

善寧會訊

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善寧會

Society for the Promotion of Hospice Care

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新任主席陳重義博士的話 Message from Dr. Hubert Chan, the New Chairman

接任善寧會執行委員會主席一職，實在任重道遠。感謝前主席王紹強先生多年來對善寧會的寶貴貢獻，為本會推廣「家庭為本」寧養紓緩服務的工作上，奠下豐厚基礎。

As a new Chairman of the Executive Committee, I can certainly feel the weight of the responsibility. My heartfelt gratitude to Mr. Raymond Wong, the former Chairman, for his outstanding leadership and remarkable contribution to the Society for the Promotion of Hospice Care (SPHC) and his efforts on advocating the concept of family-oriented hospice.

寧養紓緩服務之門要為大眾而開。不論貧富老幼，每人都有權利在生命末段接受紓緩服務，有尊嚴地離世。善寧會是最早提倡寧養紓緩照顧的機構。透過賽馬會善寧之家，為晚期病者提供整全的個人化寧養紓緩服務，監控晚期病者的徵狀，讓他們在最小的痛苦下，安然到達生命的終點。

善寧會亦協助晚期病者及家人一起訂定臨終前的醫療及照護意向，同時透過情緒支援，讓晚期病者家庭平靜地經歷生命的最後寶貴時光，並於病者離世後，適時提供哀傷輔導，陪伴喪親者渡過哀傷期。

我在此感謝各位執委會成員、會員、捐款者、服務使用者、義工、員工的鼓勵和支持，攜手一起實現「天為生命定壽元·人為生命賦意義」的理念。

When life comes to its last stage, everyone - rich or poor, old or young - has the right to access to quality palliative care services and to leave the world with dignity and comfort. As a hospice pioneer in Hong Kong, SPHC has been striving to promote hospice care in our community. Through the Jockey Club Home for Hospice, we provide



holistic, high standards and individualized palliative care to control symptoms of pain that will allow terminal patients to live their last moments peacefully and gratefully.

Based on the condition and concern of the patient and their family caregivers, a thorough advance care planning and end-of-life care are also set out in advance to ensure the best hospice experience can be provided. We also provide psycho-social support to patients and their families, and offer timely bereavement care to the bereaved, enabling them to cope with their loss and grief.

I wish to thank the Executive Committee, members, donors, service users, volunteers, and all dedicated staff for their encouragement and support. Last but certainly not least, I invite you to continue guiding us along the way to realize our mission: "When days cannot be added to life, add life to days".

「我的志願」—— 梁文聰醫生專訪

My Dream — An interview with Dr. Jack Leung, Resident Doctor

問及剛剛加入賽馬會善寧之家的駐院醫生梁文聰醫生 (Jack) 小時候的志願，他笑言，小時候沒有想過要成為醫生。到中六時，因一次學校安排的職業講座，受到當時正就讀醫科的師兄啟發，決心從醫。

Asked his childhood aspiration, Dr. Jack Leung Man-chung, a newly joined resident doctor at the Jockey Club Home for Hospice, said he has never thought of becoming a doctor when he was a student. Until one day, he was inspired to choose medicine as his profession during an alumni sharing.

Jack憶述，最激發他立志成為紓緩科醫生的一件事，在於有次在實習時遇到一位晚期病人。他是一位牧師，在生命最後的階段，仍筆耕不輟紀錄自己一生的見證，希望透過文字將信仰的歷程留給他人。可惜宏願未竟，牧師已離開人世。Jack坦言這件事成為了他一個很大的遺憾。直到一次在聖堂聚會中，神父啟發了他，雖然那位牧師著作未能完成，但藉著身邊的人，可以將逝者的事跡與精神傳播開去，協助牧師完成了他的使命。誠然，一位晚期病人仍願意傾其全力留下生命的點滴，證明人生路雖短暫，但仍然值得努力活出光輝。

因信仰的牽引，Jack知道了他的路向。

Jack寄語日後想投身紓緩科的醫護人員，首先要有充分的心理準備。紓緩專科所面對的，是不會痊癒的病者。但如能給予每一位病者妥善的照料，家屬會永遠保存這份美好的回憶。這也是作為紓緩科醫生的最大收穫。醫生不能阻止死亡的發生，但能夠令死亡變得不再可怕。

Jack recalled his internship in Palliative Care Service, where he met a pastor who was at his final stage of illness, but was still working on his book of testimony. Jack admired his faith. However, the pastor passed away without finishing his book. Jack said this was a big regret in his life until a priest relieved his puzzle. The priest said - he may not be able to complete his mission, but he has inspired others, who have witnessed his effort, mission and faith that will be spread and carried on.

Now with the guidance of his religion, Jack knows his mission.

To those who wish to serve the terminal patients, Jack reminds them to be psychologically well-prepared that palliative care is the care for patients who could not be cured. However, if they can devote themselves wholeheartedly on the care of terminal patients, this will turn out to be a precious memory of the family, and thus the greatest credit to doctors. A doctor cannot stop the pace of death, but he can make death less fearsome.



抓住相聚快樂每刻 李伯伯一家故事 Remembering every precious moment of love and laughter – the Story of Mr. Lee's family



其後得悉善寧會在沙田的賽馬會善寧之家，專為被痛楚所困的晚期病人提供照顧，那刻猶如在黑暗中遇見一道光明，於是立即叩門，「賽馬會善寧之家的社工很友善，兩度帶領我們家人參觀院舍，最令我們印象深刻之處是他們對待死亡的尊重，活人與先人進出的大門之闊度是一樣大小的，不像一般醫院，遺體與垃圾共用一個出口。」女兒說。

李伯伯在家人陪同下曾三度入住院舍，「他被這裡舒適的環境、花園、友善的醫護團隊及美味的膳食所吸引，直呼好像酒店，他身體雖受摧殘，仍幸在這裡得到一絲安慰。」

李伯伯的主診醫生是Dr. Sophia Lamb，「爸爸很喜歡這位外籍女醫生，因她和藹又專業，努力紓緩他右鎖骨的痛楚，又帶他走出死亡的焦慮，並著他多與家人外出飲茶，享受生命每分每秒。」

李伯伯從事製衣業數十年，在女兒眼中，是家中的經濟樑柱，扛起養育一家五口的重擔，支撐整頭家。太太因長期病患者關係未能操持家務，李伯伯退休後更肩擔起打理家頭細務的責任，買餸煮飯，守護家庭。

子女長大後，忙於工作，反而這突然其來的苦難把一家人重新召集在一起，「入住善寧之家的日子，我們三姊弟輪流陪伴，與父親一起過夜，深情夜話，細說從前，彷彿回到童年。」女兒說。

「爸爸喜歡賽馬，不時落注考眼光，有一天正值國際賽事，我們在院舍房間內，眼看電視賽馬直播，耳聽一河之隔沙田馬場馬匹奔馳之聲，遙距感受場內熾熱氣氛，對一個馬迷來說，樂趣無窮。」

踏入古稀之年的李林伯伯，在2017年秋天確診患上末期肺癌，讓家人徬徨不安，「爸爸身患不治之症，正受蝕骨的痛楚折磨，我們只希望能夠減輕他的痛楚，讓他輕鬆走完人生最後一程。」李伯伯的女兒說。

Mr. Lee was diagnosed with terminal lung cancer in the fall of 2017. This left his family feeling very uneasy. "Daddy's incurable disease is making him suffer. We only hope to relieve his pain and allow him to walk through the final journey of his life more comfortably," said Mr. Lee's daughter.

住院期間，家人用影像錄下爸爸的金句、對家人的叮囑、對生命的看法、入廚心得，「爸爸走後，偶然重溫片段，感覺親切，好像他仍在身邊。」

李伯伯在2018年1月安然離世，享年87歲，在過去日子一直為子女付出的愛和關懷，在善寧之家每一天共處的點滴快樂記憶，依然在子女心中留存下來……這是李伯伯一家的幸福小故事。

Soon later, his family learned that the Jockey Club Home for Hospice (JCHH) at Shatin was established specifically to provide palliative care for the terminal patients who were trapped in pain. They recalled it was like meeting a bright light in the darkness. "The social workers at the home were very friendly. They led our families to visit the homes twice.

What impressed us most was their respect for death. The width of the doors for the living and the deceased are in the same size, unlike most hospitals where dead bodies share the same exits with waste," said the daughter.

Mr. Lee, accompanied by his family, stayed at the hospice three times. "Daddy was attracted by its comfortable environment,



the garden, the friendly medical team, and the delicious meals. He said it was just like a hotel. Although he was suffering physically, he still felt fortunate to have found this serene place of comfort."

Dr. Sophia Lamb was Mr. Lee's attending doctor. "Daddy liked the foreign doctor because she was gentle, kind-hearted, and professional. She managed to ease the pain of his right clavicle and his anxiety for death. She also encouraged us to go out with him more often for tea, in order to create more good memories together."

Mr. Lee has been engaged in the garment industry for decades. In the eyes of his daughter, he was the backbone of her family as he took up the responsibility of raising and supporting a family of five. Moreover, since his wife has long-term illness and could not manage the housework herself, Mr. Lee did all the housework, including going to the market, cooking, cleaning the house, etc., all by himself after his retirement.

After his three children have grown up, they had little chance to meet as they were often busy with work. Yet, it seems that his sudden illness has reunited his family. "On those days at JCHH, the three of us took turns to spend the night with our father. On those nights, we expressed our feelings and talked about the past. It was just like returning to childhood," said his daughter.

"Daddy likes horse-racing. To test his judgments, he likes to make bets occasionally. One afternoon, an international



horse-racing event was happening at the Shatin Racecourse, right across the river near our hospice. He got very excited - he turned on the television and opened the glass door for his room's balcony. We could hear the sounds of horse-racing while we watched the race on the television. It was indeed a fun experience for a horse-racing fan."

During his stay in the hospice, his family recorded footages of Mr. Lee, including the words for his family, his views of life, and his cooking tips. "After he passed away, we feel relieved watching these footages as if he were still around."

Mr. Lee passed away in peace in January 2018, aged 87. During his last days, he spent one of their happiest days with his beloved children at the JCHH. Those days are invaluable for his family and none of these memories will be forgotten.



「在家離世」是圓滿 也是福氣 The blessing of “passing away at home”

待在醫院病房臨終，圍繞身邊的可能是鄰床病友的痛苦呻吟聲和響個不停的醫療儀器。「醫生，我幾時可以返屋企？」或許是每位病人都會掛在口邊的說話。

‘Doctor, when can I go home?’ This is perhaps what we hear the most in a hospital, alongside with the endless moaning of neighbouring patients and the beeping sounds of medical devices.



劉女士母親是虔誠佛教徒，罹患晚期癌病，去年初病情急轉直下。基於信仰，她希望「在家離世」，在賽馬會善寧之家的醫護協助下終得以如願。「記得媽媽在最後階段病情很差，不得不住院，但她一直很抗拒，無一刻不大發脾氣、吵嚷著要回家！」然而院方不鼓勵。「醫生說，貿然出院，媽媽分分鐘在半路中途斷氣，但媽媽執意回家，我的兄弟姊妹怎苦勸都沒用。」劉女士憶述。

「我希望她在離世一刻心中不帶怨氣，更重要的是，回家是她的心願。」同樣篤信佛教的劉女士其實很支持母親的決定。但問題來了，即使滿足了出院的心願，那兄弟姊妹們的擔憂如何解決？下一步怎樣走？應怎樣照顧？如何讓她安詳離開？總總問題，劉女士坦言：「到底我們甚麼都不懂。」

了，即使滿足了出院的心願，那兄弟姊妹們的擔憂如何解決？下一步怎樣走？應怎樣照顧？如何讓她安詳離開？總總問題，劉女士坦言：「到底我們甚麼都不懂。」

徬徨期間，得悉賽馬會善寧之家會為晚期病者提供家居照顧服務，詢問後獲得正面回應，加強了他們讓母親出院的信心。「媽媽在賽馬會善寧之家協調下出院，回到家一刻，她長嘆一口氣，輕聲說：『真舒服啊！』我們聽到後真的十分鼓舞。」

「最後媽媽在家中走了，走時沒帶一點痛苦，長相很祥和很好看。」劉女士感謝醫護過程中的協調與安排，例如上門探訪，借出儀器，指導用藥等。「醫生悉心善後，為媽媽簽發死亡證，遺體也不須解剖，她在人生最後一程很圓滿，得到很好的照顧。」

從劉氏一家的經歷，我們見證了「在家離世」的福氣，祝願劉氏一家繼續活得快樂。

Like Ms. Lau's mother, a Buddhist, believes that passing away at home would be the best decision to end one's life. She suffered from advanced cancer and the condition had turned worse at the beginning of last year. "My mother would ask permissions to return home from time to time, yet the Hospital doctor told us that she would be risking her life if she insisted to leave the hospital and go home. I still remember how upset she was." Ms. Lau recalled.

"My only wish is that my mother wouldn't feel upset when she leaves the world." Ms. Lau, also a Buddhist, supports her mother's decision and hopes to make it happen. The pressing problem for her, however, is a long list of worries that she did not know how to overcome: even her mother had gone home safely, how should she persuade the whole family that it would be okay? What should she do next? How should she take care of her? How could she ensure a peaceful death for her mother?

An accidental opportunity led Ms. Lau to Jockey Club Home for Hospice (JCHH), where she later knew that it could also provide all-rounded caring for terminal patients at their own homes.

"With the help of JCHH, my mother made her way home smoothly. I recalled how she exclaimed the words, "Oh, how comfy!" the moment she got home. This has made all of us relieved and genuinely happy."

"My mother passed away at home without pain and looked absolutely gentle." Ms. Lau was grateful for all arrangements that had been made on her mother's last days. These include home visits, lending of medical equipment, advice on the use of medicines, and more. "After she had passed away, our doctor issued the medical certificate of cause of death for her, treated her body with delicate and earnest care to make sure that she was pampered well at the end of her life."

How blessed it is. We wish happiness continues and always be with Lau's family.



「音樂塑像」 體驗生命的變奏

“Music Protrait” - To feel the rhythm of life



你繪畫過人像畫嗎？畫家通常會坐在模特兒面前，憑藉其在繪畫方面的天賦及經驗，將對象的形與神逐筆逐筆的呈現出來。其實，除繪畫外，「音樂」亦可創造同樣效果，我們稱之為「音樂塑像」。

Have you ever drawn a portrait? Portraits, as we know, are the depictions of models' physical appearance. Their final presentations are highly dependent on the painters' craftsmanship and experience. As a matter of fact, however, music can also create a similar effect. We call it the "Music Portrait".

「音樂塑像」是一個流程，先透過與對象的交流，讓音樂家掌握對象的個性及內在情感，然後透過手中的樂器，即席「繪畫」一首屬於對象自己的撫慰心靈的曲子。善於「音樂塑像」的Steve Woods等音樂家，去年10月到訪賽馬會善寧之家（JCHH），將嶄新的音樂體驗帶給這裡的晚期病者。

入住JCHH的病者彩鳳亦有參與今次的音樂塑像。她笑言在塑像開始時，內心非常緊張和不安，故只感覺到混沌與模糊。隨著時間慢慢過去，混沌感漸漸消散，旋律亦漸趨溫和。彩鳳閉上眼睛，彷彿在高山與白雲中穿梭，音色亦跟隨心境的變化而逐漸變得清晰。當音樂緩緩結束，彩鳳慢慢地張開眼睛，卻發現眼淚不禁落下，內心亦一片舒坦。

彩鳳坦言「音樂塑像」是一個嶄新的體驗。她認為，音樂家感覺到自己的情緒，並以音樂與她的內心產生共鳴，讓她感受到勇氣與希望，自己亦得以被旋律所舒緩。

Like painting portraits, "Music Portrait" is a fun process. Musicians would communicate with their models and try to grasp an idea of the models' personalities, values,

and emotions. Then, the musicians would take up their musical instruments, improvising songs that are unique and comforting to their models.

Steve Woods, who specializes in Music Portraits, brought such joy to the Jockey Club Home for Hospice (JCHH) in October 2017.

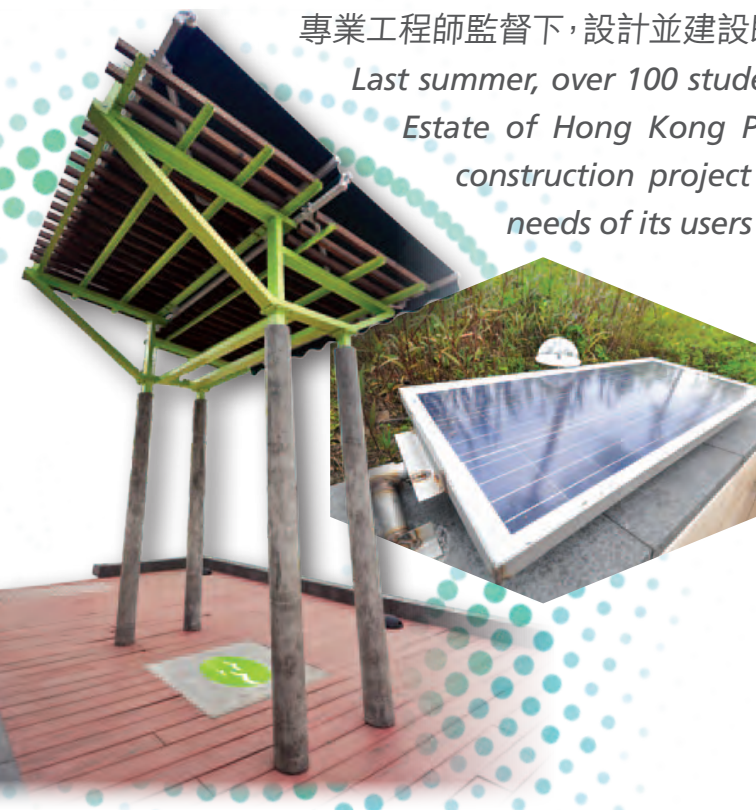
Choi-Fung, a patient at JCHH, was a participant of the Music Portrait activity. She recalled her nerves when asked to be a model, and thus the confusions when Steve started performing her Music Portrait. Yet, as the melodies went softer, Choi-Fung closed her eyes and felt much easier - as she describes, it was like travelling back and forth between the high mountains and the puffy, white clouds. When the music ended, Choi-Fung gradually opened her teary eyes. She felt with the music, and her soul was soothed.

Choi-Fung told us that the "Music Portrait" is an experience that she has never had. Not only does the music sympathizes with her soul, it also plays melodies of courage and hope where she found herself more at ease.

賽馬會善寧之家花園涼亭啟用 The JCHH Garden Shelter opens for use

香港理工大學建築及房地產學系逾百學生去年中參加一個暑期職業培訓項目，在理大工業中心專業工程師監督下，設計並建設既實用且能滿足使用者需要的涼亭。

Last summer, over 100 students from the Department of Building and Real Estate of Hong Kong Polytechnic University (PolyU) participated in a construction project - design and build a shelter that satisfies the needs of its users - as part of their career training.



項目完成過後，師生們同意將這個製成品捐出作慈善用途。而善寧會賽馬會善寧之家十分榮幸地獲得系方有關捐贈。

2017年10月20日，正值陽光普照的一天，賽馬會善寧之家的戶外花園涼亭正式啟用了！

賽馬會善寧之家依山而建，建築與大自然環境巧妙融為一體，讓遼闊山景頓成病房後花園一部份。住院病者在家人陪同下可隨時離開病床走出戶外花園，享受大自然的恬靜閒適。安置於花園上的涼亭可抵擋猛烈的陽光，其背後的太陽能板更會播放安神的音樂，讓晚期病人和家屬盡情感受難得的相聚時光。

理大學生Gary也有份參與這個項目，他坦言在過程中得到很多反思：「晚期病者須面對不久後的離世，但他們最終他得以在善寧之家愜意環境及至親的陪伴下重拾生命的動力；這提醒了我們而作為未來建築界的一員，也要秉持如寧養服務般的精神，做到以人為本，為建築物注入生命力。」

They were supervised under the professional engineers from the PolyU Industrial Centre. The finished shelter was then given to the Society for the Promotion of Hospice Care in a ceremony on 20 October 2017.

The shelter is now standing at the outdoor garden of the Jockey Club Home for Hospice (JCHH). Not only it provides a shade for every patient or for every of their family members who passes by, it also has built-in solar panel with solar tracking system and a music-playing speaker. These additional features aim at providing their users a comfortable and relaxed environment whilst being protected from the harsh sunlight.

Gary, one of the participants of the shelter project, finds similarity between the concepts of building and hospice care. As he said, both outcomes are to give a second life to a person or an object and that they have always benefitted a lot of people.



參與項目的學生代表於送贈儀式當日，於賽馬會善寧之家演講廳向嘉賓講解涼亭的製作過程。

The student representatives provide a presentation on their project at the lecture theatre of JCHH on the day of the ceremony.

Music for Life @賽馬會善寧之家音樂會 Music for Life @ JCHH Concerts

晚期病人因身體狀況需要長期留在家中或醫院療養，家屬也忙於從旁照顧，無奈犧牲了社交或文藝活動。

The idea to hold concerts within the Jockey Club Home for Hospice (JCHH) started out as a wish – a wish to allow their terminal patients to enjoy wonderful classical music with their family without having to leave the hospice.



韓籍大提琴家Yoonsoo Park 及鋼琴家何欣欣
Cello and Piano Duo Recital by Yoonsoo Park (Cello) and Cindy Ho (Piano)

善寧會執行委員會主席陳重義博士與委員曾詠恆醫生萌生在院舍內舉行音樂會的想法，希望透過音樂會，將社交與文藝活動帶進賽馬會善寧之家（下稱JCHH），為院友帶來點點心靈慰藉，最後與Vantage Music共同促成了Music for Life @ JCHH音樂會的誕生，舉辦一連五場免費音樂會，邀請公眾與晚期病者、家屬及其他支持者共度滿載音樂與喜樂的晚上。

音樂會後公眾亦有機會參觀JCHH，了解其背後運作與以「家庭為本」服務模式，令JCHH的理念與服務能毋遠弗屆，幫助更多有需要的人。

音樂具有安撫心靈的作用。有參與的晚期病者笑言音樂雖然動聽，但奈何聽不懂外文。為我們於音樂會首場表演的著名女中音連皓忻（Carol Lin），完場後特意走到她身邊獻唱一段傳統小曲，逗得她開懷歡笑，顯得神采飛揚，足證音樂的療癒力量如何強大。

JCHH has always valued the importance of quality family time, so it is no surprise that Dr. Hubert Chan, the Chairman of Executive Committee, and Dr. Janice Tsang, finally invited

the Vantage Music Ltd to the hospice to hold a series of five concerts for their patients, their families, and the public.

Hospice visits were arranged after the concerts, serving as an opportunity for the public to learn more about the services of JCHH and the concept of family-oriented hospice care. It is JCHH's hope that its mission and professionalism can be reached to a wider population.

A patient joked about how unfortunate it was to enjoy the beautiful music while she could not understand the language of what was being sung. And guess what? Carol Lin, a Hong Kong famous mezzo-sopranos who performed at the concert of the first evening, came down from the stage and walked to her, singing her a little traditional song that she loves. The patients giggled along, put on their widest smiles, and have enjoyed so much the evening. Just by looking at their faces, we surely agree on the healing power of music.



著名女中音連皓忻及鋼琴家李尚修
Song Recital by Carol Lin (Mezzo-soprano) and Sheung Lee (Piano)

特別鳴謝：合辦機構Vantage Music、贊助機構柏斯琴行及英國皇家音樂學院香港校友會

Special thanks to co-organiser Vantage Music, sponsors Parson Music and the Royal Academy of Music Hong Kong Alumni Association.

社區廚房 - 讓社交生活帶進院舍 Community Kitchen – Bringing Social Life Back



賽馬會善寧之家(下稱JCHH)為連繫亞公角山這個小社區,定期舉辦「社區廚房」,來自亞公角山路上不同機構的員工,與住院的晚期病者和家屬一起,在JCHH地下大廳一同分享由義工準備的美味午餐。

聊天的絮絮細語、四處走動的人群、香氣撲鼻的食物,都能為病者的寧養生活帶來生氣,讓他們重拾久違的社交生活。

除享受美味豐富的自助食物外,席間亦準備了一場小型的

午間音樂會,讓聚集在此的一眾參與者,透過食物及表演者奏唱的美妙音樂互相了解和認識,讓JCHH瀟灑著友善共融的氣氛。

To enhance connection of A Kung Kok Shan community, Jockey Club Home for Hospice (JCHH) organizes a monthly Community Kitchen event. All colleagues from different NGOs in the community, patients and caregivers of JCHH are invited to the event, where participants are able to enjoy the gourmet prepared by volunteers. The aim of the event is to encourage patients to relive their lives by enjoying delicious meals and meeting up new friends.

Apart from tasty meals, we also arrange mini concert in these community kitchen events. By sharing food and music, people grow their bonding in the friendly and inclusive community here at A Kung Kok Shan Road.



第十屆義工嘉許夜 The 10th Volunteer Appreciation Night

善寧會每年均會舉辦義工嘉許活動,感謝義工們過去一年對善寧會的無私付出。今年活動移師賽馬會善寧之家舉行。除了有豐富美食外,少不了緊張又刺激的抽獎環節,得獎幸運兒與眾人分享喜悅時刻。

活動已於去年12月14日晚順利舉行,當晚善寧會執行委員會主席陳重義博士與一眾表演嘉賓,分別以小提琴與其他樂器表演助慶,將全晚氣氛推至最高潮。

Volunteers have always been one of our strongest allies. To acknowledge and express gratitude towards their selfless support, the Society has invited them to the 10th Annual Volunteer Appreciation Night on 14th December 2017 at JCHH, where good food was served with the highlight of an exciting lucky draw session. It was a fun and enjoyable evening filled with laughter.

Dr. Hubert Chan, chairman of SPHC Executive Committee, along with the performing guests, performed beautiful music pieces to the guests, putting the event in great success.

若你有興趣成為義工的一份子,請到本會網站下載登記表格

If you would like to be one of our volunteers, please visit our website and download the registration form www.hospicecare.org.hk



燃亮生命火花聖誕音樂會2017

Light Up A Life Christmas Concert 2017



參加者將心意卡掛上聳立於中庭的「生命火花樹」上，為已故的親友送上祝福。

A "Tree of Life" was erected at the Cathedral for the audiences to commemorate their deceased loved ones with remembrance cards.

聖誕節是洋溢溫馨和愛的節日，亦一個分享溫情、互相關心的日子。善寧會於去年12月5日晚上於中環聖約翰座堂舉辦每年一度的「燃亮生命火花」聖誕音樂會，希望藉這個特別日子，讓我們紀念已過世的至親，並向其他失去至親的人傳揚暖意和關懷。

音樂會邀請了香港威爾士男聲合唱團、港島中學合唱團及管弦樂團為觀眾有來一首首動人的聖誕頌歌。音樂會的門票收益全數撥捐善寧會，以推動更多寧養和舒緩照顧服務，並為晚期病者、家屬及照顧者提供全面的支援，幫助他們面對離世及喪親的傷痛。

善寧會衷心感謝所有出席音樂會的嘉賓、演出隊伍、觀眾、贊助商及義工。

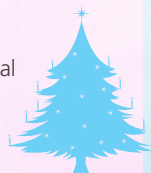
Christmas is a time for peace, love and giving. For those who have experienced the loss of a loved one, it can be a time of traditions that honor the memory of those who had been a part of our lives. The annual "Light Up A Life" Christmas Concert is an opportunity for anyone to attend to commemorate our loved ones who had left us, as well as raise funds for bereavement counselling and provision of hospice and palliative care for all in need.

The concert was successfully staged at St. John's Cathedral on 5 December 2017. Audience enjoyed a wonderfully warm evening with beautiful music presented by Hong Kong Welsh Male Voice Choir and the Island School Orchestra and Choir.

Special thanks go to the performers, guests, sponsors and all volunteers for your support and commitment!

鳴謝 Acknowledgments

C.L.A.R.E.S. of St. John's Cathedral
Crown Relocations
Hamilton Advisors Limited
Hong Kong Police Band
Hong Kong Welsh Male Voice Choir
Island School Orchestra & Choir
Kim Robinson (Donation of Christmas Balls)
Rare & Fine Wines Limited
St. John's Cathedral
St. John's Cathedral Book Store (Ticket Sales)
Standard Chartered Bank (Hong Kong) Ltd (Donation of "Tree of Life")
TeamRite International Limited



Hospice Angels:

Emma Sherrard Matthew
Alexandra Dickson Leach
Amy Perkins Nebout
Kate Crofton
Nikki Knox
Tamsin Bradshaw
Venetia Leonard

第26屆登山善行圓滿成功 The 26th Annual Hike for Hospice a huge success

不知不覺，一年又過去。3月4日清早，是善寧會一年一度登山善行籌款活動的大日子，超過400名登山參加者及義工齊集元朗大欖郊野公園，浩浩蕩蕩為善寧會籌募善款。活動中途雖然下起雨來，但仍不減大家對登山的熱情，在此感激各位的包涵和體諒，也希望在來年的登山善行活動得到您的支持。

Time flies and a year has passed. SPHC's signature fundraising event, the 26th Annual Hike for Hospice, was held successfully in the morning of 4 March 2018. More than 400 hikers together with volunteers gathered at Tai Lam Country Park, Yuen Long to raise funds for our not-for-profit hospice and palliative care for terminal patients. Although it rained, the passion among the participants did not diminish. We hope that we will gain your continuous support for the years to come.



▲ 英皇娛樂藝人湯怡、吳浩康與衛詩雅到場為參賽者打氣，身體力行支持善寧會
Kathy Yuen, Deep Ng, Michelle Wai, Artistes of Emperor Entertainment Group attend "Hike for Hospice" to show their support to SPHC



善寧會謹向各第26屆登山善行的贊助商及支持團體，致以衷心感謝：
The Society would like to thank all sponsors and supporting organizations for their immense contribution to the 26th Annual Hike for Hospice:



金鑽贊助 Diamond Sponsor:

Chow Tai Fook Jewellery Group Ltd

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Auxiliary Medical Service; Hamilton Advisors Limited; Hong Kong Adventure Corps; Hong Kong Amateur Radio Transmitting Society; RHKR The Volunteers Association; The Green Earth

▼ 善寧會榮譽會長梁智鴻醫生擔任主禮嘉賓，與一眾嘉賓為起跑鳴槍
Guest of Honour Dr. Leong Che-hung (Honorary President of SPHC) and other guests blow the air horns at the starting point





閱讀推介

Book Recommendation



《小鬼蛋糕店》

作者：SAKAE

譯者：蘇懿禎

出版社：大好書屋

這是一本親子共讀的繪本，引導小孩如何以平靜的心紀念逝去的至親。

只在深夜營業的蛋糕店，不能接觸陽光的店長小鬼造出來的蛋糕美味得令人吃驚。但有位小女孩不同意：「跟我爸爸做的差不多啊。」小女孩長大了，婚後要搬往遠處，不能再來。小鬼冒著消失在日光下的危險，把最後的蛋糕送到婚宴場地，卻引起了令人意想不到的結局……

有時候我們會借聲音或氣味，記起已逝去的至親。這時才會發現即使他們已離去，但留下的愛與關懷，並不會隨之消逝。

It is a soul-stirring picture book suitable for parent-child reading, inspiring children how to cope with grief and the loss of loved ones. .

The story sets in a very special cake shop which only opened in the midnight. The owner, Ghosty, who couldn't bear any sunlight, could bake incredibly delicious cakes! None of the customers were not amazed, except the Little Girl. She was not that surprised, "My father could bake a cake like this!"

Little Girl grew up and was going to get married far far way. Ghosty, with his best effort, managed to send a beautiful cake to her wedding. This wedding cake, unexpectedly, led to a surprising ending...

In many instances, certain smell or sounds would remind us of our lost ones. When we think about it, we realize that even they are no longer physically with us, their spirits, love and care stay on with us eternally.



《生死兩相安》第三冊 "At Ease with Life and Death" Third Volume

面對晚期病患或摯愛離逝，總帶來遺憾和哀傷，如何「面對它」、「接受它」、「處理它」、「放下它」，達至生死兩相安，正是每個人都需要學習的課題。

《生死兩相安》第三冊經已推出，現供免費索取。索取地點如下：

1. 沙田亞公角山路18號賽馬會善寧之家
2. 長沙灣麗閣邨麗蘭樓316-318室譚雅士杜佩珍安家舍

如需大量索取，請電2331 7000與善寧會職員聯絡。

To confront a terminal illness or face the loss of a loved one can bring sadness and regret. How can we "Face it", "Accept it", "Deal with it" and "Let it go"? It is a lesson everybody should learn.

"At Ease with Life and Death" third volume is now available free of charge at the following venues:

1. Jockey Club Home for Hospice, No 18, A Kung Kok Shan Road, Shatin
2. Jessie and Thomas Tam Centre, Room 316-318, Lai Lan House, Lai Kok Estate, Cheung Sha Wan

For a large number of copies, please contact our colleagues at 2331 7000.



晚晴論壇快將舉行 Latter Life Forum is coming soon

日期 Date : 5/5/2018 (星期六Saturday)

時間 Time : 2:15pm – 4:30pm

地點 Venue : 灣仔軒尼詩道15號 溫莎公爵社會服務大廈
香港社會服務聯會1樓禮堂
Auditorium, 1/F, Hong Kong Council of Social Service,
Duke of Windsor Social Service Building,
No. 15 Hennessy Road, Wanchai, Hong Kong

費用 Fee : 免費入場
Free admission

即將接受報名，活動詳情，請留意網站最新消息
Registration is coming soon. For further details, please reach us at:

<http://www.hospicecare.org.hk>

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

「台灣安寧療護之母」趙可式教授講座 Seminar by Professor Chantal Co-Shi Chao

題目：高品質的末期照護之團隊運作

Topic: Good quality of end of life care through a team approach

日期 Date : 14/8/2018 (星期二Tuesday)

時間 Time : 2pm – 5pm

地點 Venue : 香港沙田亞公角山路18號賽馬會善寧之家
Jockey Club Home for Hospice, No. 18, A Kung Kok Shan Road,
Shatin, Hong Kong

對象 Target : 歡迎相關專業人士參與
Open recruitment to all professionals

報名詳情，請留意善寧會網站稍後公布
For registration details, please pay attention to the promotion in our website later

<http://www.hospicecare.org.hk>

我願意捐款支持善寧會 I would like to support the Society for the Promotion of Hospice Care

請填寫下列表格, 並寄回或傳真至善寧會, 以便本會發出捐款之正式收據。
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Upcoming SPHC Events! Save your date!

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Latter Life Forum

晚晴論壇—「紓緩治療≠放棄」

2:15pm, 5 May 2018
2018年5月5日 下午2時15分

1/F, Hong Kong Council of Social Service
15 Hennessy Road, Wanchai
灣仔軒尼詩道 15 號
香港社會服務聯會 1 樓

"Music for Life" Concerts

"Music for Life" 古典音樂會

1:15pm, 28 April 2018
2018年4月28日 下午1時15分
7pm, 26 May 2018
2018年5月26日 晚上7時

Jockey Club Home for Hospice
賽馬會善寧之家

Removal Notice 搬遷通告

The main office of the Society for the Promotion of Hospice Care was relocated on 15 March 2018. The telephone and fax numbers remain unchanged.

善寧會總辦事處於2018年3月15日正式搬遷至沙田賽馬會善寧之家，電話及傳真號碼維持不變。

舊址： Previous address :	香港筲箕灣愛民街16號地下 G/F, 16 Ngoi Man Street, Shau Kei Wan, Hong Kong
新址： New address :	香港沙田亞公角山路18號賽馬會善寧之家 Jockey Club Home for Hospice, No 18, A Kung Kok Shan Road, Shatin, Hong Kong
電話 Tel:	+852 2868 1211 / 2331 7000
傳真 Fax:	+852 2530 3290 / 2336 2776



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