

KDF LINK

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2020

THE LIGHT IN DARK TIMES

By Sherilynn Loh

“Why not - is a slogan for an interesting life”

- Mason Cooley,
American aphorist

When Aloysius first heard about Victoria from his eldest sister, he remembered how she had described Victoria as somewhat similar to how she was – extroverted, and full of joy. “I think you will like her,” his sister added.

It was the year 1971. Aloysius was 26 and Victoria was 21. And he thought, “Why not?”

That simple question received a favourable answer from Victoria. Two years later, in a small



church, and in front of their close friends and families, they said, “I do.”

The Best Gift of their Lives

Both of them came from large families, and they each had four siblings. Life was always a party whenever they had their siblings and their families around.

So when their only son, Shaun, came along, it was no surprise that he was also showered with love and care from all the other family members.

Shaun had the best of traits from his parents –Victoria’s extroverted and entertaining personality, as well as Aloysius’ kind

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heartedness. The family of three spent a lot of time together when Shaun was young, and it shaped the person he became.

He hosted friends from all over the world. "His friends are still wishing us on our birthdays," said Victoria as she smiled. And Shaun, as a youth, worked as a teacher for children with autism.

In 2014, Shaun moved to Thailand for work, and his parents threw their support behind him wholeheartedly. But just 10 days shy of his 30th birthday, he met with an accident. Victoria received a call, and she was told, "He did not suffer... he died instantly."

Losing a child before his time is a pain no parent should suffer, but the couple took comfort in knowing that Shaun had lived his best life.



"I like to think that I gave him everything," Aloysius shared. They knew that Shaun had loved his time in Thailand, and thus decided to leave his ashes there.

Hereditary Health

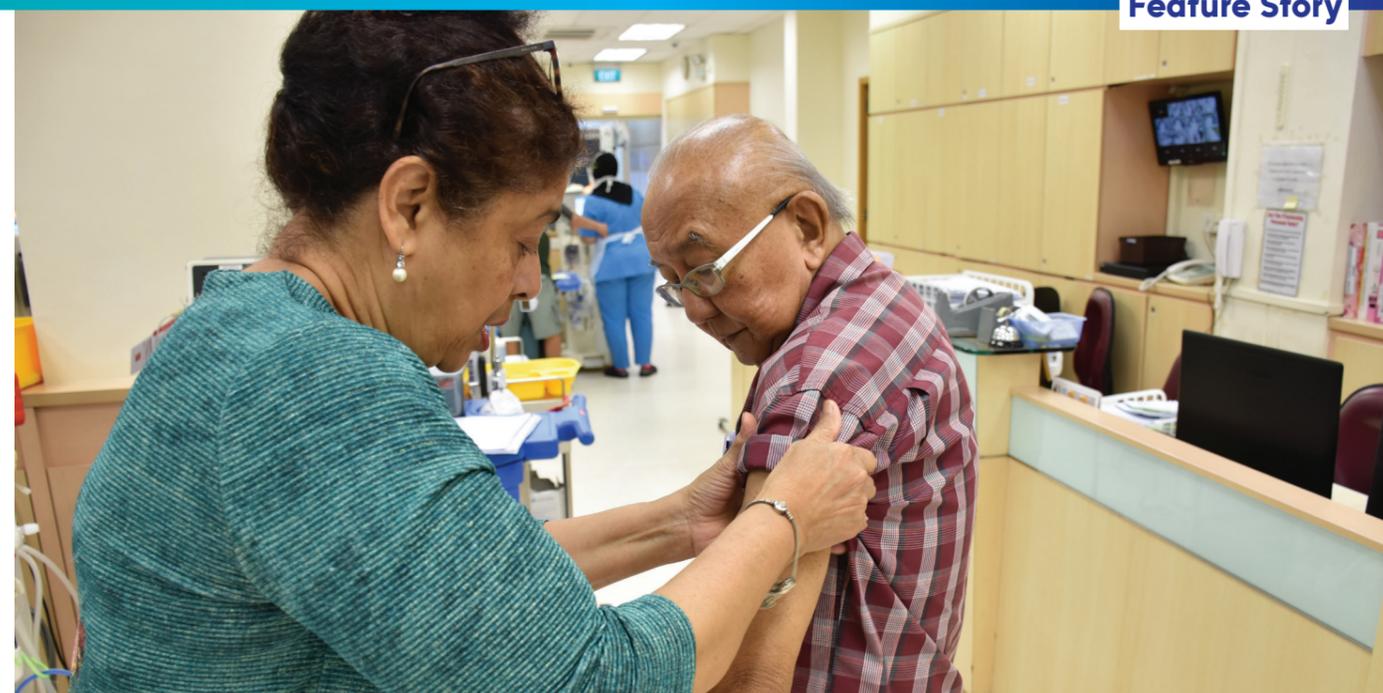
This was not the first time Aloysius experienced the loss of a loved one, but it was no less painful. He lost his eldest sister, who match-made him and Victoria, to leukemia; and his two other siblings passed on due to a blood disorder, which he and his only living sister have been suffering from since birth.

Losing so many of his loved ones due to a hereditary illness made him realise that he needed to prioritise his health.

"In my 20s, I found out that one of my kidneys is smaller than the other. And the normal-sized one had a cyst." He knew he would eventually suffer from kidney failure.

A combination of medication and good eating habits helped delay the onset. But in 2007, a year into Aloysius' retirement, he was diagnosed with colon cancer.

He decided on an operation to remove the tumour. But he was unable to go through chemotherapy, because it would worsen his kidneys' condition.



Unfortunately, Aloysius' kidneys failed a few months later.

Caring for life

Through all of this, Victoria had also retired from the working world, but she had adopted a new role – caregiver – towards Aloysius. "She helps me with my medication. And when we needed to find a place for dialysis, she worked with the social worker," Aloysius said.

Aloysius would require dialysis treatments for the rest of his life, unless he receives a transplant. As both him and Victoria have retired and are only receiving less than \$900 in annuity, Aloysius is able to receive fully-subsidised dialysis treatments and medications at KDF.

Recently, Aloysius had difficulty walking short distances without feeling breathless. He had consulted with a heart specialist, and is taking even more medication than ever.

Under such adverse conditions, many of us would have given up hope long ago. "Never have I ever heard him ask, why me," Victoria explained.

This has not hardened his heart of gold. Despite their financial situation, Aloysius and Victoria now scrimp and save whatever they can to buy fruits to share with the nurses and patients in our centre. "If we can bring joy to someone, what is a few dollars?"

One Day at a Time

With the onset of COVID-19 and subsequent measures to combat the virus, including having the Circuit Breaker, things have been made even more challenging.

In such a time of challenge and uncertainty, Aloysius has but one piece of advice, "I take it one day at a time."

His determination to live each day to the fullest, regardless of circumstance, and Victoria's heartening and humorous encouragement, serve as a solid example of how one should treat life and deal with adversities. Take a leaf from their books, and be the light in others' lives, because, "Why not?"

Aloysius and Victoria remain generous despite their circumstances. Generosity comes in many forms and ways.

There is no gesture, no sharing that is too small to matter. When you donate, you are helping to extend the lives of our underprivileged patients. You are bringing hope and light to them.

You can make your donation using the Business Reply Envelope (enclosed), or you can donate online:

<https://www.giving.sg/kidney-dialysis-foundation>





KDF COVID-19 Precautionary Measures

By Daniel Yao



Siti remembers how, as a young girl after receiving her GCE 'O' Level results, her mother encouraged her to pursue nursing.

"In 2001, my elder sister was ill and hospitalised for four months. My mother had to accompany her every day in the hospital," she recalled. "So maybe from there, she witnessed the nurses' importance (in our society) and saw that in me."

Heeding her mother's encouragement, Siti began her journey to become a nurse in August 2003, just a few months after the 21st century's first epidemic—Severe Acute Respiratory Syndrome— SARS.

From SARS to COVID-19

Fast forward to today, healthcare workers all around the world have entered into a fierce and protracted combat with COVID-19.

This new pandemic is causing deep humanitarian, socio-political and economic challenges at a scale that we have not witnessed before.

Since the declaration of the Disease Outbreak Response System Condition (DORSCON) Orange level, KDF has restricted non-essential visits to all our dialysis centres.

I set up a video conference with Siti to find out how these measures would affect her and the patients. If the Circuit Breaker period has proved challenging for most of us, can you imagine what it is like for dialysis patients?

As they are very susceptible to infections due to their lowered immunity, leaving home for treatments can pose a huge risk to their health and safety.

Enhanced Measures at KDF

Before the outbreak, and as part of their pre-dialysis assessment, all KDF patients are required to have their body temperatures checked.

In light of COVID-19, Siti shared that KDF has enhanced this measure by assigning triage nurses to conduct body temperature checks outside their respective centres. These nurses are responsible for assessing patients' wellbeing before they are allowed to enter for dialysis.

Patients have now been given a specific timing to enter the centre. "We don't want them to loiter... and we don't want them to crowd around our waiting area," Siti shared. "Now, it is stricter because patients can only be allowed inside based on their allocated timing."

In addition, to minimise interaction and close contact between patients of different shifts, our nurses have been instructed to direct patients to use a different exit to leave the centre.

"Some patients, they like to peek to see how many more before their turn. Now, they have to strictly sit down and not enter the treatment area until it is their turn," Siti added.

Visitors and caregivers are also not allowed into the centres during this period, with the exception of immobile patients' caregiver, who would be able to provide extra aid.

While these measures were put in place to safeguard our patients, one would also wonder if these measures have inconvenienced and possibly upset some of our patients, especially those who rely on their caregivers. Siti acknowledged that some patients have expressed that sentiment, but were mostly understanding after we explained to them the rationale.

"We have told them if we don't do this, it may result in the closing of the centre, if something goes wrong."

The Work Day Now

Even though our patients' safety is our top priority, we have not forgotten about front liners, like Siti. I asked her about the other measures implemented for our nurses.

"Since the outbreak, I have to check my temperature and make a declaration every Monday before I enter the centre."

Currently, nurses have also been assigned to the same group of patients every day. "This is to minimise the contact tracing, if needed," Siti explained.

To avoid the risk of infection between them, the staff is split into two teams and physically segregated, so that they would not meet.

When dealing with patients, Siti needs to wear a surgical mask and a face shield. Due to COVID-19, it is compulsory for her and her colleagues to wear a surgical mask at all times.

Her duty ends after completing a handover for the nurses in the next shift. "We talk through the intercom now," she chuckled. "Because we are using different work stations and cannot meet."

Nursing in a dialysis setting can be incredibly difficult, and often a thankless job. They need to deal with strict protocols, and manage different expectations while caring for patients.

Their hard work and sacrifice in the face of crisis like COVID-19 are worthy of not just our praise, but respect and admiration.

Thank you Siti, and all our nurses fighting in the frontlines.

Our nurses are doing their part to keep our patients safe. We hope that you lend them your support with a kind donation using the Business Reply Envelope. All donations are used to subsidise dialysis costs for patients, and defray operational expenses, such as nursing overhead costs.



Our Most Compliant Patients

By Daniel Yao

KDF's Most Compliant Patient Award was inception in February 2002 with two simple aims: to encourage our patients to adhere to their treatment protocol, and to recognise their efforts in maintaining it.

Getting the award is not easy because there is a strict list of criteria to be met. Let us hear from two of our awardees, Zuraidah and Shaik, on how they did it:

Hello,

I'm Zuraidah. When I first found out that my kidneys had failed, I couldn't accept it. I was still young. I asked myself repeatedly, why would this happen to me? I struggled so much.

Eventually, I came to accept it, because of what my late grandfather said to me, "Whatever comes into your life, never give up." Right, I didn't want to give up. I wanted to take better care of my health, because I still have my two sons.

Since then, my two sons act like my personal dietitians at home. They keep track of everything— my diet, fluid intake and dialysis treatment attendance—and they take care of me.

When I found out that I had won the award, I was surprised! I didn't expect it, since I was just doing my part to care for my own health, and attending my dialysis treatments regularly. But I knew my sons would be so proud of me when they heard about this.

It is important to adhere to our treatment regimen and watch our diet. In the past, I didn't, and suffered the consequences. I fell into a coma for three days, and when I woke up, I was not allowed to see my family and my sons. It was a scary experience.

To fellow kidney patients, for the sake of your loved ones, take your medication regularly, monitor your diet, regulate your fluid intake, and never skip your dialysis sessions. It is not easy, I know. But take it slow. Keep to the plan, do it regularly, and you will improve! Hopefully, you will be one of the winners of the Most Compliant Award this year!



Name : Zuraidah
Age : 37
Started Dialysis : 2011

Hello, my friends!

It is my first time getting this award, and I am very happy. I can't believe that I won something for being dialysis patient. A good dialysis patient, I mean!

I have been on dialysis for almost 14 years, and recently I felt something was amiss. My heart was in pain whenever I walked a short distance. That was when I started watching my diet, and fluid intake.

I stopped eating my favourite food, nasi briyani, and limited myself to two cups of water every day. I knew I could not risk my health any further, or I would end up in a hospital.

My daughter has to take care of me, my wife and her four children. It is not easy for her, so I don't want to be a further burden to her.

My health is my responsibility, and I should take charge of it. When I take care of myself, I am also helping my daughter.

I have some tips for those on dialysis: take your medication regularly and don't skip the treatment. If you skip, you will end up in hospital if your condition worsens.

Don't shy away from the blood tests, because the tests are done for your own good. The doctor will be able to explain to you your condition based on your blood test result, and advise you accordingly.

It is not easy, but if I can do it, so can you! Good luck, my friends!



Name : Shaik
Age : 73
Started Dialysis : 2006

Let us show you the list of criteria for patients to receive the yearly 'Most Compliant Award'.

- Being punctual for dialysis treatments;
- Attends dialysis treatment three times a week;
- Takes blood tests and other investigations regularly;
- Takes medication regularly;
- Has good attitude and behaviour towards nurses;
- Gains weight in between dialysis treatments within a certain percentage;
- Keeps potassium, phosphate, glucose and in blood serum level within ideal range.

KDF Flag Day 2020 Volunteer Recruitment

KDF FLAG DAY 2020
HEROES OF HOPE—
EXTEND HOPE, EXTEND LIVES

31 OCTOBER 2020, SATURDAY
8AM - 4PM

VARIOUS LOCATIONS!

HEROES WITH FAMILIES AND PETS ARE WELCOME.
STUDENT HEROES ARE WELCOME TOO!
(VIA HOURS GIVEN)

ALTERNATIVES TO EVENT -
ONLINE FUNDRAISING/PLEDGE CARDS

FOR MORE INFORMATION,
CONTACT DANIEL YAO:
6559 2650/
DANIEL.YAO@KDF.ORG.SG

WWW.KDF.ORG.SG

KDFSG

EVENTS@KDF.ORG.SG

HEROES, SIGN UP NOW!

THIS YEAR, WE AIM TO RAISE **\$30,000** FOR OUR UNDERPRIVILEGED DIALYSIS PATIENTS.

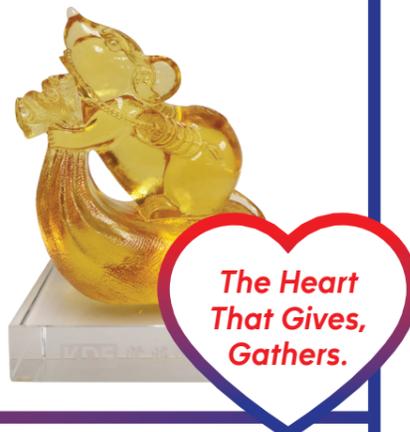
*Subject to COVID-19 measures.

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 petite yet endearing icon features a rat offering its bag of fortunes and blessings to its owner.

With the outbreak of the COVID-19 virus, the KDF CCC would like to dedicate this auspicious charity icon to bring about good health to everyone, harmony to the family and new opportunities in businesses and investments.

Support our low-income needy patients on dialysis with our charity icon today, and inspire more like-minded individuals to give back to society.



Scan-To-Donate using these apps!



For more information or collaboration enquiries, please contact:

Mr Daniel Yao
6559 2650 | daniel.yao@kdf.org.sg

Ms Caroline Oh
6559 2651 | caroline.oh@kdf.org.sg

Donations of \$888 and above are entitled to one charity icon
All donations are entitled to 2.5 times tax deduction.

2020年KDF 售旗日义工招募

2020年KDF售旗日
延续生命, 传递希望

2020年10月31日, 周六
早上8点 - 傍晚4点

全岛各地!

欢迎大家连同家人,
及宠物参与。
学生们请热烈报名!

您也可以参与线上
筹款或向我们要求
捐款卡。

如需咨询, 请联络
DANIEL 姚先生:
6559 2650/
DANIEL.YAO@KDF.ORG.SG

WWW.KDF.ORG.SG

KDFSG

EVENTS@KDF.ORG.SG

想要参加, 请扫描

为了我们的低收入洗肾病人, 今年的筹款目标是 **\$30,000**。

*受制于新冠病毒防范措施。

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!"

2020年初始, 一场突发疫情让人们再次认识到健康的重要。筹委会因此为我们的吉祥琉璃鼠取名《鼠兆康年》, 希望它能为您及家人带来满满的福气和财气, 更重要的是健康和平安。

欢迎您义标或义购福物《鼠兆康年》, 同时也倡议庙宇、会馆、商联会和中元会让KDF在您的宴会上义标福物, 为贫困肾脏病患筹集洗肾基金, 也为您带来无量福报、富贵安康。



使用以下应用程序扫描捐款二维码



欢迎庙宇、会馆、中元会让KDF在您的宴会上义标福物。如需咨询, 请联络:

Daniel 姚先生
6559 2650 | Daniel.yao@kdf.org.sg

Caroline 胡小姐
6559 2651 | caroline.oh@kdf.org.sg

福物义标或义购最低价\$888元, 捐款全额可获2.5倍所得税回扣。

我们的模范肾病患者

译/胡慧蓉 (Caroline Oh)

KDF在2002年2月开创了“模范肾病患者奖”，旨在褒奖肾友积极配合治疗，并鼓励他们再接再厉，继续保持良好的自我健康管理。

此奖项的评选标准相当严格，所以要获得这奖项并不容易。让我们看看我们的两位获奖者Zuraidah和Shaik 是怎么办到的！

您好，

我是Zuraidah。当我被告知我的肾脏已严重衰竭时，我不肯接受也没法面对那消息。那时候我还很年轻。我一直问自己，这不幸的事为何会发生在我的身上呢？在那段期间，我真的过得很艰难。

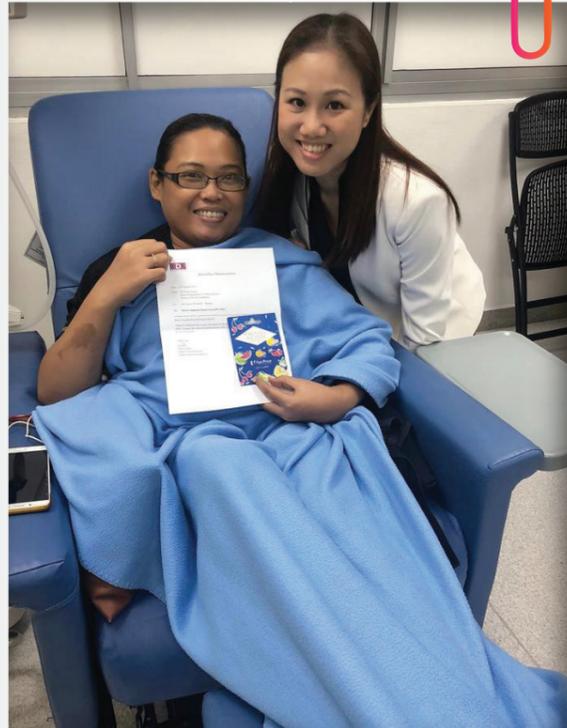
但我逐渐接受了这事实，因为我想起我已故的祖父对我说过的话：“不管人生遇到什么事，你不能轻易言弃”。对，我不要也不能轻易地放弃，我必须照顾好身体因为我还有两个年幼的儿子。

从那时起，我的两个儿子就像我的营养师，时时刻刻无微不至地照顾着我。我的饮食，液体摄入的控制和有没有定时去洗肾，他们都记得清清楚楚并时刻提醒我。

当我得知我获得这个奖时，我感到万分的惊讶！我从来没想到我会得到这个奖。我只是一直在好好照顾自己的身子，以及定期去洗肾。我相信当我的儿子知道这消息时，他们一定会以我为荣。

身为肾病患者，我们必须严格地遵循我们的治疗方案并时时注意我们的饮食。以前我并没那么做，所以得付出代价。有一次，我昏迷了整整三天。当我醒来时，尽管我多么希望我的家人和儿子们能在我身旁，但因为我在加护病房的关系，我没能立刻见到他们。那是一场可怕的经历。

我亲爱的肾友们，为了你们的亲人，请务必定时服药，监控好自己的饮食，注意好自己的液体摄入量，还有切不能忽略自己的洗肾治疗。我知道要达到要求并不容易，可是你们可以一步一步来。遵守方案并培养这习惯，你将会有所改善！你也可以成为今年的模范肾病患者！



姓名：Zuraidah
年龄：37岁
自2011年开始洗肾

大家好！

这是我第一次获得这个奖，我感到非常高兴。真不敢相信作为一名患者的我，也能得奖。我指的是被选为“模范肾病患者”！

我洗肾洗了将近14年。最近我发觉身体有些不对劲。每当我走一小段路，我的心脏就痛。从那开始，我就更注意自己的饮食与液体摄入量。

我舍弃了我最爱的黄姜饭。每天也限制自己只喝两杯水。我知道我不能再伤害自己的身体了，否则我就得住院。

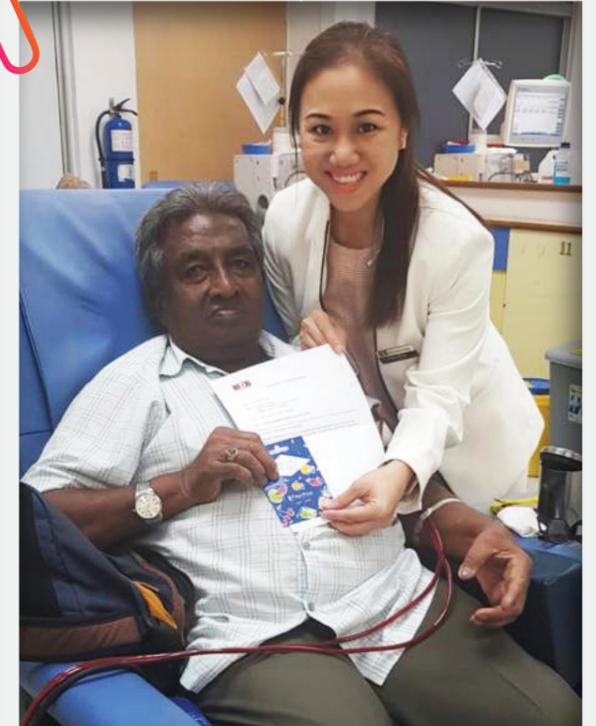
我的女儿要照顾我、我的妻子、还有她自己的四个孩子。对她来说这并不容易，所以我也不想再加重她的负担。

我应该对我自己的健康责任，好好照顾好自己。这么一来，我也算是在帮助我的女儿。

在此，我有一些小提示给予其他的肾友，那就是：你必须定期服药和千万不要错过任何洗肾治疗。一旦错过，你的病情将会恶化，导致你必须住院。

也不要怕验血，因为这是为你好。有了验血报告，医生才能够清楚了解和给你解释你的病况，并相应地规划疗程和提出建议。

我知道这不容易，但是如果我可以做到，你也可以的！祝你好运，我的朋友们！



姓名：Shaik
年龄：73岁
自2006年开始洗肾

以下是模范肾病患者的评选标准。

- 准时接受透析治疗；
- 每周接受三次透析治疗；
- 定期接受血液和其它检验；
- 定期服药；
- 对护士有良好的态度和行为；
- 两次透析治疗之间的体重增加或维持在一定比例；
- 保持血清钾、磷和葡萄糖浓度在理想范围。



KDF新冠病毒 防范措施

译/鲁旭 (Shelley Lu)



Siti还清楚地记得当年在收到O水准成绩单后，母亲就鼓励她报读护士专业。

她回忆说：“2001年的时候，我的姐姐因为生病而住院四个月。我妈妈每天都到医院去陪她。或许是从那个时候开始，她意识到护士的重要和对社会的贡献，所以希望我也能成为一名护士。”

2003年8月，就在非典(SARS)疫情刚过去几个月后，Siti带着母亲的期许和鼓励踏上了成为一名护士的旅程。

从非典到新冠病毒

今日，全球的医护工作者都在和新冠病毒进行一场激烈而持久的斗争。这新一轮的全球性疫情不管对人们日常生活、社会、政治和经济都带来了前所未有的挑战。

在新加坡的疫情爆发应对级别(DORSCON)升级为橙色后，KDF就在各洗肾中心全面禁止非必要的拜访。

我与Siti进行了视频会议，从她那儿了解KDF的新规定对护士和病人有些什么样的影响。如果你感受到阻断措施(Circuit Breaker)对我们的一般生活带来很大挑战和诸多的不便，你能想象肾友们的感受和处境吗？肾病患者由于免疫力下降所以很容易受到病毒感染。因此日常生活和来回洗肾中心的旅程对他们的健康和安​​全都随时可能出现很大的威胁。

升级应对措施

在新冠病毒疫情突发之前，作为洗肾前例常检查的步骤之一，所有KDF的病患都要测量体温。现在受新冠病毒疫情影响，Siti告诉我洗肾中心也加强了措施，特别安排护士在洗肾中心外为病人测量体温。在病人踏入洗肾中心前，这些护士也负责检查并评估每位病患的健康状况。

现在病患也需在指定的时间进入洗肾中心。“我们不希望他们四处游荡，也不想他们都聚集在等候区。”Siti分享道：“现在管控会更严格，病患只能在指定的时间进入洗肾中心。”

此外，为减少不同洗肾班次之间的病患相互交流和近距离接触，病人也被安排从不同的进出口进入和离开洗肾中心。

Siti解释道：“有的病人喜欢在他们的班次前偷看一下前一班还剩多少人。现在他们必须在规定的区域里坐着等候，在没有轮到他们之前不准进入洗肾区。”

在疫情期间，我们也不允许访客和病患的看护进入洗肾中心。但行动不便病患的看护例外，因为他们需要在病患洗肾时给予额外的照顾与协助。

或许你会问这些用来保护病人的防御措施是否会给他们带来不便，是否有些病患，特别是那些平时依赖看护照顾的病人，对此感到不满？Siti说有的病患的确会感到不便，但大部分在听了我们的解释后都表示理解。

“我们告诉他们如果不这么做，一旦哪个环节出错，将会导致洗肾中心关闭。”

工作新常态

虽然我们病患安危放在首位，我们也没忘记像Siti这样在第一线的医护人员。所以我也向她了解护理人员的防御措施。

“自疫情爆发以来，我进洗肾中心之前都要量体温，每周一也要提供个人情况声明。”

现在，护士也被安排每天固定照顾同一组病人。Siti解释说：“这也是防范措施之一。这是为了减少追踪接触者。”为避免护士之间的交叉感染，他们也被分成两组，而两组的组员都不得碰面。

因为新冠病毒，Siti和其他护士必须全时戴上手术口罩。在照顾病人时，Siti需要戴上防护面具。

在她通过视讯把工作交接给下一班护士后，Siti就能安心下班了。她笑道：“因为现在大家都不能用同个工作站，也不能见面，所以我们通过内部通话机做工作交接。”

洗肾中心的护理工作即辛苦也很费力。在这里，护士们需要遵循严格的规定，也需在照顾病人时顾及他们不同的期许。这些白衣天使在面对像新冠病毒疫情这样的危机时，所付出的辛劳和牺牲不仅值得我们赞美，也非常值得我们尊重和钦佩。谢谢Siti以及所有在最前线照顾病患的护士们。

我们的护士正尽全力确保病人安全。我们真诚希望您能奉献一份爱心并给与支​​持。

您可以用随本刊所附“商业回执信封”捐款。所有捐款将用于补助患者的洗肾费用，并支付包括护士护理费用在内的运营开支。



*照片来自于KDF图片库

2014那年, Shaun去了泰国工作。他的父母给予他全心全意地支持。但是, 在他30岁生日的前10天, 他不幸遭遇车祸。那时, Victoria接到了一通电话, 并被告知: “他并没有遭受任何痛苦……是立即离去的。”

白发人送黑发人是任何父母都不应承受的伤痛。虽失去了最爱, 让Shaun的父母感到欣慰的是Shaun在世时度过了美满充实的人生。

“我坚信我给了他一切,” Aloysius分享道。他们知道Shaun深爱他在泰国的日子, 因此决定将他的骨灰留在泰国。



遗传病症

这并非是Aloysius第一次经历失去亲人的痛苦。因为白血病, 他失去了撮合他和Victoria的大姐。另外两个姐弟也因血液疾病而去世。他和在世的妹妹自出生以来也一直遭受遗传病症的苦。



因遗传病而失去许多亲人的Aloysius很早就意识到需要为自己的健康及早做规划。“20多岁的时候, 我得知自己的一颗肾脏比另一颗来的小。而体积正常的那颗肾脏却长了囊肿。”他知道自己最终将患肾衰竭。

药物治疗和良好饮食习惯的结合延缓了Aloysius肾病的病发。但在2007年, 即Aloysius退休一年后, 他被诊断出患有结肠癌。虽然他决定开刀清除肿瘤。但他没法接受化学治疗, 因为那会进一步损坏他的肾脏。

不幸的是, 几个月后Aloysius的肾还是衰竭了。

关爱生命

Victoria也已退休了。不过她有了一个新任务, 那就是做Aloysius的看护。Aloysius说: “她会帮我服药。当我需要找一间洗肾中心时, 她和社会工一起为我安排。”



除非Aloysius接受肾脏移植手术, 否则他必须通过透析治疗来维持生命。如今, 夫妇俩都已经退休, 每月只领取900元不到的年金, 因此Aloysius在KDF洗肾的费用和所用的药物享有全额补助。



最近, Aloysius每走一小段路, 他就会感到呼吸困难。咨询过心脏病专科医生后, 他现在需要服比以往更多的药了。

面对这些逆境, 许多人或许早就放弃了。Victoria说: “我却从没听他抱怨。他没有问为什么是我?” Aloysius和Victoria一直都在省吃俭用, 但尽管经济状况不好, 他们都把省下来的钱拿去买水果去和洗肾中心的护士和肾友分享。“如果我们能给他人带来欢乐, 区区的几块钱算得了什么呢?”

顺其自然

新冠病毒疫情的爆发和为对抗疫情而实施的各种防范措施, 包括阻断措施, 给大家的生活带来极大的影响。在这充满挑战和未知的日子里, Aloysius有一个建议: “顺其自然。”

不管情况如何, 他决心每天活出充实的人生。加上Victoria的鼓励和乐观引导下, 他更成为了人如何积极应对生活和从容应对逆境的好榜样。

让我们也以他们夫妇俩为榜样, 成为他人人生中的一道亮光, 因为“为何不可呢”。



尽管遭遇各种逆境和艰难, Aloysius和Victoria仍然慷慨大方、心怀感恩。行善不分大小。您的善举可以为我们的低收入肾友带来希望。您的捐赠可以帮助我们的病患维持生命, 给予他们希望和明天。请您用随本刊物所附之回邮信封寄回捐款, 或登录以下网站在线乐捐:

<https://www.giving.sg/kidney-dialysis-foundation>

肾析简报

 四月-六月
 2020

黑暗中的一道光

译/姚凯杰 (Daniel Yao)

Aloysius清楚记得他的大姐第一次告诉他有关Victoria的东西时，他的大姐是这么说的—Victoria和你很相称也很配对。

Victoria她性格外向，活泼开朗。大姐补充说：“我觉得你会喜欢她。”那是1971年。Victoria才21岁。26岁的Aloysius心想：“为何不可呢？”

Victoria也对这次的安排给予肯定的答复。两年后，在一间小教堂里，在亲友的见证下，Aloysius和Victoria向彼此说了“我愿意。”

人生珍礼

他们俩都来自大家庭，他们都各有四个兄弟姐妹。只要全家人聚在一起时，欢乐声总响遍屋里的每个角落。生活总是丰富多彩。当他们唯一的儿子Shaun出生时，家中的每位成员都对他倾注了全部的关爱。



Shaun遗传了父母最好的特质—Victoria的开朗和外向，以及Aloysius的善良本性。Shaun年幼时，他们一家三口度过了许多欢乐美好时光，而这也塑造了Shaun的性情和人格。

Shaun的朋友来自世界各地。Victoria笑着说：“每年在我们的生日，他的朋友们仍会联络我们来祝我们生日快乐。”Shaun也担任过老师—教的学生是患自闭症的儿童。

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