成，应归功于善心人士与志愿者的努力。本院在此向他们表示衷心的感谢和敬意。



Residents and their families enjoyed a magical night at the Mid-Autumn Festival
院友和家人们在中秋庆祝晚会度过了一个美丽的夜晚



The highlight of the night - the largest Sky Lantern in Singapore
中秋节当晚的焦点 - 高3.0米，宽2.5米的特大孔明灯

KWSH Charity Concert 2015

爱心满院慈善音乐会

KWSH Charity Concert 2015 - 爱心满院慈善音乐会 was organized by KWSH in collaboration with the Singapore Chinese Orchestra, as part of its efforts to fundraise for the nursing home and its redevelopment project. The event was graced by Dr Lam Pin Min, Minister of State for Health.

广惠肇留医院爱心满院慈善音乐会 2015 - 广惠肇留医院再次与新加坡华乐团合作举办爱心满院慈善音乐会，为医院及其扩建项目筹款。音乐会主宾是卫生部政务部长-蓝彬明医生。



Sebastian Tan served as the vocal for KWSH Charity Concert 2015
陈瑞彪先生担任了爱心满院慈善音乐会的演唱嘉宾



Guest-of-Honour Dr Lam, KWSH Chairman Mr Patrick Lee and Ms Terene Seow leading a group singing session
主宾蓝医生、广惠肇留医院主席和筹委会主席萧德玲小姐带领全场观众演唱

Project CARE 2015

宏文学校之关怀项目

To inculcate the school value of compassion and to raise the awareness of community services for the elderly, Hong Wen School organized their Project CARE (Children Actively Relating well with the Elderly) in conjunction with their Children's Day Celebration on 8 October 2015. The students visited the elderly at KWSH, bringing along 300 goodie bags of daily necessities.

为了培养同学们的爱心，并且提高对社区服务的认知，宏文学校每年都借庆祝儿童节举办“宏文学校之关怀项目”。今年的10月8日，宏文学校的同学，师长与家长准备了300个爱心礼包前来探访广惠肇留医院的院友们。



A resident interacting with a student from Hong Wen School
广惠肇留医院的院友与一位同学谈天

Nurses' Day and Launch of KWSH Quality Festival



Cake-cutting ceremony at the Quality Festival
优质节的切蛋糕仪式

On 30 July 2015, KWSH held a celebration to thank all the nurses and care staff for their contribution and hard work. This year's celebration was very special as it was held jointly with the launch of the hospital's Quality Festival.

庆祝护士节及 KWSH优质节

2015年7月30日，医院举行了庆祝活动，感谢所有护士的辛勤工作和付出。今年的护士节庆祝会非常特别，因为也同时推出了医院的优质节。

Promoting Hand Hygiene in KWSH

广惠肇留医院手卫生日活动

On 29 May 2015, KWSH celebrated the Hand Hygiene Day with a simple event that showcased the importance of hand hygiene to all the staff.

2015年5月29日，广惠肇留医院以一个简单的节目纪念手卫生日，并提醒全体员工注意手部卫生的重要性。



A performance by KWSH care staff
广惠肇医护人员自编的舞蹈表演

National Day Observance Ceremony 2015



KWSH staff and residents reciting the national pledge
广惠肇的员工与院友一起念国家信约

KWSH's staff and about 100 residents gathered for the National Day Observance Ceremony on 5 August 2015; an annual event where the KWSH family reflects and takes pride in the nation's achievements.

国庆敬礼

2015年8月5日，广惠肇留医院的执行人员和约100位院友聚集在大礼堂为国庆敬礼。在这个节日里，所有的新加坡人都会为我们国家所取得的成就而感到自豪与骄傲。

Community Outreach Events 社区扩展活动



Rehabilitation therapist attending to a patient
康复治疗师正为年长者提供评估咨询

29 August

KWSH participated in Moulmein Kallang GRC & Whampoa SMC's Health Carnival.

The Health Carnival focused on creating awareness of Dementia to the elderly community. KWSH team conducted assessments to detect early signs of dementia and provided consultations for those who were in the high risk group based on the results of the assessment. KWSH's team of TCM physicians also provided consultations and acupuncture to residents with dementia related issues.

8月29日

广惠肇留医院参加了摩棉-加冷集选区和黄埔单选区联合举办的健康嘉年华会。

这次的嘉年华会是为了让选区里的年长者增强对失智症的意识。广惠肇留医院的团队替年长者做了健康测试，检查早期失智症征兆，评估后再对高风险群给予咨询。广惠肇的中医团队除了为年长者看诊与针灸治疗，也分享了中医预防失智症的疗法。

30 August

Some KWSH residents participated in the One Community Walk @ Moulmein Kallang GRC and Whampoa SMC on the 30 August, organised by People's Association annually.

8月30日

广惠肇留医院的院友们参加了，人民协会和摩棉-加冷集选区和黄埔单选区的社区体育俱乐部所举办的“全民一心齐步行”。院友们与过2000名居民一同步行。



A resident enjoying the scenery
一名院友正乐在其中

30 August

KWSH's Community Services team, along with our caring volunteers, offered health screening programme to 100 elderly residents who had participated in the One Community Walk @ North.

8月30日

广惠肇留医院的社区服务团队和一群富有爱心的志愿者在兀兰举行的“全民一心齐步行”为100名年长者提供了身体健康检查。



A staff helping an elderly resident fill up a form
一位热心助人的员工正帮一位年长者填写表格

ILTC Manpower Development Award Ceremony 2015

中长期护理服务 (ILTC) 人力发展奖颁奖典礼

Ms Sumiratna Binte Jumaat, a Patient Care Assistant, received the Balaji Sadasivan Study Award which sponsors her National ITE Certificate (NITEC) in Nursing at ITE. Having started her course this year, she will be completing it in December 2016.

Ms Zheng Zhijie, Charmaine, an Occupational Therapist, received the Social & Health Manpower Development Programme – Intermediate and Long-term Care (Fellowship Scheme) to attend the Basic Neuro-Developmental Treatment (NDT) of Adults at the Hemiplegia Course in November 2015.

Ms Sumiratna Binte Jumaat, 病人护理助理, 获得“Balaji Sadasivan学习奖”, 赞助她在工艺教育学院攻读护理文凭课程。她将在2016年12月毕业。

职能治疗师, 郑至洁小姐, 也获得了“社会及卫生人力资源发展规划 - 中长期护理奖学金”, 参加在11月举办的脑神经发展治疗的基本课程。



Ms Sumiratna (in left picture) and Ms Zheng receiving awards from Ms Amy Khor, at the ILTC Manpower Development Award Ceremony 2015
Ms Sumiratna和郑小姐在中长期护理服务 (ILTC) 人力发展奖颁奖典礼2015获奖

Nurses' Merit Award 2015 – Nurse Manager

Sister Khin Mar Kyi

2015年护士优异奖 – 护士经理

Sister Khin Mar Kyi

KWSH would like to congratulate Nurse Manager Sister Khin Mar Kyi for being awarded the Nurses' Merit Award for 2015! We would like to thank her for all her hard work and dedication in taking care of the patients in KWSH!

广惠肇留医院恭喜护士经理Sister Khin Mar Kyi获得2015年护士优异奖! 我们感谢她多年来无微不至的照顾院友, 更敬佩她对工作的热忱!



Nurse Manager Sister Khin Mar Kyi
护士经理 Sister Khin Mar Kyi

We are moving towards an online platform!

我们的通讯将上线了!

To be environmentally-friendly, Kwong Wai Shiu Hospital plans to revamp our current newsletter into an electronic version. To put you on our mailing list, please send us an email: Subject "Subscribe to KWSH e-newsletter" to e-newsletter@kwsh.org.sg.

为了更加有环保意识, 我们的广惠肇留医院通讯即将改为电子版本。若想申请阅读我们的广惠肇留医院电子通讯, 请向我们发一封电子邮件, 标题为“订阅广惠肇留医院通讯”到e-newsletter@kwsh.org.sg。