

## A Record-Breaking Mid-Autumn Celebration! 打破纪录的中秋晚会



Into Singapore Book of Records for the "Largest Lantern Wall"  
被载入《新加坡纪录大全》的“最大彩灯墙”

The Mid-Autumn Festival celebration is one of the major events that KWSH holds each year; and the scale of the celebration was upped again this year. On 7 September, thunderous cheers and applause reverberated through the Hospital's premises when it was announced that we had broken the Largest Lantern Wall record in the Singapore Book of Records. Standing at two metres tall, the beautiful and colourful wall formed from more than a thousand lanterns decorated the entire 34-metre corridor of the conserved building housing our Heritage Gallery.

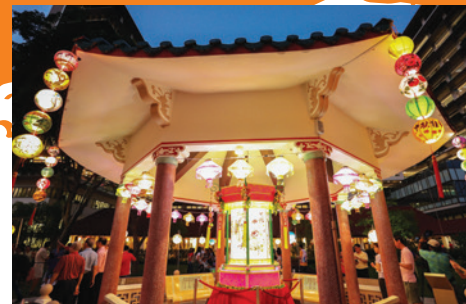
Further adding on to its significance was the fact that our residents, volunteers and community hub partners, namely Fresenius Medical Care, Healthway Medical, HCA Hospice Care and Silver Generation Office, had all played a part in the process by lovingly painting the lanterns. The lantern wall illustrated the collective effort by our residents, volunteers and community hub partners, and also signified the tight-knitted relationships that we share with them.

Participants also admired the hundreds of other lanterns dotted all around the

Hospital's compound and gushed at the Kong Ming lanterns that illuminated the night sky as they were released. At the Lotus Pond, they made wishes while setting sail lotuses. The wonderful festive atmosphere was completed with a series of captivating performances put up by our volunteers that kept the participants entertained through the night as they enjoyed the mooncakes, snacks and drinks provided by our sponsors.

KWSH thanks our donors, sponsors, volunteers and community hub partners for their enthusiastic support, for this record-breaking event would not have been possible without them.

“点亮一盏灯，温暖一颗心”中秋晚会是广惠肇留医院每年规模最大的活动之一，而今年的晚会也比往年更加盛大。9月7日，《新加坡纪录大全》单位正式宣布，广惠肇打破“最大彩灯墙”的纪录，庭院内顿时响起了热烈的掌声和欢呼声。2米高的彩灯墙由超过一千个灯笼组成，沿着医院文史展览馆“任重道远馆”外的整道走廊竖起，为34米长的走廊添上了绚丽多姿的中秋布置。



Our pavilion transformed into a huge lantern  
经过一番装饰，凉亭摇身一变成走马灯



A resident about to set sail her lotus  
院友点放莲花灯许愿

使这项纪录更具特殊意义的是，我们的院友和志工，连几个社区伙伴费森尤斯 Fresenius Medical Care、HCA 慈怀护理、康威医疗集团及关爱乐龄办事处，一起为这面墙尽了一份力，精心地为每一盏灯笼绘上精美的设计。彩灯墙除了包含着院友、志工与社区伙伴们的共同努力，也反映出本院与他们之间的密切关系。

当晚，出席者欣赏在院区内星罗棋布般的一盏盏灯笼，也在孔明灯被点燃放升空时啧啧称奇。在莲花池处，大家点放着莲花灯许愿祈福。花前月下，参与者津津有味地享受着由善心人士赞助的月饼、点心和饮品，而伴随着他们的是舞台上志工朋友们轮番献上的精彩表演。

广惠肇衷心感激所有捐赠者、赞助人、志工和社区伙伴们的热烈支持，助本院实现这一次载入纪录的中秋晚会。



# Establishing a TCM Partnership with NTU

与南大建立中医合作



CEO Dr Ow Chee Chung (seated, left) signing the MOU with Chair, School of Biological Sciences [Photo: NTU]  
总裁区志忠医生（前排左）与生物科学学院院长签署备忘录 [照片由南大提供]

As the School of Biological Sciences at Nanyang Technological University presented its latest batch of Chinese medicine graduates at a graduation session on 30 July, the occasion also saw KWSH pen a Memorandum of Understanding with the school to establish collaboration in TCM.

Besides learning from our senior physicians in outpatient service, which includes day care and community services, through student attachments, TCM undergraduates will get to observe KWSH physicians’ work in inpatient care through the TCM care of our nursing home residents.

Staff from both sides are set to benefit from this collaboration as well. To facilitate wider exposure and encourage learning for TCM physicians, physicians from KWSH and the NTU Chinese Medicine Clinic will undergo exchange programmes where physicians are

rotated between the two organisations on a regular basis.

We believe KWSH will provide a favorable platform for student internships and staff attachments for the school’s faculty and physicians. Also, with KWSH’s commitment to combine the best of Chinese and Western medicine and the school’s scientific and modern approach to TCM, this like-mindedness in a “east meets west” perspective could result in TCM research in areas such as an “east-west integrative approach” for geriatric healthcare as well as studies on the role of TCM in common ailments such as stroke and dementia.

南洋理工大学生物科学学院于7月30日为应属中医毕业生举行的毕业典礼上，广惠肇与该学院签署合作备忘录，展开了中医方面的合作。

学院的在籍中医学生下来可前来本院实习。实习生能够在我们的门诊服务

向资深医师学习，门诊服务范围还包括日间护理及社区服务。此外，通过本院对疗养院院友的中医照护，学生们也会有机会观察医师在住院护理工作的工作情况。

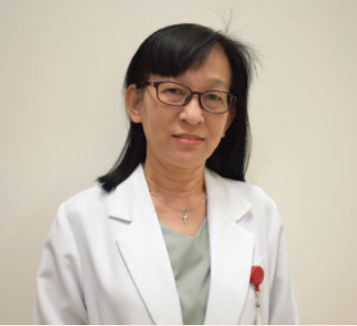
双方职员也可以从合作中受益。为了让中医师有机会更广泛地接触不同的病人与病例并鼓励医师们不断求取新知识，广惠肇和南大中医诊所的医师将进行交换计划，定期到彼此的机构当班看诊。

我们相信本院将成为为学生提供实习机会以及让学院教职人员和医师进行在职交流的良好平台。与此同时，广惠肇向来致力于将中西医双剑合璧，力求提供最佳的照护，而南大生物科学学院在中医的研习上也一向采取非常科学和现代的理念。这种不谋而合的出发点或将促成融会中西的中医研究，像是探讨以“中西结合”的方式来提供老年医疗护理以及探讨中医在中风和失智症等常见病症上所扮演的角色。

# Lower Limb Mobility Improved Through TCM

改善腿部活动的中医疗效

After her operation at the National University Hospital to treat her intertrochanteric fracture resulting from a fall, Mdm Chan was admitted to KWSH in February to rehabilitate from her injury and also started receiving TCM treatment from KWSH upon a referral by her doctor.



Chief Physician Liauw Siew Lian  
廖秀莲主理医师

While Mdm Chan had been able to walk again with the help of a walking aid soon after her operation, the Chief Physician of KWSH’s TCM service, Dr Liauw Siew Lian, did notice Mdm Chan had difficulty maintaining her balance and experienced sudden weakness in her lower limbs upon standing up from a chair. Moreover, she was unable to move her right leg sideways and also could not lift it up when in a lying position.

According to Dr Liauw, the balancing issue could be due to poor blood circulation, meaning that the vital qi (energy) and blood were unable to circulate fast enough to support the cerebellum’s balancing function while the sudden weakness in the limbs stemmed from the long-term blood stasis in her legs, which had also caused Mdm Chan to experience numbness in her legs. She had complained of mild numbness and severe numbness in her left and right legs respectively over the years.

As for Mdm Chan’s restricted range of movement in the right leg, this could be due to more than just the weakening of the hip flexor muscles. From a TCM perspective, the kidney system governs our bones and the waist area is home to the kidney. Hence, the weakening of her kidney function also contributed to the restricted movement of Mdm Chan, who had been a dialysis patient since 2015.

Following her assessment of the patient, Dr Liauw applied acupuncture needles to Mdm Chan’s lower back, right leg and

back of scalp region. Immediately after the acupuncture, Mdm Chan was once again able to move her right leg sideways and lift it up from a lying position. While the effects from this first session lasted only four days, a second acupuncture session had subsequently helped Mdm Chan regain her right leg’s mobility once and for all.

因跌倒而遭受股骨转子间骨折的陈女士在国大医院进行手术后，于二月份到广惠肇住院疗养。她在经由医生转介之后，也开始接受本院的中医治疗。

完成手术后，陈女士很快便能够依赖支架恢复步行。然而，本院中医主理医师廖秀莲博士却发现患者从椅子起身站立时无法很好地保持平衡并且会突然感觉双脚乏力。此外，医师也觉察到陈女士不能左右摆动右脚而且平躺时并不能够将之抬起。

廖博士透露，无法稳定站立或因血液循环不畅导致小脑缺血而平衡功能失司。下肢突感乏力则因腿内气血瘀滞，而此因也会使患者感觉脚部麻木。陈女士数年来左右脚就分别经历轻度及重度的麻木症状。

至于右脚的活动能力受限，这或许不仅仅因为腰、臀肌乏力而无法支配下肢。从中医的观点来看，由于肾主骨且腰为肾之府，因此，自2015年便开始接受肾透析治疗的陈女士，也因为其肾功能衰竭而使得右脚活动有所阻碍。

廖医师遂以壮腰补肾、疏通经络、醒脑开窍的治疗原则，于腰、臀、腿和小脑部位的穴位替陈女士进行了针灸治疗。陈女士在第一次的针灸后便立即可再次摆动及平躺抬高右脚。虽然首次的针灸疗效只维持了四天，但接下来经过第二次针灸之后，陈女士的右脚自此恢复了从前活动自如的能力。



Mdm Chan could lift her right leg again after acupuncture  
陈女士针灸后又可抬起右脚

after their recovery. While Mdm Chan had been discharged from the nursing home at the end of April, she continues to visit our TCM Centre for maintenance care every week.

陈女士在广惠肇住院期间，由廖博士为她诊治脚疾问题，而本院乐龄护理中心的物理治疗师们也劳心劳力地帮助她进行伤后复健。除了这些自家的服务，由我们的伙伴费森尤斯（Fresenius Medical Care）经营，并设于院区内的肾脏治疗中心，也确保在住院的两个月期间，陈女士的定期肾透析治疗不受影响，她可便利地继续接受每周三次的洗肾。

身为一个拥有综合医护服务的社区中心，广惠肇以便利的一站式服务选项为本院病友提供完善的照护。我们期待更多人能够从中受惠，不仅在康复期间得到我们的照护，痊愈以后也继续得益于本院服务。像是陈女士这样，她虽然已于四月底出院，但仍旧每个星期前来本院中医门诊中心，通过中医保养调理。



## Bringing NDP to KWSH

### 不一样的国庆庆典



Enjoying the festivities at a games stall  
庆祝会上的一个游戏摊

The National Day Parade (NDP), a showcase that Singaporeans from all walks of life eagerly anticipate every year, and the innovative goodies-filled NDP fun packs that many yearn to get their hands on. These are often the most talked about topics in August each year as Singaporeans paint the town red in celebration of our nation's birthday and it is no different in KWSH.

With the support from ACE Seniors, KWSH residents enjoyed a "NDP" of their own in our multi-purpose hall on 8 August, each of them receiving a NDP 2019 fun pack courtesy of the special arrangement made by ACE Seniors. A social enterprise offering various initiatives to encourage successful and active ageing, ACE Seniors have been bringing NDP celebrations to nursing homes and community hospitals each year and this is the second year running that they had come to KWSH.

Accompanied by the 90 volunteers recruited by ACE Seniors, of which nearly half came from the Central Sikh Temple, the elderly excitedly whipped out the various props from their fun packs as they indulged in the songs, performances and games which featured veteran local TV artiste Cai Pingkai, better known as Er Gu. Many were also drawn to the carnival stalls offering various snacks,

with those providing local fares such as kuih tutu and teh tarik becoming an instant hit with the residents as soon as the stalls opened.

As the afternoon of celebration drew to a close, all our residents were treated to a sumptuous dinner sponsored by Samsui Kitchen, which ACE Seniors had coordinated. We thank ACE Seniors and all who have supported the memorable 54th National Day celebration!



All geared up for "NDP" with props from the fun pack  
掏出礼包中的庆祝配备, 为“国庆庆典”准备就绪

国庆庆典是一个举国引颈期盼的大型汇演, 还有那“好料”满满的国庆庆典礼包, 也是许多国人渴望得到的“生日礼物”。八月份, 全岛各处布满了红色而庆典及礼包往往也成为当下的城中话题。在广惠肇留医院的情况也是如此。

在社会企业 ACE Seniors 的支持和精心安排之下, 我们的院友于8月8日在广惠肇礼堂享受了一场专属于他们的“国庆庆典”, 每人还得到一份2019年国庆庆典礼包。ACE Seniors 旗下有各种项目支持年长人士并鼓励活跃乐龄, 每年都会将国庆庆典活动带到各家疗养院和社区医院, 今年是他们连续第二年来到广惠肇。

ACE Seniors 此次一共召集了90名义工, 其中近一半来自中央锡克庙。在义工的陪同下, 年长朋友一边兴奋地从礼包中掏出各样庆祝配备, 一边沉浸在歌曲、表演和游戏之中, 享受着资深电视艺人“二姑”蔡平开带来的欢乐。不少院友也被各个嘉年华摊位的点心饮料吸引住, 特别是提供本地风味如嘟嘟糕和拉茶的档口更是一开档便引来大批院友上前捧场。

随着一个下午的庆祝落下帷幕, ACE Seniors 为本院全体院友安排了一顿由 Samsui Kitchen 赞助的丰盛晚餐。谢谢 ACE Seniors 及所有参与筹办的朋友带来了难忘的54周年国庆庆祝会!

## Nurses' Day and Quality Festival 2019

### 2019年护士节与优质项目日

KWSH celebrated the annual Nurses' Day on 6 August 2019 to express our utmost appreciation for our nursing staff. The nursing department has grown by about 60% to more than 270 staff in the two years since we moved into our new nursing home building in September 2017. This year, KWSH also held the DON's Nursing Excellence Awards, where our Director of Nursing presented an award each to the most stellar staff belonging to different categories, namely registered nurse, enrolled nurse, patient care assistant and healthcare assistant, in the Hospital to recognise their selfless contributions. Congratulations to the awardees!

KWSH also held our Quality Festival in conjunction with Nurses' Day. Staff from various departments carried out a total of 28 projects this year with the common aim of improving patient care, services and operations. A notable mention is the innovative Food Art project that strives to enhance our residents' meal experiences and appetites. A group of

residents formed the Residents' Food Committee and they convene meetings regularly to contribute ideas for the residents' meals.

为了向护理人员致敬, 广惠肇在2019年8月6日庆祝了一年一度的护士节。本院于2017年9月迁入新疗养院大楼, 两年来护理部门人数增加了约百分之60, 现有超过270人。今年, 护理总监也特别设立几项“卓越护理人员奖”, 分别颁发给表现最杰出的注册护士、助理护士、病人看护助理以及医护助理, 以感谢各位平日的无私奉献。我们恭喜得奖护理人员!

广惠肇在庆祝护士节的同时也举办了优质项目日。今年, 为了提升病人护理和服务的素质以及改善运作, 本院一共推出了28项由各个部门构思的提升项目。众多优质项目当中的“饮食艺术”(Food Art) 别开生面地让院友亲自参与。由一群院友组成的美食委员会, 将定时为本院餐饮部提出改善菜单的意见, 以提高疗养院院友的饮食体验并增进他们的食欲。



Registered Nurse winner of the Nursing Excellence Award  
获颁卓越护理人员奖的注册护士



Presenting our first Residents' Food Committee!  
隆重介绍首任“美食委员会”!



## Wow! Wild West – KWSH's Dinner & Dance

### “西部牛仔”现身广惠肇员工晚宴



KWSH held its annual Dinner & Dance on 18 April 2019. With the theme revolving around the Wild West, it was a great opportunity for our staff to take a breather as they let their hair down and dressed to the nines. To reward the hard work put in for the past year, everyone was treated to a scrumptious dinner while enjoying a series of entertaining performances and interactive games. The lucky ones walked away with attractive prizes from our lucky draw and those who came clad in meticulously designed costumes were accorded the Best Dressed Awards.

Fun and games aside, the Hospital also paid recognition to the staff. Long Service Awards were presented to staff who had dedicated a significant number of years to serving the Hospital and our clients, and colleagues who went above and beyond their call of duty were also commended for their excellent service with tokens of appreciation.

Evident from their exuberance that night, everyone sure had a good time and will remember it for the days to come.

广惠肇在2019年4月18日举办了一年一度的员工晚宴。以西部牛仔为主题, 同事们借此机会换上新装, 以放松的心情暂时卸下平日的重担。晚宴是为了奖励大家这一年所付出的辛劳, 各位在享用一顿美味晚餐的同时, 也观赏一连串精彩绝伦的表演并参与了一系列的互动游戏。幸运儿也在抽奖中赢得丰富奖品, 而当天精心配合主题盛装打扮的出席者还获得了最佳服装奖。

欢乐与游戏之余, 本院也向各位职员致敬, 对他们的巨大贡献表示衷心感谢, 当晚不只颁发了“长期服务奖”给效力多年的员工, 也对那些工作表现超出职责范围的职员给予奖励。

宴会结束, 大家的灿烂笑容和无限活力也渐渐转换为对2019年员工晚宴的美好及难忘回忆。



# Our Fundraising Events

## 筹款活动

**Concert**  
The True Love Chu MiMi Charity Concert was held on 25 May at the Singapore Conference Hall. The annual charity concert of KWSH saw veteran artiste Chu MiMi, who had volunteered at KWSH, entertain the crowd with her wits and humour while captivating us with Cantopop and Mandarin classics.

The loudest cheers were undoubtedly for the guest of honour though as Minister for Manpower and Second Minister for Home Affairs Josephine Teo performed a solo of the hit theme song from the 1982 Hong Kong drama Love and Passion. With the frenzy among the audience hitting fever pitch, the guest of honour and Chu MiMi then spontaneously responded with an unrehearsed duet as they blended seamlessly with one another through a number of songs. It was evident that the performers and audience both wanted more.

Spirits were high after it was announced that \$918,830 had been raised through the event and the evening closed with a mass singing of the all-time Cantonese favourite Truly Love You, a song about the love for one's mother which was truly apt for the month of Mother's Day.

**演唱会**  
5月25日，《真的爱你朱咪咪慈善演唱会》于新加坡大会堂举行。资深艺人朱咪咪此前到过本院担任义工，这一次则是在广惠肇一年一度的慈善演出上，凭急智和幽默引起了满堂笑声，并以粤语和华语经典歌曲让观众陶醉。

演唱会的高潮却是大会主宾的演出。人力部长兼内政部长杨莉明独唱1982年港剧《万水千山总是情》



Artiste Chu MiMi (left) and Minister Josephine Teo performing a duet  
艺人朱咪咪 (左) 与杨莉明部长同台合唱

的经典同名主题曲，让观众听得如痴如醉，赢得当晚最响亮的喝彩。现场气氛沸腾，杨部长与朱咪咪随即加入一段未经彩排却又配合无间的演出，联手带来连串好歌。此时，演出者和观众都已欲罢不能。

当大会宣布演唱会一共筹得91万8830元，全场遂以高昂的情绪进行压轴大合唱。适逢母亲节的月份，演唱会在关于母爱的永垂不朽粤语金曲《真的爱你》中圆满落幕。

# Lean Seminar

## 精简程序研讨会



CEO Dr Ow Chee Chung (left) in a panel discussion  
总裁区志忠医生 (左) 参与沙龙讨论

A total of 150 representatives from various community care organisations were in attendance at the “The Next Frontier of Lean & Innovation in Healthcare” seminar held on 22 April 2019. The seminar was jointly organised by KWSH, the Singapore Institute of Technology's (SIT) Lean Transformation Innovation Centre and the Institute for Adult Learning. The seminar aims to create an environment where community care leaders, lean practitioners and process experts can share ideas and contribute to the national effort to raise productivity, drive organisational growth and build capabilities as we face the challenges of rapid technological development, rising global competition and ageing population.

The seminar consisted of a series of sharing and panel discussion sessions led by thought leaders and experts in respective fields. Other features of the seminar were the showcase of the mock-up of the Future Smart Ward, as well as exhibition booths on various healthcare services, lean projects, and funding schemes. SIT, SkillsFuture Singapore, Great Place to Learn Institute and Ageing Asia Pte Ltd also provided consultancy services to support innovation, learning and organisational excellence initiatives in the healthcare sector.

2019年4月22日，150名来自各个社区护理组织的代表参加了“The Next Frontier of Lean & Innovation in Healthcare”研讨会，一同关注精简程序和各项创新接下来在医护领域中所扮演的角色。此研讨会由广惠肇、新加坡理工大学的精益转型创新中心与成人学习学院携手举办。通过会上的讨论，主办方希望能够促成这样一个大环境，以社区护理领域的领导者以及实践精简程序的拥护者和专家为主角，让他们能够相互分享。随着社会面对科技急速发展、全球竞争日益增加和人口老龄化所带来的挑战，我们期待大环境中的主人翁一同为提高生产力、刺激企业增长及提升能力这些全国性的目标尽一份力。

研讨会包括一系列的分享以及由各界专才带头的专题讨论。此外，会上也模拟了未来的智能病房，并设有展览介绍各种医疗服务、精简程序构思及资助计划。新加坡理工大学、精深技能发展局、Great Place to Learn Institute 和 Ageing Asia Pte Ltd 也在场就医疗领域中创新、学习与卓越企业方面的项目提供咨询服务。



**Charity Sales @ TTSH**  
Between 22 to 24 May, KWSH held a charity sales at Tan Tock Seng Hospital where we showcased our residents' art & craft activities and sold exquisite handmade gifts. This was the second time we were part of this TTSH Art of Healing programme and this year we even had a volunteer artist draw a portrait for donors on the spot in exchange for a token donation. A big thank you to all who supported this charity drive!

**义卖**  
广惠肇在5月22日至24日之间，于陈笃生医院进行义卖。现场除了介绍本院院友平日参与的手工艺美术活动，也出售精美的手工品。这是广惠肇二度参与这项陈笃生医院的“艺术疗法计划”，今年还安排了志愿画家现场为慷慨解囊的捐款者画出肖像。谢谢众多朋友们对于这次义卖的热烈支持！



**Charity Golf**  
KWSH held our annual Charity Golf at Sentosa for the first time on 18 July. 150 golfers, many of them our donors and event sponsors, vied for the championship, all for a good cause. Among the field were our Special Guests, Professor Yaacob Ibrahim, MP for Jalan Besar GRC, and Mr Wong Kan Seng, Patron of KWSH. There was another famous figure in the form of eventual champion Lam Chih Bing, one of Singapore's top golfers.

Speaker of Parliament, Mr Tan Chuan-jin, graced the event as our guest of honour and presented the tokens of appreciation to the event sponsors during the post-golf dinner. Thanks to our sponsors and donors, the event raised \$446,000. KWSH would



like to express our heartfelt gratitude to everyone for the generous contributions.

**高尔夫义赛**  
本年度广惠肇留医院高尔夫义赛7月18日首次于圣淘沙举行。包括多位捐款者和活动赞助人在内的150名选手为锦标展开角逐，同时为慈善出一份力。上场的还有活动的特别嘉宾，惹兰勿剎集选区议员雅国博士和本院名誉赞助人黄根成先生。本地知名的顶尖高尔夫好手蓝志斌也参加了比赛并最终赢得冠军。

本院荣幸邀得国会议长陈川仁先生担任主宾，于赛后晚宴向活动赞助人颁发感谢纪念牌。赞助人和捐款者的支持助活动筹得44万6000元，本院由衷感谢各位的慷慨捐献。

**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](http://www.kwsh.org.sg/en/donations)

# Nurses' Merit Award 2019

## 2019年护士优异奖



Another staff has made KWSH proud by bagging the Nurses' Merit Award this year! Our Senior Nurse Educator (SNE), Sim Puay Cheng, is one of 100 nurses to receive the award, which is given by the Ministry of Health to recognise nurses who have demonstrated consistent and outstanding performance and dedication in their nursing profession for the past three years. Congratulations to SNE Sim Puay Cheng for receiving the Nurses' Merit Award 2019!

广惠肇职员再次让我们引以为傲！高级护理导师沈佩贞获颁本年度“护士优异奖”，成为仅100名得奖护士中的其中一位。护士优异奖由卫生部颁发，对那些过去三年持续保持杰出表现并且在护理专业中体现奉献精神护士们给予肯定。恭喜沈佩贞脱颖而出！

A KWSH nurse receives this prestigious award for the second year running as Health Minister Gan Kim Yong (right) presents the award to Sim Puay Cheng  
沈佩贞从卫生部长颜金勇 (右) 手中接过奖项。这是广惠肇护士连续第二年获此殊荣



# A Heartening Reunion Between Grandfriends

老友温馨团圆



KWSH's Mid-Autumn Festival celebration this year truly captured the very essence of the festival – reunion.

A few months back, students from various educational institutions had taken part in the Hospital's Grandfriend Programme, where they developed deep bonds with the elderly partners that they were each paired to. Some of these students had even signed up to be volunteers of the Hospital and returned to the Hospital's premises during the Mid-Autumn Festival celebration to greet their Grandfriends once again, proving that the bonds fostered during the programme were strong and lasting. It was heartwarming to see the Grandfriends beaming with joy during the moment of reunion. Vibrant smiles were flashed continuously by each pair of friends throughout the night as they indulged in the different activities, and more importantly, each other's company.

Friendship is ageless. KWSH is pleased that the Grandfriend Programme has left lasting memories for the participants, albeit them belonging to two different generations.

广惠肇今年的中秋晚会真实地体现了中秋传统的精髓 – 团圆。

数月前，来自各个学府的学生们参与本院主办的“我的老友记”活动营，并与配对的院友培养了深厚的感情。其中一些学生甚至报名成为广惠肇的志工，继活动营后在中秋晚会再度回到本院与院友相聚。由此可见，学生与院友们在活动营朝夕相处后，交情深厚。老友们相聚时满脸发自内心的微笑，让人看了倍感温馨。沉浸于当晚的气氛并享受着各式活动的当儿，每一对老友更是陶醉在彼此的陪伴，脸上持续露出灿烂的笑容。

尽管年龄上有着差异，活动营依旧为这些忘年之交留下了难忘回忆。



## About the Grandfriend Programme

“我的老友记”活动营

A brainchild of the Hospital, the Grandfriend Programme is a first-of-its kind camp in Singapore where post-secondary students get to learn about the operations of a nursing home, while staying overnight in one. As its name suggests, the pioneering programme seeks to forge intergenerational friendships through one-to-one pairing between each student and resident.

Beyond cultivating friendships, the programme also offers a sneak peek at behind-the-scenes operations of a nursing home, providing a rare learning opportunity for students seeking a fulfilling career in the ILTC (Intermediate and Long Term Care) sector.

A hit among students thus far, the programme has already held three runs since its inauguration in December 2018, and is expected to take place three to four times a year.

广惠肇留医院推出的“我的老友记”活动营别开生面地让参与学生体验住在疗养院的情况。顾名思义，这前所未有的计划让学生能够结识乐龄朋友，通过“一对一”配对的方式，为学生和院友搭建友谊的桥梁。

除了与年长院友有密切的交流与互动，活动营也让参与者窥探本院的幕后运作，为有意踏入中长期护理领域的学生提供一个宝贵的学习机会。

由于活动获得良好回响，包括去年12月的首度试行在内，本院至今总共主办了三轮学生营。接下来，我们计划每年办三至四次的学生营，开放给各大高中及大专学府的学生参加。