



善寧會

Society for the Promotion of Hospice Care

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# 香港寧養服務新紀元

## A New Era of Hospice Care Service in Hong Kong



Jockey Club Home for Hospice  
賽馬會善寧之家

# NEWSLETTER

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### 「賽馬會善寧之家」

- 地點：沙田亞公角山道
- 建築面積：5,000平方米
- 設計核心概念：家庭參與
- 房間數目及設施：共30間，設有病床、家屬睡床及設備、獨立洗手間及小廚房
- 其他籌劃設施：多用途房間、花園、會堂、靜思室、道別室等
- 預計竣工日期：2015年

### “Jockey Club Home for Hospice”

- Location: A Kung Kok Shan Road, Shatin
- Total built area: 5,000 sq m
- Key element: Family participation
- Patient apartments: 30 units which house the patient's bed, family member's sleeping facility, private washroom and pantry
- Other facilities: Multi-purpose function rooms, garden, auditorium, quiet room, and farewell room
- Target completion: 2015



## 「賽馬會善寧之家」 揭開本港寧養照顧新一頁 Jockey Club Home for Hospice Pioneering Holistic Care Service in Hong Kong

「隨着過去數十年人口老化問題不斷加劇，寧養服務的需求已相對提昇。對本港而言，優質寧養服務的需求更見殷切，我們都期望可讓末期病人能更有尊嚴地活至生命的最後一刻。」善寧會執行委員會主席王紹強先生MBE表示。

作為提倡優質寧養服務的先驅，善寧會堅信每個人均擁有活得有尊嚴的權利——即使走到生命盡頭。本會於2012年11月13日舉行新聞發布會，宣布展開全新「賽馬會善寧之家」的興建計劃。

王紹強先生續稱：「有別於提供類同服務的醫療機構或護理中心，『賽馬會善寧之家』是全港首家以家居模式設計的寧養服務中心，並由專業人員提供醫療以至身心社靈等服務；同時更作為培訓中心為業內人士提供培訓，致力提昇本港臨終照顧服務的質素。」



(左起) 善寧會執行委員會主席王紹強先生MBE、善寧會榮譽會長梁智鴻醫生GBM, GBS, OBE, 太平紳士、馬會主席施文信先生SBS, 太平紳士、善寧會榮譽會長詹康信先生GBS及香港賽馬會慈善事務執行總監蘇彰德先生，共同主持「賽馬會善寧之家」模型揭幕禮。

(From left) Mr. Raymond Wong, MBE, Chairman of the Executive Committee of the SPHC; Dr. Leong Che-hung, GBM, GBS, OBE, JP, Honorary President of the SPHC; Mr. T Brian Stevenson, SBS, JP, Jockey Club Chairman; Mr. Jim Thompson, GBS, Honorary President of the SPHC; and Mr. Douglas So, Executive Director, Charities of the HKJC, officiated at the unveiling ceremony of the model of Jockey Club Home for Hospice.

“The need for end-of-life care has been growing fast when the rate of population ageing increases over the past few decades. In Hong Kong, we see an escalating demand for quality hospice service that allows terminal patients to live and die with dignity,” said Mr. Raymond Wong, MBE, Chairman of the Executive Committee of The Society for Promotion of Hospice Care (SPHC).

As an advocate of quality end-of-life care, SPHC believes that everyone has the right to live with dignity at every turn of their life, even towards the end of it. The Society which has been dedicating its efforts in promoting hospice care and providing bereavement support services in Hong Kong, recently announced the project commencement of “Jockey Club Home for the Hospice” at a press conference held on 13 November 2012.

“Unlike other similar service providers that are mostly medical facilities or nursing homes, our new facility will be the first-of-its-kind home-like hospice centre in Hong Kong, providing professional spiritual, psychological as well as medical support for the terminally ill patients, as well as serving as a training institution to promote collaboration in the hospice



王紹強指出，賽馬會善寧之家以「家庭參與」為設計核心概念，標誌着本港寧養服務邁向新里程。  
Mr. Raymond Wong said that with “family participation” as the key element, the new hospice would mark a new era of end-of-life care in Hong Kong.

王先生於發布會上特別向特區政府及香港賽馬會慈善信託基金致謝——前者批出沙田一片土地，而後者則慷慨捐助港幣\$1.22億作為新中心的建築費用，讓是項計劃得以落實進行。

「賽馬會善寧之家」的工程即將於本年初展開，預計於2015年竣工。

## 以家庭參與為設計核心

佔地5,000平方米的新寧養中心位於沙田亞公角山道，是本港首間提倡「家庭參與」的寧養中心，設計以鼓勵末期病人及其家人的溝通為核心概念。「外國有不少

研究顯示，『家庭參與』對寧養服務十分重要，惟礙於醫院條例及設備限制，本港至今尚未有同類服務。新寧養中心的構思，正針對末期病者的需要，尤致力為低收入家庭提供服務。」王先生續說。

新寧養中心擁有30間以家居為設計藍本的套房，其中一半的營運將有賴支持善寧會的善長捐助，使低收入家庭人士均能享用中心的設施。

## 與大自然和諧結合

負責建築設計的創智建築師有限公司董事吳永順先生指出：「要將設施和設計完美地結合，我們得以病人為本，用『心』去研究、感受和體驗。最終，我們認為新寧養中心需營造平安、寧靜、仿如家的環境，讓病人的身、心、靈與大自然和諧地融為一體，與家人安然共度其人生最後時光。」

樓高4層的新寧養中心依山而建，上兩層為雅緻套房，讓病人可享有優美山景或河景；下兩層則備有計劃中興建的其他設施，如講堂、靜思室、告別室及多用途房間等。

field and to facilitate a paradigm shift on advance care planning and hospice care,” Mr. Wong continued.

At the press conference, Mr. Wong expressed his special thanks for the great support of the Government which has granted the Society the use of a piece of land in Shatin, and the Hong Kong Jockey Club Charities Trust that has made a generous donation of HK\$122.15 million to fund the construction of the new centre, that will start in 2013 and is due for completion in 2015.

## Family Participation as Key Element

Located at A Kung Kok Shan Road, Shatin, with a total built area of 5,000 sq m, the new hospice will be the first-of-its-kind hospice facility advocating “family participation” and serving as a platform for terminally ill patients and their family members to interact and communicate through the last stage of life. Mr. Wong said, “There are many foreign studies showing that ‘family participation’ has become very essential to end-of-life care. However, due to the hospital regulations and the confined setting of existing facilities, there is no similar service available in Hong Kong at present. Our goal is to provide quality hospice service tailored to meet the needs of terminal patients, particularly those from the lower socio-economic population group.”

Providing a cozy, caring and homey environment, the home-like hospice residence will have 30 apartments, with half of them planned to be heavily subsidised through donation received by the Society, so that those from the lower income group can also benefit from these facilities.

## Connection with Nature

“Being the architect of the hospice, to fit in all facilities and requirements seamlessly into our building design, we have to study, feel and experience from a patient’s perspective,” said Mr. Vincent Ng, Director of AGC Design Limited. “This user-oriented approach has enabled me to come up with the idea that the new hospice should be designed to provide a peaceful, tranquil, relaxing and homey environment for the patients, where not only their body, mind and spirit can integrate perfectly with nature, but they can enjoy the last moments with their families serenely.”



新聞發布會上，多位嘉賓對新寧養中心的構思甚感興趣。  
Guests show interest to the new hospice at the press conference.

吳永順表示，新寧養中心營造平安、寧靜的環境，讓病人的身、心、靈與大自然和諧融合。

Mr. Vincent Ng explained the design theme of the new hospice – provision of a peaceful, tranquil environment for the patients, where their body, mind and spirit can integrate with the nature.



天橋（紅圈示）連接4樓與花園，讓病人可散步前往花園，加強病人與大自然的連繫。  
A footbridge (marked in red circle) connects level 4 and the garden, where patients can stroll to the garden without taking lifts or stairs.

吳永順闡述：「為了讓病人及其家人與大自然的連繫更親近、更直接，花園的位置亦經過巧妙安排——花園除與3樓套房為鄰，更另設天橋連接4樓套房，讓病人及其家人可推著輪椅輕鬆漫步前往，免却乘搭升降機或上落樓梯的不便。事實上，樹木成蔭的花園不但給予一家人聚首空間，也讓他們可以在謐靜而安全的環境進行輔導或互訴心聲。」

## 生之尊嚴 死的莊重

讓末期病人有尊嚴地活至生命盡頭為「賽馬會善寧之家」的服務基本。新寧養中心的每間套房面積達300至400平方呎，以家居為設計藍本，設有病床、家屬睡床及設備、獨立洗手間及小廚房，提供猶如置身家中的環境、私隱度和空間，讓他們安然地度過人生末段。此外，靜思室特地以天窗引入自然光，家屬可為逝去親人進行追悼儀式。

## 提昇寧養認知 活出積極人生

「賽馬會善寧之家」不但為末期病人提供寧養照顧服務，更肩負培訓中心的角色，不時舉辦有關培訓課程與講座。「賽馬會善寧之家」將進一步提高港人就紓緩寧養服務對末期病人及其家屬重要性的認知，並鼓勵活出積極人生。

「賽馬會善寧之家」興建在即，我們極需要籌募更多善款以添置家具及其他設施，您的支持和捐助將十分重要！詳情請聯絡善寧會籌募及傳訊部。

**The Society for Promotion of Hospice Care needs additional funds for furniture, fitting-out and equipment for this new hospice project.**  
**To render your support, please contact our fundraising department.**

Tel: 2868 1211

Email: [frp@hospicecare.org.hk](mailto:frp@hospicecare.org.hk)

Situated on the slope of A Kung Kok Shan, the new hospice will blend in with nature thanks to the picturesque style of architecture. The 30 apartments on the upper two floors of the 4-storey hospice allow patients to enjoy either a mountain view or a river view, while other major facilities including an auditorium, a quiet room, a farewell room and several multi-functional rooms will be located on the lower floors.

“To provide patients and their families with greater convenience, the garden will be strategically connected to the levels where they reside. We will have our

garden on the same level with the residence on level 3, and directly connected with the top level by a footbridge. They can take a stroll in the beautiful botanical garden without the hassle of climbing stairs or taking the elevator,” Mr. Ng added. “The organic garden will provide not only a nice gathering place, but also offer a safe and peaceful environment for counselling and sharing.”

## Live and Die with Dignity

While enabling terminal patients to live and die with dignity is a major criterion of the SPHC's hospice project, each apartment, with an area of 300 to 400 sq ft, will come with home-like settings, including a patient's bed, sleeping facility for family members, a private washroom and a pantry, providing them with ample space and privacy for the last stage of life. The new facility will also feature a sky-lit quiet room where a memorial service can be held for someone who have passed away in the Home.

## The Ultimate Goal

The mission of “Jockey Club Home for Hospice” is not limited to offering enhanced end-of-life care to terminal patients. It will also act as a training and education centre where seminars and training programmes will be held. All in all, the new project serves to boost public awareness towards the importance of holistic and palliative care for terminal patients, and for their families, a full and positive life.



新寧養中心工作小組每兩周舉行會議。  
The project consultants team at one of its bi-weekly project meetings.



登山善行  
hike for  
hospice

Sunday, 10 March 2013  
Tai Lam Country Park

大欖郊野公園



Come Join the Hike for Hospice  
登山善行 紓己寧人

Short Route 12km | Intermediate Route 15km | Long Route 19km

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# 「燃亮生命火花」聖誕音樂會

## Light Up A Life Christmas Concert

雖然下着滂沱大雨，一眾支持「燃亮生命火花」聖誕音樂會的朋友仍興致不減，於去年12月4日晚冒雨齊集聖約翰座堂，同為本地寧養服務出一分力。

聖誕音樂會節目豐富，包括香港威爾遜男聲歌詠團及港島中學為我們帶來一個充滿美妙聖誕樂韻的溫暖晚上；而音樂會完結後，我們舉行了溫馨的聖誕派對，一如既往為嘉賓送上美味的傳統餡餅及暖酒。衷心感謝所有嘉賓及義工們的熱心參與和支持，與我們一起「燃亮生命」。

是次音樂會為飽受末期病患煎熬的病人及其家人籌得約港幣\$720,000，成績令人鼓舞。我們殷切期待更多捐款，請各善長繼續慷慨解囊！

音樂會的facebook粉絲專頁現已誕生！歡迎登入送上您的「Like」，並與朋友分享我們的專頁。



善寧會榮譽會長梁智鴻醫生於音樂會上分享推動他支持寧養服務的故事。  
Dr. Leong Che-hung, our Honorary President, shares his stories for supporting hospice.

Despite the heavy rain, many supporters turned out for our 22nd annual "Light Up A Life" Christmas Concert at St. John's Cathedral on 4 December 2012.

This year, the members from Hong Kong Welsh Male Voice Choir and the little talented angels from Island School joined hands to bring us a wonderfully warm evening. After the concert, a party was held where traditional mince pies and mulled wine were served with the help of the volunteers. Thank you for those who remembered their late friends and loved ones in this meaningful event with a donation!

We are grateful that the concert has raised around HK\$720,000 for terminal patients and their families.

We are still receiving donations, so please send us your valuable support!

"Light Up A Life" Christmas Concert has its own facebook fan page now. Give us a "Like" and share it with your friends now!

[facebook.com/LightUpALifeChristmasConcert](https://facebook.com/LightUpALifeChristmasConcert)



一眾表演嘉賓落力為我們帶來美妙的聖誕詩歌。  
The performers bring us beautiful Christmas Carols.



嘉賓聚首一堂參與音樂會後的派對。  
Guests gather to enjoy the party after the concert.



美味的傳統餡餅和暖酒。  
Delicious traditional mince pies and mulled wine.



「生命火花樹」為已故或瀕留病榻的親友送上祝福。  
"Tree of Life" - A light shines for each person remembered.

## 鳴謝 ACKNOWLEDGEMENTS

Agency for Volunteer Service  
C.L.A.R.E.S. of St John's Cathedral  
Crown Relocations  
Da Silva's Production & Entertainment (Lighting)  
Hamilton Advisors Limited

Hong Kong Police Band  
Hong Kong Welsh Male Voice Choir  
Island School Orchestra & Choir  
Rare & Fine Wines Limited  
Samantha Carline (Mince Pies Coordinator)  
Sandra d'Auriol (Christmas Ball Appeal)  
St. John's Cathedral  
St. John's Cathedral Book Store  
Standard Chartered (Hong Kong) Bank Ltd (Tree Donation)

# 第4屆義工嘉許晚宴

## The 4th Volunteer Appreciation Dinner

善寧會不少工作和服務都有賴義工的支持和付出，為了表達對義工們熱心服務的嘉許，本會於2012年11月27日假紀律部隊人員體育及康樂會（中菜廳）舉辦「第四屆義工嘉許晚宴」。

是次晚宴由本會執行委員會主席王紹強先生 MBE 宴請，超過 110 名義工、本會執行委員會委員及嘉賓等出席。王紹強先生十分感謝義工們對本會的支持，並逐一頒授嘉許狀。

晚宴在一片歡樂聲中進行，除了有多個刺激緊張的遊戲外，更有幸運大抽獎，送出由執行委員會委員捐助的近 80 份禮物；特別大獎為香港快運航空贊助的雙人來回機票。所有參加者都帶着喜悅和獎品，滿載而歸。



善寧會執行委員會委員向出席義工祝酒。  
SPHC Executive Committee Members propose a toast to all volunteers.

Volunteer is a treasure to us as they devote much effort and time to support our work and service. To express our gratitude, the Society organised the 4th Volunteer Appreciation Dinner at the Disciplined Services Sports & Recreation Club (Chinese Restaurant) on 27 November 2012.

Hosted by Mr. Raymond Wong, MBE, Chairman of our Executive Committee, the dinner was attended by over 110 volunteers, Members of the Executive Committee, honourable guests and our colleagues. Mr. Wong expressed his sincere thanks for the work and support of the volunteers. To show our immense gratitude, each volunteer was given a Certificate of Appreciation.

The dinner was filled with joy and cheers. In addition to many exciting and interesting games, the dinner was climaxed by a lucky draw of almost 80 prizes donated by members of our Executive Committee. The special prize was two round trip air tickets sponsored by Hong Kong Express. All participants had great fun and enjoyed the evening.



投入遊戲，齊心事成！  
Everyone joins the exciting games to win prizes.



幸運大抽獎得獎者都以興奮心情上台領獎。  
Lucky draw winners receive their prizes with great excitement.



# 世界紓緩關懷日2012

## World Hospice & Palliative Care Day 2012

### 慈善首映禮打響頭炮

每年10月舉行的「世界紓緩關懷日」乃以喚起人們對紓緩照顧的關注及藉着不同活動為各國相關機構籌募善款為目標。為響應去年大會主題「活到最後——在人口老化下的紓緩照顧」，善寧會舉辦了一系列活動，包括生死兩相安公眾論壇、派發愛心月餅及慈善禮物卡，以及於9月4日舉行的「保協善寧慈善首映禮」。

首映禮獲得「保協慈善基金」贊助，並於The Grand Cinema舉行；特選播放的電影是由法司華古薩及奧馬司主演的《閃亮人生》。該電影榮獲多個國際電影獎項，包括第24屆東京影展最佳電影獎及由兩位男主角同獲的最佳男演員獎；另奧馬司亦獲法國凱撒獎最佳男演員獎等。《閃亮人生》講述出身貴族世家的菲臘，在一次意外後幾乎全身癱瘓，後來僱用了一名出生低下階層並剛出獄的迪維斯來照顧他。兩個性格迥異、活在不同世界的人相處下來，卻擦出友誼火花。二人珍惜生命、珍惜友誼，以積極態度生活。



王紹強先生(左)及香港人壽保險從業員協會會長陳兆鴻先生合照  
Mr. Raymond Wong (left) and Mr. Raymond Chan, President of LUAHK

### Charity Film Gala Premiere

World Hospice and Palliative Care Day (World Day) is organised every October to boost public awareness and understanding of the needs of people living with a life-limiting illness and their families. Participating countries take part in the celebrations with activities including various fundraising events for the development of hospice and palliative care worldwide. In 2012, the theme was "Living to the end: palliative care for an ageing population".

To celebrate the World Day 2012, SPHC organised a series of activities with the Charity Film Gala Premiere as our kickoff on 4 September. Others included hosting a public forum on hospice care, distributing moon cakes to various hospitals and a charity sale of gift cards.

Sponsored by the LUA Foundation, the Charity Film Gala Premiere was held at the Grand Cinema showing the film, *Intouchables*. Starring Francois Cluzet and Omar Sy, the film won many international film awards, including the Tokyo Sakura Grand Prix and Best Actor for both Francois Cluzet and Omar Sy at the 24th Tokyo International Film Festival. In France, the film also earned Omar Sy the César Award for Best Actor. The film is about a rich aristocrat who, after becoming a quadriplegic from an accident, hired a young man who was recently released from prison as his live-in care giver. The two men, with distinct differences in personality and background, developed a unique relationship that created sparks of life.

Mr. Raymond Wong, MBE, Chairman of the Executive Committee of the SPHC, stated that the charity event was held to raise funds for a new hospice project. He also expressed special thanks to the LUA Foundation for their generous support.

In addition to the LUA Foundation's donation of HK\$250,000, the film gala also received financial support from a number of other valuable donors. The warm-hearted movie attracted a full house of over 800 attendants. Celebrities including Mr. & Mrs. Chiang Chen, Ms. Cheng Ming Ming, Mr. Alfred Cheung, Mr. Clifton Ko, Ms. Wong Chun Chun, Ms. Maggie Shiu, Ms. Elaine Jin and Ms. Strawberry Yeung were also present to add limelight to the meaningful event.



支票交贈儀式  
Cheque presentation ceremony

善寧會主席王紹強先生 MBE 表示，是次舉辦慈善首映禮是為籌募新寧養中心之營運經費，並特別鳴謝保協慈善基金的贊助，使活動得以順利進行。

活動獲得保協慈善基金贊助港幣 \$25 萬，以及其他多位善心人士的捐助；全院均座無虛設，更獲多位名人包括蔣震先生夫人、鄭明明女士、張堅庭導演、高志森導演、黃真真導演、邵美琪小姐、金燕玲小姐、楊玉梅小姐等出席支持，場面熱鬧。







(左起)戴樂群醫生、蕭孫郁標女士、廖志玲姑娘及李樂詩博士於問答環節與參加者交流。  
(From left) Dr. Dai, Mrs. Yvonne Siu Sun, Ms. Liu and Dr. Lee enjoyed the interactive time with the audience.



## Latter Life Forum – At Ease with Life & Death

Hong Kong is facing the problem of ageing population with more and more people stepping into their third age, living their later part of life and even facing death. How could we cope with the situation and live well?

To align with the theme of World Day 2012 - “Living to the end: palliative care for an ageing population”, SPHC organised the “Latter Life Forum – At Ease with Life and Death” on 13 October 2012. The forum was held at the auditorium of BGCA Building, Wanchai, with more than 300 participants.

Dr. Dai Lok Kwan, Consultant Geriatrician of Prince of Wales Hospital; Ms. Rosanna Liu, Nurse Consultant in Gerontological Nursing of Hong Kong Association of Gerontology; and Dr. Rebecca Lee Lok Sze, an adventurer, were invited as guest speakers while Mrs. Yvonne Siu Sun, a member of the Executive Committee of the SPHC, was the facilitator.

Dr. Dai said that the elderly had to keep themselves physically and mentally healthy and this could be done by developing traditional Chinese “Six Arts”, i.e. ritual, music, archery, horse-riding, calligraphy and mathematics. Ms. Liu also gave advice on how to choose an elderly home.

Dr. Lee shared her experience on life planning. She stressed the importance of setting goals in our life and striving towards them. After having accomplished the goals in her life, she is going to pass on her knowledge of earth science to the young people. “Let every 20 years be a separate stage of your life and set a different goal for each stage. I have just started my fourth 20-year life stage in which I wish to pass my knowledge to the next generation and hope they can then devote themselves to making a better future for the earth.”

She concluded, “We have to be grateful to the earth for the abundance of resources and be obliged to protect it.”

## 「生死兩相安」晚晴論壇

面對香港人口老化，以及身邊長者步入晚年和死亡，我們應該如何自處？

為回應世界紓緩關懷日 2012 而設的另一活動為「生死兩相安」晚晴論壇，內容回應主題「活到盡時——在人口老化下的紓緩照顧」。論壇於去年 10 月 13 日假灣仔香港小童群益會舉行，並邀請了戴樂群醫生（威爾斯親王醫院老人科顧問醫生）、廖志玲姑娘（香港老年學會老人科護理顧問）及李樂詩博士（極地科學工作者）為嘉賓講者，而善寧會執行委員會委員蕭孫郁標女士則擔任主持。

戴醫生認為長者晚年也需要保持身心健康，而中國傳統儒家思想的「六藝」理論，即「禮、樂、射、御、書、數」，可應用於長者晚年生活。此外，廖姑娘分享了如何為長者選擇適合的院舍，令他們可安享晚年。

李博士則在論壇上談及她對人生規劃的看法及其重要性，並分享了她的親身經歷。她認為要立下人生目標，並堅持完成夢想；而她在完成人生目標後，接下來就把知識及時間培育年輕一代，將地球科學這門知識薪火相傳。

人生有幾多個十年？李博士說：「從小開始將人生以每 20 年劃為一個階段，並訂立目標，努力完成。現在我已經開展人生第 4 個 20 年了。未來 20 年，我希望將自己的知識傳給下一代，寶貴的時間及精力也交給學生，希望他們日後可以為地球的未來付出。」

最後，李博士寄語大家：「感恩大地，飲水思源，滴水之恩，湧泉相報。」

當天出席的參加者逾 300 人，他們不但對人口老化的問題作出正面回應，也對三位講者的分享甚有共鳴。

## 愛心月餅與慈善禮券

### Moon Cake Delivery & Charity Gift Card

響應「世界紓緩關懷日」的活動還有向晚期病人派發愛心月餅。在得到一位熱心善長及香港美心集團的贊助下，本會於醫管局轄下 19 間醫院的紓緩服務單位及日間中心向各院友派發 5,500 個月餅，一同歡度中秋。

此外，善寧會亦與慈善禮券平台 Charitable Choice 合作，成為其 10 月份的特約合作慈善機構，讓善長可於該平台捐助善寧會。

There were other activities organised for the World Day 2012. With the support of Maxim's Group and a compassionate donor, the SPHC distributed 5,500 moon cakes to terminal patients in 19 palliative care units and day care centres under the Hospital Authority to celebrate the Mid Autumn Festival.



Besides, the SPHC was a feature beneficiary organisation of Charitable Choice, a charity gift card platform, in October.

# 意義重整—從失落轉化為愛

## Meaning Reconstruction – From Loss to Love

數個月前，我和同事一起負責一個針對專業人士的工作坊，內容為喪親關顧與支援。當我們談及哀傷輔導的其中一個介入方式「意義重整與失落」時，同事一時說錯，說成「意義重整與愛」，這倒令我馬上想起，意義創造的最終目的就是把「失落」轉化為「愛」。事實上，愛是生存的能量，是在痛苦中活下去的必要元素。我相信同事下意識地也與我的想法一致。



My colleague and I conducted a three-day workshop on bereavement care and support for professionals last fall. When we got to one of the intervention approaches, my colleague made a slip of the tongue by saying “Meaning Reconstruction and Love” instead of her original sub-topic - “Meaning Reconstruction and Loss”. I immediately got an insight that the major purpose of meaning making in a loss experience is to turn loss into love. Love is the source of energy for living and the necessity to survive in suffering. I believe that my colleague also had come up with a similar insight unconsciously.

我在本會為喪親者提供哀傷輔導已有5個年頭，深知喪親者因為失去摯愛而無時無刻地傷痛。人類在任何重要的事情上都想找着意義，讓我們可以明白一些經歷，例如失去摯愛，而一般認為意義創造可以幫助喪親者在痛失摯愛後舒緩痛苦。

面對摯愛突然死亡，人會質疑一些一向以為可以理解和預計的事情，包括根深柢固的信念及事物間的關係等，並對「意義」產生「潛在危機」。即使對於似乎毫無意義的死亡事件，喪親者亦會拼命地尋找一些意義。事實上，意義創造正是自我表述的過程。

意義尋覓分不同階段，且重點都不同：首先是實際的（我的摯愛如何死去？）；然後是關係的（我是誰，我現在不再是他/她的配偶嗎？）；接着是靈性或存在的（為何神容許這事發生？）。經過這個尋覓過程之後，喪親者或可以從痛失摯愛的事情上找到意義，而這些意義讓喪親者在現實環境裏作出相應的實際行動（我下一步該怎樣跟逝去的摯愛延續意義？）

Robert A. Neimeyer等的研究(2010)顯示，喪親者在意義創造中的最常見得益，就是人生意義次序的重組，以及對別人痛苦施予同情和幫助的意欲提升，可見意義創造扮演緩衝的角色，緩和創傷性失落帶來的衝擊。許多喪親者表示，除了克服悲痛和情緒低落，亦鍛煉出頑強的意志與韌力，甚至從失落中發現個人成長。此外，有些表示他們學會重拾希望和對自我能力的肯定。這些都成為喪親者的正能量，幫助他們面對實際生活上的需要。

在意義創造的過程中，喪親者會學習從另一個角度與外界重新接軌。我所理解的「由失落轉化為愛」，就是喪親者通過在意義重整的過程中獲得新能量，並學習以珍惜自己及他人的角度出發，去延續對死者的那份愛。

As I have provided bereavement counselling for our bereaved clients for 5 years at the Society, I understand the heaviness of the pain that the bereaved carry day and night in a traumatic loss. Human beings tend to look for meanings in any significant events, and try to make sense out of our loss experiences. Meaning making is believed to help in alleviating the suffering of the bereaved in a loss experience.

When someone is forced to confront the news of the sudden death of a loved one, he/she would begin to question things that would normally be understood or anticipated, including deep-rooted belief and logic on the correlation of life events. It is time for “a potential crisis of meaning” in the context of bereavement. One would search desperately for some meaning in the seemingly senseless death of a loved one. Meaning making is actually a self-narrative process.

In the aftermath of life-altering loss, the bereaved are commonly thrust into a search for meanings at levels that range from the practical (How did my loved one die?) through the relational (Who am I, now that I am no longer a spouse?) to the spiritual or existential (Why did God allow this to happen?). After going through this process, hopefully the bereaved would come up with some meanings from the loss. And these meanings will lead the bereaved back to the practical, i.e. taking some corresponding practical actions (What is the next thing I can do to extend my meanings with my deceased loved one?)

In the research studies of Robert A. Neimeyer and his associates (2010), the most common benefits finding themes in the process of meaning making are the entailed reordering of life priorities, and an increase in the desire to help and compassion for others' suffering. Sense making functions as a mediator or a buffer of the impact of a traumatic loss. Bereavement adaptation entails more than simply surmounting pain symptoms of grief and depression, as many people report greater personal strength, resilience or even personal growth after loss. Some also report that the process carries benefits in renewing a sense of hope and self-efficacy in the process of meaning reconstruction. These benefits serve as the source of energy for further practical actions.

In the process of sense making, the bereaved will learn to develop a new perspective in getting in touch with the world. In my sense of altering loss to love is that the bereaved get a new energy through the process of meaning reconstruction, and learn to continue their love for the deceased loved ones by loving themselves and others with a new perspective.

安家舍總監曾國嫻姑娘

Helina Tsang, Centre Director of JTTC

# 手足情未了……

## Everlasting Sibling Affection

「一想起哥哥，就想起在年幼時，他曾替我擋過媽媽打過來的『雞毛掃』，能夠一同分擔困難的這份兄妹情，至今仍使我感動！」

### 手足情深？

這兩年來，我在安家舍遇到不少有關手足情的個案，當中流露的一份親情絕不輕於其他喪親者的故事，惟失去兄弟姐妹的家屬之傷痛往往容易被忽視……究其原因，是他們的喪親之痛不夠「痛」嗎？還是他們的傷痛更難以啟齒？

在中國傳統社會裏，兄弟姊妹關係密切：離世的兄姐可能曾照顧和教導過自己，又或是自己作為兄姐，曾照顧教導過離世的弟妹，彼此有如父母及孩子間的關係；又或是曾陪伴自己成長的玩伴、共甘苦的手足、共同照顧父母的好拍檔。一位喪弟的女士說：「我曾夢見海灘上有兩雙腳印，雖曾同走了一段路，其中一雙卻愈走愈遠，就如我的弟弟，另一雙則停下來，感到孤單及無助，有如自己一般。」

### 我們相遇了……

因着這份失去兄弟姐妹之情，讓大家終於在安家舍遇上，成為今天的「足三兩」小組。組員在小組聚會時探索自己喪失兄弟姐妹的心路歷程，同時彼此之間又得到同路人的支持，互相分擔傷痛及面對生活的壓力，因此大家都十分珍惜聚會的時光。記得一位組員於聚會時正逢弟弟的忌日，另一組員特為此準備了蠟燭；在柔和的燭光之下，進行了思親儀式，紀念親人，互相支持，度過這難熬的日子。

### 我們都是兄弟姐妹……

「足三兩」獨特之處是大家的年齡差距很大，所經歷的人生階段及經驗不同，但這些不同的經歷不但沒有妨礙溝通，反而更觸動大家回想起遺忘了的往事及手足情。中年組員阿芬分享說：「看到阿美（較年青的組員），我便重拾自己年輕時的心境及想法，讓我重新認識自己，所以，阿美就像我妹妹，感覺很親切。」可見彼此就如自己的親姊妹般，在這裏體會另一份姊妹情，多一份「家」的感覺。

### 「足三兩」的誕生

轉眼3個月，大家決定把小組命名為「足三兩」，闡釋或各有不同：有組員認為「足」是指手足，「三兩」分別指自己、離世手足及組員；另一組員則認為「三兩」是天（離世手足）、地（大家身處的地方）、人（自己及組員），正好流露着自己、組員及離世手足之間的心靈連繫。

安家舍輔導員鄧海甄姑娘

“Whenever my elder brother came into my memory, the vivid image of how he strived to save me from getting caned by our mom in my early childhood still touches me. He was always a good brother who would protect and comfort me in my difficult times.”

### How deep is OUR love?

During the past two years at JTTC, I have encountered many different cases concerning the loss of siblings (bereaved siblings). Despite the fact that their affection towards the deceased sibling has been as intense as all other cases, their grief is so often neglected. What could be the reasons behind? Is their grief not huge enough or simply inexpressible?

As a tradition of the Chinese society, the sibling relationship has often been very close. Amongst the cases, it sometimes happened that the deceased older sibling had watched over the younger bereaved, or the older bereaved had played the care-giving roles and watched over the deceased younger sibling when they were young. Quite often, they had become companions to each other, sharing their joy and sorrow as they grew up in the family.

A woman told me about her dream after she had lost her younger brother. “I dreamed of seeing two pairs of footprints on a beach, which had started strolling together, but one of them walked away in the middle of the path, leaving the other alone and helpless... just like my deceased younger brother walking away from me and leaving me all alone.”

### We meet and we share

Bereavement has drawn them together to seek mutual support at JTTC, giving birth to “Quarter Pounder”, a small group of bereaved siblings that gathers often to exchange their experiences and difficulties arising from loss of their siblings. With JTTC’s professional support, they have the opportunities to share their grief and stresses with each other, and gain mutual support. At one of the gatherings, it so happened was the anniversary of the death of a group member’s deceased younger brother. Another group member specially arranged some candles for a memorial service, at which the group members shared this heartrending moment together.

### We are SIBLINGS too

The uniqueness of “Quarter Pounder” is that our members come from many different age groups, meaning that they may be at different stages of life with different experiences. However, not only were there no communication gaps amongst the members, it sometimes triggers the memories of their past and deceased siblings. Clara, a middle-aged member once said, “whenever looking at May (a teenage group member), I recall my former self when I was at her age, which helps me know my current self better. May is just like my younger sister and I have a sense of intimacy towards her.” They feel a strong kinship with each other and “Quarter Pounder” represents another kinship family for them.

### The origin of “Quarter Pounder”

3 months after our first gathering, we decided to name this small group “Quarter Pounder” (「足三兩」). While we can interpret the name in a number of ways, some members see it as a connotation of “siblings” (「足」), and “self”, “deceased siblings” and “group member”, or “heaven (deceased sibling)”, “earth (our place)”, and “humans (self and group members)” (「三兩」), representing the strong cohesiveness of the three parties.

Heidi Tang  
Bereavement Counsellor of JTTC



## 臨終照顧培訓課程

### End-of-life Care Education Programme

本會舉辦的臨終照顧培訓課程，針對前線醫護人員、相關專業同工及公眾人士，以增加其臨終照顧知識及技巧。名額有限，報名從速！



Our end-of-life care training programme aims at providing training for frontline care workers, professionals and public in end-of-life care. Courses, with limited places, are open for enrollment. Act now!

### 晚晴照顧進階課程 (編號C2-2-2012)

課程目的：

隨着社會老齡化，關顧身邊體弱親友已成為不少人的生活需要。有見及此，本會增設晚晴照顧課程予公眾人士及照顧者參加，希望提升照顧者照顧晚晴病人的技巧，從而支援照顧者及公眾人士，為身邊有需要的人提供更適切的關顧。

課程對象：

年滿 18 歲的公眾人士（照顧者及完成「晚晴照顧初階課程」者優先）

上課日期及時間：

2013 年 3 月 17 日及 3 月 24 日（星期日）9:30a.m. - 6:00p.m.

上課地點：筲箕灣

課程內容：

- 晚晴照顧的技巧
- 情緒管理
- 自我照顧
- 溝通技巧

課程費用：港幣 \$200

## 3G 圓滿人生輔工課程

課程目的：

專為累積了專業知識、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）。

課程對象：

退休專業人士及承諾實踐 3G 使命人士

上課日期：

2013 年 3 月 7、12、14、19、21 日（逢星期二、四）  
2:15pm - 5:15pm

課程內容：

課程涵蓋 10 個單元，為期 5 個課堂，共 15 小時，內容包括：

**LOOK GOOD：**「退休人士的社會角色轉變」、「優雅的儀容」工作坊

**FEEL GOOD：**「認識身體的自然變化」、「回到未來」工作坊、「心靈的快樂與豐足」、「人生未了心頭事及晚晴照顧」工作坊、「養生與食療」、「保健答問」工作坊

**DO GOOD：**「與長者及護老者的溝通技巧」、「3G 圓滿人生」

課程費用：

課程費用由善寧會之善長捐助，學員只需繳付行政費用港幣 \$200

善寧會最新編著

## 《3G 圓滿人生 Do Good, Feel Good, Look Good》

面對香港社會老齡化，如何積極「活好老年」是退休人士必修的一課。自 2008 年起，本會策劃退休學習的嶄新「3G 圓滿人生輔工課程」，內容涵蓋身、心、社、靈、養生、社區服務與實踐等七大元素，更請來專家學者引導退休人士如何「活好老年」。本書特別收錄了課程的講課內容，更附上「讀者自學」工作坊和實踐 3G 參考，適合退休人士，長者照顧員或對死亡相關討論有興趣的公眾人士閱讀、細味和借鑒。

內容豐富，只售 \$78

各大書局：商務印書局、天地圖書、三聯書店、大眾書局、中華書局等，均有代售



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>

# 第19屆香港國際癌病會議

## The 19th Hong Kong International Cancer Congress

第19屆香港國際癌病會議已於2012年11月8至9日於黃竹坑香港醫學專科學院舉行。善寧會作為贊助機構之一，於11月9日舉辦了「社會心理研討會議」，以探討「改善臨終決策」為主題，活動包括講座、座談會及工作坊等。

本會榮幸邀得 Professor Michael Ashby 及多位富經驗的專業同工，包括莫孫淑冰教授、梁慧賢博士、謝俊仁醫生及曾國嫻姑娘等，帶領講座及工作坊；而兩天會議共獲超過 1,000 名醫護界的專業同工參與。



Professor Michael Ashby 以「改善臨終決策」為講座主題  
 Prof. Michael Ashby delivered a lecture on "Improving Decision-making Towards the End of the Life"

The 19th Hong Kong International Cancer Congress was held on 8 and 9 November 2012 at the Hong Kong Academy of Medicine in Wong Chuk Hang. The SPHC was one of the contributing sponsors of the Congress and the host of the one-day psychosocial programme held on 9 November. The programme included a lecture on "Improving Decision-making Towards The End of Life" by Professor Michael Ashby as well as a series of talks, forums and workshops by renowned speakers including Prof. Esther Mok, Dr. Amy Leung, Dr. Tse Chun Yan, and Ms. Helina Tsang.

The 2-day congress attracted over 1,000 attendants with many meaningful discussions initiated.

### 鳴謝

## ACKNOWLEDGEMENTS

特別鳴謝下列機構協助推廣本會理念及服務：  
**Special thanks go to the following corporations for helping us promote our mission and services:**

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# 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 \$ \_\_\_\_\_

## 捐款人資料 Donor's Information

先生Mr/小姐Ms/太太Mrs: \_\_\_\_\_

地址 Address: \_\_\_\_\_

電話 Tel: \_\_\_\_\_ 傳真 Fax: \_\_\_\_\_

電郵 Email: \_\_\_\_\_

- 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 receipting 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.**
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持咭人簽署 Cardholder's Signature: \_\_\_\_\_



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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)		Bank No. 銀行號碼	Branch No. 分行號碼	Account No. 戶口號碼	Date(day/month/year) 日期(日/月/年)
<b>Society for the Promotion of Hospice Care</b>		<b>0</b>	<b>4</b>	<b>5</b> <b>1</b> <b>1</b>	<b>3</b> <b>3</b> <b>5</b> <b>1</b> <b>2</b> <b>7</b> <b>0</b> <b>0</b> <b>1</b>
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		
#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		
+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:

1. If the amount of your payments are likely to vary each time, set the Limit for Each Payment at the maximum amount you would expect to pay at any one time. 如台端付款的數額每次可能不相同，則請將最高者定為每次付款的最高限額。

2. 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。

3. 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。

4. 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。

5. 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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Society for the Promotion of Hospice Care

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本會消息  
NEWS OF SPHC

**第23屆會員周年大會 The 23rd Annual General Meeting**

善寧會第23屆會員周年大會已於2012年11月27日舉行。會上公布，執行委員李淑儀小姐自從2003年起服務本會，年內任期完滿後依章告退；張哲孫博士、黃耀明先生與莫興光先生則獲推選為執行委員。

Our 23rd Annual General Meeting was held on 27 November 2012. At the meeting, it was announced that Ms. Camila Li had retired from her term of office as an Executive Committee member after her services for our Executive Committee since 2003. It was also announced that 3 new members including Dr. Jackson Cheong, Mr. Francis Wong Lu Ming and Mr. Mok Hing Kwong were appointed to the Executive Committee.

**人事調動 Staff Movement**

**晉升 Promotion**

鄭捷欣小姐於2012年9月獲擢升為教育經理。

Ms. Carol Cheng was promoted to Education Manager in September 2012.

**香港癌症基金會到訪 Visit of the HK Cancer Fund**

香港癌症基金會一行十多名員工代表包括前線社工、護士、活動策劃及行政部同事等於2012年11月22日到訪本會位於筲箕灣之辦事處，對本會工作及服務作具體了解及交流。

More than 15 representatives of Hong Kong Cancer Fund, including their frontline social workers, nurses, and administrative staff visited our Shau Kei Wan office on 22 November 2012. During the visit, an overview of our services and mission was introduced.





善寧會

Society for the Promotion of Hospice Care

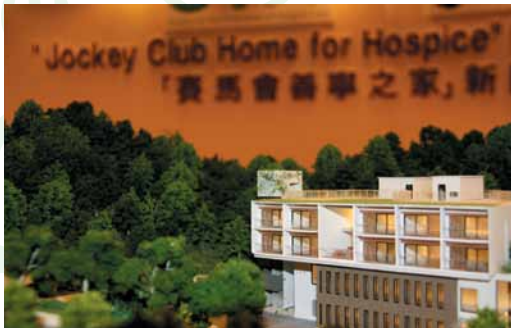
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Economy

## Economy

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

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