



尊重生命 • 改變生命

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SASHCC

Quarterly Newsletter

Life On Mission

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Make Life a Blessing for Others

Time flies, and October 2023 has arrived in a blink of an eye. November marks the 17th anniversary of our hospice's opening. I would like to thank God for his continued guidance, and also thank all colleagues, volunteers and supporters for their support! With the hospice's extension project commencing in mid-September, the construction signifies that our ministry of "Embracing the Last Journey with Love" will reach another milestone. We sincerely ask everyone to pray for the smooth progress of this project and that the first phase of the "Hospice Care Complex" can be completed as scheduled in 2026.

Recently, I had the opportunity to have lunch with the Medical Superintendent Dr Antony Leung and two colleagues who received the Long Service Awards. They have served in the Haven of Hope family for more than 10 years and 25 years, respectively. In fact, Dr. Antony Leung was also one of the Long Service Awardees who join us at the table. His 35 years of service with Haven of Hope are truly commendable! One of the colleagues shared her moments in work and expressed her deepest gratitude for reconnecting with the Lord here, experiencing a renewal and transformation of her spiritual life, and finding the meaning and mission in her work. She is determined to care for the residents and their families with the heart of Christ and to bear to witness God's love. The fulfilment she derives from her work far surpasses any pressure and difficulties she has faced. That is the reason she has been able to continue serving here for 25 years.



Nurse Officer Chan Wai Yin (first from left) and Dr. Liong Tak Man (first from right) are both Long Service Awardees of 2022. Appreciated their dedicated work over the years.

I was deeply moved by my colleague's stories, and they brought to mind the hymn "Make Me a Blessing" that we shared at the SASHCC prayer meeting in September :

" Make me a blessing, Make me a blessing. Out of my life may Jesus shine;
Make me a blessing, O Savior, I pray. Make me a blessing to someone today."

Yes. God created us in His image and endowed each of us with different gifts so we can serve one another, and ultimately display the glory of God: "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen" (I Peter 4:10-11) . It is sad to see the casualties caused by natural and man-made disasters around the world recently. A church brother I have known for more than 40 years recently suffered from terminal cancer. It took just 40 days from his diagnosis until he has called to rest in the Lord. The length of life is not under our control, but we can choose to live meaningfully and to be a blessing to others.

As the year comes to an end, may we learn to cherish our time, count our blessings from God and to live out a "more abundant" life promised by our Lord Jesus Christ (John 10:10). Let our lives without regrets!

" Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away..... Teach us to number our days, that we may gain a heart of wisdom."

(Psalm 90:10, 12)



Sister Annie Skau Holistic Care Centre
Deputy Medical Superintendent

Dr. Wong Kin-shing

The Long Service Award 2022 ceremony was held on October 13 at HOHCS Chapel. In addition to the three awardees mentioned above, there is also the Service Assistant Ms Kwok Lai Ming (fourth from right). Congratulations!



"Big Sister, Little Sister!"

Written by: Miss Wong Pui Fan (social worker of " JCECC: End-of-Life Care in Residential Care Homes for the Elderly")

Sister Annie Skau Holistic Care Centre took over the operation of the "JCECC: End-of-Life Care in Residential Care Homes for the Elderly" (RCHE) in early 2022, to provide services mainly included those care and attention residential homes for the elderly subvented by government in the Kowloon East District. To date, the number of participating institutions has grown to 15, providing palliative and end-of-life care services to residents with terminal illnesses, ensuring that they receive comprehensive whole-person care throughout their final days and experience a dignified conclusion to their life's journey.

Granny Leung (pseudonym) was one of the cases that deeply impressed me.

Every time I visited Granny Leung, she always waves and smiles at me and nurse Ms. Ng. Although she has difficulty in remembering people's names due to her dementia, our regular visits and care have made her treated us as family members. She affectionately called me "Big Sister" and Miss Ng as "Little Sister", respectively.



The Eldest Miss (first from right) and the Second Miss (first from left) take photos with Granny Leung.

I still remember the first time we visited Granny Leung. She was constantly frowning, complaining of dizziness and discomfort, and urging us to contact her family to take her to the hospital. After reviewing her medical history and accessing her symptoms, Ms. Ng determined that Leung was suffering from advanced cancer. The combination of wound ulcers, pain and lymphedema, caused significant unease. Granny Leung struggled to express her needs which often went unnoticed. Ms. Ng coordinated with the nursing home and the Community Geriatric Assessment Team (CGAT) to ensure appropriate care and pain management were in place to alleviate her symptoms. During each visit, we would massage her arms and encourage her to

engage in exercises to reduce swelling and discomfort. Additionally, she is encouraged to drink and eat properly to maintain body functions.



Granny Leung was very happy and felt contented after being made-up beautifully.

In addition to addressing Granny Leung's physical needs, hospice care also focuses on her psychological and social needs. The COVID-19 epidemic led to visitor restrictions at the home, so I became the liaison between Granny Leung and her family. I shared family photos and videos with her to show that her family was thinking of her. Conversely, I sent photos of Granny Leung engaging hospice activities back to her family. Knowing how much Granny Leung enjoys beauty, we specially organized "dress up" activities for her. We also arranged art therapy, "Yum Cha"(soft meal) moments, and discussions about life stories to enhance her remaining time. Granny Leung's expression transformed from a frown to a bright smile upon seeing our staff. Although her family could not visit, they felt assured and comforted when they saw the photos of Granny's smiling face and knew that she was receiving comprehensive hospice care.

We maintained close communication with Granny Leung's family about her condition, gradually preparing them to accept the progression of her illness and her impending passing. After Granny Leung passed away, a social worker provided bereavement support and accompanied her family. Having the opportunity to serve Granny Leung and her family, witnessing her smile, and receiving their gratitude has fueled our motivation and encouragement to persist this "project". The "Big Sister" and "Little Sister" will continue to care for the elderly and their families in these institutions, ensuring that the elderly receive compassionate and holistic care at "home".



Coloring the residents' lives by arranging different activities.

Appreciation Letter

Dear Miss Wong, Miss Ng

Greetings!

As the saying goes, only by believing that everything is the best arrangement can you be grateful to the people and things you meet.

I am a family member of Granny Leung (pseudonym). In July this year, we were so blessed to meet you both at SAGE Kai Yip Home For The Elderly. We sincerely thank you for the enthusiasm in explaining and recommending the “JCECC: End-of-Life-Care in Residential Care Homes for the Elderly” (RCHE) project, to make me have a certain understanding of life and death education and end-of-life care service arrangements. Such preparation has given me a certain degree of confidence in taking care of the elderly. Thank you for your guidance and enlightenment along the way, which gave me the confidence to deal with the future. As a family member, I should actively face and deal with various things with courage.

I would like to thank Miss Wong and Miss Ng for their meticulous care and spiritual guidance for granny which allowed her to live happily in the nursing home during the pandemic period. Every time I saw granny’s happy photos you sent me, my family and I will feel great comfort. I also often asked you to forward my photos to my mother to comfort her when missing us!

When she was dying, granny also mentioned the “Big Sister and Little Sister” (Miss Wong, Miss Ng) and some staff of the home (the aunt), and asked me to thank them one by one for their continued care and companionship.

Here, I once again express my sincere gratitude to both of you for your guidance and support for me. Thank you for your tentative care for granny. I also thank the staff and leaders of the Jockey Club Trust for providing such a satisfactory end of life plan for her. The good deeds you have done will become blessings for you in the future.

I also hope that more and more elderly will get to know and participate this RCHE Project, so that they can live peacefully and with dignity in their last journey on earth.

Lastly, I wish you both a happy life and family, and every success in future.

Thank you!

December 28, 2022

Happy Moments

(All the stories and photos published in this Newsletter have been consented to use by family of residents)

Birthday Celebration

The super typhoon that hit Hong Kong in early September did not stop us from celebrating our residents' birthdays.



Colleagues from SASHCC came with their blessings to celebrate the 99th birthday of our "Good Old Friend", Auntie Sau Ying.



Festive Celebration

Mid-Autumn Festival



Grateful to our PSSD colleagues for arranging various activities to celebrate the Mid-Autumn Festival with our residents. These included a fellowship gathering, soft meal, and more, all of which allowed our residents and their families to feel the warmth of the festival.



Brothers and sisters from our friendly churches, Community Church Hong Kong and The Evangelical Free Church of China Evangel College Wendell Church, visited our residents to express their concern and care during the Mid-Autumn Festival.



Cancer.....Relapse

Written by Ms Tang Hiu Ying
(Social Worker, Psycho-social and Spiritual Care Service Department)

When I have been serving and counselling patients at various stages of cancer in a cancer centre over the past several years, I have often heard of the worries regarding waiting “transcripts” from those who have recovered. These “transcripts” were actually their latest body-check reports. We typically refer to patients who have completed cancer treatment as cancer survivors. They aim to return to normal life. However, many cancer survivors are still carrying the burden of recurrence fear, feeling unable to return to normal life. Research literature (Bergerot et al, 2022) showed that more than 70% of cancer patients have psychological problems of fear of recurrence. Facing the pressure of "waiting recurrence", they will mentally believe that they will always be a cancer patient, allowing their psychological cognition to affect the practical aspects of life.

When cancer recurs

The return of cancer can be more devastating than the initial diagnosis, because the threat of death is closer. You may have to face the anxiety of re-treatment, or even frustration. The feeling of uncertainty and helplessness may make the patient feel stressful which takes time to adapt. Once the cancer recurred, there are a lot of things to deal with, including patient's emotion, family, or treatment decisions, etc. When the cancer really comes back, how should the patient face it?

Accepting your emotions

You may pay attention to your own emotional changes, face and accept your grief, then think about how to take care of yourself, learn to face the impact of cancer recurrence at your own pace, and explore your interpretation of the causes of cancer. Maintaining an open and positive attitude towards the disease, and talking about your inner feelings to family members, close friends, nurses, social workers, clergy or spiritual mentors, etc. are good ways to get relieved. Contacting a cancer patient self-help organization is also a method for consideration. In the organization, "cancer" is not a taboo and sharing among patients is easier to resonate with. Knowing people with similar experiences not only can alleviate the feeling of loneliness, but also to regain control of life.

Choosing appropriate treatment

When facing cancer recurrence and unknown conditions, patients often worry about whether they should receive further treatment. The type of cancer, the time of recurrence, the location and level of metastasis, the age, health, family issues and financial status of patients will all be the factors to be considered. It is important not to seek medical treatment hastily, but to obtain helpful information from credible sources. In addition to consulting the original medical team, patients may consider to seek second opinions from another doctor. They can also attend more relevant talks or join patient self-help groups to get correct cancer treatment information and obtain additional support.

Before committing to a treatment plan, it will be good to discuss the options with your family if possible, so as to evaluate the advantages or disadvantages of treatment based on one's own values and wishes. The patient's wishes are the most important. Even if the doctors and family members have different opinions, the final decision rests on the patient.

Sometimes cancer treatment may not be able to eradicate cancer cells in the body completely, but continued treatment can keep it under control, such as shrinking the tumors, relieving symptoms and extending life. Patient may try to learn to coexist with the cancer. If the patient eventually decides not to choose active treatment, palliative care may help symptoms control to improve the quality of life.

Informing relatives and friends

Many patients also hesitate to tell their relatives and friends about their relapse, especially those have children and elderly who may not understand patient's condition and be worried. Sometimes patients choose to conceal their illness. Although the intention is good, it induces a lot of pressure and doubts to themselves and their families. I have a patient who decided not to tell his family about his diagnosis, so he had to try hard to hidden the side effects occurred during the treatment. As he lived with his family, he had to wear a wig every day, and dine with his family, even though he got poor appetite. All these made him become more stressful. His family keep asking his condition after discovering his unusual behavior, which eventually leads to emotional outbursts.

There was once another patient who chose to hide her condition from her family until she recovered. Her sister was furious because she felt responsible to take good care of and support her sister. At the same time, she was worried that no one would be there if her sister had an accident during the treatment.

In fact, many family members of cancer patients wish to be informed to offer support and face challenges together. If patient's condition got worse, or even passed away without getting informed his or her family, the shock to the family will be even greater, leaving irreparable regrets. Of course, different families have different situations. It should be the patient himself who knows the right time to disclose his condition to relatives and friends.

In conclusion

Confronting cancer's return is challenging. Recalling the pain and side effects of treatment, many patients will hesitate to receive treatment again; some may be worried about the deconditioning make them difficult to take care of themselves and no one can help; some even think about passing away and the reluctance to leave relatives and friends behind. For those seriously ill patients, it is natural for them to feel anxious and fear. However, the patients do not have to face everything alone. Sharing worries with trusted people can provide relief and help them to face the future positively. After getting sick, the patient's attitudes towards people and things may change. For example, he or she may cherish relatives and friends more, and some commemorative items, e.g. books and songs may become particularly meaningful. Many people have even changed their mind and temper; many patients will re-plan their lives and re-allocate their time; those things in the to-do-list have been put aside because of busyness, can be completed finally.



Quality of life becomes more important to patients.

Reference :

Cristiane Decat Bergerot, Errol J. Philip, Paulo Gustavo Bergerot, Namrah Siddiq, Stacey Tinianov, and Maryam Lustberg, American Society of Clinical Oncology Educational Book 2022 :42, 18-27

The Calling in Life

Written by Ms Chiu Kit Yee, Chaplain of Psychosocial Spiritual Care Department

Have you ever thought about "What is your goal or mission in life?" When your life comes to an end, what do you hope to have achieved?

Many celebrities throughout the history are remembered for having resolutely pursued their life goals and missions, such as:

Wen Tianxiang (1236—1283), a renowned general of the Southern Song Dynasty, remained steadfast against the Yuan dynasty despite being captured and tortured. He authored the poem 'Crossing the Lingding Sea', which includes the lines: "Humans, since antiquity, have all found death; Leave our red hearts to shrine in the writ of history."

Jim Elliot (1927-1956), a missionary martyred in Ecuador, is known for his profound declaration famously said: "He is no fool who gives what he cannot keep to gain that which he cannot lose."

The first-century apostle Paul expressed a similar sentiment in Acts 20:24 : "However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace."

At SASHCC, I have encountered many courageous individuals who have discovered their calling in life. Sister Yin Ping was one of the examples.

Yin Ping was raised by her grand-mother who was a Catholic. When she grew up, she determined not to get married so as to serve God and lead others to believe Jesus Christ throughout her life. Gifted in the arts, she volunteered with balloon twisting, painting, pottery and calligraphy at hospitals, elderly centers and youth centers in her spare time.

Due to an accidental fall during a hospital visit, resulting in paralysis of lower body, Yin Ping, undeterred, began using a wheelchair. Far from indulging in self-pity, she actively trained herself and continued her hard work and service to God for over thirty years. Her life's testimony, filled with love for the Lord and others, eventually touched her parents, who used to opposed her belief. They converted to Christianity, one by one, in their 90s.

In her later years, Yin Ping was diagnosed with advanced gastric cancer and was admitted to SASHCC. Even though her physical functions were limited, her spirit was enriched by her clear understanding of life's meaning. Every time I visited her, she was joyful. She often shared with me how Heavenly Father had blessed her life. We sang and praised our God together. She read the Bible every day, attended online Mass, and encouraged nearby residents to trust in God. She taught us to twist balloons as gifts to bless others and welcomed her brothers and sisters from the church to visit. She embodied the Bible says: "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all." (II Corinthians 4:16-17)



Yin Ping patiently instructed our staff to twist balloons. They were satisfied with their artwork.

Before Yin Ping passed away, she asked her maid to give me her hand-made cartoon beadings for using in gospel ministry. On the morning of Yin Ping's death, her sisters from her church choir came to visit. Yin Ping returned to her heavenly home amid a chorus of praises.



Yin Ping donated her handmade cartoon beadings as a blessing to other residents.

Sister Yin Ping was able to live out her calling because she took the Lord Jesus Christ, the pioneer and perfecter of faith, as an example.

Lord Jesus, the only begotten Son of Heavenly Father, came into the world as a human being to obey Heavenly Father's call to redeem the world: **"I have come that they may have life, and have it to the full."** (John 10:10). The sacrifice on the cross of Jesus allows us to transcend the life of death with eternal hope, gaining the strength to live abundantly! I hope you will also find your calling and live a wonderful life!

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 : _____

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 SASHCC – Extension Project RCS Beds Service Programme
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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 : _____

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Prayer Items

1. Thank God for allowing the special charity session of the Cantonese Opera “Mrs. Butterfly” to proceed smoothly after the typhoon departed from Hong Kong. The event has a full house attendance and has achieved the target to raise fund to support service development, extension project and Relief and Charity Beds Program of SASHCC. We pray to our Lord for His continuous guidance and provision for SASHCC, so that more people in need can be helped.
2. The foundation work for the new extension block of SASHCC commenced on 18th September. We seek God’s protection for its smooth progress and ask that contractors implement suitable measures to control and minimize noise pollution and other disturbances to colleagues and other service units at the Haven of Hope Terrace.
3. We plead with God to inspire more compassionate nurses to serve in SASHCC. We also pray for new colleagues for their good adaptation and teamwork.
4. Grateful to PSSD for organizing a new series of “Add Oil to Staff” program starting from September. May God use this program to let our colleagues to take care of their physical, mental, social and spiritual needs by learning through a variety of modes and to support and encourage each other.



STAMP

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