



Bright Hill 光明山修身院

Evergreen  
Home

# Evergreen

长青

Issue 9: July - Sept 2025

## CARE STAFF DAY

Our Care Staff play such an important role in looking after our resident and we went all out to celebrate their hard work with a bang! 🎉

We rolled out the fun with exciting games, a TikTok Idol Dance Competition that had everyone cheering 🕺💃, and of course... the all-time favourites: lucky draw, buffet feast, and ice cream treats. A special highlight this year - we invited back two of our longest-serving Care Staff, who have dedicated many years to Bright Hill Evergreen Home. It was heartwarming to celebrate with them once again!

A big shoutout to our amazing Care Staff - this celebration is all about YOU. Thank you for your love, dedication, and the endless smiles you bring to our residents every single day. 🌸💖

Do you have a TikTok Idol in your office?  
We do!



# BHEH KOPITIAM

## Menu



Our residents have taken on exciting new roles as baristas and helpers in our new initiative; BHEH Kopitiam! Dressed in customised aprons and visors, and even receiving their own appointment letters and resident leader badge, they've been brewing and serving kopi and snacks with pride and joy. Running daily on weekdays, the project not only brings back fond memories of the old coffee shop days, but also builds confidence, laughter, and smiles all around! ☀



*Taking order - preparing food & drink - serve!*



*Resident receiving appointment letter and resident leader badge!*



Before the official launch, our staff and residents went through a fun training session where they learned the basics of preparing drinks and serving with a smile.





# MOBILE DENTAL CLINIC LAUNCH



We are delighted to be part of the Mobile Dental Clinic media launch on 26 September, held at our nursing home. This meaningful initiative brings essential dental care right to our residents' doorstep, greatly benefiting their well-being.

Congratulations to Lion Singapore and the National Dental Centre Singapore - NDCS on the successful launch, and for bridging oral healthcare access for the underserved populations!

We extend a warm welcome to Mdm Rahayu Mahzam for gracing our nursing home as the esteemed Guest-of-Honour at the launch.

Special thanks to Elvin Ng, Systema Ambassador and Mediacorp Artiste, for spending time with our residents and personally distributing thoughtful goodie bags!



# COOKING IS A LIFESTYLE



## Staff PK!



Cooking at Bright Hill Evergreen Home is more than just preparing food—it's a wonderful way to build cohesion and enjoy a friendly match, and we get to taste different various cuisines!

## Resident PK!

### *Cooking...*



### *Explaining the dishes..*



### *Ready to serve!*



Thanks to our Social Service Partner:  
**HOPE worldwide (Singapore)**

Watch the Heat In Action on Youtube -  
<https://www.youtube.com/watch?v=TaZvRamTNyA&t=1s>





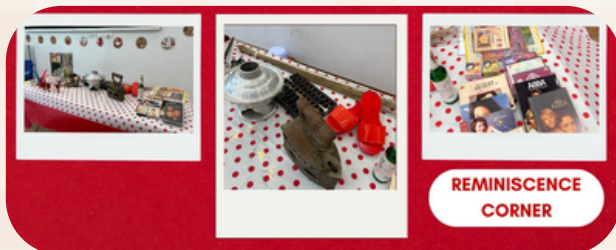
# NATIONAL DAY CELEBRATION

Happy National Day!

Our residents celebrated Singapore's 60th birthday in style! ❤️ We spent a wonderful day filled with joy, laughter and creative activities designed to reminisce about our kampong days and celebrate our nation's vibrant heritage.

Thank you to our amazing staff for making this day memorable, and to our beloved residents for their enthusiasm and energy!

📸 Check out the photos to see the joy in action!



# NEWS & UPDATES

## Republic Polytechnic Talk



Sharing by CEO, Ms Cheng Siok Khoong

We were honoured to be invited by Republic Polytechnic to share insights on our innovative, resident-centric projects at the Diploma in Integrated Community Care Industry Day.

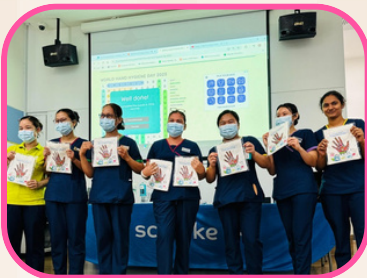
At the heart of our work is the belief that every resident matters — and we are committed to delivering holistic care that supports not only clinical, but also emotional and social well-being. We're heartened to see the students' curiosity sparked during the talk, and even more encouraged that they could see how their background in sports can play a meaningful role in improving the lives of seniors in nursing homes. Together, we can shape a more inclusive and vibrant future for ageing care!

## World Hand Hygiene Day!



What does the viral song "APT" have to do with World Hand Hygiene Day?

Our creative staff danced to the catchy rhythm of the song — all while demonstrating proper handwashing techniques! What a fun and memorable way to raise awareness! From fun handwashing demonstrations to interactive quizzes and an educational talk, we are reminded of safe hygiene habits that protect everyone — especially our vulnerable seniors.



## World's Alzheimer's Day

We raise awareness for Alzheimer's and other forms of dementia, and honor the resilience of those living with memory loss. At Bright Hill Evergreen Home, we celebrate every smile, every memory, and every moment with our residents.

Let's show love, patience, and understanding to those affected by Alzheimer's. ❤️

## World's Alzheimer's Day

21 September 2025





# A SIX-YEAR JOURNEY OF RESILIENCE:

## MR TAN'S STORY

Mr Tan, aged 76, is one of our most inspiring residents. He lives with Guillain-Barré Syndrome (GBS), a rare condition where, unlike most patients who recover within six months, he has sustained permanent nerve cell damage that affects the communication between his brain and body. His journey has been anything but easy.

Yet, despite the challenges, Mr Tan is a cheerful and helpful soul, always ready to lend a hand or brighten someone's day. In a place where many might understandably feel discouraged, his optimism and willingness to support others stand out.



Since joining us in 2019, Mr Tan has made remarkable progress. When he first arrived, he was bed-to-wheelchair bound and needed full assistance for all activities of daily living. Today, although he still uses a wheelchair, he can walk up to 30 metres with a walking frame and one-person assistance during rehabilitation sessions twice a week. His determination in both rehab and occupational therapy, coupled with his inner resilience, has brought him steady and meaningful improvements.



Joined in the fun with the 5 Stones Challenge at our National Day celebration - a challenge he might find difficult in the past

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.

Every week since 2020, Mr Tan has also participated in a mathematics activity run by our admin staff. What may seem like a simple pastime has, in fact, strengthened his fine motor skills, sharpened his mental calculations, and even improved his handwriting. Week after week, month after month, his dedication has paid off — proof that consistent effort, no matter how small, can lead to lasting change. The staff are impressed by his determination that led to this significant improvement and are proud of how far he has come!



Weekly exercises have strengthened his physical strength



Spreading butter for the other residents - always helping his friends

Mr Tan's journey reminds us that recovery is not just about physical milestones, but also about the courage to keep going, the discipline to show up, and the heart to inspire those around you!

84	46	67	52	91	82	73	64
X 5	X 7	X 9	X 8	X 5	X 7	X 9	X 8
420	322	603	416	455	574	657	512
54	63	57	91	55	47	38	29
X 6	X 8	X 5	X 7	X 6	X 8	X 5	X 7
324	504	285	637	330	376	190	203
28	62	77	83	16	92	88	74
X 9	X 7	X 6	X 8	X 9	X 7	X 6	X 8
252	434	462	664	144	644	528	592

2020 (left) vs 2022 (right)- handwriting has gradually improved

19	63	78	92
X 9	X 7	X 6	X 8
171	441	468	736
46	27	33	59
X 5	X 8	X 6	X 7
230	216	198	413
69	71	84	95
X 7	X 9	X 5	X 8
483	639	420	760
82	67	73	47
X 6	X 8	X 7	X 5
492	536	511	235

2025 - fast forward today, he has significantly improved his handwriting and mental calculations

# CATHERINE'S 20-YEAR VOLUNTEERING JOURNEY:

## Lifelong Commitment to EMPOWERING THE ELDERLY

Since 2005, Catherine has been a dedicated volunteer at Bright Hill Evergreen Home (BHEH), supporting elderly residents across its Bishan, Senja, and Punggol locations. Her work involves coordinating activities and building meaningful connections. Through her experiences, Catherine has formed deep emotional bonds with residents, making her an integral part of their lives.

**Evergreen:** What motivates you to volunteer at BHEH?

I would say it's a combination of self-motivation and the recognition of how important it is to teach my children to respect the elderly. Hence we began volunteering as a family of three at Bishan until BHEH relocated to Senja. After that, my children continued to participate in more school community projects, while I continued my volunteer work at Senja.

Volunteering offers personal benefits. It enables me to bond with my children through shared interests, teach them how to engage with seniors, discover our strengths and weaknesses, and learn from like-minded volunteers.

**Evergreen:** What has been the most rewarding part of your experience volunteering at a nursing home?

My mother passed away when I was young, and volunteering in a nursing home felt like returning home (回娘家). I shared my feelings with some of the female residents, and they immediately held my hand. That warm connection is something I'll never forget. Even now, when I think of the aunties who touched my heart, tears still fill my eyes. I realized how much I enjoyed talking to the elderly, and how I was able to bring smiles and cheerful responses from them.



Hi, I'm Catherine. I began at BHEH Bishan in May 2005 and later moved to Senja when BHEH relocated for a few years while Punggol was being developed. For the first 10 years, I volunteered every Saturday afternoon. Due to work and family commitments, I reduced my volunteering to twice a month, and then the pandemic hit. Now, I volunteer once a month, but I'm still going strong! 😊



With the old residents at Senja celebrating Mid-Autumn festival



Back in the days at Bright Hill Road!

**Click here to read more:**

<https://www.bheh.org/2025/03/19/catherines-20-year-volunteering-journey-lifelong-commitment-to-empowering-the-elderly/>



# VOLUNTEER ACTIVITIES



Funfair by Mrs Chandran!



Standard Chartered  
Bank visit!



FUN under the sun  
- Rainforest Wild ASIA outing



Yearly Boys' Brigade  
engagement



Trip to Jewel with  
HOPE worldwide (Singapore)!



Games with kids  
from Kids Kingdom



Intergenerational interaction  
with Brighton Montessori



Gardens by the Bay trip  
with EDB!



Singapore Chinese Orchestra  
playing amazing songs to us!

and more!

# Join Us in Making a Difference: Comfort & Care: Milk & Diapers Drive



Scan here to donate:



Many of our vulnerable residents depend on basic yet vital daily items such as milk powder and adult diapers to maintain their health, dignity and comfort. These essentials, while simple, form the foundation of their everyday care—providing proper nutrition, hygiene and peace of mind. More than \$550,000 is spent annually on diapers and milk feed, and this amount continues to rise each year.

The Comfort & Care: Milk & Diapers Drive aims to raise funds to support the purchase of these core necessities for our elderly residents who are frail, bedbound, or require long-term assistance. These items are not luxuries—they are lifelines.

With rising costs and increasing demand, your support can help us ensure that no resident goes without. Every dollar raised will go directly toward providing milk powder for those who are unable to eat solid food, and diapers to preserve comfort, cleanliness, and dignity. Your donation will entitle us for a dollar-for-dollar matching under the Tote Board's Enhanced Fund-Raising Programme (EFR). Together, let's provide the care, comfort and dignity our seniors deserve—one pack of milk powder and one diaper at a time!

DONATE

*\$100 - provides 1 month of diaper supplies for an elderly*

*\$300 - provides 3 months of diaper supplies for an elderly*

*\$800 - provides 1 day worth of milk intake*

*\$1,200 - provides 12 months of diaper supplies for an elderly*

*\$5,600 - provides 1 week worth of milk intake*

*\$24,000 - provides 1 month (30 days) worth of milk intake*

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

📍 100 Punggol Field Singapore 828811 ☎ 64593492  
✉ [enquiry@bheh.org](mailto:enquiry@bheh.org) 🌐 [www.bheh.org](http://www.bheh.org) 📱 [f](#) [in](#)

## 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.







Bright Hill 光明山修身院

Evergreen  
Home

# Evergreen

## 长青

Issue 9: July - Sept 2025

## 护理人员目

护理人员扮演着重要角色。因此我们特别为他们举办了一场盛大的庆祝活动，向他们的辛勤付出致敬！

当天节目满满：有趣的游戏、让大家热烈欢呼的 TikTok 舞蹈比赛 🕺💃，还有大家最期待的幸运抽奖、自助餐和冰淇淋。今年的特别环节，是邀请了两位在光明山修身院服务多年的资深护理同事回来一起庆祝，场面非常温馨感人。

我们也借此机会向所有护理人员表达诚挚的谢意——这场庆祝活动正是为了你们而举办。感谢你们一直以来的爱心与付出，以及每天为住户带来的温暖与笑容。💐❤️

你们办公室里  
有 TikTok 偶像吗？  
我们有哦！



# BHEH 咖啡香

Menu



在全新的 BHEH Kopitiam 项目中，我们的住户摇身一变，成为了咖啡师和小帮手！他们身穿特别订制的围裙与帽子，专属的聘书和“我是班长”徽章，自豪又开心地为其他住户冲泡香浓咖啡、端上热腾腾的糕点。这个项目平日每天运行，不仅让大家重温昔日咖啡店的美好回忆，也带来了信心、欢笑与满满的笑容！



点单 → 备餐与饮品 → 上菜！



住户领取聘书  
和“我是班长”徽章！



在正式开业前，我们的员工和住户参加了一场有趣的培训课程，学习了运用咖啡机的基础知识，以及如何带着笑容服务大家。





# 流动牙科诊所



我们非常荣幸参与于9月26日在本院举办的流动牙科诊所媒体发布会。这项充满意义的计划，将基础牙科护理直接送到住户身边，切实改善了他们的健康与福祉。

衷心祝贺Lion Singapore 与新加坡国家牙科中心（NDCS）成功举办发布会，为弱势群体架起口腔健康的桥梁！

我们热烈欢迎 Mdm Rahayu Mahzam 莅临本院，担任发布会的尊贵嘉宾。

特别感谢Systema大使兼Mediacorp艺人黄俊雄（Elvin Ng）与住户亲切互动，并亲自派发贴心的礼品包！



# 烹饪是一种生活方式



## 员工比赛



烹饪不仅仅是准备食物——它也是增进团队凝聚力、享受友谊比赛的美好方式，同时还能品尝各种不同的美食！

## 住户比赛

料理。。。。



介绍菜肴。。。。



上菜咯！



特别感谢社会服务伙伴的支持：  
HOPE worldwide (Singapore)

观看精彩比赛实况 -

<https://www.youtube.com/watch?v=TaZvRamTNyA&t=1s>





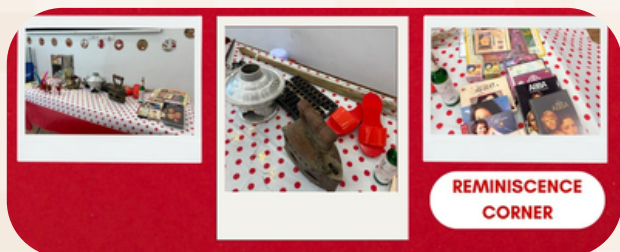
# 国庆节庆祝

国庆节快乐！

住户以特别的方式庆祝新加坡60岁生日！❤️ 这一天充满了欢笑与喜悦，还有丰富有趣的创意活动，让大家回味昔日的甘榜时光，同时庆祝我们多姿多彩的国家文化。

感谢我们的员工，让这一天充满难忘的回忆，也感谢亲爱的住户们带来的热情与活力！

📸 一起来看看照片，感受现场满满的欢乐氛围吧！



# 新闻与动态

## 共和理工学院讲座



Sharing by CEO, Ms Cheng Siok Khoong

我们非常荣幸受邀前往共和理工学院，于《综合社区护理文凭课程产业日》分享光明山修身院以住户为中心的经验，让更多未来的社区护理专业人士了解我们的实践与理念。

我们始终坚信，每一位住户都很重要。我们致力于提供全面的护理服务，不仅关注临床健康，也关心住户的情绪与社会福祉。很高兴看到同学们在讲座中表现出浓厚的好奇心，更让我们欣慰的是，他们能够理解体育背景在提升疗养院长者生活质量中所能发挥的重要作用。

让我们携手努力，共同打造一个更加包容、多元且充满活力的疗养护理未来！

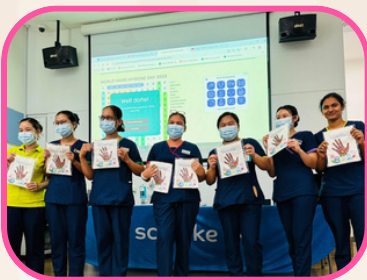


## 世界手卫生日

热门歌曲《APT》与世界手卫生日有什么关系？

加了创意，护理人员随着这首洗脑歌曲的节奏跳起舞来——同时示范正确的洗手方法！这是提高大家意识既有趣又难忘的方式！

从有趣的洗手示范，到互动问答和教育讲座，我们再次提醒自己，保持安全的卫生习惯对每个人都至关重要——尤其是我们脆弱的长者群体。



## 世界阿尔茨海默病日

我们用心提升大众对阿尔茨海默症及其他类型失智症的关注，同时也向所有与记忆衰退奋力抗争的人致敬。在光明山修身院，我们珍惜每一个笑容、每一段回忆，以及与住户携手共度的点点时光。

让我们以爱心、耐心和理解，陪伴每一位受阿尔茨海默症影响的长者。❤️

World's  
Alzheimer's  
Day

21 September  
2025





# 六年的坚韧之旅： 陈先生的故事

76岁的陈先生是我们最具鼓舞人心的住户之一。他罹患格林-巴利综合症（GBS），这是一种罕见疾病。与大多数患者在六个月内可恢复不同，陈先生的神经细胞受到永久性损伤，影响大脑与身体之间的沟通。他的康复之路充满了艰辛。

然而，尽管面临重重挑战，陈先生依然保持开朗和乐于助人的精神，总是随时准备伸出援手或为他人带来欢笑。在许多人可能感到气馁的环境中，他的乐观态度和愿意支持他人的精神格外令人钦佩。



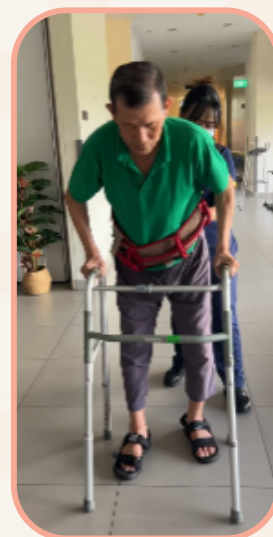
自2019年加入我们以来，陈先生取得了显著的进步。刚到这里时，他只能在床上或轮椅之间活动，日常生活的各项事务都需要全程协助。如今，虽然仍需依靠轮椅，他在每周两次的康复训练中，借助助行器和一人的协助，已能行走最长达30米。他在康复训练和作业治疗中的坚毅，以及内心的韧性，为他带来了稳步而有意义的改善。



在我们的国庆庆典上，他也参与了“五石子挑战”的趣味活动——这可是他过去可能觉得困难的游戏

经过多年的物理治疗，陈先生现在可以在他人协助下缓慢行走，并能活动左臂。每天早晨，他都会自行锻炼手臂，希望逐步恢复右臂的功能。他期望自己能在一年内出院。

自2020年以来，陈先生每周还参加由我们行政助理提供的数学活动。看似简单的消遣，实际上锻炼了他的精细动作能力、提升了心算能力，甚至改善了书写。周复一周，月复一月，他的坚持获得了回报——证明了持续努力，无论多么微小，都能带来持久的改变。我们对他所展现出的决心和取得的显著进步感到钦佩，也为他的成长感到自豪！



每周坚持锻炼使他的身体更加强壮

陈先生的康复之路提醒我们，恢复不仅关乎身体上的里程碑，更在于继续前行的勇气、持之以恒的自律，以及激励身边人的心。



为其他住户涂抹牛油——他总是乐于助人，关心朋友

84	46	67	52	91	82	73	64
X 5	X 7	X 9	X 8	X 5	X 7	X 9	X 8
420	322	603	416	455	574	657	512
54	63	57	91	55	47	38	29
X 6	X 8	X 5	X 7	X 6	X 8	X 5	X 7
324	504	285	637	330	376	190	203
28	62	77	83	16	92	88	74
X 9	X 7	X 6	X 8	X 9	X 7	X 6	X 8
252	434	462	664	144	644	528	592

2020年（左）对比2022年（右）——书写逐渐进步

19	63	78	92	19	63	78	92
X 9	X 7	X 6	X 8	X 9	X 7	X 6	X 8
171	441	468	736	171	441	468	736
46	27	33	59	46	27	33	59
X 5	X 8	X 6	X 7	X 5	X 8	X 6	X 7
230	216	198	413	230	216	198	413
69	71	84	95	69	71	84	95
X 7	X 9	X 5	X 8	X 7	X 9	X 5	X 8
483	639	420	760	483	639	420	760
82	67	73	47	82	67	73	47
X 6	X 8	X 7	X 5	X 6	X 8	X 7	X 5
492	536	511	235	492	536	511	235

2025年——时至今日，他的书写和心算能力已有了显著提升

# CATHERINE 20年志愿服务之旅:

## 坚定守护年长者的力量与关怀

自2005年以来, Catherine 一直是光明山修身院 (BHEH) 的一名热心义工, 活跃于碧山、森雅及榜鹅等院区, 支持年长者住户的各项活动。她主要负责协调活动并建立有意义的互动关系。通过多年的志愿活动, Catherine 与住户们建立了深厚的情感, 成为他们生活中不可或缺的一部分。

**BHEH:** 是什么激励你在光明山修身院做志愿者?

这既源于自身的动力, 也因为希望教导孩子尊重长者。因此, 我们一家三口最初在碧山院区开始志愿活动, 直到BHEH搬迁至森雅。搬迁后, 孩子们继续参与更多学校的社区项目, 而我则在森雅区持续进行志愿活动。我收获良多-它不仅让我与孩子通过共同兴趣增进亲子关系, 教导他们如何与长者互动, 还让我认识自身的优劣势, 并向志同道合的志愿者学习。

**BHEH:** 在疗养院做志愿者, 你觉得最有意义的部分是什么?

我母亲在我年幼时去世, 去这里做志愿者让我有种“回娘家”的感觉。我曾向几位女住户倾诉心情, 她们立刻握住了我的手。那份温暖的连接让我终身难忘。即使现在, 每当想到那些触动我心的阿姨们, 眼眶仍会湿润。我意识到自己非常享受与长者交流的时光, 也能通过互动为他们带来笑容和愉快的回应。



大家好, 我是 Catherine。我从2005年5月开始在光明山修身院碧山院区做志愿者, 后来随着院区搬迁到森雅, 我也继续在那儿服务了一段时间, 同时榜鹅院区也在建设中。最初的十年, 我每个星期六下午都参与志愿活动。后来因为工作和家庭原因, 我改为每月两次, 之后又遇上疫情。如今, 我每月依然坚持一次义工活动, 热情依旧满满! 😊



与森雅住户们一起庆祝中秋节



回到光明山路的往昔时光!

阅读全文:

<https://www.bheh.org/2025/03/19/catherines-20-year-volunteering-journey-lifelong-commitment-to-empowering-the-elderly/>



# 志愿活动



Mrs Chandran主办的游乐嘉年华!



Standard Chartered Bank主办游戏节目



阳光下的欢乐时光  
— 亚洲雨林探险园外出活动



男童军互动活动



与HOPE worldwide (Singapore) 的Jewel之旅!



与Kids Kingdom 的小朋友们  
一起玩游戏



与Brighton Montessori 的跨代互动



与新加坡经济发展局的  
滨海湾花园之旅



新加坡华乐团为我们  
演奏精彩曲目!

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!

# 加入我们，一起传递关爱： 舒心关怀—奶粉与尿布募捐活动



请慷慨解囊：



很多住户依赖一些看似简单却不可或缺的日常用品，如奶粉和成人尿布，以维持他们的健康、尊严与舒适。这些基本必需品虽然平凡，却是日常护理的核心—提供适当的营养、保持卫生，以及带来安心感。我们每年在尿布和奶粉上的开支超过55万新元，且随着需求不断增长，这一数额还在持续上升。

“舒心关怀—奶粉与尿布募捐活动”旨在筹集资金，为那些虚弱、长期卧床或需要长期照护的长者提供这些关键物资。这些物品并非奢侈，而是他们日常生活的生命线。在物价上涨和需求增加的情况下，您的支持能够确保每位住户都能获得必需用品。每一笔捐款都将直接用于为无法进食固体食物的长者提供奶粉，以及为长者提供尿布，以保障他们的舒适、清洁和尊严。通过新加坡博彩理事会（Tote Board）的“增强募款计划（EFR）”，您的捐款还将获得一比一配捐。

让我们携手，为长者提供应有的关怀、舒适与尊严—每一包奶粉、每一片尿布，都是温暖与关爱的传递！

DONATE

- \$100 - 为一位长者提供1个月的尿布
- \$300 - 为一位长者提供3个月的尿布
- \$800 - 提供一天的奶粉量
- \$1,200 - 为一位长者提供12个月的尿布
- \$5,600 - 提供一周的奶粉量
- \$24,000 - 提供一个月（30天）的奶粉量

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。

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

## 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”

