



CHARIS HOSPICE

圣恩安宁护理

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 Charis Hospice Penang

Editorial 编辑

Advances in the science of medicine has ushered in many breakthroughs, even blurring the line of when life begins and ends. In the process it has become increasingly compartmentalized, commercialized and technology-driven. Palliative care can bring a breath of fresh air - it emphasizes holistic care, patient-centred care and draws from the heart and not just the mind of the medical profession. These tenets of care are invaluable in any field of medical practice, reminding us that the patient is more than a disease, but a whole person relating to significant others around him.

Palliative care can be seen as undergirding a bridge (comprising patient and family) under much stress of heavy traffic (journey of a life-threatening illness). Society adores the fast, strong and victorious. In reality, there are many who are weak and frail – how do we support them? We can start by being more open to talk about frailty and dying, so that it no longer remains a taboo.

The incidence of cancer is increasing. The need for palliative care, for cancer and non-cancer diseases, continues to grow in our country but unfortunately, the provision is not in tandem. We need to be more aware of the need in order to agitate for palliative care to be better integrated into our healthcare system. It has been proven that palliative care not only helps the dying but also the living – earlier referral has shown improved survival and better quality of life.

Charis Hospice, as a small provider of community palliative care, endeavours to do its bit to make the journey lighter for the patients and families we walk alongside, many through the sunset days of life till the very end – hopefully a dignified and peaceful closure for all.



Dr. Oo Loo Chan
胡茹珍医生
Medical Director

医药科技的进步带来很多突破，甚至模糊了生死的界限。在这个过程中，生与死逐渐被划分、商业化和以科技为导向。安宁疗护可以带来一股清新气息——它注重全人关怀、以病人为中心，从病人而非医学专家的角度出发。这个医护宗旨在任何的医疗实践中都是珍贵且无价的，它提醒我们，病人比疾病重要，它让病人继续与生命中重要的人保持联系。

安宁疗护可看成一座从下方加固的桥梁，虽然面对繁重的交通流量（危及生命的疾病），但是依然紧密地连接病人与家属。社会崇拜快速、强壮和胜利，但是在现实中，很多都是体弱及脆弱的，我们要如何支持他们？我们应该学习更公开地谈论脆弱及死亡，让这不再成为一种禁忌。

患癌人数越来越增长，给予癌症病人以及非癌症病人的安宁疗护的需求也日渐增加。然而在我国，供应跟不上需求。我们必须意识到这个需求，使到安宁疗护可以纳入我们的医疗照护系统。实例已经证实，安宁疗护不仅对临终病人有帮助，也对在世的家属非常有用。及早采用安宁疗护将提高生存机会，并提升生命品质。

圣恩安宁护理中心是一家小型的社区安宁护理中心，我们透过提供安宁护理服务，让与我们同行的病人及家属的这段旅程可以见到更多亮光，也让病人可以安静和有尊严地走向人生终点。

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

Recently, I have had the unique opportunity to volunteer at Charis Hospice in Penang. As someone who hopes to one day have a career in the medical field, I have sought out many different service opportunities in the past, but end of life care will always hold a special place in my heart. As a young college student, my experience in this type of work is limited, but my time spent with the Charis team has been a wonderful learning experience for me. Caring for the elderly has been very educational. Seeing the different aspects of assisted living and the techniques involved have given me a deeper appreciation for the families and medical workers who make it possible.

When I first started volunteering at Charis, I was quite nervous and would often ask myself, what can I say? What can I do? I didn't think there was much I could offer people at this stage of their lives. However, after spending time at Charis Hospice, I have come to realize there is always something you can offer: your time. Sit with them, talk with them, let them know someone is there for them.

I have had a wonderful time at Charis Hospice and I wish the best of luck to the team and those they care for. If anyone reading this has an interest in Charis Hospice, I would highly recommend volunteering there.

Best wishes,
Larson Romo

Reach Out Touch Lives 

伸出缓手触动生命

最近，我获得了在槟城圣恩安宁护理中心当义工的难得机会。因为未来想在医学领域发展，我在过去一直寻找各种服务机会，但是在我内心深处，临终关怀是最关心的。我是一名年轻的学院生，没有太多临终关怀的经验，但是与圣恩安宁服务中心团队一起的学习时光，却是非常有意义的。

照顾长者是一件具有教育性质的事，可以藉此了解日常生活中所需要用到的不同技术及技能，这让我更加珍惜那些照顾长者的家庭及医护人员。

当我开始在圣恩安宁护理中心当义工时，我有点紧张并问自己，要说什么？我可以做什么？我没有想过在他们临终的这个阶段，我还可以给他们什么。然而，在圣恩安宁护理中心一段时日后，我发现，有一样东西你永远可以给他们——那就是你的时间。与他们坐在一起、与他们聊天，让他们知道有人关心他们。

我在圣恩安宁护理中心度过了美好时光，我仅献上我的祝福给圣恩安宁服务中心团队以及他们所照顾的病人。如果正在读这篇文章的你对圣恩安宁护理中心有兴趣，我强烈推荐你到那里当义工。

Larson Romo



Larson (third from right) with Charis Hospice staff

Appreciating partnership with others 感谢你们的支持

Health talks with Multinational Corporations

The second half of 2017, we were able to visit a number of MNCs for our palliative care awareness campaign. Some of the companies we visited include Dell, Knowles, Agilent Technologies, Texchem Corporation, Kobe Precision. We want to thank each of them for their hospitality towards us and giving us the opportunity to be able to share with their staff on the benefits of palliative care. We hope through this sharing, the staff will be able to see how they can contribute to the needs of the community. As such, we look forward to seeing them participate in our coming annual Charity Hunt 2018!

与跨国企业的健康讲座

2017年下半年，我们感谢有机会拜访数家跨国企业进行我们的临终关怀活动。我们拜访的企业包括Dell、Knowles、安捷伦科技 (Agilent Technologies)、Texchem Corporation、Kobe Precision。我们要感谢每一个拜访的跨国企业对我们的热情招待，让我们与他们的员工分享临终安宁疗护 (Palliative Care) 的好处。我们希望透过是次分享，职员可以思考自己可以如何回馈社会。为此，我们希望可以在我们来临的2018年慈善寻宝赛中可以见到他们的参与！



Dell



Knowles

Chinese New Year Celebration with Texchem Corporation-15th February, 2017



Charis Hospice would like to thank Texchem Corporation Ladies Club for arranging a lunch for the MAC patients at our premises during Chinese New Year. The team consists of seven ladies who represented the various subsidiaries of Texchem group. They spent the morning entertaining the patients by sharing with them about the history of Texchem, singing songs and playing games with them. The patients then were treated with a delicious Japanese lunch from Sushi King. Thank you, ladies for giving the MAC patients a wonderful time!



MAC patients enjoying lunch provided by Texchem Corporation



与Texchem 企业的农历新年庆祝活动，2017年2月15日

圣恩安宁护理中心感谢Texchem 企业在本中心的多元用途礼堂安排了午餐，与本中心病人一起欢庆农历新年。Texchem 企业的团由7名女士组成，分别代表企业7个不同的子公司。整个早上，这些女士们与病人分享Texchem集团的历史，并与他们一起唱歌与玩游戏。较后，大家一起享用了来自Sushi King美味的日本餐。谢谢妳，来自Texchem 企业的女士们，妳们的到来给了MAC 的病人一段美妙的时光！



PR Manager receiving cheque from Mr. Mike McMullen



Group photo taken with Agilent team

Cheque Presentation at Agilent Technologies for 'Adopt A Patient Project' - 27 July, 2017

Agilent and Charis Hospice embarked into a project together called the "Adopt A Patient" at their Bayan Lepas plant on the 16th and 23rd May, 2017. The team and Agilent as a company managed to collect RM25,000 from the drive which will be channeled to needy patients who require subsidy for wound care, CBD kits, milk supplements and transportation cost for hospital beds as well as costs to cover the Home visits done by our nurses and doctor. It was a privilege to be able to receive the mock cheque amounting to RM25,000 from Mr. Mike McMullen, President & CEO of Agilent on the 27th July, 2017. Thank you to Agilent and staff for your partnership with Charis Hospice on the 'Adopt a Patient Project' ! Your contribution will reach those who are really in need of palliative care in Penang island.

在安捷伦科技接领“领养病人”活动支票，2017年7月27日

2017年5月16日至23日之间，圣恩安宁护理中心与安捷伦科技在安捷伦科技中心峇六拜的工厂共同参与了“领养病人”活动。这个活动的参与者与安捷伦公司成功凑获了2万5千令吉，这些款项将被用于相关需要病人的辅助，如伤口处理、CBD配套、奶粉以及从转移病床的费用。此外，这笔款项也将用来辅助中心的医生及护士做家访的费用。在2017年7月27日，我们很荣幸地可以从安捷伦科技总裁兼首席执行官迈克·麦克马伦 (Mike McMullen) 手中接过2万5千令吉的模拟支票。

感谢安捷伦科技以及职员与圣恩安宁护理中心，共同进行“领养病人”活动！你的捐献将会好好用在檳城需要安宁疗护的病人身上。

St Xavier's Institution charity drive 'Together We Can Make A Difference'

On the 16th June, 2017, Charis Hospice together with 19 other organisations in Penang, were selected to be beneficiaries of St Xavier's Institution charity drive 'Together We Can Make A Difference'. We want to thank all the teachers, students and PIBG of St Xavier's for the donation of RM3,000.00 to Charis Hospice. May the teachers continue to inspire the students to give back to society and help them see the importance of reaching out and touching the lives of those in need.

圣芳济学校慈善义驾“在一起，我们可以做出改变”

在2017年6月16日，圣恩安宁护理中心与其他19个团体被挑选为圣芳济学校慈善义驾“在一起，我们可以做出改变”的受惠团体。我们要感谢圣芳济学校的老师、学生以及家教协会捐献3千令吉给我们。希望该校的教师继续启迪学生回馈社会，并让学生们看到接触及关怀那些需要帮助人士的重要性。



PR Manager receiving cheque from a student

Past Events 以往的活动

Basic Caregiver's Training Module 2

We were able to launch Module 2 of Basic Caregiver's training on the 19th August, 2017! Charis Hospice and Friends of Seniors want to thank all the participants of Basic Caregiver's training Module 2 for making it a success! The attendance was at maximum capacity.

The topics for Module 2 include transferring of patients on wheelchair to/from car, chest physiotherapy, perineal care and wound care. The participants had plenty of time for practical to try out some of the things taught to them. We want to take this opportunity to thank our team of trainers and volunteers who faithfully set aside their time to share their skills for the benefit of the community of Penang! Terima kasih .. Well done, team! :)

基本看护训练第二阶段

在2017年8月19日，我们成功主办了第二阶段的基本看护训练。圣恩安宁护理中心及长者之友要感谢所有的参与者，让此次训练可以成功举行，并达到预定的参与人数。在第二阶段的训练中，参与者学到如何将病人从车里转移到轮椅或反之、胸腔物理治疗、会阴护理和伤口处理。在训练过程中，参与者也有足够的时间来练习所学习的事物。我们也要特别感谢此课程的培训员以及志工，感谢他们付出精力及时间，与我们分享了有用的知识，造福槟城社会！万二分的感谢，仅此献给这些培训员及志工！



We welcome donations. Please make your cheque to "Charis Hospice". All donations of RM 50 and above 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" 。所有50令吉或以上的捐款都属于税务豁免。

MAC 8th Anniversary Celebration- 6th September, 2017

Charis Hospice celebrated the Multi Activity Center's (MAC) 8th Anniversary together with our patients, their families, volunteers and staff. We had the privilege of having the ECSS team from Agilent to join us in this joyous occasion. Charis Hospice Medical Director, Dr. Oo and representative of the Board of Directors, Mr. Kew, gave a short speech to commemorate the anniversary. They thanked Agilent for their support to the MAC patients. During the games session, seven of the Agilent staff were paired together with our patients and they had a fun time! Refreshment was served shortly after and everyone sang for the cutting of MAC's anniversary cake as well as the birthday cake of one of our patients. The anniversary ended with a lunch sponsored by Agilent. We also want to take this opportunity to thank all our MAC volunteers who have given their time to come and touch the lives of these patients weekly. Let's continue to reach out and touch lives!



MAC 8周年庆祝活动，2017年9月6日

圣恩安宁护理中心日前与病人及他们的家属、志愿者以及职员欢庆MAC 8周年纪念。而我们也荣幸地可以有安捷伦 (Agilent) 的ECCS团队与我们一起共度这个欢乐时刻。

圣恩安宁护理中心医疗主任胡茹珍以及董事部代表Mr. Kew在会上献上简短的致词。他们感谢安捷伦给予MAC病人的支持。在游戏时间，7名安捷伦员工与我们的病人配成一对玩游戏，玩得非常尽兴投入。

在点心时间之后，大家聚在一起唱歌切蛋糕庆祝MAC 8周年庆，也帮生日的病人庆祝生日。这个活动以安捷伦赞助的午餐划下美丽的句点。

我们也要藉此机会感谢MAC所有的志工，他们每周到这里来陪伴病人，与他们建立联系。让我们继续接触病人并改变他们的生命！