

A publication of Thye Hua Kwan Nursing Home

THKNH *hearts*



太和觀 THK

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Seasons of *Love*

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Resident Story

Madam Yvonne, 76, was diagnosed with dementia in 2021 and subsequently participated in Dementia Day Care programme at Thye Hua Kwan (THK) Senior Care Centre (SCC) at Kaki Bukit (Bedok North).

Madam Yvonne's dementia had a significant impact on her speech since she found it difficult to recall words to express herself. Over time, her unhappiness with her inability to communicate properly with others led to her withdrawing from social interaction and becoming a shell of her former friendly and energetic self.

We tailored our Dementia Day Care program for Madam Yvonne by adding everyday domestic duties to help her independence and self-esteem. She has become more dignified as a result of our team's commitment to assisting her in aging with dignity.

At THK, we strive to provide the best person-centred care to all elders in the community. Our vision is to empower elders in the community to live with dignity and a positive quality of life. As a non-profit welfare organisation, we depend on the generous support of donors to support our efforts in value-adding to our elders



Mdm Tan Siang Neo

Yvonne



Every dollar makes a difference. Your generous donation will allow us to reach out to more elders in the community.

您的慷慨捐助将助于我们能够接触到社会中更多的乐龄人士。

陈女士，今年七十六岁，在二零二一年被诊断患有失智症后，报名参太和观乐龄托管中心加基武吉(勿洛北)的失智日间护理活动。

陈女士在患病前，性格友善，富有活力。她的失智症严重地影响记忆力与词汇表达能力，导致她无法顺心的与他人对话，性格截然相反。逐渐的，她感到郁闷，较少和他人社交。

太和观乐龄托管中心为陈女士特制她的失智日间护理活动，添加了一些日常家务项目，建立她的自信与独立能力。随着我们团队的努力，陈女士找回了对生活以往的热情，活得有尊严。

在太和观，我们极力给与社会乐龄人士提供最佳的以人为本照护。我们的瞻望是助力社会里的乐龄人士活得有尊严，享受积极的生活质量。身为非营利性福利机构，我们需要各位的慷慨捐款，以助我们为乐龄人士增值人生意。

Staff Spotlight



Bringing Joy to Elders

Since her early years, Stella harboured a strong resolve to enter the healthcare and community sector. Influenced by healthcare professionals she encountered in her formative years, she was deeply moved by the meticulous and compassionate care they provided to each patient.

Stella pursued her career aspiration by furthering her education in social work. Presently, she is a committed member of the medical social work team at Thye Hua Kwan Nursing Home (THKNH).

Stella discovers fulfillment in engaging with and tending to the residents at THKNH. As a regular part of her daily routine, she visits residents in the wards, engaging in conversations to bring smiles to their faces.

A challenging facet of Stella's role involves addressing concerns and feedback from the next of kin regarding the

care provided to their loved ones. Stella exhibits outstanding patience and empathy while attentively listening to and managing the expectations of the resident's family members.

Stella shared that being a social worker requires passion, patience and motivation. It is a noble profession that fills her with pride and joy to see the residents ageing with dignity and their family members well-assured of the care given to the residents.

Stella's experience in the healthcare and community sector serves as a testament to the commitment and perseverance demanded in the field of social work. Professionals in social work have the profound impact of touching lives on a daily basis.



Highlights



Equine Therapy

Involving residents in equine therapy at THKNH has played a role in enhancing the mental and socio-emotional well-being of dementia patients. Additionally, it has relieved caregiver burdens by aiding in the re-establishment of meaningful connections with others.



Nagomi Art

Residents participated in Nagomi Art, an activity that involved creating artwork, irrespective of age or skill level. This fulfilling and accessible experience, devoid of strict rules, provided a therapeutic outlet through pastel art. It helps to calm emotions, restore confidence, relaxed the mind, and alleviate stress and depression.



Other Activities

The dance classes at THKNH offered participants a chance to partake in creative movement and dance alongside their companions. The class emphasised brain stimulation through movement, repetition, the incorporation of props and musical timelines. The residents also took part in VR activities and thoroughly enjoyed the experience. VR is proving to be transformative for dementia care by helping manage psychological and behavioural symptoms of the disease.



Hairdressing

Our dedicated volunteers provide hair-cutting services for our residents every month. Research indicates that hairdressing offer sensory cues related to appearance, such as scents and perfume, which can be beneficial for reminiscence.

为乐龄人士理发

我们热心的志愿者每月都会定时为我们疗养院的乐龄人士理发。研究显示理发能触动人们的感官，例如嗅觉和香气，有助于乐龄人士重燃记忆。



National Gallery: Art with You

Participants from the Senior Care Centre visited the National Art Gallery to take part in the "Art with You" program. Developed by the National Gallery Singapore in collaboration with Dementia Singapore (DSG), the program is designed to promote positive and meaningful engagement for individuals living with dementia. During the visit, clients engaged in meaningful conversations inspired by the art collection, experienced cognitive stimulation through creative questions and activities and participated in hands-on art-making to enhance fine motor skills.



Music Making Session

In individuals with dementia, music has demonstrated positive effects on cognitive processes, emotions, perception, mood, and behavior. At THK Nursing Home, music is integrated into care plans, with residents actively participating in diverse music and singing groups, deriving enjoyment from the experience.



14th Asia Pacific Orchid Conference (APOC) 2023

Clients from the THK Senior Care Centre visited the "Asia Pacific Orchid Conference" (APOC) at Singapore EXPO, featuring the region's finest orchid plants and award-winning varieties. The presence of flowers had a positive impact on the health of the seniors, offering therapeutic benefits.

2023年第14届亚太胡姬花大会

太和观乐龄托管中心的乐龄人士参观了在新加坡博览中心举办的亚太胡姬花大会。他们在大会上欣赏了亚太区中 最优质的胡姬花和得奖品种。处在缤纷美丽的花丛中，对乐龄人士的健康有正面的影响力，具有疗愈的好处。



Deepavali Luncheon for our Residents and Staff

Our dedicated volunteer and her family provide lunch to our resident and staff at Deepavali so that we can all share this joyous occasion together. And there are activities for our residents to encourage them to celebrate this special occasion. May the joy and prosperity of the lights of Diwali shine brightly in the hearts of our people.

KILLINEY SINCE 1919 **THKN** *Hearts*

10%
OFF

PROMOTION

Sharing is Caring

Activities for Seniors with Dementia

1



Jigsaw Puzzle

Individuals with dementia participated in activities that offered a sense of purpose, surmounted challenges, and instilled a sense of accomplishment. Clients found puzzles to be an excellent choice, blending enjoyment with mental stimulation.

2



Bingo

Among all the activities, one game that stands out for clients is Bingo. Clients look forward to playing bingo each week. The overall feedback is that it helps in promoting social interaction and cognitive stimulation.

3



Comb Painting

Clients at SCC love creative activities like painting. It is proven to enhance mood and improve overall well-being. The activity helps stimulate cognitive functions by creating new neural pathways and evoke memories, speech, or non-verbal expressions such as smiles and laughter.

4



Cooking Therapy

The concept behind cooking activities at SCC is to engage the senses (sight, sound, smell, taste, and hearing) of individuals with dementia actively. Both clients and their next of kin have provided feedback that these cooking activities evoke joyful memories and create excellent opportunities for bonding.



- Only valid in Ang Mo Kio-Thye Hua Kwan Hospital (branch)
- Valid between 1 Dec 2023 to 30 June 2024 (Inclusive)
- Not applicable with other promotion or discount

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- ♥ Staff Nurse
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For more details, you may visit our website at www.thknh.org.sg



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

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

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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

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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
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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

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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>