

JUMBILE SALE & FOOD FAIR 2010

“We make a living by what we get, but we make a life by what we give.”

– Sir Winston Churchill

This simple sentence is what our Jumble Sale and Food Fair for the year 2010 reflected upon on 14 November 2010. It was a sunny morning and the PPCS team comprising of volunteers, staff members, clients and their family members were all busy setting up their respective stalls before welcoming guests for the Jumble Sale & Food Fair.

Prior to this day, our dedicated volunteers headed by Lin Hui Yi, were busy arranging this fund raising event and had gone to great lengths to organise the various jumble sale and food items. Volunteers and staff members brainstormed to ensure the success of this event by sourcing out all that was possible.

Despite heavy rain the previous night, Sunday morning was a splendid day. As the sun began to rise, people started turning up in droves. By then, we had quite a lot to offer. As our pamphlet read, we had almost everything – from vintage clothes, costume jewellery, home furnishings, soft toys and shoes to roti jala with



curry chicken, mamak mee, pakoras, cakes, desserts, pies, curry puffs, spaghetti, angkoos and more.

The crowd came in around 10am and by 1 pm we had sold most of our food items. The support from our visitors was overwhelming and our joint effort to raise fund was a success. Our community is sharing our care and the support being extended to us is heart-warming. It was such a beautiful sight to see how children from the families of our team were showing great enthusiasm to be involved and be a part of our fund raising event.

Our heartfelt thanks to all who made this fund raising event a success.

Thank you for sharing the care.

By Chandrika P. Choo
Care Coordinator



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

ANNOUNCEMENT

There will be a basic volunteer training session
at the PPCS Centre on 3rd & 10th March 2011
from 2.00 - 4.00 pm

ADMISSION IS FREE

For enquiries, please call Ms Chandrika or Ms Guddi Roy

☎ **05-5464732**

2-Day Workshop on Grief & Bereavement Care

18th & 19th December 2010 • Venue: Hospis Malaysia, Kuala Lumpur
Facilitators: Prof. Dr. Amy Chow, Ms. Margaret Suen & Dr. Ednin Hamzah

What is grief? How does one react to bereavement? These two words always go hand in hand.

Grief is a state of primeval feeling that is disturbing when we lose someone (or something) to whom we have formed a bond. It can be emotional, physical, cognitive, behavioural, social and philosophical in dimension, and bereavement refers to the objective situation of having lost or being deprived of someone (or something).

The 2-day workshop covered challenges in working with grief and bereavement, psychosocial needs of patients and families in end-of-life care, anticipatory grief, family-focused grief therapy, theories and knowledge in bereavement, assessment of grief, handling of unprepared death and bereavement intervention model.

The workshop emphasised on personal trials when facing death, dying and bereavement. There might also come a time when these patients and their respective families need psychosocial help from us. Professor Dr. Amy Chow, in the many case studies and role play sessions, conducted an exercise to enable participants to comprehend the intensity of loss. We were all asked to list out four treasured items each on possession, ability and competence, our roles and loved ones. Any one of these 16 items can be taken away from us by the unexpected arrival of catastrophe such as accidents, disasters or illnesses. At the end of the exercise, some participants ended up with absolutely nothing. Upon asking to comment on the experience of loss, it made us realise how sorrow and pain can devastate us when faced with such afflictions. This exercise helps us understand the patient's and his/her family's psychosocial situation and how we can constructively counsel them.

The manifestations of grief and bereavement bring

about reactions of disbelief, yearning, anger, depression and finally acceptance. Although not everyone goes through these stages in the prescribed order, grief puts a great deal of stress on the physical body as well as the psyche, resulting in wear and tear beyond the normal.

When assessing grief and bereavement, it is important to take into consideration common grief reactions, respective expression of depression, risk factors and suggestions for bereavement care. Part of bereavement care includes a ritual behavioural approach that gives symbolic expression to certain feelings and thoughts either individually or as a group.

One form of closure towards bidding goodbye to the deceased is to identify the unfinished business of guilt such as unexpressed apology, unexpressed forgiveness, unexpressed gratitude and unexpressed emotional statements. There are five key intervention strategies using the five wonderful senses of sight, taste, smell, touch and sound (STSTS). This enables life review and communication of relational unfinished business. The use of balloons to bid goodbye is seen to be the most profound of all goodbyes and acknowledged to be extremely therapeutic to those who are overwhelmed by grief.

When Carol and I stepped into Hospis Malaysia for the workshop, we were both looking forward to it with much enthusiasm. However, when we left the venue, we were both very much humbled and filled with gratitude to learn such powerful intervention to help our clients in need of grief and bereavement support. On a personal note, this workshop enriched me so much in dealing with my own grief in the recent loss of my beloved husband.

**By Chandrika P. Choo, Care Coordinator
& Carol Chong, Volunteer**

On 31 October, PPCS volunteers, committee members, clients and their family members descended on Tower Regency Hotel to celebrate Hospice Day, an international day of recognition and support of hospice and palliative care.

Present at the event were representatives from the CIMB Foundation, whose donation funded PPCS's Sunshine Hour programme all year, and Datin Chin Pek Soo, whose Lebu Woods property has housed the society since 2006. Present in spirit but not in person was United Plantations Sdn Bhd., who provided the door gifts which were given to PPCS clients upon their arrival.

The festivities began at three o'clock in the afternoon with a scavenger hunt. For ten minutes, chaos reigned as each team scrambled to locate items on the list, which ranged from a strand of hair to a pair of socks. Before the crowd could catch their breath, Gurkireth Kaur and Sheetalraj Kaur took to the stage to perform a Punjabi dance called the Gidha, with PPCS volunteers as backup dancers. What the volunteers lacked in grace compared to the two young dancers, they certainly made up in enthusiasm!

The crowd finally received a respite after the dance, when society members played a video about PPCS before tea was served. The afternoon took on a distinctly tropical feel as the Hawaiian Rhythmics serenaded the crowd with a selection of idyllic, beachy tunes while they feasted on fried noodles and fruit salad.

Hospice Day certainly did not lack for musical entertainment. Apart from the Hawaiian Rhythmics, the crowd also had the pleasure of listening to a group of talented Filipina singers. They were followed by JEMS, an energetic five-member band from Tenby International School. It wasn't immediately apparent whether the popularity of JEMS lead singer Eric Lim was due to his melting

PPCS HOSPICE DAY 2010: SHARING THE CARE, SHARING THE FUN



renditions of popular tunes like Hey Jude or his dimpled good looks. In any case, the audience screamed for an encore after the boys finished their set, though Dato Dr. Ziaudin was spotted plugging his ears during their performance earlier.

After the musical performances, PPCS committee member Lin Hui Yi took over the floor as games mistress. The first game, Project Runway: Eco Challenge was a riff on the popular reality television show. Participants were given a black garbage bag filled with newspapers, paper plates, crepe paper and the instructions to construct an eco-friendly outfit from the materials. Team CIMB chose to go with a patriotic theme with their 1Malaysia outfit, but they were edged out by an outlandish get-up with

strategically placed paper-plate cones born of the fevered imaginations of Lim Pick Yean and Stephanie.

After Project Runway, five hapless married couples, including PPCS president Dr. Koh Wai Keat and his wife, were called onto the stage for what seemed like an innocuous ping pong game, only to find out that the wives had to manipulate a ping pong ball up and over their husbands' trouser leg for it to exit from the other trouser leg. The game was handily won by Irene and Peter Bucher while second prize went to Hui Yi and her husband Lim Si Boon, whose initial disadvantage of having significantly longer legs was offset by the roominess of his trousers.

The children in the audience were also given an opportunity to show off their talents; their talents in *burping*, that is. The children were each given a cup filled with their carbonated beverage of choice to encourage the burping. Few were successful, however, whether it was due to nervousness or politesse. But after releasing several loud belches that belied his petite stature, Daniel Leong, nephew of PPCS centre administrator Leong Lai Peng, was declared the winner, though it was reported that Lim Jia Yi succeeded only after she had left the stage.

The last game of the afternoon was a guessing game where a series of pictures were projected against a large screen. With each table functioning as a team, participants had to guess what each picture was and write down their answers on a piece of paper. After the lucky draw, Dr. Koh wound things down with a closing speech before the party ended.

To everyone who attended Hospice Day 2010, thank you for making it such a memorable event, and to those of you who did not make it, there's always next year!

DONATIONS – OCT 2010

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DONATIONS – DEC 2010

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Ng Kit Toe	100.00
Muhammad Aiszed Kamal	100.00

*imo = in memory of

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:

PPCS, 14 Lebuh Woods, Canning Garden, 31400 Ipoh, Perak.
Tel/Fax: (605) 546 4732 • Email: ppcs95@streamyx.com