

# Neighborhood healthcare expanding



A doctor gives a TCM massage, or *tuina*, to relieve the shoulder pain of a patient. *Tuina* is commonly used to treat chronic and acute pain and numbness. — Yin Qinqin



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A resident surnamed Zhang

Yin Qinqin and Li Xinran

JIADING has added three neighborhood health service stations this year, all of which will be up and running by the end of the year.

With a total construction area of 356 square meters, the Anchi Neighborhood Health Service Station in Anting Town has a general practice clinic, traditional Chinese medicine clinic, chronic disease management center and pharmacy.

It will provide 15,000 local residents with diagnoses and treatments of common and chronic diseases, as well as TCM cupping, massage, acupuncture and other services.

"Most of us are new Shanghaiese, and we will have our parents come over to live with us and take care of the children. If they catch a cold or need some treatment for a common ailment, it will be convenient to have a service station nearby," said a resident surnamed Zhang.

She also told the reporters that the nearest hospital is 3 kilometers away from the neighborhood, so the health station certainly saves them time of visiting and queuing at the hospital.

When the station opens by the end of the year, it will bring the total number of community health service

sites in Anting Town to eight.

Besides, the Laodong Street Neighborhood Health Service Station in Nanxiang Town opened last month.

With a gross floor area of more than 320 square meters, the station includes general and traditional Chinese medicine practitioners as well as smart health cabins. Three general physicians and one traditional Chinese medicine practitioner are to provide basic medical services for some 10,000 local residents.

"Considering that many elderly residents in the community suffer from chronic diseases such as hypertension and diabetes, we have added some 24-hour ambulatory blood pressure monitors at the health service station to carry out personalized and standardized treatment of hypertension patients," said Sheng Fei, director of the Community Health Service Center of Nanxiang Town.

The Liansan Neighborhood Health Service Station in Huating Town was renovated and expanded from the original Liansan Village clinic. It opened recently this month.

There are currently 140 community health service institutions in Jiading, including 22 community health service centers and sub-centers, 89 neighborhood health service stations and 29 village clinics.

## A local restaurant that feels like home

Yin Xichen and Li Xinran

THE Home Restaurant in Malu Town's Lujia neighborhood, located at 447 Chongfu Road with a seating capacity of 50 people, has recently opened to the public.

On the first day of the restaurant's opening, many residents came to give it a warm up.

"I come and try the dishes today. If it tastes good, I will then have my lunch here from now on," said a resident surnamed Ren.

According to the epidemic prevention requirements, customers must scan the digital sentry by the door and produce a negative nucleic acid test result within 72 hours for entry. Transparent partitions are set up on each table to prevent droplets while dining, and in addition to disinfecting the environment twice a day, the staff will also clean the table tops and partitions from time to time.

In addition, the restaurant

is a designated meal supplier for senior residents in Malu. At 9am every day, nearly 200 meals are delivered to the seniors' homes from the restaurant.

The person in charge of the restaurant told the reporters that the chefs will make corresponding adjustments to the ingredients, cooking methods and tastes of the dishes, taking into consideration a number of factors including the seniors' nutritional needs and dining habits. They will revise the menu every week to try their best to avoid repetition.

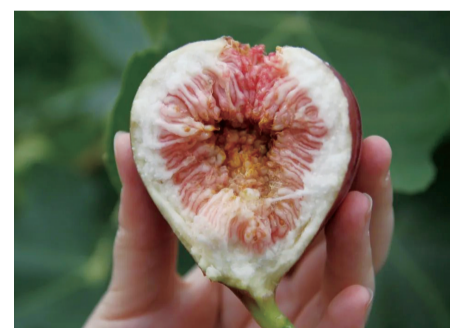
During the work days, the restaurant is also frequented by nearby white-collar workers.

"The food here is home like, clean and cheap, better than the takeaway," said a man surnamed Zhang.

There are currently two Home restaurants in Malu Town, and the other is in the Zhongfang neighborhood. Three more will open this year in Baiyin, Xiwang and Xinlian neighborhoods.



Customers take the food at the counter in the Home Restaurant in Malu Town's Lujia neighborhood. — Yin Xichen



## It's time to harvest figs

Near the intersection of Shisheng Rd S. and Huyi Highway, the Jiading Juyuan Orchard has more than 3,000 fig trees. These days, red and purplish-black figs on branches emit bursts of fragrance. The variety has its origin in California of the United States and features thin skin and a sweet, honeyed taste with the largest one weighing up to around 150 grams. The orchard opens daily between 8:30am-5pm except Mondays. For reservations, please check the major booking app Dianping and tourism platform Trip.com. — Zhang Daiyi