

# Maggie's Cancer Caring Centre Newsletter June 2015



*"Above all, what matters is not to lose  
the joy of living in the fear of dying."*

*Maggie Keswick Jencks*

Photo courtesy: Ng Siu Wah

Maggie's provides exceptional practical, psychological, emotional, and psycho-social support, within a unique healing environment to empower those touched by cancer to live through and beyond the illness.

We are a drop-in centre and all programmes are free of charge. Help us continue our work if you share our vision. Donate now at [www.maggiescentre.org.hk](http://www.maggiescentre.org.hk).

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## Maggie's Cancer Caring Centre Contact Details

T: 2465 6006 | F: 2465 6063 | E: [info@maggiescentre.org.hk](mailto:info@maggiescentre.org.hk)  
Add: Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun,  
New Territories, Hong Kong  
Web: [www.maggiescentre.org.hk](http://www.maggiescentre.org.hk)

## Feature Story



*[L] Man Yee with some members of Maggie's Choir [R] Man Yee, Mrs. Siu, and friends at Maggie's Centre*

Being a parent is not an easy task, let alone being a mother of a child with cancer. "I was shocked and devastated," said Mrs. Siu as she recalled when her daughter, Man Yee, was diagnosed with terminal colorectal cancer in June 2014.

Neither Mrs. Siu nor Man Yee, who was only 39 years old at the time, was prepared for the "Big C", the treatments, and roller coaster of emotions that followed. "My world turned upside down", said Mrs. Siu. "I had no idea what to do or where to go. I knew that there were places for cancer patients, but the thought of being in a place filled with sick people was intimidating. Maggie's Centre was completely different."

Instead of walking into a gloomy, institutional or office-like place filled with sadness and anxiety, what Mrs. Siu and Man Yee saw at Maggie's Centre was a welcoming, comfortable and uplifting environment filled with warmth, laughter, and at the same time, calmness and tranquility. "Walking into Maggie's and meeting the staff and people there was like being welcomed into a

home and big family. I was so glad that Man Yee had a chance to participate in programmes like Maggie's Choir and nutrition classes, and meet and share her feelings with people in similar situations. I also felt relieved to be able to share my stress and worries with the caring and supportive staff", described Mrs. Siu.

"Maggie's Centre really feels like a home. It's a place filled with sunshine. That's why we wished to celebrate her 40th birthday here, to also say goodbye when her condition turned critical," said Mrs. Siu. 50 friends and family members joined Man Yee to celebrate her life and courage in March 2015. It was a time filled with gratefulness, joy, and peace, leaving beautiful memories for everyone.

Man Yee passed away peacefully 5 days later. When asked about how Mrs. Siu feels now, she very quickly said, "I will never forget Man Yee's happy face whenever she visited Maggie's. And I feel well supported and at peace. Thank you, Maggie's," said Mrs. Siu, who continues to come to the Centre for support in adjusting to the change in her life.

## Activity Highlight

### Chinese New Year Party



Around 200 Centre users and volunteers gathered to celebrate Chinese New Year and exchange blessings with each other on March 6 2015. We were happy to have the generous support of the Disney Chefs Team who cooked for the party whilst the Disney VoluntEARS came to the Centre to lead games. Users appreciated the day: "This is very special...It feels like a party at a hotel...It's fantastic!" The celebration had an abundance of delicious food, songs, games and Chinese riddles.

### The Dartmouth Aires – a cappella Singing at Maggie's

We were thrilled to have *The Dartmouth Aires*, a 20-male a cappella singing group from Dartmouth College, with us on 26 March 2015. They performed a cappella pieces ranging from pop, to college traditional, jazz, and classical – even the famous Chinese pop song *The Moon Represents My Heart*! The programme attracted over 100 people at the Centre, and we are also happy to have received donations from generous supporters among the audience.



### Chinese International School Volunteer Days



Lifelong impact of youth volunteering is huge, and we were glad to have a group of 18 students from Chinese International School with us on 11 & 12 May 2015. The year-10 volunteers helped on many fronts including gardening, card-making, baking, and office administration, whilst some talents made beautiful music together with our centre users. The two sessions left Maggie's and our users with a beautiful garden, creative thank you cards for future use, and a belly full of laughs and tasty baked goods.

## Coming Up

Maggie's provides free practical, emotional and social support for people with cancer and their families and friends. Check out our upcoming classes and activities at [www.maggiescentre.org.hk](http://www.maggiescentre.org.hk)!

## Recipe

Dietary guidelines around the globe suggest everyone limit consumption of sugar. That said, once in a while we just need something to satisfy our sweet tooth. This oatmeal cookies recipe provides a lower-sugar option than others and contains no inflammatory wheat product.



### Oatmeal Cookies

#### Ingredients (no. of servings: 48 cookies)

- 125g Grass Fed Butter
- 1/2 cup Brown Sugar (or dextrose)
- 1 Egg
- 1 tsp Vanilla
- 1/2 tsp Baking Soda
- 1/2 tsp Salt
- 3 1/4 cups Oat Flour  
(take gluten free oats and grind in a food processor until fine)
- 3/4 cup Chocolate Chips

#### Directions:

1. Preheat the oven to 350°F or 180°C.
2. Mix together the butter and sugars. The mixture will be slightly crumbly. Add the egg and vanilla and beat until smooth.
3. Mix together the soda, salt, and flour and add to the wet ingredients. Mix until well incorporated. Dough will be slightly sticky. Add the chocolate chips.
4. At this point, rolling the dough into logs and freezing them for a few hours to overnight will help keep the cookies from spreading uncontrollably while baking.
5. When ready, slice the log into 1/2 inch rounds and bake on ungreased baking sheets for about 10 minutes or until the edges are just becoming golden.

**Note:** Allow the cookies to cool slightly before attempting to dislodge them from the baking sheet. Since they contain no gluten, you will find too soft to handle when hot. A few minutes later, they will have the perfect crunchy exterior and chewy centre!

Special thanks to Mrs. Marilyn Santiago-Kerr for the above recipe.

#### Share your recipe with us!

If you have a healthy, cancer busting recipe, please send it to us and we will credit you on our website. We also welcome anyone who would like to demonstrate their recipes in our nutrition class. Please contact the Centre directly at [info@maggiescentre.org.hk](mailto:info@maggiescentre.org.hk)

## How You Can Help

You can help Maggie's in many different ways. Any help you can give is valued, and every donation helps us support people affected by cancer.

You can make a donation of any amount at any time – either as a one-off or a regular payment. You can also join one of the many fundraising events that we organise each year, create your own event, or volunteer and help make our events happen. Contact us today at [info@maggiescentre.org.hk](mailto:info@maggiescentre.org.hk).