



# SEPTEMBER NEWSLETTER

## INDEPENDENCE DAY CEREMONY AT CAPITAL PLACE



Capital Place celebrated a flag-hoisting ceremony to pay tribute to our beloved country on Indonesian Independence Day this year. Following to the health protocols, attendees properly wore their masks and kept a good physical distancing throughout the event.

## WELCOMING PINNACLE INVESTMENT TO LEVEL 41



Welcome Pinnacle Investment to the Capital Place building!  
Visit their website for further information!  
<https://www.pinnacleinvestment.co.id/>



Klinik Kimia Farma  
Capital Place

The Kimia Farma clinic had opened their door at Capital Place building level B2 on July 13th 2020. Open every Monday to Friday at 8 AM to 5 PM and Saturday from 8 AM to 1 PM, the clinic provide medical services and dental by appointments.

## KIMIA FARMA PRACTITIONERS SCHEDULE

### General Practitioner:



Dr. Agustina Sri Selapawati

Available on **Monday - Friday** from **9:00 - 16:00**.

### Dentists:



Drg. Aditya Adrian

Dentist in Charge



Drg. Anisha Gantini

Available on **Tuesday** from **10:00 - 15:00**.

Drg. Dian Martasari

Available on **Wednesday** and **Friday** from **10:00 - 15:00**.

Book your appointment through Ms. Deby at **+62823 8283 5910** or Ms. Hilda at **+62857 7016 2557**



**Violet**  
Beauty Salon

**50% OFF**  
for Capital Place Tenant and Staff

PROMOTION PERIOD OF 1 SEP - 31 DEC 2020

\* T&C for Capital Place Tenant and Staff Special Promotion

1. Valid for 1 person/service/day.
2. Applies for all services.

Leave your name, email address and phone number to our staff or simply show your Capital Place Tenant or Staff ID Card.

Now available **Hair Coloring** by request.

## GET YOUR HAIR TREATS IN HALF PRICE

Violet Salon at Level B2 is having a special price promotion of 50% discount on all treatments for all Capital Place tenants and staff members. This promotion valid from 1 September until 31 December 2020. Services available for both ladies and gentlemen.

The Salon opens every Monday until Friday from 8 AM until 5 PM.

Contact Violet Salon through Whatsapp at **+6281919280220** to make appointments and don't forget to show your Staff ID Card to get the special price.

# GAIN A BETTER INSIGHT INTO THE CAPITAL PLACE TEAM

*Ajeng Larasati - Fit Out Coordinator*

## **How long have you worked at Capital Place and what is your role and your responsibilities in the Building Management team?**

I have worked for almost 4 years in the Capital Place Building Management team, this October will be my 4th Workiversary here. My role in Capital Place Building Management team is Fit Out Coordinator, and I am responsible for any Fit Out or renovation project for all tenants in Capital Place.

If you have a plan to expand your premises, I'll be your guide.



## **What impacts has COVID19 had on your personal and professional life?**

COVID19 has given so many impacts for us in every aspects in our life. For me, who has just gave birth on the end of March 2020 when the COVID19 starting to spread worldwide, this gave me anxiety and insecurity about my child safety. I must obey hospital protocol for not having any visitor, even my family and my close friends is not allowed to visit me. Not as I expected but I know this health protocol is for everybody safety so yes this is the better for us all.

Taking 4 months maternity leave, I feel a lot of differences when I go back to work, mask and sanitizer is a crucial equipment to bring at any time. No excuses.

## **What do you think is the most significant change in technology during your lifetime?**

For me, the most significant change in technology is the technology in aspect of communication. Nowadays, we have a really easy access to contact our family or friends, we can use our smartphone or computer at any time we want to. Especially during this "new normal" when we obligated to apply health protocol such as self-distance with each other, we can just message or video call when we need to communicate with other person. That way, we still able to socialize while we protect each other.

## **What is the most interesting place you have visited and why?**

Japan! I visited Japan on Spring 2018 but unfortunately I didn't get to see Sakura flowers blooming. But, the scenery, the landscape, the street food, the vending machine everywhere, It's all worth it and left a beautiful memories that makes us want to go back there, someday!

## **What does Indonesia Independence Day mean to you and how will you be celebrating the day?**

Me and my family celebrated Indonesia Independence Day with wearing red and white shirt that reflected Indonesian's flag and post in on social media!

# BENEFITS OF MEDITATION

Meditation is something everyone can do to improve their mental and emotional health. You can do it anywhere, without special equipment or memberships. Alternatively, meditation courses and support groups are widely available. There's a great variety of styles too, each with different strengths and benefits. Trying out a style of meditation suited to your goals is a great way to improve your quality of life, even if you only have a few minutes to do it each day.

This article reviews some health benefits of meditation.



## 1. Reduces Stress

Many styles of meditation can help reduce stress. Meditation can also reduce symptoms in people with stress-triggered medical conditions.

## 2. Controls Anxiety

Habitual meditation helps reduce anxiety and anxiety-related mental health issues like social anxiety, phobias and obsessive-compulsive behaviors.

## 3. Promotes Emotional Health

Some forms of meditation can improve depression and create a more positive outlook on life. Research shows that maintaining an ongoing habit of meditation may help you maintain these benefits long term.

## 4. Lengthens Attention Span

Several types of meditation may build your ability to redirect and maintain attention. As little as four days of meditation may have an effect.

## 5. May Reduce Age-Related Memory Loss

The improved focus you can gain through regular meditation may increase memory and mental clarity. These benefits can help fight age-related memory loss and dementia.

## 6. May Help Fight Addictions

Meditation develops mental discipline and willpower and can help you avoid triggers for unwanted impulses. This can help you recover from addiction, lose weight and redirect other unwanted habits.

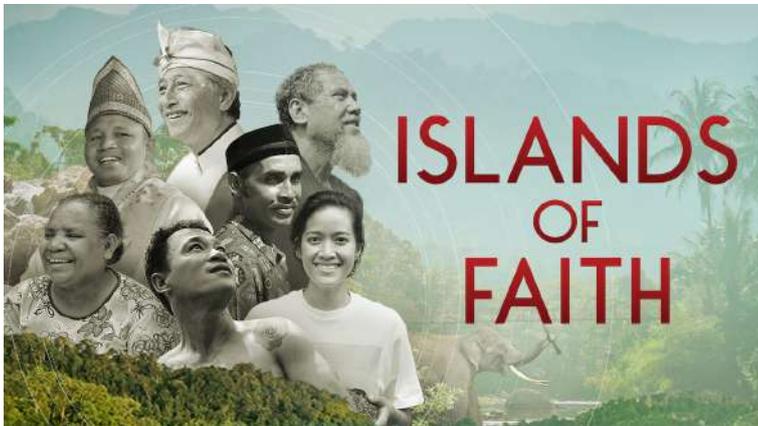
## 7. Helps Control Pain

Meditation can diminish the perception of pain in the brain. This may help treat chronic pain when used as a supplement to medical care or physical therapy.

## 8. Can Decrease Blood Pressure

Blood pressure decreases not only during meditation, but also over time in individuals who meditate regularly. This can reduce strain on the heart and arteries, helping prevent heart disease.

## NETFLIX RECOMMENDATION



### Islands of Faith

Through the lens of faiths and cultures in seven provinces in Indonesia, this documentary follows individuals who strive to address climate change.

### Tidying Up with Marie Kondo

Marie Kondo guides people who are at a crossroads, but willing to tackle the clutter holding them back to spark joy in their homes and transform their lives in emotional and surprising ways.



### Black Mirror

Black Mirror is an anthology series that taps into our collective unease with the modern world, with each stand-alone episode a sharp, suspenseful tale exploring themes of contemporary techno-paranoia. a Black Mirror reflecting our 21st Century existence back at us.

