

A VIRTUAL SERVICE FOR CANCER FIGHTERS

给予抗癌勇士的网上服务



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J U L Y 七月季刊
2021



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THE ABCS OF 365 CANCER PREVENTION SOCIETY (365CPS)'S VIRTUAL SOCIAL SERVICE CENTRE

365防癌教育协会(365CPS)网上社区服务中心简介

At present, 365CPS Social Service Centres (SSCs) are conveniently located at Ang Mo Kio, Bukit Panjang and Clementi. These SSCs provide social programmes and activities so as to energise, enable and empower our members during their journey in fighting or prevention of cancer. The carefully curated activities go a long way towards building resilience, a positive outlook and the "can do" spirit for our members.

As an extension of our programmes and services, we have launched our virtual SSC where it is an online platform populated with our signature programmes and services, which can be readily accessible via any mobile devices like a mobile phone, tablet, computer or TV. Members can enjoy a variety of programmes and activities that caters to their different needs, in the comfort of their homes or other spaces of their choice and convenience.

Curated activities include Lymphatic Detox Exercises, Zumba, Relaxation Exercises, Arts & Craft, Chinese Calligraphy, Painting, Cooking, Flower Arrangement classes as well as exciting virtual tours of renowned places of interests in Singapore.

Over time, these virtual spaces may also act as a communal space for support groups for small groups of members to interact and socialise with their peers. With this exclusive space, further social support can be garnered amongst like-minded individuals who are undergoing similar experiences or in remission in their journey of fighting and preventing cancer.

Research has found that regular participation in social activities can boost overall well-being for persons undergoing health crisis or disruption from cancer. Both fighters and survivors will benefit in areas of increased body functions through exercises in areas of strength building so as to foster heightened self-esteem and better quality of life. Negative effects of treatments related side-effects, emotional upheavals like anxieties and depression can also be mitigated through the support of widening social circles with new friends suffering from similar illnesses or simply feeling better by learning a new therapeutic skill like calligraphy and so forth.

Do look out for our activities through our Virtual Social Service Centre and we look forward to continuing to serve all of our members holistically through our programmes and services.

More details will be published on our website or you may contact us at 6337 3368 for more information. We look forward to seeing you at our Virtual Social Service Centre soon!



目前, 365CPS的社区服务中心 (SSCs) 位于宏茂桥、武吉班让和金山文泰, 地点优越交通便利。这些SSCs会举办社区社交活动, 以便继续激励协会会员, 让他们更有能力并更积极地对抗癌症或预防癌症。我们精心策划的活动有助于为我们的会员建立韧性、积极展望未来的态度和“一定能”的精神。

为了拓展新的活动和服务, 我们推出了网上SSC这个线上平台, 以为大家提供我们深受欢迎的活动与服务。这个平台可通过各种方式 (包括手机、平板电脑, 个人电脑或电视) 轻松的上网登入。会员们可在家中或他们选择方便的其他私人空间中, 凭个人需要, 轻松的参与和欣赏平台上所提供的节目和活动。

本协会策划的活动包括淋巴排毒操、尊巴舞、放松运动、艺术与手工艺、中国书法、绘画、烹饪、插花课程, 还有扣人心弦的新加坡著名景点的网上之旅。

渐渐地, 这个网上平台也可以成为一个共同空间, 让数名会员组成的小组互相交流与活动。有了这个专属空间, 在抗癌与预防癌症的旅程中, 会员可以找到跟他们志同道合的人, 与那些有着共同抗癌经历或曾经经历并处于缓解期的会员, 互相扶持, 一起并肩作战。

研究发现, 定期参加群体社交活动, 对正在对抗癌症或患上重大疾病的病人的整体健康有显著的影响。抗癌勇士们和抗癌成功的勇士们可以通过运动增强肢体功能活动力, 并从力量训练建立自尊心和提高生活质量。治疗相关副作用的负面影响, 如焦虑和抑郁带来的情绪波动等, 都可以通过扩大社交圈, 或者从患有类似疾病的新朋友中寻求支持来转移。也可通过学习新的纾压治疗技能 (如书法等) 来调适自己的身心。

请通过我们的网上社区服务中心关注我们的活动。我们也期待继续通过我们的活动和服务为所有会员提供全面的服务。

欲知更多详情, 请通过我们的网络公告, 或者致电 6337 3368 与我们联系以获取更多信息。我们期待未来在我们的网上社区服务中心见到您!

SERENE TEO'S TESTIMONY

张玉珠的分享

From Ang Mio Kio SSC 来自宏茂桥社区服务中心

Hi everyone, my name is **Serene Teo** and I am 57 years old this year. During a regular checkup at the clinic, my doctor discovered a lump in my chest, and referred me to the National Cancer Centre Singapore for a scan and further examination. After investigation, I was diagnosed with stage 1 breast cancer. At that moment, I felt so surprised and went weak in the knees. However, I was able to stay calm and undergo surgery and chemotherapy at the hospital to fight against this cancer. I stayed home to rest and recover for about 4 months before returning to work, whilst receiving targeted therapy for one and a half years. By mid-2018, I contemplated quitting my job, and eventually resigned. At this moment, my friend introduced me to 365 Cancer Prevention Society (365CPS) and I visited one of their Social Service Centre.

When I first joined the centre, I was extremely excited because it provides a wide variety of classes, health talks, and workshops, be it artistic or physical activities. I was very interested in many of the classes because I saw the opportunity to pick up some new skills that I couldn't before, due to a variety of reasons. I enthusiastically participated in many of the classes and kept myself occupied. I had such a pleasant time which led me thinking why I didn't think of leaving my job earlier to join the activities organised by the centre.

When the circuit breaker was in full force in April 2020, the centre temporarily closed its doors and my life suddenly became so empty. During that period of time, Zoom became my best friend at home as it helped me dispel the feeling of isolation and reconnect with the world. Exercises such as Zumba, Line Dance, Lymphatic Detox Exercise, Dance Fit and Restorah were done via the Virtual Social Service Centre, enabling me to be active without having to leave my home. I used to feel tired and be in low spirits before the exercise regime. However, I felt that my blood circulation and immunity improved after working out every day. It was definitely a wonderful feeling!

My friend once donated to 365CPS because of my introduction. I told her that 365CPS sincerely offers services and assistance to all patients, and the benefits I reaped from 365CPS is the best proof of their contributions! Here, I would also like to express my gratitude to all the volunteers and donors of 365CPS. Your support has given us lots of support and encouragement. At the same time, I would also like to encourage all cancer fighters to never give up. We will stand shoulder to shoulder and fight cancer together!



大家好,我是**张玉珠**,今年57岁。我是在一次例常的诊所检查时,医生发现到我的胸部有肿块,就转介我到新加坡国立癌症中心去做扫描和进一步的检查。检查报告出来之后,证实患上了乳腺癌第一期的病症。当时,我只觉得很惊讶和感觉到双脚发软,但还能够保持冷静的去医院做手术和化疗来抵抗癌症的攻击。手术之后我接受了化疗,在家修养了4个月左右后才返回职场,同时接受一年半的靶向治疗。直到2018年年中,辞职的念头忽涌心头,于是就离职了。在这个时候,朋友介绍下认识了365防癌教育协会(365CPS)给我,就这样,我来到了他们的社区服务中心。

刚来到中心时,我感到很兴奋。因为中心提供各种各样的课程,例如健康讲座、工作坊等,文的武的都有。我对很多东西都很感兴趣,以前因种种原因没机会学的在这里都能学得到。于是,我忙的不亦乐乎,参加的活动很多,几乎每天都来中心报到,就觉得怎么没早点辞职,来中心参加活动呢?

2020年4月,我国进入阻断措施阶段,中心关闭了,日子顿然若有所失。阻断措施初期,ZOOM是我的居家良友,帮我驱散了那种“与世隔绝”的疏离感,重新与“世俗”接轨。通过网上社区服务中心,这些运动如尊巴舞,排舞,淋巴排毒操,Dance Fit,Restorah等可让我不必出门就能活动筋骨,方便得很呢。在运动前,我感觉到很疲倦,精神不佳。但每天在运动后,感觉血液循环更通畅,免疫力也得到增强,这真是很美好的感觉!

曾经,有朋友因为我的一席话给了365CPS捐款。这是因为我跟她说,365CPS是真心为病友服务和提供帮助地,而我本身受惠于协会就是最好的证明!在此,我也要向所有的365CPS义工及捐款者致以万分的感谢,你们的支持给予我们许多的帮助与鼓励。同时,我也要鼓励抗癌勇士们永不放弃,我们一起并肩奋斗!

YEK MEI PENG'S TESTIMONY

易美萍的分享

From Bukit Panjang SSC 来自武吉班让社区服务中心

I am **Yek Mei Peng**, 71 years old, and am currently a fully recovered cancer fighter. In August 2015, I discovered that I had both stage 1 breast cancer and stage 3 pancreatic cancer. After three weeks of tests and examinations, I underwent surgery and began receiving chemotherapy 40 days later. After 18 chemotherapy sessions over a period of six months, I was left feeling pretty despondent. Fortunately, I was introduced to and joined 365 Cancer Prevention Society (365CPS) through a friend. In a blink of an eye, it has been 4 years since.

After joining 365CPS, I participated in many activities, such as health talks, nutrition classes, knitting classes, calligraphy classes, flower arranging classes, cooking classes, vocal classes, dance classes etc. I learnt a lot about how to fight cancer and also gained great satisfaction from making my own artwork.

It is a pity that 365CPS had to suspend all its activities during the circuit breaker last year. Thankfully, we were able to attend Zentangle classes online via Zoom. In each hour-long lesson weekly, the teacher would guide us to draw one or two basic patterns, and we would create a small Zentangle drawing on our own. The teacher often reminded us that there was no right or wrong in Zentangle drawing, and encouraged us to unleash our creativity based on how we felt. I enjoyed the class very much and always look forward to the upcoming lessons. During the drawing session, I was able to relax myself and also dispel all of my worries as I concentrate on my drawing. It has been really physically and mentally healing.

I really hope that the pandemic will come to an end soon, so that everyone can live healthily and happily. I sincerely look forward to reuniting with my 365CPS family to learn and walk hand-in-hand together in the journey of fighting cancer. I would like to express my sincere gratitude to the staff and volunteers of 365CPS who have loved and cared for us, for they had greatly contributed to me rekindling my joy and hope in life.

我是**易美萍**，71岁，目前是名已康复的抗癌勇士。在2015年8月发现我同时得了乳腺癌第一期和胰腺癌第三期。经过三个星期的各项检查后，我做了手术，并在40天后开始做化疗。我一共进行了6个月-18次的化疗，过后心情不怎么好过。幸好经过一个朋友的介绍，我加入了365防癌教育协会(365CPS)这个大家庭参加活动，至今已有大约4年的时间了。

来到协会之后，我开始参加许多活动如：健康讲座、营养课、编织手工课、书法课、插花课、烹饪课、声乐课、舞蹈课等。这些课程和活动让我增添抗癌的知识，也透过自己所制作的艺术作品让我非常有满足感。

很可惜的是，在去年冠疫情期间，协会的各项活动都停止了。但很庆幸的是，我们还能通过ZOOM来上网上禅绕画的课程。我们每个星期上一个小时的课，每次上课时老师都会指导我们画一两个缠绕画的基本图样，接着我们就自行创作一张小小的禅绕图。老师时常提醒我们这个禅绕画本身是没有对错的，我们可以随着我们的感觉去任意发挥创作空间。我非常喜欢这个禅绕画，天天都在盼望上课的日子早些到来。在进行画画的过程中，我的精神能够得到很好的放松，也能很专心的作画，把所有烦恼的事情都抛到九霄云外，这真是一个非常好的身心疗愈过程。

真希望冠疫情能早日消失，人人都能够过着健康快乐的日子。我们又能回到365CPS这个大家庭里，一起学习、一起在抗癌的道路上携手迈步伐走向光明灿烂。365CPS的工作人员和义工们都很有爱心，对我们关怀备至。在此我衷心地向他们说声谢谢，因为有了他们关怀和爱心，才让我的生命重燃欢乐与希望。



ANNA TAN'S TESTIMONY

陈瑞凤的分享

From Clementi SSC 来自金文泰社区服务中心

My name is **Anna Tan Soi Hong** and I'm 72 years old this year. In January 2007, I felt a pain on my left breast around my armpit area. Initially, I went for a mammogram but the result did not show anything. However, after 2 weeks, I insisted on doing an ultrasound and a biopsy where I was diagnosed with stage 1 breast cancer. With the advice from the doctor, I went ahead with the surgery and 5 weeks of radiation therapy.

I came to know of 365 Cancer Prevention Society (365CPS) through a fellow cancer survivor around 2015. When I first joined the Society, I was very interested in ukulele and painting classes. Since then, 365CPS has become my second home. Due to Covid-19, Singapore underwent a circuit breaker during which all of us had to stay home. Normally, I would go hiking and brisk walking to keep my body active but with the circuit breaker, I could not go out. I am thankful for the virtual classes conducted by the Social Service Centre which allowed me to continue exercising at home via Zoom. I also joined Zentangle, Zumba and Zoom classes that were organised by 365CPS.

I always looked forward to attending the Zentangle art classes because I love to draw and the teacher is very patient and pleasant.

In one of the Zentangle classes, the teacher taught us to divide our lives into four different stages and use an object or photo that relates to each part of our life journey in the artwork. As I drew tangles through each stage of my life, I reminisced my days before and after my cancer diagnosis. I cried. The artwork was so beautiful and the entire process helped me to relieve all the pain I had felt due to this illness - having the privacy of doing this assignment at home also allowed me to release all my emotions better.

In general, I felt very at ease attending the virtual classes at home then. There was no stress and no hassle with the need to travel to classes.

I would like to thank 365CPS for organising all the Zoom classes during the circuit breaker. Despite all the restrictions, these activities relieved me from the boredom experienced during the period and more importantly, I was able to continue leading a healthy lifestyle. Also, many thanks to the wonderful staff at 365CPS for all their help and patience. I really appreciate my care leader for her love and concern. She never failed to call, encourage and update me on the various online activities at 365CPS.

Looking forward to seeing everyone in person soon!

我是**陈瑞凤**，今年72岁。在2007年1月，我感觉靠近腋窝的左乳房有一些疼痛。起初，我进行了乳房X光检验，但检验的结果却没有显示我有任何异常。然而，在两周后，我还是坚持去做了超声波检查和活组织切片检验，活检报告的结果证实我被确诊患上了第1期乳腺癌。在医生的建议下，我进行了手术和接受5周的放射治疗。

在2015年左右，我通过一位抗癌勇士认识了365防癌教育协会（365CPS）。刚加入这个协会的时候，我对乌克兰丽和绘画课都非常感兴趣。此后，365CPS就成为了我的第二个家。新冠病毒疫情（COVID-19）期间，新加坡实施了阻断措施。阻断措施期间，我们大家都必须留在家中，尽量不出门。平时，我会出去远足和以保持身体活跃。但在阻断措施期间，我无法出门。我很感谢社区服务中心的网上课程，让我可以通过Zoom平台继续在家运动，解决了我的问题。我参加了365CPS在线上Zoom平台组办的禅绕画、尊巴和乌克兰丽班。

我很期待参加禅绕画艺术班，因为我喜欢画画，而且老师很有耐心和和蔼可亲。

在其中一堂禅绕画课，老师要我们将我们的生活分成四个不同的阶段，并用物品或照片来代表各个阶段的人生，呈现成一幅艺术作品。我在画板上回顾我人生。我想起当初癌症确诊之前与之后的日子，而开始流泪。我画出了一幅美丽的作品，而且在创作的过程中减轻了患癌的痛苦。由于是在自己的家中作画，我就有了私人的空间尽情宣泄。

总的来说，我在家里参加网上课程感觉很舒服自在。没有压力，也不需要舟车劳顿。

我要感谢365CPS在阻断措施期间组办了那么多Zoom课程。尽管有不少限制，但是这个期间，各种线上活动帮助了我排解愁闷。更重要的是，我在阻断措施期间内，可以继续保持健康的生活。此外，非常感谢365CPS优秀员工所给予的耐心与帮助。我尤其感谢我的关怀组长，感谢她给予我的关怀与爱护。她有机会就打电话给我，不时激励我，并通知我365CPS在举办的各项线上活动。

期待与大家见面!



ANGELA QUEK'S TESTIMONY

郭慧杏的分享

I am **Angela Quek Hwee Heng**, 67 years old. In 2017, I discovered a lump in my right breast but lacked the courage to go for a body checkup. I went to the hospital for a checkup in 2019, under the encouragement of my friends and family, and was diagnosed with Stage I breast cancer. Thereafter, I underwent removal surgery to remove my breast and more than 20 sessions of radiotherapy.

Before my diagnosis, I was occupied with work and multiple volunteering activities. Therefore, this illness is a reminder for me to slow down the pace of my life. Now, I have learnt not to neglect my own health while taking care of others. Ever since I completed my treatment, I have been planning my daily activities, ensuring that I include time for exercise.

Suffering from cancer dealt a great blow to me, but I value my life and knew that overcoming it with toughness was the only way for me to move forward. I am very grateful to have friends who constantly encouraged and cared for me during times of difficulty. They gave me the strength to fight cancer more tenaciously.

The most difficult part of battling cancer was that I had to be more mindful of my diet - I live alone and I had very limited knowledge on having a healthy diet, especially the nutritional needs for cancer patients. Apart from that, the fatigue after each radiotherapy treatment made me feel even more helpless when dealing with my day-to-day tasks. I gradually became more irritable as days went by.

Fortunately, I came to know about 365 Cancer Prevention Society (365CPS) through a friend, who was also my neighbour. 365CPS provides a variety of activities and cancer-related health talks. The nutrition talks and the centre's healthy lunch increased my knowledge of healthy nutrition and helped to improve my eating habits. I also enjoyed the Chinese Calligraphy and String Art classes as they helped me to stay calm and focused.

I would like to express my gratitude to 365CPS for all the support and care during my cancer fighting journey. The staff is so warm and caring. Their passion and hospitality makes the centre feel like a second home to me. On top of that, I would like to appreciate all the volunteers and donors who selflessly dedicated their time and love so that cancer fighters could be well supported.

To cancer fighters, you are not alone in this battle. Do not isolate yourself, continue to stay connected and seek help from relevant agencies.

我是**郭慧杏**, 67岁。2017年, 我发现右边胸口有一粒肿块可是当时害怕做身体检查。在亲朋好友的不断鼓励下, 我终于在2019年鼓起勇气到医院检查, 结果诊断出我得了第一期的乳癌。确认病情后, 我进行了切除手术以切除我的乳房和20余次的电疗。

患癌之前的我都忙于工作及舍身于不同的义工活动。因此, 患癌给了我一个提醒: 提醒我要放慢生活脚步, 提醒我在照顾好别人的同时也别忽略了自己的健康。现在结束治疗的我会习惯性地安排每日的活动, 确保有时间锻炼身体。

患癌对我而言是极大的打击, 但是我明白生命的可贵, 必须坚强地面对。我非常感谢身边朋友的鼓励和关怀。这些鼓励让我更有力量去积极抗癌。

由于我独居, 抗癌期间最艰难的是必须照顾自己的起居饮食。然而营养知识的缺乏, 再加上每次电疗之后的疲惫, 导致我在面对生活中的大小事都有心无力。渐渐地, 我的心情也一天比一天地变得更烦躁。

很幸运的, 我透过一位朋友兼邻居而认识了365防癌教育协会(365CPS)。协会提供各式各样的活动以及与癌症相关的健康讲座。让我获益不浅的是营养讲座和中心提供的健康午餐。它们增加了我对食物的了解, 从而改善了 my 饮食习惯。除此之外, 我最喜欢的是书法和钉子画课程, 因为它们帮助我保持冷静和提高专注能力。

在此, 我要向365CPS表达我的感激。在我抗癌的道路上给我不断的支持与关怀。协会的员工们很热情、很体贴, 让我每次到中心时都有回家的感觉。此外, 也非常感恩义工们和捐赠者们的时间与爱心。因为你们无私的奉献, 抗癌勇士才能得到更多、更好的帮助。

最终, 我也鼓励患癌的朋友们。你们不是在孤军奋战。与其封闭自己, 不如踏出第一步, 继续与亲友联系, 也让有关机构向你伸出援手。



AN EXTRA ENERGY AND PROTEIN BOOST IN YOUR DIET!

在您的饮食中补充能量和蛋白质!

Weight loss is common in cancer patients due to some side effects of cancer treatments and loss of appetite. Having a BMI lower than 18.5 kg/m² is considered below the healthy range or underweight, and must be avoided to prevent cancer cachexia and malnutrition. So how can weight loss be prevented? You can try to consume a diet rich in nutrient-dense, high-calorie, high-protein foods and nourishing fluids. Here are some tips to help you add more protein and calories into your meals to prevent weight loss!

由于癌症治疗的副作用和食欲不振，体重减轻在癌症患者当中很常见。BMI若低于18.5 kg/m² 既是体重不足，而我们必须避免BMI低于健康范围以防止癌症恶病质和营养不良。那么如何防止体重减轻呢？您可以尝试食用营养浓缩，高热量，高蛋白质食品和富含营养的饮料。以下是一些提示，可帮助您在餐食中添加更多的蛋白质和卡路里，以防止体重减轻！

QUESTION 问题:

Since I started my cancer treatment, my weight keeps dropping. What should I do?
自从我开始进行癌症治疗，我的体重一直下降。我应该怎么办？

Smaller, frequent meals

少吃，多餐

- Have a snack or smaller meals every 2 hours
- Choosing calorie-dense foods
- Avoid drinking plain water excessively while eating
- 每两个小时吃一顿小餐
- 选择能量浓缩的食物
- 吃饭时避免喝大量白开水

Using products high in fats

使用高脂肪的产品

- May use butter / margarine / mayonnaise in recipes
- Full cream milk, whole milk, full fat yogurt, whipped cream, cheese instead of low-fat alternatives
- However, if you are concerned about high blood cholesterol, you can focus on healthy unsaturated fats such as avocado, nuts, nut butters, olive oil, sunflower oil, fatty fish high in omega-3, soft margarine made of healthier oils, etc.
- 可以在食谱中使用牛油/黄油/美乃滋
- 使用全脂牛奶，全脂酸奶，鲜奶油，奶酪以代替低脂肪奶制品
- 但是，如果您担心高血脂，您可以注重健康不饱和脂肪，例如牛油果，坚果，坚果酱，橄榄油，葵花籽油，富含omega-3 脂肪酸的鱼类，由健康油制成的黄油等等。

Breakfast

早餐

- Cereal / oatmeal + whole milk + nuts / nut butter + seeds + dried fruits
- Cooked oatmeal with whole milk & eggs
- Bread with kaya, butter & eggs
- Peanut butter banana toast
- French toast
- Bread with avocado & eggs
- 谷物/燕麦粥 + 全脂牛奶 + 坚果/坚果酱 + 种子类 + 干果
- 煮熟麦片加全脂牛奶和鸡蛋
- 面包加咖椰、牛油、鸡蛋
- 花生酱香蕉吐司
- 法式吐司
- 面包加牛油果和鸡蛋

Snacks

小吃

- Sandwiches with egg / mayonnaise / tuna / sardines / cheese / avocado
- Curry puff with chicken & egg
- Tuna / sardine puff, egg tarts
- Tau hwey, pudding
- Dried fruits, nuts, high protein nut bars
- Cream soups
- 三明治加鸡蛋/美乃滋/金枪鱼/沙丁鱼/奶酪/牛油果
- 咖喱卜-鸡肉和鸡蛋陷
- 金枪鱼/沙丁鱼泡芙，蛋挞
- 豆花，布丁
- 干果，坚果，高蛋白坚果棒
- 奶油浓汤

Mains

主食

Focus on protein: meat, fish, poultry, eggs, tofu etc.

- Fried rice with egg and chicken
- Chicken chop / chicken pie
- Butter garlic salmon
- Fried fish / steam fish drizzled with sesame oil
- Omelette with vegetables and cheese

Add calories from fats:

- Stir-fried vegetables with sesame oil drizzle
- Pasta with cream sauces or topped with cheese

注重蛋白质: 肉，鱼，家禽，鸡蛋，豆腐等。

- 鸡蛋和鸡肉炒饭
- 鸡排/鸡肉派
- 黄油大蒜三文鱼
- 炸鱼/蒸鱼撒上香麻油
- 煎蛋卷配蔬菜和奶酪

从脂肪添加能量:

- 炒蔬菜上淋上香麻油
- 意面上加奶油或奶酪

Beverages

饮料

- Consume more nourishing fluids high in energy and protein
- Whole milk, soy, almond milk
- Milkshake, smoothies
- Nutrient-dense formulas : Ensure Plus, Fortisip, Resource, Prosure, Oral Impact etc.
- 多喝高能量、高蛋白质的营养饮料
- 全脂牛奶，豆奶，杏仁奶
- 奶昔，冰沙
- 麦芽饮料
- 营养浓缩的补充配方: Ensure Plus, Fortisip, Resource, Prosure, Oral Impact etc.

Desserts

甜品

- Yogurt, milkshake, Ice cream
- Cakes, custard desserts
- Durian
- Mango lassi with yogurt / coconut milk
- 酸奶，奶昔，冰淇淋
- 蛋糕，奶黄甜品
- 榴莲
- 芒果酸奶/椰奶

STRAWBERRY CREAM CHEESE FRENCH TOAST

草莓奶油芝士法式吐司

Prep time: 10 minutes

准备时间: 10分钟

Cook time: 10 minutes

烹饪时间: 10分钟

Ingredients

- 2 tbsp cream cheese
- 2 slices of wholemeal bread
- 2 strawberries, sliced
- 1 egg
- ½ cup whole milk
- 1 tsp vanilla extract
- ½ tsp cinnamon powder
- 1 tbsp butter

Toppings:

Honey, Greek yogurt, and additional strawberries

食材

- 2 汤匙 奶油芝士
- 2 片 全麦面包
- 2 粒 草莓, 切片
- 1 颗 鸡蛋
- ½ 杯 全脂牛奶
- 1 茶匙 香草精
- ½ 茶匙 肉桂粉
- 1 汤匙 牛油

饰料:

蜂蜜, 希腊酸奶和草莓

Instructions 煮法

1. Spread 2 tbsp of cream cheese on one side of bread, then place strawberry slices on the other slice and sandwich them together.
2. On a shallow bowl, mix eggs, vanilla extract, cinnamon powder, and milk until combined. Then soak the sandwich into the egg mixture for 1 minute on each side.
3. Melt butter in a pan, and panfry the soaked sandwich until golden brown.
4. Drizzle honey, Greek yogurt and top with more strawberries to serve!

1. 将2汤匙奶油奶酪涂在面包的一侧, 然后将草莓片放在另一片面包上, 然后把它们夹起来。
2. 在一个浅碗中, 把鸡蛋, 香草精, 肉桂粉和牛奶混合好。然后将三明治两边各浸泡在蛋液里1分钟。
3. 在锅中融化牛油, 然后将已浸泡的三明治煎成金黄色。
4. 在吐司上淋上蜂蜜, 希腊酸奶, 再加上更多的草莓, 即可上菜!





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更多详情, 请联系我们 @6337 3368 或 enquiry@365cps.org.sg

UPCOMING EVENTS 近期活动

JULY 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

Tue : Art Class, Line Dance

Wed : 365 Lymphatic Detox Exercise

Thu : Chinese Painting, Fall Prevention Workout

Fri : Ukulele Class (Basic Level)

星期一: 尊巴, 绘画班

星期二: 绘画班, 排舞

星期三: 365淋巴排毒操

星期四: 水墨画, 预防跌倒运动

星期五: 乌克兰丽班 (基础)

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, Art & Craft Class

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, 美劳班

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 Watercolor, Chinese Calligraphy

Tue : Line Dance, Zentangle Art, Fall Prevention Workout

Wed : Therapeutic Support Program

Thu : Zumba Gold, Ukulele Class (Basic Level), 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, 预防跌倒运动

星期三: 疗愈支持小组

星期四: 尊巴, 乌克兰丽班 (基础), 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, Therapeutic Support Program

Thu : Release & Stretch

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

星期二: 放松及伸展运动

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 脸书现场直播节目

JUL 七月份

AUG 八月份

SEP 九月份

ENGLISH

24/7

Time: 8.00pm (Sat)

Topic: How to build your immunity with nutrition?

28/8

Time: 8.00pm (Sat)

Topic: Colon Cancer: Understand the risks and treatment

25/9

Time: 8.00pm (Sat)

Topic: TBC

华语

17/7

时间: 晚上八点 (星期六)

主题: 谈谈肺癌 - 诊断与治疗新进展

21/8

时间: 晚上八点 (星期六)

主题: 全营养彩虹沙拉, 自制沙拉酱

18/9

时间: 晚上八点 (星期六)

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，来增强病体内免疫系统，促进身心灵的健康。

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。

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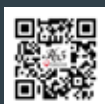
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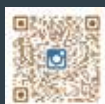
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365 Cancer Prevention Society 365防癌教育协会

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