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VISITATION IS MORE THAN A TASK. IT IS ABOUT LOVE AND CARE.

上门探访不只是一个任务, 更是一份关怀和爱!

**CANCER
FIGHTER STORY:**
Winnie Tong - PAGE 04

抗癌勇士故事:
唐詠芬 - 第四页

**365CPS
VISITATION
SERVICE** - PAGE 01

365CPS探访服务
- 第一页

**FOOD
PALATABILITY FOR
CANCER PATIENTS**
- PAGE 06

符合癌症患者口味
的食物 - 第六页

Special Menu for this month:
HOT AND SOUR SOUP - PAGE 07

本月特别的食谱:
酸辣汤 - 第七页



CONTENTS

365CPS VISITATION SERVICE

365CPS探访服务

01-03

CANCER FIGHTER'S STORY - Winnie Tong

抗癌勇士见证 - 唐詠芬

04-05

FOOD PALATABILITY FOR CANCER PATIENTS

符合癌症患者口味的食物

06

HOT AND SOUR SOUP

酸辣汤

07

VOLUNTEER RECRUITMENT

成为义工

08

UPCOMING EVENTS

近期活动

09



365CPS Visitation Service

365CPS探访服务

Home visitation is the Society's priority!

The Society places great importance on home visitation. It is important to give care and love for visitation to be effective and helpful!

"You guys got here just in time, my mother (patient) was in a very bad mood this morning, and I really didn't know how to console her..."

"You all arrived at the perfect timing, I was struggling, unsure of how to face this illness..."

"Thank you for coming to visit me and giving me great care and comfort..."

"Although it wasn't convenient for me to come down to the Society, you all still kept in close contact with me, and even pay me a visit at home..."

"The doctor said my father's life is in danger... could you all come and see him?"

"Hello, my friend has just been diagnosed with cancer, could you guys come and help him, please?"

"Thank you for accompanying us when we lost our loved ones..." etc

Cancer fighters are just not the same as those who suffer from ordinary fever and colds! Caring and accompanying cancer fighters is a long process. However, many are not aware that cancer is very different from other diseases. Therefore, more often than not family members are helpless on how to communicate with cancer fighters or deal with the negativity during their treatment. There are times when family members do not know the right things to say or do. This might be challenging for the cancer fighters, as well as their family members. Visitation helps to give them emotional support and comfort. This aids in the recovery process for the cancer fighters.

365 Cancer Prevention Society attaches great importance to visiting work. This is not just a task, it is the care and love towards cancer fighters and their families!

Who are the cancer fighters that require visitation? Cancer fighters who have poor health that inconveniences them from leaving their homes or those who are still receiving treatment. Whether it is regular visits, scheduled visits or temporary visits, staff of the Society's Care & Support Department is always ready to go to the cancer fighter's home or hospital ward. With one urgent call, the staff will immediately be dispatched to the location to offer support for the cancer fighters and their family members.

There are many cancer fighters who face loneliness and isolation. Therefore, the Society's employees who visit cancer fighters are required to attend caregiving and counselling trainings. This equips staff to help cancer fighters or their families during visitations. If a case is discovered to be tricky during visitation, the visiting staff will report to the Society's professional counsellor for individual in-depth counselling, and provide timely help and attention to the cancer fighter or caregiver.

上门探访, 是协会的重点!

【协会非常重视上门探访, 要做好这一环, 献上关怀和爱才是最重要的!】

"你们来的正好, 我妈妈(患者)今早情绪很差, 我真的不知道如何开解她..."

"你们来的正是时候, 我心里很挣扎, 不知道该如何面对这病情..."

"谢谢你们来探望我, 给予我极大的关怀和安慰..."

"虽然我不方便到协会, 但你们还是紧密地和我联系, 甚至上门来探望我..."

"医生说我父亲生命有危险...你们可以过来看看他吗?"

"你好, 我的朋友检查出了癌症, 请你们帮帮他, 好吗?"

"谢谢你们在我们失去至亲时, 仍然陪伴我们..." 等等。

癌症患者和普通发烧、伤风感冒患者很不一样! 关怀生命斗士、陪伴生命斗士是漫长的过程。但是, 许多人不了解患癌和其他疾病非常不一样, 因此, 很多时候家属不晓得该如何与生命斗士沟通, 或处理他们治疗过程中的各种负面情绪。很可能家属也不知道该说什么、做什么, 结果使生命斗士与家属都感到尴尬。毕竟, 探望他们, 就是希望给他们精神上的支持和抚慰, 帮助他们早日康复。

探访生命斗士意义重大, 因此, 365防癌教育协会非常看重探访工作。这不只是一份任务, 更是对抗癌勇士和他们家人的关怀和爱!

哪些生命斗士需要探访呢? ——身体欠佳不方便出门, 或仍在接受治疗、须避开人群的病患。无论是定期探访、预约探访或是临时上门探访, 协会关怀部的负责员工都随时做好准备, 前往有需要的生命斗士家里、医院或临终病房, 甚至临时的一通电话, 员工就即刻赶往目的地, 支持和陪伴生命斗士和他们的家属。

相信身患癌症多少都会有孤独、孤立感。因此, 协会派出探访生命斗士的员工, 都必须持续接受关怀知识课程以及辅导技巧训练, 好在探访中给予生命斗士或家属更多帮助。若是探访交谈时发现案例较为棘手, 探访员工都会向上汇报并转介协会的专业心理咨询师, 以进行个别深入辅导, 及时为生命斗士或其家属献上帮助和关注。

CANCER FIGHTERS' TESTIMONIES 抗癌勇士见证



**MARY
(ALIAS)**

My name is **Mary (Alias)**, 58. I am diagnosed with Stage 1 ovarian cancer.

I first found out about my ovarian cancer when I was 55. It was 5 years after I reached menopause at 50. I noticed blood discharge and knew that if there is blood sighting after menopause, it would mean something was not right. I discovered it early December 2015 and I went to the doctor with a friend promptly to get checked and have a biopsy done. I was then diagnosed with ovarian cancer when the result came out. The doctor promptly arranged a hysterectomy to have my womb removed. Everything was done by late December around Christmas.

Everything happened so fast and was done in the month I was diagnosed with cancer. When I recalled what happened, I realised that I was in utter shock and did not even shed a tear even though my friend cried her eyes out. I knew that my cancer was caused by stress because I was taking care of my mother-in-law who suffered from dementia. I tried not to worry too much about the future and instead tried to focus on the present. Everyday is a blessing and I should make the best out of it.

我今年58岁，经过确诊患有第一期卵巢癌。我55岁时发现患上卵巢癌，那时我已经停经五年了。我注意到自己下体出血，而我知道停经后下体出血，说明身体出问题了。我是在2015年12月初发现问题的。我有朋友陪着，很快就看了医生，并且做了活组织检查。报告显示我患上了卵巢癌。医生马上安排我接受手术，切除子宫。这一切都在12月底，大概是圣诞节前后完成。

事情发生得太快，全在我确诊患癌的一个月内发生。回想起来，我才发现当时自己在震惊下一滴眼泪都没流，反倒是我朋友哭得稀里哗啦的。我知道是压力导致我患癌，因为当时我在照顾患上失智症的家婆。我试着不去担心以后的事，而是专注过好眼前的每一天。每过一天都足以让我感恩，我应该让自己过得更充实。我从朋友的母亲那里得知365防癌教育协会。她参加协会的活动，所以推荐我也加入。我当时呆在家里，又无聊又孤单，所以便参加了位于联邦道的协会所主办的几项课程和活动。

I found out about 365CPS through my friend's mother. She was doing activities there so she introduced me to join the society as well. I was bored and lonely at home that time so I attended classes and activities at the centre in Commonwealth.

365CPS often does home visitations and I feel that this is definitely a good initiative and platform for us to bond with the staff. I find that 365CPS is a very unique organisation. Other organisations are very distant and systematic, they don't really get in touch with us on a personal level. I find that 365CPS has reached out to us on a personal level and this is very comforting and touching. I realised that other people's mentality of home visitation is very negative and they are reluctant to trouble the staff. However, I believe that we should all establish a close connection with them from the start. They are here as friends and they truly care for us.

I find that 365CPS staff are very dedicated to what they do. They really have the passion to do this line of work. We as cancer fighters can tell the difference whether they are doing it out of love. They are very heart-warming and I appreciate it. An example would be that I sent a message to the centre to notify them that I am done with my treatment and expressed interest to take part in the activities. They responded swiftly, and the visitation staff came over promptly to care for me and to bring me materials to keep me up-to-date. Keep up the good job!

I believe that the life journey goes on no matter what happens. Nobody wants to be plagued by sickness. However, if you are feeling depressed and discouraged, our loved ones would suffer too. Stay strong and continue living your life to the fullest! When the day comes for me to leave, I hope that I am a strong woman in the hearts of my family members. Someone who have lived life with hope and strength, and not a person who gives up in life and becomes an emotional burden.

365防癌教育协会还经常上门家访。我觉得家访非常有用，也是我们和协会职工建立密切关系的平台。我觉得365防癌教育协会有别于其他机构，不那么疏离，不那么刻板，别的机构也不会亲自接触我们。我发现365防癌教育协会会派人亲自接触我们，我很安慰，也很感动。我知道，有的人不太愿意接受家访，也不愿意给职工添麻烦。但是我认为，我们应该一早就和他们建立密切的联系。他们来找我们，就像是朋友，而且真的很关心我们。

365防癌教育协会的职工非常敬业，对工作的热诚真的没话说。作为抗癌勇士，我们能够感受到他们真挚的关怀。他们非常贴心，我很感激。一个很好的例子，是当我发信息给中心，通知他们我已完成治疗，而且有意参加他们的活动时，他们很快就回复，负责家访的职工也很快上门，不但关心我照顾我，还带来相关材料，让我知道最新的进展。请继续努力！

我深信不论发生什么事情，人生旅程还是得走下去。谁也不想被病魔折磨，但如果你感到失落和沮丧，爱你的人也会感到痛苦。我们必须坚强面对，继续充实地活下去！当我离去时，我希望自己在家人和亲友的心中，是个非常坚强的女性，曾经充满希望和能量地走过这一生，而不是一个病恹恹、自暴自弃的人，也不是他们情感的包袱。



**TAN
SOK KEOW**
陈淑娇

My name is Tan Sok Keow and I am 56 years old this year. I was diagnosed with breast cancer in 2017.

I was in the shower when I felt a lump on my breast and there was some discharge coming out from the lump. I was shocked at that discovery and went to the doctor the next day for a check-up. They performed biopsy and extensive checks on me and diagnosed me with breast cancer.

At that point, I was very confused, lost and devastated. I didn't know what to do or where to seek help. It was a dark journey of sadness and depression. However, my family, my sister and my church members gave me a lot of support and pulled me out of depression. I went ahead to face my problems and did what the doctor advised me to do.

It was my sister who brought me to Commonwealth to register and introduced me to 365 Cancer Prevention Society. My sister's late husband was one of the members in 365 Cancer Prevention Society and he attended activities such as cooking classes there. In 2017, I joined as a member and was attending love lunches, talks and even went for a birthday party at AMK.

When the staff of 365 Cancer Prevention Society came to visit me, it was very useful and beneficial. It gave me a feeling that someone cares about me to visit me, ask about my conditions and have constant follow-ups with me. The staff listened to my problems, gave me helpful advices and encouragements. I would definitely recommend others who are facing the same issues to open up to visitation because it is a platform for you to pour out your sorrows and problems to someone who cares. When we bottle it up, it causes a lot of pain. Through visitations, 365 Cancer Prevention Society has helped me emotionally and given me an avenue to voice out my troubles. The activities set up by them are excellent as well because they allow like-minded people to gather and encourage each other. It is also a good place to learn something new and pass time more meaningfully.

I want to encourage cancer fighters who are reading this to not give up and keep practising positive thinking. Don't think so much about the problems that are not within your control, redirect that energy to do the things you like instead. Having a religion helps as well, and always stay busy so your mind does not run wild. Thank you to all the staff at 365 Cancer Prevention Society for your hard work because it is not an easy task!

我是陈淑娇，今年56岁。2017年我被诊断患上乳腺癌。当时，我是在洗澡时发现胸部有肿块，肿块还有分泌物。我感到很惊慌，第二天马上去看医生，接受检查。他们为我进行了一系列详细的检查后，证实了我患上乳腺癌。

我脑里一片混乱，深感失落和震惊。也不知该如何是好，更不知道向谁求助。在那段黑暗，悲伤和抑郁的日子里，幸好有家人，妹妹以及教友的支持，让我从抑郁中走出来。我勇敢的面对现实，并且遵从医生的指示。

我妹妹带我到联邦道登记，向我介绍 365 防癌教育协会。我已故的妹夫曾是365防癌教育协会会员，参加过协会举办的烹饪课程等活动。2017年我成为协会会员，参加了爱心午餐、讲座等活动，甚至到宏茂桥参加生日会。

365防癌教育协会的家访对我来说意义重大，他们常派人来探访我，跟进我的病情，让我深深地感受到她们的爱心与耐心。员工们在细心聆听我的问题后，便给予我一些建议和鼓励。凡是和我有同样遭遇的人，请你们不要拒绝家访。家访是很好的机会，可以向关心你的人倾诉心声。胜过于把一切都深藏在心里，会感到很痛苦。通过家访，365防癌教育协会在情感上给予我协助，并且让我有一个抒发心声的管道。他们所举办的活动能把一些志同道合的人凝聚在一起，彼此互相鼓励与扶持。活动也让我们学习到新事物，更能善于利用自时间。

我要鼓励正在阅读本文的抗癌勇士，千万别放弃，一定要保持积极与乐观。因为问题不是我们能控制的，所以倒不如，专心去做自己喜欢的事物。宗教信仰也是力量的来源，不让自己闲下来，才不会胡思乱想。

衷心感谢365防癌教育协会的员工们！谢谢你们的努力，因为这份工作真的不容易啊！

I am Tee Ai Chip, 55, suffering from fourth stage nasopharyngeal cancer. I found myself suffering from the disease in 2016.

I have been feeling pain in my body for some time, and it later developed to my neck area. Thus, I went to the polyclinic to see a doctor. The doctor wrote a letter to refer me to the Singapore General Hospital for a Magnetic Resonance Imaging (MRI) scan.

Finally, through the MRI examination report, the doctor told me that my bones were fine, but my body still hurt. Later, I found blood in my phlegm, and also, the side of my nose was swollen. I suspected that something was amiss, so I went to the polyclinic again to see a doctor. I asked the doctor to refer me to Singapore General Hospital for a computed tomography scan, which diagnosed me with nasopharyngeal cancer.



**TEE
AI CHIP**
戴亚集

This news definitely had an impact on me. I felt very tired and moody at times. Yet, I was not afraid because I knew that I had to be optimistic as advised by the doctor. However, I wasn't sleeping well and felt a lack of motivation and purpose in life.

The staff of 365 Cancer Prevention Society visited me every one to two weeks which was very helpful to me. They understood my situation and encouraged me. This made me feel cared for. The Society even provided me financial assistance which solved my financial difficulties and helped me through the tough times.

I am very thankful for the staff of 365 Cancer Prevention Society. They have always kept me informed of the Society's activities and encouraged me to participate. These updates gave me a sense of belonging. I would like to also encourage all my fellow cancer fighters to be more open to share among each other and understand each other better especially on the side effects of chemotherapy. With more experiences shared, this would also help other cancer fighters who have not gone for chemotherapy to be better mentally prepared.

我是戴亚集，55岁，患上鼻咽癌第四期。我是在2016年发现自己患上鼻咽癌。可是，其实身体早就有疼痛，后来发展到颈部也作痛，于是就去政府诊所看医生。医生写信转介我到新加坡中央医院，安排做核磁共振成像扫描(MRI)。

通过MRI检查报告，医生告知说我的骨头没事，然而我的身体还是一直疼痛。后来发现痰里有血，同时也发现鼻子旁边肿了起来，心里觉得不妙，就再次去政府诊所看医生，请医生转介去新加坡中央医院做电脑断层扫描，才诊断出是鼻咽癌。

这样的消息对我多少肯定有影响，我觉得很疲累，心情比较差，但是反而不太害怕。因为我知道，要保持乐观态度，就像医生说的。只是睡得不好，做事有心无力，过得一天是一天。

365防癌教育协会的探访员工每一两个星期就来访，这对我很有帮助。他们了解我的情况，鼓励我，使我感受到关怀。协会还给我经济援助，解决我财务的困扰，让我不会觉得无助。

我很感谢365防癌教育协会的探访员工，他们常常通知我协会办什么活动，还鼓励我参加，让我不会感受到被排斥。同时我要鼓励抗癌的生命斗士，希望他们给自己多一点空间，彼此分享、彼此多加了解，特别是化疗后的副作用，大家可以一起多分享，让还没经历化疗的生命斗士有心理准备。

Winnie Tong

抗癌勇士故事 - 唐詠芬

I am Winnie Tong, 57 years old this year. As early as 1996, I found that I was having abnormal bleeding, so I went to the hospital for examination. However, the result did not find out the cause of the bleeding. The doctor said that it might be due to skin breakouts. In 2000, the same situation occurred again. The examination found that it was hyperplasia of the breast, so the mammary gland was surgically removed according to the doctor's advice. In April 2015, my body had issues again and a tumour was found. The surgical biopsy confirmed that it was currently not cancerous. Although it was not cancerous, my younger son was still serving the army at that time. He didn't go to college. I was worried that if anything were to happen to me, it would cause worries and inconveniences to the family. Since then, I have been paying attention to my diet.

Unexpectedly, one year later, in February 2016, I found another tumour in my body and confirmed that I had a second stage breast cancer. It was not too unexpected when I heard the news because I was mentally prepared. I was more worried about my children as my younger son was going to college and my eldest daughter had just switched jobs. I didn't want this to affect them. Thankfully, I was feeling depressed for only two days and started to pick myself up to face the surgery positively.

During the eight months of long chemotherapy and electrotherapy, I was hospitalised for two high fevers and my white blood cell index dipped to as low as 0.2. In particular, while receiving the chemotherapy needles, my body was weak, my head and bones were painful. My hands

and feet were numbed beyond words. After a long course of treatment, the cancer cells were finally driven out of my body. However, what I am most grateful for is that before I was diagnosed, due to changes in my husband's company, he did not need to travel back and forth between Johor Bahru and Singapore. He was arranged to work somewhere near home. Thus, he could set aside some time at noon to look after me. I drew strength from my faith, family's care and encouragement, and support of the church. These have helped me to face my situation and overcome this difficult period.

In June 2017, I was introduced by a friend to the 365 Cancer Prevention Society's health talks and activities. Through the health talks, I learnt a lot about nutrition and came to understand the importance of exercise and diet for health. In addition, I managed to find myself through learning the Ukulele, singing and painting. I expressed how I felt via music and painting. These were like good medicines which cheered me up and dispelled my illness. I also met a lot of friends at the Day Activity Centre. We were engaged in meaningful conversations, exchanged ideas, and gave each other our support.

I am very grateful for the health talks and activities organised by 365 Cancer Prevention Society. The positive aspects of the health talks, the values and outlook on life have inspired me. At the same time, I would like to also thank the donors, staff and volunteers of the Society for their love and support. I hope that other cancer warriors can also be filled with hope, be courageous to overcome all challenges and become healthy physically and emotionally.



“我是唐詠芬,今年57岁。2016年2月被证实患上第二期乳癌。当时我只伤心了两天就平静下来积极勇敢地去面对手术及疗程。”

早在1996年年头,我发现身体出现流血异样,于是到医院去做检查,检查结果找不到原因,医生说可能是皮肤爆裂。到了2000年,同样的状况再次发生。检查发现是乳腺增生,结果按照医生的建议动手术,把乳腺移除了。在2015年4月,身体又出现状况,发现有瘤,做了个切片手术,已证实是在癌症零期。虽然是癌症零期,可是当时小儿子还在当兵,还没进大学,担心万一自己出什么事,会令家人担心及带来许多麻烦,所以从那时开始我很注意自己的饮食。

但没想到在一年后~2016年2月再发现一个瘤,也证实患上第二期乳癌。当时得知这个消息时,并没有太意外,因为已经有了心理准备。更多的担忧是在孩子方面,孩子快要上大学,不希望给他们带来太大的影响。很感恩,当时我只伤心了两天就平静下来积极勇敢地去面对手术及疗程。

在这漫长八个月的化疗及电疗,因两度发高烧住院,白血球也低到0.2。特别在打化疗针时,身体的虚弱无力、頭及骨头的疼痛、手脚麻痹是难以形容。透过这漫长的疗程,终于把癌细胞驱走。然而,让我最感恩的是,在我确诊前,由于我先生公司方面的变动,他不需要再每天来回新柔工作,而被安排在离我们家不远的地方上班,所以他能在中午时间回来照顾我。感恩藉着我的信仰、家人的照顾及鼓励和教会的支持,让我能坚强的面对,熬过那些难过的日子。

2017年6月,经一位朋友介绍,参加了365防癌协会的心灵与健康讲座和活动。透过讲座,让我更新了许多营养的知识,同时也了解运动及饮食对健康的重要。此外,透过学习乌克兰舞、唱歌及画画,让我找到了自己。音乐及画画能抒发自我的感情,就好像良药般,令我心情开朗,病痛也远离了。在日间活动中心也认识了不少朋友,互相倾谈,交换心得,彼此扶持。

我很感谢365防癌教育协会提供这些健康讲座及活动,特别感谢在讲座中有很正面的价值及人生观能帮助我。同时也感谢协会的捐献者、同工及义工们的爱心付出关爱及扶持。

希望其他的病患者也能像我一样,能充满着盼望,勇往直前,战胜一切困难,成为身心灵健康的一族。



FOOD PALATABILITY FOR CANCER PATIENTS 符合癌症患者口味的食物

Many cancer patients or survivors experience side effects because of the cancer or treatments. In particular, certain side effects such as gastrointestinal ulcers and sensory changes in taste and smell can have a negative impact on the appetite of cancer patients. When foods are perceived as unpalatable or aversive, this reduces the variety and quantity of food consumed. Therefore, cancer patients are more likely to suffer from malnutrition as compared to patients with other diseases. A poor nutritional status may delay the administration of treatments, hence resulting in longer hospital stays and the reduced ability to tolerate the treatment and its side effects.

Protecting the nutritional status of individuals with cancer is crucial. It is important that cancer patients speak to a doctor or make an appointment with the dietitian if food intake is impaired and drastic weight loss is observed. In order to improve and stimulate their appetite, friends and families of cancer patients as well as healthcare professionals should take into account the palatability of food offered to cancer patients. Palatability may be defined as the quality of a food or drink in terms of its taste, odour, appearance, texture and temperature, which ultimately determines its acceptability.

Here are some recommendations to make food more palatable for cancer patients:

- 1 Modify the consistency of food. In some cases, blended or pureed diets may aid in swallowing and is better tolerated.**
- 2 Take note of the temperature of the food or beverage served. Often, cold foods are better tolerated than hot foods.**
- 3 Refrain from serving foods that may worsen feelings of nausea. Many cancer patients express their aversion for sweet and salty foods, while sour and bitter foods as well as fruits and vegetables are generally more well-accepted.**
- 4 Breaking up 3 heavy meals into 5 to 6 small meals may help cancer patients eat better and feel less full.**

In addition to making food more palatable, other ways to improve the appetite of cancer patients include the encouragement from families and friends to eat, paying attention to the patients' food preferences, and

ensuring a pleasant and comfortable environment during meal times. Adequate dietary intake and supportive care are both crucial factors that help maintain the nutritional status of cancer patients and help them to better tolerate treatments and recover faster. Hence, we urge the families and friends of our cancer warriors to take note of the above recommendations and dine more often together in a relaxed and enjoyable setting.

患上癌症或接受癌症治疗会在癌症患者或幸存者身上造成副作用。胃肠道溃疡和味觉及嗅觉的感官变化等方面的副作用,会减低抗癌勇士的食欲。如果他们觉得食物不合口味,或干脆不吃的话,所吃的食物不论是种类还是数量都会减少。所以,癌症患者比其他疾病的患者更容易营养不良。营养状况不佳,可能会延缓治疗,延长住院时间,对治疗及其副作用的耐受能力也会降低。

因此,保证癌症患者摄取充足的营养至关重要。重要的是,如果抗癌勇士食欲不振或进食有困难,体重也大幅减轻,就应该咨询医生或与营养师预约时间进行咨询。为了提高及刺激食欲,抗癌勇士的亲友,以及医疗保健专业人员应该多加留意,为癌症患者提供合口味的食物。所谓合口味,是指食物或饮料的味道、气味、外观、口感和温度等方面,都得满足抗癌勇士的需要。

以下提出的建议,能使癌症患者的食物更加美味:

- 1** 将食物打糊或切碎。有时,将食物搅拌或打成泥有助吞咽,抗癌勇士更容易吃得下。
- 2** 食物或饮料的温度也须留意。一般上,冷食比热食更容易接受。
- 3** 避免食用可能加剧恶心感的食物。虽然许多癌症患者都会避开甜食和咸味食物,但大多数都更能接受水果和蔬菜,还有带酸、带苦味的食物。
- 4** 将一日三餐分成5至6顿饭,少食多餐,抗癌勇士可以吃得更好,也不会太饱。

除了让食物更可口外,家人和朋友也可以支持鼓励抗癌勇士进食、关心他们爱吃什么,还要确保用餐环境舒适,这都能提高癌症患者食欲。饮食充足,加上身边人的关心和支持,都是维持抗癌勇士营养状况的关键因素,有助于他们更好地耐受治疗并更快地康复。因此,我们敦促抗癌勇士的家人和朋友参考上述建议,大家更常一起,轻松地愉快地用餐。

HOT AND SOUR SOUP

酸辣汤



Instructions 煮法

1

Bring the chicken broth to a simmer over medium heat in a large saucepan.

在大平底锅中将鸡汤用中火煮沸。

2

Add the mushrooms, vinegar, sriracha sauce and white pepper and simmer for 5 minutes.

加入香菇、白米醋、是拉差辣椒酱和白胡椒，煮5分钟。

3

Combine the corn starch and cold water in a bowl and add the mixture to the soup. Stir the soup well until it starts to thicken.

将玉米淀粉和冷水调和勾芡，再加入汤中。搅拌汤直至浓稠状。

4

Beat the eggs in a bowl and pour into the soup while gently stirring. Stir in the tofu and spring onions and remove from heat.

把蛋打到碗里，一边将蛋倒入汤中，一边慢慢搅拌汤。加入豆腐和葱搅拌，然后熄火。

5

Serve with pepper and garnish of your choice.

上菜前洒点胡椒粉，按口味加上配菜。



Ingredients 材料

1 cup shitake mushrooms, sliced

2 eggs

170 g firm tofu, julienned

2 spring onions, sliced

1 杯日本香菇，切片

2 个鸡蛋

170 克老豆腐，切成条状

2 根葱，切片



Seasonings 调味料

6 cups chicken broth (reduced sodium)

6 杯鸡汤 (少钠)

1/4 cup rice wine vinegar

1/4 杯白米醋

1 tbsp sriracha sauce

1 汤匙是拉差辣椒酱

1 tsp white pepper

1 茶匙白胡椒

3 tbsp corn starch

3 汤匙玉米淀粉

3 tbsp cold water

3 汤匙冷水



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EVENTS/
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UPCOMING EVENTS 近期活动

APR 2019 四月份

- **4/4**
Love Lunch @ Bukit Batok Reach Youth Powerhouse
爱心午餐于武吉巴督
- **6/4**
Love Lunch @ St Andrew's Community Hospital
爱心午餐于圣安德烈社区医院
- **24/4**
Half-day tour 半日游
- **27/4**
Love Lunch @ CW Day Activity Centre
爱心午餐于联邦日间活动中心

MAY 2019 五月份

- **2/5**
Love Lunch @ Bukit Batok Reach Youth Powerhouse
爱心午餐于武吉巴督
- **4/5**
Love Lunch @ St Andrew's Community Hospital
爱心午餐于圣安德烈社区医院
- **25/5**
Love Lunch @ CW Day Activity Centre
爱心午餐于联邦日间活动中心

JUN 2019 六月份

- **1/6**
Love Lunch @ St Andrew's Community Hospital
爱心午餐于圣安德烈社区医院
- **6/6**
Love Lunch @ Bukit Batok Reach Youth Powerhouse
爱心午餐于武吉巴督
- **22/6**
Love Lunch @ CW Day Activity Centre
爱心午餐于联邦日间活动中心

For Clients Only 课程只限会员

- Monday** : Detox Exercise, Kendama Workshop
- Tuesday** : Line Dance, Drama Class
- Wednesday** : Life Support Station/Nutrition Support Station/ Wellness Support Station/ Smart Phone Class
- Thursday** : Intermediate Ukulele Class, Art Class
- Friday** : Basic Ukulele Class, Chinese Calligraphy Class

- 星期一** : 淋巴排毒操, 啃大妈作坊
- 星期二** : 排舞, 戏剧班
- 星期三** : 生命加油站/营养加油站/ 养生加油站/ 手机基本教程
- 星期四** : 乌克兰中级课程, 绘画课程
- 星期五** : 乌克兰初级课程, 书法课

COMMONWEALTH (CW) SCHEDULE

APR 2019 四月份

- **13/4**
Love Lunch @ AMK Day Activity Centre
爱心午餐于宏茂桥日间活动中心

MAY 2019 五月份

- **11/5**
Love Lunch @ AMK Day Activity Centre
爱心午餐于宏茂桥日间活动中心

JUN 2019 六月份

- **8/6**
Love Lunch @ AMK Day Activity Centre
爱心午餐于宏茂桥日间活动中心

For Clients Only 课程只限会员

- Monday** : Drama Class, Handicraft Class, Zumba Gold
- Tuesday** : Detox Exercise, Calligraphy
- Wednesday** : Nutrition Station, Support Station, Wellness Station
- Thursday** : Detox Exercise, Ukulele
- Friday** : Art Class, Vocal Class

- 星期一** : 戏剧表演训练班, 手工学习班, 尊巴
- 星期二** : 淋巴排毒操, 书法
- 星期三** : 营养加油站, 生命加油站, 养生加油站
- 星期四** : 淋巴排毒操, 乌克兰
- 星期五** : 绘画课, 声乐班

ANG MO KIO (AMK) SCHEDULE

APR 2019 四月份

- No Love Lunch
没有爱心午餐

MAY 2019 五月份

- No Love Lunch
没有爱心午餐

JUN 2019 六月份

- **1/6**
Love Lunch @ Bukit Panjang Day Activity Centre
爱心午餐于武吉班让日间活动中心

For Clients Only 课程只限会员

- Monday** : Detox Exercise
- Tuesday** : Karaoke Singing Class
- Wednesday** : Support Station, Mobile Phone Teaching
- Thursday** : Chinese Calligraphy Class
- Friday** : Line Dance

- 星期一** : 淋巴排毒操
- 星期二** : 卡拉OK教唱班
- 星期三** : 生命加油站, 手机基本教学
- 星期四** : 书法课
- 星期五** : 排舞恰恰恰

BUKIT PANJANG (BKP) SCHEDULE

365 Lymphatic Detox Exercise 淋巴排毒操



Ang Mo Kio Town Garden West (Opp. AMK Community Library) Tue to Sat, 6:30am Helen @ 9655 0709	Commonwealth Field Mon to Sat, 6:45am Flossie @ 8198 9218	149 Simei St 1 Badminton Court Mon to Fri, 7:30am; Sat, 7:15am Bok Soon @ 9679 1686	407 Yishun Ave 6 Mon to Fri, 6:30am 丽芳 @ 9878 5513
Bedok Reservoir Park Mon to Fri, 7:50am 翠玲 @ 9004 5360	9 Holland Avenue Every Tuesday, 8am Monica @ 9829 2387	257 Tampines St 21 Mon to Fri, 7:20am except Thu; Wed, 8:30pm 淑霞 @ 8288 4679	
639 Bedok Reservoir Rd Badminton Court Thu, 8pm Bok Soon @ 9679 1686	704A Pasir Ris St 72 Mon to Fri, 7:30am Hai Wee @ 9451 1907	494C Tampines Ave 9 Void Deck Mon to Sat, 7:30 am Bok Soon @ 9679 1686	
Bukit Gombak Stadium Mon to Sat, 7am 美美 @ 9225 0303	106 Simei St 1 Street Soccer Court Tue & Fri, 7:15am Judy @ 9799 3948	9 Toh Yi Drive Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) Wong Lan Hiang @ 8469 8141	

OUR SERVICES 我们的服务项目



Care and Support Team
支援小组



Counselling
心理辅导



Nutritional Support
营养咨询



Physical Exercise Classes
体育课程



Educational Talks
防癌教育



Financial Support
经济援助

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, and counselling 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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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