

HEALTHY MEALS FOR OUR CANCER FIGHTERS



为我们的抗癌勇士准备健康膳食

ESSENTIAL NUTRIENTS FOR IMMUNITY

A healthy complete and balanced diet is crucial to help us in building our immunity.

对免疫力有帮助的营养素

我们需要从食物中获取均衡和完善的营养来帮助提高免疫力。

“At my age, it is the first time in my life having someone to serve me and also having a yummy meal at home.”

- Tan Tee Kia

“觉得自己活到这老，第一次有人服侍还能够在家里好好吃一餐。”

- 陈池楷

OCTOBER 十月季刊
2021

SPECIAL MENU
FOR THIS MONTH

Blueberry Kim Jio Bowl

本月特别食谱

冰沙碗



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CARING IS COOKING A NUTRITIOUS MEAL FOR OUR LOVELY MEMBERS

关怀就是为我们亲爱的会员做一顿营养餐

In the week of 14 to 18 June 2021, our Care Leaders and Social Service Centres' Cooks brought 365CPS' signature healthy dishes into the homes and hearts of our members.

This initiative was sparked off in view of the Covid-19 restrictions where we put into practice our core values of caring and supporting our members by bringing cheer to them in the form of a hot meal prepared in person for them, in the comfort of their homes, observing all safety management and food hygiene measures for all parties involved.

This outreach project was targeted at a few senior members with low social support, living alone, physically frail or with only the elderly spouse as their caregiver. These are vulnerable members who are most in need of care and support.

During the week, simple and nutritious menus were curated for the members with varying physical needs. Fresh ingredients were bought on the same day to prepare and cook at the members' home kitchen. Members get to interact with the cooks, witness and learn first-hand that it is not difficult to prepare a simple and nutritious meal for themselves.

The preparation process was therapeutic with vivid conversations between the members, Care Leaders and Cooks while the cooked meal brought warmth to their bellies and hearts despite the gloom brought on by the pandemic. Such authentic social interaction between the helping profession and vulnerable seniors is priceless and memorable. These experiences are deeply ingrained in everyone's mind that we each made that day special for one another.

From our perspective, we are grateful and honoured to have the privilege to enter the private homes of our members to extend our services to them with care, authenticity and respect. This truly exemplifies our society's vision and mission in prevention, education and fighting cancer through acts of kindness through onsite cooking and positive interactions amongst our care staff and members.

Members whom we have visited or prepared a meal for all expressed their appreciation to us for our passion in serving them through dedicating our time, expertise and a breath of fresh air by actualising Gary Chapman's book on the 5 Love Languages!

Let us continue to build a community of care for vulnerable persons by truly putting ourselves out there with humility and gratitude; and be in a position to serve with passion!

在2021年6月14日至18日这一周，我们的关怀组长和社区服务中心的厨师将365CPS的招牌健康菜肴带到了会员们的家中，温暖了他们的心窝。

Covid-19阻断措施的各种限制促成了这项活动的形成，它将关心和支持我们的会员的核心价值观付诸实践，让他们在熟悉的家中享受一顿热腾腾的营养餐，为他们带来几许暖意。活动按照安全措施和食物卫生措施进行。

这个社区活动是专为少数缺乏社会支持、独居、身体虚弱或只有年迈配偶作为照顾者的年长会员而办。这些弱势会员最需要关心和扶持。

该周内，我们为不同身体需求的会员精心策划了简单而营养的菜单。厨师把当天选购的新鲜食材带到会员家中，当场为他们烹煮菜肴。会员们得以与厨师互动，亲身学习并体会为自己准备一顿简单而营养的饭菜并不难。

准备的过程似乎是一种疗愈，会员们与关怀组长和厨师通过生动的对话互相交流，不但温暖了他们的胃，也驱散了阻断措施期间累积的心里阴霾。助人行业与弱势老年人之间的真情互动是无价的，且令人难忘。这些经历深深烙印在每个人的脑海中，因为我们互相创造了特别的一天。

从我们的角度来看，我们很感激能有幸走近会员们的私人空间，以真诚和尊重的心送上关怀并为他们提供服务。现场烹饪活动以及员工们和会员间的积极互动等善举，正是我们对预防、教育和对抗癌症的景愿和使命。

不论是我们所拜访过的，抑或是享用过佳肴的会员们，都纷纷对我们表达了他们的感激。通过奉献时间和专业知识，并为会员们的生活增添一丝新鲜感，我们实现了加里·查普曼 (Gary Chapman) 关于五种爱的语言的书中的内容。

让我们继续建立一个关爱弱势群体的社区，以谦逊和感恩的心服务会员，用热忱为大众服务！



LIM HOON LAN'S TESTIMONY

林芬兰的分享

My name is **Lim Hoon Lan**. I am 52 years old this year. I have been diagnosed with Stage 2 Breast Cancer, which spread to my bones, resulting in my Stage 4 Bone Cancer diagnosis.

I usually cook my own meals, and they are typically simple ones as I am not as inclined to cook complicated meals with many dishes because there is too much preparation work and washing involved. Sometimes, when I am too tired, I resign to just having bread for my meal.

I enjoyed this cooking programme by 365 Cancer Prevention Society's (365CPS) cook and I have also learnt a lot of cooking tips from the cook. Through her, I learnt how to prepare delicious food easily with limited ingredients and preparation work.

I am grateful to the kindness extended by the staff of 365CPS. The care and love is very tangible. I hope that this can be felt by many other cancer fighters as well.

我是**林芬兰**，今年52岁。我被诊断出患有第2期乳腺癌，且癌细胞已扩散到我的骨骼，导致我被诊断罹患第4期骨癌。

我通常自己做饭，准备一些简单的菜肴。我不喜欢准备复杂的菜式，因为预备步骤太繁琐而且善后的洗涤工作太累了。有时，我因为过度疲劳，干脆吃面包果腹，就当一餐。

我很喜欢365防癌教育协会 (365CPS) 的这项烹饪活动，我也从厨师那里学到了很多烹饪技巧。通过她的指导，我学会了如何利用有限的食材和简单的预备步骤轻松准备美味的食物。

我非常感谢365CPS工作人员给予我关爱。我实实在在地感受到那份关心和爱护。我希望更多的抗癌勇士也能感受到这份关怀。



SALLY NG SIEW LEE'S TESTIMONY

黄琇利的分享

My name is **Sally Ng Siew Lee**. I am 56 years old this year.

I was diagnosed with Colon Cancer and underwent a surgery in 2015. In 2016, I was diagnosed with Stage 4 Liver Cancer and subsequently in 2019, early stage Lung Cancer. At present, my cancer situation is fairly stable and I follow up with the specialists every 6 months.

I never used to cook, but nowadays, I try to whip up a simple meal whenever I can. The most challenging part of preparing a meal while living alone is washing up as it takes a lot of effort from me. Most days, I end up buying takeout as I succumb to the fatigue. It is additionally challenging as I am unfamiliar with the recipes and steps needed to prepare a nice and tasty meal.

Thankfully, 365 Cancer Prevention Society's (365CPS) cooking programme has given me an opportunity to eat delicious food prepared by the cook. The cook also helped clarify a lot of the doubts I have in cooking, giving me more confidence to whip up my next meal.

I am grateful for the companionship and care shown to us through the programme, and it has alleviated some of the loneliness I feel from living independently. I am happy to be part of this programme.

I would like to encourage my fellow cancer fighters to think positively because tomorrow will be better! We can be courageous and face it. Wishing everyone a healthy life!



TAN TEE KIA'S TESTIMONY

陈池楷的分享

My name is **Tan Tee Kia**, and I am 74 years old. I am diagnosed with terminal gastrointestinal stromal tumour.

As I live alone and do not cook, I rely on takeaways for all my meals and usually order mixed vegetables with rice. Fortunately, even though I have cancer, I am still mobile and do not have to depend on anyone.

Through this cooking programme, having someone cook for me makes me happy, and grateful. At my age, it is the first time in my life having someone to serve me and also having a yummy meal at home. Eating homecooked meals feels totally different from eating takeaway meals.

I want to thank the Society's staff and volunteers for their hard work. I am also thankful for the generosity of the donors, who are willing to donate to support the Society's endeavours.

我是**陈池楷**,今年74岁。我患上了胃肠道间质瘤末期。

我是自己独居不会煮,所以三餐都在外面打包。我多数是吃菜饭那一类,还好自己虽然患癌但也能够行动,不必靠别人帮助。

透过这项烹饪活动,有人煮给我吃,我的心里很开心也很感恩。觉得自己活到这样老,第一次有人服侍还能够在家里好好吃一餐,跟外面打包感觉完全不一样的味道。

我想要感谢协会的员工与义工们的劳苦,也谢谢那些捐款者愿意捐款来支持协会的活动。



我是**黄绣利**,今年56岁。

我被诊断出患有结肠癌并于2015年接受了手术。2016年,我被诊断出患有第4期肝癌,随后在2019年被诊断出罹患早期肺癌。目前,我的癌症情况相当稳定,我每6个月就到专科医生复诊。

我以前从不煮饭,但现在,我有机会就尽量准备简单的一餐。一个人做饭最有挑战性的部分是洗碗,因为我必须花很多体力才可以完成。大多数时候,我最终会因为疲劳而选择外带。烹饪对我来说极具挑战性,因为我对准备美味佳肴所需的食谱和步骤根本不熟悉。

非常庆幸365防癌教育协会(365CPS)的烹饪活动让我有机会品尝厨师准备的美味佳肴。厨师还帮我澄清了很多烹饪方面的疑问,让我更有信心做好下一顿饭。

我很感激该活动为我们提供陪伴和关怀,并缓解了我因独居而感受到的孤独感。我很高兴能参与这项活动。

我想鼓励抗癌勇士们积极思考,因为明天会更好!我们可以勇敢地面对它。祝大家生活安康!



CHRISTINE LIM'S TESTIMONY

林碧云的分享

I am **Christine Lim**, and I am 64 years old. Back in 2016, I found myself going to the toilet numerous times throughout the day, but I did not find anything amiss. Subsequently, I visited the doctor several times within a week. The doctor's diagnosis revealed that I had an infection, and I was prescribed antibiotics for treatment. But during one of my follow-up visits at the polyclinic, the doctor noticed something unusual and referred me to a specialist. I was eventually diagnosed with stage 3 colorectal cancer. At that point, I felt very anxious because of the huge medical expenses associated with cancer treatment.

The most difficult period was when I had to endure the after-effects of the surgery. Before the surgery, I had to undergo electrotherapy and chemotherapy. Chemotherapy was required after the surgery too; the procedure left me with a poor appetite. I experienced bouts of vomiting and pain, and frequently felt burning, painful sensations on my wounds, as if they were on fire. I was constantly short of breath and was barely capable of walking. Thankfully, I was very fortunate to have been accompanied by my family, as well as a group of friends whom I used to exercise with. They were very supportive, sending me many thoughtful messages every day to check in on me.

One day, I stumbled upon 365 Cancer Prevention Society (365CPS) through a talk on cancer that was hosted on Facebook, and eventually started attending the Society's activities. Most recently, I attended a Mask Painting workshop. Using narration and music, coupled with the art of painting and colour combinations, the instructor helped us to learn more about our unique selves. Through 365CPS' activities, I have benefited a lot in my physical and psychological state. I have also widened my knowledge on the various types of cancers, exercises and emotional healing techniques; and broadened my experiences through handicraft lessons and music classes. I am grateful for all the support and compassion shown to me by the staff.

I was once a quiet person but after my battle with cancer, I have experienced a mindset shift and I started to open up and learn more. To start, I am now volunteering with the residents' committee. My focus now is to take care of myself, so that I can help others and achieve more.

From the bottom of my heart, I am very thankful and grateful to all the donors and volunteers. You gave us a sense of affirmation, as well as the confidence and courage to fight our battles. I want to tell my fellow cancer fighters that we are not alone. It is important to remind ourselves that we are the best. Let us keep forging forward together!



我是**林碧云**，今年64岁。在2016年，起先在一天之内我上厕所多次，没发觉有何异样。后来一星期内连续看了几次医生，医生诊断是发炎，就服抗生素。但有一次，我去政府诊所挂号，医生发觉不寻常，就建议我去看专科，结果就被诊断出大肠癌第三阶段了。当时，我感到非常焦虑因为治疗需要面对巨大医疗费用。

最困难的时候是手术之后的后遗症，手术前有电疗和化疗，手术后还必须要去做化疗，就一直没胃口。呕吐，疼痛，伤口时常像着火似地热，发痛，也一直喘不过气，甚至没能力行走。很庆幸有家人的陪伴，还有一班之前一起运动的朋友，都一直在支持我，每天都收到很多问候的贴心短信。

有一天，我从脸书上的癌症讲座认识了365防癌教育协会，就开始参加协会的活动。最近刚上完一个面具的课程，教师利用叙述与音乐，加上绘画和颜色的配搭，让我们更了解自己独特的一面。参加365防癌教育协会后，我受益可多，从生理到心理方面都获益。同时也得到了不同癌症的相关知识，有多方面的运动，有心灵的疗愈，协会也有手工，音乐课程等等。工作人员对我们的支持和同理心，让我更感恩。

之前的我是一个较文静的人，经过了这场战争后，思想上有些转变，会开始积极的走进人群中，去学习，也开始跟着居委会志愿去帮忙等活动，心态方面其实是想照顾好自己，才能够帮忙和做更多的事。

从心里非常感谢和感恩捐助者和义工们，有了你们，让我们患病者得到认可，让我们更有自信和勇气去抗战。我要告诉抗癌的勇士们，我们不是一个人抗战，心态很重要，时刻提醒自己是最棒的，我们一起前进吧！



ESSENTIAL NUTRIENTS FOR IMMUNITY

对免疫力有帮助的营养素

There are some essential nutrients and substances which are helpful for immunity support.
以下是一些对免疫力有帮助的营养素:

Poor diet or malnutrition status may impair our immunity. Therefore, a healthy complete and balanced diet is crucial to help us in building our immunity. There is no single food that serve as a "superhero" in boosting our immunity but we need a varied and complete meal which serves plenty of good things for our body.

饮食不均衡或是营养不良将会影响我们的免疫力。我们需要从食物中获取均衡和完善的营养来帮助提高免疫力。比起单独一种食物，多元化的食物种类组合将带给人更多不同的营养素。

Essential Nutrients 脂肪的种类	Description 描述	Recommended Intake 建议摄入量	Food Sources 食物来源
Protein 蛋白质	<ul style="list-style-type: none"> Important for our energy source. Building cells including hormones, enzyme, immune cells. Important for healing and recovery process. 重要能量来源 制造新细胞包括荷尔蒙、酵素、免疫细胞 康复和治愈的过程中的重要成分 	3 servings* of protein source a day. *1 serving = one-palm-size lean meat or fish or poultry. OR 2 glasses of low fat milk (500ml), OR 3eggs, OR 2 small blocks of tofu (170g). 一天3份*蛋白质 *一份=一个手掌心大的瘦肉/鱼/鸡肉, 或两杯150ml低脂奶, 或3粒鸡蛋, 或两块豆腐(170克)	Lean meat, fish, poultry, tofu, egg, seafood, dairy products, legume, lentils, nuts. 瘦肉、鱼、鸡肉、豆腐、鸡蛋、海鲜、奶制品、豆类、坚果类。
Vitamin A 维生素A	<ul style="list-style-type: none"> Crucial for maintaining vision, promoting growth and development, and protecting epithelium and mucus integrity in the body. Antioxidant and anti-inflammation vitamin. Help to regulate immune responses in our body. 有助于视力、成长、上皮的保护 抗氧化剂和抗炎的功效 帮助调节免疫反应 	Adult 19-50years old : 750mcg/day (men & women) 成人 19-50岁: 每日750毫克 (男士和女士)	Cheese, eggs, or yellow, red and green (leafy) vegetables, such as spinach, carrots, sweet potatoes, or fruits like papaya. 奶酪、鸡蛋、黄或红和绿叶蔬菜, 例如菠菜、萝卜、番薯、木瓜
Vitamin C 维生素C	<ul style="list-style-type: none"> Help to protect cells and keeps them healthy. Act as anti-oxidant and anti-inflammation. Help to maintain healthy skin, blood vessels, bones and cartilage. Help with wound healing. 帮助保护和保持细胞的健康 抗氧化和抗炎功效 保持皮肤、血管、骨头、韧带健康 帮助伤口复原 	Adult: Male: 105mg/day Female: 85mg/day 成人: 男士: 每日105毫克 女士: 每日85毫克	Citrus fruit, such as oranges, peppers, strawberries, blackcurrants, broccoli. 柑橘类水果例如橙子, 甜椒, 草莓、黑加仑子、花椰菜
Vitamin D 维生素D	<ul style="list-style-type: none"> Modulates innate and adaptive immunity Enhances the function of immune cells 调变先天免疫和后天免疫系统 增进免疫细胞功能 	Adult: 100IU/day (men & women) 成人: 每日100IU (男士和女士)	Egg, trout fish, salmon, dairy milk, and mushroom. 蛋、鳟鱼、三文鱼、奶制品、菌类
Vitamin E 维生素E	<ul style="list-style-type: none"> Lipid-soluble antioxidant. Help to modulate immune function. 脂肪溶性抗氧化剂 帮助调节免疫功能 	Adult:15mg/day 成人: 每日15毫克	Almond, sunflower seed, avocado, wheat germ, and spinach. 杏仁、葵花籽、鳄梨果、小麦胚芽、菠菜
Zinc 矿物质锌	<ul style="list-style-type: none"> Help in making new cells and enzymes. Help in processing carbohydrate, fat and protein in food. Important for wound healing. 帮助制造新细胞和酵素 帮助碳水化合物、脂肪、和蛋白质的消化 帮助伤口复原 	Adult: Male: 11mg/day Female: 8mg/day 成人: 男士: 每日11毫克 女士: 每日8毫克	Meat, oyster, chicken, cereal products. 肉类, 蚝, 鸡肉, 早餐谷粮
Probiotics 益生菌	<ul style="list-style-type: none"> Break down prebiotics and produce short chain fatty acid which stimulate immune cell activity 消化益生元并产生短链脂肪酸, 刺激免疫细胞活动 		Dairy product such as yogurt, kimchi, kombucha, miso, tempeh. 奶制品例如酸奶, 泡菜, 红茶菌, 昆布, 豆豉

**For cancer patients who are on treatment and with low immunity may need to take care of the food safety and food hygiene aspect to prevent food born illnesses. You may consult your dietitian about a neutropenic diet.

**正在接受治疗并且免疫力低的癌症患者应照顾好食物的卫生与安全。您可以咨询您的饮食治疗师来了解无菌餐。

BLUEBERRY KIM JIO BOWL

冰沙碗

Prep time: 10-15 minutes

准备时间: 10-15分钟

Ingredients

- 1 large banana, peeled and frozen
- 2 cups frozen blueberries
- 1 cup low-fat yogurt / greek yogurt
- 1/4 cup rolled oats
- 2 tbsp 100% almond / peanut butter
- 1 tbsp chia seeds
- 1 tbsp flax seed
- 1/2 tsp cinnamon
- Ice cubes (optional)
- Choice of toppings: crushed nuts, chia seeds, flax seeds, granola, fresh fruits, dark chocolate, toasted coconut, goji berry, mint leaf etc

食材

- 1根大香蕉, 去皮并冷冻
- 2杯冷冻蓝莓
- 1杯低脂酸奶 / 希腊酸奶
- 1/4杯燕麦片
- 2汤匙100%杏仁酱花生酱
- 1汤匙奇亚籽
- 1汤匙亚麻籽
- 1/2茶匙肉桂粉
- 冰块 (可选)
- 配料选择: 碎果仁、奇亚籽、亚麻籽、谷麦片、新鲜水果、黑巧克力、椰子脆片、枸杞、薄荷叶等

Toppings in illustration:

Toasted almond, blueberries, sliced banana, kiwi, chia seeds, goji berry.

图片中的配料:

烤杏仁、蓝莓、香蕉片、奇异果、奇亚籽、枸杞



Instructions 煮法

1. Place the frozen banana, blueberries, yogurt, oats, almond butter, chia seeds, flax seeds, and cinnamon into a high-powered blender.
 2. Blend on high for 3 - 5 minutes, scraping down the sides if needed, until smooth and creamy. If needed, add a few ice cubes to keep it chill.
 3. Divide between two bowls and top with your choice of toppings!
1. 将冷冻香蕉、蓝莓、酸奶、燕麦、杏仁酱、奇亚籽、亚麻籽和肉桂放入高速搅拌机中。
 2. 高速搅拌3-5分钟, 有需要时刮清壁上的混合料, 搅拌至光滑细致为止。视需要添加冰块保持冷藏。
 3. 平均装入两个碗, 并添加您选择的配料!

VOLUNTEER WITH US 成为我们的义工



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Contact us @6337 3368 or
enquiry@365cps.org.sg for more details
更多详情, 请联系我们 @6337 3368
或 enquiry@365cps.org.sg

DONATE VIA GIVING.SG NOW

and give a free life saving mammo to women from low income families!



https://www.giving.sg/365-cancer-prevention-society/_my1stmammo

SPONSOR "#MY1STMAMMO"

Breast Cancer is the top cancer affecting women in Singapore. With early detection and treatment, breast cancer is highly treatable and curable. Yet many low-income women 40 years & above don't undergo the gold standard life-saving mammogram; as their daily struggles and priorities don't allow them to do so.

"#My1stMammo" is a campaign jointly organised by Icon Cancer Centre (Icon) and 365 Cancer Prevention Society (365CPS). The campaign aims to avail seamless access to women from lower-income families to a sponsored mammogram, complete with pre and post-screening doctor's consultation at a SATA centre. We are partnering with various community groups and social service agencies, to ensure these women 40 years & above are identified and invited for a sponsored screening. Typically, a subsidised or complimentary mammogram in Singapore is only accorded to those 50 years & above.

A \$100 donation will give a needy woman a seamless, hassle-free access for a mammogram together with a pre and post-screening consultations with a doctor. That could mean providing an early detection to breast cancer to a woman who may be a mother, daughter, sister or caregiver. All excess funds will be directed to supporting the Society's tri-fold mission. In this Year 2021 of Celebrating SG Women, let's Pay-It-Forward and sponsor a #My1stMammo today! Your act of kindness can give a woman a peace of mind in fighting cancer, and invest in the cancer education works by 365CPS. Donations above \$10 are eligible for 250% tax deduction.

Now you can contribute and make a difference to the lives of these women and the cause of 365 Cancer Prevention Society!

- \$10 = Token of support for #My1stMammo campaign*
- \$50 = To sponsor pre & post screening consultations.*
- \$100 = Enable one woman to be sponsored for a mammogram.*

(* Any excess funds will be directed to supporting the Society's tri-fold mission)

Adopted Charity:



Title Sponsor:



Supporting Partner:



Our Community Partners:



UPCOMING EVENTS 近期活动

OCTOBER 2021 | 09

Activities in centres may be cancelled due to government's announcement/direction on latest COVID-19 update. Interested participants are advised to contact our Social Service Centres (SSCs) to get the latest activity status.

活动可能会随着政府的2019新型冠状病毒(COVID-19)报告/方向而取消。有兴趣的参加者请联系我们的社区服务中心以获取最新的活动详情。

ANG MO KIO SOCIAL SERVICE CENTRE (AMK SSC) ACTIVITIES 宏茂桥社区服务中心活动

For Members Only 课程只限会员

Mon : Zumba Gold, Art Class I

Tue : Art Class II, Line Dance, Ukulele Class (Basic Level)

Wed : 365 Lymphatic Detox Exercise

Thu : Chinese Painting, Fall Prevention Workout

Fri : Finger Painting, Zentangle Art

星期一: 尊巴, 绘画班 I

星期二: 绘画班 II, 排舞, 乌克兰丽班 (基础)

星期三: 365淋巴排毒操

星期四: 水墨画, 预防跌倒运动

星期五: 指画, 禅绕画

Address 地址: Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621

Contact No 联络号码: 8809 8595

BUKIT PANJANG SOCIAL SERVICE CENTRE (BKP SSC) ACTIVITIES 武吉班让社区服务中心活动

For Members Only 课程只限会员

Mon : Fall Prevention Workout, 365 Lymphatic Detox Exercise, Bag Weaving Class

Tue : Release & Stretch, Aerobics, Ukulele Class (Basic Level)

Wed : Finger Painting

Thu : Zumba Gold, Clay Art

Fri : Chinese Painting, Art Class

星期一: 预防跌倒运动, 365淋巴排毒操, 包包编制班

星期二: 放松及伸展运动, 有氧健身操, 乌克兰丽班 (基础)

星期三: 指画

星期四: 尊巴, 黏土艺术

星期五: 水墨画, 绘画班

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108

Contact No 联络号码: 9838 7073

CLEMENTI SOCIAL SERVICE CENTRE (CMT SSC) ACTIVITIES 金文泰社区服务中心活动

For Members Only 课程只限会员

Mon : Brush Calligraphy & Floral Watercolour, Chinese Calligraphy

Tue : Line Dance, Zentangle Art

Wed : Fall Prevention Workout

Thu : Zumba Gold, Ukulele Class (Intermediate Level)

Fri : 365 Lymphatic Detox Exercise, Finger Painting

星期一: 西文书法与水彩花卉, 中国书法

星期二: 排舞, 禅绕画

星期三: 预防跌倒运动

星期四: 尊巴, 乌克兰丽班 (中级)

星期五: 365淋巴排毒操, 指画

Address 地址: Blk 331, Clementi Avenue 2, #01-132, Singapore 120331

Contact No 联络号码: 8318 9146

VIRTUAL SOCIAL SERVICE CENTRE 网上社区服务中心

Mon : 365 Lymphatic Detox Exercise, Nutrition Workshop, Therapeutic Support Programme

Thu : Release & Stretch, Digital Training

Wed : Zumba Gold

Thu : Aerobics, Zentangle Art

Fri : Line Dance, Ukulele Class (Basic Level), Ukulele Class (Intermediate Level)

星期一: 365淋巴排毒操, 营养工作坊, 疗愈支持小组

星期二: 放松及伸展运动, 数码培训

星期三: 尊巴

星期四: 有氧健身操, 禅绕画

星期五: 排舞, 乌克兰丽班 (基础), 乌克兰丽班 (中级)

FACEBOOK LIVE PROGRAMME (SATURDAY 8PM) 脸书现场直播节目 (星期六 晚上8点)

ENG

2/10

Topic: Lung Cancer in 2021 - Debunking Myths and Update on New Treatment Options

23/10

Topic: Living with Cancer: Grief and Discoveries

30/10

Topic: Understanding Uterine Cancer and its Treatment

13/11

Topic: Prevent, Detect & Fight Colon Cancer

27/11

Topic: Understanding Stomach Cancer

18/12

Topic: Understanding Gastro Cancers - Symptoms and Treatments

华语

16/10

主题: 肝癌 - 诊断与治疗

20/11

主题: 胰脏癌: 一个隐形的杀手

11/12

主题: 待定

Event details are subject to changes. Please follow us on our Facebook page (www.facebook.com/365cps) for latest updates.

活动详情可能会改变。请关注我们脸书页面 (www.facebook.com/365cps) 的最新消息。

365 淋巴排毒操

Lymphatic Detox Exercise

Events may be cancelled due to COVID-19 situation. Interested participants are advised to contact our office at 6337 3368 to get the latest event status. 活动可能会因为2019新型冠状病毒(COVID-19)的原因取消。有兴趣的参加者请联系我们的办公电话6337 3368以获取最新的活动详情。

Anglican Senior Centre Tampines	Bukit Gombak Stadium	704A Pasir Ris Dr 10	257 Tampines St 21
Every Tue, 9:30am	Mon to Sat, 7am	Mon to Fri, 7:30am	Mon to Fri, 7:20am except Thu Wed, 8:15pm
126 Ang Mo Kio Ave 3	Commonwealth Field	112 Rivervale	494C Tampines Ave 9 (Void Deck)
Tue to Sat, 6:30am	Mon to Fri, 6:45am	Mon to Fri, 6:30am	Mon to Sat, 7:30am
Bedok Reservoir Park	107 Gangsa Road	106 Simei St 1 (Street Soccer Court)	407 Yishun Ave 6
Mon to Fri, 7:50am	Every Tue, 7pm	Tue, Thu & Fri, 7:15am	Mon to Fri, 6:30am
639 Bedok Reservoir Rd (Badminton Court)	9 Holland Avenue	149 Simei St 1 (Badminton Court)	Martha Seniors Activity Centre
Thu, 8pm	Every Tue, 8pm	Mon to Fri, 7:30am Sat, 7:15am	Every Mon, 9am
238 Hougang Ave 1 (Open Court)			
Mon and Thu, 7:15am			

OUR SERVICES 我们的服务项目



About Us 关于我们

365 Cancer Prevention Society is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

Our mission is to serve the community through cancer prevention measures. This is accomplished through health and nutrition education, promotion of healthy lifestyle and lymphatic detox exercise programs.

We also provide practical and emotional support and care for patients and their family members in their battle against cancer through residential and hospital visitations, counselling and therapy services.

365防癌教育协会是一个被政府承认的社区慈善机构，也是一所“防癌”和“抗癌”为中心的机构。

“防癌”，就是通过传达健康资讯和鼓励运动，教导社会大众过一个健康的生活。

“抗癌”，就是与病患及其家属并肩作战，通过食疗、调整生活起居以及控制情绪，来增强病患体内免疫系统，促进身心健康的健康。

365防癌教育协会是从“身、心、灵”三个方面入手，缺一不可。目前，协会开设的服务包括运动指导，如排毒操和有氧舞蹈、食疗实践、心灵辅导以及心灵关怀四大项目。

Executive Committee 执行委员团

President : Dr Eric Chiam
Vice President : Mr James Chia
Honorary Secretary : Mr Tan Soo Kee
Honorary Treasurer : Mr Joshua Siow
Honorary Assistant Secretary : -
Honorary Assistant Treasurer: Ms Ang Pei Wen
Member : Mr Sam Ang
Ms Jenny Aw
Prof Lim Kah Meng
Mr Andrew Pang
Mr Albert Tan

会长 : 詹顺祥博士
副会长 : 谢松兴先生
秘书 : 陈树基先生
财政 : 萧子强先生
副秘书长 : -
副财政 : 洪佩文女士
委员 : 洪汇权先生
胡慧敏女士
林家明教授
冯国明先生
陈忠兴先生

Management Staff 管理层

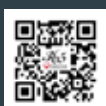
Executive Director : Mr Ben Chua
Assistant Director : Ms Phyllis Lim
(Programmes & Services)
HOD, Corporate Services : Ms Arlinda Chen
HOD, Marketing, Fundraising & Volunteer Management : Mr Andrew Soh
Manager, Counselling Dept : Mr Andrew Ong
Dietitian, Nutrition : Ms Gan Hui Shan
& Dietetics Dept

执行长 : 蔡德森先生
副总监 (项目与服务) : 林嫦装女士
企业服务部门主管 : 陈美珍女士
宣传、筹款与义工管理部门主管 : 苏玮文先生
经理, 辅导部门 : 翁国华先生
饮食治疗师, 营养与食疗部 : 颜慧珊女士

Advisors 顾问团

Honorary Patron: Dr Koh Poh Koon
Honorary Patron: Dr Tan Wu Meng
Honorary Patron: Dr Teo Ho Pin
Legal Advisor : Mr Wu Yu Liang

名誉顾问 : 许宝琨医生
名誉顾问 : 陈有明医生
名誉顾问 : 张御宾博士
法律顾问 : 吴微良先生



Website



Facebook



Instagram

365 Cancer Prevention Society 365防癌教育协会

1 Commonwealth Lane, One Commonwealth, #03-10, Singapore 149544.

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368

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