

慈心伴隨

COMPASSION IN ACTION

美華慈心關懷聯盟十二週年慶祝活動

CACCC 12th Anniversary Events

2018年3月14日~3月18日

北加州 Northern California

醫療專業論壇 Professional Forum – 3/16

社區講座 Community Event – 3/17

募款餐會 Fundraising Dinner – 3/17

南加州 Southern California

醫療專業論壇 Professional Forum – 3/14

社區講座 Community Event – 3/18

募款晚宴 Fundraising Gala – 3/18

在生命末期的議題上，為在美華人提供一個有尊嚴而且受到尊重的社區。

A community in which Chinese Americans are able to face the end of life with dignity and respect.

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for Compassionate Care
www.caccc-usa.org

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on Aging**

照護家人 一起，我們更有力量。 Caregiving. Together, we're stronger.



關於照護，問題不在於我是否會去做，而是我是否準備足夠。成長的路上您總是陪伴著我，現在我也會一直在您左右，有了適當的指導、支持和準備，我知道未來的路我並不孤單。也許我們的角色有所改變，但只要我們在彼此身邊，在一起就更有力量。

「AARP樂齡會」對於家庭照護者和你為親人的付出深表敬意。為照護摯愛的家人做好準備需要時間、規劃和支持，有了我們豐富的照護資源，包括特製的紀錄片「照護家人：愛的傳承」以及照護手冊「照護準備：為家人規劃的指南」，你不必獨自面對。**今天就上網 chinese.aarp.org 或致電 1-855-688-8518。**

The question wasn't whether or not I would do this—it's whether I was prepared enough or not. You have always been there for me—and now I will be there for you. With the right guidance, support, and preparation, I know that I am not in this alone. Though our roles may have changed, we are stronger, together.

AARP recognizes family caregivers and all that you do for your loved ones. Being ready to care for a loved one takes time, planning, and support. With our variety of Caregiving resources, including the documentary *Caregiving: The Circle of Love* and the Prepare to Care planning guide, you don't have to go through this alone. **Visit aarp.org/aapi or call 1-855-688-8518 today.**

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Congratulations!

*CACCC for 12 Years of Compassionate Service
to the Community*

CACCC Sacramento Volunteers
葉家興 Tina Byrne & 葉淑媛 Shu Yuan Yeh

Celebrating 12 years of Compassion

Chinese American Coalition for Compassionate Care

Presents

East Meets West: Choices in End of Life Caring

Healthcare Professional Forum

with

Sheng-Jean Huang, MD

Superintendent of Taipei City Hospital in Taiwan



OVERVIEW/ DESCRIPTION

This course is designed to enhance knowledge of physicians, nurses, case managers and social workers in subjects of end-of-life care trends, advance care planning, palliative and hospice care, culturally appropriate communications tools and resources.

Date: Wednesday, March 14, 2018 @ 12:00 – 2:30 pm

Location: CHEC Building

261 S. Junipero Serra Dr, San Gabriel, CA

Moderator:

Dr. Emiley Chang (Geriatrics)

Panelists:

Dr. Paul Chu (Internal Medicine)

Dr. Jonathan Leung (Pulmonology, Palliative Care)

Sandy Stokes (Community Nursing)

Jenny Lu (Social Work)

Regina Wang (Chaplain)

Masako Koko Huang (Patient Family)

Catherine Lan (Volunteer)

2.5 CEU: Provider approved by the California Board of Registered Nursing, Provider # CEP16954, for 2.5 Contact hours.

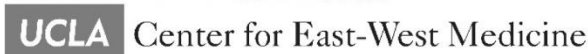
- Free Event
- Lunch Provided at 11:45
- Eligible for 2.5 CEU

Please RSVP by Wed. 3/7:
www.caccc-usa.org/2018/
Email: info@caccc-sa.org
Phone: 866-661-5687

Upon completion of this forum, participants will have discussed:

- Describe and compare the advances in the delivery of palliative care and hospice care in Taiwan.
- Understand system-level challenges to advance care planning
- Identify the hierarchy within Chinese families regarding decision-making process
- Evaluate quality vs. quantity of life of end-stage patients to effectively address challenging end-of-life conversations
- Recognize the unique challenges of a family member
- Recognize the value of a hospice & palliative care volunteer
- Access and utilize culturally appropriate communication tools and resources.

CEUs for RNs are provided by AHMC.



Southern California Healthcare Professional Forum

March 14, 2018, 12:00 – 2:30 PM

CHEC Building, 261 S. Junipero Serra Dr., San Gabriel, California



This course is designed to enhance knowledge of physicians, nurses, case managers and social workers on end-of-life care trends, advance care planning, palliative and hospice care. We will also discuss culturally appropriate communication strategies, tools, and resources for Chinese Americans.

Agenda:

- 12:00 PM Sandy Chen Stokes, RN, MSN, Founder & Board Chair of CACCC - Opening
- 12:10 PM Sheng-Jean Huang, MD, Superintendent of Taipei City Hospital in Taiwan – Keynote speech
- 12:30 PM Paul Chu, MD, Chief Medical Officer for Allied IPA
- 12:40 PM Jonathan Leung, MD, Medical Director for Citrus Valley Hospice and Citrus Valley Pulmonary Rehabilitation
- 12:50 PM Sandy Chen Stokes, RN, MSN, Founder & Board Chair of CACCC
- 1:00 PM Jenny Lu, MSW, LCSW, Medical Surgical Oncology Social Worker at City of Hope Medical Center
- 1:10 PM Regina Wang, M Div, MPA, an ordained minister and hospice spiritual counselor, CACCC Board Member & Volunteer
- 1:20 PM Masako “KoKo” Huang, BA, a family caregiver
- 1:30 PM Catherine Lan, CACCC Board Member & Volunteer
- 1:40 PM Panel Q&A
- 2:00 PM Heart to Heart® Café Demonstration
- 2:25 PM Wrap Up
- 2:30 PM Evaluation

Healthcare Professional Forum Panelist Profile



Mar. 14 Moderator: Dr. Emiley Chang is a geriatrician at Harbor-UCLA Medical Center. She received her medical degree from Stanford and trained in internal medicine at UC Davis Medical Center. She serves on the CACCC Board and palliative care workgroups for LA County Department of Health Services.

Mar. 16 Moderator: Jeanne Wun, BA, has been involved with the Chinese American Coalition for Compassionate Care (CACCC) since 2005. She is a founding board member (2007) and a past chair of CACCC's board of directors (2009-2011). Retired in 2015 from Hospice of the Valley, San Jose, as the manager of community engagement, she is currently a yoga instructor, focused on yoga for bone health for older adults and caring for her remarkable Auntie, aged 93.

Panelists:

- **Melinda Leong Capozzi, Esq.**, a Bay Area native, received her Bachelor of Science in Foreign Service from Georgetown University and her Juris Doctorate from UC Davis School of Law. After serving as Judicial Law Clerk to the Honorable Peter H. Carroll, US Bankruptcy Court for the Central District of California, she worked as an Associate at two law firms litigating cases involving public entities such as cities and school districts. Thereafter, as a Deputy County Counsel in Alameda County, she represented social workers in child abuse and neglect cases in both trial and appellate courts. Melinda's time is currently consumed by raising two young daughters in a remote base in the Mojave Desert until her husband retires from the US Army this April.
- **Paul Chu, MD**, is a solo Internist who has been practicing in LA Chinatown since 1995. He became involved with medical management in 1999, serving as the President of New Horizon IPA until 2004. Dr. Chu founded Advanced Primary Care Network medical group in 2005 and served as the Vice President until its merger with Pacific IPA in 2012. After the merger, Dr. Chu continued to serve as the Vice President of Pacific IPA. In 2014, Pacific IPA merged with Allied IPA and became one of the largest Asian owned medical group in California. Dr. Chu was chosen to be the Chief Medical officer-the role he currently serves. Dr. Chu's other physician leadership positions in the past include Chairman of Department of Medicine and Chief of Staff at Pacific Alliance Medical Center in Los Angeles. He was a member of Garfield Medical Center's Board of Governors from 2007 to 2009. He has been serving as the Chairman of the Board of Federation of Chinese Medical Societies of North America and Canada since 2016 after serving as the President for prior 2 years.

Dr. Paul Chu received his medical degree from Chicago Medical School at Rosalind Franklin U-Med & Science and completed his residency in internal medicine at UCLA Olive View Medical Center and Sepulveda VA.

- **Masako "Koko" Huang, B.A.**, received her Bachelor of Arts degree from Claremont McKenna College. She has been working in the pharmaceutical industry working closely with physicians and patients for the last four and a half years and has hopes of applying for MBA programs in the near future. When she is not working, Koko is actively involved at her church, Unite Church of Pasadena, where she serves on both the worship and creative teams. Koko first heard about CACCC when her mother, Mandy Chen was diagnosed with ovarian cancer in 2013. After 2 courageous years, Mandy lost her battle with cancer. Koko has since been actively involved within the cancer community, speaking at various events on the importance of having difficult conversations and honoring a loved one's wishes through end of life care.
- **Sheng-Jean Huang, MD**, is the Superintendent of Taipei City Hospital, Taiwan. Teaching at the Surgical Department of National Taiwan University as an associate professor, he is at forefront of medical trends in Taiwan.

As a pioneer of palliative and holistic care in Taiwan, Dr. Huang has led the medical team outside the hospital and into the community to deliver individualized, comprehensive home-based community palliative care services.

Currently, Dr. Huang is focusing on the promotion of medical humanities through interdisciplinary education, speeches, workshops, contextualized simulations, and movies to show the world the true meaning of “a good death,” and hoping to improve the current physician-patient relationship through accurate and positive health communication.

He served as the Superintendent of National Taiwan University Hospital Jin Shan Branch from 2012 to 2014. Dr. Huang is also the supervisor of the Formosa Association for Surgery of Trauma; the director of Taiwan Society of Critical Medicine; member of the Taiwan Neurosurgical Society and Taiwan Hospice Organization; a committee member of Taiwan Hospice Medical Association, and the chairman of the Critical Care Committee of Taiwan Surgical Association.

- **Monique Kuo, MD**, is a palliative care physician in the department of continuing care at Kaiser Permanente Santa Clara. Prior to that, she was a hospice physician with Pathways Home Health and Hospice in Sunnyvale. Previous to that, Dr. Kuo was the medical director at Hospice of the Valley, a division of Sutter Care at Home in San Jose. She has been a member of the Chinese American Coalition for Compassionate Care (CACCC) since 2005. Dr. Kuo is a founding CACCC board member (2007) and past member of the CACCC’s International Advisory Committee. She has lectured, presented and trained health care professionals and the community on end-of-life care, pain and symptom management, advance directives, and other hospice and palliative care topics. A graduate of Boston University of Medicine, Dr. Kuo is board certified in both Internal Medicine and Hospice and Palliative Care.
- **Catherine Lan 藍祖琳**, Chinese American Coalition for Compassionate Care (CACCC) Board Member, has Nursing and financial planning background and is a certified CPR instructor. She has been an active CACCC volunteer since 2011, leading the Speaker Bureau, events, and fundraising. She also volunteers for other organizations such as Care Mission USA and the Tzu Chi Foundation's cancer support group. With positive communication and attentive listening skill, she believes it can shorten the distance between two people and truly accomplish the wishes of the love one without any regret.
- **Jonathan K. Leung, M.D., F.C.C.P., H.M.D.C., Citrus Valley Hospice**, is board certified practicing physician in internal medicine, pulmonary diseases and critical care medicine. He has been the Medical Director of Citrus Valley Hospice since 2002 and the Medical Director of Citrus Valley Pulmonary Rehabilitation since 2013. Dr. Leung obtained his Hospice Medical Director Certified (H.M.D.C.) credential in 2017. In collaborating with Citrus Valley Hospice, Dr. Leung is able to provide in-depth out-patient and in-patient services to the residents in the Greater East San Gabriel Valley. He is capable to bridge the gap between the intensive care and hospice care.

Dr. Leung received his M.D. degree from Tulane University in New Orleans. He completed both his internal medicine residency and pulmonary/critical care fellowship at Los Angeles County/University of Southern California Medical Center. In addition to being a medical consultant for the Medical Board of California, Dr. Leung is very involved in various hospital medical staff activities.
- **Sandra Lew, LCSW**, received her Master’s Degree in Social Work from San Francisco State University. She was CEO of Hospice by the Bay until her retirement in 2014. She has worked in end-of-life care for nearly 30 years in various administrative capacities at Hospice by the Bay, Catholic Charities, On Lok, and Kaiser Permanente and as a clinician early in her career at California Pacific Medical Center and the University of California, Los Angeles Medical Center. Sandra is a CACCC board member and a member of the Marin County Health Advisory Committee.
- **Jenny Lu, MSW, LCSW, OSW-C**, has been a social worker for over 30 years. She holds a Master Degree in Social Welfare from UCLA and has an Advanced Oncology Social Worker certification from the National Association of Social Work. She has experiences in adult and pediatric oncology, emergency medicine, and an active part time private practice in San Gabriel Valley.

At City of Hope, Jenny is a Medical Surgical Oncology Social Worker and had been an integral member of the medical team in gynecological cancer, in gastroenterological cancer and currently on the breast cancer service line. Jenny provides direct clinical services to patients and their support system through the continuum of care, from diagnosis, treatment, survivorship to palliative care, end of life, and bereavement.

- **Jerry Manoukian, MD**, is an American Board Certified physician specializing in Internal Medicine at Manoukian Medical Group in Mountain View. He earned his medical degree from Hahnemann University School of Medicine (now Drexel University). Dr. Manoukian has held several prominent leadership roles including Chief of the Department of Medicine for El Camino Hospital and Medical Director for Mountain View Healthcare Center. Currently, he is serving as Chair of the Continuing Medical Education Department for El Camino Hospital, Mountain View and is also a Member and past Chair of the Ethics Committee.
- **Sandy Chen Stokes 陳明慧, RN, PHN, MSN**, founder of the Chinese American Coalition for Compassionate Care, is chair of CACCC's Board of Directors. Since its inception in 2005, CACCC has provided comprehensive end-of-life education, training, and outreach to the Chinese community, especially to caregivers, and volunteers and to healthcare professionals serving the Chinese American community in the United States, Taiwan and China. Sandy is the recipient of the American Cancer Society's Lane Adams Quality of Life Award (2009), the AARP Inspire Award (2011) and most recently, the Compassionate Care Innovator Award (2017) from the Coalition for Compassionate Care of California. She serves on the advisory board of the Chinese Health Initiative, El Camino Hospital and the Diversity Advisory Council of the National Hospice and Palliative Care Organization.
- **Edmund W. Tai, MD**, is a practicing Hematologist & Oncologist in Mountain View. He is a graduate of Albert Einstein College of Medicine, Yeshiva University. Specializing in Internal Medicine, he currently practices at the Palo Alto Medical Foundation, Mountain View Center and is affiliated with El Camino Hospital, Mountain View Campus. He has been an adjunct professor of medicine at Henan University of Science and Technology in Luoyang, China, since 2014. Dr. Tai was on the faculty for ASCO Multidisciplinary Cancer Management Course (2015); ASCO Palliative Care Course (2016) and ASCO International Clinical Trial Workshop (2017) in Luoyang, China. Additionally, he was a guest professor at Beijing University, First Affiliated Hospital (2015-2017). A past board president, Dr. Tai is currently a board member of New Hope Chinese Cancer Care Foundation, Milpitas.
- **Regina Wang, M Div., MPA**, received her Master of Divinity degree from Fuller Theological Seminary and Master of Public Administration degree from San Diego State University. After working at UCLA Medical Center as a chaplain, she has been providing counseling for many years. She is an ordained minister, a hospice spiritual counselor, providing spiritual supports to patients and families in facing the end of life. She has been serving in various capacities in her church and in the community. She is active in providing training and education in advance care planning. As a speaker, she not only provides training to CACCC volunteers, but also educates the general public in community educational events. As a facilitator, she facilitated many Heart to Heart Cafes through playing cards and sharing wishes in a small group setting to increase the awareness of the general public in advance care planning.
- **Jean Yih, MBA**, has served as a respite coordinator for the American Cancer Society, California Chinese Unit since 2006 and a volunteer driver since 2008. Jean has been a medical interpreter at El Camino Hospital since 2013. In 2015, Jean helped launch the Chinese Ambassadors Program at El Camino Hospital. A past CACCC board member, she served as board chair in 2013. Jean currently serves as committee chair for CACCC's Interpretation and Translation Committees.
- **Jean Yu 余怡菁**, is a writer, translator and cross-cultural communication specialist. She has been the manager of the Chinese Health Initiative (CHI) at El Camino Hospital in Mountain View since 2010 and CHI's unveiling in 2011. The first program of its kind in the Silicon Valley, CHI emphasizes cultural preferences and health issues that occur with high incidence in the rapidly growing Chinese community, including hepatitis-B, liver cancer and stroke. CHI is a collaborative effort with community leaders and a newly formed network of hospital-affiliated Chinese-speaking physicians to address the needs of residents of Chinese descent.

Celebrating 12 Years of *Compassion in Action*

**Chinese American Coalition for
Compassionate Care & El Camino Hospital
Present...**

“WHEN EAST MEETS WEST”

FEATURING

**SHENG-JEAN HUANG, MD, SUPERINTENDENT
OF TAIPEI CITY HOSPITAL, TAIWAN**

**MONIQUE KUO, MD, PALLIATIVE CARE
PHYSICIAN, KAISER SANTA CLARA**

**EDMUND TAI, MD, ONCOLOGIST,
PALO ALTO MEDICAL FOUNDATION**



**DATE: Friday, March 16, 2018
12:00 pm - 3:30 pm Program starts 12:30pm**

**LOCATION: El Camino Hospital, Conf. Rm. E,F,G
2400 Grant Road, Mt View CA 94040**

MODERATOR: Jeanne Wun, BA

**PANEL: Physicians, nurse, social worker, family
member and medical interpreter**

***CME: UP TO 3.0**

***CE: 3.0: RN, LVN, LMFT, LCSW, APA, MCLE**

*CMEs for physicians & CEs for RNs provided by El Camino Hospital. Other disciplines, CEs provided by the Institute on Aging

**RSVP by Wed March 13:
to reserve your place
Lunch Provided
Cost: Free
caccc-cia-mar16.eventbrite.com**

**Upon completion of this program,
participants will:**

- ◆ Describe and compare the advances in the delivery of palliative care and hospice care in Taiwan.
- ◆ Gain and demonstrate compassion through the gift of storytelling and the gift of listening.
- ◆ Evaluate quality vs. quantity of life of end-stage patients to effectively address challenging end-of-life conversations.
- ◆ Identify the hierarchy within Chinese families regarding decision-making process.
- ◆ Recognize the unique challenges of a family member and learn the value of a medical interpreter.
- ◆ Access and utilize culturally appropriate communications tools and resources.



Michael Ho Song Chen (陳鶴松)
&
Ivy Yu Fong Chen (陳黃依潔)



Celebrating 12 Years of Compassion in Action

Chinese American Coalition for Compassionate Care
& El Camino Hospital

Present

"When East Meets West"

Healthcare Professional Forum

Friday, March 16, 2018

12:00 PM - 3:30 PM

El Camino Hospital, Rooms E, F, & G



Program Agenda

- 12:00 PM **Buffet Lunch**
- 12:20 PM **Jeanne Wun, BA**, program moderator
- 12:25 PM Welcome: **Jerry Manoukian, MD**, Internal Medicine, El Camino Hospital
- 12:30 PM **Sheng-Jean Huang, MD**, Superintendent of Taipei City Hospital, Taiwan
- 12:50 PM **Monique Kuo, MD**, Palliative Care Physician, Kaiser Permanente Santa Clara
- 1:05 PM **Edmund Tai, MD**, Hematologist & Oncologist, Palo Alto Medical Foundation
- 1:20 PM Q&A
- 1:30 PM Break
- 1:40 PM **Melinda Leong Capozzi, Esq.**, Family Caregiver & CACCC board member
- 1:55 PM **Sandy Chen Stokes, RN, PHN, MSN**, CACCC founder/board chair
- 2:10 PM **Heart to Heart Café** Brief Demonstration
- 2:30 PM Break
- 2:35 PM **Sandra Lew, LCSW**, former Hospice by the Bay CEO & CACCC board member
- 2:50 PM **Jean Yih, MBA**, Medical Interpreter, ECH Volunteer Ambassador & CACCC volunteer
- 3:05 PM **Q&A Panel**
- 3:25 PM **Jean Yu**, Manager, Chinese Health Initiative
- 3:30 PM Wrap up & Evaluations

1.0 CME available for physicians. Complete and submit CME evaluation.

Opt: 1.0 CME available for physicians. Complete and submit CME evaluation.

Opt: 1.0 CME available for physicians. Complete and submit CME evaluation.

Program Concludes—Group Photo

Up to 3.0 CMEs for physicians and 3.0 CE for RNs provided by El Camino Hospital.
Other disciplines, 3.0 CE provided by Institute on Aging.

Moderator: **Jeanne Wun**, former Hospice of the Valley community engagement manager and founding CACCC board member (2007) and past CACCC board chair (2009-2011)



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3月17日北加地區「慈心伴隨活動」

免費生命關懷社區講座

Community Event

3月17日，12:30 – 4:00 PM

金山灣區華僑文教中心 Culture Center of TECO
100 S. Milpitas Blvd, Milpitas, CA

主講貴賓: 黃勝堅醫師 台北市立聯合醫院總院長

Keynote Speaker: Sheng-Jean Huang, MD

題目: 面對死亡學習愛

節目主持人 Host: 曹知行 Alex Tsao, PhD

座談主持人 Moderator: 曹知行 Alex Tsao, PhD

座談會嘉賓 Panelists:

- 羅儂醫師 Esther Luo, MD
- 徐靜雲 Kitty Geiger
- 梁美琳 Melinda Leong Capozzi, Esq.
- 陳明慧 護理師 Sandy Chen Stokes, RN, MSN

12:30 ~ 1:00 社區資源展示 Table Exhibition

1:00 ~ 4:00 演講與座談 Keynote Speech & Panel

4:00 ~ 4:30 黃勝堅院長簽書 Book Signing

募款餐會 Fundraising Dinner

3月17日，5:30 – 8:30 PM

五月花大酒樓 Mayflower Seafood Restaurant
428 Barber Ln, Milpitas, CA

主講貴賓: 黃勝堅醫師 台北市立聯合醫院總院長

Keynote Speaker: Sheng-Jean Huang, MD

題目: 善終是一種責任

節目主持人 Host: 李華 Lena Ling

5:30 ~ 6:00 報到 Registration

6:00 ~ 6:10 歡迎 Welcome

6:10 ~ 6:45 晚宴 Dinner

6:45 ~ 7:00 頒獎 Community Awards:

- 余怡菁 Jean Yu
- 曹知行 Alex Tsao, PhD

7:00 ~ 7:45 黃勝堅院長演講 Keynote: Dr. Huang

7:45 ~ 8:20 問答 Q&A

8:20 ~ 8:30 感謝 Closing Remarks

主講貴賓: 黃勝堅醫師 Sheng-Jean Huang, MD

台大醫學院副教授，台灣台北市立聯合醫院總院長。除腦神經外科、急重症照護專長外，黃勝堅醫師於2003年重新進修安寧後取得安寧緩和醫療專科醫師證照。近十年來，每年做上百場演講，散播臨終照護與哀傷輔導的醫病大愛。他將分享台灣的生命末期療護趨勢；社區安寧緩和療護的經驗；家人與醫師如何聆聽病人的心聲；尊重病人的自主意願並陪伴病人安心舒適地走完人生最後一程。

節目及座談會主持人: 曹知行 Alex Tsao, PhD.

美華慈心關懷聯盟的志工，負責社區講師團講員訓練，並協助推動華人社區對生命末期關懷的認識及宣導。

餐會主持人: 李華 Lena Ling

北加州輔大校友會前會長及理事，2015年完成美華慈心生命末期療護訓練並擔任志工。2016年曾主持美華慈心關懷聯盟 Kathy and Windy 活動。

羅儂醫師 Esther Luo, MD, is a palliative care physician at Kaiser Permanente Santa Clara Medical Center. As the outpatient palliative care lead, she created an Oncology Supportive Care Clinic embedded in the Department of Oncology and has led efforts to improve palliative care services upstream for patients with serious illness.

徐靜雲 Kitty Geiger, has served as Board of Directors for Chinese Cancer Memorial Foundation since 1997; she also served as the President, 1995-1996 for American Cancer Society, Northern California Chinese Unit. She has been the Event Chair of Tsai Chin Charity Concerts (有“琴”有義，蔡琴防癌義演) raising funds for cancer related organizations in the SF Bay Area, Los Angeles, Houston and New York City since 2004.

梁美琳 Melinda Leong Capozzi, Esq., a Bay Area native, practiced law for 11 years before taking a break to focus on raising her two young daughters while her husband was deployed to the Middle East. Thereafter, her passion for helping the most vulnerable in our society led her to joining the CACCC board. She advises CACCC in legal matters.

陳明慧 護理師 Sandy Chen Stokes, RN, MSN

美華慈心關懷聯盟創辦人暨董事會主席
她的護理專業及志工服務大多專注在華人社區生命末期療護、老人護理、公共衛生及精神科護理。

3月18日南加地區「慈心伴隨活動」

生命關懷社區講座 Community Event

3月18日, 2:00 – 4:30 PM

洛杉磯華僑文教中心

9443 Telstar Ave., El Monte, CA 91731

主講貴賓: 黃勝堅醫師 台北市立聯合醫院總院長
他將分享台灣的生命末期療護趨勢; 社區安寧緩和療護的經驗; 家人與醫師如何聆聽病人的心聲; 尊重病人的自主意願並陪伴病人安心舒適地走完人生最後一程。

Keynote Speaker: Dr. Sheng-Jean Huang

題目: 面對死亡學習愛

節目主持人 Host: 劉煥君 Olivia Liao

座談主持人 Moderator: 藍祖琳 Catherine Lan

座談會嘉賓 Panelists:

- 葛濟捨 醫師 William Keh, MD
- 齊鉞 南加大社工博士 Iris Chi, MSW, DSW
- 陳明慧 護理師 Sandy Chen Stokes, RN, MSN
- 張國興 Kenny Chang, KCAL President

1:30 ~ 4:30 社區資源展示 Table Exhibition

2:00 ~ 4:00 演講與座談 Keynote Speech & Panel

4:00 ~ 4:30 黃勝堅院長簽書 Book Signing

募款晚宴 Fundraising Gala

3月18日, 6:00 – 9:30 PM

聖蓋博谷喜來登酒店宴會廳

Sheraton Hotel, 303 E. Valley Blvd, San Gabriel

主講貴賓: 黃勝堅醫師 台北市立聯合醫院總院長

Keynote Speaker: Dr. Sheng-Jean Huang

題目: 善終是一種責任

節目主持人 Host: 劉煥君 Olivia Liao

表演貴賓 Performer: 伶倫劇坊、施易男

6:00 ~ 6:20 報到 Registration

6:20 ~ 6:30 歡迎 Welcome

6:30 ~ 7:00 晚宴 Dinner

7:00 ~ 7:15 頒獎 Community Awards

7:15 ~ 7:25 朗誦表演 Performance I

7:25 ~ 7:50 黃勝堅院長演講 Keynote Speech

7:50 ~ 8:00 抽獎/募款

8:00 ~ 8:30 表演節目 Performance II

8:30 ~ 9:30 舞會 Dance

主持人: 劉煥君 Olivia Liao



任職於 Kaiser Permanente 電腦部門總監。現任中華民國僑務顧問暨 2018 AARP 樂齡會華人分會會長。從 1996 年起, 熱心參與及支持社區有需求的各個層面, 持續地為社區服務。曾任北美臺中女中校友會會長, 南加輔仁大學校友會會長, 南加州中國大專院校聯合校友會會長及伶倫劇坊社長。

座談會主持人: 藍祖琳 Catherine Lan

從 2011 年開始在美華慈心關懷聯盟做志工, 積極參與講員訓練。她相信用心傾聽對方的心聲, 可縮短彼此的距離, 心願得以達成, 愛得以無憾傳遞。

葛濟捨 醫師 William Keh, MD

台大醫科畢業、外科醫師、病理專科醫師、現任美國慈濟醫療志業執行長、美國慈濟總會副執行長。

齊鉞 南加大社工博士 Iris Chi, MSW, DSW

齊鉞教授於 1978 年在中文大學獲得社會科學學士學位, 並於 1985 年在洛杉磯加州大學(UCLA)獲得社會福利學博士學位。自 1998 年, 齊教授在香港大學的秀圃老年研究中心擔任教授及總監。現在, 齊鉞教授於美國南加州大學出任吳玉清博士「中國及美籍華人老年」之講座教授。

陳明慧 護理師 Sandy Chen Stokes, RN, MSN

美華慈心關懷聯盟創辦人暨董事會主席
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張國興 華興保險公司創辦人暨總裁

張國興在 1983 移民來美, 1992 年開設了第一間華興保險, 現已有多家分行。他堅信取之於社會, 用之於社會的道理, 因此他帶領的華興保險常常舉辦服務社區民眾的活動。

伶倫劇坊 Ling Luen Drama Club 朗誦表演

劉煥君 Olivia Liao, 唐瞻宇 David Tang

何沛芄 Iris Ho, 郭文斌 Steve Kuo

施易男是一位生於臺灣的演員、主持人、作者和歌



手。近幾年致力於甜點製作與教學。他的父親是電視導演施富雄, 母親是歌仔戲演員巫明霞; 因為父親在他年紀還很小的時候就過世, 他長年與母親相依為命, 並深受母親影響。



International Network of Love-in-Action

國際普賢行願會

我們希望借助豐富有趣，多元化的入世理念，啟發年輕一代的眾生能夠在西方文明的社會中，逐漸認識佛學的真諦，從而奠定適合自己的信仰基礎，甚至引導他們趨入繼承釋迦如來廣度眾生的宏願、延續佛法之慧命的正道。 <http://www.inlaokok.org>



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黃勝堅 台北市立聯合醫院總院長



型貌活似穿著便服的耶誕老公公，奔波在人世間，近十年來，年年國內外上百場演講，散播臨終照護與悲傷輔導的醫病大愛。除腦神經外科、急重症照護專長外，黃勝堅醫師於 2003 年重新進修後取得安寧緩和醫療專科醫師證照，對於重症末期病患照護有豐富的經驗。最令黃勝堅醫師感動的是：病人往生了，家屬辦完後事，會特地寫信或打電話告訴他：「謝謝黃醫師，讓我家人安詳和有尊嚴的離世！」

面對即將到來的銀髮海嘯，死亡、失能、依賴將在 2025 年的超高齡社會中對醫療的現況與環境帶來嚴峻的考驗。若是不改變，甚至是不願意改變當前的醫療模式，甚至是整個社會的文化，那所謂生、老、病、死對整個社會的衝擊會是無法計量的。

在全球都急於面對高齡化社會的到來之時，安寧照護已然是公認的公共衛生議題。安寧療護不該只是針對癌症病患，非癌之末期患者亦擁有得到安寧之權益。安寧，並不該只存在於醫院的病房當中，存在於安寧院；反之，真正的安寧，是「無框無我」，能夠在心之所向之處，安心的、滿足的，走上最後一程。而這個地點，往往便是你我所最眷戀的避風港 - 「家」。

現代的醫療科技日新月異，但許多高科技的醫療技術，以及刻意延長末期病患生命的方式卻是與善終背道而馳的觀念。在當今的醫療環境中，我們所缺少的，不是各種高端華麗的醫療儀器，而是那顆最純粹、最單純的人與人之間的信任以及溫暖、是呵護醫療初衷的那顆心。

因此，本人亦致力於推動醫療院所的人文關懷，期盼將醫學人文之觀念深植每一位醫療同仁的心中。透過家庭會議等的溝通方式與管道強化病人端的健康識能與死亡識能，並且讓病人與其家屬都能夠參與並共同擬定最合適之照護計畫。從終而始，從心出發，用愛預防受苦，用愛一路陪伴，並且用愛，一同微笑，面對生死的議題。

在我們的文化中，生死之事往往不易宣之於口，家人對家人亦是如此，更遑論非親非故的醫療相關人員。因此，可以說無論是社會大眾亦或醫療專業人員，死亡識能（註）都是屬於不足，甚至是毫無觀念的。本人深信，身為社區「守護神」的我們，責無旁貸的該從自身的關懷醫院做起，而且將死亡識能的概念導入社區，讓社會大眾能夠以更開放與正向的觀念談論生死。使死亡不再只是帶來遺憾，當逝者安詳的離去，生者便能夠走向陽光，活得更好。

黃勝堅

（註）死亡識能(death literacy)：「死亡識能」代表獲取、理解及使用末期照護相關資訊時的知識和能力；也可視為陪伴及照顧瀕死者、學習生死議題的人生智慧。



From the Founder & Board Chair

Sandy Chen Stokes, RN, MSN 陳明慧

Twelve years ago, when we established the CACCC, we knew we needed to improve end-of-life care for Chinese Americans, but we weren't sure – because of cultural taboos - how soon the community would be ready to accept “talking about death” and planning for it. Shortly after we started, we learned that we had underestimated how open our seniors would be to discussing these issues. In our early focus groups, we learned that most seniors actually wanted to plan for their last days, once they understood how planning could make things better for themselves and their families.

But we had a lot of education to do: We learned that Chinese Americans were less likely to complete an Advance Health Care Directive and less likely to receive morphine and other pain medications when needed, that Chinese Americans were more likely than Caucasians to die with feeding tubes attached, that Chinese Americans were less likely to be removed from life support even when death was inevitable, that less than 1% of Chinese Americans used hospice services.

Our coalition model allowed us to work with more than 80 agencies so we could leverage what was already out there in the non-Chinese community that could help Chinese Americans and educated healthcare providers about how to better serve Chinese Americans.

We formed the CACCC Speakers Bureau to conduct outreach to the community that also became a source of volunteers. Our Translation Team translated and distributed Chinese end of life materials. We created our own original materials in Chinese. We developed two DVDs and published *Learning to Let Go: Saying Goodbye Peacefully*, a book for Chinese Americans on end-of-life issues that include advance care planning, real stories and community resources.

We designed and conducted CACCC's 30-hour Chinese Hospice and Palliative Care Volunteer Training. Those who completed the training were qualified to volunteer in hospices and hospitals who partnered with us on the training. Our Heart to Heart Cafés offer an ideal way to expand community outreach sensitive topics related to death and dying.

Thanks to all our “green t-shirts,” CACCC has expanded our services to Sacramento and Southern California. We have also conducted trainings in New York, Texas and, most recently, in Boston. We partnered with AARP, the Conversation Project and Boston agencies on Chinese community end-of-life outreach which includes Heart to Heart Cafés and Advance Care Planning presentations. The first kickoff training and outreach projects will be held at the Boston Senior Home Care, March 26-27.

Today, you have the opportunity to hear "compassion in action" from our extraordinary panel of experts. We are especially honored by our keynote speaker, Dr. Sheng-Jean Huang who shares his expertise and commitment to provide compassionate end-of-life care in Taiwan. There is so much still to learn and enjoy!

A handwritten signature in black ink, appearing to read "Sandy Chen Stokes".

給美華慈心關懷聯盟的一封信



瓊瑤已出版 65 部作品，部部膾炙人口！

2017 年，瓊瑤首次以她慘烈的親身經驗，寫下「生命中最重要的一本書」。這本書跳出了她以前的格局，深入討論「老、病、死」的問題，呼籲社會重視老人的善終權。她認為她從以前的「小愛」觀念，進入今日的「大愛」層次。以「生是偶然，死是必然」的事實，喚醒人們用正能量的方式，來面對「死亡」。愛到極致，是把痛苦留給自己，對摯愛的人放手！不是用醫療加工的方式，讓摯愛的人求生不得，求死不能！」

美華慈心關懷聯盟：

我是瓊瑤，聽說你們已經成立 12 週年，即將舉行 12 週年慶，我在這兒送上我最誠摯的祝福，和最深刻的感動！只有像我這樣，至今仍然面對著「生命末期的尊嚴」，而陷在痛苦和後悔中的人，才能知道你們這些志工的艱苦。必須在「生死兩難」的病患和家屬中協調，為那些生命已經無望的病患，爭取最後的尊嚴善終，你們太偉大了，也太辛苦了！

我摯愛的丈夫，已經依賴「鼻胃管」臥床兩年，重度失智加上大中風，三位主治醫生都宣告是「不可逆的絕症」。他未失智前，曾經寫下不可在他病危時插上鼻胃管或任何管子維生的叮囑。奈何他前妻所生的兒女堅持插上鼻胃管，我曾在《雪花飄落之前》一書中，寫下我那份掙扎，折磨，和痛楚。為了遷就他的兒女，我做了錯誤的決定。如果當時有你們陪著我們，幫我們分析和調解，或者會讓我的故事，有另一種正確的結果。

「尊嚴善終」，是人生最後也最重要的事。生是偶然，死是必然！我們每個人都應該有權利為自己爭取「善終」。因為華人社會，有許多「習俗」和「愚孝」觀念，造成臨終的長輩不得善終！希望每個人，都能為自己一定會來臨的「死亡」，預先寫下「醫療照護事前指示」，避免將來自己受苦，避免家人因為意見不同而爭吵！也避免像我和丈夫這樣的悲劇重演！

「死亡」不可避免，「善終」卻可達成！美華慈心關懷聯盟，繼續努力！但願在我們共同的理念下，讓這個社會更加光明！只有抱著「善終」的信心，「生命」才會燦爛而美好！

祝福每一位，謝謝每一位！

瓊瑤

2017. 12. 12

廖彬淳保險理財中心

為什麼新移民、老移民
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廖彬淳先生連續20多年來，榮獲許多理財保險獎項的肯定。
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「愛的道別」2017年美華慈心關懷聯盟有獎徵文活動 “Saying Goodbye with Love” 2017 CACCC Essay Contest



As You Wish -1st Prize

Dawn Gross, MD, PhD



“I want to show you something,” my father says as he extends his bear-paw sized hand. I am giddy with anticipation. Walking hand-in-hand, my father’s chest proudly puffed inside his soft-grey three-piece suit. His stride is deliberately slow so my six-year-old steps can keep an easy pace. As he escorts me down a hallway of the hospital where he works as the administrator, he points out a series of colored footpaths he designed, explaining how they are meant to guide patients and families through the maze of hospital departments.

“Nobody naturally looks at the ceiling while they are walking,” he says with a cherubic smile. “Everyone looks at the ground. So why not put markers on the floor, like the yellow brick road?” He speaks with a simple elegance. Straightforward and filled with joy.

I had no idea where we were walking. In hindsight, I am certain my father did.

We pause where the pink path diverges from the green. My father points to the continuation of the pink line and

says, “That leads to the labor and delivery unit. That’s where babies are born.” His smile glows as he continues to speak, “And this green line leads to the Intensive Care Unit, for people who are really, really sick.” We stand for a moment as he tells me about the program he developed requiring the nursing staff to rotate between these two areas specifically so they can be reminded of the full cycle of life. And before we resume our walk he adds, “Please know this: I would never want to be in the Intensive Care Unit. I would much rather that money, time and energy be put toward my grandchildren’s education.”

My heart begins to race as thoughts swirl inside my head, “Did he just say he expects to have grandchildren? That would mean I would have to be a mother!”

Thirty years later, the seeds he planted in this conversation would come full bloom.

His wish for grandchildren had come true. They were five and six by the time he died. During the last six months of his life, I brought them to visit nearly every day. He loved to run his hands through his granddaughter’s curly hair.

I rarely saw my father cry. One night before he was to have a procedure, he whispered to me, “I just don’t understand why no one is asking me what I want.” A few moments passed and as he wiped his face with his

ever-present white handkerchief, before adding, “The hardest part of all this is not being able to see my grandchildren grow up.” He knew his death was approaching. He only explored cancer treatments to appease my mother. After all, he was very clear that he would much rather that time, money and energy be spent on his grandchildren’s education.

My father more commonly shed tears of joy. A few weeks after his procedure, my mother arranged for a small concert to be performed in their home. Though he was too weak to leave the house, my father was always the epitome of elegance. He dressed in his favorite silk smoking-jacket embroidered with green dragons and orange and pink begonias. Despite his pallor, he was radiant. He held my mother’s hand while his head gracefully swayed to the serenity of the music, both cheeks glistening. My father knew how to savor what he loved.

The last time I saw him cry was the most painful. It was four days before he died. He had scheduled a visit with his long-time doctor. The room was already cramped with my father sitting in a wheelchair. My mother and I barely fit once the doctor arrived. His knees kissed my father’s as they sat face-to-face. Yet somehow, it was as if my father were in his three-piece soft, grey suit, chest puffed out with pride and elegance, as he asked his doctor to arrange for hospice care at home. It wasn’t until I pushed his chair into the hallway that my father’s tears surfaced, “I guess that means we aren’t going to take that cruise.” This was his last wish, he now acknowledged, would not come to pass.

He was restless his last night alive. Lying in bed just before sunset, he asked me to clear the objects off the bureau in front of his window, “They are blocking the view!” His soft voice articulated a clear demand. His final words spoken to me just as the full moon began to rise, “Now all I want to do is sleep.”

And so he did.

He died with his hands over his heart. Exactly how my mother and he promised each other.

My father’s courage to speak plainly throughout his life was an unexpected gift. His ongoing communication of values and priorities sprinkled throughout his life is what now gives my entire family peace of mind for the

rest of our lives. We are not only clear we supported him in living his life, on his terms, through his final exhale, we also now see how his actions, his words, his love, taught us how to do the same for ourselves and each other, and most importantly, his grandchildren.

Love, Honor and Tough Goodbyes – 1st Runner Up

Masako Koko Huang



Losing my mom was the toughest thing I have ever had to face. Not a day goes by where I don't think about all of the sacrifices that she underwent to help shape me into the person that I am today. It is never easy to say goodbye, but what I found the most peaceful, was the fact that I was able to

spend time with my mom in her last moments. I believe that saying goodbye with love is taking the time to sit and pray with a loved one, to listen to their stories, to spend quality time with them in their dying moments but to honor their wishes and embrace their lives.

My mom was and is the strongest person I know. At twenty years old she accomplished what many people would pray to never encounter. Born in Vietnam during the time of the Vietnam War, my mom lived in a city filled with turmoil, constantly fearful of life ending around her. As a teenager, my mom tried multiple times to escape Vietnam by boat, and two times was caught and thrown in jail. After several failed attempts, my mom was able to escape as a refugee to Paris, France. While in France my mom did not speak any other languages, outside of Chinese, Vietnamese, and her native dialect of Tieu-chiu, but nevertheless persevered. Every day she worked at getting a little bit better at French and every day she got a little bit better. After a year of perseverance, my aunt was able to sponsor my

mom to come to the United States. She spent a year in France never losing sight of the hope of a better future. When my mom came to the States, she did not speak English, and instead told me about the many times she walked around with a pocket English-Chinese dictionary and translated words to be able to speak in broken sentences. It was not easy, but my mom never gave up hope. She continued to strive, to better herself, to accomplish the American Dream. Eventually being able to commit a couple of words to memory, my mom was able to graduate with her bachelor's degree from Cal State LA, again elucidating her courage and strength and her determination.

My mom's life was never easy, and was constantly filled with many obstacles as if someone were constantly testing her perseverance. I will never forget the day in March 2013 when my mom and I got the news from her oncologist that she had stage iiic ovarian cancer. We were both incredibly disheartened, and did not know why she was chosen to have to fight the arduous battle with cancer. But even as we received this news, in light of all of the pain and suffering, it allowed my mom and me to mend our relationship. We spent hours together, driving from treatment to treatment, eating Pizza Hut pizza because nothing else tasted good with chemo and wig-shopping; whatever we could do to help support one another, we did.

As I reflect back on my mom's battle with cancer, perhaps the thing that brought me the most peace, was the fact that my mom was not shy about what she expected if her battle with cancer were to take a turn for the worse. With the help and support of our family members, I was able to learn about what my mom expected with end of life care, what she expected with regards to treatment. Although these conversations would often bring tears to my eyes, they were definitely necessary ones, and conversations that ultimately would help me make the difficult decisions when my mom fell out of remission in 2015.

The cancer was back. It was in her liver and spreading fast. After several procedures and the need for a biliary tube wrapped around her leg to drain her bile, my mom and I had to make some tough decisions about living versus quality of life. Although determined to die

fighting, I knew from our previous discussions that my mom valued the quality of her life over living in with limited abilities. Because we had had previous conversations, I was properly equipped to make tough decisions and able to be more fully present, instead of arguing over trying more procedures. After spending a month in the hospital in July, we decided it was time for hospice, one of the best decisions of our lives.

My mom lost her battle with cancer on August 4, 2015 and passed away peacefully in her sleep, in the comfort of her own home, the way she had said that she had hoped for. Because my mom was clear about what she had hoped for, we were able to honor my mom's choices. Death is never easy, but with my mom it came with a certain serenity. I didn't have to worry about whether or not I was making the right decision, all of the previous planning allowed the pressure, guilt and regret to be taken away. The burden was no longer on me and instead I could focus my efforts on being present with my mom. Saying goodbye with love is taking the time to genuinely get to know your loved one, to treat them as if they were who they were before their illness, to embrace the moments that we are able to have with them. I will forever cherish the moments I was able to have with my mom. If not for the time I had with my mom, this incredible journey of grit, tenacity and determination would not exist. Through her story, I now have a deeper appreciation of all of the sacrifices that she made for me. I have a deeper understanding of how I came to be, of who I am because of her. I have a way to know that my mom is and always will be a part of who I am.

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Do you know how much I love you?

[The following is a reoccurring conversation between Auntie and her niece and is an excerpt from the essay "Do you know how much I love you?"]

Auntie: I can't seem to remember things anymore. How come I haven't died yet?

Niece: Auntie, I can't remember things either. I'll remember for the both of us. And you're still here because I have more lessons to learn.

Auntie: Do you know how old I am?

Niece: Yes, Auntie, you'll be 93 soon.

Auntie: Oh, I just might reach 100.

Niece: Yes, Auntie, you just might.

Auntie: Are you afraid of me dying in your home?

Niece: Auntie, this is your home, too. I'm not afraid of you dying at home. I'm honored to care for you. I would be very upset if something happened to you or you went home (died) and I wasn't here for you. If that should happen, it was meant to be and I'll have to accept that.

Auntie: *(holding back her tears)* You're like a daughter to me.

Niece: *(hugging Auntie)* You're like a mother and a father to me.

Niece: *(poignantly)* Auntie, I love you as big as the sky.

Remember to live, laugh and love without regret as if it was your last day. Be in the moment. Be present. Be authentic. Be grateful. Make each day matter. Make memories with tears, laughter and joy in your heart and soul with your loved ones.

This vignette is dedicated to Auntie, my parents, siblings, those who have touched my life and to all the Aunties and nieces who give of themselves compassionately and unconditionally everyday because it's the right thing to do.



Auntie, at 93, is in her element.



Jeanne Wun is Auntie's primary caregiver. Jeanne finds gratitude and balance in her life by teaching yoga for bone health to older adults and volunteering. She is a proponent of advance care planning and starting end-of-life conversations, sooner than later.



From Board Member

Melinda Leong Capozzi, Esq. 梁美琳

What is the importance of CACCC? I did not really understand this when I was first introduced to CACCC. I did not really understand this even when I joined CACCC’s Board of Directors in 2016. In fact, I did not really understand this until after March of 2017—after my dad was diagnosed with terminal liver cancer.

I consider myself to be an educated, well-informed member of society. As a lawyer who diligently practiced law for 11 years, I believe I am quite skilled at researching and learning about things I know little about. Despite this, nothing prepared me for the seven-month long journey that ensued following my dad’s diagnosis.

Initially after my dad’s diagnosis, I searched every reputable source I could to learn about my dad’s disease and treatment options. I looked up every term that was foreign to me and every abbreviation from every test result to figure out what it stood for and what the test result meant. I hung on every word that each doctor, nurse, nutritionist, and social worker told me and my parents. None of this, however, was enough; none of this got to the heart of the matter.

For my family, it is not *what* got to the heart of the matter, but *who*. That *who* was the very person who introduced me to CACCC: Board Member and family friend Yuaner Wu, PhD, RN, MS, MPH. Even though she is neither a liver expert nor a cancer expert, she has a wealth of experience amassed not just from her career, but also from having volunteered helping other families like my own. From this experience, she was able to tell us things that we felt the professionals were either unwilling or unable to; she was able to give us tips on what questions to ask and insight on what the answers meant; and she was able to relay all of this information to my mom in Chinese.

On countless occasions during those seven months, I found myself wondering what our experience would have been like without Yuaner. It was then that I truly understood the value of CACCC volunteers, especially our seasoned hospice and palliative care volunteers. It was also then that I truly understood the value of CACCC’s 30-hour Chinese Hospice and Palliative Care Volunteer Training.

Although I lost my dad at the end of our seven-month long journey together, I count myself lucky in many respects. I was lucky in that unlike many others, my immigrant parents were very open to talking about and planning for death. For instance, years before my dad got sick, both he and my mom completed advance healthcare directives as a part of their living trust. I was also lucky to have learned about and become involved with CACCC well before my dad’s illness. As a result, I was very familiar with the Physician Orders for Life-Sustaining Treatment form when that came up; I knew the difference between hospice and palliative care when those came up; and I was able to inform my parents about the End of Life Option Act—which ended up being of no interest to my dad.

Many Chinese Americans are not nearly as “lucky” as I was. Going forward, it is my personal mission within CACCC to help improve their “luck.” In so doing, I can think of no better way to honor my dad.

A handwritten signature in blue ink that reads "Melinda Leong Capozzi". The signature is fluid and cursive, written in a professional style.



慈心伴隨 楊秀慧

生老病死是一件再自然不過的事情，但是當我們面對死亡時，卻是如此的惶恐與不知所措！或許病人已能坦然面對死亡，但是家人卻無法放手，總要想盡辦法，多留他幾天、幾個月、甚至幾年。父親的過世我一直很遺憾，他在醫院雙手被綑綁，卻一心想著要回家，雖然他已表明他的意願，可是我們卻自以為是的想要再多試一下。還好我們很快地就發現了我們的錯誤，即時改正。只是我們失去了與他好好道愛、道歉、道謝與道別的機會。

很高興經由朋友的介紹讓我認識了美華慈心關懷聯盟，我努力學習，想把我學到的東西跟大家分享，讓大家懂得平時要與家人多做溝通，準備好醫療照護事前指示，以減少遺憾。這兩年來美華慈心舉辦過近 200 場活動，包括社區講座、健康資源展示、志工或醫療專業人員訓練，也為 600 多人做過安心茶話屋。但是我們做得還不夠，還是有很多人不懂什麼是事前療護計劃，或者不願意聽這類的話題。因此，我經常想我們要如何透過不同的方式，來吸引更多人了解這個話題。我在一支錄影帶裡看到黃院長的演講，很好奇為何一個腦神經外科醫生，會如此認真地投入推廣安寧緩和療護。我看完黃院長的三本「生死謎藏」系列的書，很感動這些醫生、護士能走出醫院來照顧生命末期的病人以及他們的家屬。我想如果我們能夠聽到黃院長親自來講述他所經歷的這些故事，一定會有更多人受惠。感謝葛濟捨醫師的幫忙，讓我們能邀請到台北市立聯合醫院總院長黃勝堅醫師到加州來演講。黃院長能在百忙之中抽空前來加州一星期參加美華慈心 12 週年慶活動，是我們莫大的福分！黃院長全力配合美華的安排，在短短幾天內要做六場演講。還針對不同的聽眾，安排不同的演講內容，以期達到最大的效果。對醫療專業人員他要講的是在安寧緩和醫療方面的台灣經驗，並與在美國的醫療專業人員做討論。對社會大眾，他要跟大家分享，當我們面對死

亡時，應該要如何學習什麼才是真正的愛。在募款晚宴他要講述為什麼善終是一種責任。請大家要把握這次難得的機會，別錯過了黃院長的精彩演講。

在此也要特別感謝瓊瑤女士，我們寫信跟她介紹美華慈心關懷聯盟的服務項目，也邀請她來參加美華 12 週年慶的慈心伴隨活動。她雖不克前來，但是允許我們使用她的錄影帶，也允許我們在活動中朗誦她的文章。她還寫了一封信給美華慈心關懷聯盟的志工。感謝她的鼓勵！

願所有志工一起繼續努力，這條路雖然不好走，但我們絕對不孤單。感謝這次活動的主講人一黃勝堅醫師，以及所有的贊助者、協辦者、志工和聽眾們，因為有你們的熱心參與，我們的「慈心伴隨」活動才能辦得圓滿成功！

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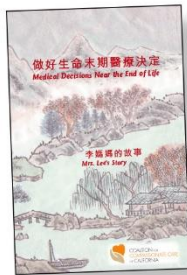


位於山景城和洛斯蓋圖斯的 El Camino 醫院，正以最先進、最貼近個人需求的照護，賦予社區醫院全新的定義。「動態醫療」對病人的需求反應快速，我們永遠整裝待備，隨時準備迎合我們家園之所在的矽谷不斷改變的需求。欲了解「動態醫療」的詳情，請參閱我們的網站 elcaminohospital.org



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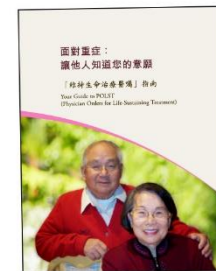
- **Fact sheet** on advance healthcare directives
- **Mrs. Lee's Story:** An introduction to end-of-life issues that concern Chinese elders and their families. *Brochure includes both Chinese and English text.*
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願景 Vision

在生命末期的議題上，為在美華人提供一個有尊嚴而且受到尊重的社區

A community in which Chinese Americans are able to face the end of life with dignity and respect

使命

- 鼓勵在美華人以開放的心態探討生命末期的議題；接受這是生命自然的歷程。
- 從事社區教育宣導並訓練志工、照顧者和醫療專業人員；加強在美華人參與事前療護計劃及療護決定，以提昇重症和生命末期的療護品質。
- 製作中文資訊並中譯現有的資料，轉介適合華人社區需要的機構，使在美華人能充分接觸生命末期的各種資源。
- 以聯盟模式與合作夥伴共享專業知識和資源，推動優質的生命末期療護與服務，涵蓋華人社區生命末期的身心靈整體需求。

服務

- 製作並翻譯中文生命末期教育和資源教材
- 社區教育和事前醫療計劃宣導
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MISSION

- Encourage dialogue among Chinese Americans about end of life issues so that it is viewed as a natural part of life.
- Enhance advanced illness and end of life care by improving advance care planning and decision-making for Chinese Americans through community outreach education and volunteer, caregiver, and health professional training.
- Empower Chinese Americans by improving access to end of life resources: producing original Chinese language materials or translating existing materials into Chinese and providing referrals to appropriate agencies.
- Use a coalition model, where expertise and resources are shared, to insure Chinese Americans receive exceptional end of life care and services that address physical, psychosocial, emotional and spiritual needs.

WHAT WE DO

- Producing and translating end of life resources and materials in Chinese
- Community education and Advance Care Planning outreach
- Health care professional training
- Caregiver and volunteer training
- Patient visits through partner agencies

美華慈心關懷聯盟採用聯盟模式與 80 多所機構合作，包括：AARP，Allied Pacific IPA，阿茲海默症協會，美國癌症協會，California HealthCare Foundation，City of Hope，Coalition for Compassionate Care of California，Dignity Health，El Camino 醫院，HealthCare Partner，Hospice Foundation of America，Kaiser Permanente，Laguna Honda 醫院，Methodist 醫院，National Hospice and Palliative Care Organization，Palo Alto Medical Foundation，Stanford Medical Center 和 UCSF。此外，美華慈心關懷聯盟還與 30 多家安寧療護機構和療養院合作，培訓華人安寧與緩和療護志工。

Using the coalition model, CACCC has collaborated with more than 80 affiliate organizations including: the AARP, Allied Pacific API, Alzheimer's Association, American Cancer Society, California HealthCare Foundation, City of Hope, Coalition for Compassionate Care of California, Dignity Health, El Camino Hospital, HealthCare Partners, Hospice Foundation of America, Kaiser Permanente, Laguna Honda Hospital, Methodist Hospital, National Hospice and Palliative Care Organization, Palo Alto Medical Foundation, Stanford Medical Center, and UCSF. Additionally, CACCC has partnered with more than 30 hospice organizations and nursing homes to train Chinese hospice & palliative volunteers

2017 美華慈心關懷聯盟重要活動項目 (2017 CACCC Highlights)

- 2017 年 3 月：美華慈心關懷聯盟創辦人兼董事會主席陳明慧護理師在 Sacramento 的 Coalition for Compassionate Care of California (CCCC) 第九屆年度峰會上因提升加州事前療護計劃和緩和療護質量而榮獲“2017 年慈心關懷創新獎”。
- 2017 年 4 月：美華慈心關懷聯盟在國家醫療保健決策日（4 月 16 日）舉辦首次“愛的道別”徵文比賽。此次活動評審共選出九篇獲獎文章。
- 2017 年 5 月：美華慈心關懷聯盟開始為加聯泰平醫療網的病人和大眾提供一對一的協助，幫助他們了解生命末期的意願，學習如何與家人和醫生討論他們的意願；定期幫他們在美華慈心關懷聯盟 El Monte 的辦公室及加聯泰平醫療網在 Alhambra, Arcadia 及 City of Industry 的健康中心填寫醫療照護事前指示 (AHCD)；為加聯泰平醫療網醫師們提供年度更新教育；並與 Allied Pacific IPA 合作製作了四個生命末期議題的電視宣導短片。
- 2017 年 6 月：美華慈心關懷聯盟與九家機構合作，在加州 Sacramento 以中英文進行第五屆 30 小時華人安寧與緩和療護志工培訓，並提供同步口譯。共 23 人參加。
- 2017 年 6 月：優視 (UChannel TV) 與美華慈心關懷聯盟創辦人兼董事會主席陳明慧就生命末期議題《包括醫療照護事前指示 (AHCD) 和維持生命治療醫囑 (POLST)》進行了中文採訪。
- 2017 年 7 月：CrossingsTV 開始定期播出“Community Inspiration: Chinese American Coalition for Compassionate Care”，對美華慈心關懷聯盟進行了二分半鐘的介紹，於 2017 年第三季持續播放。
- March 2017: CACCC Founder and Board Chair Sandy Chen Stokes was presented with the 2017 Compassionate Care Innovator Award for her extraordinary role in improving the quality of advance care planning and palliative care in California at the Coalition for Compassionate Care of California (CCCC) 9th Annual Summit held in Sacramento, CA.
- April 2017: CACCC hosted its first “Saying Goodbye With Love” Essay Contest in recognition of National Healthcare Decisions Day (April 16). CACCC received 9 entries in English and 11 entries in Chinese.
- May 2017: CACCC began providing one-on-one assistance to Allied Pacific IPA patients and the general public to help them understand their end-of-life wishes, learn how to discuss their wishes with their family and doctor, and receive help in filling out the AHCD through regular office hours at CACCC's office in El Monte, as well as at Allied Pacific Wellness Centers in Alhambra, Arcadia, and City of Industry. CACCC will also provide Annual Retreat Education for Allied Pacific IPA physicians and will work with Allied Pacific IPA to produce four End of Life TV episodes.
- June 2017: CACCC partnered with 9 agencies to provide its 5th 30-hour Chinese Hospice and Palliative Volunteer Training Program in Chinese and English with simultaneous interpretation in Sacramento, CA. There were 23 participants.
- June 2017: UChannel TV aired informative interviews in Chinese with CACCC Founder and Board Chair Sandy Chen Stokes regarding end-of-life issues including the Advance Health Care Directive (AHCD) and the Physician Orders for Life-Sustaining Treatment (POLST) form.
- July 2017: Crossings TV began regularly airing “Community Inspiration: Chinese American Coalition for Compassionate Care,” a 2½ minute introduction to CACCC, which continued throughout the third quarter of 2017.



美華慈心關懷聯盟重要成就 (CACCC Achievement Highlights)

自 2005 年 12 月成立以來，美華慈心關懷聯盟（CACCC）為在美華人及為他們服務的醫療人員提供生命末期的教育，培訓和宣導。每年美華慈心關懷聯盟的志工投入了 9,000 到 10,000 服務小時。一些重要的美華慈心關懷聯盟成就包括：

- 為在美華人組織和一般大眾進行了 200 多次的事前療護計劃講座，內容包括維持生命治療醫囑（POLST），醫療照護事前指示（AHCD），安寧緩和療護，疼痛控制及溝通技巧等。
- 為醫療人員在全國舉辦 200 多場與生命末期有關的中國文化，信仰，價值觀，習俗的研討會和工作坊。
- 為華人及聯盟夥伴提供生命末期相關的免費留言“熱線”。我們會在 24 小時內回話。
- 與 El Camino 醫院合作“華人病患親善大使計劃”。僅在 2017 年，美華慈心關懷聯盟志工就拜訪了 997 名病人，共服務了 423 小時。
- 翻譯加州維持生命治療醫囑（POLST）表格，醫療照護事前指示（AHCD），Coalition for Compassionate Care of California（CCCC）決策指南，Hospice Foundation of America 教育文宣以及其他合作機構的教材，網站和光碟。
- 編製和翻譯生命末期教育文宣，包括：
 - 製作兩張光碟：“秀惠與婉宜”和“認識安寧療護”
 - 出版“在不捨與放手之間，寧靜說再見”，第一本由華裔患者，家人，志工，社工，護士，諮商師和醫生，說出他們如何學會面對個人生命末期經歷的悲傷和失落的書籍。
 - 製作安心卡（Heart to Heart® Cards），這是一種溝通工具，旨在鼓勵人們談論自己生命末期的意願，以幫助家人和醫護人員瞭解自己生命末期的意願。超過 1,450 位在美華人使用美華慈心關懷聯盟的安心卡（Heart to Heart® Cards）參加了安心茶話屋的活動。



Since our formation in December 2005, the Chinese American Coalition for Compassionate Care (CACCC) has implemented a mindful and robust plan to educate, train, and provide outreach on end-of-life issues to the Chinese American community and the healthcare providers who serve them. Every year, CACCC volunteers devote between 9,000 and 10,000 hours to support CACCC. Some significant CACCC accomplishments include:

- Conducted over 200 Advance Care Planning Presentations for Chinese American organizations and the general public on the Physician Orders for Life Sustaining Treatment (POLST) form and the Advance Health Care Directive (AHCD).
- Held over 200 seminars and workshops nationally for healthcare providers regarding Chinese cultural beliefs, values, customs, and practices related to the end-of-life.
- Provided a toll free “warmline” for the general public and partners for leaving messages related to end-of-life questions with a 24-hour response time.
- Supported the El Camino Hospital Patient Ambassador program. In 2017 alone, CACCC volunteers visited 997 patients.
- Translated the California Physician Orders of Life-Sustaining Treatment (POLST) form, the Advance Health Care Directive (AHCD), the Coalition for Compassionate Care of California (CCCC) Decision Guides, Hospice Foundation of America Fact Sheets, and other educational materials, websites, and DVDs for our partner agencies.
- Developed and translated end-of-life educational materials, including:
 - Production of two DVDs: “Kathy & Windy” & “Loving Life, Understanding Hospice”
 - Published “Learning to Let Go: Saying Goodbye Peacefully,” the first book to contain personal end-of-life experiences of Chinese patients, family members, volunteers, social workers, nurses, counselors, and doctors on how they learned to overcome their grief and loss.
 - Created Heart to Heart® Cards, a communication tool designed to encourage conversations about one’s end-of-life wishes in order to assist family members, caregivers, and healthcare providers to understand one’s end-of-life preferences. Over 1,450 Chinese Americans have participated in Heart to Heart® Cafes, using CACCC’s Heart to Heart® cards.

In Loving Memory of Our Family, Friends, and Mentors



Golden Pacific Nephrology Medical Group

CACCC 「慈心伴隨」 12 週年活動成功!

Jim-Jer Hwu, MD ▪ Than Lin, DO ▪ Paul Hwu, MD

Friends of CACCC

A. Abhat ▪ Anonymous ▪ N. Bettino ▪ X. Cai ▪ K&S
Chan ▪ J&G Chen ▪ K&J Cheung ▪ D&B Chou ▪ M.
Generoso ▪ M. Hess ▪ S. Hsieh ▪ E. Hui ▪ M. Kagawa-
Singer ▪ W&M Keh ▪ A. Morgan ▪ A. Nguyen ▪ Q.
Ong ▪ M. Ong ▪ K. Pan ▪ J. Park ▪ C. Pietras & S. Wu
▪ J. Ridao ▪ C. Sirl ▪ J. Tan ▪ J. Tayek ▪ R. Tria ▪ E.
Tsai ▪ D. Turner-Lloveras ▪ K. Ward ▪ K. Wei ▪ N.
Weintraub ▪ T&A Yang ▪ L. Yen & H. Su ▪ M. Yu

UCLA Center for East-West Medicine

The Shirley Hui Memorial Fund supports the CACCC 12th Anniversary "Compassion in Action" Event and aims to enhance collaborations between integrative medicine and palliative care.

The Shirley Hui Memorial Fund creates open doors for a range of studies and professional advancement opportunities to highly motivated students and trainees in medicine who aspire to improve healthcare with integrative medicine in their future careers.

25 Years of Leadership in transforming Healthcare through Integrative East-West Medicine in Education, Research and Clinical Practice.

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Community Awards



余怡菁 Jean Yu, manager of the Chinese Health Initiative (CHI) at El Camino Hospital, has been a strong supporter of CACCC's mission since 2010. Jean partnered with CACCC to raise awareness about end-of-life issues for Chinese patients and to promote culturally sensitive care. Through a collaborative effort, the following programs targeting volunteers, healthcare professionals and physicians were delivered at El Camino Hospital and to the Chinese community:

- 30-Hour Chinese Hospice Palliative Volunteer Training Program (2011, 2015)
- Training for healthcare professionals on how to communicate end-of-life issues with Chinese patients (2014, 2015)
- Annual Ethics Seminar on "End-of-Life Issues in Chinese Patients" (2010)
- CME events on End-of-Life Issues for Chinese Patients at the Mountain View and Los Gatos campus (2015)
- Professional Forum – Compassion in Action: When East meets West (2015, 2018)
- Chinese community: CHI collaborated with CACCC to enable members of the Chinese community to complete important documents regarding their healthcare wishes and distributed Chinese/English Advance Health Care Directives, Physician Orders for Life-Sustaining Treatment documents and educational materials at health fairs, educational events, and hospital website (ongoing)

In 2015, through persistent advocacy and coordination, Jean helped launch the Patient Ambassador Program, which links CACCC trained volunteers to Chinese patients at El Camino Hospital. Patient Ambassadors who speak Mandarin, Cantonese or Taiwanese have been trained to serve as non-medical interpreters. They provide Chinese patients and their families with compassion and culturally appropriate support by listening to the concerns of family members, sitting with the dying and providing clinical staff with insights that may go unnoticed.

Jean's unwavering advocacy and CHI's close alliance with CACCC has helped both organizations work toward a mutual goal of ensuring that members of the Chinese community are able to face the end of life with dignity and respect.

曹知行 Alex Tsao, Ph.D.



曹知行於美華慈心關懷聯盟成立之初便加入志工的行列。他曾經擔任過美華的董事，目前是講師團的組長，負責社區講師團講員訓練，幫忙協調美華的教育講座，協助推廣華人社區對生命末期關懷的認識。曹知行從事科技方面的工作 30 餘年，曾任職衛星通訊公司技術經理及無線網路公司的創辦人暨執行長。近年來，他積極投入社區志工服務，曾經擔任過美國癌症協會加州華人分會的會長，推動華人社區的癌友服務，並與醫療專業人員合作，推廣華人社區的癌症教育。在服務癌友的過程中，他看到許多病人除了醫療上的需求外，在身、心、靈和精神各方面也需要支持和幫助。在過去數年中，他作過二十多場的美華慈心社區教育推廣講座，希望幫助華人朋友們瞭解如何運用社區和醫療資源，來提高末期病人的生活品質，減輕病人身心的痛苦，並且能依照自己的心願，圓滿生命的旅程。

除了在美華做志工，他也曾經擔任阿滋海默協會北加州暨北內華達州分會的理事，現在是該分會華人諮詢委員會的主席，協助提高社區大眾對失智症的認識。他目前也是新希望華人癌症關懷基金會的諮詢委員及 El Camino 醫院華人健康計畫諮詢委員，持續為華人社區的癌友和家庭服務。他同時也是慈濟基金會的志工，參與灣區當地弱勢族群的關懷和美國及海外的賑災服務。

Community Awards



翁英展醫師 Dennis Wong, MD is the Medical Director and Chief of Primary Care Services at Rancho Los Amigos National Rehabilitation Center in Downey, California. Chinese American Coalition for Compassionate Care would like to thank Dr. Wong for his contribution in providing education in many Chinese communities in Southern California on advance care planning. As a speaker, Dr. Wong supported CACCC community outreach events for many years. He is a great ambassador for sharing the CACCC

mission and community outreach events with his colleagues, family, friends and neighbors. He attracted over hundreds of audiences when he talked about advance care planning at Chinese Club of San Marino and Walnut Senior Center. Dr. Wong was able to talk about advance care planning in Taiwanese to the Taiwanese community in Orange County. Dr. Wong also helped CACCC in arranging collaborative events with North American Taiwanese Medical Association in promoting advance care planning. Dr. Wong was elected as the President of NATMA Southern California Chapter in 2016. NATMA has been involved in community services and also overseas medical missions. Dr. Wong has been active in promoting many events organized by CACCC in Southern California. His willingness to go extra miles to Northern California to promote CACCC's 10th anniversary celebration events to other organizations in 2015 was highly appreciated.



Larry Kiang is the President and Chair of the Asian American Community, a part of the Diversity and Inclusion Council resource group at City of Hope. Through his efforts he continues to connect the Chinese community to various healthcare resources. He is also an employee at City of Hope as a Senior Technology Specialist, providing technological support, event management, video production, as well as project manage a multitude of IT construction projects. With his background in film making, he helped CACCC record and edited educational videos about Advance Care Planning, Heart to Heart[®] Café

and Advance Health Care Directive. City of Hope has a long-standing reputation for excellence and compassionate care that matches the mission of the Chinese American Coalition for Compassionate Care. Together, we are committed to help ease the suffering of cancer patients, survivors, caregivers, and families through community service, health education, and coalition building.



陳仁玫 Jennifer Lin 牧師在聖迦谷羅省基督教會 牧養教會多年，並訓練許多關懷同工。美華慈心關懷聯盟感謝她將安心卡介紹給教會的牧師、關懷同工們、以及許多小組。認為這是一個傳福音的橋樑，大家可以在輕鬆愉快的氣氛下與家人、朋友們喝茶聊聊自己在面對生命末期時的心願。2017 年教會約有九十人參與過安心茶屋。也有許多人參加了安心茶話屋引導員的訓練，他們可以在家裏或教會帶領其他的人來玩安心卡。2018 年將繼續安排安心茶話屋、介紹事前療護計劃及加州醫療照護事前指示。陳牧師了解在做關懷事工時，經常會遇到服事的對象或家屬面對生老病死。經由玩安心卡的交談，幫助他們思考未來的醫療療護計劃、進而完成醫療照護事前指示，同時也幫助他們從屬靈的角度來思考他們的未來。她經常幽默的說玩過安心卡，將來就安心了。



葛濟捨醫師 William Keh, MD 台大醫科畢業、外科醫師、病理專科醫師、企業家、理財顧問、慈濟志工…，現任美國慈濟醫療組執行長

葛醫師帶領慈濟醫療組，經常飛往全球賑災，貢獻良多。從第一次認識美華慈心關懷聯盟，葛醫師即從自身的經驗中體認到這是一份極有意義的志業，他非常認同美華慈心的理念，認為慈濟可以和美華一起共同幫助在美華人對臨終關懷的認識，他當場慷慨地捐了一筆善款，此後更邀請美華參與慈濟的社區教育講座。當社區中有人需要臨終關懷資訊時，也總是推薦美華慈心的服務。在 2016 年美華慈心所舉辦的 Kathy & Windy 的活動中，葛醫師擔任座談會講員，並派出大量義工協助。去年葛醫師受美華慈心的託付，在回台灣忙碌的行程中撥出時間親自拜訪黃醫師，讓美華得以順利邀請到黃院長從繁忙業務中抽身專程來美。美華今年的「慈心伴隨」活動，葛醫師再度鼎力相助，擔任座談會講員。感謝葛醫師一路相伴相挺，是美華慈心關懷聯盟的好夥伴。



美華志工陸建羊看張國興 Kenny Chang

我認識的張國興是一位充滿愛心的人，他高大帥氣，又有內涵，在加州華人界知曉的大企業家。應該是在 1999 年，一次葉曼老師的佛學講座時認識了他。他很親切的陪伴在老師身邊；再進一步認知是參加三天的「圓桌講習班」他無微不至的陪我一同照顧葉曼老師(86 歲)。他的細心讓我感動、佩服

，不自覺地成為了好朋友。此後，經常在不同的場合見到他的身影，如西來寺、慈濟、消防隊、傷殘募款、救災募款會等等…他的身影都在會場穿梭。更進一步的結緣，是在 2014 年回台灣參加 CACCC 的安寧緩和護理志工參訪，結束後參加遊輪之旅巧遇他們全家一起出遊；彼此詢問近況之後，他對 CACCC 非常感興趣，於是詳細的介紹了美華慈心關懷聯盟。之後他積極參與活動，還二話不說就提供場地 並且在他 AM1300 的節目裡不遺餘力的介紹及大力支持 CACCC 的活動！此外，美華的大活動他一定百忙中也抽空參加。相信在未来的日子裡有他的相知相助，美華的志工團隊更有生氣的向前邁進一大步！

美華慈心關懷聯盟的網站和社交平臺

美華慈心關懷聯盟利用各種網路平臺把我們的活動和服務訊息用最快最直接的方式傳達給我們的志工和朋友們。我們主要有以下方式：

1. 美華慈心網站：<http://caccc-usa.org>



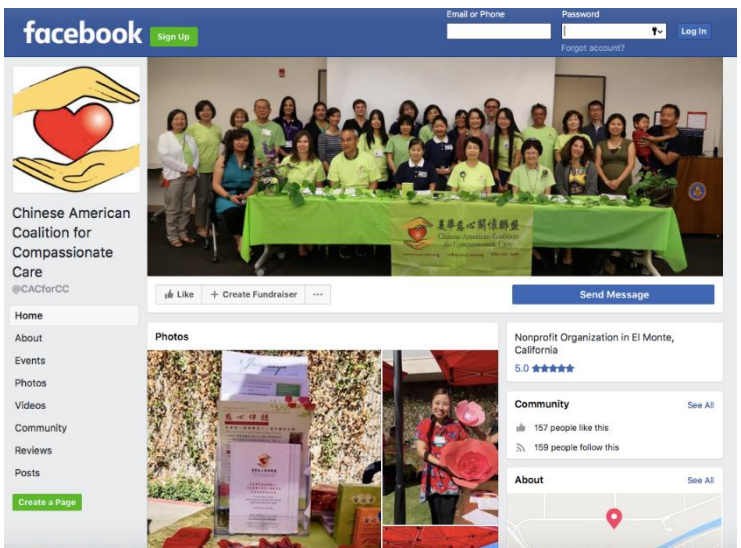
我們最近推出全面更新的中英文雙語網站。新網站的設計以簡單明瞭為主，希望讀者能很快的找到所需要的資料。網站除了在首頁報導最新的活動消息之外，還有連接可直接下載各式的中英文表格，和安心茶話屋的介紹。此外，我們還有網上購物服務(Online Store)，美華的活動日曆(Calendar:用紅綠藍三色代表北加，南加及沙加緬度三地的活動)。您可以在「教育資訊」找到許多美華的教育視頻、美華慈心園地專欄、美華翻譯的病人及家屬教育指南等等寶貴的資訊。我們在網站上接受一次性捐款，也接受設定每月固定捐款。您可以隨時聯絡我們取消設定。



2. 美華慈心臉書網頁：

<https://www.facebook.com/CACforCC/>

美華的臉書網頁是另一個美華的主要網路互動平台。除了美華的最新活動預告及活動照片之外，我們也轉載許多有關生命末期照護的新聞報導及好文選讀。希望大家給我們的網頁按個“讚”(Like)，你可以隨時從這兒得到美華的最新消息。



3. 南加州美華慈心志工公告欄 Line 群組：

把美華的訊息直接送到你的手機，你將不會遺漏任何一個重要的美華活動。這個 Line 群組只提供美華志工重要訊息，志工們不張貼問候和貼紙。如果你想要加入，請聯絡 Shirley: 626-277-5775。



美華慈心公告欄



大姊 簡麗灣

很榮幸能成為美華關懷聯盟的志工，讓我學會如何面對死亡議題，讓亡者安祥，生者安心。

親愛的大姊：

時光匆匆，妳離開我們也快兩年了，妳的身影依然那麼清晰的留在腦海中，彷彿未曾走遠。多麼希望妳仍在身邊，分享我們生活中，喜怒哀樂的每一刻。

從小我們姊妹的感情就特別好，尤其在媽離家後，妳就扛起照顧妹妹們的責任，就怕我們受欺負，受委屈，從此練就了一身堅毅的性格。但癌症這無情的殺手，卻給妳堅強的內心重重一擊。從妳發現腹水到醫生宣判妳得了卵巢癌第三期，那段驚慌、恐懼、傷心與絕望的歷程，考驗著妳與我們全家。當妳意識到哭泣並不能改變困境後，妳便勇敢的與病魔對抗。看在家人眼裡，是心疼與不捨，所以我們擦乾了眼淚，陪伴妳一起面對接下來艱難的抗癌歷程。

妳努力的配合著醫生的治療。開刀後的疼痛，化療後的脫髮、嘔吐、食慾不振、全身疼痛等等的副作用，妳都咬緊牙關努力的撐著。看的我好心疼。但我只能默默的祈求老天爺慈悲，再給妳機會，別那麼快的把妳帶走，因為妳還沒看到妳的寶貝女兒穿上婚紗，當個美麗的新娘。

記得在妳完成化療後，醫院裡的醫生、護士們，熱熱鬧鬧的給妳掛上獎牌。我們家人也開心的慶祝妳抗癌成功，陪妳出門旅遊，與同學好友們開心相聚，一起享受與死神拔河後的歡樂時光。我們心懷感恩，更珍惜生命中的每一天，但死神並沒有給妳太多喘息的時間，兩年後癌細胞又復發了，且來勢洶洶，讓仍在休養中瘦弱的妳，又得再度面對更嚴峻的治療。其實我們都知道，妳願意接受如此辛苦的治療

，全是因為妳捨不得拋下深愛的我們，但我們也都明白，妳能陪伴我們的時間是越來越少了。

雖說生老病死是人生的必然，但跟心愛的家人面臨生離死別的時刻，那種心碎與不捨，真是太難了。我們該用什麼樣的心態來面對，讓亡者能走的安詳無憾，讓生者能心安的繼續此後的人生，這是多麼困難又重要的課題。

在妳生病的期間，我有幸接受了美華慈心關懷聯盟的志工訓練，真心感謝美華慈心關懷聯盟提供如此多的資訊與知識，讓我們認識與瞭解何謂緩和療護與安寧療護，也讓我們知道醫療照護事前指示的重要性，所以我們得以事先討論並了解妳的意願，讓我能在不慌亂的情況下，陪伴妳走完人生最後的一程。當妳轉至安寧病房，有別於醫院的緊張氛圍，安寧療護讓妳感受到舒適、放鬆與寧靜。在最後告別的時刻，妳能有機會與家人朋友們說再見。看著妳平靜的闔上雙眼，我們遵照妳的遺願，在親友圍繞的助唸聲中，看妳揚起微笑，面容安詳，知道妳已經帶著我們滿滿的愛，結束了妳此生的旅程。

人的一生活好比在演奏一首曲子，音符有高、有低，有長、有短。但如何能夠完美的譜完最後一個音符，得靠機緣與智慧。雖說妳離去的太早是無奈，但妳能走的如此平靜，能夠有尊嚴的善終，又何嘗不是妳莫大的福份。

大姊，真的好想好想妳。我們多麼有幸此生能親為姊妹。雖然我往後的日子裡少了妳的相伴，但請記得我們的約定，來世我們還要再當親密的家人，再續前緣。

永遠愛妳的麗灣

志工路上的繁花與荊棘



藍祖琳 美華慈心關懷聯盟志工暨董事

參與生命關懷志工工作前後加起來也有 15 年了，在加入美華慈心關懷聯盟之前已在癌友會和安寧病房擔任志工。在癌友會我們陪伴、聆聽、同體他們的病苦，愛他們如友，敬他們如師，用他們熟悉的語言提供醫學新知，解決生活上的困擾，以正面積極的態度面對生死。在安寧病房裡，學會以最虔誠、最尊敬的態度，為每一疲憊的心靈和軀體，提供一安靜舒適的環境，與家人共處最後的時光。道愛、道別，寧靜尊嚴的走完最後一程。志工的陪伴和支持可舒緩家屬很多的壓力，得以處理許多待辦事務。志工要能辨識臨終症狀，對不同宗教習俗也需有些認識，免得觸犯禁忌。後續的哀傷輔導能協助家屬走出陰霾，重回正常生活，這都是志工可協助之處。從普通病房到安寧病房，對很多病人和家屬可以是一個放下重擔的選擇，但也可能是一個愛恨交加，不甘心又沉重的選擇。如何接受？如何面對？如何啟口？我深感困擾，並深感自己的不足。正好看到美華慈心招訓志工，即刻報名受訓。美華慈心關懷聯盟為社區裡的每一位在美華人，提供中文生命末期教育、資源與教材，從事社區教育和事前療護計劃宣導。志工要能清楚解釋每一種表格，如醫療照護事前指示和維持生命治療醫囑；解說安心卡的意義和使用方法。其目的就是要大眾學習如何面對死亡，如何打開自己和家人與生命的對話，瞭解愛的真正意義，好好地道別，將愛長留心中，彼此相安，不留遺憾！社區服務時志工要用不同的方言，對不同的年齡層，宗教及社區團體做解說，我們像灑種子的園丁，要把許多生命末期的正確資訊傳播出去。多數人認為這是很重要的議題，但也有人多所避諱，不想聽也不想談，還有人認為填寫醫療照護事前指示，是在鼓勵大家以安寧療護代替治療和急救。這其實是很大的誤會，指示書上有多種維生選項，每個人都可以根據自己的意願清楚表達於指示書上，他們的意願是會被尊重的。這大概是美華慈心志工最難、最具挑戰性，但也最有意義的工作。

在美華慈心所學，彌補了我的不足，使我在為不同的群眾和個案服務時，有更豐富的資源，能更靈活的服务病友和家屬。常有人問我，有各種各樣的志工工作，為什麼要選擇這些好像很悲傷，且很多人不愛參與的領域？下面兩個故事也許可以算是我的答案罷！

故事一：突然接到老周電話，希望能即刻去醫院見他，認識老周七年了，肺癌沒有奪走他的瀟灑，但現在他沒法呼吸，每說一個字就得移開一次氧氣罩，喘得很厲害，醫生要做氣切，他拒絕了！他說太辛苦了！他決定接受安寧療護，希望我協助文件並有問題要問我，他的問題很讓人感動。1. 如何捐他的愛車給過去七年裡陪伴他，開導他的慈濟癌友會以表達他的謝意？2. 太太是否能繼續領社安金，讓太太的生活多些保障？回答了他的問題，並對他說：「老周，你永遠是我們最瀟灑的皇帝小生！」他點點頭說：「謝謝！有些話要現在說，以後說就沒意思了！你們大家好好學學吧！」他握著我的手，堅定又溫暖。四道人生裡的道謝、道愛、道別、老周做到了！

故事二：黃小姐參加安心茶話屋，回家隨手將卡片和醫療照護事前指事表格放桌上，95 歲的老母看了，便清楚完整的填好整份表格。一年後家人過來道謝，表示那份醫療指示幫了他們七位兄弟姊妹的大忙，因為有這份表格，他們得以完全依照母親的願望，沒有爭執，沒有疑慮的讓母親有了一個美好的善終。聽到這樣的話語時，心中既感動又溫暖，過去和他們討論生命末期各種選擇時，表面上不置可否，其實這顆種子，已在他們心中發芽成長。良好正面的溝通，是人世間最好的良藥，一份體貼為對方著想的心，是永不磨滅的愛。生命關懷志業裡，志工是很重要的角色，有很多的課要學，很長的路要走，路上縱使多荊棘，但相信像老周，像黃小姐的故事，會越來越多，猶如於幽谷中朵朵的繁花！鼓勵著我們繼續努力，以溝通和教育來面對恐懼，以愛來道別，使愛長存。

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錄影/攝影：Karen Shieh, Eric Xu, Connie Chin

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給美華慈心的感言

- I learned about Advance Health Care Directive from a seminar hosted CACCC. About a few months afterward, my uncle unexpectedly got a very aggressive kind of cancer and his health deteriorate rapidly. Because of what I learned from CACCC, I was able to talk to him about it, and he was able to tell us his wish and signed the AHCD. I applaud CACCC on your continuous outreach programs that benefit so many people like me and my family. Thank you. – Michelle Chiu
- 病人家屬需要美華，美華慈心給病人安定的信心，身心靈的全面關懷。感謝「美華慈心」在社區付出的一切。—病人家屬 李靜誼合十
- 我今年 85 歲。我在加聯泰平活動中心玩了美華慈心的安心卡，又聽了事前療護計劃的介紹，我今天和太太簽了加州醫療照護事前指示，覺得很安心。謝謝美華慈心的服務，幫助了我們老人家。— Bin Lee
- 我選擇參加美華慈心關懷聯盟是因為這機構是在盡力協助需要幫助的人，這是一份有意義的工作，是以好的方式去服務人群，我因參與這份工作機會而感到高興。— Tina Chen
- 2016 暑假我從 1300 心靈訪客廣播節目中認識了美華，在參加 Kathy & Windy 的活動後，深為熱心的志工們所感召而加入了美華的行列。雖然路途遙遠，但是能夠與志同道合的夥伴們一起為華人服務，退休的生活也更加有意義。更希望能在 Valencia 推廣，讓更多的華人受惠。—董筱敏
- 我在美華上過各種訓練課程，一次又一次的學習讓我裝備自己，能在老人院、療養院、醫院和社區中心做醫療照護事前指示的宣導，或帶領安心茶話屋的活動。每每看到長者們受益良多充滿感恩之情，讓我更體會施比受更有福的道理。希望大家一起參透四道人生的真諦：道謝、道歉、道愛和道別。— 陸建羊
- 我在加聯泰平醫療法網活動中心聽了關於醫療照護事前指示的解說，對我處理人生後期之事很有幫助。我會找我女兒填寫好有關表格。謝謝！— Henry Lin
- 當初參加美華的發心，是希望能服務華人社區，三年半下來，受惠最多的卻是我自己。增加很多新知識，最重要的是，心胸更寬大，更有同理心，把自己一些很籠統的想法具體化。— 祈和聖
- 從認識到瞭解，就這麼簡單，我加入了「美華慈心關懷聯盟」，捲起袖子來當志工了。生老病死，一直圍繞著我們的人生，無一人能閃躲過去的。原來了脫生死是要有步驟的，先要做好醫療照護事前指示意願書(年滿 18 歲就可以自己填寫，隨時都可以更改已決定的事項)，當自己處理好自己最後一刻的選擇時，就安心了，事後省去了很多麻煩的事情。「安心茶話屋」不就是喝茶聊天嗎？其實這意義比喝茶聊天要棒多了，用撲克牌來完成一個安心的遊戲，真是了不起！在人生的旅途中，要捨棄自己的好多喜愛是何等的難；但在「安心卡」的遊戲規則中，知道原來世間上無一物可以帶走的，事先瞭解自己的心願，與家人多溝通並寫下自己說再見的方式是很重要的。美華慈心的事前療護計劃講座也讓我瞭解到何為安寧緩和療護。母親最後的勝利就是交給了安寧療護中心來做的，她在安祥、美麗、平靜睡夢中逝世的。今天接觸到美華慈心關懷聯盟，讓全家人一起共同完成任務，否則就會盲目的瞎忙一場。感謝！感恩！美華的志工團隊默默的為眾生耕耘了 12 年。— 劉榕
- 十年前在北京陪伴着生病的老公，看盡中西名醫卻仍回天乏術。明知死亡是不可避免的，我還是不捨，還是無法接受事實。2011 年我回到 LA，感謝上蒼讓我認識了 Sandy，走入美華慈心關懷聯盟。透過學習和訓練，我作了志工。面對臨終病人及其家屬，輔導如何簽署醫療照護事前指示。透過帶領安心茶話屋的遊戲，更能幫助溝通生命末期的議題。願天下有情眾生在有生之年彼此道愛、道謝、道歉、道別，這是我學到最棒、最勇敢的表白。— 褚小秋

給美華慈心的感言

記得自己第一次照顧癌症病人是在 1991 年。當時的我年輕又沒照顧重症患者的經驗，而他是我的美裔愛爾蘭未婚夫。雖然我自很努力也很用心的照顧他，但是在癌症病人情緒照顧上我還真不知如何對待。兩年下來自己身心上的疲憊、委屈、無奈和努力，最後他還是走了。

回想起那兩年裡我為他所做的一切，雖然我的內心是平靜而沒遺憾的，但是我總覺得我應該可以做得更好才是。之後我只要有機會就會去探望陪伴，照顧生病的親朋好友們。在 2008 年照顧一位朋友的家裡，碰到了美華慈心的創辦人陳明慧師姐和另兩位美華慈心的志工。

當時我即將退休，正考慮著退休後該做些有義意事。剛好美華慈心向我招手，於是參加了美華的志工團隊。在近 10 年的美華團隊裡，我接受過兩次 30 小時的志工培訓。講師們教導我們如何去照顧臨終的病人及病人的家屬。良好的訓練讓我更有信心的去陪伴探望有需要的老人和病人。

美華慈心團隊在 Sacramento 社區裡是被肯定，被歡迎的。在社區的 ACC 老人院裡我曾陪伴過無數的老人們。許多老人都 90 幾，百歲以上了。看到他們不能動彈，凡事得靠人，不能言語的無奈情況下，怎麼我感覺這長壽並非福呢？有些老人從未有家人來探望過，看到他們孤獨寂寞的身影讓我內心很是不捨且心疼。有些因為言語不通（廣東台山人），我用眼睛誠懇的望着他/她們並雙手握着他們的手說着我的普通話。說也奇怪，我們就這樣望着說着他們也能聽懂了我的話。

有位老人坐在輪椅上經常一臉憤怒的大喊大叫，我蹲下身關心細聲問：“婆婆妳怎麼了？”她竟然兩眼淚汪汪的癩着嘴委屈的像個孩子似的望着我，我趕緊摟着她一邊嘴裡哄着安撫她。後來從護士那兒得知，她 90 多歲了又是癌症末期。她認為她被家人拋棄了。其實她的女兒常來看她，只是來時總是站在房門口既不進去也不跟老人說話。

我們中國人似乎多半都不太懂得柔聲的跟家人溝通，說起話來都是直接，大聲的交待，很少柔聲相對的。我在美華團隊中學習到了如何誠懇的用眼睛看着對方，柔聲細語的跟病人，老人們說話。

這 10 年中我經歷了數不清的老人家，從認識，陪伴再到他/她們往生。讓我看到生死無常真的隨時可以到來。這也教會我如何對待我至愛的家人和親朋好友，及時的說出：我愛你、謝謝你、對不起和再見。

在此欣逢美華慈心關懷聯盟十二週年慶祝會，寫出自己的心得，以感謝美華給我做志工的機會。很高興能成為美華團隊的一員，也為美華感到驕傲。

希望今後能有更多的人一起來共造善業，為社區華人服務。—葉家興合十🙏



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痛苦無比的決擇

凌大智

朋友的太太才四十來歲，沒有預警的突然暈倒失去了知覺。診斷結果是腦血管瘤破裂出血，也就是中風。手術過後因腦壓過高，一度陷入危急，在加護病房待了兩星期，但是未曾甦醒。醫生曾經嘗試減少藥量，觀察她是否能從昏迷中醒過來，結果卻發生嚴重的抽筋現象。為了避免刺激導致腦部再度出血，或其他的損傷，醫生又用藥讓她回到人工誘導的昏迷狀態。

地倒下了。

作為先生的有一個無比痛苦的決定，「是要緊緊地抓住她？還是輕輕地放手？」。「現實和未知」在「情感與理智」中掙扎：她身體的真實狀態是什麼？醫生專家們的評估是什麼？有什麼樣的選擇？又有什麼樣的後果？會從昏迷中好轉嗎？會成為植物人嗎？要解開這個死結，是多麼地痛苦。沒多久，這位朋友在「只作安寧療護」而「放棄急救處理」的授權書上簽了字。

她轉到了另一家醫院，觀察兩星期後情況穩定。醫生為她作了氣切，由喉嚨的開孔不需氣管而能自己呼吸均勻而平穩，和一個熟睡中的人一樣。她的手上有一點滴管，流質營養由機器通過管子直接輸送到胃裏。幾天後她又從醫院轉到了療養院。先生的愛妻，孩子們的母親，家庭的核心，生活的支柱，一個年輕聰明活潑能幹的人，就這樣無聲無息

我相信朋友聽到了自己內心焦急無助的聲音，也聽到昏迷中妻子溫柔懇切的聲音。用心去聽，這是一場心對心的對話。從這個對話裏找到安慰、智慧、勇氣和決心，就會無怨無悔的找回自己生命的原動力。是為愛她，也是接受她的愛，這是死亡不能拆散的愛。

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當醫師宣布他罹患胰臟癌，剩下不到半年的生命時，陳先生沒有怨天尤人，依然秉持「期待最好的，準備最壞的」信念，一方面接受治療，一方面為自己和家人做了妥善的安排。一年後，陳先生不但活著，甚至還回到工作崗位任半職。又過了一年半，病情才急轉直下。在生命末期那段日子，陳先生不但預先用電子信函或親自向親朋好友們道謝

規律的生活作息，親友的關懷支持及儘量保持心情愉快可能是他能比當初醫師宣判的多活了兩年多幾個重要的因素。

在照護及陪伴治療過程中，陳太太接觸過不少病友，發現有些病人不願正視病情，或有家屬為了不讓病人難過，而虛報病情。她總有個疑問：如果當初她隱瞞病情，陳先生就不可能在有限的時間內，完成想要做的事，最後不免會留下遺憾，這是不是真的對病人有幫助？

道別，甚至還為自己擬好了訃聞。陳太太說：「那是對親友負責任及大愛的表現」，他把握了最後的生命，「至少在這方面是沒有遺憾的。」由於經濟狀況不允許陳太太放棄工作，所以要在下班後照顧先生，全程陪伴治療，體力上的負擔，心理和精神上的壓力都很大。還好在家人的相互扶持下，生活的品質一直維持得很好。陳太太認為，除了均衡的飲食及

陳先生在最後的幾個月接受腫瘤科醫師的違建議，接受了安寧療護每週二次來家中探訪。「感謝安寧療護團隊的高度愛心照顧，不論對病人或家屬，都是積極而正面的。」陳太太分享她的經歷說，真心希望在生命末期的病人，都能得到應有的尊嚴和妥善的照護。

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給生命最後的安詳

了解人在瀕臨死亡時，身體和內心發生的變化，往往可以幫助至愛、至親、至友安祥而無憾地走向人生的終點。「給生命最後的安詳」是篇網路上廣為流傳的文章，這篇刪節版將其重點列出，使讀者容易掌握關鍵的幾個問題，更能有效地與家人、醫護人員溝通，作出圓滿的決定。此文僅提供作參考用。

來更大的痛苦。應將病患側翻，頸枕高一點，或用藥物減少呼吸道分泌。瀕死的人會發出喉嚨聲，不表示有痛苦，可用止痛劑，讓他能安靜面對死亡。

(1) 不要加蓋被褥：病人因處於脫水狀態，吞嚥困難，血液循環量銳減，所以皮膚摸起來又濕又冷，此時即使加蓋輕量的被褥，也會讓病人覺得是無法忍受的重壓。

(4) 避免使用胃管及靜脈輸液：瀕死的人常常不會感到飢餓，在脫水及缺乏營養的狀態下，血液內的醣體會積聚，產生一種止痛和異常歡愉感。靜脈輸液反而可能帶來水腫、噁心和疼痛感；餵食則易造成嘔吐，引發窒息、痛苦掙扎等後果。

(2) 幫助呼吸困難：臨終病人喘氣困難，供氧也無法減輕「呼吸飢餓」感。最好是打開窗戶和風扇，讓空氣流通，或使用嗎啡或類似麻醉劑，減緩呼吸困難和焦慮感。

(5) 把握最後交流時刻：病人與外界的交流減少，處於一種離開外在世界，與心靈對話的狀態。所以要把病人的清醒時刻向病人道歉、道愛、道謝、道別。

(3) 避免使用吸痰器：病患因口腔肌肉鬆弛，積聚喉部和肺部的分泌物會發出咯咯聲，用吸痰器吸痰往往無效，反帶

(6) 不要說不該說的話：聽覺是最後消失的感覺，不想讓病人聽到的話，不隨便說出口。生和死都是自然現象，不橫加干涉，可讓人安祥踏進生命的另一個旅程。

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居家安寧療護

文：CACCC編輯部

張媽媽幾十年前移民到南加州，靠自己的奮鬥，實現了美國夢。回首人生，有甘、有苦、有笑、有淚。如今，她也邁入生命的黃昏。當醫師診斷出她罹患乳癌末期時，她問醫師還剩多久，醫師回答只能以「月」來計。換句話說，她的最後時光，最多可能只有一年。

天天都回家陪母親。家裡的氣氛比以前熱鬧許多，親子之間變得更親密，張媽媽也有更多機會含貽弄孫了。

「是不是應該馬上把消息告訴孩子？」丈夫問她。

為了幫母親面對病情，女兒接受了「美華慈心關懷聯盟」的服務，進一步了解「安寧療護」的重要性，並讓母親知道病人可以在家裡接受安寧療護的服務。

「這麼大的事，妳還不想說？」

張媽媽最後選擇在家裡接受安寧療護，這不但免除她語言和交通上的問題，也可以讓孩子們毋須四處奔波。雖然還是需要專人照護，但是沒有什麼地方比家裡更溫暖方便的了。

這就是向來不麻煩別人的張媽媽，到了這個時候，她仍然不希望孩子們為她擔心。

可是，攸關生命的大事，張先生可不願她一個人去面對，於是告訴了孩子們。以往孩子到周末才偶爾抽空回來看看，現在孩子們推掉了加班和不必要的應酬，幾乎

美華慈心關懷聯盟 (CACCC) 推出「安心卡」和開辦「安心茶話屋」，讓家屬、照護者，或醫療人員藉著「安心卡」這個溝通的工具，瞭解病人在生命末期的意願。健康的華人也可以透過安心卡，讓親友了解當自己生命受到病魔脅迫時的需求與意願。

美華慈心關懷聯盟世界周刊，每隔周推出美華慈心生命教育專欄。
美華慈心關懷聯盟網址：www.caccc-usa.org 語音信箱：(866)661-5687



CACCC Volunteer & Membership

New Update Information

Date _____ I would like to join CACCC as a Member Volunteer

Full Name (include any degree/title) _____

Chinese Name (if applicable) _____

Home Address _____

Email _____ Cell Phone _____

Home Phone _____ Business Phone _____

Emergency Contact _____ Emergency Contact Phone _____

Language(s)

Verbal: English Mandarin Cantonese Taiwanese Other _____

Written: English Chinese Other _____

How did you learn about CACCC? _____

Your available time for volunteer work? Weekday Weeknight Saturday Sunday

Skills: Chinese Typing Data Entry

Volunteer Area(s) of Interest

- Events Fund Development Membership Photo/Video/Design
- Curriculum Development* Heart to Heart® Café* Patient Visit*
- Interpretation* Translation* Speaker's Bureau* Public Relations*
- Warm Line* Website & Social Media Other _____

Optional-statistical purposes only:

Ethnic Group _____ **Current Employer** _____

Please mail completed application to:

Chinese American Coalition for Compassionate Care

P. O. Box 276 Cupertino, CA 95015 or 9440 Telstar Ave., El Monte, CA 91731

Or email to: admin@caccc-usa.org

Signature: _____

*Prerequisite required

For Admin Purposes: <input type="checkbox"/> Roster <input type="checkbox"/> Admin
--

CACCC Compassion in Action 12th Anniversary Donation Form

I would like to help CACCC conduct end-of-life (Advance Care Planning) community outreach to the Chinese American community. I would like to make the following donation:

- _____ \$25 – Provides 25 copies of CACCC Chinese/English End-of-Life Care Glossary
_____ \$50 – Provides 50 copies of AHCD Form
_____ \$100 – Provides 5 copies of *Learning to Let Go: Saying Goodbye Peacefully*
_____ \$150 – Provides 10 decks of Heart to Heart® Card
_____ \$400 – Provides one Heart to Heart® Café for 10 People (includes Heart to Heart® card)
_____ \$500 – Provides one Advance Care Planning Community Outreach
_____ \$1,000 – Provides for a six-hour Volunteer Training

Total Amount: _____, Name: _____, Signature: _____

Email: _____, Address: _____

Donate on-line: www.caccc-usa.org/en/donate/ Phone No: _____

Donate by check: Make check payable to CACCC and mail to: CACCC, PO Box 276, Cupertino CA 95015. CACCC is a 501(c) (3) non-profit corporation. Your donation is tax deductible. CACCC's tax ID: 26-0895114.

Select one (1) free gift if total amount is \$300 or more (one gift per person while gifts last)

- Heart to Heart® Cards Dr. Sheng-Jean Huang's Book: "Mysteries of Life & Death"
 Nancy Chen's (Chiung Yao) Book: Before the Snow Falls: "The Last Lesson of My Life"

“慈心伴隨” – 美華慈心關懷聯盟十二週年年慶捐款表

我要幫助美華慈心關懷聯盟為在美華人做生命關懷(事前療護計劃)社區推廣,並捐助以下金額:

- _____ 捐款\$25 –贊助 25 份美華慈心關懷聯盟生命末期療護詞彙
_____ 捐款\$50 –贊助 50 份加州醫療照護事前指示
_____ 捐款\$100 –贊助 5 本「在不捨與放手之間: 寧靜說再見」
_____ 捐款\$150 –贊助 10 副安心卡
_____ 捐款\$400 –贊助一場 10 人以內的安心茶話屋 (含安心卡)
_____ 捐款\$500 –贊助一場事前療護計劃社區推廣講座
_____ 捐款\$1000 –贊助一場 6 小時的志工培訓課程



總金額 _____ 姓名 _____ 簽名 _____ 電話 _____

電郵 _____ 地址 _____

若總金額滿\$300 或以上,得選擇免費禮物一項:(數量有限,先到先得,每人限一份禮物)

- 安心卡一副 黃勝堅醫師的「生死謎藏」一本 瓊瑤女士的「雪花飄落之前」一本
美華慈心關懷聯盟是 501(c)(3)非營利組織,您的贊助是可以抵稅的。稅務編號是 26-0895114。

網上捐款: www.caccc-usa.org/en/donate/

支票捐款: 支票抬頭: CACCC, 支票寄到: CACCC, PO Box 276, Cupertino CA 95015.

教育文宣

Education Materials



安心卡

生命末期時的意願。健康的人也能透過安心卡，讓親友知道在自己生命受到創傷或疾病威脅時的需求與意願。

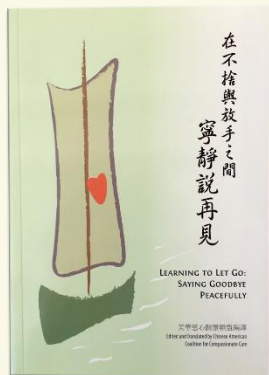
Heart to Heart® cards are designed to facilitate communication about issues surrounding the end of life.

在不捨與放手之間：寧靜說再見

這本書是關於在美華人走到生命末期時的態度與抉擇。本書中的這些病人、家屬、志工、及醫事人員分享了他們心中的每一個歡笑、每一刻的傷痛，及每一分的感動。它告訴了我們，每個人都可以從容無憾的選擇一個完美的結局。

Learning to Let Go: Saying Goodbye Peacefully

This is a book about Chinese Americans and their attitudes and choices at the end of their lives, about the personal experiences of patients, family members, volunteers, and health care professionals dealing with end of life. The book teaches Chinese Americans how to increase the chances of a peaceful and guilt-free death.

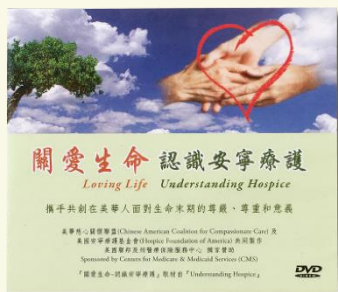


『關愛生命-認識安寧療護』影片

影片介紹了安寧緩和療護、生命末期的疼痛及症狀控制、兒童面對死亡、誰有資格申請安寧療護服務？以及填寫『醫療照護事前指示』與『維持生命治療醫囑』。

Loving Life-Understanding Hospice

This film, introduces Hospice & Palliative Care, Pain & Symptom Management, Children Facing Death and Dying, Who qualifies for Hospice Care, and the Importance of Completing an Advance Health Care Directive and the POLST Form.



『秀惠及婉宜』紀錄影片

紀錄了這對摯愛的母女，在互道再見的時刻，傳達了怎樣的關懷與信念。他們的故事更提醒我們該如何在有方向，有信心之下，為我們生命的最後樂章做好準備。請來學習如何在醫療團隊的陪伴下，讓所愛的人得到優質的安寧看顧，安適且有尊嚴地走完人生最後一段旅程。

“Kathy & Windy” Documentary

“Kathy & Windy”, featuring a mother and daughter’s journey confronting mortality. Death is inevitable, but how does one prepare for death? How does one talk about death? How does one cope with bereavement? The Kathy and Windy story is not just a film about their personal journey; their story sheds light on how we can prepare for and navigate the final chapters of our lives with direction, purpose, and confidence.



CONGRATULATIONS!

**恭賀「美華慈心關懷聯盟」
十二週年慶！**

**讓我們一起學習
珍惜生命的每一天**

*CCMF is a proud sponsor of CACCC
Celebrating 12 Years of Compassion*

華人癌症紀念基金會 賀

Chinese Cancer Memorial Foundation

華人癌症紀念基金會

CCMF, 1413 Grant Rd, Mountain View, CA 94040-3250