

A QUARTERLY BULLETIN OF KDF

KDFLINK

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FEATURED

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FROM RUNNING RACES TO REDEFINING STRENGTH

“I’m happiest on Fridays. After my morning dialysis session, I have the Saturday and Sunday with my husband,” Mdm Rosini Jaya, 72, says brightly.




Her brightness lingers and catches you unaware, especially when you consider how much her life has changed and how much she has been through.



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In her younger days, she was the kind of student who surprised everyone with fitness levels far above her age.



“I did cross-country races, I high jumped, and I joined many different kinds of sports.”

She shares, beaming at the memory.

Today, she moves with the support of a wheelchair, and thrice-weekly sessions at Kidney Dialysis Foundation’s (KDF) dialysis centre has been part of her routine for five years.

Yet the same sense of hope and resilience that drove her in sport continues to light her way through each day.

Finding Her Way Forward

Nonetheless, even for someone as forward-looking as Mdm Rosini, the early days weren’t easy.

“Initially, I refused to go for dialysis,” she says. “I thought I could manage without it.”

But it wasn’t long before her body pushed back.

Her legs started to swell, walking became difficult, and as fluids built up in her lungs, every breath became a struggle.

She found herself back at the hospital again and again to remove the fluids—short-term relief that never lasted.

Each visit, too, came with the same warning from the doctor: delaying dialysis could cost her life.

“It reached a point where I was scared of what might happen if I kept putting it off,” she says. “So I decided to just move forward.”

Love That Shows Up Everyday

The transition into a new rhythm was not without challenges, but she never faced it alone.

Her husband stepped into the role of caregiver with an attentiveness that still softens her expression whenever she talks about him.

He took over the grocery runs.

He learnt to prepare meals within her dietary limits, quietly ensuring every plate was something she could safely enjoy.

He gave her massages after a long day of dialysis.

He pushed her wheelchair everywhere they needed to go.

And he stayed close, never letting her feel smaller than who she is.

“He told me that it’s okay even if I cannot walk or cannot see. He is happy as long as we are together,” she says with a soft smile.

She also recalls a lighter episode, one she tells with a chuckle.

“A social worker once teased him and asked why he only gave me a salam before going to work. He paused at the door... thought for a while... then came back and gave me a quick, shy peck on the forehead.”

For her, that kiss was his quiet way of reassuring her. The steady, wordless kind of comfort she knows well.

When his own health made pushing her wheelchair for long distances difficult, KDF’s van transport service stepped in.

Support That Goes Beyond Treatment

Mdm Rosini still remembers how her very first dialysis session relieved her recurring headaches and swelling, and how she immediately thanked the staff.

Over time, however, what made the greatest difference was not only the treatment but also the people behind it.

She grew to appreciate the familiar faces, the light-hearted banter, and the way the nurses paid attention to the small details that shaped her day.

They were careful with needling and were attentive whenever she mentioned how she was feeling.

But she still has many things to look forward to: the weekends with her husband, the occasional KDF outings, and the calls from nurses at her first KDF dialysis centre who still ask after her.

Her weekly routine also brings quiet comfort in the presence of

fellow dialysis patients; people who, despite language barriers, share the unspoken understanding of walking a similar journey. A nod, a smile, or a simple greeting is often enough to remind her that she is not alone.

Even as her circumstances have changed, she meets each day with calm, steady strength and quiet optimism.

Looking toward 2026, her hopes are simple: continuity of care and the presence of the people she trusts.



Make More Stories Like Hers Possible

Many patients like Mdm Rosini can continue to meet life's challenges with positivity and dignity because of the care you make possible.

Make a contribution today to give more patients the same gift of hope and cherished time with their loved ones.

"They'll listen, and it makes everything easier," she says.





Gradually, that familiarity and ease, along with the personal connections formed, helped turn dialysis from something she once worried about into a natural part of her weekly routine.

Finding Joy in New Rhythms

Life today follows a different rhythm from the energetic, fast-moving days of Mdm Rosini's youth.

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

PAYNOW QR CODE SCAN TO DONATE **UEN No:** 199600830ZK33



GOT TO RIDE 2025: PEDAL FOR LIFE



Pedalling for a Purpose: Got To Ride 2025 Raises Over \$500,000 for Needy Kidney Patients

On 7 September 2025, the Kidney Dialysis Foundation (KDF) successfully held its inaugural Got To Ride: Pedal For Life event at OCBC Square, Singapore Sports Hub, bringing together over 2,000 participants from all walks of life to cycle for a cause and raise more than \$500,000 in support of underprivileged patients who rely on life-saving dialysis treatment.



Themed “Pedal For Life”, the event sought to inspire healthier living through simple, sustainable actions. Cycling, both accessible and enjoyable, became a symbol of active living, reminding participants that consistent movement is essential for both physical and mental well-being.



More than just a cycling event, Got To Ride 2025 celebrated inclusivity, resilience, and the power of community. Open to riders of all ages and fitness levels, it welcomed both seasoned cyclists and first-time participants, encouraging everyone to pedal for a purpose and champion kidney health.

To ensure inclusivity, KDF partnered with Anywheel, Singapore’s homegrown bike-sharing platform, to provide bicycles for participants without their own, ensuring that everyone, regardless of background, could take part.

Although the wet weather meant the planned 20km ride around the Singapore Sports Hub precinct had to be cancelled, the spirit of the event remained undampened. Participants stayed on, joining the on-ground

activities, cheering for one another, and celebrating a day that was as meaningful as it was memorable.



The event grounds buzzed with energy from the start. Families, friends, and colleagues gathered to cheer one another on through a series of engaging activities designed to promote fitness, fun, and teamwork.

Among the highlights were the Bike & Burn Challenge, where participants tested their stamina in friendly

competition; the Smoothie Pedal Bike, which blended health and creativity as riders powered their own smoothies; and the Reverse Cycle Challenge, a light-hearted contest that had participants cycling backward to cross the finish line.



Adding to the excitement were Meet-and-Greet sessions with beloved Mediacorp artistes Xiang Yun, Felicia Chin, and Jeffrey Xu, along with live band performances, carnival games, and a variety of food stalls that kept spirits high throughout the day.

For KDF's beneficiaries, the event offered a special moment of joy and expression through a tote bag design session, where they transformed blank tote bags into colourful artworks reflecting their personal journeys.



Gracing the event as Guest of Honour, Mr Goh Pei Ming, Member of Parliament for Marine Parade-Braddell Heights GRC and Minister of State, commended the strong sense of unity and compassion on display.

"Today's event is a testament to the power of community. When we come together with a shared purpose, we can create meaningful impact. It is heartening to see so many individuals, families, and partners united for a cause greater than ourselves, supporting those who need life-saving kidney care."

His message captured the spirit of the day, that compassion and solidarity can extend far beyond the occasion itself, creating ripples of impact within the wider community.

Kidney disease remains one of Singapore's most pressing health challenges. Despite its small population, the nation records over half a million individuals living with kidney disease and ranks fourth globally for kidney failure rates.

The rise has been attributed to factors such as an ageing population, chronic illnesses like diabetes and hypertension, and evolving lifestyle habits.

In line with KDF's purpose to advocate for kidney health, Got To Ride 2025 encouraged participants to adopt healthier lifestyles through regular exercise and greater awareness of chronic disease management.



Reflecting on the success of the event, Dr Lim Cheok Peng, Chairman of KDF, expressed his heartfelt appreciation:

"The enthusiastic participation of individuals and families was truly heartwarming. It is a powerful reminder that through active living and collective effort, we can make a meaningful difference in supporting kidney health and uplifting the lives of those affected by kidney disease."

Got To Ride 2025 was more than a fundraising event. It was a celebration of unity, compassion, and the unwavering power of community spirit. A heartfelt thank you to 8world News and Shin Min Daily News for covering our Got To Ride 2025 event and helping share our message of kidney health, compassion, and adopting an active lifestyle to the masses.



Source: Shin Min Daily News© SPH Media Limited. Reprinted with permission.



Source: 8world News Website.

SING FOR CHARITY 2025



On 27 September 2025, the Kidney Dialysis Foundation (KDF), together with Serangoon Community Club, presented Sing For Charity 2025 (中秋好歌献爱心2025), a full-day celebration of community, compassion, and the unifying power of music.

Held at the Serangoon CC Multi-Purpose Hall and streamed live via Facebook, the event drew hundreds of residents, donors, and supporters who came together to

raise awareness and funds for needy kidney patients.

Themed around the Mid-Autumn spirit of reunion and giving, the programme seamlessly blended heartwarming performances with KDF's mission of care and advocacy.

Gracing the occasion as Guest of Honour was Ms Chan Hui Yuh, PBM, Adviser to Aljunied GRC Grassroots Organisations, whose presence and participation underscored the

community's shared commitment to building a more compassionate Singapore.

A Celebration from Morning to Night

The event began bright and early, with the community hall bustling with excitement as performers, volunteers, and residents gathered for a day of entertainment and purpose.



From 9:00am onwards, the Community Carnival and Talent Show kicked off with an inspiring line-up of local performances — from elegant ballet routines and vibrant Indian classical dances to heartfelt guitar renditions and youthful showcases by community talents.

These early acts reflected the diversity and spirit of Serangoon, where people of all backgrounds come together to share their artistry for a meaningful cause.

Shortly after her arrival, Ms Chan Hui Yuh delivered her opening address, commending KDF's continued efforts in providing affordable dialysis treatment to patients in need. Her words resonated deeply with the audience, reminding everyone that giving back begins in the heart of the community.



As the morning performances concluded, Ms Chan presented Certificates of Appreciation to the talented performers who had contributed to the success of the show. The crowd's enthusiastic applause filled the hall, reflecting a strong sense of pride and solidarity.

Beyond the stage, visitors took part in an interactive Kidney Health Game Booth Series, designed to promote early detection, healthy living, and greater awareness of kidney care through play.



Game 1: Catch the Signs

Participants tried to catch falling sticks from a machine — a fun yet symbolic reminder that kidney disease often has no clear symptoms. The game emphasised how even subtle signs can indicate serious health issues, reinforcing the importance of regular health checkups.



Game 2: Sugar Smashdown

Using small sandbags to knock down “sugar cubes,” participants learned how excessive sugar intake contributes to kidney disease and were encouraged to choose low- or no-sugar options in their daily diets.



Game 3: Supermarket Dash

In this lively challenge, participants raced through a mini “supermarket” to pick out the healthiest food items they could find. The activity taught participants how to make better food choices for kidney and overall health — in a way that was fun, competitive, and family-friendly.

An Evening of Nostalgia, Talent and Hope

After a short break in the afternoon, the energy returned in full force with the Artiste Night segment — a musical extravaganza that brought nostalgia, laughter, and emotion to every corner of the Serangoon CC.



The evening show was hosted by beloved local entertainers Liu Ling Ling and Hao Hao, whose humour and chemistry lit up the stage and the livestream. Audiences were treated to a time-travelling concert that revisited iconic eras of music, from the swinging 1960s to the dynamic beats of the 2020s.



Performers such as Peter Chua, Yap Say Ping, Im Komei, Yati, He Pei Lin (Phine), Xie Sheng Zhi, and Jacqueline Chong captivated the audience with their renditions of classic hits spanning multiple generations. Each performance paid tribute to a different musical decade, showing how timeless melodies can transcend age and language to unite people in joy.



One of the most moving moments of the evening came when KDF beneficiary Mr Siew Kum Hoong and his wife took the stage to perform 《明日话今天》(Tomorrow Talks About Today).

Their duet, filled with sincerity and emotion, reminded everyone of the resilience and hope that define the

journeys of patients and caregivers. The audience responded with thunderous applause, many visibly touched by the couple's courage and positivity.



Adding a special touch to the evening, Ms Chan Hui Yuh also took to the stage to perform 《遇见》(Encounter), earning warm cheers and admiration from both the audience and fellow performers. Her performance was a heartfelt expression of solidarity — a reflection of the event's spirit of community and compassion.

The night reached its peak with a rousing mass sing-along, as all artistes, organisers, and attendees joined voices in 《小人物的心声》(Voices of the Common People) and 《朋友》(Friends). The hall filled with harmony and emotion — a fitting finale that captured the heart of the event.

Beyond entertainment, Sing For Charity 2025 also played a vital role in raising awareness of the growing prevalence of kidney disease in Singapore and the importance of early detection, active lifestyles, and sustained community support.

KDF's corporate videos, played during the programme, spotlighted patient stories and the Foundation's mission of delivering affordable dialysis care to those in need. These heartfelt narratives served as powerful reminders that every donation, volunteer effort, and act of kindness can change lives.



To promote public health awareness, a free health screening station offered checkups, emphasising the importance of diabetes prevention, a key factor in managing kidney health. Guests also showed their support by purchasing garlands starting at

\$20, cheering on their favourite performers while contributing to KDF's mission.

Through Sing For Charity 2025, the community came together not just to celebrate Mid-Autumn or enjoy familiar melodies, but to make a real difference for those in need. Each performance, each song, and each voice contributed to a larger harmony one of compassion, unity, and hope.

KDF extends its heartfelt gratitude to all donors, performers, and the Serangoon Community Club for their unwavering support in making this event a resounding success. The warmth, generosity, and unity of the community truly shone through, and we look forward to another memorable celebration at next year's Mid-Autumn Sing for Charity!

FOR THOSE WHO MISSED THE LIVE EXPERIENCE

You can scan to watch the Mid-Autumn Sing For Charity 2025 Concert and relive the amazing moments.



KDF CHARITY CALENDAR 2026: THE HOURS WE SHARE



As Kidney Dialysis Foundation (KDF) marks its 30th year of service to the community, we remain steadfast in our mission to provide subsidised dialysis treatment and holistic care to underprivileged patients battling end-stage kidney disease. Today, KDF operates four dialysis centres and cares for more than 300 patients who rely on our support to live with dignity and hope.

As part of our ongoing partnership with the talented students from the Nanyang Academy of Fine Arts (NAFA), we are delighted to present the KDF 2026 Charity Calendar 'The Hours We Share'. This annual collaboration offers NAFA students the opportunity to contribute their creativity to a meaningful cause while helping KDF raise essential funds for patient care.

This year's theme, "The Gift of Time", captures the beauty of life's journey through a touching series of illustrations that follow a family growing together across generations. The tree in each artwork symbolises time, while the warmth of the family represents the true gift of love, unity, and the shared moments that make life meaningful.

By purchasing our 2026 Charity Calendar, you will not only acquire a beautiful piece of art but also make a meaningful difference in the lives of needy kidney patients. Your contribution will help provide the essential care, resources, and support they need to face their challenges and regain control of their lives. Together, we can empower those in need, fostering a community built on resilience, courage, and hope.

Each calendar is available at \$15. Any purchase of two or more calendars will be entitled to an exclusive discount at \$14/piece. To make a purchase, please scan the QR code and place your order via our online order form. You may choose to fill in the physical form attached and mail it back to us. All proceeds will provide our patients a lifeline through dialysis treatments, medicine, and holistic care.

As a non-profit charity organisation, donors and supporters like yourself help keep our programmes running, allowing us to continue serving the needy.



PARTNERSHIPS AND COLLABORATIONS

This initiative forms a crucial part of our fundraising efforts, aimed at raising essential funds to provide quality treatment and holistic care to needy kidney patients.

For enquiries and customisation requests, you may contact Ms Tan Pei Zhen at **6559 2649** or email to peizhen.tan@kdf.org.sg.

**SCAN TO PURCHASE
YOUR KDF 2026
CHARITY CALENDAR
HERE**



HAPPENINGS



26 July 2025 USG Training Course for Dialysis Nurses

For many patients, the needle insertion stage sets the tone for their entire dialysis session.

To make this process gentler and more reassuring, 16 KDF staff members—comprising nurses, nurse managers, and clinical services staff from across KDF's dialysis centres—participated in an advanced ultrasound-guided cannulation (USG) training, co-organised with the Society of Dialysis Access Specialists (SoDAS) and the Society for Vascular Ultrasound (Southeast Asia).

USG enables nurses to better visualise a patient's vein in real time, improving the success rates of needle insertion on the first attempt while minimising pain and bruising.

This is particularly valuable for patients whose veins are harder to cannulate and those with a newly created vascular access—the site where blood is drawn from and returned to the body during dialysis.

Notably, greater precision helps keep the access site healthy, allowing patients to continue regular dialysis safely and more comfortably over the long term. This reduces reliance on alternatives like catheters, which carry higher infection risks and can limit daily activities.

The hands-on training with patient volunteers on vascular access scanning ensured skills were immediately applicable in real clinical settings. With a train-the-trainer model in place, more nurses will soon be equipped to provide a steadier, safer and more comfortable start for our patients.



1 August 2025 Nurses' Day

Laughter, chatter, and cheer filled the rooms as the KDF leadership and staff visited four dialysis centres and three hospital renal departments on Nurses Day, bearing gifts to celebrate the people whose dedication makes each patient's journey a little easier.

Watching our nurses relax and light up highlighted why occasions like this matter: they give so much of themselves every day, and they deserve to feel the same care and love they share so generously.

At the hospitals, the renal teams welcomed us warmly, opening their doors and sharing their world. Walking through their daily realities and challenges gave us practical learnings that we can apply in our efforts to continuously improve patients' experience across touchpoints.

The highlight of the day was Suzie from Fresenius reflecting on her 45-year nursing journey. Her commitment to serving with heart, purpose, and dedication was a powerful reminder of what it takes to show up for our patients day after day—and the values that underpin everything we do at KDF.

本季活动



2025年7月26日

透析护士超声影像引导穿刺进阶培训课程

对许多透析患者而言，穿刺进针这一环节往往直接影响整个透析治疗的整体体验与感受。

为使刺针过程更加温和、安心，来自肾脏透析基金各透析中心的16名护理骨干——包括护士、护士长与临床服务团队成员，参加了一项超声影像引导穿刺进阶培训课程。该课程由肾脏透析基金与透析通路专科协会 (SoDAS) 及血管超声协会 (东南亚) 共同主办。

超声影像引导穿刺技术让护士能够清晰地观察患者的血管走向于深度，显著提升穿刺进针的成功率，同时有效减轻患者的疼痛和皮下淤青。

这项技术对于血管较难穿刺的患者，以及新建血管通路的患者尤为重要。血管通路是透析过程中血液从体内引出并回输的关键部位。

值得注意的是，提高的穿刺精准度有助于保护血管通路、延长其使用寿命，让患者能够长期、安全且更舒适的接受规律透析。同时，也能减少患者对透析导管等替代通路的依赖。因为使用透析导管感染风险较高，且可能限制患者的日常活动。

本次培训特别安排了志愿患者参与血管通路超声扫描的实操训练，确保所学技能可以立即应用于真实临床环境。在“培训培训者”模式下，未来这批参加培训的骨干也将作为肾脏透析基金的内部培训师，培训更多的护士掌握这项技术，从而在穿刺进针这一关键环节，为患者提供更安全、更舒适的透析体。



2025年8月1日

护士节暖心走访活动

护士节当天，KDF 团队与管理层走访四家透析中心和三家医院肾脏科，带着精心准备的礼物，向护理同仁们致以诚挚的敬意。当天，交谈声与欢笑声充满各个角落，温馨的氛围映照这些默默付出的护理人员，正是他们专业与奉献，让每位患者的透析治疗之路更加安稳踏实。

看着护士们暂时放松、展露笑容，更让人深刻体会到这一时刻的意义：她们日复一日地倾注心力照顾患者，也同样值得被关怀、被肯定，并感受到她们慷慨给予他人的温暖与关爱。这次的走访传递的不仅是礼物，更是对他们日常付出的珍视之情。

在医院里，肾脏科团队以热情与真诚欢迎我们的到访，敞开大门，与我们分享他们的工作环境与实际点滴。通过亲身了解他们所面对的日常工作与实际挑战，我们获得了宝贵的实践体会，也将有助于我们在各个环节持续改进，让患者能有更舒适、安心的透析治疗体验。

当天最令人动容的时刻，莫过于来自费森尤斯 (Fresenius) 的 Suzie 分享她45年的护理生涯。她以初心、使命感与全心投入服务患者，这份坚持深刻提醒着我们：真正的护理，是日复一日用心付出。而这正是KDF始终坚守的核心价值所在。



主宾陈惠意女士亦登台献唱《遇见》，以实际行动支持慈善事业，赢得现场观众及参演人员的热烈掌声。这一环节不仅呼应了活动所倡导的社区互助与人文关怀，也为整场晚会增添了温暖而有力的注脚。

晚会尾声，所有表演者、工作人员与观众齐声高唱《小人物的心声》与《朋友》。全场歌声交融、情感涌动，为庆典画上圆满句号。

这场活动不仅带来欢乐，也让更多公众意识到肾病在新加坡日益普遍的现实，并认识到早期检测、保持活跃生活方式和持续的社区支持有多么重要。

节目中播放的 KDF 视频，呈现了患者的真实故事，也重申了基金为弱势群体提供可负担透析护理的使命。这些真挚的叙述提醒着我们：每一份捐助、每一小时的志愿服务和每一个小小的善举，都有力量改变一个人的生命。



为促进公众健康意识，现场也设免费健康检查站，重点关注糖尿病预防——肾脏健康管理的关键因素。观

众亦可通过起价20新元的应援花环支持心仪的表演者，所得善款悉数捐予 KDF。

通过“中秋好歌献爱心2025”，社区民众不仅能共庆佳节、回味金曲，更可以实际行动为弱势群体带来切实改变。每一场表演、每一首歌曲、每一个声音，都汇成了关爱、团结与希望的和谐乐章。

KDF 衷心感谢所有捐助者、表演者及实龙岗民众俱乐部的鼎力支持，使本次活动能圆满成功。社区的温暖、慷慨与团结精神在此番活动中熠熠生辉，期待明年中秋再度相聚，共创更多温馨回忆！

精彩回顾

如果您错过了现场盛况，欢迎扫描二维码观看“中秋好歌献爱心2025”音乐会全程回放，重温感动瞬间。



KDF 2026慈善日历:我们共度的时光



自肾脏透析基金 (KDF) 成立至今三十年, 我们始终坚守着一份朴素的愿望: 让每一位弱势肾病患者, 在艰难的治疗道路上, 仍能保有尊严与希望。如今, KDF 旗下四家透析中心, 300多个重绽笑容的生命, 是我们交出的答卷。但故事, 还需要更多人一起继续书写。

今年, 我们与南洋艺术学院 (NAFA) 的优秀学子们合作, 一起探索“时光”的意义。这段旅程最终汇聚成一本名为《我们共度的时光》的2026 慈善日历。这项年度合作项目不仅为南艺学生提供以创意奉献爱心的实践平台, 更能助力 KDF 为患者护理筹集关键资金。

本次日历的主题为“时光的礼物”, 描绘了一个家庭在数十载光阴里的温情成长故事。日历中的每一幅画作, 都记录着生命旅程中的美好点滴, 而画中那棵默默茁壮成长的树, 与一家人并肩的身影, 一同讲述着一个朴素的真理: 生命因联结而丰盛, 时光因相伴而珍贵。

购买这本2026慈善日历, 您拥有的不仅是一件精美的艺术作品, 更是一次为弱势肾病患者提供切实帮助、改写他们生命故事的契机。您的善款将直接用于帮助弱势肾友, 让他们能持续获得高质量的透析治疗、药物与综合护理支持, 重拾生命的光彩。让我们携手为弱势肾病患者赋能, 共同构建一个充满韧性、勇气与希望的爱心社群。

日历每册售价15新元; 一次性购买两册或以上, 可享每册14新元的优惠价格。您可通过扫描文末二维码在线订购, 或填写随附的表格邮寄至 KDF。全部销售所得将专项用于为患者提供透析治疗、药品及综合护理。

作为非营利慈善机构, 我们一路走来的力量, 来自您与无数捐赠者的长期支持。正是这些持续点亮的善意, 让我们能持续服务最需要帮助的人。



合作伙伴与协作

本次2026慈善日历的正式发行, 是 KDF 与 NAFA 优秀学子长期稳固合作的成果。此项倡议是 KDF 筹款工作的关键一环, 旨在为弱势肾病患者获取优质治疗与全面护理募集重要资金。每一份支持, 都是我们持续前行的灯火。衷心感谢您, 成为这束光的一部分。

如有垂询或定制需求, 欢迎致电6559 2649联系陈沛祯小姐, 或发送电邮至peizhen.tan@kdf.org.sg。

即刻扫描二维码购买您的2026慈善日历



中秋献爱心 歌声暖人心



2025年9月27日，肾脏透析基金（KDF）与实龙岗民众俱乐部携手举办“中秋好歌献爱心2025”全天慈善庆典，以音乐凝聚爱心，以行动传递温暖。

活动于实龙岗民众俱乐部多用途礼堂举行，并通过 Facebook 平台同步直播，吸引数百名居民、捐助者及支

持者齐聚一堂，共同为弱势肾病患者募集善款并提升公众对肾病的认识和关注。

本次活动以中秋团圆和关怀精神为主题，将精彩演出与 KDF 的关怀倡导使命深度融合，生动诠释了新加坡社区互爱互助的精神风貌。阿裕尼集选区基层组织顾问陈惠意女士

PBM 作为主宾莅临现场，不仅为活动增添光彩，更体现了社会各界携手共建爱心社会的决心。

晨光至夜幕：爱心不断线

活动当日清晨，社区礼堂已洋溢着喜庆与热情。表演者、志愿者与居民们早早齐聚，共同开启这场兼具娱乐性与公益意义的慈善盛会。



上午9点起,社区嘉年华暨才艺秀在一片欢声笑语中正式拉开帷幕。一系列富有本地特色的表演轮番上演。既有优雅动人的芭蕾舞,又有绚丽多姿的印度古典舞,还有深情的吉他弹唱以及社区年轻人带来的才艺展示。

不同族裔的民众以艺术为桥梁,用真诚的表演为慈善事业贡献力量,充分展现了龙岗社区的多元文化魅力与浓浓的人情味。

主宾陈惠意女士随后发表开幕致辞,表扬 KDF 长期以来致力于为弱势患者提供可负担的透析治疗所付出的努力。她的发言深深触动了在场观众的心灵,同时也引发大家对社会责任的深刻思考:回馈社会应从个人做起,每个人都能够成为传递爱心、践行善举的起点。



上午的表演环节结束后,陈惠意女士也为参与演出的才艺之星颁发了感谢状。现场随即响起了经久不息的热烈掌声,不仅表达了对才艺之星的肯定,也承载着社区的自豪与团结之情。

除了精彩的表演外,现场设置的肾脏健康互动游戏站同样吸引了不少居民驻足参与。大家通过轻松有趣的游戏,了解到了早期检测肾脏健康的重要性,更学到了许多关于保健和肾脏护理的知识。



游戏一:捕捉信号

游戏中,参与者必须尝试从机器中接住掉落的木棍。游戏寓意肾病在早期往往没有明显症状,并希望借此提醒大众留意身体发出的细微信号,养成定期体检的好习惯。



游戏二:糖分大作战

通过用沙包击倒“糖块”的趣味小游戏,参与者能直观地感受到过量糖分对肾脏的潜在危害,从而受到启发在日常饮食中多选低糖或无糖的健康食物。



游戏三:健康采购竞速

参与者在迷你“超市”中竞速挑选最健康的食物,边玩边学习如何为肾脏及整体健康做出明智的饮食选择。

怀旧、才华与希望交织的慈善之夜

午间稍事休整后,活动迎来“艺苑星光夜”——一场把怀旧、欢笑与温暖带进盛港社区的音乐盛会。



本地知名艺人刘玲玲与皓皓担任主持,妙语连珠点燃现场与线上的气氛。晚会以音乐时光之旅为主轴,带领观众重温从1960年代至2020年代的经典金曲。



蔡汉荣、叶世品、冯高美、Yati、何佩琳(Phine)、谢胜之、Jacqueline Chong 等表演者轮番登台,倾情演绎不同时代的经典名曲。一首首耳熟能详的旋律,串起几代人的记忆,更展现了优美旋律超越年龄与语言,凝聚人心的力量。



晚会的感人时刻来自 KDF 病友邱先生与妻子携手登台,献唱《明日话今天》。夫妇二人真挚动人的演绎,展现了患者与照护者的坚韧与希望。夫妇二人的乐观与勇气令在场观众无不动容,掌声经久不息。

“义”起骑:为生命骑行 为爱心助力



肾透析基金“义”起骑骑行募款活动 筹得善款逾50万新元

2025年9月7日, 肾脏透析基金(KDF) 于新加坡体育城华侨银行广场举办了首届“义”起骑(Got To Ride 2025) 骑行募款活动。活动吸引了来自社会各界的2,000多名市民踊跃参与, 共筹得善款逾50万新元, 用于支持弱势肾病患者。



本次活动以“为生命骑行”为主题, 希望借助骑行这一简单易行、充满趣味的运动, 鼓励民众把规律活动融入生活中。亲身参与的过程, 也能让市民自然体会到: 动一动, 身体和心态都会更轻快、健康。



“义”起骑不仅是一场让大家动起来的骑行活动, 更是凝聚社会爱心, 展现包容与坚韧精神的公益盛会。活动不设门槛——无论年龄、体能, 资深骑手或初次尝试者都能加入, 为肾脏健康贡献一份力量。

为方便没有单车的市民参与, KDF 也与本地共享单车平台 Anywheel 合作, 现场提供单车支持。

尽管活动当天遇上降雨, 原定围绕体育城周边开展的20公里骑行路线被迫取消, 但现场的热情丝毫不减。参与者纷纷转而投入各项趣味活动, 互相鼓励, 共同度过了充满意义且令人难忘的一天。



活动现场从清晨就热闹非凡。许多家庭、朋友和同事结伴而来, 在各个项目中为彼此打气、玩得投入: 有人在“骑行燃脂挑战”(Bike & Burn) 里一圈接一圈踩踏, 比拼耐力和坚持。

有人则排队体验结合运动与创意的“果汁动力单车”(Smoothie

Pedal Bike)——边骑边榨,靠双腿的力量搅出一杯健康水果饮。

最吸睛的当属“逆向骑行挑战”(Reverse Cycle):参与者需反向操控单车,过程充满挑战与笑点,引得现场欢笑连连。



活动还邀请到新传媒艺人向云、陈凤玲与徐鸣杰到场与公众互动。现场乐队表演、嘉年华游戏及多元美食摊位更是持续点燃全场气氛,让每个人都沉浸在欢乐与活力之中。

对KDF的肾友们来说,最具意义的环节是手提袋彩绘活动。在画笔之下,那些关于生命的坚韧与期待,便自然而然地铺陈为独有的色彩与纹路,将纯白的帆布袋变成色彩斑斓的艺术品。



活动主宾、马林百列—布莱德岭集选区议员兼政务部长吴培铭在致辞中对活动展现的社区凝聚力与人文关怀表示赞赏:“今天的活动展现了社区的力量与温度。当大家为了共同的目标携手努力,就能带来实实在在的改变。看到这么多市民、家庭和机构为支持肾病群体汇聚一堂,令人十分欣慰。”

这番话,也正是当天活动精神的最好阐述——爱心与团结能产生更深远的影响,让温暖延伸至社会的每一处角落。

肾脏疾病仍是新加坡面临的主要健康挑战之一。我国人口规模不大,但肾病患者已超过50万人,肾衰竭发病率高居全球第四位。人口老龄化、糖尿病与高血压等慢性病,以及生活方式的改变是主要推手。

作为积极倡导肾脏健康的公益组织,KDF也希望通过此番活动鼓励大众重视慢性病管理、养成规律运动习惯和保持健康的生活方式,做到防患于未然。



KDF主席林焯彬医生在总结活动时表示:“看到这么多家庭与市民积极参与,我们很受鼓舞。这再次证明,只要大家共同努力,推广健康生活的理念并积极践行,就能为促进肾脏健康和改善肾病患者生活做出实实在在的贡献。”

“义”起骑不只是一场募款活动,更是一场凝聚社区力量、传递善意与希望的盛会。KDF衷心感谢8视界新闻网与《新明日报》对本次活动的报道,助力将肾脏健康、人文关怀与活跃生活的理念传递至千家万户,也让更多人看到:关注肾健康,可以始于一次轻松的骑行,却不止于此。



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年轻时的 Rosini 女士，是众人眼中的“运动好手”。她体能出众、精力旺盛，总比同龄人多一份活力与韧劲。



“我曾经跑过越野，练习过跳高，也尝试过很多种体育项目。”

回顾那段岁月，她的眼神依旧闪烁着跃跃欲试的光芒，仿佛那些热血沸腾的日子依然近在眼前。

然而，命运在某一天悄悄改变了轨迹。

如今，她需要依靠轮椅出行，每周三次前往肾脏透析基金 (KDF) 的透析中心接受治疗，这样的生活节奏，已成为她五年来的常态。

即便如此，那份深植于内心深处的乐观与坚韧未曾消散，宛如一盏常亮的小夜灯，始终照亮着她前行的路。

面对生命的风浪，她稳步前行

虽然坚强如 Rosini 女士，一切的开始也并非容易。

“最初的时候，我是抗拒的，”她坦然承认，“总觉得凭自己的力量能够熬过去。”

然而，身体很快敲响了警钟。她的双腿开始浮肿，使行走日益困难。随着肺部逐渐被液体填满，每一次呼吸都成了一次艰难的挣扎。她不得不频繁往返医院进行抽液，但这只能暂时缓解症状。

每次出院时，医生也都会严肃提醒她：一再拖延透析，无异于亲手推动生命的倒计时。

“后来，我真的感到害怕了，”她坦言，“我意识到，是时候勇敢面对这一切了。”

无声的守护，是最长情的告白

适应新的生活节奏并非易事，但 Rosini 女士从未孤单前行。

她的丈夫以行动诠释着无言的爱意，而每当提起这些点滴，她的眼中总会闪烁着温暖的光芒。

他主动承担起所有的采买任务，精心钻研如何烹制符合她饮食需求的菜肴，确保每一餐既安全又可口。

透析疗程结束后，他总会为她按摩，驱散一天的疲惫。

无论她要去哪里，他也始终陪伴左右，让她从不觉得自己与他人有所不同。

“他说，即使我无法行走，无法视物，那都没关系。只要我们一直相

伴，他就已经很满足了。”说到这里，Rosini 女士的嘴角泛起一抹浅浅的笑意。

还有一则趣事，让她至今忍俊不禁。

“有一次，一位社工笑着问我先生，为什么每次出门工作前只是对我行额手礼 (salam)。他当时思索片刻后竟转身回来，在我的额头上留下轻轻一吻。”

这一吻虽轻却重，是他无声的誓言，也成为她心中最坚实的依靠。

再后来，当丈夫因身体状况无法继续长时间推轮椅时，KDF 提供的接送服务便成了他们所需的及时雨，解决了接送 Rosini 女士前往透析中心的难题。

超越治疗的支持：是医患，更是亲人

Rosini 女士至今仍清晰地记得，在 KDF 的透析中心完成第一次疗程后，困扰她多时的剧烈头痛和浮肿症状明显缓解。当时，她也立马向身旁的医护人员表达谢意。

然而，随着时间推移，真正让 Rosini 女士感到安心的，并不仅仅是专业的照料，还有医护人员那份发自内心的真诚关怀。

在这里，她逐渐熟悉了每一位工作人员的面孔，也习惯了透析中心内轻松愉快的闲聊与欢声笑语。

护士们不仅技术娴熟，更以无微不至的态度对待每一位患者。

每一次扎针时，她们都会小心翼翼、体贴入微；而当她们询问患者“今天感觉如何”时，也总会认真倾听并用心回应。



与丈夫共度温馨的周末时光；

参与KDF为患者们精心准备的出游活动；

还有接到前KDF透析中心护士打来的问候电话。

每周规律的治疗，也让她在透析中心里结识了许多“战友”。尽管语言可能成为沟通的障碍，但一个眼神、

一抹微笑、一句简单的问候，都传递着同样的信息——在这条路上，你并不孤单。

命运为她换了一条跑道，她依旧迈着从容的步伐，书写属于自己的故事，坚定地迎接每一个晨曦与黄昏。

展望2026年，她的愿望朴实而简单：

希望治疗能够平稳顺利地进行下去。

希望身边这些她爱的、也爱着她的人，都能一直陪伴左右。

您的善举，能为更多人写下新的篇章。

因为您的慷慨支持，许多像 Rosini 女士这样的患者得以接受专业治疗与贴心照护，并怀揣积极态度与尊严迎接生活的挑战。

我们诚挚邀请您再次伸出援手，为仍在等待帮助的家庭照亮前行之路，让希望延续。

“她们是真的在听我说话，”Rosini 女士由衷感叹，“有她们的照料，我的透析生活变得更加轻松了。”渐渐地，这种日积月累的信任与默契，使透析成了 Rosini 女士日常生活中无需过多担忧的一部分。

在新的生活节奏里，奏出快乐的音符

如今的生活已不再像年轻时那般风风火火，但 Rosini 女士的日子依然装满了小确幸和盼头：

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



肾脏透析基金简报

肾析简报

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从赛道到新的人生赛场: 她的坚强, 因爱绽放

“我最喜欢星期五。”

72岁的 Rosini Jaya 女士笑着说, 语气里带着一股温柔, 像午后的微风轻轻拂过。“上午做完透析, 周末就能和我先生一起度过了。”

她的笑容明亮, 让人难以将眼前的这份从容与她一路走来的艰辛联系在一起。



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