

KDF LINK

JUL-SEP
2020

MY FAMILY, MY STRENGTH

By **Caroline Oh**

Remember When

It was the time of the week again. In fact, barring any unforeseen development, she would have to go through it three times a week – kidney dialysis, that is. Her small hands grasped the armrests of her wheelchair as she steadied herself. Arthritis had caused her fingers to be painfully gnarled and unnaturally curved. She clenched her teeth as she tried to summon strength to stand up from her wheelchair. Her right hand reached for the side of her dialysis chair for support, as she slowly transferred herself with the aid of a caregiver.

Only in recent times that the tremble in her hands became more obvious.



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

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"I will help for as long as I can."



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Leap into 2021 with an Act of Generosity

Her Parkinson's disease had worsened. "‘老人病’ or ‘old person's illness’", she tittered.

Madam Lucy, 84, was diagnosed with kidney failure four years ago. Since then, she has been undergoing dialysis at Kidney Dialysis Foundation. It was clear that the years of dialysis treatments have taken a toll on her frail, petite body. Among others, a simple roll of her sleeve revealed an arm pockmarked with scars caused by needles.

But she is stronger than she appears and there is much in life that she looks forward to. One only needs to ask her about family to see her eyes brighten up with life.

The second youngest of four children, Lucy came from a close-knit family and she still shares a loving relationship with her siblings. They would visit each other often. Lucy and her two sisters would chat about their day and bond over the latest Taiwanese drama series.

The New Normal

When the circuit breaker measures were implemented, it took away the home visits that she greatly looked forward to. This dampened her mood briefly, but she and her siblings quickly adapted to the new normal. Never mind with them not being able to visit each other at their homes, the siblings started checking in on each other through daily phone calls. "I call them often, and we still talk about everything under the sun. I look forward to our conversations every day," Lucy smiled, her wizened eyes twinkling.

She also had to adjust to another change in her life - instead of making the weekly trips to her church to attend services, she could only access online mass services with the help of her nephew.

"I don't travel to many places like before. I have been spending most of my time at home. I attend digital masses, watch my Taiwanese dramas on TV and talk to my sisters all from home. I get to go out three times a week to the dialysis centre. Now that I am old, the dialysis sessions tire me easily. So, after I get home, I nap," she laments.

My Sibling, My Harbour

Lucy remains unmarried and shares a flat with her youngest brother Peter, a retired English teacher. She is financially dependent on her brother and relies on his pension to get by. She is a homemaker all her life and was a full-time caregiver to their late

mother in her twilight years. This arrangement to live under one roof with her brother is a natural one, as both are single and can lean on each other for companionship. Both siblings get along amicably.

"Since young, we have never fought or argued with each other. Although he is the youngest, he looks out for me and always has me in mind. He would always ask, 吃饱了吗 (Have you eaten), and even when I told him I have eaten, he would still bring home treats to share. We never go hungry with him around. No wonder he was my mother's favourite," she shared.

"Wherever he goes, if he sees a food stall with a long queue, he will join the queue and buy the food back for me, especially if it is char kway teow, even though he knows that I have to monitor my food intake when I am on dialysis. I only allow myself to eat a little each time." Lucy smiles at the lovely thought.

For the Love of Food

Food remains as an important catalyst in bringing everyone together in Lucy's family. She and her siblings live by a Chinese saying, "能吃是福" (It is a blessing to be able to eat and enjoy food).



Lucy shared fondly that up till recent years, she was the head chef at home. During festive seasons, she would cook up a table of dishes as her siblings and their children would go over to celebrate. Their flat was always filled with joy and laughter, completed with a symphony of aromas from Lucy's cooking. "My curry chicken and chap chye (Peranakan mixed vegetables) were the most popular dishes at the table. Everyone wanted second helpings," she recounted.

These days, she cooks less as it is difficult for her to stand for long periods of time. But in the face of all these adversities, Lucy remains positive. "For a few months, they can't visit me so I don't cook much. Now that they can visit me once again, I will try to prepare some simple dishes. I feel good cooking in the kitchen. Although I get tired more easily these days, I will do it for my loved ones for as long as I can."

Now, the younger generation in her family has taken over the festive preparations. Today, Lucy's nieces and nephews keep the festive traditions going by taking over the food preparation and coordinating gatherings to ensure that the family ties remain strong and affectionate.

We have many patients like Lucy who maintain a positive outlook in life and have so much to live for, including wanting to spend more time with their loved ones. Your gift can help to extend the lives of our underprivileged 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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“I will help for as long as I can.”

By **Triston Siew**

When Mr Peter Sng, 53, found out that he had nasopharyngeal cancer (more commonly known as nose cancer) and lymphoma, he made the difficult decision to take a break from his involvements with the various Chinese temples and associations. “I know my body would not be able to take it if I continued,” he said.

He has since made a full recovery from his illnesses, and now only volunteers for the Kidney Dialysis Foundation (KDF) and Poh Teck Siang Tng. He said, “KDF provides underprivileged kidney patients access to essential dialysis treatments. And Poh Teck Siang Tng takes care of the final rites for unclaimed bodies, ensuring that they get a dignified send-off. These two organisations support causes that I feel strongly for.”

Peter has been actively volunteering with KDF since 2011. Not only does he contribute his time and money, but he also assists in connecting KDF with the various Chinese temples, societies, business associations and clans. Each year, he helps to contact organisers of Lunar Seventh Month events so that KDF could fundraise by putting up its Charity Icon for bidding at their live auctions. Through his vast network of contacts, he has introduced KDF to many of the event organisers and help KDF fundraise through these auctions.

When asked why he chose to volunteer with KDF for so many years, he shared, “I would like to extend a helping hand to these underprivileged kidney patients and give back to the society via different means and methods.”

After experiencing significant events in your life, you appreciate what you have and realise that there are still many in our society who need assistance. You try to help them as much as you can.”

As Vice-Chairman of KDF’s Chinese Community Committee, he would actively help out at the auctions during the Lunar Seventh Month. He would rope in his friends to contribute during Chinese New Year, and they would prepare and distribute festive red packets to our underprivileged patients. Peter continues to be one of the key drivers for the various Chinese Community Committee initiatives.

When he is not volunteering, Peter runs a mom-and-pop shop at Toa Payoh market alongside with his sister. His shop is also one of the many participating merchants under the Central CDC Voucher Scheme, where identified low-income households that receive CDC vouchers could redeem the vouchers for certain goods at selected stores.

Volunteers are priceless for they have given themselves and help lift others. Our volunteers’ every act of kindness and compassion means very much to our patients, nurses and staff. Your every act of kindness and compassion means very much to the patients served by KDF. If you are inspired by Peter and would like to volunteer with us, scan the QR Code below and fill in the Volunteer Interest Form.

For more information, you can contact **Mr Triston Siew** at **6559 2650** or email to **triston.siew@kdf.org.sg**



Mr Peter Sng

Celebrating the Spirit of Giving

We would like to thank Segen Construction Pte Ltd (“Segen”) for their generous donation of a new dialysis machine for our centre. This significant gift will go into supporting treatments and programmes for our underprivileged kidney patients, easing their financial burden.

“At Segen, we believe in giving back to society. We hope that our gift to the Kidney Dialysis Foundation (KDF) will provide the needy end-stage kidney patients with strength and courage and assure them that they are not alone in their dialysis journey.”

“We will continue to lend our helping hands to the patients of Kidney Dialysis Foundation, as well as the underprivileged in the society in these challenging times.”

Mr William Wee
Managing Director, Segen Construction Pte Ltd



All photos were taken pre COVID-19.

KDF Activities



29 July

Durian Charity Sale

Home of Durian reached out to KDF to hold a charity durian sale, in support of our underprivileged end-stage kidney patients. The nett proceeds from the sale were donated to the Foundation.



1 August

Nurses Day

Nurses are integral to our dialysis centres, and even more so amidst the COVID-19 situation. To thank our tireless nurses on Nurses Day for their hard work, our Clinical Services team surprised them with individually customised tumblers!



7-16 August

Got To Walk 2020 was conceived by KDF to celebrate Singapore's 55th birthday and advocate better kidney health. Participants were encouraged to clock 55,000 steps, and the event saw a total of 1,064 participants clocking an impressive 58,520,000 steps. A digital Certificate of Achievement was sent to them at the end of the campaign.



21 August

Patients Teleconsultation

Since the progression of the COVID-19 pandemic, we have sped up the adoption of digital solutions and approaches in our dialysis centres. Our patients now receive regular, uninterrupted diagnostic and care services via teleconsultation with our doctors.



3 September

International Day of Charity

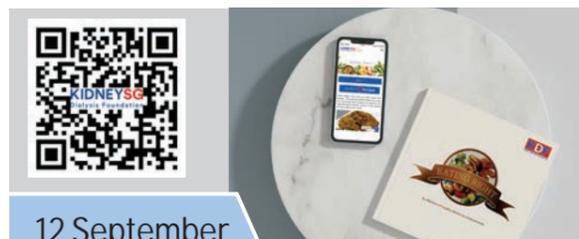
The staff of KDF came together to pack goodie bags filled with essentials for our nurses and underprivileged kidney patients in our dialysis centres. Each goodie bag consisted of reusable Cori face masks and disinfectant sprays, made possible by our generous donors.



9 September

Dialysis Centre Fire Drills

Fire drill exercises are conducted twice a year in all our dialysis centres to ensure that our clinical staff remains well-prepared for emergencies within such a setting.



12 September

'Eating Right' Goes Digital

Our published cookbook, 'Eating Right' is now available online. You can now access a variety of kidney-friendly, fuss free recipes created by our patients and dietician by scanning the QR code above!



Charity Icon 2019 in Review: Reliving the Blessings of the 'Fortune Pig'

On 13 April 2019, the KDF Chinese Community Committee (CCC) held its 16th Annual Charity Icon Launch and Appreciation Dinner at Jubilee Restaurant, Toa Payoh SAFRA. The event was attended by 650 distinguished guests. Member of Parliament Ms Tin Pei Ling graced the dinner as Guest-of-Honour, and launched the 2019 Charity Icon 'Fortune Pig'.



5 'Fortune Pig' icons were put up for auction that evening. They were brought home by these 5 Samaritans:

Mrs. Eric Yeo - **\$15,888**

Mr Tan Kee Kuang of Lao Zhong Zhong Five Spice Eating House - **\$12,000**

Mr Richard Lee of Fu Lu Shou Si Mian Fo - **\$12,000**

Mr Neo Kah Kiat, founding Chairman and CEO of Neo Group Limited - **\$12,000**

Mr & Mrs Michael Wong - **\$10,000**

Thereafter, the 'Fortune Pig' icons were put up for auction at various Lunar Seventh Month events organised by various Chinese associations and temples. We raised more than \$350,000 for our underprivileged dialysis patients.

KDF 2020 Charity Icon 'Fortune Rat'

This year, the KDF Chinese Community Committee (CCC) is proud to present the 2020 Charity Icon, 'Fortune Rat'. Made with exquisite golden coloured glass (known as 'Liu Li'), this icon features an endearing rat offering its bag of fortunes and blessings to its owner.

The COVID-19 pandemic has caused severe social and economic disruptions. Hence, every form of support would mean very much to KDF in these extraordinary times.

As a non-profit charity organisation, donors and supporters like yourself help keep our programmes running, allowing us to do more. Adopt a 'Fortune Rat' today and your gift will help provide our underprivileged kidney patients a lifeline through dialysis treatments, medications and complementary services.



2020 年KDF慈善福物《鼠兆康年》

鼠位列十二生肖之首，它寓示着一元复始、万象更新。

今年KDF华社筹款委员会推出的慈善福物是一只机灵可爱的琉璃小老鼠。它嘴里叼着一串铜钱，拖着一个硕大的福袋，前爪紧紧抓着袋口，昂首为主人献上宝贝，似乎说着：“主人，我把健康、好运和财富都给您带来了！”

冠状病毒疫情重创了我国经济，也深深影响了每个人。尤其对较低收入的家庭和弱势群体，冲击与影响更为严重。希望各善长翁能继续怀着善待众生善待因果之心，义购本基金的慈善福物《鼠兆康年》。

您的善举能让我们继续为低收入肾病患者提供妥善的洗肾治疗与照顾。



Scan-To-Donate using these apps!
使用以下应用程序扫描捐款二维码



Donations of \$500 and above are entitled to one 'Fortune Rat'. All donations are entitled to 2.5 times tax deduction.

福物起购价为\$500元，捐款全额可获2.5倍所得税回扣。

For more information or collaboration enquiries, please contact 如需咨询，请联络：

Mr Triston 邱先生
6559 2650 | triston.siew@kdf.org.sg

Leap into 2021 with an Act of Generosity

Let us start 2021 with an act of generosity by purchasing Kidney Dialysis Foundation's (KDF) charity calendar. The theme of our KDF Charity Calendar 2021 is 'Comfort' and it features monthly illustrations of home-cooked dishes done by talented students from the Nanyang Academy of Fine Arts (NAFA). The familiar sights, smells, and tastes of home cooking can elicit feelings of comfort and warmth. Food is also a catalyst to strengthening family bonds and developing more exquisite friendships.

Each calendar is available at \$12. Any purchase of two or more calendars* will be entitled to an exclusive discount.

For enquiries and customisation** requests, please contact **Mr Triston Siew** at **6559 2650** or email to **triston.siew@kdf.org.sg**.

* Proceeds from the sale will go into helping our underprivileged patients. Purchases are not entitled to tax deductions
** Additional \$3 per piece for corporate logo customization. Min order of 500 pieces



献出爱心，迈进2021年

献出一份爱心，完成一项善举。

KDF 2021年慈善月历通过12张由南洋艺术学院学生设计的插图，把你熟悉的家常菜带到您的桌面上。

购买一份月历，开始新的一年。每本日历义价为\$12。
购买两本以上能享有每本\$10的特别优惠。

若有任何疑问或定制要求**，请联系**邱永威先生**，
电话：**6559 2650**，电邮：**triston.siew@kdf.org.sg**



* 此义购不合获得所得税回扣
** 在日历上定制公司票图每本需付加\$3。最低定量500本。

How to Order

- Complete the Order Slip below
- Return the completed Order Slip together with your cheque made payable to 'KDF' via the Business Response Envelope provided

如何订购

- 填上以下表格
- 在您的支票填上收款者为：'KDF'，与填好的表格用回邮信封寄回本基金

KDF 2021 Charity Calendar 2021年KDF慈善日历		
22.5cm (H) 高 x 18.5cm (W) 宽 - 26 pages页		
Unit Price 价格	Order Quantity 数量	Total Amount payable 总额(\$)
\$12 each - 1 piece \$12 每本		
\$10 each - 2 pieces and above \$10 每本-两本以上		
<input type="checkbox"/> I want to make an outright donation of 我想捐款 S\$_____ by Cheque / Credit Card (Please circle) 使用信用卡 / 支票 (请圈) * All outright donations are entitled to 2.5 times tax deduction 捐款全额可享2.5倍的扣税		
Credit Card Number 信用卡号码 VISA / MasterCard / American Express / Diners		Expiry Date 截止日期
		CVV No. 号码
Name/Company Name 名字/公司名字		Email 电邮
		Contact No. 联络号码
NRIC/FIN/UEN No. 身份证号码/公司UEN号码		
Mailing Address 邮寄地址		

KDF活动



7月29日

榴莲义卖

《榴莲之家》在7月29日举办了一场榴莲义卖，为KDF的弱势肾病患者筹款。义卖获得了公众的热烈响应支持。



8月1日

护士节

8月1日是护士节。为了表达KDF对护士们的敬意和感谢，尤其是在这艰难的抗疫日子里坚守岗位，我们也赠送了在洗肾中心的每位护士一个精美的特制保温杯。



8月7日至8月16日

Got To Walk 2020

为了欢庆新加坡独立55周年及提倡新加坡人多关心和注意个人的肾脏健康，KDF举办了一场健步活动 - 'Got To Walk'。我们鼓励参与者从8月7日至16日内行最少55,000步。参与者可利用科技程序记录每天的步行量。成功完成至少55,000步者都得到了参与证书。该活动吸引了1,064名民众参与，共走了58,520,000步。



8月21日

视讯医疗会诊

自冠病疫情爆发后，我们在各洗肾中心推行了视讯医疗会诊，即通过视讯技术让我们的医生为我们的病患提供医疗会诊。



9月3日

国际慈善日

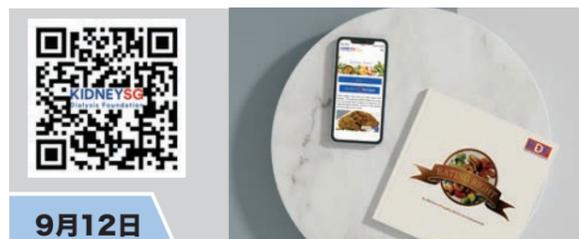
为了庆祝国际慈善日，KDF的员工为我们的护士和病患准备了关怀礼包。礼包里有可重复使用口罩和消毒喷液。物品皆由两家公司 (CORI Traveller 和淡马锡基金会) 赞助。



9月9日

洗肾中心火警演习

我们每年都会举行两次的火警演习，以确保在洗肾中心的医疗人员在发生紧急状况时能迅速作出应变，从容应付，不致产生危险。



9月12日

'Eating Right' 电子食谱

KDF出版的烹饪书《Eating Right》已可在线查阅！您可扫描以下的二维码就可到我们的网页获取较健康的食谱。



回顾2019年慈善福物 《吉祥金珠》

2019年4月13日肾脏透析基金(KDF)华社筹款委员会于大巴窑SAFRA千禧楼举办第十六季慈善福物推展兼答谢晚宴。在650多名宾客的欢呼声中，宴会主宾国会议员兼本基金荣誉顾问陈佩玲女士隆重揭幕2019年KDF慈善福物《吉祥金珠》。



陈议员还特别为首次亮相的五尊《吉祥金珠》提上五个意义不同的吉祥祝词。这五尊福物随后在现场被5位善心宾客成功标得。他们是：

杨太太 - \$15,888

梁苑集团创办人及主席，梁佳吉先生 - \$12,000

福祿寿四面佛资业主人，李贵先生 - \$12,000

老中中五香虾饼摊主，陈机光先生 - \$12,000

Michael Wong夫妇 - \$10,000

随后，《吉祥金珠》福物在全岛近60场中元会、神诞庆典及社团会馆宴会中义标筹款。在2019/20财政年，KDF华社筹委会携《吉祥金珠》福物为本基金的贫困洗肾病患筹得捐款超过35万元。

乐做义工，分享温情

译/姚锡麟

当孙财安先生被告知他患上鼻咽癌和淋巴瘤时，他不得已做了一个沉重的决定 - 暂停参与各庙宇和会馆活动。“我知道若我继续我以往的工作量，我的身体将不能支撑和负荷。”

他现已战胜病魔并完全康复。如今，他只在肾脏透析基金和报得善堂当义工。他说：“肾脏透析基金帮助有需要的肾脏病患能够得到他们急需的透析治疗。报得善堂则为一些独居老人或无家属往生者妥善地处理后事。这两个团体所做的是我非常认同的。”

自2011，孙先生已非常活跃地在肾脏透析基金当义工。他不仅出钱出力，他还非常积极地帮肾脏透析基金联络各庙宇、社团、商会和宗亲会馆。每年他也联络各农历七月中元普渡活动主办者为肾脏透析基金募款。他尽心尽力、毫无保留地把许多活动主办者介绍给了肾脏透析基金，让基金能参与中元普渡活动并得以在活动中拍卖福物募款。

被问到为什么会选择来肾脏透析基金当义工时，他说：“我想回报社会。我想尽我的能力去帮助那些弱势肾病患者。我相信我能很好地运用我与别人不同的资源、能力和方法去帮助他人。当你经历过一些事情后，你会更懂得珍惜你所拥有的。你也会发觉在我们周边仍有许多人更需要帮助。那你就想尽全力来帮助他们。”

身为肾脏透析基金华社募款委员会副主席，他除了积极参与中元普渡的拍卖活动外，也和一群朋友在逢年过节时为基金的病患发送红包和礼包。在肾脏透析基金当了九年的义工，孙先生仍是华社募款委员会各项倡议的主力推动者之一。

孙先生和他的姐姐在大巴窑经营生意。他们也响应了社区发展理事会的号召，参与生活补助券计划，让低收入家庭能在他们的店用生活补助券换取必需品。

义工是不可或缺的。只要秉持善待众生、善待因果之心，任何人都可以当义工。义工团队的正能量、善举和关怀会让需要长期洗肾的弱势病患、他们的家人和本基金的员工感受到善念的温暖。若您想回馈社会，在本基金当义工，您可以扫描以下的二维码，完整填写义工申请表格。

有关更多信息，请致电**6559 2650**与**邱永威先生**联系，或发送电子邮件至 triston.siew@kdf.org.sg。



孙财安先生

慈善之举，聚沙成塔

我们衷心感谢Segen Construction Pte Ltd (“Segen”) 捐赠一台新的洗肾机给我们的洗肾中心。Segen的善举对需要长期洗肾的弱势病患，是重要和意义深远的。

Mr William Wee (公司董事总经理) 说：“在Segen我们信守回馈社会的理念。我们希望我们的一点点心意能带给肾病患者更多力量和勇气，并让他们知道他们身边有很多关怀和支持他们的人。我们会持续帮助来KDF的肾病患者，还有在社会上较弱势的一群。”



Mr William Wee
董事总经理, Segen Construction Pte Ltd

*简报图像在疫情之前拍摄



责打理家里一切大小事务以及照顾双亲。他们姐弟俩从小相处融洽愉快。

“我们俩从小都没打架或激烈争吵过。我虽然是他的姐姐，但他从小就处处为我着想、照顾着我，一直都会常问我吃饱了没。就算我回答我吃饱了，他还是会从外面带回好吃的点心和分享。有他在就一定会有东西吃。难怪我妈妈最疼他了。”

“不管在哪里，只要他看到有哪个卖吃的摊位排有人龙，他就一定会过去排队买来给我吃。特别是卖炒果条的，不管队伍有多长，他都会耐心排队。虽然他知道我因为洗肾要控制饮食，没办法吃太多东西，他还是买回好吃的给我尝试。”

在林老太太家，食物把大家都凝聚在一起。姐弟们都秉持着能吃是福的观念。

直到近几年，林老太太一直担任家里的主厨。只要逢年过节，姐姐们更会带家人们过去聚会，而她会为他们煮上一桌子的美味佳肴。笑声与欢乐声会

林老太太在家中排行老三。她有两个姐姐和一个弟弟。她和姐弟们的感情从小就亲密融洽。到今日，他们仍会经常探访彼此。林老太太也会每天与姐姐通电话聊家常和台湾连续剧剧情。

刚实行阻断措施时，她和姐弟们不能互相探访。一开始，她感到惆怅失落。但她很快就调整了心情和适应了新的常态。她说：“不能互相探访没关系。我们就每天多打电话聊天。有时候我姐会先打过来，有时候我会一早就打过去给她们，我们在电话里无所不谈。我每天都很期待与她们聊天。”

阻断措施实行期间，林老太太也没法去教堂祷告。现在每逢星期天，她的侄子会事先帮她设置好视讯装备，好让她参与网上教宗弥撒。

“在这几个月里，我不能像以前一样出门到处走走。大多数时间都会在家里休息。我每天和姐姐们聊天，在家看台湾连续剧。礼拜天早上就会通过视讯来参与网上弥撒。我唯一出门去做的事就是去KDF洗肾中心洗肾。我年纪大了，容易在洗肾后感到疲倦。每当一回到家，我都会小睡片刻。”

林老太太没有结婚。她的弟弟Peter也单身。所以姐弟俩同住一起，以方便互相照应和陪伴。Peter退休前是一名教师。他们俩现在依靠Peter的储蓄和退休金过生活。林老太太从未工作过。以前，她就负



响遍整间屋子。她笑着说：“我煮的咖喱鸡和娘惹杂菜是最受欢迎的两道菜，每次都得多煮些才够他们吃。”

可是近几年来，因为健康因素导致她不能站立太久，她待在厨房的时间也就相对少了。尽管如此，她依然积极乐观。

“阻断措施刚实行时，他们不能来探望我，所以我也没怎么下厨。现在他们又能来了，我也会尽力为他们准备几道他们较爱吃的菜肴。在厨房为他们煮饭时，我都会觉得很开心。虽然现在比较容易疲倦，我仍会为他们下厨。我会一直煮到我完全不能为止。”

在肾脏透析基金，我们有很多像林老太太一样保持积极乐观的肾脏病患。他们都会把握和珍惜与亲人相处的时间。您的慷慨解囊能帮助我们的肾脏病患。

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肾析简报

七月-九月
2020

我的家人，我的力量

译/姚锡麟

林桂卿老太太为了去洗肾，一个星期至少得出门三次。就算在阻断措施实行期间，林老太太也几乎风雨不改去肾脏透析基金的洗肾中心。林老太太今年已84岁，她在4年前被诊断出肾衰竭。从那时候起，她便开始来KDF接受洗肾疗程。洗肾对年纪较轻的人是个艰辛的过程，更别说对上了年纪的人。经过4年洗肾，林老太太双手已布满插针留下的瘢痕。

林老太太个子小，所以会给人一个较柔弱的第一印象。但一聊开后，你会发现她其实性格坚强，为人积极乐观。一谈到家人，她双眼会瞬间亮起来。



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