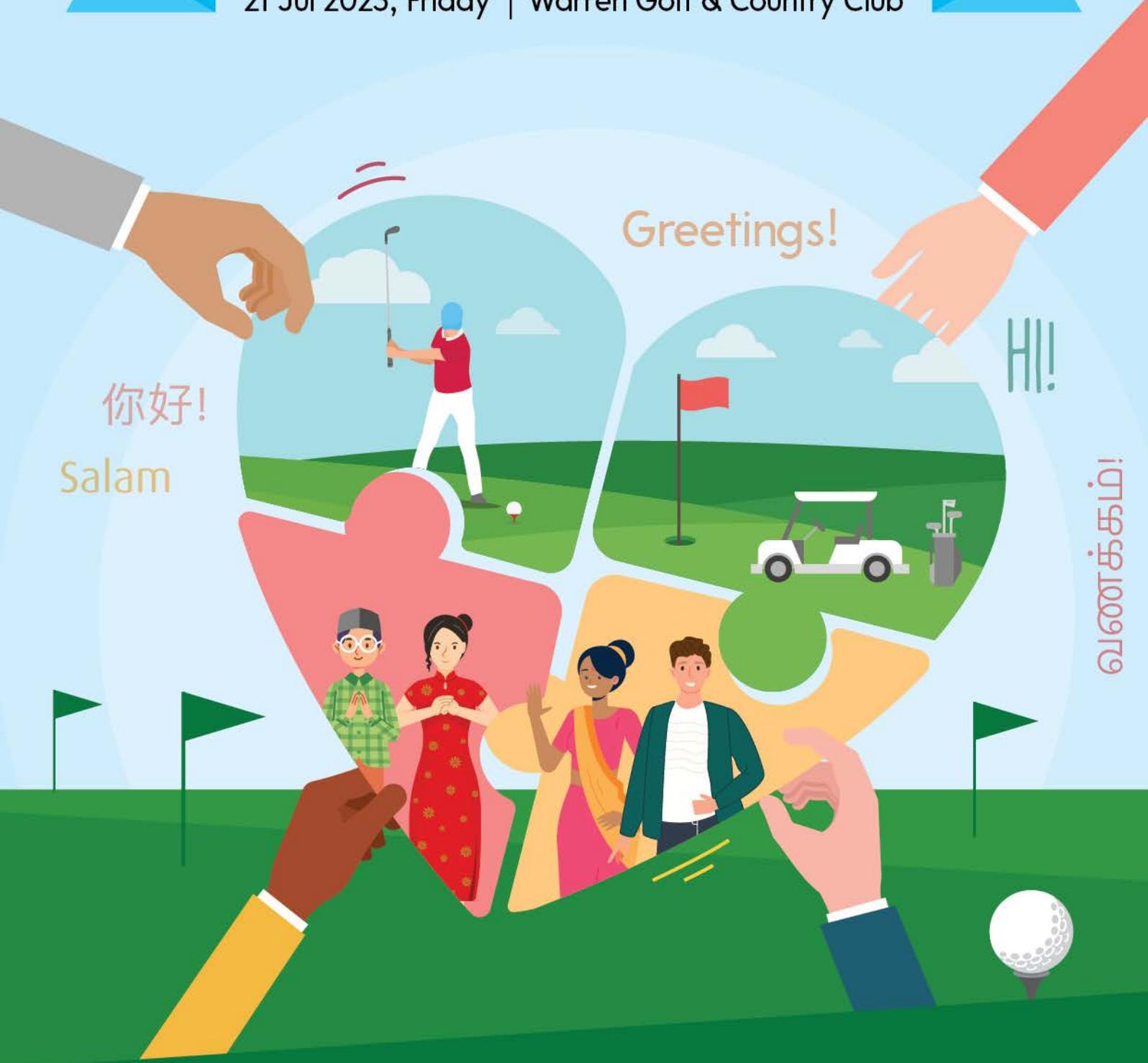


Singapore Heart Foundation Charity Cup Golf Tournament 2023

21 Jul 2023, Friday | Warren Golf & Country Club



Since 1970

Singapore
Heart
Foundation
Your Heart We Care



VISION

To be a leading heart health movement and a household name in Singapore through educating and motivating the public, assisting those affected and supporting community-based research to better understand the landscape of heart disease in Singapore

MISSION

To promote heart health, prevent and reduce disability and death due to cardiovascular disease and stroke

CORE VALUES

Honesty and Integrity

Enthusiasm and Passion

Accountability and Transparency

Research and Innovation

Teamwork and Collaboration

Sharing and Caring

MESSAGE BY

MR SAKTIANDI SUPAAT

MP FOR BISHAN-TOA PAYOH GRC
GUEST OF HONOUR



At the height of the pandemic COVID-19, we witnessed the power of collective action. Emerging from those unprecedented times, it is imperative that we channel the same collective spirit to fight the world's leading cause of death – cardiovascular disease (CVD).

Individual efforts play a vital role in the management of heart health, but organisations and corporations can cultivate positive environments to enable individuals too.

I was excited when the Singapore Heart Foundation (SHF) approached me to set up the educational booths in the RCs, CCs, and the Wellness Hub in the Bishan-Sin Ming constituency. The Bishan-Toa Payoh GRC, for which I manage, has a relatively high proportion of elderly that are most vulnerable to chronic diseases such as high blood pressure, a major risk factor of CVD. Their initiative has hence improved residents' access to blood pressure (BP) monitors and BP management information that will help combat CVD and a slew of chronic diseases.

It is projected that by 2030, one in four citizens will be 65 years and older. Our ageing population will soon have an impact on our workforce and I hope that similar to how SHF has stepped up to support citizens to age gracefully, employers will also take the lead in encouraging their employees to make well-informed lifestyle choices that promote their health. This could be done through holding lunchtime wellness and nutrition talks, or by welcoming the set up of health booths in offices. When corporations prioritise the health of their employees, they not only cultivate a positive work environment, but also contribute to a healthier society.

Another way we can spur action towards CVD prevention is through supporting the infrastructure needed to uplift our communities. This could be done through volunteering or fundraising to help the Foundation expand their initiatives to educate our young and old, and shape the future of Singaporeans' hearts.

Thank you for your commitment to give back to the community through your participation in the SHF's Charity Cup Golf Tournament. Your contribution will improve the quality of life for Singaporeans and forge a more equitable society. Your donation will go even further, thanks to the Tote Board's enhanced fundraising programme which matches eligible donations dollar for dollar.

As you golf around the course today, look out for each other by encouraging your fellow golfers to eat mindfully, go for checkups regularly and plan more games together to make exercising enjoyable.

I wish you a wonderful day and that your heart is always in good shape!

Mr Saktiandi Supaat

Member of Parliament, Bishan-Toa Payoh GRC





SHF CHARITY CUP GOLF TOURNAMENT 2023
ORGANISING COMMITTEE



Mr Peter Sim
Chairman



Dr Low Lip Ping
Co-Chairman



Mr Joe Chan
Member



Mr Chong Chou Yuen
Member



Mr Goh Chiew Seng
Member



Dr Bernard Kwok
Member



Mr Matthew Lui
Member

MESSAGE BY

DR LOW LIP PING & MR PETER SIM

ORGANISING CO-CHAIRMEN



A warm welcome to the Singapore Heart Foundation's (SHF) 22nd Charity Cup Golf Tournament and a happy Racial Harmony Day.

As we gather on Racial Harmony Day to support SHF's initiatives to help needy heart patients and promote heart health for all, we are reminded once again that our camaraderie and "kampung spirit" can make such a difference. We enjoy a safe and vibrant multicultural country because we have made an effort to foster mutual understanding among our different ethnic, religious and cultural groups. And at last year's Charity Cup Golf Tournament, together we raised half a million dollars to give back to our community.

Thank you all for coming together again this year to support our initiatives and our cause.

There is another pursuit that we hope you will join us in. Every year, we see 3,000 people in Singapore suffer out-of-hospital cardiac arrest, with most cardiac arrests happening at home or in public places. While the rate of bystander CPR has been consistently high, the use of AED by lay people still leaves much to be desired. We hope you will help us build a heart-safe nation.

Cardiac arrest is a serious emergency that can strike anyone, regardless of age, gender, fitness level, or ethnicity, and at any time. Now and again we receive news of Singaporeans who collapsed while enjoying a leisure trip, or of athletes who are seemingly healthy blindsided by cardiac arrest while on the field. The truth is that while certain risk factors like smoking, high blood pressure, high cholesterol levels or a family history of heart disease, can increase the likelihood of a heart attack and cardiac arrest, no one is completely immune. Hence, it is important to be aware of the signs and symptoms of cardiac arrest and know how to respond in the event of an emergency.

Widespread terrains like a golf course could hinder immediate resuscitation efforts for cardiac arrest victims if no one in the area knows how to perform CPR. Every minute that passes without intervention can lead to irreversible brain damage and death. Quick and effective application of CPR and AED can increase the victim's chances of survival by up to 50%.

So while you are enjoying your round of golf, we urge you to pick up these essential lifesaving skills and encourage those around you to step up too. If you feel that learning these skills is a daunting task, SHF provides courses for people with different abilities. Learning CPR and AED is a critical skill that can make a significant difference in saving lives, and we have a duty to protect our loved ones by being well equipped to respond on and off the golf course.

Thank you, Guest of Honour Mr Saktiandi Supaat, for joining us in our endeavour and our Platinum Sponsor, Tote Board, for your continued support. Special thanks to the organising committee, volunteers, management and staff of SHF for their dedication and hard work in making today's event possible.

Let's do our part to keep our hearts beating strongly and in harmony!

Dr Low Lip Ping

Co-Chairman, Organising Committee
Chairman Emeritus, Board of Directors
Singapore Heart Foundation

Mr Peter Sim

Chairman, Organising Committee
Member, Board of Directors
Singapore Heart Foundation





Tote Board strives to achieve our vision of A Caring and Resilient Singapore.

As a broad-based grantmaking organisation, Tote Board works closely with government agencies and partners to support projects that encourage healthy lives and well-being, create empowered communities, foster a cohesive and resilient society and make Singapore a sustainable and liveable home.



Giving Hope
Improving Lives



www.toteboard.gov.sg



MESSAGE BY

PROFESSOR TAN HUAY CHEEM

CHAIRMAN, SINGAPORE HEART FOUNDATION



The Singapore Heart Foundation (SHF) continues making remarkable progress year by year.

We earned the Charity Transparency Award 2022, a prestigious recognition from the Charity Council, and a testament to our integrity that serves as an assurance to our stakeholders, partners, donors and the public, who place their trust and support in us. SHF will continue to uphold the trust of donors with new digital implementations to our donation systems to safeguard against the rampant scams and digital breaches in our community.

This is one of the ways we have used technology to strengthen the way we create impact and reach. We also leverage on the digital tools to shape our approach and delivery of heart health education. In July 2022, we launched our Chinese website to deliver valuable cardiovascular disease (CVD) prevention information to a significant proportion of our seniors who are Mandarin-speakers, and are vulnerable to CVD.

Last year, we took a 'phygital' approach with National Heart Week/World Heart Day 2022. We returned in person in our heartlands to educate the seniors on high blood cholesterol offline, and collaborated with e-commerce giant Shopee to reach the younger generation online. SHF's award-winning online game Captain Hugo, previously known as Hugopoly, made an appearance on Shopee Go and saw a ground-breaking 1.35 million plays in just two weeks.

The resurgence of physical events has also fuelled the return of our flagship mass CPR+AED events such as Project Heart and National Life Saving Day. Outreach to train more organisations in CPR+AED have proven well, and in the past year we trained 23 more organisations, a 40% increase from the year before.

To our great relief, the endemicity of COVID-19 has also enabled our Heart Wellness Centres (HWC) to accommodate more clients who need to maintain their health. In addition, more than 400 beneficiaries received financial aid from the Heart Support Fund – a four-fold increase from the previous financial year.

These are just a few examples of how SHF has served the community with your generous support.

There is still work to be done. And this year, we hope to improve resuscitation efforts by ensuring that our spaces and events are well-equipped with the necessary tools to give cardiac arrest victims a good chance of survival.

Your donation will help us channel work into advancing our initiatives on this and all fronts – Prevention, Rehabilitation and Resuscitation, and keep growing our impact. Thank you once again for your contributions, and we wish you an enjoyable and memorable time on the greens!

A stylized, handwritten signature in black ink, appearing to read 'Tan Huay Cheem'.

Professor Tan Huay Cheem

Chairman, Board of Directors
Singapore Heart Foundation





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SHF CHARITY CUP GOLF TOURNAMENT 2023
PROGRAMME SCHEDULE

Time **Day Programme**

11:00AM	Golfers' Registration @ Warren Golf & Country Club Drop-off Point, Level 1
11:00AM	Lunch @ Golfer's Terrace
12:35PM	Assemble next to Buggy Bay for photo-taking
1:00PM	Shotgun Tee-Off
5:30PM	Game Ends

Time **Night Programme**

6:00PM	Cocktail Reception
6:45PM	Opening Performance Chinese Drum Performance by BSY Cultural Arts
6:50PM	Welcome Speech by Mr Peter Sim, Golf Organising Chairman
6:55PM	Bon Appetit
7:35PM	Second Performance Indian Dance Performance by BSY Cultural Arts
8:05PM	Third Performance Guitarist and Vocalist Performance by Khairi
8:30PM	Prize Presentation
9:00PM	End of Dinner



SHF CHARITY CUP GOLF TOURNAMENT 2023

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Mr Vincent Ee



Cardiac Arrest Heart Attack

People often use these terms interchangeably, but they are not the same.

What is CARDIAC ARREST?



Cardiac arrest is an **"ELECTRICAL"** problem.

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). When the pumping action is disrupted, the heart cannot pump blood to the brain, lungs and other organs.

WHAT HAPPENS

Seconds later, a person becomes unresponsive and stops breathing (or gasps for air). **Death occurs within minutes if the victim does not receive treatment immediately.**

WHAT TO DO

CALL 9-9-5



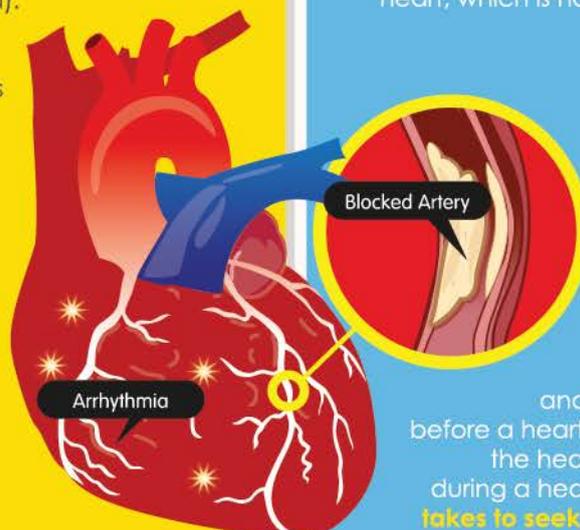
Cardiac arrest can be reversible in some victims, if it is treated within a few minutes.

First, call **9-9-5** and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible.

If two people are available to help, one should begin CPR immediately while the other calls **9-9-5** and finds an AED.



Fast action saves lives!



What is a HEART ATTACK?



A heart attack is a **"CIRCULATION"** problem.

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart, which is normally nourished by that artery, begins to die.

WHAT HAPPENS

Symptoms of a heart attack may be immediate, and include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike a cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person takes to seek treatment, the higher the risk of death.**



Heart attack symptoms in women can be different from men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO

CALL 9-9-5

Even if you are not sure if it is a heart attack, call **9-9-5**. Every minute matters! It is best to call for medical help right away. Emergency medical services staff can begin treatment as soon as they arrive.



WHAT IS THE LINK?

Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.

Adapted from the American Heart Association

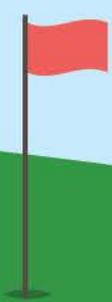
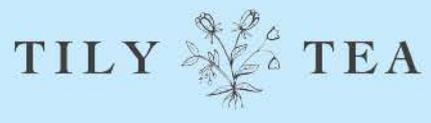
HEART DISEASE & STROKE IS THE WORLD'S #1 KILLER

An estimated **17.9 million** people die of cardiovascular disease, particularly heart attacks and strokes, every year.



To learn more about CPR and AED, please visit myheart.org.sg.

SHF CHARITY CUP GOLF TOURNAMENT 2023
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From Fairways to Friendships:

The Social Rewards of Golf



Meet new people

Anyone can play golf, giving you the opportunity to befriend people from all walks of life. The relaxing pace of a golf game is also ideal for striking up conversations and getting to know other players better.



Strengthen existing relationships

Golf is a wonderful way to keep in touch with old friends and spend time with family. You can also impart your golfing tips to your loved ones and make it a regular family activity.



Improves social interactions

Like other outdoor activities, golfing in nature relieves stress and boosts mood. When you feel fully recharged, you may seem more approachable and friendly to others.



Forming a community

Golf has the ability to connect people and foster camaraderie. Outside of golf, you can form a community of friends that will motivate one another to pick up healthy habits and explore other sports together. Try hiking together or playing team sports such as basketball or tennis.

The Link between

Social Connections and Heart Health



Individuals with strong social connections have a longer life expectancy and recover faster from health setbacks such as a heart attack.



In addition, positive social relationships have a calming effect on the brain, reducing the likelihood of an inflammatory stress response that can damage blood vessels and increase blood pressure.



Fuel Your Game with

Healthy Traditional On-Course Snacks

Stay fueled on the golf course to keep your blood sugar level steady and maintain your energy. Choose snacks that are convenient and low in sugar to avoid spikes in your blood sugar level.

Pick snacks that have a balance of carbohydrates, good fats and protein to keep energised for the back nine. Don't forget to drink up to stay well-hydrated on especially sunny days.



MAKHANA

Makhana is a traditional Indian snack. Low in calories and high in nutrients, it is a good substitute for unhealthy snacks like chips.



GUAZI

Guazi or melon seeds are a popular snack eaten during Chinese New Year. Seeds like sunflower seeds or melon seeds have been known to improve heart health.



DATES

Ajwa dates are known as the "holy dates" among Muslims and are often eaten for Iftar during Ramadan, when they break the fast. They are high in nutrients and strengthen and improve the function of the heart.



SHF Charity Cup Golf Tournament 2022

The 21st edition of the annual Singapore Heart Foundation's (SHF) Charity Cup Golf Tournament was successfully held at the Tanah Merah Country Club (Garden course) on 27 Jul 2022, raising an **estimated \$506,088**.

With the easing of COVID-19 restrictions, last year's Golf Tournament resumed the usual format of a shotgun tournament and was blessed with clear blue skies perfect for a relaxing golf game. Guest of Honour and Senior Minister of State Dr Koh Poh Koon graced the event together with 133 donors from the corporate and private sectors. Golfers embraced the "Hawaiian Hearts" theme, as they arrived decked out in their best Hawaiian attire.



Big smiles all around before tee-off! (from left to right: SMS Dr Koh Poh Koon, Mr Peter Sim, Mr Tan Fuh Gih and Mr Teng Chee Yong Bobby)



Group photo before heading off



(From left to right: Mr Vernon Kang, Dr Bernard Kwok, SMS Dr Koh Poh Koon, Mr Peter Sim, Mr Tan Fuh Gih, Mr Teng Chee Yong Bobby and Ms Jeslin Sin)



The funds raised will go a long way in providing financial assistance to needy heart patients, and funding SHF's various lifesaving programmes and operations.

We would like to express our sincere appreciation for our Platinum Sponsor Tote Board, as well as our Gold Sponsors Mdm Tan Choo Leng, Mr Daniel Teo Tong How, Ho Bee Foundation and Regency Steel Asia for the generous support.



Swinging clubs for the heart



Mr Peter Sim giving the opening speech at the Appreciation Dinner



Mr Daniel Purnomo serenading the golfers with his ukulele



Following the theme "Hawaiian Hearts", golfers were treated to a Tahitian dance performance by Tahiti Dance Fitness

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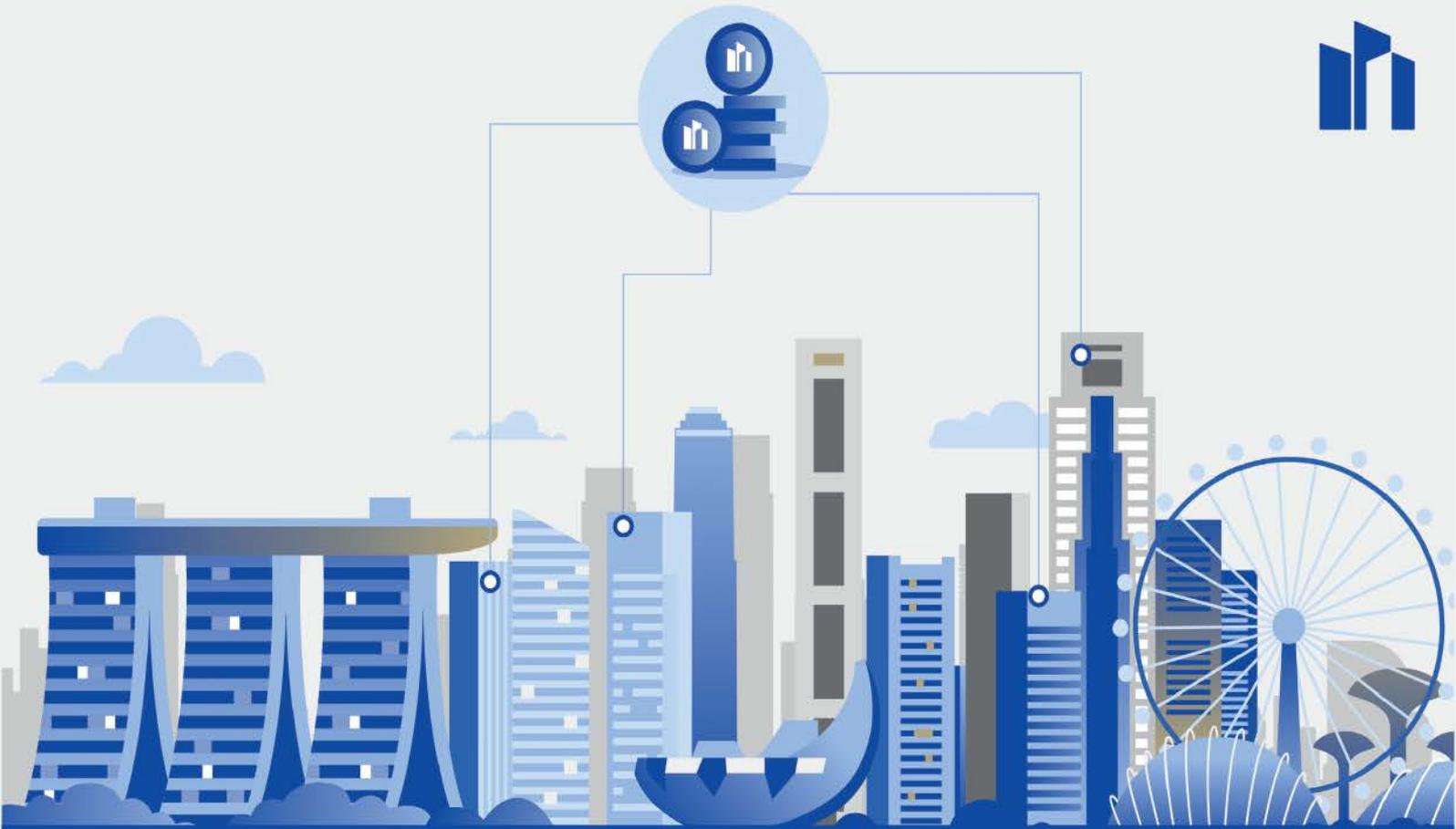
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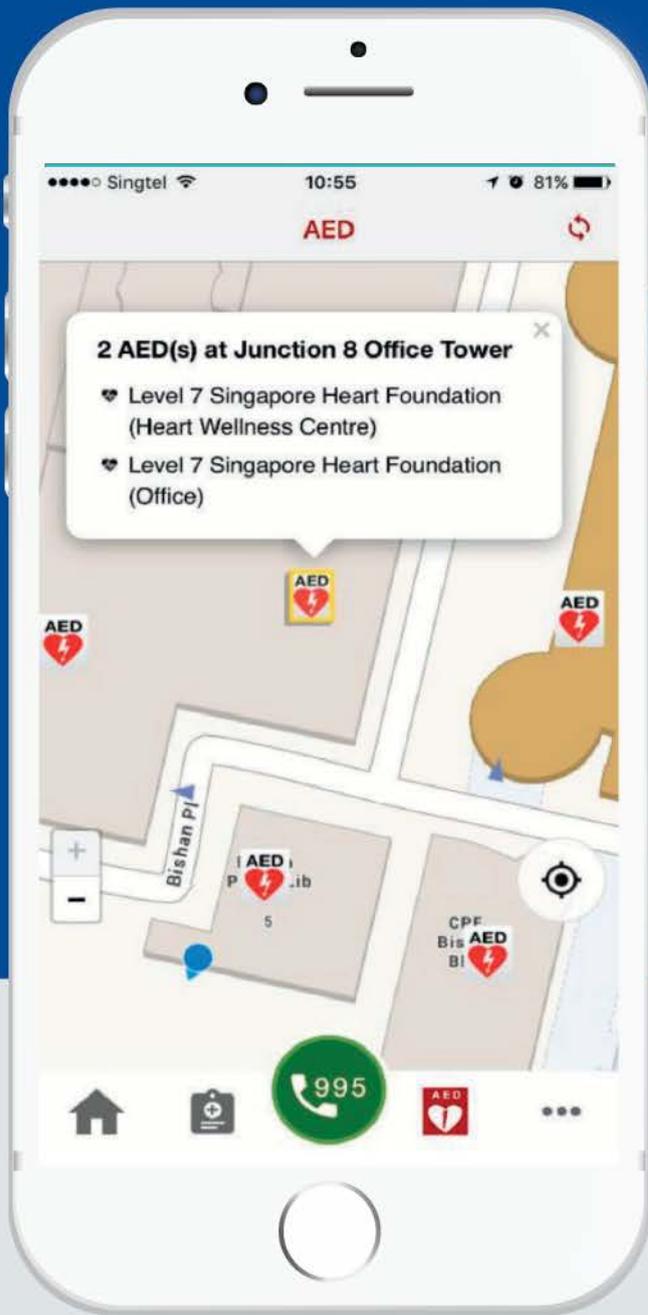
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for someone in Sudden Cardiac Arrest

1 Sudden Cardiac Arrest victim in need.



2 995 specialist dispatches resources & sends out myResponder alert.



DID YOU KNOW?

Chances of survival drop by 10% per minute after sudden cardiac arrest has happened. Get help early!



OWN AN AED?

Map your publicly accessible AED into the myResponder app. Email r-aedi@heart.org.sg.

3 Alert received by nearby registered first responders.



4 First responders start CPR & use an AED until SCDF resources arrive.



HAVE YOU HEARD?

Only app users within 400m of an incident are notified. Your response is entirely voluntary.



DOES IT MATTER?

Immediate application of CPR+AED has led to survival rates as high as 50%. You can save a life today!

THANK YOU

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Warren Golf & Country Club



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NATIONAL HEART WEEK/ WORLD HEART DAY 2023

Join our cause in promoting heart health and be part of this signature event featuring exciting and interactive activities and exhibitions to support Singaporeans in their heart health journey.



< September



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Toa Payoh HDB Hub

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