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One Mission. One Journey.

With one goal: TRANSFORM KIDNEY HEALTH



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It is with immense gratitude that we commemorate the 55th anniversary of NKF. This milestone is a testament to the unwavering dedication of our team, the resilience of our patients, and the steadfast support of our community.

Since our inception in 1969, NKF has spearheaded transformative initiatives to revolutionise kidney care in Singapore. Our journey has been marked by pioneering initiatives that bring dialysis care closer to the heart of the communities. From pioneering dialysis treatment options to advancing community-centric care models, we have enhanced patient outcomes and quality of life. Our commitment to holistic care is exemplified by our renal rehabilitation programme, which includes community-focused initiatives like Life@DC. By fostering connections, providing vocational support, and creating empowering communities, we enrich the lives of patients beyond medical treatment, supported by a multi-disciplinary team.

Our commitment to saving lives extends beyond our patients to encompass our families, our friends, and our community. We recognise the importance of educating and supporting everyone in understanding how to care for their kidneys. Through preventive efforts and community collaboration, we actively advocate kidney health, emphasising early detection through kidney screening and healthy lifestyle choices.

Our work in 'Giving Life & Hope' doesn't stop there. What if we spend the next 55 years using what we have learned to continue making people's lives better? Our focus is clear: One Mission. One Journey. With one goal: transform kidney health.

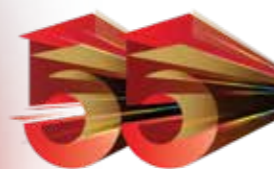


In this special edition, we feature the remarkable individuals who embody the spirit of champions. Their stories inspire us and remind us of the profound difference we can make when we come together with compassion and determination. I invite you to read more, where you can delve deeper into our transformative vision and discover stories of courage, perseverance, and hope.

In line with our kidney advocacy efforts, we present an insightful article on the importance of healthy eating in our 'Healthy Bowls' segment, emphasising the balance of leafy greens, grains, and proteins while making informed ingredient choices to avoid excess calories, fat, and sodium, which can contribute to chronic illnesses such as diabetes, hypertension, and kidney disease. Furthermore, we invite you to join our 55-second exercise challenge with five core-strengthening exercises for a quick and effective workout. Enjoy these enriching topics as we continue to empower and support each other on our health journeys.

To all our donors, volunteers, supporters and partners – thank you for being part of our transformative journey. Together, we will continue to advance kidney health, empower lives, and build a future where every individual affected by kidney disease receives the care and support they deserve. ■

Tim Oei
Chief Executive Officer



JOURNEYING AS ONE

A transformative vision

NKF commemorates 55 years of unwavering dedication to kidney health and patient care. Since its founding in 1969 by Professor Khoo Oon Teik, NKF has transformed dialysis care and impacted over 13,000 lives along with their families. Your steadfast commitment has been the cornerstone of NKF’s mission, touching the lives of countless dialysis patients with compassion and hope. Together, not only have we provided life-saving dialysis care, but also built a community dedicated to advocating kidney health and well-being. Looking ahead, NKF’s “Future Forward 2030” strategy embodies a two-engine approach, designed to address the escalating challenges posed by chronic kidney disease (CKD) head-on.



Engine 1 focuses on evolving care delivery models to meet patient needs, from in-centre haemodialysis to home care peritoneal dialysis to conservative care. Through our Renal Rehabilitation Programme, we strive to not only improve treatment outcomes but also enhance the quality of life for our patients, enabling them to lead fulfilling and purposeful lives. This empowers patients with the tools and support necessary to effectively manage their condition.

Engine 2, the medium- to longer-term strategy, emphasises robust upstream education and prevention efforts to raise awareness about kidney health and making kidney screenings available through our CKD Intervention Programme, aligned with the national Healthier SG strategy. Early detection and intervention are key to safeguarding the well-being of Singaporeans. The impact of CKD also propels us to advance renal care through research and innovation.

NKF’s milestone event themed “Journeying as One” on 25 April 2024 is a testament to our enduring commitment to providing compassionate care, driving innovation, and fostering a community of support and empowerment for kidney patients and their families. □

“For over 55 years, NKF has transformed dialysis care in Singapore. Beyond dialysis treatment, NKF is now delivering holistic care for its patients, including kidney disease prevention, emotional and psychosocial support for patients and their caregivers, and programmes to help patients re-integrate into society and lead fulfilling lives.”

Mr Ong Ye Kung, Minister for Health, guest of honour at NKF’s 55th anniversary event



“It felt like yesterday when my doctor told me I had kidney failure. I felt completely lost and hopeless. And then my doctor told me that all hope is not lost. I can still choose how I want to live my life with kidney failure. I managed to go for a home visit to one of the PD (peritoneal dialysis) support group members’ homes. After the visit, I gained a lot of confidence because I could see how he lives normally. I never thought I could still do the things I love, like travelling overseas and hiking, and I’m so thankful that I still can.”

Kenneth Ng, 44, started peritoneal dialysis in 2023, benefitting from NKF’s pre-dialysis programme that empowers patients to make an informed decision on their treatment option



Our soaring life champions



NKF’s 55th anniversary goes beyond recognising collective achievements. It extends to the heart of our mission, encapsulated in the remarkable stories of individuals who have triumphed over adversity and displaying indomitable spirit. The Life Champion Awards ceremony during NKF’s 55th anniversary event honoured individuals who have made exceptional contributions: patients who have exemplified excellent self-management in renal rehabilitation, caregivers who have provided unwavering support to loved ones, and patients whose positivity, determination, and resilience serve as an inspiration to all. Each recipient embodies the spirit of champions in their own unique way, enriching lives and demonstrating the meaningful impact of compassion and perseverance.

As you delve into the pages of this special 55th anniversary newsletter edition, you will discover the compelling stories of four exceptional champions whose courage, strength, and steadfast dedication have not only transformed their own lives but have also significantly impacted their families and communities. ■

Community Champion

Mohd Kamsani Ab Hamed
Choong Soo Yin (Commendation)
Siti Hanim Abdul Rahim (Commendation)

Inspiring and Resilient Champion

Jamaliah Arrifin
Ab Aziz Jamin (Commendation)
Chai Chong Kuay (Commendation)

Empowered Champion

David Leong Seng Chen
Chan Chee Leng (Commendation)
Chua Lay Tin (Commendation)

Dedicated Caregiver

Tan Geok Lan
Abdul Rahim Amil (Commendation)
Nur Hailikha Mohd Haer (Commendation)

“I have been on dialysis for 44 years now. Looking back, it was quite amazing that I have come so far. Being gainfully employed and achieving success in my career give me joy and satisfaction. It’s what keeps me going, along with great family support; they give my life real purpose. Dialysis has become a routine part of my life. It does not define who I am. I define myself.”

Richard Tay, 63, has been on dialysis for 44 years and is the longest surviving dialysis patient in Singapore and probably in the world



Unique community dialysis care model

Over the last decade, NKF has redefined community dialysis care with the goal of helping patients remain and thrive in their communities. In delivering high-quality and sustainable person-centred care, NKF does not subscribe to a one-size-fits-all approach. Instead, we focus on tailored care through innovative treatments to enhance patients' treatment experience, in addition to addressing their medical needs. By empowering patients to make informed choices and integrate them into their personalised care plans, we support our patients in achieving better health outcomes and an improved quality of life.

Expanding nocturnal dialysis: Innovations in patient-centric care

NKF plans to significantly expand in-centre overnight haemodialysis capacity from 36 to 250 slots by 2027. We aim to offer nocturnal dialysis in five centres located in different regional zones, leveraging our extensive network of 42 centres islandwide, as part of our strategy to transform community dialysis care.

NKF first introduced nocturnal dialysis, the first of its kind in Singapore, in 2016 at our Hougang and Jurong West centres respectively. We have recently relocated one of our centres to a larger one with greater accessibility and convenience to better serve patients. Compared to conventional haemodialysis sessions which last four hours, nocturnal dialysis takes six to seven hours at night. The extended duration allows for a gentler removal of toxic waste and fluids, reducing stress on the heart and enhancing patient outcomes.

The overnight treatment allows patients to undergo dialysis while asleep, enabling them to utilise the daytime hours meaningfully with their loved ones, engage in self-care, or be gainfully employed.

To enhance patient comfort and safety during nocturnal dialysis sessions, NKF introduced plastic needles in 2022. These needles are specifically designed to accommodate tortuous vessels, minimising pain and discomfort caused when patients move their hands during sleep. This innovation allows for uninterrupted rest, reducing the risk of dislodgment that could potentially puncture the fistula (the surgical connection between an artery and a vein that enables blood flow during dialysis treatment) and cause bleeding under the skin.



“I choose nocturnal dialysis because it allows me to plan my day more effectively. Instead of spending four hours in the morning at the centre three times a week, I use my sleeping hours to undergo dialysis treatment at night.”

Tuginam Amin, 70, emphasising that she has the freedom to spend her day doing household chores, grocery shopping, exercising, visiting her grandchildren, and meeting friends for Tai Chi

Initiated a Kidney Supportive Care Programme

NKF introduced its kidney supportive care programme earlier this year, collaborating with palliative care providers and Public Health Institutions to offer comprehensive and compassionate end-of-life care tailored to each patient's preferences and values. The programme's personalised care plans, developed by a multidisciplinary team, empower patients and their families to make informed decisions, minimise symptoms and complications from kidney failure, and enhance their quality of life, enabling patients to live their last days with comfort and dignity.

Providing person-focused, holistic care beyond dialysis

Patients with kidney failure face numerous health challenges, including co-morbidities and psychosocial issues. NKF's multidisciplinary team of doctors, nurses, social workers, dietitians, therapists, and exercise specialists provides comprehensive care and rehabilitation programmes to improve patients' quality of life. The Renal Rehabilitation Programme empowers patients with knowledge and tools to effectively manage their treatment and associated complications, leading to improved well-being. As part of this programme, 'Life@DC' fosters a supportive community through therapeutic activities and outings, promoting social integration and a sense of belonging. ■



COMMUNITY CHAMPION

Personal adversity sparks community altruism

At 47 years old, Mohd Kamsani greets his fellow residents with a friendly smile as he distributes food to them week after week. Despite having limited mobility and undergoing dialysis treatments thrice weekly, Kamsani remains steadfast in his dedication to serving the underprivileged in his community, demonstrating an upstanding spirit of generosity and altruism that has been nurtured through adversity.



First recipient, then benefactor

A decade ago, Kamsani was diagnosed with a life-altering blood infection that caused his kidneys to fail, triggering chronic diabetes and high blood pressure. In addition to grappling with his declining health, he had to shoulder the responsibility of being the sole breadwinner for his family, particularly for the welfare of his two young sons. However, his ability to provide for his family was abruptly halted when he underwent an above-knee amputation, leaving him at a loss of what to do.

Thankfully, Kamsani found solace and encouragement from his wife, who urged him to persevere, as well as the support of his friends. He was also deeply grateful to receive financial assistance from the social service office, which generously provided groceries for his family.

These gestures of care and kindness ignited a profound desire within him to give back to the community. Thus, his journey of volunteering began, driven by a heartfelt determination to aid others in need, just as he had received during his own challenging times.

Paying it forward

Since 2019, Kamsani has been actively engaged in community service, volunteering at a food distribution drive in his Pasir Ris neighbourhood multiple times a week. His dedication to volunteering has inspired his wife and two children to join him in giving back to their community during their spare time.

His compassion extends beyond the food drive to the patients at his dialysis centre. Proactively initiating conversations with them, Kamsani ensures he stays connected, offering support and keeping track of their well-being. Whether through encouraging words or practical assistance, he extends his care to those undergoing similar health challenges, fostering a sense of camaraderie and support within his dialysis centre.

Personal resilience to community advocacy

Kamsani also takes a proactive approach to his own health during dialysis sessions. Engaging in exercises broadcasted on TV screens, he encourages fellow patients to participate, promoting a culture of wellness within the centre. His advocacy for healthy living and adherence to treatment plans serve as a guiding light for those who may feel disheartened or hesitant.

Through his exceptional dedication to community service and positive role modelling, Kamsani embodies the values of unity, support, and resilience in facing life's challenges, inspiring others to follow his example and engage in acts of kindness within their own communities. ■



"I enjoy helping others without expecting anything in return. I'm happy as long as the people I'm helping are happy."

Mohd Kamsani, embodying the transformative power of community-centred altruism

Multifaceted approach to cultivating kidney health



To effectively reduce the burden and incidence of chronic kidney disease (CKD) and proactively prevent individuals from progressing towards kidney failure, a comprehensive societal approach is imperative. In alignment with World Kidney Day on 14 March 2024, NKF orchestrated a series of events aimed at bolstering our initiatives in CKD education and prevention, as well as providing accessible kidney screening to combat kidney disease and benefit the public.

Kidney Health for All – unravelling life's choices

NKF collaborated with renowned local illustrator and author Ah Guo 阿果, along with writer Perry Ho, to create NKF's inaugural picture book titled "The Red String". This book urges readers to cherish the choices that mould their future, subtly raising awareness about kidney health. The launch took place on 2 March 2024, during a 4-day public roadshow held at Marina Square from 29 February to 3 March 2024, attracting over 18,000 attendees and providing an interactive platform for exploring kidney health.

"I echo the message of *The Red String* and urge all of us to make healthy lifestyle choices and prioritise our kidney health."

Guest of honour Ms Sun Xueling, Minister of State for Home Affairs & Social and Family Development, took the children on a mini adventure through a storytelling session of "The Red String"



"The Red String" is available at \$12.95 (paperback) and \$24.95 (hardcover) at www.stbooks.sg, <https://zshop.zaobao.sg>, www.epigram.sg, Popular, Kinokuniya, City Book Room, Closetful of Books, Littered with Books, NUS CO-OP, September 21, Union Book, Zall Bookstore, Book Bar and Maha Yu Yi.



"Talking about diseases is a taboo subject that many choose to avoid. But it is always better for others to know now, before it is too late to do anything about it. Our collaboration with NKF to conduct a mass health screening exercise was a good start to invite our congregation to care more about their kidney health issues."

Muht Umaruddin Zainuddin, Head of Family & Community Engagement, An-Nur Mosque



Reaching out to the Malay/Muslim community

NKF partnered with An-Nur Mosque to co-organise the health forum "Motivasi Ramadan" and a visit to NKF's Kidney Discovery Centre, emphasising safe fasting practices and kidney health education. This initiative culminated in a community health screening in collaboration with Alami Clinic, benefitting over 7,000 individuals from the Marsiling and Woodlands community. ■



Entrepreneurship and kidney health at bazaar

NKF participated in the Geylang Serai Ramadan bazaar for the second consecutive year from 15 March to 7 April 2024, showcasing patients' entrepreneurial ventures and promoting kidney health awareness. The initiative achieved impressive sales exceeding \$11,000, fostering a sense of purpose and pride among patients as part of their rehabilitation. Overall, this kidney health awareness effort reached over 47,000 members of the public. We are grateful to Wisma Geylang Serai for sponsoring our booth.

FREE KIDNEY SCREENINGS ISLANDWIDE

NKF has partnered with over 145 GP clinics to offer free kidney screenings island-wide since March 2024. The screening consists of two simple tests: a blood test to assess kidney function by measuring creatinine levels, and a urine test to detect protein in the urine. Scan the QR code below to learn more about your risk for kidney disease and to redeem your complimentary kidney screening.



EMPOWERED CHAMPION

Empowered warrior – triumph over adversity

In the face of life's formidable trials, David Leong Seng Chen, who has been on dialysis since 2015, emerges as an indomitable force of determination and empowerment. He embodies the very essence of resilience, setting a remarkable standard for those around him.

Unyielding commitment

Refusing to yield to the constraints imposed by his health challenges, David is a beacon of unwavering commitment. He actively participates in NKF's rehabilitation activities, particularly in the exercise programme. Even when group activities had to be suspended during the height of the Covid-19 pandemic, David remained steadfast in his commitment to maintaining an active lifestyle. Despite facing challenges with his weakening joints, he demonstrates exceptional self-discipline by forging ahead with his fitness regimen at NKF's Integrated Renal Centre gym, where he works out regularly – a testament to his unrelenting spirit.

Nurturing body, mind and soul

But David's journey extends beyond fortitude; it encompasses a dedication to holistic well-being. He nurtures not just his body but his mind and soul. Recognising the importance of mental stimulation, he fervently engages in various therapeutic workshops, such as colourful patchwork projects and vibrant watercolour paintings.

As a health-conscious individual, David carefully manages his fluid intake and diet. He goes for regular checkups and maintains his own vital records using handwritten notebooks, reflecting a deep-seated commitment to optimal health. Even though he has suffered from multiple conditions such as heart disease and lung inflammation, he manages them well, heeding diligently to professional medical advice. He values self-care as he recognises it will enable him to enjoy life to the fullest.

Leading by example

Yet, David's resilience transcends the boundaries of his own journey; it ignites a flame of inspiration within others. Through advocacy and personal example, he encourages fellow patients to participate in NKF events. His selfless endeavours, such as volunteering in befriending sessions and offering companionship and support to patients, underscore a sense of purpose – one that is rooted in compassion and a desire to uplift others. During a charity drive, he played a significant role by assisting



“Through every challenge, I’ve discovered the boundless strength within me, proving that resilience isn’t just enduring, it’s about thriving against all odds. My journey reflects the power of the human spirit, reminding us that adversity is not a barrier but a pathway to empowerment.”

David Leong, reflecting on his journey of perseverance and empowerment



a fellow patient in sharing her story, thereby greatly increasing public awareness on NKF's cause and raising donations. David consistently expresses gratitude to patients and caregivers, acknowledging their resilience in confronting dialysis and its accompanying challenges.

Despite his hearing loss, David refuses to let it hinder his

communication or dampen his spirit. Instead, he adapts and finds alternative methods to maintain meaningful connections with others. At 76 years old, David's dedication to advocating for a healthy lifestyle serves as a beacon of inspiration.

David's story is not merely one of survival. It epitomises

triumph over adversity – a reflection of the unwavering resilience and strength, showcasing the transformative power of the human spirit that resides within each of us. ■



Build your 5+5 healthy bowl

Healthy bowls or also commonly known as salad bowls, are a popular way to enjoy a balanced diet. They are known for incorporating a balanced diet of leafy greens, grains and protein. Consumers often have a plethora of options to choose, allowing them to build bowls loaded with fibre, vitamins, and minerals.

Why do ingredient choices matter?

Despite the variety of options to build your bowl from, it is essential to choose the right ingredients or you could end up with a bowl laden with excess calories, fat, sugar and sodium, increasing the risk of chronic illnesses such as diabetes, hypertension and kidney disease.

To illustrate this point, we have designed 2 different bowls based on the selection of ingredients below. Each bowl contains five key ingredients: one grain base, two choices of vegetables, one protein and one salad dressing. Here, we share the differences between these specially curated bowls and highlight the healthier ingredient choices that you can make.

Building your bowl

Step 1: Choose your grain base

1. Soba noodles
2. Cooked brown rice
3. Fusilli pasta



Step 2: Choose two vegetables

1. Iceberg lettuce
2. Boiled broccoli
3. Boiled chopped carrots
4. Cooked spinach
5. Olives



Step 3: Choose one protein

1. Smoked salmon
2. Cubed tofu
3. Grilled shredded chicken breast



Step 4: Choose a salad dressing

1. Balsamic vinegar
2. Ranch dressing
3. Wasabi mayo



Evaluating sample bowls

Salad Bowl 1

Base: Fusilli pasta

Vegetables: Boiled broccoli and olives

Protein: Smoked salmon

Dressing: Ranch dressing

Evaluation: The salad base is made up of plain fusilli pasta, a type of refined grain which has lower dietary fibre as compared to other whole-grain options. Smoked salmon and olives are considered a protein and vegetable source respectively, however as they are processed, both contain high amounts of sodium. Finally, ranch is one of the salad dressings with high fat content, due to mayonnaise being one of its main ingredients.

Salad Bowl 2

Base: 1 cup of cooked brown rice

Vegetables: Cooked spinach and boiled chopped carrots

Protein: Grilled shredded chicken

Dressing: Balsamic vinegar

Evaluation: This salad bowl is a good representative of a well-balanced and healthy meal containing ingredients from three key food groups; cooked brown rice (which is a wholegrain), two variety of fresh vegetables (carrots and spinach) and lean protein (grilled shredded chicken). Additionally, balsamic vinegar is regarded as a more wholesome choice due to its low sodium content.

5 essential tips for building a healthy bowl

- Smoked salmon is cured with salt which makes it high in sodium. Opt for lean protein options that are minimally processed such as grilled chicken breast meat for lower sodium content.
- A creamy salad dressing like ranch contains a lot of calories, sodium and unhealthy fats whereas a healthier alternative like balsamic vinegar has minimal fat and lower sodium levels. Keep to the recommended serving size of 2 tablespoons per salad bowl OR have the dressing packed by the side and add only the amount you need.
- Choose fresh or minimally processed vegetables over options such as olives or jalapenos. These processed vegetables generally have a higher sodium content due to the salting process to extend the shelf-life.
- For an easy guide on building a balanced healthy bowl, fill half your plate with fruits and vegetables, a quarter of your plate with whole-grains and a quarter of our plate with meat and others. Designed by Health Promotion Board, the My Healthy Plate initiative aids you in adopting healthy eating habits that help with weight control and protect against chronic illnesses such as kidney disease.
- Have a fresh piece of fruit after your healthy bowl for a complete and balanced meal. Avoid dried fruits like raisins and cranberries as they contain a lot of sugar. ■

INSPIRING AND RESILIENT CHAMPION

A resilient and courageous journey

Known for her cheerful and happy-go-lucky demeanour by her fellow patients and nurses, Jamaliah Arrifin, aged 55, is a beloved presence at an NKF dialysis centre in Ang Mo Kio. Her unwavering positive spirit and helpful nature serve as a source of encouragement and motivation for the patients in their dialysis treatments. However, her story unfolds far beyond the cheerful smiles she wears today.



Drawing strength

As the sole breadwinner in her family, everything grounded to a halt when she was diagnosed with kidney failure in 2011. Despite being hard-hit by this news and bearing the responsibility of supporting her mother and two children, Jamaliah mustered her inner strength and grit to push forward, well-aware that her family relied on her for their livelihood. She sought comfort in religion and often prayed during her dialysis sessions. Above all, thoughts of her mother and children provided her with the fortitude to navigate the difficult circumstances she faced.

Adapting to self-care management

When she was first approached by the nurse to enrol in the self-care management programme, Jamaliah was initially hesitant in administering her own dialysis procedure but quickly found herself embracing autonomy over her dialysis regimen by adapting after two weeks of practice under the nurses' supervision. It dawned upon her that by mastering her own self-care treatment, she gradually stopped seeing dialysis as a chore and more of a mindful routine. This comprised of being much more conscious and diligent in caring for and monitoring her fistula site every morning and night, enabling early detection of any complications from the outset. Empowered by greater control over her treatment, Jamaliah felt more energised and motivated, eager to inspire her fellow patients in the centre to adopt a similar mindset.



Encouraging and uplifting fellow patients

Jamaliah affectionately refers to her friends at the dialysis centre as her "members" and is always on the lookout for their well-being and happiness. This is why she often takes the initiative to come in early on her dialysis days, offering assistance to other patients participating in the self-care management programme by helping them set up their dialysis machines. It is her hope that like her, they would be able to cultivate self-reliance, as she strongly believes that undergoing dialysis is not a permanent stop but a hurdle to overcome.

As she always strives to maintain a positive and less stressful atmosphere at the centre, Jamaliah tends to make attempts in conversing and engaging in light-hearted banter with patients whom she perceives as moody and unhappy, particularly if she notices that they may be experiencing elevated blood pressure. Her humorous and tactful approach are well-received by the other patients, garnering her a wealth of goodwill. Ultimately, her primary goal is to ensure everyone's happiness and foster a more relaxed environment to ease the pain experienced by her fellow patients.

Self-determination

Jamaliah's wish for other patients undergoing dialysis is to adopt a positive mindset, prioritise their self-care by being meticulous in the monitoring of their fistula, medication, and food. Additionally, she encourages cooperation with the nurses during their treatment. ■

"You need to stand on your own first before others can help you. I've always believed that if I can do it, you can do it too!"

Jamaliah Arrifin, emphasising the importance of self-determination

Join our **55**-second exercise challenge!

Join our 55-second exercise challenge to get ourselves psyched and fit! We have curated a series of 5 core-strengthening exercises aimed at boosting core strength and stability, ranging from planks to mountain climbers, focusing on key core muscles to provide a rewarding and invigorating workout experience. Are you ready to take on the challenge and ignite your fitness journey?

Introducing the 5 key exercises

1. High Plank Hold: Targeting core stability, engaging abdominals and erector spinae muscles.
2. Plank Jack: Integrating core training with lower limb activation.
3. Commando: Incorporating core training while engaging the upper limbs.
4. Shoulder Taps: Targets the superficial abdominal muscles but also engages deeper core stabilisers.
5. Mountain Climbers: Offering a dynamic workout while focusing on lower core training.

Complete these exercises continuously within a 55-second timeframe.



High Plank Hold

1. Begin in a high plank position with shoulders above your hands.
2. Ensure your arms are shoulder width apart.
3. Keep your body straight from head to heel.
4. Maintain this position until the time is up.



Plank Jack

1. Begin in a high plank position.
2. Form a star shape by jumping your feet out wider than shoulder width.
3. Quickly jump your feet back together, returning to the starting high plank position.
4. Repeat according to the given repetitions.



Commando

1. Start off with a high plank position.
2. Lower yourself onto your right forearm, followed by your left forearm, keeping elbows directly under your shoulders and forearms parallel.
3. Push up onto your right hand and straighten your right arm. Repeat for your left hand.
4. Return back to the high plank position.
5. Repeat according to the given repetitions.



Shoulder Taps

1. Start off with a high plank position.
2. Lift your right hand off the ground and tap the left shoulder while maintaining stability.
3. Return the hand back to the starting position.
4. Repeat the movement by tapping the opposite shoulder with your left hand.



Mountain Climbers

1. Begin in a high plank position with shoulders above your hands, ensuring arms are shoulder-width apart.
2. Lift your right foot off the ground and bring your right knee towards your chest.
3. Keep your left leg extended behind you, pressing toes into the ground for stability.
4. Quickly switch legs by returning your right foot to the starting position and simultaneously bringing your left knee towards your chest.
5. Continue alternating legs at a brisk pace, maintaining a stable plank position.

If you have any medical condition, please do not attempt this challenge without consulting your doctor first. ■

For a full-length video experience of the workout, simply scan the QR code below.



DEDICATED CAREGIVER

A caregiver's dedication and unwavering devotion

Caregiving is physically and emotionally demanding, and for Tan Geok Lan, 72, it has been a journey marked by immense challenges and unwavering commitment. As a sole provider for her family, she navigates each day tenderly attending to her husband, Chng Kiang Cheow, through his tumultuous health battles, pushing her to the limits of physical and emotional endurance. Despite facing these hardships, she approaches her responsibilities with grace and compassion, standing by her husband's side through thick and thin, ensuring his well-being with steadfast devotion.

Overwhelmed by family health challenges

Geok Lan has witnessed her husband's health setbacks – from a stroke to dementia to kidney failure – with deep sorrow, yet she has weathered these storms with remarkable patience and resilience. Recalling the difficult moments when Kiang Cheow resisted vital medical procedures, she became a paragon of patience and persuasion, her voice a gentle guide, coaxing him through his darkest fears. Despite the additional challenges posed by her daughter's medical condition, Geok Lan remains resolute in her caregiving, her heart anchored to her loved ones.

Personal sacrifices

The burden of caregiving has taken its toll, manifesting in sleepless nights and emotional breakdowns. A burst blood vessel in her eye speaks volumes about the strain she bears. Yet, her resolve remains unyielding. Work becomes a refuge, exhaustion a balm for restless nights. Listening to music at night offers solace amid emotional turbulence. Despite the exhaustion, she remains positive, coordinating care arrangements for her husband while juggling household duties.

“The mental and physical burden placed on me is heavy, but I choose to stand by my husband and care for him wholeheartedly, without any regrets.”

Tan Geok Lan, on being committed to caring for her husband



Holding out hope

Geok Lan's touch is gentle yet firm, a delicate balance of compassion and resolve as she guides her husband through the fog of dementia. He has been residing in a nursing home since last year due to leg issues that have affected his mobility. Despite this, hope flickers within her, a steady flame of optimism that refuses to be extinguished. She harbours a belief that he will improve and return home, a testament to her enduring faith.

Words of wisdom for fellow caregivers

To fellow caregivers walking similar paths, Geok Lan extends a gentle hand of advice – patience as a guiding light, silent perseverance as a cloak of fortitude. She urges others to embrace support networks and seek counsel, offering pearls of wisdom gleaned from her own arduous journey. In Geok Lan's unwavering devotion to caring for her husband, we witness the embodiment of enduring love – a tapestry woven with sacrifice, resilience, and unspoken grace. ■

NKF55 Charity Gala Dinner

21 October 2024, Monday | 7.00pm - 9.30pm
W Singapore - Sentosa Cove, Great Room

Guest of Honour
Mr Chee Hong Tat
Minister for Transport & Second Minister for Finance

Join us for an extraordinary evening of culinary excellence in support of kidney failure patients. Renowned Michelin-starred chefs Julien Royer of Odette, Emmanuel Stroobant of Saint Pierre, and Jason Tan of Restaurant Euphoria, along with Chef Tony Khoo, Chef KK Kong, Chef Lee Lay, and Chef Rene Oskam, are teaming up for an unforgettable dining experience.

**Starting from \$5,500 for 2 seats
and \$20,000 for a table of 8 seats**

For booking enquiries,
please contact fr_events@nkfs.org or call 6506 1787

Your donation qualifies for a tax-deduction of 2.5 times the donated amount.

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Let's get social



NKF Singapore