

## DSS Support Group Meet & Share

Join us for our next support group event today! Call Juliana at 9278 2084 for more details or to register.

## DSG CALENDAR 2016

### 30 April 2016

#### DSG Walk – Coney Island

Venue: Coney Island  
Time: 4pm  
Meeting Place: Punggol MRT Station Passenger Service Area, Bus No. 84  
Dinner: Kovan MRT Food Centre

### 28 May 2016

#### DSG Walk – Sentosa

Venue: Sentosa Walk  
Time: 4pm  
Meeting Place: Harbourfront MRT Station Passenger Service Area  
Dinner: Vivo City Food Centre/Republic Food Court

### 25 June 2016

#### DSG Walk – East Coast Park

Venue: East Coast Park  
Time: 4pm  
Meeting Place: Bedok MRT Station Passenger Service Area, Shuttle Bus to Parkway Parade  
Dinner: Marine Parade Food Centre or Parkway Parade Food Centre

1. Program subject to change due to weather conditions or unforeseen circumstances. Please look out for email updates.
2. Please wear good walking shoes.
3. Check your feet for cuts/wounds, and alert event coordinators if you have any. Please do not proceed with the activity if you have cuts or wounds on your feet.
4. Let's cultivate great exercise habits! Bring along your own blood glucose metre!
5. Please bring along: umbrella, plain water as well as snacks (e.g. biscuits, in case of hypoglycaemia).
6. Meals will be at your own expense, unless stated otherwise.

Rodiah Hashim

## Flag Day 2016

The Diabetic Society of Singapore Flag 2016 will be on Saturday, 2 April 2016. Students and volunteers will be doing house to house and street collections from 9.00am to 4.30pm.

Please donate generously to enable us to continue with our mission to provide awareness, diabetes education and counselling to those with diabetes, their family members and the public. Through knowledge and discipline, the person with diabetes becomes better equipped to achieve a healthy and productive life.

For the latest on DSS events, check out [www.diabetes.org.sg](http://www.diabetes.org.sg) or call **6842 6019**

**SAVE THIS DATE**

## 45th Annual General Meeting

Saturday, 23 April 2016  
Drama Centre Level 3  
Function Room 2  
100 Victoria Street  
National Library Building  
Singapore 188064

## LO HEI WITH DSS FOUNDER DR FREDERICK TAN

In celebration of Chinese New Year, DSS held a get-together on Saturday, 20 February 2016, with a very special guest, DSS Founder Dr Frederick Tan Bock Yam! Thank you, Dr Tan, for your kind presence and continual support!

Management committee members and staff bonded over afternoon tea and 'Lo-Hei' at Tiffany's Café.



## Past Outreach Programs

Tampines East WEC and MAEC Health Day held on 20 March 2016



## Diabetes Self-Care Management Sharing Program for Nurses in Community Nursing Homes

The Neighbor of Choice (NOC) community program, a signature program by MSD Pharma Singapore Pte Ltd, supports the work of local non-profit organisations that strive to improve the quality of life of the residents in communities where they have a presence.

DSS is honoured to be awarded the grant to continue providing diabetes awareness, education and counselling to people with diabetes, their family members and the public. MSD's support enabled DSS to implement program such as the Diabetes Self Care Management Sharing Program for nursing home nurses currently in progress. Response has been overwhelming with 10 nursing homes registering 120 of their nurses for the sessions from January to June this year.

Facilitated by a senior nurse consultant and assisted by invited speakers, the program brought the nurses through two full days of comprehensive diabetes self-care management. With this sharing, DSS aims to help complement patient care and equip the nurses with the knowledge to achieve optimal care in managing people with diabetes in their respective nursing homes.

