

# 善寧會訊

## NEWSLETTER



善寧會

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家居照護的護士和臨床社工，陪同陳婆婆和家人旅行。  
The home care team accompanied Grandma Chan and her family on their outing.

## 晚晴圓夢 FULFILLING LAST WISHES

面對危疾，大部份人只關注病人身體的不適和痛楚，而忽略他們和照顧者的心靈需要；整全的舒緩治療，正好為他們提供涵蓋身、心、社、靈的適切服務，讓病人和家屬在晚晴路上不孤單。「畢竟，媽媽已105歲，這次可能是最後一次全家人去旅行。我們很感恩！今次的旅程相當順利，這不僅讓媽媽圓夢，也為我們幾兄弟姐妹帶來一份溫暖的安慰。」林女士欣喜地憶述去年八月與媽媽陳琮婆婆的「圓夢之旅」。

At the end of life, a patient's needs cannot be fully met through physical care alone. Comprehensive palliative care addresses not only the physical needs but also the psychosocial-spiritual needs of terminal patients and their families. "At 105 years old, my mother was able to join us on what was likely her last family outing. Seeing her final wish fulfilled brought immense comfort to me and my siblings." Ms. Lam smiled fondly as she recalled her time with her mother, Grandma Chan, in August of last year.

一個看似簡單的安排，對於晚期病人、家人和照顧者而言，卻是一趟不易的旅程。陳婆婆與家人信奉同一宗教，故大家早已期盼齊齊整整到慈山寺暢遊，陳婆婆除腹疼，亦受腿部疼痛影響，不良於行，出入須靠輪椅代步，加上林女士和家人年紀漸長，即使是短途的本地旅行，林女士亦有心無力。

When faced with terminal illness, even the most leisurely excursions can become taxing endeavours. Grandma Chan had long hoped to visit the Tsz Shan Monastery with her family, but by then, her illness had confined her to a wheelchair. As senior citizens themselves, Ms. Lam and her siblings were incapable of fulfilling their mother's wish without additional support.



為了讓陳婆婆圓夢，我們的家居照護護士和臨床社工旋即安排旅程，並陪同及安排專車接送陳婆婆和家人外出。對於這趟旅程，林女士坦言與家人期待已久：「雖然媽媽只是外出數小時，但她已感到十分高興和滿足，心情開朗不少！活動後，社工還給我們連同相框的家庭照，留下一個難忘的回憶，媽媽很是快樂，我們亦感受到別人親切的關懷。」

### 關顧心靈需要

受頑疾和痛症折騰的陳婆婆，是去年二月向我們的外展家居照護服務求助的個案。原因是近年她多次進出公立醫院急症室，過程中留下難以磨滅的烙印，於是她向家人表示不願再度入院。子女擔心媽媽情況，商議後決定安排媽媽在家寧養。

林詠芝（林姑娘）是跟進陳婆婆的家居照護服務的資深護師。她指陳婆婆常感痛楚，並出現水腫，加上年長且身體較弱，易感疲倦，所以經常臥床，比較沉鬱寡言。針對她身體不適，林姑娘除處理她的痛症和控制徵狀，還安排外展紓緩助理為陳婆婆進行伸展運動，減輕不適。在照顧者支援和情緒支援方面，林姑娘教導家人照顧病人的日常護理技巧，如肢體撐扶、病人皮膚護理等。林姑娘說：「除病人的身體不適外，我們亦關注照顧者面對的壓力和心理需要。因此，我們會與病人和照顧者建立緊密的溝通，了解她們所需，適時提供情緒支援和輔導。」經過個多月的照護，陳婆婆的心情逐漸變得開朗，精神有所改善，更主動與林姑娘閒談，分享她年輕時的點滴。

Upon learning of Grandma Chan's wish, our home care team was quick to organize the trip, which included wheelchair-accessible transportation for Grandma Chan and her family. "Although the outing only lasted a few hours, it was clear that my mother felt content and fulfilled. Afterwards, the social worker even presented us with a framed family photo to commemorate this cherished occasion!"

### Addressing Every Need

After a years-long cycle of repeated hospital admissions, Grandma Chan had no desire to set foot in public hospitals again. Concerned about her declining condition, Grandma Chan's children reached out to our home care services in February of last year.

Gigi Lam, the senior home care nurse assigned to Grandma Chan, explained that pain, oedema and advanced age were likely causing her fatigue and depression. In addition to pain and symptom management, Grandma Chan's discomfort was gradually relieved through stretching exercises performed by a Palliative Care Assistant. To ensure the family was well-supported, Gigi provided carer training in useful skills such as limb support and skin care. One month later, Grandma Chan's mood had improved to where she was initiating conversations with Gigi. "By establishing close communication with patients and their carers, we are able to better identify their needs and provide timely and appropriate support," said Gigi.

林女士（圖右二）指旅程不僅讓媽媽圓夢，也為她們帶來安慰。

For Ms. Lam (second from the right), the family outing not only fulfilled her mother's wish, but also brought her family comfort.



陳婆婆日漸變得開朗，精神亦有所改善。  
Grandma Chan's mood improved with each passing day.







「動物醫生」探訪陳婆婆，為她和家人帶來歡笑。  
"Doctor Dog" delighted Grandma Chan and her family with a fun-filled visit.

陳婆婆不良於行，出入須靠輪椅代步，經家居照護的護士和臨床社工協助，順利完成是次旅行。  
Despite being wheelchair-bound, Grandma Chan was able fulfill her wish with the support of the home care team.



## 遵從意願 不留遺憾

看到媽媽健康情況漸趨穩定，林女士深感欣慰。林女士和丈夫年屆七旬，早前因照護需要，安排媽媽短暫入住賽馬會善寧之家，恰巧入院前，林女士丈夫病倒，令她忙得不可開交：「當時精神壓力很大，但我堅持每天留宿陪伴媽媽，幸好有護士、社工和義工疏導情緒，其間又適逢『動物醫生』探訪，帶給我和媽媽歡樂，紓緩壓力。」

除身心照護外，林姑娘還向他們講解「預設醫療指示」，建議他們及早與陳婆婆共識，選擇合適的維生方案及陳婆婆後事的安排等。林女士非常感激林姑娘的提醒，她坦言自己只專注照顧媽媽，一直忽略後事安排：「現在了解媽媽的意願，日後會遵從其意思，讓媽媽不留遺憾！」。「圓夢」不僅是一個活動，也是一個意願、一份承諾、對至親無微不至的關愛。

## Without Regret

At one point, Grandma Chan required a brief in-patient stay at JCHH due to special care needs. Unfortunately, Ms. Lam's husband also fell ill during this time. "It was truly a stressful period but still I insisted on accompanying my mother every day," said Ms. Lam. "I was very fortunate to have been supported by the nurses, social workers and volunteers including "Doctor Dog", an animal therapy program that brought me much-needed comfort."

More recently, Gigi recommended an "Advance Medical Directive" for Grandma Chan, particularly regarding her treatment plan and funeral arrangements. Ms. Lam, who had been focused solely on taking care of her mother, was grateful for the reminder. "Now that I know my mother's final arrangements, I will make every effort to see them through!" Fulfilling last wishes goes beyond simply checking off a loved one's bucket list items; it is a promise to accompany and love them until the end.



「床邊關顧」時Paul必會坐在椅上，讓病人能自如地直視自己，毋須因仰視而令肩頸不適。  
As a bedside volunteer, Paul prefers to connect with patients at eye level.

## 生命同行者

## A PATIENT'S COMPANION

「床邊關顧是一種與病人同行的工作，我們需要尊重生命，讓病人和家屬在這艱難日子裡，彼此都能生死相安。然而，凡事不能勉強，一切講求『緣』字——人緣和機緣。」關中明言簡意賅道出床邊關顧的意義與條件的配合。

"To perform bedside care is to accompany the terminally ill on their end-of-life journey," explained Paul, a bedside volunteer at SPHC. "We must respect the process and support both the patients and their families."

關中明（Paul）從事教育工作40年，是一名中學教師，任教生物科和宗教倫理科，熱愛生命。他於2009年退休，希望為醫院病人提供床邊關顧，於是接受及完成了多個由醫院及寧養機構舉辦的紓緩科義工培訓，包括臨床醫院牧靈課程（CPE）、晚晴照顧及寧養訓練等。目前，Paul是我們「床邊關顧」的義工，他每星期兩天到善寧之家，進入病房探望晚期病人聆聽他們和家屬的心靈需要，並給予關懷、安慰、疏導情緒和支持，幫助他解開心結。

After 40 years of teaching secondary school biology, Paul retired in 2009 and became interested in serving the terminally ill. He completed several training courses including terminal bedside care and clinical pastoral education before joining SPHC as a bedside volunteer. Twice a week, Paul visits JCHH to provide emotional and spiritual support to patients and their families.



進入病房前，Paul會先向護士了解病人情況。  
Before each visit, Paul would enquire about the patient's health condition.

用愛與恕做到釋懷、不糾結過去、不憂心未來，便能善生善別。  
Practice love and forgiveness, do not dwell in the past nor worry about the future.



### 關愛與尊重 不做判官

從中學的生物實驗室到病房，他笑言一生都從事與「人」有關的工作，皆因自己喜歡探索生命。「生命就是傳承。至親雖已離去，其精神卻活在留者心中，延續一代接一代的愛。床邊關顧的工作，讓我接觸許多病人和家屬；有年青時當苦力艱苦工作養活一家的父親、有一生只為他人付出和照顧別人的媽姐（馬姐）、有在奶奶臨終前悔過的媳婦…細聽他們人生的苦與樂，見證生命的傳承。」

人與萬物同為一體，我們影響周邊的人和事，也被周邊的人和事所影響。因此，擔任「床邊關顧」的義工須具備良好的心理質素，富同理心、有耐性、成熟、樂意聆聽、正向人生觀、懂得尊重別人、尊重生命等要素。Paul認為床邊關顧的義工，要清楚自己的角色，不是人生導師或顧問，毋須對病人所思所感提供任何意見或建議，亦不應加上自己的主觀判斷，反之要對病人真誠的尊重，意識上要明白自己的身份是「生命的同行者」，並非「生命的判官」。

### Care Without Judgement

As a former biology teacher, Paul's passion for life inspires him to work with people. "When people pass away, their memories continue to live on for generations. Volunteering in the ward allows me to connect with a diverse group of people. One has but to listen to discover countless touching stories of love and forgiveness at the end-of-life."

Humans are highly interconnected beings with the ability to affect and be affected by those around us. Empathy, patience, positivity, respect and good listening skills are all qualities found in an effective bedside volunteer. According to Paul, bedside volunteers should never judge or advise patients, but rather simply be a respectful and attentive companion.





## 初見也是送別

人生總是充滿不確定性，尤其是對晚期病人而言。「每次進入病房前，我會對自己說『珍惜與他們每次的相遇，因為可能再沒有下次』。凡事都講求條件配合，能否幫助病人釋懷與放下，一切都是『緣』，所以我必須全情投入、聆聽與陪伴；可能是病人的狀態欠佳而謝絕探訪，欠的是『人緣』，又可能我再到病房時病人已離世，欠的是『機緣』。」

生命連繫生命，互為相向。因此，只要病人願意分享，Paul都會真誠地聆聽他們的痛苦和往事，與病人一起回顧他的一生，適時對病人讚許，肯定他的過去、為家庭的付出和愛，確實不枉此生。同時，他亦運用病人的自述，引導家人進行「四道」道謝、道愛、道歉、道別，疏導他們內心的不安和遺憾，從而讓彼此學習釋懷、放下，既不糾結過去，亦不憂心未來，善生善別。「感恩（上天安排我來）善寧之家給我機會，為晚期病人『床邊關顧』，讓我看到生命中的情與義、善與愛。因為當我聆聽病人的分享時，就如與他們在晚晴生命路上並肩同行。」Paul笑道。



Paul向臨床社工了解病人與家屬的情況及需要，以提供適切的情緒支援。

To ensure appropriate emotional support is provided, Paul consults with Clinical Social Workers on the needs of the patients and their families.

## Introductions Were Also Farewells

Life is full of uncertainties, especially for the terminally ill. "Each time I set foot in the ward, I remind myself to cherish every interaction because there may not be a next time," said Paul. "Fate and chance dictate whether or not I am able to meet with each patient."

As long as there are patients willing to share, Paul will be there to listen. In turn, Paul would use these sharings to guide other families through the four stages of farewell: "showing gratitude", "expressing love", "making amends", and "saying goodbye". "Fate brought me to SPHC where I was presented with a precious opportunity to serve the terminally ill. To be able to accompany each patient on to their final journey is both a blessing and a privilege," said Paul with a smile.

「床邊關顧」的義工 —— 關中明  
Paul Kwan – Bedside Volunteer





## 給最愛的說話 WORDS OF LOVE

黃伯伯表示善寧之家，讓他感受到溫暖。（圖為與善寧之家副院長陳木光先生合照）  
Grandpa Wong said the good work of SPHC warms his heart. (Grandpa Wong (left) with Mr. Chan Muk Kwong, Deputy Superintendent (right)).

「一生中最關心的就是女兒、孫女和女婿。我的人生已步向晚晴，餘下日子不多，但仍有許多話想向女兒說。最愛的女兒，請你謹記……別將太多精神和心思投在爸爸身上。請你將對我的愛，分給丈夫的家人。」氣喘的黃炳森伯伯，費力地用他沙啞的聲音，留言給最愛的女兒。

"With my final days approaching, there is still so much that I want to say to my beloved daughter," said Grandpa Wong between laboured breaths. "My dear, please don't waste your energy worrying about your father. Instead, pass my love on to your husband and daughter."

生於戰時的黃伯伯，年輕時歷盡艱辛，當過不少勞動工作，如打鐵、燒焊、泥水工人等。縱然生活再苦，但眼看女兒快樂地成長，黃伯伯內心也感到安慰。

Born during the war, Grandpa Wong endured many hardships in his youth and later earned a living through backbreaking construction work. Yet no matter how hard life became, he found comfort in ensuring that his daughter had a happy childhood.

### 讓病人感到被尊重

早年患上甲狀腺癌並擴散至肺部的黃伯伯，呼吸困難，經常進出公立醫院。後因聲帶麻痺接受氣管造口手術，幫助呼吸；亦因如此，他出現言語困難，且聲音沙啞。由於黃伯伯獨居在大埔烏蛟騰，地點極為偏僻，加上近年的身體每況愈下，種種因素為他埋下隱憂。他曾多次因身體嚴重不適，急須召喚救護車，惟救護員抵達烏蛟騰後，遍尋不到他的居住點，導致經常延誤送院，令女兒十分擔心。

### Respecting the Patient

Grandpa Wong suffers from thyroid cancer that has since metastasized to his lungs, causing breathing difficulties. Due to paralysis of his vocal folds, Grandpa Wong underwent a tracheostomy, which improved his breathing but left him with a hoarse voice. In recent years, his deteriorating condition has led to several medical emergencies requiring ambulance services. Unfortunately, paramedics often had trouble locating Grandpa Wong's residence in remote Wu Kau Tang, Tai Po, creating delays that worried his daughter greatly.





外表剛毅的黃伯伯，非常疼惜家人，他希望孫女的潛能得以啟迪，並培養良好的品德。

Despite his stoic appearance, Grandpa Wong loves his family deeply and hopes that his granddaughter will become an upstanding and driven person.

黃伯伯以「過來人」形容自己，希望更多基層晚期病人，能得到適切的舒緩治療。

Grandpa Wong wishes that more grassroots terminal patients will be able to receive quality palliative care.



經社工介紹後，黃伯伯認識善寧會並成功申請善寧之家的資助病床。他說：「我是基層晚期病人。住院的日子裡，我們每天接觸的醫護、社工、護理員等總是笑臉迎人，稱呼我『黃伯伯』前、『黃伯伯』後。醫護團隊不僅對病人很細心，更絕不因病人的身份，而帶有歧視和偏見，讓病人感到被尊重，他們以『行動』體現和證明機構的服務宗旨。在善寧之家，讓我感受到溫暖！」

After being introduced to SPHC by a social worker, Grandpa Wong successfully applied for the "Subsidy Bed Scheme" at JCHH. "Even though I am a grassroots patient, the clinical staff are always courteous and treat me with utmost respect. Never once have I felt judged for my social status," he said. "Everyone upholds the mission and values of the organization, which is very heartwarming to see!"

### 祝願同路人

外表剛毅的黃伯伯，內心非常疼惜家人，尤其女兒，談話時常提及她。他笑言女兒很愛護自己，但這點卻令他擔心女兒被人誤會，只會照顧父親，而忽略親家的家人。他感觸說：「我常苦口婆心勸女兒，要互相尊重，愛護丈夫的父母和家人，就如關顧我一樣！同時，我常勸導女兒別給予孫女學業過大的壓力，父母的責任是教導孩子走正確的道路，啟迪孩子的能力，培養孩子的品德才是最重要。」

### Extending a Helping Hand

Underneath Grandpa Wong's stoic exterior is overflowing love for his family, especially his daughter. However, he expressed concern that his daughter's devotion to him would result in the neglect of her in-laws. "I often remind my daughter to show the same love to her in-laws as she has to me," an emotional Grandpa Wong said. "I also urge her not to place too much academic pressure onto my granddaughter but rather nurture her talents and foster upstanding character."

至於身邊的親友，黃伯伯笑言自己常勸勉他們，有能力就捐錢幫助人，最理想是每月定期捐款助人。為身體力行，黃伯伯先後兩次捐款給善寧會。他坦言自己是「過來人」，故希望略盡綿力，祝願更多和自己一樣的基層晚期病人，均能得到適切的舒緩治療，並在家人陪伴下，完成人生最後的旅程，達至生死相安。

As for his friends and relatives, Grandpa Wong encourages them to donate to charity whenever possible. Leading by example, Grandpa Wong has twice donated to SPHC to help more grassroots patients like himself receive quality palliative care and spend their final days surrounded by the love of their families.

# 心度療癒 HEALING THE HEART



經歷三次喪親之痛的黎婆婆，在家居護士和臨床社工協助後，悲傷逐漸得以舒緩。  
After experiencing three heartbreaking losses, Ms. Lai's mother felt the burden of grief lessen with the support of the home care team.

喪親的悲痛需要時間沉澱；然而，如果喪親之痛在短時間內接二連三發生，「留者」承受的心理壓力和沉重打擊，又應如何疏理？「當我們失去至親時、也是最需要支援的時候。當時，善寧之家的家居護士和臨床社工及時提供協助，舒緩媽媽的哀傷情緒，走過艱難時刻。」黎小姐一家，在短短的七個月裡，先後面對三名至親離世，而81歲的媽媽最為悲痛。

The bereavement journey is often long and difficult, but exponentially more so in the event of back-to-back losses. So, how does one cope with such enormous psychological trauma? The loss of three loved ones over a mere seven months devastated Ms. Lai and her family, but her mother most of all. "It was only with the close support of the home care nurse and clinical social worker that my 81-year-old mother was able to endure this heartbreaking chapter for our family," said Ms. Lai.

整全的「舒緩治療」不僅從「身心社靈」方面照顧病人，也關顧家屬的情緒需要，以改善他們的生活質素，讓病人能安詳地走完人生的最後一程，達致生死相安。

## 最後告別

黎伯伯於2021年因大腸癌擴散至腦部，經醫生評估只剩兩個星期，及後入住善寧之家，病情穩定後回家寧養一個月，其後再入住善寧之家。黎小姐憶述：「爸爸離世前一天，在病房與我們搓麻雀耍樂，他很高興。晚上，病房護士提示我們，指爸爸出現彌留徵狀，於是我們立即通知親友，齊齊整整與爸爸作最後告別。爸爸無牽無掛地離開，他很安詳、很舒適。」而黎伯伯的告別禮，亦選擇在善寧之家的「靜思室」舉行。

Comprehensive palliative care addresses not only the needs of the patient but also those of the family members, ensuring they are well-supported.

## Final Farewell

Ms. Lai's father was diagnosed with colon cancer that metastasized to his brain in 2021. With a life expectancy of just two weeks, he was admitted to JCHH for symptom management, then readmitted a month later for terminal care. "The day before my father passed away, he was happily playing Mahjong with us in the ward," recalled Ms. Lai. "Later that evening, the nurse informed us that he had entered the dying stage. We immediately notified our loved ones and said our final farewells. My father departed peacefully and without regret soon after." Finally, his funeral was held in the Quiet Room of JCHH.



臨床社工與義工探訪黎婆婆，並透過做勞作，鼓勵婆婆多與人溝通，保持社交。

To encourage social contact, Ms. Lai's mother was often visited by the clinical social worker and volunteers.



黎伯伯離開後，黎婆婆出現食慾不振，情緒低落，衣著亦以素色為主悼念故人；畢竟二人共處六十多年，無數的生活點滴、深厚的感情，編織屬於他倆永不磨滅的珍貴回憶。其間，我們的臨床社工定期家訪黎婆婆，為她提供善別輔導，紓緩喪親的哀傷情緒。由於黎婆婆患有高血壓和高血糖，並曾進行心臟「搭橋」手術，故家居護士亦定期家訪黎婆婆，為她提供徵狀控制、用藥指導和照顧者支援等，並安排外展紓緩治療助理為她提供伸展運動，減輕肌肉和筋骨的不適。經過一百天，黎婆婆逐漸釋懷，重新適應生活。

### 再次悲痛

正當大家以為雨過天晴，下一秒卻疾風迅雷。「在爸爸離去後的第五及第七個月，姐夫和姐姐雙雙猝然離世！這次的雙重打擊令媽媽極為心痛，我於事發當日立即通知家居護士和臨床社工，她們及時提供情緒支援。然而，有別於爸爸『有心理準備』的離開，姐夫和姐姐走得很突然，媽媽承受很大的壓力，情緒飽受困擾，經常哭泣、焦慮、緊張、失眠、胃口喪失等，甚至表示『想跟姐夫和姐姐一起離去』。為免媽媽觸景傷情、甚至尋死，於是我們立即為她調遷。」

家居護士和臨床社工明瞭黎婆婆極需陪伴和關愛，故加密家訪次數，在「身心社靈」上提供適切支援；一方面跟進婆婆的病情，另一方面加強善別輔導，透過聆聽、面談、幫助婆婆懷緬至親，讓她從實際生活中發掘與逝者靈性和精神上的聯繫。同時，臨床社工亦安排義工陪同探訪，透過做勞作和小手工，鼓勵婆婆與人溝通，保持心靈和社交的活動。

隨著時間流逝，黎婆婆喪親的哀痛逐漸釋懷，這個轉變不僅令黎小姐體會到紓緩治療對病人、對家屬的重要性，也感受到醫護團隊對服務使用者，一份從心出發的治療。



「外展紓緩治療助理」袁姑娘與黎婆婆玩小遊戲，訓練腦部反應，保持心境開朗。  
Sinla Yuen, an "Outreach Palliative Care Assistant", engaged Ms. Lai's mother with lighthearted games.

### Renewed Grief

Unfortunately for Ms. Lai and her family, the grief did not end there. "My brother-in-law passed away unexpectedly five months later followed by my sister seven months later. Unlike my father's passing, no one was mentally prepared to deal with these tragic losses," said Ms. Lai. "My mother was inconsolable and withdrew into a deep depression. She suffered from severe anxiety, insomnia, lack of appetite, and at times, had suicidal thoughts. When it became clear that professional help was needed, I immediately informed the home care team."

To ensure that Ms. Lai's mother received adequate physical and psychosocial-spiritual support, the home care team conducted frequent visits to follow up on her condition. Intensive bereavement counseling was provided to help her reframe her grief through positive memories of the deceased. In addition, volunteer-led activities such as arts and crafts were arranged to encourage human interaction and promote social well-being.

Gradually, the suffocating weight of grief began to lessen for Ms. Lai's mother. After witnessing the change in her mother, Ms. Lai truly understood the importance of comprehensive palliative care and the compassionate team delivering it to terminal patients and their families.



# 推廣寧養 ADVOCACY

## 第19屆香港紓緩照顧研討會

為推廣寧養紓緩在港的發展，「第19屆香港紓緩照顧研討會」於2024年2月24日在香港青年協會大廈順利舉行。大會榮幸邀得醫務衛生局副局長李夏茵醫生太平紳士擔任主禮嘉賓，香港浸會大學協理副校長（臨床中醫藥）卞兆祥教授MH、香港理工大學護理學院助理教授程慧琳博士、屯門醫院營養師蔡映珠等擔任講者。

是次大會主題為「Compassionate Care For All」（全民關愛），共吸引221名業界人士參與，彼此就紓緩照顧的課題發表及分享其研究成果，促進香港紓緩治療的發展。

在此，我們衷心感謝各位嘉賓、講者及業界人士出席研討會，並感謝香港紓緩醫學會、香港紓緩護理學會合辦是次研討會。



## The 19<sup>th</sup> Hong Kong Palliative Care Symposium

In order to promote the development of palliative care in Hong Kong, the "19th Hong Kong Palliative Care Symposium" was held on 24 February 2024 at the Hong Kong Federation of Youth Groups Building. With the esteemed Dr. Lee Ha-yun, Libby, JP (Under Secretary for Health, Health Bureau) as the Guest of Honour, this year's event was themed "Compassionate Care For All" and featured notable speakers such as Prof. Zhaoxiang Bian.MH (Associate Vice-president of Chinese Medicine Development, Hong Kong Baptist University), Dr. Eileen Cheng (Assistant Professor at the School of Nursing, The Hong Kong Polytechnic University), and Ms. Choi Ying-chu, Penny (Dietician at Tuen Mun Hospital).

In total, the event attracted 221 healthcare professionals, many of whom shared their research publications on various palliative care topics. Our sincerest thanks to the special guests, speakers and attendees as well as to the co-organizers: Hong Kong Society of Palliative Medicine and the Hong Kong Palliative Nursing Association.

## 第24屆3G圓滿人生輔工課程

第24屆「3G圓滿人生輔工課程」，於2024年4月10日至5月10日舉辦，「玫瑰堂關社組」為協辦機構、「香港社區健康學院」為支持機構。本會榮幸邀得資深傳媒工作者暨「3G圓滿人生輔工課程」創辦人、兼善寧會榮譽顧問及生死教育倡議者蕭孫郁標女士擔任主持，並由多位資深醫護及專業人士擔任導師。



## The 24<sup>th</sup> 3G Quality Retirees Course

The 24th 3G Quality Retirees Course was successfully held from 10 April to 10 May 2024. Returning as host was founder and media veteran Ms. Yvonne Siu Sun Yuk-bui, who is also an Honorary Advisor for SPHC and a life-and-death education advocate. The course featured a team of expert instructors who covered topics on physical and psychosocial-spiritual health for retirees.

A special thanks to the co-organizer, Rosary Church Social Concern Group, and the supporting organization, Hong Kong College of Community Health Practitioners.



# 登山善行 圓滿結束

## A SUCCESSFUL HIKE FOR HOSPICE



感謝社會各界、友好機構及善長的支持，我們的年度盛事「登山善行」，已於2024年3月10日（星期日）在港島大潭郊野公園圓滿舉行！主禮嘉賓嘉栢環球集團創始人暨主席詹康信先生GBS致辭時，呼籲參加者日後繼續以不同方式支持善寧會，並期待明年再與大家一起「登山善行」。善寧會執行委員會主席汪國成教授就非常感謝社會各界一直支持善寧會，將關愛帶給晚晴。



至於「登山善行 頒獎典禮」則於5月23日在皇冠酒窖舉行，得獎企業及參加者均撥冗出席，接受頒發獎盃及獎品。

2024年的「登山善行」吸引四百多人參加，共籌得二百二十八萬元善款，幫助基層的晚期病人及其家屬，為他們提供適切的寧養舒緩及善別輔導服務。

The annual Hike for Hospice was successfully held on Sunday, 10 March 2024 at Tai Tam Country Park, Hong Kong. The Guest of Honour was Mr. Jim Thompson, Founder and Chairman of The Crown Worldwide Group, who gave a heartfelt appeal for the continued support of Hike for Hospice in the years to come. This was followed by a speech from Prof. Thomas Wong Kwok-shing, Chairman of the Executive Committee of SPHC, thanking all the supporters for adding life to days for the terminally ill.

To celebrate the event's top performers, trophies and other prizes were presented to individual and corporate winners at the Hike for Hospice Awards Presentation Ceremony held on 23 May 2023 at the Crown Wine Cellars.

The 2024 Hike for Hospice drew over 400 participants and raised more than HK\$2.28 million for the provision of palliative care and bereavement counselling to underprivileged terminal patients and their families.

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善寧會是一所不受政府津助的非牟利慈善團體，我們的服務實有賴社會大眾的支持！過去半年，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 during these 6 months. Thank you for supporting our mission.

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

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NW September 2024

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