

# MOMENTS

February 2019

MCI (P) 037/09/2018

ORDINARY JOBS,  
EXTRAORDINARY  
PEOPLE

KAMPUNG  
*Memories*

THK FAMILY FUNDAE @  
**KIDZANIA**

*New You?*  
NEW YEAR,

**PURPLE**  
WITH A PURPOSE

  
*Adventures*  
~~~ OF THE SEA ~~~  
THKMC STAFF APPRECIATION NITE

*Craft of Hope*  
EACH IS ONE OF A KIND



太和观 THK

a publication of **THYE HUA KWAN MORAL SOCIETY**

**THK**

## WE ARE LOCATED AT:

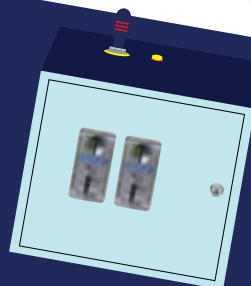
Chinatown Point  
Chuan Kee Seafood Outlet  
Yishun Park Hawker Centre  
Tiong Bahru Plaza  
Paya Lebar Square  
Riviera Prawn Fishing  
Fusionopolis One & Biopolis

*Colour Their World*

THK FREE MEAL CENTRES



NO  
ONE  
SHOULD  
STRUGGLE  
WITH  
HUNGER



*Grab For Good*

Every game helps to provide meals for the needy.  
Every dollar goes to charity.

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# 新春佳节会

太和观

**THK**  
**SPRING  
FESTIVAL**



# Spring INTO THE NEW YEAR

A musical extravaganza took place in the heart of Chinatown on 12 January 2019. Known as **THK** Spring Festival, our very own homegrown talents took the stage and wowed the audiences with an array of song and dance performances to celebrate the start of a brand new year.

The lion dance troupe from **THK** Home for Disabled @ Eunus, known as the **THK** Bravehearts, kickstarted the event with a roaring performance. Member of Parliament for Jalan Besar GRC Dr Lily Neo showcased her vocal talents by performing 2 traditional songs. THKMC Board Member Mr Richard Eu, who is also the Chairman of Eu Yan Sang International, captivated the audience with a soothing rendition of 2 well-known songs, "Route 66" and "I've got you under my skin".

The crowd enjoyed a fusion of the East and West with multi-cultural performances put up by a western orchestra lauded as the **THK** Big Band as well as a Chinese orchestra made up of staff from **THK** EIPIC Centres and **THK** School of Performing Arts.

Migrant workers from Ang Mo Kio-Thye Hua Kwan Hospital and **THK** Nursing Home @ Hougang also impressed the audiences with their dance moves.

德教太和观首次举办新春佳节晚会，迎接新一年的开始。来自太和观各个中心的员工和受益人展现各自的才华，带来一系列的歌舞表演。活动的贵宾惹兰勿剎集选区议员和基层组织顾问梁莉莉医生也演唱经典名曲，观众们齐声喝彩。



All ears for THKMC Board Member and Chairman of Eu Yan Sang International Mr Richard Eu as he performed "Route 66" and "I've got you under my skin"



THK School of Performing Arts and THK EIPIC Centres jointly performed a medley of classical tunes

## THK Big BAND

A 25-member group multi-talented musicians known as the THK Big Band performed cultural and ethnic tunes at THK Spring Festival



Dr Lily Neo serenading the audience with popular songs



• CAUTION !

• CAUTION !

• CAUTION !

# THK FAMILY FUNDÆ @ KIDZANIA

There was a throng of people at KidZania Singapore on 27 October 2018 as families from 5 THK Family Service Centres turned up to celebrate THK Family Fundae!

Thanks to the valuable support from KidZania, the children got to live dream jobs through role-playing activities.

A special highlight at the event was the launch of the Craft of Hope campaign, graced by Mr Patrick Tay, Member of Parliament for West Coast GRC. The movable concept store has a wall of capsules on display with one-of-a-kind pottery pieces painstakingly created by residents from THK Home for Disabled @ Eunos. Each craft was made by the imagination of aspiring potters who expressed their unique individuality through the medium of art and clay.

It was a huge leap of faith for 3 beneficiaries from the THK Home for Disabled @ Eunos, Shahrul, Cai Xia and Banumathy as they plucked up the courage to demonstrate their pottery techniques in front of a live audience!



Member of Parliament Mr Patrick Tay observing a pottery demonstration by one of our beneficiaries



CAUTION !



• CAUTION !

A happy family posing for a shot at the photobooth

Family members were eager to enjoy a day out at THK Family Fundae

Mr Patrick Tay, Member of Parliament for West Coast GRC receiving a token of appreciation from THK Chairman, Mr Lee Kim Siang. The gift was crafted by our residents from the THK Home for Disabled @ Eunos, as part of the Craft of Hope campaign





The Craft of Hope art wall that displayed the pottery pieces handmade by our beneficiaries

## TAKE A STEP IN

Once abandoned with disabilities for Disabled @ have one shot at it beautifully.

Deal a bad h craftsmen have dreams, love and proudly call the hour to craft w times longer.

## DARE TO DREAM

Craft of Hope unspoken asp thought were Taking a leap doors to cra they have dec bring you o dreams





# Adventures

~~~ OF THE SEA ~~~

THKMC STAFF APPRECIATION NITE



**850 attendees. 65 Long Service Awards. 39 Promotion awards. 38 Commendation Awards 170 lucky draw prizes. 2 Best Employees of the Year. 1 memorable night, not to be forgotten.**

All these and more were packed into a fun and exciting celebration that was specially curated to celebrate Thye Hua Kwan Moral Charities' 7th Anniversary and Staff Appreciation Nite 2018 on 14 December 2018.

A sea of mermaids, pirates, captains and Hawaiian tourists surrounded the foyer at Resorts World Convention Centre West Ballroom as it was transformed into a cluster of islands – Mermaid Island, Aloha Island, Great Captain Island and the Caribbean Island as the staff embarked on the voyage, aptly named the Adventures of the Sea.

Among those spotted were members dressed as the cast of Japanese animation "One Piece" and a intricately-dressed green-faced mermaid who emerged as the Best Dressed for the Night.



Siti Aishah Binte Mohd Yunus, Social Work Associate from THK Home Help Service (East) took home the Best Dressed Award



THKMC Chairman Lee Kim Siang and Board Members cutting the cake on stage to commemorate THKMC's 7th anniversary



Staff posing for a group shot at the Pirate Island at the Adventures of the Sea

Both Tug Guan Huay, Dolly, aged 71, Programme Assistant from Indus Moral CARE and Thu Thu Win Myint, aged 28, an Enrolled Nurse at THK Home for Disabled @ Chai Chee, bagged the award for the Best Employee of the Year.

Tears of pride and joy welled up in their eyes as they received the award from Mr Chang Long Jong, Board Member and Chairman of THKMC HR Committee. It was a momentous occasion to receive one of the highest accolades for their dedicated service.

Excitement soared to a greater high when a list of enhanced employee benefits were announced by Mr Jason Lee, Chief Operating Officer of THKMC in his keynote address.



Aloha! Our staff dressed up as Hawaiian tourists for the night

太和观慈善机构举办7周年庆和员工答谢会。活动以航海为主题。员工们都乔装打扮以美人鱼、船长、海盗和夏威夷游客出席这项活动。共有850名员工参与了一年一度的盛会。其中，65名员工获颁长期服务奖、39名获得晋升奖励，另外38名也获得优秀表现奖。



**THK** Chairman Mr Lee Kim Siang addressing the 800-strong audience, acknowledging and giving thanks to the people that make **THKMC** what it is today



  
**Adventures**  
 ~~~ OF THE SEA ~~~  
 THKMC STAFF APPRECIATION NITE



Hidden talents from **THKMS**, Amanda and Serena paid tribute to our staff by performing a medley of popular songs in both English and Mandarin



  
*Adventures*  
 ~~~ OF THE SEA ~~~  
 THKMC STAFF APPRECIATION NITE



**THKMC** Staff clamouring to take a photo with 'Uncle CiCi' as part of a game segment during the **THKMC Staff Appreciation Nite 2018**. 'Uncle CiCi' is the online persona of our Corporate Communications team

  
*Adventures*  
~~~ OF THE SEA ~~~  
THKMC STAFF APPRECIATION NITE

**THKMC**  
comes to

*Fengshan*

**THK** SENIORS ACTIVITY CENTRES @ FENGSHAN 101 & 114



THK SAC @ Fengshan 114 held a delightful birthday celebration for the seniors

Thye Hua Kwan Moral Charities welcomed 2 new additions to its realm of eldercare services with the opening of **THK** Seniors Activity Centre @ Fengshan 101 and **THK** Seniors Activity Centre @ Fengshan 114. Designated to serve vulnerable elderly, the centres primarily reach out to the elderly living in rental flats located at Blk 101, 106, 113 and 115 with a host of activities that keep them meaningfully engaged and socially integrated within the community.

太和观慈善机构新增2所太和观乐龄活动中心。中心位于凤山组屋区大牌101和114，服务居住在租赁组屋的年长人士。



# PURPLE WITH A PURPOSE



More than 10,000 people turned up in the sea of purple to pledge their support for inclusion and celebrate the abilities of persons with special needs at The Purple Parade 2018. Thye Hua Kwan Moral Charities walked the talk together with our beneficiaries from **THK** EIPIC Centres, volunteers from **THK** Aviators and a roaring lion dance troupe known as **THK** Bravehearts!

多达10,000人参与了“紫色行动”。太和观慈善机构也率领来自幼儿早期介入计划的受益人参与其中。由太和观儿童迟钝院与太和观迟钝宿舍(友诺士)扮演的舞狮也加入游行队伍。

The contingent representing Thye Hua Kwan Moral Charities parading with our very own lion dance troupe from THK Home for Disabled @ Eunus at The Purple Parade 2018

## A NEW CHAPTER AWAITS



It was a hearty moment full of joy and laughter as the little children from Super Talent Childcare centres came dressed in graduation gowns and little mortarboards donned over their heads for the graduation march. More than 63 children took part in the graduation ceremony that was held on 10 November at SingPost Centre Theatre. Those present were thrilled and dazzled by the energetic dance performances delivered by our talents!

63名孩童参与了由超智托儿所为即将毕业的孩童们举办毕业典礼。学生们除了参与毕业游行，也带来了一系列精彩的舞蹈表演。



Little children from Super Talent Childcare observing the graduation ceremony

## THK COMMHEALTH DAY 2018



Our community residents at Kaki Bukit were treated to an afternoon of dance and games at the **THK** CommHealth Day 2018, jointly organised by **THK** Family Service Centre @ Bedok North, **THK** Cluster Support @ Bedok, **THK** Bedok Radiance Seniors Activity Centre and **THK** Seniors Activity Centre @ Kaki Bukit together with Changi General Hospital, Chee Hoon Kog Moral Promotion Society and Health Promotion Board. Catered to families and elderly alike, many booths were set up offering games, refreshments and information to educate and inform our residents on the various services they could tap on to help them keep well and live well in the community.

加基武吉的居民透过舞蹈和游戏了解如何提倡健康生活。活动由太和观家庭服务中心(勿洛北)、太和观乐龄社区支援服务(勿洛)、太和观乐龄活动中心(勿洛)、太和观乐龄活动中心(加基武吉)和樟宜综合医院、德教济云阁和保健促进局联手协办。



From left to right: Ms Amy Koh, Divisional Director for THK Elderly Services, Mr Adrian Tan, representative of Changi General Hospital Medical Social Work Department, Medical Social Worker, Mr Eric Chen, General Manager at Social Service Office @ Bedok/Geylang Serai, Ms June Seet, Ministry of Social and Family Development, Mr Jason Lee, Chief Operating Officer for THKMC, Dr Eugene Sham, Chief Community Development Officer, SingHealth Changi General Hospital, and Mr Edwin Tan, Executive Director of THK FSC @ Bedok North



# COMMUNITY CARE MANPOWER

AMK-THK  
HOSPITAL

## DEVELOPMENT AWARDS CEREMONY



4th from left: Mr Stanley Tang, Chief Operating Officer for AMKH and Senior Minister of State Ministry of Health & Ministry of the Environment and Water Resources Dr Amy Khor together with the award recipients from Ang Mo Kio-Thye Hua Kwan Hospital

Staff from Ang Mo Kio-Thye Hua Kwan Hospital received the Community Care Manpower Development award that offered monetary sponsorship for professional development in the community care sector

The Community Care Manpower Development Awards Ceremony is set to increase the capabilities in the Community Care sector by providing opportunities for continuous upgrading and professional development of staff working in the sector. A total of 12 recipients from Ang Mo Kio-Thye Hua Kwan Hospital received the award on 5 September 2018 to further their learning and development.

12名来自太和观医院的员工获颁“社区护理人力资源发展奖”帮助他们提升护理方面的知识技能。

# COMMUNITY CARE EXCELLENCE AWARDS

Senior Occupational Therapist, Gelena Giselle Anandarajah from Ang Mo Kio-Thye Hua Kwan Hospital receiving the Client Experience Improvement Award on behalf of the team from Dr Amy Khor, Senior Minister of State Ministry of Health & Ministry of the Environment and Water Resources

Ang Mo Kio-Thye Hua Kwan Hospital bagged several awards at the Community Care Excellence Awards ceremony, which was held on 19 September 2018 at Singapore Expo. The awards included 11 Silver Awards from the individual category, 1 Merit for Clinical Quality Improvement Award and 1 Winner for Client Experience Improvement Award. The winning projects were the Prevention of Catheter-Associated Urinary Tract Infection (CAUTI) in a Community Hospital in Singapore and Animal Therapy in a Community Hospital.

太和观医院在“社区护理卓越奖”的颁奖典礼上获得不少奖状，包括个人组的11项银奖，和有关提升临床质量和提升客户体验的奖项。



# ALLIED HEALTH DAY 2018



Patients and staff having fun at one of the games station, "Care-o-poly"



As part of the annual Allied Health Day celebrations on 26 October 2018, staff from Ang Mo Kio-Thye Hua Kwan Hospital gathered for interactive games at a carnival fair held within the hospital premises as well as team-building activities at Gardens by the Bay. The event was held to celebrate and recognise the contributions and dedication of this diverse yet indispensable group of healthcare professionals that helps to deliver quality care to our patients.

太和观医院欢庆综合医疗保健日，来肯定综合医疗保健员工们的付出。他们是医疗团队里不可或缺的一份子。



Ever tried putting on an Indian saree? That was what the staff from Ang Mo Kio-Thye Hua Kwan Hospital tried to do during the Deepavali celebration on 2 November 2018. They also tried their hands on Rangoli using colourful sand - an art form that represents good luck in the Hindu culture.

在太和观医院的屠妖节庆祝活动上，员工们向印度同胞们学习如何穿上印度族的传统服装和制作五彩缤纷的印度蓝国丽。

# DEEPAVALI CELEBRATION



THK Chairman Lee Kim Siang lighting up a candle as part of the Deepavali celebrations held at Ang Mo Kio-Thye Hua Kwan Hospital

AMK-THK  
HOSPITAL





Patients and staff participating in games to learn about quality practices

Staff from Ang Mo Kio-Hospital gained practical insights on how they could promote and ensure quality in their everyday work through interactive and educational activities at Quality Day 2018. The event held on 9 November 2018, underlined the importance of maintaining and enhancing the quality of our healthcare services.

太和观医院的员工们透过一系列活动宣导如何确保医疗服务维持良好的服务素质。



Interactive activities were held at various booths as part of Quality Day 2018

AMK-THK  
HOSPITAL

## HEALING PAWS FOR SENIORS

As part of the Healing Paws programme, our elderly residents from **THK** Nursing Home @ Hougang enjoyed cuddling and petting our furry friends, as well as taking them for walks in their healing garden. Thanks to the volunteers from "Save Our Street Dogs" (SOSD), the dogs brought back many memories as some of the residents reminisced about the pets they owned in the past.

来自拯救流浪狗协会的义工们携带狗儿和太和观疗养院的居民们互动，让居民们回忆起过往所饲养的宠物。



A resident from THK Nursing Home @ Hougang enjoying the companionship of a pet "volunteer"

THK NURSING  
HOME @ HOUGANG

## SHANGRI-LA HOTEL GROUP'S

## VISIT TO THK NURSING HOME



2nd from left:  
THKNH CEO Mr  
Ardi S. Hardjo  
receiving a cash  
donation from a  
representative  
from Shangri-La  
Hotel Group

Staff from the Management and Central Laundry team of Shangri-La Hotel Group spent an afternoon of fun-filled activities with a sing-a-long session and rounds of Bingo games with our residents from **THK** Nursing Home @ Hougang on 26 October 2018.

285 gift hampers were specially gift-wrapped by the Management and Central Laundry staff containing donations-in-kind for each of our residents.

香格里拉酒店的管理层和职员到访太和观疗养院与居民们唱歌、玩游戏，并派发装满日用品的礼包给年长人士。

## MERRY CHRISTMAS AT THK HOME FOR DISABLED @ EUNOS



The volunteers and beneficiaries joined hands in arts & crafts to make Christmas tree cut-outs, and other colourful decorations.

Christmas came early for our beneficiaries at the **THK** Home for Disabled @ Eunios on 22 December 2018. The residents enjoyed a party of fun and games put together by our big-hearted volunteers. Our beneficiaries also put up a special dance performance to celebrate the festivities. Truly, the spirit of giving brought joy to everyone!

太和观儿童迟钝院(友诺士)的居民们提早欢庆圣诞！义工们举办派对和居民玩游戏、制作五彩缤纷的圣诞装饰，度过愉快的早晨！



More than 1,000 elderly took part in a mass qigong workout at Kampung Memories



Elderly enjoying a game of pick-up sticks



Eyes on the prize - our seniors trying their hands at archery



Happy Seniors trying to catch a "fish" at one of the carnival games



# KAMPUNG Memories

Our elderly soaked in some old school delights at Jurong Town Hall on 7 October 2018. The seniors felt young again as they relished their good old days at Kampung Memories! Packed with nostalgic food and games, the elderly were entertained by face-changing stunts, cultural performances, an outdoor movie screening and a mass qigong workout - led by members from Qigong Shi Ba Shi Association - to keep them in the pink of health!

来自太和观乐龄服务的年长人士在《甘榜的回忆》的大型活动中除了练习练气功、享受传游戏和美食，也观赏了户外放映的电影，仿佛回到从前。



# CHILDREN'S DAY Celebrations



Children from Super Talent Childcare (Ang Mo Kio) were all excited about Children's Day as they got to fly kites with their families at Marina Barrage on 5 October 2018. Families had fun decorating their own kites which was a great way for the parents and children to bond.



Children from 4 THK EIPIC Centres had a splashin' good time celebrating Children's Day with their families at Sentosa on 29 September 2018.

来自太和观婴儿与幼儿早期介入计划和超智托儿所的孩童以不同方式与家人一同欢庆儿童节。

Our children from Super Talent Childcare (Membina) posing happily with their Children's Day gifts



Children from Super Talent Childcare (MacPherson 122) and their families had double celebrations for Mid-Autumn Festival and Children's Day on 6 October 2018. The children took part in fun and games to learn about the legend of Chang'e and Houyi and paraded with their colourful lanterns.

A magic & puppet show, game booths and arts & craft activities filled Super Talent Childcare (Membina) as children and their families gathered to celebrate Children's Day on 5 October 2018.



A child from Super Talent Childcare (MacPherson 122) learning how to write Chinese calligraphy as part of the Mid-Autumn and Children's Day celebrations



Be Someone's HERO.

**VOLUNTEER  
AS A THK AVIATOR  
EMPOWER OTHERS TO  
SOAR WITH YOU.**



Call **6337 1201**  
or email to **volunteer@thkmc.org.sg**

events



**Lee Leng Hwa**  
Admin Executive  
THK Centre for Family Harmony @ Circuit



**Ye Yu Qi Lezann**  
Communication Specialist  
THK Headquarters



**Beguico Pauline Jane De Guzman**  
Nursing Aide  
THK Home Care Services

**Tug Guan Huay Dolly**  
Programme Assistant  
Indus Moral CARE



## ORDINARY JOBS, EXTRAORDINARY PEOPLE

**THKMC'S 7 Outstanding Best Employee Award Nominees**



**Li Pui Wing Jackie**  
Senior Speech Therapist  
THK Therapy Services



**Khoo Sian Chen Sarah**  
Admin Manager  
THK EIPIC Centre @ Ang Mo Kio



**Thu Thu Win Myint**  
Enrolled Nurse  
THK Home for Disabled @ Chai Chee

They are not superheroes, but they help to shape lives and save lives too! **MOMENTS** spoke to 2 Best Employee Award Winners at THKMC Staff Appreciation Nite 2018 to find out how they built a fulfilling career with Thye Hua Kwan Moral Charities.

两名员工在太和观慈善机构七周年庆典的颁奖礼上获颁《最优秀员工奖》，并分享他们入行以来的心路历程。来自缅甸的Thu Thu Win Myint是太和观成人迟钝院与太和观日间活动中心（菜市）的一名护士。另一名得奖者则是71岁的汤远辉。她多年来为太和观乐龄活动中心（印度士）的年长人士服务。





**BEST  
EMPLOYEE  
AWARD  
WINNER**

**Thu Thu Win Myint**  
Enrolled Nurse

**THK** Home for Disabled @ Chai Chee

# EVER HELD A JOB THAT MADE YOU CRY? WELL, YOU ARE NOT ALONE.

Thu Thu Win Myint felt the same too, when she started her job as a Nursing Aide at Thye Hua Kwan Moral Charities 6 years ago.

At the peak of her sadness and frustrations, all she wanted to do was to go home and cry it all out. Things were not easy when she first left her hometown in Myanmar to work in Singapore. She was all alone in a foreign land. The situation at work was not what she has expected. Not only did she need to handle senior residents who were in their sixties to seventies who are diagnosed with intellectual disabilities, she had to cope with their challenging behavioural issues as well.

"I did not know what they want, as most of the residents were unable to verbalise their needs.. I felt scared and found them strange", she shared. But that did not deter her from doing her job well.

With the support from her colleagues, Thu Thu soon became friends with the residents. Thu Thu loves her job as a nurse. She has many reasons for it: to be able to cross paths with the people she would not have met if she hadn't been in the profession, to be in a job that never stops giving to others and a role where she is constantly learning something new.

She remembers every resident by name, their unpredictable behaviours, medical histories and even the likes and dislikes that are unique to each and every one of them. Thu Thu shares a special bond with the residents and she is able to calm them down with her beautiful smile and gentle demeanor.

She draws happiness from seeing the smiles on their faces, particularly when the residents are engaged the activities that they enjoy, from sports to music lessons, arts to culinary sessions and even the cat therapy programme where the residents play along with the furry felines.

With sheer will and passion, Thu Thu overcame language barriers and eventually became an Enrolled Nurse at **THK** Home for Disabled @ Chai Chee after rounds of examination. Her dedication and passion to serve earned her the Best Employee of the Year Award at THKMC Staff Appreciation Nite 2018.

It is not by chance, but by choice that she remained steadfast to her passion, because of the peace and joy that she gets from being able to help someone, be it through words of encouragement to the warmth of a touch – these are the little things that make a big difference to someone in need.



Thu Thu receiving the Best Employee Award from Mr Chang Long Jong, Chairman of THKMC HR Committee

**THU THU NEVER  
FAILS TO BRIGHTEN  
SOMEONE'S DAY  
WITH HER SPIRIT  
OF GIVING**





**BEST  
EMPLOYEE  
AWARD  
WINNER**

**Dolly Tug Guan Huay**  
Programme Assistant  
Indus Moral CARE

feature stories

# YOU ARE NEVER TOO OLD TO SERVE

Unlike many of her peers, Tug Guan Huay, fondly known as Dolly is far from retirement. Well into her golden years, Dolly is keeping well, staying active and exuding contentment from within. She was crowned the Best Employee of the Year at THKMC Staff Appreciation Nite 2018. The 71 year-old Programme Assistant at Indus Moral CARE is a familiar face that the residents look forward to greeting every day. After all, she has spent 11 years serving the hundreds of seniors there. Majority of these seniors live alone and have no one to turn to for help.

Her job requires someone with a big heart for the elderly and it is definitely not for the fainthearted. Not only does she help to save lives from the pull of death, she also needs to deal with life after death.

She recalled vividly about one incident that happened years ago that remained etched in her mind. When one of the elderly, Mr Mai did not turn up as usual for lunch at the centre, she sensed that something was amiss.

She rushed to the rental flat and found that the door was left unlocked. She called his name, but there was no response. So, she pushed open the door and found Mr Mai lying unconscious on the floor.

She quickly called for an ambulance which sent Mr Mai to the hospital. When he awoke, he thanked Dolly immensely for saving him from the brush of death. Not long after, Mr Mai passed on a few days later at the hospital at the age of 79.

Dolly learnt to accept tragedy as part of the job, having witnessed the passing of several elderly during her time at the centre. One elderly man, who was suspected of depression jumped to his death.

When Dolly was asked to identify the body at the foot of the block, she could not believe it was one of the residents whom she had met earlier in the morning.

"He looked perfectly fine, and we chatted as usual." Dolly recalled. That incident shook her but she was determined to help the elderly to live with dignity.

Death is a taboo subject for many elderly that many people find difficult to talk about, but Dolly has her way to convince them otherwise. She converses with them about their plans for old age, their priorities for end-of-life care and even preferences for funeral arrangements so that their needs can be met when the time comes.

For many of the elderly, Dolly is like a family and she reciprocates in the same way.

Unlike the usual traditions, Dolly does not have reunion dinners with her two sons on the eve of Chinese New Year. Instead, she chooses to spend it with the beneficiaries at the centre as well as her colleagues, by organising a reunion dinner together with them, just so that these elderly may also immerse in the joy of the festivities.

It is the bond that binds and the people she cares about that keeps her going. She gives her best to serve them, so that they can be happy and healthy, together.



**DOLLY DISPELS THE  
MYTHS OF AGEING  
WITH HER ZEST  
FOR LIFE**

A proud moment for Ms Tug Guan Huay, Dolly from Indus Moral CARE, who won the Best Employee Award



## 五类方式 传递爱

LOVE COMES IN MANY FORMS AND LANGUAGES.  
HERE ARE 5 WAYS YOU CAN FLAUNT YOUR LOVE  
FOR SOMEONE SPECIAL AND MAKE THEIR  
HEARTS FLUTTER!

*Love is in the air*

# 情人节

## 1. GIFT

The best gifts are not hard to find and they need not cost a bomb either. Here are some gift recommendations from us to you!

### CRAFT OF HOPE

Turn the Craft of Hope into Gifts of Love that are one of a kind!

Pick a fanciful pottery piece for someone special at any of the Craft of Hope art walls at any of these locations: Bedok Point, MDIS, Paya Lebar Square, PSB Academy, SingPost Centre, Waterway Point, White Sands Mall, Wisteria Mall and Tanjong Pagar Centre.

Simply scan the QR code attached to the item to complete the online purchase. Leave special instructions to include a personalised message for your loved one before you hit the checkout button! Your chosen gift will be delivered to you within 5 working days!

### PERSONALISED WOOD PRODUCTS

Looking for customised gifts? Our craftsmen at THK Pan-Disability Centre @ Eunus will be able to transform pieces of wood into a product that suits your liking – desk organisers, name card holders – you name it! Ring them at 6846 1171 to share your gift ideas!

## 2.

### QUALITY TIME

Spend quality time with your loved one by visiting your favourite hangouts! Relive sweet memories by revisiting the place where you had your first date together – at the park or the movies or even at the hawker centre! Who knows, you may get the warm and fuzzy feeling of falling in love again.

## 3.

### WORDS OF AFFIRMATION

How often do you say "Thank you" or "I Love You"? It may sound cliché but these magic words can do wonders by melting the stresses and worries away after a long day! Don't wait for Valentine's Day to tell your special someone how much they mean to you. Do it every day and not only for your partner, but for your parents and children too, to appreciate who they are!



4.

## ACTS OF SERVICE

When was the last time you opened the car door for your wife or cooked your husband's favourite dish? As the saying goes, the way to a man's heart is through his stomach. An act of thoughtfulness and a recipe may be all it takes to make their day! A home-cooked meal may just be the way to win affection and praise!

Be the Masterchef in your own kitchen! To begin with, think of something that suits his or her palate and one that matches your culinary skills. Whether is it Chinese, Western, Indian, Thai or even fusion food, the best dish is one that is made with a pinch of patience, a spoonful of sweetness, a dash of dedication and a pot full of

love! For those who need some help on how to cook, steal some ideas online or even the best-kept secret recipes from your mums!

Ways to ensure a romantic dinner? Simply get away from your phones and enjoy the company of each other. When you finally complete the mission, your bellies will be filled and your hearts full of love, but don't forget to wash the dishes!

5.

## PHYSICAL TOUCH

The famous quote by Leo Buscaglia says  
*"Too often, we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

A simple touch carries an unspeakable power that is beyond words. Holding hands is a gesture of comfort and makes someone feel content and connected. Better still, offer a nice massage to help your loved one feel good after a long day! Hugs and cuddles or even a touch on the face are not just for children, they work like miracles for adults too. Try these simple ways to show your love and concern and a tickle to make them laugh!

## 与我们 分享

## 那些 爱的故事....

Tell us your  
Valentine's Day story!

It can be about  
your romance,  
your children, your spouse,  
your siblings, or your parents.  
Love takes many forms!

Stand a chance  
to receive a surprise gift  
from us to present to  
your loved ones!

TO PARTICIPATE, SEND US AN EMAIL AT CORPCOMMS@THKMC.ORG.SG WITH THE SUBJECT TITLE:  
MOMENTS - VALENTINES DAY, WITH YOUR STORY AND YOUR PERSONAL PARTICULARS -  
AND IF YOU'D LIKE, A PHOTO OF YOU AND YOUR LOVED ONE(S)!

OR WRITE A LOVE LETTER TO US IN THE SPACE BELOW AND SEND TO US BY POST OR BY HAND AT THE  
ADDRESS BELOW! ATTACH A PHOTO TOO, IF YOU'D LIKE!

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Contact No: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Where did you get your copy of the Moments Magazine?

By: Post/THK Centres/Schools/Shopping Malls/Others

Mail your entry to: Corporate Communications

1 North Bridge Road #03-33, High Street Centre, Singapore 179094

### TERMS & CONDITIONS:

By participating in this MOMENTS activity, you fully agree to be bound by these Terms and Conditions

a. The Moments activity is open to Singapore Citizens and Permanent Residents aged 18 and above, excluding employees of the Thye Hua Kwan Moral Society and their associated, affiliated or subsidiary companies, their families, agents or anyone connected with the contest.

b. The closing date for entries is 28 Feb 2019.

c. Incomplete entries will not be considered

d. Winners will be notified via email to collect the gift within 30 days.

\*By taking part in this contest, participants are deemed to have given consent to Thye Hua Kwan Moral Society and its related partners to collect my personal data and contact information ("as declared") and the data collected may be used for marketing, publicity and other related activities, in compliance with the Personal Data Protection Act 2012 ("PDPA")



# Each is one of a kind

While you were busy shopping for gifts and milking the best value out of massive year-end sales, did you spot any of our Craft of Hope art walls that showcased gifts that are one of a kind?

Each of these pieces is handmade and unique, and you probably can't get them anywhere else. A combined total of 300 pieces of pottery (and growing), made by over 30 of our beneficiaries from **THK** Home for Disabled @ Eunos, each one-of-a-kind piece is waiting to be catch your eyes and possibly, land into your hands! Find out how the aspiring potters behind these handmade pieces defy the limitations of their intellectual disabilities and use the medium of art, clay and paint as avenue of self-expression and creativity.



The first time I arrived at the **THK** Home for Disabled @ Eunos, I was greeted by the looming façade of the Home - quiet, calm, seemingly void of activity. I knew, before I arrived that somewhere within the corners of this shelter there was a group of residents who were relentlessly occupied with the Craft of Hope.

In contrast, the sound of oncoming vehicles roared out at me from across the traffic junction. Unsure of what to expect, I took my first steps into the compound where I would meet residents with mild to severe intellectual disabilities. Immediately, the security guard greeted me – in my subsequent visits, he called me 'brother', in a show of friendship and acceptance; a common trait I experienced over and over again when I started interacting with others in the Home.

There are others mingling close by. They too, greeted me as I passed. I wondered if they were our beneficiaries, persons with disabilities or visitors as well?



Craft of Hope 是一项流动性墙面。墙上展示了各式各样由智障人士亲手制作的陶瓷艺术品。一共有8堵墙面展示在8个不同的地点。公众可扫描所展示的QR码，在网上购买心仪的陶瓷，并把物品送上门！您也可以乐捐的方式资助Craft of Hope，来维持这项活动，让更多残疾人士受益。







Despite the quiet exterior, the Home is a bustling hive of activity, I saw residents walking back and forth, to and from work, chasing each other around the compound in friendly games of tag, doing their laundry, chatting in communal areas. It all seemed so usual that it caught me off guard.

I made my way up to the fifth floor, to the room where the pottery workshops were conducted. The first thing I noticed was just how well-lit the room was - with full-length sliding doors opening out into an adjacent garden. The room was filled from wall to wall with an assortment of pottery pieces. The array of colours and shapes jumped out at me. Were these the works of persons with disabilities? I found myself questioning my own preconceived notions again – and I had yet to meet any of the artisans in the class.

As if on cue, the door opened and the silence was broken by a smattering of conversation, laughter and a muted shout or two. This was the first of many meetings with Cai Xia, Banumathy and Shahrul, the aspiring potters who have contributed to the **Craft of Hope**.

There are many others of course, but they have to remain anonymous. Their identities cannot be known due to privacy and protection. The **Craft of Hope** aims to be the voice for these residents; a chance for them to be heard, in person or through their labour of love.

The pottery workshop started in October 2015. Hundreds of pottery pieces have since been made but all of these efforts are kept behind the gates of the Home and left unknown to the public.

There were parallels between the pottery pieces and the potters. Neglected, cast aside, and imperfect – just like their creators before they found a place in the Home.



Cai Xia was eager to introduce herself to me and enthused over her creations. She exhibits a strong sense of wonder and curiosity to learn. Attention Deficit Hyperactivity Disorder (ADHD) and intellectual disability did not stop her from transforming lifeless lumps of clay into beautiful pieces of pottery.

Cai Xia is happiest when wrist-deep in the craft. She was unfazed when I told her that her creations, amongst others, would be part of the **Craft of Hope**. “Sell, just sell. I don’t care about money, people own can already.”, she shares with me.

While many of us battle with the dilemma of money over passion, Cai Xia seemed to be oblivious to such materialism. She believes in sharing her passion and simply doing what makes her happy.

Many of us would have our sights set on things that are in front of us, or of gains and losses but her simple act of giving and selflessness showed me that they valued something that was bigger than themselves. They too, had the ability to care and love, something that we often overlook beyond the label of disability.

From vases to cups, plates to candle-holders, Cai Xia has had a hand in making them all, since she became involved in the workshop in 2017. “Show me your favourite piece”, I asked. She rushed back into the classroom, coming out a moment later with a candle-holder, with star-shaped openings, in her hand.

Like some of the many others in the Home, Cai Xia has been living apart from her family for more than 20 years, but that did not deter her zest for life that was evident in her enthusiasm.

She was visibly itching to get back to the workshop, asking me several times if I was done.

“Soon,” I replied with a laugh.

Eventually, she scampered back to class and I rejoined them. It was just in time for them to finish off their final touches before placing their work into the kiln for firing. They then proceeded to clean up the workshop with high efficiency.

On that first visit, I took home more than just the pieces of pottery that were shortlisted for the art walls.

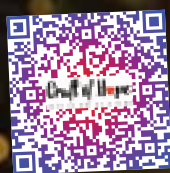
In fact, it marked a beginning of another journey with these persons with disabilities.

The journey towards inclusivity began with me, only if I stopped thinking that they were different.



From left: Shahrul, Cai Xia and Banumathy posing with their handmade pottery pieces





feature stories



**Saw something you like?**  
HERE'S HOW YOU CAN MAKE A PURCHASE AT THE ART WALLS

**STEP 1** SCAN THE QR CODE THAT IS ATTACHED TO THE POTTERY PIECE ON THE WALL

**STEP 2**

YOU WILL BE DIRECTED TO A WEBPAGE TO COMPLETE AN ONLINE TRANSACTION. ADD THE POTTERY PIECE TO CART AND PROCEED TO CHECK OUT.

**STEP 3**

CONFIRM YOUR PAYMENT DETAILS AND RECEIVE YOUR PURCHASE WITHIN 5 WORKING DAYS!



PURCHASE A POTTERY FROM THE CRAFT OF HOPE AT THE FOLLOWING LOCATIONS:



**STEP 1**



Moulding clay using the slab technique

*Steps to making a pottery:*



Rolling long strands of clay for the coiling technique



Forming the shape of clay by the pinching method

**STEP 2**

Put the piece of moulded clay for firing in the kiln – This will cause the clay to solidify and harden



**STEP 4**

The pottery is placed in the kiln for a second firing – This will bake the colour into the piece.



**STEP 3**

Add colours to the craft by applying a variety of glazes



A handmade piece of pottery is

**BORN!**

You can contribute to the **Craft of Hope** by making a monetary donation that will help to sustain the programme and reach out to more beneficiaries.



Scan the QR code to find out more at Giving.sg!



Scan the QR code with the following apps to make a donation.

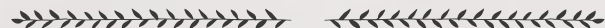


# New You?

## NEW YEAR,

A new year marks fresh beginnings. Are you ready to embrace change and challenges? Sow the seeds of action with our list of New Year resolutions and you may reap a fruitful year in 2019 !

崭新的一年象征着新的开始。你勇于蜕变或接受新挑战吗？以下的事项有助你积极度过丰收的一年。下定决心，勇敢实践。



## Learn

that new skill that you have been aiming for - animation, knitting or Zumba? Name it and do it!

WHAT WILL YOU DO MORE OF IN 2019?

## To be truly **HAPPY,**

do something that YOU want to do.

WHAT WILL YOU DO TO BE HAPPY IN 2019?

## Love and **CARE**

for yourself first. Drink more, sleep tight and eat well!

WHAT WILL YOU DO TO CARE FOR YOURSELF IN 2019?

## Put **POSITIVITY**

in action. Think good, feel good, do good.

WHAT WILL YOU DO DIFFERENTLY IN 2019?

## MANY TIMES WE LEARN MORE ABOUT OURSELVES IN NEW AND UNFAMILIAR **SITUATIONS.**

PUT YOURSELF OUT THERE!

WHAT WILL YOU CREATE IN 2019?

## **VOLUNTEER**

your time and effort to help others. Create a ripple of kindness.

WHAT WILL YOU DO TO HELP OTHERS IN 2019?

## TO MOVE ON, *forgive* AND **FORGET**

WHAT WILL YOU LOOK FORWARD TO IN 2019?

## BE A *better* VERSION OF YOURSELF EVERY DAY

WHAT WILL YOU WANT TO ACHIEVE IN 2019?

## **DONATE**

TO A GOOD CAUSE THAT RESONATES WITH YOU

WHAT WILL YOU GIVE IN 2019?



**Singapore**  
**MacPherson at 50: Remembering the past and forging the future in one of Singapore's first HDB estates**

By Matthew Mohan  
 04 Dec 2018 06:00AM

SINGAPORE: MacPherson's facade may have changed over the years, but the Housing Board estate still holds poignant memories for residents such as Mr Phua Soo Kiah. After all, it was where he met the love of his life.

Formed as an electoral division during the first general election in post-independent Singapore, MacPherson celebrates its 50th anniversary this year. The constituency marked the occasion with a community event last month, unveiling a new mobile app (MacPherson Cares) with functions that connect residents to digital doctors and volunteers.

Starting off with approximately 13,000 residents living in 1 to 3-room public housing within Jalan Persiaran Keliling (known today as Circuit Road) and Paya Lebar Way, today the estate spans 1.9 sq km and is home to a population of about 46,000 and counting.

"Some people may think MacPherson is very old ... With an old estate, things obviously suffer wear and tear, and give a sense of a dated feel," said Member of Parliament for the area Ms Tin Pei Ling.

"But it is a place where there's a lot of heritage and, because of our rich heritage, it gives us the confidence to imagine the future as well, and try new things.

"In the seven to eight years that I've been (working) here in MacPherson, (I've noticed) there's that human bond which is very strong," Ms Tin told Channel NewsAsia. "So many of them have stayed here for decades since their youth and, for some, since they were born. The kind of emotional attachment, the sentiment that they have towards MacPherson is very deep and strong.

"If you look at housing estates, what really makes it come to life are the people. Otherwise, it's just concrete brick and mortar. It's the people who give MacPherson its soul."

One of the first HDB estates built in Singapore, as MacPherson has aged, so it has benefited from measures such as the Main Upgrading Programme (MUP), Home Improvement Programme (HIP), Neighbourhood Renewal Programme (NRP), and Lift Upgrading Programme (LUP) among others. A total of about 15,200 flats in 125 blocks have benefited from or will stand to benefit from the MUP, HIP and LUP, said HDB.

These programmes cover home improvement works such as the replacement of pipes, repairs to spalling concrete, the installation of elderly-friendly features as well as the provision of direct lift access on every floor. Additionally, 32 blocks have been announced for NRP, which is implemented by the town council, for block and precinct improvements.

While infrastructural developments are a step in the right direction, there is also a need to provide for low-income residents in the estate, said Ms Tin.

"Generally speaking, this estate will see a greater share of residents who need a greater push resources-wise as well as encouragement," said Ms Tin. "It's not necessarily easy for people to get back on their feet sometimes after they fall. So there's much work for us to do."

**"But we're grateful that we've been receiving from kind-hearted individuals and organisations. So, myself, and my grassroots work with them to see how we can reach these households - especially the old and children of underprivileged and complex family backgrounds." Organisations such as Thye Hua Kwan Moral Charities as well as Methodist Welfare Services (Charis Ace) are among those also provide help for the community and grassroots leaders also work in tandem with these groups.**

"They have their programmes and we have ours and where we see its useful we try to collaborate," said Ms Tin. "We are very thankful for their strong support so far."



MacPherson50! The following poem for a photograph of a dragon playground in the estate. (Photo: Matthew Mohan)

Article reproduced from Channel NewsAsia

## COMMUNITY HOSPITAL

Ang Mo Kio -  
 Thye Hua Kwan Hospital  
 17 Ang Mo Kio Ave 9  
 Singapore 569766  
 Tel: 6453 8033

## NURSING HOME

THK Nursing Home  
 48 Hougang Ave 8  
 Singapore 538793  
 Tel: 6812 9840

THK Nursing Home  
 Home Care Services  
 48 Hougang Ave 8  
 Singapore 538793  
 Tel: 6841 2128

THK Senior Care Centre  
 @ Kaki Bukit  
 Blk 524 Bedok North St 3  
 #01-814 Singapore 460534  
 Tel: 6241 1808

## TCM & WESTERN CLINICS

THK Free Clinic  
 (Western Medical)  
 @ MacPherson  
 Blk 91 Paya Lebar Way  
 #01-3003 Singapore 370031  
 Tel: 6450 6159

THK TCM Medical Clinic  
 (Ang Mo Kio)  
 17 Ang Mo Kio Ave 9  
 Singapore 569766  
 Tel: 6450 6172

THK TCM Medical Centre  
 (Taman Jurong)  
 Blk 337 Tah Ching Road  
 #01-01 Singapore 610337  
 Tel: 6795 1185

## THERAPY SERVICES

THK Therapy Hub  
 150A Mei Chin Road  
 #02-01 Singapore 140150  
 Tel: 6471 4270

THK Children Therapy Centre  
 @ Queenstown  
 150A Mei Chin Road  
 #02-01 Singapore 140150  
 Tel: 6471 4270

THK Children Therapy Centre  
 @ MacPherson  
 Blk 121 Paya Lebar Way  
 #01-2859 Singapore 381121  
 Tel: 6805 9480

THK Pan-Disability Centre  
 @ Eunos  
 Blk 3 Eunos Crescent  
 #01-2577 Singapore 400003  
 Tel: 6846 1171

## REHABILITATION & WELLNESS CENTRES

THK Seniors Activity Centre  
 @ Ang Mo Kio 257  
 Blk 257 Ang Mo Kio Ave 4  
 #01-67 Singapore 560257  
 Tel: 6459 9139

THK Wellness Hub @ 80B  
 Blk 80B Telok Blangah Street  
 3 Telok Blangah Tower  
 Singapore 102080  
 Tel: 6837 9130

## DISABILITY SERVICES

THK Home For Disabled  
 @ Eunos  
 THK Hostel For Disabled  
 @ Eunos  
 THK Home For Disabled  
 Adults @ Eunos  
 20 Jalan Eunos  
 Singapore 419494  
 Tel: 6745 9926

THK Home For Disabled  
 Adults @ Chai Chee &  
 Day Activity Centre  
 2 Chai Chee Lane  
 Singapore 469030  
 Tel: 6441 7640

THK Home for Disabled  
 @ Sembawang  
 7 Sembawang Walk  
 Singapore 756977  
 Tel: 6208 8128

THK Autism Centre  
 @ Geylang Bahru  
 Blk 72 Geylang Bahru  
 #01-3018/3032  
 Singapore 330072  
 Tel: 6906 7106



## HOMES FOR DESTITUTE

**THK** Welfare Home  
301 Henderson Road  
Singapore 108931  
Tel: 6273 2239

**THK** Angsana Home  
@ Pelangi Village  
14 Buangkok Green  
Singapore 539755  
Tel: 6489 8707

## ELDERLY SERVICES

**THK** Indus Moral CARE  
Blk 79 Indus Road  
#01-451 Singapore 161079  
Tel: 6276 3283

**THK** Seniors Activity Centre  
@ Ang Mo Kio 257  
Blk 257 Ang Mo Kio Ave 4  
#01-67 Singapore 560257  
Tel: 6459 9139

**THK** Seniors Activity Centre  
@ Ang Mo Kio 645  
Blk 645 Ang Mo Kio Ave 6  
#01-4937 Singapore 560645  
Tel: 6554 7298

**THK** Seniors Activity Centre  
@ Ang Mo Kio 208  
Blk 208 Ang Mo Kio Ave 1  
#01-1019 Singapore 560208  
Tel: 6456 2611

**THK** Seniors Activity Centre  
@ Boon Lay  
Blk 190 Boon Lay Drive  
#01-242 Singapore 640190  
Tel: 6264 6065

**THK** Seniors Activity Centre  
@ Bukit Merah View  
Blk 118 Bukit Merah View  
#02-101 Singapore 150118  
Tel: 6276 4761

**THK** Seniors Activity Centre  
@ Henderson (Satellite 93)  
Blk 93 Henderson Road  
#01-210 Singapore 150093  
Tel: 6273 8291

**THK** Seniors Activity Centre  
@ Kaki Bukit  
Blk 509B Bedok North  
Street 3 #02-157  
Singapore 462509  
Tel: 6241 6691

**THK** Seniors Activity Centre  
@ MacPherson  
Blk 90 Pipit Road #01-103  
Singapore 370090  
Tel: 6745 6696

**THK** Seniors Activity Centre  
@ Telok Blangah Crescent  
Blk 3 Telok Blangah Crescent  
#01-504 Singapore 090003  
Tel: 6276 1216

**THK** Seniors Activity Centre  
@ Toa Payoh 31  
Blk 31 Lor 5 Toa Payoh  
#01-663 Singapore 310031  
Tel: 6250 3827

**THK** Seniors Activity Centre  
@ Toa Payoh 15  
Blk 15 Lor 7 Toa Payoh  
#01-579 Singapore 310015  
Tel: 6251 6504

**THK** Seniors Activity Centre  
@ Cassia  
Blk 52 Cassia Crescent  
#01-155 Singapore 390052  
Tel: 6917 2507

**THK** Bedok Radiance  
Seniors Activity Centre  
Blk 12 Bedok South Ave 2  
#01-610 Singapore 460012  
Tel: 6242 2483

**THK** Seniors Activity Centre  
@ Beo Crescent  
Blk 44 Beo Crescent  
#01-67 Singapore 160044  
Tel: 6376 3023

**THK** Seniors Activity Centre  
@ Feng Shan 101  
Blk 101 Bedok North Ave 4  
#01-1958 Singapore 460101  
Tel: 6208 2653

**THK** Seniors Activity Centre  
@ Feng Shan 114  
Blk 114 Bedok North Street 2  
#01-240 Singapore 460114  
Tel: 6245 6993

**THK** Young at Heart  
Blk 650 Ang Mo Kio Street 61  
#01-09 Yio Chu Kang Vista  
Singapore 560650  
Tel: 6556 4833

**THK** Home Help  
Service East  
2 Chai Chee Lane  
Singapore 469030  
Tel: 6242 8103

**THK** Home Help  
Service West  
Blk 152 Mei Ling Street  
#01-08 Singapore 140152  
Tel: 6473 6113

**THK** CREST @ Central  
(Beo Crescent)  
Blk 44 Beo Crescent  
#01-57 Singapore 160044  
Tel: 6924 2951

**THK** CREST @ North  
Blk 131 Yishun Street 11  
#01-235 Singapore 760131  
Tel: 6690 0110

**THK** CREST @ Bedok  
Blk 13 Bedok South Road  
#01-625 Singapore 460013  
Tel: 6241 8171

**THK** Seniors Group Home  
@ Pipit  
Blk 93 Paya Lebar Way  
#01-3057 Singapore 370093  
Tel: 8718 8250

**THK** Seniors Group Home  
@ Ang Mo Kio 257  
Blk 257 Ang Mo Kio Ave 4  
#01-67 Singapore 560257  
Tel: 6459 9139

**THK** Seniors Group Home  
@ Indus  
Blk 79 Indus Road  
#01-451 Singapore 161079  
Tel: 6276 3283

**THK** Seniors Services  
@ Taman Jurong  
Blk 337 Tah Ching Road  
#01-01 Singapore 610337  
Tel: 6795 1185

**THK** Chong Pang Social  
Services  
Blk 131 Yishun Street 11  
#01-235 Singapore 760131  
Tel: 6690 0110

**THK** Chong Pang  
Wellness Centre  
Blk 131 Yishun Street 11  
#01-237 Singapore 760131  
Tel: 6690 0114

**THK** Wellness Hub @ 80B  
Blk 80B Telok Blangah  
Street 31 Telok Blangah  
Tower Singapore 102080  
Tel: 6837 9130

**THK** Social Services  
@ Chinatown Point  
133 New Bridge Road  
#04-04 Chinatown Point  
Singapore 059413  
Tel: 6589 0690

**THK** Social Services  
@ Bukit Batok East  
Blk 235 Bukit Batok East Ave  
5 #01-21 Singapore 650235  
Tel: 6566 5303

**THK** Cluster Support  
@ Ang Mo Kio  
Blk 650 Ang Mo Kio Street 61  
#01-09 Yio Chu Kang Vista  
Singapore 560650  
Tel: 6556 4833

**THK** Cluster Support  
@ Bukit Merah  
Blk 44 Beo Crescent  
#01-57 Singapore 160044  
Tel: 6924 2951

**THK** Cluster Support  
@ Geylang  
Blk 93 Paya Lebar Way  
#01-3057 Singapore 370093  
Tel: 6846 1228

**THK** Cluster Support  
@ Bedok  
Blk 13 Bedok South Road  
#01-625 Singapore 460013  
Tel: 6241 8171

## CARE FROM YOUR COMMUNITY PROGRAMME

**THK** Care From Your  
Community (Ang Mo Kio)  
Blk 257 Ang Mo Kio Ave 4  
#01-67 Singapore 560257  
Tel: 6926 5329

**THK** Care From Your  
Community (Beo Crescent)  
Blk 44 Beo Crescent  
#01-57 Singapore 160044  
Tel: 6924 0375

**THK** Care From Your  
Community (Bedok)  
Blk 13 Bedok South Road  
#01-625 Singapore 460013  
Tel: 6241 8171

**THK** Care From Your  
Community (MacPherson)  
Blk 90 Pipit Road  
#01-103 Singapore 370090  
Tel: 6917 3162



**THK** Care From Your Community  
(Telok Blangah Crescent)  
Blk 4 Telok Blangah Crescent  
#01-460 Singapore 090004  
Tel: 6917 8469

## COMMUNITY BEFRIENDING PROGRAMME

**THK** Community Befriending Programme  
(Boon Lay)  
Blk 190 Boon Lay Drive  
#01-242 Singapore 640190  
Tel: 6246 6065

**THK** Community Befriending Programme  
(MacPherson)  
93 Paya Lebar Way  
#01-3057 Singapore 370093  
Tel: 6846 1228

**THK** Community Befriending Programme  
(Toa Payoh / Chong Pang / Yio Chu Kang)  
Blk 650 Ang Mo Kio St 61  
#01-09 Yio Chu Kang Vista  
Singapore 560650  
Tel: 6556 4833

**THK** Community Befriending Programme  
(Taman Jurong)  
Blk 337 Tah Ching Rd  
#01-01 Singapore 610337  
Tel: 6795 1185

**THK** Community Befriending Programme  
(Bukit Batok East)  
Blk 235 Bukit Batok East Ave 5  
#01-21 Singapore 650235  
Tel: 6566 5303

## HOME CARE SERVICES

**THK** Home Health Services  
**THK** Home Personal Care Services  
**THK** Interim Caregiver Services  
Blk 131 Yishun Street 11  
#01-235 Singapore 760131  
Tel: 6690 0110

## MEAL CENTRES

**THK** Meal Centre  
@ Telok Blangah Crescent  
Blk 4 Telok Blangah Crescent  
#01-500 Singapore 090004  
Tel: 6276 9443

**THK** Meal Centre  
@ Toa Payoh  
Blk 31 Lorong 5 Toa Payoh  
#01-663 Singapore 310031  
Tel: 6250 3827

**THK** Meal Centre  
@ MacPherson  
Blk 91 Paya Lebar Way  
#01-3023 Singapore 370091  
Tel: 6741 4255

**THK** Indus Moral CARE  
(Subsidised meals)  
Blk 79 Indus Road  
#01-451 Singapore 161079  
Tel: 6276 3283

## FAMILY SERVICES

**THK** Family Service Centre @ Bedok North  
Blk 554 Bedok North St 3  
#01-241 Singapore 460554  
Tel: 6449 1440

**THK** Family Service Centre @ MacPherson  
Blk 91 Paya Lebar Way  
#01-3023 Singapore 370091  
Tel: 6741 4255

**THK** Family Service Centre @ Tanjong Pagar  
Blk 18 Jalan Membina  
#04-01 Singapore 164018  
Tel: 6270 6711

**THK** Family Service Centre @ Jurong  
Blk 183B Boon Lay Ave  
#01-716 Singapore 642183  
Tel: 6716 9466

**THK** Family Service Centre @ Bukit Panjang  
Blk 139 Petir Road #01-448  
Singapore 670139  
Tel: 6767 1740

**THK** Centre For Family Harmony @ Circuit  
Blk 37 Circuit Road #02-455  
Singapore 370037  
Tel: 6747 7514

**THK** Centre For Family Harmony @ Commonwealth  
Blk 54 Commonwealth Drive  
#01-566 Singapore 142054  
Tel: 6357 9188

## CHILDREN SERVICES

**THK** EIPIC Centre  
@ Choa Chu Kang  
Blk 606 Choa Chu Kang St 62 #01-139  
Singapore 680606  
Tel: 6762 9125

**THK** EIPIC Centre  
@ Woodlands  
Blk 716 Woodlands Drive 70  
#01-124 Singapore 730716  
Tel: 6362 5371

**THK** EIPIC Centre  
@ Tampines  
Blk 424 Tampines St 41  
#01-188 Singapore 520424  
Tel: 6783 5338

**THK** EIPIC Centre  
@ Ang Mo Kio  
Blk 313 Ang Mo Kio Ave 3  
#01-2322 Singapore 560313  
Tel: 6499 9379

**THK** Super Talent Childcare (Membina)  
Blk 18 Jalan Membina  
#03-01/02 Singapore 164018  
Tel: 6276 4243

**THK** Super Talent Childcare (MacPherson 122)  
Blk 122 Paya Lebar Way  
#01-2903 Singapore 381122  
Tel: 6844 3550

**THK** Super Talent Childcare (MacPherson 93)  
Blk 93 Paya Lebar Way  
#01-3039 Singapore 370093  
Tel: 6741 8359

**THK** Super Talent Childcare (Ang Mo Kio)  
Blk 218 Ang Mo Kio Ave 1  
#01-925 Singapore 560218  
Tel: 6552 1058

**THK** Student Care Centre @ Bedok North  
Blk 534 Bedok North Street 3  
#01-806 Singapore 460534  
Tel: 6449 9054

**THK** Student Care Centre @ Bukit Panjang  
Blk 141 Petir Road  
#01-270 Singapore 670141  
Tel: 6767 1770

**THK** Student Care Centre @ Punggol Walk  
Blk 213C Punggol Walk  
#01-781 Singapore 823213  
Tel: 6443 1218



For the map of the programmes and services provided by **THK**, please scan the QR code above





**SUPER TALENT CHILDCARE (ANG MO KIO)**  
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FOR MORE INFORMATION, PLEASE CONTACT US @ **6552 1058**  
OR EMAIL: [ANGMOKIO@SUPERTALENT.COM.SG](mailto:ANGMOKIO@SUPERTALENT.COM.SG)





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