Ms Samantha Loo, 33
Life Champion Award Recipient

“I had wanted to give up on life, but my family spurred me to carry on. I hope that I can encourage other patients to stay strong too.”
Seventeen PD (Peritoneal Dialysis) beneficiaries enjoyed a balmy evening, taking in the sights and sounds of mid-autumn festival celebrations at Gardens by the Bay on 29 September 2017. As PD patients carry out dialysis at home and do not have as many chances to interact with other patients, these monthly PD outings act as a platform for them to bond with one another, and at the same time, temporarily relieve their caregivers. PD patients can look forward to the next outing to River Safari.

LIFE CHAMPION Awards

In recognition of kidney patients who, despite their illness, live well and make effort to improve their quality of life, NKF held its Life Champion Awards on 1 November 2017. Ten patients were presented with the awards and for the 1st time, awards were also given to caregivers to acknowledge their commitment and unconditional love to kidney patients. NKF hopes that all patients can rise above their adversity and continue to pursue their dreams.

Finding Strength to Achieve her dreams

Ms Samantha Loo never thought that she would one day be able to fulfill her dream of running her own business. Born with only one kidney, she had to go through operations in her childhood and youth to preserve her kidney functions. Unfortunately, she had to start dialysis when she was 31 years old.

Feeling depressed and having a deep fear of needles and pain, she was on the verge of giving up when her mother passed away. Being an only child who shares a close bond with her father, she realised that she had to pull herself together for the sake of her father. She also wants to stay strong for her husband, who had been very supportive of her. Although she is still afraid of the pain of needling, she tries to overcome her fear and persists in her dialysis.

Knowing that Samantha had always wanted to run her own business, her husband, who is a chef, set up a Western food stall at a coffee shop in Sengkang. She now works at the stall six days a week. As she understands kidney patients’ challenges in finding employment, she decided to help fellow patients by offering them jobs at her stall. At the moment, she employs a fellow kidney patient as a stall assistant.

She said, “Working not just provides food for my family, it also helps me to take my mind off my problems. I hope to help other patients as it is difficult for kidney patients to find jobs.”
Interested to form your own volunteer group to organise regular visitations to our patients at the dialysis centres? Contact us at volunteer@nkfs.org or 1800-KIDNEYS (5436397) now!

Every month, rain or shine, a group of six individuals make it a point to visit kidney patients in one of NKF’s dialysis centres (DCs). Comprising six members ranging from ages 35 to 70 and from different backgrounds, the friends found common ground in serving needy patients with compassion. To date, the group had visited six DCs, touching the lives of more than 150 patients. Over the years, they have forged many friendships.

One of the members, Ms Lim Siew Kim, fondly remembers a patient who took a long time to open up to them. Eventually, their perseverance in engaging her paid off. Now, they are still Facebook friends and although Siew Kim sees her less often now, they still keep in touch through Facebook.

Ying Cheng, another group member reveals that it is the sense of fulfilment and warm welcome by the patients that spurred them to continue volunteering for the past five years. “Having patients look forward to our visits is a great motivation for us to stay committed.” Mdm Rabiyah Alipitchay is one such patient who looks forward to the group’s visit. She even hangs around after her dialysis sessions to say ‘hi’ to them!

For their dedication to NKF patients, One-Heart Befriending clinched the Tan Tock Seng Singapore Patient Action Awards 2017 - Singapore Patient Engagement Initiative Award (Team-based Project) category on 20 October 2017.

Group leader Ms Wong Siew May said, “We feel lucky to be healthy and it is our pleasure to serve the NKF patients. We want to continue contributing to them.”