

社区关怀日强势回归 Welcoming Everyone Back at the Relaunch Community Care Day

KWSH's Community Care Day made a long-awaited return on 18 Mar after taking a break since 2019! Our main campus was bustling with about 1,000 participants, where seniors from the community as well as our own nursing home residents, gathered for a morning of fun-filled activities. As was befitting the event's grand relaunch, the Hospital welcomed President Halimah Yacob as our distinguished guest of honour for the first time.

On top of bringing back the usual crowd-pullers of plentiful food options and entertaining stage performances, this year's programme was aligned with the Healthier SG strategy by the Ministry of Health. Rallying our close partners, including Kallang Polyclinic and Healthway Medical clinic both located within the campus, we offered complimentary health screenings such as eye and bone health checks, and even a talk on foot care. The participants benefitted from the health checks and additionally received tips on preventive care and even obtained referrals for further tests where necessary. We are heartened by the event turnout and glad that our programmes have encouraged seniors to positively respond to the national initiative and proactively improve their understanding of their state of health and learn to care for themselves!

We brought Mdm President on a campus tour, including a visit to one of our inpatient



Our participants enjoying the food and performances
前来参与的来宾享受了丰富美食和精彩表演

wards. The ward visit showcased our latest collaboration with NorthLight School, with the Hospital supporting the training of twenty-four enrolled students in the new Institute of Technical Education Skills Certificate in Community Care Support programme. These NorthLight Year 3 students have regular attachments and job-shadowing at KWSH with our various teams since the two-year course commenced in January this year. In the following year, KWSH will also be providing real work tasks during attachment for the students to complete under an industry experiential module, imbuing upon them indelible hands-on learning and experiences in a real nursing home setting.

Thank you to all our guests and the community for making our Community Care Day 2023 a resoundingly successful one! Our appreciation goes to all the carnival stallholders and volunteers for the fun day out. We also like to thank the following partners for providing the healthcare services and activities.

Healthway Medical
National Healthcare Group Polyclinics
Singapore General Hospital
Singapore Women's Association
Tan Tock Seng Hospital

自2020年因冠病疫情关系被暂停的广惠肇留医院社区关怀日终于在3月18日与大家再次见面!在这个大家期待已久的活动当天,近一千位邻近社区年长者以及本院住院部院友,聚集在医院主院区参与一系列的精彩活动,使院内再次热闹起来!此次社区关怀日盛大复办,本院特邀哈莉玛总统担任主宾,首访广惠肇留医院。

今年的活动内容除了有大家喜爱的丰富美食和精彩表演,活动主题更是与政府推行的“健康SG”(Healthier SG)政策一致。与医院有着紧密合作关系的伙伴机构,配合主题在场的年长者提供眼睛和骨骼健康等方面的免费身体检查,也进行了关于足部护理的讲座。这些合作伙伴包括与本院主院区毗邻的加冷综合诊疗所及坐落在院区内的康威医疗(Healthway Medical)诊所。伙伴机构们当日所提供的服务和保健知识使社区年长者受益不少,除了通过健康检查和测试更加了解自己的身体健康情况,也从中学到一些预防保健的小贴士。伙伴机构也替那些需要跟进

At a health screening station:
Elderly participants getting
their blood glucose and blood
pressure checked
参与年长者在健康检查站接受血
糖和血压检测



Games galore: Games stall
prepared by Yangzheng Primary
School students
来自养正小学的学生为来宾准备
了有趣游戏

检测的年长者安排转介,好让他们能够接受进一步的检查或治疗。广惠肇留医院非常欣慰社区关怀日能够吸引到众多年长人士踊跃报名接受检查,与医院一同响应政府的呼吁。

当天,哈莉玛总统参观了本院多个设施,走访病房时也了解了医院与北烁学校最新的合作项目。学校新推出的工艺教育局技能证书社区护理支援课程(ITE Skills Certificate in Community Care Support),由本院为学生的培训提供支援。为期两年的课程今年1月开始,报读该课程的24名北烁三年级学生定期前来本院,由医院相关的指导员带领他们进行实况学习。明年,广惠肇留医院也将通过一项行业体验课让学生学以致用,亲自在疗养院着手各项工作,从而促进他们的学习。

久违的社区关怀日圆满举行,多得所有来宾以及社区的鼎力支持。为众人带来精彩有趣的嘉年华,各摊摊主和所有义工朋友功不可没,而我们也谢谢以下伙伴机构为来宾提供了各个健康保健服务与项目。

康威医疗
国立健保集团综合诊疗所
新加坡中央医院
新加坡妇女协会
陈笃生医院



President Halimah visited an inpatient ward, where she also spoke to a NorthLight student enrolled in the new ITE Skills Certificate programme supported by KWSH
哈莉玛总统走访病房,并与北烁学校学生交谈。学校新推出的一项工艺教育局技能证书课程由本院为学生的培训提供支援

Visit us on Facebook!
 [fb.com/
KwongWaiShiuHospital](https://fb.com/KwongWaiShiuHospital)

完善护理 Enhancing Care

Two groups of Kwong Wai Shiu staff had rolled out new initiatives after observing the challenges faced by their clients. Simple tweaks and innovations these may seem, but certainly staying true to KWSH's tagline – Always Professional, Always Caring.

本院两组同事察觉到各自的服务对象所面对的问题，随即实施新举措，对症下药。这些举措或许看来只不过是些微小的调整和简单的改变，却充分体现了广惠肇“专业护疗，时刻关怀”的服务标语。

In the Ward

Sensing that some residents in their ward were moody and lacked a sense of community, a group of staff from Ward 6 came up with the idea of setting up a noticeboard, the Elder-friendly Board, to let residents feel more involved.

改善病房体验

6号病房的一群同事发现一些院友总是闷闷不乐，且缺乏与疗养院和其他院友的集体归属感。同事们于是在病房内设计了年长朋友的专属布告栏，名为“Elder-friendly Board”，旨在让院友们更有参与感。

Displays on the noticeboard:

Reality orientation	Orientation info such as time, place and other people-related info. Especially helpful for confused elderly.
Reminiscence	Old photos to encourage elderly to open up to others as they share their past experience. Reminiscing also boosts the mood of seniors with dementia and reduce agitation.
Activities for the day	Info about scheduled activities makes residents aware of what to expect.
Art and craft display	Art therapy can help combat negative effects from feeling isolated. By showcasing the works done by residents, they feel appreciated and are hence more forthcoming during art and craft sessions.
Residents' photographs	Residents' own photos from activities and outings. This promotes social connectedness among the elderly.

布告栏张贴的内容：

现实导向	与周遭环境息息相关的各种信息，像是时间、地点和相关人物。对带有精神混乱病症的年长者尤其有帮助。
怀旧	利用旧照片鼓励年长者敞开心扉，与他人分享自己的经历。回忆往事的过程亦可改善年长失智症患者的心情并舒缓激动的情绪。
每日活动	列出已为院友安排的每日活动并加以介绍，让院友了解并掌握自己的日程。
美术作品	“艺术治疗”能够抵消院友感到被孤立时的负面影响。此外，展示院友们的作品使院友感到有人懂得欣赏他们，院友于是会在日后的美术活动中更积极参与。
院友照片	这些都是该病房院友参加活动与外出郊游时的照片。张贴这类照片可促使年长者与彼此更有联系感。



“Reality orientation” display on the Elder-friendly Board 布告栏张贴的“现实导向”内容

In-vehicle

Besides coordinating all the transport needs of KWSH, our Transport Services Department (TSD) runs the transport for our Senior Care Centre clients and the KWSH shuttle service plying the vicinity. The TSD staff have carefully observed our elderly passengers and carried out retrofitting of the vehicles to enhance their travel experience.

改善乘车体验

本院车务部门除了负责协调医院上下所有的用车需求，载送乐龄护理中心年长朋友的车辆和穿行于邻里社区的接驳服务也由该部门运作。经过对年长乘客的一番详尽观察之后，车务部同事决定进行车子内部改装，以提升乘客的乘车体验。

Height of handles

Seeing that the elderly often found themselves in an awkward position when trying to hold on to the handles at the hydraulic lifter, TSD adjusted the handle bars by a mere 25cm, and the elderly now enjoy better support when boarding and alighting from the vehicle. The elderly welcomed this change which had allowed them to move confidently and faster.

手把高度

车务部发现年长者在车后的升降台握着两侧的手把时，姿势常常会显得有些别扭。原来问题出在

手把位置太低了。同事们于是着手提高手把。虽然只是将扶手调高了仅仅25公分，年长朋友现在上下车时都得到更好的支撑了。他们在移动时更有信心，动作也更快捷，纷纷对这项改善表示满意。



Height of seats

Having a low setting for the seat was not only uncomfortable for the elderly passengers, but posed challenges to them sitting down and standing up. The seat height was adjusted and allowed for more comfortable seating and ease of sitting down and standing up for the elderly passengers.

座位高度

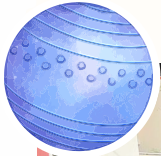
由于原本的座位太低，膝盖的弯曲角度相当不舒服，而且年长者在起坐时比较费劲。通过座位高度调整，现在年长乘客乘坐舒服，起坐也方便了。



Before (33cm)
改装前 (33公分)

After (42cm)
改装后 (42公分)

上门助你健身 COMING TO YOU RIGHT ON YOUR DOORSTEPS



Mr Sambasivam (centre) keeping fit with his new friends during an RSG Gym@Deck session
Sambasivam先生参加“组屋底层乐龄健身课”，与新结交的朋友一起锻炼身体

The Roving Silver Gym (RSG) initiative was launched with the primary objective of promoting active lifestyles and creating a vibrant community focused on health and wellness by bringing fitness programmes closer to their homes – even right to their doorsteps!

The RSG initiative is mobile and easily deployed in the neighbourhood, with RSG Gym@Deck programme and RSG Gym-on-the-Go programme. Prior to the launch of both programmes, surveys were conducted around St George's Road and McNair Road. With more than 600 responses, we were able to identify our primary beneficiaries – seniors aged 60 years and above who do not exercise regularly and perceive their health as poor.

RSG Gym@Deck, inaugural in February 2022, allows groups of four to eight participants to exercise together at void deck near their residences under our staff's supervision. To promote active living and fitness in homebound elderly, the RSG Gym-on-the-Go sessions provide tailored exercises on a one-to-one basis in the comfort of their homes.

Under the programmes, seniors would undergo a comprehensive eight-week course covering various exercise components including flexibility and endurance. Fitness assessments are also conducted at the start and end to monitor their progress.

One of our 16 RSG Gym@Deck beneficiaries is 78-year-old Mr Sambasivam, who shared that his strength, especially in his lower limbs, had improved after participating in the programme. His initial ability to perform only

five sit-to-stand repetitions in 15 seconds, had improved to eight eventually, demonstrating a tremendous 60% improvement! "I feel more agile and energetic throughout the day," he said. "I also made friends and look forward to future rounds." The other participants in the programmes, including the 10 RSG Gym-on-the-Go clients, have also shown a boost in their fitness levels.

A third component, RSG Empowers, supplements the other two programmes by educating seniors on continuing to exercise on their own even after finishing their courses. An exercise card, complete with easy-to-follow steps, illustrations, and recommendations, is provided to help them stay active.

RSG hopes to enrol more seniors through our Senior Care Centres, and recruit volunteers to conduct more sessions. We hope to extend our services into the community to attain greater outreach, which will benefit more elderly by improving their fitness levels and encouraging them to stay active.

医院推出的流动式乐龄健身课 (Roving Silver Gym, RSG), 目的是要把服务带到社区年长者的住家附近, 提倡活跃生活, 从而打造健康社区。除了住家附近, 我们还登门把健身课带到了乐龄人士家里头!

顾名思义, 流动健身课可在邻里多处进行。RSG计划中的“组屋底层乐龄健身课”(RSG Gym@Deck) 便是于政府组屋楼下空间展开, 而“居家乐龄健身课”(RSG Gym-on-the-Go) 则会在各别年长者的住家开课。推出健身计划前, 医院对圣乔治和麦奈雅等住宅区的 600 多名住户

进行了调查, 以便更好地掌握区内年长人士的健康需求。透过调查结果, 本院将此计划的目标对象锁定在60岁及以上, 不常运动且表示自己健康状况不佳的年长者。

为了确保无法外出的年长人士同样能获得帮助以保持活跃, 居家乐龄健身课以一对一的形式为他们提供量身定制的健身计划。至于那些有能力出门的乐龄人士, 医院则鼓励他们参加组屋底层乐龄健身课, 以一组四至八人, 在住家附近的组屋底层接受医院人员的指导一起锻炼身体。参与这两项计划的年长者同样会接受为期八个星期的课程, 涵盖灵活性和耐力等各种锻炼项目的健身课。医院也会分别在八周锻炼开始前和结束后为每位学员进行体能评估, 以验收他们的进展。

组屋底层乐龄健身课于2022年2月首次进行, 至今已有16人从中受益。78岁的Sambasivam先生参加健身课后, 他的整体身体素质有所改善, 尤其是下肢的能力。健身课的其中一项运动要求学员连续重复坐下起立的动作, Sambasivam从刚开始在15秒内只能完成五次动作, 课程完成后次数增加至八次, 表现突飞猛进提升了60%! 他表示: “我现在一整天都感觉精力充沛, 动作更加敏捷。我也结交了新的朋友, 并且期待将来继续参加这类健身课。”包括居家乐龄健身课的10位年长者在内, 其他RSG学员也同样地提高了他们的体能水平。

流动式乐龄健身课的第三种模式是通过“自强RSG”(RSG Empowers) 辅助以上两种计划。学员在完成八周健身计划后, 医院会为他们准备一张运动指南卡, 让他们自己也能独立地继续进行身体锻炼。年长朋友可参考运动卡上列出的简单动作、插图解释和小贴士来保持活跃。

流动式乐龄健身课推出至今, 成绩令人鼓舞。广惠肇将通过本院旗下的乐龄护理中心招收更多的年长学员, 并招募更多义工朋友协助指导健身课。医院希望扩展流动式乐龄健身课计划, 从而使更多乐龄人士受益。



串门访近邻 New Year Celebrations With Friends Next Door

Early in the morning on 20 January, a group of young students and their teachers from St Andrew's Junior College (SAJC) picked up our residents at KWSH@PTP for a Lunar New Year celebration over at their school.

While house-visiting is usually two-way, most elderly residents at nursing home have not visited their volunteers. Through the kind invitation of SAJC, the visiting could turn mutual this year, giving our residents the opportunity to visit their volunteer "grandfriends" in the school for the first time!

Given the front row seats, our residents were treated to a series of splendid performances. Each of them received festive greetings and well-wishes from the students, and the student emcees worked tirelessly to keep our residents engaged throughout the celebration. There was even an interview segment where our seniors had the opportunity to share their thoughts on celebrating the New Year!

Concluding the celebrations on a heart-warming note, the students once again safely escorted our residents back – but this time with a gift in tow! Courtesy of SAJC, each resident received a bag with a pair of mandarin oranges.



Snapping a pic at SAJC for keepsake as our residents visited their young volunteer friends for the first time
首次登门拜访他们的年轻义工朋友，院友们与学生义工来张合影留念！

"The ideas of family and community are built into the St Andrew's Village identity and we are very happy for SAJC and KWSH to celebrate the festive season together!" remarked Mr Ma Huaqi, SAJC's Subject Head / Service Learning (Covering). "As close neighbours, we look forward to more collaborative opportunities for the students to learn and serve the residents of KWSH@PTP."

We are deeply grateful for the care and love that our neighbour has showered upon our seniors, and would like to express our utmost gratitude to the students and teachers of SAJC for the unforgettable celebration!

1月20日，一群来自与医院毗邻的圣安德烈初级学院的年轻学生和老师们大清早就到访广惠肇留医院波东巴西分院，专程前来接院友到学校与他们一同庆祝农历新年。

亲戚朋友相互拜访是节日期间普遍的场景。志工们一如往常会前来与在医院的院友一同欢庆，但若院友想外出前去探访他们的志工朋友，这就比较困难了。此次受到圣安德烈校方热情邀请，本院院友终于第一次在佳节期间到义工朋友的“家”拜访，与学生们共度欢乐时光！

学校的庆祝会上，坐在前排位置的院友和年轻朋友们一起观赏一系列精彩的表演。庆祝活动的学

生司仪也都非常好客，不断地与年长者交流，让他们参与其中，确保他们感到宾至如归。在活动的一个访问环节上，院友们还分享了他们庆祝新年的喜悦和心情，而学生们也不忘亲自和每位年长者拜年，送上温馨满满的祝福。

庆祝活动落幕，学生们再次陪伴院友安全返回疗养院，圣安德烈师生们还纷纷给院友献上一对年柑。年长者各个拎着装着年柑的小礼袋，尽兴而归！

“关怀家庭和社区是我们在圣安德烈村培养的核心价值，我们因此很高兴圣安德烈初级学院能和广惠肇一起庆祝佳节！作为近邻，我们期待有更多的合作机会让学生们学习的同时，又可以为波东巴西分院的院友做出贡献。”负责制定计划培养学生服务精神的圣安德烈初级学院马华骥老师这样分享道。

学校送给广惠肇年长者满满的爱，让我们感到无比温馨。庆祝活动为院友留下了令人难忘的回忆，在此要向圣安德烈初级学院的全体师生们表示谢意！



VIPs for the day: Enjoying performances from the front row seats
贵宾般待遇：校方为院友安排的前排座位



"Xin nian kua! le!" The students' voices echoed throughout the hall as they greeted our residents with well wishes and mandarin oranges!
学生们以年柑向院友拜年

喜气洋洋的春节 年味满满的广惠肇 Festive Fun All Over KWSH

Within KWSH, we continued to paint the town a festive red together with our seniors. Here's a look at the different *huatpenings* at our sites during the Lunar New Year period!

农历新年期间，处处张灯结彩。本院各处也同样兴致满满，春节气氛不落人后。一起来重温广惠肇农历新年期间的佳节往事！



A hidden talent among our seniors! A client from KWS Care @ Jalan Besar put up a delightful *er hu* performance for his peers during the Centre's LNY celebration.

年长者当中卧虎藏龙！位于惹兰勿刹的社区关怀中心出现一位二胡高手，中心庆祝佳节时，他为各位演奏了美妙的旋律。



Besides being skilled at caring for our clients, our staff know how to dance too – in heavy and elaborate costumes, no less! Here they are putting up a lion dance performance for our seniors.

广惠肇职员平日无微不至地照顾年长者，殊不知他们还是身手不凡的“舞”林高手，厚重的狮头和狮身也难不倒他们。看看他们活灵活现的舞狮表演！



Cai Shen Ye visits KWSH! One of our volunteers dressed up as the Chinese God of Fortune during a Kopitiam Diaries session and greeted our seniors, much to their delight.

财神到！一名志工在“咖啡店日记”活动上变身财神爷，向院友一一拜年送上祝福，大受年长者欢迎。



New year, new look! KWSH@PTP residents were brought out of the wards by volunteers to Toa Payoh to shop and soak up the festive atmosphere in the neighbourhood, just like they used to.

新的一年总需新的面貌！志工们与波东巴西分院的院友一同出游，到大巴窑逛街买东西，沉浸在邻里的佳节气氛中。就像从前一样。



Bringing Chinese practices to our seniors even when they are physically away from their families. Our food services and nursing colleagues, as well as staff volunteers from various departments, prepared *lohei* and steamboat for our residents.

院友无法与亲人同住屋檐下，医院于是把家中的一些新年习俗带给他们。食品部门的员工、护士们以及来自医院各个部门的同事齐心协力，让院友也同样能够捞个风生水起、吃火锅庆团圆。



There may be a myriad of new year decorations readily available for purchase, but nothing beats making your own. We put our seniors' art and craft skills to the test, and they impressed us!

外头卖的春节装饰品林林总总，但自己亲手制作还是最有趣。院友们的艺术造詣与巧手更是令人啧啧称奇！



And **Cai Shen Ye** returns! This time, it was one of our staff who had taken on the identity. Going around several of our sites, the staff sent his well wishes and blessings to the seniors.

财神爷二度现身！这次轮到本院职员以一身财神装扮，到访了我们数个服务地点传递满满的祝福。

欢迎莫医生

HELLO AND WELCOME, DR MOK

On 1 March 2023, KWSH welcomed our new CEO, Dr Mok Ying Jang.

A Family Physician by training, Dr Mok has a wealth of experience, with over 30 years of management experience in the local and overseas healthcare industry under his belt. Throughout his illustrious career, he has held senior management positions across various settings, including a statutory board, public and private healthcare institutions, and has experience in several facets spanning clinical, operational and corporate management.

With Dr Mok at the helm, we are confident that KWSH will continue to achieve greater heights in our next stage of development. Welcome, Dr Mok!

2023年3月1日，广惠肇欢迎新总裁莫应章医生上任。

莫医生的医疗专业为家庭医生。他经验丰富，在本地与海外的医疗行业共累积了超过30年的管理经验。在他杰出的职业生涯中，莫医生曾在多个领域，包括政府法定机构、公共和私人医疗机构担任高级管理职务，在临床、运营和企业管理等多方面都阅历丰富。

在莫医生的带领下，我们有信心医院未来的发展将会更上一层楼。欢迎莫医生！



Dr Mok (right) with KWSH Chairman Mr Patrick Lee at the Community Care Day in March
莫医生（右）在3月的社区关怀日活动上与医院主席李国基先生交谈



Dr Ow attending the post-golf dinner at the annual KWSH Charity Golf
区医生在本院一年一度的高尔夫义赛出席赛后晚宴

谢谢区医生

GOODBYE AND THANK YOU, DR OW



When he first came on board in October 2012, Dr Ow Chee Chung had set his sights on providing holistic inpatient care and community services for seniors. Over the decade, Dr Ow had steered the Hospital in undertaking these tasks and much more, while ensuring that we stayed true to our roots of offering affordable and quality care.

Under his stewardship, KWSH had grown from strength to strength and hit numerous milestones. From undergoing a redevelopment, to becoming a Regional Community Healthcare System that

cares for seniors through a network of six sites. From preserving our century-long past through the establishment of the Heritage Gallery, to becoming a trainer that stands at the forefront in upskilling the industry. Challenges were aplenty during this journey, but Dr Ow remained steadfast, weathering storms and even the formidable COVID-19 alongside the Hospital.

Great responsibilities he had shouldered, and tremendous breakthroughs he had led KWSH to achieve. After over 10 years with KWSH, we bade farewell to Dr Ow in March 2023. Thank you, Dr Ow, for your contributions!

区志忠医生在2012年10月刚上任总裁职位时，立志要为年长者提供全面的住院护理以及社区服务。在他担任总裁的过去十年里，区医生带领本院迈向这些目标与其他发展计划。在这期间，他也从不曾忘了医院的使命，那就是要提供负担得起的优质医疗服务。

在他的领导下，广惠肇日益茁壮，创下了数个重要的里程碑。从完成本院有史以来最大的扩建计划，至成功打造六个服务据点，形成为年长者服务的区域社区医护体系。从设立“任重道远馆”传承百年历史，至成为社区护理培训方面的佼佼者。医院一路走来虽面临无数考验，但区医生坚韧不拔与广惠肇风雨同舟，期间也带领医院应对冠病这巨大的挑战。

他肩负了重大的责任，也带领医院取得了巨大的突破。加入广惠肇十年后，区医生2023年3月卸下总裁重责。医院在此向区医生致以最诚挚的谢意。



好学向上 杰出护士获奖项表扬 Tenacity Leads to Award



Sumiratna joined KWSH in 2003 as a Patient Care Assistant who supported the nurses in the wards with their care duties. Over the years, she has consistently displayed a tenacity to gain more nursing knowledge and skills. Coupled with her outstanding performance at work, she had twice been nominated by KWSH to pursue studies in nursing, first a Nitec in Nursing in 2015 and more recently a Diploma in 2020. Sumiratna had also gone on to become an Enrolled Nurse and has now won the acclaimed Tan Chin Tuan Nursing Award!

The Tan Chin Tuan Nursing Award is a national award that honours outstanding Enrolled Nurses who are committed to advancing the nursing profession. The ceremony was held on 21 November 2022 and presented by Health Minister Ong Ye Kung. Only 10 nurses were granted this award from the whole of Singapore. Sumiratna has since been promoted to Staff Nurse. We are immensely proud of Sumiratna's achievements and are certain Sumiratna will continue to perform outstandingly in her nursing career.

We look forward to hearing more about her achievements in years to come!

Sumiratna在2003年加入广惠肇成为一名病人看护助理，在病房支援护士们的护理工作。这些年来，她一直表现出好学向上的精神，努力充实自己的护理知识并提升技能。积极的学习态度加上工作上表现出色，使她两度获得院方推荐进修护理专业，在2015年报读国家工艺教育局护理证书课程后，进而在2020年修读专业文凭课程。去年，担任助理护士的Sumiratna还赢得了护理行业含金量非常高的陈振传护士奖！

陈振传护士奖是一项全国奖项，旨在表彰致力于推动护理行业发展的杰出助理护士。于2022年11月21日举行的颁奖典礼由卫生部长王乙康颁发奖项，全国只评选出10位得奖者。Sumiratna求取知识的不懈努力获得了回报，本院为她感到骄傲。她现已升任为注册护士，我们相信Sumiratna必定会在护理行业中继续成长，更期待她未来为广惠肇带来更多好消息！

2023年新加坡保健优质服务奖 SHQSA 2023

KWSH's staff including both frontline healthcare workers as well as those in supporting roles were lauded for their quality care and excellent service at the Singapore Health Quality Service Awards 2023 on 13 February. A total of 33 colleagues were honoured at the awards ceremony graced by President Halimah Yacob. Among the winners from KWSH was Assistant Director for Learning & Organisational Development, William Loh, who bagged the gold award.

广惠肇职员在2023年新加坡保健优质服务奖中受到表扬，在2月13日举行的颁奖典礼，接受由主宾哈莉玛总统颁发的优质护理和卓越服务奖项。包括前线医护人员和其他后勤支援人员在内的33名同事获颁奖项，其中负责本院学习与组织发展的助理总监罗伟年还荣获金级奖。



Dr Ow Chee Chung receiving the Award from President Halimah
区志忠医生代表本院从哈莉玛总统手中接过奖状



历史触手可及 History All Around Us

Being a 112-year-old institution that has stood the test of time, KWSH is brimming with a rich history which has been captured and presented not only in our KWSH Heritage Gallery.

Qing Dynasty Furniture

Standing majestically in a corner at the back of our multi-purpose hall is an antique furniture dating back to the Qing Dynasty and it is very much still in use! This antique furniture is located next to the audio-visual rack, and functions as an important "work desk" for the AV personnel – an interesting blend of modern technological devices placed on the antique table will surely garner lots of attention.

The engravings on the furniture date it back to 1911 and the donors' names are also inscribed on it. Information regarding the early uses of the table is unfortunately lacking but its design bears semblance to another Qing Dynasty table housed inside the Heritage Gallery, which was likely used for conducting rituals.

Acknowledging Donors on Chairs and Benches
Around KWSH are benches and chairs bearing the names of donors. These benches and chairs are believed to date back to 1950s to 1960s when KWSH underwent a major redevelopment. It was apparently a practice in those days to acknowledge donors by inscribing their names on these donated seats. Benches and chairs were considered useful donated items which served very practical functions, and being common items in households, symbolised that the donors were very much like a family to us.

From the stone benches in our pavilion garden to their wooden counterparts at the TCM Centre and along the Block C corridor, these continue to offer visitors and patients a resting spot today. The chairs in our boardroom likewise were testament to this practice of acknowledging donors.

If you are a history enthusiast, do come and visit our Heritage Gallery and join us on a journey back in time! You can also contribute to the history by following the footsteps of our founders and donors to make a difference to the lives of our beneficiaries through your donations.

自112年前创院以来，广惠肇留医院在同样的院址见证了时间的推移。来到这里，你不仅可以在我们的文史展览馆“任重道远馆”认识本院的历史，我们的历史更是在医院各处触手可及。

清朝家具

本院广惠肇礼堂后方的一个角落，一件清朝文物在跨越了超过一个世纪后，依旧附有实际用途。摆在影音器材架旁的这张四方木案是影音技术人员的重要“办公桌”，让他们摆放电脑、手机在这里办公。



History meets modernity. This sturdy table stood the test of time
见证医院历史的古董桌与时俱进，支援我们的现代科技工作

木案的一脚刻着“宣统三年孟春吉旦立”的年号日期。也就是说，它的由来可追溯到西元1911年初，而另外一脚还刻上了捐赠人的名字，只可惜木案早年的用途已无从考究。本院的任重道远馆也保存了另一张清朝长案，而两者的设计属相同样式。任重道远馆所展示的长案，早年用作祭拜仪式。

椅凳上感谢捐赠者

走在广惠肇院区，不难发现一张张附上捐赠者名字的椅凳。1950至60年代，广惠肇留医院进行大规模重建，而这些椅凳相信是当时留下来的。那个年代，当捐赠者向医院慷慨乐捐的时候，我们便会在椅凳上标上捐赠者名字以表示感激，答谢他们。椅凳可算是相当有意义的物品。它们除了提供非常实际的用途，也是家中可见到的东西，象征着捐赠者和医院如同一家人。

今天，广惠肇亭院四处的这些石凳和中医门诊中心及C座走廊的这些木凳，依然背负着重要使命，继续为我们的访客和病友提供歇脚处。主会议室内的木椅也同样是医院当年答谢捐赠者所留下来的历史印记。

若你也想和我们一样沉浸在广惠肇院区弥漫的历史气息，我们欢迎你来到广惠肇留医院走一趟时光之旅！也期望你有所启发，跟随世代代善长仁翁的脚步，继续慷慨解囊造福医院的受益人。



One can take a break on these stone benches while immersing in the greenery at the pavilion garden
来到广惠肇亭院，四处可见这类石凳



Tracing back history through the engravings on this antique table: Date and names of donors
桌脚上依旧清晰可见当年刻上的日期和捐赠者名字



The wooden benches are especially valuable at the TCM Centre, as they provide a resting spot for patients seeking recuperation. The donors' names are inscribed onto a silver plate embedded into the backrest
这些木凳摆在中医门诊中心特别具有实用价值，可为身体不适的病友提供歇脚处。椅背上的银色牌子刻上向医院乐捐的捐赠者名字



Scan our PayNow QR code to contribute a gift to our patients!
(For tax deductions, enter NRIC as 'Ref No.')

扫描我们的 PayNow QR 码
为病友献上爱心!

(在 "Reference No." 中填写身份证号码以享有扣税)