

ASPAC NEWSLETTER

January 2025 - June 2025

Volume 14



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*Do Everything for Love
Even the Most Ordinary Things*



F O R F R E E D I S T R I B U T I O N

CONTENTS

EDITORIAL MESSAGE	----- 3
YOUNG HEARTS GIVING...	----- 4
LIGHTING THE PATH	----- 5
CANCER PAIN MANAGEMENT	----- 6
FRUIT CAKE SALES	----- 7
VOLUNTEERS RECONNECTING	----- 8
APHN CONFERENCE	----- 9
LETTER OF THANKS FROM A CARER	----- 10
VOLUNTEER FUND RAISING PROJECT	---- 11-12
ARTHUR-THE PET THERAPIST GOLDEN RETRIEVER	--- 13-15
ASPAC FAMILY	----- 16
VACANCIES	--- 17-18
DONATION FORM	--- 19-20

Our VISION

“DO EVERYTHING FOR LOVE EVEN THE MOST ORDINARY THINGS”

With support from 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

Excellent of care

To always serve with Compassion and Love



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EDITORIAL

MESSAGE FROM THE CHAIRPERSON OF ASPAC BOARD OF DIRECTORS

Dear Supporters and Members of Our Community,

In Malaysia, where family, compassion, and care are deeply rooted in our values, palliative care is more than just medical support—it is about honouring life, easing pain, and being present with love and dignity. It provides not only physical relief, but also emotional and spiritual support for patients and their families.

Your continued generosity enables ASPAC to walk alongside patients and their loved ones with empathy, respect, and professionalism during life's most difficult times. Every contribution, no matter the size, ensures that no one faces serious illness alone. To provide quality and professional care, ASPAC employs trained doctors, nurses, and counsellors at fair market rates, and offers essential medications free of charge.

On a personal note, I am—and remain—grateful that ASPAC was there for my family in 2016, during the final journey of my beloved grandmother, Mdm Choo, and my mother, Mrs Linda Phang. ASPAC taught us how to care, to be present, and to be prepared. Because of their support, both my grandma and my mother did not suffer in their final days. Though I first learned about palliative care in the 1990s, it was only in 2016 that I truly understood its meaning—the pain, the panic, the helplessness a family can feel. I realised how vital this care is—not just for the patient, but for the whole family.

It is time for palliative care (安宁 / 临终护理) to be more widely known, better understood, and embraced as an essential part of our healthcare journey in Malaysia.

As the Malay proverb says, “*Berat sama dipikul, ringan sama dijinjing*”—together we share the burden, together we lighten the load.

Thank you for being part of this compassionate mission. Your support truly brings warmth when it is needed most. I look forward to welcoming you at our 10th Year Fundraising Dinner on 2nd August 2025.

With heartfelt thanks,

Dorothy Phang
Chairperson of the Board



YOUNG HEARTS GIVING...

On 6th November 2024, **Assisi Palliative Care** received a donation of RM7000+ from the **Interact Club of elc International School**. The students who form the club raised funds successfully with sales of food and other items and various games. This is not the first time we have received donations from the bright and enterprising students of elc International School. We thank them sincerely for their motivation and generous hearts.

Dr. Patricia Por, Dr. Lalitha Jeyasingam and Mr Joseph Lip attended the club function at the school premises in Cyberjaya. The Headmistress Mrs Somasundaram and her team of teachers and staff were also present at the ceremony. Thank you everyone for all hard work and generosity!



Interact club members and staff of elc International School handing over mock cheque to Dr Patricia Por of ASPAC.

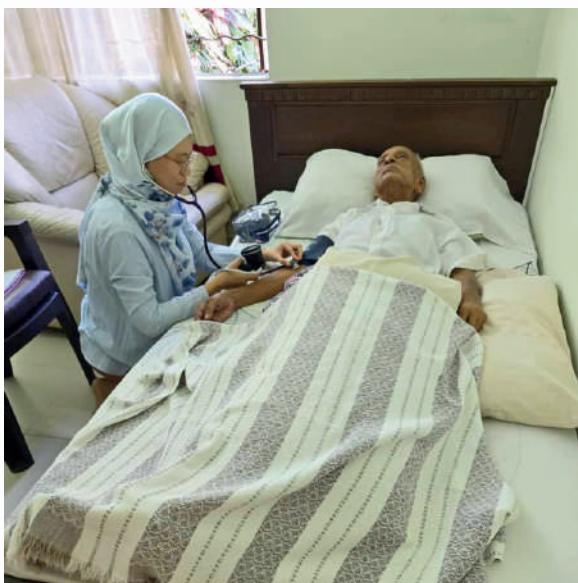
LIGHTING THE PATH : PALLIATIVE CARE WITH HEART AND HOPE

ASPAC palliative care nurses Azrimah and Roohini go out daily to see patients who have been referred to us by various hospitals in the Klang Valley.

ASPAC covers areas like Petaling Jaya , Subang , Kota Kemuning and parts of Puchong etc. Patients with complex issues are identified and reviewed by the hospice doctor. Care plans are made with the patient and family's full knowledge and consent and fine tuned as the patient moves ahead on his journey through his illness. Care includes not only symptom management (which is a large part of the patient's problems causing much physical suffering) but also psychosocial and spiritual care. In the process the medical team builds a strong relationship with the patient and carers which in turn facilitates a deepened understanding and knowledge of what to expect at this last stage of Life. Each and everyone of us has to go through this final rite of passage which appears mysterious and shadowy, fearful and daunting. Knowledge removes ignorance and fear. By answering all questions with kindness and patience, more often than not the team can help the patient and his family to come to a more peaceful acceptance of what lies ahead. They develop more equanimity, faith and courage and this helps them transcend their fear of the unknown Mystery of Death.



Dr Lalitha teaching Hospice nurse Azrimah to examine and assess patient during home visit.



SN Azrimah assessing a patient at his home.



Nurses listening attentively as the patient Mr Sabapathy narrates his Life Journey.

'CANCER PAIN MANAGEMENT' WORKSHOP

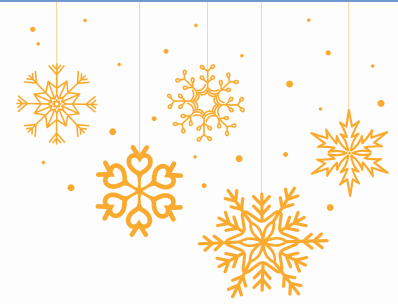
ASPAC staff attended a full day workshop 'CANCER PAIN MANAGEMENT' at Assunta Hospital on 17th December 2024.

It was conducted by the Malaysian Hospice Council for nurses and doctors. About sixty health care workers attended and benefitted from listening to the teaching and actively participating in the discussions during the break out sessions.



From left to right : SN Azrimah (ASPAC) , SN June (Assunta Hospital) , SN Roohini (ASPAC) , Ms Prita (pharmacist IKN) , Dr Munirah (Kasih Hospice)

FRUIT CAKE SALES



ASPAC raised funds by the sale of fruit cakes for Christmas 2024.

Volunteers invested their time and effort in packing, manning booths at various churches and delivering cakes to the door step of some of the buyers.



FRUIT CAKE SALES at St Ignatius Catholic Church PJ

volunteer Lyla Roberts, Dr. Patricia Por and St. Ignatius Church PJ Parents Craft Group Coordinator Michael Lip.



VOLUNTEERS RECONNECTING...

A volunteer gathering was arranged and held at ASPAC office on 25th November 2024.

Twenty volunteers attended.

Dorothy Phang (chairperson), Dr Lalitha and Ms Kar Im gave brief updates regarding our plans to move ASPAC forward for the benefit of those who require Hospice at Home Care within the community.

This was followed by a delicious lunch and fellowship. Many of us had not met in a long time so it was a really nice catch up!



*From left to right :
Molly , Dr Lalitha , Maggie
(meeting up after a long time!)*



From left to right : Jessie , Kar Im and Andrea



*From left to right :
Karen , Mr Ng Kok Heng , Dorothy Phang , Chareesa*

APHN CONFERENCE

The 16th ASIA PACIFIC HOSPICE PALLIATIVE CARE CONFERENCE (APHN) was held in Kuching, Sarawak on 23rd April to the 26th April 2025.

The conference theme was '**EMBRACING DIVERSITY, EMPOWERING COMMUNITIES**'.

Some of the topics of discussion included were :

- **Models of Care**
- **Standards and Excellence in patient care**
- **Advance care planning**
- **Cultural diversity**
- **The global humanitarian crisis**

Over 1200 delegates from 30 countries attended the conference held at the Borneo Convention Center Kuching.

Dr Patricia Por, Dr Lalitha Jeyasingam and Palliative care nurse Roohini attended the 3 days event.



LETTER OF THANKS FROM A CARER

A letter of appreciation from a family member of a patient ASPAC looked after. Sent by email on 25th February 2025.

A Heartfelt Thanks to ASPAC Palliative Care

When our family received the heartbreaking news from the doctors that no further treatment could be given to our beloved Dad, we were overwhelmed and unsure how to provide Dad with the comfort and care he needed at home. It was during this challenging time that ASPAC Palliative Care stepped in as a beacon of hope and support. A big THANK YOU to the Palliative Care team at PPUM for connecting us with ASPAC.

ASPAC's compassionate team helped us secure essential medical equipment—a hospital bed, wheelchair, and oxygen concentrator—at no cost, making an immense difference in ensuring Dad's comfort. We didn't know much about hospice services before this experience, but we are incredibly grateful for the care and support we received during such a difficult time.

We would like to give a special mention to Roohini, the hospice care nurse whose compassion and dedication went above and beyond our expectations. Roohini not only addressed our questions with patience and care but also visited our home when Dad was brought back to ensure everything was in place. She even reached out via video call the day before Dad passed to check on us, a gesture that gave us much-needed reassurance. After Dad's passing, Roohini visited again to provide bereavement support, which brought us immense comfort during such a painful time.

The kindness, understanding, and dedication of ASPAC and their team touched our hearts deeply. Their support not only eased our burden but also gave us the strength to cherish our final moments with Dad.

We are deeply grateful for the care and dedication shown by Roohini and ASPAC. Though our time with them was brief, their support made all the difference in ensuring Dad's comfort and helping us navigate this incredibly difficult time.

With heartfelt gratitude,

Divya, Keshini and Palenthiran family



VOLUNTEER FUND RAISING PROJECT



Sue Yoong has been a loyal ASPAC volunteer since 2015.

She is a skilled seamstress and has been making fabric bags for sale on behalf of ASPAC for many years.

She has also taught other volunteers how to make bags and other pretty cloth items which can help raise funds.

Thank you Sue !

VOLUNTEER FUND RAISING PROJECT



THE COSMIC CIRCLE



THE GREEN BOY

ROHINI A – Artist with a heart and a volunteer with ASPAC for many years .

Her paintings have mysticism and symbolism in them and evoke various emotions and reflections within the person viewing them. Rohini has been channelling her dreams and passion for the Truth into her artwork for the last 25 years.

She holds a Bachelors in Communications and a Masters in Developmental Psychology. She has been working in the humanitarian field for the last 15 years. She served for many years as an understudy to artist Jeganathan Ramachandran.

She has visited patients in our hospice home care program and done artwork and journaling with some of them. She has very kindly donated some of her beautiful paintings for sale at the fund raising ASPAC dinner and proceeds are to help sustain ASPAC's work.



IN MEMORIUM, a tribute to ARTHUR – the Pet Therapist Golden Retriever (07/03/2014 - 10/09/2024)

Arthur was about 4 years old when he was first introduced to ASPAC in 2018.

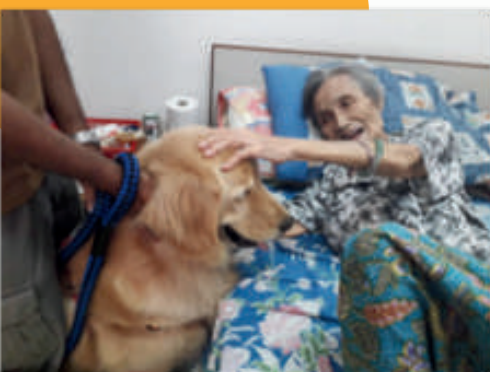
On his first day, he was warmly welcomed by all the volunteers whom Arthur greeted excitedly with his calm and gentle temperament. Being in the midst of this excitement the volunteers were already deciding whom Arthur would be good for.

Since then Arthur began his new and exciting journey bringing warmth and cheer to so many patients with palliative care needs.

Devan Ramesh

I remember the first patient we visited was Devan, a young boy in his teens. When he saw Arthur for the first time his sheer size frightened him. After much encouragement and reassurance that Arthur was not an aggressive dog and that he only wanted to be friends, Devan made his first attempt to pet Arthur. After that, Devan always looked forward to Arthur's next visit. Arthur with his friendliness made Devan open-up and talk easily about himself sharing his previous experiences in looking after dogs of his own.

An example of Arthur's extreme gentleness was when a family relative brought a baby to the house and placed him on the floor. Arthur just sniffed the baby – gently.



Hwee Ying

When we visited Hwee Ying at her house we realised she was bedridden but alert and aware of her surroundings.

I brought Arthur to her bedside. She had a big smile on her face and with effort began petting Arthur - all the time smiling.

Arthur brought some happiness to Hwee, or should I say, 'Happiness' came to Hwee in the form of Arthur for that short period of time we were there. We made a second visit to Hwee and she never diminished in her smile at the sight of seeing Arthur. Arthur made and left an impression on her.



Low Ah Hee

Arthur again brought cheer to an elderly lady, Low Ah Hee.

With not having any knowledge of speaking in English or Malay, the only Malay word she said when she saw Arthur was –‘Cantik’.

Arthur’s warmth and friendliness was contagious on two consecutive Chinese New Year celebrations Arthur received Ang Pows from Low.



Madam Palaniammal

Whichever patient Arthur visited, at first glance, there was either apprehension – because of his size or, happiness - because of the cheerfulness he emitted.

Mdm Palaniammal was another such patient where the fear she had of Arthur’s size disappeared because of his over-friendliness.

Arthur’s gentleness put smiles on Mdm Palaniammal’s face and made her feel at ease.



Wu Sow Leong

Arthur’s excitement in meeting people, in this case, patients with palliative care needs, never dwindled.

He always wanted to go forward and meet them and befriend them. This was the case with Wu Sow Leong who, seated in a wheelchair and, despite Arthur’s size, trusted the friendliness of Arthur’s demeanour and our assurance of his calmness, stretched out his hand and touch Arthur.

Boo Chye Yew

Filled with excitement in going to a new and different place, the Jivi Home, Arthur again never failed to bring his friendliness to yet another patient he's visiting for the first time – Boo Chye Yew.

Not only did Arthur give his warmth to Boo, he also enjoyed all the stroking he received from Boo creating smiles on her face. Here also, Arthur had no violent objections to receiving pieces of apple being given to him by the daughter.

Arthur also brought cheer to another patient at this Jivi Home.



Conclusion

Almost every patient Arthur visited, the patient forgot about his illness for that brief moment in time when Arthur was with them. His calm demeanour, friendliness, happiness and his own Being shifted the focus of the patients coming to terms with their struggles, challenges, questions about 'why things happen to me' in terms of their sickness, etc. - to the present moment of happiness, calmness, and cheerfulness in the form of – Arthur. In their time of sadness, Arthur made a great impact on these patients' lives by becoming a Light to them when they most needed it!

By Mario Richard Peter (Arthur's owner)

Thank you, Mario for sharing the gift of Arthur with us.

Thank you, Arthur for all the comfort and joy you brought to our patients. Rest In Peace



ASPAC FAMILY

Welcoming Back Three Familiar Faces

We are pleased to welcome back Dr Lalitha Jeyasingam, Staff Nurse Roohini A/P Appanan and Office Manager Mr Boey Tyng Fang , who have rejoined our team with renewed dedication and purpose. After previously stepping away from the organization, Dr Lalitha, Roohini and Mr Boey return with a deepened commitment to palliative care and a stronger desire to serve the community. Their decision to return reflects not only their passion for delivering compassionate care but also their belief in the meaningful impact our work has on patients and families. Their experience, empathy, and unwavering dedication to community service make them a valuable asset to our team once again.

We are excited to have them back and look forward to the continued positive contributions they will bring to our palliative care mission.



Dr. Lalitha Jeyasingam



Roohini A/P Appanan



Mr Boey Tyng Fang

New Staff – Azrimah Binti Zainuddin

Azrimah joined us in February 2025.

She holds an Advanced Diploma in Palliative Care from KKM and has almost 10 years working experience with Institute Kanser Negara Putrajaya. With these credentials there is no doubt that she will contribute towards enhancing the quality of care and support we offer to patients and their families



Azrimah Binti Zainuddin

WE ARE HIRING !!!

Medical Officer & Staff Nurses NEEDED



Join Our Caring Team!

We are looking for passionate and qualified healthcare professionals to make a difference.

Details at the following page...



ASPAC (Assisi Palliative Care Bhd)

is a community-based 'hospice at home' care program 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 doctor, counsellors and volunteers. We are based in Petaling Jaya and our patients live within a 40 kilometres range.

We currently have vacancies for the following positions:

STAFF NURSES (Full-Time / Part-Time)

Requirements :

- State Registered Nurses with valid Practising License registered with the Nursing Board of Malaysia
- Working experience in hospital wards at least one year
- Competent in nursing procedures eg. Insertion of ryles tube and foleys catheter, etc.
- Must possess valid Driving License and own transport
- Willing to learn and be a part of a team
- Able to work independently when required
- Good communication skills
- Proficient in English, Bahasa and Mandarin (Chinese dialects an advantage)

Benefits :

- Training in palliative care will be provided.
- Mileage Allowance
- Group Personal Accident Insurance
- An attractive remuneration package which will commensurate with experience awaits the right candidates.

MEDICAL OFFICER

Requirements :

- Medical Degree (MBBS/MD or equivalent)
- Malaysian Medical Council registration and valid APC
- At least 2 years working experience excluding housemanship/internship.
- Valid driving license
- Compassionate, kind and caring attitude, motivated and committed
- Solid knowledge in general medicine
- Experience in Oncology/palliative care advantageous
- Proficient in English, Bahasa and Mandarin (Chinese dialects an advantage)
- Good communication skills
- Able to lead and work with a multidisciplinary team

Benefits :

- Training in palliative care will be provided.
- Mileage Allowance
- Group Personal Accident Insurance
- An attractive remuneration package which will commensurate with experience awaits the right candidates.

Interested applicants are invited to send in your application and detailed resume with passport size photo to:

Manager at info@aspac.my
Assisi Palliative Care Bhd

No 49, Jalan Railway 1/2, 46000 Petaling Jaya, Selangor Darul Ehsan

[t] 03-7783 8833 [e] info@aspac.my

Make a pledge today

Be a Friend of ASPAC

RM50 is the minimum cost borne by us for visiting and treating **ONE** patient per day.



Our nurse attending to patient.



Touch therapy for patient by ASPAC team members.



Our volunteers with a patient.

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

About us...

Assisi Palliative Care Bhd (ASPAC) is a charitable, not-for-profit organization that provides hospice-at-home palliative care services covering areas up to 40km 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.

