

# 善寧會訊

## NEWSLETTER

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### 疫中善別

### BEREAVEMENT: PANDEMIC EDITION



Society for the Promotion of Hospice Care



梁太指丈夫住院時最愛眺望沙田馬場，如今已成追憶。  
Mrs. Leung recalled her husband's love of the view of the Shatin Racecourse while at the Jockey Club Home for Hospice.

## 如願的永訣 A PROPER FAREWELL

至親離世，關係越親，愛意越濃，哀傷越深。梁先生患病多年，身心飽受折磨，多次徘徊生死邊緣，家人重複經歷哀傷。梁太憶述：「病痛無法醫治，只願疫情下我們能陪他走到最後，讓他安詳離開。」

When it comes to the death of a loved one, the stronger the love, the deeper the grief. For many years, Mr. Leung suffered from terminal illness and had numerous close encounters with death, and every time, his family had to relive the grief of losing him. "The emotional pain was unavoidable. All we could do was try to be with him during the pandemic and hope that he could depart in peace," said Mrs. Leung.

百病纏身的晚期病人梁先生，2019年起無間斷進出公立醫院。疫情期間醫院暫停探訪，梁先生孤獨留院，電話失靈未能與家人聯絡，致使情緒低落，健康情況急劇轉壞，短短三個月，失去活動能力。

### 家人伴隨

縱然醫院嚴禁探訪，但梁太仍每天到醫院大堂守候，冀能到病房隔著玻璃見丈夫一面。她坦言丈夫渴望家人陪伴，害怕死亡，但更恐懼留在醫院，故堅持「死」也不在醫院。當梁先生辦理出院手續時，護士直言：「你們照顧不了他！」，令梁氏一家更感徬徨。

Mr. Leung, a terminal patient, had been in and out of public hospitals since 2019. When hospital visitation became suspended due to the pandemic, Mr. Leung found himself isolated and unable to contact his family. Both his mood and health condition deteriorated rapidly, and in just three short months, he became bedridden.

### Family Comes First

Despite the restrictions, Mrs. Leung waited in the hospital lobby every day, hoping to catch a glimpse of her husband. Knowing that her husband feared staying in a hospital even more so than dying, Mrs. Leung initiated the discharge process against the advice of the nurses.



為幫助親朋面對死亡，梁太報讀本會「外展紓緩治療助理證書課程」，讓哀傷化作力量。

Mrs. Leung signed up for the "Outreach Palliative Care Assistant Certificate Programme" to help her friends and relatives.

## 我們的善別輔導 Our Bereavement Service



我們的社工致力為晚期病人及其家屬、喪親者提供「善別輔導」，紓緩哀傷情緒。臨床社工黃嘉然闡述善別輔導服務，如何讓喪親者得到支援。

Our social workers are committed to providing bereavement service for the terminally ill and their families. Francis explains how it helps the bereaved overcome their grief.

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經朋友介紹下，梁太向善寧會家居照護求助，並成功申請住院資助計劃。她說：「他對入院有極大陰影，但看到賽馬會善寧之家的相片時卻喜出望外，難以置信自己有機會入住。」梁太和兒子輪流陪宿，加上醫護悉心照護，梁先生入院一個月後，心情變得開朗，身體逐漸好轉並嘗試步行。

隨著梁先生病情緩和，可回家寧養。經過三次進出賽馬會善寧之家，最後於去年九月他再度入住，並如願在家人陪伴下安詳離去。

### 一度自責

「他離去後我一度自責，自覺做得不足，不斷反問自己『如何讓丈夫多活些日子？』」梁太懷疑自己的決定。

負責個案的臨床社工黃嘉然指，病人離世後家屬出現自責屬常見，成因多來自家屬對逝者不捨、希望做得更多更好等，而這些想法容易將自己的不足之處放大。此外，如家屬向親朋傾訴感受時，對方以「看開點、別亂想」等回應，其哀傷會得不到紓緩、甚至被抑壓，令自責情況加劇。由於梁先生早與家人共識臨終照顧安排，家人亦付諸實行，並陪伴走完人生，整個過程已是圓滿。

### 這是最好安排

在處理喪親者哀傷情緒時，社工會鼓勵他們說出感受，如出現自責及遺憾，可與喪親者回顧當時自己的決定，已充份考慮病人的照顧意願及客觀限制等因素，「決定」是為病人爭取最合適的照顧。

經過時間的沉澱，加上第五波疫情爆發，醫院限制探訪令許多家屬未能陪伴病人，梁太釋懷道：「當時的安排是最好、正確的決定，這是他所願、也是我所願。」經歷喪親之痛，梁太了解晚期病人護理上的需要，為幫助身邊親朋面對死亡，她報讀善寧會的「外展紓緩治療助理證書課程」，讓哀傷化作力量，積極活著。

After a friend introduced Mrs. Leung to Jockey Club Home for Hospice, she successfully applied for care subsidy. "Even with his fear of hospitals, my husband was overjoyed for a chance to stay at the hospice." During Mr. Leung's stay, Mrs. Leung and her son took turns caring for him. One month later, his mood and health condition had improved enough for him to return home. Mr. Leung would go on to be admitted three more times before passing away peacefully last September per his wish.

### Self-blame

"After he left, I went through a period of doubt and self-blame. I kept asking myself, "Instead of choosing hospice care, what could I have done to help him live longer?"

Francis, the assigned Clinical Social Worker, explained that feelings of self-blame are common among family members because they are the most unwilling to let their loved ones go. Oftentimes, their grief would be suppressed, which in turn intensifies the self-blame. In this case, since Mr. Leung had agreed to hospice care beforehand, his family was simply fulfilling his final wish.

### The Right Decision

Whenever there is self-blame or regret, our social workers would encourage the bereaved to express their feelings. Looking back, Mrs. Leung eventually understood that hospice care for her husband was the correct decision at the time. After her own bereavement experience, Mrs. Leung enrolled in the "Outreach Palliative Care Assistant Certificate Programme" offered by the Society for the Promotion of Hospice Care to learn more about end of life care for the terminally ill.



# 未及說再見 GONE WITHOUT SAYING GOODBYE

不願上鏡的以晴，媽媽因新冠病毒離逝，惟公立醫院禁止探訪，未能陪媽媽走完人生最後旅程。

Yi-ching could not visit her mother when she passed away from COVID-19 at a public hospital.

第五波疫情直捲數千性命，無數家屬在毫無準備下，無奈面對至親「不辭而別」。逝者心事未了，生者有話未訴，「善別」變得彌足珍貴。

During the fifth pandemic wave, many families were unable to say goodbye to their deceased loved ones, leaving them with unresolved grief.

最近社區尋求善別輔導的個案增加。善別輔導員阮慧敏指出，自今年三月至六月，喪親者向單位尋求善別輔導的個案，比去年同期上升近兩成，當中大部份是疫情下因公立醫院不許探訪，家屬未能陪至親走完最後一程而情緒受困擾，須尋求輔導。

## 自責與遺憾

以晴是疫情下阮姑娘其中一個印象深刻的個案。以晴和哥哥緯文的父親離世多年，與媽媽感情深厚。數年前緯文成家立室，家中餘下以晴與媽媽生活。

「年初疫情嚴峻，60多歲的媽媽困在家中兩個多月，向我們提議外出，豈料媽媽及後感染新冠病毒，入院治療，四月因併發症離逝。」以晴憶述當時非常自責，認為自己間接害死媽媽，加上當時公立醫院禁止探訪，未能與親友陪媽媽走完人生最後旅程，故感到非常遺憾，終日以淚洗面，最後由緯文陪同尋求善別輔導。

There was an evident increase in bereavement cases between March and June of this year, a nearly 20 per cent jump from the same period last year, as pointed out by Bereavement Counselor Erica Yuen. Most cases sought bereavement counselling because a loved one had died alone in a public hospital during the pandemic period.

## Feelings of Regret

One of Erica's most memorable cases was Yi-ching and her brother Wai-man. Having lost their father many years ago, the two siblings shared a very close bond with their mother. "When the pandemic wave was at its peak, my mother, who had been isolated at home for over two months, told us that she needed to go outside. We did not even consider that she would catch COVID-19 that day and pass away in April from complications," said Yi-ching. She blamed herself for her mother's death, a feeling made worse by the fact that she could not accompany her mother in her final days due to hospital restrictions.



輔導時會透過小勞作，鼓勵喪親者寫出對至親的思念，舒緩哀傷。  
The bereaved are encouraged to write down their thoughts and emotions during counselling.

善別輔導員阮慧敏  
Bereavement Counsellor Erica Yuen



阮姑娘疏導以晴的哀傷情緒，交談間發現她有自毀傾向：「她常嚷著要尋死跟媽媽重聚。於是我借助家人力量，幫喪親者正面思考，我問『你走了，哥哥和家人怎樣呢？我無法取走你的傷，但我為你的傷而感到傷感。』話畢她有點舒解。」

### 釋放悲傷

以晴是會計師，工作壓力繁重，早年患上抑鬱症，但沒遵從指示按時服藥，加上母親離世、未能好好與媽媽善別，令其抑鬱加劇，並萌生自毀念頭。由於以晴的哀傷情況嚴重並患有抑鬱症，故阮姑娘加密輔導次數，並建議緯文陪她到精神科專科求醫，雙管齊下，助她走出陰霾。

阮姑娘說：「輔導注重『聆聽、同理、陪伴』，並引導喪親者回憶與親人的生活點滴。透過一些方法，幫助喪親者舒發內心抑壓的哀傷。」隨著以晴接受精神科專科治療及繼續接受輔導，其負面情緒得以釋放，逐漸重拾動力，面對未來。

我們難免面對生死。縱然天人永隔，愛卻永隨左右，守護彼此的回憶，提醒你我活在當下。

Erica took note of the intensity of Yi-ching's self-blame. "My role is to help the bereaved cope with loss in a positive way," explained Erica. "Yi-ching often cried out that she wanted to die to be reunited with her mother. In response, I told her that while I couldn't take away her pain, she was not alone in facing it. I hope she found some comfort in that."

### Easing the Pain of Grief

Yi-ching's history of depression, work pressure as an accountant and losing her mother without a proper farewell all likely contributed to her relapse and thoughts of self-harm. Since Yi-ching's case was complex, Erica suggested Wai-man to accompany her to see a psychiatrist.

Through the combined efforts of counselling and psychiatric treatment, Yi-ching gradually learned to cope with her grief emotions and regained the strength to face the future. "Bereavement counselling is all about listening, empathy and support," said Erica. "Through counselling, I believe the pain of grief can be relieved."

### 常見哀傷反應

#### Common Grief Responses

- **感覺**：震驚、悲傷、否認、絕望、焦慮、憤怒、孤獨、沮喪
- **想法**：對親人離世一事難以置信、困惑、難以集中精神
- **身體**：胃痛、噁心、頭暈頭痛、肌肉無力、疲累
- **行為**：失眠、食慾不振、拒絕社交
- **Emotional**： shock, sadness, denial, hopelessness, anxiety, loneliness, depression
- **Psychological**： confusion or disbelief toward the loss, inability to concentrate
- **Physical**： stomachache, nausea, dizziness, headache, weakness, fatigue
- **Behavioural**： insomnia, loss of appetite, social withdrawal

### 社區善別輔導

#### 譚雅士杜佩珍安家舍

地址：九龍長沙灣麗閣邨麗蘭樓316至318室  
電話：2725 7693

### Community Bereavement Service

#### Jessie and Thomas Tam Centre

Address：Room 316-318, Lai Lan House, Lai Kok Estate, Cheung Sha Wan, Kowloon  
Phone：2725 7693



Jenny去年底舉行生命派對暨個人展覽「珍妮的一百種生活」，回顧成長點滴。  
Jenny's life party was held at the end of last year.

## 今生無悔 LIFE WITHOUT REGRET

「一天還有呼吸、可以發聲，我都想與別人分享自己的故事，所以舉辦生命派對——珍妮的一百種生活。每個人『走』時總有些遺憾，能盡量減少人生的遺憾已很好。」30歲已遊歷29個國家的Jenny說。

"Everyone has regrets in the end, but it is important that we have as few of them as possible. For every day that I still live and breathe, I want to share my experience with others." - Jenny

2020年7月，父親突然離世不久，Jenny驚聞自己患上第四期腸癌。正值大好年華的她，只想到要用盡可行方法醫治，然而抗癌年多，電療、化療、標靶治療等，也沒帶來任何曙光。

曾是背包客、打工換宿的她，性格獨立、思想豁達，所以早已簽署「預設醫療指示」，免得家人日後為她作痛苦的醫療決定。去年12月，她更舉行了一個生命派對暨個人展覽「珍妮的一百種生活」，展出其成長印記、遊歷29個國家的相片、抗癌的心路歷程。即使面對死亡也要如常生活，Jenny表示：「將不同生活面貌展覽出來，是想告訴大家這就是我！別人能與我有共鳴，便已足夠。」

In July 2020, not long after her father passed away, Jenny was diagnosed with stage four colon cancer. Still in the prime of her life, Jenny sought out every type of cancer treatment available, but none were successful.

As an avid backpacker who had been to 29 countries, Jenny's independent and open-minded personality prompted her to complete an "advance directive" so that her family would not have to make any difficult decisions on her behalf. This past December, Jenny held a "life party" in which she exhibited photos from her travels and shared stories of her battle with cancer. "I wanted everyone to know about my experience and if even one person could relate to it, then it was enough," said Jenny.



## 活在當下

眼見Jenny的至親好友、同行醫護齊集生命派對，弟弟阿聰既感動又心痛：「姐姐喜歡與人互訴心曲，派對好讓彼此留下真摯難忘的回憶。」

隨著病情惡化，Jenny主動搜尋寧養中心，最後選定環境清幽的賽馬會善寧之家，接受寧養舒緩治療。5月4日Jenny入院，當時癌細胞已由腸部擴散到肝、肺及腦部，即使嚴重氣喘，說話無力，但充滿鬥志的她對生命從沒言棄。針對Jenny病情，賽馬會善寧之家駐院黃惠玲醫生為她處方口服藥物，至後來病情轉差便改為針藥注射，以舒緩不適。

## 以愛告別

當Jenny稍有精神便爭取與家人、醫護和社工對話，道謝道愛。Jenny媽媽感動地說：「母親節前夕她對我說『我愛你』，預祝母親節快樂，還提早送上花束，這是她繼生命派對後，第二次送花給我！」

母親節當天，Jenny的脈搏逐漸微弱，最後在至親陪伴下安詳離世，完成她「這趟漫長的癌症之旅」。萬般不捨卻不留遺憾，弟弟阿聰願最溫柔的家姐、媽媽最孝順的女兒，在世界的另一端，做無憂無慮的天使，繼續遊歷世界。

Jenny在抗癌路上從沒放棄，還把握時間預早安排人生末段，身體力行，活出精彩人生。

## Living in the Moment

Jenny's younger brother was deeply moved by the life party. "My sister always enjoyed opening her heart up to others. The party was her way of leaving an unforgettable memory for everyone."

As her condition worsened, Jenny began searching for palliative care and was eventually admitted to Jockey Club Home for Hospice on 4 May. By then, the cancer had metastasized to her liver, lungs and brain, but her fighting spirit remained strong. The resident doctor, Dr. Jamie Wong, adjusted Jenny's oral medication accordingly and later medication by subcutaneous administration to alleviate her discomfort.

## A Loving Farewell

What little energy Jenny had in her final days, she used to show appreciation and love for her family as well as the clinical staff and social workers. "On Mother's Day, she told me how much she loved me and even sent a bouquet of flowers in advance," said Jenny's mother. That same day, Jenny's pulse weakened and she passed away peacefully surrounded by her loved ones.

Even when faced with terminal cancer, Jenny never gave up, made her end of life arrangements ahead of time and lived life to the fullest. As for Jenny's family, they hope that her vibrant spirit, now free of pain and suffering, can continue to travel the world as she would have wanted in life.



黃惠玲醫生為Jenny處方口服藥物，至後來病情轉差便改為針藥注射，以舒緩不適。

Dr. Jamie Wong looked after Jenny while she was at Jockey Club Home for Hospice.





資深護師林詠芝向照顧者講解藥物功能和使用守則  
Advanced Practice Nurse, Gigi Lam, teaches patients and caregivers to properly manage their medications.



晚期病人服用的藥物多，不少病人和照顧者均受多重用藥困擾。  
Polypharmacy is a major issue among the terminally ill.

## 照顧者疑難

# A CAREGIVERS' CHALLENGE

二十餘歲的阿安，數年前確診大腸癌及情緒病，每天服用五種以上藥物及止痛藥貼，此用藥情況簡稱為「多重用藥」。姐姐凱昕說：「他服藥的種類多，且劑量各異，但服藥相隔的時間不一，我們常會忘記餵藥。」她續指在醫院藥房取藥時，以為已掌握用藥指示，但回家後卻對五花八門的藥物感到混亂。

Since being diagnosed with colon cancer and mood disorder, On, a patient in his twenties, has been taking over five different types of medication every day for the past several years. "All of his medications have different dosages and instructions. It is difficult to keep track of them all," said his sister, Hoi-yan. This situation is known as "polypharmacy".

此外，阿安對某種止痛藥出現耐受性，即身體對藥物反應降低，未能有效控制痛楚。於是他自行加大服藥劑量，並減少服用藥性較溫和的藥物。家居照護資深護師林詠芝指晚期病人常會服用多類藥物，部份劑量每天可多達20粒，照顧者難以分辨，並容易錯過餵藥時間；部份更會錯誤地自行調節藥物劑量，令醫生難以判斷藥物成效，導致病情反覆。

對此，林姑娘會教導病人和照顧者正確用藥觀念，並用手機拍下藥物照片，為他們度身製作「用藥指示圖」，方便按圖用藥。如病人痛楚加劇，亦可按圖指示增加劑量，控制徵狀。

凱昕認為家居照護服務，不僅讓她們有更大的自由度，林姑娘定期家訪教導照顧技巧，有助紓緩阿安的身體不適：「阿安在家中寧養，我們可日夜照顧他，爭取共處時光。倘他病情有變化，林姑娘亦能迅速解答我們的疑難，提供適切支援，讓我們感到關愛和支持！」。

Over the years, On has developed a tolerance to a certain type of pain medication, greatly reducing its effectiveness. In response, On has gradually increased the dosage on his own while scaling back on milder medications. Home care, Advanced Practice Nurse, Gigi Lam, explained that polypharmacy and tolerance issues are common among the terminally ill. Self-adjustment of dosages is often done incorrectly and, in some cases, medications have been increased to as many as 20 capsules per day. It then becomes difficult for doctors to assess the true effectiveness of the prescription and may result in breakthrough symptoms for the patient.

To help patients and caregivers better manage their medications, Gigi would create a "medication plan" labelled with clear instructions and photos. Should the patients' symptoms worsen, the plan also includes directions on increasing dosages safely.

For Hoi-yan, Gigi's home visits have not only taught her the skills to care for On, but also offered her greater freedom. "With Gigi's support, we can now look after On and spend more time with him at home. If his condition changes, Gigi is always there to answer our questions, giving us much-needed peace of mind."





透過視像教學活動，祈讓孩子正面看待死亡。  
Through online educational activities, children can develop a more positive view of death.



柏熙小朋友向臨床社工分享閱後感（設計圖片）  
Alvin shares his thoughts on the story. (Simulation Images)

## 童你講生

# LIFE AND DEATH FOR KIDS

「孩子年紀太小，應否談論死亡？」其實任何年齡的人都有機會接觸死亡，如能透過生命教育，讓孩子從小建立面對死亡正確的態度，長大後更能珍惜生命。早前，我們舉辦兒童生死教育活動「童你講生」，透過視像模式帶領30多位四至十歲的兒童，開展一場生命旅程！

"Are children too young to learn about death?" In fact, death can affect people of all ages. By introducing the concept of death at an early age, children are more likely to develop a healthier attitude toward it and cherish life as they grow older. Recently, we organized "Life and Death for Kids", an educational activity attended remotely by more than 30 children between the ages of 4 and 10.

生死對幼童是個既直接又抽象的概念。為推廣兒童的生死教育，活動揀選充滿本土情懷的《獅子山下的黃大獅》繪本，以講故事的方式，循序漸進講解生死。故事闡述獅子爸爸帶小獅子「探望」嫲嫲，沿途穿梭熟悉的街道和店舖，憶起連串溫馨往事，並以愛與祝福作結尾。

許多家長對「死亡」話題比較忌諱，但柏熙媽媽卻是例外。今年二月全港學校停課，五歲的柏熙呆在家中，新聞不斷報道疫情的死亡數字，柏熙媽媽希望孩子能從死看生，明白生命有始有終，但她無從入手，又怕孩子不明白，於是參與活動。

活動內容除講故事、談生死外，還與孩子玩遊戲和做些簡單運動，出席的孩子很是喜歡，笑聲不絕。在互動環節裡，柏熙主動分享自己的感受：「我覺得兩隻獅子失去至親很慘，我明白死去便不能與爸媽一起生活，故很珍惜跟爸媽相處。」死亡從不遙遠，結束的生命會萌芽另一個故事；父母用生命為孩子說故事，孩子用愛撰寫精彩人生。

Since life and death are relatively abstract concepts to young children, storytelling is an effective way to introduce them. For this activity, we chose the picture book "The Lion of Lion Rock", a heartwarming story about a lion cub revisiting the memories of his grandmother while out on a stroll with his father.

During the school closure in February, five-year-old Alvin was constantly exposed to news about the pandemic death toll. Keen to help her son understand life and death, Alvin's mother decided to sign him up for "Life and Death for Kids".

In addition to storytelling, the children also enjoyed simple games and exercises as part of the learning experience. Alvin was particularly eager to share his thoughts. "I feel that the two lions really miss their grandma. I know that I won't be able to see my parents when they die so I will cherish every moment with them." Death is inevitable, but the end of one story is the beginning of another. Children will forever carry the memories of their parents as they embark on their own life's journey.



麗君在家人陪伴下，完成人生之旅，其家屬送上感謝卡道謝。  
Lai-kwun's family was grateful that she was able to complete her life's journey with dignity.



家居照護資深護師蕭潔英  
Elane Siu, Home Care,  
Advanced Practice Nurse

## 道愛 道謝 A SIMPLE THANK YOU

患有晚期乳癌的麗君，癌細胞擴散，飽受痛楚折騰。今年三月在家寧養期間，因神智不清送院救治。然而，疫症期間醫院禁止探訪，麗君獨自與病魔搏鬥，向女兒嘉瑩哭訴：「我決不要死在這裡，求你快帶我回家！」

I first came into contact with Lai-kwun back in March of this year. Diagnosed with terminal breast cancer, she was staying in a public hospital when the latest pandemic wave began. Alone and unable to see her family, Lai-kwun pleaded with her daughter, Ka-ying, to be discharged.

我收到嘉瑩來電，旋即為麗君進行入院評估。由於其病情嚴重，安排即日入住賽馬會善寧之家，醫生亦為她處方舒緩痛症藥物，減輕不適。為了解麗君情況，我到病房探望並與嘉瑩傾談。嘉瑩指媽媽患癌十多年，醫療支出已耗盡自己積蓄，但嘉瑩有一個信念——錢可以再賺，媽媽只有一個，即使路再難行，一家人憑愛堅持與媽媽同行，圓滿人生。

臨床社工尤春華姑娘也積極協助麗君，並加快申請「住院資助」的經濟審批手續，祈減輕他們的醫療負擔。麗君是個思考清晰的人，早已安排最後人生，簽妥「預設醫療指示」表明一旦陷入昏迷，拒絕接受任何急救程序，希望能有尊嚴地離開。子女愛母心切，也非常尊重其決定。

不久，麗君如願，在家人陪伴下安詳離去。一天我收到嘉瑩和弟弟送上親筆感謝卡；一句簡單「道謝」，勝過千言萬語，也是對我們醫護最大的鼓勵。

When I received the call from Ka-ying, I immediately arranged for a nurse consultation with Lai-kwun. Given her serious condition, she was promptly admitted to Jockey Club Home for Hospice on the same day. While the doctor was prescribing medications to relieve Lai-kwun's pain, I spoke with Ka-ying to better understand her mother's situation. Ka-ying explained that for over ten years, her mother's battle with cancer had exhausted her both physically and financially. However, Ka-ying added that no matter how difficult the road ahead might be, her mother would always have the loving support of the entire family.

To help lessen Lai-kwun's financial burden, our clinical social worker, Tina Yu, helped her apply for care subsidy. Ever prepared, Lai-kwun already had an advance directive to refuse life support in the case of a coma, a decision that her family respected and accepted. Shortly after her admission, Lai-kwun passed away peacefully surrounded by her family as was her wish. Some time later, I received a handwritten appreciation card from Ka-ying and her family. For us healthcare professionals, a simple thank you is the greatest encouragement of all.



# 圓滿最後 人生路 ADDING LIFE TO FINAL DAYS



虞伯伯於今年3月15日在家人陪同下安詳離世。  
Uncle Yu was accompanied by his family when he passed away peacefully on 15 March.

賽馬會善寧之家陳院長及所有職員：

2018年媽媽患上腸癌，禍不單行，爸爸也確診肺癌。2021年爸爸病情急轉直下，癌症令他不能自理。感恩遇到林姑娘，她及時安排爸爸入住賽馬會善寧之家，並得到臨床社工黃先生協助，成功申請「住院資助」。

隨著醫護人員的悉心照顧和多番鼓勵，本來沉鬱的爸爸心情逐漸開朗，還主動嚷著要外出逛公園和曬太陽。這裡有一個美麗的花園，爸媽愛遠眺沙田馬場和城門河美景，心曠神怡。聖誕節前夕，我們推著坐輪椅的爸爸，到大堂的聖誕樹下拍照，他很是高興，還叮囑我代筆寫聖誕卡送給院舍，以表謝意。

爸爸年青時是一位船員，走遍世界各地，這是他懷念的日子。梁醫生每次巡房，除仔細了解其病情和調教藥物，還親切地稱呼——船長，爸爸立即高興起來！至於媽媽，她會參加臨床社工尤姑娘安排的網上活動，還得到物理治療師徐姑娘鼓勵多做運動，生活變得積極。

賽馬會善寧之家讓我們可留宿陪伴，爭取時間和爸爸相處，讓他感到安心、溫暖；今年3月15日爸爸在家人陪同下安詳離世，及後在院舍舉行「追思禮」。我們看到爸爸安祥的樣子，雖有不捨但心懷安慰。

在此，感謝各位善長的付出，幫助經濟困難的晚期病人及其家人，讓他們能有尊嚴、溫暖、無憾地圓滿人生最後旅程。無言感激！

病人虞哲清 家屬  
2022年4月20日

Dear Staff of Jockey Club Home for Hospice,

In 2018, both my mother and father were diagnosed with cancer. Three years later, my father's deteriorating health condition meant he could no longer care for himself. Thanks to Advanced Practice Nurse, Gigi Lam, and clinical social worker, Francis Wong, my father was able to stay at Jockey Club Home for Hospice with care subsidy.

Under the compassionate care of the clinical staff, my father's mood improved significantly. His favourite pastime was to enjoy the beautiful garden and take in the view of the Shatin Racecourse and Shing Mun River. On Christmas Eve, our family shared a group photo underneath the Christmas tree. It was such a memorable moment that my father asked me to write a thank you card to the staff.

My father often reminisced of the days when he traveled the world as a sailor. During ward rounds, it was so thoughtful of Dr. Jack Leung to address my father as "captain" knowing that it made him happy. As for my mother, clinical social worker, Tina Yu, and physiotherapist, Maggie Tsui, ensured that her days were filled with engaging activities and exercises.

Most importantly, family visitation was allowed and even encouraged at the hospice. Because of this, we were able to accompany my father when he passed away on 15 March and even hold his memorial service all in the same place. As difficult as it was to lose my father, knowing that he departed with peace and dignity brought our family great comfort. Thank you for all that you do for underprivileged terminal patients and their families.

The Yu Family  
20 April 2022



# 期待你參與 SEE YOU ON THE TRAILS

October is  
**登山善行**  
**HIKE FOR HOSPICE**  
Month  
1.10.2022 - 31.10.2022

「登山善行」將於2022年10月舉行！受疫情影響，我們今年繼續「線上登山」，愛好登山行善的您可按個人日程，在10月份任何一天舉步登山。參加者只需透過手機應用程式記錄行程，然後上傳資料，過程簡單方便；即使身在海外的你，也能參與其中！

「登山善行」於1992年首辦，今年為第29屆。適逢10月8日為「世界紓緩關懷日」，故我們訂定10月為「登山善行月」。歡迎大家報名參加，並建立籌款專頁，籌募善款，幫助基層的晚期病人，將關愛帶給晚晴。

活動查詢：2331 7035李小姐 / 2331 7058單小姐

- \* 活動形式或因疫情發展而有所更改，一切以大會公布為準，敬請留意「登山善行」網站通告。
- \* The event format is subject to change according to the latest pandemic situation. Please refer to the Hike for Hospice website for updates.

## 線上登山 Virtual Hike

日期 Date	2022年10月1日至30日 1-30 October 2022
參賽類別 Categories	個人 Individual 團隊 Team (2-4 人/persons) 企業團隊 Corporate Team (2-4 人/persons)
報名費用 Registration fee	港幣50元/人 HK\$50/person
地點 Venue	- 登山地點及路線不限 (建議參考政府網站，確定所選路段是否適合遠足) Any well-maintained trail approved by the government - 透過GPS記錄遠足路段 Any trail that can be tracked by distance with a GPS app - 須完成最少8公里步程 Minimum distance of 8km



網上報名或下載表格  
For registration and forms, visit  
[hike.hospicecare.org.hk](http://hike.hospicecare.org.hk)

Hike for Hospice will return in October! Due to the pandemic, Hike for Hospice will once again be a virtual event, allowing participants to complete any preferred hiking route within the month of October and simply upload their results to the mobile app. Both local and overseas supporters are welcome to join!

Inaugurated in 1992, Hike for Hospice will celebrate its 29th anniversary by dedicating the entire month of October to World Hospice Day on 8 October 2022. Register today and set up a fundraising page to help underprivileged terminal patients receive quality hospice care and bereavement support at the end of life!

For enquiries, please contact Ms Michelle Li (2331 7035) or Ms Cherry Sin (2331 7058).

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# 無言感激 UNSPOKEN GRATITUDE

## 疫境哀傷支援服務計劃

無數家屬因疫情與至親永別，留下難以療癒的傷痛。為了讓基層喪親者得到適切的善別輔導服務，我們向香港賽馬會慈善信託基金「新冠肺炎緊急援助基金」第二輪申請撥款。承蒙基金適時捐助，譚雅士杜佩珍安家舍服務中心於2022年4月至8月推行「疫境哀傷支援服務計劃」，協助喪親者處理哀傷情緒。同時，我們冀望參加者日後能以「同路人」身份，與其他喪親者分享經驗，互相扶持，走出陰霾。



## Pandemic Community Bereavement Support Programme

The pandemic has been a difficult time for the bereaved. To help grieving grassroots families gain access to bereavement counselling, the Hong Kong Jockey Club Charities Trust "COVID-19 Emergency Relief Fund (Phase II)" has generously granted a second round of funding to support the Jessie and Thomas Tam Centre in providing community bereavement services. The project entitled "Pandemic Community Bereavement Support Programme" run from April to August 2022.



## 感謝Chellaram Foundation捐贈氣墊床

晚期病人因長期臥床，而經常出現壓瘡和皮膚潰瘍，徒增不必要的痛楚。我們衷心感謝Chellaram Foundation於2022年，慷慨捐贈10張氣墊床。氣墊床設有轉動功能，幫助長期臥床的病人轉身及調整姿勢，減少皮膚受壓，保持血液循環，讓晚期病人可以安舒寧養。

## Thank You Chellaram Foundation

At the terminal stage, patients are often bedridden and at risk of developing painful sores. The most effective prevention method is constant bed turning by both caregivers and pressure-relieving mattress, an assistive device that improves blood circulation for bedridden patients. In 2022, Chellaram Foundation generously donated a total of ten pressure-relieving mattresses to SPHC to ensure that more terminal patients are comfortable and free of bed sores in their final days.

## 1000個善寧家庭資助計劃

為了讓基層的晚期病人亦能得到適切的紓緩治療，我們於2019年12月設立「1000個善寧家庭資助計劃」。荷蒙華懋集團率先捐款成為「首創贊助機構」，截至本年6月，已有239個基層家庭受惠，資助住院總日數為2,506天。受疫情影響，我們多個籌款活動被迫取消或延期，善款大減，但服務需求卻有增無減。有見及此，華懋集團再於本年捐款港幣二十一萬六千元，祈能幫助更多晚期病人，並鼓勵大眾共襄善舉。為此，我們對華懋集團致以衷心感謝！



## 1000 Hospice Families Subsidy Program

Established in December 2019, the "1000 Hospice Families Subsidy Program" aims to help grassroots patients with terminal illness receive palliative care. With Chinachem Group as the pioneer sponsor, the program has subsidized a total of 2,506 bed days for 239 grassroots families as of June 2022. Although the pandemic has significantly reduced our donation and fundraising efforts, Chinachem Group has responded by donating an additional HK\$216,000 with the hope of helping even more terminally ill patients and their families. Thank you Chinachem Group!

# 捐款感謝

# THANK YOU FOR YOUR DONATION

善寧會是一所不受政府津助的非牟利慈善團體，我們的服務實有賴社會大眾的支持！過去半年，感謝以下捐款者的捐助，讓我們的「住院資助計劃」及「善別輔導」得以持續提供服務。惟篇幅所限，恕未能盡錄，見諒。

As a non-profit charitable organization without government subvention, SPHC relies on donations and fundraising to continue serving terminal patients and their families. We wish to show our gratitude to the following generous donors during these 6 months. Thank you for supporting our mission.

Due to the limited space, please accept our heartfelt apologies for any unintended omission.

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	Mr Philip Wong
	Ms Wynn Chen

\*期內捐款平均達\$10,000或以上  
The average donation within the period was \$10,000 or above.

\*2022年1月1日至6月30日  
From 1 Jan to 30 June 2022

\*排名不分次序  
Not listed in any specific order

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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。你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.

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NW September 2022

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