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## 賽馬會善寧之家開幕典禮

### The Grand Opening of The Jockey Club Home for Hospice





## 賽馬會善寧之家開幕典禮

### The Grand Opening of Jockey Club Home for Hospice

香港人口老化、危疾及認知障礙症持續上升，社會對居家安老及臨終照護的舒緩治療需求日增。善寧會感謝香港特別行政區政府撥出土地及香港賽馬會慈善信託基金捐助逾一億七千二百萬港元作為興建費用，成立賽馬會善寧之家。

*With the ageing community and an increasing number of patients with dementia and chronic illnesses, the need for end-of-life care and home support is pressing. In sincere appreciation of the land provided by the Government and over HK\$172 million donation from The Hong Kong Jockey Club Charities Trust for funding the construction cost, the Society for the Promotion of Hospice Care (SPHC) has brought to life the Jockey Club Home for Hospice (JCHH), Hong Kong's first family-centered hospice to provide compassionate day care, home care and inpatient service for life-limiting patients.*



(左至右)善寧會執委會委員陳重義博士、醫管局行政總裁梁柏賢醫生、善寧會榮譽會長葛露蓮女士、賽馬會善寧之家管治委員會主席汪國成教授、香港賽馬會副主席周永健先生、行政長官林鄭月娥女士、善寧會執委會主席王紹強先生、食衛局局長陳肇始教授、善寧會榮譽會長梁智鴻醫生及善寧會執委會副主席李文豪醫生

*(Left to right) Dr Hubert Chan, SPHC Exco member, Dr Leung Pak-yin, Chief Executive of the Hospital Authority, Mrs. Caroline Courtauld, Honorary President, SPHC, Prof Thomas Wong, Chairman, JCHH, Mr Anthony W K Chow, Deputy Chairman, The Hong Kong Jockey Club, Mrs Carrie Lam Cheng Yuet-ngor, Chief Executive of the HKSAR Government, Mr. Raymond Wong, Chairman of SPHC Exco, Prof Sophia Chan, Secretary for Food and Health, Dr Leong Che-hung, Honorary President, SPHC, and Dr Joseph Lee, Vice Chairman of SPHC Exco.*

在2017年9月28日，香港特別行政區行政長官林鄭月娥女士及香港賽馬會副主席周永健先生擔任主禮嘉賓為賽馬會善寧之家揭幕，並在食物及衛生局局長陳肇始教授、醫管局行政總裁梁柏賢醫生及善寧會榮譽會長梁智鴻醫生及葛露蓮女士的見證下，賽馬會善寧之家正式投入服務，提供以「家庭為本」的住院、家居及日間舒緩照護服務，為晚期病人提供優良、整全、個人化的寧養舒緩照顧及臨終護理服務。

此外，香港賽馬會慈善信託基金亦捐助逾二千二百萬港元，推出為期三年的「賽馬會善寧之家住院資助計劃」，讓有經濟困難的人士受惠於賽馬會善寧之家的服務，可以

On 28 September 2017, JCHH was officially declared open by The Hon Mrs Carrie Lam Cheng Yuet-ngor, GBM, GBS, Chief Executive of the HKSAR Government and Mr Anthony W K Chow, SBS, JP, Deputy Chairman, The Hong Kong Jockey Club, under the witness of Prof the Hon Sophia Chan, Secretary for Food and Health, Dr Leung Pak-yin, Chief Executive of the Hospital Authority, Dr Leong Che-hung and Mrs Caroline Courtauld, Honorary Presidents of SPHC. JCHH's suites are fully equipped to offer quality end-of-life care to the terminally-ill patients and invaluable quality time and space for family members to accompany patients in this important stage in life's journey.



在舒適的環境下，與親友享受餘下的寶貴時光，有尊嚴地劃上人生句號。計劃預計會有500多名晚期病患者及其家人受惠。

行政長官林鄭月娥女士表示：「我曾經在善終中心陪伴家母度過人生中最後三個月，好明白寧養紓緩的重要，可以幫助病人走得舒適及有尊嚴。特區政府明白老齡化的社會，對寧養服務的需求越來越大，我地亦有決心在寧養服務方面發展。善寧會是我們重要的工作伙伴，希望賽馬會善寧之家的開幕能引領香港的紓緩服務更進一步。」

香港賽馬會副主席周永健先生表示，長者服務是賽馬會慈善信託基金其中一個策略範疇，馬會積極應對人口老化，當中包括晚期病患者人數增加對社會帶來的挑戰。「我們很高興與善寧會合作，興建『賽馬會善寧之家』，以及推出為期三年的『賽馬會善寧之家住院資助計劃』，讓有經濟困難的人士亦有機會入住。」

善寧會執行委員會主席王紹強先生表示：「我們期望提高社會對自主晚晴心願計劃及寧養服務的認識和認同，在身體到了一個不可逆轉的情況下，及時選擇適合他們的晚期照顧方案，有尊嚴、有質素地，並在最少的痛苦下走完人生路。」



賽馬會善寧之家自2016年12月開始投入服務，以「家庭為本」的寧養及紓緩治療服務晚期病者及其家人。截至2017年9月賽馬會善寧之家處理了：

Since December 2016 and until September 2017, JCHH has handled:

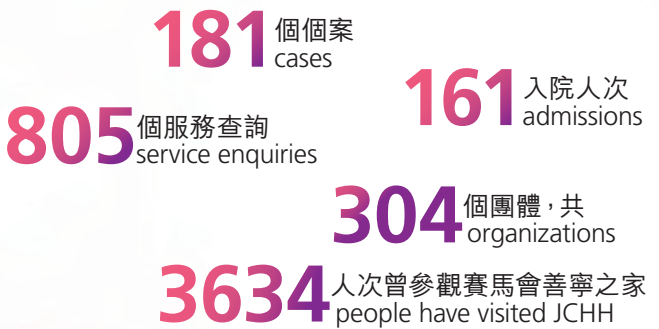


Photo Credit: Tommy Cheung

At the ceremony, The Hong Kong Jockey Club Charities Trust also announced the donation of over HK\$22 million to launch a 3-year "Jockey Club Inpatient Hospice Care Subsidy Programme" for the under-privileged terminally-ill patients. The programme is expected to serve more than 500 patients and their family members.

In her speech, Mrs Carrie Lam said, "My mother spent her last three months in a hospice where I had accompanied her, so I understand the importance of hospice and palliative care in helping terminally-ill patients pass away with reduced pain and dignity. The Government understands that the needs for hospice and palliative care is growing because of the ageing community. We are determined to expand the service to address the need. SPHC is our important partner, and the establishment of the JCHH is a vital step in the hospice development of Hong Kong."

"Elderly services is one of the Trust's strategic focus areas," The Hong Kong Jockey Club's Deputy Chairman Anthony W K Chow told the guests. "We are keen to respond to the challenges and opportunities that arise from Hong Kong's ageing population trend, one of which is the increasing number of terminal patients. We are glad to work with the Society for the Promotion of Hospice Care, not only to construct the JCHH, but also to launch a three-year Jockey Club Inpatient Hospice Care Subsidy Programme, which enables people in financial difficulties to stay at the Home."

"We hope to raise the awareness for hospice and palliative care in the community. When days cannot be added to life, add life to days. We aspire to provide a choice for how and where to care for life-limiting patients so that they can leave the world in dignity and comfort with the company of their beloved families," said Mr. Raymond Wong, SPHC Chairman.





## 以磚瓦承載初衷 專訪賽馬會善寧之家建築師吳永順先生

Using bricks to realize an original intent

An interview with Mr. Vincent Ng, architect of JCHH

春去夏至，賽馬會善寧之家（下稱JCHH）迎來落成後的第二個夏天。建築師吳永順Vincent重回自己設計的寧養中心，分享設計院舍時的種種感受。

*Spring passes and summer comes, the Jockey Club Home for Hospice (JCHH) welcomes the second summer after its establishment. Mr. Vincent Ng, architect of the facility, revisited the hospice and shared his thoughts when designing the place.*



要讓病者在JCHH住得舒適，重要的是滿足他們身心社靈的需要。

深切體會到這一點的Vincent，直言早在構思的首日已立定主意，以病者為中心，透過營造「家」及與大自然融和的感覺，讓晚期病者有尊嚴地走完人生路。Vincent以

JCHH的獨立寧養套房為例，病者和家人可一個既寬敞且具私隱度的房間中共處。JCHH亦透過引入自然光、充滿溫暖的空間予

人像家的感覺。Vincent亦認為，要幫助病者，靠的不只是藥物和醫療器材等硬件，還可透過接觸大自然和家人的陪伴，從情緒與心靈上支援他們。每當團隊在設計上要作出困難的取捨時，只要銘記這初衷，就如看到一盞明燈，找到最合適的解決辦法。

「設計JCHH時，我和團隊經常會提醒自己：這棟建築物到底為誰而建？」Vincent指出，病人的需要才是考慮的重點，管理上的便利反而是其次。Vincent表示自己十分喜歡JCHH連接三樓寧養套房和二樓花園的通道，「團隊可能會建議病者從三樓乘升降機到二樓再步出花園，但我更希望讓病者可以直接透過這通道，從一座建築物不知不覺地走進自然環境，無縫地與大自然連繫，享受與它的共融。」

“To ensure a comfortable stay for patients at JCHH, the prime importance is to satisfy both their physical and psycho-social needs.”  
With these thoughts as pillars,

Vincent had decided right from the first day to have patients’ needs central

to their design. He aspired to create a hospice with a homely feeling that blends seamlessly with the nature – an environment conducive to let terminally-ill patients spend their last days or months of life in a dignified manner. Citing the single ensuite as an example, patients can spend quality moments with their family in a roomy area with privacy. Prominent architectural features of JCHH include the ample use of natural light as well as warm and spacious areas to add to the home feel. Vincent believes that “hardware” like medicines and medical equipment is not the only thing that helps patients, but also the contact with nature and the company of the family. These supports appropriately address the emotional and spiritual needs of the patients. Whenever the team faced difficult issues, members would be reminded of this original intent and got enlightened.

“During the design phase, I often reminded myself and the team: WHO is this hospice for?” Vincent reiterated the importance of putting the needs of patients in the first place, something which surpasses considerations for management convenience. The ram linking the main building of the hospice on the 3rd floor and the garden on the 2nd is particularly pleasing to Vincent. “The team might suggest patients to take the lift from the 3rd floor to the 2nd and walk to the garden. However, I would much prefer to let patients transit from a structure to the nature impeccably, enjoying harmony with the nature at the same time.”





## 回歸醫學原點 緩和痛苦的紓緩科醫生

### “Back to the medical basics”... Pain-easing palliative doctors

他坦言：「緩和病者身心靈上的痛苦，是醫療救助上最原始、最核心的工作。」對病者而言，林醫生不只是一位細心的醫生，更是一位可靠的同行者。

*“Soothing and reducing the physical and psychological suffering of patients are the most important aims of medical therapy.” To his patients, Dr. Lam is not just a caring doctor. He is more a reliable partner.*

林國光醫生是賽馬會善寧之家（下稱JCHH）的紓緩專科醫生，協助製訂每個病者的個人化護理方案，以紓緩醫學緩和病者的不適；亦出入各個寧養套房，關心和鼓勵每位病者及家屬。

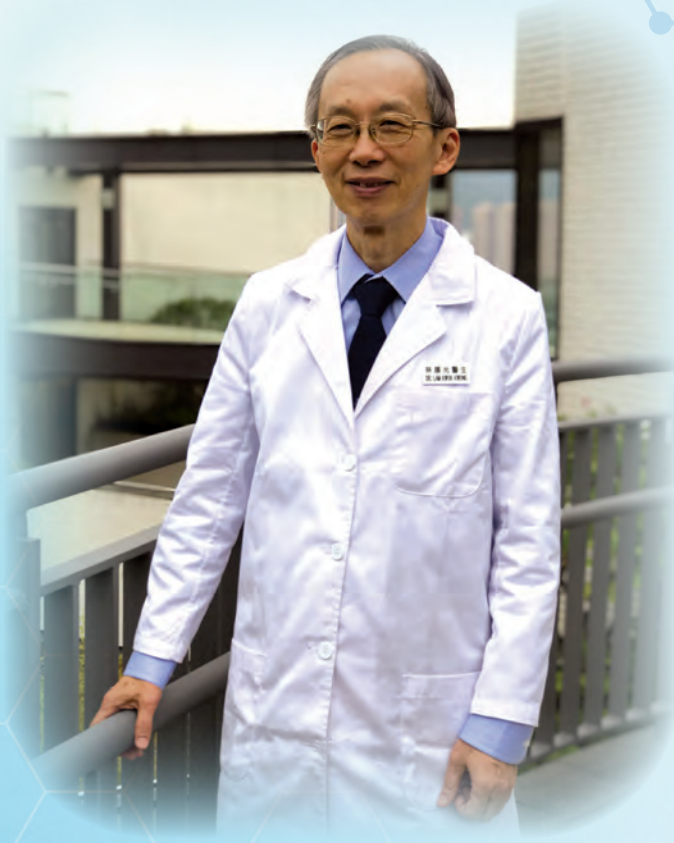
在香港，紓緩治療並非一門受關注的專科。自上世紀80年代發展至今，香港只有21名紓緩科專科醫生，公、私營機構合共提供約500張紓緩科病床。20多年前，林醫生被暫時調至醫院的寧養病房工作，他有感晚期病者年輕時為社會、為家人付出，到了生命盡頭時社會給予的支援卻十分貧乏。林醫生不忍讓晚期病者獨行人生最後的一段路，毅然決定投考紓緩醫學的專科文憑，正式加入當年初起步的紓緩科行列，成為香港首批紓緩科專科醫生。

對林醫生而言，紓緩醫學不只是症狀與痛症管理等的醫療程序，更是一份對晚期病者的臨終關顧。他憶述一位罹患晚期病症的婆婆不願入院接受治療，希望在住了大半生的大浪灣家中離世。透過JCHH的家居紓緩服務，林醫生到診至婆婆的家中教她用藥，教她的家人處理一些突發狀況。婆婆最後在自己最熟悉的家中、在家人的相伴下走完人生路，在沉睡中安詳離世。

趁自己還有能力時林醫生希望奉獻自己，繼續推動紓緩治療。穿上白色醫生袍，林醫生仍然秉承著醫療救助的核心概念，協助晚期病者安詳走完人生路。

Dr. Kwok-Kwong Lam is a palliative medicine specialist at the Jockey Club Home for Hospice (JCHH). He helps design a personalised care plan for each patient to ease their pain and suffering. Frequenting various hospice suites, he shows care and gives encouragement to every patient and family.

In Hong Kong, palliative medicine is far from being a popular discipline. From the 1980s till now, there have only been about 21 palliative medicine specialists in Hong Kong with some 500 palliative beds provided by the public and private sectors. Some 20 years ago, Dr. Lam was assigned temporarily to the hospice ward of a hospital. These terminally-ill patients, who were once young and contributed greatly to both the society and families, were given very limited support by the society toward the end of their lives, thought Dr. Lam. He was unhappy to see these patients lonely and helpless during their last phase of life and therefore decided to pursue studies in palliative medicine. He then officially joined the palliative care



discipline in the hospital which was still at its infantile stage then, and became one of the first certified palliative medicine specialists.

To Dr. Lam, palliative medicine does not mean to simply medically manage a patient's symptoms and pain. It is more a kind of holistic care for the advanced chronically-ill patients. He recalled an elderly patient who was very reluctant to receive acute treatment at the hospital but rather, chose to stay at her home in Big Wave Bay, a place where she had spent most of her life. Utilizing JCHH's home care services, Dr. Lam and the home care nurses visited her, advised her on medication in addition to guiding her family to handle unexpected situations. The granny's wish was fulfilled at last, and passed away peacefully at home, in her most familiar environment and in the company of her beloved family.

Having cared for terminally patients for 20 plus years, Dr. Lam still hopes to continue his services for as long as he can and to promote palliative care to the public. Dr. Lam adheres to his core belief at all times, that is to support patients during their end stage of the illness in peace.



## 「猶如回到童年時」 在寧養套房的家庭團聚

The same old days....

Family reunion in the ensuite of JCHH

何伯患病後期入住急症醫院；病房每晚都有病友離世，讓他感到非常害怕。

*As Uncle Ho's condition worsened, he was admitted to an acute hospital. People sharing the same ward passed away one after the other which severely frightened Uncle Ho.*

「爸爸試過爬床逃走，不只一次向我求救：『帶我走，呢度好恐怖！』」Candy不忍父親日夜在驚惶中度過，在網上四處尋求協助，找到了賽馬會善寧之家（下稱JCHH），決定申請入住。

何伯入住JCHH後，一家與JCHH的醫護人員相處融洽，醫生說的笑話又逗得何伯開開心心，讓Candy一家很有住在家中的感覺。Candy更笑言，一家人與醫護人員不時會以兄弟姊妹相稱，但這群「新的家人」十分專業。Candy指醫生每日都會仔細地為何伯調整藥物劑量，護士亦不厭其煩地解釋每一種藥物的用途，讓Candy一家倍感安心。

最讓Candy感到欣慰的，是自己與其餘五兄弟姊妹輪流在這「家以外的家」陪伴父親過夜。「我們努力安排時間，務求令爸爸每一分鐘都有家人陪伴。」何伯亦常常笑呵呵地問：「今晚邊個係屋企陪我？」一家大小每逢星期六都會在JCHH這個「家」中舉行大食會，談天說地，共聚天倫，「就好似回到童年時，回到家中每日都有爸媽陪伴一樣。」

何伯八月在JCHH安詳離世。Candy十分慶幸父親的最後一段路可以走得如此特別和精采。到底甚麼對晚期病者最為重要？何伯用他的生命告訴了我們：就是睡醒時見到至愛的家人齊集在床邊，自己可以安懷地說一句：「你們這麼多人都來了！」

"My father had tried escape for a number of times, he begged me 'Get me out of here please! This place is so terrifying!'" Candy, Uncle Ho's daughter, felt really bad and thus, searched hard on the web to find him an option. She landed on the Jockey Club Home for Hospice (JCHH) and decided to seek their support.

After being admitted to JCHH, the Ho's family established great rapport with the care team. Doctors cracked jokes with Uncle Ho which made him feel very much at home. Candy even called the nurses and support staff brothers and sisters – the very professional "new family members". Doctors checked Uncle Ho's conditions every day and adjusted drug dosage while nurses explained very clearly the use of each and every medicine which eased their mind.

The sweetest thing of all, was that Candy and her five other brothers and sisters took turn to spend time with their father in this "home away from home". "We strived very hard to arrange our schedule so that he would be accompanied every minute," she said. Uncle Ho would also jokingly ask who would stay with him at "home" that night. Every Saturday, the whole family would gather around for food and sharings at the JCHH home. "It's like the good old days.... when we were back home, mom and dad were always there for us," said Candy.

In August, Uncle Ho passed away peacefully in JCHH.

Candy was grateful that her father had spent his final days in such a special and delightful manner.

What actually is the most important thing to a terminal patient? Uncle Ho answered this question with his stay at JCHH: "wake up, and see all my loved ones around the bed, saying in gratitude, 'Glad to see you all here.'"





## 城市中的麻雀 小心臟、大善行，你我都得 A Sparrow in the City A small heart loaded with tonnes of love



家明(化名)見父母年事已高，希望學習照顧老人家的技巧，便報讀了善寧會開辦的「自主晚晴心願」晚晴大使計劃。豈料開課前一晚，父親卻突然去世。

*Eager to learn proper skills to take care of his ageing parents, Ming enrolled in the “Community-based Advance Care Planning (ACP) Programme – Latter Life Ambassador Scheme” run by SPHC. His father’s unexpected passing on the night before the first class dealt Ming a hard blow.*

家明坦言，這傷痛提醒了自己人生難料，要好好把握每一天。課程結束後，家明選擇成為善寧會的義工，到不同的老人中心和院舍，向長者推廣自主晚晴心願。

「日常生活裡，你怎會和一個陌生人接觸？我作為一位義工，親手握著公公婆婆的手，那種親切溫暖人心。他們對我的信任，正正是人與人之間最純真的友誼。」家明細述擔任義工時最深刻的感受。

做善寧會的義工已經成為家明生活的一部分。隨著年月的過去，家明對善寧會的支持有增無減，既出力亦出錢。見證著賽馬會善寧之家（下稱JCHH）的落成，家明感受到自己與善寧會一同成長。

「社會人口老化日漸嚴重，安老臨終照顧服務的需求亦只會有增無減。新設施填補了社會的一個空隙，給香港人多一個選擇。」家明很支持JCHH的家居紓緩服務。他認為，每個人都喜歡在家安老，即使患病，能在家中面對亦比住在醫院好。家居紓緩服務將會是未來社會安老的新趨勢，臨終階段能有家人親切的關懷和陪伴，更能達致生死兩相安。

家明很喜歡麻雀，因為麻雀的習性與人相似。麻雀在城市中的每一個角落，就如眾人的善心，雖不耀眼但處處可見。如麻雀的點滴善心，有活力地滋潤整個城市，跨過死亡，擁抱生命。

家明

JCHH家居紓緩服務捐款者

We were once again reminded of the uncertainty of life and the importance to live the day. Upon completing the programme, Ming became an SPHC volunteer, promoting Advance Care Planning to residents of senior centres and elderly homes.

To Ming, the joy of volunteering comes more like gentle drizzles than heavy downpours. “What do I get holding the hands of the elderly? The closeness and their trust. I feel loud friendship even in the absence of words.”

Ming’s service and monetary contributions to SPHC only waxed but never waned. When JCHH was completed, he delighted in having traveled a journey of growth alongside with SPHC.

Ming’s continued support is a very rational decision in our city with a large greying population. “The demand for palliative care is ever growing,” explained Ming. “The new JCHH fills a gap in societal needs, and provides people with an extra option.”

He believes most terminal patients prefer living at home to staying in hospital, and home palliative care is bound to prevail in the near future. “To facilitate a patient to spend his last leg of life’s journey at home in his family’s love is like helping the whole family to accept the challenge befalling upon them in peace and grace.

Ming loves sparrows. In fact, the bird and the man are very much alike. Despite their minute size, sparrows are seen everywhere in the city. Man’s kindness may not be blinding fires, but its light shines in all corners of Hong Kong. Ming’s flame at SPHC is one that overcomes death and embraces life.

Ming

Donor of JCHH home care service





## 「在家千日好」為晚期病者圓夢的救護車服務

Home is always the BEST!

How private ambulance services help fulfilled wishes of terminal patients

能夠回到自己最熟悉的家中，是每一位晚期病者的願望。不過，很多時候卻因為難以安排交通工具接送病者回家而卻步。

*To be able to return to the most familiar place – home – is the wish of every terminally-ill patient. Regrettably however, fulfilling such a simple wish is often not easy due to difficulties in transport arrangements.*

「回家總是最好的。對病者而言，家永遠都是最親切、最舒服的環境。」經營私營救護車服務的Daniel，對接送病者回家有很深的體會。

Daniel的公司為香港、內地以及外地回港的病者提供緊急或非緊急的醫療運送服務，當中包括為賽馬會善寧之家（下稱JCHH）的病者提供入院的服務。Daniel表示，社會對接送病者回家與進出院舍等運送服務的需求很大，但現時政府的救護車服務卻未必能夠滿足這類需求。Daniel感嘆：「如果因協調不到運送而令病者得不到應有服務的話，實在非常可惜。」

接送晚期病者難免會有病者在路途中逝世的風險，但Daniel指出，只要醫護人員先了解清楚病者狀況，準備充足，便可以安全接送病者至目的地。Daniel憶述一位住在坪洲的病者身體情況突然轉差，踏入生命的倒數階段，但他還是非常希望回到JCHH。Daniel馬上配合政府飛行服務隊的直升機服務，再以救護車將病者從公立醫院送至JCHH。病者最後安然到達JCHH，在家人的陪伴下離世。病者得以完成心願，家人感到非常欣慰，多番答謝救護員幫忙。Daniel亦指，能幫助病者在生命最後階段回到一個舒適的地方，實在難能可貴。「我自己做很小的事情，對病者來說卻非常重要。」

“Returning home is always the best! To a patient, home is always the warmest and the most comfortable place.” Daniel, who manages a private ambulance services company, recalls his many touching experiences in transferring chronically-ill patients.

His company offers emergency and non-urgent medical transportation services for Hong Kong, Mainland China and overseas patients returning to Hong Kong. Among them, users of the Jockey Club Home for Hospice (JCHH). Daniel said the demand for the 2-way transfers between a patient’s home and hospice, hospitals or elderly homes is very high in Hong Kong but the supply is far from demand. “If a patient was not able to receive necessary medical services because of transportation issues, it would indeed be very unfortunate,” exclaimed Daniel.

That said, there are obvious risks associated with transferring patients and the largest being death on the way. Nonetheless, Daniel believes that if the medical team is well aware of the patient’s conditions and make all necessary preparations, the patient could still be safely delivered to the destination. He recalled a case where a chronically-ill patient in Ping Chau sharply deteriorated and this patient, had expressed a strong desire to spend her last phase of life at JCHH. The Government Flying Service was summoned and the patient was picked up by helicopter to a public hospital. From there, Daniel transferred her to JCHH who then passed away peacefully few days later. The family was deeply grateful to the help of the ambulanceman as the last wish of the patient fulfilled. Daniel said being able to help patients return to a comfortable place towards the end of their life is worth all the effort. “I didn’t really do much but it is an important thing to the patients,” he said.



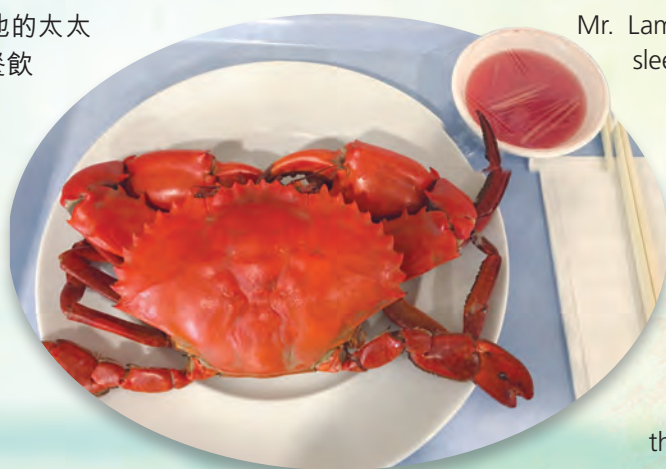
## 以美食與旋律喚回熱情與生命力

### The power of a favourite dish & a favourite song

頑疾可能會令晚期病者的體力、精神和感官衰退，令他們不能到公園陪伴子女兒孫玩耍，亦不能品嚐喜歡的食物，甚至陷入昏迷；但這絕不代表他們沒有感覺和感受。每位晚期病者都有各自珍惜鍾愛的事物，都有著獨一無異、值得敬重的尊嚴。

*Incurable diseases may take away the strength, the spirit and the senses of life-limiting patients, making them incapable of spending time with their beloved younger members of the family, or enjoying the food they love. Sometimes, they even fall into coma. These however, do not take away their senses and feelings. They do have things they still feel passionate about and the esteem that calls for the greatest respect.*

林先生後期在昏睡中度過。他的太太為了給他打打氣，特意請求餐飲部同事準備了一隻他最愛吃的螃蟹，蒸好，放在床邊。家人在昏睡中的林先生耳邊問：「買了蟹，你想吃嗎？」豈料，林先生張開眼睛，向家人露出一個天真的微笑。久未進食的林先生差不多吃光整隻蟹，重拾享受美食的喜悅，精神亦改善了不少。



Mr. Lam spent his last days in deep sleep. To cheer him up, his wife filed a special request to JCHH's catering team for a steamed crab – Mr. Lam's favourite dish. Once done, it was presented on the bedside. Mrs. Lam whispered in his ears, "we've got a crab for you.... Do you want to have a bite?" Hearing this, Mr. Lam's eyes opened, accompanied by the simplest yet the most beautiful smile. Haven't eaten for quite some time, he ate almost the whole crab bit by bit and indulged himself in the contentment brought by food... re-energized.

除了螃蟹，林先生亦鍾情於音樂。他曾在樂隊中擔任鼓手，在舞台上與拍檔揮灑青春。適逢九月十九日耶魯大學香港校友會室樂社的義工到賽馬會善寧之家(JCHH)表演。林先生當然也到大廳湊湊熱鬧，並大讚演奏會令他「聽出耳油」。數日後，JCHH的同事更悉心安排民歌樂隊Trinity親自到他的房間歌唱他最喜愛的樂曲《Beautiful Sunday》。林先生的身體縱然虛弱，但一聽到美妙歌聲都打起拍子來，喚回熱情與生命力。

In addition to crabs, Mr. Lam also loved music. Once the drummer of a band, he delighted himself in the performance by the Chamber Music Society of Yale Club of Hong Kong at JCHH on 19 September. Few days later, he was serenaded by a local band "Trinity" in his room, singing his favourite song Beautiful Sunday. He joined in hand drumming despite his frailty, refreshed by his favourite song.





## 【告別之前】慈善場 光影中的生與死 “Adieu” Screening-cum-sharing Session



Photo credit: David Chan

【告別之前】分享會尾聲，眾嘉賓與台下觀眾合照  
Guests gather around for a group photo after the screening

由善寧會主辦、奧林巴斯香港中國有限公司贊助的【告別之前】慈善場，分別於6月2日晚上及6月3日上午、下午舉行。三場慈善場均邀請了電影導演劉孝偉先生、談善言小姐等演員及賽馬會善寧之家營運總監朱可您姑娘到場分享。善寧會希望藉電影令大眾更關注晚期病者及照顧者所面對的困難，及認識賽馬會善寧之家的work。

《告別之前》講述三段感人的生命故事，分別是患上血癌的小女孩欣欣，和欣欣的父母；正準備結婚卻突然發現腦內長了腫瘤的嘉純；還有年近八旬，患上大腸癌四期，剩下一年壽命的貧苦老太太蘭姨。走在人生的最後一段路上，病者及家人應如何好好面對？

朱姑娘有感電影中，嘉純的丈夫承受著照顧病者的重壓，導致情緒失控，正正反映了現實中家人在照顧晚期病者時所承受的壓力。面對危疾，晚期病人與照顧者的身心社靈確實需要適切的關顧。



“Adieu” Screening-cum-sharing Session, which is hosted by SPHC and sponsored by Olympus Hong Kong and China Limited, was held in the evening of 2nd June as well as the morning and afternoon of 3rd June. Kenneth Lau, the movie director of “Adieu”, actress Miss Hedwig Tam and Ms. Connie Chu, Chief Operating Officer of JCHH shared their views in a hope to raise public awareness towards the difficulties which terminal patients and caregivers are facing, in addition to understanding JCHH’s services.

“Adieu” depicts three separate stories: A little girl suffering from leukemia, cared by her parents; A young lady who had discovered a tumor inside her head, right before her wedding; An old lady who suffered in colo-rectal cancer with a prognosis of one year. Facing the final months of their lives, what would the three characters and their carers do?

Ms. Chu commented that the carers’ stress as described in the movie was very real. That is why a holistic approach taking care of the physical and psycho-social aspects of both the patients and the family caregivers is essential.

奧林巴斯香港中國有限公司醫療系統部主管倫志偉先生致送捐款支票予善寧會執行委員會主席王紹強先生  
Mr. Max Lun, Managing Director of Medical Division, Olympus Hong Kong and China Limited, presents the donation cheque to Mr. Raymond Wong, Chairman, Executive Committee, SPHC



## 逝者善終 生者善別 《生死兩相安》圖文集第三冊出版

### At Ease with Life and Death Third edition



Photo credit: Terence Pang

善寧會分別於2007及2011年與攝影師葉青霖（今常霖法師）合作，出版第一及第二冊《生死兩相安》圖文集。結集了多位來自宗教界、教育界、演藝界人仕及經歷摯親死亡的過來人，分享他們對生死的體會。

適逢今年是《生死兩相安》圖文集出版十週年，善寧會推出《生死兩相安》第三冊，並邀得常霖法師為新書擔任主編，又一山人擔任藝術總監。

新書於6月18日假賽馬會善寧之家發佈，由常霖法師擔任主講，為新書撰文的午馬嫂、張達明、賈思樂、李琳琳、傳燈法師和陳麗雲教授到場，並與與會者分享如何「面對」、「接受」、「處理」、「放下」，達致「生死兩相安」。

有興趣免費索取《生死兩相安》第三冊的人士，可到善寧會筲箕灣辦事處、沙田賽馬會善寧之家或長沙灣譚雅士杜佩珍安家索取。五本以下的，亦可從善寧會網頁下載表格，填妥後連同貼上郵票的A4回郵公文信封寄回賽馬會善寧之家。詳情請瀏覽善寧會網頁。

In cooperation with Mr Alain Yip (now known as Master Changlin), the then renowned photographer, our first and second edition of the book, "At Ease with Life and Death", were published respectively in 2007 and 2011. The books collected articles from people of various background sharing their very personal experience when facing the loss of their loved ones.

This year marks the 10th anniversary of "At Ease with Life and Death". With the support of Ven. Changlin and Another Mountain Man (Stanley Wong), the third edition of "At Ease with Life and Death" was launched on 18 June 2017 at JCHH, officiated at by Master Changlin. Guests such as the wife of Wu Ma, Cheung Tat Ming, Louie Castro, Maggie Li, Master Chuan Deng and Prof. Cecilia Chan were also invited to share their options on "Face it", "Accept it", "Deal with it" and "Let it go".

"At Ease with Life and Death" third edition is now available to the public free of charge. Interested parties may get a copy from SPHC Shau Kei Wan Office, Jockey Club Home for Hospice or Jessie and Thomas Tam Centre. For those who wish to collect 5 copies or less, they can download an application form from SPHC website, complete it with a self-addressed STAMPED envelope of an appropriate size and send it back to us at Jockey Club Home for Hospice. For details, please refer to SPHC website.





# 登山善行2017頒獎典禮

## Hike for Hospice 2017 Award Ceremony



優勝隊伍領獎時合相留念。  
Time for a group photo of the winning team. Cheers!

瞬間，善寧會的年度籌款活動「登山善行」已踏入第25個年頭。今年的活動吸引近400名健兒參加，為善寧會籌得共280多萬元善款，讓更多晚期病者受惠。

登山善行2017頒獎典禮已於6月15日假皇冠酒窖舉行，邀請了活動中各個組別的優勝者或隊伍出席典禮，一同享受美酒佳餚、分享心得及對舒緩服務發展的關注，充份體現出體育以及樂善好施的精神。

2017 marks the 25th anniversary of Hike for Hospice, SPHC's annual fund-raising event. This year, about 400 hikers participated in the Hike for Hospice and raised over 2.8 million Hong Kong dollars for SPHC, which allows more terminal patients with financial needs to receive hospice and palliative services.

The Award Ceremony of Hike for Hospice 2017 was held on the 15th of June at Crown's Wine Cellar. Winners from different categories of the race gathering together, enjoying the wine and gourmet while sharing their experience during the race and their views on Hong Kong's hospice and palliative care development. All hikers have shown great sportsmanship and the willingness of giving to those in need.

優戰者名單 The winners go to.....			
組別 Category	第一名 Champion	第二名 1st Runner up	第三名 2nd Runner up
8km (個人 Individual)	Cheung Man Sing	Y C Wong	Macy Cheng
14km (個人 Individual)	Yau Chung Chun	Lau Ho	Yeung Hok Kan
22km (個人 Individual)	Harvey Lee	Ngan Man Fai	Tony Chan
8km (團隊 Team)	維記牛奶	Midland Realty Team 1	Wharf
14km (團隊 Team)	新鴻基地產	Angels on the 67th	Crown Jewel 3
22km (團隊 Team)	The Turtle	AECOM 2	GF Turtles

2018年的登山善行預埋你！  
See you in Hike for Hospice 2018!

本屆活動的贊助商包括：

**金鑽贊助：**

聯力建築有限公司、周大福珠寶集團有限公司

**白金贊助：**

東亞銀行有限公司、嘉栢國際有限公司、英皇慈善基金、嘉道理慈善基金、新鴻基地產發展有限公司及九龍倉集團有限公司

**黃金贊助：**

中國建設銀行（亞洲）股份有限公司、兆亞投資集團有限公司、渣打銀行（香港）有限公司，及太古集團慈善信託基金

**卓越企業贊助：**高盛（亞洲）有限責任公司

**禮品、媒體及物資贊助：**

太古資源有限公司、匯泉國際有限公司、維記牛奶、香港生力啤酒廠有限公司、昂坪360有限公司、電訊盈科集團成員香港電訊、精工錶通城鐘錶有限公司、Crown Relocations、Timberland HK、The Peninsula Boutique、新傳媒集團、

香港上海大酒店有限公司、太平洋咖啡公司、天星小輪有限公司、Hamilton Advisors Limited、Sports+Travel Hong Kong、香港醫療輔助隊、香港少年領袖團、香港業餘電台聯會、皇家香港軍團（義勇軍）協會

**Sponsors for Hike for Hospice 2017:**

**Diamond Sponsors:**

Unistress Building Construction Ltd; Chow Tai Fook Jewellery Group Ltd

**Platinum Sponsors:**

Bank of East Asia Ltd; Crown Worldwide Holdings Ltd; Emperor International Holdings Ltd; Kadoorie Charitable Foundation; Sun Hung Kai Properties Ltd; and Wharf (Holdings) Ltd

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China Construction Bank (Asia) Ltd; Search Investment Group Ltd; Standard Chartered (Hong Kong) Ltd; Swire Group Charitable Trust

**Premium Corporate Sponsor:**

Goldman Sachs (Asia) LLC



優勝者或隊伍一同享受大會安排的美酒佳餚。  
Winners from different categories of the race enjoying the wine and gourmet.

**In-kind, Media & supporting sponsors:**

Swire Resources Ltd; Telford International Company Ltd.; The Kowloon Dairy; San Miguel Brewery Hong Kong Ltd.; Ngong Ping 360 Limited; HKT; Seiko Thong Sia Watch Co., Limited; Crown Relocations Timberland HK; The Peninsula Boutique; New Media Group; The Hong Kong and Shanghai Hotels, Limited; Pacific Coffee Company Limited; The "Star" Ferry Company, Limited; Hamilton Advisors Limited; Sports+Travel Hong Kong; Auxiliary Medical Service; Hong Kong Adventure Corps; Hong Kong Amateur Radio Transmitting Society; RHKR The Volunteers Association



## 晚晴論壇暨「善寧會優化護理員證書課程」畢業禮 Latter Life Forum cum "Enhanced Care Worker Certificate Course" Graduation Ceremony

感謝The TUYF Charitable Trust多年贊助善寧會舉辦「晚晴論壇」活動。本會分別於2017年4月29日及7月22日舉行了兩場「優質晚晴 齊來守護——有家人相伴 善寧更圓滿」論壇。

第一場活動邀請了輔導心理學家袁家慧博士分享優質晚晴寧養照顧及溝通技巧。

袁博士談及優質晚晴寧養照顧有兩大目標，包括：一、提升及保持長者或臨終病者的生活質素；二、讓長者或臨終病者安祥離世。袁博士更分享照顧者自我照顧的小貼士，照顧自己的基本需要，包括多點欣賞自己的付出，為自己加添正能量。

另一嘉賓——老人科專科醫生莫俊強分享「安樂死」的謬誤及「預設醫療指示」的概論。莫醫生表示：「安樂死」並不等於安樂地離世，而是用人工方法，刻意提早結束當事人的生命，即人道毀滅。「安樂死」在世界絕大部分地區，包括香港，都是不合法的。莫醫生表示「安樂死」或許是病者求助的訊號，大家應給予病者更多關懷和照顧。莫醫生認為「預設醫療指示」對病人、家人和醫護人員均有幫助，但需要三方共同溝通。

第二場活動由善寧會營運總監朱可您姑娘介紹「賽馬會善寧之家」服務，本會資深紓緩醫學科專科醫生林國光分享紓緩治療的重點。同場更邀請到病人家屬Ricky分享照顧母親臨終的歷程；在本會醫護同工及時介入下，讓母親可以在短時間內得到全面的紓緩照顧，並在親友陪伴下安祥地走過最後的日子。

「善寧會優化護理員證書課程」畢業禮亦於晚晴論壇舉行，三屆合共超過40位畢業學員領取證書，與會者見證他們努力的成果。

歡迎登入<https://www.youtube.com/user/hospicecarehk>  
重溫精彩片段

For a recap of the Forum:  
<https://www.youtube.com/user/hospicecarehk>

特別鳴謝 TUYF Charitable Trust全力贊助  
Special thanks to The TUYF Charitable Trust for their generous sponsorship

▼ 服務使用者的家屬  
Ricky 及本會醫護同  
工分享照顧臨終病者的  
感人故事

A family member of an ex JCHH user  
Ricky and our medical professionals share  
touching stories on EOL care



三屆的「善寧會優化護理員證書課程」畢業學員合照  
Graduates of SPHC "Enhanced Care Worker Certificate Course"

Two Latter Life Forums were held on 29 April and 22 July 2017 under the theme "synergizing the efforts of terminal patients, family members and multi-professionals in end-of-life care". The Forums were kindly sponsored by The TUYF Charitable Trust over the years.

Guest speaker Dr Rhoda Yuen, a Counseling Psychologist, shared on the topics of quality end-of-life care and communication skills aiming to enhance and maintain the quality of life of terminally-ill patients and the elderly while facilitating them to pass away in peace and comfort. Dr Yuen shared also tips in self-care for the caregivers, including taking care of their own basic needs, appreciating and adding positivity to what they have done for the patients.

Another speaker, Dr Francis Mok shared the general misunderstanding about euthanasia and introduced the concept of Advance Directive. By a narrow definition, euthanasia refers to the direct and intentional killing of a patient at his or her request. In a way, it is humane destruction which is illegal in most countries and cities including Hong Kong. Dr Mok reminded us that patients requesting for euthanasia is a sign that they urgently need help. Their needs should be appropriately addressed and an enhanced level of care and concern should be provided. When mapping out Advance Directive, Dr Mok said it is important to have adequate and open communication among patients, family members and medical professionals.

In another Forum, Ms Connie Chu introduced SPHC's new service offer through the Jockey Club Home for Hospice (JCHH). Senior Palliative Care Specialist, Dr K K Lam highlighted the integral elements of hospice and palliative care and provided correct notions to some myths. A family member of an ex JCHH user Ricky, shared his family experience in taking care of his terminally-ill mother. With immediate intervention of the medical professionals at JCHH, his mother was able to receive holistic hospice care during her last days for which he was grateful.

The Graduation Ceremony for participants of three "Enhanced Care Worker Certificate Courses" was held in conjunction with the Latter Life Forum. Over 40 graduates received a completion certificate.





## 在香港及亞太地區播下紓緩服務及教育的種子

### Advocacy of Hospice and Palliative Care in Hong Kong and Asia Pacific

在2017年期間，善寧會參與了本港及亞洲多個大型的寧養照顧交流會議，包括：7月6至8日在中國長沙舉行的「2017兒童臨終紓緩護理國際論壇會議」、7月26至29日於新加坡舉行的「第12屆亞太區寧養研討會」。兩次國際性的會議，善寧會均有機會就香港寧養服務及義工發展的最新狀況發言，並與國內及亞太區多個團體交流，他們都對本港寧養服務甚感興趣，希望建立連繫網絡，促進日後合作的機會。

In 2017, SPHC continuously played an active role in promoting hospice care in Hong Kong and Asia Pacific region. Our representatives joined “2017 Children’s Palliative Care International Conference” in Changsha, Mainland China during 6-8 July and “12th Asia Pacific Hospice Conference” held in Singapore during 26-29 July. Our representatives made presentations on the latest development of hospice care & volunteer management in both international conferences. Many agencies from Mainland China and the Asia Pacific region showed great interest in our hospice services. It built up a good platform for networking and future cooperation.



另外，善寧會於8月4日與賽馬會安寧頌合辦，在本會「賽馬會善寧之家」舉行的「社區寧養照顧的選擇」研討會。邀請了靈實司務處寧養院院長梁智達醫生、香港老年學會主席梁萬福醫生，以及善寧會營運總監朱可您姑娘，就本港推行醫院以外，在家及院舍提供寧養及臨終照顧的情況，分享具體的實踐經驗。研討會當日演講廳座無虛席，與會者於研討會後參觀了全新的賽馬會善寧之家，了解院舍的設備和服務。

Besides, SPHC co-organized a Symposium on “Choice” on Community End-of-Life Care with the Jockey Club End-of-Life Community Care Project, The University of Hong Kong on 4 August 2017. Experts in end-of-life care, including Dr. Antony Leung from the Haven of Hope Sister Annie Holistic Care Centre, Dr. Edward Leung from the Hong Kong Association of Gerontology, and Ms. Connie Chu, Chief Operating Officer from SPHC shared their rich practical experiences that facilitate “choices” beyond caring at hospitals. After the symposium, participants visited our newly commissioned Jockey Club Home for Hospice and learnt more about the latest facilities and services.



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Evening, 1 and 18 Nov 2017,  
3 March, 28 April and 26 May 2018  
2017年11月1日及18日、  
2018年3月3日、4月28日及5月26日

”

“

“Light Up a Life”  
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聖誕音樂會

Evening, 5 December 2017  
2017年12月5日黃昏

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