

HOSPICE Bulletin



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

CAN WE OUTGROW NON – COMMUNICABLE DISEASES?

By Dato' Seri Dr T. Devaraj

As humans all of us are prone at times to falling ill or having diseases in one's lifetime. Diseases can be broadly grouped as communicable such as a cold or dengue or as non-communicable diseases (NCD's) such as cancer or cardiovascular disease. Historically this pattern of diseases has undergone change especially with the industrial revolution that began about two hundred years ago. Over time communicable diseases have become less common due to vaccinations, better water supplies and waste disposal for instance. In comparison NCD's are not only more common but also set to increase in coming years, especially with ageing now occurring rapidly in the less developed world.

NCD's occur as a result of a combination of factors – genetic, physiological, environmental and behavioural. A feature of NCD's is that they tend to be of long duration or chronic. This obviously requires long-term care which in turn means more resources will be needed for medical and social care.

These figures from WHO (September 2022) give an idea of what impact NCD's have on life and death:

- NCD's cause of 74% of all deaths (41 million a year).
- 17 million of these deaths are premature, that is before age of 70 years and 86% of such deaths occur in low and middle-income countries.
- Common causes of NCD deaths are cardiovascular (17.9 million), cancers (9 million), chronic respiratory diseases (4.1 million) and diabetes (2 million including diabetic kidney disease).
- Risk of dying from NCD increases with use of tobacco, physical inactivity, harmful use of alcohol and unhealthy diets.

NCD's are already a huge problem in Malaysia as reported in the National Health and Morbidity Survey (NHMS 2019):

In 2019 1 in 5 adults had diabetes, 4 in ten had raised cholesterol and 3 in ten had hypertension. Further 1 in 2 adults are overweight or obese and 1 in 4 are not physically active. With regard to tobacco use nearly 5 million over the age of 15 smoke and 600,000 children between ages 13-19 use e-cigarettes. In 2017 it was estimated that the direct health cost and loss of productivity arising from NCD's was almost RM 24 billion! Such costs are very likely to increase as we are a rapidly ageing nation. We are living longer (once we have weathered childhood then many of us are likely to live to about eighty years) but most will have to contend with some illness or disease requiring long term care (LTC) both medical and social. Rare will be persons who live to a ripe old age in good health till the end.

One way of looking at NCD's is the use of market language – that the demands on health and social care are exceeding supply. A crucial question is whether the risks of developing NCD's can be reduced, thus in the long run decreasing demand. YES, IT CAN BE ACHIEVED. One reason in our favour is that only about a third of diseases have a genetic basis. The environment (internal such as life styles or external such as pollution) plays the greater role. Taking cancer as an example, risks of getting it will be there always. The fact is that not smoking will drastically reduce risks of many types of cancer. In addition by not smoking one also reduce risks of cardiovascular diseases – the latter being the most common cause of death globally. The clear message is that we are not totally helpless. At the same time it is being increasingly recognised that the efforts of the public to adopt a healthy life style needs in addition a supportive environment be it the local, state or federal authority. Unfortunately it would appear that such authorities have not fully embraced this concept in policies and functions.

What are some other barriers? One obviously is personal like choosing to smoke in spite of the awareness of its negative effects on oneself, family, workplace and the environment. Others are the commercial determinants of health (CDOH). For instance, the market compounds the common human desire to have sweet food by constant advertisements. A couple of years ago the federal government's attempt to get industry to reduce the sugar content of drinks drew much protest by industry players where the bottom line is ringgit. Though eventually a compromise was reached this was so short of what Mexico enforced a few years ago. The ongoing result – a dramatic decrease in waistlines! Few of the public realise what a domineering role is played on our lives by market capitalism.

A possible question in the mind of the reader can be what has NCD's to do with the Hospice-at-Home Programme? It is similarly a question of demand (for our service) and our ability to provide. While we will help all who seek our service at the same time it will be prudent for us to advocate lowering the risks of NCD's. However it must be recognised that positive outcomes will take years to become evident on the ground.

Once again I would like to stress that humanity can largely outgrow NCD's. As individuals we can make a difference by truly embracing healthy life styles and reviewing the consumerist "gene" in all of us.

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HAPPENINGS:

• CARERS' MEETINGS_Penang Island

Venue : Rumah Hospis Pulau Pinang
Day : Every Thursday
Time : 0900 - 1100

• CARERS' MEETINGS_Seberang Perai

Day : Every Friday via zoom
Time : 0900 - 1100

• CARERS' MEETINGS with Dr Jaishree

Once a month via zoom
Time : 1400 - 1600

About Hospice Bulletin

HOSPICE BULLETIN is the quarterly newsletter of the National Cancer Society of Malaysia, Penang Branch with input from Penang Hospice Society. 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 author's requests to remain anonymous will be respected. Contributions can be sent to: The Editorial Team, National Cancer Society of Malaysia, Penang Branch/ Penang Hospice Society, 250A Jalan Air Itam, 10460 Penang.

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

Charity Food Fair

SUNDAY, 3 SEPTEMBER 2023

8AM TO 1PM

RUMAH HOSPIS PULAU PINANG

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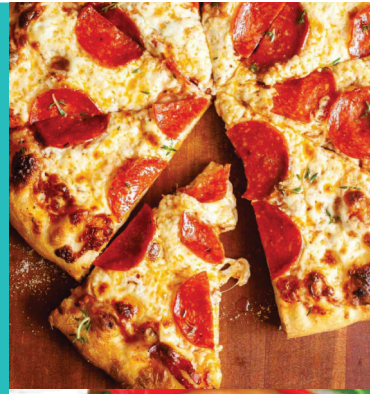
Penang Hospice Society

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#SAVETHEPLANET

BRING YOUR OWN TIFFIN CARRIER



The National Cancer Society of Malaysia – Jelajah Kanser#66 2023

24 February 2023, Rumah Hospis Pulau Pinang - Harley Owner Group PJ (HOGPJ) and National Cancer Society Malaysia (NCSM) has launched a CSR program called 'PJ SIHAT JELAJAH KANSER #66' which involves a convoy from Penang, Melaka, Johor and ends in Petaling Jaya aiming to raise cancer awareness and the importance of early detection of this disease.

The event was held in conjunction of World Cancer Day which celebrated on February 4 and International Childhood Cancer Day, observed annually on February 15. The name Jelajah Kanser #66 honors Malaysia's 66 years of independence.

Harley Owners Group (HOG) Petaling Jaya bikers made their way up north to Penang on Friday (24 Feb) for the first leg of the Jelajah Kanser #66 event. The subsequent events took place in KPJ Bandar Dato' Onn Johor Bahru on Saturday (25 February) and in Laman MBPJ on Sunday (26 Feb).

The group met up with their counterparts from HOG Penang and convoyed to NCSM's office in Ayer Itam where they spent time mingling with childhood cancer survivors from Friend Of Childhood Cancer Northern-M

The highlight of the day came after lunch when the bikers treated the children to a short ride on their Harley Davidson bikes at the SMK Methodist parking lot. The event was officiated by Dr. Saraswathi Bina Rai, the Chairman of NCSM Penang Branch and was attended by 30 families from Friends of Childhood Cancer, Northern-M. On behalf of the National Cancer Society of Malaysia (NCSM), Penang Branch, we would like to thank all sponsors namely Shell, Shan Poornam Sdn Bhd and Ms. Traccie Chan for sponsoring this event.



Hadiah dibalik Kesedihan : Tip untuk “Move on” dengan masa lalu.

Suka atau pun tidak, esok atau lusa, kita sebagai manusia akan melalui fasa kesedihan, kehilangan, kesusahan ataupun kesenangan. Samada ada kita suka ataupun tidak bersedia ataupun tidak perkara tersebut akan muncul tanpa dijemput.

Adalah sangat penting bagaimana kita sebagai manusia untuk mengetahui cara terbaik untuk melalui fasa kehilangan dalam hidup apatahlah lagi menghadapi kehilangan insan yang disayangi. Tidak ada jalan pintas untuk anda untuk melakukannya. Sebagai seorang kaunselor, saya selalu menasihati klien saya supaya memberi masa dan ruang kepada diri sendiri terbuka menerima bantuan daripada individu professional seperti kami supaya diri anda dapat dibantu dan dipandu dengan lebih baik.

Kebaikan apabila diri anda terbuka untuk menerima bantuan oleh individu professional maka anda telah membuat pilihan yang tepat. Kerana sebagai seorang kaunselor kami menerima klien tanpa syarat, tidak membuat kesimpulan-kesimpulan yang tidak berasas. Namun lebih kepada perbincangan terhadap masalah yang dihadapi sahaja.

Hal ini, lebih tepat saya katakan anda telah memberi hadiah terbaik untuk diri anda dengan memberi kepercayaan anda kepada individu yang tepat untuk anda dibantu.

Saya akan kongsi tip yang mudah anda faham dan aplikasi dalam aktiviti harian.

Bagi Masa dan Ruang

Cipta masa dan ruang anda sendiri iaitu bila dan dimana diri anda dapat luah perasaan sedih anda diatas kehilangan orang yang tersayang. Supaya anda sedar, anda ada garis penamat untuk melupakan perasaan sedih anda dan move on dengan lebih baik. Melalui keadaan ini anda dapat melihat secara keseluruhan kesan tindakan anda terhadap situasi ini. Kita semua perlukan masa dan tempat untuk meluahkan perasaan kehilangan ini. Hal ini, semakin kita luah akan membuatkan kita semakin kuat dan terbuka untuk menerima keadaan sekarang.

Cari Kekuatan dan sokongan dilingkungan positif

Bina lingkungan sokongan social kamu sendiri. Cari komuniti sokongan yang mempunyai latar belakang masalah yang sama iaitu sama-sama kehilangan orang yang tersayang. Melihat diri mereka dari sudut yang baik dan berkesan bagaimana mereka boleh “move on” dan hidup dengan lebih baik dan produktif. Terdapat kumpulan-kumpulan NGO, hospital kerajaan dan swasta menawarkan sokongan social iaitu kaunseling berkumpul dengan mempunyai matlamat serta isu yang sama. Misi mereka adalah supaya kamu tidak merasa keseorangan dan sendirian.

Teknik Pernafasan yang betul

Saya sendiri sebagai seorang kaunselor, sebelum mempunyai lesson bagi menjalankan kaunseling, pelbagai teknik yang telah kami belajar untuk mententeramkan hati dan perasaan kami sendiri. Namun teknik yang paling berkesan yang boleh dilakukan dimana-mana keadaan, tempat serta situasi adalah teknik bernafas secara perlahan dan mendalam. Teknik ini dapat dilakukan sepanjang 3 minit. Saya sendiri tidak pernah lekang untuk tidak melakukan teknik ini sebelum dan selepas menjalankan sesi kaunseling dengan klien. Anda hanya perlu menarik nafas perlahan-lahan dan semakin mendalam nafas anda dan lepas kan secara perlahan lahan.

Kongsi Masalah

Apa sahaja yang anda ingin kongsi dengan kaunselor ataupun ahli terapi yang bertauliah adalah sangat-sangat digalakkan kerana mereka adalah individu yang telah dilatih bertahun-tahun untuk menjadi telinga dan bahu anda untuk didengar. Tidak hairanlah pada permulaan sesi klien tidak begitu selesa namun selepas kenal perkhidmatan yang ditawarkan ada yang sanggup membayar yuran yang tinggi untuk mendapatkan khidmat kaunseling. Tapi anda jangan khuatir, kaunselor akan mengenakan bayaran mengikut akta Lembaga kaunselor Malaysia. Namun ada yang memberi perkhidmatan kaunseling secara percuma.

Makan secara sihat

Jenis makanan yang dipilih adalah sangat memberi kesan terhadap emosi kita. Kadangkala apa yang berlaku jika seseorang individu sedih dan terlampau sedih, kemungkinan akan berlaku individu tidak mahu makan ataupun terlebih makan misalnya memilih makanan yang manis, berlemak, ataupun makanan segera. Hal ini, adalah perlu dielakkan kerana tingkat laku ini akan memberi kesan kepada tubuh seseorang.

Melukis Emosi

Melalui seminar, bengkel serta ceramah yang dihadiri ramai professional trainer mengesyorkan teknik terapi melalui lukisan. Latihan terapi lukisan ini sedikit sebanyak memberikan gambaran sebenar keadaan diri, emosi seseorang terdapat perasaan sebenarnya setelah melalui fasa-fasa kesedihan yang dialami. Teknik lain yang anda boleh lakukan adalah seperti, penulisan jurnal, meditasi ataupun meluangkan masa menikmati keindahan semula jadi dan sebagainya.

Refleksi diri dan terima

Sebagai seorang manusia, pergerakan fizikal, mental, emosi serta social adalah sangat penting untuk dirasai dan menyedari. Perkataan SEDAR, apabila kita merenung dan memahami kembali diri kita dengan melihat cara kita kawal diri sendiri. Adakah kehilangan atau rasa kehilangan itu adalah kita hilang kehidupan kita atau kita sedar kehilangan itu adalah kehilangan orang yang kita sayang. Melalui KESEDARAN ini anda akan lebih mudah untuk move on dan menjalani kehidupan dengan lebih baik.

Dari Pena seorang Kaunselor.....

Siti Nazwa Abdul Haris, KB,PA.

What Are You Paying For?

By Emily

Do you realize that you have been paying 0.5% and 0.2% of your paycheck every single month to Social Security Organization (SOCSO), also known as Pertubuhan Keselamatan Sosial (PERKESO), and Employment Insurance System (EIS), aka Sistem Insurans Pekerjaan (SIP) respectively?

Even your employer is also obliged to contribute 1.75% and 0.2% of your paycheck to PERKESO and SIP respectively. Do you know what exactly you are paying for or what you can claim from this government organization if you got in an accident or illness that caused you to be unable to work temporarily or permanently or you got retrenched? Frankly, I have no idea at all initially.



But first let me give you a brief introduction about PERKESO/ SOCSO and SIP/ EIS. PERKESO/ SOCSO is a government-run program that provides social security protection to employees in Malaysia which included providing compensation like medical expenses, disability benefits, and rehabilitation as well as financial support and so on to employees who suffer from work-related injuries or illness.

On the contrary, SIP/ EIS is a voluntary work injury compensation insurance program provided by private insurance companies. SIP/ EIS offers additional protection to employees and employers who wish to go beyond the minimum requirements provided by PERKESO/ SOCSO.

Well, I have been a PERKESO and SIP contributor for more than a year. I am here to share with you all my experience of how PERKESO/ SOCSO and SIP/ EIS helped me in my recovery process. But first, let me tell you a short story about my medical condition.

An unfortunate event happened to me in 2022, I was in my mid 20s and I was diagnosed with Encephalitis Autoimmune (EA) and Neuromyelitis Optica (NMO) in Penang General Hospital. Briefly, EA is a rare illness when our body's immune system produces antibodies that mistakenly attack our healthy brain cells while NMO is also a rare condition where our immune system damages our myelitis and optic neuritis (in a simple way, NMO is a condition which my immune system attack our spinal cord and eyes). So, I spent almost 2 months in the Intensive Care Unit (ICU) of Penang General Hospital, fighting for my life.

Hence, EA and NMO had caused me to have temporary and possible permanent functional difficulties. I can say that I was paralyzed for 2 months and bedridden for a total of 5 months. I was unable to carry out my daily activities including eating, talking, drinking, sitting, walking, bathing, turning, etc for some period of time. Thus, I was on the feeding tube and was on the catheter too. Besides, I had 10 cm-long bedsores on my lower back and buttocks due to the fact that I have been bedridden for long periods of time. After I was discharged from ICU, I was admitted to a normal ward for a week and spent two weeks in Jabatan Rehabilitasi Hospital Pulau Pinang followed by 1.5 months in a nursing home or you can call it old folks home.

Back to the main topic, how do I know the perks of PERKESO/ SOCSO and how to do the claiming? Honestly, I don't. But, there is a thing called Google, ChatGTP and everything is clearly stated on the PERKESO's website. Just that, PERKESO/ SOCSO failed to create strong public awareness and we are not well informed about our rights. As a millennial, who doesn't bother about PERKESO/ SOCSO until something bad happens to me. Who should I reach out to while I was lying on the bed, lifeless and jobless?

Luckily, one of the doctors in charge told my parents that I am entitled to claim some stuff from PERKESO/ SOCSO such as mobility aid, allowance, essential health care equipment, rehabilitation programs and so on. Hence, my parents did all the applications for me because I can't even move or talk.

First, you have to take an application form from the PERKESO/ SOCSO office or you can download and print out from PERKESO official website. If you are not sure which application form to fill in, you need to seek help from the officer. This is because the process for applying for PERKESO/ SOCSO claims may vary depending on your specific situation.

For instance, one may be disabled permanently due to an accident or illness that caused them to be unable to work for the rest of their life or one may be temporarily disabled. Therefore, it is best to consult with a PERKESO/ SOCSO representative for more details and information on how to apply the benefits. Besides, you need to read carefully on the criteria to apply the benefits stated in the application form and prepare those essential documents such as doctor's memo, medical report, bank statement, termination letter, pay slips and so on. After the submission, the approval of your claim may take a week or month and some may require you to have an interview with their specialists or they come to visit you to see your situation.

Here's what I had claimed from PERKESO/ SOCSO while I was still bedridden:

1. Bantex (USA) Reclining High Back Detachable Armrest Chromed Steel Frame Wheelchair.
2. Wheelchair/Seat Air Cushion (for my bedsores)
3. Medical Bubble Ripple Air Mattress
4. Commode chair
5. 12 to 15 tins of Ensure Gold or Nutren optimum (monthly supplies until you recover)
6. 5 to 6 packs of TENA adult diapers (monthly supplies until you recover)
7. Walking Aid

Since I could not walk or even carry out my daily activities, physiotherapy and rehabilitation are essential for my recovery. PERKESO has assisted me with a program called 'Return to Work (RTW) Program'.

RTW is a rehabilitation programme designed to help employees who have suffered work-related injuries or illnesses to return to work. Besides, this programme is to help employees recover from their injuries or illnesses, regain their independence, and return to work as soon as possible.

One of the officers from PERKESO/ SOCSO had provided me with a spot to a PERKESO rehabilitation center at Kepala Batas, Penang and Pusat Rehabilitasi PERKESO Tun Abdul Razak, Melaka. At that time, I was so afraid of leaving my parents and staying in a rehab center with other patients as well as doctors and nurses. Because I was so traumatized with doctors and nurses, I believe that I will not do well on my recovery if I was not surrounded by my loved ones. So, my stubbornness refused to take that offer and requested the PERKESO/ SOCSO officer to have my physiotherapy lessons that were located near my housing area. The officer was kind enough to provide 2 physio centers that were located nearby my house and allow me to choose the physio center that I like. My parents visited those physio centers and had decided the physio center that is best for me. Then, I did my physio 3 times per week for as long as 6 months even when I was back to work.

I was able to stand, walk, run and jump after the 6 months of physiotherapy sponsored by PERKESO/ SOCSO. I can do my daily routine too like cooking, bathing, cleaning, writing and so on. I am really happy that I am able to get back my independence, it is so rewarding and keeps me going. I had the thought that I wouldn't be able to walk again when I got discharged from hospital. But with this glimpse of hope, I regained my strength and confidence. I am grateful for the PERKESO/ SOCSO, providing so much support to me.

Not to mention that I was terminated by my employer because I was not able to work for many months. However, I was a contributor to SIP or EIS as well as my employer. Thus, I was entitled to apply for the SIP or EIS benefits. The criteria to apply the SIP/EIS benefits are you must be a Malaysian citizen (between the ages of 18 to 60 years) who has been a SIP/ EIS contributor for 12 months before losing your job and other criteria which you may refer to their website. Again, you can consult with the PERKESO/ SOCSO officer for a more detailed explanation and they will guide you through your application.

There are 3 types of allowances you can apply for from SIP/ EIS which are Job Search Allowance (JSA), Early Re-employment Allowance (ERA) and Training Allowance (TA). I managed to apply for 5 months of JSA and each month of JSA will be decreased into a certain percentage. By doing that, it encourages us to make an effort to find new employment as soon as possible, rather than relying on this limited allowance.

Therefore, I have done at least one job interview and submitted more than 10 job applications per month while I was still on my walking aid. I did that because I wanted to secure those allowances. Most of the jobs that I applied for were Work-From-Home mode because I was still unable to walk and had a lot of doctor's follow-up as well as physio lessons.

I had to send the Zoom interview proofs and job interview emails to the PERKESO/ SOCSO officer by uploading those documents on the PERKESO platform and MyFutureJob website. It may seem troublesome but I strongly think that it is my right to get those allowances that I deserve. Plus, I wanted to reduce my parents' burden and instead of sitting in my room and doing nothing.

Furthermore, SIP/ EIS also provides up to a RM4000 training course of your choice while you are waiting for your job offers. There are more than 100 types of training courses provided by SIP/ EIS such as Digital Marketing, Programming, Marketing, Video/ Photo editing, Basic Accounting, Sewing class, Indoor Fish Farming, Vehicle Servicing, Hairdressing class, etc. Some courses can be done online too.

At that time, I was unable to walk without a walking aid so I have chosen an Online Digital Marketing 5-day short course worth RM4000 and come with a legit certificate by the end of the lesson. At the same time, I also applied for a 5 days TA via the SIP/ EIS website. Our government actually provides these golden opportunities to unemployed people like me, a chance to upskill ourselves and make our time useful while waiting for our next job.

FLY, I have not been working for exactly 11 months and have been under the care of my parents who are in their late 50s. Imagine that I have zero income during that period of time and expenses are more than ever. Yes, I have savings and a medical card. Do you think it is enough to sustain you for a year or more (depending on the seriousness of your health) ? Do you know how long it takes to get your insurance claims? It will be months and countless of report submissions and reviews. Meanwhile, what can you do to lessen your parents' burden?

Even with my personal insurance claims, I can save up to RM 6000 for physiotherapy, RM 4000 for milk powder, RM 2000 for adult pampers and other medical equipment that might cost up to thousands ringgit Malaysia. All thanks to PERKESO/ SOCSO and my monthly contribution to PERKESO/ SOCSO and SIP/ EIS. With this sum of money I have saved, I can travel, donate to charities, treat my parents and my loved ones, for my future, rainy days and so on. You may think it is not much but it's really helped people under M40 and B40. Not gonna lie, I thought having a medical card was enough. But after what happened to me, I had changed my perspective. With inflation going on, no matter how much your insurance claim is, it will never be enough.

I hope that PERKESO or the government could educate youngsters or undergraduates about PERKESO like what can they claims if they got to an accident, illness or got retrenched and how to do the claiming from PERKESO before they left school, college or university. Seminars, campaigns and especially social media are great ways to deliver that powerful information to people from this age. Besides, I also realized that there are people with low literacy skills not able to access that information about the benefits of PERKESO/ SOCSO. Perhaps the government could make a compulsory seminar or webinar for the newly employed people about PERKESO/ SOCSO. Or make a video with different languages and dialects that must be compulsory watched by the newly employed people. I know it sounded extreme but I think it is one way to create awareness.

I know nobody wish something bad happen to us or people we loved. But what if it really happened, at least you know who to reach up to when you are facing financial difficulties and other necessities. I hope I have provided some insight to you all. Check out my recovery journey on Instagrams and TikTok @emilytheadfighter

Thank you for reading this lengthy article. Thank you HOSPICE for giving me this opportunity to write this article



Journey of a fighter

By Puan Azalina - Makna volunteer

Life gives us many experiences...

Thank d Lord.

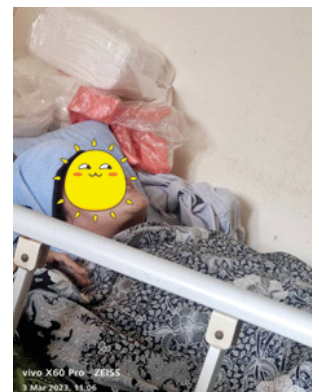
We are luckier than most.

47 years old, married 20+ years... owner of bridal boutique and enjoying life... Till CA Thyroid struck but went on normally after her treatment till it metastasized to bone causing her to have difficulties moving. Decided to sell her business to a person from Kuala Lumpur at RM15,000. Gurl deposited RM500 with the promise to completely settle on moving things to Kuala Lumpur.

Since Wira was on chemo and difficult to move she agreed, that was 20+ years ago. Buyer took everything n disappeared, leaving her with no money in hand. Doctors told her she had 3–6 months to live, but she outlived their prophesy. She had phobia going to hospital as the doctors and nurses keep saying, "what you are still alive ke". She became awfully depressed. Now she can't leave her bed and her husband has to bed-bath her and feed her. Diaper is a must.

Lately she can't move herself at all but the fight in her is still there. She tries her best to sit up as she pities her hubby who can't leave her to go to work. They live in an office premise on charity from the owner. Still she smiles each n every time I visit her. No complain on her lips. Life goes on. We are blessed to be walking around and yet we find things to constantly complain.

This is 1 woman I salute, on this International Women's Day 8.3.2023



COPING WITH LOSS

By Zakiah Abdul Khassim

Losing someone I love especially my parents is indeed to me the greatest loss. Some people lose their parents at a young tender age; some lose them in their teens and I am fortunate enough to be given the opportunity to grow old with them and only to lose my mom in my fifties. Its indeed in our culture, losing our parents means the loss of a support system and the loss of something that binds siblings together. I was the closest to my mom and losing her in fifties still was a great blow. I still miss her and the emotional support that she gave. Having people that I love like close family members, my children and friends helped me in accepting and maintaining my emotional state. Its indeed to me a huge wound that does not heal over time but just merely stops bleeding. That was what I felt personally.

Coping with loss depends on the individual and their coping skills. Coping skills are those thoughts and actions you use to respond to events that may cause you distress. Having several coping skills may come in handy. Losing the one you love to death can be devastating and stressful and if not handled well may lead to long term mental and emotional issues. The greater the attachment, the greater the wound. There are many ways dealing with such feelings, which we instinctually more often than not, deal the loss through avoidance, denial, and distraction . Making ourselves busy and distracted is not a way out and neither is denial nor avoidance. The fact is we are not immortal, and loss is inevitable.

Loss is a unique experience. Not everyone goes through mourning and grief in the same way, and there's no such thing as "grieving correctly." There are no hard and fast rules but there are some suggestions that may help.

Thus, how do we cope with the loss of a person? The first step is, acknowledging the feeling and experiencing these emotions are crucial to healing. Processing of relevant emotions is necessary to avoid us being traumatized by the loss which will affect in a more chronic manner. Grieving ideally serves a purpose as it allows us to gradually accept what we have lost and adjust to a changed world. It is ideally a process that helps us resume fully participating in life. However, sometimes for any number of reasons, grief does not abate over time, and life remains dominated by sorrow and a pervasive sense of loss which results in a state known as complicated grief or persistent complex bereavement. This is when professional help comes in.

According to Tourgeman I (2021) ¹, our brains continuously search and go through our memories to find an explanation for the occurrence when our sympathetic nervous system becomes activated. This system becomes activated by the emotional threats of loss and grief. This function is a necessary survival instinct, and it allows us to retain information that prevent us from exposing ourselves to danger. However, if it continues for a considerable time, it will reinforce and increase them as well. The sense of loss can evoke normal feeling like anger, frustration, and sadness. However, the worst part of it is denying these emotions. Denial of these emotions provides a false sense of security which will not allow us to experience peace and acceptance. We try to answer the question of "why?" Sometimes by blaming ourselves, others, and even existence in general. Faith and religion are often able to fill that void for many, although some may look elsewhere.

It is necessary for us to find the meaning amid suffering even though it is difficult. It is not necessarily finding meaning in the loss, but finding it in life. As Elizabeth Kübler-Ross demonstrated ², finding peace is crucial in coping with loss although the loss it is an emotional storm. Peace must be an active experience fueled by intention. In most situations, believing in higher power and religious tenets can bring peace through concepts such as eternal life, which helps what feels like a goodbye seem like more of a "see you later."

Using the words of author Sir Terry Pratchett³, “no one is actually dead until the ripples they cause in the world die away.” Another effective way to cope with grief is finding ways to keep a person “alive” after they’re gone. It is undeniable that our loved ones, especially our parents become part of who we are and are forever changed by them. We evolve through every significant and impactful interaction we have had with them. We may look at it, that the deceased continue to live on in our action, behaviors and noteworthy achievements. Live our lives by feeling more, finding meaning, exerting peace, and honoring them through our actions. No one really dies because no matter how small the ripples they made in the world, are there is always going to be someone with a sharp enough eye to see them, amplify them and pass them on.

Living a good life is what matters. Affecting the lives of others significantly and bringing positivity and benefits is what that matters too. Some may disagree but death or separation should be a process of life not to be feared nor to be welcomed. We are always reminded about our own mortality when we experience the passing of a loved one. What we often do is grief as the ambiguity and finality of death can be overwhelming and scary and sometimes we choose to not think or discuss it.

To be a human being is to be in a dynamic state of action. It is through our actions that the lives of the departed remain and get celebrated.

Ref:

1. The Process of Coping with Grief and Loss | Psychology Today (retrieved 20th January 2023)
2. Kübler-Ross, E. (1969). On Death and Dying. Simon & Schuster/Touchstone .Psychom.net
3. <https://bookriot.com/in-appreciation-of-sir-terry-pratchett/> (retrieved 20th January 2023)



A TRIBUTE TO ALL SURVIVORS AND WARRIORS...

Puan Azalina - Makna volunteer

WE CAN
WE HAVE
WE SHALL
SURVIVE THE WORST AND
COME OUT THE BEST



WOMEN

Unacknowledged warriors daily... the all in 1 package... normally unacknowledged...

Maids

Nurses

Counsellors

Girlfriends

Wives

Doctors physical and mental

You name it

You will find it

In a

WOMAN

In a

MOTHER

And

MOST IMPORTANTLY OF ALL WARRIORS AND SURVIVORS

NO MATTER WHAT...

QUDOS TO ALL WOMEN SPECIALLY MY SURVIVORS AND VOLUNTEERS

ALHAMDULILLAH WHAT WILL THE WORLD BE WITHOUT US

Donors

UR Klinik donated RM3,370 to Penang Hospice Society

UR Klinik is a leading skin pigmentation expert in Malaysia, with a strong focus on modern science and holistic approaches to beauty. With its ISO9001:2015 certification, UR Klinik offers high-quality services and products, provided by certified medical doctors, to help clients achieve their desired pigmentation treatment results.

UR Klinik's mission is to help women nurture their inner and outer beauty through modern science and a holistic approach for lasting charm and elegance. The clinic is committed to a positive learning attitude, continuously striving to improve its services and products to ensure customer satisfaction.

In addition to its core business operations, UR Klinik is also involved in community service through its UR Community Service (URCS) initiative. URCS provides financial assistance and home visits to orphanages and OKU (Orang Kurang Upaya) centers in Malaysia, making a significant impact in the lives of countless individuals and families.

With seven branches located throughout Malaysia, UR Klinik has established itself as a trusted provider of skin pigmentation treatment, as well as a dedicated contributor to the well-being of underprivileged communities.



Da Ma Cai

We were pleased that Da Ma Cai chose us as a recipient for their Annual Community Aid Charity Programme. The organisation donated RM15,000 at a presentation ceremony held at Rumah Sejahtera Permatang Tinggi, Pulau Pinang on 10 February 2023.



If undelivered, please return to **HOSPICE BULLETIN, Rumah Hospis Pulau Pinang, 250A, Jalan Air Itam, 10460 Penang, Malaysia**
WISH LIST

APPEAL

ADOPT PATIENTS TO HELP US PROVIDE PALLIATIVE CARE

Palliative care aims to reduce health related suffering for people with advanced illnesses.

Penang Hospice Society (PHS), registered in 2001 is a charitable tax-exempt, Non-Government organisation. Our focus is providing Palliative Care for patients with advanced, life threatening illnesses. This includes patients who no longer respond to curative treatment. This care does



its best to improve the quality of life of the patients and their families through the prevention and relief of suffering by means of early identification, assessment and appropriate treatment of pain and other problems—physical, psycho-social and spiritual.

THE HOSPICE AT HOME PROGRAMME

This programme provides Palliative Care by experienced doctors and nurses in the homes of patients with advanced diseases. This innovative service, not provided by the Government Health Service, is provided free of charge. Since starting this service in 1992, we have serviced about 10,000 patients and their families.

OUR APPEAL

The average annual cost for looking after a Hospice patient is only RM1,500. We appeal to you and/or your ORGANISATION to ADOPT one or more patients.

We will provide you permissible information of the patient/s you adopt, and provide you with regular updates.

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

Name: _____ Tel: _____ Fax: _____

Address (new): _____ Postcode _____

Please send / fax this to:

Rumah Hospis Pulau Pinang, 250A Jalan Air Itam, 10460 Penang, Malaysia.

Tel: 604-228 4140 Fax: 604-226 4676 Email: penanghospicesociety@gmail.com