

2 SEP 2017 DSS-DSG GATHERING

DSG's Third Quarter Gathering with DSS members was held at DSS-Bedok Activity Room. Mr Lim, a dietitian from Abbott Singapore, kick-started the event by speaking on the nutritional aspects in various food and diet. He also spoke on their product, Glucerna, which can be served as a breakfast drink, snack or meal replacement. Members were then encouraged to have their blood sugar level taken before consuming a cup of the prepared supplement and to check their sugar level at the end of the event .



Dr Kalpana from Temasek Polytechnic spoke about meal replacements as a useful and nutritious way to kick-start a weight loss program or for people who find it difficult to cook or find healthy meals, etc. However, meal replacements are not for long-term use and not recommended for people with kidney problems and allergies or pregnant women.



Dr Tan Hwee Huan spoke on “Why Numbers are important in Good Diabetes Care” using colourful slides on the numbers 4, 7, 8 and 10; we are to keep our sugar levels between 4-7 before food and 8-10 two hours after food. Diabetics need to practise the “D(iet)E(xercise)S(upport/Stressor) M(onitoring)M(edicines) approach to Diabetes” in order to have healthy sugar levels and to delay/prevent complications.

Patrick Ho, with Dr Tan assisting him, spoke on the ease of the use of the Libre Freestyle Sensor and Reader monitoring devices. It provides continuous monitoring of sugar levels for 14 days without the need for daily pricking of fingers to test blood sugar. They can then scan and monitor their sugar levels with the accompanying reader at any time of the day. Four recipients got to try the devices out for 14 days.

DSS OUTREACH PROGRAMS MAY - AUG 2017



20 May 2017
Talk on Lifestyle Management
of Diabetes @ Singapore
Heart Foundation



25 May 2017
Diabetes Talk at YTL PowerSeraya



29 May 2017
Diabetes Talk at Lions
Befrienders Senior Activity
Centre @ Tampines Blk 434



3 June 2017
Diabetes Talk at
The Sovereign



20 August 2017
Community Outreach
@ Hong Kah North CC



9 SEP 2017 COMMUNITY CHEST HEARTSTRINGS WALK



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.

14 October 2017 (Sat)

DSG Healthy Cooking – Session I
Time: 9.00am – 12.00pm
Venue: DSS HQ @ Bedok Reservoir Activity Room
Maximum number of pax: 40

28 October 2017 (Sat)

Walk @ Bishan Park & Lower Peirce Boardwalk
Time: 3.30pm – 6.30pm
Meeting Point: Bishan MRT
Maximum number of pax: 20
Dinner: Nearby eateries

25 November 2017 (Sat)

Walk @ Sungei Buloh
Time: 3.30pm – 6.30pm
Meeting Point: Kranji MRT
Maximum number of pax: 40
Dinner: Nearby eateries

2 December 2017 (Sat)

DSG 4th Quarterly Gathering with DSS Members
Time: 2.30pm – 5.00pm
Venue: TBC

23 December 2017 (Sat)

Walk @ Pasir Ris Town Park
Time: 3.30pm – 6.30pm
Meeting Point: Pasir Ris MRT
Maximum number of pax: 40
Dinner: White Sands

All meals at own expense unless otherwise stated

Twenty cheerful DSG members turned up in their blue tees to participate in the Community Chest Heartstrings Fun Walk 2017 at Marina Bay Sands. At about 7.20am we tagged along the various groups from different organisations walking towards the Event Plaza for the start of the event. Each of us present was given a Fun Walk kit.

A massive crowd of about 8,000 participants had already assembled, enjoying the pulsating music. The Master of Ceremony encouraged everyone to gather closer to the stage as he prepared to welcome Mr Tan Chuan-Jin to give his opening speech.

Following a short speech by Mr Tan, we all joined him in the warm-up exercise before he and the organisers flagged off the Fun Walk, while participants in wheelchairs were allowed to move off first.

Our DSG members joined in the Fun Walk of 4km with great enthusiasm and the DSG flag was proudly held up high by Juliana, our team leader. This event demonstrated great bonding and unity among all walk participants.

The brisk walk lasted approximately 1 hour and 15 minutes. We all started walking from Crystal Pavilion North

and ended at Crystal Pavilion South. At the finish line, our members took turns taking photos to affirm their completion, after which members redeemed their goodies bags. With satisfied smiles and flushed faces, members dispersed at around 9.35am. The hungry ones proceeded to the food court in Marina Centre which was another 1km away.

A heartfelt “thank you” to Shahid from DSS who joined us in the Fun Walk and DSS for rendering their support to DSG.

