

42nd DSS ANNUAL GENERAL MEETING

This year's Annual General Meeting was held on 21 April 2013. Forty four members spent their Sunday afternoon at the Victoria Room of SAFRA Toa Payoh going through the Society's annual report. DSS President Mr Yong Chiang Boon and his committee members took members through the events, activities and financial statement of 2012.

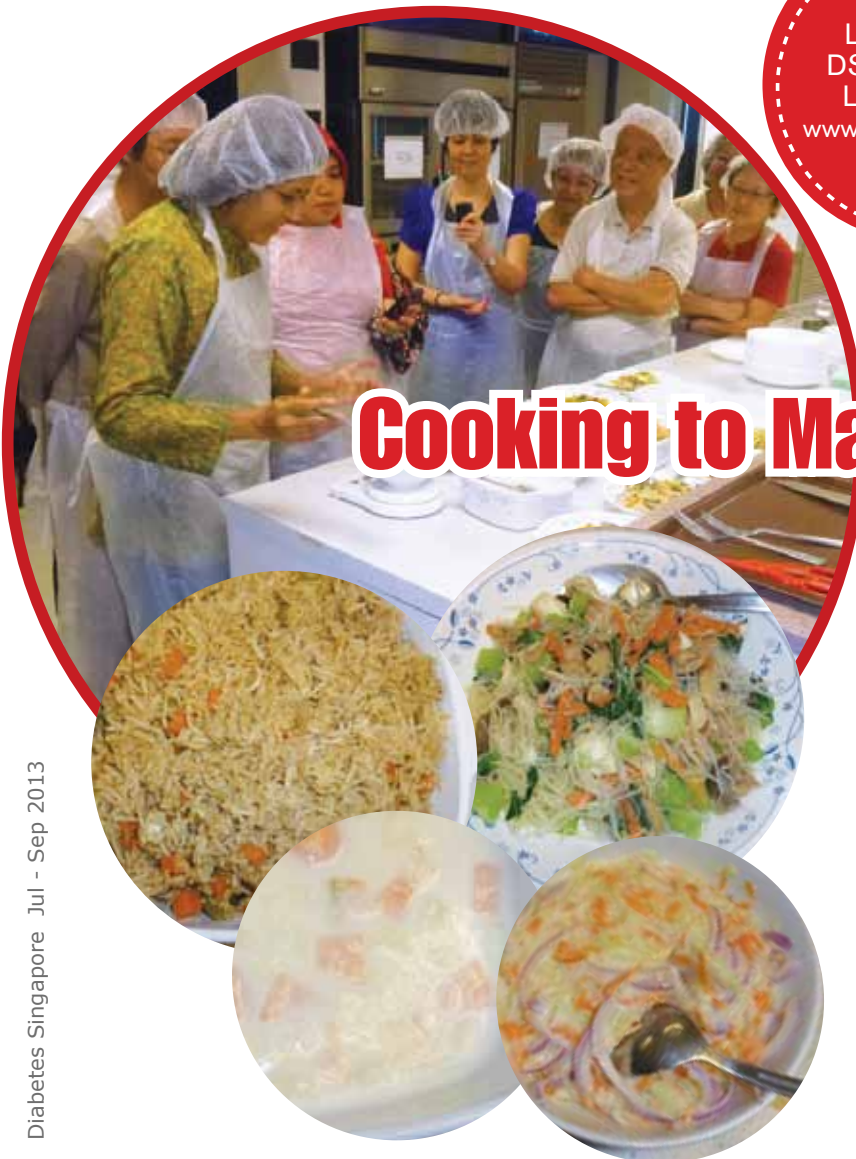
DSS would like to thank Gardenia Foods (S) Pte Ltd for their kind sponsorship of multi-grain loaves.

By Rodiah Hashim



FOR THE LATEST ON DSS EVENTS, LOG ONTO www.diabetes.org.sg

For enquiries, please contact 6842 6019.



Cooking to Manage Diabetes

'Please hold more of these cooking sessions!' urged one participant who attended the Healthy Cooking Workshop held at the Food Production Laboratory of Temasek Polytechnic on 4 May 2013.

For the first time, we were allowed into the inner sanctum where Miss Kalpana Bhaskaran, Miss Siti Saifa and their team of student dietitians patiently demonstrated how to cook healthier versions of four recipes—Chicken Briyani with Raita, Stir Fried Tung Hoon, Szechuan Mixed Vegetables and Honeydew Sago Dessert.

Watch this space for news about upcoming cooking workshops! And I am sure those who joined us before can't wait to pick up more kitchen tips!

By Rodiah Hashim

DSS EDUCATIONAL TOUR

by Kohila Govindaraju



Fun, budget-friendly and lots to learn...what more can you say about educational tours? Yummy, too!

On 30 April, DSS members set out to uncover the secrets of making beancurd and Yakult. We made a stop at Unicurd, a tofu factory at Senoko, Woodlands. There was an enlightening lecture by the staff on different types of beancurd and how to check the quality and even how to cut them. From the second floor, we had a good view of the beancurd manufacturing machines; we could also smell the fragrance of the soy milk which we later got to taste as well! Just perfect.

After lunch, we headed for the Yakult Factory, also at Senoko. Made from fermented skimmed milk, Yakult also contains the lactobacillus casei shirota strain, which is named after the Founder of Yakult, Dr Shirota. Is Yakult good for diabetics? We were assured that a single serving of Yakult will not raise the blood glucose level and we enjoyed the light Yakult with much relish!

We learnt something else that was new: Only in Singapore is this delicious drink in different flavours! Yakult manufactures only the original flavour in other countries! Aren't we fortunate to be able to enjoy such variety?

Get Fit!

By Rodiah Hashim

DSS recently completed the second course of its three-month Exercise Program, which is run in conjunction with Sports Medicine & Surgery Clinic at Tan Tock Seng Hospital. Miss Jo-an Loh, a DSS member, attended the sessions led by Mr Ray Loh, a Physiologist with the Sports Medicine & Surgery Clinic. She said, "It's a good program for us to get together, to learn, to encourage and to look out for one another. And it was fun!"



For enquiries, please contact 6842 6019.

If you have been trying to get into an exercise routine but cannot find the support or motivation, join us for the next course. Each session consists of warm-ups, exercises, cool down and education on exercise precautions & motivation, exercises and stretching techniques and correct exercise intensity, to name just a few. Places get snapped up fast so check our website www.diabetes.org.sg for the latest news.

DSG DIARY

by Kohila Govindaraju

March Evening Walk

Three Hwa Chong Institution students joined us for our evening walk to learn more from participants about managing diabetes. Instead of a brisk walk through the crowded ground floor shopping area, Eddie led us to the rooftop walkway on the fourth level, where we caught a lovely glimpse of our cityscape and the Singapore Flyer. Before long, we reached Gardens By the Bay. Just before it turned dark, we took shots of the the OCBC Super Saver Tree after crossing the overhead bridge. At the ticketing booth, the group had half an hour to explore on their own and Rose, our nurse educator, measured our blood sugars.

We continued our walk towards the Marina Bay Sand Expo Hall and managed a very satisfying 2.7km walk before we parted ways at 8.50pm. The exercise was great, and the company even greater!

Care to join us for our next DSG outing/meeting? Ring Juliana at 9278 2084 for information.
DSG CALENDAR 2013 OUT NOW ON www.diabetes.org.sg