

MARCH 2023 | ISSUE 74

in the house

OFFICIAL MAGAZINE OF MANILA HOUSE

Cocktail Hour

BAR | CUISINE | ART | POP-UP | EVENTS

WOMEN ON TOP

We kicked off Women's Month a little early this year. At the end of February, we partnered with a new organization, NextGen Organization of Women Corporate Directors (NOWCD), composed of women who hold directorships on the boards in various companies and institutions. This level, in corporate parlance, is known as the B-suite, and while company directors may not be involved in the day-to-day running of a company, they serve in an advisory capacity and have the potential to influence corporate policy and governance. Having more women directors on such boards, including non-profit organizations, should be more than a nod to diversity; it should be an acknowledgement of the value women bring to the boardroom.

As I welcomed the mostly female audience who attended the NOWCD event, I pointed out that at Manila House, we do not merely pay lip service to the notion of diversity and women's empowerment. We have women in key positions at the Club, including Vesfe Revisa, who heads Finance; Pinky Arceo, who leads the Sales and Marketing team; and Joanne Moronia, who is in charge of F&B, to name a few. And of course, Doris Magsaysay-Ho, one of the country's most respected businesswomen and philanthropists, chairs our Board, and has been pivotal to the shaping of the Club's ethos and vision.

Not to pander to a cliché, but women also do like their cocktails, and our expert mixologist, Joseph Boroski, flew in from Bangkok to create a new menu of cocktails inspired by Filipino flavors and ingredients, now available at the Avenue Bar. Grab a drink the next time you're at the Club, and raise a glass to the women who make Manila House - and the rest of the world - rock.

Cheers! 🍀



Bambina Olivares

Director of PR and Arts,
Culture, and Education Programs



HOUSE GUEST

WHO

International artist **JEFRE**, with Paris-based curator **Jeff Cadayong** and actress **Colleen Garcia**

WHAT

Lunch with friends whilst in Manila for his first homecoming museum exhibition, *Points of Origin*, at the Metropolitan Museum of Manila

WHEN

February 18, 2023

Best In-House Magazine

PHILIPPINES BEST BRAND AWARDS 2018



ON THE COVER

A selection of refreshing cocktails
from our new menu

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MARCH

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It's drink o' clock!

ROLANDO G. ZAPANTA JR

Captain Waiter

The sense of duty is what keeps him motivated. **Rolando G Zapanta Jr.** started as server and has risen through the ranks. Now captain waiter, he is focused on exceeding customer satisfaction and leaving Members and Guests with a smile.

What do you do at Manila House?

My Position is Captain Waiter. I love what I do. I love seeing our customers smile, serving them while they enjoy the company of their friends, family and business partners. I love staying busy and there's a million things to do when you are a captain waiter. I'm comfortable talking to customers, observing and attending to all of their needs and exceeding their satisfaction with our service.

What motivates you to keep you working?

The sense of duty as a captain waiter is a great motivation to me, The responsibility of serving our customers daily and being able to be a role model to my teammates and colleagues. I am also motivated by the opportunity to set a good example of world class service in our industry.

Who is your inspiration in life and at work?

In life, I would say my parents. I'm very grateful for my parents who brought me into this world. They showed me how exactly things work in life and taught me that hard work will always be the key to succeed in life.

In work, my team, The friendly, professional and fair working environment is what gives me the most motivation.

What is the proudest moment of your life?

My promotion. I feel like my colleagues, guests and superiors appreciate my hard work, skills, knowledge and capabilities on how i give the best quality service to this Club.



POP QUIZ

My favorite Manila house cocktail is...
Perfectly Justified

The best summer destination is...
Mabini Batangas Kuya Jay rest house

My go-to playlist this month is...
R&B 90's

DIRECTORY

Reservations

+63 917 816 3685

reservations@manilahouseinc.com

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 Manila House
Private Members Club

 @manila_house

 @manila_house

 Manila House Private Club



MEMBER REFERRAL AND REWARDS PROGRAMME

We're accepting membership applications again. Refer a friend, family member or business associate for membership to Manila House and we'll reward you!

For every new Member you refer, you will receive a P10,000 voucher that is

- redeemable against food and beverage consumption for dine-in and takeaways
- non-transferrable and not convertible to cash
- valid for six months from date of issue
- valid for single transaction and shall not be claimed with any discount and promotions

The voucher is released only upon the payment of membership joining fees by the new Member. The value of the voucher is fixed, regardless of membership type.

For inquiries and more information regarding Member Referral Programme, please call +63 917 805 5941 or email membership@manilahouseinc.com

2022 ANNUAL DUES AND CONSUMABLES

Annual Dues must be settled within the first month of each year. Annual Dues are inclusive of P700 and P500 monthly consumables. Founding, Regular, and Associate Members will be entitled to P700 in monthly consumables. For Junior Members, the monthly consumable amount is P500. The consumable amounts may be used in all F&B outlets and takeaway (subject to minimum spend).

If unused, the monthly consumable amount will be forfeited at the end of every month.

After February 28, 2022, unpaid Annual Dues for 2022 shall be charged late payment interest of 2% per month.

For more information regarding Membership concerns, please call +63 917 816 3685 or email membership@manilahouseinc.com.

F&B VOUCHERS

We continue to encourage Members to purchase in advance the P10,000 F&B vouchers that are fully consumable and may be used for dine-in and takeaway. They may also be used as payment for webinar registration fees which include food delivery options.

SAFETY PROTOCOLS

Please take note of these important updates to our safety protocols:

THREE-HOUR MAXIMUM TABLE RESERVATION

Due to our limited seating capacity under the IATF and LGU guidelines for social distancing, we are constrained to impose a maximum meal time of three (3) hours per reservation to make room for other other Members who wish to dine.

FULL VACCINATION

We only allow entry to fully vaccinated Members and Guests. Please present your proof of vaccination at the reception upon entry.

SUPPORT MANILA HOUSE VIA TAKEAWAY

Our Takeaway service is open to all Members and the public.

For your convenience, we offer several ways to order Takeaway:

Order from our website (shop.manilahouseinc.com), through food delivery services (Pick-a-Roo, Grab Food and Foodpanda), or by calling us directly (+63 917 816 3685).

Thank you for being part of the Manila House community, and for supporting your Manila House family.

QUICK GETAWAYS

Where to go when you need to escape from city life

STAY WELL AT THE FARM AT SAN BENITO

Detox, de-stress and emerge refreshed. Special rates at **The Farm** await Manila House Members.

Room rates begin at P10,000++ per night and includes Nutrient-rich vegan breakfast for two; Holistic Health Orientation with our integrative Doctor; Participation in Mindful Movements: Yoga Sessions, Mandala Flower Meditation, Immune Boosting Juice and Blends Prep Class, Wellness Talks, and Nature Walks; Use of facilities; Complimentary WiFi

To ensure a safe and comfortable stay, all guests are required to take a 15-minute FDA-approved rapid test on-site prior to entry at P2,500++ per person additional fee.

Contact details: +63 918 884 8080, +63 917 572 2325
info@thefarm.com.ph
www.thefarmatsanbenito.com



ESCAPE TO BANWA ISLAND

Banwa Private Island is Palawan's most talked about new all-villa holiday destination for discerning guests seeking the ultimate in contemporary luxury, privacy and bespoke service.

Located within a marine protected area and home to an abundance of rare and vivid flora and fauna, Banwa Private Island has six magnificent beach-front villas, each with their own infinity pool providing the utmost in privacy and tranquility. World-class amenities include a stunning open kitchen restaurant and terrace bar, a spa pavilion featuring floodlit tennis court, gym, massage suite, Pilates/yoga studio and juice bar. There's a dive centre and short-game golf course, too.

Remote, yet not removed, the 6.5-hectare island is accessible via helicopter or seaplane direct to the island from Manila, or via private jet to San Vicente or Puerto Princesa. Furthermore, short-hop heli transfers from San Vicente, Puerto Princesa or El Nido make for a stunning guest arrival experience on the Banwa Private Island's heli-lawn, after a 1-hour commercial flight from Manila.

Voted 'Private Island of the Year' in the Destination Deluxe Awards, Banwa Private Island's sought-after exclusivity is more timely and important than ever before. Guests can opt to stay in any one of Banwa Private Island's six beach-front villas or, for the ultimate friends and family escape, the entire island can be chartered on an 'exclusively yours' basis.

For more information, please visit www.banwaprivateisland.com



BANWA PRIVATE ISLAND

EXCLUSIVELY YOURS MANILA HOUSE MEMBERS BENEFIT

Manila House Members enjoy a US\$ 300 Island Credit per night of stay, for every 2 guests in any villa category. Complimentary villa upgrade, subject to availability.

Seasonal villa rates start from US\$2,300 for 2 guests, inclusive of meals and selected activities.

Terms & Conditions:

- Minimum of 3 nights stay
- Island credits are applicable for spa treatments, activities, food & beverage
- Travel period through to December 2021. Booking period is 14 days prior to check-in
- Offer is based on full pre-payment at time of booking, non-cumulative or combinable with other offers.



UNVEIL THE SECRET OF EL NIDO: Experience Luxury in Simplicity at Lihim Resorts

In the Philippine lingua franca, Lihim directly translates to secret.

A secluded lagoon on Bacuit Bay reveals an expansive gradient of turquoise waters. Its surface sparkles like gems under rays of the sun. Some parts of the day, it is a looking glass that bares the storied underwater life of Palawan.

The luxury of experiences is something that unfolds itself at Lihim. In this well-kept secret, tucked in the depths of paradise's last frontier, senses go on a journey where myth, magic, and mystery come to life. The curator, mastermind, director, and grand host behind all these: nature.

The exclusive experience in-property and on-location menu curated by Lihim Resorts promises to astonish.

Built in the tradition of Philippine huts, accommodations echo the warmth and brand of hospitality distinct to the country and reflect a design sensibility deeply anchored on local culture and everyday life. All sixteen villas on the property offer unparalleled views of El Nido's storied vistas. With the opulent touch of personal butler, the team offers bespoke services tailored to cater to guests' desires – from in-room check-in to hanging clothes in your walk-in wardrobe to organizing private parties to planning all activities within and outside of the property and to addressing every need and qualm.

For inquiries, contact Jeremy Aguilar at +63 915 104 9607 or email jeremy.aguilar@arawhospitality.com



SANIVIR SMOKE DISINFECTANT

Manufactured in Spain and tested according to stringent standards to assure its effectiveness against the Coronavirus, other types of viruses, bacteria, fungi and spores, **Sanivir Smoke** contains Glutaraldehyde and Orthophenylphenol which are both FDA and CDC approved active ingredients ideal in killing viruses.

- Ideal for all enclosed spaces
- Easy to use, no residue, non-corrosive
- Can penetrate hard to reach areas such as crevices, air vents, ceiling as well as surfaces
- It can be used every two weeks depending on the area

Manila House Members enjoy specially discounted prices for Sanivir Smoke

	Discounted Price per can
Sanivir Smoke 25g	P1,200
50 m ³ (15 to 30 sq. m)	SRP: P1,500
Sanivir Smoke 1kg	P4,800
2,000 m ³ (500-550 sq. m)	SRP: P6,000

Prices are exclusive of 12% vat and exclusive of delivery charges. Price of this item is subject to change without prior notice.
For more information, please call 371-3936, 411-2627 or 411-2592



LifeScience X Manila House

Purchase your LifeScience Supplements
at our Online Shop
shop.manilahouseinc.com



Manila House Members now enjoy reciprocal rights at the following Clubs

SONATO CLUB ALLIANCE



1880
Singapore



ALBERTS
Auckland
New Zealand



ALLBRIGHT
London
United Kingdom



BOUNDARY
Portland



CLAYTON
Denver, CO, USA



CLIO
Toronto



COMMON HOUSE
Charlottesville, Chattanooga
Richmond



EIGHT BANK
London,
United Kingdom



EIGHT CORE
London,
United Kingdom



EIGHT MOORGATE
London,
United Kingdom



FAMTAIN
Munich
Germany



HERE HOUSE
Aspen, CO, USA



JOLIE'S
Mumbai
India



KJARVAL
Reykjavik
Iceland



MANDALA CLUB
Singapore



MODERNIST
San Francisco, CA, USA



**MULTNOMAH
WHISKEY
LIBRARY**
Portland, OR, USA



WINGTIP
San Francisco, CA, USA



THE ASTER
Los Angeles, CA, USA



THE BATTERY
San Francisco, CA, USA



THE COURT
London
United Kingdom



THE KENT
Vancouver, BC
Canada



THE PERSHING
Austin, TX, USA



THE SQUARE CLUB
Bristol, United Kingdom



THE QUORUM
Gurugram &
Mumbai, India



THE WONDERER
Charleston, SC,
USA



12 HAY HILL
London, United Kingdom



ARTYZEN CLUB
Hong Kong



BRODYLAND
Budapest, Hungary



**THE AMERICAN CLUB
HONG KONG**
Hong Kong



THE CITY SOCIETY
Beijing, China



TOWER CLUB
Singapore



**UNITED SERVICES
RECREATION CLUB**
Hong Kong



WE ARE_
Paris, France



CAPITAL CLUB
Dubai, UAE



THE BRITISH CLUB
Bangkok, Thailand



CARTEL CLUB
Cape Town, South Africa



CANDELA NUEVO
Melbourne, Australia

WORK CLUB GLOBAL Australia



**SYDNEY
SUPREME**



**SYDNEY
BARANGAROO**



**SYDNEY
BARRACK
PLACE**

Please note that all requests for visits to and bookings at our reciprocal clubs must be coursed through Manila House at least three (3) days before your intended visit. Please include the dates of your visit, as well as the number of guests you wish to bring, as each club sets its own limits. We kindly remind you to wait for email confirmation that your visit has been approved before proceeding to the reciprocal club. Please refrain from calling the reciprocal club directly to announce your visit. You may also be required to present your Manila House Membership Card when you arrive at the reciprocal club.

WE'RE MIGRATING!

We're saying goodbye to our current Manila House Rewards Program and will soon return with an even more exciting and rewarding loyalty program very soon.

In the meantime, redemption and accumulation of reward points will be temporarily suspended. All outstanding points will be carried over to the new program.

The MH Rewards was introduced in 2020 as a loyalty program to encourage club spending during the pandemic. We are grateful to all Members and Friends who supported this program.

Thank you.





BEEFEATER
LONDON

INTERNATIONAL WOMEN'S MONTH

LADIES' *Night*

EVERY WEDNESDAY | 6PM

Free Next Please cocktail for ladies in
the house between 6pm until 9pm

*until supplies last



SHAKEN AND STIRRED

What's new on the menu? Come on over and take a sip or more of the exciting new cocktails crafted for us by Joseph Boroski



Mabuhay (Welcome To Manila House)

Lambanog Philippines Spirit, Paradise Mango Liqueur, Chia Seeds, Fresh Mango Coconut Milk, Nata De Coco



Oro Plata Mata

Sous Vide Beetroot Arc Botanical Gin (Low ABV) / Sous Vide Beetroot Antidote 0% Gin (Zero ABV), Homemade Hibiscus Syrup, Signature Acid Mix, Edible Silver



Spritz Me Please

Sous Vide Ashitaba Antidote Gin, Dalandan Liqueur Signature Acid Mix, Cocoa Nibs Tarragon, Fentiman's Tonic



Mestisa

Sugarfree: Antidote Rosé Gin, Açai Monkfruit, Fresh Lemon, Aquafaba



Galleon Trade

Annatto-Infused Volcan Tequila Homemade Pomelo Syrup Ruby Red Grapefruit, Calamansi Asin Tibuok Salt

Himala

Sous Vide Pandan Arc Lava Rock Vodka, Homemade Marang Cordial, Fresh Lime Aqua Faba, Passionfruit





Sana Maulit Muli

*Very Old Captain Rum, Kanto Perya Popcorn
Vodka, Agimat At Ugad Gayuma Liqueur,
Acid Mix, Nata De Coco, Nutritional Yeast
Smoked Paprika*



Palmeras

*Lakan Coconut Spirit, Celery, Green
Apple, Homemade Pili Nut Orgeat
Fresh Lemon, Aqua Faba, Smoked Paprika*



Eyes Wide Open

*Arc Barrel Reserve Gin, Mamazzotti
Amaro Milano, Antidote Herbal Liqueur
Amadeo Coffee Liqueur, Campari
Palm Sugar Candied Orange*



Gomburza

*Sugarfree: Antitode Rosé Gin, Açai
Monkfruit, Fresh Lemon, Aquafaba*



Harry Styles

*Sagamore, Lemon, Coco Sugar
Aquafaba, Edible Flowers*



Huling El Bimbo

*Sous Vide Pandan Arc Lava Rock Vodka,
Homemade Pomelo Syrup
Signature Acid Mix, MCT Oil*

SWIZZLING SENSATIONS

Joseph Boroski, the creator of our latest cocktail menu, gives us an inside look into the mind - and palate - of a mixologist and bartender extraordinaire



"I have been coming to the Philippines for many years, and each visit greets me with new and incomparable fresh ingredients. Of course, I had to utilize the local mangoes, which are to me undoubtedly some of the best in the world, for **Mabuhay (Welcome to Manila House)**.

For **Palmeras**, I created a variation of an orgeat, a French floral almond syrup, using local pili nuts to make a creamier and more flavorful version of the original.

Ashitaba in **Spritz Me Please** is a medicinal leafy herb that is mostly from Japan, but a specific Philippine varietal imparts a gently nutty and earthy character.

Nata de coco, used in **Mabuhay (Welcome To Manila House)** and **Sana Maulit Muli**, is an absolutely delicious product made from the local young coconuts and an ingredient that works very nicely in cocktails.

Morang, in **Himala**, a relative of jackfruit, is a fruit I've only come across in the Philippines, and is creamy with a pleasantly unique flavor.

Asin tibukok, used in **Galleon Trade**, is one of the most unique and flavorful salts I've ever come across. Produced according to a 500-year-old tradition, it is a rare product created by a labor-intensive process of soaking coconut husks that are brined in ash over the course of years."

MIX AND MATCH

Joseph Boroski, renowned mixologist and bartender together with the members and guests, mixed it up with an exclusive cocktail workshop with Arc Gin as partner.



BOTTOMS UP!

Members share their cocktail of choice



CHRISTO GEORGIEV

My favourite cocktail - Old-fashioned. Simple, yet requires mastery to make well



JOSHUA BENSON

Favorite cocktail would be a simple Gin & Tonic preferably Hendricks



JUN PALANCA

My favourite cocktail is a Mojito. I associate drinking a Mojito with my days relaxing by the beach. It always puts me in a good mood.



PARTHA KUMMARAGUNTHLA

An Old Fashioned done the right way is my idea of a good drink. Unlike 007's preference this cocktail needs to be stirred, never shaken.



RAKESH PATEL

Manila House offers many creative cocktails with my favorite being the Mojito Granada. The addition of Pomegranate and Lychee, two of my favorite fruits, creates a refreshing twist to the all time classic.

SHAPESHIFTERS

Mei Afable-Avanceña, a disciple of the late, great Chabet, finds her voice in a new and powerful exhibition



Chimaera is a word with many meanings. In mythology, it is a fire-breathing monster with a lion's head, a goat's body, and a serpent's tail. In biology, it is an organism that contains a mix of genetically different tissues. In prose, it is thing that is hoped for but is illusory. This body of work is a compelling depiction of art as an unfolding story, shaped by the artist's experience of significant events that have left an indelible mark on her life and on society. A flood. A pandemic.

Precious books that were damaged and permanently altered during a devastating flood became art material and provided the backdrop for many of the pieces. The artist found that cutting and tearing these books to serve another purpose moved her. The process of tearing seemed akin to drawing, which begins with scratching a surface with lines to create shape and form. While the books had lost their conventional purpose, they were transmuted into another meaningful object.

Stifled by the lockdowns brought about by the COVID-19 pandemic, the omnipresence of the internet greatly influenced the artist's visual experience through an array of current events, documentaries, pop culture, and social media. Nevertheless, while Instagram filters, digital displays, and the like inspired the colour palette; the artist pays homage to the power of nature that, not only devastates through floods, but also inspires the artist to break free and take flight – just as the birds that beckoned at her window.

Chimaera revels in the multiplicity of meaning in art from the moment of its creation to the moment it is perceived by its audience. It is a moving feast of colour, rich texture, and layers of meaning that is embedded, yet shifts in context. Images are torn and distorted but are reconfigured and reborn in another context. Chimaera screams against the seeming randomness of experience and celebrates humanity's ability to change, adapt, and be whole.

- Mei Afable-Avanceña



ABOUT THE ARTIST

Mei Afable-Avanceña

The artist graduated with a Bachelor of Fine Arts Major in painting, cum laude from University of the Philippines-Diliman in 1999. After graduation she focused her energies on business and family. She never gave up on her work, she would sporadically produce work and join group shows, Chimaera is her full show.



Fille Cayetano

answers the MH Questionnaire

“I think of success in terms of what is essential is invisible to the eye.”



©RADSHOTPH | aandomingo

Tell us what you do.

I am a professional volleyball player for the Creamline Cool Smashers

How do you define success?

What is essential is invisible to the eye
(from *The Little Prince*).

What life lessons did you derive from the pandemic?

I can be more than an athlete. The world is my oyster.

What's the last movie/series you watched?

Knock at the Cabin by M.Knight Shyamalan

What book is on your bookshelf but you've never read?

I have a whole pile of TBR list and i love it! so many books to discover and read!

What song can't you get out of your head?

Snooze by SZA

What would you like to see in the “next normal”?

Aliens

What's your favorite thing about Manila House?

Good food, the ambiance and the best service

If you had to be quarantined (again) which country would you choose to be in?

I'd go to Lake Como in Italy and stay at *Il Sereno*

CHANDON

GARDEN SPRITZ



A naturally delicious introduction: meet Chandon Garden Spritz. A ready-to-pour mix of hand-crafted liqueur with award-winning Chandon Sparkling Wine, crafted in the high-altitude vineyards of Argentina.



Manila House

Drink Responsibly.

Discovering Texas

Texas, the second-largest state in the United States, is home to a wealth of unique attractions and experiences that draw visitors worldwide. From its rich history and diverse culture to its natural beauty and vibrant cities, there's something for everyone in the Lone Star State. In this travel feature, we'll look closely at five of the best things to see and do in Texas, complete with photos to inspire your travels. Here are five of the best things to see and do in the Lone Star state

1. Explore Big Bend, National Park:

Big Bend National Park is a vast and awe-inspiring destination in southwest Texas. This park offers visitors a chance to experience the state's natural beauty with its stunning canyons, mountain ranges, and the Rio Grande River. Hiking, camping, and stargazing are all popular activities here, and the scenery is truly unforgettable.



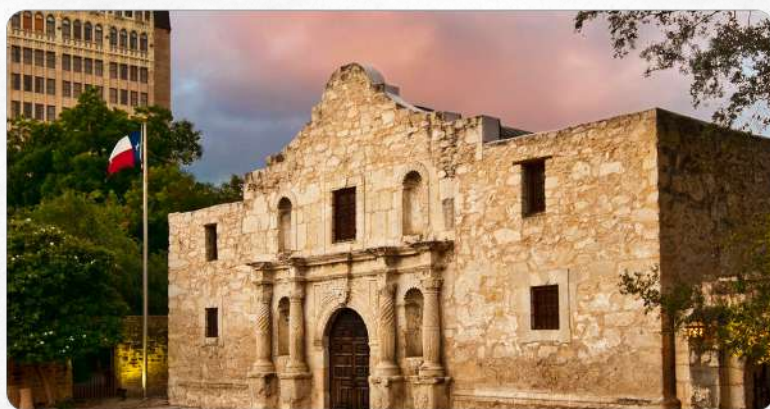
2. Take in the sights of San Antonio's River Walk:

The River Walk is a bustling attraction in downtown San Antonio that is home to restaurants, shops, and entertainment along the San Antonio River. Visitors can take a boat tour, enjoy a meal with a view, or simply stroll the picturesque walkways.



3. Visit the iconic Space Center Houston:

Science and space enthusiasts won't want to miss this attraction, which is home to real spacecraft and artifacts, as well as exhibits and interactive displays about NASA's missions. Visitors can even meet astronauts and learn about the future of space exploration.



4. Discover the history of the Alamo:

The Alamo is a historic San Antonio site symbolizing Texan independence and is a must-visit for history buffs. Visitors can take a tour to learn about the Battle of the Alamo and see the iconic facade up close.

5. Soak up the culture and music of Austin:

Austin is known for its vibrant live music scene, unique culinary offerings, and quirky culture. Visitors can explore the city's many music venues, museums, and restaurants or simply take in the laid-back vibe of this creative hub.

Texas has a rich history, diverse culture, and a wealth of unique attractions that draw visitors from around the world.

Whether you're exploring the natural beauty of Big Bend National Park, taking in the sights of San Antonio's River Walk, or soaking up the culture and music of Austin, there's something for everyone in the Lone Star State. So pack your bags and get ready for an unforgettable Texas adventure!



Learn more about Texas and available investment properties at an exclusive event hosted by America Mortgages at the Avenue Bar on March 16, 2023 at 5pm. See page [26](#) For registration details



Losing Your Memory: Normal Ageing or Dementia?

Memory loss may be a normal part of ageing, but it may also be caused by dementia or treatable brain conditions. Getting the right diagnosis and care is important.

An elderly man could not find his way home after his daily routine of morning walk and breakfast at the nearby market. A lady in her mid 60s wore the same blouse over and over again, insisting it was the most comfortable piece in her wardrobe. A recently retired professional realised he had difficulty paying his bills, taking a much longer time to tally his monthly credit card statements.

Are these just cases of a lapse in memory?

Ronald Reagan, former President, United States of America, suffered a progressive decline in his brain functions, and was later diagnosed with Alzheimer's disease in 1994. Eight years before that, his son claimed that his father could not remember the names of the familiar California canyons he was flying over. He passed away at the age of 93 in 2004.

The number of patients suffering from dementia is alarming. Locally, the projected number of those aged 65 years and above in 2020 will hit 53,000, and this will further increase to 187,000 by 2020.

With a dwindling ratio of working adults to older dependents, the care burden on society is expected to be massive. Are we prepared for the silver tsunami?



Losing your memory?

Memory loss is a common, significant symptom in patients with dementia. Other symptoms include language difficulty, impaired thinking and judgment, inability to plan and complete complex tasks, changes in personality, inappropriate behaviour, agitation and paranoia. Observations from immediate family members are very helpful in establishing an early and rapid diagnosis.

Careful, thorough examination may alert the physician to other common conditions such as anxiety, depression, sleep disorders, stroke and Parkinson's disease. Nutritional deficiencies, hormonal imbalances and reactions to medication may also result in an impairment in cognitive function. Blood tests are therefore useful in the evaluation of these conditions.



Getting the right diagnosis

Brain scans are often performed to ensure that there is no damage in the brain. For instance, the presence of a bleeding between the surface of the brain and the covering over the brain may cause symptoms similar to dementia. Enlarged ventricles in the brain may also cause memory loss, in addition to walking difficulty and poor urinary control.

Needless to say, it is important to establish the correct diagnosis, as the course of treatment and predicted outcomes are vastly different for each condition.

How is dementia treated?

Cholinesterase inhibitors and memantine are medications that may help slow or reduce the development of symptoms. Physical exercises improve strength and cardiovascular fitness while slowing down the progression of cognitive decline. Participation in games and engagement in thinking activities may be helpful. Establishing a daily routine of social and physical activities is therefore very important in the care of dementia patients.

Communication becomes increasingly difficult and challenging as dementia worsens over time. It is common for the caregivers to feel very frustrated and worn out. Having a plan early in the course of the disease will help address uncertainties in managing financial and legal issues, as well as in identifying long-term care options.

Researchers are racing against time in an attempt to better understand dementia and hopefully discover the elusive cure for such a dreadful degeneration of the brain. Meanwhile, we must continue to rally around these patients and their families, providing them with unwavering love, care and social support. A person may lose control of their brain functions, yet they can still retain the dignity of living and the beauty of life.



This article was written by Dr. Lee Kim En, a neurologist practicing at Mount Elizabeth Hospital in Singapore

TEA TIME

Basilur and the UK's favorite True Collagen innovator Ancient + Brave joined us for an afternoon full of health and beauty! We spilled the “tea” about wellness strategy building a Brave daily ritual for your Beauty × Brain × Body. and living + loving mindfully.



A FINE ROMANCE

The American musical performer **Ryan Gallagher** lent his smooth vocals at an intimate Valentine's Day concert following a truly magnificent five-course feast for lovers. **Vince Lahorra** on saxophone opened the evening



PORTUGAL CALLING

You don't need to be a Russian oligarch to seek citizenship or residency via investment in Portugal under the country's popular Golden Visa scheme. An increasingly popular destination for many Filipino families considering a second passport, the Golden Visa scheme, as **Vicky Magpantay- Luis**, President of Golden Visa Centrale, discussed in a recent webinar, is affordable and extremely attractive.

Joining her were **Rosalia Torres**, Head of Sales and International Markets at Arish Capital Partners, **Rakesh Majithia**, Chief Investment Officer at Arish Capital Partners, and **Atty. Andre Miranda**, Founder and Managing Partner at Pinto Ribiero Advogados, who explained the requirements, procedures, investment opportunities – not to mention the benefits of living – in the sunny European country.

AT A GLANCE WHY INVEST?

- Emergent Real Estate Market
- Robust Economy
- Stable Government

Smart Investment

GOLDEN VISA PROGRAM

In 2012 Portugal approved special legislation designed to attract foreign investment. A non-resident programme which allows non-EU citizens to obtain Portuguese residence permit and citizenship via investment in the country.

Benefit of Portuguese residence permit has subsequently Portugal's citizenship after 5 years from initial investment.

10,348	17,326
Residence permits issued to non-EU citizens	Residence permits issued to family members
6.1 BNEURO	
Total investment as per Golden Visa Programme rules	

SUN HOUSE COMPORTA COMPORTA

280,000 euro 92

Portugal Golden Visa by investment in Real Estate

Investment Costs: 96 Studios, 120 One Bed + 8 Two Bed

- Luxurious Resort development
- Studio, 1 Bed, and 2 Bed apartments
- High quality finishes
- Project Completion: Q4 2025
- Freehold Title
- On site luxury pool, gym and roof terrace
- In the historical town and municipality of Comporta
- Optional 1 year rental
- 12% annual yield at 35%

OPTIONS AFTER 5 YEARS

- Permanent Residency
 - Live in Portugal Only
 - Spent in Portugal Only
 - Travel in EU x 60 Days
- Citizenship
 - Live in Any EU Member State
 - Spent in Any EU Member State
 - Travel in EU x 60 Days

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YIELDS & CAPITAL GROWTH

Risk: Supporting factors: Structural reforms, stable, low interest rates, improved economic conditions.

EU is correlated with most of European main index

Risk: estate prices continue to rise strongly above the previous levels (yields up to 4%, capital growth up to 5%)

EU encouraged foreign capital inflows attracting 10th businesses

9.9%	0.25%
Prime Rate Growth in Portugal as of Sep 2023, Not at change	Benchmark Interest Rate in Euro Area (2016-2023)
5.2%	5.0%
House Price Growth in 1st quarter of Sep 2023, Not at change	OECD: OECD's "trend of economic growth at 5% p.a. in the short-term and medium-term to 2024"

BOARDROOM SECRETS

The dynamic women of the Next Gen Organization of Women Corporate Directors (NOWCD) held a most interesting and comprehensive talk by **Teresita Herbosa**, Former SEC Chairperson, about a very topical issue: the obligations and responsibilities of the corporate director



MAR 16

2023
THURSDAY
3:00 PM

Luna Lounge
By IQOS



AMBASSADORS' HOUR:

INTRODUCING THE WOMEN DIPLOMATS NETWORK

Presented in partnership with:



A panel discussion that delves into the newly launched network Women Diplomats Network of the EU (WEDIN-EU). It aims to discuss the journey and milestones of women diplomats and WEDIN-EU's agenda for promoting women empowerment in diplomacy. It also raises the question: can this advancement be replicated by the Asian region?

REGISTRATION FEE: ₱1,000

MAR 16

2023
THURSDAY
5:00 PM

Avenue Bar



NEW LAUNCH U.S. INVESTMENT PROPERTIES DIRECT TO MANILA

ROBERT CHADWICK
CEO
America Mortgages

MILTON BARBOZA
Licensed Real Estate Broker
Lillian Homes

PHIL GERARHTY
Managing Director
Austplan Management

THOMAS GARDEN
Founder
American International Tax Advisers

Presented in partnership with:



Exclusive opportunity to purchase new launch 3 & 4 bedroom homes in the U.S. directly from the developer. These Dallas, Texas homes come with professional property management, U.S. mortgage financing options, expert advice on U.S. tax savings and an amazing starting price of only US\$390,000, with up to US\$6000 credit for those that attend the event!

REGISTRATION: FREE

**MAR
17**

2022
FRIDAY
5:00 PM

Rizal Room



Dr. Joel Lopez, MD

HORMONE OPTIMIZATION IN MEN AND WOMEN FOR INCREASED HEALTHSPAN

Presented in partnership with:



Dr. Joel Lopez discusses the common causes of aging (emphasizing hormonal imbalance) and how to address them effectively.

MEMBERS: FREE | GUESTS: ₱500

**MAR
17**

2022
WEDNESDAY
5:30 PM

Via
ZOOM

PORTUGAL ARRIVES IN MANILA: GOING FOR GOLD PART 10 THE PORTUGUESE GOLDEN VISA



VICKY LUIS

President
Golden Visa Centrale
Philippines

ROSALIA TORRES

Head of Sales and
International Markets
Arish Capital Partners

RAKESH MAJITHIA

Chief Investment Officer
Arish Capital Partners

LAURA TIQUE

Associate Lawyer
Pinto Ribeiro

RAFAELA NABAIS
DE SOUSA

Trainee Lawyer
Pinto Ribeiro Advogados

Presented in partnership with: **Golden Visa Centrale**

Why and how has Portugal become the gateway to Europe for those who are seeking citizenship and residence in the EU? Learn more about the visa process that will allow you and your family to live, work, study and do business in 27 European countries.

REGISTRATION: FREE

MAR
24

2022
FRIDAY
4:00 PM

AVENUE BAR



PACIFIC NORTHWEST WINE DINNER

In partnership with:

PREMIUM WINE
E X C H A N G E

An exclusive wine pairing dinner showcasing the
distinct wines of Oregon and Washington state.

applicable only to paid events

Please make payment to:

Bank Name: UnionBank

Name: Manila House Private Club Inc.

Paypal:

accountsreceivable@manilahouseinc.com

GCash:

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