

美華慈心關懷聯盟20週年慶

CACCC 20th Anniversary Celebration



慈心永續：以人為本的 AI 照護藍圖

Compassion in Action: Embracing Caregiving with Human-Centered AI

2025年8月9日-8月21日
August 9-21, 2025



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This program has been made possible in part by a grant from Silicon Valley Community Foundation, Stanford Palliative Care Community Partnerships Team, UCSF/Mount Zion MERI Center for Palliative Care Education, Palo Alto Foundation Medical Group Community Health Care Endowment Fund, and County of Santa Clara Behavioral Health Services.



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FAST FACTS

A coalition model, the Chinese American Coalition for Compassionate Care (CACCC) is the first coalition devoted to addressing end-of-life care concerns in the Chinese American community

Our Mission

- Encourage dialogue among Chinese Americans about end-of-life issues so that it is viewed as a natural part of life.
- Enhance advanced illness and end of life care by improving advance care planning and decision-making for Chinese Americans through community outreach education and volunteer, caregiver, and health professional training.
- Empower Chinese Americans by improving access to end-of-life resources: producing original Chinese language materials or translating existing materials into Chinese and providing referrals to appropriate agencies.
- Use a coalition model, where expertise and resources are shared, to ensure Chinese Americans receive exceptional end of life care and services that address physical, psychosocial, emotional and spiritual needs.

Our Vision

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

Coalition Model

Award-winning, innovative, active coalition consists of 250 global partners in US, Canada, Taiwan, China, Malaysia and Hong Kong. Over 7,000 individuals have participated in CACCC programs, globally.

Partners: Partner organizations include, but not limited to hospitals, hospices, palliative care collaboratives, nursing homes, senior centers, schools, funeral homes, community organizations, and churches.

Who We Serve

The Chinese community and the healthcare professionals who serve them through collaborations with partner organizations in the US, Canada, Taiwan, China, Malaysia, Hong Kong, and other countries.

Operating Budget: Approx. \$200,000

Donations are graciously accepted.

Donate: <https://caccc-usa.org/en/donate/>

Products & Services (Developed and Produced)

- Heart to Heart® Cards & Heart to Heart® Café
- Mindful Self-Care Programs
- Doctor Talk
- Spiritual Talk
- Loss & Grief
- Poetic Medicine for Grief
- Suicide Prevention
- DVDs; 200+ YouTube videos; Loving Life: Understanding Hospice; ACP short films/videos: AARP, UCSF & Mettle Health
- Books: *Learning to Let Go: Saying Goodbye Peacefully*, *Advance Care Planning and Hospice & Palliative Care*

Global education and outreach to Chinese communities and to healthcare professionals who serve them.

Social Media

<https://www.facebook.com/CACforCC>

<https://www.youtube.com/channel/UCHPZ2zXzcr-iDX5A71ax-nA> and Website: caccc-usa.org

Founded and Incorporated

December 2005; California nonprofit corporation 2007 501(c)(3) tax exempt status

Number of Employees: One full time and two part time

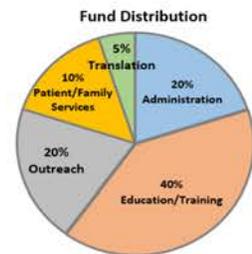
Number of Volunteers: 500+

Annual Average Volunteer Hours: 20,000

Board of Directors: 9-15-member volunteer board is comprised of health and medical professionals, community leaders, family caregivers, and individuals dedicated to the mission.



Heart to Heart® Café



Programs

- Advance Care Planning (ACP) workshops
- Heart to Heart® Cafés
- Caregiver and volunteer trainings
- Community education and outreach
- Professional healthcare forums, seminars, workshops
- Produce and translate English and Chinese end of life resources and materials
- Hospital Volunteer Patient Ambassador program
- Compassionate Care Forum
- Mindful Self-Care Programs, Book Clubs, Caregiver Support Groups
- Doctor Talk
- Spiritual Talk
- Loss & Grief
- Poetic Medicine for Grief
- Suicide Prevention
- Toll free Warm Line: (866) 661-5687

Contact CACCC

PO Box 276, Cupertino CA 95015

Email: info@caccc-usa.org

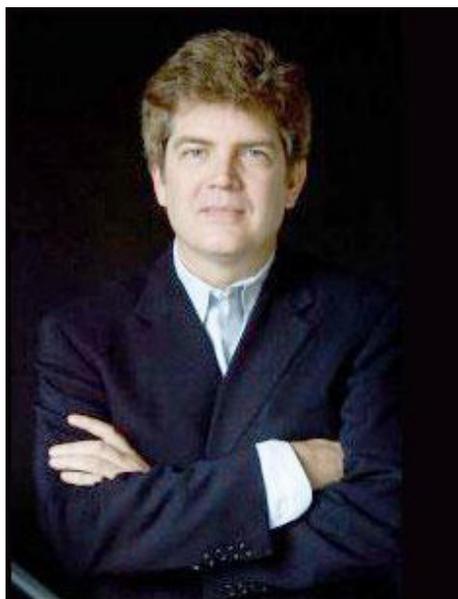
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美華慈心關懷聯盟
Chinese American Coalition
for Compassionate Care
www.caccc-usa.org

August 2025

Learning to Let Go



This illustration was done for CACCC by Jack Ohman, contributing columnist and editorial cartoonist for the San Francisco Chronicle. His work appears in 200 newspapers in the United States. Ohman was awarded the 2016 Pulitzer Prize for Editorial Cartooning and was a Pulitzer finalist in 2012. He has also received the 2009 Robert F. Kennedy Journalism Award, the 2011 Society of Professional Journalists/Sigma Delta Chi Award, the 2011 Scripps Howard Journalism Award, and the 2002 National Headliner Club Award. He was a finalist for the 2013 Herblock Prize. He is the recipient of the Harrison E. Salisbury Award from the University of Minnesota and has won the Best of The West award. Ohman is the author of ten books.

The Care Package - Father's Last Days

by Jack Ohman

1

THERE COMES A MOMENT IN TAKING CARE OF A PARENT WHEN YOU KNOW THERE'S NO TURN-AROUND. THERE'S NO "GETTING WELL SOON" OR "HE'LL FIGHT BACK LIKE HE ALWAYS DOES."



2

I KEPT TRYING TO HAVE WHAT I HAD HOPED WOULD BE "MEANINGFUL CONVERSATIONS." DAD PRETTY MUCH REFUSED TO HAVE THEM.

THIS ONE REALLY STUCK WITH ME, WHEN HE WAS IN THE CARDIAC CARE UNIT THE NIGHT BEFORE HIS SURGERY.



3

HE DID RECOVER FROM THAT ONE. BUT THE BACK SURGERY WAS EXTREMELY CHALLENGING. THE ONLY TIME I EVER LOST MY TEMPER WITH HIM WAS WHEN I TALKED TO HIM ABOUT HIS DRINKING IMMEDIATELY BEFORE THE DANGEROUS SPINAL FUSION OPERATION. HE CALLED IT A "HAIL MARY."



4

FOR THOSE OF YOU UNFAMILIAR WITH THEM, REHAB CENTERS ARE FOR PEOPLE WELL ENOUGH TO BE DISCHARGED FROM A HOSPITAL, BUT WHO NEED SKILLED CARE. MY DAD WAS IN AND OUT OF THEM FOR MONTHS.



5

DRINKING AND HIS RELATIONSHIP WITH IT WAS, SHALL WE SAY, A CONSTANT CONCERN...



6

I WOULD VISIT DAD EACH DAY, SOMETIMES TWICE. YOU COULD TELL HOW GOOD THE FACILITY WAS BY THE QUALITY OF THE TELEVISION SETS...



7

I WAS SO EXHAUSTED BY THE CROSSTOWN COMMUTE TO THE REHAB, AND I USUALLY COULDN'T GET TO MY OWN TEENAGE KIDS UNTIL 8 OR LATER EACH NIGHT...



8

ALL HE WANTED TO DO WAS GO HOME. ME, TOO. BUT THE LAST YEAR WAS AN ENDLESS CYCLE OF EMERGENCY ROOM RUNS. I WOULD RACE TO WHEREVER THE AMBULANCE TOOK HIM, AND WAS GRATEFUL IT WAS USUALLY THE ONE BY MY HOUSE ABOUT A MILE AWAY.



The full story of Jack Ohman's "The Care Package - Father's Last Days" can be found on the CACCC website after August 25: www.caccc-usa.org

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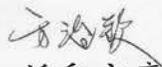
今年是美華慈心關懷聯盟（CACCC）成立二十週年的重要里程碑。我們致力於為面對重病與人生終期挑戰的華人社區，提供具有文化敏感度與同理心的關懷與支持。

本次活動主題為「愛的實踐：擁抱以人為本的人工智慧照護」，不僅回顧過去的努力，也展望一個科技與人性同行的照護未來。

首次加入 CACCC 並擔任本次活動主席，我感到非常榮幸。籌備過程充滿學習與感動，更讓我深刻體會這個團隊的溫暖與力量。

特別感謝所有參與籌備的志工們，是他們的熱情、堅持與付出，成就了今天的活動。他們是真正實踐慈心精神的行動者。

感謝您的蒞臨與支持。願我們在今天的交流與啟發中，攜手前行，拓展更有愛的照護未來。


方治欽， 活動主席

This year marks the 20th anniversary of the Chinese American Coalition for Compassionate Care (CACCC) — a meaningful milestone for an organization dedicated to providing culturally sensitive, compassionate care to Chinese American communities facing serious illness and end-of-life challenges.

Our theme, “Compassion in Action: Embracing Caregiving with Human-Centered AI,” reflects both where we’ve been and where we are headed. As we celebrate two decades of service, we also look to a future where innovation supports — rather than replaces — the deeply human work of caregiving.

It is a true privilege to serve as Event Chair for this special occasion. As someone newly joined to CACCC, this has been an incredibly humbling and inspiring experience. From day one, I’ve been deeply moved by the mission and heart of this community.

I especially want to recognize the amazing volunteers who have made this event possible. Their dedication, warmth, and tireless efforts are a testament to the very compassion we hope to amplify.

Thank you for being part of this meaningful moment. May today spark connection, reflection, and renewed commitment to care — together.


Danny Fang, Event Chair

CITY OF MILPITAS

PRESENTS THIS

COMMENDATION

TO THE

CHINESE AMERICAN COALITION FOR COMPASSIONATE CARE

Compassion in Action: Embracing Caregiving with Human-Centered AI

On behalf of the Milpitas City Council, I, Mayor Carmen Montano, would like to congratulate the **Chinese Coalition for Compassionate Care (CACCC)** for the **Compassion in Action: Embracing Caregiving with Human-Centered AI Celebration and Fundraiser** on Saturday, August 9, 2025, at the Milpitas Community Center, 457 E. Calaveras Boulevard, Milpitas, CA. Commemorating two decades of dedication from the Chinese American Coalition for Compassionate Care. This milestone is celebrated through Compassion in Action, honoring caregivers and embracing technology that strengthens human connection. Your commitment to compassion and community continues to inspire and uplift many lives.

Congratulations on this wonderful event!



Presented on this 9th day of August 2025


Mayor Carmen Montano

Certificate of Recognition

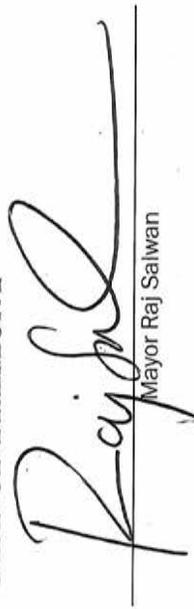
This certificate is awarded to

Chinese American

Coalition for Compassionate Care (CACCC)

In recognition of Chinese American Coalition for Compassionate Care's (CACCC) 20 years of service to the Chinese American community and the healthcare professionals who serve them.

CITY OF FREMONT


Mayor Raj Salwan

 **CITY OF
Fremont**

July 11, 2005
Date

Letter from Co-Chair Emiley Chang, MD, MPH



Emiley Chang, MD, MPH

Twenty years ago, YouTube just started as a new video platform, Hurricane Katrina devastated the Gulf Coast, and POLST forms were not yet legal in California. Fast forward to 2025, where we live in a world where technology has revolutionized the ways we communicate and artificial intelligence is dominating conversations about the future. Much has changed, yet the importance of genuine human connection has not. The COVID-19 pandemic and the devastating California wildfires proved that our community is most resilient when we unite and support each other.

I first met CACCC's founder Sandy Chen-Stokes as an internal medicine resident nearly 15 years ago when I organized a training on advance care planning for medical students volunteering at a local free clinic with a large Asian American patient population. Sandy emphasized the value of advance care planning as a process rather than a set of forms, and she demonstrated how starting a conversation through the use of Heart to Heart cards can be a powerful way to overcome cultural taboos and understand what matters most. I was inspired by her advocacy and passion for the topic and the changes accomplished by this grassroots volunteer organization. It is testament to her influence as a role model and mentor that I myself train future physicians on advance care planning. The lessons and principles she taught me have remained essential to my work as a geriatrician in the safety net.

As the Chinese American Coalition for Compassionate Care (CACCC) celebrates its 20th anniversary this year, I want to highlight its accomplishments as a champion for health equity. To this day, we remain the only U.S. organization dedicated to advancing palliative care and end of life education in the Chinese American community. CACCC has never wavered from its mission to provide a whole person approach to care during serious illness and at the end of life, including spiritual, mental, and social dimensions. CACCC remains a highly respected source of information and education for health care professionals on best practices for culturally and linguistically appropriate care and is a trusted community partner for many nonprofits and universities. During the COVID-19 pandemic, CACCC expanded to online educational programs, including a virtual version of Heart to Heart Cafes, mindfulness course, and monthly health lectures.

I am proud to be a CACCC Board Member and a part of this movement which has expanded from California to New York and Asia. I am deeply thankful to our dedicated volunteers and our generous donors for their commitment to CACCC's mission. I look forward to seeing the legacy and impact we can make together in the years to come.

Letter from Co-Chair Simon Chow, RPh, LAc, MS

與慈心同行的十三年——獻給美華慈心關懷聯盟二十週年

轉眼之間，我在美華慈心關懷聯盟（Chinese American Coalition for Compassionate Care, CACCC）這個溫暖有愛、專為生命末期患者、家屬與照顧者服務的團體中，已經走過了十三年頭。回想起初入這個大家庭的那一刻，仍歷歷在目。

那是十三年前一個寧靜的週末午後，我已故的弟弟Paul帶我認識了CACCC的創辦人——陳明慧女士（Sandy）。她身形嬌小、儀態溫婉，站在我那身高六尺、體重兩百磅的弟弟身邊，看起來顯得有些柔弱。但當她開口分享她創立CACCC的初衷時，那股溫柔中的堅定，那份憫人之心與深刻的悲憫情懷，立刻打動了我。

Sandy說話時眼神堅毅、語氣誠懇，她為了讓在美華人在面對人生最後一段路時，能夠有更完善、更有尊嚴的照顧與陪伴，投入了無數心力。那一刻，我深刻地體會到什麼是「行菩薩道」——而她，就是我心的那位在人間行菩薩道的實踐者。也因為這份敬佩與感動，我便這樣默默地走進了CACCC，一待就是十三年。

美華慈心關懷聯盟自2007年於加州註冊成為501(c)(3)非營利組織，這些年來始終以推廣臨終關懷、生命教育及家庭支持為使命。剛加入時，我主要參與的工作是為病患、志工與照顧者們提供中西藥整合的專題講座。透過這些活動，我有幸接觸到一群可敬又可愛的志工們。

他們常說的一句話，讓我至今難忘：「當我們陪伴那些意識清醒、卻孤身一人的臨終患者時，我們不是在完成任務，而是在奉獻愛。」這群志工們無私奉獻的精神、細膩的關懷、堅定的守護，讓我真正感受到這個團體的凝聚力與向心力。

不久之後，Sandy邀請我加入董事會，也開啟了我更深層的參與之路。我開始接觸「安心茶話屋」的培訓與主持，這是一場場輕鬆卻深刻的小聚，讓華人社區能以自在的方式，談論生死、面對生命的終章。在華人文化中，「談死」往往是禁忌，然而Sandy卻勇敢地帶領我們，透過取得Coda Alliance的授權，製作了安心卡（Heart to Heart® cards），並結合茶敘文化，創辦了「安心茶話屋」，讓更多家庭能坦然面對「善終」的議題。

2019年，在COVID-19疫情尚未爆發之前，Sandy前瞻性地與舊金山的Zen Caregiving Project（前 Zen Hospice Project）合作，引進其授權的「正念自我照顧」課程，並以中文教授，免費提供八週的線上學習。這門課程涵蓋正念溝通、培養慈心、自我照顧、人我分際、失落與哀傷等主題，專為華人社區量身打造。

我仍記得當時我們忙碌的翻譯、改編教材、並且完成了講師訓練。忙碌的籌備與期待，直到課程正式開課的那一天，那種喜悅與成就感難以言喻。這六年間，在正念導師雷叔雲老師的引領下，課程、分享圈與讀書會已陪伴並培育了近1,200位學員。由於是線上課程，學員們遍佈全球五大洲，並進一步帶動了香港、台灣、馬來西亞與中國地區的安心茶話屋推廣與安心卡認購。

在這段教學與學習的旅程中，我深刻體會到「教學相長」的真義。每一次分享，不只是傳遞知識的過程，更是一次深度的自我學習與成長。正念課程的討論與交流，讓我意識到自己知識的不足，並從學員們的反饋中補足盲點，啟發新的理解與實踐。



周志清
Simon Chow, RPh, LAc, MS

Letter from Co-Chair Simon Chow, MS (cont'd)

與慈心同行的十三年——獻給美華慈心關懷聯盟二十週年（續）

十三年來，我從Sandy、每一位志工夥伴、每一場茶話屋、每一堂正念課中，獲得了難以計數的啟發與感動。這些經歷成為我生命中最珍貴的養分，也是我堅持走下去的動力。

今天，站在美華二十週年的里程碑上，我感到無比榮幸與感恩。未來，我仍會繼續用心學習、用愛付出，陪伴更多華人家庭走過生命旅程的每一步。我也誠摯邀請每一位有心人，加入我們的志工行列，因為在這裡，你會發現，給出愛的同時，也收穫了更多愛。

讓我們一起，用慈心與智慧，為這個世界添一份溫暖與希望。

註：舊金山Zen Caregiving Project其原始的英文正念照顧課程，Mindful Caregiving Education，旨在幫助照顧者培養正念與慈悲心，提升情緒韌性，並有效應對壓力與失落。這些課程涵蓋病人、志工、醫療專業、家庭照顧者、專業照顧者及社區大眾等對象，並提供客製化的課程內容。

Thirteen Years Walking with Compassion — Dedicated to the 20th Anniversary of the Chinese American Coalition for Compassionate Care (CACCC)

In the blink of an eye, I've spent thirteen years with the Chinese American Coalition for Compassionate Care (CACCC)—a warm and loving organization dedicated to serving those at the end of life, along with their families and caregivers. The moment I first joined this big family still feels vivid and fresh in my memory.

It was a quiet weekend afternoon thirteen years ago when my late brother, Paul, introduced me to the founder of CACCC—Ms. Sandy Chen Stokes. Petite and gentle in demeanor, she stood next to my six-foot-tall, 200-pound brother and appeared somewhat fragile by contrast. But the moment she began sharing her inspiration for founding CACCC, I was deeply moved by the strength behind her gentleness, her compassion for others, and the profound empathy she carried in her heart.

When Sandy spoke, her gaze was resolute, and her tone sincere. She had poured endless time and energy into ensuring that Chinese Americans could receive better and more dignified care and companionship at the end of life. In that moment, I truly understood what it means to walk the Bodhisattva path—and she, to me, is a living embodiment of that ideal. Out of admiration and a deep sense of being moved, I quietly stepped into CACCC—and I've stayed ever since.

Since its founding in 2007 as a 501(c)(3) nonprofit in California, CACCC has been committed to its mission of promoting end-of-life care, life education, and family support. When I first joined, my main role was to provide integrative medicine seminars for patients, volunteers, and caregivers. Through these events, I had the great fortune of meeting a group of truly admirable and lovable volunteers.

One phrase they often said left a lasting impression on me:

“When we accompany conscious, yet solitary, end-of-life patients, we're not completing a task—we are offering love.”

Their selfless spirit, attentive care, and unwavering presence helped me truly feel the unity and shared mission of this organization.

Letter from Co-Chair Simon Chow , MS (cont'd)

Not long after, Sandy invited me to join the Board of Directors, which opened the door to a deeper level of involvement. I began to take part in the training and facilitation of the Heart to Heart Cafés—intimate, yet meaningful gatherings where Chinese community members could comfortably discuss death and the final chapter of life. In Chinese culture, death is often a taboo subject. Yet, Sandy courageously led us in addressing it head-on. Through a partnership with Coda Alliance, we were authorized to use the Heart to Heart® cards, and by integrating the tradition of tea gatherings, we launched the Heart to Heart Café initiative—enabling more families to confront the topic of a “good death” with openness and grace.

In 2019, even before the COVID-19 pandemic broke out, Sandy had the foresight to partner with the Zen Caregiving Project (formerly Zen Hospice Project) in San Francisco, bringing in their Mindful Caregiving Education curriculum. We adapted and offered it in Chinese as a free, eight-week online course. The curriculum covered topics like mindful communication, cultivating compassion, self-care, establishing healthy boundaries, grief and loss—tailored specifically for the Chinese-speaking community.

I still remember those hectic days translating and adapting the materials, completing the training to become a facilitator. The preparation was intense, but when the course finally launched, the joy and sense of accomplishment were beyond words. Over the past six years, under the guidance of mindfulness teacher Teresa Chen, the classes, sharing circles, and book clubs have supported and nurtured nearly 1,200 participants. Because the courses were held online, students joined from across all five continents, which in turn spurred the expansion of Heart to Heart Cafés and the adoption of Heart to Heart® cards in Hong Kong, Taiwan, Malaysia, and mainland China.

Throughout this teaching and learning journey, I’ve come to deeply understand the concept of “teaching and learning go hand in hand.” Each time I taught, it wasn’t just a knowledge-sharing session—it was also an opportunity for deep personal learning and growth. The discussions and exchanges in the mindfulness classes made me aware of my own blind spots and shortcomings, and the feedback from participants continuously inspired new insights and practices.

Over the past thirteen years, I’ve received countless moments of inspiration and deep emotion from Sandy, from every volunteer partner, from each Heart to Heart Café, and every mindfulness session. These experiences have become the most precious nourishment in my life—and the very reason I remain committed to this path.

Today, standing at the milestone of CACCC’s 20th anniversary, I feel an overwhelming sense of honor and gratitude. Looking ahead, I will continue learning with heart, giving with love, and walking with more Chinese families through each step of life’s journey. I also sincerely invite everyone who is willing to serve to join our team of volunteers—because here, you’ll discover that in giving love, you also receive even more love in return.

Let us work together—with compassion and wisdom—to bring a little more warmth and hope into this world.

Thanks
Simon

CACCC服務項目 Programs

- 事前療護計劃的宣導
 - 安心茶話屋
 - 照顧者與志工培訓
 - 社區生命關懷教育
 - 醫事專業人員研討會、講座、工作坊
 - 製作和翻譯生命末期教材
 - 醫院親善大使病人探訪服務
 - 慈心關懷講座
 - 正念自我照顧課程、讀書會、照顧者支持小組
 - 名醫論壇
 - 明師論壇
 - 失落與哀傷
 - 詩療工作坊
 - 自殺防治
 - 免費暖線電話服務: 866-661-5687
-
- Advance Care Planning (ACP) workshops
 - Heart to Heart Cafés
 - Caregiver and volunteer trainings
 - Community education and outreach
 - Professional healthcare forums, seminars, workshops
 - Produce and translate English and Chinese end of life resources and materials
 - Hospital Volunteer Patient Ambassador program
 - Compassionate Care Forum
 - Mindful Self-Care Programs, Book Clubs, Caregiver Support Groups
 - Doctor Talk
 - Spiritual Talk
 - Loss & Grief
 - Poetic Medicine for Grief
 - Suicide Prevention
 - Toll free Warm Line: (866) 661-5687

資助需求 Fund-A-Need

As CACCC celebrates 20 years of compassionate community service and acknowledges its past, we embrace the future with hope amidst the shifting landscape of caregiving during these uncertain times.

CACCC's "Fund-A-Need" is for unrestricted funds to support the invaluable services and programs the coalition has become renowned for – providing community life education to the Chinese American community and the Chinese global community, at no charge.

CACCC is reliant the generosity of private donors, funders and foundations, individual donors, and its bi-annual educational fundraisers and educational series, as well as community grants, community foundations, sponsorships, and partner collaborations.

What your generous gift and donation will provide:

- \$25:** Provides 25 copies of CACCC's Chinese/English Glossary of Terms Related to Serious Illness
- \$50:** Provides 50 copies of Advance Healthcare Directive Forms
- \$100:** Provides 5 copies of Learning to Let Go: Saying Goodbye Peacefully
- \$150:** Provides 10 deck of Heart to Heart[®] Cards
- \$500:** Provides one Heart to Heart[®] Café for ten people (includes the Heart to Heart[®] Cards)
- \$600:** Provides monthly website maintenance
- \$750:** Provides one training class, ie: Loss & Grief, Poetic Medicine for Grief
- \$1,000:** Provides one Mindful Self-Care program; one six-hour Volunteer Training

捐款途徑 How to Give (见下页 See Next Page)

Please give generously, so CACCC can continue to make a difference in the lives of Chinese individuals, patients and their family members living with serious illness and the lives of family caregivers and caregivers, globally.

捐款途徑 How to Give

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 轉朱閣低綺戶照無眠不應有恨
 何事長向別時圓人有悲歡離合
 月有陰晴圓缺此事古難全
 但願人長久千里共嬋娟

錄蘇軾水調歌頭

甲辰吉旦 董揚 書



董揚 書



Lillian Don

美華慈心關懷聯盟董事會 CACCC Board



張伊琍 Emiley Chang, MD, MPH
CACCC董事會共同主席(Co-Chair)

醫學博士、公共衛生碩士；畢業於斯坦福大學醫學院，在加州大學戴維斯分校完成內科住院醫師培訓，並在加州大學洛杉磯分校完成老年病學專科培訓。她目前在洛杉磯縣公共衛生部和加州大學洛杉磯分校港口醫療中心擔任內科醫生和老年科醫生。她完成額外的健康服務研究、整合醫學和緩和療護培訓。她的目標是用團隊和社區合作的策略，提高療護品質並促進該縣不同族裔老年人的整體福祉。

周志清 Simon Chow, RPh, LAc, MS
CACCC董事會共同主席(Co-Chair)

加州註冊藥劑師。現任加州獄政司醫療服務處，藥品服管部經理，為 32 所加州州立監獄的更生受刑人提供數位科技自動化醫療處方調劑的服務；曾於Kaiser Permanente 服務28年，歷任門診藥房部經理及HIV諮詢藥師。現任美華慈心董事，2020年起擔任美華慈心“正念的自我照顧”課程講師。

作為美華慈心董事，他希望與董事會全體同仁和志工朋友一起攜手同心、以慈心、真心、誠心和愛心為廣大的邁入生命末期旅程的患者，及其家人和照顧者服務。通過美華慈心規劃的醫療社服等資訊和社區活動，教學訓練等；共同締造一個有慈心，有尊嚴，無後顧之憂的善終。



陳明芳 Cindy Wang
CACCC 財務長

在美國癌症協會北加州華人分會做志工長達16年。從2011年開始就成為美華慈心關懷聯盟的志工協調員，2012年開始成為董事會財務長。

吳圓娥 Yuaner Wu, PhD, RN, MS, MPH

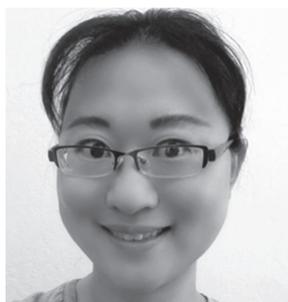
在國立健康學院 (National Institutes of Health) 護理研究院完成超博士研究。她曾任職舊金山加州大學及舊金山退伍軍人醫院。圓娥從2005年開始在美華慈心關懷聯盟擔任過中英口/筆譯及志工培訓講員。她相信死亡是生命一個自然的過程，如有適當的準備，生命一程可以是非常完美的。



鄭家瑜 Jiayu Jeng, MS

台灣政治大學廣播電視系學士，美國聖荷西州立大學新聞傳播碩士。曾任台灣正聲廣播公司新聞部記者/主持人，美國星島中文電台製作人/主持人，灣區無線六十六台節目部統籌，KTSF二十六台節目部內容經理/主持人。

美華慈心關懷聯盟董事會 CACCC Board



黃婷婷 Carrie Huang, MPH

在三藩市灣區，為在美華人從事安寧療護社區服務十年。Carrie在中國廣州生長，能說流利的粵語、普通話和台山話，獲得了灣區華人社區的信任，並將安寧療護介紹給灣區華人。

獲得三藩市州立大學公共衛生碩士學位，在CACCC擔任志工已有十年。

董巍 Linda/ Wei Dong

世界健康基金會（美國）北京代表處 首席代表
負責北京辦公室和武漢辦公室的運營和項目管理工作。

主要項目：武漢大學護理學院項目； 其中包括：湖北省安寧療護師資培訓項目（醫生、護士的培訓項目）；北京地區腫瘤安寧療護師資培訓項目；湖南瀏陽人民醫院醫護人員進修項目。



孫宜德 Lilian Cheung, MS

教育系碩士。曾任教予加州公立學校37年。她希望更多華人長者能參予美華慈心活動：來了解生命末期議題；學習用慈心、勇氣和智慧面對挑戰。而繼續充實及有意義的生活。

潘欣心 醫師 Cynthia X. Pan, MD

紐約長老會皇后醫院老年醫學與安寧緩和醫學部門主任，以及研究生醫學教育主任，同時擔任康乃爾醫學院臨床醫學教授。她創立了該院的安寧緩和醫療計畫，並持續指導研究員與跨專業團隊。她的研究計畫聚焦於文化敏感的醫療目標溝通、亞裔癌症病患的支持，以及提早轉介安寧緩和醫療服務。她領導多項品質改善計畫，包括推廣 臨終非侵入性呼吸器的適當應用、預防跌倒、餵食管使用的適當性，以及高齡友善照護。潘醫師是國內外老年與安寧緩和醫學的倡導者與演講者。她能說英語、中文（普通話）與西班牙語，並著有《Exit Strategies: Living Lessons from Dying People》。



曹知行 博士 Alex Tsao, PhD

美華慈心關懷聯盟理事會理事， 並擔任講師團召集人，負責協調社區教育宣導講座，推動華人社區對生命末期關懷的認識。從事科技方面的工作30餘年，近年來投入社區義工服務，現在擔任阿滋海默協會全國理事會的理事及北加州暨北內華達州分會華人諮詢委員會的主席。

美華慈心關懷聯盟工作人員 CACCC Staff



陳明慧 護理師 Sandy Chen Stokes, RN, MSN

CACCC創辦人。陳明慧的護理及志工服務大多專注在華人社區生命末期療護、老人療護、公共衛生及精神科療護。

2005年創辦了美華慈心關懷聯盟後，她在2008年得到美國癌症協會的全國Lane Adams 獎。2011年，她獲頒AARP的勵志人物獎 (AARP Inspire Award)。2017年，陳明慧又榮獲加州慈心關懷聯盟 (CCCC) 頒發的慈心關懷創新獎 (2017 Compassionate Care Innovator Award)。她是北加州El Camino醫院華人健康促進計畫的諮詢委員會委員。

邱玲琿 Ling Chiu

辦公室主管。在聖荷西居住超過三十年。在矽谷從事社區健康教育推廣多年，希望透過教育宣導，幫助華人，活得健康，也能平安尊嚴地走完人生最後一段路。她於2022年4月加入美華慈心團隊。



林嘉怡 Gail Lam, MS

項目專員，畢業於加州大學聖地牙哥分校，從事手機遊戲行業工作超過10年。2018年加入美華慈心團隊，希望透過在美華慈心關懷聯盟工作幫助更多人。



勞穎欣 Mona Lao

兼職項目協調員，畢業於加州大學聖地牙哥分校，在法律行業工作超過6年。她在2023年4月加入美華慈心團隊。



Phil Stokes, MA

在矽谷的De Anza學院及Foothill 學院英文系任教36年退休後，成為美華慈心關懷聯盟的資深顧問。

From a dream, an inspiration to a reality

by CACCC Founder Sandy Chen Stokes, RN, MSN

Before I emigrated to the U.S. in 1977, I was a nurse in Taiwan. I completed my master in nursing at San José State. My initial community nursing experiences with Chinese seniors in San Jose, and my dad's difficult death in Taiwan, made me aware that much needed to be done to improve end of life care for Chinese. Residents at the Catholic Charities John XXIII Chinese Senior Center in San Jose became my teachers. I learned from them, and from the research I was undertaking, that Chinese seniors were facing what seemed to be insurmountable barriers to achieving a peaceful death. Their suffering was not abstract.



Mr. Liu, a talented and highly educated senior who emigrated from Taiwan to the U.S., was under tremendous stress. His wife was suffering from severe cancer pain. They had tried all kinds of pain management prescribed by her oncologist without success, but were unaware of hospice and palliative care. As a last resort, he went to downtown San Jose late at night to get some Marijuana for her. (This was 1998. Marijuana was illegal then). It didn't help much. Towards the end, Mrs. Liu asked Mr. Liu to heat a flat rock on the stove until it was very hot and put it on the area that hurt most, to release the pain. When she died, her body was covered with black marks from the stone. Mr. Liu developed severe anxiety from the ordeal, but treated it only with sleeping pills until he learned about an outpatient program that could treat his anxiety and depression. The program offered Chinese interpretation and had a Mandarin-speaking case manager. When he was released from the program months later, Mr. Liu's anxiety had decreased considerably, and he was able to sleep through the night.

It was obvious that Chinese Americans needed help with difficult end of life issues and they needed to know where to get that help, so I formed the Chinese American Coalition for Compassionate care (CACCC) in 2005. Our first Board of equally concerned Chinese Americans got to work developing resources and recruiting volunteers, and with our newly-adopted coalition model, began to attract partner agencies. With a \$3,000 donation from Isbel Chu, leader of what was then ACSNCCU (now, New Hope Chinese Cancer Care Foundation), we implemented our first Chinese American End of Life Volunteer and Caregiver training at Kaiser Permanente, Santa Clara.

Since the beginning, our efforts have centered on community outreach, volunteer recruiting and training, train-the-trainer courses, and establishing relationships with other organizations. Our goals have been to weaken the taboo against Chinese Americans talking about death and dying, improve the quality of caregiving and offer caregiver support, and help our partner agencies provide better care for their Chinese American patients and families. COVID increased the demand for advance care planning (ACP) and requests grew for the Advance Healthcare Directive and POLST forms, so we formed a workshop to help people complete these forms virtually. We also created several online programs, a four-week seminar on Loss and Grief, an eight-week Mindful Self Care course, a once-a-month Doctor Talk (Redefining What Matters), a once-a-month Spiritual Talk (different spiritual approaches to death and dying), and more recently, we began our Suicide Prevention talks and Poetic Medicine program. Our Compassionate Care Forum meets 2-3 times a month. We conducted 16 online Heart to Heart Cafés in six months. We also revived our face-to-face Patient Ambassador Program at El Camino Health in Mountain View.

From a dream, an inspiration to a reality (Cont'd)

by CACCC Founder Sandy Chen Stokes, RN, MSN

Over the years, we have been fortunate enough to attract more than 7,000 individuals and 250 partners (affiliated medical organizations) and expanded our ability to serve other areas – first to Southern California and later to other states and globally. We partnered with Project HOPE to train nurses, doctors, and other health professionals at Wuhan and Beijing hospitals and universities in 2017 and have continued this training since then. Out of state universities and medical organizations, such as hospitals and hospices, learned about our work via our website, from attending CACCC presentations, and from word of mouth, but our Heart to Heart Cards and our Heart to Heart Cafés soon became the greatest draw.

Our Heart to Heart cards: I thought that playing cards like Coda's Go Wish cards could be a vehicle for reducing resistance to talking about death and they could also encourage better preparation for end of life, so we approached Coda, negotiated a derivative works agreement, and set out to create cards that were more compatible with Chinese culture. I formed several focus groups to 1) refine the initial English component of the cards Phil and I came up with on a train ride from Xian to Luoyang, 2) create the Chinese component, 3) develop various ways to play "the game" based on the number of players, and 4) establish rules for playing Heart to Heart. As we did this, however, we realized we didn't have an effective way to get Chinese Americans to play Heart to Heart beyond distributing it for family use.

The Café: When I heard about the Death Café, developed by Jon Underwood in London, I thought something like this could be our way to get more people playing Heart to Heart. I contacted Jon and asked if we could adapt the café to Chinese culture using our Heart to Heart cards. He told me no problem, but we couldn't call it a Death Café because our cafés would be structured around our Heart to Heart cards. I was happy to hear that. We established the Café structure, trained Café facilitators, and held our first Café in 2014. Heart to Heart Cafés are now meeting all over the world.

It is truly remarkable that - twenty years later - from serving Chinese Americans in Silicon Valley, we have gone on to serve Chinese communities throughout the world, made possible only by the hard work and dedication of our volunteers and partners.

We heard many stories throughout our 20 years of service, stories about good deaths without much pain or regret and stories about not-so-good deaths with physical and emotional suffering and life-long regret. In the latter, family members often fought over which decision was the "right" decision and never forgave the person responsible for making the "wrong" one. From these cases, I learned the importance of "don't wait". Don't wait to tell your loved ones what you want when you're dying until you're dying, especially which medical procedures you want and do not want. Complete your Advance HealthCare Directive before it's too late. Don't wait to get the ticket that will get you to your loved one before it's too late. Don't wait to say to your loved ones, "I love you." Don't wait to say, "I'm sorry." Don't wait to say, "I forgive you." Don't wait, so both you and your loved one can experience a good death.

緣起於一堂課，成長於一個團體

作者：邱玲瓊 Ling Chiu
美華慈心關懷聯盟辦公室主管



“大家好，歡迎大家來參加今天的慈心關懷講座。我是Ling, Ling Chiu 美華慈心關懷聯盟辦公室主管。…” 每週三的講座，總是從這樣的開場白開始。

我在2022年4月加入美華慈心關懷聯盟。在那之前，曾經參加過美華的正念自我照顧課程。當時，深深被志工老師們的專業、熱忱，以及課程內容深深感動。

而後，看到美華正在招募兼職項目協調員，心裡非常感興趣，也有意報名，但猶豫與遲疑，錯過了那次機會。內心充滿了失落與遺憾，也不禁責怪自己為什麼沒有早點行動。

緣分很奇妙，再一次看到美華的招募訊息。這一次，我告訴自己：「這就是機緣！」當晚立刻投遞了履歷。隔天一早，Shirley就打電話來。她笑著說：「妳知道我們找的不是經理喔，而是協調員。」我說：「我知道。」就這樣，我正式加入了美華慈心關懷聯盟。

轉眼三年過去了。從最初的摸索與堅持，到如今全心投入，我深深感受到，這是一個充滿愛與正能量的團體。

在主持週三的慈心關懷講座、名醫論壇與明師論壇的過程中，有幸接觸到來自不同專業領域的講師、醫師與宗教師。他們的分享不僅讓我大開眼界，也豐富了我的人生視野。

在工作坊中，正念自我照顧及失落與哀傷課程，看見講師們無私投入、不遺餘力，參與的學員們也常常回饋滿滿。有一位同學曾說：「美華慈心的講師和工作團隊都慈眉善目，給人帶來歡喜。期許自己也能持續練習正念，並將這份照顧的理念分享給更多人。」

隨著疫情逐漸趨緩，安心茶話屋除了持續在線上舉辦，也獲得越來越多社區團體的邀請，在加州、伊利諾州、科羅拉多州、北卡羅來納州等地舉辦實體活動。甚至在台灣、中國、馬來西亞、新加坡和香港等地，也都有茶話屋的身影。安心卡深受參與者喜愛，許多人也表達願意成為美華的志工與引導員。

「事前療護計劃」工作坊也受到許多教會與老人中心的邀請，協助社區了解「加州醫療照護事前指示（AHCD）」與「維持生命治療醫囑（POLST）」的內容。

過去一年，我們也積極推動志工培訓，包括筆譯團、講師團與「自殺預防：安全訊息傳播」等培訓。希望透過這些努力，為社區注入更多關懷的力量。

衷心感謝美華，感謝我的家人，也感謝每一位默默奉獻、帶著愛心與正能量投入的志工朋友。因為有你們，這份工作變得更加有意義。

20 Years: A Remarkable Journey

by Jeanne Wun, CACCC founding board member, past board chair

Fall 2005

It's hard to believe it's been twenty years when a dozen or so of like-minded professional women from all walks of life gathered for a weekend retreat, hosted by Sandy Chen Stokes, her husband Phil and daughters, Nancy and Betty, in Shingle Springs, California—a sprawling, lush and rural community in El Dorado County. Some guests arrived with children and toddlers in tow. They all came together to explore the notion of forming a coalition to address the end-of-life care concerns of Chinese Americans and the healthcare professionals who serve them.

What sprang out of that weekend retreat was the founding of the Chinese American Coalition for Compassionate Care (CACCC).



The Early Years

Founded in 2005 and incorporated in 2007 as a 501(c)(3) nonprofit, CACCC's mission is to build a community where Chinese Americans can face the end of life with dignity and respect.

I remember our first end-of-life training for volunteers and caregivers. It was conducted in Mandarin at Kaiser Santa Clara. There were 99 community participants. It was a watershed moment and a “build it; they will come” moment for CACCC. Mini-grant from ACSCCU. (2006)

I had the honor and privilege to serve as CACCC's Board Chair. (2009-2011). During my tenure, CACCC held its first 30-hour Hospice and Palliative Care Volunteer training in Northern California at El Camino Hospital, now El Camino Health and at the City of Hope in Southern California. Grant from California Health Care Foundation. (2011)

Though the Years

I contributed “Respecting and Honoring Wishes: Send My Ashes Back to China” for CACCC's first book, Learning to Let Go: Saying Goodbye Peacefully, on insightful and practical end-of-life matters. It was translated into Chinese. When my Auntie read it, she smiled and said, “That's about me.” (2013-2014)

I remember my Auntie, aged 90, playing with the Heart to Heart card prototype. When the cards became available, we were able to have a real conversation regarding her wishes. This was very meaningful to both of us. (2014) Then the pandemic happened. CACCC swiftly pivoted its community outreach from in-person to virtual.

The reception to CACCC's services and programs was well-received during the pandemic, globally. (2020-2024) As a result, CACCC delivered, at no charge, 963 culturally-appropriate programs and services reaching 39,104 participants, globally from 2021 to 2024, alone.

Today and the Future

In retrospect, on what started out as a grassroots movement in 2005, today, CACCC, led by nine dedicated board members and a small staff, is an award-winning coalition, recognized worldwide as an end-of-life educator, leader and an innovator, with over 250 partner organizations and with over 400 global volunteers dedicated to its mission, are ready to embrace the future of the evolving landscape of caregiving at end of life.

It's all about the mission. It's been a remarkable 20-year journey. Congratulations, CACCC!

美華慈心關懷聯盟20週年慶 · 活動安排

CACCC 20th Anniversary Celebration - Event Schedule

Sat Aug 9 2 - 5 pm	20 週年慶 20 Year Celebration	Milpitas Community Center, Milpitas, CA English & Mandarin 票價 Ticket: \$20 each In-person Anticipate: 300 guests
Sun Aug 10 2 - 5 pm	照護者訪談 Caregiver Panel Discussion	El Camino Health, Mountain View Mandarin In-person Anticipate: 50 guests
Wed Aug 13 4:30 - 6:30 pm	明師論壇 - 特別專訪 Spiritual Talk	Virtual Mandarin
Thu Aug 14 6 - 8 pm	自殺預防 Suicide Prevention	Virtual Mandarin & English
Fri Aug 15 1 - 3 pm	醫療專業論壇 Professional Healthcare Forum	Virtual English
Sun Aug 17 2 - 4 pm	花藝舒壓工作坊 Flower Arranging for Stress Reduction 報名 Registration : https://forms.gle/2wK3vLYBhZcxamg97	El Camino Health, Mountain View Mandarin Material Fee: \$20 each 預先支付 Pay in Advance In-person Anticipate: 15 guests
Tue Aug 19 6 - 8 pm	正念自我照顧 Mindful Self-Care	Virtual Mandarin
Wed Aug 20 4:30 - 5:30 pm	慈心關懷講座 AI Healthcare Topic	Virtual English & Mandarin
Thu Aug 21 10:30 am - 12 pm	詩療工作坊 Poetic Medicine for Grief	Virtual Mandarin & English

所有時間均為太平洋夏令時間
All times in PDT

報名 Registration:
<https://forms.gle/R3zzMTsxjDVckRB5A>





Chinese American Coalition for Compassionate Care,
in celebration of 20 years of service, presents

**Compassion in Action:
Embracing Caregiving with
Human-Centered AI**

**Saturday, August 9, 2025
2:00 – 5:00 PM PDT
Milpitas Community Center, Milpitas CA**

This program will be
filmed and recorded.

1:15 PM Doors & Table Exhibits Open

Program Agenda Times are approximate

- 2:00 PM** **Welcome: Danny Fang**, Event Chair
 Emiley Chang, MD, MPH, CACCC Board Co-Chair
 Simon Chow, RPh, LAc, MS, CACCC Board Co-Chair

 Co-Emcees:
 Jiayu Jeng, CACCC Board Member
 Alex Tsao, PhD, CACCC Past Board Co-Chair, current Board Member
 Gary Lee, MD, CACCC Past Board Co-Chair
- 2:10 PM** **Acknowledgements:** Sponsors, Dignitaries
- 2:18 PM** **Opening Remarks:**
 Sandy Chen Stokes, RN, MSN, CACCC Founder
- 2:28 PM** **Congratulatory Videos**
- 2:33 PM** **Keynote: Jonathan H. Chen, MD, PhD**, Faculty Director for Medical Education in
 Artificial Intelligence, Stanford Center for Biomedical Informatics Research

 AI in Medicine
 Integrated Intelligence or Illusory Imitation?
- 3:23 PM** **Keynote: Peggy Sheng**, Former COO of CAIPA, Former CEO of CAIPA MSO
 Caregiver and Cancer Survivor

 One Day at a Time
- 4:13 PM** **New Programs & Educational Sessions**
- 4:33 PM** **Fund-a-Need**
- 4:43 PM** **Community Awards**
- 4:48 PM** **Volunteer Awards**
- 4:53 PM** **Past & Current CACCC Board Members (Group Photo)**
- 4:58 PM** **Wrap Up / Thank You / Congratulatory Videos**
- 5:00 PM** **Program Concludes / Meet & Greet / Visit Sponsor Table Exhibits**
- 5:45 PM** **Door closes**

This program has been made possible in part by a grant from Silicon Valley Community Foundation, Stanford Palliative Care Community Partnerships Team, UCSF/Mount Zion MERI Center for Palliative Care Education, Palo Alto Foundation Medical Group Community Health Care Endowment Fund, and County of Santa Clara Behavioral Health Services.





美華慈心關懷聯盟 20 周年慶

慈心永續：以人為本的 AI 照護藍圖

2025年8月9日，星期六

下午2:00 - 5:00 (太平洋夏令時間)

Milpitas Community Center, Milpitas CA

活動議程

下午 1:15 開放參觀贊助商攤位

時間均為預估

本次節目將會被拍攝和錄影

2:00 歡迎：活動主席 方治欽 Danny Fang

張伊琍 Emiley Chang, 醫學博士, 公共衛生碩士, 美華慈心共同主席

周志清 Simon Chow, 註冊藥劑師, 註冊針灸醫師, 理學碩士, 美華慈心共同主席

共同主持人：鄭家瑜 Jiayu Jeng, 理學碩士, 美華慈心董事會成員

曹知行 Alex Tsao, 理學博士, 美華慈心前董事會共同主席, 現任董事會成員

李國良 Gary Lee, 醫學博士, 美華慈心前董事會共同主席

2:10 致謝：贊助商、嘉賓

2:18 開幕致詞：陳明慧 Sandy Chen Stokes, 註冊護士, 護理學碩士, 美華慈心創辦人

2:28 祝賀視頻

2:33 介紹陳海霖醫師

陳海霖醫師 Jonathan H. Chen 醫學博士, 理學博士

斯坦福生物醫學資訊學研究中心人工智慧醫學教育系主任

人工智慧在醫學的應用 智能的總合還是虛幻模仿?

3:23 介紹沈卉女士

沈卉女士 Peggy Sheng, 前美國亞裔 IPA 聯盟 (CAIPA) 首席營運官, 家庭照顧者, 癌症存活者

過好每一天

4:13 新的項目和教育課程

4:33 資助需求

4:43 社區獎

4:48 志工獎

4:53 美華慈心歷任及現任董事會成員 (合照)

4:58 總結/感謝/慶祝視頻

5:00 節目結束 / 交談 / 參觀贊助商攤位

下午 5:45 中心關閉

本計畫的部分資金來自矽谷社區基金會 (Silicon Valley Community Foundation)、斯坦福緩和療護社區合作團隊 (Stanford Palliative Care Community Partnerships Team)、加州大學舊金山分校/錫安山 MERI 緩和療護教育中心 (UCSF/Mount Zion MERI Center for Palliative Care Education)、帕洛阿爾託基金會醫療集團社區療護捐贈基金 (Palo Alto Foundation Medical Group Community Health Care Endowment Fund) 以及聖克拉拉縣行為健康服務中心 (County of Santa Clara Behavioral Health Services) 的贊助。



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COALITION for COMPASSIONATE CARE of CALIFORNIA



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VALLEY HEALTH FOUNDATION



Keynote Speaker

陳海霖 醫師, 醫學及理學博士
Jonathan H. Chen, MD, PhD



Assistant Professor

Faculty Director for Medical Education in Artificial Intelligence

Stanford Center for Biomedical Informatics Research

+ Division of Hospital Medicine

+ Clinical Excellence Research Center

Based in the Bay Area, Dr. Jonathan H. Chen, MD, PhD, is a pioneer at the intersection of medicine and AI (Artificial Intelligence). He is leading efforts with a clinical informatics research group to empower individuals to harness the power of data and technology to improve health outcomes with underserved communities. With the collective experience of the many, real-world clinical data, his transformative work empowers patients and clinicians alike by combining human and AI into meaningful and actionable insights to deliver better care than either alone.

Dr. Chen is still grounded in his medical practice, caring for real people which continues to inspire his research. He believes in face of ever-escalating complexities in medicine; informatics solutions are the only credible approach to systematically address challenges in healthcare. Data mining into real-world clinical data like electronic medical records with machine learning and data analytics will reveal the community's latent knowledge in a reproducible form. By delivering this back to clinicians, patients, and healthcare systems as clinical decision support, his research aims to uniquely close the loop on a continuously learning health system.

Prior to pursuing medicine, he founded a company to translate his Computer Science graduate work into an AI system currently used by students, globally. Additionally, Dr. Chen has 100 publications in leading clinical and informatics venues and awards from the National Institutes of Health, National Library of Medicine, American College of Physicians, American Medical Informatics Association, International Brotherhood of Magicians, and much more.

Dr. Chen received his Bachelor of Science Summa Cum Laude in Cybernetics with Specialization in Computer Studies from the University of California-Los Angeles. He received his PhD in Computer Science School of Information & Computer Science and his Medical Degree, Medical Scientist Training Program from the University of California-Irvine. Dr. Chen completed his internship and residency in Internal Medicine at Stanford University Hospital and completed his Fellowship in Medical Informatics at Veteran Affairs Palo Alto, Stanford.

史丹佛大學教員資訊Stanford Faculty Page: <https://profiles.stanford.edu/>

Keynote Speaker

沈卉 Peggy Sheng

慈濟基金會美東紐約副執行長
前亞美醫師協會 (CAIPA) 營運長
前 CAIPA 管理組織 (MSO) 執行長

Deputy Director, Buddhist Tzu Chi Foundation, Northeast Region
Former COO of CAIPA | Former CEO of CAIPA MSO

沈卉十三歲自台灣移民至美國紐約，畢業於巴魯克學院，主修人力資源管理，副修社會工作，並取得法律助理證書。她在亞美醫師協會 (CAIPA) 服務三十年，曾擔任營運長與管理服務組織執行長，領導 CAIPA 發展為紐約州最大、最受尊敬的獨立醫療聯盟之一，服務超過 1,300 位醫師與近五十萬亞裔居民。

她亦推動成立 CAIPA 基金會及「美洲中華醫學會 CAMS - CAIPA 社區服務基金」，支持具文化敏感度的醫療與社區服務。2025 年退休後，她全心投入慈濟基金會的志工工作。沈卉是三陰乳癌與胰臟癌的康復者，病因與 9/11 事件有關，持續為健康、服務與生命韌性發聲。



Peggy Sheng
& Kathy Hochul, Governor of New York

Peggy Sheng immigrated from Taiwan to New York at age 13 and is a graduate of Baruch College with a background in Human Resource Management, Social Work, and Paralegal Studies. She dedicated 30 years to the Coalition of Asian-American Independent Practice Association (CAIPA), where she served as Chief Operating Officer and CEO of its Management Services Organization. Under her leadership, CAIPA grew into one of New York's largest and most respected IPAs, serving over 1,300 providers and nearly half a million Asian-American patients.

Peggy also played a key role in founding the CAIPA Foundation and the CAMS-CAIPA Community Service Fund to support culturally competent care and community service. Since retiring in 2025, she has dedicated her time to the Buddhist Tzu Chi Foundation. Peggy is a breast and pancreatic cancer survivor, with her experience linked to September 11 exposure, and continues to be an advocate for health, service, and resilience.

主持人簡介 Meet Our Emcees



鄭家瑜 Jiayu Jeng, MS

曾擔任長壽電台節目《輕鬆12點》及電視訪談節目《今夜有話要說》《有話要說》主持人，節目屢創收聽率與收視率新高，目前人生的重點是旅行，製作主持《灣區走走》電視節目與YouTube 頻道，帶著觀眾一起探索灣區美好的風景與故事，是灣區觀眾熟悉並信任的資深媒體人。多年來累積了豐富的主持大型晚會與活動經驗，以親切自然的風格，傳遞正面且溫暖人心的力量。從多年採訪報導美華慈心關懷聯盟的旁觀者，到如今成為義工團隊的一員，家瑜懷著滿滿感恩與喜悅，期待藉由主持美華20週年盛會，讓更多人認識並加入這個充滿愛與關懷的大家庭。

Jeng Jiayu is a veteran in the Broadcast Industry. She earned a bachelor's degree in Radio & Television at National Cheng-Chi University and a Master Degree in Mass Communication & Journalism at San Jose State University. Jiayu served as a reporter for the largest private radio company in Taiwan and hosted the radio broadcast of the Golden Bell Awards Ceremony in 1993. She arrived in the Bay Area in 1996 and has worked for many major Chinese broadcasting companies in the market.

曹知行 博士 Alex Tsao, PhD

美華慈心關懷聯盟理事會理事，並擔任講師團召集人，負責協調社區教育宣導講座，推動華人社區對生命末期關懷的認識。從事科技方面的工作30餘年，近年來投入社區義工服務，現在擔任阿滋海默協會全國理事會的理事及北加州暨北內華達州分會華人諮詢委員會的主席。

Alex is a CACCC board member and CACCC's speakers bureau lead. Alex has worked in the technology industries for more than 30 years. In recent years, he has been active in community volunteer work. He is currently a member of Alzheimer's Association's National Board of Directors. He is also an advisory board member for the Chinese Health Initiative of El Camino Health and the New Hope Chinese Cancer Care Foundation. Alex is also a volunteer of Tzu Chi Foundation.



李國良 醫師 Gary S. Lee, MD

認證的內科醫生、老年科醫生和安寧/緩和療護醫生。他在聖克拉拉谷醫療中心 (Santa Clara Valley Medical Center, SCVMC) 擔任內科醫生和緩和療護醫生超過 25 年，並協助開創和發展 SCVMC 的緩和療護計畫。他處於半退休狀態，但繼續在 SCVMC 住院部緩和療護團隊看病人和教學，並曾在舊金山灣區的 Suncrest Hospice 擔任安寧療護醫生。他是 Coda Alliance 的董事會成員。

Gary S. Lee, MD, 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 (SCVMC), 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. He has served as a medical director with Suncrest Hospice and as the co-chair of the CACCC board of directors. He is currently a board member with the Coda Alliance.

Chinese American Coalition for Compassionate Care

Compassion in Action:
Embracing Caregiving with Human-Centered AI
Celebrates 20 Years, presents:

**Caring Through the Continuum:
Integrating Palliative Principles in Stroke Care
for Chinese American Patients**

Professional Healthcare Forum
Friday, August 15, 2025
1-3pm PDT Virtual



Aug 15, 2025



<https://tinyurl.com/CACCC20thProfessional>



Keynote Speaker

Esther Luo, MD
Internal Medicine
Palliative Medicine
Kaiser Permanente Santa Clara

Co-Moderators



Emily Chang, MD, MPH
LA County Dept. of Public Health
CACCC Board Co-Chair



Jeanne Wun
CACCC Past Board Chair

Panelists



Mindy Wen, NP, MSW
Palliative Care Nurse
Alameda Hospital



Tenny Tsai
Family Caregiver
& Volunteer



Ven. Zhiyun Cai, PhD, BCC
Chaplain
Stanford Health Care

Learning Objectives

- ◆ Describe the role of palliative care across the continuum of stroke—from acute hospitalization to long-term care and end-of-life decision-making.
- ◆ Apply communication strategies such as best case/worst case framing and values-based recommendations in conversations with families facing serious stroke outcomes.
- ◆ Identify cultural considerations when caring for Chinese American patients and families, including approaches to surrogate decision-making, family-centered communication, and end-of-life preferences.

CACCC Certificate of Attendance is available upon request.

This program has been made possible in part by a grant from Silicon Valley Community Foundation, Stanford Palliative Care Community Partnerships Team, UCSF/Mount Zion MERI Center for Palliative Care Education, Palo Alto Foundation Medical Group Community Health Care Endowment Fund, and County of Santa Clara Behavioral Health Services.



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Celia P. Chen

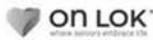
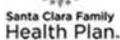
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Chinese American Coalition for Compassionate Care, in celebration of 20 years of service, presents

Compassion in Action:
Embracing Caregiving with Human-Centered AI
Professional Healthcare Forum
 Friday, August 15, 2025
 1:00 — 3:00 PM PDT Virtual



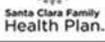
Program Agenda Times are approximate—Program will be recorded

- 1:00 PM Welcome / Opening Remarks**
 Jeanne Wun, Co-Moderator, CACCC Past Board Chair
 Emiley Chang, MD, MPH, Co-Moderator, CACCC Board Co-Chair
 Los Angeles County Department of Health
- 1:05 PM Keynote Speaker: Esther Luo, MD, Internal Medicine, Palliative Medicine**
 Associate Professor, Kaiser Permanente Santa Clara
- Caring Through the Continuum: Integrating Palliative Principles
 in Stroke Care for Chinese American Patients*
- 1:50 PM Panelist: Mindy Wen, NP, MSW, Nurse Practitioner & Social Worker**
 Alameda Hospital, UCSF Medical Center
- 2:05 PM Panelist: Tenny Tsai, Family Caregiver/Volunteer**
- 2:20 PM Panelist: Ven. Zhiyun Cai, PhD, BCC-PCHAC, Chaplain, Stanford Health Care**
- 2:35 PM 20–Minute Q&A Session** with Dr. Luo and Panelists, facilitated by Dr. Chang
- 2:55 PM Wrap Up / Thank You**
- 3:00 PM Program concludes (Group Photo)**

CACCC Certificate of Attendance Available Upon Request

Learning Objectives

- ◆ **Describe** the role of palliative care across the continuum of stroke—from acute hospitalization to long-term care and end-of-life decision-making.
- ◆ **Apply** communication strategies such as best case/worst case framing and values-based recommendations in conversations with families facing serious stroke outcomes.
- ◆ **Identify** cultural considerations when caring for Chinese American patients and families, including approaches to surrogate decision-making, family-centered communication, and end-of-life preferences.

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Volunteer Awards

CACCC has grown from a small Northern California movement, in 2005, to over 400 global volunteers dedicated to its mission. As we celebrate 20 years, CACCC is proud to honor and recognize not one but two outstanding volunteers: **Ms. Cindy Wang** and **Ms. Jean Yih** who have been with CACCC since 2012.

Cindy and Jean exemplify the true spirit of volunteerism. They both share a 12+ year history with CACCC. Both served on the board and back up for each other.

Cindy Wang has served as board co-chair and is the board treasurer, and financial officer for CACCC. Cindy is an accounting manager at a Palo Alto consulting firm, where she has worked for more than 12 years. She has volunteered with the American Cancer Society California Chinese Unit (ACSCCU) for more than 16 years, as the South Bay Volunteer Support Group Coordinator.

Jean Yih has served as board chair and treasurer since 2012 with CACCC. Jean serves as lead for CACCC's Interpretation Committee which provides simultaneous interpretation for our trainings and at our events. She also is the lead for CACCC's Translation Committee where the goal is to increase the availability of end-of-life materials in Chinese by translating existing English educational materials and forms and create original Chinese materials. Additionally, Jean serves in other capacities with CACCC, supporting core programs and services including Warmline volunteer, Speakers Bureau, Heart to Heart Café Facilitator and trainer, Advance Care Planning faculty. Jean Yih, MBA is a medical interpreter at Stanford Health Care since 2015. She received her master's in business administration from California State University, Sacramento.

Their respective and collective impact and contributions to CACCC are invaluable.

CACCC is grateful to Cindy and Jean for their volunteerism, outstanding service, true heart and dedication to CACCC's mission.

On behalf of the board, staff and coalition partners, congratulations Cindy and Jean!



Cindy Wang



Jean Yih, MBA

Community Awards

美國華裔精神健康聯盟 (MHACC)

Mental Health Association for Chinese Communities

美國華裔精神健康聯盟 (MHACC) 非常榮幸能與社區一起慶祝美華慈心關懷聯盟 (CACCC) 成立二十週年。過去二十年來，CACCC 在華人社區率先開展臨終關懷教育和倡導工作，打破文化禁忌，培養尊嚴與同情心，並確保華人家庭在人生最重要的轉折點獲得支持。MHACC 很榮幸能與這樣一個富有遠見的組織並肩作戰，提升了臨終關懷的品質，並在服務、協作和文化敏感性方面樹立了典範。

美國華裔精神健康聯盟旨在透過消除污名、提供符合文化和語言的教育以及提供直接支持來滿足華裔美國人的心理健康需求。我們的使命是提高人們對心理健康的認識，並將其視為整體福祉不可或缺的一部分，尤其是在移民和服務匱乏的社區。多年來，MHACC 通過同儕支持小組、文化適應性教育計劃、行動心理健康應用程序以及加州唯一的三語同儕熱線服務了數千個家庭。自2013年以來，該熱線已處理超過13萬通電話、簡訊和聊天。我們還創建了創新的雙語數字工具來支援青少年和護理人員，並透過倡議、合作和培訓持續擴大我們的影響力。

作為一個紮根於華人社區的組織，CACCC 和 MHACC 都認識到，健康不僅僅是沒有疾病——它涵蓋情感、精神和文化層面，尤其是在臨終關懷階段。CACCC 率先幫助我們的社區以開放和勇氣面對關於預先護理計劃、臨終關懷和臨終關懷的艱難對話，而MHACC 則致力於確保心理健康被視為這段旅程中至關重要的一部分。我們攜手努力，幫助華人家庭以更充分的準備、同理心和內心的平靜來應對人生中最脆弱的時刻。

這個里程碑印證了CACCC的持久願景：每個人都應享有尊嚴、尊重和文化理解的關懷。MHACC深受CACCC領導力的鼓舞，並重申我們共同的承諾，即賦予社區、支持照顧者，並改善所有華裔美國人的生活品質和臨終關懷品質。再次恭喜CACCC這個非凡的20年傳承，並感謝您成為我們所有人鼓舞人心的合作夥伴和榜樣。



彭一玲 Elaine Peng

美國華裔精神健康聯盟 執行長
Executive Director & President of MHACC

Community Awards

美國華裔精神健康聯盟 (MHACC)

(Cont'd)

Mental Health Association for Chinese Communities

The Mental Health Association for Chinese Communities (MHACC) is honored to join the community in celebrating the remarkable 20th anniversary of the Chinese American Coalition for Compassionate Care (CACCC). Over the past two decades, CACCC has pioneered end-of-life care education and advocacy within the Chinese community, breaking cultural taboos, fostering dignity and compassion, and ensuring that Chinese families receive support during one of life's most significant transitions. MHACC is proud to stand alongside such a visionary organization, which has elevated the quality of end-of-life care and set a powerful example of service, collaboration, and cultural sensitivity.

MHACC address the mental health needs of Chinese Americans by removing stigma, providing culturally and linguistically appropriate education, and offering direct support. Our mission is to raise awareness of mental health as an integral part of overall well-being, especially within immigrant and underserved communities. Over the years, MHACC has served thousands of families through peer-led support groups, culturally adapted educational programs, mobile mental health apps and California's only trilingual Peer-Run Warmline, which has handled over 130,000 calls, texts, and chats since 2013. We've also created innovative bilingual digital tools to support youth and caregivers, and we continue to expand our impact through advocacy, partnerships, and training.

As organizations rooted in the Chinese community, both CACCC and MHACC recognize that health extends beyond the absence of illness — it encompasses emotional, spiritual, and cultural dimensions, particularly at the end of life. CACCC has led the way in helping our community confront difficult conversations about advance care planning, hospice, and palliative care with openness and courage, while MHACC works to ensure that mental health is recognized as a crucial part of this journey. Together, our efforts help Chinese families approach life's most vulnerable moments with greater preparation, compassion, and a sense of peace of mind.

This milestone is a testament to CACCC's enduring vision: that every individual deserves to be cared for with dignity, respect, and cultural understanding. At MHACC, we are inspired by CACCC's leadership and reaffirm our shared commitment to empowering the community, supporting caregivers, and improving the quality of life — and the quality of dying — for all Chinese Americans. Congratulations again on this extraordinary 20-year legacy, and thank you for being such an inspiring partner and role model for us all.

Community Awards

臨終關懷服務聯盟會

The Hospice Service Alliance

大家好，我是聶華娟，Serene。很感恩能有這個福份受到美華慈心關懷聯盟的認可，在他們2025年的年會當中與其他受認可的機構同享這個榮譽。臨終關懷服務聯盟會是我跟另外兩位同行在2020年的時候透過微信平台走在一起的臨終服務工作人員小組。當時我的構思是，華人做臨終服務是少之又少，大家如何能夠在這樣一個被沉默的行業裡能夠互相取暖又互相前進呢？我們就從一個很基層的平台開始。眨眼之間，我們已經走過了5個年頭，招聚了全球不同國家的臨終關懷服務從業人員：護士，社工，靈性關懷師，義工，美術治療師等等，在不同的時空下共同分享不同的講座，視頻或工具。我們也利用這個平台去一起探討工作上的疑難雜症，群策群力，分享不同的角度，考量以及經驗。

走過的日子，也見證了臨終服務的不斷被普羅大眾認識與接受。我們期待，未來華人在世界各地，好生也好死。

Hello everyone, my name is Serene Nie. I am very grateful to have the blessing of being recognized by the Chinese American Coalition for compassionate Care and to share this honor with other honored organizations at their 2025 annual gala. The Hospice Service Alliance is a group of hospice service staff that I started with two other friends through the WeChat platform in 2020. At that time, my idea was that there were very few Chinese people doing hospice services. How could we warm each other up and move forward in such a silent industry? We started from a very grassroots platform. In the blink of an eye, we have gone through 5 years, gathering hospice service practitioners from different countries around the world: nurses, social workers, chaplains, volunteers, art therapists, etc., to share different lectures, videos or tools in different time and space. We also use this platform to discuss difficult and complicated cases in work together, work together. Moreover, we share different perspectives, considerations and experiences in enhancing our daily walks with our hospice patients and families.

The days that have passed have also witnessed the continuous recognition and acceptance of hospice services by the general public. We hope that in the future Chinese people will live and die well all over the world.

安心卡 & 安心茶話屋

Heart to Heart® Cards & Heart to Heart® Café



加州2011年曾做過一項問卷調查，亞洲人中有67%希望自然死亡，8%希望用各種方法盡力救治，26%的人不確定。亞洲人中有33%的人和親人討論過生命末期的心願，23%的人不想談論死亡。你知道自己或家人的心願嗎？

非營利組織「美華慈心關懷聯盟」為幫助在美華人事先規劃醫療意願，推出類似撲克牌遊戲的安心卡，做為開啟死亡議題的媒介。安心茶話屋是美華慈心關懷聯盟依據Jon Underwood和Sue Reid所成立的Death Café模式，鼓勵華人能開放地探討生死話題，讓生命更有意義。經由安心卡，可以幫助親友、照護者、或醫療人員了解病人在生命末期的意願。健康的人也能透過安心卡，能和親友們談論自己在生命受到威脅時的需求與意願。

安心茶話屋是一個可以邊喝茶，邊談生死議題的聚會。提醒大家在生命末期時，個人對醫療照護的決定，生活品質的考量和選擇，與後事的安排。安心卡可不是一般的撲克牌喔！它是一付經過設計，符合華人在生命末期時可能的需求。五十四張牌中，除了兩張特別心願牌，每一張牌都寫有不同的議題。紅心代表心靈需求，黑桃代表身體需求，方塊代表財務需求，梅花代表人際需求。安心卡的目的是讓家屬、照護者，或醫療人員了解病人在生命末期的意願，是一個促進溝通的活動。

此副由「美華慈心關懷聯盟」設計的安心卡也受到台灣和中國地區的華人所喜愛。例如：台灣台中榮民總醫院緩和療護病房在陪伴病人生命的最後一程，就利用安心卡讓家屬與病人之間做好溝通，以免造成遺憾。讓他們在遊戲中思考生命末期的各項選擇，並由家屬、照護者或醫護人員協助完成其心願。加州有一位九十幾歲的媽媽玩了安心卡後，不但寫下了她的心願，也完成了醫療照護事前指示，在文件上清楚明白的寫下自己的醫療照護事前指示，也因此眾多的子女在媽媽病危時沒有因為個人的看法不同而爭執，大家完全依照媽媽寫下的醫療照護事前指示來做，讓媽媽走的安心。

美華慈心關懷聯盟成立的目的，是為在美華人提供符合文化及語文的生命末期資訊和訓練。美華慈心關懷聯盟同時也為服務華人的醫事人員提供訓練。美華慈心關懷聯盟最重要的服務之一，是與當地的安寧與緩和療護單位合作，訓練志工，提供面臨生命末期的華裔病人陪伴服務。安心茶話屋是美華慈心關懷聯盟宣導事前醫療計劃抉擇的另一種溝通方式。



安心茶話屋 HTH Café · 參與者分享

回饋安心茶話屋的心得，感謝你們

Ling和安心茶話屋的志工們：

這是昨天參加完安心茶話屋的心得，我真的非常喜歡這個活動，也希望自己持續參加這個活動，也大力推薦給身邊的朋友。

好像也是參加完安心茶話屋以後，自己也養成定期記錄、檢視自己財務、人生安排的習慣，很感謝美華悉心舉辦這樣的活動，萬分感謝，也萬分祝福你們。

114.05.11

昨天參加了安心茶話屋的活動，是一個討論臨終議題的活動，這是我第三次參加這個活動了。

因為是第三次，對照前兩次，明顯感覺到，已經越來越把注意力和焦點放回自己的觀點和感受了，在討論臨終需求的選擇上，有一些選項感覺明顯已經和自己無關，自己也不在意了，這種清楚的區別感，好像也是一種對自己價值觀和需求的認識及清明。然後待辦事項和感覺遺憾的事，也越來越少了，不見得是因為都處理完或事事圓滿了，而比較是算了，我接納我自己那時的錯誤和不圓滿，也接納我能力有限，我接納這些遺憾了，它們並不遺憾也並不需要導正了，重新整理和澄清了真正重要的事，也盡量在生活中落實。

對照其他夥伴的討論，也有感覺到我的乾脆和清楚，其實也是因為自己單身和財產狀況相對單純，所以安排和計劃起來簡單很多，沒有那麼多財務和人際關係，也就減少了許多的選擇和考量。在討論臨終最重要的三個選擇時，我突然清明的看到，其實你想怎麼死，就是你想怎麼活，甚至是你現在希望自己是什麼狀態的呈現，你如何想像死亡，也就是你如何想像自己的活。我一直有著追求內心平靜的想法和需求，生活中也花了非常多的心力在調整和追求這件事，同樣的反映到我希望我能平靜的步入死亡，我希望像是每晚平靜入睡的那樣走入死亡。我也一直都覺得每晚的睡眠是最接近死亡的時刻，這一天對自己而言確實死了，也沒有人能保證，明天到來時，自己一定會醒來，雖然目前為止的每一天確實都醒來也恢復意識了。

我希望臨終時，沒有痛苦，寵物在身邊，聽著自己喜歡的音樂，這是我這次選擇的三項最重要的需求。完全也是反映我平時感覺到入睡最舒服的狀態，這也是我能想像最美好的進入死亡的狀態，雖然沒辦法知道實際臨終時是什麼樣的局面。

佩雯



史佩雯 & 瑪莎

安心茶話屋 HTH Café · 參與者分享

在馬來西亞扎根的安心之路

作者：王美玲 牧師 Rev. Ong Bee Leng (馬來西亞CACCC安心茶話屋代表)

我與美華慈心關懷聯盟（CACCC）的相遇始於2021年6月。當時COVID-19疫情正肆虐，死亡成了許多人不敢觸碰卻無法忽視的話題。在馬來西亞這個多元宗族與文化交織的社會中，生死課題普遍較少被公開討論。即使家中有人重病，也往往難以自然地談起生命終點的安排與心願。

第一次參加安心茶話屋時，我深刻體會到這是一個難得的空間——能坦誠談論死亡，安心傾聽彼此心聲。引導員溫和而穩妥地帶領，參與者自在地分享病重時的需求、未竟的牽掛，以及對死亡的信仰與盼望。那是一場誠實、溫柔而深具力量的生命對話。

2021年下半年起，我加入志工行列，與團隊開始在馬來西亞推動安心茶話屋。我們在北、中、南部建立志工網絡，舉辦超過30場活動，接觸逾270位參與者。這些聚會橫跨城市與鄉鎮，參與者來自不同宗族與背景——包括年輕人、長者、醫護人員、照顧者與信仰群體。他們在茶話屋中找到了傾訴與釋懷的空間，也找到了與死亡和解的起點。

安心卡讓我意識到臨終心願需要提前表達。最觸動我的兩張卡是「如果沒救，我不要靠機器為生」和「希望儀容整潔」——這些看似細微的願望，實則關乎最後的尊嚴。但若等到無法開口就太遲了，現在就該讓家人知道：當我無力決定時，請按我的意願選擇，不必背負猜測的痛苦。原來真正的體貼，是把這些心事好好說完。

安心茶話屋不只是一次次的對話，更是一種文化的培養——鼓勵人們提前思考、坦誠交流，讓愛與尊嚴引導我們面對生命終點、善用餘生。馬來西亞的志工團隊來自不同宗教、籍貫與宗族背景，但我們共享一個信念：讓「談生死」變得自然，讓「好好告別」成為祝福。

欣逢CACCC成立二十週年，衷心感謝聯盟的培育與支持。我們將持續拓展安心茶話屋，培育引導員，攜手各界推動生死對話，讓這份關懷在多元社會扎根。祝福以「慈心永續·以人為本的AI照護藍圖」為主題的二十週年募款活動圓滿成功，願這份以人為本的愛心永續傳承。



王美玲 牧師
Rev. Ong Bee Leng



全球醫護及志工培訓 · 參與者分享

缘起 缘聚 缘深，相识 相知 相伴

——我与美华慈心关怀联盟(美华)的因缘际会

缘起 相识

2017年初，我想利用去美国总部开会的机会去拜会ELNEC课程的负责人，商议在中国开展ELNEC培训的事情。Project HOPE的志愿者Ms. Carma Hurt不仅帮我联系了ELNEC的人员，同时还联系了美华的人员陪同我前往。美华的负责人Shirley Pan陪同我拜会了ELNEC并参观了City hope。在同Shirley的交流中，我了解到美华和Project HOPE一样都是非盈利组织，美华的宗旨是：在生命末期的议题上，为在美华人提供一个有尊严而且受到尊重的社区。自此我与美华相识了。

缘聚 相知

2017年10月，湖北省安宁疗护师资培训项目正式启动并举办了第一期培训班，也开启了我与美华的相知之旅。

美华创始人陈明慧女士（Ms. Sandy Chen Stokes）作为ELNEC课程导师之一受邀来武汉授课，培训课程采用美国的ELNEC课程与中国的《安宁疗护实践指南》相结合，培训班非常成功，尤其惊喜的是Sandy带来的安心卡和安心茶话屋活动非常受欢迎。学员们纷纷表示中国文化中有谈论死亡的禁忌，安心卡像一把开启生死对话的钥匙，是一个很好的沟通工具，他们纷纷要求把安心卡带回去，运用到临床工作中和生活中。自此以后，安心茶话屋成为我们项目培训课程的一个重要组成部分。出于对我的信任，Sandy让我成为安心卡在中国的推广大使，帮助美华在国内推广安心卡和组织安心茶话屋活动。不同于西方直接谈论“死亡”的方式，安心茶话屋契合华人情感表达习惯，不仅受到专业医务人员的喜爱，社工、志愿者乃至普通民众都觉得它是开启生命话题的工具。国内关于安心卡使用的学术研究和相关报道也纷纷发表。目前，安心卡在中国的购买和使用者已经遍布所有省份，并建立了专门的微信讨论群供大家讨论使用中出现的問題，同时发布美华的相关活动资讯，受到广泛欢迎和关注。



缘深 相伴

自2017年起，Sandy先后三次带领美华讲师团来武汉支持湖北省安宁疗护师资培训项目，为我们提供无私地支持。2019年，我去纽约全程参加了美华举办的志工培训活动，感受到了美华的魅力和志工的热情。武汉疫情期间，美华积极帮助Project HOPE募款支援武汉抗疫；而后的美国疫情，我也在武汉积极筹集物资帮助美华。我们双方虽然远隔万里，但我们的心永远是在一起的。今年年初，我受邀担任美华的董事，虽然我能力有限，但我会尽力为美华的发展献力献策，并践行好自己的职责。

“慈心二十年，步履未歇” 祝愿美华慈心关怀联盟二十年生日快乐！祝福美华慈心关怀联盟明天更美好！

董巍 Linda/Wei Dong

CACCC董事會成員

世界健康基金會（美國）北京代表處 首席代表

負責北京辦公室和武漢辦公室的運營和項目管理工作。

主要項目：武漢大學護理學院項目；其中包括：湖北省安寧療護師資培訓項目（醫生、護士的培訓項目）；北京地區腫瘤安寧療護師資培訓項目；湖南瀏陽人民醫院醫護人員進修項目。

慈心關懷講座 Compassionate Care Forum

鑑於2020年COVID疫情的發展，我們改以線上活動持續舉辦各項講座。為了幫助美華志工舒緩壓力，美華推出「正念與減壓」系列講座，內容包括15分鐘的靜坐練習，並邀請來自不同領域的志工與專家，協助照顧者與志工面對疫情帶來的挑戰。這個每週三的一系列活動不僅幫助社區成員調適身心，也積極推廣生命關懷的理念，陪伴社區共度艱難時期。

為了更貼切活動的內容與精神，從2023年5月起，「正念與減壓」每週三講座更名為「慈心關懷講座」。2025年起，調整為每月2-3次講座。

自2020年迄今（2025年）已舉辦305場講座，累計參與人次達18,729。

每月第3-5個星期三
美西 下午4:30 - 5:30
美東 下午7:30 - 8:30
亞洲 上午 7:30 - 8:30

報名: <https://tinyurl.com/mcsrweeklyevent>
Meeting ID: 891 8868 1712
Passcode: 2025

掃碼報名



精彩內容回顧（部分講師與講座）



王智玫 老師 Chihmei Chen, PhD

1. 父親給我的最後一份禮物
2. 我的媽媽怎麼變得這麼可愛！
3. 在旅途認識妳

李黎 Lily Hsueh

1. 人生的旅伴
人生是一趟旅程，一趟學習之旅。我們的家人就是人生之旅，最親密的旅伴、最親近的同學。如何與這些旅伴們親密相處，快樂同行，扶持相助，最後圓滿告別，是一生的功課。



陳大雄 博士 Gordon Chen, PhD

1. 走進正念的大門
養成正念的習慣，泰然面對人生的起伏和苦樂。
2. 照顧你的內心花園: 做個正念的園丁

慈心關懷講座 Compassionate Care Forum

精彩內容回顧（部分講師與講座）



陳彥如 護理師 Yan Huang, MS, ACM-RN, IQCI

1. 出院計劃和出院後的療護
提供一些指南和資源，幫助您在親人出院前做好更充分的準備。
2. 了解加州老人健保和出院後照護選擇

饒蕙華 園藝治療師 Jessica Rao

1. 走進園藝治療的世界
「園藝治療」是指利用植物及園藝活動，來幫助人們跨越某種心理障礙、改善身心靈狀態的方法。也就是利用照顧另一個生命、觀察另一個生命週期，來面對自己生命的瓶頸。



蘇昭鳳 前職能治療師 Diana Ou, MS OT

1. 肌肉骨骼的疼痛處理 1
2. 肌肉骨骼的疼痛處理 2
3. 如何預防跌倒
4. 55 & up 的運動
5. 如何選擇適合自己在日常生活中或是運動時的護具

歡迎至美華網站 – 教育資訊 – 慈心關懷講座 – 觀看錄影:

<https://caccc-usa.org/ch/resources/Mindful%20Caregiving%20Stress%20Reduction.html>

正念自我照顧 Mindful Self-Care

美華慈心自2019年初即開始籌劃「正念自我照顧」課程，從講師訓練、翻譯並編寫中文教材，免費提供正念的自我照顧課程給華人社區。美華慈心創辦人陳明慧護理師為本課程的催生者。雷叔雲是本專案負責人，本身受過正念減壓的訓練，同時翻譯過不少正念有關著作，以《生命不再等待》一書榮獲金鼎獎最佳翻譯人獎。目前有七位講師，帶領正念的自我照顧課程。正念讀書會、正念分享圈和同學重聚，讓大家更深入地體驗正念的好處。這些活動吸引了美加兩地和亞洲的華人來參加。

自2019年迄今，我們每年於4月和9月各舉辦一期為期八週的工作坊。目前已舉辦了十六梯次，400位學員參與，共同學習。

課程提綱

- 第一週: 歡迎與感謝
- 第二週: 正念簡介
- 第三週: 培養慈心
- 第四週: 自我照顧
- 第五週: 正念溝通
- 第六週: 人我分際
- 第七週: 逆風飛翔
- 第八週: 回顧與分享

講師團隊 Faculty Team



雷叔雲
Teresa Chang



陳明慧 護理師
Sandy Chen Stokes, RN, MSN



高淑麗
Shirley Chang



曹知行 博士
Alex Tsao, PhD



周志清
Simon Chow, RPh, LAc, MS



廖明煌 中醫師
Mike Liaw, LAc, OMD



林建龍
Alvin Leng

正念自我照顧 Mindful Self-Care · 講師分享

親愛的美華慈心關懷聯盟的夥伴和會員們，

今天，我們在此共同慶祝美華慈心關懷聯盟成立20週年。這不僅是一個值得紀念的里程碑，也是對我們共同使命的一次深刻反思。二十年來，美華在創辦人的領導下，持續推廣生命末期的照護理念，讓人們在面對生命最終階段時，能夠以尊嚴與和平的方式迎接告別。

美華志工們無私奉獻，用心關懷那些需要協助的朋友，提供陪伴與支持，成為他們在生命旅程中的重要夥伴。這份使命不僅僅是對他人的關懷，亦是對生命的尊重與珍惜。透過我們的努力，越來越多人理解到，生前的規劃和對死亡的思考，對於生命的質量至關重要。

作為正念自我照顧的講師之一，我深知在這個旅程中，正念的力量是不可或缺的。自2019年以來，我有幸參與課程的準備和講課，名為講師，其實見證了許多照顧者如何通過正念與自我照顧來應對壓力，保持心靈的平靜。這是一段充滿學習與分享的旅程，每一位參與者的故事都讓我深受感動。在這個過程中，我們不僅在關懷他人，也在彼此的陪伴中成長。

在未來的日子裡，讓我們繼續攜手前行，深化我們的關懷理念，擴展美華的影響力。希望更多的人能夠受到美華的啟發，了解到活在當下，珍惜生命，以及面對生命末期的重要。

最後，衷心感謝每一位為美華慈心關懷聯盟付出努力的夥伴，正是因為你們的奉獻與關懷，美華才能在這20年的歲月中，讓愛與希望如燈塔般指引著有需要的人。

祝美華慈心關懷聯盟20週年慶典圓滿成功，願關懷生命與心靈的旅程，永不停息！

Dear partners and members of CACCC,

Today, we gather to celebrate the 20th anniversary of CACCC. This is not only a significant milestone but also a profound reflection on our shared mission. Over the past twenty years, under the leadership of our founders, CACCC has continuously promoted the concept of end-of-life care, enabling people to embrace their final moments with dignity and peace.

CACCC volunteers selflessly dedicate themselves, providing heartfelt support to those in need, offering companionship, and becoming important allies in their life journeys. This mission is not just about caring for others; it is also about respecting and cherishing life. Through our efforts, more individuals are coming to understand the vital importance of planning ahead and contemplating death in enhancing the quality of life.

As one of the instructors for mindfulness self-care, I deeply recognize the indispensable power of mindfulness on this journey. Since 2019, I have had the privilege of participating in the preparation and instruction of our courses. While I am called an instructor, I have actually witnessed many caregivers utilize mindfulness and self-care to manage stress and maintain mental tranquility. This has been a journey filled with learning and sharing, where each participant's story has profoundly moved me. In this process, we not only care for others but also grow together through each other's companionship.

As we look to the future, let us continue to move forward hand in hand, deepening our caring philosophy and expanding the impact of CACCC. I hope more people can be inspired by CACCC to understand the importance of living in the moment, cherishing life, and facing end-of-life issues.



廖明煌 中醫師
Mike Liaw, LAc, OMD

正念自我照顧 Mindful Self-Care · 講師分享 (續)

Finally, I would like to express my heartfelt gratitude to every partner who has contributed to CACCC. It is your dedication and care that have enabled the organization, over the past 20 years, to serve as a guiding beacon of love and hope for those in need.

Wishing CACCC a successful 20th anniversary celebration, and may our journey of caring for life and the spirit continue without end!

正念自我照顧 Mindful Self-Care · 往期學員分享

Thoughts on Mindfulness Self Care Class

作者：孫宜德 Lilian Cheung, MS

CACCC現任董事會成員，志工，自殺預防系列課程講師
CACCC Board Member, Volunteer, and Faculty Suicide Prevention

At the completion of the 8-week Mindfulness Self Care class, my heart is filled with gratitude and hope: how fortunate I am to stumble upon this class offered by CACCC; and hopeful that I am about to embark on a journey of mindfulness and compassion living, one that will bring joy and fulfillment to myself and those around me.

I have always considered myself a lifelong learner, and have enjoyed many new classes, but never have I taken a class that is as transformative as this one.

After the Week-2 class on mindfulness, I tried mindfulness while driving. The experience was so pleasant that I kicked my 40+ year habit of driving with the radio on, just like that.

The Week-4 self compassion class led me to mindful eating: savoring every bite, appreciating the food, and stopping when full. I lost a few pounds in a month, without trying.

I started listening, really listening, to my friends, and especially to my perceptive daughter, who said to me, “Mom, I feel you are listening to me.” Her quiet comment shook me. For years, I have yearned to be able to communicate with my two grown daughters at a deeper level. I tried hard to be an active listener, and then inadvertently reverted to my old way of being an authoritative, all-knowing, problem-solving Chinese mother, and in so doing, closed the door to our communication. This course has shown me a different path.

It sets itself apart from other mindfulness classes or books in my experience: in that it incorporates the Chinese culture, value and family structure in its content. The teachers’ stories resonate with my struggles as a first generation Chinese American. It is indeed a rare gift.

As a retired teacher from the California public schools, I couldn’t help but noticed how well these classes were conducted. Each class started with a short meditation to quiet our mind and collect our focus, followed by an informative lecture on a specific topic. All the teachers are full of wisdom and compassion. Such beautiful people! The small group discussions, often to share our weekly homework, took me out of my comfort zone. But it was precisely what I needed to go from a passive listener to an active participant. The teachers



美華慈心20年

20 Years of CACCC



美華慈心20年

20 Years of CACCC



美華慈心20年

20 Years of CACCC



事前醫療計劃 Advance Care Planning

圓
滿
的
生
命
對
話

任何年齡

年滿18週歲

完成《醫療照護事前指示》

定期更新
按需更新

罹患重症、慢性疾病或急遽惡化的疾病

完成《維持生命治療醫囑》



表格下載: 歡迎至美華網站 – 常用表格 – AHCD/POLST
<https://www.caccc-usa.org/ch/forms/ahcd-polst.html>

如何正確完成表格: 歡迎至美華網站 – 教育資訊 – 慈心關懷講座 – 觀看錄影
<https://caccc-usa.org/ch/resources/Mindful%20Caregiving%20Stress%20Reduction.html>

正念自我照顧 Mindful Self-Care · 往期學員分享 (續)

demonstrated mindful listening by their actions, creating a safe haven for the students to share our stories, doubts and questions. I feel such tender camaraderie towards my classmates because of our shared experience. The weekly assignments were not easy, but thought-provoking. They forced us to delve into our deep self, then apply the new knowledge in our daily life. So impactful.

As the course drew to a close, I was eager to continue these practices, but apprehensive about my ability to navigate in uncharted waters. Imagine my relief to learn about the after-class support group, which I am grabbing onto as a lifesaver. Now I am confident that I can do it.

The world would be a much better place if we all learned mindfulness and compassion. My heartfelt appreciation to CACCC for this life-changing course, as well as all the classes and services it offers: a great contribution to the Chinese American community.

Thank you,
Lilian Sun Cheung

正念自我照顧 Mindful Self-Care · 讀書會

在生命關懷中綻放的光 — 獻給美華二十年

作者：徐本誼 Lucy Jehng

六年前，我終於迎來期盼已久的空巢期，滿懷憧憬地準備展開人生的下半場，未料，一場突如其來的疫情，打亂了原先的規劃。所幸，上天藉由科技的力量，為我們開啟了一扇窗。彷彿科幻小說中的情節再現，散居五湖四海的人們，不分時差與地域，竟能齊聚於一方螢幕背後，彼此談笑風生，社團也紛紛轉型線上，就在這段因緣際會下，我有幸走進「美華關心關懷聯盟」（以下簡稱「美華」）這個溫暖有愛的大家庭。



美華舉辦的雲端講座，深深激發了我的求知慾，也開闊了我的視野。隨著疫情趨緩，許多社團陸續回歸實體運作，而我驚喜地發現，在這段期間，美華不僅穩健成長，且持續創新，至今仍是北美唯一長期服務華人社區、推動生命關懷的非營利組織。

在這樣充滿挑戰的大環境下，美華的種種成就殊為不易，其核心推手，當屬創辦人陳明慧女士。她以慈心為念、使命為志，率領一群同樣懷抱大愛的志工，自二十年前草創伊始，便堅持以人文胸懷實踐對生命的尊重與關懷為理念，如同一粒種子，撒播在人們心田，隨著蝴蝶效應的推波助瀾，感召更多「美華人士」攜手合作，為全球華人開啟愈發寬廣的生命願景。

美華的初心，從生命終章的尊重與陪伴出發，並與時俱進，再延伸至看護者的關照，跨域自我照顧、正念減壓與身心靈健康等領域。隨著理念深化，也漸次拓展出多元型態的教育與服務平台，包括講座、課程、工作坊、書友會與分享圈，乃至積極與醫療等相關機構的聯盟，逐步編制成一張充滿溫度與能量的生命關懷網絡。

限於篇幅，以下僅就我其中參與度最高的書友會，略述個人心得。

依導讀流程，雷叔雲老師會在表格中列出她精選的導讀項目，再邀夥伴們自由「認養」。每位導讀者細讀文本，咀嚼其中蘊含的精義，再與個人經驗與生活體悟做深度的交融，最後帶到課堂中，可能激盪出同頻共振的理解與對話，也可能展開不同層次的探討與確認。這種連動式的反饋交流，時不時地在為彼此點亮心中的一盞燈。而書友們真誠質樸的分享，也令每一次互動格外地溫馨。

正念自我照顧 Mindful Self-Care · 讀書會 (續)

有一回我在瀏覽導讀表，望著一筆一畫填寫在格子裡的姓名，感受到夥伴們在登記表格的背後所付出的努力，心中湧現出莫名的感動，忽然想起一則古老的故事——

一位旅人經過歐洲某座大教堂的工地，問三位石匠正在做什麼——

第一人說：「我在堆石頭。」

第二人說：「我在完成我的工作。」

第三人則抬頭望著未完工的建築，堅定地說：「我在建造一座大教堂。」

「美華正念書友會」，正是這第三位石匠心境的真實體現：

每一本書，就是一座思想的大教堂；

每一段導讀，都是一場共築心靈殿堂的修行；

每一位導讀者，皆以獨特的視角與真摯的心聲，

為這座書香聖殿，添上一塊閃光的磚石。

謹以此拙文，恭賀美華二十週年慶，『薪火相傳，昌盛永續』。也期許自己與這群親愛的書友們『安身立命於正念的磐石上，擁抱繁花盛開的每個當下。』。

正念自我照顧 Mindful Self-Care · 分享圈

美華20週年分享圈

作者：陳桂珍 Jen Chan

從婉拒參加分享圈到參加了多個不同的分享圈，受訓成為分享圈引導人，最終將經驗傳承給新引導人。這是一段從接受到給予的完整循環和美好旅程。數數日子，我和分享圈結下的緣份已經四年多了。

第二期的正念課程結業時，因為語言的隔閡，（粵語是我的母語）我婉拒了美華的邀請加入分享圈。因為沒有繼續，正念一放就忘。數月後我重讀課程，並在第五期結業時主動要求參加分享圈。



陳桂珍 Jen Chan

「分享圈」鼓勵我在正念上繼續學習。我更細膩地覺察生活，小孫子因課業發脾氣時，我選擇以正念回應而非自動反應，面對人際關係挫折時，我運用所學的正念技巧化解委屈，維持內在平衡。每一刻的覺知，都在正念實踐中轉化為安頓身心的智慧。

「分享圈」是一個以正念實踐為核心的交流平台。成員們在此真誠分享生活故事，有照顧百歲老父的親情糾葛，有家族財產分配引發的情緒波瀾，夫妻關係中的磨合與成長，有個人情緒困擾的自我覺察。這些故事未必都有標準答案，但始終貫穿著正念的智慧。每段經歷都轉化為滋養正念的養分，讓組員們在相互支持中共同前行。

「分享圈」是正念課程的延續與深化。經過八周的學習，同學們心中已經埋下了正念的種子，在分享圈裏，我們以覺知澆灌，以分享滋養，讓正念在交流中生根發芽，茁壯成長。

正念自我照顧 Mindful Self-Care · 分享圈 (續)

正念分享圈——牽起心與心的橋樑

引言

「秘密花園」分享圈在2022年六月成立，成員來自同年四月及之前美華慈心舉辦的「正念自我照顧」課程。最初有十名成員，由 Shirley Chang 老師帶領參與每兩週一次的聚會。一年後，人數稍減，聚會形式亦因需求發展成每月一次的生活精華分享，由成員輪流帶領。

以下是夥伴們講述自己參加分享圈的感受與成長。

1 Fanny :

在2020年疫情最嚴重的時刻，我有幸參加了美華慈心舉辦的「正念自我照顧課程」。那時的我並未意識到「正念」兩個字，竟能在動盪的生活中，為我帶來一絲平靜與光亮。

在課程中，我遇見了一群志同道合的朋友，我們一同靜坐、覺察日常中的微小感受。課程結束後，我們繼續相聚在名為秘密花園的正念分享圈中。

每次聚會，我們用心聆聽彼此的故事，從中找到共鳴與理解。雖然如今只是一月一會的線上聚聊，卻早已在彼此心中種下深深情誼。這份連結溫柔而真實，是生活中難能可貴的陪伴。

我希望秘密花園能持續綻放，在聆聽中照見自己，也溫暖他人。

2 Vickey :

在分享圈中，我最大的收穫是從大家多元的學習和旅遊經驗中汲取了寶貴的人生智慧，這不僅拓展了我的視野，也培養了我多角度思考的能力。更重要的是，我在這裡建立了深厚的友誼，我們像家人一樣彼此扶持，共同成長。

我非常感謝秘密花園帶給我的溫暖與支持，它讓我深刻體會到人與人之間連結的力量，也期待未來能繼續與大家一同分享與成長。

3 Lydia :

首先感謝美華慈心在社區推廣正念課程，讓這個世界更美好。參加正念分享圈讓我們所學到的知識能夠在生活中實踐。我們透過定期的聚會，分享自身的心得並互相聆聽彼此的故事，學到愛自己、包容自己也做到不去批判苛責自己。當遇到困難時我會用正念呼吸的技巧穩住自己的心。

感謝分享圈中每位好姐妹的經驗分享和支援。你們的聲音時常在我的腦海響起。

4 Felicia :

能夠學習到自己如何講出自己內心的事情，而且是在一個很安全的地方能夠分享我的喜怒哀樂，而且是要有正念的思想和大家分享。

從分享的當中能夠看到自己的另一面是沒有發現到的，而且因為聽到同學之間的分享，我還可以隨時地改進反省把一件很困難的事情變成很簡單！非常的感恩跟感謝！

5 心憶 :

我們的分享圈經持續至今已三年，每次的彼此分享，更加深了我們的情誼。

正念自我照顧 Mindful Self-Care · 分享圈 (續)

6 秀梅：

加入分享圈最讓我感恩的是Shirley老師和各位夥伴們，與大家的分享和互動中找到我個人退休後的角色認定。

在聆聽大家的分享中，學習會講出自己內在的心情，進而調整自己的心態。非常珍惜與夥伴們相聚的時光，感恩！

7 Clara：

秘密花園已過了三個寒暑，從每次主持夥伴要作準備的格式發展成一個輕鬆，無負擔的每月聚會，異常可貴。

記得有一位夥伴說「天下無不散之筵席」，她與我們相聚一年，也是要離開的時候。當時很不捨得，也深感到無論友誼多好，也有完結之時。

想不到由於留下成員的堅持，我們三年之後仍是朝氣勃勃，每月相見，分享生活精華，破除了「無不散之筵席」的憂慮。

常哼在嘴邊的一句粵語歌歌詞說：「茫茫人海中找到了你，人生便有意義」。這本意味著在人海中找到你的意中人。其實這「意中人」也是指與你合得來，能在人生旅途上共渡快樂與哀愁的好友。我們是找到了。

8 筱茜：

加入分享圈後，我常常在想我是不是該感謝我的疾病，才會讓我原本固執和自以為是的個性，轉變成能接納身邊的人所給予的意見和想法。因為生病，所以我才想要學習正念，如何和疼痛相處。

一開始上了美華的正念八週課程，漸漸地我在分享圈裡能感覺到被聆聽、被照顧的溫暖，同時也知道，每一個人都有自己不同的困難處，我並不是孤單。

分享圈內的姐妹們陪伴著彼此，朝著自己嚮往的人生目標前進。在每一次的聚會裡，我原本不是期待想得到什麼安慰，只是想倒掉我心裡的垃圾，但是每一次大家的回應都恰好說中了我想聽的話，那一瞬間我感覺很溫暖。

我享受這樣的片刻，也渴望在未來的交流中，我的身體可以在慢慢康復中而能場場聚會都出席，有更多這種不刻意卻能彼此連結的時光。我愛大家，謝謝讓我擁有這份得來不易的友情。

結語

9 Shirley Chang 老師：

你/妳揉過麵團嗎？秘密花園的形成就像把原本不相干的麵粉，加入正念的水，關懷的酵母，揉啊揉的...給予時間，秘密花園的夥伴們就在溫度適宜下，逐漸發酵成可口的麵包！

這個麵包Q彈適中，適合夥伴們暢所欲言，以正念分享喜怒哀樂，互相鼓勵！

他們來自不同地區，不同背景，不同年齡層，但是沒有高下，沒有對錯，只有分享，關懷、包容和接納！

在當今不安、猜忌的社會，這樣良善、美好，令人安心的團體是個真的寶藏！

我多麼有幸參與這個團隊的建立和成長！謹祝願夥伴們在一次，又一次的分享中看到下一代的茁壯，看到這一代大家一起攜手，分憂，解勞...一起漸老！

名醫論壇 – 人生大事系列 Doctor Talk

美華慈心邀請美、中、台醫學界的傑出講師來分享我們每個人都關心的「人生大事」。嘉賓有前台北市立聯合醫院的總院長黃勝堅醫師，紐約長老會皇后醫院緩和療護及老人科醫學主任潘欣心醫師，北京清華長庚醫院和廈門長庚醫院疼痛科主任路桂軍醫師，新竹馬大元診所院長馬大元醫師、凱撒醫療機構聖克拉拉醫療中心內科、疼痛科和安寧與緩和療護專科羅雋醫師以及陽明交通大學附設醫院安寧病房主任陳秀丹醫師。

自2021年迄今已舉辦59場講座，累計參與人次達7,739。

每月第1個星期三
美西 下午4:30 – 6:00
美東 下午7:30 – 9:00
亞洲 上午 7:30 – 9:00
報名: //tinyurl.com/3hsw2j67
Zoom ID: 859 6624 2894
密碼: 2005

掃碼報名



精彩內容回顧（部分講師與講座）

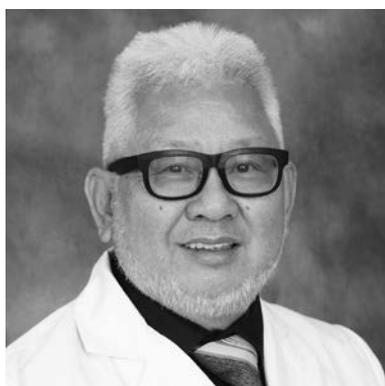


潘欣心 醫師 Cynthia X. Pan, MD, FACP, AGSF

1. 有備而去：臨終者的生活教訓 作者感想
2. 最後一次帶爸爸回家
3. 適齡的健康系統和 4 個 M
4. 緩和性拔管=從人工呼吸器中釋放的慈心
5. 家庭會議：重病時，家屬與醫療團隊的療護計劃和溝通
6. 腦死亡、昏迷、植物人狀態的區別
7. 在醫療前線的緩和療護故事

馬大元 醫師 Stephen Ma, MD

1. 復元新希望：神經再生
2. 如何活出無怨無悔的人生
3. 心想事成背後的原理與方法
4. 憂鬱症新解
5. 創傷- 你也有，只是你不知道
6. 改變心理狀態，減重自然成功
7. 「抗老化」祕訣大公開



黃勝堅 醫師 Sheng-Jean Huang, MD

1. 準備死亡的第一步：願意面對它
2. 你願意和親人談死亡嗎？
3. 生命自己做主：不要為難所愛的人
4. 面對死亡學習愛
5. 由終而始，從心開始

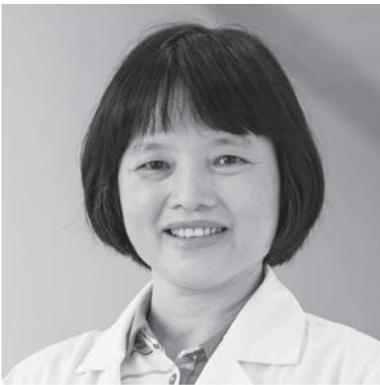
名醫論壇 – 人生大事系列 Doctor Talk

精彩內容回顧 (部分講師與講座)



羅雋 醫師 Esther Luo, MD

失眠以及如何一夜好眠



陳秀丹 醫師 Shewdan Chen, MD

預約身心安適的“晚美人生”

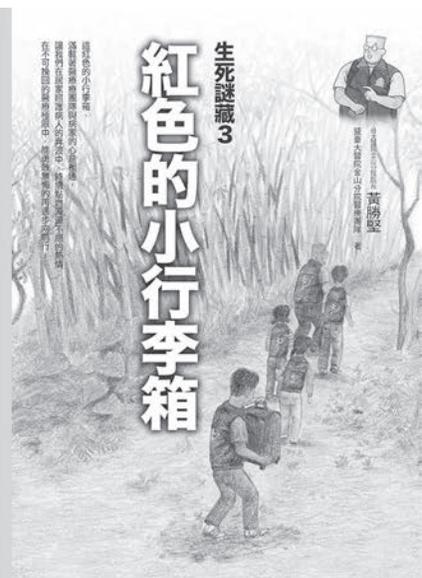
路桂軍 醫師 Guijun Lu, MD

1. 安寧: 一個人和一群人的修行
2. 安寧十戒
3. 如何面對死亡與喪失
4. 死亡教育: 從我聽, 我看, 到我感受
5. 愛~生命信仰
6. 親人之間離世話題溝通
7. 見證生命見證愛



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<https://caccc-usa.org/ch/resources/redefiningwhatmatters/index.html>



黃勝堅 醫師 著作《生死謎藏》系列

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名醫論壇 Doctor Talk · 講師分享

Cynthia X. Pan's Story

by Cynthia X. Pan, MD, FACP, AGSF

Chief, Division of Geriatrics and Palliative Care Medicine,
Designated Institutional Official (DIO), and Director of Graduate
Medical Education (GME), NewYork-Presbyterian Queens

Professor of Clinical Medicine, Weill Cornell Medicine



Congratulations to CACCC on its 20th Anniversary! What a great service for our community! I don't remember when I met Sandy Chen-Stokes, but I do remember hearing her name, reading her educational materials, and admiring her from afar. I really wanted to meet Sandy but didn't know how. It was before the age of social media and not as easy to reach out to people and colleagues.

Thanks to the Stanford Ethnogeriatrics program and my colleague Dr. Gwen Yeo, Sandy and I were asked to co-present on cultural aspects of caring for Chinese American older adults. We both have a passion for promoting excellent care for Chinese American patients and populations and advocacy. Especially end of life care, as this is a taboo topic no one wants to talk about. Of course, Sandy is a pioneer who everyone respected. When I finally met Sandy, I was struck by her friendliness, humility, breadth of knowledge, organizational skills, passion, love for collaboration, and making work fun! All these values resonated with me and I decided I want to work with Sandy any chance I could.

Sandy gave me opportunities and introduced me to the NHPCO and its Diversity Advisory Council and opportunities to develop educational materials for Chinese American outreach.

I was excited when Sandy asked me to get more involved with CACCC to give talks for community outreach and education. I love partnering with CACCC and Sandy's team to spread knowledge and empower action. When I learned about the Heart to Heart cards, I thought it was very innovative and action oriented. There is an American saying that "knowledge is power." But I want to modify that saying or concept: "Knowledge is Potential; Action is Power!" There is a difference between knowing the path and walking the path. With deploying the Heart to Heart cards and cafés, we are turning Potential into Power. I truly enjoyed partnering with Sandy and the CACCC team when they visited New York in 2018.

When I heard about the Heart to Heart data that Sandy was collecting, the academic side of me knew that we had to collaborate and write a paper about that, and get it published and disseminated. It is a service we need to provide for our public and health care audiences! We worked hard and published the paper entitled "Heart to Heart Cards: A Novel, Culturally Tailored, Community-Based Advance Care Planning Tool for Chinese Americans" which was published in 2021. We later collaborated and published another paper entitled "Top Ten Tips Palliative Care Clinicians Should Know About Caring for Chinese American Patients" (published 2023). I know we will continue to achieve new heights together!

明師論壇-生命末期，什麼最重要? Spiritual Talk

自2023年2月起，美華慈心關懷聯盟每月舉辦「明師論壇」，從不同宗教與專業角度出發，探討生命末期的身心靈需求，進而省思生命的品質與意義。迄今已舉辦31場講座，累計參與人次達4,842。主講嘉賓涵蓋佛教、天主教、基督教等宗教領袖，以及靈性輔導師與心理諮商師，圍繞「生命末期，什麼最重要？」核心議題進行深度分享與交流。

每月第2個星期三
美西 下午4:30 - 6:00
美東 下午7:30 - 9:00
亞洲 上午 7:30 - 9:00

報名:<https://tinyurl.com/3hsw2j67>

Zoom ID: 859 6624 2894

密碼: 2005

掃碼報名



精彩內容回顧（部分講師與講座）

彭育申 修女 Sister Elaine Marie Peng



21歲開始修道

1985 經洛杉磯總教區考核為 Master Catechist

1991-2008 擔當台北總教區教理推廣中心主任

目前常住中國

1. 亡者活著
2. 永恆的道謝，道歉，道愛，道天

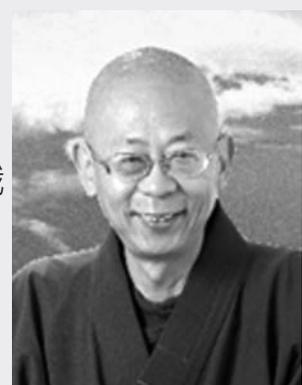
見護 法師 Jianhu Shifu

美國聖地亞哥加州大學 電腦神經網路博士

曾任職中台佛教學院院長、美國三所精舍住持等職

2022年成立般若法航，推廣禪宗心法至世界各地

1. 佛法談生論死
2. 以正念覺照 渡過人生的難關



卓爾君 牧師 Rev. Erhchun Cho



硅谷生命河靈糧堂牧師

生命河教牧領袖神學院院長

1. 從死入生的盼望從聖經看基督教生死觀與臨終關懷的建議

明師論壇—生命末期，什麼最重要? Spiritual Talk

精彩內容回顧 (部分講師與講座)

洪萬六 神父、靈性輔導師 Wanliu Hung, S J



天主教輔仁大學附設醫院 院牧
台北古亭耶穌聖心堂主任, 天主教耶穌會會士
輔仁聖博敏神學院神學學士, 波士頓威斯頓神學院神學碩士

1. 人生如四季，走過幽谷見光明

梁梓敦 社工師 Arnold Leung, BSW, MSW

香港生死學協會總監
香港註冊社工
美國社工協會高級安寧服務社工
美國死亡教育及輔導學會認可死亡學院士

1. 與悲傷共存



李偉倩 心理諮商博士 Wei-chien Lee, PhD

普度大學心理諮商博士
史丹福大學博士後研究
全國認證的臨床心理醫師
曾任教加州州立大學聖荷西分校, 於2024 年退休

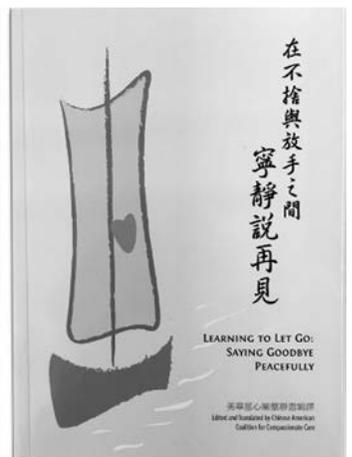
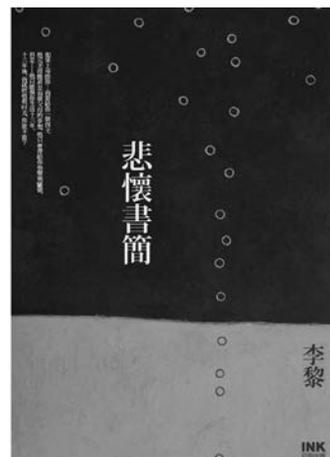
1. 「當人們說：我不想活了」

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明師論壇 Spiritual Talk · 學員分享

灵性辅导的一百张面孔

作者：郑利昕 博士 Lixin Zheng, PhD

芝加哥 Unity Hospice and Palliative Care 灵性辅导师 2025年6月



我们安宁疗护从业者，若不是专业做灵性辅导的老师，讲到“身心社灵”的“灵”，总有点忐忑，说几句“灵性不是宗教”，“灵性所有人都有”之类的话。讲者没把握，听者也迷糊——身心社，都是可触可感的概念，但一说到灵性，就像逮泥鳅，滑溜溜地抓不住；又像扇羽毛，一用力，反而推更远。

灵性往往是用宗教语言描述出来的，因为它超越了世俗和功用，日常的语言和知识都失效了。说不出来，但灵性究竟是什么，当它降临、被感知的时候，我们都很确认。比如前辈赵可式老师，不管是给病人擦澡还是换尿布，我们都能感觉到，这里有比具体服务更广阔、更深层的东西，一个更大、更美好、超越小我、超越生死的存在。

这种对于圆满和超越的追求，是人性本有的一部分。灵性的影子，闪烁在追星、登山、摄影和茶道中。那，我们如何在临床中，邀请圆满与超越的降临，让灵性的羽毛安住在当下呢？在安宁疗护语境中常用的招数，我们可分为三个层次，“解决当下障碍”，“找到锚定点”，“把握生命力量”，列举部分如下：

1. 解决当下障碍。当案主家庭有身体、心理、社会关系上具体的需求，例如饿、渴、痛、睡不好、累、孤独、焦虑、害怕、生气等，我们帮忙解决具体的需求。这部分，往往是护士、社工、照护者的专业领域，却是作为灵性辅导的一个必要步骤。敏锐捕捉，案主家庭当下最大的障碍是什么？灵性辅导，有时候就是从一杯奶昔/奶茶/水果沙拉开始的，加上倾听的耳朵和温柔的在场，帮助案主家庭面对、接受，进而着手处理生活中的大石头。

2. 找到锚定点。有时候，石头太大，惯习的力量太深，障碍没法直接挪走。这时候，我们可以做的，是帮助案主家庭在风暴中找到相对的安稳。下面，依据不同感官的锚定点，列举招数如下：

- 声音：所有感官里，耳根最利、最能入心。轻柔说话——不管说什么——就已经在提供一个坚实的锚定点了。如果案主家庭有宗教信仰，可带领唱诵。
- 其它感官：视觉：祥和注视；嗅觉：运用精油等。触觉：轻柔的抚摸和按摩。
- 综合的放松方法：深呼吸；拉伸、自我按摩和一些瑜伽动作（如果案主身体允许）；观想或想象疗法。
- 心理咨询的谈话技巧主要运用意根和语言，都可以用。
- 安宁团队与案主的稳定上门服务，是在时间上很重要的锚定点，这也很重要。

3. 把握生命力量。安宁团队是外缘，能创造机会和空间，让案主家庭找到内在的生命力量；但只有自己，才是带来深刻灵性改变的内在。因此，灵性辅导师能给出的最大的礼物，是帮忙挖掘自家宝藏——对内在心灵的发问、探索、了悟和把握。真正真实的生命力量，一定是超越一时障碍，超越个人困境，超越计较得失的。运用生命回顾，我们帮助案主家庭探索超越小我和生死的内在宝藏，把握广阔深刻的生命力量，从而对当下的难题有新的认识和解法。以下列举一些启发性问题，和这些问题内含的超越性智慧。

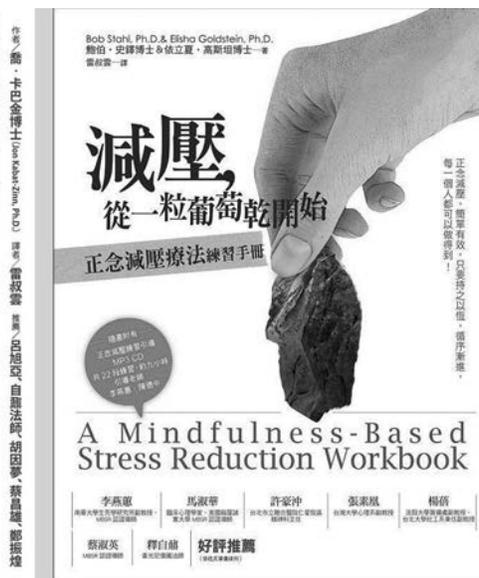
明師論壇 Spiritual Talk · 學員分享 (續)

- “过去的类似困境，我是如何度过的？”——“我能够依止自己的内在智慧，渡过当下难关。”
- “什么是我最重要的人生价值？”——“我能够依照人生价值，而非一时好恶，做出生命末期的选择。”
- “我在这世间，留下了什么遗产？”——“我是广阔时空中的一期生命，因此我能够面对自己的消逝。”

几点说明：

1. 所谓“一百张面孔”，一百即无限的意思，任何让人离苦得乐的方法。都可为安宁团队所用。
2. 所有的照护，都能导向灵性关怀。在功能上讲，对于身体、心理、社会关系的照护，与灵性照护不是一件事；但从本质上讲，它们都是出于无缘大慈、同体大悲的精神，即所谓“此心同也，此理同也”。
3. 这三个层次是有次第的，从第一层到第三层，是由动入静，由小我到超越，由形而下渐入形而上。然而，服务的开展，并不一定依次第而行。有时候开口第一句话，直接与案主家庭进入第三层；有时直到服务结束，我们仍在第一层盘旋。
4. 这些方法，并不能保证效果、进度——特别是第三层，很多时候问出来没有回响——更不能保证灵性的降临与开显。因此，我们进入服务关系，不带预设和期待。

我们有软弱，有遮蔽，但也有力量，有智慧；戴着沉重的镣铐，却又有无限的可能。辅，是脚手架、扶手、安全网，让案主家庭在艰难的处境里，不至于摔得更痛、栽得更深；导，是在对方清醒、有余力的时候，伸出邀请的手，激发生命的力量：“我可以的。”从辅到导，灵性辅导师和团队一起，给案主家庭创造善缘。至于能否引向生命开阔和深刻的转变，我们无从知道。但确定的是，因果不空，善的涟漪肯定会传递出去的。



教育書籍

購買請聯繫 Please Contact CACCC to Purchase:

(866) 661-5687, info@caccc-usa.org

或前往美華慈心網上店舖 CACCC Online Store: <https://www.caccc-usa.org/store/>

失落與哀傷工作坊 Loss & Grief Workshop

哀傷是人類自然的情緒反應，沒有對錯，也無關好壞。美華慈心的失落與哀傷工作坊討論如何健康地處理哀傷、面對哀傷的歷程、做好哀傷的陪伴和撫慰，以愛減緩和轉化失落與哀傷的痛苦。

「失落與哀傷工作坊」旨在幫助華人社區面對哀傷的歷程，以及幫助志工如何做哀傷的陪伴和撫慰。但這個課程並不能取代專業的心理治療。

自2023年3月開辦第一期課程以來，我們每年於6月和11月各舉辦一期為期四週的工作坊。目前已舉辦五期，共有150位學員參與。

講師團隊 Faculty Team



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學員分享

我很感激美華慈心能夠提供失落與哀傷的課程，四週的時間本以為很漫長，但結束的那一刻又覺得很短暫。我現在才明白哀傷也需要被學習。我懂得了每次擊穿我內心的傷痛是我對父親的遺憾，未完成的遺憾。我很感謝老師們的分享讓我領悟到生命是愛與情感的交融，感受自己與他人之間的愛與情感就是在感受生命的存在，即使這個人已經不在人世但是情與愛卻永遠不會消失，這也許就是生命永恆的真諦。

詩療工作坊 Poetic Medicine for Grief

詩療工作坊簡介

作者：雷叔雲 Teresa Cheng

詩，以高度凝練、富有節奏和情感的語言，表達思想、情感、意象或哲理，可以映照、釋放、療癒人類的內心。西元前十一至六世紀，《詩經》中〈風〉的部分反映了百姓的勞動和愛情、戰爭和徭役、壓迫和反抗等方方面面，成為周代社會生活的鏡子，也是百姓內心的發抒。埃及在西元前四、五世紀也有紀錄，將寫作視為一種治療手段。

拉回這個時代，加州大學舊金山分校醫院MERI (Making Education Relevant and Integrated) Center for Education in Palliative Care 自2020年4月22日起開設詩療 (Poetic Medicine) 課程，目的在於支持重症病患、訓練照護者，並提升專業醫療團隊的幹練度和開放性。



MERI Center在2024年8月向美華慈心關懷聯盟創辦人陳明慧女士發出邀請，參與該中心的一項研究計畫，名為〈陪伴哀傷，以詩療癒：打造安全空間，說出不同的人生故事〉(Poetic Medicine for Grief: Creating Safe Space for Diverse Stories)，為北加州舊金山灣區需要哀傷療癒的華裔人士試行提供詩療工作坊，以觀察此一課程在不同族裔文化的效果。美華有四位志工：曹知行、黃潔雯、高淑麗、雷叔雲，完成引導人培訓並實地引導MERI的課程之後，在2025年4月舉行兩組華裔詩療工作坊，每一組為期三次，在此期間，星島日報和KTSF也配合推出報導。

參與盛會的約30位，他們將通過課前和課後問卷及訪談，為該項研究提供數據。雖然效果仍在分析當中，但從與會人士的初步反饋來看，縱使亞洲教育鮮少有詩文寫作，然而真摯的情感仍可誕生感人的詩作，這給美華絕大的信心和鼓舞，中文語境下詩療工作坊確實可以成為華人的療癒空間！

引導員團隊 Facilitator Team



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自殺防治 Suicide Prevention

美國華人精神健康與自殺預防的挑戰與契機 ——介紹美華慈心關懷聯盟自殺防治課程

在美國，亞裔美國人表面上看似擁有較高的教育和經濟成就，但這些光鮮數據往往掩蓋了社區內長期被忽視的心理健康問題，特別是在華人族群中。根據美國疾病管制與預防中心（CDC）的統計，在65歲以上族群中，亞裔婦女的自殺率高於其他族裔；而在24歲以下的亞裔年輕人中，自殺更是十大死因之首，其中華裔青年的自殺率甚至高於其他亞裔群體。華人與其他亞裔一樣，面臨語言障礙、移民壓力與心理健康污名等挑戰，加上文化傳統的影響，使得華人社區的精神健康與自殺問題更顯複雜與嚴峻。



曹知行 博士
Alex Tsao, PhD

文化與家庭的雙重壓力

華人文化普遍重視個人成就與家庭榮耀，這使許多家庭成員在面對壓力時選擇壓抑情緒、隱忍不言。孩子從小被期許「成龍成鳳」，成年後則要承擔沉重的家庭責任與經濟壓力。若缺乏適當的情緒出口，這些壓力往往導致焦慮、憂鬱甚至絕望。在傳統觀念中，精神疾病常被視為「家醜」，談論心理困擾是禁忌，甚至被誤解為軟弱、不孝或失敗。許多人即使內心痛苦，也不願尋求協助。

語言障礙與資源不足

儘管美國社會越來越重視多元文化的心理健康服務，對於不熟悉英語的華人長者或新移民來說，尋求專業協助仍有諸多障礙。不僅語言是門檻，文化差異亦是挑戰。即使有華語心理師可供選擇，社區內心理資源仍相對有限，而許多人對心理治療也存有誤解與戒心。例如，有人誤以為心理諮商等同「看精神病」，或認為「靠自己撐過去」才是堅強的表現。

世代差異與身分認同的拉扯

對在美出生或成長的華裔年輕人而言，身分認同的掙扎尤為明顯。他們夾在美國主流文化與傳統華人家庭價值觀之間，常感難以歸屬，產生強烈的文化張力。這種壓力不僅影響自我認同，也可能導致家庭間的隔閡，使年輕人在尋求幫助時缺乏支持。學校與醫療系統若缺乏文化敏感度，亦可能錯過及時介入與預防的機會。

推動改變：美華慈心關懷聯盟的行動

有鑑於此，美華慈心關懷聯盟特別於成立二十週年之際，推出以華語進行的精神健康與自殺預防教育講座系列，期望導正社區對心理健康的誤解，提升對情緒困擾的認識與接納，並介紹可運用的社區資源。我們希望藉此為在美華人朋友的心理健康盡一份心力。講座系列將於今年八月起展開，為期一年。我們將陸續向社區發布講座相關資訊，歡迎有興趣的朋友們踴躍參加。

CACCC教育資訊 Educational Materials

人工呼吸器 決策指南 Ventilator Decision Aid



什麼是人工呼吸器?
What is a ventilator?

人工呼吸器是幫助無法自行用肺部呼吸的病人呼吸的一個機器。

當病人連上人工呼吸器時會發生什麼情況? 如何操作?
What happens when someone is attached to a ventilator? How is it done?

- 將一根管子從口腔或鼻子插入氣管(氣管插管)。
- 機器(人工呼吸器)會經由管子,將空氣打入肺部。
- 為了減輕病人的疼痛與不適,一般會藉由靜脈注射給予藥物使病人嗜睡。

什麼時候需要人工呼吸器?
When do people need a ventilator?

對於那些無法自己正常呼吸的人來說,可能是有需要的呼吸問題可能是短期(暫時性)或長期的(永久性)。

除非病人已經選擇不使用人工呼吸器,為不能自主呼吸的病人使用人工呼吸器是醫療常規。

短期使用人工呼吸器的原因可能包括:

Reasons for short-term ventilator use may include:

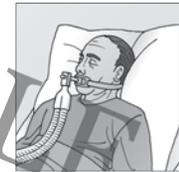
- 手術時使用麻醉藥(讓您睡着)。
- 突發,嚴重的疾病或嚴重受傷。
- 嚴重的肺部疾病,如慢性肺阻塞(COPD),肺氣腫,哮喘或肺炎。
- 因心臟問題或腫脹造成肺部積液。

長期使用人工呼吸器的原因包括:

Reasons for long-term ventilator use may include:

- 極度虛弱,用來呼吸的肌肉無法良好運作。
- 在昏迷狀態,控制呼吸的大腦和神經無法正常運作。
- 肌肉或神經的疾病,脊椎受傷或嚴重的肺部損傷。

可能導致一些病人永遠失去自主呼吸的能力。



誰應該使用這份指南?

Who should use this guide?

這份決策指南適用於患有嚴重疾病的人。它可用來幫助做醫療決定及用人工呼吸器做治療的討論。

備註:本文件沒有討論非侵入性的呼吸支援選項。那表示是用其他方法而不是使用人工呼吸器來幫助您呼吸。

管餵食 決策指南 Tube Feeding Decision Aid



什麼是管餵食或人工營養?
What is tube feeding or artificial nutrition?

管餵食(也稱為人工營養),是為身體提供流質食物(營養)的一種醫療方式。

如何進行管餵食?
How is tube feeding given?

藉著下列的一條管子,以流質方式提供:

- NG管(鼻胃管),經由鼻子插置到胃部。
- PEG管(皮下胃造口管)或G管(胃管),藉由手術經皮膚放入胃部。當需要提供超過數週的營養時,就會使用這個手術。



病人什麼時候需要管餵食?

When do people need tube feeding?

當病人不能正常的吃足夠的食物或吞嚥有困難時,這些問題可能是短期的(暫時性)或長期的(永久性)。

短期使用管餵食的可能原因包括:

Reasons for short-term tube feeding may include:

- 嚴重急性的疾病,手術或嚴重受傷。
- 短暫的失去警覺性或意識。
- 為了配合如放療的特殊治療。

長期使用管餵食的可能原因包括:

Reasons for long-term tube feeding may include:

- 無法由口吞嚥足夠的食物。
- 由於疾病,中風,或受傷而失去正常進食或安全吞嚥的能力。
- 腦部受傷造成失去警覺性或意識。
- 喪失正常使用(消化)食物的能力(例如:因為腸道疾病或胃部手術)。

誰應該使用這份指南?

Who should use this guide?

這個決策指南適用於患有嚴重疾病的人。它可用來幫助有關對管餵食(人工營養)的醫療決定及討論。

心肺復甦術 決策指南 CPR Decision Aid



什麼是心肺復甦術?
What is CPR?

心肺復甦術(CPR)是要在一個人心臟停止跳動或是心臟無法傳送血液(泵血)時,試圖幫助恢復心臟跳動。

如何做心肺復甦術?
How is CPR done?

很多人在電視上看過心肺復甦術。電視上讓心肺復甦術看起來又快又容易,但事實並非如此。

做心肺復甦術時:

- 每分鐘要多次按摩胸部二英寸或更深,讓心臟泵血。
- 可能給予胸部強烈電擊,讓心臟有正常心律。
- 通常經由靜脈導管,給予藥物。
- 通常可能用呼吸罩放在臉上或將管子插入氣管來幫助呼吸。



什麼時候需要心肺復甦術?

When do people need CPR?

當人心跳停止時,就須要做。當這種情況發生時,醫療團隊會試著做心肺復甦術,除非病人已完成不做心肺復甦術(DNR)醫囑或維持生命治療醫囑(POLST)。

心肺復甦術可能如何幫助心跳已經停止的人?

How might CPR help a person whose heart has stopped?

- 心肺復甦術的目的是幫助一個人恢復心臟跳動。
- 心肺復甦術可以泵血並支持身體的器官,例如大腦。
- 心肺復甦術可能讓醫療團隊有時間在復甦術後讓心臟繼續維持跳動。
- 心肺復甦術可能讓醫療團隊有時間找出並試著去治療引起心臟停止泵血的醫學問題。

誰應該使用這份指南?

Who should use this guide?

這個決策指南適用於患有嚴重疾病的人。它可用來幫助醫療決定及有關心肺復甦術的討論。

人工補液 決策指南 Artificial Hydration Decision Aid



什麼是人工補液?

What is artificial hydration?

人工補液是為無法自己飲用足夠水份及鹽份或是有吞嚥困難的病人所提供的一種醫療方式。

如何進行人工補液?

How is artificial hydration given?

藉著下列的一條細管,以流質方式提供:

- IV管(靜脈導管),用導管經由皮膚插入靜脈。
- Clysis(皮下導管),用導管經由皮膚插入皮下。



病人什麼時候需要人工補液?

When do people need artificial hydration?

- 當他們不能正常的用口喝足夠的液體時。
- 當他們有吞嚥困難時。
- 當治療嚴重感染時。

這些問題可能是短期(暫時性)或長期的(永久性)。

短期使用人工補液的原因可能包括:

Reasons for short-term artificial hydration may include:

- 重病,手術或嚴重受傷。
- 短暫失去警覺性或意識。
- 為了配合如放療的特殊治療。

長期使用的原因包括:

Reasons for long-term artificial hydration may include:

- 無法用口喝足夠的液體。
- 由於疾病,中風或受傷而失去正常吞嚥的能力。
- 腦部受傷造成失去警覺性或意識。

誰應該使用這份指南?

Who should use this guide?

這個決策指南適用於患有嚴重疾病的人。它可用來幫助有關對人工補液的醫療決定及討論。

歡迎至美華網站 - 教育資訊 - 文字資訊

<https://www.caccc-usa.org/ch/resources/documents.html>

CACCC教育資訊 Educational Materials



和父母親做醫療計劃的交談指南

I Love You Mom and Dad...Conversation Guide

我們想要我們的父母親永遠健康、獨立且能夠為他們自己做重要決定。但是，情況有可能會突然改變。他們可能會因為高齡而生病，而不再能夠表達自己的意願。當這種情況發生時，醫生通常會要求親人們為他們做醫療決定。假如發生了這種情況，你知道他們想要什麼樣的護理嗎？

要確定父母的意願將會被尊重最好的方法是在現在和他們談論：幫助他們計劃未來的醫療需求。但是，談論這個問題不總是那麼容易的。加州同心關懷聯盟及美華同心關懷聯盟聯合製作的這份指南，可以幫助你開始和你的父母親討論這個問題。這份指南包括：

- 如何提出這個問題
- 如何回答他們可能關心的問題
- 你可能需要問他們的問題

當你的父母親想到表達了他們的意願時，我們建議你鼓勵他們：

- 在醫療護理事前指示文件中，寫下他們的意願。醫療護理事前指示是一項聲明，讓他們的家人和醫生知道，當他們無法為自己發言時，他們想要受到什麼樣的照顧。
- 指定一位醫療代理人：你或其他一位瞭解他們的意願，而且在他們不能為自己發言時，能為他們代辦的人。

一旦開始談論，不要覺得你需要一次就決定好每一件議題，而寧願把它當成一個過程。即使你的父母親已讓你知道他們的意願，日後仍有可能改變。但是，一旦開始談論了，將來談到改變或相關問題也會容易些。

記住，其他的家庭成員和他們喜愛的人也需了解你父母的意願。看看他們在感情或地理上有何接近。這也可能是一項挑戰。鼓勵你的父母親把意願告訴他們喜愛的人，一對一或在家庭聚會時說。當碰到任何人對此有排斥時，要支持你的父母親。越多聽取他們的人瞭解他們的意願，那些意願就越可能被執行。

Developed by the California Coalition for Compassionate Care and adopted by CACCC for use in education and outreach to the Chinese community.



你的對話入門指南

Your Conversation Starter Guide

如何討論重要的醫療照護議題，並擁有你的醫療決定權。

How to talk about what matters to you and have a say in your health care.

Institute for Healthcare Improvement the conversation project

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你與醫療團隊的對話指南

Your Guide for Talking with a Health Care Team

如何談論適合你或你所照顧的人的醫療照護。

How to talk about the care that is right for you or someone you care for.

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生命中什麼對我是重要的

為重症患者準備的一本練習簿

姓名: _____

日期: _____

ARIADNE LABS the conversation project

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我的健康清單

一份協助您為醫療預約做好準備的指南

姓名: _____

日期: _____

Age-Friendly Health Systems

這份清單係根據德意志 John A. Hartford 基金會、醫療保健改善機構 (IHI)、美國製藥協會 (AHA) 及美國老年醫學協會 (GMA) 資料所製作。

© 2024 醫療保健改善研究—這是一份可以幫助您瞭解如何與您的醫療團隊溝通、討論您最關心的議題、並協助您與醫生討論如何改善您的醫療護理。本清單係根據在醫療保健改善研究內所進行的研究—一種以佳利列式護理模式為基礎的創新式護理—而製作。您可以在任何地方下載和分享。



選擇醫療代理人指南

Your Guide to Choosing a Health Care Proxy

如何選擇一位可以為你代辦，並協助你在醫療照護方面發言的代理人。

Choose an advocate who could speak for you—and help you have a say in your health care.

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選擇醫療代理人指南

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如何選擇一位可以為你代辦，並協助你在醫療照護方面發言的代理人。

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你的對話入門指南 Your Conversation Starter Guide

提供給阿滋海默症或他類失智症照顧者

For Caregivers of People with Alzheimer's or Other Forms of Dementia

如何瞭解什麼對阿滋海默症或他類失智症患者最重要，並幫助他們擁有醫療決定權。

How to understand what matters most to someone living with Alzheimer's or another form of dementia, and help them have a say in their health care.

Institute for Healthcare Improvement the conversation project

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你的對話入門指南 Your Conversation Starter Guide

提供給重症兒童照顧者

For Caregivers of a Child with Serious Illness

如何開始與患有重症的兒童談論適合他們的醫療照護。

How to start talking with a child who is living with a serious illness about the health care that is right for them.

Institute for Healthcare Improvement the conversation project

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歡迎至美華網站 – 教育資訊 – 文字資訊
<https://www.caccc-usa.org/ch/resources/documents.html>

CACCC教育資訊 Educational Materials



了解事前指示

什麼是事前指示

“事前指示”是指您在生命末期或瀕臨死亡時，向您的醫生和護理人員表達您的意願。這可能包括指定一位代理人，以及指定您希望或不希望接受的醫療護理。

緩和療護

什麼是緩和療護？

緩和療護旨在提高您的生活品質，並減輕痛苦。它包括提供疼痛管理、情緒支持、以及對您和您的家人提供教育和諮詢。

安寧療護

什麼是安寧療護？

安寧療護旨在提供舒適和尊嚴，並減輕痛苦。它包括提供疼痛管理、情緒支持、以及對您和您的家人提供教育和諮詢。

死亡過程

給家人照顧者的指導原則

誰提供安寧療護？

安寧療護可以由醫生、護士、社會工作者、以及靈性護理人員提供。他們將與您和您的家人合作，制定護理計劃。

面對悲傷

悲傷是：一個人在面對失去的反應。

- 在悲傷時情緒、思考和行為隨著失去對他重要的人或事的一種正常反應。
- 生命中自然的一部分。
- 一個人面對死亡、離婚、疾病、失業、遠離家人及朋友或任何重大生活改變的一種典型反應。
- 完全因人而異沒有所謂正確或錯誤的方法來經歷悲傷。

悲傷包括：

- 難過
- 空洞和麻木感，如同被震驚中的狀態
- 生理反應包括了噁心、呼吸困難、哭泣、暈倒、沒有體力、口乾、睡眠和飲食型態改變、疲憊
- 對情境、個人或整體的情緒感
- 對自己所做或沒有做的事有罪惡感
- 從家庭、朋友、和一般活動中退縮
- 無法集中注意力、工作或有困難做決定
- 對失敗或靈性產生疑問：對原有人生中的意義、價值、和目的產生質疑

悲傷的持續時間：

- 一直到由於喪失而改變的生活得到調整
- 幾個月，甚至於幾年。悲傷是沒有時間表的：思想、情緒、行為和其他反應都可能會來來去去。

體驗悲傷

去體驗悲傷所帶來的想法和情緒是很痛苦但也是很重要的。您同時要對自己很有耐心及仁慈。記得悲傷是正常的，您也會學習到去調整生活中的改變。同時，下列做法會對您有所幫助：

說出您的喪失

讓自己在所愛的親友環繞下，慢慢對家人、朋友或輔導員交談。讓他們知道您需要分享您的回憶和表達您的悲傷。您也可以參加安寧療護或社區的支持團體。

原諒自己

包括對所有您認為應該說或應該做的；也原諒自己在悲傷時所產生的情緒，如憤怒、罪惡感或難為情。



Chinese American Resource Guide

2022 Edition

NHPCO
Leading Person-Centered Care
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CACCC教育資訊 Educational Materials



家庭照護 須知

What You Need to Know
about Caregiving

HEA Cares
Hospice Foundation of America's
Conversation, Advice, Resources, and Education Series

美國安寧療護基金會「關愛生命-認識安寧療護」對話、建議、資源及教育系列指南

- 1 誰是家庭照護者？**
家庭照護者為慢性病患、病危者或行動不便者，提供必要而不支薪的照顧。家庭照護可以包括各類照顧：個人日常起居的照顧、醫療照護、或幫忙處理財務和法律方面的問題。今天在全美有將近六千六百萬的家庭照護者，其中大多數為女性，很多人還同時照顧父母和孩子。
- 2 家庭照護是一件困難的工作。**
照護可能會影響我們身體和情緒上的健康；我們常會感到孤立、不被重視、不知所措、精疲力竭。尤其，如果我們的工作能力受到干擾或需要額外費用時，就會造成財務上的沉重負擔。
- 3 家庭照護影響到每一個家人。**
照護所需要的時間和帶來的壓力，影響著家人的關係。夫妻可能會彼此不滿，孩子覺得被忽視，或者對於他們所經歷的事情感到困惑不解。父母和兄弟姊妹之間，可能對於自己應盡的責任有不同的意見。
- 4 家庭照護伴隨而來的失落感。**
如果家人或朋友生病，我們可能會經歷所謂的「預期性悲傷」。「預期性悲傷」並不僅是預先就為即將失去一位親友哀傷，而是需要面對一步步喪失的過程：喪失獨立自主的能力、喪失我們的規劃、喪失我們的朋友、喪失我們的財富和生活方式。



認識 安寧療護

Understanding Hospice Care

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美國安寧療護基金會「關愛生命-認識安寧療護」對話、建議、資源及教育系列指南

- 1 安寧療護是一個特別的關懷理念，通常是在病人生命的最後六個月中，提供減輕疼痛與症狀的服務。安寧療護為處在生命末期的人及其家屬，提供舒適的照護、幫助減輕疼痛並給予身心靈上的關懷和支持。**
- 2 安寧療護可以在任何地方進行，不一定要在一個特定的「地方」實施，只要是病人自己認為是家的地方，就可以接受安寧療護。而「家」這個概念是很廣泛的，「家」可以是病人的住家、療養院、護理人員可以提供日常生活協助的住所，或是一間安寧療護院。**
- 3 安寧療護服務適用所有年齡的人，包括兒童以及需要不同醫療照顧的人。雖然接受安寧療護的病患中，大約三位中就有兩位年齡超過六十五歲，但是任何年齡的人都可以接受安寧療護。安寧療護也為罹患阿茲海默症、癌症、心臟病等疾病的人提供服務。**
- 4 安寧療護提供每日二十四小時、每週七日，全天候隨叫隨到的服務。除了平時安寧療護小組的定期探望，家屬可在任何時候聯繫和諮詢安寧療護專業人員；此外，還有一位安寧療護團隊成員，專門提供緊急狀況的協助。**



疼痛控制的 迷思

Myths about Pain

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- 迷思： 瀕死總是痛苦的。**
事實： 許多人在死時不會經歷疼痛。如果有疼痛，也可以迅速安全地緩解。
- 迷思： 有些疼痛是無法緩解的。**
事實： 有些疼痛需要多重方式才能緩解。進步的止痛藥，使得所有的疼痛都能被緩解。止痛可以使用一般性的藥物或結合下列方法：化學療法、放射線療法、神經阻斷、物理治療和任何其他適當的方法。
- 迷思： 止痛藥總是讓人昏睡。**
事實： 大多數有嚴重慢性疼痛的人，都會因為疼痛而無法入睡。鴉片類的止痛藥(嗎啡、可待因...等等)會產生初期的嗜睡(通常大約24小時)，讓病人可以補足失眠；持續服用止痛藥，能夠幫助他們繼續正常的心智活動。嗜睡，通常是因為其他原因而開的處方藥物，如抗焦慮藥物(anti-anxiety agents)和鎮定劑(tranquilizers)。
- 迷思： 最好是留著較強效的止痛藥到最後，以應付更劇烈的疼痛。**
事實： 如果疼痛無法用較不強效的止痛藥，如：阿斯匹靈(aspirin)、非類固醇抗炎藥物(NSAIDs)、可待因(codine)、氫可酮(hydrocodone)等等止痛藥控制時，最好換成更強效的止痛藥來控制疼痛時，有時候會先使用較高劑量，以確保疼痛在任何時間都能控制得很好。鴉片類的止痛藥，用來緩解疼痛時，一般不會造成耐藥性。隨著疾病(例如：癌症)的進展，可能持續地需要更多的鴉片類止痛藥來控制疼痛。
- 迷思： 病人常常對止痛藥，例如：嗎啡，產生耐藥性。**
事實： 當用嗎啡和鴉片類的止痛藥來控制疼痛時，有時候會先使用較高劑量，以確保疼痛在任何時間都能控制得很好。鴉片類的止痛藥，用來緩解疼痛時，一般不會造成耐藥性。隨著疾病(例如：癌症)的進展，可能持續地需要更多的鴉片類止痛藥來控制疼痛。
- 迷思： 一旦開始使用止痛藥，劑量必須用越大。**
事實： 實際上，剛好相反。一旦疼痛獲得控制，而鴉片類止痛藥的劑量穩定持續幾天後，可以降低它的劑量，且疼痛不會復發。鴉片類止痛藥的劑量，需要時，可以安全地慢慢增加，以控制疼痛的加重。如果疼痛在同樣劑量下能控制幾天，劑量可以慢慢降低。這種調整劑量以達到病人的需要，叫做「劑量滴定法」(Titration)。一旦疼痛得到控制，即可降低鴉片類止痛藥劑量。



面對哀慟

What You Need to Know
about Grief

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- 1 哀慟是對親人的正常反應**
你也許會自問：我是否正常？請不要擔心，你的哀慟經驗是正常的。你沒有精神錯亂，你是在哀悼。每一個人承受哀慟的方式都不同。
- 2 哀慟可能會有危險徵兆**
當我們有自我毀滅的行為時，例如：自殺的傾向、濫用藥物、酗酒或是傷害到別人，就一定要尋求專業的幫助。許多安寧療護機構均設有互助組，或者可推薦其他資源給你，如：醫師、宗教師，甚至禱告從業人士，都是能幫助你的有益資源。
- 3 哀慟的階段過程是難以預期的**
我們在經歷哀慟時，往往就像是坐雲霄飛車，有高潮和低潮、有時好有時壞，而且過程一樣，開始的時候還不是最糟的時候。哀慟沒有一個共同一致的過程，我們每一個人經歷的失落各有不同。哀慟不但是現在，甚至多年後仍會繼續影響我們。
- 4 我們會延續與逝者的連結**
對大部分人來說，哀慟的痛苦會與時而減。但是我們永遠不會忘記過去的人，我們會一直持續與逝者的連結。有時我們會擔心，如果我們不再哀慟，我們也不再會有這個連結。但，死亡不會令我們這份連結中斷的。
- 5 哀慟對我們的影響是多方面的**
我們的哀慟經歷可能是身體上、情緒上和心靈上的。如果哀慟在身體上造成傷害，就要去看醫生，並讓醫生知道你失去了親人或朋友。情緒上的反應如：悲傷、孤獨、內疚或耽心，在哀慟過程裡都是正常的。心靈上，我們或許會對上蒼感到憤怒，或是對我們的信仰產生疏離感；或者相反的，我們也可能變得更加依賴我們的信仰。

歡迎至美華網站 - 教育資訊 - 文字資訊

<https://www.caccc-usa.org/ch/resources/documents.html>

CACCC教育資訊 Educational Materials

生命關懷教育視頻

與UCSF聯合製作



與Mettle Health聯合製作



與AARP聯合製作《家庭照護》系列



歡迎至美華網站 - 教育資訊 - 教育影片
<https://caccc-usa.org/ch/resources/videos.html>



Chinese American Coalition for Compassionate Care
美華慈心關懷聯盟/美华慈心关怀联盟

English / Chinese Glossary of Terms Related to Serious Illness
重症療護相關詞彙 / 重症医护相关词汇

English 英文	Traditional Chinese 繁體中文	Simplified Chinese 简体中文
active dying	瀕死	濒死
addiction	上癮	上瘾/成瘾
advance care planning	事前療護計劃	预立医疗照护计划
advance health care directive/ advance directive	醫療照護事前指示	医疗照护事前指示
agitation	躁動	躁动
antibiotics	抗生素	抗生素
antidepressant	抗憂鬱藥	抗抑郁药
antipsychotic drugs	抗精神病藥物	抗精神病药物
anxiety	焦慮	焦虑
apnea	呼吸暫停	呼吸暂停
aromatherapy	芳香療法	芳香疗法
art therapy	藝術療法	艺术疗法
artificial nutrition and hydration	人工營養及水份補充	人工营养及水分补充
autonomy	自主權	自主权
autopsy	驗屍	尸检
bedsore/pressure sore	褥瘡/壓瘡	褥疮/压疮
benefit versus burden	利益 vs 負擔	利益与负担对比
benign	良性	良性
bereavement	傷慟/喪慟	伤恸/丧恸/丧亲之痛
bioethics	生命倫理	生命伦理

English 英文	Traditional Chinese 繁體中文	Simplified Chinese 简体中文
bladder distention	膀胱膨脹	膀胱膨胀
blood transfusion	輸血	输血
bowel obstruction	腸阻塞	肠梗阻
brain death	腦死	脑死亡
cardiac arrest	心臟驟停	心脏骤停
cardiopulmonary resuscitation (CPR)	心肺復甦術	心肺复苏术
caregiver	照顧者	照顾者
catheter	導管	导管
chaplain	靈性輔導師	灵性辅导员
code status	急救代碼	急救代码
coma	昏迷	昏迷
comfort care	舒適療護	舒适疗护
communication	溝通	沟通
congestive heart failure	充血性心衰竭	充血性心力衰竭
constipation	便秘	便秘
convulsion	抽搐/痙攣	抽搐/痉挛
coroner	法醫/驗屍官	法医/验尸官
COVID-19	新冠病毒	新冠病毒
cramps	抽筋	抽筋
cyanosis	皮膚發紫	皮肤发紫/紫绀
death and dying	死亡及瀕死	死亡及濒死
death rattle	瀕死時的喉音	死前喘鸣/临终喉鸣
delirium	譫妄	谵妄
dementia	失智症	失智症
depression	憂鬱症	抑郁症
diagnosis	診斷	诊断

English 英文	Traditional Chinese 繁體中文	Simplified Chinese 简体中文
do not intubate (DNI)	不做氣管內插管	不做气管内插管
do not resuscitate (DNR)	不做急救	不做急救/不做复苏
drug tolerance	耐藥性	耐药性
dysphagia	吞嚥困難	吞咽困难
dyspnea	呼吸困難	呼吸困难
edema	水腫	水肿
emergency room/department	急診室	急诊室
emesis/vomiting	嘔吐	呕吐
empathy	同理心	同理心
end-of-life care	生命末期療護	生命末期疗护
End of Life Option Act	生命終結選擇權法案	生命终结选择权法案
ethical dilemma	倫理兩難困境	伦理困境
euthanasia	安樂死	安乐死
fatigue	極度疲倦	极度疲乏
goals of care	療護目標	医护目标
grief	哀傷	哀伤
guided imagery	引導想像療法	引导想象疗法
hallucinations	幻覺	幻觉
health care provider	醫療服務提供者/方	医疗服务提供者/方
healthcare agent/proxy, power of attorney	指定醫療代理人/ 法定代理人	指定医疗代理人/ 法定医疗代理人
hematuria	血尿	血尿
hemorrhage	出血	出血
hospice care	安寧療護	安宁疗护/临终关怀
infection	感染	感染
informed consent form	知情同意書	知情同意书

English 英文	Traditional Chinese 繁體中文	Simplified Chinese 简体中文
insomnia	失眠	失眠
intubation	氣管內插管	气管内插管
isolation	隔離	隔离
jaundice	黃疸	黄疸
kidney dialysis	洗腎/血液透析術	洗肾/血液透析术
laxative	輕瀉劑/通便藥	轻泻剂/通便药
life-threatening	生命威脅	生命威胁
living will	生前預囑	生前预嘱
long term care	長期療護	长期医护/护理
malignant	惡性的	恶性的
Medicaid/Medi-Cal	州/加州醫療保險;白卡	州/加州医疗保险;白卡
medical decision-making capacity	做出醫療決定的能力	做出医疗决定的能力
medical futility	無效醫療	无效医疗
Medical Orders for Life-Sustaining Treatment (MOLST)	維持生命治療醫囑	维持生命治疗医嘱
Medical record	醫療紀錄/病歷	医疗记录/病历
Medicare	聯邦醫療保險;紅藍卡	联邦医疗保险;红蓝卡
medicine	藥物	药物
memory loss	記憶喪失/失憶	记忆丧失/失忆
metastasize	癌細胞轉移	癌细胞转移
mindful/mindfulness	正念	正念
monitor	監測器	监测器
mood swings	情緒波動	情绪波动
morphine	嗎啡	吗啡
mottling	皮膚紅紫斑	皮肤红紫斑
mourning	哀悼	哀悼

English 英文	Traditional Chinese 繁體中文	Simplified Chinese 简体中文
muscle spasm	肌肉痙攣	肌肉痉挛/抽筋
music therapy	音樂療法	音乐疗法
natural death	自然死	自然死亡
nausea	噁心	恶心
next of kin	近親	近亲
nursing home	護理之家/療養院	护理之家/疗养院/护理院
occupational therapy	職能治療	职能治疗/作业疗法
ombudsman	監察員/申訴員	监察员/申诉受理员
operation	手術	手术
organ donation	器官捐贈	器官捐赠
oxygen/ oxygen tank	氧氣/氧氣筒	氧气/氧气筒/氧气罐
pain management	疼痛控制	疼痛控制/疼痛管理
palliative care	緩和療護	缓和疗护
paralysis	癱瘓/麻痺	瘫痪/麻痹
pass away	去世	去世
patient-centered care	以病人為中心的療護	以病人为中心的疗护
patient-controlled analgesia (PCA)	病人自控止痛	病人自控止痛
physical therapy	物理治療	物理治疗
Physician Orders for Life-Sustaining Treatment (POLST)	維持生命治療醫囑	维持生命治疗医嘱
physician-assisted-dying/ physician-aid-in-dying	醫師協助死亡	医师协助死亡
post-traumatic stress disorder (PTSD)	創傷後應激障礙症候群	创伤后应激障碍症候群
pre-existing condition	(保險前)已有的病況	(投保前)已有的病况
prescription drug	處方藥	处方药

English 英文	Traditional Chinese 繁體中文	Simplified Chinese 简体中文
privacy	隱私	隐私
prognosis	預後/對治療結果的推測	预后/对治疗结果的推测
prolonging dying	延長瀕死期/延長死亡過程	延长濒死期/延长死亡过程
pulmonary edema	肺水腫	肺水肿
pulse oximeter	脈搏血氧儀	脉搏血氧仪
quality of life	生命品質/生活質量	生命品质/生活质量
quarantine	隔離	隔离
radiation therapy	放射治療/放療	放射治疗/放疗
registered nurse	註冊護士	注册护士
rehabilitation medicine	復健醫學	复健医学/康复医学
relaxation technique	放鬆技巧	放松技巧
religious belief	宗教信仰	宗教信仰
renal failure	腎衰竭	肾衰竭
respiratory arrest	呼吸停止	呼吸停止
respiratory failure	呼吸衰竭	呼吸衰竭
respite care	喘息療護	喘息疗护/临时托护
restlessness	躁動	躁动/坐立不安
sedation	鎮靜劑	镇静剂
seizure	癲癇	癫痫
self-care	自我照顧	自我照顾
serious illness	嚴重疾病	严重疾病
shock	休克	休克
side effect	副作用	副作用
sleeping pill	安眠藥	安眠药
social worker	社工師	社工/社会福利工作者
spiritual care	靈性照護	灵性照护/心灵关怀

English 英文	Traditional Chinese 繁體中文	Simplified Chinese 简体中文
stool impaction	大便阻塞	大便阻塞/粪便嵌塞
surgery	手術/開刀	手术/开刀
symptom	症狀	症状
thrush	口瘡	鹅口疮
titration	(給藥時的) 劑量調整	(给药时的) 剂量调整
tracheostomy	氣切/氣管造口術	气切/气管切开术/ 气管造口术
Traditional Chinese Medicine (TCM)	傳統中醫	传统中医
tranquilizer	鎮靜劑	镇静剂/镇定剂
trauma	創傷	创伤
tremor	顫抖	颤抖
tube feeding	管餵食	管喂食
tuberculosis (TB)	肺結核病	肺结核病
tumor	腫瘤	肿瘤
unattended death	無醫師在場見證的死亡	无医师在场见证的死亡
urinary retention	尿滯留	尿滞留/尿潴留
urinary tract infection (UTI)	尿道感染	尿道感染/尿路感染
urine incontinence	小便失禁/尿失禁	小便失禁/尿失禁
ventilator	呼吸器	呼吸器
vomiting/emesis	嘔吐	呕吐
water retention	水份積留	水分积留/水肿
witness	見證人	见证人

Join the Youth Group!



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



Why should you volunteer?

- Learn about prevalent end of life issues.
- Help edit articles, newsletters, and videos.
- Help with interpretation, translation, and technology use at in person events.
- Gain social work experience, communication, leadership, and organization skills.

Visit caccc-usa.org to learn more about our organization.

為什麼要當志工?

- 了解普遍存在的生命終點問題。
- 幫助編輯文章、新聞通訊和影片。
- 幫助現場活動中的口譯、筆譯和技術使用。
- 獲得社會工作經驗、溝通、領導和組織技能。



Please fill out the form for any questions

Athena Zhang

CACCC 20週年慶藝術設計大賽獲獎者

張瑞羽

我出生並成長於舊金山灣區。現為 Saratoga 高中十年級學生。我精通中文（繁簡體）和英文，並具備西班牙語的日常會話能力。我擅長藝術創作、媒體設計和寫作並在這些領域積累了豐富的經驗認可。目前，我在高中媒體藝術計畫中擔任創藝總監一職。

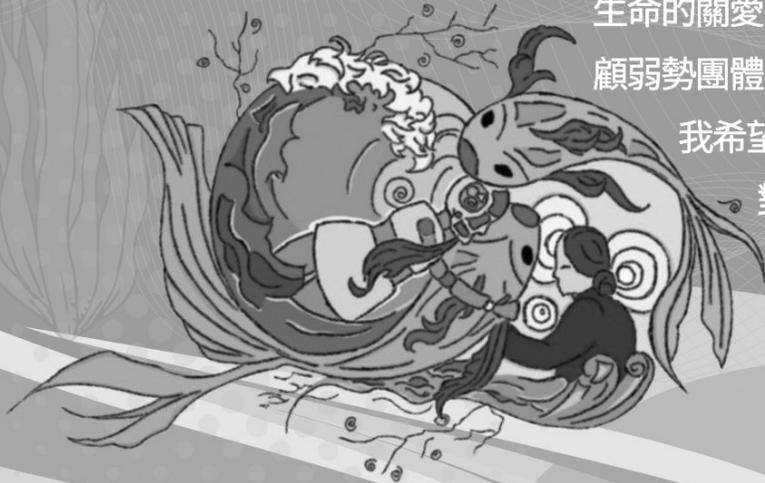
愛好與生命的融合

藝術以多種形式從小在我心裡生根、發芽、滋長。對藝術的熱愛讓我對生活和生命充滿好奇與熱情。CACCC的命題給了我很多啟發和思考，我的作品《Bridging Generational Currents（跨越世代的長河）》正式基於對《慈心永續，以人為本的AI護理藍圖》的理解和努力。象徵著力量、勇氣和對

生命的關愛，同時也體現了科技和照顧弱勢團體目標的融合。通過藝術，我希望傳遞出對社會的關懷與對未來的希望。



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



Athena Zhang

CACCC 20th Anniversary Art Design Winner

張瑞羽



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

Born and raised in the Bay Area, I am currently a 10th grade student at Saratoga High School. I am fluent in both Chinese (Traditional and Simplified) and English, and have basic conversational skills in Spanish. My areas of interest include creative art, media design, and writing, which I have cultivated from prior experiences. Currently, I am the Creative Arts Director at Saratoga High School's Media Arts Program.

I am beyond honored to have the opportunity to be a CACCC volunteer. I hope to utilize my skills to promote and contribute to CACCC's mission to build a community where Chinese Americans are able to face the end of life with dignity and respect. Additionally, I look forward to my involvement with CACCC and to embrace and learn more about CACCC's resources, services and programs.

The Fusion of Interest and Life

In my pursuit and passion with art, I have explored the nuances of human experience and life to my heart's content. When I heard about CACCC's art design contest, it deeply resonated with me, inspiring me to create "Bridging Generational Currents" – an abstract piece which is rooted from my interpretation of CACCC's 20 year celebratory theme "Compassion in Action: Empowering Caregiving with Human-Centered AI". My artwork symbolizes adaptation, courage, and the strength to overcome challenges. It highlights the intersections of modern technology (AI) and the art of transferring one's own strength to those in need of support and assistance. Through the use of technology, my artwork seeks to speak to a vision of transcending

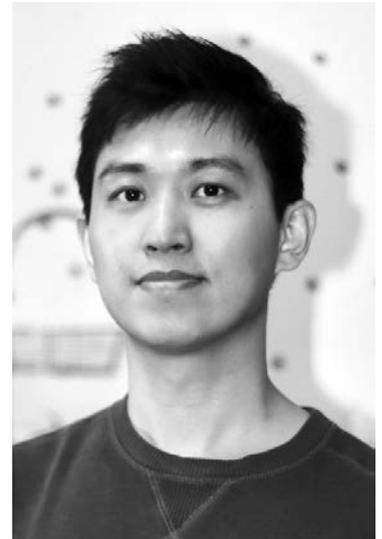
traditional boundaries and ultimately, positively addressing human vulnerability. Ultimately, it reflects the idea of utilizing advanced technology, particularly AI, to advancing compassion and empowering caregiving.



CACCC青少年志工團隊 · 成員及分享

Youth Group Members & Their Stories

I am name is Paul, and I am currently a senior nursing student at California State University East Bay (CSUEB). I am working toward my dream of becoming an RN or even a more important role in the Healthcare profession. I am also currently a certified nursing assistant (CNA) to take care of senior residents. I love what I am doing. I have always been telling my family and friends how grateful I felt to be one of the volunteers in CACCC. It is not all about putting more experience on the resume to make it look "beautiful", but about having an extremely valuable opportunity to learn from all the resources that this organization provides for all the people. I was amazed by how many experienced experts are willing to contribute, help, and share their insights, nurses, doctors, social workers, caregivers, educators, Buddhists, priests, artists, parents, husbands, and wives, etc. Everyone would bring a unique perspective that inspired me deeply. I was fortunate to participate in the Loss and Grief workshop, Mindful Self-Care training. These experiences helped me better understand how to care for others while also staying connected to my own emotions and needs. More importantly, these trainings helped me get through a difficult time after the sudden death of one of the most important family members, and I believe they will continue to guide and support me for the rest of my life. The first day I have learn in the nursing school was that compassionate care and empathy are the core values in the nursing profession, and I was glad I had learned those in the CACCC before being a nursing student.



Paul REal Ping
Former Youth Group Member



Kenny Chen
Youth Group Member

My name is Kenny Chen and I am from Alameda, California. I graduated from Alameda High School this summer and I am pursuing a psychology/cognitive science major this coming fall. I am attending University of California, Riverside and planning to transfer after two years. In my free time I like cooking, working out, and hanging out with my friends. I just joined CACCC after learning about the Youth Group from my mom. My mother has been a volunteer at CACCC for many years now and I have been following her to events practically my whole life. My mother taught me many lessons that she extracted from her experience at CACCC such as mindfulness and the Heart to Heart Cafe. I am excited to be a part of this community and learn more about end of life care!

CACCC青少年志工團隊 · 成員及分享 (續)

Youth Group Members & Their Stories (Cont'd)



Shawna Wu

Former Youth Group Member
Marketing Operations Specialist
at Medical Device Company

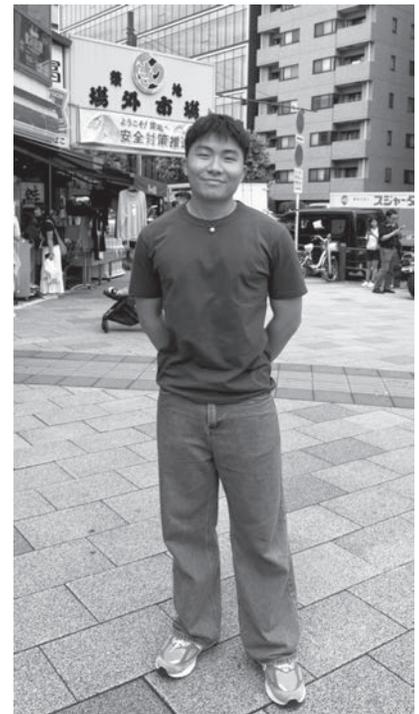
My name is Shawna Wu and volunteered with CACCC in the summer of 2018, being the youngest volunteer at that point. I was working on a year-long project addressing a societal issue and was compelled to volunteer at CACCC and dedicate my project to promoting awareness around End of Life Care, as the organization's purpose and goals aligned with my interest in healthcare and longevity. As part of my volunteering experience, I assisted with Heart 2 Heart Cafes and also attended events such as the Alzheimer's Convention where I informed people about hospice care and the mission of CACCC.

Although I did not ultimately end up pursuing a career directly in this field, I came to understand the importance of CACCC's work and would be open to contributing to this cause in the future.



Hello, my name is Anthony Chen, and I am a third-year Psychology major with a minor in Management and Business Economics at the University of California, Merced. At UC Merced, I currently serve as the lab manager for the UC Merced Psychology Research Lab: MESH Lab. In this role, I work alongside the research professor and fellow undergraduate students to conduct studies and collect data for various research projects.

CACCC has always been close to my heart, as I grew up seeing my mom working with the organization at various events. Now that I am older, I also want to contribute to such an amazing cause. My goal in life and in my career is to make a positive impact on the lives of others, and I look forward to contributing to CACCC in any way I can.



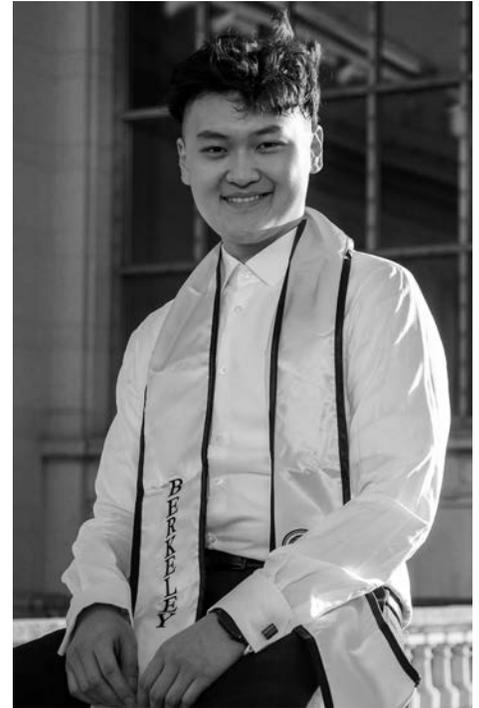
Anthony Chen
Youth Group Member

CACCC青少年志工團隊 · 成員及分享 (續)

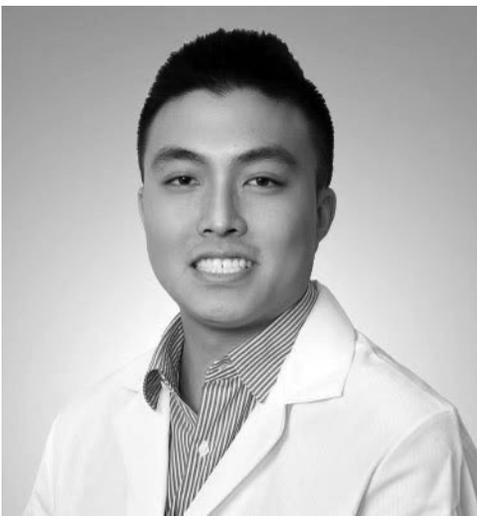
Youth Group Members & Their Stories (Cont'd)

劉蔚燁(Wayne Liu)是一位來自河北省邢台市的第一代美國移民，對醫療保健與公共政策懷有濃厚興趣。他於2025年開始在美華慈心關懷聯盟擔任志願者，期間主持教育講座、協助策劃大型活動，並參與翻譯與文字轉寫工作。這些經歷堅定了他為移民社區改善健康教育與醫療可及性的信念。蔚燁即將入讀約翰斯·霍普金斯大學醫療管理碩士項目，旨在通過系統學習獲得推動包容性預防醫療、完善養老政策體系所需的專業技能，從而為老齡群體構建更周全的健康支持體系。

Weiye “Wayne” Liu is a first-generation immigrant from Xingtai, China, with a strong interest in policy and healthcare. He began volunteering at the CACCC in 2025, where he hosted weekly educational webinars, assisted in planning major events, and helped in translating and transcribing documents. These experiences deepened his commitment to improving health education and access for immigrant communities. Wayne will be attending the Master of Health Administration program at Johns Hopkins University, where he hopes to build the skills needed to advance inclusive, preventative care and support aging populations through thoughtful policy and system design.



Wayne Liu
Youth Group Member



Justin Chen, DO
Former Youth Group Member
Kaiser Permanente
Los Angeles Medical Center

Since childhood, my dream has been to become a doctor, a goal I'm actively working towards at Kaiser Permanente. My dedication to caregiving was significantly shaped during my teenage years through volunteering with the CACCC alongside my mother. This early experience highlighted the importance of empathy and community support, solidifying my commitment to a career in medicine. The impact of this volunteer work continues to inform my approach to providing compassionate care in my current role.

CACCC青少年志工團隊 · 成員及分享 (續)

Youth Group Members & Their Stories (Cont'd)

Annie Chang MD, MS is a full-spectrum family medicine physician with the Santa Clara Valley Healthcare System. She is the daughter of first-generation immigrants from Taiwan, her parents Peggy Shu-Ying and Yi-Liang Chang were the first of both their families to make the courageous and remarkable journey to start a new life in the United States. Annie is a graduate of the UC Berkeley – UCSF Joint Medical Program (MS 2013, MD 2015), and later completed her residency at the Ventura County Medical Center Family Medicine Residency Program. With experiences in research, public health, and community medicine, she works to foster community-based participatory collaboration to improve health outcomes and health care delivery. Her career started at Kaiser Permanente National Diversity working to advance the National Standards for Culturally & Linguistically Appropriate Services in Health Care throughout the health system and nationally. With the encouragement of Founder & ED Sandy Stokes RN, MSN, Annie served on the Board of the Chinese American Coalition for Compassionate Care (CACCC) during this time as a pre-medical student, and helped to promote awareness and access to culturally centered end-of-life care at Kaiser Permanente and broadly with the community.

With her extensive experiences, Annie went on to attend the UC Berkeley - UCSF Joint Medical Program, and completed a Master's of Health and Medical Sciences (MS) in global health research, examining the intersection of HIV and socioeconomic determinants amongst rural Kenyan communities. Integrating both global and local experiences, she has worked with extensive multidisciplinary collaborations, including the following: UCSF multisectoral agricultural intervention Shamba Maisha, San Francisco General Hospital Newcomers Health Program/Survivors International/UCSF Trauma Recovery Center in refugee health, Ventura County Public Health/Ventura Family Medicine Residency in upstream diabetes prevention, and served as one of the founding members of Veggielution Community Farm - cultivating community partnerships to improve community health and their social determinants. Annie rejuvenates by exploring world and cultural history, culinary arts, natural landscapes, sharing conversation and learning with communities. She is excited to celebrate CACCC's 20th year anniversary together with you.



Annie Chang, MD, MS
Former Youth Group Member

CACCC Acknowledgments Special Thanks and Gratitude

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人工呼吸器 決策指南 Ventilator Decision Aid

什麼是人工呼吸器？
What is a ventilator?
人工呼吸器是幫助無法自行用肺部呼吸的病人呼吸的一個機器。

當病人連上人工呼吸器時會發生什麼情況？如何運作？
What happens when someone is attached to a ventilator? How is it done?
將一根管子從口腔或鼻子插入氣管（氣管插管）。
機器（人工呼吸器）會經由管子，將空氣打入肺部。
為了減輕病人的不適感，一般會藉由靜脈注射給予藥物使病人入睡。

什麼情況需要人工呼吸器？
When do people need a ventilator?
對於無法靠自己呼吸的人來說，可能是有嚴重的呼吸困難可能是短期（暫時性）或長期的（永久性）。除非病人已經選擇不使用人工呼吸器，否則除非呼吸的病人使用人工呼吸器是醫療進展。

短期使用人工呼吸器的原因可能包括：
Reasons for short-term ventilator use may include:
• 手術時使用麻醉藥（鎮靜劑）。
• 突發、嚴重的疾病或嚴重受傷。
• 嚴重的肺部疾病，如慢性肺阻塞（COPD）、肺炎、哮喘或肺炎。
• 因心臟問題或腦部損傷造成肺部麻痺。

長期使用人工呼吸器的原因可能包括：
Reasons for long-term ventilator use may include:
• 神經虛弱，用來呼吸的肌肉無法良好運作。
• 在昏迷狀態，控制呼吸的大腦和神經無法正常運作。
• 肺部或神經的疾病，導致受傷或嚴重肺部麻痺。
可能有些病人永遠失去自主呼吸的能力。

誰應該使用這份指南？
Who should use this guide?
這份指南是為那些有嚴重疾病的人，它可幫助他們做決定及用人工呼吸器做治療的決定。

注意： 本文沒有討論當個人性的呼吸支援選擇，因為這是用其他方法而不是用人工呼吸器來幫助呼吸。




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CACCC教育資訊 Educational Materials 病人及家屬教育指南

身體方面的問題

- | | |
|-----------------|---------------------------------------|
| 1. 大便失禁的處理 | Managing Bowel Incontinence |
| 2. 膀胱失禁的處理 | Managing Bladder Incontinence |
| 3. 便秘的處理 | Managing Constipation |
| 4. 慢性阻塞性肺部疾病 | COPD |
| 5. 鴉片藥物引起的便秘處理 | Managing Opioids Induced Constipation |
| 6. 充血性心臟衰竭 | Congestive Heart Failure |
| 7. 瀕死前的脫水 | Dehydration |
| 8. 末期腎臟病 | End Stage Kidney Disease |
| 9. 生命末期的飲食及水份問題 | Food and Fluid Issues |
| 10. 噁心和嘔吐的處理 | Managing Nausea and Vomiting |
| 11. 如何準備可能性的出血 | How to Prepare for Potential Bleeding |
| 12. 兒科珠璣 | Pediatric Pearls |
| 13. 癲癇 | Seizures |
| 14. 呼吸困難的處理 | Managing Shortness of Breath |
| 15. 安寧緩和療護 | Hospice and Palliative Care |
| 16. 疼痛管理 | Managing Pain |
| 17. 皮膚護理 | Skin Care |
| 18. 壓瘡的預防 | Prevention of Pressure Ulcers |
| 19. 補助療法 | Complementary Therapies |
| 20. 最後的幾天 | Final Days |

社會，情緒，靈性 與精神方面的問題

1. 如何處理焦慮
How to Manage Anxiety
2. 譫妄的處理
Managing Delirium
3. 憂鬱處理
Managing Depression
4. 焦躁不安的處理
Managing Restlessness
5. 精神困擾
Psychological Distress
6. 社交困擾
Social Distress
7. 靈性困擾
Spiritual Distress
8. 失智症
Dementia

家人與照護者

1. 幫助家人管理疲倦
Assisting Families to Manage Fatigue
2. 照護者之自我照顧
Self-Care for the Caregiver
3. 悲傷與哀悼
Grief and Mourning

歡迎至美華網站 – 教育資訊 – 病人及家屬教育指南

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♥ *Mike, Redwing, Dani & Gayle*



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我們誠摯地感謝
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Congratulations to CACCC on your 20th Anniversary!
Thank you for your important work and contributions in support of our community!

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A palliative care doctor's surprising and heartwarming guide to dying well and *living better*.

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- Insights into reframing the end-of-life journey, including "live funerals."

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Dr. Cynthia X. Pan is an expert in hospice and palliative care with decades of experience. As a Chinese American doctor who was born in Taiwan, grew up in Latin America, traveled extensively in China and US, and now practices in Queens, New York, she brings a unique multicultural perspective to end-of-life care. Dr. Pan is a medical education leader who teaches healthcare professionals and advocates for patient-centered care, with family inclusion. She combines medical expertise with compassion and humor to help patients and families navigate difficult situations. A mother of two, Dr. Pan's personal experience with COVID-19 has deepened her understanding of serious illness from a patient's perspective.



Exit Strategies

CYNTHIA X. PAN, MD



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caipafoundation.org

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誠摯感謝美華慈心多年來的堅持與付出
在生命末期關懷與陪伴的旅程中
為我們的社區建立起一座充滿溫度與智慧
的資訊平台讓愛與尊嚴得以延續

***Congratulations
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For your enduring dedication to end-of-life care,
And for building a platform where love, compassion,
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