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CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



Palang
Merah
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PROVINSI
DKI JAKARTA

BLOOD DONATION

A Drop of Kindness, A Lifetime of Hope!



NOVEMBER 2025

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BLOOD DONATION



A Drop of Kindness, A Lifetime of Hope!

DONATE

Please contact **Capital Place Concierge** for further information

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The blood donation event was successfully held at CAPITAL PLACE on 30 October 2025

The event was organized to encourage the spirit of giving and to support local hospitals in maintaining an adequate blood supply. Tenants from various companies enthusiastically participated.



All registered participants underwent a quick **medical check-up** by qualified doctors and healthcare professionals.

This screening ensured that each donor was in good health and met the necessary requirements for safe blood donation. Once cleared, donors proceeded in an orderly manner to the blood collection area, supported by the medical team throughout the process.



As a token of appreciation, each donor received a **goodie bag** from PMI and Capital Place containing light snack and refreshing beverages to help replenish energy and support post-donation recovery.

These nutritious snacks not only helped boost immune health but also served as a small gesture of gratitude for the donors' generous contributions.

A huge thank you to everyone who participated in our blood donation event. Your selflessness and dedication to helping others are truly inspiring.

Thank you for being a hero! We hope to see you at our next event!



HERBAL DRINKS TO BOOST YOUR IMMUNITY



As the rainy season arrives, it's important to keep our immune system strong. One simple and natural way to do that is by consuming herbal drinks. These traditional Indonesian beverages are not only delicious but also packed with health benefits that help your body stay resilient against seasonal illnesses.

1. Ginger Tea (Teh Jahe)

Ginger is rich in antioxidants and has strong anti-inflammatory properties. It helps relieve sore throats, improve digestion, and warm your body. Perfect for cold mornings.

2. Turmeric Latte (Kunyit Asam)

Made from turmeric and tamarind, this drink helps detoxify the body, reduce inflammation, and support liver health. It's also known to improve mood and boost overall energy.

3. Lime and Honey Water (Jeruk Nipis Madu)

A simple drink to start your day, vitamin C from lime and antibacterial properties from honey work together to boost your immunity and soothe your throat.

4. Wedang Uwuh

This traditional Javanese drink combines cloves, cinnamon, nutmeg, and ginger. Known to help reduce fatigue, improve blood circulation, and strengthen the immune system.

Try making one of these herbal drinks part of your daily routine, whether in the morning before work or during an afternoon break at Capital Place.

A small habit can make a big difference in keeping you healthy and energized this season!



WHEN RAIN COMES WITH MICROPLASTICS: WHAT YOU NEED TO KNOW ?



Lately, researchers have discovered something surprising. Rainwater in several big cities, including Jakarta, contains microplastics! These are tiny plastic particles (smaller than 5 millimeters) that can't be seen with the naked eye.

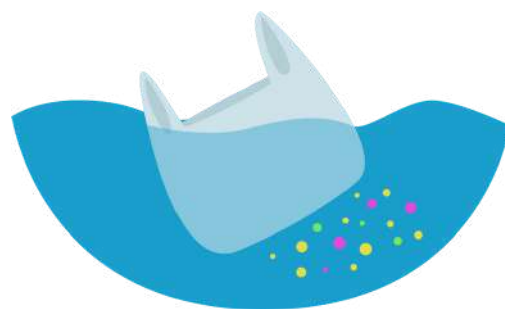
WHAT ARE MICROPLASTICS?

Microplastics come from many sources – pieces of broken plastic waste, synthetic fabric fibers (from clothes), car tire dust, and even open-air burning of plastic. Because they're so small, they can float in the air and eventually fall back to earth with the rain.

HOW CAN IT AFFECT US?

Even though we don't drink rainwater directly, microplastics that fall from the sky can:

- Pollute rivers, oceans, and soil.
- Enter the food chain through fish or plants.
- Potentially affect human health in the long term if exposure continues.



WHAT CAN WE DO?

We might not be able to stop the rain, but we can reduce the plastic that ends up in it!

Awareness is growing – and every little action counts toward a cleaner, healthier environment.



TECHNIQUES FOR MANAGING STRESS

As the year comes to an end, workloads and personal responsibilities often increase making stress management more important than ever.

The good news is, small daily habits can help you stay calm, focused, and balanced.

HERE ARE A FEW SIMPLE TECHNIQUES TO MANAGE STRESS EFFECTIVELY:

1. TAKE SHORT BREAKS

Step away from your desk for a few minutes. Stretch, grab a drink, or take a short walk. A quick mental reset can boost focus and reduce tension.

2. BREATHE DEEPLY

Practicing deep breathing or mindfulness for just 2–5 minutes can lower stress levels and help you regain control of your emotions.

3. STAY ORGANIZED

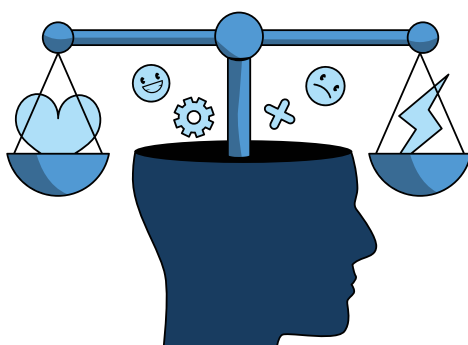
Plan your day with clear priorities. Managing tasks one at a time prevents feeling overwhelmed.

4. CONNECT WITH OTHERS

Talk to a trusted colleague, friend, or family member. Sharing your feelings can help lighten your mental load.

5. PRIORITIZE REST AND SELF-CARE

Sleep well, eat balanced meals, and make time for activities you enjoy. A healthy body supports a calm mind.



Remember: Stress is natural, but how we respond to it makes the difference. Taking care of yourself isn't a luxury it's a necessity.

BUILDING ALARM: WHAT TO DO?

BY RISKA OKTAVIANA - CHIEF HSE

When the building alarm sounds, it's not the time to panic—it's the time to act. Whether it's a drill or a real emergency, knowing what to do can help you and others evacuate quickly and safely.



WHEN THE ALARM SOUNDS

- **Stay calm** – do not rush or panic.
- **Stop your activity immediately** and prepare to evacuate.
- **Do not use elevators** under any circumstances.
- **Follow instructions** from Floor Wardens or Building Security.

EVACUATION PROCEDURE

- **Leave belongings behind** – except essential personal items (e.g., phone, keys).
- **Proceed to the nearest emergency exit** – check illuminated signs.
- **Assist others** who may need help during evacuation.
- **Move quickly but orderly** toward the designated assembly point.
- **Do not re-enter the building** until an official “All Clear” is given by management or emergency responders.

IF YOU SEE FIRE OR SMOKE

- **Activate the nearest fire alarm** call point immediately.
- **Alert others** in the area.
- **Evacuate using the safest route** away from the source of smoke or fire.
- **Do not attempt to fight the fire** unless you are trained and it is safe to do so.

REMEMBER!

- Familiarize yourself with **emergency exits and assembly points**.
- Participate in **fire drills** seriously—they prepare you for real situations.
- Keep **evacuation routes clear** at all times.



PREPAREDNESS SAVES LIVES

An alarm is not just a sound – it's a call to action. Stay alert, stay calm, and follow procedures to keep yourself and others safe.





WHAT'S IN THE MOVIE ?

NOVEMBER 2025



PANGKU

Directed by Reza Rahadian in his feature film debut, *Pangku* tells a moving story inspired by real-life social issues in Indonesia.

The film follows Sartika (played by Claresta Taufan), a young pregnant woman who leaves her hometown to seek a better life for her child, only to find herself working at a “kopi pangku” coffee stall—where customers are offered more than just a drink.

Pangku premiered at the Busan International Film Festival (BIFF) in 2025 and is set for its Indonesian release on 6 November 2025

Don't miss this emotionally rich, socially relevant Indonesian film—ideal for your weekend watch or a discussion with friends about culture, choices, and resilience.

WICKED 2: FOR GOOD

The much-anticipated sequel to the hit musical film *Wicked*, *Wicked: For Good* (often referred to as *Wicked 2*) is set to arrive in cinemas on November 21, 2025.

Picking up where the first film left off, *Wicked: For Good* delves deeper into the lives of Elphaba and Glinda. Elphaba is in hiding, cast as a villain for challenging the Wizard's regime.

Glinda, thriving in Emerald City, faces the consequences of her choices and the cost of power. Their intertwined journeys reflect themes of identity, truth, and friendship.

