

KWONG WAI SHIU HOSPITAI 惠肇留醫院



KWS COMMUNITY CARE CENTRE

入驻加冷黄埔社区



This year, KWSH is going into the community by launching Singapore's first-ever "Active Ageing Hub" (AAH) at McNair Road. The AAH is a new initiative by the Ministry of Health, aimed at integrating programmes and care services for the elderly within new housing developments, enabling them to stay active, healthy and connected with the community.

KWSH now have the opportunity to bring our century of healthcare experience and expertise closer to the community to benefit even more people. Named "Kwong Wai Shiu Community Care Centre", we will also be setting up a second centre at St George's Lane. With these two satellite centres, the people from the Kallang-Whampoa area can expect a wide spectrum of healthcare and home care services easily accessible at their doorstep.

2017年是广惠肇留医院的重要里程碑。除了将在今年第四 季启用新的疗养院主楼,我们也会在今年下半年于麦奈雅路 设立全国首间"活跃乐龄中心"。活跃乐龄中心是卫生部倡议 的新计划,旨在整合年长居民所能使用的设施及适合他们参 与的活动,并且在新的组屋区中设置护理服务,好让年长人 士能够受惠于中心的一站式服务。

广惠肇留医院已获卫生部授权经营两间活跃乐龄中心,并 将其命名为"广惠肇社区关怀中心"。除了麦奈雅路,我们也 将在圣乔治巷成立另外一间社区关怀中心,预计2019年完 工。广惠肇希望通过两间中心入駐社区, 将服务长者的百 年护理经验延伸, 为加冷-黄埔区的乐龄人士提供更方便与 更多样化的保健与家居护理服务,使乐龄居民能生活得更 安心。

MOU WITH ACADEMY OF

CHINESE MEDICINE, SINGAPORE

与新加坡中医研究院签署合作备忘录

There was also good news in the Traditional Chinese Medicine (TCM) field. KWSH entered into a partnership with the Academy of Chinese Medicine, Singapore (ACMS) with the signing of a Memorandum Of Understanding (MOU) at our 106th anniversary celebration. The partnership will focus on TCM research studies and training programmes for physicians. Through collaborations on areas such as clinical studies and mentorship programmes, the MOU will not only

CELEBRATING... 106 YEARS!

106周年庆典暨社区关怀日

2016年12月3日早晨,广惠肇留医院举办了106周年庆典暨 社区关怀日。超过500名公众一同参与了庆典, 为现场气氛 增添了十足的活力。

当日的一大 看点是为庆 典掀开序幕 的击鼓表 演。鼓团成 员不但清一 色由广惠肇 留医院的院 友和职员们



士! 这位人瑞与她的团友为这次的演出勤加练习, 最终联手 呈现了振奋人心的欢乐鼓声,同时也充分展现出院友们在广 惠肇留医院即丰富又富有意义的生活。除了精彩表演,社区 关怀日也为年长者提供免费身体健康检查。并呈现了众多美 味食品。

卫生部长颜金勇先生以主宾身份出席了庆典。部长除了参观 广惠肇留医院扩建计划的相关展览之外,也在庆典致词中分 享了新的活跃乐龄中心计划。

expand KWSH's TCM services in outpatient services and multi-disciplinary inpatient care, but at the same time benefit the local TCM industry by enhancing the capacity and capability of physicians.

周年庆上也为中医 领域带来了好消



息,广惠肇留医院与新加坡中医研究院签署合作备忘录。双 方的合作将着重于中医科研和中医师的培训,通过临床研 究实验和"师带徒"培训等项目来提升中医水平并增进中医服 务。双方的合作不仅将有助广惠肇留医院扩充院内的中医服 务,同时也能够使本地中医行业的整体水平更上一层楼。

CELEBRATING... 106 **YEARS!**

106TH ANNIVERSARY CELEBRATION

AND COMMUNITY CARE DAY

On 3 December 2016, over 500 people turned up at KWSH to join in the celebration of our 106th Anniversary and Community Care Day.

One highlight was when residents of KWSH, together with our staff, put up an impressive drum performance to welcome the guests. The performing residents had been looking forward to the celebration to showcase their meaningful and activity-filled lives at KWSH. Among the performers was 100-year-young resident, Mdm Cheong Mui, who practised tirelessly with her fellow performers in order to drum up the atmosphere with their opening sequence. Besides the exciting performances, the carnival also provided a huge array of food delicacies and free health screenings for the community. KWSH would like to express our sincere appreciation to our partners and sponsors for their support.

Mr Gan Kim Yong, Minister for Health, was the guest of honour. In his speech, Mr Gan acknowledged KWSH's role in caring for our seniors and shared the numerous plans that will expand the scope of KWSH's services by going beyond our nursing home halls into the community. Mr Gan also toured an exhibition which unveiled the latest plans for the redevelopment project at KWSH.



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OUR GENEROUS DONORS

慷慨解囊的幕后英雄

Caring for our residents and the community would not have been possible without the support of our generous donors over the years, among them Leung Kai Fook Medical Company (LKF Medical), manufacturer of the internationally acclaimed Axe brand medicated oil and other products.

At our 106th anniversary celebration, Dr Leong Heng Keng, Chairman of LKF Medical, and his brother, Mr Leong Mun Sum, Managing Director, LKF Medical, presented a \$2 million cheque to KWSH and pledged a further \$4 million in donations over the next two years. The Leong brothers and their family hope to lead by example and inspire others to step forward with their generosity to support KWSH.

LKF Medical, a family business run by the Leong family, has always maintained close ties with KWSH, with family members over generations serving on our Board of Directors, providing valuable guidance to the organisation. Dr Leong is now our Honorary Chairman while Mr Leong Mun Sum serves as a trustee on the board.

广惠肇留医院多年来仰赖善心人士慷慨解囊,方能为院友及 社区提供完善设施、优质服务。其中,以斧标驱风油品牌闻 名国际的梁介福药业这些年更是出钱又出力。

在广惠肇106周年庆典上, 梁介福主席梁庆经博士及总裁梁 文琛先生将200万元捐款交给本院并承诺接下来两年再捐赠 400万元。梁介福药业希望捐款能在广惠肇募款方面起到抛 砖引玉的作用。

梁氏家族素来与广惠肇留医院关系密切,几代家庭成员更是 担任本院主席及董事,数十年来为广惠肇尽心尽力。梁博士 是我们董事会的永远名誉主席,而弟弟梁文琛先生目前则担 任受托人。

Make a Donation, Make a Difference! 慷慨解囊, 让爱传递! 捐款方式,请浏览: www.kwsh.org.sg/en/donations

ΞÌ.





HEARING RESTORED

THROUGH ACUPUNCTURE

"针"好听

Mention TCM (Traditional Chinese Medicine) and many will think of acupuncture, the fine needles administered by physicians to treat aches, pains and various other ailments. Unknown to many,TCM and acupuncture have a part to play in the treatment of hearing problems as well. Dr Liauw Siew Lian, Chief Physician, KWSH TCM Centre, explains hearing problems from a TCM perspective with the following case studies.

Case I

An 89-year-old patient visited our TCM Centre complaining of tinnitus in her right ear and the inability to hear the sounds and voices around her clearly for over two years. As Dr Liauw was removing the acupuncture needles around her right ear, the patient exclaimed with joy, "I can suddenly hear you very clearly!"

Dr Liauw followed up with the patient's family a month later to be informed that her hearing was still doing well. A session of acupuncture miraculously restored her hearing!

Case 2

66-year-old man restored his hearing after two to three sessions of acupuncture treatment. Dr Liauw said while the effectiveness of acupuncture differs for individuals, to have such remarkable improvements after just a few treatments is indeed unbelievable.

According to Dr Liauw, hearing problems may not simply be an ear problem, TCM believes health issues occurring in other parts of the body may have a detrimental impact on hearing. Among these, liver and kidney deficiencies can cause obstruction in the Gallbladder Meridian which passes through the ear region, thereby affecting one's hearing. In such cases, TCM physicians may administer acupuncture to the acupuncture point Tinghui (听会, literally "convergence point of the auditory function") which is located along the Gallbladder Meridian.

Besides the Gallbladder Meridian, there are two other meridians that pass through the ear region, namely the Triple Burner Meridian and Small Intestine Meridian, and the acupuncture points Ermen (耳门, "gateway to the ear") and Tinggong (听 *, "auditory palace") which are located on these meridians respectively are also common points for administering acupuncture when treating hearing problems.



AUTOMATED ROTARY WOK

technology will benefit us in the following ways:

With the introduction of the Automated Rotary Wok in our

kitchen when we move into our new building in Q4 this year, the

• Manpower reduced from three to one staff to cook the same

• Time taken to cook 1,200 meals a day is reduced from nine

Savings in manpower costs result in a cost saving efficiency

Here's what Chef Desmond Yap, who heads KWSH's Food

Services, has to say about the rotary wok, "The wok is easy to

operate and food quality is not compromised as the wok ensures

随着广惠肇留医院在今年下半年启用新疗养院主楼,我们的

自动旋转锅

amount of food

of 94.4%

hours to half an hour

consistency in the flavour and texture!"

提起中医,人们一般总会联想到药膳、调理、拔罐、针灸等方面。 通过中医来诊治听力方面的问题虽较少见,但却也有其依据。广惠肇留医院中医 门诊中心主理医师廖秀莲博士以几个个案从中医角度剖析听觉问题。

余一

89岁老妇听力弱、患右耳鸣,无法听清楚周围声音已两年余,由儿女陪同前来寻求针灸治疗。正当廖医师为她取出右耳周围的针肘,只见老妇欣喜若狂,惊叹: "我突然可以听到你和其他人的对话了,而且非常清楚!"

廖医师约一个月后向老妇家人了解她的情况,得知她听觉依然良好。一次针灸竟 奇迹般地治愈了老妇的听觉问题!

个案二

66岁老翁经两、三次针灸后恢复听力。廖医师表示,虽然针灸效果因人而异也需 视个别情况,但仅仅几次的治疗就见成效,此个案同样令她难以置信。

针对以上奇迹个案,廖医师表示,听力受损未必纯粹是耳部疾病,也有可能是受到身体其他部位影响。其中,肝虚和肾虚都有可能导致贯穿耳部的胆经阻塞,从而影响听力。因此,医师在治疗听力问题时经常会采用针灸在位处胆经的"听会"这个穴位施针。

除了胆经之外,贯穿耳部的另两条经络还包括三焦经与小肠经,因此,分别位处 这两条经络的"耳门"和"听宫"也是治疗听力问题常见的施针穴位。

SENIOR CARE CENTRE

乐龄护理中心

Despite being in his eighties, Mr Lim Eng Chian was able to walk independently with the aid of a walking stick..... until he caught an infection more than a year ago. The infection was so severe it kept Mr Lim in hospital for a whole two months and subsequently limited him to a wheelchair.

Hit hard by his inability to move around freely like he used to, Mr Lim was deeply disheartened when he was referred to KWSH's home therapy service and was on the verge of giving up on his therapy when we suggested for him to undergo rehabilitation at our Senior Care Centre (SCC) instead.

Buoyed by the opportunity to continue his recovery in a different setting outside home, Mr Lim's condition improved remarkably under the guidance of our occupational therapists and physiotherapists. After a few months of rehabilitation, he was able to walk on his own for more than 200 metres with a walking stick and has since resumed ADL (Activities of Daily Living) and self-care independence at home. Mr Lim, now 84, is still undergoing therapy at SCC to further improve his mobility and can often be seen motivating his friends at the SCC!

尽管已年过八旬,林荣前先生<mark>向来的行动大致上还算自如。</mark> 虽然得拄着拐杖,但却能够独立走动。然而,林先生却在一 年多前不幸受到细菌感染,使他不但入院足足两个月,且出 院后必须以轮椅代步。

一向过着活跃生活的林先生顿时失去了自理能力。受到如此 沉重的打击,他当时对于广惠肇留医院所提供的居家治疗服 务意兴阑珊, 甚至想要放 弃康复治疗。院方在与林先 生家人讨论之后,建议让他 转到广惠肇留医院的乐龄护 理中心接受康复治疗。

或许是新环境对林先生起了 鼓舞作用,他在乐龄护理 中心接受职能治疗师和物理 治疗师的复健后情况很快有 了起色。短短几个月内,他 已能拄着拐杖独立走动超过 200米, 并渐渐恢复了自理 能力。如今,林先生虽然已 经能够独立在家中照顾自 己,但他仍然继续来到我们 的乐龄护理中心,希望能够 不断的增强他的的行走能 力。这名84岁的"过来人"还 成了护理中心内的"助理", 自己进行复健的同时, 也总 是不断的为其它年长者加油 打气!



DO YOU KNOW?

KWSH's Senior Care Centre was previously known as the Day Rehabilitation Centre.

"乐龄活跃中心"的前身为"日间康复中心"。

食品部门也将引进"自动旋转锅"。且让我们来看看自动锅所能带来的好处:

- 减少人力:准备同等分量的伙食所需的人员将从三人减至一人
- 减少时间:每日准备1200份餐食所需的时间将从九小时减至半小时
- 减少开销:减少人力与时间将可节省高达94.4%的人员 开销

食品部门主厨叶国顺表示:"自动锅容易操作,不但不影响 食物品质,甚至还可以帮助确保味道均匀、口感一致!"







TAN CHIN TUAN FOUNDATION PRESENTS SCO CARING SERIES

音乐献爱心,温情传千里

Proudly sponsored by the Tan Chin Tuan Foundation, the SCO (Singapore Chinese Orchestra) Caring Series 2016 brought encouragement to the residents and healthcare workers of KWSH with their music performance on 14 September. The concert brought melodious music, with a healing touch, to the audience. Opening with the Hokkien classic "风真透", SCO performed a unique medley of pop songs across several languages, delighting the residents who were able to revive their fond memories from those evergreen pieces. Many residents gave their seals of approval with encouraging applause.

Little Angels in Action

Joining this marvelous mini concert were primary school students from Hong Wen School Chinese Orchestra. The students spent a meaningful afternoon enjoying the concert together with the elderly residents of KWSH.

The SCO Caring Series not only inspired the students to develop greater compassion toward the community but also touched the hearts of KWSH's residents and caregivers through music as well.

SCO Assistant Conductor Moses Gay shared, "Every time we perform at the 'Caring Series', I feel that there is a greater cause behind. There is so much more value to our music whenever we see our performance bring comfort and beautiful memories to the patients."

由陈振传基金会赞助的新加坡华乐团关怀系列2016年音乐 会,于9月14日为广惠肇留医院大家庭呈现了一场温馨的表 演,将爱心献给院友和在医疗前线奔波的医护人员。音乐 会上,新加坡华乐团在助理指挥倪恩辉先生的带领下,为 大家奏出一首首扣人心弦的歌曲,让人听出耳油, 台下的



观众更是沉醉在动人的乐声中。团员们以福建金曲《风真 透》掀开序幕,让台下的阿公阿嬷们露出微笑,不禁跟着 旋律一同拍手哼唱。

爱心小天使

医院也邀请宏文学校的华乐团学生一同参与,除了观摩演奏技巧之外,我们更希望能通過这类活动鼓励小朋友奉献 爱心,启发他们对社会献出多一份关怀。

这场音乐会为在场的阿公阿嬷和医护人员们演奏了许多怀旧经典歌曲。倪恩辉指挥表示:"能参与关怀系列音乐会对 我来说意义深长!当我知道我们的演奏能够感动及温暖人 心并让他们重温美好回忆时,我觉得我们的音乐变得更有 意义,更有价值了!"

SINGAPORE SPORTS HUB TOUR

参观新加坡体育城

On 11 November 2016, our 24 residents on wheelchairs visited the state-of-the-art Sports Hub along with 27 volunteers for a guided tour hosted by Sports Hub staff. Female residents even went on a shopping spree at the nearby Kallang Wave Mall! The outing ended with a sumptuous meal sponsored by A-One Claypot House. KWSH would like to thank Singapore Sports Hub and A-One Group Pte Ltd for their support.







The Esplanade brought the NTU Symphonic Band to KWSH for a performance playing brass and wind instruments. They held mini"concerts" at the activity area and Senior Care Centre before bringing their music into the wards. 澡海艺术中心安排南详理工大学的交响乐成员到广惠肇表演。除了为住院院友表演,当天前来乐龄护理中心接受康复治疗的年长者 也大饱耳福,享受了劲人的首首金曲和欢愉的圣诞旋律。







Volunteer Appreciation Exight



VOLUNTEER APPRECIATION DINNER

志工答谢晚会

Because You Matter!

On 8 October 2016, the annual Volunteer Appreciation Dinner was held to recognise and reward the dedication of the volunteers who have helped make us who we are today. More than 200 volunteers, including the Board of Directors, attended the event. KWSH Chairman Patrick Lee commended the volunteers for their selfless contributions. He also presented tokens of appreciation to long-serving volunteers for their milestones of service to KWSH.

Mr Lee said, "My heart is full of gratitude each time I meet these volunteers who have tirelessly contributed to our community. We deeply appreciate their exemplary work in helping to serve our elderly. Their admirable and inspiring spirit will always be a part of our legacy, as we all join hands to serve our community the next 100 years."

Burning Passion

Having joined us for more than three decades, Elder Chin Chon Shin, 85, and Mdm Lee Ah Phee, 81, are our longest serving volunteers at KWSH. No matter their age, they have both been giving their time and energy, a true testimony to "living life with purpose".

While we appreciate our volunteers every day of the year, this annual get-together is an occasion when we bring them together and show them how much we care. To all our volunteers, thank you!

If you too are keen to volunteer at KWSH, we welcome YOU



Mr Patrick Lee, KWSH Chairman, and Dr Ow Chee Chung, CEO, sharing a moment with Elder Chin Chon Shin and Mdm Lee Ah Phee. 医院的李国基主席和总裁区志忠 医生与志工陈铨盛长老和李亚烏女士合影。

只因有你!

广惠肇留医院于2016年10月8日举办了一年一度的志工答谢 晚宴,感谢各位志愿者的无私奉献和志愿精神。超过200名 志工出席了活动,当中也包括我们的医院董事。 医院主席 李国基先生当晚颁发感谢状给长期服务的志愿者,感谢他们 多年来对广惠肇的支持与贡献。

李主席说:"每当遇到这些志工朋友,我心里都充满无限感激。我们的每位志工一直不懈地为医院付出宝贵的时间, 充分表现了助人为快乐之本的典范。这种为大众服务的精神 将永远是我们优良传统的一部分。我相信大家一定能在未来 的日子里一同携手打造一个更有爱心的社会,处处洋溢着真 情!"

诚心服务 旨在奉献

年过八旬的陈铨盛长老和李亚扁女士已在医院服务超过三十 年。不过,愈渐年迈的他们还是坚持继续服务,积极参与医 院的活动,奉献出自己的一份力量,传递爱心让温情不断 延续。

广惠肇留医院能行医済世超过百年,义工们鼎力支持、热心服务,功不可没。院方主办一年一度的晚宴让大家齐聚一堂,希望向所有义工表示敬意。义工朋友,我们由衷感谢您!



KWSH AWARD RECIPIENTS

得奖员工



Always Professional. Always Caring. Embodying this service tagline of KWSH are our staff who were among the recipients at the following awards.

Fan Chin Tuan Nursing Award

Having been in service for more than 40 years, KWSH has become a second home to Enrolled Nurse Sylvia Jani. To her, KWSH's patients and residents at our nursing home are just like her own family. In November 2016, Sylvia's professionalism, dedication and compassion were recognised at the Tan Chin Tuan Nursing Award, with her being awarded the second runner-up prize.

Enrolled nurses like Sylvia support registered nurses in their work, assessing and monitoring patients' conditions, carrying out treatment, as well as educating patients and caregivers. The Tan Chin Tuan Nursing Award is the highest local accolade for enrolled nurses, recognising and acclaiming those who have exhibited excellence and dedication in the nursing profession. There are nearly 9,000 enrolled nurses in Singapore.

ILTC Excellence Awards 2016 At KWSH's Senior Care Centre, Benjamin Lim is more than just the Senior Occupational Therapist that his designation would suggest. To his patients, he is also a listening ear and a helping hand beyond their therapy sessions. To his colleagues, Benjamin is a role model for his peers in the community care sector. To his supervisors, he is always willing to learn and to serve, and is a pillar to the organisation. The selfless Benjamin was among the top winners at the ILTC (Intermediate and Long-Term Care) Excellence Awards 2016, winning the Gold Award.

KWSH won a total of 23 awards at ILTC Excellence Awards 2016. Besides Benjamin, we also walked away with 20 Silver Awards and two team awards.

We are proud of our winners' achievements and KWSH congratulate all of them. Well done!

专业护疗,时刻关怀。抱持着广惠肇留医院这句服务口号 的精神,以下同事在医疗护理领域的各项奖项中脱颖而 出,得到肯定。

在广惠肇留医院服务了超过40年,这里已成为助理护士 Sylvia Jani的第二个家。对她而言,这里的病人与疗养院的每一位院友都是自己的家人。Sylvia对"家人"的这一份关怀以及她在工作上的付出和专业精神在去年11月受到了 至高的肯定,在"陈振传护士奖"中荣获第三名。

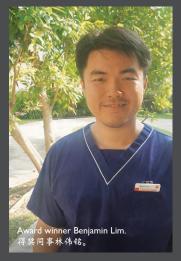
身为一名助理护士 (Enrolled Nurse), Sylvia在日常工作上必须辅佐注册护士,并且需要密切观测病人与院友的健康 情况、为他们进行治疗,也得帮忙教育病患与他们的看护 者。新加坡一共有将近9千名助理护士,而陈振传护士奖 正是本地助理护士行业的最高殊荣,对于护理表现杰出并 富有奉献精神的护士们给予肯定并加以表扬。

2016年中长期扩展杰出实 担任广惠肇留医院高级职能治疗师的林伟铭在院内乐龄护 理中心的工作可不仅仅局限于为病患进行职能治疗。对病 患而言,他也是一个非常好的聆听对像也总是乐于助人。 在同事眼中,伟铭是整个社区关怀服务领域的楷模,而上 司心目中的他总是虚心学习、不惜付出,甚至视他为工作

团队中的栋梁。无私的伟铭 在"2016年中长期护理杰出 奖"中不负众望,荣获最高 荣耀,得到金级奖。

广惠肇留医院在这次的中长 期护理杰出奖中一共囊括了 23个奖项。除了伟铭的金 级奖,另外也获颁20个银 级奖和两个团队奖项。

恭贺以上同事取得优异成 就!



SCDF'S CERT AUDIT RESULTS

紧急应对小组审计结果



In October 2016, the Singapore Civil Defence Force (SCDF) released the results of our latest CERT (Company **Emergency Response** Team) audit. We are

pleased to share KWSH have passed the audit! CERT is a group of in-house first responders identified by a company to be competently trained in preventing any emergency from escalating into a major disaster. The primary objective of CERT is to mitigate and control an emergency situation during the initial stages prior to SCDF's arrival.

新加坡民防部队去年10月公布了对广惠肇留医院紧急应对 小组进行的最新一轮审计结果,本院成功通过审计!紧急应 对小组由本院职员组成, 审计结果证实了我们有能力在紧 急情况发生时应对突发危机并有效的与民防部队配合。