



**BRAIN  
TUMOUR  
SOCIETY**  
(SINGAPORE)

# NEWSLETTER

OCTOBER – DECEMBER 2021 ISSUE: 02

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## Message from our President

*Dear BTSS Family*

*We are pleased to share our 2nd edition of BTSS Newsletter for the period of October-December 2021. The highlight of this edition is an opportunity to win a 2D1N staycation.*

*Read on to find out more!*

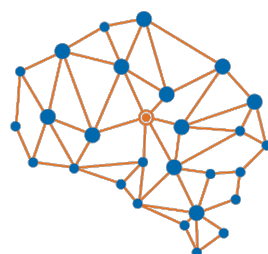
*We would like to thank our volunteer designer, Jannah Zulkifli for designing our Self-Care Mission Challenge and our member, Joseph Lee for sharing his story.*

*We would like to welcome Ratnah Hafizah, our new Programme Executive and Cecelia Lee our Finance and Governance Executive to the BTSS team.*

*In addition, we are grateful that the following members have stepped up to lead in the following roles:*

Ashey S. Janarthanan	Meningioma, Pituitary and Youth Sub-Group
Felicia How	Parent-Caregivers and Youth Sub-Group
Cammie Tan	Workplace Sub-Group and Programme Support
Peter Koh	BTSS Support Group, GBM Caregiver Sub-group

*In your service, always*  
**Melissa Lim**  
*President*  
**Brain Tumour Society (Singapore) Limited**



**BRAIN  
TUMOUR  
SOCIETY**  
(SINGAPORE)

*Please share your feedback on how you feel about our second edition. If you have suggestions for healthcare topics or like to contribute your warrior stories or engagement activities for future editions, please feel free to get in touch with our office at [services@braintumoursociety.org.sg](mailto:services@braintumoursociety.org.sg) or +65 8738 5669.*

# EVENTS AND UPDATES

## ZOOM Support Group Meetings

Please contact BTSS if you are interested to join.

## ZOOM Parent-Caregiver Support Group Meetings

Please contact BTSS if you are interested to join.

## Birthday Blessings

Beneficiaries have an option to choose e-voucher or birthday cake to be delivered to them during their birthday month. Cake delivery are done by BTSS-Volunteers

## BTSS Talk Part 3 on Living with Permanent Deficits on 31st July 2021

BTSS Members Cammie, Aloysius and Ashley shared their experiences as panel speakers.

## SG BTSS Community Facebook Group

Change in the name from "BTSS Community" to avoid confusion with the BTS Community Page which is for the korean boyband's fans.

## "Blessing in a Bag" by itizmeZ3ch in August & September 2021

Sales from Z3CH's merchandises – in memory of Zechariah - was donated to BTSS. Z3CH's merchandises were also packed as 'Blessings in a Bag' and delivered by our wonderful volunteers to our BTSS Kids.

## 2nd Annual Neuro-Oncology Symposium by Brain Tumour Foundation of Pakistan in September 2021

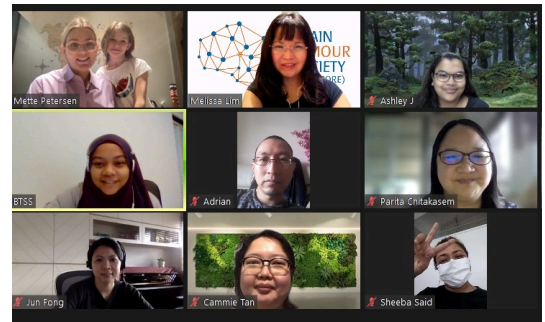
BTSS President Melissa Lim was a speaker at the Symposium on quality care for Brain Tumour Patients.

## Mini Charity Bake Sale

Alma, 8-year-old Brain Tumour Patient initiated a Charity Bake sale to support BTSS.

## Talk on Diet and Nutrition for Brain Tumour Patient on 30th October 2021

Dietitian and Parent-Caregiver of Brain Tumour Child, Mette Koch Petersen shared her knowledge on diets and nutrition for Brain Tumour Patients



BTSS Talk: Diet & Nutrition for Brain Tumour Patient

## Launching of Brainy Car Rally in 2022

Brainy Car Rally has been rescheduled to a new date in 2022! Keep a look out!

We would be very encouraged if you would give generously towards our programmes for our beneficiaries. Thank you!



Brain Tumour Society (Singapore) Limited  
UEN No: 201912577E



"Blessings in a Bag" by ItizmeZ3CH Merchandise



Joseph has been a regular participant of BTSS ZOOM Support Group. A cheerful and lovable patient, Joseph never failed to bring smiles and encouragement to others in the group. He would be celebrating his 31<sup>st</sup> birthday in a few months' time, which would mark his 12 years of surviving with brain cancer.

Joseph was only 19 when he was diagnosed with Pineoblastoma after his frequent headaches and double vision was investigated. He was then the only person of his age in Singapore known to be having Pineoblastoma. After an urgent life-saving surgery, eventually 20% of his tumour was removed but it grew even larger than before within a couple of weeks later, and he spent the next 6 months undergoing radiotherapy in hospital.

In the aftermath of his treatments, Joseph faced many new challenges. He had short term memory loss, tremors, double vision, hearing loss among many other side effects. He also has had a VP shunt inserted, which is a thin plastic tube that helps drain extra cerebrospinal fluid (CSF) from his brain. Presently, Joseph's cancer has spread to lungs and bones. He is currently undergoing chemotherapy for it.



Joseph's 11 years' journey with Brain Tumour has been an extremely arduous one yet he remains extraordinarily positive despite his cancer relapsing a couple of times. Those of us who have encountered him in BTSS are struck by his radiance and cheerfulness. He genuinely feels happy despite his circumstances and constantly counts his blessings.

**Pineoblastoma** is a type of cancerous (malignant) tumor that grows in a part of the brain known as the pineal gland. The Pineal gland is a small cone-shaped structure that extends posteriorly from the third ventricle of the brain. The pineal gland consists of portions of neurons, neuroglial cells, and specialized secretory cells called pinealocytes. The pinealocytes synthesize the hormone melatonin and secrete it directly into the cerebrospinal fluid, which takes it into the blood. Melatonin affects reproductive development and daily physiologic cycles.



## ENCOURAGE: Joseph's JOURNEY



For him, his family has been a great blessing. He was grateful that his beloved late grandmother had been there for him during treatments. In addition, his mother left her job to devote herself to his care. To create an environment that is peaceful and relaxing, his mom designed the house to be like a resort. It was filled with a lot of different types of plants. She even grew some of the organic vegetables like spring onions, ginger, chillies, tomatoes and long beans for his food.

I wake up and  
I decide that I will  
be happy today!



### What is the secret of Joseph's extraordinary resilience in the face of adversity?

Our hero puts it to mindset and faith. He has learnt that one cannot depend on others and circumstances to be happy as one's happiness is really a choice one makes. For Joseph, he has decided that whatever circumstances life puts him through, he is going to wake up and decide that he is choosing to be happy. He always says that "a cheerful heart is good medicine, but a crushed spirit dries up the bones". He spends his day doing things that make him happy. It could be watching movies, songs and music appreciation, watching the Running Man series, doing sudoku or even, his favourite hobby, making origami!



Joseph will be making origami to raise funds at **BTSS next Brainy Car Rally**. Be sure to come to say Hi and give encouragement to Joseph by supporting his fundraising project for BTSS.

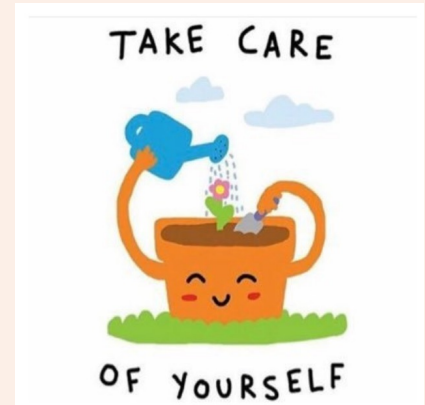


## Self-Care

Self-care is more than just posting a photograph of yourself doing a face mask or DIY gua-sha on your social media or the random splurge of material gifts for self. Although, let's not deny, those masks and splurging on material goods does make us feel good - this "feel-good" factor may not be lasting.

## WHAT IS SELF-CARE?

Self-care, as its name suggests, is about caring for the self. It is the opposite of living life on auto-pilot. In today's world of distractions, multi-tasking and relentless pace where you are just rushing from one to the next, unconscious, unaware and sometimes even ignoring your well-being needs. It is about living, mindfully, taking time off for ourselves when we need it, listening to our body's needs - caring for our mental, physical and emotional wellbeing.



## WHY IS SELF-CARE IMPORTANT?



Living on auto-pilot may lead to undesirable habits. For example, eating unhealthy food while we rush through our day, not taking the time for exercises or being disconnected in our relationship with our friends and families.

This lack of proactiveness in caring for our "self" contributes to less optimal physical health, cognitive functioning and emotional well-being. Self-care is a prevention against burnt-out, helps us feel nourished, rejuvenated and lives a fulfilling life.

## BTSS SELF-CARE MISSION CHALLENGE

Self-care is simple, basic and does not cost us so much money. It is going to bed on time, getting enough sleep, eating a well-balanced diet, connecting with your friends and families and so on.

In this newsletter, we created a **Self-Care Mission challenge!** Complete 20 of the Mission Challenge by 30th November 2021 to stand a chance to win a 2D1N staycation.



**ARE YOU READY TO TAKE BETTER CARE OF YOURSELF AND BE REWARDED FOR IT?**

**FLIP TO THE NEXT PAGE!**





## SELF-CARE

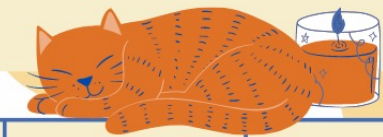
# Mission Challenge



Complete 20 of the Mission Challenge by 30th November 2021  
to stand a chance to win a 2DIN staycation.

### HOW TO JOIN THE CHALLENGE:

- Join our **SG BTSS Community Facebook Group**
- Take a selfie or video of yourself completing the challenge and post it on **SG BTSS Community** with the Mission name & the number of mission(s) you have completed. **Example; Meditate, Completed 3/20 Mission**
- The mission ends on the **30th of November 2021**
- Winner will be announced on the **15th December 2021**



Take a warm bath/shower 	GET A NEW OUTFIT FOR MYSELF	Catch up with friends 	LIGHT UP SOME SCENTED CANDLES 	Compliment myself 	DO SOME SIMPLE EXERCISE
Meditate for 15 mins 	EAT A HEALTHY MEAL 	Play a game	APPLY A MASK OR SKINCARE 	Take a 30min break	DRINK 8 CUPS OF WATER IN A DAY 
Eat my favourite dessert 	EAT MY FAVOURITE FRUIT	Listen to my favourite music 	DO SOME STRETCHING 	Go to bed early 	WEAR MY FAVOURITE CLOTHES
Hug someone I love 	GIVE SOMEONE A COMPLIMENT 	Go out for a stroll in the park 	HUG MY FAVOURITE PILLOW OR PLUSHTOY 	Spend time with nature	Have dinner with friends or family
Watch a movie that I enjoy	WRITE IN MY JOURNAL 	Watch the clouds	Make 3 things that I'm grateful for	DRINK MY FAVOURITE BEVERAGE 	Express Gratitude 



## MONTHLY SUPPORT MEETING SCHEDULE

Every 2nd Saturdays  
of the Month

- 9th October 2021
- 13th November 2021
- 11th December 2021

## PARENT'S SUPPORT MEETING SCHEDULE

Every 3rd Saturdays  
of the month

- 16th October 2021
- 20th November 2021
- 18th December 2021

## QUARTERLY MEDICAL TALKS

Next \*Talk will be on the  
27th November 2021

"Living with Seizures as a  
Brain Tumour Patient"

Guest Speaker Dr Lin Xuling

## DECEMBER HOLIDAY PROGRAMME

Comic Workshop  
by Project Deko  
3rd & 4th December 2021  
Open to BTSS-Kids and  
siblings

## TUITION GRANTS

Tuition Grants Application for  
year 2022 opens for all  
BTSS-Kids

## BTSS- BUDDIES

This is a new service for Parent-  
Caregivers and our paediatric  
patients. In brief, BTSS Buddies  
can be engaged to provide child  
minding support in the following  
areas:

- Play Buddy
- Creative Buddy
- Study Buddy

Parents who need 2-4hours of  
support can call BTSS Office to  
arrange.

Meanwhile we welcome  
members and volunteers to sign  
up for training as BTSS Buddies

*If you have any  
suggestions, programmes ideas,  
or feedback reach out to BTSS  
Programme Executive, Ratnah.*

*Details Below*



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