



An e-Bulletin of KDF March 2013

Passing on Kindness with Hope & Life



It's World Kidney Day (WKD) today!

Celebrated on the second Thursday of March every year, the mission of World Kidney Day is to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

This year, in conjunction with World Kidney Month in March, KDF launched its latest fundraising campaign "Bits of Hope, Gifts of Life". Through this meaningful campaign, we aim to collect well-wishes and encouragement from members of the public for kidney patients and healthcare professionals, while raising funds and promoting kidney health at the same time.

Besides financial assistance for their treatments, kidney patients often require lots of support and encouragement from people around them to help them cope with the burden of their illness. A little word of encouragement goes a long way, and can do wonders in improving their emotional well-being as well.

In this issue of K Bytes, we would like to share some of the words of kindness contributed by supporters of KDF!

Words to Patients

"Welcome everyday with a smile, you will find that life is beautiful." - Koh Hwee Koon

"Life is always worth living, no matter what happens. Keep going and don't give up. I salute the courage and determination of all patients." - Miss T

"Please stay strong and continue fighting!!" - Teo Cathay

Words to Healthcare Professionals

"You are their angels, their pillar of strengths. Please retain your love and compassion, and let them shine through all of you. Give a pat on your shoulders, good job. Cheers!" - John Tan TK

"Thank you for your hard work! You are a blessing to others." - Pamela Pang

"Thanks for being so selfless and kind. You remind us of the need to serve and the need to care for others." - Jammie Ng



If you have missed your chance to have your well-wishes featured here, not to worry!

- [E-Donation](#)
- [About Us](#)
- [Newsletter Subscription](#)
- [Volunteer Sign-up](#)
- [Health Tips](#)

"Like" us on Facebook!

Past WKD Events by KDF
2012 - Pledge for Kidneys, Pledge to Save Lives
2011 - KDF Public Forum: Preventing Kidney Failure in Diabetes
2010 - KDF Public Forum: The Kidney-Heart Connection
2009 - KDF Public Forum (Mandarin): Amazing Kidneys: Are Your Kidneys Ok?
2008 - Kidney Fair "Learn about the Amazing Kidneys and Kidney Diseases!" (organised by the Singapore Society of Nephrology)
2007 - Fun On Foot (supported by the Singapore Society of Nephrology)

All well wishes and words of encouragement will be compiled into an eBook and featured on a bigger platform - KDF's website! It is still not too late to send in your very own words of kindness. Simply leave your message on [KDF's Facebook wall](#) or email to alina.tee@kdf.org.sg.



Support our cause further by making a donation towards our campaign. For every \$2 donated, you will receive an exclusive KDF sticky note pad as a visual reminder of the importance of good health, and to show more care for the less fortunate members of the community. Every \$140 collected would also signify that a dialysis treatment has been donated to a patient in our programme. To send your gift, [click here](#) to be directed to our eDonation page.

Every little *Bit of Hope and Gift of Life* from you will present our patients with a brighter and better tomorrow, we promise you.

To ensure that you continue receiving our emails,
please remember to add **K-Bytes** (feedback@kdf.org.sg) to your email address book.
This is not an unsolicited message. To unsubscribe please [click here](#).

© 2013 KDF.org.sg. All rights reserved.
Kidney Dialysis Foundation. Blk 333 Kreta Ayer Road #03-33 Singapore 080333.