



尊重生命 • 改變生命

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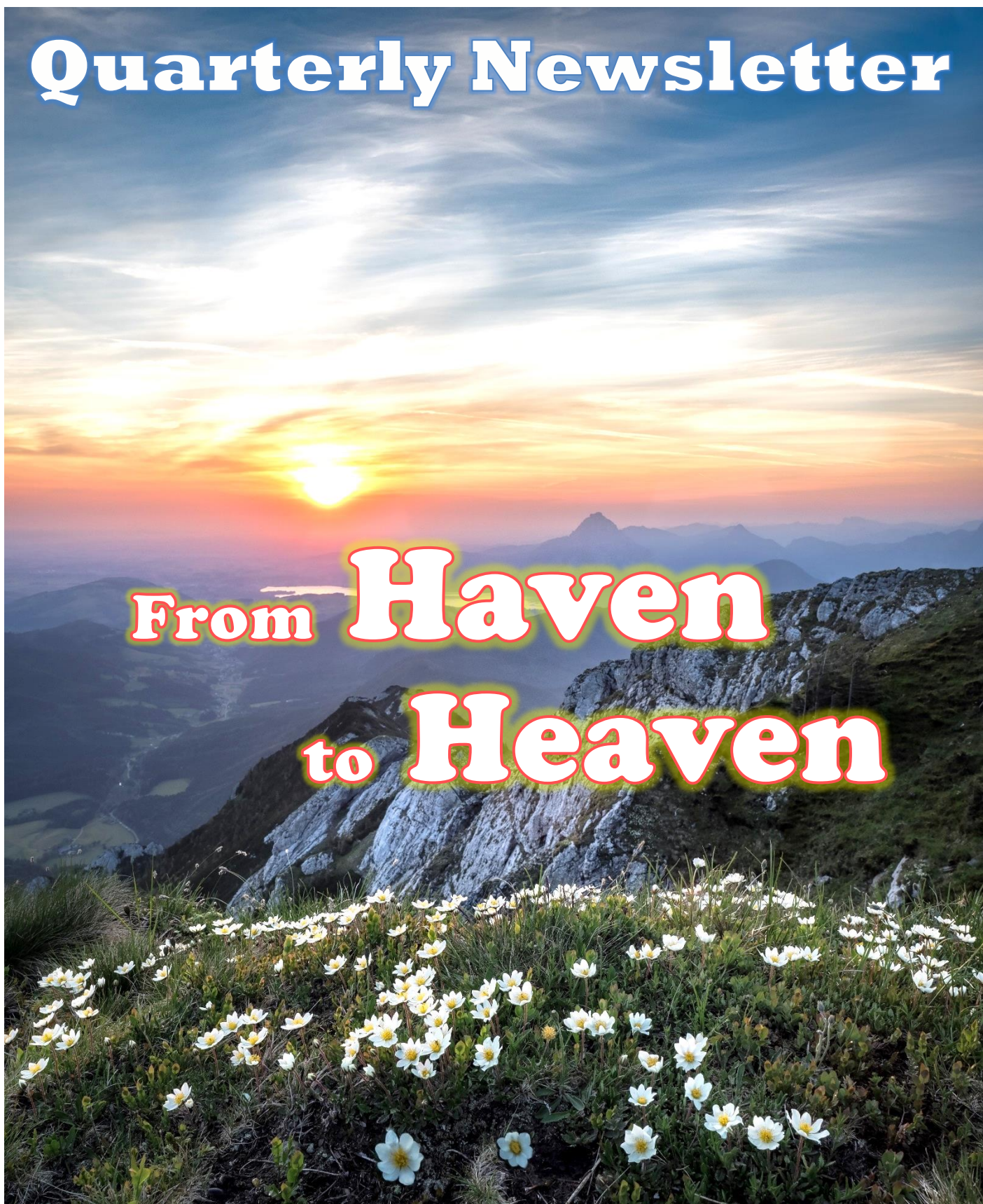
SASHCC

Quarterly Newsletter

2023

July

Issue 54



From Haven to Heaven

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Have of Hope Sister Annie Skau Holistic Care Centre

Address : No. 19-21 Haven of Hope Road, Tseung Kwan O, N.T.

Telephone No. : 2703 3000 Fax : 2703 5588

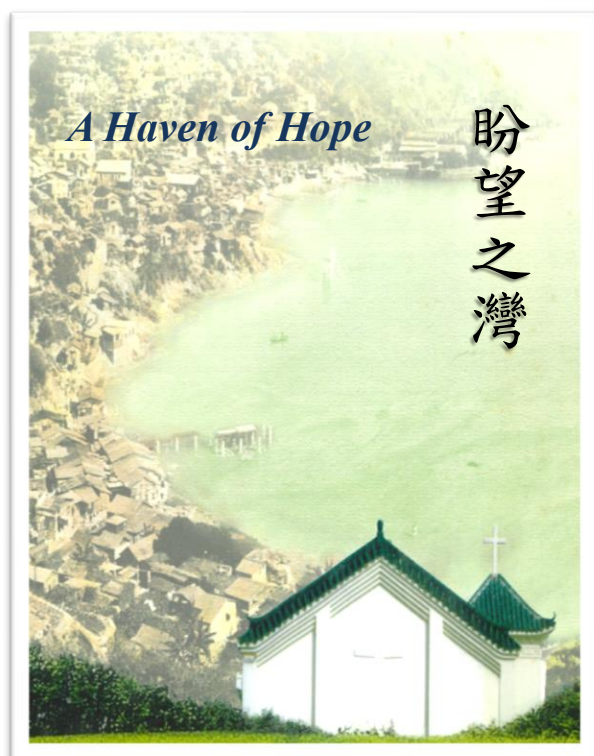
Website : hohcshcc.org.hk

Email : sashcc@hohcs.org.hk

Facebook : facebook.com/SASHCC/



From Haven to Heaven

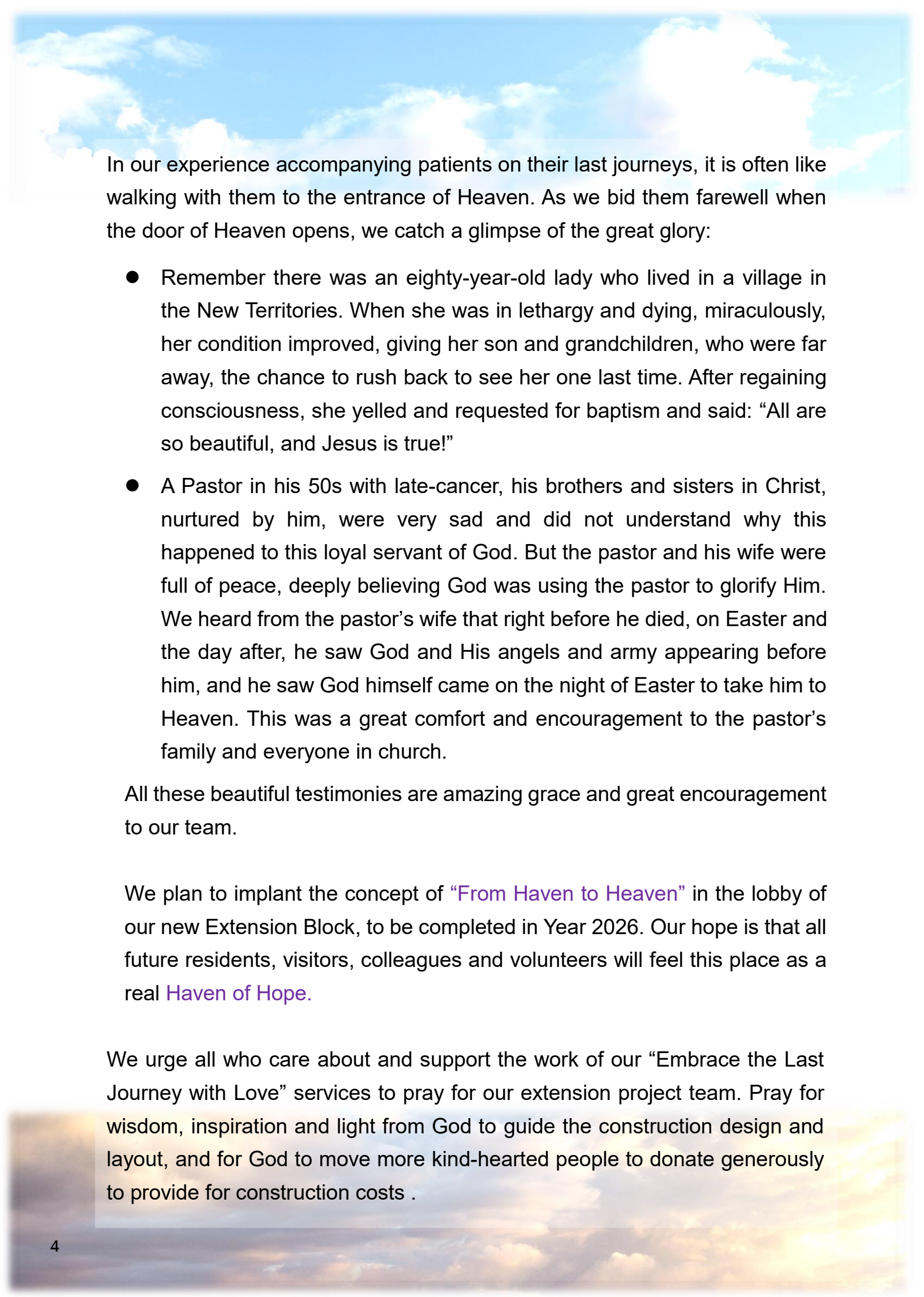


I like the name “[Haven of Hope](#)” much. For the patients at Sister Annie Skau Holistic Care Centre, this place represents their final “Home” on Earth. We need to make them feel loved, cared for, and accepted; to receive appropriate care with dignity, feeling warm and safe; and more importantly, to lead them to look up to God, find peace in their heart, and have enduring hope in Heaven. As the Bible says: “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” ([Psalms 73:26](#)). “For this

reason we never become discouraged. Even though our physical being is gradually decaying, yet our spiritual being is renewed day after day. And this small and temporary trouble we suffer will bring us a tremendous and eternal glory, much greater than the trouble.” ([2 Corinthians 4:16-17](#)).

The name of the last book written by the famous Pastor Billy Graham is “[Nearing Home](#)”. That is right, physical death is not an end for Christians, but is opening of another door leading to the glorious Heaven, our true and eternal home.

Heaven is where God lives. It is a joyful place, extremely beautiful and full of benevolence, harmony, brightness and glory of God. The Bible tells us that God’s plan from beginning to end is to save all who believe in Him, to break away from sins and death, and to live close with Him eternally, in a place with no darkness, death, sorrow, crying and pain, but full of brightness, joy, peace, gratefulness and praise. We can see the face of God in Heaven, to reign with Him, and enjoy the close and sweet fellowship with Him together. ([Revelation 21:1 - 22:5](#))



In our experience accompanying patients on their last journeys, it is often like walking with them to the entrance of Heaven. As we bid them farewell when the door of Heaven opens, we catch a glimpse of the great glory:

- Remember there was an eighty-year-old lady who lived in a village in the New Territories. When she was in lethargy and dying, miraculously, her condition improved, giving her son and grandchildren, who were far away, the chance to rush back to see her one last time. After regaining consciousness, she yelled and requested for baptism and said: “All are so beautiful, and Jesus is true!”
- A Pastor in his 50s with late-cancer, his brothers and sisters in Christ, nurtured by him, were very sad and did not understand why this happened to this loyal servant of God. But the pastor and his wife were full of peace, deeply believing God was using the pastor to glorify Him. We heard from the pastor’s wife that right before he died, on Easter and the day after, he saw God and His angels and army appearing before him, and he saw God himself came on the night of Easter to take him to Heaven. This was a great comfort and encouragement to the pastor’s family and everyone in church.

All these beautiful testimonies are amazing grace and great encouragement to our team.

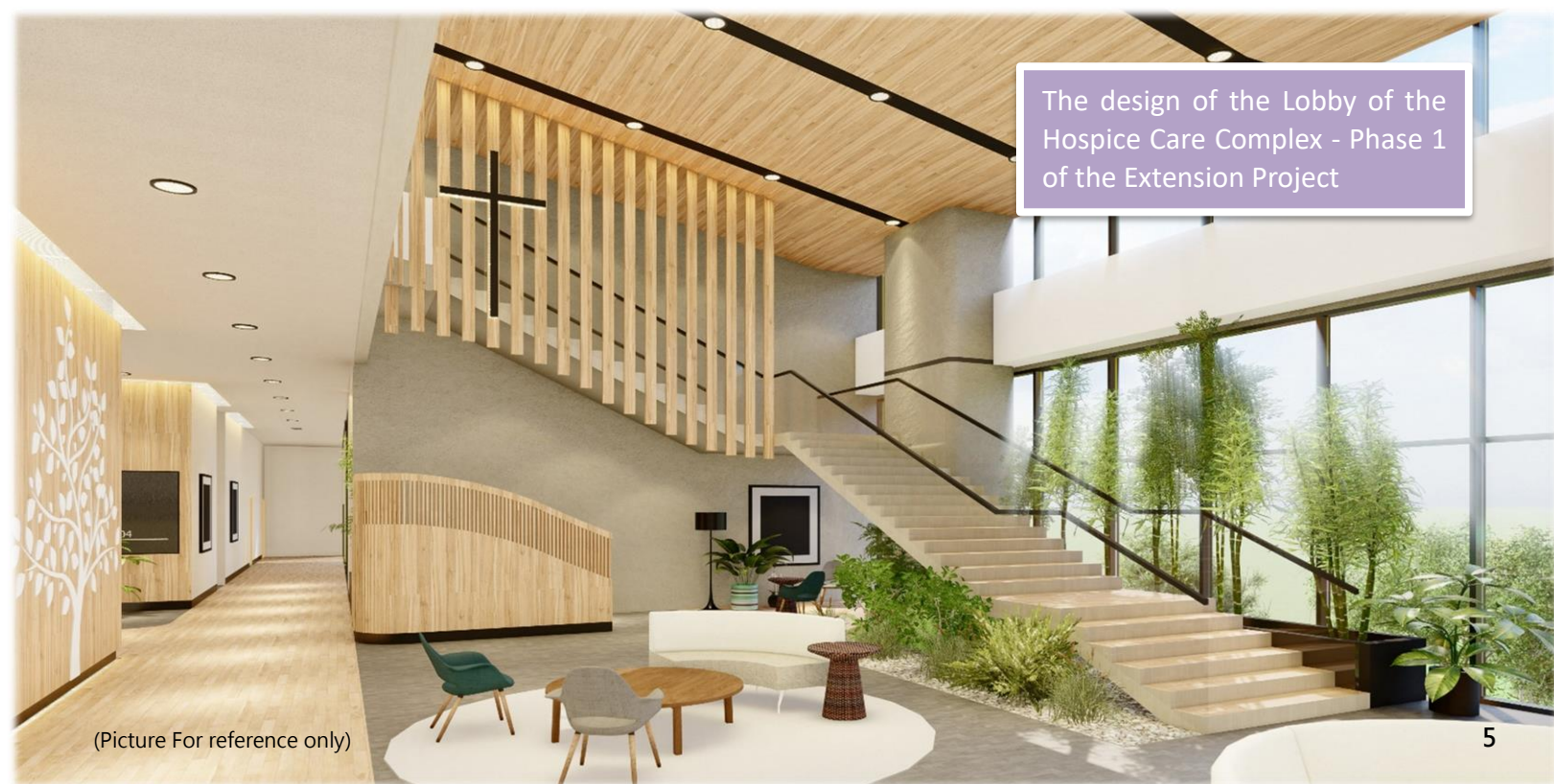
We plan to implant the concept of “[From Haven to Heaven](#)” in the lobby of our new Extension Block, to be completed in Year 2026. Our hope is that all future residents, visitors, colleagues and volunteers will feel this place as a real [Haven of Hope](#).

We urge all who care about and support the work of our “Embrace the Last Journey with Love” services to pray for our extension project team. Pray for wisdom, inspiration and light from God to guide the construction design and layout, and for God to move more kind-hearted people to donate generously to provide for construction costs .

I thank God for allowing me and my colleagues to learn through our services coming into close contact with death, not making us feel discouraged and depressed, but helping us cherish important relationships and rethink the value and meaning of eternal life. “Gazing at death, rethinking life; cherishing the moment, eager for eternity” --- these are the learnings and reflections in this “Haven of Hope”. May God bless you all.

“..... I saw a new Heaven and a new earth..... Look! God’s dwelling place is now among the people, and he will dwell with them.....There will be no more death or mourning or crying or pain, for the old order of things has passed away..... I am making everything new..... It is done! I am the Alpha and the Omega – the Beginning and the End..... There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.”
(Extracted from Revelation 21:1 – 22:5)

Your Servant Medical Superintendent
Dr. Antony Leung



The design of the Lobby of the Hospice Care Complex - Phase 1 of the Extension Project

Hope in Adversity

Written by: Ms. Tang Yi Man (daughter of ex-resident Madam Ho Siu Chung)

In November 2016, unfortunately my 91-year-old mom had a stroke, resulted in her right-side body being paralyzed, loss of sight in her right eye, and inability to speak and swallow, though she was still conscious and energetic. When she looked at me, her facial expression was like asking: “Daughter, what can I do?” God gave me a duty to act as her spokesperson, and I am thankful for mom’s trust in me and grateful to God’s guidance over the past 6 years.

The first important decision was whether to use a nasogastric tube - a very controversial issue. Fortunately, our very good friends, a couple who are church deacon and senior hospital chaplain, shared their faith and experience with me even though they were not in Hong Kong and far away. The second decision was about future caring arrangements: stay at home or live in nursing home? According to the doctor’s advice, an intensive nursing home would be better, with a carer. A nursing home could provide physiotherapy, and doctors without the need of tiring transportation. After visiting a number of nursing homes, I selected Haven of Hope Woo Ping Care & Attention Home (referred to as Woo Ping hereunder).

In early 2017, my mom was admitted to HA hospital due to pneumonia. I shared with family members of other patients in her ward room about the difficulties frail patients who cannot express themselves. After being discharged from hospital, Superintendent Yuen of Woo Ping introduced us to join the “Jockey Club End-of-Life Community Care Project”. A home care nurse visited mom monthly, conducting detailed checks and assessments with care, answering my queries, making the necessary preparations for a possible future admission to Sister Annie Skau Holistic Care Centre (SASHCC), if needed.



Madam Ho Siu Chung

Given my mother's age, I didn't anticipate her returning to her previous state of health, but I did hope for her to maintain her energy. My wish was for her to experience less pain and complete her life journey on Earth with peace and dignity.

I could imagine the pain mom suffered whenever replacing her nasogastric tube, suctioning, and being unable to speak. I am so thankful to our young Indonesian maid's love and care for mom. She accompanied mom every day, and assisting me with tasks I could not manage due to my physical weakness. She quickly learned to change my mom's diapers and clothes by herself, and helped her to do stretching exercises. They listened to songs, watched cartoons, took selfies together. Whenever mom saw the camera, she would smile sweetly. Perhaps due to dementia and her gentle, soft nature, mom was much like a big baby. The three of us shared many unforgettable memories together. When we praised mom for being smart, her adorable reaction was childlike. This reminded me of what Jesus said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven." (Matthew 18:1-3)

In early 2020 during the COVID-19 outbreak, no visitation was allowed and I could only see mom in the lobby occasionally. With the help of Social Worker Miss Chan and her team, I managed video conference with mom, and arranged for her to receive broadcasted audio and video messages. Traditional Chinese Medicine Physician Mr. Mok helped to monitor mom's condition, during his ward rounds. With the grace of God, until mom was discharged, no other residents on the same floor had been infected with COVID-19.

In July 2020, mom had breathing difficulties. Superintendent Yuen referred her to SASHCC immediately. Mom was in critical condition that night, but she was quickly improved and transferred to normal ward room, and finally, she was able to be transferred back to Woo Ping. Due to the impact of COVID-19, her physiotherapy was stopped. Mom's health condition had deteriorated significantly over those two years, even to the point she had difficulty sitting in a wheelchair. This made me feel helpless and sad.

One night in April 2022, mom was urgently transported to Tseung Kwan O Hospital (TKOH) and her condition became critical the next day. I was granted permission to visit her. It was fortunate that Hospital Chaplain Miss Lee visited mom daily, and arranged for a priest to pray for her and performed an anointing. I later found out that TKOH was the only hospital under Hospital Authority that allowed priest visits. After 3 weeks of suffering, mom was finally able to return to Woo Ping. The moment I saw her sickly appearance and the numerous blisters on her hands, I was completely overwhelmed. Coincidentally, I ran into Dr. Ng in the lobby while he was making his ward rounds.

Less than 2 weeks later, mom was re-admitted to TKOH due to severe asthma. Her condition was very critical, but with the grace of God, it stabilized after two days. Doctor allowed her transfer to SASHCC, where I was able to visit her daily.

Due to mom's weakened state from pneumonia, she spent most of the time sleeping. When she woke up, I would talk to her and she would smile sweetly. Chaplain Chiu captured her smile timely with my phone on a couple of occasions. Because of COVID-19, mom could not attend church or receive Holy Communions there were Mass services on Zoom that included the distribution of Holy Communion. I could show her the broadcasts.

During 4 months at SASHCC, mom's conditions became critical several times. People were surprised by her tenacious vitality. I am special grateful for the support extended by Dr. Chen, she listened to our concerns and shared her experiences with us.

Doctors at SASHCC were careful and patient. The nurses, nursing assistants and health service workers helped by cleaning mom's mouth and nasal cavity, feeding her, bathing her, and even treating her body with dignity after her death. Chaplains were there provide accompaniment and prayers, taking care not only of patient's needs but also my spiritual needs.

During the 3 days prior to mom's passing away, the empathy and professional support from the whole team were so impressive. Mom passed away peacefully and went to Heaven with no more suffering. I don't know how mom could spend these past 6 years with a "go with the flow" attitude, being paralyzed, unable to speak, eat or drink. The last 4 months were even more challenging. If mom had not been staying at SASHCC, I wonder how many times she would have to be sent to hospital! I recall a recent sermon given by a Father: if one has faith, then nothing to be afraid of.

Starting from Woo Ping, the geriatric physician was Dr. Ng, and during both stays at SASHCC, the case physician was Dr. Chen. I also met up with Miss Lee of from the Home Care Department, whom I had known for years. Their coherent services had reduced my worry and stress. Bereavement support by Chaplain Chiu and social workers helped family members cope with the loss of their loved one.

We belonged to a church in North Point District where coffin could not be moved inside due to restricted space. As SASHCC is in Tseung Kwan O (TKO) District, Saint Andrew's Church in TKO does allow coffin to be brought inside. We completed the funeral ceremony at SASHCC, then held the Memorial Service at Saint Andrew's Church. To look back, mom's Memorial Service could be held in Church was the best arrangement, seemingly already planned by God.

I was very reluctant about Mom's leaving but grateful to God for giving me 6 years to prepare for her journey to Heaven. There was so much love and support during the process. Mom and I spent her last journey under the care and love of the SASHCC Team.

May God continue to look after Woo Ping, the JCECC Program, and SASHCC, allow them to provide one-stop services, May He bless all doctors, nurses, nursing assistants, health care workers, social workers, chaplains, security guard, and all other staff to have good health, and to continue with these meaningful and loving services, to be the "salt" and "light" of all patients and carers. (Matthew 5:13-16)

Happy Moments

(Consent from the families of residents has been obtained to publish all the stories and pictures in this Newsletter)

Festive celebrations

Thanks to the loving arrangement by the Psychosocial and Spiritual Care Department, the Parent's Festival was a blessing to residents and staff. The event was truly wonderful.



Mother's Day

Good friends of SASHCC, Peggy and her husband Benson, came to teach our staff floral arrangement, allowing our colleagues to express love to their mothers!



Chaplaincy Team organized a "Fellowship activity on Mother's Day", enabling residents and their families to enjoy a heartwarming and memorable afternoon.

HAPPY
*Mother's
& Day*



HAPPY Father's Day

Father's Day

Chaplains gave out apple juice to male colleagues to cheer them up.



Chaplain made Appreciation Cards for sons and daughters to write thank you notes to their fathers, to saluting them as the "Best Father."

Baptism

Residents got baptized at SASHCC, as witnessed by their family members, and received the peace and hope that belongs to Heaven.



Connection to the Death

Written by Ken Ng

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

Human beings, unlike plants, harbor a wealth of memories when a family member passes away. These memories often accompanied by a range of emotions, are not easily forgotten. Hypnotherapy suggests that while the specifics of a memory might fade, the emotions stirred by that memory implant themselves deep within our conscious. It is really difficult to forget. The more one reminds oneself to forget, the more profound the memory becomes, and grief and other emotions are long lasting and affects more and more of one's daily life.

How to deal with grief effectively has long been a topic of exploration scholars. Famous psychologist, Sigmund Freud suggested that Emotional Disengagement – the act of denying, suppressing or hiding emotions, associated with grief is a crucial aspect of dealing with loss. However, recent scholars studying grief have affirmed the concept of Continuous Bond, which suggested one could maintain spiritual connection with the deceased, could be an effective way to cope with grief.

Renowned scholar J. William Worden, known for his studies on grief, outlined 4 tasks for dealing with grief in his book:

1. Encourage the bereaved to confront the reality of death
2. Allow the bereaved to experience the pain of grief
3. Help the bereaved to adjust to this world without deceased
4. Guide the bereaved in forming spiritual connection with the deceased

Beside confronting the reality, accepting grief, and adjusting to a new life, maintaining a spiritual connection with the deceased is a crucial task in the process of navigating through grief. William Worden advises us not to avoid painful memories. Instead, all these memories to occupy a space in our hearts and daily lives – this can be a private space for oneself or a shared space with loved one.



In the study by Phyllis R. Silverman, it was discovered that bereaved individuals would often wonder about the deceased, expressing concern about where the deceased might be, whether they are fine, and who they might be with. They desire to reunite with the deceased, perhaps in dreams, or seeking memories at places where they visited together, or through physical objects, such as something the deceased loved, or some unique work, music or songs that the deceased like. These are the spiritual needs of the bereaved, and the more such needs are satisfied, the easier it is for the bereaved to adapt to and walk through grief. In the process of these connections, the bereaved can experience the grief, and complete another task in the process of recovering from grief.

Drawing on the insights of various scholars, to maintain a healthy spiritual connection with the deceased, we need to:

➤ **Allow oneself the space to connect with the deceased**

Expression is often the best way to deal with grief. It is also the first step in starting a healthy spiritual connection. One can follow one's own pace. Choose the right time, place, people, as well as the way to express emotion. Some will choose going to the beach alone or to a quiet coffee shop to indulge in memories. Others may choose to prepare soup to share the deceased's favourite with family members. Someone else will choose to wear headphones late at night to listen to music the deceased liked. Others may choose objects the deceased liked and convert them into something new, for example, using the cloth from the deceased's dresses to make beautiful cushion covers, to hold close.



Some people will reserve a certain period of time daily, weekly or monthly to memorize, and spend such time with the deceased. One can also follow one's own pace, when facing certain special occasions, like birthday, or wedding anniversaries. If one can reserve some time for such a space, that will help avoid emotions interrupting one's adaptation to normal life.

No matter the form or circumstances, it is believed that tears can comfort grief. However, tobacco, alcohol and medication would only add to melancholy, and should be avoided when mourning.

➤ Connection with people

Just like you, your family members and mutual friends of the deceased will have some shared memories with the deceased. If possible, one may consider sharing the same excerpts of memories, and laughing and crying together (if all are at the similar point in the grief process. This can be very helpful for bereavement. Maintaining contact with family members and friends can also aid in transitioning back to normal life. Attending memorial services, going for walks, or dining out together will not only help connect one to the deceased, but also foster important connections with family and friends in one's new life.

➤ Religious connection

In the study by Field and Wogrin on grief, it is discovered that there is an extremely close relationship between religion and grief. Religion can provide a safe haven for the bereaved to process their grief and provide continuous connection. Christianity lets the bereaved know where the deceased has gone that the deceased is fine, and they can be united in Heaven in the future. This allows the bereaved to feel relieved. Very often, grief counselor uses imaginal dialogue techniques through religion to let the bereaved stay connected with the deceased via prayer and meditation, or to resolve any unresolved emotions within their hearts. Based on this, letting final stage patients and their family members learn about religion and establish a close relationship with the creator will not just relieve patients from anxieties and worries arising from death, but will also bring peace and comfort to the family members of the patient.

Let us live well with sweet memories and respect to the deceased, until the day we unite in Heaven. Trust that it is the wish of the deceased for those he/she loved.

I think therefore I am

Written by Rita Wan, Chaplain of Psychosocial Spiritual Care Department

Even if you do not study philosophy, you may have heard about the saying by Rene Descartes of “I think therefore I am”.

More than one year ago, I put a pausing on my service in church to give myself a breathing space. During the rest, I let myself reorganize physically, mentally, and spiritually, so I could spend more time with God, and think about how I ought to move forward.

Time flies, life is limited, I should do more for God and grasp the chance to bring more people to God. I loved to contact people, and have more chances to share my belief with others. I was responsible for the missionary department when I worked at church, and so I had a lot of chances to work with chaplains, and understood the challenges of chaplaincy work. A hospital setting is a very good breeding field. This idea was always on my mind and I wait for God’s guidance.

Thank God, I was employed by Sister Annie Skau Holistic Care Centre in mid-February. I was excited but at the same time worried. Though I had served for a long period at church, this was the first time I work as a chaplain. This was a brand-new serving mode, an entirely new environment and colleagues. Could I handle it? It worried me and burdened my mind!

At a devotion, God reminded me with His words. In Mark 11:1-11, it records when Jesus approached Jerusalem. He sent His disciples into a village to bring a donkey for Him to ride, and exactly as Jesus said, His disciples saw a young donkey being tied outside the front door on the street. His disciples untied the donkey and the one who raised the donkey asked them they said Jesus needed to use it and nobody stopped them and let them take it. The donkey, the disciples and the one who raised it were all playing supporting roles, but they all possessed a common character--that is being humble and obedient. Jesus instructed, and disciples followed order without casting any

doubt. The donkey raiser was also obedient in letting the disciples take the donkey. This young donkey, never being ridden before, which means never worked before, also could be construed as knowing nothing, thus would be scary. When the donkey entered the village, saw so many people holding tree branches, it must have been scared. Referring to what is recorded in Matthew 21:7, there was another elder and bigger donkey accompanying the young donkey. Why did those bystanders let the disciples take the donkeys away? Why were all these matters under the control and expectations of Jesus? The answer was that Jesus had prepared everything. There must be scary moments when serving, but if one is obedient, one would experience God's presence and arrangement. This message has deeply reminded me not to be afraid, just believe and trust, God has prepared everything for me.



Chaplain Wan (2nd from the right in the back row) in a photo with the PSSD Team

Unnoticeably, I have served in SASHCC for 5 months. Thank God for giving me a good team of co-workers, just like being led by a big donkey, reminding me and letting me settle in well as a new comer. Thank God, thank every one, it's so good to have others walking together.

Chaplain Wan sharing messages and hymns with frontline colleagues

In my serving, I faced a lot of life and death situations, those feeling helpless during sickness, knowing only God can comfort people, and let people rest in peace. Those who believe in God, though physically frail, will still have peace in heart and spirit, having God together, and have lively hope.



Belief should not be just talking on paper but practicing God's teaching is important. I think so God led me to serve here. Let us work hard together, to witness God's work in SASHCC.

“This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.” (John 15:8)

All staff of the Sister Annie Skau Holistic Care Centre,

Thank you for your continuous and attentive careful care of my father!

My dad began living here in mid-May 2015 and remained until he passed away on 8 May 2023. Throughout these past 8 years, he received dedicated care from your team. Whether it was security Sister King, the ward nurses and doctors (especially NO Chan Suk Yee, Nurse Wong, Nurse Lam, Doctor Wong, Doctor Liong, Chinese Medicine Physician Ning, etc.), or nursing assistants, like “Brother Kong” in the past and the recent “Szeto”, all were highly praised by Dad. In fact, every staff member we encountered was very friendly and professional. Dad always said that living here felt just like home. It is all because of your loving care to the residents!

As family member of a resident, we felt very comfortable and happy! We were grateful that during the last journey of Dad, he had your companionships. It was truly a blessing!

Thank you, and may you all be blessed with health and live beautiful, comfortable lives!





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 donors' support, SASHCC has started the "Donation Support Home Care Service Program" since May, to provide home care visits, video or phone services to support mild/late stage dementia patients and their caregivers, in response to the high demand for "Home Care for the Elderly". Pray to God to lead the development of this new program, and the good matching and cooperation of the new team to serve.
2. The "Hospice Care Complex" of Phase 1 of the Extension Project will start construction work in this 3rd quarter, pray to God to keep the smooth running of construction works, and to complete construction in Year 2026 as scheduled. Pray to God to move more donors to support, to raise HK\$150 million as needed!
3. The special charity session of Cantonese Opera "Mrs. Butterfly" will be held on 3 September at the Grand Theatre of Xiqu Centre of West Kowloon Cultural District. Starring famous Cantonese Opera Actor & Actress, Dr. Law Kar Ying and Dr. Liza Wang Ming Chuen, to raise fund for the development of SASHCC, its Extension Project and Relief and Charity Bed. Pray to God to keep all preparation work smooth, and for good response in ticket sale.
4. Thanks God that residents and staff infected by COVID-19 earlier have gradually recovered. Pray to God to continue to look after SASHCC, keep everyone in SASHCC healthy and safe, and to know and accept God as their savior, to have hope in their eternal life.
5. Grateful that the JCECC – RCHE Project (Kowloon East District) operated since early 2022 had good collaboration with the subvented elderly homes. Operation has been smooth. By early April 2023, services have been extended to 14 elderly homes, providing palliative and end of life care services for residents with late-stage illness, to bless the elderly and families in need.

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

***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_2307

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.

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

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

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