



Charis Hospice

圣恩安宁护理

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R E A C H
O U T
T O U C H
L I V E S

伸出援手
触动生命

As Charis Hospice moves into the second decade of service in the community.....

....it did not take long to dawn on me that the journey ahead is not necessarily smooth and easy! Yes, a strong foundation has been laid. But laying the next layer is potentially equally, if not more challenging.

Palliative care is increasingly expanding its reach, from cancer to non-cancer diseases as well. Cancer incidence has increased as the population ages while cancer treatment has also advanced with more options available. Palliative care, with its emphasis on holistic care and quality of life issues, certainly has a role to play in many situations and can be given concurrently with ongoing active treatment. Care of the sick and elderly in our community places a heavy demand on families as healthcare costs rise and care-givers become increasingly limited.

Charis Hospice endeavors to do its bit to make this caring easier. To do this effectively, the team not only has to be increasingly professionally equipped but also has to be able to empathize with the patients and families. Many times, we have to wear multiple hats and play multiple roles. In forging ahead, we want to be effective – be it in patient-care, family support or in educating the public.

The challenges ahead of our nation in 2015 do not make it easier for my team to fulfil our goals, nor easy for patients and families going through the journey of advanced life-threatening diseases. But with God's help, we will do what we can and be channels of his love. Your support will always be welcomed! May God bless you.



Dr Oo Loo Chan

当《圣恩安宁》来到了第二个十年的社会服务时

.....我很快就明白，前面的道路并不一定是顺利和轻松的！是的，一个坚实的基础已经奠定了。但奠定下一层的工作，同样是富有挑战性的。

目前，安宁护理不断扩大其范围，她的服务是从癌症到非癌疾病的护理。癌症的病发率也随着人们的老化而增加，同时癌症的治疗更先进和有更多的选择的时候，。安宁护理强调全方位的照顾和良好的生活素质，所以在许多情况下，肯定能发挥其作用；且可同时能服务正接受治疗的病患者。然而，在今天的社会里，随着医疗费用的膨胀和有限的护理者，照顾病患和年长者会加重家庭的负担。

《圣恩安宁》在这一方面，努力尽其责。要有效地做到这一点，该团队不仅要越来越专业，装备齐全，还需与病患及其家属同感身受，。很多时候，我们都身兼数职，担任多个角色。前进中，我们愿意更有效的来服务——无论是在护理病患、支持家庭、或在公众教育方面。

我们国民在2015年所面对的挑战，对于我的团队，为实现我们的目标是不容易的；对于病患及其家属，要经历生命有威胁性疾病的人生旅程，也是不容易的。但在神的帮助下，我们将尽我们所能的，成为神的爱的管道。我们欢迎你们的支持及援助！愿上帝保佑你们。

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

Heartbeat of Charis Hospice

圣恩安宁护理的心跳。。。。

Hearing from one of the many students who come for short attachments with Charis Hospice, Chen Jing says,

"The time I spent with Charis Hospice was a short but wonderful experience. My visits with the nurse allowed me to experience the kindness and care in communicating with the patients and families. I witnessed how to handle patients and their anxieties.

I was able to learn much more than any textbook could offer me. The experience showed me the importance of palliative care in reducing physical, emotional and spiritual pain of the patient. Also, it was obvious to me that the Charis Hospice team is like a big family with a common goal."

谢谢，圣恩安宁护理

"昨天在Pauline 的葬礼上，为圣恩安宁护理筹了3千令吉，我现在在以支票附上这笔义款。

我把抽痰器和剩下的药物、纸尿裤、补充营养的药物归还予圣恩安宁护理，也许你们在某些地方用得上。

我也愿借此机会感谢您和护士们在我的太太身体脆弱时提供的咨询和照顾。此外，又指导我如何照顾她直到她离世，对我来说是无比的宝贵"

"我愿借此机衷心感谢你伟大的慈悲，在我父亲病患时期给予各方面的协助及关爱。我的家人非常感谢你们发自内心的关怀和慷慨。我们要感谢贵机构的爱和关怀。"

Multi Activity Center (MAC) 5th anniversary, 10th September 2014

多元化活动中心，五周年庆祝



It was a simple yet joyous celebration together with patients, volunteers and friends. Apart from cake cutting and good food, the patients and volunteer also give a songs presentation. After which, they played a few funny games. This Multi Activity Center facilitates social interaction among patients and volunteers in a conducive environment.

这是一个让病患、义工和朋友们简单而又欢乐的庆祝会。在场病患除了切蛋糕和享受美食，病患和义工呈献节目。他们也玩有趣的的游戏。多元化活动中心提供一个让病患和义工们互动的环境。



Staff & volunteers team building "Moving forward with Confidence", June 2014

圣恩安宁护理团队建设性活动。



10TH Anniversary Thanksgiving Dinner, 11th October 2014

十周年感恩晚宴



Nurse Pheng Loo says,

"Working in Charis Hospice was not as easy as I first thought. It is not just the physical and emotional support that I give to patients and family members, but it involves bringing compassion of God's love to the community. Being a palliative care nurse allows me to assess the whole person as well as to manage the deterioration in a patient's condition. This requires detailed knowledge and skill in understanding symptoms. My feeling is that I can make a real difference and that is where my job and personal satisfaction comes in."

在圣恩安宁工作不是我想象中的简单。那不只是护理服务和扶持病患的和家人在身、心、灵上的工作而已，却也是一种传达主的爱给世人。身为一位安宁护理护士可以让我更了解病患的病情。当然，这需要有关详细的医疗知识和技巧和明白症状。这份工作让我感到有满足感，而且我相信这会带来确实不一样的改变。

Thank you, Charis Hospice

"At Pauline's funeral yesterday a collection was made in favour of Charis Hospice which raised RM 3000.00 for which I attach my cheque.

I am also returning to the hospice the suction machine that was loaned to me together with remaining drugs, diapers and food supplements which, perhaps, can be used elsewhere.

I would like to take this opportunity to thank you and your nurses for the advice and care that my wife needs during her decline. Also, the support and guidance to me on how to attend to her up to her death was invaluable."

"I would like to express my sincere gratitude for your great compassion, offering unlimited manpower help and kind contribution during the difficult journey of my late father with cancer. Your heartfelt compassion and generosity are greatly appreciated by our family. We wish to thank your organization for showing much love and care."



PAST EVENTS 以往的活动

Educational Opportunities 教育机会

- Regular tutorials and various talks are attended by our team , sometimes together with other care providers from other hospices and hospitals.

-我们的团队出席专业的训练和各种讲座。间中还有其他来自不同的医院和安宁护理服务者的参与。



In house training on every Thursday

每周四的专业训练

Combined clinical meeting with other palliative care providers in Penang, 23 January 2015. 联合临床研讨会

Topic: What differentiates palliative care from other medical and nursing care?



Fund Raising & Increasing Awareness..... 筹款和提高警觉



Run for Charis Hospice

Nurse Christine Loh, successfully completed 100km Ultra- Marathon Vibram, Hong Kong within 22 hours 13minutes. About RM 34000 was raised from donation and pledges.

卢恩慈 成功以 22 小时 13 分钟完成 “香港100 公里超级马拉松” 并为 圣恩安宁 筹得逾 3 万 4000 令吉。

Palliative Care-Themed Photo Exhibition at Gurney Plaza in October to increase the awareness and to educate the public.

安宁护理摄影展-为了提高警觉和教育予大众。

The Ultimate Slow Ride @ Pearl Hill , 14 December 2014

在珍珠山骑铁马



Charity Food Fair by Eaglepoint Church Penang, 28th June 2014

慈善义卖会



Starwalk "Walk with us" 14 September 2014, sponsored by Pan International Electronics Sdn. Bhd.

义行



St.Xavier's Charity Drive, Cheque Presentation, 27 June 2014

支票递交仪式

Looking Ahead to the Second Decade 迈向第二个十年

Charis Hospice endeavors to:

圣恩安宁护理竭力:

1) Impact Hearts 触动人心

“I’m a Muslim. My wife was a Muslim, too. Nonetheless, the difference in faith did not stop Charis Hospice from extending their love and care to my family. They treated us as fellow children of God”.

Family member & patient

“我和我的太太都是回教徒。尽管信仰上的差异，也从未阻止圣恩安宁护理对我家人的关爱和照顾。

他们就像对待上帝的儿女一样对待我们。”

病人和家人

2) Involve Community 有社区参与的活动

POWIIS (Prince of Wales Island International School) students presenting item at MAC.

POWIIS国际学校的学生在多元化活动中心呈现节目。



3) Partner with Corporate Sector

与企业界的配搭

CSR project by Ivory Properties Group Bhd.

企业社会责任项目



4) Advocate for Palliative Care

提倡安宁护理

Palliative Care is important. Quality of life matters!

安宁护理很重要。重视生活素质！



Look out for our Upcoming Event !!!

Musical Concert 歌舞音乐演唱会

Theme: Life is Beautiful—From the very young to the very old

主题：美好的人生 - 从最年幼到最年长

3rd OCTOBER 2015, KDU Penang.

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”

