



HOSPICE Bulletin



National
Cancer
Society
Malaysia
PENANG BRANCH

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Quarterly newsletter of the National Cancer Society of Malaysia, Penang Branch.

A CULTURE OF CARING *by Dato' Seri Dr T. Devaraj*

Malaysians would be familiar with the phrase "caring society" which was first enunciated in February 1991 by the then Prime Minister in his paper to the Malaysian Business Council entitled "Malaysia: The Way Forward", as one of the challenges to be surmounted to achieve Vision 2020. The full version of this challenge he said was "establishing a fully caring society and culture, a social system in which society will come before self, in which the welfare of the people will revolve not around the state or the individual but around a strong and resilient family system".

How have we progressed over the last 26 years, especially as developed nation status has been targeted for 2020? Perceptions will vary – from the optimistic to the negative. While a focussed assessment may not be available to the public yet we all must be aware that different aspects of "caring" have been taken up by society – civil or public- be it that of people, environment or animals for instance. Just as Rome was not built in a day it is best to see this challenge to society, (all societies have been and will be challenged over time), as a work in progress. It will require as always a commitment and dedication to do what is right and perhaps lead us to a meaning in life that we all seek.

In an article in the January 5 issue of the New England Journal of Medicine this year a doctor, who had a miraculous recovery from internal bleeding, writes of her experience as a patient thus: "As a patient, I was privy to failures that I'd been blind to as a clinician. There were disturbing deficits in communication, uncoordinated care, and occasionally an apparently complete absence of empathy. I recognised myself in every failure." How more honest can one be?

Many are the requirements for a "culture of caring". Good communication is essential when caring for anyone who is ill and out of this will emerge understanding and trust between the patient and carer - the latter could be a health

professional or a non-professional. Empathy is much more than compassion which has this definition: pity for the suffering of others, making one want to help them. Empathy is "trying to feel" what the patient feels by putting ourselves in the shoes of the one who is ill and suffering. Obviously that target can never be realised fully as we, the carer, are not the ill person.

What about "uncoordinated care"? This occurs often in health care in Malaysia. The roots go back – really back to the advent of western medicine in Malaya. This has been aggravated especially over the last three decades with the development of a two tier hospital care system – public and private and the decreasing role of family doctors. The reality is that our health care scenario is crying out for more coordinated care. This is an essential requirement, especially with the needs for long term care in the face of rapidly growing non communicable diseases (NCD's) such as cardiovascular, respiratory diabetes, cancer, dementia. This is not "akan datang" but the reality as we are already in the midst of a multi morbidity modern epidemic that will affect all of us in one way or another.

For good medical care health professionals have to be both competent and compassionate. Often lost along the way is coordination of such care. Whose responsibility is this? I think it is primarily the duty of the health professional but backed by a supportive environment for good care, which means the health care system – public or private. A further necessity is cooperation of the ill person and family – not to go doctor or hospital hopping besides recognising and acting on this belief that health and health care is their responsibility as well. To complete this best possible scenario would be the long overdue sustainable health care financing mechanism for the country.

Is a "caring society" beyond us? Let's ponder on this saying by Nelson Mandela:

"IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT IS DONE"

Contents:

Page 3 RELAY FOR LIFE	Page 4 Sincere condolences to Dato' Seri Dr T.P. Devaraj and family	Page 5 Exchange Tour to Penang 2016, National Cancer Society Malaysia (Penang Branch)	Page 6 Fundraising & Donations for Penang Hospice Society
Page 8 Our experience with Penang Hospice Society	Page 9 The human condition and The "human condition – ed"	Page 10 The human condition and The "human condition – ed" <i>continued</i>	Page 11 CANCER, MAKNA & I

Happenings:

• CARERS' MEETINGS_Penang Island

Venue: Rumah Hospis Pulau Pinang
Day : Every Friday
Time : 0900 – 1100

Happenings:

• Monthly Meeting/Professional Development

A monthly meeting with doctors and nurses of Penang Hospice Society is held on the first Friday of the month from 9am to 1pm. Palliative care nurses present a new medical topic at every meeting. The two topics covered in January and February were "Cutaneous t cell lymphoma and "Pancreatic cancer" respectively.

• 44th Joint Clinical Meeting of Hospice Groups

The quarterly joint clinical meeting of hospice groups was hosted by Penang Hospice Society on 22 February 2017. The sharing session was well attended by hospice health care providers from Charis Hospice, Palliative Care Unit of Hospital Pulau Pinang, Palliative Care Unit of Hospital Bukit Mertajam and Mount Miriam Cancer Hospital. 3 topics were discussed. The first one was on "Once on opioid-Always on opioid?" presented by Staff Nurse Yeoh Phen Loo of Charis Hospice. Dr Jaishree of Palliative Care Unit of Hospital Pulau Pinang talked about "Decision making" and finally Palliative Care Nurse Molly Lim shared a case on "Pancreatic Head Carcinoma". The next Joint Clinical Meeting of Hospice Groups will be hosted by Palliative Care Unit of Hospital Pulau Pinang

• Basic Communications workshop – Wednesday 29 March 2017

A one day interactive workshop on Basic Communication Skills facilitated by Ms Rita Malayapillai, the President of Penang Association of Counselling and Psychology combined input with activities to increase awareness of the communication process and the dynamics involved. It was held on Wednesday 29 March 2017 at Rumah Hospis. A total of 12 participants registered for the workshop, coming from different organizations in the northern region – Hospital Bukit Mertajam, Penang Adventist Hospital, Gleneagles Medical Centre, Lam Wah Ee Hospital, Hospital Pulau Pinang and Butterfly Nursing Home and Bagan Specialist Centre.

About Hospice Bulletin

HOSPICE BULLETIN is the quarterly newsletter of the National Cancer Society of Malaysia, Penang Branch with input from Penang Hospice Society. We welcome your contribution to the bulletin. Please submit at least six weeks before issue date which are the first day of January, April, July and October.

All items submitted for inclusion in the Hospice Bulletin must be signed but authors's requests to remain anonymous will be respected. Contributions can be sent to: The Editorial Team, National Cancer Society of Malaysia, Penang Branch, 250A, Jalan Air Itam, 10460 Pulau Pinang.

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PUBLICATION ASSISTANT Ms Chitra Alagan

The views expressed in HOSPICE BULLETIN are not necessarily those of the National Cancer Society of Malaysia, Penang Branch, the Penang Hospice Society or of the Editorial team.

www.penanghospice.org.my
www.relayforlife.org.my
www.ncsmpenang.org



Celebrate, Remember, Fight back!

RELAY FOR LIFE PENANG 2017

6pm Saturday 30 September – 10am Sunday 1 October
Stadium Olahraga Universiti Sains Malaysia

An event to raise cancer awareness and funds for the
National Cancer Society of Malaysia, Penang Branch

For more information please contact:
RELAY FOR LIFE SECRETARIAT
250A Jalan Air Itam,
10460 Penang
04-228 4140
relayforlifepenang@gmail.com
www.relayforlife.org.my

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Sincere condolences to Dato' Seri Dr T.P. Devaraj And family

All of us, committee members, volunteers and the staff of the National Cancer Society of Malaysia, Penang Branch and Penang Hospice Society offer our deepest condolences to Dato'Seri Dr Devaraj and family on the demise of Datin Seri Elizabeth Sarojini Devaraj on 17th March 2017.

Datin Seri Elizabeth, a retired teacher, made great contributions to both our societies for decades. Her role as the chairman of the food committee at many of our Relays for Life had been very commendable.

Datin Seri Elizabeth had been the strong pillar behind Dato' Seri Devaraj enabling him to devote time and attention to the various outstanding non-government organizations in the country.

The contributions of both of them to the community is tremendous.

May Datin Seri Elizabeth rest in peace.



The late Datin Seri Elizabeth Sarojini Devaraj

Exchange Tour to Penang 2016_National Cancer Society Malaysia (Penang Branch)

The Central Office for Volunteer Service of the Social Welfare Department of the Hong Kong Special Administrative Region Government (HKSARG) is interested in the work of National Cancer Society of Malaysia, Penang Branch.

They wanted to increase public awareness on volunteering and promote the spirit of volunteerism in Hong Kong through different sectors. Among them, the sector of student and youth is one of their prime target groups. They have been organising the Hong Kong Outstanding Youth Volunteers Scheme (HKOYVS) since 2000 with the aim to recognise youth volunteers for their contributions to the society; to widen the perspectives of the youth volunteers; to inspire youth volunteers to promote the spirit of volunteerism and to foster a caring community. To develop their world vision on volunteering, the office arranged an exchange tour for the Hong Kong Outstanding Youth Volunteers (OYVs) to various countries annually. In 2016, they planned an overseas exchange tour to Penang, Malaysia to widen the youth volunteers' exposure on the volunteer development in a multi-cultural society.

A sharing session was held with 20 of their youth volunteers and the Society was represented by Dato' Seri Dr T. Devaraj, Chairman of National Cancer Society of Malaysia, Penang Branch and Ms Sukhveer Kaur, an active volunteer of National Cancer Society of Malaysia Penang Branch.



Youth volunteers Donald Lam, Naheem Khan with Sukhveer Kaur and Saliza, staff of NCSM(Pg)



NCSM(Pg) volunteers Aawaisha, Kavisha and a volunteer

Fundraising & Donations for Penang Hospice Society

In aid of "Hospice at Home Programme" of
Penang Hospice Society

Pesta Makanan Amal 食物义卖会暨娱乐市 food & fun fair



**Makanan, Permainan, Aktiviti Kanak-kanak
Hiburan, Inai dan Lukisan Wajah
Jualan Serbaneka dan banyak lagi**

Tarikh & waktu : **21 Mei (Ahad) 2017 - 9 pagi - 2 petang**

Tempat : **Dewan St Anne, Bukit Mertajam**

Dianjurkan oleh:



Disokong oleh:



Come join us! For enquiries please contact : 04-537 4140 / 04- 228 4140

21 Mei 2017 (Ahad)



The Food & Fun Fair 2017 press conference was hosted by YB Chong Eng at her service centre in Bukit Mertajam. YB Chong Eng also pledged RM10,000 to help with the expenditure of the food fair. Seated with YB Chong Eng were Dato' Seri Dr T. Devaraj and Ms Goh Joon Chye on her left and Dr Oo Khaik Cheang on her right. Standing from the left were Ms Candice, Ms Joyce Lim, Ms Anlie and Ms Ah Kee.



Penang Hospice Society has been one of the recipients of Magnum Foundation's annual "Welfare and Charity" donation drive since 2014. We thank Magnum Foundation for the RM2500 donation received in February. Receiving the cheque on our behalf was Dr Oo Khaik Cheang.

Our experience with Penang Hospice Society

by 4th year medical students, International Medical University

“Wherever the art of medicine is loved, there is also love of humanity “ – Hippocrates

Tiffany wrote: Having the opportunity to learn with Penang Hospice Society has been a huge blessing for me. Hospice care, the holistic care of the unwell and those with advanced life limiting diseases has been very well brought to light by the works of Dato' Seri Dr T. Devaraj with Penang Hospice Society. Being a fourth year medical student with shallow experience in hospice care, I have been enlightened with the holistic care and the amount of commitment given by the whole PHS team in managing each and every patient. Living with a diagnosis of a life limiting illness is a hard hit for patients and their families. Frequently, they would be in denial, confused or depressed after the diagnosis is known. This is definitely not a foreign statement in our current world where health is cherished. Throughout these few weeks of being with the nurses, I have seen the light in the patients and their families when help is given in guiding them on ways they can contribute to the care of patients. Knowing that they can contribute, takes away the helplessness in the caregivers. This experience of mine will be the start of a new journey for me.



Tiffani, 2nd from right and Chee Juan Lee, 3rd from right posing for a photograph

Chee Juan Lee wrote: Tiffany and I did our electives in Penang Hospice Society for two and a half weeks. On the first day of our attachment, we were briefed by Miss Chitra and Dato' Seri Dr T. Devaraj. Palliative care is an approach that is given to patients who are at their end stage of life or patients with chronic illness to improve their quality of life. This aims to reduce their pain, to help them live comfortably and pass on without physical suffering.

For two and a half weeks, we followed palliative care nurses to patients' homes and assisted them. We saw a young male with past medical history of schizophrenia, who was diagnosed with 4th stage renal cell carcinoma with spinal cord compression. He was having a bad sacral sore and he also kept complaining of shortness of breath, pain and discomfort despite painkillers. His mother who was his carer was having a difficult time as his siblings were working. I realized that diagnosis of malignancy at such a young age would be very depressing. He apologized to the palliative care nurses and doctors before we left. I'm touched to see he appreciated the help of the nurses. Unfortunately, this patient passed away the following week.

We had another case. The patient was suffering from motor neurone disease and he could not sit still. He felt that if he stayed immobile, he was no different from a paralyzed person. The only main carer was his wife and both his children are never at home. The wife could not cope alone. This was because the patient was fussy. Although the doctor recommended cradle stand to lift his arms up and down as passive exercise, he was unhappy after using it for few minutes. I felt that this placed great toll on his wife and their relationship got more strained.

I am very grateful to be able to attend meetings with doctors and the organization itself. In addition, I was able to visit Pure Lotus Hospice of Compassion and the Palliative Care Unit of Hospital Pulau Pinang. Thank you very much, Dato' Seri Dr T. Devaraj, Miss Chitra, Miss Devi, Palliative Care Nurses Ann Ann, Molly and Kala for the hospitality and guidance. We will always remember and promise to be back as volunteer doctors in the future.

The human condition and The “human condition – ed”

By Dr Oo Khaik Cheang

*“All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances;
And one man in his time plays many parts,
His acts being seven ages.”* — William Shakespeare, *As You Like It*

“One third, more or less, of all the sorrow that the person I think I am must endure is unavoidable. It is the sorrow inherent in the human condition, the price we must pay for being sentient and self-conscious organisms, aspirants to liberation, but subject to the laws of nature and under orders to keep on marching, through irreversible time, through a world wholly indifferent to our well-being, toward decrepitude and the certainty of death. The remaining two thirds of all sorrow is homemade and, so far as the universe is concerned, unnecessary.” — Aldous Huxley, *Island*

Since the beginning of civilization, humankind has struggled with an existential angst because of his ability to be self-aware and the realization of the eventual destruction of his material existence. His intellect seeks a reason for his presence in this universe and an assurance that some extension of his consciousness persists beyond the inevitable demise of his physical body. Towards this end all religions and mystical traditions have postulated the existence of an ‘entity’ which survives the physical destruction of the body at death. This ‘entity’ has been called by various names – soul, spirit, mind, consciousness, Tao, Godhead etc. Even atheists like Dr. Richard Dawkins and the late Christopher Hitchens and persons who spurn any form of religious teaching must have sometime or other intuit the possibility of this ‘entity’ even though their intellect rejects it.

*He, who dwelling in all things
Yet is other than all things
Whom all things do not know,
Whose body all things are,
Who controls all things from within –
He is your Soul, the inner Controller,
The Immortal.* — Brihad aranyaka Upanishad 3.7.15

If the existence of such an entity is real, then it should be the focus of any discussion on the human condition. Human beings are not undergoing a spiritual journey towards enlightenment or liberation during their lifetime or repeated lifetimes but it is the ‘spirit entity’ that undergoes a human journey because it is constrained to react to the senses, psychological and mental responses of the body. It is the overcoming and abandonment of these responses that releases the ‘spirit’ to its potential of ultimate reality. In Tibetan Buddhism the original mind is regarded as bright and luminous but is hidden by adventitious clouds.

This, however, does not mean that a human being cannot somehow catch glimpses of this ‘ultimate reality’ or Truth of existence. Mystics, shamans from various human societies, advanced spiritual practitioners from all religious traditions (Buddhism, Hinduism, Taoism, Christianity, Islam, Judaism) have all recorded undergoing experiences which lead to changes in personal perspectives of the meaning of life. To this we may add the numerous out-of-body (OBE) and near-death (NDE) experiences recorded in medical journals.

The “human condition – ed”

The theme of this article is to show how the straight jacket imposed on the ‘spirit’ is entirely due to the complete conditioning of the body from the womb right through life until death. Science informs that modern man is a product of Darwinian evolution, still undergoing changes in the survival of the fittest. Sociology, psychology, anthropology and varied fields of study also show how we are what we are because of constraints imposed by cultural, intellectual, and mental processes as we grow from child to manhood. Mankind evolved above other primates due to his development of speech and writing. Yet language itself has limitations and quirks, differing in nuances and ability to communicate levels of thought. This limitation extends to the ability to communicate insights of the ‘spirit’ into ‘ultimate reality’.

The Upanishad speaks of a lower and higher knowledge while Buddhism expounds ‘conditional truth’ and ‘transcendental truth’. The lower or conditional reality relates to rational or scientific knowledge while transcendental truth is experiential, meaning that it has to be experienced personally, possibly through other than mental activity. Buddha taught that enlightenment was experiential knowledge and vision of things as they really are (yathabhūta ñānadassana). The opening line of the Tao Te Ching states “The Tao that can be expressed is not the eternal Tao.” Still a hint of the emotional beauty arising from transcendental insight can be felt through the poetic imagery of the 16th century William Blake:

*To see the world in a grain of sand,
and to see heaven in a wild flower,
hold infinity in the palm of your hands,
and eternity in an hour.*

The human condition and The “human condition – ed”

Continued

To get through the birth canal, a human baby is born before its brain is fully developed. The faculties of sight and smell matures during the early weeks after birth. Even within the womb, studies have shown that the mother's diet, psychological state and level of stress can affect the offspring's future wellbeing. Conditioning continues through bodily changes during sexual puberty which is strongly augmented by quality of parental guidance, peer pressure in school and social groups. The adolescent's moral and ethical values are moulded by the cultural and religious traditions of the community he grows up in. The openness of an individual's thoughts and receptivity of new ideas are influenced by his educational and family background. And almost every person living in a modern society cannot avoid the inevitable conditioning imposed by the marvels of scientific and technological achievements.

Yet science itself has undergone a radical paradigm shift in understanding nature and 'ultimate truth' which escapes the radar of the average person increasingly enamoured by the wonders of space exploration, virtual reality and artificial intelligence. The world view of science has been a mechanistic model enduring since Newton's era, in which things exist in 3-dimensional space and time progresses linearly. All this was overthrown by Einstein's theory of relativity and the discovery of quantum physics in the early 1900s. Indeed Einstein himself and other prominent scientists have written about this paradigm shift:

All my attempts to adapt the theoretical foundation of physics to this (new type of) knowledge failed completely. It was as if the ground had been pulled out from under one, with no firm foundation to be seen anywhere, upon which one could have been built. — Albert Einstein - Autobiography.

The great extension of our experience in recent years has brought to light the insufficiency of our simple mechanical conceptions and, as a consequence, has shaken the foundation on which the customary interpretation of observation was based. — Niels Bohr

Einstein's special and general theories of relativity published in 1915 showed the integration of space and time into a four dimensional "space-time continuum" which can be curved by gravity. Space-time can be seen as the fabric of the universe along which events occur. This is a concept that lies beyond our normal thinking process. Also quantum mechanics through Heisenberg's uncertainty principle challenged the fixed mechanical certainty of Newtonian physics, and the double slit experiment which demonstrated the dual nature of atomic particles in particle and wave forms has given scientific description of natural phenomenon a probability basis rather than an actual fact. Even weirder is the discovery of "entanglement" which describes how two subatomic particles physically separated can be coupled to each other in such a way that whatever happens to one is automatically and instantaneously transmitted to the other across the universe. Einstein recognized that this contradicts his theory that nothing can exceed the speed of light and called it "spooky action at a distance". All these findings have moved scientific thinking towards synergy with the ideas and teachings of Eastern religious philosophy and other mystic traditions, as elegantly expounded by physicist Fritjof Capra in his book "Tao of Physics".

There are two fundamental pillars upon which modern physics rests. One is Albert Einstein's general relativity...theoretical framework for understanding the universe on the largest of scales: stars, galaxies ...The other is quantum mechanics ... theoretical framework ...on the smallest of scales: molecules, atoms ... electrons, quarks. The two theories ...are mutually incompatible. — Brian Greene - The elegant Universe

Brian Green's Elegant Universe was an international best seller on the level of Stephen Hawkins' Brief History of Time as it follows the conceptual development of the latest theory which unifies the two apparently incompatible pillars of modern physics both needed to explain events involving both cosmic and subatomic levels. In the central depths of a black hole, an enormous mass is crushed to a minuscule size. At the moment of the big bang the whole of the universe erupted from a microscopic nugget. Since the 1990's a completely new theory has been proposed and investigated. Instead of looking for ever smaller particles beyond the known quarks, bosons and gluons, the basic building unit is proposed to be a vibrating loop with a dimension of 10^{-33} cm (the Plank length). This String and a newer M-Theory postulates 7 extra spatial dimensions beyond the 4-dimensional space-time continuum which are of the order of the Plank length in size and are curled up. In these forms they affect the resonant oscillatory patterns of the vibrating strings to determine the mass and force charges of the various elementary particles which arise in the higher dimensions.

To conclude, humans live and experience a four dimensional universe, but our consciousness is not localized but exists beyond time and space. It is questionable whether scientists who claim that the mind is a consequent development of the human brain and traceable to its boundless synaptic connections can ever be proven right. Could it be that the mind or "spirit" uses the physical body as its agent of experience of the universe. Could it also experience 'ultimate reality' of the universe by locating in these other dimensions. Our world is indeed an illusion (maya) according to mystic and Eastern traditions

CANCER, MAKNA & I oleh Azlina Abdullah, Cancer Survivor & MAKNA Volunteer Leader, Taiping, Perak



CANCER : Friday Oct 1st, 2007, day 14 of fasting month Ramadhan came the discovery of a lump in my right breast. My husband suggested that we consulted a doctor immediately. But I insisted on waiting for two days when I was due to see my gynaecologist.

On the appointed day, I was referred to SOPD Taiping to see the surgeon for further tests. I was very cool all the time. In the evening, I bravely went to the hospital for a mammogram. The result confirmed a 2.5 by 4cm tumour.

A biopsy was soon performed. The tumour was diagnosed as breast cancer stage 2B. As Raya was just 2 days away, I requested to have my surgery done on 3rd day of Raya.

My husband, children and siblings were more upset than I was. It had never been easy to get my big extended family all together at one place, at the same time. But on my surgery day, 17 October, it was full attendance; I had my family, brothers and sisters including the orphanage children whom I cared for, all with me. Honestly I enjoyed all the attention and fuss. I was wheeled into the operation theatre at 7.45 am and was out by 12.30 pm. I could not sit still. At 3.30pm I wheeled myself to the toilet with everyone protesting as my wound was still fresh.

Being a hyper-active person, I could not sit still and moan. I ate well and got myself out of the hospital two days later. I went regularly for dressings and went through 6 chemotherapy sessions, which actually were tolerable and 25 sessions of radiotherapy.

Being a workaholic I continued going to the office even during my chemotherapy sessions. I started asking myself, WHY ME??? Have I not been carrying my duties right? Have I not given enough care to my orphanage children? Have I neglected to care for my old folks? What? What was that "something" which I have overlooked. When all these questions were toying in my thoughts, I received a call from my close friend Matron Rebecca, telling me that there was someone she wanted me to meet.

MAKNA : The meeting started my love affair with MAKNA. Thank you Matron Rebecca for putting me through. There was no turning back. I became part of MAKNA, doing things I never thought I could. It took me deeper and deeper into the lives of others especially those battling the Big C. It is still awful to see cancer patients in depression. However a number upon seeing my good work have hopped on the same "MAKNA" bandwagon as volunteers.

Families go through tough times especially when the breadwinner is struck with cancer. Parents have to take turns looking after their cancer-stricken children. May God give them the strength and courage that He has given me to see them through. Though my family put a brave front during my chemotherapy ordeal I know it was not easy for them.

As its name holds, MAKNA (which means meaning) has taken a big place in my heart and my family life. Whenever possible I take my grandchildren with me on visits to patients' homes. I want them to learn about life, to appreciate what they have and do good whenever possible.

I : I believe there is a reason for everything, a reason to reach out more and help others, make a difference in their lives. I trust it is God's way of telling me what to do. May I have the strength to carry on for as long as He wills it. Thanks to Mama Gie for showing me the way and my sincere thanks to all dedicated volunteers for their strength and sincerity.

Now, with the guidance of MAKNA, I have managed to start Cancer Support Groups in Hospital Kulim, Hospital Sungai Petani, Hospital Alor Setar, IPPT (Institut Perubatan dan Pergigian Termaju) Kepala Batas. It was never easy to persuade people who are depressed to join our group meetings, but I am fairly successful. I arranged for prostheses to be given FREE to women who needed them (supplied FREE by YKN through special arrangements with supplier 'Amanita'). As a result I could form our support groups in many places..

I am now MAKNA's Volunteer Leader. My objective is to train a leader in every volunteer support group so that we can reach out to more patients. For the success of our support groups I have to thank my dedicated team for chipping in their expertise. Thank you Matron Biroo (Ipoh), S/N Hamidah and Norazah Saidin (Kulim), S/N Suhaidah (HSAH Sg Petani), Hasnah Abdullah and Hasnah Hasbullah (Alor Star), Sister Zaiton and nurses in IPPT, Kepala Batas and all survivors who regularly attend our meetings. May God Bless you all!

Looking back, it has been 10 years since I was diagnosed. I am blessed with 7 children, 3 girls & 4 boys. I was a company advisor for car sales, insurance and claims. Now, it is CANCER, MAKNA & I.

WISH LIST

WAYS YOU CAN HELP US...



Donate Cash

We welcome all levels of donation, whether it is a one-time gift or a monthly donation.

Tax-exempt receipts will be issued for all donations. Please make cheques payable to:

Penang Hospice Society

Donations In Kind

**Wheel chairs with head and neck support

**Oxygen concentrators

**Syringe drivers

**Sheepskin rugs

**Ripple mattresses

FULFILLING SMALL WISHES

Hosting and treating hospice patients to tea, dinner, hotel stay, picnic, sight-seeing and short holidays. We look forward to seeing every wish come true. Wishes are small and simple, but they are all important to our patients. Those wishing to be a part of this fulfilling programme are welcome to join us!

ADMINISTRATIVE ITEMS

**Computers & Printers

VOLUNTEER

**Volunteer your time and talent. Volunteering is a great way to help. We invite you to share your time, talents and resources to help us in our cancer awareness campaigns and fund-raising events.

To reach us, call 04-228 4140 or write to us at:
penanghospicesociety@gmail.com



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