

The D*Day 12th January 2014

IPOH



12th January 2014 was indeed a D-day for me, not because of being on duty for the fund-raising for PPCS organized by the IPOH DEPRESSED CAKE SHOP but rather being assigned the duty to write an article for the event! Oh dear, what a stress! And BANG! There came the depression, worried for days seeking inspiration to pen down my experience! Luckily at last, Guddi gave some suggestions and with some help of meditation, my mind managed to calm down and began to shape some directions and solutions too! And with a grey cake from the Depressed Cake Shop, it was not that grey after all! And hey, here comes my article...

As we walked up the stairs at Burps & Giggles on Jalan Sultan Yussuf to set up our booth for PPCS on Sunday 12th January 2014 in conjunction with the debut of the IPOH DEPRESSED CAKE SHOP, I felt grey with the black and grey balloons hanging all over upstairs! No cheerful feelings for sure. Fortunately, the gloom rather vanished when I met friends from the Ipoh Befrienders whom I have not met for a long time. By the way, the proceeds from the sales of the cakes and also the entrance fees for the cake decorating competition on this particular day from the IPOH DEPRESSED CAKE SHOP were to be shared between PPCS and the Ipoh Befrienders. As we set up our booth together with the Ipoh Befrienders, we shared our ideas and learned from each other. It was also very interesting watching the participants decorate cakes for the most creative and original Depressed Cake competition and the children too, taking part in the "Paint a Sad Face" art skills competition.

This IPOH DEPRESSED CAKE SHOP is the second Depressed Cake Shop to open in Malaysia, following its extremely successful September 2013 debut in Kuala Lumpur. But why Depressed Cake Shop and why Ipoh, we all wondered. Well, the concept was conceived by Emma Thomas, aka Miss Cakehead, as a creative platform to raise awareness of mental health issues and provide a platform for discussions. The first Depressed Cake Shop appeared in London in 2013. The goal of the bake sale is to end discrimination and prejudice against those living with mental health issues, as well as challenging damaging

stigmas and labels attached to mental illness. "This quirky grey pop-up cake shop provides an informal, unthreatening way to bring to light mental health issues," said Datin Sabrinah Morah, who first brought the concept of the Depressed Cake Shop to Malaysia. "Depression is more common than people realize, and it's an illness that can be treated with medical help. I hope those affected by mental illness are able to talk about it without shame or embarrassment. Ipoh seemed like an obvious choice, not just due to its proximity to KL, but because of Tanjong Rambutan, a well-known mental institution, perhaps even the first to ever be established in both Ipoh and Malaysia. And with Ipoh being a prominent landmark on the foodie trail, I guessed there would be plenty of enthusiastic bakers and cake lovers!" Datin Sabrinah elaborated further.

This will be a cake shop like never been seen before, with grey, sad-looking but delicious cakes, powerfully illustrating the effects of depression and inspiring members of the public to widen their understanding of mental health issues.

Finally, I would like to take this opportunity to say a big THANK YOU to the IPOH DEPRESSED CAKE SHOP and of course not forgetting all the donors who have given generously in cash, time, service, ideas, effort, grey cakes, well-wishes and whatever contributions in one way or another. THANK YOU AGAIN!

WONG KOON YOKE
Volunteer

ROYAL PATRON:

Duli Yang Teramat Mulia Raja Muda Perak Darul Ridzuan, Raja Dr Nazrin Shah Ibni Sultan Azlan Muhibbuddin Shah

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Message from a dying patient

by Dr. Suzanne Koven

My patient, Janis, is dying. She does not mind me telling you this. In fact, she wants you to know. She also wants you to know what you can do to help yourself when your turn comes. Because it will.

Janis and I were born a few months apart and we have kids about the same ages. We're both in health care — she's a nurse. For several years our annual visits consisted of a quick update of her few medical problems, a routine exam, and a chat about raising children, juggling work and family, and finding time to exercise (an avid runner, Janis seemed, unlike me, to have figured this one out).

Then, in 2010, our paths diverged when Janis was diagnosed with an aggressive form of ovarian cancer. "Everyone who is born holds dual citizenship," writes Susan Sontag, "in the kingdom of the well and in the kingdom of the sick." Janis moved to this other kingdom, the land of oncologists and chemo and head scarves and thinking, a lot, about what most of us try to avoid thinking about: death.

The kingdom of the sick is a hard place to be, but Janis is about as well-equipped for it as anyone you'll ever meet. She's physically tough — during chemo she kept working, fueled by naps in her car in the hospital lot — and mentally strong or, by her own description, stubborn. She's got a team of top specialists. She has a supportive husband and two wonderful sons in their 20s, already launched in their careers. Janis also has deep religious faith, and finds comfort in knowing that she will go to heaven and be reunited there with loved ones.

But even with all these assets, Janis needed help — a particular kind of help she wished she'd gotten sooner and which she'd like you to know about in case you or a family member become seriously ill: palliative care.

Last spring, Janis's new oncologist, Dr. Richard Penson, referred her to Dr. Vicki Jackson, the chief of Palliative Care at Mass General. The referral freaked out Janis a little. Was Dr. Penson trying to tell her that he didn't think the treatment she was about to start would be successful? But Janis had read an article about palliative care and a relative had had a positive experience with it, so she agreed.

After meeting with Jackson, whom Janis calls Vicki, Janis realized that, contrary to common belief, palliative care is not synonymous with giving up hope. Nor does it represent an abandonment of patients by the physicians treating them. "I didn't feel abandoned at all," Janis says about Dr. Penson's referral. "I felt more cared for."

Palliative care is comprehensive, interdisciplinary treatment of the physical and emotional suffering of people who are seriously ill. Sometimes confused with hospice, palliative care is not exclusively for people at the end of their lives. Nor is it only for people with cancer. The specialty was conceived by Dame Cicely Saunders, a British nurse, social worker, and physician. Saunders began her work in hospice, but branched out to address what she called

the "total pain" of patients: physical, psychological, social, and spiritual. Palliative care has been shown to improve the quality of and even prolong the lives of the very ill.

At first, Janis met with Vicki about once a month. They focused on controlling Janis's abdominal pain. But Vicki also started asking Janis hard questions: how it felt to be ill, to be facing death. These questions didn't shock Janis. She told me that she knew from the time of her diagnosis that cancer would shorten her life. That knowledge didn't keep her from pursuing treatment or from hoping that the treatment would work. Janis appreciated that Vicki understood these seemingly conflicting thoughts.

As the months went by, and Janis's cancer progressed, she met with Vicki more frequently. Their sessions were sort of like psychotherapy, Janis told me, but included a more strategic element. For example, Vicki helped Janis decide when to begin planning her funeral (sooner rather than later). Janis also felt comfortable talking with Vicki about what her final moments would be like. As a nurse, Janis had witnessed deathbed vigils and the final breaths known as "the death rattle." An independent person who dislikes burdening others, Janis hates the idea of exposing her family to such a scene. Vicki has assured her it can be avoided.

In retrospect, Janis realizes she would have benefited from this kind of coaching years ago. Once, when she was in remission, a family member was dying of cancer. Janis was well, and, since she's a nurse, it would have been natural for her to step in and provide care. But she didn't feel up to it — not so much physically, but emotionally. She was in a brief respite from "Cancerland," she told me, and she wanted to enjoy it. But she felt guilty, and someone like Vicki would have been very helpful sorting through all that.

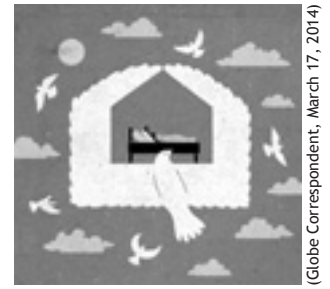
I visit Janis in hospice and she is alert and animated. She laughs, she cries, she has a lot to say. She seems, in many ways, not so different than the healthy and vibrant woman I used to see once a year. She seems like Janis. I tell her I cannot imagine myself, in her position, being so brave. She tells me she wouldn't be, if not for palliative care.

If she'd never met Vicki, Janis says, "I think I'd be in the fetal position, in this bed. But I'm still up, I'm walking around, I'm coherent. There's just something that's driving me. Part of it is who I am, but another part of it is the skills that Vicki has provided me with."

I ask Janis if I can do anything for her and, to my surprise, she says yes. She asks me to write a column telling people that palliative care can be extraordinarily helpful. She asks me to remind doctors to refer patients early, at diagnosis.

Janis wants us to know that it's possible, until the very end of our lives, to live.

(With kind permission from Dr Suzanne Koven, the author)



Globe Correspondent, March 17, 2014

20TH ANNUAL GENERAL MEETING

The twentieth Annual General Meeting of PPCS was held on 29 March 2014. Being an election year, the committee was re-elected as follows:-

Hon. President:	Dr Koh Wai Keat
Hon. Vice President:	Datin Seri Suraini Kamarulzaman
Hon. Secretary:	Datin Judy Yap
Asst Secretary:	Datin Lin Hui Yi
Hon. Treasurer:	Datin Teh Li Li
Asst Treasurer:	Ms Chan Lai Yoong
Committee:	Ms Amarjit Kaur
	Mr Cheah Tat Hoong
	Mr Lee Kok Huat
	Dato' Dr Jenagaratnam
	Ms Judy Chua
	Dr Elangovan Subbiah

Without any changes to the committee, we endeavor, as a team, to continue carrying the torch for palliative care in the State of Perak. All reports were duly accepted with no questions from the floor. We thank our members for their support in the annual attendance of Annual General Meetings.

We look forward to exciting developments in the near future, information of which will be reported in PPCS Centrenews appropriately.

Datin Judy Yap
Hon. Secretary



DR LIM PENG SWEE

Dr Lim Peng Swee is fondly remembered by PPCS as its founding President who was actively involved in the task force initiators for the formation of PPCS from 1993-1995. Dr Lim personally took on the responsibility with the assistance of legal minds to register the Society in 1995.

His passion, commitment and vision contributed significantly to the formation of PPCS because he acted on his conviction that the service we provide is needed in the community. Dr Lim always gave his best to the patients and will attend to needs beyond the call of duty as a President.

Meeting a need will always lead to success. Thus, we are thankful to Dr Lim Peng Swee for his contributions in the earlier years of PPCS. Surely, his rest is in peace for having led a purposeful life helping mankind. We are blessed to bless others. May we all emulate his example as a person who lived not only for himself but also for others.

Datin Judy Yap
Hon. Secretary

DONATIONS received during January – March 2014

(*imo = in memory of)

JANUARY 2014	RM
FP Tyre Auto & Service	600.00
Saw Sock Phei	100.00
Thinesh a/l Balachandran	100.00
Ng Kit Chin	200.00
Nicole Tan Pei Xuan	50.00
Imo Yaw Chai Thai	1,000.00
Choong Mei Yoke imo Yaw Chai Thai	500.00
Fong Siew Ling imo Yaw Chai Thai	500.00
Wong Chiew Kin	80.00
Chung Sook Fun imo Lew Siew Chuan	100.00
Imo Mah Chun Hoe	120.00
Mohd Johary Bin Salleh	100.00
Dato Lee Seng Hee	5,000.00
Wan Jan Li	500.00
Rizal Ali	200.00
Dato Shalimin	500.00
Dato Poo Tak Kiau	10,000.00
Imo Cheung Su Yin	120.00
Mohd Roshazat Bin Mustaffa imo Muhammad Asri	100.00
Kwan Lai Wan	1,000.00
Isaac Lee Toy Yee	50.00
Lee Wan Cheng	50.00
Yee Sook Kuan	500.00
Chang Ching Hoi	20.00
Lee Yuet Meng or Ni Tor For	2,000.00
Zihanz Alymann Kamarul Zaman	1,000.00
Leong Sau Gueen	100.00
Luel Eng Yeap imo Wong Kim Seng	2,000.00
Buddhist Ci Shan Jie Yuan Tuan	500.00
Loh Wai San	100.00
Chin Chon Peng imo Lee Hean Yin	550.00
Mak Ah An	100.00
Anonymous	500.00
Aun Fatt Used Car	1,836.00
Loke Kar-Wye	1,000.00
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Lee Sai Keong	100.00
Lim Soon Kong imo Lim See Lin	100.00
Leong Wai Siew	200.00
Imo Aw Siew Ching	100.00
Catherine Kong	100.00
Susan Lee imo Mary Lau	100.00
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Looi Lee Ying	100.00
Fong Soon Fan imo Fong Chan Choo	500.00
FEBRUARY 2014	RM
Chow Chee Peng	100.00
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Joseph Tan	50.00
Micias Mica	100.00
Chooi Ui Kong	100.00
Foong Yeng Yee	100.00
Foong Lin Hoe	500.00
Hoi Chee Mun	100.00
Anonymous	550.00
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Wong Hoong Wah	200.00
Yong Shoon Ghee	100.00
Lee Siew Khuan	500.00
Lee Kwan Yong	100.00
Tan Peik Wan	100.00

Lee Chun Keong	500.00
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Imo Soh Choy	100.00
Mohd Johary Bin Salleh	100.00
Loh Mun Sang	200.00
Chin Guat Fen	100.00
Loh Xiao Tong	150.00
Foo Far Kat & Chin Guat Tong	100.00
Chin Siew Leong	25.00
Yeap Ah Mooi	25.00
Chin Guat Yuan	20.00
Lim Pooi Ling	200.00
Hush Trading	500.00
Teh Soon Kam	2,000.00
Mohd Khairul Zaizi	100.00
Floreat Enterprise	4,000.00
Yoko Kami	50.00
Leong Lye Wah imo Kow Weng Cheong	120.00
Wong Poh Leng imo Chee Kwe Yen	300.00
Chong Chun Hoe	100.00
Chew Tat Jin	100.00
Chai Kar Heen	2,000.00
Imo Aw Siew Ching	100.00
Leong Choy Yoke imo Cheong Swee Khoon	1,000.00
Wong Thong Hon	50.00
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Ng Yit Loke	100.00
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Imo Ding Eng Heong	100.00
Anonymous	50.00
Wong Kian Bang	50.00
Wong Kiang Shung	100.00
Datin Foo Toong Moi	100.00
Choong Chee Liong	100.00
Lim Chu Hai imo Lim Chuan Guan	1,000.00
Cheong Marn Cheow imo Lim Chuan Guan	200.00
Ang Cheng Geok imo Thong Sow Meng	200.00
Lim Soon Keat imo Lim See Lin	100.00
Lai Yun Sang	100.00
MARCH 2014	RM
Koid Phaik Leng imo Wang Chee Meng	120.00
Yip Yow Chooi	100.00
Choy Yoke Kuen	100.00

Buddhist Ci Shan Jie Yuan Tuan	500.00
Ng Wai Soon	100.00
Chung Ah Yoke	100.00
Lee See Wee imo Wong Wai Poh	500.00
Wan Zulkarnain	100.00
Chew Chee Kham	200.00
K. Narayani	100.00
Yan Kim Chau imo Chia Kwooi Jew	500.00
Hashim Bin Man	100.00
Chan Yoon Kee	2,000.00
Oh Poh Yee	100.00
Ng Hueng Sun	100.00
Y.C. Wong	100.00
Liew Pow Ling	50.00
Teoh Chee Chin imo Teoh Ah Cheong	5,100.00
Tan Kooi See	100.00
Ng Choong Weng	300.00
Ng Choy Fah	100.00
Lee Yew Gaik	100.00
Azizan Bt Ayob Othman	100.00
Dr Chan Kai Soon	1,000.00
Lim Yew Hong	100.00
Imo Aw Siew Ching	100.00
Yeap Ching Yeok	100.00
Lee Man Kiew	100.00
Imo Chan Yoon Kee	2,200.00
Kong Siew Hong	1,000.00
Chang Wendy	100.00
Lim Sau Ying	500.00
Lee Hui Lian	300.00
Rusli Bin Abas	100.00
Dr Koh Guan Chai	2,000.00
Datin Judy Yap Giok Chiu	100.00
Leong Yuen Yee imo Mah Sok Hun	300.00
Dr Rusnah	50.00
Imo Lee Kon Len	440.00
Kong Wai Hooi imo Yong Poh Chan	1,000.00
Chaw Mei Ling	100.00
Wang Tay @ Bro Lace Andre	300.00
Imo Fong Mui Yoon	90.00
Lim Soon Kong imo Lim See Lin	100.00
Zaida Binti Hasim	100.00
Chooi Kok Hon imo Leong Ah Moi	240.00
Imo Wong Yun Seng	410.00

AMENDMENTS

- Wong Lai Har donated RM100 in November 2013 and not RM10
- Bintang Manjung Sdn Bhd donated RM500 in October 2013.



We thank all our donors for their generosity. As PPCS is a non-governmental agency, it relies substantially on the financial support of the general public. If as a reader of this newsletter, you wish to donate something to the Society, or you know of anyone who might be interested in doing so, please direct your personal donation or inform them to contact the Honorary Treasurer at:

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