

Happy Project, Happy Smile 开心企划 笑逐颜开

A smile is worth a thousand words. Our elderly's every smile, every laughter represents a story in their lives. KWSH is heartened to have created another story for them as we captured their smiles over the two makeover photo sessions we organised for residents from both our nursing homes on 20 June (Potong Pasir) and 14 July (Serangoon Road main site).

The photoshoots were designed to help the elderly gain confidence, boost self-esteem and enhance their dignity. Armed with their professional kits and equipment, our volunteers, comprising professional makeup artists, hairstylists and photographers, came with one aim in mind – to create and capture the positive emotions of the residents. It was a joyous occasion that created so much buzz among the residents as laughter and giggles filled the air. The excitement was apparent. Fussing over the choice of clothes, accessories, makeup and even the hairdo, the seniors were delighted to be pampered by the attention they were given.



A lovely couple among our residents!
顺便来张情侣照?

While it was a novel experience for many of the residents, it also triggered happy memories for some others as they reminisced about their big day. On more than one occasion, a female resident would be overheard quipping, "The last time I applied makeup, it was on my wedding day!" Whenever this remark was made, others around her would nod and agree in unison, with memories of the beautiful and nostalgic years gone by shining brightly through their eyes.

Close to 200 residents participated in the photoshoots and each resident also decorated their own photo frame where they can display their lovely makeover photo.

每一个笑容的背后, 都有着属于自己的故事。广惠肇留医院的年长朋友的每一个微笑, 每一张笑脸也同样的代表了一个个的人生故事。本院日前在义工的帮助下, 先后在6月20日和7月14日为旗下波东巴西分院和实龙岗路主院两家疗养院的院友进行修容换装摄影活动, 为他们谱写了新的故事, 并将他们的笑脸定格为照片。

此番摄影活动, 目的是希望提升年长院友的信心、自尊和尊严。前来助阵的义工阵容当中有专业的化妆师、发型师和摄影师。他们一身专业的配备, “全副武装”, 志在为院友打造美好的一天并将欢乐瞬间捕捉下来。只见院友们个个兴奋不已, 现场欢声笑语不断。院友们对自己服饰、化妆和发型的要求毫不马虎, 而义工也全心投入地“伺候”着我们的主角。

如此“大阵仗”的造型变装和摄影对不少院友来说都是一次相当新颖的体验, 但他们当中也有一些因此次活动而忆起了快乐往事, 想起他们当年完成终身大事的大日子。两天的活动, 不止一次听见女院友表示, “我最后一次化妆是我结婚的时候!”, 而每当一名院友这么说到, 她身边总是会有其他院友不约而同地点头表示认同。顿

时, 众人的脑海仿佛都飘回到了数十年前最美丽的那一天。

近两百名院友参加了这一次的摄影活动。每人还亲自为自己设计了独一无二的相框, 将自己的美丽靓照展示出来。



Pretty makeup and fancy hairdo before the photoshoot!
拍照前的化妆与发型设计毫不马虎



@KwongWaiShiuHospital

The Next Chapter With Mr Tang

邓主席新篇章



Mr Tang (right) taking over the Hospital seal and chairmanship from Mr Lee during the Board installation ceremony on 8 July
邓主席（右）在7月8日的就职典礼上从李先生手中接过医院玉印和主席职务

The 91st Board of Directors of KWSH was sworn in on 8 July with Mr Tang Kin Fei taking over the reins as Chairman.

Mr Tang, a Board member since 2009 and Vice Chairman since 2011, is vastly experienced in the corporate world. His credentials include a prior stint as Group President and CEO of Sembcorp Industries, for which he won the Singapore Energy Award in 2017. He is currently Chairman and Independent Director of SIA Engineering Company Ltd, as well as Chairman of Singapore LNG Corporation Pte Ltd Board. His appointment as KWSH Chairman enhances our ongoing corporatisation efforts to keep up with evolving healthcare demands.

A charitable institution founded by Cantonese merchants in 1910, KWSH also places great emphasis on preserving our heritage. Chairman Tang, who is Honorary Council Member of the Singapore Chinese Chamber of Commerce & Industry and past Vice Chairman of the Singapore Business Federation's Council, will no doubt give us a boost in this regard with his reputation within the Chinese business community.

广惠肇留医院第91届董事会于7月8日宣誓就职，由邓健辉先生接任主席一职。

邓主席2009年加入董事会，2011年起担任副主席。他在企业界的经验非常丰富，曾经出任胜

科工业集团总裁兼首席执行官，并因其贡献在2017年荣获新加坡能源奖。他目前是新航工程有限公司的主席兼独立董事，也是新加坡液化天然气公司董事局主席。邓健辉先生担任广惠肇留医院主席，将有助于本院的管理企业化，确保医院能够持续满足瞬息万变的医护需求。

广惠肇留医院是一家在1910年由广东商人创办的慈善机构，也非常重视本院的历史保育。邓主席是新加坡中华总商会的名誉董事以及新加坡工商联合总会历任理事会副主席，他在本地华商界的威望，无疑将对医院历史的传承起到积极作用。

Thank You, Mr Lee

谢谢李主席

When one looks back at the tenure of former KWSH Chairman, Mr Patrick Lee, who has retired from the Board after 22 years of distinguished service, it is impossible not to mention the remarkable growth the Hospital achieved during his chairmanship from 2011 to 2023. He spearheaded the largest redevelopment project in our history which upon completion in 2018, transformed KWSH from a humble nursing home to an integrated community healthcare hub offering a comprehensive range of services.

KWSH also expanded from a single location to six, operating two nursing homes and six eldercare centres.

Post-retirement, Mr Lee continues to provide valuable guidance as Honorary Chairman and Board Advisor. He has also taken on the role as Chairman of the KWSH Foundation, a separate charity set up to diversify and manage the risks between the operations of the Hospital and assets that had been vested in the Hospital, and to better manage the use of reserves not immediately required for the daily operations of the Hospital.

回顾广惠肇前主席李国基先生的任期，不能不提到医院在他2011年至2023年在任期间的迅速发展及扩充。李先生带领广惠肇在2018年完成了本院史上最大规模的扩建计划，将一家平凡的疗养院转型成为一个提供一系列完善服务的综合社区医护中心。本院也从原本的单一院址扩充到六个服务据点，旗下共经营两家疗养院和六家乐龄照护中心。

李国基先生前后在董事会服务了22年，如今卸下董事会职务，却仍旧以名誉主席兼董事会顾问的身份，给予本院宝贵的指导。与此同时，李先生也出任广惠肇留医院慈善基金的主席。该慈善基金与医院本身独立运作，其设立目的为分散和管理医院和医院名下产业的营运风险，同时更好地管理医院日常运作中无需立即动用的储备金。

Mid-Autumn Celebration

中秋晚会

The Mid-Autumn celebration at KWSH is a marquee fundraising event with hundreds of lanterns adopted by benevolent donors lining our premises each year. Across the celebrations held at our Serangoon Road and Potong Pasir nursing homes on 16 and 23 September respectively this year, we were once again heartened by the enthusiastic support from our donors as more than 800 lanterns lit up the two premises.

At our Serangoon Road main campus on 16 September, 100 of the lanterns adorned a historic tree in our iconic pavilion garden. The Flame of Forest tree had been planted by the late Mr Lee Kuan Yew during his visit to KWSH in 1963 and is one of the oldest surviving trees planted by Mr Lee in Singapore. With the 100th anniversary of Mr Lee's birthdate falling on 16 September 2023, the 100 lanterns commemorated the contributions of our founding Prime Minister and his support toward KWSH.

KWSH then marked a first on the following Saturday as we extended our tradition of releasing Kong Ming lanterns to our Potong Pasir nursing home for the first time. The 1.6m tall sky lanterns carried the well wishes of the donors and sent messages of peace, love and blessings for all as they lit up the Potong Pasir night sky. A rare sight in Singapore, sky lanterns were first released at KWSH's Mid-Autumn celebration in 2012 and it has since become a tradition at this annual celebration.

The generosity of the donors goes a long way in supporting KWSH's care for the needy elderly and our sincere appreciation goes out to them. Our donors have certainly warmed the hearts of our residents in addition to lighting up our premises with their glittering lanterns. Kwong Wai Shiu Hospital would also like to express our heartfelt gratitude to our volunteers for making the two events possible with their tireless contributions to the festive decorations as well as the delightful performances that kept us entertained during the celebrations.

中秋晚会是广惠肇留医院的大型筹款活动，院区每年都会挂满数百盏由善心人士捐款赞助的各式灯笼。今年的庆祝会于9月16日和23日分别在本院的实龙岗路主院和波东巴西分院举行，一共展示了超过800盏灯笼。我们也再次得到捐赠者的支持，踊跃捐款赞助这些灯笼。

9月16日晚上，我们以其中的100盏灯笼点缀装饰了实龙岗路主院内一棵非常有历史意义的老树。种植在本院标志性广惠肇亭院里的这棵凤凰木，由已故李光耀先生1963年访问医院时种下，现在是李先生在本地种植树当中，现存树龄最老之一。2023年9月16日适逢李先生诞辰100周年，这100盏灯笼正是为了纪念建国总理的贡献和他过去给予广惠肇的支持。

之后在分院举行的庆祝会，我们首次将升放孔明灯的传统延申到波东巴西的疗养院。1.6米高的



Sky lanterns were lit up at our Potong Pasir nursing home for the first time!
广惠肇首次将天灯带到波东巴西分院！



Our historic "Lee Kuan Yew tree" decorated with a hundred lanterns to mark the 100th anniversary of Mr Lee's birth
为纪念李光耀先生诞辰100周年，我们特别在他种植的这棵历史老树挂起了100盏灯笼



CEO Dr Mok Ying Jang (right) performing a song together with our residents and volunteer at the main site's celebration
总裁莫应章医生（右）在主院区的庆祝会上与院友和义工一起高歌一曲，呈献一首非常应节的《月亮代表我的心》

天灯承载着捐赠者的祝福，徐徐上升将波东巴西的夜空照亮的同时，也传递了和平与爱心的信息。孔明灯在本地并不常见，但自从广惠肇第一次在2012年的中秋晚会上放天灯之后，这就成了本院每年中秋庆祝会的传统。

我们谢谢捐赠人慷慨解囊支持广惠肇，使本院有能力为有需要的年长者提供无微不至的照护。他们的善心捐款除了点亮中秋晚会上的一盏盏灯笼，更是温暖了院友们的心怀。在此也要向本院义工表达诚挚的谢意，感谢他们不辞劳苦地为佳节帮忙装饰院区，并在活动上呈献精彩表演，使连续两个周末的庆祝会圆满举行。



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Project Live.Laugh.Love (by Damien Cheong and Keira Leong)

散播爱心 制造欢乐 为生命添色彩 (文/钟怡宏、梁恺乐)

We are Project Live.Laugh.Love, a student-initiated values-in-action project from Raffles Institution. We started as a group of eight individuals inspired to serve older people in our community. As some of our members had volunteered with KWSH in 2022 for a short stint, we decided to volunteer again, thus resulting in the birth of Project Live.Laugh.Love.



A resident happily showing his "prizes"
院友开心展示他的“奖品”

Our journey began in March 2023 with our group of eight pre-university students volunteering at KWSH, engaging in one-to-one befriending with eight elderly residents, planning and conducting activities for the elderly to take part in every Wednesday. Among the activities are ball games, bingo, garden walks and many more, simple activities yet significant sources of happiness for the elderly.

The project started on a smaller scale as we wanted to better understand the needs of the elderly by building personal bonds with them, understanding our shortfalls and enhancing our service in the process. As our bonds with the elderly grow, so has the scale of the project. We now have 24 student volunteers engaging 18 elderly residents. Beyond the nursing home residents, we have also expanded our project to the Senior Care Centre (SCC) at KWSH, where we conduct activities every month for about 80 SCC clients with the help of another seven student volunteers to bring joy to the elderly.

It has been a rewarding experience to witness how much they enjoyed the activities we planned for them, no matter how seemingly simple. It made us realise that true happiness can come from little things, and allowed us to reflect on how we might take some things for



The eight students who pioneered the project. The article's contributors Damien and Keira are first and second from the right
发起这项爱心计划的八名学生。右一、二为本文件作者怡宏和恺乐

granted daily. Through this project, we have gained invaluable lessons after interacting with them and hearing about their life experiences.

As we continue serving with KWSH, we hope this partnership will value-add to the elderly just like it has added colours to our lives.

我们是一群来自莱佛士书院的学生，最初由八个志趣相投的高中生组成，希望能够为社区年长人士服务。由于我们当中的一些成员曾经在2022年到广惠肇留医院当过义工，我们于是决定开创这项名为Project Live.Laugh.Love（意指“生活.欢笑.爱心”）的计划，再次到广惠肇义务服务。

今年三月，我们的八人小组开始到疗养院与八名院长友进行一对一交流。每周三为这些乐龄朋友策划各式各样的活动，包括球类竞赛、“宾果”游戏、公园散步等等。由于疗养院里的年长者平日在病房的生活比较单调，即使是这些看似简单的活动也能够令他们满心欢喜，使他们的生活更加多姿多彩。

Project Live.Laugh.Love一开始的规模并不大，只为一小群年长者组织活动。当时，我们的目的是为了能够与乐龄人士建立良好关系，以更好地了解他们的需求，也检讨自身的不足，从中吸取经验，从而完善我们的计划。随着我们与院友建立起深厚的情谊，我们也将服务范围扩大，从原本服务的八位院友增加到18位，而参与的学生志工也从八位增加到目前的24位。与此同时，我们也把这个项目延伸到位于广惠肇留医院的乐龄护理中心。每个月的其中一天，我们会额外找来另外七名学生义工，一起为中心的80位服务对象举办活动，把欢乐带给他们。

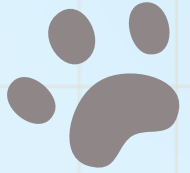
即使是一些相对简单的活动，年长朋友往往依旧非常尽兴。看着他们乐在其中，我们的内心是欣慰、满足的。这个关爱年长人士的项目让我们意识到，小小的事物其实也可以令人开心不已。这让我们不禁自我省思，我们是否将日常生活中的一些琐琐碎碎视为理所当然。

通过这段日子的互动与交流，年长朋友和他们的人生故事给了我们很大的启发，让我们从中受益匪浅。与广惠肇留医院的合作为我们的人生增添了色彩，我们也希望这项计划同样能够为年长者的生活“增值”。



Friendships Come in All Shapes and Sizes

外形各异的朋友



Resident Yap Geok Hiang with her new furry friends
院友叶玉月新结交的“毛小孩”朋友

On 10 March, we welcomed a special group of volunteers to visit our residents. Pattering across our multi-purpose hall from table to table, our volunteers gently nuzzled each resident and eagerly asked to be petted. With their friendly disposition and a penchant to please, these five dogs quickly won over our seniors' hearts.

In the presence of the energetic canines, our seniors' spirits were instantly lifted. The affection from the pups encouraged our residents to open up and enthusiastically share their personal memories with animals. As they stroked the fur of their new fluffy pals, our residents collectively gushed over their endearing buddies and excited chatter could be heard at every table.

The visit was a pleasant surprise especially for the avid dog lovers among our residents like Mdm Yap Geok Hiang. With experience rearing dogs in the past, the pooches' visit evoked pleasant memories and Mdm Yap even requested for a photo with them for keepsake!

Besides making friends with furry canines, our seniors were also introduced to an artificial intelligence buddy. For several weeks in June and July, a little robotic pal named LOVOT (derived from the words "love" and "robot") stayed by our elderly's side in the wards and selected care centres, offering them comfort and companionship.

Standing at a knee-high height, the robot's small frame, animated arm movements and expressive facial features are reminiscent of a young child. Equipped with touch sensors all over its body, the robot was purposefully designed to be interactive and engaging. When stroked, it would respond readily, sometimes with a bright smile or cooing sounds. Excited to greet a social robot at KWSH for the first time, our seniors were enamoured with its lifelike mannerisms and actively interacted with it to illicit more adorable responses. "The robot is so lovable," our resident Mdm Ng Ah Hong commented. "I really enjoyed spending time with it!"



Our seniors' new friends may have taken a different shape and size on these two occasions, but their companionship is nonetheless valuable. We look forward to welcoming more friends to KWSH to brighten up our seniors' days!

广惠肇院友们在3月10日迎来了一群特别的访客! 这几位温驯的“志工”在礼堂各处嬉戏, 时不时跑到院友身边, 轻轻地蹭着他们, 享受着年长者抚摸它们。前来探访的五只小狗义工性情友善, 讨人喜欢, 很快赢得了大家的欢心。

小宠物活力十足, 振奋了礼堂里的气氛。它们的感染力也瞬间使院友感到精神气爽、精力充沛。在小狗狗的暖心陪伴下, 年长者纷纷敞开心扉, 踊跃地与大家分享自己过去接触小动物的经历。他们爱不释手地轻抚着小动物柔软蓬松的毛发, 礼堂内处处可听见兴奋的交谈声。

狗狗志工们的到访给院友带来意外的惊喜, 喜爱小狗的院友叶玉月女士更是不亦乐乎。叶女士以前也养过小狗, 小宠物此次到访, 唤起了她美好的回忆。她甚至还兴奋地要求与当天的主角们合照留念!

除了与毛茸茸的小狗结交朋友, 本院年长者另外也认识了一位人工智能机器人朋友。这个名为LOVOT的机器小伙伴在六月至七月间到我们的病房和其中几家照护中心, 关怀和陪伴那里的乐龄朋友。

机器人的名字取自英文“love”(爱)和“robot”(机器人)的结合。LOVOT的身高仅有成年人的膝盖这么高, 小巧的身躯、生动的手臂动作和表情丰富的面部特征使它仿佛就像个年幼的小孩。除了外表, LOVOT的“皮肤”底下也装置了触摸传感器, 使它能够与人们互动和交流。只要触碰到身边的人, 它便会即时作出反应, 时而露出灿烂的笑容, 有时则会发出小孩一般的啾啾声。第一次在广惠肇与机器人互动, 年长者都十分兴奋, 也被机器人栩栩如生的举止深深地吸引, 纷纷与它亲近, 希望能多看它讨喜的反应。院友王玉爱女士分享道: “机器人真的非常可爱! 我很喜欢和它相处。”

年长者这两次结交的新朋友在外形上虽然与一般前来的探访者大不相同, 但它们所给予年长者的陪伴绝对是院友们十分珍惜的。我们期待更多的朋友前来与年长人士作伴, 为他们在广惠肇的日子增添色彩!

Singing for Charity

为慈善献歌艺



(From left) Mr and Mrs Gan enjoying the charity concert
(左起) 颜金勇伉俪观赏慈善音乐会



Minister Gan (fourth from right) performing the finale item
颜部长 (右四) 为压轴曲目献声

On 21 May, KWISH's annual charity concert returned at the Singapore Conference Hall. Titled *A Night of Love*, the event saw 500 guests coming together in the month of Mother's Day to celebrate the unconditional love that our parents have for us. Minister for Trade and Industry, Mr Gan Kim Yong, along with Mrs Gan, graced the concert as guest of honour.

Local sensations Lee Pei Fen, Wysom Wong and special guest performer Joanna Dong presented a slew of evergreen songs to the music accompaniment provided by the renowned Ding Yi Music Company. The timeless classics resonated deeply with audience across generations and the guest of honour also took to the stage for the finale. Minister Gan, Chairman Patrick Lee, Vice-Chairman William Leong, CEO Dr Mok Ying Jang and the three singers stayed true to the song title as they belted out the all-time Cantonese hit *Love and Passion*.

The crowd's enthusiasm throughout the night made it a memorable concert, and we would also like to express our heartfelt thanks to our sponsors, donors and volunteers for their support toward this fundraising event.

广惠肇于5月21日在新加坡大会堂举办一年一度的慈善音乐会。这场“暖爱之夜”音乐会在庆祝母亲节的五月份举行，出席的500名来宾与我们一同向天下父母亲对子女们无条件的爱致敬。音乐会荣幸邀得贸工部长颜金勇伉俪出席，由颜部长担任活动主宾。

当晚的演唱阵容由本地杰出艺人李佩芬、黄伟深以及特别演唱嘉宾董姿彦组成，由知名的鼎艺团伴奏，呈献多首长青名曲。首首耳熟能详的经典曲目跨越年龄的界限，深受在场所有观众喜爱。主宾颜金勇部长也为压轴曲目展现歌艺，连同李国基主席、梁善源副主席、总裁莫应章医生以及三位歌手一同演唱粤语金曲《万水千山总是情》。

此次音乐会，观众的热情令人难忘。我们谢观众给广惠肇报以最热烈的掌声，也要感谢所有赞助人、捐赠者和义工给予这次筹款活动的支持。

Special thanks to the following sponsors:

特别鸣谢以下赞助：

Leung Kai Fook Medical Company (Pte) Ltd

S C Wong Foundation Trust



Swinging for Charity

为慈善显球技



On 11 August at the Sentosa Golf Club, 140 golfers came together at The Tanjong Course to swing for a good cause at our annual KWISH Charity Golf. Among them was Mr Desmond Tan, Minister of State in the Prime Minister's Office, who graced the event as guest of honour. After an exhilarating day of golf, participants enjoyed a well-deserved post-golf dinner where the prize presentation for the tournament as well as a lucky draw were held.

KWISH would like to extend a special thank you to Mr Desmond Tan for taking the time to join us. We are also grateful to the generous support from our donors and sponsors for contributing to a meaningful cause and making a difference. A total of \$500,000 was raised through the event and the funds raised will contribute to KWISH's efforts in caring for the needy elderly.

140名高尔夫球手参加了我们8月11日在圣淘沙高尔夫俱乐部丹戎球场比赛举行的广惠肇留医院高尔夫义赛，通过高尔夫球为慈善出一份力。活动主宾总理公署政务部长陈国明先生也一同参加了义赛。球赛结束，众球手享受了赛后晚宴。除了让大伙儿饱餐一顿，晚宴上也向球赛的优胜者颁奖，并举行了幸运抽奖。

广惠肇留医院感谢陈国明政务部长抽出宝贵的时间与我们共襄善举，也谢谢捐赠者和赞助人慷慨支持活动，一起为慈善出一份力。高尔夫义赛为本院筹集了50万元，将帮助医院为有需要的年长者提供照护。



Mr Desmond Tan in action
陈国明先生挥杆英姿



Mr Tan acknowledging the crowd during the dinner, where he also presented tokens of appreciation to the event sponsors
陈先生晚宴上向参与者挥手示意，过后也向活动赞助人颁发感谢纪念奖

A Tribute to the Angels in White 向白衣天使致敬



Dr Richard Tan (Executive Director, Nursing Home) and Dr Mok Ying Jang (CEO) dancing to the Korean hit song Flower to celebrate Nurses' Day with our nurses
疗养院执行总监陈忠兴医生和总裁莫应章医生与护士们一起随着韩国神曲《Flower》跳起“花手舞”，一同欢庆护士节

Nurses' Day

The selfless contributions of the unsung heroes are sometimes overlooked by those around them, but here at KWSH we have not forgotten the ones who play such a critical role in our wards. To celebrate Nurses' Day in August, we treated nurses at both our nursing homes to a fun-filled day where they unwound and indulged in the delicious treats.

护士节

无名英雄的默默付出有时或许会被身边的人给忽视，但广惠肇并没有忘了在我们病房里扮演举足轻重角色的这一群朋友！配合八月份的护士节，我们让本院两家疗养院的护士们得以好好放松，享受可口美食，度过了欢乐的一天。



(From left) Dr Mok, Dr Tan, SNM Ang Ah Chee, Jessie Chang (Director of Nursing)
(左起) 莫医生、陈医生、高级护士长洪亚琦、护理总监曾月琼

Nurses' Merit Award

Despite her other career aspirations as a teenager, Senior Nurse Manager Ang Ah Chee's strong passion for helping others eventually led her to her true calling. At KWSH, she has been overseeing the care needs of our residents with chronic conditions since our Block F chronic sick wards came into operations in 2021.

Congratulations to SNM Ah Chee on receiving the Nurses' Merit Award, a testament to her contribution and dedication!

护士优异奖

尽管少年时期对于将来的工作曾经有过其他理想，高级护士长洪亚琦最终还是因为乐于助人的性格找到了自己的使命，成为一名护士。在广惠肇留医院，位于F座病房楼的慢性疾病病房在2021年启用后，她便负责监管照顾慢性疾病病友的工作。我们恭喜高级护士长洪亚琦荣获护士优异奖，肯定了她的贡献与奉献精神！

Happy 58th Birthday! 58岁生日快乐

At our Potong Pasir and Serangoon Road sites on 4 and 7 August respectively, KWSH staff and clients paid tribute to the nation at the National Day Observance Ceremony as Singapore celebrated its 58th birthday.



Seniors from KWS Care @ MacPherson joining in the National Day celebration virtually
广惠肇麦波申社区关怀中心的年长者与我们连线共庆国庆



KWSH's Dr Richard Tan (fourth from left) with Health Minister Ong Ye Kung (sixth from left) and other C3A partners
广惠肇陈忠兴医生（左四）与卫生部长王乙康（左六）和活跃乐龄理事会的其他伙伴

The national anthem and Singapore pledge were followed by a cake-cutting ceremony and our volunteers entertained our residents with games and performances. The celebration at our Serangoon Road premises was also streamed live to our four community care centres as we connected with our community elderly.

我们的波东巴西和实龙岗路院区分别在8月4日和7日举行了国庆敬礼仪式，让本院的职员和服务对象一起向国家致敬，为新加坡庆祝58岁生日。

国歌和信约结束后，我们进行了切蛋糕仪式，并由义工为院友带来游戏和表演。实龙岗路院区的庆祝活动当天，我们也现场和本院四家社区关怀中心连线，与那里的社区年长者一同欢庆。

Establishing a Partnership With C3A 与活跃乐龄理事会建立合作关系

An MOU was signed on 11 August at the Sands Expo & Convention Centre between KWSH and Council for Third Age (C3A) at the launch of the Singapore Standard 693 Geragogy Guidelines on Training Senior Learners.

Minister for Health, Mr Ong Ye Kung, graced the ceremony as guest of honour.

With this tie-up, KWSH will be facilitating workshops adopting geragogy guidelines for the community care sector. This collaboration is an example of the significance of strategic partnerships in developing a holistic approach that empowers seniors to engage in their journey to achieve health and well-being actively. Kwong Wai Shiu will also promote senior learning through the courses by National Silver Academy and encourage seniors from our active ageing centres to participate in C3A's programmes.

本院8月11日于金沙会议展览中心和活跃乐龄理事会签署了合作备忘录。当天是“新加坡标准SS693：乐龄教学指导方针”的推介仪式，卫生部长王乙康先生担任主宾出席了活动。

在本院签订的合作计划下，我们将会为社区护理领域协调开办各种采纳乐龄教学理念的工作坊。该合作突显了这类战略伙伴关系的重要，因为它可从多方面引导年长人士积极为自己的身心健康负责。广惠肇还会通过全国乐龄学苑的课程提倡“活到老，学到老”的积极心态，并鼓励本院旗下活跃乐龄中心的年长者参加活跃乐龄理事会的活动。

MUSIC BY THE BAY

尽享音乐在河滨

We launched the inaugural Music by the Bay on 20 April at KWSH @ Potong Pasir. With the nursing home situated along the Kallang River, this monthly music gathering held at our front porch next to the park connector featured performances by various musicians, singers and performing groups. These talented volunteers serenaded the crowd of more than 50 nursing home residents each time with live renditions of popular local hits and cultural dance performances, with our community friends residing in the Potong Pasir neighbourhood joining in for a night of fun as well.



Ice cream time!
雪糕时间!



Resident back in the ward with student volunteers after enjoying the Music by the Bay
“河畔音乐会”结束，院友回到病房继续和学生义工相谈甚欢

To round off the community participation, volunteers from schools in the neighbourhood and the adjacent student hostel, the St Andrew's Hall, also came forth to render support and assistance at the event, often putting a smile to the elderly's faces simply with their youthful exuberance. To sweeten the night further, our senior folks were treated to ice cream and popcorn as they immersed in the music and swayed to the beats.

Music by the Bay is usually held on the fourth or last Friday of the month from 6pm to 7.30pm. We welcome you to join us at our next session!

广惠肇留医院波东巴西分院于4月20日首次举行了每月一次的“河畔音乐会”。本院的波东巴西分院坐落在加冷河畔，我们于是利用疗养院前，位于公园连道旁的门廊，邀请音乐家、演唱家和表演团体前来献艺，不仅带来脍炙人口的本地歌曲，还呈献民族舞蹈。每一次的音乐会，除了有五十多位院友观赏表演者的义务演出，一些住在波东巴西邻里的居民也会一道前来乐在其中。

活动也获得区内学生的支持。来自邻近学校和毗邻学生宿舍“圣安德烈宿舍”的学生义工来到活动现场帮忙，他们青春的朝气也振奋了年长者的情绪。我们的乐龄朋友就这样一边随着音乐的旋律摇摆，一边吃着雪糕和爆米花，享受了美丽的夜晚。

河畔音乐会一般在每个月的第四或最后一个星期五举行，时间是傍晚6点至晚上7点30分。欢迎大家一起出席下一次的音乐会！