



HOSPICE Bulletin



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

RELAY FOR LIFE PENANG 2019 – FIGHTING CANCER TOGETHER

A short report by Mui Siew Koon

Relay for Life Penang 2019 - Fighting Cancer Together held on Saturday 27 July 2019 was plagued with more problems than in 2018. As this was the 15th year the relay was held, public interest had dwindled drastically.

Firstly, the country's economy was rather challenging. Corporate bodies were not as generous as before, unlike a decade ago. However we still had a few sympathetic supporters like Perbadanan Bekalan Air Pulau Pinang, IJM Land and Wawasan Open University which gave us substantial financial support. To them we are very grateful.



Unfortunately we did not realize we had chosen the same date as Kuala Lumpur to hold our relay until it was too late to make changes. Thus many cancer survivors and supporters / well-wishers south of Perak preferred to attend the relay in KL.

Another problem we faced was that our date was in the midst of the closing of George Town Heritage Month which was full of very interesting and colourful events, almost every day and night, held all over the city. Then our date also coincided with Saint Anne's Feast.

Dato' Seri Dr T. Devaraj, the Chairman of the relay who, of course, is the Chairman of the National Cancer Society of Malaysia, Penang Branch made a few changes.

To cut costs, and to overcome the many constraints if held outside, he decided that the relay would be held in our own grounds, in the compound of Rumah Hospis.



Dato' Seri Dr T. Devaraj also made the decision to have the relay shortened from an overnight event to a 6 - hour activity for the sake of security and safety.

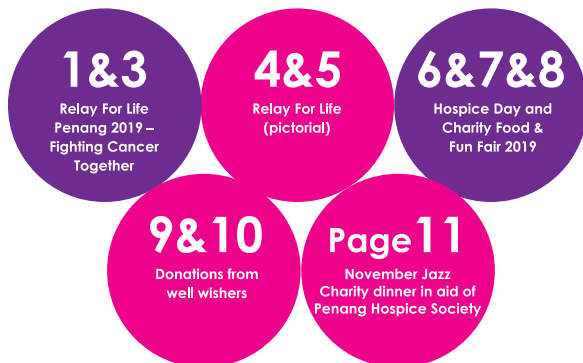
Thus weeks before the relay preparations began. The grass was cut, pot-holes were filled and the areas surrounding our premises were spruced up and tarred.

Permission was obtained from our neighbours for parking facilities. In short Rumah Hospis was ready to cope with the function.

As usual tents were set up, the stage was built, placards were strategically placed, tables and chairs were arranged, food stalls were ready.

continued on page 3

Contents:



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.

Joint-Clinical Meeting of Hospice Groups

The 53rd quarterly joint-clinical meeting of hospice groups in Penang was held on 25 September 2019 at Mount Miriam Cancer Hospital. There was a debate on "Cannabis should be legalised for Palliative Care in Malaysia". The Speakers were Dr Yong Che Shion of Palliative Care Unit Jalan Perak Hospital Pulau Pinang and Dr Nellie Cheah, Clinical Oncologist of Loh Guan Lye Specialists Centre. 2 patients case presentation was delivered by nurses Subaahsini from Penang Hospice Society and Mount Miriam Cancer Hospital.

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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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



Coping with Loss and Grief

"Cross Cultural Narratives in Coping with Loss and Grief" workshop - this full-day workshop was facilitated by Dr Lai Fong Hwa, Consultant Child & Adolescent Psychiatrist and Cognitive Behaviour Therapist from the Department of Psychiatry & Mental Health, Hospital Pulau Pinang and Ms Priscilla Ho, a Play Therapist.



It was held on 28 August 2019 at Penang Hospice Society. 23 participants from Hospital KPJ, Pinetree Nursing Home, Klinik Kesihatan, Pure Lotus Hospice of Compassion, Mount Miriam Cancer Hospital, Hospital Pulau Pinang, Bagan Specialist Centre, Johnson Nursing Home, Naam Nursing Home, Charis Hospice, Hospital Balik Pulau attended the workshop.

Another important aspect at our relay was that no plastic containers / utensils, plastic cups, plastic plates, plastic forks and spoons of any kind were allowed. No plastic bottles of water were permitted, instead water dispensers and paper cups were placed at strategic locations for the use of all.

Though the weather on the day was threatening, it was just cloudy with no downpour.

Music and merriment started at 3 pm with hundreds of amateurs waiting to show their talent in music, dances, laughter therapy, Zumba, Jiamuzhi, games, exhibitions, fun walk, just to name a few.

At 6 pm Dato Seri' Dr T. Devaraj welcomed the crowd, highlighting the background of the premises we were using as our base. He was followed by our guest-of-honour Dato' Anwar Fazal, a prominent community leader, who held our attention with his many memorable insights into the building which was his office for many years.

Certificates of appreciation were presented to our sponsors, the 3 biggest contingents and the 3 individuals with the highest collection as well as to the 3 teams with the largest collections.

Cake cutting then followed, performed by the VIPs together with the cancer survivors. Two obors were brought in and lighted signifying the beginning of the relay. The first lap round the field was done by survivors accompanied by VIPs and drums.

The field was then open to all until luminaria service and then more merriment. At 9 pm Dato' Seri Devaraj officially closed the event thanking all who had helped in making the event a success, particularly our sponsors, donors, survivors, participants, volunteers and staff.

One important aim of Relay for Life, apart from collecting funds and giving a a fun-filled afternoon to all, young and old, is to advocate that cancer is not as death sentence, if detected early and proper medical treatment given. We wish to draw more cancer survivors out into the open, hopefully to reduce the stigma associated with the disease.

This year the number of participants is lowest due to the factors mentioned earlier. But the thousand odd participants together with volunteers and staff made a very spectacular sea of purple, the official colour of relay. Many participants were very happy with the change in venue, as this venue gave a more cosy ambience. They hoped that future relays would be held at Rumah Hospis too.

Though 198 cancer survivors registered, 170 actually checked in, giving a percentage of 85.86%. There were 3 outstation groups: namely MAKNA, Pink Champions of Ipoh and WeCare Cancer Society from Ipoh too. We are indeed very grateful to our ardent supporter Associate Professor Dr Daisuke Okabe from Tokyo, Japan here with us the fourth consecutive year together with two students who gave our cancer survivors some make-up tips to brighten up their lives. We wish to thank our overseas, outstation and local survivors for their unfailing support enabling us to have a big contingent in green at the survivors' lap.

Relay For Life (pictorial)





Photographs : - Courtesy of Miss Priscillia Yuen and Miss K Y. Chu

Hospice Day and Charity Food & Fun Fair 2019
in aid of
Penang Hospice Society's
Hospice At Home Programme

10:00AM TO 2:00PM SUNDAY 22 SEPTEMBER 2019
250A JALAN AIR ITAM

Welcome note by Mr Gerard Robless – Hon. Treasurer of Penang Hospice Society.

Distinguished guests, ladies and gentlemen,

It is my privilege to be part of this Hospice Day and Charity Food & Fun Fair, and my pleasure to be able to welcome you as sponsors and participants at this event. Your presence and support exemplifies the extraordinary community spirit that we have in Penang to bring relief and comfort to those afflicted.

We today, irrespective of race, religion or nationality have come together to raise funds for a very needy and noble cause by the Penang Hospice Society to help it provide medical care by nurses and doctors in the homes of persons with advanced illnesses through the Hospice-at-Home Programme.

Since its inception in 1992 to end of 2018 a total of 9620 patients and their families have been helped. The operational cost for this programme annually is about RM 1.2 million. Every year the Penang Hospice Society looks after about 700 patients.

Every year some 2500 people in Penang are diagnosed with cancer and more than half of these are in the late stage of the disease (source: Penang Cancer Registry). This figure does not include chronic diseases that affect many others, some of whom are also at advanced stages. They all need care of body and mind to help them cope with the many challenges that they face arising from the disease.

The Society is entirely dependent on public donations and fund raising efforts such as this "Charity Food & Fun Fair" to carry on this community service in Penang. Every donation big or small is of great importance to us. Please help us to continue this special kind of caring in the home which began 28 years ago

We would like to take this opportunity to thank all our sponsors for contributing their time and energy to support this fundraiser. I would like to make a point here that all 40 stalls are fully sponsored and we are very grateful for this kind gesture by our sponsors.

I would like, before I conclude to borrow a quote from one of our cancer survivors, who has this to say **"Gratitude in life is very important in whatever situation we are in, for it makes our lives more bearable and let us value and cherish every moment of life that you have made possible for us"**. With this in mind I thank you all for your kindness and ask you to spend and enjoy at this food fest with the thought that every rington you spend will bring relief to someone in need.

Thank you

Hospice Day & Charity Food and Fun Fair Sunday 10am to 2pm, 22 September 2019 Rumah Hospis Pulau Pinang





Donations from well wishers

1. Sweet Remembrance

MGS72 – Happy Young Ladies 17 July 2019

A group of friends from the “MGS 72 – Happy Young Ladies” visited us on 17 July 2019 and donated RM6,400 towards our Hospice Building Fund.



2. North Malaya Cheah Si Chong Soo 5 August 2019

The North Malaya Cheah Si Chong Soo presented a cheque from RM3000 to Dato' Seri Dr T. Devaraj at the annual dinner of the society. They have been supporting Penang Hospice Society since 2015.



3. Molly Merry Choir 16 August 2019

A group of friends from the Molly Merry Choir paid a courtesy visit on 16 August 2019 to understand more about our Hospice-at-Home Programme. Dato' Seri Dr T Devaraj received the group. They donated RM1000 towards our programme.



4. Latter Day Saints Charities handover ceremony 27 August 2019

Mr Bret and Mrs Kimie Dandoy, from the Latter Day Saints Charity handed over medical equipment to Penang Hospice Society on 27 August 2019. 8 Exco members from the Society, Dr Jaishree of the Palliative Care Unit of Hospital Pulau Pinang witnessed the ceremony. We had a meet and greet session where Dato' Dr Sharom welcomed the Dandoy's and thanked them for the generous donation of RM42,000 worth of



of medical equipment in the form of beds, wheelchairs, oxygen concentrators, blood pressure and glucose monitoring sets and a multi-rate infuser. This was followed by Mr Dandoy sharing the work of Latter Day Saints Charities throughout the world. A photo session and hi-tea followed soon after.

5. Molly Fong & Stephanie Yeoh 28 August 2019

Ms Molly and Ms Stephanie donated 24 tins of Ensure milk, diapers and boxes of tissue paper for our Hospice-at-Home Programme patients.



6. North Malaysia Sales Club 13 September 2019

Mr Michael Goh and friends from the North Malaysia Sales Club donated RM16,000 towards Hospice-at-Home Programme. Our Palliative Care Nurses Molly, Subaahsini and Kala received the donation on behalf of the society.



7. Straits International School Community

On Saturday 29th June, an intrepid group of 60, from the Straits International School Community, trekked up to Station 5. It was a huge undertaking which first took them through some jungle paths and then onto the infamous "Jalan Chuan" a gruelling portion of seemingly never-ending steps. Small groups led by members of the student council (Desmond, Voon, Yen Nee Woo, Shiwaanee Jaga Jeevan, Brendan Ong, Miyu Ikeda, Jemerine Chan Zhi Qian, Gomez Alexander, Steve Lee Xuan Yang, Asmitha Jenerthnem, Adrian Quah, Daren Wong and Faye Keoh) were able to push themselves to the limit with the excellent cause at heart.



Once all had arrived at Station 5 certificates were given out but two groups decided to test their limits and climbed all the way to the top of Penang Hill, with a total of 6.5 kilometre trek over 800 metres!

In total, through their efforts and student leadership, the Straits International School Student Council was able to raise RM6,550 for the Penang Hospice Society. What an incredible effort!

**NOVEMBER JAZZ
CHARITY DINNER 2019**

**In aid of Penang Hospice Society
7:30pm Thursday 21 November 2019
(pre-dinner cocktail – 7.00pm)**

**Grandballroom
Eastern & Oriental Hotel Penang**

**Entertainment:
TONAL ALCHEMY**



For enquiries and reservation, please contact:

**Penang Hospice Society
Tel:04 – 228 4140
Email: penanghospicesociety@gmail.com**



**"November Jazz"
Charity dinner in aid of
Penang Hospice Society
7.30pm – 11.00pm, Thursday 21 NOVEMBER 2019
GRAND BALLROOM - EASTERN & ORIENTAL HOTEL PENANG**

Once again we are seeking your kind support for "November Jazz" our annual signature fund raising event now in its sixth year. Your help over the years has enabled us to continue our niche community service in Penang that was initiated in 1992. That we have been able to sustain our "Hospice at Home Programme" this long has been only possible by the generosity of yourself and the public. In 2018 we looked after 9620 very ill persons in their homes. Our interventions did help to decrease their suffering we believe. Though most of our patients have cancer there is a growing request for help from those with non-cancer conditions.

Our expenditure last year was RM1,087,893.31 In terms of grants RM50,000 came from the Ministry of Health while the State Government gave RM10,000. The bulk came from the public either as donations or via fund raising efforts. We are ever grateful for such support from the public for our caring service in Penang.

This year we have again approached the Ministry of Health to increase their support to fund 50% of the operational costs. We are hopeful that the government will increase its allocation to the MOH in budget 2020.

We seek your help by donating to tables for November Jazz. They are priced at RM 10k, 5k and 3k. Tax exempt receipts will be issued.

Apart from a sumptuous Malaysian dinner we have for entertainment "Tonal Alchemy", a five piece band comprising piano, bass, saxophone, drums and vocalist that performs at jazz festivals and major music events for your listening pleasure.

Thanks. God bless.

Yours sincerely,
Dato' Seri Dr T Devaraj
Vice Chairman
Penang Hospice Society

THANK YOU

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

Change of address Remove from mailing list (please tick where appropriate)

Name: _____ Tel: _____

Address (new): _____ Postcode _____

Please send / fax this to:

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