

# Community Care Day Returns With Record Number of Care Partners

## 广惠肇社区关怀日: 医护及乐龄关爱伙伴历来最多



Mayor Denise Phua cheering for an elderly at the cup stacking activity  
年长朋友参加竞技叠杯活动, 潘丽萍市长在一旁加油打气



Health screening and games for the community elderly  
为社区年长者提供身体检查和有趣游戏



Kwong Wai Shiu Hospital's Community Care Day 2024 was a resounding success, bringing together some 800 elderly participants for a day of celebration, health awareness, and community spirit. Held on 23 March, this year's event continued our tradition of opening our doors to the community, offering a wealth of activities and to promote healthy ageing and social engagement.

The day was filled with excitement as attendees participated in various complimentary health screenings, informative workshops, and engaging activities offered by our partners, which included 10 healthcare and eldercare organisations, a record high for this annual health carnival. Our Active Ageing team led energetic exercise sessions, encouraging seniors to stay physically active and demonstrating the range of programmes available at our active ageing centres. Physicians from our TCM clinic were also on hand to offer complimentary consultations.

Guest of honour Ms Denise Phua, Mayor for Central Singapore District, was clearly impressed with the event's line-up as the seniors indulged in the vibrant carnival

atmosphere. In between the entertaining performances by volunteer groups and community organisations, the Mayor, who is also our local MP for Jalan Besar GRC, took to the stage and thank KWSH for organising the event and for our commitment to serve the elderly residing in the area.

As we reflect on the success of Community Care Day 2024, we are reminded of the importance of community engagement and the positive impact it has on the lives of our seniors. The smiles on the faces of participants and the enthusiasm of our volunteers reinforced the event's value and significance.

We extend our heartfelt gratitude to all who have contributed to making this day special – our dedicated staff, generous sponsors and donors, committed volunteers, and most importantly, the community members who joined us. Your support continues to inspire us in our mission to provide compassionate care and promote active ageing.

广惠肇留医院2024年社区关怀日活动取得圆满成功, 吸引了800名年长者参与这个充满欢庆、健康意识和社区精神的活动。活动于3月23日举行, 延续了我们向社区开放的传统, 提供丰富多样的活动, 促进健康老龄化和社交互动。

当天活动精彩纷呈, 参与者享受了各种免费健康检查、信息丰富的工作坊以及由我们的合作伙伴提供的有趣活动。今年共有10个医疗保健和老年护理机构参与, 创下了这个年度健康嘉年华的新纪录。我们的活跃乐龄团队带领充满活力的运动环节, 鼓励年长者保持身体活跃, 并展示了我们活跃乐龄中心提供的各种项目。本院中医诊所的医师也在现场提供免费咨询。

担任活动主宾的中区市长潘丽萍女士喜见年长者们在热闹的嘉年华氛围中, 对活动的安排表示满意。在志愿团体和社区组织的精彩表演间隙, 同时也是本区议员(惹兰勿剎集选区)的潘市长特地上台感谢广惠肇留医院组织这次活动, 对我们致力于服务该区年长者给予表扬。

通过这次成功举行的2024年社区关怀日, 我们再次意识到社区参与的重要性, 以及它对年长者生活所带来的积极影响。参与者脸上的笑容和志愿者的热情更加凸显了这次活动的意义。

我们衷心感谢所有为这个特别日子作出贡献的人——我们敬业的员工、慷慨的赞助人和捐赠者、尽职的志愿者, 最重要的是参与我们活动的社区成员。你们的支持继续激励我们履行使命, 以怜悯之心提供照护并努力促进活跃乐龄。



Some seniors spontaneously joined in the workout as our Active Ageing team demonstrated the energetic exercise routines  
一些年长参与者即兴随着本院活跃乐龄团队的示范跳起运动操



@KwongWaiShiuHospital

# Time to Look Glorious 容光灿烂!



We are excited to share the launch of Glorious Times at KWSH @ Potong Pasir! Each month, this beauty wellness programme offers our female residents a range of rejuvenating facial and hand treatments crafted to refresh and revitalise their skin.

The sessions are conducted by our volunteer beautician Joanne Lee, who shares her professional skincare expertise with the 18 other volunteers who assist the residents with their beauty treatments. The tools and skincare products, courtesy of our sponsors, are carefully selected to cater to the seniors. Some products have even been specially formulated to suit our elderly "customers", with each session serving some 30 residents.

As the residents indulged in the pampering therapies, Joanne said, "We're so grateful to be part of this programme. It's so rewarding to see the smiles on the residents' faces!"

At the end of Joanne's gaze was Mdm Goh Swee Ngun. Beaming with joy and brimming with self-confidence, she exclaimed firmly, "This is the best day I've had in a long time!"

广惠肇留医院波东巴西分院的新美容项目隆重登场，旨在为女性院友带来“灿烂年华”！每月一次的美容养颜项目为院友提供各种面部和手部护理，旨在让她们的肌肤保持清新和活力。

这些护理由我们的志愿美容师李燕瓊安排。她与其他18位志愿者分享专业护肤知识，让这些义工也可以协助院友进行美容护理。护理工具和护肤品由慷慨人士赞助，都是经过精心挑选，专门为老年人设计的。有些产品甚至是专门为我们的老年“顾客”调制的。每次活动可为30位院友提供服务。

看着院友们享受着这些呵护，李燕瓊老师说：“我们很感激能参与这个项目。看到院友们脸上的笑容，真是太有成就感了！”

一旁的院友吴瑞颜，满脸显露着愉悦与自信。她坚定表示：“这是我很长时间以来最美好的一天！”



Getting glorious together!  
大家一起来美美！



Our volunteer assisting a resident with the DIY facial routine  
义工协助一名院友进行自我护肤



Our volunteer beautician Joanne attends to Mdm Goh Swee Ngun as she demonstrates and explains the procedure to the other volunteers  
志愿美容师李燕瓊为院友吴瑞颜进行护理，向其他义工示范和讲解

## Welcoming Celebrity Health and Wellness Guru Bryan Gan 欢迎明星养生达人Bryan老师



Singing for his audience!  
为本院的这些服务对象高歌一曲！

Singapore's renowned health and wellness guru Bryan Gan was on hand to impart health tips to our elderly residents and clients at KWSH. Bryan Laoshi (teacher in Mandarin), as he is affectionately known, shared tips on acupressure therapy as he demonstrated to the seniors at our multi-purpose hall. A familiar figure on the airwaves of local television and radio, the affable celebrity had the elderly grinning from ear to ear with his humour, and even performed a song to top off his session!

新加坡著名养生达人Bryan Gan现身广惠肇留医院，为我们的年长院友和服务对象传授健康小贴士。人称“Bryan老师”的他，亲切地向在礼堂内的长者示范并讲解了穴位按摩疗法的技巧。作为本地电视和电台节目的常客，这位平易近人的明星达人以幽默风趣的言谈逗得长者开怀大笑，更在活动结束时献唱一曲，为整个环节画上圆满句号。



Celebrity wellness guru Bryan Gan brings the elderly through tips on acupressure therapy  
明星养生达人Bryan老师带领年长者进行穴位按摩



# Johnny Lai: The Man Behind the Lens

## 镜头背后的爱心



At 71, Johnny Lai, a retired professional from the oil industry, has been a cornerstone of KWSH's volunteer community for over two decades. Alongside his wife Nancy, Johnny dedicates his retirement to enriching the lives of elderly residents.

Every Saturday, they bring joy through the "Happy Club" gathering with our residents, and this is where Johnny's technical acumen, developed from the rigours of his working life, is put to good use as he sets up and troubleshoots the karaoke system. His contributions extend far beyond his technical expertise of course as he actively assists the residents on wheelchair, distributes refreshments and supports the various activities in any way he can.

While his long-time commitment is undoubtedly inspiring, Johnny said his efforts are a testament to the support of the entire Saturday "Happy Club" volunteer group. Beyond weekend visits, Johnny also often participates in other activities during the rest of the week, including outings where he ensures residents enjoy safe and memorable experiences at locations like Gardens by the Bay and Jewel Changi Airport.

Despite his frequent involvement, photographs of him in action are a rare find, but that is only because Johnny also multitasks as the man behind the camera! His photography skills truly sets him apart, capturing the essence of KWSH life, preserving precious moments for residents and their families. These images are more than mere photographs, they are visual stories of connection and reflections of joy.

When asked about his motivation, Johnny humorously referred to the "income" he receives. He quickly clarified, "The real reward is seeing the smiles on the residents' faces and knowing I've made a difference in their day. That's worth more than any pay cheque." Johnny's unwavering dedication, coupled with his exceptional photography skills, makes him an invaluable asset to KWSH. His quiet strength and commitment inspire fellow volunteers, fostering a sense of community that extends beyond the Hospital's walls. Together with Nancy, Johnny embodies the spirit of giving that KWSH strives to uphold, reminding us all of the profound impact one person can have on many lives.

71岁的赖建达是一位退休的石油业专业人士，二十多年来一直是广惠肇留医院志愿者团队的中坚力量。退休后，他更是全情致力于与妻子李枚勳一起丰富院内长者的生活。



Johnny and Nancy (third and fourth from right) with other volunteers  
赖建达和李枚勳(右三、四)与其他义工



The man behind the lens  
镜头背后的功臣



每周六，他们通过举办“欢乐俱乐部”聚会为年长院友们带来欢乐。在这里，赖建达将他在石油业积累的技术专长发挥得淋漓尽致，负责设置卡拉OK系统并随时待命，以备万一发生技术故障时为大家“排忧解难”。当然，他的贡献远不止于此。他还积极协助轮椅上的院友、分发茶点，也会极尽所能以不同方式支持各种活动。

赖建达长期以来的奉献无疑非常具有启发性，但他却表示，自己能够如此付出，是因为整个周六“欢乐俱乐部”志工团队的相互扶持才能做到。除了周末前来探访，赖建达还经常参与周中的其他活动，包括院友外出游玩时，会确保他们可以在滨海湾花园和星耀樟宜等地方安全地享受一个难忘的体验。

尽管赖建达经常参与活动，但我们却很少能看到他参与活动的照片。这是因为他还身兼摄影师的角色！他出色的摄影技巧让他得以作出与众不同的贡献，捕捉了疗养院的生活点滴，为院友及其家人保存珍贵的时刻。这些照片不仅仅是简单的影像，更是人与人之间联系的视觉故事，也是欢乐的真实写照。

当被问及他的动力时，他幽默地提到了他所获得的“收入”。他随即解释：“真正的回报是看到院友脸上的笑容，知道我为他们的生活带来了改变。这比任何薪水都更有价值。”赖建达坚定不移的奉献精神，加上他出色的摄影技巧，使他成为广惠肇不可或缺的宝贵资产。他那股沉默的干劲和决心激励着其他志愿者，培养了一种跨越广惠肇的社区意识。赖建达和李枚勳充分体现了广惠肇努力坚守的奉献精神，提醒着大家，我们每个人都能对无数人的生命产生深远的影响。

# KWSH Charity Golf 2024

## 2024年广惠肇高尔夫义赛



The guest of honour was Mr Lim Boon Heng, Chairman of Temasek Holdings  
淡马锡控股董事长林文兴担任活动主宾

The KWSH Charity Golf 2024 event was held on 8 May at the prestigious Sentosa Golf Club. This annual fundraiser returned to the scenic island venue for the second consecutive year, providing a beautiful backdrop for participants and sponsors alike. Mr Lim Boon Heng, Chairman of Temasek Holdings, was among the 140 golfers and he also presented tokens of appreciation to the event sponsors at the post-golf dinner.

The event not only showcased the spirit of camaraderie among golfers but also highlighted the generosity of the community in supporting the Hospital's mission. The friendly tournament raised more than \$400,000 and the proceeds will contribute to enhancing the quality of care and services provided by KWSH.

Participants enjoyed a day filled with friendly competition, networking opportunities, and the chance to support a noble cause. The KWSH Charity Golf event continues to be a vital part of the Hospital's fundraising efforts, fostering community engagement and support for its care initiatives.



KWSH Patron, Mr Wong Kan Seng (second from right), was also in attendance  
本院名誉赞助人黄根成先生(右二)也出席了活动

广惠肇留医院2024年高尔夫义赛于5月8日在著名的圣淘沙高尔夫俱乐部举行。这项一年一度的筹款活动连续第二年来到这个风景如画的岛屿场地，为参与者和赞助人提供了美丽的布景。淡马锡控股董事长林文兴先生是140名高尔夫球手之一，他还在赛后晚宴上向活动赞助人颁发了感谢纪念奖。

这次活动不仅展示了球友之间志同道合的精神，还凸显了社区在支持医院使命方面的慷慨。这场友谊赛筹集了超过40万元，所得款项将用于提升广惠肇提供的护理质量和服务。

一天下来，球手们除了沉浸在一场友好竞赛，也尽情享受了与彼此交流的时光。与此同时，他们更是为慈善事业尽了一份力。广惠肇高尔夫义赛是本院筹募善款的重要组成项目，鼓励社会人士踊跃支持我们，成就我们的照护服务。

Special thanks to 特别鸣谢：  
Mitsubishi Electric Asia Pte Ltd



Token of appreciation for the event's top sponsor, Mitsubishi Electric Asia Pte Ltd  
向此次赛事的顶级赞助商颁发感谢纪念奖

# Yishun, Here We Come!

## 进军义顺！

KWSH has been awarded the rights to operate a third nursing home! The 340-bedder located in Yishun Miltonia is slated to open its doors to the community in 2028 and it will be our very first inpatient facility in the northern region. This latest development marks an important step forward in Kwong Wai Shiu's 10-year plan to increase our inpatient capacity from the existing 1,200 beds to 2,000 by the year 2033. The 10-year plan will also see our number of active ageing and care centres at least double. KWSH currently operates six such centres.

广惠肇留医院获得第三家疗养院的运营权！位于义顺的这家340床位疗养院计划于2028年向社区开放，这将是我们在新加坡北部的首个住院设施。这一最新发展标志着广惠肇10年计划的重要一步，该计划旨在将我们的住院容量从现有的1200个床位增加到2033年的2000个。这个10年计划还将使我们的活跃乐龄和护理中心数量至少翻倍。广惠肇旗下目前设有六家这类中心。



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)



# Donors Owning a Piece of KWSH's History

## 捐赠广惠肇 拥有广惠肇

KWSH launched a meaningful fundraising initiative in March this year when seedlings cultivated from our "famous" tree were put up for adoption by donors. The historic Flame of the Forest tree in our iconic pavilion garden was planted by Mr Lee Kuan Yew during his visit to KWSH in 1963 and is now one of the oldest surviving trees planted by the founding Prime Minister. The initiative was launched during the KWSH Community Care Day on 23 March which saw interested donors own a piece of KWSH's history with a \$388 donation.

We thank all the donors and plant lovers who had stepped forth to support us! This fundraising initiative is ongoing and interested donors may contact us at email [fund\\_raising@kwsh.org.sg](mailto:fund_raising@kwsh.org.sg) or phone 6422 1293 to find out more.

广惠肇留医院今年3月推出了一项别具意义的筹款活动，将院内具有历史意义的树木培育成树苗，供捐赠者认养。这棵树位于我们标志性亭院内的凤凰木，是李光耀先生于1963年访问广惠肇时亲手种植的，如今已成为这位建国总理所种植的树木当中，树龄最老的老树之一。该活动于3月23日广惠肇留医院社区关怀日当天正式启动，让捐赠者可通过388元的捐款，拥有医院珍贵的历史。



我们衷心感谢所有支持我们的捐赠者和植物爱好者！这项筹款活动仍在进行中，有兴趣的捐赠者可通过电邮[fund\\_raising@kwsh.org.sg](mailto:fund_raising@kwsh.org.sg)或致电6422 1293了解更多详情。



CEO Dr Mok Ying Jang presenting the seedling and a certificate of adoption to a donor. Standing proudly behind them is the historic tree

广惠肇总裁莫应章医生在历史老树前把树苗交给捐赠人，每一株被认领的树苗都附上一张认领证书

# A Broth Simmering With Love

## 猪什汤新开张 摊主饕客暖人心



The fundraising drive by Mun Kee Pig Organ Soup raised close to \$4,700 for KWSH  
“文记猪什汤大王”共为本院筹得近4700元

We are delighted with the support from our SME (Small and Medium-sized Enterprise) friends! KWSH was very much on everyone's mind at Mun Kee Pig Organ Soup's stall at the nearby Foch Road coffee shop on 23 May. The outlet, which opened for business in April this year, held a "Pay-As-You-Wish" campaign that day with all proceeds collected on that day donated to Kwong Wai Shiu.

Amid the usual buzz at the coffee shop, Mun Kee's patrons gave generously to the cause as they enjoyed their delicious broth and other signature dishes. KWSH is deeply grateful for the support from stall and customers alike, and we are pleased to share that the one-day charity drive raised close to \$4,700 for the Hospital.

It is especially heartening to see an SME within our local community reaching out to share their love. We certainly look forward to the support of other friends from around and afar!

广惠肇非常高兴得到了中小企业的朋友的支持！5月23日，在位于临近福士路（Foch Road）咖啡店的“文记猪什汤大王”摊位，广惠肇留医院成为了众人关注的焦点。这个今年4月开业的摊位，当天举办了一场“随心付”活动，让食客凭自己意愿为食物定价买单，并将当日所有收益都捐给广惠肇。

在咖啡店熙熙攘攘的氛围中，文记的顾客们一边享用美味的汤头和招牌菜，一边慷慨解囊支持这项公益事业。广惠肇对摊位和顾客们的支持深表感激，很高兴这一天的慈善活动为医院筹集了近4700元。

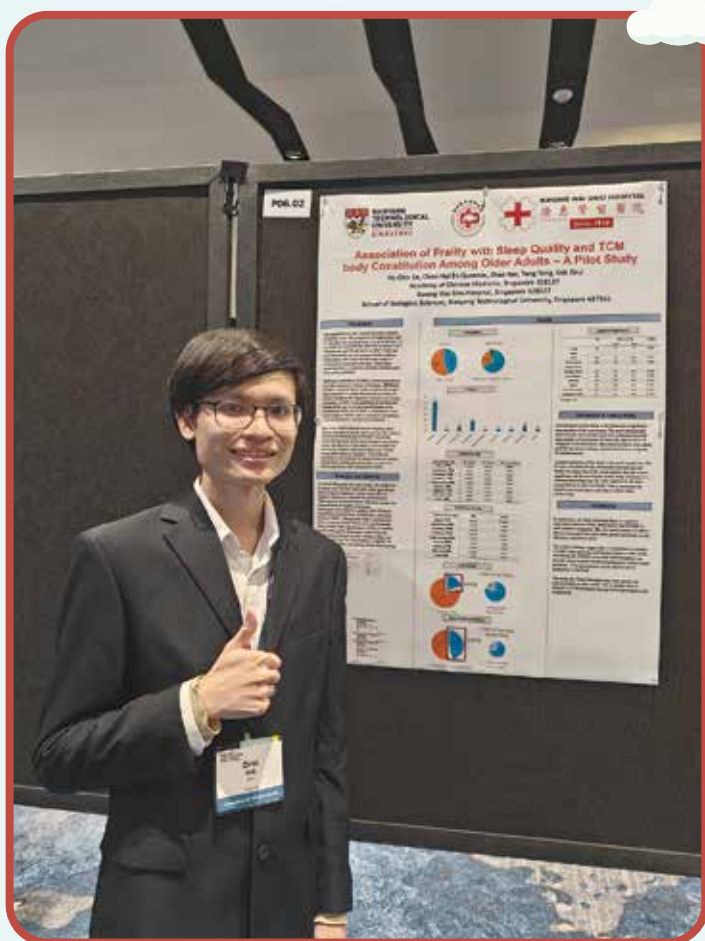
看到我们所处社区中的这家中小企业伸出援手，分享他们的爱，这让我们感到特别欣慰。我们将继续期待着来自四面八方的其他朋友们的鼎力支持。



After placing their orders, patrons of the stall could "pay" for their meals by donating any amount to KWSH  
食客点餐后，可随意向广惠肇乐捐，以为食物买单

# KWSH TCM Physician Features at International Congress in USA

## 广惠肇中医师赴美参加国际大会



Physician Kok Zirui posing with the research poster at the congress  
郭子瑞医师在大会上展示研究海报

Physician Kok Zirui flew the KWSH flag at the 2024 International Congress on Integrative Medicine and Health in America. The congress was held from 9 to 13 April and Physician Kok represented KWSH for our poster presentation on the research topic Association of Frailty With Sleep Quality and TCM Body Constitution Among Older Adults. The study, which was a collaboration between KWSH, Nanyang Technological University (NTU) and the Academy of Chinese Medicine, Singapore, started off as an NTU final year project and KWSH is proud to see it take flight to shores afar to have an impact in the international arena.

At the congress, researchers from all over the world shared their research to push for the integration of various forms of treatment methods into conventional medicine to boost treatment outcomes. Physician Kok also had the opportunity to meet with the research director of the Integrative Medicine Programme at the world acclaimed Mayo Clinic. Sharing his experience with us, the Associate Senior Physician said, "This has been an eye-opening experience. It is good to know that Whole Body Health is gaining more recognition when treating patients."

郭子瑞医师在于美国举办的2024年国际结合医学与健康大会 (International Congress on Integrative Medicine and Health) 上将广惠肇带上了国际舞台。本次大会于4月9日至13日举行，郭医师代表广惠肇进行了海报展示与讲解，研究主题为“年长人士衰弱与睡眠质量和中医体质的关联”。这项研究是广惠肇留医院、南洋理工大学和新加坡中医研究院合作的成果，最初原是南大的一个毕业作业。这项研究如今能够跨越重洋，在国际平台上产生影响，广惠肇特感自豪。

在大会上，来自世界各地的研究人员分享了他们的研究成果，旨在推动各种治疗方法与传统医学的融合，以提高治疗效果。郭医师还有机会与享誉世界的妙佑医疗国际 (Mayo Clinic) 的结合医学的研究总监会面。本院的这位副高级医师与我们分享了他的经历：“这是一次大开眼界的体验。很高兴看到这种全方位的健康理念在患者治疗中得到越来越多的认可。”

*"This has been an eye-opening experience. It is good to know that Whole Body Health is gaining more recognition when treating patients."*

*"这是一次大开眼界的体验。很高兴看到这种全方位的健康理念在患者治疗中得到越来越多的认可。"*