



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

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RESPECTING LIFE • IMPACTING LIFE

March 2022 ISSUE 49

Holistic Care Centre Quarterly Newsletter



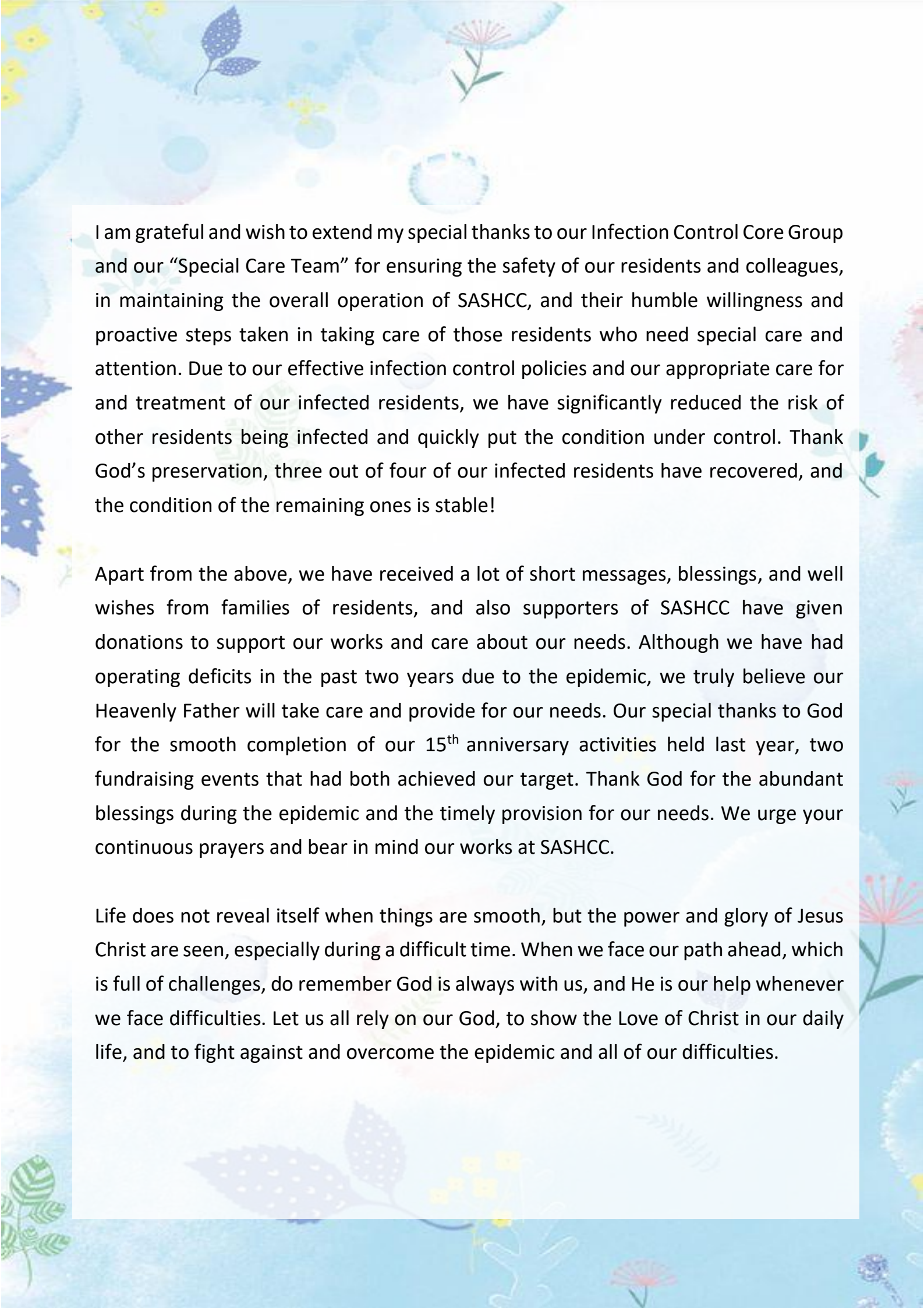
Blessings out of Suffering

Blessings out of Suffering

I still remember that when COVID-19 started to spread over all of a sudden two years ago, I shared in this same periodical my experience in fighting against “SARS” whereby I was called to join the “dirty team”, and how I deeply encountered the grace and favor of God in turning my suffering into blessing.

Two years have passed in the blink of an eye, and the “infectious disease” is still around. The fifth wave is vigorous and the number of confirmed cases and death rate reaches a new height every day. The situation is dire and worrying, and it is disturbing that either I myself or someone I know can be infected. In fact, during this epidemic, SASHCC residents, colleagues and family have been infected, which has dramatically affected our regular operations. Apart from stopping admission since the middle of February, the whole 3/F of Wah Wing Block was turned into a “Special Care Unit” to take care of residents who had been infected and those who were their close contacts. Such residents were isolated and put into single rooms and were taken care of by a “Special Care Team”. Their health conditions have been closely supervised and monitored, and proper medical treatments have been provided. Unfortunately, we were short-handed due to quite some colleagues needing to be kept isolated., As a result, workload for others has become heavier, especially the COVID-19 Infection Control Core Group. To respond to guidelines announced by the Government from time to time and to set up and implement appropriate infection control policies timely, the Core Group has to meet two to three times a week. To face such serious situation of the epidemic, colleagues have been stressed out both physically and spiritually.

Though we are undergoing such a difficult time, we can see all our colleagues’ professionalism and loving service. I appreciate very much each and every of our colleagues holding onto their roles and responsibilities, and to help each other when there is a need and their full support in implementing our infection control policies.



I am grateful and wish to extend my special thanks to our Infection Control Core Group and our “Special Care Team” for ensuring the safety of our residents and colleagues, in maintaining the overall operation of SASHCC, and their humble willingness and proactive steps taken in taking care of those residents who need special care and attention. Due to our effective infection control policies and our appropriate care for and treatment of our infected residents, we have significantly reduced the risk of other residents being infected and quickly put the condition under control. Thank God’s preservation, three out of four of our infected residents have recovered, and the condition of the remaining ones is stable!

Apart from the above, we have received a lot of short messages, blessings, and well wishes from families of residents, and also supporters of SASHCC have given donations to support our works and care about our needs. Although we have had operating deficits in the past two years due to the epidemic, we truly believe our Heavenly Father will take care and provide for our needs. Our special thanks to God for the smooth completion of our 15th anniversary activities held last year, two fundraising events that had both achieved our target. Thank God for the abundant blessings during the epidemic and the timely provision for our needs. We urge your continuous prayers and bear in mind our works at SASHCC.

Life does not reveal itself when things are smooth, but the power and glory of Jesus Christ are seen, especially during a difficult time. When we face our path ahead, which is full of challenges, do remember God is always with us, and He is our help whenever we face difficulties. Let us all rely on our God, to show the Love of Christ in our daily life, and to fight against and overcome the epidemic and all of our difficulties.

May God protect
and grant peace
to everyone
during this
serious epidemic!



We also bless
that all residents
and colleagues
be safe and peace.



All doctor and
nurses of 3/F,
add oil! 🙌

Peace to
everyone!

Thinking of you!
May the Lord
strengthen you,
protect you &
family and grant
you extra portion
of grace during
this difficult time
of HK! 🙌 ☩ 🙏

Knowing that all of
you are very busy
during the epidemic,
pray to God to
grant grace to all
social workers and
Chaplains who care
for us and wish
everyone be safe!

How are you
Chaplains! We heard
from news that
there is a serious
outbreak of the
infectious disease in
HK, be careful to
protect yourselves,
and keep healthy.



We miss you.
God bless! 🙏

It is a difficult
time for all
medical staff, a
lot of hard
work and stress!

Let's work hard
together, and
take good
care. 🙌

Knowing that
there are
residents
and colleagues
being infected,
do take care!

Encouragements received from
families of residents

Lastly, I wish to share with you again the encouragement of God to me, no matter it was 19 years ago or now. May God's word be the encouragement and comfort to me and you during all situations.

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." (Isaiah 41:10)

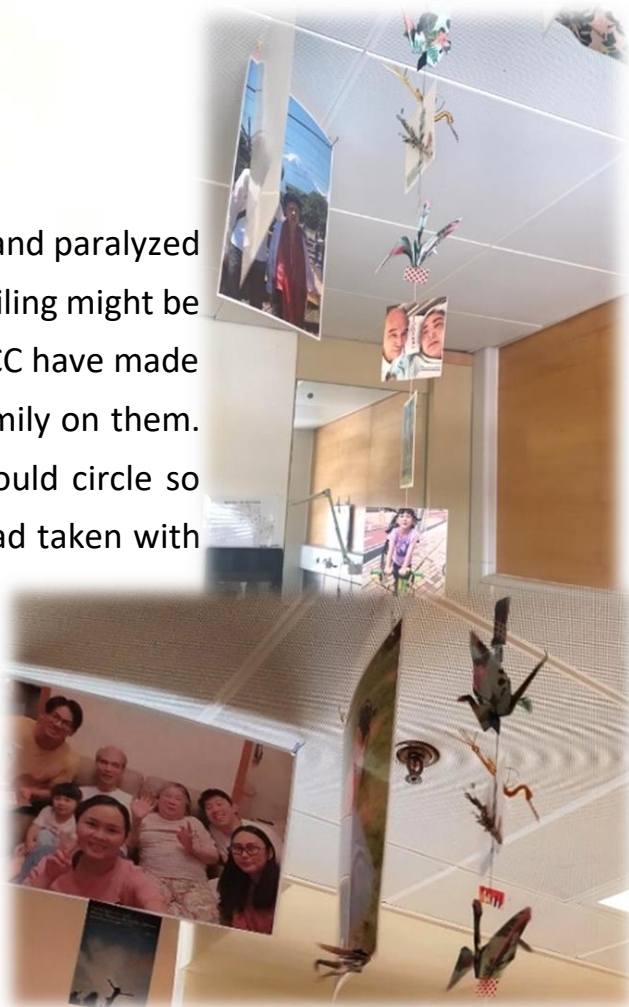
Over two thousand years ago, Jesus Christ was born to this World, willing to suffer, and gave up His life on the Cross just to save you and me. Looking back on our lives during the epidemic, it seems that we have experienced a lot, but in fact we realized how minute we are. Easter is coming; I wish that you will come to know the great love of Jesus, experience changes and renewal of life, and enjoy the peace and hope from above.

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



Fulfilled Wishes, Perfect Life

For Mrs. Wong, who is bedridden all the time and paralyzed from the neck and below due to cancer, the ceiling might be her only sky. For such reason, nurses of SASHCC have made a chain of paper cranes with photos of her family on them. Whenever there was a breeze, the cranes would circle so Mrs. Wong could see the group photos she had taken with her family. Chaplains have also helped hang pieces of extra-large size family pictures on the ceiling for Mrs. Wong to see, and such have become an encouragement and comfort for her. Colleagues also helped Mrs. Wong with makeup, and no wonder she appraised SASHCC as a “Joyful Hospital”!



Mrs. Wong was diagnosed with cancer five years ago and was not expected to live long. To face such sudden bad news, her whole family was shocked! While it was so hurting and hopeless, Mrs. Wong started to think about life and determined that only God could be her saviour. She approached her sister and brother-in-law, who are Christians, and was led to believe in God and got baptized in the hospital. Mrs. Wong regained her hope in life after receiving Christ and was brave enough to undergo a surgical operation and medical treatment, and she did recover. Her feet could not move before, but she was able to walk after taking some training, and she was able to travel to Japan together with her husband and their younger son. Even her medical doctor in charge felt that was a miracle! This is God’s fulfillment of the first wish of Mrs. Wong.

After Mrs. Wong was discharged from hospital and returned home, her husband took care of her by himself. God then fulfilled the second wish of Mrs. Wong by letting her live five more years so she could see the birth of her granddaughter. Her granddaughter is adorable and active, looks precisely like Mrs. Wong, and loves to stay close to Mrs. Wong, which has become a great drive and motivation for Mrs. Wong to live on!

When the condition of Mrs. Wong started to deteriorate, she was admitted to Haven of Hope Hospital for three months. Unfortunately, that time happened to be the epidemic period, and all visits by the family were prohibited. When the family learned from the doctor that the End-of-Life Care of SASHCC allows compassionate visits, the husband applied through the Medical Social Worker for Mrs. Wong to be transferred over. While waiting for admission to SASHCC, Mrs. Wong prayed every day for this matter. While she knew her application had been approved, she shared excitedly with Chaplains that God answered her prayer! This was the third important wish of Mrs. Wong!

After Mrs. Wong was admitted to SASHCC, she entered the “Care Plan” stage five times. The second time, Mrs. Wong told her husband that she wished to reunite with him in Heaven in the future. As a result, the husband accepted Christ and arranged for a Pastor to come to SASHCC to baptize him in the presence of Mrs. Wong. On the day that Mr. Wong was baptized, and Mrs. Wong regained her strength and was refreshed. She witnessed the event, and her fourth wish was fulfilled.



Mr. and Mrs. Wong love each other very much. Mr. Wong came to visit her wife every day and brought food that she liked for her to eat. When his wife fell asleep in the afternoon, Mr. Wong would go down the hill to eat, rest, and then come back afterwards to accompany Mrs. Wong, no matter the day was windy or raining, and such deepness of love has touched and moved others. In the end, Mr. and Mrs. Wong were able to spend both of their birthdays together, and to give her beloved

granddaughter a Christmas gift. On Mrs. Wong's birthday, colleagues organized a simple birthday party for her and she was very happy!



Mrs. Wong rested in peace in January 2022, and the love of her family surrounded her, and she had completed her life journey without any regret. Family members felt comfortable though they missed Mrs. Wong a lot.

Postscript:

Even though life has limitations: sickness can take away our health, the epidemic can separate us, but the love of Jesus Christ can break through all obstacles, and like what the hymn "Love, Joy and Life" (Stream of Praise 01 – Let Praise Arise, 21) says:

"Time can't quench His love, for He loves me to ten thousand generations,
The World can't hinder His love, because His love for me will never change,
His love prevails over death's dark haze; His love drives away the worry and sorrow"

Mrs. Wong, see you in Heaven!

"For I am convinced that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord." (Romans 8: 38-39)

Thank you card from family members

To: Deputy Medical Superintendent Dr. Wong, Case Physician Dr. Lau, Nursing Officers Miss Wang and Miss Chan, Chaplain Chiu, Social Worker Miss Tang, all nurses of 3/F Wah Wing Block, and all other care staff and administration staff

Looking back from 5 March 2021 to 16 January 2022, when Yin Fan was staying at 3/F of Wah Wing Block of SASHCC for over 10 months, she had received great attention and good care during this long period, and I was able to accompany my wife every day, our family are very grateful for that. We would like to thank Dr. Lau, Chaplain Chiu, Nurses Tsui Yee, Joanne, Priscilla, Sin, Ngai Gor, Cheung, Lam, and all other nurses. We also want to thank the professionalism of the entire staff force of SASHCC for letting Yin Fan have an excellent memory during her last journey. We wish God will protect you to keep allowing other residents and families to receive this grace of “Embrace the Last journey with Love”.

From the Family of Yin Fan

7 February 2022



HAPPY MOMENTS

Festive celebration

Christmas



Christmas Carols



Chinese New Year



New Year Special Soft meal



In Search of Meaning Along the Path of Grief

Ms Chiu Kit Yee (Chaplain, Psycho-social and Spiritual Care Service Department)

“Blessed are those who mourn, for they will be comforted.” (Matthew 5:4, NIV)

The famous “Beatitudes” of the Bible mentioned that “God blesses those who mourn”. The term “those who mourn” in New International Version, is translated as “哀痛的人” in CNV and “哀慟的人” in CUNP. The recipients of blessings are those who are on the path of grief. While the Bible verses, “blessed” includes being happy and satisfied. So, how can we satisfy the grieving souls and bring back hope to their lives?

To satisfy the needs of these mourning souls, we must observe carefully and understand the cause of grief. Australian psychologist Professor Harvey J. Irvin pointed out that “grief” is the primary psychological reaction to “death” and “loss”, such as loneliness, fear, sadness, anxiety, anger, distrust, guilt, etc. “Death” brings far-reaching effects to those around the deceased; not only does it take away the deceased, but it also demolishes the role, the function, and the connection of the deceased to his/her family on Earth, as well as to work and among the society. As a result, the grieved one “loses” his/her pace, relationships and life meaning altogether. Life has become disoriented, and this broken soul is easily lost on the grief journey.

Amid the suffering, one often asks “Why?” or “Why me?”, and becomes speechless. These questioning yearns for an answer and a way out, whether audible or inaudible. As Philosopher Friedrich Nietzsche’s famous quote, “He who has a why to live for can bear almost any how”, meaning if one knows “why” he/she lives, then one can bear all the questions about “how” to live. If one can find the answer to why one has to suffer and the meaning of grief, then one will have the strength to bear all pains and suffering.

The search for “meaning” is crucial in constructivist therapy, while Robert A. Neimeyer, an expert in the study of grief therapy, advocated in his Academic Research

Publication in 2010 “Grief Therapy and the Reconstruction of Meaning: From Principles to Practice” that many individuals in the wake of grief, could benefit from interventions that foster the process of meaning-making.

So how can those who grieve find an answer and a way out for themselves? Here I try to introduce four ways among the many paths recommended by Professor Neimeyer to find meanings:

1) Narrative Retelling

When we listen to the one in grief to recollect and to give a narrative account of what has been experienced during the death and separation, it simply appears as if one is repeating, or is similar to most others’ experiences, without many differences, we may worry that repeated the recollection and narrative account will lead to the grieved one falling into an endless cycle of sorrow, so we tend to stop at some point. In fact, when a grieved one finally finds someone willing to listen in details of his/her account of “grief”, he/she can find a haven for his/her wandering soul, a place of rest, and to regain the momentum to face his/her “grief”. To retell one’s story in a safe environment, allow one’s soul to revisit the most painful scenes, pictures, sounds. Most importantly, empower the one in grief, learn to live with such memories, to and face and accept those unresolved issues the related emotions. All of such can help us to meet grief more healthily rather than avoid it, and meaning will then appear in the process of retelling. I once facilitated a son who grieved over the loss of his father. I invited him to recall the past journey when his father was sick in bed, and he reviewed the unexpected reconciliation of his parents, and the re-ignition of love between them. Therefore, he finally accepted his dad’s sickness and death with tearful eyes because he had found its meaning behind.

2) Therapeutic Writing

Writing can be another option when one cannot fully articulate the pain of grief. We can encourage the one in grief write a “goodbye” letter to the deceased, and write down all the doubts and the journey he/she experienced. Letter writing can be helpful in rebuilding a platform to connect the one in grief and the deceased.

Furthermore, it gives the one in grief a chance to voice out what is left unspoken, sort out and reorganize all the feelings suppressed at the bottom of heart. Words are just like a window, it allows one to reflect upon all the unresolved issues in grief, and soon, the meaning will appear like the dawn. I once counselled someone in grief. He was brooding because he could not fulfill his promise before his relative passed away. So, I invited him to write an apology letter to the deceased, and after that, I requested him to write a reply letter. When this bereaved one read out his own reply letter, he gradually let down the unseen shackles in his heart.

3) Metaphorical Language

Everyone travelling on the journey of grief is unique; each bears a different life story. They may be at different stages, so their companion needs to hold the key of empathy that opens up the heart of those in grief. It is always difficult to explain such grief in short. To most people, griefs are complex, confusing, and beyond our daily vocabulary. Therefore, when we accompany those in grief, we can invite him/her to the co-construction of metaphoric exchanges that can convey his/her here and now feeling accurate. By discussing these metaphoric exchanges, we can expand the horizon of the grieved one and help him/her to see the new possibility of finding meaning. A lady was mourning the loss of her husband. She recalled how their relationship had turned her into “a block of wood”.

As I journeyed with her to the moments when her husband was staying at the hospice. When her husband saw her coming, he raised his hand for a high five and grasped her hand tightly. I encouraged her to notice the subtle meaning behind this gesture. She then discovered that he cared about this “block of wood”. This “block of wood” may still have signs of life and may bless many others in the future. Metaphors allow the grieved one to look back onto the past at ease, and help them catch a glimpse, somehow from a different perspective!

4) Evocative Visualization

Imagination can help us to achieve a breakthrough from the framework of languages. A counsellor can guide the grieved one to “re-enter” and “re-experience” the scene of grief, and venture together into the journey of meaning-making. By using evocative visualization and affirming the feeling behind it, we can help the grieved one to voice out his or her untold experiences and find out the hidden implicit meaning. I had a very profound experience with a grieved elderly man who lost his wife. I invited him to undergo the process of evocative visualization by focusing on a piece of rock that symbolized his feeling at that moment. Then I invited him to hold it silently, as if he was to enter the time tunnel, to travel back in time. He imagined that he was holding his wife’s hand and shared how he missed her, and the feeling of not wanting to let her go. At last, he recalled that he could still come to SASHCC to visit his wife every day during the pandemic. He was able to accompany his wife until the day she passed away. He affirmed that he was satisfied and grateful for that.

While we are journeying with someone in grief, we learn to accept their emotional responses. And meanwhile, we must watch out and accept our own emotions, limitations, and capacity to bear. May God sends us out with a humble and learner’s heart; by using narrating, writing, metaphors, and imagination, we can encourage the grieved souls to tell their life story again; and with our spiritual ears, we can hear the underlining stories, and help them construct the compass of meaning, which eventually will guide them find their way out, from the maze of grief.

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Transformation of Life

by Chaplain Lee Siu Lin

Hello, Everybody! I am June and I newly joined the Haven of Hope Team. I worked in the financial field for many years and left the business world in October last year. I joined SASHCC as a Chaplain, which I had never thought of before. To me, this is not just a change of field, but a transformation of life.

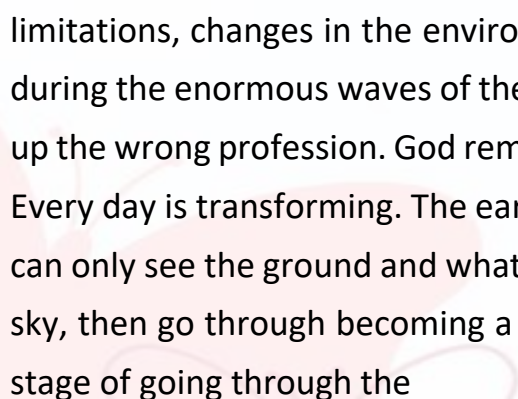
I knew nothing about chaplaincy nor counselling work before. The first time I got in touch with a chaplain and counselling was ten years ago when I had an operation in a hospital. I turned down the visit offered by the chaplain as I did not believe someone I did not know could help to solve my problem, but the truth was that I did not want to touch the grief in my heart. I was working in a bank back then, and there were tons of pressure. I could not see any way out, and I just fought and shouldered everything by myself. Although there were alarming signs about my health, I was not scared when I knew that I had to undergo an operation. Instead, I was prepared to die, and arranged a lawyer to prepare a will for me. The true reason was that I did not handle my grief properly after my mom's death several years ago, and she was my spiritual support all along. To face the stress from everyday life and the grief from my mom's death, I was like a piece of wood floating in the ocean, losing all motivation and direction. I seldom mention my difficulties to others as I don't want others to worry about me. However, while I was pretending to be strong, a sister from church visited me every day when I was in the hospital, bringing homemade meals together with simple but warm compassion. These had moved and touched me so much.

On the night before I was going to be discharged from hospital, that sister asked me if we could talk. Of course, I immediately felt uneasy as I knew I would be crying like flooding, and I didn't want others to see my weakness. However, when I saw her caring and loving eyes, I could not bear to refuse her, and I shared my feeling gradually. She did not teach lessons or challenge or criticize my irrational thinking, but she steadily guided me to voice my worries and unhappiness.



Although I was crying throughout the whole conversation, I felt relaxed and relieved afterwards. That sister happened to study counselling as at that time, and I received her help and benefited from it. The counselling work helped me understand my way of responsive thinking; my distorted views on self-value, world-value and life-value, and gradually cleared up my feelings, thoughts, and needs. Several years later, under the lead of God, I studied counselling at a Seminary. I enriched my understanding of people, and God has used this to reconstruct my life and heal my grief. To enhance my skills and techniques in counselling, I had the opportunity to take up an internship at SASHCC, walk with end-of-life and chronically ill patients, help them review their lives, to discover their shining moments in life, and seek for heavenly peace and hope. I saw how the residents suffered from their sickness, how their families felt missed and helpless, and the comfort and meaning they got from our visits and faith. These refreshed my memory of how difficult my mom was when she was walking her last journey, and I experienced how precious it was to review life. I was envious of the meaningful work of chaplain.

Right now, I have formally become a chaplain, and I walk with different patients and families together. I learned how family history could impact people, the pain and weakness of human being when facing illness and death, how family members missed each other and their emotional ties, and all such have brought much impact and refreshment to me spiritually. Others ask me if I regret giving up my stable and plentiful income to become a freshman in an entirely new area. I asked myself honestly, and my answer is, when my eyes and thoughts are focusing only on my limitations, changes in the environment, and the complex human nature, especially during the enormous waves of the epidemic, yes, I do scare and doubt if I have taken up the wrong profession. God reminded me repeatedly that life is just like butterflies. Every day is transforming. The early stage is a climbing larva with very narrow vision, can only see the ground and what is in front of, never think of being able to fly in the sky, then go through becoming a cocoon, rest, and almost like the dead. That is the stage of going through the



transformation of life. When it grows up and breaks out from the cocoon, the richness in life and extensive ability then appear. Similarly, I am learning to leave my comfort zone to break through limitations in my life and approach true maturity and richness.

We cannot avoid coming across pains and difficulties in our life process, especially during the current epidemic. Still, we hope that the “Serenity Prayer” below can help us face our challenges proactively with a calm mentality, to continue to transform and mature:

“God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference. Amen.”



The attached photos are the framed picture that I hang on the wall at home, as the reminder of God to me every day. Amen!





Thank you card from family members

To: All the nursing and caring staff of 3/F SASHCC

Thank God! Letting Mom to have the chance of being transferred to SASHCC to receive the best nursing care, the best palliative care. Although the duration of our Mom's stay at SASHCC was short, she had got the love and care extended by doctors, nurses, and health care assistants to her, which had enabled her to live every day with respect and to have your help in her last stage of life. Our family has also received your care, support, and encouragement, and we wish God will bless all of you.

Yan

19 January

Thanks Dr. Chen, all nurses, and all care assistants, for taking care of Mom attentively, soothing her pain, and letting her leave peacefully and embraced by God.

Emily

Thank you to all doctors, nurses, and care assistants for your careful attention and management, to reduce Mom's pain and stress and let her rest in peace. We are truly grateful.

Ling

Grateful for your help. Love.

Thank you to all doctors, nurses, and care assistants in taking care of Mom. Grateful!

Toby

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

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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

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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

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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:

1. The overall operations of SASHCC have been greatly and adversely affected by the severe pandemic. Apart from our income being lessened, our operation expenses have been increased due to implementation of additional infection control measures. We pray for God's supply for all our needs.
2. We pray for God's healing and comfort for our colleagues and/or their family members who have been infected and need to be quarantined. We are experiencing a shortage of manpower, and we pray for the physical and spiritual wellness of our colleagues, and their cooperation and mutual support to serve.
3. We pray to God to let our Infection Control Core Group members to have wisdom in formatulating effective infection control measures in line with the everchanging epidemic situation. We also pray for our "Special Care Team" to let them have the ability and strength to take care of our residents who have been infected or those with potential high risk of infection.
4. We thank our colleagues of "Psycho-social Spiritual Care Service Department" for walking extra mile, in organizing video calls for our residents with their family, producing videos and making greeting cards, etc., to comfort and encourage our residents and their family, and our colleagues. Pray for our residents, their family and our colleagues who have not yet believed in God, to get the heavenly peace and hope soon.

STAMP

靈實司務道寧養院

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

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