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CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



Eid Mubarak

1 Syawal 1443 H

On this auspicious day, Capital Place Management wishes our valued tenants, a cheerful and memorable celebration. May this festive season bring you unlimited joys and blessings of the beautiful Eid.

Eid Al-Fitr Mubarak!

RAMADAN CHARITY 2022



Ramadan is a month of immense blessings, and giving charity in this month is one of the best ways we can show support for our human family.

On 20th April 2022, Capital Place donated Iftar meals and hampers to the less fortunate children of Yayasan At-Taysier Kuningan Barat. A very big thank you to PT. Mahkota Prima Properti for their generous support.



CAPITAL PLACE SHUTTLE SERVICE



We are pleased to inform you that our free shuttle car service has added one extra vehicle to facilitate trips between the SCBD area and Capital Place.

Our shuttle car is available in the morning, lunch time and evening.

For further information and a Shuttle timetable, please contact the Concierge

WINNER OF KARTINI PHOTO CONTEST

Congratulations to Ms. Nadya Anissa from Lamudi who participated in Kartini Photo Contest this year. Please look forward to our next competition!



BENEFITS OF INTERMITTENT FASTING

An article by Deasy

Many diets focus on what to eat, but intermittent fasting is all about when you eat.



With intermittent fasting, you only eat during a specific time. Fasting for a certain number of hours each day or eating just one meal a couple days a week, can help your body burn fat. And scientific evidence points to some health benefits, as well.

There are several different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and fast. For instance, you might try eating only during an eight-hour period each day and fast for the remainder. Or you might choose to eat only one meal a day two days a week. There are many different intermittent fasting schedules.

It's important to check with your doctor before starting intermittent fasting. Once you get his or her go-ahead, the actual practice is simple. You can pick a daily approach, which restricts daily eating to one six- to eight-hour period each day. For instance, you may choose to try 16/8 fasting: eating for eight hours and fasting for 16.

Another, known as the 5:2 approach, involves eating regularly five days a week. For the other two days, you limit yourself to one 500–600 calorie meal.

The New England Journal of Medicine revealed data about a range of health benefits associated with the practice. These include a longer life, a leaner body and a sharper mind.

Here are some intermittent fasting benefits research has revealed so far:

- **Changes the function of hormones, cells, and genes**

Here are some of the changes that occur in your body during fasting:

- Insulin levels. Blood levels of insulin drop significantly, which facilitates fat burning
- Human growth hormone (HGH) levels. The blood levels of human growth hormone (HGH) may increase dramatically. Higher levels of this hormone facilitate fat burning and muscle gain, and have numerous other benefits
- Cellular repair. The body induces important cellular repair processes, such as removing waste material from cells
- Gene expression. There are beneficial changes in several genes and molecules related to longevity and protection against disease

- **Can help you lose weight and visceral fat**

Generally speaking, intermittent fasting will make you eat fewer meals and enhances hormone function to facilitate weight loss.

- **Can reduce insulin resistance, lowering your risk for type 2 diabetes**

In human studies on intermittent fasting, fasting blood sugar has been reduced by 3–6% over the course of 8–12 weeks in people with prediabetes. Fasting insulin has been reduced by 20–31%

- **Can reduce oxidative stress and inflammation in the body**

This should have benefits against aging and development of numerous diseases.

- **May be beneficial for heart health**

Studies show that intermittent fasting can improve numerous risk factors for heart disease, such as blood pressure, cholesterol levels, triglycerides, and inflammatory markers.

- **May help prevent cancer**

Fasting has been shown to have several beneficial effects on metabolism that may lead to reduced risk of cancer. Promising evidence from animal studies indicates that intermittent fasting or diets that mimic fasting may help prevent cancer. Research in humans has led to similar findings, although more studies are needed. There's also some evidence showing that fasting reduced various side effects of chemotherapy in humans

- **Has benefits for your brain and may help prevent Alzheimer's disease**

Intermittent fasting improves various metabolic features known to be important for brain health. Intermittent fasting helps reduce oxidative stress, inflammation, blood sugar levels, insulin resistance. Also, in a series of case reports, a lifestyle intervention that included daily short-term fasts was able to significantly improve Alzheimer's symptoms in 9 out of 10 people

- **May extend your lifespan, helping you live longer**

Given the known benefits for metabolism and all sorts of health markers, it makes sense that intermittent fasting could help you live a longer and healthier life.

MAY EVENTS IN JAKARTA

Food + Beverage Indonesia



The poster for the Food + Beverage Indonesia 2022 exhibition features a central image of various food items like salmon, asparagus, blueberries, and kiwi. The text includes the event name, dates (18-21 May 2022), location (JIEXPO Kemayoran Jakarta), and the slogan 'Boosting Indonesia's Food Industry with Technology'. It also lists sub-events: Coffee & Tea Expo, Wine, Spirit, & Gourmet Festival, Organic Food Expo, and Sweet & Snack Expo. The organizer is wakeni.

F+B FOOD + BEVERAGE INDONESIA
www.foodbeverageindonesia.com

COFFEE & TEA EXPO | WINE, SPIRIT, & GOURMET FESTIVAL | ORGANIC FOOD EXPO | SWEET & SNACK EXPO

18-21 MAY 2022
JIEXPO Kemayoran Jakarta • Indonesia

Boosting Indonesia's Food Industry with Technology

ORGANIZED BY **wakeni**

The exhibition will provide the country's food businesses with the largest collection of food types, equipment, technologies, and production systems for processing, as well as packaging materials along with their suppliers, all at this one-stop venue.

visit foodbeverageindonesia.com for further information

Java Jazz 2022

After their absence in 2021, the Java Jazz music festival will be back this year and hold its 17th edition on the 27 - 29 May 2022, at JIExpo, Kemayoran, Jakarta, Indonesia.

For tickets and further information, feel free to contact the concierge or visit www.javajazzfestival.com



The poster for the 17th edition of the Java Jazz Festival, held from May 27-29, 2022, at JIEXPO Kemayoran. It features a vibrant, colorful floral border and lists the headline act PJ MORTON. Below, a list of performing artists is provided in alphabetical order.

JAKARTA INTERNATIONAL
BNI JAVA JAZZ FESTIVAL XVII edition

17th EDITION
27-29 MAY 2022
JIEXPO

PJ MORTON *

PERFORMING IN ALPHABETICAL ORDER

ADIKARA FARDY • AFGAN • ALEX PORAT • DANILLA
EMMA-JEAN THACKRAY • GABE BONDOC
GANGGA • HABLLOT BROWN • JARROD LAWSON
JAZ • KAHITNA • MIKHA ANGELO
OSLO IBRAHIM • RAN • RENDY PANDUGO
RIZKY FEBIAN • SAMM HENSHAW • SIVIA AZIZAH
TEDDY ADHITYA • YEFTA DAN TEMAN TIDUR
YURA YUNITA

and more to be announced

BUY 1 GET 2

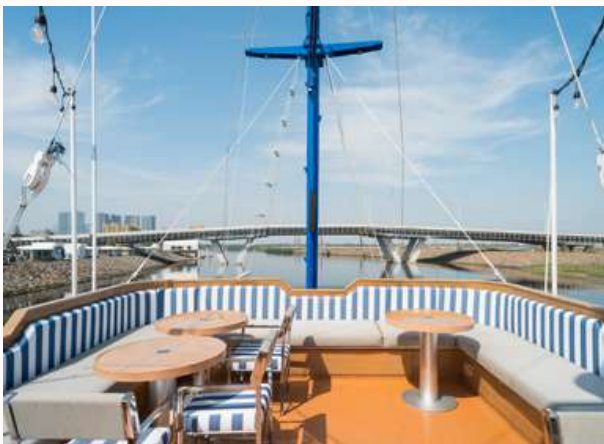
DINING RECOMMENDATIONS

curated by Concierge

Talassa

Be it on the phinisi boat or the 'station' restaurant, Talassa in PIK is a fresh break from the usual dining experience, where an eager crowd delights in a variety of seafood plates and tropical drinks crafted in collaboration with Oma Elly.

Talassa is located at Cove at Batavia, Golf Island #11B, Pantai Indah Kapuk. They have been open since late March 2022, and serve fusion, seafood cuisines.



Opening Hours

Talassa Station Restaurant : 10 am - 10 pm everyday

Talassa Phinisi Boat : 3 pm - 12 am everyday

Livingstone Café and Bakery

Growing steadily for the past nine years, Livingstone finally charmed its way to Jakarta, setting up a second outlet at Cove at Batavia, just below Talassa. Set in Pantai Indah Kapuk's burgeoning compound, the café already sees early risers and neighbourhood residents flocking the establishment since its 8 am opening, acquainting themselves with the café's homemade pastry, smooth coffee and an idyllic breakfast spread.



Opening Hours : 8 am - 10 pm everyday

Nasi Peda Pelangi

Located at SCBD's Fairgrounds, Nasi Peda Pelangi presents a breath of fresh air amidst Jakarta's bustling business district. Infused with communal values, it serves a comforting curation of homemade Indonesian food executed with a thoughtful approach.

The titular dish, Nasi Peda, combines rice, stir-fried salted Peda fish, a sunny-side-up and sweet and spicy potato chips, the recipe's simplicity remains its main charm. There is also an ample selection of traditional snacks, be it sweet or savoury, such as sugar-dusted potato doughnuts and Peda-filled panada.



Opening Hours

Monday - Saturday: 9 am - 8 pm

Sunday: 9 am - 4 pm



SPEND YOUR TIME AT NAUTILUS BAR

Personalize your gin and tonic with our new G&T coaster. Create the perfect combination of artisanal gin, homemade tonic and a fresh garnish. Need inspiration or expert tips? Have a chat with Bar Manager Ale or any of our knowledgeable bartenders. For more information and reservations, simply reach us at [#FSChat](#) through WhatsApp at +6221 2277 1888

[#FSJakarta](#) [#MeetMeAtNautilus](#)





LUXURY FAMILY RETREAT - STAYCATION FOR FAMILY



Known as an urban oasis, Four Seasons Hotel Jakarta invites families to plan a memorable retreat with a package that includes an array of private family experiences right here at the Hotel. For an unforgettable and hassle-free getaway, stay close to home and enjoy 10% off our Room Rate, special kids' activities, daily breakfast and much more.

To make the family staycation even more exciting, the Hotel's guest experience team have curated special family activities that can be enjoyed only one family at one time in a private space. The package includes complementaries and activities, such as:

- 10% off our Room Rate
- Daily breakfast for two adults and two children ages 18 and under at Palm Court restaurant
- Complimentary extra bed for children ages 18 and under
- In-suite kids' activity: Four Seasons Window Art Drawing (please request this activity upon making your reservation)
- 50% off items from our kids' menu in our restaurants or through In-Suite Dining for children ages 18 and under (savings applies to up to two children per paying adult)
- 25% off entry tickets to KidZania for adults and children
- Self parking for one car per room

For more information of these offers and reservations, simply #FSChat us through WhatsApp +6221 2277 1888 or visit [fourseasons.com/jakarta/offers](https://www.fourseasons.com/jakarta/offers)



ROMANTIC ESCAPE - STAYCATION FOR COUPLE



Lovebirds looking for a bit of extra romance can take advantage of an unforgettable escape at Four Seasons Hotel Jakarta. The Hotel is offering an attractive package to indulge in their urban oasis of calm, inspired luxury. It includes a generous three-course dinner for two in the suite, daily breakfast at the hotel's signature all-day dining venue Palm Court, 45-minute Reflexology session for the couple at The Spa and complimentary late check-out until 3.00 pm based on availability.

Available from Tuesday, January 18 to Saturday, December 31, 2022.

For more information of these offers and reservations, simply #FSChat us through WhatsApp +6221 2277 1888 or visit [fourseasons.com/jakarta/offers](https://www.fourseasons.com/jakarta/offers)