



基督教
靈實協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

靈實司務道寧養院
Haven of Hope Sister Annie Skau
Holistic Care Centre

2022

服務報告
Service Report

無盡感恩 因有你同行



靈實司務道寧養院 (簡稱寧養院) 共設有 100 張病床，特別為體弱長者、長期病患者及晚晴病人提供整合醫療護理、復康及靈性關懷的全人照顧。我們致力與院友及家屬攜手「**用愛擁抱晚晴**」，讓院友在面對身體機能衰退，甚至走到生命晚期時，仍能得到適切的治療、有尊嚴的照顧和心靈的平安。

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) has 100 beds. It is purposely designed to provide holistic care integrating medical, nursing, rehabilitation and pastoral care services to frail elders, chronically ill and late stage cancer patients. We strive to work hand in hand with our residents and their families to **“Embrace the Last Journey with Love”**, bringing comfort, dignity and peace to our residents in face of physical illness or even death.

我們的使命 Our Mission as a Christian Hospice

Respecting Life · Impacting Life

HOHCS since 1953

“How we care for the dying must surely be an indication of how we care for all our sick and vulnerable patients.”

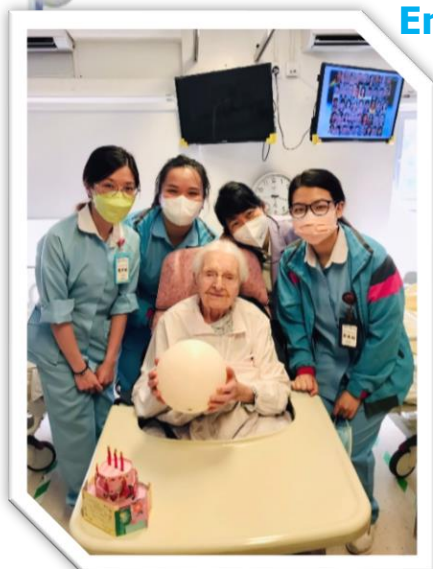
*Mike Richards,
National Clinical Professor for End of Life Care (2007)*

“How people die remains in the memory of those who live on.”

*Dame Cicely Saunders,
Founder of the modern hospice movement*

Embrace the Last Journey with Love

SASHCC since 2006





院長分享 Message from Medical Superintendent

2022 年是不容易過的一年，第五波疫情反覆不定持續整年，寧養院不少同工亦相繼確診；而寧養院的日常營運、籌款項目同樣受到影響。但年關難過年年過，感謝神從歲首到年終一直的看顧，保守我們各人平安進入 2023 年。在此，謹祝各位身體健康，心靈健壯！

最近，神藉著不同的訊息和聖經經文，引起我尋索真道的回憶，包括自己信主的經歷及加入靈實的經過。轉眼間我信主已 40 多年，加入靈實亦已 30 多年，當中並不是沒有挑戰、難處，甚至眼淚。然而，時至今日，我仍然可以肯定的作見證，基督耶穌的降世，十架救恩的真理是可信的，是可佩服的。而在參與靈實的服事中，我更經歷上帝無比的慈愛和恩典，帶領走過高山低谷，穩步向前，見證祂的信實。正如聖經所說：「耶和華必時常引導你，在乾旱之地使你心滿意足，又使你骨頭強壯。你必如有水澆灌的園子，又像水流不絕的泉源。你們中間必有人起來修造久已荒廢之處，立起代代相承的根基。你必稱為修補裂痕的，和重修路徑給人居住的。」(《以賽亞書》58：11-12，和合本修訂版)

感謝神的恩典，也感恩眾同工的努力、院友及家屬的信任，以及您們一直的同行及支持。願在新的一年里，我們繼續攜手「用愛擁抱晚晴」，幫助更多有需要的病人及家屬，讓他們一同經歷主的慈愛及看顧。

「是耶和華你神所眷顧的，從歲首到年終，耶和華你神的眼目時常看顧那地。」
(《申命記》11：12)

共勉！

The year 2022 was not easy. Numerous employees at the Center had been diagnosed as the fifth wave fluctuated throughout the year. This also affected the Centre's fundraising activities and day-to-day operations. People have to get through hard time, even if hard time happens. Thank God for His unfailing care from the beginning of the year until the end, and keep us safe in 2023. I would like to take this opportunity to wish everyone a bless New Year, a strong and healthy body and a positive mind.

Recently, God reminded me of my pursuit of the true path through a variety of messages and Bible verses. These include my own experience of trusting in the Lord

and my service in HOHCS. I've been a follower of the Lord for more than 40 years, and I have joined Haven of Hope for more than 30 years. There are challenges, difficulties, and even tears involved. But even today, I can still testify with certainty that the truth of the salvation of Jesus Christ and the cross is veracity and admirable. And as I worked with HOHCS, I encountered God's immeasurable love and grace. This guided me through difficulties and paved the way for me to bear witness to His faithfulness. As the Bible says:

“The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.” (Isaiah 58:11-12, NIV).

I am grateful for the grace of God, as well as everyone's efforts, the trust of the patients and their families, and your continuous companionship and support. This year, we will continue to work together to "Embrace the Last Journey with Love" to help more needy patients and their families and let them experience the love and care of the Lord.

"It is a land the Lord your God cares for; the eyes of the Lord your God are continually on it from the beginning of the year to its end." (Deuteronomy 11:12)

Let us encourage each other in our endeavours!



梁智達醫生
靈實司務道寧養院院長
Dr Antony Leung
Medical Superintendent of
Sister Annie Skau Holistic Care Centre

為晚晴生活增添絢麗色彩

Adding gorgeous colors to the last journey of life

「既是晚期，何來意義和盼望？」面對體弱長者及晚期病患者，相信病人及他們的家屬，甚至普遍人心裡也曾有這個疑問。

寧養院的服務精神「用愛擁抱晚晴」，是表達對生命的一份尊重，對身體衰殘，已到生命日暮黃昏的院友不離不棄的全人生命晚期照顧，透過整合醫療護理和靈性關懷，讓他們在面對身體機能衰退，甚至走在生命最後階段，仍能得到適切的治療、有尊嚴的照顧和心靈的平安。

承蒙善長支持，2018 年增設輔助治療，包括：音樂治療、藝術治療、園藝治療、香薰治療及足部治療等，大大提升院友生活質素，同時幫助訓練院友的認知能力、手腳協調，甚至有助重溫他們成長歲月中的美好回憶。雖然 2022 年相關服務曾因疫情一度暫停，但仍有 187 位院友受惠。2023 年將會加入豎琴治療及日本和諧粉彩繪畫，我們期望向院友提供更多元化的活動，照顧院友身心社靈的需要。



“At the end of life, can there be any meaning and hope?” This appears to be a common question in the minds of many frail elderlies, terminal illness and their families, as well as the popular.

SASHCC’s service motto, “Embrace the Last Journey with Love”, represents our respect for life. Especially to those terminally illness, we believe holistic end of life care is indispensable! With the integration of medical and spiritual care, we strive to provide timely treatment and care with dignity and peace for our patients whose physical condition are declining.

With the generous support from donors, the Subsidized Specialised Professional Services Programme of SASHCC was commenced in 2018, proven effective for the holistic well-being of patients, including horticultural therapy, music therapy, expressive arts therapy, podiatry and dietetic services. Although the services have been suspended during the fifth wave of Covid-pandemic, 187 patients have been benefited from this Programme. In 2023, we are pleased to introduce Harp Therapy and Pastel Nagomi Art. By providing more diverse activities, we hope to cater to the physical, psycho-social and spiritual needs of patients.



疫情下的動人故事 Touching stories under the Pandemic

2022 年初，香港第五波疫情突然來襲，且來勢洶洶，寧養院為了保障院友及同工的安全，由 2 月至 4 月期間暫停收症，大大影響入住率。另一方面，疫情令全球經濟衰退，不少基金或善長未能如過往大額資助「慈惠寧養病床計劃」及「夾心階層寧養病床計劃」，資助病床的數目驟減，令輪候資助病床的時間相對較長。

雖然面對各種困難，感謝神保守過去一年分別有 49 位及 9 位院友以及其家庭，藉著「慈惠寧養病床計劃」及「夾心階層寧養病床計劃」得到幫助，當中更有不少感人的故事，以下是其中兩個：

Given the rapid development of the fifth wave of Covid-pandemic, SASHCC had taken immediate actions, and new admissions were temporarily withheld from February 2022 to April 2022 to protect our existing patients who are particularly vulnerable to this novel virus. This had led to a reduced number of admissions and a significant drop of operational income of our Centre. Furthermore, the funds raised for both “Relief and Charity Service (RCS) Beds Programme” and “Sandwich Class Beds (SCB) Programme” were also greatly affected by the Pandemic.

Despite many difficulties, we have served 49 and 9 patients and their families under RCS Beds & SCB Programmes respectively, during 2022. Here are two touching stories from our patients:



「慈惠寧養病床計劃」及「夾心階層寧養病床計劃」院友參加不同活動
RCS & SCB patients joining various activities

「慈惠寧養病床計劃」

The Relief & Charity Service (RCS) Beds Programme

「一路好走」，是許多人的心願；卻不是必然的。院友鄧先生能在寧養院走完人生最後一段路，家人大感安慰。

鄧先生於十多年前確診患上癌症，接受過不同治療後，病情總算受控，可於社區中生活，自我照顧。直至 2021 年他身體開始出現變化，一次在街上暈倒，送院檢查後證實癌症復發，已到晚期階段。醫生建議他和家人商量考慮紓緩治療。鄧先生同意，希望臨終的路不辛苦，家人便著手替他尋找合適的院舍。家人從寧養院同工得知有關「慈惠寧養病床」計劃，並且能提供恩恤探訪，遂請醫務社工轉介，期望鄧先生得到適切的照顧外，最重要是家人能陪伴身旁。

入住寧養院初期，鄧先生可與家人簡單對話，表達自己想法，家人會盡量按他的需求，與寧養院的團隊一同照顧他，希望他的意願得到尊重。院友妹妹憶述哥哥剛到寧養院的第一天，儀容不整，頭髮散亂，內心感到非常難過。然而，不消一會，同工已替哥哥洗澡、洗面及刮好鬍子。妹妹很感動，同工的細心照顧看似微小，卻能使哥哥帶著尊嚴地過晚晴的生活！

有一晚，鄧先生情況危急，主診醫生特意趕回寧養院評估他的狀況，用藥紓緩他的不適，以及預備家人的心情。家人非常感激醫護同工愛心的付出，願意為院友及家屬多行一步。

由於鄧先生病情急轉直下，家人把握時間陪伴，使他安心。妹妹是熱心的基督徒，一直希望哥哥能早日信主，奈可他一直拒絕接受。一天鄧先生稍為清醒時，院牧與他分享福音，他竟一口答應信主，連在場的佛教徒家人也即時詢問李先生的意願，他確定決志信主並願意接受洗禮，家人都表示支持。

鄧先生在兩位妹妹的陪伴下，安返天家。妹妹感安慰道：「雖然哥哥患重病，但見到他沒有痛苦下離世，全是恩典！而最大恩典，就是他在寧養院信耶穌及在家人見證下接受洗禮，真的很難得呢！」

雖然鄧先生入住寧養院只短短八天，卻是他們一家的珍貴時刻。家人非常感謝寧養院的同工，以愛心關懷及照顧哥哥，讓他身、心、社、靈的需要得到滿足，並有尊嚴平安地完成地上的旅程。家人更捐款支持「慈惠寧養病床」計劃，期望更多有需要的人像他們一樣得到幫助。

家屬的回饋成為寧養院同工莫大的鼓勵，也見證「尊重生命，改變生命」的美麗。

致：

司務道寧養院全體工作人員

我謹代表鄧國豪的家人，誠懇感謝你們。

5月19日，哥哥由公立醫院，轉到來寧養院慈惠病床，5月26日離逝，雖然只是短短的八天，但對哥哥而言，甚是寶貴。國豪的身體很虛弱，腫瘤也影響了他的大部份功能，eg.不能說話、不能吞嚥、視力也不好等等...但寧養院的醫護人員和照料哥哥餵藥、抹身、沖涼，所有哥哥姐姐，對病人很親切和充滿愛心的服務，為此，家人感激萬分，謝謝你們。寧養院在舒緩病人情緒和痛楚方面，做得很好，不論是主診醫生、護士、院牧同工、社工姑娘及其他工作人員，你們各人辛勞的付出，每時每刻都充滿愛心的關懷，使到病者很平安和家屬很安慰。(非常感謝你們滿有基督的愛) Amen

還記得哥哥入院當天，第一個表情就是緊握我手，依依哦哦的說了三個字「返屋企」。他身體病重，沒有能力說多半句，又是重覆說了幾次返屋企。但很感恩，上到病房，我和他相處了半小時左右，他已沒有再提及要走。在此，我很感謝院方貼心的安排，讓家人可零距離的接近病者，哥哥忐忑的心情，很快已消失了。病房的環境，很舒適和安寧，哥哥漸漸地平靜下來，直至探病時間完了，我對他說，你先好好休息，我們明天再來...他面容很平安，用手勢表示OK

家屬感謝咭

入院之後，哥哥的病情很反覆，時好時壞，但大致上都是偏向慢慢差下去。第一個半夜，他就急轉為危殆，生命危在旦夕...家人非常感激梁醫生，深夜趕回醫院，替哥哥診治，施藥救回了國豪，否則，除了一位妹妹之外，他再無機會，可見其他家人了。當晚，也辛苦了當值護士，謝謝。很感恩，翌日早上，哥哥可甦醒過來，甚至他有力訴精神，聽到院牧向他傳福音。國豪身體狀況由危轉安，但仍然乏力，原本第一天可寫字表達意思，當時，他已無力再寫。幸好，他有能力點頭和用手勢示意，他點頭確認願意信主，並接受院牧為他床邊洗禮，歸入基督，作為神的兒女，罪得赦免，享永生之福。Amen, 5月20日下午三時，在院牧同工、梁醫生、鄧姑娘和五位家人的見證下，院牧為哥哥施洗，國豪正式成為基督徒。(家人很感謝你們每一位誠意到來病房，一同見證，支持哥哥。)

國豪雖然已離逝，但回想他在寧養院的日子，人生最後的八天，我們很珍惜。哥哥臨終的數小時，一直有兩位親妹妹在旁陪伴，我們輪流握著他的手，使他不致孤單，又在他身邊播放詩歌，使他感受主的爱，心裡有平安。癌症令他身體軟弱，醫治上已無轉機，但哥哥來到這裡，得到醫護人員如悉心照顧，令他心靈很平安，生命很受尊重。謝謝你們。

七妹 綺玲 17-6-2022

"Rest in Peace" is many people's wish, but is not guaranteed. Our late resident Mr Tang was able to live his last leg at the Holistic Care Centre brought solace to his whole family.

Mr. Tang was diagnosed with cancer over ten years ago. He had different treatments to keep it under control so he could continue to take care of his own life. This persisted until 2021 when he fainted on the street and was taken to the hospital. The doctor found his cancer had relapsed and the tumour was quite malignant and at late stage. The doctor suggested he receive palliative care. Mr. Tang also agreed in the hope of living his last days without going through unnecessary hardship and pain. Hence his family decided to look for a suitable hospice for Mr. Tang. They learnt about our Centre's "Relief & Charity Service(RCS) Beds Programme" and compassionate visiting arrangement, so they approached the social worker at the hospital for referral. They hope Mr. Tang could get the best care and could be accompanied by his family during his final days.

When Mr. Tang first moved in, he could communicate with his family and had his requests fulfilled by those serving him. His younger sister recalled when Mr. Tang was first admitted, his appearance was not at his best and she felt very disturbed about it. She was relieved to see his brother clean and tidy after being properly bathed, shaven and groomed in just a few seconds. Having seen how efficiently and thoroughly our staff cared for her brother to help him regain self-esteem, she was greatly moved.

One evening, the condition of Mr. Tang deteriorated fast. The case doctor was called back immediately to prescribe him medication for relief. The family was also called in for the worst moment to come under advice. Such extra step was highly appreciated by the family members.

Mr. Tang's condition continued to deteriorate, so his family seized every moment to stay with him. Every time he opened his eyes he saw his family around, and he was relieved. His sister is a devout Christian, and she had tried to share the gospel

with him but unfortunately he refused her time after time. One day while Mr. Tang was more alert, our chaplain quickly shared the gospel with him and, out of his initiative, he declared his faith to everyone's surprise who are basically Buddhists. Despite that, his family members supported his decision and he was baptised in their presence.

Mr. Tang passed away peacefully in the company of his two younger sisters. His sisters were grateful to see him not having to suffer before his death, and that he was especially blessed to have been baptised at the hospice before his death.

Although Mr. Tang only stayed at the hospice for eight days, to his family it was the most treasured period of their lives. They were very thankful to all the staff who took care of him, fulfilling the needs of his mind, spirit and body and letting him go away with great dignity. They decided to make donation to support the RCS Programme in the hope of helping more people in need like Mr. Tang.

The donation was great encouragement for the staff at the Holistic Care Centre. It also testified the beauty of "Respecting life, Impacting life."



Appreciation card from family members

Thank you cards from family members

To: All staff of the SASHCC

On behalf of the family of Tang Kwok Ho, I wish to thank all of you!

On 19 May my brother left the government hospital and transferred to the SASHCC under the "Relief & Charity Service Beds Programme" and passed away on 26 May. Although he was there for only 8 days, it meant a lot to him. He was very weak at that time because the cancer had destroyed several of his key physical functions including speaking, swallowing and seeing. Thanks to the medical and nursing team members whose genuine care and compassionate attitude towards my brother have greatly relieved his physical and emotional sufferings. Doctors, nurses, chaplains, social workers and all other staff members' tender loving care, let both the patient and family feel pampered and consoled. We are truly grateful to you who showered us with the Love of Christ, Amen.

I still recall that on the first day of admission, my brother uttered something which I vaguely understood to be: "Let me go home!". He repeated this a few times until we settled into the ward. After I accompanied with him for half an hour, he stopped whining. Thanks to the thoughtfulness of SASHCC for allowing the patients' families to stay closely with them. Kwok Ho's worries eased off after seeing the environment here being so comfortable and peaceful, and he began to calm down. I told him to take a good rest when the visiting hours were over, and he calmly showed me an OK sign.

After going to SASHCC, my brother's condition became very unstable and was most of the time deteriorating. On the first night, his condition turned critical. Dr. Liong raced back in the middle of the night to prescribe him medication for pain relief and stabilization. By the grace of God, he woke up the next morning. He received the gospel and agreed to get baptized. Amen! On 20 May at 3pm, witnessed by the chaplains, Dr. Liong, Ms. Tang and five family members, my brother got baptized to become a Christian.

Although my brother had passed away, his last 8 days staying at the SASHCC were valuable to us. The cancer had made him weak which no treatment could reverse. But having stayed at SASHCC, my brother has received the attentive care by the professional team, which brought him peace and respect. Thank you to all !

「夾心階層寧養病床計劃」

The Sandwich Class Beds (SCB) Programme

撰文：院友家屬陳秀萍小姐 written by Miss Chan Sau Ping, daughter of late resident Choi Lai

媽媽賽麗在 2021 年 6 月份開始出現身體不適，起初以為是感冒，但一直未能痊癒，於是家人帶媽媽到私家醫院接受檢查，發現肺部有個大陰影，經詳細檢查後，7 月初確診患上第 4 期肺癌，並且已轉移至腦部。這個噩耗對我們一家而言，簡直是晴天霹靂，我們非常憂心！我們隨即上網搜尋專治肺癌的醫生，後來經朋友轉介到專科醫生求診，讓媽媽順利完成前期所有檢驗程序，並轉介公立醫院跟進。雖然面對突如其來的病患，但媽媽仍然保持樂觀正面，並聽從醫生建議接受電療及標靶藥治療。媽媽更專程到理髮店剪短頭髮，為接受治療作好準備。

及至 8 月底，媽媽因發燒被送往瑪麗醫院急症室，並要留院接受觀察。因為肺部受感染，媽媽需要接受洗肺程序。感恩效果理想，媽媽可以由深切治療部轉往普通病房，之後再轉到東華醫院休養。媽媽的病情，猶如坐過山車一樣，一直遊走於高山低谷之間。到 9 月初，她又因肺栓塞導致呼吸困難，被送回瑪麗醫院接受微創手術抽取血塊，可是，手術未有成功。當醫生告訴我們將會拔除媽媽的呼吸喉管，轉為紓緩治療時，我們都非常難過。

這段艱難時刻，我們就像與時間競賽，希望爭取更多時間與媽媽見面。奈何在疫情下，公立醫院探病時間有限，而我們又未能負擔私家醫院的費用。正在兩難之間，我們從葛量洪醫院醫務社工得知寧養服務，可讓媽媽在一個舒適的環境下休養。

因為家人都居於九龍區，我們選擇了靈實司務道寧養院讓媽媽休養。後來經由社工鄧姑娘協助，得以申請「夾心階層資助病床計劃」，大大減輕我們的經濟壓力。媽媽可以得到優質的全人生命晚期照顧的同時，家人亦可以每天探訪，讓我們非常安心及欣慰！

猶記得媽媽入住寧養院的第一天，護士替她拆除了鼻胃喉，讓她進食流質食物，令媽媽開心不已。

寧養院有一班優質的醫護團隊，讓院友無論是身體或是心靈上也得到悉心關懷。駐院醫生會每天巡房，關心院友身體狀況；護士定時派藥，亦經常慰問院友；護理員照顧起居飲食；社工安排家庭聚會，院牧亦會為院友祈禱祝福等。寧養院亦

同時提供中醫服務、香薰治療、音樂治療、物理治療，以及康樂活動給院友。

媽媽很喜歡香薰治療，可以令她的心情放鬆；每逢週四舉行的「樂韻悠揚」，由院牧或同工帶領唱詩歌，每次媽媽都投入參與。天氣好的時候，我們亦會帶媽媽到天台花園享受午餐，讓她呼吸新鮮空氣。這一切都讓媽媽可以在一個安舒的環境下得到身心靈照顧。感恩媽媽能夠入住充滿愛心和人性化的寧養院！亦感謝善長捐助「夾心階層資助病床計劃」，讓更多有需要的院友得到幫助。



媽媽經常參與不同活動，打麻將是其中一個她喜愛的活動。

我們一家人能在媽媽最後一天輪流守護著，直至她呼吸停頓。她在 12 月 13 日平靜、安詳地離世。雖然我們萬般不捨得，但感恩她不用再辛苦了！賽麗媽媽.....光榮地完成了在地上 71 年的人生旅程。

記得媽媽最後在晚晴路上提及自己一生最大成就，就是生了 4 個孝順的子女，一家人融洽團結有愛，令她心滿意足了！她時常教導我們做人一定要知足常樂，懷著謙卑的心做事。媽媽無論做人做事，都大方得體，我們好慶幸有您這個好媽媽。多謝您！永遠懷念我們的好媽媽！

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

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



My mother Choi Lai fell sick in June last year. We thought she had flu but it lingered with her so we took her to a private hospital for a check-up. The examination revealed a shade in her lungs. It showed that she got stage 4 lung cancer, which had already spread to her brain! This was a heavy blow to all of us and we were terribly worried. We went to the internet to look for a specialist who could treat her and eventually a friend referred us to one who helped mom went through all the necessary examination procedures, and transferred her to a government hospital for follow up treatment. Although this came unexpected, mom remained positive and optimistic, and took the doctor's advice to undergo radiotherapy and targeted therapy. She calmly went to cut her hair in preparation for the upcoming treatments.

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

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

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



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

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

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

...We especially wrote this letter to express our heartfelt appreciation. You sincerely and affectionately cared for her physical and spiritual discomforts - the attending doctor daily monitored her condition and the nurses frequently visited her and consoled her while dispensing medications; the carers promptly served her meals and attended to her whatever needs and the social workers dutifully arranged family meetings for us and the chaplains prayed for us and gave us blessings all the time....all these added to giving mother a holistic care healing her body, mind and spirit.

Our best wishes to you all !

Appreciation card from family members



賽馬會安寧頌 - 「安寧在院舍」計劃

JCECC: End-of-Life Care in Residential Care Homes for the Elderly(RCHE)

寧養院繼 6 年前獲香港賽馬會慈善信託基金邀請，參與賽馬會安寧頌——「安居晚晴照顧計劃」後，再度被慈善信託基金邀請營運第二項社區晚晴推廣及照顧服務：賽馬會安寧頌——「安寧在院舍」計劃。計劃於過去 6 年透過成立「安寧在院舍」專業團隊，支援及協助九龍東、九龍中及九龍西的政府資助轉營為提供持續照顧的安老院 (COC 院舍)，與院舍攜手推展紓緩及臨終照顧服務，發展一套院舍臨終照顧服務模式，讓參與計劃的院友在最後的日子獲得適切的全人照顧，完滿地走完人生旅程。寧養院於 2022 年 1 月開始接任為九龍東團隊的營運單位，在未來 4 年會加強與院舍的合作，進一步推廣及優化院友的晚期照顧。

雖然新事工開始不久便遇上第 5 波疫情，到院舍提供服務受阻，感謝神保守新團隊的成立與同工之間的磨合，並與各院舍管理層能建立互信的良好協作關係。隨著疫情放緩，不少院友得到優質的晚晴照顧，家屬都感到無比欣慰。以下是其中一位受助者故事：

李女士（化名）患有中度認知障礙及晚期乳癌，於 2022 年 7 -11 月參與由本院營辦之賽馬會安寧頌「安寧在院舍」計劃，接受由計劃護士及社工提供之晚晴照顧服務。

晚期乳癌導致李女士有腫瘤性潰瘍及大腿水腫的問題，計劃護士悉心地為院友評估傷口情況，指導安老院舍護士作適切護理，也於每次到訪院友時透過按摩紓緩她的腳腫。計劃護士亦教導李女士的孫兒如何與腫瘤科醫生清楚溝通祖母的病情及照顧計劃，這令孫兒感到安心，並有信心照顧祖母。因著疫情影響院舍探訪，計劃社工協助李女士與家人視像通話，並播放家人預先準備好的錄影或錄音給她收看或收聽，協助保持與家人在情感上的聯繫，也讓患有中度認知障礙的李女士感受到家人持續的關愛。此外，計劃社工亦透過生命回顧，以及「扮靚靚」活動改善李女士的情緒。雖然她的認知能力有限，但仍能在同工的指導下表達對身後事的意願。過去李女士常把「我就死啦...無用...」掛在嘴邊，但因著計劃同工個人化的關懷、院舍同工的愛心照顧，情緒消沉的表現已大大減少。後來，李女士病況進一步轉差，需要轉送醫院接受更適切的症狀處理。雖然未能入住本計劃下為院友而設的「安寧房間」，在安老院舍接受生命最後階段的照顧，但孫兒和家人非常感激這個計劃對他們的幫助，特別是計劃同工與他們同行這段關鍵時刻、得著信心和方向，並讓祖母在地上最後一程得到溫暖及尊嚴。本計劃提升了院友晚期生活的質素，以及回應了家屬的全人需要。

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

Although the new ministry has been affected by the fifth wave of COVID-pandemic, thanks to God for guiding the formation of a new team and the smooth cooperation between the professionals; as well as the trust and synergy between management teams of cooperating units. Here is a story about a RCHE service user:

Madam Lee (pseudonym) who suffered from moderate dementia and breast cancer received our EOLC service from July to Nov 2022.

Worsening fungating wound and upper limb edema were developed due to breast cancer, EOLT thus coached RCHE staff on wound dressing and provided massage for Madam Lee to relieve the edema. Her grandson was also educated on how to communicate effectively with oncologists in order to better manage her symptoms and care. He felt empowered and more confident as a result. Since visitation was restricted, we deepened Madam Lee’s connection with her family through video and audio means. Reminiscence and beauty activities were rendered to improve her psychosocial well-being. Despite her cognitive decline, she was still able to express her wishes regarding aftermath matters under our guidance. Madam Lee often expressed negative thoughts like “I am going to die, that’s hopeless”, however, this expression decreased a lot and her mood improved much after our intervention. Her grandson was grateful that we walked with them during this critical period and that his beloved grandmother felt warmth and respect during her last journey. Though the patient was not eligible to receive the EOLC Room service due to symptom management concerns, the service had successfully enhanced her quality of life as well as the caregivers’ holistic well-being.

感恩有你同行

Thank you for Walking With Us

「用愛擁抱晚晴」慈善音樂會 2022

“Embrace the Last Journey with love”
Charity Concert 2022



前院友家屬 Winnie 與好友 Peggy 繼 2018 年舉行慈善演唱會主動為寧養院籌款，事隔 4 年 Winnie 決定載譽歸來，再次聯同 Peggy 和另一院友家屬 Ann 於 11 月 12 日 假香港演藝學院——香港賽馬會演藝劇院舉行「用愛擁抱晚晴慈善演唱會 2022」，為寧養院服務發展和擴建計劃籌款。

感謝神使用寧養院，成為院友及家屬的祝福；同時讓家屬從受助者成為助人者，攜手「用愛擁抱晚晴」，幫助更多有需要的病患者及家庭。感謝 Winnie、Peggy、Ann 及眾表演嘉賓的落力演出，將多首經典金曲重新編排，令現場觀眾聽出耳油，盡興而回！同時感謝各善長的鼎力支持。是次演唱會為寧養院擴建計劃籌得 270 萬善款。

「感謝神，因他有說不盡的恩賜。」（《哥林多後書》9：15）

At the end of 2018, Winnie, an 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). This year Winnie comeback with Peggy and one more ex-patient's family member Ann, to hold the “Embrace The Last Journey with Love Charity Concert 2022” on 12 November at the Hong Kong Academy of Performing Arts, raising funds to support the SASHCC's service development and extension project.

Thanks be to God for using SASHCC to bless the terminally ill and to provide support to their families; at the same time, making them take on the role of "Givers" and walk with us to “Embrace the Last Journey with Love”. Thank Winnie, Peggy and Ann for their excellent performances. Over HKD\$2.7 million was raised through the Charity Concert. Our sincere gratitude goes out to all the philanthropists who have generously supported us.

“Thanks be to God for his indescribable gift!” (2 Corinthians 9:15)

服務數字概覽(2022年1-12月)

Service Statistics Summary (Jan - Dec 2022)



床位總數
Total no. of beds
95



新入住院友總數
Total no. of admissions
115



出院/離世院友總數
Total no. of discharges/deaths
121



平均入住率
Average occupancy rate
59.7%*



慈惠病床計劃
受惠院友總數
Total no. of patients benefitted
from the RCS Beds Programme
49



夾心階層病床計劃
受惠院友總數
Total no. of patients benefitted
from the SCB Programme
9



基督教牧者/牧者父母
資助病床計劃
受惠院友總數
Total no. of patients benefitted
from the PSB/PPB Programmes
3



安寧頌計劃受惠病人及
家屬總數
Total no. of patients/families
benefitted from JCECC Project
393



書面讚賞總數
Total no. of written
appreciations received
141



院友/家屬捐款總人數
Total no. of patients/family
members making donations
266



院友/家屬信主總數
Total no. of patients/family
members believes in Jesus
38



院友/家屬在寧養院
受洗總數
Total no. of patients/family
members baptized at SASHCC
12



寧養院禮拜堂及懷愛閣內
舉行安息禮總數
Total no. of memorial services
held at SASHCC
33

*鑑於第五波疫情發展迅速，我們立刻採取行動。由2022年2月至4月暫停接收新患者，以保障院友的健康和安全，導致入住人數有所減少。*Given the rapid development of the fifth wave of the epidemic, we had taken immediate actions, and new admissions were temporarily withheld from February 2022 to April 2022 to protect our existing patients who are particularly vulnerable to this novel virus. This had led to the reduced number of admissions.

寧養院擴建計劃 SASHCC Extension Project

隨著本地人口急速老化，優質照顧和安寧照顧服務的需求持續增加，寧養院擴建刻不容緩。2018 年，基督教靈實協會董事會決定將靈實醫院搬遷至新大樓後騰出的 1.2 公頃土地，供寧養院擴展服務之用。寧養院遂於 2019 年開展擴建計劃，冀增加病床數量，並提升服務質素，讓更多有需要人士體驗全人照顧及「用愛擁抱晚晴」的美與善。擴建計劃共分 4 期進行，整體佔地總面積為 1.2 公頃 (=12,000 平方米)。第 1 期將興建一座安寧照顧綜合中心包括擁有 150 張病床的安寧照顧大樓和教研中心，該綜合中心的建築樓面面積約 3,000 平方米。連同現有 50 病床的華永樓(第 2 期)以及長期護理服務大樓和長者綜合復康及療養中心(第 3 和第 4 期)的發展，全面擴建後的寧養院將設有 600 張病床，能更全面地幫助服務使用者體驗全人照顧及優質護理服務。

2020 年 6 月，我們獲香港賽馬會慈善信託基金的正式確認，撥款 5 億 3 千 5 百 30 萬元予寧養院進行第一期擴建，包括一幢全新的安寧照顧大樓及一所教研中心，期望新大樓於 2027 年正式運作，服務更多有需要的晚晴病人及家人。



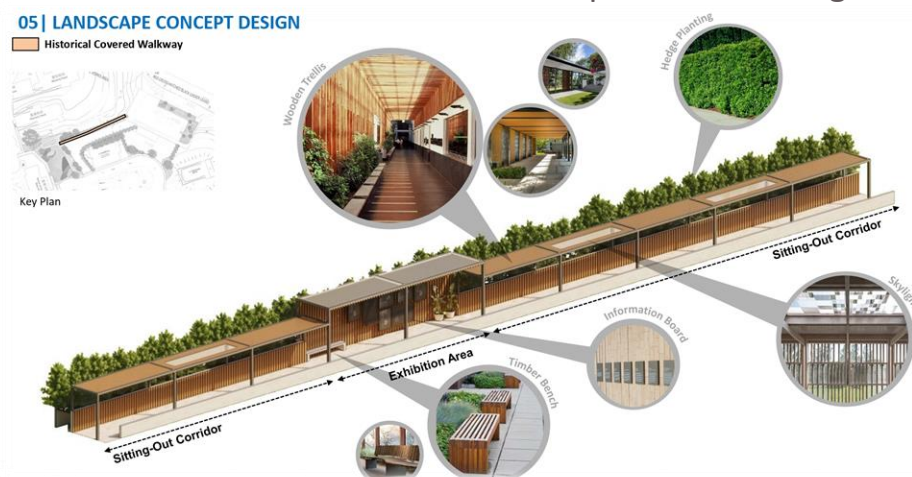
因這數年間建築費成本漲價不少，新冠疫情的經驗提醒我們要增添隔離設施和改善通風系統，所以擴建計劃第 1 期要多籌募約 1 億元的建築經費。此外，我們還需籌募約 5 千萬增添醫療器材、電腦系統及籌備階段所需人手的經費，讓第 1 期的安寧照顧綜合中心能順利於 2027 年投入服務。求主供應！我們也初步制定了籌款計劃，包括新院設施的冠名贊助選擇(詳見下表)。有感動捐助的善長歡迎致電 2703 3008 與高級行政經理郭小姐或 2706 8532 與助理營運經理葉小姐聯絡。

特式空間 / 設施 Iconic Features / Facilities	捐款金額 Donation Amount for Naming Rights (HK\$)
1. 教研中心 Education, Training & Research Centre	50M
2. 認知障礙護理病房樓層 Dementia Ward Floor	30M
3. 病房樓層 Typical Ward Floor	20M
4. 康復中心 Rehabilitation Centre	15M
5. 日間護理中心 Day Care Centre	15M
6. 天台花園 Sky Garden	6M
7. 連接寧養院大樓(第一期)至華永樓(第二期)的歷史有蓋行人道 Historical Covered Walkway from the Hospice Care Block (phase 1) to Wah Wing Block (phase 2)	3.92M

With the rapidly ageing population, there is a great demand for quality service and palliative care in Hong Kong. In 2018, the HOHCS Board decides to release 1.2 Hectares of land to SASHCC after the relocation of the old infirmary wards to the new building of the Haven of Hope Hospital. Due to the increase in demand, SASHCC has launched an extension project in 2019 to increase the number of hospital beds and upgrade the quality of services so that more people in need can benefit from the beauty and goodness of whole person care and hospice care such as “Embrace the Last Journey with Love”. The Extension Project of SASHCC will be carried out in four phases. The area of site of overall development is 1.2 hectares (=12,000m²) in total. In phase 1 development, a Hospice Care Complex including a Hospice Care Block (HCB) with 150 beds and a state of the art Education, Training, Research and Centre (ETRC) will be constructed. The building footprint area of this Complex in total is 3,000m². Together with the renovation of the existing Wah Wing Block of 50 beds (Phase 2) and the development of a Long Term Care (LTC) Wing and Geriatric Rehabilitation & Transitional Care Centre (GRTC) (Phase 3 and 4), the expanded SASHCC would have a much larger capacity to meet the cogent need of holistic and quality care to the ageing society of Hong Kong.

In June 2020, the HKJC Charity Trust confirmed a capital funding of HK\$535.3M in support of the Phase 1 development of the SASHCC Extension Project, which included a brand-new building of Hospice Care Block and Education, Training & Research Centre. We look forward to seeing the new building completed and operational in 2027, serving many more terminally ill patients and their families.

To put the first phase into service in 2027, SASHCC needs to raise additional \$100M for the construction cost and \$50M for service commissioning. We pray that God will lead and provide us. We also finalized a fund-raising plan which included naming rights of facilities in the new building (see the table above). If you are interested, please contact Senior Executive Manager Ms. Kwok at 2703 3008 or Assistant Operations Manager Ms. Yip at 2706 8532.



靈實司務道寧養院 15 周年紀念冊

The 15th Anniversary Commemorative Book of SASHCC

寧養院自 2006 年投入服務至今，轉眼已超過 15 年，感恩一直得到各院友、家屬、義工、善長及同工們的同心同行，使我們得以穩步發展。為慶祝寧養院 15 周年紀念，於 2022 年 10 月出版了口述歷史《荒原上的筵席》，此書見證了天父上帝在這些年來的恩典和帥領，豐豐滿滿地祝福了寧養院的工作和發展。

此書是「思念神的經營和作為」（《詩篇》77：12）的歷史見證，記念神大能的手怎樣為我們擺上盛宴，將「荒原」變成「芳園」。我們訪問了 25 位同工、義工、院友家屬和靈實管理層，包括多名由開院服務至今的同工等，一起見證 15 年來與寧養院攜手共同成長的點滴。盼望透過這本紀念冊可讓更多人認識到寧養院的優質全人照顧服務，並與友好們分享寧養院「用愛擁抱晚晴」的事工及需要，邀請他們成為寧養院事工的同行者。

請繼續為寧養院禱告，願天父上帝祝福擴建計劃順利完成，讓寧養院成為體弱長者和晚晴病人一個真正的「盼望之灣，平安之所」A true Haven of Hope。

如欲索取本書或捐款支持寧養院擴建計劃，歡迎致電 2706 8536 與陳小姐或 2706 8532 與葉小姐查詢詳情。

「因為我知道我為你們安排的計劃。我的計劃不是要降禍給你們，而是要賜福給你們，使你們的未來充滿希望。這是耶和華說的。」

（《耶利米書》29：11，
當代譯本修訂版）





Since its inception in 2006, Sister Annie Skau Holistic Care Centre (SASHCC) has served the community for over 15 years. We thank the Lord for letting patients, their families, volunteers, donors and staff members stay united with us, enabling us to continue to develop our services. To commemorate the 15th anniversary of the SASHCC, the oral history book "Feast on the Barren Upland" was published in October 2022 as a testimony to God's grace in leading the work and development of SASHCC.

It is an oral history book that "consider all His works and meditate on all His mighty deeds"(Psalm 77:12). It recalls how His almighty spread for us as rich feast, transforming the "Barren Land" into "Garden", We interviewed 25 staff members, volunteers, ex-patients' family members and management team of the SASHCC, including several who have been serving at SASHCC since day one, to testify how they joined hands and witnessed the development of the Centre in the past 15 years. Our hope with this book is that more people will be able to learn about our quality holistic care services and be inspired to join us in this meaningful endeavor of "Embrace the Last Journey with Love".

May God continue to bless SASHCC as a true "Haven of Hope" for the frail and terminally ill, and that our extension project will be successfully completed.

You are welcome to order this book or make donation to support our extension project. For further details, please contact Ms. Chan at 2706 8536 or Ms. Yip at 2706 8532.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11, CCB)



The book "Feast on the Barren Upland" included the sharing from 25 staff members, volunteers, ex-patients' family members and management team of the SASHCC

2023/24 年度主要目標 Major Initiatives in 2023/24

1. 為靈實司務道寧養院擴建計劃 (第 1 期) 籌募建築及籌備工作費用，合共 1 億 5 千萬元。
 2. 提供 12 張「慈惠寧養病床」、3 張「夾心階層寧養病床」，及 2 張「基督教牧者/牧者父母寧養病床」，以持續為貧苦及有需要的病人提供服務。
 3. 積極推動預設照顧計劃 (ACP)，讓院友可按照自己的價值觀和意願，選擇要接受怎樣的治療和護理。
1. To raise an additional sum of HK\$150M for the construction & commissioning cost of Phase 1 development.
 2. To provide quality End-of-Life care service by providing 12 RCS beds, 3 SCBs and 2 PSBs/PPBs(Christian Missionary & Pastor Spouse Beds/Christian Missionary & Pastor's Parents Beds) to poor and needy patients.
 3. To advocate for Advance Care Planning (ACP) so patients can make their own choices regarding their personal health care and medical treatment.



鳴謝 Acknowledgement

作為一間自負盈虧、沒有政府資助的院舍，寧養院的優質全人生命晚期照顧的服務得以透過慈惠寧養病床及夾心階層寧養病床計劃延伸至弱勢社群，實有賴眾多善長的慷慨捐助。自 2012 年至今，慈惠寧養病床計劃已服務超過 430 位院友及其家屬，院友住院期間以至安息禮的一切費用全免；而 2015 年開展的夾心階層寧養病床計劃，讓超過 103 位院友獲資助部份院費。

As a self-financing nursing home without any government subvention, we manage to extend our quality palliative care to those with limited means through the Relief & Charity Service (RCS) Beds Programme and the Sandwich Class Beds (SCB) Programme thanks to generous sponsorship from various donors. Since 2012, more than 380 patients and their families have been benefitted from the RCS Beds Programme where all in-patient services as well as mortuary and memorial service fees are waived. With the SCB Programme implemented in 2015, more than 103 patients were eligible to pay only part of the service costs.

特別鳴謝 2022 年上述計劃主要捐助者(排名按英文字母序) :

Special thanks to the following major donors for donating the RCS Beds, SCB and PSBs/PPBs Programmes in 2022 (in alphabetical order):

- ✪ Chan Dang Social Services Foundation 陳登社會服務基金會
- ✪ Chow Tai Fook Medical Foundation Limited 周大福醫療基金有限公司
- ✪ Hong Kong Baptist Hospital Foundation 香港浸信會醫院基金
- ✪ One Accord Charity Foundation
- ✪ SK and Lilian Foundation 唐城江先生夫人慈善基金會
- ✪ SK Yee Medical Foundation 余兆麒醫療基金



您的每月捐款

For every monthly donated amount (HKD)



可資助院友

Can support our patient's

\$360	兩天膳食費(早、午、晚餐及下午茶) 2 days meal expenses
\$1,200	兩節個人復康治療療程 2 sessions of individual rehabilitation treatment
\$2,000	五次針灸 5 acupuncture sessions
\$12,300	十次駐院醫生巡房診療費 10 times medical rounds
\$22,500	一張慈惠寧養病床一星期開支 Weekly expense of 1 RCS Bed



按月自動轉帳
捐款表格



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捐款表格



您的具體行動將祝福更多有需要的家庭，請踴躍支持！

Your support will bless many more families in need, please act now!

捐款表格 Donation Form

盼望得到您的支持，讓我們能為院友及家屬提供全人生命晚期照顧、長者復康治療及優質療養/長期護理照顧服務，一起攜手「用愛擁抱晚晴」。

We need your support to provide holistic end-of-life care, specialist geriatric rehabilitation service and quality infirmary/long-term care. Let's join hands to "Embrace the Last Journey with Love".

- 按月捐款 Monthly donation 一次性捐款 One-off donation (請在適當方格內加 "✓")
- \$150 \$500 \$1,000 \$2,000 \$5,000 \$10,000
- 上述捐款有指定用途 Designated purpose of Donation
- 寧養院擴建計劃 SASHCC – Extension Project 慈惠寧養病床計劃 RCS Beds Programme
- 夾心階層寧養病床計劃 SCB Programme 輔助治療 Specialized Professional Programme
- 其他，請註明 Other, please specify : _____

捐款方法 Donation Method

- 劃線支票 Crossed Cheque : 祈付 Payable to "Haven of Hope Christian Service – HCC"
- 直接存入戶口 Direct Debit : 匯豐銀行 HSBC 808-8-000610
- 轉數快 FPS : 匯豐銀行 HSBC 103960944
- 信用卡 Credit Card : VISA MasterCard American Express

持卡人姓名 : _____

Cardholder Name :

信用卡號碼 : _____

Credit Card Number :

有效日期 : _____

Card Valid Until :

持卡人簽署 : _____

Authorized Signature :

請將支票或銀行入數收據連同填妥之表格寄回：新界將軍澳靈實路 19-21 號或傳真至 2703 5575。

Please send cheque or deposit slip together with completed donation form to: 19-21, Haven of Hope Road, Tseung Kwan O, N.T. or by Fax: 2703 5575.

捐款人資料 Donor's Details

姓名 Name : _____ 聯絡電話 Telephone No. : _____

電郵 Email Address : _____

如要索取收據 (HK\$100 或以上) · 請填寫地址 :

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

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Haven of Hope Christian Service shall properly store and use your personal data provided according to the Personal Data (Privacy) Ordinance. We shall not pass your details (including name, telephone number and email / address) to any third party but only use them for service promotion and fund raising purposes.

本人同意基督教靈實協會(包括靈實司務道寧養院)使用本人個人資料作傳遞服務通訊、活動宣傳及慈善籌款募捐之用。

I AGREE to the use of my personal data by HOHCS (SASHCC inclusively) for service promotion and fund-raising purposes.

簽署 Signature : _____

日期 Date : _____

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with Love**



靈實司務道寧養院 服務報告 2022 SASHCC SERVICE REPORT 2022

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