

善寧會訊

NEWSLETTER

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善寧會

Society for the Promotion of Hospice Care

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尋人記 @ 善寧之家

Reunion at the Hospice

早前一個名為《尋人記》電視節目，在茫茫人海中尋找二、三十年前的人物，再作深入訪問，重溫今昔人情味，大受歡迎。《尋人記》的情節，近日也在善寧會上映。

Life is full of farewells and reunions. Recently, two individuals brought together by the Society for the Promotion of Hospice Care (SPHC) many years ago were reunited once more.

32 年前首次接觸

「1989 年，我第一次接觸『善終服務會』（善寧會前身）。當時爸爸患上晚期肺癌，他患病後一直意志消沉，不願接受現實。尋尋覓覓，最終找到善終服務會家居舒緩照顧團隊的協助，還認識到資深護士黎秀蟾姑娘。」根耀回憶當年陪伴患癌父親的最後日子。

起初根耀父對護士家訪毫不在乎，但黎姑娘循循善誘，加上入微的照顧，深深打動了他，令他坦然接受患病事實。「黎姑娘對爸爸狀況了解得十分透徹，很專業，爸爸很信賴她。」

「有天爸爸咳至吐血，我們嚇得不知所措，紛紛走開，是黎姑娘教我們不用驚慌失措，癌症是不會傳染的。」根耀憶起與黎姑娘結緣的往事：「記得她還邀請我們一家到社區會堂參與活動，給我們輔導和舒壓，這些回憶還歷歷在目。」



退休護士黎秀蟾姑娘在「善終服務會」家居舒緩團隊服務多年

Ms. Clare Lai, a retired nurse, served SPHC's Home Care Team for many years



32 Years Earlier

“I first came across SPHC in 1989 after my father was diagnosed with advanced lung cancer.” Kuniyu recalled. “At the time, he was depressed and unwilling to accept the reality of his illness. We were very fortunate to have been assisted by Ms. Clare Lai, an experienced nurse.”

Through Clare's compassionate care, Kuniyu's father gradually accepted his illness. “Clare was always professional and had a meticulous understanding of my father's condition. He grew to trust her very much.”

“The day my father coughed up blood, everyone was so frightened. It was Clare who calmed us down,” Kuniyu explained. “Even after so many years, I remember it like it was yesterday.”

Reunion

Thirty-two years later, Kuniyu's parents have long since passed away. Unfortunately, Kuniyu was faced with another ordeal; his wife Siuling was diagnosed with stage-four colon cancer.

“By February, it became clear that we were out of options. When I learned that the Jockey Club Home for Hospice (JCHH) encouraged family members

根耀保存著 32 年前父親接受「善終服務會」服務的剪報，至今仍滿懷感恩
Kuniyu kept the newspaper clipping from 32 years ago about his father receiving care from SPHC



32 年後的重逢

事隔多年，根耀父母先後離世，其三名子女也各自成家。原以為可放下重擔，弄孫為樂，太太小玲卻此時患上腸癌第四期，及至今年 2 月病情轉壞。「苦無對策之際，無意間看到《明報》一篇報道，知道賽馬會善寧之家容許家人陪宿，隨即查詢住院條件。」經過評估後，小玲順利於 4 月入住善寧之家。

「這是我再一次得到善寧會幫助。」其實在住院期間，根耀一直牢記黎姑娘的幫助，忽發奇想找回當年父親接受服務的舊剪報，嘗試在院舍尋人。「可惜剪報只有她的姓氏，名字我忘記了。」沒料到猶如《尋人記》一樣，院舍社工聯絡上退休多年的黎秀蟾姑娘，並安排見面。「久別重逢，喚起很多回憶，意想不到的是，子女們還記得孩童時黎姑娘照顧爺爺的一些片段。」

一家的生命教育

在善寧之家七天，院舍協助根耀與黎姑娘重聚，還安排院牧多次探訪，在小玲床邊帶領祈禱。「太太患病後我每刻都忙著餵藥、護理、買餸煮飯和清潔家居等，身心透支得無法對人傾訴。慶幸得到院舍醫護人員的協助，我可在病房專心一意陪伴她，訴說心底話。」

「在小玲最後日子，我們一家守在她身旁，彼此道謝、道愛，要說的都說了。」根耀曾考慮不讓孫女們前來跟婆婆道別，恐給他們留下陰影。「不要讓孫兒遺憾，也不要浪費這個難得機會，讓我們引導他們正面認識死亡嘛！」社工的話儼如當頭棒喝。大孫女見過婆婆後，不但沒有恐懼，還向婆婆承諾用功讀書，二孫女更反過來安慰嫻嫻：「去到天家不用再吃藥打針，可以舒舒服服地休息了。」小孫女對婆婆說 I love you 我會乖，「我像上了一課生命教育。」根耀說。

去者善終，留者善別，根耀一家人做到了。



to stay with the patient, I immediately called to inquire." After a nursing assessment, Siuling was admitted to JCHH in April. "Up until that point, my daily routine was entirely focused on her care. It was exhausting. I feel very fortunate to have found JCHH because I was finally able to spend quality time with my wife."

For Kunyiu, accompanying his wife at JCHH brought back memories of Clare. "I wanted to reconnect with her but I didn't think it was possible," said Kunyiu. The responsible social worker contacted the now-retired Clare and arranged for a reunion. "Seeing Clare again was truly special. Even my children recalled Clare taking care of their grandfather all those years ago."

根耀與小玲珍惜每一刻共處的寶貴時光

Kunyiu and Siuling treasured every moment together



A Lesson on Life

"In Siuling's final days, our family stayed by her side and made sure she felt loved," Kunyiu said. Initially, he was hesitant to allow his granddaughters to see Siuling, fearing it would be a traumatizing experience. He later reconsidered after his social worker convinced him to use the opportunity to introduce death in a positive light. To Kunyiu's surprise, his granddaughters showed no fear and even comforted their grandmother. "Once you're in heaven, you won't have to take medicine anymore. You can finally rest comfortably," the kids told her. "We promise to be good. We love you!" Kunyiu smiled. "Thanks to our social worker, it felt like a valuable lesson on life for all of us."

By supporting Siuling to have a good death, Kunyiu and his family were able to say goodbye without regret.

婚紗圓夢 A Bride's Dream Come True

上一輩人的婚禮，大多因為經濟條件及生活環境所限，只求務實簡單，不求奢華浪漫。罹患晚期癌症的80歲冼老太，與82歲丈夫婚姻逾半世紀，婚後為口奔馳，當起小販，養大孩子，早將結婚時沒穿過婚紗、沒拍過婚照的遺憾拋諸腦後。卻在生命倒數階段，冼老太竟驀然吐露，希望在有生之年，能趕及完成「披婚紗、拍婚照」的未了願。

冼老太去年12月底確診晚期膽管癌。「起初媽媽對治癒抱有希望，但入住醫院期間病情急速惡化，只能進行紓緩治療。」從確診到臨終僅僅數月，冼老太女兒Winnie坦言在疫情期間，家人心情更見糾結。是積極面對還是消極接受，他們毫不猶豫選擇了前者，並趕緊安排媽媽入住賽馬會善寧之家，只求在床邊好好服侍，珍惜有限的相處時光。

聽見冼老太的想法，在床邊的家人急不及待起來，善寧之家同事得悉後亦加緊配合。在今年4月16日一個天清氣朗的上午，冼老太穿上婚紗、戴上后冠、手執花球「出嫁」，由丈夫牽著手在院舍拍攝婚紗照。當日，媳婦、女兒Winnie悉心為冼老太化妝、穿婚紗、戴后冠，讓她以最美的造型「出嫁」，再移師戶外花園拍攝婚照，許下盟誓。

性格內斂的冼先生，在子孫婿媳的見證下牽著太太的手、靦腆地說了句五十個寒暑從未宣之於口的「I Love You」。即使沒有衣香鬢影，這對愛侶已成就出一幅美麗的人間風景。

從事紓緩工作猶如急症，為臨終病人圓夢絕不能等。與時間競賽下，要達成任務殊不容易，慶幸能趕及在冼老太離世前，為她完成最後心願，也為她一家人留下美好而難忘的共處回憶。

Like most weddings in her generation, Mrs. Sin's ceremony was simple and pragmatic. Between working as a street vendor and raising her children, Mrs. Sin did not once consider anything more extravagant. However, as her life came to a close, Mrs. Sin revealed her wish to wear a wedding gown and take photos with her husband.

Mrs. Sin, 80, was diagnosed with terminal cholangiocarcinoma (bile duct cancer) in December 2020. "We were hopeful at first but as my mother's condition worsened, hospice became the only option," recalled her daughter, Winnie. Wanting only to spend as much time with her as possible, her family quickly arranged for her admission to the Jockey Club Home for Hospice (JCHH).

When Mrs. Sin's family learned of her wish, there was a sense of urgency to help her fulfill it. Working closely with JCHH staff, a marriage ceremony was held at the hospice on 16 April 2021. That morning, Winnie and her sister-in-law prepared Mrs. Sin for the special occasion, carefully arranging her gown and makeup before escorting her to the garden where Mr. Sin proposed. In a rare show of affection, Mr. Sin took his wife's hand and said, "I love you." Much like their first ceremony, this one was modest but no less beautiful and intimate.

Helping dying patients realize their lifelong wish is not an easy task but one that we as a hospice care provider always strive to accomplish. It was our utmost privilege to have supported Mrs. Sin in fulfilling her final wish and in the process creating cherished memories for her family.



捨不得 Letting Go

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

六十多歲的阿玉是我的一位病人。這段日子，她的兒女輪流帶她前來診症，無奈她的肝癌擴散太快，症狀接踵而來，無法接受抗癌治療。阿玉和子女們亦表達希望盡早入住賽馬會善寧之家，接受寧養舒緩治療，只求減輕痛苦，唯獨阿玉丈夫姜伯不表認同。姜伯滿懷希望，堅信太太可以多活一段日子，即使治療效果不彰也決不能「坐以待斃」，堅持帶太太四出嘗試不同療法，拒絕子女將太太送進來。子女慨嘆父親屢勸不果，我決定與姜伯好好談一場。

「我哋兩老捱了大半世，唔需要長命百二歲，只求相處多兩、三年。」姜伯深信醫學昌明，總有治癒之法。

「你係好清楚阿玉嘅狀況，係唔係？」我說。姜伯點頭。

「阿玉狀態好差，好累，你知道？」我說。

「阿玉係好痛苦，每次療程過後都無好過……」姜伯低沉地說。

「你好積極搵方法幫阿玉，覺得阿玉唔需要寧養服務。」我說：「其實我好清楚，你係好不捨，你一直壓抑自己嘅情緒，話畀自己聽阿玉係唔會離開你。」

「你唔捨得阿玉？」我續說。姜伯一直點頭。

「因為你好愛阿玉，係唔係？」姜伯低著頭。

「你愛阿玉嘅話，畀佢一個機會喺呢個階段舒服啲，你願意嗎？」

姜伯聽罷邊點頭邊流淚，心中想法似乎得到明瞭。姜伯最終接受阿玉步入臨終的事實，也同意子女的決定，讓阿玉入住這裡。

兩日後，阿玉在善寧之家離世。

作為一直相伴的至親，對臨終照護感到抗拒，更大程度是因為情感上的不捨。但我們更要明白哀傷的五個階段：否認、憤怒、討價還價、憂鬱、接受。作為從事舒緩照護服務的一員，我願意走入每一位病人和他們家人的內心，引導他們安然走過必經的哀傷歷程。

Jade was my patient who was diagnosed with liver cancer. Despite various treatments, Jade's cancer continued to spread and her condition worsened. When Jade began to consider hospice care, her husband Keung refused to allow her to "give up". At that point, I decided to meet with Keung to help him understand the situation.

Keung was a firm believer that modern medicine could help extend Jade's life. "I am not expecting us to live to be a hundred years old. All I want is a few more good years with my wife." Keung said.

"Would you say you are familiar with Jade's condition?" I asked him. "I know she is suffering right now. Even with cancer treatments, her condition did not improve," Keung replied quietly.

"Perhaps the reason you don't think Jade needs hospice care is because you can't accept the fact that she is dying," I continued. "But if all she wants is to be comfortable and free of pain, will you give her that?"

Keung was silent but his tears answered for him. He finally accepted that his wife was dying and agreed to let her receive hospice care. Two days later, Jade passed away at JCHH.

Hospice care is often considered the final option where all others have failed. Naturally, many people are reluctant to accept hospice care because it is seen as "giving up". In fact, this is a part of the five stages of grief: denial, anger, bargaining, depression, and acceptance. As a palliative care provider, I will always be there to guide my patients and their family members through their grief journey, and to help them let go.





再見了……結他小王子

Farewell, Our Guitar Prince

有一段日子，在賽馬會善寧之家走廊不時會聽到《小星星》、《在水中央》、《分鐘需要你》等的結他音樂，耳熟能詳的樂曲自晚期住院病人趙先生（三哥）的房間傳出，不止彈奏者自得其樂，樂韻也撫慰不少院友的心靈，給他冠上「結他小王子」的稱號。

For a time, the halls of JCHH were filled with the gentle strumming of an acoustic guitar as former patient Mr. Chao, nicknamed "Samgor" (means "third brother" in Cantonese), masterfully covered timeless

Cantopop hits in his room. The soothing ambience created by his music endeared him to the neighboring residents, earning him the title of "Guitar Prince".

入住賽馬會善寧之家

66歲的三哥去年3月確診末期腸癌，其後因出現不同徵狀，身體每況愈下，在妹妹Janet安排下，今年1月25日入住賽馬會善寧之家。

「在病發初期，三哥一直堅持自理，我因要照料媽媽，沒太多時間陪他，反而這段日子三哥仍經常陪我一起到老人院探望媽媽，閒時也給媽媽和老人院長者彈奏結他作樂。」Janet回憶與三哥的往事：「我們八兄弟姊妹，哥哥排行第三，我第四，彼此感情很好。他從小對結他充滿熱情，即使入住善寧之家，結他一直形影不離，因為可以隨時彈奏自娛一番。」三哥入住善寧之家後，Janet決心留宿陪伴，照顧左右，閒時帶他出花園曬太陽，安排親友輪流探望，三哥身邊的氣氛總是熱鬧。

Arriving at JCHH

In March 2020, Samgor was diagnosed with terminal colon cancer. When Samgor's health declined, his younger sister Janet arranged for his admission to JCHH where she cared for him around the clock, making sure to take him on walks in the garden and arrange for loved ones to visit whenever possible.

Seeking Forgiveness

"Samgor used to have a gambling addiction and his wife and daughter left him because of it. It was his greatest regret in life," Janet explained. "His dying wish was to seek forgiveness from his estranged family so I reached out to them. Thankfully, they agreed to video call with him." During the video call, Samgor showed genuine remorse for hurting his family and begged for their forgiveness. The three reconciled, undoing a years-long knot of anger and resentment.



寬恕和原諒

Janet 細心為三哥準備一本簿，讓他寫下感受。「三哥最大心願是希望有生之年得到已分開妻子及女兒的原諒。」Janet 說：「三哥曾經嗜賭成性，虧欠了家庭，今天已深感懊悔。我很想圓他心願，於是主動聯絡他的妻女，並安排三人進行一次視像通話。三哥在視像中真誠地道歉，妻女也親口向三哥表達原諒，他們埋藏已久的心結，就在這個場合瞬間解開。

《友誼之光》一曲告別

2月2日下午，院舍社工為住院病人安排了一場視像音樂會，三哥是當日表演者之一，透過 Zoom 為院內不同病人，藉著結他分享共鳴。社工也特意到病房與三哥拍照聊天，聽他即席彈奏《友誼之光》，還像小粉絲般拍手和唱。

就在當天傍晚，三哥離開了。「記得他在離開前的那段時間，他突然抽搐了數下，我和三哥手拉著手一同祈禱，他只平復了一會，便告別了人間，沒有一點痛苦和掙扎。」三哥在妹妹陪伴下安然離世。一曲《友誼之光》，彷彿成為三哥給世間的一份告別。

「臨終者最需要的是陪伴，讓彼此建立足夠的心理準備，面對一切困難。」Janet 感恩三哥在臨終前能解開一切心結，和家人好好道別，也度過了寧靜和舒心的時光。演奏宣告落幕，但那充滿生命力的結他和弦會留在我們腦海之中。

Samgor's Swansong

On 2 February, a virtual concert was held for the patients at JCHH. Unlike similar events in the past, this one featured a patient – the Guitar Prince himself. “Samgor was passionate about the guitar from an early age,” Janet said. “Wherever he went, his guitar followed.”

That afternoon, Samgor riffed and plucked his guitar with utter abandon, as if he knew this performance would be his last, and was met with fervent applause from his fellow residents. Later, like fans drawn to their idol, the social workers visited Samgor for selfies and an encore performance. That evening, Samgor passed away peacefully with Janet by his side.

“Toward the end, I held Samgor’s hand and prayed for him. When he stopped moving, I knew that he had left this world without pain or suffering.”

Janet was thankful that Samgor was able to relieve his emotional burdens and say goodbye to his family. Although the curtains have closed on the Guitar Prince’s life, his heartfelt music and showmanship will remain with us forever.

Janet 感恩三哥在臨終前獲得妻女寬恕，解開心結
Janet was thankful that Samgor had the chance to reconcile with his wife and daughter before his death



開展人生下半場

Fion's Second Act

外展紓緩治療助理課程
Outreach Palliative Care Assistant Certificate Programme



隨著人口老化，晚期病者人數攀升，社會對起居紓緩服務需求亦相應提高。有見及此，善寧會於2020年開辦「外展紓緩治療助理 (PCA) 證書課程」，希望培訓更多紓緩照顧人員以回應社會需求。譚雪梅 (Fion) 是 PCA 證書課程第一屆畢業學員，修畢後便投身護理行業，學以致用令她找到生活支點，展開她人生的下半場。

生育後當起全職主婦的 Fion，一直悉心照顧家庭，直至兩女升中後，決心找尋人生目標。「人到中年，對生老病死體會多了，覺得是時候踏出一步開放自己。得知善寧會開辦這個新課程後便決心報讀。」Fion 說：「課程內容很充實，既可幫到有需要的人，也為自己在照顧年邁父母方面做好準備。」

為期 21 周的課程由專業醫護人員授課，學員先接受基礎培訓，獲取個人護理員的知識和技能，再接受紓緩治療和哀傷輔導培訓，為病人及家屬提供涵蓋身、心、社、靈的照顧。Fion 說：「最欣賞的是能親身到病房實習，導師親自示範，學員付諸實踐。」課程中 Fion 還要親身接觸死亡。「記得有一堂學習包裹先人遺體，起初有些膽怯，真正接觸後發覺並不可怕，原來能夠為往生者做好善後，心裡會感覺欣慰。」

在病房經理鼓勵下，Fion 畢業後加入善寧會成為兼職外展紓緩治療助理。「成為 PCA 後，我首先要接觸病房工作，其後要參與家訪，擔當支援角色。家訪個案林林總總，既有百歲長者亦有癌症病人，我會為病人按摩、梳洗，也會與家屬聊天，了解他們需要，最重要是給予關愛。」一事多面，對 Fion 而言，這份工作是一個助人自助的過程：「對病人來說，好像是我幫助他們，但在我看來，是他們讓我看到愛的畫面呢！」

「沒工作多年，初時還擔心能否勝任，後來是發自內心的喜歡，有時在街上看見老弱長者，都會主動送上慰問。」Fion 得到家人大力支持，兩女更坦言要以母親為榜樣，將來投身護理行業。Fion 感恩自己踏出了第一步，會繼續進修，令自己做得更好。

本課程蒙「維拉律敦治·荻茜慈善基金」贊助
The program is funded by "Vera Ruttonjee Desai Charitable Fund"

外展紓緩治療助理 證書課程

Outreach Palliative Care Assistant Certificate Programme

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顧 Psychological and Spiritual Care of Elderly
老年人慢性病及末期病患 Patients with Chronic Diseases / Terminal Illness

一般護理基礎知識 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 / 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

課程為期 21 周，包括 75 小時講座和 40 小時實習
21-week course including 75 hours of lectures and 40 hours of practicum

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))

As the population ages, the demand for hospice care will only increase. In response, SPHC launched the "Outreach Palliative Care Assistant (PCA) Certificate Programme" in 2020 with the aim to train additional caregivers for the community. Fion was the first student to successfully graduate from the course.

Before enrolling in the course, Fion found herself in need of a new goal in life. "Up until that point, I had been a full-time housewife. With my two daughters grown up, I decided it was time to explore new interests. When I heard about the PCA course, I became interested immediately."

The 21-week course is taught by healthcare professionals with topics ranging from basic care training to specialized hospice and bereavement support. "What I appreciated most about the course was the chance to put theory into practice." The course was an eye-opening experience for Fion, particularly regarding life and death. "Learning to wrap a deceased's body was very intimidating but I now realize that it is a meaningful and gratifying procedure."



After her graduation, Fion was persuaded by the ward manager to join JCHH as a part-time PCA. "I worked in the patient ward at first but later began supporting the home care team. Taking part in home visits has given me a better understanding of each patient's needs." According to Fion, her work is as rewarding as it is challenging. "Seeing the genuine love and care between patients and their families is what makes it worthwhile!"

Fion's story is truly inspiring, most of all to her two daughters who intend to pursue nursing professions in the future. As for Fion, she is simply grateful for taking the first step in doing what she loves.

新一季課程將於 11 月舉辦，報名詳情請留意善寧會網站公布。

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

- Accreditation CNE/CME/CPD (PT/OT) (only for Zoom participants)

第 17 屆 香港紓緩治療研討會 17th Hong Kong Palliative Care Symposium

疫情下的紓緩治療 Delivering Palliative Care in a Pandemic

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「香港紓緩治療研討會」即將舉行，為醫護人員及醫療服務團隊就紓緩照顧服務提供一個交流的專業平台。因應疫情，是次研討會將會以網上 ZOOM 視像形式進行。

Hong Kong Palliative Care Symposium is an event for health care professionals and caregivers to explore various palliative care issues. The event is organized by the Society for the Promotion of Hospice Care and co-organized with the Hong Kong Society of Palliative Medicine and the Hong Kong Palliative Nursing Association. Due to COVID-19, this year's symposium will be held virtually on ZOOM.

日期 **Date: 23 Oct 2021 (Sat)** 時間 **Time: 10:00 AM – 4:30 PM** 費用 **Fee: HK\$100**

- 疫情下紓緩治療人員面對的挑戰 (講者: 謝文華醫生)
- 疫情與苦難中的自我關顧 (講者: 陳智豪教授及田芳女士)
- 在逆境中堅守紓緩治療使命 (內容: 醫療人員面對逆境挑戰, 仍能堅守紓緩治療使命的故事)
(由四位資深紓緩治療科護士林翠玉女士、黎潔敏女士、許慧敏女士、鄧麗明女士分享真實個案)
- 下午時段: 論文發表
- Challenges of Palliative Workers During COVID-19 Pandemic (Speaker: Dr. Tse Man Wah, Doris)
- Self-Care in the Midst of Suffering (Speaker: Prof. Chan Chi Ho, Wallace & Ms. Tin Fong, Agnes)
- Soldiering on Palliative Care Mission in Adversity (Storytelling to illustrate how healthcare providers uphold the palliative care mission in the face of adversity. Speaker: Ms Lam Chui Yuk, Jade; Ms Lai Kit Man; Ms Hui Wai Man; Ms Tang Lai Ming)
- Afternoon Session: Free Paper Presentation

查詢 **Enquiry: +852 2331 7088 (Ms. Kitty Siu / Ms. Cherry Ng)**

如欲報名參加，請參閱善寧會網站 *For registration, please go to www.hospicecare.org.hk*

被忽略的哀傷

Understanding Children's Grief

當有家庭成員不幸身故，我們該如何協助孩子面對？在哀傷歷程中，年少的家庭成員會較易被忽略。家長或因需要處理後事，難以抽空了解孩子需要，有些更擔心過分解釋或會令孩子造成恐懼，故甚少向孩子談論死亡。

The passing of a loved one is a difficult time for children, yet adults often overlook it due to a perceived absence of traditional grieving behaviour.



- 賽馬會善寧之家註冊社工 黃嘉然
Francis Wong, RSW
Jockey Club Home for Hospice

家長往往以為孩子情緒如常便不以為然。其實孩子理解死亡和表達哀傷的方法與成年人不同，即使嬰孩亦會因身邊成年人的情緒反應，影響自身的情緒和焦慮感。兒童的認知能力發展迅速，小至三、四歲，即使未有完整概念，對死亡也有基本的認知。一些幼童甚至會有「神奇的想法 (magical thinking)」，例如認為親人死亡是由於自己不聽話而發生，從而自責和內疚。

孩子未必透過言語表達哀傷，可能會以突然嚎哭、倒退行為（如尿床、不懂自理、吮手指等）、玩樂等方式表達。青少年或會透過藝術創作宣洩，有時或會表現抑鬱，或以激烈的行為去表達。

成年人只要放開懷抱，鼓勵他們發問，協助他們表達，甚至適當地向他們表現哀傷的情緒，均有助孩子處理哀傷情緒。至於經歷喪親的青少年，身邊或缺乏有類似經歷的同儕，故傾向掩藏情感，或表現得漠不關心。青少年需要信賴的親人，協助他們按自己意願和步伐表達哀傷。

與孩子談死亡不需顧忌，可讓他們明白死亡是自然的事，一切哀傷情緒均屬正常，並鼓勵他們以自己方式表達哀傷。

In reality, children simply respond to loss and death differently. Past cognitive studies have shown that children as young as three years old can have a basic understanding of death and express grief in ways besides conversation. For example, they may alternate abruptly between playing and crying, or show regressive behaviour such as bedwetting and thumb-sucking. In some cases, children with "magical thinking" may believe the death was caused by their own actions, resulting in feelings of shame or guilt. Even infants have shown increased anxiety after sensing their parents' distress.

Teenagers may experience depression, lash out in anger, or vent their grief through a creative outlet. They typically have a harder time identifying and communicating their emotions, especially with those who do not share their experience.

Adults may feel hesitant to discuss death with their children to avoid scaring them. Instead, they should be proactive by explaining to their children that death is a natural part of life and the emotions they are feeling are normal. Establishing trust and providing a safe environment for children to process their grief are crucial.

Our community bereavement service offers activities to

「善寧會社區善別輔導服務」一直致力為喪親者提供全面的哀傷支援，服務對象亦包括喪親兒童及青少年、此外亦支援家長協助孩子渡過哀傷。如有孩子因經歷家中親人去世而感困擾，歡迎家長致電求助。

help bereaved children and teenagers cope with their emotions and guidance to parents on supporting their grieving children. If you require bereavement support and counselling, please contact us for more information.

譚雅士杜佩珍安家舍服務中心 Jessie and Thomas Tam Centre

電話 Tel : (852) 2725 7693

電郵 Email: jtcc@hospicecare.org.hk

地址 Address: 九龍長沙灣麗閣邨麗蘭樓 316-318 室

Rooms 316-8, Lai Lan Hse, Lai Kok Estate, Cheung Sha Wan, Kowloon

* 只提供預約服務
By Appointment Only



疫情的出現，才驚醒臨終及死亡可以突如其來。面對臨終，我們該如何好好準備？
*The pandemic has been a somber reminder that death can come unexpectedly.
So how should we prepare for it?*

預設旅程 齊來參與 Advance Care Planning Clinic Session

Sponsor



Tobby's Friends Foundation Ltd.

「預設照顧計劃」是一個涉及晚期照顧的溝通過程，強調自主和溝通的重要性，讓精神上仍有自主能力的成年人，在擔憂一旦臨終時或未能及時表達意願時，預先與家人、朋友及醫護人員共同制訂的醫療及個人照顧計劃，當事人可隨著其身體狀況及處境改變，而就照顧計劃作出修訂。

本會獲「DawnBridge Hub 終途有您」贊助，於本年 4 月開展「< 預設旅程 > 之預設晚期照顧計劃」，現有數十名參加者成功跟我們之醫療團隊簽訂了「預設醫療指示」，當中最年輕者為 30 歲。

現邀請您參與預設旅程，一同為生命作主！

Advance care planning (ACP) is a process in which a person can communicate his/her end-of-life medical decisions, care arrangements, and preferences ahead of time. ACP often involves family, friends, and healthcare professionals in case the need for revision arises after the person becomes unwell.

Sponsored by DawnBridge Hub, the "Advance Care Planning Clinic Session" commenced in April 2021 for individuals aged 18-65 and in good health. Under the guidance of our medical team, dozens of participants, with the youngest being 30 years old, have signed their Advance Directive.

It's never too early to plan ahead. Start your ACP journey today!

對象 Target:

18 至 65 歲健康人士
Individuals aged 18-65 and in good health

形式 Format:

1. 護士 / 社工安排預設照顧計劃的諮詢
Advance Care Planning consultation arranged by nurses and social workers
2. 安排醫生簽訂預設醫療指示
Advance Medical Directive certified by doctor

費用 Fee: HK\$2,200

首三十名報名者可獲 DawnBridge Hub 贊助 HK\$1,000，先到先得

A subsidy of HK\$1,000 by DawnBridge Hub will be offered to the first 30 applicants on a first-come, first-served basis

報名連結 Register Online:

<https://bit.ly/3wAwAx2>



查詢 Enquiry: 2331 7000 Ms. Lam (RN) or Mr. Wong (Social Worker)

「登山善行月」圓滿結束

Hike for Hospice Month Completed Successfully

善寧會於 2021 年 4 月 1 日至 4 月 30 日期間舉辦的「登山善行月」活動已圓滿結束，雖然受到社交距離措施影響致未能舉行戶外啟步儀式，但也十分感謝各參加者積極報名參與，並協助本會籌募善款。活動籌得逾港幣 170 萬元，全數撥作資助更多有經濟困難的晚期病者及其家人，獲得「賽馬會善寧之家」的寧養紓緩照顧及善別輔導服務。

「登山」象徵人生，過程中總面對重重挑戰。「登山善行」是善寧會每年的重點籌款活動，也是經費來源之一，希望透過活動，讓參加者在大自然環境中享受登山樂趣，更可以幫助善寧會籌款，惠及每一位基層晚期病者及其家人。

盼疫情盡早完結，期待 2022 年登山善行回復在山路上與大家再碰面。再一次多謝大家參與！

SPHC's Hike for Hospice Month from 1-30 April 2021 was a success! Even without a physical event, our dedicated hikers hit the trails and raised over HK\$1.7 million to help terminal patients with financial difficulties receive subsidized hospice care and bereavement services at JCHH.

Hike for Hospice is one of SPHC's signature annual fundraising events and key source of income. Every year, our supporters take to the hills of Hong Kong to provide relief for the less fortunate at the end of life. Thank you once again to everyone who participated in this year's event.

As we begin planning for 2022, we hope for a swift end to the pandemic so that we may hike together once more. We look forward to having your support next year.

善寧會謹向各登山善行贊助商及支持團體，致以衷心感謝：

The Society would like to thank all sponsors and supporting organizations for their immense contribution to the Hike for Hospice Month:

金鑽贊助
Diamond Sponsor



白金贊助
Platinum Sponsors



黃金贊助
Gold Sponsors



卓越企業贊助
Premium Corporate Sponsor



禮品贊助
In-kind Sponsor



支持機構
Supporting Organisation

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- China Construction Bank (Asia) Corporation Limited 中國建設銀行 (亞洲)
- Chow Tai Fook Jewellery Group Limited 周大福珠寶集團有限公司
- Crown Foundation Limited
- Crown Worldwide Group 嘉柏環球有限公司
- Golden Age Foundation 黃金時代基金會
- Goldman Sachs (Asia) L.L.C. 高盛 (亞洲) 有限責任公司
- Hamilton Advisors Limited
- The Life Underwriters Association of Hong Kong 香港人壽保險從業員協會
- LUA Foundation Limited 保協慈善基金
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- Small Acts Hong Kong 愛心同行香港義工團
- The Columbia University Alumni Association of Hong Kong

完成距離及排名 (個人組) Finishing Time and Ranking (Individual)

Name	Gender	Company	Distance	Time	Ranking
Michael Cheung Man Sing 張文聲	M		140.51	26h 06m	1
Tony Chan	M		54.86	10h 29m	2
Cheung Chun Kwan	M	Crown Worldwide	50.52	11h 31m	3
Lam Ping Yuen	M		45.25	9h 47m	4
Ting Wing Yan 丁穎恩	F	Chow Tai Fook	32.37	5h 13m	5
Alvin Tang Yiu Man	M		21.95	6h 01m	6
Jessica Hon Wai Shan 韓慧珊	F		21.5	11h 00m	7
Elaine Lo	F		21.09	4h 03m	8
Simon Yau Chung Chun 邱松峻	M		21	6h 12m	9
Eddie Yuen Ka Fai 袁家輝	M	Chow Tai Fook	20.1	4h 27m	10
Chow Kin Wa 周健華	M	Chow Tai Fook	17.76	4h 48m	11
Yu Yik Lui	M	Ricacorp Properties	16.36	5h 03m	12
Lo Wai Leung 盧偉良	M	Chow Tai Fook	16.1	4h 00m	13
Matthew Middleditch	M		16	4h 00m	14
Robert Herries	M		16	4h 00m	14
John Knox	M		16	4h 00m	14
Hugh Graham	M		16	4h 00m	14
Rory MacAlpine	M		16	4h 00m	14
Jenny MacAlpine	F		16	4h 00m	14
Evelyn Fergusson	F		16	4h 00m	14
Bruce Richard Ingram	M		16	4h 00m	14

完成距離及排名 (團體組) Finishing Time and Ranking (Team)

Name	Gender	Team Name	Company	Distance	Time	Ranking
Miu Hin Kiu	M	CCB Team 2	China Construction Bank	52.35	15h 45m	1
Tony Chan	M					
Dennis Cheng Pak To	M	CCB Team 1	China Construction Bank	45.56	7h 39m	2
Darren Li Tak Wah	M					
Vil Lo	M					
Toby Cheung	M	Medicom Team 1	A. R. Medicom Inc. (Asia) Ltd.	43.67	9h 09m	3
Ronald Wong Siu Ming	M					
Kenneth Hui Wing Kwan	M	美聯物業 (1)	美聯集團	37.2	7h 55m	4
Chan Man Sze 陳文思	F					
Leung Chi Wah 梁志華	M	DOUBLE-E		26.11	7h 10m	5
Daniel Toole	M					
James Park	M	Curious George	Goldman Sachs	25.5	2h 34m	6
Christina Ma	F					
Qiao Na	F	Never Stop	Goldman Sachs	20	5h 14m	7
Terence Cheung M C	M					
Ken Ho Fung Sang	M	SHKP Team 1	Sun Hung Kai Properties	18.54	4h 21m	8
Catherine Choy	F					
Una Peng	F	雙妹嘢	Chow Tai Fook	18.07	6h 56m	9
Amelia Leung Lai Ting	F					
Jeffrey Kwok	M	Wahj Team		18	5h 00m	10
Ho Wai Kai	M					
Ho Chi Ming	M	SHKP Team 2	Sun Hung Kai Properties	17.39	4h 21m	11
Canute Dalmasse	M					
Alexandre Reinert	M	Turtles	Goldman Sachs	15.7	2h 06m	12

得獎名單及所有參加者時間可瀏覽 hike.hospicecare.org.hk
For the complete hiking results, please visit hike.hospicecare.org.hk

九龍崇德社到訪善寧之家

Zonta Club of Kowloon Visits JCHH

人們雖無法掌握生老病死，當病入晚期，也可透過紓緩照護服務，令晚晴路上減少痛苦，增添尊嚴。為幫助更多基層家庭得到適切的紓緩治療，九龍崇德社慈善基金去年捐出共港幣 10 萬元的第一期善款予善寧會「住院資助計劃」，資助基層晚期病人入住賽馬會善寧之家。去年 12 月 22 日，九龍崇德社代表到訪賽馬會善寧之家，並進行支票交收儀式。感謝九龍崇德社全人的無私關愛。

Terminal illness is beyond our control but hospice care can make the journey more comfortable and dignified. Last year, Zonta Club of Kowloon donated HK\$100,000 to SPHC's "Sponsorship for Subsidy Bed Program" to subsidize the care of grassroots families at JCHH. In acknowledgement of this generous contribution, a cheque presentation ceremony was held at the hospice on 22 December 2020. Thank you once again to Zonta Club of Kowloon for supporting those in need.



每周一會 窩心甜品

A Treat a Week

天氣炎熱，吃甜品消暑兼開胃最好不過。賽馬會善寧之家在 4 月時，推出每周一次的「窩心輕食」，由餐廳總廚親自設計健康又美味的甜品，於下午茶時段送給住院病人享用。前後五次的開胃輕食各有不同，「朱古力 / 綠茶蘋果吉士」、「西梅燕麥甜品」、「綠茶亞麻籽忌廉朱古力」、「亞麻籽檸檬茶果凍」及「亞麻籽芝士餅」輪流登場，食材加入健康元素，甜度亦適度調整，最重要是絕無添加，令院友吃得開心。

Summer is here, and what better way to cool off than to enjoy some tasty desserts! Since April, patients at the Jockey Club Home for Hospice have been served with a different healthy dessert each week. Crafted with loving care by the head chef, these delectable custards are the perfect afternoon treat.



響應保單捐贈行動 Policy Donation Programme



去年春天，善寧會接到鄧小姐的來電，稱其誼父陳先生生前立下巨額保單，透過保單捐贈方式，指定把當中一部分約港幣 252 萬元的保額撥捐善寧會。這是善寧會成立以來，所收過最大筆的個人保單捐款之一。

據鄧小姐透露，陳先生不曾是善寧會服務使用者，與善寧會的緣份，或許來自他在賽馬會善寧之家一次探病經歷，那裡的人或事給陳先生留下深刻印象。際此疫情嚴峻時刻，這筆捐贈猶如及時雨，善寧會已將捐款全數撥入為低收入家庭而設的「住院資助計劃」，讓每位晚期病人每日可獲資助港幣 1,000 元，共約 250 位病人及 500 位家人因此受惠。

「保單捐贈」好處多，透過保險的槓桿原理，每人每月的小額保費，便可產生數以百萬元計的保額，變相倍大了捐贈效益。若更多人響應保單捐贈行動，例如將個人保額 1% 撥予行善，便能讓慈善機構獲得更穩定的善款來源。期盼更多人支持「保單捐贈」，並將善寧會列為保單受益人，讓更多有經濟困難的晚期病人得善寧會提供的優質寧養紓緩服務。如需協助，敬請致電 2331 7000 或電郵至 frp@hospicecare.org.hk 與我們聯繫。

Last spring, Mr. Chen pledged a HK\$2.52 million policy donation to the Society for the Promotion of Hospice (SPHC). It is one of the largest donations ever received by the organization and, in a year of economic uncertainty, a blessing at a most critical time.

Despite his generous gift, Mr. Chen was never a service user of SPHC. Instead, he was deeply moved by the compassionate care provided to his friend at the Jockey Club Home for Hospice (JCHH). Mr. Chen's donation has been allocated entirely to the "Subsidy Bed Program" to provide low-income patients with a daily subsidy of HK\$1,000. As a result, more than 250 patients and 500 family members have been supported so far.

There are many benefits to a policy donation. For a small monthly premium, one's insurance policy can be leveraged to increase its face value, effectively doubling the size of its charitable impact. If more people pledged just one percent of their policy to charity, that could provide a stable source of income for many non-profit organizations. It is our hope that more individuals will support policy donations and list SPHC as the beneficiary so that more terminal patients with financial difficulties can receive quality hospice care at the end of life. For assistance, please contact us at 2331 7000 or email to frp@hospicecare.org.hk.

登記保單捐贈所需的資料： Information for Policy Giving registration:

機構名稱 (受益人) Beneficiary: 善寧會 The Society for the Promotion of Hospice Care
地址 Address: 香港沙田亞公角山路 18 號 No 18, A Kung Kok Shan Road, Shatin, HK
機構註冊號碼 Registration No: 245622
慈善機構註冊編號 Charity Registration No: 91/3140

保協參觀善寧之家

The Life Underwriters Association of Hong Kong
(LUAHK) Tours JCHH



今年 4 月 3 日及 4 日，「保協」及「保協慈善基金」成員參與善寧會「登山善行月 2021」活動，分別組隊挑戰東澳古道及柏架山至銅鑼灣路線，合共步行約 30 公里，為活動籌得港幣 6 萬元。早前，「保協」聯同「保協慈善基金」代表參觀賽馬會善寧之家，與院長陳木光和職員作分享交流，並捐出善款，支持善寧會的服務。

LUAHK and LUA Foundation Limited recently visited JCHH to meet with Superintendent MK Chan and his staff before making a generous donation in support of SPHC's services.

LUAHK also entered two hiking teams in this year's Hike for Hospice Month. On 3 and 4 April, they tackled the Tung O Ancient Trail and Mount Parker-Causeway Bay Trail, completing over 30km of trail and raising HK\$60,000 for the event. Thank you for your support!

善寧會是一所自負盈虧、沒接受政府津助的非牟利慈善機構。您的每分捐助，可減輕每一位入住「賽馬會善寧之家」的基層晚期病人的經濟負擔，讓他們獲得尊嚴適切的寧養紓緩照護，安寧地在至親的關懷下，度過人生重要的最後階段。

As an NGO without government subvention, we hope to increase our provision of palliative care services so that more underprivileged patients may find comfort and dignity in life's final stage, allowing them more quality time with their loved ones at the Jockey Club Home for Hospice (JCHH).

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/傳真/電郵或WhatsApp至善寧會，以便本會發出捐款之正式收據。您的個人資料將保密處理。
Please complete the form and ✓ as appropriate, and return to us by post, email, fax or WhatsApp for the issuance of official receipt. Your personal data provided herein will be kept strictly confidential.

我希望 I would like to make a

每月定期捐款
Monthly donation

一次過捐款
One-off donation

捐款金額 Donation Amount

港幣 HKD \$5,000 \$2,000 \$1,000 \$800 其他 Other \$ _____

捐款用途 Donation Purpose(s)

為低收入家庭而設的「住院資助計劃」
"Subsidy Bed Program" for underprivileged families

由善寧會分配
General Donation

其他
Other(s) _____

喪親支援及善別輔導服務
Grief and Bereavement Counselling

教育或專業培訓
Education and Professional Training

捐款港幣100元以上者
將獲發收據作扣稅用途。
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: _____

地址 Address _____ 電話 Phone _____

電郵 Email _____ 捐款人編號(如有) Donor No. (If any) _____

捐款方法 Donation Method

劃線支票 By Crossed Cheque

支票抬頭：善寧會
Payable to "The Society for the Promotion of
Hospice Care"

自動轉帳或銀行櫃員機
By ATM or Direct Transfer

善寧會銀行戶口 SPHC's Bank Account:
HSBC 002-3-365638

請將入數紙或捐款之頁面截圖連同此表格郵
寄、傳真、電郵或WhatsApp 給我們。
Please email / fax / WhatsApp us a copy of the
bank-in slip or screen capture of the related
transaction together with the completed
donation form.

轉數快 By Faster Payment Service (FPS)



或
or
善寧會電郵
SPHC's FPS Email:
finance@
hospicecare.org.hk

可透過網上銀行轉數快，掃描以上QR code進行
捐款，完成後電郵frp@hospicecare.org.hk 或
WhatsApp (9635 5001) 告知我們，以便開發收據。

Donation can be made through FPS-enabled e-wallet
or mobile apps by scanning the above QR code. To
receive a donation receipt, please go to
<https://bit.ly/3C2Xbp8>, or WhatsApp (9635 5001) /
email (frp@hospicecare.org.hk) us.

信用卡 By Credit Card

(適用於每月定期及單次捐款 Applicable to both monthly & 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帳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.

除作出捐款外，您對善寧會工作的持續關注，也是對我們的最好支持。為保持緊密聯繫，希望您能讓我們使用上述聯絡資料，定期向您發放通訊及會訊。
Your continued attention to SPHC is also a great support for us. Please allow us to use the contact information you provide to send emails, newsletters and other communications that may be of interest to you.

本人同意 I agree to 收取電郵通訊 receive email communications 定期收到《善寧會訊》印刷版 receive printed newsletter

摺線 Folding Line

NW Aug 2021

電話 Tel +852 2331 7000 網址 Web www.hospicecare.org.hk
傳真 Fax +852 2336 2776 電郵 Email frp@hospicecare.org.hk
WhatsApp +852 9635 5001

如在本港投寄
毋須貼上郵票
NO POSTAGE
STAMP
NECESSARY IF
POSTED IN
HONG KONG

如貼上郵票，可為本會節省成本
Your stamp will reduce our cost

位處沙田亞公角山路一隅開揚的安寧環境，備有三十間獨立家居式病房，分為園景房和河景房，提供獨一無二的周邊配套和設施。我們的專業醫護團隊，包括醫生、護士、專職醫療人員、社工等，為入住晚期病人提供涵蓋身、心、社、靈的優越及全天候的寧養照顧，讓他們在晚晴路上，得到關愛和尊嚴。

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

電話 Tel : 2331 7000 電郵 Email : service@hospicecare.org.hk 網址 Web : www.hospicecare.org.hk



善寧會

Society for the Promotion of Hospice Care

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No.18, A Kung Kok Shan Road, Shatin, Hong Kong

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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.

慈善機構註冊編號 Charity Registered No: 91/3140