



Bright Hill 光明山修身院
Evergreen Home

Evergreen 长青

Issue VI: Apr - Jun 2024

Community Engagement

Community Health Talk



Navigating the healthcare system can be overwhelming, especially for seniors. To help shed some light on this topic, our nursing director, Ms Tan shared an overview of the Singapore Healthcare System and the available resources in the Intermediate Long Term Care setting. Through understanding these resources, seniors can make informed decisions about their healthcare needs and access the support available to them. We would like to thank Chong Hua Tong Active Ageing Centre for inviting us to conduct this meaningful Community Health Talk!

We are delighted to be invited by Punggol Secondary School to share about volunteering opportunities at the nursing home, offering a valuable experience to make a positive difference in the lives of the residents. During the session, we provided insights into the background of the nursing home, demographics of our elderly residents, explore how students can support their needs, and distinguish between the real needs and perceived needs of the beneficiaries. Thank you for the invitation. We are excited to explore further community outreach opportunities with the public!

Volunteer Engagement Talk



Staff Spotlight



Hi! I'm Sathish Kumar,
Principal Physiotherapist
and the Head of Therapy
Department at
Bright Hill Evergreen Home
(BHEH).

BHEH: Tell us more about yourself on a personal level.

Sathish: This August, I will be celebrating my 48th birthday. I'm happily married with two children and I consider myself a diligent and intelligent individual who embraces new challenges. I have a strong work ethic and a passion for what I do, with a focus on achieving results. I would describe myself as a positive, transparent, and sincere person who values honesty and fairness in all my endeavors.

BHEH: We heard you have been working here for over a decade, and we are curious to find out more about you on a profession level!

Sathish: I earned my Bachelor of Physiotherapy in India and practiced as a Physiotherapist at hospitals and rehabilitation centers there for approximately 5 years before relocating to Singapore in 2004. Additionally, I completed a Graduate Certificate and Master's in Gerontology at the Singapore University of Social Sciences. I am also a licensed member of the Allied Health Professions Council Singapore and a member of the Gerontological Society of Singapore. With over two decades of experience working with the elderly in diverse healthcare settings in Singapore, I dedicated 13 years to Bright Hill Evergreen Home.

BHEH: So what inspired you to pursue a career in physiotherapy, particularly in the context of senior care in a nursing home environment?

Sathish: The primary reason for my aspiration to become a physiotherapist stems from a lifelong fascination with the anatomy of the human body that began in my youth. This interest in anatomy persisted through my high school years, where I had the opportunity to shadow a physiotherapist at a hospital, observing their patient treatment closely. The physiotherapist I shadowed not only served as an inspiration but also ignited a desire within me to pursue a career in this field.

Another significant reason is the ability to help individuals manage their pain using non-invasive and non-pharmaceutical physical approaches. Additionally, a compelling factor that drew me to physiotherapy is the opportunity to assist older adults. The trust that older adults place in you is truly motivating, but even more rewarding is the realization that you hold the key to alleviating their hardships.

Upon relocating to Singapore, I first worked at the Apex Harmony Lodge before transitioning to a hospital setting. It was during this time that I recognised that my unique calling within the realm of healthcare in providing care specifically to aging and older adults. My affinity for working with the elderly did not arise spontaneously; true passion is not discovered overnight but rather cultivated and nurtured through experiences. This passion has driven my commitment to caring for elderly residents, a journey that I have joyfully continued since 2011 at BHEH.

Staff Spotlight

★ BHEH: What's the most heart-warming moment you've experienced while working with elderly residents in BHEH?

Sathish: In my daily interactions, I have had the privilege of empowering the elderly residents to rediscover their independence and realize that they can continue to embrace and enjoy life by transitioning back to the community.

One particularly poignant experience was the discharge of Mr Goh, a resident who came to our nursing home from the hospital following recurrent falls at home. Initially bedbound and reliant on assistance for most daily activities upon his admission Mr Goh often faced moments of discouragement due to the slow progress he made.

By actively involving him in the integrated care planning process and encouraging him to set his own goals, our team was able to focus on his specific needs and aspirations. Through months of dedicated rehabilitation, nursing care, and invaluable emotional support from our medical social workers, we began to witness significant improvements in Mr Goh's functional capabilities. Motivated by his own progress, he showed a newfound determination to enhance his mobility, gait, and balance, eventually achieving the milestone of independent ambulation with the aid of a walking stick.

Recognising his readiness to reintegrate into the community, the team conducted a comprehensive assessment of his living environment and accompanied him on practice trips using public transportation. The opportunity for freedom and mobility became a primary motivator for Mr Goh's desire to return home.

As a Physiotherapist, I find immense satisfaction in not only making a positive impact on the individuals I care for but also in personally contributing to their journey toward aging with dignity and independence. Witnessing our residents thrive and re-engage with the community brings me great joy. These touching moments serve as powerful reminders that every effort, no matter how challenging, holds the potential for far-reaching and impactful outcomes.



Therapy session for Mr Gan, a resident who was admitted last year.



Training students from NTUC Healthcare Academy on the proper usage of therapy equipment.

Staff Spotlight 员工亮点

BHEH: What role do you believe physiotherapy plays in enhancing the quality of life for elderly residents?

Sathish: At BHEH, our therapy services embrace the fundamental principles of autonomy, personhood, and a strengths-based approach to deliver comprehensive care for our residents. Our care planning revolves around emphasizing on individuals' strengths and abilities rather than focusing solely on weaknesses and disabilities. The Physiotherapy team is dedicated to forging connections and embarking on a journey of discovery alongside our residents, assisting them in charting a new course as they adapt to evolving health conditions. Resident assessments occur every six months to gauge progress, and we will redesign the care plans as needed. The incorporation of AI, VR, and robotics in geriatric physiotherapy represents a revolutionary era of personalized, engaging, and efficacious rehabilitation for our elderly residents. As a physiotherapist and geriatric care specialist, I am consistently motivated by the potential of these advancements to enrich the lives of our elderly residents!

Do you know?

121 community care staff receive awards to upgrade their skills



Sathish was among 121 community care staff who received the Community Care Manpower Development Award (CCMDA) to further develop their skills.
Sathish是121名社区护理人员之一，获得了社区护理人力发展奖以进一步发展技能。



A group photo taken for World Physical Therapy Day last year!
去年为庆祝世界物理治疗日拍摄的合影!



A multidisciplinary meeting to discuss integrated care plan for the residents.
跨部门会议讨论住户的综合护理计划。

BHEH: 你认为物理治疗在提高老年住户生活质量方面扮演了什么角色?

Sathish: 在光明山修身院，物理治疗服务采用自主性、人格和优势导向的方法，为我们的住户提供整体护理。护理计划以个人优势和能力为中心，而非他们的弱点和残疾。为了协助他们应对和适应不断变化的健康状况，我们的物理治疗团队时时陪伴他们与他们联系。我们也会对住户每6个月评估或审查一次，以评估他们的进展，并相应地重新设计护理计划。注入人工智能、虚拟现实和机器人技术在老年物理治疗中标志着个人定制、引人入胜和有效康复的新纪元。作为一名物理治疗师和老年护理专家，这些创新为提高老年人生活质量提供了无限可能，令我不断受到启发。

Residents' Engagement

A Horticulture Adventure

Let's Plant, Harvest, and Cook Together!

Our elderly residents joined hands to plant and harvest fresh vegetables from our in-house rooftop garden. In a beautiful culmination of their labour, the freshly picked vegetables were lovingly prepared into delicious lunch.

The joy and pride in their eyes as they savoured the meal they had helped create were invaluable. This experience nourished their spirits with a sense of unity, collaboration, and gratification. Anticipating many more rewarding harvesting sessions in the future!



BHEH Movie Day!

Fantastic Movie Day at our BHEH "cinema"!

To make the experience fun, one month prior, we open up slots for the residents to "purchase" movie tickets to catch the classic "New Police Story"! The cost of the ticket is not measured by money, but the points they have accumulated over the time through participation in various activities in the nursing home. Using the points, they will then "purchase" the tickets at our provision shop, also known as Kek Ai Diam. The movie day was made even more special with delicious refreshments provided for everyone. It's heartening to see them thoroughly enjoy the show! Comfort, snacks, and an exciting movie - the perfect combination for a great day!



Residents' Engagement

Seniors' Sports Day!



We're thrilled to share the exciting highlights of the recent Sports Day event where laughter, cheers, and heartwarming moments filled the air. Organized by dedicated undergraduate student-teachers from the National Institute of Education (NIE), this event was a testament to the power of community and care.

Months of meticulous planning and visits allowed our student-teachers to truly connect with the elderly residents, forming bonds that made the Sports Day even more special.

The day kicked off bright and early at 9am, with residents and volunteers eagerly coming together to start the day. Laughter echoed through the hall as participants engaged in adaptive sports such as seated foosball, bowling and more, along with photo taking at the last round! Cheers erupted with every toss and every step, creating an atmosphere of joy and friendly competition. The day ended at 4.30pm, before their dinner.

Of course, no Sports Day is complete without rewards! Each participant received delightful goodie bags filled with treats as a token of appreciation for their participation and enthusiasm. For those who didn't manage to play, they were also given goodie bags to brighten their day! Adding to the excitement, 25 lucky winners clinched vouchers worth \$20 each, allowing them to treat themselves to something special—a well-deserved reward for their impressive skills and determination! We would like to thank our staff, volunteers and donor for making this happen!

More Updates...



Vesak Day Fund-Raising Event

This year's Vesak Day was particularly noteworthy as we came together to raise funds for the vulnerable residents at our Home! Although it was a brief two-day endeavour, the fund-raising initiative received an overwhelming show of support from both the public and our existing supporters. All the donations will be dedicated to fulfilling the needs of our residents! In preparation for this special day, our nurses crafted beautiful keychains, and elderly residents participated by making colourful bracelets for sale, embodying the spirit of giving back. Furthermore, our staff and volunteer, Mrs Tay, joined forces to bake delicious chocolate chips and cashew nuts cookies. It was such a heartwarming and fulfilling experience for all of us!

As the event comes to a close, we wish to express our deepest gratitude for the incredible love we have received. The benevolence of the donors epitomizes the spirit of compassion and kindness and we are forever thankful for everyone who had contributed and stood by us. Your support has brought immense meaning to Vesak Day! On top of that, we would like to thank Kong Meng San Phor Kark See Monastery for giving us the opportunity to set up a booth at the premise to spread awareness and fund-raise!



More Updates...

Mee Toh School's 70th Anniversary Celebration

Our CEO, Ms Cheng received the "Partnership in Character Development" award from Mee Toh School on behalf of Bright Hill Evergreen Home recently! Thank you for inviting us to the School's 70th Anniversary event, and being our steadfast supporter throughout the years!



Mobile Dental Service

Residents have access to dental care through the convenient mobile dental services available at our Home twice a year! This person-centred care approach allows them to feel good and maintain healthy oral hygiene.



We're HIRING!

Are you looking to be a part of an organisation that values compassion and excellence in providing care for the elderly? Bright Hill Evergreen Home is offering exciting career opportunities for individuals who are passionate about serving the elderly and making a difference in their lives. Join our team and be a part of our big family where your work truly matters. Here are some of the available positions:



Volunteer Activities



Punggol Plaza outing with Bing Bing Group.



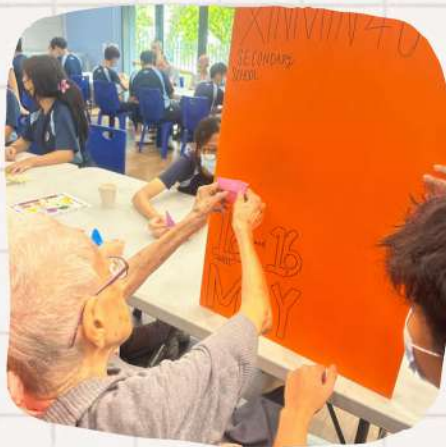
*Music & Bingo sessions with
Adventure Music School!*



*Rivervale Walk with
Raffles Institution Parents Support Group.*



Painting with Golden Hours Volunteer Group.



*Art & Craft Session with students
from Xin Min Secondary School.*



Punggol Plaza outing with SK Group.



*SAF yearly volunteering engagement
at our nursing home!*



Karaoke session with Meiling Group.



Punggol Plaza outing with SIA Group.

AND MANY MORE...! THANK YOU ALL FOR THE WONDERFUL MEMORIES FORGED WITH THE RESIDENTS!

Join Us in Making a Difference: Beds of Hope: Enhancing Elderly Comfort Fund-Raising Campaign

The vitality and well-being of our elderly residents are intrinsically tied to the quality of their hospital beds. These beds not only enhance their health and comfort but also provide crucial support to our dedicated staff during essential care routines like diaper changes and feeding sessions. Amidst an enduring 97% occupancy rate at our nursing home, our facilities, particularly our hospital beds, have borne the weight of continuous use for over a decade. As such, we aim to raise funds for the replacement of our old beds that are heavily used for over a decade.

This is the 2nd tranche of our ongoing campaign that will benefit more residents and your donation will have lasting impact on our elderly residents. Our campaign is supported by Tote Board Enhanced Fund-Raising programme, and your kind donation will be eligible for a 1-to-1 matching grant from Tote Board. You'll also enjoy tax deduction for any donation above \$10.

Donate now:



Nurse Maria: "The new bed allows nurses like me to provide a better care experience for the residents!"



This quarterly publication is produced by Bright Hill Evergreen Home's Communications team. We welcome any contributions or feedback at community@bheh.org.

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CONTACT DETAILS

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.

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DONATE

@ <https://www.giving.sg/bright-hill-evergreen-home>

OR PayNow to UEN S82SS0008F

For tax-deduction, please indicate "Donate_your NRIC/FIN" at Bill Ref.





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社区参与

社区健康讲座



导航医疗系统对老年人来说可能带来诸多挑战。为了帮助阐明这一主题，我们的护理主任陈女士分享了新加坡医疗系统的概述以及中长期护理环境中的可用资源。通过了解这些资源，老年人可以对他们的医疗需求做出明智的选择，并从中获益。我们要感谢Chong Hua Tong Active Ageing Centre邀请我们进行这次有意义的社区健康讲座！

我们很高兴被榜鹅中学邀请分享在疗养院的志愿服务机会。这个分享给学生提供了一个宝贵的经验，他们的贡献可以对住户的生活产生积极的影响。在分享时，我们分享了疗养院的背景介绍、老年住户的人口统计数据，探讨了学生能如何支持他们的需求，并区分了受益人的实际需求和感知需求。我们期待与公众进一步探索光明山修身院的义工服务机会！

义工参与讲座



员工亮点



你好！我是Sathish Kumar，
目前是光明山修身院物理治疗部主任
兼首席物理治疗师。

BHEH: 请介绍你自己!

Sathish: 我今年八月将满48岁，已婚，有两个孩子，是一个勤奋聪明的人，从不畏惧新挑战。我对我的工作充满热情，也对分内工作了如指掌。若要自我定义，我觉得自己是一个积极、开放和诚实的人，绝不欺骗他人，并努力在我所做的事情上保持公平。

BHEH: 听说你在这里工作了十多年，我们想了解您在职业生涯方面的更多信息!

Sathish: 我在印度获得了物理治疗学士学位，并在那里的医院和康复中心担任物理治疗师约5年，然后于2004年搬到新加坡。此外，我在新加坡社科大学完成了老年学研究生证书和硕士学位。我还是新加坡辅助医疗专业委员会的注册成员和新加坡老年学会的成员。在这二十多年期间，我的工作经验遍布了新加坡多元化的医疗环境，其中有13年是在光明山修身院。

BHEH: 是什么激励你在疗养院环境中追求物理治疗职业，特别是在老年护理方面?

我从小就对人体解剖学着迷，这也是我想成为物理治疗师的第一个原因。我的解剖学兴趣一直持续到高中，并且我有机会参观医院，密切观察物理治疗师如何治疗患者。跟随的物理治疗师不仅激励了我，还让我意识到我有追求这种职业的愿望。第二个原因是能够通过非侵入性和非药物的方法帮助人们管理疼痛。选择物理治疗的另一个重要因素是能够帮助人们，尤其是老年人。这些老年人对你充满信任虽令人鼓舞，但意识到你是解决他们问题的关键，这种感觉更加令人满意。当我来到新加坡时，我在痴呆症护理院工作，然后加入了一家医院。在那里，我意识到除了对老年人护理的热诚外，我没有特别之处可以与其他医疗专业人员区分开来。我不是某天醒来就意识到我喜欢与老年人一起工作。我认为没有人会以这种方式找到热诚。这种热诚发源于内心，通过长年累月的培养和滋养。因此，我加入了光明山修身院，并自2011年以来一直享受与老年住户在一起的时光。

员工亮点



BHEH: 在光明山修身院工作期间，你经历过的最温暖人心的时刻是什么？

Sathish: 每天都有难忘的时刻，在我的护理过程中，我赋予老年人更多的独立感，帮助他们意识到他们仍然可以通过回归社区生活享受每一刻。

其中一个温暖人心的时刻是住户吴先生的出院。他在家中多次跌倒后从医院被送入了我们疗养院。当他第一次加入我们的疗养院时，他主要是卧床不起，需要帮助完成大部分日常生活活动。在初期阶段，他因进展缓慢而多次感到沮丧。

通过让他参与综合护理计划过程，并让他设定自己的目标，成功帮助我们的团队优先考虑工作重点。经过几个月的积极康复、护理和医疗社工的情感支持，我们开始看到他的活动能力有所改善。随着亲眼目睹自己的进步，他变得更加积极地配合我们往他的移动性、步态和平衡上着手。最终，成功独立使用拐杖行走。

那时我们知道他已经准备好回归社区。作为出院过程的一部分，我们的团队带他回家评估他的生活环境，并与他一起练习乘坐公共交通。能够行动自如是他回家的主要动力之一。

作为一名物理治疗师，我不仅对我照顾的人产生影响，也对自己产生影响，因为我知道我可以在他们老去时以他们自己的方式改变他们的生活。看到我们住户不但成功融入社会，并在社区中如鱼得水，总能让我感到欣喜万分。

这些美好的时刻提醒我，每一份努力都很重要，无论多么困难，它往往会产生深远的正面影响！



Sathish 为去年入院的住户 Mr Gan 先生提供物理治疗。



培训INTUC健康学院的学生如何正确使用护理医疗设备。

Staff Spotlight 员工亮点

BHEH: What role do you believe physiotherapy plays in enhancing the quality of life for elderly residents?

Sathish: At BHEH, our therapy services embrace the fundamental principles of autonomy, personhood, and a strengths-based approach to deliver comprehensive care for our residents. Our care planning revolves around emphasizing on individuals' strengths and abilities rather than focusing solely on weaknesses and disabilities. The Physiotherapy team is dedicated to forging connections and embarking on a journey of discovery alongside our residents, assisting them in charting a new course as they adapt to evolving health conditions. Resident assessments occur every six months to gauge progress, and we will redesign the care plans as needed. The incorporation of AI, VR, and robotics in geriatric physiotherapy represents a revolutionary era of personalized, engaging, and efficacious rehabilitation for our elderly residents. As a physiotherapist and geriatric care specialist, I am consistently motivated by the potential of these advancements to enrich the lives of our elderly population!

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BHEH: 你认为物理治疗在提高老年住户生活质量方面扮演了什么角色?

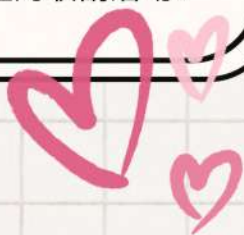
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住户活动

园艺探险

让我们一同种植、收割和烹饪！我们的老年住户携手在屋顶花园种植和收割新鲜蔬菜。在他们劳动的美丽成果中，新鲜采摘的蔬菜被精心准备成美味的午餐。

看到他们品尝自己帮忙准备的饭菜，而从眼神中流露出喜悦和自豪，那真是难能可贵。这次的经历以团结、合作和满足感滋养了他们的精神。期待未来更多有益的收割活动！



我们一起看电影！

美妙的电影日，唯独在我们的BHEH“影院”！

为了让体验更有趣，早在一个月前，我们开放了名额，让住户们“购买”电影票观看经典电影《新警察故事》！电影票的费用不是用金钱来衡量的，而是用他们在疗养院通过参加各种活动积累的积分来支付。使用这些积分，他们将在我们的杂货店，也称为 Kek Ai Diam “购买”电影票。为了让电影日变得更加特别，我们也为每个人提供了美味点心。看到他们尽情享受这部电影，真是令人感到无比欣慰！

在舒适的环境下、拥有美味佳肴和精彩的电影做娱乐—真是个完美组合！



住户活动

老年人运动会!



我们非常高兴地分享最近运动会的精彩亮点。笑声、欢呼声和温馨时刻充满了整个活动。这个活动由国立教育学院 (NIE) 将毕业的学生老师举办，充分体现了社区力量和关爱的精神。

经过几个月的精心策划和多次拜访，我们的学生教师们与住户建立了联系，使该运动会更加特别。

活动在早上9点准时开始，住户和志愿者们满怀热情地聚集准备玩乐。随着参与者们投入到坐式棍球棒足球、保龄球等适应性运动中，以及最后一轮的拍照环节，笑声在大厅中回荡。每一次投掷和每一步都伴随着欢呼声，营造了一个充满欢乐和友好竞争的氛围。活动在下午4点30分结束，正好赶在晚餐前。

当然，运动会少不了奖励！每位参与者都收到了装满零食的精美礼袋，以表达对他们参与和热情的感谢。即使是那些未能参加比赛的住户也收到了礼袋，以带给他们一天的好心情！更令人兴奋的是，25位幸运者赢得了每人价值20元的代金券，让他们可以犒劳自己一些特别的东西——这是对他们出色技巧和毅力的应得奖励！我们要感谢我们的员工、志愿者和捐赠者，让这一切成为可能！

更多更新



卫塞节筹款活动

今年的卫塞节格外引人注目，因为我们团结一致为我们疗养院的弱势住户筹集资金！虽然这是一个短暂为期两天的努力，但筹款活动得到了公众和我们支持者的巨大支持！而所有捐款将专用于满足我们住户的需求！为了迎接这个特殊日子，我们的护士制作了漂亮的钥匙扣，年长的住户们也制作了色彩缤纷的手链出售，体现了回馈的精神。此外，我们的员工和志愿者Mrs Tay共同合作烘焙了美味的巧克力和腰果饼干。对我们所有人来说，这是一次温暖而充实的经历！

我们要表达最深切的感激之情，感谢我们所受到的无尽爱意。捐赠者的仁慈体现了同情和善良的精神，我们永远感谢所有为我们贡献并支持我们的人！您的支持为卫塞节带来了深远的意义！此外，我们还要感谢光明山普觉禅寺给我们提供机会在那里设立摊位传播意识和筹款！



更多更新

弥陀学校70周年校庆

我们的首席执行官钟女士最近代表光明山修身院接受了弥陀学校颁发的“品格发展伙伴”奖！感谢弥陀学校邀请我们参加学校70周年校庆活动，并感谢您多年来对我们的坚定支持！



流动牙科服务

住户每年可以通过我们之家提供的两次便捷的流动牙科服务得到牙科护理！这种以人为本的护理方法使他们感觉良好并保持健康的口腔卫生。



招聘！

您是否希望成为一个重视同情心和卓越的为老年人提供护理的组织的一部分？我们为热衷于服务老年人和改变他们生活的个人提供令人兴奋的职业机会。加入我们的团队，成为我们大家庭的一员，在这里您的工作将变得有意义。以下是招聘的职位：



义工活动



与 Bing Bing Group 一起郊游榜鹅广场。



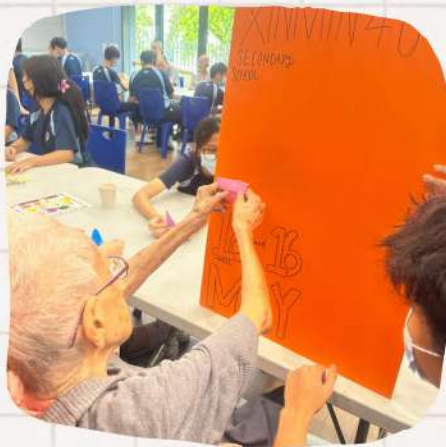
与 Edventure Music School 交流音乐和玩宾果游戏!



与莱佛士书院家长支持小组去河谷步道。



与 Golden Hours 志愿者小组一起绘画。



与新民中学生一起进行艺术与工艺课程。



与 SK Group 一起郊游榜鹅广场。



感谢新加坡武装部队提供多样化的义工服务!



与 Meiling Group 一起卡拉OK



与 SIA Group 一起郊游榜鹅广场。

还有很多...! 感谢大家给住户们留下的美好回忆!

支持我们的筹款活动，一起 让弱勢的老年人有新床睡！

高质量的医院病床在我们住户的健康和舒适中起着至关重要的作用。高质量的床不仅为住户提供舒适和良好支撑，也可以帮助护理人员更良好的提供护理服务，如换尿布和喂养。尽管我们的疗养院近年来一直保持着平均97%的入住率，我们的设施，特别是医院病床，经受了重大的使用压力。

这是我们筹款活动的第二阶段而您的捐款将对我们的老年住户产生持久的影响。筹集的多余资金将用于维持日常运营的需求。

这项筹款活动得到了博彩公益金增强筹款计划的支持，这意味着您慷慨的捐款将得到一对一的匹配，有效地增加了捐款的影响力！

请慷慨解囊：



Maria 护士：“新床让护士能够为住户提供更好的护理体验！”



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。

编辑: Zoey Choo, Lynn Yap

联系方式

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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