

life @ AMKH



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Launch of AMKH new logo



Thumbs up for AMKH new logo



Balloons burst and confetti rained as the Ang Mo Kio Hospital's new logo was unveiled by our Guest-of-Honour, Dr Balaji Sadasivan, Minister of State for Health and Transport and MP for Ang Mo Kio GRC, together with members of the Board of Directors of Ang Mo Kio Hospital.

The new logo, which was launched in conjunction with Racial and Religious Harmony Day marked a new beginning for the Hospital, run by Thyee Hua Kwan Moral Society and Chee Hoon Kog Moral Promotion Society, both Voluntary Welfare Charities. Shareholders of the Hospital include the Hindu Endowments Board and Jamiyah Singapore.

"The new logo represents the commitment made by the Hospital in striving to achieve the highest level of medical care standards and strengthening collaborative relationship with members of the public from all religious and ethnic groups" said Dr Ho Kah Leong, Chairman of the Logo Design Committee and Vice Chairman of Ang Mo Kio Hospital.



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“Cohesiveness as one united heart” is the key element in the logo design. The design concept takes on the shape of five “uniting hearts” extending inwards from all directions to form a “star of medical excellence” in the centre. The five “uniting hearts” of the logo denotes the vitality of Ang Mo Kio Hospital in bringing together professionals and staff from different ethnic and religious groups to deliver the best healthcare service, while maintaining the highest standard of ethical conduct.

“The star of medical excellence” portrays Ang Mo Kio Hospital as a dynamic organization with the primary goal of providing patient-centered quality healthcare services to the public with a human touch and love for our patients and their families and respect for their race and religion.

The font used for the new Ang Mo Kio Hospital is bold, highlighting its stature and clout as a unique provider of healthcare, contributing significantly to the well-being and welfare of the community.

The color scheme aims to create a contemporary, refreshing appeal with a touch of warmth. Crimson red was chosen for its vibrancy and healthy outlook symbolizing strength, dynamism, expansiveness and universal brotherhood.



Dr Balaji arriving at AMKH

AMKH celebrates Racial and Religious Harmony Day

“We, the people in Singapore, declare that religious harmony is vital for peace, progress and prosperity in our multi-racial and multi-religious Nation.

We resolve to strengthen religious harmony through mutual tolerance, confidence, respect, and understanding.

We shall always recognize the secular nature of our State, promote cohesion within our society, respect each other’s freedom of religion, grow our common space while respecting our diversity, foster inter-religious communications, and thereby ensure that religion will not be abused to create conflict and disharmony in Singapore.”

Guests and staff of AMKH celebrated racial and religious harmony day with these words repeated clearly after our guest-of-honor, Dr Balaji Sadasivan, Minister of State for Health and Transport and MP for Ang Mo Kio GRC, on 21st July.

The event kicked off with our very own staff dressed beautifully in ethnic and cultural costumes of another race. In the midst of guests and staff mingling and engaging in warm



Sheik & Mardia reading the pledge



Thanking Dr Balaji for gracing the occasion

The logo was selected from 200 entries at a logo design competition held earlier this year. The winning design came from Mr Eric Tan Ee of the Nanyang Academy of Fine Arts. Two other entries were given the Merit Award. The merit winners were Ms Charmaine Cheok from Anderson Junior College and Ms Maggie Lim from Crescent Girls School.



AMKH logo competition 1st prize winner, Mr Eric Tan Ee



In their ethnic best

and harmonious talk, Dr Balaji arrived to a rousing welcome. In his address, Dr Balaji emphasized that "racial and religious harmony is critical in any organization and probably more so in a setting like Ang Mo Kio Hospital". He explained that at Ang Mo Kio Hospital where the majority of patients are at least 70 years old, they are likely to be a group with deeper vested cultural and traditional values than the younger population. On the other hand, the staff belongs largely to the younger generation from different races, nations and religions. This blend requires both patients and staff to learn, understand and respect the customs and traditions of the different races and religions so that they can co-exist peacefully and work together towards a speedy recovery of the patients.

In his opening address, Mr Ridzwan Dzafir, Vice Chairman, AMKH Board of Directors highlighted that Thye Hua Kwan Moral Society and Chee Hoon Kog Moral Promotion Society have always regarded racial and religious harmony as important. "Respect for each other's race, color, creed, language, culture and religion" has been the moral guiding philosophy since its inception.

Other highlights of the celebration are a traditional Indian dance by students of Anderson Junior College, a quiz on our multi-racial cultural norms and yummy, yummy traditional kuehs and tid-bits of the different races.



Racial harmony with food



Traditional dance by our Filipino colleagues



Traditional dance by Anderson Junior College students

AMKH has a Makeover!

Ang Mo Kio Hospital was given a face-lift recently to make it more homely and comfortable for everyone – staff, patients, visitors, young and old alike.

Gone is the conventional hospital. Dazzling dashes of vibrant colors, fun spots, cosy corners were in place. The transformation is breathtaking!

The 'new feel' starts with the lobby. With lime green walls to complement the ceiling feature and floor design, the lobby was given a contemporary look with cosy settees shaded by greens for some privacy. Coupled with the new playground with its bright colors and strategic location, adults can now enjoy the cool breeze at the lobby settee while keeping a close watch as their youngsters pranced about the compound. The reception counter was also re-designed with user-friendly features to serve our patients better.



A friendly cosy welcome!



A stroll through the park, anyone?



Something for the kids!

For those who prefer a leisurely stroll, the new herbs and spices garden with its spacious footpath and wooden benches is the perfect spot. Take in the smell and sight of pandan leaves, lemon grass, 'ru-yi lang' and other not often seen spices and herbs. The garden certainly brought back fond memories of the good old days for elderly folks who miss the sounds and sights of kampung life.



Amenities in single room

Our seven private class single rooms are also given a complete spruce up. Warm colors and furnishings including day and night curtains, pictures, lampshades and settee were used to create 'a home away from home setting' for patients to relax and recuperate.



Reminiscent of the good old times!

Last but not least, the feeling of nostalgia was brought to life with parquet like vinyl sheets and wooden beams at the Reminiscence Corner in Ward 1 and Ward 3. The set-up resembles an old coffee shop where folks gather around marble top coffee shop tables to have a chat while sipping coffee made from traditional coffee jugs. Surrounding them are paraphernalia from yesteryears. Perhaps, what is missing is the aromatic fragrance of freshly brewed "kopi-O" and the robust voice of storytellers broadcasting over the old fashioned Redifusion set.

At Ang Mo Kio Hospital, a hospital visit is no longer just a stop by the bedside!

Saluting nurses the SARS way

Every year at this time, nurses all over our island, celebrate Nurses Day. The mood is different this year as nurses felt deeply the essence of nursing and being in the thick in our fight against the recent Severe Acute Respiratory Syndrome (SARS) outbreak.



Spreading cheer and appreciating nurses by hospital and nursing heads

Likewise, in AMKH the Nurses Day Committee led by NO Soong Sau Leng has put together a programme to celebrate Nurses' Day more meaningfully. Aptly, the theme is "SARS" – Saluting Nurses And Remembering SARS.

The day started off with our CEO, Dr Chong Weng Chiew, Dy CEO Elaine Toh and Director of Nursing, Mdm Yeo Ah Moey going round each department giving good wishes to the nurses and distributing presents to mark Nurses Day.

We were greatly honoured by the presence of our Board of Directors and guests to commemorate Nurses Day in a simple ceremony, held in the afternoon. The lecture hall was decorated with streamers and SARS memoirs like cards, nic-nacs, hampers and presents from our colleagues and floral displays from THKMS and other hospitals.

Light entertainment followed the preliminary welcoming speeches and tributes by members of the healthcare team. Our young and dynamic leaders, Dr Chong and Elaine surprised us with a song, accompanied by our beautiful harmonisers from Social Works and Therapy departments. Wow! Wee! Really, can they sing! Finally, the skit on "SARS" by nurses for nurses was entertaining. Funny moments were enacted as the performers went about to portray how AMKH staff coped with their gowns, masks and gloves during the SARS outbreak. Thanks to NO Ng Hee Tong and team!

Guests and colleagues mingled and caught up with each other as they enjoyed the spread of high tea outside the lecture theatre. As guests left, and some of the staff prepared themselves for their visit to Istana, others gathered in the lecture hall for games and a lucky draw. The day ended with our nurses well feasted with food (pizza for our night nurses), good wishes and gifts, as well as an outing to the Night Safari.



Simply, Arresting, Really Stupendous (SARS) actors

Istana Visit, highlight of nurses day celebration



A singing tribute to our nurses!

Both our Board of Directors and Dr Chong Weng Chiew, CEO of AMKH, finally had their dreams realised when AMKH launched the Home Therapy Service on 14 July 2003. This service complements the new Home Nursing and Home Medical Services, which had their beginnings in October 2002.

Home Therapy Service caters to the needs of many patients who have difficulty accessing community-based rehabilitation services due to their physical/functional/cognitive disabilities, including transportation and environmental limitations. The therapy service further assists the patient to maintain their functional status in the community for as long as possible. With the familiar surroundings and family support at hand, home therapy not only aids in the early recovery of functional status, it also perhaps helps to prevent serious complication like pneumonia, joint contractures and pressure sores resulting from prolonged immobility and disuse. At the same time, the patients' care-giver by assisting and observing the therapist will pick up useful skills to maintain the mobility of their loved ones in the comfort of their own home.

Home Therapy Services

To start, treatment like mobilising stiff joints, stretching tight soft tissues/muscles, bed mobility training, sitting and standing balance training and ambulation training will be provided. Aids like gaiters, weights, walking frame and quad-sticks may be used in the treatment when necessary.

To access the service, a referral letter from the patient's family doctor will suffice. Upon acceptance of the referral, an appointment will be made for the first visit. The patient's physical condition and functional status will be assessed by the Therapist, who will recommend suitable fitness for exercise and therapy treatment. A therapy plan will then be worked out with the patient and his/her family to correct any dysfunction.

A service fee per session will be charged. A minimum session is 30 minutes. The cost ranges from \$60/- for half –an-hour session to \$100/- per hour session.



I can do it!



Navigating the doorway



Watch your step

For enquiries, please contact:

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Physiotherapist

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Email: toh_mei_

kwan@amkh.com.sg

Upmarket And Affordable AMKH Gift Stall

The Thrift Shop, located behind Ward One, is a household name in AMKH. It was set up in August 2001 by Medical Social Services Department (MSS), together with our volunteers. The shop caters to the needs of low-budget shoppers, namely our own hospital staff, patients and visitors.

The AMKH Gift Stall is another initiative by the team. When preliminary announcements were made, many asked, "Another stall, what's the difference?" The answer was evident on the first day of its opening on 28 July 2003. Staff, patients and visitors looking for gifts or niceties need no longer brood over not having a gift stall at AMKH. All items sold at the stall are brand new, beautiful, interesting, and above all, affordable.

Sales were brisk and many popular items such as the intricately handmade food covers, drink coasters, handbags were all snapped up and many orders placed within a short while. By rapid word of mouth, people started flocking to the stall and our volunteers could hardly manage at times. But, no one's complaining – it's a Win-Win situation, after all, the buyer had her money's worth and funds were raised for AMKH's needy patients. Hmm, talk about "killing two birds with one stone"!



AMKH gift shop is open!



In appreciation of the charity drive

Helping Hands by our Neighbour - Seasons Park Condominium



Cheap, cheap, cheap, buy, buy, buy at Seasons Park Condo Sale

The SARS outbreak led to a suspension of all in-house volunteer programs from March – mid July 2003. Our Thrift Shop was closed but that did not stop AMKH's dedicated volunteers from raising funds outside the hospital. Many volunteers had taken the initiative to organise mini jumble sales at nearby condominiums, Seasons Park being one of them.

It all started when Ms Lelia Toh, our volunteer and resident at Seasons Park, took the first step of selling second hand goods at the condominium premises. Spurred on by Leila's enthusiasm, Seasons Park's management initiated their very first charity drive for AMKH.

Sunday, 22 June 03 marked the beginning of a closer community link between AMKH and Seasons Park. The event proved to be fun and exciting for everyone present as it kicked off with an early morning runway cycling at the Paya Lebar Airbase, followed by a jumble sale of low-budget recycled clothes, toys, books, bags, at the condominium. By 10 AM, streams of crowds were already attracted to the function hall, even more so during lunch time as food stalls drew hungry "shoppers" with irresistible gastronomic servings. At the close of the day, Seasons Park raised a handsome sum of \$2,000 for AMKH and pledged to run more of such charity drives in future. In appreciation, an acrylic plaque was presented by Dr Chong Weng Chiew, our CEO, to their Chairman, Mr Thomas Loh.

AMKH is indeed encouraged and certainly look forward to a long sustaining partnership with our wonderful and helpful neighbours!

News From Our Sister Agencies



Singapore Women's Association Fundraising Event for Moral Home for Disabled



Thanks to Mrs Goh Chok Tong, for presenting the cheque to Dr Lee Ngak Siang, representing Moral Home for Disabled.

Moral Home for Disabled was one of the two beneficiaries of the Miss Singapore International Beauty Pageant 2003, organised by the Singapore Women's Association (SWA). The event, held on 1 August 2003, was graced by Guest-of-Honour, Mrs Goh Chok Tong. We want to extend our sincere thanks to SWA for their tremendous efforts and staunch support. The donation will be used for the redevelopment of the Home.

announcement!

Fund raising event for AMKH

In celebration of its 25th anniversary, our parent organisation Thye Hua Kwan Moral Society is organising a Charity Dinner to raise funds solely for Ang Mo Kio Hospital.

The dinner will be held at the Neptune Theatre on Saturday 11 October, 8.00 pm and to grace the event are Guests-of-Honour Prof Tommy Koh Thong Bee, Ambassador-at-Large and Mrs Koh. Donation tables starting from \$1000 upwards are available. Please support this gala dinner in aid of AMKH.

For enquiries, please call Ms Ivy Lok at AMKH.
Tel: 64506118; Fax: 64541729 or e-mail: ivy_lok@amkh.com.sg

Congratulations to

Dr Kalaimamani D/O Kanagasabai
promoted to Deputy Head of Medical Services wef 1 August 2003

Deputy Head Of Medical Services

We are pleased to announce the appointment of Dr Kala Kanagasabai as Deputy Head of Medical Services. Dr Kala has a MMED in Family Medicine (S'pore), Diploma in Geriatric Medicine and MCFP (S'pore). Congratulations to Dr Kala!

Chan Tsui Ming, Fiona
appointed Head, Senior Citizens Health Care Centre (SCHCC) wef.15 Jul 2003

Head, SCHCC

With effect from 15 July 2003, Fiona Chan Tsui Ming has been officially appointed as Head, Senior Citizens Health Care Centre (SCHCC). She will oversee the administration and operations of the centre.

MOH Nurses' Merit Award Winner (2003)
SSN Ho Hee Wee of Admissions Department.

MOH Nurses' Merit Award Winner

SSN Ho Hee Wee joined AMKH on 9 June 1993. Besides being a committed and competent nurse, she is also an excellent liaison officer responsible for coordinating admissions into the hospital. Hee Wee, we are proud of you! Well done!

editorial committee

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