



ARTICLES

NAF NEWSLETTER ISSUE 5



A Glimpse of Optimism with Tricia

“Let’s remain optimistic and listen to our bodies when we need to take a break.”

Tricia, a young woman in her late 20s, has been a beneficiary of NAF for the past year. Living with Rheumatoid Arthritis, she remains determined to embrace life with a positive outlook. Let’s hear her inspiring journey and how NAF has made a difference in her life.

Q: What are some common challenges you have living with Arthritis?

A: One of the common challenges I face living with Arthritis is the constant fatigue that comes with the chronic pains. Joint stiffness and muscle soreness can last for days and it can really wear me down physically and mentally. I’ve had RA (Rheumatoid Arthritis) for 10 years and the most common comment from people is that they are not able to tell that I have this condition at all.

Q: How do you overcome the challenges mentioned above?

A: My family has been the biggest help and support during this journey. From accompanying me to hospital visits to simple acts of service like carrying my bag, I am so appreciative of these acts of love in all shapes and forms. I’ve also experienced unexplainable peace and strength through my faith; I am grateful for the faithfulness and love that has gotten me through some of the darkest and hardest times.

Q: How has the NAF Family helped you in your journey with Arthritis?

A: I am so incredibly thankful for the financial subsidy that has taken a partial burden off my shoulder. More importantly, it was very encouraging to hear that there is a foundation that is dedicated to serve and support those living with arthritis. NAF has made me feel seen and known even though my RA might be “invisible” to others.

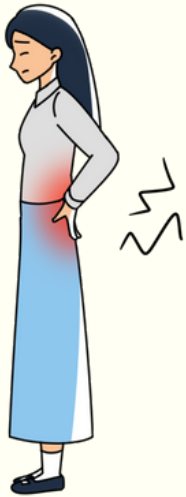
Q: Any advice for others with similar challenges and Arthritis?

A: Share your stories! A burden is truly halved when shared. I am always encouraged to hear stories of others that are living with RA or chronic pain, and how they have overcome different challenges in life. Secondly, don’t limit yourself because of your chronic illness. Yes, healthy boundaries should be practiced but it is also important to experience life as per ‘normal’ and do our best to remain optimistic! And at the same time, it is very necessary to acknowledge the bad days and listen to our bodies when we need to take a break as well.



Peter Lim, 23 years old

Peter, a Nanyang Polytechnic student, was diagnosed with Juvenile Idiopathic Arthritis (JIA) at age 10. His long-term medication carries risks to his lungs and heart. Raised in a small household, Peter relies on his father, the sole breadwinner, who supports four family members, including a grandmother with chronic conditions. Mounting medical bills and limited savings, coupled with his father's nearing retirement, have placed immense financial strain on the family.



Michelle Tan, 25 years old

Michelle, a teacher assistant, was diagnosed with JIA at just 10 years old. For over a decade, she has relied on costly biologics and medications to manage her condition. These medications have detrimental side effects such as hair loss and eczema. Despite their combined savings, her parents are deeply concerned about their ability to sustain these medical expenses in the long term, adding to the family's financial stress.



Leah Lim, 42 years old



Leah, a Singapore PR, has been diagnosed with Seropositive Rheumatoid Arthritis. She and her husband face significant financial challenges due to their limited educational backgrounds, which have severely impacted their job prospects. Leah works as a part-time beautician, however, the persistent soreness in her fingers makes it increasingly difficult to perform her duties effectively. Adding to their difficulties, she is the sole breadwinner, as her husband struggles with social anxiety and chronic bodily pain, rendering him unable to sustain steady employment.





Shannon Tay, 22 years old

Shannon was diagnosed with Juvenile Idiopathic Arthritis – Enthesitis-Related Arthritis (JIA-ERA) in July 2018, has been undergoing various costly treatments, including medications and injections. Her father, the sole breadwinner, suffers from Ankylosing Spondylitis and faces challenges securing stable employment due to limited English proficiency and work experience. Despite his best efforts to manage both his and Shannon’s medical expenses, the financial burden has become overwhelming.



How can YOU help them?

Join us in creating a brighter future for the arthritis community. Your contribution can:

- Bring hope and transform lives for those in need.
- Enhance access to vital rehabilitation and patient support services.
- Empower individuals with arthritis to conquer everyday challenges.

[Donate Here](#)



Every donation, no matter the size, makes a meaningful difference. Support our mission today by donating via the QR Code!

Thank you for your generous support





Esplanade Beautiful Sunday: Pop Through the Times!

On 1st September 2024, our beneficiaries and partners gathered for a memorable afternoon at “Beautiful Sunday: Pop Through the Times”, a lively concert held at the iconic Esplanade Concert Hall.



The event brought together people from all walks of life to enjoy the nostalgic sounds of homegrown musical talents, sparking joy and meaningful conversations throughout the day. The concert served as a beautiful reminder of how arts can unite us and bring joy to everyone! A huge thank you to Esplanade Singapore for extending this invite to NAF.

Lakeside Primary School Outreach

We had the wonderful opportunity to visit Lakeside Primary on 16th September 2024, where we spent an engaging day interacting with the students and raising awareness about Juvenile Idiopathic Arthritis. The visit gave us the opportunity to educate young minds about the realities of living with arthritis, while also promoting empathy.

Despite their young age, the students helped us raise an incredible \$6,000, showing that compassion and generosity know no age limits.





NAF Charity Gala Dinner 2024

On 4th October 2024, we hosted an unforgettable evening at the NAF Charity Gala Dinner, held to support our ongoing mission to improve the lives of those living with arthritis. We were deeply honoured to have

Mr President Tharman Shanmugaratnam join us as our distinguished Guest-of-Honour.



The true spirit of the evening shone through the generosity of our guests who made the event a success with more than \$500,000 raised!

Additionally, we would like to extend our heartfelt gratitude to our presenting sponsors and to everyone who contributed to this special night.

World Arthritis Day Walk

On 12th October 2024, NAF marked World Arthritis Day with a scenic walk at MacRitchie Reservoir. The event brought together participants for a refreshing and meaningful experience, celebrating the day amidst nature's beauty.

This memorable occasion wouldn't have been possible without the generous support of our sponsor, Smith+Nephew, and the dedication of our volunteers. Thank you for making it a success!





National Celebration of Seniors (NCOS) @ NLB

On 15th October 2024, we partnered with the National Celebration of Seniors (NCOS) to host a Tai Chi demonstration focused on fall prevention for older adults at the National Library Board, Singapore. The event saw 200 older adults participating onsite, while an additional 2,000 elderly joined virtually from 69 Community Care Organisations, including Nursing Homes, Senior Care Centres, and Active Ageing Centres.

It was inspiring to see such active engagement and enthusiasm from participants throughout the session.



Broadway Beng @ Capitol Theatre

NAF had the pleasure of attending the spectacular Broadway Beng show at Capitol Theatre on 26th October 2024. The performance delighted our members with its unique blend of Hokkien, Chinese, and English, creating a truly unforgettable experience.

A heartfelt thank you to Dream Academy for inviting us to this incredible show!

Here's what one of our members shared about their experience: "I had such a wonderful time! Sebastian hasn't lost his mojo a bit; he is both entertaining and funny. A memorable afternoon well spent."





Patient Sharing Session

We had our third patient sharing session of the year on 30th November 2024, bringing together both regular and new members for an enriching and informative gathering. The session was filled with meaningful exchanges, as participants shared tips, personal experiences, and strategies to manage arthritis effectively.



To wrap up, we enjoyed a delightful tea session, providing an opportunity for members to connect further in a relaxed and supportive environment. It was a heartwarming reminder of the strength and resilience within our community!

Deloitte Career Guidance Workshop

On 6th December 2024, NAF was thrilled to host a tailored workshop designed to empower our members in enhancing their career prospects. Facilitated by staff from Deloitte, the session provided expert guidance on CV writing, interview techniques, and effective strategies for job searching, especially when facing health challenges. Our members shared that the workshop was incredibly useful, providing them with practical tips and actionable advice to boost their career prospects. Thank you to Deloitte for hosting this session!



NAF Home Physiotherapy



“The Physiotherapist is very experienced and I enjoyed all my sessions”

Mdm Susan Lim, a 76-Year-Old Parkinson’s Patient has been part of the NAF Home Physiotherapy Programme for 8 sessions. Discover her thoughts about the experience in this short interview!

Q: How did you learn about the NAF Home Physiotherapy Programme?

A: A friend from the Parkinson’s Centre recommended it to me, as she found it very beneficial.

Q: In what ways has this Physiotherapy Programme impacted your life?

A: It has helped to increase my mobility, and the quality of my life. I get to stay active and become less reliant on mobility devices. I also get to befriend my Physiotherapist – Kelly.

Q: How would you assess the Home Physiotherapy?

A: The Home Physiotherapy is great! The physiotherapist is highly attentive to my needs and tailors exercises that benefit me the most. She’s also very adaptable, creatively incorporating household items into the sessions, which makes the experience much more engaging. On top of that, she’s approachable and easy to talk to, which I really enjoy.

Q: Would you recommend this programme to others with similar conditions?

A: Yes, I have already recommended this programme to a few of my friends and they have considered signing up.

Interested to find out more about NAF Home Physiotherapy?

Scan the QR Code to find out more!

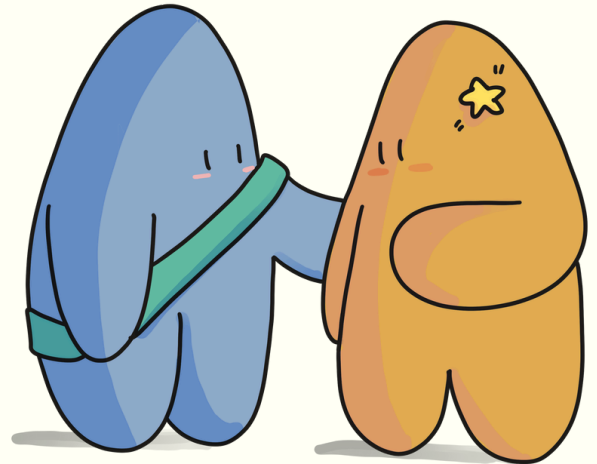


Scan here to sign up



GOOD NEWS!

NAF 40th Anniversary Membership promotion has been extended for another year! New members can look forward to exciting activities, support group sessions and educational workshops tailored just for you. Don't miss out, sign up for our lifetime membership today for only \$20!



Special Thanks to SunnyStep!

A big thank you to SunnyStep Singapore for generously providing complimentary pairs of shoes to our beneficiaries! They absolutely loved the comfort and style, and the thoughtful gesture made a meaningful difference in their daily lives.



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