



Bright Hill 光明山修身院
Evergreen Home

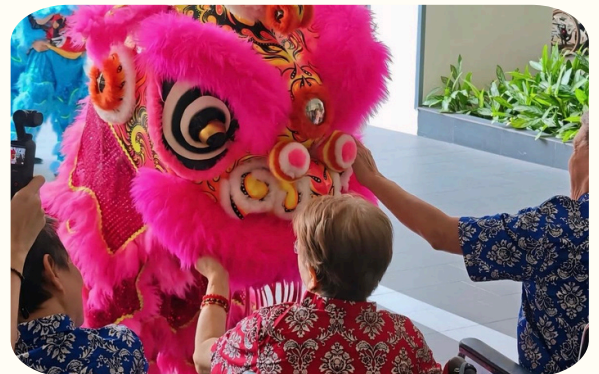
Evergreen 长青

Issue 11: Jan - Mar 2026



JEANETTE AW

In the House!



This Chinese New Year, our residents were treated to a very special visit! Actress Jeanette Aw dropped by our home to help us usher in the Year of the Horse with an energetic and spectacular lion dance performance.

Our residents watched with great delight as Jeanette gave her all in the performance—bringing smiles and plenty of applause from the audience. The festive spirit came alive as the lion danced through the space, spreading blessings for the year ahead.

To express our heartfelt appreciation for her visit, our very own Evergreen Band reciprocated with a lively musical performance. We presented token of appreciations made by our residents to her as well.

It was a beautiful exchange that made this Chinese New Year celebration one to remember!



CHINESE NEW YEAR 2026:

Welcoming the Year of the Horse!



Our Home was filled with festive cheer as residents, staff, volunteers, and friends came together to celebrate the season. From lively performances to meaningful traditions, every moment brought smiles, laughter, and a wonderful sense of togetherness!

A heartfelt thank you to everyone who visited, volunteered, performed, donated, and celebrated with us. You truly made our Home extra bright this Chinese New Year.

Cheers to 100 Wonderful Years!



8
CENTENARIANS!

100th



Celebrating a centenarian is always special—but this year, we are especially proud to share that we have 8 residents reaching the remarkable age of 100! Our eldest is 106 year-old. Each milestone is a powerful reminder of a life filled with stories, resilience, and precious memories!

To mark this meaningful occasion, our resident celebrated with a reunion meal together with their family members, and a special photoshoot session, capturing smiles, laughter, and memories that families can treasure for years to come.

It was a joyful celebration of life, family, and the extraordinary journey of reaching a century. We are honoured to celebrate these beautiful milestones with our residents and their loved ones!



EVERGREEN BAND LIVE In the Community!



Our Evergreen Band had the absolute joy of performing at the Allkin Active Ageing centre in Punggol — and what a wonderful morning it was! We were so heartened to see so many people joining us, filling the space with smiles, laughter and warm energy. It meant so much to share our music with such an enthusiastic crowd. From familiar classics to tunes that brought back beautiful memories, the singalongs and clapping made the entire session truly unforgettable!

It's amazing to see community integration in action — everyone coming together, connecting through music, and creating meaningful experiences. We can't wait to perform out of the home again!

INSPIRING YOUNG HEARTS:

Sharing the Realities of Eldercare



We were invited by Meridian Secondary School to share about Eldercare and the work of we do. During the session, we spoke about Singapore's ageing population, what life is like in our nursing home, and how every small act of care and kindness can make a meaningful difference in the lives of seniors. The students showed curiosity about the realities of ageing and eldercare.

It was heartening to see the younger generation reflect on how they can play a role in building a more caring and inclusive society for our seniors.





FREE MY HAND

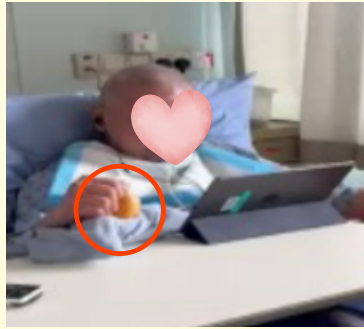
Free My Hand is a targeted initiative aimed at reducing and eventually eliminating the use of hand mittens among our residents. Through personalised assessments and alternative interventions, the team implements safe and effective strategies to address underlying needs such as agitation, restlessness, or safety concerns.

By adopting a person-centred approach, we support residents in gradually weaning off hand mittens, promoting greater comfort, dignity, and independence in their daily lives.

Success rate: 90%



Mr Lim is seen holding a towel with his right hand. His hand mitten was successfully removed last year.



Mr Wong receives interventions such as wheelchair vibration, light sensory stimulation, Chinese music, and ROM exercises. The use of a squeeze ball helps prevent him from pulling his NGT after his hand mittens were removed.

Medical Social Work Day



On World Social Work Day, we shine the spotlight on our Principal Medical Social Worker, Miss Niki Goh, and the vital role she plays in supporting our residents and their families at Bright Hill Evergreen Home. From helping residents adjust to life in the Home to guiding families through difficult moments, Niki and her team are often the calm voice, listening ear, and problem-solver all rolled into one.

Social workers may not always be the most visible members of the care team, but their work lies at the heart of what we do — ensuring that residents and families feel supported, understood, and never alone on their journey. Join us in celebrating the incredible social workers who bring compassion, empathy, and heart to their work every single day.

Youtube link - <https://www.youtube.com/watch?v=llqZlY0oY2U&t=17s>

BHEH Family & Residents Photoshoot



We recently hosted a heartwarming photoshoot for our residents, where they received instant prints and decorated their own photo frames—making each keepsake extra special.

With family members joining in, it became a rare chance for some to capture precious family moments, and for others, a once-in-a-lifetime experience to treasure forever.

A big thank you to our amazing volunteers for making every resident feel like a star!



VOLUNTEER APPRECIATION DAY

28 March 2026

We celebrated our Volunteer Appreciation Day with our largest turnout yet, bringing together our amazing volunteer community!

The day was filled with fun — from games and a lucky draw to our lively Best Dressed segment and certificate presentation. A key highlight was the heartfelt performances by our residents, alongside a special food station where they proudly served prata and their unique prata sardine gravy!



Volunteer Activities



*and
more!*

BE PART OF SOMETHING MEANINGFUL: BRING JOY AND SMILES TO THE ELDERS



At Bright Hill Evergreen Home, every day is about bringing comfort, dignity, and joy to the seniors under our care. Many of our residents rely on us not just for medical support, but for companionship, meaningful activities, and a sense of belonging.

Your donation goes beyond meeting daily needs—it helps us create moments of happiness, from music and outings to simple joys like a warm conversation or a smile shared.

Join us in making a difference. With your support, we can continue to provide a safe, caring, and vibrant home for our seniors. Every act of kindness matters.

DONATE

\$10 - Supports meal for a resident, for a day.

\$18 - Supports afternoon tea break for 20 residents, for a day.

\$68 - Supports the cost of diapers for 80 residents, for a day.

\$268 - Supports transport costs to ferry 10 residents for recreational outing, for a day.

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 non-profit social service agency providing long-term residential nursing care for the elderly, regardless of race, language or religion.

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✉ enquiry@bheh.org 🌐 www.bheh.org  

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.





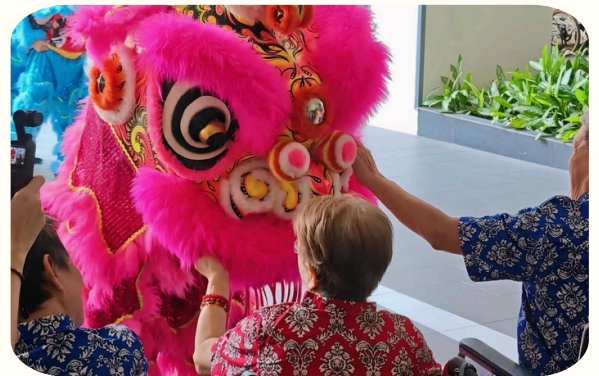
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欧萱
来啦!



今年农历新年，我们的住户迎来了一位非常特别的访客！演员欧萱亲临本院，与我们一同迎接马年，并带来了一场活力满满、精彩绝伦的舞狮表演。

在表演中，欧萱全情投入，住户们看得津津有味，现场充满欢笑与热烈掌声。随着舞狮在空间中灵动穿梭，也为新的一年带来了满满的祝福与喜气。

为表达我们由衷的感谢，我们的自家长青乐队也献上了一场热闹的音乐表演作为回礼。同时，我们也向她赠送了由住户亲手制作的心意礼物，以表谢意。

这是一场温馨而美好的交流，让今年的农历新年格外难忘！

照片由欧萱 经纪团队提供。



2026年农历新年：

喜迎马年！



在这个喜气洋洋的佳节里，我们的疗养院充满了浓浓的节日氛围，住户、员工、义工以及朋友们齐聚一堂，共同欢庆这个美好的时刻。从热闹精彩的表演到富有意义的传统活动，每一个瞬间都洋溢着欢笑、喜悦与温馨的团聚氛围！

衷心感谢所有前来探访、参与义工服务、带来表演、慷慨捐赠以及与我们一同庆祝的每一位朋友。正因为有你们，这个农历新年让我们的疗养院更加温暖与明亮！

庆祝美好的百年时光!



8位百岁人瑞!



庆祝百岁寿辰本就意义非凡——而今年，我们更是倍感自豪地分享：
共有8位住户迈入了令人敬佩的百岁高龄！其中，我们最年长的住户已达106岁高龄。

每一个里程碑，都是一段充满故事、坚韧与珍贵回忆的人生见证！为了纪念这一意义非凡的时刻，住户们与家人一同享用团圆餐，并参与了特别策划的摄影活动，留下家人们可以珍藏多年的美好回忆。

这是一场关于家庭与百年旅程的温馨庆典。我们深感荣幸，能够与住户及其挚爱亲人一同见证并庆祝这些珍贵的里程碑！



长青乐队： 走进社区现场演出！



我们的长青乐队非常荣幸能够在榜鹅的 Allkin 活跃乐龄中心演出——那真是一个美好的早晨！

看到这么多人参与其中，现场充满了笑容、欢声与温暖的能量，让我们深受感动。能与如此热情的观众分享音乐，对我们来说意义非凡。从熟悉的经典歌曲到勾起美好回忆的旋律，大家一起合唱与拍手，让整个活动变得格外难忘！

看到社区融合在这一刻真实地发生——大家因音乐而相聚、连接，并共同创造有意义的体验，真的非常美好。我们已经迫不及待再次为大家带来更多精彩的演出！

启发年轻一代： 了解住户的真实世界



我们受邀前往 Meridian Secondary School，与学生们分享有关长者照护及我们的工作内容。

在分享过程中，我们介绍了新加坡人口老龄化的现状、疗养院的日常生活，以及每一个细微的关怀与善意，如何为住户的生活带来深远而有意义的改变。学生们对老龄化与长者照护的真实情况展现了浓厚的好奇与关注。

看到年轻一代开始思考自己能如何在建设一个更关爱、更包容长者的社会中发挥作用，令我们感到十分欣慰。

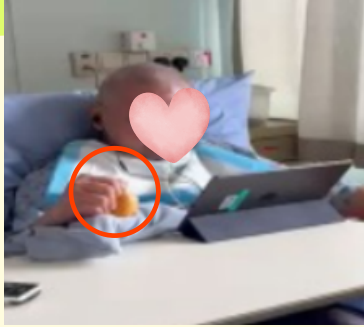




减少约束手套计划



林先生右手握着一条毛巾。他的手套已于去年成功移除。



黄先生接受的干预方案包括轮椅震动、轻度感官刺激、聆听中文音乐以及关节活动 (ROM) 训练。手套移除后，使用握力球有助于防止他拉扯鼻胃管 (NGT)。

“减少约束手套计划”(Free My Hand) 是一项针对性计划，旨在减少并最终全面取消住户使用手套 (约束手套)。通过个别化评估与替代性干预措施，团队制定安全且有效的策略，以应对如烦躁、不安或安全等潜在需求。

我们采用以人为本的照护方式，协助住户逐步摆脱手套的依赖，从而提升他们在日常生活中的舒适度、尊严与自主性。

成功率:

90%



医疗社会工作日



在世界社会工作日之际，我们特别聚焦本院的首席医疗社会员工——Niki Goh女士，以及她在光明山修身院中为住户及其家属所付出的重要贡献。从协助住户适应院内生活，到陪伴家属走过艰难时刻，Niki与她的团队常常身兼多职——既是沉稳的引导者、耐心的倾听者，也是解决问题的支持者。

社会工作者或许不是护理团队中最显眼的一群人，但他们的工作却正是我们服务的核心——让住户与家属在这段旅程中感到被支持、被理解，并且不再孤单。让我们一同向这些每天以关怀、同理心与热忱投入工作的社会员工致敬。

YouTube链接: <https://www.youtube.com/watch?v=llqZlY0oY2U&t=17s>

住户与家属摄影活动



我们近期为住户举办了一场温馨的摄影活动，现场即时打印照片，并让住户亲手装饰相框，让每一份纪念都更显特别。

在家属的陪伴下，这成为了难得的机会，让部分住户留下珍贵的全家福；对另一些人来说，更是一生难忘的摄影体验，留下可以珍藏一辈子的回忆。

衷心感谢我们的义工，让每位住户都感受到如明星般的光彩！



志愿者感谢日

28 March 2026

我们举办了志愿者感谢日，今年更是迎来了历来最多的参与人数，
汇聚了我们充满爱心的志愿者社区！

当天活动精彩纷呈——从互动游戏、幸运抽奖，到充满活力的最佳着装环节和证书颁发仪式，现场气氛热烈。活动的一大亮点是住户们带来的真挚表演，以及特别设置的美食摊位，由住户亲手制作并呈现香喷喷的印度煎饼（prata）和他们独特的沙丁鱼咖喱配料！



志愿活动



还有很多!

成为有意义的一份子： 为住户带来欢乐与笑容



在光明山修身院，我们每天都致力于为住户带来舒适、尊严与快乐。许多住户不仅依赖我们的医疗照护，也需要陪伴、有意义的活动，以及归属感。

您的捐赠不仅仅是满足日常所需，更帮助我们为住户创造一个幸福时刻——无论是音乐与外出活动，还是一段温暖的对话、一个真诚的微笑。

诚邀您与我们一同创造改变。在您的支持下，我们能继续为我们的住户提供一个安全、关爱且充满活力的家园。每一份善意都弥足珍贵。

DONATE

\$10 - 支持一位住户一天的膳食费用

\$18 - 支持20位住户一天的下午茶点

\$68 - 支持80位住户一天的纸尿片费用

\$268 - 支持10位住户一天外出活动的交通费用

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非营利社会服务机构，为长者提供长期住宿护理服务，不分种族、语言或宗教。

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请乐捐

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

OR PayNow to UEN S82SS0008F

税收减免，请在账单参考项中注明“捐赠_您的身份证号码”

