

A QUARTERLY BULLETIN OF KDF

KDFLINK

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**Kidney Dialysis
Foundation**

Printing
Drummond Printing
Pte Ltd

MCI (P) 036/03/2022

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JUST DO IT, AND DO IT WELL

“I dislike sitting around for too long, I like to walk and keep active,” proclaims Mdm. Mack Juliana, 68. Never one to throw in the towel or feel bugged down by her health condition, Mdm. Juliana’s “never say die” attitude is both refreshing and encouraging.

When meeting Mdm. Juliana for the first time, the first striking characteristic that stands out is her contagious positivity and warmth. Ever bubbly and approachable, one would wonder if she was indeed a kidney dialysis patient, due to her positive outlook on life and her situation.

SPREADING JOY AND WARMTH

Mdm. Juliana only started dialysis with Kidney Dialysis Foundation (KDF) in March 2025 but has already made a profound impact on fellow patients, staff and nurses that have had the joy of interacting with her. Multiple staff and nurses at our San Wang Wu Ti Kreta Ayer Dialysis Centre assert that she's cooperative, compliant and a joy to be around. Equally, Mdm. Juliana similarly feels that the nurses are excellent, and makes her experience at KDF smooth and enjoyable.

"The nurses (and staff) are very sweet. They are attentive and treat me and other patients like family. They regularly check on me to make sure I'm comfortable and they are always so nice," Mdm. Juliana says as she beams brightly, with nurses looking on with equally wide smiles.

STAYING ACTIVE AND ENGAGED

Under the dedicated care of her two children, a son and daughter, Mdm. Juliana feels enabled to remain active, independent and engaged in the community. On dialysis days, her daughter helps to book a cab for Mdm. Juliana, which is subsidised by the cab card KDF provides for patients who require it. On her off days, she can be found taking a walk to meet up with her friends at coffee shops to chit-chat, an activity she thoroughly enjoys and treasures.

An active and willing participant in various patient seminars and outings, Mdm. Juliana refuses to let her condition define her, and most certainly not limit her.

When asked about any setbacks or obstacles that she might have faced during her kidney dialysis journey, her response was simple: "No setbacks, this is just life."

"(There is) no point in pitying myself. All the treatment and sessions are there to help, so I might as well follow and do it properly," she says calmly.

FEELING LIGHTER AND STRONGER THROUGH HOLISTIC CARE

On top of her triweekly dialysis sessions, Mdm. Juliana also voluntarily enrolled in KDF's Physiotherapy Fall Risk Management Program. Conducted by our dedicated in-house wellness coaches, and led by an AHPC-licensed (Allied Health Professions Council) physiotherapist, the program aims to enhance patients' quality of life through structured and individualised wellness plans.



Offered to her upon joining KDF and after assessing her suitability, Mdm. Juliana has already seen remarkable progress, despite only starting the program in August 2025 and attending sessions once-a-week.

“Recently, on a holiday with my family, my daughter exclaimed that I was walking too quickly and had to slow down,” she says with a hearty chuckle.

“I did not notice that I was able to walk so quickly and feel less breathless. Now I walk faster than my daughter and they have to catch up to me. The program has really

helped me with my mobility and has improved a lot, and I look forward to my sessions every week,” proclaims Mdm. Juliana proudly.

As part of KDF’s intentional efforts in providing holistic care, beyond the normal scope of dialysis, the Physiotherapy Fall Risk Management Program blends conventional therapy sessions with innovative technology such as the Galileo Whole Body Vibration machine. Aimed at improving muscle strength, balance and promoting muscle recovery, patients such as Mdm. Juliana have seen noticeable improvements in their overall mobility and coordination.

A RALLYING CALL TO ALL

Mdm. Juliana's strong optimism and grit might not be commonplace, but it is her hope that others would see their situation in a more positive light.

"Try to improve yourself, even though there's pain you have to take it," she says with quiet determination. "Of course, it will be painful, but you just have to tahan (tolerate) it. You have to be strong, cannot 'lembek lembek' (weak willed)," she continues to say.

Mdm. Juliana's "just do it" attitude is a breath of fresh air and a determined rallying call to not

just fellow patients but for all to press on despite difficult circumstances. She inspires many to stride forward with endurance and an iron-clad will, and it's a timely reminder and encouragement to all who encounter obstacles.

Patients like Mdm. Juliana are able to face their condition with confidence and hope due to the selfless and compassionate contributions of all our donors. Every cent makes a life-changing difference, for current patients and those to come.

Will you make a difference in their lives today and inspire hope?



YOUR SUPPORT BRINGS STRENGTH AND HOPE TO THOSE IN NEED.

With your donations, our underprivileged patients can receive:

\$185 1 Dialysis Session

\$15 1 Flu vaccine

\$80 1 Month of Medications

\$1 1 Blood Glucose Test

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SCAN TO DONATE



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GOT TO WALK 2025- HEALTHIER KIDNEYS FOR ALL



The Kidney Dialysis Foundation (KDF) proudly organised its 6th Annual Charity Event, Got To Walk - Healthier Kidneys For All, on 25 October 2025 at the Marina Barrage. Recording a turnout of over 6,000 enthusiastic attendees, the event impressively raised over S\$1 million, a record for a single event organised by KDF.

**A Walk To Remember:
Got To Walk 2025 Sets
Record Funds Raised
Of Over S\$1 Million
for Underprivileged
Kidney Patients**

FUN-FILLED AND HOLISTIC ACTIVITIES FOR ALL

Participants of all ages and abilities gathered to enjoy a late afternoon filled with a range of activities such as a 5km Fun Walk, a mass fitness workout in the evening and much more. Adding to the excitement, we were honoured to welcome renowned local celebrities Jack Neo, Henry Thia, Choo Hou Ren, Desmond Tan, Hazelle Teo, Carrie Wong and many others.

Prior to the 5km Fun Walk, participants were able to participate in many other fun and enriching activities such as caricature and painted tattoo booths, bouncy castles for the young and young-at-heart, and even kidney-themed carnival games. Participants were not just having fun but also enriched through complimentary health screenings and a kidney dialysis experiential booth showcasing KDF's state-of-the-art dialysis machines, which are utilised throughout all our centres.



FOSTERING COMPASSION AND CARE FOR ALL

The Guest-of-Honour, Mr Lee Hong Chuang, BBM, Member of Parliament, Jurong East-Bukit Batok GRC, was joined by Senior KDF Board Director Mr Watson Ong, KDF Directors Ms Chan Hui Yuh, PBM, Ms Valerie Chew, Anywheel CEO Mr Htay Aung and Union Gas Holdings Executive Director and CEO Dr Teo Hark Piang to flag off the 1km beneficiary walk. Mr Lee Hong Chuan also joined in on the walk and participated in a warm and engaging session of kite painting with our beloved beneficiaries.



“Got To Walk 2025 is a wonderful example of how we can build not just stronger communities, but a more caring and inclusive society. Today’s event shows that when Singaporeans



come together — across all ages and walks of life — we can uplift those in need and walk alongside them in their journey,”

said Mr Lee Hong Chuang about the event.

His sentiments reflect KDF's dedication to fostering a greater sense of community and support for needy kidney patients, and a greater desire to ensure all have equal access to quality treatment, with no one left behind.

MOVING WITH PURPOSE

The 5km walkathon began shortly after the beneficiaries had set off. With smiles on their faces and a spring in their step, the participants

were on their way. Though 5 kilometres might seem daunting to some, the shared energy full of encouragement and excitement helped everyone to finish the walk well, just as KDF aims to motivate and encourage our kidney patients to walk their dialysis journey well.

Building on the momentum of KDF's previous successful "Got To" events in 2025, such as Got to Bowl and Got to Ride, Got to Walk 2025 was a resounding success. The event would not have been possible without the unwavering support of our community, various generous corporate partners and sponsors, including Union



As the sun set and daylight faded, the night was still young and there was plenty of energy to spare as participants enjoyed special live performances from various artistes and got their sweat on while dancing along to the mass Zumba fitness workout. The event was one full of shared laughter, excitement, and most importantly of shared desire in supporting underprivileged kidney patients and greater kidney health.

Gas Holdings Limited, BDO LLP, Hong Leong Foundation, ConocoPhillips, Anywheel Pte Ltd, FunClaw Amusement Pte Ltd and many others.

The smiles brought to the faces of our beneficiaries were priceless, and such a successful event demonstrates to them that they are valued and seen, a feeling no money can ever buy.



PATIENT OUTING TO SINGAPORE OCEANARIUM



On 9 November 2025, KDF organised a fun-filled day for our patients, comprising of an interactive fire safety talk from the Singapore Civil Defence Force (SCDF) at HomeTeam NS Khatib, and culminating with “a whale of a time” at the Singapore Oceanarium. While it wasn’t a simple task to coordinate transport for all our patients of our 4 different centres to the locations, we worked tirelessly to coordinate transport to and from their respective pick-up points and in between activity locations.

The morning began with an address from KDF’s Medical Director A/Prof Lina Choong, accompanied by our stellar emcees Stella and Joyce. Joyce, the translator for the day, skilfully toggled between Mandarin and Malay, allowing our patients of all races and language comprehension to follow along seamlessly. A/Prof Lina Choong warmly welcomed the patients and introduced LTA Ng Hao Ming, Public Education Officer from SCDF, the speaker for the session’s fire safety talk.

The talk contained valuable advice, crafted to the needs and lifestyle of our patients. LTA Ng touched on relevant topics such as Active Mobility Device fires and safety, citing a progressive increase in such fires over the past few years and common



area fire hazards. To reinforce the knowledge gained from the session, LTA Ng opened the floor to questions, and there was even a lively quiz with \$10 NTUC vouchers up for grabs, much to the delight of our patients. Upon the conclusion of the session, A/Prof Lina Choong presented LTA Ng with a small token of appreciation to thank him for his time and valuable insights into fire safety.



With lunchtime rolling around and stomachs grumbling, a nourishing buffet lunch was served by our lovely Renal Friend Nurses and staff. The room was filled with much laughter, conversations and excited anticipation for the day ahead. Along with our 53 treasured CabbyCare volunteers from ComfortDelGro Taxi, who volunteer to help ferry our patients that require mobility assistance, our patients and staff gleefully boarded their arranged modes of transportation to head towards the highly anticipated next location, The Singapore Oceanarium. As a symbol of KDF's sincere thanks and appreciation of our CabbyCare volunteers and their selfless support and collaboration, they were each presented with certificates of appreciation. They play an integral part in our efforts to serve our beneficiaries, and its heartwarming and inspiring to see the compassion and care they have demonstrated.

Our patients and staff were given free rein to explore the Singapore Oceanarium, soaking in the serene calmness of marine life and sea while reviving their sense of childlike wonder of the beauty of all the animals on display. Surrounded by family, our patients thoroughly enjoyed a well-deserved break away from their usual schedules. A day filled with laughter and community goes a long way in keeping spirits high amid their respective kidney health journeys.



The event's success wouldn't have been possible without the dedication of our passionate Patient Welfare and Clinical Services teams, who tirelessly planned and executed the event with gusto for our patients' benefit and well-being. We also extend

our sincere thanks to LTA Ng from 3rd SCDF Division HQ, HomeTeam NS Khatib and Sentosa Singapore Oceanarium for being an integral part of the event's success.

At KDF, we believe that care extends beyond dialysis. Through education, companionship, and holistic shared experiences, we nurture not only healthier kidneys — but a stronger sense of community.



KDF HAPPENINGS



14 November 2025

CHARITREES 2025

On 14th November 2025, we were honoured to have participated in the annual ChariTrees Light-Up Ceremony. The 15th edition saw close to S\$1 million raised in support of the noble causes of KDF and the other partner charities such as Society for the Physically Disabled (SPD), Samaritans of Singapore Limited (SOS) and the Business Times (BT) Budding Artists Fund.

Organised by The Rice Company Limited (TRCL), Guest-of-honour Mdm Halimah Yacob, former President of Singapore, graced the event along with representatives of the various participating charities, including KDF's General Manager Mr Raymond Lim.

The initiative, with the theme "Blossom of Hope", illuminated the Marina Bay Waterfront

Promenade stretch with beautiful Christmas trees, each tree representing a donor's generosity and sincere support for the partner charities. More than just a Christmas light-up event, it was a glowing reflection of the unity, compassion and commitment of the community to benefit those in need.

We would like to sincerely thank our donors and partners BDO LLP, Scan – Bilt Pte Ltd, ConocoPhillips, RSM and Accesstech Engineering Pte Ltd for their unwavering support. They have enabled us to continue providing subsidised dialysis treatments, holistic care and comprehensive support for our patients. We endeavour to continually inspire hope in our beneficiaries and invigorate others to come alongside us to create a brighter, kinder future.

13 December 2025

PATIENT & CAREGIVER CHRISTMAS LUNCH @ TOA PAYOH SAFRA



It's certainly the most wonderful time of the year, as our patients and their caregivers gathered on 13th December 2025 to celebrate the festive season and enjoy a joy-filled time together. We were honoured to welcome our esteemed guest-of-honour Mr Desmond Lee, Minister for Education, West Coast-Jurong West GRC, and special guests Mr Xie Yao Quan, Deputy Speaker of Parliament, Jurong Central SMC, and Dr Adrian Ang, Chairman for Community Development Welfare Fund.

A deserved break from their routines, the lunch was a time for patients and caregivers to bond over a scrumptious meal prepared and served by

Jubilee Garden Restaurant, and enjoy lively stage performances — including songs from our guest-of-honour and special guests!

The Christmas season is one of joy and cheer, for all to cherish and be a part of. Even if it's a meal, or a simple gesture of showing that we care for and value our beneficiaries, every smile and uplifted spirit is worth the effort. We look forward to many more opportunities to serve our community better, journeying alongside them in their respective journeys, and assuring them that they're not alone — and never will be.

30 November 2025

COMPANY CHRISTMAS LUNCH



With the festive season around the corner, we gathered together as an organisation, staff and nurses, for a time of celebration, games, and filled bellies.

KDF's Chairman Dr Lim Cheok Peng, Board Directors Mdm Chan May Ping, Mr Timothy Kwan, Mr Roy Quek Hong Sheng, Ms Valerie Chew and KDF's Medical Director A/Prof Lina Choong graced the lunch with their presence.

In the spirit of celebration, we also commemorated the achievements of several of our staff and nurses. Some were recognised for their dedicated long service in the organisation, while others, nurses specifically, were recognised for their exemplary work and clinical practices.

KDF remains committed to fostering a tight-knit and warm community, celebrating wins together and inspiring each other to greater heights with unwavering passion to serve our beneficiaries with dedication and compassion.



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2025年12月13日

患者与照护者圣诞午宴



2025年12月13日，肾脏透析基金举办了一场温馨的圣诞午宴，邀请患者与家属欢聚一堂，共度佳节。我们荣幸邀请到西海岸-裕廊西集选区议员兼教育部长李智陞先生担任主礼嘉宾，也衷心感谢裕廊中单选区议员兼国会副议长谢曜全先生，以及公民咨询委员会社区发展与福利基金主席洪子扬博士莅临现场，为活动增添光彩。

午宴在大巴窑战备军人协会欢喜楼举行，美味佳肴让众人食指大动，也让患者与照护者得以暂离日常奔波。

大家一边享用美食，一边欣赏精彩的舞台表演。压轴环节，主礼嘉宾与特别嘉宾更登台献唱，赢得阵阵掌声。

圣诞是欢乐与温暖的象征，更是传递温暖的日子。即使只是一顿饭或一个简单的关怀举动，只要能让人感受到被珍视与关爱，所有的努力就都值得——因为每一个绽放的笑容，每一份被点亮的心情，都值得我们全力以赴。肾脏透析基金期待未来有更多机会服务社区，陪伴每一位同行者在各自的旅程中前行，并传递这份承诺：您从不孤单，也永不会孤单。

2025年11月30日

肾脏透析基金 圣诞午宴



随着佳节将至，肾脏透析基金全体职员与护士齐聚一堂，共同度过了一段充溢着欢笑、游戏与丰盛美食的美好时光。

肾脏透析基金主席林焯彬博士，董事会成员陈美冰女士、关荣添先生、郭鸿盛先生、周恩恩女士，以及肾脏透析基金医学总监钟慧玲副教授亲临现场，为午宴增光添彩。

在喜庆的氛围中，我们也表彰了多位优秀员工与护理人员。其中，多名长期奉献的员工获颁长期服务奖，多位护士也因其出色的工作表现与临床实践获得嘉奖。肾脏透析基金始终珍视这份团结与温情。我们共享喜悦，以不懈的热忱相互激励、不断进取；我们将继续秉持奉献与仁爱之心，竭诚守护每一位肾友。



抵达海洋生态馆后，患者与工作人员自由参观，沉浸在海洋生物的宁静与美丽之中，不少人重拾了孩童般的好奇与惊喜。在家人的陪伴下，大家暂时放下日常治疗的节奏，享受这段难得的闲暇时光。欢声笑语与浓浓社区温情交织的一天，也为他们在肾病管理之路上注入了满满的正能量。

此次活动的顺利开展，离不开患者福利与临床服务团队的精心策划。同时，我们衷心感谢来自新加坡民防部队的黄皓铭中尉、卡迪内政团队战备人员协会，以及圣淘沙新加坡海洋馆对本次活动的大力支持。

对肾脏透析基金来说，关怀从不止于透析。我们致力于用教育传递知识、帮助大众维护肾脏健康；用陪伴向患者传递温暖；更用每一次的社区活动，让更多人走近肾友、理解肾友，共同营造一个更有爱的家园。



本季活动

2025年11月14日

“公益树”2025亮灯仪式:为肾病患者绽放希望之花



2025年11月14日, 肾脏透析基金荣幸参与了第15届“公益树”(ChariTrees)年度亮灯仪式。本次活动共筹集善款近100万元, 将用于支持肾脏基金及志愿福利团体 (SPD)、新加坡援人协会 (SOS) 以及《商业时报》新秀艺术家基金 (BT Budding Artists Fund) 等合作慈善机构的各项工作。

活动由The RICE Company Limited (TRCL) 主办, 并荣幸邀请到新加坡前总统哈莉玛女士担任主礼嘉宾。肾脏透析基金总经理Raymond Lim先生及各合作慈善机构的代表亦出席了仪式。

本届活动以“希望之花”为主题, 滨海湾滨水步道在璀璨灯光的点缀下格外绚丽。每一棵亮起的圣诞树, 都承

载着捐赠者的善意与对慈善机构的支持。这不仅是一场节日亮灯活动, 更是社会各界携手同心、为需要帮助的人们照亮前路的温暖行动。

肾脏透析基金由衷感谢捐助方与合作伙伴 BDO LLP, Scan - Bilt Pte Ltd. 康菲石油公司, 本地会计咨询集团 RSM Singapore 以及 Accesstech Engineering Pte Ltd 的长期支持。正因他们的慷慨相助, 我们才能持续为患者提供透析资助、全人关怀与综合支持。我们将继续致力于守护每一份希望, 期待与更多人并肩同行, 共同点亮更温暖、更有光的未来。

2025年肾脏透析基金 新加坡海洋生态馆之旅



2025年11月9日, 肾脏透析基金为患者们精心策划了一场欢乐的一日游。上午的活动在卡迪内政团队战备人员协会 (HomeTeam NS Khatib) 举行, 由新加坡民防部队带来一场互动式消防安全讲座。下午, 大家便前往新加坡海洋生态馆, 度过了充满“鲸”喜的一天。考虑到参与的患者来自四个不同中心, 活动特别安排了全程交通, 从各接送点直达场所, 只为让大家能够安心出游。

上午的活动由肾脏透析基金医学总监钟慧玲副教授致辞拉开序幕, 并由两位优秀司仪洪佩芳和蔡婉倩共同主持。婉倩也担任现场翻译, 在华语和马来语之间自如切换, 确保不同种族和语言背景的患者都能听得明白。钟慧玲副教授热情欢迎到场患者, 并介绍了本场消防安全讲座的主讲人——来自新加坡民防部队的公共教育官员黄皓铭中尉。



讲座内容贴近患者需求，带来了许多实用的安全建议。黄中尉重点讲解了与行动辅助设备相关的火灾与安全问题，指出近年来此类火灾呈上升趋势，并分享了常见的公共区域火灾隐患。为帮助大家巩固所学知识，黄中尉特意设置了提问环节，还安排了有奖问答——答对的参与者都能获得10元平价超市购物券，大家纷纷抢答，现场气氛热烈。讲座结束后，钟慧玲副教授向黄中尉送上一份小礼，感谢他百忙之中抽空与大家分享实用的消防安全知识。



午餐时分，亲切的护士与工作人员为大家准备了营养丰富的自助午餐。餐厅里欢声笑语不断，大家一边用餐一边热烈交谈，对下午的行程充满期待。随后，在53名康福德高 (ComfortDelGro) CabbyCare德士司机志愿者的协助下，患者和工作人员兴高采烈地乘车前往下一站。

为感谢CabbyCare德士司机志愿者们的鼎力相助，肾脏透析基金向每位志愿者颁发了感谢状。正是他们的热心护航，让肾友们能够安心出行、尽兴而归。这份关怀与爱心，温暖了每一个人，也令人倍受鼓舞。





携手同行, 共筑关怀社会

活动荣誉嘉宾、裕廊东-武吉巴督集选区议员李宏壮先生与肾脏透析基金资深董事王春发先生、董事陈惠意女士和周恩恩女士, 以及共享脚踏车公司Anywheel创办人兼首席执行官杨源家(Htay Aung)先生、优联燃气控股集团首席执行官张学彬博士等嘉宾, 共同为1公里爱心陪走环节主持挥旗仪式。李宏壮议员更亲自加入步行队伍, 并与受助者们一起参与风筝彩绘活动, 现场气氛热烈而温馨。



李议员在致辞中表示：“2025年慈善竞走活动展现了我们如何能共同建设更强大、更富关怀与包



容的社会。今天, 不同年龄与背景的新加坡人携手同行, 这份凝聚力本身就是最好的证明——大家用行动告诉有需要的群体: 这条路上, 我们一起同行。”

这番话, 也正是肾脏透析基金一直以来的使命写照——凝聚社区力量, 关爱贫困肾病患者, 推动平等优质的医疗服务, 让每一位需要帮助的人都能感受到来自社会的温暖与支持。

为爱前行, 透过每一步传递希望

在受助者健走队伍开走后, 5公里健走活动也随即展开。大家脸上洋溢着笑容, 迈着轻快的步伐向前行进。尽管5公里对部分参与者而言颇具挑战, 但大家一路上互相加油打气、热情不减, 最终都顺利走完全程, 正如肾脏透析基金始终激励肾病患者积极面对透析之旅的初心。



随着夕阳西下、夜幕降临，现场气氛依旧高涨。观众沉浸在多位艺人的精彩表演中，尽情享受这个美好的夜晚，更在集体尊巴健身环节尽情挥洒汗水。整场活动欢声笑语不断，温情涌动，处处体现着社会对弱势肾病患者们的关爱，对全民肾脏健康的共同关注，也传递出守护肾脏健康的美好心愿。

继2025年成功举办保龄球慈善活动、骑行慈善活动等一系列慈善活动后，本次慈善竞走活动再创佳绩。活动的圆满成功，离不开社区大众的鼎力支持，以及优联燃气控股集团、BDO LLP、丰隆基金会、康菲石油公司、Anywheel以及FunClaw Amusement Pte Ltd等众多企业伙伴与赞助商的慷慨相助。

受助者脸上绽放的笑容，是这场活动最美的画面。让他们知道自己从未被遗忘，这份温暖，远非金钱所能衡量。



作为肾脏透析基金全面护理的重要一环，“物理治疗防跌倒风险管理计划”将传统治疗与创新科技相结合，例如使用“伽利略”全身震动训练仪，帮助患者增强肌力、改善平衡、促进肌肉恢复。Juliana女士便是受益者之一，而患者们的整体活动能力和协调性都有了显著提升。

给所有人的一份鼓舞

Juliana女士那份难得的乐观与坚韧或许并不常见，但她希望这份力量能传递给更多人，鼓励大家以更积极的心态面对处境。

“我们要努力提升自己，让自己变得更好，”她轻声却坚定地说道，“即使过程有些痛苦，也要咬牙坚持。你必须‘tahan’（忍受），必须坚强，不能‘lembek lembek’（软弱退缩）。”

Juliana女士那种“说做就做”的人生态度，不仅为病友们带来振奋人心的力量，也提醒着每一个人：即使身处逆境，也要坚持向前。她激励着大家以坚毅不屈的意志迈步行进，是一份及时而温暖的提醒。

正是因为有每一位捐赠者的爱心与无私支持，像Juliana女士这样的患者才能带着信心与希望面对疾病。您捐出的每一份善款，都在为现在和未来的肾友带来改变生活的力量。

今天，您是否愿意为他们的人生带来一份改变，点燃一份希望？



您的慷慨重燃生命与希望。

您的捐款可帮助我们的贫困患者获得：

\$185

一次透析治疗

\$15

一支流感疫苗

\$80

一个月的药物

\$1

一次血糖测试

扫描二维码捐款



UEN No: 199600830ZK33

肾脏透析基金 2025 年慈善竞走活动： 我们都值得拥有更健康的肾脏



肾脏透析基金于2025年10月25日在滨海堤坝举办第六届年度慈善活动。本次竞走活动以“我们都值得拥有更健康的肾脏”为主题，吸引了超过6,000名热心公众热情参与，并筹集善款逾100万元，创下肾脏透析基金单一活动筹款额的历史新高。

全民同乐, 多元健康体验

当天，来自不同年龄层和背景的参与者欢聚一堂，共度一个充满活力的下午与夜晚。活动内容丰富多元，包括5公里欢乐健走、傍晚举行的大型集体健身运动等。现场更荣幸迎来梁智强、程旭辉、朱厚任、陈洞江、张颖双、黄思恬等多位本地知名艺人亲临助阵，为活动增添了不少欢乐气氛。

在5公里欢乐健走正式开始前，参与者可以体验各种趣味与教育意义兼具的活动，如人像漫画与彩绘纹身、老少皆宜的充气城堡，以及以肾脏健康为主题的创意嘉年华游戏。大家在玩乐之余，还能接受免费健康筛查，或到肾脏透析体验区学习健康知识，了解肾脏透析基金旗下各中心所使用的先进透析设备。

初见 Juliana 女士,最先打动你的,是那份扑面而来的乐观与温暖。她总是笑意盈盈,待人亲切,对生活那份豁达、阳光的态度,让人很难将她与一位需要长期肾透析的病人联系起来。

传递喜悦与温暖

Juliana女士于2025年3月才开始在位于牛车水车水路的肾脏透析基金接受透析治疗。虽然时日尚短,但她却像一束光,迅速照亮了身边的病友、医护人员。提起她,中心的医护们总会竖起大拇指:不仅称赞她治疗配合度高、严格遵医嘱,更感叹只要有她在,气氛就格外轻松愉快。

这份温暖是双向奔赴的。Juliana 女士对护士团队同样赞不绝口,认为她们的专业与关怀,让自己的治疗过程既顺利又舒心。

“这里的护士和员工都非常亲切体贴,” Juliana 女士笑容灿烂地说道,“他们待我们就像对待亲人一样,时不时就来关心我们舒不舒服,那份友善让人倍感温暖。”

话音刚落,一旁的护士们也报以会心的微笑——这默契的一幕,正是医患之间最美好的写照。

保持活跃与参与

在一子一女的悉心照料下,Juliana女士得以继续保持活跃、独立的生活,并参与社区活动。透析当天,女儿会贴心地帮她预约德士,费用则由肾脏透析基金为有需要的病人提供的德士卡补贴。而在非透析的日子里,她常外出散步,或相约好友在咖啡店喝茶聊天。这份平凡的烟火气是她最珍惜、也最享受的时光。

Juliana女士还积极参与各类患者讲座和外出活动,不愿让病情定义自己,更不让成为束缚生活的枷锁。

“没必要可怜自己。所有的治疗和疗程都是为了帮助我,所以我应该做的,就是好好配合、认真去做。”她语气平和地说道。

被问及透析过程中是否遇到过挫折或障碍时,她的回答云淡风轻:“没有挫折,这就是生活。”



全方位照护, 让身心更轻盈、更强健

除了每周三次的常规透析, Juliana女士还主动参加了肾脏透析基金的“物理治疗防跌倒风险管理计划”。这项计划由基金内部的专业健康教练团队执行,更有获得综合医疗保健专业理事会(AHPC)认证的物理治疗师指导,旨在通过系统化、个性化的健康方案,提升病患的整体生活质量。

Juliana女士在加入基金会并经评估符合条件后,便立刻加入了该计划。虽然她从2025年8月才开始每周一

次的课程,但成效却立竿见影。

“前阵子全家出游,女儿都惊讶说我走太快,让我慢一点!”她爽朗地笑道。

“我自己都没察觉原来我能走得这么快。现在不怎么喘了,也走得比女儿还快,反倒是他们得追着我走,”Juliana女士自豪地说道,“这个计划真的大大改善了我的行动能力,我每个星期都很期待上课。”

肾脏透析基金简报

肾析简报

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说做就做，活出精彩人生 - 透析患者的人生坚持

“我不喜欢坐着太久，我喜欢走动，保持活跃。” 68岁的Mack Juliana女士笑着说道。她从不轻言放弃，也从不因自己的健康状况而消沉。这份“永不言败”的人生态度，让人敬佩，也令人动容。

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6559 2630



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印刷：
Drummond Printing
Pte Ltd

MCI (P) 036/03/2022



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