



Bright Hill 光明山修身院
Evergreen
Home

Evergreen 长青

Issue VI: Jul - Sept 2024

AWARDS & ACCOLADES

National Healthcare Innovation Productivity (HIP) Medal Award

We are awarded the Best Practice Medal (Workforce Transformation) for our innovative Project ESCAPE - Empowering Senior Care Aides through Prospects and Education initiative!

Project ESCAPE is an ongoing initiative focused on job redesign, identifying capable care aides for upskilling and capacity building to assume roles traditionally held by higher-level care staff.



MOH Nurses' Merit Award 2024

This prestigious award, presented by the Ministry of Health, honours nurses who exhibit exceptional performance, engage in professional development, and make significant contributions to the nursing profession.

Our heartfelt congratulations to Ms Alvina Tan, Director of Nursing, on receiving the Nurses' Merit Award 2024!

Care Staff Day Celebration



"We Care With Our Hearts" is a commitment we proudly uphold for our residents. On Care Staff Day, we honoured the hard work and dedication of our nursing and therapy teams, as well as our group of devoted medical social workers.

We indulged in a sumptuous buffet, lucky draw, talent show, and vibrant dance performances, all of which made for a joyous occasion! It was wonderful to see the smiles and happiness on the faces of our care staff!

Once again, we would like to express our sincere appreciation to our nurses and care staff for their unwavering dedication and commitment. Their professionalism and devotion serve as a great source of inspiration, and we deeply value their hard work!



National Day Celebration



Our hearts were full of joy and pride as we celebrated National Day with our amazing staff and wonderful residents. From the heartfelt recitation of the National Day pledge led by our residents to the fun and engaging quiz that had everyone smiling and pondering, it was truly a day to remember!



The residents also came together to create a beautiful team craftwork, forming a heart shape that symbolised our unity and spirit. And, of course, no celebration would be complete without a delicious cake cutting ceremony to mark the occasion.

A huge thank you to everyone who made this day so special. Your enthusiasm and camaraderie truly made this National Day a memorable one!



MORE UPDATES...

AIC CEO Visit

It was an absolute pleasure to host the CEO of Agency for Integrated Care - AIC Singapore, Mr Dinesh Vasu Dash and his team recently! We shared our exciting initiatives, gave them a tour of our facility, and engaged in discussions on future plans!

Such inspiring moments fuel our commitment to excellence in elder care! A special thank you to our community partners, Goshen Consultancy and Republic Polytechnic, for joining us on this insightful discussion!





MR NG: TURNING ADVERSITY INTO ACTS OF KINDNESS

Mr Ng once worked in an auto parts store. In 2019, he suffered a stroke and was hospitalized for a long time. After being discharged from the hospital, he came to Bright Hill Evergreen Home as he did not have a full-time caregiver.

Mr Ng starts his day as early as 3am. He begins by wiping down his table and making himself a cup of coffee, then waters the plants. Around 7am, when the nursing staff is busy with their duties, he will look for ways to assist them. Mr Ng appreciates the hard work of the nursing staff so he occasionally helps with tasks like changing the bedsheet. He believes in supporting others whenever possible and finds that doing so helps him use his time more meaningfully. Each day, he assists by clearing the plates and wiping down the tables after meals. He will also interact with other residents in his ward to ensure they have someone to talk to.



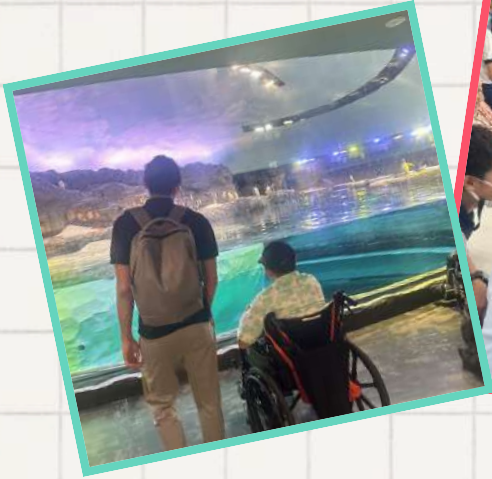
In addition to assisting his visually impaired friend with his meal, Mr Ng is also willing to offer feedback to the management. For instance, he will inform them that residents would appreciate having soy sauce available for their meal, as it would enhance the flavour and help them finish their meals. The management took his advice to heart.

After multiple physical therapy sessions over the years, Mr Ng is now able to walk slowly with assistance and move his left arm. Every morning, he exercises his arm by himself in hopes of gradually restoring the function of his right arm. He hopes that he will be able to be discharged in a year.

In addition, Mr Ng is an active participant in our “Kek Ai Diam” programme (<https://www.bheh.org/2024/01/18/kek-ai-diam/>) and consistently earns the highest number of points for his engagement. He often redeems these points for delightful rewards, which he shares with the care staff to acknowledge their dedication and compassionate care, all the time.

Let's join us in wishing Mr Ng a long and fulfilling life in his golden years!

VOLUNTEER ACTIVITIES



Bird Paradise trip with EDB!



Our Ah Mas love to interact with students from Nan Chiau High School!



Bridge Builder sponsored tea break and played games with our residents.



Grateful to DBS for arranging exciting activities for our lovely residents!



ST Engineering in the house! Volunteers were split to conduct various activities.



Heartfelt thanks to Hope Worldwide for sponsoring monthly birthday cakes!



Trip to Singapore Garden Festival with manpower support from Catherine group.



Mid-Autumn Celebration with Andy group!



Mid-Autumn Celebration with students from Ai Tong primary school.

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.

Editor: Zoey Choo

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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@ <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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奖项与荣誉

National Healthcare Innovation Productivity (HIP) Medal Award

我们荣获了 Best Practice Medal (工作队改造) 奖项，以表彰我们创新的 Project ESCAPE——一个通过前景与教育赋能高级护理助手的倡议！

Project ESCAPE 是一项持续进行的倡议，专注于工作再设计，识别有能力的护理助手进行技能提升和能力建设，以担任传统上由高级护理人员负责的角色。



2024年卫生部护士优秀奖

这个由卫生部颁发的荣誉奖项，旨在表彰那些表现卓越、积极参与专业发展并对护理行业做出重大贡献的护士。

我们衷心祝贺护理主任Alvina女士荣获护士优秀奖 2024！



护理人员日 庆祝活动



“我们用心关怀”是疗养院对住户的承诺。在护理人员日，我们表彰了护理和物理治疗团队的工作热情与奉献，以及我们热心的医疗社会护理人员。

我们享用了丰盛的自助餐、幸运抽奖、才艺表演和热情的舞蹈表演，这些都让庆祝活动充满了欢乐！看到护理人员脸上的笑容和喜悦，真是太美好了！

再次，疗养院想对我们的护理人员表达衷心的感谢，感谢他们无微不至的奉献。他们的专业精神和奉献精神值得我们学习！



国庆节 庆祝活动



又是一年一度的国庆日！在这庆祝活动中，住户们玩得特别开心！几位住户兴高采烈地朗读国庆誓词，然后大家一起参与有趣的问答活动！笑声不断，真是一个难忘的日子！



住户们还齐心协力，制作了一个美丽的团队手工艺品，形成了一个象征团结和精神的心形。当然，没有美味的蛋糕切割仪式，这次庆祝活动就不完整了。

非常感谢每一位让这个日子如此特别的人。你们的热情和友谊让这个国庆节变得难以忘怀！





更多更新...

AIC 首席执行官 参访

近日我们接待了Agency for Integrated Care 的首席执行官 Mr Dinesh Vasu Dash先生及其团队！除了分享我们精彩的项目，与带他们参观疗养院的设施，我们也对未来的计划讨论了一番！

这些鼓舞人心的时刻激励我们在老年护理领域卓越的追求！感谢 Goshen Consultancy和共和理工学院的参与！



黄先生：将逆境化为善行

黄先生曾在一家汽车配件店工作。2019年，他中风住院很长一段时间。出院后，由于没有全职看护，他来到了光明山修身院。

黄先生每天早上3点就起床。他会开始擦桌子，泡一杯咖啡，然后给植物浇水。大约在早上7点，当护理人员忙于工作时，他会寻找机会帮助他们。黄先生很欣赏护理人员的辛勤付出，所以他偶尔会帮忙换床单等工作。他相信帮助人能让自己的生活更有意义。所以每天都会用餐后帮忙收拾碗盘和擦桌子。他还会和病房里的其他住户互动，确保他们有可以对话的人。



除了喂他的视障朋友，黄先生也乐意向管理层提出反馈。例如，他会告诉他们，住户希望用餐时能有酱油，这样可以增加菜肴的味道，帮助大家更好地享用食物。管理层很重视他的建议。

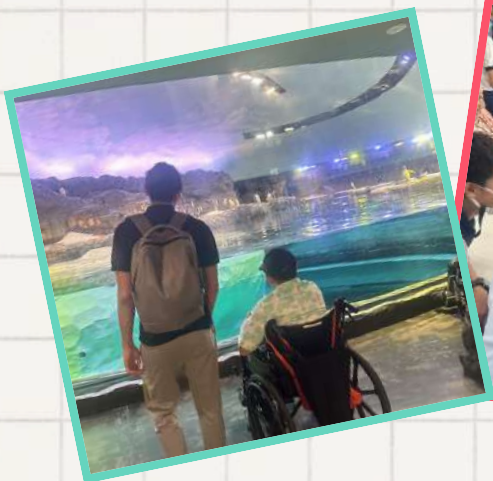
经过多年的多次物理治疗，黄先生现在能在帮助下慢慢走路，并能活动他的左臂。每天早上，他都会自己锻炼手臂，希望能逐渐恢复右臂的功能。他希望能在一年的回家。

此外，黄先生也是我们“杂货店”项目 (<https://www.bheh.org/2024/01/18/kek-ai-diam/>) 的积极参与者，并且总是能获得最高的参与积分。他常常用这些积分兑换美好的奖励，并与护理人员分享，以感谢他们的奉献和关怀。

让我们一起祝福黄先生在他的黄金岁月里，生活长久而充实！



志愿活动



感谢新加坡经济发展局安排
新加坡飞禽公园之旅!



与南侨高中学生的互动!



Bridge Builder 赞助了茶点,
并和我们的住户一起玩游戏。



感谢星展银行为我们的可爱住户
安排精彩的活动!



新加坡科技工程有限公司
来了! 志愿者们分成小组进
行各种活动。



衷心感谢新加坡寰宇希望为
我们赞助每月的生日蛋糕!



在Catherine group 志愿者的
协助下, 老年住户参观了
新加坡园艺节。



与Andy group 的
中秋庆祝活动! 精彩的表演
让住户看得目瞪口呆!



与爱同小学的学生
一起庆祝中秋节! 有朗诵,
灯笼制作等等!

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

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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