

尊重生命 ● 改變生命 RESPECTING LIFE ● IMPACTING LIFE

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# September 2020 ISSUE 43

# Holistic Care Centre Quarterly Newsletter

# Strength Revived

Words from the Deputy Medical Superintendent

### **Strength Revived**

In a blink of an eye September is here! We all had fought the COVID-19 for over half a year by now. Back in June when we thought we could relax a bit, a third outbreak emerged in our community mainly attacking the elderly homes. When faced with such a major pandemic we wasted no time in reinforcing the preventive measures already put in place to protect our residents and our staff members. A vote of thanks to our residents, their family members and our staff in their cooperation and adherence to our infection control measures to promptly safeguard everyone in the fight against this global pandemic, and to enable our Centre to operate as usual. Despite this third outbreak which restricted new admission to our Centre and hence, allowed minimal additional income for our Centre for over a month, praise the Lord for bringing us reliable donation income from our quarterly newsletter readers and supporters. Some of the ex-patient's family even donated most of the government relief funds they had received to our Centre. On the other hand, our Online Charity Concert "Love in the Air" held in June was able to achieve the budgeted fund-raising target with your generosity despite the sluggish economy everywhere in the world! This is so encouraging to us in braving through this difficult time.



Following the easing of the COVID-19 situation and after balancing the many factors for consideration, we decided to gradually resume admission of new residents recently. We pray that God will lead us in developing and implementing practical and effective preventive measures to protect our residents and our staff members while extending our services to help more people in need; we also pray that this virus will

be under control soon in order for us to revert to "Business as usual" to continuously be a Haven for many more patients in their final stage in life.

Looking back this year, we went through a lot. It showed us how weak and small we are and how unpredictable life is. Striving on this path of fighting COVID-19, we all are physically tired. Please do not forget God is with us all the while, and promised :

"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint" (Isaiah 40: 29-31).

Let us learn in bad times to rely more on God. "....keep our yes on Jesus, the champion who initiates and perfects our faith" (Hebrews 12:2) to regain our strength, keep us sound in body and mind and care for those around us. No matter if the days are sunny or stormy, let our hearts be firmly on Him, enjoy the good times and embrace the bad times, trust that the storm will be over one day and the rainbow will appear, because this is what God has promised.

The life story of our residents shared at this issue, we read that miracles do happen, whether it is the brave anticipation of death or a miraculous recovery of our terminally ill residents, may these testimonies be the forces that push us forward into our challenges ahead.

Always believe that the grace of God is sufficient for us!

Soon it will be Mid-Autumn Festival, a festive season during a global pandemic reminds us we should treasure every opportunity of being able to get together with our family and friends; I also hope you can get seize the opportunity to get to know Jesus and His Love for us, accept His salvation and reconcile with God, live in peace and hope for eternal life!

Happy Mid-Autumn Festival!

Haven of Hope Sister Annie Skau Holistic Care Centre Deputy Medical Superintendent Dr. Paul Wong

#### Hope in the dark valley

#### **Chaplain Chiu Kit Yee**

At this moment in time, everyone in the world has to deal with the threat of COVID-19. It crashes our body, mind and soul and even our social life. Regardless of race, economy, culture, religion or age, we all suffer different degrees of losses: our health, our jobs. For kids, the chance of going to school, for us adults, our freedom of socializing with friends, the freedom to travel, to exercise at the gym, the freedom to seek entertainment. We lost the routine of our daily life; the sense of security; the sense of happiness and for some, even their lives. Once we fall into this bottomless pit of the dark valley, how can we find hope and get out of it?

The prophet Habakkuk in the Old Testament may teach us something. Habakkuk is a prophet in 607 B.C. During his life time his country was under a lot of turmoil. His northern neighbour was conquered by Assyria and the people in his own country, Judah, abandoned God and committed different kinds of sins. They kill, use violence and act on all kinds of evil. Habakkuk could not understand why God let these happened and did not intervene? Later, as he wrote in the book of Habakkuk, chapter 1, verses 5-6, God revealed to him through omens what will happen after this dreadful period (587 B.C.): The Babylonians are going to invade Judah!"Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls" (Habakkuk 3: 17). There were torn families, a perished nation and nothing but destitute left in sight. Faced with such a test, Habakkuk still proclaimed in his prayer: "yet I will rejoice in the Lord! I will be joyful in God my Savior" (Habakkuk 3:18) Habakkuk firmly believed that in the darkest days of our lifetime, we could lose our land, our assets, and even our nation overnight, but what we will not lose is our steadfast, righteous and merciful God who promised hope and salvation to all who trust in Him!

At this point, I recall a patient who had regained hope after experiencing God's salvation. He is Kwok Choi who his family called him uncle 3. Uncle 3 was suffering from terminal cancer and was admitted to Haven of Hope Sister Annie Skau Holistic

Care Centre(SASHCC) for Relife & Charity(RCS) Beds. Uncle 3 came from a poor family and he has had very little education. He has worked in different jobs. After retirement he still continued to work as a cleaner. Uncle 3 is a quiet, direct, hard-working and serious person. He likes to be on his own and he knows what he wants. He was single all his life, and he didn't accumulate much wealth. People may ask: Wouldn't he be helpless and lonely while suffering from such a malignant disease at old age?

As a matter of fact, Uncle 3 has had feared and felt desperate. However his family's care in taking turn to visit him, accompanied him to see doctors and ran errands big and small for him, especially his nieces, who uncle 3 complimented as "closer to him than his own daughters" gave him strength to fight the cancer. Uncle 3 has two nieces who are both Christians, they had hoped that their uncle can get to know Jesus one day and they have been praying for this to happen. Uncle 3 was finally able to find peace in his heart after he opened himself to the religious gathering at the hospital and let the chaplain pray for him. Later on his nieces and their church's preachers came to visit Uncle 3. Uncle 3 finally accepted Jesus and was baptized in the presence of his family and friends, surrendering his life to the hands of Jesus and managed to overcome the fear of dying. He found peace from God, something he never had before. Although cancer took away his health, it did not take away the affection of his family. Uncle 3 knows he is deeply loved by God and by his family, he saw the blessings of God and he thanked Jesus from the bottom of his heart.

Thank the Lord for bringing Uncle 3 to SASHCC so he can continue to know God and be close to God! I remembered at one time, Uncle 3 was very weak after a religious gathering, so much so he could hardly return to his room. Despite his physique is getting weaker, his spiritual growth is getting stronger every day! There are two long benches in the balcony at our Centre, it is where Uncle 3 encountered God. Once I accompanied him during morning worship, and the scene in Psalm Chapter 1, verses 1 to 3 emerged in my heart: "Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do."

I witnessed uncle 3 is like that tree by the riverbank. His life, as directed by God, borne the fruits of peace under God's love.

After some time, Uncle 3's physical condition deteriorated and he felt weaker and weaker. Yet he likes to be outdoor, so our social worker Miss Wong spent time to help him enjoy the fresh air while he still could. Uncle 3 knows that his days were numbered but he was ready to be reunioned with Jesus in Heaven. Whenever Uncle 3 encountered problems regarding social benefits, Miss Wong would resolve for him so as not to trouble his nieces. This brought much relief to Uncle 3.

When Uncle 3 has reached his final days, our medical team arranged a private room for him to have more quality time with his family. On that very day, our chaplain Mr. Lai went to Uncle 3's bedside and played the song "Amazing Grace" for him. On hearing this song, Uncle 3 is deeply consoled. A smile showed on his face and his eyes were wet. The next evening, Uncle 3 ended his life and went to Heaven peacefully. Although his family was sad to see him go, they were grateful that God let him had a holistic care for his body, mind and spirit by our doctors, nurses, chaplains and social workers in the last journey of his life, enabling Uncle 3 to find inner peace which is so unexpected for someone suffering such a terminal disease.

Let us learn from Habakkuk and Uncle 3 during this time of a global pandemic. Not to hold onto earthly things which are bound to perish, but the salvation of Jesus which can surely bring us joy and peace to confront and overcome all difficulty and challenge.

"yet I will rejoice in the Lord! I will be joyful in the God of my salvation! The Sovereign Lord is my strength......" (Habakkuk 3: 18-19) Thank you card from family members

## To all staff members and volunteers of "End-of-Life Commuity Care Project" and Wah Wing Block,

How is everyone? The virus situation is very severe, please take good care!

Since August last year when uncle passed away, it has been more than a year we haven't set foot at Wah Wing Block. Praise the Lord, we gradually emerged from the mourning of our uncle's death and were able to return to our normal life.

Every time we thought of our uncle, we thought of your love, care, attention to him and prayers for him.....thank you for your affection and support to him. You have been our encouragement and comfort, especially your kind arrangement for a private room for us so we could accompany uncle in private during his dying hours, allowing him to leave so peacefully. We want to thank you all once again for being the angels of our lives. We hope God will continue to appoint you to bring blessings to other patients and their families, helping them to "Embrace their last Journey in Life."

To express our gratitude, we could only make periodic donation to the Centre as suggested by your Medical Superintendent. Please help us to complete the necessary procedures.

The family of Kwok Choi 15/8/2020



#### Life and Death Education Article

Haven of Hope Sister Annie Skau Holistic Care Centre has always been kindly supported by many philanthropists through their love donations, prayers and volunteering participation of many forms, all of which bring blessings to all our staffs and fellow patients. In this issue of <SASHCC Quarterly Newsletter>, we are blessed to have our dear friend Ms. Caroline Yip to share with us her insightful reflection on "combatting the present crisis of Covid-19". The "new norm", mentioned in her article, shall lead us into a new horizon in our quests for faith and life, hence it is worthwhile for us to ponder.....

# Before we rush back to "business as usual"- A reflection on our "old norm" as we emerge from the first waves of Covid-19.

by Caroline Yih, PhD researcher(Theology) at the University of Aberdeen, Scotland

The recent pandemic has impacted each of us with varying severities, but one shared experience would be the gift of time to pause from the hectic and mindless pace of always being on the go in our city and to reflect. With the risks of a third or fourth waves on the horizon, and the shape of a "new norm" still in a nascent and nebulous state of formation, I would like to invite us to take a moment and re-assess if our "old norm" was really worth us rushing back to embrace it. Is there room for a re-imagination of a new norm which is more sustainable and faithful?

Upon reflection, one 'gift' from Covid-19 was the unabashed revealing of some of our old gods of selfishness, greed and individualism. We need not look further than recalling the images from the news of the hoarding of toilet paper and food items to expose our idols and our old norm of operating from a spirit of scarcity. In the Old Testament, we find a similar pattern of "scarcity mentality" from the people of Israel under the oppressive rule of Pharaoh. Biblical scholar Walter Brueggemann noted in an article "Enough is enough" in 2001 that money and possession can become a kind of narcotic: "We hardly notice our own prosperity or the poverty of so many others. The great contradiction is that we have more and more money and less and less generosity- less and less public money for the needy, less charity for the neighbor." Yet, our faith calls us to love others, self and God with generosity. The recent experience with Covid-19 has revealed a side of us and our old norm which is incongruent with our faith. What guiding questions might we hold onto that we can into our new norm in the coming days so as not to have wasted this suffering? May we be encouraged to leave old gods of self-centeredness and fear, lift our eyes from our own needs and see our neighbors, their needs in our shared vulnerabilities. The virus highlights the truth that "in the midst of life, we are in death" poignantly noted by Thomas Cranmer in the 1549 Book of Common Prayers. Indeed, the pandemic reminds us that death and dying are not distant concepts which can be avoided and denied indefinitely but a shared and ever-present reality amongst each of us.

A second reason to pause before rushing back to our old norm is another 'gift' of the virus closely related to the last - the reminder of life's fragility and our deep dependence on communities. Our entire global economical, sociopolitical and personal lives have been halted overnight by an enemy with the average size of 0.125 micron. If we had, and I would argue that most of us had, been living with the illusion that we are in full control of our lives and the accumulation of possessions such as wealth and status can make us more impenetrable to our inherent fragility and contingency, this is a good time to wake up from it. St. Augustine, in his own wrestle with faith in the Confession, reminds us of a similar form of 'waking up'. He invites us to remember our true relationship with our Creator God and of our human condition: we are creatures and contingent beings designed to live in a loving relationship with God and with each other. How can this truth that we have been awakened to from the pandemic guides us into a more faithful form of relating to self, others and God in our new norm? Can we treat others, no matter how different they seem to us, with more gentleness and acceptance remembering our shared fragility and contingencies? Can we shatter our altar of prideful self-reliance as we remember our creatureliness, loved and sustained by breath of our Creator God?

What other 'gifts' are you discovering from your experience and reflection on the recent pandemic? What idols will you mindfully and prayerfully leave behind as you move into the new norm when the time comes? The Bible is always prospective, bringing us to a new and deeper way of loving self, others and God by the ongoing work of the Holy Spirit. In our eagerness to move on from the pandemic, I would like to invite us not to rush back to our "old norm", but instead seek out the new and more faithful modes of Kingdom living the Spirit is inviting us to embrace.

# HAPPY MOMENTS Special Pureed Meal



Sweet potato cake, B.B. Q. Pork Pudding





French Toast, Milk Tea



N





Sharing by Volunteer

#### God's Grace is All Along the Way :

Interview with our volunteer Mrs. Wong Ko May Lan
--Interviewed and written by CY

SHs. Wong's first encounter with Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) was in 2014 when her daughter was invited to be



Mrs. Wong (right), together with our social worker, visited home care patient for sending warm Christmas blessing.

one of our volunteers. The invitation was never acted upon due to her daughter's emigration. When Mrs. Wong mentioned this to her friends, they encouraged her to take it up on her daughter's behalf. This kick started her 5 years volunteer's work at SASHCC.

Mrs. Wong mainly provided support to the weekly worship's preparation and tidying up of venue after the worship. She would also accompany resident patients during the worship and provide whatever assistance they required. Besides, Mrs. Wong was also involved in visits to home care patients.

Before joining SASHCC, Mrs. Wong had helped at the Mother's Choice and other charitable organizations in rendering assistance to new immigrants. With such a varied scope of volunteering experience, Mrs. Wong humbly assessed herself to be incapable and too quiet a person. During her early days working at the Centre, she had thought of quitting because of the hours of travelling involved between her home and the Centre, it was understandably very tiring for her, who is above 70 years of age, being a house wife who also has to attend to chores at home. It was the power of the Holy Spirit that held up Mrs. Wong's perseverance.

Mrs. Wong is born from Christian family. Despite she has attended fellowship in her high school and university days, she actually came closer to God when facing challenges in her marriage. She was grateful for God's blessings in salvaging her marriage and made her life more fruitful. She wanted to serve God in return. She never thought of her simple intention would bring her the unexpected gain of changing from a timid, introvert person into talkative and proactive person. Exactly as what the Bible said: "It is more blessed to give than to receive" (Acts 20: 35). When Mrs. Wong recalled the incidents she encountered at the Centre, she complimented on the enthusiasm and sincerity of our staff members, and was greatly impressed by the E.D Project which is one of our catering initiatives. Lately because of the COVID-19 situation, Mrs. Wong hardly dined out, and this



Mrs. Wong (right), assisted our resident to make sandwiches.

made her appreciate the catering initiative more. It is offered by the joint efforts of our Occupational Therapist and the Chef from Haven of Hope Hospital, by offering special meals for our residents who have such needs, particularly those who have difficulty in swallowing, to be able to enjoy delicacies like "chicken thighs", desserts, pies, puddings, appetizers, etc. and regain the pleasure of eating. Mrs. Wong made a donation to support this initiative to enable our residents who have experienced the ups and downs of their lives, can recover the tastes of good food.

"Commit your actions to the Lord, and your plans will succeed" (Psalm 16:3). Mrs. Wong truly believed, after her over 70 years of life, that God oversees everything. We just have to let Him take control and we do our best; treasure what is given, God would lead and walk with us.

#### Heartfelt Wishes from Mrs. Wong:

It was an honor for me to meet Dr Antony Leung, the Medical Superintendent; Dr. Paul Wong, the Deputy Medical Superintendent and the Chaplains and the Psychosocial Spiritual Care Department, , the volunteers and the medical and nursing teams, who are all dedicated to serve God in the past 5 years. My negligible contribution brought tremendous enrichment to my life through knowing and learning from them. Though I no longer work as a volunteer now, your selfless sacrifices in serving with your whole heart deeply touched me. I wish to conclude this with the bible scripture below : "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God" (Micah 6:8).

May God grant peace to you all in this global pandemic attack, especially those in medical team and to the elderly. I look forward to seeing you again!



During the 10th Anniversary Thanksgiving Worship of SASHCC, the refreshments were prepared by some of our volunteers and ex-patietnt's family members. Mrs. Wong(left 4) is also one of the helpers.

#### Post Script:

Mrs. Wong and her husband have supported SASHCC for years, their support is our greatest encouragement. They not only cared for our patients, they also cared for our staff members. During the Dragon Boat Festival, Mrs. Wong would make rice dumplings and share with us at the Centre!

Thank the Lord for gracing our Centre all along, and thank Mrs. Wong and all of you who walk with us with love and support!

"We love each other because He loved us first" (1 John 4:19).

# E.D. Project

Postscript

Both expressed a smiley face to each other.

Eva: Leave a bit for next time! I will prepare more for you next time!

# # My story # Pleasure eating

"Don't rush, eat slowly!" A daughter reminded her mother.

"My mom loves to eat chicken thighs and chicken wings!"

The daughter of Ah Foon said with a smile. Ah Foon is carefully tearing out the tender meat in between the chicken wing's bones and put them all in her mouth. Ah Foon has lost her teeth so she could only munch on the ground food prepared by the Centre, despite they are not as tasty while she herself takes great pleasure in eating. This being the case, her daughter would occasionally buy some chicken wings and bring to the Centre, hoping Ah Foon could still have a taste of her favourite food.

To eat this way has inherent risk of choking. When Eva, the Occupational Therapist of the SASHCC heard about this, she immediately made contact with one working member of the E.D. Project to come up with a festive lunch menu for our residents to celebrate the Dragon Boat Festival. This "soft meal" not only appealed to the eyes, it tasted delicious and so won the sponsors from some philanthropists. As a result, many more residents other than Ah Foon benefited from it.







#### Life Story of resident

#### **Miraculous Healing**

Written by Mr. Lo Chi Ming (patient's family member)

My mother was born to a wealthy family. She was the darling of my grandfather since small. Unfortunately good thing never last, my grandfather passed away when she was still small and then war broke out. Hence she had to run from one place to another and never had the chance to go to school. She had to work in her childhood in order to find food. Soon after she and her family came to Hong Kong, my eldest uncle who loved her a lot died in an industrial accident, leaving her, my second uncle and my grandmother in the family.

After some years my mother got married and had 4 of us children. However this came to an end on New Year Eve 1953 when a big fire burnt down Shek Kip Mei. My mother had to start all over again. Economy was bad then, so my mother had to work from day till night. She had no reservation in sacrificing for her children and she faced poverty, the loss of her mother and her spouse in her middle age with no support. In those days there was no social welfare at all. If you have no job you have no money and no food in return. A woman, unskilled, working to feed four children is no doubt not easy.

After we grew up, my mother's livelihood saw some improvements. We got married one after another and she helped to look after her grandchildren so we could focus on our jobs.

This went on until 2014. My mother was diagnosed with breast cancer. The pain killer was no help and mom was found moaning in bed. She refused to undergo an operation or to undertake radio therapy or chemo therapy because she didn't want to prolong her life with any of those treatments which inevitably would bring her more physical pain. This being the case, she had signed the Advanced Care Planning instructing her attending doctors not to resuscitate her in her final moments, and we her children respected her wish.

In order to reduce the suffering the cancer could bring, my mother's doctor recommended her to receive palliative care. The doctor anticipated my mother might not live up to 6 months, and eventually she was admitted to the Haven of Hope Sisiter Annie Skau Holistic Care Centre (SASHCC).

When mom first came to SASHCC, she ate little and then less and less. She stayed in bed all the time, couldn't walk but had to rely on the wheel chair. After some time, miracles happened. My mom felt less and less painful physically. Not only that, she could get up by herself, held on to her stick and the bed frames along the passage and walked slowly by herself. Thanks to the staff members at SASHCC, mother not only had the best care, her spirits were motivated and got very peaceful after she accepted Jesus's salvation. She was baptized and was positive towards the rehabilitation planned for her. She began to walk more steadily, and participated in various activities like horticultural therapy; cognitive training group; expressive art therapy; Doctor Pet and different festive parties etc., allowing these to enrich her life.



Through active physiotherapy and occupational therapy, my mother's physical condition is getting better, and participated in various activities which enrich her life.

With the blessings from God, mother found hope in life again and she brought up the question of operating on the cancer in her body. At her age, the wound form such an operation would take a long time to heal, but her recovery was miraculous and fast, and she didn't have to undertake any radio or chemo therapy. She just had the immaculate care by SASHCC staff, and she took western and Chinese medications combined to recover gradually. What she found most comforting was the love and professional care given to her by the physiotherapists, doctors and carers. Such an angelic medical team worked together to let my mom who is over 90 years old get stronger and stronger, so much so that she knew her life would not end at SASHCC.

What she couldn't let go were the "angels" at SASHCC, and she was quite anxious about staying at an Elderly Home because she had heard reports of elders being ill-treated at some Elderly Homes. Luckily with the comfort and encouragements by the staff and with the blessings from God, my mother eventually left SASHCC where she had gathered so much fond memories and move to another elderly home.







Most of the staff of SASHCC came to farewell my mother and presented a photo album as a gift to her.

It was hard for her to adapt to a new living environment. Because of the COVID-19, my mother had to stay in a single room for quarantine which made her lonely and sad. But praise the Lord, when she move back to her room after the quarantine, she find several old faces in the elderly home! They were her neighbours and friends, and some staff members also knew my mother previously. These took away my mother's anxieties and now she is very happy and grateful to live every day with thanking Jesus, SASHCC and the staff at the new elderly home.

The love and care my mother received from God chased away all her previous sufferings and hardship. She could enjoy her later in life now!

#### 捐款表格 Donation Form

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## Haven of Hope Sister Annie Skau Holistic Care Centre

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) is a non-profit, self-financed nursing home with a total of 100 beds. Upholding Sister Annie Skau's spirit of "Respecting Life · Impacting Life", the Centre provides integrated services and holistic care to the frail elders, chronically sick and late-stage cancer patients. With our professional care team, comprehensive facilities and tranquil environment, the Centre aims at bringing comfort, dignity and peace to the residents in the face of physical illness and even death.

#### Prayer items:

Please fold and seal here

- 1. Thank God for the successful achievements of the fund raising target by the "Love in the Air" Online Charity Concert. However, due to the third wave of COVID-19 emergence in Hong Kong, SASHCC has suspended admitting new cases for over one month and this has affected our operation income. Pray to God that He will provide our needs, and protect our residents and staff from contacting the COVID-19 disease.
- 2. We continue to pray to God to bless the extension project of SASHCC. We still seek funding of HKD 120 million to complete the project' s works.
- 3. Under the threat of the COVID-19, the Life & Death Education seminars and the ongoing trianing for volunteers by our Psycho-social Spiritual Department will be conducted online. We pray that God will use these avenues to equip more supporters to walk with us to serve more elders in the community with the love of Christ.

STAMP

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre

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