

KDF LINK



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COMING FULL CIRCLE

BY JEMIN CHUA

Like any young woman, Ms Choo Peck See, 45, had dreamed of meeting the right person someday, settling down and starting a family of her own. It was almost a dream come true when she was called up to receive a kidney transplant and have a shot at a normal life.



Bittersweet Sixteen

Just mere months after completing her O-Levels and still finding her bearings in the aftermath of her mother's sudden stroke, Peck See herself showed symptoms of kidney failure. The poor appetite, anemia, swollen feet and eventually after a full blood test, she was told she needed dialysis. She was only sixteen.

"Why me? That was the question I asked repeatedly when I first found out. People my age were out there having fun and enjoying their lives, but me?"

"I actually had all those symptoms back in school but we didn't suspect anything. My parents just

thought I was going through a dieting phase like other teenage girls," Peck See recounted.

Despite the initial shock, Peck See started on peritoneal dialysis, a considerably new form of treatment at that time, paying about \$1,000 monthly. Her father, the sole breadwinner of the family, tirelessly fulfilled the role of a provider and dedicated caregiver to both her and her mother.

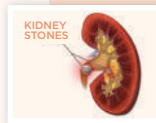
It was five and a half years later that Peck See was called up for a kidney transplant.



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Switching Roles

In a cruel twist of fate, just nine months after her transplant, her father was diagnosed with cancer. Due to his illness, he had to quit his job as a police officer, halting all income in the household.

Peck See, who was still recovering from the transplant, turned caregiver to her parents. She took on household responsibilities and learnt the ropes on how to care for her father and stroke-stricken mother, who had limited motor function and could not move without support.

When her father passed away five years later in 1997, Peck See took it upon her to fully dedicate herself to caring for her mother, now 65 years old.

Two Peas in a Pod

With birthdays just a day apart, Peck See and her mother share a very close bond and are practically inseparable. They spend almost every waking moment together, whether Peck See is doing the laundry or cooking, her mother is always just a head turn away.

“Even when I’m at the hospital for a few hours, I will call her and tell her where I am and how much longer it would take. I just want to talk to her and hear her voice,” she said with a smile.

For a pair this close, the most heart-wrenching thing that could even happen is being apart.

In 2004, Peck See suffered a heart attack and had to be admitted into the hospital. She was initially reluctant as it meant leaving her mother alone at home. Her fears actualised

when her mother was brought to another hospital that same day, as there was simply no one else to care for her.

“At that point, my only thought was that I had no one else in the world but my mother. My heart was literally torn into two!” Peck See recounted, still visibly distressed by the memory.



Her mother was subsequently transferred to a nursing home as an interim arrangement while Peck See recuperated at home. For that short period, Peck See was a fixture at the nursing home, staying till the end of visiting hours every day.

And when she was alone at home, all she did was stare blankly at the walls. It was all the more unfortunate that this happened during the Lunar New Year, which is all about family reunion.

Coming Full Circle

After a routine blood test this April, Peck See received a worried call from her doctor, informing her of the worst – she needed urgent dialysis.

22 years after her transplant, Peck See is now back to where she started.

“I hadn’t really expected it, but I always knew my transplanted kidney might not last a lifetime. But, as long as I can continue to take care of my mother, nothing is a problem; I am willing to take whatever comes,” said Peck See earnestly.

Nonetheless, the issue of dialysis fees weighs heavily on her mind. Having devoted all her time to caring for her mother, the household has zero income and no savings at all; they barely scrape by each month with help from their relatives.

With this added expense, Peck See is still figuring out how to cope. “If I scrimp on my groceries, I can probably still manage, but if I have to pay more than \$100, I’ll have to eat white bread every day,” she half-jokingly said.

But does she regret choosing to devote herself to her mother over living her own life?

“I don’t regret it at all. So long as my mother is happy, I will be happy. My only regret is not taking care of my father well enough when he was ill, so now with my mother, I am giving it my all,” she replied definitively.

Many patients at KDF are like Peck See, having little or no income, while dialysis fees add on to their daily expenses. Help them by making a donation via the enclosed business reply envelope. Your contribution will help subsidise their treatment costs and lighten their burden. For more information on how you can help, visit www.kdf.org.sg or call **6559 2630**.

THE BIG SWITCH

BY ERICIA LAU

Did you know that KDF has been collaborating with partners from the retail, healthcare and F&B industries for the placement of our donation boxes on their premises? For the past 12 years, these donation boxes have been used as a mode to raise funds for needy kidney patients, as well as an outreach tool to create public awareness.



This year, we are pleased to announce that we have revamped our donation boxes, which were beginning to fall apart. Our new boxes now spot a fresh new look which is compact,

showcasing a distinctively sleek and modern design. Upon first look of the prototype, the polished metal body of the box is what catches the eyes of many.

The new box, standing at a height of 190mm and a width of 180mm shows an entirely different outlook from the old ones. The revamped donation boxes are smaller and designed in the shape of a square, allowing for more convenience in the placement of the boxes.

The proceeds raised from these donation boxes have helped KDF extend subsidies to the needy in our community whose lives are affected by kidney diseases. As KDF continues to fulfill the life-saving mission of providing subsidised high quality treatment to needy kidney patients, we hope that more organisations will support our cause.

Every one of us at KDF would like to give our heartfelt thanks and appreciation to our current partners for their kind generosity in placing our donation boxes on their premises.

Are you looking for an opportunity to give back to the community? Why not adopt our donation box and place it at your business premise. Please contact Ms. Ericia Lau at **6559 2652** or ericia.lau@kdf.org.sg for more details.

To find out more, please visit www.kdf.org.sg/how-can-you-help/donation-boxes.

KDF FLAG DAY 2014

BY JEMIN CHUA

It is that time of the year again, where our volunteers combed the island with our little white bags of hope. The annual KDF Flag Day took place on 13 September 2014, mobilising more than 250 volunteers and staff over a span of 8.5 hours.

This year, we garnered strong support on the corporate front, with more adult volunteers joining us as part of their company's Corporate Social Responsibility efforts. We had

with us volunteers from Roche Singapore and Fresenius Medical Care.

Students from Guangyang, East Spring and Marsiling Secondary School took time off from their study schedule to support our cause. They collected donations from the popular areas in Jurong and Bishan.

Pasir Ris Crest Secondary and Singapore Sports School students also supported our

flag day by raising money with pledge cards.

Apart from student and corporate volunteers, it was especially heartening to see families volunteering together. The experience had not only introduced the younger children to community service, it was also a chance for family bonding over a very meaningful cause.

Check back again in our next issue for event photos and more details on KDF Flag Day 2014.



GALLOPING TOWARDS AN AUSPICIOUS BEGINNING

TRANSLATED BY JEMIN CHUA



On 5th July 2014, KDF's Chinese Community Committee organised the annual Charity Icon Launching Ceremony and Appreciation Dinner at Bliss Garden Restaurant located at Singapore Expo.

The dinner was graced by Ms Tin Pei Ling, Member of Parliament for Marine Parade GRC, as our Guest-of-Honour, as well as Dr Gordon Ku, Chairman of KDF.

Together, they officiated the unveiling of "Auspicious Beginnings", our charity icon for the year. Both Dr Ku and Ms Tin Pei Ling also autographed the three charity icons up for auction that night.

Top donors of the evening include Mr Tan Ji Guang of Lao Zhong Zhong Five Spice Stall and Mr Tang from Golden Pillow 933, who generously donated \$10,000 and \$9,330 respectively, while a very charitable Mrs Yeo contributed \$9,000. As appreciation for their acts of generosity, each of

them received a KDF charity icon from our Guest-of-Honour, Ms Tin Pei Ling.

The organising committee would also like to express their deepest gratitude to the following donors for their charitable contributions: Chi Hang Trading, Fresenius Medical Care, Sunny Ocean Cosmetics, Mr Alan Soh, Mr Lin Zhen Qing PBM and the other altruistic donors who contributed in support of our cause.

With the strong support from some 500 guests who joined us that evening, as well as those whose charitable gifts were made to us despite their absence, KDF was able to raise a total of \$92,000 from the dinner for kidney patients under our subsidy programme.

To usher in the year of the goat next year, the selected KDF charity icon for 2014 is named "Auspicious Beginnings" (san yang kai tai) and features three golden goats which embodies good luck.

RDS BEGINNING



Should you be interested in acquiring a charity icon or would like to invite us to participate at your auction site or temple celebration, please contact Ms Shelley Lu at luxu@kdf.org.sg or **9624 8747**.

You may also visit www.kdf.org.sg to make an online donation. You will be entitled to a charity icon for any donation above \$688.

'SPECIAL APPEARANCE' BY MR CHAN SOO SEN

As the honorary advisor to KDF's Chinese Community Committee, Mr Chan Soo Sen is a prominent role model at our Charity Icon Launching Ceremony and Appreciation Dinners, always urging on our dinner guests to do their bit for the needy kidney patients at KDF.



Mr Chan was unfortunately unable to join us this year due to his work schedule. As such, the organising committee proposed that he film a short speech for the dinner – a proposition which he gladly agreed to.

Filming took place at our Bishan Centre on a humid afternoon on 2nd June 2014. Mr Chan arrived punctually at 3pm, cheeks blushed and drenched in sweat, having walked from the nearest MRT station. He got down to work immediately, discussing with our videographer, Mr David Lim, the most appropriate angles to ensure that our patients' privacy would not be compromised.

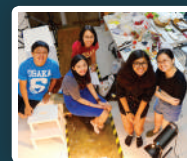
In his short speech, Mr Chan depicted the plight of patients who suffer from kidney failure and reiterated how every charitable contribution has helped to improve their lives. He also shared that with an ageing society, the number of kidney failure patients would increase, as would the cost of dialysis. At the end of his speech, he appealed to the Chinese community to give generously during the lunar seventh month.



Scan the QR code on the left to view the video, or alternatively, visit www.kdf.org.sg (under 'publications & media', click 'video library').

Design for a Good Cause

BY LU XU



● ONLINE | Francesca Fernandez, Koh Wan Xin, Toh Xing Jie, Chen Fang, Chan Wei Xiong

Over the span of six months, five talented students from The Student Agency – a student-run agency at the Singapore Polytechnic Design School – devoted their time and efforts to conceptualise, draw, style, and execute a photo shoot for the KDF Calendar project 2015.

Francesca Fernandez, Koh Wan Xin, Toh Xing Jie, Chen Fang and Chan Wei Xiong, took on this pro-bono project from its initial conceptualising stage to the idea pitch, and drove it all the way to final artwork and completion.

Taking you behind-the-scenes of this project, KDF spoke to this passionate team of students to understand how the concept came about and their thoughts about this collaboration.

KDF: What is the design style for the KDF Calendar 2015? 😊

WAN XIN (Art Director): For this art direction, we decided to let food speak for themselves, and to encourage people to adopt a healthy diet by simply including certain foods to their diet. Through photography we hope to bring out the rich, vibrant and attractive colours of good, healthy food.

KDF: How did you come up with this concept for the calendar? 😬

XING JIE (Photographer): We felt that ‘healthy living’ was a message that has been over-used yet the message was still not brought across. We really wanted to bring a new approach to sending the message and we felt that food would be appealing to the general public; I mean who doesn’t love food?

KDF: How do you feel about participating in this project?

FRANCESCA (Account Manager): There’s definitely more significance because unlike school projects, we are doing something to help someone other than ourselves. It wasn’t about how our work could fetch us good grades or high pay but how it could benefit others.

KDF: What was the most challenging aspect of the project? 😊

WAN XIN: The photo shoot was challenging as we had to arrange the food into text and it took about an hour to style and arrange them. We also had to work against time because we had to keep the food looking fresh for as long as the shoot lasted. 😊

KDF: Does participating in this project trigger your interest to be more involved in community work?

WAN XIN: I don’t mind volunteering if it makes use of my talent. Designing for such communities allows freedom to experience and explore more forms of art and design as we learn more about the organisations we are partnering with. 😊

FRANCESCA: I’ve always wanted to do volunteer work but never knew where to start. With this project, I finally know how to contribute to the community using my talent!

KDF: Can you use one to two words to describe the calendar?

XING JIE: Refreshing 🙄

FRANCESCA: Experimental and unconventional 😊

WAN XIN: Warm and casual 😎

CHEN FANG: Healthy and colorful 😊😊😊



SEND

About the “The Student Agency” at SINGAPORE POLYTECHNIC DESIGN SCHOOL

The Student Agency (TSA) is a student-run agency where students get to have firsthand experience on industrial practices.

Our objectives are to further enhance the existing curriculum to a passionate group of students from the Diploma in Visual Communication and Media Design (DVMD).

We believe in contributing our efforts to the community through design. KDF is one partner who has enabled us to invest our creativity meaningfully in this area.



* KDF would like to thank The Student Agency for their creative efforts and their heart for charity.



KDF Calendar 2015

With food so deeply entrenched in our local culture, who doesn't like food? In the KDF Calendar 2015, food takes centre stage and 'speaks' directly to you!

Bell peppers, sweet corn, strawberries and lettuce are but few of the healthy food elements featured in this calendar. With playful wordings and artistic typography, we hope this calendar will bring a smile to the faces of those who receive it.

For every donation* of \$10, you will be entitled to one calendar and at the same time support a good cause.

A bulk discount will be extended to orders of 30 copies and above, and we also accept customisation requests to include your corporate logo.

*Note: Donation will not be tax-deductible. Amount inclusive of delivery fee.

How to order:

- Send us a cheque made payable to "KDF", and attach the order slip below with your name, contact number, order quantity and mailing address.
- Visit our website at www.kdf.org.sg and look for Calendar 2015 on the home page.
- For more information, please contact Ms Shelley Lu at 6559 2653 or luxu@kdf.org.sg

Order Slip

| | | | | |
|------------------------|-----------------|--|-------------|--|
| Name: | | | Contact No: | |
| Mailing Address: | | | | |
| Email Address: | | | | |
| Unit Price: \$10.00 | Order Quantity: | | | |

* Discounted price will be extended to bulk orders of above 30 pieces (\$8/pc for 100 pieces and above; \$9/pc for 30-99 pieces)

What You Need To Know About KIDNEY STONES (PART II)

In the last issue of KDF link, we discussed what kidney stones are and how they are diagnosed. In this issue, we will elaborate on what happens after diagnosis and inform you on some important points to take note of.

6. HOW TO FIND OUT WHAT TYPE OF STONE DO I HAVE?

The best way to find out what type of stone you have is to test the stone. If you know you are passing out a stone, you may catch it with a strainer and show it to your doctor. Other methods include urine collection to look for abnormally high levels in the urine for the common constituents of stones. Blood tests may also be needed.

7. WHAT NEEDS TO BE DONE WHEN A KIDNEY STONE HAS BEEN DIAGNOSED?

Your doctor will need to:

- Assess your kidney function to check if there has been any kidney damage
- Decide on what to do with the stone that has already been formed

Small stones which are causing no symptoms may be left alone. Small stones which are not obstructing and appear to be passing down the urine tract may be left alone to give it an opportunity to pass out on its own. However, if your doctor judges that it needs to be removed, he can choose one of the following options depending on the size, type and location of the stone. Each treatment has its advantages and disadvantages.

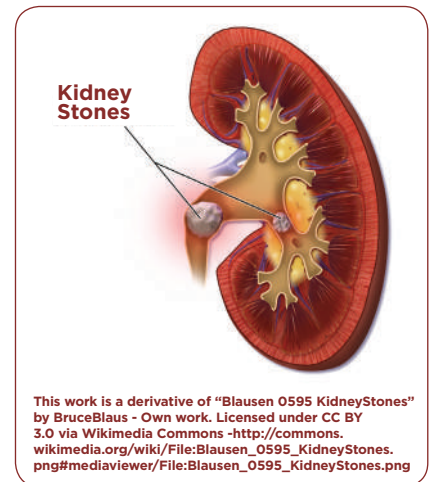
- Extracorporeal Shock Wave Lithotripsy (ESWL) is a non-invasive method using shock waves
- Percutaneous lithotripsy with an endoscope inserted into the kidney with energy applied directly to the stone
- Endoscopic lithotripsy for ureteral or bladder stones

Open surgery is now seldom done though it may still be necessary for large stones.

- Discuss with you measures to prevent new stones from forming

These measures should be taken once a stone has been detected. They include:

- Keeping a high fluid intake
 - This will prevent saturation of urine with substances which can form stones leading to crystallization and eventual stone formation.
- Dietary restrictions
 - Limiting sodium in the diet (to 2-3 g per day) to reduce urine calcium excretion.
 - Reduce a high calcium intake to a moderate calcium intake. A low calcium intake is not advisable because of the risk of osteoporosis (thin bones).
 - Limiting the intake of coffee, tea, cola because they are rich in oxalate which can combine with calcium to 'crystallize' and form stones.
 - You may be advised to eat less meat if you have uric acid stones.



The assistance of a dietician is useful in assessing what is considered optimal for a patient.

POINTS TO REMEMBER

- Untreated kidney stones can lead to kidney failure
- See a doctor if you have:
 - severe pain in your back or side that will not go away
 - blood in the urine
- Talk to your doctor about how to avoid more stones
- Keep yourself well hydrated to prevent stone formation

对于肾结石，你需要知道些什么？（续）

在上一期的《肾析简报》里，我们介绍了什么是肾结石及如何确定其是否存在。这一期，我们将探讨被诊断患有肾结石之后该如何处理，以及一些注意事项。

6. 如何知道我患的是哪类型的结石？

要确定结石是属于哪类型的最好方法是进行结石检验。如果你的排泄中有结石，可以用过滤器来收取它们，交给医师检验。其他的方法包括收集尿液，以检验使结石形成的物质在尿液里是否有异常高水平的成分。你也可能需要进行血液检验。

7. 当被诊断患有肾结石时，应该如何处理呢？

你的医生将会：

- a) 检查你的肾功能是否有受到损坏
- b) 决定如何处理已形成的肾结石

无症状而又细小的结石可以不必理会。因为细小的结石不会造成任何的阻塞，且会自行顺着尿道排出体外，所以可以不用担心。但假如你的医生认为必须将它取出，他会根据结石形状的大小、类型和位置而选择以下其中的一种治疗方法。每个疗法都各有优缺点：

- 体外震波碎石术（ESWL）是一种利用震击碎开结石的无侵害性方式。
- 敲打松开法，将内窥镜插入肾脏再以能量直接打松结石。
- 内窥镜碎石法适用于尿道或膀胱结石的治疗。

但是现今的外科手术已经很少用肾结石切割术，除非需要处理大颗的结石。

c) 与你探讨如何预防新结石的形成

一旦发现有肾结石，就必须采取以下的预防措施：

- 需摄入大量的水分
 - 这能预防物质的沉积，减低尿液的浓度。沉积的物质会晶化而逐渐形成结石。
- 节制饮食的摄入
 - 限制食物中钠的摄入量（每天约2-3克），以致减少尿液的含钙排泄量。
 - 摄入适量的钙质，减少含高钙的食物，但不鼓励低钙的摄入，因它会导致骨质疏松症。
 - 限制饮用咖啡、茶和可乐，因它们含有大量的氧化物。这氧化物与钙质结合并晶化而形成肾结石。
 - 若患有尿酸结石，最好减少肉类的摄入。



营养师的食物评估和饮食建议对于患者是有很大的帮助的。

切记

1. 若不处理或治疗肾结石，可导致肾衰竭
2. 如有以下的症状，就必须求诊：
 - 身侧或背部有久久未撤的剧烈疼痛
 - 血尿
3. 向医生了解如何避免结石的重复形成
4. 摄入足够的水份以预防结石的形成

讯息

KDF捐款箱新装登场

译鲁旭

您是否知道肾脏透析基金(KDF)一直都与来自零售业、医疗保健和餐饮业的商业伙伴协同合作，在他们的店铺或诊所里放置KDF捐款箱。过去12年来，这些捐款箱既是KDF为贫困肾脏病患们筹集善款的重要途径，同时也是构建公共意识的主要宣传工具之一。

今年KDF特别为这些服役多年并已是破旧不堪的捐款箱进行全面大换装。全新登场的KDF新捐款箱外型结构紧凑，设计独特时尚且极具现代感。第一眼看到捐款箱的设计模型时，它那铮亮的金属外壳就吸引了众人的眼球。

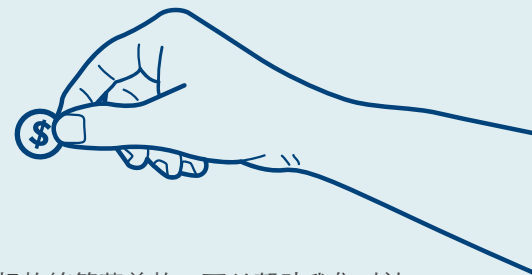
新捐款箱高19厘米宽18厘米，与我们旧款的捐款箱外观截然不同。新款箱子更小巧，而它方型的外壳也更方便放置。

在各商业场所放置KDF捐款箱筹募善款，可以帮助我们对社会中身患肾病的贫困患者扩大医疗津贴。KDF将继续履行我们为贫困肾病患者提供受津贴的高品质治疗的终身使命，同时我们希望有更多的组织机构能支持我们的事业。

KDF的所有成员衷心感谢每一位允许我们在其场所放置捐款箱的热心的合作伙伴们。

您正在寻找机会回馈社会吗？您可以将KDF的捐款箱放置在您的业务场所来帮助这些不幸人士哦。详情请联系Ms Erica 刘小姐，电话 6559 2652 或邮箱 ericia.lau@kdf.org.sg。

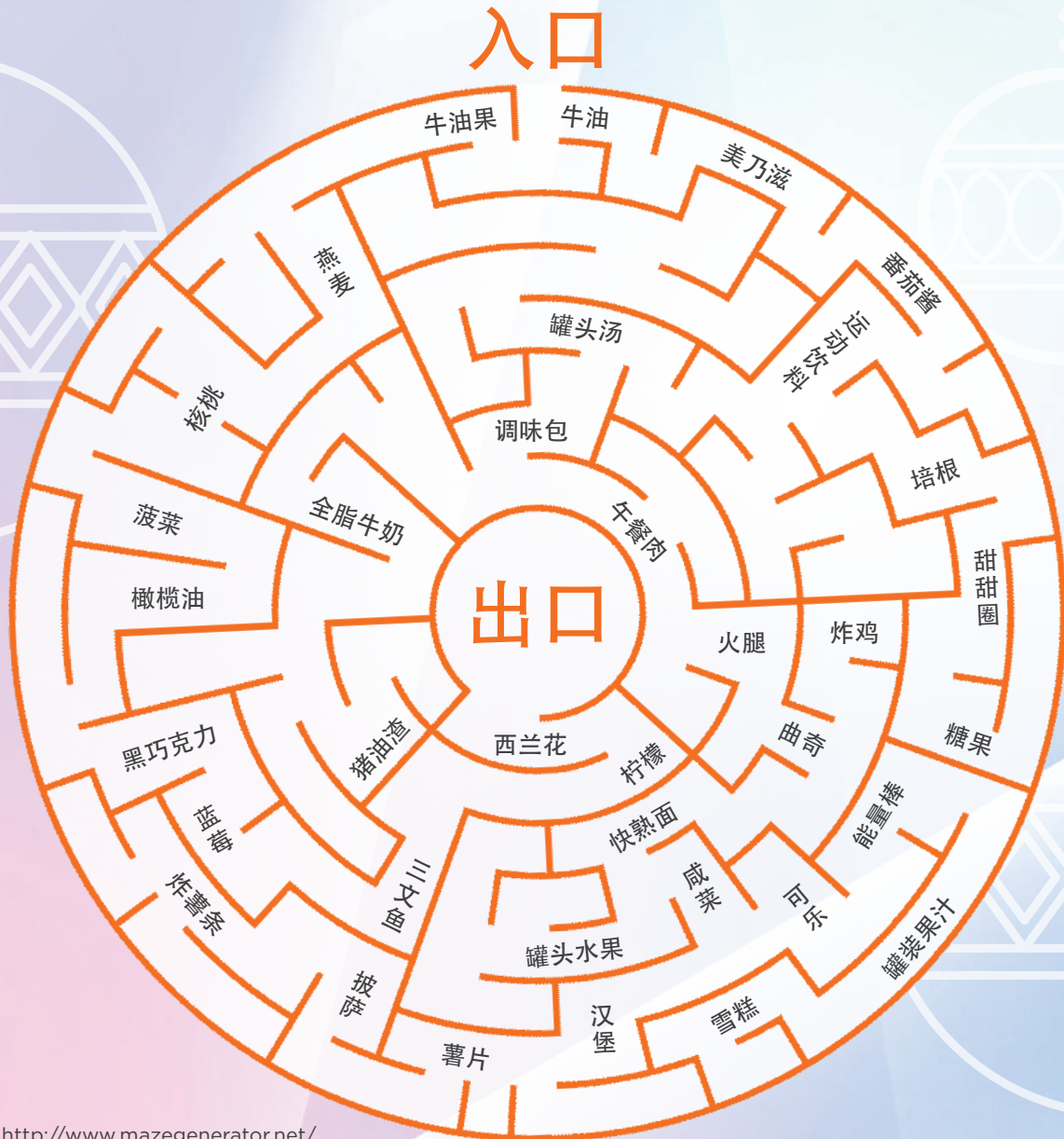
如需更多了解，也可访问KDF网站查询 www.kdf.org.sg/how-can-you-help/donation-boxes。



保健乐区

谁说健康很无趣？

选择更为健康的食物，帮您走出迷宫。



* 图来自：
JGB Service, <http://www.mazegenerator.net/>



意料之外的礼物

还记得上一期《肾析简报》的封面人物梁福美先生吗？他的勇敢和坚韧不仅感动了KDF的职员也撼动了不少读者。

故事刊登之后，善心人士通过KDF指名捐款给梁先生。而近日，我们把这

份意料之外的礼物带到洗肾中心交给梁先生，他连连道谢，说真的非常感激这位善心人士的帮助。

借此，KDF 谨代表我们所有的肾脏病患感谢大家长久以来的支持，并由衷期许我们的封面故事能继续感动人心。

2014肾脏透析基金 慈善福物推展仪式暨答谢晚宴

文鲁旭



大会主宾陈佩玲小姐、特别嘉宾古国泰医师(右二)一同为福物《三阳开泰》主持推展仪式。

2014年7月5日晚，肾脏透析基金(KDF)华社筹款委员会一年一度的慈善福物推展仪式及答谢晚宴在新加坡EXPO福满楼隆重举行。当晚，大会主宾马林百列集选区国会议员陈佩玲小姐，与特别嘉宾肾脏透析基金主席古国泰医师共同为KDF 2014年慈善福物《三阳开泰》主持推展仪式。

两位贵宾在仪式中一同揭幕福物《三阳开泰》，并亲笔在三尊福物上签名作纪念。善翁来自金枕头933公司的董理松先生、善心人士杨太太和老中中虾饼的陈继光先生在现场分别向KDF捐款\$9,330元、\$9,000元和

\$10,000元，获得华社筹委会敬赠这三尊独具意义的福物，并由陈佩玲议员亲手送到三人手中。

除了这三位善翁，委员会还要感谢为本次宴会慷慨捐款的慈航贸易公司、FMC医疗服务公司、海洋化妆品公司、苏建华先生、林振庆PBM，以及其他在现场积极捐款的热心人士。此次晚宴得到500多位宾客的现场支持，还有众多宾客未能出席宴会却也为KDF捐献一份善款。大家的共同努力，使得本次活动共为KDF的肾脏病患筹得洗肾医疗费超过\$92,000新元。

三阳开泰

为了迎接华人羊年的到来，KDF华社筹委会今年特别推出以三只吉祥山羊为造型的“三阳开泰”福物。

如果您愿意通过福物义购捐款，或允许KDF在贵商会、社区的慈善宴会以及本地庙宇的神诞庆典中进行福物喊标筹款，敬请拨电KDF筹款专线6559 2653，也可联系 Shelley 鲁旭小姐9624 8747,电邮luxu@kdf.org.sg。

您也可以到KDF网站在线捐款，捐款\$688元以上的善翁将获赠福物《三阳开泰》一尊。

曾士生先生录影



金枕头933的董理松先生以标志性的\$9,330义捐捧回第一尊《三阳开泰》



善心人士李小姐以\$9,000元义捐价获得第二尊福物《三阳开泰》



老中中虾饼的陈继光先生今年再次支持KDF慈善福物推展，以\$10,000元义捐赢得第三尊有大会主宾亲笔签名的福物《三阳开泰》



作为KDF华社筹款委员会的荣誉顾问，曾士生先生几乎每年都出席KDF慈善福物推展晚宴，并在宴会上大力呼吁大家帮助KDF的贫困肾病患者。今年的福物推展晚宴在7月5日，但不巧的是曾先生当日正出差欧洲，与之错过。所以华社筹委会提议是否请他为宴会嘉宾录制一段贺词，曾先生欣然答应。

录影时间定在2014年6月2日，这天也正好是端午节。新加坡酷暑时节晴空万里，骄阳似火，曾士生先生如约在下午三点来到KDF碧山洗肾中心时，已走得满脸通红大汗淋漓。他不暇歇息就开始和摄像师林绍光先生讨论如果拍摄，还特别强调一定要找一个不会拍到病人的角度，以保护洗肾病人的隐私。

录影非常顺畅，曾士生先生出口成章几乎一次过完成整个拍摄。曾先生呼吁大家共相义举帮助肾病患者，也希望大家支持今年KDF慈善福物《三阳开泰》的义标筹款活动。如果您有兴趣观看这段视频，可以扫描以下QR码，或直接登录KDF网站www.kdf.org.sg 点击媒体视频库查看(Publications & Media/Video Library)。



扫描QR码，查看曾士生先生致词视频

发挥专长 助力慈善

译鲁旭

● ONLINE 欣儿、许菀心、卓兴杰、陈芳、曾炜雄



在过去的六个月里，来自新加坡理工学院设计学院属下“The Student Agency”的五名优秀学生利用自身的专业特长为肾脏透析基金(KDF)义务设计出精美的2015年慈善台历。

从最初的创意构思、绘画造型、实物摄影到最终的成品出炉，这五位学生：欣儿、许菀心、卓兴杰、陈芳以及曾炜雄，特别在他们繁忙的学业中抽出宝贵时间来完成这份充满爱心的艺术作品。

KDF特别走进幕后采访了这群热情洋溢的学生们，带大家深入了解整个设计的构思来源以及他们对于此次义工服务的看法。

KDF: KDF 2015慈善台历的设计风格是怎样的？😊

菀心(艺术总监): 我们这次台历设计的主方向是让食物当主角，通过食物的文字化趣味表达，鼓励人们在日常饮食中加入一些简单的食材来养成健康的饮食习惯。我们希望通过摄影的方式为大家呈现色彩艳丽、丰富诱人的健康食物。

KDF: 你们是怎么获得这个设计灵感的？😬

兴杰(摄影师): 我们觉得“健康生活”的概念已经被过度使用，但并没有真正的贯彻执行。所以我们非常希望能以一种全新的方式来传达这一讯息，同时，我们觉得从食物的角度传播会获得更多的共鸣，毕竟，有谁不喜欢食物呢？

KDF: 你们对参与这个项目有什么想法？

欣儿(客户经理): 这是一次非常有意义的体验，因为我们的设计可以真正地帮助到他人，一点也不像以往的学校作业。比起获得高分或者高报酬，这次我们更希望能为那些需要帮助的人带来更多恩惠。

KDF: 在整个设计中，哪一部分是最具挑战性的？😊

菀心: 摄影过程是最具挑战性的环节，因为我们需要将食物元素转换成文字，而每一种食物都花费了我们大约一个小时的时间来准备。这同时还得和时间赛跑，因为我们需要让食物在整个拍摄过程中一直保持新鲜。😊

KDF: 通过此次项目，您是否有兴趣在将来参与更多的社区工作？

菀心: 如果所作的义工服务能够发挥我的专长，我会非常乐意。为福利团体作义务设计，有更多自由发挥的空间，也让我们能探索更多形式的艺术创作与设计，同时通过项目参与我们也能更好地了解所服务的社团机构。😊

欣儿: 我一直都很想加入义工服务，但不知道从何开始。通过这次的项目经验，我终于知道如何以我一技之长来为社会服务。

KDF: 请用1-2个词语来形容这本台历。

兴杰: 清新 🙄

欣儿: 试验性、非传统 😊

菀心: 温馨、随意 😊

陈芳: 健康、多彩 😊😊😊

母女连心

由于生日只相差一天，碧茜与母亲性格十分相似，感情也非常要好，两人平时几乎寸步不离。碧茜笑着说道：“即使我只是到医院复诊短短几个小时，我也会打电话给她（母亲），告诉她我还要多久才能回家。我其实就只是想跟她说话、听听她的声音。”

对这样一对母女来说，分开是最残忍不过的事。

碧茜在2004年心脏病突发，本应立即入院，却因不放心母亲自己一个人在家无人照料而迟迟不肯就医。虽然她最后还是去了医院，但与此同时最大的恶梦也成真了。因为实在没有可以看护她的人，碧茜的母亲在同一天也被送进了别家医院。

“当时徘徊在我脑中的唯一念头是，这世上除了我母亲，我已别无所依。我自己躺在医院，我的母亲没病却躺在别家医院里，那一刻我的心裂成了两半！”碧茜心有余悸回忆道。

为了让出院后的碧茜能安心在家静养，碧茜的母亲被送到疗养院暂住，然而在那段时间里，碧茜每天都到疗养院报到，从早待到晚。就算回到家中也什么都不做，只是看着墙壁发愣。时光恰逢农历新年，正是家人团聚的时刻，两人的分离显得格外凄凉。

回到原点

今年4月，碧茜在接受例行血液检查之后，意外接到医生来电。碧茜被告知需要重新开始洗肾。肾脏移植手术之后22年，碧茜又回到了原点。

“我是有点意外，不过我也知道这移植的肾脏不可能跟着我一辈子。对我而言其实很简单，只要我还有机会照顾我母亲，就没有什么面对不了的，既来之则安之。”碧茜真挚地说道。

尽管如此，洗肾的高额费用仍令她万分忧心。付出了大半辈子全心全意照顾母亲的碧茜，家中既没收入也没存款，每月仅靠亲戚的金援勉强度日。

面对洗肾费这笔额外的开销，碧茜半开玩笑道：“如果我省点伙食费可能还应付得来，但要是（洗肾）费用超过\$100，我就要天天吃白面包了！”

她可曾后悔倾其一生全力照顾母亲？

对此，她毅然决然回答道：“我一点也不后悔。只要我母亲开心，我就开心。要说遗憾，我唯一遗憾就是当年我父亲生病时，我没能好好照顾他，所以现在我要尽我所能照顾好母亲。”

KDF的许多患者都像碧茜一样，也许收入低，也许完全没收入，但洗肾费却是他们每个月都必须承担的开销。您可以通过捐款减轻他们的负担，让他们继续享受有津贴的洗肾治疗。您可用随附的商业回邮信函把捐款寄给我们，贡献您一份心力。要了解更多详情，请浏览 www.kdf.org.sg 或致电6559 2630。

Now Available!



KDF 2015年台历出炉啦！

美食早已深深扎根于本地文化中，又有谁不喜欢美食呢？在KDF 2015年台历中，各色食物成为舞台的主角！

甜椒、玉米、草莓和生菜都将在日历中亮相，但它们只是我们囊括的食物元素中的一小部分。我们希望这本以俏皮的文字措辞和艺术化的文字排版为设计主线的2015年新台历，能给拥有它的朋友们带来灿烂笑容每一天。

您只需要捐款* \$10元，就可以拥有一本2015年新台历同时还能奉献一份爱心。

一次订购30本及以上者，还将获得批量购买折扣哦！我们也可以为您定制印有贵公司商标的专属台历。

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如何订购：

- 邮寄回受益团体为“KDF”的支票，并附上一张简单的订购单，定单上请写明您的姓名、联络电话、订购数量及邮寄或送货地址。
- 登录KDF网站 www.kdf.org.sg，在首页点击“Calendar 2015”主题进入在线订购。
- 更多订购事宜，请联络Ms Shelley 鲁小姐，电话6559 2653，邮箱 luxu@kdf.org.sg

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肾析简报



MICA (P) 099/04/2014

2014年10月-12月
本期内容

兜兜转转又回到原点

译蔡永馨

今年45岁的朱碧茜也曾像普通少女一样，梦想有一天能遇见对的人并和他组织家庭。因此，当她获知自己即将有机会接受肾脏移植手术，过回“普通人”生活的时候，宛如美梦成真。



苦涩的16岁

母亲突然中风入院，令碧茜备受打击，加之应对O水准考试的紧张忙碌，完成考试没几个月碧茜就开始出现贫血、脚肿等肾功能衰竭症状。全面的血液检查结果告知：年仅16岁的她，患上肾衰竭，必须开始洗肾。

“为什么会是我？在刚刚得知诊断结果时我反复问这个问题。我的同龄人都在享受着生活的美好，而我呢？”

“其实那些症状我还在学校的时候就发现了，但我们完全没有怀疑是肾脏出了问题。我的父母还以为我和同龄的女孩子一样沉迷于减肥造成的。”碧茜说道。

病情来得突然，碧茜很快便开始了腹膜透析治疗。这在当时被被认为是一种新的治疗方法，每个月的治疗费就要大约\$1,000左右。碧茜的父亲既肩负家计，又照顾患病的妻子与女儿，成了家中不折不扣的顶梁柱。

碧茜在开始透析治疗五年半后，接受了肾脏移植手术。

角色转换

天有不测风云，在碧茜肾脏移植手术后仅九个月，碧茜的父亲被诊断罹患癌症。父亲因病辞去当警察的工作，家中唯一的收入来源也中断了。

术后康复中的碧茜坚强地承担起了照顾双亲的重责，一边打理家中大小事务，一边学习如何妥善照料刚患病的父亲和中风之后行动不便、不能自理的母亲。五年之后的1997年，父亲过世之后，碧茜便倾尽全力照顾中风29年现年65岁的母亲。



03

发挥专长 助力慈善



04

KDF慈善福物推展仪式暨答谢晚宴



07

您是否了解肾结石？
(续)

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