

善寧會訊

NEWSLETTER

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善寧「癒」花園 The Healing Garden



穿過大門後，只十數梯級步程，一片生意盎然的綠油美景立即映入眼簾。這裡是賽馬會善寧之家的「癒」花園。參觀或探病的人首次來到此地必先感到驚喜，與醫院很不同，這裡沒有丁點冷冰氣氛，滿眼全是活著的喜悅，感覺很「療癒」。

When people first visit the Jockey Club Home for Hospice (JCHH), many are pleasantly surprised by the healing garden located on the second floor. Flowers and greenery in the garden infuse JCHH with a sense of liveliness and an atmosphere vastly different from the bleakness of many hospitals.

從病房走進大自然

病房即使有窗，若只能臥床側看，那道風景也是渺邈的。但賽馬會善寧之家內，寬闊的無障礙通道讓病人坐在舒適「大班椅」輕鬆進入花園。置身其中，天空觸手可及，隨意感受微風流動，花落花開。「這裡的太陽很美，能看到真好，看不見天空的話我會很辛苦。我也很喜歡雀鳥呢。」奚婆婆是賽馬會善寧之家的一位患腎病的晚期病人，在一個精神煥發的下午，兒子及媳婦為她推著「大班椅」，一起享受一片久違了的美好天空。

「癒」花園幕後功臣

花園初期的植物生長並不理想，幸得熟悉園藝的英國人 Jennifer 主動聯絡善寧會提出支援，並帶領其他熱心義工悉心修葺，讓各式花草茁壯成長，生機重現。

Jennifer 憶起祖母臨終前最喜歡靜靜坐在英國家中那個由她打理的花園。感謝她助人的心，讓這裡的病人也能感受到她祖母當時的安然恬靜。

栽種花卉特別費神，但義工們仍希望把花園打理得色彩繽紛，吸引院友多來走走。他們各自打理不同小區，依受光度栽出合適的植物，也劃了區域種植香草。「最重要是讓病人喜愛這裡。」Jennifer 說。

回到花園就如回到家園

家的意涵除了家人和住處，它更是一份熟悉感和生活習慣。在花園內，萬物流轉，映照生命流動。這「癒」花園讓久臥病榻的病人重拾家的感覺，能安靜細味與家人的互動。這體現善寧之家的信念——讓病人和家屬的身心不致被病患淹沒，找到與疾病共存的平衡點和生活空間，找回通往心靈家園的鑰匙。



Walking from Wards to Nature

But however good the view outside the window might be, nature can seem very distant to a patient lying in bed. With a recliner chair available in each patient suite at JCHH, our garden is just a few steps away. "I love sunlight. It suffocates me if I cannot see the sky. I love listening to the chirping birds too," said Ms. Hai, a late patient JCHH with kidney disease. During her stay, her son and daughter-in-law would offer to push her recliner out to the garden. Together, they enjoyed the serenity of this healing space.

Heroes behind the Scenes

When JCHH first opened, the plants did not grow as well as we hoped. Fortunately, our British volunteer, Jennifer, who has expertise in gardening, generously offered her help to tend our garden. Since then, she has been leading other highly committed volunteers to keep our garden healthy.

Jennifer recalls how her grandmother loved sitting in the garden at the hospice where she spent her final days. Thanks to Jennifer's big heart, our patients are now able to experience the same joy her grandmother once had.

The volunteers are delighted to create a colorful garden which attracts patients to frequent. Under Jennifer's guidance, some volunteers have chosen a particular flower bed to take care of, planting flowers or herbs which grow best there. Under their loving care, plants have flourished and flowers blossom.



奚婆婆喜歡在花園裡享受陽光
The garden is a perfect place for Ms. Hai to enjoy sunlight

Back to the Garden, Back to Home

"Home", it is a word that conveys a sense of familiarity, togetherness of family members, and the idea of a place which accommodates ones' personal experience of everyday life. Strolling through JCHH's healing garden, patients share intimacy with their loved ones and recall the time when they lived in their own homes. This realizes JCHH's vision – to enable patients and their caregivers to regain a sense of control of their lives amidst illness, thereby "making their way back home".

致賽馬會善寧之家醫護團隊：

我父親一向怕住醫院，記得他入住善寧之家，有一天天氣特別晴朗，花園滿山植物格外好看，我問父親記得這是甚麼地方嗎？躺在床上的他望向窗外，肯定的答：「就是小西灣囉！」即使我跟他說這裡是醫院，那個花園是我們之前推大班椅去過的地方，他也不以為然。

那一刻我明白，善寧之家讓他感受到那份舒服，讓他以為一直身處家中。因為，我家在小西灣。

感謝醫護團隊的悉心照顧，讓父親可以泰然從容地度過他生命中最艱難的一段日子。

Dear JCHH Clinical Team,

My dad has a fear of hospitals. However, a few days after moving into a room at JCHH, when I asked him if he knew his whereabouts, he looked out of the window, gazed at the wonderful garden (glowing in the sun, it looked particularly amazing on that day) and replied firmly, 'We are in Siu Sai Wan.'

Even though I tried to tell him that we were in a hospice home, he was not convinced. That was when I realized that JCHH had made him feel at home, for our home is in Siu Sai Wan.

Thank you so much, JCHH, for walking him through the toughest time in his life.

摘自病人家屬的感謝信

An excerpt in a thank you letter of a family member of our patient



園藝義工 Jennifer
Jennifer, our gardening volunteer



永恆的手中沙 - 方爺爺的安息禮

The sands of remembrance - Grandpa Fong's funeral service

人生匆匆，時光卻如手中沙一樣，無人能永恆掌握，只有看著它無聲溜走。就如父母一樣，我們總希望長伴他們身邊，並得到最溫暖的依靠，但奔波勞碌過後，卻發現相處日子其實寥寥無幾。

Life is often described as fleeting. As living beings, we are simply spectators of time as it passes by, like grains of sand through our fingers. Such a sentiment is felt most poignantly when we think about our parents. When our parents are healthy, many of us may take it for granted that they would remain as such. It may not be until they fall ill that we realize the limited time we have with them.

在方世福「方爺爺」的女兒眼中，他是世上最好的父親。年輕時努力拼搏，肩擔一頭家，期望子女活得幸福，快樂成長。可是方爺爺十多年前不幸中風，晚年更受肺癌的折磨，以往粗壯的雙臂也變得消瘦乏力，在最後歲月中，還要時刻走訪各大醫院接受沒完沒了的治療，忍受痛楚和虛弱。

「陪同父親於醫院處理肺積水時，看著他弱弱的身體被刺入管道放水，每刺一下都令他苦痛難當，每刺一下也彷彿刺痛了我們的心坎，難道要父親如此受盡折磨地終老？」方爺爺女兒說。

一次偶然機會，她認識到賽馬會善寧之家的紓緩照護服務，並決定入住。

她說：「在賽馬會善寧之家醫護團隊的悉心照顧下，方爺爺的徵狀得以受控，住院其間更精神奕奕地和我們在院內演講廳欣賞音樂會，與親友及善寧會義工一起決戰『四方城』，還能回家休養。真令人安慰，因為父親能重拾久違了的生活樂趣。」

2018年6月9日，賽馬會善寧之家的演講廳上映一場沙畫表演：藝術家利用燈箱上的細沙，雙手並用，時而點滲，時而抹撒，數秒間就畫出一幅幅變化無窮的圖畫。這一天是方世福爺爺的安息禮，安息禮的前兩個星期，他在賽馬會善寧之家安然離世。



「父親雖沒顯赫偉績，但在我們心中卻很偉大，感激之情非言語能表達，故想找一種超越言語的媒介，在父親的安息禮上 述他的一生。」多得一位曾在白普理寧養中心擔任護士的沙畫師，讓燈箱上的流沙構圖，在光影中化成一幕幕永恆的美麗圖畫。

流沙之間，年份在畫框一角不斷推動，寓意方爺爺的一生。在他的人生跑道上，由年青到年老，經歷建立家庭、患病、受洗，仍不斷拼搏，為家人遮風擋雨數十載。在最後一幕，方爺爺在天堂前的大門含笑回首，伸出手掌，似是道別，卻又流露著一家人終會在天家再聚的盼望。

手中沙像是轉眼即逝，但能夠在父親最後階段與他樂聚天倫，陪伴他完成人生畢業禮，這是一家人一輩子永恆的印象。





In the eyes of Mr. Fong Sai-fook's (whom we referred to as Grandpa Fong) daughter, Grandpa Fong was undoubtedly the best father in the world. As the breadwinner of his family, Grandpa Fong wished only to provide a comfortable life for his children. Unfortunately, he would go on to suffer a stroke and be diagnosed with cancer. He spent countless days undergoing treatment upon treatment, seemingly with no end in sight. The strength he once had as provider for his family was betrayed by his deteriorating body.

"I felt his pain for every time the needle punctured my dad's chest to drain off the excess fluid. I kept asking myself if it was truly his fate to endure such pain for the rest of his days," the daughter recalled.

Later, Grandpa Fong's daughter came across the palliative care services offered by Jockey Club Home for Hospice (JCHH) and decided to seek admission for her father.

"Under the tender care of the clinical staff at JCHH, dad's symptoms were kept under control. While at JCHH, dad was in such good spirits that we were able to attend the concert held at the lecture hall and play mahjong with our relatives and JCHH volunteers. There were even moments when he was well enough to have been discharged. It was comforting to see dad's zest for life return," the daughter recounted.

On 9 June 2018, a sand painting show was featured in the JCHH lecture hall. Through the painter's skillful artistry, sand paintings were magically formed and reformed within seconds. Two weeks before the show, Grandpa Fong passed away peacefully at JCHH and a sand painting was presented at his funeral service in honor of his memory. The sand painting depicted various snapshots of Grandpa Fong's life – his wedding, his children, his illness, his baptism. In the final snapshot, Grandpa Fong stood tall in front of heaven's gates, with a radiant smile and his arms opened, as if to bid farewell. Yet, there was also a hint of yearning, as if he could not wait to hold his family again.

"Although my dad was not known for his significant achievements, he was our hero. Our gratitude towards him is beyond words, and that is why we wanted to honor him with a medium that transcended words," the daughter commented. The sand painter, who coincidentally was a former nurse at Bradbury Hospice, used her art to create a beautiful moment, fleetingly captured in a lightbox but permanently projected onto the hearts of Grandpa Fong's loved ones.

Indeed, time will continue to pass us by like sand through our fingers. Yet, with Grandpa Fong, we were able to imbue it with laughter, help him complete his "graduation of life", and enable the Fong family to continue living with many fond memories of Grandpa Fong.

沙畫影片可到善寧會網站收看：

The sand painting video is available at JCHH official website:





結伴同行 走出喪親陰霾

Overcoming grief, together

「我清楚記得 2017 年某天早上。那天，我和太太準備出門飲早茶，本打算喚醒熟睡中的大兒子一同外出，但那天是他的休假，我不想打擾他休息。他那時的睡容我仍然深刻記得。想不到那次後，竟成永訣。」梁先生說。

"I vividly recall that particular morning in 2017, on the day of my wife's birthday. As we were preparing to leave for morning tea, I contemplated waking my eldest son, but it was his day off so I let him rest. The way he looked as he slept; I still remember it as though it were yesterday. It is still inconceivable to me that that was the last time I was going to see my son," said Mr. Leung.



梁先生一家其中一張與大兒子（右一）合照的家庭照。
Photograph of Leung's family with Mr Leung's eldest son (first right).

那天也是梁太的生日，早茶後夫婦二人一同出外慶祝，享受難得愉快美滿的一天，然而，梁先生的心情卻被一個電話徹底逆轉——警署傍晚來電告知，大兒子當天在碼頭不幸遇溺身亡。

「收到惡耗一刻，我整個人愣住了，根本無法接受和相信這消息是真的」但他沒有立即告知太太，只有壓抑當下情緒，繼續故作自然。「因為那天是她的生日，是個特別的日子。」梁先生憶述：「當晚睡覺時也不敢正面看著太太，不懂如何開口，整夜在胡思亂想，獨自以淚洗面，感到很痛苦，難以形容。」

大兒子離開了好一段日子，梁先生以為內心的傷感可以隨時間慢慢沖淡：「記得我們兩父子總喜歡『捱夜睇波』，在螢光幕前樂在其中。我現在都很少看球賽了，因為家中已經沒有人跟我有共同的話題。」少了一把聲音，缺了一個身影，房間的氣氛每刻都冷冷清清的！原來，思念帶來的空虛感一直困擾著自己。

夫婦尋求善寧會安家舍的社工協助。除獲得輔導和情緒支援外，他倆也參與了「同路人茶聚」，讓有喪親經歷的同路人透過不同活動放鬆心情，並互相交流及勉勵。

經過安家舍的援助和同路人的支持，夫婦二人成功走出陰霾：「接受服務後，我才知道，我是真的需要輔導的。每次輔導，我總會不自禁哭起來，但每哭一次，內在悲傷像找到抒發的出口。我知道，人是不可以獨自承受哀痛的，我必須真正振作起來，天上的大兒子才會真正感到安慰，相信他也希望我們能繼續生活得開心快樂。」

For Mr. and Mrs. Leung, the day began like any other but that evening, Mr. Leung received a phone call that upended his world – the police called to inform him that his eldest son had drowned near a pier.

"The moment I received the news, I was stupefied. I couldn't accept it – it just couldn't have been true..." Instead of breaking the news to Mrs. Leung, Mr. Leung decided to suppress his emotions and continued the evening as though nothing had happened. "Because that day was her birthday. It was a special day," said Mr. Leung, "I wasn't even able to look into my wife's eyes when we went to bed that night. I did not know how to bring it up to her. My head was spinning and tears kept welling up in my eyes. The pain was indescribable."

At first, Mr. Leung thought that enough time would allow his grief to subside. "I remember when my son and I were big soccer fans. The two of us would stay up late into the night to watch the matches and have passionate debates. How I enjoyed those moments together! After my son's passing, I became disinterested in these programmes. If there was no one to share the joy with then what was the point." The silence that came to fill Mr. Leung's home served as a constant, somber reminder of the loss his son.

Mr. and Mrs. Leung eventually decided to seek help from the social workers at our Jessie and Thomas Tam Centre JTTC. In addition to receiving counseling and emotional support, they also participated in a tea gathering for the newly bereaved. The activities, interactions, and mutual support with other bereaved individuals was a balm to the couple's grief.

With the support of JTTC and their support group, Mr. and Mrs. Leung were eventually able step out of the darkest period of their lives. "It was not until I started receiving support from JTTC that I realized I desperately needed counselling services. Every counselling session, I would cry and in doing so, I felt my sorrows lessen. No man is an island and I could not walk the road of grief alone. "I believe that my son, who is up in heaven, wishes for us to be happy again. I will be strong for him," said Mr. Leung.

每逢佳節陪思親 - 中秋思親會

佳節前後，往往是喪親者最感難過的日子。看見別人共慶佳節時，喪親者很容易產生強烈的孤單感。已經痛失所愛，卻還在開懷展眉享受節日，總無形地生出一份罪咎和不安感，害怕不自覺地忘記已逝的親人。適逢中秋節，善寧會於2018年9月舉辦「中秋思親會」，凝聚一群失去所愛的家屬，互相支持和鼓勵，提供空間抒發對已逝至親的無盡思念，並以另一種超越時空的方式與至愛保持聯繫，與同路人一同感受節日暖意。

活動由輔導心理學家袁家慧博士主持，本院臨床社工陳麗茵姑娘協助舉辦。



參與者以黏土創作已逝至親最愛吃的節日食物，轉化思念
Participants were able to reminisce by using molding clay to replicate the favorite food of their deceased loved ones.



參與者傳遞燭光，互相傳達溫暖的祝福
Participants passed a candlelight, along with, blessings to another one.

Mid-Autumn Festival Remembrance Service

The festive seasons tend to be among the most difficult time for the bereaved. The general emphasis on family and togetherness often leaves them with an overwhelming sense of loneliness as they are reminded of the departed. The loss of a loved one may be so powerful that one can feel like they may never experience genuine happiness again. And if one does find joy in the festivities, they might feel guilt and fear that they would soon forget their deceased loved one. In September 2018, SPHC held a Mid-Autumn Festival Remembrance Service and gathered together a group of newly bereaved. Amidst a time of boisterous celebrations, the service allowed these participants the space and time to reminisce and provide strong emotional support for one another in a touching show of empathy.

The activity was hosted by counseling psychologist, Dr. Rhoda Yuen, and assisted by our clinical social worker, Ms. Lilian Chan.



梁先生兩夫婦(右一及右二) 參與「思親會」活動
Mr and Mrs Leung (1st right and 2nd right) joined the Festival Remembrance Services

「時間不等人」賽馬會善寧之家行政總廚德哥專訪

“Time and tide wait for no man”

Daniel, the Executive Chef of JCHH Interview



轉眼間，賽馬會善寧之家行政總廚德哥 (Daniel) 在這裡工作已兩個年頭。

自 2016 年開院以來馬不停蹄的德哥，本安排去年十二月中放一個久違的長假，竟臨時推遲了。原來有院友希望在十二月中舉辦壽宴。德哥解釋：「時間不等人啊！」

德哥笑言，很多院友擺過壽宴後心情暢快，最後竟比預計日子活多了數十天。不少病者親友也反映，這也是一家難得共聚天倫的機會，在歡愉氣氛中與患病至親一起度過難忘的時光。

In what felt like the blink of an eye, Daniel, our Executive Chef, has already been working at the Jockey Club Home for Hospice (JCHH) for over two years.

Since the opening of JCHH in 2016, Daniel has been wholly dedicated to its catering services and has yet to enjoy a relaxing holiday. When he found out about a patient's wish to gather their loved ones for a birthday party in mid-December, he decided to postpone his long-awaited annual leave to ensure that it comes true. "Time and tide wait for no man," Daniel gently remarked.

Daniel explained that, in many cases, patients with terminal illnesses who were able to celebrate their birthdays usually lived longer than expected. As shared by family members of patients, these gatherings offer emotional support as well as an opportunity for everyone to come together and celebrate. These occasions often represent the fulfillment of many patients' last wishes and leave them with fond memories before they pass away.



一份執，一份尊重

曾為做好一塊薄餅餅底而放下身段走到食店當學徒、為了解咖喱特性由南到北走全個印度。德哥不但對煮食懷有興趣，更抱著一份執著。

「菜餚要即製，也要放得好看，兼具色、香、味。臨終病人很多時不容易吞嚥，但他們能細聞細看，即使菜餚只吃一口或原封不動，他們在當中也會感受到被重視。」日常的工作中，德哥秉持的是透過認真對待食物，讓病人感受尊重。



由廚房自家焗製的宵夜朱古力蛋糕，外脆內軟，陣陣自家烘培滋味
Delicious crispy homemade chocolate cakes presented by the JCHH Kitchen





為求院友每天能吃到最健康最天然的食材，最近廚房亦自家焗製宵夜蛋糕，蛋糕外脆內軟，陣陣自家烘培的滋味。德哥說：「這是無發粉蛋糕。其實，只要用足夠份量的蛋，發粉也不用添加。」事實上，這裡的膳食從不使用味精雞粉，只有天然的調味，如用新鮮蔬菜熬成的高湯等，而部份香草如羅勒、月桂葉和迷迭香等則採自賽馬會善寧之家的花園。不久將來，德哥還打算自行製作早餐麵包，「為的除了是追求一份簡單的美味，更是一份吃飯時的安心。」

家人一小步，大愛一大步

除用心為病人煮食外，德哥還有另一種執著。

曾有家屬把已送出的常餐*送回廚房剪碎，方便病人進食，沒想到那次德哥竟禮貌婉拒家屬的要求。原來，德哥希望家人可多走一步，不留遺憾。他認為在臨終階段，院舍妥善的紓緩照護正讓家人可全情投入、把握貼身照顧病人的最後機會。「如家人可以親手在病人眼前剪碎食物，那會比交給廚房辦理更有意義呢！」

「在最後的時光，我們所求不就是這些彌足珍貴的畫面、還能為對方做點甚麼的回憶嗎？所剩時間已經不多了，還在等待甚麼呢？」或許我們對德哥這份執著有不同意見，但確實值得我們深思。



德哥秉持認真對待食物，讓病人感受尊重
Daniel prepares meals for patients in ways that they could feel satisfied and respected

Commitment to the profession

Daniel has made a career out of his lifelong passion for cooking and learning new recipes. In his pursuit of new culinary heights, Daniel apprenticed at a chain restaurant to perfect his pizza dough and even journeyed from South to North India to learn how to make curry. Now, as a chef at JCHH, Daniel pays respect to the patients through his professionalism and commitment. "Although many patients, especially those who suffer from mouth ulcers, are unable to chew, they would often take pleasure in the aesthetics and aromas of my cooking." Daniel said, "It is never about whether the patients have tasted the food or not, but rather about making them feel respected. That is what makes everything I have done worthwhile."

Recently, our kitchen has begun to bake soft-made cakes for patients to enjoy as late-night snacks. The chocolate cake is crispy outside, moist on the inside, and carries a flavor that can only be found in homemade pastries. "The cake is made without using baking powder. If enough eggs are used, baking powder is unnecessary." In fact, our kitchen has never used chicken extract powder for flavouring, we use only nature seasoning like vegetable broth brewed in-house daily. Herbs like basil, bay leaf, and rosemary are freshly picked from our garden. In the near future, Daniel hopes for our kitchen to begin making bread for breakfast and for those who eat at JCHH to enjoy the food not only for its taste but for the health benefits as well.

A little step for a family member, a big step for tender loving care

Daniel's care for patients extends beyond the catering sector.

The kitchen once received a request to return a meal so that it could be cut into smaller pieces for the patient*. Surprisingly, Daniel politely turned down the request. When asked about the reason behind his decision, Daniel attributed it to one of his guiding principles – to help bring families closer together when time is running out. For Daniel, the request was a golden opportunity for the family members to serve their beloved by personally cutting the meal into smaller pieces for them. Although there may be those who would disagree with the approach, Daniel believed that the moment would be infinitely more meaningful to the patient than anything the kitchen staff could have done behind the scenes.

"Aren't these the precious moments we yearn for? We should all strive to show our love to the ones we hold dear whenever we get the chance. Time will not wait and neither should we." Daniel's words of wisdom are definitely worth reflecting on.

* 註：除日常膳食外，賽馬會善寧之家亦提供糊餐、免治餐

Remarks: Apart from regular meals, JCHH also provide puree and minced meals options for patients





舉辦畫展，是宇欣的心願
Hosting an art exhibition was
one of Mandy's parting wishes

感謝宇欣 Thank you Mandy !

每一項鼓舞人心的藝術創作，總反映著藝術家對真善美的強烈渴望。青年藝術家姚宇欣，中大藝術系畢業，熱愛時裝與藝術，對專業藝術治療深有興趣和研究。宇欣雖然身患末期癌症，仍一直孜孜不倦堅持理想，透過藝術創作，讓觀眾窺見宇欣眼中的生活細節與感受，並找回一絲在繁忙生活中久違了的平靜和舒坦。

Artists often express their most intrinsic beliefs through their art. Art not only serves as a conduit for the creator's values, but also allows the audience to self-reflect and get in touch with the deeper meanings of life.

2017年12月18日，宇欣在賽馬會善寧之家安息主懷，結束短暫而燦爛的藝術人生。我們隨後與宇欣的家人及朋友合力完成宇欣的心願，在善寧之家大堂舉行了一場小型畫展，希望讓更多人從宇欣的作品，感受她堅毅而多彩的生命力。

宇欣父母將兩幅宇欣創作的畫作及已出版的畫冊送給善寧會，希望這份捐贈可以延續宇欣與賽馬會善寧之家這個地方的連繫，也希望透過畫作為身處賽馬會善寧之家的病者和家人帶來一點鼓勵。

感謝宇欣，讓我們再次明白，生命彌足珍貴，只要不失夢想和對生命的熱愛，即使短暫，依然可以活得美麗。



Mandy Yiu, a late young artist and graduate of the CUHK Fine Arts program, found her passion in drawing and fashion. During her years of art practice, including her days battling cancer, she worked diligently to realise her dream – to create a series of oasis-like art pieces for those seeking respite from the stress of city life. When admiring Mandy's artwork, one can catch a glimpse of the world as seen through her eyes.

On 18 December 2017, Mandy passed away in peace in the Jockey Club Home for Hospice (JCHH), drawing an end to her all-too-brief yet gracefully artistic life. After her passing, Mandy's family and friends made a concerted effort to help fulfill one of her parting wishes – to hold a mini art exhibition in the JCHH foyer to showcase her artwork to the public. Through the collection, Mandy hoped to inspire her audience to always have enthusiasm for life and fortitude in times of suffering.

On 4 September 2018, Mandy's parents visited JCHH and generously donated two art pieces and an art album, all by Mandy, to commemorate the lasting relationship between their daughter and our home. Mandy's parents hope her artwork will provide encouragement to future patients and family members passing through JCHH.

In many ways, Mandy's life resembled that of tundra flowers - transient, yet still able to inspire awe as they enter full bloom. This is Mandy's beautiful legacy – to inspire us to love life and make the most of the time we have. Thank you, Mandy!

趙可式教授的一課

A lesson with Professor Chantal Chao Co Shi



《經濟學人智庫》於2010年和2015年進行的全球死亡質素研究報告顯示，台灣的排名在五年間由14位升至第6位，更成亞洲之冠。為把安寧療護(香港一般稱作「寧養紓緩護理」)的概念與臨床經驗從外地帶回台灣，盡力協助更多晚期病者平安尊嚴地走完人生最後一段路，並倡議讓照顧工作變得人性化，投入安寧療護工作30多年的趙可式教授，一路走來，付出過不少汗水。

被譽為「台灣安寧療護之母」的趙教授一直積極推動安寧療護，也樂於將多年的臨床經驗無保留地傳授給醫護學子。她的專業、貢獻、以及對生命的態度，成為了大中華區從事紓緩照顧的專業醫護的楷模。

2018年8月14日，趙教授特意來到賽馬會善寧之家，除為當天舉行的「高品質的末期照護之團隊運作」研討會發表演講外，也為本院團隊上了一節課。

趙教授認為，安寧療護的目的就是讓生命得到尊重，讓晚期病者能帶著微笑，在家人的陪伴下，有尊嚴地走完生命旅程。家人在安寧療護過程中一直擔當重要的角色，當中牽涉家人如何參與病者的照顧、家人情緒上的關顧、促進家人間的溝通並達成共識、如何與病者作最後道別、身後事的安排等。因此，如何協助召開家庭會議是我們作為醫護團隊必須學習的技巧。在趙教授的指導下，本院團隊在介入個案、協助家庭制訂照顧計劃、讓家人間取得共識等技巧上，獲得不少啟示。

從趙教授的分享中，我們領略到，減輕身體痛苦，讓身心靈平安，就是我們從事寧養及紓緩工作的初衷。在此感謝趙教授百忙中撥冗來港為我們作出指導，並祝願趙教授生活愉快。

According to the Quality of Death Index reports of 2010 and 2015 by the Economist Intelligence Unit, Taiwan had the highest quality of death among Asian countries, following a surge in rankings from 14th to 6th place. The accomplishment was, in no small part, due to Professor Chao Co Shi and her dedication to the field of hospice and palliative care for over 30 years.

Hailed as the “Mother of Palliative Care in Taiwan”, Prof Chao introduced concepts and clinical aspects of hospice care in both her native Taiwan and abroad. To this day, she continues to advocate for the humanization of end-of-life care and fulfill terminally-ill patients’ wishes to die in peace and with dignity. Her professionalism, devotion, and attitude towards life has made her a figurehead of healthcare in the greater China region.

On 14 August 2018, Prof Chao paid a special visit to the Jockey Club Home for Hospice to conduct a seminar on “Good Quality of End-of-Life Care through a Team Approach” and to learn about our services. Known for her unreserved generosity in sharing her knowledge, Prof Chao also lectured our team on case intervention techniques, formulating family care plans, and helping families to reach consents.

Prof Chao explained that the foundation of hospice care is having a respect for life. Only then can we assist the terminally-ill in completing their life’s journey with dignity and in the loving company of family. Perhaps equally as important is recognizing the crucial role families play in hospice care. As service providers, we must engage family members in the care of the patient, attend to their emotional needs, facilitate discussions and decisions on important matters, and provide support when the patient passes away. Overall, facilitating an effective family group conference is key to the success of our healthcare team.

Prof Chao’s sharing reminded many of us of the very reason we entered this field – to alleviate suffering, both physical and emotional, for patients and family members alike. Our most heartfelt thanks to Prof Chao for finding the time in her busy schedule to share her wisdom with us in Hong Kong. We wish her nothing but joy and happiness ahead.



「第十五屆香港紓緩照顧研討會」



由善寧會主辦、香港紓緩醫學學會及香港紓緩護理學會協辦的「第十五屆香港紓緩照顧研討會」於去年 11 月 17 日假香港紅十字會總部順利舉行，逾 300 名業界人士參與。研討會主題為「Because I Matter」，正說明紓緩照顧著重個人為先。

大會亦邀請食 局局長陳肇始教授擔任主禮，並邀得郭愛玲醫生、關蕙敏博士、梁偉 醫生及賽馬會善寧之家駐院醫生梁文聰醫生，一同與觀眾分享紓緩照顧課題。亦有 10 多位業界人士發表論文，分享其研究成果。

The Symposium co-organized by the Society for the Promotion of Hospice Care (SPHC), the Hong Kong Society of Palliative Medicine and Hong Kong Palliative

Nursing Association was successfully held on 17 November 2018 at the Hong Kong Red Cross Headquarters, officiated by Prof. Sophia Chan, Secretary for Food and Health, and attended by over 300 healthcare professional from various fields. The theme of this year's symposium - "Because I Matter" emphasized that the palliative care treats each person as an individual. Guest speakers included Dr. Annie Kwok, Dr. Cecilia Kwan, Dr. Carmen Leung, Dr. Jack Leung (Resident Doctor of the Jockey Club Home for Hospice) together with other speakers gave presentations to share their research findings.

『樂齡電競同樂日』 “Elderly E-sports Tournament”

為提升公眾對人口老齡化的關注及讓長者了解如何透過智能科技及社交活得健康快樂，達致跨代共融、老有所為，本會去年 10 月 28 日聯同香港數碼港管理有限公司、香港工業總會及智慧香港扶輪社於數碼港舉辦首屆『樂齡電競同樂日』。當天活動順利完成，共 80 名長者參與競賽，最高齡者 88 歲。

大會邀得資深足球評述員何鑑江及何靜江作賽事評述；活動鑽石贊助理文足球會更派出超級聯賽球員作電競表演賽。本會醫護團隊亦組隊與律師團隊進行友誼賽，少年警訊電競隊亦同場競技。當日本會亦設有攤位遊戲、長者智能科技體驗區等，讓參與人士度過一個充實愉快的星期天！



To arouse public awareness of the aging population and assist the elder population to become healthier and happier with cross-generation community integration and social participation through e-sport games, SPHC co-organized with Hong Kong Cyberport Management Company Limited, Federation of Hong Kong Industries and Rotary Club of Smart Hong Kong the first-ever event “Elderly-eSports Tournament”. It was successfully held on 28 October 2018 in Cyberport and gathered up over 80 elderly participating in the Tournament. The oldest participant was 88 years old.

Famous football commentators Ho Kam Kong and Ho Ching Kong were invited to give a commentary on every match. Event's Diamond Sponsor “Lee Man Football Club” sent four Super League players to conduct a fascinating e-sport demonstration. There were also game booths, gerontechnology experience zones, which provided our participants a happy and fulfilling Sunday!



第21屆「3G圓滿人生輔工課程」正式開課 “21st 3G Quality Retirement Programme” commences

今年善寧會將首次聯同香港理工大學專業進修學院合辦第21屆「3G圓滿人生輔工課程」。課程內容以退休人士為對象，以「3G: Look Good, Feel Good, Do Good」為理念，學習「活好老年」，針對老年可預見之身、心、社、靈問題，提供正向知識，並引導學員積極實踐社會服務。

課程剛於1月3日正式開課，祝各位學員學習愉快。



To help retirees achieve quality retirement, the Society for the Promotion of Hospice Care (SPHC) and PolyU SPEED organizes the “21st 3G Quality Retirement Programme”. 3G denotes “Look Good”, “Feel Good” and “Do Good”, aiming to support and empower retirees to flourish through a holistic approach. The programme equips retirees by training and helping them to develop into a source of social capital, providing voluntary service to support the care for terminal patients and elderly in the community, and promoting aging in grace at large.

The programme has already commenced on 3 January 2019. We wish all students a happy and fruitful learning journey.

參觀新加坡慈懷護理 Visit to HCA Hospice Care Singapore

善寧會團隊於2018年7月30日至8月3日期間到訪新加坡慈懷護理作交流，考察當地臨終服務並參觀他們的電腦系統。新加坡慈懷護理是當地目前規模最大的居家臨終護理機構，他們的電腦系統剛進行了提升，這也是是次交流的主要原因。

本會於去年四月獲創科生活基金(FBL)資助開展「綜合病人資訊系統(寧養及紓緩專科)項目」，以提高在家及院舍為臨終病者進行離院照顧的效率及質素，方便病人及照顧者於家中進行自我評估及檢測維生指數，並讓醫護人員即時編輯及查閱記錄。是次交流，讓我們在促進賽馬會善寧之家服務電腦化方面獲益良多。

In order to foster effective computerization for better overall management in hospice care, SPHC organized a delegation visit to HCA Hospice Care of Singapore from 30 July to 3 August 2018 for the purpose of learning about their services and computer system. HCA Hospice Care is currently the largest home hospice care organization in Singapore.

SPHC was fortunate to have been granted funds from the Innovation and Technology Fund for Better Living (FBL) to initiate the project named “Pioneer Integrated Palliative and Hospice Care System (iPAHCs)” in April last year. The system will help improve the quality of service of the transitional care, facilitate self-assessment of vital signs at home, and allow real-time retrieval of medical records by different healthcare professionals. The visit was deeply enriching and will undoubtedly help strengthen the computerization of our services.



左起：善寧會資訊科技部同事、善寧會前任營運總監朱可您、新加坡慈懷護理醫療總監張保賢、新加坡慈懷護理總護士長陳玉萊

From left: IT representative of SPHC, Connie Chu (then Chief Operating Officer of SPHC), Dr. Chong Poh Heng (Medical Director, HCA) and Angela Tan (Director of Nursing, HCA)

第28屆燃亮生命火花聖誕音樂會

The 28th Annual "Light Up A Life" Christmas Concert



心意卡掛滿座堂中央的「生命火花樹」，紀念最愛的人及已離世的親友
The "Tree of Life" placed inside the Cathedral decorated with cards and messages commemorating those who have left us



港島中學合唱團及管弦樂團的美妙演出
Lovely music performed by the Island School Orchestra and Choir

每年一度的「燃亮生命火花聖誕音樂會」於2018年12月4日假中環聖約翰座堂圓滿舉行。在座堂中央高高聳立一棵巨型的「生命火花樹」，樹上掛滿參與者帶來的心意卡，寫上祝福字句，紀念最愛的人及已離世的親友。音樂會籌得善款全數撥捐善寧會，資助本會為晚期病人提供整全寧養舒緩照護服務，並為家屬提供支援與輔導。

音樂會邀得曾俊華大紫荊勳賢擔任特別嘉賓，更邀得香港威爾士男聲合唱團、港島中學合唱團及管弦樂團，為現場600多名觀眾帶來一首首動人的聖誕頌歌。善寧會衷心感謝嘉賓、演出隊伍及觀眾的支持。



"Light Up A Life" Christmas Concert, an SPHC's annual programme of traditional festive music together with a tree lighting ceremony, was successfully staged on 4 December 2018 at St. John's Cathedral in Central. The "Tree of Life", a huge Christmas tree placed inside the cathedral, was decorated with remembrance cards and messages commemorating beloved family members and friends who had passed away, symbolizing "a light shining for each remembered soul." The funds raised from this event would go towards easing the pain of terminally ill patients and providing support for their families.

With over 600 participants in this year's concert, we have a wonderful evening featuring special guest Mr. John Tsang, GBM, and lovely music performed by the Hong Kong Welsh Male Voice Choir and the Island School Orchestra and Choir. Special thanks go to them for their support and commitment.



感謝現任聖誕音樂會籌委會主席韋立信先生(右一)及前任主席莎莉湯信女士(左二)的支持，令音樂會得以圓滿成功
Thanks to Mr. Andy Williamson (first right), the Chairman of "Life up a Life" Organizing Committee, and Mrs. Sally Thompson (second left), the former Chairlady, for their dedicated efforts and contributions.



香港威爾士男聲合唱團
The Hong Kong Welsh Male Voice Choir



曾俊華大紫荊勳賢擔任音樂會特別嘉賓
Mr. John Tsang, GBM, the concert's special guest

鳴謝 Acknowledgements

- 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 (Wine Donation)
- St. John's Cathedral
- Standard Chartered Bank (Hong Kong) Ltd (Donation of "Tree of Life")
- TeamRite International Limited (Lighting)



「善心利是」捐贈計劃

一封新年利是，看似微不足道，卻滿載愛與祝福！有否想過將這份祝福變得更有意義？在這喜慶的節日捐贈利是錢，將祝福帶給有需要的晚期病者家庭，讓他們得到合適的照護服務及支援。

Red Packet Blessings

Red packet is not only a monetary gift, it also represents love and blessings. Do you want to make it more meaningful? Donate your cash giving to those terminally - ill patients and their families in needed for quality care and appropriate support.

捐款表格 Donation Form

請以正楷填寫下列表格，及在適當空格加上✓號，並寄回或傳真至善寧會。你的個人資料將保密處理。
Please complete the form and ✓ as appropriate, and return to us by post or by fax. Your personal data provided herein will be kept strictly confidential.

我希望 I would like to		捐款金額 Donation Amount	
<input type="checkbox"/> 每月定期捐款 Donate on a monthly basis	<input type="checkbox"/> 一次過捐款 Make a one-off donation	港幣 HKD	<input type="checkbox"/> \$5,000 <input type="checkbox"/> \$2,000 <input type="checkbox"/> \$800 <input type="checkbox"/> 其他 Other \$ _____
捐款用途 Donation Purpose(s)	<input type="checkbox"/> 善心利是 Red Packet Blessings	<input type="checkbox"/> 其他 請註明 Other(s) please specify _____	
捐款人資料 Donor's Information			
姓名 Name (中文) _____		先生Mr / 小姐Miss / 女士Ms / 其他Others: _____	
(English) _____			
地址 Address _____		電話 Phone _____	
電郵 Email _____		捐款人編號 (如有) Donor No. (If any) _____	
<input type="checkbox"/> 本人希望收到善寧會的通訊 I agree to receive news and updates from SPHC		<input type="checkbox"/> 接收電郵通訊 receive email communications <input type="checkbox"/> 接收實體會訊 receive printed newsletter	
<input type="checkbox"/> 捐款港幣一百元或以上可獲發收據作退稅用途 Donations of HKD100 or above are tax-deductible with an official receipt		<input type="checkbox"/> 我不需要捐款收據 I do not require donation receipt	
捐款方法 Donation Method (網上捐款請前往 Please go to http://www.hospicecare.org.hk for online donation)			
<input type="checkbox"/> 劃線支票 Crossed Cheque 支票號碼 Cheque No. _____ (抬頭「善寧會」 Payable to "The Society for the Promotion of Hospice Care")			
<input type="checkbox"/> 存入本會銀行戶口 Direct Transfer (本會滙豐銀行戶口 HSBC 002-3-365638。請寄回或傳真入數紙至善寧會) (SPHC's Bank Account: HSBC 002-3-365638. Please send the bank-in slip to SPHC by fax or by post)			
<input type="checkbox"/> 信用卡 Credit Card (適用於每月定期及單次捐款 Applicable to both monthly and one-off donation)		<small>* 本人授權善寧會由本人之信用卡戶口轉賬上述指定金額作定期或一次性捐款。每月捐款授權在本人之信用卡有效期過後及獲發新卡後仍繼續生效，直至另行通知。 * I hereby authorize the Society for the Promotion of Hospice Care to debit the amount specified above from my credit card account on a monthly or one-off basis. The authorization for monthly debit will continue after the expiry date of the credit card and with the issuance of a new card until further notice.</small>	
<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express			
持卡人姓名 Cardholder's Name _____			
信用卡號碼 Card No. _____			
有效期至 Expiry Date (mm/yy) ____ / ____		* 持卡人簽署 Cardholder's Signature _____	

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NW Jan 2019

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善寧會第27屆登山善行 現正接受報名

Registration for the 27th Annual Hike for Hospice is Now Open

善寧會大型登山籌款活動「登山善行」於2019年3月3日舉行，我們需要您的參與，為善寧會籌得更多善款，支持「賽馬會善寧之家」的持續運作，資助更多有經濟困難的晚期病者接受整全寧養紓緩照護服務，免除身心痛苦，有尊嚴地走完生命最後一程。

"Hike for Hospice", a major fundraising event of the SPHC, will be held on 3 March 2019. This year, we work towards raising much needed funds for the Jockey Club Home for Hospice, the first family-centered hospice centre of Hong Kong, so that we can continue to provide quality and holistic hospice and palliative care for patients with terminal illnesses, and subsidize those who cannot afford it. APPLY NOW!!

報名請到 For registration please go to
hike.hospicecare.org.hk

參賽組別：團體、個人、企業挑戰賽、校友會挑戰賽
路線選擇：8公里、14公里、22公里

Categories: Team, Individual,
Corporate Challenge, Alumni Challenge

Routes: 8km, 14km, 22km

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天為生命定壽元 · 人為生命賦意義
When Days Cannot be Added to Life, Add Life to Days.

