

A QUARTERLY BULLETIN OF KDF

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EMBRACING LIFE AS AN AMPUTEE ON DIALYSIS

At 52, Mr Tan Boon Chye understands resilience. Just last year, he lost his leg due to diabetes complications, adding to the challenges he already faced as a dialysis patient. Three times a week, he undergoes dialysis at KDF Bishan, and every Friday, he heads to Khoo Teck Puat Hospital (KTPH) for therapy. Walking three blocks can take him nearly 30 minutes, yet Mr Tan approaches each step as part of his journey to adapt and regain strength.

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Kidney Dialysis Foundation,
Singapore (KDF)

Over the past year, Mr Tan spent a total of 93 days in the hospital, enduring painful swelling and infections, with frequent readmissions as new health issues arose. On challenging days, he finds solace and strength by watching Paralympic athletes, particularly Singapore's decorated Paralympian swimmer, Yip Pin Xiu, on YouTube. Their resilience inspires him to persevere.



Living with diabetes, low blood pressure, heart issues, and kidney failure has been a steep challenge. Reflecting on his youth, he recalls poor choices—

gambling and drinking sugary sodas, sometimes mixing 1.5 litres of soda with energy drinks daily.

Starting dialysis at 38, his mother, worried, even suggested alternative

treatments abroad. Mr Tan, however, reassured her, choosing to focus on the present.

To make ends meet, Mr Tan has taken on various jobs, from stacking fruits on night shifts at NTUC to cleaning multiple blocks. He speaks warmly of his co-workers from China and Bangladesh, who supported him without hesitation, as well as the residents he befriended, including people like Ong Teng Koon and Former President Halimah Yacob, who he claimed, "enjoys lemon tea."



Though currently unemployed, Mr Tan hasn't given up on the idea of working again, particularly in his former role as a condo supervisor. For now, he stays active, walking around his block to build his leg muscles and maintain his independence. He is also grateful for the support of his old army friends, whom he meets up with from time to time. Their encouragement reminds him that he's not alone on this journey.

His journey hasn't been easy. He's faced discouraging interactions, like an elderly man who suggested he "shouldn't be out" because he's missing a leg. But Mr Tan focuses instead on small acts of kindness and the support of friends and family. After his mother's passing, his siblings honoured her wish to ensure he always had a place to stay.

Along with support from MediFund and KDF, which fully subsidises his treatments, he can focus on recovery without financial worries.

Nurses like Mar Mar and Kim Kim who've cared for him for years, feel like family, making each session a bit easier.



Mr Tan finds joy in simple pleasures, like outings with his nephew to the movies, sushi, or the arcade at Timezone. These moments offer a break from his medical routine, reminding him that life holds more than health struggles.



Reflecting on his past, Mr Tan's advice is clear,

"Keep healthy; don't let money blind you. Health is more important than anything."

He hopes others can learn from his mistakes and avoid the traps he fell into. Looking ahead, Mr Tan remains hopeful. He dreams of working again, reducing his hospital visits, and focusing on health and happiness. His journey is one of quiet courage and resilience, a reminder that, no matter how tough life gets, there's always a way forward—with determination, support, and a bit of faith.

Mr Tan's story reflects the resilience of many KDF patients facing severe health challenges, yet they require sustained support from the community. KDF's ability to provide fully subsidised treatments, including dialysis and physiotherapy, relies on public contributions. By donating to KDF, you can help needy kidney patients receive essential care and a renewed hope for a better tomorrow.



YOUR GENEROSITY CREATES ENDLESS SMILES.

With your donations, our underprivileged patients can receive:

\$185 1 Dialysis Session

\$80 1 Month of Medications

\$10 1 Flu vaccine

\$1 1 Blood Glucose Test

PAYNOW QR CODE

SCAN TO DONATE

UEN No:
199600830ZK33



KDF CHARITY CALENDAR 2025: UPLIFTING LIVES THROUGH EMPOWERMENT



The theme of the 2025 Charity Calendar is 'Empowerment', a driving force behind personal growth and community progress. This year's calendar symbolises that spirit through the depiction of Koi fishes in ponds. Renowned for their strength and perseverance, Koi fishes embody empowerment as they swim against currents, representing resilience and determination. Similarly, individuals affected by kidney disease can thrive when empowered with the right support and resources.

The 'KDF 2025 Charity Calendar' is more than just beautiful illustrations; it symbolises empowerment. Each page showcases stunning artwork of koi fishes and natural ecosystems, highlighting the strength that comes from connection and mutual support. Just as every element in

nature plays a role in sustaining life, individuals flourish when supported by their communities.

By purchasing our 2025 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

below 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.

SCAN TO
PURCHASE
YOUR
KDF 2025
CHARITY
CALENDAR
HERE



PARTNERSHIPS AND COLLABORATIONS

As part of our ongoing partnership with the talented students from the Nanyang Academy of Fine Arts (NAFA), KDF is delighted to announce the launch of the 'KDF 2025 Charity Calendar'. 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 Gan Hui Ping at 6559 2649 or email to huiping.gan@kdf.org.sg

KDF FLAG DAY 2024



On 27 July 2024, the Kidney Dialysis Foundation (KDF) held its annual Flag Day, a key fundraising initiative aimed at supporting underprivileged kidney patients and raising awareness about kidney health. This year's event took place at four major bus interchanges: Boon Lay, Serangoon, Tampines, and Toa Payoh. These high-traffic locations provided an excellent platform for KDF to connect with members of the public, share about the Foundation's mission, and encourage donations to support the provision of life-saving dialysis care.



A special highlight of this year's Flag Day was the appearance of KIDDI, KDF's charming and friendly mascot. KIDDI brought an extra spark of joy to the event, delighting passersby with opportunities for photos and interactions. These moments not only added an element of fun but also helped to draw attention to the cause, engaging people of all ages in the spirit of giving. Many members

of the public shared their pictures with KIDDI on social media, further amplifying the reach and visibility of the event.



We also introduced GivePlease terminals at our locations, enabling members of the public to make quick and secure cashless donations. This initiative made it more convenient for people to contribute and reinforced our commitment to embracing innovative solutions in fundraising.

The success of KDF Flag Day 2024 would not have been possible without the unwavering dedication of our volunteers, patients, and staff who worked tirelessly throughout the day. Volunteers stationed at each bus interchange enthusiastically approached commuters with donation tins and stickers, sharing stories about KDF's efforts and the impact of public support. Many of our patients also joined in, showing their

gratitude by actively participating in the initiative to give back to the community.



Through the collective efforts of everyone involved and the generosity of the public, KDF Flag Day 2024 raised an impressive \$30,000. KDF extends its heartfelt thanks to everyone who supported Flag Day 2024, from our passionate volunteers to the members of the public who gave generously. Your contributions have not only made a tangible difference in the lives of our patients but have also reinforced the importance of coming together as a community to uplift those in need. We look forward to your continued support as we work towards creating a brighter future for needy kidney patients in Singapore.



Feel free to tag us on Instagram
@kdf.sg if you were part of this event!

KDF X NATIONAL JUNIOR COLLEGE VOLUNTEERING: PROJECT WISHING WELLS



Since April 2024, National Junior College (NJC) students have been bringing joy and companionship to KDF patients through their heartfelt volunteering initiative, Project Wishing Wells. This student-led programme, guided by their leader Ya En, showcases the dedication of over 100 volunteers who have committed their time to brighten the days of patients undergoing dialysis at KDF centres in Kreta Ayer, Bishan, and Ghim Moh.

Every week, small groups of five students visit the centres from 6pm to 7pm, engaging in meaningful conversations and forming bonds with patients. Through these visits, the students create a warm and supportive environment, offering patients emotional encouragement and a welcome break from their daily routines. At the same time, the students gain valuable insights into the lives of kidney patients, deepening their understanding

of the importance of health and empathy.



Project Wishing Wells also celebrates cultural and national occasions through engaging activities. During Racial Harmony Day on 21st July, students and patients shared traditional snacks like muruku, rose crackers, and ang ku kueh, followed by a creative tile-drawing activity. On 8 August, the students also organised a lively National Day celebration, which included trivia about Singapore's history and heritage and an art session where patients expressed their creativity. These activities fostered a sense of camaraderie, bringing festive cheer to both patients and volunteers.

What makes this initiative truly remarkable is that it is entirely student-driven, born from the volunteers' desire to better understand and support KDF's beneficiaries. Ya En, the leader of the project, shared:

“Project Wishing Wells is a journey of mutual learning and compassion. Through every interaction with the patients, we not only hope to bring them joy but also gain valuable perspectives on resilience and the importance of taking care of our health.”



KDF is deeply appreciative of the students' dedication, compassion, and creativity, as well as NJC's unwavering support in championing this initiative. Together, they continue to inspire hope and foster a caring community where every effort counts in making a difference.



Feel free to tag us on Instagram @kdf.sg if you were part of this event!

#KDFvolunteers

KDF MID-AUTUMN SING FOR CHARITY 2024



The 6th Mid-Autumn Sing for Charity concert, held on 14 September 2024, was a day filled with joy and purpose as the community came together to celebrate the Mid-Autumn Festival. Organised by the Kidney Dialysis Foundation (KDF) and Serangoon Community Club, the event raised

close to \$300,000 to support needy kidney patients, making it a meaningful and successful occasion. The entire event was graced by Ms. Chan Hui Yuh, Adviser to Aljunied GRC Grassroots Organisations, who joined the community in celebrating this special occasion.

The festivities began in the morning with residents of Serangoon showcasing their talents through a series of lively and heartwarming performances. These acts, delivered by passionate individuals from the local community, set the stage for the evening celebrations and reflected the vibrant spirit of Serangoon. The programme was expertly emceed by Ms. Liu Ling Ling and Marcus Chin, who kept the audience entertained and engaged throughout the evening.



The evening concert opened with captivating performances by the stellar lineup of Im Komei, Ms. Jessie Yeong, Ms. Chloe Lin, Mr. William Lee, Mr. James Zhuang, and Mr. Francis Yap. Patient Mr. Siew Kum Hoong and his wife delivered a touching rendition of 万水千山总是情, leaving a lasting impression on the audience. Adding to the excitement were vibrant performances by the Friends of Serangoon CC Indian Activity Executive Committee (IAEC) and Malay Activity Executive Committee (MAEC), showcasing the community's rich cultural diversity.



Exciting prizes, including mouth-watering mooncakes and exclusive KDF tissue packets, were up for grabs for those who scored enough points!



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.

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!



A special highlight of the evening was the presentation of a token of appreciation by Ms. Chan to Ms. Jeanette Hong, representing HEC Electrical & Construction Pte Ltd, for their generous donation of \$30,000. Additionally, Ms. Amanda Loh, Managing Director of Healthland Pte Ltd, contributed another \$30,000. Together, their combined donation of \$60,000 will sponsor two dialysis machines, significantly enhancing KDF's capacity to provide life-saving care to needy kidney patients.

Alongside the concert, a lively mid-autumn carnival featured interactive games designed to entertain while raising awareness about kidney health. Highlights included "Sugar Smackdown" activity which involves a Nerf gun challenge to knock down sugar-cube replicas for diabetes awareness, and the new game "Catch The Signs" which tested participants' agility as they caught sticks dropping at random intervals—symbolising the importance of recognising early signs of diabetes and kidney failure.



Feel free to tag us on Instagram @kdf.sg if you were part of this event!

FOR THOSE WHO MISSED THE LIVE EXPERIENCE

You can scan to watch the Mid-Autumn Sing For Charity 2024 Concert and relive the enchanting moments.



KDF HAPPENINGS



12 JULY 2024
Petra Chong awarded MOH Nurses' Merit Award

KDF congratulates Ms. Petra Chong, our Head of Clinical Services, on receiving the prestigious 2024 Nurses' Merit Award from the Ministry of Health! This honor celebrates her outstanding performance, dedication to professional growth, and significant contributions to nursing. Petra's compassionate care and commitment to advancing clinical practices have profoundly impacted our patients and team. We thank the Ministry of Health for recognizing her achievements and extend our heartfelt gratitude to all who support quality care.



1 AUGUST 2024
Celebrating Nurses' Day 2024 with Gratitude and Future Plans

On 1st August, KDF celebrated Nurses' Day 2024 with a meaningful Townhall, honoring the dedication of our nurses who tirelessly care for our patients. The event included updates on plans to streamline nursing operations, enhance efficiency, and improve patient care. A special thanks to KAZO for generously providing delicious cream puffs, which added a sweet touch to the occasion. The Townhall reaffirmed our commitment to supporting our nurses and advancing healthcare at KDF.



26 JULY 2024
Obayashi Singapore \$100,000 donation to Kidney Dialysis Foundation

In celebration of their 10th Year Anniversary, Obayashi Singapore generously donated \$100,000 to the Kidney Dialysis Foundation (KDF), showcasing their dedication to supporting underprivileged kidney patients in Singapore. This substantial contribution will help provide affordable dialysis care, significantly improving the lives of those in need. KDF is grateful for Obayashi's continued support and their commitment to making a positive impact on the community.



21 AUGUST 2024
FoodXchange contributed \$65,388 towards 2 Dialysis Machines

On 21st August, KDF received a generous donation of \$65,388 from FoodXchange to sponsor 2 Dialysis Machines. These machines are vital for providing life-saving treatments to needy kidney patients. We deeply appreciate FoodXchange's support, which strengthens our mission to improve the quality of life for individuals with kidney disease and brings hope to our patients and their families.

肾脏透析基金 活动



2024年 7月12日
莊茵婷荣获卫生部护士优异奖

我们非常荣幸地宣布，我们的临床服务主管莊茵婷女士荣获了卫生部颁发的2024年护士优异奖！这一奖项表彰了她在护理事业中的卓越成就卓越的业绩、对专业成长的奉献精神以及对临床护理领域的重大贡献。茵婷以同情心为驱动的关怀精神，以及她推动临床实践进步的坚定承诺，深刻影响了我们的患者和团队。她向她的导师、同事和患者表达了衷心的感谢，并强调了团队合作在提供优质护理服务中的重要性。肾脏透析基金在此衷心祝贺茵婷获得这份实至名归的荣誉，并且感谢卫生部认可她对护理事业中的贡献。



2024年 8月1日
感恩与展望：庆祝2024年护士节

在8月1日，肾脏透析基金举办了一场别具意义的全体大会，庆祝2024年护士节，表彰护士们为患者提供的无私关怀和辛勤付出。在此次活动中，我们还与护士们讨论了未来如何简化护理流程、提升效率并改善患者护理的计划。为这特别的日子增添一份甜蜜，我们特别感谢KAZO慷慨提供的美味奶油泡芙，深受大家喜爱。这次的全体大会也重申了我们对支持护士以及推动医疗事业发展的坚定承诺。



2024年 7月26日
新加坡株式会社大林組给予肾脏透析基金 \$100,000 捐赠

为了庆祝成立十周年，新加坡株式会社大林組慷慨捐赠10万元给肾脏透析基金，展现了他们对支持新加坡贫困肾病患者承诺。这笔重要捐款将有助于减轻肾脏透析基金提供的透析护理费用，使更多贫困肾病患者能够获得必要的治疗，从而显著改善他们的生活质量。肾脏透析基金在此衷心感谢新加坡株式会社大林組的持续支持，并对他们致力于为社区带来积极影响的努力表示由衷的敬意。



2024年 8月1日
富亿城捐赠\$65,388赞助两台透析机

8月21日，肾脏透析基金非常荣幸收到食品城富亿城慷慨捐赠的65,388元。这笔善款将用于我们的中心购买两台透析机。这些机器对贫困肾病患者至关重要，帮助他们获得挽救生命的治疗。这一份捐赠不仅支持了肾脏透析基金改善肾病患者生活质量的使命，也体现了食品城对我们工作的支持，帮助我们进一步改善患者的生活。我们由衷感谢食品城的慷慨支持，这不仅增强了我们的工作力度，也为患者及其家人带来了希望和安慰。

中秋好歌献爱心2024



2024年9月14日，第六届《中秋好歌献爱心》盛大举行，社区齐聚一堂，共同欢度中秋佳节。此次活动由肾脏透析基金和实龙岗民众俱乐部联合主办，成功筹集了近30万元，用于支持贫困肾病患者，取得了圆满的

成功，具有深远的意义。肾脏透析基金也很荣幸的邀请阿裕尼集选区团队、阿裕尼集选区基层组织顾问陈惠意女士出席担任大会主宾，与社区民众一同庆祝这个特别的时刻。

活动从当天下午拉开帷幕，实龙岗的居民通过一系列精彩且温馨的表演展示了他们的才艺。每一场演出都由热情的居民倾情呈现，营造了一个充满欢乐的氛围，完美地展现了实龙岗社区的活力和凝聚力。艺人刘玲玲女士和陈建斌先生以幽默风趣的主持风格进一步活跃了气氛，使得观众全程投入，气氛热烈。



晚上的歌艺会在场精彩的明星演出中拉开帷幕，众多著名歌手的精彩演绎点亮了整个活动，包括冯高美、杨千荭、林诗玲、李健汉、庄清玉和叶世品的精彩表演。肾脏透析基金的病友邱先生和他的妻子也深情演绎了《万水千山总是情》，为观众带来了感动与温馨。实龙岗社区印度族活动执行委员会 (IAEC) 和马来族活动执行委员会 (MAEC) 也带来了精彩的表演，进一步增添了活动的热闹氛围，展现了社区丰富的文化多样性。



当晚的特别亮点之一是大会主宾陈惠意女士向HEC Electrical & Construction 私人有限公司的代表，Jeanette Hong 女士颁发感谢状，感谢该公司慷慨捐赠3万元。此外，Healthland 私人有限公司的董事总经理，Amanda Loh女士也捐赠了3万元。两家公司合计捐赠了6万元，这笔款项将用于肾脏透析基金购买两台透析机，大大提升基金为贫困肾病患者提供生命拯救护理

除了歌艺表演，当晚的节目也包括了一个热闹的中秋嘉年华，带来了精彩的互动游戏，不仅娱乐大众，还提高人们对肾脏健康的意识。精彩活动亮点之一是“击糖挑战”，参与者使用软弹枪击倒糖块模型，寓教于乐地宣传糖尿病预防知识，以及新推出的——“掌握征兆”游戏，测试参与者在随机间隔中捕捉棍子的敏捷度，象征着识别糖尿病和肾衰竭早期迹象的重要性。那些累积足够

积分的参与者将赢得月饼和肾脏透析基金纸巾包等精美奖品。



为了提升公众健康意识，肾脏透析基金特别在嘉年华期间设立了免费健康检查站，为民众提供检查服务，强调预防糖尿病的重要性，因为这是守护肾脏健康的基础之一。同时，在欣赏歌艺表演的同时，民众还可以通过购买起价为20元的花环，表达对喜爱表演者的支持，并为肾脏透析基金的使命贡献一份力量。肾脏透析基金谨向所有捐赠者、表演者以及实龙岗联络所致以衷心的感谢。正是他们的不懈支持，才让这次活动取得圆满成功。社区的温暖、慷慨与团结精神熠熠生辉。我们期待明年再次携手，共同呈现一场难忘的《中秋好歌献爱心》！



如果您是此次活动的一份子，欢迎在 Instagram @kdf.sg 上标记我们！

无法出席今年“中秋好歌献爱心2024”的朋友们

可扫描二维码观看表演，重温精彩瞬间。



关爱生命,从“心”开始——国家初级学院 学生志愿服务肾脏透析患者的关怀使命

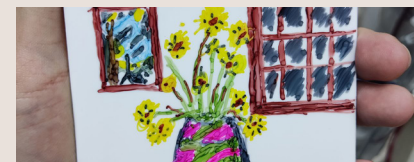


从2024年4月起,国家初级学院(NJC)的学生通过他们真挚的志愿服务项目——“许愿井计划”,为肾脏透析基金的患者带来不少欢乐和陪伴。这个项目由学生领袖Ya En指导,凝聚了超过100名学生志愿者的热忱与奉献精神。他们自主发起并主导这项计划,以关怀和陪伴为核心,为牛车水水车路、碧山和锦茂肾脏透析中心的患者带去温暖与希望,用实际行动点亮他们的生活。

每周傍晚6点到7点,五名学生组成的小组都会前往这些透析中心,与患者展开丰富而有意义的交流,并建立起深厚的联系。通过这些访问,学生们营造了一个温暖的环境,为患者提供情感上的支持,让他们在忙碌的日常生活中得以片刻放松。与此同时,学生们也从中获得了宝贵的见解,不仅更深刻地理解健康的重要性,还学会了如何以同理心关怀患者。



“许愿井计划”通过趣味横生的活动为种族和谐日与国庆日增添了浓厚的节日氛围。7月21日种族和谐日当天,学生们与患者分享了多元文化的传统美食,包括印度甜点姆鲁咕、玫瑰饼和红龟粿。在享用美食后,大家还一起参与了创意瓷砖绘画活动,尽情挥洒创意,留下美好回忆。



这项倡议之所以意义非凡,正因为它完全由学生自发主导。这也体现了许愿井计划是一段相互学习与共情的旅程。通过与患者们的每一次互动,我们不仅希望为他们带来快乐,也希望从中汲取关于韧性与健康照护的宝贵见解。志愿者们渴望更好地理解和支持受益者的愿望。项目负责人Ya En分享道:

“许愿井项目是一段相互学习和同情的旅程。通过与患者们的每一次互动,我们不仅希望给他们带来快乐,还希望获得关于韧性和照顾健康的价值观。”



肾脏透析基金衷心感谢学生们的奉献、同情心和创造力,以及国家初级学院在支持这倡议方面所付出的不懈努力。他们共同激发希望,培养一个充满关爱的社会,每一份努力都带来了积极的改变!



如果您是此次活动的一份子,欢迎在Instagram [@kdf.sg](https://www.instagram.com/kdf.sg)上标记我们!
#KDFvolunteers

肾脏透析基金 2025 慈善日历： 鱼跃龙门，赋能未来



肾脏透析基金2025年慈善日历的主题是“赋能”，象征个人成长以及社区进步的驱动力。日历通过描绘池塘中的鲤鱼来呈现这种精神。鲤鱼以其坚韧和毅力著称，逆流而上，象征着不屈不挠的决心。同样地，肾病患者在得到适当的支持和资源时，也能在困境中茁壮成长。

2025年的慈善日历不仅仅是美丽的插图；它象征着“赋能”。每一页都展示了鲤鱼与自然生态系统的精美艺术作品，突显了连接与相互扶持的力量。正如自然界中的每一个元素都在维持生命中发挥着重要作用一样，个人在获得社区支持时也能茁壮成长。

通过购买我们的2025慈善日历，您不仅能获得一件精美的艺术作品，也能够为贫困肾病患者出一份力，给他们的生活带来有意义的改变。您的捐助将帮助提供他们面对挑战所需的基本护理、资源和支持，让他们重新掌控自己的生活。携手并肩，我们可以赋能那些需要帮助的人，共同建设一个以韧性、勇气和希望为基础的社区。

每份日历售价15元，购买两份或更多日历可享受每份14新元的独家折扣。如欲购买，请扫描下方二维码，通过我们的在线订单表格下单。您也可以选择填写附上的纸质表格并邮寄回我们。所有收益将用于为

我们的患者提供透析治疗、药物和全面护理，帮助他们获得生命的希望。作为一家非营利慈善组织，每一个捐助者和支持者都能够帮助我们维持各项项目的运作，使我们能够继续为有需要的人提供服务，尽可能改善他们的生活。

立即购买您的2025年肾脏透析基金慈善日历



合作伙伴关系与协作

作为与南洋艺术学院才华横溢的学生持续合作的一部分，肾脏透析基金很高兴宣布推出“2025 年慈善日历”。此项计划是我们筹款工作的重要组成部分，旨在筹集必要的资金，为有需要的肾病患者提供优质的治疗和全面护理。

如有咨询或定制需求，欢迎致电 **6559 2649** 联系颜慧萍女士，或发送电子邮件至 **huiping.gan@kdf.org.sg**

肾脏透析基金旗帜日2024



今年7月27日，肾脏透析基金举办了一年一度的旗帜日，这项重要的筹款活动旨在支持贫困肾病患者，并提高公众对肾脏健康的意识。今年的活动在文礼、实龙岗、淡滨尼以及大巴窑四个主要巴士转换站举行。这些人流密集的地点为我们提供了一个与公众互动、分享基金使命的绝佳平台，并鼓励大家捐助，支持我们为患者提供挽救生命的透析护理。



今年旗帜日的一大亮点是肾脏透析基金可爱友好的吉祥物KIDDI的亮相。KIDDI为此次活动增添了不少欢乐，吸引了许多路人通过拍照和互动与其近距离接触。这些有趣的时刻不仅增强了活动的氛围，也让大家关注到其中的深层意义，让各个年龄段的人都能够感受到奉献精神

的力量。许多公众还在社交媒体上分享了与KIDDI的合照，进一步扩大了活动的影响力和曝光度。



我们还在各个地点设置了GivePlease终端，方便公众快速、安全地进行无现金捐款。这一举措使捐款变得更加便捷，同时也展示了我们在筹款活动中采用创新解决方案的决心。

今年旗帜日的成功也离不开我们志愿者、患者和员工的辛勤努力。志愿者们整日驻守在各大转换站，热情地向通勤者展示捐款罐和贴纸，分享肾脏透析基金的努力以及公众支持所带来的深远影响。许多患者也积极参与，通过回馈社区的活动来表达他们的感激之情。



通过所有参与者的共同努力和公众的慷慨捐助，今年的旗帜日成功筹集了3万元。肾脏透析基金衷心感谢每一位支持2024年旗帜日的人，从热情奉献的志愿者到慷慨解囊的公众成员。您的支持不仅切实改善了患者的生活，还彰显了社区团结起来帮助有需要人士的重要意义。我们期待您的持续支持，共同为新加坡贫困肾病患者创造更加光明的未来。



如果您是此次活动的一份子，
欢迎在Instagram **@kdf.sg**
上标记我们！

在过去的一年里,陈先生总共住院了93天,忍受了肿胀和感染所带来的痛苦,并因健康问题的不断变化而频繁入院。在这些艰难的日子里,他通过观看YouTube上的残奥运动员比赛,尤其是新加坡杰出的残奥游泳运动员叶品秀的表现,找到了慰藉与力量。她们的坚韧不拔激励着他不放弃、坚持到底。



陈先生患有糖尿病、低血压、心脏问题以及肾衰竭,这让他的生活面临着巨大的挑战。回想年轻时,陈先生意识到自己曾做出一些不明智的选择——

赌博以及喝高糖分汽水,有时甚至每天将1.5公升的汽水和能量饮料混合一起饮用。

| 当他在38岁开始透析

时,他的母亲感到十分担忧,甚至建议他到国外寻求其他替代疗法。然而,陈先生却安慰了她,并选择专注于当下,积极面对眼前的治疗与挑战。

为了维持生计,陈先生也从事了各种工作,从在平价超市(NTUC)上夜班堆放水果到清洁多个楼栋。每当谈起同事时,陈先生总是充满热情,尤其是那些来自中国和孟加拉国的同事。他感激地说,这些同事从犹豫,始终坚定地支持他。此外,他还提到了自己结识的一些居民,包括前国会议员王鼎昆先生和前总统哈莉玛女士,陈先生笑着说:“她喜欢柠檬茶。”



尽管目前失业,陈先生依然没有放弃重返职场的想法,尤其是他曾担任过的公寓管理员一职。现在,他坚持保持积极的锻炼习惯,每天绕着组屋区散步,锻炼腿部肌肉,保持独立的生活。他还特别感谢老战友们们的支持,他们时常聚在一起,彼此鼓励,让他深感自己并不孤单,战斗的路上有朋友同行。

他的旅程并不容易。他曾遭遇过一些令人沮丧的互动,比如一位老人

曾建议他,少了一条腿就不应该在外走动。即便如此,陈先生依然选择专注于那些温暖的小善举和亲朋好友的支持。在母亲去世后,他的兄弟姐妹也都遵从她的遗愿,确保陈先生有一个安稳的家。

同时,保健基金和肾脏透析基金也伸出援手,足以全额覆盖他的治疗费用,让他能够专注于康复,而不必为治疗带来的经

济负担而忧虑。像Mar Mar和Kim Kim这样的护士,多年来一直细心照料他,就如同家人一般,让每次治疗都变得更加轻松。



陈先生也开始从简单的快乐中找到乐趣,比如和侄子去看电影、吃寿司、或者去电玩中心玩。这些时刻让他暂时摆脱医疗常规的束缚,提醒自己生活不仅仅是与病魔斗争。



回顾过去,陈先生的建议很明确:

“保持健康,不要让金钱蒙蔽你的双眼。健康比什么都重要。”

他希望其他人能从他的错误中吸取教训,避免重蹈覆辙。展望未来,陈先生依然充满希望。他梦想着能够再次踏入职场,减少住院次数,专注于健康和幸福的生活。陈先生的旅程充满了无声的勇气于坚韧,提醒我们无论生活多么艰难,总有一条前行的道路——只要带着决心、支持和那一丝信念。

陈先生的故事反映了许多肾脏透析基金患者所面临的挑战,以及他们积极接受治疗挑,勇敢抗争病魔的韧性,但他们仍然需要社区的持续支持。肾脏透析基金通过公众的捐赠,能够提供全额补贴的治疗,包括透析和物理治疗。您的捐赠将为贫困的肾病患者提供极为重要的护理,帮助他们重新燃起对美好明天的希望。



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

\$80 一个月的药物

\$10 一支流感疫苗

\$1 一次血糖测试



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肾脏透析基金简报

肾析简报

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挑战与希望： 截肢透析者 的生命故事

52岁的陈文财先生深知韧性的意义。就在去年，因为糖尿病所引发的并发症导致陈先生失去了左腿。这让他作为透析患者的挑战更加严峻。每周三次，陈先生都会坚持前往肾脏透析基金的碧山洗肾中心接受透析治疗，并在每周五前往邱德拔医院接受其他治疗。尽管穿梭三个组屋楼栋步行近30分钟是一项不小的挑战，他却始终将每一步视为重建生活、恢复力量的旅程。

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