

ASPAC newsletter

July 2021-July 2022 Volume 13



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Our VISION

"DO EVERYTHING FOR LOVE EVEN THE MOST ORDINARY THINGS"

With support from our community, we will provide the best compassionate, competent and loving care to all those who suffer from life-threatening illnesses.

Our MISSION

To empower people to live with dignity and hope whilst coping with illness and loss by providing quality medical care, spiritual and psychosocial support to patients and their families.

Our CORE VALUES

Honour and Respect the wishes of our patients

Excellence of care

To always serve with Compassion and Love

EDITORIAL

*"After the rain, there is a rainbow,
After a storm there is calm,
After the night there is a morning,
After an end, there is a new beginning"*

In the last two years, we have seen how rain became a storm, and then at times, it felt like perpetual night had fallen. In 2022, it looks like the long night has passed and the morning sun is climbing over the horizon. As the clouds part, a glimmer of hope breaks through with the promise of new beginnings.

With that, please join me in extending a warm welcome to Dr Lam Chee Loong, the latest addition to ASPAC's Board of Directors. Welcome, Dr Lam!

As the world recovers from the many lockdowns and the uncertainties of the past two years and as we return to our routine before the COVID-19 pandemic, our medical team has been gearing up for operations to return to full swing; making as many home visits as they can in a day. With normalcy returning to our daily lives, the roads have become more congested as schools and offices re-open. This has become a new challenge for the team to reach patients, family members and caretakers, but a challenge which I am sure can be overcome with a bit of perseverance and dedication.

This newfound momentum of normalcy also means that there are renewed demands for many more helping hands; to actively reach out to patients and increase public awareness of palliative care and also about ASPAC. In this regard, we are increasing our efforts to seek out volunteers who can help out in areas such as web design and development and social media engagement to help facilitate the many educational and fundraising events planned.

ASPAC, as you all know is a non-profit organization. We rely solely on funds raised from the general public and some governmental support grants. The last two years of Movement Control Orders (MCO) have hampered our usual fundraising dinners. Therefore, we resorted to organising the sale of festive goodies like Christmas Cakes, Mooncakes as well as Chinese New Year Cookies and Bak Gua as a means to raise funds. Gratefully, the response was very encouraging. Also, despite the hardships faced during the pandemic, it warmed our hearts to receive small donations from the public and families of patients.

We have also had the pleasure of welcoming Dr David Paul Capella from University Malaya Medical Centre (PPUM) who was attached to ASPAC from Dec 2021 through to Feb 2022. He has inspirationally assisted in setting up the Online Patient Database together with our own Dr Teh Ee Von. This system would now allow our medical team to access and update Patient Data via the tablets, eliminating the need for paper records; expediting retrieval of patient data at anytime and anywhere by our resident doctors.

With new beginnings, we welcomed back Nurse Kong Kam Yong. She has been instrumental in aiding ASPAC in extending new coverage to Kajang and Sri Kembangan which we had to cut back from due to a shortage of nurses. We are also in the process of enlisting another nurse who will bring many years of hospice experience; enabling us to further extend our reach to areas where there is no Hospice support.

With that, I would like to take this opportunity to thank all who have supported ASPAC in these trying times and hope to continue receiving your kind generosity and support.

Madam Ho Sook Harn
Chairperson

Editorial Team

Malliga Perumal
Dr Teh Ee Von
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LIVING WITH COVID

By DR TEH EE VON

As we approach the New Year, we are all reminded that the Covid-19 pandemic is also entering into its third year of existence.

Two whole years of denial, shock, disruption, fear, chaos, grieving, learning, adapting; and we are finally ... hopefully ... coming back stronger.

People are starting to live again - with adjustments - instead of just waiting for the nightmare to end. Many activities are starting up again, albeit with SOPs in place.

Human resilience wins, as we learn to adapt to what is possible in the new era. Booster vaccines are starting to make their rounds and our hospitals are starting to breathe again.

We cannot predict the future and the surprises that the pandemic may throw at us again, but march on, we must - with our new learnings as tools.

At ASPAC, all our staff are vaccinated and are in the process of completing their

boosters, and we encourage everyone to do so as well if possible. It is one way of ensuring that we are less likely to be infected with the virus and even if we do catch it, that we will be less sick. This has a secondary effect of ensuring that our healthcare system will never be as stretched again as it was during the Delta wave.

We are scaling back on our PPE to improve staff comfort, to reduce cost of care and ... to reduce stares from passers-by! We do still take every possible step to reduce risk of Covid transmission, but walking around in full PPE suits just does not seem appropriate now that the community is opening up further.

Thank you to all who have been donating in cash or in kind to help sustain our services. We are grateful that you have allowed us to continue serving the community in a way that is so meaningful. We stand but upon your shoulders.



"I WANT TO GO HOME"

By DR DAVID PAUL CAPELLA, UMMC

"The long, thin and clubbed fingers reach for the dialling pad of a telephone (ancient in the smart phone age), hoping to make that all important call home besides which nothing else matters. Among the company of kind and well-meaning strangers, making it home was all that mattered to ET."

I had the privilege to join the ASPAC team for 3 months recently as part of my subspecialty training in palliative care. As is common for medical doctors, I had only had very minimal experience of home visits before this. It has always seemed natural to me that medical practice takes place in clinics and hospitals, the places holding the technology without which the magic of modern medicine would be impossible. I needed to follow the doctors and nurses to really appreciate what being home means to patients and their healing.

What is special about home? For sure we have a very special relationship with it. Many of us have come to dread it over a long time of being locked in and some have thrived like never before. Leaving it can be the most ordinary thing (for work in the morning), the most exciting thing (for a long awaited holiday) or the most distressing experience (for too many patients with serious illness).

The reality is that the decision of whether to go to hospital or not can be very distressing. For many patients with a life limiting illness (such as a cancer which cannot be cured) it seems often impossible to know whether hospital treatment will offer the hoped benefit which

comes with the distress of having to leave one's home.

As I began my posting at ASPAC I had a sense of concern. What could one do as a doctor visiting a patient at home? We would have to examine patients on their sofa or wheelchair as oppose to the adjustable hospital bed. We would need to communicate with patients and their carers at the same time. It would not be possible to quickly request a laboratory investigation or an x-ray image and the few medications we would carry are in tablet form,

no option to quickly set up a drip. All of it very much like trying to make it to an extra-terrestrial destination with the use of a bicycle on a moonlit night.

But as I found out, patients did very much appreciate us trying to

do this. Surprisingly, no one requested to have a painful blood taking procedure done on them but instead, most shared in great detail what their concerns were as we visited them. It certainly is a very different situation; being a guest in someone's home and really having the time to delve into so many very personal concerns as opposed to hospital rounds where one would rarely ever have a chance to discuss such matters.



home SWEET HOME

I realized that my earlier concern about not having technology available was unjustified. Instead, I am now concerned that perhaps the excellent knowledge and skills of the medical profession are wasted simply by the fact that they are not brought to the place where they often most matter - the patient's home.

Our homes are sanctuaries. We are free from the need to play a role on the stage of daily social life and can in the fullest sense regenerate. We can speak off the cuff and release excess pressure from either sides of our digestive tracts without fear of losing prestige. We can truly be ourselves and get a great deal of the "knowing oneself" task done. Our spiritual lives would be incomplete without the part which has to necessarily take place in the home.

Much like our brains would run to a fatal exhaustion quickly without sleep, we get depleted of our dignity if we are not able to return to some place we call home for too long. The home might change with the presence of a hospital bed and a few other medical items but it truly remains the place where we can experience peace.

I would like to sincerely thank the ASPAC team for generously welcoming me during this posting. May we together as doctors, nurses, staff and volunteers make the dreams of going home a beautiful reality for our patients!

*The ache for home lives in all of us.
The safe place where we can go as we are
and not be questioned.*

- Maya Angelou -

SPIRITUALITY IN HOSPICE CARE

Adapted from a talk given by Sr Mary Kristin Ng

SPIRITUALITY

A dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose and transcendence (faith) and experience relationship / connectedness to the moment, self, others, creation and the Divine / Sacred.

RELIGIOSITY

A subset of spirituality, comprising a system of beliefs and practices observed by a community, supported by rituals that acknowledge, worship, communicate with or approach the Sacred / Divine / GOD.

HOW DO I DEEPEN MY SPIRITUALITY?

CONSCIOUSLY cultivate living my spirituality	HOW NOW	AIM
<p>Be constantly aware of / alert to my IDENTITY in the "HERE and NOW"</p> <p>(Different levels – My deepest level of SELF, not my ego – which is very superficial and just below the surface.)</p>	<p>✓ TO BE</p> <p>✓ TO DO</p>	<p>To arrive at CONNECTEDNESS / HARMONY / UNITY with the SACRED, with the SELF, with CREATION and with OTHER PEOPLE involved.</p>

FLOW of LIFE in the HERE and NOW

AWARENESS

I know / I attend to

REFLECTION

allow "what is" to speak to me

SURFACING of ALTERNATIVES

LOOKING at CHOICES

leading to

ACTION / BEHAVIOUR

leading to

ACCEPTANCE of
**DEMANDS, PAINS,
STRUGGLES** consequential
to the **CHOICE / DECISION**
taken.

leading to

DEEPENING of my
SPIRITUALITY

TIPS ON HOW TO GAUGE A PERSON'S SPIRITUALITY

- 01 Overall composure of the person. Is the person at peace, in harmony and unity with self and others?
- 02 What are her **Beliefs**?
- 03 What are her **Values**? Her traditions, etc?
- 04 How are the above expressed in her actions and behaviour ... her practices, her interactions?

Before one can attend to the spiritual aspect of the patient, certain WORDS need to be understood:

CONNECTEDNESS = an energy that exists between people when they feel heard, seen and valued.

When they can give and receive without judgement.

When they can derive sustenance and strength in the relationship.

Connectedness is deepened when they can share their vulnerability.

VULNERABILITY = uncertainty, risk and emotional exposure.

To be human is to be in vulnerability.

Vulnerability is the core, the heart, the centre of meaningful human experiences.

COURAGE = the POWER to let go of the familiar.

HOW DO I PRACTISE CULTIVATING MY SPIRITUALITY?

Wholehearted Living

Try to immerse in life so I can live my life FULLY,
 consciously cultivate courage, compassion and connectedness,
 to wake up in the morning and think
 no matter what gets done and how much is left undone,
 I am part of life,
 and I am ENOUGH.

The opposite of scarcity is not abundance; **the opposite of scarcity is simply enough.**

Learn the art of LISTENING

Ability to share someone's feelings or experiences by imagining what it would be in that person's situation.

It is the skill or ability to tap into our own experiences in order to connect with an experience someone is relating to us.

The ability to perceive someone's situation from the other person's perspective.

FREEDOM and DETACHMENT from prejudice or preconceived opinions is essential.

WILLINGNESS to journey with the patient is an essential requirement. You need to want to practise and cultivate this skill. No one can engineer an emotional, vulnerable, and courageous process into an easy one-size fits all formula and give it to you.

Very often they do not have the vocabulary to put their issues into words. You listen and sense what they are saying and repeat back to them what you are hearing eg, I hear you saying you are very disappointed with ()... very angry with ()...

By speaking like this, you give them permission to talk about the unspeakable.

BE AWARE that in our culture, some persons often experience shame when they are entangled in a web of layered, conflicting and competing social-community expectations.

Shame creates feelings of blame, fear and disconnection.

However, everyone can become shame resilient. We can move to empathy through courage, compassion and connectedness.

As soon as possible, BOND with the person so as to be able to cultivate or establish CONNECTEDNESS. This will enable them to trust and share their problems.

Persons with high levels of empathy are both givers and receivers of empathy.

They use phrases like; "It's OK, it's normal." "I understand what that's like."

Allowing others to tell their story without going into one of their own.

SPIRITUALITY is at such a deep level of our CONSCIOUSNESS it is impossible to put it into words with a definition.

However, the essence of spirituality can be found in a remark by the late Lee Kuan Yew as shared by Robert Kuok in the book, *"Up Close with Lee Kuan Yew: Insights from colleagues and friends"*.

The late Lee Kuan Yew had one day said to Robert Kuok,
"Come to think of it, finally, it's only friendship that matters." (yr.2008)

The above conversation between friends brings us to a recent definition of Spirituality by *Brene Brown*:

"SPIRITUALITY is a recognition and a celebration that we are all inextricably connected to one another by a POWER greater than ourselves and our connection to that POWER and to one another is grounded in LOVE and BELONGING. Practising spirituality gives us a sense of perspective, meaning and purpose in our lives."

OUR GENEROUS DONORS...

By MALLIGA PERUMAL

BUDDHA'S LIGHT INTERNATIONAL ASSOCIATION & YAYASAN SIN CHEW

ASPAC was blessed to have been chosen to receive a donation of Oxygen Concentrators. On 24 July 2021, our Chairperson, Dr Patricia Por and I headed to Fo Guang Shan Malaysia's centre in Petaling Jaya to receive the donation.

Apart from ASPAC, there were two other recipients. The centre adhered to strict SOPs and we were literally sanitized from head to toe!

We were welcomed into a very calm and peaceful environment and as it was my first time visiting a monastery, I was awed by the serenity. Somehow, I felt that I was absorbing "blessings" just by being there!

Subsequently, we were treated to a scrumptious tea of homemade banana cake, fruits and Chinese tea; all individually packed in view of the current situation.

On this day, The Buddha's Light International Association (BLIA) together with Yayasan Sin Chew had graciously donated 5 Oxygen Concentrators (OC) to ASPAC. This is an important medical equipment needed for our patients and we are truly thankful to Deputy Chief Abbess Venerable Ruxing who represented BLIA and Ms Siew Nyoke Chow from Yayasan Sin Chew for the timely donation.

These OCs will be of great help to our patients who need oxygen support.

With the generous support of BLIA and Yayasan Sin Chew, ASPAC will continue to do its very best to care for patients with serious illnesses (especially cancer); providing relieve from symptoms and stress and improving their quality of life.



THE SS20 CARES SOCIETY

The SS20 Cares Society had generously donated almost RM10,000 worth of medical equipment to ASPAC; consisting mainly of Oxygen Concentrators and other miscellaneous equipment.

In this respect, we wish to extend our utmost gratitude and thanks to the residents of SS20 and hope that the SS20 residents through their Cares Society will continue to provide support to ASPAC and its fundraising activities. Once again, thank you from the bottom of our hearts.



- 1) PERSATUAN KEBAJIKAN 29
- 2) PERSATUAN KEBAJIKAN KAMLAN (Bukit Beruntung, Selangor)
- 3) PERSATUAN KEBAJIKAN SHAN XI XIAN AI

On 28 November 2021, three charity organizations that had pledged to donate a monthly sum to ASPAC for one year visited our premises.

The organizations were, Persatuan Kebajikan 29, Persatuan Kebajikan Kamlan Bukit Beruntung, Selangor and Persatuan Kebajikan Shan Xi Xian Ai. The purpose of the visit was for them to learn and understand the nature of ASPAC's work.



Dr Wong Foo Keong (our Palliative Care doctor) explained to them in detail the services offered by ASPAC and how we assist our patients as well as their families in coping with terminal illness. After the briefing, they declared that they were amazed and impressed with our services and the level of commitment.

Present on that day was Madam Ho Sook Harn (Director, ASPAC), Malliga Perumal (Manager, ASPAC) and Ms Poo Yoon, a representative from the Association Community Care Enrichment Programme.

FUNDRAISING EVENTS

By **ANDREA PAVEE**

MOONCAKES GALORE!

Fresh from our successful fundraising efforts the previous Christmas, we decided to commit ourselves to another bout of fundraising.

After much research, and discussion, it was decided that we should target fundraising at the Mooncake or Mid-Autumn Festival.

Once again, to set ourselves apart from the plethora of mooncake offerings in the market, we personally sourced our supply from the bustling town of Teluk Intan, Perak.

To ensure the success of our sales, we decided to jumpstart it by starting our fund raising early. And so, by the first week of July, our flyers were viralled out over social media, well before the celebration.

For variety, we decided to offer 4 flavours in boxes of 4 cakes, with each box containing a red bean, a pandan lotus, a pure lotus, and a lotus with a single egg yolk inside.

To ensure all deliveries would be completed well in time for the festivities and celebrations, we capped the final day for orders on August 31, 2021.

The speed with which we sold out, floored us as we ran out of stock well before the deadline!

We must shout out a big thank you to all those who supported us.

A big thank you too to all the volunteers who came, and standing shoulder to shoulder, helped with the packing, sorting and preparing our goodies for delivery. We are also grateful to those who, with their selfless generosity, personally delivered our goodies all over the Klang Valley, bringing joy to those both near and far.



In addition, we also teamed up with the Malaysian Institute of Baking, to provide a bigger selection of mooncakes so as to suit every taste and palate of those all around. Our sales were just as successful there too!

Encouraged again by the complete generosity of our sponsors and customers, we hope to offer more goodies for the upcoming Christmas celebrations.

Thank you again for all the support given to us. Be assured that your support provides us the opportunity to care for those most in need of palliative care.



CHRISTMAS FUNDRAISING 2.0

Fresh off the success of our mooncake fundraising, we huddled down to pitch, plan and promote our next fundraising endeavor - Christmas sales.

Emboldened by the spectacular sales the previous Christmas, we decided to expand our offerings to 3 different types of cakes this time around.

Our Luscious Christmas cake, proved to be a hit in the previous year and so, we incorporated it into this year's sale. We were not disappointed. The cakes flew off the shelves in no time at all.

Knowing that brandy Christmas cakes are a staple in some homes, we made sure we had some to offer our supporters.

While the Luscious Christmas cakes are our all-time bestsellers, the Brandy Christmas cakes comes in a close second. The previous year, we used Rum for our cakes. This year, we decided to use Brandy instead.

A generous donor stepped in to purchase all the brandy required for the cakes, and the precious liquid was put to "work" as soon as they were delivered to the baker. She steeped all our fruit and nuts in the brandy before the cakes were made. After that, she kept "feeding" our cakes intermittently with the alcohol to ensure each cake retained its moisture and depth of taste.

We also decided to offer a vegan option for those who preferred that alternative. The cakes were as delicious, and sold well, too.

Thanks to the generosity of our many supporters, we sold out well before Christmas came 'round the corner, with many repeat orders attesting to the popularity of the seasonal delicacies.

Our thanks and gratitude goes out to all our benefactors, the superb bakers, and the many volunteers who worked tirelessly to pack, and deliver the baked goodies.

Last, but not the least, a big

Thank You!

to all of you who supported us by helping us meet our fundraising targets for 2021. With your kindness and constant support, ASPAC has managed to achieve our mission, and our vision.

WIEN'S CHRISTMAS WEEKEND MARKET

By MALLIGA PERUMAL

The WiEN's Christmas Weekend Market was held from 3rd to 5th December 2021 at KL ECO City Mall. ASPAC was given a complimentary booth under the auspices of Puan Junaidah Hamid (better known as June Hamid), the founder of WiEN (Winner's Innovative Entrepreneurial Network).



Although the mood was much more subdued than one would normally experience at a bazaar – with the fear of COVID still evident – we did get a good stream of visitors to our booth. We sold bedsheets, handmade bags (by our volunteers) and also fruitcakes. Most importantly, we were able to impart information regarding ASPAC and its services. Many did not know of the existence of palliative care services and were shocked that it was offered free of charge. Many visitors also confused a palliative care centre for an old folk's home. This comes to show that public awareness of palliative care is still very lacking.



Thanks to Puan Junaidah Hamid, we were able to make full use of the platform given to us to disseminate valuable information regarding palliative care and ASPAC to people who visited the Christmas Weekend Market.



GOODIES GALORE TO CELEBRATE THE YEAR OF THE TIGER

By **ANDREA PAVEE**

Fresh from the success of our Christmas sales, we threw ourselves wholeheartedly into our CNY goodies sales. It was quite a feat as sales had to start from December 26th onwards in spite of the fact that many volunteers were still on their Christmas break.

While we have been at fundraising for more than a year now, the CNY goodies sale was a first for us.

To ensure the success of our endeavour, we decided to offer up a plethora of goodies so as to ensure there would be a little something for every palate and preference.

In order not to swamp the volunteers receiving the orders, we also decided to set up 2 hotlines for the orders to come in. One was for pork or chicken bakwa, and murukku, whilst the other one was for a selection of cookies.

So, it was a lot of firsts for us, but true to form, it was yet another smashing success, with goodies running out of stock well before the New Year celebrations. We had many repeat orders; abound with compliments.

Once again, a big thank you to all those who assisted in ensuring the success of our fundraising efforts. We are grateful for the immense contributions given by many donors, contributors, volunteers and those who snapped up our goodies.

Our next fundraising will be for the Mooncake festival where we hope to offer up even more exciting and delicious treats to make merry the mid-Autumn celebrations.

BOOK NOW !
Please WA/ call Andrea
010 988 8568
Assisi Palliative Care Berhad
Public Bank : 3196 80 5728

GIFTING FOR CHARITY
Chinese New Year Sale

Premium grilled Dried Meat Bak Kua Chicken or Pork RM60 for 500 gm	Murukku special recipe Rm 45 for 2 bottles
--	--

FREE 1 bottle Murukku for purchase of 4 packets of Bak Kua

ASPAC
Assisi Palliative Care Berhad
The Singaporean Palliative Care Association

Self Pickup or Delivery by arrangement

Another fund raising project by ASPAC
www.aspacmalaysia.org

BOOK NOW !
Please WA/ call Sook Harn
012 209 6433
Assisi Palliative Care Berhad
Public Bank : 3196 80 5728

GIFTING FOR CHARITY
Chinese New Year Sale

Love Letter	RM26 per tin
Love Letter with Chicken Floss	RM28 per bottle
Honeycomb Cookie	RM28 per bottle
Pineapple Tart	RM26 per bottle

Self Pickup or Delivery by arrangement

Another fundraising project by ASPAC
www.aspacmalaysia.org

ASPAC
Assisi Palliative Care Berhad
The Singaporean Palliative Care Association

COMMUNITY PROGRAMMES

By MALLIGA PERUMAL

BLOOD DONATION DRIVE AT SAPURA BLUEDOME MINES



The BlueDome Mines, owned by Sapura Resources Berhad, had organized a blood donation drive for its staff member within its premises on 23rd & 24th June 2022.

We were given an opportunity to set up a booth to educate and create awareness amongst its staff about palliative care as well as the services provided by ASPAC.

We also did a little fund raising by selling items made by our volunteers.

EXPO BLUEDOME BAZAAR

Again, in the following month, ASPAC was invited to participate at their Expo BlueDome Bazaar which was held from 15th to 17th July 2022. The bazaar was a public event and the crowds consisted mostly residents of Seri Kembangan; an area covered by ASPAC.



However, I would say that 90% of the crowd had no idea at all about palliative care and the services offered by a palliative care centre like ASPAC. At the end of the day, after a lot of explaining, many left our booth with newfound awareness of palliative care.



We are indeed thankful to the management of SRB Ventures for the complementary booth; allowing us to freely share and disseminate information regarding our NGO.

10 TIPS FOR FAMILY CAREGIVERS

Source: CAREGIVER ACTION NETWORK



Seek support from other caregivers. You are not alone!



Watch out for signs of depression and don't delay getting professional help when you need it.



Take care of your own health so that you can be strong enough to take care of your loved one.



Be open to new technologies that can help you care for your loved one.



Accept offers of help and suggest specific things people can do to help you.



Organize medical information so it's up to date and easy to find.



Learn how to communicate effectively with doctors.



Make sure legal documents are in order.



Caregiving is hard work so take respite breaks often.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

JOB VACANCY

STAFF NURSES (Full-time)

ASPAC (Assisi Palliative Care Bhd) is a community-based 'hospice-at-home' care programme for patients with advanced cancer and other progressive life-limiting illnesses. Care is delivered in the home by a team made up of staff nurses, hospice doctors, counsellor and volunteers. We are based in Petaling Jaya and our patients live within a forty kilometre range.

Requirements:

- State Registered Nurses with valid Practising License registered with the Nursing Board of Malaysia.
- Preferably with 12 to 24 months' work experience in a hospital setting.
- Possess valid driving license and own car.
- Prepared to do home visits, work independently and also be a team player.
- Willing to learn.
- Good communication skills.
- Fluent in Bahasa Malaysia and English. (Fluency in Chinese dialect/Tamil an added advantage.)
- We encourage applications from Nurses living
 - in/around Kajang, Semenyih, Bandar Sg Long
 - in/around Puchong, Seri Kembangan, Balakong, Serdang
 - in/around Shah Alam, Subang, Sunway

Training in hospice care will be provided. An attractive salary package and benefits await the successful candidates.

Please email your CV and passport-size photo to info@aspac.my

DONATION FORM

NAME

NRIC / PASSPORT NO.

MOBILE NO. / HOME TELEPHONE NO.

EMAIL

ADDRESS

POSTCODE

Please accept my contribution of

RM30 RM60 RM90

Other amount: RM

I would like to contribute regularly as follows

Monthly Quarterly

Half-yearly Yearly

Starting from: _____ to: _____

Month Year Month Year

RM (in numbers):

RM (in words):

MODE OF PAYMENT

By cheque (Only for single donations.)
Cheque No: _____
Issuing Bank: _____

Bank Transfer (Only for single donations.)

Payee Details:

ASSISI PALLIATIVE CARE BERHAD
PUBLIC BANK A/C No: 31968057-28

By Credit Card (Visa/Mastercard)

Credit Card No:

Expiry Date: _____

Issuing Bank: _____

Signature Date

DONOR SIGNATURE AND ACKNOWLEDGEMENT

I understand that by signing this Direct Debit Authorisation Form, I have read and understood the Terms and Conditions governing this Authorisation as reflected in the next section.

I also agree that my personal data provided is accurate and true, and consent to the collections, disclosure and use of this personal data by Assisi Palliative Care Bhd and its fundraising partners, the purpose of administration of this donation, in accordance with the Personal Data Protection Act 2010.

I consent to be acknowledged in publicity materials such as the annual reports, online platforms and event materials.

TERMS AND CONDITIONS

Direct Debit Donor Programme

Processing of the donations and the management of the database and donor communications is outsourced to <company name>. Your full donation will be 100% received by ASPAC. Each year, Assisi Palliative Care Bhd will allocate budget for various fundraising programme which includes Direct Debit Donor Programme, including the administration of this programme

Donation made by Debit or Credit Card

The first deduction will be made within 7 to 10 working days upon your signed acknowledgement of the Direct Debit Authorisation Form. Assisi Palliative Care Bhd will continue to charge the amount indicated above or the amount authorised by you to be deducted (which may differ from the amount indicated above) to your debit/credit card, so long as there is no change in the name of the cardholder and the debit/credit card number, unless and until the authorisation is terminated by you.

Cash Donation

This programme DOES NOT allow us to accept cash donations.

Personal Data

All personal data collected, used and disclosed under this Direct Debit Donor Programme is managed by Assisi Palliative Care Bhd and its fundraising partners, in accordance to the Personal Data Protection Act 2010.

We will use this information in order to:

- > administer your account with us;
- > process donations made by you and orders or applications submitted by you;
- > send you information and call you with regards to our events, programmes, services and fundraising;
- > verify your identity;
- > carry out donor profile analysis and make improvements to our organization's operations;
- > obtain your view or comments about our programmes and services; and
- > help us plan fundraising and/or other activities.

This authorisation will remain in force until terminated by written notice sent to Assisi Palliative Care Bhd, and upon receipt of your revocation in writing to Assisi Palliative Care Bhd or by phone call to Assisi Palliative Care Bhd and acknowledgement of the same.

Upon request, we will provide you access and will correct any error or omission in your personal data. No information, in whole or in part, in its paper or electronic format, will be disclosed, used, modified or reproduced for any other person or organisation, except in connection with these purposes stated.

Make a pledge today.
Be a Friend of ASPAC

RM30 is the minimum
 cost borne by us
 for visiting and
 treating ONE
 patient per day.



Left to Right: ASPAC Counsellor visiting a patient. | Touch Therapy for patient by ASPAC team members. | ASPAC Pet Therapy dog (Arthur) visiting a young patient at home.

Your kind contribution
 will enable us to continue providing
 quality hospice home care to our patients.

About us...

Assisi Palliative Care Berhad (ASPAC) is a charitable, not-for-profit organization that provides hospice-at-home palliative care services covering areas up to 40 km in distance from our centre in Petaling Jaya, Selangor.

The home care team comprises of doctors, nurses, a counsellor and Volunteers and is supported by administrative staff.

We provide FREE care for patients with advanced cancer and for those with progressive non-cancer illnesses e.g end-stage organ failure, etc. Patients are accepted via referrals by the attending doctor.

Our mission is to empower people to live with dignity & hope whilst coping with illness & loss by providing quality medical care, spiritual and psychosocial support.