

A QUARTERLY BULLETIN OF KDF

# KDFLINK

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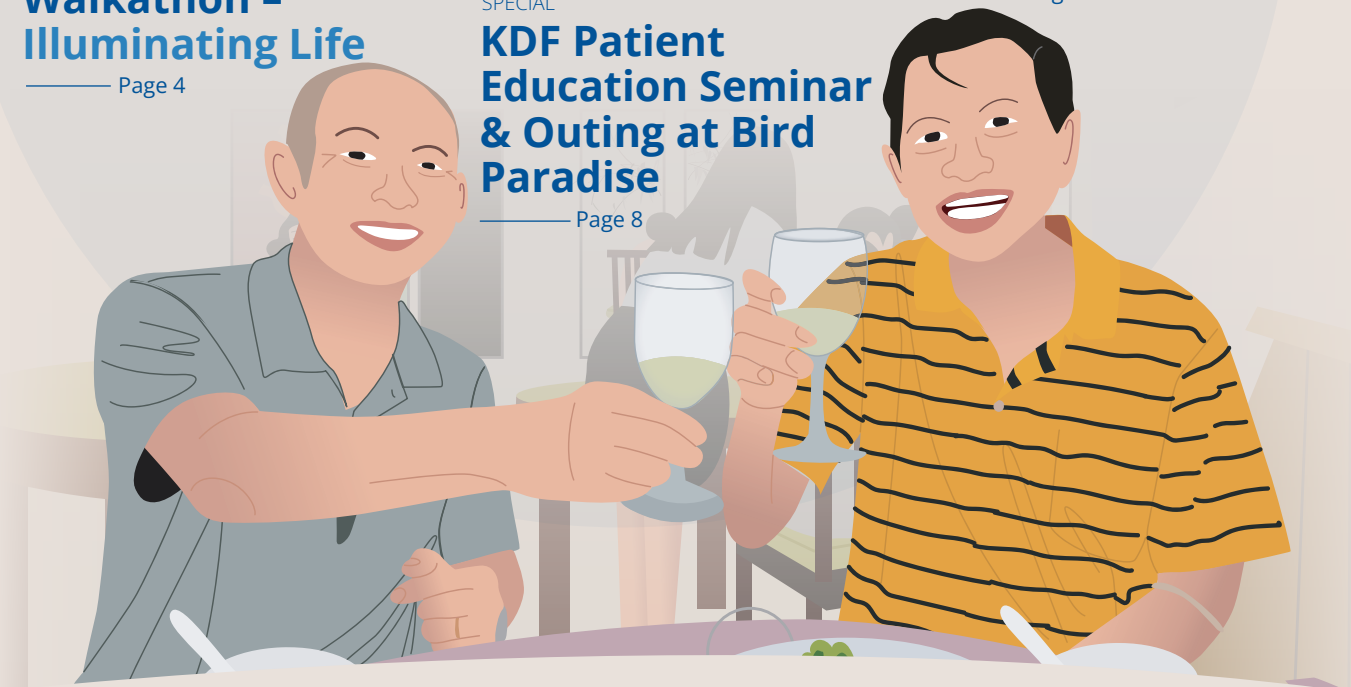
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## STAYING HAPPY AT 86

In the quiet enclave of Bukit Merah View, Mr Chua Kim Teck, an indomitable 86-year-old soul, gracefully manoeuvres through life's ebbs and flows. Dwelling alone, he carries the echoes of a bygone era, having bid farewell to his partner, traversing the currents of life as a solitary figure. Yet, he embraces this solitude with grace, finding happiness in being alone. During our cheerful rendezvous at the Ghim

Moh KDF Dialysis Centre, where Mr Chua welcomed me with an energetic handshake and a friendly tone, "Hello Bellamy, nice meeting you at KDF Ghim Moh!" - a poignant moment unfolded. It became evident that in addition to his resilience, Mr Chua stands as one of the eldest patients at KDF, a testament to the enduring spirit that graces the halls of the dialysis centre.

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 Kidney Dialysis Foundation, Singapore (KDF)

The tapestry of Mr Chua's daily routine is woven with simplicity and purpose. He revels in the serenity of Tiong Bahru Garden to take morning and evening walks, choosing to retire early at 8 PM and rise with the sun at 4 AM. His mornings also unfold with a pilgrimage to the market, a testament to his zest for life's simple pleasures. In the stillness of dawn, Mr Chua delights in a breakfast of Teo Chew porridge or vegetarian bee hoon, savouring flavours that transport him to a world of nostalgia.



*Pictured: A black and white photograph that Mr Chua keeps behind his phone, featuring him in his 40s.*

Peering into the sepia-toned photograph from over four decades ago reveals a younger Mr Chua, a vibrant echo of his taxi-driving days. Until the age of 73, he navigated the streets with a zest for life, having acquired a license in 1957.

**The tale takes an adventurous turn with the mention of a "naughty period," during which Mr Chua operated an unlicensed taxi, weaving through bustling streets and picking up passengers. His favourite route, the airport, not only promised a modest income of \$30 per day at that time but also led to encounters with kind-hearted passengers.**

During his heyday, Mr Chua also smoked and gambled, consuming at least 4 packs of cigarettes daily, a habit he quit in his mid-50s.

Mr Chua's life has seen its share of challenges, including the recent passing of his sister at 85, leaving behind a lingering sense of grief.

Following the passing of his wife, his sister, and the CKD diagnosis — Mr Chua initially grappled with the notion of undergoing dialysis at the age of 86. The weight of these experiences made him question the meaning of prolonging his life through medical interventions.



*Pictured: Mr Chua having a Chinese New Year meal with his nephew's family.*

Amidst these difficulties, he opened up about his late wife, a companion in both joy and sorrow.

She worked as a stall helper at a coffee shop, contributing to the family's well-being until her passing in 2012. Her absence created a lasting void, but Mr Chua holds her memory close in his heart. Recently, in 2022, he was diagnosed with Chronic Kidney Disease (CKD) at Singapore General Hospital, adding another layer to his life journey. Through these ups and downs, Mr Chua's resilience shines as he faces life's complexities with the support of his nephew, Teo Hong.

**However, in this challenging juncture, his nephew's heartfelt encouragement served as a catalyst. He prompted Mr Chua to reconsider and embark on the journey of dialysis, viewing it not as a mere medical necessity but as an opportunity to embrace and cherish his golden years with the care and support of those who hold him dear.**

His nephew, Teo Hong, a taxi driver himself, checks in on Mr Chua every fortnight. This familial connection becomes a lifeline, offering companionship and ensuring that Mr Chua is not alone in his musings.



*Pictured: Mr Chua posing for a family photo during a housewarming occasion.*



*Pictured: Mr Chua posing for a family photo with his second nephew over a meal.*

filled with necessities to elderly residents, like him, who live alone, adds a heartwarming touch. He also enjoys subsidies from his MSF Public Assistance card when going about his daily activities.

**The steadfast support of Mr Chua's nephew and the assistance of social workers from his community club further contribute to the robust support system that envelops him. In this network of care and understanding, Mr Chua navigates the complexities of his health journey with a sense of communal strength and shared camaraderie.**

Amidst the challenges of health and loss, Mr Chua's spirit remains resolute. His post-dialysis routine is a delicate dance of adjustments, a testament to the fortitude with which he confronts the nuances of his health. Despite dietary restrictions, Mr Chua finds joy in the occasional treats of indulging in his favourite plate of Nasi Briyani topped with some fried delights, relishing each morsel as a celebration of his long-lived years. However, mindful of his health, he exercises caution not to overindulge, recognising the importance of moderation. Post-dialysis, he faces the challenge of slightly low blood pressure. Yet, the dedicated medical team at KDF makes necessary adjustments and closely monitors him, ensuring his well-being remains a top priority.



*Pictured: Mr Chua posing for a photo post dialysis.*

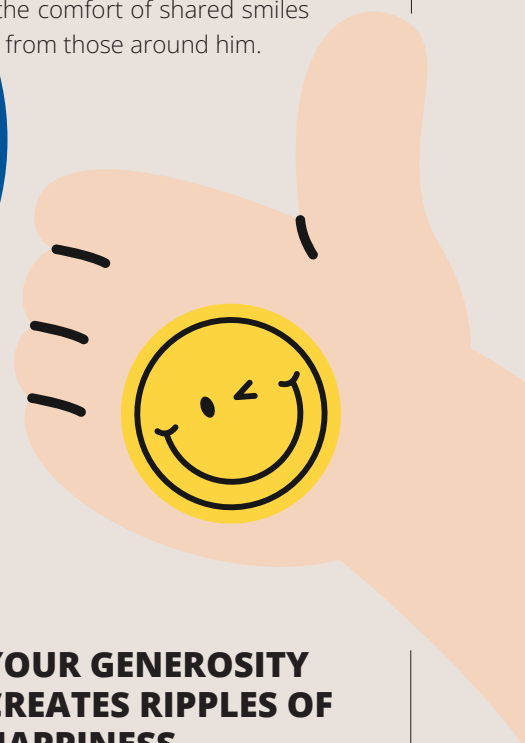
Reflecting on pre-COVID times, Mr Chua used to venture to Malaysia for a short respite, but circumstances have shifted his perspective. In the wisdom of his 86 years, Mr Chua reflects that happiness is an indispensable facet of life, especially in the golden years.

**He believes that embracing joy and contentment is paramount, adding a richness to the tapestry of existence. As we traverse the various chapters of life, the significance of happiness becomes increasingly pronounced, serving as a beacon of light amid challenges.**

In the lively community at KDF, Mr Chua discovered a kindred spirit in Mr Tan Eng Hwa. The bond they formed transcends the boundaries of the dialysis centre, evolving into a friendship that extends beyond its confines. Sharing their experiences and emotions during dialysis sessions, both find solace in the comfort of companionship and mutual understanding.

Facing life's challenges, Mr Chua draws support from various sources. The government's thoughtful gesture of providing goodie bags

Mr Chua's philosophy resonates not only as a personal mantra but also as a universal truth. In the spirit of fostering happiness and well-being, we extend an appeal to our compassionate donors. Your support plays a pivotal role in ensuring that individuals like Mr Chua, navigating the complexities of life challenges, can continue to experience the warmth of joy and the comfort of shared smiles from those around him.



**YOUR GENEROSITY CREATES RIPPLES OF HAPPINESS.**

With your donations, our underprivileged patients can receive:

- \$160** 1 Dialysis Session
- \$50** 1 Month of Medications
- \$10** 1 Flu vaccine
- \$1** 1 Blood Glucose Test

**SCAN TO DONATE**



UEN No: 199600830ZK33

# KDF GOT TO WALK 2023 CHARITY WALKATHON – ILLUMINATING LIFE



The Kidney Dialysis Foundation (KDF) illuminated hearts and spirits with the inaugural 'Got To Walk 2023: Illuminating Life' charity walkathon held at OCBC Square, Singapore Sports Hub on 14 October 2023. The

event saw over 2,500 participants from diverse backgrounds coming together for a noble cause, raising over **\$500,000** to enhance the lives of needy kidney patients and promote awareness of kidney health.

The 5KM walkathon, themed 'Illuminating Life,' aimed to spark a chain reaction of positivity, leaving a lasting impact on those affected by kidney disease. The event welcomed esteemed guests, including Ms Tin Pei Ling (MP for Macpherson SMC), Ms Chan Hui Yuh (Advisor to Aljunied GRC), Mr Chan Soo Sen (KDF Director), Ms Sheena Gow (Senior Clinical Manager for AWAK Technologies), and Ms Jean Teo (Managing Director of Teo Heng KTV).



Ms Tin Pei Ling, before flagging off the race, expressed gratitude to participants, organisers, sponsors, and partners for their invaluable support. She emphasised the event's significance in promoting an active lifestyle for kidney health and aiding underprivileged kidney patients in Singapore.

Participants embarked on a fulfilling 5km walkathon, with Ms Chan Hui Yuh sharing,

**“Walking alongside so many dedicated individuals with a common goal was an inspiring experience. It’s heartening to see the community come together for a good cause.”**



The event extended beyond the walkathon, offering families a carnival atmosphere with inflatable castles, engaging games, and traditional activities. Moreover, a health screening station was set up to emphasise the importance of taking charge of one’s well-being.



The event highlights also included the official launch of the KDF Mascot, Kiddi. Kiddi’s personality includes being outgoing, resilient, and community oriented. Born on 14th October 2023 in Singapore, at KDF, Kiddi symbolises the sense of togetherness and community engagement required to champion kidney health and support needy kidney patients. The mascot’s bib number, 1234, signifies the dialysis treatment routine that kidney patients have to undergo, 12 hours of dialysis treatment a week, 3 times a week, and 4hrs for each dialysis session, serving as a poignant reminder of the challenges faced by kidney patients.

The event concluded with an exciting lucky draw featuring ten attractive

prizes, including the Teo Heng Wasuka Pro Jukebox Package (Sponsored by Teo Heng Trading Pte Ltd), an Apple iPad 10th Gen Wi-Fi 256GB (Sponsored by Singapore Pools), and a Dyson V12 Detect Slim Vacuum Cleaner (Sponsored by Singapore Pools), among other exciting prizes.

Mr Chan Soo Sen, Director of KDF, expressed gratitude to participants, sponsors, and supporters, stating, “In the resounding success of ‘Got To Walk 2023: Illuminating Life,’ we witness the remarkable power of community, unity, and compassion. This event has not only brightened the lives of kidney patients but also highlighted the critical importance of kidney health in our society.”



The Kidney Dialysis Foundation extends its heartfelt appreciation to the generous sponsors of Got To Walk 2023: Illuminating Life. Our heartfelt thanks to our Keystone Sponsor, OdysseyRe, our Principal Sponsors, Lee Foundation and Shaw Foundation, and our Lead Sponsors, Tan Chin Tuan Foundation, Trailblazer Foundation, and Asia Chemicals Pte Ltd. We also extend our gratitude to our valued partners: One Heart Cleaning and Teo Heng Family KTV Studio. We are thankful to our Corporate Supporter, AWAK Technologies, and the event’s support from Tote Board and Singapore Pools. The Foundation is also thankful to our media colleague CNA938 for covering our event. Your unwavering support has been instrumental in making this event a remarkable success.

# KDF GOT TO GOAL 2023 CHARITY FUTSAL TOURNAMENT – SCORING AS ONE COMMUNITY



The Kidney Dialysis Foundation (KDF) expresses deep gratitude following the successful conclusion of its first-ever charity futsal tournament, 'Got to Goal 2023: Scoring As One Community,' held at The Kickoff @ Kovan on 16 December 2023. The event, featuring 36 teams, not only showcased exceptional sportsmanship within the community but also garnered over **\$300,000** in funds raised to help needy kidney patients in Singapore.

The tournament, brimming with competitive spirit, unfolded with electrifying futsal matches, each team contributing to a vibrant atmosphere. Cash prizes, a humble token of appreciation, were awarded to winning teams: Champions received \$1000, 1st Runner-Up \$500, 2nd Runner-Up \$250, 3rd Runner-Up \$150, and the Most Valuable Player received \$100. The emphasis was not on victory, but on fostering an active lifestyle amongst the community to advocate for kidney health and to raise awareness of kidney disease.

'Got To Goal 2023' embraced the theme of "Scoring As One Community,"

welcoming participants from diverse backgrounds. The participation of the Singapore Special Olympics team, a team comprising intellectually disabled individuals, added an inspiring layer to the matches, symbolising the inclusive spirit of such sporting events.



In their respective roles, the Special Olympics team expressed pride in being part of KDF's meaningful event, underscoring the inclusive nature of sports that unites individuals irrespective of their backgrounds. An exemplification of the team's bravery, they connected their participation to the Special Olympics Oath: "Let them

win. But if they cannot win, let them be brave in the attempt."

Amidst the spirited futsal matches, a heartwarming moment unfolded as more than 20 beneficiaries engaged in an interactive folding paper stars

session with Guest of Honor, Mr Eric Chua, Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development. The beneficiaries, together with Mr Chua, collectively folded 300 paper stars, placing them inside a handcrafted football.



The handcrafted soccer ball, a labour of love by KDF patients, stands as a powerful symbol of unity and support within our community. Its adhesive binds, representing strength and resilience, connect us all. The incorporation of the KDF logo reinforces our shared identity and purpose. Housing 300 folded paper stars, the stars encapsulate not only the current number of KDF patients but also their collective hopes and best wishes. This tangible masterpiece is reflective of the KDF community's solidarity, resilience, and shared commitment to fighting against the challenges of kidney disease.

The tournament's pinnacle was the exhilarating finals match, with Team KNOCKOUT emerging as the first KDF Got To Goal 2023 Charity Futsal Tournament champion. Before the prize presentation, KDF Directors Mr Watson Ong and Mr Uantchern Loh presented the token of appreciation — a handcrafted soccer ball containing the 300 folded paper stars, to Senior Parliamentary Secretary Eric Chua. Mr Chua, along with the KDF directors and KDF Chinese Community Committee Chairman, awarded cash prizes to the winning team and the runner-ups, as well as the Most Valuable Player of the tournament.

**“As champions of the Got to Goal 2023 Charity Futsal Tournament, we are honoured to not only lift the trophy on the pitch but to stand as ambassadors for a cause that goes beyond the game of futsal. This victory represents more than goals scored; it symbolises our collective commitment to spreading awareness about kidney health and the incredible work of the Kidney Dialysis Foundation,”**

said captain of Team KNOCKOUT, Mr Prasad s/o Selvaraju. “We believe in the power of sports to make a positive impact, and this win not only allowed us to forge new friendships with like-minded individuals, it is also a testament to the strength of our community coming together to help needy kidney patients,” he added.

“We extend our heartfelt gratitude to every participant, sponsor, and donor who played a pivotal role in making this event a success,” stated Mr Uantchern Loh, KDF Board Director. “Got To Goal 2023 is a significant step for us to pave the way for a healthier future while raising awareness about kidney disease,” he added.



The Kidney Dialysis Foundation is thankful to all participants, donors, and patients, as well as the keystone sponsor for this event, OdysseyRe, and the support of Tote Board. We are also thankful towards our media colleagues who covered the event on Lianhe Zaobao, The Straits Times, Tamil Murasu, and The Independent Singapore. The collective contributions from everyone played a pivotal role in making this fundraising event a remarkable success.

# KDF PATIENT EDUCATION SEMINAR & OUTING AT BIRD PARADISE



In line with our ongoing commitment to fostering a comprehensive approach to care, Renal Friends, our patient support group, has been orchestrating both patient outings and educational seminars. These endeavours not only enhance the knowledge and experiences of our patients but also cultivate a strong sense of community within our close-knit group.

On October 29, 2023, we were delighted to host an educational seminar titled "Tips to Manage Your Medication," with the presence of

KDF's Medical Director, Associate Professor Lina Choong. The seminar featured esteemed speakers, Pharmacist Ms Leong Chi Kay and Senior Pharmacist Ms Kathleen Yah Tinn Yik, both distinguished professionals from Singapore General Hospital (SGH). Ms Leong conducted the seminar in both English and Malay, while Ms Kathleen delivered it in Mandarin, ensuring that all attendees could fully comprehend the content in their preferred language.

The purpose of the informative session was to empower KDF patients

with valuable insights into managing their medication effectively. Ms Leong and Ms Kathleen shared a wealth of knowledge, emphasizing the importance of adhering to medication regimens and providing strategies for efficient management. Their expertise and engaging presentation style offered a comprehensive understanding of the crucial role medications play in the journey toward improved health.

To enhance the learning experience, the patients actively participated in a quiz featuring 10 thought-provoking





questions, facilitated by the two speakers. The quiz not only reinforced key takeaways but also encouraged dynamic interaction, transforming the educational talk into a lively exchange of information. The patients' eagerness to learn and engage highlighted their commitment to actively participate in their healthcare. As a token of appreciation for their active engagement, participants received Tumblrs courtesy of SGH and \$20 NTUC vouchers for correctly answering the questions.



After the seminar, a resounding applause filled the room, signifying deep appreciation for both speakers who generously shared their knowledge and expertise. Subsequently, a delightful buffet lunch, meticulously prepared by the compassionate KDF staff and Renal Friends nurses, was served to the patients before they embarked on an exciting journey to Bird Paradise. Special recognition goes to our devoted ComfortDelGro Taxi CabbyCare drivers, who selflessly dedicated their time and efforts to ensure worry-free transportation for our non-ambulatory patients, significantly enhancing the inclusive and enjoyable nature of this experience.

The visit to Bird Paradise marked a delightful transition from the seminar, providing our patients with an opportunity to socialise, bond, and relish a change of scenery. For many

who spend a significant amount of time at the dialysis centre, this outing offered a refreshing respite from their regular dialysis routines.



Nestled within the lush Mandai surroundings, Bird Paradise provides a rejuvenating perspective for individuals accustomed to the routine of dialysis. For patients, this aviary becomes a sanctuary where the rhythmic sounds of fluttering wings and melodic bird songs

replace the familiar hum of medical machinery. The vibrant hues of diverse bird species offer a visual feast, a stark departure from the clinical environment of the dialysis centre. Strolling through the immersive landscape, patients find



solace in the graceful flight of tropical birds and the playful antics of parrots. Bird's Paradise transforms into more than just an attraction; it becomes a therapeutic haven, inviting patients to momentarily set aside the challenges of their health conditions and immerse themselves in the soothing embrace of nature.

Beyond the visual delights, the outing allowed our patients to connect with fellow kidney patients and form meaningful bonds. As they marvelled at the wonders before them, many shared stories, laughter, and a sense



of camaraderie, bringing them closer together. These outings subtly remind patients that they are not alone on this journey and that they have a support network that understands and uplifts them.

Reflecting on these experiences, we are reminded of the transformative power of knowledge, the importance of community, and the joy found in the simplest of adventures. Together, the Kidney Dialysis Foundation will continue to empower hearts and ensure that our kidney patients receive the care, support, and enjoyable life experiences they deserve.

# KDF ANNUAL DINNER 2023 – BACK TO SCHOOL



The Kidney Dialysis Foundation (KDF) recently held its annual staff event at the Singapore Management University Administration building on November 26, 2023. The event commenced with an inspiring opening address from Dr. Lim Cheok Peng, Chairman of KDF, fostering a sense of unity and gratitude towards KDF staff.

An Award Ceremony recognized staff with 5 and 10 years of service at KDF. Mdm Chan May Ping, KDF Director, presented the Long Service Awards. A new accolade, the Outstanding Nursing Clinical Practice Award, was given to Ms Jamilah Binti Rahman for her exceptional conduct as a nurse, acknowledging competence and active participation in infection prevention and control.

The Social Recreation Committee (SRC) members were acknowledged by General Manager Mr Raymond Lim for their tireless efforts in

planning the celebration programme outline and layout. The evening concluded with a heartwarming group photo, emphasising the unity and shared commitment of the KDF family to better serve needy kidney patients in Singapore, ensuring continued support for those in need.



# KDF HAPPENINGS



## 5<sup>TH</sup> NOVEMBER 2023 KDF Chinese Community Committee Donors Appreciation Dinner

The KDF Chinese Community Committee hosted a heartfelt Donors Appreciation Dinner at Jubilee Garden Restaurant in Safra Toa Payoh on 5 November 2023. The evening was skillfully guided by emcees Mr Brandon Wong and Ms Chen Ming Pei, who not only steered the event with finesse but also showcased their musical talents with two soulful songs. The distinguished Guest of Honour, Mr Xie Yao Quan, MP for Jurong GRC, graced the occasion, adding an extra layer of significance. Singers Cynthia Rynda Tan, Zhuang Qing Yu, Sun Bao Ling, Lee Kian Han, and Jessie Yeong lent their vocal prowess to the evening's ambiance. Mr Xie Yao Quan joined Zhuang Qing Yu in a rendition of “浪子回頭” (Back Here Again). Mr Xie, accompanied by KDF directors Mr Watson Ong and Mr Chan Soo Sen, as well as Master Hui and Aljunied GRC Advisor Ms Chan Hui Yuh, presented the “Fortune Rabbit” Charity Icon to the appreciative donors, creating a memorable evening between the KDF community and its generous supporters.



## 24<sup>TH</sup> OCTOBER 2023 KDF Educational Webinar Awareness on Diabetes, Kidney Disease for ST Telemedia

In collaboration with ST Telemedia, KDF successfully conducted an impactful kidney health awareness session led by Ms Petra Chong, Head of Clinical Services at KDF. The hour-long session covered essential aspects of kidney anatomy, functions, causes, symptoms, treatment options, dialysis processes, and lifestyle tips. Addressing the prevalent issue of diabetes as a leading cause of chronic kidney failure, a separate session emphasized preventive measures. These talks, conducted in the wake of one new kidney patient diagnosed every five hours in Singapore, aimed to instill proactive health measures. Ms Petra Chong's expertise, coupled with interactive Q&A segments, delivered an engaging and informative experience, aligning with KDF's commitment to promoting holistic kidney health within the ST Telemedia community.



## 6<sup>TH</sup> DECEMBER 2023 Fresenius Medical Care (FMC) volunteers celebrating the Christmas festive spirit with KDF patients at SWWT KDF Dialysis Centre

This thoughtful initiative not only celebrated the festive spirit but also created a joyful and uplifting atmosphere for the patients undergoing dialysis treatments. The volunteers' dedication to spreading holiday cheer reflects a spirit of compassion and community, making a meaningful impact on the well-being of KDF patients during the Christmas season.

**THE ONLY  
LIMIT TO OUR  
REALISATION  
OF TOMORROW  
WILL BE OUR  
DOUBTS OF  
TODAY.**

- Franklin D. Roosevelt

**KIDNEYSG**  
Dialysis Foundation  
*Serving the Needy Since 1996*

实现明天的  
理想  
唯一的阻碍是  
今日的疑虑

- 富兰克林·德拉诺·罗斯福

# 肾脏透析基金 活动



2023年11月5日

## 肾脏透析基金华社委员会“慧心献爱感恩夜”晚宴

KDF 华社委员会于 2023 年 11 月 5 日在大巴窑军协 (SAFRA) 的欢喜楼餐厅举办了衷心的感谢晚宴。晚宴由司仪黄炯耀先生和陈明佩女士精心主持,他们不仅默契十足,还演奏了两首深情歌曲展现了他们的音乐才华。尊贵的主宾、裕廊集选区议员谢曜全先生为此次活动增光添彩,为晚宴增添更多的意义。歌手陈施佃、庄清玉、孙宝玲、林健辉和杨千荳的优质嗓音为当晚的气氛增添了活力。其中的亮点是谢曜全先生和庄清玉一起翻唱了《浪子回头》。随后,谢曜全先生、KDF 董事王春发先生和曾士生先生,以及慧戒师傅和阿裕尼集选区顾问陈惠意女士 PBM, 向捐赠者赠送《兔飞猛进》的慈善福物,为众人制造了一个令人流连忘返的夜晚。



2023年10月24日

## 肾脏透析基金为 ST Telemedia 举办糖尿病、肾脏病意识教育座谈会

KDF 与 ST Telemedia 携手合作,成功举办了具有影响力的肾脏健康意识座谈会,会议由 KDF 临床服务主管 Petra Chong 女士主持。长达一小时的课程涵盖了肾脏解剖、功能、原因、症状、治疗选择、洗肾过程的基本知识。针对糖尿病作为慢性肾衰竭主要原因的普遍问题,在会议中强调了预防措施。Petra Chong 女士的专业知识加上互动性的问答环节,带来了许多参与感且内容丰富的体验,非常符合 KDF 在 ST Telemedia 社区内促进整体肾脏健康的承诺。



2023年12月6日

## 费森尤斯医疗 (FMC) 义工们在三皇五帝洗肾中心为病友们庆祝圣诞节

费森尤斯医疗 (FMC) 义工们为三皇五帝洗肾中心的病友们带来了鼓舞人心的表演。他们演奏了圣诞歌曲也与病友们互动为圣诞节日增添欢庆的气氛。这贴心的举动不仅是为了庆祝这佳节,也为在洗肾治疗的病友们营造了欢乐和喜悦的氛围。义工们致力于传播节日欢乐,体现了同理心和社区精神,希望 KDF 病友们在圣诞期间也能感到幸福快乐。

# 肾脏透析基金庆功晚宴2023 - 重返校园



肾脏透析基金 (KDF) 于 2023 年 11 月 26 日在新加坡管理大学行政大楼举办了年度的庆功晚宴。晚宴以 KDF 主席林焯彬博士鼓舞人心的致辞开幕, 他也衷心的感谢所有 KDF 工作人员无私的付出, 同时增进起大家的凝聚力。

晚宴包括颁奖典礼, 这项目表彰了 KDF 员工坚定不移奉献的精神。Chan May Ping 女士颁发长期服务奖, 感谢那些为公司服务 5 年和 10 年的员工。而 KDF 的医疗总监 Lina Choong 教授颁发新的一座奖项 - 最杰出护理临床实践奖及表现出卓越的护士, 给予 Jamilah Binti Rahman 女士。

总经理 Raymond Lim 先生在此感谢社交娱乐委员会 (SRC) 的成员, 为这次的庆功晚宴不懈的努力。晚宴以一张温馨的合影圆满落幕, 强调着 KDF 这大家族非常的团结, 坚信我们能继续更好的为新

加坡有需要的肾脏病患者提供服务, 确保他们得到他们需要的支持。



# 肾脏透析基金 (KDF) 病友们教育讲座及飞禽公园之行



做为本基金对于全面护理的承诺下, KDF “肾友会” 会定期举办病友郊游和健康教育讲座会, 让病友们有机会互相交流。这些活动不仅增强了他们的知识与人生体验, 同时也培养了他们在KDF这紧密团结的社区中的归属感。

我们很高兴在2023年10月29日举办题为“药物管理技巧”的教育

讲座会。此讲座会的主讲嘉宾是新加坡中央医院 (SGH) 杰出专业人士药剂师 Leong Chi Kay 女士和高级药剂师 Kathleen Yah Tinn Yik 女士。同时KDF的医疗总监 Lina Choong 教授也出席了这次的讲座会。梁女士以英语和马来语演讲, 而 Kathleen女士以用华语演讲, 确保所有的病友们都能充分理解他们所讲解的内容。

此讲座会的目的是让 KDF 的病友们吸取有效管理药物的宝贵见解。梁女士和 Kathleen 女士分享了丰富的知识, 强调遵守药物治疗并提供有效管理药物的重要性。他们的专业知识及演讲风范使病友们都全面了解药物在治疗过程中和增进身体健康的关键作用。

为了增强学习体验, 病友们积极参





与了由两位主讲嘉宾的测验,其中包括 10 题令人反思的问题。这测验不仅强调了讲座的重点,也鼓励他们向彼此互动,将教育性讲座转变为生动的信息交流。病友们学习和积极参与的态度凸显了他们对医疗保健的兴趣。为了感谢那些积极参与的病友们,他们赢得了 SGH 所赞助的杯子以及正确回答问题的人,也赢得了价值 \$20 NTUC 的购物彩卷。



讲座会结束后,现场响起热烈的掌声,向两位慷慨分享专业知识的主讲嘉宾表示深深的谢意。随后,富有爱心的 KDF 工作人员和肾友会的护士们为病友们精心供应了美味的自助午餐。午餐后,并前往飞禽公园继续一日游行程。在此特别鸣谢康福德高爱心德士 (CabbyCare) 慈善小组无私的付出,为行动不便的病友们提供便利的交通服务,确保大家都有机会参与这次活动。

这一天的活动让我们的病友们有机会向彼此社交,建立关系和观赏美景的最佳机会。对于许多在洗肾中心度过大量时间的病友们来说,这次郊游为他们的常规洗肾日常提供了一次令人耳目一新喘息的机会。

坐落在郁郁葱葱的环境中,这次飞禽园的体验为我们的病友们提供了新的体验,让他们恢复活力,而不是天天处于洗肾的状态。对病友而言,

这绿意盎然的地方,飘浮着鸟类的呼叫声,为病友们带来了他们所需的宁静及安慰。不同品种的鸟类呈



现出鲜艳色彩的景色,和在洗肾中心相比起来,这环境对他们来说非



常的焕然一新。飞禽园不仅仅是一个旅游景点;它变成病友能找到安慰的地方,暂时让他们抛开面对病痛的挑战,沉浸在大自然的宁静中。

除了视觉上的喜悦之外,这次郊游也让我们的病友们建立了良好的关系。观赏自然景观的同时,病友们相互分享故事,在一声声笑声中建立更加亲密的友谊。这类活动旨在提醒病友们,他们并不孤单。周围都是理解他们、支持他们的一群好友。



回顾这趟精彩出游,这些经历提醒着我们拥有知识和社区的重要性以及在最平凡的活动中找寻乐趣的道理。KDF 将与大家携手继续努力,确保我们的病友们收到他们应有的关怀、支持以及愉快的生活经历。

# 肾脏透析基金“Got To Goal 2023” 五人制足球锦标赛慈善活动 - “共建社群, 共创佳绩”



肾脏透析基金 (KDF) 在 2023 年 12 月 16 日地点于高文The Kickoff, 成功举办了首届慈善五人制足球锦标赛“Got to Goal 2023: 共建社群, 共创佳绩”, 对此表示深切谢意。36 支队伍不仅在比赛中展现了卓越的体育精神, 还筹集了超过新币 \$300,000 捐款来帮助贫困的肾脏病患者。

本届比赛充满竞技精神, 五人制足球比赛精彩纷呈, 各队的比赛气氛活跃。获胜团队将获得现金奖励: 冠军获得新币 \$1000, 亚军得 \$500, 季军得 \$250, 最有价值球员获得 \$100。但重点并不仅仅在于胜利, 而是在社区里提倡了积极乐观的生活方式, 以倡导肾脏健康并且提高人们对肾脏疾病的认知。

“Got To Goal 2023”的主题“共建社群, 共创佳绩”, 迎来了来自不同背景的参赛者。新加坡特殊奥林匹克残障人士团队也特别参加了这次的比赛, 为比赛增添了鼓舞人心的色彩, 象征着对体育赛事的包容和谅解的体育精神。

在这项具有意义的赛事中, 特殊奥林匹克团队在各自的角色中表现得脱颖而出, 其中也强调了体育运动的包容精神。无论来自不同背景的人都能团结一致。这令人敬佩的团



队, 他们无时无刻都把特奥誓言牢牢放在心上提醒着自己: “让他们获胜。但如果他们不能获胜, 让他们有机会勇敢地尝试。”

在激烈的五人制足球比赛中, 二十多名KDF受益者与活动主宾文化、社区及青年部兼社会及家庭发展部高级政务次长蔡瑞隆先生互动一起折叠了三百颗纸星星, 将它们放入一

颗手工制作的足球里。

手工制作的足球由KDF病友用爱制作, 象征着社区中团结力量与互相



扶持的精神。KDF的标志加强了病友们的认同与使命感。这三百颗折叠的纸星星代表着KDF病友的人数，蕴含着他们的集体希望和最美好的祝愿。此作品反映了KDF社区的凝聚力、韧性和面对肾脏疾病的共同使命。

令人振奋人心的决赛中，“KNOCKOUT”团队赢得了KDF“Got To Goal 2023”慈善五人制足球锦标赛的冠军。颁奖前，KDF董事们王春发先生和劳万成

先生向高级政务次长蔡瑞隆先生献上了感谢礼——一颗包含着三百颗折叠纸星星的手工足球。随后，蔡先生与KDF董事和KDF华社委员会主席一起为获胜的团队们颁发了现金奖励。

“我们非常的荣幸能获得Got to Goal 2023年五人制足球慈善锦标赛的冠军，不仅能够在球场上举起奖杯，而且也成为这项慈善活动的大使。这场胜利不仅仅代表着进球；它也象征着

我们对推广肾脏健康意识的承诺，以及肾脏透析基金令人敬佩的工作。”KNOCKOUT团队队长 Prasad s/o Selvaraju 先生说道。“我们相信体育运动可以产生积极正面的影响，这场胜利不仅让我们与志同道合的伙伴建立了新的友谊，也证明了我们的社区为了帮助贫困肾脏病患者团结一致的力量。”他补充说。

KDF董事劳万成先生表示：“我们向每一位参赛者、赞助商和捐赠者致以衷心的感谢，这次慈善活动的成功都归功于他们！Got To Goal 2023对我们来说是个非常重要的活动，它能够提升人们对肾脏疾病的认知，也提倡更健康的未来。”肾脏透析基金感谢所有参赛者、捐赠者和病友们，以及本次活动主要的赞助商 OdysseyRe 和 Tote Board 的全力支持。同时，我们也衷心感谢《联合早报》、《海峡时报》、《泰米尔穆拉苏报》和《新加坡独立报》为此慈善活动报道的媒体朋友们。大家的捐款以及帮助使本次筹款活动取得了巨大的成功！



# KDF GOT TO WALK 2023

## 慈善步行马拉松 - 照亮生命



肾脏透析基金 (KDF) 于 2023 年 10 月 14 日在新加坡体育中心华侨银行广场举办了首届“Got To Walk 2023: 照亮生命”慈善步行马拉松。

此次活动吸引了超过 2,500 名来自不同背景的参赛者齐聚一堂, 共同欢庆这项崇高的慈善活动。此活动筹集了超过新币 \$500,000 用于改

善贫困肾脏病患者的生活并且提高人们对肾脏健康的认知。

“照亮生命”主题的5公里步行马拉松以, 带来了许多积极的回响, 为肾脏病患者尽一份力。此活动迎来了尊贵的嘉宾, 包括陈佩玲女士 (麦波申国会议员)、陈惠意女士PBM (阿裕尼集选区顾问)、曾士生先生 (KDF 董事)、Sheena Gow女士 (AWAK Technologies高级临床经理)、以及 Jean Teo女士 (Teo Heng卡拉OK常务董事)。

陈佩玲女士在宣示比赛前向参赛者、主办方、赞助商和合作伙伴表示感谢, 答谢他们的协力支持。她强调此活动对于促进肾脏健康的积极生活方式以及帮助新加坡贫困的肾脏病患者富有着重要的意义。



参赛者踏上轻快的步伐开启了5公里步行马拉松，陈惠意女士PBM说道：

**“与这么多拥有共同目标、充满活力精神的参赛者一起行走是件非常令人鼓舞人心的经验。看到我们的社区为了这么有意义的活动团结一致，真是令人感到欣慰。”**



此活动的重点也包括 KDF 吉祥物 Kiddi 的正式发布会。Kiddi 的性格外向、坚韧和喜欢与社区互动！



Kiddi 在 2023 年 10 月 14 日出生于 KDF，象征着它捍卫肾脏健康和支持有需要的肾脏病患者所需的支持于希望。吉祥物的号码布为“1234”代表着肾脏病患者必须接受的洗肾治疗程序，每周洗肾治疗12小时，每周3次，每次4小时，提醒着人们这是肾脏病患者病所面临的挑战。

活动的尾声由激动人心的抽奖活动圆满落幕，奖品包括十份精美奖项，

其中包括 Teo Heng Wasuka Pro Jukebox配套 (由 Teo Heng Trading Pte Ltd 赞助)、Apple iPad第10代 Wi-Fi 256GB (由新加坡博彩公司赞助) 和一台Dyson V12 Detect 精致的吸尘器 (由新加坡博彩公司赞助) 以及其它令人兴奋的奖品。

KDF 董事曾士生先生向参赛者、赞助商和支持者表示感谢，他表示：“因这次 ‘Got To Walk 2023: 照亮生命’ 的成功，我们见证了社区团结和同理心非凡的力量。这活动不仅照亮了肾脏病患者的生活，也凸显了肾脏健康至关重要性。”

肾脏透析基金向 “Got To Walk 2023: 照亮生命” 活动的慷慨赞助商表示衷心感谢。我们衷心感谢主要赞助商 OdysseyRe、Lee Foundation、Shaw Foundation 以及 Tan Chin Tuan Foundation、Trailblazer Foundation 和 Asia Chemicals Pte Ltd。同时我们也向尊贵的合作伙伴表示感谢：One Heart Cleaning 和 Teo Heng卡拉OK公司。此外，也感谢我们的企业支持者 AWAK Technologies 以及 Tote Board 和新加坡博彩公司对本次活动的协力支持。KDF也致谢于我们的媒体朋友们 CNA938 的报道。你们坚定不移的支持是这次活动成功的根源！



蔡先生的日常生活虽然简单但具有意义。他习惯每天早上和傍晚都在中峇鲁花园散步，仿佛像太阳一样，早起早休息。他早晨也定时会上巴刹去，表露了他对生活简单快乐的满足感。在寂静的黎明中，蔡先生享用着潮州粥或素食米粉当早餐，品尝着过往的传统味道。



图像：蔡先生手机后面的一张黑白照片，照片上的他年龄于40多岁。

仔细观察这张四十多年前棕褐色的照片，这是蔡先生年轻时开出租车充满活力的模样。1957年获得执照的蔡先生，直到73岁，还依然那么喜欢在路上开车。

在他的全盛时期，蔡先生不只抽烟还赌博，而且每天至少吸上4包烟，直到50多岁的时候才戒掉这个习惯。

随着妻子和妹妹去世的打击后，又收到被诊断出慢性肾病，86岁的他最初犹豫是否要接受洗肾治疗的想法。这些人生经历深深的影响了他，



图像：蔡先生与侄子的家人一起享用团圆饭。

蔡先生的一生经历过不少的挑战，其中也包括最近他85岁的妹妹刚去世，带来了许多的悲痛。在这些困难中，他讲述了他已故的妻子，蔡女士是一位悲喜交加的伴侣。以往的她一家咖啡店工作，为家人补贴家用，直到在2012年去世。她的离世造成了蔡先生永恒的空虚感，但蔡先生将把她牢牢地记在心里。于2022年，他在新加坡中央医院被诊断出患有慢性肾病(CKD)，又在此让蔡先生面临了另一项挑战。经历了这些起起落落，蔡先生在侄子Teo Hong的支持下面对生活的难题，展现出他坚韧不拔的精神。

他甚至还质疑过接受治疗延长生命的意义何在。

**然而，在这段艰难的期间，侄子Teo Hong的鼓励对他来说起来很大的作用。他的鼓励促使蔡先生重新考虑是否接受洗肾治疗，他认为这不仅仅是一个治疗，而是在亲人的关心和支持下能够珍惜自己黄金岁月的机会。**

**但，提到了“淘气时期”蔡先生有着令人意想不到的的一面。在那段时期，蔡先生经营着一辆无执照的出租车，穿梭于街道之间。熙熙攘攘的街道，载着乘客。他最喜欢的路径是前往机场，当时每天的收入不仅有\$30，而且还遇到善良的乘客们。**



图像：蔡先生与家人的合照。

Teo Hong 也是一名出租车司机，他每两周会拜访蔡先生一次。这种密切家庭的凝聚力及陪伴确保蔡先生不再是独自一人。



图像:蔡先生和二侄子家人吃饭的一张全家福。

面对生命种种苦难的挑战,蔡先生的毅力非常的坚定。他因洗肾的关系,日常生活都面对着许多的改变,但这也显出了他坚韧的精神。尽管受到饮食限制,蔡先生偶尔还是会享用到他最喜欢的一盘印度炒饭,再搭配上一些油炸食品,以此庆祝他长寿。然而,为了顾及他的健康,他谨慎行事,不能过度放纵,知道节制的重要性。洗肾后,他面临着血压略低的挑战。然而,KDF 的专业医疗团队密切观察了他,确保他的健康仍然保持在水平上。

在 KDF 这紧密的社区中,蔡先生发现了与陈永华先生非常的投缘。他们之间建立的友情超乎了想象,成为了洗肾中心模范的友谊。在洗肾期间分享他们的经历和情感,两人再彼此的陪伴下找到了安慰。

虽然面对着艰难的生活,蔡先生也得到了许多政府的援助。他时常都会收到政府发送的日常用品,减轻他生活上的负担。此外,也多亏公共援助卡,



图像:洗肾后的蔡先生。

回顾新冠疫情的时候,蔡先生曾到马来西亚歇气休息。但身体的变化改变了他的生活作息。充满智慧86岁的他反思到,自己的快乐是生活中不可或缺的东西,尤其是在黄金岁月的时期。

因为拥有了快乐,知足常乐才会让生命增添更丰富的色彩。当我们走过人生不同的阶段时,幸福的意义会显得更加重要,而它,是我们生命中的灯塔。

蔡先生的哲学不仅代表着他自己,而是每个人感同身受的事实。本着促进幸福和福祉的精神,我们向富有同情心的捐赠者呼吁。您的慷慨捐助将能帮助像蔡先生这样的个体延续生命与希望,并让他感受到温暖的祝福与善念。



## 在您的支持下改变他人的生活

通过您的捐款,我们的贫困病友将能获得:

-  \$160 1 次洗肾疗程
-  \$50 1 个月的药物
-  \$10 1 支流感疫苗
-  \$1 1 次血糖测试

请扫描二维码捐赠



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他的日常活动也有所补贴。因侄子和社区俱乐部社工的协助和鼓励造就了今天的他。蔡先生依靠着大家所给予他的力量和友情度过了这坚信刻苦的旅程。

十月至十二月2023

**KIDNEYSG**  
Dialysis Foundation  
Serving the Needy Since 1996

## 肾脏透析基金简报

# 肾析简报

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## 86 岁仍保持快乐



宁静的红山景区里, 住着86岁的蔡先生。他以不屈不挠的精神优雅地度过了人生的起起落落。独自居住的他回想着过去, 告别了伴侣, 以孤独的身影走过了不同人生阶段。虽然他独自一人但他非常的乐观, 从中找到他的快乐。当我们在 KDF 锦茂洗肾中心相遇时, 蔡先生充满


活力和热情的欢迎了我, “你好! 很高兴在 KDF 锦茂与你相见!” – 这段话背后隐藏着微微的心酸。除了蔡先生坚韧不拔的精神之外, 他还是 KDF 最年长的病友之一, 这反映了他这么多年来都不曾放弃过。

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