



Les hameaux de l'Orient

THÔN KINH ĐÔNG

RESIDENCE FOR SENIORS IN VIETNAM

Change the horizon for a life of well-being

CHANGE THE HORIZON FOR A LIFE OF WELL-BEING

Located in Cu Chi, North West of Ho Chi Minh City (Saigon), “Les Hameaux de l’Orient thon Kinh Dong” (Hamlets of the East) is a "residence service" offering seniors a place of great resort. **Change the horizon for this idyllic setting where a smiling and attentive staff will ensure your well-being in the tradition of hospitality of the Vietnamese culture.**



Founder of Euro Santé Beauté, 1st dermocosmetics drugstores chain in France, Mr. and Mrs. Marcel HUYNH decided to retire in Vietnam. They discovered this site northwest of Ho Chi Minh City and have decided to create a home for seniors called “Les Hameaux de l’Orient Thon Kinh Dong”. **In collaboration with the French group ADEF RESIDENCES** (facilities for elderly and disabled people throughout France) and the **Franco-Vietnamese Hospital** (world class hospital in Ho Chi Minh City) in particular, they will make sure that residents at Les Hameaux de l’Orient will be well looked after by a multilingual speaking team who has the pleasure to welcome you, respond to your requests and ensure your well-being during your stay.

Located precisely at Cu Chi, Les Hameaux de l’Orient Thon Kinh Dong is 30 miles (60 minutes) from the international airport in Ho Chi Minh City and one hour and half (30 miles) from downtown: the shuttle service is available and can be easily accessed.

With a capacity of nearly 100 people, residence, on an area of about 18 acres where more than 130 plant species consists of small single-storey pavilions connected by landscaped paths and shaded. At center of the field, there are 8 chalets of 4 single rooms with single or double overlooking the central pool or the landscaped grounds. The other rooms are spread over 7 storey buildings overlooking the grounds or the surrounding rice fields.

Dining room, library, swimming pool, playground, gym space and well-being are harmoniously placed on the site. A "golf practice area " is under development.

The residence is located next to the "Dong" channel that brings fresh water from Dau Tieng to Cu Chi, where come the name "Thon Dong Kinh" (Hamlet channel the East).



THE ROOMS

The residence is composed of There are 83 individual rooms for single and double with shower and toilet. Rooms have air conditioning, refrigerator, fan and TV. All have a private terrace. Supply of linen and daily room cleaning service are included in and are provided by a team under the responsibility of bilingual Hospitality manager.



An emergency call button is located in each room, allowing the intervention of the medical team permanently on the site. **All buildings are connected to the security office** (7 security guards on site, supervised by maintenance and bilingual Security manager, providing protection 7/7 and 24h/24h).

For longer stays, it is possible to arrange the room individually with interior decoration, furniture and personal effects, as well as accommodate pets. Visitors and residents' relatives are welcome on site.





THE RESTAURANT

Our catering team can offer both the western and Vietnamese cuisine. Meals, under the control of our nutritionist, meet the requirements of individual diet plans for our residents (diabetes, no-salt, etc.).

The menus offer a balanced, varied diet, adapted to diets and preferences of residents and are developed by the "Meals Committee Menu" with the participation of the residents.

Our suppliers are carefully selected: purchased directly from local farms, cultivated in a traditional way (without chemicals): vegetable, milk, etc.

Three meals are provided daily, but snacks can also be made. Having meals in the restaurant is preferred, but room service can be arranged if necessary.

The restoration team consists of a chef and his team, and the staff room which several members are bilingual, the whole being under the responsibility of our Hospitality manager.



ACTIVITIES AND ENTERTAINMENT

With these extensive facilities (library, swimming pool, playground, gym space and space wellness...). The residence offers plenty of entertainment and activities, supervised by our head "Daily Life" polyglot. Everything is indeed implemented to maintain social ties. **But the resident is still totally free to choose and participate in activities according to desires.**

The program of activities is being developed by the «Entertainment Committee» that residents participate. An overview of the activities and entertainment can be found:

Sports: a «golf practice" (to come), a gym with weight machines and a **safe swimming pool supervised by a lifeguard** are available to residents.

Sessions of traditional soft exercises and gymnastics are held every day.

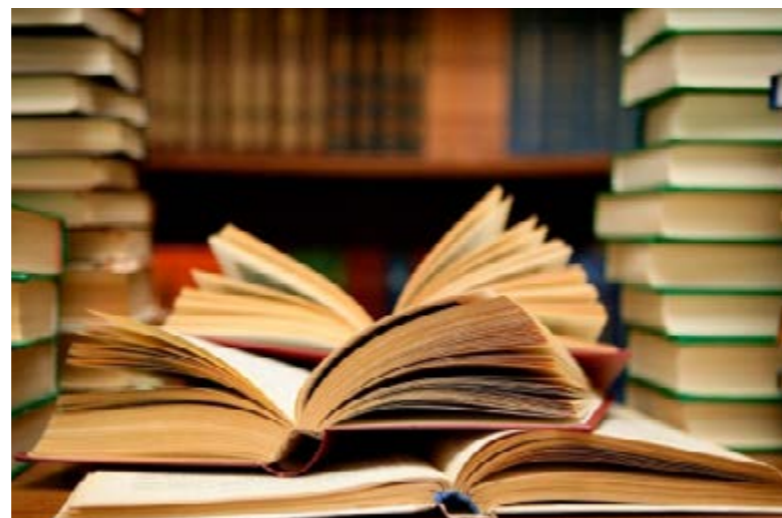
Botanical enthusiasts will discover gardening and local species.



Presentations on various topics can be organized and residents are invited to share their experiences

Evenings on-site or out in the town can be arranged, as well as sightseeing tours. We can also help visitors to our residents to organize tour.

We open the house to the outside, to develop a rich and vibrant social life. Thus, we invite students in French or English to come and chat with our residents. These meetings provide opportunities for exchange beneficial to all.



"Living Wellness" for relaxation massage (included) and access to the SPA (sauna, steam room, spa bath, foot massage ...) for comfort and relaxation. Hairdresser, body care and aesthetic can be ordered and delivered on site or in town.

Several common rooms allow the activities of different games, painting, sewing, embroidery, etc..

UA library and a media library are available as well as Internet stations. To ensure family ties, usage of modern communication chats are encouraged and assistance is provided for beginners. **WiFi is available throughout the site.**



HEALTH AND WELLNES

The full-time medical and paramedical team is led by our doctor Coordinator, GP Franco-Vietnamese graduate in France. He is assisted by nurses. A nutritionist involved in the development of meals. Although a permanent medical presence is ensured on site, "Les Hameaux de l'Orient" is not a medical facility or medical care. Physiotherapists, dentists, ophthalmologists and other specialties are available in town.

A second level of medical care is available at the Franco-Vietnamese Hospital in Ho Chi Minh City, HAS approved ("Haute Autorité de Santé", the French public institution of health regulation) available in less than 2 hours. **Our partnership agreement with the large international hospital allows us to offer our residents a welcome special rates for external specialist care** (medical tests, x-rays, etc.).

In an emergency, the doctor on site in a direct line with the referring resident's doctor and with the doctors of the Franco-Vietnamese Hospital, decide on the best strategy for care: ambulance to Franco-Vietnamese hospital, care at the local hospital in Cu Chi near the residence, etc.



Before your stay, we invite you to contact your Social Security, your supplemental health insurance, etc.

For your well-being, a complete relaxation is also available, featuring a sauna, steam room, spa. Beauticians can offer care by appointment. Finally, a healthy lifestyle, our extensive sports facilities allow you to be physically active, supervised by an attentive staff.



THE TEAM

Our goal is to provide our residents a high quality personalized stay in respect of the person and dignity while encouraging independence and social life in an intercultural and intergenerational context. We want to offer it to the resident's family the assurance of quality treatment, pleasant, respectful and caring.

To do this, Les Hameaux de l'Orient has a large number staff trained in the French standards and standards ADEF group homes.

The full time medical and paramedical team is led by our medical coordinator, GP Franco-Vietnamese graduated in France. He is assisted by nurses and nurse's aide. A nutritionist is involved in the development of meals.

The Hospitality team consists of personnel who are responsible for maintenance of premises and maintenance of machine, and the restoration team, this department is under the responsibility of our bilingual Hospitality manager.



The team in charge of activities and entertainment includes several people under the supervision of bilingual "daily life" manager.

A team responsible for the maintenance and security ensures the proper functioning of equipment, garden maintenance and security.

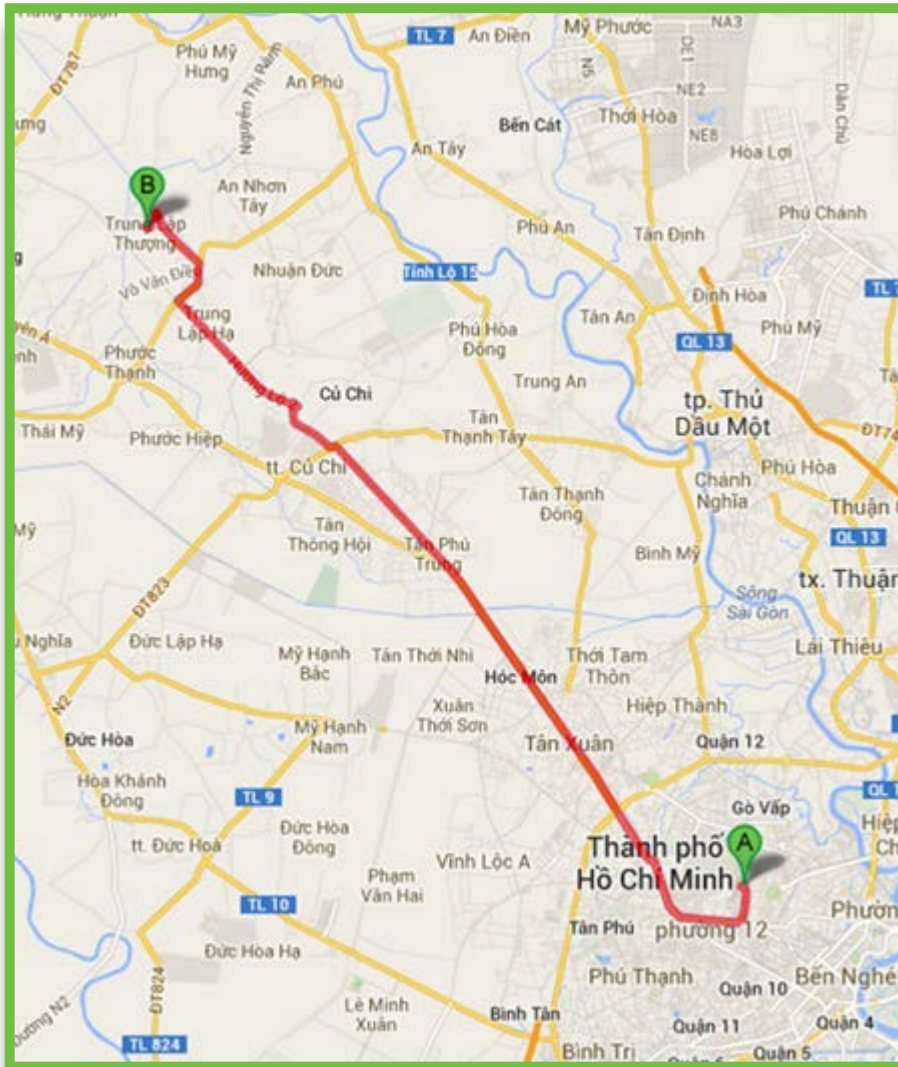
Finally, an administrative team (site manager, accountant, secretary, etc..) is present both on the site and in France. **And a member of staff can be reached at any time.**



On top of legendary hospitality ancestral tradition is respect for elders, our staff is also motivated by good working conditions (working clothes provided, on-site dining, etc.) and by superior to local conditions and wage compensation.

We all work together to achieve a quality result that will satisfy you. **Thank you from the heart our staff who is dedicated to the residence and residents in the legendary tradition of Vietnamese hospitality.**






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