



Charis Hospice

圣恩安宁护理

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November 2011

2011.....Year of Transition for Charis Hospice.....

Charis Hospice started offering its service to cancer patients in Penang island 7 years ago. It is inevitable that changes must happen to keep our service relevant and effective.

As part of the rejuvenation of the team, 2 new younger nurses were brought into the staff team this year while our volunteer team has grown to about 60, functioning in various capacities. As the work grows, we have outgrown our current premise of 400 square feet and will be moving into a bigger premise this month.

However, what does not change is our mission statement to impact the community of Penang with God's love by being a provider of good palliative home-care service. How this is accomplished primarily anchors on personnel – good, well-trained nurses with a generous dose of compassion in their hearts, efficient administrative support and versatile volunteers willing to walk the second mile to touch lives.

Our goal is to encourage our patients to move on in life despite their limitations. Life may be short but life can still be meaningful. Our team gives support by aiming for good control of pain and other symptoms, guiding patients and families along as they maneuver this difficult journey, giving relevant explanations and lending good listening ears even when we don't have the answers. We are privileged to share their joys and pains to a certain extent.

We are thankful to God for being with us thus far. It is with confidence we sojourn through transitions for we know He will continue to be with us in the journey ahead.

Dr Oo Loo Chan
Medical Director

2011 年是 圣恩安宁护理的过渡时期

圣恩安宁护理在槟岛服务癌症病患已有7年的时间。我们知道是时候做出一些适当的改变以让我们的服侍更加合适及有果效。

在这个过度阶段里，今年我们增加了2位年轻的护士成为全职同工；参与不同领域的志工也已增至60位。当我们的工作量逐渐增加时，我们目前400公尺的办公室是相当狭窄，已不足用，所以我们也在这个月搬到更大的办公室。

但是无论是什么变动或转变，唯一不变的是我们的使命。那就是我们要用神的爱继续在槟岛的社区提供有效的临终护理。要完成这使命最重要的是建立在 - 有爱心和怜悯的心及经过严格训练的护士，在行政上和各方面支持我们的志工们愿意陪伴我们一路走下去以触动更多的生命。

我们的目标是支持我们的病患，无论在任何逆境或有缺乏之下继续好好的活下去。生命或者是短暂的，但是仍然可以活得有意义。我们的团队所给予的支持主要是减轻病患的痛苦和其他症状；陪伴病患和其家人一起走过这条艰难的路；给予适当的解释和细心聆听他们的心声；有时他们所发出的问题其实是没有答案的。但我们还是觉得很荣幸能与他们分享他们的喜乐和痛苦。

我们感谢神一直都与我们同在。我相信在我们前面的道路，神肯定会与我们同在及领导我们一同走下去。

胡茹珍医生
医药主任

伸出援手
触动生命



We will be operating from our new premise from 29th Nov 2011 onwards.
Tel: 04-6587668; 011 12466757,
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Resignation

Our sincere appreciation to May Lee, a pioneer nurse since Charis Hospice started 7yrs ago, as we bid farewell to her.

New Staff

New Staff Nurse, Grace Yeoh Oon Luan joined Charis Hospice since July 2011.

Charis Hospice is a non-profit organization offering free palliative home care services to patients with cancer, irrespective of race and religion.

圣恩安宁护理是一个不分种族、宗教，为癌症病患提供免费家居安宁护理的非营利机构

Multi Activity Centre 多元化活动中心

It was a proud moment when we celebrated the 2nd anniversary of the Multi- Activity Centre on 7th September 2011. Another milestone for the extension of our services to our patients. Every Wednesday has become a day that our patients and volunteers look forward to. We thank God and the volunteers for the love, dedication, contribution and team work for the past two years.

多元化活动中心于2011年9月7日庆祝两周年纪念。我们感到自豪因为这是我们为病患服务的另一个里程碑。每周三是病患及义工们所期待的一天。我们为过去两年义工们的爱心，忠心奉献和团队的精神，感谢神。也藉此机会向所有为此中心付出的每一位致万分谢意。

Volunteers 义工

I'm happy to be given the opportunity to help out and to serve the patients, lots to learn as I join the craft team and make new friends — **Soon Nghoh**

我很高兴有机会协助及为病患服务。当我参予手工艺团队，我学到很多及交到新朋友。— 春娥

I take it as a service to God and look forward to every Wednesday at MAC. Love to cook something colorful and nutritious for the patients. I also benefit in many ways and feel enriched and blessed — **Wai Leng**

我期待每周三去多元化活动中心，我当是服侍神。我喜欢煮多颜色有营养的食物给病患吃。我得益不少，又蒙祝福。— 惠玲

I'm from Germany, first time in Penang, Malaysia. I wanted to help people and was introduced to Charis Hospice. Since the day I started as a voluntary nurse I have no regrets and I truly enjoy the work very much — **Doris**

我来自德国，这是第一次来马来西亚的槟城。因我喜欢帮助别人，被介绍到圣恩安宁护理。自从第一天当义务护士，我就非常喜欢我的工作及没有后悔。— Doris

I feel happy that the patients are having a good time and that they are enjoying the time at MAC. This too gives the patients primary carer's some "time-off" — **Cheng Yew**

我很高兴病患在多元化活动中心有愉快的时光。这让主要照顾病患者有时间休息。— 清友

It's a privilege to be able to help out in the care of patients and witness the joy it brings to the patients and the change from fear to hope! — **Fang Fang**

我很荣幸能够帮助照顾病患及把喜乐带给他们和看到他们的改变，从恐惧到有盼望。— 芳芳

Happy sourcing furniture for the new MAC venue. Being a registered nurse, I have the opportunity to support patients in palliative care as a relief nurse, and talking to patients helps me understand their social background in order to treat them holistically. Happy teaching the patients craft work when needed — **Mei**

我很高兴为多元化活动中心的新场所购置家私。身为一名注册护士，我有机会给予护理服务予病患。在跟病患交谈中，使我对他们的背景更了解，并能给予全方位的护理。有必要时我也乐意教病患手工艺。— 月美

Patients 病患

I look forward coming to MAC. I enjoy the activities that are offered here. — **Goh Poh Oi**

我期待来这多元化活动中心。我喜爱这里的活动。

I am very happy coming to MAC. I have been encouraged and I like to listen to the sharing of others. — **Teh Ti Tean**

我很高兴来这中心。我得到鼓励，我很喜欢听别人的分享。

I am delighted to be here. The volunteers here served me well and took good care of me. — **Lee Siew Kim**

我很高兴来这里，义工们服事及照顾我。

It is a joy to be here. I make new friends.— **Lee Liew Suan**

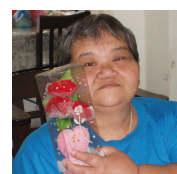
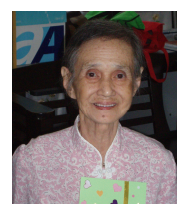
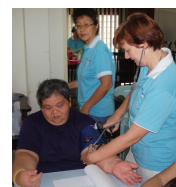
在这里我心中充满喜乐。我又交到新朋友。

I like to come here where I can exercise.— **Low Tsui Mei**

我喜欢来这多元化中心做运动。

I like to come to MAC where I have many friends. I love chatting with them.— **Lim Hor Thau**

我喜欢来多元化活动中心因为在这中心我有很多朋有。我很高兴和他们交谈。



Press Coverage

Publicity efforts for community palliative care services will help increase awareness and maximize utilization of hospice services. We need the continuous support of the press to promote about palliative care in their publications.

Charis Hospice is grateful for the write-up by Sin Chew Newspaper on August 8th 2011



Charity Run at Dell

Dell Company Annual Charity Run — Participating employees donate to 3 charitable organizations in Penang.

The amount donated from this charity run to Charis Hospice is RMXXXXX



Volunteers from Charis Hospice collecting the donations at Dell company cafeteria

Publicity Events



Life Awareness Campaign organized by HD Training House at Sunshine Square - July 2011



Promotion kiosk at Intel in conjunction with Women In Network (WIN) conference- Sept 2011

Craft sales at Trinity Methodist Church (July) and Penang Christian Centre (Oct) in conjunction with Mission Sunday

Team Building Services

A group of engineers from Intel invited Charis Hospice to conduct their teambuilding in May 2011. Conducting teambuilding's is one of our fund-raising/publicity efforts to sustain our services. If you are interested to know more about our teambuilding events, do contact us.



Talks and Trainings

Talk : Continuity of Care from Hospital to the Community

by Dr Oo at GMC, Penang — June

Patients and families often struggle when care is transitioned from hospitals to homes. To help make the transition seamless, we conduct talks to health professionals on how to work with the hospice team to smoothen this transition.

Training : Supporting Cancer Patients

by the Charis Hospice Team on 15 Oct 2011

Jointly organized with True Light Baptist Church, the training is for the community on how to support cancer patients.

Cont'd (Supporting Cancer Patients)

The objective of the training:

1. Practical tips for non medical personnel on how to support cancer patients
2. Sharing on the work of Charis Hospice
3. How the community can partner with Charis Hospice in supporting cancer patients



Upcoming Events



**International Women Associations
Christmas Charity Bazaar
26th November (Sat) 2011
Do join us at Straits Quay**



**Annual Charity Hunt on
17 th March 2012**



**Motor Hunt &
Shopping Mall Hunt**

**“Penang Famous Food
Trail”**



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