



# CHARIS HOSPICE

## 圣恩安宁护理

Apr 2019

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## Editorial 编辑 .....

Recently, an elderly patient who has been with Charis Hospice for 3 years passed away – not from her cancer which was controlled by a pill a day, but from other medical problems. This scenario will get more common in an aging population. The success of cancer treatment prolongs life but also contributes to treatment-related and age-related problems. The emotional burden, including anxiety and depression, of such survivors can be substantial as they struggle with the loss of independence for self-care. When the survival period is prolonged, the burden on family members can also be high, both emotionally and financially.

As such, the need for community palliative care will continue to rise, not just to care for such elderly cancer survivors, but also for cancer patients of all ages with significant symptom burden and challenging needs of care including those who are still undergoing active treatment. Palliative care has also opened its doors to specific non-cancer patients. The goal of a community palliative care provider like Charis Hospice is always to help our patients and families move on in life, and to have a good closure when death comes, especially for those who choose to spend their remaining days at home.

Charis Hospice is celebrating its 15th Anniversary this year. The team of staff and volunteers has expanded in tandem with increased patient-load. The scope of care has expanded to encompass more diseases. The challenge of care has increased as families with insufficient resources struggle to provide care as best as they can. The emotional burden of both the patient and family also seems to increase in today's fast-paced society that embraces productivity, despises frailty and produces fragmented families.

Will you extend your hand to partner with Charis Hospice to make the journey lighter for patients we walk with, while we continue to agitate for better holistic care for all in our community?

最近，一个在圣恩安宁护理中心三年的年长病人去世了，死因不是因为她已经药物控制的癌症，而是其他病因。这样的情景在长者社群将越来越普遍。成功控制癌症后病人的生命得以延长，但是却会带来护理以及年龄老迈而造成的相关问题。情绪的压力如焦虑与忧郁将有可能在癌症幸存者身上发生，尤其是他们失去自理能力时。当幸存期延长时，其家人的情绪与经济压力也会日益增加。

为此，临终关怀社区服务的需求也将会提高，不仅要关怀年长的癌症幸存者，也要关怀还在进行治疗且有显著负担的病人与家属。目前，临终关怀服务也把范畴开放到非癌症病人中。临终关怀社区服务的目的是帮助病人和其家人继续前进，让病人在死亡来临前可以有善终，尤其是那些选择在家临终的病人。

圣恩安宁护理中心将在今年庆祝成立15周年。职员和志工团队甚至病人都已增加，而关怀的范畴也拓展到更多疾病。不够资源的病人家属无法提供最好的医疗支援给病人，导致临终关怀的医疗挑战日益增加。如今，步伐紧凑的社会常常会忽略病人和其家属脆弱的一面，造成病人及其家属的情绪压力跟着增加。

你愿意与圣恩安宁护理中心同行，陪伴临终病人一起走最后一程，让他们的最后一程走得更轻松，给社区带来更好的临终关怀服务吗？



DR. OO LOO CHAN  
胡茹珍医生  
MEDICAL DIRECTOR

# Testimonials 见证分享

## My experience with Charis Hospice

The home visits with Charis Hospice's nurses during my 4 days attachment was a very fruitful experience for me. I have never experienced this before and therefore found it very meaningful. I hope this exposure to palliative care will help me in my development as a medical student and in turn in becoming a better doctor in the near future. I hope to apply my experience with patients as I have gained a better understanding of how cancer affects them. I have seen the difficult situation faced by patients and their family members especially when dealing with the pain and suffering caused by cancer. As caregivers, we have to control and put our emotions aside whilst serving with compassion. Every patient is unique and they have real needs. Therefore, we need to exercise patience and empathize with them so that we can better understand their needs. Being able to communicate well is essential during home visits and it was beautifully carried out by Charis Hospice nurses whom I had the privilege to accompany with during my attachment with them.

## 我在圣恩安宁护理中心的经验

我在这里的4天实习中，与护士一起进行了家访，这是一个收获丰富的实习经验。我希望这个接触临终病人的机会，可以让我从目前的医学系学生变成未来的好医生。现在，我已经更深入地了解癌症如何影响病人，并希望把这些经验用于未来病人身上。在这里，我亲自见到病人与病人如何承受着因癌症带来的极大痛苦。而身为护理人员，我们在以爱心照顾病人时更必须控制自身情绪。每个病人都是独特且有不同的需求。所以，我们必须以耐心与同理心对待他们，这样我们才更能了解他们的需求。沟通是家访非常重要的一环，而在我陪同圣恩安宁护士家访期间，她们是非常好的沟通者，让我从中学习不少。



Khoo Chia Yee

Reach Out Touch Lives



伸出缓手触动生命

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

## Olive Tree Hotel management staff visit at MAC

We want to thank the Olive Tree Hotel team that comprised of 15 departmental heads together with their Executive Director, Ms Andrea Cheah, who visited our Multi Activity Centre (MAC) on the 24th October, 2018.

The team provided lunch for our MAC patients, volunteers and staff and everyone had a wonderful time getting to know each other. We want to thank them also for the kind donation of RM7,000 which will help us in providing free palliative home care service to those who are suffering from cancer and advanced illnesses.

We look forward to their support for 2019 and many more years to come!

## Olive Tree 酒店管理层莅临多元活动中心

我们要感谢Olive Tree酒店管理层于10月24日莅临我们的多元活动中心。在酒店执行董事 Ms Andrea Cheah 率领下，共有15名酒店部门主管出席此深具意义的活动。

酒店管理层除了为患者、志工及职员提供午餐外，也给中心捐献了7千令吉。这笔捐款让我们可以为癌症及重症病患提供免费的居家临终关怀服务。

我们期待2019年及来年可以继续获得他们的支持！



## St Xavier's Institution's Charity Drive 2018

It was a privilege for Charis Hospice to be invited to the cheque presentation at St Xavier's Institution at Lebuh Farquhar on the 8th October, 2018.

Charis Hospice would like to thank all the students and teachers of St.Xavier's Institution for their kind donation of RM3,000 raised from their Charity Drive 2018- Show you care, Give a share. We were one of the many NGOs who were chosen to be their beneficiary.

May this spirit of caring and sharing continue to be in the hearts of all Xaverians!



Principal-Dr Sim addressing the crowd



Students assembly

## 圣芳济学校2018慈善活动

圣恩安宁护理中心感到荣幸可以于10月8日受邀到华盖街的圣芳济学校接领支票。

中心要感谢圣芳济学校的学生在他们的2018年“展现你的关怀，与人分享”慈善活动上为我们筹获3千令吉。我们是其中一个受惠的非政府组织团体。

希望圣芳济学校的学生继续维持着爱与分享的精神！



Group Photo with various NGO representatives



# Appreciating partnership with others .....

## 感谢你们的支持

### Palliative Care Day collaboration with Penang General Hospital

Charis Hospice celebrated World Hospice and Palliative Care Day together with Penang GH on the 10th October, 2018. The theme for this year is 'Because I Matter', a phrase taken from Ms Cecilia Saunders.

We were invited to set up a booth to inform the public about palliative care. At the same time, we also shared with them the services provided by Charis Hospice to those who are in need of it.

Let's continue to share and support the importance of palliative care and the role of a hospice to cancer patients and their families.

Reach Out, Touch Lives, Bring Hope.



Charis Hospice booth



Dr Jaishree



Various NGOs who participated



Theme for World Hospice & Palliative Care Day

### 与槟城中央医院合办临终关怀日

圣恩安宁护理中心于2018年10月10日，联合槟城中央医院一起主办世界临终关怀日活动。今年的活动主题为“因为我关心”，这是取自开创临终关怀医疗实践的西西里·桑德斯的名言。

我们受邀设立档位，让公众知道何谓临终关怀。此外，我们也向公众告知我们提供的服务。

且让我们继续努力，让更多人知道并支持临终关怀，此服务对癌症病患及其家人尤其重要。

我们要走出去，接触他人并给他人带来希望。

### Collaboration with Disted College students 'Spooktacular Fiesta 2018'

Charis Hospice would like to thank the Disted College hospitality students who were able to raise RM2,000 from their recent Spooktacular Fiesta 2018 held at their college in Georgetown on the 28th October, 2018.

They also managed to organize an essay writing with the title, 'My experience of going through the journey of dying with a close one', a collaboration with Charis Hospice in trying to break the taboo of talking about death & dying in our culture. The top 3 winners of the contest will have their essays featured in our upcoming 15th Anniversary Souvenir Program.

Well done, Spooktacular team!!



1st Winner

2nd Winner

3rd Winner



### 与立达学校2018年万圣节活动进行合作

圣恩安宁护理中心要感谢立达学院的热心学生，于10月28日在槟城校区举行的万圣节活动上，为我们筹获了2千令吉。

此外，他们也与中心合作，成功主办了“我陪最亲近的人走过临终”作文比赛，比赛首3名得奖者的作品将会刊登在中心15周年活动场刊上。中心主办此比赛的目的是希望打破我们文化中关于死亡的禁忌。

立达学校学生，你们做得非常好！

## Charis Hospice 15th Anniversary Dinner

This year, we will be celebrating our 15th Anniversary by having a dinner at Setia Spice Convention Centre. We hope to raise RM200,000 for this event. If you would like to sponsor a table for this dinner or give a donation for this event, please call us at 04-8279668 for more information. We value and greatly appreciate all your kind and generous support.

为了欢庆15周年纪念日，今年我们将举办晚宴位于在槟城的Setia Spice Convention Centre。我们希望在本次的晚宴中可以拨款RM200,000。如果您想捐款或赞助晚宴桌可联系04-8279668。我们在此感谢你们鼎力支持。

You are cordially invited to:

Charis Hospice 15th Anniversary Dinner

Date: 12th October, 2019 (Saturday)

Venue: SPICE Setia Convention Centre

Time: 7.30 pm - 10.30 pm

Dress code: Smart casual

Sands of Time



# Past Events 以往的活动

## MAC & FOS Christmas Celebration 2018

MAC together with Friends of Seniors (FOS) celebrated Christmas on the 12th December, 2018 at our center located in Farlim. For this year, we had the True Light Baptist Church youth group to sing Christmas carols and share the Christmas message to our patients and guests. We also had our Board member, Mr. Kew, to give a short speech during the celebration.

Our MAC emcee, Jo, organised games for the patients, volunteers and youth. All of them had such a great time!

We are so grateful to the youth group of True Light Baptist church and Datin Vivienne for sponsoring the Christmas lunch.

A big thank you to all our MAC and FOS volunteers and staff for making it a memorable Christmas celebration!



Blowing Balloons



Games forfeit-push ups



Games forfeit- dancing



FOS & MAC choir



Jo-MAC emcee

## 多元活动中心及长者之友的2018圣诞庆祝活动

2018年12月12日，在我们位于发林的会所内，多元活动中心联合长者之友（FOS）举行了联合圣诞庆祝会。今年，真光浸信教会青年团为我们献唱了圣诞颂并与中心病患及嘉宾分享了圣诞讯息。此外，我们的董事会成员Mr.Kew也在会上发表简短献词。



Mr Kew giving a short speech



Carolers from True Light Baptist Church

多元活动中心的主持人Jo也为病患、志愿者及青年团团友安排了游戏环节，大家都乐在其中。

我们感谢真光浸信教会青年团的到来，也感谢拿汀Vivienne赞助的圣诞午餐。

最后，感谢多元活动中心及长者之友的所有志愿者及职员，让这个圣诞庆祝活动成功举行！

## Straits Quay Christmas Bazaar & Levin's Line Dance Group on 24th & 25th November, 2018 was a success!!

Charis Hospice would like to thank our handicraft ladies for their time and effort in helping us raise RM2,548 through their sale on 24th Nov, 2018 (Saturday) at the Straits quay Christmas Bazaar. Great job, ladies!!

And on Sunday, we had 120 line dancers from all over Penang who came to join in Levin's Line Dance group to give support to Charis Hospice and bring awareness on palliative care! It was awesome seeing all of them entertaining those who came by to the Bazaar. They were also able to raise RM1,400 which will help in our palliative care service to cancer patients who are in need.

Last but not least, a big thank you to the public for your support and donation as well!

## Straits Quay 圣诞市集及 Levin 排舞表演成功举行!

圣恩安宁护理中心要藉此机会感谢我们的手工团队，她们奉献了她们的时间与精力，于2018年11月24日（周六）在 Straits Quay 圣诞市集为中心筹获了2,548令吉。妳们是最棒的！

而在周日，120名来自全槟各地的排舞者参与Levin排舞表演，在给予圣恩安宁护理中心支持之余也提升公众对临终关怀服务的醒觉。这群舞者也成功为中心筹获1,400令吉，这将用于为癌症病患提供临终关怀服务。

最后，我们不忘感谢热心捐款及支持的公众！



Craft team at SQ Christmas Bazaar



Line Dancers at Straits Quay



Receiving amount collected from Levin

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。支票请注明 "Charis Hospice"。所有50令吉或以上的捐款都属于税务豁免。