

善寧會訊

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善寧會

Society for the Promotion of Hospice Care



愛 重燃生命意志 LOVE ADDING LIFE TO DAYS

「子女很久沒來探望，我在醫院又不見天日，動彈不得，倒不如死去好了！」黃婆婆窘迫哭訴，六名子女心如刀割。

"I was bedridden and unable to see my children. It was better to die at that point!" – Grandma Wong on her stay at public hospital

94歲的黃婆婆，老伴離世十多年，住在安老院，去年兩度跌倒致骨折及腦出血送院留醫。期間因疫情限制探訪，她以為遭家人離棄，茶飯不思，嚷著要了結餘生。

黃婆婆三女Sandy訴說在醫院望門興嘆的無奈：「媽媽愛熱鬧、個性好動，家裡四代同堂，曾孫十個，每逢時節，她一手包辦全桌菜式。在安老院時參加硬地滾球比賽，贏過三面獎牌！惟跌倒後她不良於行，留院時又常偷偷落床，醫護人員為免再生意外，將她約束在床。」媽媽孤苦無助，家人雖心痛不已，卻愛莫能助。

Grandma Wong, 94, has lived in an elderly home since her husband passed away more than ten years ago. Last year, she was hospitalized after two fall incidents left her with fractures and cerebral hemorrhage. Being alone for so long, Grandma Wong slowly lost her will to live.

"Mom is naturally active and energetic. When she was not cooking up a feast for the entire family, she was playing bocce. She even has three medals from past competitions," recalled third daughter Sandy. "After the fall, Mom was not able to walk well. She was eventually restrained to the hospital bed after attempting to move around. We felt so heartbroken and helpless at the time."



一張合照，洋溢黃婆婆三代同堂的溫馨。
Three generations warmly reunited.

Sandy感恩媽媽入住院舍，家人可陪伴左右。
Sandy was thankful to be able to accompany her mother at JCHH.



黃婆婆對自製紙花愛不釋手。
Grandma Wong's origami flower.

難忍漫長隔離

疫情持續，Sandy與家人不忍沒了期的「隔離」，並希望年邁母親在兒孫圍繞下安度晚年，活得有尊嚴，故申請入住賽馬會善寧之家。「這裡有家的感覺，醫護及社工很有愛心。媽媽的房間可望到戶外景致，有陽光照射，感覺溫暖。我們幾兄弟姊妹每日輪流陪伴，又親手沖調媽媽最愛的無糖奶粉給她補充營養。」

在醫護人員悉心照料下，黃婆婆食慾增加、情緒好轉，而她亦按物理治療師指導做肢體運動，康復進展理想。長女英姐說，媽媽有家人陪伴，終重現歡顏：「閒時我會帶她到花園，有次發現含羞草，她興奮得用紙巾輕撥它逗樂呢！」黃婆婆笑得開懷，主動分享多次參與院舍康樂活動的經歷；她邊讚好玩、邊展示製成品，如自製鎖匙扣、摺紙花等。

感恩入住院舍

眼見媽媽初進院舍時要接駁尿管、氧氣喉，身體虛弱得很，到後來可拆除喉管，活動自如，Sandy握著媽媽手感觸道：「身體痛楚尚有藥物紓緩，但忐忑不安的心情則難以平復。在媽媽最需要我們時，感恩入住院舍，我們能盡孝道侍奉左右，讓她重燃生命意志。」

愛是無堅不摧。去年夏天，黃婆婆入住賽馬會善寧之家近一個月，得到家人與醫護的鼓勵和支持，健康情況穩定可以離開院舍，回到安老院與「老友記」相聚，重拾硬地滾球的樂趣。

Endless Isolation

As the pandemic persisted, it appeared Grandma Wong would be alone in her final days. Eventually, Sandy decided to apply for admission to JCHH where Grandma Wong could regain her experience of family warmth and support again. "The staff were so warm and caring. Mom's room had a beautiful view with plenty of sunlight. It honestly felt like home," Sandy said.

Under the compassionate care of the palliative care team, Grandma Wong's recovery progressed well. In addition to improvements in appetite and mood, she was able to complete some light exercises with assistance from the physiotherapist. Meanwhile, her children took turns accompanying her around the clock to provide care and support.

Happiness returned to Grandma Wong after seeing her family again, according to first daughter Ying. "I took Mom out to the garden whenever possible. One time, we found a shy plant and she was so amused by it. It was nice to see her smile again." As her condition improved, Grandma Wong also enjoyed participating in the day activities offered at JCHH.

A Welcome Change

When Grandma Wong first arrived at JCHH, she was very weak and dependent on oxygen. By the end of her stay, she was well enough to be unburdened of any medical device. "No amount of medicine can cure you if your emotional needs aren't met," Sandy explained while clasping Grandma Wong's hand. "When Mom needed us most, we found JCHH where her will to live was rekindled. For that, I will be forever grateful."

Love conquers all, as the saying goes. After nearly a month at JCHH, Grandma Wong was discharged with the support of both her family and the palliative care team. She was eager to return to the nursing home, catch up with old friends and most of all, play bocchia again.



香港大學李嘉誠醫學院外科學系名譽臨床副教授、外科專科醫生老兆雄醫生。
Dr. Oswens Siu-hung Lo, Specialist in General Surgery, Honorary Clinical Associate Professor, Department of Surgery, Li Ka Shing Faculty of Medicine, HKU.



活得有尊嚴 LIVING WITH DIGNITY

「歌曲傳情，引發你的共鳴。大家好，我是老兆雄醫生。」早前我們接獲電台通知，外科專科醫生老兆雄在一個電台節目中，為善寧會籌募善款。在公立醫院工作20多年，老醫生見盡悲歡離合，醫涯歷程讓他期盼「每個人在晚期時都能像初生一樣，活得有尊嚴」。

Dr. Oswens Siu-hung Lo, a specialist in General Surgery, recently participated in a radio charity drive for SPHC. With over 20 years of experience in the medical field, Dr. Lo looks forward to the day when every terminal patient can depart with dignity.

老兆雄醫生於90年代，在當時仍屬善寧會營運的白普理寧養中心實習；2009年岳父離世，太太和岳母悲痛欲絕，他陪同兩人到善寧會接受善別輔導，紓緩哀傷。2018年朋友的太太患上末期腸癌，一對子女年幼，醫院禁止探訪，他轉介友人太太入住賽馬會善寧之家接受紓緩治療，讓她在家人陪伴下，走完人生最後旅程。

「香港人口老化，公營醫療負擔沉重，病人臨終時被送入醫院像是『找個地方安置』。晚期病人為何不能得到整全照顧，有尊嚴地離開？」疫情持續阻隔家人探訪，令許多醫院病人孤身上路。他感嘆去者留者都帶著遺憾。

人有選擇自由

老醫生有一名50多歲患有胰臟癌病人，化療後癌症復發，堅信醫治是唯一方法：「他希望用治療換取時間與家人相處。但按他的情況，臨終照顧更為重要，他可在家離世，有更多機會與家人共處。」病人對紓緩治療的認識薄弱，因而減少選擇。

人有「選擇」才活得有「尊嚴」。老醫生認為每位病人應可選擇以那種方式離去；對於臨終選擇，他斬釘截鐵回應：「我一定選擇在家離世」。

"As Hong Kong's healthcare system becomes increasingly strained by an ageing population, the terminally ill have turned into somewhat of an afterthought. Why can't they receive the same quality care and experience comfort and dignity at the end of life?" Dr. Lo said.

Dr. Lo's relationship with SPHC can be traced back to the 1990s when he was at Bradbury Hospice for residency training. Years later, he brought his family to SPHC for bereavement counselling after his father-in-law passed away in 2009. In 2018, Dr. Lo referred his friend's wife, who was diagnosed with terminal bowel cancer, to JCHH for palliative care. There, she was able to complete her life's journey peacefully and surrounded by the love of her family.

The Right Choice

Dr. Lo once had a patient, a 50-year-old man with advanced pancreatic cancer, who believed active treatment was the only way. "To him, active treatment represented the hope of buying more time with his family. In reality, palliative care at home would have not only provided a greater measure of comfort, but also allowed him to spend more quality time with his family," Dr. Lo explained.

Just as people can choose to live with dignity, Dr. Lo believes they should also be able to leave with it. "If given a choice, I would want nothing more than to spend my final days at home with my family."



疫情下的「賽馬會善寧之家」 Life Under the Pandemic



面對冠狀病毒病狙擊，我們與許多香港人一樣，為防範爆發疫情而感到徬徨。惟即使疫情嚴峻，我們仍堅持為晚期病人及家屬提供適切的紓緩服務。梁文聰醫生以光影與大家分享當中歷程。

Faced with yet another Covid-19 wave, many of us are at a loss on what more we could have done to prevent it. Yet despite the challenges ahead, we are committed to continue providing quality palliative care to terminal patients and their families. Dr. Jack Leung shares his experience.

一掃即看 Scan now



釋懷 WITHOUT REGRET

50歲曾在韓國任職廚師的張先生，為了讓韓籍太太及兩名兒子生活過得充裕，獨自留港打拚。好景不常，他患上晚期舌癌，吞口水及進食時會感刺痛，需接受紓緩治療，於是入住「賽馬會善寧之家」。

癌魔令張先生身體十分虛弱。我為他仔細診症及評估，處方一些紓緩吞嚥困難的藥物給他。三天後，他恢復吞嚥功能，食量增加，家人份外驚喜。

然而，張先生沒因此而雀躍：「我早已放下一切，對生存沒抱半點奢望，只能靜待那天來臨。反覆的病情，令我感到迷網。」我感到他的煎熬和情緒困擾，於是鼓勵他把握現在，好好與家人共處，並安排他回家寧養。

張先生老父照顧他日常起居，妻兒也由韓國來港，共享最後時光。一個月後，步入臨終階段的他再度入住賽馬會善寧之家。

看似豁達的張先生，表示有心理準備「離開」並無奢望，但內心深處卻一直放不下妻兒，擔心未能讓兒子升學。老父得悉後，對彌留的兒子說：「不用擔心，我會供養孫兒直至他們完成大學。」兒子安然離世，老父難過卻也安慰；因為自己能讓兒子釋懷，解開心結。

當生命到了盡頭，人們總希望盡最後一口力氣，趕及達成一些心願，了無牽掛地離去。能夠多行一步，讓病人重建力量，安然釋懷，也讓在世的親人得到安慰，這就是我們從事紓緩醫學專業的主要工作。

At age 50, Mr. Cheung, a professional chef, returned to Hong Kong with the hope of providing a better life for his wife and two sons staying in South Korea. One day, he began experiencing a stinging sensation whenever he swallowed, which was later confirmed to be terminal tongue cancer. His admission to JCHH for palliative care followed shortly.

Given Mr. Cheung's weak condition, my first priority was to alleviate his swallowing difficulty. Three days later, his condition improved as did his appetite. However, he did not share his family's optimism. "I have since given up any hope of recovering from this illness," he told me.

In an effort to lift his spirits, I arranged for Mr. Cheung to return home to his family, who had traveled from South Korea to see him. The entire family cared for him until he entered the dying phase one month later, at which point he was readmitted to JCHH.

Mr. Cheung was unable to accept the reality of leaving his family behind and not being able to support his children through university. "Don't worry, my son," his elderly father said, "I will do everything to support them." Soon after hearing those reassuring words, Mr. Cheung passed away peacefully.

At the end of life, it is our mission to help terminal patients regain some quality of life while supporting their loved ones through this episode without worry and regret. That is what palliative care is all about.



情永在 LOVE YOU FOREVER

一個陽光燦爛的星期日，KK和Cindy在賽馬會善寧之家見證長子結婚。回憶當天，Cindy仍難掩內心喜悅。

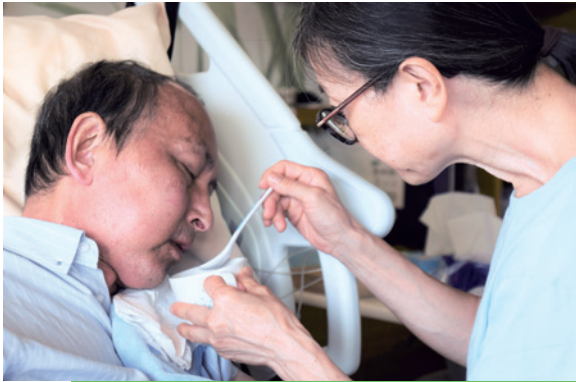
On a clear Sunday, KK and Cindy witnessed their son's marriage registration at JCHH.

KK和Cindy結婚35年，有兩個兒子。長子希望末期肺癌的父親見證自己的婚禮，故選擇在院舍進行結婚簽字儀式。當日KK打上煲呔，見證整個儀式，禮成後還到戶外花園拍照留念。「聽到大媳婦稱呼我們老爺、奶奶，心中無限欣喜！」Cindy微笑著說。一個簡單儀式，圓兩代心願。

2018年，64歲的KK因突然氣喘求醫，確診患上末期肺癌，並出現擴散，以標靶藥物治療。去年5月，KK突然左邊身無力，入院檢查後發現腦瘤，醫生隨即為他動手術，並明言手術只作紓緩，病情或會惡化。

KK and Cindy, husband and wife of 35 years, had cause for celebration - the elder of their two sons was getting married. Given KK's terminal condition, his son had decided to hold the marriage registration at JCHH. It was a simple ceremony but one that fulfilled their wish. "We couldn't wait to welcome our daughter-in-law into the family," Cindy said with a smile.

After a sudden asthma attack, 64-year-old KK was diagnosed with terminal lung cancer in 2018. Targeted treatment proved unsuccessful and in May of last year, the cancer had spread to his brain. While the subsequent operation to remove the tumor was smooth, KK's health continued to deteriorate due to brain damage.



一句Love You Forever，成為兩人愛的密碼。
The phrase 'Love you forever!' was often heard.



KK和Cindy在賽馬會善寧之家見證長子結婚，圓兩代心願。
A joyous day for the entire family as KK and Cindy witnessed their son's marriage registration at JCHH.

對症下藥

手術後不久KK病情轉差，腦部情緒區域受到影響，遂於去年9月入住賽馬會善寧之家，接受寧養舒緩治療。駐院醫生認為KK仍有一定進食能力，故建議採用「舒適餵食」，又教導家人將食物調至合適稠度、餵食技巧等，讓KK繼續享受咀嚼的樂趣，吃得有尊嚴。

另外，醫生亦針對癌細胞轉移腦前葉的情況，調校藥物劑量，舒緩情緒。在多方配合下，Cindy感恩丈夫情況有明顯改善，維持有質素的生活。

執手相伴

Cindy不分晝夜陪伴KK，對丈夫難捨難離。在病人生命倒數階段，醫護除了悉心照顧，讓KK感覺舒坦外，社工亦給予善別輔導，勉勵Cindy將濃厚感情轉化為原動力，好好生活下去。

依偎在KK身邊，Cindy表現得無比堅強，牽著他手深情剖白：「Love You Forever！或許旁人會覺得肉麻，但我們確實會互訴情話，珍惜所愛。」KK聽罷淚流不止，輕聲回應一句「Love You Forever」，Cindy連忙為他拭淚，夫婦靜默對望，無聲勝有聲。

KK最後在親人滿滿的愛包圍下，安詳地完成生命旅程，不留半點遺憾。

Appropriate Treatment

Despite KK's poor condition upon admission to JCHH in September, he still had not lost the ability to eat. Therefore, the resident doctor recommended "comfort feeding" so that he could continue to enjoy the taste of food. With the proper medications and care support from his family, KK was comfortable and gradually regained some quality of life.

Facing the End Together

Palliative care is for the family members as much as it is for the patient. To ensure Cindy was well supported, the social work team often met with her for grief counselling. At this stage, Cindy had become inseparable from KK. The two would exchange a tender 'Love you forever!' and other affectionate words at every opportunity. "I only wish to let Cindy know how much I cherish her while I still can," KK explained.

In the end, KK completed his life's journey peacefully and surrounded by the warmth of his family. Cindy's devotion to KK became her motivation to live the fullest life in his loving memory.



全人關顧 積極治療 HOLISTIC CARE

百歲高齡的鄭婆婆，三年前因膽管癌入住賽馬會善寧之家，家人已作最壞打算，豈料婆婆病情逐漸穩定，回家寧養。其後，她一直透過「家居照護」及「日間診所」跟進病情。

Three years ago, 100-year-old Grandma Cheng was admitted to JCHH due to terminal bile duct cancer. Given her advanced age, her family had prepared for the worst. Unexpectedly, Grandma Cheng's condition stabilized and she was later discharged for follow up by home care service and day clinic.

整全服務 適切支援

「出院時以為『咁就完』，豈料獲家居紓緩資深護士林詠芝（林姑娘）擔任媽媽的個案經理，跟進病情，進行家訪提供照護服務，如徵狀評估、用藥諮詢等，並安排護理員為媽媽作伸展運動及遊戲訓練，紓緩不適。」鄭婆婆女兒巧華認為，全人關顧的紓緩治療服務能為照顧者提供適切支援，即使疫情下媽媽仍能得到醫療照護。

隨著鄭婆婆病情慢慢惡化，去年12月中再入住賽馬會善寧之家，一個月後安然離去。

宜及早介入

「全人關顧」重視人的身心社靈，惟不少人卻誤解這是消極方案。「一般人只重視病人身體上的痛楚，忽略整體痛（Total Pain）。即病人心理的絕望、社交困難、靈性欠寄托等也需要支援。由於紓緩治療可與化療或電療共同進行，故患有不可逆轉疾病的病人，宜及早尋求服務。」林姑娘說。

善寧會的全人關顧紓緩服務，提供全面照護及心靈支援；既處理病人的痛症和徵狀控制，也疏導病人和家屬的心理和情緒困擾，紓緩他們身心壓力，讓雙方均能安然面對疾病。

Comprehensive and Individualized

"When she was discharged, I didn't expect Nurse Lam to become my mother's case manager at home," explained daughter Wah. "Nurse Lam would often visit to assess her condition and medications. At times, she would arrange for a care assistant to perform light exercises to alleviate any discomfort." As a carer, daughter Wah also felt well supported by the holistic service.

In December of last year, Grandma Cheng was readmitted to JCHH where she passed away peacefully a month later.

Early Intervention

"Holistic care" is a care approach that is often misunderstood. "People tend to focus on physical pain and not 'total pain', which includes psychological, social and spiritual sufferings. Holistic care effectively addresses all of those aspects," Nurse Lam said. "Since palliative care can be initiated even during active cancer treatment, terminal patients are encouraged to seek it out as soon as possible."

SPHC's holistic palliative care service not only provides pain and symptom relief, but also psychological and emotional support for the patients and their families, allowing them to complete the end of life journey without worry or regret.



秀霞形容丈夫（圖中）是三位女兒的好爸爸、愛錫太太的好丈夫。
Siuha's husband (centre) will be remembered as a doting father and loving spouse.



留者的善別 THE ONES LEFT BEHIND

「丈夫擔心我不會照顧自己，我在床邊對他說『不用擔心，我會善待自己，你放心』他虛弱點頭似是釋懷。」對話，成為秀霞和丈夫最後的回憶。秀霞從事護士工作數十年，對生死毫不陌生。面對丈夫罹患重症，她極力抑壓哀傷。難以盡然說再見，直至丈夫離去……

"In my husband's final moments, I promised him that I would look after myself after he was gone," Siuha recalled. "I will always remember the look of relief on his face afterward." As a nurse, Siuha was no stranger to life and death. However, when it came to her husband, it was difficult to say goodbye.

「當時我忙於照顧丈夫和病人，他離去的翌日，我如常回醫院工作，全沒時間感受疲累。」工作成為秀霞的止痛藥，但效力短暫。回家後她的哀痛情緒湧現，四肢痺痛腫脹，醫生建議她到善寧會尋求善別輔導，紓緩喪偶的哀傷情緒。

化為生存動力

臨床社工陳麗茵（陳姑娘）為秀霞進行善別輔導。

秀霞連場痛哭，陳姑娘透過聆聽、分析和輔導，助她舒發內心抑壓的哀傷、壓力和痛苦。目前生活已重拾正軌的秀霞，閒時會當義工，與過來人分享喪親經歷。

「輔導時我們會耐心聆聽，協助喪親者將負面情緒轉化為生存動力。過程中，我們鼓勵他們分享困難、回顧與逝者的點滴，表達所思所感。」陳姑娘指透過一些方法，如分段執拾遺物、寫信給離世者等，均有助喪親者紓緩哀傷。

好好保留遺物，珍藏這份情，延續對至親的思念。

"I returned to work the day after he passed," Siuha said. "At the hospital, I didn't have time to feel sad. Work became my escape." When Siuha's suppressed grief eventually began to affect her physical health, her doctor referred her to SPHC for bereavement services.

The Strength to Live On

Lilian, a clinical social worker, was assigned to follow up with Siuha. Through Lilian's counselling support, Siuha learned to cope with her grief and return to normal life. Now, Siuha volunteers her spare time to share her bereavement experience with those facing similar challenges.

"Bereavement counselling is about helping the bereaved regain their strength to live on," Lilian explained. "Our role is often to listen and encourage them to share their thoughts and emotions. For some, writing letters to the deceased or sorting through their belongings can provide therapeutic relief."

Losing a loved one is an inevitability we all must face. Be thankful for the time you had together, and keep them in loving memory.



義務攝影師為服務使用者拍攝全家福，為病人和家屬送暖。
Volunteer photographers captured every warm and tender moment.

合家歡 享天倫 FAMILY DAY

為了讓病人和家屬留著此時此刻，我們定期邀請義務攝影師到訪，為服務使用者拍攝全家福及製作短片！攝影師會揀選一張最動人的相片製作油畫框，再由本會社工家訪病人時，親手送上帶給病人喜悅。

At the end of life, every moment with our loved ones is precious. To help preserve these memories, we organize Family Day, an activity where our patients and their families can have their pictures taken by volunteer photographers. The most heartwarming photos are framed and later presented to the family as a commemorative gift.

曾中風的易麗卿婆婆是其中一位參加者。受髖關節退化加上血管腫瘤影響，易婆婆前年六月到我們的日間診所求診。梁文聰醫生診症後，認為她毋須切除腫瘤，只要定期到公立醫院覆診及服藥控制病情便可。

「梁醫生非常細心有耐性，他是我接觸過最好、最有愛心的醫生！」易婆婆還笑言自己每星期都透過視像，參加日間中心不同活動。

留住歡樂一刻

早前善寧會舉辦「合家歡」活動，易婆婆與家人亦積極參與。

她指平日女兒和孫女會用手機與自己拍照，但質素跟攝影師的差很遠：「攝影師捕捉到我們的神緒，記錄了我們充滿愛和歡樂的一刻。拍攝當日兩位孫女開心得瘋了！多謝善寧會。」

Grandma Yi first visited our day clinic in June of last year. At the time, she was considering whether to remove a vascular tumor that had caused her recent stroke. After consulting with our resident doctor, Dr. Jack Leung, Grandma Yi opted to manage her condition through medication and regular checkup instead. "Dr. Leung is very attentive and caring - one of the best doctors I have ever met."

Capturing the Moment

Aside from day clinic, Grandma Yi was an active participant in the various day activities offered at JCHH. On Family Day, she and her family were in attendance. "It was such a fun time, especially for my two granddaughters," she said. "Thanks to the volunteer photographers and SPHC, my family can now revisit these loving moments even after I'm gone."



開啟第二人生 SECOND CALLING

「能夠紓緩病人不適，幫助病人和家屬，這是我的職責和工作的意義。」Sinla（袁姑娘）直言三年前轉行、加入「外展紓緩治療助理」行列後，不僅對生死有另一番體會，也開啟自己的第二人生。

"Looking after the terminally ill and their families is more than just a job. It is a sense of duty." Three years after becoming a Palliative Care Assistant (PCA), Sinla has found her second calling in life.

袁姑娘年經時有兩個志願，一是從事幼兒護理、二是長者服務，結果媽媽替她選擇。於是，她便當了三十多年的幼稚園教師，直至55歲達辦學團體規定的退休年齡。

幾經轉折，袁姑娘報讀善寧會舉辦「外展紓緩治療助理證書課程」，向志願啟航。經過四個月理論課和一星期實習，並通過筆試及臨床考核，她成為合資格的外展紓緩治療助理。

改善病人生活

昔日工作環繞身邊的是幼童，生命如朝陽；今日面對的是晚期病人，人生像餘暉。

投身外展紓緩治療助理一年，袁姑娘跟進的病人生命大多只餘三數月。離別，讓她深感人生無常，學習珍惜所有。照顧的病人中，馮老太是袁姑娘最珍視的一位：「我入行不久便照顧她，看著她由初時因中風致半邊身癱瘓，到今日病情逐漸穩定，我感到工作上的意義和滿足感。每當我工作時看到病人報以一個簡單的笑容，這就是工作的動力。」。

每個人對「工作」各有不同詮釋。如能藉工作發揮所長，既有助改善別人生活，亦豐富個人職涯和人生的價值，這就是工作的意義。

Growing up, Sinla had two aspirations – to work with children or the elderly. Ultimately, she worked as a kindergarten teacher for over 30 years before her mandatory retirement at 55 years old.

As life would have it, Sinla came across the "Outreach PCA Certificate Programme" organized by SPHC and decided to enroll. After four months of in-depth training, Sinla successfully graduated and became a qualified PCA.

Improving Lives

One year on, Sinla mainly cares for terminal patients with an average life expectancy of several months. These fleeting connections have taught her to cherish life all the more.

Among all the patients she has looked after, Ms. Fung has been the most memorable. "I was assigned to her not long after I became qualified," Sinla recalled. "At the time, she was partially paralyzed from a stroke. To watch her condition improve day by day, to see her smile again; that has been incredibly satisfying." Her weekly visits to Ms. Fung's home are particularly appreciated by 86-year-old husband Mr. Fung, who is no longer able to provide the necessary care on his own.

For Sinla, working as a PCA is never about self-gain. Rather, it is the ability to make a positive impact on other people's lives that gives it meaning.



重拾歡顏 RECOVERING GRANDMA'S JOY



致 梁醫生和專業的醫護團隊：

我們一百歲的嫲嫲盧留好，原本住在安老院，患上天孢瘡，疫情關係院舍限制家人探訪。我們整整兩年沒與她見面。一天，善寧會林姑娘到安老院提供外展服務，發現嫲嫲被約束在床，身體癢得不停扭動。她拼命搔癢抓破皮膚，令身體沒一吋肌膚完整。

在林姑娘的協助下，嫲嫲入住賽馬會善寧之家。梁醫生和醫護團隊仔細為嫲嫲檢查身體，處方適合的藥物，又每天定時為她塗藥膏和潤膚霜；至於「約束帶」，告別吧。

這裡的環境優美寧靜，病房寬敞，護士會扶嫲嫲坐上活動椅，方便我們手推嫲嫲到花園曬太陽，眺望馬場景色，與嫲嫲拍照。鏡頭裡的嫲嫲，流露著天真可愛的笑容。不足一個月，嫲嫲的病情漸漸穩定，心情開朗，身體亦不再受水泡和天孢蒼折磨。

感恩在這段艱難時間，得到你們的照護：
梁文聰醫生照顧嫲嫲，悉心醫治她的天孢瘡，讓她不再受此折磨；
物理治療師Maggie，每天為嫲嫲作伸展運動，使那雙僵硬的腿重拾活動能力；
林姑娘主動安排嫲嫲入住賽馬會善寧之家，接受適切的治療；
全體護士對嫲嫲悉心照護，每次換片總會逗她聊天，耐心地幫她塗藥膏和潤膚霜。

感謝你們付出的愛心與照顧！

祝 平安喜樂

盧留好家人敬上
2021年11月17日

To Dr. Leung and the medical team,

At 100 years old, Grandma was residing at a nursing home when the pandemic began. Due to government restrictions, we were unable to visit her for two whole years. It was only when Nurse Lam performed outreach visit at the nursing home that Grandma was discovered to be confined to her bed, covered head-to-toe in painful blisters caused by her autoimmune disease.

Thanks to Nurse Lam's decisive action, Grandma was promptly transferred to JCHH. After assessing her condition, Dr. Leung prescribed appropriate medications and ointments to alleviate her suffering. As Grandma's health stabilized, the ordeal at the nursing home started to feel like a distant memory.

The hospice was truly a beautiful and spacious facility. With the nurses' assistance, we often accompanied Grandma on her favourite pastime – spending time in the garden. As Grandma sat contentedly in her recliner, soaking up the sunshine and sweeping view of the Shatin racecourse, it was hard to believe that she was back to her normal self less than a month later.

Words cannot begin to express our gratitude for your care and compassion during that difficult time. Whether it was Dr. Leung, Nurse Lam, or Maggie the physiotherapist, everyone on the medical team showed Grandma nothing but the utmost warmth, kindness and respect.

Thank you for all your loving support!

Sincerely,
The Lo Family
17 Nov 2021



活動回顧 RECENT EVENTS

感謝你支持

為感謝大家對我們的支持，賽馬會善寧之家設立「感恩牆」，展示善長芳名，以表謝意。我們於2021年11月20日舉行感恩牆揭幕儀式，並安排善長參觀院舍。惟疫情關係，活動只邀請部份善長參與。

黃先生、黃太太及兩名女兒是參加者之一。他們首次參加導賞團，親身踏進院舍了解我們的紓緩治療服務，細聽段段感人至深的病房故事。近日，我們喜獲黃先生再度捐款，支持我們繼續幫助晚期病人。

感謝每位曾支持善寧會的你！

Donor Appreciation

As a show of gratitude to our donors, the "Thank You Wall" was unveiled at JCHH on 20 November 2021. Due to the pandemic, only a small group was invited to attend the ceremony.

Among those in attendance was the Wong family. Since it was their first visit to the hospice, we welcomed them on a guided tour supplemented with memorable patient stories. Recently, the Wong family honoured us with another generous donation to further our mission.

Thank you once again to all of our donors. We would not be here today without your compassionate support over the years!



燃亮生命火花 聖誕音樂崇拜

即使受疫情打擊，「生命樹」依然璀璨。「燃亮生命火花 聖誕音樂崇拜」於2021年12月7日假中環花園道聖約翰座堂舉行，以聖詩傳頌愛與生命。大型聖誕樹直立座堂，穿上由家人用愛與心意卡編織的新衣，為已故親友奉上無盡思念與祝福。

Light Up A Life Christmas Carol Service

The "Light Up A Life Christmas Carol Service" was held on 7 December 2021 at St. John's Cathedral in Central. The choir returned with yet another unforgettable performance against the backdrop of the "Tree of Life", adorned once more with loving messages in remembrance of the departed. Not even the pandemic could interrupt this longstanding tradition beloved by so many families.

第三屆樂齡電競及體驗日

「第三屆樂齡電競及體驗日」於2021年12月12日圓滿舉行！多位年青人擔任「電競導師」，啟發「年青」老友記的電競潛能，讓他們享受當中的樂趣，增加與兒孫之間的互動，打破隔膜。藉此活動，我們希望能喚起社會對長者的關懷，攜手締造長幼共融的香港。

衷心感謝各個贊助商、主辦單位的慷慨解囊和協力，為我們籌募善款，幫助更多基層晚期病人。

3rd Senior E-sports and Experience Day

The "3rd Senior E-sports and Experience Day" was successfully held on 12 December 2021 as young and old alike teamed up in a thrilling e-sports tournament. Through this event, we hope to break down intergenerational barriers and inspire greater understanding between Hong Kong's youth and elderly populations.

Our sincerest thanks to all the sponsors and organizers for their generous support.



捐款感謝 THANK YOU FOR YOUR DONATION

善寧會是一所不受政府津助的非牟利慈善機構，我們的服務實有賴社會大眾的支持！過去一年，感謝以下捐款者的捐助，讓我們的「住院資助計劃」及「善別輔導」得以持續提供服務。惟篇幅所限，恕未能盡錄，見諒。

As a non-profit charitable organization without government subvention, SPHC relies on donations and fundraising to continue serving terminal patients and their families. We wish to show our gratitude to the following generous donors over the past year. Thank you for supporting our mission.

Due to the limited space, please accept our heartfelt apologies for any unintended omission.

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| 鄭格如基金 Zheng Ge Ru Foundation | |
| Ms Wynnie Chen | |
| Mr Philip Wong | |
| 劉純豪醫生 Dr Howard Hoover Liu | |
| 楊文傑先生 Mr Yung Man Kit | |
| 葉焯章先生 Mr Lp Kwong Cheung | |
| 紀念張國基先生 In Memory of Mr Cheung Kwok Ki | |
| 紀念張定球先生 In Memory of Mr Vincent Cheung Ting Kau | |
| In Memory of Mr Vincent Connor | |
| In Memory of WD Kwan | |
| In Memory of Shiu Poi Ying | |
| In Memory of Mrs Ting Lam Po Kuen | |
| 鍾劉順珍夫人 Mistress Jenny Chung | |
| 紀念卜潤基 | |
| 紀念吳瑞和女士 | |
| 紀念王威儀、黎麗珠 | |
| 紀念李錦卿女士 | |
| 紀念陳玉雄女士 | |
| 紀念鄭金善、郭雪梅 | |
| 紀念趙柏良先生 | |
| 紀念顏美芳女士 | |

*2021年1月1日至12月31日
From 1 Jan to 31 Dec 2021
*排名不分次序
Not listed in any specific order

捐款表格 Donation Form

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(適用於每月定期及單次捐款 Applicable to both monthly & one-off donation)

善寧會電郵 SPHC's email: finance@hospicecare.org.hk

或 or

或 或

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善寧會銀行戶口 SPHC's Bank Account:
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請將入數紙或捐款之真面截圖連同此表格郵寄、傳真、電郵或WhatsApp給我們。
Please email / fax / WhatsApp us a copy of the bank-in slip or screen capture of the related transaction together with the completed donation form.

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摺線 Folding Line

NW March 2022

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