

Date: 22 April 2017
Venue: Perak Palliative Care Society
 54 Jalan Sultan Azlan Shah
 31400 IPOH
Time: 9:30 am – 3:00 pm

CHARITY FOOD FAIR 2017

ONE of the many exciting events to anticipate this year! The PPCS Charity Food Fair will be held on 22nd April, 2017. Please mark this date on your calendar!

Sale of coupons will commence in March 2017. Coupons may be purchased from our PPCS office. There will be a wide array of mouth-watering delicacies available.

Through the years, PPCS has grown from strength to strength providing palliative home care services to the community. Our services are free of charge. Your support for our Charity Food Fair will ensure the continuation of our services to the community.

As such, come and spend a day with us on 22nd April, 2017 to savour the delicious fare and do a good deed at the same time.



The Spirit of Volunteerism

Since its inception in 1995, the spirit of volunteerism within PPCS has been entrenched and strengthened over the years. Volunteers form the heart and soul of palliative care and PPCS, advocating and living out its mission as a palliative service provider, recognises and acknowledges this fact.

The major focus in the early years for volunteer enrolment was homecare, fundraising, and raising awareness of the Society's mission within the community through home visits, and through information booths set up in shopping malls and hospital foyers. Albeit a small organisation with limited resources, PPCS has achieved a significant level of recognition in the community as a palliative service provider in the compassionate care of dying persons through comfort and pain management.

After 20 years, in order to preserve the Society's spirit of care, and the spirit of volunteerism, the areas where volunteers are recruited to serve have widened. More volunteers in different areas of skill are brought in, e.g. in writing and translation of patient education

materials, photography, and advocacy of the Society's vision and mission.

Since last September, PPCS has been working towards a more systematic approach in recruiting and training of new volunteers. Apart from the Induction Program, a new volunteer must initially serve in areas of standard office administration, fundraising, and awareness events. During the first twelve months, the new volunteer would also be invited to join the Society's volunteer group visits to the Batu Gajah Palliative Care Unit. Through this, new volunteers are slowly inducted into patient care and support under the close mentoring of more experienced volunteers.

Consistent and up close mentoring of new volunteers in areas of service is reiterated and practised by staff in order to foster better rapport within the team. This practice is in line with the Society's missional spirit of care. A culture of hospitality and inclusiveness is enforced continually within the Society.

Cheong Sau Yen (Ms)
 Volunteer Coordinator

Appreciation Lunch

at Meru Valley Resort - 15th October 2016



It was an opportune time to get together over a meal hosted by the Society to appreciate members, staff and volunteers.

Amidst the good food and warm fellowship, we were all reminded of our roles, individual as well as corporate, within the Society's multi-disciplinary team serving clinical and social needs of those who need our palliative services and support.

Members, volunteers and staff were given 'air-time' to share their personal stories, on why and how they came to be involved with PPCS. Some have been volunteers with the Society since its inception, while most of the staff have been with the Society for a long time. It was enriching to listen to the committee members, some of whom are founder members, sharing their experience and vision for the Society. The committee took the opportunity to express their appreciation and recognition of Palliative Homecare Nurse Wong Shaui Mun's tenth year of service with the Society

A total number of 20 volunteers attended the appreciation lunch. The Volunteer Coordinator took the opportunity to refresh and reiterate the Society's mission, aims, and objectives, and the crucial role volunteers play as team members of the Society. In addition, volunteers were also reminded of the ethics and principles of service. Volunteers were later handed out evaluation forms for their feedback on their experiences as team members, and suggestions for better communication and interaction with the staff.

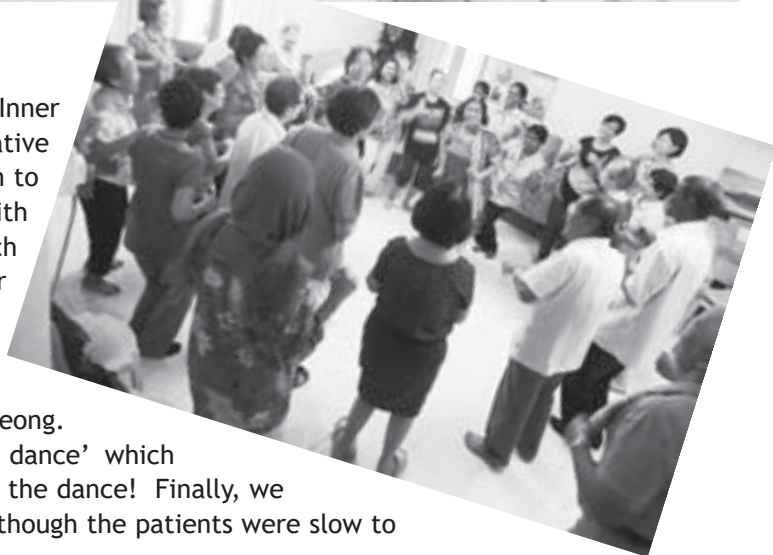
Overall, the lunch was a special time of appreciation for everyone.

*Cheong Sau Yen (Ms)
Volunteer Coordinator*





INNER WHEEL CLUB OF IPOH EAST *visits PPCS!*



ON 2nd December 2016, eight members from the Inner Wheel Club of Ipoh East visited the Perak Palliative Care Centre during their sunshine hour from 12 pm to 3 pm. Our aim was to meet and have fellowship with the patients; in keeping with our theme this year, “Touch A Heart”. We were received warmly by the volunteer coordinator, Ms Cheong Sau Yen, and all the other friendly and dedicated volunteers. There were about 25 patients present.

We started the session after the introduction by Ms Cheong. We sang some songs together, followed by a ‘chicken dance’ which everyone enjoyed. There were even requests for more of the dance! Finally, we had a therapeutic laughing session by Datin Dr Ramani. Although the patients were slow to start, everyone was soon laughing their hearts out.

With our hearts and souls light after all that singing and dancing, we all sat down to a scrumptious meal with butter cake for dessert. There were lots of laughter and fun and we were glad to have shared Sunshine Hour with the patients who were so friendly and cheerful.

We learnt a lot from them that day—most importantly, not to take our health for granted and never give up hope. We were awestruck by their cheerful attitude and smiles. The session ended with photographs being taken and exchange of telephone numbers and promises to meet again soon.

Alamelu Narayanan



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, 54 Jalan Sultan Azlan Shah, 31400 Ipoh, Perak.
Tel/Fax: (605) 546 4732 • Email: admin@ppcs.org.my

DONATIONS received during October – December 2016

OCTOBER	RM		
Chow Wai Chuen imo Chow Foo Ken	1,000	Leong Wai Siew	100
Imo Lee Yuen Lan	170	Patricia Koo Pey Tse	100
Mussco Collection Sdn Bhd	300	Chew Lee Keng	100
Lim Pooi Ling	400	Imo Bee Swan Choo	200
Pertubuhan Pengurusan Rumah	500	Lee Wan Cheng	100
Wargatua Anning		Isaac Lee Toy Yee	100
Tham Shiew Wan imo Koo Lee Chong	150	Imo Ng Joo Kuen	150
Imo Wong Kwan Szue	300	Cheng Swee Hai	300
Anonymous	200	Chan How Choong	500
Imo Kan Thin Fatt	100	Tan Liang Tiang	100
Leong Siew Kee	500	Lee Kwai Ying	500
Syuen Hotel Berhad	5,000	Chen Seok Chin	50
Lim Soon Keat imo Lim See Lin	100	Lee Lai Hoon imo Poh Ghoo Huat	1,000
Catherin Ho imo Ho Lian Foo	120	Mak Chee Wai imo Mak Ah Au	200
Fong Wai Ming	200	Saik Wai Yee imo Chong Moi Kin	200
Napier Lodge No. 3418	500	Chaiw Oi Chan	300
Victor Lee Kok Hee	1,000	Perak Turf Club	5,000
Patricia Koo Pey Tse	100	Soo Yan @ Liu Soon Yin	1,000
Imo Chong Lik @ Choong Lik	300	Fong Wai Ming	200
Vijaya Manickam Mani imo Mani	110	Lee Choo Lin @ Lee Meow Seng	600
Athimoolam Pillai		Kok Jia Wern imo Mah You	100
Tan Hooi Huang	1,000	Lee Siew Yoke	1,000
Leong Keng Yuen	1,000	Choong Chooi Mun	2,000
Ng Choong Weng	300	Lim Soon Kong imo Lim See Lin	100
Mok Foong Kheng	50	Anonymous	505
Soon Saw Hua	50	Hew Ming Fong	220
Goon Kheng Lin	500	Joseph Chong	100
Cheng Kook Fong & Lee Keng Poh	200	Imo Chan Siew Lan	200
Yan Sook Ling	100	Seow Kwai Min	100
Low Ah Hur	100	Yemaya Life Sdn Bhd	5,000
Ying Xin Hardware	1,000	Imo Lee Tian Jun	100
Anonymous	505	Ng Kim Hock	400
Imo Choong In Teong	1,000	Lee Lai Kiew	100
Imo Mah Ah Heong	268	Justin Fong	100
Song Chee Liang	50	Cheong Suet Lye	1,000
Anthony Cheng	50	Daphne Wong	100
Ong Koon Heng	100	Low Wee Kin	200
Imo Mak Yuen Keong	230	Liew Foi Chung imo Chung Ngan Soo	500
Imo Woo Kiew	200	Yeong Yoon Moi	50
Yee Sook Lai	500	Leong Choi Peng	30
Yee Sook Wah	500	Imo Low Fook Loy; Thong Thiam Fee & Low Mun Kead	150
Lau Swee Kuen	50	Lau Sook Hun	100
Chin Yi Xian	250	Lim Fang Heng imo Lim Jit Teck	1,000
Chang Nyok Pin	50	Lee Su See imo Pang Ah Loy	520
Lim Mee Ling	50	Ng Lee Hua	600
Chin Chee Ngai	50	Victor Lee Kok Hee	1,000
Chan Mun Katt imo Chow Yoke Khun	500	Wong Sook Kwan imo Wong Chong Fok @ Wong Chor Weng	1,000
Lim Chee Leong	100	Then Yoke Leai imo Chan Wei On	150
NOVEMBER	RM	Soong Tze Choong	2,000
Wong Siow Fun	20	Chong Ping Ling	200
Wong Pooi Shan imo Foo Siew Mee	100	DECEMBER	RM
Chin Chon Peng imo Lee Hean Yin	400	Ng Yok Mooi imo Phong Kon Thai	600
Sin Joo Chai Ngap imo Khor Meng Choon	500	P'ng Sin Aun	500
Lee Wai Pun	300	Yeoh Lam Ee	100
David Ma Sau Teem	300	Patricia Koo Pey Tse	100
Lim Pooi Ling	400	Tham Yot Seng imo Wong Kok Wah	100
Anonymous	50	Yoon Yoke Wan	550
		Imo Chong Ah Fah	110
		Lim Pooi Ling	400
		Fam Chow Meng	500
		Fam Chow Leng	100
		Lau Kim Ying	200
		Anonymous	1,000
		Chin Chon Peng imo Lee Hean Yin	400
		Lim Sau Ying	500
		Liew Chow Lan imo Kew Chooi Moi	160
		Lee Li Leng imo Lee Ah Khin	300
		Michael Dourado	50
		Imo Kew Chooi Moi	1,000
		Imo Chong Ah Fah	3,000
		Western Pureland Enterprise	240
		Imo Tan Tick Sim	1,300
		Mary & Lily Leong	100
		Chen Yoke Yin	2,500
		Tham Kah Wai	2,000
		Loo Kok Tat imo Ng Yew Chin	230
		Yeow Jin Jie	2,000
		Choy Kwai Hooi	300
		Lim Soon Keat imo Lim See Lin	100
		Fong Wai Ming	200
		Imo Aw Ping Chuen	100
		Imo Aw Siew Ching	100
		Anonymous	505
		Tan Sri Tan Foundation	10,000
		Cha Poh Onn imo Lim Bee Kim	100
		Chow Chong	150
		Chew Lai Leng imo Chew Lai Wan	200
		Rachael Chin Chiew Wei	300
		Thurunnisa Bt Mohd Salleh	150
		Hwa Siew Lee	500
		Liam Been Huey	200
		Ng Lay Choo	800
		Goh Guan Huat	200
		Chan Kong Wah imo Chan Hon Mun	230
		Wei Saw Lan imo Lee Fong Yin	400
		Chan Kok Seong	100
		Lau Yeng Khuan	500
		Yip Choa Leng	1,000
		Chong Li Han imo Au Siew Pheng	300
		Loke Su Yi	500
		Lau Sook Heng	200
		Lau Sook Hun	200
		Lee Chee Wai	50
		Hew Poi San imo Mok See Moi	200
		Imo Ng Kim Wah	1,000
		Imo Low Fook Loy; Thong Thiam Fee & Low Mun Kead	300
		See Foon Koppen	200
		Ong Koon Heng	100
		Lim Su Kuen	200
		Liew Swee Choong	200
		Chen Chin Peng	10,000
		Ng Swee Mun	1,500
		Lee Wai Pun	200
		Lee Lai Meng	100
		Lee Lai Mei	100

(*imo = in memory of)