



善寧會

Society for the Promotion of Hospice Care

www.hospicecare.org.hk

二零一二年八 / 九月 • August / September 2012

ISSUE

51 期

參與「3G 圓滿人生」 義務工作的喜與樂

3G Volunteer Services (Look Good, Feel Good, Do Good)



同學會會員
具輔助工作
行3G使命



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蕭孫郁標女士BBS與你分享 參與3G義工的喜與樂

Interview with Mrs. Yvonne Siu Sun, BBS Sharing on 3G Volunteer Services

蕭孫郁標女士BBS與善寧會的淵源始於十多年前。最初，她在善寧會擔當義工，做的主要是籌款和宣傳工作。「雖然我不是醫護人員，也沒有接受過正規的輔導訓練，但我曾於傳媒機構工作，知道宣傳的重要性……事實上，人要珍惜每天，應該以正面的態度積極活好每一天。我希望把這信息傳揚開去。」

3G圓滿人生輔工課程的開創

當時，善寧會除了有針對專業人士的課程外，也有給予公眾人士的生死教育。有些課程是針對末期癌症病人及其家人，讓他們為死亡作好準備，例如把美好的回憶，串連起來，回顧一生有意思的人和事。「每個人都有權選擇如何度過人生，即使在最後階段，都可以活得有尊嚴。」她續說：「但想一想，社會老齡化，如果可以讓人們早一點認識生死教育，讓他們慶賀人生每一天，不是更好嗎？生命不在乎長短，而是怎樣活！」

既然認為應該早一點將這信息傳揚開去，於是也就開創了以退休人士為對象的「3G圓滿人生課程」。以退休人士為對象，因為他們正面對人生新階段，包括社會角色的轉變、身體自然退化，以及步向人生的終結。以現時香港人平均壽命計，一般人退休後，還有20至25年的路要走，「而人生最大的恐懼，是對未來的無知……如果給他們提早裝備足夠的知識，去認識可能出現的一切轉變，繼而接受和作好準備，讓他們『活好』老年。」

從籌備到實踐，從籌募款項到課程規劃，以至課堂及實習時段，蕭孫郁標無不參與其中。最初試行的先導班引用了善寧會身心社靈、全人照顧的理念，再加入生死教育元

It has been more than 10 years since Mrs. Yvonne Siu Sun, BBS, joined SPHC. At that time, Yvonne was a volunteer at SPHC, mainly responsible for fundraising and publicity work. "I am neither a medical personnel nor a counsellor. Yet, I have worked in the media field for years and know the importance of publicity... we are all human beings, we have to treasure our life, our days and should live with positive attitude. I want to spread this message around."

Initiate 3G Quality Retirement Programme

At that time, SPHC offered courses for the professionals as well as life and death education for the general public. Some courses were especially designed for terminal patients and their families for the preparation for their last journey. "Everyone has the right to live positively, as well as the right to live with dignity even when facing death", she continued, "Hong Kong is facing an aging society. The meaning of life does not count on years, but the quality. If people are equipped with the knowledge of life and death at an earlier age, and treasure every day they live, isn't it better?"

This facilitated the establishment of 3G Quality Retirement Programme which targeted at the retired. Changes in social role, physical degeneration and stepping towards the end-of-life...all these signified retirement as a new stage in life. Yet, Hong Kong is one of the places where people enjoy longevity, which means people have another 20 to 25 years to live after retirement. "Men's greatest fear is their ignorance of the future."

"Do Good"



素，發展成七個單元，並請專家、學者教學，而為了避免課程流於枯燥，每一單元除了有導師講學外，亦有強調互動、參與及體驗的工作坊。

得到先導班的經驗，再作出調整。課程第一堂是先講述退休人士社會身分的轉變，第二堂是認識身體的自然退化，繼而再談及養生保健、心靈的快樂與豐足、晚晴照顧、輔工計劃及塑造未來等，邀請多位經驗豐富的講師任教，當中包括醫生、護士、學者、社工、形象顧問等專科導師，令課程更充實更完備。

學員完成課程後，3G學員將獲邀加入「3G同學會」，繼續履行3G的行善使命參與義務工作，如探訪長者，延續學習點。課程至今共舉辦了十屆，而且可說十分成功，單看今年善寧會書展的攤位，就有超過60名義工報名協助看守攤位。進入2012年，為配合善寧會的宗旨，更成立了「3G同學輔工團」，有系統地與伙伴機構/長者院舍/紓緩照顧醫護單位，一同攜手，提供定期服務。

先do good才feel good

3G的使命，是裝備自己，迎向人生新階段，益己益人，圓滿人生。3G，即Look Good（外觀良好），Feel Good（感覺美好），Do Good（行善好德）。「最初，我也不以為然，認為有自信，就自然look good、feel good，但參與過多次義工活動後，我逐漸覺得feel good是發自內在的……do good可帶來feel good，feel good就自然look good。」她補充，只有悲憫心和同理心，才可以達到內在真正的滿足感，那是另一層次的feel good；否則，縱然do good，亦僅可處理表面的事情，未必能感受feel good。

「我記得有一次當義工，一位婆婆在接過我派給她的福袋時，她同時給我一件小東西，並對我說：『我自己造的，只送你啊。』我說了句謝謝，看了看，那是用塑膠珠製成的心型鑰匙扣，刻下暖在心頭……從內心感受到『feel good』，那絕對是深層的領受。」蕭孫郁標有感而發。

3G的甜酸苦辣

回說3G課程帶給蕭孫郁標哪些甜酸苦辣，她說：「『甜』的實在太多，尤其是看見3G同學們活好每天，實踐do good，積極活好，並可以從中找回自己的存在價值及人生意義，特別在幫助別人時，心中feel good的喜悅。」

Let them be well-equipped with all sorts the knowledge about what the changes are, accept them and get prepared, all these enable them to 'live positively' when getting older and older."

From preparation to implementation, from fund raising to course formulation, from attending lecture course to participation in workshops, Yvonne took part in every single part of the programme. A pilot course was introduced with a total of seven units which incorporated SPHC's holistic concept as well as life and death education. Specialists were invited to deliver the lectures in the course. In addition, there were workshops which emphasized interaction, participation and experience, making the course more fun.

The programme was fine-tuned after the pilot course: the first lesson is about the changes in social status, the second one is about physical degeneration, then followed by health care, psychological care, latter life care, volunteer project, figuring the future, etc. Doctors, nurses, social workers, image designers were invited to be the guest speakers.

After completing the course, 3G participants are eligible to join 3G Alumni who serve to extend its "do good" element like visiting elderly home. 3G Programme has been conducted for 10 times and is successful. Most recently, over 60 alumni enthusiastically enrolled for volunteer work at the SPHC counter during the Hong Kong Book Fair. Stepping into 2012, the 3G auxiliary group was formed so as to organize regular activities more systemically with other parties.

Do good then feel good

3G stands for "Look Good, Feel Good, Do Good" and the mission is to live positively and be well-equipped for a new stage in life. "At first, I think that if I am confident, I will look good and feel good. But then when I participated in more and more volunteer service, I found that feel good is intrinsic...I mean, do good will bring about feel good, and feel good will then bring about look good." She added that compassion and empathy were also important elements that are supplementary to "do good", otherwise one cannot feel the "true satisfaction".

"I remembered once during volunteer service, when I gave a souvenir to an old lady, she gave me something in return and told me, 'I made it myself and I give it to you only.' The little gift was a key-holder made of beads. I felt so warmed by this... that's what I mean by feel good, it's a feeling coming from my heart."





她憶述一位學員，他父親進了安老院，最初他到院舍時只探望父親；完成課程後，他每次到院舍時也向其他長者問好，其實有些長者鮮有人來探望，他的一句問好對那些長者來說可謂別具意義，而對學員來說，心裏亦感到欣慰。

「至於苦呢……那是勞心勞力的苦。因為我凡事都『上心』，希望照顧周全，因此課程的大小事項，我都巨細無遺。只要我在港，每一課堂都會出席，雖然吃力，卻同時可以學習更多新事物，加上不同導師的演譯方法不同，學到的東西也不同。」

「辣方面……其實，3G學員來自不同背景，他們可以從課程中有多少得着委實視乎他們個人。這課程困難的地方，除了在協調方面，亦在於要滿足每個學員的期望。不過，我總會告訴他們，只要能夠do good就好了，即使簡單如扶長者過馬路、讓座也是。」

讓意義延展

課程不斷發展，不斷往前走，蕭孫郁標說出新目標：「我們計劃開辦進階課程，讓學員學習更多專業知識，服務走在人生末段的人。另一方面，現時正如火如荼製作一本關於3G課程的書。此書的製作殊不簡單：我們聽過課堂的錄音，再將講義默寫，繼而編輯校對……過程雖然艱辛，但希望當中內容能夠幫助退休人士、幫助同工。書的開首特別設有導讀，讓不同讀者可按需要，取得所需。歸根究底，還是希望可以把3G的意義傳揚出去、延續下去，跟更多人分享，令更多人獲益。」

如有興趣報讀新一屆的3G圓滿人生輔工課程，可參閱第8頁。

Joys & Anxiety

Speaking about the joys and anxieties she get from the 3G Programme, Yvonne smiled, “There are really too much joy in it, especially when I found 3G participants living positively and doing good. I think this can help them realize their value in life.”

She shared a case. A 3G participant's father lived in an elderly home. At first he only visited his father when he went to the elderly home. After attending the 3G programme, he said “Hi” to other old people when he visited the elderly home again. This gave so much warmth to them as some of the elderly were alone.

“The toilsome side of the programme is that, I always work with my mind and brain. So, I always pay attention to every detail. I will attend all lessons whenever I was in Hong Kong. This may be strenuous, but on the other hand, I can learn more from different approaches of different speakers.”

“The troublesome side of the programme...there are a lot of coordination work. Besides, as 3G participants came from all walks of life, what they can learn from the programme very much depends on themselves. It is difficult to fulfil the expectation of every individual participant. But, I will tell them, ‘do good’ is the essence of the programme, no matter how trivial it is or as simple as helping the elderly cross the road or offering seats to the needy.”

Looking forward

Looking forward, Yvonne expressed her wish, “We planned to initiate advanced course covering professional knowledge on serving people at the end of their life. In addition, we are going to publish a book about the 3G programme. We encountered so much difficulties along the way – we listened to the recording of the lectures, wrote down the lecture notes, edited the content and proof read... It is tough, but we believe it can help the retired and those working in the field. We designed a guideline for this book so that readers know how to make use of the book and get the most from it. All in all, we want to spread the mission of 3G and share it with more people.”

For details of 3G Quality Retirement Programme, please refer to P.8. (In Chinese only)

關於蕭孫郁標 Mrs. Yvonne Siu Sun, BBS

曾任職於無線電視、佳視、有線電視，並曾任華人永遠墳場管理委員會成員（2008-2011）、香港乳癌基金會創會會員及顧問、廣播事務管理局投訴委員會成員（2004-2010）。2002至2003年任善寧會執行總監，開創包含寧養照顧培訓的起居照顧員課程，其後加入為本會執行委員會委員，並開創3G圓滿人生課程，以及參與多個社區推廣生死教育義工活動。由於熱心參與公共及社會服務，表現傑出，尤其對廣播業貢獻良多，於2011年獲頒授銅紫荊星章。

An experienced media personnel who has worked in TVB, Commercial Television and Cable TV. She is also devoted in the public sector and volunteer service and had served as Board Member of the Chinese Permanent Cemeteries (2008 – 2011), Founding Member and Consultant of Hong Kong Breast Cancer Foundation, Broadcast Complaints Committee Member of Broadcasting Authority (2004 – 2010). She joined SPHC as Executive Director in 2002 – 2003 and initiated the Personal Care Workers training programme. Thereafter, she became a member of the SPHC Executive Committee. She also initiated the 3G Quality Retirement Programme and is active in various volunteer service to promote life and death education. She was awarded the Bronze Bauhinia Star (BBS) in 2011 for her meritorious public and community service, particularly her contribution to the broadcasting industry.



第九屆香港紓緩照顧專題研討會

9th Hong Kong Palliative Care Symposium



謝俊仁醫生
Dr. Tse Chun Yan

梁卓偉教授
Prof. Gabriel Leung

研討會於8月18日假香港大學明華綜合大樓舉行。研討會在聯合主席陳麗雲

教授致歡迎辭後正式開始，而今屆更榮幸邀請到梁卓偉教授致開幕辭。

今屆研討會吸引約300位專業同工參與，並邀請多位講者嘉賓通過不同角度討論紓緩及臨終照顧的議題，當中包括彭美慈教授主講「香港紓緩照顧調查」、謝俊仁醫生主講「不為居家晚期病患者施行心肺復甦法：爭議與挑戰」及郭愛玲醫生主講「器官衰竭晚期病患者的紓緩照顧」。為回應社會趨勢，研討會特別探討在互聯網與現行社交媒體裏有關死亡、臨終及寧養的詮釋，包括周昭瀧博士分享「網上自動偵測情緒憂傷者」、何孝恩先生及譚奕君小姐分享「『寧舍』網站：以創意和積極參與推廣紓緩照顧的尊嚴」及周燕雯博士與李潔女士分享「虛擬世界的哀傷：機會還是威脅？」午膳期間，梁聰聰醫生及胡少華姑娘更分享於澳洲研討會的得著。

在研討會中謝俊仁醫生還指出，現時愈來愈多末期病患者選擇在家裏度過人生最後階段。心肺復甦法(CPR)對大部分末期病患者來說並不符合病人最佳利益和病人意願；不過，對於非住院病人來說，要決定不施行CPR(DNACPR)，需要特定的機制，以策安全。醫管局去年組成工作小組，檢討現行DNACPR的指引，並將非住院的末期病人納入其中。謝醫生提出，在非住院的末期病人實行DNACPR時，有幾個必須注意之處：

- (一) 主診醫護團隊的DNACPR決定並不是對接收病人的醫護人員的指令，後者需作獨立評估；
- (二) 必須有特定和清晰的溝通格式；
- (三) DNACPR的決定不可以含糊；
- (四) 不應該為有爭議的情況作出DNACPR決定；
- (五) 必須確保DNACPR表格使用適當。

謝醫生總結：「醫護人員的知識、技術和態度都有助末期患者安然離去。有良好的晚期照顧計劃和溝通渠道，末期病患者才可以避免到無意義的入侵性治療。」

The Symposium was held at Meng Wah Complex, The University of Hong Kong on 18 August. Prof. Cecilia Chan, Co-Chair of the Organising Committee, welcomed guest speakers and participants to the Symposium. We were honoured to have Prof. Gabriel Leung as our guest of honour for the opening ceremony.

About 300 healthcare professionals attended the Symposium. Guest speakers delivered presentations from different perspectives in end-of-life care which gave much inspiration to the audiences. Prof. Samantha Pang presented on "A survey study on palliative care preferences in Hong Kong". Dr. Tse Chun Yan spoke on "Not to attempt CPR for terminally ill patients under home care: Issues and Challenges". Dr. Annie Kwok shared "The role of palliative care in end stage organ failure". To keep pace with the society, there was a session on internet and social media in death, dying and bereavement. Dr. Michael Chau spoke on "Automated online detection of emotional distress". Mr. Andy Ho and Miss Michelle Tam presented on "Health promoting dignified palliative care: Creative engagements and active participations through the hospicehome.hk website". Dr. Amy Chow and Ms. Li Jie shared "Grieving in a virtual world: Opportunities or threats?" Dr. Jack Leung and Ms. Heidi Wu shared their fruitful experiences from an Australia conference during lunch session.

Dr. Tse Chun Yan also shared at the Symposium that nowadays, more terminal patients are being looked after at home or in long-term care institutions. To most of the terminal patients, cardiopulmonary resuscitation (CPR) is not in the best interest of the patient and is against the patient's wish. However, to make a decision not to attempt CPR (DNACPR) for a patient under home care needs specific safeguards. The Hospital Authority formed a working group last year to revise her guidelines on DNACPR to include seriously ill non-hospitalised patients. Dr. Tse pointed out that, to implement a DNACPR decision for a seriously ill non-hospitalised patient, the following issues must be addressed:

1. The DNACPR decision by the original team is not a DNACPR instruction. The receiving team has to make an independent assessment.
2. The communication format to the receiving team should be specific and clear.
3. The DNACPR decision should be non-ambiguous.
4. Controversial situations should be avoided.
5. The appropriate use of the DNACPR form should be ensured.

Dr. Tse concluded, "Knowledge, skill and attitude of clinical staff are important to attain a peaceful death for a terminally ill. Improvement in advance care planning and communication channels are needed before meaningless invasive treatments to the terminally ill could be avoided."



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藝術治療：
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Based Supervision



澳洲、英國及新加坡的紓緩護理服務
Overview of Palliative Care and Nursing
Services in Australia, Britain and Singapore

藝術治療臨床督導課程—— 讓專業同工增加自我面對死亡的體會和認識

Art Therapy Clinical Supervision Programme for professionals working with clients facing death, dying and bereavement

連續三次為期六節的藝術治療已於2011年11月至2012年6月順利舉行，課程透過藝術媒體，讓同工加深對自我及生死的察覺，並以積極方法去面對臨終照顧所來的壓力及困擾，釋放工作的沉重負擔。齊來細聽參加者麥懿活醫生的分享：

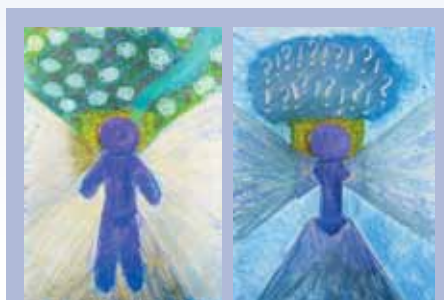
「我一向都不喜歡繪畫，但這個課程卻讓我有空間靜靜地坐着，專注於自己的感官，任由顏色向我們說話。藝術治療提升了我們的自我察覺，盡情展現內裏的思緒，容許我再次遇見自己。」

我是一位完美主義者，亦慣於自我批判，但透過這次學習，我嘗試不再比較或競賽，我只需要做我自己——真誠的自己。我體會到這份自我肯定的愉悅，我有我的能力及步伐，亦可與我豐富的內在世界接軌。

我的作品亦反映了舒緩照顧和我的連繫。服務多年，我的性格、想法及價值觀已被許多病人及臨終關懷的工作深深影響，更要緊的是上主總在我的生命中，成為我的力量，讓我的紙鳶結連於天家，而那正是我所一直歸屬的地方。總括而言，這個課程給我一個安舒的環境，讓我連繫、了解、欣賞、接納，完成課堂後，我感到更加完整／圓滿。」

今年的醫院管理局研討大會展示了這次課程的初步研究結果，詳情可聯絡善寧會或電郵至 enrollment@hospicecare.org.hk。

特別鳴謝利銘澤黃瑤碧慈善基金贊助，讓課程得以圓滿舉行。



將壓力和失眠，化成聖經詩篇第23篇那樣——羊兒躺臥在青草地上。
Stress and insomnia are transformed into Psalm 23 with sheep resting on green pastures.

This 6-week course was organized for three times from November 2011 through June 2012. The main goal of the course is to reduce potential burnout by providing opportunities for professional development while fostering relationships among fellow workers. Throughout the courses, the participants developed a deeper understanding of how art promoted both self-expression and served as a bridge to connect with others. Let's learn more through the reflections of one of the participants, Dr. Yvonne Mak.

“I had never invested in painting as I am not good at it. I had never paid much attention to expressing images in my head nor had I placed

any significance to them until I started the art therapy. Sitting quietly, being still and staying focused, the sessions allowed my eyes, brain, hand, brush and colours to connect, as if my ears were also beginning to listen to the colours.

Art therapy has given me much self-awareness. It has allowed me to reconnect with the self amidst my busyness and to externalise my images, thoughts and feelings onto paper and communicate in a way other than the use of words.

Being a perfectionist, I used to be critical of my limitations but the fact that I have learned to accept my terrible paintings has actually helped me accept my limitations in general. I did not need to compare or compete. I did not need to please others but only to appreciate the ‘me’ that I am. I did not need to copy others but just be my authentic self. I went according to my own ability and pace, and most of all I enjoyed this new way of expression, the process of connecting with my creativity and inner world, and my personal perception and interpretation of beauty.

My paintings have also revealed to me how palliative care is such an integral part of my mandala. Having worked for so many years in caring for the dying, my patients and my work have moulded my character, thinking and values... And one thing I know for sure is that I cannot leave God out of my picture. He is my strength, my lifeline, my kite pulling me closer to heaven. Ultimately, that is where I belong. Overall, art therapy has provided a channel for me to reflect in a safe environment, a way of connecting and understanding, appreciation and acceptance. I felt more whole after the process.”

Our initial research result of the Art Therapy Clinical Supervision Course had been issued as a poster display at the Hospital Authority Convention 2012. For more information, please feel free to contact us or send email to enrollment@hospicecare.org.hk.

Special thanks go to Drs. Richard Charles and Esther Yewpick Lee Charitable Foundation whose generous donation had made the programme possible.



我首個曼陀羅，由家庭、同事、教會及癌症包圍的自我。最後一個曼陀羅，是在藝術治療以後，病人、團隊及我之間的關連、關懷和自我成長。
The first mandala with inner self surrounded by family, colleagues, church and cancer, and the last mandala is after the therapy, showing the connectedness and care and personal growth between the patients, team and me.

晚晴論壇之生死兩相安

Latter Life Forum



(右起) 李恩霖先生、伍黃麗華院長及方玉輝醫生積極回應台下提問。
(From right) Mr. Lee, Mrs. Ng and Dr. Fong responded enthusiastically to the questions from the floor.

於 5 月 5 日舉辦的晚晴論壇再次得到公眾的支持和參與！

今次論壇吸引超過 250 位人士參加，他們積極參與討論，氣氛熱烈，即使討論超時約 15 分鐘，仍沒有任何人離場，可見參加者的專注和投入。

方玉輝醫生（社區醫護聯盟主席）、伍黃麗華院長（註冊社工及安老護理院院長）及李恩霖先生（電影《桃姐》的故事主人翁 Roger，由劉德華飾演）是今次論壇的嘉賓講者，與參加者分享他們跟長者生離死別的體會。參加者亦藉此機會向他們提問發人深省的問題，例如其中一位問李恩霖先生：「你怎樣面對與桃姐共渡的最後日子？」李先生欣然表示雖然他工作繁忙，但十分享受探望和陪伴桃姐的時光，而每周約三至四次的共處，更成了他日後過渡哀傷階段的重要力量。各位嘉賓講者的分享令人動容，許多參加者於活動後更走到台前與他們合照留念呢！

論壇由 TUYF 慈善信託基金贊助。

The Latter Life Forum held on 5 May was again a success. It attracted an audience of 250. The audience was enthusiastic on the topic and almost none left their seats even though the forum overrun a bit and ended at 12:15 p.m., 15 minutes later than the announced time.

Dr. Fong Yuk Fai, chairman of a community health care organization, Mrs. Ng, registered social worker and president of a care and attention home for the elderly, and Mr. Roger Lee, the true character who was played by Andy Lau in the movie A Simple Life, were the guest speakers of the forum. The participants asked them many interesting questions. One of the participants asked Roger the difficulties he encountered when taking care of his old maid in the last days of her life. Roger said that even though there were constraints with his time because of his work, he enjoyed the visits and the time spent with his maid. He visited her three to four times per week and this also served as a wonderful memory that cheered him up during his grief. His true-to-heart sharing moved the audience and many of them came to the stage to take pictures with him and the other guest speakers at the end of the forum.

The event was sponsored by the TUYF Charitable Trust.



台下觀眾投入參與講座。
The audience actively participated during the forum.

靜觀郊遊

Mindfulness in Nature

部分喪親人士在失去摯愛後，會經歷「行屍走肉」的生活，過着與現實脫離的日子。靜觀有助將注意力集中在當下一刻，能夠讓喪親人士拾回對自己以至環境的意識——通過五官，讓他們接觸自己的身、心、靈，以及面對周遭環境的一切。

安家舍將靜觀與郊遊結合起來，推出為喪親人士而設的「靜觀郊遊」活動，透過大自然的幽美環境與清新空氣，令他們重拾活力。在輔導員的帶領下，喪親人士將哀傷的情緒刻下轉而至自我醒覺；同時，接觸大自然的一事一物，例如葉子、花朵、草、石頭、小昆蟲，它們不同的形態、氣味、質感，觸發他們開放感官，感受事物。參加者以靜觀方式體驗周遭事物，並各自加以回應，所以每位參加者的體驗都是獨特的。

經驗分享：一位經歷喪母的參加者表示，靜觀郊遊讓她學習及接受在新環境獨處。另一位則認為，與大自然近距離接觸，令他感受到大自然因應氣候而作出改變，適應力強，繼而啟發他反省自己的能力。

Mindfulness activity facilitates the bereaved individuals to focus on the present and to get in touch with their body, mind and spirit as well as their physical and social environments through their five senses at their present moment. Some of our bereaved clients lost touch with the reality after they lost their loved ones. Mindfulness practice enables the bereaved to get back their senses of being in touch with self and the environment.

JTTC combines the ideas of mindfulness practice and countryside activity in one programme called "Mindfulness in Nature". We believe that our clients would get more energized with the fresh air and the beauty of nature. With the guidance from our counsellor, they shift their mind from grief to exploration of their presence within a minute. There are so much to explore in nature – leaves; flowers; grass; stones; small insects – with different shapes, different textures and different smells. Of course, each participant would have his or her unique experience in the activity because each becomes more aware of his/her simultaneous reactions, including thoughts and feelings, to his/her presence through mindfulness.

Through mindfulness, one participant shared that she learned to accept or become more comfortable with herself alone in a new environment since the death of her mother. Another participant had a chance to have a very close contact with nature and felt amazed that nature was so adaptive and was constantly changing according to the climate. He then asked, "What about my changes?"



更多活動...

More Upcoming Activities...

End-of-Life Care Education Programme – Advanced Course 1-Day End-of-life Care Workshop for Healthcare Professionals Life and Death Education

(Course B3-3-2012)

Objectives: To enhance the spiritual care in end-of-life

Course Schedule: 17 October 2012 (Wednesday)

Time: 9:30a.m. – 4:30p.m.

Facilitator: Rev. Chris Wong (黃民牧師)

Target Groups:
Healthcare and social welfare professionals, the priority will go to the participants who have completed the End-of-life Care basic programme (Course B1)

Course fee: HK\$400 only

Sponsored by The TUYF Charitable Trust

「3G 圓滿人生輔工課程」

課程目的：

課程專為那些累積了專業知識、豐富人生經驗和仍然活力充沛的退休專業人士而設，實行 3G 使命（3G 即外觀良好、感覺美好、行善好德）。

對象：退休專業人士及承諾實踐 3G 使命

課程內容：

課程涵蓋四個單元，合共 12 小時，內容包括：

LOOK GOOD：「退休人士的社會角色轉變」及「認識身體的自然變化」

FEEL GOOD：「養生與食療」、「心靈的快樂與豐足」、「人生未了心頭事」及「晚晴照顧」

DO GOOD：「輔工計劃的意義與得著」、「護老者」支援服務、「3G 同學會集體項目及輔工服務」

課程日期：2012 年 11 月及 2013 年 1 月

課程費用：港幣 \$200

詳情及報名表格請瀏覽我們的網址 For details and enrollment, please visit our website at <http://www.hospicecare.org.hk>

Hike for Hospice Early March 2013

登山善行
紓己寧人

2013年3月


終點
Finish

Enquiry 查詢 2868 1211 / 2230 9114

Email 電郵 hike@hospicecare.org.hk

Website 網址 www.hospicecare.org.hk

 [facebook.com/hikeforhospice](https://www.facebook.com/hikeforhospice)

 twitter.com/Hikeforhospice

 登山善行
hike for hospice



舒適而安穩的三座位大沙發
The three-seat sofa at the reception area



廚房
Pantry

家舍新貌

Renovation of JTTC

輔導房
Counselling room

「安家舍」代表着本會轄下的「譚雅士杜佩珍安家舍服務中心」的服務理念——在如家一般的環境裏，把平安帶給喪親的家庭。承蒙「譚雅士杜佩珍基金」的贊助支持，安家舍於7月完成內部裝修及設備更新，令這「家」變得更舒適、更溫暖，更能配合到訪者的需要！

安家舍最大的輔導房換上「新貌」，感覺安穩溫馨。米黃色的牆紙與寬闊舒適的小紅襯花布沙發，和諧而輕鬆；「新成員」三色玩具櫃和原有的精緻玩具木屋、茂盛的黃金葛及碧綠的小盆栽互相配合，增添活力和朝氣。

安家舍是家屬們共聚聯誼的地點之一，變身後的廚房更能配合他們的需要。重新設計的吊櫃可擺放更多廚具，讓家屬們聚會時，不但可分享同路人的故事，亦可準備多些食物，體會付出和分享的溫暖。至於廚房綠油油的調子，亦貫徹安家舍自然舒服的感覺。

踏入安家舍，三座位大沙發舒適而安穩，讓人體會放鬆的感覺。不少家屬喜歡坐在这裏休息和看書，甚至有些在這裏睡着了呢！

除了以上較為顯眼的改變，服務安家舍 15 個年頭的冷氣機終於「退役」了，全新的冷氣系統令室內空氣對流更流通，寧靜舒適。我們希望為接受輔導的人提供一個更舒適的環境，讓他們能在哀傷路上迎接不同的挑戰。

Based on JTTC's mission "to bring peace of mind to the bereaved as if they are relaxing at home", the Centre was newly refurbished to create a peaceful and cozy environment. Thanks to donation from Jessie and Thomas Tam Foundation, the renovation was completed in July.

The "new clothes" of the largest counselling room in our Centre is very attractive. The beige wallpaper and the brown sofa with red flower pattern contribute to an atmosphere of harmony. A tri-coloured toy cabinet, a new addition to the room, goes well with the existing furniture and plants, adding a touch of liveliness.

As the Centre is a gathering place for families with bereavement experience, the pantry is renovated with a newly-designed hanging cabinet that allows the storage of more cooking utensils. Now, they can prepare more food for sharing, in addition to learning stories from people with similar experience. Designwise, the pantry's key colour tone in green gives a homey feeling which is consistent with the overall design of the Centre.

The three-seat sofa at the reception area is the most welcomed new furniture in the Centre. People love to stay here and read books. The softness and colour enable everyone sitting on them a feel of relaxation and comfort. Some of our clients even fall asleep on the sofa!

Our 15-year old air conditioner system also "retired" during this renovation. We hope all the clients would have a better environment for them to take up different challenges on their grief journey.

同事心思 Heartfelt Contributions from Staff

安家舍的舒適環境，除了來自以上的轉變，同事付出的心思更令安家舍洋溢着一種關愛之情。同事栽種了不同品種的小盆栽，還把它們擺放在安家舍的不同地方，如接待處、輔導房、活動室，這些小盆栽雖然不顯眼，但總是默默地陪伴着家屬面見工作人員、出席小組或參與其他活動。當中的心思，微小但溫暖。近來，同事又多栽種了幾棵小植物，如果你下回到訪安家舍，看一看能否發現它們的足跡。

So, those are the "official" changes in the Centre. Our staff also make their own contributions towards this homey place. Potted plants of different species are found at various corners like the reception, counselling room and function room. The potted plants, though inconspicuous, made the environment even more cozy and comfortable. More are coming in these few weeks. Do look for them when you visit JTTC next time!



登山善行2012頒獎禮

Hike for Hospice 2012 Award Ceremony



特別鳴謝詹康信先生伉儷贊助頒獎禮場地及酒水。
Special thanks to Mr. & Mrs. Jim Thompson sponsored the venue and the cocktail for the award ceremony.



「登山善行」經已於今年2月順利舉行。適逢今年是「登山善行」20周年，善寧會於2012年5月24日假皇冠酒窖舉行了別開生面的頒獎禮。

經歷了20個年頭，「登山善行」不但是善寧會的重點籌款項目，更吸引不少健兒成為其「忠實擁躉」，每年持續參與。頒獎禮上，登山善行籌募委員會主席詹康信先生 GBS 致詞，感謝參加者、贊助商和義工的支持，使活動順利進行。為了紀念活動20周年，頒獎禮特別邀請登山善行始創人之一 Richard Gee 先生，回顧和分享活動於首年（即1992年11月）的點滴，如在10天內走過15,000米路程；而場內亦展出當年的登山路線、Richard的手寫筆記，以及歷年的照片與登山地點，與一眾嘉賓回味活動20年來的演變與精彩片段。

今年「登山善行」的參與人數逾560人，籌得善款逾港幣\$300萬，刷新歷年籌款紀錄！明年的「登山善行」即將接受報名，期待你的參與，攜手「登山善行·紓己寧人」！

Held in February, the Hike for Hospice 2012 came to a perfect conclusion with the Award Ceremony at Crown Wine Cellars on 24 May 2012.

The year 2012 marked the 20th anniversary of Hike for Hospice which was a great success. The event was not only one of the key fundraisers of SPHC but also an annual gathering for hikers who participated enthusiastically every year. The Chairman of the Hike Organising Committee Mr. Jim Thompson, GBS, thanked all the hikers, sponsors and volunteers for their support which made the event successful. To commemorate the 20th anniversary, Mr. Richard Gee, one of the event founders back in November 1992, was invited to share his experience at the first Hike - a 10-day journey and 15,000 metres in total. Richard's handwritten notes and photos were shown in the ceremony for everyone to experience the changes of the event over 20 years. In addition, the map showing all locations for the Hike over the 20 years brought each guest an unforgettable memory.

Over 560 hikers joined the event this year with a record-breaking donation of over HK\$3 million. Hike for Hospice 2013 will call for entry very soon. We look forward to your participation!



Richard Gee先生與「登山善行」籌募委員會委員泰萊先生MBE攝於1992年活動首屆的登山路線圖旁。
Mr. Richard Gee and Major Ron Taylor, MBE, Hike's OC Member, were photographed beside the route map of the 1st Hike in 1992.



參加者雀躍地在登山路線上留下簽名。
Hikers autographed at the route map.



香港書展2012 Hong Kong Book Fair 2012

得到3G同學支持，善寧會攤位才得以順利運作。
Our booth could not run smoothly without the help of 3G volunteers.

「香港書展」是香港每年暑期哄動全城的活動之一。善寧會今年得到叢書出版商作出書展攤位的安排，以及多位3G義工的支持，首次參與其中，成為參展商之一。

善寧會藉此機會售賣出版的書籍，向市民推廣生死教育。當中，《生活美學·圈中韻流》及《寄給天國的信》均深受讀者歡迎，而《生活美學·圈中韻流》的作者之一車淑梅小姐，更到場為本會打氣，以及為讀者簽名留念，叫粉絲們雀躍萬分。

為期七天的展期共吸引逾90萬人進場，而本會攤位吸引了不少對生死教育此課題感興趣的讀者到來參觀。



車淑梅小姐為支持者簽名，以及與本會職員拍照留念。
Ms. Candy Chea showed her support by her presence and autographing her book for fans at our booth.

The Hong Kong Book Fair has always been a hot event during summer vacation every year. Thanks to the arrangement of one of our books printers and the help of 3G volunteers, SPHC made its debut in the Book Fair this year.

SPHC made use of this opportunity to present to the public its publications to promote life and death education. To our delights, Ms Candy Chea, one of the authors of our book "Circle of Life", visited our booth to show her support and to autograph for fans.

The seven-day fair attracted over 900,000 visitors of which many of those interested in life and death education visited our booth.

商界展關懷2011/12 Caring Company 2011/12

善寧會服務的提供，實在有賴多間公司的慷慨贊助和支持。2011-2012年度，本會提名了14間公司參加由香港社會服務聯會舉辦的「商界展關懷」計劃，他們贊助本會的服務/計劃如登山善行、售旗日、培訓課程，而所有獲提名的公司均成功獲得「商界展關懷」標誌。

本會謹代表受助人向積極參與社會活動的獲獎企業/公司致謝。

獲獎公司名單 List of Awardees

東亞銀行 Bank of East Asia
嘉栢有限公司 Crown Relocations
世紀21 香港有限公司 Century 21 Hong Kong Limited
世紀21 卓傑物業 Century 21 Trusty Realty Limited
世紀21 物業(將軍澳) Century 21 Property Agency (Tseung Kwan O)
世紀21(林村)物業代理 Century 21 (Wishing Tree) Property Agency
英皇集團(國際)有限公司 Emperor International Holdings Limited
英皇鐘錶珠寶有限公司 Emperor Watch & Jewellery Limited
英皇證券集團有限公司 Emperor Capital Group Limited
英皇證券(香港)有限公司 Emperor Securities Limited
Hamilton Advisors Limited
香港上海滙豐銀行有限公司
The Hong Kong and Shanghai Banking Corporation Limited
現代經典有限公司 Modern Classic Limited
永亨銀行有限公司 Wing Hang Bank Limited



世紀21旗下公司代表在參與社會活動不遺餘力。
Century 21 group is enthusiastic at community involvement.

Thanks to the support of our corporate donors, SPHC's services and programmes, such as Hike for Hospice, Flag Day and the training programmes etc., could be held successfully. SPHC nominated 14 of our supporters for the Hong Kong Council of Social Service's Caring Company Scheme in the year 2011/2012 and they were all awarded the prestigious Caring Companies logo.

On behalf of our beneficiaries, we express our heartfelt appreciation for their commitment to community involvement and support to SPHC.



Hamilton Advisors Limited 是本會主要籌款活動「登山善行」的贊助商之一。
Hamilton Advisors Limited was one of our sponsors in the Hike for Hospice.



香港上海滙豐銀行有限公司資助本會舉辦的臨終照顧培訓課程。
The Hong Kong and Shanghai Banking Corporation Limited sponsored our End-Of-Life Care Training Programme.

世界紓緩關懷日2012 World Hospice & Palliative Care Day 2012

一年一度的世界紓緩關懷日又快到了，今年的主題是「活到最後——在人口老化下的紓緩照顧」。一如既往，善寧會主辦的一系列活動即將舉行，請大家踴躍支持，熱心參與！

保協善寧慈善首映禮

善寧會在本年首度主辦慈善電影首映禮。首映禮得到保協慈善基金贊助，於9月4日在The Grand Cinema舉行，而播放的電影《閃亮人生》講述兩位背景迥異的主角：家財萬貫但癱瘓的富翁，與樂觀熱情並剛出獄的小伙子，如何融合，交出無堅不摧的另類友情，散發生命的光彩。



生死兩相安公眾論壇

日期：2012年10月13日（星期六）

時間：14:30-16:30

地點：灣仔駱克道3號香港小童群益會一樓禮堂

人數：只限300位

報名：費用全免，詳情請瀏覽

<http://www.hospicecare.org.hk>，敬請報名留座

查詢：郭小姐 2230 9129 / 2868 1211

座位有限，欲報從速！

鳴謝 The TUYF Charitable Trust 的贊助

Charitable Choice 與太平洋咖啡合作推出一系列推廣活動，不妨於世界紓緩關懷日期間，購買香港慈善禮品咭送給至愛，與他一起珍惜眼前人！如果想知道更多，可以瀏覽 www.charitablechoice.org.hk。

傳送愛心月餅

送贈月餅予寧養紓緩病房，令晚期病人及其家屬分享關愛，歡度中秋。

感謝美心及有心人的支持！



Themed “Living to the end: palliative care for an aging population”, The World Hospice & Palliative Care Day is coming in October. A series of activities hosted by SPHC is ready for your participation. We are looking forward to seeing all of you again this year!



SPHC Charity Gala Premiere

This is the first time that SPHC hosting a charity film gala which is fully sponsored by the LUA Foundation. It is held on the 4th September at The Grand Cinema. The movie “The Intouchables” describes two characters with different backgrounds: one is a rich man but quadriplegic and the other one is a young man who just out of the jail but full of passion. Let's see how they support each other and develop the deepest friendship between them.

At Ease with Life and Death Forum

Date: 13 October 2012 (Saturday)

Time: 14:30-16:30

Venue: Auditorium, 1/F, The Boys & Girls Clubs Association of Hong Kong, 3 Lockhart Road, Wanchai.

Enrollment: Free entry. For more details, please visit www.hospicecare.org.hk

Seats: 300 only

Enquires: Candy Kwok 2230 9129 / 2868 1211

Limited Seats. First Come First Served!

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Moon Cake Distribution

With the support of Maxim and a passionate donor, the Society will contribute moon cakes to the terminal patients of the palliative care units and their family to celebrate the Mid-Autumn Festival.

捐款回條 SHOW YOUR SUPPORT

請以正楷填寫下列表格，寄回本會或傳真至2530 3290。Please complete the form below in BLOCK LETTERS and return to us by post or by fax at 2530 3290.

- 每月定期捐助 Donate on a monthly basis
港幣 HKD: \$1500 \$800 \$300 其他 other \$ _____
(請填妥直接付款授權書 Please complete the Direct Debit Authorization)
- 一次過捐助 Make a one-off donation of
港幣 HKD: \$1500 \$800 \$300 其他 other \$ _____

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電話 Tel: _____ 傳真 Fax: _____

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- 捐款港幣一百元以上將獲發收據申請扣減稅項。所收集的個人資料將保密處理，只作為寄發收據及與閣下通訊之用。
■ Tax-deductible receipts will be issued for donations of HK\$100 or above. The personal data collected will be treated as strictly confidential and will be used for receiving and other communications with you only.

捐款方法 Donation Method

- 支票 Cheque (抬頭請寫「善寧會」 Please make cheque payable to "SPHC")
支票號碼 Cheque No: _____
- 7-ELEVEN 現金捐款 Cash Donation
7-11(HSBC)
你可攜同此表格透過全港 7-ELEVEN 以現金捐款予善寧會(最低捐款額為港幣一百元)。收銀員於完成交易後會發出交易紀錄給捐款者。請保留交易紀錄，然後連同此表格於一個月內郵寄至本會以便索取正式收據。
You can present this form to make cash donation with minimum amount of HK\$100 to the SPHC via any 7-ELEVEN in Hong Kong. The cashier will issue a transaction record for you when the transaction is completed. Please keep the transaction record and send to us together with this filled form to request for an official donation receipt within a month.
- 直接存入本會銀行戶口 Direct Transfer
滙豐銀行 HSBC 002-3-365638
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直接付款授權書 Direct Debit Authorization

Name of Party to be Credited (The Beneficiary) 收款的一方 (受益人) Society for the Promotion of Hospice Care		Bank No. 銀行號碼 0 0 4	Branch No. 分行號碼 5 1 1	Account No. 戶口號碼 3 3 5 1 2 7 0 0 1	Date(day/month/year) 日期(日/月/年) / /
My/Our Bank Name and Branch 本人(等)的銀行及分行名稱	Bank No. 銀行號碼	Branch No. 分行號碼	My/Our Account No. 本人(等)的戶口號碼	1. I/We hereby authorise my/our designated Bank named on the left to effect transfers from my/our account to that of the above named beneficiary in accordance with such instructions as my/our Bank may receive from the beneficiary and/or its banker and/or its banker's correspondent from time to time provided always that the amount of any one such transfer shall not exceed the limit indicated on the left. 本人(等)現授權本人(等)的左列銀行，根據受益人或其往來銀行及/或代理行不時給予本人(等)銀行的指示，自本人(等)的戶口內轉帳予上述受益人。惟每次轉帳金額不得超過左列指定的限額。	
#My/Our Name(s) as recorded on Statement/Passbook 本人(等)在結單/存摺上所紀錄的名稱	Contact Telephone No 聯絡電話號碼			2. I/We agree that my/our Bank shall not be obliged to ascertain whether or not notice of any such transfer has been given to me/us. 本人(等)同意本人(等)的銀行毋須證實該等轉帳通知是否已交予本人(等)。	
+Limit for Each Payment/* Month *每次/每月付款+限額	+Expiry Date (day/month/year) +到期日(日/月/年)	My/Our Address as recorded on Statement/Passbook (If different from the above) 本人(等)在結單/存摺上所紀錄的地址(若與上址有別)			
+My/Our Signature(s) +本人(等)的簽署					
#Name of Debtor (If other than Account Holder) #債務人的姓名(若非戶口持有人)	For Official Use only 此欄由本會職員填寫 + Debtor's Reference + 債務人參考				
For Bank Use Only 銀行專用	Remarks 備註	Signature Verified			

* Please delete whichever is not appropriate.
* 請刪去不適用者。
Please write in BLOCK Letters.
請以英文正楷填寫。

+Notes +附註:

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- This Direct Debit Authorisation will be cancelled automatically on the date included in the box marked "Expiry Date". If you wish the Direct Debit Authorisation to have effect indefinitely (or until cancelled by you) please leave box blank. 本直接付款授權書將於「到期日」一欄中所填寫的日期自動撤銷。如貴戶意欲直接付款授權書無限期有效(或直至貴戶予以撤銷為止)，則請將該欄留空。
- Please ensure that you sign the form in the usual way that you would sign on your Bank Account. 請保證貴戶在此授權書內的簽名，與銀行戶口所簽者完全相同。
- In the box marked "Debtor's Reference" enter the identifying reference between yourself and the party to be credited i.e. Student No., Mortgage Agreement No., Rental Agreement No., etc. 在「債務人參考」欄內，請將貴戶與受款一方的關係，給予說明，例如：學生編號、抵押合約號碼等。
- If "Limit for Each Payment/Month" is not specified, the debtor's bank will set the limit as "unlimited". 如「每次/月付款的限額」一欄未有填上，債務銀行會將轉帳限額設定為「不設上限」。

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G/F, 16 Ngoi Man Street, Shau Kei Wan, Hong Kong.

Freeport No. 21

燃亮生命火花 聖誕音樂會 Light Up A Life Christmas Concert



表演嘉賓盡心為我們帶來洋溢溫馨的節日樂韻。
Guest performers singing their heart out to bring us warm and beautiful Christmas Carols.



牧師主持「生命之樹」亮燈儀式，憑燈寄意，再次燃亮生命，為已故及患病至親送上祝福。
The Reverend officiated the ceremony for lighting the "Tree of Life" shining for each person remembered.

At Christmas time, many of us rejoice together and enjoy Christmas Carols which are indispensable in spreading joy, hope and love. However, how many would prioritise to help those who are hindered by life-threatening illness from enjoying just a simple festival? Light Up A Life Christmas Concert is organised for extending care, love and benevolence to these families. This Christmas, the Chairlady of our Concert, Mrs. Sally Thompson, is leading another joyous, inspiring evening for us to

「又到聖誕，又到聖誕……」，人們已習慣於聖誕節藉着不可或缺聖誕頌歌去分享和表達歡欣、盼望和愛。然而，試問有多少人懂得藉此表達對一些飽受末期疾病煎熬，而未能過一個平凡節日的家庭表示關懷？「燃亮生命火花」聖誕音樂會正是希望於這「普世歡騰」的時刻，為這些家庭送上點點關懷、希望和愛。音樂會主席 Sally Thompson 女士將於今個聖誕帶領我們一起為已故或彌留病榻的親友送上祝福，同時為末期病人及其家人籌募善款，「燃亮」其生命。這將是另一滿載歡欣和期待，發人深省，又可帶給別人溫暖的難忘晚上。請與我們一起度過一個不一樣的聖誕。

raise funds to "light up" the life of these terminal patients and their family members while remembering our late friends and loved ones. Count yourself in for this important cause and have a memorable, wonderfully warm Christmas!

日期：2012年12月4日（星期二）
時間：晚上7:30 — 9:30
地點：聖約翰座堂（中環花園道4-8號）
門票：港幣\$200（十一月起於座堂書室公開發售，確實日期將於稍後公布）
查詢：2230 9114 / 2868 1211

Date: 4 December 2012 (Tuesday)
Time: 7:30 pm – 9:30 pm
Venue: St John's Cathedral,
4-8 Garden Road, Central
Tickets: HK\$200 (Available in the Cathedral bookstore in November upon announcement.)
Enquiry: 2230 9114 / 2868 1211



Mrs Sally Thompson

NEWS OF SPHC 本會消息

人事調動 Staff Movements

新入職 New SPHC Staff Members

籌募及傳訊主任黃小雯小姐於二零一二年七月加入本會。Ms. Kennis Wong, Fundraising and Communications Officer, has joined us in July 2012.
助理教育主任馮廣榮先生於二零一二年八月加入本會。Mr. Ivan Fung, Assistant Education Officer, has joined us in August 2012.
善別輔導員吳穎研小姐於二零一二年八月加入本會。Ms. Winnie Ng, Bereavement Counsellor, has joined us in August 2012.

離職 Resignation

鄭德華先生於二零一二年五月離開本會。Mr. Raco Cheng has resigned in May 2012.
李海茵小姐於二零一二年七月離開本會。Ms. Helena Lee has resigned in July 2012.

本會職員退修日 Staff Retreat Day

本會於七月十一日下午在本會轄下之「安家舍」進行退修。是次退修除了由同事分享義工訓練的心得外，還特意邀請瑜珈導師兼身心教練胡若珮女士為同事們上了一課瑜珈班。同事們都很投入當天的課堂，有些在做放鬆練習時還真的睡著了呢！

In the afternoon of 11 July, we had a Staff Retreat Day at JTTC. We have training on Volunteer Management by our colleagues and a yoga special class taught by Ms Pandora Woo, Yoga Teacher & BodyMind Coach. All staff did enjoy the class and some even fell asleep when doing the relaxation exercise!



探訪像家一樣的院舍 Visit to a family-like Home

於八月初，善寧會的職員、義工及學員探訪了一所不一樣的院舍——安貧小姊妹會聖若瑟安老院舍，為長者提供一個洋溢着幸福的喜悅和愛的家。

In early August, 2012, the staff, volunteers and students of SPHC visited the Little Sisters of the Poor's St. Joseph Home for the Aged, a place that provides the elderly with a home filled with radiant joy and true love.

Patron

Mrs. Regina Leung

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我們敬愛的榮譽會長黃星華博士教授 GBS, OBE, 太平紳士已於2012年5月去世。失去這樣一位美好和善良的人，本會全人深表哀悼。他畢生對紓緩服務及善寧會的奉獻和熱情，我們沒齒難忘。願他安息！

Our Beloved Honorary President, Professor Dr. Dominic Wong Sing Wah, GBS, OBE, JP, passed away in May 2012. We are deeply saddened by losing such a wonderful and kind person. His lifelong dedication and passion for hospice care and the work of SPHC will be forever treasured. May he rest in peace.

ACKNOWLEDGEMENTS

鳴謝

Donors who kindly donated to the Society and special acknowledge the donations of HK\$5,000 and above received between 1 May 2012 to 31 August 2012

Ms Chan Bik Wah Prudence

Ms Chan Chiu Kai Judy

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Ms Claudia Heng

Mr Lai Chi Keung

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Society for the Promotion of Hospice Care

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善寧會會訊已經可以透過電子傳送！閣下如想訂閱電子版會訊，請連同姓名、電郵地址和捐助者編號（請參閱郵寄地址下方），並註明「索取電子會訊」，電郵至 frp@hospicecare.org.hk。多謝珍惜資源，協助本會減省行政開支。



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When days cannot be added to life, add life to days

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