

善寧會訊

NEWSLETTER

ISSUE

68

SEPTEMBER 2023
二零二三年九月

02 盼望
HOPE

04 從善別到善生
TURNING GRIEF INTO BLESSING



病房有情

WARD HAS LOVE



善寧會

Society for the Promotion of Hospice Care



張先生是家庭經濟之柱，去年確診第四期大腸癌，被迫辭掉工作，從此全家陷入深淵。
Mr Cheung was the sole breadwinner of his family until his illness prevented him from working.

盼望 HOPE

八歲的佩悅與兩位弟妹玩耍，笑聲不絕。問及爸爸快將離去，她收起笑臉：「我希望爸爸陪我們的時間可以長一點。很想對他說『爸爸，你別走！』」小女孩天真的眼神隱約流露無奈與傷悲。

一位晚期病人、一個五人家庭……

When Puiyi was asked about her father's imminent departure, the smile on her face quickly faded. "I just want my dad to stay," said the eight-year-old, her eyes filled with sadness.

佩悅的爸爸張先生四十餘歲，是家庭經濟之柱，去年確診第四期大腸癌，被迫辭掉工作，從此全家陷入深淵。

為了治病，張先生和張太向親友借貸數十萬元，但化療、標靶治療、手術均沒為他們帶來任何希望，且副作用和痛楚令張先生苦不堪言。每次到醫院覆診，張先生總帶著淚水前往，背負失望回家。

難與孩子談離別

「痛疼和不適令他徹夜難眠，經常哭泣和自殘，更曾企圖自殺！我很擔心他的病情，全天候照顧他，導致自己身體多處受傷及長期失眠。看著他在床上痛得輾轉反側，我只能無助地抱著他說『三名子女還小，家庭需要你，你要撐下去、撐下去。』」為了家人，張先生費盡一切熬下去，但病魔卻抓牢著他的生命。

晚晴之路，需要關愛同行。一次偶然機會，張

Puiyi's father, Mr Cheung, was the sole breadwinner of the household when he was diagnosed with stage four colon cancer. Unable to maintain his job, Mr. Cheung and his family fell into difficult times.

To afford cancer treatment, Mr and Mrs Cheung resorted to borrowing money from their friends and relatives. Yet, the procedures brought only more painful side effects for Mr Cheung, making his life miserable. With each passing hospital visit, the family's disappointment and hopelessness grew.

Discussing Life and Death With Children

"Day and night, I looked after my husband until my own health was compromised. At one point, the pain became so unbearable for him that he contemplated suicide. There was nothing I could do except hold him and tell him that his children loved and needed him."

By chance, Mr Cheung came across the Jockey Club Home for Hospice and was approved for admission under the "Subsidy Bed Scheme", which greatly reduced his expenses. Under the care of the clinical team, not only was his pain alleviated but his family was also closely supported by the clinical social workers.



先生認識善寧會並申請住院服務。經評估後他獲批「住院資助計劃」，大大減輕住院費用。得到專業的紓緩醫護人員悉心照護，張先生的痛楚和不適逐漸紓緩，且臨床社工亦提供實質支援，安排義工看顧孩子，張太可專心照顧丈夫，壓力大減。

她直言善寧之家的環境恬適，丈夫從未住過這樣清幽的環境，如今竟因末期病而到來，內心百感交雜：「透過輔導，我和三名子女向丈夫道愛道謝，陪他走完人生最後一程。然而，我最擔心是三姐弟，他們只有五至八歲，我不懂啟齒如何向他們談生死。在孩子的世界裡，只會每日天真地過，死亡是很遙遠的事，他們沒意識父親會永遠離開……」

今日受惠 明天回饋

兒童年紀小，哀傷未能透過言語表達，且對死亡和生命的認知有限，故跟進兒童善別輔導時，社工需格外敏銳、具耐性及輔導技巧。臨床社工黃嘉然指進行兒童善別輔導時，會以創意途徑如遊戲、藝術、說故事等方式，支援孩子按自己舒服的方式表達感受：「我們為三姐弟說故事，透過圖書繪本主角離世的情節，引起他們的共鳴。她們會問『主角為何會死？』、甚至有感死亡可悲。此時，我們便把握機會與孩子正面討論死亡，鼓勵發問，協助他們釋放哀傷情緒。另外，我們亦協助張先生製作『生命日誌』；這份溫暖的回憶，是張先生對三姐弟的祝福，伴隨孩子一生，讓他們珍惜與爸爸共處的時光。」

為確保喪親者的情緒得到適切支援，在張先生離世後，社會繼續跟進其家人情況，定期家訪，並提醒張太留意三姐弟的行為和情緒，會否出現變化，以便提供適切的支援。

時間掠去至親，但未能奪走留者對生命的盼望。張太希望孩子健康成長，成為一個有擔當的人：「如沒有好心人捐款幫助，我們連一天的住院費用也付不起！衷心感謝善長和基金的善舉，讓我們感到人間有愛。在善寧之家的日子，定會成為孩子的印記，提醒他們要做個善良的人，多行善事。今日我們受惠，明天孩子回饋。」困苦卻有尊嚴，匱乏而不絕望。



把握機會與孩子正面討論死亡，鼓勵發問，有助他們釋放哀傷情緒。

To help young children cope with grief, seize every opportunity to discuss life and death positively and encourage them to ask questions.



兒童年紀小，哀傷未能透過言語表達，社工輔導時需要額外的技巧和經驗。

Since young children often have difficulty expressing grief, additional skills are required to provide effective counselling.

It was a welcome change for Mrs Cheung, who was finally relieved of her carer stress. However, one worry remained on her mind. "My three children are so young that I have no idea how to discuss life and death with them. Now, they are about to lose their father forever..."

Paying It Forward

Grief is not an emotion that young children are often capable of processing. When counselling bereaved children, social workers need to exercise greater sensitivity and patience. Clinical social worker, Francis, explained that bereavement counselling for children is often conducted through a creative medium such as, games, art and storytelling. They may ask questions like, "Why did that character die?", which presents an opportunity for discussion on death and grief. In addition, the social work team helped Mr Cheung complete a "Life Review", a collection of heartwarming memories for his children to remember him by.

When Mr Cheung passed away, the social work team continued to provide follow up bereavement support to his family through regular home visits. Mrs Cheung was reminded to closely monitor the behaviour of her children and request additional support if necessary. "If not for the generous donors, my family would not have been able to afford even one day of care," said Mrs Cheung. "I hope my children will remember this act of kindness and pay it forward one day."

從善別到善生 TURNING GRIEF INTO BLESSING



Ibe 希望未來能嘗試不同類型的義工服務，讓臨終的病人感受關懷和溫暖。
Ibe hopes to volunteer in different ways to bring warmth and love to the terminally ill.

醫護人員的一句懇切提醒，俾使家屬齊齊整整，陪伴至親走完人生最後一程，這不僅讓逝者圓願，留者心靈也得到安慰。「我們一直長伴他左右，直至臨終一刻，家人圍繞著他，我緊握他雙手，看著他微弱的呼吸、沉睡的臉容、寬餘的神態……直至失去生命的氣息，一切來得很平安、很安慰。」憶述丈夫彌留一刻，Ibe（陳太）一度哽咽。

At the end of life, fulfilment can often be achieved when patients are accompanied by their family members. It brings comfort not only to the terminally ill but also to those that live on. "In my husband's final moments, our entire family was gathered at his bedside. When his breathing eventually stopped, we felt only a sense of peace and comfort," Ibe recalled with emotion.

Ibe 的丈夫（陳先生）今年二月確診胰臟癌末期，因為喜愛寧靜、靠近大自然的環境，經過一番資料搜集，決定由私家醫院轉到善寧之家，接受寧養舒緩治療。陳先生拒絕使用胃喉和氧氣呼吸機等維生治療，駐院醫生尊重其意願，按他的病情處方藥物並提供適切的舒緩治療，減輕身體不適。

感謝一句提醒

然而，Ibe 意想不到，自己和家人還未來得及接受丈夫患病的事實，下一分鐘竟要與他永別。三月中旬，Ibe 和家人到善寧之家探望丈夫，其間臨床社工慰問她們，舒解她們的哀傷情緒。「當日打算和家人傍晚便離院回家，但社工建議我們留下陪伴，她指丈夫出現臨終徵狀，更說『估計陳先生可能在未來一、兩天便會離開』。果然，丈夫當晚便辭世，感謝她的一句懇切提醒，俾使我們能陪伴他走完人生！他走得很安詳。」

Ibe's husband, Mr Chan, was diagnosed with terminal pancreatic cancer this past February. After some research, Mr Chan decided to transfer from private hospital to the Jockey Club Home for Hospice (JCHH), a facility that was peaceful, close to nature and respectful of his wish to refuse life-sustaining treatments such as nasogastric tubes and oxygen ventilators.

Thanks for Reminder

Ibe was still coming to terms with her husband's diagnosis when it was time to say goodbye. While visiting her husband in March, Ibe and her family received grief counseling from clinical social worker, Tina Yu. "I had planned on returning home that evening, but Tina suggested that we stayed. She explained that my husband was entering the final stage and could pass away within a few days," said Ibe. "I am so thankful for her reminder because sure enough, he passed away peacefully that night!" Ibe believes that unlike public hospitals, which mainly provide physical care, JCHH prioritizes the well-being of both body and mind. "As a terminal patient, my



每逢星期三 Ibe 都會到善寧之家當義工，為家屬提供茶點和即沖飲品。
Every Wednesday, Ibe volunteers at JCHH by serving refreshments to visiting family members.

治療，不僅要治身也要治心。Ibe 認為善寧之家有別於公立醫院，因為後者醫護人員太忙，令人感覺冷漠：「丈夫是晚期病人，除需要一個安舒的住院環境，也需要醫護細心的照護和尊重。一份溫暖、一份關懷、一份人情味，終於可以在善寧之家找到。感謝善寧之家的醫護的協助和照護！」

至親離去，Ibe 學習適應新生活，也明白哀傷需要時間治癒，於是她選擇參與義工工作。她坦言過去沒義工經驗，但經歷喪偶後，深明紓緩治療的重要性。她期望加入善寧會的義工服務，將經歷化成動力，與同路人一起走過低谷，互相扶持。

以愛承傳 守護晚晴

善寧會的義務工作性質廣泛，除定時電話慰問病人和家屬、上門家訪外，還有病房的床邊關顧、協助籌備活動等不同項目。

目前 Ibe 每逢周三到善寧之家作義工，負責專為家屬而設的「下午茶」服務。「下午茶」每逢星期一至六的下午二時半至四時，在善寧之家的地下大堂開設，由義工輪流為同路人提供茶點和飲品。Ibe 笑言曾有一位病人家屬點了一杯咖啡後，便與她侃侃而談，訴說對至親離別的不捨。

義工的工作讓 Ibe 悟出原來一句懇切的慰問，在別人哀傷時能打開心扉，引起生命的共鳴。「我希望循序漸進，未來會嘗試不同類型的義工服務，讓臨終的病人感受關懷和溫暖。另外，我亦希望更多人認識紓緩治療，及早作出選擇，為自己、為家人的離去作整全準備。」從善別到善生，Ibe 計劃在善寧之家走完人生，在丈夫離去的地方，與他約定重聚。



丈夫離去，Ibe 學習適應新生活，也明白哀傷需要時間治癒，故選擇參與義工工作。
To help cope with her grief, Ibe turned to volunteer work.

husband not only needed a comfortable environment but also a warm and attentive clinical team. We found both and more at JCHH.”

To help cope with the loss of her husband, Ibe turned to volunteer work. Even though she had no prior experience, she was keen to volunteer at the Society for the Promotion of Hospice Care (SPHC) and use her personal experience to support other families facing significant loss.

Adding Life to Days

SPHC offers many volunteer opportunities including conducting follow-up phone calls, assisting with home visits, supporting in-patients and organizing activities.

As a volunteer, Ibe has been assisting with the “Afternoon Tea Service” held Monday to Saturday from 2:30pm to 4:00pm at JCHH. Volunteers are responsible for serving refreshments to visiting family members and in Ibe’s case, offer a listening ear to those who wish to share their experiences. “After volunteering for some time, I am looking forward to serving in different ways to bring warmth and love to more terminal patients and their families. I also hope that more people will become aware of palliative care and plan for it earlier.” Ibe already has a plan: to finish her life’s journey at JCHH as her husband did.

病房暖流 BRINGING WARMTH TO THE WARD



義工貼心的關懷與安慰，讓病人和家屬感到人間溫暖，病房有情。

The thoughtful efforts by the volunteers have brought warmth and joy to the patient ward.

病房是一個匆忙的地方，除至親和醫護人員，大部份人都不想停下腳步，皆因這裡太多離合。百歲關婆婆因中風入住善寧之家，她個性外向活潑，喜歡接觸大自然，故家屬希望院舍能協助婆婆每天到花園散步。關婆婆的女兒梅姐說：「感謝義工的幫助，為寂寥的病房帶來溫暖、讓我們感到安慰。」

The patient ward is often a lonely place deprived of the human touch. Before her stroke, 100-year-old Grandma Kwan was an outgoing nature-lover. When admitting her to JCHH, Grandma Kwan's family hoped that she could spend time in the facility's garden. "I am so thankful to the volunteers at JCHH for bringing warmth and joy to the patient ward," said Mui, Grandma Kwan's daughter.

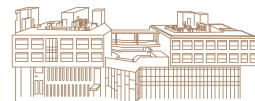
牆壁抵擋外界的風雨，為人帶來安全感，同時亦阻隔人與人之間的接觸。關婆婆十多年前患上腦退化症，但依然活潑好動，行動自如，閒時會與丈夫乘飛機到外國探望親友。但2021年她中風三次，健康便急轉直下，須依靠別人照顧，常留在家中，情緒低落，早前更因嚴重脫水及吞嚥困難，送院治理，輾轉入住善寧之家。

「媽媽雖已一百歲，但她仍喜歡與人接觸，也愛大自然。當初我只是向院舍查詢，希望安排人員每天帶媽媽逛花園。豈料院舍不僅安排義工，協助帶媽媽逛公園，還教她做小手工，又與我們傾談，紓緩情緒。當中令我最深刻的，是義工的音樂治療；那天義工用結他伴奏，與媽媽一起唱最愛的《月亮代表我的心》，媽媽很是開心！」

面對媽媽步入人生的終點站，梅姐直言自己和家人最希望媽媽能安舒泰然，走完人生。同時，她亦感謝每位義工的付出：「義工帶給我們貼心的關懷與安慰，讓病人和家屬感到『仍然有人記得自己』，感謝他們！」

When Grandma Kwan was diagnosed with dementia over ten years ago, she was able to maintain an active lifestyle and travel with her husband. Unfortunately, she suffered three strokes in 2021 and was forced to rely on others to care for her. As Grandma Kwan nears the end of her life, her family wishes only that she can live out her remaining days in peace.

"My mother may be 100 years old but her passion for nature and human interaction remains strong. Initially, our hope was simply for her to be able to spend time outside every day. We did not expect JCHH to assign volunteers to not only bring my mother to the garden, but also teach her crafts and offer emotional support. What impressed me the most was the volunteer-led music therapy session. When they performed one of her favourite songs, 'The Moon Represents My Heart', my mother was overjoyed," Mui recalled. "The thoughtful efforts by the volunteers have certainly made the patients and their families feel special. Thank you!"



第 23 屆「3G 圓滿人生輔工課程」共吸引廿多名退休人士參加及完成課程，反應熱烈。
The 23rd "3G Quality Retirees Course" was positively received with over 20 participating retirees.

第 23 屆 3G 圓滿人生輔工課程 23rd 3G QUALITY RETIREES COURSE

無論任何年齡，如能保持對生命的熱情，既做自己喜歡的事、又能服務社會，生活便過得豐盛。為了讓退休人士活出精彩人生，我們今年繼續舉辦「3G 圓滿人生輔工課程」，並以「Look Good、Feel Good、Do Good」為理念，帶領大家一起活出好老年，體驗退休後的幸福生活！

No matter your age, you should always do what you love and serve your community. This year, the highly anticipated "3G Quality Retirees Course" returned to help more retirees live life to the fullest through the concept of "Look Good, Feel Good, Do Good".

「3G 圓滿人生輔工課程」創辦於 2009 年，受疫情影響，闊別數年後今年再與大家見面。課程設有 8 個單元、合共 24 小時，課程內容涵蓋身、心、社、靈、養生等多方面元素，由資深傳媒工作者蕭孫郁標女士擔任主持，多位資深醫護及專業人士擔任導師。其中，著名時裝設計師鄧達智先生就擔任「優雅的儀容」工作坊導師，向學員講授儀容提升技巧。

有完成課程的學員表示，課堂具趣味且內容充實，能提升參加者的興趣，亦有學員認為課程的導師經驗和相關知識豐富，獲益良多，希望個別的課節能加長時間。

第 23 屆「3G 圓滿人生輔工課程」於 2023 年 4 月 11 日至 5 月 5 日舉辦，大會榮幸邀得「香港房屋協會 雋康天地」為協辦機構、「香港社區健康學院」為支持機構，共吸引廿多名退休人士參加及完成課程，反應熱烈。

Since its launch in 2009, the "3G Quality Retirees Course" had been held annually until it was suspended indefinitely due to the pandemic. Returning after a long absence, the course consisted of eight modules taught over 24 hours and featured topics to preserve and enhance the body, mind and spirit in retirement age. The course was hosted by media veteran, Mrs Yvonne Siu Sun Yuk-bui, with special appearances by instructors such as fashion designer, Mr William Tang, who led a workshop on "Appearance and Grooming".

Recent students have lauded the course as captivating, rich in content and taught by experienced instructors. However, the consensus of many was that the individual lessons could have been longer.

The 23rd "3G Quality Retirees Course" was successfully held from 11 April to 5 May 2023 with over 20 participating retirees. Special thanks to the co-organizing organization, "Joyous Circle by the Hong Kong Housing Society" and supporting organization, "Hong Kong College of Community Health Practitioners" for making this meaningful endeavour possible.

深入社區 全面了解 COMMUNITY DEEP DIVE



黎姑娘認為工作求意義，仕途不是最大考慮。
Clare currently serves as a volunteer at SPHC. As long as she can serve patients, even the simplest tasks are worthwhile.

「我喜歡外展家居護士的工作，因為可以深入社區，接觸病人和家屬最真實的一面。只有親身走入社區，看到『真實』、才能為病人提供適切服務！」善寧會第一代外展家居護士的黎秀蟾，現為我們的義工。回首護士生涯，她認為能幫助病人、尊重他們的意願，讓病人感到心安理得，工作就有意義，金錢和仕途不是最重要。

“My passion is working in outreach home care service because it allows me to experience the community firsthand and determine the needs of my patients and their families.” A first-generation outreach home care nurse at SPHC, Clare Lai currently volunteers her time to advocate for the provision of palliative care and bereavement services. Looking back on her career, Clare found fulfillment not in money or success but rather in helping patients and respecting their wishes.

黎秀蟾（黎姑娘）於 70 年代在醫院擔任外科病房護士，見盡無數對生命絕望的病人，促使她到英國進修腫瘤護理及紓緩治療，後於 1987 年加入善寧會擔任外展家居護士，2013 年為護士生涯劃上休止符，其後擔任善寧會義工，協助推廣紓緩護理、為晚期病人及家屬提供輔導，以及一般文書工作等。

回首當年，她笑言那時機構只有兩名註冊護士，一切由零開始「連垃圾都係自己倒」，但卻安心自在。

While working as a surgical nurse in the 1970s, Clare encountered many patients who lost their will to live. Determined to help them, she decided to study cancer care and palliative care in the UK before joining SPHC as an outreach home care nurse in 1987. “Back then, SPHC only had two registered nurses. We had to do everything, even take out the garbage,” she said with a smile. “I enjoyed every minute of it.” Since her retirement in 2013, Clare has been serving as a volunteer at SPHC, providing counseling to the terminally ill and assisting with administrative work.



當年外展家居照護的服務對象，主要是基層的晚期病人，黎姑娘亦無遠弗屆。
A proactive supporter of charitable causes, Clare is often involved in various fundraising activities.



為病人家屬輔導，是黎姑娘的義務工作一部份。
Part of Clare's volunteer work involves counseling family members of patients.

治病也治心

醫護工作不僅追求善，也求真。「病人困在醫院這個陌生環境，會掩藏自己最真實的一面。要為他們提供適切的照護，先要了解他們的需要，最有效的方法就是進入他們的生活，『家訪』是重要一環。居所最能反映病人的生活習慣、與家人的關係等。由下車步行前往病人住所，只要細心觀察，已可從中了解病人的背景及生活。」

她閱覽無數人間故事，不少家屬一廂情願為病人安排，忽略對方身心需要，黎姑娘因此吃下無數閉門羹。她憶述當年有一位鼻咽癌病人的兒子主動聯絡，要求家居照護，至抵達住址後，病人拒絕開門，兒子屢勸無效；又有家屬與患病母親的宗教各異，子女強迫母親放棄上香拜神，改信宗教，引起家庭糾紛，形成對立關係。

尊重病人意願

「矛盾往往源自家人。每個人都有自由，但家人往往只會單方面思考，認為一己之見是『為你好』，缺乏考慮病人處境和感受。作為醫護，我會勸家人諒解病人生命已在倒數，宜學習尊重他們的意願，放手讓病人選擇，因為生命是他們的。」黎姑娘感嘆說。

當年外展家居照護的服務對象，主要是基層的晚期病人，黎姑娘亦無遠弗屆。有時面對複雜的病例，會邀請醫生義務家訪。曾有病人開門見到醫生，驚訝說：「我很窮、沒錢給醫生上門看病啊！」經過解釋，病人眼睛流露安慰神情；一句多謝、一個眼神，一切都令她難忘：「能為病人提供適切服務、尊重他們的意願，讓他們感到心安理得，工作就有意義。」

Holistic Healing

“In order to provide the appropriate care to patients, we must first understand their needs. When patients are in an unfamiliar environment, such as a hospital ward, they become less inclined to share details about themselves,” Clare explained. “Home visits are vital because they offer insight into your patients’ lives, daily habits and relationships. As long as you are observant, home visits will provide you with all the necessary information.”

Over the course of her career, Clare encountered many instances in which family members would make decisions without considering the patient’s needs. She recalled visiting a case with nasopharyngeal cancer at his family’s request only to be denied entry by the patient himself. In a different case, a terminally ill woman was forced to abandon her spiritual beliefs by her children, which ultimately tore the family apart.

Respecting a Patient’s Wishes

“At the end of life, conflict often comes from family members. They may have good intentions, but their opinions often disregard the patient’s feelings and preferences. I would strongly advise family members to empathize with the patient and try to respect their wishes in the limited time that remains,” Clare said.

During her time at SPHC, Clare worked mainly with underprivileged terminal patients. When a case was particularly complex, she would invite the doctor to accompany her on the home visits. On one such visit, a patient opened the door and upon seeing Clare and the doctor, immediately said, “I can’t afford a house call by a doctor!” After learning that the doctor was a volunteer, the patient’s worry was replaced with relief and gratitude; a moment that Clare will remember forever. “As long as I am able to help patients and ensure that their wishes are respected, then my work has meaning.”



阮姑娘透過傾談和陪伴，與莫先生一起回顧與太太的生活點滴，抒解他對太太的愧疚。
Through his love of poetry, Mr Mok was encouraged to share his feelings with Erica.

詩憶愛妻 HEALING THROUGH POETRY

莫先生與太太結婚 50 年，數年前太太不幸患上癌症。於是，他日間照顧在家療養的太太，夜間繼續通宵工作。然而他萬萬意想不到：「她患癌短短三個月便離開！一切來得太突然。猶記得那天我上班，她還叮囑我『小心出門』，我回應『明早見』，豈料變成我倆最後對話，再會時竟成永訣！」

Mr Mok and his wife had been married for 50 years when she was diagnosed with cancer. During this time, Mr Mok would take care of his wife during the day and work through the night. "I didn't expect my wife to pass away three months after her cancer diagnosis. As I was preparing to leave for work one evening, she told me to be safe. Little did I know that that conversation would be our last."

景象和對話，仍縈繞莫先生的心。那天，莫先生如常上班，工作時突感不適，緊急送院，確診肺積水並留院一個月。其間，太太因腫瘤惡化入院，莫先生雖來得及趕往醫院與家人送別太太，但他一直愧疚太太病重時，未能陪伴在側。

重整生活模式

善寧會譚雅士杜佩珍安家舍中心的阮慧敏，是負責跟進莫先生個案的善別輔導員。「男性喪偶面對的不僅是喪親，更是『角色轉變』」阮姑娘解釋，男性在家庭扮演一個保護者角色，

Shortly into his work shift, Mr Mok suddenly felt unwell and was sent to the hospital where he was diagnosed with pulmonary edema. This resulted in a month-long hospital stay during which his wife's condition deteriorated significantly. Even though Mr Mok was able to say goodbye to his wife, the guilt from his prolonged absence continued to weigh on his mind.

Role Change

Erica Yuen, a bereavement counselor at the Jessie and Thomas Tam Centre, was assigned to follow up on Mr Mok's case. "Widowers may be faced with a 'role change' in addition to their grief," Erica explained. "The conventional male role is about rationalizing or even



莫先生對太太為他保留的剪報珍而重之，閒時也會創作詩詞抒發情感。
Mr Mok cherishes the poetry clippings from his wife and expresses himself by writing his own poems.

善寧會善別輔導員阮慧敏
Erica Yuen, Bereavement Counsellor at SPHC



常保持理性形象，習慣抑壓情感，不擅長主動溝通，透露悲傷。另外當老伴離去，喪親者需重新學習另一種生活模式，自我認同感會隨著配偶離去而流逝。

由於莫先生與太太感情要好，喪偶的悲傷需較長時間紓緩，加上孫兒出生在即，他不想向家人坦言感受，免得令家人擔憂，愧疚和哀痛只能埋藏心底。

與她同在

為疏理喪親者的喪偶情緒，輔導員會協助喪親者發展興趣，尋找生活的新目標，從而加強自信心和自我認同感。「言談間知道莫先生喜歡創作詩詞，另外太太會為他剪報，並標記重點，提他不容錯過。於是，我請他帶來收藏的剪報、以及為太太寫的詩詞，與他一起回顧、彼此同行，聆聽莫先生與太太的生活點滴，抒解他對太太的愧疚，讓他明白太太雖已離去，但留下的還有許多，這是生命的慰藉，助他釋放哀傷情緒，治癒傷痛。」

除了輔導，阮姑娘還鼓勵莫先生參加善寧會舉辦的小組活動，擴闊生活圈子。目前莫先生已重拾生活的樂趣，他直言想起太太時仍會感觸落淚，但已懂得透過興趣，如創作詩詞，抒發哀傷情感，並傳承太太的好習慣來懷念她，感覺就如與她同在。

suppressing emotions instead of communicating openly. After the loss of a spouse, widowers often need to re-establish their self-identity."

As Mr Mok prepared to welcome his grandson into the family, he decided to bury his grief instead of sharing his feelings with his family.

Love in Memory

When supporting widowers, bereavement counsellors would typically assist them in developing new interests and life goals to re-establish their self-identity. "I knew Mr Mok had a passion for writing poems and that his wife used to save poetry clippings to share with him. One day, I asked him to bring his collection so that we could read through it together. This exercise enabled Mr Mok to open up about his guilt and begin the healing process."

In addition to counselling, Erica also encouraged Mr Mok to participate in group activities organized by SPHC. Although the sadness will never truly disappear, Mr Mok has rediscovered his joy in poetry and continues to honour his wife's memory through his writing.

無限安慰 FOREVER GRATEFUL



賽馬會善寧之家全體員工：

原來，死亡是「這麼近，那麼遠」。我們一家十年前已希望實現媽媽心目中的善終旅程。三不五時我們會問媽媽：「你百年歸老時，想採用什麼儀式？」

為作充份準備，我們搜集許多關於葬禮儀式、預設醫療指示、紓緩治療及寧養護理等資料，並與媽媽商量。當時，我們還以為已作充足準備。

直至媽媽進入生命最後的倒數階段，之前書本提及的情況均一一出現：有家人想媽媽接受積極治療、公立醫院醫生不理解病人及家屬意願 還有，如何判斷何時停止媽媽的維生治療，才算盡子女的「孝義」本份？林林總總的問題從四方八面湧來。

這個時候，天使出現了！

為了讓媽媽得到適切的照護，我們在寧養護理機構中，揀選了善寧之家。當時媽媽的病情急轉直下，送入公立醫院急症室，我們感到非常徬徨，在危急無助的情況下，幸得善寧之家的協助，無論在行政安排、辦事效率、應變處理、醫療建議及輔導服務等均切合我們的需要，提供適切的幫助。

經過八天的「風林火山」，最後我和家人在媽媽的床邊，緊握著她的手，恭送她到天國，而媽媽亦帶著我們的愛與祝福，安詳辭世。

「去者善終，留者善別」是媽媽的心願，最終在善寧之家的協助下圓夢。

媽媽的離世，確令我們傷感。但看到她不用再受醫療折騰、甚或痛苦離世，這是善寧會給病人和家人最大的安舒。感謝善寧會，是你們給我媽媽有尊嚴和體貼的照顧，使傷痛的我們得到無限的安慰。

呂銀英家人

敬上

2023年4月19日

Dear JCHH Staff,

Death; so close yet so far away. Ten years ago, our family began making preparations for the end-of-life that my mother had envisioned. "When the time comes, what kind of send-off do you hope for?" we would ask her. Over the years, we gathered a great deal of information on funeral arrangements, advance directives and palliative care. We thought we were well-prepared.

As my mother neared the final stage, all the textbook challenges began to appear. From family disputes over medical decisions to doctors failing to acknowledge my mother's wishes, problems came from every direction. I was hopelessly conflicted between fulfilling my duty to care for my mother and knowing when it was time to let go.

When my mother's condition worsened, she was sent to the emergency room of a public hospital. Even though that was not her wish, it seemed as though we had no choice. Then, an angel miraculously appeared in the form of JCHH. Every aspect of their service, whether it was medical, counseling or administrative, was efficient, responsive and patient-first. After eight days of excellent care, we found ourselves at my mother's bedside, surrounding her with our love and blessings as she departed peacefully.

It goes without saying that our family is deeply saddened by my mother's passing. Yet, thanks to JCHH, her one wish - to die well and to ensure that those left behind find peace - was fulfilled. We are forever grateful to your organization for the compassionate and dignified care that allowed my mother to finish her life's journey without suffering and regret.

Sincerely,
The Lui Family
19 April 2023



登山善行 為生命賦意義

HIKE FOR HOSPICE



登山善行
hike for hospice

30th Anniversary

ADDING LIFE TO DAYS

疫情緩和，今年的「登山善行」恢復以實體模式舉辦，並於 2023 年 5 月 7 日（星期日）在元朗大欖郊野公園圓滿舉行，共吸引逾三百名登山愛好者參加！大會榮幸邀得香港特別行政區政府財政司司長陳茂波先生大紫荊勳賢 GBS, MH, JP 擔任主禮嘉賓，為一眾參加者打氣。至於活動籌委會主席艾禮仕先生，亦呼籲大家繼續支持善寧會，明年「登山善行」再會。

為表謝意，我們一如以往在活動後舉辦頒獎典禮。本年度的「登山善行 頒獎典禮」於 2023 年 7 月 27 日在皇冠酒窖舉行。善寧會執行委員會主席汪國成教授在典禮致辭時表示，感謝各贊助商及參加者支持「登山善行」，活動共籌得二百一十萬元善款，幫助基層的晚期病人及其家屬，為他們提供適切的寧養紓緩及善別輔導服務。

With the easing of the pandemic, Hike for Hospice returned in its long-awaited in-person format on Sunday, 7 May 2023 at Tai Lam Country Park, Yuen Long. This year's event attracted over 300 hikers, who were cheered on by an esteemed Guest of Honor – Mr Paul Chan Mo-po, GBM, GBS, MH, JP, Financial Secretary of Hong Kong. Afterwards, Mr Edward Naylor, Chairman of the Organizing Committee, issued a heartfelt appeal for the continued support of this meaningful event in the coming year.

As a token of our appreciation, the "Hike for Hospice Awards Ceremony" was held at Crown Wine Cellars on 27 July 2023. In his speech, Professor Thomas Wong Kwok-shing, Chairman of the Executive Committee of SPHC, expressed his sincere gratitude to the various sponsors and participants for their generous support in ensuring that more underprivileged terminal patients and their families can receive quality hospice care and bereavement services.



金鑽贊助 Diamond Sponsor



白金贊助 Platinum Sponsors



黃金贊助 Gold Sponsors



禮品及物資贊助 In-kind Sponsors



其他贊助 Other Sponsors



卓越企業贊助 Premium Corporate Sponsor



綠色活動夥伴 Green Event Partner



支持機構 Supporting Organisations



Agriculture, Fisheries and Conservation Department
Water Supplies Department

得獎名單可瀏覽：

For the complete hiking results, please visit:



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，讓我們提供的「住院資助計劃」及「善別輔導」服務得以持續。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.

鑽石捐助 Diamond Donor (HK\$400,000 或以上 Or above)	
陳張敏聰夫人慈善基金有限公司	Chan Cheung Mun Chung Charitable Fund Limited
傅敏女士及黃志恆先生	Ms Mandy Fu & Mr William Wong

金捐助 Gold Donor (HK\$100,000 或以上 Or above)	
麥迪康醫療用品有限公司	A.R. Medicom Inc. (Asia) Limited
余麗姿女士	Ms Angelica Yu Yim Chi
陳漢薇小姐紀念陳志強先生及謝淑貞女士	Miss Chan Hon May in memory of Mr Chan Chi Keung and Ms Tse Sook Ching
陳坤標紀念基金有限公司	Chan Kwan Biu Memorial Foundation Limited
	Mr & Mrs Lee Tak Chun
	Mrs Leslie Jill Gallie
	Ms Natalie Howarth Cheung in memory of Mr Vincent T.K. Cheung
周國峰醫生	Dr Tony Chau Kwok Fung
宋志勤女士	Ms Wendy Song Chi Kan
九龍崇德社	Zonta Club of Kowloon

銀捐助 Sliver Donor (HK\$10,000 或以上 Or above)	
	Ms Ada Au
	Mr Andrew Au
洪毓先生	Mr Andrew Hung Shing
	Mr Anthony Kenneth Houghton
東亞銀行慈善基金有限公司	The Bank of East Asia Charitable Foundation Limited
	Mr Canute Dalmasse
黎美嬌女士	Ms Catherina Lai Mei Kiu
中原地產代理有限公司	Centaline Property Agency Limited
陳翠珊小姐	Miss Chan Chui Shan
陳麗英小姐	Miss Chan Lai Ying
	Chan Ping Kuen
鄭穎芝女士紀念鄧桂妹女士	Ms Cheng Wing Chi in memory of Ms Tang Kwai Mui
鄭元政先生紀念吳美英女士	Mr Cheng Yuen Ching in memory of Ms Ng Mei Ying
張利馨女士紀念張漢邦先生	Ms Cheung Lee Hing in memory of Mr Joseph Cheung
周問心堂基金有限公司	Chow Mun Sum Tong Foundation Limited
許建名醫生	Dr Christopher Hui Kim Ming
	Miss Chua Fi Lan
區慧琳女士	Ms Cordelia Au Wai Lam
嘉柏環球有限公司	Crown Worldwide Holdings Limited
	Mr Edward Thomas O'Connell
英皇慈善基金	Emperor Foundation Limited
	Miss Fiona Wong
熊淑宜女士	Ms Gloria Hung Suk Yee
林志聰先生紀念 Ho Yuk Fung Jackie	Mr Godfrey Lim Gee Chung in memory of Ms Ms Ho Yuk Fung Jackie
	Goldman Sachs (Asia) L.L.C.
	Goldman Sachs Charitable Gift
	Goldman Sachs Gives (UK)
莊錦霞女士	Ms Helina Cheng Kam Ha
何婉婷女士紀念劉萬基先生	Ms Ho Yuen Ting in memory of 劉萬基先生
何玉茵女士	Ms Ho Yuk Yan
葉炯章先生	Mr Ip Kwing Cheung
趙素君女士	Ms Joanne Chiu Soo Kwan

謝立言先生	Mr Johnny Tse Lap Yin
嘉道理慈善基金會	The Kadoorie Charitable Foundation
簡國安先生	Mr Kan Kwok On
倪同喜先生	Mr Karsky Ngai Tung Hai
郭梓鋒先生紀念郭門黎氏玉瓊、高門薛氏容好	Mr Keith Kwok Chi Fung in memory of 郭門黎氏玉瓊、高門薛氏容好
高廣先生	Mr Ko Ying
郭志一先生	Mr Kwok Chi Yat
林道儀博士	Dr Lam To Yi
劉天樂小姐	Miss Lau Tin Lok
李靜茵女士	Ms Lee Ching Yan
梁潔眉小姐	Miss Leung Kit Mee
梁煥笑女士	Ms Leung Woon Siu
香港人壽保險從業員協會	The Life Underwriters Association of Hong Kong
廖玉蓮女士	Ms Liu Yok Lin
香港人壽保險從業員協會 慈善基金有限公司	LUA Foundation Limited
	The Mari-Cha Group Limited
馬雯珊女士	Ms Ma Man San
李淑嫻女士	Ms May Li Suk Mei
美聯慈善基金有限公司	Midland Charitable Foundation Limited
李慕慈女士紀念郭嘉文先生	Ms Myra Lee Mo Chi in memory of Mr Kevin Kwok
雲洋有限公司	Pacific Venture (Far East) Limited
	Mr Raymond Louey Pak Hin
	Mr Robert Herries
邵月芬女士	Ms Shaw Yut Fen
	Mr Shum Siu Fai
	Sprout Trust (Asia) Ltd as Trustees of Dragonfly Trust
渣打銀行 (香港) 有限公司	Standard Chartered Bank (HK) Ltd
孫名琳女士	Ms Suen Ming Lam
新鴻基地產慈善基金有限公司	Sun Hung Kai Properties Charitable Fund Limited
譚裕民先生	Mr Tam Yue Man
	Mr Tse Chung Man
林平徽先生紀念陳瑞香女士	Mr Vincent Lam Ping Fai in memory of 陳瑞香女士
	Mrs Vivienne Louise Lonergan
九龍倉集團有限公司	The Wharf (Holdings) Limited
梁鳳慈律師行	Winnie Leung & Co.
黃淑儀女士	Ms Wong Shuk Yi
邱麗儀小姐	Miss Yau Lai Yee
羅煜加小姐紀念朱麗琴及杜少明	Miss Yukie Law in memory of 朱麗琴 & 杜少明
余諾恒先生	
祝惠娥女士	

每月捐款 Monthly Donation	
陳金玉女士	Ms Rebecca Chan Kam Yuk
	Mr Philip Wong
黃慧敏女士	Ms Wong Wai Man
黃偉和先生	Mr Wallace Wong Wai Wo
	Ms Chan Yau Lai
林曉瑩小姐	Miss Joyce Lam Hiu Ying
鄧艷玲女士紀念卜潤基先生	Ms Tang Yim Ling in memory of 卜潤基先生
岑玉如女士	Ms Shum Yuk Yee

* 期內捐款平均達 \$10,000 或以上
The average donation within the period was \$10,000 or above
* 2023 年 1 月 1 日至 6 月 30 日 From 1 Jan to 30 June 2023
* 排名不分次序 Not listed in any specific order

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。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.

港幣 HKD	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$500	<input type="checkbox"/> \$300	<input type="checkbox"/> \$100	<input type="checkbox"/> 其他 Other \$ _____
	<input type="checkbox"/> 每月定期捐款 Monthly donation				<input type="checkbox"/> 一次過捐款 One-off donation

捐款用途 Donation Purpose(s)	<input type="checkbox"/> 住院資助計劃 Subsidy Bed Scheme	<input type="checkbox"/> 一般捐款 General Donation	<input type="checkbox"/> 其他 Other(s) _____	捐款港幣100元或以上，可獲發收據作扣稅用途。 Donations of HKD100 or above are tax-deductible with an official receipt.
	<input type="checkbox"/> 善別輔導 Bereavement Service	<input type="checkbox"/> 專業培訓及教育 Professional Training and Education		

捐款人資料 Donor's Information

姓名 Name (中文) _____ (English) _____ 先生 Mr/小姐 Miss /女士 Mrs /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

<input type="radio"/> 劃線支票 By Crossed Cheque 支票抬頭：善寧會 Payable to "The Society for the Promotion of Hospice Care"	<input type="radio"/> 轉數快 By Faster Payment Service (FPS)  或  可透過網上銀行轉數快/PayMe，掃描以上QRcode進行捐款，完成後電郵frp@hospicecare.org.hk或WhatsApp (9635 5001)告知我們，以便發出收據。 Donation can be made through FPS-enabled /PayMe e-wallet or mobile apps by scanning the above QR code. To receive a donation receipt, please WhatsApp (9635 5001) / email (frp@hospicecare.org.hk) us.	<input type="radio"/> PayMe	<input type="radio"/> 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) <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express 持卡人姓名 Cardholder's Name _____ 信用卡號碼 Card No. _____ 有效期至 Expiry Date (mm/yy) _____ / _____ * 持卡人簽署 Cardholder's Signature _____
<input type="radio"/> 自動轉帳或銀行櫃員機 By ATM or Direct Transfer <div style="border: 1px solid black; padding: 5px; width: fit-content;"><p>善寧會銀行戶口 SPHC's Bank Account: 恒生銀行 Hang Seng Bank 280-3-451141</p></div> <p>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 mail / email / fax / WhatsApp us a copy of the bank-in slip or screen capture of the related transaction together with the completed donation form.</p>			<p>* 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.</p>

本人 I <input type="checkbox"/> 同意接收 agree to receive	<input type="checkbox"/> 電子郵寄 email	<input type="checkbox"/> 通訊 mail	本人 I <input type="checkbox"/> 不同意接收任何通訊 disagree to receive news from SPHC
---	-------------------------------------	----------------------------------	--

閣下填寫之個人資料絕對保密，善寧會或其委託服務提供者，只用作捐款處理、寄發收據、募捐及其他與本會相關之宣傳用途。
Your personal data will be kept strictly confidential. SPHC or its service providers will only use the above information for donation administration, receipting, fundraising and/or other promotion matters related to SPHC.

NW September 2023

摺線 Folding Line

☎ 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

謝謝你關注 FOLLOW US ON



網站 Website



Facebook



YouTube



Instagram



更新資料 Contact Update

如需更改聯絡資料、改收電子版或拒絕接收《善寧會訊》，歡迎
WhatsApp - 9635 5001通知我們！

To update your contact information, switch to e-Newsletter, or
cancel subscription, please notify us by **WhatsApp at 9635 5001!**



善寧會

Society for the Promotion of Hospice Care

香港沙田亞公角山路 18 號

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

E	POSTAGE PAID HONG KONG CHINA 中國香港 郵資已付	Permit No. 特許編號 05524
---	--	-----------------------------

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

