Bright Hill 光明山修身院 Evergreen Home

Evergreen 长青

Issue 13: Jul - Sept 2026

Our guests were captivated by the heartfelt performances of our resident performing groups – the Evergreen Band and Graceful Movement hand gesture group and enjoyed a tour of our Home to experience our person-centred care and vibrant community.



They were also treated to light refreshments thoughtfully prepared using homegrown herbs from our garden and freshly harvested vegetables lovingly cultivated by our residents. It was truly a farm-to-table experience that everyone enjoyed!



AGENCY FOR INTEGRATED CARE (AIC) COMMUNITY VISIT TO BHEH



We were honoured to welcome Ms Anita Fam, Chairman of Agency for Integrated Care, together with Mr Tan Chee Wee, Chief Executive Officer, Mr Chern Siang Jye, Assistant Chief Executive Officer, Mr Kenneth Chiong, Director, CEO Office, and Ms Tan Chia Hui, Senior Manager, to our Home.

The visit was filled with meaningful conversations, shared laughter, thoughtful discussions, and handmade souvenirs lovingly prepared by our residents. We hope our guests left with wonderful memories, just as we will cherish this memorable visit!





GRACEFUL MOVEMENT GROUP APPRECIATION CEREMONY







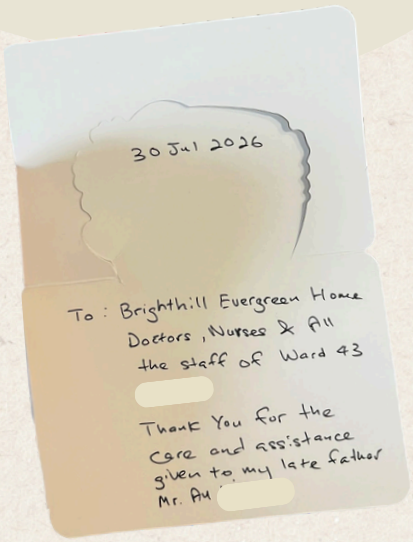
It was a meaningful day of appreciation as we celebrated the dedication and enthusiasm of our Graceful Movement hand gesture group!

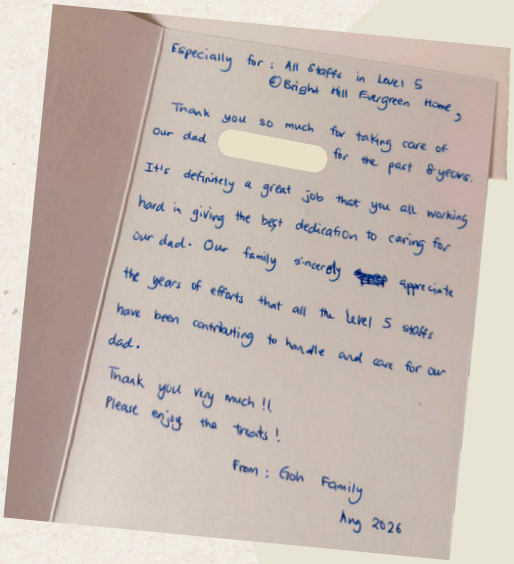
Our residents came together for a special appreciation ceremony to celebrate their dedication to staying active, attending regular sessions and inspiring one another through their perseverance. Performing an entire song through hand gestures was no easy feat and could be tiring at times. Yet, our residents persevered with determination and enthusiasm, showing us that with passion and perseverance, anything is possible! ❤️

As a special token of appreciation, each participating resident was presented with a personalised plaque, recognising their individual contribution and journey with the group. These plaques serve as a lasting reminder of their achievements and the joy they bring to our community! Cheers to more happy moments!

HEARTFELT NOTES FROM FAMILY MEMBERS

A heartfelt thank you to our residents' next-of-kin for the beautiful and touching words. Your kindness means so much to our team and reminds us of why we do what we do — to honour each resident's individuality, uphold their dignity, and journey alongside them with care and compassion!









EVERGREEN BAND LIVE IN THE COMMUNITY!

We were delighted to be invited by Chong Hua Tong Active Ageing Centre to perform at their expansion opening on 26 September! Our resident performers woke up bright and early, dressed up, had an early lunch and got themselves ready for a special day — taking the stage as part of the opening celebrations. A big thank you to Mr Alvin Tan, Minister of State for National Development of Singapore and his team for being so spontaneous and joining our Evergreen Band as our "volunteer" performer! Your enthusiasm definitely made the performance even more memorable.















CREATING, EXPLORING AND STAYING ENGAGED THROUGH ART











Our weekly Art & Craft sessions give residents a fun and meaningful way to stay mentally active while expressing their creativity!

Through hands-on activities, residents exercise their concentration, creativity and problem-solving skills while enjoying the simple joy of creating something with their own hands. Each week brings a new activity to explore, from glitter art and doodling to bud colouring, bookmark making, leaf art and tinsel pipe cleaner crafts — and there's always something new to look forward to!

More than just making art, these sessions create opportunities for residents to socialise, explore their creativity and enjoy a sense of accomplishment. Every artwork is a reflection of their imagination, effort and individuality! 🌈✨







GOLDEN TALENT TIME:
CELEBRATING CREATIVITY AND TALENT AT EVERY AGE

For the fourth consecutive year, Golden Talent Time returned with a heartwarming celebration of creativity, friendship and talent! Inspired by this year's Mid-Autumn Festival theme, our residents came together to showcase their artistic flair, express themselves and celebrate the unique talents that make our home so special!

From hands-on art activities to lively performances, the event offered something for everyone, including:

🌸 Fresh Flower Arrangement 🌿 Terrarium Art 🎨 Canvas Painting
🖍️ Colouring 🎤 Singing 💃 Dancing 🌟 Talent Showcase

The talent showcase was a highlight of the event, featuring a delightful variety of performances, from playing the harmonica and guitar to reciting childhood rhymes and more.

A heartfelt thank you to our residents, staff, family members, donors and volunteers for making Golden Talent Time 2026 such a meaningful and memorable celebration. Your enthusiasm and support made the event truly special! 👏🌟

Click here to WATCH the event




CONGRATULATION
CONGRATULATION
CONGRATULATION
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COMMUNITY CARE DAY















Care in a nursing home is a collective effort, made possible by a dedicated team of professionals working together to support the well-being, dignity and quality of life of our residents.

From our nursing staff who provide attentive medical care and support around the clock, to our medical social workers, who advocate for our residents and their families, and our therapists, who support rehabilitation, social well-being and functional independence, every member of the team plays an important role in delivering value-based person-centred care.

And beyond our daily work, we believe in taking time to celebrate, connect and have fun together too!

Click here to WATCH the event

Our memories core









NATIONAL DAY CELEBRATION



Every special occasion is a chance to come together, and national day is no different. It is a celebration for all of us, including our residents who have witnessed and been part of Singapore's journey over the years.

From joining a fun quiz, reciting the pledge and national anthem led by our residents, and singing along to familiar national day songs, to enjoying performances, waving our flags and dressing in red and white, there was plenty of excitement and laughter throughout the day!

Celebrations are always more meaningful when everyone gets to be part of them. ❤️

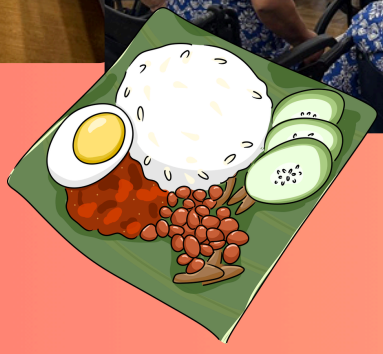














MID-AUTUMN FESTIVAL CELEBRATION











Mid-Autumn festival is a much-anticipated celebration that brings our residents together with heartwarming moments and cherished traditions. From lantern-making and Chang'e storytelling, to enjoying yummy mooncakes, sing-along and dancing performances, joining a carnival with delicious food, and going on an illuminated walk — our residents had a wonderful time!

Thank you to all our volunteers and donors for bringing so much joy and creating beautiful memories for our residents!

LOVE MAKES THE WORLD GO ROUND...
CHECK OUT OUR VOLUNTEERS IN ACTION!



A wonderful lion dance performance and buffet lunch sponsored by Shunlin Wushu Kwan and Mr Koh from Vision Green. Happy 50th Anniversary!



Thank you to Jessie and her friends for sponsoring tea break and entertaining our residents with singing and dancing!



A total of 80 residents visited the Zoo in July ❤️ Much thanks to our donor, Ms Goh for the kind sponsorship.



Reena and her friends helped feed our residents, supporting our nurses while bringing companionship and joy to the residents. ❤️



Apollo Global Citizenship Event – Bringing joy to our residents through a fun group batik painting competition. Thank you Apollo Management Singapore for the generous donation!



A Walk in the Park – Fresh air and sunshine! Thank you to Vincent and his group for bringing our residents outdoor.



A precious trip to Gardens by the Bay <3

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



Wheels of Hope: Restoring Mobility & Dignity

More than 400 residents at our nursing home rely on wheelchairs and tilt chairs every day — not just for mobility, but for comfort, safety, and dignity. These essential aids help prevent pressure injuries, support proper posture, and enable residents to participate in meals, activities, and daily life beyond their beds.

After years of daily use, many of our mobility aids have reached the end of their lifespan. We are seeking support to replace 80 wheelchairs and 20 tilt chairs, with more replacements needed over time as wear and tear continues.

Your gift is more than a chair. It restores independence, encourages social connection and helps our residents live with greater comfort and dignity.

Scan here to donate:

Give Our Elderly A Better Home

Our residents rely on safe, comfortable, and well-equipped environments to support their daily living, recovery, and overall well-being. With increasingly complex care needs, it is essential that our facilities are upgraded and maintained to provide safer mobility, better rest, and more personalised care for each resident.

Your support directly funds essential building and facility upgrades, replacements, ongoing maintenance and more, ensuring a safe, comfortable, and dignified living environment for our residents, while enabling our team to continue delivering quality, dignified, inclusive, person-centred care. Join us in building a better home for those who once built ours!

Scan here to donate:

Your donation will go even further — it will be matched dollar-for-dollar under the Community Silver Trust (CST), doubling the impact of your generosity.

This quarterly publication is produced by Bright Hill Evergreen Home's Community Engagement's 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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DONATE

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

OR PayNow to UEN S82SS0008F

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

Bright Hill 光明山修身院
Evergreen Home

Evergreen 长青

第13期：2026年7月至9月

我们的来宾深深陶醉于长者表演团体带来的精彩演出，包括长青乐队及 Graceful Movement 手势舞蹈组。同时，来宾也参观了本院，亲身了解我们以长者为中心的护理理念，以及充满活力与温情的社区氛围。



来宾们也品尝了我们精心准备的茶点，食材包括花园里自种的香草，以及长者们亲手栽种、新鲜采收的蔬菜。这是一场充满心意的「从花园到餐桌」体验，让大家都乐在其中！



护联局到访光明山修身院社区交流活动



我们非常荣幸迎来护联局主席 Ms Anita Fam，以及首席执行官 Mr Tan Chee Wee、助理首席执行官 Mr Chern Siang Jye、首席执行官办公室主任 Mr Kenneth Chiong，以及高级经理 Ms Tan Chia Hui，莅临本院参观。

此次到访充满了温馨的交流、欢声笑语与深入的分享。长者们也精心准备了手工纪念品，将满满的心意与祝福送给来宾。希望各位来宾留下美好的回忆，而这次难忘的相聚，也将成为我们心中珍贵的回忆！





GRACEFUL MOVEMENT 手势舞蹈组
感恩仪式







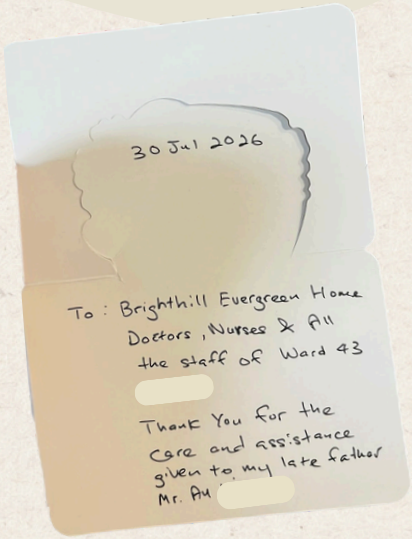
我们特别举办感恩仪式，向 Graceful Movement 手势舞蹈组的长者们致敬，感谢他们一直以来的投入与热情！

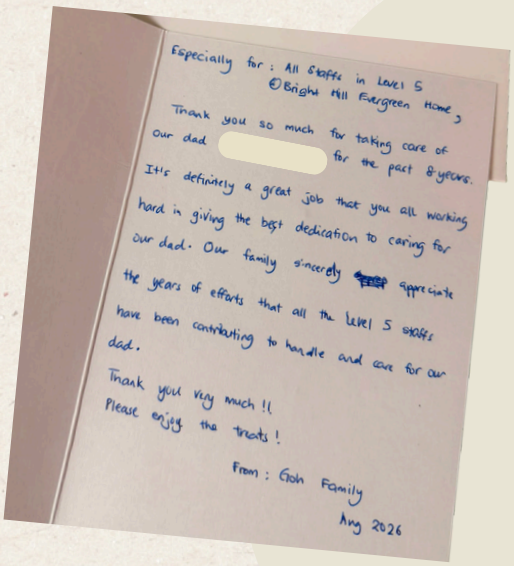
长者们齐聚一堂，参与特别的感恩仪式，肯定他们坚持保持活跃、定期参与练习，以及彼此鼓励、互相学习的精神。透过手势演绎一整首歌曲并不容易，对部分长者来说，有时也会感到疲累。然而，他们始终坚持不懈，努力完成每一次练习，展现了令人敬佩的毅力与决心。

为了表达我们的感谢，每位参与的长者都获赠一块专属纪念牌，以肯定他们对团队的付出，以及一路走来的点滴与成长。这些纪念牌不仅记录了他们的努力与成就，也象征着他们为我们的大家庭带来的喜悦与感动！期待未来继续创造更多美好、快乐的回忆！

来自家属的暖心分享

衷心感谢长者家属分享这些温暖而感人的话语。你们的理解与支持，对我们的团队意义非凡，也时刻提醒着我们坚守初心 — 尊重每一位长者的独特性，维护他们的尊严，并以关爱与耐心陪伴他们走过人生的每一段旅程！









长青乐队走进社区，传递欢乐！

我们非常荣幸受邀出席中华堂活跃乐龄中心（Chong Hua Tong Active Ageing Centre）于 9 月 26 日举行的扩展启用仪式，并为活动带来精彩演出！当天一大早，我们的长者表演团成员便精神饱满地起床、精心打扮、提早享用午餐，并做好准备，迎接这个特别的日子！他们登上舞台，以音乐和活力为启用仪式增添欢乐气氛。 衷心感谢新加坡国家发展部政务部长 MrAlvin Tan 及其团队的热情参与！特别感谢陈先生即兴加入长青乐队，担任我们的「志愿表演嘉宾」，与长者们一同演奏！您的热情参与，为这场演出增添了更多惊喜，也让这段回忆更加难忘！



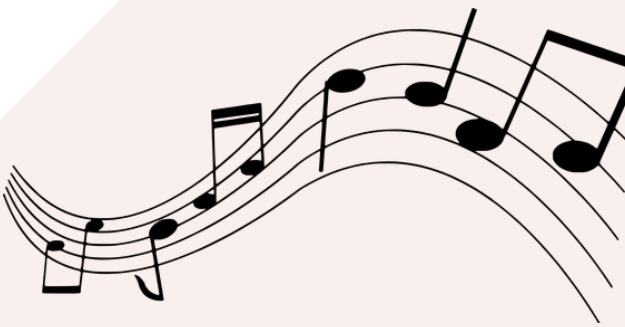












以艺术创作，探索精彩乐龄生活







每周艺术与手工活动，让长者在创作中保持活跃，享受充实又有意义的时光！

通过亲自动手参与各种创意活动，长者不仅能锻炼专注力、发挥创造力及提升解决问题的能力，也能在亲手完成作品的过程中，享受简单而纯粹的快乐。每周都有不同的新体验，从闪粉艺术、涂鸦、花苞涂色，到书签制作、树叶艺术及彩色毛根手工，让长者每周都充满期待！

艺术与手工活动不只是创作，更为长者提供了交流互动、探索创意及享受成就感的机会。每一件作品都展现了长者独特的想象力、用心与个性！ 🌈✨







黄金年华光明山修身院之夜：
绽放创意，展现各年龄层的精彩才华

连续第四年举办的黄金年华光明山修身院之夜，再次为大家带来一场充满温情、友谊与才华的精彩庆典！今年以中秋节为主题，长者们齐聚一堂，展现艺术才华、发挥创意、表达自我，共同庆祝每一份独特的天赋，让我们的大家庭更加精彩！

从动手创作的艺术活动到活力满满的精彩表演，活动内容丰富多彩，让每位长者都能乐在其中，包括：

🌸 鲜花插花　🌿 微景观盆栽艺术　🎨 画布彩绘
🖍️ 填色创作　🎤 歌唱表演　💃 舞蹈表演　🌟 才艺展示

其中，才艺展示环节更是全场亮点！长者们带来了丰富多样的精彩表演，从吹奏口琴、弹奏吉他，到朗诵儿时童谣等，每一项表演都展现了他们的独特才华与热情，赢得现场阵阵掌声！

衷心感谢所有长者、员工、家属、捐赠者及志愿者的支持与付出，让黄金年华光明山修身院之夜2026成为一场充满意义、温馨又难忘的庆典。因为有大家的热情参与和支持，节目才能如此精彩！ 👏🌟

点击这里观看活动精彩回顾




CONGRATULATION
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社区关怀日















在疗养院里，关怀与照护需要整个团队共同努力。每一位专业人员都尽心尽力，携手守护长者的身心健康、尊严与生活品质。

从全天候提供细心医疗照护与支持的护理团队，到为长者及其家属提供协助与维护权益的医务社工，再到支持长者康复、促进社交与身心健康，以及提升日常生活自理能力的治疗师，每一位团队成员都发挥着重要作用，共同落实以长者为中心、注重照护成效的护理理念。除了日常的工作与照护，我们也相信，彼此之间的庆祝、交流与欢乐同样重要！让我们在忙碌之余，也不忘一起创造美好回忆，增进团队情谊！

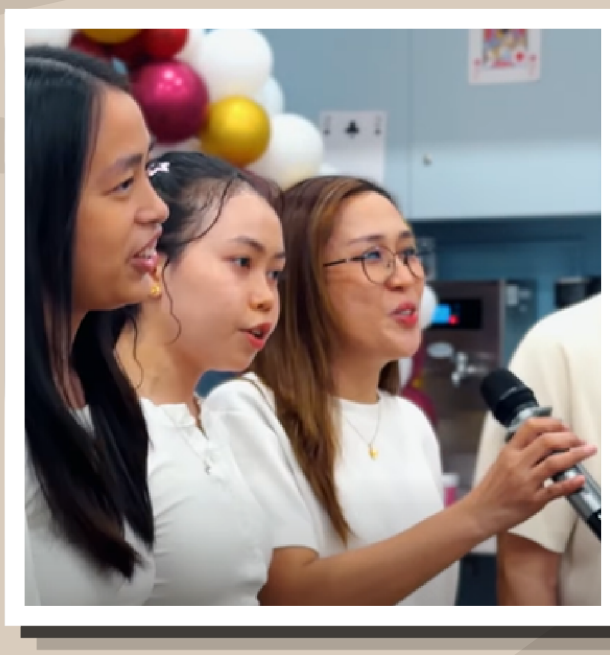
点击这里观看社区关怀日精彩回顾

我们的珍贵回忆









国庆日庆祝活动



每一个特别的日子，都是大家欢聚一堂的美好时刻，国庆日也不例外。这是属于我们每一个人的庆典，包括一路见证并参与新加坡发展历程的长者们。

从参与趣味问答、由长者带领大家宣读信约及唱国歌，到齐声高唱耳熟能详的国庆歌曲、欣赏精彩表演、挥舞国旗，以及穿上红白相间的服饰，整场庆祝活动洋溢着兴奋、欢笑与浓浓的节日气氛！

当每一个人都能参与其中，庆祝活动便更添意义与温度。❤️

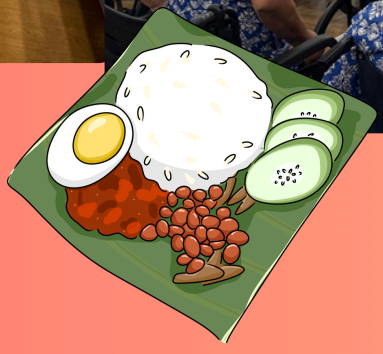














中秋节庆祝活动











中秋节是大家期待已久的传统佳节，也是让社区齐聚一堂、共度温馨时光、传承美好传统的重要日子。从制作灯笼、聆听嫦娥的故事，到品尝美味月饼、一起唱歌跳舞、参与美食嘉年华，再到结伴漫步欣赏璀璨灯饰，长者们度过了一个欢乐又难忘的中秋节！

衷心感谢所有志愿者与捐赠者，为长者们带来满满的欢乐，创造了许多温馨而美好的回忆！

爱让世界更美好.....来看看志愿者们的暖心行动!



感谢顺林武术馆与 Vision Green 的 Koh 先生赞助自助午餐，并带来精彩的舞狮表演。
祝贺 50 周年纪念！ 🦁🎉



衷心感谢 Jessie 和她的朋友们赞助茶点，并通过精彩的歌唱与舞蹈表演，为长者们带来欢乐！ ❤️



今年7月，共有80位长者到访动物园，度过了愉快的一天！ ❤️ 衷心感谢捐赠者 Ms Goh 的慷慨赞助与支持。



衷心感谢 Reena 和她的朋友们协助为长者提供喂食服务，减轻护理团队日常工作的负担！



Apollo Global Citizenship Event – 通过有趣的集体蜡染绘画比赛，为长者们带来欢乐！衷心感谢 Apollo Management Singapore 的慷慨捐赠与支持！ ❤️



公园漫步 — 呼吸新鲜空气，享受阳光！
衷心感谢 Vincent 和他的团队带领长者们走出户外，享受美好时光！ ❤️



一趟珍贵又美好的滨海湾花园之旅 ❤️

参与有意义的公益活动，为长者带来欢乐与笑容！



希望之轮：助长者重拾行动力，活出尊严

在我们的疗养院，400多位长者每天都需要依靠轮椅和倾斜式轮椅（Tilt Chair）来维持日常生活。这些辅助设备不仅帮助他们安全移动，还能减轻身体压力、预防压疮、保持正确坐姿，让他们有机会离开床铺，参与用餐、康乐活动，与他人交流，重新感受生活的乐趣与尊严。

经过多年的频繁使用，许多轮椅和倾斜式轮椅已经严重老化，急需更换。我们正在筹集善款，为长者更换80台轮椅和20台倾斜式轮椅，并将陆续更换其他因长期使用而损耗的辅助设备。

您的每一份爱心捐赠，都不仅仅是一台轮椅，更是帮助长者重拾行动能力，融入社交生活，享有更舒适、更有尊严的晚年生活。

扫码献爱心：

为长者打造更美好的家园

我们的长者需要一个安全、舒适且设备完善的生活环境，以支持他们的日常生活、康复及整体福祉。随着护理需求日益复杂，我们必须持续提升和维护院舍设施，为长者提供更安全的行动环境、更舒适的休息空间，以及更贴合个人需要的护理服务。

您的支持将直接用于资助院舍设施的升级、设备更换、日常维修与保养等，帮助我们为长者营造一个安全、舒适且有尊严的居住环境，同时让我们的团队能够持续提供优质、有尊严、包容且以人为本的护理服务。

让我们携手打造更美好的家园，回馈曾经建设我们社会的一代人！

扫码献爱心：

您的爱心，将发挥双倍力量！
在社区关怀信托基金（Community Silver Trust，CST）一比一配捐支持下，
您的每一笔捐款都将产生双倍影响，帮助更多长者。

此季刊由光明山修身院社区参与团队编辑。我们欢迎您的反馈和宝贵意见。

编辑：*Zoey Choo*

联系方式

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