



We're gearing up to
introduce
**THYE HUA KWAN
NURSING HOME @
TANJONG KATONG**

THYE HUA KWAN TO LAUNCH NEW NURSING HOME IN TANJONG KATONG, BLENDING HERITAGE WITH PERSON-CENTRED CARE

We're delighted to share an exciting update with our community!

As we approach the third quarter of the year, construction of our newest nursing home—THK Nursing Home @ Tanjong Katong—is nearing completion. Located in the heart of the Tanjong Katong area, this upcoming long term community care facility blends heritage, heart, and high-quality care.

Inspired by the rich Peranakan charm of the neighbourhood, the new nursing home is thoughtfully designed to reflect local culture while offering modern comfort and person-centred care. It's more than just a place to live—it's a place to feel at home. Infused with the spirit of Baba Nyonya culture, compassionate service, and soulful elegance, THK Nursing Home @ Tanjong Katong aims to be a space where residents are welcomed with dignity, familiarity, and love.

AT THK NURSING HOME @ TANJONG KATONG, EVERY LIFE IS HONOURED—JUST AS WE HONOUR THE RICH HERITAGE OF OUR COMMUNITY

Residents will experience déjà vu in the familiar—from hand-painted tiles and floral batik patterns to thoughtfully curated heritage corners featuring everyday objects from the past. These details are more than décor; they are meaningful touches that evoke memories, spark conversations, and create a deep sense of belonging.

Our interiors are thoughtfully crafted with a Peranakan touch—from ornate ventilation grilles to vibrant floor patterns—creating an atmosphere that inspires joy, storytelling, and a sense of belonging.

It's a heartfelt tribute to the rich traditions that have shaped Tanjong Katong for generations.

OPENING SOON – BE PART OF THE JOURNEY

THK Nursing Home @ Tanjong Katong is more than a place of care—it's a living celebration of culture, stories, and the many chapters of life.

As we prepare to open our doors and hearts to the community, we invite you to join us in creating a home where heritage is honoured, lives are valued, and every moment matters.

Stay tuned for more updates as we count down to the official opening!



Resident Story

A Story of Resilience: Madam Chew Bougan's Journey

At Thye Hua Kwan Nursing Home (THKNH), we are deeply honoured to be a part of the lives of our residents, each with their own unique and inspiring journey. One such story is that of Madam Chew Bougan, whose resilience in the face of adversity has left an indelible mark on all who meet her.

Madam Chew, a divorcee and mother to only daughter, Janet, has faced many challenges with quiet strength. Janet, who lives with an intellectual disability, works as a toilet cleaner with no fixed income. While Janet is unable to provide financial support, she visits her mother regularly at the nursing home, offering emotional comfort and companionship.

Before joining our nursing home, Madam Chew lived alone in a 3-room HDB flat owned by her sixth brother. As the second of nine siblings, she has had to navigate life's challenges without her parents. However, her third brother, Mr. Meng Suan, has been a constant source of support, regularly visiting with his family and serving as Madam Chew's main spokesperson for matters related to her care.

Madam Chew faces financial hardships; she has minimal savings and no personal income. Her nursing home fees have been partially supported by monthly PGDAS payout of \$100 and the remaining cost fully supported by MediFund assistance. Though her extended family is unable to contribute financially, their occasional visits bring her much-needed joy and comfort.

Living with dementia and needing help with daily tasks, Madam Chew has embraced life at THKNH with warmth and resilience. She actively participates in activities, enjoys meaningful conversations, and has formed close friendships. Her cheerful presence brings joy to our home.

Your Support Makes a Difference

At THKNH, we are committed to providing exceptional care to all our residents, like Madam Chew, who face various health challenges. As a charitable institution, we rely on your generous support to continue our mission of care and compassion. Every contribution — whether small or large — brings hope, comfort, and purpose to the lives of seniors in need.

To learn more about how you can support our mission or make a donation at [Donate to Thye Hua Kwan Nursing Home Limited]

Thank you for being a part of our journey!



坚韧的故事：周宝根女士的历程

在德教太和观疗养院(THKNH)，我们深感荣幸能够成为居民们生活的一部分，每位居民都有自己独特且鼓舞人心的故事。其中一个就是周宝根女士的故事，她在逆境中的坚韧不拔给所有与她相遇的人留下了深刻的印象。

周宝根女士是一位离异女性，有位独生女珍妮特，虽然她在生活中面临许多挑战，始终默默的坚强应对。她的女儿珍妮特患有智力障碍，靠打扫厕所为生，没有固定收入。尽管珍妮特无法提供经济支持，但她会定期探望母亲，给予她情感上的安慰和陪伴。

在来我们的疗养院之前，周女士独自一人住在她六哥的三房式政府组屋里。作为九个兄弟姐妹中排行第二，她不得不在没有父母的情况下应对生活中的种种挑战。然而，她的三哥一直是她坚强的支持来源，常常带着家人探访她，并作为周宝根女士在照顾事务中的主要代言人。

周女士面临经济困难，几乎没有储蓄，也没有个人收入。她的疗养院费用部分由每月100元的乐龄援助金（PGDAS）资助，剩余费用则全额由政府保健基金（MediFund）承担。虽然她的家人无法在经济上提供支持，但他们偶尔的探访为她带来了急需的安慰和快乐。

周女士患有失智症，日常生活需要协助，但她以温暖与坚韧的态度积极融入德教太和观疗养院的生活。她积极参与各类活动，乐于交流，并与其他住户建立了深厚的友谊。她开朗的个性为我们的疗养院增添了许多欢笑与温馨。

您的支持将带来改变

在德教太和观疗养院(THKNH)，我们致力于为每一位住户提供优质照护，尤其是像周女士这样面对各种健康挑战的年长者。作为一家慈善机构，我们依赖社会大众的慷慨支持，继续推动这份关怀与爱的使命。无论金额大小，每一份捐款都为有需要的年长者带来希望、安慰与意义。

想了解更多关于如何支持我们的使命或捐款方式，请访问我们的网站。

感谢您成为我们旅程的一部分！

Staff Spotlight

THK Staff Spotlight – Nur'Ain Natasha Social Work Assistant, THK Senior Care Centre @ Kaki Bukit



We are pleased to shine a light on Nur'Ain Natasha, a valued member of our team at THK Senior Care Centre @ Kaki Bukit. Since joining us in July 2024 as a Social Work Assistant, Nur'Ain has quietly made a meaningful impact through her compassion, dedication, and steady support for the seniors in our care.

How It All Began

Before joining THKSCC, Nur'Ain worked part-time at NTUC Health Active Ageing Centre as a Programme Associate. Her interest in working with seniors was always present, but it wasn't until she witnessed the social gaps firsthand that she felt a strong calling to step into the eldercare space more meaningfully.

"After 11 months at the AAC, I was introduced to THKSCC," she recalls. "I saw it as a chance to grow and help address the gaps I observed. I started my journey here as a Social Work Assistant, with the long-term goal of becoming a certified Social Worker."

A Day in Her Role

No two days are ever quite the same for Nur'Ain. Her role as a Social Work Assistant involves a delicate balance of administrative tasks and emotional support for families and seniors alike. A typical day starts with responding to messages from next-of-kin, updating the care team on any important developments, and reviewing her schedule for assessments or follow-ups.

She conducts social assessments, coordinates new referrals, and engages caregivers through face-to-face sessions, phone calls, or messages. Behind every task is a human story, and Nur'Ain is often the bridge between clinical care and emotional understanding.

Beyond the paperwork and phone calls, her job demands readiness for the unexpected.

A Memorable Challenge - The Unpredictable Side of Caregiving

Working in a dementia daycare centre brings with it many unpredictable and emotionally charged moments. One particularly memorable and challenging situation involved a senior client who often became agitated and physically aggressive when separated from his wife, his primary source of comfort.

Despite being referred to the centre for respite care, his strong emotional attachment led to anxiety and behavioural issues. On one occasion, he became increasingly distressed and physically disruptive while secured in a Geri chair. Though Nur'Ain's role typically keeps her in the office, she did not hesitate to respond when she heard the commotion.

Drawing from her training and understanding of dementia behaviours, Nur'Ain took a creative and compassionate approach. Knowing the client was a former police officer and Malay-speaking, she calmly engaged him in conversation, asking for his help to write a police report. The familiar roleplay tapped into his identity and sense of purpose, effectively distracting and calming him.

This moment highlighted the reality of dementia care: challenges can emerge in an instant, and responding requires not just training, but empathy, cultural awareness, and quick thinking.

Looking Ahead

Thanks to the support of THKSCC, Nur'Ain has attended several training courses to enhance her skills in dementia care and social work. These experiences have fuelled her desire to continue her studies and become a qualified Social Worker.

"I'm grateful for the opportunities to learn and grow here," she says. "Every course I attend, every client I meet, these adds to the bigger picture of the kind of social worker I aspire to be."

Why She Shines

Even as a young professional, Nur'Ain has shown wisdom and heart beyond her years. Her ability to connect with seniors and their families, provide emotional and practical support, and manage complex needs with care and grace makes her a true asset to the team.

We hope Nur'Ain's journey will inspire others in the THK family to continue making a difference in their own ways. Her quiet determination and heart for service remind us of the meaningful impact each of us can have. We look forward to seeing her grow and continue contributing to the lives she touches in the years ahead.

Events and Projects

Dignity Reminiscence Programme for Our Residents

We are delighted to introduce the Dignity Reminiscence Programme, where family portraits are transformed into jigsaw puzzles. This initiative, designed by our dedicated staff, helps residents reminisce, stimulates cognitive and motor skills, and promotes emotional well-being and social interaction. We're thrilled to see the positive impact it has on their lives.

The Dignity Renaissance Programme offers families a meaningful keepsake while highlighting the importance of honouring and valuing our elderly residents. Through beautifully personalised portraits, we celebrate each resident's unique story and accomplishments, nurturing a deep sense of pride and connection. This initiative not only preserves their legacies but also reinforces their significance within their families and the wider community—making a lasting impact on how we view ageing and the richness of life.



Hari Raya Celebration

Our Hari Raya celebration filled the nursing home with warmth, joy, and a strong sense of togetherness. Staff came together to mark the festive occasion with lively music, traditional delicacies, and vibrant cultural performances. The smiles and laughter shared that day reflected the spirit of compassion, unity, and community that defines life at our Nursing Home.

London Study Trip

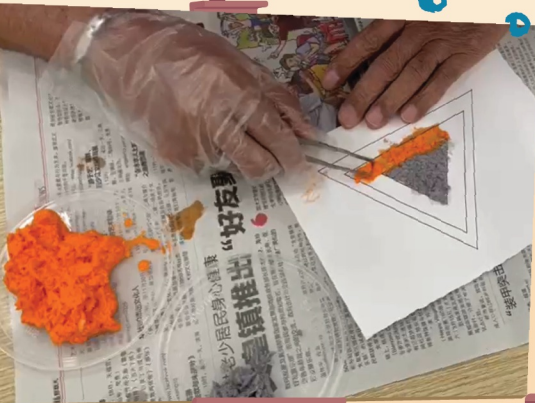
Our team's participation in the London Study Trip provided valuable insights into global best practices in aged care. From smart technology to person-centred design, the experience deepened our understanding of innovative care models that promote ageing with dignity. The knowledge gained will guide us in enhancing our care environment, strengthening staff capabilities, and enriching the lives of the seniors we serve.



Events and Projects

Celebrating Creativity at THK Nursing Home

At THK Nursing Home, we believe every individual has a story to tell. Recently, one of our talented residents shared theirs through a heartfelt piece of artwork. This creative expression showcases not only artistic talent, but also resilience, imagination, and the joy of meaningful creation. We are proud to provide a space where creativity flourishes, and where every artwork reflects dignity, purpose, and the unique journey of its creator.



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PROMOTION

Sharing is Caring

Empowering Nutrition: Guidelines, Alternatives & Simple Recipes for Healthier Choices

Understanding the IDDSI Framework

The International Dysphagia Diet Standardisation Initiative (IDDSI) consists of eight levels (0-7):

- Drinks: Levels 0 to 4
- Foods: Levels 3 to 7

This globally standardised framework helps describe food textures and liquid thickness to support safe and effective nutrition for individuals with dysphagia. The primary goal? Ensuring safety, consistency, and clear communication for modified diets.

Natural Thickening Alternatives

While commercial thickeners are commonly used, there are also food-based alternatives you can try:

- Soft rice
- Oats
- Mashed potato starch

These options can be both nutritious and cost-effective while supporting texture-modified diets.

Preserve Nutritional Value

To retain maximum nutrition in your food:

- Avoid overcooking, as it can reduce essential vitamins and minerals
- Opt for gentle cooking methods like steaming or boiling for shorter durations.



The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



Simple & Nutritious Recipe: Pumpkin Purée

A soft, nutrient-rich option suitable for various IDDSI levels with minor modifications.

Ingredients:

- 1 small pumpkin

Instructions:

1. Cut the pumpkin in half and scoop out the seeds.
2. Boil or steam until the flesh is tender (approximately 15-20 minutes).
3. Scoop out the flesh and mash with a fork or blend until smooth.

Tip: For added flavour and nutrition, mix in a dash of cinnamon or a spoonful of yogurt (as texture permits).



- Only valid in Ang Mo Kio-Thye Hua Kwan Hospital (branch)
- Valid between 1 Aug 25 – 31 Dec 25 (Inclusive)
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Issue No. 09 / 2025

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For enquiry, please email to: 请电邮
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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/>
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