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THE IMPACT OF COVID-19 PANDEMIC ON OUR SOCIAL SERVICE CENTRES

冠状病毒给社区服务中心所带来的冲击

365 Cancer Prevention Society's (365CPS) Social Service Centre (SSC) is a place where members get to exercise, train, teach and learn. It is also a place for us to gather, enjoy, read and relax.

Since the start of the COVID-19 outbreak in Singapore at the beginning of this year, the Society has complied with the regulations from the Ministry of Health by closing all three SSCs at the end of March to prevent the spread of the virus among 365CPS members. As a result, all the members who used to participate in 365CPS activities had to stay home instead. To some members who regarded 365CPS SSCs as their second home, this affected them greatly and impacted them negatively.

In view of the situation, 365CPS wanted to ensure that members could continue making the most of their time during the circuit breaker period. Hence, we started using Zoom to conduct various activities such as Detox Exercise, Line Dance, Zumba, Dance Fit, Restorah and Ukulele classes for members. Additionally, we also started health talk events twice a week. As this was our first time organising activities using Zoom, many members, especially the elderly, who wanted to join the activities faced difficulties doing so as they did not know how to use the platform. However, under the guidance of the staff and care volunteers at the centres, members learnt how to download and use the platform to participate in activities.

In addition to using Zoom, our Chinese Painting teacher, Mr Chee Sin, and Art Class teacher, Ms Diana, also sacrificed their time and taught members how to draw via WhatsApp for free. Under their careful and patient guidance, they have trained a group of more than ten talented arts students.

In summary, the COVID-19 pandemic has indeed brought about major and negative impacts to the SSCs. Almost all our members have given their feedback and expressed hope that the centres will be reopened soon. The cancer fighters' wish that the SSCs will soon reopen has begun to see a ray of hope. With the unanimous cooperation of every person in Singapore in the fight against the pandemic, the spread of the coronavirus has been well controlled. In the community, especially, the low number of infected cases has been encouraging. At present, 365CPS has made all necessary preparations for the reopening of the SSCs once the government has given the green light.

365防癌教育协会的社区服务中心，不仅是给会友提供运动，培训，教导和学习外；同时也是会友聚集，娱乐，阅读和休闲的地方。

自从今年初新冠病毒 (COVID-19) 在本地迅速传播开来。协会遵照卫生部的规定，在三月底将所有三间的社区服务中心全部给关闭。这是为了预防会友被病毒所感染。这导致所有参与中心活动的会友都得留在家里。这对一些将中心当成第二个家的会友来说，确实受到很大的打击和负面的影响。

有鉴于此，协会为不让会友在这阻断期间在家中虚度时光；我们应用Zoom (电视摄像系统) 让会友们能在家继续参与各种运动如排毒操，排舞，Zumba, Dance Fit, Restorah 以及乌克兰等舞等活动。此外，协会也于每周举办二堂的健康讲座。有关应用Zoom来举办这一系列活动是空前绝后的；这造成想要参与的会友面对不会使用的问题，尤其是年长的会友。但经过中心的员工和关怀同工的指导下，会友们都学会了如何下载及使用程序而能参与活动了。

除了应用Zoom外，协会的二位美术老师即中国水墨画的志星老师和绘画班的Diana老师；不惜牺牲自己的时间免费应用手机教导会友作画。在他们细心和耐心的指导下，培养了一批十多位优秀画艺的学生。

总的来说，冠状病毒疫情确实给社区服务中心带来重大的负面影响。据收到的反馈，几乎所有的会友都异口同声地盼望中心能尽早重新开放。对于会友们对中心重新开放的期望，已经渐露曙光了。因为在全民一致的参与抗疫下，冠状病毒的传播已经得到良好的控制，尤其是在社区的感染更是令人鼓舞。目前协会对社区服务中心重新开放的准备已一切就绪。



ANGEL CHIANG'S TESTIMONY

蒋佩珍的分享

My name is Angel Chiang. I am 69 years old, and a Stage 1 breast cancer patient. I am grateful to have this opportunity to express my gratitude towards the 365 Cancer Prevention Society (365CPS).

I participated in various activities at 365CPS, such as Singing Class, Ukulele Class, Detox Exercise, Calligraphy and Restorah Exercise. All the teachers have been very professional and have guided us patiently, which made it such a joy to attend these classes. They truly have become something I look forward to everyday. I would also like to thank the chefs at 365CPS for whipping up meals that were both delicious and nutritious for us. This was also one of the reasons that I would always look forward to attending classes at the centre.

Since joining 365CPS, my life has become very meaningful. I set goals for each day, which I then set out to fulfil. I am very happy every day and have made many good friends. Unfortunately, all good things come to an end. The coronavirus pandemic that has affected countries all around the world has also greatly affected my everyday life. I used to have a very active lifestyle, and would go to the 365CPS Social Service Centre almost every day. Now, instead of going out, I am forced to stay at home. When the circuit breaker measures were first introduced, I found it difficult to adapt to this new change, and felt helpless staying home alone.

However, the centre started conducting a series of online activities, which I found myself getting used to. I was able to choose the activities that I liked and could enjoy. Many members have also benefited from the online activities, such as the Detox Exercise and Ukulele classes, which are taught by professional teachers. Joining these classes has given me more opportunities to interact with other members. For example, we are able to do things like encourage each other or discuss what we have learnt in class. I especially enjoy Ukulele class as the music and songs put me in a good mood, while helping me cultivate a better ear for the tempo and beat. This is also of great help to the body and mind for patients undergoing rehabilitation.

As a member of 365CPS, I am not simply satisfied with the Society but also sincerely respect and admire the teachers and staff at the centre. Each one of them is dedicated in helping patients like us, and has treated us like VIPs, providing us with much needed comfort. Once again, thank you to all the staff and teachers at 365CPS. Thank you for giving your all in serving every patient.



我是蒋佩珍, 69岁, 乳癌第一期。我很感恩有这个机会, 把我心中对365防癌教育协会 (365CPS) 的感谢, 以文字的方式表达出来。

在365CPS, 我参加了歌唱班、乌克兰丽、排毒操、书法、修复操等课程。每一位老师都很专业, 并且也很有耐心的指导我们。所以, 上课就成为我每天最期待和最开心的时刻了。我还要感谢365CPS的大厨, 他们所烹制出来的佳肴, 美味可口又营养充足。这也是我每天期待来中心上课的原因之一。

自从加入了365CPS之后, 我的生活变得多姿多彩, 每一天都有目标, 有计划的渡过, 每一天都很开心, 我也因此而结交了很多的好朋友。可惜好景不常, 2019新型冠状病毒在世界各地爆发后, 大大地影响了我的生活。原本在365CPS中心很活跃, 几乎天天报到的我, 也不得不停下脚步, 乖乖待在家中。阻断措施之初, 我也跟其它的人一样, 不能适应孤独一个人在家的无奈。

后来中心开始了一系列的线上活动, 渐渐的, 我也懂得如何去选择适合我的活动, 并从中找到乐趣。例如线上体操, 排毒操, 乌克兰丽, 还是由专业一级棒的老师来教导我们, 让会员们都获益匪浅。由于参加了线上课程, 使我有更多的机会与他人互动。例如: 彼此鼓励或是讨论课程的内容等等。我最喜爱的课程是乌克兰丽, 借着歌曲, 它能陶冶我的性情, 加增我对拍子的敏锐度。还有修复操对病友的身心灵都有极大的帮助。

身为会员, 我对365CPS不只是满意而已, 而是打从心里对老师和工作人员的敬佩。因为你们每一位工作人员和老师都是尽心尽力地在服务病友, 把我们像贵宾一样地接待, 使我们的身心灵都得了安慰。让我再一次对所有的工作人员与老师说一声谢谢。谢谢你们不辞劳苦, 尽心尽意的服事病友。

DORIS THONG'S TESTIMONY

汤淦丽的分享

I am Doris, 68 years old. In 2016, I was diagnosed with final stage multiple myeloma cancer. After a year of chemotherapy treatments, I underwent an autologous haematopoietic stem cell transplantation, followed by another two years of chemotherapy which ended in May 2020. However, the bone marrow test showed that I still have 2.9% of abnormal plasma cells. Currently, I am on oral chemotherapy medication for another two years.

Before the circuit breaker, I only attended the Fun Singing class once a week on Mondays. I truly miss the singing lessons, especially the teacher who is full of vital energy and always gave us a lively time. In class, I get to learn singing techniques such as breathing control which is a great exercise for the lungs, intonation, enunciation and expression. With the current situations, it seems like I have to wait for quite a while before physical lessons can resume.

During the circuit breaker, I really look forward to participate in 365 Cancer Prevention Society (365CPS) online activities every morning such as Detox Exercise, Dance Fit, Zumba Gold and Restorah Exercise. These activities have benefited me a lot physically and mentally. After completion of each activity, I feel more optimistic and happier for the rest of the day. Thankfully, I have other lessons over zoom to join. I am truly grateful to 365CPS for organising such meaningful activities for us.

我是淦丽, 68岁, 在 2016 年被诊断患有晚期多发性骨髓瘤。经过一年的化疗后, 我接受了自体造血干细胞移植, 随后又进行了两年的化疗, 直到 2020 年 5 月结束为止。然而, 骨髓测试显示我体内仍然有 2.9% 的异常浆细胞。目前, 我正接受为期两年的口服化疗。

在政府实施阻断措施之前, 我每周一都会参加 Fun 歌唱课。我在课堂上学到了唱歌呼吸法等技巧, 这对肺部、语调、咬字和表达都是很好的锻炼。我们的老师朝气蓬勃, 总能带动上课的气氛, 让我们开心学习, 因此我十分想念上课的时光。不过, 以目前的情况来说, 估计我们要等很长一段时间之后才能重新回到课堂上课。

阻断措施实施期间, 我每天早上都期待着能参加 365 防癌教育协会 (365CPS) 的线上活动, 如排毒操、健身舞蹈、尊巴舞以及修复操。这些活动都是有益我身心健康的活动。每当我完成这些活动后, 我一整天都充满正能量也觉得更开心。有幸的是, 我还能参加通过 Zoom 举办的其他线上课程。我衷心感谢 365CPS 为我们组织这些意义非凡的活动。





LEANA ONG'S TESTIMONY 王丽萍的分享

I am Leana Ong, 56 years old.

Sometime in late May 2019, I found a lump on my left breast and went for a check-up.

To my surprise, I was diagnosed with breast cancer.

Being an active person who hardly falls sick throughout my working life,

I was shocked that such bad thing would happen to me. At that point, I had many thoughts running in my mind – What's going on? What would happen to my future? Am I going to die very soon? There are still many countries which I haven't travelled to; I have a long to-do list, etc.

After the diagnosis, I had a surgery at the end of July and another in September to remove the lump. I then went on a short trip to Korea for vacation before I started my chemotherapy & radiation treatment. I really enjoyed the journey with my friends. After the trip, I came back to Singapore with a peaceful heart and calm mind.

Chemotherapy treatment started in October 2019. I came to know about 365 Cancer Prevention Society (365CPS) from a friend and I decided to drop by their centre to understand more. I found out that there are daily activities for cancer patients conducted at the centres. The activities happen to be my favourite activities and they keep me fit, healthy and happy. Not only that, I can also interact with new friends and share experiences with one another. This helps me and motivates me a lot. Healthy lunches are provided for free as well. The centres also have dietitian to guide and advise us on our diets. The counsellors and care leaders from 365CPS are also very friendly who really help me along the way in my cancer fighting journey.

Since the start of circuit breaker, we were not able to go to 365CPS physically for activities and that has really made me feel gloomy and I especially missed the fun and the people there. When 365CPS started daily activities through zoom, I was so excited and I joined all activities – Detox Exercise, Line Dance, Dance Fit, Zumba Gold, Restorah Exercise. These activities help me a lot and I feel lively once again. Health talks and relaxation exercises have also broadened my knowledge and helped me gain peace and calmness. I especially like the art therapy sessions as I have no prior knowledge on how to draw. My right hand's finger joints hurt due to chemotherapy treatment. However, after attending these classes, I started to draw so much despite the pain in my finger joints. This is a good therapy for me because when I draw,

I focus only on the drawing and think of nothing else. As I draw, my pain and my worries are all gone!

Thank you 365CPS staff who are always very nice and patient, and thank you to all volunteers and donors who help cancer patients go through this difficult and painful period. I would like to encourage other cancer patients out there to join various activities, health talks, and get to know more people as we are not alone. There are many kind souls and lovely people who will help us fight cancer and journey alongside with us.

我是王丽萍, 56岁。2019年5月底, 我发现左胸有个肿块便去做了检查。当我被诊断出患有乳腺癌时, 我感到十分震惊。我是一个经常运动的人, 几乎不怎么生病, 我从没料到这样的坏事会发生在我身上。当时, 我脑海里浮现很多疑问——究竟是怎么回事? 我接下来的日子该怎么办? 我是不是快死了? 我还有很多想去的国家, 还有很多想做的事……

经过那次诊断之后, 我分别于七月底和九月动了手术, 去除肿块。随后我在开始进行化疗和放疗之前, 去了韩国短期旅游, 和朋友玩得非常开心。旅行结束后, 我带着平静和平和的心情回到新加坡。

2019年10月, 我便开始进行化疗。我通过朋友介绍得知 365 防癌教育协会 (365CPS), 因此决定前往他们的中心看看, 以便更进一步了解这个协会。我发现中心每天都会为癌症患者举办活动, 这些活动刚好也是我感兴趣且让我保持健康活跃、心情愉快的活动。此外, 我还可以结交新朋友, 彼此分享经验。这不仅对我有所帮助, 也成为了我的动力。除了有免费的健康营养午餐之外, 中心的营养师还会针对我们的饮食给予我们指导和建议。365CPS 的辅导员和关怀组长都很友善, 在我对抗癌症的旅程中帮了我很多。

阻断措施实施期间, 我们不能亲自到 365CPS 参加活动。这让我感到沮丧, 因为我很怀念能参与活动的开心日子以及中心里的每一个人。后来当 365CPS 开始每日通过 zoom 提供在线活动时, 我十分兴奋地参加了所有的活动, 即排毒操、排舞、健身舞蹈、尊巴舞以及修复操。这些活动让我充满活力、获益良多。中心举办的健康讲座和放松运动也让我增广见闻, 同时也让我的内心得到安宁与平静。初尝画画的我也特别喜欢艺术治疗课。当初的化疗令我右手指关节疼痛。但参加这些课程后, 即使有着疼痛, 我依然把很多时间和精力放入画画中。对我而言, 画画很疗愈。我能够专注于画画, 而无需去想其他的事情。我的疼痛与烦恼也随着我的一笔一划全都消失不见!

在这里, 我想特别感谢十分友善且耐心的 365CPS 员工以及一直陪伴癌症病患走过艰难且痛苦时期的所有义工和捐赠者。我也想鼓励其他癌症病患者积极参与不同的活动、健康讲座、结交新朋友。事实上, 我们身边有很多善心人士, 愿意伸出援手, 陪我们一同对抗癌症, 我们并非孤军奋战。

YUKI WANG 'S TESTIMONY 王洋的分享

“In the face of cancer or the coronavirus, the fragility of life is all the more apparent. It does not matter how much money or fame you have...”

I am Yuki Wang, a Stage 3 breast cancer patient. The global outbreak of COVID-19 has changed my life in many ways. Before the pandemic, I was a cheerful person who would join my friends in daily activities such as exercising, and swimming or just spending time with them over a cup of coffee. When the pandemic broke out, the government encouraged us to avoid going out unless necessary. Being cooped up at home left me at a loss. I soon started feeling frustrated and would even feel anxiety at my situation. It was at this time that the care leaders from 365 Cancer Prevention Society (365CPS) gave me a piece of good news. I was told that there were now online classes and activities being conducted via Zoom which I could participate. The most interesting class that I joined was the Art Therapy Class. The teacher helped us to discover more of ourselves through drawing objects such as big or small houses, as well as our facial features. It was also through drawing that I was able to learn more about myself and discover my inner needs and problems.

During the pandemic, I also participated in the Facebook Live Health Talks organised by 365CPS. I found that the health talk on “Psychosocial Challenges in Cancer Survivors” held on 20 June 2020 was particularly relevant because it discussed the concerns or thoughts that we cancer fighters might have. Currently, I have completed my treatment and am continuing in my fight against cancer. I am determined to keep on fighting because as long as there is hope for survival, I will not give up. I told myself that I must start over by changing my lifestyle. However, even a strong person has times of weakness. Nowadays, whenever I feel unwell, the first thought that comes to mind is if the cancer has returned, or if I should see a doctor. The speaker for that night touched on the thoughts and concerns that I have been keeping to myself, and was able to help resolve my worries, allowing me to better face my anxiety. She also taught me how to deal with and face myself. I am feeling a lot better now, and am no longer my anxious self. This is all thanks to the explanation given by the counsellor.

Moving forward, I will continue fighting cancer even as I deal with the psychological challenges caused by the COVID-19 pandemic. The Zoom classes provided by 365CPS will become a part of my life as I continue to participate in them, stay motivated and change my life for the better.

I would like to express my gratitude towards everyone who has helped me to unlock and release the anxiety I have been feeling. Thank you for giving me courage and faith to know that I do not need to be afraid.



“在癌症、冠病面前，生命是何等的脆弱，无论贫穷还是富贵，著名或是无名...”

我是王洋女士，一名第三期乳癌病患者。随着2019新型冠状病毒在全球爆发，我的生活也随之而改变。疫前我是性情开朗，每天和朋友一起去运动，游泳，喝咖啡。疫情期间政府要求减少不必要的外出，居家呆在家里，不知道该做什么，心开始变得烦躁，情绪偶尔也出现了焦虑。就在这个时候，365防癌教育协会关怀组长发来了一个好消息，让我可以在线上参加zoom课程和活动。最有趣的一门课程就是艺术治疗的课程。老师让我们透过绘画——大小房子，人的五官等找出自己心理的答案，透过绘画让我认识了自己和探索到自己内心的需要和问题。

在疫情期间，我也参加了365防癌教育协会在脸书举办的现场直播讲座，特别是在20/6/20的“抗癌勇士面对社会心理挑战”话题，更真实贴心的话题，把我们生命斗士的想法——地谈出来。我现在已经完成了疗程，正走在抗癌的路上，我求生的意志无比的强烈，只要有一线存活下来的希望，我都不放弃。我告诉我自己，我必须把过去的生活模式改掉重来。可是再坚强的人也有脆弱的时候，现在只要身体哪里出现不舒服，马上就冒出是不是癌症复发？要不然去看医生等等想法。当晚讲员把我一直存在的想法和心声都谈了出来，解开了我心中的困惑和我面对的焦虑心理挑战。她教会了我们该如何应付和面对自己。我现在的心情好多了，也不再焦虑了，真不愧是我们的心灵导师给予的讲解。

接下来我仍要继续面对抗癌之路和2019新型冠状病毒之心理的挑战。因此，365防癌教育协会ZOOM课程，将是我生活中的一部分，我会继续参加学习，改变向上，让自己活的不一样！

我要感谢，是你们给了我一把钥匙打开了我心灵所面对的焦虑，给了我勇气和信念，我还怕什么呢！

AMERICAN CANCER SOCIETY 2020 CANCER PREVENTION GUIDELINES

美国癌症协会2020癌症预防指南

The American Cancer Society (ACS) has recently updated its cancer prevention guidelines, published on the 9th June 2020.
美国癌症协会 (ACS) 最近更新了其癌症预防指南, 该指南于2020年6月9日发布。

1 Achieve and maintain a healthy body weight throughout life
终生达到并保持健康的体重

2 Be physically active
积极运动

3 Follow a healthy eating pattern at all ages
在所有年龄段都遵守健康的饮食习惯

4 Best to avoid alcohol consumption
最好避免饮酒

Specific recommendations for dietary and lifestyle habits: 饮食和生活习惯的具体建议:

PREVIOUS 以前的指南

NEW 新的指南

Body weight
体重



(No change in guideline, remains the same)
Keep body weight within the healthy range and avoid weight gain in adulthood.
保持体重在健康范围内, 避免成年后体重增加。

Physical Activity
体力活动



Adults should engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week.
成年人每周至少应进行150分钟的中等强度运动或75分钟的剧烈运动。

- Adults should engage in 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity physical activity per week; achieving or exceeding the upper limit of 300 minutes is optimal.
- Children and adolescents should engage in at least 1 hr of moderate-or vigorous-intensity activity each day.
- Limit sedentary behavior, such as prolonged sitting, lying down, and watching television, and other forms of screen-based entertainment. (Moderate evidence: increases risk of colon, endometrial, and lung cancers.)
- 成人应该参加150-300分钟的中等强度或75-150分钟每周剧烈运动; 达到或超过300分钟的上限是最佳选择。
- 儿童和青少年每天应至少1小时的中等强度或剧烈运动。
- 限制久坐的行为, 例如长时间坐着, 躺下, 看电视以及其他形式的基于屏幕的娱乐 (中等证据: 增加患结肠癌, 子宫内膜癌和肺癌的风险)。

Diet
饮食



- Eat at least 2.5 servings of fruits and vegetables everyday
- Limit consumption of processed and red meat
- Choose whole grains instead of refined grain products
- 每天至少吃2.5份水果和蔬菜
- 限制食用加工和红肉
- 选择全谷物而不是精制谷物产品

- Eat at least 2.5-3 cups of vegetables and 1.5-2 cups of fruits everyday.
- Encourage a variety of whole fruits, vegetables, with a variety of colours—dark green, red, orange, yellow, purple etc; fibre-rich legumes (beans and peas), and whole grains.
- Limit / Avoid consumption of processed and red meat
- Limit sugar-sweetened beverages, highly processed foods with added sugar / fats / sodium, and refined grain products.
- 每天至少要吃2.5-3杯蔬菜和1.5-2杯水果。
- 鼓励使用各种颜色的各种水果, 蔬菜, 深绿色, 红色, 橙色, 黄色, 紫色等富含纤维的豆类 (豆和豌豆) 和全谷物。
- 限制/避免食用加工和红肉。
- 限制加糖饮料, 加糖/脂肪/钠含量较高的加工食品和精制谷物产品。

Alcohol
酒精



Limit consumption of alcohol to no more than 1 drink / day for women or 2 drink / day for men.
限制女性每天饮酒不超过1杯, 男性每天饮酒不超过2杯。

Best to avoid consumption of alcohol
最好避免饮酒



HEALTHY THAI PINEAPPLE TURMERIC BROWN RICE

健康泰式黄梨姜黄糙米饭

4 - 6 pax

4 - 6 人份

Ingredients

2 cups Brown Rice / Jasmine Brown Rice (cooked and cooled)
2 small Garlic Cloves (finely minced)
¼ Red Onion (finely chopped)
2 tbsp Extra Light Olive Oil
3 regular Eggs
½ cup Green Peas
1 small Red Capsicum (diced)
½ whole fresh Pineapple (cut into cubes)
2 tsp Turmeric Powder
1 tbsp Black Raisins (for topping)
1 handful Cashew Nuts (toasted, for topping)

Seasoning:

1 tbsp low-sodium Oyster Sauce
1 tbsp low-sodium Light Soy Sauce
Dash of White Pepper

Instructions

1. Heat extra light olive oil in a wok or large non-stick skillet over high heat.
2. Add in minced garlic and onion to sauté for 1 minute until fragrant.
3. Add peas and stir for another 30 seconds.
4. Combine rice and turmeric powder into wok. Stir to mix evenly.
5. Pour in beaten eggs and seasoning ingredients. Stir constantly for 4-5 mins or until rice grain appears dry.
6. Add in red capsicum, pineapple cubes, and raisin. Stir for just ~1min to warm through.
7. Top with cashew nuts. Serve & enjoy!

Prep time : 10 minutes

Bake time : 10 minutes

Total : 20 minutes

准备时间 : 10 分钟

烘烤时间 : 10 分钟

总时间 : 20 分钟

食材

2 杯糙米 / 茉莉香糙米 (煮熟, 冷却)
2 蒜瓣 (切末)
¼ 红洋葱 (切碎)
2 汤匙特级轻质橄榄油
3 粒鸡蛋
½ 杯青豆
1 颗红灯笼椒 (切丁)
½ 粒新鲜黄梨 (切块)
2 茶匙黄姜粉
1 汤匙黑葡萄干 (点缀)
1 小把腰果 (烤过, 点缀)

调味料:

2 茶匙黄姜粉
1 汤匙酱清 (低盐)
少许白胡椒

煮法

1. 倒入橄榄油进炒锅或不粘煎锅以高火加热。
2. 加入蒜末和切碎的洋葱炒1分钟至香。
3. 加入青豆再翻炒约30秒。
4. 将米饭和黄姜粉加入锅中并拌炒均匀。
5. 倒入鸡蛋和调味料, 拌炒约4-5分钟或直到米粒变干。
6. 加入红灯笼椒, 黄梨块和葡萄干。拌炒约1分钟至温。
7. 加上腰果点缀。即可享用!





VOLUNTEER WITH US

成为我们的义工



EVENTS/ACTIVITIES
节目/ 活动



PATIENT CARE
探访关怀



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UPCOMING EVENTS 近期活动

For ZOOM events, interested participants are advised to contact our Social Service Centre (SSC) mobile number below to get the event details.
关于ZOOM活动, 有兴趣的参加者请联系我们的社区服务中心的联络号码以获取活动详情。

ANG MO KIO SOCIAL SERVICE CENTRE (AMK SSC) + BUKIT PANJANG SOCIAL SERVICE CENTRE (BKP SSC) ZOOM ACTIVITIES 宏茂桥社区服务中心 + 武吉班让社区服务中心ZOOM活动

For Clients Only 课程只限会员

Mon : Detox Exercise
Tue : Line Dance
Thu : Zumba, Ukulele

星期一: 淋巴排毒操
星期二: 排舞
星期四: 尊巴, 乌克兰丽

AMK SSC 宏茂桥社区服务中心

Address 地址: Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621
Contact No 联络号码: 8809 8595

BKP SSC 武吉班让社区服务中心

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) 金文泰社区服务中心ZOOM活动

For Clients Only 课程只限会员

Mon : Detox Exercise
Tue : Line Dance, Zentangle Art
Thu : Zumba, Ukulele

星期一: 淋巴排毒操
星期二: 排舞, 禅绕画
星期四: 尊巴, 乌克兰丽

Address 地址: Blk 331, Clementi Avenue 2, #01-132, Singapore 120331
Contact No 联络号码: 8318 9146

FACEBOOK LIVE PROGRAMME : 脸书现场直播节目:

OCT 十月份

ENGLISH

24/10
Time: 8.00pm (Sat)
Topic: Smoothie Bowl

华语

17/10
时间: 晚上八点 (星期六)
主题: 癌症患者之情绪变化

NOV 十一月份

28/11
Time: 8.00pm (Sat)
Topic: Sarcoma

21/11
时间: 晚上八点 (星期六)
主题: 癌症康复期间的中医穴位辅助疗法

DEC 十二月份

12/12
Time: 8.00pm (Sat)
Topic: To be confirmed

05/12
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
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	

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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 Vice President: Mr James Chia
 Honorary Secretary: Mr Tan Soo Kee
 Honorary Treasurer: Mr Joshua Siow
 Honorary Assistant Secretary: Dr Raymond Yuen
 Honorary Assistant Treasurer: Ms Ang Pei Wen
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 副秘书长: 袁泉芳医生
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 HOD, Corporate Services: Ms Arlinda Chen
 HOD, Psychosocial Services: Ms Kelly Kuo
 HOD, Marketing, Fundraising: Mr Ashua Chua
 & Volunteer Management

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 社会心理服务部门主管: 郭凯丽女士
 宣传、筹款与义工管理部门主管: 蔡顺财先生

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, Mr Choong Thung Cheong

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, 钟通昌先生



Website



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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.

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