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**RESPECTING LIFE** • IMPACTING LIFE

### September 2022 ISSUE 51

## Holistic Care Centre Quarterly Newsletter

# Cife Jospiring Cife

## Words from the Deputy Superintendent Life Inspiring Life

At the end of 2018, Winnie, our ex-patient family member and her friend Peggy, took their initiatives to organize a charity concert to raise funds for the Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC). Their selfless gestures gave great encouragement to our staff. After the concert, Winnie and Peggy kindly took up volunteer service for us and performed for our patients singing golden oldies and extra-curricular activities organized for patients. The two ladies later promised to organize another charity concert in 2020 but with the onset of Covid-19, this plan was stalled month after month. Despite that, the pandemic never dampened their enthusiasm. Upon the stabilization of the pandemic situation, they returned to our Centre and taught our staff how to make moisturizing lip balms. All much welcomed this program. With the grace of God, we finally managed to find a venue for the long-awaited charity concert this year, although it was not without any worry about the relapse of high local infection cases. Winnie and Peggy noted the increased difficulty in raising funds this year, but they decided to press ahead with this meaningful initiative.



Winnie and Peggy staged the Charity Concert of the Golden Duo 4 years ago to show support for SASHCC.



Winnie, Peggy and Ann added colours to the lives of the residents in SASHCC with their singing.

Compared to the concert 4 years ago, the one this year is even more meaningful because besides we got Ann, another ex-patient's family member to join Winnie and Peggy. Their recognition of the SASHCC's service and their exemplification of support for us really touched me deeply. Thanks to God for using SASHCC to bless the terminally ill and to provide support to their families; at the same time, make them take up the role of "Givers" and walk with us to "Embrace the Last Journey with Love" to help more people. Winnie once shared that it was her honor to sing for the patients because she believed music is a good medium for curing saddened hearts. "When I see the audience enjoying and making a connection to my singing, I feel blessed too." I very much agree with Winnie in that we, serving at the SASHCC, were very often touched by patients and their families' resilience during our daily routine. Through interacting with them, we learned to be stronger and realized we were blessed. Life's wonder lies in us making a positive impact on each another and bringing mutual blessing to one another.

The upcoming charity concert will be held on 12 Nov 2022 at the Hong Kong Academy of Performing Arts to raise fund to support the SASHCC's service development and extension project. Your generous support is greatly appreciated (more details, please refer to the poster), and we pray that Winnie, Peggy and Ann will remain healthy so that the concert can go on as planned. Day after the concert, I will go to Australia to visit the hospital for palliative care and rehabilitation there to share best practices, to be well prepared for our new extension block operation. And from a personal perspective, to visit my children living there. Please pray for my trip. The pandemic disruption led to a deficit in our daily operations account, as well as a deficit in our extension project budget. We pray to God to provide what we need, strengthen our faith to look up to Him, and help recruit the nursing team and chaplain and find those willing to serve to join our team.

Though the road through this pandemic storm is not easy, we are not alone for being with Jesus and you. Again, I would like to express my gratitude to our residents, their families, our staff, volunteers and donors for their support, and promoting love through our encounters and ignition of the fire of Life.

"Be loved, if God so loved us, we also must love one another..... We love because He first loved us " (I John 4: 11, 19)

"We must consider how to rouse one another to love and good works." (Hebrews 10:24)

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

協辦機構:







## 用愛擁抱晚晴 EMBRACE THE AST JOURNEY WITHLOVE

靈實司務道寧養院慈善演唱會 Haven of Hope Sister Annie Skau Holistic Care Centre Charity Concert

> 12.11.2022 (SAT星期六) 7:15PM 香港演藝學院 - 香港賽馬會演藝劇院

為靈實司務道寧養院服務發展及擴建計劃籌募經費 Raise fund for the service development and extension project of Haven of Hope Sister Annie Skau Holistic Care Centre

### 票價 (門票不設公開發售) \$2000 (Diamond VIP) | \$1000 | \$500

#### 購票/查詢

9094 7234 Ms. Winnie Wong 2703 3017 Ms. Joanne Wong 2706 8532 Ms. Mavis Yip



https://hohcshcc.org.hk/

舞台製作:



樂隊:

追光者 Light Seeker

#### New Book Introduction

#### The 15th Anniversary Year Book of the SASHCC is published!

SASHCC has received tremendous support from patients, their families, volunteers, donors and staff members since its opening in 2006, allowing us to grow steadily. To commemorate the grace of God, we have published a book entitled **"Feast on the Barren Upland"**. We interviewed 25 staff members including several who has been serving at SASHCC since day one, volunteers, ex-patients' family members and management team of the SASHCC to testify how they joined hands and witnessed the development of the Centre in the past 15 years. We hope that through this book, more people can learn about our quality holistic care services, and through sharing our mission of "Embrace the Last Journey with Love" with our readers, we can touch more hearts to join us for this meaningful course.

The book is not for sale. However, if you want a copy to better understand our work and needs on our extension project, please contact Miss Chan at 2706 8536 or Miss Yip at 2706 8532.



"Then the Lord will guide you always and give you plenty even on the parched land. He will renew your strength, and you shall be like a watered garden, like a spring whose water never fails." (Isaiah 58 : 11)

## Sharing By Staff Interview with Dr Lau On Yee

Interviewed and written by the little reporter



Welcome Dr Lau On Yee (2nd from left) to join SAHCC!

Dr. Lau joined SASHCC team last March and is a family member of one of our late patients. Her mother was admitted to SASHCC in 2007 and Dr. Lau was not yet a medical professional at that time. She confessed she was still an innocent girl then, neither knowing how to take care of her mother, nor having a full perspective of her mother's illness. When her mother passed away later that year she felt the colossal pain of parental loss, and later decided to specialize in palliative care. This decision has everything to do with her days spent here caring of her mother. To her, doctors specializing in palliative care are gentle and respectful of their patients' wishes, it is holistic care for the patient and their families.

## <u>Transformation in Identity : patient's family</u> public hospital doctor $\rightarrow$ SASHCC's <u>resident physician</u>

To qualify as a palliative care doctor In Hong Kong, you must first serve in the Oncology ward. Hence, Dr. Lau joined the Oncology Department of Pamela Youde Nethersole Eastern Hospital right after graduation. Because of the sheer number of patients the public hospital has to serve, doctors must process each consultation efficiently to cut down the waiting time of those waiting in line. This is not ideal, but no other way around it!

Dr. Lau shared: "I would describe that in the public hospitals I am a doctor who provides medical solutions to patients based on their physical conditions and in accordance with the hospital's guidelines. Sometimes I want to care more for my patients and explain more to them but colleagues there would remind me of my priorities."

After serving at the public hospital for a few years, Dr. Lau joined SASHCC in 2021 to be a doctor of her choice. Through her personal experience with a terminally-ill patient's daughter, Dr. Lau knows how patients' families feel and think. Returning to SASHCC, this time, Dr. Lau assumed a different identity. She concluded her 15 years from 2007 as a period of gradual deposition, from ignorance to becoming a doctor curing diseases to a doctor healing people." I am grateful for having the opportunity to serve here where I have more connections with patients and their families, which



To see Doctor Pet with patient

are encouraged by my supervisors. Whenever I have a question, my colleagues are willing to answer and share experiences with me. Here I can relate to God more and feel His love closer."

#### Maturity in Life : Lessons learned from patients, their families and co-workers

Being served at SASHCC for more than a year, Dr. Lau has come into contact with many patients and their families and learned a lot from them. "There was an old lady who actually suffered numerous illnesses but was still full of gratitude. "Thank you" were the two words she said the most. Another devout Christian diligently spread the gospel despite being bed-ridden by his illness. I learned from various patients how Faith took root through Thankfulness, Patience, Self-reflection and, Testify for God."

"As a carer, one has to shoulder tons of pressure. One man has to take care of his sick wife all the time. Even so, he knew how to take care of himself. When his wife fell asleep, he would go out for meals and rest a while before returning to her bedside. Another cancer patient had lost his eyesight but his family brought him some bubble paper to play with to kill time. It is touching to see what patients' families are willing to do in caring for their loved ones.

"At SASHCC we have a fantastic team, they readily solve problems together and walk the extra mile for patients. I particularly admire the PSSD colleagues who is willing to help patients, families and colleagues whenever they need help; my appreciation also goes to the nursing team for their attentiveness and innovativeness. The entire team is like a church on the go, serving humbly, candidly admitting their deficiency, and cooperating seamlessly to provide quality holistic care for the terminal illness and the needy."



#### Challenges at work : To walk with patients and their families in pandemic days

The pandemic greatly impacted on the Old Aged Homes but SASHCC was no exception. Apart from manpower shortage, suspension of new cases admission, urgent development of effective Covid-19 preventive measures and finding a balance when reviewing visiting hours for patients all brought lots of challenge to the team.

To Dr. Lau, meeting higher expectations from patients' families who are also in the medical profession is a challenge, especially when some of them wish to be more participative in the decision-making for treatment for their loved ones. At such a time even closer communication would be required between the parties involved.

As a doctor, Dr. Lau encountered many moments of death from which her emotions were aroused, especially when the patient has stayed at SASHCC for a prolonged period and who she had built friendship with died. Dr. Lau said she sometimes has to find ways to release her grief or share it with her husband.

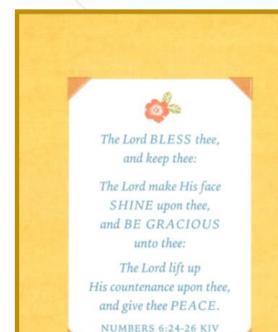
She said it is not easy to accompany the last journey of her patients and share their pain. Though not easy, Dr. Lau is willing to continue to walk with them, like the way Jesus loved us, and like what her favourite song "The Servant Song " sang: "Rejoice with those who rejoice, weep with those who weep." (Romans 12 : 15)

#### Afterword:

One week after the interview, we received two appreciation cards for Dr. Lau. Dr. Lau has accomplished what she wanted to achieve: A doctor for the patient and his family. No wonder when she is asked about her thoughts on the past year working at SASHCC, she said "I have great satisfaction, I love my job!"

During the last 2 years' battle against the pandemic, frontline medical staff have shouldered the heaviest load. While protecting the patients they must also always fulfill their duties, even when they feel defeated, they do not give up. Pray the pandemic will calm down as soon as possible, and the medical team could be more blessed, and strengthened to hold onto their mission!

Salute to the medical staff!



Hello Chaplain Lai: I must not forget what our father asked us to do before he passed away: we must thank all of you the HCC medical team for your attentive care, especially Dr. Lau for her sincere care and love for him, just like a daughter caring for her father. He felt very fortunate to have her as his attending doctor. I personally also want to thank you all deeply for caring for my father. Thank you!

#### Dear Dr. Lau:

Thank God for letting Chun Ching come across you and be her attending doctor. Your love, your care and your tender voice were the greatest comfort for her. We must thank, thank, and thank you again! May the Lord bless you and let you continue to be a blessing for your patients!

> Family of Chun Ching Aug 10, 2022

Appreciation from ex-patient's families to Dr. Lau

## HARPPY MOMENTS

## Playing Mahjong

















#### Feature article on Life & Death Education

## Searching for Meaning in Life

By: Mr Larry Lee (Deputy Manager, Psycho-social and Spiritual Care Service Department) Ms Chiu Kit Yee (Chaplain, Psycho-social and Spiritual Care Service Department)

An elderly lady was suffering from terminal cancer and she began to stumble. Her spirit and appetite started to deteriorate and she felt very useless and lost the meaning of living. Her thinking was typical of all sick elders because we all want a good reason to live on, i.e. meaning in lives.

A Jewish psychiatrist Viktor Frankl is the founder of logotherapy. He believed all human beings are born with the will to meaning. In this world some people live for a reason, and some die for a course. In the face of old age and sickness, a human realizes time is limited, so he will want to ascertain his life is still meaningful. If he can confirm this, he could overcome the difficulties facing him, he may even be able to treasure the present with no regret and embrace his suffering courageously. To terminally ill patients and their families, how can they find the true meaning of life? Below we would like to share 3 avenues under the concept of logotherapy.

#### 1. Think about how to build meaning in Life

No matter how you look at life's meaning, we should all have a good think on this important agenda. We can ask ourselves: "Up to this point in time, how do I regard my life so far?"

As we grow older and in anticipation of sickness and frailty, we should ask ourselves: "What do these mean to me?", "What is the meaning of my living every day?" We have freedom in deciding how to face sufferings, although one day it will occur to us, and this is what Viktor Frankl called "attitudinal value".

There was a patient who got terminal cancer shortly after his retirement. His wife was much agitated because she thought it was so unfair for her husband to die without enjoying life. But when she recollected that there was no accompanist at their church years ago. Her husband was already over 40 then but he went to learn to play piano from scratch and eventually served at the church. She suddenly realized her husband had been living and doing what he thought was important and meaningful all along. From that point onwards, she no longer focused on the length of his life but was full of contentment and gratitude to walk with her husband in his last life journey.

#### 2. Feel the meaning of Life

Frankl believed human beings would experience kindness, tolerance and sincerity through loving and being loved and feeling the goodness to be alive. So we need to carefully feel every moment of our life to discover we have received lots of invaluable gifts, including time, love, affection, friendship, and the beauty of Nature. This is called "experiential value".

One famous local singer Mr. George Lam has a song called the "Song of Life", its lyrics went: "Life is a good thing, all the time I know it is not bad..." Why? The lyrics explained: "Because Life gives us time and spirit, parents and lovers, buddies and close friends, the sky and the clouds..." We very often take these for granted and overlook their meaning. Let us humbly recall what life has given us and what we have gained from it?

Despite old age and sickness taking over our lives, and we may lie in bed unable to do a thing, those elderly patients could still appreciate through the nature, music, art etc. to have spiritual calmness and experience the joy of living. Moreover, with the company of their loved ones and close friends, they could feel the satisfaction of being alive.

Our chaplain once paid a visit to a patient with a briain. He was by and large asleep than awake and was not able to talk. So, our chaplain brought him a bunch of Common Rue, a plant with a strong smell to stimulate him with the smell of Nature. The patient woke up like shocked by the electricity, and his eyes fixed on the plant. Later our chaplain learned that he loved the green bean dessert very much, which his family always cooked with Common Rue. Therefore the smell brought fond memories to him!

#### 3. Create meaning in Life

Frankl pointed out that "creative value" meant people could obtain satisfaction and life's meaning through specific actions e.g., create something, work on something and accomplish something. These can be actions of the past or actions taken at present.

In caring for sick elders, we can lead them in thinking, what have they done for others and this world in their past years? Through flipping pages of their photo albums together with them, guide them to ascertain what they did in the past was meaningful. And we can find out what they can do to bring positive impact to other people and give themselves direction for tomorrow. This can be preparing a gift for their families, writing a letter to a friend, planning for their funeral, or anything they are interested in doing.

The old lady we mentioned at the beginning of this article loved to knit. Our staff team encouraged her not to give it up and got her some knitting wool and needles. The knitting needles worked magic in her hands; in just a couple of months, she had finished several colorful and fashionable scarves, vests and capes to give to the needy. At last, we exhibited her works at the Centre, which brought her recognition and confidence and encouraged other terminal patients not to focus on death's

threat, but testify together the creativity of this old lady's past and present.



With the encouragement of the colleagues, the resident weaved a number of hand-made products. The social worker held an exhibition of those hand-made fabric products for the residents. The resident was glad that she was blessed from others.





The above 3 avenues to seek life's meaning are applicable to caring for sick elders, and to our own lives management. I hope it can inspire you to have a firmer grasp on a meaningful life!

#### Sharing by Chaplain

#### From "Talking at Cross Purposes" to "Speaking the same Language"

#### by Chaplain Chiu Kit Yee

According to the research done by Harvard University from 1938 to the present, over 80 years of data revealed that factors controlling the happiness of mankind are not wealth, status, academic achievement, or DNA, but are something accessible to all of us and that is the possession of amicable, happy relationships!

In the Book of Matthews 5: 3-11, the Sermon on the Mount or the Beatitudes taught us 8 spiritual principles for helping us to build amicable relationships with others and with God. The word "blessed" in the scripture meant "Makarios" in Greek original, including the feeling of satisfaction and contentment. This kind of happiness is inner contentment, not affected by external changes. As pointed out by Spiros Zodhiates, a Greek philosopher, "Makarios" meant full of God's blessing ......people who are blessed enjoy the satisfaction from God, not good fortune from this world. Worldly affairs do not trap them.

The bases of "Beatitudes" for happiness are:

- 1) We reflect on our spiritual deficiencies and seek God, be entirely humble; (v. 3)
- 2) We mourn for our, others or our nation's misfortune and repentance; (v.4)
- 3) The attitude of humility, tenderness, constrained, and obedience to God; (v.5)
- 4) Our eagerness to have God's will done; (v.6)
- 5) Our mercy for others; (v.7)
- 6) Our hearts' purity and sincerity; (v.8)

7) Our peacemaking actions bring reconciliation between people and between God and its people; (v.9)

8) The sacrifice we willingly make for Jesus and the gospel; (v.10-11)

At SASHCC, I witnessed testification of the Beatitudes by our staff in their development of amicable, happy relationships with patients whose lives they touched -- Granny Yuk Ip is a typical example.

"Grateful for having you walked with my mother in her last journey!" her family wrote me after granny Yuk Ip passed away.

My relationship with Yuk Ip started with a period of "Lost in Translation"! At that time, she had just lost her husband, and was diagnosed with cancer. She also had impaired hearing, and spoke only in "Toi San" dialect. Gratefully, our team patiently listened and sought help by using body language to understand what she wanted to tell us. Finally, after trial and error, we could communicate with one another! We noted that granny disliked changes, so whenever we had to change something for her, we would explain the reasons to her beforehand. Our social worker and chaplain also regularly visited her and made friends with her, encouraging her to participate in the residents' activities like worships; music



Granny Yuk Ip participated in lots of residents' activities

therapy; art therapy and Doctor Pet etc. During the height of the pandemic, patients' families could only visit once in a while so we arranged zoom meetings for them. I am very grateful to see granny come to know Jesus and His salvation, actively read the Bible, and study the lyrics of hymns. Every time I visited her and prayed for her, she would nod her head to show recognition and appreciation. I truly believed granny had experienced God's help in her sick days.

Granny's referral doctor initially predicted her life expectancy to be within 6 months. But she miraculously lived 4 years and 8 months more and enjoyed God's love and her family's affection!

Though we cannot control life, we can build amicable, happy relationships with ourselves, others and God while living. Wish that we can realize the wisdom of the Beatitudes to gain not just earthly joy and longevity, but eternal life and blessings of Heaven!

"A cheerful heart is good medicine, but a crushed spirit dries up the bones." (Proverbs 17: 22)

Reference :

- 1. https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-studyhas-been-showing-how-to-live-a-healthy-and-happy-life/
- J.D.Watson, "A Word for the Day: Key Words from the New Testament", AMG Publishers, 2011

## Thank you card from family members

To SASHCC doctors and the medical team,

Yuk Ip could live through the difficulties of her last 4 years and 8 months solely because she had your team's attentive and professional care.

Special thanks to Dr. Hung, you walked an extra mile to reduce as much as possible Yuk Ip's sufferings and regularly shared with us her latest condition to relief our worriness, thank you!

Thanks to Dr. Ng, Dr. Ling, Dr. Chan and Dr. Lau for helping Yuk Ip overcome multiple life crises.

Impaired hearing and language hurdles made Yuk Ip hardly talk to people. Fortunately, Chaplain Chiu visited her often, prayed for her, sang hymns, and gave her water to drink. Even if Chaplain Chiu just sat by her side and listened to her, Yuk Ip felt time passed quickly and was very fulfilled. When Yuk Ip was passing on, Chaplain Chiu hung around to observe her condition, prayed for her and comforted us, we are truly grateful for Chaplain Chiu!

All the nurses and carers took good care of Yuk Ip. Miss Lo, the nurse from the same country as Yuk Ip, willingly listened to Yuk Ip when she spoke in her native dialect, and accompanied Yuk Ip during her final moments with Chaplain Chui.

Thanks to Mr. Lee, the social worker, and Miss Tang for having visited Yuk Ip and rendering help to us.

Also want to thank you Wah Gor, the security guard, who always came forward to help every time we took Yul Ip out.

Thank you all for your attentiveness to Yuk Ip which enabled her to live 4 more years in such a comfortable, love-filled, peaceful environment. Such miracle was brought about by all of you collectively.

I sincerely wish all of you good health, peace, and joy!

Family of Yuk Ip, Autumn 2022

You are my sunshine!

#### 靈實司務道寧養院

#### 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「 <b>用愛擁抱晚晴</b> 」 <sup>。</sup> 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 " <b>Embrace the Last Journey with Love</b> ".	
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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.

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日期 Date : \_\_\_\_\_

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

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) is a nonprofit, 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 latestage 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.

#### Thanksgiviing & Prayer items:

Please fold and seal here

- 1. Praise the Lord the SASHCC Extension Project has made satisfactory progress in the last few months. Pray that more philanthropists would be touched to made donations to us so that the New Block can be constructed by 2025 as planned.
- 2. The "Embracing the Last Journey with Love" Charity Concert 2022, initiated by 3 patients' family members will be held on 12 November at the Hong Kong Academy of Performing Arts. The purpose of this Charity Concert is to raise fund for the Extension Project of SASHCC. We pray that the concert will go smoothly and the sale of concert tickets can achieve its target successfully.
- 3. Pray for the recruitment on Chaplain, Assistant Chaplain and nursing staff, especially night shift nurses. May God touch more people to join our ministry.
- 4. The Pandemic situation in Hong Kong has not yet settled down. Pray that God to be with our staff, our patients and their families, and to bring them peace; Pray for those who have not found Jesus to hear Gospel soon, and to be blessed with the hope of eternal life in heaven.
- 5. Thanks God for bringing the full team of staff on board for the "JCECC: End-of-Life-Care in Residential Care Homes for the Elderly" (RCHE) Project. May God bless the team cooperation 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, New Territories, Hong Kong