

NEW YEAR LUNCH/TALK WITH IPOH HOSPITAL STAFF

Perak Palliative Care Society hosted a New Year Lunch for the staff of Hospital Ipoh Palliative Care Unit

(PCU) with an aim to further improve the cooperation between the staff of PCU and PPCS. This was held at 1-2 p.m. on 24 January 2008 in the CME Room of PCU.

To make the event more useful, a Continuous Medical Education talk was included. We thank Dr Lum Wan Wei, the Consultant Oncologist and Radiotherapist of Ipoh Specialist Hospital for giving the short talk on Breast Cancer Management. The talk had also attracted staff of other units as well. A total of 32 people comprising PPCS members, volunteers, PCU staff, hospital volunteers, Doctors and staff of Surgical Department and Rehabilitation unit attended the talk. With such a heterogeneous audience, Dr Lum went through the talk in simplified language. He stressed that breast cancer patients even those with disease spread, are living longer and enjoying better quality of life because of improvements in treatment. The outcome depends on many factors including grade, aggressiveness of cancer, sites of spread and modes of treatment that the patient chose. He also noted that he had not come across any successful cases with the use of traditional/herbal cures being promoted in the community by non-medical people.

Dr Lum answered questions from the audience at the end of the talk. He highlighted situations where hormonal therapy and adjuvant therapy can help.

As a token of appreciation, Dr Boon Chai Peng, presented a set of Book and CDs in English and Mandarin entitled "Skills for Life: Home Care".

Dato' Dr Ziaudin Ahamed



Participants listening intently



Ipoh Hospital nurses, "tucking in"

14th Annual General Meeting

The fourteenth Annual General Meeting was held on 29 March 2008 at the multi-purpose hall of 14, Lebuah Woods, Canning Garden. The meeting started promptly at 5:05 p.m. attended by 14 members and 6 proxies were given by absent members. Reports from the President, Medical Director, Treasurer, Volunteer Co-ordinator and Chairpersons of Human Resource and Development, Community Awareness and Education and Fund Raising sub-committees were accepted with no queries from the floor. Being an election year, the new committee for the years 2008-2010 was unanimously elected by those present. Without any outstanding matters, the meeting ended shortly at 5:35 p.m.

COMMITTEE FOR 2008-2010

- 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
Ms Chan Lai Yoong
- Committee
Ms Amarjit Kaur
Mr Cheah Tat Hoong
Dato' Dr Ziaudin Ahamed Abdul Kareem
Dato' Dr S Jenagaratnam
Ms Judy Chua Joo Looi
Dr Boon Chai Peng

Honorary Secretary

ROYAL PATRON:

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

PPCS 13th Anniversary & Centre Warming Dinner

Due to limited space at 14, Lebu Woods, Canning Garden, the committee decided to have a simple 13th Anniversary cum “centre-warming” celebration on 29 March, 2008. Despite the pelting rain, about 110 people comprising members, volunteers, committee members and some family members braved the weather and turned up in attendance. Guests from the Ipoh Hospital and Encik Abdul Samat, Pegawai Kerja [Luar], YKN Zon Utara from National Welfare Foundation, Malaysia (Yayasan Kebajikan Negara Malaysia) were also present. During the dinner, a gift was presented to our palliative care nurse, Sumathy a/p Arumugam in appreciation for her service in PPCS for more than 5 years (to be exact, 6 years 3 months). It was a pleasant surprise for her (I hope). Special thanks to Mr Ronnie Yeoh and Mr Mervyn Yeoh for loaning and managing the sound equipment without which nobody could have heard the welcome speech by Dr Koh Wai Keat or intermittent announcements amidst the din caused by rain and human chatter. After tucking into beef rendang, lemong, gado-gado, fish curry, fried chicken, onde-onde and other kuihs, everyone mingled, catching up with friends of PPCS who seldom meet unless a PPCS project calls upon volunteers and members to assist together as one big happy family. The evening ended with the sharing of the anniversary cake and the rain ceased on time for everyone to return home drier than when they came.



Committee members cutting anniversary cake



Dinner in progress



PCN Sumathy receiving a gift of appreciation from PPCS Vice-President, Datin Suraini

Datin Judy Yap

People faced with a life threatening disease may have “dark moments” – and perhaps it is during these moments that they welcome a ray of sunshine in their day. With this in mind, the idea of “SUNSHINE HOUR” came about. Keeping in mind that Palliative Care “focuses not on the cancer, but on the man with cancer and his physical, emotional social and spiritual needs as they are all affected by his cancer”.

SUNSHINE HOUR

The first SUNSHINE HOUR was held on Thursday, 17 January 2008. A total of 6 clients attended. The afternoon started with breathing

and relaxation exercises. This was followed by an origami session led by Wong Lai Kin.

Clients went home with decorations for the Chinese New Year. The afternoon ended with tea.

SUNSHINE HOUR is held once a month usually on a Thursday, 2:30 - 4:00 p.m. at our centre. The next Sunshine Hour is scheduled for 15 May 2008.

Amarjit Kaur



Mr Mak Kai Lin, a guest conducting exercises



Patients and volunteers engrossed in making CNY decorations





Notes From & To – Our Generous Donors



We thank the family of the late Puan Sri Rosalind Foo who elected Perak Palliative Care Society as one of the recipients of donations received from friends and relatives. Though Puan Sri Rosalind Foo did not receive assistance in anyway from PPCS, the family recognises the valuable role that the Society plays in its services to the terminally ill in the community. Puan Sri Rosalind Foo and family have been quietly supporting PPCS in previous fundraising events and continued to do so even at the demise of Puan Sri on 10 February 2008. The total donations towards PPCS amounted to RM8,625.00

Donation of Van

We wish to express our deep gratitude to the National Welfare Foundation, Malaysia (Yayasan Kebajikan Negara Malaysia), for the donation of a Patient Transport Van – Weststar LDV Panel Van, which was delivered on 14 February 2008.

Special thanks goes to Dato' Sayed A. Rahman bin Sayed Mohd, Chief Executive Officer, National Welfare Foundation, Malaysia, who was instrumental in initiating this donation. This vehicle will, indeed, further enhance our services to the terminally ill in Perak.



I would like to thank the Perak Palliative Care Society for the care they provided for my sister a few weeks prior to her passing away from cancer in August 2004. I was with her during the last week of her life and noticed the nurse (a Chinese lady in her late 20s or so, sorry I can't recall her name) who was very patient and caring towards my sister. She made sure my sister was comfortable and took her medication etc. She even gave her massages and helped her with relaxing exercises. She was very professional but also very gentle at the same time. My sister left a sum of money in her will to charities. It was a difficult decision to make because there are so many worthy causes. Finally my co-executor and I decided on five charities. I personally recommended the Perak Palliative Care Society to receive RM20,000 because I have seen first hand the benefit and good work that the Society provides. I hope this donation will assist the Society in continuing to help the sick and needy.

With best regards,
Jenny (Australia)

Thanks to PPCS for giving me the opportunity to write a few words. Our sister, Renu was under the care of PPCS for the last 3 months of her life. She was truly blessed to have Sumathy as her nurse during this critical moment of her life. Renu was a pillar of strength to the family. She was very quiet, caring, understanding, warm, selfless and precious human being. She gave unconditional love to the family and spent most of her time with the family as they were the centre of her being. Her life, though quite short with us has great influence on our lives. So we thought of doing some good things in her memory. We hope to make her proud of us as we are of her.

So, we organised a charity drive fun-fair in London. We were extremely happy as the response was overwhelming. We managed to raise about RM40,000.00 and decided to donate all to a few charitable organisations dealing with cancer in London and not forgetting PPCS, which received RM10,000.00. They provided wonderful care during the most challenging moments of life. We believe Sumathy was an angel sent by God. She could deeply understand what we were going through and her words gave us priceless comfort. Thank you, PPCS.

Viji (UK)

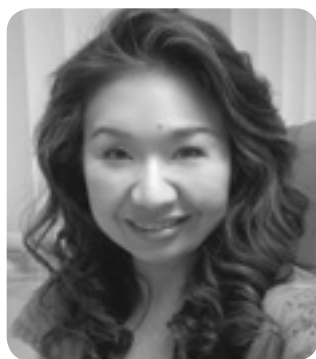
A new committee member

was appointed on 29 March 2008. Ooi Siok Hoon has been a PPCS volunteer since 1998 upon her return to Ipoh to continue her law practice. Her initial intention to join PPCS was to do something not as serious as her profession and also to serve the community.

Siok Hoon joined the CARE (Community Awareness, Relations and Education group), a sub-committee of PPCS, tirelessly promoting public awareness on palliative care by taking an active part in PPCS exhibitions at shopping centres, helping in organizing talks at schools, hospitals, churches, societies and other public places, distributing leaflets at the entrances of

supermarkets and making occasional visits to Palliative Care Unit, Hospital Ipoh. She was also an organising committee member for one of PPCS major fund raising projects, China Beijing Opera in 2001; participated in the organising of Seminar for Care-Givers in 2006 and have personally attended numerous talks and seminars on palliative care and related topics.

She finds it most touching and accomplishing to see cancer patients smile after talking to them and she believes the act of interacting, caring and comforting cancer patients and their family members is something we do not learn in schools or universities. She believes care and comfort comes from one heart and reaches another heart by giving just ONE SMILE.



OOI SIOK HOON
Committee Member
2008-2010

DONATIONS

received during January - March 2008

JANUARY 2008

Names	RM
Imo Chen Eng Thor	100.00
Lee Moa Chun	100.00
Imo Ong Peik Wor	1,456.00
Chan Chee Wai	100.00
Liew Swee Hoong	500.00
Millennium Heart Caring Society	2,000.00
Imo Kunasakaran a/l Rakkiah	50.00
Mary Narayanasamy	100.00
Xin Sieh Group	3,500.00
Leong Pui Kuan	100.00
Lily Handicraft	1,000.00
Saw Lay Ean imo Saw Thean Kooi	1,000.00
Lim Pick Yean imo Chin Gek Sim	500.00
Loke Kit Wai	100.00
Koh Boon Chor	5,000.00
Chin Chee Choy	100.00
Santokh Singh	5,000.00
Chin Siew Nyet	100.00
Lee Wan Cheng	200.00
Choo Su Moi imo Phang Chee Mun	2,000.00
Aruman Bin Amsiah	100.00

FEBRUARY 2008

Names	RM
Ooi Beng Yean imo Liew Siew Lan	2,000.00
Stella Choo Ee Leng	500.00
Yee Hong Ho imo Yee Chong Siong	300.00
Loke Yeong Weng	50.00
Tan Yu Hwa imo Chuah Choo Hock	1,000.00
Liew Swee Min	500.00
Thong Sow Teng	50.00
Rosli Abd Aziz imo Abd Aziz Havari	100.00
The Trustees for the Estate of Miss Wong Soon Kim	20,000.00
Liew Kook Yin	200.00
Chan Chee Wai imo Lum Yook Mee	1,000.00
Lee Moa Chun	100.00
Kong Choi	50.00
Liew Sie Mooi	50.00
Chan Kim Ming	200.00
Liew Soon Moi imo Liew Nam	400.00
Sow Sian	100.00
Khoo Chun Hiea	100.00
Liew Ee Ling	100.00
Erecca Liew	100.00
Alan Leow	65.00
Liaw Chee Kheong	100.00
Tang Khoon Kwai	400.00
Khafri Alymann Kamarulzaman	2,000.00
Cheng Heng Chung	100.00

MARCH 2008

Names	RM
Chan How Choong	1,000.00
Cheah Jia Sin	100.00
Cheah Seng Cheong	50.00
Loh Soo Fern	50.00
Ravindran a/l Rajagopal	100.00
Chin Mei Foong	100.00
Hew Foong Ying	100.00
Malaysian Association of Belgium & Luxemburg	1,000.00
Koh Wai Lean imo Low Foong	100.00
Leong Sin Yee	500.00
Richard Foong	100.00
Loo Chee Heng	100.00
Chan Yin Mei	100.00
Phun Lee Lee imo Fan Loke Man	290.00
Liew Ee Ling	100.00
Imo Soon Soo Siok	200.00
Cheng Heng Chung imo Lai Ah Nooi	40.00
Wan Koon Seng imo Yip Sit Yeng	2,100.00

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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