



Bright Hill 光明山修身院
Evergreen
Home

Evergreen 长青

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BE A FRIEND AND GIVE JOY

Mrs Tay-Oh Siew Hoe, 66 years old, is a familiar face in Bright Hill Evergreen Home (BHEH). Through her network of friends and neighbours, she gathers sponsors for the fortnightly tea-break for our residents.

Mrs Tay started volunteering with BHEH in April 1998. With more time on her hands after her youngest son went on to secondary school, she decided to sign-on to the volunteering programme advertised by National Council of Social Service. She chose to start with the closest charity to where she stays, Bright Hill Evergreen Home, which was then located at Bright Hill Road.

She started by helping around the kitchen but soon found that the environment was not suitable for her. She wanted to quit volunteering but an office staff suggested to her about being a befriender.

Becoming a friend

As a befriender, she engaged the elderly residents with activities like Lego brick-building, chit-chatting, as well as feeding them. Mrs Tay remembers many stories with the elderly, from an uncle who wanted to marry her in his next life to an auntie who was on tube-feeding but wanted a taste of wanton noodles. With consistent engagement, Mrs Tay gained the trust of the elderly residents and with permission from the staff, was even tasked with money from a resident who requested her to help buy a gold chain for himself.

"There was once when I was a child, I felt very happy when my uncle gave me a \$10 allowance. So, I was determined to give however I can when I have the ability." Mrs Tay adds that to continue being a happy volunteer, besides setting aside time, one needs to have the right attitude of giving.

She said to others who want to start volunteering, "Just pick up the phone and speak to the charity of your choice!"

Sign-up and join us as a befriender.

<https://bbeh.tiny.us/Vform>

To find out more, please email to Germaine at volunteer@bbeh.org or call 64319212.



Mrs Tay volunteers as a befriender.
胡女士是住户们熟悉的义工朋友

乐善好施

在光明山修身院有一名住户和员工们都很熟悉的义工，她就是66岁的胡秀华女士。胡女士每隔两周都会代表她的朋友和邻居们送茶点来给我们的住户享用。

自胡女士的小儿子上中学后，她便有了更多空挡时间，她就决定加入全国社会服务委员会宣传的志愿服务计划。她当时选择离她住家最靠近的慈善机构，也就在当时坐落在Bright Hill Road的光明山修身院。她于1998年4月开始在我们的疗养院当义工。

她最初是在厨房帮忙，不久后就觉得环境不适合她，并想退出志愿服务。那时有一位工作人员向她建议和住户们成为《义工朋友》。

成为《义工朋友》

作为一名义工朋友，她陪住户们玩堆乐高积木、聊天，帮忙喂食、及其它消闲活动等。她记得很多住户们的故事：有位住户说他下辈子想娶她，另一位需用鼻胃管的住户说她想尝尝云吞面的滋味。通过不断的参与，她获得了住户们的信任。在工作人员的许可下，她完成一位住户的请求：帮他购买一条金链。

"我记得一次小时候，舅舅给了我\$10当零用钱，这让我感到非常开心。这也奠定我想要在有能力的时候，就尽我所能把快乐带给他人。"胡女士补充说，要继续当一名快乐的义工，除了要腾出时间外，还要有正确的贡献态度。她对不知怎么开始要当志愿服务的人士说："只需拿起电话，向您心想要选择的慈善机构询问！"

想当一名义工朋友吗？请线上登记 <https://bbeh.tiny.us/Vform>
想了解详情，请发送电邮至 volunteer@bbeh.org 或致电
64319212 给 Germaine。

Untiring Care to Others

Nurse clinician (NC) Tang Yip Chong is one of the longest-serving staff at Bright Hill Evergreen Home (BHEH). NC Tang joined BHEH as a Staff Nurse in the year 2000 after retiring at age 60 as a Nurse Manager at the Institute of Mental Health. In 2015, he was part of the BHEH's 11-member team on a study trip to Japan, learning from the nursing homes in Tokyo and Okinawa. In 2016, NC Tang was awarded the Nurses' Merit Award by the Ministry of Health.

At BHEH, NC Tang now mainly conducts training for the nursing staff. An octogenarian, he is still passionate about contributing to our community. Here, we chat with NC Tang.

Evergreen: Tell us a bit about yourself.

NC Tang: I am 83 years old and married to my lovely wife, Swee Geok for 55 years now. I have two daughters, a son and three grandchildren. One of my daughters works in the Finance industry and the other in Healthcare. My son is also in the Healthcare sector and is currently the Deputy CEO of Tan Tock Seng Hospital. For leisure, I listen to classical music and brisk walk. I also like to collect stamps and old banknotes. My favourite food is chilli crab, and my favourite haunt is Zhongshan Park at Balestier Road.

Evergreen: Why a career choice in nursing?

NC Tang: I naturally like giving care to others. When I was a child, I had to go to the hospital after my toe got infected after a cut. The doctor gave me medicine and a nurse did the dressing for me. I was touched by her gentle and attentive demeanour. Her attitude towards patient care inspired me and I remember telling myself I want to be like her. After my high school studies at Catholic High School, I attended the School of Nursing, and graduated in 1965, and then further to the Operating Theatre Course and graduated in 1972.



NC Tang (top row, middle) was the only male graduate from his class of 1972 of the Operating Theatre Course at the School of Nursing.
邓护士（上排中间）是1972年手术室课程中唯一的男毕业生。



NC Tang (middle) is a father figure to many of his trainees.
对他的许多学员来说，邓护士（中间）就如他们的父亲。

Evergreen: Male nurses must be very uncommon then. Were there many nay-sayers about your choice of career?

NC Tang: Of course! My friend asked why I chose a "sissy" job. I was even very shy when I first put on the white uniform, but my passion to want to care for others pushed me on. Slowly, I began to feel very proud wearing a nurse's uniform, until now.

Evergreen: What was the most memorable incident when you first started as a nurse in the 1960s?

NC Tang: It was my first posting as a mental nurse at the Woodbridge Hospital (now the Institute of Mental Health). I was chased by a gigantic and aggressive patient. I would not be able to overcome him on my own. So, I distracted him by making him run after me around the field just outside the ward while shouting for help. It was a horrifying experience for me as a young nurse!

Evergreen: What are some of the differences between nursing then and now?

NC Tang: Oh, it was very primitive then. Take an example, the injection needles, we would reuse them after sterilising them, and even sharpening them manually when they became blunt! For surgery, a big opening was cut, but now we have pin-hole surgery and even getting robots to assist in the operating theatre. Even in our nursing home, we have Dexie (the humanoid robot) to assist in residents' exercises and engagement.

Evergreen: What would be your advice to the young nurses?

NC Tang: Don't let stereotypes prevent you from following your passion. With technological advancements, the process of care is ever-changing and so we must embrace learning. Continue to contribute in the area of your choice, till you are not able to. Like me, I am still healthy and want to continue to support the nursing home as much as I can!

退而不休， 继续贡献

临床护士邓业壮是光明山修身院里服务时间最长的员工之一。他之前是在心理卫生学院担任护士经理，他在60岁退休后，于2000年加入我们的疗养院的大家庭，担任护士长。在2015年，他和疗养院的工作团队前往日本东京和冲绳的疗养院进行考察。他目前担任临床护士一职，工作主要培训护理人员。一般的退休人士都想要有悠闲的退休生活，而邓护士仍然热衷地为我们的社区做出贡献。我们在这儿和邓护士聊一聊。

长青：请介绍一下您自己。

邓护士：我今年83岁，我和太太已经结婚55年了。我们育有两女、一男和三个孙子。女儿们在金融和医疗保健行业工作。儿子是在陈笃生医院担任首席执行官。闲暇时，我喜欢听古典音乐、快步走、收集邮票和旧钞票。我最喜欢的食物是辣椒螃蟹。我最爱去马里士他路的中山公园。

长青：为什么选择护理职业？

邓护士：我天性喜欢照顾他人。记得在我小时候，有一次我的脚趾割伤后受到感染，不得不去医院。医生给我开药，护士给我包扎伤口。我被那位护士的体贴和关怀的举动感动。她对病人的良好态度启发我想要成为象她一样的护士。在公教中学毕业后，我就报读护理学院，于1965年毕业，接着我继续攻读手术室课程，于1972年毕业。

长青：那时候男护士肯定很少见。您周围有很多人您的职业选择有不好的反馈吗？

邓护士：当然有啦！朋友们问我为什么选择“娘娘腔”的工作。当我第一次穿上白色制服时，我甚至感到很害羞。但是我非常热爱护理工作，而这份坚定给予我力量，让我坚持住。渐渐地，我对于穿护士制服感到很自豪，现在仍然如此。

长青：您在60年代刚开始当护士时，最难忘的经验是什么？

邓护士：那就是在我第一次在板桥医院（现为心理卫生学院）担任精神科护士时，我被一个体格高大而气势汹汹的病人追赶。我心想我一个人是无法克制他，我索性让他在病房外面的操场跟着我跑来分散他的注意力，同时也大声呼叫同事们来协助。这对当时的我身为一名年轻护士是一个可怕的经历！

长青：当时（60年代）和现在的护理有什么不同？

邓护士：哦，那时候是很原始的。举个例子：我们用了注射针后，会消毒再次使用，甚至在它们变钝时将它们磨尖！还有当年做手术是必须开个大口，但现在我们有针孔手术，甚至让机器人协助手术程序。就如我们的疗养院也有Dexie（人形机器人），它可以和住户们做体操或聊天。

长青：您对年轻护士有什么建议？

邓护士：不要让刻板印象阻止你追随你的热诚。随着技术的进步，护理过程是在不断的变化，因此我们必须不断学习。继续在你选择的领域做出贡献，直到你没能力为止。像我一样，我还很健康，可以继续尽我所能为疗养院服务！

Say cheese! 西瓜甜不甜?



CNY cheer with volunteers from Seeds of Love-Ann Group.



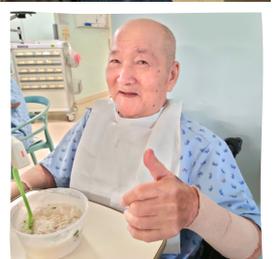
Karaoke with volunteers from Seeds of Love-Ann Group.



Volunteers from SCDF Punggol giving residents' wheelchairs a good scrub!



Yummy! Makan treat from Josephine and family



Contact Details 联系方式

Bright Hill Evergreen Home is a voluntary welfare home providing health care services for the aged, sick and destitute regardless of race, language or religion. 光明山修身院是一家志愿福利团体。不分种族，语言或宗教，为年老，患病和贫困人士提供医疗保健服务。

Bright Hill Evergreen Home

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