

Maggie's Cancer Caring Centre Newsletter November 2015



Maggie's is like a home, a comfortable and free environment where I can be completely at ease.

Daisy, Centre User

Photo courtesy: Ng Siu Wah

Maggie's provides free informational, emotional and psychosocial 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.

Contents

Feature story -----	p.2
Activity highlight -----	p.3
Coming up -----	p.5
Maggie's volunteers -----	p.5
How you can help Maggie's -----	p.6

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Feature Story



Sam making balloons for students from Harrow International School Hong Kong who will be coming to Maggie's every Monday to lead different music and art sessions!



Sam, fellow service users, and staff of Maggie's after the Top Ten Regeneration Warriors award ceremony.



Video was shown at the ceremony with Sam in clown costume teaching other service users how to make creative balloons at Maggie's.

"What good does it do to me if I were granted 3 more years of life, but only by staying in bed 24/7?" Sam thought to himself, after fighting against cancer and living on the edge of life for 5 years, during which time he underwent various therapies. Side effects caused by the treatment took over his daily life, resulting in emotional rollercoaster and often misery. Last year, after careful consideration and consultation with his doctor, Sam decided to stop being treated. That said, he is not waving a white flag and quite the contrary, he never ceases to live every single day to its fullest by spreading seeds of happiness everywhere he goes.

"Life has certainly given us lemons," said Sam. "But we can make much more than just lemonade – lemon tarts, sherbet, cheesecake, the list goes on!" At his low ebb in between treatments, Sam sought comfort in Maggie's, a warm and welcoming place for those affected by cancer, and invited along his wife, who had also come to terms with cancer. Together with the help of Maggie's staff, other service users and Maggie's Choir, the couple has become stronger together and more active at the Centre, which they now call their "second home".

For more than 20 years, Sam and his wife had provided foster care to more than 21 children in Hong Kong, until Sam was diagnosed with lymphoma in 2009. This did not stop him from *giving*, however, even when cancer returned in 2012. Empowered after hitting his rock bottom, Sam took magic lessons and joined the "elder-clown team", bringing laughter to patients from all ages in hospital wards. He also became a self-taught balloon twister – his balloons, from a turtle wrist-band to a rose to a motorcycle, have brought much joy to volunteers, visitors, and other service users at Maggie's. A joy that is shared is a joy made double; Sam is now running balloon and other arts & crafts workshops at Maggie's to spread happiness and encourage those in need.

Cancer is now part of Sam's life that makes him a stronger person every day. Having witnessed Sam's transformation in the past years, Maggie's nominated Sam to be "Top Ten Regeneration Warrior of 2015", and on September 13, 2015, Sam was officially awarded by the Regeneration Society (he was the most senior among the ten!) for his courage and appreciation of life that inspired many others in different ways. Staff and service users of Maggie's were there to support and celebrate with him, alongside Sam's family and other friends.

When asked about his upcoming plans, Sam announced without a second's hesitation, "to join the body donation programme and become a 'silent teacher' as soon as I'm ready!" Constantly motivated by his motto to not lose hope and courage "in the midst of infinitely great sunset", Sam has demonstrated Maggie's ethos, "to not lose the joy of living in the fear of dying."

Activity Highlight



Social Media and Website Facelift

We are very excited about the facelift our [website](http://www.maggiescentre.org.hk) (www.maggiescentre.org.hk) received and hope it can provide more information on who we are and how we can help. Our facebook  [maggiescentrehongkong](https://www.facebook.com/maggiescentrehongkong) and instagram  [maggiescancercaringcentre](https://www.instagram.com/maggiescancercaringcentre) pages were also launched this summer - "Like" or "Follow" us if you haven't already!

Maggie's Choir 2nd Anniversary Party

Maggie's Choir 2nd Anniversary Party on July 21 gathered over 60 participants in the attendance, including current and former members of the choir, song writing groups, and instrument learning groups. Participants shared their experience and the impact music has on them, while reviewing activities and performances in the past year. It was an afternoon full of joy and laughter, and a memorable time to catch up with cancer survivors who have moved on to the next chapter in life.

Maggie's Choir is more than just a choir. It is a part of our music therapy programme which holds significant therapeutic value by easing sequelae especially from head and neck cancer treatment, whilst bringing together people who have also come to terms with cancer.



BGC Partners Charity Day

We are delighted and grateful that BGC partners donated an hour's trading fees from their Charity Day on September 11 to Maggie's. The BGC Charity Day, held annually, was founded to remember the 658 Cantor Fitzgerald colleagues who lost their lives in the 9/11 World Trade Centre bombings. Today the proceeds from this wonderful initiative help many charities around the world including Maggie's. Thank you!

Activity Highlight

Third Culture Kids Seminar

We hosted a fundraising event Third Culture Kids (TCK's) Seminar with renowned expert Lesley Lewis on September 22 at Maggie's. Lesley shared with us her insights, findings and experiences to help us identify the characteristics of TCK's, challenges of being one, and ways we can help them draw on their global lives. The seminar was hosted in support of Maggie's HK – a big thank you to Lesley and everyone who came to support!



Relish Kitchen 10th Anniversary Party in support of Maggie's Cancer Caring Centre

Relish Kitchen invited Maggie's HK to join them on their 10th Anniversary on October 6 at House of Madison. A dynamic catering company that offers an array of international cuisines at different events and parties, Relish Kitchen celebrated its anniversary with a great cause this year by giving all donations of the evening to Maggie's to further develop cancer care service. A big thank you to Relish Kitchen and founder Mrs. Taryne Napolitano, and everyone who came to support!



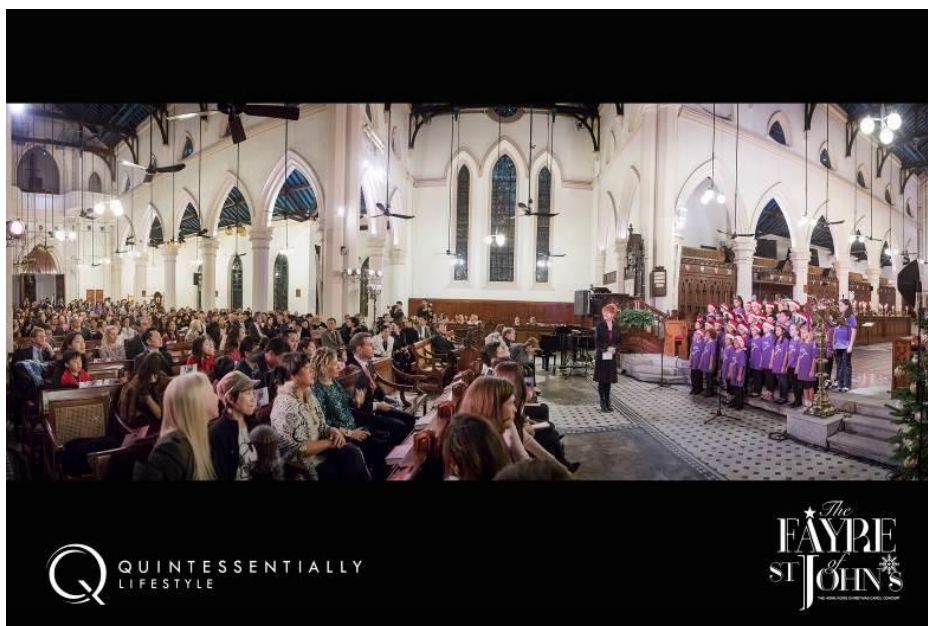
Maggie's Breast Cancer Awareness Month – October

October was Breast Cancer Awareness Month. We organised a series of programmes at Maggie's to raise awareness about its cause, prevention, diagnosis, treatment, and cure. Programmes included Breast Prosthesis Workshop, Wig & Hair Workshop, All-Natural Fragrance Workshop, and Chinese Nutrition Talk on Breast Cancer just to name a few.



Coming Up

The Fayre of St. John's, 2015



The Fayre of St. John's, 2015

Date: November 24, 2015

Time: 6:00pm to late

Venue: St. John's Cathedral | KEE Club

Donations: start at HKD2,500

Enquiries:

fundraising@maggiescentre.org.hk

Following the success of the inaugural event last year, ***The Fayre of St. John's, 2015*** in aid of Maggie's HK will be held on November 24, 2015, presented by Quintessentially Foundation and benefitting Maggie's HK.

The evening will include a line-up of entertainment at the St. John's Cathedral, followed by a Christmas themed afterparty at KEE Club where auctions with unique experiences will take place. Come join us to kick off the festive season for a good cause!

Maggie's Volunteers

Volunteers are essential members and valuable assets to Maggie's. From our regular fundraising events and projects, to our beautiful garden, library area, and office, we always need 'hands on deck' to make everything run smoothly.

This summer, we bid farewell to a member from our volunteer programmes who will be starting a new chapter in life this Fall. Let's hear what Hayley Young, our volunteer from Duke University, has to say!



“Volunteering at Maggie’s was a transformative experience for me. I never expected that my workplace, filled with individuals who have faced or are facing illness, would be such a warm and joyful environment. The staff taught me so much about communicating with and supporting users and have succeeded in creating a uniquely positive healthcare resource. The users and fellow employees that I met have given me a broader perspective on medicine and will help me become a better doctor.”

- Hayley Young

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.

Donation

You can make a donation of any amount at any time – either as a one-off or a regular payment.

DONATE ONLINE : Visit www.maggiescentre.org.hk for more details.

Fundraise for Us

You can join in one of the many fundraising events that we organise every year, or create your own fundraiser on [Charitable Choice](http://www.charitablechoice.org.hk) (www.charitablechoice.org.hk) and select **Maggie’s** as your designated charity. Create something based on your interests or try something new. Your fundraiser can be as adventurous as you like.

Celebrate with Maggie’s!



Turn your next birthday celebration into an occasion to support Maggie’s while getting your perfect gift! Send your invitations through www.twopresents.com and let your guests know that you are sharing your party with Maggie’s. Instead of bringing a gift, guests have the option to contribute money online. After the party, Twopresents splits the funds: one portion goes to you to buy your dream gift, the other goes to Maggie’s.

Let us know about any idea you have in mind so we can help support you and promote it online. Please get in touch with our Fundraising Team at fundraising@maggiescentre.org.hk or 2485 2131. Alternatively, you can drop into our Centre to speak to us in person.