

**DONATION – JAN 2011**

Foong Peng Lum	100.00
Quek Lee Bee	100.00
Bridget Basnayake	500.00
Poh Cheong Meng & Sons Sdn Bhd imo Chuah Siew Tin	1,000.00
Tay Eng Soon	500.00
Romila Marketing	5,000.00
Sun Seng Fatt Sdn Bhd	4,000.00
Goh Pok Seong Contractor imo Goh Pok Seong	1,000.00
Ng Kit Toe imo Ng Kit Chin	500.00
Chin Chee Keong imo Chin Fook Loy	40.00
Yayasan Teratai	10,000.00
Sow Tiap	950.00
Lai Keng Hoo & See Swee Ching	400.00
Pan Malaysian Pools Sdn Bhd	3,000.00
Chin Chon Peng imo Lee Hean Yin	200.00
Katijah Abdul Rahman	500.00
Richard Foong	100.00
Mok Soo	100.00
Teoh Kim Hong	100.00
Heong Yee Chum	100.00
Yip Yow Chooi	300.00
Leong Kai Yen	100.00
Xin Xie Charitable Group	3,000.00
Chia Jog Sue	100.00
Perak Academy imo Dato Lim Keng Kay	200.00
Mah Ngo	100.00
Justin Raj	100.00
Chow Ee Gin	100.00
Ong Geok Kim	200.00
Gerard Aloysius Sta Maria imo Gilbert Sta Maria	500.00
The Biscuit Shop	650.00
Chai Kong Lean	100.00
Choo Ee Leng	280.00
Abdul Ghapar	100.00

**DONATION – FEB 2011**

Chin Khe Wu, Leonard imo Tye Soh Sim	2,000.00
Chan Meei Yoong	400.00
Chong Poo Chee	100.00
Ang Shiao Peng	100.00
Teoh Tuan Leong	100.00
Chan Kong Ming	100.00
Wong Mee Mey	100.00
Lim Wai Sing	100.00
Chin Chon Peng imo Lee Hean Yin	200.00
Ng Ngah Lea	300.00
Jet Fynn Marketing	280.00
Lee Yit Kuen	100.00
Imo Chow Pak Wah	100.00
Chang Huan Hui imo Chang Keng Kok	200.00
Khafri Alymann Kamarul Zaman	500.00
Toong Nam An Exec & Trac	500.00
Chaeba Salon	200.00
Leong Yuen Yee imo Mah Sok Hun	200.00
Lim Siew Wan	100.00
Anonymous	200.00
Ow Yong Kun Hung	100.00

**DONATION – MAR 2011**

Rosalind Liew imo Liew Kong Foo	220.00
Lee Moea Chun	300.00
Leong Sin Yee	1,000.00
Yong Kok Wah	100.00
Ng Choong Weng	100.00
Leong Swee Thean	50.00
Chew Tat Jin imo Audrey Teoh	100.00
Gobi Nathan	100.00
Lim Si Boon	400.00
Fong Shook Fong	100.00
Lee Chun Keong	50.00
Phang Swee Ee, Wendy imo Phang Chee Mun	500.00
Imo Sak Kim Lan	1,000.00
Leong Swee Min	300.00
Leong Yuen Yee imo Mah Sok Hun	200.00
Mr & Mrs Tan Hock Huat	160.00
Mr & Mrs Teoh Tuan Leong	100.00
Chin Chon Peng imo Lee Hean Yin	200.00
Zulita Bt Saad	100.00
Yap Wai Lin	50.00
Chew Kim Ying	50.00
Leong Yok Chin	100.00
Yeoh Soon Teck imo Cheah Soo Har	100.00
Denis Goh	100.00

\*imo = in memory of



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 Lebuah Woods, Canning Garden, 31400 Ipoh, Perak.**  
Tel/Fax: (605) 546 4732 • Email: [ppcs95@streamyx.com](mailto:ppcs95@streamyx.com)

## THANK YOU & GOODBYE, DATO' KK LIM



21st February 2011 saw the passing of one of Ipoh's well-known philanthropists, Dato' Lim Keng Kay. PPCS would like to express its gratitude to Dato' KK Lim, as he was better known as, for his belief and willing support of care for the terminally ill in Ipoh. Even in infirmity Dato' KK would put forth ideas on how best to improve on the services that PPCS offers. His public spiritedness is well treasured by PPCS and, without doubt, by other NGOs in Ipoh as well.

Dato' KK was the main sponsor of PPCS's first car, a Kancil, and his spontaneous and generous responses to all the society's funding appeals had always encouraged us on in our work. When PPCS had to vacate its premises in the Perak Community Specialist Hospital in 2003, Dato' KK very generously offered No. 1, Jalan Lasam rent-free to PPCS until September 2006.

**PPCS will miss this giant of a man with an equally big heart.**



## 17th ANNUAL GENERAL MEETING



The 17th Annual General Meeting of the society was held on 26th March 2011 at No. 14, Lebu Woods, Canning Garden.

The minutes of the last AGM held on 27th March 2010 was adopted without much ado.

The audited accounts of the Society from 1st January to 31st December 2010 and the appointment of auditors for the society, Messrs Ernst & Young, were approved.

The following reports were also received and approved:

- ◇ President's Report
- ◇ Treasurer's Report
- ◇ Medical Director's Report
- ◇ Education & Training Chairman's Report
- ◇ Human Resource & Development Chairman's Report
- ◇ Community Awareness Relation Education Chairman's Report
- ◇ Volunteer Coordinator's Report
- ◇ Funding and Appeal Chairman's Report



**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 WELCOMES CHANDRIKA P. CHOO



PPCS is pleased to inform that Chandrika P. Choo is a new addition to its family and is designated as Care Coordinator of the home care team. Whilst having vast experience in the field of administration and public relations for the past 23 years, Chandrika's recent involvement in palliative care came from a personal experience while living in Ireland.

Having witnessed the benefits of a holistic approach in palliative treatment, she then trained in massage from an Alternative Medicine Practitioner upon her return to Malaysia. PPCS has recently incorporated massage as a complementary and holistic therapy in its caring provision and Chandrika works closely with the palliative care nurses to provide this service.

Chandrika's duties primarily involve Massage Therapy (home visits and at the PPCS centre), Social and Welfare liaison, Respite Care and assisting our Honorary Volunteer Co-ordinator with the Sunshine Hour Programme.

In line with our mission statement, we trust that our clients and their respective carers will benefit from such intervention and wish Chandrika a long and happy association with the society.

## Touch as a Complementary Therapy ~ the Benefits of Massage ~

By touching a body, we touch every event it has experienced. For a few brief moments we hold all of a client's stories in our hands. We witness someone's experience of their own flesh, through some of the most powerful means possible: the contact of our hands, the acceptance of the body without judgment, and the occasional listening ear. With these gestures we reach across the isolation of the human experience and hold another person's legend. In massage therapy, we show up and ask, in so many ways, what it is like to be another human being. In doing so, we build a bridge that may heal us both.

-- Tracy Walton

*"The Health History of a Human Being"*  
*Massage Therapy Journal (Winter 1999)*

Massage is a complementary therapy that is used together with conventional medical treatment. It is thought almost universally to be a beneficial therapy. People living with cancer benefit from massage both physically and emotionally as it soothes the soul and mind.

This form of therapy is usually done in a very relaxing and comfortable environment and lasts between half an hour to one and a half hours depending on the area being massaged. It promotes muscle relaxation and stress reduction. It helps relieve headaches, backaches, joint pain, stiffness and insomnia. As muscles are rubbed, blood vessels dilate. The stimulated blood flow increases lymph circulation, resulting in increased oxygen supply and improved overall circulation in the body. The increased blood flow helps to release those feel-good endorphins that make us feel smiley inside.

For cancer patients, the Swedish Massage Therapy Technique is usually recommended as it is gentle and relaxing. Swedish massage is a system of therapeutic, manual manipulations of the body's soft tissues (muscles, tendons, ligaments and fascia) for the purpose of enhancing circulation to restore or maintain health and overall well-being. Increased circulation aids in the delivery of oxygen and nutrients to all cells and cleanses the tissues of cellular metabolic waste. Massage also relaxes tense or spastic muscles, increases joint range of motion, soothes the nervous system, increases respiration and reduces swelling from the accumulation of fluid in the extremities and in the removal of toxins from the tissues.

Touch is the core ingredient of massage therapy and also combines science and art. Practitioners learn specific techniques of massage and use their sense of touch to determine the right amount of pressure to apply and locate areas of tension and other soft-tissue problems.

As touch also conveys a sense of caring, an important component in the healing relationship, one of the most helpful forms of support we can offer a loved one with cancer is the use of the said touch. Massage can channel the tender loving touch we wish to give our loved one in a very holistic and individual way.

**Chandrika P. Choo**  
Care Co-ordinator



# Sunshine Hour

24 February 2011

Datin Mina Ushima showing how beautiful brooches can be made with the coloured adverts from newspapers. PPCS clients enjoyed the session. A big Thank You to Datin Mina.



# GRIEF AND BEREAVEMENT CARE

3 & 10  
March 2011



A talk on Grief and Breavement Care was held at our Centre on 22nd February. The sessions were conducted by Chandrika Choo and Carol Chong. Participants included PPCS volunteers and nurses from hospitals around Ipoh.

