

KDF LINK



MCI (P) 124/03/2017

JUL - SEP 2017 IN THIS ISSUE

03

A NEWFOUND FRIENDSHIP



04

PATIENT SEMINAR & OUTING



07

NEW PARTNERSHIPS



Editor-in-Chief:
Watson Ong

Mandarin Section Editors:
Dr Xiao Lei
Ms Yvonne Hui

Assistant Editors:
James Ong
Jemin Chua

Contributors:
Daniel Yao
Dickson Loi
Jemin Chua
Shelley Lu

Patient Services Department
Miss Yap (Daughter of KDF Patient)

Design:
FUZE CREATIVE LLP

Printing:
Colourscan Print Co. Pte. Ltd.

KDF Link is published by:
Kidney Dialysis Foundation Limited
Blk 333 Kreta Ayer Road,
#03-33, Singapore 080333
Tel: 6559 2630 Fax: 6225 0080
Website: www.kdf.org.sg



NEVER ALONE

CONTRIBUTED BY **MISS YAP (DAUGHTER OF KDF PATIENT)**, EDITED BY **DANIEL YAO**

Looking back on my childhood, my fondest memory is the time when my parents and I took a walk around Orchard Road during Christmas. I remember being mesmerised by the dazzling lights and glittering decorations along the street.

Unfortunately, we will never know how Orchard Road sounds like during Christmas as my parents and I suffer from severe hearing impairment. While I can hear to some degree with a cochlear implant, it is still difficult for me to answer phone calls and communicate with people in a noisy environment so I also need to read lips.

Growing up with a hearing impairment is frustrating, and up till today, I am still constantly trying my best to listen to the world and comprehend what people around me are saying.

WITNESSING THE PAIN AND AGONY

Aside from being deaf, my mother is also an end stage kidney failure patient who was diagnosed back in 1998 and has been on dialysis since.

I used to accompany my mother to the dialysis centre when I was around two to six years old. I knew she was undergoing treatment but I didn't understand why she had to stay there for such a long time.

I could remember my mother lying in bed feeling uncomfortable after she had her dialysis, as she will feel dizzy after the session.

Being a little girl confronted with her mother's illness, I often ended up in tears because the whole process of witnessing my mother undergo dialysis was very scary. I was heartbroken because I knew she was feeling uncomfortable and yet I was unable to help her.

I researched about kidney diseases on the internet to fully understand what causes the diseases. I found out that end stage kidney failure is





mainly caused by diabetes and high blood pressure, and patients suffering from end stage kidney failure need to undergo dialysis treatment or kidney transplant in order to survive.

I believe no one wants to be sick nor to endure all the pain and discomfort, so I feel sorry for the patients. I know it is painful to undergo dialysis, not to mention that some patients have to travel long distances to reach the dialysis centre, and spend four hours there every time. They also need to take large amounts of medication, watch their diet and go for regular hospital check-ups and follow up appointments. Many of them are unable to hold a full time job due to all these complications. And without a job, they won't be able to cope with the costly treatment.

For patients with any form of disability it is even more challenging and difficult for them.

FOR MY PARENTS

Making our way in the world hasn't been easy for us. My father does not earn much as a printing machine operator and

had to work overtime back then to support us and pay for my mother's treatment costs. As dialysis is a costly affair, it was really a difficult time for us.

I also used to work part-time after my N Levels to lessen my family's financial burden, but stopped after I enrolled into Polytechnic as I wanted to focus on my studies so that I can get a stable job with a decent income to support my parents in the future. To achieve this, I had to put in more effort than my peers due to my hearing impairment. Thankfully, my classmates were there to help me whenever I needed help.

There were times I wanted to give up because schoolwork

was simply overwhelming. But, I am glad I continued to push on as I finally managed to get my Diploma after three years of hard work and also managed to secure a job upon graduation.

PILLAR OF SUPPORT

There are times I wish that my mother did not suffer from end stage kidney failure. If that were true, I think we probably would not have to worry about having financial difficulties since she would be working, and we could even travel to other countries! I would love to bring my parents to Taiwan for its beautiful scenery and delicious food often shown on Chinese television shows.

If only there is a definite cure for kidney disease.

Despite the struggles and my mother's condition, I am glad to have both of my parents with me and I consider them as my pillar of support. Without the support of my parents, I would not be where I am today. However, I will do my best to be the pillar of support for my parents in the future. Fortunately, our burden has lessen now as we currently pay less for my mother's treatment costs with the help we receive from KDF.

Nobody wants to be sick, not to mention to be diagnosed with an illness that requires treatment for life. But it can happen to anyone. At KDF, we provide subsidised dialysis treatment for low-income patients so that they will not be deprived of treatment due to financial difficulties. However, it will not be possible without the help from donors like you. Be part of our life-saving mission and give our patients a reason to continue to live on. You can send in your donation via the enclosed Business Reply Envelope. For more information, please visit www.kdf.org.sg or call **6559 2630**.



A NEWFOUND FRIENDSHIP

BY JEMIN CHUA

On May 12th 2017, KDF hosted a very special group of visitors at our Bishan Dialysis Centre. Residents of the Singapore Cheshire Home arrived with the home's head nurse, social worker and general

We hope that our newfound friends from the Singapore Cheshire Home benefited from the visit and made positives changes to their daily routine back at the residential home.

manager in tow, for a specially arranged talk on kidney failure and its treatment options.

Conducted by our clinical nurse, attendees gained a better understanding on the functions of our kidneys and the gravity of the situation when this important organ fails. There was also great emphasis on diabetes control and practical tips on how to do so, as some of the residents suffer from the condition.



KDF is offering free health talks to the community! Whether you are a corporate, grassroots organisation, or fellow social service organisation, we welcome you to get in touch for more details.



Contact Jemin at jemin.chua@kdf.org.sg / 6559 2651 or Lu Xu at luxu@kdf.org.sg / 6559 2653.

KDF VOLUNTEER LONG SERVICE AWARD

BY DANIEL YAO

On 6th March 2017, a celebratory dinner was held to celebrate the successful completion of the KDF Millennium Ride. In attendance were participating cyclists, event donors, KDF board members and Law Minister Mr K. Shanmugam.

That evening, we also recognised the contributions of two long serving volunteers of KDF — Mr Albert Seah and Mr Peter Sng. They were presented a Volunteer Long Service Award for 10 years and 5 years respectively.

Mr Albert Seah Hak Kwang, a member of the KDF Chinese Community Committee, is one of our most veteran volunteers involved in the KDF lunar 7th month fundraising project. Well into his seventies, Mr Seah still actively supports auction sites that KDF has been invited to, by going around seeking



for potential bidders and sharing with them how the proceeds from the charity auction will benefit needy patients.

Also from the same committee, Mr Peter Sng Chai Ann has been actively involved in helping KDF liaise with temples and lunar 7th month dinner organisers to secure opportunities for KDF to auction off our charity icon at their event. Peter has also helped to garner sponsorship items for our patients and events. Notably, he was part of the group of volunteers who distributed red packets to KDF patients this lunar New Year.

We would like to take this opportunity to express our deepest gratitude to both Mr Albert Seah and Mr Peter Sng for their dedication and service over the years.

PATIENT EDUCATION SEMINAR & SINGAPORE RIVER CRUISE

BY DANIEL YAO

The first patient education seminar and outing for the year happened on 23rd April 2017. Over 100 patients and their family members attended the seminar held at Marina Barrage, followed by a nostalgic cruise along the Singapore River, sponsored by Singapore River Cruise.

For this event, we also had volunteers from the CabbyCare Charity Group joining us as part of their mission to help the less fortunate. They took on the



responsibility of fetching our wheel-chair bound patients to and fro the seminar and also pitched in to help during the event.

The seminar's topic was "Managing Your Sugar", where Associate Professor Sum Chee Fang from Khoo Teck Puat Hospital advised dialysis patients how they can better manage their sugar levels through a carefully planned diet. The talk also stressed the importance of self-blood glucose monitoring and exercise.

After a hearty buffet lunch, patients and their family members made their way to the jetty located at Clarke Quay. There, participants took turns to board the bumboat and headed out to enjoy a magnificent

Singapore River experience. A little insight of Singapore's history was also provided during the 40-minute ride through a visual screen on the boat.

To some of our patients, the ride triggered old memories as they reminisced how Singapore River used to be an old port where coolies carried gunny sacks filled with commodities. Taking in the current scenery of the river, many of our older patients marveled at how Singapore has changed so much over such a short time.

This seminar and outing was organised by Renal Friends, a patient support group for all kidney patients and their families. We would like to thank them for organising this fun-filled event and also event volunteers from



Renal Friends, CabbyCare Charity Group and KDF for contributing their time and effort to make this yet another successful patient education seminar and outing.



DUTCH COLONY COFFEE COMPANY 4TH YEAR ANNIVERSARY CSR

BY DICKSON LOI

In the month of May, we were invited by Mr Suhaimi, co-founder of Dutch Colony Coffee Company to be part of a charity campaign in conjunction with their company's fourth year anniversary. It was a pleasant surprise for KDF to be selected as their beneficiary.

The three-month campaign enabled KDF to place our donation boxes at their outlets from May till July 2017. A special charity drive was also organised at three Dutch Colony cafes on 17th May 2017. On that day, 50% of the proceeds from the sale of all drinks were donated to KDF.

Proceeds collected on that day were presented to KDF by the founders of the cafe on 31st May 2017. The amount raised will help to defray the dialysis costs of needy patients at KDF. From the bottom of our hearts, we would like to thank Mr Suhaimi and Dutch Colony Coffee Company employees for their support and contribution towards the success of the event.



Mr Suhaimi (middle), co-founder of Dutch Colony Coffee Company.

YOU CAN DROP BY ANY OF THE CAFES LISTED BELOW:

**PasarBella@
The Grandstand**
Address: 200 Turf Club Road, #02-K67, Singapore 287994

UE Square Mall
Address: 81 Clemenceau Avenue, #01-21, Singapore 239917

Dutch Colony Coffee Company
Address: 113 Frankel Avenue, Singapore 458230

DONATE THROUGH OUR PARTNERS - NEW PARTNERSHIPS

BY DICKSON LOI

Every cent counts, it only takes a small effort to make a big difference for needy kidney patients.

In Singapore, the traditional donation box remains one of the most convenient ways to give to charity. Through island-wide placement of these donation boxes, members of the public are able to easily locate and make donations through these boxes of hope. The fact that many individuals contribute their loose change to our donation boxes, shows that there are many kind-hearted people out there who care for the less fortunate in Singapore. These small actions certainly warmed our hearts.

Over 50 retailers are currently part of the KDF donation box placement project, including S-11 F&B Holdings Pte Ltd, Ubin First Stop Restaurant and Kim San Leng (F&B) Group. Under this project, our partners allow us to place our donation boxes at their business premises to raise funds for our patients as part of their corporate social responsibility efforts.

All donations raised will help to defray the dialysis costs of needy patients at KDF. You can help by dropping your loose change into one of our donation boxes or spread the word about this project so more retailers can be part of this meaningful project. Together, we can do our part by giving back to society.

Lastly, on behalf of our patients, we would like to express our heartfelt thanks to all our new and old partners for adopting our donation boxes at their outlets.



THIS YEAR, WE ARE PLEASED TO ANNOUNCE THESE NEW PARTNERSHIPS:

SOUTH

- Liang Teck Plastic Pte Ltd**
Blk 333 Kreta Ayer Road, #01-33, Singapore 080333
- K88 Coffee House**
Blk 5 Banda Street, #01-52, Singapore 050005
- Women's Talk Beauty**
Blk 333 Kreta Ayer Road, #02-26, Singapore 080333

CENTRAL

- Nam Kee**
Blk 681 Race Course Road, #01-285, Singapore 210681
- Brunches Café**
96 Rangoon Road, Singapore 218381

NORTH

- Nusing Eating House**
Blk 509 Bishan Street 11, #01-382, Singapore 570509
- EML F&B Pte Ltd**
190 Woodlands Industrial Park E5, #01-01, Singapore 757516
- H.J Ventures Pte Ltd**
Blk 150A Bishan Street 11, #01-157, Singapore 571150

EAST

- Ubin First Stop Restaurant**
Blk 1202 East Coast Parkway (East Coast Seafood Centre), #01-02, Singapore 449881

WEST

- Unihome Value Shop**
Blk 21 Ghim Moh Road, #01-193, Singapore 270021
- Ya Hui Supermart**
Blk 42 Holland Drive, #01-91, Singapore 270042
- New Century Cafe Pte Ltd**
Blk 19 Ghim Moh Road, #01-263, Singapore 270019
- Xin De An Medical & Minimart**
Blk 105 Clementi Street 12, #01-02, Singapore 120105

For more information about our donation box project, please contact Mr. Dickson Loi at **6559 2652** or dickson.loi@kdf.org.sg.

THANK YOU FOR YOUR HELP

BY DANIEL YAO



It is not easy being a Flag Day street collector. It can be a tiring "job" because you might have to stand under the scorching sun and face rejections from passers-by. However, the number of volunteers we have for Flag Day has a direct effect on the amount of funds raised. This means that organisations need as much help as possible to raise the much needed funds for their beneficiaries.

22nd July 2017 was KDF and Cheng Hong Welfare Service Society's Joint Flag Day. Our volunteers were out on the streets to appeal for donations, with the aim of achieving our fundraising goal of \$50,000 this year.

We sincerely thank all the volunteers who took the time to help us raise the much needed funds for our beneficiaries. The event would not have been a success without their help. We would also like to thank all the kind donors who contributed to our Flag Day. Thank You!

Head over to our Facebook page for event photos. Do also look out for detailed coverage of the joint Flag Day in our next issue!

KDF CHARITY DRAGON BOAT CHALLENGE 2017

Dragon boating for a good cause. We are inviting all dragon boat teams in Singapore to join KDF's first Charity Dragon Boat Challenge.

Date: 8th October 2017, Sunday | Time: 9am - 1pm | Venue: Kallang Riverside Park (Stadium Link)

- Category: A) Corporates Mixed Category
B) Clubs Mixed Category
- Crew composition: Small 12 crew racing boat
Maximum 14 participants per crew, with minimum 4 female paddlers.
- Registration starts on 25th August 2017
- Registration fee: \$200** per team, closing date: 17th September 2017, 11:59pm
\$140** per team for early bird, closing date: 31st August 2017, 11:59pm

(The registration fee will be waived off if the team raise \$500 and above in donations for KDF. Donations are eligible for 2.5 times tax deduction)

** Registration fee subjected to 7% GST.



KDF SUPPORTERS ARE WELCOMED TO JOIN THE EVENT AND VISIT OUR FUN & EDUCATION BOOTHS.

More details about the event will be released by KDF and the Singapore Dragon Boat Association on our respective websites soon. For donation-related matters, please contact Ms Shelley Lu at KDF (Tel: 6559 2653, email: luxu@kdf.org.sg).



KEEPING FIT IN KIDNEY FAILURE (Part 2)

IN THE LAST ISSUE, WE HIGHLIGHTED THE REASONS WHY WE NEED TO EXERCISE ESPECIALLY FOR KIDNEY PATIENTS. FOR THIS ISSUE, WE WILL TELL YOU WHAT TO CONSIDER BEFORE YOU START EXERCISING.



What to do?

Each person's health and fitness levels, motivation and time constraints are different. Also, each person's progress will vary. Consider these four things before you start exercising:

- a) Type of exercise
- b) Length of time for exercising
- c) How often to exercise
- d) How hard

Type of exercise

Start with the type of exercise that you like to do, for example walking, swimming, and bicycling. Always remember to begin with a warm up and finish off with a cool down after your chosen exercise. Gradually progress to a higher level when you are stronger.

Length of time for exercising

Duration of exercise will depend on your present fitness level. You should exercise within a time span that you can cope with.

How often to exercise

Slowly increase from once a week to three times a week on non-consecutive days.

How hard

Start with a pace you are comfortable with. Start slowly each session to warm up, pick up your pace, then slow down again when you are about to finish.

Ten Commandments to remember

1. Schedule your exercise into your regular daily routine.
2. Wait one hour after a large meal.
3. Avoid exercising during the hottest hours of the day i.e. noon and afternoon.
4. If you are feeling unwell e.g. fever, flu, under emotional stress, or having joint or bone aches, do not exercise. Give a period of rest before you resume your activity.

5. If you have changed the type of your regular medications or its schedule, or your medical status has changed, do not exercise until you have consulted your doctor.
6. If you are feeling excessively fatigue, stop exercising.
7. If you are suffering from cardiac problems e.g. chest pains or irregular or rapid heart beats, do not exercise. Consult your doctor first for advice.
8. Stop exercise if you feel nausea, giddiness or leg cramps.
9. Any kind of exercise should be approached gradually.
10. Do not be ambitious with your exercise program, but exercise at a level appropriate to your age and fitness.

Recommended simple and light exercises

1. **Arm stretches** - lift arms over your head. Try to stretch and reach for the ceiling. Repeat 10x
2. **Arm circles** - put your hands on your shoulders. Lift your elbows out to the side and draw big circles with your elbows. Repeat 10x
3. **Trunk bends** - place your hands on your hips. Bend body from side to side. Repeat 10x
4. **Trunk rotations** - place your hands on your hips and twist trunk round from side to side. Repeat 10x
5. **Thigh stretch** - stand, holding onto support with one hand and to ankle with other. Pull ankle to bottom till a stretch is felt in the front of your thigh. Hold 5 secs
6. **Back thigh stretch** - sit and straighten one leg while bending the opposite knee. Reach forwards and try to touch the toes of your straight leg, till you feel a stretch in the back of your thigh. Hold 5 secs
7. **Calf stretch** - stand with feet hip width apart and step forward. Transfer weight to the back foot, letting your heel touch the floor. Hold 5 secs

捐款箱新合作伙伴

译鲁旭 (Shelley Lu)

每一分善款、每一次小小的义举都能为贫困肾病患者带来大大的改变。

在新加坡，传统捐款箱是最便利的捐款方式之一。通过在全岛放置捐款箱，公众可以很方便的将零钱投入捐献箱，日行一善。一个细小的举动，却让我们深深感受到大家对弱势人群的关注。

KDF目前已在全岛50多家店铺和熟食中心放置捐款箱，其中包括S11、金山岭熟食中心以及乌敏第一站海鲜楼等。这些商家通过放置捐款箱帮助我们的病患筹款，同时也尽一份企业社会责任。



今年，我们很高兴又有更多商家加入我们的捐款箱放置计划。这些新合作伙伴分别是：

中部

- Nam Kee**
Blk 681 Race Course Road,
#01-285, Singapore 210681
- Brunches Café**
96 Rangoon Road,
Singapore 218381

北部

- Nusing Eating House**
Blk 509 Bishan Street 11,
#01-382, Singapore 570509
- EML F&B Pte Ltd**
190 Woodlands Industrial
Park E5, #01-01,
Singapore 757516
- H.J Ventures Pte Ltd**
Blk 150A Bishan Street 11,
#01-157, Singapore 571150
- 新潮丰综合参茸药行**
Blk 150A Bishan Street 11,
#01-163, Singapore 571150

5. Chung Ling 巴刹

Blk 151A Bishan Street 11,
#01-01, Singapore 571151

6. Cheng Li 咖啡店

Blk 284 Bishan Street 22,
#01-211, Singapore 570284

7. BS HUB PTE LTD (咖啡店)

Blk 120 Bishan Street 12,
#01-67, Singapore 570120

南部

- 良德塑胶私人有限公司**
Blk 333 Kreta Ayer Road,
#01-33, Singapore 080333
- K88 咖啡店**
Blk 5 Banda Street,
#01-52, Singapore 050005
- Women's Talk Beauty**
Blk 333 Kreta Ayer Road,
#02-26, Singapore 080333
- Leong Yick Loong minimart**
Blk 333 Kreta Ayer Road,
#01-28, Singapore 080333
- Save Mart - OS Deen Pte Ltd**
Blk 334 Kreta Ayer Road,
#01-10, Singapore 080334

6. Bio-Cells Regulation Therapy LLP

321 Alexandra Road,
Alexandra Central #03-33
Singapore 159971

东部

- 乌敏第一站海鲜楼**
Blk 1202 East Coast Parkway
(East Coast Seafood
Centre), #01-02,
Singapore 449881

西部

- Unihome Value Shop**
Blk 21 Ghim Moh Road,
#01-193, Singapore 270021
- 雅惠超市**
Blk 42 Holland Drive,
#01-91, Singapore 270042
- 新世纪咖啡店**
Blk 19 Ghim Moh Road,
#01-263, Singapore 270019
- 新德安参茸药行百货中心**
Blk 105 Clementi Street 12,
#01-02, Singapore 120105

在此，我们衷心感谢新老合作伙伴们的全力支持。如果您在上述地点看到KDF捐款箱，请献上一份小小心意支持我们。如果您希望详细了解KDF捐款箱放置计划，请联络Dickson黎先生，电话6559 2652，电邮dickson.loi@kdf.org.sg。

咖啡厅慈善筹款

译鲁旭 (Shelley Lu)

今年5月，我们有幸应Dutch Colony咖啡公司合伙人Suhaimi先生邀请，参与该公司四周年庆慈善活动，并荣幸成为该活动的受益团体。

从5月到7月为期三个月的活动期间，KDF的捐款箱被放置在Dutch Colony旗下的咖啡厅接受公众捐款。在2017年5月17日当天，KDF还在Dutch Colony的三间咖啡厅组织了一次特别的慈善筹款，而Dutch Colony将当天咖啡厅出售饮品的一半收入捐献给KDF。

5月31日，Dutch Colony咖啡公司的创始人们特别将该笔捐款送到KDF。这笔善款将用于KDF病患的洗肾支出。我们非常感谢Suhaimi先生和Dutch Colony咖啡公司所有员工的支持和奉献，让本次活动圆满举办。



Dutch Colony伙人Suhaimi先生与旗下员工。

您也可以到以下Dutch Colony咖啡厅捐款：

**PasarBella@
The Grandstand**
地址: 200 Turf Club Road,
#02-K67, Singapore 287994

UE Square Mall
地址: 81 Clemenceau Avenue,
#01-21, Singapore 239917

**Dutch Colony Coffee
Company**
地址: 113 Frankel Avenue,
Singapore 458230



万分感谢您的帮助!

译姚凯杰 (Daniel Yao)



当一名售旗日义工, 其实并不容易。这是一份‘苦差事’因为您可能得曝晒在烈日底下, 面对行人的拒绝。不过, 就售旗日而言, 义工的数量对最终所筹募的款项有着直接的影响。这也意味着慈善团需招募大量义工才可以为他们的受益者筹到必要的善款。

2017年7月22日是肾脏透析基金与众弘福利协会的联合售旗日。那天, 我们的义工在全岛各处向民众募捐, 为了就是达到我们5万元的筹款目标。

我们真心感谢所有抽空前来为我们的受益者募款的义工们。这次的售旗日因为你们的热心帮助才得以圆满成功。同时, 我们也衷心感谢各路善心人士的乐捐。

我们在KDF的官方脸书分享了许多活动的现场照片, 如感兴趣可浏览<https://www.facebook.com/KDFsg/>。也敬请期待下一期肾析简报的售旗日后续报道。



有朋自远方来, 不亦乐乎

译蔡永馨 (Jemin Chua)

今年5月12日KDF的碧山洗肾中心迎来了一群很特别的客人。他们是来自新加坡济世之家 (Singapore Cheshire Home) 的安老院居民和职员, 当天特别到访参加以肾衰竭和其治疗方案为主题的健康讲座。

也着重分享一些能帮助他们有效控制糖尿病的小贴士。

我们诚心希望新加坡济世之家的朋友能从此次讲座中受益, 回到安老院之后力行更健康、更活跃的生活。



讲座由KDF的临床护士主讲, 重点介绍了肾脏的功能和慢性肾衰竭的严重性。由于参加讲座的老人不乏糖尿病患者, 所以主讲护士

KDF正在推广免费社区健康讲座! 无论是公司、社团、基层组织还是慈善机构, 如有需要都欢迎与我们联系。



您可联系蔡永馨小姐 (jemin.chua@kdf.org.sg/6559 2651) 或鲁旭小姐 (luxu@kdf.org.sg/6559 2653)。

KDF 2017慈善龙舟赛

诚邀新加坡的龙舟健儿们加入KDF首届慈善龙舟赛!

活动日期: 2017年10月8日, 星期日 | 时间: 上午9点至下午1点 | 地点: 加冷河畔公园 (Stadium Link)

- 参赛组别: A) 企业混合组 B) 俱乐部混合组
- 比赛摘要: 200米直道, 12人小型龙舟
每队成员14人, 包括至少4名女划手
- 报名起始日: 2017年8月25日
- 报名费: 每队\$200元**, 报名截止: 9月17日晚11时59分
8月31日晚11时59分前报名, 报名费\$140元**
- 如参赛队为KDF筹款至少\$500元以上, 可免除报名费。
捐款可获2.5倍所得税回扣。

** 报名费未含7%消费税



欢迎大家在比赛当日前往活动现场为健儿们加油打气, 同时参访我们的健康及游戏站。

更多活动详情, 请访问以下网站: KDF: www.kdf.org.sg SDBA新加坡龙舟协会: www.sdba.org.sg
为本活动捐款或赞助, 请联络Shelley鲁小姐, 电话6559 2653, 电邮luxu@kdf.org.sg。

KDF长期服务义工奖

译蔡永馨 (Jemin Chua)

2017年3月6日, KDF特设晚宴款待参与《KDF慈善脚车马拉松》活动的车手, 庆贺他们成功完成一千公里义骑。当晚出席的嘉宾还包括活动赞助商、KDF董事及大会主宾内政兼律政部长尚穆根先生。

当晚我们也特别颁发了长期服务奖给两位KDF华社筹款委员会的资深义工, 感谢他们长久以来对KDF的贡献和付出。余汉宽先生和孙财安先生分别获颁10年和5年长期服务义工奖状。

余汉宽先生是KDF华社筹款委员会的成员, 也是我们中元节筹款活动最资深的义工之一。年届七十的余先生十多年

来积极参与KDF在各中元节晚宴的福物义标筹款活动, 并亲自张罗慈善喊标大小事宜, 与义标宾客分享善款将如何运用来帮助有需要的KDF病患。

同为KDF华社筹款委员会成员的孙财安先生, 则尽心尽力、四处奔波为KDF争取在各庙宇和中元会的庆典和晚宴现场进行慈善喊标的机会。另外, 孙先生也热心为KDF筹款活动联络商品赞助, 今年年初更参与策划报德善堂拜访KDF病患发送红包的活动。

在此我们想向余汉宽先生和孙财安先生表达衷心感谢之意, 感恩他们多年来对KDF的付出。



健康宣教讲座暨郊游活动 (新加坡河怀旧之旅)

译鲁旭 (Shelley Lu)

2017年4月23日KDF举办了本年度第一次病患健康宣教讲座兼郊游活动。超过100名病患及他们的亲属参加了此次在滨海堤坝举办的讲座，并在新加坡船运公司赞助下一同畅游了新加坡河。

本次活动还获得了城市德士关怀小组的大力支持，他们除了派司机接送坐轮椅的病患参加讲座，同时还在活动现场义务帮忙。

本次讲座的主题是“控制您的血糖”，来自Khoo Teck Puat医院的Sum Chee Fang副教授为病患们详细讲解了如何通过管理膳食来更好地控制血糖水平，同时还强调自我监测血糖以及运动的重要性。



享用了丰盛的自助午餐后，病患及其家人便移步前往克拉码头的游船停靠点。在那里，大家依次登船开启了游河之旅。在航行的40分钟时间里，游船通过视频简单回顾讲解了新加坡的历史。

有些病患，仍保留着旧时的记忆，曾经的新加坡河，苦力们肩扛装满货物的麻袋在码头上穿梭。现如今看到两岸高楼鳞次栉比，年长的患者们不禁感叹短短数十年新加坡日新月异的变迁。

本次病患健康宣教讲座兼郊游活动是由肾友会一肾病患者及家属自助社团成功主办。我们衷心感谢来自肾友会、城市出租车司机慈善团体及KDF的义工们为本次活动的倾情奉献。



常能感同身受。透析的过程是痛苦的，一坐就是四个小时，那些住得远的病人需要长途跋涉才能来到透析中心，真的很不容易。除此之外他们还需要服用大量药物，注意饮食，定期进行医院检查和随访，因此他们中的大多数无法找到全职工作，没有工作没有收入自然无法承担高昂的医药费用。

可想而知，身患残疾的洗肾病人会面临更多的困难与挑战。

为了我的双亲

要在这个社会上立足对我们家来说极其不容易。我爸爸在印刷厂作机器操作工，薪水不高，当时只能靠加班贴补生活费，支付妈妈的洗肾费用。无津贴的洗肾治疗费用真的太高了，给我们家带来非常大的经济压力。

我在N级水平考试之后，曾作过一段兼职工作帮补家用，但进入理工学院就读后就在工作辞了，为的是可以专心读书，以便将来能有一份稳定的工作，有一份体面的收入来供养我的父母。因为先天的不足，为了达成这个目标我不得不比同龄人付出更多的努力。感恩我有一群好同学，总在我需要的时候施以援手。

课业的繁重曾让我数次萌生放弃的念头，幸好我都坚持了下来。经过三年的努力我终于拿到理工学院的文凭，并在毕业后不久找到了一份好工作。

精神支柱

许多次许多次想往，如果妈妈没有患上肾衰竭该有多好。那样的话我们家就不会为缺钱而烦恼，因为妈妈也可以外出工作赚钱，我们甚至可以一起出国旅游。我特别想带他们去台湾游玩，看美丽的风景，吃当地的美食。

如果有办法根治末期肾衰竭就好了。

但不论生活多么艰难，我很庆幸有父母陪伴在我身边，他们是我的支柱，没有他们的支持，就不会有今天这样的我。以后就轮到当他们的支柱，让他们依靠。最后，非常感恩KDF多年来的帮助，有了KDF的补贴，我们才负担得起昂贵的透析费用。



没有人愿意生病，更别提重疾缠身。但世事难料，它可能发生在任何人身上。在KDF，我们为低收入患者提供有补贴的透析治疗让他们得以生存。我们仰赖善长仁翁的慷慨捐赠才得以继续我们的使命。若您愿意贡献一点心意，请通过随附的回执信封捐款。欲知更多详情请电邮www.kdf.org.sg或致电6559 2630。

肾析简报



MCI (P) 124/03/2017

2017年7月-9月
本期内容

03

新加坡河
怀旧之旅



04

有朋自远方来，
不亦乐乎



07

捐款箱新
合作伙伴



主编:

王春发 (Watson Ong)

特邀华文编辑:

肖磊 (Dr Xiao Lei)
许婉芬 (Yvonne Hui)

助理编辑:

王历祥 (James Ong)
蔡永馨 (Jemin Chua)

文章提供:

鲁旭 (Shelley Lu)
透析服务及教育部
叶小姐 (KDF病患的女儿)

刊物设计:

FUSE CREATIVE LLP

印刷:

Colourscan Print Co. Pte. Ltd.

肾析简报出版方:

肾脏透析基金

Blk 333 Kreta Ayer Road,
#03-33, Singapore 080333
Tel: 6559 2630 Fax: 6225 0080
网址: www.kdf.org.sg



©2017 肾脏透析基金版权所有。

从不孤单

文叶小姐 (KDF病患的女儿), 整理姚凯杰 (Daniel Yao); 译蔡永馨 (Jemin Chua)



每每回想起童年时光, 最记忆犹新的便是和父母逛圣诞节期间的乌节路。那璀璨亮丽的街灯、耀眼夺目的圣诞装饰让我目眩神迷。

美中不足的是, 爸妈和我永远都不知道圣诞节的乌节路是何等喧闹, 因为我们都有重度听力障碍 (俗称耳聋)。虽然我植入了人工耳蜗 (cochlear implant) 有一定的声音知觉, 但接听电话或在嘈杂的环境中与人交流还是困难的, 需要阅读唇语来辅助。伴随着听力障碍的成长是令人沮丧的, 直到今天我仍在不断地努力, 倾听这世界, 想知道人们都在说些什么。

苦痛与煎熬的见证者

除了耳聋, 我母亲还是一名末期肾衰竭患者。她自1998年被确诊后便开始了

透析治疗 (俗称洗肾)。在我很小的时候, 大概两岁到六岁之间吧, 我常常跟着母亲去洗肾中心。我知道她在接受治疗, 但当时的我不明白她为什么要在那里一下呆那么久。记忆里妈妈洗肾后总要躺在床上休息, 说觉得头晕, 看起来很不舒服的样子。

对当时年幼的我来说, 看着妈妈洗肾是一件很恐怖的事情。我常常伤心流泪, 因为明明知道她很不舒服却无能为力。

我通过网上检索了解到终末期肾功能衰竭主要是由糖尿病和高血压引起的。而终末期肾功能衰竭的患者只有接受肾脏移植手术或终生进行透析治疗才能存活。

我相信这世上没有人愿意生病, 更没有人愿意承受病痛的折磨, 对这一点我非