Palliative Care Association

of Johor Bahru

新山安宁疗护

PALLIATIVE CARE ASSOCIATION OF JOHOR BAHRU

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JAN - APRIL 2025

Issue 46 - 01/25

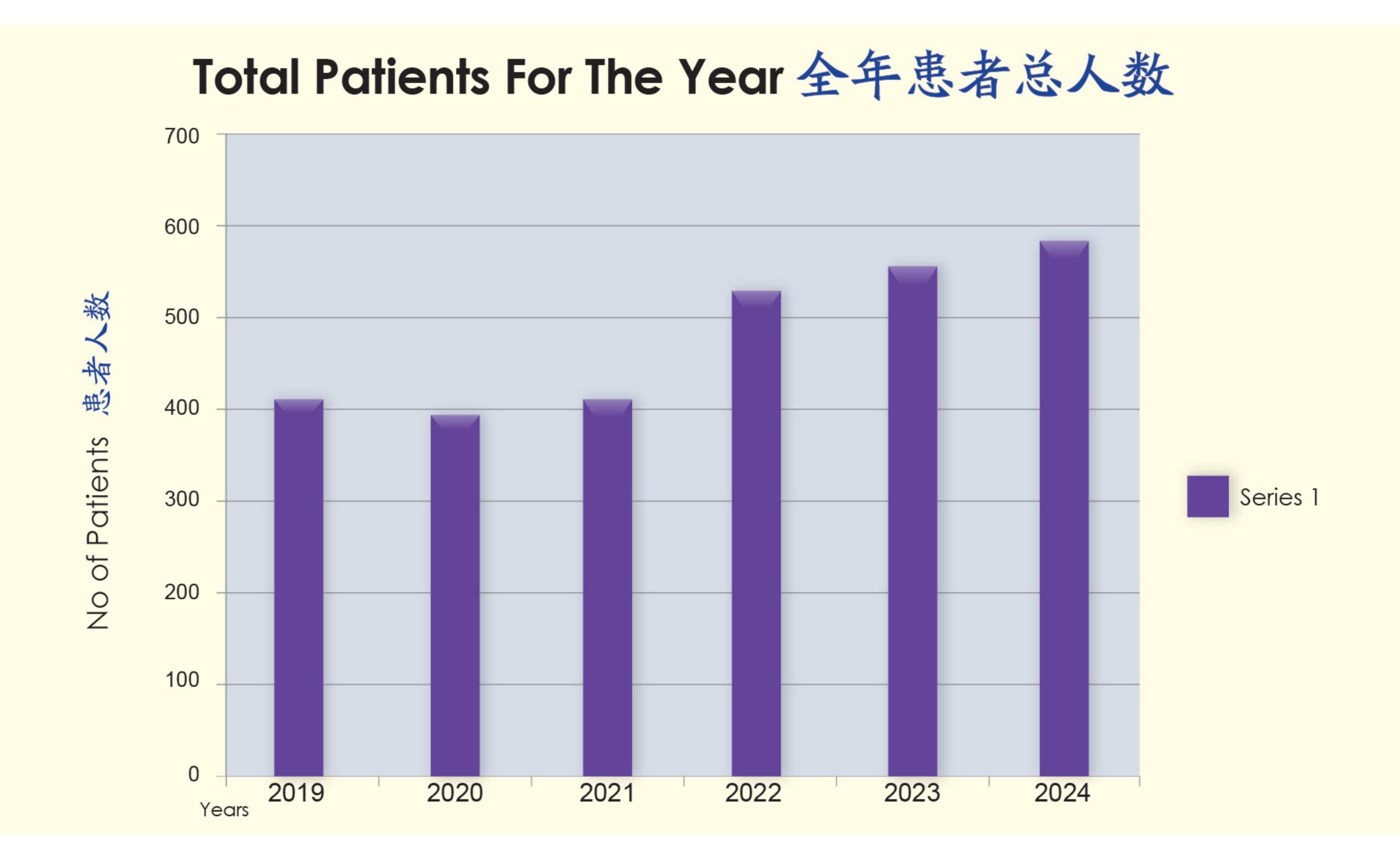
serenity, like a lotus blooming in still water. Gradually, the worry etched on my father's face gave way to a semblance of calm and tranquillity. The shadows that had loomed over our family began to dissipate, like clouds parting to reveal the sun. The warmth of life, sustained by love, began to shine through.

The teacher's compassion not only soothed my father but also brought another guide into our lives: the kind-hearted palliative care nurse, Premala. Her arrival felt like a cool breeze sweeping across a scorching desert. She brought medications and treatments that eased my father's pain while also infusing our family with strength, providing solace for our helpless hearts. With visits every three days, PCN Premala offered comforting words and gentle glances that felt as soft as a spring breeze. These small acts of kindness brought relief to my father amidst his pain and gave us a sense of stability amidst our fears. During those uncertain days, under the shadow of farewell, we experienced an unparalleled warmth and the beauty of human kindness. My father's life came to a close amidst the sounds of Buddha's chants. The teacher and Dr. Premala stood silently at his funeral, watching as his soul departed peacefully. In that moment, though filled with sorrow, it felt like the completion of a life well-lived, a gentle conclusion written with love and compassion. The compassion shown by the teacher and PCN Premala was like a beacon in the darkness, illuminating our moments of confusion and helplessness while warming our cold hearts. This love and kindness not only bid farewell to a patient nearing the end of life but also became a profound memory shared by our entire family. Now, with joined palms and hearts full of gratitude, we thank everyone who contributed their care, effort, and kindness during my father's final days. We deeply felt this love, and once again, we express our heartfelt thanks. Thank you!

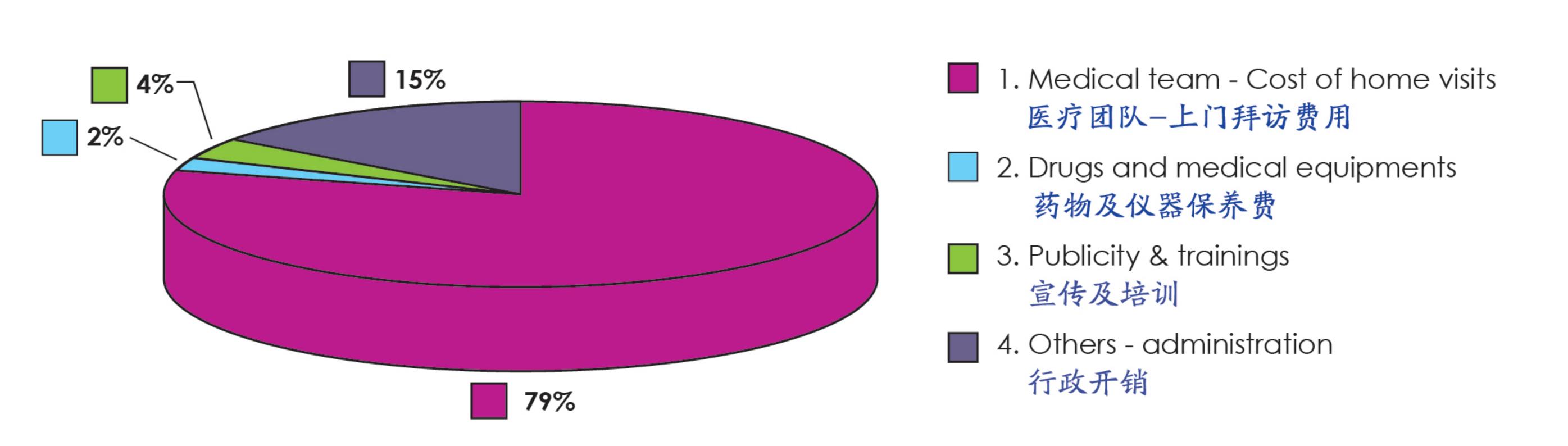
May this compassion, like a seed, take root, grow, and bear fruit in the lives of many others. May the work of end-of-life care continue endlessly, bringing comfort and support to all who are in need.

Family of late Teoh Heu Seong.

Touching Lives... Affirming Values



Total Expenditure for year 2024全年总支出:RM 477, 081



Donations from January to April 2025

Donations from January to A				
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l 2025				
onors	Amount			
Choo Bee Ting	50.00			
Kok Chet Oon	100.00			
ai Mee Hong IMO Yap Guat Eng	50.00			
ai Yen Yong IMO Gong Hee Lai	100.00			
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Prudent Strength Sdn Bhd	3000.00
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Yee Chun Syan	1000.00
Yeoh Beng Sang	1000.00

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Please email to pcajb.admin@gmail.com for receipt

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Tee Wan Nee	100.00
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Yee Chun Syan	1000.00
Yeoh Beng Sang	1000.00

Message from president

The baton of the presidency has been passed for the first time since the 自新山姑息治疗协会(PCAJB)成立以来,主席的接力棒首次完成交 inception of the Palliative Care Association of Johor Bahru. Indeed, receiving the legacy of a well-run Non-Governmental Organization dedicated to providing end-stage cancer assistance to the community is 者提供援助,这既是一种荣誉,也是一项挑战。在此,我谨此向我们 both an honor and a challenge. Kudos to our past president, 备受敬爱的前任主席Dr. Anga致以崇高的敬意,感谢他过去17年的杰 affectionately known as Dr. Anga, for his outstanding leadership over the 出的领导。 past 17 years.

patient admissions, rising from 414 in 2023 to 473. Managing this increase 人,上升至 473 人。面对这一增长,我们成功聘请了一名额外的护理 allowed us to recruit an additional nurse, albeit for a short period. We 人员,尽管只是短期任职。我们仍在努力招聘并留住第四名姑息治疗 continue our efforts to recruit and retain a fourth palliative care nurse to 护士,以扩大我们在全市的服务范围。此外,我们与当地政府医院的 local government hospitals has led to an increase in referrals from them. 持续合作也促使来自医院的转介病患数量有所增加。

We have participated in organized awareness and education events in 南部地区的宣传和教育活动,并与各大院校合作,为医学生提供临床 the Southern region and collaborated with educational institutions for medical attachments. In this digital age, we recognize the need to 实习机会。在这个数字化时代,我们也意识到需要加强线上宣传,通 enhance our online presence by providing informative content and 过提供有价值的信息来扩大影响力。 expanding our reach.

Please follow us on our Facebook page:

https://facebook.com/PalliativeCareAssociationofJohorBahrupcajb.

Our staff members also receive ongoing professional education to stay 此外,我们的员工也持续接受专业培训,以掌握行业的最新动态和发 updated on current issues and developments in their field. This is a crucial 展趋势。这对于确保我们的服务始终保持高质量、与时俱进,并充满 aspect of ensuring that our services to the community remain relevant, up-to-date, and compassionate.

gratitude to our staff, volunteers, sponsors, donors, and committee 协会成员们致以最诚挚的感谢。感谢大家一直以来的支持、贡献和鼓 members for their unwavering support, contributions, and Etc. 1 encouragement.

President Sonny Lim Pang Tew of PCAJB:

Committee Members

President Mr Lim Pang Tew Sonny

> Vice-President Mr Elanko

Hon. Treasurer Mr Joe Pua Ze Sheng

Hon. Secretary Ir. Liew Shu Fang Elaine

Committee Members Dr Angamuthu Rajoo Dr Nah Wei Ren Mr Manimaran Rajagovallu Mr Tan Boon Yew Jason

Chinese Editor Mr Vincent Leong

会长的话

接;能够接手这样一个运营良好的非政府组织,致力于为晚期癌症患

The past year has been particularly challenging, as we saw an increase in 过去一年尤为艰难,我们的病患接收人数有所增加,从 2023 年的 414

Public education on palliative care remains one of our core objectives. 加强公众对姑息治疗的认知仍是我们的核心目标之一。我们积极参与

请关注我们的脸书(Facebook)官方帐号:

https://facebook.com/PalliativeCareAssociationofJohorBahrupcajb.

In conclusion, on behalf of the committee, I extend our heartfelt 最后,我谨代表协会,向我们的员工、志愿者、赞助商、捐助者以及

林邦畴

Touching Lives... Affirming Values

Karen Lok Su May

Donation is tax exempted

Touching Lives... Affirming Values

44, Jalan Tun Abdul Razak, Susur 1, 80000 Johor Bahru. Tel/Fax: 2229188 Website: www.pcajb.wix.com Email: pcajb.admin@gmail.com



Focus on quality of life rather than prolonging it at all costs

关注生活质量,而不是不惜一切代价延长生命

NEWSLETTER Palliative Care Association of Johor Bahru



NEWSLETTER Palliative Care Association of Johor Bahru



Tender Loving Care for End-of-Life Patients: The Do's and Don'ts

临终患者的温柔关怀: 注意事项与禁忌

Caring for a loved one during their final moments is a profound responsibility that requires compassion, patience, and understanding. Providing tender loving care (TLC) for end-of-life patients ensures that they experience comfort, dignity, and peace in their last days. Here are the essential do's and don'ts when providing care for someone in their final stage of life.

在亲人生命的最后阶段照顾他们是一项深远的责任,需要充满爱心、耐心和理解。为临终患者提供温柔关怀(TLC)可以确保他们在生命 的最后日子里感受到舒适、尊严和安宁.

以下是照护临终患者时的关键注意事项与禁忌:

The Do's 注意事项	The Don'ts 禁忌事项
 1. Provide Emotional Support 提供情感支持 Offer reassurance through kind words and gentle touch. 通过温暖的话语和轻柔的触碰给予安慰 Be present, listen attentively, and validate their feelings. 陪伴在侧,专心倾听,并认可他们的感受 Encourage open communication about their thoughts, fears, and wishes. 鼓励他们敞开心扉,表达自己的想法、恐惧和愿望 	 1. Don't Force Conversations 不要强迫对话 Allow the patient to speak at their own pace. 通过温暖的话语和轻柔的触碰给予安慰 Avoid pressuring them to discuss topics they are uncomfortable with. 陪伴在侧,专心倾听,并认可他们的感受 Be a good listener rather than trying to offer excessive advice. 做一个好的倾听者,而不是提供过多建议
 2. Ensure Physical Comfort 确保身体舒适 Keep them clean, dry, and comfortable 保持患者清洁、干燥和舒适. Adjust their position frequently to prevent bedsores. 定期调整他们的体位,以防止褥疮 Provide appropriate pain management wit guidance from healthcare professionals. 在医疗专业人士的指导下提供适当的疼痛管理 	 2. Don't Ignore Signs of Pain or Discomfort 注意非言语信号,例如皱眉或坐立不安 Pay attention to non-verbal cues, such as grimacing. or restlessness. 注意非言语信号,例如皱眉或坐立不安 Consult healthcare providers for effective pain relief strategies. 咨询医疗专业人士,寻找有效的缓解疼痛策略 Never assume they are not in pain just because they are not vocal about it. 不要因为患者没有表达疼痛,就假设他们没有疼痛
 3. Respect Their Wishes 尊重患者的意愿 Honor their decisions regarding treatment and care preferences. 尊重他们在治疗和护理方面的决定 Follow their advance directives or living will. 遵循他们的预先指示或生前遗嘱 Support their spiritual or religious beliefs if they desire it. 如果患者愿意,支持他们的精神或宗教信仰 	 3. Don't Dismiss Their Emotions 不要忽视他们的情绪 Avoid saying, "Everything will be fine," when it may not be. 避免说 "一切都会好的", 尤其是在情况不确定时 Let them express sadness, anger, or fear without judgment 让他们自由表达悲伤、愤怒或恐惧,而不加以评判 Offer comfort without diminishing their feelings 提供安慰,但不要贬低他们的感受
 4. Maintain a Peaceful Environment 维持平和的环境 Reduce noise and distractions to create a serene atmosphere 降低噪音和干扰,营造安静祥和的氛围 Use soft lighting and soothing music if they find it comforting 遵循他们的预先指示或生前遗嘱 Allow visits from loved ones while considering the patient's energy levels. 允许亲人探访,但需考虑患者的精力状况 	 4. Don't Overwhelm Them with Visitors 不要让过多访客打扰他们 Monitor their energy levels and limit visits accordingly.
 5. Encourage Hydration and Nutrition 鼓励适量的水分和营养摄入 Offer small sips of water or ice chips if they can swallow 如果患者能吞咽,可提供少量水或冰片。 Provide easy-to-digest foods in small portions if they are able to eat. 如果他们仍然可以进食,应提供易消化的小份食物。 Respect their choice to stop eating or drinking if they express the wish. 尊重他们停止进食或饮水的决定。 	 5. Don't Neglect Self-Care 提供情感支持 Caregiving can be physically and emotionally draining-prioritize your well-being. 照护工作可能会消耗身心精力—请优先考虑自身健康 Get adequate rest, eat healthily, and seek emotional support when needed. 保证充足的休息,健康饮食,并在需要时寻求情感支持 Recognize when to involve hospice professionals or additional caregiver 识别何时需要寻求临终关怀专业人员或额外的护理人员的帮助
 6. Seek Support for Yourself 不要无谓地延长痛苦 Take breaks and accept help from others to avoid burnout. 适时休息,并接受他人的帮助,以防身心疲惫 Join a support group or seek counseling if needed. 如果需要,可加入支持小组或寻求心理咨询 	 6. Don't Prolong Suffering Unnecessarily 不要无谓地延长痛苦 Understand when medical interventions are no longer beneficial. 理解何时医疗干预已无实质性益处 Avoid insisting on aggressive treatments that may cause more harm than comfort 避免坚持进行可能带来更多伤害而非舒适的激进治疗

Conclusion 结论

Providing tender loving care to an end-of-life patient is a deeply emotional and meaningful act. By focusing on comfort, dignity, and respect, caregivers can help make a patient's final days as peaceful and pain-free as possible. Understanding the do's and don'ts ensures that both the patient and caregiver navigate this journey with compassion and grace.

为临终患者提供温暖和关爱是一项极具情感且意义的举止。通过关注舒适、尊严和尊重,照护者可以帮助患者尽可能平静、无痛地度过最后的 时光。理解应做与不应做的事项,能够确保患者和照护者都能以慈悲与从容的态度共同走完这段旅程.

When love runs dry

The house was eerily silent, save for the faint hum of a television playing in the background and the occasional chime of notifications from mobile phones. The air was thick with a mixture of neglect and indifference, a suffocating atmosphere that settled upon the frail body lying in the dimly lit bedroom. The patient, once vibrant and full of life, now lay motionless, reduced to little more than a forgotten fixture in their own home. 屋内静得出奇,仅有电视机在背景中发出微弱的嗡鸣声,偶尔夹杂着手机通知的提示音。空气中弥漫着冷漠与疏离的气息,一种令人窒息的氛 围笼罩着昏暗卧室里那具孱弱的身体。曾经鲜活而充满生机的患者,如今却静静地躺着,彷佛成了自己家中一个被遗忘的摆设。

The pungent scent of unwashed flesh and soiled diapers lingered in the room, an undeniable testament to the lack of care. Ants scurried along the edges of the bed, drawn by the remnants of a forgotten meal left beside the patient. The frail hands twitched slightly, whether from discomfort or an unfulfilled yearning for human touch, it was hard to tell.

房间里残留着未清洗的皮肤和污秽尿布的刺鼻气味,无可否认地揭示着护理的缺失。蚂蚁沿着床沿爬行,被遗忘在一旁的残羹冷炙吸引而来。 那双瘦弱的手微微抽搐,究竟是因不适,还是因对人类触碰的渴望,已难以分辨。

The palliative care nurse stood at the bedside, her expression a mix of frustration and sorrow as she attempted, once again, to explain the importance of basic hygiene and proper care. Her words barely registered with the family members who were present. The patient's spouse, exhausted from working long shifts to provide for the household, sat nearby, his eyes glazed over with fatigue and silent resentment. The young children, oblivious to the suffering before them, played in the next room, their laughter a cruel contrast to the moans of pain that emanated from

临终关怀护士站在床边,脸上浮现出挫败与悲伤交织的神情。她再次尝试解释基本卫生和妥善护理的重要性,但在场的家人几乎毫无反应。患 者的配偶坐在一旁,因长期奔波劳碌而疲惫不堪,双眼失焦,透着无言的怨怼。年幼的孩子们在另一间房内玩耍,他们的欢笑声与床上隐忍的 呻吟形成了残酷的对比。

In another corner of the room, the adult children, barely glanced up from their phones. Their thumbs moved swiftly across their screens, engrossed in a digital world that seemed far more significant than the parent who had once cradled them in their arms. The caregiver, hired to assist, leaned against the doorway, sighed, "It's just too much," she muttered under her breath. "I have other things to do."

房间的一角,成年子女几乎未曾抬头,手指在手机屏幕上飞快滑动,沉浸在远比眼前衰弱生命更重要的数字世界里。雇来的护工倚靠在门框上 ,叹了口气,低声嘟囔:"这实在太难了,我还有别的事要做。

The patient groaned softly, shifting ever so slightly in the stained sheets, the pain radiating from untreated bed sores. A low whimper escaped her lips, but the response was immediate and cold. "She is just seeking attention," one of the children murmured, not bothering to look up. The nurse clenched her jaw. It was an excuse she had heard too many times before.

患者轻轻地呻吟了一声,在污渍斑斑的床单上微微挪动,未得到处理的褥疮令她疼痛难忍。一声低微的呜咽从她嘴里溢出,然而回应却冷漠无 情。"她只是想博取关注。"一个孩子头也不抬地嘟囔道。护士紧紧抿住嘴唇,这样的借口,她听得太多了。

With a deep breath, she adjusted the patient's position herself, wincing at the deep, angry wounds festering on her back. The lack of movement had only worsened the sores, the neglect carving itself into the patient's frail body. "They need to be turned regularly," she said firmly, looking at the group, but she might as well have been speaking to the walls. No one moved. No one cared.

她深吸一口气,亲自为患者调整姿势,目光掠过她背上那片深红色、溃烂不堪的伤口,心中一紧。缺乏翻身护理使褥疮更加恶化,病患孱弱的 身躯上刻下了被忽视的痕迹。"她需要定时翻身。"她语气坚定地提醒在场众人,但这番话仿佛对着空气诉说,无人回应,无人行动。

A soft sob escaped the patient's lips, though whether it was from pain or the unbearable loneliness. She placed a gentle hand on the patient's shoulder, offering the only comfort she would receive that day. "I'm here," she whispered, though she knew it was not enough. 患者轻轻抽泣了一声,不知是因为疼痛,还是因那难以忍受的孤独。护士伸出手,轻轻覆上她的肩膀,给予她当天唯一的慰藉。"我在这里。 "她低声呢喃,尽管她知道,这远远不够。

In this house, love had long since been replaced with apathy. And as the patient lay there, breathing in the stale air of neglect, the realization settled in: they were not just dying from illness. They were dying from being forgotten.

在这座房子里,爱早已被冷漠取代。而当患者躺在那里,呼吸着这充满疏离的空气,她终于意识到:自己不仅仅是在病痛中死去,更是在被遗 忘中逐渐消亡。







First of all, we would like to express our sincere gratitude to you and Mr. Bhaskar for giving us the opportunity to learn more about palliative care. Through this new experience, I have come to understand that palliative care is not just about treating a patient's disease or pain but also about enhancing their quality of life and fulfilling their wishes, allowing them to be free from stress-inducing thoughts. As a future healthcare practitioner, this session truly emphasized the importance of a holistic approach—making an effort to understand and respect the patient's preference.

首先,我们衷心感谢您和Bhaskar先生给予我们这次机会,让我们深入了解临终关怀。通过这次全新的体验,我深刻认识到,临终关怀不仅仅 是治疗患者的疾病或缓解疼痛,更是提升他们的生活质量,满足他们的愿望,使他们免受压力和烦忧的困扰。作为未来的医疗从业者,这次 课程让我更加理解全人关怀的重要性——努力去了解并尊重患者的个人意愿。



It was truly an eye-opening experience. It was heartwarming to see that the patient was still able to enjoy a good quality of life, spending time with their family at home and smiling. Witnessing how you interacted with both the patient and their family in such a warm and friendly manner was inspiring. It was definitely a valuable learning experience for us. Thank you!

这确实是一次令人眼界大开的经历。看到患者仍然能够在家中与家人共度时光、微笑着享受良好 的生活质量,令人感到温暖。目睹您以如此温暖和友善的方式与患者及其家人互动,令人深受启 发。这无疑是一次宝贵的学习经验。非常感谢!

世事无常,人生苦短

有緣珍惜身邊的人!

八月的微风带来沉重的消息,那张诊断书仿佛是命运的铁锤,一锤定音,宣告生命的脆弱与无常。"肺癌末期,癌已入骨。"时间在此時此 刻静止,却又像被无情的钟摆驱赶,步步紧逼。药物缓解了身体的疼痛,却侵蚀了清醒的意识。麻醉了肌肤,却惊醒了内心深处最真实的恐 惧与呐喊。父亲时常低吟,苦叫,那些从他口中喊出的名字,仿佛是来自逝去故人的呼唤,每一个音节,都带着不舍与思念。家人像是被命 运之弦紧紧攥住,在忧愁与无助之间反复拉扯。痛楚化为泪水,滴落在每一个不眠的夜晚。因緣造化,生命的转折,就在我们心力交瘁之际, 命运悄然展露它柔软的一面。因為弟媳的愿力,唤来了报恩讲堂的师父。那一天,师父的声音如清晨的钟声,轻轻敲响了父亲内心紧闭的门 扉。在師父用心的開示下,終於在那一刻,父亲皈依了佛教。他的眼中,有一丝微弱的光亮,像久早后的第一滴雨,滋润着枯萎的心田。师 父慈悲,将父亲接入"清泰故乡"——一方安宁的净土,一处守护临终之人的静谧之所。晨起的佛号声,从耳畔缓缓流入心底,如涓涓细流 洗涤着心灵的恐惧与痛楚。父亲开始修佛,合掌,念佛号,那些念诵的声音,在他的内心激起共振,将他从深渊中拉起,平静如莲花初绽。

渐渐地,父亲的脸,由忧容转为少许的淡定,多了一丝恬静。家人眉间的阴霾也随之渐淡,像乌云被风吹开,阳光重现。生命的温度,因爱 而延续,师父的慈悲不仅安抚了父亲,还带来了另一位引路人 — 慈悲的临终关怀医生Dr. Premala。她的到来,如清风拂过炙热的沙漠,为父 亲带来了缓解痛苦的药物与治疗,更为我们一家注入了力量,抚慰大家无助的心灵。每三日一次的探访,她的一句安慰,一个眼神,如春风 般轻柔,让父亲在病痛中得到抚慰,也让我们在惶恐中找到依靠。在那些不安的日子里,我们在离别的阴影下,感受到了前所未有的温暖与 人性之美。父亲的生命在声声地佛号中画上句点,师父与Dr. Premala在丧礼上静默伫立,目送父亲的灵魂安然归去。这一刻,尽管伤感,却是 生命的圆满,是爱与善意为人生书写的温柔结尾。师父与Dr. Premala的慈悲与如黑暗中的灯火,照亮了我们迷茫无助的时刻,也温暖了我们冰 冷的内心。这份爱与善意,不仅仅送别了一位即将离世的病患,更成为我们一家人共同的深刻记忆。如今,我们双手合掌,心怀感恩,感恩 大家在父亲临终前的这段日子,给予的付出和用心以及关怀,我们深深地感受到了,在此,我们再次向大家深表谢意。

谢谢您们!

Life is Unpredictable, and Life is Short

Treasure those who are with you.

It is a reminder to cherish those around us while we still have the chance. In August, a heavy message arrived with the wind. A medical diagnosis felt like the hammer of fate, striking with finality and declaring the fragility and uncertainty of life. "Terminal lung cancer, metastasized to the bones," it read. Time seemed to freeze at that moment, yet simultaneously, it felt as if an unrelenting pendulum was driving us forward, step by agonizing step. Medications eased the physical pain but eroded his conscious awareness. While his body was numbed, it awakened the deepest fears and cries within his soul. My father would often murmur and groan. The names he called out sounded like echoes from departed loved ones. Every syllable he uttered carried the weight of longing and remembrance. As a family, we felt as though we were tightly bound by the strings of fate, pulled back and forth between sorrow and helplessness. The pain transformed into tears that fell through countless sleepless nights. In the twists and turns of life, just when we were utterly exhausted, fate revealed a gentler side. It was my sister-in-law's heartfelt prayers that brought us a compassionate teacher from the Dharma Hall of Gratitude. On that day, the teacher's voice, like a morning bell, gently knocked on the tightly shut doors of my father's heart. Through the teacher's heartfelt guidance, my father finally embraced Buddhism. At that moment, a faint light appeared in his eyes, like the first drop of rain after a prolonged drought, nourishing his withered heart. In their boundless compassion, the teacher brought my father to "Qingtai Homeland," a peaceful haven and serene sanctuary for those nearing the end of life. The sound of morning chants flowed gently from his ears to his heart, like a stream washing away fear and pain. My father began practicing Buddhism—joining his palms together, chanting Buddha's name. These chants stirred a deep resonance within him, lifting him from the abyss and bringing him a sense of

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Educate yourself on hospice or palliative care options.