“There are some things you can’t change – your problems. But what you can change is your perception.”

Lim Poh Kheng, 63
Kidney patient at Tampines 1 Dialysis Centre
Her Journey of Triumph

In 1990, Mdm Lim Poh Khoeng had to undergo dialysis after her kidneys failed. Three years later, she was given a new lease of life when she underwent a cadaveric kidney transplant. Unfortunately, she had to go back on dialysis when her transplanted kidney failed in 2005 due to her hectic work schedule and other medical complications.

Undergoing dialysis is an exhausting process for her and she experiences cramps during and after her dialysis sessions. Due to her condition, she is unable to work and she has to make lifestyle and dietary changes. Despite these setbacks, the 63-year-old housewife remains positive about life. "It’s hard, but I’ve to deal with it bravely!"

She is appreciative and grateful to our nurses for taking good care of her. "I want to give back by helping others because NKF has helped me". As our patient advocate, she volunteers almost every week by conducting educational tours for school students at NKF’s Kidney Discovery Centre and befriending other patients and the elderly in the community through our outreach programmes.

Mdm Lim’s optimism, resilience and spirit of giving despite her own adversities is indeed a shining example for other patients to emulate.

More than 250 patients, caregivers and volunteers enjoyed the screening of Jack Neo’s movie, “Ah Boys to Men” along with the festive celebrations of Mid-Autumn. Participants were provided with lanterns and had a chance to taste and learn how to make mooncakes. They also had the opportunity to illuminate the dark auditorium with their colourful lanterns.

"I really enjoyed myself this weekend. The mooncakes were a real treat. I hope NKF will organise more of these events for us." - Teo Kim Liang, Bulet Panyang dialysis centre

Come join us for our upcoming event,
NKF "Ge Tai" Contest
on 20 October 2013.
Sign up now at your dialysis centre!
MEET OUR PASSIONATE TEAMS!

The **Patient Advocacy** team plans exciting activities for our patients to come together, bond and share their experiences. Joining us are our Patient Advocates - role models that provide befriending and support services to help you in your rehabilitation.

- Join our monthly events with entertainment, food and a chance to meet new friends!
- Come for our weekly enrichment classes conducted at different dialysis centres and pick up a new skill!
- Become an Advocate, stay positive and healthy!

The **Exercise & Fitness** team has specially designed exercise programmes that allow patients to engage in fun-filled activities to learn more about their bodily functions and how exercise can benefit them in their daily activities.

Programmes for patients include:
- NKF Health for Life Day (formerly Patients’ Active Day)
- Weekly HQ Exercise Class
- Annual Functional Fitness Test
- Exercise corner for some DCs (coming soon)
- Exercise Video (coming soon)

Lead a positive and meaningful life. Join our Patient Advocate team! Email PatientAdvocacy@nkfs.org or call Samantha (65022178) today!

Come join us for our upcoming event, **NKF Health for Life Day** on 1 December 2013. **Sign up now with your exercise coordinator/nurses!**