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**Fighting Along
with Cancer Patients**
让我们与癌症患者一起奋斗

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VOLUNTEER'S STORY: JESSIE LOH

义工的故事：卢恬梅

I am Jessie Loh. I am 66 years old this year. In 2006, my fourth brother died of liver cancer. While taking care of my fourth brother, I understood deeply the struggle and pain faced by cancer patients. That is why I decided to become a volunteer to help cancer patients. In my search for relevant organisations, I came across a monthly magazine published by the 365 Cancer Prevention Society (365CPS). Following that, I joined 365CPS and became a volunteer.

As a volunteer, not only was I able to assist 365CPS by helping cancer patients and giving them care and encouragement, I was also able to learn more information about how to prevent and fight cancer. However, the unexpected happened in 2014 when I found out that I had cancer. I clearly remember one time when I felt a lump on my neck while I was taking a shower after coming home from work. At that time, I wondered whether it was a tumour. I thought that I had a lump on my neck because my body was heated and that it would go away after I took some Chinese medicine to reduce my heatiness. I never thought that I would have cancer. Even after visiting the Chinese physician for 5 or 6 acupuncture treatments, and taking Chinese medicine, the lump did not subside. On my last visit, the Chinese physician advised me to visit the hospital to have it checked out. Without any other solution in sight, I went to the hospital for a checkup. It turned out that I had stage 4 nasopharyngeal cancer and that the cancer cells had spread to the lymph nodes. At the time, I was dumbstruck. How could I have cancer? I had been listening to all the health talks at the Society and eating healthily all this time. Because of my work and my illness, I stopped going to 365CPS.

During the first phase of chemotherapy, I did not lose my hair but I experienced vomiting and loss of appetite. However, this first phase did not get rid of the cancer cells but only suppressed their growth. The doctor who carried out my chemotherapy thus recommended that I undergo electrotherapy. I hesitated when I heard that the side effects of electrotherapy were decreased vision, hearing, and throat functions. Although the doctor had given me one year to come to a decision, I had to visit him again a month later due to severe headaches. At the time, I decided to go for electrotherapy because of my doctor's advice as well as my firm belief in my faith. I went through a total of 33 electrotherapy sessions, with chemotherapy performed in between. During the seventh and eighth electrotherapy sessions, I could only consume food in liquid form because I was unable to swallow anything as my throat was too dry and painful. It took me 30 minutes to finish a 250ml bottle of milk.

As Chinese New Year came around, I felt extremely depressed and thought of giving up. "I want to give up. I don't want to continue receiving electrotherapy!" I told the doctor. The doctor advised me not to give up, because I was about to complete the other half of the electrotherapy sessions soon. The following electrotherapy sessions were effective because my cancer cells were gone. However, the hearing in my left ear had been affected while my nearsightedness had worsened. Just as I was feeling helpless during my therapy, I recalled my time as a volunteer at 365CPS. This was what prompted me to contact 365CPS for assistance.

I participated in Society's activities and support station. In the activities, we not only shared our experiences and encouraged each other, but also acquired knowledge about fighting cancer. 365CPS also has all sorts of activities for cancer fighters, such as detox exercises, psychological counselling and nutrition support, to let us know that having cancer is not the end of the world and that there is still light at the end of the tunnel. When my condition improved, I joined the volunteer team once again to encourage those in need. When I rejoined the volunteer team at 365CPS, although my physical condition was not as good as it had been before, I was better able to empathise with cancer fighters. I also joined Voice of Angels so that I could console the families of cancer fighters.

I would like to encourage all our cancer fighters. Having cancer is not scary. Cherish life and stay positive because every day we live is a blessing. I also want to express my gratitude to all the volunteers and donors. Without your contribution, we would not be able to enjoy the services provided by 365CPS. Thank you all so much.

我是卢恬梅,今年66岁。在2006年时,我的四哥因为肝癌去世。在照顾我四哥期间,我深深地体会到癌症病人所面对的挣扎及痛苦,于是就决定要成为一名义工,帮助癌症病人。在寻找相关机构时,我看到一份365防癌教育协会的月刊。过后我就向365防癌教育协会报名,加入义工的行列。

在作义工的期间,我不但能协助365防癌教育协会帮助癌症病人,给予关怀和鼓励,更能够学习有关防癌、抗癌的知识。可是,万万没想到,在2014年我竟然也患上了癌症。我清晰地记得有一次,当我放工回家冲凉时,发现颈项有一颗瘤,心想不会是肿瘤吧?我应该是因为身体发热,所以颈项才长了一颗瘤,去看中医买些下火的药就好了,不相信自己有可能患上癌症。中医生为我做了五六次的针灸吃中药,可是也没办法消除肿瘤。在最后一次时,医师劝我最好是去医院检查扫描。没办法,我就去了医院做了检查,结果证实我患上第四期的鼻咽癌,癌细胞已经扩散至淋巴了。那时,我整个人愣住了。我一直在协会听健康讲座,吃健康食物,为什么会患癌呢?因为工作和病情,我并没有回去365防癌教育协会。

在第一期的化疗中,我并没有掉头发,只是呕吐,没有食欲。但是,第一期的化疗并没有把我的癌细胞清除,只是抑制了癌细胞的成长。化疗的医生就建议我做电疗。当我听到电疗的副作用是视力、听力以及喉咙的功能下降时,我犹豫了。医生虽然给我一年的时间考虑,但是一个月后,因为剧烈的头痛,我又去见了化疗医生。当时,因着化疗医生的恳求及对我信仰的肯定,我就接受了电疗。这次的电疗总共有33次,中间穿插了化疗。在第7及第8次的电疗时,我因为喉咙太干燥,刺痛无法吞咽,只能吃流质的食物。平时一罐250ml的牛奶,我竟然用了30分钟来喝。又适逢华人农历新年,我感到无比的沮丧,心中萌生了放弃的念头。所以,我就和医生说:“我想要放弃,不想继续电疗了!”。医生劝告我不要放弃,因为我还有另一半电疗很快完成了。这次的电疗效果很好,我的癌细胞清除了,但是却影响我的左耳的听力及加重了近视。当我在做治疗期间,觉得很无助,这时候我想起在义工期间认识365防癌教育协会,所以我就主动联系了365防癌教育协会寻求帮助。

我参加了协会的活动和加油站。在活动中,我们彼此分享,彼此鼓励,而我也从中获取有关抗癌的知识。365防癌教育协会也提供了各式各样的活动给生命斗士,如:排毒操,心理辅导,营养咨询等,让我们知道患癌并不代表世界末日,还有盼望活下去。于是,当我的病情好转后,我就重新加入义工的团队,鼓励有需要的人。当我重新加入365防癌教育协会的义工团队时,体力大不如前,但我更能够对患癌的生命斗士感同身受,参加天使之声来安慰生命斗士的家属。

在此,我想鼓励生命斗士们,患癌并不可怕,要珍惜生命,积极面对,因为活着的每一天都是恩典。我也想要谢谢各位义工和捐款者,因着你们的付出,我们才能享用365防癌教育协会的服务,谢谢你们。



CANCER FIGHTER'S STORY: CATHERINE SUM

生命斗士故事：岑慧琴



cells had spread to my liver, lungs and bones.

I was very shocked when the doctor told me about the diagnosis. After I was discharged from the hospital, my employer found out about my diagnosis and terminated my employment with effect from January 2019. I felt even more depressed after that.

My CT scan did not show any improvement of my condition even after 4 rounds of chemotherapy in January 2019. The doctor then advised me to change to a different type of treatment, but the new treatment was very costly.

Even though I'm unable to change the results of the treatment, I often tell myself that I have to face every situation positively and follow dutifully to the doctor's advice. After receiving treatment in April 2019, I asked my friend what I could do to keep myself active. She then introduced me to 365 Cancer Prevention Society (365CPS).

Since joining the Society, I actively participated in the health talks, activities and programmes. In particular, the Detox Exercises have benefitted me greatly and helped me in becoming healthier and happier. After doing the exercises, my shoulder pain has lessened, I could stretch more to lift my hands higher, and I could bend my legs with ease and without pain. I also enjoy Zumba, Knitting and 365 Restorah Exercise classes. 365CPS also prepares healthy meals for cancer patients and encourages us to have a healthy and balanced diet to prevent malnutrition while maintaining a healthy weight.

I wish to thank all the 365CPS volunteers and donors for the encouragement during my cancer fighting journey. 365CPS has indeed helped and benefitted many cancer patients who were lost and did not know where to turn to.

At this present moment, I am still undergoing treatment. I do not know what the future holds. But I would like to encourage every cancer fighter that even if we are diagnosed with cancer, we must still look at the bright side and live our lives as per normal. Most importantly, we must keep a happy heart and keep away negative thoughts. I believe we will recover from it.

I am Catherine Sum, 61 years old, breast cancer stage 4 relapsed patient. I went for a MRI scan when I felt a great pain on my back shoulder. In November 2018, the doctor suspected that I had cancer and thus admitted me to hospital on the same day. After being hospitalised for 8 days and undergoing various check-ups, I was diagnosed with stage 4 breast cancer. Furthermore, the cancer

我是 Catherine Sum, 今年 61 岁, 是一名第四期乳癌复发患者。我因为后肩非常疼痛而去做了磁共振造影 (MRI) 检查。2018 年 11 月, 医生怀疑我患了癌症, 当天就让我住院。住院 8 天做了各项检查后, 我确诊患上乳癌第四期, 而且癌细胞已经扩散到我的肝脏、肺脏及骨头。

医生把消息告诉我时, 我极为震惊。出院之后, 我的雇主在得知诊断结果后于 2019 年 1 月将我解雇。在那之后, 我的心情更加低落。

我在 2019 年 1 月开始进行 4 次化疗, 但电脑断层扫描结果未见任何改善。医生说我必须更换疗程, 但新的疗程非常昂贵。

我无法改变诊断结果, 我经常告诉自己要乐观面对, 并且遵从医生的指示。2019 年 4 月, 在接受治疗后, 我问朋友有什么办法能让自己保持活力。她向我介绍了 365 防癌教育协会。

加入协会后, 我乐于参与协会举办的各种健康讲座和活动, 其中的排毒运动课程更令我获益良多, 让我变得更健康更快乐。做了排毒运动, 肩膀不再那么疼痛, 原本笨重的手也能举得更高, 弯腿也比较轻松, 没那么痛。我也喜欢上尊巴舞、编织及 365 Restorah 运动课程。365 防癌教育协会还为生命斗士准备健康的食物, 鼓励我们通过健康均衡的饮食预防营养不良并维持健康体重。

我要感谢 365 防癌教育协会的义工与捐款者在这段抗癌旅程上给予我的鼓励。协会帮助了许许多多迷失方向, 茫然失措的生命斗士。

我现在仍在接受治疗, 未来如何我依然不确定。但我想要鼓励所有生命斗士, 即使诊断罹患癌症, 我们仍要乐观面对, 还要如常生活。最重要的是, 保持心情愉快, 不要悲观, 相信你一定会康复的。



CANCER FIGHTER'S STORY: HELEN NG

生命斗士故事：吴润珍

I am Helen Ng, 51 years old, a Stage 4 Breast Cancer patient. My cancer cells have also spread to other parts of the body.

In Mar 2014, I fell accidentally and discovered during the check-up that I not only broke my femur, I was also diagnosed with Stage 2 Breast Cancer. Hence, I had to undergo two major surgeries for the broken femur and breast lump removal.

It was my lowest point in life. My old-aged father, whom I was very close to, needed to be taken care of, and so I could only bear everything all by myself. During this period, I completed my treatment through the support and helpful information from social service agencies and organisations as well as from my cousins. I volunteered my time and actively encouraged and helped other cancer fighters to walk through their journey in fighting cancer. At the same time, I also got to know and received care from 365 Cancer Prevention Society (365CPS) thanks to my friend's recommendation. Since then, my life has gradually returned to normal.

Just when I thought the worst was over, I suffered a sudden relapse in Feb 2019 and the cancer cells spread fast to my lungs and back bones. The bad news caught me completely off guard and plunged me into the abyss of pain. Meanwhile, my father's condition deteriorated and eventually passed on. He has been my pillar of support all these years. This immense sadness led me to the thought of giving up. However, with the help of the care and support team and the counselling team at 365CPS, I slowly found my direction in life and picked myself up again.

After several counselling sessions, I learnt to accept my vulnerability, pay attention to the many things I had once neglected, and marched on in life with courage. Even though I felt sad about my father's departure and was worried about my illness, I am now able to affirm my self-worth and treasure all the people who have been there for me and have supported me through the journey. I had once shared my story and how much I missed my father in a talk organised by 365CPS. Here, I would also like to encourage everyone to embrace your sorrow and express emotions and thoughts appropriately. I believe that pain and setbacks will not last and that we deserve a more exciting and fulfilling life!



我叫吴润珍，51岁，乳癌第四期，已扩散。

2014年的3月，我意外跌倒，在检查的过程中发现不只是大腿骨折，我已经是乳癌第二期。因此同时进行了骨折以及乳腺肿块移除两个大手术。

这个阶段是我人生的低谷，和我相依为命的父亲也年纪老迈，需要照顾，而我却只能独自承受一切。这期间，我从社会机构和团体，以及表亲处得到了很多的支持和必要的信息来完成治疗。我也参加了义工，积极鼓励及帮助其他生命斗士们一起走过抗癌之路，同时也在朋友的介绍下认识了365防癌教育协会接受关怀。至此，我的生活逐步归于平静。

本以为一切已经过去，可没想到，2019年的2月，我的病情突然复发，并急速扩散到肺部以及背部骨头。突如其来的噩耗将我再次打入痛苦的深渊。与此同时，父亲的身体状况恶化，进入了弥留阶段，他是我这些年来的精神支柱……莫大的悲伤与失落之下，我也曾想过放弃，但是在365防癌教育协会的关怀与辅导团队的帮助下，我慢慢找回了自己的方向，再次勇敢面对自己的人生。

一段时间的辅导后，我已能够坦然接受自己的脆弱，注意曾经忽略的很多事情，并以莫大的勇气正视自身。父亲的离开纵使使我悲伤，身体上的病痛也令我忧虑，但现在的我有足够的能力去肯定自己的价值并珍惜身边一路来陪伴与支持我的人们。我曾在365防癌教育协会举办的一次讲座上像众人讲述了自己的故事以及对父亲的思念。在这里，我鼓励大家正视自己的悲伤，以适当的方式表达自己的情感与想法。我相信，一时的伤痛与挫折不是永远的，我们值得更精彩的人生！

AN EVENT OF FUN WITH ASHTEAD TECHNOLOGY SINGAPORE 与 ASHTEAD 科技公司欢乐的一天

On 11th December 2019, Ashtead Technology Singapore had their CSR activity with the cancer fighters at 365CPS Ang Mo Kio Social Service Centre (AMK SSC). They organised a mini Christmas celebration packed with trivia quizzes and cosplays that brought much cheer and joy to the participants. The director of Ashtead went the extra mile to dress up as Santa to surprise the participants and took many photos with them! It was undeniably a great day of fun for the cancer fighters.

Ashtead Technology is a global leader in the provision of technically advanced subsea solutions, tools and systems. Ashtead has the largest equipment rental fleet in the industry with over 19,000 assets that customers can access to perform a variety of tasks such as subsea dredging, inspection or survey.

For their Corporate Social Responsibility (CSR) activity, Ashtead chose to collaborate with 365CPS and to interact with our cancer-fighting beneficiaries. Employees at Ashtead have a strong sense of giving back to the community and wanted to show their support in the cancer-fighting scene as cancer is a disease that impacts everyone one way or another. In their interaction with cancer fighters, one volunteer commented that, "This voluntary experience has made me realised there are many strong and positive people around. It is important to have a healthy body and happy mind and I hope to achieve this too."

When asked about the meaning of CSR, the director at Ashtead believes that CSR reminds people that "the thing that matters most is the relationships and connections we have with others". Living in a frantic-paced world causes us to sometimes forget the wider community among us; we do not exist alone and thus the relationships we make with others create meaning and purpose. Giving back to the community is one of the ways to develop relationships and connections that matter.

As an encouragement to other organisations to embark on CSR activities, the director mentioned that, "CSR allows employees to fill their emotional and spiritual cup and gain perspective that enables them to be more valued contributors in all areas of their lives, including at work." He believes that CSR "is an investment in the health and wellbeing of your employees, as well as the community".

To cancer fighters who are fighting the battle, Ashtead would like to take this opportunity to encourage fighters to find a community like 365CPS, one that will be alongside you on the battle towards recovery. You are never alone in this battle and the support that comes from the community will give you the strength to battle on.

Join Ashtead in making meaningful relationships with cancer fighters as we embark together on exciting CSR activities!



新加坡 Ashtead 科技公司在 2019 年12 月11日于365 防癌教育协会宏茂桥社区服务中心 (AMK SSC) 举办企业社会责任活动, 并邀来多位抗癌勇士参与。这场小型的圣诞庆祝会安排了猜谜和角色扮演游戏, 让所有与会者欢笑不断。Ashtead公司董事还扮成圣诞老人, 大家都很高兴, 踊跃跟圣诞老人合照! 现场的抗癌勇士度过了非常愉快的一天。

Ashtead科技公司是全球领先的先进海底技术解决方案、工具与系统供应商。Ashtead是业界规模最大的设备租赁公司, 可出租给客户进行海底疏浚、检查或调查作业的设备超过 19,000 件。

Ashtead特别选择与365防癌教育协会合作举办企业社会责任活动, 与受惠于协会的抗癌勇士交流。Ashtead员工对回馈社会有强烈的责任感, 并希望支持抗癌工作, 因为癌症可能影响到每一个人。在与抗癌勇士交流的过程中, 一位义工有感而发: “这次做义工的经验让我体会到原来我们身边有这么多坚强又乐观的人。保持身体健康和愉悦心情对每个人都很重要, 我希望我也能做到。”

提到企业社会责任的意义所在时, Ashtead公司董事认为这次企业社会责任活动, 旨在提醒大家“人与人之间的关系与交流非常重要”。生活节奏太快, 我们偶尔会忽略所处的社会; 没有人能一个人生存, 我们与他人建立和保持关系, 能让生活更有意义和目标。回馈社会, 正能让我们与他人建立关系和交流。

为鼓励其他组织积极开展企业社会责任活动, 这位董事表示: “员工参与企业社会责任, 心里就更充实而满足。他们也借此知道, 自己能在工作和其他方面, 作出更有价值的贡献。” 他深信, 企业社会责任 “是对员工健康与福祉, 以及对社会的投资。”

Ashtead藉此机会鼓励正在为生命奋战的抗癌勇士们, 都能找到像 365 防癌教育协会的团体, 陪伴大家走向康复。大家在抗癌的路上绝不孤单, 社会大众的支持将给予抗癌勇士和癌症战斗的力量。



FIBRE & CANCER - HIGH FIBRE OR LOW FIBRE DIET?

纤维与癌症 – 高纤或低纤饮食?

Question: I've heard that a high-fibre diet is good to prevent cancer. I've also heard that cancer patients should be on a low-fibre diet? Which should I follow?

问题: 我听说高纤饮食对预防癌症有帮助。我也听说癌症患者应该采取低纤饮食? 我应该听取哪种说法?



According to WCRF/AICR, there is strong evidence that:

- Consuming dietary fibre and wholegrains protects against colorectal cancer
- Consumption of non-starchy vegetables and fruits may protect against cancers of the mouth, pharynx, larynx, oesophagus, colon, rectum and stomach.

Other Health Benefits of Dietary Fibre:

- Lower blood cholesterol levels
- Manage blood glucose levels
- Promote satiety and helps weight management
- Prevent constipation
- Dilute and eliminate harmful substances from the body

Singapore Dietary Guidelines Recommended Fibre Intake:

- Women: 20g /day
- Men: 26g /day

This is equivalent to 2 servings of fruits, and 2 servings of vegetables per day. In addition, aim for 2-3 servings of whole grains to help meet daily dietary fibre needs.

On Treatment

Question: When should I be on a low-fibre / low-residue diet?

A low-fibre diet ($\leq 10\text{-}15\text{g}$ fibre/day) may be needed temporarily, as recommended by your doctor or dietitian, when you have a:

- Recent bowel / colorectal surgery (ileostomy, colostomy, resection)
- Radiotherapy which damages and irritates your digestive tract (abdominal pain, cramping, diarrhoea)
- Active flare-ups associated with Inflammatory Bowel Disease, Crohn's disease, Ulcerative Colitis, Diverticulitis

The goal of a low-fibre diet here is to decrease the size and frequency of bowel movements in order to reduce painful symptoms.

In conclusion, a low-fibre diet ($\leq 10\text{-}15\text{g}$ fibre/day) is only indicated for some cancer patients who have recent bowel surgery or inflammation. Otherwise, a high-fibre diet (20-26g fibre/day) is recommended for the general population and cancer survivors for the many health benefits and reduction of cancer risk.

World Cancer Research Foundation (WCRF) Cancer Prevention Recommendation No.3: **"Eat plenty and variety of wholegrains, vegetables, fruit, and beans as a major part of your daily diet."**

预防癌症

根据世界癌症研究基金会/美国癌症研究所 (WCRF/AICR) 的报告, 有强有力的证据表明:

- 摄取膳食纤维及全谷类可预防大肠直肠癌
- 摄取非淀粉类蔬菜及水果可预防口腔癌、咽喉癌、食道癌、大肠癌、直肠癌及胃癌。

膳食纤维的其他健康益处:

- 减少胆固醇
- 调节血糖
- 增加饱足感, 帮助控制体重
- 预防便秘
- 稀释食物中有害物质并加速排出

新加坡饮食指引建议膳食纤维摄取量:

- 女性: 每日 20 克
- 男性: 每日 26 克

以上分量相等于每日 2 份水果及 2 份蔬菜。此外, 每日摄取 2 到 3 份全谷类有助于达到每日膳食纤维摄取量。

治疗中

问题: 何时应该采取低纤/低渣饮食?

如有以下其中一个情况, 则可能需要遵从医师或营养师的建议, 暂时采取低纤饮食 (每日最多摄取 10 到 15 克纤维):

- 最近做过肠道/大肠直肠手术 (回肠造口术、大肠造口术、切除术)
 - 做过会破坏及刺激消化道 (腹痛、腹部绞痛、腹泻) 的放射治疗
 - 发生与炎症性肠病、克隆氏症、溃疡性结肠炎和憩室炎有关的病症
- 低纤饮食是为了减少排便量和次数, 以减轻疼痛症状。

总而言之, 只有近期做过肠道手术或有肠道发炎症状的部分癌症患者, 才需要采取低纤饮食 (每日最多摄取 10 到 15 克纤维)。为促进身体健康及降低癌症风险, 一般大众及癌症生存者则建议采取高纤饮食 (每日纤维摄取量达 20 到 26 克)。

世界癌症研究基金会 (WCRF) 癌症预防建议第 3 项: **"日常饮食须以多样而足够的全谷类、蔬菜、水果及豆类为主。"**

MEXICAN QUINOA SALAD (6 SERVINGS)

墨西哥藜麦沙拉 (6 人份)

Prep time: 15 minutes

Cook time: 20 minutes

Total: 35 minutes

准备时间: 15 分钟

烹煮时间: 20 分钟

总时间: 35 分钟

Ingredients

Dressing

Instructions

- 1/2 cup quinoa, uncooked
- 1 cup water
- 1 cup of black beans or kidney beans, cooked
- 1 cup of sweet corn, cooked
- 1 cup of cherry tomatoes, halved
- 1/4 large red onion, minced
- 2 avocados, sliced (for serving)

- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar or apple cider vinegar
- 1/4 cup chopped cilantro, fresh
- 1/4 cup freshly squeezed lime juice or lemon juice
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon honey
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon salt

1. In a medium pan, bring 1/2 cup of quinoa and 1 cup of water to boil. Reduce heat to low, cover the pan, and let simmer for 20 minutes or until all water is absorbed.
2. Place cooked quinoa in a container and let chill in the refrigerator while you prepare other ingredients.
3. Prepare dressing by placing all dressing ingredients in a covered jar and shake until well combined.
4. Prepare salad, by mixing together cooked quinoa, kidney beans, sweet corn, cherry tomatoes, and red onion. Then, pour on dressing and mix well again.
5. Serve with sliced avocado.

食材

沙拉

- 1/2 杯生藜麦
- 1 杯水
- 1 杯煮熟的黑豆或红腰豆
- 1 杯煮熟的甜玉米粒
- 1 杯小番茄, 切半
- 1/4 颗红洋葱, 切碎
- 2 颗牛油果, 切片 (备用)

- 2 汤匙特级初榨橄榄油
- 1 汤匙意大利香醋或苹果醋
- 1/4 杯新鲜香菜末
- 1/4 杯现挤青柠汁或柠檬汁
- 1/2 茶匙辣椒粉
- 1/2 茶匙大蒜粉
- 1/2 茶匙蜂蜜
- 1/2 茶匙烟熏红椒粉
- 1/8 茶匙盐

1. 在中型的锅中加入 1/2 杯生藜麦和 1 杯水煮滚。调至小火并盖上锅盖煮 20 分钟或直至藜麦吸干水为止。
2. 将煮熟的藜麦倒入容器, 再置入冰箱冷却, 期间准备其他材料。
3. 准备沙拉酱: 将所有沙拉酱的材料放入有盖的罐子摇晃, 使其混合均匀。
4. 准备沙拉: 将煮熟的藜麦、红腰豆、甜玉米粒、小番茄和红洋葱碎拌在一起。然后, 淋上沙拉酱并搅拌均匀。
5. 放上牛油果片即可。



SPECIAL thanks

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UPCOMING EVENTS 近期活动

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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。

ANG MO KIO (AMK) SOCIAL SERVICE CENTRE'S SCHEDULE 宏茂桥社区服务中心

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

APRIL 四月份

- 11/04
Love Lunch @ AMK
Social Service Centre
爱心午餐于宏茂桥社区服务中心

MAY 五月份

- 09/05
Love Lunch @ AMK
Social Service Centre
爱心午餐于宏茂桥社区服务中心

JUNE 六月份

- 13/06
Love Lunch @ AMK
Social Service Centre
爱心午餐于宏茂桥社区服务中心

For Clients Only 课程只限会员

- Mon : Restorah Exercise, Chinese Painting, Zumba Gold, Tea Appreciation Class
- Tue : Detox Exercise
- Wed : Nutrition and Wellness Class, Cooking Class, Nagomi Pastel Class
- Thu : Detox Exercise, Intermediate Ukulele Class
- Fri : Line Dance, Art Class, Vocal Class

- 星期一: 修复操, 水墨画, 尊巴, 茶艺班
- 星期二: 淋巴排毒操
- 星期三: 营养与养生课程, 烹饪课, 和谐粉彩画
- 星期四: 淋巴排毒操, 乌克兰丽丽中级班
- 星期五: 排舞, 绘画班, 声乐班

BUKIT PANJANG (BKP) SOCIAL SERVICE CENTRE'S SCHEDULE 武吉班让社区服务中心

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

APRIL 四月份

- 18/04
Love Lunch @ BKP
Social Service Centre
爱心午餐于武吉班让社区服务中心

MAY 五月份

- 16/05
Love Lunch @ BKP
Social Service Centre
爱心午餐于武吉班让社区服务中心

JUNE 六月份

- 20/06
Love Lunch @ BKP
Social Service Centre
爱心午餐于武吉班让社区服务中心

For Clients Only 课程只限会员

- Mon : Detox Exercise, Art Class
- Tue : Karaoke Singing Class, Ukulele Basic Class
- Wed : Dance Fit, Nutrition & Wellness Class, Cooking Class
- Thu : 365 Restorah Exercise, Art and Craft Class
- Fri : Line Dance, Chinese Calligraphy

- 星期一: 淋巴排毒操, 绘画班
- 星期二: 卡拉OK歌唱班, 乌克兰丽丽基础班
- 星期三: 舞蹈建操, 营养与养生加课, 烹饪课
- 星期四: 365 修复操, 美术班
- 星期五: 排舞恰恰恰, 书法课程

COMMONWEALTH (CW) SOCIAL SERVICE CENTRE'S SCHEDULE 联邦社区服务中心

Address: 1 Commonwealth Lane, #03-10,
One Commonwealth Building, Singapore 149544

APRIL 四月份

- 25/04
Love Lunch @ CW
Social Service Centre
爱心午餐于联邦社区服务中心

MAY 五月份

- 23/05
Love Lunch @ CW
Social Service Centre
爱心午餐于联邦社区服务中心

JUNE 六月份

- 27/06
Love Lunch @ CW
Social Service Centre
爱心午餐于联邦社区服务中心

For Clients Only 课程只限会员

- Mon : Detox Exercise, Vocal Class
- Tue : Line Dance, Basic Ukulele Class
- Wed : Special Talk, Cooking Class, Nutrition and Wellness Class
- Thu : Zumba Gold, Knitting and Crochet
- Fri : 365 Restorah Exercise, Chinese Calligraphy

- 星期一: 淋巴排毒操, 声乐班
- 星期二: 恰恰排舞, 乌克兰丽丽基础班
- 星期三: 特别讲座, 烹饪课, 营养与养生课
- 星期四: 尊巴, 钩针编织
- 星期五: 365 修复操, 书法

OTHER LOVE LUNCH VENUES 其他爱心午餐地点

APRIL 三月份

- 02/04
Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督恩典堂
- 04/04
Love Lunch @ Changi Simei
Zone 1 RC Centre
爱心午餐于四美区

MAY 五月份

- 02/05
Love Lunch @ Changi Simei
Zone 1 RC Centre
爱心午餐于四美区
- 07/05
Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督恩典堂

JUNE 六月份

- 04/06
Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督恩典堂
- 06/06
Love Lunch @ Changi Simei
Zone 1 RC Centre
爱心午餐于四美区



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
Ang Mo Kio Town Garden West (Opp. AMK Community Library)	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	
Thu, 8pm	Every Tue, 8pm	Mon to Fri, 7:30am Sat, 7:15am	

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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，也是一所以“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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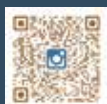
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365 Cancer Prevention Society 365防癌教育协会

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

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368