

Centre's Stage to Centre Stage 从护理中心到舞台中央



Kwong Wai Shiu's rehab client, Mr Lim Meng Chau, performing the erhu with CEO Dr Mok Ying Jang at the piano
平日在广惠肇乐龄中心接受康复照护的林明钊先生在演唱会上和总裁莫应章医生联袂演出，分别演奏二胡和钢琴

Meet Mr Lim Meng Chau, Chinese orchestra performer / KWSH client / cancer fighter. The 74-year-old took centre stage at the 2024 KWSH Charity Concert in July when he played the erhu for the song 沧海一声笑 alongside our CEO Dr Mok Ying Jang who charmed the audience from the piano as "east meets west" for this special segment. A highly regarded musician in the local scene, Mr Lim's performance was met with rapturous applause, especially during his solo act. On this night, he was applauded not only for his musical talents. It was a nod to his courageous and inspiring journey.

Mr Lim was diagnosed with cancer two years ago and after his surgery, referred to our KWS Care @ Jalan Besar centre for rehab care. At the centre, our colleagues encouraged him to participate in the music-related activities

and he was soon performing erhu for his fellow clients every week. For Mr Lim, it was a fulfilling and rewarding experience to be able to bring joy to others with his talents. For us at KWSH, to witness his recovery journey from our care centre to performing at an arts haven like the historic Victoria Concert Hall was especially meaningful. CEO Dr Mok, who performed alongside Mr Lim, said, "This moment epitomised Kwong Wai Shiu's efforts in helping every client live life to the fullest!"

Guest of honour, Education Minister Chan Chun Sing, also lent his voice to the evening's curtain raiser with the 1977 classic 每当变幻时. The concert featured local Cantopop sensations Wysom Wong and Allan Moo as the main act, while veteran artiste Mimi Choo and renowned Cantonese opera star Qi Chao Qun delighted the audience as guest performers.

Our deepest gratitude also goes to our donors and sponsors for their support toward the event.



Mr Lim and his erhu: a frequent sight at our eldercare centre
林先生也经常在本院的乐龄中心演奏二胡

林明钊先生，他是一名华乐演奏家，是广惠肇的服务对象、更是一位抗癌勇士。74岁的林先生于7月举行的2024年广惠肇慈善演唱会上和医院总裁莫应章医生联袂呈献《沧海一声笑》一曲，成为全场焦点。林先生拉奏二胡，莫总裁则负责弹奏钢琴，为观众带来不一样的“中西合璧”体验。轮到林明

钊这位本地音乐界德高望重的前辈独奏的环节，全场此时报以如雷的掌声。这一晚，观众不仅是在为他的音乐才华鼓掌，众人也因他的康复道路得到启发，纷纷向他所展现出的勇气致敬。

两年前，林先生被诊断患上癌症。他在手术后被转介到本院位于惹兰勿刹的广惠肇活跃乐龄护理中心接受康复照护。来到这里，中心同事起初会鼓励他多参与音乐相关的活动。后来，没过多久，热爱音乐的林先生每周都会为中心内的其他朋友带来悦耳的二胡演奏。对他来说，可以利用自己的才华为他人带来欢乐使他心灵充实、富裕。对我们而言，见证林先生在我们的护理中心渐渐康复，进而登上维多利亚音乐厅这个历史悠久的艺术殿堂，这是多么有意义的一幕。就如林先生当晚的演出搭档莫总裁所说：“这一刻体现了广惠肇帮助每位服务对象实现充实生活的努力！”

活动上，主宾、教育部长陈振声也为揭幕曲献声演唱一曲1977年的经典《每当变幻时》。此次音乐会由本地粤语流行歌唱将黄伟深和巫奇担纲演出，并由资深艺人朱咪咪和著名粤剧名伶戚超群担任特别表演嘉宾。

本院特此感谢所有捐赠者和赞助人给予活动的支持。

Special thanks to the following sponsors:
特别鸣谢以下赞助:

- In memory of Mr & Mrs Fong Chun Kai
緬懷方燦佳先生和夫人劉惠嬌女士
- Leung Kai Fook Medical Co Pte Ltd
梁介福药业私人有限公司
- S C Wong Foundation Trust



Minister Chan Chun Sing (right) and Deputy Chairman Ng Siew Quan performed the opener together with the artistes and other KWSH representatives
陈振声部长(右)与署理主席吴绍均卖力演唱《每当变幻时》。一同为这首揭幕曲唱的还有众艺人和其他医院代表



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Lanterns of Love

绽放爱心



Minister Indranee launching the Mid-Autumn festivities and celebrating with us at our Serangoon Road main site
英兰妮部长在实龙岗路主院区为广惠肇的中秋节庆启动亮灯仪式并与我们一同欢庆



The winning group from the pomelo peeling competition at our McNair centre!
本院麦奈雅中心的庆祝活动之一：剥柚子比赛的优胜组



Tong Heng, the famous Cantonese pastries shop, also came forth to sponsor our festive snacks
精美可口：老字号饼家东兴为我们赞助的传统饼食

It was an eighth lunar month filled with Mid-Autumn joy as the Kwong Wai Shiu family came together to celebrate the festival of reunion. We also had the honour of Ms Indranee Rajah (Minister, Prime Minister's Office, Second Minister for Finance & Second Minister for National Development) and Ms Tin Pei Ling (MP for MacPherson SMC) celebrating with us at our Serangoon Road main site and KWSH @ Potong Pasir respectively.

At both the celebratory events, our donors and partners enjoyed performances and marvelled at splendid lanterns together with the nursing home residents. Over at the eldercare centres, our community elderly indulged in activities and games to mark the occasion.

Across the various events and activities, our residents, seniors and guests also got to savour tasty mooncakes and other festive delights, thanks to the generous gifts from our volunteers, donors and sponsors, which included Tong Heng, home to the famous Cantonese pastries so beloved by Singaporeans (and tourists)!

农历八月中秋之际，广惠肇大家庭的成员纷纷齐聚一堂喜迎佳节，为这个月份增添了月圆人团圆的节日喜庆。本院还荣幸邀得总理公署部长兼财政部第二部长和国家发展部第二部长英兰妮，以及麦波申区陈佩玲议员分别来到我们的实龙岗路主院区和波东巴西分院与大家一同欢庆。

两场中秋晚会上，本院的捐赠者及合作伙伴与疗养院院友一起观赏表演、游园赏灯。在广惠肇旗下的各家乐龄中心，社区年长者则通过各项活动和游戏迎来了中秋佳节。

各个地点的各项活动，当然少不了美味的月饼和其他小吃美食。多亏我们的义工、捐赠者和赞助商为广惠肇的院友、年长者和来宾提供了这些佳节风味。远近闻名的老字号东兴饼家也是当中的其中一家赞助商呢！



MP Tin Pei Ling with nursing home residents over at KWSH @ Potong Pasir
陈佩玲议员与波东巴西分院的疗养院院友同乐

A True Devotion to the Spirit of Volunteerism

志愿精神的真谛



Haircutting in tandem: Wee Tong and Lee Eng working together
“学成归来”的张伟堂和王丽英联手为院友理发



It all began in March 2023 when this couple heeded a call for volunteers from a friend to help out at KWSH @ Potong Pasir's monthly haircut service for its nursing home residents. Mr Chong Wee Tong and Mdm Ong Lee Eng gamely stepped into the role of porters to escort the residents for haircuts provided by our volunteers.

Always eager to lend a helping hand, it wasn't long before Wee Tong, 59, and Lee Eng, 54, began to chart new frontiers in their volunteering journey with us. Realising the challenge of the task at hand with hundreds of residents requiring haircuts, they took the initiative to actively help KWSH recruit more volunteers, inspiring others to join their cause.

During their time as porters, a profound realisation came to Wee Tong's mind. "What if one day we no longer have the strength to porter these residents on their wheelchairs? Is there a skill we can pick up to still make a difference?"

Observing the demand for haircut services across eldercare settings – care centres, nursing homes etc., it struck him, "Why not learn haircutting ourselves?"

Wee Tong and Lee Eng shared this epiphany with other volunteers, and together with five fellow porters, connected with a professional hairstylist who offered them free training. Patiently honing their skills over the next one year, they have since started to provide haircuts for KWSH's residents.

Beyond the monthly haircut services, the dynamic couple also support other resident activities, such as the Fun Craft Club and Bake With Love, on an ad-hoc basis.

As Wee Tong best summed up the true spirit of volunteerism, "Volunteering isn't just about finding spare time, it's about making time to support those in need, even if only for a few hours each week. And skill-based volunteering will further allow us to continue to make a difference."



Lee Eng and Wee Tong (standing, second and third from left) with fellow volunteer hairdressers
本院的其中几位志愿理发师。站立者左二、三为王丽英和张伟堂

2023年3月，夫妻俩响应朋友的号召，加入了广惠肇留医院波东巴西分院的志愿者行列，为每月的院友理发服务提供协助。59岁的张伟堂先生和54岁的王丽英女士当初就是这样开启了他们在本院的义工之旅，负责把使用轮椅的院友带到院内的理发区，让义工为他们理发。

总是渴望伸出援手的两人，不久之后便自发地拓展了他们的服务范畴。他们意识到为数百名院友安排理发是一项不简单的挑战，于是主动帮助广惠肇招募更多志愿者，激励他人加入他们的行善工作。

帮忙推轮椅期间，伟堂心中产生了深刻的领悟。
“如果有一天我们再也没有力量推着这些院友，那我们可以学些什么技能来继续作出贡献呢？”

观察到老年护理设施（如护理中心、疗养院等）对理发服务有相当高的需求，他想到了：“为什么不自己学习理发呢？”

伟堂和丽英将这一顿悟与其他志愿者分享，并与另五位帮忙推轮椅的义工一同向一位热心为他们提供免费培训的专业发型师学艺。在接下来的时间里，他们耐心地磨练自己的技能，如今已经开始为广惠肇院友提供理发服务。

除了每月的理发服务，这对充满活力的夫妇不时还会为其他手工艺、烘焙等院友活动提供支援。

谈及何为志愿精神，伟堂说道：“志愿服务不仅仅是利用我们空闲的时间，还应该是创造时间来支持那些需要帮助的人，即使每周只有几个小时都好。而如果通过某些技能提供志愿服务，这更是能让我们持续作出贡献。”

- **Join Us in Honouring the Spirit of Volunteerism!**
- Inspired by Wee Tong and Lee Eng's commitment to their volunteerism work?
- Volunteer with us too and together, we can make a significant difference in the lives of our elderly residents.
- **加入我们，一同将义工精神发扬光大!**
- 你是否也因伟堂和丽英对于义工工作的奉献精神得到启发？加入我们，和我们一起为年长院友的生活带来积极影响吧。

Free Dental Services for Nursing Home Residents

疗养院院友享有免费牙科服务

Recognising the importance of good oral hygiene to one's overall health, KWSH has teamed up with Tzu-Chi Foundation (Singapore) to roll out free dental care for our nursing home residents.

Commencing first at our Serangoon Road main site, dental stations will be set up in the multi-purpose hall once a month, with the equipment, volunteer dentists, dental assistants and other supporting volunteers arranged by Tzu Chi. There are also further plans for a mobile dental team to be deployed to the wards to conveniently provide care to the bedbound residents. Up to 30 KWSH residents will benefit from this service each month.

A big "thank you" to Tzu Chi for coming on board this meaningful partnership!

有鉴于口腔卫生对整体健康的重要，我们与新加坡慈济基金会合作为广惠肇的疗养院院友提供免费牙科检查。

首先在实龙岗路主院区推出的这项服务，由慈济提供器材设备、每月一次在院内设立牙医站并安排志愿牙医和牙科助理以及其他义工前来帮忙。该项目日后还计划安排流动牙科团队到各病房为卧床院友服务。牙科服务每月可惠及多达30名广惠肇院友。

谢谢慈济力挺相助，与我们一同落实这项计划！



Final prep: KWSH and Tzu Chi personnel testing the wheelchair recliner to be used at the dental stations
广惠肇和慈济为新的牙医服务做足准备和测试，包括模拟在牙医站将轮椅往后仰

Free Food Items for Community Elderly

社区年长者享有免费食品

Our active ageing centre KWS Care @ Potong Pasir has launched a community food fridge initiative for our community elderly! Sponsored by iJooz, the fridge had been well stocked through our partnership with The Food Bank Singapore while the centre is also constantly looking to explore other collaborations to secure more food sources.

For a start, the centre allows its Active Ageing members to one free food item on a weekly basis. We are looking to eventually expand the initiative to all seniors residing in Potong Pasir, and beyond offering free food, the community food fridge also aims to educate users on reducing food waste.

广惠肇旗下的波东巴西活跃乐龄护理中心为区内年长者推出了社区冰箱计划！由iJooz赞助的冰箱，最初由新加坡食物银行（The Food Bank Singapore）所提供的食品“添货”而该中心也积极开拓与其他伙伴合作，以锁定更多的食品来源。

计划初期，我们首先让本院波东巴西中心的活跃乐龄会员每周免费领取一件食品。计划的最终目标是要将免费食品开放给所有的波东巴西年长者，同时借此向他们灌输减少浪费食物的观念。



Once registered with our Potong Pasir centre, the seniors can conveniently scan the QR code on the fridge to collect their free food item weekly
年长朋友一旦与本院的波东巴西中心登记，每周便可方便地通过扫描二维码来领取免费食品

A Conducive TCM Learning Journey in Liaoning

赴辽宁中医药大学取经

By Teo Pei Si, TCM Physician, KWSH 文/广惠肇中医师 张佩思

The first time I stepped foot into the main campus of the Liaoning University of Traditional Chinese Medicine (LNUTCM) in China, I was immediately blown away by the huge campus. That was the first day of my Acupuncture and Tuina Training Programme, a five-day programme for TCM physicians from various institutions in Singapore.

I felt privileged to receive the training in this conducive campus located in Shenyang where students and trainees like myself can benefit from impressive learning facilities such as a TCM history museum, a human anatomy museum exhibiting preserved dissections of the human body, and even a soaring 10-storey high TCM library voted by university students in China as the most beautiful library.

Besides the abundance of learning resources, the training programme also featured some of LNUTCM's finest lecturers as I learnt and explored new approaches to pain management such as meridian and tendon syndrome differentiation, "Bu Yang Huan Wu" needling method (补阳还五针法) and tuina manipulation techniques. The skills and knowledge picked up from this stint have been especially useful as the various treatment approaches can also be applied to other medical conditions beyond pain.

A big shoutout to my LNUTCM professors Dong Bao Qiang, Wang Shu Dong and Lin Xing Xing for the invaluable experience as the lecturers were all very forthcoming in sharing their knowledge and they also maximised hands-on opportunities for us when we learnt the tuina techniques. Grateful also to Thong Chai Institute of Medical Research for coordinating this very fruitful trip!



With a focus on TCM, the massive library has built an impressive resource system for learning
图书馆以中医药学为特色构建丰富的文献信息资源

第一次来到辽宁中医药大学的主校区，我被校园如此庞大的规模给愣住了。我这回远赴中国，是与新加坡其他医疗机构的中医师一起参加了为期五天的针灸与推拿培训课程。

位于沈阳的校园，其完善的设施着实令人惊叹。除了设有医史馆、人体生命科学馆等，还有一座高10层楼且被中国大学生票选为“最美图书馆”的中医图书馆，纷纷为在籍学生和我们这些学员打造了利于学习的良好环境。很庆幸自己有机会来到这里接受培训。



The Shenyang main campus of LNUTCM
辽宁中医药大学的沈阳主校区

此次培训计划不仅仅让我们见识到丰富的学习资源，还安排了辽宁中医药大学数一数二的几名讲师为我们授课。在这里，我学习并探索了疼痛管理的新方案，像是经筋辨证、补阳还五针法和推拿手法技巧。由于这些治疗方案还可用于疼痛管理以外的其他病症，因此更是使我获益良多。

我特别要感谢辽宁中医药大学针灸推拿学院院长董宝强教授、康复临床教研室主任王树东教授以及教学实训中心主任林星星教授不吝传授知识，并在指导推拿技巧时给予我们充分的实践学习机会，让我们这一趟收获了无比宝贵的体验。当然，也非常感谢同济医药研究院为我们协调了这次的访问学习！



Physician Teo (right) with one of her lecturers, Prof Lin Xing Xing
张医师（右）与此次培训的其中一名讲师，林星星教授合影



Liaoning Hospital of TCM: one of the university's affiliated hospitals
辽宁省中医院是辽宁中医药大学设立的其中一家附属医院

Celebrating a Centenarian Milestone

百岁寿辰

The son of Mdm Ding Swee Choo, a KWSH @ Potong Pasir resident, approached us with the request for the use of a function space at the nursing home to celebrate her 100th birthday with a family gathering. This was what KWSH and the family prepared for Mdm Ding at the multi-purpose hall!

广惠肇波东巴西分院院友陈瑞珠女士过百岁大寿，儿子决定在院内办一场家庭聚会替她庆生。且看他们一家人和广惠肇一起为陈女士准备的生日会！



Cake and longevity buns prepared by KWSH
广惠肇特地为寿星准备的蛋糕和寿桃



A family photo with close to 40 family members!
近40人合拍全家福！



As a token of their gratitude to the care received by Mdm Ding, her family graciously made a donation to KWSH as part of the birthday celebration
本院给予陈女士无微不至的照顾，她的家人在生日庆祝会上通过捐款向广惠肇表达谢意



Of Reminiscence and Rediffusion

重温丽的呼声



Named "Reminiscence", this new activity specially curates nostalgic audio content that can help to evoke the memories of the elderly clients. The programmes and songs lined up for them even include Cantonese tales from back in the day told by the legendary master storyteller Lee Dai Soh.

Before social media, YouTube and other online platforms took the world by storm, a Rediffusion "radio box" used to be the go-to source of entertainment and information for Singaporeans back in the 1960s and 1970s. Now, inspired by this cable radio service from yesteryear, KWSH has started a nostalgic activity to augment our existing reminiscence activities and therapy to improve cognitive function for seniors with dementia.

Having been first rolled out at our KWS Care @ McNair centre, Reminiscence will gradually be introduced to clients from our other facilities. Its content menu will also continue to be refreshed to include renewed selections of programmes and songs that seniors can relate to.

过去没有社交媒体和各种网络平台的年代，“丽的呼声”这个昔日的有线广播服务在1960和1970年代曾经是国人的主要娱乐和信息来源。广惠肇由此得到启发，推出了名为“广的呼声”的怀旧活动。

广惠肇通过各种怀旧活动和怀旧治疗改善年长失智症患者的认知功能，而广的呼声便是利用一些怀旧的音频内容唤起乐龄服务对象的记忆。音频内容不仅仅有老歌，我们还重现了往日家喻户晓的广播节目，其中就包括本地传奇讲古大师李大傻的经典粤语故事。

广的呼声最先是在本院旗下的广惠肇麦奈雅活乐龄护理中心推出，随后再扩展到我们的其他服务据点。音频内容也会适时更新，确保有更多能让年长朋友产生共鸣的节目和歌曲供他们选择。