

善寧會訊

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善寧會

Society for the Promotion of Hospice Care

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愛在瘟疫蔓延時

Love in the time of epidemic

愛在瘟疫蔓延時 Love in the time of epidemic

肺炎疫情來勢洶洶，為世人帶來健康威脅同時，也帶來許多人倫悲劇。醫院嚴禁探病，但身處病榻上的至親正在徘徊生死邊緣之際，作為一直朝夕共對的家人，發現原來想見一面，竟是那麼奢侈和艱難。

The coronavirus epidemic not only poses a serious health risk, but also presents a challenge to many families. With hospitals barring visitation to prevent further outbreaks, meetings between families and their dying loved ones have suddenly become scarce.

- 護士阿K (Nurse K)



患有末期肝癌的張婆婆，去年底情況轉差，在醫院待了三個多月，在肝衰竭的影響下，出現抽搐、神智不清，伴隨身上的痛楚，在病房哭得呼天搶地，迫使醫院醫護人員為婆婆穿起約束衣，緊緊綁在病床上，讓她不能掙扎，以免她將身上喉管拔走。老伴受苦，丈夫張伯只有心痛：「老伴每聲淒厲都聽得錐心刺骨。我沒有任何奢望，只要能夠陪著她身邊，為她按摩，讓她不要太痛楚便足夠了。」

在張婆婆經歷最危險階段同時，肺炎疫情悄悄爆發，醫院也開始限制探訪，這使張伯更感憂心，他不想讓太太獨個待在冰冷的病房裡折騰，但在這非常時期，似乎甚麼辦法也沒有。

「醫院是我們唯一的選擇嗎？」張伯突然出現一個想法，希望讓太太從公立醫院送回家中，親自照顧。

在家照顧說來容易，其實甚麼都不懂，但全家人還是很積極的搜尋求助方法。他們得悉賽馬會善寧之家為晚期病人提供家居照護服務，二話不說便來電查詢。

張伯還是很忐忑不安，很怕安排老伴在家中照顧是錯誤決定，我告訴他：「你做對了，因為世上沒有任何醫護會比家人更懂得照顧自己最深愛的人，毋須擔心，在我們的指導下，你會照顧得更好！」善寧之家很重視家居照護，因為我們相信家的熟悉環境加上家人的愛，對晚期病人至為重要。張伯也變得充滿信心，隨即囑咐家人準備妥當，並親自讓張婆婆從醫院接回家。

我們親訪婆婆家中，教家人用藥，處理徵狀，和教授一些照顧技巧。當預期張婆婆正在步入臨終，我提示家人：「你們要把握這個時機，好好向婆婆道愛和道謝。」

光陰如箭，就在返家五天後，張婆婆安然地離世。

翌日早晨，我陪伴梁醫生再次上門，給張婆婆進行Last Office，簽發死亡證。甫進門口，看見婆婆的所有家人和朋友也守在床邊，張婆婆慈祥的躺在床上，也正被緊抱在丈夫的懷中，是一個很圓滿的畫面。

「我一向不善於對太太表達情感。在最後的晚上，我像平日般與她共睡一床，我抱她在懷中，哄她、安慰她，給她溫暖。我感受到她的氣息緩緩退減，知道她正在準備離開我們。在她走的一刻，看著她的面容，我知道，她一定走得很安樂。」我們剛再探訪張伯，看見他釋懷了。

三個多月前，大概不會想像過疫情可以蔓延得如此廣如此長久，但我心中仍很感謝幸運之神讓我們及時介入，見證張伯一家如何憑著愛，一起走出「疫」境。

Grandma Cheung was diagnosed with terminal liver cancer and was hospitalized for over three months. Her failing liver caused her convulsions and moments of unconsciousness. Often under great pain, she had no choice but to cry and struggle. The hospital staff later placed her in restraints to prevent her from harming herself. Her suffering brought heartache to her husband, Grandpa Cheung. "Every time she screams, I feel it in my heart and bones."

"I hope I can keep her company or even give her a gentle massage every day, but it is probably an unrealistic wish." As Grandma Cheung was entering into a critical stage of her illness, most hospitals were beginning to impose restrictions on visitation due to the outbreak. Grandpa could not bear to leave his wife alone in a cheerless hospital ward, and was left wondering, "Is the hospital the only option for us?" He then came up with the idea to take Grandma home to care for her personally.

Care-at-home is easier said than done and Grandpa needed professional help. Through a joint family effort, they eventually found the Jockey Club Home for Hospice and called to enquire about its home care services for terminal patients. When I met Grandpa, he was worried that he had made the wrong decision to care for his wife at home. "Don't worry, you are doing the right thing. No medication in the world can replace your loving care. With our help, you will be able to look after her." I reassured him. Grandpa's confidence improved and he was able to complete preparations for his wife's discharge home.

We visited Grandma Cheung at her home and taught the family to administer medications, manage symptoms and practice proper care skills. As she approached the end of life, I said, "This is the most crucial time for your family to show her your love and gratitude."

Time flew by and in just five brief days after returning home, Grandma Cheung passed away. The following morning, I accompanied Dr. Leung to certify her death and perform Last Office. All of Grandma's family and friends were present, standing vigil by her bed. Grandma Cheung laid peacefully on her bed, embraced tightly in her husband's arms. It was truly a touching scene.

"Because of my personality, I have always been hesitant to express my love to my wife, but on the night before she passed, I held her tightly in my arms to give her warmth and told her everything was going to be all right. I felt her breathing slow down and knew that she was ready to leave. In her final moments, I watched her face, her expression, and knew that she was comfortable." Grandpa recalled in a later interview.

Three months ago, we could not have imagined the coronavirus would be so widespread and persistent. We were very lucky to have had the opportunity to witness and propel positive change in the lives of Cheung's family during this difficult time.

感恩我遇見！ My Amazing Grace！

我叫阿肥，是一位從事安老服務逾廿年的社工，也是一位照顧長期病患者逾十四年的照顧者！陪伴肥媽抗戰十四年四個月零廿二天，媽經歷四次中風，最後兩年更確診乳癌！癌細胞吞噬著她的軀體、胸前傷口那血肉模糊的畫面，我一生不會忘記！

My name is Catherine. I have been a social worker in elderly services for more than 20 years and a caregiver to my beloved mother who was chronically ill for the past 14 years. I was with my mother throughout her battle with her illness, which lasted 14 years, 4 months and 22 days. During that time, she suffered four strokes and was diagnosed with breast cancer. The cancer spread aggressively throughout her body, leaving her with two ulcerating wounds on her chest that only grew in size! There was no telling where her skin ended and wounds began!

- 阿肥 Catherine

2005年肥媽突然中風，從此再不能自行進食、坐立和步行；因家住唐樓，沒升降機，只能送她到安老院舍！可惜院舍照顧並不理想，肥媽不時被疏忽照顧；向院方反映過，但很怕令關係弄得太僵，始終可選擇的院舍少之又少！逆境求存，最終我決定親力親為，每晚放工和放假，風雨不改趕往院舍，變身私家看護，親手照顧肥媽！十四年來，一切護理工作（包括清潔口腔、胃喉管飼、注射藥物、更換尿片、洗頭沖涼等）我統統一力包辦！



可惜最後一年，肥媽病情急速惡化，我竭力四出尋求協助，只求減輕她的痛苦，過程卻是荊棘滿途！我主動聯絡一些醫院的紓緩科，對方卻表示資源有限，不能進一步協助！

正當感到絕望無助之際，天使出現了！

我致電「賽馬會善寧之家」，護士即時回覆，翌日更親臨院舍探望肥媽！護士看見她病情嚴重，和我商討後，安排她隔天入住善寧之家！

肥媽在善寧之家住了四十一天，我在她床邊「孖鋪」了整整四十一晚！眼見她的情況越來越差、傷口越來越大、呼吸越來越難，心裡很痛，但很感恩，因有一群專業和充滿愛心的醫生、護士、治療師和照顧員和我一起並肩作戰，全心全意照顧肥媽！

雖然只有短短四十一天，但一切已勝過肥媽住了逾十四年的院舍！

2020年1月30日，傍晚五時半，肥媽終可退役，永遠離開了我！

我和姊姊妹妹伴在她身旁，教會執事晚上八時來到為她禱告；之後我獨個兒留下，和照顧員一起為她進行最後一次清潔、換最後一次衣服；晚上九時半，送別肥媽離開房間！

「當上帝關了一扇門，必打開另一扇窗.....」感恩天父的憐憫和看顧，讓我能夠克服困難，遇上賽馬會善寧之家，讓肥媽人生最後一段路，雖痛楚，但溫暖！衷心感謝善寧之家各醫護人員的陪伴與照顧，讓她有尊嚴和平安走完人生最後的旅程！特別感謝有緣陪我渡過每段艱難時刻的護士蕭姑娘！

肥媽，謝謝妳！我一定會像妳一樣堅強，幫助更多有需要的人，將妳的愛心發揚光大！



My mother and I used to live in an old-style tenement building that was unsuitable for home care. After her first stroke in 2005, I was forced to send her to a residential home for the elderly. Sadly, the staff were neglectful and careless. My repeated complaints were disregarded because they knew my mother was exceedingly frail and few homes would accept someone in her condition. As they were so reluctant to help, I decided to take care of her myself.

As a caregiver to my mother, I learned to change her diaper, bathe her, feed her with a Ryle's tube and give her medication. Every night after work, I moonlighted as a private carer. Rain or shine, I was there to take care of my mother. I reached out to various institutions for help but there was very little they could do with my mother's case. I was very disappointed when my mother got rejected by the Palliative Care Unit at a hospital. Coming up to my mother's last days, I was informed that they would not provide further care for my mother because of limited resources. My heart was broken.



Then, in that moment of desperation, an angel appeared!

I called the JCHH for help and was immediately connected with one of their nurses. The following day, the nurse visited my mother at the hospital and, after seeing her poor condition, she arranged for my mother to be admitted to the hospice two days later.

My mother stayed at the JCHH for 41 days. I spent 41 nights sleeping by her side. Even though my mother's condition continued to worsen, I was very grateful to the group of compassionate doctors, nurses, therapists and personal care workers for their professional care.

Those 41 days were brief, but they were infinitely better than those in the care home my mother had resided in for over 14 years!

On 30 January 2020, my mother passed away. My two sisters and I stayed at her side until eight in the evening, when a church deacon came to give her last prayer. I stayed behind afterwards and, with the help of two care workers, performed a final cleaning and change of clothes for my mother. We looked on as my mother was transported out of the room.

"When God closes one door, he opens another." Under the grace and watchful care of my Heavenly Father, I was able to face these challenges with courage and find the help I needed from JCHH. Those last days of my mother's life journey might have been painful, but they were also filled with love and warmth.

I wish to thank JCHH for the exceptional care, which has allowed my mother to get through the final stage of life with dignity and peace. Special thanks to RN Ms. Elaine Siu for accompanying me through every difficult moment.

Lastly, thank you mother for teaching me to live with love and kindness. In this spirit, I will continue to live and serve.



我的Facebook專頁，
大家有空歡迎來探望我！
Please visit the stories
of my mother and I on
my Facebook Page



小北斗的夜空
@CookieCastle





年三十晚・在善寧之家 Lunar New Year's Eve night at JCHH

自爸爸離世後的四年，媽媽勇敢地面對乳癌，經歷過化療、電療及荷爾蒙治療，身體狀態每況愈下，對所有可能的治療產生抗藥性，及至最近兩星期，身體狀況一落千丈，吞嚥困難，全身劇痛。

My mother was diagnosed with breast cancer four years after my father passed away. She underwent chemotherapy, radiation treatments and hormonal therapy, but her condition only seemed to worsen. Eventually, she became resistant to all forms of treatment. Last week, her health plummeted, causing her severe bone pain and difficulty swallowing.

- 天明 Tin Ming

前幾天救護員來接媽媽，媽媽很大力反抗，還說救護員太高大把她嚇壞，堅拒送院。我知她很想留在家，但是我和哥哥都處理得不好。今早媽媽下半邊身完全離開了床，身體歪了的，我都只有繼續勸說：「我們都在」。

最後扶她離開屋企的是我。抱起她，到輪椅，再到輪床，過程好擾攘的，然後哥哥跟車，陪她一路到善寧之家。從運送到臥床，甚至在照顧媽媽的每一個細節，都覺得醫護人員實在太厲害了，面對眼前身軀柔弱卻個性頑強的媽媽，他們展現一種超然的幽默和尊重。我站在一個距離裡自省著，原來當自己靠得太近，會忽略面前很多問題，例如我不知道媽媽腳板出現了瘀黑，當我在病床的兩邊，才看得見她有怎樣的不方便和甚麼樣的痛。

癌擴散到骨頭，沒有辦法想像她的苦痛，她也只有從情緒中表達出來。是怎樣的？都已經很不容易去分析了。好多個晚上，媽媽問我究竟自己做錯了甚麼？我其實好難過，根本那不是純粹的因與果，可以是前世的，再前世的……可以做些甚麼呢？我不太掌握得到，只有給予她最大的支持。

善寧之家每一位跟我溝通的護士都好溫柔，好體貼。今晚護士跟我們講，會有甚麼可能，於是本來要回家的哥哥，反而要嫂嫂帶著一對寶貝過來善寧之家，與媽媽一起度歲。我們一起除夕倒數，一起在電視前看著上頭香的黃夏蕙，討論姪女升中的事情，還有其他芝麻綠豆的事，好像在開派對，就是一家人的團聚。在那裡都好，心是緊緊連繫在一起。

其他家人都回家了，我一個人留在房間陪伴媽媽，再次聽到她沉睡時的呼吸聲，沒有掙扎的叫喊，沒有痛苦地扭動。房間裡，除了抽風系統之外，我就靜靜地聆聽著媽媽呼吸的節奏，那節奏是溫婉的，是平和的。

其實相處了這麼久，我又怎可能面對母親即將到來的死亡？這漫長的路，我還在走著。

I knew then that my mother would receive better care at a hospice centre, but she was not so easily convinced. A few days ago, I arranged for the ambulance service to take her to the Jockey Club Home for Hospice. When the ambulance officers arrived, my mother refused to let go of her bed. I understood why she was scared to leave home, but my brother and I were no longer able to care for her without outside help. This morning, I found my mother halfway off the bed, her body contorted unnaturally. All I could do at that moment was to tell her that we were there for her. I felt powerless.

Eventually, I was able to convince my mother to leave the house. I picked her up and carried her to the wheelchair, then to the gurney. I stayed by her side on the way to JCHH while my brother followed along behind the ambulance. The entire process left me exhausted.

The clinical staff at JCHH demonstrated exceptional professionalism at every step of the admission, from transportation to bed arrangements. The staff addressed my mother with both humor and respect, perfect for someone who, although physically frail, has a tenacious fighting spirit. Once I was able to step back and reflect on the situation, I was surprised at how many things one could miss when one became too focused on the immediate tasks. It turned out my mom had bruises on both her feet, and I had failed to notice them. Observing her from a different perspective has allowed me to grasp the pain and inconvenience that she goes through each day.

When the cancer spread to her bones, I could tell by my mother's expression that her pain was unbearable, but I will never know the true extent of her suffering. Amid her frequent muttering, she often asks what she has done to deserve this "punishment". I may never find the answer to her question but I will continue to support and cheer her on.

That evening, the nurse told us what we could expect from my mother's condition in the coming days. My brother, who was supposed to return home that night, brought his two children to visit instead. As it was Chinese New Year Eve, we watched veteran actress Lana Wong light incense on TV and talked about daily life. There was a sense of warmth and closeness. It was very much like a family reunion again.

When everyone left for the night, I decided to stay behind with my mother. This time, there was no yelling and screaming. Aside from the gentle hum of the air conditioner, the only sound in the room was her soft, rhythmic breathing as she slept. It was very peaceful.

Thanks to the care and consideration by JCHH, I have been able to find acceptance and forgiveness in my heart. However, I am still unable to come to terms with the eventuality of life without my mother. The road is long and I have yet to reach the end.



最心痛是，愛得太遲 Loving too late is the greatest heartache

「醫生，以你的專業判斷，病人尚有多少時間？」每天上午的巡房時間，病人家屬總是問我這個問題。雖然現今紓緩醫學有大約六成準確度可以預估病人的壽命，但老生常談，我們不能掌握死亡的到來。作為紓緩科的醫生，我也會一一解答病人家屬的所有疑問，但我總會補充一句：「其實沒有人會真正知道最後的答案。」

"How long does the patient have left to live?" I have been asked this question many times on my morning rounds. Despite a 60% accuracy in clinical estimates of life expectancy, we never truly know when a person is going to pass away. I never hesitate to share my estimations with my patients but I always add, "No one knows for sure."

陳婆婆已97歲，患有末期乳癌，她早年已移民加拿大的女兒專程返港照顧媽媽已有兩個多月。作為媽媽唯一的女兒，她很希望盡孝，希望能夠在媽媽離開一刻守在她的身邊。但是，加拿大的工作和家庭似乎未能讓她繼續留港，她很想知道媽媽還有多少時間。

其實，當臨終病人到達最後階段，大部份都不會太過清醒，不能夠有太多的說話，甚至未能意識到有甚麼人守在身邊。「這兩個多月來，是陳婆婆最清醒的時候，也是最需要你的時候，你回來照顧她，就算她在你離開香港的時候才去世，你不需要有什麼遺憾，因妳在媽媽的心目中已經是個非常孝順的女兒。」我跟陳婆婆的女兒說。

我經常跟家屬說，時日無多，與其尋求最後一刻的精準計算，不如就珍惜現在這一刻。因為，「最心痛是，愛得太遲，有些心意，不可等某個日子」。

Grandma Chen is a 97-year-old patient with end-stage breast cancer. Her daughter is a Canadian immigrant who has returned to Hong Kong for over two months to care for her. As an only child, she hopes to fulfill her duty as a daughter and stay with her mother until she passes. Unfortunately, her obligations in Canada are preventing her from staying too long. Like many before her, she asked me how long her mother had left to live.

When patients are near death, they are often fatigued, unable to talk or unaware of the people around them. "You were there to care for her when she was still conscious and awake; you will always be a good daughter in her eyes even if you are not there when her time comes," I said to the daughter.

Estimating one's life expectancy is a reasonable but ultimately trivial exercise. As the Cantopop song goes – "loving too late is the greatest heartache". The most important thing is to cherish every moment with your loved ones before time runs out.

寶馬會善寧之家駐院醫生梁文聰醫生
Dr Jack Leung, JCHH Resident Doctor



悼念香港寧養服務先驅 祈愛蘭修女

Tribute to a Pioneer of Palliative Care in Hong Kong

Late Sister Helen Marie Kenny

香港善終服務先驅的瑪利諾女修會祈愛蘭修女於2020年1月4日安息主懷，享年八十八歲。

Late Sister Helen Marie Kenny, a pioneer of hospice services in Hong Kong, passed away on 4th January 2020 at age 88.

祈愛蘭修女生於美國紐約曼克頓，1949年高中畢業後加入瑪利諾女修院初學，1955年發永願。1957年正式成為註冊護士後，於1958至1964年間被分派到香港聖母醫院工作，從此與香港結下不解緣。

早在七十年代，香港社會對「死亡」觀念態度保守，善終服務仍是一套嶄新的概念，未被社會廣泛接受，祈愛蘭修女於七十年代重返香港，有感大眾常忽略末期癌症病人的需要，於是聯同一群醫護專業人士，率先於香港聖母醫院試行首個為末期癌症病人而設的紓緩治療隊及家居寧養照顧計劃，此舉為日後本港善終服務發展打下基礎。

1988年，祈愛蘭修女於香港聖母醫院出任護理總監，並為醫院引入善終服務，同時亦擔任善寧會(舊稱善終服務會)的執行委員會委員，協助參與興建全港首家獨立的寧養中心——白普理寧養中心，成功令紓緩治療全面納入香港醫療體系，確立寧養服務在香港的重要性。祈愛蘭修女此後在不同崗位服務香港，包括出任癌病基金督導委員會顧問，並協助成立香港銘琪癌症關顧中心。2009年，祈愛蘭修女獲得第二屆香港人道年獎。

祈愛蘭修女有一顆仁慈的心，為垂死病人給予無限關懷，陪伴他們尊嚴地走過人生最後一段旅程。她在推動寧養及善終服務發展貢獻良多，她對工作充滿熱誠備受後輩的尊敬和愛戴。我們將永遠懷念這位可敬、卓爾不凡的人物。

Sister Helen was born and raised in Manhattan, New York. After graduating from high school in 1949, she joined the Maryknoll Convent School as a novice and took her solemn vows in 1955. Sister Helen became a registered nurse in 1957 and was assigned to work at Our Lady of Maryknoll Hospital in Hong Kong from 1958 to 1964. During that time, she developed a close relationship with the region.

In the early 1970's, the Hong Kong public held a conservative view on the concept of death and hospice was still a novel idea that had not yet received wider acceptance within the community. When Sister Helen returned to Hong Kong in the 1970's, patients with terminal cancer were largely overlooked. Compelled to help them, she enlisted a group of healthcare professionals to form Hong Kong's first palliative home care team at Our Lady of Maryknoll Hospital. Sister Helen's efforts would lay the foundation for all future development of hospice services in the region.

Sister Helen went on to become Nursing Director of Our Lady of Maryknoll Hospital and introduced hospice care to its services. She served as an Executive Committee Member of the Society for the Promotion of Hospice Care and assisted in the construction of Bradbury Hospice, the first independent hospice centre in Hong Kong. With her guidance, palliative care was successfully integrated into the Hong Kong medical system, thereby solidifying its importance to the public. Her service to Hong Kong also included being an advisor of the Hong Kong Cancer Fund Steering Committee and a key person in helping to establish the Maggie's Cancer Caring Centre. In 2009, Sister Helen was awarded the Second Hong Kong Humanity Award.

Sister Helen will be remembered for her kind heart and boundless care for dying patients as she accompanied them on life's final journey. Her countless contributions to the development of hospice and palliative services and the passion she held for her work won her the love and respect of the younger generations. Sister Helen was a truly remarkable person and she will forever be missed.

於1992白普理寧養中心開幕禮
中與英國皇儲查理斯王子合照

Photo with Prince of Wales at the opening ceremony of Bradbury Hospice in 1992



祈愛蘭修女(上右一)及各善寧會創會成員合照
Sister Helen (second row, first right and other founding members of SPHC



於2009年獲得第二屆香港人道年獎
Sister Helen was awarded the Second Hong Kong Humanity Award in 2009





疫情下「看不見」的哀傷 The unseeable grief

疫情陰霾下，人心惶惶，除了擔心自己會否受感染之外，為了抗疫，更亦要爭相囤積食物、搶購清潔用品、口罩等防疫物資，時刻以高度防禦精神狀態應對，實在令人緊張、憂慮、疲憊不堪。

The pandemic is a challenging time for everyone. Not only do we have to worry about the risk of infection, we also have to prepare for the worst by stockpiling food, masks and supplies. Being in a state of constant vigilance can be exhausting.

- 臨床社工陳麗茵姑娘

Lilian Chan, Clinical Social Worker

當一般人處於疫情下已經疲於奔命，對我們的主要服務對象之一喪親家屬而言，疫情爆發更是雪上加霜，有如傷口灑鹽。他們可能經歷至親急病入院，卻因醫院探訪限制緣故，無法陪伴病者臨終而抱憾；即使舉辦喪禮，亦要低調從簡，送別當日，難免場面冷冷清清；想要步出家門散散心，但卻因會人群聚集或引起病毒感風險，不能外遊，只能留在斗室中，任由壓力爆煲。

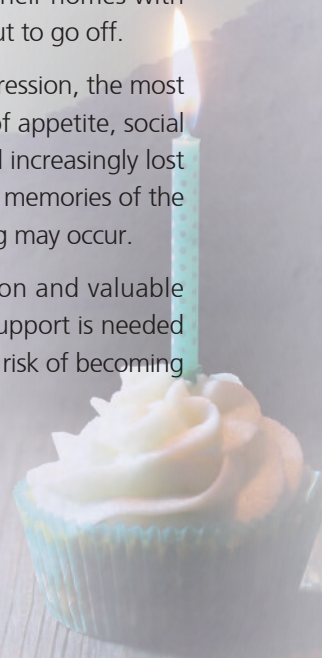
哀傷期階段，很多喪親者都會出現意志消沉、失眠、胃口不振、失去社交意欲、腦海充滿與逝者過去的相處點滴。嚴重情況者或會萌生死念，心情變得悲觀，整個人處於孤單空洞狀態、失去重心和方向。

家人永遠是個人心靈的重要支持，失去至親，在抗疫道路上更覺孤單，或甚是失去個人心靈支撐的力量來源。以上描述喪親家屬的心理狀態，正正與積極抗疫的社會大氣氛，走在相反的路線上。

For bereaved individuals, the pandemic has been like salt in their emotional wounds. Some were prevented from accompanying their loved ones at the hospital due to visiting restrictions. Others were left with a lifetime of regret because attending their loved one's funeral proved impossible. Those who needed to take a trip to recuperate from their loss were instead confined to their homes with unresolved grief like a pressure-cooker about to go off.

Bereaved individuals often suffer from depression, the most common symptoms being insomnia, loss of appetite, social withdrawal and restlessness. They may feel increasingly lost and hopeless, and become preoccupied by memories of the deceased. In severe cases, thoughts of dying may occur.

To lose a loved one is to lose a companion and valuable source of support. In a time when social support is needed more than ever, bereaved individuals are at risk of becoming more detached from their community.



參考以下方法，如何在
疫情下關懷喪親家屬：

Please refer to the following tips on how to care for bereaved individuals during the pandemic:

1

多點關心喪親家屬生活需要，如協助購買生活需要的用品。如主動代勞買口罩、消毒用品，讓他們在疫情專注療傷，照顧自己。

Pay attention to their everyday needs. Make sure to assist them with purchasing supplies, such as masks and disinfectants, so that they can focus on healing during the outbreak.

2

分享有用社會時事資訊。如政府或民間抗疫措施、健康訊息，介紹他們留意收看收聽電視電台資訊節目等，讓他們輕鬆了解社會情況。

Share the latest news and information with them, particularly announcements on anti-epidemic measures. Encourage them to watch TV and listen to some radio programmes which are effective sources of up-to-date health information.

3

定時關心他們的生活日程，鼓勵健康作息，維持身心靈平衡，如定時用餐、運動伸展或散步，注意個人及家居衛生。留意喪親家屬會否因壓力太大而無心情處理瑣碎家務，可考慮聘請家務助理或鐘點幫忙。

Ensure that they maintain good physical and mental health with a healthy work-life balance, regular meals and exercise such as stretching and walking. Keep an eye on their personal and household hygiene. If they appear too stressed to complete simple household chores, consider hiring a home cleaning service or domestic helper to give them a hand.

4

安排時間輪流陪伴他們，如一起用餐煮飯、收看資訊節目、分擔家務等，但注意減少社交聚集，避免太多親友同一時間來訪。

Take turns with family and friends to accompany them on activities such as cooking, watching TV and doing household chores. Refrain from attending social gatherings or having too many people visit during the outbreak.

5

執拾遺物是一個充滿情緒的任務，鼓勵陪伴家人安排時間一起處理，就如何安置逝者物品定下共識，並作簡單分類，過程中宜採鼓勵態度，不要催促或持批評態度，讓喪親家屬可以按心情慢慢逐步處理。

Collecting personal effects of the deceased can be highly emotional. Make sure to accompany them and create a simple plan for allocating the items. Give them plenty of encouragement and avoid being overly critical during the process. Allow them to deal with their emotions at their own pace.

6

尋找屬於自己喜歡、舒適的紀念方法，表達對逝者的思念，如拜祭上香、祈禱、看舊照、文字創作或以不同藝術方式表達等。

Help them find ways to commemorate the deceased and express their thoughts comfortably. Lighting incense, praying, looking at old photos, writing and creating art could be some of the many ways to remember a loved one.

7

善寧會在疫情下繼續維持面見哀傷輔導服務，鼓勵家屬按自己需要預約面見，在一個舒適的環境下，與社工或輔導員分享心中思緒和困擾。如有其他憂慮，可先致電與我們短暫傾訴。

SPHC will continue to maintain in-person grief counseling services during the pandemic. Individuals requiring bereavement services are encouraged to make an interview appointment to discuss their thoughts and concerns with a social worker or counselor in a comfortable environment. For any other concerns, phone calls are also welcome.

假如您或您身邊的人需要喪親支援服務，請致電 (852) 2331 7000 或電郵到 service@hospicecare.org.hk 與我們的醫療團隊進行預約。

If you or someone you know is in need of bereavement services, please call us at (852) 2331 7000 or email us at service@hospicecare.org.hk to schedule an appointment with our clinical team.

第二十八屆登山善行 - 延期至今年十月四日舉行

The 28th Annual HIKE FOR HOSPICE Postpone to 4th October 2020

善寧會每年一度重點籌款活動「登山善行」，因新型肺炎疫情蔓延，為公眾及工作人員健康著想，原安排於2020年3月22日的活動將暫延至本年10月4日(星期日)舉行。如有造成不便，懇請大家見諒，希望大家仍會繼續支持善寧會及登山善行活動！

With the coronavirus situation continuing to unfold, the 28th Annual Hike for Hospice previously announced for 22nd March 2020 has been postponed to 4th October 2020 (Sunday). We appreciate your understanding and look forward to your continued support!

活動詳情 Event Details

日期 Date 2020年10月4日 (星期日) Sunday, 4th October 2020
 起點 / 終點 Start / Finish 大潭郊野公園二號燒烤場 (近陽明山莊)
 Barbecue Site No. 2, Tai Tam Country Park, HK Island
 (near Hong Kong Parkview)
 時間 Time 0800 參加者到場 Arrival of hikers
 0845 起步禮 Kick-off Ceremony
 0900 正式起步 Start of the Hike

組別及籌款詳情 Categories and Fundraising Details

組別 (每隊人數) Category (Max no. of members)	籌款目標 Fundraising Target	登山路線 Routes
個人 Individual (1)	(HKD) 港幣\$4,000	7 / 14 / 17 公里km
團隊 Team (4)	(HKD) 港幣\$16,000	7 / 14 / 17 公里km
企業挑戰賽 Corporate Challenge (4)	(HKD) 港幣\$30,000	14 公里km
校友會挑戰賽 Alumni Challenge (4)	(HKD) 港幣\$16,000	14 公里km



網上報名或下載表格

Register online or download application form

hike.hospicecare.org.hk



第二屆「樂齡電競及體驗日」 The 2nd "Seniors' E-sports & Experience Day"

為提升公眾對人口老年化的關注，並希望長者們能透過電競運動，提升活力，善寧會連續第二年，連同協辦單位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2019年7月27日假數碼港電競場地舉辦「樂齡電競及體驗日」。今屆規模更加盛大，共有超過300位長者參與，利用先進的電競配備進行FIFA2018足球電競對決，爭奪全場總冠軍。是次活動收益撥捐予善寧會作慈善用途，讓更多有需要晚期病者及其家人得到提供適切的紓緩照護服務。

In order to enhance public awareness of the aging population, and encourage elderly people to keep active and healthy, SPHC once again partnered with Hong Kong Cyberport Management Company Limited, Federation of Hong Kong Industries (FHKI) and Rotary Club of Smart Hong Kong to co-organize the "Seniors' E-sports & Experience Day" held on 27 July 2019. This year's event was considerably larger in scale, with higher quality gaming infrastructure and over 300 senior participants competing in the "FIFA2018" virtual tournament. The proceeds of this event have helped many underprivileged families receive palliative care services provided by SPHC.



大家打成一片，體驗長幼共融。
E-sport promotes intergenerational communication.



第十六屆「香港紓緩照顧研討會」圓滿舉行 The 16th Hong Kong Palliative Care Symposium

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「第十六屆香港紓緩照顧研討會」於2019年10月19日假香港青年協會大廈順利舉行，逾300名業界人士參與。研討會主題為「Palliative Care in Practice」，強調將紓緩治療精神轉化為行動。大會亦邀請食衛局局長陳肇始教授擔任主禮，並邀得業界權威，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 19 October 2019 at the The Hong Kong Federation of Youth Groups Building. It was officiated by Prof. Sophia Chan, Secretary for Food and Health, and attended by over 300 healthcare professionals from various fields. The theme of this year's symposium - "Palliative Care in Practice" highlighted how palliative values can be actualized into workable actions. Guest speakers together with over 10 free paper speakers gave presentations to share their research findings.



善寧會「1000個善寧家庭」資助計劃啟動 "1,000 Hospice Family" Subsidy Programme officially launched

我們一直堅信，不論貧富，每個人皆有權利，在祥和、舒適和有尊嚴的環境下，與摯親一起共度人生最寶貴的最後時光。透過本會於2017年成立「賽馬會善寧之家」，我們致力為來自不同階層的晚期病者及家人提供優質的寧養紓緩照護。為達成這個目的，我們現發起「1000個善寧家庭」資助計劃，希望率先籌得港幣四百萬元，讓一千個有經濟需要的晚期病者及其摯親（平均每個家庭的捐助額為港幣四千元），都能受惠於「賽馬會善寧之家」的服務。

Established in 2017 by the Society for the Promotion of Hospice Care (SPHC), the Jockey Club Home for Hospice (JCHH) is a prestigious hospice centre that provides quality hospice and palliative care to patients with life-limiting illnesses and their families. We reaffirm the belief that each person, whether or not he or she is rich or poor, deserves comfort and dignity in their last days. To this end, a subsidy program named "1000 Hospice Family Subsidy Scheme" is now in place. Our short-term goal is to raise a total of HK\$4,000,000 to subsidize the care of 1,000 underprivileged end-of-life patients and their families at JCHH (the average subsidized amount is HK\$4,000 per family)

在2019年12月11日於賽馬會善寧之家舉行的啟動禮上，華懋集團行政總裁蔡宏興先生表示，華懋集團在日常業務及提供之服務均奉行以人為本的宗旨，有見於人口老化為社會帶來挑戰，希望透過今次捐款「拋磚引玉」，鼓勵更多機構及公眾人士參與支持計劃。

此外，一位曾接受「賽馬會善寧之家」服務的病者家屬 (Jacky Yuen) 亦在是次啟動禮中呼籲支持這項計劃，並作出分享：「自妻子誕下孖胎時發然罹患癌症，經歷了無數次的手術依然未能治癒，身心承受極大痛苦。在最後日子，我們被轉介至「賽馬會善寧之家」。雖然在這裡度過只短短一星期，但這裡的醫護給予無微不至的照顧，讓我得以安心陪伴妻子在旁，讓她能安然在這裡走完人生最後歷程。」

At the program's kickoff ceremony held at JCHH on 11 December 2019, Mr. Donald Choi, Chief Executive Officer of the Chinachem Group, remarked, "As a people-oriented company, the Chinachem Group is dedicated to help raise public awareness on the problems faced by our aging population. As one would throw a sprat to catch a mackerel, we hope that our donation can encourage more corporations and individuals to get involved."

Mr Jacky Yuen, the husband of a patient who received palliative care service at JCHH, shared his experience at the ceremony. "It broke my heart to watch my wife battle stage four cancer soon after giving birth to our twin boys. She underwent numerous surgical procedures but the side effects only made it worse. Eventually, we were fortunate enough to be referred for admission to JCHH where we received the tender care and support of the clinical staff. Thanks to them, I was finally able to spend quality time with my wife. A week later, she passed away peacefully at JCHH." Jacky then made a heartfelt appeal to everyone to support the program.



華懋集團率先向善寧會捐款港幣二十萬元，成為「1000個善寧家庭」資助計劃的「首創贊助機構」。A Cheque Presentation Ceremony was held in recognition of the generous donation of HK\$200,000 by the Chinachem Group, the program's "Pioneer Sponsor".



葉麗儀小姐擔任計劃的推廣大使。葉麗儀稱她與親人也曾是寧養服務的受惠者，在寧養服務協助下，葉麗儀得以全家人一起陪伴罹患大腸癌的家姑安寧地走過她人生最後一段路。

Miss Frances Yip, a SPHC ambassador, said she held deep respect for the palliative care service team that helped her family. She felt blessed that her mother-in-law, who was suffering from colon cancer at the time, was able to find peace in her final stage of life because of palliative care.



病者家屬 Jacky Jacky, the husband of JCHH's patient



疫情帶來的惡劣經濟環境，對我們的捐款收入打擊重大。在這段時期，善寧會作為一所沒有接受政府津助的非牟利慈善機構，更要迎難而上，讓更多弱勢晚期病者得到尊嚴的適切照顧。您的每分捐助，都能減輕每一位入住「賽馬會善寧之家」弱勢晚期病人的經濟負擔，讓他們放下擔憂，在家人的關懷下，安寧度過人生最重要的階段。

As an NGO without government subvention, donations are essential to our continued operation but have been severely impacted in view of social distancing and economic uncertainties. Despite such adverse circumstances, we have not only maintained but hope to increase our provision of services so that more underprivileged patients may find comfort and dignity in life's final stage, allowing them more time and energy to spend with the ones who matter most. Your donation, large or small, is greatly appreciated.

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，以便本會發出捐款之正式收據。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 for the issuance of official receipt. Your personal data provided herein will be kept strictly confidential.

我希望 I would like to

每月定期捐款
Donate on a monthly basis

一次過捐款
Make a one-off donation

港幣 HKD \$5,000 \$2,000 \$800 其他 Other \$ _____

捐款用途 Donation Purpose(s)

由善寧會分配 General Donation 賽馬會善寧之家 Jockey Club Home for Hospice

哀傷及善別輔導 Grief and Bereavement Counselling 其他 Other(s) _____

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) _____

本人希望收到善寧會的通訊 I agree to receive news and updates from SPHC 接收電郵通訊 receive email communications 接收實體會訊 receive printed newsletter

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 我不需要捐款收據 I do not require donation receipt

捐款方法 Donation Method

網上捐款 Online Donation (請前往 Please go to <http://www.hospicecare.org.hk>)

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")

存入本會銀行戶口 Direct Transfer (本會滙豐銀行戶口 HSBC 002-3-365638。請寄回或傳真銀行入數紙至善寧會)
(SPHC's Bank Account: HSBC 002-3-365638. Please send the bank-in slip to SPHC by fax or by post)

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)

Visa MasterCard 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 _____

*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.

摺線 Folding Line

NW Jun 2020

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提供30間獨立套房，每間套房提供寬闊空間和休寢設施，讓摯愛家人可24小時留宿照顧。特設月費住院計劃，讓入住晚期病者得到更全面的專業護理，家人亦倍感安心。

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Monthly Residential Care Plan

- 專為長期病患及晚期病人而設
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- 協助家人及照顧者減輕疲累及壓力
- 減少急症醫院就診
- For patients with chronic and terminal illness
- For pain & symptoms relief, psycho-spiritual support
- Help family and caregivers reduce stress
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每月港幣\$44,000*起
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* 按病人情況而釐定，包括每周醫生巡房、基本照護服務及日常膳食

* may vary depending on patients' conditions and fee including doctor ward-round (weekly), basic nursing care and meals



如欲查詢服務詳情 For Service Enquiries

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電郵 Email : service@hospicecare.org.hk

網址 Web : www.hospicecare.org.hk



善寧會

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