



Charis Hospice

圣恩安宁护理

26, Lintang Paya Terubong 3, 11060 Penang

Tel : 04-8266757 Fax: 8267717 Email: charishp@streamyx.com
Website: www.charishospice.com

April 2009

R
E
A
C
H

O
U
T
R
E
A
C
H

伸
出
援
手
触
动
生
命

Hospice care in a nutshell.....

Changes are inevitable in any health crisis. Changes for the patient and the family. Changes are stressful for life is not and may not be like before again.

The hospice team endeavours to come alongside the cancer patient and family in their journey of change. We visit them at home to try to ease the physical pain and suffering of the patient by controlling his symptoms, and to guide the family along in caring for him. We network with the hospital doctors so that the patient receives good care at the hospital and also at home. We also endeavour to support the patient and family in their emotional distress, which sometimes outweigh the physical distress. Often, we do not have answers but we are there to lend a listening ear and offer practical help needed. At times, we hope we can help ease the trauma of the impending loss of a loved one. At other times, we hope we can encourage cancer survivors to carry on living life to the fullest.

Dr Oo Loo Chan
Medical Director



胡茹珍医生
医药主任

Charis Hospice is a non-profit organization offering free palliative home care services to patients with cancer, irrespective of race and religion.

安宁护理事工简介

遇到健康危机时，改变是无所避免的。改变给病患及其家人带来压力，因生活与以往不一样了。

安宁护理队员竭力与癌症病患及其家人一起渡过改变的历程。我们上门探访病患，帮助控制病症以减轻病患的痛楚，亦教导家属护理技巧。我们与医院的医生有网络联系，好让病患在医院及家中都得到良好的护理。病患与家人情感的悲伤往往比身体的痛楚更痛苦。我们亦在这方面援助他们。我们时常没给予病患答案，但我们给予聆听的耳朵及实际的协助。有时我们盼望能帮他们舒缓即将丧失亲人之痛。我们亦希望能鼓励癌症幸存者活得更充实。

圣恩安宁护理是一个不分种族，宗教，为癌症病患提供免费家居安宁护理的非营利机构

TESTIMONY BY LEE GUAT POH:

My mother was diagnosed with cervical cancer in 1998. She recovered after chemotherapy. In December 2007 she relapsed. She was hospitalized because her lungs were filled with water, and was discharged in Feb 2008. We contacted Charis Hospice. The staff was very dedicated and diligent in their duties. They showered her with love. God blessed us with strength and joy. Whenever my mother was weary, my two daughters would spend time with her. She was very touched. After her baptism in May she passed away. To God be the glory!



在1998年我的母亲李月宝被诊断患上子宫颈癌症。经过化疗后她已痊愈，但是在2007年12月时她旧病复发，因她的肺积水必须住院治疗。2008年2月才出院。我们联络圣恩安宁护理。圣恩安宁护理的职员们对工作有委身精神及对我母亲蛮有爱心。神赐给我们力量和喜乐。我的两位女儿时常陪伴我的母亲，她非常感动，终于五月接受洗礼，两天后庆祝生日就蒙主恩召。愿荣耀归于上帝。

见证：陈茹莉

Full testimony is available on the website
详细的见证请参阅网页

TESTIMONY BY TENG GIN CHYE:

I thank God for choosing me to be His child. I also thank the staff and volunteers of Charis Hospice for helping needy people, including my dad.

Last year my friend introduced Charis Hospice to us. Dr Oo and the nurses came weekly to check my father's blood pressure, provide palliative care and even gave him a jab without any charge. They also lent him a hospital bed. He was also being counselled.

I was very touched by the ministry of Charis Hospice and the testimonies of friends.

My view of Christianity was changed. Last year, on Christmas Day my wife and I were baptized. Thanks be to God!



我要感谢上帝拣选我做他的儿女。我也要感谢圣恩安宁护理的职员和义工，因她们的付出才能帮到很多需要被帮助的人，包括我爸爸。去年经朋友介绍而认识圣恩安宁护理。胡医生及护士们每个星期来我家为我爸爸量血压，做护理工作，甚至为我爸爸打针，也不收半分钱，以无条件的借医院的床给爸爸用。

我被圣恩安宁护理的事工所感动。也听了朋友们的见证，让我对基督教有所改观，结果在去年圣诞节我与太太一起接受浸礼了。感谢主。阿们。

见证：邓人财

**If you are diagnosed with cancer...
Where do you go from here?
What do you need to do next?**

**Confused?
Call 8266757 from 10am - 4pm (Mon-Fri)**

Exercises

WHILE SITTING

Note: Sit erect in a chair with your feet flat on the floor and your knees together. You may do these exercises whilst watching television.

LEG KICKING

- Raise the leg so that it is straight out in front of you
- Lower it to the floor
- Repeat this with the other leg



FOOT TAPPING

- Move your foot up and down at the ankle with one leg
- Repeat with the other leg



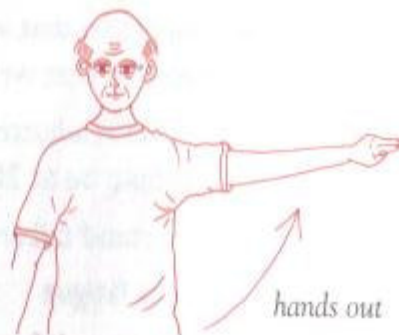
HANDS TOWARDS CEILING

- Raise your hand over your head keeping your elbow straight and the palm of your hand facing inwards towards your body
- Repeat this with the other hand



HANDS OUT

- Raise your hand out, away from your body out to the side
- Lower the hand
- Repeat this with the other hand



EXERCISES IN SITTING

Christmas Tea Party at 32 At the Mansion

- It was held on 21st December 2008.
- The guest of honour was Dato Seri Nazir Ariff, the executive director of Ivory Properties.
- The Christmas Tea Party was sponsored by Ivory Properties and The Mansion.
- There was great food and entertainment for our patients and family members, and also some very touching testimonies.

圣诞茶会于2008年12月21日

- 地点在32号The Mansion.
- 茶会的贵宾是Dato Seri Nazir Ariff, Ivory Properties的董事.
- 茶会是由Ivory Properties和The Mansion所报效。当天有很多美食，娱乐及感人的见证



CHARIS SUPPORT GROUP

圣恩支援小组第一周年庆祝

1st Anniversary - 1st November, 2008

19位出席于2008年11月1日

19 people turned up for a simple yet delicious
lunch at the Seed Natural Food Cafe

的聚餐



Up and coming Event

Hunt for Charity 2009

It is a motor treasure hunt to discover the heritage sites in Penang

Date: 18th April 2009

For details, please contact

YY Wong at 04-8266757

预告：

为慈善追寻

驾车去发现

槟城古迹地点

日期：2009年4月18日(星期六)

详情请联络YY Wong 电话：04-8266757

Financial support is welcome. (Tax exempted)

Kindly address cheques to "Charis Hospice"

欢迎各位给予经济支援。支票抬头请注明

"Charis Hospice"

Visit us at www.charishospice.com