“Volunteering is a fulfilling and meaningful way to spend my retirement years and it keeps me active in my old age.”

Mr San Thu, 72
NKF volunteer of 9 years
As we usher in the Lunar New Year, we would like to introduce to you a muscle activation exercise and types of physical activity you can do daily as you celebrate this festive occasion. Continue to do it regularly and it will keep you functionally well and be in the pink of health throughout the year.

To learn more about keeping fit and exercise, visit: http://bit.do/exercisematerials

A Fit And Healthy Start to the New Year

Muscles are activated through nerve impulses. Nerve impulses ‘power up’ the muscles, causing them to contract. Performed regularly, these could help to build lower body muscle endurance and strength.

01 Muscle Activation Exercise

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Knee Raise

Start position:
A. Sit upright with legs shoulder-width apart and knees 90 degrees bent. Relax shoulders and place hands at the side.

Action:
B. Raise knee towards chest with body upright. Hold for 15 seconds.
C. Return to start position and repeat on the other leg. Perform 3 sets a day.

02 Cardiorespiratory Endurance Exercises

Cardiovascular exercises strengthen the heart and lungs, helping to improve blood circulatory in the body and boost energy levels. You can engage in these exercises daily, for at least 30 minutes each session.

a) Brisk Walking
b) Aerobic Workout
c) Sports

PD patients enjoyed the year end festive season on 19 December 2017. Held at the NKF Peritoneal Dialysis and Activity Centre (PDAC), the party provides a great opportunity for PD patients and their family members to have social interaction and bonding with one another.

The patients were treated to Christmas carols presented by PD nurses, and unleashed their creativity and hidden talents at the Fashion Parade competition. The party ended on a high note with a surprise gift for all who attended. It was indeed the most wonderful time of the year!

“The party was so much fun. I enjoyed the games and cards and making new friends.” – Mdm Asiah Pahe

To show honour and recognise the dedication and commitment of our volunteers, NKF held a Volunteer Appreciation Day on 3 December 2017, in conjunction with the 10th year anniversary of our Circle of Hearts programme. A total of 57 volunteers received long service awards at the event.

Circle of Hearts was launched in 2007 with only 20 volunteers. There are various volunteering activities and initiatives aimed to aid patients’ healing process and through that, help patients rise above their adversities and lead a better quality of life.

Giving What He Can

His is a familiar face among staff and patients at NKF Centre and the Tay Choon Hye-NKF Dialysis Centre. On Mondays, Wednesdays and Fridays, staff and patients are likely to see Uncle San Thu, as he is affectionately known, quietly carrying out various voluntary duties at the office.

On the first Saturday of every month, Uncle San Thu will be at the dialysis centre where he leads an 11-strong volunteer group to befriend and conduct activities for the patients. The group aims to keep the patients mentally active and help them pass their dialysis hours in a more enjoyable manner.

Uncle San Thu joined NKF as a volunteer in 2009. From day one, the 72-year-old retiree has been wholly dedicated to serving the patients. Rain or shine, he would show up at NKF Centre thrice weekly and help with various administrative duties, such as packing magazines for patients to read or event logistic preparation. Whenever NKF holds any events, he will also be there to help in one way or another, be it manning booths, or helping with the goody bags.

He said, “We can all help those in need in many different ways. As I am unable to help by donating money, I donate my time.”

Interested to become an NKF volunteer? Contact us at volunteer@nkfs.org or 1800-KIDNEYS (5436397) now!
Many associate Lunar New Year as the time for feasting and celebration. As a kidney patient, your spirits may feel dampened by your food restrictions. Fret not! With these tips, you can still enjoy the new year goodies and keep healthy at the same time.

Control your potassium, salt & fluid and phosphate intake.

If you have any doubts or questions related to your diet, consult your dietitian.

**Potassium**
- If you plan to have high potassium food for your reunion dinner, do not eat other potassium-rich foods until you have been dialysed again.
- At a party or new year visitation, select low potassium foods and only “sample” high potassium food if you want a taste.
- Limit your intake of potatoes, steamboat soup and mandarin oranges.

**Phosphate**
- Spread out your binder if you are eating over a long period of time (family meals).
- If you are eating much larger portions than usual, you will need more binders. Choose more of low phosphate food during meals.
- Take your binder together with all food including snacks containing phosphate.
- Leave the chocolates, nuts and bak kwa for others.

**Salt & Fluid Intake**
- Plan ahead - if you are out visiting relatives and will take drinks at their homes, restrict your fluid intake before and after your trip.
- Limit your intake of soups, gravies and ice cream, which are fluids too.
- Take small sips of beverages and keep track of how many glasses you have drunk.
- If you are diabetic, keep your blood sugar level under control to decrease thirst.
- Ask for less salt or no salt when eating out.
- Flavour your food with spices instead of salt.

**Remember:**
- Small bites and snacks add up too! Eat everything in moderation and do not skip meals as you will end up eating more later.

*For Chronic Kidney Disease Patients*

Holiday Eating Tips

The National Kidney Foundation