



THK NURSING HOME @TANJONG KATONG A Joyful Start: Soft Opening of THKNH's New Home

While we have yet to welcome our first resident to THKNH's new nursing home @Tanjong Katong, the THK team marked its soft opening on 8 March 2026.

The celebration began with a traditional lion dance to bless the premises, followed by a walkabout tour of the facility for our Board of Directors and staff. The event concluded with a sumptuous lunch at the multipurpose hall, where guests gathered in appreciation of this meaningful milestone.



Resident Story

A Lifetime Together, Still Side by Side 携手一生，依然同行



At 84 and 82, Mr and Mrs Low have spent a lifetime together raising two children, building a home, and supporting one another through life's ups and downs. For years, they lived quietly in their HDB flat with their son, with support from their daughter.

When their son, their primary caregiver, was due to be incarcerated, the couple faced an uncertain future. With increasing medical needs and no one at home to care for them, they transitioned to THK Nursing Home - Mrs Low on 3 September 2025, and Mr Low on 23 October 2025. Both are wheelchair-bound. Mrs Low remains warm and friendly, enjoying chats in Mandarin, while Mr Low, who has moderate dementia, hypertension, and high cholesterol, finds comfort in his wife's presence despite memory lapses.

Financially, the couple has very limited means, relying primarily on modest government payouts such as the Silver Support Scheme. Their daughter provides as much support as she can for their daily needs. Understanding the family's financial challenges, THK Nursing Home has extended MediFund assistance and other support to Mr Low, ensuring he continues to receive the care he requires.

Beyond medical care, our staff and volunteers help them experience joy and companionship through activities like horse therapy, karaoke, musical performances, and festive celebrations. These moments create precious memories and remind us why compassionate care matters.

As a charitable institution, THK Nursing Home depends on generous donors to continue providing holistic care and enriching experiences. **Your support ensures residents like Mr and Mrs Low receive not just medical care, but warmth, dignity, and hope every day.**

在岁月的长河里，84岁的刘先生与82岁的刘太太始终并肩而行。他们一起养育了两个孩子，在平凡却真实的日子中建立了一个充满温暖的家。人生有高有低，但无论顺境逆境，他们总是彼此扶持、相互依靠。多年来，在女儿的支持下，刘夫妇和儿子同住在组屋里，日子简单安稳，让这个家始终不缺爱。

然而，生活在某一天悄然起了变化。一直承担主要照顾责任的儿子即将入狱，这对年迈的夫妻顿时失去了依靠。随着身体状况逐渐转弱、医疗需求增加，原本熟悉的生活开始变得不确定与无助。

2025年9月与10月，他们先后入住德教太和观疗养院，开启人生的新阶段。如今，两人都需要依靠轮椅行动，但他们依然没有失去对生活的温柔。刘太太依旧亲切开朗，喜欢用华语与人交谈，她的笑容仿佛能驱散周围的沉静；刘先生虽患有中度失智症，也有高血压与高胆固醇的困扰，记忆偶尔模糊，但只要妻子在身边，他的神情便安定下来。对他来说，妻子的陪伴，就是最安心的方向。

在经济上，他们的资源十分有限，主要依靠政府补助维持生活，女儿也尽己所能给予支持。疗养院体恤他们的困难，不仅为刘先生申请医疗援助基金而且给予其它帮助，确保他能持续接受所需的照护。

但在这里，他们得到的不只是医疗。员工与义工们用心安排马匹辅助治疗、卡拉OK、音乐表演与节日庆祝，让他们的生活多了笑声与色彩。在这些温暖的时刻里，刘先生与刘太太不只是被照顾的长者，更是被珍惜、被陪伴的人。

他们的故事提醒我们：当人生走到晚年，真正珍贵的不只是医疗与物质，更是那一份有人牵挂、有所依靠的温暖。

作为一家慈善机构，德教太和观疗养院需要您的支持，才能继续守护这样的故事。您的每一份捐助，都是一份温柔的力量，让像刘先生与刘太太这样的长者，在人生的黄昏里，依然拥有尊严、希望与被爱的每一天。

Staff Spotlight

Finding Purpose Through Care: A Therapy Aide's THKNH Journey

My name is Benidic C. Malong Jr., and I joined Thye Hua Kwan Nursing Home in July 2023 as a Therapy Aide. In this role, I support physiotherapists and occupational therapists in developing personalised therapy plans and running individual or group exercises for residents. I also guide them through mobility training and teach simple exercises they can continue on their own to aid recovery. Beyond physical therapy, we conduct reminiscence sessions, cognitive activities, and even pet therapy with cats, dogs, and miniature horses to keep residents engaged and uplifted.

My interest in healthcare comes from my studies in Physical Therapy in the Philippines. That background inspired me to switch careers and apply a more hands-on approach to rehabilitation, especially for residents with dementia or recovering from strokes. At THKNH, I find it meaningful to work closely with residents from different backgrounds and understand their individual needs.

One memorable resident I cared for was Uncle Abdul Rahim. I first met him when he was still in another ward, where he was already known for his cheerful personality. He would always greet me with a friendly "hello," sometimes even calling me "sir" during activities. What stood out most was his willingness to participate—he never refused any activity and was always eager to join in.

Later, he was transferred to the ward under my care, and I had the chance to work with him more closely. His bed was located near the entrance, so every time I walked in, he would immediately spot me and call out a greeting. It became something I looked forward to each day. He would often ask for coffee or snacks with a smile, and his simple requests added a very human and personal touch to our interactions.



Uncle Rahim especially enjoyed exercise sessions, karaoke, and colouring activities. Music played a big part in keeping him engaged, and his favourite song was "*I Just Called to Say I Love You*." I made it a point to play this song during our sessions, and it would instantly lift his mood and encourage him to participate more actively. These small moments helped build trust and made therapy more meaningful for him.

Even on days when he might have been quieter, he still responded warmly to familiar faces and routines. His positive attitude and enthusiasm reminded me how important it is to connect with residents beyond just the therapy itself. Although he has since passed on, his cheerful spirit and the daily greetings we shared remain a strong memory for me, and they continue to inspire the way I care for other residents today.

Moving forward, I hope to continue improving my skills and finding new ways to make therapy more effective. I am committed to supporting residents not just physically, but also emotionally and mentally. At the end of each day, knowing I've made a small difference in their lives gives me a strong sense of fulfilment.

Events and Projects



Congratulations to our 2026 Singapore Health Quality Service Awards

THKNH was honoured to receive a total of 39 awards this year—comprising 32 Silver and 7 Gold awards.

Our Gold Award winners, together with THKNH representatives, attended the award ceremony, which was graced by Guest of Honour Mr Ong Ye Kung, Minister for Health. The annual ceremony was held at the National University Cultural Centre, Ho Bee Auditorium.

Horse Therapy at Equal Ark Stables

Ten residents visited Equal Ark Stables, where they had the opportunity to interact with both the larger horses and miniature ponies. The session offered a therapeutic and uplifting experience, bringing joy, calm and meaningful engagement for our residents.



Parrot Therapy by Birdies and Family

Our seniors enjoyed a joyful and heartwarming session during the Parrot Therapy visit by Birdies and Family. Many were excited to see and interact with the colourful parrots up close. The birds sparked curiosity, smiles, and lively conversations, bringing a bright and uplifting atmosphere to the home. It was wonderful to see how these feathered friends encouraged meaningful engagement and made the seniors' day truly special.

Events and Projects

SCC's Volunteer Appreciation Luncheon

In December 2025, we held our inaugural Volunteer Appreciation Luncheon to thank volunteers from Thye Hua Kwan Senior Care Centre for their dedication and care towards our seniors.

It was a meaningful afternoon of fellowship, laughter and appreciation—marking the first of many such gatherings to come.

Here are some of the volunteers we celebrated at the luncheon:

Peter and Anna – Our Most Senior Volunteers

Peter and Anna, our most senior volunteers, continue to inspire us with their unwavering dedication. Through their gift of music, they bring joy and comfort to our seniors, reminding us that passion for serving others knows no age.



Monthly Birthday Angels – Our Indian Volunteer Group

This dedicated group of volunteers faithfully bakes cakes each month to celebrate our seniors' birthdays. Through their thoughtful gestures, they bring joy, warmth and a sense of celebration to every occasion.



Ukulele Volunteers Spread Christmas Joy at Hougang NH!

Volunteers from the Church of St. Vincent de Paul Ukulele Group brought festive joy to THK Nursing Home @ Hougang with lively tunes and familiar Christmas songs, filling the home with warmth and smiles.



10%
OFF

PROMOTION

Events and Projects



CNY Festivities Come Alive!



Thirty-five Ngee Ann Polytechnic students spent a full day at Hougang NH engaging our residents in fun activities. A total of 50 residents joined in, split across morning and afternoon sessions. The day was made even more memorable with a surprise visit from the God of Wealth and two red dancing lions, bringing joy and festive cheer to all!

Huat Ah! Loh Hei and Steamboat Fun!



Residents enjoyed a lively Loh Hei and steamboat lunch, facilitated by our therapists and nurses, bringing joy and togetherness to start the new year!



CNY Dinner Outing!



On 27 February 2026, Hougang NH residents joined Bedok Reservoir - Punggol CCC's Chinese New Year dinner, dressed in vibrant red and enjoying a sumptuous meal and joyful celebration.



- Only valid in Ang Mo Kio-Thye Hua Kwan Hospital (branch)
- Valid between 1 Apr 26 – 30 Jun 26 (Inclusive)
- Not applicable with other promotion or discount

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