

EDITORIAL NOTE

MAKING A DIFFERENCE



Introducing the new symbol for palliative care, conceptualised in Malaysia and currently in talks to be adopted by the international palliative care arena

‘Don’t rock the boat’, ‘that’s a sensitive subject’ and similar sentiments are often heard in our country, relating to subjects that most of us are probably familiar with. Yet, it is through talking and discussing about the boundaries of our understanding would we begin to challenge ourselves to improve.

In the early days of palliative care in Malaysia, many thought that it was simply working to comfort the terminally ill through holding hands and being there, the so-called ‘tea and sympathy’ approach. Seeking donations was difficult as many thought that supporting the ‘already dying’ was a waste of resources. Death was a taboo and sensitive topic in our sensitive country.

Few listened and though even fewer joined in the cause but it was enough. With a few committed staff and volunteers, with help from donors and through word of mouth services have grown. Over time, palliative care has become a more acceptable phrase in the country.

After 20 years or so, Hospis Malaysia has become established as a major palliative care influence in the country, offering clinical palliative care services, teaching medical undergraduates and post graduates, doing research and more. People are no longer just talking about palliative care. The government has started to offer palliative care services and accepted it as a medical specialty.

On 25th April, Hospis Malaysia launched a logo to depict palliative care. At its centre, two hearts joined together to signify the connection between patient and family, the actual centre of medicine. The hearts also resemble the infinity symbol in the same way that though people pass on, relationships exists in perpetuity. A circle completes the logo in the way that palliative care derives its origin from the latin ‘pallium’ meaning to cloak or shield.

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YB Datuk Seri Dr S. Subramaniam, Minister of Health Malaysia, officiated the palliative care symbol launch held at Publika, Mount Kiara on 25th April 2014

A logo may just be a symbol but symbols are rallying points e.g. the Pink Ribbon, Red Cross etc. A logo carries values and hopes. Palliative care needs a logo that will assist in demystifying its role in society.



Under the guidance of Palliative Care Australia, we developed a localised series of palliative care information brochures

So let's start talking about the things that are perhaps sometimes seen as sensitive. How would you feel if you were diagnosed with a serious illness such as cancer? What information would you want? Who do you want to know about our illness? What is the role of your family and loved ones? How do you want to be cared for? Is there anything that you do NOT want to be done for you? What are your hopes? Are you afraid of the possibility of death? And if it is your loved one who has been diagnosed, how do you talk to them? These are important questions and need to be answered not just by medical professionals, but by everyone. Faced with increasing healthcare concerns and the burden of an ageing population, we need to truly start to address the issue of how we would like to be treated if we had a serious illness.

Pain, usually the most debilitating symptom can mostly be controlled. One measurement of how good a country's pain management is measured by its consumption of morphine, an essential drug for pain control. Malaysia's consumption is 1.48mg / capita in 2011 compared with the world average of 6.11.

We require better trained doctors, nurses and other healthcare workers. Patients want care to be delivered to their homes but community care leaves much to be desired.

Patients and families want information about their illness and are frustrated if information is either withheld or delivered in a way they don't understand. They would like to express their options if they were ill but there is yet any legislation on advanced care planning. It is time that patients and families reflect on how they are being cared for and start to reflect and question.

This year, the World Health Organisation approved an important resolution on palliative care and hopefully the World Health Assembly will endorse palliative care as part of universal healthcare. The cure of an illness should be the goal of healthcare but providing care and compassion should be the duty and responsibility of our country.

To make a difference in our country, each of us need to be aware of the issues, talk about it and advocate for better care.

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 An initiative by Hospis Malaysia
 Website : www.palliativecare.my

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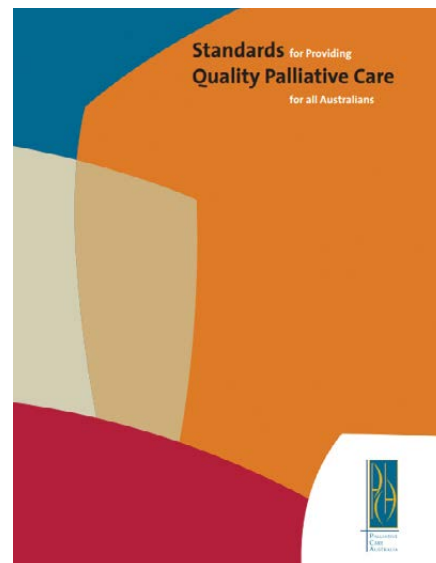
PALLIATIVE CARE STANDARDS

One of the ways that a service or product is benchmarked is to adopt standards. In Malaysia, certification through meeting appropriate standards allows users of the service / product to be assured that the service / product will deliver what may be expected.

Whilst there are several healthcare standards adopted in Malaysia, palliative care is an unregulated industry. In many countries, standards are already established in palliative care. Standards allow patients to know the scope and level of services being provided and also for further improvements to be sought.

A good example of what may be covered by palliative care standards is that adopted by Palliative Care Australia:

<http://www.palliativecare.org.au/standards/thenationalstandards.aspx>



The core values for the standards provide the basis for these standards, and these are highlighted in quality end of life care as provided by health care workers who:

- endeavour to maintain the dignity of the patient, their caregiver/s and family;
- work with the strengths and limitations of the patient and their caregiver/s and family to empower them in managing their own situation;
- act with compassion towards the patient and their caregiver/s and family;
- consider equality in the accessibility of services and in the allocation of resources;
- demonstrate respect for the patient, their caregiver/s and family;
- advocate on behalf of the expressed wishes of patients, caregiver/s, families, and communities;
- are committed to the pursuit of excellence in the provision of care and support; and
- are accountable to patients, caregiver/s, families and the community.

In order to ensure high quality, patient-focused and evidence-based services are available to meet patient needs, primary care and specialist providers, as well as, other health care professionals should also:

- follow established practice standards and requirements for quality management such as leadership and governance, human resource management, safe practice, information management, and continuous quality improvement;
- adhere to professional and organisational codes of practice and ethics;
- reflect on and evaluate current practice, and incorporate new evidence into protocols, policies and procedures; and
- participate in continuing professional development in the knowledge, attitudes, and skills required to deliver quality palliative care as this relates to the Standards in this document.

Palliative Care Australia lists 13 standards which can be seen on their website and the link above. There are now dozens of hospital and community palliative care services in Malaysia and there are no regulations and standards used to protect the public. The Quality of Death index in 2010 placed Malaysia 33rd out of 40 countries. We should start thinking about measuring the care that is provided by our hospice and palliative care services.

A DESIRE TO HELP DEVELOP A CAUSE THEY STRONGLY BELIEVE IN – SIMON & GAIL FEATHERSTONE, TRUE ADVOCATES OF PALLIATIVE CARE

During their stay in Malaysia, the British High Commissioner, His Excellency Simon Featherstone and his wife Gail were strong advocates for the further development of palliative care in the country. Through supportive statements, innovative ideas and actions, they made a difference to the palliative care environment in Malaysia. They have left a legacy of their efforts, and for this Hospis Malaysia will always be grateful.



"I don't think that it is widely understood yet that palliative care is primarily about enhancing life rather than just preparing for death. In my mother's case, for example, the care she received from her local hospice, which controlled both her symptoms and pain, enabled her to continue living the life she wanted to live until the very end. And that is why I feel so passionate about the value of palliative care for everyone who needs it."

~ Gail Featherstone



Gail's work in advocating for the further development of palliative care continues till today - a key guest at Hospis Malaysia's Voices for Hospices gala dinner 2011



The Featherstones accompanying the Duke & Duchess of Cambridge during their visit to Hospis Malaysia in 2012



Sporting badges for the new palliative care symbol with Hospis Malaysia's staff



Contributing to the "Donate a Brick Project"



With the launch of the Malaysian National Paediatric Palliative Care Programme (NPPCP), Gail was inspired to lend further support to the programme - she wrote a children's book, Mr Monty's Treat, with the proceeds dedicated to the further development of paediatric palliative care.

PROJECT "LITTLE STARS" – A PAEDIATRIC PALLIATIVE CARE ADVOCACY PROJECT

"Little Stars" will be a series of films about the life affirming stories of children worldwide living with life limiting illnesses. With the support of their families and palliative care teams, these children are making the most of every moment thus challenging many predetermined notions surrounding death and powerfully demonstrating the transformative effect that good palliative care can have on families facing an unimaginable challenge.

In February this year, Australian-based, award winning producers, Moonshine Movies spent an activity-packed week in Malaysia filming the Malaysian leg of the project. We are proud to have been a part of this global project in support of Paediatric Palliative Care, with the financial support of CIMB Foundation.

During the week, the team met and captured many meaningful moments of our paediatric patients in the Klang Valley and travelled to Johor Bahru to uncover the work at the Paediatric Palliative Care ward in Hospital Sultan Ismail. HRH Raja Zarith Sofiah Idris, Consort to the Sultan of Johor and Patron of the Malaysian Paediatric Palliative Care Programme was present to visit the ward, as well as to discuss with the producers her interest and involvement in the programme. Substantial footage was taken of how with solid Royal support, a programme can receive the much needed boost to its development.

Stay tuned, the DVD of the project is set to be completed later this year. For those interested in hosting a screening to help spread awareness or to find out more information on this project, visit the Project "Little Stars" website: www.littlestars.tv



Mike & Sue Hill, producers of Project Little Stars with Hospis Malaysia's paediatric patient Linges Warry at her home



HRH Raja Zarith Sofiah Idris, patron of the Malaysian Paediatric Palliative Care Programme discussing her involvement in the program



Ahmad Nazmi (Nami), Hospis Malaysia's paediatric patient is a 15 year old boy with Spinal Muscular Atrophy who won gold at the Malaysian Youth Paralympic Games playing Chess and is now mastering 'Blind chess' in order to further challenge himself, although he has his full sight.



At the paediatric Palliative Care ward at Hospital Sultan Ismail (HSI), Johor Bahru

SADDLE UP & HUNT



Our oldest fundraising tradition, The Annual Charity Treasure Hunt, took participating hunters into a deep trail of mysteries and puzzles along the routes leading up to Malaysia's iconic 'old town' of Ipoh.

A majority of the nation's culinary heritage is represented in Ipoh, true to this fact, the 13th edition of the Treasure Hunt consisted of various questions related to restaurants and famous Malaysian snacks like the 'Ipoh Kacang Puteh'. Hunters were often seen tugging into sumptuous local delicacies whilst simultaneously solving the mind-boggling treasure hunt questions.

Despite this year's Saddle Up & Hunt theme, there was certainly no horsing around. The hunt was a serious affair to all, each team put in their best and towards the end no one left empty handed. Lucky winners went home with luxury holiday getaways, watches and jewellery amongst other prizes. But the true testament remain to be the support and goodwill consistently received from various corporations and individuals making the event a success year after year.

Wong Siew Fong, on her maiden treasure hunting experience said that "The treasure hunt was a unique way to experience Ipoh and an even greater way to lend your support towards a very noble cause."

The treasure hunt for 13 years has provided a unique platform for Hospis Malaysia to raise funds and more importantly spread awareness on the ever increasing need of palliative care in our society today.

Hospis Malaysia is honoured to have received support this year from Gold Sponsors Rainbow Lighthouse Kindergarten and consecutive Gold Sponsor Pestech Sdn Bhd. Thank you to all our sponsors, well-wishers and supporters! Check out the full photo album of the event on our Facebook page:

[facebook.com/HospisMY](https://www.facebook.com/HospisMY)



Treasure Hunters all set to take on a day filled with mysteries and puzzles



Wong Siew Fong, stops for a smile whilst looking for clues



Official Treasure Hunt Flag off by our Chairman, Dato' Richard Robless



Treasure Hunters stop to sample the irresistible Ipoh Culinary Delights



Treasure Hunters hunt for clues at the infamous Kacang Puteh village



Hunters paying full attention to the hunt masters answers to his mind-boggling questions



Team Vettai Sakthi, 2014's (Saddle Up & Hunt) Treasure Hunt's Proud Grand Prize Winners



LAUNCH OF A PALLIATIVE CARE SYMBOL AND AN ACCOMPANYING PALLIATIVE CARE THEMED PHOTOGRAPHY EXHIBITION



Pn Hasmah Ibrahim, a Hospis Malaysia patient and Malaysia's Health Minister, YB Datuk Seri Dr S. Subramaniam jointly unveil the new symbol



Local celebrities came together to show their support for palliative care. (left) Melinda Looi, Sharifah Aleysha, Dawn Usharani, a Hospis Malaysia patient, Sharifah Amani and mother Fatimah Abu Bakar



Hospis Malaysia's patient Hasmah Ibrahim and husband Saharuddin are strong advocates for palliative care

Distinguished author Maya Angelou once said, 'there is no greater agony than bearing an untold story inside you'. Each individual must be given an opportunity to make his or her story known, all the more so if their story has the power to bring about transformation, empowerment and to change lives. Hospis Malaysia in its latest initiative, a public awareness and education campaign, projected the unique stories of its patients and their caregivers in a Palliative Care themed Photography Exhibition last April 25-29th in Publika Mont Kiara, Kuala Lumpur.

This exhibition was conceptualised to offer a unique insight into the lives of people living with a life-limiting illness, their caregivers and how they are able to make the most out of their lives.

Each photograph depicts a story that becomes a visual narrative to exhibition visitors; they are prompted to think beyond just the framed image hanging at the exhibition.



Each photograph had a unique QR code that enabled visitors to be directed to the full story of the individual



Local and international personalities attended the official palliative care symbol launch

They imagine the patients' pains, caregivers' struggles and feel inspired to see them make the most out of their lives. The exhibition successfully captured the hearts and inspired hundreds of visitors to the exhibition each day.

The exhibition featured 32 photographs contributed by acclaimed Malaysian photographers S.C. Shekar, David Lok and Lim Sok Lin (Studio DL). Shekar chronicled the lives of patients under the care of quality palliative care whilst David, Sok Lin and the Studio DL team captured photos of local celebrities such as Hans Issac, Elaine Daly, Daphne Iking and Sheila Majid amongst others who helped raise awareness through their vocal support for palliative care.

The new symbol was launched in a highly publicized event aimed to reach out to all Malaysians in hopes of raising awareness on palliative care nationally.

The launch was officiated by YB Datuk Seri Dr S. Subramaniam, Minister of Health Malaysia and was supported by notable palliative care professionals such as Baroness Ilora Finlay of Llandaff, professor of palliative medicine and member of The House of Lords in the UK, and Dr Yvonne Luxford, CEO, Palliative Care Australia. This enormous support received equalled new possibilities and paving a way for brand new exposure and developments for palliative care both nationally and potentially worldwide.

In this Internet driven era, the event was catered to reach out to an even bigger audience through social media. Each photograph had a unique digital code that enabled visitors of the exhibition to scan the code and then be directed to an extensive version of the patient story made available in the brand new palliative care website: palliativecare.my.



The palliative care themed photography exhibition at Publika provided the perfect platform to generate awareness



Members of the public showed their support and helped raise awareness for palliative care by taking photos at the photo opportunity wall and posting the photos on their social media channels

Visitors are then able to share the link to these stories in their personal social networks.

The highlight throughout the days of the exhibition was the attention grabbing Before I Die wall. This wall was featured in the exhibition to encourage people to openly approach the subject of death to restore perspective and be reminded of the things that makes life meaningful. Anyone walking by could pick up a piece of chalk, reflect on their lives, and share their personal aspirations or bucket list in public space. This Before I Die wall was filled with colorful, quirky, comical and inspiring aspirations over the 5 day exhibition.

For more about the symbol and the campaign do visit: www.palliativecare.my



Baroness Ilora Finlay delivers a dynamic speech on palliative care at the symbol launch



Staffs from the Singapore Cancer Society show their support by contributing their life's goals on our physical 'BeforeIDie' wall



T-shirts to support palliative care were sold during the exhibition to raise funds (for Hospis Malaysia); whilst video messages about palliative care by notable local personalities played on continuous loop during the exhibition



We would like to express our heartfelt thank you to the partners and supporters listed above

WORKING IN PALLIATIVE CARE

Without our dedicated palliative care team, Hospis Malaysia would not be able to offer the quality of service we do today. Here's what our committed nurses have to say about working in palliative care.



Emily Yap

"As a palliative care nurse, I visit our patients at their homes. I am trained in skills to assess these patients according to their symptoms as well as emotional and psychosocial condition. Medication is prescribed when needed. A key aspect of providing emotional support is by listening to what the patient has to say, and sometimes it may not just be about providing solutions. Support is also provided to the family members and caregivers. Looking after a patient with a life limiting disease can take a toll on the people around the patient as well. I recognize that they also need to be educated on ways to handle their loved ones, and where necessary, I help to facilitate better communication between the patient and his family and caregiver.



Faezah Ali

"I find palliative care nursing a rewarding career because we have the opportunity to nurse the 'whole' person. We address our patient's physical, spiritual and emotional concerns. We also support the family and loved ones. When a patient is in pain or present symptoms, we share our knowledge to treat and comfort them. We take time to get to know our patients. We are taught to discuss with our patients what they want when diagnosed with the life-limiting illness, so that they can make their own decisions on the type of treatment and care they want and engage the loved ones to be part of the care. We are also conscious that the people around the patient, including children may also need help and support when dealing with a loved one who is ill"



Pam Ho

"In my view palliative care offers an entirely different type of nursing career than what we're used to in hospitals. In addition to the usual nursing duties of observing and recording symptoms and treatments, we are also empowered to provide psychosocial and emotional support to patients when the need arises. This holistic approach of nursing care that palliative care nurses are trained to provide to patients, their families and caregivers is enriching, and gratifying."



Rachel Anthony Stephen

Excerpts from The Star newspaper: Higher Education, May 8th 2014

Rachel believes that laughter is the best medicine when she deals with her patients who have life limiting illnesses. She has been palliative care nurse with Hospis Malaysia for the past five years. As a palliative care nurse, most of her patients have limited time to live, thus she deals with death perhaps more often than a regular nurse. Surprisingly when she does house-calls for her patients, it is not a sombre affair. "We will be talking about cars, shoes- whatever they liked before they become too ill and we will be laughing away" she says.

What she loves best about working in Hospis Malaysia is the level of empowerment she receives. The nurses are constantly given training to enhance their professional knowledge. These include weekly communication classes and occasional quizzes from the doctors. At the end of the year, the nurses also sit for an exam set by the CEO of Hospis Malaysia. The exams help the nurses better understand which areas of their knowledge should be further improved on. All this makes Rachel confident about her palliative care nursing skills and knowledge, which enable her to monitor her patient's health.

While constantly being pushed to raise their level of palliative care nursing, Rachel and her colleagues are also given opportunities to enhance their careers. Depending on what their interests are, they can further develop their knowledge in the various aspects of palliative care such as paediatric palliative care or grief and bereavement management.

EUTHANASIA: A PUBLIC LECTURE BY PROFESSOR BARONESS ILORA FINLAY (UK)



"Can you work to improve the quality of life while booking a date for suicide?"

In certain jurisdictions, euthanasia has become an option for people living with life-limiting illnesses. Palliative care on the other hand seeks to re-affirm that with adequate pain and symptom management and by receiving holistic psychosocial and emotional support, physician assisted suicide does not need to be an option.

On April 25th, in conjunction with our nationwide Palliative Care awareness campaign, Hospis Malaysia organised a public lecture entitled "Euthanasia – a misunderstood term and controversies". The lecture which was open to the public for free was sponsored by Yayasan Sime Darby as part of their overall sponsorship programme to Hospis Malaysia in its development of education, training and public advocacy in the area of palliative care.

The lecture was given by Baroness Illora Finlay from the UK House of Lords, a highly regarded public figure, reputed for her clinical, policy and service development leadership in palliative care and health services. The Baroness is also renowned internationally in her area of specialty.

Supported by the Medico Legal Society of Malaysia, the 90 minute lecture received a strong reception from the medical and legal fraternity and was also well attended by people from the general public interested in this highly debated subject.

Key takeaways:

A patient's prognosis is an imprecise science: Even where a specific life expectancy is referred to, medical experts acknowledge that it is virtually impossible to predict the life expectancy of a particular patient. Some people diagnosed as terminally ill don't die for years, if at all, from the diagnosed condition.

A doctor's role is to heal: There is an argument that euthanasia is not a medical role. If euthanasia is in place, it will provide an option for the doctor to stop healing and to end life instead.

The sense of being a burden: Many patients feel that they are being a burden to their loved ones. If euthanasia is an option patients may feel pressured to choose to end their lives prematurely.

To read a personal account of the Baronesses struggle with her own mother and euthanasia please visit this page:

<http://dailym.ai/1okHGML>

WORKSHOP ON ETHICS



Presented by: Professor Baroness Ilora Finlay (UK), Dr Ghauri Aggarwal (Australia), Dr Frank Brennan (Australia), Yvonne Luxford (Australia), Dr Noreen Chan (Singapore), Sumytra Menon (Singapore), as well as Dr Ednin Hamzah and Dr Sylvia McCarthy from Hospis Malaysia.

For the first time, Hospis Malaysia organised a workshop on the ethical issues associated with palliative care. Palliative Care centres on reducing suffering of patients and families to improve their quality of life.

Many ethical and legal issues arise from poor communication, clinical decision making, withholding and withdrawal of treatment and decisions on advance care planning.

A clinician's poor understanding of ethical and clinical practices may lead to a perception of lack of care and the possibility of death.

It was a stimulating program that addressed many of the above issues in the form of lectures and workshops. The weekend long session was attended by a broad range of professionals, mainly, lawyers, physicians, ethicists and those interested in the subject matter.



Steel Wire Association of Malaysia (SWAM) Charity Golf Tournament

December 2013: The Steel Wire Association of Malaysia organized their annual Charity Golf Tournament. We were proud to have been elected as a beneficiary of their fundraising initiative.



Community Support Network Selangor Charity Bazaar

December 2013: The Community Support Network Selangor organized a charity bazaar and invited Hospis Malaysia to be part of this event. The bazaar allowed us to raise funds and spread awareness for palliative care and Hospis Malaysia.



Mitraland Group 15th Anniversary Celebration

January 2014: Mitraland Group celebrated their 15th Anniversary in an annual dinner event. Thank you for your ongoing support.



Da Ma Cai Chinese New Year celebration

February 2014: In conjunction with Chinese New Year, Da Mai Cai donated to Hospis Malaysia during a Chinese New Year luncheon event.



Soul Society Christmas Charity Bazaar

December 2013: The Soul Society brought together various merchants around Kuala Lumpur to sell their products in a bid to raise funds for Hospis Malaysia through a Bazaar held last December at WIP, Bangsar Shopping Centre. This Bazaar provided an excellent platform for us to spread awareness on palliative care.



Berjaya Cares Foundation Founders Day Celebration

February 2014: At Berjaya Corporation's 3rd Founders Day Celebration. Thank you for your ongoing support.



Lioness Club Subang Jaya Anniversary Celebration

March 2014: The lovely ladies from the Lioness Club Subang Jaya organized an annual fundraising dinner event for the benefit of Hospis Malaysia.



Beau Voix Charity Dance Event

April 2014: The students of Beau Voix Dance School organized a concert showcasing the remarkable talents of its students held on the 12th April 2014. The proceeds collected were donated to Hospis Malaysia.



Tropicana Foundation Annual Dinner Event

April 2014: We were at Tan Sri Danny Tan's (founder of Tropicana Foundation) 60th birthday celebration.

TWO WAYS GARDEN INTERNATIONAL SCHOOL HELPED SUPPORT US

Poetry Anthology Evening – “Belonging, Community and Exploration”

Understanding the value of what we have encourages us as a community to be reflective. It is in supporting charities, both by fundraising and providing other support, that we become part of a connected community, enabling us greater mindfulness and appreciation of our place in the world. Garden International School (GIS) carries out enduring work with community services and stimulates its student's immersion in such projects.

In line with the schools 2014 poetry themes of Belonging, Community and Exploration, the school's student body and English faculty at GIS have brought together a poetry anthology book and have elected Hospis Malaysia as the sole beneficiary of its proceeds. Copies of the poetry anthology containing winning poems from the student body are available for a minimum donation of RM15.



Hospis Malaysia's General Manager Ms Tham (middle) with GIS's English Faculty teachers Andrew McConchie (left) and Renie Leng (right) who were instrumental in editing the poetry anthology book and proposing the idea to raise funds from the project.



Garden International School's Poetry Anthology team at their annual 'Poetry Evening' held in March this year. Donations made towards the poetry book that night were channelled to Hospis Malaysia

Garden International School's head student retails DIY apparel to raise funds for Hospis Malaysia

17 year old Kasumi Higewake, Head Student of Garden International School has embarked on an outstanding charity project and has elected Hospis Malaysia as the sole beneficiary for its profits.

Through an extended project curriculum that encourages its students to study and examine any subject of their interest - Kasumi chose to learn more about marketing and advertising, subject's key to her choice of higher education studies. Furthermore, she wanted to relate her project to charity.



Operating under the label 'Two Cambodian Elephants', Kasumi balances a hectic school schedule and selling DIY apparel to raise funds for Hospis Malaysia

“Once my proposal was decided I needed to find a charity organisation I could support by raising funds and awareness for. Not many of the students are aware about charities dealing with people suffering from life-limiting illnesses. Hospis Malaysia was a perfect organisation for this project because it gave me the opportunity to raise awareness about Palliative Care, perhaps one of the least known medical specialties in our community”

~ Kasumi Higewake



Get your copy of GIS's poetry anthology 2014: minimum donation of RM15

You can get your copy of GIS's poetry anthology and support Kasumi in the joint efforts of raising the much needed funds for Hospis Malaysia by placing an order via our website: www.hospismalaysia.org or by contacting the Public Relations Department at (+603) 9133 3936 or pr@hospismalaysia.org



A selection of Kasumi's DIY hand-painted apparel

Operating under the label Two Cambodian Elephants, Kasumi sells uniquely hand-painted DIY clothing and accessories for RM 40 apiece.

STANDARD CHARTERED KL MARATHON 2014



Venue: Dataran Merdeka, Kuala Lumpur

The iconic Standard Chartered KL Marathon is a truly amazing event and offers everything you could want from a race – a high quality course, enthusiastic charity runners and an interesting run route. Family, friends, the media and, of course, the Hospis Malaysia team will be there to cheer on our marvellous marathon runners... here are some ways you could support us:

Make your Run Count!

Online Registration: You can raise funds by registering yourself online at register.kl-marathon.com under **Run For A Cause (RAFC)** and select Hospis Malaysia as your charity of choice. RAFC is a category to help promote awareness and raise funds for benefitting charities in this marathon. Once you have registered, your family and friends may donate money in your name under this category.

Help our runners raise funds!

You can donate quickly and securely online with a credit card. All you need to do is to log in to <http://www.kl-marathon.com/> and select:

Charity(toptab)>RunForAReason.RunForACause>Runner'sprofile (on the left). Once you have selected a runner running for Hospis Malaysia (made easily identifiable with the Hospis Malaysia logo embedded on the top right corner of their profile photo) simply click on the blue **"Donate Now"** button at the bottom of the page and follow the payment instructions provided.

SPONSOR OUR PRINTING



For many years, Hospis Malaysia has used Berita Hospis as a vital communications tool to keep the community informed about the various developments on palliative care within the organisation and globally. As a leading advocate for professional palliative care, we continuously strive to raise the level of public awareness towards this area of specialised healthcare. This newsletter is a key instrument to facilitate public awareness.

Currently, Berita Hospis enjoys a readership of over 40,000 people which includes our patients, their families, donors, healthcare professionals, educational bodies, friends of Hospis Malaysia and well-wishers from across the globe.

We invite you to join us in our efforts by sponsoring the printing of our next newsletter and consequently making our vision to reach out to more people in need of palliative care attainable. For more information on how you can be a sponsor, please call 03-9133 3936 or email us at pr@hospismalaysia.org