

APRIL 2018 TALKS AT LIONS BEFRIENDERS' SENIOR ACTIVITY CENTRES

Hot on the heels of the successful Mandarin Diabetes Management Talk with Lions Befrienders held on 31 March 2018, Diabetes Singapore decided to take the message of diabetes care and management to seven Lions Befrienders Senior Activity Centres (SACs) in April.

For the 25 to 30 elderly participants at each SAC, our talk provided them with knowledge and information on the practical application of diabetes management in daily life. Examples of these include learning how to plan the portion of food types according to the healthy plate recommendation, learning to read nutrient labels on food packaging, and even examining the suitability of their footwear.

Our speaker Mdm Lai Yee Khim was able to build rapport with the audience, educating and amusing them at the same time with anecdotal examples. Members of the Lions Befrienders SACs were so impressed that they asked if they could send DS additional “frequently asked questions” to Mdm Lai. Diabetes Singapore is heartened by the positive outcome of these talks, and hopes to initiate more of such programs.

29 APR & 3 JUN 2018 DIABETES CARE & MANAGEMENT TALKS RIVERVALE GROVE RC AND JURONG SPRING RC

Diabetes Singapore (DS) was approached by the residents’ committees of Rivervale Grove and Jurong Spring to conduct outreach talks in April and June.

For the 60 and 30 residents at Rivervale Grove and Jurong Spring respectively, these events presented the perfect opportunity for them to learn about diabetes care and management during festive celebrations. While the residents were being treated to the healthy yet sumptuous feast provided by their zone representatives, speakers Mdm Lai Yee Khim and Ms Nursyafiqah demonstrated to them how they can all still enjoy a good meal without compromising their health.

Our speakers were able to connect with the audience and DS is confident such relatable talks on the ground will eventually raise public awareness to prevent diabetes and promote action towards better diabetes management in daily life.

