



基督教
靈實
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CHRISTIAN SERVICE

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RESPECTING LIFE • IMPACTING LIFE

June 2022 ISSUE 50

Holistic Care Centre Quarterly Newsletter

I Love
you


Because of Love

Parents' Grace, Father's Love

The Sweet Osmanthus plants at the roof-top garden of our Holistic Care Centre received 3 lovely little guests in early May. The birds' father and mother busily went to look for worms to feed them every day and, before you knew it, the eldest one could already stand upon his own! This reminded me of Chinese Poet Bai Juyi's [A Poem for the Swallows]: "Fresh worms were not easy to catch as preys, and the young mouths seem not to be satiated by any day.....In an instant, making ten flights to and fro, still fearing starvation in the nest might take hold". The selfless and endless love parents give to their children really touches us!

By the end of May, I went to the roof-top garden again and found the nest was empty! They had left to live on their own! This seems to be the fate of the adult birds who readily accept it. Thank God that all four siblings of ours were in Hong Kong when mother needed our care so we could visit and keep her company as often as we wanted. (My brother, sister and myself had lived in Canada, US and Scotland at one point). On this year's Mother's Day, I even had the chance to present a brocade of flowers to her. This is a blessing indeed!





Under the pandemic, we treasure every occasion of gathering. I am grateful for the trust of our residents' families and their unwavering support to our Centre's COVID prevention measures, allowing us to hold the fort together. I Hope that the COVID situation will calm down further, so they can visit their loved ones more often.

Recently the number of referral cases has not stopped increasing, making the already tight resources more stressed. Pray that God will send us more people who are willing to take up regular night shifts, and I also plead that you will continue to pray for our Extension Project. During the last two years, the cost of building materials had appreciated more than 30% against our projection, which brought significant overspent in our expenditure. Pray that God will give wisdom to the Working Group so they can come up with a feasible solution to overcome this, and that more philanthropists will come forward with donation to support this work of "Embracing the Last Journey with Love."

Our God loves us as parents love their children. God sent His only son Jesus to come to this world to die on the cross for us, to cleanse our sins and redeem our lives. In the wake of our mortality, may we learn to cherish the present moment and look towards eternity! "

"For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him" (Psalm 103: 11-13)

Your servant Superintendent,
Dr. Antony Leung

Sharing by Chaplain

Farewell amidst controversies

by Senior Chaplain Lai Ka Hon

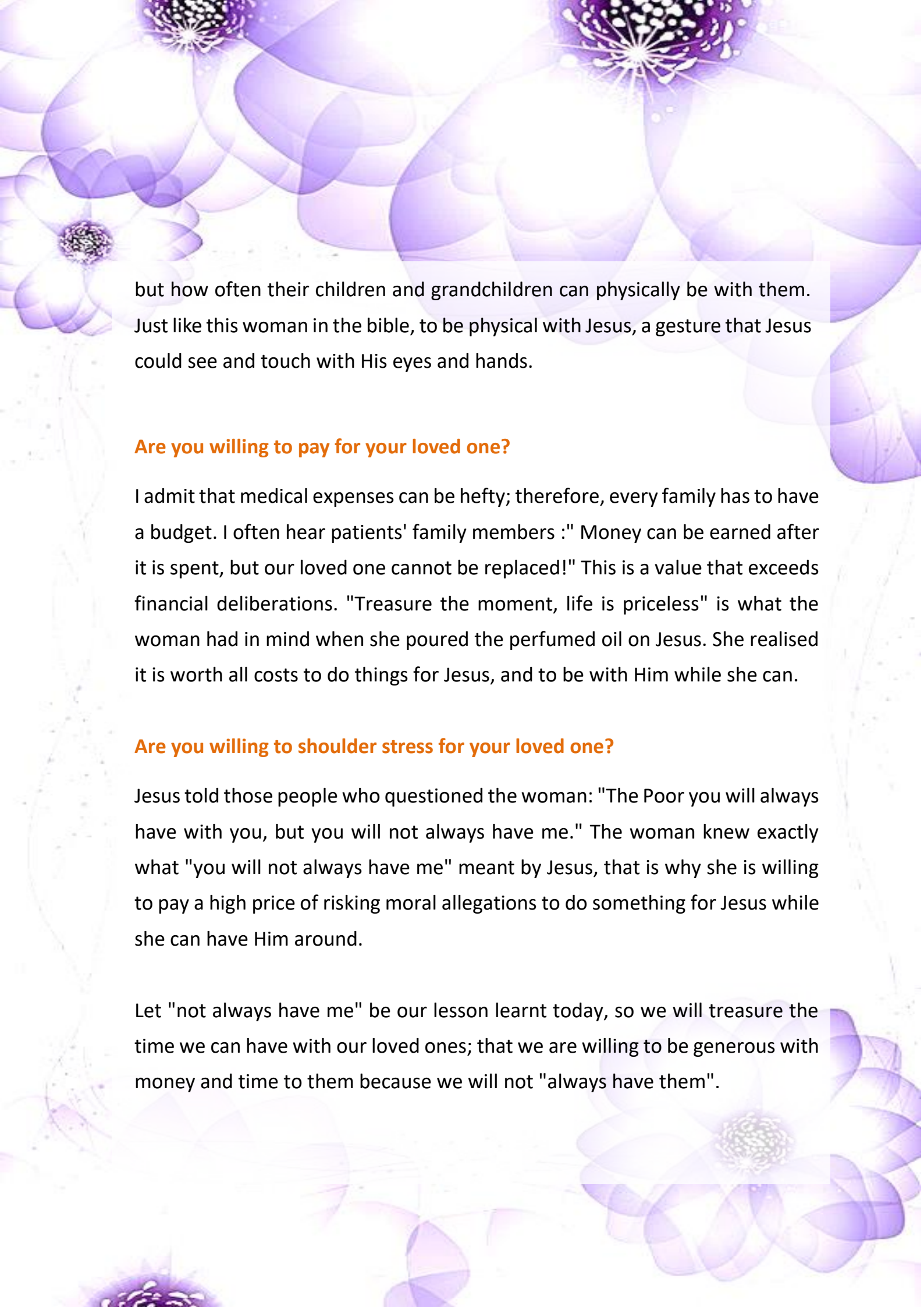
The Bible recorded a woman who came up to Jesus with an alabaster jar of perfumed oil and poured it on His foot. This action invited a lot of questions:

- 1) That she is wasteful. This perfumed oil has a lot of usages, e.g., to preserve a corpse from rotting; at religious ceremonies; at feasts hosted by the nobles; at one's daughter's wedding. But this time, she used it for none of these important occasions.
- 2) That such perfumed oil is very expensive. She could have saved the money for helping the poor, and not poured it on one man.
- 3) Though what the people had in their minds wasn't recorded, it is not difficult to imagine such action from an ordinary woman to an unrelated man could lead people to speculate about the relationship and intimacy between the two.

Yet Jesus stated what this woman did was a good deed because she wanted to prepare Him for His burial. The incident prompted us to ponder how we perceive the value of Separation by Death.

Are you willing to spend time with your loved one?

Is filial piety seen as being willing to spend lots of money on one's parents? Not really. I have seen many "long-term sick parents" at the hospice; what pleases them most is not how much money their children are able to spend



but how often their children and grandchildren can physically be with them. Just like this woman in the bible, to be physical with Jesus, a gesture that Jesus could see and touch with His eyes and hands.

Are you willing to pay for your loved one?

I admit that medical expenses can be hefty; therefore, every family has to have a budget. I often hear patients' family members : " Money can be earned after it is spent, but our loved one cannot be replaced!" This is a value that exceeds financial deliberations. "Treasure the moment, life is priceless" is what the woman had in mind when she poured the perfumed oil on Jesus. She realised it is worth all costs to do things for Jesus, and to be with Him while she can.

Are you willing to shoulder stress for your loved one?

Jesus told those people who questioned the woman: "The Poor you will always have with you, but you will not always have me." The woman knew exactly what "you will not always have me" meant by Jesus, that is why she is willing to pay a high price of risking moral allegations to do something for Jesus while she can have Him around.

Let "not always have me" be our lesson learnt today, so we will treasure the time we can have with our loved ones; that we are willing to be generous with money and time to them because we will not "always have them".

At Life's race shines a beautiful finishing

by Miss Chan Sau Ping, daughter of late resident Choi Lai

My mother Choi Lai fell sick in June last year. We thought she had flu but it lingered with her so we took her to a private hospital for a checkup. The examination revealed a shade in her lungs. It showed that she got stage 4 lung cancer, which had already spread to her brain! This was a heavy blow to all of us and we were terribly worried. We went to the internet to look for a specialist who could treat her and eventually a friend referred us to one who helped mom went through all the necessary examination procedures, and transferred her to a government hospital for follow up treatment.

Although this came unexpected, mom remained positive and optimistic, and took the doctor's advice to undergo radiotherapy and targeted therapy. She calmly went to cut her hair in preparation for the upcoming treatments.

In end August, mom had high fever and was sent to the Accident & Emergency (A&E) of Queen Mary Hospital. She was warded for observation and went through lung cleansing due to infection. With God's grace mom was soon able to return to the general ward from the ICU, and later got transferred to Tung Wah Group of hospital for rehabilitation. However, her physical condition was like riding a roller coaster, and in early September, she got pulmonary embolism and was taken to Queen Mary hospital for an operation. However, this time it was unsuccessful and the doctor told us he would remove her oxygen supply and transfer her to the palliative ward. We were all saddened to hear this.

During this difficult period, we raced with time to seize every opportunity to be with mom. Despite what we wished, we encountered the restricted visiting hours at the public hospital under the COVID situation but we could not afford the high costs of the private hospital. Struggling for a way out, the social worker at the Graham hospital told us about the SASHCC holistic care services which could be a solution for mom on her last journey in life.

Since we live on Kowloon side, we decided to take mom to the SASHCC. Later through Miss Tang the social worker here, we learned about the Sandwich Class Bed (SCB) Scheme which we could apply to be eligible for a subsidy. This scheme greatly reduced our financial burden yet allowed mom to rest in a holistic care hospice and let us pay visits to her every day. We are very relieved and pleased to have taken her here!

Still recall on her first day at the Holistic Care Centre, the nurse removed her feeding tube and let her eat fluid food. Mom was so very pleased!

At the Care Centre here, there is a team of medical professional where doctors visit the patients daily to review their condition; the nurses dispense medication promptly, the carers take care of the meals serving, the social workers arrange family gatherings and the chaplains regularly visit and pray for the patients, providing care for their body and mind. The SASHCC Care Centre also offers Chinese Doctors consultation; aromatherapy; music therapy, physiotherapy and extra-curricular activities to patients.

Mom loved aromatherapy which relaxed her emotions. She also enjoyed hymn-sharing sessions on Thursdays led by the chaplain during which she often sang along heartily.



Mother often joins different activities, playing mahjong is her favourite one.



Participated hymn sharing session with mother, she was touched by the hymn. By the end of the gathering, the chaplain prayed for the resident and bless them.

On a sunny day we would take her to the rooftop so she can inhale some fresh air. All these let her have a complete physical, mental and spiritual care. We are grateful to those donors for their generous contribution towards the Sandwich Class Charity bed scheme so more people in need like us can have the help we so urgently need.

On 13 December we accompanied mom on her final moments which were so calm and painless. Although we were sad to see her depart, we were grateful she need not suffer anymore. Mom had gloriously completed her 71 years of earthly life!

I remember mom said in her last days that her biggest achievements were to have four of us children in her life, that we as a family was united and filled with love. This is her satisfaction. She always taught us to be grateful for what we have, and be humble in life. Mom is always gracious in whatever she does, for this we thank her for being what she was. She will always stay in our mind.

記得媽媽最後在晚晴路上提及自己一生最大成就是什麼，就是生了四個孝順子女，一家人融合團結有愛令她心滿意足了！她時常教我們做人一定要知足常樂，有顆謙卑的心做事，媽媽無論做人做事，都大方得體。我們好幸運有您這個好媽媽。多謝您！

楊賽麗媽媽。。。您人生成績表滿分100分，你畢業啦！到天國自己要保重呀。不用掛心我地啦。



畢業於2021年12月13日

2021

Thank you card from family members

Dear SASHCC 3/F staff members:

Our mother Choi Lai was diagnosed with terminal lung cancer last year and was admitted to SASHCC 3/F. During her life's last two months, she received the most attentive care from all of you. Therefore, we especially wrote this letter to express our heartfelt appreciation. You sincerely and affectionately cared for her physical and spiritual discomforts - the attending doctor daily monitored her condition and the nurses frequently visited her and consoled her while dispensing medications; the carers promptly served her meals and attended to her whatever needs and the social workers dutifully arranged family meetings for us and the chaplains prayed for us and gave us blessings all the time.....all these added to giving mother a holistic care healing her body, mind and spirit.

Special thanks to Dr. Liong, the case physician, Nurse Pui San, Nurse Choi, Nurse Or, Kar Man, Chui Yee; Mandy & Joanne, Ka Ming; Miss Kwok and Miss Wong for admission arrangement; Nursing Assistant Ming Lai; Social Worker Miss Tang, Chaplain Lai; Chaplain Lee and Chaplain Chiu.....we are so grateful for your love and care for mother, allowing her to live her last journey in life so filled with love. Thank you!

Our best wishes to you all !



The family of Choi Lai

12.2021

HAPPY MOMENTS

Festive celebration

Mother's Day



Father's Day



HAPPY
Parents
Day

Dragon Boat Festival



Special Soft meal



What exactly is RCHE?

written by Ms Bonnie Cheung

(Senior Executive Manager of Psycho-social and Spiritual Care Service Department,
Community Service Coordinator of RCHE project)

Background and Objectives of RCHE

The full name of RCHE Project is **JCECC: End-of-Life-Care in Residential Care Homes for the Elderly**. It is funded by the The Hong Kong Jockey Club Charities Trust (“the Trust”). In the past 6 years, through the professional care team of “JCECC : End-of-Life Care in Residential Care Homes for the Elderly” to support the subsidized COC (continuous care centres for elders) in East Kowloon, Central Kowloon and West Kowloon, they have developed a one-stop palliative and hospice care service for the participating patients so they can receive holistic care in their last journeys in life. Since the commencement of the JCECC in January this year, Sister Annie Skau Holistic Care Centre(SASHCC) has taken over the mission of working with the COCs from The Hong Kong Association of Gerontology, and in the coming four years, we will strive to further enhance the hospice care for their resident patients.

Service Highlights

Communicate; encourage and respect patient's decision

The RCHE Service stresses the importance of maintaining close communicating with the patients and their families. We encourage patients and their family members take part in the Advanced Care Planning together so that their loved ones can pass away with dignity.

Medical, social welfare and social work departments to work closely to assess the condition of patients

Concerned medical professionals including our team, the CGAT under the Hospital Authority, participating doctors and nurses are to work together to come up with the most effective approach in symptom control and relieve for patients hence meeting their psychological, social and spiritual needs. The aim is to enhance their quality of life in order that they could be happy while living; and peaceful upon dying.

Provide staff training to promote Life and Death Education

RCHE Team provides Hospice Care Training to staff and trade members to help them have a better grasp of End-of-Life care so they can deliver even higher quality services to the elders at their residential care homes. In addition, we will also organize extra activities for different teams to reduce the stress they face at work.

Support families and carers of patients

RCHE team makes use of organized activities and sharing for families and carers of patients to educate them about End-of-Life and palliative care. We also prepare them for the imminent death of their loved ones so they will cherish the time they have with them to bid farewell in time. We also offer bereavement sessions to help them deal with the distress when their loved ones passed away.

Terminal Care

When a patient enters his final hours, RCHE Team will arrange a special equipped room for him. His attending doctor and nurses will be present to accompany him so he can leave in peace.

SASHCC shoulders big responsibility

The above has explained what the RCHE Project is about. It is Phase II of the Home Care Service which had been running for the past 6 years under the sponsorship of the Trust. SASHCC is invited to operate the RCHE Project because we have accumulated 15 years experiences of palliative and hospice care which brought us the solid know-how and ability to shoulder this responsibility.

Our role in RCHE is different from what we have been doing in a way. We serve as an external party to the COC we are serving, and we will focus on their needs to orchestrate how we collaborate with them. The key is to jointly develop a hospice care service model to instill our concept of "Embrace the Last Journey with Love" to these residential care homes and then expand it to their employees, and gradually, to the community. The eventual goal is to elevate the standard of hospice care service, in line with the SASHCC's spirits. This is the reason why we willingly accepted the appointment in the first place.

How much you know about the RCHE status

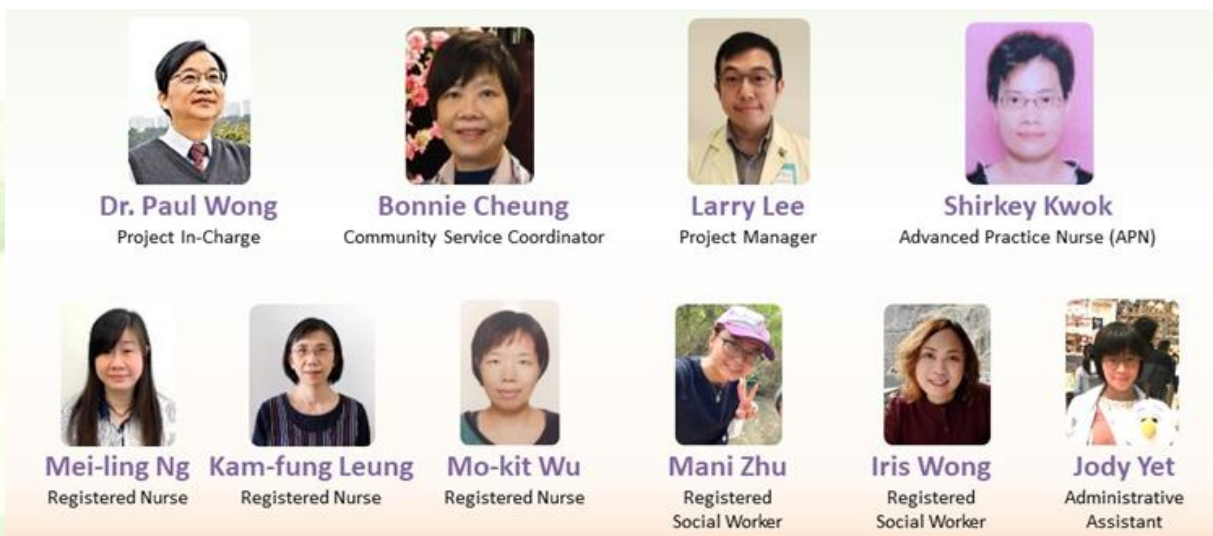
If you would like to know who are the RCHE Team Members, where will they work from, which COCs will they be serving and what will be their operations modus operandi, I have the answers for you below:

Collaboration Parties

There will be 12 COCs in East Kowloon that the RCHE team will be serving in the first year, (please see the map below) This will expand to 16 later.



RCHE Project Team Members



The RCHE Project Management Committee comprised of professionals including doctor, nurses and Executive Team, who will provide expertise advise to the Project.

The Team is constituted by 4 nurses, 2 social workers, 1 administrative assistant, and senior executive manager of PSST Ms Bonnie Cheung and operations manager Mr Larry Lee (they will take up the additional responsibilities of overseeing the Project on top of their existing positions), and Dr Paul Wong, our Deputy Superintendent will be the Project-in-Charge.

Project Home Base

The Project Team members have to commute between 12 different COCs in Eastern Kowloon every day. To save time and increase efficiency, the Jockey Club has kindly provided rental subsidy for the Project for sourcing an office easily accessible to the COCs being served. With the help of our Administration Department, we found an office in Kwun Tong in a short timeframe, it was fitted out and ready for operation in January this year. It is only 5 minutes' walk from Exit B6 of the Ngau Tau Kok MTR station which is very convenient for all.



The office is about 400s.f., equipped with meeting room and activity room for future training and functions use.

Modus Operandi of the RCHE

A new approach in the modus operandi of this project is to put great emphasis on Early Engagement with resident patients and their families, especially the newly admitted patients, in life & death education and hospice care education. Our team also works hard on promoting these principles to the staff of these COCs so there will be more collaboration opportunities for us in future.

Early Engagement

Main Service Scope:

1. Patients and families' Life & Death Education (talks, workshops and group activity)
2. Newly admitted patients & families' introduction to Hospice Care Service
3. Joint work with coop COCs in assessing patients' End-of-Life service needs
4. Early communication and preparation for individual patients' End-of-Life service needs

Upon COC/CGAT referral, patient's physical condition fits the criteria
Patient/ Family's members accept "End-of -Life Care Service"

EOL Care Service

Main Service Scope:

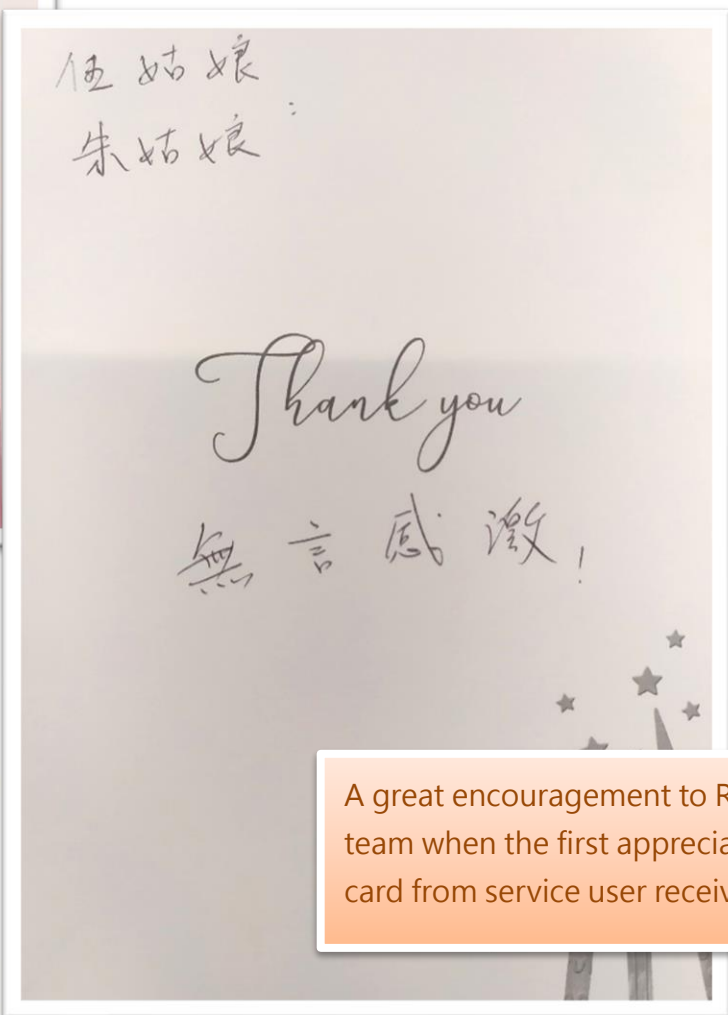
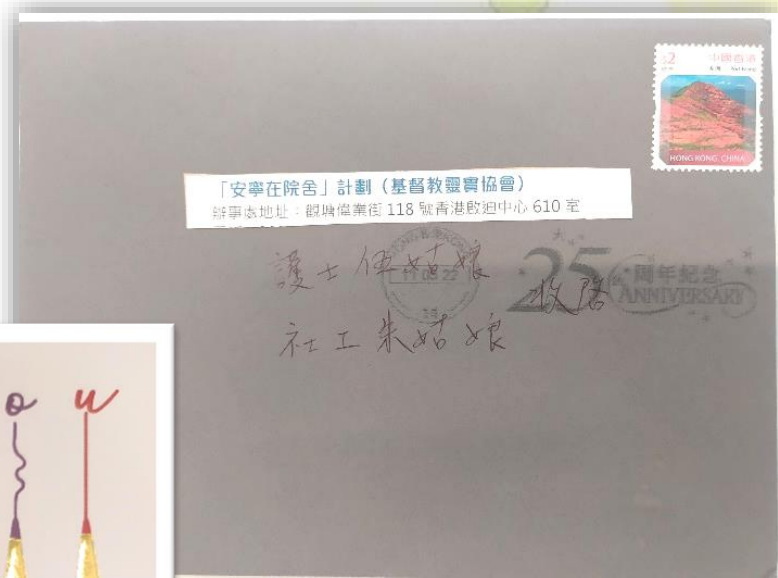
Project nurse and social worker will provide holistic End-of -Life Care Service to patients and their families

Coaching & Training

We need your support and encouragement

The challenges we faced in taking up this new responsibility includes the forming of a team of professionals and their smooth cooperation with one another; the trust and synergy between management teams of cooperating units, etc. Moreover, whether our team can provide service to the patients at the 12 COCs is still uncertain due to the Covid-19 situation. We need you to pray for us so we can confidently promote End-of-Life Care Service in the Community to let more frail elders and terminally ill patients receive the support they need!

LET'S JOIN HANDS TO WORK FOR THE EOL CARE SERVICE FOR HONG KONG!



A great encouragement to RCHE team when the first appreciation card from service user received.

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

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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. The Extension Project of SASHCC is moving full steam ahead. However, the building material costs increased significantly in the past two years which may pose the risk of overbudget in the Project expenditure. May God touch more philanthropists to support our ministry of "Embrace the Last Journey with Love".
2. We are very tight on nursing team staff. Pray that God will bless the recruitment, especially on night shift nurse and let the new staff have a smooth settling down.
3. The 15 Anniversary Book has come to proof-reading stage. May God guide its publication process so it can be completed on schedule to testify the Grace of God to more people.
4. The "JCECC: End-of-Life-Care in Residential Care Homes for the Elderly" (RCHE) Project has resumed following the ease of COVID situation. May God lead our team to communicate and cooperate effectively with the collaborative residential care homes so as to provide quality hospice care to the frail elders.

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,
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