



CHARIS HOSPICE

圣恩安宁护理

April 2016

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Charis Hospice Penang

Palliative Care emphasizes quality of life over and above quantity of life,

.....but what does this mean?

Relief of physical symptoms is an important aspect of palliative care, but suffering is more than just physical symptoms. The apprehension of coming face-to-face with the fact that life is no longer active like before or that life is limited is difficult to bear, almost unbearable for some.

Modern medicine has contributed to our society being ill at ease with physical decay and eventual dying. As my team walks alongside patients with life-threatening illnesses in our endeavour to lighten their burden, the emotional pain can overwhelm the physical pain – to the extent that suicide is a better option. As the traditional family ties loosen and families become smaller, the burden to care for the ill increases and is often passed to nursing or old-folks homes. The emotional distress of family members seeing their loved one fade away also seems to increase.

What can my team do? Together with the hospital doctors, we attempt to control troubling symptoms and guide families along in rendering care to their loved ones. When we have no answers to emotional pain, we offer our ears, hoping to bring some comfort. We encourage our patients to move on as best as they can. What can you do? Be more aware of palliative care so that you can help us promote it. Be part of the community to support our work so that we can extend our services – by offering your time, your skills and your resources.

**临终护理强调生活的质量胜过生命的数量，
。。。但这意味着什么呢？**

临终护理其重要的一面就是缓解身体的症状，但病患者的痛苦不仅仅是身体各种症状。他们即将要面对的事实，即是生活不能再像之前的活跃或要面对有限的生命都是很难承受的，对于一些人更是无法忍受。

现代医学在我们人体得以安然衰退和逐渐垂死方面，已经为我们的社会作出了贡献。可是，当我的团队与在生命边缘的病患者一起前进，努力的要减轻他们的重担时，我们知道情绪上的痛苦是可以压倒身体上的痛苦 – 甚至自杀是一个更好的选择。由于传统家庭关系的疏松和家庭变小，照顾病人的负担因而增加，但却往往是转送给病老院或老人院。家人情绪的困扰似乎也随着自己心爱的人的消逝而增加。

我的团队能够做什么呢？一同与医院的医生们，我们试图控制症状的搅扰并引导家人一起照顾自己的亲人。当我们在情绪的痛苦上没有答案时，我们给予聆听的耳朵，希望能给病患者带来一些安慰。我们也鼓励我们的病人继续前进。

你能做什么呢？你要更注意临终护理，这样就可以帮助我们宣传。你可以参与以支持我们的工作，使我们能够扩展我们的服务 – 就是透过奉献你的时间，你的技能和资源。



Dr. Oo Loo Chan
胡茹珍医生
Medical Director

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

Hi there! I am Sherene. On 20th January 2016, my friends and I visited Charis Hospice for the first time. We went there to help and spend time with the seniors and the patients who meet every Wednesday at the Multi Activity Centre (MAC) located at Charis Hospice. We prepared some simple exercises, art and craft for them to do.

It was through this experience that I got to know more about how these elderly folks feel and how life was for them. When I was there, I was given the opportunity to talk to a few of them. I remember Mrs. Khoo, who is one of the patients of Charis Hospice. She shared with me how her family treated her. Throughout her story, I realized how important it is for us to spend time with our family members.

Our elderly loved ones do not care how much money we give them or about receiving expensive things. All they want is our presence with them and to accompany them. They feel lonely and do not like being left out especially in times when they are sick and in need of help. So, for those of us who still have parents, please do not leave them out but be with them, spend time with them. That is all they want and this can bring happiness to them. As their child, this is the best thing we can do for them as they age.



Sherene (3rd from left) with other youths from RGBC SYMers

嘿！我是**Sherene**。2016年1月20日，我和朋友们一起到了**Charis Hospice**。这是我们第一次来到这边。我们去那里帮忙，与长老和病人聊天。我们准备了一些简单的体操和创意的手工和他们一起完成。

经过这次的经验，我们了解了他们的心声与他们的生活。我在那里，我得了一个机会与患者谈天。我还记得**Mrs. Khoo**。她是其中一个患者。她与我分享她的故事。告诉有关她的家人如何对待她。有好有坏。通过她的故事，我意识到花时间陪我们的家庭成员是多么重要的事情。

他们不在乎你给他们多少钱或给他们买了昂贵的东西。他们所需要的是我们生为儿女的陪伴。不要让他们感到孤独或抛弃。没有人愿意被遗忘，包括长者及患者，更何况是我们的父母。

和他们在一起，空出时间陪他们，这是他们最想要，最简单的快乐。

Reach Out Touch Lives

伸出缓手触动生命

Past Events 以往的活动

Straits Quay Charity Christmas Bazaar

Charis Hospice was invited to take up a booth at Straits Quay Charity Christmas Bazaar on the 21st November, 2015. This was an event organized by Straits Quay-E & O Trading Sdn Bhd. Charis Hospice's handicraft ladies were there to sell their beautiful, quality craftwork to raise funds for Charis Hospice. Great job, ladies!

Straits Quay 圣诞慈善义卖会

圣恩安宁临终护理在11月21日2015年，被邀请在Strait Quay圣诞慈善义卖会摆设摊位。这是由Straits Quay - E&O贸易私人有限公司举办的一个活动。圣恩安宁临终护理的女士们在那里出售漂亮，有质量的手工艺品，为恩安宁临终护理 筹集资金。女士们，妳们真棒！



Charis Hospice's Handicraft Ladies



Josephine giving out Christmas presents

Christmas tea party at Multi Activity Centre (MAC)

Charis Hospice staff and volunteers celebrated Christmas with the MAC members on the 16th December, 2015. A choir from IWA came to share the joy by serenading Christmas carols to the folks at MAC. The MAC members had a wonderful time singing, eating and receiving presents on that day. Many thanks to the IWA choir and their sponsorship of curry puffs for the tea party and Josephine, our volunteer, in blessing the MAC members with beautiful Christmas gifts.

圣诞茶会于《圣恩安宁》的多功能活动中心 (MAC)

《圣恩安宁》的职员和义工们，连同MAC的成员，在12月16日2015年庆祝圣诞节。IWA的诗班带来了圣诞小夜曲，他们与MAC的成员分享圣诞的喜悦。在那一天，MAC的成员有一个非常美好的时光，包括唱歌，用餐和接收礼物。我们感谢IWA的诗班和他们报效的咖喱角，还有我们的义工Josephine，她给MAC成员带来了祝福 - 美丽的圣诞礼物。



IWA choir



MAC singing carols

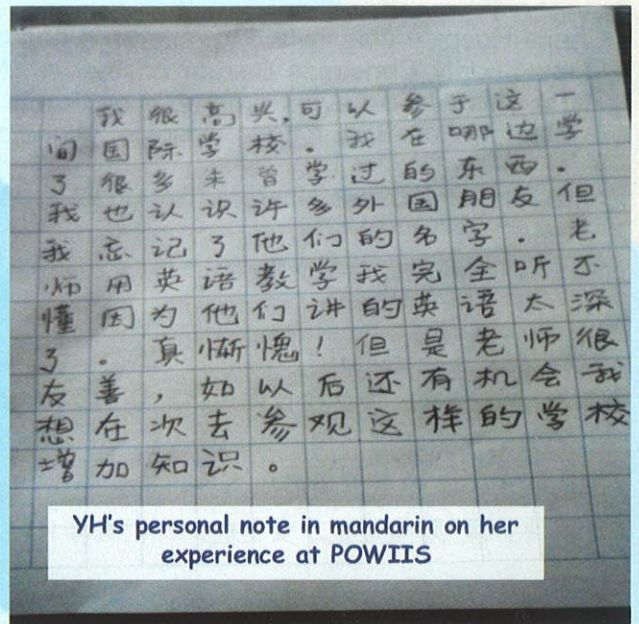
Appreciating partnership with others

感谢你们的支持

Visitation to POWIIS on 8th December 2015

Thanks to Prince of Wales International School (POWIIS) in giving our paediatrics patient, YH and her sister a wonderful experience in an international school. They were given different tasks to perform and learnt new skills in the activities.

Patient YH said: "I am happy to be able to visit this international school. In this school, I learnt many things which I have not learnt before. I also came to know of friends from other countries but I have forgotten their names. The teachers use English in their teaching but I could not understand because the English was too deep for me. I feel so ashamed. The teachers are very friendly. In the future, if I have the opportunity I would like to visit such a school again to gain more knowledge."



YH's personal note in mandarin on her experience at POWIIS

Karen's Painting & TheArtSpace

RM1,425.00 was raised for Charis Hospice Penang by the creative art club at TheArtESpace, Straits Quay, from sale of festive postcards of Karen's painting at the Christmas Charity Bazaar together with exhibition and donations from art club members.

Charis Hospice would like to thank Karen and all members of TheArtSpace for their support and generous donation.



克伦绘画和TheArtSpace

创意艺术俱乐部TheArtESpace,

Straits Quay为圣恩安宁临终护理 筹集了 RM1,425.00, 包括在圣诞慈善义卖活动出售的克伦画画 - 节日明信片, 以及艺术俱乐部成员的展览和捐献。

圣恩安宁临终护理要感谢克伦绘画和TheArtSpace所有成员的支持和慷慨的捐助。



YH & sister's visitation to POWIIS

Upcoming Events 来临活动



We welcome donations. Please make your cheques to "Charis Hospice". All donations made to Charis Hospice are tax exempted.

欢迎各位给予经济支持。

支票抬头请注明 "Charis Hospice"

**Come & sign up for our charity hunt!!
Registration is open now. Call us for more information!**