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CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

HAPPY VESAK DAY

On this sacred day of Vesak, we reflect on the values of peace, compassion, and mindfulness.

May the teachings of Buddha continue to inspire us to practice kindness, seek inner peace, and live in harmony with others.

Capital Place Management wishes you a serene and meaningful Vesak Day with your loved ones.

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KOMUNAL MEETING ROOM AT CAPITAL PLACE

Looking for a comfortable and flexible working space or a venue for your next meeting? The Komunal Meeting Room at Capital Place is the perfect place for you!

Designed as an alternative working space, this meeting room offers a cozy and productive atmosphere for teams and individuals alike.



Our Komunal Meeting Room is fully equipped to support your meetings and discussions:

- Meeting table
- Comfortable seating for up to 60 Pax
- Projector and screen
- Wi-Fi connection
- Whiteboard and markers
- Refreshment area nearby

Whether you're hosting a brainstorming session, client meeting, or casual gathering, this space is designed to make your work experience more enjoyable.

Simply reach out to our Concierge for booking or contact us via email at:
concierge@capitalplace.co.id

Let us know your preferred date and time, and we'll be happy to assist you with the reservation.



CELEBRATING LABOUR DAY: HONORING EVERY EFFORT, EVERY DREAM



Labour Day is more than just a public holiday. It's a powerful reminder of the dedication, strength, and passion behind every job, big or small. On this special day, we celebrate not just the work we do, but the spirit with which we do it.

Every role matters. From the people who keep our offices clean, to the teams who build our ideas, to those who care for others, every effort shapes the world we live in. It's a day to appreciate the hands, hearts, and minds that work tirelessly behind the scenes.

As we mark this Labour Day, let's take a moment to:

- Be proud of the work we do every day.
- Appreciate the people around us – teammates, staff, and partners who help us grow.
- Believe in the value of hard work, honesty, and kindness in everything we do.
- Remember that every little effort, no matter how small, contributes to something meaningful.

May this Labour Day inspire us to keep working not just for ourselves, but for the people and dreams we care about. Let's continue to move forward together, with passion and purpose.

REFRESH, RECHARGE, REFOCUS: QUICK WAYS TO REVITALIZE YOUR MIND AT WORK

We all have those moments at work when we feel overwhelmed or distracted. But don't worry — taking a short break can be the key to refreshing your mind and boosting your productivity. Here are some quick, easy ways to refresh, recharge, and refocus right at your desk:

1. Close Your Eyes and Take a Deep Breath

When things get hectic, close your eyes for just 30 seconds, and focus on your breathing. This small act helps calm your nerves, relaxes your mind, and gives you a fresh perspective.

2. Take a Short Walk Around the Office

Sometimes, the best way to clear your mind is by getting up and moving your body helps to increase blood flow and refresh your focus.

3. Listen to Music that Lifts Your Spirit

Put on your favorite playlist or calming background music. Whether it's an upbeat song that makes you smile or a soothing instrumental track, music can change your mood and improve your focus.

4. Tidy Up Your Workspace

Take a minute to clear your desk, organize your papers, or wipe down your workspace. A clean environment leads to a clearer mind and a more productive workday.

5. Reorganize Your Task List

Take a step back and review your to-do list. Focus on one task at a time and cross off what you've completed. The sense of accomplishment will boost your motivation!

6. A small pause can make a big difference

Refreshing your mind isn't about taking hours off — just a few minutes of these quick activities can help you recharge and come back to your tasks with a clear mind and renewed energy.

PREVENT DENGUE FEVER

BY RISKA OKTAVIANA - CHIEF HSE



STOP



The transitional season brings unstable weather, fluctuating temperatures, and increased humidity conditions that are ideal for mosquito breeding. This makes **dengue fever (DBD)** a significant health risk during this period. Let's take simple and effective steps to protect ourselves and others from this preventable disease.

KEY TIPS TO PREVENT DENGUE:

1. ELIMINATE STANDING WATER

Regularly empty and clean containers that collect water, such as buckets, plant saucers, and water tanks. These are common breeding grounds for *Aedes aegypti* mosquitoes.



2. KEEP ENVIRONMENT CLEAN

Dispose of unused items that can hold water, such as old tires, bottles, or cans. Keep trash bins covered and clear clogged drains to prevent water accumulation.



3. USE MOSQUITO REPELLENT

Apply mosquito repellent, especially during early morning and late afternoon when mosquitoes are most active. Consider using insect-repellent patches or lotions for added protection.

4. INSTALL SCREENS AND NETS

Use window and door screens to keep mosquitoes out. Sleep under mosquito nets, particularly if your area has reported dengue cases.

5. WEAR PROTECTIVE CLOTHING

When outdoors, wear long-sleeved shirts and long pants to reduce mosquito bites. Choose light-colored clothing as it attracts fewer mosquitoes.

PREVENT DENGUE FEVER

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6. DO FOGGING IN YOUR AREA

Regularly fog your area, especially outdoor spaces or places prone to mosquito breeding, to help reduce the risk of dengue transmission.

7. CHECK DARK AND HUMID AREAS

Mosquitoes tend to rest in shaded, damp places. Regularly inspect and clean these areas, such as bathrooms, storerooms, and underneath sinks.

8. EDUCATE AND ENCOURAGE AWARENESS

Share information with colleagues and family members about dengue symptoms and prevention. Early detection and awareness are crucial in controlling the spread.

9. KNOW THE SYMPTOMS

Be aware of symptoms like sudden high fever, severe headache, pain behind the eyes, joint and muscle pain, or skin rash. Seek medical attention promptly if these occur.



10. REPORT POTENTIAL RISKS

If you notice potential mosquito breeding spots in shared areas, report them to building management immediately for action.



STAY SAFE, STAY AWARE!

A little effort goes a long way in preventing dengue. Let's stay vigilant and create a safe and healthy environment together.





WHAT'S HAPPENING IN JAKARTA?

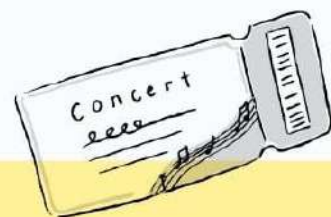
MAY 2025

JAKARTA INTERNATIONAL JAVA JAZZ FESTIVAL 2025 MAY 30 - JUN 1, 2025



To mark this momentous 20-year milestone, the Jakarta International BNI Java Jazz Festival will present a series of special projects designed to delight music enthusiasts.

The festival will welcome back artists who have played a significant role in its history while also introducing new emerging talents who will bring fresh energy to the music scene.



BOYZ II MEN AND KAHITNA CONCERT IN ISTORA SENAYAN, JAKARTA MAY 21, 2025



A once-in-a-lifetime experience! Boyz II Men and Kahitna are teaming up for a special concert on May 21, 2025 at Istora Senayan, Jakarta.

They are bringing their timeless music. Get ready to sing along to all your favorites.

Tickets available starting September 24, 2024 at 9 AM exclusively on TipTip. This is one concert you won't want to miss!