

Past Events 以往的活动



BOD-Ooi Choon Piao MAC Christmas 2016



IWA MAC Christmas 2016



MAC Christmas 2016

MAC Christmas Celebration 2016

Charis Hospice's MAC patients and their loved ones together with Friends of Seniors (FOS) had a fun and joyous time celebrating Christmas at Charis Hospice on the 7th December, 2016. They were given a wonderful lunch and enjoyed the carols sung by the IWA choir. The choir team also brought some curry puffs for dessert. One of Charis Hospice's patient, John, sang a Hokkien song and a MAC volunteer, Siew Ngoh, also sang a Mandarin song to the crowd. The patients then played a game called 'passing the parcel', which they thoroughly enjoyed. We also had the opportunity to celebrate one of our patient's birthday. Charis Hospice would like to thank all those involved in the Christmas celebration, namely, the IWA team, the Boys Brigade, the volunteers and staff of Charis Hospice and FOS in making this Christmas celebration a wonderful and memorable one for the patients and their families.

MAC 2016年圣诞庆典

2016年12月7日，圣恩安宁护理中心（Charis Hospice）的MAC病人、他们的家人朋友以及长者之友（Friends of Seniors, FOS）一起在本中心度过了欢乐圣诞。丰盛午餐过后，圣诞庆典就由IWA唱诗班献唱的圣诞颂歌掀开序幕，接着登场的是带来一首福建歌的本中心病人John，而MAC志愿者Siew Ngoh则为大家带来一首华语歌。接下来，大家一起玩了“传包裹”的游戏并为其中一位病人庆祝生日。在这里，圣恩安宁护理中心要藉此机会感谢每个令这个圣诞庆典得以顺利举行的单位及个人，这包括献诗又带小点心前来的IWA团队、基督少年军（the Boys Brigade）、本护理中心的志愿者和职员以及长者之友（FOS），衷心感谢大家为本中心的病患以及他们的家人带来了一个温馨难忘的圣诞。



Craft ladies-SQ

Christmas Charity Bazaar Straits Quay

Our handicraft ladies had brisk sales on their Christmas crafts for the charity bazaar held at Straits Quay on the 26th November, 2016. It was already the school holidays and the crowd was there to purchase their Christmas gifts in advance. They managed to raise around RM3,000 for Charis Hospice. We would like to take thank E & O for the invitation to hold a stall at this bazaar. Once again, great job, ladies!

Straits Quay的慈善圣诞市集

2016年11月26日在Straits Quay举行的慈善圣诞市集，我们的手工艺小组取得了漂亮的业绩，成功为圣恩安宁护理中心（Charis Hospice）筹获RM3,000。此佳绩除了归功于小组成员的精美手工艺外，圣诞市集期间也恰逢学校假期，多了不少提前购买圣诞礼物的人潮。最后，我们要感谢E&O集团参与邀请我们参与此慈善圣诞市集。



Ammanzda-Winchester

Health talks with MNCs & corporates 与跨国公司与企业联办健康讲座

The last quarter of 2016, we managed to visit Winchester Electronics and HSBC Bank to share with their staff on palliative care and the services provided by Charis Hospice. We want to thank the management of Winchester and HSBC for the support given to Charis Hospice and we look forward to the participation of their staff and management once again in our coming annual charity hunt in April 2017!

2016年的最后一个季度，我们有幸可以到Winchester Electronics与HSBC银行，与他们的员工分享临终护理知识以及圣恩安宁护理中心（Charis Hospice）所提供的服务。我们要感谢这两个跨国企业管理层给本中心的支持，并期待在2017年4月举行的年度寻宝游戏中再次与他们以及他们的员工见面！

We welcome donations. Please make your cheques to "Charis Hospice"
All donations of RM50.00 above made to Charis Hospice are tax exempted

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CHARIS HOSPICE 圣恩安宁护理

April 2017

26 & 28, Lintang Paya Terubong 3, 11060 Air Itam, Penang.

T 04-8279668

F 04-8279667

M 011-12466757

E charishospice@gmail.com

W www.charishospice.com



Charis Hospice Penang

Editorial 编辑

Someone asked me, "You meet people towards the end of their lives. How has that changed you?"

It is true that in my 12 years of working in Charis Hospice, my team has walked with many patients and family members through this difficult journey of end-of-life. But, in recent years, as palliative care expands its scope, we also have patients who we journey with for more than a year.

How have these affected me?

I am learning to see the big picture. Life is transient. Death will definitely follow birth, no matter how much we avoid it. We need to ponder on it if we are going to live the 'in-between years' well. How can we move on in life and live as well as we can despite the physical and emotional pain of having a potentially incurable, life-threatening disease? That's the constant challenge to our patients. I firmly believe that our society needs to grow towards being more comfortable to have conversations about death and dying.

I am also learning to see the small pictures. What small things can be counted as blessings and gives quality of life, when days are like a yo-yo, sometimes with more downs than ups? Seemingly small symptoms like constipation, which medical professionals may be less interested in, interest me more now – for these do matter to my patients, many of whom are elderly. A small gesture, like a kind word, a gentle touch and especially offering a pair of listening ears is therapeutic when we don't have answers to their emotional pain –but sometimes these are the most difficult to give in the busyness of seeing to the relief of physical symptoms.

In the process of offering palliative care, I am also learning and hopefully, living, some basic tenets of palliative care – what constitutes quality of life, moving on in life and having a good closure.

有人问我：“你日常接触的都是即将走到生命终点的人，这如何改变了你？”

确实，我已经在圣恩安宁护理中心（Charis Hospice）工作了12个年头，我的工作团队陪伴许多病人以及他们的家人走过艰难的人生最后一程。但是，最近随着临终看护拓展其范畴，有些病人已经跟着我们超过了一年。

这些对我造成怎样的影响呢？

我开始把人生拉长来看，人生稍纵即逝，生必伴随着死，怎样也无法躲开。我们应该停下来思考，我们要如何把这“生与死之间”的人生过好。我们要如何在身体病痛及情绪伤痛下，以及面对不治之症时，依然可以让生活继续精彩？这对我们的病人来说是一个持续的挑战。我极力主张，我们的社会应该成长并更加开诚布公地讨论生与死这个议题。

我也开始学习往小事情看，细数生命中构成恩典的小事。人生就如过山车般高低起伏，当处于低潮时就要学习数算恩典。一些小问题如便秘，或许不会获得医疗专家的重视，但是这却是我的许多病人以及年长者所面对的问题。一些细微的动作，例如关怀的言语、温柔的触碰以及一双聆听的耳朵都极具治疗功效，但是这却是忙碌的社会中最难给予的，因为人们总是倾向给予实际帮助多于无形帮助。

在给予临终关怀的同时，我也在学习临终关怀的一些准则，那就是关注生命的品质、在逆境中让生活继续以及拥有一剂好的生活解药。

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。



Dr. Oo Loo Chan
胡茹珍医生
Medical Director

Testimonials 见证分享

Shawn



Good day to all readers! I am Shawn, a youth currently doing a leadership training with a church in Penang. Together with my friends, Jing An and Leong Jun, we visited Charis Hospice on 8th February, 2017. Our intention was to spend some time with the seniors and patients to make them feel happier and try our best to pump life into them once again. True enough, most of us felt intimidated as we were afraid that we may accidentally say some things and unintentionally hurt them. Besides that, there is also this huge age gap and we felt that we could not really maintain a conversation with them. So in order to achieve our intention, we prepared some songs for them to sing along, games and also a video clip.

It was really a great and an eye-opening experience. In the time given, I was able to talk to a few patients and seniors. I remember the first aunty I talked to, who is one of the patients there. She was really caring and also nice. She constantly asked me if I had already eaten. She also has a one of a kind humour, which made me laugh a lot. I could feel that she really appreciated our presence too as she kept asking me to sit beside her.

Through this, I realized that most of them really feel lonely and do not like to be alone. All they really want is just our presence with them, for us to accompany them, and most importantly for us to accept them for who they are right now. Often times, when we are chasing after our own dreams in this fast-paced world, such as career, personal achievements and targets in life, we tend to shove this group of people aside unintentionally.

So, I hope that we can all do our part to bring back the love and the care in our community that is slowly fading away in this ever-evolving world. Helping and encouraging them is not really that hard. A simple and sincere smile and your presence mean a lot to them. This can actually make their day and lift their spirits. Trust me, this will also bring joy and peace to ourselves too. So let us all take this step today and make a difference in people's lives.

各位读者大家好! 我是Shawn, 是一名目前在槟城的一家教会进行领袖培训的年轻人。在2017年2月8日, 我与我的朋友Jing An和Leong Jun拜访了圣恩安宁护理中心 (Charis Hospice), 希望我们的陪伴可以让院里的长者及病患重拾笑容。但是, 我们内心感到忐忑不安, 害怕不小心说错话伤害了他们的感受。此外, 年龄的鸿沟也让我们对于要如何与长者对话感到不知所措。为了解开这个僵局, 我们准备了一些歌曲、游戏以及录影片段。

不料, 事情进展得比预想的顺利, 也是一个很好以及开拓眼界的学习经验, 而我也有机会与数位长者交谈。我记得, 其中一个阿姨非常亲切, 在聊天中一直问我吃饱了, 而她的幽默也让我笑开了怀。在这过程中, 她一直叫我坐在她的身边, 我感受到她非常珍惜我们的到访。

此次探访让我发现, 大部分在护理中心的长者都非常孤独, 他们希望有人来探访与陪伴他们。更重要的是, 接受目前他们的状态。很多时候, 我们在这快速的世界追逐我们的梦想、个人成就及事业, 就会不自觉忽略这些长者。

所以我希望, 每个人都可以给这个迅速变化的世界中带来一些爱与关怀。给这些长者关心与鼓励并不是一件难事, 只要一个微笑一个陪伴, 对他们来说就意义非凡, 而你自己的生活也将充满喜乐与平安。所以, 从今天开始就踏出第一步, 改变自己让他人的生活不再一样。

Appreciating partnership with others 感谢你们的支持



Group photo-Pg Hill outing



Patients-Pg Hill outing



Pg Hill-Agilent staff lunch

Penang Hill Outing with Agilent

Charis Hospice's MAC patients and their caregivers were taken to Penang Hill for an outing organized by Agilent Technologies on the 9th November, 2016. There were 30 pax in total, inclusive of Agilent staff who went for this outing. The MAC patients had a wonderful time at Bellview Hotel where they had their lunch and also celebrated one of the patient's birthday. They also had a time of singing and dancing before being taken for a short tour on the hotel's golf buggies to view the wonderful scenery of Georgetown. It was truly a memorable experience for each one of them and one that will last a lifetime. Thank you to the management and staff of Agilent for this wonderful experience.

与Agilent员工同游升旗山

2016年11月9日, 圣恩安宁护理中心 (Charis Hospice) 上臂肌围 (MAC) 病人以及他们的护理员浩浩荡荡地上了升旗山, 参与由 Agilent Technologies主办的活动。此行30人不仅在 Bellview Hotel享用了美味的午餐, 也在那里为其中一位病患庆祝生日, 大家一起唱歌跳舞, 其乐融融。午餐后, 大家坐在酒店提供的高尔夫球车上游览升旗山, 鸟瞰槟城美景度过了难忘的一天。最后, 我们不忘感谢 Agilent Technologies给我们带来了这么一个美妙难忘的经验。

Basic Caregiver's Training –St. Nicholas' Home for the Blind on 2nd Oct, 2016

This was our last Basic Caregiver's training for 2016 and it was truly a successful one! We had the privilege to work together with YB Yap Soo Huey who organized this training at her constituency. There were 50 participants, some who came from as far as Langkawi and Perlis. The training taught them how to care for their elderly and sick at home. The participants had practical sessions under the supervision of professionally trained nurses and physiotherapists who showed them how to transfer their loved one from wheelchair to bed, how to sit them upright on the bed as well as how to give them a bed bath if they are immobile. These were some of the basic hands on training the participants experienced apart from the theory. Charis Hospice would like to take this opportunity to thank YB Yap Soo Huey and team in making this training possible and we hope to work alongside with the state government in reaching out to the community in Penang through this means in time to come.

基本看护培训 圣尼古拉盲人院 (2016年10月2日)

这是我们在2016年最后的培训, 但却是一个成功的培训! 我们很荣幸可以与浮罗池滑州议员叶舒惠在她的选区内联办这项活动, 培训了50名学员并教导他们如何在家进行基本看护。这其中, 更有远自浮罗交怡与玻璃市的学员千里迢迢地来参加这个非常实用的培训。在专业看护以及物理治疗师的监督指导下, 学员们学习如何把亲人从轮椅转移到床上、如何让他们可以在床上坐好, 以及如何在他们无法下床时为他们洗澡。除了理论外, 此培训更让学员们动手实习。我们感谢叶舒惠州议员以及团队让此次培训得以成功举行, 并期待在未来可以与州政府合作, 让更多槟州人民可以学习到这门知识。



Group photo of Basic Caregiver's Training



YB Yap helping to transfer 'patient'

Penang General Hospital's ENT awareness week on 1st November, 2016

槟城中央医院耳鼻喉癌症醒觉周 (2016年11月1日)

Charis Hospice would like to thank Penang GH ENT Department for inviting us to have a stall set up to bring awareness to the public with regards to our services. This was in line with their ENT cancer awareness week. It was a great opportunity for our volunteer, Gerard Khoo, who is a cancer survivor himself, to be there to promote his book, 'Road to beautiful: A journey of hope'. We look forward to working together with Penang GH in bringing such awareness to the public again. Terima kasih.

圣恩安宁护理中心(Charis Hospice) 感谢槟城中央医院耳鼻喉科邀请我们参与该院主办的耳鼻喉癌症醒觉周。在此次活动中, 我们不仅摆摊介绍我们的服务, 本中心的癌症生还志愿者Gerard Khaw更在现场与听众分享他以抗癌经历写成的书——“ Road to beautiful: A journey of hope ”。我们期待下次可以再次与槟城中央医院合作, 一起向公众推广耳鼻喉癌症醒觉。



Penang General Hospital



Royal Bintang Hotel



Dr Oo receiving mock cheque



Press conference at Royal Bintang Hotel

B.O.O.B.S Project with Disted College

Charis Hospice is grateful to the Hospitality students of Disted College who organized this breast cancer awareness campaign, Bunch of Outrageous Breast Cancer Survivors (B.O.O.B.S), where we were chosen as the sole beneficiary. The event was held on the 29th October, 2016 at Automall located at Karpal Singh Drive with YB Yap Soo Huey as the guest of honor. Their positive attitude in wanting to see this event a success paid off and they managed to collect well over their target of RM 10,000, with a grand total of RM30,000. Well done to all of them! Thank you to the B.O.O.B.S team, sponsors and the general public for the support given and the opportunity for Charis Hospice to share about palliative care and our services to the community.

与立达学院 (Disted College)联办的B.O.O.B.S活动

圣恩安宁护理中心 (Charis Hospice) 感谢立达学院 (Disted College)餐旅系学生主办了向乳癌勇士致敬 (Bunch of Outrageous Breast Cancer Survivors, B.O.O.B.S) 活动, 并把我們列为唯一的受益单位。这项于2016年10月29日在加巴星大道的Automall举行的活动, 成功筹获RM30,000, 比预定目标RM10,000为高。本中心要向主办此活动的团队、赞助商以及慷慨解囊的公众以及到场支持的浮罗池滑州议员叶舒惠致谢, 他们让我们可以向社会大众分享何谓临终关怀以及我们的服务。



Charis Hospice PR Mgr with YB Yap