

# 善寧會訊

## NEWSLETTER

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善寧會

Society for the Promotion of Hospice Care

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## 愛犬陪宿 逆境扶持

### A Loyal Companion Until the End



# 人生有限 豁然無限

## Life is Transient, Legacy is Forever

訪問工程界前輩陳兆源博士  
Interview with Dr. Wilfred Chan Siu Yuen



死亡事大、無常迅速。死亡的痛楚和困擾，或會令人感到求助無門、不知所措，甚或改變對人生意義的看法，但如果我們能調整心態，對死亡及早作準備，這難關必能坦然度過。陳兆源博士已 87 歲，雖身患晚期頑疾，但在病房內外，滿臉總是露著慈祥親切的笑容。偶爾攀談，他那果敢自信，義無反顧追求人生樂趣的態度，每每令我們同事間留下深刻的印象。陳兆源博士是一位資深工程師，曾任香港工程師學會主席，扶掖了不少在政、商、專業界中手執牛耳的傑出後輩，在現時香港工程界有著舉足輕重的地位。在病房外的大廳中，我很榮幸能與陳兆源博士說笑閒談，分享人生，度過一個輕鬆愉快的上午。

*For many people, the inevitability of death often evokes feelings of fear and helplessness. However, with proactive planning and a positive frame of mind, facing the end of life can be significantly less daunting. Dr. Wilfred Chan Siu Yuen was a patient of the Jockey Club Home for Hospice (JCHH). Despite suffering from terminal cancer at 87, he never failed to wear a jovial smile. Dr. Chan was an accomplished engineer and the former President of the Hong Kong Institution of Engineers. Throughout his storied career, he helped nurture many young talents in the political, business and professional sectors. During his stay at the JCHH, Dr. Chan honoured me by sharing his life story.*

- 陳重義博士 Dr. Hubert Chan Chung Yee



陳博士娓娓道來他的故事：「我 1933 年出生，是土生土長的香港人，畢業於九龍華仁書院，後於英國羅浮堡理工大學土木工程系取得學位。回港在香港蜆殼及埃克森等公司工作，於埃克森公司更晉升至董事一職。」他的事業和社會地位，隨歲月更迭拾級而上。

*"I am a Hong Kong native, born here in 1933. I graduated from Wah Yan College Kowloon and went on to obtain a degree in civil engineering at Loughborough University of Technology in England. After returning to Hong Kong, I worked for Shell and later Esso where I became Board Director." Dr. Chan's career and social*

「我在 1983 年成立自己的顧問公司，後加入香港會，成為當時最早的本地會員之一。1996 年我成為香港會副主席，若非當時發現患上癌病而選擇請辭，我或該接任香港會主席一職了，這算是我人生其中一個錯失了的機會。」

自那時起，癌病正式為他帶來人生挑戰。「我在 1996 年確診結腸癌及膽囊癌，隨即接受手術切除膽囊和部份結腸。雖然當時我拒絕接受化療和放射治療，但我最終成功打敗了癌症，身體一直無恙。」直至 2019 年 1 月，陳博士再度患上癌病，但今次是肝癌，並出現擴散跡象。這一次，陳博士果斷選擇拒絕化療。「除膽固醇藥物外，我手上的藥物基本上與自身的癌症沒多大關係。」陳博士很清楚這些用以對付癌細胞的療程與藥物，會給他帶來一些如嚴重腹瀉和疲勞等副作用。「我的興趣是相約知己搓麻將聯誼，我不能容許自己的身體被這些副作用反覆折騰，要我喪失這份樂趣。」

這並不是一個消極的決定，因為對於陳博士而言，在最好的狀態下維持和享受個人興趣是他的意願。這也促使陳博士決心尋求舒緩照護服務。「某天我在沙田馬場留意到對岸的『賽馬會善寧之家』，便開始認真考慮舒緩治療這回事，香港中文大學前外科講座教授嚴秉泉醫生是我的乾兒子，我很樂意向他告知我的意願，在諮詢過他的意見後，我主動聯絡賽馬會善寧之家，盼得到你們的協助。」這下子的決定，陳博士成為了我們的住院病人。

「如果我那時堅持進行那些持續不斷的癌症療程，我絕對沒法想像我今天的狀態將變得如何糟糕。」

status only grew with time. "I eventually started my own management consultancy firm in 1983 and became one of the Hong Kong Club's earliest local members at the time. From there, I was elected Vice-Chairman and would have become the Club's Chairman had I not resigned for health reasons. It was one of those missed opportunities in life."

With cancer came many life challenges. "After being diagnosed with colon and gallbladder cancer in 1996, I elected for surgery to remove the affected areas. I became cancer-free even though I refused radiation and chemotherapy." In January 2019, the cancer recurred in his liver with signs of metastasis, but Dr. Chan continued to decline treatment, a decision supported by his family and friends. "If I had begun cancer treatments, my quality of life would have been very poor. Instead, I was able to enjoy 20 months of high quality of life. It goes to show it is possible for a cancer patient to live normally."

As an avid mahjong player, Dr. Chan felt he made the right choice. He was aware that the unpleasant side effects of cancer treatment would prevent him from enjoying his beloved pastime. "I am on minimal medications, mostly for unrelated issues like cholesterol. I will not have side effects rob me of the joy of enjoying mahjong with my friends."

"Mahjong is one of my great passions," he continued with a grin. "I firmly believe that mahjong culture is one of the reasons why Hong Kong has the world's highest life expectancy." Dr. Chan's deep love for the game led him to form the Win Win Mahjong Tribe (WWMJ Tribe), a 45-member group that met every six months for a mahjong marathon. "Some of my fondest memories are from playing mahjong!"



他的決定，獲得家人、伙伴和醫生朋友的認同。「因此我十分慶幸，確診肝癌至今已 20 個月，我的生活品質仍維持得不錯。這也證明了，作為癌症病人，也可以有辦法像平常人般，生活如常。」這刻，陳博士狀態悠然自在。

「我喜歡打麻將。」陳博士笑言：「我堅信麻將文化是香港人平均壽命世界第一的原因。」事實上，陳博士是打牌健將，他退休後成立了一個擁有 45 名成員的「麻將小組」，每半年成員間必舉行一次「麻將馬拉松」聯誼活動，全天候的打個瘋狂。「我最美好的回憶，都是與打麻將有關的！」

陳博士曾在英國生活，他十分體會到英國那種豁然接受死亡的文化，反而中國文化卻通常視之為忌諱。「真的，我從不懼怕死亡，早在三十多歲時我就立好遺囑。認真告訴你，我已草擬好我的訃聞。」陳博士對死亡的看法很豁達：「既然我們都知道死亡無可避免，為何不未雨綢繆，在人生關卡來到時好好預備？我一切已準備就緒了。」

面對有限期的人生，我們應當抱著怎樣的態度？對於陳博士而言，享受情誼，就是生活價值之所在。訪問尾聲，他給我們一句勉勵說話：「我們不能呆守一處等候別人施予關懷，應要積極主動與至親好友建立聯繫，享受人與人間的情誼。」感謝陳博士給我上了人生好好的一課。

In order to pursue his hobbies for as long as possible, Dr. Chan began to consider palliative care services. "The idea came to me one day when I noticed the JCHH opposite the Shatin Racecourse. After consulting with my godson Dr. Anthony Yim, a former Chair Professor of Surgery at The Chinese University of Hong Kong, I initiated contact with the JCHH for admission." With that, Dr. Chan became one of our in-patients.

Death is taboo in Chinese culture but having lived in the U.K., Dr. Chan embraced a different view. "I have never been afraid to come to terms with my own death. I had my will drawn up when I was in my thirties. In all honesty, my obituary has already been drafted. Death is inevitable so why not prepare for it. I am ready."

Life is fleeting so how should we make the most of the time given to us? For Dr. Chan, it was human connection, as demonstrated by his parting words of encouragement. "Reach out and connect with people instead of waiting for them to come to you." Thank you Dr. Chan for sharing your valuable life lessons with me.



在訪問後一個月，陳兆源博士於 2020 年 10 月 23 日在賽馬會善寧之家安息主懷。感謝陳博士生前以 WWMJ Tribe (由陳博士成立的「麻將小組」的英文名稱) 的名義，向善寧會捐出共二百三十萬元港元善款，支持我們為更多有經濟需要的晚期病人及家屬提供住院資助。

One month later, Dr. Wilfred Chan passed away peacefully at the JCHH, but not before one last act of kindness as he had done so countless times before. Thanks to Dr. Chan's fervent appeal, the WWMJ Tribe donated a total of HK\$2.3 million to the Society for the Promotion of Hospice Care to provide subsidized palliative care to underprivileged patients and their families.

# 以偉大的愛 來做小事

## We Can Do Small Things With Great Love



我相信，每個人當到達臨終階段，他或她對自己的生命大限都有著一份感應，在離世前會盡自己的努力，完成心願。

*I have always believed that when people are at the end of life, they will have an innate sense of the time remaining and attempt to fulfill their last wishes before passing away.*

70多歲的郭伯伯，患有末期肝癌，記得早前他由家人陪同入住賽馬會善寧之家時，健康狀況已經很差、身軀乏力、食慾不振，我們已著家人作好一切心理準備。但幾天過後伯伯突然變得精神抖擻起來，當天巡房，與伯伯和家人閒聊幾句，伯伯說：「我可以出院嗎？想在今個星期六和家人一起慶祝兒子的生日」。明白到伯伯的心意，我們為伯伯完成身體評估後，安排他幾日後返家寧養。

就在星期六的黃昏，我們收到郭伯伯兒子的通知，伯伯剛才在家中離世了。

那天正是郭伯伯與兒子慶祝生日，「當日家中很熱鬧，一眾子女、兒媳、孫兒聚首一堂。爸爸精神很好，還和我一起切蛋糕，說說笑笑了一會，之後返回睡床休息，不久在睡夢中安詳地離開了。」兒子憶述：「這個不一樣的生日會，縱然美中不足，但慶幸我們一家人都能齊齊整整圍在身旁跟他道別，這個意義很重大。」

郭伯伯趕及達成心願，帶笑離開，總算不留遺憾，而他看似為自己達成的小小心願，無意間也為全家人留下了彌足珍貴的回憶。正如德蘭修女的一句名言：「我們未必所有人都能做偉大的事，但我們總能以偉大的愛來做小事 (Not all of us can do great things. But we can do small things with great love.)。」我們現實生活中，一件小事也能成就大意義。

Mr. Kwok, who was in his seventies, suffered from terminal liver cancer. When Mr. Kwok arrived at the Jockey Club Home for Hospice, his health and appetite were already very poor. Given the patient's deteriorating condition, I informed the family to psychologically prepare for his departure. A few days later however, Mr. Kwok's energy returned, much to everyone's amazement. During one of my ward rounds, Mr. Kwok turned to me and asked, "Can I be discharged? I really want to celebrate my son's birthday with my family this Saturday." Recognizing his wish, we arranged for him to return home for several days.

That very same Saturday, we received word from Mr. Kwok's son that he had passed away at home.

"Our home was very lively that evening. Siblings, in-laws, grandchildren - everyone was there. Dad was in great spirits and even shared the cake with me. That night, after everyone had left, Dad went to bed and left peacefully in his sleep," recalled his son. "It was a different birthday celebration this year, one that was bittersweet. Most importantly, we were able to gather and say goodbye to Dad."

Mr. Kwok likely knew it was his time and hurried to make known his final wish - to laugh and be with the people he loved - and pass away with no regrets. It was a simple wish but one that has left his family with precious memories of their time together.

Mother Theresa once famously said, "Not all of us can do great things. But we can do small things with great love." As we go about our daily lives, let us remember that even our smallest actions can make the biggest difference.

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



## 愛犬陪宿 逆境扶持

### A Loyal Companion Until the End



工作期間不時會經過院舍的後花園，記得不久前，那裡來了一隻年約 2 歲的活潑小狗，每天日間都總在陽光照射下的草地上跑跑跳跳。牠似乎很怕陌生人，當我們經過，牠總會突然一聲不發走到我們跟前哄兩哄，自轉三四圈，弄得我們禁不住想伸手摸摸，卻在伸手之際，牠便擺著尾巴跑開去，再躲在主人身後側著頭兒眼睛滾滾的望望我們，甚是趣致，每個舉動都讓我們心花怒放。小狗名叫 Jaden，是我們的病人解明球女士 (Catherine) 的愛寵，不知不覺在賽馬會善寧之家陪伴 Catherine 住了 100 多天。

*As a staff at the Jockey Club Home for Hospice (JCHH), I walk by the garden every day. Not long ago, the garden was home to a playful dog whom I would often see bounding and rolling in the grass. Though the dog seemed wary of strangers, he would always approach me as if to be petted. However, just before my fingers could touch his fur, he would retreat behind his owner and peer out at me with those inquisitive eyes. The dog's name was Jaden, and he belonged to one of our patients, Catherine. For over 100 days, Jaden would reside at the JCHH to accompany Catherine on her end-of-life journey.*

#### 舊地重遊 記憶猶新

主人如今已化作輕煙，離別一載，Catherine 伴侶張先生帶同 Jaden 重遊舊地，緬懷在善寧之家與 Catherine 相伴的最後時光。每到花園一處，急著步履的 Jaden 都會頓足起來，彷彿主人的氣味宛在面前。

「2015 年 Catherine 只是剛退休不久，卻發現患上乳癌。基於個人考慮，她選擇不接受任何侵入性治療，只進行其他療法，或許因此錯過了治療的黃金時間。」張先生很慨嘆，始終 Catherine 也還是很年青。「2018 年開始情況急轉直下，癌





擴散至腦和骨，醫院能做的只有標靶療法，但已沒有甚麼效用。」作為休戚與共的伴侶，張先生每天為 Catherine 四出尋找適合她寧養的地方，只求 Catherine 能夠安舒而不孤單地走下去。緣分驅使下，一天他駕著車子經過賽馬會善寧之家門前。

### 治癒愛犬 達成心願

「與一般院舍不同，善寧之家歡迎寵物陪宿，這令身為狗主的 Catherine 大感貼心。Jaden 精靈可愛，不會亂吠，每天日常生活都是黏在主人身邊看電視、到花園散步。」Jaden 的身世可憐，出生不久便過著流浪生活，更不幸被車輛撞斷一腿，被送到領養中心「等候發落」。當時已病重的 Catherine，知道後決心領養 Jaden。「我反對她領養，我只希望她能專心養病。」但 Catherine 的一句「你當作這是我的最後心願吧」，張先生接受了 Catherine 的決定。

在自己與頑疾惡鬥的同時，二人為治癒 Jaden 也疲於奔命，花費了不少金錢和時間，但他們付出愛心

### Memories Revisited

One year later, Catherine is no longer with us. Her partner, Mr. Cheung brought Jayden to the JCHH to revisit the garden that Catherine had once enjoyed. As soon as they arrived, Jayden appeared to be on a mission, tugging and snuffling with urgency, as if searching for his beloved owner.

“Catherine retired in 2015 shortly after she was diagnosed with breast cancer. She didn’t want invasive procedures, instead preferring alternative treatments. Catherine was still young and perhaps things would’ve been different had she accepted more traditional treatments during that golden window,” Mr. Cheung mused wistfully. “Her condition worsened in 2018 after the cancer spread to her brain and bones. Targeted therapy was the last resort, and even that proved ineffective.” At the time, Mr. Cheung’s goal was to find a suitable place for Catherine to live out her final days comfortably. One day, he happened to drive past the JCHH.



和耐心，令 Jaden 很快便康復起來。可是就在此時，Catherine 的日子也走在倒數階段。

「2018 年 9 月起我們入住善寧之家，接下來的兩個月是 Catherine 身體和精神狀況最好的階段。在醫護團隊的悉心照料下，還有 Jaden 作伴陪宿，她不但心情轉好，各項維生指數都有顯著的改善，期間更多次出外用膳，滿足口福。」

### 至親送別 圓滿人生

萬物皆有定時，Catherine 於 2019 年 1 月在善寧之家安詳地走了。「還記得她臨終前一天，主動要求與 Jaden 一起到花園逛逛，而離世當天，她的每一位親人、好友和愛犬都在場為她送別，總算圓滿。」

伴侶過世，哀痛難免，一年過去，言談間也十分感受到張先生對 Catherine 的不捨。慶幸 Jaden 在此間走進兩人的生命，為 Catherine 的最後階段帶來圓滿，也讓張先生延續 Catherine 希望好好照顧 Jaden 的心願，堅強地走下去。

### Catherine's Last Wish

Unlike other hospices, the JCHH is unique in allowing pets to stay with their owners. For a loving dog owner like Catherine, it was an important consideration. Life has not always been kind to Jaden. Abandoned as a puppy, Jaden had to fend for himself early on. At some point, a vehicle struck him, leaving him with a shattered leg. Luckily, he was rescued by a pet adoption agency. By chance, Catherine, who was already very ill at the time, learned of Jaden's story and felt compelled to adopt him. "To be honest, I was initially against adopting Jaden. I felt it would distract Catherine from her recovery. 'Consider this my last wish,' she said firmly, so of course I accepted her decision," Mr. Cheung recalled.

Though Jaden's path to recovery was far from easy, the couple never failed to devote their love and attention to him, even when they were exhausted from their own battles. With time, Jaden's injuries were fully healed. The precise opposite was happening to Catherine, whose deteriorating condition meant she was entering into the terminal stage of her illness. "Catherine was admitted to the JCHH in September 2018. Thanks to the professional care of your clinical team, her last two months of life were as good as can be. Her vital signs improved and she was even able to dine out on several occasions. Most importantly, Jaden was with her through it all."

### Journey's End

There is a time for everything, and in January 2019, Catherine passed away peacefully at the JCHH. "On the day before she died, Catherine requested to sit out in the garden with Jaden. The following day, all of our family, friends, and of course Jaden, came to send her off. Her journey was complete."

For Mr. Cheung, the ensuing grief was inevitable. His unwillingness to accept Catherine's death could still be felt during our conversation in the garden. Fortunately, he still has Jaden, a dog he had so reluctantly let into his life but is now his reason to carry on, as Catherine would have wanted.





## DawnBridge Program 慈善項目的緣起

*DawnBridge*，寓意死亡是通往晨曦的橋樑，逝者將開展新旅程，生者便可化哀悼為動力。2018年，Judy 的丈夫因心臟病猝死；2019年，Judy 的媽媽腸癌復發，終年 84 歲；去年 7 月，患前列腺癌的 93 歲父親亦與世長辭。

我們對 Judy 一點也不陌生，因為近年 Judy 先後兩次，安排同樣患有末期癌症的媽媽和爸爸入住賽馬會善寧之家。感謝 Judy 的信任，容讓我們團隊上下全力介入 Judy 一家的生命，一起以愛守護 Judy 父母，一起完成「道謝、道愛、道歉、道別」四道人生習作，一起為父母的最後時光添賦無比意義。

在短短日子裡失去生命中重要的三位家人，Judy 感受到一重又一重喪親的哀痛，但欣慰雙親在賽馬會善寧之家得到團隊很好的照顧，了解到舒緩治療對臨終病人和家人的重要。

Judy 明白舒緩治療服務對基層人士來說所費不菲，遂化傷痛為動力，在父親離開的前一天，以她成立的非牟利團體 *Tobby's Friends Foundation Ltd.* 的名義開展名為「DawnBridge 終途有您」慈善項目，Judy 透過此項目，資助賽馬會善寧之家兩間病房兩年，每日每間房為港幣八百元，合共港幣八十萬元。

善寧會十分感激 Judy 的贊助，讓基層晚期病人也得以接受本院的優質舒緩治療服務，利用人生最後的寶貴時間，善生善別。

*Judy, a former service user of the Jockey Club Home for Hospice (JCHH), believes that death is a bridge to a new beginning for the deceased and a chance for the living to transform their grief into motivation. She calls this the "DawnBridge".*

Judy has endured her share of loss. In 2018, her husband died of a sudden heart attack. The following year, her mother passed away from recurrent colorectal cancer at age 84. This past July, she lost her 93-year-old father to prostate cancer. We became closely acquainted with Judy when she entrusted her parents to our care at JCHH. To have accompanied them as they completed their life journey was our greatest privilege.

For Judy, the loss of her husband and parents within such a brief time was a terrible tragedy, but it also changed her view on life and death for the better. After witnessing the quality care provided to her parents at the JCHH, Judy realized the importance of hospice to not only end-of-life patients but their families as well.

Well aware that hospice care is expensive particularly for grassroots families, Judy turned her grief into motivation and launched the "DawnBridge Program" through *Tobby's Friends Foundation Ltd.*, her own non-profit organization. The "DawnBridge Program" will sponsor a total of HK\$800,000 to fund two subsidy beds at the JCHH for up to \$800 per day for two years. The Society for the Promotion of Hospice Care is most grateful for Judy's efforts in helping grassroots patients with terminal illnesses receive high-quality palliative care at the JCHH, allowing them to make the most of each precious moment at the end of life.

如欲了解更多，請瀏覽 DawnBridge Facebook 專頁

For more information, please visit DawnBridge's Facebook page at:



DawnBridge Hub 終途有您



## 在初夏湛藍的天空下 婆婆與世長辭了 On a Clear Summer Day, Grandma Passed Away

- 「愛您的家人」  
"Your Loved Ones"

自 2020 年 1 月，陪伴婆婆進出醫院幾乎成為我們日常生活的一部份，而當中有幾次婆婆留院長達十多天。如果你也是留院病人家屬，相信你對防疫下的醫院探病限制也深感困擾吧。抗疫無疑是重要，但作為家屬竟未能親身照料患病至親，不禁深感難過。我的婆婆是個百歲老人，她的生活細節，只有血脈至親才有耐性去處理。多番交涉下，也只爭取到每天不過半小時的探訪，而且每次只限一人。這個時候我們才知悉，婆婆的生命正步向盡頭！

在婆婆住院期間，每天看著她漸漸衰弱的身體，可以互動的時間越來越少，這讓媽媽感到難以面對，著實令我們痛心。正當婆婆的生命慢慢步向盡頭，我們便開始接觸賽馬會善寧之家。

婆婆回家的第二天，善寧之家的護士來到家中探訪，婆婆狀況此刻忽然急轉直下，隨即獲安排送入善寧之家。一輪驚險下，她的情況稍為穩定了，總算鬆了一口氣。

曾經看到一句說話：醫院是病患者的刑房。由步入善寧之家一刻開始，這句說話要重寫。婆婆在這裡得到適切照顧外，護士、社工和醫生的關心更延伸到我們身上，並不斷鼓勵我們在婆婆餘下的時光完成一些心願，在最艱難的日子，賦予了我們很大的意義。

婆婆喜愛陽光。說起來，也好一段時間未有和她享受日光浴，護士得悉後便安排婆婆和我們午後到花園逛逛。大家湊在一起，跟婆婆介紹景物，又和婆婆合照。雖然她不能像從前般能夠坐著細看四周風

景，但我知她喜歡這個安排。黃昏的陽光很柔和，橙黃光線映照婆婆，我們默默地站在旁邊，看著她面上重現了久違的神采，一時間以往的生活點滴重現心頭，大家眼眶都紅了。這是我們最後一次，伴著婆婆看日落。

數天後，婆婆情況差了，昏睡的時間變得越來越長。記得她離開前兩天，有一段時間她保持張開眼睛，充滿慈愛的目光停留在每一個探望她的家人身上，那個眼神載著千言萬語。她一雙瘦弱的手，緊緊的握著我們每人，傳遞著最真摯的愛。我知道，那是她的道別。

婆婆，您累了，畢竟已經歷過兩次世界大戰，以及許多人世間的紛擾。我由衷希望您帶著我們的祝福走向新的階段。您的笑臉、從容、堅毅將長存我們的心底。婆婆，我永遠愛您。

再次感謝賽馬會善寧之家所有工作人員，你們的努力讓我們平靜地走過一段人生最難行的路。

*Since January 2020, Grandma's frequent hospitalizations had become a part of our daily lives. Like many others, we dreaded the visiting restrictions imposed as a result of the pandemic. While prevention measures were important, it also meant we were unable to care for Grandma. Grandma was a centenarian and at that age, only her closest relatives had the patience and understanding to tend to her daily needs. After much pleading with the hospital, we were finally allowed to see Grandma, if only for half an hour each day and limited to one person at a time.*

With each hospitalization, Grandma's body weakened and our interactions became more limited. It was heartbreaking, especially for my mother. Eventually we decided to contact the Jockey Club Home for Hospice (JCHH).

Just one day after returning home, Grandma was visited by a nurse from the JCHH. Given her poor condition, she was immediately arranged to be admitted to the JCHH. In all honesty, there were moments when we thought she would not survive but she eventually stabilized, much to our relief.

I once heard that hospitals are places of suffering for the sick. That statement proved false the moment I stepped foot in the JCHH. Not only were the doctors, nurses and social workers exceptional in their care, they often encouraged us to make the most of our remaining time with Grandma.

As Grandma loved the sunshine, the nurses arranged for her to sit out in the garden. That day, the whole family came to spend the afternoon with Grandma and although she could not fully appreciate the outing, I knew it made her happy nevertheless. That evening, in

the soft glow of a beautiful sunset, a familiar expression appeared on Grandma's face. For a brief moment, as if time had reversed, we caught a glimpse of her former self from before the illness. It was very emotional, as though we somehow knew it was the last sunset we would watch together.

Not long after, Grandma's health deteriorated further. Two days before she passed, I remember her quietly watching everyone that came to visit her. She would reach up with her frail hands to hold us with an unspoken tenderness. Deep down, I knew this was her way of saying goodbye.

You must have felt tired, Grandma. After all, you lived through two world wars and all the hardships in between. Rest now, and know that you will be remembered for your calm perseverance and beautiful smile. I will always love you.

I wish to once again express my deepest thanks to the staff of the JCHH. Your outstanding care helped carry us through a most difficult time.



## 晚晴路上不孤單

### The End-of-life Should Not Be Faced Alone

「執子之手，與子偕老。」對於相守半世紀、同受長期病煎熬的夫婦，應該感受至深。陳伯 83 歲，是末期肝癌病人；妻子陳老太 81 歲，患有心臟衰竭，須接受氧氣治療。近年陳伯的病情急轉直下，需要接受適切的臨終照護。在特別安排下，兩人雙雙入住賽馬會善寧之家。

*“Growing old hand-in-hand.” This is a sentiment felt keenly among many loving couples, perhaps none more so than by Grandpa and Grandma Chan, who were together for over half a century. Grandpa Chan was 83 years old and diagnosed with terminal liver cancer. Grandma Chan was 81 years old and undergoing oxygen therapy for heart failure. Although they both had chronic illnesses, Grandpa Chan’s condition was the first to deteriorate and soon required palliative care.*



有別於可供家屬留宿的住院服務，「伴侶共住優惠計劃」是專為晚期病人伴侶而設，套房內放置了兩張獨立病床，讓伴侶在同一房間內各自得到適切的舒緩護理，照顧身心靈的需要。

*Unlike the standard overnight accommodations for family members of in-patients, the “Couple Beds Program” is uniquely tailored for partners with terminal illnesses. Two individual beds are placed in the suite, allowing both patients to receive not only quality care but also the support and love from their partner whilst in the same room.*

#### Together Until the End

When Grandpa Chan’s condition worsened, hospital visitation was already restricted due to the pandemic. The thought of being separated from him worried Grandma Chan greatly. “Due to their respective terminal illnesses, the couple was hospitalized often and did not have children to care for them. As much as they wanted to take care of one another, they were powerless to do so. Their only wish was to be in the same room together so they did not have to battle their illnesses alone,” explained Mr. M.K. Chan, Superintendent of JCHH. “Given their terminal conditions and similar clinical needs, we redesigned one of our individual suites to allow two patients to receive care in the same room. That was how the “Couple Beds Program” began.

#### A Bedside Farewell

Grandpa and Grandma Chan were well taken care of during their stay at the JCHH. Through simple activities such as strolling in the garden and enjoying the sunshine, their worries were put to ease and a sense of normalcy returned. Even though Grandpa Chan passed away peacefully a month later, Grandma Chan felt comforted by the fact that she was able to stay at his side whilst he was still alive.

*“Recently, our social workers visited Grandma Chan at home. She repeatedly expressed her gratitude for the care we provided and for allowing her to accompany her spouse until the end. When family members are able to support their loved ones at the end of life, it enhances their ability to manage their own grief.”*

#### 相伴相陪

陳老太擔心醫院因疫情關係限制家屬探病，他們或要被迫分開。「老夫婦膝下無兒，相依相伴數十載。兩人都有晚期疾病，經常出入醫院，想照顧對方卻有心無力，唯一願望是，如大家最終需要在病榻度過，那就希望同處一室互相陪伴，不用孤獨抗病。」賽馬會善寧之家院長陳木光說：「考慮到兩人的病況及需要，賽馬會善寧之家藉此重新規劃其中一間房間，成為一間設有兩張獨立單人床的獨立套房，並特制訂『伴侶共住優惠計劃』，讓兩人共住同一房間，接受舒緩護理。」

#### 床邊善別

入住賽馬會善寧之家期間，兩夫婦獲得悉心照顧，心情也變得安穩，且能夠善用共處時間享受恬靜，一起漫步花園享受陽光，重拾溫馨甜蜜。雖然陳伯入住個多月便安詳離世，但陳老太能夠寸步不離在他彌留期間守候身旁，心中甚是安慰。

「早前善寧會社工登門探訪已回到家中寧養的陳老太，她仍孜孜不倦的向我們表達感激。與丈夫相依為命大半生，這計劃讓他們能在醫護團隊的照顧下，繼續以愛相伴同行，即使面對生命走向盡頭，也讓他們能夠好好善別和處理哀傷。」

## 《逃夢》

## "Escaping a Nightmare"

親愛的大家姐：

昨夜我又夢到你了，不願看見你那枯槁的面容，衰竭的軀體，好像一盞油燈燒盡的燈火，快將熄滅。你與一班陌路人往前走，走向一處我不曉得的地方，我不住呼喊，你卻毫不察覺，我們彷彿置身於不同的時空裡？最後我突然驚醒，原來只是一場夢，然後遺下無邊的寂寥和失落。

我一直不理解你何以置癌病早期徵兆於不顧，白白浪費了兩年寶貴的診治黃金時間，否則，我相信你一定活到上帝給你應得的壽數。我無法接受你離世的事實，我的情緒像缺堤的洪水一發不可收拾，纏繞著我的是無限傷痛。幸好妻子帶我及時找得專業人士輔導，助我走出陰霾。

如今你和姐夫終於鵲橋相會了！那裡沒有疼痛，沒有眼淚，只有歡愉。你們身處的地方將來我也會去，終有一天我們會再次相聚，到時我不再埋怨你走得如此匆匆，盼你也不要怪我來得太晚。

今夜，毋阻你和姐夫相會，但願明日一覺醒來，疫情和我的朽壞情緒會像晨光中的朝露，一起融散。

剛才上帝藉著一位姊妹提醒我，「是時候放手了」。有位唸佛的朋友告訴我要放下執著，每個人有權決定自己的選擇和取向，懷念就夠了，不必抱怨，只有記念，只有祝福！感謝上帝，我的噩夢已除，不用再逃。

思念你的弟弟

曾接受善寧會社區哀傷支援服務的譚先生，透過書信，向已逝的親姐表達無盡的思念。

*Mr. Tam, a community bereavement service user, wrote an emotional letter to his late sister.*

喪親者心聲分享  
Bereavement story



Dear Sister,

I dreamt of you again last night. You looked weary, fading like an oil lamp that had been burning for too long. Along with a group of nameless strangers, you kept walking farther away from me toward a place where I could not follow. I kept shouting after you, but you could not hear me, as if we were separated by space and time. It was a nightmare I desperately wanted to escape. Eventually, I woke up with nothing but profound emptiness in my heart.

I never understood you, sister. Why did you ignore the early signs of cancer? For two precious years, you did not choose active treatment for your cancer. If you had, I believe you would have lived to the ripe old age the Lord had intended. When you passed, my emotions overwhelmed me like a raging flood. Thankfully, my wife found me a professional counselor in time to relieve my painful grief.

Now you and brother-in-law are reunited in heaven where there is no pain or sadness, only joy. When the day comes for me to see you again, I promise I won't complain about you leaving me so soon. Until then, I hope you won't mind waiting for me. Anyway, I won't keep you from catching up with brother-in-law. When I wake up tomorrow, I hope my sadness, and the pandemic, will melt away like dew in the morning sun.

Recently, God reminded me through a sister at church that it was time to let go. Coincidentally, my friend, who is Buddhist, also encouraged me to move on from my attachments. Everyone has the right to his or her own choices and beliefs, I suppose. For me, I wish not to mourn you, but to remember you and send you blessings every day. Under God's grace, I don't need to run away from my nightmares anymore.

Missing you always,  
Your brother

## 好日誌計劃 (紓緩治療日間服務中心先導計劃)

### Better Days Initiative (Palliative Care Day Service Centre Pilot)



本計劃由香港公益金資助  
This project is supported by The Community Chest

承蒙香港公益金捐助港幣二百二十萬元，賽馬會善寧之家於2020年4月份開展為期三年的「好日誌計劃（紓緩治療日間服務中心先導計劃）」，計劃旨在提升病人和照顧者的生活質素，促進家人間的凝聚力和滿足感。

計劃為病人及照顧者安排不同的社交康樂和治療性活動，支援病人即使面對疾病，亦能享受和家人相處的時光。疫情期間，活動仍透過網上進行，不論是院內或院外的服務使用者，均可透過視像會議參與社交活動，內容包括手工製作、金曲分享、互動遊戲、心靈放鬆活動及節日慶祝等。另外計劃亦為服務使用者增設按摩椅及輕鬆小遊戲等設備。

Thanks to the funding support of HK\$2.2 million from The Community Chest of Hong Kong, the "Better Days Initiative" (Palliative Care Day Service Centre Pilot) was launched in April 2020 to improve quality of life and promote family bonding among our patients and caregivers.

Through a variety of recreational and therapeutic activities, such as arts and crafts, singing, interactive games, therapeutic programs and festival events, patients and caregivers can create precious memories together even at the end of life. Furthermore, amenities such as massage chairs were purchased for the enjoyment of our service users. To ensure the safety of our patients, many activities have been moved online since the start of the pandemic.



## 賽馬會持續抗逆基金 - 哀傷支援一站通

### Jockey Club Community Sustainability Fund

#### - Easy Community Access to Bereavement Support

承蒙香港賽馬會慈善信託基金捐助，於譚雅士杜佩珍安家舍開展為期九個月的「賽馬會持續抗逆基金 - 哀傷支援一站通」服務（由2020年10月至2021年6月）。因應冠狀病毒疫情下各種防控疾病和限聚規例，喪親者較以往更難獲得支援。此計劃旨在讓社區上的喪親者更方便取得支援服務。內容包括個人及小組輔導、身心靈健康活動及公眾講座，服務地點位於交通便利的九龍區，加強疫情期間對喪親者的關顧。

In view of the social distancing measures to fight COVID-19, it has become increasingly difficult for the bereaved to obtain the necessary support. To make community bereavement support more accessible, The Society for the Promotion of Hospice Care launched "Jockey Club Community Sustainability Fund - Easy Community Access to Bereavement Support", a nine-month project (from October 2020 to June 2021) funded by The Hong Kong Jockey Club Charities Trust that aims to provide individual and group counselling and organise mental wellness activities and public education workshops to the general public. Services are provided at the Jessie and Thomas Tam Centre conveniently located in Kowloon.

善寧會譚雅士杜佩珍安家舍  
Jessie and Thomas Tam Centre

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捐助機構  
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The Hong Kong Jockey Club Charities Trust

## 冬日朱古力 窩心的祝福

### A Sweet Gift to Our Patients



在寒風凜凜下，吃一口香滑朱古力，儼如遇見和煦的陽光，暖在心！賽馬會善寧之家向住院病人及家屬送上香滑細膩、可可味特濃的精緻法國普羅旺斯朱古力，病人及家屬接過朱古力後均笑逐顏開。

衷心感謝熱心公益的 zChocolat 慷慨捐贈多盒法國朱古力，讓賽馬會善寧之家的病人及家屬在嚴冬下感到暖意窩心的祝福。為與病人在疫情肆虐下共度難關，zChocolat 承諾每月都會送上朱古力，直至疫情完結。

如欲了解有關 zChocolat 的資訊，可瀏覽

To learn more about zChocolat, please refer to their website at

[www.zchocolat.com/about-us](http://www.zchocolat.com/about-us)



## 疫情下 ... 「生命樹」依然點亮 Light Up A Life Christmas Concert Cancelled

聖誕是一個溫馨滿載、互送關懷的節日。但因為受到 2019 冠狀病毒疫情影響，原定於 2020 年 12 月於中環聖約翰座堂舉行的「燃亮生命火花」聖誕音樂會已宣告取消。

儘管如此，「生命樹」（掛滿祝福卡的聖誕樹）仍會於「賽馬會善寧之家」繼續點亮。早前我們透過郵寄募捐及收集心意卡，獲得不少有心人響應，寄來一張張滿載對至親的思念與懷念的聖誕心意卡。我們已將心意卡掛在置於賽馬會善寧之家的「生命樹」上，此外我們亦已制作「燃亮生命火花」書冊，將所有的心意與祝福一一刊載。

For those who have lost a loved one, Christmas is a time to honour the memory of those who have passed on. In view of the ongoing Covid-19 pandemic, "Light Up A Life" Christmas Concert, originally scheduled to be held on 1st December 2020 at St John's Cathedral has been called off. It was an extremely difficult decision and we sincerely apologize for any disappointment caused.

It is a long-standing tradition to decorate the Tree of Life with messages dedicated to blessing and remembering loved ones. The concert may be cancelled but the Tree of Life will continue to shine brightly at JCHH this Christmas.

「燃亮生命火花」書冊

Remembrance Book

<https://bit.ly/2Wg3cli>



# 外展紓緩治療助理 證書課程

## Outreach Palliative Care Assistant Certificate Programme

現今醫學如何昌明，也無法解決人生的局限。當病入晚期，與其追求延長生命，我們更應思考如何提升病人的尊嚴及生活品質，減輕不必要痛苦。隨著人口老齡化，我們相信社會對紓緩治療的需求將大大增加。

善寧會開辦證書課程，培訓外展紓緩治療助理（“PCA”）此一嶄新職系，透過各項培訓，於三年內訓練 180 位學員成為 PCA。每位 PCA 均能勝任為體弱老人，患者及其家屬提供涵蓋身、心、社、靈的照護。學員先接受基礎培訓，獲取個人護理員的知識和技能，然後進階再接受紓緩治療和哀傷輔導培訓，達至外展紓緩治療助理的水平。

As the Hong Kong population continues to age rapidly, the demand for palliative care is expected to escalate. SPHC currently organizes a certificate programme that aims to train 180 Outreach Palliative Care Assistants (PCA) within three years. Students will attain the knowledge and skills of a care worker followed by advanced training in palliative and bereavement care to become PCAs. Under the guidance of expert professionals, graduates will be fully equipped to provide physical, psychosocial and spiritual support to end-of-life patients, frail elderly and their family members.



### 課程大綱 Course outline

#### 基本概念和知識 Basic Concepts & Knowledge

老化過程、身體結構、生理學 Process of Ageing, Anatomy, Physiology  
 老年人常見疾病 Common Diseases of Elderly  
 老年人的心理及靈性照護 Psychological and Spiritual Care of Elderly  
 老年人慢性病及末期病患 Patients with Chronic Diseases / Terminal Illness

#### 一般護理理論知識 General Nursing Care Theory

個人護理程序 Personal Care Procedures  
 排泄護理程序 Elimination Procedures  
 協助病人運動 Exercise for Patients  
 轉移病人技巧 Transferring Technique  
 感染控制 Safety & Infection Control  
 急救與心肺復甦法 First Aid & Resuscitation  
 溝通與人際關係技巧 Communication & Interpersonal Relationship

#### 紓緩治療知識 Palliative Care

紓緩治療助理的職責 Roles of PCA  
 預設醫療計劃及預設醫療指示 Advance Care Planning and Advance Directive  
 家訪技巧 Home Visit  
 患者及親屬心理支援技巧 Psychological Support to Patient and Relative  
 晚期癌症患者的護理 Care of Patients with Advanced Cancer  
 晚期器官衰竭患者的護理 Care of Patients with End-stage Organ Failure  
 機能退化病人的護理 Care of Patients with degenerative illnesses  
 認知障礙和衰弱病人的護理 Care of Cognitive Impairment & Frail Elderly  
 紓緩治療：復康服務 Rehabilitation Services  
 工作坊 Workshop

#### 綜合培訓實習 Integrated Practicum Training

實習時數：總計 40 個小時（共 5 天）Training Hour: 40 hours (in 5 days)  
 實習地點：賽馬會善寧之家 Training Location: JCHH





## 課程時數 Course Duration

課程為期 21 週共 115 個小時，包括 75 小時講座和 40 小時實習，由經驗豐富的紓緩治療醫護人員授課，學員通過臨床考核並修畢課程後，將具備獨立處理各臨床護理程序的能力。

21-week course with 115 total teaching hours, including 75 hours of lectures and 40 hours of practicum led by experienced clinical professionals. Upon completion of the clinical assessment, students are expected to demonstrate fundamental capability and independence in carrying out all procedures.

## 課程費用 Course Fee

全期 HK\$2,500 (合格畢業可取回 HK\$2,000)

HK\$2,500 (HK\$2,000 will be refunded upon completing the programme and passing the examination(s))

## 課程要求 Requirements

- 中三程度及兩年以上院舍工作經驗；或中五程度 Form 3 with relevant working experience; or Form 5
- 懂良好粵語、懂讀寫中文 Good written Chinese and spoken Cantonese
- 懂簡單英語 Understand and speak simple English

## 課程日期 Start Dates

本季課程已經截止申請並現正進行中。下季課程的報名詳情，請留意善寧會網站的最新公布。

To register for the next course, please stay tuned to SPHC official website for our latest announcements.

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

# 一個關於「預設照顧計劃」和「預設醫療指示」的資訊講座

## A public seminar on "Advance Care Planning" and "Advance Directive"

(Cantonese only)

當自己或者家人不幸患上末期疾病，你有冇諗過……

我可以邊度做治療？

我可以選擇做或唔做某治療？

同家人之間可以點樣討論大家諗法？

點樣先做到去者善終，留者善別？

一個關於你終點站，你又會點安排呢？

What if you develop a terminal disease?

What sort of treatment and care do you want to receive?

How to make a good end of life plan?

Co-organizer



Tobby's Friends Foundation Ltd.

# 預設 終·點

<b>日期 Date</b>	29/1/2021, 26/3/2021, 28/5/2021 (三選一，每場內容相同)
<b>時間 Time</b>	6:30 - 8:00 p.m.
<b>地點 Venue</b>	透過 Zoom 網上視像進行 Via Zoom
<b>對象 Target Audience</b>	有興趣之公眾人士 For General Public
<b>講者 Speaker</b>	資深護師林姑娘、註冊社工黃先生 Miss Lam (APN), Mr Wong (RSW)
<b>報名 Registration Link</b>	<a href="https://bit.ly/3mTsmKO">https://bit.ly/3mTsmKO</a> 9635 5003 (WhatsApp)



# 捐款感謝

## Sincere Appreciation

善寧會致力為晚期病人及家人提供優質及整全的寧養紓緩護理、哀傷支援等服務。我們實有賴公眾及團體的支持和捐助，才能加強並延續善寧會宗旨，服務社會上更多有需要的人。感謝各界過去一年\*的支持。因篇幅所限，我們未能盡錄每位捐款者的名字，請見諒。

SPHC is dedicated to providing quality palliative service and bereavement support to terminal patients and their families. As an independent charitable organization, your support and donations are vital to our mission and those we serve. SPHC would like to express gratitude to all donors in the past year\* with special recognition to the following major donors for their generous contributions:

- The late Dr Wilfred Chan Siu Yuen and Members of "Win Win Mahjong Tribe" for donating HK\$2.3M toward the sponsorship of subsidy beds;
- The late Mr Chan for his legacy donation of HK\$2.52M;
- Toby's Friends Foundation Ltd. (for DawnBridge Program) for its donation of \$800K to subsidize two patient beds for two years.

And: (HK\$200,000)

- Zonta Club of Kowloon
- Family of the late Mrs Ho

And: (HK\$100,000 to HK\$150,000)

- Mr Cheung Hing
- Miss Mandy Fu Man
- Crown Foundation Limited
- Ng Teng Fong Charitable Foundation Ltd
- Mr & Mrs Pierre & Megan Agyeman
- Carina Production Company Ltd

And: (HK\$40,001 to HK\$80,000 )

- A.R. Medicom Inc. (Asia) Limited
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- In Memory of Ms Tam Pui-ling
- Ms Sandra Leung Wai Ling
- In Memory of Ms Yung Lai-king

And: (HK\$10,000 to HK\$40,000)

- Charitable Choice Limited
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- China Construction Bank (Asia) Corporation Limited
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- Ms Emily Chiu
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- Mr Fung Ying Wah
- Ms Chan Sui Yin
- Ms Cheung Chiu Yi

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，讓更多弱勢晚期病人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，以便本會發出捐款的正式收據。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		捐款金額 Donation Amount	
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捐款用途 Donation Purpose(s)	<input type="checkbox"/> 資助有經濟困難晚期病人，使用賽馬會善寧之家的紓緩照顧服務 Subsidizing terminal patients with financial difficulties to receive care at JCHH	<input type="checkbox"/> 由善寧會分配 General Donation	<input type="checkbox"/> 其他 Other(s) _____
	<input type="checkbox"/> 支持賽馬會善寧之家的營運經費 JCHH's operation cost	<input type="checkbox"/> 喪親支援及善別輔導服務 Grief and bereavement counselling	<input type="checkbox"/> 教育或專業培訓 Education and Professional Training

捐款港幣一百元以上可獲發收據作退稅用途 Donations of HKD100 or above are tax-deductible with an official receipt

### 捐款人資料 Donor's Information

姓名 Name (中文) \_\_\_\_\_ (English) \_\_\_\_\_ 先生 Mr / 小姐 Miss / 女士 Ms / 其他 Others: \_\_\_\_\_  
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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. \_\_\_\_\_  
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\*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 Jan 2021

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Located on A Kung Kok Shan Road, Shatin, JCHH has 30 home-like suites equipped to provide quality end-of-life care for terminally-ill patients. The peaceful ambience and practical amenities enable family members to accompany the patient through every precious moment in this important life stage. Our multidisciplinary team of healthcare professionals, including doctors, nurses, allied healthcare professionals and social workers, formulate an individualised care plan to address each patient's physical, psychological, social and spiritual needs.

賽馬會善寧之家  
Jockey Club Home for Hospice

如欲查詢服務詳情 For Service Enquiries

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善寧會

Society for the Promotion of Hospice Care

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