



Bright Hill 光明山修身院
Evergreen Home

Evergreen 长青

Issue 8: Oct - Dec 2024

AWARDS & ACCOLADES

CHARITY TRANSPARENCY AWARD 2024

We are once again honoured to receive the Charity Transparency Award 2024! This prestigious award, presented by the Charity Council, recognises charities that demonstrate a strong commitment to transparency and good governance. We are truly grateful for this recognition, which reflects our ongoing dedication to maintaining high standards in corporate governance. A heartfelt thanks to the Charity Council for this award, and congratulations to all the other award recipients!



(from left to right): Lim Jie Ying (Medical Social Work), Chia Yim Ling (Nursing), Goh Yan Xuan (Nursing), Lim Lay Beng (Nursing), Crystal Wang (Nursing), Cheah Mei Wan (Nursing), Jeraldine Lim (Medical Social Work)

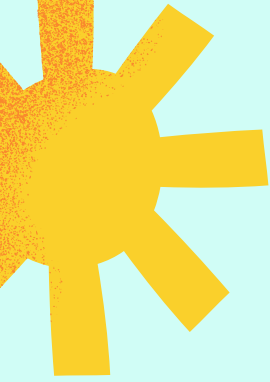
COMMUNITY CARE EXCELLENCE AWARDS (CCEA) 2024

Warmest congratulations to the recipients of the Community Care Excellence Awards (CCEA) 2024 Silver Awards Individual Category! The award recognises Community Care staff and teams who have shown outstanding service and commitment in delivering quality care to their clients. Join us in celebrating their achievements and the positive impact they've made in our Home! Congratulations to our dedicated care staff!



HEALTHCARE HUMANITY AWARDS 2024

Congratulations to Ms Alvina Tan, Director of Nursing, for winning the Healthcare Humanity Award 2024 for "Compassion." She empowers others through initiatives like creating senior nursing aide roles and forming a volunteer first-aid team, making a lasting community impact through her leadership and care.



IT'S A PARTY!



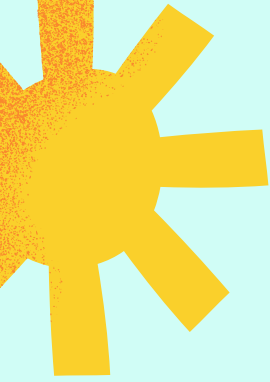
GOLDEN TALENT TIME 2024

What an unforgettable Golden Talent Time showcase! Our talented residents wowed the crowd with dance, music, and more, showing off their incredible skills and creativity. After weeks of preparation, the performers gave it their all, and one of our residents took on the role of judge!

Congratulations to all our performers, especially Mdm Fung, who took home the Special Talent Award for her stunning harmonica performance of "上海滩" ("The Bund")!! Additionally, we introduced our new BHEH Ambassadors, empowering them to proudly represent their wards and advocate for living a meaningful life—similar to how a school prefect leads and inspires others!

Thank you to all the family members who came to support and cheer on their loved ones! It was truly a day to remember.





IT'S A PARTY!



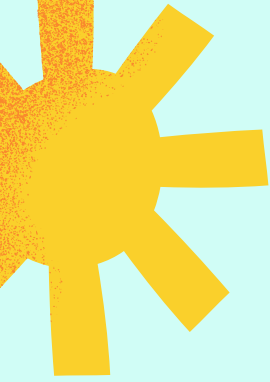
COMMUNITY CARE DAY!

We celebrated the dedication, compassion, and relentless efforts of our Community Care heroes! Their commitment has profoundly impacted the lives of our elderly residents, and we are truly grateful for their unwavering dedication!

As part of the celebration, we presented Long Service Awards to staff for 5, 10, and 20 years of service. We also bid a heartfelt farewell to our cherished Nurse Clinician, Mr Tang, who has been with us since 2000. It was an emotional moment as we sang a song to express our deep gratitude for his over two decades of tireless contributions to the Home.

A sincere thank you to the Agency for Integrated Care for driving this meaningful initiative! Let's create a future where the well-being of all our elderly residents is supported and enriched.





IT'S A PARTY!



DEEPAVALI

We had an incredible celebration filled with vibrant performances! Our talented therapists kicked things off with a lively and catchy Indian dance, followed by a stunning show by Sarva Fine Arts. And that's not all!

Our residents got to indulge in delicious Puttu Mayam and sweet Laddu to savour the festive flavours. We also captured some amazing moments with traditional Hindu Rangolis and had a great time playing with party sparklers! What a fantastic way to celebrate the Festival of Lights!



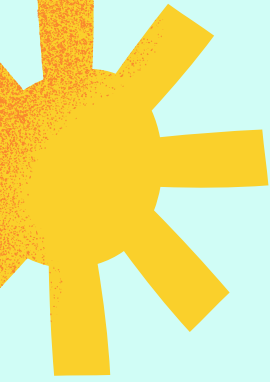
RESIDENTS CHRISTMAS CELEBRATION!

This year's celebration was extra special, with a beautiful Christmas carol performance that filled the air with festive cheer, and a sumptuous Christmas meal generously sponsored by Hope Worldwide.

Our residents were overjoyed as Mr Santa visited each of them, spreading holiday magic and handing out Christmas presents. The smiles on their faces were priceless, and it was heartwarming to witness their excitement and gratitude.

What a wonderful way to end the year!





IT'S A PARTY!



STAFF YEAR END PARTY

Our office staff sure knows how to bring the holiday cheer — this year's year-end party was extra special, with a homemade feast prepared by our very own team!

From savory dishes to sweet treats, every dish was made with care and creativity. It was wonderful to see everyone pitch in and share their cooking skills, turning our party into a true family-style celebration!

RESIDENTS CHRISTMAS DECO COMPETITION!

This festive season, we embraced sustainability and creativity by turning recycled items into beautiful Christmas ornaments! From old cardboards to empty milk bottles/tins, we transformed everyday materials into stunning decorations, all with the help of our residents.

It was such a joy to see everyone's creativity shine through, and the result was unique, eco-friendly ornaments that were made with love and care. ♥ We are reminded that the best decorations come from the heart, and sometimes the most beautiful things are made from what we already have. Happy holidays from all of us!



LOOK GOOD, SOUL GOOD!



"I'm really happy with the hair dye and manicure service I received! The volunteer was very attentive and made sure every detail was perfect. I felt completely pampered throughout the session, and it brought back memories of my younger days when I would always dress up and feel my best! "
- Mdm Seow

A Personalised Mobile Grooming Experience for Our Elderly Residents

We are happy to share the impact of our programme, a personal grooming programme that have truly brightened the lives of our elderly residents!

Through customised hairstyling, hair dye treatments, and relaxing manicures (with therapeutic shoulder & hand massage!) at the residents' doorsteps, they not only felt pampered but also experienced a renewed sense of confidence and well-being. These small acts of self-care have sparked joy, boosted self-esteem, and fostered a deeper connection with themselves!

A huge thank you to the Agency for Integrated Care, Community Foundation of Singapore, and the generous FUN! Fund donors for making this initiative possible. Your support is helping to create a space where our elders can thrive and feel valued!



FINDING JOY AGAIN: MR SIONG'S NEW SMILE

AFTER



Before



Mr Siong, 81 years old, was born in Sungei Lembing, Pahang, Malaysia. He is the eldest of nine siblings. At the age of 4, his family moved to Melaka, and later to Singapore, where he attended Dorset Primary School and Monk's Hill Secondary School. He was expelled at age 16 for poor academic performance and involvement in gang fights. He joined the secret society '369' at 16-17, and in 1966 was involved in a gang fight that led to his incarceration.

During his youth, he worked as a welder for his father but disliked the job. He also worked as a debt collector for loan sharks while involved in gang activities. He claimed to have avoided being caught by the police for unlawful acts. Mr Siong aspired to be a chef or engineer, drawn to the idea of good food and the technical nature of maintenance work. Despite his tumultuous past, he remains in contact with a former teacher who continued to care for him after his school expulsion.

He was admitted to Bright Hill Evergreen Home in 2021 after living at void decks due to his inability to care for himself. Over the past three years, he has adapted well to life at the Home. However, he has been facing ongoing challenges related to eating and speaking, caused by the loss of his teeth and the gradual loosening of his old denture, further worsened by muscle loss. These issues have not only impacted his physical health but also contributed to a noticeable decline in his confidence and social interactions, which has significantly affected his overall well-being.

Thanks to the generosity of Q&M Dental Group, two kind dentists have stepped forward to sponsor a new denture for Mr Siong. Dr Patel Amit provided the extractions, while Dr Sapphire Gan Tsering made the new denture. After several months of visits, Mr Siong finally received his new smile in September! Since then, he has been enjoying his meals with renewed enthusiasm. With his regained confidence, he even participated in our Golden Talent Time showcase, where he proudly displayed his colouring skills. He is truly happier and feels empowered once again!

Mr Siong's journey is a testament to the power of compassion and the difference that a caring community can make in someone's life. Thanks to the kindness of the dentists and the support of Bright Hill Evergreen Home, he has regained not only his physical well-being but also his sense of self-worth and joy.

VOLUNTEER ACTIVITIES

Let's check it out!



Greendale Primary School



Maha Bodhi School



Nan Chiau Primary School



Birthday Celebration



狮乐葫芦丝



KMS Youth Group



Angels of Love Group



Evergreen Group



China Mobile

& many more.. thank you for your time and effort in brightening our residents' day!



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.



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

Scan to donate:



Consider donating your unused CDC voucher to support our elderly residents. Not only will your donation make a difference, but it's also tax deductible!

Scan to donate:



DONATE YOUR UNUSED CDC VOUCHERS BY 31 JANUARY 2025!

CONTACT DETAILS

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奖项与荣誉

2024年慈善透明奖

我们很荣幸再次获得2024年慈善透明奖！这个奖项由慈善委员会颁发，表扬那些在透明度和良好治理方面做得很好的慈善组织。我们非常感谢这份肯定，这也反映了我们一直致力于保持高标准的治理。衷心感谢慈善委员会的奖励，也恭喜其他所有获奖者！



2024年社区关怀卓越奖 (CCEA)

热烈祝贺2024年社区关怀卓越奖 (CCEA) 银奖个人类别的获奖者！这个奖项表扬了那些在为客户提供优质护理服务方面表现突出的社区关怀工作人员和团队。让我们一起庆祝他们的成就，感谢他们为我们的疗养院带来的积极影响！恭喜我们敬业的护理人员！



(from left to right): Lim Jie Ying (Medical Social Work), Chia Yim Ling (Nursing), Goh Yan Xuan (Nursing), Lim Lay Beng (Nursing), Crystal Wang (Nursing), Cheah Mei Wan (Nursing), Jeraldine Lim (Medical Social Work)

2024年医疗关怀奖

恭喜护理总监陈女士荣获2024年医疗关怀奖「慈悲奖」！她通过创设资深护理助手岗位和组建志愿者急救队等举措，赋予他人力量，并通过她的领导和关怀为社区带来深远的影响。



一起派对!

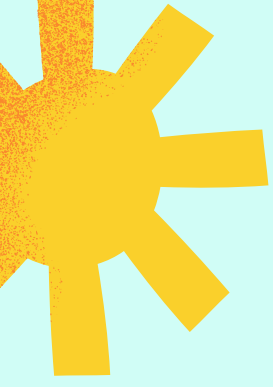
黄金年华光明山修身院之夜

真是一个难忘的表现! 我们的住户们通过舞蹈、歌唱等其他才艺, 惊艳了观众, 展现了他们的才华和创意。经过几周的准备, 表演者们尽力而为, 其中一位住户还担任了评委!

恭喜所有表演者, 特别是冯女士, 她凭借精彩的口琴演奏《上海滩》获得了特别才艺奖! 另外, 我们还介绍了新的修身院大使, 赋予他们代表自己住户的责任, 倡导过有意义的生活——就像学校的学生领袖一样, 带领和激励他人!

感谢所有前来支持和为亲人加油的家属们! 这真是一个值得回忆的日子。





一起派对!



社区护理日活动!

在11月,我们一起庆祝社区护理英雄们的奉献和关爱!他们的努力深深影响了我们老年住户的生活,而我们非常感激他们始终如一的付出。

在庆祝活动中,我们为服务满5年、10年和20年的员工颁发了长期服务奖。同时,我们也为从2000年开始一直任职的资深护士唐先生送上了真挚的告别。在那感人的时刻,大家齐声歌唱,表达对他二十多年辛勤付出的感激之情。

感谢护联中心支持并推动这项有意义的活动!让我们共同努力,创造一个更加关爱和改善所有老年住户福祉的未来。



一起派对!

屠妖节

我们度过了一个非常开心的庆祝活动，充满了精彩的表演！才华横溢的治疗师们首先带来了充满活力的印度舞蹈，随后 Sarva Fine Arts为大家呈现了精彩的表演。

住户们也品尝了美味的Puttu Mayam和甜美的Laddu，尽情享受节日的美味。我们还一起欣赏了传统的印度Rangoli艺术，并玩起了庆祝用的烟花棒！这真是庆祝灯节的完美方式！



圣诞庆祝活动!

今年的圣诞庆祝活动格外特别，大家一边听着美妙的圣诞颂歌，享受着节日的欢愉气氛，一边品尝了Hope Worldwide慷慨赞助的丰盛圣诞大餐。

当圣诞老人亲自来到每位住户身边，送上节日礼物时，大家的笑容满面，充满了喜悦与感激。这一幕让我们感到无比温暖。

真是一个完美的年终庆祝!



一起派对!



员工年终派对

员工们亲自准备了一顿美味的家常大餐!

从咸香可口的菜肴到甜蜜的点心，每一道菜都充满了用心与创意。看到每个部门都积极参与，展示自己的烹饪才艺，令这次派对变成了一场温馨的家庭式庆祝!

住户圣诞装饰比赛!

在这个节日季节，我们通过回收再利用物品制作美丽的圣诞装饰，展示了环保理念和创意! 从旧纸板到空的牛奶瓶和罐头，我们利用这些日常物品，和住户们一起打造了独一无二的圣诞环保装饰。

看到每个人的创意绽放，实在是让人感到欣慰。最终制作出的装饰既独特又充满爱心与关怀。♥ 这一过程让我们意识到，最美的装饰往往来源于心灵，有时候，最珍贵的东西是由我们身边已现有的资源创造出来的。节日快乐，祝大家一切顺利!



焕然一新，心灵愉悦！

“我非常满意这次的染发和美甲服务！志愿者非常细心，确保每个细节都做得完美。在整个过程中，我感到自己被宠爱一样，也勾起了我年轻时总是打扮自己、感觉最好的美好回忆！”

- 萧女士



为老年住户量身打造的个性化美容护理体验

我们很高兴与大家分享我们特别项目带来的变化——这项个人护理项目让我们老年住户的生活更加美好！

我们为住户提供了量身定制的发型、染发和舒适的美甲项目（还有肩部和手部按摩！），让他们感到被关爱，同时增加自信和快乐。这些简单的护理活动带来了笑容，提升了自尊，让他们更加爱自己！

在这里，我们特别感谢护联中心、新加坡社区基金会，以及慷慨Fun! Fund基金捐赠者。是你们的支持让这个项目得以实现！你们的赞助让我们的老年人能够在充满关爱和尊重的环境中茁壮成长！



微笑重生，心情焕然一新： 常先生的故事

AFTER



Before



常先生，81岁，来自马来西亚，是家里九个孩子中的长子。4岁时，他和家人搬到了马六甲，后来又来到新加坡，先后就读于Dorset Primary School and Monk's Hill Secondary School。16岁时，他因为成绩差又参与打架被学校开除。那时，他加入了“369”这个秘密社团，并在1966年因帮派斗殴被送进了监狱。

年轻时，常先生曾在父亲的焊接工厂工作，但他并不喜欢这份工作。他也曾为高利贷者做催债，并参与帮派活动。虽然如此，他表示自己曾多次避开警方的追捕。常先生曾梦想成为一名厨师或工程师，因为他喜欢美食，也对技术性的维修工作感兴趣。尽管有过不堪的过去，常先生一直与一位曾在他被学校开除后继续关心他的老师保持联系。

由于无法自理，常先生在2021年入住了光明山修身院，此前他一直住在组屋底层空地楼下。过去三年，他逐渐适应了疗养院的生活，但他一直因为牙齿缺失和旧假牙松动，导致吃饭和说话困难。这些问题不仅影响了他的身体健康，还让他的自信心下降，社交也变得更少，整体生活质量受到了很大影响。

感谢Q&M牙科集团的慷慨资助，两位善良的牙医为熊先生提供了新的假牙。Dr Patel Amit 负责拔牙，而 Dr Sapphire Gan Tsering 则为他制作了新的假牙。经过几个月的治疗，常先生终于在9月迎来了崭新的笑容！从那以后，他重新找回了对食物的兴趣，吃饭时变得更开心。恢复自信后，他还参加了我们的黄金年华光明山修身院之夜，骄傲地展示了自己的彩色技巧。现在，他变得更加快乐，也重新找回了自己的力量！

常先生的故事让我们看到了关爱与支持的力量。多亏了牙医们的帮助和光明山修身院的支持，常先生不仅恢复了咀嚼能力，也重新找到了自信和生活的快乐。

志愿活动



Greendale Primary School



Maha Bodhi School



Nan Chiau Primary School



Birthday Celebration



狮乐葫芦丝



KMS Youth Group



Angels of Love Group



Evergreen Group



China Mobile

还有更多.....感谢你们花时间和精力，带给我们住户快乐和欢笑！



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！



Maria 护士：“新床让护士能够为住户提供更好的护理体验！”



请慷慨解囊：



考虑捐赠您未使用的CDC券，以支持我们的老年住户。您的捐赠不仅会带来改变，而且还可享受税收扣除！

请慷慨解囊：



请在2025年1月31日前 捐赠您未使用的 社理会邻里购物券 (CDC券)！

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。

📍 100 Punggol Field Singapore 828811 ☎ 64593492
✉ enquiry@bheh.org 🌐 www.bheh.org 📱

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

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税收减免，请在账单参考项中注明“捐赠_您的身份证号码”

