

KDF LINK



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OCT - DEC 2017 IN THIS ISSUE

03

JOINT FLAG
DAY 2017



04

ICON
LAUNCHING
DINNER



06

PATIENT
OUTING



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ACCEPTING HER FATE

BY DANIEL YAO

When I asked Mdm Selmah Binte Katos how old she was, her face wrinkled into a wide smile before replying: "I am 78 years old and going soon."

My heart fell as it sunk into profound sadness after hearing her reply. I studied the old lady on the dialysis chair in front of me; her frame so emaciated that it provided no protection from the air conditioning at the centre. To counter the cold, she was draped in layers of blankets and towels.

Her face, heavily lined with wrinkles boring deeply into her thin skin, made me realise how old and frail she was. As if old age wasn't enough for her to bear, Mdm Selmah also suffers from end-stage kidney failure. It is no wonder that she has the resigned look of one who is well aware that life has stopped giving and only takes away.

A DIFFICULT LIFE

Fate has not been kind to Mdm Selmah. When she was 28 years old, she filed for a divorce from her husband and subsequently took custody of her four children.

As a single mother, she dedicated all her love and attention to bringing up her children. She took care of everything in the household alone, constantly rushing home from work



to cook for her children. And without any paper qualifications, Mdm Selmah could only work as a cleaner, earning a meager \$60 a month.

Moreover, she needed to pay special attention to her two youngest children as they suffer from mental illness. As a single mom faced with these circumstances, it was not only tough mentally, but financially she had to scrimp and save just to make ends meet. But Mdm Selmah never once complained.

NO CHOICE BUT TO ACCEPT

Fast forward to today, with her children all grown up, you would think that life would be relatively easier for Mdm Selmah. Unfortunately, it is far from so as she was diagnosed with end-stage kidney failure at the ripe age of 72, with no income nor financial support from her children.

To start dialysis at her age is almost a torture as she is already physically weak and now she has to battle



with the illness. Like other elderly patients at KDF, she had no prior knowledge about kidney failure and did not know what to expect of it.

“What could I do? (I had to) accept it as it is...” Mdm Selmah said in a resigned tone when I asked how she felt when she found out that dialysis was the only way to survive. With her arm outstretched, she repeatedly mumbled “It’s really painful...” as she pointed to the area on her arm where the dialysis needles were inserted.

Fatigue clouded her face as she told us how tired she would be after each dialysis session. Although Mdm Selmah did not like this new life, she has come to accept it wholeheartedly now and only hope to live comfortably till the end of her life.

NO ONE ELSE

While for most Muslims, Hari Raya is a day where families gather together to celebrate, for Mdm Selmah Hari Raya is just another normal day. Although her children will visit, they seem to only be going through the motions and barely stay for half an hour.

“Hari Raya is the only time they visit and yet they don’t even talk to me when they are here!” Mdm Selmah lamented.

Despite painstakingly bringing up her children single-handedly and dedicating her whole life to them,

it is disheartening to know that none of her children are taking care of her now that she is old.

Although Mdm Selmah currently lives in a one-room rental flat with her youngest daughter, Rasidah (52), her daughter lacks the ability to care for her as Rasidah is plagued by mental illness and is an outpatient at the Institute of Mental Health (IMH). With no one capable to support Mdm Selmah in her remaining years, she has to take care of everything all alone again.

The only silver lining is that Rasidah keeps Mdm Selmah company throughout each dialysis session without fail. Sadly, her inability to properly care for her mother became evident when at the end of the dialysis session, Rasidah simply bolted out of the dialysis centre to make her way home without even once turning to check on Mdm Selmah who was trailing far behind her much arduously.

At such old age, Mdm Selmah has little strength left after her dialysis. Despite staying just a

block away, the journey back home still takes a toll on her as she struggles to hobble her way home, grasping at railings for fear of falling down.

While it was appalling that her daughter would leave Mdm Selmah to make her way home alone in that condition, Mdm Selmah simply brushed it off and told us resignedly that because “Rasidah’s mind is not working properly”, even if anything untoward happened to her along the way, it is unlikely that Rasidah would come back to look for her.

LIVING CONDITION

Due to her lack of physical strength, Mdm Selmah is unable to cook proper meals and can only manage to cook rice and very simple dishes like fried eggs. As for Rasidah, Mdm Selmah does not allow her to go near the stove nor cook as Rasidah has the tendency to faint suddenly which could potentially lead to a fire outbreak.

As a result, many a time they would end up just eating rice mixed with soy sauce or share a cup noodle for a meal.

Without any support from her children, Mdm Selmah and Rasidah rely solely on the monthly \$270 financial assistance from Majlis Ugama Islam Singapura (MUIS). However, flat rental, utilities and the phone bill takes up more than half of that amount.

Fortunately for Mdm Selmah, she does not need to worry about her dialysis treatment as she receives full subsidy from KDF.

For dialysis treatment which costs \$2,000 a month, patients at KDF are fortunate to have their treatment costs subsidised heavily by KDF. However, what happens if the subsidy funds stop one day? In order for KDF to continue to help patients like Mdm Selmah with affordable treatment and have better quality of life during their dialysis journey, please send in your donations via the enclosed Business Reply Envelope. You may also visit www.kdf.org.sg or call **6559 2630** for more information.

JOINT FLAG DAY 2017

BY DANIEL YAO, PHOTOS BY CHENG HONG WELFARE SERVICE SOCIETY AND KDF



22 July 2017 was KDF’s first Joint Flag Day with Cheng Hong Welfare Service Society (CHWSS). About 1,200 volunteers from all walks of life volunteered for this meaningful event where proceeds collected on that day will aid in the medical expenses for elderly at CHWSS and dialysis treatment costs for KDF’s needy patients.

This year, we were fortunate to have close to 40 secondary schools sending their students to support us, with Marsiling Secondary School sending 173 students, the most number of student volunteers sent. Together with adult volunteers from companies such as Standard Chartered Bank, Singapore Airlines and our medical partner, Fresenius Medical Care, our volunteers stationed themselves at various locations in Singapore, and braved the hot sun to appeal for donations as they know every cent counts in aiding both organisations’ beneficiaries.

We were also one of the first few organisations to pilot Cashless Flag Day where donors can tap their ez-link card to make a donation. This tap-and-donate method which makes use of near field communication technology is a collaboration between Donorbox and the National Council of Social Service (NCSS).

A total of \$60,273.29 was raised through this Joint Flag Day, with proceeds split equally between organisations.

KDF would like to thank all participating volunteers for their hard work and donors who had donated generously during this Joint Flag Day.





BOOST FORTUNE WITH THE 'GOLDEN ROOSTER'

BY **SHELLEY LU**

To celebrate the year of the rooster, KDF's Chinese Community Committee specially chose the 'Golden Rooster' as our charity icon for 2017, and officially launched it at the annual KDF Charity Icon Launching Ceremony and Appreciation Dinner on 29th July 2017 at the Qian Xi (Paya Lebar) Restaurant.

Ms Tin Pei Ling, Member of Parliament for MacPherson and honorary advisor of the KDF Chinese Community Committee, graced the dinner as our Guest-of-Honour. An old friend and patron of the Committee, Mr Chan Soo Sen attended the dinner as well, but this time, with a new identity – board director of KDF.

The charity icon was unveiled by Ms Tin and Mr Chan, and witnessed by over 650 guests with cheers and applause. The five newly launched icons were then put up for auction in aid of needy patients at KDF, helping to subsidise their dialysis treatments and medication.



Five donors successfully won the icons after an hour of intensive bidding. They are: Mrs Yeo (\$16,888), Mr Lim of Lubritrade Trading (\$16,000), Mr Tan of Lao Zhong Zhong Five Spice stall (\$12,800), Mr Tan of Hock Hwa Casket (\$8,888) and Mr Ong Lian Kwang, chairman of Chi Hang Trading and the KDF Chinese Community Committee (\$8,812).

Though other guests didn't get the chance to win these unique icons which were autographed by our Guest-of-Honour, they did not hesitate to contribute to our cause. Amongst them are: Mr Anthony Aiw, Mr Tong Lee Song, proprietor of Golden Pillow 933, Mr Richard Lee, proprietor of Fu Lu Shou Si Mian Fo, Mr Foo Tiang Ann, proprietor of Qian Xi Group, CabbyCare Charity Group and many more.

Through the efforts and contributions made by our guests, a grand total of \$147,000 was raised that evening.

We would like to thank all of our friends who have been supporting the event over the years, and also those who got to know us for the very first time through the dinner. Another big thank you goes to our item sponsors and volunteers: Laurels Food Suppliers Pte Ltd, TKS N SON Pte Ltd and U Cares volunteers.



Receive a KDF Charity Icon 'Golden Rooster' for all donations of \$888 and above. Please indicate "Charity Icon" at the back of your cheque. To make an online donation, visit www.kdf.org.sg for more information.

If you would like to invite KDF to auction our charity icon at your auction site or celebratory dinner, please contact Ms Shelley Lu at **6559 2653** or email to luxu@kdf.org.sg for further discussion.

A DAY ACROSS THE CAUSEWAY

BY JEMIN CHUA



Did you know that dragon fruit belongs to the cactus family and is borne on a climbing cactus vine that pretty much resembles a green mophead? Well, most of us didn't either until we visited the Zen Xin organic farm across the causeway.

As a special treat for our patients and their caregivers, KDF organised a day trip to Johor Bahru on the 9th of July this year. Participants were treated to an invigorating view of luscious greenery at the organic farm where they took in the sights and smells of various herbs, fruits and vegetables grown organically on the farm.

Other sights included a visit to a local bee farm where they were taught how to distinguish between pure and adulterated honey. Participants also had a chance to try their hand at making preserved lemons with honey, which they could then take home as a souvenir.

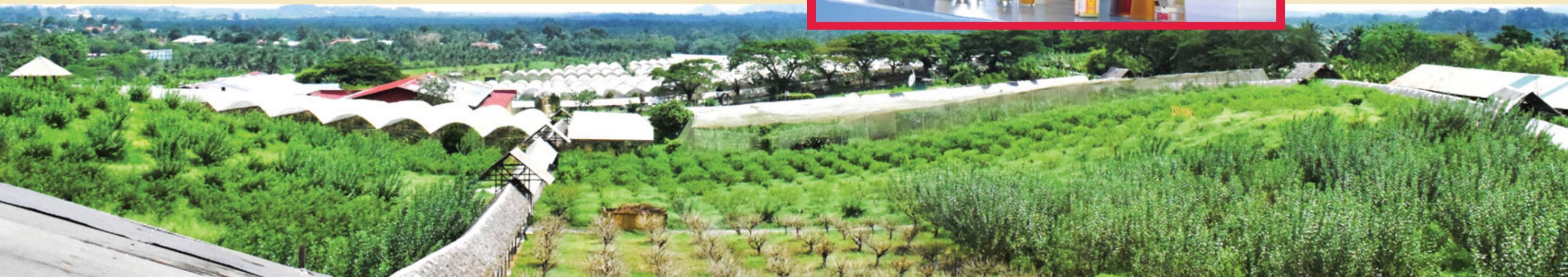


And of course, not forgetting our national pastime, there were opportunities to grab local products and delicious pastries, and also time to indulge in some free-and-easy shopping before dinner.

Rare occasions like these not only present the opportunity for patients to mingle with other patients from other KDF dialysis centres, it also enables them to interact and get to know more about their nurses and KDF staff

in an informal setting, which helps to establish greater rapport and trust between patient and staff.

More importantly, the day trip was thoroughly enjoyed by patients, caregivers and volunteers alike, evident from the tired yet smiling faces as we bade goodbye. KDF would like to take the opportunity to thank all nurses and staff volunteers for ensuring that the trip proceed safely and concluded successfully. Till next time.



Charity Calendar & Planner 2018 by KDF Patients

BY DANIEL YAO

As we are nearing the end of 2017, KDF has begun the sale of our annual charity merchandise - the KDF desk calendar and planner for 2018.

It has been our practice to work with students from local institutions for the calendar project, and this year, KDF is honoured to collaborate with students from the MA Art Therapy Programme at LASALLE College of the Arts. Postgraduates from the programme teamed up with our patients to co-create several art pieces surrounding the theme, 'Animal Kingdom'.

Our patients had a whale of their time drawing and painting their respective pieces despite most of them not having any background in art. Our patients were patiently guided by the students on the techniques of drawing and painting in order to achieve their desired look of the artwork.

As much as we would love to include all these wonderful pieces in our charity calendar, we are constrained by space. Which is why we invited our patients, nurses and staff of KDF to vote for their favourite artwork. Members of the public also had the chance to cast their vote via our Facebook page. The top 13 artworks with the most votes were then selected to be printed on the calendar and planner.



Support us by purchasing the calendars or planners, as this is the first time our patients have been involved in the creation of our charity merchandise where proceeds will support their treatment and the other patients at KDF.

The limited edition 100-page A5 size planner is priced at \$12 while the desk calendar is priced at \$10 each. Bulk discounts will be extended to orders of 30 copies and above, and we also accept customisation requests to include your corporate logo. Please contact us for more information.

KDF 2018 慈善台历与日程本

译姚凯杰 (Daniel Yao)

在即将告别2017年并迎接2018年之际, KDF借此正式向大家推介我们最新的慈善商品 - KDF 2018慈善台历与日程本。

近年来, KDF的慈善台历项目大多与本地学院的学生合作设计, 而今年我们与拉萨尔艺术学院的艺术理疗硕士班取得了合作机会。通过这次合作, 硕士班的同学与我们的肾友围绕着“动物王国”这个主题一起构思并共同创作了几幅画作。

虽然大部分的KDF肾友都没有任何艺术背景, 但他们充分地享受了艺术创作和自己作画的过程。在艺术理疗硕士生的耐心指导之下, 他们也学会了一些绘画的技巧, 让各自的作品更贴近自己所表达的意境。

纵使我们想把所有的画作都呈现在台历上, 可是一年只有12个月, 加上封面最多也只能刊登13幅作品。为了选出这13幅作品, 我们举办了一场投票活动, 邀请KDF肾友、护士和KDF职员投选他们心仪的画作。与此同时, 我们也呼吁公众到我们的Facebook页面上投票。最终获得最多票数的13幅作品便会刊登在KDF 2018的慈善台历与日程本上。

因为这是我们肾友有史以来第一次参与设计和制作我们的慈善商品, 希望您可以通过购买台历或日程本来支持他们。收益所得将用于津贴他们和其他KDF病患的洗肾费用。



限量发售的A5日程本兼备日历和记录本的功能, 共100页, 售价\$12, 而台历则售价每本\$10。订购30本以上可获得批量折扣, 我们还可特制印有您公司logo的专属划本。欢迎来电垂询。

How to order:

- Send us a cheque made payable to "KDF" and attach the completed order slip below.
- Purchase on our website at www.kdf.org.sg.
- For more information, please contact Mr Daniel Yao at 6559 2650 or Daniel.yao@kdf.org.sg.

如何订购:

- 填写以下订购小单, 并附上受益团体为“KDF”的支票一同邮寄给我们。
- KDF网站: www.kdf.org.sg在线订购。
- 更多了解, 请联络Daniel姚先生, 电话6559 2650、电邮Daniel.yao@kdf.org.sg。

ORDER SLIP

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KDF Planner 2018					
Unit Price \$12.00 (1-29pcs)	Order quantity:	Unit Price \$10.00 (30 pcs & abv)	Order quantity:		
KDF Calendar 2018					
Unit Price \$10.00 (1-29pcs)	Order quantity:	Unit Price \$8.00 (30 pcs & abv)	Order quantity:		

*Note: Donation will NOT be tax-deductible. Amount inclusive of local postage.

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KDF日程本		
单价 \$12.00 (1-29本)	订购数量:	单价 \$10.00 (30本及以上)
KDF台历		
单价 \$10.00 (1-29本)	订购数量:	单价 \$8.00 (30本及以上)

*注意: 购买慈善商品之捐款不可抵扣所得税。订购金额包含本地运费。

柔佛新山一日游

译蔡永馨 (Jemin Chua)



你知道吗？火龙果属于仙人掌科，果实结在长得像绿色拖把头一样的果树的枝干上。说起来还真有些孤陋寡闻，我们一行人中的大多数也是参观新柔长堤附近的诚信有机农场时才增长了见识。

今年7月9日，KDF为肾友及其家人特别组织了新山一日游活动。参与者置身绿意盎然的有机农场，在药草园、蔬果园内徜徉漫步，享受了一场视觉及嗅觉的感官盛宴。

大家还参观了当地的养蜂场。有专业人士教导大家如何分辨真假蜂蜜，一行人还被指导着自己动手制作柠檬蜜钱，然后把成品带回家享用。

最后，当然少不了国人最喜欢的消遣活动：逛街购物。除了抓紧时间品尝当地的土特产和刚出炉的美味糕点外，肾友及其家人们还赶在晚饭前的



自由活动时间到商场“扫货”，一饱购物欲望。

这样的活动不仅可以让肾友在轻松愉快的环境下和其他病友交流，也让他们有机会更接近和了解平时照顾他们的护士和KDF职员，有助于建立友谊和信任感。

最值得欣慰的是，此次活动的所有参与者——肾友及其家人、护士及义工都尽兴而归。身体虽感疲惫，但却兴意盎然。KDF在此向所有参与的工作人员及义工道声：辛苦！是你们的辛苦付出确保了活动安全、圆满落幕。衷心感谢你们！





金鸡报喜，吉祥如意

译鲁旭 (Shelley Lu)

2017年是丁酉鸡年。在华人传统中，公鸡是诚实、勇敢的代表，也是吉祥和富贵的象征。因此，KDF华社筹款委员会特别选择《金鸡如意》作为2017年的慈善吉祥物，并于7月29日在干禧楼举行的一年一度KDF慈善福物推展及答谢晚宴上正式推介。

麦波申区国会议员兼KDF华社筹委会荣誉顾问陈佩玲小姐担任晚宴特别主宾。华社老朋友曾士生先生此次以KDF荣誉顾问兼董事的新身份出席，并在宴席上代表KDF致词。

在陈议员和曾先生的带领下，在全场近650名宾客的掌声和欢呼声中，2017年新福物《金鸡如意》隆重揭幕！在主宾为新亮相的五尊福物签名题词后，KDF三位慈善大使陈明佩小姐、陈天文先生和叶世平先生现场为福物喊标，为我们的肾脏病患者筹集洗肾医药费。



经过近一小时的激烈竞标后，以下五位善翁成功标得福物，他们是：热心又低调的杨太太(捐款\$16,888)、Dester啤酒公司林先生(捐款\$16,000)、老中中五香虾饼陈先生(捐款\$12,800)、福华寿板店陈先生(\$8,888)，以及慈航贸易公司兼KDF华社筹委会主席翁两光先生(捐款\$8,812)。

另外，Mr Anthony Aiw、金枕头933董先生、福禄寿四面佛李先生、干禧集团符先生以及城市德士慈善关怀小组等众多热心团体及个人，他们虽未标到福物，但也以其他方式踊跃捐款。老德松酒庄、TKS N SONS、黄金金庄珠宝行以及王美兴先生则捐赠礼品在晚宴上义标募款。

感谢每年如期赴宴支持KDF的老朋友，以及通过本活动首次了解KDF慈善事业的新朋友们，也谢谢U Cares慈善小组为晚宴义务安排表演。在所有来宾的共同努力下，此次慈善晚宴筹款总额达十四万七千新元。



捐款\$888元及以上，可获赠KDF 2017慈善福物《金鸡如意》一尊。请在捐款支票背面或回邮信封上注明“慈善福物”。您也可到KDF网站中的《金鸡如意》义购页面在线捐款，网址：www.kdf.org.sg。如需询问，请联络Shelley鲁小姐，电话6559 2653，电邮：luxu@kdf.org.sg。

KDF-众弘联合售旗日

译鲁旭 (Shelley Lu), 照片提供众弘福利协会

2017年7月22日, KDF首次与本地另一家慈善机构—众弘福利协会 (CHWSS) 联手举办了慈善售旗日。当天有近1,200名义工参加这个充满意义的慈善活动, 售旗所得之收益, 将用作帮助众弘福利协会所服务的乐龄民众以及KDF的贫困肾病患者。

我们有幸获得来自近40所不同中学的学生大力支持这次售旗活动。其中, 马西岭中学共派遣学生173名, 是参与售旗学生人数最多的中学。众多企业如渣打银行、新加坡航空公司以及KDF的医疗合作伙伴—费森尤斯医疗公司(FMC), 也鼓励他们的员工参与售旗筹款。义工们头顶烈日, 走上全岛的街头小巷邀请路人们捐款帮助两家受益团体。

今年的售旗日与以往有所不同的, 是我们首次引入以易通卡代替现金进行捐款, 成为在全岛尝试无现金售旗的慈善机构之一。这个一触即捐款的新捐款模式是由Donorbox公司和国家福利理事会 (NCSS) 联合推出, 它利用易通卡和带有近距离无线通讯技术 (NFC) 的手机进行近距离接触并直接扣除捐款。

本次联合售旗日, 我们共筹募了\$60,273.29元捐款。联合组织此次售旗的两家机构分别获得一半捐款。KDF感谢所有为本次售旗日辛劳付出的义工们, 以及所有不曾相识却慷慨解囊的善心人士。



孤苦无依

对大多数回教徒来说, 开斋节是家人欢聚一堂的特别节日, 但对Selmah奶奶而言却是再普通不过的日子。她的子女虽然会来探望, 但停留时间从不超过30分钟。“他们一年只来看我一次, 来了却连声问候都没有!” Selmah奶奶抱怨道。

含辛茹苦把孩子们抚养长大, 如今孩子却对他们年迈病重的母亲不闻不问, 听着着实让人感到寒心。



其实Selmah奶奶和她最小的女儿Rasidah (52岁) 同住在一个单室的出租组屋内。但Rasidah没有照顾母亲的能力, 她因为患有精神疾病, 正在新加坡心理卫生学院 (IMH) 接受治疗。没有子女可以依靠, 年迈的Selmah奶奶又再次独自承担了一切。

好在Selmah奶奶透析的时候Rasidah总会陪伴在身边。不幸的是, Rasidah不懂得如何照顾母亲, Selmah奶奶的透析治疗一结束, 她就像变了个人, 疾步走出了透析中心, 自顾自往家里赶, 从来不会回头顾着她身后远处, 步履蹒跚的母亲。

年事已高的Selmah奶奶每次透析结束已然筋疲力尽。虽然家距离洗肾中心很近, 但回家的路却异常艰难, 她抓着路边的栏杆慢慢往回走, 生怕一不小心失去平衡跌倒。

在常人看来, 任凭一个行动不便的年老病患独自步行回家, 安全着实令人担忧。但Selmah奶奶却淡然表示: “女儿Rasidah精神不正常, 即使我回家途中遭遇不测, 她也不会回头来找我。”

生活条件

Selmah奶奶因为体力不济已经不能正常下厨, 只能煮米饭和做一些简单的菜如: 煎蛋。Rasidah就更不用提了, 因为她会突然昏倒, Selmah奶奶不允许她下厨, 甚至不能靠近火炉, 以免发生火患。母女俩经常只吃米饭配酱油或分食一碗泡面。

孩子们不提供任何资助, Selmah奶奶和Rasidah仅靠新加坡伊斯兰宗教理事会 (MUIS) 每月发放的270元救济金生活。扣除房租、水电费和电话费, 救济金所剩无几。万幸的是在KDF的全额资助之下, Selmah奶奶无需负担高昂的肾脏透析费用。

有了KDF高额津贴的资助, 我们的病患无需担忧如何偿还每月2000元的肾脏透析费用。为了继续帮助像Selmah奶奶一样有需要的病人接受透析治疗, 提高生命质量, 我们需要大家的协助。若您愿意贡献一份心意, 请通过随附的回执信封进行乐捐。更多详情请拨打65592630。

肾析简报



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2017年10月-12月
本期内容

03

KDF-众弘
联合售旗日



04

金鸡报喜,
吉祥如意



07

柔佛新山
一日游



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听从命运的安排

译蔡永馨 (Jemin Chua)

初见Selmah奶奶时我问她贵庚，她调侃似的回答：“我今年78岁了，命不久矣。”笑容显现在她布满皱纹的脸上。

我听闻心里一沉，心情不禁有些沉重。我默默打量着眼前坐在透析椅上的Selmah奶奶，她单薄的体态弱不禁风，为了抵御洗肾中心中央空调的寒气，身上裹了一层又一层的棉毯和毛巾。

纵横交错的纹路如刀刻般展示在她瘦削的脸上，让我惊觉她的苍老和虚弱。然而年老体弱的她同时还承受着肾功能衰竭的折磨，难怪她一副听天由命的样子，想是早已意识到在一条不归路上前行。

坎坷人生

Selmah奶奶这一生没度过过几天好日子。28岁时与丈夫离婚，独自承担了四个孩子的抚养权。

成为单亲妈妈的她，把所有的爱 and 精力都倾注在孩子们身上，一边打工一边照料家里的大小事务，下班后还要急匆匆赶回家给孩子们烧饭。因为没有任何教育证书，她只能做清洁工，每月收入仅60元。

最让她忧心的是她两个最小的孩子，她需要花更多的精力照顾这两个患有精神疾病的孩子。一个单亲妈妈，独自面对精神上、经济上这许多压力，她需要有多么顽强的意志力？但是Selmah奶奶从来没有抱怨过。



只有认命

时光流逝，四个孩子都已长大成人，Selmah奶奶理应苦尽甘来了，但却事与愿违：72岁那年，她被诊断出末期肾功能衰竭，当时的她早已与子女关系疏离，没有任何经济来源。

在她这样的高龄开始透析治疗无疑是一种折磨，本来就年老体弱，又加上重病缠身。与这里的大部分年长肾友一样，Selmah奶奶对末期肾功能衰竭的知识了解甚少，不知道该何去何从。

“除了认命，我还能怎样？” Selmah奶奶语带无奈，当她明白定期透析是活下来的唯一办法时，她接受了这个现实。

“这个真的很痛……” Selmah奶奶伸出胳膊，指着透析穿刺针口喃喃重复着。

带着一脸倦容，Selmah奶奶告诉我每次透析结束后她都会感到疲累不堪，虽然她不喜欢现在这样的生活，但也慢慢接受了，只乞求能够安然度过余生。