

THE AMK – THKH

COMMUNITEA

ISSUE 2 | 2025

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FRESHLY SERVED COMMUNITEA FOR YOU

Welcome to The AMK – THKH Communithea, the community newsletter by Ang Mo Kio – Thye Hua Kwan Hospital. Combining two of our favourite settings – the community and the coffeeshop, we invite you to read more about AMK – THKH's work in the hospital and community, and learn more about how we can take better care of our health and well-being.

In our second issue, we focus on you and the wider community we serve. This edition, we showcase some of the ways we continue to give back. Through the patients supported, knowledge shared, volunteerism, and partnerships that strengthen the circle of care. At the same time, we recap some of the significant projects and happenings in the latter half of 2025, to give you an idea of what AMK – THKH is up to. Happy reading!



Scan the QR code to follow Ang Mo Kio – Thye Hua Kwan Hospital on Facebook, Instagram or LinkedIn.

KOPI TALK

2025 has been pivotal for transformations in Singapore's health landscape. The Ministry has officially recognised family medicine as a specialty, pointing even clearer the preference for prevention over treatment, and the reliance on our community in managing healthcare.

It is therefore befitting that we put the Community in Communithea this issue, as we look at Ang Mo Kio – Thye Hua Kwan Hospital's role in community care in the past year. We have strengthened our community care approach, putting more emphasis on patients' seamless transition between care settings and integration into the community. For example, our care team moves upstream by taking up peritoneal dialysis (PD) training for patients referred from Tan Tock Seng Hospital, who could then follow through with their care with routine visits in their PD Home Support Programme. This seamlessness of care gives patients more assurance and builds their confidence in carrying out their dialysis independently and safely.

In our community engagement efforts, our dietitians earlier launched a recipe booklet for dialysis patients amidst our Chinese New Year celebrations with our staff and grassroot leaders. The booklet featured local recipes with modifications that suit their nutritional requirements. We also celebrated the International Day of Older Persons in October, as our physicians, nurses and therapists converged at THK Active Ageing Centre to offer complimentary health screenings for seniors over 60.

We are delighted that our clinical projects and programmes have been recognised at the 13th Asia Pacific Eldercare Innovation Awards 2025. We emerged finalists in a number of categories, among them, our community care efforts such as our Stroke Self-management Programme and our caregiving training model that ensures patients' care beyond hospital and in the community. Most significantly, "Walking Stronger", a project by our physiotherapists aimed at achieving better health outcomes for older adults through efficient gait rehabilitation, clinched 'Innovation of the Year – Rehabilitation' at the Awards.

They say that it takes a village to raise a child. I would like to extend this to our patients too – rehabilitation and care does not end at the hospital, and it takes a village to continue walking with them as they reintegrate back to the community. Some of our patients experience financial difficulties, and you can play a part in alleviating their woes through a kind donation, affixed at the end of this newsletter.

I hope you find positivity in this issue of Communithea, and I wish you a purposeful and healthy 2026.



Dr Derek Lim

Director, Medical Services
Choice of drink: Teh

About Ang Mo Kio – Thye Hua Kwan Hospital

Ang Mo Kio – Thye Hua Kwan Hospital (AMK – THKH) is a leading community hospital in Singapore providing rehabilitation and sub-acute care for patients recovering from a major illness or surgery with dedicated doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, and medical social workers.

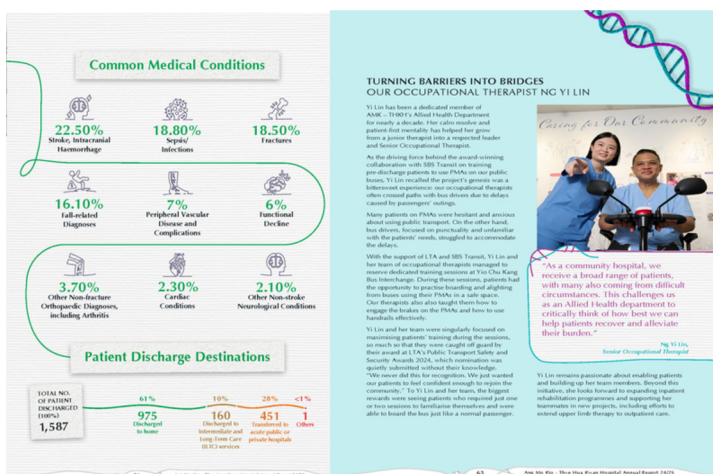
In addition to clinical and service excellence, AMK – THKH strives to achieve good clinical outcomes for our patients at the end of their stay. Beyond inpatient services, AMK – THKH also offers outpatient rehabilitation, haemodialysis, home healthcare services, general practitioner and community health services to provide a continuous stream of care from hospital to home.



ANNUAL REPORT FY 24/25

AMK-THKH is pleased to present our Annual Report for FY 2024/2025, **Weaved With Purpose**. This year's report reflects how our tapestry of care is built together with patients, families, staff, volunteers and the community.

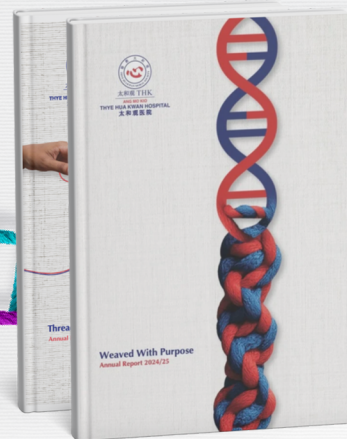
Through the years, AMK-THKH continues to provide patient-centred care that supports rehabilitation, restoring care to patients transitioning from acute hospitals. Our services evolved to ensure that every patient receives thoughtful and accessible care.



This year's Annual Report highlights some of the many examples of how the hospital's services have continued to adapt and improve to bring patient-care beyond our hospital wall. This includes outpatient rehabilitation programmes, community health initiatives, caregiver education and strong multidisciplinary support tailored to patient needs which aims to empower patients and their families with improved patient outcomes.



Scan the QR code to discover our Annual Report



Our staff remains the heart of the hospital. We continued to invest in training, capability development, and workplace well-being to ensure our staff have the skills and strength to continue serving our patients and the community.

Rehabilitation is never just medical only. It is shaped by companionship and small sparks of normalcy that help patients feel human again. That is why AMK-THKH believes that care continues back into the community and it remain a key part of rehabilitation. Volunteer-led activities such as **bedside horticulture therapy, guitar performances, tablet games and delight carts** can improve our patients' mood and encourage patients to engage physically and socially. When the community involves itself in care, rehabilitation feels more hopeful.

Within the report, you will read about patients, caregivers and staff whose experiences remind us why we do what we do. We invite you to explore the full report which captures not only our achievements but also our promise to give back and grow the community.



THE SPOTLIGHT

Big Voice, Bigger Heart — Our Volunteer, Alex Tay

For 69-year-old retiree Alex, volunteering at AMK–THKH began by chance. In 2017, he accompanied his mother for physiotherapy and often translated instructions into Hokkien. His warmth (and booming voice) caught the therapists' attention, and he was soon invited to help as a volunteer translator.

Eight years on, Alex now supports patients in many ways, from translating in multiple dialects to escorting them for activities. He recalled helping clean a patient's house filled with thousands of compact discs. While the team struggled to persuade the patient to let go of the items, Alex's ability to speak in the patients' dialect helped gain his trust. "When someone appreciates your help and opens up to you, that is the most rewarding part," he reflects.

Alex values the support and autonomy volunteers receive at AMK–THKH, and the strong friendships formed along the way. "We were strangers at first, but our shared passion brought us together," he shares.

We are thankful to have a volunteer like Alex who shares his love of helping others.



"Volunteering has been a blessing. For me, my mother, and the patients."

Alex Tay, Volunteer (left)
Choice of drink: Kopi Gao

Turning Celebrations into a Day of Giving

This August, our wards were filled with extra warmth as a simple act of giving brought National Day celebration to our patients.



Wishing to mark her birthday in a meaningful way, Ms Vel chose to spend the day giving back and rallied 14 of her closest friends to join her in the effort.

Together, they prepared and distributed National Day goodie bags to patients in our wards and Day Rehabilitation Centre. Each bag contained thoughtful essentials such as socks, a foldable fan, and a small Singapore flag.

During the distribution, volunteers moved from bed to bed offering warm smiles and small moments of connection, adding a personal touch that meant just as much as the gifts themselves.

We extend our heartfelt thanks to our donor and her friends for choosing to celebrate her special day with us and for helping our patients join in the National Day celebration.

Volunteering at AMK – THKH

We have a variety of volunteer-facilitated activities and services to engage our patients and community. Visit <https://www.amkh.org.sg/about-us/volunteer> to learn more about our volunteer programmes.

Ready to volunteer?

Email Volunteer@amkh.org.sg to reach out



OUR COMMUNITEA HAPPENINGS



Helping our Seniors Stay Healthy

To mark the International Day of Older Persons (IDOP) in October, our team partnered with Thye Hua Kwan – Active Ageing Centre (THK-AAC) at Yio Chu Kang Block 645 to bring health screening closer to the seniors in our neighbourhood.

Together, we welcomed more than 60 seniors, all over the age of 60 for a morning of complimentary health screenings.



The THK-AAC space saw seniors waiting their turn since 9am to get their blood tests done, blood pressure and Body Mass Index (BMI) checked. They also underwent fall-risk assessment using the Timed Up-and-Go (TUG) assessment, which offered many a clear first sense of how steady they were on their feet. Throughout the morning, our physiotherapist spent time with the seniors to explain what the results meant and shared practical tips on reducing fall risks at home.

Our nurses and doctors also offered personalised guidance on how best to stay healthy and confident as they age based on their lifestyle, habits and diet and also shared on medication safety.



A healthy blood pressure for adults (aged 18 and above) is:

Systolic blood pressure (mmHg): < 130

Diastolic blood pressure (mmHg): < 80

A healthy BMI ranges from 18.5 to 22.9 kg/m²

Beyond the health screening, seniors used the time to catch up with friends, forged new friendships and enjoyed each other's company, turning the morning into a lively community gathering.

AMK-THKH believes that rehabilitation and care goes beyond our hospital wall; it goes into the community. Public education is key to supporting older persons in staying healthy, active and connected. As a community hospital, we remain committed to expanding such collaborations to keep our seniors safe, informed and cared for.



Build Better Days Together

AMK-THKH is gearing up to engage our community meaningfully. Look out for more stories of how we bring care outside our hospital walls to co-create healthier neighbourhoods.

Keen to collaborate? Reach out to us!

Email CorpComms@amkh.org.sg

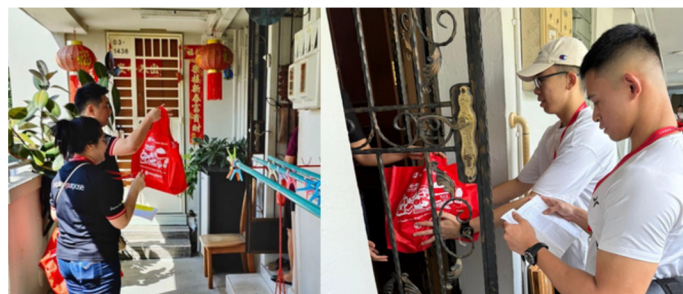
Project RICE

This July, our Volunteer Management (VM) Team rallied an incredible community effort to support Project RICE+ (PR+), an initiative that provides essential ration bundles to subsidised outpatients under our Home Healthcare Team (HHT).

Each patient received a customised set of items, ranging from cooking essentials and food, to cleaning supplies and personal care products. This ensures every bundle is practical and useful with minimal wastage.

Over five days, more than 180 volunteers came together to distribute 620 ration bags, contributing a total of 713 volunteer hours. These volunteers included our regular hospital volunteers and corporate partners from Micron, DBS, Spacelogic, Google and the Singapore Police Force.

Beyond sorting and packing, volunteers loaded vehicles, navigated delivery routes, climbed stairs, and thoughtfully brought each bundle to patients' doorsteps. Many even



Corporate volunteers distributing ration bags

offered their own cars (and petrol!) to ensure every delivery was completed efficiently.

Their generosity and teamwork meant our nurses can now dedicate more time to clinical tasks, knowing their patients have received the support they need.

We extend our deepest appreciation to all volunteers and corporate partners for stepping up, showing heart, and demonstrating what community care truly looks like.

Crafting Joy – Teck Ghee Community Day

Our volunteers are at the heart of the holistic rehabilitation journey at AMK-THKH. They brighten patients' days through games, art and craft sessions, animal-assisted activities, horticulture activities, and even simple but essential services like nail and hair grooming.



Members of the public creating beaded bracelets

For Teck Ghee Community Day, young volunteers from Raffles' Institution invited residents to join in the activity "Strings of Smiles" – crafting colourful bead bracelets handmade for our patients. Each bead represents community, diversity and hope. These heartfelt creations will be shared with patients as a reminder that they are supported, cared for, and never alone on their recovery journey.

Our Human Resource (HR) team introduced the diverse roles in our hospital from Nurses, Therapists and Social Workers to Healthcare Attendants, Linen Attendants and Service Ambassadors.

Through interactive activities and conversations, residents learned more about each role and how even micro-job opportunities allow individuals to contribute meaningfully to community health.

Together, our team showcased what it means when a community rallies around care through careers, volunteering, and simple acts of kindness that make someone's day a little brighter.





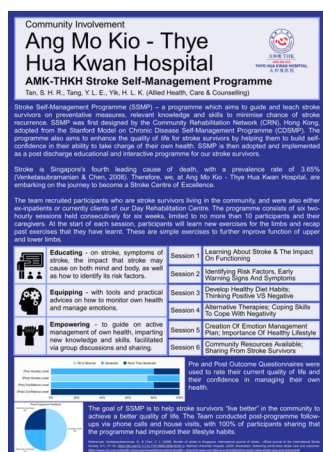
Recognition beyond our borders - Healthcare Management Asia

We are proud to share that AMK-THKH was awarded the Excellence Award for Best in Community Involvement at the annual Hospital Management Asia (HMA) for our Stroke Self-Management Programme (SSMP). This recognition places our work on a regional stage that share the importance of supporting stroke survivors.

Stroke remains Singapore's fourth leading cause of death, and cases have risen sharply over the past decade, especially as our population ages. As a community hospital caring for many who are recovering from their first stroke, we see first-hand how overwhelming the journey can be especially for some who have experienced multiple recurrences.

Stroke Self-Management Programme (SSMP) at AMK – THKH

The SSMP has helped many stroke survivors and their caregivers better understand their recovery and feel supported through the journey. You can read more about how the programme has made a difference on **page 10** of this issue of Communita.



why AMK-THKH is committed to becoming a Stroke Centre of Excellence, and why the SSMP was launched: to help survivors take active charge of their health and rebuild confidence.

The SSMP is a six-week educational and empowerment programme for stroke survivors and their caregivers.

Led by our Care & Counselling Team, and supported by doctors, dietitians, and therapists, the programme focuses on three pillars: educate, equip and empower. You can read more about how SSMP has helped survivors like Mdm Habibah and her caregiver, Mr Amin in **Page 10** of Communita.

Recovery does not end when patients are discharged. Survivors often return home with new physical limitations, emotional changes, and fears about another stroke. This is

THE HEALTH BREW

Holiday Essentials: **What to Pack in Your Travel Health Kit**

The Health Brew contains insightful tips to stay healthy, packed in an easy-to-read, 'drink-sized' serving.

In this issue, we share tips to help you prepare your travel medicine kit for if your holiday goes south (figuratively).

Before you zip up your suitcase, take a moment to pack a small but mighty travel health kit.

Our pharmacist, Tan Yongqiang, shares some helpful must-bring items, and what each one is for, so you can enjoy your holiday with peace of mind.



Pain & Fever Relief

Medication Paracetamol / Ibuprofen

Bring: A small pack or 8–10 tablets per person.

What: These help manage common issues like headaches, fever, body aches or minor injuries. Especially useful when you're on the move.

Allergy Relief

Medication: Cetirizine / Chlorpheniramine

Bring: A few doses (3–5 tablets) depending on trip length.

What: Great for sudden allergic reactions, runny noses, or sneezing triggered by dust, pollen, animals or unexpected environmental changes.



Tummy Troubles Support

Medication: Charcoal / Loperamide / Smecta / Electrolytes

Bring:

- Charcoal / Smecta: 2–3 sachets each
- Loperamide: 4–6 tablets
- Electrolytes: 2–3 sachets

What: Food changes can upset your stomach. Charcoal and Smecta help absorb toxins, Loperamide controls diarrhoea, while electrolyte sachets help you rehydrate after fluid loss.

Dose before you jet

Vaccinations & Regional Medications (e.g., antimalarials)

If you're heading to areas where diseases like malaria or yellow fever are a concern, check what vaccinations or preventive medication you need at least a few weeks before your trip.

Your Personal Regular Medication

Always pack enough for your full stay plus a few extra days in case of delays. Keep them in your carry-on bag to avoid losing them during transit.

THK Family Clinic offers travel vaccinations, prescription and top-up of personal medications.

Contact us at 6455 1009 or visit us at:

Mondays to Fridays: 8.30am to 5pm

Saturdays: 8.30am to 12.30pm

Closed on Sundays and Public Holidays

Don't forget the extra

Masks & Antibacterial Wipes or Sanitising Solutions

Bring: A few disposable masks and a small pack of wipes or travel-sized sanitiser.

What: Perfect for keeping your hands and surfaces clean, especially during long flights, bus rides or crowded attractions

Insect Repellent (Especially for Children)

Bring: A child-safe repellent spray or lotion.

What: Helps prevent mosquito bites and insect-related irritation.
A must-have for outdoor or tropical destinations.

Sunscreen

Bring: A travel-sized bottle (30ml–50ml)

What: Protects your skin from sunburn, premature ageing and UV damage. Essential for beach holidays and long outdoor days.



More Health Tips Brewing

Our upcoming issues will feature health and wellness topics such as diet and caregiving advice. Keep a lookout too for more stories of clinical and patient care as well as faces of our community!

Interested in a topic? Let us know!

Email CorpComms@amkh.org.sg

SHARING A CUPPA

Mdm Habibah's Story: A Journey of Strength, Love and Second Chances

When 69-year-old Mdm Habibah suffered a sudden stroke early last year, her life, and her husband Mr Amin's, changed overnight. The stroke affected her speech and the movement on one side of her body, and the months that followed were some of their hardest. For three months in hospital, Mdm Habibah struggled not just with movement, but with the emotional weight of her new reality. Loud sounds stressed her. Mealtimes made her anxious. Some days felt so overwhelming that she told her husband, "If you cannot *jaga* me, might as well send me to a nursing home."

But Mr Amin, her husband of 43 years, refused to give up. At 68, he quit his part-time job as a kitchen helper to care for her full-time. He tried everything he could: reading up, seeking treatments, even exploring acupuncture and home therapy, but the costs were too heavy to sustain. Under the stress, his weight dropped from 67kg to 57kg.

Their turning point came when a home therapist introduced them to the Day Rehabilitation Centre (DRC) at AMK-THKH, just a short walk from home. That simple referral changed everything.

When Mdm Habibah first arrived at DRC, she could not walk at all. A year later, after consistent rehabilitation, she can now walk short distances with a quad stick. She can lift her arms again. Her confidence has begun to return.

Together, the couple also joined our Stroke Self-Management Programme with seven other families. There, Mr Amin learned how to check blood pressure, understand stroke symptoms, and manage diet, all essential skills for caring for his wife at home.



"He cuts and chops the food, then shows it to me," Mdm Habibah said with a small smile as Mr Amin playfully added, "She still supervises!"

The programme gave them knowledge, but more importantly, hope. Meeting others, including a facilitator who had survived three strokes, made them feel less alone.

Today, Mdm Habibah looks brighter and stronger. Mr Amin has regained weight. They enjoy jalan-jalan together again, from Arab Street to the Esplanade, taking in music, sights, and the joy of simply being out together. Surrounded by their 12 children and grandchildren, they continue their journey with renewed optimism.

Your Support Makes Stories Like This Possible. Rehabilitation restore Mdm Habibah's dignity, independence and moments of joy she feared she had lost. For caregivers like Mr Amin, it offered knowledge, reassurance and a community that understands.

Your donation helps families like theirs continue receiving the therapy, education and support they need to rebuild their lives after illness.

Stroke patient, Mdm Habibah (right) and her husband and caregiver, Mr Amin (left)





YES! I'm Glad to Give Back

DONATION AMOUNT

- ☐ One-time Donation ☐ Monthly Donation (via GIRO payment only)
☐ \$50 ☐ \$100 ☐ \$200 ☐ \$500 ☐ Others: _____


DONOR DETAILS

Your donation is tax deductible. Please provide your Tax Reference Number (e.g. NRIC/FIN/UEN) below to be forwarded to IRAS. For donation on behalf of the deceased, no tax deduction will be given.

- ☐ Name / Company Name: _____
☐ NRIC / FIN / UEN No.: _____
☐ Address: _____
☐ Contact No.: _____
☐ Email: _____

PAYMENT MODE

For donations by cheque and credit card, tax-exempt receipts will only be issued upon clearance from the bank.

- ☐ Cheque Cheque No.: _____
 Please make cheque payable to **"Ang Mo Kio - Thye Hua Kwan Hospital Ltd"**
- ☐ Credit Card Type of Card: ☐ Visa ☐ Mastercard ☐ American Express
 Card No.: _____
 Expiry Date: _____
 Cardholder Name: _____
- ☐ PayNow 
 - Use bank app, click "PayNow"
 - Log in, enter UEN: 200201385CHEF
 - Enter donation amount
 - Enter **NRIC/FIN/ UEN** and code **COMM2502** in reference field for tax deduction
 - Click "Transfer Now" to make donation
- ☐ GIRO We will mail you a GIRO donation form for monthly donations.

SIGNATURE

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IDEAS FOR COMMUNITEA? SPILL IT ON US

If there are articles you enjoyed and would like to read similar pieces in the future, or if you have any suggestions to improve Communithea, we invite you to share your thoughts, ideas and even stories with us!

Write to our Editorial Team

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Alternatively, scan the QR code to take the first step towards making a difference.

