



基督教  
靈實協會  
HAVEN  
OF HOPE  
CHRISTIAN SERVICE

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

1	POSTAGE PAID HONG KONG PORT PAYE	Permit No. 3170
---	--	-----------------------

March 2021 ISSUE 45

# Holistic Care Centre Quarterly Newsletter



**The Power of  
Love**

## The Power of Love

One day last month I went to work as usual. As soon as I stepped out of my car, I saw a group of people (one in the group was a patient) crowded in front of the Sister Annie Skau Block as if waiting for someone. I was about to go forward to find out more then I saw Miss Kwok, our nurse responsible for admission hurried to lead them (should be patient's relatives) to Wah Wing Block. Later I realized this patient was scheduled to check into SASHCC today, but her condition suddenly deteriorated the night before and she refused to let her family take her to the A&E but to our Centre, so her family brought her here early in the morning. This patient was very weak on arrival, it was after her admission and settling down at our centre did her condition stabilized, and her family could visit her one by one. She has a young daughter who studied at a Christian school, who took the lead to pray for her. This patient was touched by her daughter and she also admitted her faith under the guidance of our chaplain. Although this patient stayed with us for just one day, her family was very grateful for our staff members' full support which helped realized her last wish.

This incident reminded me of the leper in the Bible who was let down the roof of a hut demolished by four of his friends to seek healing from Jesus. The leper was eventually healed by Jesus (Mark: 2: 3-5) . We know Life has cycles of aging, falling ill, and death. Because of God's everlasting love for us, we can be strong during days of frailty, face difficulty with courage and even death without fear!

Serving at SASHCC allow us to testify many love stories. One Relief & Charity Bed Scheme (RCS) patient was taken care of by a group of friends who had no blood relations with him but who had only travelled with him; another patient used to be a triad member, who used to mock at his friends who repented and became Christians. After he came to stay at the HCC, he felt the love of Jesus through the selfless care he received from our staff, eventually he proclaimed his faith, was baptized and rested in God's peace. His family was so relieved that they came to the Chaplain wanting to know more about God and His salvation.

Such a great cloud of witnesses becomes our encouragements and motivation to serve. Especially in the past year, COVID19 swept everywhere, we are all in fear. Despite of the difficult situation, we praise the Lord for His blessing and thank you for walking with us, we were able to brave through with His protection just like seeing a rainbow when striding through a storm. This year we are celebrating our 15th anniversary. A host of events will be organized to commemorate God's blessing. Let's keep praying for the pandemic to be under control very soon. Meantime we are also recruiting 1,000 donors to commit on making monthly donation to our Centre, with HKD150 a month from each of them we can serve many more families of terminally ill patients with need. Since our solicitation in the February Newsletter, we have received positive response from ex-patients' families including those of RCS beneficiaries. Praise the Lord!

Jesus died for us on the cross and fulfilled His salvation for us. This is an exemplification of how much God love us. Jesus has conquered death and gave us eternal hope. No matter what happens, we must depend on God's love and grace to continue our journey together filled with confidence and hope everyday!

*“Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, ‘The Lord is my portion; therefore I will wait for him.’ The Lord is good to those whose hope is in him, to the one who seeks him” (Lamentations 3:22-25)*

*“And now these three remain: faith, hope and love. But the greatest of these is love.”  
(1 Corinthians 13:13)*

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

## Special Feature: Extension Project of SASHCC

Phase I Extension- The design work of the Holistic Care Centre extension has been in full steam in the past few months. Our Project Team has met with our Consultant several times to fine-tune the facilities and room design over and over again in order to perfect the balance of meeting our operational needs and fulfilling our residents' wishes.

Although the Holistic Care Centre will only be completed in the year 2025, many of our supporters are eager to know the new building's features and its fund-raising requirements. Let us take this opportunity to share with you two of its many characteristics and the progress of our last 3 months' fund-raising efforts.

### Roomy living and activity area

Our new Holistic Care Centre (HCC) will provide many room types for selection, this includes single room; deluxe single room; double room; and quadruple room in order to meet different needs of different people. Those who like company can opt for quadruple room, and those who love privacy can opt for single room.

In addition to the above, to cater for the specific needs of our palliative care patients and their families, the rooms and activity areas will be much bigger than those at the moment. We know when our patients had entered their final journeys in life, their families and friends will want to spend more time with them to express affection, forgiveness, apology, gratitude and farewell while opportunity still exist.



( reference picture )

### Abundant natural lighting

Plants need sunlight, humans also. Appropriate sunlight can help our body produces vitamin. From psychological point of view, sunlight cheers people up and charge us with positive energy. Bed-ridden patients' emotions can be lifted if they can see and feel the brightness



and warmth of the sunlight. As such, our project team worked towards maximizing the use of light capturing designs to let patients feel the positive energy of sunlight since they are not able to go outside. This is done by providing big windows at different locations to capture the sun's rays at different times of the day to let our residents have a warm and cheerful living environment.

### Progress of fund-raising for the extension project

At the moment, we are working hard on raising funds for the project, targeting to reach HKD 140 million by end of 2022 so we can proceed to build one additional story on the new building and commence major renovation on the WWB block. We are grateful that in the past few months, we have received donations from our supporters and have achieved 18% of our target. Nevertheless, our target is still miles away so we hope we can have your support by praying for us and sharing our fund-raising needs with your friends, and work hand-in-hand with the HCC in accomplishing this important extension project!

Fund-raising Progress :

Target : 140 million



## Embrace life with Love

Chaplain Wan Yim Wah

Mother Teresa once took care of a dying person who had coerced and obstructed her work on the Missionary of Charity. Mother Teresa said she still love this person because love does not solely rely on feelings but is an act of will. She said work without love is slavery.

In the old days Israelites had been slaves in Egypt, they were forced to work in construction sites and farms, they were slave-driven and they lived in pain: physically and mentally. Mother Teresa pointed out that without love we will fall into a state of pain as if we were slaves. If we have love in our hearts, our work will become meaningful and our lives will be beautiful.

By showing love in ones' actions, e.g. a gentle look; a warm smile; a soft tone; caring nursing and sincere help not only benefit the receiver, it also elevates the giver from a state of hard work to a level of freedom. Mother Teresa reminded us through her life-long serving those living in the slum that act of love is the way to freedom, something that allows you to find goodness in life by giving, empathizing and serving those in need unconditionally. "Do everything in love." (1 Corinthians 16:14).

Under the Covid19, everyone is living under constraints; living is so different from the past. Everyone has to wear a mask which makes breathing difficult, we cannot travel during holidays, we cannot go enjoy eating out during weekends, we cannot gather with family and friends for Chinese New Year celebration and even when go visit our family member who is in hospital needs special, prior arrangements! During this time, our staff members, residents and their families are also affected.

Under such situation, our pursuit of “Embrace the last journey with love” demonstrated its true value. Different teams at the HCC came up with innovative means to let our residents feel they are being loved and cared for. For example the staff arranged weekly online visits for the residents to relieve them from missing their family too much; churches organized zoom worship for the residents ; volunteers prepared small gifts for the residents to convey blessings to them and over 20 staff members formed a choir and sang Christmas carols to them to add festive atmosphere to the HCC, these extra miles the staff and volunteers walked made both the receivers and themselves shower with blessings.



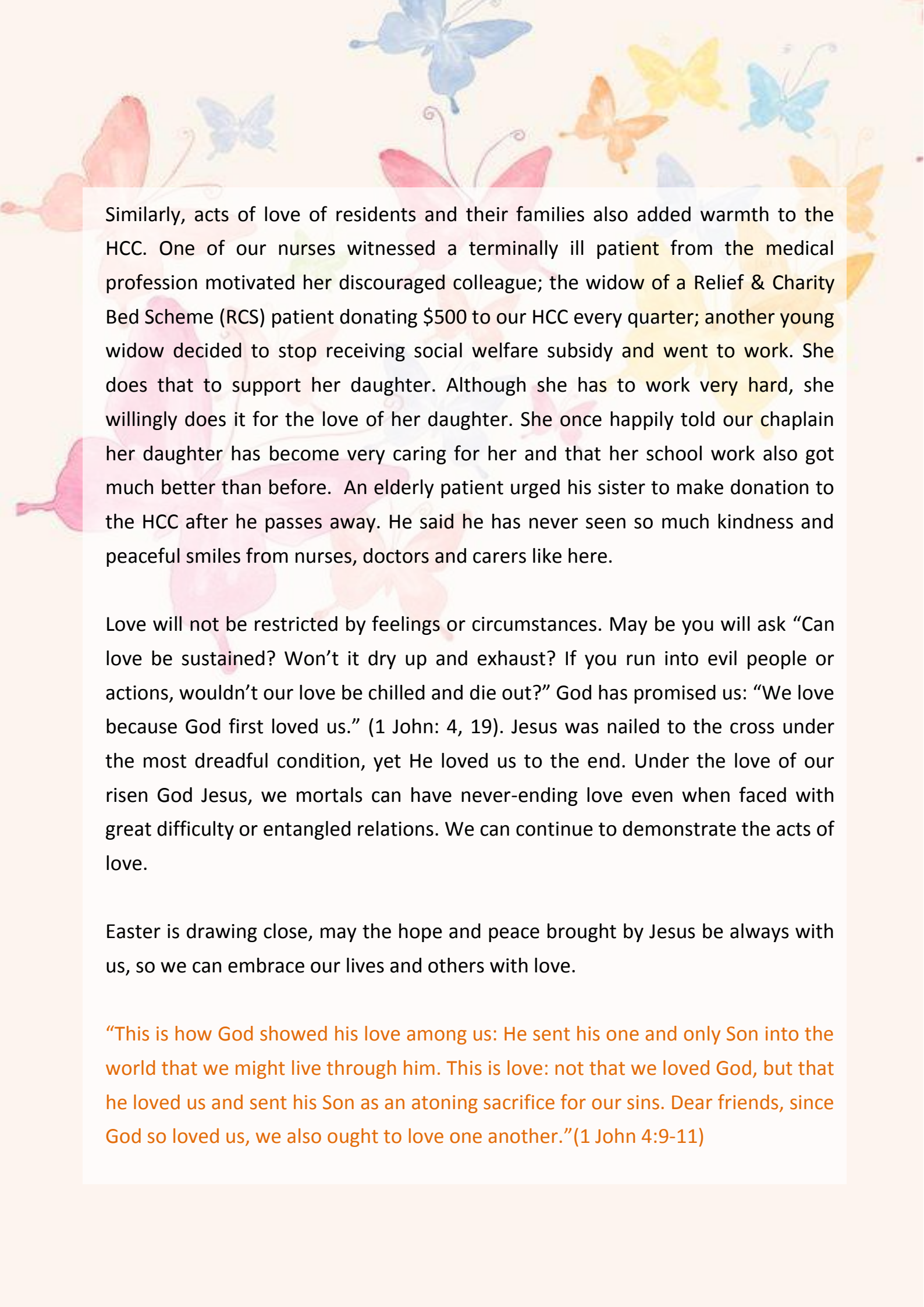
The staff from Psycho-social Spiritual Service Department arranged daily video call for the residents to keep contact with their families.



Our fellow churches organized zoom worship for the residents to celebrate the Chinese Lunar New Year.



Christmas carols to our residents on Christmas Eve.



Similarly, acts of love of residents and their families also added warmth to the HCC. One of our nurses witnessed a terminally ill patient from the medical profession motivated her discouraged colleague; the widow of a Relief & Charity Bed Scheme (RCS) patient donating \$500 to our HCC every quarter; another young widow decided to stop receiving social welfare subsidy and went to work. She does that to support her daughter. Although she has to work very hard, she willingly does it for the love of her daughter. She once happily told our chaplain her daughter has become very caring for her and that her school work also got much better than before. An elderly patient urged his sister to make donation to the HCC after he passes away. He said he has never seen so much kindness and peaceful smiles from nurses, doctors and carers like here.

Love will not be restricted by feelings or circumstances. May be you will ask “Can love be sustained? Won’t it dry up and exhaust? If you run into evil people or actions, wouldn’t our love be chilled and die out?” God has promised us: “We love because God first loved us.” (1 John: 4, 19). Jesus was nailed to the cross under the most dreadful condition, yet He loved us to the end. Under the love of our risen God Jesus, we mortals can have never-ending love even when faced with great difficulty or entangled relations. We can continue to demonstrate the acts of love.

Easter is drawing close, may the hope and peace brought by Jesus be always with us, so we can embrace our lives and others with love.

“This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.”(1 John 4:9-11)





## Thank you card from family members

**To all staff on 1/F of the SASHCC,**

Thank you for taking care of our family member and allow him to have a satisfactory recovery. Thanks to Ms Chan Suk Yee for her helpfulness, no matter how much additional work was created for her, she never stopped smiling and finished them willingly! Thanks to the physiotherapist, occupational therapist Ms Suen. Also Ms Lam, Mr Leung, Ms Chan Wai Yin, and to all of you working at the HCC! Appreciate your serving with love in your hearts, and for looking after our family member in his daily activities and for grooming him to let him start his days with brightness!

Also thanks to Mr Tsui, Ms Kwok, social worker Mr Lee!



# HAPPY MOMENTS

## Lunar New Year Celebration



## New Year Modeling



# Mass Greetings



# New Year Special Meal




## Understanding the spiritual needs of the dying from the Seven Words on the Cross

By Larry Lee (Deputy In-charge, Psychosocial Spiritual Care Service Department)

Jesus on the cross was a dying person. Seven Words on the Cross were the last seven things he said before he sacrificed for us, and those words reflected his human response towards death. From them we can see the 7 aspects of the spiritual needs of our dying patients and inspire those who care for them.

### 1. Express pain

**“My God, my God, why have you forsaken me?” (Matthew 27: 46; Mark 15:34)**



The feeling of loneliness and helplessness are only known to the sufferer, and are what make him feel deserted. He very often would question life “Why make me suffer?” “Why me?” Some patients who believed in Christ also asked similar questions. Have these people (and Jesus) lost faith in God? No, if they have, they would not have questioned God, the fact that they questioned Him meant they still believe He exists; could still hear them, it is just He is a bit remote.

End-stage patients’ sufferings are real and human. They include physical (pain, suffocate, lost of appetite); social psychological (anxious, fear, lonely) and spiritual (doubtful about God, desperate). Moaning in pain is a natural and inevitable expression. Therefore the pain of a sufferer needs to be heard, understood and accepted. If we avoid, neglect or negate them, and only push them to try and be positive, they will only the more feel deserted.

## 2. Seek reconciliation

**“Father, forgive them, for they do not know what they are doing”  
(Luke 23:34)**

Despite man of this world betray, refuse and mock at Jesus, he still forgave them. Some end of life patients know their days are numbered, they want their broken relationship with people they care to be mended, whether to forgive or be forgiven.

Carers of patients have to be alert in observing them to be catalysts of reconciliation for these patients. Some of the patients may give up hope, thinking they could do nothing or there is little chance for them to reconcile with those they care for. Some may think they do not deserve to be forgiven, so they carry the blame to punish themselves. At this point, Jesus’ coming is most important in making peace for people with themselves; for a person to another person and for man to God.

## 3. Care for others

**Jesus said: “Truly I tell you, today you will be with me in paradise.”  
(Luke 23:43)**

Although Jesus was approaching death on the cross, he still cared for the criminal who repented and gave him hope after his death. We saw many of our patients also cared for their family and friends and even fellow patients, they shared snacks and helped those weaker ones press the call bell to get help. These patients are not only beneficiaries but are also capable of helping and caring for others. They used their life stories to testify and encourage others. To love and be loved are human nature and is the path to spiritual satisfaction. We should recognize their ability to love, and fulfill their wish to help others.

## 4 Entrust

**“he said to her, ‘Woman, here is your son,’  
and to the disciple, ‘Here is your mother’.” ( John 19:26-27)**

The Bible did not mention whether Joseph was still alive when Jesus died. If he has already died, then Jesus entrusting his mother to his most trusted disciple John is the most rightful thing for him to do. On the death bed, a person will always want to make detailed arrangements for people and things that are important to him, e.g. the children to take good care of their mother; settle the estate arrangements to prevent misunderstanding or argument among the children; instruct on his funeral details, etc.

Entrust is not only for matters to be accomplished, it can also be an opportunity for exchange of emotions between family and friends; it also allows the dying person to feel his wishes are respected and his responsibilities fulfilled. When a dying person expresses his last wishes, the carer and family members should not avoid him but try to understand the way he thinks and assist him in making realistic promises.

## 5. Biological needs

**“I am thirsty.” (John 19:28)**

Jesus has had biological needs. He didn't mind telling others what he needed. Terminally ill patients have biological needs too, they are mainly pain control; exhaustion; loss of appetite and energy. Biological and psychological needs are interrelated, e.g. to overcome the sense of disgrace when having to wear diapers after losing the ability to take care of oneself.

The carer should empathize the biological needs of the sick person, e.g. not to visit him if he is tired; listen to him and render help; in addition, attend to his pain brought by his illness.

## 6. Conclude

**“It is finished!” (John 19:30)**

“It is finished” could mean “the debt of sin is paid!”. Jesus fulfilled his mission of saving the world so he said this to conclude his life. He regarded the cross to be his glorious accomplishment of God’s mission for him, not a sign of defeat as the world sees it.

To conclude and evaluate one’s life is a natural behavior of the terminally ill and elderly patients. Some may feel lost while some may feel complete. Listening to a patient’s story and how they assess their own life experience; assure and comfort them can help them regard themselves from a new perspective.

## 7. The final destination

**“Father, into your hands I commit my spirit.” (Luke 23:46, John 19:30)**

The last words of Jesus showed his total trust in the Father. Jesus knew the destination he was heading to is to be with God and be glorified with Him forever. God gave us a sense of eternity, and the curiosity of knowing where we will go after death. Carers are in the position to help dying patients end their life journeys peacefully by taking them through life’s reflection, gospel sharing, eventually obtaining hope for eternal life as promised by God.

---

Further reading:

Craddock, F., Goldsmith, D., Goldsmith. “What Do You Say to Someone Who is Dying?” in *Speaking of Dying: Recovering the Church’s Voice in the Face of Death* (Grand Rapids: Brazos Press, 2012), p.107-128.

Life Story of resident

## Peace is a blessing

Uncle Kam Sing, 66, was diagnosed with terminal lung cancer which has spread to his brain. He came to stay at the Holistic Care Centre (HCC) under the “Sandwich Class Bed(SCB) Scheme”\* in June 2020.

Uncle Kam Sing was a carpentry tradesman. He was friendly, helpful and always served his relatives and friends with his contractor experience and connections, so was well liked by his friends. He and his wife were close and affectionate, and had two sons in their marriage. Like many other grassroots residents in Hong Kong, uncle lived a simple life, he betted on horses a bit when not busy, and followed the Chinese tradition of paying respect to his ancestors.

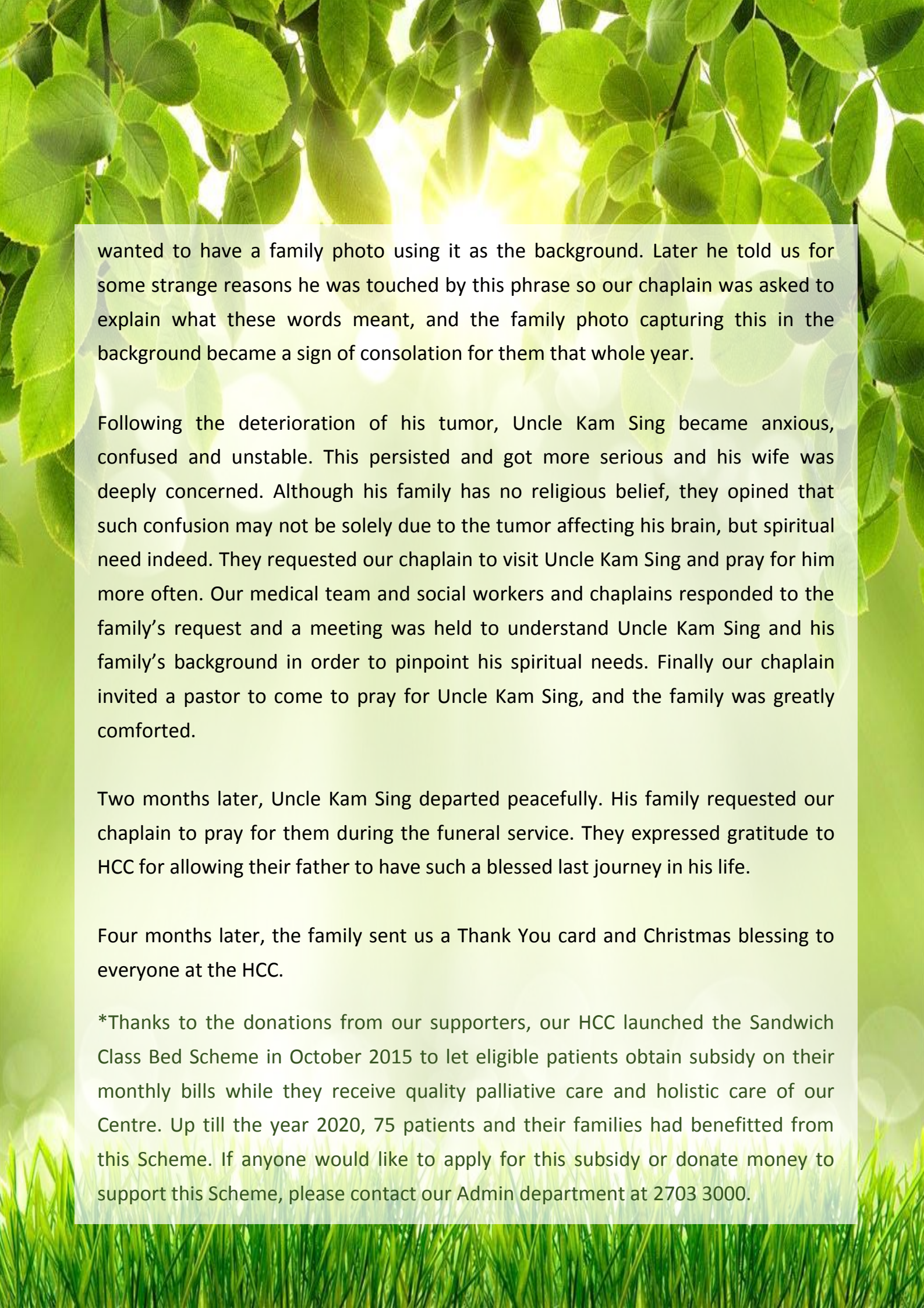
Life can be really unpredictable, faced with a critical illness, Uncle Kam Sing was helpless, and shared with his wife the thought of death. Their family income was low with the sons just finished school and started to work. They had to resort to loans from friends and relatives to pay the medical bills until uncle obtained assistance from the SCB Scheme, which greatly relieved the financial burden of this family.

At HCC, our medical team, social workers and chaplains all prayed for Uncle Kam Sing and paid regular visits to him. He sought peace from reading the Bible and our staff members are pleased to see he could fall asleep naturally after meditating.

Following the use of drugs and the deepening of his illness, Uncle Kam Sing became more tired and quiet. Once during visiting hours he raised his hand pointing at a CNY poster which wrote “Peace from God” on the wall as if he







wanted to have a family photo using it as the background. Later he told us for some strange reasons he was touched by this phrase so our chaplain was asked to explain what these words meant, and the family photo capturing this in the background became a sign of consolation for them that whole year.

Following the deterioration of his tumor, Uncle Kam Sing became anxious, confused and unstable. This persisted and got more serious and his wife was deeply concerned. Although his family has no religious belief, they opined that such confusion may not be solely due to the tumor affecting his brain, but spiritual need indeed. They requested our chaplain to visit Uncle Kam Sing and pray for him more often. Our medical team and social workers and chaplains responded to the family's request and a meeting was held to understand Uncle Kam Sing and his family's background in order to pinpoint his spiritual needs. Finally our chaplain invited a pastor to come to pray for Uncle Kam Sing, and the family was greatly comforted.

Two months later, Uncle Kam Sing departed peacefully. His family requested our chaplain to pray for them during the funeral service. They expressed gratitude to HCC for allowing their father to have such a blessed last journey in his life.

Four months later, the family sent us a Thank You card and Christmas blessing to everyone at the HCC.

\*Thanks to the donations from our supporters, our HCC launched the Sandwich Class Bed Scheme in October 2015 to let eligible patients obtain subsidy on their monthly bills while they receive quality palliative care and holistic care of our Centre. Up till the year 2020, 75 patients and their families had benefitted from this Scheme. If anyone would like to apply for this subsidy or donate money to support this Scheme, please contact our Admin department at 2703 3000.

## Thank you card from family members

**To all staff on 1/F of the SASHCC,**

In the last journey of his life, Kam Sing was fortunate and blessed enough to have received your caring nursing.

We are much encouraged and well supported by your comfort, care and prayers during such difficult time.

We are deeply grateful for you and could not find the right words to express our appreciation.

Wish everyone of you a Merry Christmas and good health!

Family of Kam Sing

2020



## 捐款表格 Donation Form

盼望得到您的支持，讓我們能為院友及家屬提供全人生命晚期照顧、長者復康治療及優質療養/ 長期護理照顧服務，一起攜手「用愛擁抱晚晴」。

We need your support in order to provide holistic end-of-life care, specialist geriatric rehabilitation service and quality infirmary/ long-term care. Let's join hands to "Embrace the Last Journey with Love".

- 按月捐款 Monthly donation       一次性捐款 One-off donation      ( 請在適當方格內加 "✓")
- \$150     \$500     \$1,000     \$2,000     \$5,000     其他 Others : \_\_\_\_\_
- 上述捐款有指定用途 Designated purpose of Donation
- 寧養院擴建計劃 SASHCC – Extension Project     軟餐計劃 Soft Diet Programme
- 慈惠病床計劃 RCS Bed Programme                       夾心階層寧養病床計劃 SCB Programme
- 其他，請註明 Other, please specify : \_\_\_\_\_

### 捐款方法 Donation Method

1. 劃線支票 Crossed Cheque : 祈付 Payable to "Haven of Hope Christian Service – HCC"

2. 直接存入戶口 Direct Debit : 匯豐銀行 HSBC 808-8-000610

3. 信用卡 Credit Card :

VISA       MasterCard       American Express

持卡人姓名 : \_\_\_\_\_ 信用卡號碼 : \_\_\_\_\_

Cardholder Name : \_\_\_\_\_ Credit Card Number : \_\_\_\_\_

有效日期 : \_\_\_\_\_ 持卡人簽署 : \_\_\_\_\_

Card Valid Until : \_\_\_\_\_ Authorized Signature : \_\_\_\_\_

請將支票或銀行入數收據連同填妥之表格寄回：新界將軍澳靈實路 19-21 號或傳真至 2703 5575。  
Please send cheque or deposit slip together with completed donation form to: 19-21, Haven of Hope Road, Tseung Kwan O, N.T. or by Fax: 2703 5575.

### 捐款人資料 Donor's Details

姓名 Name\* : \_\_\_\_\_ 聯絡電話 Telephone No. : \_\_\_\_\_

電郵 Email Address : \_\_\_\_\_

如要索取收據 (HK\$100 或以上)，請填寫地址：

Please provide address if receipt required (for HK\$100 or above) :

\*為必須填寫的項目，以便用作印發捐款收據之用 are required fields for issuing donation receipt

### 個人資料收集聲明 Use of Personal Data Declaration

基督教靈實協會 (下稱靈實) 尊重閣下所提交的個人資料，您所提供的個人資料只限用於靈實發出捐款收據、通訊、籌募經費及收集捐款者意見之用。在未得您的事先同意前，我們不會向其他人士或機構披露所收集的個人資料。靈實並會確保所有個人資料都根據《個人資料(私隱)條例》所載的規定妥善保存及使用。如閣下需要查閱或修正您的個人資料，請在辦公時間內致電 2703 3000，電郵至 sashcc@hohcs.org.hk 或致函至香港九龍將軍澳靈實路 19-21 號與本院行政部聯絡。

Haven of Hope Christian Service intend to use your personal details for our communication in future, including issuing donation receipt, passing information, fundraising work and conducting donor surveys or research. We will not provide your personal data to third parties without your consent. We are committed to protecting the privacy, confidentiality and security of the personal information we hold by complying with the requirements of Personal Data (Privacy) Ordinance with respect to the management of personal information. If you wish to access or correct your personal data, please contact SASHCC at 2703 3000, or sashcc@hohcs.org.hk or 1/F, 19-21 Haven of Hope Road, Tseung Kwan O.

本人同意基督教靈實協會及其服務單位使用本人之個人資料傳遞服務通訊、活動宣傳、發出捐款收據及慈善籌款募捐之用。I agree to the proposed use of my personal data.

簽署 Signature : \_\_\_\_\_

日期 Date : \_\_\_\_\_

## 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:

1. Thanks God for guiding the SASHCC in the past 14 years, this is our 15th anniversary. A series of activities including Life & Death Education Seminar, Family & Volunteer Dinner Gathering and the publishing of a 15th Anniversary Album are in the year plan. Pray that the Lord will guard us everything smooth in these activities. We would also recruit 1,000 donors for monthly donation of \$150 to support the operation of SASHCC.
2. We continue to pray for the Extension Project of SASHCC. Pray that God will lead the Project Team in their communication, detail planning and smooth execution of all initiatives, The fund-raising target for Phase I & II is \$140 million, we pray that God will touch the hearts of many supporters to make donations for this Project, so that more end-stage patients can benefit from our services.
3. Following the ease of the COVID-19 situation, we plan to reactive regular activities for the residents and volunteers services under the guidelines of infection control. We seek God's blessings in making the volunteer service add colors to the daily lives and nourish the spirits of the residents.
4. Thanks God for bringing Dr Lau On Yee to our Centre in March this year. May she have a good adaptation. May God help us find more medical professionals who has a heart to serve and come to join the ministry of "Embracing the Last Journey with Love."

STAMP

靈實司務道寧養院

**Haven of Hope  
Sister Annie Skau Holistic Care Centre**

香港新界將軍澳靈實路十九至廿一號

**19-21, Haven of Hope Road, Tseung Kwan O,  
New Territories, Hong Kong**

Please fold and seal here

Please fold and seal here

Please fold and seal here