



Charis Hospice

圣恩安宁护理

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Our Motto Touching Lives

我们的座右铭 触动生命

Dr Oo Loo Chan (Medical Director)

I recently read a touching story about a little boy choosing a lame puppy over several other healthy puppies – because he himself has an artificial leg and thus connected with the lame puppy. I believe one great thing that gives meaning to life is when our lives are able to connect with others in heart-felt ways.

我最近看了一个感人的故事，关于一个小男孩。小男孩在一群小狗中，选择一只跛脚的小狗，而不选其他健全的小狗。这只因为他本身所装的义脚与瘸腿的小狗有关系。我相信当我们的生活能与他人建立真心的关系时，生命就有意义。

In Charis Hospice, our motto is to touch lives as we journey alongside patients with advanced illnesses and their families. What we endeavor to do is more than just caring for their physical symptoms nor teaching them basic nursing skills, but to also touch their hearts and encourage them to press on. The team of medical and non-medical staff and volunteers work together to try to make this journey smoother for all involved. Often, but not always, by God's grace, I believe we do manage to make a difference.

在圣恩安宁护理，我们的座右铭是“触动生命”；触动患上晚期疾病的病患及他们的家人的生命。我们所提供的护理服务超越基本医疗，不只是关心他们的身体症状，或教他们基本的护理技能，而是要触动了他们的心，并鼓励他们坚强珍惜生命往前走。整个团队包括了医疗和非医疗工作人员和志愿者一起为病患服务，好让病患走的旅程更顺畅。通常，但并非总是如此，靠著神的恩典，我相信我们能带给病患正面的帮助。

Touching lives has various prerequisites. It requires medical and nursing skills to make the patient as comfortable as possible and the family as confident as possible in caring for him or her. It requires listening ears to hear the 'pain' from the heart. It requires less words but spoken at appropriate times. It requires us to be around at the right time – but this is something we are not always able to fulfill. Also, the community needs to be aware of the existence of such services so that patients in need can be connected to us.

触动生命的工作事先需要一些必备的条件。首先它需要医疗和护理技能，尽可能使病患活得更舒适，也让病患的家人更有信心地照顾病患。这需要聆听的耳朵，听到从心中感触的“痛苦”。其次不需要较多的话语，主要是在病患所需要时和适当的时候才讲。这就需要我们在适当的时间在病患身边，但这并非我们能时常都得到。此外，社区人士也要知道这种安宁护理服务的存在，好让有需要的病患可以和我们接触及能享有缓和护理。

Thus, it is always challenging for my team. We need to constantly improve in our skills, train our 'ears, hearts and mouths' to listen and respond appropriately, and constantly be ready to connect with the community to increase awareness of our work. I am thankful for everyone in my team, for it is team work that makes our motto 'Touching Lives' achievable.

因此，我的团队时常面对挑战。我们需要不断提升我们的技能，培养我们的“耳朵，心和嘴”听；聆听后并作出适当的反应，时时刻刻接触社区，好让公众人士对我们的服务有所认识。我很感谢我的团队的每一位团员，因为他们的协力工作，才能实现我们“触动生命”的使命。

Farewell.....Charis Hospice bids farewell to our Administrator YY Wong and thanks her for her services over the years and wishes her all the best.

New Staff : New Administrator...Brenda Ooi joined Charis Hospice on 2nd May 2012.

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

REACH

TOUCH

伸出援手
触动生命

Charis Hospice

Thank you

Dear Dr Oo,

Would like to inform you that the lorry man has come to our house this afternoon to take back the single bed. Really would like to take this opportunity to thank Charis Hospice for all the help and support provided during this period. Thank you all very much.

In addition, on behalf of my father-in-law late Tan SH, we have also donated one Ergo Wheel Chair, one commode chair and some medical supplies which we asked the lorry man to deliver to Charis Hospice. Once again, thank you for everything...

想告诉你，今天下午货车的司机已经来到了我们的家，为了收回单人床。真的想借此机会，感谢圣恩安宁护理在这一段时间里所提供给我们的帮助和支持，非常谢谢大家。此外，仅代表我的岳父，已故 Tan SH 先生，我们也捐一张埃尔戈轮椅，座厕椅和一些医疗用品给圣恩安宁护理。我们已吩咐货车的司机送去圣恩安宁护理。再次感谢你们所做的一切... Mr. Joo Hock Gooi

Thank you for taking care of S...Hi..My name is Dr. Kamal Rizal Bin Ishak and I would like to express my deepest gratitude to Charis Hospice for looking after my fiancée's father, Encik S, who was diagnosed with advanced pancreatic malignancy. I really appreciate the effort and care that was provided and as we say in Malay, only God is able to repay your good deeds. I'm currently working in Sabah and it makes me feel sad because while I am looking after patients over here, I'm not able to take care of someone close to me in this critical period. However, I do feel relieved because I know he's in good hands. Called it fate, but coincidentally, I was attached to Charis Hospice while I was a medical student in PMC and that experience was really an eye opener. And because of that exposure as well I realized the importance of palliative care and it affects the management towards my patients nowadays. I know that it is an enduring task dealing with patients with terminal illness. Therefore, I would like to compliment the efforts that the team has done. On behalf of myself and my fiancée, we would like to say again thank you and God bless.....

你好..我是Kamal Rizal Bin Ishak医生，我要向圣恩安宁护理致万分的谢意和感激，为照顾我的未婚妻的父亲，Encik S被诊断患上晚期恶性的胰腺癌。我真的很感激你们所付出的努力和关爱，正如我们马来人所说的，只有上帝能够报答你们的善行。目前，我在沙巴工作，这让我感到难过，因为在这关键时期，我在这里照顾病人时，我却无法照顾身边的亲人。不过，我感到放心，因为我知道他在良好的手中。称呼这是命运，但巧合的是，当我还是槟城医学院的学生时，我曾经在圣恩安宁护理实习，那次的经验真使我大开眼界。因此我知道护理的重要性，这也影响了我现在对我病人的护理。我知道处理患上晚期疾病的患者是一个长期的任务。因此，我想赞扬你团队的努力。我仅代表我和我的未婚妻，我们再次感谢你们，愿神祝福你们。

Mdm Goh P. O., 59 yrs old, was diagnosed with Cancer of the Cervix in 1998 for which she had surgery and radiotherapy. In 2002, the cancer spread to the pelvic bone and she was given radiotherapy again. She has been on pain control medications for many years and this was changed to daily injections for the past 2 years.

She has been under the care of Charis Hospice Home Care team since 2004. She is chair-bound most of the time but is able to do her housework and see to her own needs. Through the years she has gone through the pain of losing one of her sons in a traumatic accident and various other family crises, besides living with her own chronic pain and disability.

She is basically a cheerful person despite her condition and has been coming to our Multi Activity Centre since its inception in 2009, enjoys the company of other cancer survivors and the volunteers. She helps out with patchwork craft, loves singing songs; she memorized as she is illiterate.

When asked, "How do you feel about your extended life (14 years)?", she related she was very angry in the beginning but since she accepted Jesus in 2007, she feels more at peace and grateful for each passing day and prays she would not suffer any more excruciating pain before she dies.

She is thankful to Jesus and also for the kind concern she gets from Charis Hospice staff and volunteers. Their frequent visits, multiple assistance and phone calls really comfort her.

She advises other patients to accept their conditions and make the most of their time daily. She believes there is a God, who comforts and gives her the strength to live through these trying times she has experienced.....Sept 2012.

吴女士59岁，在1998年被诊断患上宫颈癌症，因此动了手术和做放射治疗。在2002年，她的癌细胞扩散到盆腔骨，因此她再次接受放射治疗。她多年来一直服用止痛药，接下来的两年她改换服用每天注射止痛药。

自2004年以来，她一直由圣恩安宁护理团队照顾。大部分时间她是坐在轮椅上，但她能做家务，和料理自己的日常生活。这几年来，因严重的车祸使她经历失去了一个儿子的痛苦和面对其他各种家庭危机，除此之外她也受长期性的痛楚和无能力。

虽然她面对这样的病情，她仍然是一个性格开朗的人。自多元化活动中心在2009年成立以来，她也常来我们的多元化活动中心，她自己也喜欢和其他癌症幸存者和志愿者的交流。她也帮助做手工艺，并爱唱她背诵的歌，因为她是个文盲。

当她被问起：“你延长寿命（14年）感觉如何？”，起初她感到很生气，但因为在2007年她接受了耶稣，她每一天心里也觉得有平安，她祈祷和感谢在她死之前，将不会受到任何更多的难以忍受的疼痛。

她感谢耶稣和圣恩安宁护理的职员们和志愿者的亲切关怀。他们的频繁互访，多方援助和电话慰问真的使她得到安慰。她建议其他患者，接受他们的情况，好好善用他们每一天的时间。她相信有一个上帝，能安慰，并给她能力度过这一个艰难的时刻...2012年9月

"The color of our life depends on what color we put on... "我们生命的颜色是取决于我们所用的颜色 .."

This is my personal quote for a "sunny day" even on a "rainy day". All of my friends, relatives and even my patients wonder why a 24 year-old girl chooses to be a palliative care nurse? Why choose a job that deals with a lot of terminally ill cases? My answer is very simple. I walked through the pain of a loved one being diagnosed with cancer. I know the feeling of taking care of a cancer patient - she is my mum. One patient's wife asked me, "Won't you feel sad when your patient with cancer you have cared for passed away?" I answered her firmly, "What I care for is not the number of deaths but how many families I can help walk through all this pain as best as they can in the midst of their tears."

那是我个人的引用句无论是在“阳光灿烂”或是“倾盆大雨”的日子。我所有的朋友，亲戚，甚至我的病人都很好奇为什么一个24岁的女孩选择成为临终关怀护士这一份工作？为什么选一份要处理这么多患者个案的工作？我的答案是很简单的。我曾经和一个被诊断患上癌症的亲人一起走过的痛苦。我知道照顾一个癌症患者的感觉 - 她是我的妈妈。一个病人的妻子问我，“当你关心过的癌症病人去世了，你会不会感到难过？”我坚决地回答她，“我关心的不是死亡人数，而是有多少家庭，我可以尽我所能去帮他们一起走过这一切在流泪中的痛苦。”
...Ammanzda Koid 郭淑绵护士

Being with Charis Hospice for this short period of time had opened my eyes to greater things medical personnel can actually provide for a patient in need. The love, care and support for a critically ill patient can do even greater things than chemically manufactured drugs. As I continue to pursue my career, I am grateful for the opportunity given to me by Charis Hospice to show me how to actually show a little more love to our patients...

这短短的时间在圣恩安宁护理工作，让我大开眼界，使我学习到医务人员可以为危重病人做的不只是为他们开药，而是以爱，关心和支持可以让他们心里得到更大的释放，这不是化学药物能办到的。当我继续追求我的职业生涯，我很感谢圣恩安宁护理给我一个学习的机会，让我晓得如何向病人显示多一点爱...Dr. Ivan Khoo (邱医生)



Labour of LOVE

by STAFF TEAM



As a nurse, I am trained to fight against disease and be involved in treatment which heals the patient. But when I took up the job as a nurse in Charis Hospice, I find that cure cannot be achieved in many patients with advanced cancer. I find that patients and families go through fear, uncertainties and trying times. I see hope and happiness with remission and despair with relapse. I have the privilege to walk alongside and support them in this crisis. A lot of times, I myself am inspired by the patient's courage and willpower. .

身为一名护士，我受过对抗疾病的训练，并参与病人的治疗。但是，当我成为圣恩安宁护理的护士，我才发现许多晚期癌症病患，无法得到治疗。我也发觉，病人和家属面对恐惧，不能确定和艰难的时期。当病患的病情好转，我看到了希望和快乐，但当病情复发时却感到绝望。在病患面对危险期的时候，我感到很荣幸可以和他们一起走过，并支持他们。很多时候，我因病人的勇气和毅力得到激励。。。Chan Bee Yeok 曾美玉护士

After coming to work in Charis Hospice, my career has reached a higher level. Within this one and a half years, I have learnt a lot of lessons in life from the patients and their families, my colleagues and the volunteers. As a palliative care nurse, it is a privilege for me to be able to use my training and knowledge to provide practical and emotional help to my patients and family members. To accompany and see the patients finish their life journey peacefully and without pain is comforting to me and their families. This is to be treasured.

踏入圣恩安宁护理后，我的事业更上了一层楼。在这一年半里，我在病人，家属，同事，志工身上学到了很多人生的功课。身为一位安宁护理护士，我感到很荣幸可以在医药与护理的知识上给予病人及家属实际的帮助。最安慰的是可以陪伴病人在安祥和无痛楚的情况下走完他们的人生，这是很珍贵的。
Christine Loh 卢恩慈护士



Labour of LOVE

by VOLUNTEERS

RECENT EVENTS



Dr Oo-Talk at
Century Methodist Church Penang



Craft Team
Pg Christian Centre



DELL
Penang



Multi-Activity
Centre
3rd Anniversary



Penang
Gerakan
Function



HUNT FOR CHARITY MARCH 9TH 2013



UPCOMING EVENTS

Charis Hospice Christmas Tea
Open to patients and their
families

22 December 2012



KDU
Penang

CHARIS HOSPICE BUILDING FUND



NEW PREMISE JUST PURCHASED



Charis Hospice has purchased a property in FARLIM at RM1.7 million for future expansion of its work. Part of the acquisition price was from our accumulated fund and the rest was raised through interest free loan from well wishers. It is a two double storey premises previously occupied by a children's hospital. Other than donations specifically ear-marked by the donors, all fund-raising henceforth will go towards our BUILDING FUND. Your donations and prayers will be much appreciated. The initial plan is to rent out part of this premises for a quality Seniors' Day-Care Centre, profits of which is to be channeled to Charis Hospice.

圣恩安宁护理为着扩充她的事工，已在发林买了一座值一百七十万零吉的双层店屋。该产业的前身是一所儿童医院。圣恩安宁护理用了她现有的基金及支持者的免息借款购买该产业，因此今後所有募集的资金将用於我们的建设基金。你的捐款和祷告，我们都很感激。圣恩安宁护理的计划是把该产业的一部分租出成为一个优质的乐龄日托中心，利润将捐给圣恩安宁护理。

Financial support is welcome. (Tax exempted)
Kindly address cheques to "Charis Hospice"

欢迎各位给予经济支援。支票抬头请注明
"Charis Hospice"