

A publication of Thye Hua Kwan Nursing Home

THKNH *hearts*



太和观 THK

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WHEN LIFESAVING MEETS CAREGIVING

THK SCC partnered with SCDF Civil Resources Unit for a charity event to give back to the community in a big way!



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Giving is Caring

Mdm Lakshmi (age 84) loves her family so much that she chose singlehood to care for her three siblings after their parents passed away. Amongst them, she is most concerned for her brother who has dementia. He was admitted to our nursing home (THKNH) since 2019. Despite being on a wheelchair, she made efforts to visit him regularly.

In October 2021, she suffered a neck fracture that severely impacted her activities of daily living (ADLs). As she required constant care supervision, she requested to be admitted to THKNH as well to be close to her beloved brother.

Despite Mdm Lakshmi's current condition, she still holds the hope that she will be well enough to return home independently. One day we will continue working with her towards a full recovery so that we can help her achieve her aspiration together.

At THKNH, we give our best to care and support all our residents, and to help them work towards recovery. There are many other seniors who suffer from various ailments with a wide range of nursing care needs. THKNH needs your support as a charity institution in our continuous journey in value-adding to their lives.

Every dollar helps and your generous donation can give our financially needy residents hope and purpose!

Lakshmi女士（84岁）过于顾家，在她父母去世后选择单身照顾三个兄弟姐妹。三个兄弟姐妹中，她最担心患有痴呆症的弟弟。她的弟弟至2019年入住我们太和观疗养院。Lakshmi女士虽坐着轮椅，但还是坚持常来探望她的弟弟。

Lakshmi女士在2022年10月不幸受到颈部骨折，严重影响了她的日常活动。如今的她需要无时的护理监督，因此她请求入住太和观疗养院和她的弟弟近距离同住。



即便Lakshmi女士目前的身体状况有点严重，她仍抱着能康复并独立回家的希望。

在太和观疗养院，我们极力关爱和支持每一位住院者，齐力助于他们健全康复。社会里有很多需要护理服务的乐龄人士。身为慈善机构，我们需要你的支持，助于我们持续的为这些乐龄人士提供护理。

您的每一元必能给与我们有经济需要的住院者希望和支持。请慷慨捐款！

Staff Spotlight

Senior Staff Nurse

Nogales Janah Monica Dela Cruz (Janah)

Supporting Elders in Staying Independent

Loving memories from her growing up days with her grandmother inspired Janah to take on nursing as a career.

Janah fondly recalls how her grandmother sowed in her the seed of love and caregiving for the elderly. During her nursing training and attachments, Janah naturally viewed each elderly patient as her own grandparent, showering them with utmost patience and care.

Janah started her career with Thye Hua Kwan Nursing Home (THKNH) in October 2016 as the pioneer batch of nurses at THKNH. She spent 3 fruitful years in THKNH caring for the residents and gained much experience in managing dementia patients.

THKNH subsequently expanded its suite of services to serve elderly clients in the community through its Home Care Services (HCS). Janah's strong nursing experience for the elderly paved the way for her to join the HCS team.

Making the Transition to Home Care Services (HCS)

It was a big transition for Janah from a team-based working environment in THKNH to visiting elderly clients alone in the community.

On a typical workday, Janah visits up to 8 houses in a day. The elderly clients she visits generally stay in the same area, with her work schedule laid out for her by the HCS programme coordinator. At the start of her workday, Janah checks her medical work bag and schedule to best plan her time for the day.

Janah spends up to an hour with each elderly client on her routine nursing procedures, which include checking their vital signs, doing wound dressing, explaining their medication to them and ensuring their medication compliance. She is most patient with every client she meets, showering genuine care and concern on them.

Finding Joy in Being a Home Care Services (HCS) Nurse

In spite of the challenging environment of working alone and having only her medical work bag to aid her in her client visits, Janah finds joy in building a strong rapport with clients and managing unexpected situations with calmness and professionalism.

Janah recalls an elderly client she visited not long ago. Upon her visit, she found the elderly client in a

sudden bad condition, gasping for air and had started turning blue from the lack of oxygen. She quickly checked on the client's vital signs before alerting the assigned doctor and manually removing the respiratory blockage to revive the client.

She managed to successfully save the client's life and stabilized the client's condition before the doctor arrived. Following the incident, the client and family are most grateful towards her and warmly welcome her for her follow-up visits.

Being a HCS nurse for 3 years, Janah has picked up simple Malay and basic Chinese to communicate with her elderly clients. She seeks to understand her clients' needs to link them up with Meals on Wheels or a social worker to better provide holistic care for them.

Being Acknowledged for her Dedication

In acknowledgement of her work dedication, Janah received the Agency for Integrated Care (AIC) Community Care Excellence Gold Award (Individual) in 2022. Previously, in 2020 she won the silver award. She was also nominated in the President's Award for Nurses in 2018.

Through her interaction with her elderly clients and their family members, Janah has gained much love and respect to be viewed as part of the family. Her clients are most appreciative of her care and advice, giving their best to remember her instructions and reminders.

Loving Her work as a Home Care Services (HCS) Nurse

Looking back on the past 3 years, Janah readily shared that she has learnt to be highly resourceful and resilient. Working alone in the community has definitely boosted her nursing and patient interaction skills by leaps and bounds.

Being a HCS nurse has been most exciting and rewarding to Janah, given the highly personal interaction with elderly clients in the community and sprinkle of surprises awaiting her every workday.



Events and Projects



Spa Day @NH

Volunteers from BeautyLand Est. Pte Ltd spent time with our elderly residents, pampering them with facial treatments and massages. At the end of the session, our elderly ladies looked fresh and happy after being pampered by the volunteers.



海之韵的捐赠画作

我们代表太和观疗养院的管理层和员工，感谢海之韵和捐赠者捐赠的9幅美丽的艺术作品，供我们养老院的每个人欣赏。

这幅画【发光、巴厘岛】（Shine,Bali）是由新加坡知名艺术家刘海宏先生画的，他巧妙地呈现巴厘岛的优景。

Singapore Community Walk

To celebrate the International Day for Older Persons, our nursing home residents and staff participated in the inaugural Singapore Community Walk on 1 Oct. Together with the volunteers, our residents and staff enjoyed the fresh morning air and walk at Punggol Park. A big shout-out to Ageing Asia for organising this event, and to other fellow care organisations that also participated.



Harvest @SCC

THK SCC's elders had planted these edibles in our newly purchased Vegepods. These raised garden beds encourage our elders to come together to share knowledge, learn from each other, get to know each other, find commonalities and foster community cohesion and lessen social isolation – all through spending time gardening together.



Events and Projects

朋友的事迹项目

我们向女少年旅致敬。感谢她们在2022年7月20日送给我们所有年长者的精美礼物。作为"2022年朋友的事迹项目"的一部分，新加坡女少年旅与慷慨捐赠者合作，为年长者们提供了贴心而有意义的礼物。



SCDF (CRU) + THK SCC - "When Lifesaving Meets Caregiving"

In commemoration of 55 years of National Service (NS55), THK SCC and SCDF Civil Resources Unit had come together on 25 Oct 2022 to celebrate our very own NS55 Charity Event "When Lifesaving Meets Caregiving"!

55 NSmen packed donated items from our community partners and distributing 55 care packs to our seniors of 55 households around the day care centre. These NSmen had also partnered with Cycling Without Age Singapore to bring our elders out for an enjoyable afternoon trishaw rides around the neighbourhood.

SPOT THE SIGNS. STOP THE CRIMES.

Through our partner Filos Community Services, Police Officers from Bedok NPC (Bedok NPC's Community Policing Unit) conducted an educational Scam Prevention Talk in our Senior Day Care Centre. It was an enriching session where our elders had better understanding in spotting and guarding against impersonation attempts and other scams.



WE ARE HIRING 招聘职员

Kami menawarkan jawatan kerja
நாங்கள் வலைக்கக ஆள் எடகுக்கிறேராம

- ♥ 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



KILLINEY SINCE 1919 *THKNHearts*

10% off

- Only valid in THK Ang Mo Kio Community Hospital branch
- Valid between 1 Dec 2022 to 30 Jun 2023 (Inclusive)
- Not applicable with any promotion or discount

Sharing is Caring

SIMPLIFIED CRAFT MAKING ACTIVITIES FOR SENIORS/ PEOPLE LIVING WITH DEMENTIA

These are some activities that we do at our nursing home which caregivers can consider doing at their own home.

1. Play with homemade play dough

Making shapes and kneading play dough or modeling clay is a fun and relaxing activity for all ages. Get some fun cookie cutters and play dough and watch your older adult have a ball.

To make it relaxing, add a few drops of calming lavender essential oil to the play dough.

Note: The play dough shouldn't be considered edible.



2. Match and sort picture cards

Print two copies of various photos or images that your older adult likes. It could be photos of favorite animals, beautiful flowers, or family members.

Cut them into equal-sized cards and have them laminated. The cards can be used for a simple sorting game, a matching game, or just nice images to flip through and admire.

3. Stack up party cups

Get some inexpensive plastic party cups in bright colors. Ask your older adult to help you clean up by sorting or stacking the cups.



4. Untie knots

Find our buy a length of medium-thickness rope from the local hardware store. Loosely tie a few simple knots and ask your older adult to help you untie them



10% off

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- Valid between 1 Dec 2022 to 30 Jun 2023 (Inclusive)
- Not applicable with any promotion or discount

Article from various sources
in the internet

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

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

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

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Address 地址: _____

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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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 Scan the QR code from your mobile banking app. Please indicate your NRIC/UEN and name in the reference field.



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This donation is eligible for a 250% tax deduction and it will be automatically included in your tax assessment, if you have provide your Tax Reference Number (e.g. NRIC/FIN/UEN)*. You do not need to claim the deduction in your tax form. No receipt will be sent to you.

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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.

THK将遵守2012年个人数据保护法(PDPA)的要求。您的个人资料是安全的, 不会透露或与其他方共享。

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



为病老出一份力 您的捐款是他们的希望

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THYE HUA KWAN NURSING HOME LIMITED
48 HOUGANG AVENUE 8
SINGAPORE 538793

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>