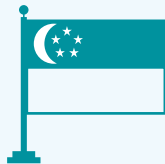




The KWSH family standing in attention as they recited the National Pledge proudly. 广惠肇的大家庭一同念信约，激起大家对新加坡的敬爱与归属感。

Happy Birthday, Singapore!



Following his commands, drum major Mr Lee Fook Chin led the drummers to a lively performance at KWSH's National Day Observance Ceremony on 5 August 2016. The band of drummers played enthusiastically to the beat of golden oldies such as "You are my Sunshine" and "上海滩".

77-year-old Mr Lee, a former band member, was part of the 'Rhythm of Joy' group formed by KWSH's residents and staff. With his drumming experience and positive attitude, Mr Lee led the contingent of drummers to a synchronised performance which won rapturous applause.

Mr Daniel Tay, Inpatient Services Coordinator, said, "I am really touched to see the entire performance come to fruition. The uncles and aunties had trained hard for several months, and to be able to see them smiling while playing the drums was just a great moment for everyone!"

The musical performance by 'Rhythm of Joy' was one of the highlights during the ceremony,

which began with an opening address by CEO Dr Ow Chee Chung, and was followed by the singing of the National Anthem and recitation of the pledge. This yearly occasion allowed the KWSH family to come together and reflect upon the nation's achievements as well as how far the hospital has come along since its humble beginnings.

The celebration continued with a song number by the staff and clients from the Day Rehabilitation Centre (DRC) followed by another drum performance by the Admin Caring Team.

As KWSH moves towards the completion of its new building in 2017, the hospital will stay focused to its traditional values of compassion and care as it continues its journey of serving the needy elderly in Singapore. ♥

新加坡，生日快乐！

在2016年8月5日 - 医院举办了国庆庆祝活动。医院的击鼓乐队【乐龄鼓团】由院友及医院员工联合而成，在活动当日特别为大家呈献了一场精彩绝伦的开场表演，大展活力。身穿胡姬花衬衫的乐龄鼓团员们也在乐队指挥 - 李福进先生的号令下，随着音乐的旋律，舞起手中的鼓棒与乐器。院友们在表演时也不时露出自信的微笑，大家灵活一致的動作更透露了院友们平日训练的认真。



KWSH's very own drum major stealing the limelight at the debut! 【乐龄鼓团】指挥的激情表演抢尽了风头！



The staff members waving their hands to the drum beat during the performance. 医院员工在击鼓表演时双手挥舞，带动现场气氛。

身负重任的李先生在入院前曾是位乐队的成员，他平日练习时那坚持不懈的态度也被认可，成为医院国庆庆祝表演当日的乐队指挥。李先生在指挥时专心致志，气势威风凛凛，为乐队带来很好的张力和控制力。【乐龄鼓团】的精彩表演也赢得了观众们的掌声。

一直培训院友们准备击鼓表演的医院行政职员 - 郑智仁先生也说到：“我们的阿公阿嬷们为了这次的表演训练了好几个月，看到大家能自信满满地将击鼓表演完美无瑕的展现，我真的很感动！”

活动当日，国庆敬礼仪式也在医院总裁区志忠医生献上欢迎词后正式开始。身穿红衣的医院员工们也陪同院友齐心唱国歌念信约。大家边高唱爱国歌曲，边挥舞着手中的小国旗，激起了大家对新加坡的敬爱与归属感。

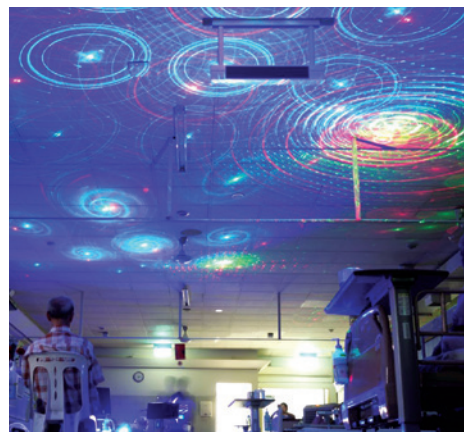
广惠肇的大家庭也一同回顾了新加坡的历史，反思医院从创办以来的点点滴滴，大家心中顿时充满了自豪。

日间康复中心的年长者也不落后人在医院员工的陪同下为大家献唱。行政爱心小组也在节目的尾声再次表演了一段精彩的击鼓表演，博得满堂喝彩。

医院将在积极迈向未来愿景时，不忘弘扬先贤的慈善精神，继续帮助有需要的年长人士。 ♥



KWSH's Heritage Garden was transformed into a Lantern Wonderland during the Mid-Autumn Festival. 医院花园挂满五彩缤纷的灯笼，布置得十分美丽。



A music laser light show adds festive cheer to the wards. 病房里的音乐激光灯表演温暖了院友们的。

Mid-Autumn Festival 2016

On occasion to celebrate family and unity, the Mid-Autumn Festival brings together the KWSH residents and their loved ones, as well as staff and supporters of the hospital, for a time of fun and joy. This year's celebration, held on 3 September 2016, was another delightful event.

To mark the start of the celebration, KWSH's Board of Directors and representatives from the various Chinese Clans and Associations hosted a 'Light Up' ceremony at the hospital's main lobby.

An illuminated panel, decorated with the image of the 'Moon Fairy' - Chang'e (嫦娥) and glittering lights, formed the highlight of the 'Light Up' ceremony. It left the guests dazzled as the beautiful fairy image seemingly came 'alive' alongside the galore of hand-crafted lanterns.



The volunteers put up song and dance performances which delighted the audience. 志工表演者带来的歌舞表演让观众看得连连叫好。

KWSH Vice-Chairman Mr Chia Weng Kaye then followed with his welcome address, thanking the donors and volunteers for their support for the hospital throughout the years.

The celebration continued with the release of sky lanterns, enthralling the audience as they floated beneath the moon light. The residents, including some bed-bound ones seated on recliner wheelchairs, enjoyed the song and dance performances put up by the volunteers. The evening ended with their favourite item - the Lantern Walk, accompanied by their volunteer friends and loved ones.

For those who were unable to go outdoors, the hospital prepared something special to fill the wards with the festive atmosphere. Mr Jack Tan, a regular volunteer musician of KWSH, brought a music laser light show to the wards - honouring the hospital with his

first ever laser show performance to nursing home residents.

Senior Staff Nurse Ms Remedios Lagare was one of those delighted by the music laser show. She said, "The place had a dramatic transformation! It looked like a music concert for all the Ah Gong and Ah Ma here. When the music and lights came on, their eyes were full of amazement and wonder. They have truly enjoyed the performance." ♥

中秋庆祝晚会2016

中秋节是一个象征合家团圆的吉祥日。为了迎接这个佳节的来临，医院在2016年9月3日举办了中秋庆祝晚会。医院院友、董事、捐赠者、志工与他们的家人朋友共济一堂，在美丽的夜景下一起赏月 and 观赏表演。

庆祝晚会在亮灯仪式后正式开始，医院大厅的嫦娥布景也在璀璨夺目的灯饰配合下顿时亮起，将画中的嫦娥奔月变得栩栩如生，让与会者都看得拍案叫好。

医院副主席—谢永祺先生随后献上了开幕词，感谢各位志工与捐赠者多年来为医院不辞劳苦的付出。志工们为了这次的庆祝晚会制作了漂亮精致的手工灯笼，盏盏灯笼高挂在医院各个角落，让医院显得格外明亮，增添当晚欢乐的气氛。

医院也特邀捐赠者一同写下祝福，一起昇放孔明灯。一盏盏五彩斑斓的孔明灯在月光下飘舞，让在场的观众看得目不暇给。志工表演者带来了一连串的表演，节目精彩纷呈，赢得全场热烈的掌声。受邀者和院友们更是乐而忘返沉浸在莲花池许愿和游花园共赏花灯的乐趣中。

同时，医院也为确保长期卧床的院友们能一同共享佳节气氛，特别安排将长期卧床的院友转移到躺卧式轮椅，让他们一起到花园参加庆祝活动。医院多年来的志工朋友—音乐家陈学冠先生则受特邀，为不能离开病房的院友们准备一场别开生面的音乐激光灯表演，温暖他们的心。

当晚负责在病房照顾院友的高级护士 Remedios Lagare 小姐说“病房仿佛变成了一场华丽的音乐会。在音乐响起时，我从阿公阿嬷的眼中看到了喜悦。这场面让人非常的感动。” ♥

A Gift for Mother's Day



A big Thank You to all donors and volunteers for their overwhelming support for the Mother's Day Donation Drive, held between 27 April and 9 May 2016!

In the light of Mother's Day celebration, an exquisitely handcrafted gift was given for every donation made at the donation booths (set up at a few locations including school, office and shopping premises).

Painstakingly made by the KWSH's talented volunteers, the gift could be used by the donors as a token of love and appreciation for their loved ones.

Happy Nurse's Day!



KWSH held its Nurse's Day and Quality Festival on 1 August 2016; an annual celebration to show its utmost appreciation to the hospital's nurses, and to acknowledge staff who have produced impressive quality projects in the year.

The day began with a show of appreciation by the Management Team, visiting the nurses in their respective wards with hand-made cookies and goodie bags. Their appearance brought about huge smiles from the nurses, and many took this opportunity for photos with their fellow colleagues, who



KWSH Chairman Mr Patrick Lee and Honorary Chairman Dr Leong Heng Keng and several board members were present to show their appreciation to the nurses. 医院主席李国基先生，永远名誉主席梁庆博士和几位医院董事也都到场参加庆祝，以表示对护士们的感激与致敬。

KWSH would like to thank all donors for their generosity and all the volunteers for their time and effort in helping to make the donation drive a success. ♥

送给母亲的礼物

医院于2016年4月27日至5月9日筹办的【母亲节慈善募捐活动】获得公众的大力支持。随着母亲节的到来，大家也纷纷以慈善募捐的方式支持广惠肇，购买礼品赠送母亲回报亲情。医院无论在商场或学校搭起的展台都涌现了一批批慷慨解囊、奉献爱心的人潮。医院义工也为募捐活动制作了许多精美的礼品，礼品的制作和所需的工艺材料更是由这群慧心巧思的志工一手包办。这些精美的礼品也赠送于捐款者，以答谢善心人士的好意。 ♥



Overwhelming response at KWSH's donation booths. 医院搭起的展台得到了热烈的支持，吸引了络绎不绝的人群。



Beautiful gifts crafted by volunteers. 志工费了不少功夫完成的礼品。

have become close friends over the years.

An interesting line-up of programmes and activities like massages and sweet treats were prepared for the nurses in the afternoon. The day started with a song and drum performance, put together by a group of residents and the Admin Caring Team. Director of Nursing, Ms Jessy Chang, then presented the "Best Caring Nurse / Care Giver Award", before CEO Dr Ow Chee Chung awarded the various work teams for the brilliant quality projects.

In a day to celebrate the selfless spirit of nurses, there was further joy as a dance crew, formed by several of KWSH's nurses, took to the

stage and enthralled the audience, bringing a perfect end to the performances for the day. ♥

护士节快乐!

医院在2016年8月1日为表达对平日辛苦付出的护理天使之崇高敬意与谢意，在活动筹委会细心规划下举办了一场温馨的护士节庆祝活动。活动当天也为大家安排了一系列的娱乐节目、游戏和康乐活动，医院也乘此机会推动常年优质计划；医院总裁区志忠医生呼吁全体员工积极参与优质计划，继续努力改进医院的工作流程。

医院的管理层更是大清早就到每个病房分派精心烘焙的手工饼干和小礼物激励护理人员们。护理人员们也借此机会与管理层及多年来一同作战的同僚们一同拍照留念。

今年院友和行政爱心小组更是别出心裁，为护士们献上了精心准备的击鼓表演，鼓动全场气氛。

医院护士总监曾月琼女士除了为护士们献上欢迎词外，也颁发了【最有爱心护士奖】。医院总裁区医生也随后颁发了证书，表扬提交优质计划的同事。

最后，医院的护士们也为大家表演了精心编排的舞蹈节目，向观众们展现了广惠肇白衣天使的才华和团队精神，为活动画上了完美的句号。 ♥



Our nurses enjoying the day's programmes. 医院的护士们享受着为她们准备的活动。

A Day in the Life of Our Resident

Kwong Wai Shiu Hospital, a nursing home nestled along the characterful Serangoon Road, turns 106 years old this year. As an established provider of intermediate and long-term care, KWSH provides more than basic nursing home services. These services are complemented by Traditional Chinese Medicine (TCM), Rehabilitation and Social Activities.

院友们多姿多彩的生活

今年106岁的广惠肇留医院位于富有特色的实龙岗路。身为中长期护理领域最完善的服务提供者之一，医院不只有基本的护理服务，也为院友与大众提供了中医医疗，康复护理服务和社交活动。

1 RISE AND SHINE

Every morning, residents are greeted by a familiar sight: the doctor making his rounds in the ward, the familiar scent of elderly's favourite 'Kopi-O' filling the air, nothing better than starting their morning with a nutritious breakfast and a friendly morning greeting from the 'kaki' on the next bed.

早上好!

晨风微微吹起，映入眼帘的是病房内那熟悉的场景。院友们最爱的“咖啡乌”和营养早餐早已准备好，咖啡的浓浓香味弥漫在病房中。平日和院友打成一片的医生也会每早定时巡房。



2 MORNING WORKOUTS

After their breakfast, the residents proceed to their morning exercise regime: well-planned daily physiotherapy sessions to help improve their mobility and muscle strength. Look at those smiles!

晨运时间

每天，医院的物理治疗师也在院友们用完早点后，通过一些简单有趣的物理治疗法和锻炼运动改善院友们的移动能力和日常起居自理能力。看院友们与物理治疗师互动起时，笑得多灿烂!



3 MAKAN TIME

The Food Services Team also brings dining to the residents with a twist. Other than the nutritiously balanced meals planned, the 'Happy Trolley Programme' also surprises the residents with delicacies prepared before their eyes.

用餐时间

医院的餐饮服务团队除了平日确保院友的膳食营养均衡外，更是别出心裁，偶尔将“快乐食品手推车”带入病房，现场准备美食佳肴，为院友带来不一样的用餐经验。



KOPITIAM TIME

A weekly gathering for residents and volunteers; an opportunity to reminisce about the good old days over the familiar smell of coffee. The volunteer group never fails to delight residents with the weekly sing-along sessions, where they belt out golden oldies.

咖啡厅时间!

每逢周二的与志工们的相遇总能让院友们的午后闲情增添滋味。院友们一面听着志工们为大家演唱的一首首旧歌金曲，一面感受着午后的自在与惬意，彷彿回到了自己熟悉的幸福空间。



4 SOCIAL ACTIVITIES

For many elderly, life in a nursing home could often be mundane, hence KWSH aspires to enrich our residents' lives. With the enhanced standards of care adopted, a variety of social activities are designed to delight and engage our residents.

FESTIVE CELEBRATIONS & EVENTS

The Admin Caring Team further brightens the residents' lives with heart-warming celebrations on festive occasions.

特别庆祝活动!

医院的行政爱心小组更在每逢佳节一同欢度，送上祝福，让院友们感受到这大家庭的温暖。



SPECIAL OUTINGS

This is always a favourite with the residents. KWSH's pool of supportive volunteers often brings the residents to places of interest or for a meal away from "home", giving them a chance to enjoy some fun time outdoors!

出外郊游!

医院的院友可爱出门逛街了! 志工们常会带院友出外郊游，到许多新加坡的景点照相留恋，为他们的日常生活带来不一样的体验!

院友的社交活动

住在疗养院的年长者实际上365天的生活都很平淡，因此广惠肇力争将每个细节都做到至善至美，让院友沉闷的生活也能变得多姿多彩。

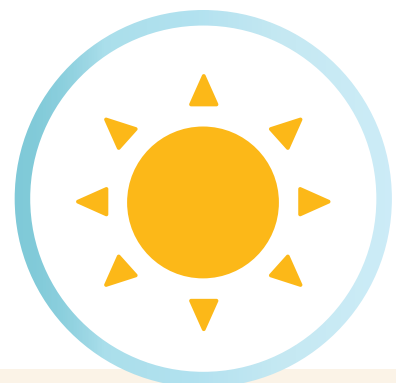


Farewell to KWSH's Lovable Poster Boy – Grandpa Kong

87 year old Grandpa Kong left us in July 2016. He was always jovial and accommodating to be featured on any of KWSH's posters. His infectious laughter never failed to bring a smile to everyone's faces. ❤️

再见了，江老伯!

医院的“海报男孩”江老伯于2016年7月逝世，享年87岁。江老伯生前总是面带微笑，他那爽朗的笑声也总能感染大家。❤️



THERAPEUTIC ART

Residents let their inner Picassos shine during the canvas painting session.

美术治疗

每当院友专注地打造自己的彩色世界时，都会展开笑颜陶醉在自己的作品中。

BIRTHDAY CELEBRATIONS

Volunteers throw monthly celebrations for residents with pretty cupcakes and cheery birthday songs. Nothing fanciful, but definitely heart-warming!

生日庆祝会!

每个月贴心的志工团队都会为院友们举办庆生会，让老人家感受到家人般的关怀。小小的庆生会，看起来虽然简单，但却不失温馨!





KWSH & WOC celebrate Parent's Day! 色彩之窗为院友庆祝双亲节。

A Parent's Day Party for Ah Gong & Ah Ma!

On 18 June 2016, KWSH, ably supported by voluntary group Window of Colours (WOC), organised a Parent's Day Party as a show of the hospital's love and respect for its residents. At the party, the 'Parent's Day Card' was also presented to the residents – a surprise gesture which brought about smiles and grateful thanks.

Inserted with a pair of candid and formal photos taken at a professional makeover and 'studio-like' photoshoot, the 'Parent's Day Card' served as a gift for the residents to take along as a

beautiful memory of their fun experience.

The party kicked off with a sing-along session led by volunteers from WOC and other supporting organisations, and was met with a jubilant response from the residents. Tasty traditional desserts and snacks were also served to the residents.

KWSH would like to extend special thanks to WOC, IPP Financial Advisers Pte Ltd, NK Group Pte Ltd, Thaipan Restaurant and 热心剧团 for helping to make this event a success. ♥



Volunteers sang and danced along to evergreen tunes. 志工们在台上为院友们载歌载舞。



KWSH's Next Top Model: A resident proudly showing off her 'Parent's Day Card'. 广惠肇超级名模：院友自豪地展示自己的“双亲节卡片”。

给阿公阿嬷的双亲节派对!

广惠肇留医院和志愿团体色彩之窗在2016年6月18日成功为院友们举办了一场别开生面的双亲节派对。

医院首次将两个节日 – 母亲节与父亲节，合并为双亲节，并借此机会表达医院员工们对住在医院里的阿公阿嬷的敬意与祝福。

医院也在派对献上精心制备的双亲节卡片，让阿公阿嬷们感到无比欣慰。卡片里一张张院友们修容换装后的照片，也让大家不禁暗赞一声漂亮。

派对上志工们不止在台上载歌载舞，不断地呈献一首首动人的歌曲给台下的阿公阿嬷，更是精心准备了许多传统甜点，为院友精心打造一个欢乐的氛围。

医院非常感谢色彩之窗的全体志工与支持者让院友能感受到如同一家人团聚的双亲节派对。♥



Salute! A patriotic resident! 敬礼！一位爱国的院友！

Reflections: Nurse Manager Seah Bao Juan

回忆录：护士经理谢宝娟



Since joining KWSH in 2013, Sister Bao Juan has grown from strength-to-strength not only as a nurse, but also as a person. Always passionate and caring towards the residents, she has been honoured with the Ministry of Health (MOH) Nurses' Merit Award 2016. 自从在2013年加入广惠肇留医院后，护士经理谢宝娟的成长是大家有目共睹的。一向对院友尽心尽力，对工作精益求精的她，获得了新加坡卫生部颁发的2016年护士优异奖。

Q: Why did you choose to join KWSH? 什么原因促使你加入广惠肇留医院?

A: I was introduced to the hospital by my ex-colleagues who were working at KWSH. I visited the hospital and was very impressed with the cleanliness of the wards. The warm culture of the hospital also just seemed to rub off on everyone – the residents, the staff and even the visitors. Soon after, I decided that this would be a great

place for me to work and contribute back to society. 当时在医院服务的一些旧同事邀请我到医院参观。我发现医院环境格外清洁，而护士和院友之间的互动非常的温暖，相处十分融洽。于是，我便决定加入广惠肇留医院这个大家庭，继续为社会做出贡献。

Q: What was the most memorable moment in your career at KWSH? 你在广惠肇留医院最难忘的经验是什么?

A: I organise monthly birthday celebrations for my nurses as a token of appreciation for their good work. During the first celebration, the birthday girl actually cried and thanked me as she wasn't expecting any celebration, since she was a foreigner and her family was away. I was encouraged to know that this little gesture could make one's day. 每个月我都会举办生日派对，为和我一起并肩作战的护士团队庆祝生日，慰劳她们平日的努力。首次举办派对时，寿星被这个举动感动哭了。身在异乡的她，没想到竟然会有人记得她的生日。我这让人备感窝心的小举动，不仅能提高队友们的归属感，也能让大家更融洽的相处，并建立更强的团队精神。



Sister Bao Juan is a popular figure with the residents at the hospital. 宝娟护士在医院里深受喜爱，与许多院友都成为好朋友。

Q: Are there any essential values that you believe a nurse must have? 对你来说，做为位护士必须具备什么条件?

A: I believe that a nurse must be genuine and sincere in caring for the patients. It is not good enough to just go through the motions. Also, to always stay humble and teachable. 我相信一位模范护士必须有颗真诚的心，照顾病患不能敷衍了事。她也必须时时牢记护理工作者的无私奉献精神，引导并激励护理人员积极进取。

Q: What advice do you have for people aspiring to become nurses? 您对励志当护士的人有任何的建议吗?

A: I would advise them to always stay positive and continue to strive for their life goals. Difficult roads lead to beautiful destinations. 我建议她们保持积极乐观的态度，朝着自己的目标前进。只要付出了就会有收获，只有经历风雨才能看到彩虹。

Rise & Shine



Launched in April this year, the Morning Rise is a new initiative which promotes intergenerational bonding by having the staff and residents participate in simple hand exercises together. Many of them agree that the exercise is an ideal way to start off the day. ♥

早晨动一动

在今年4月医院推打了【早晨拍打运动】，主要目的是让医院员工和院友们能通过一些简单的手部拍打运动进行交流，以提高代际互动与广惠肇这大家庭的凝聚力。大家都觉得早晨动一动是开始新的一天的好方式。♥



The Morning Rise has been a big hit with both the staff and residents thus far. 院友与员工一起早晨动一动！

Training Collaboration



KWSH conducted a 'HeartSaver Plus and Automated External Defibrillator Training' on 15 July 2016 and a 'Basic Cardiac Life Support and Automated External Defibrillator Training' on 5 August 2016 for the staff from KWSH and Hospice Care Association. Course participants will receive a two year certification accredited by the National Resuscitation Council. ♥

广惠肇留医院同HCA慈怀护理参与培训课程

院在2016年7月15日和2016年8月5日为广惠肇留医院和HCA慈怀护理的员工举办了拯救心脏与自动体外心脏去颤器培训和基本心脏生命支援与自动体外心脏去颤器培训的课程。完成课程的学生将会获得由国立复苏医学协会认证的证书。♥



The students gather around as KWSH's programme trainer demonstrates the use of the Automated External Defibrillator (AED). 学生们围绕老师，专心学习自动体外心脏去颤器的用法。

Fundraising Initiatives by KWSH's Supporters!



KWSH would like to thank the following organisations as well as all other generous donors for their overwhelming support. Their spirit of giving is truly commendable! ♥

感谢所有支持者的热心捐助!

广惠肇留医院向以下公司及所有热心支持医院的捐助者表示最至深的谢意! ♥



14 February 2016

Encouraging response from the Charity Sale at Kang Li Mineral Kingdom Pte Ltd!

2016年2月14日

由康丽水晶风水天地举办的义卖获得热烈的反应!



24 April 2016

Supporting a good cause with good food at Soon Lee Wanton & Lor Mee!

2016年4月24日

义卖与美食相会! 感谢顺利云吞面·卤面的支持!



We have moved to an online platform!

我们的通讯已上线了!



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

Or alternatively, you may subscribe through our website at <http://www.kwsh.org.sg/en/eNewsletter>. ♥

为了加强环保意识, 广惠肇留医院通讯已改为电子版本。若想申请阅读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.

或者, 您也可到以下网址进行申请
<http://www.kwsh.org.sg/ch/eNewsletter>. ♥