

NOVEMBER 2022 | VOL. 48

# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



To comply with the Governor's Regulation No. 143/ 2016, Capital Place conducted a Fire Evacuation Drill on Friday, 21 October 2022. In collaboration with the Jakarta Fire and Rescue Service, a group of Fire Fighters and Paramedics also attended the FireEvacuation Drill.



The purpose of the Fire Drill is to ensure emergency preparedness of all building occupants, as well as the Capital Place Emergency Response Team. Approximately 1,476 building occupants participated in this year's drill and on behalf of Capital Place Building Management we thank you for your cooperation

In case of emergency, please contact  
Capital Place Security Control Room:

**021 2277 5937**

# DETECT EARLY, LIVE HAPPILY

Curated by Kartika Puspitasari - Commercial Property Manager



Celebrating **Pink October**, Capital Place held a talk show to raise awareness about breast cancer. In collaboration with Mayapada Hospital and Ms. Adya Kirana, the event was held in Komunal on 13th October 2022.

"1 of 8 women are at risk of breast cancer, but men can also get breast cancer," as explained by Dr. Bajudji, Sp. B(K)Onk



Cancer could be genetic, but it also can be caused by lifestyle. And a healthy diet could minimize the risk of cancer between 30 to 60%, according to Dr. Kwan Francesca Gunawan, M. Gizi, Sp.GK

During the event, we also had giveaways of Mammography vouchers. Congratulations to our lucky participant, Ms. Priliyani of Adapundi



Thank you for those who attended this important event and we hope the information shared will increase our awareness of breast cancer.





# DONATE BLOOD SAVE LIVES

November 17, 2022  
10 AM on Komunal, L-2

Please contact Capital Place Concierge  
for further information and registration.

+62 21 2277 5959

+62 878 7322 0062



# WILL YOU BE CAPITAL PLACE SECRET SANTA?

COMING SOON IN DECEMBER 2022



# STAY SAFE AND SOUND IN THIS RAINY SEASON

Article by Deasy - Concierge

There are a lot of reasons to love the monsoon season — the most important one being that it indicates the end of scorching summer heat and provides some much-needed relief from the sweltering sun. However, from road accidents to power breakdowns, the rainy season can also cause trouble, especially if you are not prepared. To ensure that you enjoy this time of the year, without facing any unfortunate incidents, here are some simple yet effective safety tips for the rainy season



## DRIVE SLOWLY & CAREFULLY

Wet roads can be slippery and it is best to exercise road safety by driving slower than usual and avoid tailgating.

Be careful while turning sharp corners especially on motorcycles as you might end up skidding and injuring yourself.

Avoid driving in places with relatively high water levels as they can turn into strong currents that can compromise your safety

## AVOID WALKING IN THE RAIN

Pools of water on the road contain a host of bacteria, which can lead to a number of viral diseases and fungal infections. People suffering from diabetes are at an even bigger risk than others. In case you have no other option but to step in a puddle to get to your home or workplace, make sure to thoroughly wash your foot with soap and clean water.





## KEEP A RAINCOAT & AN UMBRELLA HANDY

Even if the sky looks bright and sunny when you leave the house, this doesn't mean it won't rain later in the day. An umbrella is a useful tool to keep with you during the rainy season. If you are someone who takes an ojek regularly, it is recommended to pack a raincoat to avoid being left soaking wet

## DON'T TOUCH THE ELECTRIC WIRES

Stay away from electric wires—especially the ones that have either fallen from heavy rain or are dangling precariously from the pole. Although a lot of people don't realize it, these wires can still be alive and touching them could potentially be fatal. In case you see these wires lying in a puddle of water after rain, stay away as far as possible to avoid electrocution



## CLOSED YOUR WINDOW PROPERLY

This safety tip for the rainy season goes without saying. Apart from making sure mosquitoes and other bugs don't invade your space during the monsoon season, you also need to make sure your windows can be fully closed to avoid water and insects from entering your home during heavy rainfall



# SPRITZ O'CLOCK

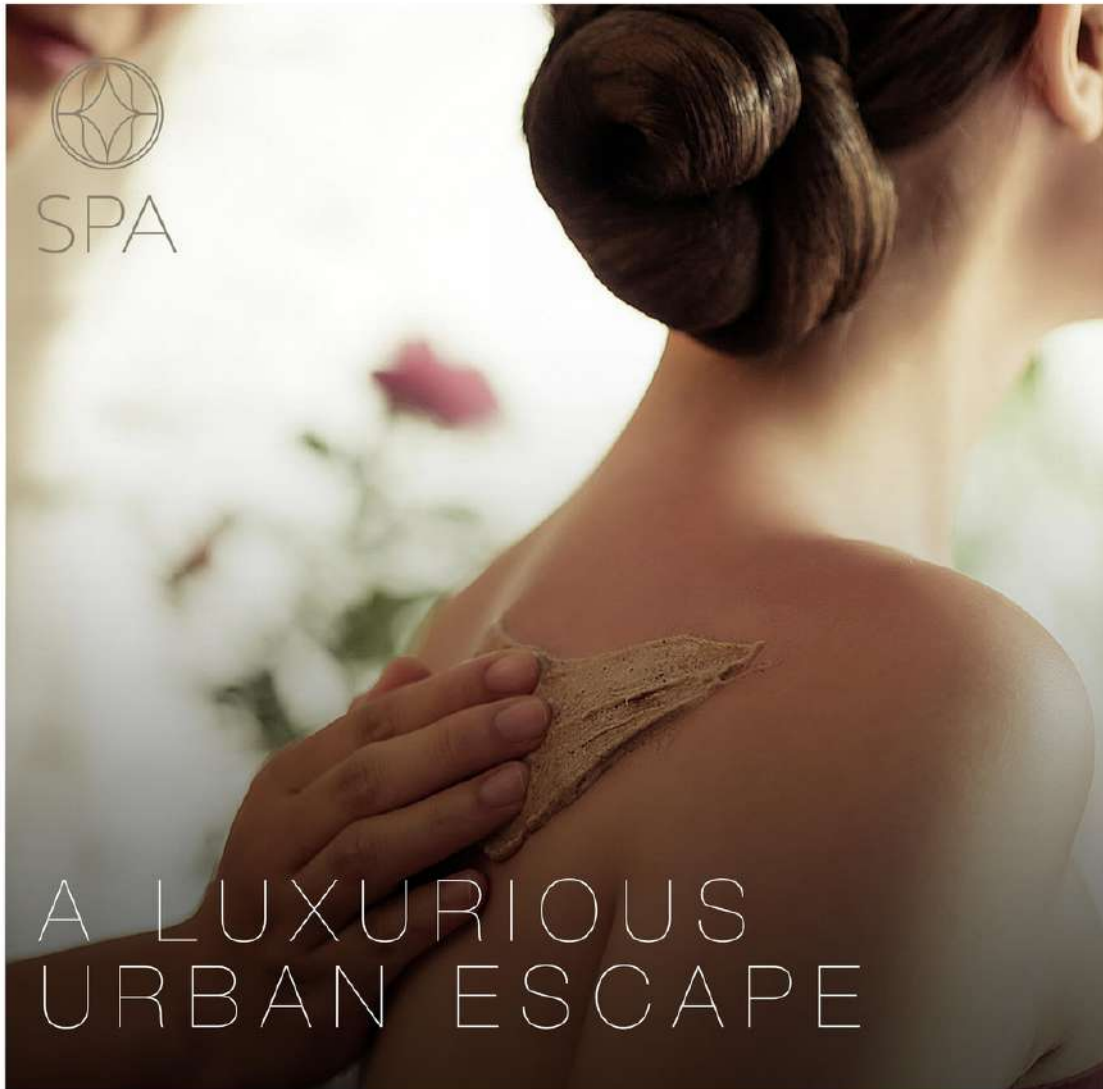
There cannot be good living where there is no good drinking.  
Discover the delectable and fabulous spritz series with special snacks  
from 4.30 pm to 6.30 pm at ALTO Bar.

Sprits O' Clock is priced at IDR 288,000++  
inclusive of one drink and two snacks.

For more information and reservations at Alto Bar,  
please reach us through WhatsApp at +62 8788 8700 096

**Alto Restaurant and Bar**  
Four Seasons Hotel Jakarta  
Capital Place, Jalan Jend. Gatot Subroto Kav 18  
Kuningan Barat, Jakarta, Indonesia  
T. +6221 2277 1888 | Instagram: @fsjakarta | Website: fourseasons.com/jakarta





Step into the soothing sanctuary that is The Spa at Four Seasons Hotel Jakarta. Located on the fifth floor, the spa offers guests long-standing, result-driven treatments, such as traditional Indonesian massages, facials, grooming and express treatments for those on the go.

The Spa provides a place of serenity while being fully equipped with state-of-the-art facilities. Eight private treatment rooms are available, complete with therapeutic baths to soothe tired muscles and melt stress away.

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*Open daily from 12pm to 9pm, make your appointment via #FSChat through WhatsApp at +6221 2277 1888*





## REDISCOVER JAKARTA *with* FOUR SEASONS

Rediscover the vibrant Indonesian capital with Four Seasons Hotel Jakarta as your home-base. Our beautiful suites offer comfort and glamour between your adventures out in the city.

Make Four Seasons Hotel Jakarta your home base for a relaxing retreat. Enjoy 20% off our Room Rate along with daily breakfast, 15% off spa treatments, and more.

To know more about our "Rediscover Jakarta with Four Seasons" offer, simply call us at +6221 2277 1888