



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

beyond

the pavilion 



“OUTCASTS” @ KWSH

“怪咖”网红驾到

Know Your TCM Body
Constitution
中医师教你识别体质

Music by
the Pavilion
广惠肇留医院的音乐享宴

92nd Board of Directors
Sworn In
第92届董事宣誓就职



2026/27 Issue 01 MDDI (P) 060/02/2026

YOU MAKE IT POSSIBLE

因为有你

Every milestone, every moment of joy, and every life touched is made possible by people who choose to stand with us. From volunteers who give their time, to partners who share their expertise and platforms, to donors who make meaningful programmes possible — every contribution matters.

每一个里程碑、每一段欢乐时光、每一段温暖的生命故事，都离不开那些与我们并肩同行的人。无论是投入时间的义工、分享专业与资源的合作伙伴，还是慷慨支持各项计划的捐赠者，每一份付出都是那么的难能可贵。



1,000 participants came together for **KWSH Community Care Day**.

1000参与者齐聚广惠肇社区关怀日。



100+

nursing home residents enjoyed a day of pampering and self-expression through **Project Golden Smiles**, a specially curated makeover photo session.



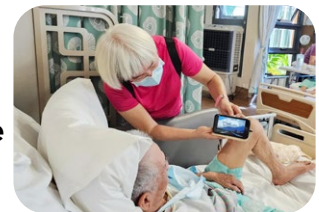
100+ 疗养院院友参加“金色微笑计划”摄影活动，得以自我展现的同时也充分体验被宠爱的滋味。

800+ more beds across two new nursing homes in the pipeline, bringing our total capacity from 1,200 to more than 2,000.



800+ 新增床位将于两家筹建中的新疗养院设立使广惠肇总床位从1200增至2000。

Meaningful connections made possible by volunteers like Lee Fang Fang who bring their time, care and friendship to our residents.



真挚的连结因为李芳芳这样的义工方能实现，是他们用时间与关怀为院友带来了友谊。

To our donors, partners and volunteers, thank you for standing alongside KWSH and helping us create moments of care, connection and joy.

衷心感谢广惠肇的捐赠者、合作伙伴和义工，谢谢你们与我们同在，助我们创造更多充满关怀、连结和欢乐的美好时刻。

Continue the Journey with Us

Donate | Volunteer | Partner With Us

继续与我们同行

捐赠支持 | 加入义工行列 | 成为合作伙伴



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ABOUT THIS PUBLICATION

Beyond the Pavilion brings you stories from across the Kwong Wai Shiu Hospital family. Inspired by our iconic pavilion at the heart of our historic Serangoon Road main site, this publication takes you beyond the landmark to discover the people, moments and initiatives that make our community vibrant and meaningful. Join us as we celebrate the connections, care and everyday stories that shape life at KWSH.

Brought to you by

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肇留医院季刊的看法!



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院



📹 (In red, from left) The three “Outcasts” Rao Zijie, Lin Xixi and Chen Yanwei with CEO Dr Mok Ying Jang

(身着红衣, 左起) 三位“怪咖”饶梓杰、林茜茜和陈彦维与总裁莫应章医生搞怪合影

AS SEEN ON YOUTUBE: OUTCASTS X KWSH

YouTube网红“怪咖”访问广惠肇

Outcasts, one of Singapore’s most popular Mandarin YouTube channels with over 110,000 subscribers, spent a day at KWSH, and left with more than just footage.

On 16 March, Outcasts talents Lin Xixi, Rao Zijie, and Chen Yanwei spent a day immersing themselves in the lives of our nursing home residents. From participating in occupational therapy sessions and playing games to sharing stories over meals, the trio experienced firsthand the warmth and vibrancy of the KWSH community.

One of the highlights of the visit took place during our regular “Kopitiam” session, where the

talents entertained residents with song, dance and even a touch of magic. Their performances filled the room with laughter and applause, transforming the afternoon into a memorable celebration.

Beyond the cameras, the collaboration offered an opportunity for our residents to share their experiences, personalities and perspectives with a wider audience. These interactions not only created cherished memories but also showcased the rich lives and enduring spirit of the individuals in our care.

For the Outcasts team, it was a rare look behind the scenes: the work of our nurses and therapists,

and how purposeful care lets residents live with dignity and joy.

Collaborations like this matter. They chip away at old assumptions about ageing and long-term care, and remind a wider audience, through platforms that reach far more people than we ever could alone, that there’s real vibrancy in the lives we care for.

We are deeply grateful to Outcasts for generously lending their time and platform to spotlight our residents and the work of KWSH. Their visit was a timely reminder that even a single day spent together can leave a lasting impression.



在广惠肇留医院,我们始终相信,人与人之间真挚的连结能够为生活带来温暖与力量。日前,我们很高兴与本地知名华语YouTube频道“怪咖”(Outcasts)展开合作,为疗养院院友带来一场充满欢笑与惊喜的特别体验。

3月16日,“怪咖”成员林茜茜、饶梓杰和陈彦维来到广惠肇留医院,与院友们度过了充实而有意义的一天。从参与职能治疗活动、一起玩游戏,到陪伴年长者用餐聊天,三人近距离感受了广惠肇大家庭的温暖与活力。

活动当天的一大亮点,是每周举行的“咖啡店”互动时段。三位嘉宾不仅带来了歌曲和舞蹈表演,还献上了趣味十足的魔术节目,为现场增添阵阵欢笑与掌声,使午后的时光变成了一场难忘的欢乐聚会。

除了精彩互动,这次合作也为院友们提供了一个与更多人分享生活故事的平台。通过镜头,观众不仅看见年长者丰富多彩的生活面貌,也感受到他们积极乐观、充满韧性的精神。

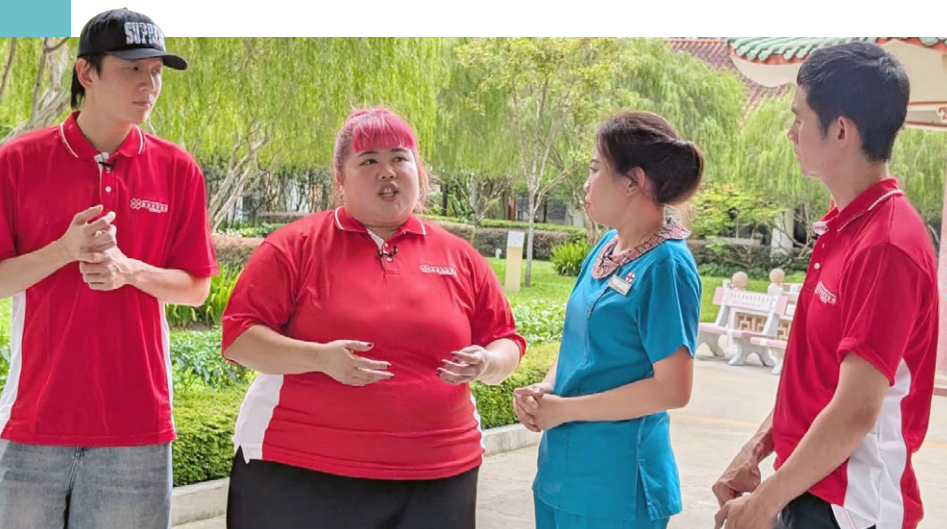
对于“怪咖”团队而言,这次探访同样是一次宝贵的体验。他们深入了解广惠肇留医院幕后的护理工作,并亲眼见证护理人员、治疗师及团队成员如何用心陪伴年长者,帮助他们活得更有尊严、更加喜乐。

我们相信,这类合作能够帮助改变人们对于年老以及长期护理的既定观念,借助伙伴平台的巨大影响力,让更多人重新认识广惠肇为照护对象的生活所注入的活力。

衷心感谢“怪咖”慷慨分享时间与平台,让人们看见年长者的故事,以及广惠肇留医院持续传递关怀与温暖的努力。短短一天的相聚,留下的却是长久而珍贵的回忆。

Scan this QR code to watch the full video on their YouTube channel!

扫描二维码,到 Outcasts SG 的 YouTube 频道观看完整影片!



“Outcasts” interviewing Senior Nurse Manager Serene Tan
“怪咖”访问高级护士长陈诗玲



Experiencing an occupational therapy session alongside our resident
体验院友的职能治疗活动



92ND BOARD INSTALLATION CEREMONY

第92届董事会就职典礼

Kwong Wai Shiu Hospital marked a significant milestone on 4 July 2026 with the installation of our 92nd Board of Directors, witnessed by guest of honour Mrs Josephine Teo, Minister for Digital Development and Information. The ceremony celebrated both a leadership transition and KWSH's continued commitment to serving seniors and the community.

We extend our heartfelt appreciation to retiring Chairman Mr Tang Kin Fei for his dedicated leadership over the past three years. Under his stewardship, KWSH launched our 10-year strategic plan, advanced plans to grow our nursing home capacity

to more than 2,000 beds, strengthened sustainability efforts through an ESG (Environmental, Social and Governance) framework, and established the KWSH Academy to drive training, research and innovation.

Our appreciation also goes to the other retiring Board members for their invaluable service, guidance and contributions to KWSH's mission over the years. Their dedication has helped shape the organisation and laid a strong foundation for future growth.

Taking on the mantle of Chairman is Mr Ng Siew Quan, who has served on the KWSH Board since 2009, most recently as Deputy Chairman. Mr Ng is a member of the Public Service Commission and brings extensive experience from the corporate world. Within Singapore's Chinese community,



Mr Tang Kin Fei (left) handing over the KWSH stamp symbolising our chairmanship to Mr Ng Siew Quan
邓健辉先生(左)将象征主席领导棒子的医院印玺交给吴绍均先生

he also holds various leadership roles, including Chairman of the Singapore Chinese Cultural Centre and Chairman of the Singapore Chinese Orchestra. With his breadth of experience, Mr Ng is well placed to build on KWSH's strong foundations while guiding the organisation towards new opportunities and innovations.



Group photo with Minister Josephine Teo
与主宾杨莉明部长合影



“
Together with management, staff, donors, volunteers and partners, we look forward to advancing our mission and making an even greater impact in the years ahead.

第92届董事会必将鞠躬尽瘁，秉持关怀、专业和服务的价值观，与广惠肇留医院全体上下以及所有合作伙伴和支持者同心协力，继续守护年长者和有需要人士，为社会作出更大的贡献。

Looking ahead, Mr Ng has outlined a vision focused on innovation and community impact, including plans to develop KWSH's upcoming Miltonia nursing home in Yishun into a smart facility. Together with our fourth nursing home at Ganges Avenue, more than 800

beds will be added, bringing our total capacity from 1,200 beds to over 2,000 by 2029. KWSH will also continue to expand support for seniors both within and beyond our care facilities.

Expressing confidence in KWSH's future, he shared, “Together with management, staff, donors, volunteers and partners, we look forward to advancing our mission and making an even greater impact in the years ahead.”

As we embark on this new chapter, we warmly welcome the 92nd Board and look forward to continuing KWSH's legacy of care, compassion and service.

广惠肇留医院于2026年7月4日举行第92届董事会就职典礼。此次典礼由数码发展及新闻部长杨莉明女士担任主宾，标志着本院领导层的顺利交接，也展现了广惠肇持续服务年长者与社区的坚定承诺。

我们谨向卸任主席邓健辉先生致以衷心感谢，谢谢他过去三年来的卓越领导。在他的带领下，广惠肇推出了10年的发展计划、逐步扩大疗养院总床位至超过2000个、建立了环境、社会及治理（ESG）框架，并成立广惠肇学苑，推动培训、研究与创新发展。

本院也衷心感谢其他卸任董事多年来对广惠肇使命的坚定支持，以及他们的宝贵指导与贡献。正是他们无私的付出与远见，为医院的发展奠定了坚实基础。

接任主席一职的是原署理主席吴绍均先生。吴主席自2009年起加入广惠肇董事会。他是公共服务委员会的成员之一，并且拥有丰富的企业管理经验，同时长期积极参与华社事务，目前担任新加坡华族文化中心主席及新加坡华乐团主席等要职。凭借其广泛的领导经验与深厚的社会服务精神，吴主席将带领广惠肇在稳固基础上持续创新，迈向新的发展阶段。

展望未来，吴主席提出以创新与社区影响力为重点的发展方向，包括把即将在义顺美通弄（Miltonia Close）启用的疗养院打造为智慧疗养院。连同本院坐落在恒河道（Ganges Avenue）的第四家疗养院，广惠肇一共将增添800多个床位，使我们的总床位数量从1200增加到超过2000。与此同时，我们也将进一步扩大对社区年长者的支援网络。

谈及广惠肇未来发展时，他表示：“第92届董事会必将鞠躬尽瘁，秉持关怀、专业和服务的价值观，与广惠肇留医院全体上下以及所有合作伙伴和支持者同心协力，继续守护年长者和有需要人士，为社会作出更大的贡献。”

在迈向新篇章之际，我们热烈欢迎第92届董事会，并期待携手延续广惠肇留医院关怀、专业与服务的优良传统。



COMMUNITY GATHERS AT KWSH 社区齐聚广惠肇

Our annual KWSH Community Care Day returned on 11 April with complimentary health screenings, educational booths, wellness activities and yummy food galore for members of the public. 1,000 participants enjoyed a healthy day out and also walked away with a whole load of goodies thanks to our generous donors!

一年一度的广惠肇社区关怀日4月11日举行, 为社区民众提供一系列的免费健康检查、宣导教育、趣味活动, 还有各式各样的美食小吃。共1000位参与者不仅享受了充满活力的健康日, 众多赞助商赞助的丰富礼包更是让他们满载而归!



Participants learning about the sights and stories of Singapore through Virtual Reality
参与者通过虚拟实境一探新加坡的风貌与故事



Scan our **PayNow QR code** to contribute a gift to our patients!
(For tax deductions, enter NRIC/FIN/UEN 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/FIN/UEN编号以享有扣税。)

UEN: 201615448CEV2

INSPIRATIONAL VOLUNTEER: LEE FANG FANG 激励人心的义工:李芳芳

From a total newbie who knew nothing about caring for the elderly, Lee Fang Fang is now a 14-year veteran volunteer at our nursing home who converses with our residents in Mandarin, English, Malay and three dialects.

Not only did a cardiovascular condition which required surgery in 2024 not stop her, she came back even more committed than before. Congrats to Fang Fang for bagging the Inspirational Partner (Volunteer) Award at the 2026 Singapore Health Inspirational Patient & Caregiver Awards!

从当初对照顾年长者一无所知, 14年后的李芳芳现在已是一位能够以多种语言 (华语、英语、马来语及三种方言) 与院友沟通的疗养院义工。

2024年因心血管问题必须动手术, 芳芳术后不但没有放弃义工事业, 反而使她对于投入义务服务更加坚决。我们恭喜李芳芳在2026年新加坡保健服务集团激励人心病患与看护奖上, 荣获“激励人心伙伴奖(义工组别)”!



HALF A CENTURY @ KWSH 与广惠肇的半世纪情缘

QUESTION: Make a guess, how long have the longest-serving staff at KWSH been with us?

Chia Gek Luan (68 years old) and Tan Koon Mui (74) shared their life stories behind this increasingly rare career longevity as the pair was featured in Lianhe Zaobao.

ANSWER: 50 YEARS!

问题: 猜猜看, 在广惠肇工作最久的员工到底做了多少年?

谢玉鸾 (68岁) 和陈君妹 (74) 与《联合早报》分享她们多年服务背后的人生故事。

答案: 50年!



Read the full article here.
阅读报章全文。



Tan Koon Mui (left) and Chia Gek Luan
陈君妹 (左) 和谢玉鸾

中医体质养生入门——如何调起居、重食养

您属于中医九种体质中的哪一种?广惠肇中医门诊中心特别整理中医体质理论,提供简明易懂的指南,帮助您认识自身体质,并学习适合自己的养生方法。

文/张佩思
广惠肇留医院
副高级医师



平和体质

表现: 体形健壮、面色红润有光泽,头发浓密有光泽、精力充沛,能耐受寒热,睡眠良好、平时较少患病

饮食: 建议饮食多样化,注意气味调和(酸、甜、苦、辣、咸食均衡搭配)

起居: 保持平和心态,养成坚持规律运动健身习惯,饭后可慢走



阳虚体质

表现: 腹部、背部及腰膝怕冷,耐寒能力差,精神差,容易疲乏

饮食: 建议适量吃些辛温性食材,如文冬姜、肉桂、八角、小茴香、花椒等,少食生冷和凉食

起居: 早上10点前晒太阳或进行舒缓柔和的户外活动,注意双足和腰背保暖



阴虚体质

表现: 体形偏瘦,手足掌发热,面部两颧偏红,皮肤及口唇干燥

饮食: 适量食用甘凉滋润的食物,如枸杞、百合、银耳、燕窝、黑芝麻、桑椹等,少吃辛辣温燥食物

起居: 避免熬夜,不宜洗桑拿或泡温泉,避免长时间处于高温环境



气虚体质

表现: 肌肉松软,容易疲乏,呼吸短促,动则汗出,不耐受风寒和暑热,容易感冒

饮食: 建议少吃辛辣燥热和油腻生冷食物,选喝汤粥等食物

起居: 根据天气变化做好、防晒和保暖措施,避免剧烈运动和大汗淋漓



痰湿体质

表现: 体形肥胖,腹部肥满松软,多汗而且汗液黏腻

饮食: 建议少吃甜食、油腻、生冷及黏腻食物,可适量吃些辛香食材,如香菜、姜、葱、蒜、茼蒿、咖喱粉等

起居: 可听一些轻快振奋的音乐,坚持规律的有氧运动,避免长时间处于潮湿环境



血瘀体质

表现: 肤色晦暗,皮肤容易出现色素沉着,身体容易长肿块或有疼痛

饮食: 适量食用活血的食材,如玫瑰花茶,少食酸涩或寒凉的食物,如乌梅、柿子

起居: 养成运动习惯以促进气血循环



湿热体质

表现: 面部或鼻部易出油,小便色黄,大便黏滞不爽或干燥,男性阴囊潮湿,女性白带偏黄

饮食: 建议少吃辛温食物可适量食用清热利湿的食材,如西瓜、丝瓜、黄瓜等

起居: 在室内可用除湿器保持环境干燥,适度做些会排汗的运动,出汗后及时擦干汗液并更换湿衣



气郁体质

表现: 性格敏感多虑,情绪低落或烦闷不乐,对精神刺激适应能力较差

饮食: 可适量饮用花茶,如玫瑰花、洋甘菊、茉莉花,或适量食用薄荷、紫苏叶、佛手等,少吃酸涩食物

起居: 可多看喜剧,少看悲剧,多阅读轻松正面的书籍,每天坚持适量运动和体育锻炼



特禀体质

表现: 容易过敏(如对气味、气候变化等敏感),没有感冒也容易打喷嚏,皮肤容易出现风团,抓挠后易发红并出现抓痕

饮食: 避免食用已知过敏食物,少吃生冷食品,注意饮食均衡

起居: 保持居室清洁,避免接触已知过敏原,多做轻至中等强度的运动,如慢跑、散步



尽管中医体质理论分为九种基本体质,但纯粹的单一体质极为少见。多数人以一种或两种最为突出的体质为主构成其“主要体质”,并伴有其他“兼夹体质”。因此,养生调理应分清主次,建议咨询合格的中医医师,了解自己的体质,制定合适的养生方法。

Scan this QR code
to view the English
version of this article!



KWSH has launched its new house-brand TCM products, the **hyū Ointment** and **hyū Patch**. Now available at our TCM Centres.

广惠肇留医院推出“广愈”系列自家品牌中医药膏和膏贴。广愈膏、广愈贴现已在本院中医门诊中心出售。



INTERNATIONAL PARTNERSHIPS: ADVANCING INNOVATION AND EXPERTISE

建立跨国合作关系:开拓创新 提升专业

KWSH recently strengthened its international partnerships through a Memorandum of Understanding (MOU) with Japan's Kanamic Network to jointly develop AI-powered care solutions for Singapore's ageing population.

Against the backdrop of the Strategic Partnership between Singapore and Japan, this collaboration seeks to harness Artificial Intelligence (AI) to enhance operational efficiency and streamline workflows, reducing administrative burdens on caregivers and enabling them to focus more on delivering quality care.

In addition, KWSH has also signed MOUs with leading institutions in China, Shanghai University of Traditional Chinese Medicine and Tianjin University of Traditional Chinese Medicine, to advance TCM training and clinical development. These partnerships will provide opportunities for our TCM physicians to undergo specialised overseas training, while experts from both institutions will visit Singapore to lend their clinical expertise as well as to conduct teaching programmes.



MOU with Tianjin University of Traditional Chinese Medicine
与天津中医药大学签订合作备忘录

Together, these international collaborations support our efforts to drive innovation and enhance care delivery, ultimately benefiting patients and the wider community.

广惠肇留医院近期进一步拓展国际合作网络,与日本康纳美克科技有限公司签署合作备忘录,携手开发适用于新加坡老龄化社会需求的人工智能护理解决方案。随着新加坡和日本两国宣布建立战略伙伴关系,本院的这项合作将善用

人工智能技术提升营运效率及优化工作流程,减轻护理人员的行政负担,让他们能够有更多时间和精力来提供优质护理服务。

此外,广惠肇也分别与中国两所知名中医药学府 — 上海中医药大学和天津中医药大学签署合作备忘录,共同推动中医培训和临床发展。这些合作将为本院中医师提供到海外进修与专科培训的机会。与此同时,两所院校的专家也将来新交流,通过临床指导和授课教学分享专业知识与经验。

透过这些国际合作,广惠肇留医院将持续推动创新与提升护理服务水平,为病患、年长者及社区大众带来更优质、更全面的照护服务。

CEO Dr Mok Ying Jang (right) at the MOU ceremony with Japanese firm Kanamic Network
总裁莫应章医生(右)与日本公司康纳美克签署合作备忘录





📷 Chef Jenny Lee (right) explaining to CNA journalist the meal preparations for hundreds of residents
本院主厨李宝珍(右)向亚洲新闻台记者介绍为数百名院友准备餐食的过程

A NURSING HOME CHEF'S DEDICATION TO RESIDENT WELL-BEING

疗养院主厨通过饮食为院友提供照护

KWSH's Food Services Manager Jenny Lee was featured by our partner NHG Health in *Poppins*, a publication that showcases inspiring stories and best practices across the healthcare sector.

In the feature, Jenny shared insights into her work as a chef overseeing KWSH's food services operations and the important role that food plays in person-centred care. From working closely with dietitians and nursing teams to introducing menus that cater to

residents' dietary and cultural needs, she believes that every meal can contribute to both physical well-being and emotional comfort.

Earlier this year during Chinese New Year, she was also featured on television and radio as the media highlighted KWSH's efforts to create meaningful festive experiences for residents, including special reunion-style meals that foster cherished memories and togetherness.



These recognitions are a testament to Jenny's unwavering commitment to resident well-being. Through her passion and dedication, she reminds us that no matter what our role at KWSH may be, we can all make a difference in the lives of those under our care.

广惠肇留医院食品部经理李宝珍得到我们的合作伙伴国立健保集团旗下刊物《Poppins》的专题报道。该刊物专门分享医疗保健领域中的励志故事与优秀实践,表扬为病患和社区带来正面影响的人士。

在专访中,李宝珍分享了她身为主厨负责管理食品服务的工作点滴,以及饮食在以人为本的护理中所扮演的重要角色。从与营养师和护理团队紧密合作,到设计兼顾院友健康需求、饮食习惯和文化背景的餐单,她始终相信,每一顿餐食不仅应该能够吃出健康,还必须为人们带来情感上的慰藉。

今年农历新年期间,李宝珍也获电视及电台节目采访,介绍广惠肇留医院如何通过精心安排的节庆餐食,为院友营造充满温情的佳节氛围。其中,别具意义的团圆饭让年长者享受团聚时光,在欢声笑语中留下美好回忆。

这一切都是给予李宝珍专业精神与付出的认可,也体现了她始终将院友福祉放在首位的初心。她以行动提醒我们,无论身处什么岗位,只要怀抱热忱与关怀,都能为广惠肇照护对象的生活带来积极而深远的影响。

HITTING THE RIGHT NOTES

音乐正能量

What started as a regular musical gathering at KWSH @ Potong Pasir has now found another home at our Serangoon Road campus.

Introduced in 2023, Music by the Bay has become a much-anticipated highlight for residents at KWSH @ Potong Pasir. Held at the front porch beside the park connector and Kallang River, the programme brings together musicians, singers and performance groups to entertain residents with a diverse range of performances.

Buoyed by its warm reception and growing popularity, KWSH has expanded the programme to our main campus as Music by the Pavilion. Set against the charming backdrop of our iconic Pavilion Garden, the series aims to bring the same sense of joy, connection and community through the power of music.

In June, Music by the Pavilion marked a special milestone with an anniversary edition held as part of KWSH's 116th anniversary celebrations. The session featured a nostalgic tribute to beloved Mandopop legends such as Teresa Teng and Fei Yu-ching, with familiar tunes that brought back cherished memories and prompted plenty of singing along.

As the programme continues to grow, Music by the Pavilion and Music by the Bay will welcome a different lineup of performers each time. From contestants of television singing competitions to traditional opera performers, each session offers something new and meaningful for residents to enjoy.

源自广惠肇留医院波东巴西分院的定期音乐聚会，如今也来到了实龙岗路总院区！

自2023年推出以来，“河畔音乐会”一直深受波东巴西分院的院友欢迎。活动于毗邻公园连道和加冷河的门廊举行，邀请音乐人、歌手及表演团体轮番登台，为年长者带来丰富多元的精彩演出。

随着活动广受欢迎，广惠肇将这项深受喜爱的活动延伸至总院区，并命名为“亭院声声音乐会”。活动以本院环境优美、别具特色的亭院为舞台，希望透过音乐为更多年长者带来欢乐、促进交流，并营造温馨的社区氛围。

今年6月，“亭院声声音乐会”迎来特别的周年庆版本，作为广惠肇116周年庆的活动之一。演出以邓丽君和费玉清等华语经典歌手的金曲为主题，一首首耳熟能详的旋律勾起了院友们珍贵的回忆。大家也随着熟悉的旋律轻声哼唱，现场洋溢着温馨欢乐的气氛。

未来，“亭院声声音乐会”和“河畔音乐会”将继续邀请不同表演嘉宾登场。从电视歌唱比赛选手到传统戏曲表演者，每场演出都将为院友带来不一样的惊喜与感动，让音乐持续为生活增添色彩。

Set against the charming backdrop of our iconic Pavilion Garden, the series aims to bring the same sense of joy, connection and community through the power of music.

活动以本院环境优美、别具特色的亭院为舞台，希望透过音乐为更多年长者带来欢乐、促进交流，并营造温馨的社区氛围。



📷 An anniversary edition of Music by the Pavilion
周年庆版的“亭院声声音乐会”

PICTURE PERFECT WITH GOLDEN SMILES

捕捉灿烂笑容

There was plenty of excitement, laughter and camera-ready smiles at KWSH @ Potong Pasir on 27 June as over a hundred residents took part in Project Golden Smiles, a special makeover photoshoot held as part of KWSH's 116th anniversary celebrations.

From picking their favourite outfits to enjoying professional hair and makeup sessions, residents were treated to a day of pampering and fun. They also got creative making their own photo frames before stepping in front of the camera to capture their special moments.

Organised in collaboration with Junior Chamber International (JCI) Marina Singapore, the event brought together volunteers, photographers, makeup artists, hairstylists and staff, who worked hand in hand to make

each resident feel special and celebrated.

More than just a photoshoot, Project Golden Smiles celebrated our residents for who they are, capturing treasured moments, vibrant personalities and the stories behind every smile.

6月27日, 广惠肇波东巴西分院洋溢着欢声笑语和自信笑容! 作为本院116周年庆活动之一, 一百多位院友参加了“金色微笑计划”摄影活动, 度过了难忘的一天。

从挑选喜爱的服装, 到享受专业化妆和发型设计, 年长院友尽情体验了被宠爱的滋味。在拍摄前, 他们还亲手制作专属相框, 为这份珍贵回忆增添个人特色。

活动由广惠肇与新加坡滨海国际青年商会联合举办, 获得义工、摄影师、化妆师、发型师及员工们的大力支持。大家齐心协力, 为每位院友打造最闪耀的一刻, 让他们感受到关爱、肯定与尊重。

More than just a photoshoot, Project Golden Smiles celebrated our residents for who they are, capturing treasured moments, vibrant personalities and the stories behind every smile.

镜头捕捉了当下的珍贵时刻、拍下了院友的活泼与开朗, 也纪录了每一个笑容背后所承载的人生故事。这不仅是一场摄影活动, 更是一次对年长者的温暖致敬。

这一天, 镜头捕捉了当下的珍贵时刻、拍下了院友的活泼与开朗, 也纪录了每一个笑容背后所承载的人生故事。这不仅是一场摄影活动, 更是一次对年长者的温暖致敬。



Looking radiant and ready to shine!
院友变装, 亮丽登场!

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In line with our sustainability effort, the issuance of physical tax-deductible receipts will be phased out and replaced with e-receipts. Kindly provide us your email address to receive your e-receipts.

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Please write cheque payable to "Kwong Wai Shiu Hospital".

For Corporate donors, please consider alternative donation modes as corporate cheques will be phased out by 31 December 2026, according to the Monetary Authority of Singapore (MAS).

新加坡金融管理局已宣布企业支票将于2026年12月31日以后全面停用。所有企业捐款可考虑使用其他捐款方式。

I confirm that the information provided is accurate and complete. By submitting this donation form, I consent to the collection, use, and disclosure of my personal data provided for the purpose of processing my donation, issuing receipts, and receiving updates about fundraising events, in accordance with Kwong Wai Shiu Hospital's Personal Data Protection Notice accessible in our website (<https://www.kwsh.org.sg/resources/personal-data-protection-notice>). I understand that I may withdraw my consent in writing by email to fund_raising@kwsh.org.sg.

本人向广惠肇留医院提交此捐款表格,并谨此同意贵院依据《个人资料保护法令》(详见广惠肇留医院的个人资料保护政策: <https://www.kwsh.org.sg/resources/personal-data-protection-notice>)的规定,为医院官方用途收集、使用、披露我所提供的个人资料,上述资料将用于处理捐款事宜及提供有关筹款活动的最新信息。我清楚我可以通过书面通知电邮至fund_raising@kwsh.org.sg撤销此同意。

MONTHLY GIRO DONATION 每月财路捐款

DIRECT DEBIT AUTHORISATION 财路扣款表格

To: The Manager
Bank & Branch Name 银行及分行

My/Our Name (as in Bank Account) 银行户头姓名

My/Our Bank Account No. 银行户头号码

Limit of each monthly GIRO deduction 每月之财路扣款为:

☐ \$30 ☐ \$50 ☐ \$80 ☐ \$100 ☐ Others _____

- I/We hereby authorise you to process Kwong Wai Shiu Hospital's instructions to debit my/our account.
- You are entitled to reject Kwong Wai Shiu Hospital's debit instruction if my/our account does not have sufficient funds and charge me/us a fee for this. You may also at your discretion allow the debit even if this results in an overdraft on the account and impose charges accordingly.
- This authorisation will remain in force until I/we have expressly revoked it by written notice delivered to you. You may in your absolute discretion terminate this arrangement by written notice delivered to my/our address last known to you.
- I/We agree that you shall not be liable for any losses arising from or in any way connected with you so acting, provided that you act in good faith or unless directly caused by or resulting from you or your employee's wilful default or negligence.

My/Our Signature(s) 捐款人签名
(According to bank's specimen signature(s) 签名须与银行纪录一致)

Date 日期

TO BE COMPLETED BY KWONG WAI SHIU HOSPITAL

Bank Branch Kwong Wai Shiu Hospital Account No.

7 3 3 9 5 2 1 0 4 9 5 6 9 0 0 2

Bank Branch Account No. to be debited

Kwong Wai Shiu Hospital's Donor's Reference No.

Thank you for your generous support! 谢谢您的慷慨解囊!

KWONG WAI SHIU HOSPITAL

705 Serangoon Road Singapore 328127 Tel: 6422 1293 Fax: 6295 8131

Email: fund_raising@kwsh.org.sg Website: www.kwsh.org.sg

**乐龄照护中心
ELDERCARE CENTRES**

A one-stop service centre for elderly in the central region of Singapore, the six Kwong Wai Shiu eldercare centres will provide health and holistic community care services catered to the elderly as well as wellness activities to keep them active during their golden years.



广惠肇在新加坡中区设立的六间乐龄照护中心将会是年长者喜爱的好去处。除了为他们提供保健服务并给予各方面的照顾,中心也会有各类社交活动,让年长者生活得更加充实。

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Beyond inpatient care where our two nursing homes offer an enhanced experience for the residents and elderly, KWSH provides a holistic range of healthcare services, such as traditional Chinese medicine services, Active Ageing Centre, Senior Care Centre, home care and training on community care, to meet the needs of the elderly in the community.

广惠肇的住院服务不仅仅为院友提供照护, 疗养院还以各种设施提升院友与年长者的体验。此外, 广惠肇留医院也提供多方面的医疗服务来满足社区年长者的需求, 当中就包括中医诊所、活跃乐龄中心、乐龄护理中心、居家关怀服务与社区护理培训。

