



善寧會

Society for the Promotion of Hospice Care

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莫忘初心之囍宴

逾 150 對夫婦參與重發婚姻盟誓

“A WEDDING BANQUET TO CELEBRATE LOVE VOW”
Over 150 married couples renew their love vows for charity



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莫忘初心之囍宴

“A Wedding Banquet to Celebrate Love Vow”

世間真情中，存在最長久的是對家人的愛。

結婚典禮時，新婚夫婦透過「愛的盟誓」，確認這長存的真情。

善寧會於 2015 年 6 月 17 日假富豪機場酒店舉辦名為「莫忘初心之囍宴」籌款晚宴，為即將建成的「賽馬會善寧之家」籌募經費。晚宴邀請超過 150 對來自社區各界的夫婦參與「重發婚姻盟誓」，場面盛大感人。

晚宴特以「莫忘初心」為主題，傳達「愛生命、愛家人」的訊息，「重發婚姻盟誓」儀式由天主教香港教區副主教陳志明神父主禮，並由財政司司長曾俊華伉儷見證下，讓夫婦向對方作出莊嚴婚姻承諾，重溫婚姻的真正意義。大會希望透過晚宴傳達一份信念：夫婦憑着愛與真誠，互相扶持，一同經歷人生的順境與挑戰，維繫婚姻和家庭的價值。

應邀出席宴會的夫婦主要來自社區長者的服務單位，包括多對慶祝結婚 60 周年或以上的鑽婚夫婦，他們年輕時經歷戰亂、社會動盪或經濟問題，未曾正式舉辦婚禮或宴請結婚筵席。今次他們透過籌款晚宴「圓

Of all affections, family is the most enduring.

“Love Vows” pledged at weddings have sustained this enduring affection.

“A Wedding Banquet to Celebrate Love Vow” charity dinner was held on 17 June, 2015 at Regal Airport Hotel to raise funds for the Jockey Club Home for Hospice. During the event, over 150 married couples from different social communities renewed their love vows. It was warm and touching when the couples held hands to deliver their love vows.

The theme of the Wedding Banquet was “Remembering Love” and the main message of the night was “Treasure



冠名贊助機構—富豪國際酒店集團執行董事兼首席營運官楊碧瑤小姐致辭。
Ms. Belinda Yeung, Executive Director and Chief Operating Officer of Regal Hotels International, the title sponsor of the Charity Dinner, delivering speech at the event.



周大福慈善基金有限公司理事暨新世界發展有限公司執行董事紀文鳳小姐代表周大福慈善基金捐贈五百萬港元善款予善寧會「賽馬會善寧之家」項目，由善寧會執行委員會主席王紹強先生代表接受，曾俊華司長見證。

Ms. Leonie Ki, Governor of Chow Tai Fook Charity Foundation (CTFCF) and Executive Director of the New World Development Company Limited, representing CTFCF to donate a HK\$5 million cheque to Jockey Club Home for Hospice. Mr. Raymond Wong, Chairman of the Society for the Promotion of Hospice Care receiving the cheque, witnessed by Mr. John Tsang.



(路訊通截圖) 善寧會愛心大使楊婉儀小姐，於短片中宣傳籌款晚宴和作個人分享。
(screenshot from Roadshow) Ms. Winnie Young, an SPHC Ambassador, promoting the charity dinner and sharing her views on family love.

夢」，在親友和嘉賓的見證下，重發婚姻盟誓，向伴侶重申莊嚴的婚姻承諾，以證「莫忘初心」。部份長者更因首次穿著裙褂，而不禁喜上眉梢。

曾司長在致詞中讚賞善寧會的工作：「除倡議為晚晴者提供全人關顧的寧養照顧外，也鼓勵和協助家屬與晚晴者珍惜相處時刻。」

your Life, Cherish your Family.” The Vow Renewal ceremony was officiated by the Vicar General of Bishop’s Office, Reverend Dominic Chan and witnessed by Hong Kong’s Financial Secretary, Mr John Tsang, GBM, JP. The couples were blessed by V.G. Rev. Dominic Chan as they renewed their vows. Through the Charity Dinner, we hoped the true meaning of marriage could shine through: with true love and mutual trust, a couple can overcome any challenge together.

These married couples are mostly senior citizens, and some have already marked their Diamond Jubilee. Many of them did not hold a wedding banquet nor a wedding ceremony because of war, social instability or economic difficulty. The dinner made their “dream come true” by renewing love vows in the witness of their relatives and guests. Some brides were very delighted because it was their first time wearing “Qun Gua” (Traditional Chinese bridal gown).

Mr John Tsang expressed his appreciation for our work, stating that “SPHC not only provides excellent holistic care to terminally-ill patients, but is also keen to encourage patient-family interaction so that they can treasure precious moments together.”



「莫忘初心之囍宴」—鳴謝

“A Wedding Banquet to Celebrate Love Vow” – Acknowledgements

善寧會謹向「莫忘初心之囍宴」的贊助單位，致以衷心感謝

The Society for the Promotion of Hospice Care would like to thank all sponsors for their immense contribution to “A Wedding Banquet to Celebrate Love Vow” Charity Dinner.

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我們衷心感謝「莫忘初心之囍宴」籌募委員會所給予的支持與指導，並感謝善寧會全體義工隊全力協助。

Our sincere thanks go to the Organising Committee for its guidance and dedicated support, and the SPHC Volunteer Team for its assistance.

「莫忘初心之囍宴」籌募委員會 “A Wedding Banquet to Celebrate Love Vow” Organising Committee

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王紹強 MBE Mr. Raymond Wong, MBE

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The Power of Love



Hike for Hospice 2015

Hike for Hospice 2015 was successfully held on 8th March at Tai Lam Country Park. Mr. John Tsang Chun-wah GBM, JP, Financial Secretary; Dr. Leong Che-hung, GBM, JP, Honorary President of SPHC; Mr. Raymond Wong, Chairman of SPHC; Mr. Jim Thompson GBS, Chairman of the Hike for Hospice Organising Committee; Mr. Hamilton Cheng Ping-Hei, Finance Director of Chow Tai Fook; Mrs. Semon Yeung,

Chairperson of Emperor International Holdings Limited; Mr. Ricky Wong, Managing Director of Wheelock Properties (Hong Kong) Limited; and Ms. Angela Hui & Mr. Alex Hung, Artistes of Emperor Entertainment Group officiated the ceremony marking the start of the Hike.

「登山善行2015」

善寧會「登山善行 2015」已於今年 3 月 8 日於元朗大欖郊野公園順利舉行。大會邀請到財政司司長曾俊華 GBM 太平紳士、善寧會榮譽會長梁智鴻醫生 GBM 太平紳士、善寧會執行委員會主席王紹強 MBE、「登山善行」籌募委員會主席詹康信 GBS、周大福財務董事鄭炳熙先生、英皇集團（國際）有限公司主席陸小曼女士、以及會德豐地產（香港）有限公司常務董事黃光耀先生蒞臨主持起步禮。英皇娛樂集團藝人許靖韻及洪杰亦到場為登山健兒打氣。



登山健兒們出發的一刻
The moment hikers rushed from the start point

為嘉許得獎健兒並向各贊助商及義工團體致謝，本會亦於 5 月 29 日在南區皇冠酒窖舉行登山善行 2015 頒獎禮。詹康信先生在頒獎禮中感謝各贊助商和參加者的參與。超過 70 位登山健兒及嘉賓出席頒獎禮，一起享用美酒佳點，並重溫活動當日的精彩相片。今年約 500 名登山健兒熱心參與活動，成功籌得超過三百萬港元，善款將會用作持續推動優質寧養紓緩服務的工作。

Subsequently, the presentation of the Hike for Hospice 2015 Awards Ceremony was held at Crown Wine Cellars on 29 May 2015. Mr. Jim Thompson gave his speech in the Ceremony and thanked all sponsors and hikers for their generous support. Over 70 guests attended the Ceremony, where they enjoyed the food and drinks and the happy moments captured in photos taken at the event.

The loyal support from individuals, businesses and organisations is vital to the success of Hike for Hospice. This year we had approximately 500 hikers taking part in the event to reach a fundraising result of over HK\$3 million. The donation generated will be used to continue our works in advocating leading-edge hospice and palliative care for terminally-ill patients and their family.

頒獎禮花絮

Highlights of the Awards Presentation Ceremony



登山善行2015 得獎健兒名單

Hike for Hospice 2015 Winners' List

團隊 Team Category

| 路線 Route | 獎項 Award | 隊名 Team Name | 時間 Time | 公司 Company |
|----------|------------------|----------------------------------------------------|---------|------------------------------------|
| 8km | 冠軍 Champion | The Kadoorie Charitable Foundation - Team 1 (T003) | 1:45:28 | The Kadoorie Charitable Foundation |
| | 亞軍 1st Runner-up | 利嘉閣地產 (T048) | 1:50:54 | Ricacorp Properties Limited |
| | 季軍 2nd Runner-up | 美聯物業 (T026) | 1:51:10 | Midland Realty Limited |
| 14km | 冠軍 Champion | OCBC Wing Hang Bank (T002) | 1:53:19 | OCBC Wing Hang Bank |
| | 亞軍 1st Runner-up | 新鴻基地產 (T021) | 1:54:52 | Sun Hung Kai Properties Limited |
| | 季軍 2nd Runner-up | 周大福 Team 2 (T055) | 2:14:36 | Chow Tai Fook Jewellery Co Ltd |
| 22km | 冠軍 Champion | The Turtles (T070) | 2:27:43 | Goldman Sachs (Asia) L.L.C. |
| | 亞軍 1st Runner-up | AECOM TEAM B (T050) | 3:07:49 | AECOM |
| | 季軍 2nd Runner-up | Racing The Planet (T005) | 3:17:52 | RacingThePlanet |

個人 Individual Category

| 路線 Route | 獎項 Award | 參加者 Hiker's Name | 時間 Time | 公司 Company |
|----------|------------------|-----------------------------------|---------|--------------------------------|
| 8km | 冠軍 Champion | Mr Michael Cheung Man Sing (N009) | 0:46:09 | - |
| | 亞軍 1st Runner-up | Mr Chan Kwong Fu (N019) | 1:12:52 | Chow Tai Fook Jewellery Co Ltd |
| | 季軍 2nd Runner-up | Mr Yip Chi Leung (N018) | 1:14:48 | Chow Tai Fook Jewellery Co Ltd |
| 14km | 冠軍 Champion | Mr Lau Ho (N037) | 1:50:19 | Chow Tai Fook Jewellery Co Ltd |
| | 亞軍 1st Runner-up | Mr Wong King Fung (N012) | 1:55:51 | - |
| | 季軍 2nd Runner-up | Mr Koon Ka Sing (N028) | 2:24:39 | Chow Tai Fook Jewellery Co Ltd |
| 22km | 冠軍 Champion | Mr Harvey Lee Chi Chung (N003) | 2:58:19 | - |
| | 亞軍 1st Runner-up | Mr Wu Chau Sing (N013) | 3:51:36 | - |
| | 季軍 2nd Runner-up | Ms Wan Ting Yan (N034) | 4:19:09 | - |

超級健兒 Super Hikers *

| 路線 Route | 得獎者 Winners | 隊名 Team Name (如適用 If applicable) | 時間 Time | 公司 Company |
|----------|---------------------------------------------------------------------------|----------------------------------|---------|-----------------------------|
| 8km | Mr Michael Cheung Man Sing (N009) | - | 0:46:09 | - |
| 14km | Mr Jackey Wang Chap Man | OCBC Wing Hang Bank (T002) | 1:32:57 | OCBC Wing Hang Bank |
| 22km | Mr Alexandre Reinert Mr Daniel Toole Mr James Park Mr Sherman Xi | The Turtles (T070) | 2:27:43 | Goldman Sachs (Asia) L.L.C. |

* 最快完成各路線的參加者 The first hiker who finished the route

最高籌款獎項 Top Fundraising Awards

| 組別 Category | 得獎者 Winners | 所籌得款項 Amount Raised | 公司 Company |
|---------------|------------------------------|---------------------|-----------------------------|
| 團隊 Team | Six Pack (T066) | HK\$82,077.18 | Goldman Sachs (Asia) L.L.C. |
| 個人 Individual | Mr Christopher Dillon (N001) | HK\$25,800.00 | - |

傑出籌款獎項 Outstanding Fundraising Awards

| 組別 Category | 得獎者 Winners | 所籌得款項 Amount Raised | 公司 Company |
|---------------|----------------------------|---------------------|----------------------------------|
| 團隊 Team | HK Trailblazers (T028) | HK\$64,000.00 | - |
| | Fantastic 6 (T025) | HK\$63,340.00 | - |
| | The Avengers (T069) | HK\$40,900.00 | Goldman Sachs (Asia) L.L.C. |
| | Mission Possible (T006) | HK\$39,200.00 | - |
| | Team Buddy (T067) | HK\$35,650.00 | Goldman Sachs (Asia) L.L.C. |
| | Chairman's Team (T022) | HK\$33,600.00 | - |
| | Blue Wave (T043) | HK\$33,000.00 | Zurich Insurance Group Ltd |
| | Incredi(t)bles (T062) | HK\$32,120.30 | Goldman Sachs (Asia) L.L.C. |
| | Friends of Biocline (T079) | HK\$31,000.00 | Biocline Healthcare Services Ltd |
| | GS IA Team (T060) | HK\$30,600.00 | Goldman Sachs (Asia) L.L.C. |
| 個人 Individual | 六行俠 (T009) | HK\$30,500.00 | - |
| | Mr Bill Leung (N005) | HK\$13,000.00 | - |
| | Mr Roy Yip Chi Ho (N011) | HK\$10,435.00 | - |

團隊及個人傑出籌款獎項得獎者分別於 2015 年 3 月 30 日或之前籌得港幣 \$30,000 或以上及港幣 \$10,000 或以上善款。

Outstanding Fundraising Teams and Individuals are those who raised HK\$30,000 or above and HK\$10,000 or above respectively on or before 30 March 2015 for the event.

登山善行2015 - 鳴謝

Hike for Hospice 2015 - Acknowledgements

善寧會謹向各「登山善行2015」的贊助商及義務團體，致以衷心感謝

The Society for the Promotion of Hospice Care would like to thank all the sponsors and organisations for their immense contributions to Hike for Hospice 2015

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我們衷心感謝「登山善行」籌募委員會所給予的支持與指導
Our sincere thanks go to the Organising Committee for its guidance and dedicated support.

「登山善行」籌募委員會

Hike for Hospice Organising Committee

主席 Chairman

Mr James E Thompson, GBS

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Mr Christopher Dillon

Ms Samantha Fanshawe

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RHKR The Volunteers Association

浴火重生 - 從哀傷失控中找回秩序與方向

Rising from the Ashes – The Light at the End of Grief and Chaos

作為善別輔導員，不時被喪親家屬問道如何能每天承受哀傷及種種負面情緒；然而我會說這是何等寶貴的學習機會，時刻提醒我生命的無常和如何活好當下。阿晴，是其中一位令我難忘的喪親家屬，她的生命故事讓我看到，人在哀傷中如何從掙扎到接受、進而改變，從失控中找回人生秩序和方向。

As a bereavement counsellor, I am often asked this question: how do I deal with all the grief and negative emotions I'm surrounded with every day? I think of it as a priceless learning experience. All the heartbreak and sorrow I've encountered remind me how fleeting life is and to live each day to the fullest. One of my most unforgettable experiences was with my client, Ching, who lost her husband in an accident. She was utterly devastated but she dealt with the pain and, ultimately, found a new direction in life.

阿晴：

最近的你好嗎？每次想起你的遭遇，總覺這是教人心酸難過的悲劇。當你以為找到可以付託終身的伴侶，並嚮往生兒育女的幸福家庭；當你們還沉浸在婚禮當天的喜悅，丈夫竟然在渡蜜月期間溺斃，到底當時的你如何承受得了？

人在異鄉，獨自守在醫院，安排遺體運送，回港後跟進搬家，財務事宜，向身邊的同事朋友交待丈夫死訊，安慰家人，面對工作安排的種種轉變中，你不斷調整心情，也主動尋求身邊的支持。也因為事情逐一處理，哀傷及內疚自責的情緒開始張牙舞爪，你腦海中不斷浮現丈夫逝世的情景，讓你來尋求輔導。

猶記得輔導初期，你哭泣不止，每次面談也得用上大半盒面紙巾；每次輔導完也筋疲力竭，但你總說很希望繼續接受輔導，因為在這裡才能做回最真實的自己，不用因害怕別人擔心而戴著假面具，能把哀傷及負面情緒在輔導時統統傾瀉而出。看著你的淚水不斷流下來，經常呼喚希望丈夫可以死而復生，你讓我明白，何謂痛與不捨。在哀傷的人面前，所有安慰的說話也是徒然，最恰當的支持是陪伴和聆聽。

在前期的面談中，你不停在傾訴與丈夫家人相處所受的委屈。夫家家人的責難，無情的對待及阻撓，讓你內心充滿傷痛。你不敢發怒對抗，因你知道丈夫最愛護他的家人，故你強忍著內心的傷痛、憤怒、無助感，仍

Dear Ching,

How have you been recently? Your story still echoes in my mind from time to time. As a newly wedded wife, you should have had a long, happy life with your husband. Yet he was so cruelly taken by an accident while you were still basking in the ecstasy of your honeymoon – how did you feel back then?

It's been very busy for you after his death: informing friends and family of the news, consoling his grieving family, financial matters... You tried your best to deal with the burden that had landed upon your shoulders, all the while unable to escape the sorrow and guilt that eventually swallowed you. Your mind was filled with your husband's death, which was why you came to our centre to seek assistance.

Every counselling session was a tear-filled ordeal and at the end, you were always on the brink of exhaustion. Yet you continued to come to me, as this was the place where you could express yourself without having to put up false pretenses because of what other people thought. In the counselling room, your emotions

poured out of you like the tears rolling down your face, and you pleaded for your husband to come back from the dead. Faced with such pain, the best way I could support you was to stay beside your side and listen.

At these early stages of counselling, you often lamented your husband's immediate family, whose ruthless and apathetic attitudes upset you. You suppressed these emotions to the best of your ability, as they were also your husband's loved ones. Without your husband's support, it was difficult to overcome



期待可以與他們好好共處。沒有丈夫作為橋樑，要學習與夫家相處，實在是寸步難行。你時刻提醒自己要學習原諒寬恕，學會放下，秉承丈夫無私的精神去愛身邊的人。

在走過哀傷的路上，搖撼著你對生命意義

的信念，並勾起你自幼對死亡的恐懼。每當夜深人靜，那份害怕和孤單便會悄然來襲，心裡莫名的驚慌使你不安，你只能相信你是堅強的，要保持理性及帶著丈夫的愛繼續活下去。

陪伴你走過年多的哀傷路，衷心欣賞你的勇敢。喪夫不久你便前來接受輔導，那傷口還在淌血，但你相信只有面對自己的傷痛才有療癒的一天。你甚少自怨自艾，並相信這冥冥中的安排一定有其意義，只是暫時看不清而已。哀傷的情緒充斥著每次面談，但你又有堅毅自信的一面，情緒疏導後，會鼓勵自己坐言起行，嘗試適應沒有丈夫的生活。

你遺憾沒有機會真正享受夫婦生活，命運的播弄迫使你再次學習如何渡過單身生活。你嘗試過各種各樣的方法：跑步、外出旅行、接觸宗教探索人生意義、參與成長小組去認識自己和新朋友等。然後你在參與小組認識同路人，並向義工分享喪親的心路歷程和喪親家屬的需要。我看到你不斷向前，在跌跌碰碰中尋找一條合適自己的路。

在輔導室裡，我們不能把所有問題解決，因為人生本就是帶著很多問號，而我們也沒有標準答案。喪親的經歷隨著你的成長和反思，而有了不同的詮釋。你告訴我，對丈夫的思念從未停止，有時情緒仍難免起伏，但你卻比以往多一分能力承載和包容，對生活多一份的信心和盼望，因你感到丈夫仍陪伴在自己身邊。我也感謝有機會與你同行，教我要好好珍惜眼前人。祝身心靈健康。

梁姑娘

善寧會轄下譚雅士杜佩珍安家舍輔導員



these hurdles, but you constantly reminded yourself that you should treat everyone with compassion and empathy like your husband used to.

The death of your husband shook your faith in life and aroused a certain fear towards death. The still, silent nights were nights of loneliness and dread. However, you faced this with the power of love given to you from your beloved, and you stood up again with newfound strength and confidence.

You are brave, Ching. You believed that talking was the first step to recovery and seldom wallowed in self-pity. You believed that every cloud had a silver lining, and there was a bright side to your tragedy. This optimism gave you a clear head and now, you are starting a new chapter in life with confidence, even without your better half.

Fate robbed you off the chance to enjoy married life but you learnt again how to live as a single person through different ways: jogging, travelling, attending courses, and spending time with friends. You also joined the bereavement group and met new friends who have had similar experiences and were able to empathise when you shared your story with them. You've had ups and downs throughout this journey, but I'm proud to say that you never stopped moving forward.

Not all problems can be solved in the counselling room; life is full of challenges, and there is no standard answer for all of them. But as you experience new emotions, your interpretation towards life will slowly develop, and your wisdom will grow with time. You will continue to experience emotional ups and downs but compared to before you now have more strength to embrace and face life with confidence and hope because you feel that your husband is still part of your life. Thank you for letting me be your companion in this journey. You are an inspiration and a constant reminder, to me, to seize the day and cherish my loved ones.

Wish you peace and health.

Ms Leung

Bereavement Counsellor, the Jessie and Thomas Tam Centre



「晚晴論壇」邀請到殿堂級歌手葉麗儀小姐，與本會主席王紹強先生一起擔任嘉賓，分享晚晴照顧的個人經歷。
Ms Frances Yip and Mr. Raymond Wong, Chairman of SPHC, sharing their stories of hospice and palliative care.

晚晴論壇 Latter Life Forum

承蒙 TUYF Charitable Trust 贊助本會「晚晴論壇」活動，本會邀請到殿堂級歌手葉麗儀小姐及本會執行委員會主席王紹強先生，於本年 5 月 30 日蒞臨「晚晴論壇」作分享嘉賓，分享晚晴照顧的個人經歷，全場座無虛席，反應熱烈。

葉麗儀在論壇中表示，她支持善寧會，是緣於她和親人也曾是寧養服務的受惠者：多年前她曾陪同丈夫返回英國，陪伴罹患大腸癌的家姑，在寧養服務的照顧下，走過她人生最後的一段路；五年前她的孫兒不幸患有腦瘤，在澳洲接受腦腫瘤手術過後，她把孫兒接回家親自照顧，並得到當地寧養醫護人員提供的醫療、生理和心理上的支援和輔助，孫兒今天才得以康復。這兩次經驗，讓葉麗儀認識到寧養服務的重要。

席間善寧會主席王紹強先生介紹了嶄新的「賽馬會善寧之家」服務，在場的參加者大感興趣，活動完結後更不斷查詢有關服務的詳情及申請方法，可見社會大眾對本港優質寧養服務的渴求。

Hong Kong's famous singer, Ms. Frances Yip, and the Chairman of the Society for the Promotion of Hospice Care, Mr. Raymond Wong, were invited to share their views and stories at our Latter Life Forum held on 30 May 2015. The Forum was kindly sponsored by TUYF Charitable Trust.

Frances said she had a lot of respect for the palliative care service team who had helped her family. She accompanied her husband to England to take care of her mother-in-law who was suffering from colon cancer. She felt blessed to see her mother-in-law having a peaceful time in her final stage of life with the help of palliative care. Also, Frances's grandson, who was diagnosed with a brain tumor as an infant in Australia five years ago, was pulled back from the brink of death with the medical, physical and psychological support from the palliative care team. Following these experiences, Frances began to recognize the importance of palliative care.

Mr. Raymond Wong, introduced the upcoming service: the Jockey Club Home for Hospice. All of the participants at the forum were very interested and many have already made enquiries. This demonstrates the great demand for high-quality hospice care in Hong Kong.



善寧會執行委員會主席王紹強先生介紹「賽馬會善寧之家」項目。
Mr. Raymond Wong introduced the "Jockey Club Home for Hospice" Project.

葉麗儀擔任「賽馬會善寧之家」推廣大使 Ms. Frances Yip was named Ambassador of JCHH

論壇後王紹強先生同時宣佈委任葉麗儀小姐為善寧會「賽馬會善寧之家」推廣大使。往後葉麗儀小姐將積極參與推廣「賽馬會善寧之家」工作，讓更多人認識當中的「家庭參與寧養照顧」理念。「賽馬會善寧之家」工程落成後將會是全港首家以「家庭為本」概念設計的寧養中心，為臨終病者營造一個和諧和舒適的環境，更讓病者家人在專業照顧團隊支援下參與日常照顧，以增進兩方互動。



葉麗儀小姐獲善寧會執行委員會主席王紹強頒發委任狀後，正式擔任「賽馬會善寧之家」推廣大使。
Mr. Raymond Wong appointing Ms. Frances Yip as the Ambassador of Jockey Club Home for Hospice (JCHH).

After the forum, Mr. Raymond Wong announced and appointed Ms. Frances Yip as the Ambassador of Jockey Club Home for Hospice (JCHH). Ms. Frances Yip will actively promote JCHH and the idea of family-oriented hospice care. JCHH will be the first family-oriented hospice residence, providing a serene environment with home-like amenities. With professional assistance in daily caregiving and emotional support, families and caregivers can work together to take care of their life-limiting member.



「善寧會優化護理員證書課程」畢業學員合照
 Graduates of SPHC's "Enhanced Care Worker Certificate Course".

「善寧會優化護理員證書課程」畢業禮 Graduation Ceremony of the Enhanced Care Worker Certificate Course

「善寧會優化護理員證書課程」畢業禮亦於晚晴論壇當天舉行。證書課程的始創人之一，財政司司長夫人曾黃蓮華女士，應邀出席畢業典禮頒授證書給畢業學員，並致訓勉辭，鼓勵學員要以善寧之心，為長者及晚晴病人服務。



財政司司長夫人曾黃蓮華女士出席「善寧會優化護理員證書課程」畢業禮，為畢業學員頒授證書。
 Mrs. Lynn Tsang, wife of HKSAR Financial Secretary, presented the certificates to all graduates of "Enhanced Care Worker Certificate Course".

善寧會一直致力配合社會對長者晚晴照顧服務的需要。早於 2003 年，曾司長夫人有感當時從事起居照顧員的專業認受性不足，於是協助善寧會開辦「優化護理員證書課程」*，以提供長者照顧的基礎訓練。多年來，課程已培訓超過 2,000 名專業護理員，投身長者及晚晴照顧服務行列。

所有「優化護理員證書課程」的畢業學員，向在場三百多位參加者大聲宣誓：「成為一個『心靈富足』的人，為社會老齡化，做好專業服務，盡獻『善寧之心』，去關顧每一位『晚晴者』。」立志投身成為晚晴照顧的專業護理員，論壇見證着他們對照顧晚晴者的決心和熱誠。

*「善寧會優化護理員證書課程」的前稱為「起居照顧員證書課程」

The Graduation Ceremony of SPHC's "Enhanced Care Worker Certificate Course" was held in conjunction with the Latter Life Forum. It was our great pleasure to have Mrs. Lynn Tsang, wife of HKSAR Financial Secretary, to be our guest of honor and the presenter of certificates to the graduates of this course.

Speaking at the ceremony, Mrs. Lynn Tsang encouraged all graduates to fulfill their commitments to hospice and palliative care, and continue to serve the elderly and terminal patients with love and care.

Mrs. Tsang is one of the founders of the "Enhanced Care Worker Certificate Course".

In 2003, Mrs. Tsang was concerned about the lack of professional standard certification in elderly care and recognition for care workers in the elderly care sector. For this reason, Mrs. Tsang, along with her SPHC colleagues at the time, established the certificate course to provide practical training on elderly care. Throughout the years, over 2,000 professional care workers have been trained, forming an invaluable resource to serve the elderly and life-limiting patients.

At the Latter Life Forum, the graduates of this course all vowed to be professional care workers and to take care of all service recipients with a loving heart. We were impressed by their commitment and passion for quality elderly service.

* Formally Called "Personal Care Workers Certificate Course" in 2003



(左起) 善寧會執行委員會主席王紹強先生及夫人、葉麗儀丈夫David Lomax、葉麗儀小姐、潘冰嫦小姐及善寧會執行委員會委員蕭孫郁標女士合照 (From Left) Mr. and Mrs. Raymond Wong, Chairman of SPHC, Mr. David Lomax, Ms. Frances Yip, Ms. Helen Poon, and Mrs. Yvonne Siu Sun, member of the Executive Committee of SPHC, happily gathered at the concert.

四十五載香港情 葉麗儀樂助善寧

Frances Yip's Celebrating 45th Anniversary in Music benefiting Jockey Club Home for Hospice

一曲「上海灘」風靡全世界華人社區的歌手葉麗儀，一向為善不甘後人。今次選擇以慈善方式，以誌入行 45 周年紀念。「葉麗儀 45 年香港情演唱會 - 善寧會『賽馬會善寧之家』籌款夜」於 2015 年 1 月 22 日在香港灣仔伊利沙伯體育館圓滿舉行。葉麗儀小姐當晚傾力獻唱多首膾炙人口的經典金曲，不但為全場觀眾帶來一個難忘的晚上，更重要的是成功為善寧會籌得超過港幣 120 萬元善款。善款將全數撥捐善寧會現時興建中的「賽馬會善寧之家」項目，支持中心添置傢俱及設施，及資助低收入人士使用寧養照顧服務，讓一些原本無法負擔寧養照顧服務的晚晴人士與家人受惠。

我們再次感謝葉麗儀及其演唱會製作團隊的愛心支持。

Frances Yip is known not only for the charm of her voice and the well-known classic Cantonese song "Shanghai Bund" but also for her kindness and support for charity. To celebrate the 45th anniversary of her successful music career, Frances chose to bring all her fans together, with a concert to benefit a charitable cause. The concert, namely "Frances Yip 45th Anniversary Concert - SPHC Jockey Club Home for Hospice Charity Night", was successfully held at the Queen Elizabeth Stadium on 22 January 2015. Other than performing a range of popular songs which brought a very memorable night for the audience, over HK\$1.2m was raised for SPHC's Jockey Club Home for Hospice.

All fund raised will go to SPHC's "Jockey Club Home for Hospice (JCHH)" for its fitting-out, purchase of necessary furniture and equipment, and subsidization for terminally-ill patients and families who cannot afford hospice services. We would like to express our gratitude to Frances and her concert crew again for their love, support and generosity.



善寧會執行委員會主席王紹強先生向葉麗儀小姐致送紀念品。
Mr. Raymond Wong, Chairman of SPHC, presenting a souvenir to thank Ms. Frances Yip for her kindness.

2014-2015 臨終照顧培訓課程

2014-2015 End-of-life Care Education Programme

課程旨在培訓醫護人員、輔助同工及公眾人士，以提升其臨終照顧的知識及技巧。詳情請瀏覽我們的網頁：<http://www.hospicecare.org.hk>

特別鳴謝：TUYF Charitable Trust 全力贊助

The programme aims to provide training on end-of-life care for frontline care workers, healthcare professionals and the general public. For details, please visit our website: <http://www.hospicecare.org.hk>.

Special thanks to TUYF Charitable Trust for their generous sponsor

善寧會寧養護理進階證書課程 (課程編號ECW-3-1-2015)

SPHC Advanced End-of-life Care Certificate Course

課程目的：提升前線同工的進階寧養護理訓練，增強照顧員的職場實力

對象：年滿 18 歲；有中文書寫能力及能操廣東話

| 主題 | 日期和時間 | 內容 |
|-----------|-------------------------------------|---------------------------------|
| 處理投訴及負面情緒 | 2015年9月9日(星期三) 早上9:30 — 下午4:30 | 了解投訴的來由，提升人際溝通及自我情緒調適 |
| 創造正向工作間 | 2015年9月30日(星期三) 早上9:30 — 下午4:30 | 學習善待自己，欣賞別人，建立互動，工作有力 |
| 自我照顧 | 2015年10月28日(星期三) 早上9:30 — 下午4:30 | 服務別人的同時，也照顧好自己的身心需要，保持護理的熱誠及滿足感 |

導師：鄭月梅姑娘（資深護士）

課程費用：\$300

證書頒發：學員須出席 80% 或以上的課堂，方可獲頒畢業證書

第十二屆香港紓緩照顧會議

12th Hong Kong Palliative Care Symposium

日期 Date:
24/10/2015 (星期六 Saturday)

地點 Venue:
香港北角百福道 21 號香港青年協會大廈
HKFYG Building, 21 Pak Fuk Road,
North Point, Hong Kong

時間 Time:
10:00a.m. – 5:30p.m.

Please find further details at
<http://www.hospicecare.org.hk/>
活動詳情，請瀏覽
<http://www.hospicecare.org.hk/>

關道華：退而不休 為生命添姿彩

Tony Kwan: A Retirement Full of Life

2008年初，我正為八個月後即將退休的安排而惆悵；心想雖然早已養成打羽毛球的習慣，並於多年前開始收集與研究清朝郵票，但到底要如何面對社會身份的轉變？一旦放下手上所有工作時，怎樣調節由「能掌千兵」變為「無兵司令」的心態呢？在這個時候，有位舊同事建議我去參加由善寧會舉辦的「3G 圓滿人生輔工課程」。當時我只抱著聽聽又何妨的心態上課，但當課程結束，我即開始成為探訪長者的輔工。「侯門一入深似海」，六年後的我，仍是3G輔工團的活躍份子，到底是甚麼「魔力」吸引著我呢？

每當我為長者服務時，看見他們開懷的笑容，讓我強烈感受到輔工服務是何等有意義，這也成為我持續參與的原動力！在服務過程中，給予我最大的反思是應為自己的「老之將至」作好準備。有時候，這次探望的長者還「有講有笑」，不料到下次探訪時卻已離世，這提醒著我必須把握每次機會，為長者帶來「歡樂時光」！

請看以下照片，是我在3G輔工團中「做好事、存好心、更好看」(Do Good, Feel Good, Look Good)的回憶，更勝千言萬語。

Eight months before my retirement in early 2008, I was very worried: what would I do when I became a free man? I had my hobbies – I was a regular badminton player and an avid stamp collector – but even so, I didn't know how I would face my retirement. Once I was free from work and responsibilities, how was I supposed to adapt? It was during this time that one of my former colleagues suggested the SPHC 3G Quality Retirement Programme to me. At that time, I joined the programme out of sheer curiosity, but afterwards, I decided to stay on and became one of 3G's core members. Six years later, I'm still an active part of 3G – what is the “magic,” you may ask, that 3G holds to keep me enthralled?

Every time I visit the elderly and see their open smiles, I feel that my work is meaningful and I am filled with a sense of satisfaction. This is the motivation that has kept me going throughout all these years. My journey with 3G has also prompted much thought and reflection about the life I want when I get old. I still remember times when I have visited senior citizens, full of mirth and joy, and said goodbye looking forward to our next visit only to come back and realise that would be our final goodbye. These instances constantly remind me to do my best in bringing happiness to the elderly.

As I believe that a picture is worth a thousand words, please take a look at the photos below. I feel that these pictures encapsulate my experiences with 3G – I do Good so that I feel Good and look Good.

3G輔工團與我圖片

Do Good 輔工服務



2011年聖誕與伍少梅安老護理院長者聯歡
Christmas party at Ng Siu Mui Home Cum Care & Attention Unit for the Elderly 2011



2013年律敦治醫院與長期病患的賀年活動
Chinese New Year celebration with the chronically-ill at Ruttonjee Hospital 2013



2014年1月16日伸手助人協會院友齊賀新禧
Chinese New Year Party at the Helping Hand, 16 January 2014

Look Good 群體活動



2013年1月塔門遊
Excursion on Grass-Island, January 2013



2013年善寧會登山善行
Hike for Hospice 2013



2013年11月台中歡樂之旅
A trip to Tai Chung, November 2013

Feel Good 社會認同



2012年11月27日義工嘉許宴
Volunteers Appreciation Dinner, 27 November 2012



2014年3月20日東區醫院聯網義工嘉許聚餐
Hong Kong East Cluster Volunteers Appreciation Dinner, 20 March 2014

義工夫婦 分享作為晚晴大使的喜悅 — 湯廣源伉儷

The happiness of Latter Life Ambassadors – Tommy & Julitta Tong



湯廣源先生 (Tommy) 和太太梁桂荷女士 (Julitta) 從 2011 年開始，一起參與善寧會的「自主晚晴心願」計劃，向社區推廣自主晚晴心願的概念。

Tommy 回憶義工服務時說：「記得我們參與善寧會舉辦的小組活動，那次的服務對象是癌症病患者及其家人。在活動開始前，其實我倆有點擔心服務對象會否因忌諱死亡，而抗拒談及臨終

的準備。幸好，當日進行了一連串活動後，參加者就不知不覺間放下心中的忌諱。」

Tommy 補充：「善寧會的社工悉心安排了很多活動，包括遊戲、拍照、回憶舊事、觸摸紙棺材模型、嚐試五味人生等。服務對象在輕鬆愉快的氣氛下，很快便能投入探討他們的晚晴計劃。」

Tommy 和 Julitta 在活動中喜見參加者由最初的迴避，到彼此熟悉及漸次深入的交流。從身、心、社、靈四方面，回顧人生不同階段，進而開放心懷，接納人生晚晴的安排。

讓他們印象最深刻的是服務對象對死亡態度的轉變，初時長者們並不樂於參與小組活動，他們都很抗拒談及死亡。

Julitta 說：「其中最令我感動的是一位伯伯的小轉變。伯伯平日不習慣表達感受，但他仍製作了心意卡向太太道出內心的感覺，抒發由衷感激之情。看到伯伯的燦爛笑容，流露出甜蜜愛意，他深深感動了我。」



Tommy & Julitta joined the Advance Care Planning (ACP) project in 2011. As Latter Life Ambassadors, they are responsible for promoting the concept of latter life to the community.

“Once, we went to serve cancer patients and their families. Before the service, we worried that they would refuse to talk about death. Fortunately, they were very open and started to share their thoughts after some games and activities,” Tommy recalled.

“The social workers from SPHC prepared many activities to break the taboo of death. Through these fun-filled activities, participants could freely discuss their latter life plans,” Tommy continued.

Tommy and Julitta found it extremely rewarding to see positive changes in the participants, from refusing to talk about death, to finally discussing their plan openly. Reflecting on different stages of life in terms of physical, mental, psychosocial and spiritual aspects helped participants prepare themselves for latter life with a positive attitude.

The most impressive part was the change in participants' attitude towards death. Even senior citizens, who once refused to join the group activities joined in the end.

“I was moved by the small changes of an elderly who was shy and seldom expressed his feelings. He made a card for his wife to show his gratitude. I was touched when I saw the bright smile on his face and the deepest love he had for his wife,” Julitta concluded.



特別鳴謝利銘澤黃瑤璧慈善基金，贊助善寧會於 2015-2018 年繼續在社區推廣自主晚晴心願之晚晴大使計劃，歡迎大家加入我們，為生命添上意義！

We would like to thank Drs Richard Charles & Esther Yewpick Lee Charitable Foundation for sponsoring “Advance Care Planning (ACP) Program – Latter Life Ambassador Scheme” from 2015 to 2018. Join us to add days to life!

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