MOMENTS

October 2017

Celebrating FAMILIES

CRAB for a CAUSE at IMM

1 nation together

Diversity Makes us one

ISTANA Open House

Volunteers OUR HELPING HANDS

三灰 灰典

太和观 THK

a publication of THYE HUA KWAN MORAL SOCIETY

THK

events

04 Celebrating Families 2017
06 Volunteers: Our Helping Hands
08 Grab for a cause at IMM
10 THK forges forward in championing harmony at 39!
14 Diversity make us one
15 - Go for Goal
18 - Welcome onboard the Harmony Train
20 - ARTistic Celebration of Racial and Religious Harmony
22 - Youths unite for harmony!
26 First-ever Preschool Soccer Competition
28 Go for the Extra Mile
30 Song and Dance at Istana Open House
32 Thye Hua Kwan Nursing Home: About Town
34 One Nation Together

feature stories

42 Singapore: Our Hopes, Dreams and Aspirations
48 The Old and the New: Sneak Peek into THK SAC @ Cassia

in the media

09 Residents Of Special Needs - Home
Winning Hearts Through Lion Dance
12 Thye Hua Kwan's Anniversary Event A Tableau Of Harmony
16 Racial Harmony Shines In Glow-In-The-Dark Soccer Game
24 Inter Racial Inter Religious Harmony Nite 2017
25 Youthful Enthusiasm On Board The Harmony Bus
46 A Gracious Society Helps The Needy Prove Their Worth
57 Launch Of Harmony Train Along North East Line

services directory

54 THK services directory

Celebrating families

太和观家庭服务中心（武吉班让）名为“**Family Bonding Inspirator Idol (FBI²)**”计划举办颁奖典礼，除了奖励参与计划的家庭，同时也鼓励他们增强家庭凝聚力。

THKMC CEO Mr Kenny Lim presenting the awards to participating families at Celebrating Families event

Every family has its own tales to tell and its own set of obstacles to overcome. Families that stick together, stay together.

THK Family Service Centre @ Bukit Panjang hosted an award ceremony to commemorate the spirit of togetherness for the participants under Family Bonding Inspirator Idol (FBI²) programme.

FBI² is a developmental community work programme, designed to grow stronger families within the Bukit Panjang community.

The ceremony held on 25 February 2017 at the Senja-Cashew Community Club celebrated the achievements of these families who were actively involved in various programmes such as financial planning and parenting workshops. A total of 14 families attained the Gold, Silver and Bronze awards!

events

Volunteers:
OUR HELPING HANDS

太和观慈善机构义工管理组举办了位于
万象普度酒店的晚宴，答谢义工们无私的奉献，
点亮受益人的生活。

“THE MOST TRULY GENEROUS *PERSONS* ARE THOSE WHO *GIVE SILENTLY* WITHOUT HOPE *of PRAISE or REWARD.*”

Behind every volunteer lies the heart of service and the soul to give. THKMC Volunteer Management Unit organised the Volunteer Appreciation Day at Singapore Marriott Tang Plaza Hotel to honour these unsung heroes who have contributed their time and effort to serve our beneficiaries.

Each of these volunteers, regardless of where they came from, had one single mission: to lend a helping hand to those in need.

Together, they culminated the joy of giving that was evident at the dinner event which was full of smiles and laughter.

Our volunteers posing with the prized toy from the THK Colour Their World claw catcher machines

A Malay volunteer participating in table games during the THKMC Volunteer Appreciation Nite

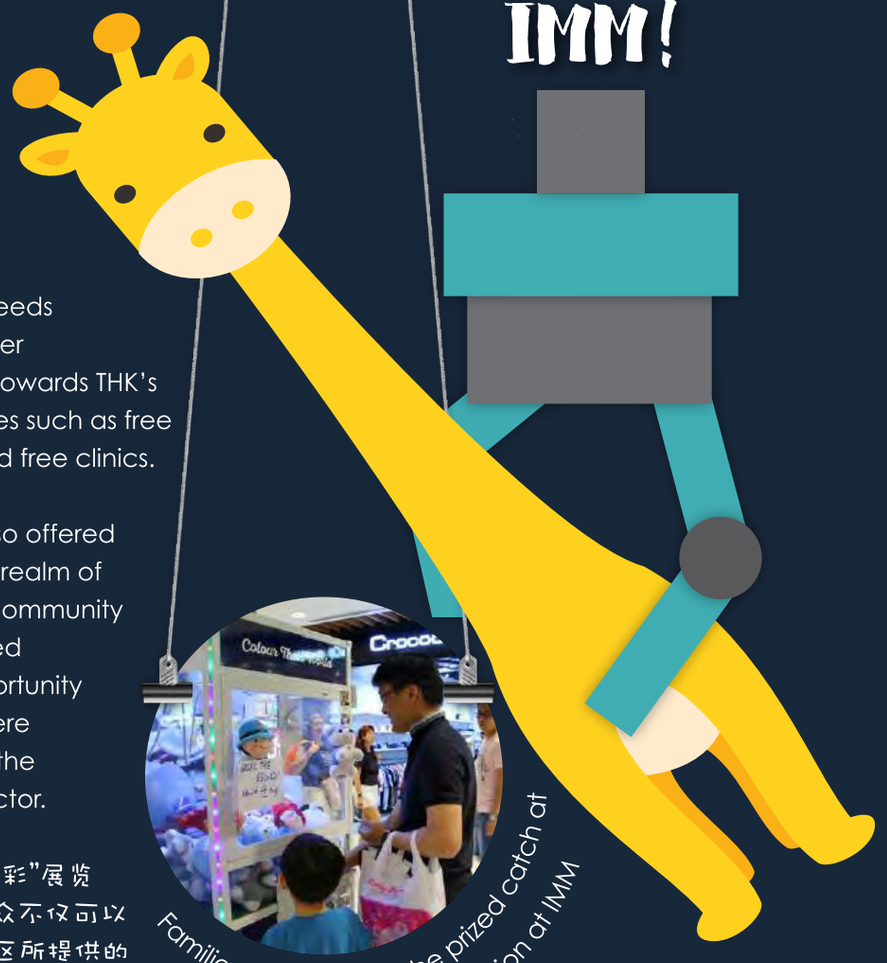
GRAB for a cause at IMM!

THK Colour Their World Exhibition came to the IMM! Families and young children got to experience the rush of adrenaline as their eyes glued to prized catch within the claw catcher machines.

Every attempt was for a good cause! The proceeds from claw catcher machines went towards THK's unfunded services such as free meal centres and free clinics.

The exhibition also offered insight into THK's realm of services for the community and even opened windows of opportunity for those who were keen to serve in the social service sector.

太和观"生活的色彩"展览在IMM举办，公众不仅可以了解太和观为社区所提供的服务，在场的公众也能透过抓娃娃机为慈善尽一份力，所筹得的款项将用于慈善用途。



Families eager to get the prized catch at THK Colour Their World Exhibition at IMM

TODAY • TUESDAY 31 JANUARY 2017

Volunteer instructor Calvin Loke, from Nam Sieng Dragon and Lion Dance Activity Centre, training THK BraveHearts troupe member Johnson Dass Maniam. Mr Loke said despite their disabilities, performers from the group are not much different from others and have a 'lot of heart'. PHOTO: JASON QUAH

THEY ARE GIVEN PROFESSIONAL TRAINING

Residents of special-needs home winning hearts through lion dance

TOH EE MING
toheeming@mediacorp.com.sg

SINGAPORE – They are not your ordinary lion dancers: They belong to a troupe formed by people with intellectual disabilities and are hoping to win people over with their moves this Chinese New Year.

Looking at the troupe in their full regalia, leaping and prancing about playfully in sync with the clashing cymbals and thunderous drums, one would not have guessed that all nine members are residents of the THK Home for the Disabled @ Eunos, one of the many run by Thye Hua Kwan Moral Charities (THKMC).

Called the THK BraveHearts, the troupe has been around since the 2000s, exposing young residents to new skills.

But last June, the charity's volunteer management unit decided to develop the BraveHearts' potential further by giving them professional training and exposure with the help of veteran dancers from Nam Sieng Dragon and Lion Dance Activity Centre.

Today, the seasoned lion dancers, aged between 17 and 37, perform at various THK internal and external events, such as the Purple Parade. The troupe is also available for "hire" for corporate events, with Keppel Corporation and Singapore Power being among its clients this festive season.

The home's programme executive Low Kai Ling said, "We provide them with the basic needs, but (beyond that), by letting them perform and engage in external performances, it's a huge boost to their self-confidence levels and self-esteem ... (They) feel good when people tell (them they) did a good job."

Nam Sieng's volunteer instructors were initially concerned about them being able to teach or communicate with the residents effectively. Mr Lawrence Tan, 41, said their uncertainties were quickly eased when they realised the residents were "not much different" from the other lion dancers they train.

The key difference is while it would normally take most people one day to master the steps, these residents need five or six days. And they need simpler instructions. But they "try their best and have a lot of heart", said Mr Calvin Loke, 38, in Mandarin.

Putting in at least 12 weekly training sessions, the BraveHearts eventually dazzled in a shimmering LED-lit costume and clinched second prize in THK's internal talent competition last October.

Troupe member Johnson Dass Maniam, who has intellectual disability, anger management and behavioural issues, does not mind the physically strenuous and gruelling sessions given his love of sports.

Besides playing badminton, volleyball and football at the home, he even competed in the Equestrian section of the 3rd Singapore Special Olympics Games in 1993 and the 5th National Special Olympics Games in 2001.

The 35-year-old, who appears as the lion head, never fails to get excited whenever he gets to perform, and is always attentive and focused during training sessions, said Ms Low. She said with a laugh, "He's always concerned about his costume, (what colour it will be) and getting to dress up."

Having to operate the opening and shutting of the lion's eyes poses the biggest challenge to Mr Johnson, but he finds the whole process infinitely rewarding.

"It's fun and interesting when we learn the (lion dance) skills ... It's good to perform in front of everybody as a team," he said, adding that he hopes to win a medal next time.

Adding that it was a good experience for him to pass on his knowledge, Mr Tan said, "(In fact), they are able to absorb faster than some of my other students, (and) it (makes us) smile when we see them enjoying the lessons so much ... We want to show society that they (can succeed at this), just like the (rest of us)."

The latest Enabling Masterplan had cited that while much has been done to get people with disabilities involved in sport, culture and social activities so they can lead active lifestyles and promote inclusion in the community, only a small percentage actually do so.

Speaking to TODAY, Member of Parliament and long-time advocate for the special-needs community Denise Phua said that efforts in the last decade have been mostly geared towards addressing "essential services" such as schooling, transport and healthcare. "People with special needs, like the rest of us, also deserve a quality life that covers sports, arts and other recreational and leisure pursuits," she said.

Those interested in hiring the THK BraveHearts for events can contact volunteer@thkmc.org.sg. While the troupe does not charge for its performances, the home does accept donations to support its programmes.

Support the TODAY Enable Fund for the special needs community. Find out more via www.todayonline.com/enable.

If you know of more stories of people with disabilities, email us at news@newstoday.com.sg

TODAY ENABLE FUND
Give a gift to those with disabilities this festive season. Go to todayonline.com/enable to find out how you can.

THK FORGES FORWARD IN CHAMPIONING HARMONY AT 三次大典

内政部兼律政部长尚穆根出席了第39届德教太和观三庆庆典晚宴。在会上，部长呼吁国人应该时刻珍惜并维护新加坡来之不易的和谐社会， 更与德教太和观主席李锦祥为新一届的种族宗教和谐联谊宴会掀开了象征和平共处理念的崭新徽章。

A quote from Minister for Home Affairs and Law, Mr K Shanmugam that narrates the spirit of the work that THK does to help anyone in need with full respect to their race, colour, creed, language, culture and religion.

In his opening address at the THK Triple Celebrations 2017 held at Hilton Singapore, he urged Singaporeans "to look at the dignity in the differences between us and we go beyond tolerance to appreciation".

In light of the recent spate of events in other countries brought about by religious conflicts and extremist ideologies, the racial and religious harmony in Singapore becomes a precious asset that we should protect and preserve at all times.

Minister K Shanmugam officially launched the new logo for the Inter Racial Inter Religious Harmony Nite, in the form of a dove that represents peace and harmony.

> *The greater purpose is really, looking at what we do and seeing how it helps someone else. How do we make a difference to the world?*
>
> *Mr K Shanmugam*

Minister for Home Affairs and Law, Mr K Shanmugam and THK Chairman Lee Kim Siang officiating the launch of the new logo for the Inter Racial Inter Religious Harmony Nite

HOME | B3
FRIDAY, MAY 12, 2017 | THE STRAITS TIMES
Thye Hua Kwan's anniversary
tableau of harmony
THYE HUA KWAN MORAL SOCIETY
39TH TRIPLE CELEBRATIONS
Article reproduced from The Straits Times

Diversity Makes us one

20队来自各种族宗教的青年参与了由德教太和观所主办的夜光足球赛，透过体育向年轻一代宣导和谐的重要性，麦波申区议员陈佩玲女士是活动的贵宾。

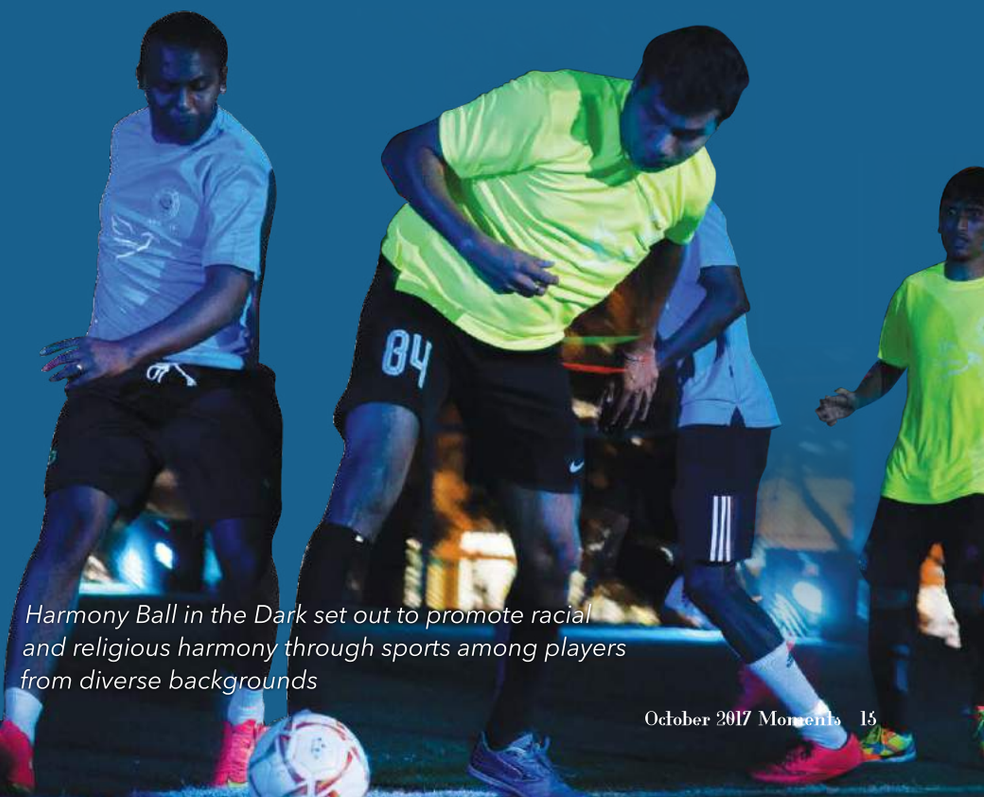
Go for Goal

On 10th and 11th June 2017, 20 teams gathered at Kovan Sports Centre in colourful attire, gearing up for the intensive street soccer competition known as Harmony Ball in the Dark.

Un like the usual soccer matches, players of different races and religions had to vie for the soccer ball in the dark. The perimeter of the soccer pitches illuminated in strips of neon lights against the darkness of the night. On the field, hints of light that came from their earned accessories like the glowing shoelaces that shone as the players pranced about.

As the rigorous rounds continued in darkness, the differences between players became negligible, because they each had one thing in common: to score a goal.

Ms Tin Pei Ling, Member of Parliament for MacPherson presented the coveted trophy to La Plata Juniors who emerged as the champions for the Harmony Ball in the Dark.



Harmony Ball in the Dark set out to promote racial and religious harmony through sports among players from diverse backgrounds

Racial harmony shines in glow-in-the-dark soccer game

ll at a unique soccer game at Kovan Sports Centre yesterday. Organised by the Thye Hua Kwan Moral Society, each of the 20 teams that took part in the Harr had to have members from at least three different races. Teams were given glow-in-the-dark accessories, highlighting how "Singapore's racial and re ighter in the face of dark, senseless terror attacks", organisers said. Yesterday's event kicked off the 14th edition of the Inter Racial Inter Religious H his year is Diversity Makes Us One: A Celebration of Togetherness, and activities will be held this month and next. ST PHOTO: MARK CHEONG

Article reproduced from The Straits Times

Welcome Onboard the Harmony Train

In celebration of the Harmony Month and Youth Month in the month of July, THK partnered the National Youth Council Singapore and Moove Media to launch the Harmony Train along the North-East Line.

Singapore is not immune to the looming threat of terrorism that is affecting many parts of the world. Mass transit and public transport networks are easy targets for terror attacks because of the ease of accessibility and high human traffic.

The Harmony Train set out to spread the message of racial and religious harmony to more than 420,000 commuters daily between their places of work, leisure and home.

为配合新加坡种族和谐及青年节，德教太和观与全国青年理事会及Moove Media联合推出穿行于东北线的“和谐列车”，透过多彩缤纷的设计传达出维持我国种族宗教和谐的重要信息。

Unlike our journey on the train, our journey in harmony does not come to a stop. In the words of Minister for Finance Mr Heng Swee Keat, “safeguarding the special harmony and peace we enjoy is a perpetual work-in-progress”.

It takes the effort of all Singaporeans to stand up for Harmony!

Minister for Finance, Mr Heng Swee Keat onboard the Harmony Train along North-East Line

6名来自南洋艺术学院的学生携手创作完成了“星空下闪耀的和谐壁画”。教育部、贸工部高级政务次长刘燕玲女士为坐落在青年公园的Red Bus掀开了崭新的一面。壁画也充分展现了新加坡多姿多彩种族，宗教和的文化元素。

HELLO!

ARTISTIC

CELEBRATION OF RACIAL AND RELIGIOUS HARMONY

THK

6 local and international students from Nanyang Academy of Fine Arts embarked on an experiential journey to learn about Singapore's multicultural diversity through the elements of food, culture and play.

For three days, these students explored places of racial and religious interests, such as the Harmony in Diversity Gallery, a Crisis Simulation tour at the Singapore Discovery Centre, the SAFTI Bus Tour at the Military Camp, as well as Katapult Trampoline Park and SCAPE.

These experiences turned into design inspirations for Harmony Mural Beneath the Stars, an initiative supported by Youth Corps Singapore to transform the façade of the iconic Red Bus into a work of art. Ms Low Yen Ling, Senior Parliamentary Secretary, Ministry of Education & Ministry of Trade and Industry launched the new look of the Red Bus on 4 July 2017 - an illustrated masterpiece that reflected Singapore's cultures, races and religions.

The Harmony Mural was specially unveiled in the month of July to coincide with both the Harmony Month as well as the Youth Month, which is dedicated to celebrating youth energy, diverse talents, youth resilience and youth contributions to community.

The Harmony Mural on the Red Bus at Youth Park Singapore

THK

第14届种族宗教和谐联谊晚会在滨海湾金沙盛大举行。今年的活动主题是“多元共存，和谐共处”。我国总统陈庆炎及夫人陈美娟和来自21个国家的使节与2,200民公众共襄盛举。 更特别的是为了庆祝新印两国建交50周年，更安排了特别的印尼文化表演。

Diversity makes us one: A celebration of togetherness marked the theme for the 14th Inter Racial Inter Racial Harmony Nite 2017 held at Marina Bay Sands. President Tony Tan Keng Yam and his wife Mrs Mary Tan graced the occasion as Guests of Honour and joined more than 2,200 Singaporeans and foreign friends affirming our stance for racial and religious harmony. A special tribute was also paid to President Tony Tan and Mrs Mary Tan through a commemorative video to thank them for their tremendous support for Inter Racial Inter Religious Harmony Nite over the years.

Global terror attacks, the radicalisation of youths in the international and the local communities and the issue of casual racism in Singapore highlighted the need to strengthen social cohesion among youths.

Supported by the Ministry of Culture, Community and Youth (MCCY), the National Integration Council (NIC), the National Youth Council (NYC) as the Youth Corps Singapore, Thye Hua Kwan Moral Society and the 7 partners - the Chinese Development Assistance Council (CDAC), Yayasan MENDAKI, Singapore Indian Development Association (SINDA), the Eurasian Association (EA) the Inter-Religious Organisation (IRO), Chee Hoon Kog Moral Promotion Society (CHKMPS), and Chee Hia Kog Moral Society (CHKMS) set out on the journey of promoting racial and religious harmony, particularly among youths.

One of the highlights for the night was a cultural performance specially contributed by the Embassy of the Republic of Indonesia to celebrate 50 years of diplomatic ties and friendship between Indonesia and Singapore. Ambassadors and foreign diplomats from 21 different countries were also represented at the dinner event which ended in a colourful wave as audiences flashed the glowing lightsticks, chorusing to the tunes of “Stand Up for Singapore”!

Y *unite for* OUTHS

The grand finale of the Inter Racial Inter Religious Harmony Nite on 8 July 2017

THK Chairman Lee Kim Siang, President Tony Tan, Mrs Mary Tan and Minister for Culture, Community and Youth Ms Grace Fu on stage with the performers for Inter Racial Inter Religious Harmony Nite 2017

HARMONY

新加坡 联合早报 2017年7月10日 星期一

鸽子新标志提倡和平 2200民众参加种族宗教和谐宴会

张汐莹 报道
zxiying@sph.com.sg

超过2200名来自各种族及宗[illegible]群的民众出席了第14届种族[illegible]宗教和谐联谊宴会。

宴会主宾是陈庆炎总统伉[illegible]他们由文化、社区及青年部[illegible]部长同出席前晚在滨海湾[illegible]的常年晚宴。22个国家[illegible]节也受邀出席。

[illegible]方之前邮寄宣传单邀请[illegible]晚宴，而最终受邀公众[illegible]的名单则通过抽签方式决定。

除了有各族群文化特色的精彩演出，今年的晚宴还特别邀请印度尼西亚大使馆安排呈献民族舞蹈表演，为庆祝新印两国建交50周年，以及展现印尼文化。

据了解，往后的种族宗教和谐联谊宴会也将会带入其他亚细安国家的文化，进一步促进多元种族与宗教的和谐。

和谐联谊宴会的新标志以象征和平的鸽子为中心，目的是凸显德教太和观促进宗教和种族和谐的决心。标志在今年5月德教太和观39周年庆祝晚宴时特别推出，取代之前使用的蝴蝶标志。

陈庆炎总统（前排左四起）与夫人以及文化、社区及青年部长傅海燕，连同德教太和观主席李锦祥（左三）一同与出席者欢唱爱国歌曲。（唐家鸿摄）

联谊宴会今年由德教太和观主办，全国青年理事会协办，希望信息传达给青年，鼓励青年成为和谐大使。

协办团体也包括华社自助理事会、回教社会发展理事会、印度人发展协会、欧亚裔人士协会、新加坡宗教联谊会、德教济云阁和德教济霞阁。

德教太和观主席李锦祥受访时表示，希望通过晚宴弘扬宗教种族和谐，鼓励国人无论宗教、种族、文化或语言上的差异，要互相帮助，共同和睦生活。

他也呼吁国人，“要养成一个自然的习惯，尊重别人，不分彼此，维持社会稳定与和谐。”

WEDNESDAY, JULY 5, 2017 | THE STRAITS TIMES

YOUTHFUL ENTHUSIASM ON BOARD THE HARMONY BUS

Nanyang Academy of Fine Arts (Nafa) students - (from left) Liza Markus, 22; Siow Ziyi, 23; Nur Fadlin Fazirah, 22; and Nur Yuhanis Yusof, 24 - in front of a mual they painted together with two other students. The mural, on a bus in front of Red Box Buidling, which is home to the Youth Corps Singapore - part of the National Youth Council - represents Singapore's diverse races, cultures and religions. It aims to give youth a greater appreciation of racial and religous harmony in conjunction with the month of July, which is both Harmony Month and Youth Month.

The event was organised by the Thye Hua Kwan Moral Society, together with Nafa and Youth Corps Singapore. Senior Parliamentary Secretary for Education, and Trade and Industry Low Yen Ling said the mural represented the "vigour and aspirations" of youth in Singapore. She urged Singaporeans to "celebrate our common identity and strengthen our resolve to remain united in diversity". ST PHOTO: SEAH KWANG PENG

Article reproduced from The Straits Times

FIRST-EVER PRESCHOOL SOCCER COMPETITION

Gadgets aside, our young children from THK Child Care and Student Care Centres donned football jerseys and gave their best shot at the first-ever soccer competition for pre-schoolers!

Boys and girls circled around pitch in an adrenaline rush to score that esteemed goal along with their peers from Yuquan Preschool and Pertapis Children's Home. Together, they demonstrated teamwork and sportsmanship that was far more valuable than the coveted trophy.

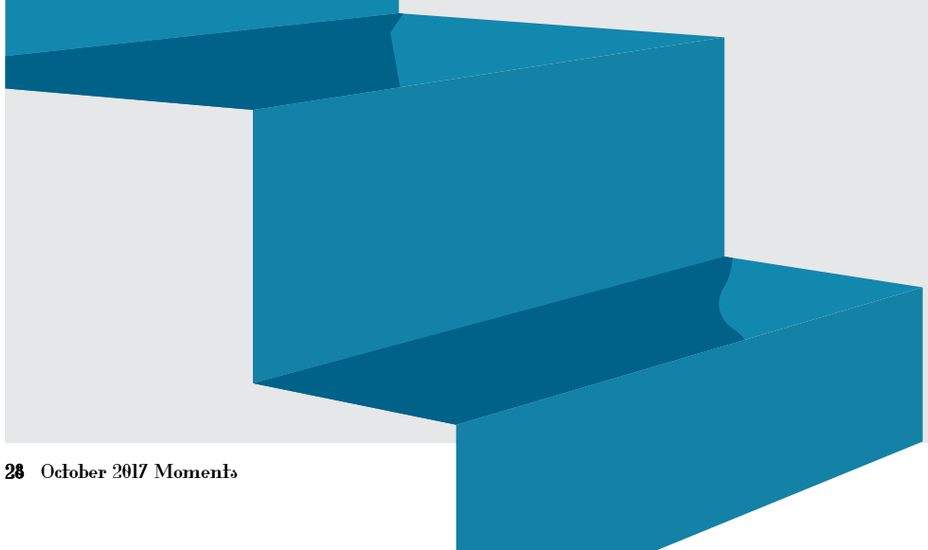
Assoc Prof Dr Muhammad Faishal Ibrahim, Senior Parliamentary Secretary, Ministry of Social and Family Development & Ministry of Education graced the occasion along with more than 600 children and their families.

Children from THK Child Care Centres participating in the THK Child Care and Student Care Sports Carnival held at Kovan Sports Centre

GO FOR THE EXTRA Mile

太和观医院的高级护士经理
和首席医务社工
分别获得由卫生部颁发的
“护士优异奖”
和
“仁心奖”。
医院也为护士们举办了
一年一度的护士节庆祝活动，
共有45名员工获颁长期服务奖。

Nurses dispense comfort, compassion, and caring without even a prescription



NURSES' MERIT AWARD

From left: Ms Tan Soh Chin, Chief Nursing Officer, Ministry of Health, Sister Tan Chwee Say Moi receiving the Nurses' Merit Award from Minister for Health Mr Gan Kim Yong

Sister Tan Chwee Say Moi, Senior Nurse Manager at Ang Mo Kio-Thye Hua Kwan Hospital were among 100 nurses received the Nurses' Merit Award this year. The awards were presented by Minister for Health Mr Gan Kim Yong on 7 July 2017.

Awarded by the Ministry of Health, the Nurses' Merit Award is given to nurses who have demonstrated consistent and outstanding performance, participated in professional development, and have made contributions to the nursing profession.

HEALTHCARE HUMANITY AWARD

Ms Tan Ying Yan, Head, Principal Medical Social Worker from Ang Mo Kio-Thye Hua Kwan Hospital received the Healthcare Humanity Awards 2017 from Minister for Health Mr Gan Kim Yong. The Healthcare Humanity Awards are given to outstanding workers in the healthcare profession who are inspirational role models for going the extra mile in the call of duty to offer care and comfort.

Ms Tan Ying Yan, Head, Principal Medical Social Worker from Ang Mo Kio-Thye Hua Kwan Hospital received the Healthcare Humanity Awards 2017 from Minister for Health Mr Gan Kim Yong

NURSES' DAY CELEBRATION

Congratulations to our nurses who received the Long Service Awards

Ang Mo Kio-Thye Hua Kwan Hospital held a Nurses' Day celebration on 25 July 2017 to honour our everyday heroes who serve and care for the well-being of our patients! 45 staff who served between 5 to 20 years also received Long Service Awards during the ceremony.

events

From left: THK Chairman Lee Kim Siang, President Tony Tan and Mrs Mary Tan watching a dance performance by THK Student Care Centres along with other visitors at the Istana Open House

50 students from THK Student Care Centres had the honour to perform at the Istana Open House on 30 July 2017. More than 11,000 visitors attended the open house, where President Tony Tan Keng Yam and his wife Mrs Mary Tan made their final appearance at the event before Dr Tony Tan relinquishes his position as head of state.

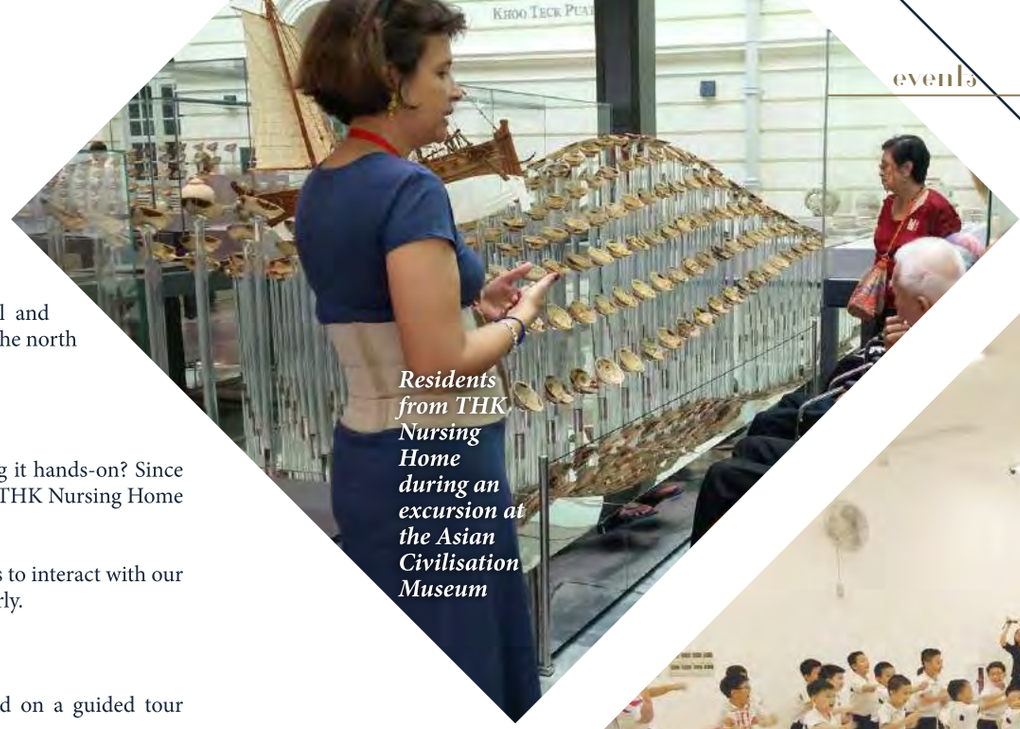
SONG AND DANCE AT ISTANA *Open House*

50名来自大和观学童托管中心的孩子们受邀出席总统府的开幕日，并为公众带来多元文化的舞蹈表演。

Students from THK Student Care Centres performed a multicultural item at Istana Open House on 30 July 2017

The multicultural performance combined the elements of the different race groups such as wushu, kolattam, silat and dance to showcase the art of defence, resilience and perseverance – the values that moulded Singapore into what it is today – a place where harmony reigns and aspirations thrive.

Thye Hua Kwan Nursing Home: About Town



Residents from THK Nursing Home during an excursion at the Asian Civilisation Museum

Students from Monfort Junior School performing wushu exercise for the residents at THK Nursing Home

COMMUNITY EYE SCREENING FOR SENIORS

Thye Hua Kwan Nursing Home partnered the North East Community Development Council and Singapore Optometric Association to conduct free eye screening for about 150 seniors residing in the north east region. The elderly learnt valuable tips about caring for their eyesight.

FILIAL PIETY BEYOND THE CLASSROOM

What better way to learn about the important values of filial piety and empathy other than doing it hands-on? Since March 2017, students from various CCA groups of Montfort Junior began fortnightly visits to the THK Nursing Home @ Hougang.

Students and teachers planned regular activities and performances such as wushu, choir and games to interact with our seniors, which helped to promote intergenerational bonding and social well-being among the elderly.

JOY ON WHEELS

Residents from THK Nursing Home @ Hougang experienced joy on wheels as they embarked on a guided tour conducted by Asian Civilisation Museum.

Participants saw exhibits of various relics representing the region's heritage and cultures. One of the residents, Mr Tay recounted the experience fondly, "I enjoyed myself thoroughly! I have always loved visiting museums as it reminds me of the old days."

Community Health Screening for seniors held at THK Nursing Home

携手齐心同迈进

one nation together

Our people, our centres all decked out in Red and White to celebrate our Nation's 52nd Birthday!

THK

Mr Lim Biow Chuan, Member of Parliament for Mountbatten and THK Chairman Lee Kim Siang cutting the red ribbon to mark the official opening of THK Seniors Activity Centre @ Cassia

What's a birthday celebration without a cake? The August babies pictured cutting the National Day cake with Mr Lim Biow Chuan, Member of Parliament for Mountbatten

THK SENIORS ACTIVITY CENTRE @ CASSIA OPENS WITH A BANG!

THK welcomed the newest addition to the realm of eldercare services for the community! THK Seniors Activity Centre @ Cassia officially opened on 4 August 2017. Guest of Honour Mr Lim Biow Chuan, Member of Parliament for Mountbatten officiated the event.

It was a triple celebration for the residents, who also had National Day and birthday celebration for those who were born in August, guests were invited to a facility tour in the centre, like the karaoke lounge, massage chairs and kitchen where the elderly residents can pit their vocal talents and culinary skills! The residents also enjoyed a hearty meal sponsored by Deloitte.

THK Seniors Activity Centre @ Cassia hopes to the home away from home for seniors where they can grow old with fun and friendship!

HAPPY BIRTHDAY SINGAPORE!

The elderly residents immersed in a celebratory mood together with our Guest of Honour, Ms Tin Pei Ling, Member of Parliament for MacPherson during the National Day celebration held at THK Seniors Activity Centre @ MacPherson.

Ms Tin Pei Ling, Member of Parliament for MacPherson and THK Chairman Lee Kim Siang cutting the cake with the elderly residents

Ms Joan Pereira, Member of Parliament for Tanjong Pagar GRC reciting the pledge together with our residents and guests

THK Seniors Activity Centre @ Bukit Merah View and THK Seniors Activity Centre @ Henderson held a combined celebration to celebrate the nation's 52nd birthday. Ms Joan Pereira, Member of Parliament for Tanjong Pagar GRC graced the event as Guest of Honour and joined our residents in reciting the national pledge to affirm our stance as one united people.

Minister for Manpower and Member of Parliament for East Coast GRC Mr Lim Swee Say joined in the National Day celebrations organised by THK Bedok Radiance Seniors Activity Centre. Together, they joined a sing-along session of our all-time favourite National Day songs!

Minister Lim Swee Say capturing photos of an enthusiastic crowd at the National Day Celebrations organised by THK Bedok Radiance SAC

Minister K Shanmugam and his wife gracing the National Day Celebrations held at THK Chong Pang Wellness Centre

The seniors from THK Chong Pang Wellness Centre soaked in a bright and cheery mood as they gathered to celebrate Singapore's 52nd birthday over fun, food and games! Minister for Law and Home Affairs Mr K Shanmugam graced the occasion and spent an enjoyable time together!

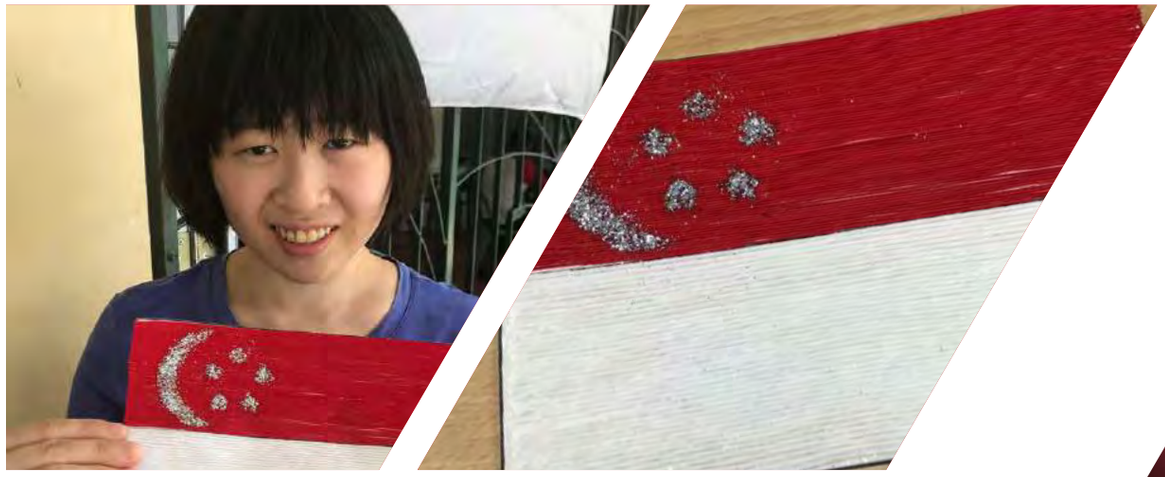
Dr Lily Neo Member of Parliament for Jalan Besar, unleashed her vocal talents at the National Day celebrations organised by Indus Moral CARE and THK SAC @ Beo Crescent by performing a song on stage to entertain the audience. The seniors also enjoyed a sumptuous meal to celebrate the occasion.

Member of Parliament for Jalan Besar Dr Lily Neo joined in the National Day celebrations organised by THK Indus Moral CARE and THK SAC @ Beo Crescent

SINGAPORE: OUR HOPES, DREAMS AND ASPIRATIONS

The **theme** for the National Day Parade 2017 is **onenationtogether**. Indeed, we belong as one regardless of race, language, religion or abilities. **MOMENTS** rallied beneficiaries from THK to celebrate with our beloved nation, Singapore – the country that we call home, the place that holds our hopes, dreams and aspirations.

为了纪念新加坡建国52周年，太和观特别邀请了属下机构的受益人通过自我表达的方式，传递对国家的爱。

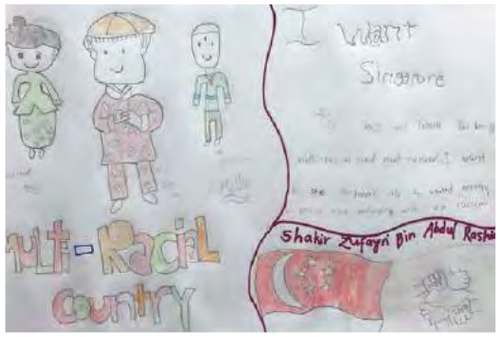


Gan Kai Wei, 27, THK Pan-Disability Centre @ Eunos

Kai Wei has been attending THK Pan-Disability Centre for 6 years. Despite her intellectual disability, she is never afraid to try new things from creating bookmarks to metal tooling.

She loves to interact with her peers and catching up on her favourite variety shows and memorising her favourite songs. She even tried baking cookies at the centre, using the baking tools donated by Tokio Marine.

Her natural knack for arts and craft is evident in the Singapore flag that she created using knitted thread, demonstrating the patience and perseverance, that made Singapore what it is today.



Shakir Zufayri Bin Abdul Rashid, 13, THK Family Service Centre @ Jurong

Shakir participates in dance and futsal activities organised by THK Family Service Centre @ Jurong. He realises that his friends from other ethnic backgrounds may not be well–informed about the Malay culture, hence he likes to share interesting facts about his culture with them as this helps to bring them closer together.

Shakir is wise beyond his years. "If everyone cares to share about each other's culture and tradition, it will help us to understand one another better," he shares.

He wants Singapore to be known not only for our multi–racial, multi–cultural diversity but also an example to the rest of the world where everyone can live in peace and harmony.

Yang Yip Kum, 69, THK Seniors Services @ Taman Jurong

Mdm Yang has been attending THK Seniors Services @ Taman Jurong since its inception in 2012. She is the epitome of active ageing, and regularly shares her passion for arts and calligraphy with her friends. She taps on the books and resources available at the reading corner in the centre, courtesy of the National Library Board's "Value Added" programme to ensure that seniors have access to more books and activities to stay engaged and to promote lifelong learning.

The fireworks display was created using watercolour, sponge, empty toilet rolls and cottonbuds! This results is a creative portrayal of the fireworks that we see every National Day.

Nur Tamara Jessenia, 11, THK Student Care Centre @ Bedok North

"Drawing is my favourite hobby", professes Nur Tamara. She chose to showcase one of Singapore's iconic destinations, the Marina Bay Sands because she liked how the rooftop replicated the shape of a boat.

The Merlion, which is represented by head of a lion and the body of a fish personifies Singapore and traces our roots as a fishing village then as a seaport. The lion head symbolises our native name, Singapura which translates into Lion City.

Interestingly, she incorporated our olden days as a fishing village in her artwork to reminisce about our past as we progress in a modern world. She wants to remind the younger generation not to forget their roots and heritage even as Singapore looks to the future.

A gracious society helps the needy prove their worth

FROM **ZHANG ZHI**

I came across the report "Residents of special-needs home winning hearts through lion dance" (January 31) tied to the ongoing TODAY Enable Fund, and would like to commend the THK Home for the Disabled @ Eunos for providing professional lion dance training to its residents.

This initiative, done in partnership with Nam Sieng Dragon and Lion Dance Activity Centre, exposes the residents to a unique cultural experience and enables them to take up an active lifestyle.

Being a strenuous group activity, the training likely serves to build up residents' mental resilience and encourages teamwork, boosting their confidence and self-esteem, and preparing them for further integration into the community.

More importantly, the achievements of the troupe's members stand as a strong testament to their immense potential as individuals.

As Singapore strives to build an in-

> An overly 'caring' environment may risk imposing social labels on people with special needs.

Article reproduced from TODAY

When you first step into THK SAC @ Cassia, the first thing that strikes you is how bright and inviting it is. The new centre has a long stretch of windows on the side of its walls, bathing the place in natural light. The seniors at the centre are fans of just sitting by the windows to read newspapers, or lounging in the chairs at the main hall to watch the television.

The *OLD* and the *NEW*

Many of the elderly at Dakota Crescent left behind familiarity and memories, and moved into the new estate at Cassia Crescent. THK's new Seniors Activity Centre @ Cassia aims to bring these seniors together to form a new sense of community and new memories with each other

A SNEAK PEEK INTO THE NEW THK SAC @ CASSIA

全新的太和观乐龄活动中心(加西雅)正式开幕，此次MOMENTS杂志编辑部带您走访活动中心，探讨中心的设施和环境如何让老人更加凝聚在一起，展现其乐融融的景象。

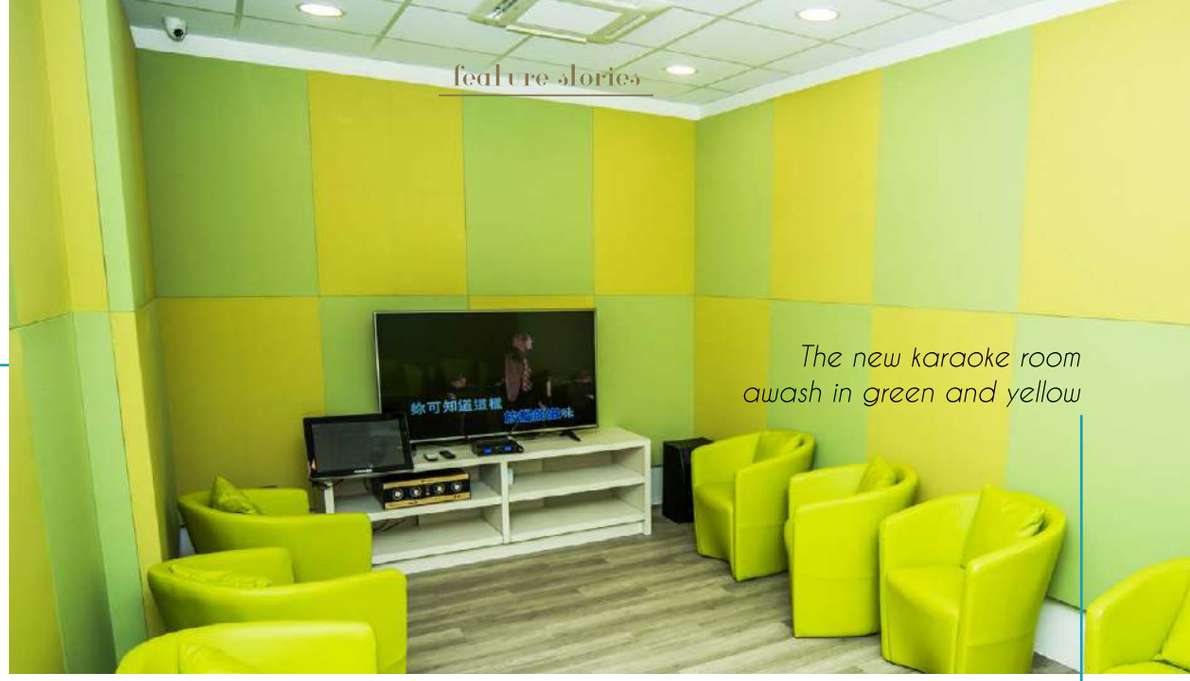
As the seniors move around the newly opened centre, one is reminded constantly that the centre is a mix of old and new. There is a reminiscing corner holding items almost as old as the seniors themselves, right alongside 2 modern massage chairs and 2 leg massages for the elderly to relax in.

On special days, such as the official opening of the centre and National Day celebration, the main hall is used to host the seniors

On regular days, the elderly enjoy watching television together with their neighbours

The reminiscing corner with items of nostalgia on its shelves, and foot massagers in the corner

Keen on a massage?



The new karaoke room awash in green and yellow

Even the karaoke room is a beautiful contrast of the new and the old – the karaoke room is beautiful, looking much like a vibrant ketupat. Nicholas Lee, the centre manager, says that the seniors particularly like to sing dialect and opera songs from decades ago.

The interns at THK SAC @ Cassia preparing the drinks for Thursday's Yum Cha's session

The kitchen is another key highlight in the centre, where there are plans of mooncake baking sessions for the elderly. In the meantime, volunteers come over to cook food or make desserts for the elderly.

Nicholas Lee, 36, talking to one of the elderly at the centre. As compared to the energetic, mischievious teenagers at the Boys Town that he used to work with, he says that the elderly are calmer, but fun to laugh and chit chat with

Before he came to work with the elderly at THK, Nicholas was working with the rambunctious teenagers at Boys Town, and before then, working in the then-booming oil and gas industry. When asked why he made such a big switch back then, leaving behind a lucrative industry, he explains that he used to stay at the Boys Town for four years.

"Back then, there was a staff who was selfless in helping us out, and he used to be a boy from Boys Town too. He became our role model, showing us that if you really put your heart into making changes, you can make it," he shared. "When they asked me to work at the Boys Town many years later, I wanted to take this chance to give back to the people who helped me, so I made the switch."

His exposure to the social service sector in his time at the Boys Town made him want to know more about the sector. "After I joined Boys Town, I realized that the sector was much bigger than I thought it was. I decided to join THK because it was huge, and had helped so many different people," he says.

Keeping the elderly engaged and happy is one of Nicholas' hopes for the centre

"I'm the kind of person who likes to do ground work, to feel the impact that I make. When we first started the centre six months ago, we had to go door to door every day to speak to the elderly to build relationships with them," he comments. "Seeing more elderly come down to the centre is encouraging, and my hope is that more of them will come forward to interact with people rather than be cooped up alone at home."

MEDICAL SERVICES

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

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

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 Rd
#02-01 Singapore 140150
Tel: 6471 4270

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

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

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

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

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

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

ELDERLY SERVICES

THK Indus Moral CARE
Blk 79 Indus Rd
#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 7263

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 Rd
#01-210 Singapore 150093
Tel: 6273 8291

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

THK Seniors Activity Centre
@ MacPherson
Blk 90 Pipit Rd
#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 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 Young at Heart
Blk 650 Ang Mo Kio St 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 St
#01-08 Singapore 140152
Tel: 6473 6113

THK CREST @ Central
(Beo Crescent)
133 New Bridge Road
Chinatown Point #04-04
Singapore 059413
Tel: 6589 0690

THK CREST @ North
Blk 131 Yishun St 11
#01-234 Singapore 760131
Tel: 6690 0110

THK CREST @ Bedok
Blk 509B Bedok North St 3
#02-157 Singapore 462509
Tel: 6241 8381

THK Seniors Group Home
@ Pipit
Blk 94 Pipit Rd
#07-35 Singapore 370094
Tel: 6742 3063

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 Rd
#01-451 Singapore 161079
Tel: 6276 3283

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

THK Chong Pang Social
Service Hub
Blk 131 Yishun St 11
#01-235 Singapore 760131
Tel: 6690 0110

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

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

THK Social Service Hub
@ Chinatown Point
133 New Bridge Rd
#04-04 Chinatown Point
Singapore 059413
Tel: 6589 0690

THK Social Service Hub
@ 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 St 61
#01-09 Yio Chu Kang Vista
Singapore 560650
Tel: 6556 4833

THK Cluster Support
@ Bukit Merah
133 New Bridge Rd
#04-04 Chinatown Point
Singapore 059413
Tel: 6589 0690

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

THK Cluster Support
@ Bedok
Blk 509B Bedok North St 3
#02-157 Singapore 462509
Tel: 6241 8381

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

HOME CARE SERVICES

THK Ensuite Home Health Services
THK Home Personal Care Service
THK Interim Caregiver Service
Blk 131 Yishun St 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

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 Drive
Singapore 642183
Tel: 6716 9466

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

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

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

SHIN MIN Daily News 新明日报

26.06.2017 星期一 Monday 农历丁酉年六月初三

主持东北线'和谐列车'通车仪式

王瑞杰：维系种族和谐犹如一趟旅程

▼ 太和观平面设计师沈梦向财政部长王瑞杰讲解"和谐列车"内的设计，德教太和观主席李锦祥（右）陪同在旁。

潘勇全 报道/摄影
ycphua@sph.com.sg

财政部长王瑞杰指出，维系种族宗教和谐犹如一趟旅程，驶向同一个终点就像拥有共同的目标，不同背景的搭客可在行程中互相沟通了解。

王瑞杰今早为东北线的"和谐列车"主持通车仪式时表示，防范分裂和促进和谐必须谨记三个事项：

●大家虽然来自不同背景，但犹如列车带大家驶向同一个终点站，大家都有共同目标，希望家园是个和平的居住环境；

●大家可在乘车过程中互相沟通交谈，了解彼此，以开通的想法分享和听取不同的观点；

●就像列车天天行驶一样，捍卫我国独有的和谐与和平永不停止。

全长165米的"和谐列车一(Harmony Train)"由德教太和观和全国青年理事会携手推出，以种族和宗教和谐作为其中三个车厢内部布置主题的列车，今早从地铁东北线的港湾终点站起程。列车将在接下来的六至八周里，每天在东北线行驶18个小时。

这是太和观13年来主办"种族宗教和谐联谊晚会"的活动之一，获得全国青年理事会的支持。

庆幸及时发现极进化青年

幸好及时发现自我极进化的青年，才让青年和国人免受伤害。

王瑞杰说，分化现象威胁了国人目前享有的和平，维系和谐的重要性是今年的活动重点。

"近来，种族和宗教间的分化引发了恐怖袭击一曼市，伦敦，布鲁塞尔及靠近我国的菲律宾。看见和平的友国和邻居的遭遇令人难过。"

他指出，我国近来有年轻国人通过网络自我激进化，试图参与摧毁性行动，令大家感到震撼。

"看见这对他们的友家人造成的痛苦令人到痛心。但所幸我们在们对自己和他人造成伤前，及时发现这些情况。"

Article reproduced from Shin Min Daily News

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 715 Woodlands Dr 70
#01-156 Singapore 730715
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 Child Development
Centre @ Membina
Blk 18 Jalan Membina
#03-01/02
Singapore 164018
Tel: 6276 4243

THK Child Development
Centre @ MacPherson
Blk 122 Paya Lebar Way
#01-2903 Singapore 381122
Tel: 6844 3550

THK Child Care Centre
@ MacPherson
Blk 93 Paya Lebar Way
#01-3039 Singapore 370093
Tel: 6741 8359

THK Educare Centre
@ 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 St 3
#01-806 Singapore 460534
Tel: 6449 9054

THK Student Care Centre
@ Bukit Panjang
Blk 141 Petir Rd
#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

太和观 THK

THYE HUA KWAN MORAL SOCIETY

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

Follow Our Instagram
@thk360

Like Us On
facebook.com/welovethk