

## A SEMINAR FOR CURRENT & FUTURE CARE GIVERS 11 March 2007

Hot on the heels of the previous Mandarin seminar, we launched ourselves immediately into the preparations of the English seminar. It reminded us of the process of pregnancy, really. One goes through the pain and labour of expecting and when it's all over, the euphoria overwhelms and the pain is forgotten. So the reluctant parents, Dr Boon and myself, find ourselves in the midst of expecting our second "baby", and laughing at our own folly. Worse still, we had twins. Yes, we decided to up the ante by conducting a concurrent workshop in Cantonese for "graduates" of the first seminar. We survived to tell the story.

This time around, we decided to focus on the talks so no charity sale of our patchwork was conducted. Instead, we organised exhibition booths from various organisations for dissemination of information only. We were fortunate to receive the financial support of the Ministry of Women, Family and Community Development and the Social Welfare Department Perak for this event. We had a fairly even racial distribution in our audience of about 350, with representatives from nursing schools, various government and palliative care organisations and other individuals.

VIP Guests & 350 participants



The occasion was graced by our Royal Patron Duli Yang Teramat Mulia Raja Muda Perak Darul Ridzuan, Raja Dr Nazrin Shah, who gave a most encouraging opening speech.

*"...I am humbled to know that there exists in our society this group of selfless individuals who devote their time, talent, resources and energy to care for those most in need of support and compassion..."*

*...I congratulate the Perak Palliative Care Society for their untiring efforts in serving the community and enriching the lives of others. It is my hope that their endeavours will create awareness of palliative care and its immense benefit both to patients and their care givers, and that it will inspire many to come forward to serve with Dedication. Your contribution towards making ours a caring society inspires us all..."*

The morning session began with a talk by our Honorary Advisor, Dr Rosalie Shaw, who spoke about "Living with a Progressive Disease with No Hope of Cure". She addressed many fears such patients usually face and how their family and friends can help cope with it. Our dear Rosalie never fails to light a candle in a path of darkness. This was followed by Assistant Professor Dr Amy Chow from the University of Hong Kong. Her talk entitled "Coping with Dying, Death, Grief and Bereavement" captivated the audience and dispelled many myths one might have about death. It was refreshing to witness how she managed to transform an otherwise bleak and gloomy topic into a lighthearted yet transparent insight into another "world" which most of us spend our lives avoiding. The morning session suitably ended with Dee Sidhu, a dietician and ex-cancer survivor from Amanita Kuala Lumpur, who



Raja Dr Nazrin Shah delivering the opening speech



Dr Rosalie Shaw, Our Hon. Advisor, Executive Director, Asia Pacific Hospice Palliative Care



Dr Amy Chow, Asst Prof. at the University of Hong Kong, Department of Social Work & Sos.



Ms Dee Sidhu, Dietitian

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ROYAL PATRON:

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

DK, DK II (Selangor), DKSA, SPCM, SPTS, SPMP (Perlis), PhD (Harvard)

HONORARY ADVISOR: Dr Rosalie Shaw PSM, MBBS Hons (Monash), FRACMA, FACHPM, BA (Melbourne), BEd (Melbourne), RN, RM

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shared many important facts on a proper diet for cancer patients and how healthy food can actually taste delicious.

After dispensing with the necessities of lunch, our centre nurses, Nancy and Sumathy, and resident Honorary Medical Director, Dr Boon, launched straight into the afternoon session with invaluable advice on physical and nursing care of the patients. Their candour made an otherwise potentially boring exercise, both animated and engaging. We brought back Ms Tan Wai Choo, physiotherapist from Ipoh Hospital, who shared many useful tips on physical exercises and mobility. Ms Chloe Lee, a stoma care consultant from ConvaTec, wrapped up the afternoon's session with a detailed explanation of the difficulties faced by stoma care patients and ways to overcome it.

While all the excitement was going on downstairs at the ballroom, Dr Amy Chow had another group of about 70 people upstairs engaged in a "death preparatory" lesson held in Cantonese. Topics covered include "Examining one's fear towards death", "Dealing with the pain of separation and loss" and "Coping with death & bereavement". One would be forgiven to think it was a "Meet your idol" session with many participants staying back for autographs, photographs and more questions for Dr Chow! She kindly obliged and stayed back for an extra hour.

Needless to say, we had the tremendous support of some volunteers without which none of this would have been possible. And we must name them here to give them due credit. Here goes our academy award "Thank you" list in no particular order:

- To Doreen, who made sure we were never hungry.
- To Georgie, who tickled the funny bone in us.
- To Choy Foong and Stella, who brought glamour to the occasion.
- To Kim and SN Lee, who brought zen amongst the crazy crowd.
- To Lai Kin, who steadfastly guarded the reception table throughout it all.
- To Pick Yean & Siok Hoon, who battled fiercely on the frontline & at buffet lunch.
- To Wen Yin, who stuck by us through sickness and a mountain of homework..
- To Witzi, who knew what goes where and when and why without much telling.
- To Leong and Lai Peng, whose love song accompanied us throughout.
- To KY aka Tong Yuen, who probably deserves the best supporting spouse award.
- To CK and Daniel, who we hope will win the coveted best newcomers award.
- To June and Chooi May, whose sales strength leave MPH in its dust.
- To Michael, who lent us crucial physical strength.
- To Guddi, whose omnipresence is amazing.
- To KH, who said and lived these famous words "No problem".
- To Koh, whose quiet dedication and sincerity speaks volumes.
- To Su, who is our anchorwoman in the tug-of-war.
- To Puan Hafidzah, who charmed us with her wit and smooth deliverance.
- To the committee members, thank you for bearing with our idiosyncrasies and being our faithful comrade in arms.

Most importantly, we would like to thank our patients and their families who have shown us that love can give courage, hope and strength even in the worst of situations.

And to my partner, Dr Boon, thank you for your guidance and wisdom. Our "mother-in-law" would be proud of us. The next baby you ask? Perhaps, in a moment of folly, again.

LIN HUI YI Co-organising Chairperson

Dr Amy Chow, conducting the Cantonese Workshop



Volunteers preparing for the Seminar



Raja Dr Nazrin Shah viewing the exhibits



Dr Boon Chai Peng, Hon. Medical Director



Ms Tan Wai Choo, Ipoh Hospital Physiotherapist



Ms Chloe Lee, Product Specialist (Stoma Care)



Sister Nancy, Senior Palliative Care Nurse



SN Sumathy Arumugam, Palliative Care Nurse

# BON VOYAGE, KH

"KH", "Lee", "K.H. Lee" or Lee Kock Huat is no stranger to PPCS. He is one humble, good looking technical man who is always seen behind the screen manning the laptop in any PPCS event. He is also seen as a happy family man with his lovely wife Stella Choo who is also a PPCS member and volunteer and their adorable daughter Carmen.

He joined PPCS as a member in 2003 through his wife's influence. His interest sparked off when PPCS sought his assistance in his computer literacy while we were working on the China Beijing Opera which was one of our major fundraising projects in 2001. The PowerPoint presentation on PPCS was the most touching part of the evening that melted the hearts of the audience including our Guest of Honour, the Sultan of Perak, Duli Yang Maha Mulia Paduka Seri Sultan Azlan Muhibbuddin Shah Ibni Almarhum Sultan Yussuf Izzuddin Shah Ghafarullahu-Lah, who then donated a substantial sum to PPCS. Bravo! KH. We were told by his wife, Stella that whilst KH worked on the PowerPoint, he learned a lot of about the society and found the work of PPCS very meaningful. When the next meeting came, he joined as a member and later became a member of the Care Group.... Yeah!

Since then KH has been designated as the official "PowerPoint and graphic design man" in all events organised or undertaken by PPCS. He has worked on the 5th

Malaysian Hospice Congress in Ipoh in year 2002, PPCS 10th Anniversary Dinner in year 2005, Coppelia Charity Show in 2005, Seminar for Care Givers at Casuarina Hotel on 10 September 06 and at Syuen Hotel on 11 March 07.

Besides a demanding assigned job, he is also our care group chat companion whenever there is a break between work. He will charm us with his witty jokes and cause a commotion of laughter.

The news of him getting a repost in Suzhou, China left all of us heavy-hearted because it is a loss to PPCS and our group especially. On 28th March 2007 representatives from the committee, volunteers, staff and Care Group members organised a farewell dinner at Restoran Mun Choong.

The dinner was never sober but turned out to be extremely light-hearted filled with jokes, laughter and well wishes. Aw...we will miss his jokes. Well, for those connected to MSN....he is never too far.

*SIOK HOON PPCS volunteer*



**KH Lee, Stella & Carmen**

**KH Lee with "Annie" at the Seminar for Care Givers at Casuarina Hotel on 10 September 2006**



**Farewell dinner at Restoran Mun Choong**



## 13th Annual General Meeting on 24 March 2007

Being a non-election year, the following who were elected in the 12th AGM held on 25 March 2006 continue to serve till March 2008.

**Hon. President**

Dr Koh Wai Keat

**Hon. Vice-President**

Datin Suraini Kamarulzaman

**Hon. Secretary**

Datin Judy Yap Giok Chiu

**Asst. Secretary**

Ms Lin Hui Yi

**Hon. Treasurer**

Datin Teh Li Li

**Asst. Treasurer**

Miss Chan Lai Yoong

**Hon. Medical Director**

Dr Boon Chai Peng

**Committee**

Ms Amarjit Kaur

Dr Kuan Swee Hock

Miss Judy Chua

Mr Cheah Tat Hoong

Dato' Dr Jenagaratnam

We thank Mr KH Lee, who has been a committee member from June 2003 to March 2007, contributing significantly to enhancing the corporate and professional image of the society using his expertise in multimedia skills for fundraising and publicity events. We wish him every success in his future endeavours and look forward to welcoming him back at the appropriate time. We will be looking for a suitable candidate to fill the vacancy in the committee.

**DATIN JUDY YAP**  
*Hon. Secretary*

# DONATIONS received during January-March

## JANUARY 2007

Names	RM
Lee Moa Chun	100.00
Lai Yuen Sang IMO Lee Sai Mooi	1,000.00
Har Voon Leong IMO Lee Kow Yin	200.00
Chow Fong Kheng	100.00
Gnanammal Rosalind	100.00
Anonymous	100.00
Imo Tang Kum Loie	1,000.00
C & L Cleaning Services IMO Wong Lan Ying	300.00
Yip Sau Lee	100.00
Mdm Saw San	100.00
Hen Chu Ping	100.00
Liew Swee Min IMO Kok Yoon Yoong	1,000.00
Tang Wai Poh	100.00
Chong Hock Choong	600.00
Liew Yee Yee	100.00
Liew Ee Ling	100.00
Liew Soon Moi IMO Wong Lan Ying	200.00
Liew Foong Moi IMO Wong Lan Ying	100.00
Perak Electrical & Radio Dealers Association	1,000.00
Donors	500.00
Marzuki b Haji Uthman	100.00

## FEBRUARY 2007

Names	RM
IMO Tan Koon Kaw	340.00
Tan Yoke Chew	200.00
Ooi Pek Yong	100.00
Mdm Saw San	100.00
Theresa Lim Mun Sim	130.00
Anonymous	1,000.00
Jenny Lui c/o Sister Fong	200.00
Xin Sieh Group	3,500.00
Loke Peng Hoong	50.00
Leong Kwai Yoong	30.00
Soon Lay Chin	200.00
Kinta Amitabha Buddhist Society, Perak	250.00
Chan Foh Yew	100.00
Wong Chia Wei	100.00
Chow Leen Siang IMO Chew Peng Loon	5,000.00
Shem Yuen Kheong & Family	200.00
Lim Teck Pooi & Family	200.00
Mdm Lim Lai Hong	100.00
Hen Chu Ping IMO Chew Bor Kiah	60.00
Lew Yin Foong	100.00
Chong Kah Meng IMO Chong Tuck Choon	70.00
Wong Poh Leng	500.00
Anonymous	80.00

## MARCH 2007

Names	RM
Liu Chin Keong IMO Liu Siew Peng	300.00
Ng Faa Hin	50.00
Goh Teck Chee	20.00
Ong Geok Kim	500.00
Loke Peng Hoong	50.00
Ho Lim Cheng	100.00
Kinta Amitabha Buddhist Society, Perak	250.00
Loh Oi Heng	100.00
Ng Sooi Tee IMO Ng Sooi Yee	5,000.00
Lai Yun Sang	100.00
Loke Kit Wai IMO Loke Peng Hoong	200.00
Mdm Saw San	100.00
Mr Tan Yoke Waie	200.00
Chong Soon Yew	100.00
Teh Ai Kwan	100.00
Phoong Huei Ling IMO Phoong Fon Yin	3,000.00
Lai May Yoke	150.00
Genting Croupers	150.00

# THANKS

*Promoting the Spirit of Care*

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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