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# SASHCC

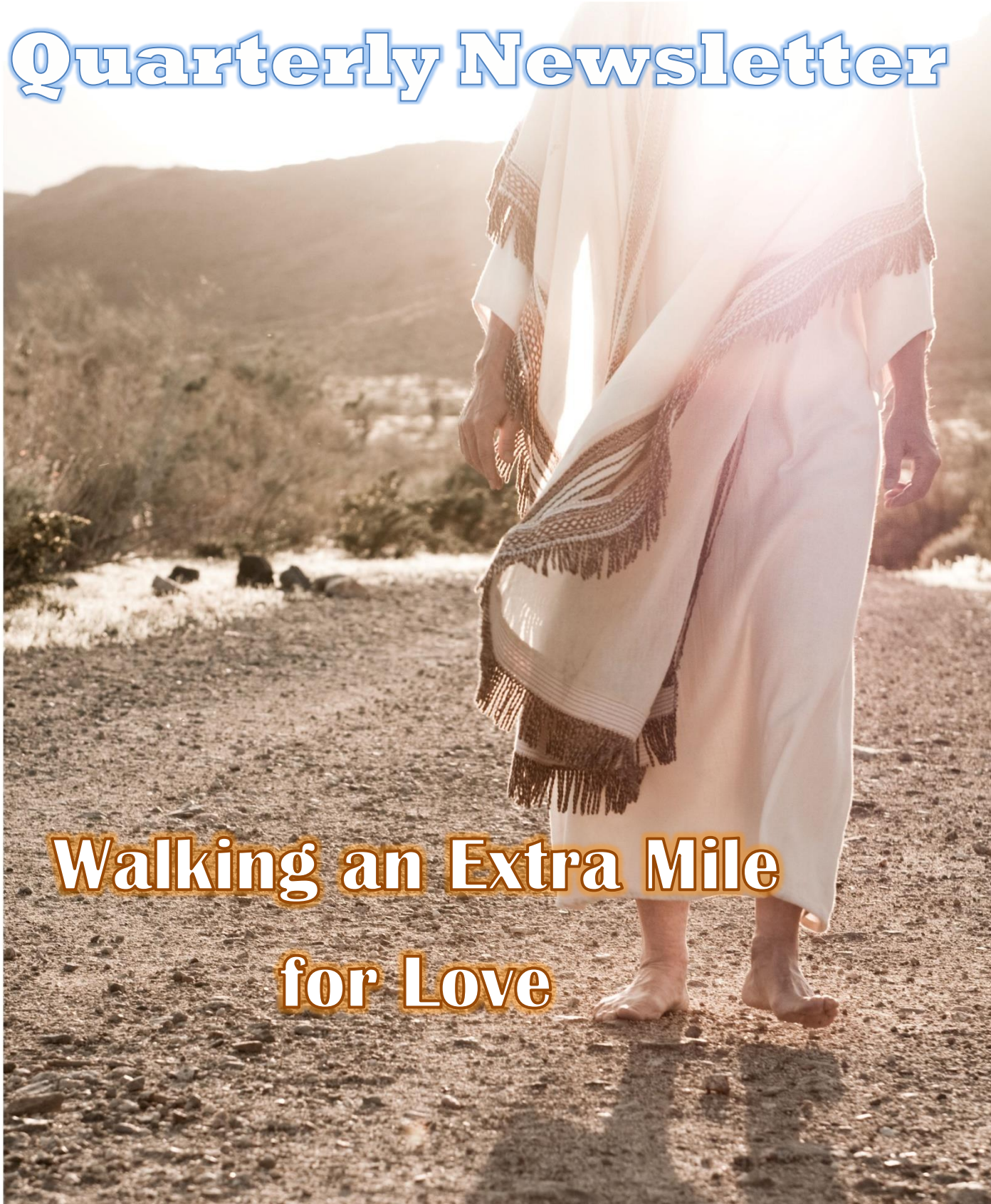
## Quarterly Newsletter

2023

April

Issue 53

**Walking an Extra Mile  
for Love**



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## Have of Hope Sister Annie Skau Holistic Care Centre

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# Run For Love



2023 is an important year, as it marks the 70th Anniversary of the Haven of Hope Christian Service (referred to as HOHCS below). Thanks to God’s preservation, the first charity event of “HOPES RUNNER 2023” was held at the newly built Tseung Kwan O Cross Bay Link. This symbolizes the past endeavor of HOHCS in connecting with the community and the provision of diverse services to the residents of Tseung Kwan O; with the meaningful outlook of continuing the love of Christ to care for the community, lighten up hope, and stimulate life. A lot of supporters participated in this charitable event. The weather was fine and the scenery on the way was beautiful, very suitable for families with both old and young members. Sister Annie Skau Holistic Care Centre (SASHCC) strongly supported this event, with quite a few colleagues and family members participating in the “3 km Charity Walk”, among which the youngest participant was only 4-year old who completed the whole course.



Colleagues, family members and families of ex-patients joined together to support the “HOPES RUNNER 2023”.

This event was to raise funds for the HOHCS non-subvented services and its 10-year plan, including the SASHCC extension project. Thanks to all our loving donors' support in helping the needy patients and families! Please pray for the extension project for wisdom for the team to solve all issues and problems, for funding, and completion of the Holistic Care Block in Phase 1 of the Project by Year 2026 as planned.



With a turn of eyes, SASHCC has served for 16 years. We have been blessed by the grace of our Lord in using SASHCC to serve its patients and families all along. We will not forget, nor slack off, but as what Apostle Paul had taught: “No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.” (Philippians 3:13 - 14) Thanks to God’s grace, after the starting of the Hong Kong Jockey Club End-of-Life Community Care Project – the “JCECC End-of-Life Care in RCHEs” last year, SASHCC has received sponsorship from donors to start another End-of-Life Outreach Program this year to provide support to dementia patients in late stage of their lives. All these are in response to the high demand for “Dying at Home” services. Please pray for the initial preparations, the recruitment of staff, and the communication and coordination with cooperating partners. Pray for God’s guidance in developing of the new service, gathering more community support and strength, blessing more elderlies and their families in need of these services, and to “Embrace the Last Journey” hand in hand.

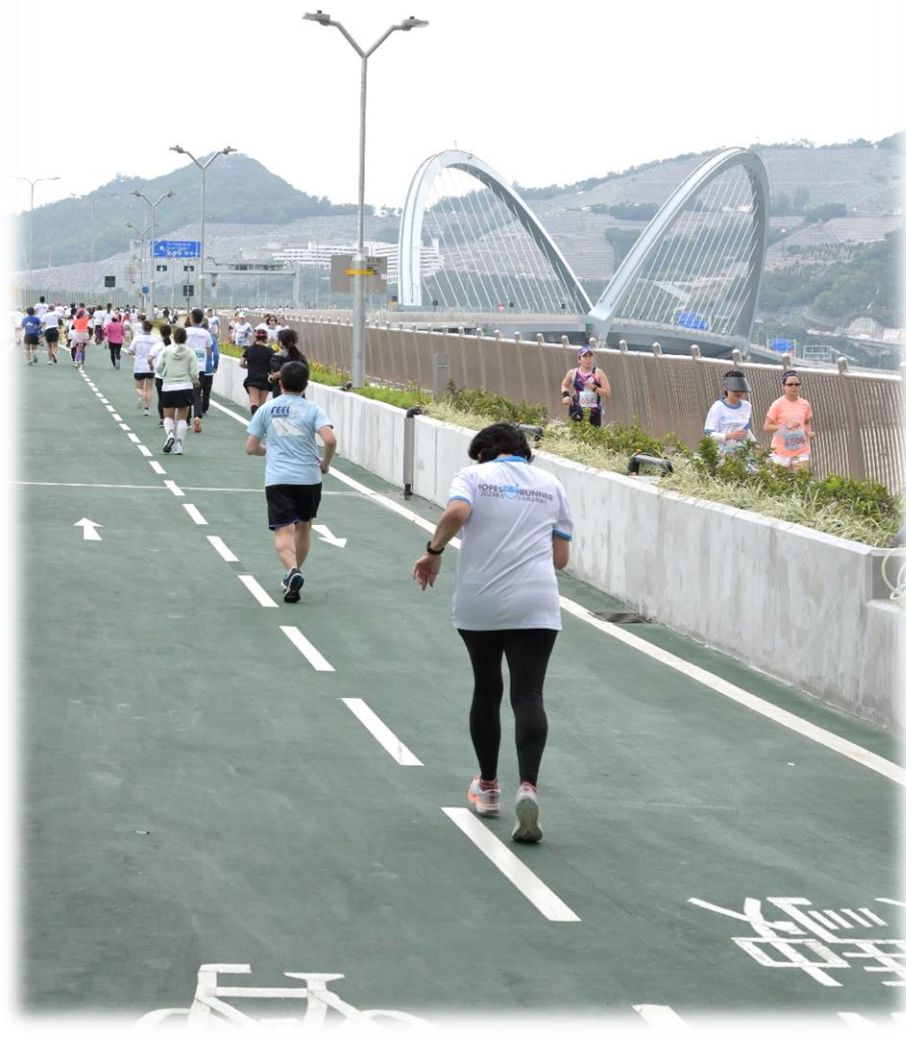


At the time of writing this message, the Hong Kong Government had just announced the cancellation of mandatory wearing of face mask. Following the COVID-19 pandemic slowing down, and prevention of policies relaxing, we can finally resume our normal lives. Looking back at the pandemic in the past three years, our lives were not easy but we were not alone as you were always there walking with us. The adverse conditions will pass, let's restart and run for love, even to go miles and miles further!

“But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” (Isaiah 40:31)

Sister Annie Skau Holistic Care Centre  
Deputy Medical Superintendent

Dr. Wong Kin-shing





## Between the two hands

By: Mr. Ken Ng

( Social Worker of the Jockey Club End-of-Life Community Care Project (JCECC) – Hospice at Home )

Having served at the JCECC for almost two years, I have visited families from various sectors with my team, listened to the wishes of late stage patients and their stress, the good and bad of the carers; encouraging patient and families to say love, say thanks, ask for forgiveness and say goodbye. Moreover, we help patients to have their wishes fulfilled, provided effective support to carers, boosted family relation and prepare the families for their loved one's passing. Of course, our service also included support to families to handle grief.



Ken (Right) and Home Care Nurse Wong

My most impressive case recently was about Uncle and Auntie Wah (pseudonym).

Auntie Wah retired two years ago and was diagnosed with late stage cancer right at the time, which had spread to different organs already. Uncle Wah retired in the same year and they have no children. Having worked hard for half their lives, they wanted to take up hobby again and live a simpler life. Unfortunately, their soap bubbles broke and they had to fight with cancer instead. After undergoing various treatments for one and a half years, Auntie Wah's quality of life was barely maintained. Soon after, Auntie Wah's physical condition deteriorated, gradually turned worse. She was confined to bed most of the time and was unable to take care of herself. With the consent of both of them, churchmates suggested our service to them.

On our first visit to Auntie Wah's home, we noticed that she had issues with her personal hygiene and feeding. Uncle Wah lacked the knowledge and experience in taking care of the physical hygiene of the opposite sex and was unaware of whether his care was satisfactory or not. Auntie Wah was too weak to express her needs, and could only had her first meal at around 4 pm to 5 pm, and therefore always skipped dinner. She was very thin and had difficulty breathing.

Our nurse suggested to let our Health Care Assistant to help cleaning Auntie Wah. At the beginning, Uncle Wah was very resistant. During a home visit, when it was time to change diapers, our nurse wisely suggested involving Uncle Wah in the process, which exposed the issues in handling body health care. Though the condition was not satisfactory, our nurse did not blame on Uncle Wah. Instead, with empathy, she affirmed Uncle Wah's considerate devotion to Auntie Wah and allowed Auntie Wah to rest at home and fulfill her wishes. All these assurances had built up Uncle Wah's trust in us, allowing us to provide our service to Auntie Wah afterwards.

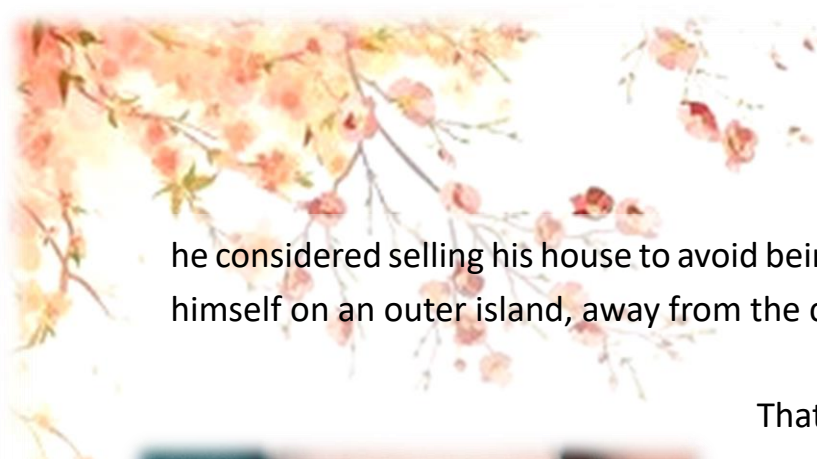


Body checking with Auntie Wah by our nurse

When our Health Care Assistant gave Auntie Wah's a bath, I often had the chance to talk to Uncle Wah. We talked about how they met and knew each other, how to maintain their relationship when he worked in Mainland China for over ten years, how he supported Auntie Wah to walk through several adverse situations, their service in church, and the small, loving details of their life together. During this time of refreshment in life, the soon to be separated, the reluctance, sorrow and pain that comes with it, were also revealed.

In foreseeing the day that his wife would leave, Uncle Wah was brought to tears. He predicted that he would struggle to accept and adapt to losing his wife. To cope,





he considered selling his house to avoid being reminded of her and potentially isolating himself on an outer island, away from the caring relatives and friends.



That early morning, Auntie Wah passed away peacefully. Everything was normal on the day before she left, only that at around 3 to 4 am, she suddenly gripped Uncle Wah's hand as he slept aside. Then everything remained calm with their hands holding together all the way through. Uncle Wah noticed that Auntie Wah's passing in the next morning, but their hands remained tightly clasped. That was a gentle, warm and exquisite farewell, the love and appreciation were all expressed between their hands without the need for words.

We visited Uncle Wah again after completing the funeral and taking care of other matters. To our surprise, he did not move to the outer island, or avoid socializing with others. Instead, he attended church every week, he spoke to his churchmates. One noticeable change was that Uncle Wah rekindled his passion for teaching Tai Chi Kung Fu, holding classes at university every Thursday night. The kitchen, that filled with memories had not been used for over two years. One day, Uncle Wah got his courage up, he did a big cleaning. Every day, he makes simple dinner in the kitchen; every week, he reads through his wife's soup recipes, making their favourite soups in remembrance of her.

“Every corner of this house is filled with memories, so I won't sell it.”





To: The Medical Superintendent of Sister Annie Skau Holistic Care Centre

Hello! Medical Superintendent,

My mother had a stroke in 2020, and that caused her suffering from depression and dementia. As a result, she was unable to take care of herself and needed intensive care. She received professional and loving care from Nurse Loo Shuk Ling and her team (including Miss Chung and Miss Wong) on medicine intake, daily meals, taking blood pressure, etc. and now her condition is stable. My parents live alone, my father was already 90 years old has chronic illness that affects his physical health from time to time, and that affects my mother's mood and health. Luckily Nurse Loo never concerned with giving without return, but took good care of my parents and gave us to provide invaluable advice on how to care for the elderly. We greatly appreciated the visit and care by Social Worker Ken Ng and the volunteers. As care givers, we also received support from them.

The most unforgettable event was the visit made by Nurse Loo in early February that she discovered my father's condition had deteriorated, and explained to us that my father needed to be admitted to hospital. Before leaving for the hospital, they led my mother to my father's bedside to let them say goodbye to each other. This made my mother felt calm that night, and my father passed away the next day. Thanks to Nurse Loo's thankful arrangements, my parents were able to say goodbye to each other.

My mother's mood was severely affected by the death of my father. Nurse Loo's team comforted my mother during their visits and reminded us to keep an eye on her mood and health changes. All these were so careful and considerate.

We would like to extend our sincere thanks and appreciation to Nurse Loo and her team, Mr. Ken Ng and the volunteers, and everyone at your Centre. Thank you very much!

My father's funeral was completed recently, and my mother's mood remained relatively stable. In appreciation of the care given by your professional team to my parents, after discussion, we have decided to donate part of the condolence money received for my father's funeral to Sister Annie Skau Holistic Care Centre. We wish that more people will be benefited from your services, and that your Centre will continue to develop to benefit the community.

Blessings to all staff at your Centre for good health, and smooth work!





## Happy Moments

(Consent from family of residents have been obtained to publish all the stories and pictures in this Newsletter.)

### Cultivating Sentiment

Program worker/officer always arrange individual and group activities for residents, such as Chinese chess game, poker card games, and Mahjong. Residents are so smart and quick in their thinking that very often they are the winners!



### Congratulations to Haven of Hope on its 70th Birthday

Haven of Hope celebrates its 70<sup>th</sup> anniversary this year. All the staff of SASHCC got together and make a video to commemorate this occasion. The video also won the “Most Creative Video” award!





## Specialized Service Program

With support of our donors, we have implemented various adjuvant therapies since 2018, including music therapy, art therapy, horticultural therapy, aromatherapy, and podiatric therapy. All these services have greatly enhanced the quality of life of our residents and at the same time trained our residents on their cognitive ability as well as hand and foot coordination, even in helping them to refresh and relive their wonderful moments and memories during their grow up stage. We added harp therapy and the Japanese harmony pastel painting In 2023, providing a wider range of activities to meet our residents' physical, mental, social and spiritual needs.



### Horticultural Therapy

Co-organized by our Rehab Department and Psychosocial Spiritual Care Service Department, our residents attended the Flower Show in the morning, and followed by lunch and horticultural activities back at our Centre in the afternoon. Families and residents enjoyed this abundant program and spent the beautiful moments together.



### Harp Therapy

Our Centre hosts harp therapy sessions regularly for our residents. Through the beautiful and charming notes and sounds, residents were relieved physically, mentally and spiritually.



# Do You Know What Happened To Me?

## The Burden and Experience of Family Caregivers of Terminally Ill Patients

By : Mr. Larry Lee (Deputy In-charge of Psycho-Social Spiritual Care Service)

What kind of experience is it like to take care of relatives suffering from terminal illness? By introducing several models, this article may help you better understand the psychosocial-spiritual needs of family caregivers of terminally ill patients.

A group of scholars from the Chinese University of Hong Kong published a stage model called "CAPE" last year [1], pointing out that caregivers will go through four different stages from diagnosis of a terminal condition to deterioration and death:



| Health status of EOL patient | Medical Condition Changed   | Function Deterioration  | Dying  | Death   |
|------------------------------|---|---|--|---|
| Caregivers Experience        | <p><b>Certainty</b></p> <p>In the face of uncertainty, caregivers will come up with many questions. How will the disease develop? Is there really no curative treatment? How many days are left? How will care or treatment be arranged? At the same time, caregivers feel the loss as they witness their loved ones gradually losing self-care ability and dignity due to illness.</p> | <p><b>Ambivalence</b></p> <p>When patients begin to receive palliative care, caregivers also start to participate in the discussion of advance care planning, which is unfamiliar to most. They will think twice or avoid talking about it before making the decision. But after deciding, they will ask, "Is the decision correct?" Conflicts and struggles emerge throughout the process.</p> | <p><b>Perturbed</b></p> <p>Patients may have more chances to receive service from hospitals or nursing homes, and the caregivers will be troubled by the quality of care, conflicts with medical or nursing staff, etc. They may also be perturbed by witnessing the sick's suffering.</p> | <p><b>Expectation</b></p> <p>When their loved ones are imminently dying, helplessness arises as caregivers feel there is not much they can do. Sorrow and sadness are present as they expect death and separation to arrive soon.</p> |

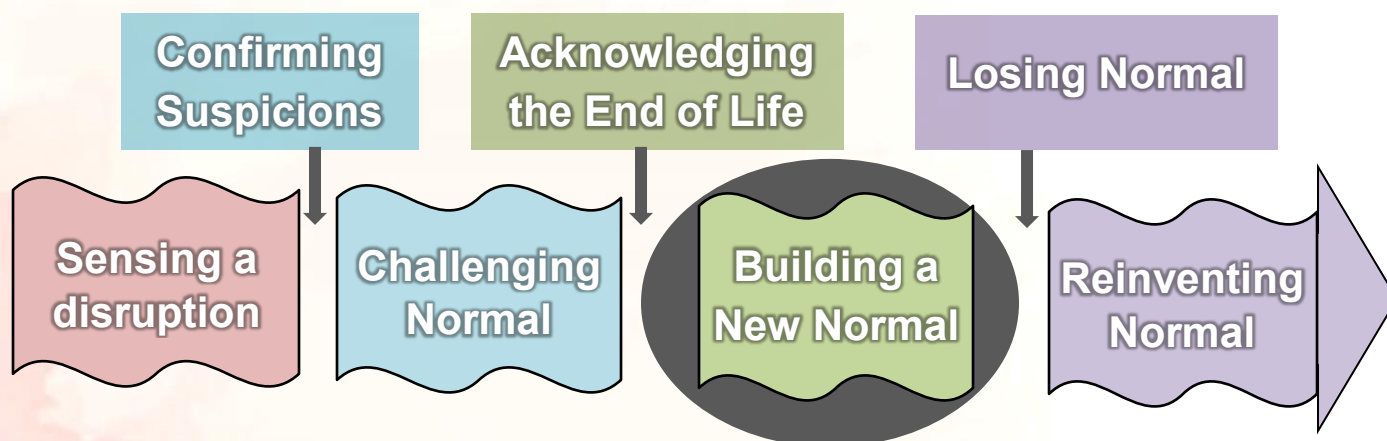




This model illustrates the changing concerns of family caregivers as a terminal illness progresses. Compared with long-term care, caregivers of terminally ill patients face more intensive changes and challenges in a shorter time. If long-term care is like the rainy seasons, end-of-life care will likely be thunderstorms. Walking with a caregiver, one must be sensitive to these mood changes and fully understand and accept them. Even if the caregiver is able to deal with stress at this stage, it does not mean he can continue to cope with it.

Here come three thematic models. Through a literature review, a group of Swedish scholars proposed the theme of "living in the presence of death" to summarize the needs of caregivers of terminally ill patients. [2] They point out that: (a) the complexity of emotions of caregivers was needed to be addressed as death approaches; (b) caregivers need information to help prepare for the death of their loved ones, but information on the spiritual aspect is scarce; (c) although they are living in an atmosphere that their loved ones are about to pass away, they need someone to help them to find meaning, hope and faith to transcend the valley of the shadow of death.

Another thematic model is "Seeking Normal" proposed by American scholars.[3] Understanding "seeking normal" as "seeking order in chaos" is more precise. Most caregivers expect not to return to the time before their loved ones get sick but to focus on finding patterns in chaotic life to cope with the present. These patterns include caregiving skills, attitudes, roles, time allocation, etc., representing certainty, confidence and a sense of control over life. As the disease progresses, the original pattern has to be disturbed and rebuilt repeatedly. Therefore, the companions' work is to help caregivers regain their rhythm during each transition.



Finally, the "Negotiating the Here/After" model proposed by an Australian scholar pointed out that in preparing for the death of a sick loved one, caregivers are constantly swinging between "now" and "after", not only focusing on current care, but also planning for or worrying about the future. [4] There will be four kinds of ambivalence: (a) as physical condition fluctuates, the future is uncertain, and we become passive; (b) cognitive/practical preparations (such as advance care planning) can be made, but emotional preparations are complicated; (c) learn to put their hope in care rather than cure, but doubt if thinking like this is equivalent to giving up your loved ones? Does preparing too well mean you no longer need him or even urge him to "pass away earlier"? (d) there is self-blame when looking forward to the future because the patient has no future.

**NOW** : focusing on current care



**AFTER** : planning for future



These thematic models attempt to conceptualize the experience of caregivers and provide directions for care for caregivers. For example, "Living in the Valley of the Shadow of Death" clearly brings out the fact that the patient is about to die. The time is counting down, dark clouds follow, and rain falls at any time, giving us a sense of urgency; "Seeking order in chaos" reminds us that caregivers are easy to get lost and need our help to reorientate themselves continuously, adjust expectations, hold on to original goals, and find the way they should go. "Negotiating the Here/After" teaches us that ambivalence is common. Focusing on the present and looking forward to the future at the same time is necessary and healthy. It can promote self-understanding and self-acceptance of caregivers. It is obvious to observe that these themes contain symbols or metaphors. Symbols or metaphors are helpful in spiritual care. Firstly, caregivers do not need to say difficult words directly; secondly, symbols or metaphors can stimulate imagination, helping caregivers better understand and know their needs and find a way out.

In supporting family caregivers of the terminally ill, whole-hearted listening is foundational and essential as each of their experiences is unique. However, these models from empirical studies also reveal the sweat and tears of innumerable caregivers, and they are also worthy of our careful attention and contemplation, which may help us grasp the needs of caregivers and lay the foundation for empathy: "Needless to say, I know what happened to you." [5]



(This article is excerpted from the author's sharing at the "Services for the Elderly Caregivers: Retrospect and Prospect" Symposium at the Caritas Jockey Club Resource and Support Centre for Carers on February 24, 2023)

Reference :

[1] Wong EL-Y, Lau JY-C, Chau PY-K, Chung RY-N, Wong SY-S, Woo J, et al. Caregivers' experience of end-of-life stage elderly patients: Longitudinal qualitative interview. *International Journal of Environmental Research and Public Health*. 2022;19(4):2101.

[2] Melin-Johansson C, Hénoch I, Strang S, Browall M. Living in the presence of Death: An integrative literature review of relatives' important existential concerns when caring for a severely ill family member. *The Open Nursing Journal*. 2012;6:1–12.

[3] Penrod J, Hupcey JE, Shipley PZ, Loeb SJ, Baney B. A model of caregiving through the end of life. *Western Journal of Nursing Research*. 2011;34(2):174–93.

[4] Breen LJ, Aoun SM, O'Connor M, Howting D, Halkett GKB. Family caregivers' preparations for death: A qualitative analysis. *Journal of Pain and Symptom Management*. 2018;55(6):1473–9.

[5] The lyrics come from the song "What Happened" by the Hong Kong band Dear Jane.

## Walking an Extra Mile

By: Ms Chiu Kit Yee (Chaplain of Psycho-Social Spiritual Care Service)



The Bible recorded how Jesus elaborated on Love: “If anyone forces you to go one mile, go with him two miles”. (Matthew 5:41) In the 1st Century during the time of Jesus, Roman soldiers could demand the Jews to carry their gears as far as one mile based on the laws of the Roman Empire. However, Jesus taught his followers to carry and walk two miles for others using God’s love as their prime motive.

“Embrace the Last Journey with Love” is the mission of the service of the Sister Annie Skau Holistic Centre (SASHCC). As encouraged by God’s love, we walk one more mile for others!

Six years ago, a resident of SASHCC passed away at the age of around 100, our chaplains and colleagues continued to care for her daughter Madam Poon. In early 2022, Madam Poon’s husband was diagnosed with lung cancer, and was admitted to ICU Ward after his surgery due to infections. Unfortunately, that was in the midst of the 5th wave of the COVID-19 pandemic which was very serious. The hospital where the husband stayed was converted to a designated hospital to treat COVID-19 patients. For such reason, Madam Poon could not visit her husband who was severely sick. Bad news kept coming to Madam Poon one after another, almost bringing her to her knees. Luckily Madam Poon approached me to seek help. I immediately connected one of our volunteers Mrs. Lee who had similar experience to offer her assistance. Mrs. Lee and I accompanied Madam Poon to walk through the valley of death by way of video conference calls. We shared God’s love and words and supported Madam Poon with prayers.



Madam Poon had a wish that her husband would believe in God before his death so that they could fulfil their promise to each other years ago of reuniting under the rainbow of Heaven! Unfortunately, due to infection control policies, not only family members, but also chaplains were not allowed to enter ward room! Though such hope seems to have fallen through, chaplain did not give up. Apart from continuing to pray with volunteers, they also begged God to send a nurse to spread the Gospel to Madam Poon's husband. From an objective point of view, that was impossible as the pandemic was very serious. Workload of the medical and nursing team was so heavy that there was insufficient manpower to handle corpse, how could there be time and effort for spreading the Gospel? Chaplain also tried to contact nurse that she knows to seek for assistance, to see if they know any nurse of the hospital that Madam Poon's husband was staying. Even though their efforts were in vain, chaplain still believed that "everything is possible in God's hand". She believed that God would move angel in white ("angel" in Greek ἄγγελος (angelos) means messenger of God) to spread the Gospel to Madam Poon's husband!

One week after Madam Poon's husband passed away, she shared with chaplain the grief of losing her husband, but then she thought of an episode: when she rushed and arrived at the hospital, her husband had already passed away, she felt very sad but at that moment, a nurse came and reported to the doctor. The nurse said that she had spread the Gospel to Madam Poon's husband before he died, and he used his last strength to nod his head to signify his acceptance of Jesus Christ! It was done! The door to Heaven was opened to Madam Poon's husband. Unexpected peace was in the heart of Madam Poon!

Thank God for using chaplain, colleagues and volunteers of this Centre to walk with our residents and families, and to witness the God's miracles! As God's messenger, we are encouraged to go the extra mile for others!

**"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." (Ephesians 2:10)**



Rejoice always,

Pray continually,

Give thanks in all circumstances;

for this is God's will for you in  
Christ Jesus.

(1 Thessalonians 5 : 16-18)

1. With the support from donors, our Centre will expand our EOL Home Care Services this year, to include supports for dementia patients with late stage illness in response to the high demand of "die-at-home" service in the community. Please pray for the initial preparations, staff recruitment, and communication and coordination with cooperating partners. Pray for God's guidance in the development of the new services.
2. Thank God that our vacancy for chaplain has been filled. The Psycho-social Spiritual team has been in full operation. Please pray for the recruitment of nurses and pray for God's provision to move and inspire more people to join SASHCC, to "Embrace the Last Journey with Love".
3. There will be a fundraising event of Children Chinese Opera to be held on 1 May at the West Kowloon Cultural District Xiqu Centre, to raise fund for the non-subsidized service units, including the Haven of Hope Woo Ping Care & Attention Home and SASHCC. Please pray for the smooth running of all preparation works, and good response to ticket sales.
4. Following the easing of the pandemic, SASHCC has reopened its premises for public visitation. Meanwhile, SASHCC website and Facebook have been updated. May God use these platforms to let more people know our ministry and understand the services we provide.
5. Due to the sharp rise in construction costs, addition of isolation facilities and improvement in the ventilation system, Phase 1 of the Extension Project of SASHCC needs to raise an additional HK\$150 million. HK\$100 million for construction and HK\$50 million to cover additional costs for medical instruments and equipment, upgrading of computer system and staff expenses during the preparation period. Please pray for more donors to respond and support.



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".

Monthly donation       One-off donation      (  Please "✓" if appropriate )  
 \$150     \$500     \$1,000     \$2,000     \$5,000     Others : \_\_\_\_\_

Designated purpose of Donation :  
 SASHCC – Extension Project       RCS Beds Service Programme  
 SCB Programme       Other, please specify : \_\_\_\_\_

**Donation Method :**

1. Crossed Cheque : payable to "Haven of Hope Christian Service – HCC"
2. Direct Debit : HSBC 808-8-000610
3. FPS : HSBC 103960944
4. Credit Card :     VISA       MasterCard       American Express

Cardholder Name : \_\_\_\_\_ Credit Card No. : \_\_\_\_\_

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

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 or Email : [sashcc@hohcs.org.hk](mailto:sashcc@hohcs.org.hk)

**\*Donor's Details** ( \* All fields are required to be filled in for issuing donation receipt )

Name : \_\_\_\_\_ Telephone No. : \_\_\_\_\_

Email Address : \_\_\_\_\_

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

**Use of Personal Data Declaration**

HCC\_NEW\_2303

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](mailto:sashcc@hohcs.org.hk) or 1/F, 19-21 Haven of Hope Road, Tseung Kwan O.

I agree to the proposed use of my personal data by Haven of Hope Christian Service and its service units for service communication, event promotion, donation receipt and charitable fundraising purposes.

Signature : \_\_\_\_\_

Date : \_\_\_\_\_



## Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC)

With a total of 100 beds, SASHCC 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, SASHCC aims at bringing comfort, dignity and peace to the residents in the face of physical illness and even death.



Thank you for your support. You are welcome to share this newsletter to your friends and relatives. If you would like to get more copies or join our volunteer service, please contact Ms Wong at 2703 3017.

STAMP

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