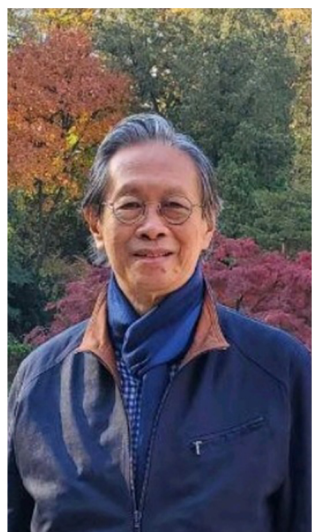


MIND SCIENCE CENTRE

FY2022 NEWSLETTER #1

NUHS
Centre of Excellence

NUS
Yong Loo Lin
School of Medicine,
Academic Research Centre



"Education and research can impact social change for the better. Timely psychosocial intervention can reduce the incidence of dementia, soften its burden on family and society, and improve quality of life. That is why I heartily support the latest initiative of the Mind Science Centre (MSC) – Dementia Asia. This website brings together Asia-centric knowledge on dementia prevention and management and shares the Centre's community research findings. With credible and insightful content readily accessible to the public, MSC will be able to share experience and resources and foster close-knit connections in the community."

Professor Hong Hai

Advisory Board Member, Mind Science Centre

Distinguished Donor of 'Dementia Asia' e-Portal initiative

NEWS BULLETIN

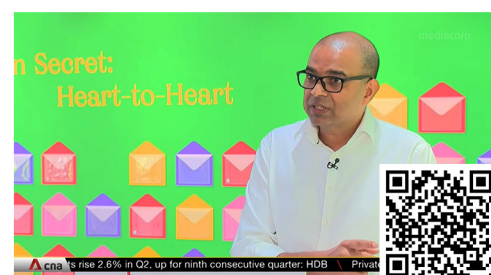


More seniors benefiting from dementia prevention programme mooted by the late Mrs Teo Poh Yim

MSC's flagship programme – Age Well Everyday (AWE) – was featured on The Strait Times, Zaobao, Berita Harian. A new book titled 'Ageing with Dignity' was launched during the 5th Tow Tiang Seng Distinguished Lecture, in memory of the late Mrs Teo Poh Yim. Mr Teo Chee Hean, Senior Minister and Coordinating Minister for National Security, thanked those who contributed to the book and the programme. The centre was praised for its research efforts in positive ageing and dementia prevention to allow the public to understand the importance of ageing with dementia and dignity.



Health Matters with Daniel Martin - Ageing with Dignity by Professor Kua
Ageing with Dignity is a subject that's current and relevant in the context of Singapore's ageing population. Professor Kua Ee Heok was invited on the radio show – CNA 93.8, to promote MSC's new book 'Ageing with Dignity'. During the interview, Prof Kua gave insights about the origins of the AWE Programme, as well as the centre's ongoing research efforts. He emphasized that a sense of dignity is important for seniors to age well, both mentally and physically. The public should not associate growing old with negativity.



New self-help booklet to help parents instill positive coping methods in their children

Dr Janil Puthucheary, Senior Minister of State in the Ministry of Health and Ministry of Communications and Information, officiated the launch of Mind Art Experiential Lab's new curation 'Teens & Kin' and the new self-help booklet 'Raising a Resilient Child'. The booklet guides readers on ways they can instill positive coping methods in children. These strategies are based on the centre's Singapore Youth Resilience Scale (SYRESS), a validated profiling tool for youth's resilience building. The launch event was featured on Singapore's prime time news across all channels.

READ THE NEWS

WATCH THE INTERVIEW

WATCH THE NEWS



Click [HERE](#)
to donate [NOW](#)

Keen to make a difference in the mental health scene of Singapore?
Support our research and community programmes today!
For more information, get in touch with us at Wileen@nus.edu.sg



Dementia Asia

Click HERE
to explore the
e-portal



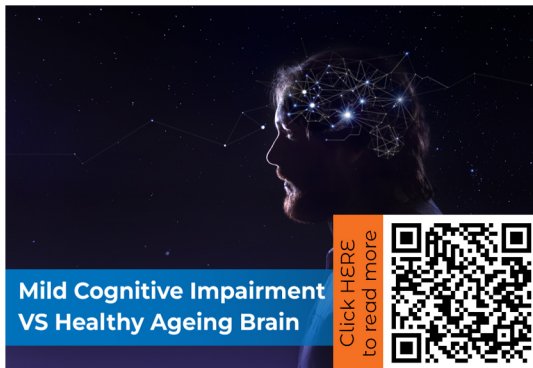
**Your one-stop resource portal on dementia prevention and management.
Take charge of your ageing with evidence-based interventions.**

Over the past decade, Mind Science Centre has led research on ageing, dementia prevention, and mental health. The research was headed by Prof Kua, Associate Professor Rathi Mahendran, and many other accomplished collaborators from National University of Singapore and National University Health System.

Our research has been published in top-tier journals including Lancet Psychiatry, British Journal of Psychiatry, Journal of Prevention of Alzheimer's Disease, and much more. In addition, we have caught the attention of the World Congress of Psychiatry with our research repertoire.

As such, Dementia Asia is an initiative to bring Mind Science Centre's research from the academic community closer to the general public. We believe that knowledge is power. Follow our newly-launched initiative to tap into a pool of resources and information, where you will gain new insight into what are the best defenses we can engage in to minimize the impact of our ageing brain.

This initiative was made possible with the generous donation from Prof Hong Hai, Founder and Chairman of Renhai Centre Limited.



Understanding Dementia & Mild Cognitive Impairment (MCI)

MCI has been positioned as the intermediate stage between normal ageing and dementia. People with MCI experience some decline in their memory or thinking processes, but the symptoms are less severe than that of dementia. Most people with MCI are able to live independently. So, what will be the line that separates normal ageing and MCI?

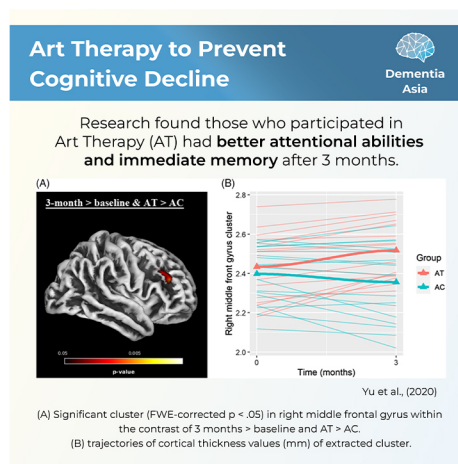
The literature on MCI have shown that the risk of depression and anxiety is higher in those with MCI, when compared with the general population. The research has since shifted towards non-pharmaceutical interventions to improve emotional states, enhance cognitive function, and delay or even reverse the symptoms of cognitive decline.

Read the full article to know more about the differentiating factors.

Take a look at some of our research on potential interventions.



Click to find out more about the impact of MAP on your physical and mental wellness!



Click to find out more about how Art Therapy can help to train and strengthen your mind!



Click to find out more about why you should pick up gardening as your next hobby!



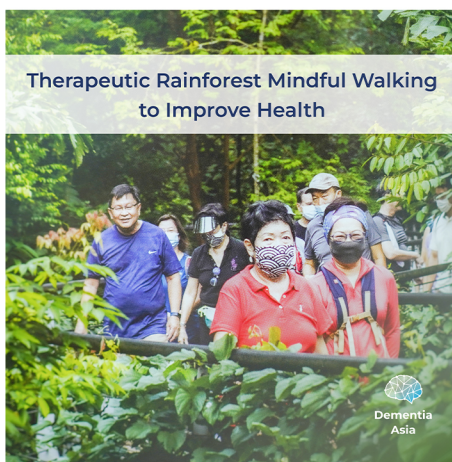
Our Mission

With our key focus in Research, Education and Upstream Intervention Services, we strive to make a difference in the mental health scene across the age continuum. We are the first mental wellness centre in the world focusing on the Asian culture, lifestyle, phenotype and issues, so as to develop innovative holistic solutions that are uniquely Asia. Our ongoing research seeks to discover the potential benefits of engaging in *Mindfulness, Art Reminiscence, Taichi, Horticulture, Rainforest Therapy, Choral Singing and Chinese Ink Painting*.

Support our meaningful cause by funding our research work!



Click to find out why you should drink tea as a daily habit!



Click to find out more about why nature is good for our mental health!



Click to find out more about singing as a way to stimulate your mind!



PROGRAMMES

天天康齡
Age Well
Everyday



Active Ageing in the community, by the community, for the community.

While the life expectancy in Singapore has risen over the years, it is the quality of life at old age that matters most. Being an evidence-based programme, Age Well Everyday (AWE) programme holistically encompasses a series of community activities for seniors to engage in active ageing. This includes health education, physical exercise, mindfulness practice, art and music reminiscence, horticultural therapy, choral singing and therapeutic forest. These community activities are targeted at adults aged 40 & above and in particular seniors, retirees, caregivers and even people with mild cognitive impairment.

Beyond the community activities, our e-learning modules are available all year round on the UniLEARN platform. The full suite programme comprises of 6 online modules (Depression, Stroke, Dementia, Caregiving, Lifestyle Management I & II), 2 Mindful Awareness Practice sessions and a webinar session with qualified healthcare professionals. These modules are open to public, who would like to know more the key topics covered. If you are keen to be a volunteer instructor with our community partners, you will have to complete all the modules and enrol in the 'Teaching & Facilitation' module to receive the official certification.



AWE Volunteer Get-Together

As a volunteer-driven programme, our passionate volunteers are the key to ensuring that our programme continues to impact more people in a sustainable way. In August, the team engaged the AWE volunteers who have been intently waiting to meet physically again with further easing of the COVID-19 restrictions. We were glad to have a total of 72 volunteers, from our various community partners, attending the sessions held at MAELab.

READ MORE



AWE Financial Health Webinar Series

Engaging in active ageing requires a holistic approach, where multiple aspects like physical, mental, social and financial health come into play. Having financial security allows the senior to have the freedom to choose how they want to spend their retirement years. Recognizing the importance of this, the team collaborated with PhillipCapital to roll out a series of webinars covering some key topics about financial health.

REGISTER FOR THE NEXT WEBINAR



Therapeutic Rainforest Walk Training

Therapeutic Rainforest Walk Training is scheduled to take place in October, with a mix of Zoom sessions and onsite walks at Hort Park. The training sessions will equip the volunteers with the necessary knowledge and skills to facilitate a mindful walk in the forest for their respective communities. Once the trainings are completed, the AWE programme will be refreshed with new activities for the senior participants.

REGISTER YOUR INTEREST



Click HERE to donate NOW

Keen to make a difference in the mental health scene of Singapore?
Support our research and community programmes today!
For more information, get in touch with us at Wileen@nus.edu.sg

When Art meets Science, it creates wonders.

Located at Block 29, Level 2 of Alexandra Hospital, MAELab is an innovative space that showcases seasonal curations of mental health themes. Visitors will be in for a visual and cognitive discovery of how art, mindfulness and various transdisciplinary research areas can give rise to creative and integrative interventions for the community. The eye-opening experience will inspire you to take concrete steps towards mental wellness. Our exhibitions seek to raise awareness on mental health, evoke reflective moments and provide an experiential journey that will leave you impacted.



A new curation titled 'Teens & Kin' has been unveiled on 1 July!

MAELab's second exhibition placed the spotlight on youth mental health. It was launched in conjunction with the celebrations of Youth Day and to commemorate 2022 Year of Celebrating SG Family. Visit us to see how this uniquely themed curation can initiate conversations about intergenerational bonding and family resilience, while enhancing the resilience of our youth. The exhibition brought together thoughtful infographics, artwork commissions, and activity areas that share insights into adolescents' mental health challenges, and avenues for tackling these challenges. A walk through the themed sections, coupled with MSC's new self-help booklet – Raising a Resilient Child, will empower parents or caregivers to make a difference in the way they relate and guide their children through adolescence. Youths will be inspired to take active steps in building an undefeated mind from a young age.



'Teens & Kin' Curation: Launch Event

Months of hard work were geared towards bringing every element of the curation together to tell a meaningful story to the public. We were honoured to have Dr Janil Puthucherry, Senior Minister of State, Ministry for Health and Ministry for Communications and Information, as our Guest-of-Honour to officiate the launch of the new curation. Read the full article to find out more about the launch day proceedings.



The World through the Eyes of Youths

We collaborated with Boon Lay Garden Primary School to roll out a curation workshop, where 16 students from the West Zone schools participated in activities that guided them to express their emotions through various art mediums. The artist engaged the students on one-on-one reflections during the sessions to unravel their self-perception, interpersonal struggles and family relations. The student's masterpieces were exhibited in the new curation.



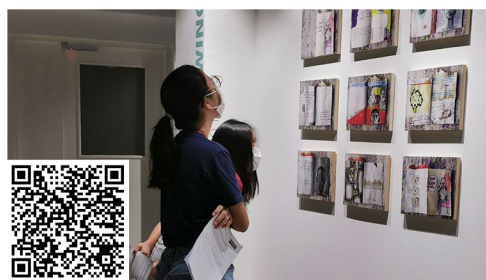
'Teens & Kin' Art Installation Day

'Empowering youths' is the key message conveyed through our latest curation. After the specially tailored workshop sessions, the students were invited to MAELab to personally install their own artwork at the themed section. Beyond the creation of an artwork to voice their unique message to the world, their involvement in the installation works instilled a sense of self-efficacy for the youths. It was the perfect way to strengthen the learnings from the curation workshop.

[READ MORE](#)

[FIND OUT MORE](#)

[READ MORE](#)



An Intern's Venture to the First Curation

Art or Science? The two ways of perceiving the world converged at MAELab. Aesthetes, mental health advocates and those who simply wish to learn more about mental wellness will be thrilled to learn that MAELab is a gallery that offers a fusion of psychological research and the arts. As a social science student, this interdisciplinary approach caught my interest and I had the chance to be one of the last few visitors to the physical exhibition. Read on to find out more about my experience.



We are on Instagram now!

We have recently launched our Instagram channel for MAELab! The interactive interface of our new channel will allow you to be constantly in the loop of our latest exhibition, workshop and programmes at our creative space. Through our content postings, you will be able to gain a deeper understanding of the curation's key message and even get to know the interesting stories behind the students' artwork. Follow us today!



[READ THE STORY](#)

[FOLLOW US @MAELAB_MSC](#)



Art & Mind Grant Call 2022

MAELab's Art & Mind Grant Call 2022 has been expanded with a generous donation by Dr Tay Miah Hiang in honour of Mr Tay Meng. The grant recognises the integration of arts and mental health as an emerging yet fast-establishing interdisciplinary field. Opening avenues for arts and mental health discussion, the grant empowers professionals, students, artists, and academics to delve into new pilot projects. Translational research will be brought into the community. Interested applicants will have to apply by 3 October 2022.

[FIND OUT MORE](#)

A contemplative space to cultivate mental fitness.

MindGym has rolled out a series of talks, workshops and publications that aim to raise awareness about mindfulness-based interventions as informed by research. Daily mindfulness practice can help to improve cognitive functions and strengthen mental resilience. If you feel unsure about whether mindfulness is suitable for you, we will be offering free trial class at times. Do follow us on Facebook to be in the loop when complimentary classes are available.



Free Lunchtime Mindfulness Practice

From now to December 2022, join us every Friday for a 30-minute lunchtime mindfulness practice session with Ms Joy Chen, a Clinical Psychologist and Mindfulness Teacher. Simply find a quiet space, plug in your earpiece and tune in to us at 1pm to enjoy a mindful break from your daily routine every Friday.

SIGN UP NOW



Mindful Self-Care Programme (MSCP)

Join Dr Virginia Lien over Zoom, for a 6-session evidence-based healthcare adaptation of Mindfulness-Based Cognitive Therapy. Get introduced to Mindfulness with particular emphasis on how to manage stress more effectively in work and home situations. The sessions will help to enhance your well-being and facilitate wiser responses to a range of physical and psychological health problems. This programme is suitable for all. The next programme run will be in February 2023. *Programme fee applies.

REGISTER YOUR INTEREST



Self-compassion for Healthcare Communities (SCHC)

SCHC is a 6-session evidence-based healthcare adaptation of Mindful Self-Compassion, the empirically supported program of Dr. Kristin Neff at UT Austin and Dr. Chris Germer at Harvard Medical School. The programme aims to improve wellbeing and personal resilience by teaching mindful self-compassion skills to deal with distressing emotional situations as they occur at work and at home. The next programme run will be in February 2023. *Programme fee applies.

REGISTER YOUR INTEREST

EVENT HIGHLIGHTS



8 MAY 2022

5th Tow Tiang Seng Distinguished Lecture: 'Ageing with Dignity'

In conjunction with the launch of our new book 'Ageing with Dignity', Prof Kua delivered a keynote lecture to provide fresh insights into the significance and meaning of living well with dignity. The book was written by trainers and volunteers of the AWE program, and edited by Prof Kua and A/Prof Rathi Mahendran, in memory of our Patron, the late Mrs Teo Poh Yim. We were honored to have Mr Teo Chee Hean, Senior Minister and Coordinating Minister for National Security, as our Guest-of-Honor to officiate the launch of the new book. The signature event concluded with an amazing attendance of 50 onsite guests and a webinar audience of 357. Full webinar recording available in the article.



27 JULY 2022

New Mental Health Training Partnership between MSC And Singapore Red Cross Society (SRC)

With the new partnership, MSC and SRC will collaborate on the development and provision of Mental Health courses, in particular Emotional Literacy First Aid (ELFA), and its related training. The Memorandum of Understanding (MOU) was officially signed by Mr Benjamin William, Secretary General of SRC, and Professor Chong Yap Seng, the Lien Ying Chow Professor in Medicine and Dean of Yong Loo Lin School of Medicine. This collaboration will bring subject experts and resources together to deliver a strong psychosocial support programme, that will have local and regional impact through SRC's community.

As MSC continues the efforts to strengthen community mental resilience through our programmes, we would like to invite you to be part of our cause and keep you updated on our events and programmes!

1. Click the QR code to sign up for our mailing list.
2. Like and follow our FB page and website.





24 AUGUST 2022

Round Table Discussion – Digital Innovation in Mental Health Care

Digital Mental Health is one of the key research areas of MSC. To kickstart the cross-disciplinary research blueprint, MSC organised a Round Table Discussion at NUS Alumni House's Cardamom Board Room in August. The academic event welcomed 15 experts which consisted of NUS scientists, IT software engineers, mental health clinicians and service planners, to share their perspectives and research ideas. The 4-hours of productive sharing concluded with insights into how the development of new digital mental health services will transform the healthcare landscape in Singapore both from a system and processes perspective.

WHAT'S SHAPING UP!



6th Tow Tiang Seng Distinguished Lecture: The View in Autumn

6 October 2022, 1pm – 2.15pm

Mental health research is both science and humanities. MSC has explored the frontiers in basic science, epidemiology and clinical practice, in search of what constitutes mental resilience. For the upcoming distinguished lecture, we have invited two eminent colleagues - Professor Wang Gungwu and Mr Abdullah Tarmugi - to share their thoughts, perspective and values on the ecology of resilience. Join us online on the afternoon of 6 October to learn from their rich experiences as they traverse the long and winding road of their illustrious careers. In addition, our new initiative – 'Dementia Asia', a one-stop resource portal on dementia prevention and management, will be officially launched during the webinar.

REGISTER NOW



AWE Financial Health Webinar – The Importance of Will & Estate Planning

22 October 2022, 10am – 11am

Engaging in active ageing requires a holistic approach and financial health is one of the key components MSC hopes to raise awareness of in our AWE Financial Health Series. Writing a will is an important yet neglected part of financial planning. Some of us are unaware of the adverse consequences of not having a valid Will when we pass on, whereas the rest are simply procrastinating. Increasingly, people are more aware that it is crucial to have some arrangements made in case we are not able to make decisions on our own. Making a Lasting Power of Attorney (LPA) is absolutely important but still, there are some confusion and concerns about this.

REGISTER NOW



Living with Dementia: Medication & the Elderly

17 November, 12.30pm – 1.30pm

The second topic will take a focus on medications and how they may impact our memory. Be it for prevention or active treatment, elderly people are often prescribed many medications and also consume additional supplements. In this webinar, we have Associate Professor Tan Chay Hoon, a pharmacologist, and Dr Yap Kai Zhen, a pharmacist, with us during the hour-long session to discuss how to avoid common complications and dangers of polypharmacy, including over-the-counter drugs. Join our webinar to find out more!

REGISTER NOW

"The ability to give is a blessing."

– The late Mr Wee Sin Tho, Founding Chairman of Mind Science Centre

As an organization dedicated to build mental resilience across the demographic profiles in the community, we have invested in continuous research and rolled out evidence-based intervention and prevention programmes. These efforts have touched the lives of more than 2,800 seniors, healthcare workers and youths. As we are fully dependent on philanthropic support and grants, we sincerely appeal for your generous support of a memorial donation, which will go a long way in enabling MSC to persevere in our mission.

The key areas your generous support will be channelled to:

- Forging Early Childhood Resilience
- Helping Seniors Age Well
- Mind Art Experiential Lab (MAELab), MindGym
- Sustainable administration of Mind Science Centre

Together, we will make a difference to the mental health scene in Singapore!
Click on the QR code to donate today!

