



CHARIS HOSPICE

圣恩安宁护理

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May 2014

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伸出援手
触动生命

2014 – A Watershed Year for Charis Hospice Dr Oo Loo Chan (Medical Director)

Charis Hospice will be celebrating its tenth anniversary in October this year as a provider of free palliative home-care services in the community. Much has gone by in this one decade. My team and I have seen human suffering but also human resilience among our patients and families. I believe we have been enriched in the process and I sincerely hope that we have been able to render some support to them in their journey of advanced cancer and other illnesses.

With much gratitude to God and to all our supporters, Charis Hospice has purchased its own premises in Farlim and plans to move in by end of 2014 or early 2015.

The single most important question ahead of us is “How can we remain effective in rendering compassionate whole person care to needy patients and their families in the community?”

Our society is aging and with that, cancer incidence will continue to rise. Family ties are loosening resulting in less family support for the patients. Rapid advancement in medicine does not make it easier for society to accept dying as an integral part of life. Awareness of the availability of palliative care services remain low and less accepted in the community. Cost of medical care continues to rise and we are similarly affected in our endeavour to give free palliative care services.

May God grant us wisdom and perseverance in the years ahead.

2014 - 圣恩安宁护理的转戾年

圣恩安宁护理将于今年十月庆祝十周年纪念，它是在社区里免费的为病患提供家居安宁护理服务。许多事情在这十年中过去了。我的团队和我看到了人类的痛苦，但在我们的病人和其家属中，我们也看到了人类的适应能力。我相信我们在这过程中已变得更丰盛，我真诚地希望在晚期的癌症病患者和其他疾病患者的旅程中，我们已经为他们提供了一些援助。

感谢上帝和所有的支持者，圣恩安宁护理在发林已购买自己的综合场所，并计划在2014年尾或2015年初迁移。

摆在我们面前的一个最重要的问题是：“我们如何能够在社区里，继续有效的以怜悯的心并全方位护理的去照顾有需要的病人和他们的家属？”

随着社会的老化，癌症的病发率将继续上升。家庭关系的松懈造成较少家人支持病患。医学发展日新月异，它却不会让社会更容易地接受死亡是生命中不可或缺的一部分。人们对于临终护理所提供的服务意识仍然缺乏。医疗费不断增长，我们也同样的在努力地给予免费的临终护理服务当儿受到了影响。

愿上帝在未来的岁月里，赐给我们智慧和毅力。

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。

Sharing by Patient's Relatives

I would like to share with you my experience of the association I had with Charis Hospice. The association between myself and Charis Hospice started since 2011 when my sister-in-law was diagnosed with lung cancer. She had a relapse and she had an operation on the 6th year but I thought after 5 years she should be alright. The doctor said there was nothing they could do and she could not even go for chemotherapy anymore. The family was going through a difficult time not knowing what to do. Through the oncologist, we were introduced to Charis Hospice. Dr.Oo and her team of nurses, paid regular visits to my sister-in-law and she also made friends with the nurses. She was looking forward to their visits every time.

Charis Hospice continued to give her the medical assistance and the most important thing is the moral support that Charis Hospice team gave to her and her family members during those difficult times. Subsequently, my sister-in-law passed away in 2012.

I would like to thank Charis Hospice for giving us all the support and assistance. I will continue my relationship with Charis Hospice and give them the support in whatever way I can. - Janet Ooi

我与圣恩安宁护理的关系始于2011年，当我的嫂嫂被诊断患上肺癌。当癌症 专科医生说无能为力时，家人都不知应该怎办，她又不能做化疗。很感谢胡医生和护士们的爱心和精神上支援，医疗协助及时常到家里提供护理服务。我将继续支持圣恩安宁护理的事工。 - Janet Ooi

My wife was diagnosed with breast cancer somewhere in 2011. She went for the operation and it was a difficult time for us . I was going through my anxiety and depression at that point of time. I didn't know what to do. My god-daughter, Emilia was the one who introduced Charis Hospice to us. I want to tell you that it was God who sent them to us at that time. We were very fortunate to have Dr.Oo and nurse Chan visiting us. During that time, we had lots of uncertainties but I would like to thank God that I was able to overcome and was given everything to help my wife. He provided the steps for us also. While she was going through treatment , she had dengue. But a miracle happened that night and she recovered. All the way, we had Dr.Oo and her team coming to our house. I would like to thank them from the bottom of my heart. - En. Omar

我的太太于2011年被诊断患上乳癌。她动手术而我又很担忧及沮丧。我的干女儿Emilia介绍圣恩安宁护理给我们。那真是神所派来的！胡医生及曾护士的探访和给予护理服务及各方面的协助，那是在我们面对不确定不知数时。在治疗中，她患上蚊症。但奇迹发生了，那天晚上她的蚊症痊愈了。我衷心感谢胡医生及她的团队的服务和支援。 - En. Omar

Appreciation notes from other family members

- My family and I would like to express our heartfelt thanks and gratitude to Charis Hospice team for your support just before my father's demise. God bless you and all your staffs and love ones.

- Our family would like to take this opportunity to thank Charis Hospice, as an organization and individuals who have helped our family tremendously during difficult time.

- We would like to make a small donation to Charis Hospice for continuous assistance to other families in need.

- Thanks so much for looking after our papa and mummy. Your care and love was deeply felt by the family.

- My mother and I would like to thank you for your care and support during their last difficult days. Knowing we had your advice and care to fall back on, we had the confidence to look after my dad at home, and he was able to pass away peacefully surrounded by loving family and friends. Your work that Charis Hospice does is so important, and we would like to make a donation to enable you to continue to support others.

Recent Events

Charis Hospice Hunt for Charity 2014—Discover Iconic Penang

This year 37 motor hunt teams and 84 shopping mall hunt teams participated in the Charis Hospice Hunt for Charity with the theme **Discover Iconic Penang** on 15th March 2014. RM 53K was raised through this event.

The Charis Hospice Charity Hunt was a short yet extremely memorable experience for me. When I first signed up, I honestly didn't know what to expect. My partner in the mall hunt is 30 years older than me, but we had the time of our lives! From running around First Avenue Mall to completing the three challenges in less than 30 minutes, it was a great experience from the very beginning to the end. At the end of the day, the biggest reward for me was knowing that this short two hours that I sacrificed was for a greater cause, and I got to contribute to Charis Hospice and had lots of fun at the same time. I would strongly encourage every single one of you to grab the first opportunity to sign up for Charis Hospice Charity Hunt next year and all the years to come. It is definitely a decision you will not regret! by Rachel Jean, mall hunt team member.

当我报名参加圣恩安宁护理为慈善寻宝，我真的不晓得有何指望。虽然我的拍挡比我年长30岁，我们合作的非常愉快在FIRST AVENUE 完成这难忘的寻宝活动，蛮有乐趣，又能捐助圣恩安宁护理。我鼓励你们每个人明年参加圣恩安宁护理主办的为慈善寻宝活动。



Motor Hunt Chingay & Trishaw peddling Challenges, March 2014



Penang Medical College Students' Attachment at Charis Hospice



Christmas Tea for patients, families, staff and volunteers at MGS, 7th December 2013



Health Screening at Eaglepoint Church Community Event and Fund Raising for Charis Hospice, 2nd November 2013



International Medical University students helping at Multi-Activity Centre, March 2014

GMC FOOD FAIR—1st Dec 2013 to raise funds for Cancerlink Penang, Charis Hospice and Hospice At Home Programme



Charis Hospice Stall Selling Curry Fishball

CHEQUE PRESENTATION
29th January 2014 of RM 90,000



Craft Booth at True Light Baptist Church Christmas Carnival, 22th December 2013

- Combined Clinical Meeting with other hospices at Rumah Hospice — 5th December 2013
 - Dr. Oo gave talks at Pg GH chest & oncology clinics, October & November 2013
- Topics:
1. Continuity of Care
 2. Palliative Care—How much of Science is it?

New Premises:

26 & 28 LINTANG PAYA TERUBONG 3,
11060 PAYA TERUBONG, PENANG

TEL: 011-1246 6757

Email: charishospice@gmail.com

at the end of 2014 or early 2015



In Nov 2004, Charis Hospice started at a small section of the above premises,



and moved to a much bigger premise in Minden Height in November 2011

Due to availability of space, we extend the use of new premises to 'FRIENDS OF SENIORS' a non-profit but not free, day-care centre for Seniors.

Contact: 017-4514258 for more info.

Come and join us for our



**10th Anniversary
THANKSGIVING DINNER**

**on 11th Oct 2014 Saturday
at GEORGETOWN CITY HOTEL**

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

JOB ADVERTISEMENT

Registered Nurse 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 (direct line)

011-12466757 (mobile)

email C.V.: charishospice@gmail.com



欢迎各位给予经济支援。支票抬头请注明
"Charis Hospice"

