

MIND SCIENCE CENTRE

FY2022 NEWSLETTER #2

NUHS
Centre

NUS
Yong Loo Lin
School of Medicine,
Academic Research Centre



"Mind Science Centre's (MSC) community programs and initiatives, like Age Well Everyday (AWE) Program, Mind Art Experiential Lab (MAELab), MindGym and Dementia Asia e-Portal, are designed to reach out to and benefit all ethnic groups. These community efforts provide a social platform to build racial cohesion and harmony, besides achieving healthcare objectives. We will be working to translate these resources and materials into various languages in phases for greater outreach and impact."

Mr Abdullah Tarmugi

Former Speaker of Parliament
Advisory Board Member, Mind Science Centre

OUR IMPACT IN FY22



>14,300
people impacted
by our initiatives



8
Key Events &
Webinars



607k
People Reached



2924
New Mailing List
Subscribers



115
Collaborators
(to-date)



71
Publications
(to-date)

NEWS BULLETIN



Launch of Dementia Asia e-Portal

Dementia Asia e-Portal officially went live on 6 October last year in conjunction with MSC's 6th Tow Tiang Seng Distinguished Lecture with Professor Wang Gungwu and Mr Tarmugi as the keynote speakers on 'The View in 'Autumn'. The new-launched initiative, which aims to be a one-stop resource portal on dementia prevention and management, made news on 8world website. Since its launch, the e-Portal has expanded to include additional articles and webinars. For more information, please refer to the Dementia Asia section of this newsletter (Page 5).

READ THE NEWS



Sing to Remember - Defying Dementia

Choral singing's potential as a preventive measure for dementia is a compelling topic for the public. In a recent CNA documentary, MSC research was highlighted and Professor Kua Ee Heok, the Tan Geok Yin Professor in Psychiatry and Neuroscience at the National University of Singapore (NUS) was interviewed by host Jason Lai. Prof Kua shared his professional opinion on the critical factors that make choral singing effective in slowing cognitive decline during the feature. Watch this segment in Part 2 at the 43:00 time mark.

WATCH IT NOW



When We Age: A CNA Series

Change is a constant in our lives, and as we age, it's crucial to embrace the physical and mental changes. In the CNA documentary, individuals and communities from different stages of life shared their stories and explored solutions to challenge stereotypes about aging. Associate Professor John Wong, the Lin Jo Yan and Yeo Boon Khim Professor in Mental Health and Neuroscience, offered insights on resilience building across ages. The series featured perspectives from five countries and has inspired many. Catch the segments at Ep2 – 7:55; Ep3 – 22:37; Ep4 – 27:36.

WATCH IT NOW



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

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

THE PHILANTHROPIST SERIES

"It is important that we change our mindset from I to We, from an individual to the linked paths of many to the same purpose in life."

By Dr Lee Oi Kum



Dr Lee (fifth from the right) with President Halimah Yacob and MSC Advisory Board Members on 25 February 2023.

Through a fated connection with the MSC, Dr Lee brought together the Inner Wheel Club of Singapore West and the Family Business Network Asia to organize an extraordinary jukebox musical called "Living with Lucy" and raised more than \$240,000. The show debuted on 24 and 25 February 2023, and both nights saw an astounding full house.

Having the ability to give is a blessing, and spending time and effort to gift others in need is a selfless choice. In our second feature, we are honored to have with us Dr Lee to share about her life story and experience. There's much to learn from Dr Lee, so let's take a moment off your busy schedule to be inspired by her story.

READ THE FEATURE



Recap the Journey of 'Living with Lucy' Juke-box Musical with us!



Living with Lucy Rehearsal Highlights

WATCH NOW



Months of hard work, dedication and commitment. MSC witnessed the long path to production and it warmed our hearts to see familiar faces returning to

contribute their time towards bringing yet another, beautiful story to the public! The photo montage captures the beautiful moments of our cast and production team.



Behind the stage curtains: The people with a heart of gold

READ MORE



'Living with Lucy' is the third edition of our signature fundraising musical and the story gets better every year! Our mission to promote greater awareness of Dementia, caregiver struggles and the importance of active ageing has never wavered, but our group of supporters and collaborators has grown in numbers over the years.



Living with Lucy: Melodies Fade but Memories Remain

READ MORE



To leave or to stay? We hope you have found your answer for the dilemma that unfolded on the stage of Drama Centre on 24 and 25 February nights! The heartwarming story moved our audiences to tears and touched their hearts with a powerful message - to always be there for your loved ones.

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!

PROGRAMS

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 program, Age Well Everyday (AWE) Program 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. More information available in the AWE Brochure. Click the QR code on the left to find out more!

VIEW THE
AWE BROCHURE



VIEW THE LIST
OF CONTACT



Join us as a volunteer or participant!

As we expand to partner with more communities, more volunteers will be needed to facilitate the regular AWE activities for our growing number of senior participants. If you would like to become an AWE volunteer or simply would like to participate in our community activities, please approach any of our community partners to find out more. Please click the QR code to contact any of our community partners.

Beyond the community activities, our **AWE E-Learning modules** are available all year round on the UniLEARN platform. The 6 main topics are Depression, Stroke, Dementia, Caregiving and Lifestyle Management I & II. These modules are open to public, who would like to gain knowledge in the topic areas. The full suite program comprises of 6 modules, 2 Mindful Awareness Practice sessions and a webinar session. Find out more in the AWE Brochure.



AWE Volunteer Appreciation Day

On 28 January, we hosted the 2022 edition of AWE Volunteer Appreciation Day and we are pleased to have a total of 70 volunteers with us for a whole morning of insightful talks and presentations. The AWE program operates on a self-supporting structure. With the help of our volunteers, MSC was able to fulfil the promise of translating research into intervention programs that is beneficial to the community.

READ MORE



**天天康齡
Age Well
Everyday**

我们的故事

新加坡60岁及以上的老年人中，每十名就有一位患有失智症。人们的寿命逐年增加，人口也随着走向老龄化的趋势，失智症病例预计在2030年增至三倍。因此，为了提高大众对失智症的了解，并让更多人积极参与预防工作，我们的书里计划至关重要。天天康齡计划 (AWE) 鼓励大家积极面对老龄化，思维科学中心进行的一项研究发现，只要大家尽早进行心理社区预防活动，可助于延缓认知能力的退化，并降低患上抑郁和焦虑症的风险。因此我们基于研究，推广了一项全面社区计划 - 天天康齡。

成为我们的社区活动参加者! | 志愿者招募

AWE Program Chinese Infosheet

We are excited to announce the recent launch of our program's Chinese information sheet. During our roadshows, we noticed that conveying our message to the Chinese seniors has been a recurring issue. As such, this leaflet succinctly summarized the highlights of our program with contact information of our partners. This is our commitment ensure our program can be more accessible and welcoming by crossing the language barrier.

VIEW NOW



**AWE
FINANCIAL HEALTH
WEBINAR SERIES**

**...and it's
official!
Happy Retirement!**

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. In collaboration with PhillipCapital, the team rolled out two webinars covering Central Provident Fund, Supplementary Retirement Scheme and Will & Estate Planning. Click to read the respective webinar highlights.

WEBINAR 1:
READ MORE



WEBINAR 2:
READ 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.

VIEW MORE
INFORMATION



Click **HERE**
to donate **NOW**

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



Free Lunchtime Mindfulness Practice

Due to popular demand, we are extending Ms Joy Chen's 30-minute lunchtime mindfulness class to 30 June 2023. Join us every Friday at 1pm to engage in a mindful

SIGN UP NOW



break from your daily routine, guided by our Mindfulness teacher, who is a Clinical Psychologist as well. Simply find a quiet space, plug in your earpiece and tune in to the session.



Self-compassion for Healthcare Communities (SCHC)

SCHC is a 6-session healthcare adaptation of Mindful Self-Compassion, the empirically supported program by Dr Kristin Neff at UT Austin and Dr Chris Germer at Harvard Medical School. The program aims to improve wellbeing and personal resilience by teaching mindful self-compassion skills to deal with

REGISTER NOW



distressing emotional situations as they occur at work and at home. The next program run is from 6 Oct to 10 Nov, from 5pm to 6.30pm. *Program fee applies.



Mindfulness-Based Cognitive Therapy

Led by Dr Virginia Lien and Dr Mabel Yap, the brand-new program focuses on enhancing your wellbeing by cultivating self-awareness and equanimity in work and personal situations. The in-person sessions will be conducted every Saturday from 16 September to 11 November, inclusive of a special half-day silent retreat. Indicate your

SIGN UP NOW



interest for the program while more details get rolled out in the coming months. Keep a lookout for early-bird discounts on our website! *Program fee applies.



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.

VIEW MORE INFORMATION



'Arts, Mindfulness & the Ageing Brain' Curation Virtual Tour

Ageing is inevitable but we are empowered to manage how we age. The inaugural exhibition was launched on 21 September 2021. The themed sections showcase an exciting mix of artworks featuring arts in the community and mind-body-space connection, which explored the interface between mental wellness and art. Local research on how lifestyle changes, like mindfulness and tea drinking, mitigates the effects of ageing was presented. Although

EXPLORE NOW



the physical space has been refurbished for the next exhibition, the virtual tour remains open for anyone to visit anytime.



'Teens & Kin' Curation Virtual Tour

We are thrilled to launch the virtual tour of our ongoing exhibition, which focuses on youth mental health. Through our thought-provoking artwork commissions, insightful infographics, and interactive activity areas, we aim to spark constructive conversations about intergenerational bonding and family resilience while shedding light on adolescent mental health challenges and avenues for tackling them. If you are unable to visit in person or wish to revisit the

EXPLORE NOW



exhibition, our virtual tour allows you to explore our curation from the comfort of your own home.



Unleashing Resilience through Creativity: Highlights of MAELab's March Holiday Art Workshop

In line with our ongoing curation theme of 'Empowering Youths', the working team at MAELab collaborated with two well-known artists – Mengju and Debbie Ding to develop a series of art workshops for youths to participate in during the March holidays. Mengju's workshop explored the use of sketchbook illustrations to express thoughts, feelings and vivid memories. Debbie Ding's

READ MORE



workshop guides the participants to prototype creative solutions to imagine future scenarios as a way to instill a sense of empowerment with problem-solving abilities.

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

1. Click the QR code to sign up for our mailing list.
2. Like and follow our Facebook, Instagram and website.

@mindsciencecentre @maelab_msc mindsciencecentre.sg





Dementia Asia

VIEW MORE INFORMATION



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

Over the past decade, MSC 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 MSC'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 Professor Hong Hai, Founder and Chairman of Renhai Centre Limited.

FEATURED ARTICLE:

Improving Sleep Quality in Older Adults



Poor sleep quality is quite commonly reported in older adults. After all, ageing is associated with changes in sleep physiology. Poor sleep quality is associated with adverse consequences including poorer quality of life, cognitive and physical decline, as well as increased risk of depression and falls. A paper published by MSC found that community-based activities including tai chi, mindfulness practice, art therapy, and music reminiscence

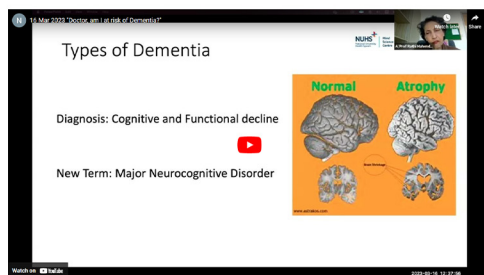
therapy improved overall sleep quality and decreased sleep disturbances in older adults (Rawtaer, 2018). These 4 activities are widely acceptable and accessible to older adults in Singapore. Our intervention program has the potential to be a more sustainable and safer non-drug intervention to improve sleep quality. Read the full article to find out more.

READ MORE



'Living with Dementia' Webinar Series Compilation

Moderated by Prof Kua, this series was first launched in April 2022 and has progressed to its third edition in March 2023. MSC seeks to build the foundations of a strong dementia support network through informative talks and discussions. All information will be made readily available to the public through our website, with the aim of developing a multi-faceted archive of relevant and relatable information.



16 March 2023

Am I at risk of dementia

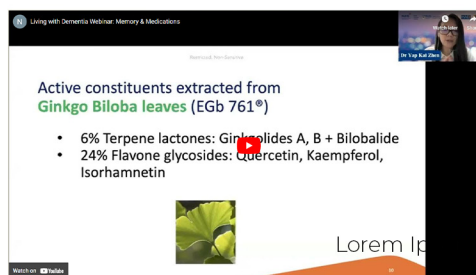
Speakers: A/Prof Mahendran and Associate Professor Tan Tin Wee

FIND OUT MORE



Key topic areas:

- 1) Most common types of dementia
- 2) The diagnostic criteria
- 3) Potential preventive interventions



21 Nov 2022

Memory & Medications

Speakers: Associate Professor Tan Chay Hoon and Dr Yap Kai Zhen

FIND OUT MORE



Key topics areas:

- 1) Medications for memory problems & Dementia
- 2) Common side effects
- 3) Use of supplements like Ginkgo Biloba
- 4) Non-drug treatment for sleep issues



24 April 2022

Coping Strategies for Caregivers

Speakers: A/Prof Tan, Associate Professor Thang Leng Leng, Ms Lily Fu, and Mr Daniel Lim

FIND OUT MORE



Key topic areas:

- 1) Caregiver experience
- 2) Dementia caregiving tips
- 3) Useful self-care methods for caregivers.

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

1. Click the QR code to sign up for our mailing list.
2. Like and follow our Facebook, Instagram and website.

[f @mindsciencecentre](#) [@maelab_msc](#) [mindsciencecentre.sg](#)



WHAT'S SHAPING UP!

NUS PSYCHIATRY SYMPOSIUM

THE EMOTIONAL CHALLENGES OF YOUTH & RESILIENCE BUILDING

WED, 26 APRIL 2023 2PM - 6PM NUS TOWER BLOCK AUDITORIUM LEVEL 1 A GREATER GOOD SERIES

GUEST-OF-HONOUR **Ms Sun Xueling**
Minister of State, Ministry of Home Affairs & Ministry of Social and Family Development

KEYNOTE LECTURERS



A/Prof John Wong CM
Unja Yan and Yeo Boon Khim Professor in Mental Health and Neuroscience
Senior consultant psychiatrist, Dept. of Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore & National University Hospital
Director, Mind Science Centre



Prof Eric Chen
Ch-U Pao Foundation Professor in Psychiatry
Chair Professor and Clinical Professor, Dept. of Psychiatry, The University of Hong Kong

NUS Psychiatry Symposium: The Emotional Challenges of Youth and Resilience Building

26 April 2023, 2pm – 6pm

FIND OUT MORE



The academic symposium aims to present the key findings of a nationwide study on the mental health status and resilience of young people, as well as to introduce mental health professionals to profiling clinical tools that can be used to better understand and manage the mental health challenges faced by youth. This symposium will be joined by Ms Sun Xueling, Minister of State, Ministry of Home Affairs & Ministry of Social and Family Development as the Guest-of-Honor.

NUS PSYCHIATRY SYMPOSIUM

AGEING-IN-PLACE

A GREATER GOOD SERIES

THU, 27 APRIL 2023 8.30AM - 1.15PM NUS TOWER BLOCK AUDITORIUM LEVEL 1

KEYNOTE SPEAKERS



A/Prof Rathi Mahendran
Senior Consultant Psychiatrist, Dept. of Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore and National University Hospital



Prof Linda CW Lam
Professor Emerita, Dept. of Psychiatry, The Chinese University of Hong Kong



Prof Kua Ee Heok
Honorary Professor in Psychiatry and Neuroscience, National University of Singapore
Emeritus Consultant, National University Hospital
Vice Chairman, Mind Science Centre

NUS Psychiatry Symposium: Ageing-in-Place

27 April 2023, 9am – 1pm

FIND OUT MORE



Ageing-in-Place is a pressing issue in caring for seniors in our community. The academic symposium aims to present the key findings from the Community Health and Intergenerational (CHI) Study and be a gathering of leading scholars, researchers, and practitioners to exchange ideas to explore how the lessons learnt from the CHI study could impact future program planning and policy, and inform ageing seniors and their caregivers to better integrate in the community with their families.

Mind Science Centre Official Launch Dinner

5 May 2023, 7pm – 9.30pm

FIND OUT MORE



MSC is privileged to receive a naming gift for the centre which will allow MSC to synergize different domain knowledge and manage cross-disciplinary collaborations among researchers to create, understand and seek new knowledge to address global challenges in mental health prevention. This further testifies the importance of optimizing mental capital for Singaporeans to prosper and thrive in our fast-changing environment. We are honored to have Mr Teo Chee Hean, Senior Minister and Coordinating Minister for National Security to launch the centre.

Are Women at Higher Risk of Mental Illness: Webinar

8 June 2023, 12.30pm – 2pm

FIND OUT MORE



The Community Health & Intergenerational (CHI) study, led by A/Prof Mahendran, is the first research in Asia with a team that includes specialists from various fields such as psychiatry, epidemiology, biostatistics, family medicine, nursing, nutrition and more. The study is massive, and some findings will be presented by speakers including Associate Professor Wong Mun Loke and Prof Kua. Topic areas: dental health, parenting, ageing, and caring, in relation to mental health.

COMMUNITY HEALTH & INTERGENERATIONAL (CHI) STUDY
TOW TIANG SENG DISTINGUISHED LECTURE SERIES

Are Women at Higher Risk of Mental Illness?

WEBINAR ▶ 8 JUNE Thursday, 12:30pm - 2pm



Assoc Professor Rathi Mahendran
Senior Consultant Psychiatrist, Department of Psychological Medicine, National University Health System

"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 programs. These efforts have touched the lives of more than 14,000 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 or scan the respective QR codes to donate today!

*If tax deduction is required, please email your full name and tax reference number to giving_med@nus.edu.sg.

Via Website



Via PayNow*

