



Bright Hill 光明山修身院
Evergreen Home

Evergreen 长青

A publication from Bright Hill Evergreen Home

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Join us and help Mr. Wong enjoy his "tang"

Mr. Wong loves food, and happily takes a mouthful of rice and vegetables before requesting "tang!", Mandarin for soup. The volunteer fed him a spoonful. With his upper limbs contracted, Mr. Wong is totally dependent on others for his Assisted Daily Living (ADL), including having his meals.



Residents with similar challenges as Mr. Wong, look forward to a relaxed meal time and engagement with someone from the community. There are about 60 residents in Bright Hill Evergreen Home who need help in feeding. With the limited manpower, staff from the wards will have to divide their time between feeding residents, grooming residents, cleaning of bed, and other duties. Volunteers acting as "Feeding Companions" to the residents will not only provide a social connection to the resident, but also alleviate some manpower crunch. This enables staff to focus more on each resident, improving the person-centred care each resident deserves.

We are calling out for volunteers to sign-up as Feeding Companions! Guidance will be provided for first-timers. We need Feeding Companions daily from 11am to 12pm and 4pm to 5pm. We welcome ad-hoc and regular volunteers.

Download the Volunteer Application Form and join us: <https://bheh.tiny.us/vol-form>

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

我们一起喝汤!

黄先生很享受美食。他高兴地吃了一口饭后就开口说：“汤！”，义工就喂了他一勺汤。由于他的双手不能活动，黄先生的日常生活（包括进餐）完全得依赖他人协助。

虽然不能自己进食，与黄先生有类似状况的住户们还是很期待能够轻松地用餐并与义工互动。光明山修身院大约有 60 位住户需要有人协助喂食。由于人力有限，工作人员不得不将时间分配到种种职责：协助住户们的餐饮、梳理、清洁床铺等等。义工们充当住户的“用餐伙伴”，不仅可以让他们有社交联系，也可以缓解一些工作人员的短缺问题。这使工作人员能够更关注每位住户的需求，从而改善每位住户应得的以人为本的护理。

我们正在号召义工注册成为住户的用餐伙伴！我们将会给初学者提供指导。我们每天上午 11 点至中午 12 点以及下午 4 点至 5 点需要用餐伙伴。我们欢迎临时和定期义工加入。

请下载义工申请表：<https://bheh.tiny.us/vol-form>

想了解详情，请发送电邮至 volunteer@bheh.org 或致电 64319212 给 Germaine。

“Volunteering as a Feeding Companion, I learned to be more empathetic and also communicate better with the elderly. It is very fulfilling, knowing that a small action could make a positive impact on others.”

- Merideff, Volunteer.

“作为用餐伙伴，我学会了更有同理心，也能更好地与年长者沟通。我的一个小举动能帮助他人，我感到非常充实。”

- Merideff, 义工

“The resident feels special and happy as there is a one-to-one attention from the volunteer.”

- Dalton, Staff Nurse.

“有了义工一对一的关注，住户感到特别被呵护和安慰。”

- Dalton, 护士长。

“The residents feel a sense of intimacy, especially if the volunteers speak their dialect. The interaction improves their overall well-being.”

- Crystal, Nurse Manager.

“住户有一种亲切感，尤其是当义工用他们的方言沟通。这能改善善年长住户的整体福祉。”

- Crystal, 护士经理。

Their Smiles... My Gratitude

Under the watchful eyes of Mr. Lee, in his 70s, people cleaned and decluttered his one-room rental flat. Ms. Sek Ah Suan, a Senior Medical Social Work Associate at Bright Hill Evergreen Home, had gathered five volunteers and another staff to get the flat ready for his discharge. “Mr. Lee did not have the physical strength to do the cleaning and did not have any social support.” Suan explained.

Such dedication in serving the elderly is what Suan displays consistently in her work at our Home. After 23 years in the IT industry, Suan switched to the Social Service sector after graduating with a degree in Counselling and Community Work. The satisfaction she got from volunteering as a senior-befriender, spurred her to a mid-career switch to the social service sector in 2012. Till now, Suan still finds her work as a social worker a fulfilling one. However, this has not always been the case.

Three months into her new job, she was overwhelmed. Facing a totally different environment from her IT days, Suan did not expect the challenges presented. “In IT, I was only dealing with computers and meeting clients’ needs in software applications, but in the new role, I quickly realised that each client and his next-of-kin came with their own set of values, social backgrounds and expectations



Suan (in striped shirt) works with Vaithee, Therapy Assistant on the progress of a resident.
亚钻（穿着条纹衫）与治疗助理 Vaithee 一起讨论住户物理治疗的进展。

of care.” Suan felt that she was not competent enough to help the clients and thought about quitting. However, her then supervisor gave her the much-needed guidance and soon, the smiles of gratitude she received from the clients made her remember why she wanted to be a social worker in the first place. “I was moved when I saw family members showing concern for their elderly loved ones despite their own challenges. There were cases when the elderly may not even remember them anymore.”

To new social workers who could be discouraged, Suan shared, “Each challenge is an opportunity for learning and team members are always there to provide the support you need to continue the journey with your clients.”

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不忘初衷,继续努力

光明山修身院的高级医疗社工薛亚钻召集了5位义工和另一名同事,协助清理李先生的一房式租赁组屋,为他的出院做好准备。李先生(70多岁)是疗养院的前住户,他是在达到可以自立生活的状态下决定回去自己的家。亚钻解释说“李先生没有力气清理他的房子,他也没有任何社区支援。”

这样为年长者服务的精神是亚钻在我们疗养院的一贯表现。在电脑科技领域工作了23年后,亚钻在获得辅导和社区工作学位后,2012年毅然转换跑道从事社区服务工作。她也从义工服务中获得的满足感促使她决定当社工。到如今,亚钻仍然对这份工作抱有热忱。然而,情况并非总是如此。

在踏入这新领域的初期,亚钻被种种的新挑战的压力感到喘不过气。“电脑科技工作范

围主要处理电脑、和满足客户在软件应用程序方面的需求,但社区服务的范围,我很快意识到每个受益人都有自己的价值观、社会背景和对护理的期望。”亚钻当时觉得自己能力不足,无法帮助受益人,很想放弃。然而,她的主管给了她即时的指导。渐渐的,当她看到受益人和家属们的感激笑容,就让她想起了自己当初为什么要成为一名社工。“看到家属来探望年长者时,我很感动。尽管他们也在面临自己生活的挑战,但他们仍然关心他们的至亲。在某些情况,年长者甚至可能也再认不得他们了。”

“每一项挑战都是给予我们学习的机会。同事们也会给予我们支持和鼓励,继续为受益人努力。”这是亚钻给新社工们的勉励。

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SAY CHEESE! 西瓜甜不甜?



Students from Edgefield Secondary School playing Bingo with residents.



Volunteers from Al-Islah Mosque engaging residents with Arts and Craft.



A pooch from Sunshine Canines (Animal-Assisted Interactions Singapore) gets a cuddle from our resident.

Christmas cheer with the children from My First Skool



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

100 Punggol Field Singapore 828811

☎ 64593492 ✉ enquiry@bheh.org 🌐 www.bheh.org 📱 /BHEHome/



Donation 请乐捐:

- <https://www.giving.sg/bright-hill-evergreen-home>
- PayNow (S82SS0008F). For tax-deduction, please indicate "Donate_your NRIC/FIN" at Bill Ref.

Editor: Cheng Siok Khoong • Contributors: Sek Ah Suan, Germaine Tan, Monica Chia

We wish you a
prosperous
Lunar New Year!

祝您新年快乐，
吉祥如意!