

SERVING THE NEEDS OF CANCER FIGHTERS 为抗癌勇士服务



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CLEMENTI SOCIAL SERVICE CENTRE 金文泰社区服务中心

The Social Service Centre (SSC) is a facility set up to serve the needs of cancer fighters and to support their family members with practical solutions on a daily basis.

Clementi Social Service Centre (CMT SSC) is being relocated from Commonwealth to Blk 331's void deck located at Clementi Ave 2 with the purpose of reaching out to the neighbourhood and serving more cancer fighters in an effort to battle cancer on a community level.

Essentially, CMT SSC serves as both an Activity Centre and a Day Centre that offers daily activities, day care services, nutritional consulting services, counselling services and public health talks. CMT SSC commenced its operations in Dec 2020 but with limited services due to the COVID-19 pandemic.

On weekdays, the centre conducts a wide range of recreational courses that cater to many different interests so that cancer fighters of all ages and backgrounds can enjoy. The activities and workshops range from exercises to art classes - for example Zumba Gold, Chinese Calligraphy, Art & Craft Class, Ukulele Class, Floral Workshops, Cooking Workshops etc.

These activities aim to encourage cancer fighters to stay active, to rebuild their self-confidence and to rediscover new purposes in life. Being active in community activities also enable them to build self-acceptance, find support in one another and improve their overall well-being.

The SSC also organises health talk events titled "Love Lunch" on the fourth Saturday of every month. These events aim to increase cancer prevention awareness by imparting knowledge about cancer from different professionals' perspectives. The talks are open to the public and cancer fighters are encouraged to attend with their families and friends. Healthy lunches are then served after the talk.

The Day Centre at the SSC serves like a second home for our beneficiaries where they come to enjoy healthy juices, nutritious lunch and dinner every day. There are resting rooms as well for them to rest or nap.

Cancer fighters are also able to seek support from our professionals in terms of nutrition and counselling. Our dietitian provides one-to-one nutritional consulting services and advise on personalised meal plans to ensure that cancer fighters get the right nutrition they need to battle cancer. Cancer fighters also battle with emotional and mental challenges such as fear, anxiety and depression in their cancer fighting journey, thus our counsellors are there to support them and to help build their psychological health.

Due to the outbreak of COVID-19, it is a challenge to provide centre-based services and physical activities for our beneficiaries. The pandemic has therefore changed the way we serve our beneficiaries. In spite of all the difficulties, we strive to adapt to the new normal by actively engaging our beneficiaries via Zoom instead. Through virtual platforms, we conduct activity classes, health talks, as well as nutrition and counselling consultations.

If you are looking for a community to journey with you in your fight with cancer, come and join us!



社会服务中心 (SSC) 设立的宗旨是为了满足生命斗士在抗癌过程中的需求, 它也同时为家属在日常生活上提供一些完善和实在的处理方法。

金文泰社区服务中心 (CMT SSC) 已从联邦巷搬迁到金文泰2道, 331座组屋楼下, 以便将服务范围扩展到社区及邻里中心, 来为更多的抗癌勇士提供社区服务, 一起抗癌。

为此, CMT SSC将兼作活动中心和日间中心, 提供日常活动、日托服务, 营养咨询服务, 心理辅导和公共健康讲座。CMT SSC于2020年12月开始运营, 但碍于COVID-19疫情而只提供有限的服务项目。

工作日期间, 中心将提供各种休闲课程和活动, 来满足会员不同的兴趣及喜好。抗癌勇士不分年龄和生活背景都可以参与。举办的活动丰富多彩, 从体育到艺术领域的均涵括在内, 包括尊巴舞课、中国书法、绘画美术、四弦琴、花卉讲习、烹饪课程等。

这些活动旨在鼓励抗癌勇士们保持活跃的身心, 重建自信心并重新发现生活中的新目标。在积极参与社区活动的同时, 能使他们建立自我认同感, 相互扶持, 让他们的身心更快乐健康。

SSC也会在每个月的第四个星期六举办名为“爱心午餐”的健康讲座活动。活动主要通过不同的专业角度来教导和分享癌症的知识, 目的是为了提高预防癌症的意识。讲座欢迎公众出席, 并鼓励抗癌勇士与家人和朋友们一起参加, 同时在讲座后享用健康午餐。

SSC的日间中心就如我们受益人的第二个家, 他们在此可以享用健康的果汁, 营养午餐和晚餐, 还有休息室可供休息或小憩。

抗癌勇士们还可以向我们的专业人士寻求营养和心理辅导方面的协助。我们的营养师提供一对一的营养咨询服务, 并提供适合个人的饮食计划, 来确保抗癌勇士们能充分获得所需的营养, 积极抗癌。抗癌勇士们在抗癌的过程中也会面对情绪和心理难关, 包括恐惧, 焦虑和抑郁, 因此我们的辅导员会给予支持并帮助他们恢复和保持心理健康。

由于COVID-19疫情的爆发, 为受益人在一所中心内提供一站式的各项服务和体能活动是一个挑战。疫情的阻断措施也改变了我们为受益人服务的方式。尽管面对各种困难, 我们还是能通过Zoom网络平台来积极与我们的受益人联系和交流, 努力适应新的常态。我们将持续通过这类虚拟平台来举办活动课程, 健康讲座以及营养和心理辅导咨询。

如果您在寻找一个能与您并肩作战的抗癌社区, 欢迎加入我们!

NG SOH NEE'S TESTIMONY

黄素妮的分享

I am Ng Soh Nee, and I am 66 years old. I was diagnosed with Stage 3 Breast Cancer. I have been fighting cancer for 4.5 years, and my health condition is currently stable.

Before the COVID-19 pandemic, I was busy with work and house chores. Occasionally, I also participated in activities conducted by the Community Centre, as well as talks on nutrition and cooking organised by 365 Cancer Prevention Society (365CPS). Due to work commitment, I seldom attend the usual exercise classes held by the Society.

After the COVID-19 pandemic broke out, life became laid-back because I did not have to go to work during the circuit breaker period. I spent most of my time on house chores, especially cooking. When I learned that the Society was starting online classes, I tried them out. There was a wide variety of classes, including exercise activities every Monday to Friday, as well as various talks related to cancer, mental health, nutrition and diet on Wednesday and Friday afternoons.

These online classes have taught me a lot, including how to maintain a balanced diet, manage negative emotions, how to maintain quality sleep and the importance of exercise. As time passed, I learned that being calm and peaceful will help improve my emotional state when it comes to my medical condition. We should also be flexible and welcome change, and strive to be calm in the face of cancer.

In addition to talks, the morning exercise classes also greatly benefitted me. Workouts sessions made me sweat and also helped me unclog my meridians and detoxify my body. I also felt better, and my limbs became more agile, thus enabling me to walk faster. Until now, I continue to attend various online activities. Many thanks to 365CPS for such thoughtful arrangements.

I would like to express my gratitude to 365CPS for your support and care along my cancer fighting journey and during the COVID-19 pandemic. Thank you to all of you!



我是黄素妮, 今年66岁, 被诊断患上第三期乳癌。抗癌四年半, 目前身体状况处于稳定的状态。

在疫情发生之前都忙于工作和家庭事务。偶尔也有参加联络所活动, 以及365防癌教育协会(365CPS)所举办的营养和烹饪讲座。由于工作缘故, 较少参与协会平常的运动课程。

然而疫情爆发之后, 在阻断期间不用上班, 生活瞬间变得悠闲。大部分时间都花在家务事上, 尤其是在烹饪方面。得知协会开始线上课程, 就尝试着去参与。每星期一至五都有不同的运动活动, 星期三和五下午有各种有关癌症, 心理健康和营养饮食方面的讲座, 都很丰富。

线上课程让我学习到很多, 包括如何保持饮食均衡, 调整负面情绪, 如何保持睡眠质量, 以及运动的重要性。我渐渐地了解到, 拥有平和的心情对我们的病情很重要, 避免钻牛角尖, 应处之泰然。

除了讲座之外, 早上的运动课程也帮助了我很多。运动令我排汗, 也帮助我畅通经脉和排毒。我的精神也变得很好, 手脚灵活, 走路也快捷了。到目前, 我仍然坚持参加他们的线上活动。非常感谢365CPS的用心安排。

感恩在这段抗癌及抗疫期间有365CPS的陪伴及关怀, 谢谢你们!



CHENG SIEW LEE'S TESTIMONY

郑秀莉的分享

My name is Cheng Siew Lee. I am 61 this year. I had breast cancer classified as Stage 3 on 10 Jan 2008. I joined 365 Cancer Prevention Society (365CPS) in 2017 and have been enjoying Detox Exercises, Ukulele Classes, Love Lunches and Zumba Classes organised by the Society.

I have benefitted both physically and mentally since joining 365CPS. Through Zumba and Detox Exercises, I could shake away my worries, boredom and stay physically active. By attending Ukulele Classes and Singing Classes, I am able to find peace and calm, and build my mental and emotional health. As such, I have recommended friends who are also suffering from cancer to join 365CPS so that they could benefit from the activities too.

Before the start of COVID-19, I attended Ukulele Classes and Zumba Classes. However, when circuit breaker kicks in on 7 April 2020, we were advised not to go out as the elderly are more susceptible to the virus. During this period, it was really stressful for me as my children could not visit me and I also could not attend the activities at 365CPS. I went from having an active lifestyle to living a couch potato lifestyle. I was feeling bored, depressed and wished for 365CPS to start operation again.

Everything was at a standstill so it was a pleasant surprise when I received a cute white teddy bear and a card for my birthday from the Society. It was also a relief when 365CPS started the Detox Exercises, Zumba, Ukulele Classes and other activities via Zoom. In addition, there are series of health talks, relaxation exercises and sharing sessions conducted by the Society. The above mentioned activities have been beneficial for me and kept me active and agile. I felt calm and relaxed when I carry out the breathing exercise along with soothing background music. Learning a new musical instrument like ukulele has also boosted my self-esteem and confidence. I have also gained much knowledge and awareness through health talks on topics such as foods that cancer patients should avoid and various TCM treatments. Thank you to the care leaders & programme staff for caring for us and accommodating to our needs. A big thank you to 365CPS for planning all these Zoom activities so that we, cancer fighters are able to stay connected even in these tough pandemic times!

我是郑秀莉, 今年六十一岁。我在2008年1月10日确诊患上第3期乳癌。我在2017年加入365防癌教育协会 (365CPS) 并积极参与协会主办的淋巴排毒操, 四弦琴课程, 爱心午餐和尊巴舞课程。

自从加入365CPS以来, 我在身心上都受益匪浅。通过尊巴舞和淋巴排毒操, 我可以摆脱忧虑和烦闷, 并以此来保持身体的活跃。当我在参加四弦琴课和声乐课的时候, 美妙的琴音让我的内心感觉安宁平静, 也让自己在心理和情感上能够保持健康。因此, 我会大力推荐其他患有癌症的朋友加入365CPS成为会员, 以便他们也可以从活动中受益。

在COVID-19疫情爆发之前, 我参与了四弦琴课和尊巴舞。在2020年4月7日, 阻断措施实行后, 政府要求我们尽量减少外出, 因为年长人士属于高风险群。这期间我的心理压力很大, 因为我的孩子不能来家里聚会, 我也无法外出参加365CPS的活动。我原本的生活忙碌而充实, 但阻断措施期间却只能整天困在家里、无所事事。我感到郁闷而沮丧, 热切希望365CPS能尽快重新运作。

阻断措施期间, 一切都仿佛停顿了下来。没有想到的是, 协会却细心安排送来了小白熊和生日卡片来祝贺我的生日, 让我十分感动和惊喜。365CPS藉由Zoom网络平台, 重新举办了网上淋巴排毒操、尊巴舞、四弦琴课程和其他活动让大家参与, 让我为之欣喜。此外, 协会还举办了一系列的健康讲座, 放松运动和分享会。这些活动都对我有益, 并助我保持身心活跃和灵敏。在舒缓的背景音乐中进行呼吸练习有助于让我镇定和放松心情。学习新的乐器, 如夏威夷四弦琴等, 也增强了我的自尊心和自信心。通过协会举办的健康讲座, 我也学会了很多知识, 认识到不少新事物, 例如癌症病友应该避免进食的食物及各种中医疗法。感谢关怀小组的组长和职工人员给予我们的照料和满足我们的需求。最后, 再一次感谢365CPS通过Zoom网络平台所举办的各类活动, 让我们这群抗癌勇士在疫情时期也能够保持联系和沟通!



KOONG DER MEEI'S TESTIMONY

孔德美的分享

Hi everyone, my name is **Koong Der Meei** and I was born in 1954. In mid-October 2017, my husband and I visited Japan on vacation. When we were walking during our trip there, I felt a tingling sensation in my lower abdomen. Upon returning to our hotel room, I took a shower and checked my lower abdomen. I was shocked to feel a large tumour in my lower abdomen. After ending our vacation and returning to Singapore, I quickly visited a specialist for checkup and I was caught off guard when I was informed that I had Stage 3-4 ovarian cancer. Apparently, ovarian cancer was a silent killer and I have never showed any significant symptoms at all. By the time it was discovered, the tumour was already larger than 10 cm and there were signs of it spreading too. This piece of news came like a bolt from the blue, but I still had to face it and pluck up the courage to undergo treatment.

At that time, I quickly started chemotherapy once a week, and my body experienced many side effects caused by chemotherapy. First, I suffered from hair loss. Then, my immune system weakened as my white blood cell count dropped, and I was forced to stay home. Having been active all my life, I was in a situation as if I was under house arrest. Fortunately, my home is located next to MacRitchie Reservoir which has a green and shady trail that allows me to walk, exercise and relax often. During chemotherapy, my tongue could not taste delicious food and I lost my appetite in the process. However, I still forced myself to have more meals in smaller portions to maintain my vitality. Most importantly, my family and friends have been very supportive and caring. My friends often visited me and offered me encouragement, thereby giving me lots of comfort and strength along the way. Their care and warmth enabled me to be optimistic in the face of suffering caused by this illness and fight cancer with a positive attitude.

After suffering from cancer, my outlook on life has also changed significantly. In the past, I used to be more impatient and a total perfectionist. Today, I have learned how to slow down and relax. I have also gotten over many things as I have learned that nothing is eternal in life. Besides, I have learned how to cherish the time I spend with people around me and to be more tolerant towards others. I am also more willing to show my care for others in need in a timely manner.

After recovery from cancer, I feel that every day is precious, and I need to live and learn until I grow old, so as to make my life colourful. I learned from a friend who taught Japanese nagomi pastel art at 365 Cancer Prevention Society (365CPS) that I could sign up for the class conducted

by the Society. After attending the class, I got to know that 365CPS is a charity organisation that is dedicated to helping cancer fighters. The Society provides cancer fighters with consultation, care and assistance, and also prepares a wide variety of programmes for everyone to participate and learn. I have participated in interesting and practical classes, such as balloon sculpting, bread baking and also attended a series of health talks. What impressed me most was the balloon sculpting class. I did not expect that ordinary-looking balloons could bring me back to the joy of childhood. The colours of these balloons lighted up the pale days when I was ill. I went from being afraid of balloons bursting to sculpting them by hand and turning them into various shapes. As long as one has imagination, balloons of different colours can be weaved and tied together to form a unique piece of art. This mirrors my life, where there have been illness and laughter, as well as despair and hope, in which all has weaved my unique and irreplaceable life. All my classmates are cancer fighters. We communicate, empathise and encourage each other, and look for the joy of life in learning.

At 365CPS, there are many kind people who join as volunteers, offering help to cancer fighters in many aspects. I would like to thank these volunteers for their love and dedication, and in giving warmth to cancer fighters. I would also like to express my gratitude to the many benevolent people and corporates who contributed to 365CPS. They understand the hardships that cancer fighters have to go through and express their love with action. They donate generously to support 365CPS, so that cancer fighters can receive encouragement and assistance, and lead a more courageous, robust and meaningful life!





大家好, **我是孔德美**, 出生于1954年。在2017年10月中旬, 我和先生去日本旅游, 在旅途步行时, 我的下腹感到有些刺痛。回到住宿的旅馆冲凉时, 自己检查了一下, 竟然摸到下腹部有一粒相当大的肿瘤, 心里相当吃惊。旅途结束后回到新加坡, 我连忙找专科医生检查, 竟然被告知得了第3-4期的卵巢癌。原来卵巢癌是沉默杀手, 我一直都没有显著的病徵, 等到发现的时候, 肿瘤已大过10公分, 而且有扩散的迹象。听到这消息真有如晴天霹雳, 但还是要面对现实, 勇敢去接受治疗。

那时候, 我很快就开始了每星期一次的化疗, 身体承受了化疗所带来的许多副作用。首先就是掉头发, 然后就是白血球下降, 身体抵抗力减弱, 必须尽量避免出门。一向活跃的我就好像被软禁在家。幸好我家位于麦理芝蓄水池旁边, 有绿阴遮天的步道, 让我经常去走路锻炼体力和放松心情。化疗期间舌头品尝不到食物的美味, 对食物失去胃口, 但我还是勉强自己少量多餐, 以保持元气。最重要的是, 家人和朋友都很支持关怀, 朋友们都经常探访鼓励我, 让我从中得到许多的安慰和力量。这些关爱和温暖让我能乐观面对生病的痛苦, 积极抗癌。

患癌后的我, 人生观也改变了许多。以前的我比较急性子, 也是一个完美主义者。如今的我懂得把生活脚步放慢, 把心情放松, 许多事也因此而看开了, 知道人生没有永恒的事物。我也懂得珍惜与身边的人相处的时光, 对人多一份包容, 也更愿意在别人有需要的时候, 及时付出关爱。

病愈重生以后, 觉得每一个日子都很宝贵, 要活到老学到老, 让日子多彩多姿。从一位在 365 防癌教育协会 (365CPS) 教导日本和谐粉彩画的朋友口中, 得知我可以报名参加协会的课程。出席以后, 才知道原来365CPS是一个专门帮助抗癌勇士的慈善机构。他们为抗癌勇士提供了许多的咨询关怀协助, 也准备了很多丰富多元的节目让大家参与和学习。我曾经参加过气球手工课、面包制作等有趣实用的课程, 也出席了一系列的医学和健康讲座等等。让我印象最深刻的是气球造型课程, 没想到毫不起眼的气球能把我带回到童年的快乐, 那些五彩缤纷的气球颜色把生病时苍白的日子都点亮了。从原本怕气球爆炸, 到用手捏造它, 把它变成各式各样的造型。而且只要有想象力, 就可以用各色的气球把它们编织捆绑在一起, 成为与众不同的艺术。就像我的人生, 有病痛也有欢笑, 有绝望也有盼望, 编织了我独特无可取代的生命。一起上课的同学都是抗癌的勇士, 大家互相交流、怜惜和鼓励, 在学习当中找到生活的乐趣。

在365CPS, 有许多善心人士来当义工, 在各方面协助抗癌勇士。感谢这些义工人士的爱心和付出, 让抗癌勇士得到温暖。也感恩社会上许许多多的善心人士和企业, 他们了解抗癌的艰辛, 以行动来表达他们的爱心, 慷慨解囊支持帮助抗癌勇士的365CPS, 让抗癌勇士得到鼓励和帮助, 生命过得更勇敢坚强和有意义!



SOLUBLE VS INSOLUBLE FIBRE

水溶性纤维与非水溶性纤维的比较



Question: During cancer treatment, I go back and forth between constipation and diarrhoea. Is there any food which can help both conditions?

问题: 在进行癌症化疗的期间, 我经常面临反复便秘和腹泻的症状。有哪些食物能够帮助舒缓这两种症状?

Constipation and diarrhoea can be due to side effects of treatment medications, which cannot be solved by food alone. Talk to your doctor or pharmacist, as they may be able to adjust some of your medications to help reduce these symptoms.

In addition, getting the right type of fibre is great for normalizing bowel function.

便秘和腹泻可能是癌症治疗药物所造成的副作用, 这并不能单靠食物来解决。您可以向医生或药剂师讨论这些症状, 他们或许能够调整治疗所用的药物来帮助您减轻这些症状。

此外, 摄取正确的纤维也可以让肠道功能正常化。

Description 描述

Soluble Fibre 水溶性纤维

Pectin, Gum
果胶, 胶

Easily dissolves in water. Attracts water and turns into a sticky soft gel-like substance during digestion.
容易溶于水。在消化过程中吸取水并变成粘性软凝胶状物质。

Insoluble Fibre 非水溶性纤维

Cellulose, Hemicellulose
纤维素, 半纤维素

Does not dissolve in water. Add bulk to stool and improve transit.
不溶于水。可增加粪便的体积和重量, 加快肠胃蠕动, 促使排便。

Suitable condition 适合的情况

Good for both diarrhoea and constipation.
对腹泻和便秘都有利。

Good for constipation only. Limit intake of insoluble fibre if you have diarrhoea.
适合用于便秘。如果出现腹泻, 应该限制非溶性纤维的摄入。

Food Sources 食物来源

- Oatmeal / oat bran 燕麦片 / 燕麦麸
- Barley 薏米
- Natural applesauce (no added sugar) 天然苹果酱 (无加糖)
- Apple, Pears (without skin) 苹果, 梨 (去皮)
- Strawberries, Blueberries 草莓, 蓝莓
- Citrus fruits 柑橘类水果
- Prunes 西梅
- Finely ground flaxseeds 细磨的亚麻籽
- Chia seeds 奇亚籽
- Psyllium 车前草
- Brussel Sprouts 求芽甘蓝
- Carrots 胡萝卜
- Onion 洋葱
- Chicory Root 菊苣根

- Whole grain / whole wheat products 全谷物/ 全麦产品
- Brown unpolished rice 糙米
- Green leafy vegetables 绿叶蔬菜
- Seeds 种子类
- Nuts 坚果类
- Skin of fruits 水果皮
- Skin of potatoes 土豆皮
- Skin of vegetables 蔬菜皮
- Corn 玉米
- Celery 芹菜
- * Remember to drink more water, because adding fibre without adequate water can worsen constipation.
* 得多喝水, 因为在没有足够水份的情况下增加膳食纤维的摄取会使便秘恶化。

Beans, peas, and lentils contain significant amounts of both soluble and insoluble fibre.
豆类、豌豆和扁豆 (含有大量的可溶性纤维和不溶性纤维)。

Note: If you have severe constipation with pain, fever, or abdominal distention (bloating), seek medical intervention right away. Do not try to self-medicate with food.

In conclusion, soluble fibre is good for both diarrhoea and constipation, whereas food high in insoluble fibre is useful for constipation only. Besides consumption of dietary fibre along with adequate fluid intake, physical activity can stimulate bowel movement, and probiotics may help in improving gut immunity and gastrointestinal health.

注意: 如果您有严重的便秘与疼痛, 发烧, 或腹胀, 立即寻求医疗干预。不要试图用食物自我治疗。

总之, 水溶性纤维对腹泻和便秘都有益, 而含有非水溶性纤维的食物只对便秘有用。除了食用膳食纤维以及足够的液体摄入量外, 积极运动也可以刺激肠胃蠕动。益生菌也可助于改善肠道免疫力和胃肠道健康。

PUMPKIN OAT CUBES

南瓜燕麦方块

Prep time : 30 minutes

准备时间 : 30 分钟

Yield : 25-30 cubes

烘烤时间 : 20-30 分钟

Per serving: 3 cubes

一人份量 : 3 方块

Ingredients

- 1 cup rolled oats
- 1/2 cup pumpkin puree (cut pumpkin into small pieces and steamed till soft)
- 2 tbsp 100% almond butter or peanut butter
- 2 tbsp chia seeds
- 2 tbsp pumpkin seeds
- 2 tbsp honey or natural Stevia sweetener to taste
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon or pumpkin pie spice
- pinch of salt

食材

- 1 杯 燕麦片
- 1/2 杯 南瓜泥 (把南瓜切小块, 蒸熟至软)
- 2 汤匙 100% 杏仁酱/花生酱
- 2 汤匙 奇亚籽
- 2 汤匙 南瓜籽
- 2 汤匙 蜂蜜 或 适量甜叶菊代糖
- 1/2 茶匙 香草精
- 1/2 茶匙 肉桂/南瓜派香料
- 少许盐

Instructions 煮法

1. Cut pumpkin into small pieces. Steam for about 15 minutes until soft.
2. Pulse all ingredients in a food processor until well-mixed.
3. Scoop mixture and shape into 1-inch cubes (using ice cube tray) or 1-inch balls or any shape you like.
4. Keep in a covered container, and freeze until solid.
5. Enjoy the pumpkin oat cubes!

Storage instructions: Store the remaining oat cubes in the refrigerator in a covered container.

1. 将南瓜切成小块, 蒸十五分钟直到软。
2. 将所有材料放入调理机中混合好。
3. 取出混合物, 搓成1英寸的立方体状 (可用冰块托盘), 或是球状, 或任何您喜欢的形状。
4. 把搓好的南瓜燕麦方块放在有盖的容器中, 并冻结至固体。
5. 享用南瓜燕麦方块!

储存法: 将剩余的南瓜燕麦方块放在有盖的容器中, 然后放入冰箱冷藏。





EVENTS/ACTIVITIES
节目/ 活动



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UPCOMING EVENTS 近期活动

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.
For ZOOM events, interested participants are advised to contact our SSCs' mobile numbers below to get the event details.

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。
关于ZOOM活动, 有兴趣的参加者请联系以下的社区服务中心联络号码以获取活动详情。

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

For Clients Only 课程只限会员

Mon : Zumba Gold, Art Class
Tue : Art Class, Line Dance
Wed : Detox Exercise, PSS Talk
Thu : Chinese Painting, Fall Prevention Workout
Fri : Detox Exercise, Intermediate Ukulele Class

星期一: 尊巴, 绘画
星期二: 绘画, 排舞课
星期三: 淋巴排毒操, PSS 讲座
星期四: 水墨画, 预防跌倒运动
星期五: 淋巴排毒操, 乌克兰丽中级班

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 Clients Only 课程只限会员

Mon : Detox Exercise, Chinese Painting
Tue : Basic Ukulele Class
Wed : Fall Prevention Workout, PSS Talk
Thu : Zumba Gold, Art & Craft
Fri : Line dance, Art class

星期一: 淋巴排毒操, 水墨画
星期二: 乌克兰丽基础班
星期三: 预防跌倒运动, PSS 讲座
星期四: 尊巴, 美术课
星期五: 排舞恰恰恰, 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 Clients Only 课程只限会员

Mon : Detox Exercise, Chinese Calligraphy
Tue : Line Dance, Zentangle Art
Wed : PSS Talk
Thu : Zumba, Ukulele

星期一: 淋巴排毒操, 书法
星期二: 排舞, 禅绕画
星期三: PSS 讲座
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:

JAN 一月份

ENGLISH

23/1

Time: 8.00pm (Sat)
Topic: Metastatic Colon Cancer

FEB 二月份

27/2

Time: 8.00pm (Sat)
Topic: Breast Cancer Surgery

MAR 三月份

27/3

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

华语

16/1

时间: 晚上八点 (星期六)
主题: 血癌的类型

20/2

时间: 晚上八点 (星期六)
主题: 食物和癌症--是否有相关性?

20/3

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。

Executive Committee 执行委员会

President : Dr Eric Chiam
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
Member : Mr Sam Ang
Ms Jenny Aw
Dr Charles Lee
Prof Lim Kah Meng
Mr Andrew Pang
Ms Anna Phua

Management Staff 管理层

Executive Director : Mr Ben Chua
HOD, Corporate Services : Ms Arlinda Chen
HOD, Psychosocial Services : Ms Kelly Kuo
HOD, Marketing, Fundraising: Mr Ashua Chua
& Volunteer Management

执行长 : 蔡德森先生
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社会心理服务部门主管 : 郭凯丽女士
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李志州博士
林家明教授
冯国明先生
潘秀霞女士

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
Mr Choong Thung Cheong

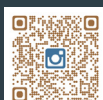
名誉顾问: 许宝琨医生
名誉顾问: 陈有明医生
名誉顾问: 张和宾博士
法律顾问: 吴微良先生
钟通昌先生



Website



Facebook



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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

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