

## Appreciating partnership with others 感谢你们的支持



Fun & Food Fair by Petra Praise Church, 26/9/2015



"Cancer Truth 3.0" by Eu Yan Sang, 23/8/2015



Penang Round Island Ultramarathon, 27/9/2015

## Join Us 欢迎加入

### Calling Volunteers

Volunteers enhance the effectiveness of hospice work in the community. They help to raise awareness of hospice work and support important aspects of its work. If you have this heart for this work, why don't you contact **04-8279668** for more information.

### 呼吁志愿者

义工有效地提高了安宁服务在社会的工作。义工们提高安宁服务的意识和提供各方面重要的援助。如果您有意加入我们的工作，关于详情请联络**04-8279668**。

### Calling Nurses

Palliative care nurses are the pillars of this work. If you have compassion in your heart, want to use your skills to help others and desire a sense of adventure and fulfilment in your work, contact Charis Hospice!

## Upcoming Events 来临活动

### Charity Hunt - Motor & Mall

**Theme:** Cleaner, Greener, Healthier Penang

**Date:** 23th April 2016

**Venue:** 1st Avenue Mall

Financial Support is welcomed! (Tax exempted)  
Kindly address cheque to "Charis Hospice"

欢迎各位给予经济支援。  
支票抬头请注明 "Charis Hospice"



# CHARIS HOSPICE 圣恩安宁护理

Nov 2015

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*Reach Out Touch Lives*  
伸出援手触动生命

### From the Medical Director's Desk...

Over the decade that Charis Hospice has been providing free palliative home-care services to patients with life-threatening illnesses in the community, my team is constantly reminded that we are dealing with human beings, not just cancer or other diseases. When the possibility of life being no longer open-ended looms ahead, moving on in life becomes more complicated and stressful – practical problems, economic problems and relationship issues often surface.

My team endeavours to walk along with our patients and their families in their journey, desiring to lend some support and guide them in decision-making while recognizing we don't have all the answers. This requires 3 C's in our work – 'Competence' as medical professionals, 'Compassion' as fellow human beings and excellent 'Communication Skills' to be able to connect at both the mind and heart levels. In today's society where scientific breakthroughs happen so fast, including in the field of medicine, what is sacrificed often is the art of medicine - the human touch, which is an essential part of holistic care. Palliative Care endeavours to provide a balance of the science and the art of medicine.



Dr. Oo Loo Chan  
胡茹珍医生

There is much ground to cover to improve the accessibility of palliative care to Malaysians, especially the economically disadvantaged. As a small organization, Charis Hospice aspires to do its bit. Thus, we need your support in many ways, including nurses to join our staff and volunteer team, volunteers to help us in various roles and partners to help us in fund-raising and advocacy.

### 来自医务主任的办公桌...

在过去的十年中，《圣恩安宁护理》在这社区里，提供了免费的安宁居家护理服务予生命受到威胁的病患者。我的团队不断的被提醒，我们接触和帮助的人，而不仅仅是癌症或其他疾病。当生命来到尽头，生活的前进变得更复杂和紧张的时候 – 实际问题、经济问题、和关系问题就常浮现出来。

我的团队正在努力的与病人和他们的家属同行，也渴望在他们的旅程中，给予某种程度上的支持，并引导他们参与决策。我们同时也承认，我们没有所有的答案。我们的工作三个条件 – 身为医疗专业人员的“胜任能力”，身为人类同胞的“怜悯”，和卓越的“沟通技巧”，以能与病患者在思想和心灵上得到联系。在今日的社会里，科学突破性的迅速展开，包括在医学领域里，我们往往失去了医药的艺术 – 人情味，这是全方位护理不可缺少的部分。安宁护理努力的提供科学和医学艺术的平衡。

我们还有许多待以完成的工作，特别是那些面对经济问题的马来西亚人。《圣恩安宁护理》，这微小的机构，立志尽其所能的去实践她临终护理的服务。因此，我们需要你在各方面的支持，包括有护士加入我们的志愿团队，有志愿者以各种角色来帮助我们，还有合作的伙伴，以协助我们筹款和宣传。

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。

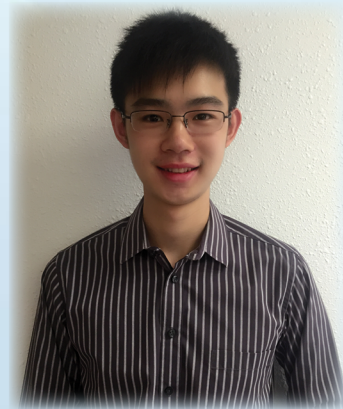


# Testimonials 见证分享

## From Patient's Family

Just wanted to take a moment to say "thank you" to all hospice staff for your professionalism and compassion to our family during time of sorrow - greatly appreciated. Special thanks to Dr Oo as she went above and beyond taking care of not just dad's physical needs, but our family's emotional needs as well, took the time to sit down and explain what was going on, listened to our concerns and kept us informed of his situation and what her team is doing. Also, special thanks to the nurses for their kindness and support during our hard time. Without your guidance, the road we faced gonna be more tough for us. God bless each one of you. Thank you, once again

我想借此机会向圣恩安宁护理全体职员说声“谢谢”，也非常感激你们在我们最悲痛的时候以专业和体恤的精神对待我们。特别感谢胡医生因为她所做的已经远远超过普通的护理，不单是父亲身体上的需要，也关心我家人心理上的需要。她花时间坐下来解释当时的情况，聆听我们的忧虑，让我们了解父亲的情况和她的团队所做的护理工作。也要特别感谢护士们的爱心和在我们最困难的时候的支持。如果没有你们的指导，也许在这条路上我们会更艰难。愿上帝祝福你们，再次感谢你们。



Lee Zhong Xuan

## From Medical Student

I was really blessed to be able to help out as a volunteer at Charis Hospice. I was given the opportunity to follow Nurse Christine as she cared for the patients. While observing her, I realised the importance of compassion and kindness in order to gain the trust from the patients. Also, it dawned upon me that being a caregiver is not an easy task. Nevertheless, with the help of individuals who dedicate their lives, helping people such as those who serve in a hospice, the burden of a caregiver as well as the patient can be reduced tremendously.

The attachment was an eye opening experience for me as a medical student because I noticed that even doctors in specialised areas of medicine, sometimes neglect the role of palliative care. I learnt more about palliative care and the services provided by a hospice. I have benefited from this attachment and learned a lot from the team at Charis Hospice who have good moral character. As Dr Oo once said, patients should be treated with your heart, not only with your knowledge. In other words, we have to treat the patient, but not the disease. In short, the experience I gained was priceless and I will forever cherish it.

我感到很荣幸能够以义工的身份在圣恩安宁护理帮忙。我有机会跟护士出去探访他们照顾的病患。然而在观察她的工作期间，我意识到怜悯和慈善的重要性以取得病患们的信任。此外，这让我渐渐领悟到当一个照顾者不是一项容易的工作。尽管如此，献身于帮助他人的人就像是安宁服务的护士一样。这可以极大地减少照顾者以及病患的负担。

这次的实习让我大开眼界，作为一名医学系学生让我意识到，即使是在专业领域的医生，有时候也忽视了安宁服务角色。我学习更多关于安宁护理和所提供的服务。我从此次的实习获益良多，我也从圣恩安宁护理的团队学到了很多关于良好的道德品德。就像胡茹珍医生曾经讲到，我们应该用心对待病患，而不是单靠知识。换句话说，我们应当治疗病患，但不是治疗疾病而已。总之，我的经验是无价的，我也会永远珍惜它。

# Past Events 以往的活动

After 10 years of hard work, Charis Hospice has her own premises. With God's love, Charis Hospice officially launched and dedicated the premises to God. On the 14th March 2015, Charis hospice invited patients and their families, VIPs, the press and neighbours to the event and shared this happiness together.

经过10 年的努力，圣恩安宁护理有了属于自己的办公楼。圣恩安宁护理为新中心举行推介礼和以上帝的爱奉献此中心。2015年3月14日，圣恩安宁护理邀请了病患和他们的家人，贵宾们，记者们和这个社区的邻居来参与和我们一起分享这喜悦。



Official launch, 14/3/2015



Celebrating birthday in new Paediatric Room, 22/9/2015



Volunteers' Day, 2/9/2015



Facebook advocacy campaign. Visit us at Facebook!

## Musical Concert - "Life is beautiful, from the very young to the very old"

A successful musical concert was organized by Charis Hospice on 3rd October 2015 at KDU. Various groups of performers took part in the concert. The guest of honor, Yang Berhormat Chow Kon Yeow graced the occasion. We thank God that an amount of RM 36,000 was raised. This musical concert was organized with the objective to increase public awareness of own work in palliative care. It was a musical performance concerning the life journey of a cancer patient, with solo and duet vocalists as well as choir, instrumental performance and dancing. The violinist, Verena said : " It was a creative and meaningful concert, I really enjoyed being part of the musical event and I am looking forward to the next one".



Concert curtain call



Arrival of YB



Boys' Brigade ( Volunteer )

## 《美好人生-从最年幼到最年长》

10月3日2015年，在伯乐学院檳城分院，圣恩安宁护理举办了一场成功的音乐晚会。此音乐会有来自各组的表演者参与。特邀嘉宾 Y B 曹观友（YB Chow Kon Yeow）莅临这音乐晚会。我们感谢上帝，当晚成功凑得善款共3万6千令吉。音乐晚会主办的目的是为了公众对安宁护理服务的意识及工作。此音乐晚会以音乐来描绘一个癌症病人的旅程，包括了独唱，双人合唱及合唱团，乐器表演及舞蹈。演出者郭芷彤表示：这是一个有创意和非常有意义的演唱会，真的很享受能够成为演唱会的一份子也期待下一次的演唱会。