

KDF LINK

OCT-DEC
2021

The Gift of Family

by Beryl Leong

Seated amongst others in the waiting area of the polyclinic on a sunny afternoon in April 2017 was Mdm Don Chitra, 64. The homemaker was scheduled for a regular body check-up that day, and not long after, it was her turn. Little did she know that as she made her way to the consultation room, the subsequent diagnosis from her doctor will be a life-changing one.

"I have kidney issues since I was 20, but it has been manageable for the past 40 years. When the doctor said that my kidney functions were not optimal and recommended that I undergo haemodialysis, I was shocked and fearful, and rejected him immediately." Even with her doctor's reassurance that she could have a good 10 or more years to live if she chose dialysis, it all felt so daunting to her.

The image of thick needles crossed Mdm Chitra's mind, and the thought of putting herself through the pain, commitment, and sheer length of treatments, was all too much for her to bear. After all, she has fulfilled most of life's main milestones before her diagnosis - getting married to a doting husband and raising 2 children with him. To her, that was enough and choosing to die from her condition seemed to be the easiest solution then and there.

Mdm Chitra's children did not take to her decision well. "My son told me, Mum you are still young, you have not seen your future grandchildren yet! But I was very stubborn, I refused to listen." However, it was her daughter's reaction that made her rethink her decision. "My daughter broke down in front of me and said, Mum, I don't want to see you go like this. The pain in her voice, it made me reconsider."



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One morning, Mdm Chitra woke up feeling weak and discovered she had lost her ability to walk. She crawled out of her room on all fours, and her son called for an ambulance immediately. Mdm Chitra was admitted to the hospital for severe anaemia resulting from kidney failure. "My blood levels dropped to dangerously low levels. I required 8 bags of blood for transfusion! The nurses told me that if my family sent me to the hospital any later, I would not have lived.", she recalled.

Mdm Chitra had to undergo 3 consecutive days of emergency life-saving haemodialysis treatments, and it took a toll on her already petite frame. "I was 64kg then, but after all the treatments, my weight dropped to 48kg. I remember joking with my doctor that was my dream weight when I was a teenager.", she chuckled.

Mdm Chitra was referred to dialyse at KDF by a medical social worker and started her first dialysis session at KDF Bishan Centre on October 9, 2017. In her early days as a dialysis patient, Mdm Chitra had difficulty walking and was wheelchair-bound. She also had to gain a considerable amount of weight to ensure that her condition remains stable. With strict food restrictions in place, it was challenging for Mdm Chitra to adapt.

"It was difficult at first, but my children made sure I took balanced meals, and encouraged me to take small steps out of the wheelchair daily. My weight slowly increased, and I can now walk with a walking aid!", she beamed. Her two children have also chosen to prioritise her needs. "My son and daughter told me that I will be the centre of their world, for as long as possible. Both help with the chores and will plan for family outings to attractions during their off days."



With Mdm Chitra being the fifth child from a large family of 15 children, birthday celebrations of her siblings and wedding celebrations of her nieces and nephews are always a grand family affair, and no one gets left behind in the festivities. "I am blessed with the love from a large, close-knit family. Looking at my children, I am contented that they take such good care of me. Am I happy? Yes, I am very happy. I don't regret my decision made.", she said, breaking into a warm, genuine smile.

It has been 4 years since her grim diagnosis and despite the challenges Mdm Chitra faced, she remained radiant and positive throughout. Her story captures the essence of this festive season - one of gratitude and hope, and how family resilience, faith, and love can come together to form a potent concoction, transforming one's outlook in life for the better.

Hope Endures

by Caroline Oh



After experiencing many sleepless nights and persistent dizziness, Mr Lim Keng Hwa decided to pay a visit to the doctor. It was quite a shock to him and his family members when he was diagnosed with end-stage kidney failure in 2012. This was another huge blow to Mr Lim, after his divorce in 2010.

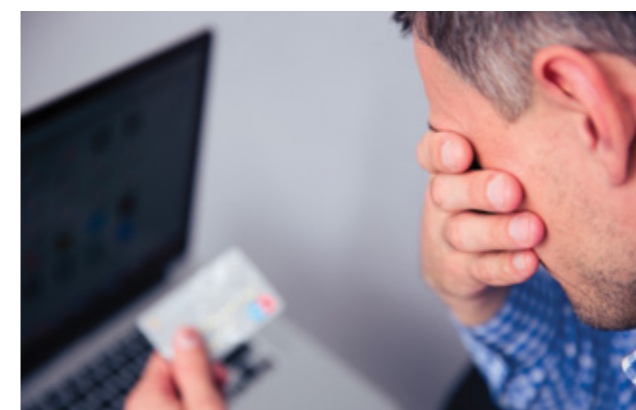
Needing to go for dialysis treatments three times a week was physically tiring and very time consuming for Mr Lim, who works as an ad-hoc security guard now. He had just ended his overnight shift before coming for his session. However, the journey was not smooth sailing.

"I used to be with another security firm. Initially, they were very accommodating, assigning me with locations and shifts convenient for me. However, after a while, I realised I was being assigned lesser and lesser jobs," he said. "Finally, it came to a point where I was not assigned any." It was then when he made the decision to leave and join his current company.

Being the eldest of three sons, Mr Lim shouldered most of the family's responsibilities. Mr Lim shares a 4-room flat with his elderly parents and his second brother. His youngest brother has already moved out and started his own family.

When asked about how his family members had reacted to the diagnosis, he expressed that his two younger brothers were quite indifferent to the news as they were also busy with their own work and family. His parents on the other hand, found it difficult to accept that their son has a chronic illness. "My parents instructed me to stay in my room whenever they had guests over."

While Mr Lim's siblings were able to donate a kidney to him, his parents did not allow them to do so. "Till this day, I think my mum is still not able to accept the fact that I have kidney failure.", Mr Lim said with a hint of resentment in his voice.



Prior to his diagnosis, he had a rather high-flying job as a business developer in the food and beverage industry. "I didn't enjoy the scenes of smoking nor drinking, but I had to for business meetings. It was part of my job then." However, 11 years ago, Mr Lim was diagnosed with depression. Seeking treatments for mental health illnesses then were very expensive. "I had maxed out my credit cards and racked up quite a bit of debts in order to see a psychiatrist," he shared.

While Mr Lim wore a cap that overshadowed his stoic face, a mixture of emotions washed over him as he broached the topic of his divorce. "I was in debt, and my ex-wife did not want to handle and deal with the financial burdens." After some hesitation, he added, "Afterall, she is a graduate," seemingly hinting that the education discrepancy between both played a part in their divorce.

When asked if he had any Christmas wishes, Mr Lim replied with much dejection, "I have never enjoyed the festive seasons since the separation. The lack of companionship is difficult. I have been spending my holiday seasons alone and seeing couples and families spending time together makes me feel very lonely."

Mr Lim is interested in the arts and enjoys films and classical music. He has been yearning for a companion, but his regular dialysis sessions and his financial instability has been quite a hurdle for him. "I am a weird guy too! It is difficult to find someone with common interests as myself", he joked. Life may not be the easiest for Mr Lim now, but he continues to live every day in hope for better times ahead. Afterall, it is always darkest before dawn.

No donation is too small. 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

Dialysis treatments take up 4 hours of a patient's day, three times a week. Each 4 hours of crucial treatment ensures that patients like Mdm Chitra and Mr Lim can continue experiencing a lifetime of love and warmth with their friends and loved ones.

Share the joy this festive season. Your gift will go into supporting the dialysis treatments, medication, and other forms of complementary holistic care for our patients. You can make your donation using the Business Reply Envelope (enclosed), or you can choose to donate by scanning the QR code below using your PayNow app or via our UEN: 199600830ZK33.



SCAN TO DONATE

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Inspiring Change, Empowering Lives

Season of Gifting 2021

For the month of December 2021, KDF collaborated with two organisations to bring gifts and smiles to our patients and their families, through our very first Season of Gifting campaign.

Christmas with Kindness

KDF was first approached by DUO Galleria to be one of the three beneficiaries, alongside MINDS and Apex Harmony Lodge, for the Christmas with Kindness donation campaign.



From 15 November to 20 December 2021, DUO Galleria championed to make this Christmas season a special and memorable one, through the kind gestures and donations of the community and their partners to help spread cheer and happiness.

Prior to the beginning of Christmas with Kindness, our patients were asked to write their wish lists to be fulfilled. While most of our patients had requested for supermarket and shopping mall vouchers for their household usage, we had a number of requests for household appliances.



The wish lists were then handed over to DUO Galleria who was helping us to collect in-kind donations from their tenants, partners and the community. Through the promotional efforts by both DUO Galleria and KDF, we have managed to receive donations of a ceiling fan, 12 standing fans, 15 rice cookers, five kettles, some hand blenders and juicers, ovens and toasters, and the list of blessed items goes on!

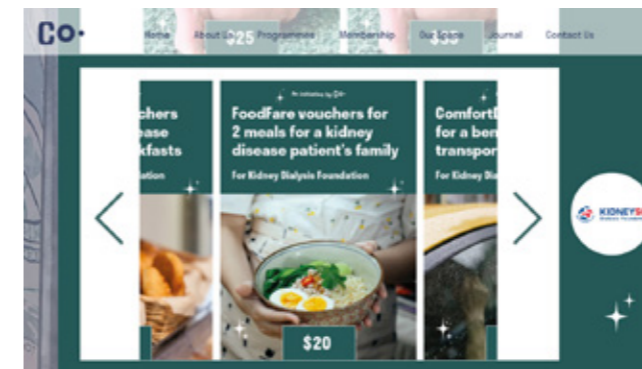


The Giving Machine

We were then shortly approached by New Hope Community Services, another social service agency (SSA) in Singapore working to restore hope to the displaced and disadvantaged in our community, for a collaboration with Co.@Duxton for The Giving Machine. In partnership with the Kreta Ayer-Kim Seng Citizens' Consultative Committee, New Hope Community Services is appointed as the SG Cares Volunteer Centre @ Kreta Ayer.



Running through the two months of December 2021 and January 2022, The Giving Machine is an initiative for donors to choose a helpful and meaningful gift towards a SSA in the Kreta Ayer neighbourhood. Alongside with KDF, six other SSAs namely - Babes Pregnancy Crisis Support, Beautiful Minds Charity, Club Rainbow, New Hope Community Services, Oogachaga and The Red Pencil (Singapore) were selected to be part of this initiative.



Scan to be part of
The Giving Machine!

With six different tiers of donation amounts, donors were able to donate gifts such as supermarket, taxi, food court and bread vouchers. These vouchers will help to ease the day to day living expenses for our patients, especially when they need to get around to their medical appointments or dialysis sessions.



As our Season of Gifting comes to an end, KDF would like to give our greatest appreciation towards DUO Galleria, Co.@ Duxton, New Hope Community Services and the many donors who have reached out to us and made the Season of Gifting a great success!

Celebrating the Gift of Clean Air

While the COVID-19 situation in Singapore has stabilised, it remains a concern especially for our kidney patients, as a majority of them are elderly and immunocompromised.

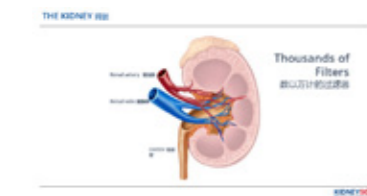
As such, we ensure that the hygiene standards are upkept in both our workplace and dialysis centres. In October this year, Philips Domestic Appliances reached out to KDF and donated 8 air purifiers, alongside with garment steamers and irons, giving our staff and patients a chance to experience a comfortable, healthy environment to work and dialyse in respectively.

We would like to extend our thanks to Philips Domestic Appliances for their generous in-kind donation.

“
We truly appreciate the opportunity to donate our products. Our purpose is to help people turn their houses into homes. Through meaningful innovation, we endeavour to improve the lives of people, helping them to lead healthier and happier lives every day.”

Eugene Roh
Consumer Engagement & Care Lead, and Sustainability Lead
Philips Domestic Appliances, Asia Pacific

KDF Happenings



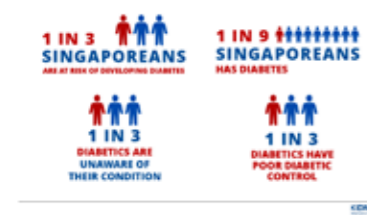
8 October 2021 Health Webinar with The Serangoon Community Club (SRCC)

KDF's Clinical Services conducted a bilingual health webinar with 30 residents of SRCC. Facilitated by our Head of Clinical Services Sister Petra and Nurse Clinician Sister Ma, we shared with the community on the importance of maintaining good kidney health and spotting early symptoms of kidney disease.



11 November 2021 Health Webinar with Mount Sinai Neighbourhood Committee (MSNC)

As part of KDF's fortified community outreach efforts, the residents of the Mount Sinai neighbourhood were treated to an informative health webinar about our kidneys. Kidney health tips were shared by our nurse clinicians, and the session concluded with a robust Q&A exchange. For more information about KDF's outreach efforts through health webinars, you may reach out to us at enquiries@kdf.org.sg.



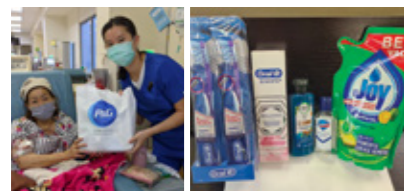
13 November 2021 Diabetes Awareness Webinar with Mount Sinai Neighbourhood Committee (MSNC)

1 in 9 Singaporeans have diabetes, and this disease remains as a major risk factor for kidney disease. The residents of Mount Sinai neighbourhood participated in a diabetes awareness webinar organised by KDF. Presented by our nurse clinicians, residents learnt about the various complications of diabetes and took home some health tips to keep the disease at bay.



20 November 2021 'Mount Sinai Neighbourhood Committee: Together We Can' Community Virtual Event

MSNC organised a virtual community event 'Mount Sinai Neighbourhood Committee: Together We Can', in support of KDF. Viewers were treated to dance performances by the children of Pat's Schoolhouse, a martial arts showcase, and musical performances by the residents and performing artistes. There was also a charity art auction, kindly made possible by local artist and Mount Sinai resident Miss Gek. The fundraiser was a resounding success.



8 December 2021 Proctor and Gamble Gift Packs

The good folks at Proctor and Gamble sent over 250 care packs filled with essentials like toothbrushes, dishwashing liquid and hand soaps for our patients, sharing in the year-end festive cheer.

营造一个健康洁净的环境

梁伟倩 译

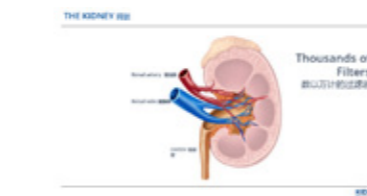
我国目前的新冠肺炎疫情已逐渐趋向新常态。但因为KDF多数的末期肾病患者都是需要接受终身洗肾与治疗的较脆弱年长者，情况依然令人关注。因此，我们都会确保洗肾中心及办公室的措施都符合卫生标准。今年10月，飞利浦家用电器(Philips Domestic Appliances)捐赠8台空气净化器、服装蒸机等给KDF，让本基金的员工和病患在健康和谐的环境中工作或接受洗肾治疗。

在此，我们要特别感谢飞利浦家用电器的慷慨义捐！

“
飞利浦家用电器很高兴能有这个机会义捐电器给KDF。我们的主要目标致力于在从健康的生活方式及疾病的预防、到诊断、治疗和家庭护理的整个健康关怀全程，提高人们的健康水平，并改善医疗效果。”

Eugene Roh
客户参与及持续发展部门主管
飞利浦家用电器，亚太区

KDF活动



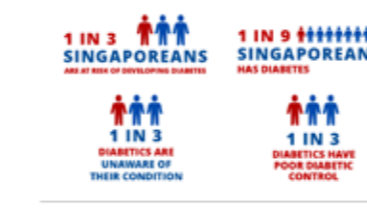
2021年10月8日 保健讲座：实龙岗民众俱乐部

KDF在10月8日与实龙岗民众俱乐部35名居民举办了双语的保健讲座。在我们的主讲者的协助下，我们分享了如何保持良好肾脏健康和发现肾脏疾病早期症状的重要性。



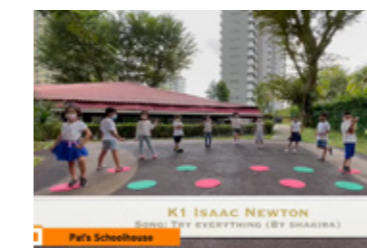
2021年11月11日 保健讲座：西奈山区居委会

在KDF的社区外展活动内，KDF为西奈山区的居民们举办了保健讲座，与他们分享关注肾脏健康的提示。想了解更多KDF的外展及教育活动，请联系enquiries@kdf.org.sg。



2021年11月13日 糖尿病健康保健讲座：西奈山区居委会

本地每9个人当中就会有1人患有糖尿病。长期高血糖会损伤肾脏血管和过滤单位，导致肾脏衰竭。KDF为西奈山区的居民们举办了糖尿病健康保健讲座。主讲者与居民们分享有关糖尿病肾病的危害性，以及一些关注肾脏健康的提示，提防糖尿病肾病。



2021年11月20日 'Mount Sinai Neighbourhood Committee: Together We Can' 社区线上活动

KDF与西奈山居委会联合主办了《Mount Sinai Neighbourhood Committee: Together We Can》社区线上活动。当晚节目包括Pat's Schoolhouse学前托儿所孩子们的舞蹈项目，居民们的武术和歌唱表演，为KDF献艺筹款。我们也主办了一场线上慈善艺术义卖会，当中包括由著名本地画家Miss Gek特别捐出的一幅《神奇独角兽》作品。社区线上活动圆满成功。



2021年12月8日 保洁公司圣诞关怀礼包

保洁公司(Proctor and Gamble)义捐250份关怀礼包给本基金的肾病患者们，与他们分享圣诞气氛。礼包里有牙刷，洗洁精，洗手液等的日常用品。

重启希望，燃起活力

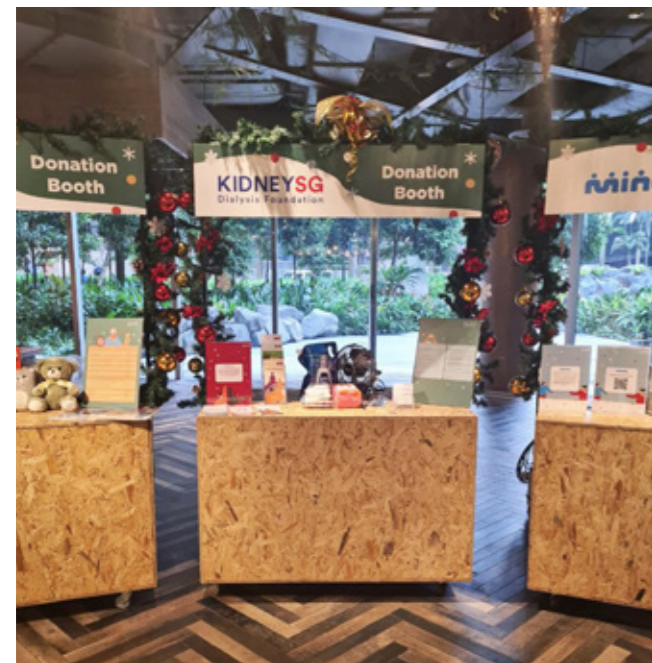
胡慧蓉 译

小包裹，大爱心2021

今年12月，KDF与两家公司共同举办了圣诞慈善捐赠活动，为本基金所服务的病患和家人们分享佳节的温情。

快乐圣诞，转递温情

从11月15日至12月20日，DUO Galleria购物广场为KDF和其他非营利组织如新加坡智障人士福利促进会 (MINDS) 与崇仁致善和谐院 (Apex Harmony Lodge)，举办一场《快乐圣诞，转递温情》慈善捐赠活动，散播节日的快乐。

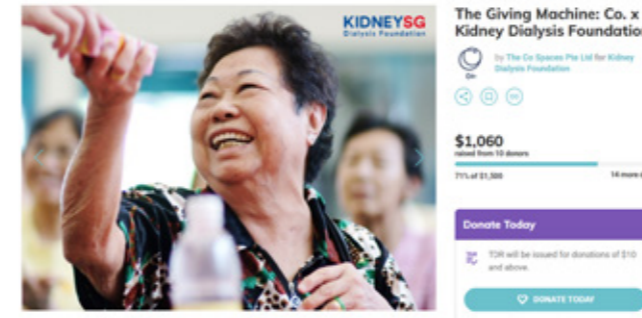


KDF的肾病患者把自己的圣诞愿望填写在一个愿望列表上。大多数病患要求购物及购粮券，有些要求家用电器捐赠。DUO Galleria将会与广场的租户，伙伴们等分享愿望列表，鼓励他们参与此活动。经过DUO和KDF的积极推广和善长仁翁的热心捐赠，我们收到一个吊扇、12架立式风扇、15架电饭锅、5支热水壶、榨汁机、烤炉等的爱心实物捐赠，造福KDF所服务的弱势肾病患者。

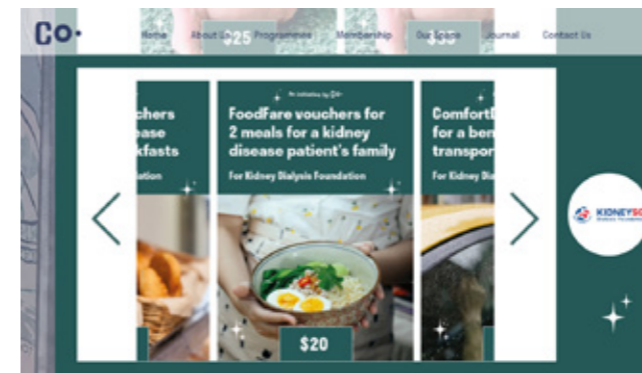


Co.@Duxton爱心贩卖机

KDF与非营利机构新希望社区服务组织 (New Hope Community Services) 和共享办公公司 The Co. 共同创办《爱心贩卖机》的一则活动，帮助牛车水地区的弱势居民。有着牛车水-金声居委会的支持，我们在牛车水安装几台爱心贩卖机。



在12月至1月2022年之间，市民能用这些爱心贩卖机为不同的非营利机构如Babes怀孕危机支援组织、儿童慈善团体“彩虹俱乐部”，KDF等捐款或为他们义购食品券，公共交通补助券。通过6个不同级别的捐款方式，民众能帮助让弱势者满足各自的要求，鼓起勇气活下去。



参与《爱心贩卖机》!

圣诞慈善捐赠活动已来到了尾声，本基金非常感谢DUO Galleria, CO.@Duxton 以及新希望社区服务组织的热心支持，为本基金的病患延续生命与希望，让他们在佳节中感受到祝福与善念的温暖。





社工的转介, Chitra女士在2017年10月9日, 来到KDF碧山透析中心接受洗肾治疗。刚开始洗肾时, 她行动不便, 需要依靠轮椅。医生也建议她增加体重, 好让病情尽快稳定。

Chitra女士说: “起初开始洗肾时, 非常艰难, 不能吃的东西多的是。但孩子每天都会为我准备营养均衡的膳食, 鼓励我多走路, 增强脚力。渐渐地, 我的体重增加到健康水平, 自己只需要助行器走动, 不用依靠轮椅了。” 她的两个孩子也非常孝顺, 帮忙做家务, 抽空带家人出去参观著名景点。

Chitra女士在家中排名第五, 来自个大家庭, 大家互相关注, 常齐聚欢庆兄弟姐妹的生日及侄子侄女们的婚礼, 为家中增添喜气。虽Chitra女士经历人生种种的困境及苦况, 但她仍然选择保持乐观的态度, 继续在简单的生活中找到乐趣和意义。今年64岁的她笑着说: “一洗肾, 就这样洗了四年了。如果我当初决定不接受治疗, 就不会有今天的我。有着家人的关爱和支持, 孩子俩乖巧孝顺, 他们让我感受到真正的快乐, 是我这一生中最大的幸福!”



因为坚持, 才看到希望

胡慧蓉 译

经过许多不眠之夜和头晕症状, 林庆华先生决定去看医生。当他在2012年被医生诊断患有末期肾衰竭时, 林先生的家人对此感到十分震惊。林先生两年前离婚, 现在填着医生的诊断, 对他来说, 更是雪上加霜。

林先生每个星期需要洗三次肾, 又费时又累人。担任临时夜间保安人员的他, 经过了种种波折。他说: “我之前在另外一家保安公司打工。早期时, 他们很体贴, 经常把我安排到较配合洗肾日程的轮班工作。渐渐的, 我被分配的轮班工作越来越少。后来, 我决定离开这家公司, 加入目前的公司。”

身为长子, 林先生得承担家中的种种负担。林先生与弟弟和年老的父母同居, 最小的弟弟已结婚成家。在我们俩的谈话之中, 林先生透露, 当弟弟们得知自己的病情时, 都无动于衷, 但父母仍然保持保守的心态。他说: “当家里有客人时, 父母都不准我离开自己的房间, 以免别人知道他们的儿子是个患有慢性病的人。” 虽林先生的弟弟们适合为他捐肾, 父母却强烈反对, 阻止弟弟们帮助他。林先生沉声地说: “我就这样失去了重获新生的机会。至今, 我相信我的母亲还未接受我的病情。”

诊断之前, 林先生从事为食品业务代表, 生活习惯非常放纵。他说: “我自己不喜欢抽烟或喝酒, 但为了工作, 我经常会和生意伙伴在商务聚



会饮餐喝酒。我在这行业担任了十一年, 结果患上忧郁症。” 当时, 精神病治疗非常昂贵。林先生为了看精神科医生, 刷爆信用卡。

在洗肾中心里, 一顶帽子微微遮住林先生的侧脸。谈到他的离婚事故时, 林先生一脸的悲伤, 感叹道: “那时的我, 债务累累。我没受过高尚教育, 前妻始终也是个大学生, 她当然不愿意承担这样的经济重担。” 他似乎暗示, 夫妻俩也是因为学历不对等而离婚。

当我问林先生他是否有什么圣诞愿望, 他失落地说道: “自从离婚后, 我就不喜欢过年过节。一旦看到家庭或情品在外聚会, 就会觉得非常孤独。没伴的日子真的不好过。” 林先生热爱艺术, 空闲时喜欢听音乐和看影片。他说: “因为自己经济状况不佳, 又有肾病。喜欢的东西也比较与众不同, 很难找到合适的老伴。”

毕竟, 黎明前的片刻是漫漫长夜中最黑暗的。尽管经历了许多磨难, 林先生仍然选择保持乐观的态度, 一天过一天。

聚沙成塔

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来自大家庭的爱

梁伟倩 译

2017年四月份，在一个炎热的下午，Don Chitra女士坐在综合诊所的等候区，等待做定期体检。不久后，电子次序板一亮，就轮到Chitra女士了。但她依然不知，自己会面临一个改变人生的挫折。

Chitra女士说：“我自从20岁时就有肾脏问题，但也好好活了40多年。医生诊断我的肾功能不佳，建议我尽快洗肾时。虽然医生说洗肾治疗能延长我的性命，但我一想到手部得长期插两支很粗的针，需要忍受插针的痛，当时充满恐惧感，立刻拒绝接受治疗。”对Chitra女士来说，自己已结婚成家，子女也都长大了。她不想拖累孩子，已经接受自己会随时离去的事实。

Chitra女士的子女对她的决定表示不满。“我儿子对我说，妈，你还年轻，还未抱孙子，你要接受治疗，继续活下去！但我非常固执，不肯听取他的话。直到小女儿泪流满面，哭着对我说：“妈，我不想看着你这样离去。”这让Chitra女士改变主意，重新考虑自己的决定。

一天早上，Chitra女士醒来时就感到体弱胸闷，突然无法步行。她四肢着地，就像动物一样，爬出房间。儿子见了，赶紧将她送往医院急诊。Chitra女士被诊断因肾衰竭而患有严重贫血症。她回想到：“我的血液爆跌到了危险水平，得接受8次输血！护士们说若我在晚些求诊，恐怕会保不住性命。”

Chitra女士得连续3天接受紧急血液透析治疗，挽救生命。这导致她消瘦许多。“我之前有64kg，洗肾后，体重跌到48kg。我还记得跟医生开玩笑说，那是我年少时的理想体重！”通过



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