



基督教  
靈實  
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HAVEN  
OF HOPE  
CHRISTIAN SERVICE

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RESPECTING LIFE • IMPACTING LIFE

September 2021 ISSUE 47

# Holistic Care Centre Quarterly Newsletter



*Life Journey*

## Life Journey

Our Holistic Care Centre is very concerned about the physical, psychological and spiritual health and the personal life growing of its employees, and have organized from time to time different activities to take care of and to promote interactions and mutual encouragement amongst them. One of the activities is the “Senior Bible Sharing Session” amongst the professional colleagues to share Bible verses, and to let colleagues of different departments to have the opportunity to learn God’s words together.

Thanks to our colleagues of the Psycho-social Spiritual Care Services Department to prepare for us a new series of subjects for our Bible Study: “To grow our roots, to harvest our fruits” after the last series on “Words from various Biblical Characters”. We will go through the process of **T**ruth, **R**eview, **I**nternalization and **P**ractice throughout the 14 sessions of our Bible study (**TRIP**). In facing the challenges of our extension project, it is very meaningful for us to explore the core value of the Bible which closely relate to the holistic care service in Christ’s way.

Talking about journey, it reminds me of the patients of our Holistic Care Centre. To these late stage patients, our Holistic Care Centre may be the terminus of their life journey. How to let them live each day peacefully and respectfully, “Let the deceased pass away without regret, let the living accept the separation peacefully”, are always the goal of our team. Recently our colleagues received from the family a copy of the program of the memorial service of a deceased patient, in which the family described their time spent with their mother at our Centre as “The Last Trip”, the two-day one-night together were so precious and let them share the great memories of their past tours. Being able to say love, to thank, to say farewell to each other has overwhelmed all the sadness and sorrow of separation. Such sharing by the family of our patient are so encouraging to our team, and is the power to us for our perseverance to move on.

Fifteen years have passed in a blink of eyes, there have been quite a lot of twists and turns and difficulties in the serving by our Holistic Care Centre. Grateful to the grace of God and your walking together, such have made this journey becomes more wonderful and meaningful. Wishing that with the completion of the extension project, it can meet with the needs of and to bless more patients and their families. Please continue to pray for the progress of our extension project, pray that God will grant our team wisdom to tackle all difficulties and to provide the necessary funding. Thanks God that in the past few months, after our appeal for support to our “Monthly Donors” matching donation program, there were 33 new monthly donors. We thank and appreciate them for becoming our partners to support our holistic care services through their donations and prayers. We urge that everyone can share with their friends around and hope that we can recruit 1000 people to participate in such donation program, to enable our mission of “Embrace the Last Journey with Love” to sustain and continue, and to let more patients to spend their last journey with us, to experience love and forgiveness, to reconcile relationship, to re-discover the meaning of life, and to walk through one’s life journey with no regret.

**“I have fought the good fight, I have finished the race, and I have remained faithful. And now the price awaits me – the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of His return. And the price is not just for me but for all who eagerly look forward to His appearing.”**

**(2 Timothy 4:7)**

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


## To say farewell properly

Chaplain Wan Yim Wah

All the changes in the past two to three years have made a big difference, no matter in terms of the social environment, epidemically, world situation or personal encountering. The fast speed of changes has inevitably led us to think about how to properly say farewell to past issues, matters and people.

Hospitals and nursing homes for the elderly have imposed stringent visiting policies to prevent the spreading of the epidemic. To avoid limiting the chance to see each other, family members have tried their best to keep patient at home to be taken care of. Given the limited living space in Hong Kong, the usual practice of Hong Kong people spending their holidays overseas has also been interrupted by the epidemic. Shutting down of air traffic, quarantine measures have made both getting out of or returning to Hong Kong much more difficult than before. It's a pity that travelling is difficult, and even worse is that if a family member is so sick and dying, the chance for family members living overseas to properly say farewell has become difficult and precious.

There were a lot of beautiful stories on saying farewell between patient and his/her family. I have met a lot of elderlies with little education. They were poor but had worked very hard during war time to bring up their children. They have children and grand children when they got old. They have similar attitudes of being not afraid of difficulties, did not mind to suffer, always thought for the benefits of others, did things with conscience, taught others through their words and behavior. In return, family members took care of them with loving words, detail attentions, and expressed their love through hugging. Some had expressed their love openly in their farewell, while some had expressed their love in their life long companion and memories without saying it openly.



There might be regrets in one's life and it is important to deal with it before the final farewell. Some might be not willing to meet with someone, but more often is wishing to see certain person. To reconnect with lost relatives, to coordinate with old friends, to see their spouse who had separated for long, to gather those children in disputes in front of bedside, to let the worrying patient to have a peaceful mind. Agreeing to apologize or accepting an apology is kind of a good way to say the final farewell even though it might not be able to reconcile all previous conflicts.

I remembered that I have shared "How to say farewell" here before, and now I am sharing "To say farewell properly" after a couple of years. Throughout these past years, I have accompanied a lot of patients and their families to walk through the final farewell, and have experienced the presence of God at such time. I have shared Bible verses, sang hymns, said a prayer with people I met during routine medical caring. The promise of Jesus to see his believers again and Christ's salvation are the hope and power for people to face death and separation.

One old cancer patient was still sharing short messages and self-drawn cards through WhatsApp with a 10+ years old dying girl that she knew and with the girl's family to comfort and encourage them. That little girl was hopeless and frightened but accepted God's salvation due to this old cancer patient, and for sure they would see each other in Heaven.

Thank Jesus for having come to this world, resurrected from death, and experienced the pain of separation as we did.

God had said farewell to us properly:

**「 So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of the joy. 」 (John 16:22)**

# HAPPY MOMENTS

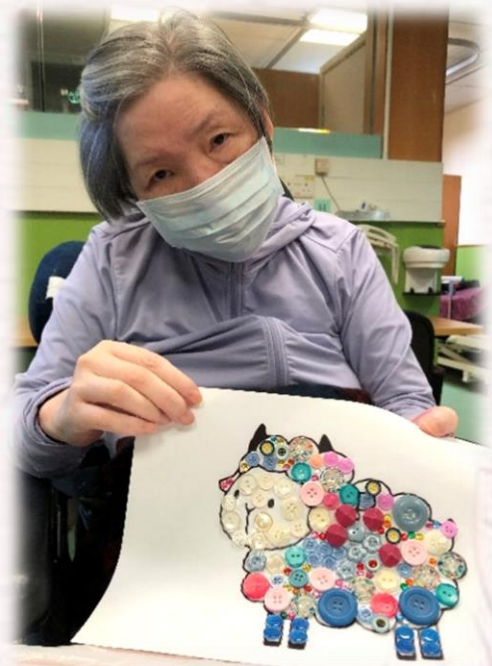
## Art Group



## Harmony Pastel



## Button Drawing





**“Rainbow-after-Rain Carer Support Program”**



## Shelter for “Life Storm”

「 I feel that Christians are those “who are incapable” …… 」 , this is the half-joking response of Ah Nam, a patient of SASHCC.

Ah Nam, a patient under our Relief & Charity Service program, 70 plus years old with terminal cancer. When Ah Nam was admitted to SASHCC, he was very weak, talk with difficulty and wearing long grey hair.

Ah Nam’s mother died when he was around 10 years old, his father had to work hard to earn a living, and his siblings of seven were taken care of by their eldest brother Ah Ming. Ah Nam quitted school after junior high and became an intern in mechanical maintenance. Unfortunately, Ah Nam made some bad friends and became a drug addict and somewhat we called a “gang guy”. His has a straight forward character, always willing to help others, a life version of a movie character “Chan Ho Nam” in some gang movies.

Fifteen years ago, Ah Nam lived alone in poverty due to tuberculosis and drug addiction. Half a year’s ago, Ah Nam was diagnosed with terminal cancer at public hospital. His eldest brother, due to old age, could not take care of Ah Nam any more. Luckily, Ah Nam was referred by social worker to come to SASHCC under the Relief & Charity Service” program, and received what he described as a “Five Star” medical care.

A lot of people have spread God’s gospel with Ah Nam but was all rejected by him right away. He felt that all Christians are either those who are incapable or those who are hypocrites looking for self-benefits. Not until Ah Nam almost became a “Man Ball” and being kicked out of public hospital when he was weak and helpless, then God led him came to SASHCC which became the shelter of his “Life Storm” (Haven of Hope), and Ah Nam believes that God is the one in command.

What moved Ah Nam most is the sincerity and loving care of the staff of SASHCC. One night, when Ah Nam had an intolerable pain, he requested the nurse on duty to give him some pain killing pills but then it was too early for medication. Our colleagues comforted Ah Nam gently and told him to endure for a while. Finally, nurse gave Ah Nam the medication earlier than scheduled but he was so angry and lost his temper. He threw all the medication on the ground but then he noticed his own fault and



apologized to the nurse. The nurse did not blame him and instead comforted him. Doctors also spend extra time and efforts to investigate into the root cause of Ah Nam's illness, and this has made Ah Nam felt being respected and attended to. Our colleagues also arranged to take a stylish portrait for Ah Nam during Chinese New Year which had made him very happy. Due to the loving care and acceptance by our colleagues, Ah Nam tasted the love of Christ and he accepted Christ as his saviour under the guidance of our Chaplain, admitted his sins to follow God and baptized. On the day of baptism, our colleague gave Ah Nam a haircut. Ah Nam looked sharp and smart, wearing a big smile, and became a sheep of the Great Shepherd Jesus. Ming Gor (Ah Nam's eldest brother) was also moved and requested our Chaplain to lead this "Old Missing Sheep" to know God. Shortly after Ah Nam baptized, he passed away peacefully at SASHCC. Our Chaplain arranged a memorial service for Ah Nam and his family were all very graceful to witness Ah Nam having the Hope for Eternity and Peace.

On the day of baptism, looks sharp and smart, witnessing the grace of God!



After Ah Nam passed away, our Chaplain continued to contact and care for his family. Ming Gor cares about SASHCC and received messages regularly on updated information. Half a year later, when our colleagues invited Ming Gor to share at a charitable concert on how the services of SASHCC had helped his brother, Ming Gor accepted the invitation right away. During his sharing, Ming Gor not just encouraged our colleagues to remember their original intention to continue to serve late stage patients with a loving heart, he also donated to support the concert. All these were great encouragement to our colleagues.

Ah Nam and his family chose this Chinese New Year portrait for his mourning hall.

Lastly, Ming Gor composed a slogan on the spot and urged our colleagues to remember:

**「 The aura of Christ will shine the Universe,  
the services of Haven of Hope will benefit all people! 」**



Ming Gor shared the heartfelt appreciation, and encourage the staff of SASHCC to continue with their efforts!

## Talk about adaptation and support for cancer patient

Ms Tang Hiu Ying (Social Worker, Psycho-social and Spiritual Care Service Department)

Nowadays for cancer treatment, apart from controlling symptoms, patient is also being taken care of physically, psychologically, socially and spiritually. Patient will undergo a long treatment process and encounter different emotional changes. When a patient is diagnosed with cancer, he/she may not accept such fact at the beginning, or he/she may blame himself/herself or blame God. How shall the family provide support to such patient to face such emotional ups and downs? We can try to understand what the patient is thinking about, listen more, and to accompany he/she to go through this complicated journey.

### Roller Coaster feeling of cancer patient

A lot of patients' first response when diagnosed is to deny (denial). One's self-defense mechanism will deny what has happened when one learned about something tragic or catastrophic, and to selectively hide such facts and refuse to face it or accept it. After denial, a patient will admit the fact of being suffered from cancer. Some patients will gradually shift from sadness to getting angry (anger). They will start to blame or become angry with themselves, starting to question themselves if they have done something wrong. Apart from angry, some will beg to God or whatever they believe, and start to bargain (bargaining). They will beg that the cancer is not too bad or their condition will not deteriorate too fast. If condition turned out not to be as expected, patients can become weak, negative and depressed (depression). Some patients can get out from their sadness, realizing that life is uncontrollable, not to bound oneself in sadness, to face the illness proactively and to continue with one's life journey (acceptance). However, some patients will still be stuck with no hope and need intervention, assistance and guidance from psychologist or social worker.

## The needs and consideration for cancer patient at different stages

A patient will become panic when he/she is first diagnosed with cancer (diagnosis). Patient will be blank-minded and cannot digest any suggestion by doctor, so it will be better to have someone to accompany him/her when visiting doctor. Patient will face a lot of issues like choices on treatment, whether to go to public hospital or seek for private services. It is very important to get all the proper and correct information on cancer and its related treatment. In addition to listening to suggestions made by doctor, patient can seek for relevant information from the internet. However, due to the voluminous information available from the internet and not everything is reliable, patient can contact those organizations which provide supporting services to cancer patients. Getting to know other cancer patients and to learn their experience can help building up confidence to go through treatments.

Coming to the stage of treatment (treatment), most of the patients have accepted the illness and the focus shall change to dealing with the side effects from treatment. Occasionally the uncomfortableness brought by the side effects will cause depression of patient. This can bring some inconveniences to the daily life of patient and need adjustments, which will affect his/her family as well. It is very important to maintain the quality of life at this stage. Patient shall maintain appropriate social activities and to continue with suitable exercise, and to have a balanced diet.

In general, when a patient has completed treatment and entered the stage of recovery (survivorship), one will feel relieved. However, some cancer patients in the recovering stage said that they started to worry a lot, like worrying that the cancer will regenerate, noticing that they cannot be the same as before, no confidence to resume work, with no idea on what the future will be, etc. At this stage, patient shall reset a healthy living model and to set up new targets, understand what is important to oneself and to live a meaningful life. There are quite some cancer supporting organizations in different districts which organize classes to teach cancer patients to rebuild their new life.

## ✘ What family and friends shall do to help patient

Cancer patient need support from family and friends to walk together very much. When a patient has emotions, what family and friends shall do? The best is family and friends can find out what issues a patient is facing, and to provide support and guidance to relieve his/her emotions. Some family and friends avoid talking to patient about the illness because they worried about such will arouse the level of worriedness and anxiety of patient. In fact, some studies have pointed out that if there is no one for a patient to talk to, his/her anxiety level will rise and feel lonely and helpless, thus becoming moodier and heavier hearted.

Rather than having some comforting words, what a cancer patient needs more is to have someone listening. Family and friends with a caring, accepting and understanding attitude, listen to a patient for his/her worries and issues that he/she is facing, identifying and recognizing the existence of his/her fear and worry, can reduce a patient's level of fear and help him/her to regain confidence. These will help cancer patients to be psychologically healthy.

Something to note is that unless a patient requests for, one shall not make suggestions and if it is really needed, one shall talk tactfully to avoid offending the patient. Patient shall be allowed to feel sad and annoyed though a lot of people think that positive thinking will help recovery, and conversely, worry and negative feeling will delay recovery, or even speeding up the growth of cancer cells, but the fact is not. It will add pressure to patients if we keep asking them to behave positively. Let patients talk about how frustrated they are, do not stop patients from crying if they want to cause tear is a natural reaction to sadness and is very helpful to relieve emotions.

The purpose pf listening is to understand what thoughts and emotions others have. Although we cannot experience completely the feeling of others, but if we can understand others more, that will help making communications smoother and the support that can be provided will become more effective. Being a good listener is very effective in providing support to cancer patients.

## Thank you card from family members

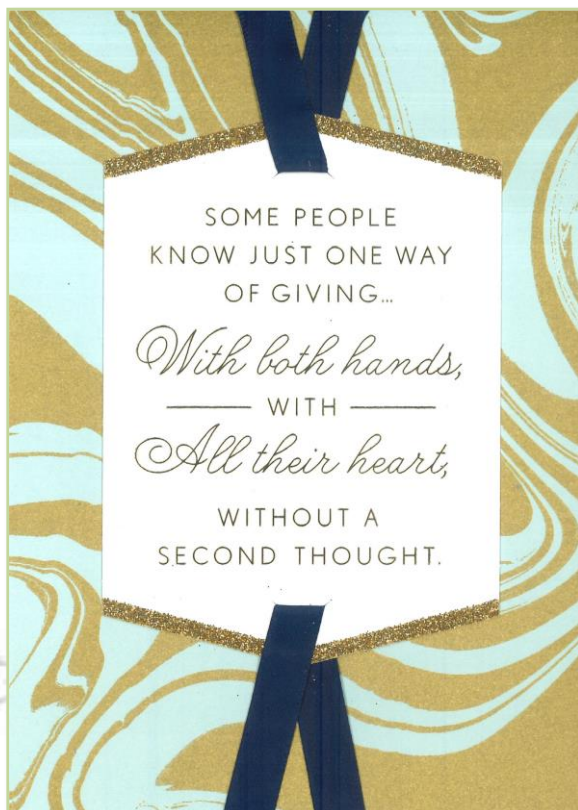
To: Dr. Wong (Deputy Medical Superintendent), Dr. Lau, Nurse Wong, Nurse Kwok, Chaplain Chiu, Social Worker Mr. Lee, and all the staff of 3/F Wah Wing Block and Lobby Security

Under the difficult period of the COVID-19 pandemic, we deeply appreciate for SASHCC providing a perfect setting to give us time and opportunity to accompany our mom, to walk with her during the final stage of her life and to leave with us such wonderful memories.

Although mom only stayed in SASHCC for a short period of a little bit more than two weeks, we experienced deeply the professionalism of all the staff at SASHCC. Mom and all of us have been well taken care of physically, psychologically, socially and spiritually under your care and guidance.

We pray that God will bless all of you, and to let every patient and their family to receive the grace of “Embrace the Last Journey with Love”.

From the Family of Wai Chun  
September 2021



## 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

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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! After our appeal in the past few months, we have 33 new monthly donors. May God touches more people (target 1000) to join our "Monthly Donor" matching donation program so that the mission of SASHCC for "Embrace the Last Journey with Love" can continue to develop and sustain, and to help more people in need.
2. May our Lord grant wisdom to our team to tackle all issues and difficulties in our "Extension Project", and to provide the funding required to enable the new buildings to be completed in 2025 timely, for providing better quality services to frail elders and late stage cancer patients.
3. There have been personnel changes in our Administration, Nursing and Psycho-social and Spiritual Care Service Departments lately. May our Lord prepare suitable candidates to join our team, and pray that the new colleagues can adapt to the working environment.
4. "Inhouse training for volunteers" will restart in November. There will be brothers and sisters from three churches enrolling the training. May our Lord make use of these volunteers, equip them properly and prepare them for taking part in their services.
5. A series on "Spiritual Care and Sharing by Ministers" have been arranged and filming with three church ministers have been completed in August. May our Lord make use of such video messages to empower and strengthen the faith of our patients and their families.

STAMP

靈實司務道寧養院

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

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