



# CALENDAR | 2019

Warming the hearts of dialysis patients



Art therapy is a hybrid mental health modality that blends the principles and theories of both art and psychology with the aim to enhance creative self-expression and well-being through engagement with the arts. The MA Art Therapy programme at LASALLE College of the Arts is the first of its kind in Southeast Asia and is championing an approach that is culturally relevant and meaningful within Asian contexts. It has been our honour to collaborate with the Kidney Dialysis Foundation for their 2019 calendar and to work with the wonderful participants and staff of the organisation.



## Message from the Chairman



It is with great pride that I present our KDF Charity Calendar 2019, in which 12 paintings painstakingly drawn by our patients and their caregivers are featured. Each painting is unique and depicts the emotions felt by our patients and their caregivers during the dialysis journey.

These inspiring pieces are the result of a successful second partnership with the MA Art Therapy programme at LASALLE College of the Arts. I would like to take the opportunity to thank the faculty and students for their dedication and immense support towards the project, which continues to inspire our patients, and encourage them to seek emotional solace through creative arts.

I would also like to thank our dear friends – donors, volunteers, partners and advocates – for your unyielding support, and for joining us on this journey to better the lives of needy dialysis patients.

May this New Year bring you great joy and exciting opportunities; Happy New Year!

*Dr Gordon Ku*  
Chairman of KDF



Support needy dialysis patients by making a PayFlow donation today. Scan our QR code with any of your digibank apps, and enter your NRIC#/INUIEN number in the reference no. field for tax deduction.

All proceeds from the sales of this calendar will go towards the KDF general fund which helps to subsidise patients' treatments.

\*PayFlow is supported by the following banks: DBS/POSB, UOB, OCBC, Citibank, HSBC, Maybank, Standard Chartered, EOC and ICBC.



Heaven On Earth (人间仙境)

I have been on dialysis for the past 5 years. Now I have learnt to accept my struggles as I live a day at a time. I am grateful that through dialysis, I can regain hope for normalcy. This painting expresses my deepest wish, and that is to be in a place where the gods reside, and where there is peace and no pain. I imagine myself immersing in this serenity, passing each day by watching the birds fly by gracefully.

# 01 一月 January 2019



SUN	MON	TUE	WED	THU	FRI	SAT
		1 廿六 New Year's Day	2 廿七	3 廿八	4 廿九	5 小寒
6 十二月	7 初二	8 初三	9 初四	10 初五	11 初六	12 初七
13 初八	14 初九	15 初十	16 十一	17 十二	18 十三	19 十四
20 大家	21 十六	22 十七	23 十八	24 十九	25 二十	26 廿一
27 廿二	28 廿三	29 廿四	30 廿五	31 廿六		



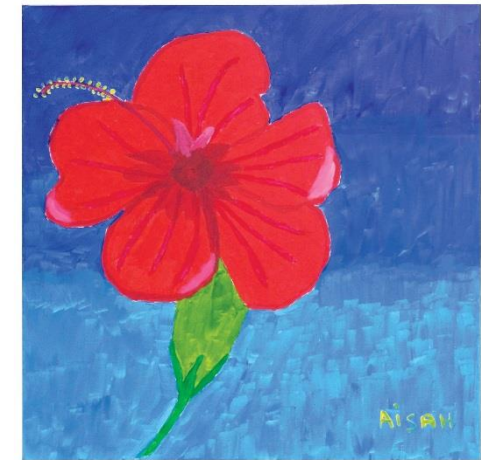
Peaceful

A sense of tranquility and equanimity is the state in which I usually find myself in during my thrice-weekly dialysis sessions at KDF. This artwork reflects the relaxing and romantic moments of my sweetheart and I. My husband has been my rock and unwavering support for the past 30 years, and I enjoy going to the seaside with him during the weekends as it brings a deep sense of inner peace. Each colour has a symbolic meaning, and with the light hues, I attempted to convey a sense of serenity in my painting.

# 02 二月 February 2019



SUN	MON	TUE	WED	THU	FRI	SAT
		1 廿一 Chinese New Year	2 廿二 Chinese New Year	3 廿三	4 廿四	5 廿五
6 廿六	7 廿七	8 廿八	9 廿九	10 初十	11 十一	12 十二
13 十三	14 十四	15 十五	16 十六	17 十七	18 十八	19 十九
20 二十	21 廿一	22 廿二	23 廿三	24 廿四		



Happiness

I painted a hibiscus as a response to my feelings of gratitude as I reflect on my dialysis journey. This red hibiscus not only represents my lifeline, but also the joy and happiness of coming to the KDF dialysis centre for the last 18 years. Here, I can meet my friends – patients and staff alike – and we talk and share stories, giving me confidence to come out of my shy, introverted shell. By carefully selecting just the right hues, I filled the entire canvas using beautifully precise strokes, celebrating every moment of happiness in life.

12 December 2018

S	M	T	W	T	F	S
30	31	1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

02 February 2019

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

01 January 2019

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

03 March 2019

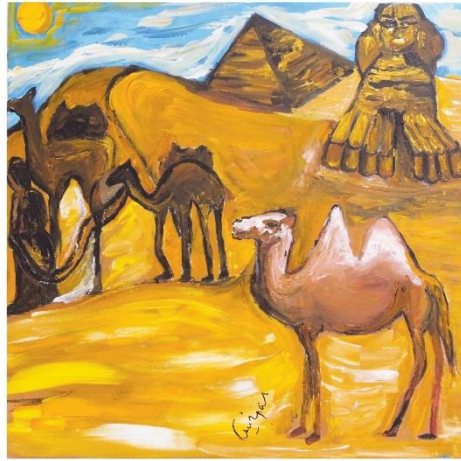
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



# 03 三月 March 2019



SUN	MON	TUE	WED	THU	FRI	SAT
31 廿五					1 廿五	2 廿六
3 廿七	4 廿八	5 廿九	6 初壹	7 初二	8 初二	9 初三
10 初四	11 初五	12 初六	13 初七	14 初八 World Kidney Day	15 初九	16 初十
17 十一	18 十二	19 十三	20 十四	21 十五	22 十六	23 十七
24 十八	25 十九	26 二十	27 廿一	28 廿二	29 廿三	30 廿四



**Peaceful Destination**

My painting signifies freedom, like the vast areas of sand in the desert, and camels as a mode of transportation instead of the modern traffic system. A sense of happiness engulfed me as I immersed myself in this painting, taking me momentarily away from reality, and from the need to have dialysis. It has been 10 years since I have visited the Sphinx and the pyramids. Yet I still vividly remember how I felt then – carefree and so full of life.

## 02 February 2019

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## 04 April 2019

S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# 04 四月 April 2019



SUN	MON	TUE	WED	THU	FRI	SAT
	1 廿六	2 廿七	3 廿八	4 廿九	5 清明	6 初二
7 初三	8 初四	9 初五	10 初六	11 初七	12 初八	13 初九
14 初十	15 十一	16 十二	17 十三	18 十四	19 十五 Good Friday	20 十六
21 十七	22 十八	23 十九	24 二十	25 廿一	26 廿二	27 廿三
28 廿四	29 廿五	30 廿六				

## 03 March 2019

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## 05 May 2019

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



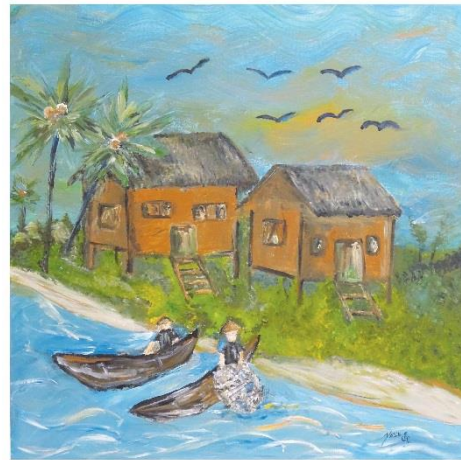
**Fighting Spirit (战)**

My artwork depicts the emptiness felt during dialysis treatment. The dragon represents myself, and I chose grey for the dragon's body to symbolise me feeling trapped and sad during dialysis. The bright colours used for its head and tail represent my intellect and how others perceive me; I look just like any other happy, healthy person. The two red ribbons wrapping around the dragon's body represent the bloodlines in the dialysis process. It is an important lifeline that is key to my survival – it bounds me, and yet, frees me.

# 05 五月 May 2019



SUN	MON	TUE	WED	THU	FRI	SAT
			1 廿七 Labour Day	2 廿八	3 廿九	4 三十
5 初月	6 立夏	7 初二	8 初三	9 初四	10 初五	11 初六
12 初八	13 初九	14 初十	15 十一	16 十二	17 十三	18 十四
19 十五 Week Day Vaak Day	20 十六 Week Day Observed	21 小满	22 十八	23 十九	24 二十	25 廿一
26 廿二	27 廿三	28 廿四	29 廿五	30 廿六	31 廿七	



**My Kampung Days**

During my dialysis journey, I had lost a limb along with my family and my job. I feel a great sense of loss, and find myself often reminiscing about my childhood in Kampung Kluang. This painting reflects my carefree days when my parents were still around. Over time with dialysis treatment, I found strength in the memories of my childhood spent in the kampung, to push myself to regain independence, overcoming not only emotional challenges but also physical barriers, and I hope that one day, I will be able to fish again.

## 04 April 2019

S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## 06 June 2019

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

# 06 六月 June 2019



SUN	MON	TUE	WED	THU	FRI	SAT
30 廿八						1 初八
2 廿九	3 五月	4 初二	5 初三 Hari Raya Panas	6 初四	7 初五	8 初六
9 初七	10 初八	11 初九	12 初十	13 十一	14 十二	15 十三
16 十四	17 十五	18 十六	19 十七	20 十八	21 十九	22 二十
23 廿一	24 廿二	25 廿三	26 廿四	27 廿五	28 廿六	29 廿七

## 05 May 2019

S	M	T	W	T	F	S
5	6	7	8	9	10	11
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## 07 July 2019

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28	29	30	31			



**Companionship (美杯)**

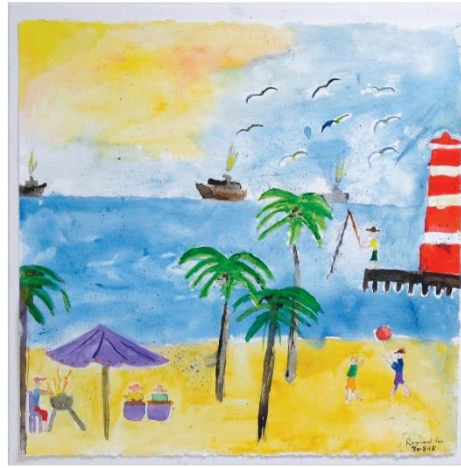
In difficult times and trying days, you will always need companionship from family and friends, to lend you support and to cheer you on. Every time that I am with my long-time friend who is a dialysis patient, I am encouraged by her energy and inspired by the joy that she brings to people. Although she is on dialysis, I am constantly influenced by her willpower to live life to the fullest and to continue living healthily and happily.



# 07 July 2019



SUN	MON	TUE	WED	THU	FRI	SAT
	1 初九	2 三十	3 六月	4 初二	5 初三	6 初四
7 初五	8 初六	9 初七	10 初八	11 初九	12 初十	13 十一
14 十二	15 十三	16 十四	17 十五	18 十六	19 十七	20 十八
21 十九	22 二十	23 廿一	24 廿二	25 廿三	26 廿四	27 廿五
28 廿六	29 廿七	30 廿八	31 廿九			



**Siloso Beach Singapore**

The inspiration behind my painting is my feelings of gratitude and joy in being alive. Siloso Beach brings happy memories and good times with my family and friends, so I associate it closely with feelings of happiness. If it weren't for dialysis, I would not be here.

06 June 2019

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14	15	16	17	18	19	20
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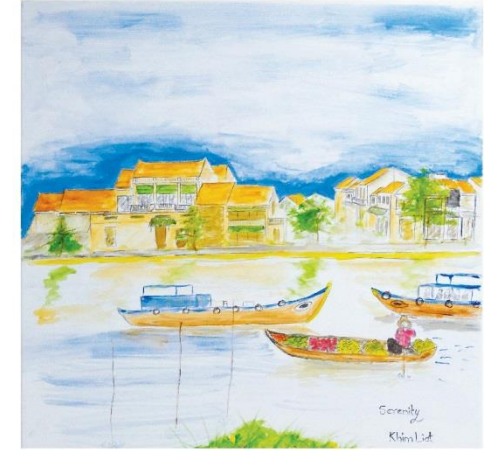
08 August 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# 08 August 2019



SUN	MON	TUE	WED	THU	FRI	SAT
				1 七月	2 初二	3 初三
4 初四	5 初五	6 初六	7 初七	8 立秋	9 初九 National Day	10 初十
11 十一 Hari Raya Hari Idul Fitri	12 十二 Hari Raya Hari Idul Observasi	13 十三	14 十四	15 十五	16 十六	17 十七
18 十八	19 十九	20 二十	21 廿一	22 廿二	23 廿三	24 廿四
25 廿五	26 廿六	27 廿七	28 廿八	29 廿九	30 八月	31 初二



**Serenity**

One of my passions is travelling. However, since I started dialysis, I seldom travel due to the expensive treatment costs abroad. Which is why I now travel with my brush. Painting makes me feel relaxed and happy, very much like the sense of serenity which accompanies me on my dialysis journey. This painting features an old town in Vietnam, where life is slow and simple. Someday, I hope to be able to visit.

07 July 2019

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

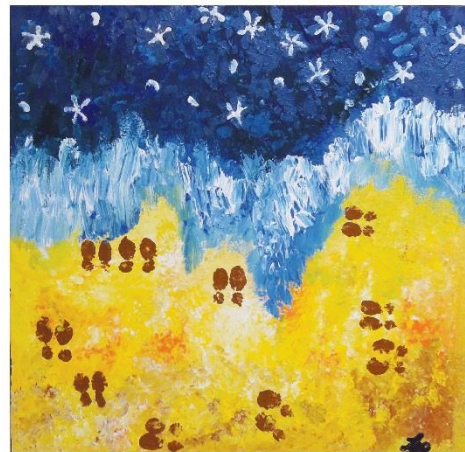
09 September 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# 09 September 2019



SUN	MON	TUE	WED	THU	FRI	SAT
1 初三	2 初四	3 初五	4 初六	5 初七	6 初八	7 初九
8 初十	9 十一	10 十二	11 十三	12 十四	13 十五	14 十六
15 十七	16 十八	17 十九	18 二十	19 廿一	20 廿二	21 廿三
22 廿四	23 廿五	24 廿六	25 廿七	26 廿八	27 廿九	28 三十
29 九月	30 初二					



**Fleeting Time (光阴似箭)**

Without any background in art, starting this painting was a trying process for me. It mirrored the arduous experiences I had when I first started dialysis. However, the more I drew, the better I became, a parallel to overcoming many years of difficulties with the support of family and friends, in addition to my own determination. Time is like the ocean in the picture; it washes away the pains of the past.

08 August 2019

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22	23	24	25	26	27	28
29	30	31				

10 October 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# 10 October 2019



SUN	MON	TUE	WED	THU	FRI	SAT
		1 初三	2 初四	3 初五	4 初六	5 初七
6 初八	7 初九	8 寒露	9 十一	10 十二	11 十三	12 十四
13 十五	14 十六	15 十七	16 十八	17 十九	18 二十	19 廿一
20 廿二	21 廿三	22 廿四	23 廿五	24 霜降	25 廿七	26 廿八
27 廿九 *Dussehra	28 十月 *Dussehra Observasi	29 初二	30 初二	31 初四		



**Hope (希望)**

From the initial disbelief of knowing that I have to undergo dialysis to gradually accepting it, it has now been 6 years. I am immensely thankful for the support of my family – especially my husband – without whom I wouldn't have been able to stay strong and optimistic in the face of my illness. Although I am unable to travel or indulge in food like others, do not look upon me as a patient, for I am still able to live the life I envisioned, one that is filled with hope.

09 September 2019

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22	23	24	25	26	27	28
29	30					

11 November 2019

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# 11 十一月 November 2019



SUN	MON	TUE	WED	THU	FRI	SAT
					1 初五	2 初六
3 初七	4 初八	5 初九	6 初十	7 十一	8 立冬	9 十二
10 十三	11 十四	12 十五	13 十六 World Kindness Day	14 十七 World Diabetes Day	15 十八	16 十九
17 廿一	18 廿二	19 廿三	20 廿四	21 廿五	22 小雪	23 廿七
24 廿八	25 廿九	26 十一月	27 初二	28 初三	29 初四	30 初五



### Love. Peace. Hope

This being the first time I picked up a brush, I made a lot of mistakes along the way. But I was able to change, correct and perfect it. This is not unlike life. No matter what mistakes we make in our lives, as long as we are willing to change and repent, hope is always awaiting us. May we all have love, peace, and hope in us. Even in sickness.

#### 10 October 2019

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#### 12 December 2019

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# 12 十二月 December 2019



SUN	MON	TUE	WED	THU	FRI	SAT
1 初六	2 初七	3 初八	4 初九	5 初十	6 十一	7 大雪
8 十三	9 十四	10 十五	11 十六	12 十七	13 十八	14 十九
15 二十	16 廿一	17 廿二	18 廿三	19 廿四	20 廿五	21 廿六
22 冬至	23 廿八	24 廿九	25 三十 Christmas Day	26 十二月	27 初二	28 初三
29 初四	30 初五	31 初六				

#### 11 November 2019

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

#### 01 January 2020

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Kidney Dialysis Foundation 2020 Calendar

January	February	March
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April	May	June
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
July	August	September
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October	November	December
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

About the artwork featured on the cover:

#### Hand in Hand, Heart to Heart

Since 1984, we have always held hands wherever we go out. By painting our hands clasped together, we hope to inspire all dialysis patients and all our message that all difficulties can be overcome by putting our hearts and souls together. Family support is especially important for every patient. The clasped hands in the painting symbolize strength, unity and support, and also pays tribute to KDF, who came to our assistance during a difficult time in our lives.