

Biannual Newsletter

December 2021

Want to learn more about the activities Charis Hospice has been involved in?

Watch our Founder and Medical Director alongside caregivers talk about "[End-of-life Care: Right Conversations at the Right Time](#)" and Charis Hospice's "[Myth Buster: Debunking palliative care myths](#)" virtual talk with UOW Malaysia KDU Penang

Charis Hospice Penang

A Message from our Founder

Year 2021, a Covid-19 pandemic year, may be "silent" to some but "havoc" to others. To my team, it has been challenging. End-of-life from non-Covid causes cannot wait till the pandemic is over. It can be even more traumatic – delay in getting medical help, happening in isolation or being complicated by Covid-19 infection. End-of-life care is only part of the scope of the palliative care we render.



We give medical service to help the patient and family move on in their journey of life-threatening illness. We also interact with the community to advocate for greater availability of palliative care.

My heart is so thankful that my team gelled well to continue our service throughout these months. We have learnt precious lessons while adapting - RESET & RETOOL was our motto. We laughed, likely even cried silently. We thank God and all our supporters for your help. Ending the year with GRATITUDE helps us to prepare for the new year – likely another potentially challenging year, fraught with uncertainties. HAPPY NEW YEAR!

Hamper Project to 20 patients & families



Thank you Agilent Technologies!

Kind Malaysia Virtual 2021



Talk by Dr Oo & caregiver on "End-of-Life Care: Right Conversations at the Right Time".



Activities

August - December 2021

Hamper Project with Agilent Technologies

5th August

Kind Malaysia Virtual 2021

7th - 9th September

"Journeying through End-of-Life" Dialogue with The Asian Woman

15th September

"Myth Busters: Debunking palliative care myths and more" with UOW Malaysia KDU Penang

8th - 9th October



"Journeying through End-of-Life" Dialogue



Thank you, The Asian Woman and Ms Po Lin, for hosting this live chat with Dr Oo and caregivers Ms Emilia Ismail and Ms Yuen Yoke Ping.

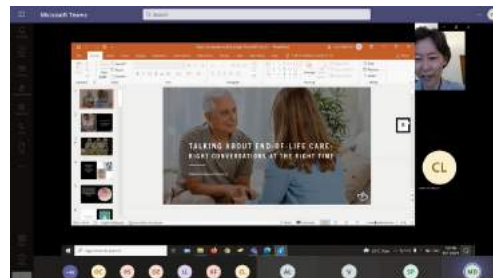
"Myth Busters: Debunking palliative care myths" with UOW Malaysia KDU Penang

followed by a contest on Facebook for the students.

Thank you UOW Malaysia KDU Penang.



Virtual Talk to doctors on "End-of-Life Care: Right Conversations at the Right Time"



Thank you, Gleneagles Hospital Penang, for availing Dr Oo this opportunity.

Charis Hospice Team Bonding



Step back, unwind and recharge from all the uncertainties our team has faced this year!

Activities

August - December 2021

Virtual Talk to doctors on "End-of-Life Care: Right Conversations at the Right Time"

11th November

Charis Hospice Team Bonding

25th November

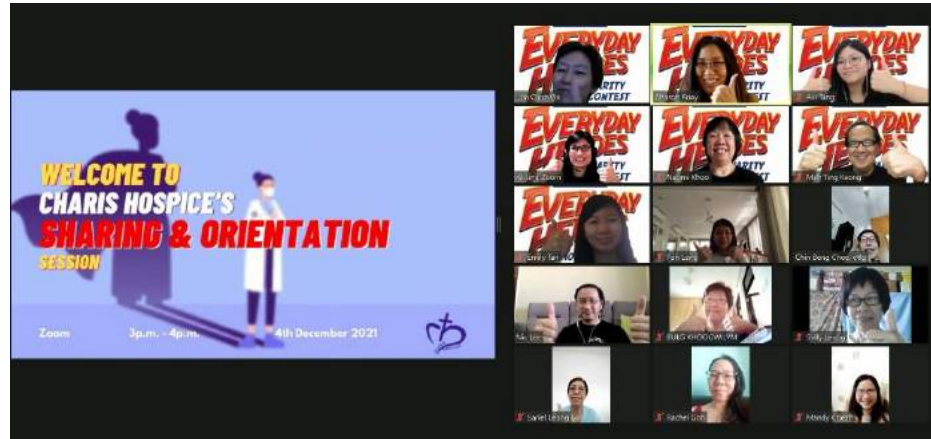
"Everyday Heroes Charity Photo Contest 2022" Sharing and Orientation Session with Volunteers

4th December

Christmas Meal Blessing 2021

18th December

Sharing & Orientation with Volunteers



In conjunction with International Volunteer Day, a virtual session was organised with our potential volunteers on Zoom for the "Everyday Heroes Charity Photo Contest 2022". Welcome aboard!

Come participate in our Everyday Heroes Charity Photo Contest 2022 from March 21 to March 26. A total of RM5,000 CASH prizes to be won.



Christmas Meal Blessing 2021



Delivery of gifts and Christmas meals by Chef Audee to 9 patients and their families, bringing joy to them!



Contact Us

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"Words aren't enough to express. Without the doctors & the nurses, I really can't go through this journey. I am happy to see my mum still with us with your help & guidance but I do understand & can see her slowing down" - Words from a patient's family member.

Biweekly Social Media Posts

in conjunction with the 2021 World Hospice & Palliative Care Day theme "Leave No One Behind", which aligns with our mission to be an effective provider of palliative home care services to patients with cancer and other advanced critical illnesses and to advocate for greater awareness and availability of palliative care.

Digital Transformation of our records

Our deep appreciation to Ernst Wong from Mooiko Limited UK, for spearheading the development of our medical app.

Our Supporters and Donors make our work possible

Our heartfelt appreciation to you all, many of whom are unseen & unnamed.

About Charis Hospice Penang

Founded in 2004, Charis Hospice is a charitable organisation that provides free medical home care support & services for patients with cancer and other advanced critical illnesses. This service is provided to patients in Penang island, irrespective of race or religion. Services are provided by a team of trained professionals (doctors and nurses) and volunteers.

下半年会讯

2021年12月

想要了解更多圣恩安宁护理中心的活动吗？

点击这里观看圣恩安宁护理中心医药总监胡茹珍医生及护理员主讲“**临终护理：在对的时间进行对的对话**”和与马来西亚伍伦贡伯乐大学学院槟城分院 (UOW Malaysia KDU Penang) 联办“**迷思克星：揭破舒缓护理迷思**”讲座

圣恩安宁护理中心

创办人的话

2021年依然是个疫情年，这一年对某些人来说 是“静默年”，但是对某些人来说，却也是“浩劫年”。对我的团队来说，这是一个充满挑战的一年。临终关怀不能等到疫情终结。这段期间，临终关怀变得困难重重并面对医疗资源短缺、隔离或被感染的风险。在我们推行的舒缓护理 (Palliative Care) 中，临终关怀是其中一个重要面向。



我们为临终病人和家属提供医疗服务。我们也面向社区，希望推动让更多人可以得到舒缓护理服务。

这数月来，我的团队互相配合来为病人提供服务，让临终关怀不中断，我的心里充满感恩。我们在这段时间学会了适应新常态，重新设定与重新调整是我们的座右铭。我们欢笑，有时安静哭泣，但是我向上帝为每个帮助过我们的你们献上感恩。我们为这一年的总结献上感恩，也为充满不确定因素的新一年做好准备。新年快乐！

为20个病人及家属送上礼篮



感谢安捷伦科技!

Kind Malaysia Virtual 2021



圣恩安宁护理中心医药总监胡茹珍医生及护理员主讲“**临终护理：在对的时间进行对的对话**”。



活动

2021年8月 - 12月

安捷伦科技的礼篮计划

8月5日

Kind Malaysia Virtual
2021 线上讲座

9月7日 - 9日

联合 The Asian Woman 主
办“陪伴临终者”对谈

9月15日

与马来西亚伍伦贡伯乐大学学
院槟城分院 (UOW
Malaysia KDU Penang)
联办“迷思克星：揭破舒缓
护理迷思”讲座

10月8日 - 9日



"陪伴临终者" 对谈



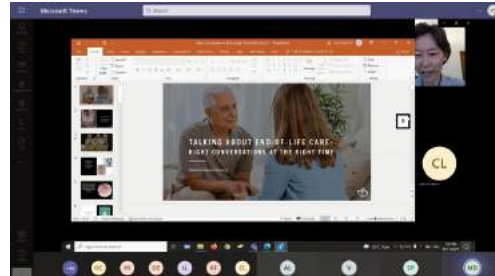
感谢 The Asian Woman 和 Ms Po Lin 邀请 圣恩安宁护理中心医药总监胡茹珍医生和护理员 Ms Emilia Ismail 和 Ms Yuen Yoke Ping 参与此对谈会。

与马来西亚伍伦贡伯乐大学学院槟城分院 (UOW Malaysia KDU Penang) 联办“迷思克星:揭破舒缓护理迷思” 讲座，学生较后也在脸上参与竞赛环节。

感谢马来西亚伍伦贡伯乐大学学
院槟城分院!



给医生的虚拟讲座 - "临终护理：在对的时间进行对的对话"



感谢槟城鹰阁医院给圣恩安宁护理中心医药总监胡茹珍医生分享的机会。

圣恩安宁护理中心团队团建日



一起走过了充满挑战的一年，现在是放松与充电的时刻!

活动

2021年8月 – 12月

给医生的虚拟讲座 – “临终护理：在对的时间进行对的对话”

11月11日

圣恩安宁护理中心团建日

11月25日

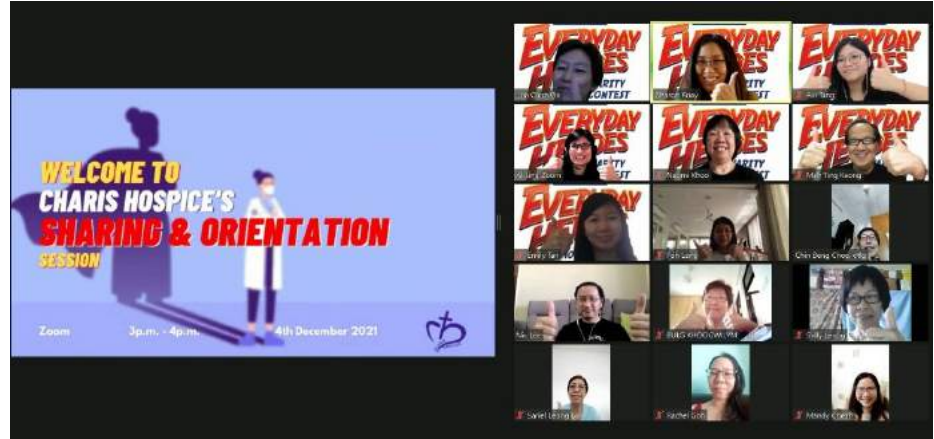
“2022年每日英雄慈善摄影比赛”志愿者迎新及分享会

12月4日

2021圣诞餐点的祝福

12月18日

志愿者的迎新与分享日



配合国际志愿者日，我们在Zoom为“2022年每日英雄慈善摄影比赛”的未来志愿者主办了虚拟迎新及分享日。欢迎加入我们的志愿者行列！

欢迎参与“2022年每日英雄慈善摄影比赛”，比赛期间为2022年3月21日至3月26日。将送出总值RM5,000的现金。



2021圣诞餐点的祝福



Chef Audee 共为9位病人及家属送上圣诞礼物和餐点，让他们感受节庆的欢乐！



联络我们

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“言语无法表达我对医生和护士的感激，没有他们的陪伴，我无法走下去。我很高兴我妈依然在，虽然她日渐衰弱。” – 来自病人家属。

社交媒体每双周发文 配合

2021年世界安宁日的主题“这个旅程，你不孤单”，我们每双周在社交媒体发文。世界安宁日主题也是圣恩安宁护理中心的使命，那即是癌症和其他重症病人提供居家舒缓护理、倡导舒缓护理的醒觉及为更多人提供舒缓护理的服务。

把医疗记录电子化

我们衷心感谢 Mooiko Limited UK 的 Ernst Wong from Mooiko Limited UK 协助我们发展医疗 app。

我们的工作得力于支持者和捐款者的大力支持

衷心感谢你们，具名和不具名的热心人士。

关于圣恩安宁护理中心

圣恩安宁护理中心创立于2004年，是一家为癌症和其他重症病人提供免费居家支援和服务的慈善机构。我们不分种族与宗教，由一群专业的医生护士和志愿者为槟岛地区的病人提供服务。