

A publication of Thye Hua Kwan Nursing Home

# THKNH *hearts*



太和观 THK

MCI (P) 103/10/2021

www.thknh.org.sg

Issue No. 02 | 2022



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## GIVING CARE TO OUR ELDERS

Staff Nurse Eva prioritises  
to keep the elders safe  
and engaged in SCC.

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# Making Days Meaningful

Prior to admission to THK Nursing Home (THKNH), Mr Aziz, aged 61, used to work as a security guard but stopped work years ago after a road traffic accident in 2008. As a result of the road traffic accident, he has had a craniotomy and also suffers from anaemia. Since then his elderly mother has been supporting him financially until she had to stop working due to health condition. This was when Mr Aziz was admitted to THKNH.

During his 3-year stay at THKNH, Mr Aziz has been rather independent but still requires some assistance with his ADL (Activities of Daily Living). He converses well in Malay using simple sentences. He is extremely helpful, assisting other residents who are weak in mobility. He also willingly helps the nursing staff with some simple chores like folding clothes and serving food, thus making his day always meaningful. He is also very cheerful, positive and always has a smile on his face.

Like Mr Aziz, there are many other seniors who suffer from all kinds of 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.

The 285-bed THK Nursing Home was purpose-built with more than half of our residents living with dementia. We have been operating since October 2016, in providing the best quality of life, taking in all psychosocial, physical, medical and emotional aspects of our residents to create a tranquil, person-centred and safe environment.

Every dollar helps and your generous donation could give the most financially needy elderly residents hope and purpose! WE NEED YOU to join us in lighting up their lives!

**WE THANK YOU FOR YOUR KIND GENEROSITY.**

## 让每一天充满意义

Aziz 先生，今年六十一岁，在二零零八年时不幸的遭遇一场车祸。车祸导致Aziz先生必须接受颅骨切开手术，让他患上了贫血症。担任多年保安工作的他，也因那场车祸被迫停工。停工后，他年长的母亲一路给予他经济上的支持，直到她因身体状况无法继续工作。Aziz 先生就在这样的情况下住进了太和观疗养院。

在太和观疗养院这三年里，Aziz 先生虽在某些日常生活活动需要帮助，但整体来说还相当独立。他以马来语和他人沟通，态度非常正面，经常脸带微笑，有着开朗和爱助人的热诚。他时常帮助疗养院里行动不方便的乐龄人士，也很主动的帮疗养院里的护者们做简单的差事，例如折衣裳和端食物，让自己的每一天充满意义。

如同Aziz 先生，我们的社区里有很多体弱多病，孤单的乐龄人士。他们需要疗养照护。身为慈善机构，我们需要大家的爱心捐款和支持，以助我们为需要的乐龄人士提供最佳的照护。

太和观疗养院自二零一六年建立，一共有两百八十五个床位。在我们的疗养院的乐龄人士，多半患有老年痴呆症。自建立以来，我们坚定，专顾的为每个住在我们疗养院的乐龄人士在生，心，灵和医疗方面提供最佳的生活素质，让他们在一个平静，安全和休闲的环境里度过晚年。

您的每份捐款将会为经济上需要帮助的乐龄人士提供无比的希望和帮助。我们需要您和我们一同点燃他们的人生。

每份捐款都是无价的！**我们感谢您的慷慨捐赠。**



# Staff Spotlight

## Staff Nurse Loo Chi Hwa (Eva)

With a decade of experience as an Accident & Emergency (A&E) nurse, Chi Hwa decided to have a change in work environment. Having heard much about THK from her nurse manager, Chi Hwa took a leap of faith to join THK SCC @ Kaki Bukit.

Referred to by her colleagues and the elderly as Eva, Chi Hwa recently celebrated her 1st year work anniversary with THK in April 2022.

### Gaining New Skills

To better equip Eva with skills needed to provide quality care for the elderly, she completed a 6 months course in Dementia Care. Sponsored by THK, Eva learned to identify the various stages of dementia and ways to manage dementia clients.

The course included an attachment at Peacehaven Nursing Home, which has built Eva up to be more independent, patient and caring in her daily interaction with elderly clients.

### Enjoying her ILTC Journey

Making the switch from A&E to Intermediate Long Term Care (ILTC) has been a totally new environment for Eva.

Thankfully, she has adjusted well to her new role as a Staff Nurse in THK SCC over the past year with the strong teamwork in SCC and her Centre Manager's steadfast support and guidance.

Given the strong clinical care required in the SCC, Eva works closely with the occupational therapist in THK's multi-disciplinary team to care for and manage clients' behavioural issues. With 13 Healthcare Assistants (HCAs) reporting to her, Eva manages the manpower rostering for the Centre and leads the HCAs in making the Centre a second home for the elderly clients.

Her daily work includes providing nursing care around the centre, checking on the elderly clients, attending to queries and assistance requests from clients' families, packing medication for clients and assessing potential clients referred to THK by the Agency of Integrated Care (AIC).

### Self-development Milestones

Being in THK SCC has allowed Eva to learn greater independence in her work, strengthening her decision-making skills and honing her leadership ability.

Eva shares that she has personally grown in her self-maturity and patience, as she takes the time to trial and error different therapy for different clients to manage their neurological, behavioural and physical issues.

Through her interactions with clients, she hears their life stories and learns priceless nuggets of wisdom.

### To More Years Ahead

Working in THK SCC has been a most satisfying experience for Eva. She is most thankful to THK for giving her various opportunities to learn and grow in her work.

In the years ahead, she looks forward to journeying with more elderly clients and their families. Eva is well-liked by her colleagues and clients, as she gives her heart in caring for the elderly and guiding the HCAs under her.

Eva encourages all ILTC workers to "go with the flow based on clients' mood and needs for the day to make everyday a smooth and enjoyable day."



## Care@THKNH – THKNH’s Model of Care For COVID Residents & Staff

When Omicron COVID cases started to rise significantly in the community, THKNH adapted the guidelines issued by AIC to successfully tailor our own (Care@THKNH) model.

Before Care@THKNH, residents and staff with early COVID19 symptoms undergo a multi-step confirmation process – resulting in delays to the intervention actions. Upon PCR confirmation, other residents/staff may already start displaying symptoms too. After, all positive cases were then transferred to external care facilities to recover.

Care@THKNH significantly improved the situation. Any COVID19 suspect and positive cases could now be expeditious isolated and safely recover within premises. The THKNH team had to think out of the box to overcome ground limitations, and work under tight timelines to successfully implement the Care@THKNH model.

## 太和观疗养院关照- 太和观疗养院员工和乐龄者关照模式

随着疗养院里新型冠状病毒确诊人数迅速上升，太和观疗养院立即建立了我们的关照模式来应对护联中心提供的准则。

在建立我们的关照模式前，出现冠状病毒症状的员工和乐龄人士需经历多步骤的确诊过程 – 导致我们在采取应对措施有所延误。在等待聚合酶链反应测试结果的当儿，其他的员工和乐龄人士也不幸遭到了病毒感染。之后，检测结果阳性者就被送去政府设立的康复设施养病。

有了关照模式，怀疑染上冠状病毒和检测结果阳性者都被迅速隔离，在疗养院设定的空间安全康复。这个模式，大大的改善了我们之前的应对速度。感谢我们的团队在短时间内想出这个模式，克服了种种范围障碍以实行这个模式。



## CNY Spring Cleaning by Homecare Services

Our staff and volunteers of Homecare Services decided to do something special for CNY this year and visited some beneficiaries to help spruce up their homes before Chinese New Year.

We even had cleaning equipment to bless them with, courtesy of our thoughtful sponsors!

Seeing the smiles on their faces after Spring Cleaning was done, made all our efforts worthwhile.

## 家护团队农历新年大扫除

在农历新年前，太和观家护团队的员工以及志愿者拜访了受益者们的家，为他们大扫除。

我们的赞助商也很周全的赠送清洗工具给受益者们。看着家里干净，有了点喜气，受益者们脸上都露出了感恩的笑容，让护团队的员工和志愿者感到无比欣慰。



# Highlights

## “Traditional” Halal Teochew Png Kueh

THK SCC has been arranging Pastry and Kuehs Workshops for our elders whenever possible to experience different cooking therapy.

The recent workshop we had was Png Kueh Making Session with our Volunteer, Mdm Susan Koh from Joo's Kueh – 如姐潮州粿. Mdm Susan had brought so much fun and laughter to our seniors. Everyone, including our Indian and Muslim seniors had hands-on experience making and eating the “traditional” halal Teochew Png Kueh which they enjoyed very much.

## 亲手制作传统潮州粿

太和观乐龄托管中心不断的在寻找糕点和传统粿制作班，让我们的乐龄人士体会不同的厨艺疗法。

近日，我们有幸的邀请到我们的志愿者 – 许梦好女士 (Mdm Susan Koh)，如姐潮州粿 (Joo's Kueh) 的创办人之一，为我们上了一堂亲手制作传统潮州粿的班。许梦好女士为我们的乐龄人士带来了不少欢笑。连我们的马来乐龄人士也乐在其中。大家亲手制作传统潮州粿，吃着他们完成的作品，实在不亦乐乎。



## WE ARE HIRING 招聘职员

Kami menawarkan jawatan kerja

நாங்கள் வலைக்கா ஆள் எடூக்கிறோம்

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

### CONTACT US

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For more details, you may visit our website at [www.thknh.org.sg](http://www.thknh.org.sg)

\*Picture taken before COVID-19.



# Highlights

## Weekly Trishaw Rides by Cycling Without Age Singapore (CWAS)

Let's Go On A Trishaw Ride! is a collaboration between THK SCC and CWAS to create an extraordinary intergenerational trishaw experience for our elders. This was launched on 25 April 2022.

The trishaws are operated by trained volunteers and the rides give elders opportunities to be out and about in the neighbourhood again.



## WE ARE HIRING 招聘职员

Kami menawarkan jawatan kerja

நாங்கள் வலைக்கா ஆள் எடூக்கிறோம்

- ♥ 注册护士
- ♥ 护士
- ♥ 医疗保健助理
- ♥ 护士助理
- ♥ 治疗助理

### 联系我们

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For more details, you may visit our website at [www.thknh.org.sg](http://www.thknh.org.sg)

*\*Picture taken before COVID-19.*



# 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

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: \_\_\_\_\_

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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 /  
Bank Transfer donation 信用卡/  
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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>

Paynow Donation 银行网站捐款

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



### TAX EXEMPTION 免税

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.

此捐款获得250%扣税。如果您提供税务档案编号(NRIC/FIN/UEN)\*, 您将在估税时获得自动扣税。您无需在纳税表中申请扣除。我们将不会发送收据给您。

If you prefer to receive a donation receipt, please tick here

如果您仍希望收到捐款收据, 请在此处打勾

### 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年个人数据保护法案(PDPA)的要求。您的个人资料是安全的, 不会透露或与任何其他方共享。

For enquiry, please email to: 请电邮  
[finance@thknh.org.sg](mailto: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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BUSINESS REPLY SERVICE  
PERMIT NO. 09400



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>