

2024

# 當東方遇到西方 ~ 東西方的善終文化

## When East Meets West: A Bridge to End-of-Life Care

- 4/26 醫事專業論壇 (北加州)
- 4/27 社區講座 (北加州)
- 4/27 安心茶話屋 (北加州)
- 4/28 生命關懷志工培訓 (北加州)
- 4/29 社區講座 (北加州)
- 5/3 醫事專業論壇 (南加州)
- 5/4 社區講座 (南加州)
- 5/4 安心茶話屋 (南加州)

在生命末期的議題上，為在美華人提供一個有尊嚴而且受到尊重的社區。

A community in which Chinese Americans are able to face the end of life with dignity and respect.



美華慈心關懷聯盟  
Chinese American Coalition  
for Compassionate Care

K&W Family Foundation

Chinawind Foundation

AARP 樂齡會™  
活悅人生 實現可能

AARP  
California

COALITION FOR  
COMPASSIONATE CARE  
OF CALIFORNIA

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Palliative Care

華人健康促進計畫  
Chinese Health Initiative

ALZHEIMER'S  
ASSOCIATION



City of Hope



## About CACCC

Providing compassionate care, community service, education and outreach to the Chinese community and to the healthcare professionals who serve them, since 2005, the Chinese American Coalition for Compassionate Care (CACCC) is comprised of 200 organizations and over 5,500 individuals, globally. CACCC is the first coalition devoted to addressing end-of-life care concerns of the Chinese community. Recognized internationally, CACCC provides education and support in advance care planning, hospice and palliative care, mindful self-care, loss and grief, Doctor Talk, Spiritual Forum, Heart to Heart® Café Facilitator training and more.

自2005年以來，美華慈心關懷聯盟 (CACCC) 致力於為華人社區、病人、照顧者、志工和醫療專業人員提供社區生命末期相關資訊，教育培訓和病人陪伴。由200多個組織和超過5,500多位成員組成，遍及全球。美華慈心免費提供所有的正念自我照顧、失落與哀傷、事前療護計劃、安心茶話屋、慈心關懷講座、名醫論壇、明師論壇課程。

### 2023 CACCC Program Outcomes: Held a total of 235 programs with a total of 10,660 participants.

	慈心關懷講座 Compassionate Care Forum	明師論壇 What Ultimately Matters at the End of Life?	名醫論壇 Doctor Talk	正念自我照顧 分享圈, 讀書會 Mindful Self-Care, Support Group, Book Club	失落與哀傷 Loss & Grief
# of Event	52	11	12	106	12
# of attendee	4,048	2,138	1,627	1,362	260

	安心茶話屋 Heart To Heart Café	事前療護計劃 Advance Care Planning	志工及照顧者訓練 Volunteer & Care-giver Training	醫事人員訓練 Professional Training	總計 Total
# of Event	17	7	12	6	235
# of attendee	385	234	367	239	10,660

慈心關懷講座 Weekly Forum on Compassionate Care  
Every Wednesday: 10-11AM PT; 1-2PM ET Zoom Webinar ID: 843 9797 3750, Passcode: 2005  
報名: <https://tinyurl.com/mcsrweeklyevent>



名醫論壇 Redefining What Matters  
First Wednesday, monthly 4:30-6:00pm PDT Zoom Webinar ID: 859 6624 2894 Passcode:2005  
報名: <https://tinyurl.com/3hsw2j67>

明師論壇 生命末期 · 什麼最重要? Spiritual Forum: What Ultimately Matters at the End of Life?  
Second Wednesday, monthly 4:30-6:00pm PDT Zoom Webinar ID: 885 1464 5256 Passcode: 2005  
報名: <https://bit.ly/whatu>



正念的自我照顧: 八週課程 Mindful Self Care: 8 weeks classes 9/10-10/29/2024  
Tuesday 7:00-9:00PM PT, Asia Wednesday 10:00AM - 12:00PM · Virtual  
2024報名: [shorturl.at/pwZ12](https://shorturl.at/pwZ12)

失落與哀傷: 四週課程 Loss and Grief 4 weeks classes 6/3-6/24/2024  
Monday 4:00-6:00PM PT (Asia Tuesday 7:00AM - 9:00AM), Virtual.  
2024報名: <https://tinyurl.com/LossGriefC>



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## 當東方遇到西方 - 東西方的善終文化

### When East Meets West: A Bridge to End of Life Care

April 24 - May 7, 2024

美華慈心關懷聯盟 (CACCC) 表示，甫榮獲中國「人民好醫生」獎項肯定的路桂軍醫師已確認將在4月24日抵達美國，在加州進行為期十四天的訪問，教學與交流。

路桂軍醫師身兼清華大學附屬北京清華長庚醫院疼痛科主任，安寧療護團隊負責人及廈門長庚醫院疼痛科主任等職，主要從事疼痛醫學相關疾病的診療工作和臨終患者的安寧療護。診療過程中重視患者就醫體驗，關注患者生活質量，倡導醫學人文與醫療科技並重。“要讓患者有尊嚴的走完最後一程”是路桂軍深耕安寧療護領域的初心和使命，他認為生命教育任重道遠，如何平息痛苦，讓愛和關懷照亮歸途是醫生對生命最終的守護與敬重。

在2021年3月，路桂軍醫師在北京為自己辦了一場葬禮，他甚至自己躺進棺材裡體會逝者的感受，引起媒體大篇幅報導與關注。參加過自己的葬禮後，他更加能感同身受，患者即使在醫學角度上沒救了，他依然有疼痛需要緩解，有遺憾需要彌補，這就是安寧療護的重要任務。

配合路桂軍醫師訪美，美華慈心將於4月25日至5月7日在南北加州舉辦系列活動，包括東西方安寧緩和療護聯盟機構以及慈心關懷志工的交流、醫療人員講座、志工培訓、華人社區生命末期教育，和安心茶話屋。敬請密切關注聯盟四月初的最新消息 (Website & Newsletter)，並及早報名。

#### 北加州公開活動：

**4/26 El Camino Health: 醫事專業論壇**

**4/27 Stanford Health Care: 社區講座及安心茶話屋**

**4/28 El Camino Health: 美華慈心志工訓練**

**4/29 Bliss and Wisdom Northern California: 社區講座**

#### 南加州公開活動：

**5/03 City of Hope: 醫事專業論壇**

**5/04 St. Thomas Aquinas 天主教教堂 Parish Hall 社區講座及安心茶話屋**

美華慈心是一個 501(c)(3)的慈善機構 (稅號# 26-0895114)，自2005年以來，為華人社區、病人、照顧者、志工和醫療專業人員提供相關資訊，社區生命末期教育培訓和病人陪伴。美華慈心所有的正念的自我照顧、失落與哀傷、事前療護計劃、安心茶話屋、慈心關懷講座、名醫論壇、明師論壇課程都是免費提供，在全球13個國家廣受歡迎。

歡迎各單位和個人贊助美華慈心關懷聯盟，期待您的合作、參與、支持與捐款。

您的慈善捐款享有 100% 的免稅優惠。Tax ID: #26-0895114

網上捐款: <http://www.caccc-usa.org/ch/donation.html>

臉書捐款: <https://www.facebook.com/CACforCC/>

支票捐款: 請寄至 CACCC, P.O. Box 276, Cupertino, CA 95015

媒體聯絡人: 南加 Shirley Pan: [Shirley@caccc-usa.org](mailto:Shirley@caccc-usa.org) Phone# 626-277-5775

北加 Ling Chiu : [ling@caccc-usa.org](mailto:ling@caccc-usa.org) Phone# 408-930-5137

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## Guijun Lu, MD

Director, Pain Management

Tsinghua Changgong Hospital Xiamen Changgong Hospital

### 路桂軍醫師

清華長庚醫院、廈門長庚醫院疼痛科主任

#### Professional Background and Specialties:

Chronic pain: diagnosis and treatment

Pelvic and perineal pain, cancer pain management

Peripheral neuralgia, emotion-related pain management

Palliative care and end of life education.

#### 專業方向：

慢性疼痛診療，盆腹會陰痛、

癌痛管理、安寧療護、

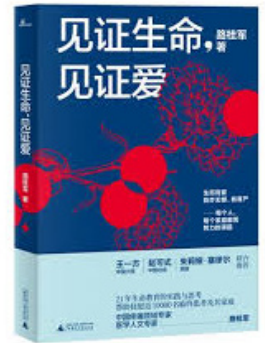
周圍神經痛、情緒相關疼痛、

生命教育。

配合路桂軍醫師訪美，美華慈心關懷聯盟將於4月25日至5月7日在南北加州舉辦活動。  
敬請密切關注聯盟四月初的最新消息 ([Website](#) & [Newsletter](#)), 並及早報名。

我是大陸安寧療護从业者路桂軍医生。四年前偶然机会武汉一次安寧療護培训会Sandy老师的讲课。嗯，Sandy老师丰富的社会工作经验及安寧療護理念瞬间让我耳目一新，给我留下了非常深刻的印象。会后交流中彼此志同道合十分欣喜留下了联系方式，并由此了解到在美国有个

“美華慈心關懷聯盟”从事華語世界的安寧療護工作，随着了解的深入，四年来多次参加美華慈心“安寧療護名醫講堂”演讲，和来自世界各地的安寧療護學界同仁交流学习，收获颇丰！美華慈心真是一个爱心满满的大宝藏在这儿有来自世界各地的華語世界安寧療護从业专家，他们理念领先、学识丰厚、全新的工作方法更是让我耳目一新，四年来一直很感激这份遇见，荣幸有缘携手，希望能为推动东方特色的安寧療護，造福華語世界广大病患做出贡献。



### “好消息”

路醫師簽書會將分別在北加、南加活動現場舉行，現場捐款超過\$100.00可獲贈路桂軍醫師著作「見證生命，見證愛」簽名書一本。



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# CACCC Speakers 講師簡介



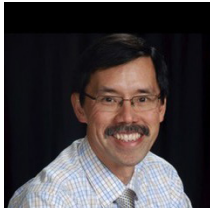
**Bill Leung, Chaplain**, was born and raised in Hong Kong. He came to the US for his college education and graduated from UC Berkeley in Finance and from Sacramento State University with his MBA degree. He worked many years as Corporate Controller, in various industries. In 2013 he took early retirement and enrolled at Stanford Hospital's Clinical Pastoral Education program to be trained as hospital chaplain. After one year full time training, he began working at El Camino Hospital in Mt. View as chaplain. Bill found his passion in serving patients' spiritual and emotional needs. He co-founded Connect Church Silicon Valley in West San Jose in 2023 and is serving as an Elder.



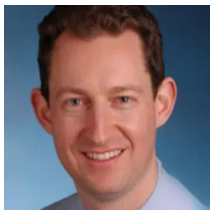
**Emiley Chang, MD, MPH, CACCC Co-Chair**, graduated from Stanford University Medical School and completed internal medicine residency at UC Davis and geriatrics fellowship at UCLA. She currently works as an internist and geriatrician at the Los Angeles County Department of Public Health and Harbor-UCLA Medical Center. She has completed additional training in health services research, integrative medicine, and palliative care. Her goal is to improve the quality of care and promote holistic wellbeing for diverse older adults in the county through team-based and community-partnered strategies.



**Esther Luo, MD**, graduated from the University of California Davis School of Medicine, where she also co-directed the Paul Hom Asian Clinic. She completed an internal medicine residency and a chief residency at Santa Clara Valley Medical Center, as well as a palliative medicine fellowship at Harvard Medical School. Currently Dr. Luo is an associate professor at the Kaiser Permanente Institute of Medical Education. Dr. Luo leads the outpatient palliative care program at Kaiser Permanente Santa Clara Medical Center where she has established an Oncology Supportive Care Clinic and recently initiated a home health specialty palliative care program.



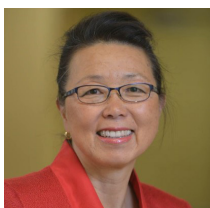
**Gary S. Lee, MD, CACCC Co-Chair**, is a board-certified internist, geriatrician, and hospice/palliative medicine physician. He worked for over 25 years as a general internist and palliative care doctor at Santa Clara Valley Medical Center, and he helped to start and develop the palliative care program at SCVMC. He is semi-retired but continues to teach and see patients with the inpatient palliative care team at SCVMC and serves as a hospice physician with Suncrest Hospice in the San Francisco Bay Area. He is the co-president of the CACCC board of directors and a board member with the Coda Alliance.



**Gideon Sughrue MD, DAOM, L.Ac.** is the Co-Medical Director of Palliative Care at El Camino Health, Mountain View CA. He is a Hospice and Palliative medicine specialist and has over 16 years of experience in the medical field. He graduated from Drexel University with his Medical Degree, later he attended Five Branches University and graduated with a Doctorate in Acupuncture and Oriental Medicine. He is also a licensed acupuncturist. He practices Palliative and Integrative Medicine at El Camino Health.



**Grant Smith, MD** is a palliative care physician and Clinical Assistant Professor of Medicine at the Stanford School of Medicine. He is the medical director of the Stanford Palliative Care Community Partnerships Team. He received his MD from Harvard Medical School and completed his internal medicine residency and palliative medicine fellowship at the University of California, San Francisco. He is an attending on the inpatient palliative care team at Stanford and in the outpatient palliative care clinic in Palo Alto.



**Jane Lombard, MD** received her medical degree from Stanford University and an MBA from Santa Clara University. She holds board certification in internal medicine and cardiology, and specializes in women's heart care and preventative cardiology. Currently she serves as the medical director of Women's Heart Center, and is a member of the Ethics Committee of El Camino Health.



# CACCC Speakers 講師簡介



**Jeanne Wun 劉溫潔貞** is a founding CACCC board member and served as the board chair from 2009-2011. For over ten years, she was the community engagement manager with Hospice of the Valley, San Jose CA. Jeanne manages the English media relations and grant writing for CACCC. She was a primary caregiver for her mother, father and her Auntie. At the close of their respective lives, they received hospice care. Jeanne is a longtime proponent of advance care planning, hospice and palliative care. She is a certified yoga instructor and a Yu-Ai Kai, and AARP California, San Jose volunteer.



**Jenny Lu, LCSW, OSW-C, CSW-G, ACHP-SW** is a Clinical Social Worker III in the Department of Supportive Care Medicine at City of Hope. Jenny is a Licensed Clinical Social Worker with over 35 years of experience in Medical Oncology for pediatric and adult populations and in private practice. Jenny has specialty certifications in Gerontology and Advanced Hospice and Palliative Care awarded by the National Association of Social Work, the distinguished Oncology Social Work certification by the Board of Oncology Social Worker and is a certified Havening Practitioner by the International Havening Institute.



**Kaifan Zhao, NP** is a dedicated bilingual healthcare professional fluent in both Mandarin and English, specializing in palliative medicine. With over 13 years of experience, he brings a wealth of expertise to his practice. Mr. Zhao is certified by the End-of-Life Nursing Education Consortium (ELNEC) and has a diverse background encompassing telehealth, Goals of Care Planning Committee, Substance Use Referral Committee, hospice care, as well as pain and symptom management in both in-patient and out-patient settings.

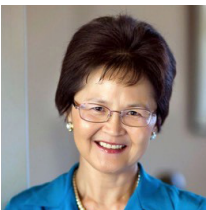


## **Peining Chang, ACSW**

Senior Community Engagement Manager - Diversity, Equity and Inclusion

Alzheimer's Association Northern California and Northern Nevada Chapter

阿滋海默症協會北加州與北內華達州分會多元化、平等與包容資深社區參與經理。負責提高亞太裔社區對阿滋海默症與相關失智症以及腦部健康相關主題的關注；推廣社區教育、提供家屬及照護者的訓練與支持服務；提供早期患者的支持項目、轉介服務、諮商輔導與危機處理；推動亞太裔參與公共政策權益倡導以及研究的參與。



**Sandy Chen Stokes, RN, MSN, CACCC Founder and Executive Director** has focused much of her career and volunteer activities on end of life care, elder care, public health, and mental health issues in the Chinese American community. For her work with the CACCC, in 2008 Sandy was one of 15 nationally to receive the American Cancer Society's Lane Adams Award. She was one of 10 in the nation to receive the 2011 AARP Inspire Award. Sandy was presented with the 2017 Compassionate Care Innovator Award for her extraordinary role in improving the quality of advance care planning and palliative care in CA at the Coalition for Compassionate Care of California. Sandy is a member of the advisory board for the Chinese Health Initiative Project at El Camino Hospital in Mountain View, CA.



**Sorin Buga, M.D.**, is a clinical professor in the Department of Supportive Care Medicine, focusing on palliative care medicine. He joined City of Hope in 2013 from Moffitt Cancer Center in Tampa, Florida, where he was an assistant member in the Psychosocial and Palliative Care Department. Concurrently, he served as an assistant professor in the Department of Oncologic Services at the University of South Florida's College of Medicine.

美華慈心關懷聯盟19歲了！在華人生命關懷服務的領域中，千萬不要小看自己“一點點”的愛心付出。因為就是大家這些“一點點”的愛心，成就了今天的美華慈心關懷聯盟。

陳明慧 Sandy Chen Stokes, RN, MSN 美華慈心關懷聯盟創辦人及執行長

~ 美華慈心感謝並歡迎您的參與和支持。 ~

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## CACCC Acknowledgments Special Thanks and Gratitude

美華慈心關懷聯盟衷心感謝來自社區的愛與支持,  
謹為即將受惠的華人向您說聲:謝謝

Platinum \$ 10,000 K&W Family Foundation  
Silver \$ 5,000 Chinawind Foundation  
Silver \$ 5,000 AARP 樂齡會 and AARP California  
Bronze \$ 2,500 SCAN medicare advantage  
Bronze \$ 2,500 Coalition for Compassionate Care of California  
El Camino Health  
Stanford Health Palliative Care  
United Pacific Financial Services, Inc.  
Alzheimer's Association  
Bliss and Wisdom Foundation of Northern California  
City of Hope  
Happy 50 Plus Foundation

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CACCC Staff 工作團隊  
Gail Lam - Project Specialist  
Ling Chiu - Office Supervisor  
Mona Lao - Program Coordinator  
Sandy Chen Stokes, RN, MSN - Executive Director

*CACCC graciously acknowledges and thanks all our sponsors, donors, friends, supporters and volunteers who were not listed by request or unintentional omission or due to publication deadlines.*

感謝的人不計其數,若有疏漏,或礙於截稿期限無法逐一刊登,敬請原諒。

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# 當東方遇到西方 ~ 東西方的善終文化

WHEN EAST MEETS WEST: A BRIDGE TO END-OF-LIFE CARE

**4/26 週五 9:00 - 11:30AM**

英文演講  
現場和網上活動

**El Camino Health** 醫事專業論壇 <https://tinyurl.com/professional-forum>

Meeting ID 885 8491 5059 Passcode 2005



**4/27 週六 9:30 - 11:30AM**

普通話演講  
現場和網上活動

**Stanford Health Care** 社區講座 <https://tinyurl.com/Stanford-Health-Care>

Meeting ID 894 8315 0061 Passcode 2005



**4/27 週六 1:30 - 3:30PM**

以普通話進行  
僅限於40位  
現場參與

**Stanford Health Care** 安心茶話屋

<https://forms.gle/a9QVxBaanU27BQ119>



**4/28 週日 9:00 - 11:00 AM & 1:30 - 3:30 PM**

**El Camino Health** 生命關懷志工培訓

<https://tinyurl.com/39rmknc>

Meeting ID 835 5285 5292 Passcode 2005

普通話演講  
現場和網上活動



**4/29 週一 7:00 - 9:00PM**

**Bliss and Wisdom Northern California** 社區講座

<https://tinyurl.com/9n8kk33r>

普通話演講  
網上活動



**5/3 週五 9:00 - 10:30 AM**

**City of Hope** 醫事專業論壇 <https://tinyurl.com/CityOH>

Meeting ID 824 9648 4318 Passcode 2005

英文演講  
網上活動



**5/4 週六 9:30 - 11:30 AM**

**St. Thomas Aquinas 天主教教堂 Parish Hall**

社區講座 - 末期患者生活質量與死亡品質 <https://tinyurl.com/4mtra2zs>

普通話演講  
現場和網上活動



**5/4 週六 2:00 - 4:00 PM**

**St. Thomas Aquinas 天主教教堂 Parish Hall**

安心茶話屋 <https://forms.gle/a9QVxBaanU27BQ119>

以普通話進行  
現場活動

