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JOURNEYING WITH COURAGE AND GRACE

One of the many residents served by THKNH, on journeying through life's challenges with courage and grace.

Mr Mani (age 48) once worked as a manager in the hotel industry. His career was thriving until an unexpected turn of events. In 2021, he was diagnosed with kidney failure with stage four cancer. His condition required long term nursing care and regular kidney dialysis treatments. THK Nursing Home has been meeting his care and charity needs since his admission in 2022.

Mr Mani misses his family often as they reside in Malaysia and can only visit him twice a month. Having been told by doctors of numbered days, Mr Mani submitted a wish to Ambulance Wish Singapore to spend a day at Universal Studio Singapore (USS) with his family. Upon receiving his request, Ambulance Wish Singapore, together with Our-Grandfather-Story and THK Nursing Home helped to make that wish come true. Mr Mani and his family spent a memorable day out at USS.

Mr Mani is one out of the many other palliative residents served by our nursing home. Every resident has different care and charity needs. At THKNH, we give our best to care and support all our residents, and to help them in every way possible. Every dollar helps. Because of your support, THKNH as a charity institution can continue in our mission to support those in need.

Mani先生(48岁)曾是酒店行业的经理。他的事业非常蓬勃直到他的生命出现了转折。在2021年，他被诊断出患有肾衰竭和第四期癌症。他的状况需要长期的护理以及定期的洗肾治疗。自从他在2022年入住了疗养院，太和观疗养院一直在照顾他的日常和慈善需求。

Mani很想念他居住在马来西亚的家人，他一个月只有两次探望家人的时间。在被医生告知日子不多了之后，Mani向新加坡 Ambulance Wish 提交了一个愿望，希望与家人在环球影城度过一天。收到他的请求后，Ambulance Wish 和 Our-Grandfather-Story 以及太和观疗养院就帮助了Mani 实现他的愿望。Mani和他一家在环球影城度过了难忘的一天。

Mani是我们疗养院服务的众多其他临终病人中的一员。每一个住院者都有不同的照顾和慈善需求。在太和观疗养院，我们会尽最大的努力去关心和支持我们所有的住院者，并尽一切可能帮助他们。每一块钱都会有所帮助。有了您的支持，太和观疗养院作为一家慈善机构，才能继续履行我们的使命，照顾有需要的人。

Staff Spotlight

Staff Eunice Kwan Programme Executive

Engaging Seniors in Fun & Meaningful Activities

With many years of work experience in Human Resource, Customer Service and Administration, Eunice decided to take a leap of faith to embrace her first role in the community care sector with Thye Hua Kwan Senior Care Centre (THK SCC) in May 2021.

Given that it was her first time interacting with elderly clients, Eunice candidly shared that her first month in the job was a time of great adjustment and challenges. Thankfully, she received immense guidance and support from the Centre Manager and Care Team to ease her into her job role smoothly. Her daily work revolves around planning activities and programmes for seniors from the Maintenance Day Centre and Dementia Day Care, while coordinating social media postings and working with partners to manage logistics matters as well.

A Typical Day at Work

Eunice typically starts her workday early. Arriving at the Senior Care Centre, she starts her day assisting the Healthcare Assistants in guiding seniors into the Centre from their transport drop-off points.

Through her efforts to collaborate with Filos Community Services, Community Centres and Aljunied-Hougang Town Council, THKSCC has grown their pool of volunteers significantly. Eunice also works closely with the Occupational Therapists to identify seniors from Dementia Day Care, who are able to participate in the planned activities.



Organising Activities & Programmes

Eunice finds it rewarding whenever she sees the happy faces on the seniors after attending the programmes she organised. Activities like Kueh-making workshop and free haircutting services have all been very well-received.

Her biggest project was with multiple partners from Singapore Civil Defence Force (SCDF), Food Bank and Cycling Without Age Singapore; they spent 6 months of preparation and coordination. The project saw SCDF officers packing and delivering ration items by foot to the beneficiaries. Some officers were also being trained to ride trishaws to ferry elderly clients around the neighbourhood on the event day.

Q: Hey, Eunice, understand that you have requested to post to a new role in THKNH? Won't you miss THKSCC?

A: I will definitely miss all the seniors in my new job role but I look forward to better caring for them from a backstage position, given my understanding of their needs and activities that are suitable for them.

Eunice (left) with a senior who attends THKSCC.

Highlights

Corporate Volunteering Events

Since the relaxation of COVID-19 measures, the nursing home received many requests from various corporations to conduct their Corporate Social Responsibility (CSR) events. Just to name a few, BNP Paribas, INSPIRE BRANDS, ITS JOHNSON & JOHNSON and most recently, CMA CGM & PSA were some of the corporate entities that successfully conducted their events with us. We thank all our regular volunteers as well as those doing CSR for taking time to participate in our activities. Your presence will continue to make a difference in our residents' lives.

We also welcome corporate donors who are keen to donate money or in-kind to visit <https://www.thknh.org.sg/donate/>



Outing to Gardens by the Bay

On 25 Mar 2023, volunteers from PAP Grassroots Organisation and Bedok Reservoir – Punggol RC organised a memorable excursion for our residents to Gardens by the Bay. 20 of our residents got the chance to view the special sakura blossom exhibition as well as interact with the volunteers.

XinMin CARES Programme

即使在疫情期间，XinMin CARES 项目仍然通过在线方式持续结交朋友。随着疫情措施的放宽，我们重新采用了面对面结交朋友的方式。此外，新民中学的学生还定期拜访年长者，并通过活动与他们互动。他们非常喜欢与我们的住院者一起彩绘、玩中国跳棋和其他桌面游戏。

The XinMin CARES Programme has been ongoing even during COVID-19 times, when we transitioned into virtual befriending. With the step down of COVID-19 measures, we are back to in-person befriending. The students from XinMin Secondary visit the seniors regularly and engage the seniors with activities. They enjoyed programmes like colouring, playing Chinese Checkers and other board games with our residents.



Highlights

Charity Funfair @ MapleBear Serangoon North PreSchool



MapleBear Serangoon North PreSchool hosted their annual Charity Funfair and invited our residents to participate. The residents enjoyed the food, games and activities, as well as the interactions with the pre-school students. Thanks to the generosity of the teachers and parents of the MapleBear Serangoon North Preschool, some proceeds from the Charity Funfair will be donated to THKNH.



Our sincerest thanks to Maplebear once again for their generosity and the keen desire to impart the correct mindset of giving and caring to all their students.



Chinese New Year 2023 Celebration @ SCC

我们自己准备“红包”

在我们的乐龄中心，老年人在一次艺术与手工制作的活动中亲手制作了个性化的红包。他们积极参与了兔子和龙的彩绘，然后将纸张制作成了可以在农历新年使用的红包。

Preparing Our Own 'Hong Bao'

Seniors at our Senior Care Centre had a great time making personalised red packets during one of the art and craft sessions. They participated actively by colouring the rabbits and dragons printed on the papers and formed the red packets to use during the Lunar New Year celebrations.



Chung Cheng High School's Lion Dance Performance

The student lion dance troupe from Chung Cheng High School put on their best performance at our centre on the 11th day of Lunar New Year 2023. Their performance was so captivating that even the passers-by stopped to watch and cheer. Our seniors thoroughly enjoyed the performance.

Highlights

MOM Visits SCC

Linked up by our partner Filos Community Services, 20 Officers from the Singapore Ministry of Manpower volunteered their time to engage seniors attending our Senior Care Centre. The activities included ball games, arts and craft activities, and befriending sessions. Everyone had a memorable and enjoyable time together.



PCF Sparkletots Visits SCC

The seniors attending our Senior Care Centre sang and clapped along to the song and dance items performed by 18 K2 students from the PCF Sparkletots at Blk 526 Kaki Bukit. It was a great morning with everyone enjoying themselves in an inter-generational session.

A big thank you to the PCF Sparkletots teachers and students for this collaboration which brought joy and fun to our seniors. We also thank Mr Shamsul Kamar (Advisor to Aljunied GRC GROs) for gracing the occasion.



WE ARE HIRING 招聘职位

Kami menawarkan jawatan kerja
நாங்கள் வலைக்கை ஆள் எடக்கிறோம்

- ♥ Staff Nurse
- ♥ Enrolled Nurse
- ♥ Healthcare Assistant
- ♥ Nursing Aide
- ♥ Therapy Aide

CONTACT US

Tel: 6812 9840 Email: hr@thknh.org.sg

For more details, you may visit our website at www.thknh.org.sg



10%
OFF PROMOTION

- Only valid in THK Ang Mo Kio Community Hospital branch
- Valid between 1 May 2023 to 30 Nov 2023 (Inclusive)
- Not applicable with any promotion or discount

Sharing is Caring

Wheelchair repair help from Volunteer Eugene Tan

Volunteering can happen in various forms and yet still benefit the recipients tremendously. Besides participating in befriending activities, one could also offer a special skill like Mr Eugene Tan to serve the nursing home residents.

Mr Eugene Tan volunteers his time and skill in repairing wheelchairs and commode chairs for THKNH. Every year, THKNH encounters more than 100 wheelchairs and commode chairs requiring repairs. Typically, these faults are minor in nature hence could be safely reused if repaired correctly. While Mr Tan does not charge THKNH, THKNH do procure and pay for the required parts.

According to Mr Tan candidly, one could potentially save up to S\$200 or more per wheelchair/commode, simply with repairs instead of buying new ones. This also resonates with the latest national efforts to reduce waste, but rather push for more opportunities to reuse and recycle.

Wheelchair repairing is not an easy task but Mr Tan has had no problem doing this for many years. All repaired wheelchairs are also tested by Mr Tan to ensure safety of the users.

He is of retirement age now but still opted to help THKNH in this area. He is happy to sweat and serve our community of wheelchair-bound seniors.



If you have a skill which you think you can contribute to our nursing home or senior care centre, do write in to us at volunteer@thknh.org.sg.



- Only valid in THK Ang Mo Kio Community Hospital branch
- Valid between 1 May 2023 to 30 Nov 2023 (Inclusive)
- Not applicable with any promotion or discount

太和观疗养院恳请您参与此富有意义的慈善行动

THYE HUA KWAN NURSING HOME LIMITED SINCERELY INVITES YOU TO BE PART OF THIS WORTHY CHARITABLE CAUSE

YOUR DONATION MATTERS



DONATION AMOUNT 捐款数

Issue No. 04 | 2023

One-Time Donation 一次性捐款
 Monthly Donation 每月捐款

\$10
 \$50
 \$100
 \$200
 \$500
 \$1000
 Other amount (Please State) _____

DONOR PARTICULARS 捐款者详情

Name/Company Name 姓名/公司名 (Mr./Mrs./Ms./Dr): _____

NRIC/FIN/UEN No.* 登记号码/客工号码/公司注册号码: _____

Address 地址: _____

Postcode 邮区: _____

Contact No. 联络号码: _____ (HP) _____ (R)

Email 电邮: _____

Your particulars will be treated as confidential and will not be released to others 您的个人详情是保密的, 绝不会向外泄露

DONATION DETAILS 捐款方式

***Please do not send donation by cash 请不要寄现金

Cheque Donation 支票捐款
 Please make cheque payable to 付划线支票:
"Thye Hua Kwan Nursing Home Limited-Hougang"

Bank / Cheque No. 银行/支票号码:

Credit Card / Pay Pal / 信用卡/
 Bank Transfer donation. 银行转账捐款

Visit our THKNH website. 登入THKNH网站
<https://www.thknh.org.sg>



Online Donation Giving.sg网站捐款
<https://www.giving.sg/thye-hua-kwan-nursing-home-limited>

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THANK YOU FOR YOUR DONATION



THK will adhere to the requirement of the personal data Protection Act 2012 (PDPA). Your personal data is secured and will not be disclosed or shared with any other party.

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For enquiry, please email to: 请电邮
finance@thknh.org.sg



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48 HOUGANG AVENUE 8
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How your Donation Makes a Difference



\$60

=



1 day of medical/nursing services for 1 elderly

\$150

=



1 month of diaper supply for 1 elderly

\$300

=



1 month of meals supply for 1 elderly

DONATE TODAY!

We appreciate and value the generosity of individuals and organisations in the community who support our programmes and facilities. To remain sustainable as a charity organisation and allow us to provide the best quality care for our patients, **your donation, no matter how small can make a difference and is greatly appreciated.**



Find out more via <https://www.thknh.org.sg/donate/>
or via online donation portal:
<https://www.giving.sg/thye-hua-kwan-nursing-home-limited>