

**Persatuan SLE Malaysia:
Executive Committee 2018-2020**

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Hon. Treasurer: Low Yoke Moey
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Liew Ai Vee
Liew Nyet Nyuen
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Low Wai Kuen, Winnie
Radha Menon
Rakesh Subramaniam
Sinn Keng Man, Melissa
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Administrator: Chee Siew Lian
Goh Kim Hong, Lucy

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Kedah Nur Hasliza bt Yaacob
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Sabah Monita Cheong Wan Yee
Mohammad Na'im bin
Othman
Sarawak Ahmad Taufiq Asyraf Bin
Jalil
Terengganu

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Prof Dr Esha Das Gupta
Dr Yeap Swan Sim
Dr Morris Wo Chee Yuen

Counselling Advisors:

Dr Valerie Jaques
Ms Shoba Aiyar

External Auditor:

Christopher Lee & Associates

Internal Auditor:

Dr Yeap Swan Sim

January 28, 2018, Petaling Jaya: A public forum was held at Persatuan SLE Malaysia's (PSLEM) Secretariat where Consultant Rheumatologist Dr Heselynn Hussein gave a talk on "Medications in SLE". This was followed by a second talk on "Managing Your Emotions" by Ms Shoba Aiyar, a registered Counsellor who is helping to train PSLEM's para-counsellors. There was also a demonstration on relaxation techniques by psychology student Uzma Nayli Kamarulzaman, who was doing her internship with PSLEM. We ended with a session on how to make a "glitter jar". Everyone had lots of fun choosing their sequins and glitter.





February 24, 2018, Petaling Jaya: Dr Benjamin Cheah launched Persatuan SLE's Chinese New Year open house with the tossing of "yee sang" and shouts of blessings. This was followed with angpow distribution to the children by Professor Emeritus Datin Dr Norella Kong, one of the founding members of PSLEM. The event ended with a "Share & Care" session where patients and family members gathered to share their lupus life stories.

March 11, 2018, Sandakan, Sabah: PSLEM's Sabah Chapter also held its Chinese New Year open house. The highlight was a talk on "Kepentingan Bersenam untuk Pesakit SLE", followed by a Q&A session and a demonstration on light exercises. The day ended with a "Share & Care" session.

PAINTING FROM THE HEART
A charity art exhibition by **YEOW TECK CHAI**

14 - 18 March 2018
Bangsar Shopping Centre
Annexe Linkway
10AM - 10PM
Contact 016-6893110

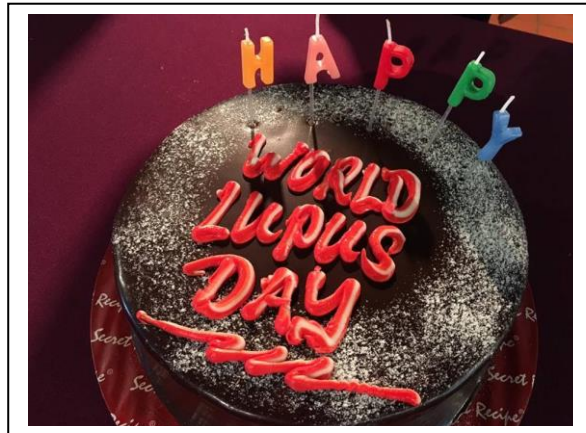
All proceeds in support of:
Society for the Severely Mentally Handicapped
Malaysian SLE Association

March 14 – 18, 2018, Kuala Lumpur: *Painting From The Heart* is the debut exhibition of Yeow Teck Chai, a self-taught watercolour artist and retired career civil servant. It showcases paintings that evoke memories of his simple *kampung* childhood in the seaside town of Kuantan to the mesmerising scenery and colours from his travels to various parts of the world.

Yeow is primarily self-taught, having had no formal art training apart from art classes in school. Born in the small town of Kuantan, his flair for drawing started during his early *kampung* years. As a mischievous youth, he once drew a five ringgit note and tried to use it as currency at a coffee shop! Later, he focused on the human physique with his monochrome sketches of runners and dancers, and portraits of his children.

A 14-year cancer survivor, he believes there is life after cancer: "I believe that my natural ability to paint is a gift from God. It is such a joy to share my passion with the community at large to benefit the less fortunate." All proceeds from the sale of paintings in the exhibition were donated to Persatuan SLE Malaysia and the Society for the Severely Mentally Handicapped.

April 29, 2018, Kuala Lumpur: In conjunction with World Lupus Day (WLD), PSLEM brought SLE patients and their families together for a guided tour of the scenic KL Bird Park. This was followed by a talk entitled “A Future Without Fear” by Dr Valerie Jaques, who is also the association’s Counseling Advisor. We then commemorated the day with the cutting of a WLD cake and a sumptuous buffet lunch. The children were delighted when the KL Bird Park’s beautiful mascots (birds) joined us for a photo session. As usual, our event ended with a session of “Share & Care”,



June 9, 2018, Petaling Jaya: A Mandarin talk was held at PSLEM’s Secretariat where Ms Goh Siew Lin, a registered Counsellor, shared insights on “Managing Your Emotions: Coping with Fear”. This was then followed by a demonstration on relaxation techniques, how to make a “glitter jar” and finally a lively “Share & Care” session.



June 30, 2018, Petaling Jaya: PSLEM's 23rd Annual General Meeting was held at its Secretariat where the new Executive Committee for the term 2018/2020 was elected. We also celebrated Hari Raya Aidil Fitri with an open house plus a talk by Clinical Research Malaysia on the importance of clinical trials. Please see page 1 for the line-up of the new Executive Committee.



August 24-26, 2018, Pulau Tioman: PSLEM held a fun-filled trip to Pulau Tioman. Activities included a talk by morning exercise, snorkeling, island hopping, trekking in the forest reserve, but nothing beats relaxing on the beach to the backdrop of a mesmerising sunset. Although the journey to Pulau Tioman was far, everyone truly enjoyed themselves.



September 23, 2018, Bandar Utama, Petaling Jaya: PSLEM's signature event, the Walk-A-Payung, was held at the Bandar Utama Central Park where over 500 participants gathered to walk with open umbrellas, to show their support for Lupus patients and to create awareness on this chronic illness. The morning started with a Zumba session to help participants warm-up before the walk. The event was then officiated by YB Jamaliah Jamaluddin, ADUN of Bandar Utama, followed by a cheque presentation by The Coffee Bean and Tea Leaf and the presentation of four Maxxis/CST tyres by Kian Hon Tyres for the grand lucky draw prize. The event flagged off at 8.40am.

There were game stalls, a team of nurses from Thomson Hospital Kota Damansara providing free health screening, a henna painting booth, a Bouncy Castle for the kids, food trucks and merchant stalls. The "Bandar Utama Kids've Got Talent" competition started at 10.00am with kids showing off their talents in singing, playing instruments, magic tricks and acting skills. A SLE quiz was held where the audience answered questions on SLE, while intermittent lucky draws were held throughout the morning.

The event ended with the unveiling of the results of the "Bandar Utama Kids've Got Talent" competition followed by a prize giving ceremony. The event ended at approximately 12.00 noon.



November 17, 2018, Petaling Jaya: A Deepavali open house was held at PSLEM's Secretariat where members of public were treated to Deepavali delicacies such as muruku and ghee balls. A lucky draw was organised for our guests while children had their pick from a variety of small gifts. SLE patients and family members also took part in a Share & Care

