



Bright Hill 光明山修身院
Evergreen Home

Evergreen 长青

Issue 3: July to September 2023

Opening Ceremony

of Sunflower Block and 40th Anniversary

With humble grandeur, the Sunflower Block of Bright Hill Evergreen Home was officially opened by the Minister for Health, Mr Ong Ye Kung on 12 May 2023. The event was significant, as this year is also the Home's 40th anniversary of providing quality health care and shelter for the disadvantaged and aged sick.

Staff and residents send their greetings in this double celebration...



Sunflower Block 开幕及40周年庆典

卫生部长王乙康先生于 2023 年 5 月 12 日亲临为光明山修身院的新楼 - Sunflower Block 揭幕。我们也借此活动庆祝修身院成立 40 周年。这些年我们努力不懈地为弱势群体和年迈的住户们提供优质医疗照顾。员工和住户在这个双庆典中送上他们的祝福。。。

Quotes have been edited for length and clarity.

"I like that I have developed a healthy routine here: regular meals, sleep and exercise. I wish BHEH can continue to serve and benefit the community. I wish everyone health always!" - Mr Tan, 74 years old, resident

"I am thankful that I can stay here with no worries, and I look forward to feasting every Chinese New Year! I wish everyone at BHEH happiness every day." - Mdm Neo, 63 years old, resident

"I am happy that I can meet people, chit-chat and enjoy activities with my friends at BHEH. I wish that everyone can continue to make new friends.
All the best to the Home!"
- Mdm Tan, 83 years old, resident

"I am thankful that BHEH has a welcoming and friendly environment. Hope we will become one of the top residential care with the best nursing facilities in SG. I wish we stay happy, bright, and healthy!"
- Janet How, HR Executive

"I am proud that we can remain positive even in the face of adversity. I hope BHEH will be a well-known thought leader in the healthcare sector in Singapore. I wish our days will continue to be filled with brightness!"
- Ong Shi Hui, Finance Assistant

"I hope more people with passion will join us as our direct-care staff and care for our residents wholeheartedly. I wish all residents and staff good health and joy always!" - Treffany Liew, HR Manager

"I want to congratulate everyone for their remarkable care for our residents, and I hope that BHEH will continue to enhance the holistic care for the residents!"
- Dennis Tong, Operations Manager

“我很开心能在这里养成了健康的生活规律：定时用餐、睡眠和运动。我希望修身院能继续为社区服务和造福社区。我祝愿大家永远健康！”
- 陈先生，74岁，住户

“我祝愿修身院的每个人每天都快乐。我很感激，可以无忧无虑地住在这里，也期待着每个农历新年的盛宴！”
- 梁女士，63岁，住户

“我希望每个人能继续结交新朋友。我很庆幸可以在修身院认识新朋友、与他们闲聊并一起参加活动。祝愿光明山修身院一切顺利！”
- 陈女士，83岁，住户

“我希望BHEH能成为新加坡拥有最佳护理设施的顶级疗养院之一。我很感谢修身院有一个温馨友好的环境。我祝愿大家快乐，保持健康！”
- 侯雪霞，人事部行政官

“我希望修身院能成为新加坡医疗领域的领袖。我很庆幸大家能在逆境中仍然保持积极的态度。祝愿员工与住户们，生活天天充满阳光！”
- 王诗惠，财务助理

“我希望更多有爱心的人加入成为我们的护理人员，与大家一起诚心诚意照顾住户们。我祝愿所有的住户们和工作人员永远健康快乐！”
- 廖宝芳，人事部经理

“我想在此恭贺大家对住户们卓越的护理。我希望BHEH能继续提升对住户们的关怀，做到最全面的心理、情感和精神健康的照顾。”
- 董洲辉，运营经理

Empowering Residents

Beyond a "Patient" Role



Let's Brush!

Committed to enhancing the quality of life for our elderly residents by promoting their independence and dignity, we strive to create an environment where they can use their remaining abilities to good use, can be seen as individuals with unique strengths and capabilities.

In line with our commitment, we encourage our residents to take control over their daily activities, such as brushing their teeth to preserve their cognitive and physical abilities. In order to elevate our infection control measures, we have also implemented a practice where each resident is provided with their own personal toothpaste and toothbrush. By doing so, we prioritise hygiene and take significant precautions to minimise the risk of cross-contamination of bacteria and viruses. This approach has helped us to effectively promote cleanliness and ensure the well-being of our residents.

刷牙计划!

我们希望透过改造住处的环境来提升住户们的生活品质、独立性的生活和尊严。这样住户们能够很好地利用自己的剩余能力，将自己视为具有独特优势和能力的个体。

铭记这点，我们鼓励住户们掌控自己的基本护理如刷牙。这也可以让他们保持认知和身体能力。为了提高我们的感染控制措施，我们为每位住户提供个人牙膏和牙刷。我们着重卫生的重要性而采取预防措施，希望将细菌和病毒交叉感染的风险降至最低。这样的措施有助于我们有效地促进清洁和确保住户们的健康，这也符合我们的护理的基本原则。





Senior Chef CookOut!

Our residents experience the joy of cooking their favorite dishes with their peers, creating a sense of engagement and togetherness. Each month, they actively participate in the cooking programme, sharing their ideas and recipes to best serve their culinary aspirations. This collaborative approach ensures a dynamic and fulfilling cooking experience for everyone involved!

高级厨师大显身手!

我们的住户们可以与同伴一起烹饪自己喜欢的菜肴，体验烹饪的乐趣，从而产生参与感和团结感。每个月，他们都会积极参与烹饪活动，分享自己的想法和食谱，以实现自己的烹饪愿望。这种合作方式确保每个住户都能对这烹饪体验带有成就感!



Engaging Residents Beyond a Home Stay



What did they make from the towel folding?
他们用毛巾折叠了什么?



Fun outing at Punggol Plaza!
在榜鹅广场的外出活动!



The SAF team generously assisted us by cleaning wheelchairs, serving lunch, and feeding our residents!
新加坡武装部队慷慨地为我们清洁轮椅、提供午餐和当住户的用餐伙伴!



The presence of pre-schoolers bring immense joy and laughter to our residents!
幼儿园儿童的到来,带给住户无穷的欢乐和笑声!



Do you know pet therapy is proven to lessen anxiety and reduce feelings of loneliness?
您知道宠物疗法能减轻焦虑和孤独感吗?



Feeding befrienders from Alight Solutions.
来自Alight Solutions的用餐伙伴。

Journey to Wellness

Mr Tan, aged 91, was hospitalized in 2022 due to COVID complications. During his hospitalization, he had to be placed on a nasogastric tube (NGT) for feeding as he was found to have difficulty swallowing due to decreased gag reflex and osteophytes on his vocal cords.

As his condition did not improve, he was then transferred to BHEH last July, with a feeding tube in place. At that time, while he had hoped that he could feed orally again, he did not believe he could do so because of his past failed experiences. Our staff were determined to help Mr Tan achieve his goal of weaning off tube feeding. They worked closely with him to develop a personalized feeding plan.

The plan included a combination of oral and tube feeding. Mr Tan started on a pureed diet and gradually increased the amount of food he ate orally. He also received regular speech therapy to help improve his swallowing skills.

After several months of hard work, he was able to wean off tube feeding completely. He is now able to eat modified foods orally without difficulty!

Can you see the NEW HIM?



Before



After

"I never thought I would be able to eat and drink again, but the staff here never gave up on me. They worked tirelessly with me to help me. I am so grateful for their support."

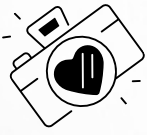
**"我从未想过自己还能吃喝、
但这里的护理人员从未放弃过我。
他们不知疲倦地帮助我，所以我非常感谢他们的支持与照顾"**

91岁的陈先生在2022年罹患新冠病毒后住院治疗。当时他的吞咽反射机能和声带上增生了骨刺而导致吞咽困难，在不得已情况下，他必须插入鼻胃管（NGT）来进食。

由于他的情况没有改善（需要靠鼻胃管进食），他在去年7月入住BHEH。当时他依然希望吞咽机能可康复到可以经口进食，但碍于之前的失败经历，他不相信自己能做到这一点。我们的护理团队决心帮助陈先生实现他的希望 - 不再依靠鼻胃管来进食。他们和陈先生一起制定一个为他设定的饮食计划。

该计划包括口服和鼻胃管喂食结合的方式。陈先生开始时吃的是泥状食物，逐渐增加口服的食物量。并且定期接受语言治疗以便帮助改善他的吞咽工能。

经过几个月的努力，他终于能够完全解除鼻胃管。他现在能够毫无困难地吃美食了！



BHEH Happenings



Ms Alvin Tan, Director of Nursing at BHEH shared at Chong Hua Tong Active Ageing Centre on how the seniors can lead a healthy and fulfilling life.



光明山修身院护理部主任陈女士在Chong Hua Tong Active Ageing Centre 给乐龄人士分享 —老年人如何过上健康而充实的生活。



Ms Cheng Siok Khoong, CEO of BHEH received the "President Certificate of Commendation" award on behalf of the organisation for making exceptional efforts in Singapore's fight against COVID-19.



首席执行官鍾女士代表光明山修身院领取了 "总统表彰证书" 奖。以表彰认可我们在新加坡抗击 COVID-19 的斗争做出的卓越贡献。



Dexie, a humanoid robot that can sing, communicate, engage in exercise and play bingo with residents, made its debut here! 人形机器人, Dexie 在光明山修身院首次亮相! 她可以唱歌、交流、做运动并与住户一起玩游戏。



Fire Drill and demonstration exercises to prepare us for emergency situations. 员工参与消防和示范演习, 好让我们能为紧急火灾情况做好准备。

This quarterly publication is produced by Bright Hill Evergreen Home's Communications team. We welcome any contributions or feedback at community@bheh.org. 此季刊由光明山修身院企业通讯部编辑。我们欢迎您的反馈和宝贵意见。

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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。

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