

Biannual Newsletter

July 2023

Charis Hospice was founded 19 years ago. With only 1 pioneer nurse and doctor, we embarked on our journey in providing community palliative home care services in Penang Island.

Learn more about our organisation and the journey of an ex-patient's family in the introduction and the testimonial video.

Click to watch.



Founder's Foreword

Dr. Oo Loo Chan

”

At times I am asked, "Why do I do hospice work?" I know what the inquirer is thinking – I work with dying people. But palliative care is more than that.

Over the two decades of my involvement in palliative care, I have seen the positive development of it being available for patients who are in the earlier stage of their disease trajectory before they reach the dying phase, and also for non-cancer patients.

However, I also see the incidence of late referrals to my team increasing – many are sent home to die, often upon their earlier requests or the families are trying to fulfil their requests. My team does what we can to facilitate a painless and peaceful closure for all.

However, there is a key essence of palliative care we aren't able to provide when the patient comes to us critically ill, with a mind that is no longer clear.

Palliative care endeavours to support the patient going through his end-of-life journey, not just physically but also emotionally – exploring what can be meaningful for him, what is of dignity, what are his preferences, etc.

In our culture, how important are these issues? Care at this stage is still very dependent on informal or family care-givers. I see family members making decisions for the patient.

Do we need to give the patient a say? A healthcare system that focuses on curing diseases, rather than providing holistic whole-person care even at end-of-life, will continue to drive for endless treatment to cure despite minuscule benefits.

A society that doesn't embrace dying as part of life will readily join this drive. As the grey tsunami sweeps us, more and more among us will enter end-of-life, not just with one disease but possibly with multiple diseases.

How do we want our end-of-life care to be like? How will palliative care develop in our country in the next decade?

Activities

January-June 2023

10th Charity Hunt Press Conference & Launch

8th February

Pre-hunt Briefing

2nd March

Together We Care & Share Charity Hunt

4th March

Blessings & Donations

22nd April & 25th May



10th Charity Hunt Press Conference & Launch

After a 3-year hiatus due to the Covid-19 pandemic, a press conference was held at Charis Hospice to announce the launch of our 10th charity hunt themed "Together We Care & Share". With 2023 being our 10th year of organising charity hunts, the organising committee has decided on a theme that aims to encapsulate compassion and unity.

We were honoured to have the esteemed presence and support of YB Yeoh Soon Hin, Penang State EXCO for Tourism And Creative Economy.



YB Yeoh Soon Hin presented with the official 10th charity hunt t-shirt

YB Yeoh Soon Hin also pledged a donation of RM10,000 towards the charity hunt. His support of a noble cause is remarkable. Together, we can create a meaningful impact on the lives of many.



Group photo of staff, organising committee & board members by Buletin Mutiara

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4th March

Blessings & Donations
22nd April & 25th May



Pre-hunt Briefing

As the excitement built for our 10th charity hunt, we gathered for a pre-hunt briefing at Penang Skills Development Centre (PSDC). We extend our heartfelt gratitude to Penang Skills Development Centre (PSDC) for their continuous support for many years and willingness to open up their space for our pre-hunt briefing. Their support enabled us to create a memorable and meaningful experience for our participants, marshals, volunteers, and everyone involved.



Photos of the pre-hunt briefing at Penang Skills Development Centre (PSDC)

We would also like to thank everyone for their collective efforts. With their support, it gave us a boost in confidence that the charity hunt would be a success, bringing us closer to our goals.

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Together We Care & Share Charity Hunt

Charis Hospice's 10th Charity Hunt themed Together We Care & Share was organised successfully with 360 participants and nearly RM260,000 funds raised!

We extend our heartfelt gratitude to our sponsors from event to venue, prize, goody bag, t-shirt, lunch, and dessert sponsors for their kind partnership and trust!



Photos of the 10th Charity Hunt event, lunch, dessert & venue sponsors

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We would also like to thank our generous donors whose support and donations have significantly impacted Charis Hospice and the patients we care for. Additionally, we are grateful to the dedicated marshals, volunteers, and photographers who volunteered their time and provided invaluable assistance to our small organising committee in various aspects. Your contributions and selflessness have genuinely made a difference and are deeply cherished.



Photos of marshals, volunteers, organising committee & staff

To all participants, your unwavering support of this noble cause is appreciated. We look forward to bringing you an exciting brand-new fundraising event in 2024! Together, let's continue to make a positive impact on the lives of others.



Photos of participants doing their hunt activities at the rooftop garden of Setia SPICE

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Blessings & Donations

Congratulations to St. George's Church Penang on its 204th anniversary as well as its declaration as a Pro-Cathedral and its successful carnival.

We extend our heartfelt gratitude to St. George's Church Penang for their generosity in donating RM5,000 towards Charis Hospice.



Group photo of beneficiaries at St. George's Church Penang carnival

A heartfelt thank you to Plexus and its members for the generous donation of RM18,957 and support throughout the years. We are deeply grateful for the ongoing partnership as their commitment brings comfort, dignity, and meaningful impact to countless lives.



Mock cheque presentation at The Wembley – A St Giles Hotel by Plexus

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Testimonial

I thank God for all of you at Charis Hospice, and I am very grateful for the home support you have provided for my brother. The service you provide is invaluable to the community – **Words from a patient's family.**

Our Supporters and Donors

A heartfelt appreciation to all of you, many of whom are unseen and unnamed. We look forward to continuous partnership and support in the work that we do for our community.

About Charis Hospice

Founded in 2004, Charis Hospice is a charitable NGO offering **FREE** Palliative Home Care services for patients with advanced cancer and other advanced life-threatening 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.

双语会讯

2023 年 7 月

成立于19年前的圣恩安宁护理中心，成立之初只有一名护士以及一名医生。就这样，我们开始了在槟岛提供居家舒缓护理（palliative home care）服务的旅程。

从以下的简介以及前病人家属的见证影音中，你可以对我们更加了解。

点击观看。



创办人的话

Dr. Oo Loo Chan



时不时有人问我：“你为什么从事临终关怀工作？”我知道他们的疑问为何而来 — 因为我的工作就是与临终的人为伍。但是舒缓护理的工作内容却不仅仅这样。

在过去20年来，我一直参与舒缓护理服务，也见到了这个领域正面的进展。如今，临终病人，包括非癌症病人都可以更容易获得舒缓护理服务。

然而，我也发现近期晚期转诊的现象日益增加 — 很多病人被送回家等待死亡的来临，这往往是病人很早就提出的请求，或者是家人试图满足病人的要求。我的团队尽力让病人的人生完结篇，无论是对病人自身或其家属而言，都是没有痛苦且平和的。

然而，如果病人来到我们这里时已经神智不清，我们其实已经无法为他提供舒缓护理。

舒缓护理致力在实际及情感上，帮助病人度过临终时刻，这包括帮助他们探索对他们有意义的事物、有尊严的生活方式以及他们感兴趣的事物。

在我们的文化中，这些事物有多重要？在这个人生中的最后阶段的看顾，很多还是依赖非正式的看顾者以及家人。我见到的是，家人帮病人做决定。

我们是否需要让病人有话语权？一个专注于治疗疾病的医疗体系，将会一直提供治疗方案，就算此治疗方案仅带来微不足道的好处 — 它不会提供一个全人的临终关怀。

一个不把死亡视为人生一部分的社会将会接受以上的倡议。当高龄海啸向我们铺面而来时，越来越多人将会抵达生命的终点。他们面对的可能不止是一种疾病，很大可能是数种疾病。

我们到底需要怎样的临终关怀服务？在未来的十年，这个国家的舒缓服务将会如何发展？

活动

2023 年 1 月至 6 月

第10届寻宝赛新闻招待会和发布会

2月8日

寻宝赛前的行前汇报

3月2日

“我们一起分享和关心”

寻宝赛

3月4日

祝福和捐献

4月22日和5月25日



第10届寻宝赛新闻招待会和发布会

因为疫情而停办了3年，以“我们一起分享&关心”为主题的第10届慈善寻宝赛记者会今年终于在圣恩安宁护理中心举行。今年，此寻宝赛已经迈入了第10个年头，为此，寻宝赛筹委会决定拟定一个可以凝聚同理心和团结的主题。

我们很高兴可以获得槟州旅游与创意经济事务行政议员杨顺兴的支持与出席。



杨顺兴行政议员展示第10届慈善寻宝赛的T-shirt。

杨顺兴行政议员拨出RM10,000给此慈善寻宝赛。他对慈善事业的支持值得被赞扬，也因为有大家的支持，我们可以对其他人的生命带来有意义的影响。



Buletin Mutiara所拍摄的职员、筹委会以及理事的全体照。

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寻宝赛前的行前汇报

在紧张刺激的第10届慈善寻宝赛开跑之前，我们聚集在Penang Skills Development Centre (PSDC)来听取行前汇报。我们衷心感谢Penang Skills Development Centre (PSDC)多年以来的支持，且愿意开放空间让我们举行寻宝赛的行前汇报。他们的支持让我们能够为参与者、工作人员、志愿者以及相关人士创造难忘且有意义的体验。



在Penang Skills Development Centre (PSDC)内举行的寻宝赛行前汇报。

在此，我们也要感谢每个人所付出的努力。在他们的支持下，我们对可以圆满完成慈善寻宝赛充满信心，这也使我们更接近我们的目标。

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祝福和捐献
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“我们一起分享和关心” 寻宝赛

以“我们一起分享&关心”为主题的圣恩安宁护理中心第10届慈善寻宝赛，成功吸引360名参与者参加，并凑获近RM260,000的款项！

我们也要对我们的赞助商，无论是赞助活动、场地、奖品、礼品袋、t-shirt、午餐以及甜品，表达无尽的感谢。感谢他们对我们的支持与信任！



第10届慈善寻宝赛活动、午餐、甜品以及场地赞助商的照片。

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3月4日

祝福和捐献
4月22日和5月25日



我们也要感谢慷慨的捐献者，他们的支持与捐献对圣恩安宁护理中心以及我们所照顾的病人带来深刻的影响。此外，我们也要感谢我们那具有奉献精神的工作人员、志愿者以及摄影师，他们在各个方面贡献自己的力量，让我们这个小团队得以顺利运作。你们的贡献和无私的精神是用生命影响生命，值得被铭记。



工作人员、志愿者、筹委会和职员的照片。

所有的参与者，我们感谢你的热心支持使这个慈善寻宝赛得以顺利完成。我们期待在2024年可以带给你全新的寻宝赛活动！让我们再一起让生命影响生命，在他人生命中留下正面的影响。



参与者在Setia SPICE的空中花园寻宝。

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祝福和捐献

恭喜St. George's Church欢庆204周年并荣升为Pro-Cathedral。

圣乔治教堂热心捐献RM5,000 给圣恩安宁护理中心，我们对此表达万二分的感谢。



圣乔治教堂庆典活动的合照。

衷心感谢Plexus和其会员慷慨捐献RM18,957，以及这些年来的支持。对于Plexus这些年以来的合作，我们深表感激，因为他们的承诺为无数人带来深远的应许，给了他们舒适、有尊严和有意义的生活。



Plexus在The Wembley – A St Giles Hotel呈现模型支票给圣恩安宁护理中心。

联络我们

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见证

我为了圣恩安宁护理中心而感谢神，我很感谢这个中心给予我哥哥的帮助，你们提供的服务对社会是无价之宝。 - 病人家属的话。

我们的支持者及捐献者

发自内心的感谢你们，这其中很多都是匿名也从未出现过的。期待未来在社区工作上我们有更多的合作和获得更多的支持。

关于圣恩安宁护理中心

槟城圣恩安宁护理中心成立于2004年，是一家为癌症晚期和其他重症病人提供免费居家医疗支援的服务的慈善机构。此服务由一群专业且经过培训的医生、护士及志愿者提供，不分种族宗教，开放给所有在槟岛的病人。