



Charis Hospice

圣恩安宁护理

15, Cangkat Minden Jalan 12, 11700 Gelugor, Penang
Tel: 04-6587668 H/P: 011-12466757 Fax: 04-6587669
New Email : charishospice@gmail.com
website: www.charishospice.com



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REACH OUT TOUCH LIVES

伸出援手 触动生

Life is not a bed of roses – we all know that even if we have yet to experience what lying on a bed of roses feels like! When a diagnosis of cancer hits a family, the above axiom is certainly true. Some families cope better than others and the quantum of turmoil may differ – but it is still a crisis. The magnitude of the crisis depends on various factors e.g. lack of understanding of the condition often compounded by poor communication with doctors, burden of symptoms present, financial constraints, lack of care-givers and disagreement among family members. Apart from the treatment of the cancer with various modalities, a support system for the patient and family can help make a difference in how they cope.



The hospice is a support system for cancer patients and their families. The ultimate goal is to help them move on in life, making the best of it in whatever circumstances they are in. We are there to help in symptom control, explain and educate on the situation and basic nursing skills, provide moral support to the patient and family and to synchronize care so that all involved move towards a common goal. Where appropriate, we introduce volunteers to families who need more support. We also encourage appropriate patients to join our weekly Multi-Activity Centre to participate in various activities and to socialize.

In 2012, about 80% of our patients were referred by hospital doctors, mainly from the public hospital. The awareness of hospice work among the medical professionals and in the community can still improve. We would like to see that all patients needing such services are aware of its availability.

Dr Oo Loo Chan

生命不是称心如意的 - 当癌症打击到一个家庭时, 这是千真万确的。有些家庭比别人更能够应对, 而受动荡的程度可能会有所不同 - 但它仍然是一个危机。这场危机的严重程度取决于各种因素, 例如: 对病况缺乏了解而往往又加上与医生的沟通不畅, 对症状的负担, 资金上的限制, 缺乏照顾者、和家庭成员之间的分歧。除了对癌症的治疗有不同的方式之外, 一个支持团体可以有效的帮助病人和家属去如何应付。

安宁护理是癌症患者和其家庭的支持团体。我们最终的目标是帮助病患在生活中前进, 并使他们在任何情况下活得最好。我们帮助病患控制症状, 解释和教导他们基本的护理技巧, 提供病人和家属道义上的支持和照顾, 以至于所有的参与者都朝着一个共同的目标前进。在适当的情况下, 我们介绍志愿者去帮助有需要的家庭。我们也鼓励合适的患者加入我们每周多元活动中心, 以参加各种的活动和社交。

在2012年, 约有80%的患者由医院的医生转介, 主要是来自政府医院。认识安宁护理的工作, 在医学专业人士和社会中是有待提高的。我们希望看到所有需要这样的服务的患者, 都知道它的可用性。

胡茹珍医生

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

Charis Hospice Craft Team

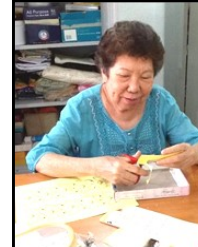
We have a very committed team of craft members. We enjoy good fellowship and look forward to meet every Monday afternoon to plan our project, to sew and of course have fun catching up with each other. You should see the joy we share at the sale of our craft work especially when we see the smiles on the customers' faces and when they praise our beautiful work made from hearts. - 我们拥有一队热诚忠心的手工组员。每个星期一的到来是我们所期待因为大家聚在一起计划, 缝制作品及享受彼此交流。当客人的脸上挂着笑容赞赏我们的作品是用“心”去缝制的, 那份在义卖会上我们与客人分享的喜乐是你可见的。-LEE CHUN

I have been with the Charis Hospice craft team for seven years now and really enjoy coming in week after week. I am happiest when I am out doing sale seeing how the customers appreciate our work and the money made to help the hospice work - 我参与圣恩安宁护理的手工组已有七年之久但我还是很享受及期待。每当我看到顾客珍惜我们的作品以及我能够在义卖会中为护理院筹款时都让我觉得非常的高兴。HELEN

Enjoyed the fellowship, and happy to see people appreciating and buying our product - 享受彼此交流, 每当客人珍惜及购买我们的作品都让我开心。CHENG LUAN



We are a fun team. We cooperate, we relate, we create and we educate.- 这是喜乐的一组。我们合作, 我们联系, 我们有创意和教导。-CHRISTINA



We are happy to be part of Charis Hospice Handicraft team. The whole group is very cooperative and we are like a family - 我们非常荣幸能够参与圣恩安宁护理的手工组。这是一组讲究合作的大家庭。- SWEE LUAN & SWEE KHIM



In Memory of Carrie - Pioneer of our Craft Team



Carrie was one of our pioneers. In appreciation, her brother donated RM5000 towards the running of the centre.- Carrie 曾经是我们的先锋。她的兄长乐捐了RM5000作为手工组的运作费也同时深表珍惜。

HEARING FROM A PATIENT MR.GHL:

Mr. GHL, Age: 59 years . Cancer of Ascending Colon with peritoneal, liver and lung metastases; Abdominal Aortic Aneurysm
“We make a living by what we get, we make a life by what we give”. Sir Winston Churchill

His journey...He was diagnosed with the above cancer in March 2011 and had a hemi-colectomy done on the 24th March the same year. Prior to that he had a collapse in May 2010 and consequently had a tracheostomy done, and now has a permanent tracheostomy tube in-situ which he looked after very well. He was referred to Charis Hospice under the care of Dr Oo and the palliative nurses in Oct 2011. When I interviewed him and asked for his permission to talk about his journey with cancer he was happy to share his experiences. He was very positive and told me he had no fear, he accepted his illness, he felt he had “died” once before with the collapse, so he was grateful he had been given a second chance to be on this earth longer. Consequently he accepted his condition and when the last oral chemotherapy failed and eventually ceased, he told me he would make the most of his time then. He enjoyed eating especially roast pork, and did not believe in wasting food at all. He told me he came from a very poor family before his car accessory business grew. As his daily activities were limited and he got tired easily and had short of breath, he stayed at home most of the time. When asked whether he joined his wife for travelling which she enjoyed, he said he preferred to stay at home, watching videos and playing with his iPad. But he encouraged his wife and daughter to travel. When asked if he had any regrets, he answered “no”. He had no “pantang”. When first diagnosed, he told me he was not scared as he put his trust in the doctors and felt each day was a bonus! In fact, his family (wife, one son and one married daughter, one granddaughter) are more concerned than he was. He had made his will so he had nothing to worry about. He was now on complementary medicine (herbal) given by the hospital in Kepala Batas and also on some pain medications. He felt confident and generally better though he had some bad days, and very positively told me he felt he had another two more years to live. His one wish was to see his son who was 32 years get married. That would be the most treasured moment for him. He loved coming to Charis Hospice Multi-Activity Centre every Wednesday since November 2011. Mr. Goh, generally a quiet man, was ever so generous and would buy food or bring in lovely home-made cakes for all the patients and volunteers. As regard to “death” he said, “come what may, I am ready.” He left his funeral arrangements to his family i.e. according to Taoist rights. Another thing he told me - since having cancer he was not afraid of ghosts unlike before! When asked why - he just smiled and said he could not explain. It is the privilege of Charis Hospice team to come to know Mr Goh and walk alongside him in this journey.
Mr.GHL passed away on 25 November 2012 / Interviewed by volunteer MEI

GHL先生, 年龄: 59岁。升结肠癌, 癌症扩散到腹腔, 肝和肺; 腹主动脉瘤

“我们生活是靠我们所得到的, 我们的生命是借着我们所施予的”。Sir Winston Churchill

他的旅程..... 在2011年3月他被诊断患有上述的癌症, 同年3月24日做了一个半结肠切除手术。在此之前, 2010年5月他的病情复发, 因此做气管切开手术, 现在有一个永久的气管切开插管, 他照顾得非常好。2011年10月他被介绍去圣恩安宁护理在胡医生和护士们的看顾下。当我采访他, 问他是可讲关于他与癌症的路程, 他很乐意分享他的经验。他是非常积极的, 告诉我, 他毫无畏惧, 他接受了他的病情, 当复发使他觉得他已经“死”过一次, 所以他很感激, 他已经获得了第二次的机会在这个地球上。因此, 他接受了他的病情, 当最后的口服化疗失败, 并最终停止, 他告诉我, 他将好好利用他的时间。他喜欢吃, 特别是烧肉, 并且不喜欢浪费食物。他告诉我, 在他的汽车配件业务发展前, 他是来自一个非常贫穷的家庭。他的日常活动很有限, 他也很容易疲倦, 呼吸急促, 大部分时间他留在家里。当被问起他是否和他喜欢旅游的妻子一起去旅行, 他说他比较喜欢留在家里, 看电视和玩他的iPad。但是, 他鼓励他的妻子和女儿去旅游。当问他是否有什么遗憾时, 他回答“没有”。他没有“pantang”。首诊时, 他告诉我他并不害怕, 因为他信任医生和觉得每一天都是个花红! 事实上, 他的家人(妻子, 一个儿子和一个已婚的女儿, 孙女)还比他更担心。他写了他的遗嘱, 所以没有什么可担心的。他现在食用Kepala Batas医院所给的替代医药(中药)和一些止痛药物。他感到有信心和较好, 虽然有时他心情差, 但是他也积极地告诉我, 他觉得他自己还有两年的时间。他的一个愿望是希望可以看到他32岁的儿子结婚, 那将是他最珍贵的时刻。自2011年11月的每个星期三他喜欢来圣恩安宁护理多元活动中心。吴先生, 通常是一个安静的人, 可是非常慷慨, 时常会购买食品或带来好吃在家自制的蛋糕, 给所有的病人和志愿者。关于“死亡”, 他说: “不管发生什么事, 我准备好了”。他把他的丧礼交给他的家人以道教的仪式处理。另一件事, 他告诉我——他患上癌症之后, 再也不像以前那样怕鬼! 当问他为什么, 他只是笑着说, 他无法解释。认识吴先生并和他一起走过这段路程是圣恩安宁护理团队的荣幸。

GHL先生逝世于25-11-2012 / MEI 义工

Acknowledgement

With much appreciation to our supporters for your generous donations:



CHEQUE PRESENTATION, EMILIA - OCT'12



CHARITY DRIVE DONATION by INTEL Q4
JOINT TEAM BUILDING-NOV'12



KNOWLEDGE CONCEPT NOV'12



MR.TEOH BENG SENG, ZHULIAN—JAN'13



AVAGO EMPLOYEES DONATION Jan13



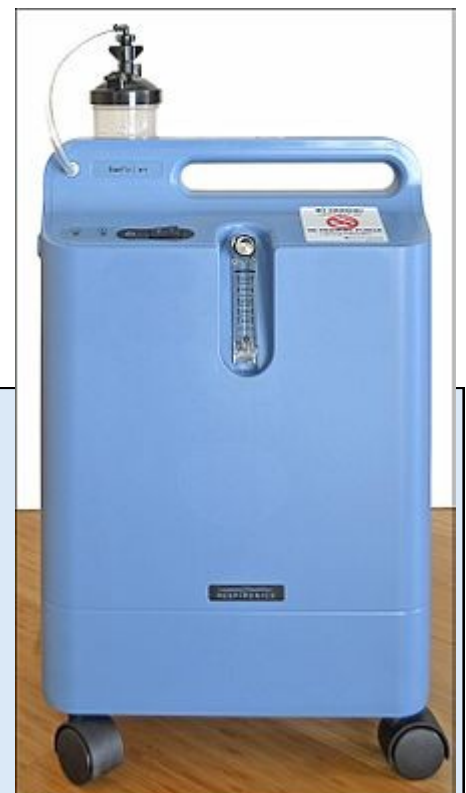
DAYA CMT - Jan13



GRACE BOEY- JAN'13



PENANG FIRST AOG - FEB'13



SPONSOR FOR OXYGEN CONCENTRATOR

After eight years of loaning out equipment to our patients, we have to discard equipment which is not in good condition. We would like to appeal for help to sponsor one (1) unit of Oxygen Concentrator for home use at approximately RM4000.00 each. Your support will be greatly appreciated.

家用氧气机捐献

这八年来的运作，中心有许多仪器已多有故障。我们不得以做出筛选及丢掉。我们诚心呼吁有心人士捐献家用氧气仪器（一架约RM4千）。我们感激珍惜您的赞助。

'MY EXPERIENCE AT CHARIS HOSPICE CHARITY MALL HUNT 2013

参与圣恩安宁护理为慈善在购物中心寻宝游戏的经验

Although each floor was quite small, my teammate and I were already going round in circles, cracking our heads and squeezing out every single drop of our brain juice. Just when we thought we had found the right answers, we wanted to scream out with joy, only to realise that the answers do not follow the clue sequence and we had to start over again! From the puzzle-solving to the rice-dumpling-wrapping to the saree-wearing, every challenge was really nerve-racking and mind-boggling. Nevertheless, as a first-timer, it was a very enjoyable experience joining Charis Hospice's annual Mall Hunt. 在这小小的购物中心寻找我们要的答案已足够让我和队友捉破头皮及绞尽脑汁了。正当我们为着找对答案而欢呼时，我们悠然发现其实我们已把楼层商店的次序给颠倒了而且一切的游戏问题都得一一从新做过！从拼图，裹粽子到穿绑印度传统女装，关卡都是得过关斩将般挑战。虽然这是我第一次参与但其中的过程是让我难忘的。 **by Lim Jie En**

Recent Events

Hunt for CHARITY- 9th March 2013

We raised a total of RM94K for this event. We have 47 teams of Motor and 76 teams of Mall Hunters. We thank God and all our supporters.

在这次的活动中总共有47队户外组和76队商场组，我们也筹获了RM94千。我们感谢神以及所有的支持者。



Saree-Wearing Fun



Mooncake Fest at Multi-Activity Centre



Craft Sales, IWA Bazaar



AIESEC Volunteer Program at Multi-Activity Ctr



Christmas Hi-Tea at KDU Penang



Dr.Oo at TEDx Gurney Drive

'Friends of Seniors' is a quality day centre for seniors which was recently launched. The purpose of this centre is to improve the physical, mental and social well-being of seniors. Various activities are conducted by the team of staff and volunteers. All profits will go to Charis Hospice. Contact Ms Wong (tel: 017-451 4258, email: fosr2013@gmail.com) for more information.

‘乐龄朋友’是一间刚开张营业的高素质日间乐龄人士照顾中心。一队职员和义工为乐龄人士服务；他们在此可以参加有益身心健康的各类活动，有助身体、精神和社交合群的康乐。‘乐龄朋友’的一切营业盈利归于‘圣恩安宁护理’。欲获知更多详情，请拨打联络 Wong小姐017-451 4258，或电邮fosr2013@gmail.com



JOB ADVERTISEMENT

Registered Nurse preferably Chinese Christian for Community Palliative Care. Below 50 years old, can drive, no shift, on call by rotation.

Working hours:

8.30am to 5pm (Mon-Fri).

Starting salary: RM2200-2500 or more depending on relevant experience.

Freshly trained nurses are invited to join as trainee palliative care nurses. Starting salary: RM1400.

Call: 04-658 7668
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or email C.V. to
charishospice@gmail.com

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