



GOH, Minister Lam, with the newly-appointed 89th Board 主宾蓝部长与新届董事合影留念

89TH BOARD OF DIRECTORS

INSTALLATION CEREMONY

第89届董事会就职典礼

On 5 August 2017, we celebrated a milestone in Kwong Wai Shiu Hospital (KWSH). The 89th Board of Directors was officially inaugurated at the Multi-Purpose Hall of our new 12-storey nursing home building. Guest of honour, Dr Lam Pin Min, Senior Minister of State for Health and Transport graced the occasion and officiated the installation ceremony.

Company Limited By Guarantee

KWSH is operating under a new modernised corporate structure known as a company limited by guarantee with effect from 1 July 2017. This will provide us with greater flexibility to offer quality healthcare services to all Singaporeans.

2017年8月5日, 广惠肇留医院迎来又一个里程。当天, 本院第89届董事会在全新12层疗养院主楼礼堂内进行就职典礼, 由卫生部兼交通部高级政务部长蓝彬明医生担任监誓人主持了就职仪式。

担保有限公司

广惠肇自2017年7月1日起以“担保有限公司”形式运作。新的现代化组织结构将让本院能够更灵活地为国人提供优质保健服务。



Chairman Lee presenting the token of appreciation to Minister Lam on behalf of the Board 李主席代表全体董事献赠纪念品予蓝部长



Minister Lam endorsing the appointment of the 89th Board upon the inauguration 监誓人蓝彬明部长在宣誓册上签名

LIGHTING LANTERNS AND WARMING

HEARTS AT KWSH NEW BUILDING

点亮一盏灯，温暖一颗心：新主楼欢庆中秋！

Being the first time the Mid-Autumn Festival would be celebrated at our newly completed nursing home building, there was an air of excitement as participants and guests gathered for the annual celebration themed “Light A Lantern, Warm A Heart” on 23 September.

Besides the sense of novelty, the many beautiful lanterns on display certainly contributed to the excitement as well. From the car park and the main lobby all the way up to the Terrace Garden located at Level 3, hundreds of colourful lanterns lit up the new building compound, brightening our weekend and creating the perfect atmosphere to celebrate this festival of reunion.

It was family time at its best as residents, patients, partners, volunteers and staff of KWSH appreciated the mouth-watering mooncakes under the moonlit skies together with their families while taking in the melodious notes performed by the Singapore Foochow Association's Chinese orchestra.

In addition, there were also other activities that the participants were engaged in. The witty ones walked away with prizes from the Lantern Riddles. Some made a wish as they set sail their lotuses onto the Lotus Pond.

There were “oohs” and “ahhs” among the crowd as the magnificent Kong Ming lanterns were released and raised in the air, symbolising that the wishes written on each lantern would be fulfilled and that the people who penned the wishes would be blessed.

Thank you to all donors and volunteers for helping stage this Mid-Autumn event as KWSH embarked on a new chapter. May all your wishes for you and your loved ones come true! May KWSH continue to light up the hearts of the poor and needy for many years to come.



Renowned singing instructor Lee Swee Har was among the line-up of performers at the MPH 李瑞霞老师与其他表演者在礼堂内呈现了连串表演



KWSH Vice-Chairman, Mr. Chia Weng Kaye, setting sail his lotus as he made a wish
广惠肇副主席谢永祺先生点放莲花灯许愿祈福

年度中秋晚会首次于本院全新疗养院主楼举行，9月23日前来参加晚会的参与者和来宾自然各个兴奋不已。除了新场地所带来的新鲜感，展示出的美丽花灯也为现场增添了不少佳节气氛。从停车场和主楼大厅一直到三楼的空中花园，数百个色彩夺目的花灯照亮新主楼院区的同时，也点亮了我们的周末，为这个“月圆人团圆”的佳节打造完美氛围。

无论是广惠肇的院友、病人、合作伙伴、义工或职员，大伙和家人在月光下听着新加坡福州会馆华乐团奏出的悦耳旋律，嘴里吃着让人垂涎三尺的月饼，享受着无比的天伦之乐。

此外，晚会上也安排了活动让人们参加。有猜灯谜的朋友被妙趣横生的谜题逗得乐开了怀。莲花池旁则可见人们放出莲花灯后默默地诚心许愿。

一年一度的中秋晚会，每年都把主题定为“点亮一盏灯，温暖一颗心”，而在众多活动项目中，最备受瞩目的往往都会是一个个华丽壮观的孔明灯。放天灯的時刻到来，只见大家将头仰起，看着这些巨型的灯笼渐渐融入夜空，现场赞叹连连。孔明灯徐徐升起，象征着天灯上的愿望将会一一实现而许愿人也会得到祝福。

致所有捐赠者和义工朋友，谢谢你们实现了今年的中秋晚会。但愿你和你身边的人梦想成真。广惠肇留医院的新篇章已经开启，愿我们携手继续为贫苦人士点亮人生。



The new 12-storey building witnessing the KWSH Mid-Autumn celebration for the first time
新12层主楼首次见证广惠肇年度中秋晚会

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



A resident warmly greets Dr Tan 院友殷勤向陈博士问候



Dr Tony Tan with our "Kopitiam Kakis" 陈庆炎博士与其他“咖啡店日志”义工

“KWONG WAI SHIU KOPITIAM”

WELCOMES A-LIST VOLUNTEER

“广惠肇咖啡店”大牌义工来报到!

It was a regular “Kopitiam Diaries” session for residents of Kwong Wai Shiu Hospital on 28 March but some residents were in for a surprise when they welcomed a very special “volunteer”, none other than Dr Tony Tan, then the President. With the typical kopitiam round tables and plastic chairs all around, and not forgetting the traditional way of brewing old-fashioned coffee with a sock performed by a few of the “Kopitiam Kakis”, as the volunteers are affectionately known as, one would have been forgiven for mistaking the activity area as an actual kopitiam.

Dr Tan's arrival was met with rapturous applause before the afternoon kopi session began. Along with our volunteers, the 40 residents had a great time as Dr Tan made his way around, stopping by each table to join them for their coffee and tea. Delighted by the President's visit, the residents intrigued the affable Head of State with their personal stories and Dr Tan was also presented with a handcraft souvenir made by our residents.

About Kopitiam Diaries

The “Kopitiam Diaries” is one of the community-led initiatives at KWWSH. With the “kopitiam” being a quintessential icon in the neighbourhood, our elderly's familiarity with the local coffee shop setting creates a relaxed atmosphere and sets them at ease when interacting with the volunteers.

This activity is highly popular and well-received among our elderly residents. Since its inception in 2000, “Kopitiam Diaries” has been a great tool for reminiscing, socialising and keeping the residents connected to the community. Supported by the Silver Volunteer Fund, “Kopitiam Diaries” aims to rally the seniors in the community to remain active even as they age.

典型的咖啡店式圆桌及塑料椅、“咖啡头手”通过传统冲泡方式展现出的熟练泡咖啡技巧... 这里就像是一家热闹非凡的咖啡店。其实，这可是广惠肇留医院义工们每星期为院友筹备的“咖啡店日志”活动而所谓的“咖啡头手”是其中的几名

义工。3月28日这一天，活动也迎来了一位非常特别的“义工”朋友，他正是我国时任总统陈庆炎。

喜见陈庆炎博士莅临，在场的所有院友和义工无不给予最热烈的掌声，为接下来的节目炒热了气氛。40名院友在义工的陪同下与陈博士共度了欢乐的时光。只见院友门兴奋地与和蔼可亲的总统分享着他们的小故事，谈笑风生。院友们还亲手制作了手工艺品，由义工代表献给陈博士。

关于“咖啡店日志”

“咖啡店日志”是广惠肇留医院其中一项由义工发起的活动，旨在让年长者在国人所熟悉的咖啡店环境中轻松、自在地与朋友和义工交流。

活动深受院友欢迎，自2000年创立以来提供了良好的社交机会，也搭起院友与社区的桥梁，确保他们不会与社会脱节。由“银色志愿者基金”（Silver Volunteer Fund）资助的“咖啡店日志”希望鼓励年长国人积极加入义工行列。



Know how to brew coffee with a sock the old-school way? Or simply wish to befriend our elderly residents over a cup of coffee? Contact us at 6422 1291 and join us for a fun-filled afternoon every Monday and Tuesday!

你是否能泡制一手美味的传统咖啡？又或者希望陪伴我们的年长院友喝咖啡、聊聊天？马上拨打6422 1291与我们接洽，每逢周一、二前来与我们欢度一段午后闲情！



Thumbs-up for Dr Tony Tan 开心的院友给陈庆炎博士一个“赞”!

A TIME FOR CELEBRATION!

欢庆8月!



(Top) Celebrating National Day with residents in the ward and (below) showing our appreciation to the nurses 医院在8月份分别与院友为国家庆生 (上图) 以及在护士节向本院护士致敬 (下图)

National Day Observance Ceremony

KWSH celebrated National Day on 7 August 2017 with an observance ceremony held at the wards. Our elderly residents sang the national anthem and recited the national pledge with pride and were treated to a few classical local drama movies in the ward.

国庆敬礼仪式

广惠肇留医院的院友在2017年8月7日提前庆祝了国庆日。当天, 本院于病房内举行国庆敬礼仪式。年长院友除了高声齐唱国歌并自豪地宣读誓约, 也在病房内观赏了几部经典的本地电影制作, 以不一样的方式表现了身为新加坡人的骄傲。



Nurses' Day and Quality Festival

On 11 August 2017, KWSH marked Nurses' Day and Quality Festival. It is an annual occasion to honour our nurses and caregivers who have contributed their time to the healthcare community. Held in conjunction with Nurses' Day, the Quality Festival also showcased 37 improvement projects and initiatives that were implemented or suggested by the various departments to highlight the importance of quality professional care.

护士节与优质计划日

除了是举国欢腾的国庆月份, 每年8月也喜逢新加坡护士节。2017年8月11日, 本院也欢度了广惠肇留医院护士节兼优质计划日。护士和关怀者对保健领域做出重大贡献, 每年的护士节正是我们向他们致敬的重要日子。与此同时, 配合护士节举行的优质计划日则呈现各个部门推出的37项改善与提升项目, 突显了我们对于优质专业护理的重视。

PRE-MOTHER'S DAY SURPRISE PARTY

给妈妈的惊喜聚会

In the build-up to this year's Mother's Day, KWSH organised a surprise pre-Mother's Day gathering for our residents on 23 April where the residents' family members were invited to the gathering without the residents being notified beforehand. As their children and grandchildren appeared before them, we could tell the residents were pleasantly surprised. The surprise quickly turned into elation as the elderly enjoyed the family time with yummy food as well as performances prepared by staff volunteers from Nirvana Memorial Garden. The great weekend afternoon continued to unfold as the seniors were each treated to a nice foot wash and comfortable massage by their children before being served tea. Some of the residents and their family members were even brought to tears as they took in the emotions of the afternoon.

为了迎接5月份母亲节的到来, 广惠肇留医院于4月23日为院友精心主办了一次惊喜聚会, 在他们不知情的情况下安排他们的子女来到活动现场。院友们看见儿孙现身现场时, 无不感到意外。从一张张充满岁月痕迹的脸孔露出的表情, 可见这是一次意外的惊喜。活动上有医院和富贵山庄的志愿职员准备的点心和歌唱表演, 院友们与子孙共享天伦, 形成一幅温馨的画作。活动也安排孩子为母亲洗脚按摩, 也向妈妈敬茶道谢, 感激她的养育之恩。只见一些院友与家人感触良多, 热泪盈眶。简简单单的聚会活动流露出了世间无限的亲情。



"I'm already in my 60s and my mum in her 80s. Today, I am given the chance to express my heartfelt thanks to my mum for loving and caring for me for the past 60 over years."

— Clement Eddie Lim (right),
son of resident Siew Yoke Lan (left)

"这是个有意义的活动。不止是给了外婆一个惊喜, 也让这么多乐龄人士度过一个灿烂的下午。"

— 吴坤源, 院友韩美华的孙子



Minister Chee Hong Tat and KWSH Chairman Patrick Lee (3rd and 4th from right) leading the way during the finale item 徐芳达部长与广惠肇李国基主席 (右三、四) 带领全场进行压轴大合唱

MOTHER'S DAY CHARITY CONCERT

母亲节慈善音乐会

Kwong Wai Shiu Hospital held our annual charity concert at the Singapore Chinese Cultural Centre on 12 May. Titled A Kiss from Mom, the concert was supported by the Singapore Chinese Orchestra (SCO) in celebration of Mother's Day.

The orchestra put up a superb show under the baton of SCO's renowned resident conductor Quek Ling Kiong and those present were also treated to a series of nostalgic songs such as *Wife (家后)*, *Grandmother's Words (阿嬷的话)* and *I Really Love You (真的爱你)* performed by award-winning getai artistes Hao Hao and Lee Pei Fen. The concert reached its climax when guest of honour, Mr Chee Hong Tat, Senior Minister of State, Ministry of Health and Ministry of Communications and Information, turned out to be the mystery performer for the special performance segment and wowed the crowd with his rendition of the evergreen Cantonese piece *Shanghai Bund (上海滩)*.

The evening ended on a high as guests and audience belted out the song *天下的妈妈都是一样的* together, with a montage of touching photographs, put together to the tune of the chirpy melody, shown on the auditorium screen. The photographs of donors, KWSH Board members and staff with their mothers had been collated specially for the concert. Across eras, from nostalgic black and white images to wefies taken with a mobile phone, the message was the same: A mother's love is boundless.

With the efforts and support of our friends of KWSH, a total amount of \$2,008,000 was raised through the concert. KWSH would like to extend our sincere thanks to the many organisations and individuals who have donated toward this meaningful cause.

2017年5月12日, 广惠肇留医院在新加坡华族文化中心举行了“妈妈的吻”母亲节慈善音乐会。音乐会是本院一年一度的主要筹款项目之一, 而演出荣幸邀得新加坡华乐团助阵。



Mr Leong Mun Sum, MD of Leung Kai Fook Medical, receiving the token of appreciation for our concert sponsors 赞助商梁介福药业董事经理梁文球先生从部长手中接过纪念品



\$1m donation from Mr Michael Kum and Mrs Lynda Kum of M&L Hospitality Group M&L酒店服务集团甘烈明、王美蓉夫妇捐赠善款100万元

在新加坡华乐团著名驻团指挥郭勇德先生的带领下, 现场观众享受了一场华乐飨宴。演唱嘉宾, 歌台红星皓皓和李佩芬卖力献唱, 呈现了一连串耳熟能详的金曲, 如《家后》、《阿嬷的话》、《真的爱你》等。此外, 当特别演出环节的神秘表演嘉宾身份揭晓, 由主宾, 卫生部兼通讯及新闻部高级政务部长徐芳达演唱粤语经典《上海滩》, 观众更是热情欢呼声不断, 全场气氛沸腾, 将音乐会推向高潮。

进入当晚压轴项目, 全场嘉宾、表演者和观众进行大合唱, 以一首轻快的《天下的妈妈都是一样的》向全天下母亲致敬。此时, 大荧幕上出现温馨画面。由捐助人、广惠肇董事会成员及职员提供的家庭照组成图片集, 随着歌曲的轻快旋律亮出了众人与妈妈的温暖时刻。有多年以前的黑白相片、也有出自智能手机的母子自拍, 无论什么时代, 母爱永远是如此伟大。

今年的音乐会共筹得200万8千元。广惠肇留医院借此要向所有善心人士致谢, 感谢各位对于本院的鼎力支持。

Special thanks to 特别鸣谢:

- M&L Hospitality Group
- Leung Kai Fook Medical Company (Pte) Ltd
- S C Wong Foundation Trust
- The late Mr Loh Ah Lay Richard
- Tote Board Group
- Dato Lim Kim Chong
- New Modern Metal & Plastics Pte Ltd



Tan Tock Seng Hospital providing their atrium for our charity ice cream sales 陈笃生医院慷慨开放医院大堂让我们进行雪糕义卖

NEW CSR FRIENDS

欢迎广惠肇之友！

In the past couple of months, KWWSH has partnered new friends who have brought much joy to our elderly residents. From games and social activities at our premises to visiting an aquarium, these programmes, as part of Corporate Social Responsibility (CSR) by our corporate partners, have certainly put a smile on the faces of our residents.

过去几个月，广惠肇留医院大家庭又迎来了好些热心的伙伴机构首次参与我们的义工活动。这些机构通过各自的企业社会责任项目，到医院与院友进行游戏、带院友到海洋馆游玩等等，通过精彩节目为年长院友带来欢乐。此外，也有机构大方提供场地让我们进行义卖。



An outing to S.E.A. Aquarium organised by Singapore Shipping Association 新加坡船务公会安排院友到S.E.A.海洋馆郊游



Morgan Stanley organised a tour of the Marina area for our residents, rounding up the day with dinner at Marina Square 金融公司摩根士丹利为院友安排的滨海区一日游接近尾声，大伙在滨海广场以一顿丰盛晚餐结束行程



Staff from SL Global brought fun and laughter to our residents, as well as a \$5,000 donation 星纶职员前来同院友共度欢乐，同时也带来五千元捐款

NEW ACTIVITY: MINI PING PONG

广惠肇新鲜玩意：迷你乒乓

Our Mini Ping Pong activity started in February 2017 with four elderly residents who had never played table tennis before. As the four residents fumbled with their rackets and tried the sport for the first time, their willingness to try out the new activity quickly attracted six other curious residents. Thanks to the time and efforts of our volunteers to coach the elderly, these ten elderly residents have been playing together since and are always looking forward to their ping pong game every Wednesday! With the positive feedback from residents and volunteers during this pilot phase, there are already plans to recruit more players and expand the activity after KWSH's new nursing home building become operational at the end of 2017.

Mini Ping Pong benefits the elderly residents and volunteers in the following healthy fun ways:

- Improve eye-hand coordination
- Improve reflexes
- Create alertness
- Create bonding between residents and volunteers
- Bring cheer and laughter through exercise

We are constantly looking out for new activities that can enhance our elderly residents to better their psycho-social emotions, physical well-being and bonding with the community, our volunteers and their families. If you have any interesting activities in mind, feel free to share your ideas with us and together, we can add colours to the lives of our residents!

每逢星期三，一群广惠肇留医院的院友总会聚集在几张小型乒乓桌前，迫不及待要以球会友。这一支“广惠肇乒乓队”成立于2017年2月。当时，四名从未接触过乒乓运动的年长院友被带到球桌前。一脸茫然的院友在义工的鼓励下拾起了陌生的球拍，从此与迷你乒乓结缘。四人的勇于尝试加上小小白球发出的“乒乒乓乓”声，引起了另六名旁观的院友的好奇心，使他们跃跃欲试。就这样，十位院友成了我们的第一批迷你乒乓球员。在义工们的耐心教导下，院友们渐渐掌握了



乒乓的基本技巧，如今每周都会前来报到。这项新活动的初试阶段获得院友和义工的一致好评，医院已经开始计划在2017年年底正式迁入新疗养院主楼后扩展活动，让更多院友能够参与。

迷你乒乓不但简单有趣，同时还能给院友、义工带来以下好处：

- 提升手眼协调
- 增强反应能力
- 提高灵敏度
- 提高院友和义工之间的凝聚力
- 通过运动带来欢乐

广惠肇时不时推出新活动，确保院友的身心健康都能得以照顾，也为他们提供与社区、义工和家人维持联系的桥梁。若您或您的机构有合适的活动，请与我们分享你的点子，让我们携手丰富院友的人生！



If you have any interesting activities in mind, feel free to share your ideas with us and together, we can add colours to the lives of our residents!

若您或您的机构有合适的活动，请与我们分享你的点子，让我们携手丰富院友的人生！

MOVING INTO A NEW

12-STOREY HOME

“乔迁之喜”!

“I feel so excited to be moving into my new home and am looking forward to the terrace garden!” said a gleeful Kang Boon Heng, 89, as he and the other residents, all smiling in enthusiasm, moved into the new 12-storey nursing home building from the transitional wards on 27 September.

The third level of the new building features a terrace garden which will also be fitted with interactive elements such as musical instruments and an audio-visual projection on the ground. Together with thematic day spaces spanning across the different levels, the concept is designed to stimulate the residents’ senses and encourage constant engagement with one another.

Across the levels, the new wards are now bigger and better ventilated, and the building also offers a couple of charming views for some residents. From the higher floors, residents may catch a glimpse of the neighbourhood skyline, or they can take in a bird’s-eye view of the beautiful and nostalgic KWSH compound when going down the corridor.

“这次搬家，我很兴奋！非常期待到这里的空中花园！”89岁的江文兴院友兴高采烈地说道，只见他与其他院友们个个都兴奋地东张西望着。9月27日这一天，正是广惠肇留医院院友从旧病房和临时病房转移到新12层疗养院主楼的大日子。

新主楼三楼设有一座空中花园，园内将会装置好几样互动设备，有乐器、有视听效果兼具的地面投影等等。加上各个楼层所设的主题活动空间，新主楼的设计概念，主要是为了刺激院友的感官并鼓励他们保持与彼此的交流。

这栋12层高的新楼除了拥有更宽敞并且空气更加流通的新病房，高楼也为一些院友提供了几道美丽的景观。从较高的楼层望出窗外，院友可一览邻里的高楼蓝天，而来到走廊往下看则可鸟瞰整个美丽又富有怀旧情怀的广惠肇院区。

KWS COMMUNITY CARE CENTRE

@ MCNAIR ROAD

麦奈雅路好去处！广惠肇社区关怀中心



On 10 July, a new elderly care centre beyond our main KWSH campus, was opened to serve the elderly within the Kallang-Whampoa vicinity. Within one month of opening, over 500 elderly had already signed up as members. Besides enjoying an active and healthy lifestyle through exercises and therapy sessions at the centre, the elderly can also look forward to healthcare services and talks, rehabilitation, home care as well as home assistance. A second centre at St George’s Lane is set to open in 2019.

为了更好地服务加冷-黄埔区内的年长人士，广惠肇留医院在社区里设立的第一家乐龄关怀中心于7月10日正式启用，并且在首个月内便已经吸引了超过500名居民报名成为会员。中心旨在鼓励年长人士通过运动和辅助活动保持活跃、拥抱健康。此外，中心提供的保健讲座与服务、康复治疗、居家护理、居家援助服务，都将为年长者带来极大便利。位于圣乔治巷的第二家社区关怀中心预计将于2019年投入运作。



Volunteers and staff relocating residents to their new “home” 义工与职员齐心协助院友“搬家”

