

# BTT

BERITA TAN & TAN



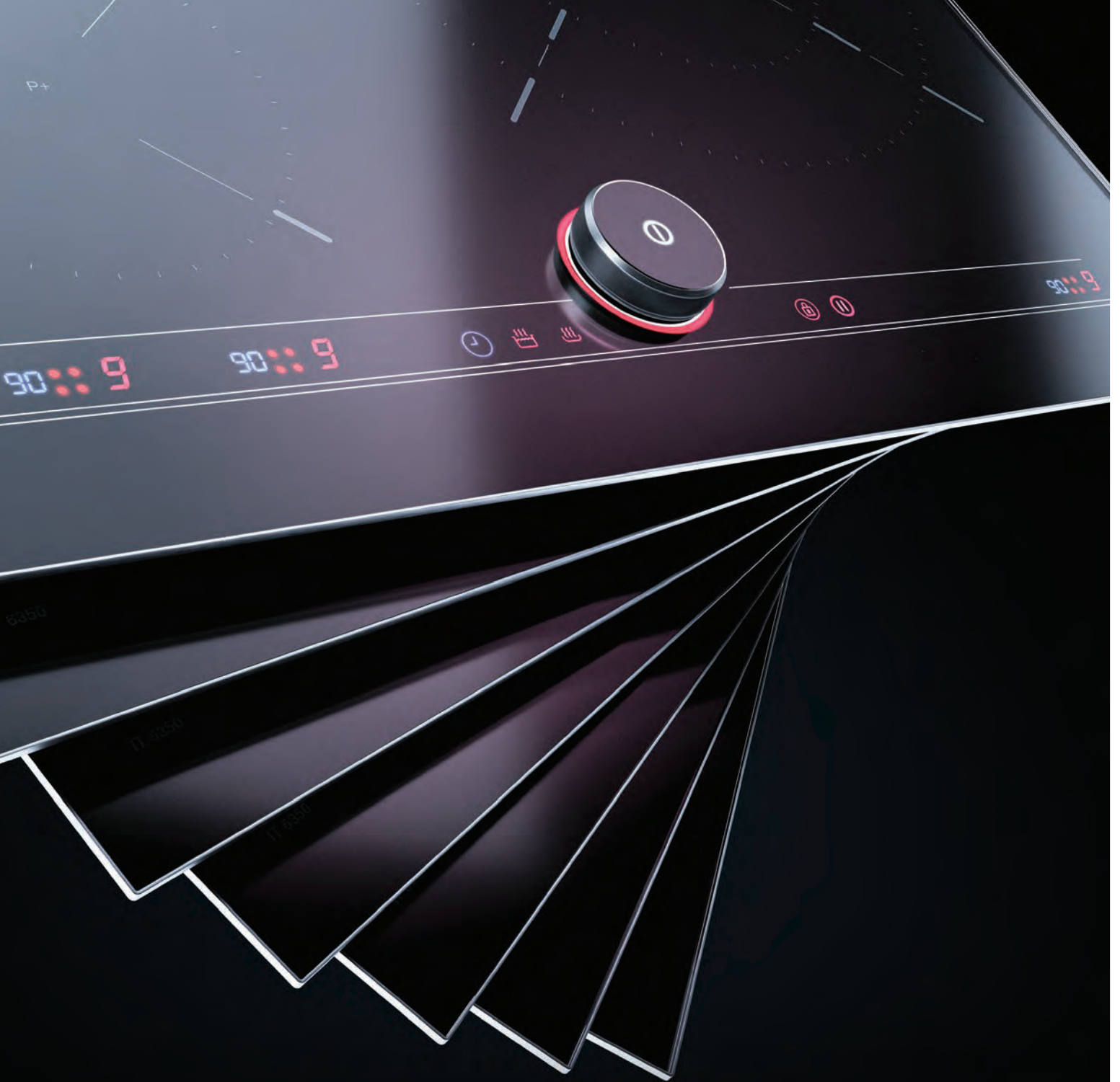
TAN & TAN  
(An IGB BERHAD company)

VOL 23 2019/2020



**Southpoint Residences**  
*The Shining Jewel of Mid Valley City*





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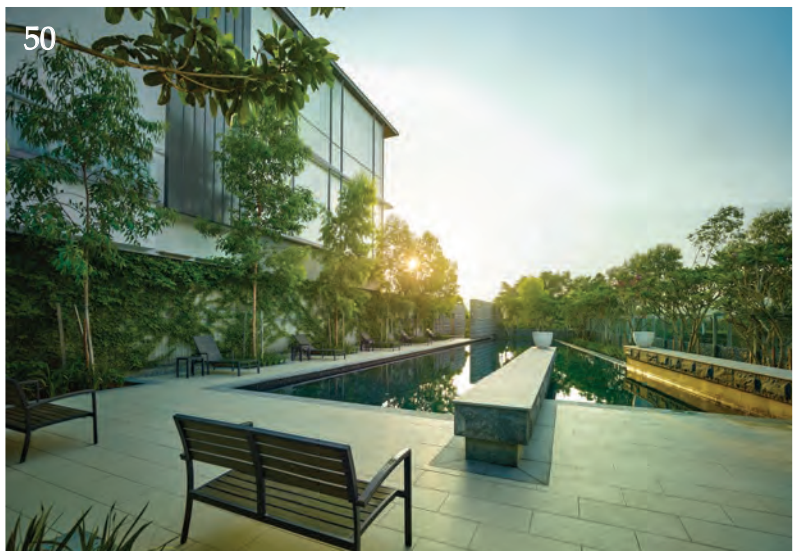
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## EDITOR'S NOTE

Welcome to 2020 and the 23rd edition of Berita Tan & Tan. It has been a busy year for IGB Group of Companies and we would like to take this opportunity to introduce our Vision and Core Values.

Our Vision is to "Create and Manage Spaces that Work Now and in the Future". This is supported by the Four Core Values of Integrity, Innovation, Quality and Sustainability. This has been the fundamental principle of our Group from the very beginning – reflecting the philosophies of our founders Dato' Tan Chin Nam and Datuk Tan Kim Yeow and carried on until today by everyone at IGB.

Tan & Tan has been an industry leader for the past 5 decades and true to our DNA, we strive to introduce new lifestyle products for various market segments. Last year, we launched Malaysia's first Co-Living, catering to the needs of today's millennials. Moving forward, we will be designing retirement homes and assisted living solutions to cater to the needs of our senior population.

In this special edition of BTT, we are featuring holistic lifestyle solutions for active seniors, with healthcare, exercise and diet tips to lead more fulfilling lives. Tan & Tan is committed to develop lifestyle Senior Living solutions in the near future to cater for Malaysia's golden club.

On behalf of the team at BTT, we hope that 2019 had been as eventful and as meaningful for you as it has been for us, and may 2020 be even better.

**Colin Ng**  
Head of Group Corporate Communications  
IGB Berhad

# BTT

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**EDITOR**  
**Colin Ng**

**EDITORIAL TEAM**  
**Tan & Tan Marketing Department**

**WRITING & DESIGN**  
**The IGB Asia Group Sdn. Bhd. (199501027042)**  
Unit No. 23A-8,  
Oval Damansara,  
No. 685 Jalan Damansara,  
Taman Tun Dr. Ismail,  
60000 Kuala Lumpur.

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Feedback and enquiries  
can be sent to:  
**Berita Tan & Tan**  
Group Marketing  
Tan & Tan Developments  
Suite 16.02, Level 16,  
The Gardens South Tower,  
Mid Valley City,  
Lingkaran Syed Putra,  
59200 Kuala Lumpur.  
Tel: 03-2283 2266  
Fax: 03-2287 8868  
tantan.com  
ask@tantan.com

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**of Distinction**





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## Golden Living in Your Golden Years

**“Age is just a number” so the saying goes, and as people live longer, more active and fulfilling lives, there is an increased demand for lifestyle offerings that cater to the elderly. One such example are senior living communities in Malaysia, where those in their golden years can find similarly-aged friends, partake in activities suited for them, and receive the specialised care and treatment they may require.**

While senior living communities are quite common in Western nations, as well as Japan and South Korea, the concept is still rather new in Malaysia. In fact, as of 2017, there were only four retirement communities in Malaysia. In contrast, New Zealand – which has a population of under 5 million compared with Malaysia’s 30 million – is home to more than 380 retirement villages.

This discrepancy can be attributed to a number of factors, most notably cultural and perception. In Malaysia, the long-held expectation has been for aged parents to live with their adult children, based on the social custom that children should take care of their elderly parents as a mark of respect and gratitude.

Thus, there is a stigma against being seen to ‘abandon’ your parents by putting them in a retirement home. At the same time, the adult children receive some benefits from this arrangement. For instance, free childcare, (light) housekeeping and the security of knowing that there is someone at home.

At the same time, there has long been a negative perception of old folks’ homes, owing to the mistaken conflation between them and nursing homes. As such, they are seen as being institutional, cold, scary, and gloomy places

- 01 Active senior living communities have wide open spaces for residents to keep fit and stay young.
- 02 An increasing number of elderly people are retaining a strong sense of independence and are seeking to live away from adult children.
- 03 Being part of a senior community enables retirees to meet and bond with one another, while enjoying visits from their young grandchildren.

where old people spend their remaining years, waiting for the end. This in turn feeds the reluctance of people to move into as almost no one wants to live in such depressing circumstances.

Slowly but surely that perception is changing and retirement communities are becoming viable options for the elderly in Malaysia, and even the first choice for some. This is evidenced by the fact that there are already several such developments in the country (with more purportedly in the pipeline), whereas 10 years ago there were none.

So what has changed?



## Projected Senior Population Statistics 2020-2030

age group  
**65+**



**7.2%**

of the population by 2020

**15%**

of the population by 2030

Source: Department of Statistic Malaysia (DOSM)

## The Sense of Pride

With an increasing number of senior citizens retaining the bulk of their physical abilities, they also wish to keep on being independent and not depend on their children or other relatives. Aged care communities allow them to retain their dignity and pride in this respect, as they can be self-sufficient, while medical care (if needed) is always close at hand.

## Social Networking

Another reason why retirement communities are becoming more popular is because of the social opportunities they offer where residents can interact with peers of their age. This is especially important as elderly people are more prone to depression, and one of the main causes of this is because of the lack of social interaction. It is a situation that often sets after retirement, when people no longer meet friends or colleagues at work, and a well-functioning retirement community offers a solution.

According to the Department of Statistics Malaysia, the number of people above the age of 65 is expected to pass 7.2% of the population by 2020 and 15% by 2030. As such there is an expected demand for more senior living accommodation options. With IGB among the property developers throwing their hat into the ring to develop retirement villages, senior citizens living in Malaysia can be assured of top quality services and amenities that will give them a golden lifestyle in their golden years.



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## Living with Adult Children No Longer Viable

For instance, the children may have moved to another country, or they might not be able to accommodate their parents, or they might not even exist. In such cases, these elderly folk can either continue to live in their present homes (with all the costs and hassles of maintenance) or downsize and move into accommodation that has been purpose-built to suit their needs in their advanced years.

## Don't Call Us Old

The terms "old folk" and "retired" carry with them certain negative implications of being physically unable or infirmed, which is why retirement villages (and similar developments) are now rebranding themselves as "active lifestyle communities". More than just being a marketing terminology, this phrase recognises that more people in their golden years are still physically and mentally able, and provide the opportunity for them to maintain that in a conducive setting.





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## Choosing the Right Community for You

While individual preferences may vary, there are a few things that people need to consider when choosing a retirement village or community.

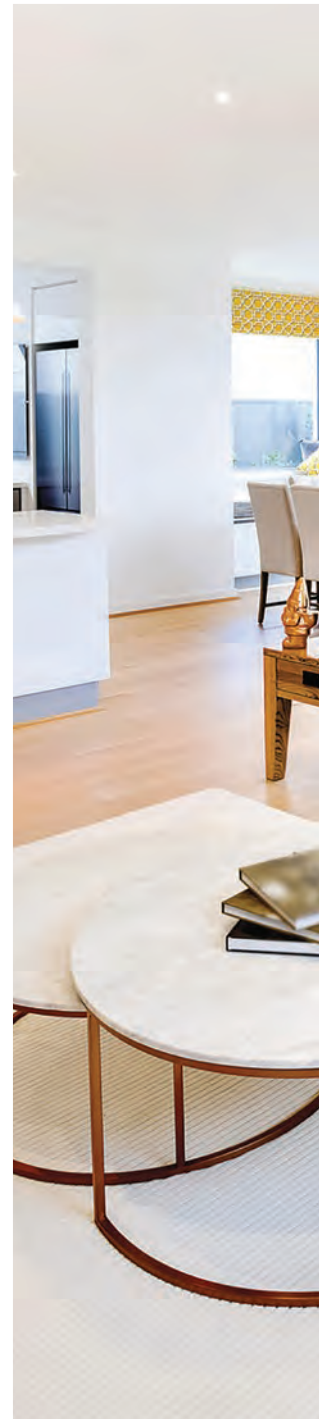
### Location, Location, Location

Just like buying a house, purchasing or renting a unit in a retirement village requires the same amount of consideration. An ideal senior living community should be ideally located in an area that is convenient for travel (for those who would like their children or grandchildren to visit) but not too close to the noise and pollution of the city, preferably near a lot of greenery as that helps boost the health and peace of mind.

- 01 You're never too old to have fun! A message that many active senior living communities tell their residents.
- 02 The homes of active senior living communities are designed to be elderly-friendly with features such as anti-slip carpets, rounded or soft edges on furnitures and the absence of glass furnishings, to help prevent falls and injuries.
- 03 An elderly-friendly bathroom include features such as anti-slip tiling and handles to hold on to when showering or otherwise.

### Strong Social Structure

Since the opportunity to enjoy increased social interaction is one of the reasons why people move into senior living communities, the ideal is for it to offer activities and social spaces that will help bring residents together. At the same time, the community managers should also be aware that not everyone wants to join and that participation should be strictly voluntary.



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## Close at Hand

As elderly people may have problems with getting around, such as being too old to drive or have difficulty walking, common amenities such as shops and dining outlets should be close by, preferably within the compounds of the community. Furthermore, they should be wheelchair and walker friendly. It goes without saying that medical facilities should also be easily accessible.



## In-House Care

While the trend is to focus on active lifestyle, the fact is that the elderly may require routine medical care. The ideal aged living community should offer in-house nursing and palliative care that will allow residents to receive medical services in the comfort of their own homes.

## Round the Clock Support and Security

Many elderly people often feel vulnerable when living alone. The many attractions of a senior living community include the assurance of security as well as support and medical/care staff close at hand and on-call 24/7.

## Home Sweet and Safe Home

Last but not least, each residential unit should be purposefully designed and built to accommodate senior living. This means including safety features such as anti-slip mats (particularly in the washroom), handles for support when going to the toilet and shower/bath. The furniture too should not have any sharp edges so as to prevent cuts from accidental bumps, and of course there should be an easy to reach call button for emergencies.



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# Sustainable Living With IGB Berhad

## *The Company's Drive to Create a Better Tomorrow*

At the core of IGB Berhad is an organisation that truly values the importance of sustainability. It takes significant steps to ensure the well-being of the environment, community, and society. After all, it was IGB who developed G Tower, Malaysia's first-ever fully certified green building.

IGB uses the knowledge it has gained throughout the years to help shape how the company operates sustainably, both internally and externally. Internally, the company has taken strides to encourage better practices. This includes embracing the digital age to reduce paper waste, changing inefficient fluorescent lightbulbs in their malls to more energy-efficient LED bulbs, and, of course, developing more green buildings, following the success of G Tower.

Of course, these are just examples of IGB pushing to preserve the environment. It has also executed several activities throughout 2019 that bring benefits beyond a greener Earth. From donation drives to charity runs to teaching sustainable values, IGB takes pride in their push to drive their values home. It believes that it is crucial to fully execute their values so that they can set an example for others to follow.



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## Working Closely With NGOs

On 22 September 2019, The Gardens Mall and Mid Valley Megamall held their sixth consecutive Mid Valley City Charity Run. This was an exciting event for those of all ages because it also included a Zumba session and free food, courtesy of the event sponsors. The event was a success despite the haze, which made the event organisers shorten the distance of the run for the general safety of everyone. There were enough participants to raise RM 100,000 for Teach For Malaysia, an NGO that seeks to tackle education inequity in the country.

- 01 Staff from IGB participating in "Good Earth Run 2019" to help raise funds for HOPE Worldwide Malaysia, the NGO that organised the event.
- 02 The successful Mid Valley City Charity Run raised RM 100,000 on behalf of Teach For Malaysia.
- 03 MiCasa All Suites Hotel taught the younger generation about herbs, gardens and cooking, to get them to be curious about the world.





On the topic of social impact and collaborations, it also works closely with other notable NGOs to create a difference in society. One such organisation is HOPE Worldwide Malaysia, an NGO that seeks to provide assistance to the local population. It does this by supplying food items such as rice, cooking oil, and wheat flour. IGB made its contributions by placing recycling bins on every floor of their office to make it accessible for their employees. All the money they have earned from these recycling activities is given directly to HOPE Worldwide Malaysia to help raise funds for the NGO.

## Instilling Good Values

Beyond this, IGB had encouraged its employees to donate old clothing that were in good condition, which were turned into tote bags. These bags were given to all the participants at HOPE Worldwide Malaysia's "Good Earth Run 2019", in which its employees also took part in. Their participation in this event helped increase funding for any future projects that HOPE Worldwide Malaysia may execute.



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Speaking of instilling good values, IGB's MiCasa All Suite Hotel created its own botanical garden in the hotel to grow fresh herbs and spices. These herbs are used by the hotel's chefs, and also to teach the new generation the importance of self-sufficiency. In addition, it introduced the "Botanical Garden Programme" on 3 November 2019, which taught the children about the different kinds of herbs and spices that exist,

their benefits, and even how to use them via an interactive cooking lesson. Through this, IGB hopes to encourage the new generation to be more curious about the world.

Such are the values that IGB has to create a sustainable future. It works endlessly to encourage responsible living, not just to themselves but also to their staff, society, the under-served, and future generations.

# First Class Property Management With Kondoservis

## *Hassle Free Condominium Management Service*

With more than 35 long years of experience in the industry, Kondoservis Management Sdn Bhd is a leading and well established property management specialist based in Kuala Lumpur, Malaysia that manages residential and commercial properties. Not only do they understand the market in Malaysia, they're always alert and aware of the importance of living up to the trust put on them by owners and occupiers. Thus, they have developed a mind-set that strives passionately to deliver brilliant and top notch client care.

Kondoservis Sdn Bhd commenced in 1984 to support Tan & Tan Developments Berhad. Through the years, they have assembled priceless experience, expanded their portfolio and along the way

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01 The passion and drive to satisfy client trust is one of the core themes behind the success of Kondoservis as a renowned property management agency in Malaysia

built up a solid team. As of today, their respective clients have greatly benefited from their professionalism. Drawing on their parent company IGB Berhad's expertise in project management, IT support, construction as well as other departments, Kondoservis Sdn Bhd has enjoyed consistent success up to today.

Kondoservis Management's purpose is to secure protection to the value of the properties within the portfolio and achieve consistency through the implementation of sound property management policies in:

- 1 Financial Management
- 2 Facilities Management & Maintenance
- 3 Health & Safety Compliance
- 4 Regulatory Compliance
- 5 Asset Enhancement

## People Lie At The Heart Of Our Business

In order to best cater to the needs of their clients, Kondoservis Management adopts a series of principles in advancing towards business and customer care. They take on board experienced individuals who have a passion for client satisfaction, and for bringing their vision and ambitions to life.

This ensures their clients receive the highest standards of care. They are also aware that the knowledge they possess must constantly be challenged and built upon, hence understanding the needs and the drive of their clients is key in remaining flexible to adapt to the ever-changing

environment. They're also interested in providing high quality service while increasing the value received by their clients.

As a proven and successful establishment, Kondoservis Management is the ideal choice for those looking for top quality residential management.



# Goodbye to Laborious Cooking With Teka's iKnob

After a long day at work, the last thing on your mind would be heading to the kitchen and tediously prepare a meal for the family. The thought of having to spend hours just to cook and clean makes you feel more exhausted than you already are. But with Teka's latest invention, the "iKnob", all your worries disappear, as it transforms a simple heating instrument to a smart cooking device of your dreams.

At Teka, every detail is crafted to perfection to ensure that users can enjoy iKnob's easy use and intelligent innovation. What makes the iKnob stand out more than other stoves is its touch control knob. The heart of the hob, its magnetic and completely removable feature eases the cleaning process for users. Once removed,

it blocks the hob from turning on, making sure no accidents happen whilst cleaning. The sleek, invisible control panel which activates after pressing the knob makes your kitchen feel more futuristic and can turn cooking your meal into an amazing experience.

The Power Plus function is perhaps the best friend you never thought you needed, as it gives you an extra boost when you need it most. If you need to quickly sear meat or boil some potatoes for dinner, just turn on the Power Plus function for 10 minutes of maximum intensity on the hob. Plus, it does not just work on one area at a time; it can also function well simultaneously on all the cooking zones. Then, with the keep

warm button, your food will never turn cold as it will keep your food at an optimum temperature, ready to be eaten. Cooking has never been easier. With the iKnob, you can prepare a quick meal any time of the day without a hassle.

Having a gathering soon and there's not enough space to cook up a large serving? Do not worry as Teka's got you covered. The special Paella Pan zone, which is an extra-large 30 cm cooking area, is specially designed to cook rice for up to 10 people. Thus, you don't need to fret as that is more than enough cooking space for your party. With the additional safety lock function, you can cook to your heart's needs. As you activate the function, it blocks the control panel, avoiding anyone accidentally modifying the cooking process.

With Teka's latest iKnob, you can bid farewell to laborious cooking. Whether you're cooking dinner after work or for a mini lunch gathering, Teka's goal is to make your cooking effortless, with maximum results.

01 Meals have never been easier to cook thanks to Teka's iKnob.



## Rest, Relax, Profit

### *Tan & Tan Homes Eases the Burden of Property Ownership*

Owning a property comes with the responsibility of maintaining it. And when it is not a primary residence, this will take up a lot of time and effort. Fortunately, Tan & Tan Homes (TTH) eases the burden of home owners by taking care of the nitty-gritty, leaving them free to enjoy the fruits of their labour.

Formed in early 2019 as a new division of Tan & Tan Developments Berhad, TTH serves as a property manager that simplifies the experience for home owners. They no longer need to be on-site to deal with matters such as viewings with potential tenants, waiting for the repairman, and tending to tenants, because TTH does it all for them.

## Vacancy Management

While one of the main purposes of buying property for investment is to rent it out, it is vital for the property to have proper upkeep while waiting for a tenant. Here, TTH can relieve the owner of having to make regular checks on the premises.



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By taking a set of the house keys, TTH will visit the property once a month to perform a general survey of your unit. This includes checking all the appliances to see whether they are still functioning well and cleaning the house as well as collecting the mail. Also, they will carry out routine maintenance of the air-conditioning, plumbing and pest control every few months, if needed.

Owners don't even have to worry about utility bills, as TTH will assist to pay electricity, water, assessment and other charges on their behalf. And for those who are looking to rent out the property, TTH will work with multiple agents to secure a tenant.

- 01 Regular maintenance of your property will be conducted when it is vacant, so it will not fall into disrepair.
- 02 Tan & Tan Homes ensure peace of mind by relieving the hassle of property management from their clients.

## Tenancy Management

TTH's services continue even after the unit is rented out, as they help owners manage tenants. This includes handing over the keys to the tenant at the start of the lease, and collecting them when it is over. Collecting rent and passing them to the owner. And even arranging for contractors to come to perform maintenance work, as and when needed.

At the end of the tenancy period, TTH will conduct a property inspection to ensure that all inventory is in place and damages accounted and paid for. Before handing the property back to the owner, they will arrange for a cleaning session and ensure that everything is spick and span.

By taking care of all these tasks, Tan & Tan Homes assures property investors that they will have peace of mind, knowing that their investments are in good hands. Presently, Kuala Lumpur City Center is the TTH's primary service area, with more set to be added in the future.

*The fee for TTH to manage a unit starts from RM150 a month with terms and conditions applied. If TTH is all the help you need, contact them at 03 21811099 or 017-3579027 or email them at [homes@tantan.com](mailto:homes@tantan.com).*

# Southpoint Residences, Mid Valley City

## *For the Discerning Few*

Situated at the geographic heart of the Klang Valley, Mid Valley City has long been a favoured address thanks to its strategic location and nearby amenities. Through the years, Mid Valley City has grown from strength to strength, appreciating in value and prestige.

## Klang Valley's Crowning Jewel

The FINAL development in the Mid Valley City masterplan is near completion. The iconic Menara Southpoint which is a mixed used development comprising of Southpoint offices and luxury living apartments, known as Southpoint Residences.

Southpoint Offices have been completed and opened for tenancy since 2019. Southpoint Residences will be the very last phase to complete Mid Valley City. The Residences will only have 177 residential units, ranging from 1,000 to 6,000 sq ft, rising from Level 40 till Level 58.

Southpoint Residences will be further complemented with two floors dedicated to common use facilities such as a swimming pool, gym, children's play area, and function rooms, bringing to life the heartbeat of the development.

Mid Valley City is undoubtedly the most well-connected development in Malaysia, with roads and tunnels feeding into the development from all

directions. Buses, KTM rail, LRT connection and future MRT connection will connect the city to the rest of the Klang Valley and beyond.

Once completed, Southpoint Residences will be the crowing jewel shining from the heart of the Klang Valley. A rare opportunity to own the last piece of the Mid Valley City development.

## Lifestyle at your door step

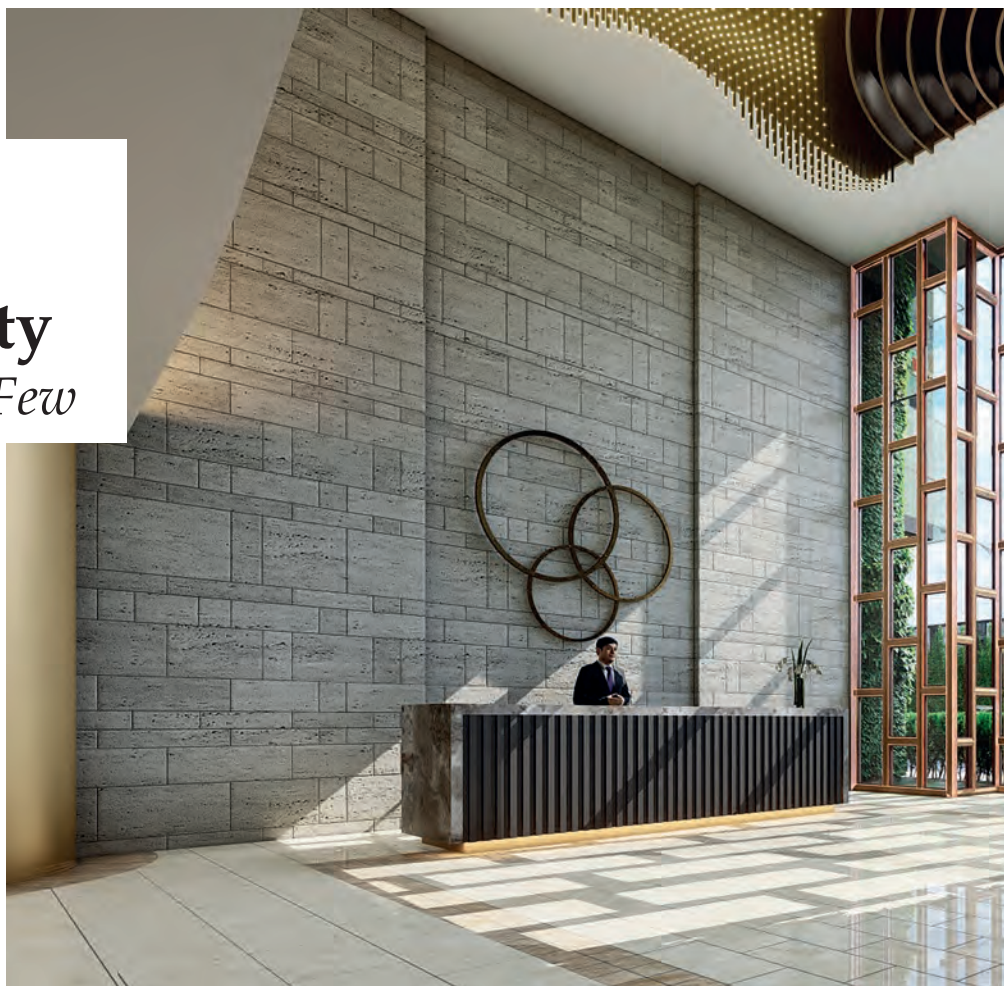
Being located in Mid Valley City means that Southpoint Residences is located within walking distance to (almost) everything anyone would need. And that is the X-factor that makes Southpoint Residences such a coveted place to call home. It is for those who seek to live near the conveniences and

luxuries their lifestyle demands.

Mid Valley City is, after all, home to two of the best shopping malls in the country, with 575 and 272 outlets in Mid Valley Megamall and The Gardens Mall respectively.

Thanks to a direct bridge connection to these malls, those living in Southpoint Residences can do their grocery shopping at a wide range of supermarkets and hypermarkets, dine in numerous restaurants offering a variety of gourmet cuisines, and indulge in the retail experience the malls have to offer.

For those seeking the very best in luxury retail, The Gardens is the place to be, as several high-end boutiques can be found here. These include brands such as Louis Vuitton, Hermes, Rolex, Bvlgari, Prada, Gucci and Burberry to name but a few.



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- 01 The Southpoint Residence Lobby is the gateway to the perfect home in the heart of Mid Valley City.
- 02 Spacious and well-designed, Southpoint Residences are perfect for those looking to live in luxury.

## Entertain in Style

Not only is Mid Valley City the ideal place to dine and shop at, it is also a hub for entertainment. Immerse yourself in an interactive virtual reality (VR) experience at The Rift or catch the latest blockbuster at GSC Mid Valley, both at Mid Valley Megamall.

For the ultimate in sheer indulgence and entertainment, Aurum Theatre is a must visit. The most luxurious cinema in the country, Aurum Theatre opened at The Gardens Mall in late 2019, complete with suites that boast luscious spacious seats that can double up as beds. Not only that, purchasing a ticket for a movie at Aurum Theatre entitles you to a free meal and cocktail, which you

can have at Aurum's very own Jin Gastrobar restaurant or to take into the movie hall.

An endless variety of dining options are available in Mid Valley City, ranging from hawker fare to the exquisite gastronomic creations at Sage, Gardens Hotel. Whether it is a casual meal with friends, or entertaining in style, there are boundless options to suit your every occasion.

Aside from entertainment options, Mid Valley City is also home to three top class hotels – namely the five-star St Giles The Gardens Hotel and Residences, the four-star Boulevard Hotel, and the three-star Cititel Mid Valley. All of which are located adjacent to the shopping malls, and are perfect places for friends and families who are coming to visit.

## Perfect to Live and to Invest

Mid Valley City also offers top-notch medical facilities in the form of iHeal and ISEC. For those who are seeking for a new place to call home in their golden years, the close proximity of two world-class medical centres, coupled with the convenience and security of living in a condominium, makes Southpoint Residences the perfect choice to call home.

Furthermore, Mid Valley City has a living and working population of 30,000 people. There are numerous blue chip and multinational office tenants in the City. Presently, there is only one residential development in the city, namely Northpoint Residences with just 228 units. The expected completion of Southpoint Residences will add to the City's residential offering.

Southpoint Residences will be the perfect home, towering above the heart of the Klang Valley for the ultimate lifestyle choice.



- 01 The careful blend of design elements strikes the right balance between work and play.
- 02 The first year anniversary celebration of the Co-Living @ Damai Residence.
- 03 The elegant and sprawling heights of Damai Residence evoke a sense of elegance inspired by a modern contemporary design.



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## The Cosmopolitan Life

### *Co-living @ Damai Residence*

Following the boom in the popularity of co-working, where people from different companies share a common office space and utilities, co-living has become the next big trend among the Generation Z and Millennials. Now the young and the young-at-heart in Malaysia can experience its joys at Damai Residence by Tan & Tan Developments.

Before highlighting what Co-Living @ Damai Residence is and what it entails, it is best to talk about what it is not. It is not a dormitory nor is it a shared house. Instead it is a revolutionary housing concept for young adults seeking to live, function and network with like-minded people in an ideal balance of Work and Play.

At Co-Living @ Damai Residence, residents can co-live, co-work, connect, and collaborate

with others, as well as enjoy community, companionship and comfort. The focus is on the theme of "Community 2.0". Professionals who are starting out in their careers, as well as urban Gen Z'ers and Millennials, looking for hassle-free accommodation can come together in a friendly and inclusive community.

In other words, Co-Living @ Damai Residence is a one-stop shop for all their living needs, coupled



## Malaysia's population

Gen Alpha  
(1-5 years old)



Gen Z  
(6-23 years old)



Millennials  
(24-38 years old)



Gen X  
(39-53 years old)



Baby Boomers  
(54-72 years old)



Silent Generation (AND MORE)  
(73 years old and above)



with value-added livelihood benefits and fortified by the strength and experience of Tan & Tan Developments' years in the property management business.

### The Perfect Place to Live and Play

The commitment that the company has towards the long-term success and viability of this project can be seen in its investment towards encouraging social interaction and collaboration between residents. In order to ensure social cohesion, all prospective residents have to

undergo a two-step interview process. In addition, a dedicated community team has been established to manage residents' issues and to schedule activities and events that spur bonding between residents.

These include leisure-based activities such as movie nights, themed dinner parties, yoga classes and game nights, work and networking events like workshops and industry nights. Activities done at Co-Living @ Damai Residence are tailored to fit specific interests of residents, therefore tenants here are guaranteed life-enhancing experiences.

As a living space that strives to be hassle-free, Co-Living @ Damai

Residence is extremely affordable with all-inclusive rental fees starting at RM 1,000. This covers rent for a fully furnished room, utilities and WiFi charges. At a time when the affordability of housing has become a source of concern for young adults, this is an ideal housing arrangement that allows young adults to explore life outside their family homes.

With more than 60 percent of Malaysia's population in the Gen X and Millennial range, it is important that they are given the opportunity to become independent and live in a positive, welcoming and safe environment. Thanks to Tan & Tan Developments, Co-Living @ Damai Residence gives them all that and more.



# Traditional & Modern Chinese Cuisine

## PETALING JAYA

大港城酒家 **ORIENTAL PAVILION**

PJ 33, Sec 13 | 603 7956 9288

大陽城酒家 **NOBLE MANSION**

Plaza 33, Sec 13 | 603 7932 3288

唐城酒家 **TANG ROOM**

The Starling Mall | 603 7733 9866

海世界 **SEAFOOD WORLD**

Plaza 33, Sec 13 | 603 7931 8633

**NOBLE M**

Plaza 33, Sec 13 | 603 7931 8633

## KUALA LUMPUR

陽城酒家 **NOBLE HOUSE**

Off Jalan Tun Razak | 603 2145 8822

港城酒家 **ORIENTAL STAR**

EkoCheras Mall | 603 9134 8488

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Jalan Bukit Bintang | 603 2145 8822

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Off Jalan Tun Razak | 603 2145 8822



**ORIENTAL  
GROUP**



[orientalrestaurants.com.my](http://orientalrestaurants.com.my) | [ruyiandlyn.com](http://ruyiandlyn.com)





**名城酒家 THE MING ROOM**

Bangsar Shopping Centre | 603 2284 8822

**滿漢城酒家 THE HAN ROOM**

The Gardens Mall | 603 2284 8833

**宋城酒家 ORIENTAL TREASURE**

The Sphere, Bangsar South | 603 2242 2382

**新城酒家 ORIENTAL LANDMARK**

Intermark Mall | 603 2181 8228

**如意 RUYI**

Bangsar Shopping Centre

603 2083 0288

**御 YU**

The Gardens Mall | 603 2202 2602

**MELBOURNE**

**譽廚 YU KITCHEN**

Chadstone Shopping Centre

+61 3 9569 8301

**ruyi** 如意



orientalgroupmy | ruyilyn



# Senior Healthcare: The Orpea Way

## *30 Years of Delivering Quality Service*

Established in 1989 by Dr Jean-Claude MARIAN, the France-based ORPEA Group offers a comprehensive and complementary range of care services: senior living, medicalised nursing homes and aged-care facilities, post-acute and rehabilitation hospitals, psychiatric centres, and home care services.

ORPEA has built its development and reputation on a rigorous approach to the care of its residents and patients, which guarantees high standards of service, care and safety. The Group has based its development on four unchanging strategic pillars:

### 1) A Centralised Yet Localised Organisation Structure for Greater Efficiency and Quality

While ORPEA has an international team of experienced professionals who ensure that they implement the same quality standards across itself without any compromise, the Group prides itself of being able to adapt its model to different countries' specificities, to make their business model relevant for the local populations.

### 2) Qualified and Trained Staff Who Share ORPEA's Founding Values

Ethics and respect for a person's dignity and wishes must be at the heart of the corporate culture, especially in a people business like



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elderly care. It is simple values - such as kindness, compassion, empathy, availability and human warmth - that give ORPEA its reputation. The Group also invests significantly in its people, delivering more than 730,000 hours of training per year and providing all 60,000 employees career development paths and opportunities for growth.

### 3) Stringent Policies for Quality Which Are Revised and Improved On an Ongoing Basis

The Group has developed a full set of Standard Operating Processes (SOP) that cover every aspect of its operation, from nursing and care delivery to financial management, from therapeutic activity organisation to catering management. Quality performance indicators are tracked daily, at residential and the facility

level, enabling ORPEA to improve the outcome of its care delivery consistently.

### 4) A Long-Term Real Estate Policy, Based On Modern Facilities and Outright Ownership

Finally, ORPEA believes that architecture and design are a core part of healthcare. They have designed every facility to ensure the comfort and security of the residents. ORPEA has built its success in selecting strategic locations to develop qualitative and premium buildings for its care centres. ORPEA is the first European real estate company that focuses 100% on healthcare.

In Asia, ORPEA is already present in China, where it operates around 1000 beds, mainly through management contracts and joint ventures with local partners.



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01 ORPEA ensures that its residents have access state-of-the-art facilities to ensure a great quality of life.

02 ORPEA takes senior living to the next level by giving its residences a lifestyle of luxury.



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## Food for the Soul

It takes a certain number of years notched in your belt to recognise the wisdom the ancients had. Today, acclaimed restaurateurs are constantly trying to revive the traditions that our ancestors left us, and one group has stood out for their exceptional progress in this regard: The Oriental Group.

Since the establishment of their first restaurant in November 2000, Chef Justin Hor, Oriental Group Executive Chef, has led the Oriental Group to its current position as a top Chinese restaurant group in Malaysia, specialising in fine Cantonese cuisine - while at the same time preserving traditional aspects of Chinese culinary taste and aroma.

With 35 years of experience under his belt, he created more than 500 recipes during his illustrious career and won many awards in various competitions, including the prestigious title of World International Top Chinese Chef and Best Chinese Chef, King of Kitchens and Master Chef (Asian) at The Hospitality Asia Platinum Awards.

The group, in its continuous efforts in ensuring quality have innovated distinctive creations within a variety of ambiances. A great example is RUYI, the first multi concept of event space, restaurant and bar introduced by the group in 2014. With over 22,000 square feet equipped with state-of-the-art dining and audio visual facilities in Kuala Lumpur, RUYI offers the most innovative pork-free Chinese cuisine and Western cuisine from its kitchen. Encompassing cross culinary varieties, it brings together all nationalities and races together through an enjoyable dining experience.

RUYI Group Executive Chef, James Ho, has worked in award-winning Asian restaurants throughout Southeast Asia over the

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past decade. He has headed Jade at Fullerton Hotel Singapore, Breeze in Bangkok and currently Ruyi, & YU- its sister outlet in The Gardens Mall, Kuala Lumpur.

James continues to push the culinary envelope with creativity and modernity on every plate, with much of his spare time spent finding ways to elevate traditional Chinese cuisine favourites into artistically beautiful and photogenic food creations. His recent conferment as a King of Kitchens and Asian Master Chef by the Hospitality Asia Platinum Awards reflects his performance as a culinary artist.

Embracing the rising popularity of the Chinese pork-free concept, YU by RUYI opened its doors in 2018 incorporating fresh dim sum, high tea, an eclectic Modern Chinese menu and an acclaimed bespoke cocktail bar within an intimate dining space of 80 covers. The same year, it announced its global expansion into Melbourne, Australia with the opening of YU KITCHEN - a Chinese fine dining collaboration with Australian restaurateurs Calia

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- 01 Hot Stone Sauna Tiger Prawns is a definite must have for all seafood lovers.
- 02 RUYI Group Executive Chef James Ho has worked in award-winning Asian restaurants throughout Southeast Asia.
- 03 Chef Justin Hor has led the Oriental Group to become a top Chinese restaurant group in Malaysia.
- 04 Beautiful traditional Chinese cuisine make photogenic food creations
- 05 Chick U Tei - a dish that really showcases tradition and creativity.

Collective with an assorted menu curated by 2 Michelin Starred Chef Kentaro of Shisen Hatten, Singapore.

To date, the group has 15 restaurants under the Oriental brand across Kuala Lumpur – Oriental Pavilion, Noble Mansion, Tang Room, Seafood World, Noble M, The Ming Room, The Han Room, Oriental Treasure, Oriental Star, Ruyi, YU and around the City's golden triangle – Noble House, Noble Banquet, Oriental Landmark and Noble Q.

While staying true to traditional Chinese culinary arts, The Oriental Group has successfully employed creative methodology to deliver an experience that is unmatched in Malaysia. With a proven track record, you can find no better places to spend time with your family, friends and business associates than at Oriental Group's many restaurants – experiencing the soul of Chinese cuisine.

*Yu by Ruyi is located at  
The Gardens Mall G-243 Riverview Entrance  
The Gardens Mall, Mid Valley City,  
59200 Kuala Lumpur*

# Tai Chi: Enhancing the Mind, Body and Spirit of the Elderly

Many believe that as we get older, conventional forms of exercises are no longer suitable for the body. One alternative is Tai Chi Chuan, a traditional form of Chinese exercise which promotes a lot of benefits for those practising it. Due to its calming and non-stressful nature, tai chi presents itself as an effective exercise for the senior population.

An interview was conducted with Dr Leong Yuen Yoong to explore the topic further. A tai chi enthusiast, she is the co-founder of Natural Ease, which provides natural solutions and tai chi training to improve one's health and wellbeing.

Tai chi was originally a form of martial arts. In modern times, it is more common for people to practice the art for its health benefits than for fighting. It requires a series of focused movements of our whole body, with subtle variation of speed, accompanied by deep and mindful breathing. Tai chi is a low-impact exercise that works our joints and muscles in the body. There are various styles of tai chi and they can be played as gently or as vigorously according to one's need, state of health and mastery of the art. It is thus very suitable for the elderly who otherwise may not exercise at all.

There are a lot of health benefits that come with practicing tai chi.

Dr. Leong explained, "The most significant benefit tai chi brings is that it enhances the 'chi' (气) or energy in our bodies." Strong energy flow in our bodies makes us more lively and present, whereas weak chi can result in fatigue and illnesses. She mentioned that part of our chi is inherited from our parents' congenital essence, known as xian tian zhi jing (先天之精). Postnatal chi, on the other hand, is derived from digested food and fluids, and inhaled fresh air. "This is why we place so much emphasis on a wholesome diet and good quality air. The more chi we have, the better our health will be," she commented. Additionally, chi can also be cultivated from exercises like tai chi and qigong.

- 01 Pose aimed to develop flexibility.
- 02 This form is done with a sword and helps enhance arm and wrist control.
- 03 Typically, this pose is done to serve as the development of balance in oneself.



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Jim Platts, who is Natural Ease's advisor based in Cambridge, UK points out the logic of these abilities from an elderly person's perspective:

### Flexibility

Do you have enough bodily mobility to walk to the shops?

Do you have enough coordination and strength to stand at the sink, reach out and pick up a saucepan and hold it under the tap whilst you turn the tap on and off with the other hand to fill it, and then put the full saucepan carefully on the cooker?

Are you able to pick up your grandchildren and cuddle them?

### Arm and wrist control

A simple test is; can you stand on one leg for 15 seconds?

### Balance

Can you put a pair of pants on standing up? You need to bend over, holding a pair of pants open at about knee level and, whilst standing on one leg, raise the other leg high enough to put the foot through the leg hole without falling over, and then do it with the other foot. This is in fact quite a complicated operation, involved in getting dressed standing up.

## Tai Chi Benefits for the Elderly

When asked about the functions of chi, Dr. Leong answered, "Chi functions as a fang yu zuo yong (防御作用) or a protective shield which protects our body against pathogenic influences in our surroundings and enable our bodies to heal. Incidentally, younger people generally have more chi, which is why they tend to recover faster from injuries than older people. Chi also has a holding function called gu she zuo yong (固摄作用), an example of which is enabling our bladder to hold urine well. By using tai chi to enhance their chi, elderly people need not worry about making too many calls of nature.

Furthermore, tai chi aids in balance and flexibility which will lower the risk of falls in the elderly. As tai chi engages the entire body to move, it helps to improve muscle strength as well as joint health. If one observes closely, it can be seen that the elderly who exercise more tend to grumble less about aches and pains in their bodies. Thus, it is apt for senior citizens to practice tai chi to maintain and enhance their wellbeing.

Dr. Leong also explained some of the mental health benefits tai chi brings to an individual. Since the exercise is done with deep and mindful breathing, it relaxes the body and calms the mind. The mind and body are engaged in learning and the virtue of perseverance is developed.

Typically, tai chi is done in groups, thus the elderly will have the opportunities to interact and create social bonds with each other, she added. People are more susceptible to sadness and depression when they are alone, especially as we age. So, when golden age citizens take up tai chi, their happiness increases because of better health and more active social engagements. Besides eating and drinking together, social interactions also come in the form of group performances and competitions, which are often combined with travelling.

"Shi dong (适动), or suitable movement is the key," Dr. Leong stated. It does not matter how old a person is, movement is what keeps a person alive. Exercise is essential for longevity.

# Exercise!

## *The Real Fountain of Youth*

It is almost inevitable that we will lose muscle mass and bone density as we slowly reach our golden years. At that age, people are also at a greater risk for ailments such as stroke and heart disease, which will cause problems in physical mobility. It is important for the elderly to keep themselves in shape with the right exercises. Anna Letchumy Ponniah, Senior Physiotherapist at Prince Court Medical Centre, reveals how Physiotherapy can help those in their golden years to keep moving.

According to Anna, maintaining regular physical activity is important in preventing a number of lifestyle ailments such as diabetes and heart disease, and also helps boost the immune system. She also explains that exercises need not be vigorous and says, "Even a light walk can be a powerful tool for managing preventable diseases when done consistently."

In addition, exercise helps senior citizens maintain their physical strength and coordination. As the body gets older, there is an increased risk of falls. This can be prevented through proper exercise.

Aside from the physical benefits, exercise also provides a lot of positive psychological good effects such as stimulating the production of endorphins, which are hormones that help people feel good. "In addition, by exercising, older adults who suffer from sleep disruptions such as insomnia are able to



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get better sleep," Anna reveals. "Furthermore, it also helps improve cognitive function and prevent the onset of problems such as Dementia and Alzheimer's."

Last but not least, Anna advocates regular exercise as a way for the elderly to stave off the problems of loneliness that comes with old age. "Whether joining a walking group or attending a group fitness class, exercise can be made into a fun social event. Maintaining strong social ties is essential for ageing adults to feel a sense of purpose and avoid feelings of loneliness and depression," she explains.

## Exercising Tips for the Elderly

With all the benefits of exercise for the elderly made clear, what should silver-haired people do should they want to start an exercise regime? First and foremost, it is important to remember that exercise need not be strenuous as the elderly are most susceptible to injuries.

Therefore, it is advisable to start off slowly. Anna recommends beginning with short intervals of around ten minutes a day, and then gradually build it up to the desired level. At the same time, she also





- 01 Whether joining a walking group or attending a group fitness class, exercise can be made into a fun social event.
- 02 "Physical activity in senior citizens need not be strenuous to achieve health benefits, with moderate physical activity daily, senior citizens can obtain significant health benefits." Anna Letchumy, Senior Physiotherapist, Prince Court Medical Centre.

advises older adults to consult their doctors before beginning a new fitness programme in order to ensure that they are medically fit for it.

As life expectancy increases, it is important that the senior citizens are able to enjoy a high quality of life. By maintaining their physical and mental well-being through regular exercise, they can do just that and more.



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# With a Little Help

## Keeping Fighting Fit with Supplements

Ageing causes a lot of physical and physiological changes, resulting in increased susceptibility to a number of ailments. While a balanced diet usually provides all the necessary nutrients to keep the body fighting fit, sometimes a bit of extra help in the form of supplements is needed. In the following, we highlight the 10 most common diseases afflicting the elderly and the supplements that help to combat them.

## Diabetes

Diabetes is one of the biggest health problems in Malaysia, with an estimated 3.9 million people afflicted with the disease. The majority of these cases are of type 2 diabetes, where the pancreas does not produce sufficient insulin to regulate the blood sugar. The elderly are at particular risk of contracting this ailment.

To help treat diabetes, supplements that reduce the blood sugar and stimulate insulin production are recommended. These include cinnamon, bitter melon, green tea, aloe vera, fenugreek and ginger, as well as vitamin B1, chromium and magnesium.



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01 Researchers have found that cinnamon to be an effective home remedy in fighting diabetes.

02 Omega-3 is known to provide numerous benefits to the body, from lowering the risk of cancer to improving heart health, sensory impairments and dementia.

03 Besides helping to prevent and treat cancer, ginger and turmeric are known to reduce arthritis symptoms, boost immune function as well as reducing cardiovascular complications.



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## Cancer

According to a 2016 report, more than 100,000 Malaysians are diagnosed with cancer every year, with 1 out of 4 people over the age of 75 contracting it. This is due to a number of reasons, most notably a longer lifespan coupled with sedentary lifestyle and poor dietary habits.

While cancer has often been said to be 'inevitable' with the passing of time as cells degrade, a number of supplements are available to help fortify the body. Among the most effective are Vitamins D and E, garlic, green tea, ginger and turmeric, as well as ground flax seed.

## Stroke

While cancer and heart disease may have higher public profiles, stroke is also another silent killer of elderly Malaysians as it is the third highest cause of deaths in the country. While stroke can affect anyone of any age, the elderly are especially prone to it as it is a by-

effect of certain diseases such as diabetes, heart disease and hypertension.

Given the association between stroke with diabetes and heart disease, supplements to fight stroke can also be used for the latter two. These include Vitamins B3, B12, C and D, as well as omega-3 fatty acids and Coenzyme Q10.

## Heart disease

Undoubtedly the leading cause of death in Malaysia, heart disease is especially alarming as the average age of people getting it is 58, lower than in many other countries. As with stroke, heart disease is often an effect of diabetes or hypertension.

Just as with stroke, supplements such as Coenzyme Q10 and omega-3 fatty acids can be helpful for preventing heart disease, while other useful ones include fibre, garlic and green tea.





## Dementia

Dementia is a neurological problem that is marked by a deterioration of the memory, linguistic, problem-solving and other cognitive skills. While dementia can affect people of all ages, the elderly are most prone to it with risk increasing significantly after the age of 65.

It should be noted that dementia is not a single illness but rather a collective term for various ailments that affect the brain function, of which Alzheimer's and vascular dementia are the most prevalent. As such, supplements that help encourage cell regeneration, especially of the brain cells, are recommended to help prevent their onset. These include caprylic acid (which is found in processed coconut oil or palm oil), ginkgo biloba, omega-3 fatty acids, Vitamins B1 and B12, zinc and Coenzyme Q10.

## Depression

Clinical depression is not just a matter of feeling down, but rather a result of changes to brain chemistry causing a marked decline in the person's ability to enjoy what they previously enjoyed. While the elderly are especially prone to depression, it has (unfortunately) often been dismissed as a normal part of ageing brought about by illness or the increased infirmity of age.

The reality is that elderly with clinical depression are more likely to develop cardiac diseases or cancer. Thus, those of

advanced age should look to take supplements that help boost their brain chemistry such as St John's wort, ginseng, chamomile, lavender oil, saffron, and S-adenosyl methionine.

## Respiratory Illnesses

A weakened immune system brought about by the ageing process leaves the elderly susceptible to a number of illnesses, of which respiratory illnesses are among the deadliest. In fact, pneumonia has been recorded to be the single biggest contributor of mortality among those age 60 and above in Malaysia, accounting for 16.4% of deaths in 2017.

To prevent the onset of pneumonia, the elderly should take supplements that boost their immune systems such as zinc, Vitamin D, and probiotics. Drinking pu-erh tea is also a good way to boost the body's defences.

## Unexpected Weight Gain

The stereotypical image of an elderly person may be of someone who is thin and frail. However, the reality is that the aged are more likely to gain weight. Changes in the metabolism coupled with a deterioration of muscle mass make it easier to gain weight and even harder to lose it.

Since being overweight makes one more prone to illnesses such as diabetes and heart disease, it is important for the elderly to look at ways to combat unexpected weight gain. Supplements that help suppress the appetite or encourage the burning of fats are useful to do this, and these include garcinia cambogia extract, green tea extract,

green coffee extract, caffeine, and raspberry ketones.

## Osteoporosis

One of the by-effects of ageing is that the bone loses density, making them more prone to fracture. While osteoporosis affects both men and women, women are more likely to experience it, as the loss of oestrogen caused by menopause leads to the reduction in bone density.

Fortunately, combating osteoporosis through supplements is relatively simple. Focus on those that help build up bone density such as Vitamins D and K, calcium and iron.

## Sensory Impairments

As cliché as it may be, there is no doubt that those of advanced age are more likely to have problems with one or more of their senses. However, this does not mean that the elderly have to live with such problems, not when there are several supplements to help them.

Hearing can be improved with omega-3 fatty acids, Vitamins C, D and E, folic acid, zinc and magnesium. Vitamin A is a good way of improving the eyesight while zinc will enhance the sense of smell and taste.

While supplements are useful in fortifying the body's defences against illnesses, we should remember that they are meant to supplement and not to replace a healthy diet and exercise. In addition, taking too much of some minerals may lead to even worse problems. As such, it is vital to consult with a doctor before starting on any type of supplements.

# A Golden Diet for the Golden Years

The ageing process causes many changes to the body, as such, the elderly usually require specialised diets to ensure that they receive and retain the nutrients they need to lead a healthy and active life. Judy Ng – a Clinical Dietician at Prince Court Medical Centre – gives some insights on how those in their golden years can enhance their lifestyle through healthy eating.

According to Judy, the most important thing is to ensure that the elderly eat a healthy and well-balanced diet, containing all the

necessary nutrients. In particular, nutrients that are commonly lacking in the elderly are Vitamins B12 and D, calcium and protein. This is because of the propensity to eat foods that are high in carbohydrates and fats.

Just as variety is the spice of life, eating different types of food will help achieve a balanced and nutritious diet. As Judy points out, “I have always encouraged my clients to have a variety in their meals and to avoid eating the same type of meal every day. For example, if you eat *ikan bawal masak halia* today, have a different type of fish dish tomorrow.”

## Common Sources of Nutrients

The good news is that many of the foods that contain the aforementioned nutrients are readily available in Malaysia. For instance, calcium,

which strengthens teeth and bones, can be obtained from milk and other dairy products. Those who are lactose intolerant however, can focus on other calcium-rich vegetables such as ladies’ fingers and broccoli, and soy products like tofu and soya bean milk. However, if the intake is inconsistent on a daily basis, there may be a need for calcium and vitamin D supplementation.

Fatty fish such as sardines, salmon, Judy notes, is a good source of Vitamin D, along with fortified cereals and milk. Another excellent, albeit non-food related – way to obtain it is by getting an adequate amount of sunlight.

Meat and dairy products are an excellent way to get Vitamin B12. “This is an important nutrient because it helps in the formation of red blood cells, nerve function and cell metabolism. Since it is not





- 01 A colourful and varied diet provides a balanced array of nutrients vital to promoting health in the elderly.
- 02 “The objective in nutrition in the elderly should be on nutrient dense meals that are easy to chew, swallow and digest”  
- Judy Ng, Clinical Dietician, Prince Court Medical Centre.



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produced naturally in our bodies and only found in animal products, the only way to obtain it is through food or supplements if you are a vegan,” Judy explains.

A very common problem faced among the elderly is muscle strength loss which increases the risk of fractures and falls. Hence, protein, which is vital for building cells and maintaining cells as well as preserving muscle mass, comes from meat, fish, eggs, and legumes. Judy advises that it is important to eat two to three servings of protein-rich foods a day (one serving is equivalent to a palm-size) and to pair them with carbohydrates such as rice and noodles.

## Making Food More Palatable

While there are many types of foods that will provide the right nutrients, the elderly may face certain problems eating them. For instance, as people grow older, they run the risk of having weaker gums, which makes it

painful to eat hard foods. Therefore, certain types of fruits and vegetables may become inaccessible to them.

To overcome this, Judy recommends a few tips and tricks. For instance, instead of eating hard fruits, those in their golden years are encouraged to take softer fruits which will be easier on their teeth and gums. Similarly, cutting vegetables into smaller, bite-sized pieces will help them consume vegetables, while other methods include boiling vegetable soups and stews as well as braising to make them softer.

“Ultimately, a well-balanced and nutritious diet for the elderly means having all the necessary nutrients in the right proportions which will assist them in maintaining a healthy lifestyle. In other words, make the plate as colourful and balanced as possible,” Judy exclaimed. And with that, the elderly can be assured of being able to enjoy their golden years in a healthier and happier way.

Ensure you go for a routine medical check-up annually. Seek medical professional’s help when you start observing changes in your health such as weight and appetite.



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## Eat Right, Live Right

### *Recipes to Boost Your Health*









As people advance in years, there is a higher chance that they will be prone to malnutrition. One reason for this is that their lean body mass and basic metabolic rate will decline with age, thereby necessitating a greater intake of certain core nutrients. These can be found in many everyday foods, and we present some quick and simple recipes that are easy for the elderly or their caregivers to prepare.

### ABC Soup

A classic Cantonese soup, this dish supposedly gets its name from the fact that it making it is “as easy as ABC”. In other accounts, the ABC is said to reflect the vitamins of its

main ingredients – A from carrots, B from potatoes and C from tomatoes. Whatever the origins of its rather catchy moniker, this soup is easy to make, delicious and – most importantly – pack full of nutrition for the elderly.

### Ingredients

-  400g of pork ribs
-  2 whole carrots (peeled & cut into chunks)
-  2 whole potatoes (peeled & cut into chunks)
-  2 whole tomatoes (cut into wedges)
-  1 large onion (peeled & cut into wedges)
-  1 whole corn (cut into pieces)
-  40g of ikan bilis (dried anchovies)
-  Water

### Preparation

In one saucepan, boil the pork ribs in boiling water for 5 minutes. Then remove the pork from the water and set it aside. Discard the water.

Add all the other ingredients into another pot and fill it with water. Then bring to boil before lowering it to a simmer and adding in the pork ribs.

Let the soup simmer for 45 minutes.

Serve.



Preparation Time: 40 minutes

### Tips

- For a halal version, the pork ribs may be substituted with chicken thigh meat. Or meat may be omitted altogether for a vegetarian option.
- The ikan bilis and corn are used to add flavour to the soup, as such adding salt is not really necessary.



# Southeast Asian Salmon Soup

Salmon is a fish that is rich in omega-3 fatty acids, which helps to reduce inflammation and boost heart and brain health as well as aid in weight management. It is also full of Vitamin D for the development of healthy bones and teeth, protein for building muscles, and magnesium for fighting diabetes and lowering blood pressure.

## Ingredients

-  50g of mung bean noodles
-  2 tablespoons of canola oil
-  3 tablespoons of thinly sliced garlic
-  7 cups of reduced-sodium chicken broth
-  1 425g can of petite diced tomatoes
-  1 tablespoon of fish sauce
-  1 tablespoon of chili-garlic sauce
-  2 teaspoons of hot sesame oil to taste
-  550g of salmon fillet, skinned and cut into ½-inch cubes
-  1 cup of thinly sliced shallots
-  ½ cup of loosely packed coriander leaves
-  Lime wedges, for garnish

## Preparation

Place noodles in a large bowl, cover with hot tap water and soak until softened, 20 to 25 minutes. Drain.

Meanwhile, heat canola oil over medium heat. Add garlic and cook, stirring often, until golden brown, about 3 minutes.

Carefully pour broth into the pan; bring to a boil. Stir in tomatoes and their juice, fish sauce, chili-garlic sauce and hot sesame oil.

Stir in salmon, reduce heat to a gentle simmer and cook until the salmon is nearly cooked through, about 2 minutes.

Stir in the drained noodles and shallots. Simmer for 1 more minute.

Top with coriander and the crispy garlic. Serve with lime wedges, if desired.



Preparation Time: 35 minutes

## Tips

*Those with high blood pressure are recommended to use reduced sodium fish sauce.*

These are just some suggested recipes that will help the elderly live a better and more fulfilling life. It is important to note that as each person has different nutritional and dietary requirements. Therefore, it is important to consult with a doctor or dietician to see if the recipes suit their needs.

01 The ABC soup is nutritious, full of vitamins and easy to prepare. Perfect for the elderly.

02 Rich in Omega 3 fatty acids, the Southeast Asian Salmon Soup is good for boosting heart and brain health.



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# Ancient Healing Techniques For Modern Times

## *A Detailed Look into How Traditional Chinese Medicine Can Assist the Elderly*

**Traditional Chinese Medicine is an ancient form of medicinal practice that has existed for thousands of years. It is the belief that humans have energy within which promotes self-healing and, if left unchecked, the imbalance of energy can be the root of casual illnesses. Ancient healing methods such as herbal remedies and acupuncture can help restore the balance of Qi (pronounced as Chi). Ng Kok Ching, the founder of 1TCM and physician of Traditional Chinese Medicine, provides in-depth information about how this practice can benefit seniors.**

As the name suggests, Traditional Chinese Medicine is a healing method that has been practiced in ancient mainland China for more than 2,000 years. It has a long and enriched history which has evolved over the years. The core foundation of this healing method always remains unchanged: to help find the balance of the state of equilibrium, be it the mind, body, and soul.

The exact timeline of when Traditional Chinese Medicine was

established is not precisely defined. However, its existing ancient scripture sheds some light into when it began as a form of study. The classic medical text “The Yellow Emperor’s Inner Canon”, which was written nearly 2,000 years ago, has laid the foundation to Traditional Chinese Medicine since. It was this precious scripture that introduced and popularised the concepts of Qi, the idea of vital energy within the human body and the importance of ensuring its balance, as well as other ancient philosophies such as Yin and Yang, and Wuxing, also known as the Five Elements of Life (wood, fire, metal, water, and earth).

## Balancing the Energy Inside

Now the main question is: What exactly is Traditional Chinese Medicine, and how does it work? Well, as mentioned above, the primary goal is to help an individual achieve the state of balanced Qi. Elderly folks may find that they feel unwell more often, which could be a sign that there is an imbalance in their Qi. That is

- 01 Ng Kok Ching, founder of 1TCM and a Physician of Traditional Chinese Medicine, offers consultations on top of Traditional Chinese Medicine so that his patients can lead healthier lifestyles.
- 02 Herbs are given to help patients sleep better or boost their stamina.
- 03 By inserting needles into the meridian points of the body, acupuncture can help bring a proper flow of Qi in the body.

when they may seek practitioners of Traditional Chinese Medicine for assistance to address their issues.

The first step that a practitioner will do is to perform a systematic observation of their patient. This process is known as the Four Pillars of Diagnosis – inspection, listening and smelling, inquiring, and palpitation. This clinical assessment enables a practitioner to have a complete understanding of their patients: be it the twitching of the body, a cough at the end of the sentence, a cold palm, or the shoulder aches that the client grumbles about whenever they get out of bed.

After this observation period, the practitioner will offer suggestions of variant treatments to help restore the balance of their patient’s Qi, with acupuncture and



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herbal medicine being the most commonly used practices within the Traditional Chinese Medicine. For example, herbal medicine is given to boost the immune system or to increase stamina. Acupuncture, on the other hand, is the process of inserting fine needles into the meridian points of the body (the channel path in our body where Qi flows). This stimulates and increases blood circulation and trigger the body to release natural painkillers, prompting the cells to heal itself. Those who are older may prefer these kinds of treatments, as they may find that herbal remedies to be a soothing way to heal and that acupuncture could numb any aches or pain they might feel.

However, practitioner Ng Kok Ching emphasises that Traditional Chinese Medicine is not a miracle cure that will instantaneously heal what ails you. Founder of 1TCM, a Traditional Chinese Medicine clinic founded in 2007 with ten branches across the Klang Valley, Ng Kok Ching always explains that the solutions his clinic provides will only work well if, and only if, patients are determined to pursue a healthy lifestyle.

Ng Kok Ching says, "To me, the greatest benefit of Traditional Chinese Medicine is the mutual relationship that we foster with all our patients. It is inadequate to offer solely herbs and acupuncture. We take plenty of time to wholly understand their problems so that



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we can provide better solutions tailor made for each individual. By doing so, we are able to tackle their problems by utilising different treatments made available at our clinics, while at the same time offer a glimpse of directions on how to live a healthier lifestyle."

For instance, some elderly patients may find that they have trouble sleeping at night. A thorough consultation with the practitioners at 1TCM may be given on herbs prescribed to promote better sleep. Moreover, they also give suggestions on the do's and don'ts one should practice before bedtime to ensure the patient gains the most benefits of them all. Likewise, other senior patients might want to start improving their physical. In this case, a 1TCM physician may offer herbs that will boost stamina and instruct them to begin physical activities to improve their cardiovascular health in

relation to blood circulation.

"I believe this approach works for my patients because we offer Traditional Chinese Medicine as well as consultations to ensure that the treatments we provide will work its very best," says Ng Kok Ching. "

Of course, some may have expressed scepticism towards Traditional Chinese Medicine, especially regarding how effective they are, as compared to Western Medicine. However, just as how restoring the balance in between the mind, soul, and body is important, the same can be said about Traditional Chinese Medicine and Western Medicine. "Western Medicine performs a lot of research to ensure its safety and effectiveness, which is something I think should be done for Traditional Chinese Medicine as well, so that we can truly understand its benefits, flaws, and where it can further improve itself," shares Ng Kok Ching.

# Ageing Gracefully: Are we eating healthily enough?

Since ancient times, we have known that healthy eating is one of the core components of a healthy lifestyle. With a retirement age at 60, and a long post-retirement life, the elderly population is at an increased risk of being in poor health condition.

Although you can't stop ageing, but you can stay healthy and live a happy life. The first step towards good health in your senior years is to eat right.

Unfortunately, Malaysians do not consume enough legumes, fruit, milk and vegetables, which are rich in nutrients such as calcium and iron, but instead have a fondness for sugary drinks.

Here are some nutrients & lifestyle tips for healthy ageing:

## Tip 1: Bone health

**Calcium** – It is important in preventing osteoporosis and improves our balance and coordination, reducing the risk of falls and fractures as a result of falling. Sources of calcium-rich food include dairy foods such as a glass of milk (250 ml), tub of yoghurt (200 g), green leafy vegetables and fish with edible bones, such as sardines. Dairy foods contain a high level of calcium which is easily absorbed. For coffee lovers, caffeine leaches calcium from the bones. You may need to limit caffeine intake to 1-2 cups per day while getting adequate calcium in order to offset any losses from caffeine. The recommended daily intake of calcium for Malaysians is 1,000mg daily.

01 Eating a wide range of healthy foods is the best way to ensure that we get all the nutrients our body needs.



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## Tip 2: Heart health

**Omega-3** - Malaysians are developing heart diseases at a younger age compared with their peers in other countries, but it is largely preventable. The benefits of omega-3 for cardiovascular health include decreasing triglyceride, increasing HDL-cholesterol and maintaining healthy blood pressure. The National Heart Foundation of Australia recommends 500 mg/d combined EPA plus DHA to lower their risk of coronary heart disease (CHD) or 2-3 serves (150 g serve) of oily fish per week. For those who dislike eating fish, you may consider taking fish oil capsules.

in people with mild to moderate cognitive impairment when used long-term in sufficient dosages. Supplementation of ginkgo may also improve some aspects of memory in younger people when used short-term. It is recommended to suspend use of ginkgo 1 week prior to major surgery. For those who are taking prescribed medication such as anti-platelet drug and anti-coagulant, you may seek advice from a health care professional. Overall, ginkgo is a very safe herb and is extremely well tolerated.

## Tip 3: Mental health

**Ginkgo biloba** – This is a very popular herbal treatment that increases peripheral circulation and influences brain chemicals. Scientific evidence has showed that it may improve cognitive function

## Tip 4: Exercise for healthy ageing

Staying active as we get older helps to maintain independence, prevent chronic disease, ensure healthy body mass, maintain emotional health and cognitive function. Regular exercise helps to boost the production of serotonin and endorphins, which are feel good brain chemicals and function to 'lift' mood.





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- 01 The character and appearance of USM's unique modular furniture system is well expressed in its design, flexibility, quality and durability.
- 02 What matters the most is experiencing the wonderful moments - This is why Bulthaup developed kitchen and space systems that allow form, function and material to give people the true joy of being at home.
- 03 Okamura chairs are ergonomic-based products designed with details that prioritise safety, productivity, creativity and product functionality while staying true to their hallmarked quality.
- 04 Tribù's design blueprint strives for durability by seeking out materials of the highest-quality to create an experience that is timeless, refined and luxurious without taking away from its renowned comfort.

## XTRA. Nonconformist

**XTRA was established in 1995, bringing the most iconic brands to the homes and offices of Malaysians. Since then, it hasn't relinquished its pursuit for graceful elegance, and this is reflected in the choice of brands available in their catalogue.**

With this heightened consciousness to form and function, XTRA features the world's foremost brands in designer kitchens, wardrobes, office furniture, indoor-outdoor furniture and lighting, enough that they've transformed from a 1000 sqft space to a 20,000 sqft design gallery at the Gardens Mall.

It isn't just the choice of brands that makes XTRA renowned in the world of furniture; it is also their unrelenting quest to offer client satisfaction that sets them apart. Whether it be home, office, outdoor or indoor, their notable collection under XTRA DESIGN illustrates their attention to the essence of style, comfort

and quality - featuring innovative living solutions that reflects contemporary lifestyle.

XTRA touches lives, and nothing speaks more of this than their XTRA Ergonomics Department that scours the earth from Norway to Japan to Germany for the best sources in ergonomically well-designed products in elegantly swanky forms. Their timeless appeal makes them suitable for both the office and home.

To date, XTRA has collaborated with the likes of ST Regis and other chic residential developments so much so its brand is synonymous with premium furnishing.

Challenging the status quo takes a whole lot of courage and confidence to deliver, and XTRA does so with graceful conviction - their tagline being "XTRA does not conform to any design typology".

*For a more comprehensive view of brands that XTRA Furniture carry, please visit [www.xtrafurniture.com](http://www.xtrafurniture.com)*

# stonor3

K.L.C.C.

## You Have Arrived...

An Exclusive Enclave for the Discerning Few

Stonor 3 is the first successful completed joint-venture project between Tan & Tan Developments Berhad and Mitsubishi-Jisho Residence. It combines the DNA of Tan & Tan's long standing reputation with Mitsubishi's impeccable specifications and designs.

- Located in the most coveted KLCC vicinity
- Luxury finishing and branded appliances
- Japanese inspired design with space efficient interiors
- Spacious layout from 871 sq. ft. with 2 bedrooms
- Attractively priced from RM1.35 million\*
- Ready to move in

*\*Terms and conditions apply*



*The 1st GreenRE Gold certified residential building in the KLCC vicinity.*



New Show Units Open for Viewing

### Stonor 3 Sales Gallery

Level 1, No. 3, Lorong Stonor, 50450 Kuala Lumpur.  
Open Daily: 10.00am - 5.00pm

# +603 2283 3993

 @tantanddevelopments

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5 decades  
of Distinction



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An IGB BERHAD company





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## The Haven in the City

### *Stonor 3 KLCC*

Located in the prestigious Kuala Lumpur City Centre (KLCC) area, Stonor 3 KLCC is the latest addition to the range of premium properties located in the neighbourhood. A joint-venture between Tan & Tan Developments Berhad and Mitsubishi Jisho Residence, this luxury condominium is situated just 1.5 km away from the iconic PETRONAS Twin Towers and the serene KLCC Park, offering the perfect blend of tranquillity in the middle of a bustling urban area.

Standing at 41-storeys, prospective buyers or tenants can choose from five types of units. These range from one-bedroom studio apartments measuring around 649 sq. ft to three-bedroom units of 1,232 sq. ft. In total, there are 400 units available.

This is the first successful completed joint-venture project between Tan & Tan Developments Berhad and Mitsubishi-Jisho Residence. Due to this, the units at Stonor 3 KLCC all contain Japanese home living elements that help

enhance aesthetics and liveability. This is apparent in the very first thing you see before you enter your unit, namely the elegant Japanese-designed lockset, which not only keeps your home safe but adds a touch of class to your front door.

This class is further accentuated once inside as the Burmese teak floor, which covers the entire area (with the exception of the kitchen and washrooms), gives your home that luxurious tropical feel. In addition, the wood is among the most durable in the world, ensuring that you can have as many guests over and get-togethers as you like without having to worry about wear and tear.

Each unit is cosy without being constricted, with the sense of space enhanced by the 3.3 metre high ceiling and the large windows that give you a perfect view of the cityscape. The master bedroom is equally stunning, with the largest units equipped with full-ceiling height walk-in wardrobes that allow you to store as many clothes and accessories as possible with ample room to spare.



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01 Stonor 3 KLCC is a sanctuary situated at the heart of Kuala Lumpur's busiest area.

02 The design of each unit incorporates Burmese teak floors and Japanese home living elements to enhance aesthetics and comfort.

## Luxurious Bathrooms

These wardrobes are not just walk-in but walk-through as well, providing another link to the splendid Japanese-inspired master bathroom where the most advanced technologies, sophisticated fittings and elegant finishings await.

Immerse yourself in the semi-sunken tub for a nice, relaxing bath after a hard day's work or refresh yourself with a shower from the rain shower which has been crafted to ensure maximum effectiveness with the optimum use of water.

While some people may say that a toilet is just a toilet, however the state-of-the-art Toto Neorest toilet is more than just your run-of-the-mill loo. Hailing from Japan, the Toto Neorest is equipped with sensors that automatically opens the lid when you near it and then flushes and closes back the lid when you walk away. In addition, it both energy and water efficient thus helping you to do your bit for nature while answering the call of nature.

## Kitchen fit for a King

Being located at the city center, Stonor 3 KLCC is near some of the best dining establishments in Kuala Lumpur. But of course, sometimes you want to indulge in a nice, home-cooked meal, and budding masterchefs will be glad to know that the kitchen is equipped with the latest appliances that will help them make their culinary masterpieces.

These include a built-in steam oven, an intelligent induction hob and an integrated refrigerator from leading French-brand Brandt, as well as its premier De Dietrich label. In addition, each kitchen is equipped with a high-performance extractor hood that will help clear away smoke and airborne grease.

## Social Comforts

In order to enhance the sense of community in Stonor 3 KLCC, a lot of thought has been put into developing open, public spaces where residents can appreciate nature, fresh air and companionship. For instance, the 7,500 sq. ft Residents' Lounge in the Lobby provides ample space for you to have gatherings with friends. Another feature at the Lobby is the grand fountain where you can listen to the gentle sounds of trickling streams and rustling leaves as you relax.



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If you feel like exercising, make your way to the 7th floor where you can find the glass-enclosed gym hovering over the 40-metre long infinity pool, making your workout a stunning experience. Other amenities here include a children's playground and wading pool for the young ones, a mini-theatre where you can enjoy private screenings of movies, and a function room for parties and events. In addition, you can enjoy high-speed WiFi throughout the floor, so you can be sure of always being connected.

On the 40th floor is another social spot at Stonor 3 KLCC. Here, you can find a BBQ Area, next to a herb garden, which also a garden that leads to a widespread Yoga and Pilates spaces, if you feel like rejuvenating after a tiring day.

## Convenience at Your Doorstep

By any measure, the facilities at Stonor 3 KLCC alone make it an ideal place to call home. The fact that it is located at KLCC makes it even more appealing, as it offers the very best that KL has to offer in terms of amenities and convenience.

For instance, the condominium is located within walking distance from some of the top office areas in the city such as the PETRONAS Twin Towers, Menara Maxis, and Menara Exxon Mobil. And even if your office isn't located nearby,

01 The mesmerising 40-metre long infinity pool of Stonor 3 KLCC is just the place for residents to cool off from the heat and unwind in peace.

there is no need to worry as just 900 metres away is the KLCC LRT Station, while Conlay and KLCC East MRT Stations; the latter of which is due to be operational in 2022, is also close at hand.

Families with school-going children can be assured that there are a number of prestigious schools close at hand such as EtonHouse Malaysia International School, the International School of Kuala Lumpur and Sayfol International School.

If you are ever in the mood for shopping, there is no better place to be as nearby shopping malls – Suria KLCC, Avenue K, Great Eastern Mall and Intermark – all offer the perfect combination of high-end boutiques and mid-range brands. And for some fine culture, why not take in a performance at the Malaysian Philharmonic Orchestra or view some masterpieces at the Petronas Art Gallery?

Combining the very best of interior and exterior design, amenities, and convenience, Stonor 3 KLCC provides residents with the ultimate in high-end, city living.

*New show units ready for viewing now, please contact +603 2283 3993 or +6017 357 2266 for a personalised tour.*



# Sierramas Heights: A Suburban Gem

**Nestled within the embrace of lush greeneries, Sierramas Heights has gained reputé as a low-density premium condominium offering the very best of style, comfort and safety in a unity that makes you feel you're away from it all.**

Sierramas Heights is a popular option especially to those that work in the city, given its strategic link to Kota Damansara and Bandar Utama. The two International schools in

the area are conveniently close by too, with ELC International School being only 50m away and IGB International School 990m away.

Not to mention, the supermarket approximately 1 km away makes it even more desirable, providing residents with the peace of mind - knowing they don't have to travel far to get groceries

With three-tiered security, this 17 storey block offers 98 premium homes in a built-up size of 1,281 sq ft, where each unit is reserved 2 parking lots.

More than that, residence at Sierramas Heights entitles access to the facilities at Sierramas West Clubhouse 100m away - featuring a gym, tennis court, lap court and

a children's pool.

It is apparent that space is the theme here, with 5-6 units a floor, noise in Sierramas Heights is a foreign concept. Its contemporary design incorporates wide open spaces, singles will love it for the privacy it offers, and families - the space to make each day a potential adventure.

Sierramas Heights is Sungai Buloh's best-kept secret, where premium build, quiet environs and convenience redefine the concept of "home" in the urban heartland. The current available units are a window of opportunity for those looking for a sanctuary within the city.



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- 01 The modern decor of Sierramas Heights catches your attention as it resonates the feeling of luxury and class.
- 02 The contemporary design of Sierramas Heights complements the surrounding greenery, giving it a cosy yet modern appeal.

02







# THE ULTIMATE NIGHT-READING GMT WATCH FOR JET-SETTING EXPLORERS.

Introducing the new AeroGMT II. A distinguished evolution featuring a new beautifully curved GMT bezel, illuminated by micro gas tubes. Along with extreme luminosity on the dial, the 42mm timepiece provides clear reading across three time zones in the darkest conditions. Our patented folding buckle withstands up to 1,400 newtons of force to handle all the demands of world travel.

## TO BE YOURSELF



**BALL**  
OFFICIAL  STANDARD  
Since 1891

*Accuracy under adverse conditions*



**ENGINEER HYDROCARBON AEROGMT II**

COSC-certified caliber | Curved rotating bezel | Revolutionary micro gas lights  
Crown protection system | Dial numerals illuminated by Super LumiNova

[www.ballwatch.com](http://www.ballwatch.com)

**Movement:**

Automatic movement BALL  
RR1201-C Chronometer  
certified COSC

**Dial:**

Black or blue

**Band:**

Tapered stainless steel bracelet with patented folding  
buckle & extension system or rubber strap with  
standard buckle

**Functions:**

43 micro gas tubes on hour, minute, second time zone  
hands, dial and bezel for night reading capability  
Luminous three time zone indication  
Anti-magnetic to 4,800A/m  
Water resistant to 100m/330ft.  
Hours, minutes, sweep seconds and date

**Case:**

Stainless Steel  
Ø 42mm, height 13.85mm  
Bidirectional rotating curved sapphire  
bezel with micro gas tubes  
Dome-shaped anti-reflective sapphire crystal  
Screwed-in crown with patented protection design

## Engineer Hydrocarbon AeroGMT II

*The perfection in the persistence*

How to define single-minded pursuit for perfection? For BALL Watch, it means spending over 18 months in research and development to refine the curved edge of an external bezel. Built in accordance to the specifications of a Boeing 777 pilot, the original Engineer Hydrocarbon AeroGMT series, with its distinctive sapphire-made external bezel, have always been well loved by watch aficionados around the world. The remarkable hardness of sapphire glass, being the third hardest natural substance at the Mohs scale, makes cutting and polishing it into a delicate, flat, circular ring a feat in itself. However, looking at the watch from the side, the flat bezel pairs with the domed shaped crystal formed a silhouette that is still a tad away from perfection. Unfortunately the then technological knowhow simply could not present an effective solution to create the ideal profile. Not being deterred by the hindrance nor complacent about the success

achieved by the original AeroGMT model, BALL Watch designers pushed on to develop the skills that enable the creation of a curved sapphire glass ring, which would seamlessly mold with the crystal as if the two parts were one.

To mount the self-powered micro gas tubes onto the bevelled edge of the bezel and then attaching the said bezel onto the metal case is a complicated task that resulted in high material spoilage during the production process. But the unforgettable beauty of the finished piece makes all the effort worthwhile. The design of AeroGMT II incorporated several brilliant colors that work in harmony to deliver a stunning visual impact under all conditions. In broad daylight, the eye-catching red-black two-tone sapphire bezel makes a bold representation of day and night. In a dark environment, the yellow and orange micro gas tubes adorn the 12 hour markers on the dial, while the second time zone indication is illuminated with Super LumiNova paint in icy blue color. The green micro gas tubes light up the third time zone indication on the bezel. The different colors allow wearers to easily read the time of 3 individual time zones at a quick glance, even when the ambient light is insufficient.

At the heart of the 42mm stainless steel case houses a COSC

chronometer movement that powers the turning of the black and white two-tone hands. Set against a black or blue dial, the design is sleek and modern. The timepiece is equipped with 4,800 A/m anti-magnetic resistance, to protect its accuracy from being affected by the magnetic field which exists in everyday life. In general, the crown is the weakest part of any timepiece, in AeroGMT II, a special patented design consisting of 2 separate parts is charged with the duty to safeguard the crown. An extension protruded from the case protects the crown from glancing blow, whereas the protective plate ensures the crown is screwed back into its original position after each adjustment. Testing shows AeroGMT II can withstand up to 7,500Gs shock impact and is water-proofed to 100m. The focus on practical functionality continues in the buckle design. Made with top graded stainless steel, it endows lasting durability, capable of resisting up to 1,400 newtons of force. Its effortless comfort is heightened by the secure butterfly clasp and 22mm extension system for an ergonomic fit with sportswear.

With its beautifully curved bezel and unmatched luminosity, the new Engineer Hydrocarbon AeroGMT II will take flight with you even in the dark of night.





## Transforming the Retail Lifestyle in the South

### *The Mall, Mid Valley Southkey*

**The South of Malaysia finally got its Mid Valley when IGB launched The Mall, Mid Valley Southkey in Johor Bahru on 23 April 2019. Being the largest integrated development in Southern Malaysia and Singapore, Mid Valley Southkey has emerged as a new iconic landmark in Johor.**

Much like Mid Valley Megamall, the design philosophy of The Mall, Mid Valley Southkey is centred on convenience, where it integrates open social spaces, incredible retail variety and the best of first class amenities.

### Location, Location, Location

Strategically located in the heart of Johor, it boasts high visibility and triple frontage from 3 major highways via Tebrau Highway, Jalan Bakar Baty and Eastern Dispersal Link (EDL).

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01 The Mall, Mid Valley Southkey's architecture and design ensures that all who visit will find it distinctively memorable.

With 5,484 car park lots, traffic dispersal is a crucial element of the mall where traffic is distributed through the basement and lateral carpark by virtue of multiple entry points. By the same token, vehicles from Singapore can go directly into the building from an elevated highway.

In addition to its incredible architectural considerations, The Mall, Mid Valley Southkey is also conveniently located within walking distance to a carefully curated collection of; serviced residences, boutique pods, lakefront commercial lots as well as City University College of Science & Technology and Central Park.

### Retail Therapy

The Mall, Mid Valley Southkey has everything you need and desire, from regional fashion and accessories - both local and international, to sundry and services, IT, gadgets and more.





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## Let your hair down

The Mall, Mid Valley Southkey is not just about shopping. There is an exciting variety of entertainment options such as GSC Cinema with the latest movies, a huge arcade with a corner dedicated to claw-catching machines, express 30-minute pampering facials and so much more.

The Mall, Mid Valley Southkey is an experience.

Whether you are alone or with family, there will be something for you to indulge in.

## Dishes fit for Emperors

Foodies will find an inexhaustive list of dining options, more than enough to satisfy the most selective diners. Through its multi-cultural society, Malaysia is a culinary haven and The





02

### Anchor tenants:

- SOGO (Ground Floor, 1st Floor, 2nd Floor)
- Village Grocer (Lower Ground Floor)
- Golden Screen Cinemas (3rd Floor Mezzanine)

### Major Space Users:

- Harvey Norman (Lower Ground Floor)
- Uniqlo (Ground Floor)
- Padini Concept Store and Vincci (Ground Floor)
- SportsDirect.com (1st Floor)
- Popular (2nd Floor)
- Toys 'R' Us (2nd Floor)
- MUJI 無印良品 (1st Floor)
- Mid Valley Exhibition Centre (3rd Floor)

- 01 With the State of Johor seeing fast development over the past few years, it made sense to Tan & Tan to bring the Mid Valley concept there.
- 02 It is not just the size of The Mall, Mid Valley Southkey that makes it such a fascinating attraction, it is the pace of life and the promise of adventure at each corner that make it a must-visit.

Mall, Mid Valley Southkey brings that to the table with a wide spectrum of international cuisines to pick from.

## Let Your Stress Melt Away

St. Giles has become renowned for its hotel experience dedicated to luxury, comfort and peace of mind, and that experience has been brought to Mid Valley Southkey. Scheduled to be opened in 2020, St. Giles Mid Valley Southkey will feature 575 rooms tastefully designed with emphasis in its hallmarked experience that travellers can expect. Given its close proximity to Singapore, St. Giles is a brilliant addition to the Mid Valley Southkey experience.

## Open for Business

Besides being such an incredible convergence of lifestyle and shopping, Mid Valley Southkey will be a great hub for business as Mid Valley Southkey North Tower and South Tower project is scheduled for completion in 2020. Each with 24 storeys of office space in a built up area of 322,000 sq. ft. These two towers are the last pieces that will complete the Mid Valley City in Johor.

The Mall, Mid Valley Southkey is more than a shopping centre; it is a lifestyle, a journey through the heart of Johor into a dynamic wealth of culture and experiences. Given its scope and its following projects, Mid Valley Southkey is very well on its way to becoming another focal point of urban lifestyle in Malaysia.





In the Primary Years Programme (PYP), the IB's youngest students learn about and use knowledge, concepts and skills from a variety of subjects to explore six transdisciplinary themes and begin to develop the attributes of the learner profile.

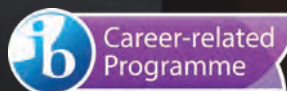


The Middle Years Programme (MYP) is a challenging framework that encourages students to make practical connections between their studies and the real world and culminates in a personal project. Students who complete the MYP are well-prepared to undertake the IB Diploma Programme.

In the final two years of high school, students can choose to enter either:



- the Diploma Programme (DP), a curriculum which emphasizes both breadth and depth of knowledge. The DP is made up of six subject groups and a core, comprising theory of knowledge (TOK), creativity, activity, service (CAS) and a research paper of up to 4,000 words, the extended essay (EE);



- or, the Career-related Programme (CP). The CP is combines two IB diploma courses with school-based, career-related study. It equips students to pursue further education or to enter their chosen career path immediately.



## The ONLY international school in Malaysia to offer the full continuum of IB Programmes.

The first school in Malaysia that offers the full continuum of IB programmes: the Primary Years Programme (PYP), the Middle Years Programme (MYP), the Diploma Programme (DP) and the Career-related Programme (CP).

IGBIS is a vibrant Early Years to Grade 12 international school that provides a dynamic, innovative and inclusive learning environment, where students are challenged to excel in both their learning and personal growth.

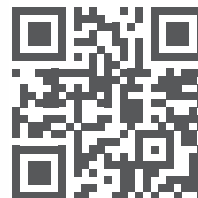
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01

## The Rise of Kundang

As neighbourhoods in and around the heart of the Klang Valley become increasingly crowded and congested, more people are looking to set up their homes in the periphery. Kundang is one such area that promises convenience and a great lifestyle.

Located 33 km north of Kuala Lumpur, Kundang has seen many changes from the time it was

founded by Chinese tin miners in the early 20th century to the present day. Shifting in line with the socioeconomic conditions from being a mining settlement to site for rubber plantations to farming and now it is an up-and-coming suburb.

The main settlement, Kundang New Village is still very much the epitome of a quaint sleepy Malaysian small town; with a mix of farms and small businesses. Here, residents converge in little, unairconditioned coffee shops to eat, drink and catch up with one another. And everybody seemingly knows each other.

## Why Kundang?

A look at the wider area however paints a different picture, as a significant number of property developers, including Tan & Tan Developments, have projects there, ranging from residential to industrial developments. While most of these are in their initial stages, there is no doubt that Kundang is on the verge of becoming a bustling hub.

How is it that a place once best known for being unknown has become the potential next big thing in real estate? Kundang fulfils three of the main criteria that most people





17 KM  
FROM  
RAWANG

33 KM  
FROM  
KUALA  
LUMPUR

01 The LATAR highway has made travel between Kundang and other main points in the Klang Valley faster, thus raising its attractiveness as a place to set up a home.

buying property look for – location, connectivity, and price.

In terms of location and connectivity, the completion of the Kuala Lumpur-Kuala Selangor Expressway (LATAR) in 2017 helped reduce travel time between Kundang and Kuala Lumpur, making it more convenient to move between Kundang and the Federal capital (as well as Petaling Jaya) in just half an hour.

Subang Jaya and Shah Alam are also 30 minutes away thanks to the Guthrie Corridor Expressway, while other industrial areas such as Rawang, Serendah and Sungai Buloh are also within reasonable driving distance.

Yet, despite its ideal location and connectivity with many other key areas in Kuala Lumpur and Selangor, prices of houses in Kundang have remained relatively affordable. The cost of terrace houses in the area range from around RM350,000 to RM500,000. In comparison, the starting price of a similar house in Subang Jaya could be around RM700,000.

With great connectivity, Kundang features all that Kuala Lumpur and its surrounding areas have to offer, but at a more affordable price. Furthermore, Kundang offers a sense of tranquillity that is considered a luxury in other parts of Klang Valley.

This serenity is accentuated

by one of the area's most beautiful sites – Tasik Biru Kundang (Kundang Blue Lake). Due to its striking azure blue waters, Tasik Biru Kundang is a popular spot for weekend getaways, boating, and fishing.

It should be noted that as Kundang's popularity keep on rising, so too will the prices of property there. As such, it is best to invest now than later. Taking all these factors into consideration, the question that should be asked when choosing a property either to live in or for investment is not, "Why Kundang?" but "Why not Kundang?"





01

## Park Manor, the Timeless Estate

Within the city of Sungai Buloh, in the township of Sierramas, lies a serene enclave called Park Manor. Surrounded by lush greenery, it radiates a lasting quality far removed from the pace of life that surrounds it.

Park Manor's beautifully designed landscape is home to multiple rows of 3 storey strata villas, each with a built-up area of 450 square metres. Residents get to experience the quiet peace of its embrace and still enjoy the nearness to communal facilities. From IGB International School and ELC International to Sungai Buloh MRT Station and Jaya Grocer - all essential amenities are within proximity. Not to mention, KL City Centre is just 25 minutes away; the conveniently located Park Manor residence is a delight for those that work in the city.

The exterior of each home has a

porch large enough to fit 3 or 4 cars. The interior is complete with 5 to 6 bedrooms, ensuite bathrooms and a spacious kitchen that opens into a dining and living area.

Seniors can enjoy staying with the whole family in this villa. The spacious layout which includes three living rooms and two kitchen spaces is large enough for all family members to comfortably spend time together. Furthermore, the numerous bedrooms are more than enough for each to have space to call their own.

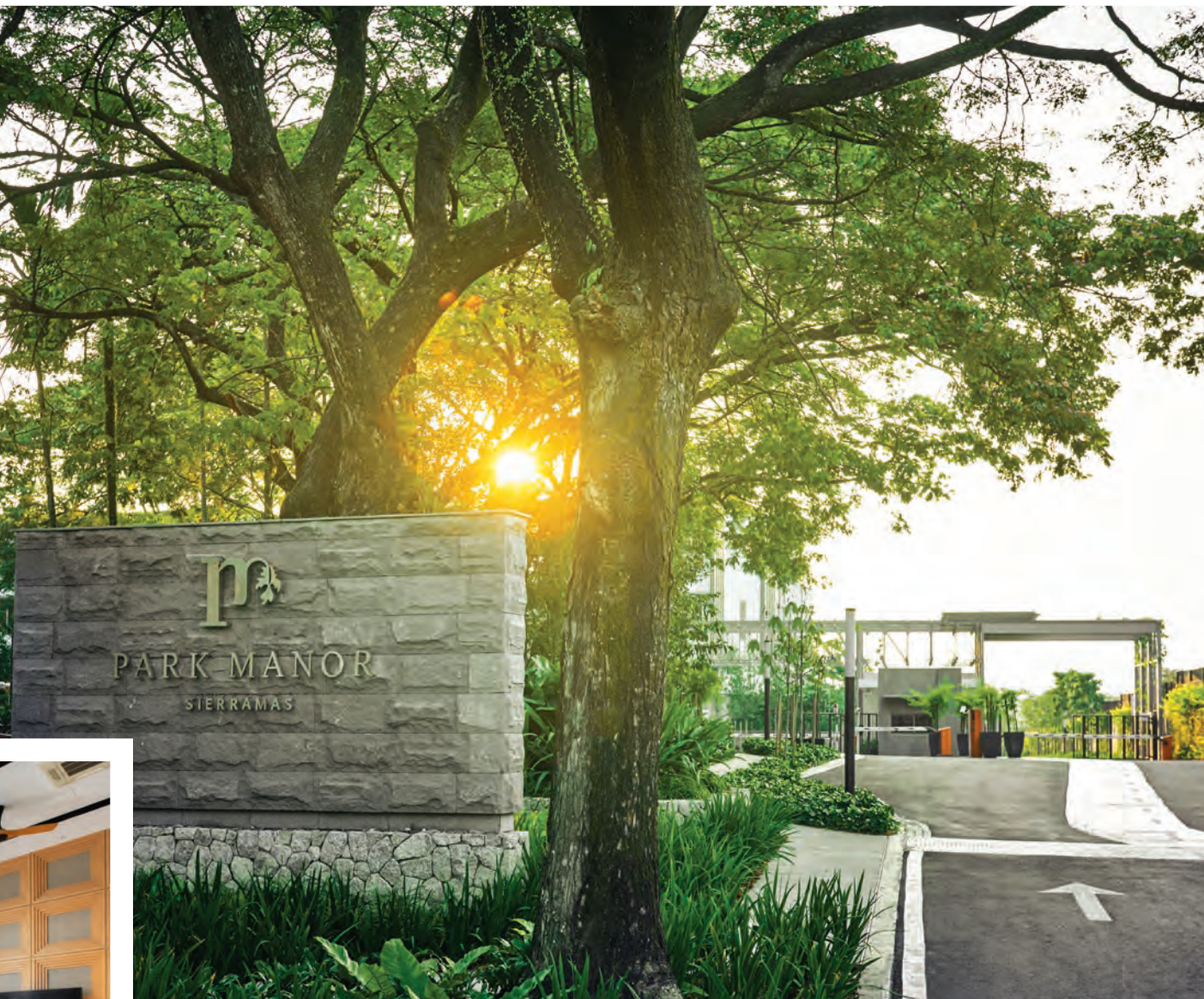
Tan & Tan is conscious of the needs of each unit of the family,



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- 01 Beautifully designed with ample space, even for an extended family. Homes of Park Manor are large enough for the whole family to spend quality time together everyday.
- 02 Every unit is built with thoughts for everyone. Seniors who have trouble moving around will find this spacious layout very convenient.
- 03 Simple and elegant with the right balance of indoor and outdoor elements, each unit is a cosy living space for the whole family.





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therefore a lift was included in each house. Seniors who have trouble moving around will find this especially useful.

Each of the Park Manor villas adopt large window openings, and sun shading elements that optimise natural light to create a peaceful ambience. The spaces are open and roomy, with a floor-to-ceiling height of 12.5 ft. The flooring for the living, dining and kitchen areas are of marble finish which is durable, easy to maintain and of superior quality. Ordinarily, ceilings for homes like Park Manor come 10ft high but Park Manor added that extra 2ft. Together, the incorporated design elements create a timeless appeal that residents and potential owners will come to love.

A comfortable home balances the right amount of indoor and outdoor elements in it. To contribute to the general wellness of its residents, Park Manor did not shrink from that challenge. It allows residents to enjoy a green recreational space as they step out of their homes.

Every resident can enjoy a personal garden in their homes, clubhouse for private gathering, a 25-meter lap pool, a small wading pool and playground for the kids. Furthermore, a 350-meter long linear park is available for everyone who seeks to clear their mind with a peaceful walk.

That said, when it comes to family, security is the utmost concern after all. And the Park Manor community realises this

with 24/7 perimeter fencing, manned CCTV's and guard patrols ensuring the safety, privacy and comfort for all those who reside within its walls.

Park Manor has stood the test of time as a hearth and a home for multi-generational families. Its quiet brilliance merges luxury with the cosiness of a home, consistent with Tan & Tan's mission to build for generations to come. There are currently two show units, with different design elements, available for viewing.

*New show units ready for viewing now, please contact +6017-361 2266 for a personalised tour.*



# Educating for Success

## *IGB International School*

**What should parents look for when choosing a school for their children? Of all the various factors that need to be taken into consideration, quality of education has to be first and foremost. In the highly competitive field of Malaysian education, IGB International School (IGBIS) has managed to distinguish itself through its unique curriculum.**

The only school in Malaysia to offer the full, four-programme International Baccalaureate (IB) continuum, IGBIS is future-proofing its students by offering a broad-based suite of subjects. As Mrs Anne Fowles, the Head of School at IGBIS explains, this provides a firm foundation for them to specialise, while extra-curricular activities focus on the principles of "Creativity, Action, & Service" in order to facilitate their social and emotional development.

"We want students to be good communicators as this allows them to solve problems by analysing and reflecting on what they've learnt. This then enables them to write and present about it, as well as relate to other people by making connections with them. And that's how they improve their employability because if they can't work with other people, they aren't going to be employable." Mrs Fowles notes.

## Creating Thinkers

In the IB Programmes, the students' capacity to understand how facts and theories are applied is tested, making it a very holistic form of education. Rather than the usual rote-learning method where memorisation is the



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key, the IB way focuses on critical thinking and the ability to engage in different viewpoints, without being clouded by preconceived ideas and beliefs.

Expanding on this, Mrs Fowles gives the example of the IB course titled "Theory of Knowledge." She explains, "In this course, we look at a whole range of things like what are the ways of knowing. Let's say somebody wrote about the Vietnamese war. How do you know what they wrote is true? Who was there? Who actually recorded that? How do you know whether what they recorded was fact or was it just their perspective? These are the thinking skills we encourage students to develop."

## Well-rounded education

The IB programme is a comprehensive programme with a whole range of subjects targeted for students aged 3-19 years - the Primary Years Programme (ages 3-12), the Middle Years Programme (ages 11-16), the Diploma Programme, and the Career-related Programme (ages 16 - 19). "The world is changing, and universities, especially in the US are not going to be relying on SAT's

01 Mrs Anne Fowles, Head of IGBIS, has over 20 years of diverse experience leading schools in six countries. She chairs the Council of International Schools(CIS), the New England Association of Schools and Colleges (NEASC) and the western Association of Schools and Colleges (WASC) accreditation agencies.

for much longer" says Mrs Fowles. "The IB Diploma Programme is recognised by all leading universities, which instantly puts students on the world stage and contextualises their application."

Perhaps the biggest testament for the IB can be experienced when walking through the halls of IGBIS. The excitement and vibrancy that permeates the air is palpable – a credit to the vision and mission at IGBIS to innovate, include, and empower. "We want our students to be empowered, to give things a go, and to safely try new things. We want them to seize the moment" says Mrs Fowles.

"What we are looking for in the future is for people who are able to find information, analyse it from different perspectives to sift fact from opinion, and use that information in a completely new situation" says Mrs Fowles. Many schools teach students how to pass exams and get good grades. Through IB, IGBIS teaches them how to succeed in life.





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## Italian Masterpieces

2019 armchair designed by Poltrona Frau Style & Design Centre

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# XTRA

X-TRA FURNITURE SDN BHD  
The Gardens Mall, Mid Valley City, Lot S-236 & 237,  
2nd floor, Linkaran Syed Putra, Kuala Lumpur  
T. +603 2282 9088  
[living@xtrafurniture.com](mailto:living@xtrafurniture.com) | [xtrafurniture.com](http://xtrafurniture.com)  
f XTRAfurniture | @ xtrafurnituremsia