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COMMUNITY CARE
MANPOWER DEVELOPMENT AND EXCELLENCE AWARDS 2024

Community Care Excellence Award Ceremony (CCEA) 2024: Recognising the Heart of Our Success

The 2024 CCEA Award Ceremony recognised the dedication of healthcare staff and their commitment to exceptional care. We were honored to have Ms. Rahayu Mahzam, Minister of State for Health and Communications and Information, as the Guest of Honour, alongside Dr. Gerard Ee, Chairman of the Agency for Integrated Care. Our social worker, Ms. Yvette Koh from SCC @Kaki Bukit, received the Gold Individual Award for her outstanding contributions, reflecting our team's commitment to excellence in community care.



Embracing
Wellness,
Spreading
Happiness

Resident Story

Mdm Pung first connected with THK Home Help Services in 2016 for community monitoring. In January 2017, she shared that a close neighbour had taken their own life, an event that profoundly impacted her. During weekly visits by the social work assistant, Mdm Pung often expressed feelings of loneliness and fear about being alone at home. She valued her independence but was troubled by her worsening memory and sense of losing control. The team assessed that living alone was unsafe for her due to cognitive decline, as she struggled to manage finances and could be at risk of financial exploitation. With support from the social work assistant and Tan Tock Seng Hospital outpatient clinic, a referral was made for her nursing home admission in November 2017.

On her admission day, 11 January 2018, Mdm Pung appeared sad and tearful, expressing distress over not being informed about her transfer to a nursing home. The social worker comforted her, emphasising that she was now in a secure environment with nursing care. Mdm Pung felt a loss of freedom and was initially reluctant to stay.

A week later, during a follow-up, she showed signs of better adjustment. Mdm Pung acknowledged that while she missed her independence, the home offered safety and necessary care. She appreciated not having to worry about falling without anyone there to help and mentioned making friends, feeling at ease with her surroundings, and liking the food. Cheerful and sociable, she conversed readily in Cantonese, Hokkien, and Mandarin, and shared her family history with the social worker.

Throughout her years at the nursing home, Mdm Pung has remained active in volunteer-led activities and continues to engage in conversations in Cantonese. She has built strong connections within her dementia ward. Although her physical condition has declined over time, THK Nursing Home remains dedicated to providing her with the highest standard of care as her needs evolve.

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 could give our financially needy residents hope and purpose!

彭女士于2016年首次联系德教太和观家居服务以接受社区监护。2017年1月，她分享了一位邻居的轻生事件对她产生了深刻影响。在每周的探访中，她表达了孤独感和对记忆力衰退的担忧。由于她的认知能力下降和安全隐患，该团队在社工助理和陈笃生医院的支持下，于2017年11月为她申请了疗养院入住。

2018年1月11日，彭女士在未获告知的情况下转至德教太和观疗养院时感到悲伤和不安。社工安慰地向她保证这里的安全环境和护理服务。起初她有些不情愿，但在一周内逐渐适应，开始欣赏这里大家的陪伴和照料。她享受这里舒适的环境和交朋友，并喜欢这里提供的食物。彭女士性格开朗，乐于社交，能用粤语、福建话和普通话与他人交流，向新朋友分享她的家族故事。

在疗养院的这些年里，彭女士一直积极参与志愿组织的活动，并持续用粤语交流。她在痴呆病房中建立了深厚的感情。尽管她的身体状况随着时间有所下降，德教太和观疗养院始终致力于根据她不断变化的需求为她提供最高标准的护理。

在德教太和观疗养院，我们致力于为所有居民提供最佳的护理和支持，帮助他们迈向康复。这里的许多老人面临各种健康挑战，需要不同程度的护理服务。作为一家慈善机构，德教太和观疗养院需要您的支持，以继续丰富他们的生活。

每一分捐款都至关重要，您的慷慨捐赠将为我们经济困难的居民带来希望和目标！



Staff Spotlight



Inspiring & Leading Others to Care for the Elderly

After several years as a Personal Care Officer and Programme Associate, I embraced the challenge of becoming a Programme Executive at Thye Hua Kwan Senior Care Centre @Kaki Bukit (Bedok North). THKNH's mission to enrich the lives of seniors, particularly those with unique care needs, resonates deeply with my values. I am excited to connect with seniors and bring them joy through thoughtfully planned programs. This role has strengthened my commitment to compassionate senior care, and I look forward to furthering my skills while contributing to this respected organisation.

A typical day at the centre begins with warmly greeting seniors, setting a positive tone for the day ahead. We engage them in a variety of activities that support their cognitive, physical, and emotional well-being. These range from sensory exercises, bingo, puzzles, art & craft, pet-assisted therapy and performances, including singing and dancing. We also host exercise sessions led by external coaches to promote physical activity and bring variety to their routines.




Staff Nominations:
Joey (SCC) – Programme Executive

A core part of my role involves partnering individual volunteers and CSR teams from companies like SIA and Alteryx. Together, we created enriching activities that range from art and craft sessions to performances and exercise programs. These partnerships allow us to introduce fresh experiences that bring joy, foster connections, and support for our seniors.

With my team, we designed and implemented programmes tailored to the specific needs of seniors with dementia, ensuring their overall well-being. Each senior has a personalised care plan, developed and refined through weekly Individual Care Plan meetings. These sessions enable our team to review each senior's progress and collaborate across departments to enhance their quality of life.

One initiative I am particularly proud of is the introduction of dog-assisted therapy at the centre. This program has had a profound impact on our seniors, offering both companionship and therapeutic benefits that enhance their emotional and physical well-being. It has quickly become a favourite, providing moments of comfort, joy, and connection.



With the unwavering support of my team and the dedication of our volunteers, my journey has been both smooth and rewarding. As I look to the future, I am eager to continue growing in my role, making meaningful contributions, and fostering a compassionate and inclusive environment that supports the well-being of every senior we serve at the Centre.

Events and Projects

1 Health & Nourishment: Our Residents Sharing Insights on Nutrition and Wellness

In a recent CNA filming, our resident shared insights on how proper nutrition enhances health and well-being, especially for the elderly. The interview highlighted their positive experience with our nutritious meal plans, emphasising the role of balanced diets in maintaining energy and preventing illness. It also showcased our kitchen staff's dedication to providing tailored, high-quality meals that meet the specific needs of our residents.



2 Kaki Bukit Health Fiesta 2024: Where Community, Culture, and Fun Come Together

The Kaki Bukit Health Fiesta 2024 promises to be a vibrant celebration of community spirit, featuring exciting activities, live performances, and meaningful connections. We were honored that our Senior Care Centre @Kaki Bukit was invited to take part in this special event. Minister of Health Mr. Ong Ye Kung joined us, along with over 400 enthusiastic community members, for a day dedicated to health, wellness, and togetherness. It was a day filled with smiles, shared stories, and a collective commitment to healthy living.



3 SIA's Heartfelt Outreach: Connecting with Seniors at THKSCC @Kaki Bukit

We were thrilled to host the Singapore Airlines cabin crew for a heartwarming morning of volunteering with our seniors. The crew enthusiastically took part in activities such as morning exercises, arts and crafts, karaoke, and even helped serve lunch to our seniors with dementia. Their feedback summed it up perfectly: **"We had a wonderful volunteering experience!"**



4 One Community, One Nation: Aljunied GRC & Hougang SMC National Day Celebration 2024

We were deeply honored to have Senior Minister Lee Hsien Loong join us in celebrating Singapore's 59th Birthday! His warm interactions with the community, including our residents, made the day even more memorable. His visit brought smiles to many faces, fostering a profound sense of pride and unity as we celebrated our nation.



5 Sweet Connections: Celebrating National Day and Joy-Through Community Kindness

Our wonderful volunteer brought joy to our residents with a stunning 6kg cake, beautifully decorated with a vibrant National Day theme. This cake not only celebrated Singapore's birthday but also filled the room with smiles and laughter, adding a delightful touch to their day. This heartfelt gesture illustrates the strong bond between our community and the nursing home, highlighting how volunteers play a vital role in bringing happiness and warmth to our residents.

6 A Day in Nature: Senior Care Centre Outing to Bird Paradise

Our seniors had a wonderful day at Bird Paradise, immersed in the vibrant sights and sounds of nature. Surrounded by colourful, exotic birds soaring above and lush, scenic landscapes, the outing offered moments of joy, relaxation, and inspiration. From engaging feeding sessions to gentle strolls through beautifully designed aviaries, the visit provided a refreshing experience for everyone. Our dedicated staff and volunteers ensured that each participant felt supported, making this day both memorable and uplifting.



KILLINEY SINCE 1910 **THKN** *hearts*

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7 President Challenge Walkathon with Nursing Home and Ang Mo Kio Hospital 2024 Walking Together for a Caring Community

This year's President's Challenge Walkathon brought together Thye Hua Kwan Nursing Home and Ang Mo Kio Hospital in a heartwarming event that celebrated both movement and connection. Participants, staff, and volunteers walked side by side, with each step symbolising the strength of community care and support. Together, we embraced the spirit of inclusivity, recognising the resilience and courage of those involved.



8 Creative Expressions: Mosaic Art by Our Residents

Our residents have joyfully embraced their creativity through mosaic art, crafting colorful pieces that beautifully reflect their unique stories and life experiences. This artistic journey brings not only happiness to our residents but also fills our nursing home with warmth and vibrancy. Each creation celebrates their individuality, fostering deep connections and a strong sense of community that truly uplifts everyone involved.



9 A Day of Joyful Engagement with THKNH Residents with Raffles Kidz International

Raffles Kidz International held a full-day staff retreat at our nursing home, where 50 staff members actively engaged with our residents through a variety of meaningful activities in both the hall and the wards. Our residents had a wonderful time, filled with fun, laughter, and warmth, all thanks to the dedicated efforts of the volunteers.



- Only valid in Ang Mo Kio-Thye Hua Kwan Hospital (branch)
- Valid between 1 Dec 2024 to 30 June 2025 (Inclusive)
- Not applicable with other promotion or discount

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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

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Issue No. 07 | 2024

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\$10
 \$50
 \$100
 \$200
 \$500
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=



1 month of diaper supply for 1 elderly

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=



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.**



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