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Symphony of Love

Inspiring & Leading Others to Care for the Elderly
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Bringing Walls to Life with Mural Masterpieces

Art is beautiful in cultivating a sense of peace, practising mindfulness, encouraging creativity, walking down memory lane, therapeutic engagement and more.

Our residents enjoy mural painting through art therapy sessions, community painting events or simply, a sudden spark of creativity by a budding artist. The process of creating a mural, choosing the colours and painting it to come alive on walls brings a priceless joy and sense of accomplishment to our residents, while encouraging them to stay physically, mentally and emotionally healthy.

At THKNH, mural masterpieces adorn many of our walls as a testament to our commitment to creating a warm, engaging and uplifting environment for our residents. The mural masterpieces celebrate life through colours and the uniqueness of each artist, fostering a sense of belonging and enriching the overall quality of life within our home.

Resident Story

The Intangible Healing Power of Reconciliation 家人团聚的伟大疗愈能力



Mr Chan has been a resident in Thye Hwa Kwan Nursing Home (THKNH) since November 2023. He previously relocated to China for work in 2008 and lost contact with his mother for years. Upon his repatriation back to Singapore after suffering a stroke, he chose not to apply for residency in the same nursing home as his mother as he was unsure about how to face her after the years apart.

As time passed in THKNH, Mr Chan's desire to reunite with his mother helped him to overcome his feelings of hesitation and anxiety. With help from social workers, Mr Chan finally reunited with his mother and they shared a poignant hour together reminiscing about past happy moments. Mr Chan's love and care for his aged mother clearly showed through the entire session.

At THKNH, we believe deeply in the healing power of family bonds for holistic patient-centred healthcare. We actively encourage and facilitate reconciliation among family members in our efforts to foster an environment where cherished connections can flourish.

曾先生在二零二三年十一月住进了太和观疗养院。他在二零零八年时移居到中国工作，多年以来和母亲失去了联系。他在中国中风后，被遣返回新加坡。在申请疗养院时，他因不知如何面对母亲而选择不和母亲同住。

住进太和观疗养院后，曾先生开始思念母亲。他思母之心最终战胜了他的犹豫与焦虑。通过社工的协助，曾先生终于与母亲团聚。两人敞开心回忆起往日的美好记忆，共度了难忘的甜蜜时光。谈话中，曾先生明显的透露出对母亲真诚的关爱。

在太和观疗养院，我们深信家人团聚的伟大疗愈能力。因此，我们极力鼓励和配合家人团聚，让爱和亲情治愈每个人的心灵。

Every dollar makes a difference. Your generous donation supports us in extending our reach and support to more elders in the community. Help us to reunite more family members and bring priceless joy to them in their late years.

您的每一元捐款能助于我们帮助更多乐龄人士。请慷慨捐款，帮助我们让更多的家人团聚，在他们的晚年带给他们无价的欢乐。

Staff Spotlight

Inspiring & Leading Others to Care for the Elderly

With a bright smile on her face and a spring in her steps, Diyana lights up the wards of Thye Hwa Kwan Nursing Home (THKNH) as she makes her daily rounds as a newly minted Nurse Manager.

Diyana is a well-recognised face in THKNH by staff and residents alike, after spending 6 years as a Senior Staff Nurse. Her recent work promotion comes as no surprise to those who work with her, given her infectious positive energy, big heart of love and encouraging style of guiding new staff.

Stepping into a Nursing Home

Growing up, Diyana has always been close to her grandparents. After graduating from her nursing studies, Diyana's grandparents regularly spoke of her with pride during family gatherings and took the initiative to call her to share about their health condition.

As Diyana witnessed her grandparents aging, she felt a strong calling to care for the elderly. Subsequently, she decided to take a leap of faith and follow her heart to transit from working in a hospital to a nursing home.

The new environment was an eye-opener to Diyana as she was assigned to a dementia ward and had to quickly familiarise herself with the psychology of dementia patients. She also had to manage regular interactions with residents' next-of-kins (NOKs) and liaise with visiting doctors, physiotherapists and occupational therapists to provide holistic care for residents.

Finding Fulfilment in Caring for the Elderly

With strong support from her manager, Diyana adjusted to working in a nursing home and attended various courses to broaden her nursing knowledge and equip her with confidence to care for the elderly.

Over time, Diyana learned to manage residents' behaviour, engage with NOKs and found herself becoming a member of the big family in THKNH. Till date, she has built a strong bond with the residents in THKNH and views them as her "grandparents in a home away from home".

With Malay as her main communicating language, Diyana has picked up a smattering of Chinese and dialects through her interactions with the residents. She checks on the residents' progress daily and can share in detail about their characters, health condition, family and favourite activities.

Diyana finds great fulfilment in caring for the residents and feels most heartened to witness dementia residents stabilising their condition through medication and active participation in the nursing home activities.



Stepping Up to a New Role

Currently, Diyana is assigned to a ward that has a mixture of dementia and non-dementia residents. She takes the time to interact with every resident to check on their health status and understand their hobbies and interests.

She oversees a team of nurses to guide them in caring for the residents and is most patient in sharing her nursing knowledge with them. Diyana is most open in sharing her experiences with her team to lay down realistic expectations for new nurses and makes the extra effort to induct foreign nurses to basic local culture and norms.

In taking care of the ward's daily operations, Diyana manages escalated cases and NOKs feedback. She shares that it is essential to be respectful, empathetic and patient to managing NOKs feedback. She seeks to understand NOKs concerns for the resident, share with them about the daily routine for the resident and work together to provide the best care for residents.

Inspiring Her Team

It is clear that her team is most enduring towards her as they congratulate her enthusiastically upon seeing her step into the ward with her new Nurse Manager uniform.

Diyana shares that she regularly reminds her team that nursing is a combination of medical knowledge and patient management. Soft skills are an integral part of nurses job, given their daily interaction with patients and NOKs, especially in caring for dementia residents who are not fully cognitive of their behaviour.

When met with the occasional frustration at work, Diyana manages her stress by sharing her emotions with her colleagues or playing with her cats at home to focus her mind on the present. Her positive nature is a priceless inspiration to her team!

Events and Projects

Uplifting Moods with Avian-Assisted Therapy

Avian-Assisted Therapy leverages on the unique characteristics of parrots, given their intelligence, sociability and ability to bond with people naturally, to enhance holistic well-being of participants. As part of the Avian-Assisted Therapy, also known as parrot therapy, our seniors engaged in supervised interactions with parrots with the goal of improving their overall mood and cognitive well-being.

It was most uplifting and heartwarming to see our seniors' faces illuminated with smiles as they engaged with their feathered companions. Throughout the therapy session, our seniors demonstrated genuine enjoyment and enthusiasm, eagerly participating in activities such as feeding and conversing with the parrots. Interacting with the intelligent and sociable parrots fostered a sense of companionship, joy and emotional support for our seniors, alleviating their feelings of loneliness, depression and anxiety.

Research studies have shown that cognitive stimulation provided by the therapy enhances memory, attention and problem-solving skills in participants. Overall, the session with our feathered friends left our seniors in high spirits and looking younger by a decade, underscoring the comprehensive benefits of parrot therapy in enhancing participants' overall well-being and quality of life.



Hearty Lunch by Our Kind Donor



Our seniors were treated to a hearty lunch by a generous donor, Ms Eva Huang. The thoughtful gesture brought smiles and warmth to our seniors, clearly demonstrating the power of care and compassion in action. We are immensely grateful to our donor for making the meal exceptionally sweet and special for our seniors.



Connecting Hearts and Minds with JP Morgan

It was a thrilling experience for us to participate in a JP Morgan charity event in November 2023. We worked closely with JP Morgan officials, vendors and volunteers to ensure the seamless execution of the event. Through our combined efforts, we managed to craft an unforgettable guest experience, featuring captivating activities, inspirational speakers and opportunities for networking and philanthropy. The event allowed us to create stronger awareness about our organisation and the meaningful impact of our work in the community.



Singapore Health Quality Service Awards 2024

The Singapore Health Quality Service Awards 2024 was held on 23rd January 2024 at the NUS Cultural Centre. Graced by Dr Janil Puthucheary, Senior Minister of State for Health, THKNH earned a number of awards across categories in recognition of our dedication and patient centred care towards our residents. We are immensely proud of our frontline healthcare workers and staff in supporting roles for receiving praise for their exceptional care and service quality.



Chinese New Year (CNY) 2024 Celebration Film Captured by MediaCorp



In line with the CNY festive mood, numerous dedicated volunteer teams visited THKNH to involve our residents in a variety of activities, including arts and crafts sessions, to create a cheerful and warm mood in a home away from home. A team from MediaCorp visited to capture our residents' CNY celebrations, engaging them in arts, music and dance activities, with many beautiful and joyous moments sealed in film.

It is a well-cherished tradition in Chinese culture to celebrate CNY with hand-written calligraphy couplets. One of our residents, graciously obliged to crafting several celebratory messages in master standard calligraphy for the CNY couplets, much to the admiration of onlookers.

Donations by Yishun Town Secondary School



In an amazing gesture of community love, Yishun Town Secondary School graciously donated many bags of daily essential items to our nursing home. We are most grateful towards all staff and students of Yishun Town Secondary School for their act of generosity to positively impact our residents amidst their efforts to foster a kind and compassionate world for everyone.

KILLINEY SINCE 1919 **THKNHearts**

10%
OFF

PROMOTION

Malay Language Field Exercise 2024 – HCS

Our Home Care Services (HCS) colleagues participated in a Malay Language Field Exercise to familiarise themselves with Malay food and culture. Participants were assigned tasks to practise their Malay language skills, purchasing Malay delicacies, selecting headscarves, bargaining for specific items or colours and interacting with native Malay speakers. Amidst the fun and laughter in completing the assigned tasks, participants gained much knowledge about the local Malay culture.



Fire Drill in Partnership with Singapore Civil Defence Force (SCDF)

Our Company Emergency Response Team (CERT) conducted a fire drill in partnership with the SCDF in January 2024 to reaffirm our commitment to readiness and preparedness for potential fire emergencies.

At THKNH, our residents tend to be of an elderly age with various health conditions and mobility issues. As such, it is extra challenging to facilitate evacuation of residents during an emergency like a fire. Conducting regular fire drills allow our staff and residents to familiarise themselves with emergency evacuation routes and procedures, minimising fear and panic during a real emergency.



- 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

WE ARE HIRING 招聘职员

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

CONTACT US

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

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



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. 05 | 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): _____

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Address 地址: _____

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

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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

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:
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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>

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.



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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>