Time for Hospice Care

Compassionate Journey on the Path to Peace with LHCF

Since 1994

Life is the best gift and good death is the most beautiful blessing.
“Here, I could witness the condensed versions of all kinds of essence in life – the vicissitudes of life such as birth, senility, illness, and death; joy, anger, sorrow, and happiness; sorrow of parting and joy of reunion, etc.”

“Every time I accompany a patient to the end of his or her life, I would ask myself - what is the most important in life?”

“The greatest reward for me is that I have learned to examine my own life, and to review if it was prosperous and beautiful.”

Time for Hospice Care
Compassionate Journey on the Path to Peace with LHCF
Since 1994
Buddha Dharma Along With Medical Science

LHCF is the first NPO that takes Buddhist Hospice Care as its principal objective and endeavors to promote Life-and-Death Education.

Having seen terminally ill patients pass away without quality hospice service due to the lack of proper care in hospital, and consequently resulting in uneasiness of both the decedents and their relatives, a group of Buddhists consisting of medical personnel, monks and nuns, scholars and charity servers founded the “Corporate Body of Buddhist Lotus Hospice Care Foundation (LHCF)” (in short: Lotus Foundation) in 1994. It was hoped that LHCF could promote humanistic medical services, help with love and respect the terminally ill patients and their relatives to walk through the gate of life-and-death peacefully and without regrets.

For broader and more diversified development in various aspects, the foundation was renamed “Corporate Body of Buddhist Lotus Foundation” in December 2007. In addition to further cultivating the field of “hospice care”, the goal of the foundation has been expanded to “holistic care for the whole-person, holistic education of life-and-death”. Based on accomplishments in the past, it is hoped that the foundation will continue to grow stronger and accomplish more in the domain of public welfare.
Buddhist Lotus Hospice Care Foundation

Organization Chart

Board of directors
President
Executive Office

Director of General Affairs
General Affairs Section
Public Relations Planning Section
Information Technology Section

Financial Office
Accounting Section
Cashier Section

Lotus Hospice Care Hotline

Voice of Lotus Chorus
Lotus Zither Group
Lotus Yoga Classes
Lotus Sewing Classes
Stages of the path of Enlightenment Classes
Hospice Home Care Aids Leasing Center
Lotus Volunteers/ Lotus Friends
Academy of Hospice Volunteers

1. Sponsored the members of hospice care teams going to International Seminar- "Presentation of Hospice Care in Britain"
2. Press Conference on resolutely opposing to euthanasia bill
3. Donated shower machine to Hospice and Palliative Care Unit Taipei Veterans General Hospital (1997)
4. Superintendent Cheng Dong-Zhao awarded Lotus Foundation a Gratitude Certificate at the inauguration ceremony of Hospice Palliative Care Unit of the Taipei Veterans General Hospital (1997)
5. Arranged the fund-raising charity bazaar for Taipei Veterans General Hospital’s Hospice Palliative Unit (1997)
Service Targets
1. Terminally ill patients and their relatives: consultation on hospice care and service
2. Medical units: provision of resources of hospice care

Service Regions
Across the country

Service Objectives
To promote holistic care for the whole-person as well as life-and-death education; to enable terminally ill patients and their family members to obtain proper care in medical, body, mind and spiritual aspects.
1. Development of spirituality through religious intervention
2. Manifestation of family ethics and filial piety
3. Bereavement care for the family members of the patients
4. Establishment of hospice care paradigm
Mission

1. To promote end-of-life care – “hospice care” : combining Buddha Dharma with medical work on hospice care to help terminally ill patients and their relatives to seek ease and comfort in physical, psychological, spiritual and social aspects.

2. To promote life-and-death education : to investigate and learn together with the general public the whole picture of life, endeavor to cultivate the social culture of respecting life from good beginning to good dying.

3. To train the “Clinical Buddhist Chaplain”.

Future Prospect

To build a Buddhist hospice care hospital – the “Lotus Hospital” that can provide more humanistic medical services for a greater number of terminally ill patients, thus leaving no regrets for both the living and the dead.
Major Achievements:

1. Assisted hospitals in setting up the hospice ward, sponsored the massage bathing machines, trained the hospice volunteers, and subsidized training of the professionals.

2. In 2005, launched the “Academy of Hospice Volunteers”, which was the first of its kind in the country, to provide systematic training for hospice volunteers.

3. Promoted “Life-and-Death Education” and “Hospice Care”:
   * In 2000, successfully facilitated the legislation of the “Hospice Palliative Care Act” with celebrities from all walks of life, and invited them to sign the “DNR Living Will”.
   * In 2001, produced “The Last Present”, a film series of 13 documentary episodes on life education, and won the highest honor of 5-star quality TV program.
   * In 2002, produced the advertising video “Choose DNR” featuring the notion of dying well and won the Golden Bell Award on Non-Commercial Video.
   * In 2004, established the choir “Voice of Lotus”, which had frequently been invited to the hospice ward to soothe patients with music.
   * In 2005, established “Committee of Life-and-Death Education”, invited experts from all strata to cultivate on the field of life-and-death education.
   * In 2005, organized touring performance of the medical cultural charity play “The Last Moonlight” that is the very first play about hospice care, winning public recognition for cherishing life and dying well.
   * In 2006, produced “The Last Moonlight Multimedia CD on Life Education” that won the honor of “2006 Excellent Teaching Material On Health Education” from the Bureau of Health Promotion of the Department of Health.
Lotus Hospice Care Foundation

* In 2006, won the Award of Distinction in “The First Selection of Excellent Cancer Prevention and Cure NGO” from Bureau of Health Promotion of the Department of Health.

* In 2007, Department of Health for the first time auditted the performance of health foundations. LHCF was rated “Excellent” in performance.

* In 2007, organized the end-of-year thanksgiving event of “Praying, Loving, Mind in Peace”, which for the first time united Catholics, Protestants and Buddhists to jointly pray for the welfare of the society and for the peace of the patients.

* In 2008, organized the musical play “Secrets in the Recorder - The Picture Book of Life” to be performed during the period of Tomb-Sweeping Day. Alongside paying respect to our ancestors, the meaning and quality of life were also reflected in the play. It was shown on TV at various channels including CTS Education and Culture.

* In 2009, produced documentary film “The Lotus Blossom ~ The Clinical Buddhist Monastics Practicing in Hospital Sites” (Chinese and English versions).

* In 2009, commissioned by Department of Health to produce media on DNR / Living Will:
  1. Broadcast: “Meaning of Resuscitation”, “Endorse One’s Own Life”.
  2. Short film: “Agreement of Gratitude, Blessing for Dying Well”.

1. “So Good to be Home!” Handbook of Hospice Home Care-the best award (2006)

2. “Choose DNR” featuring the notion of dying well and won the Golden Bell Award on Non-Commercial Video (2002)

3. In 2011, Dr. Rong-Chi Chen won the 14th Love of Lives Medal from Chou Ta-Kuan Cultural and Educational Foundation

4. In 2012, Dr. Rong-Chi Chen won 4th Caring for Life Award and the Individual Compassion Award from Dharma Drum Mountain Humanities and Social Improvement Foundation
In 2010, sponsored by Bureau of Health Promotion under Department of Health to produce TV program “Treasuring the Scenery of Life” (8 episodes), shown on CTS Education and Culture.

In 2010, Department of Health continued to audit the performance of 172 health corporate body foundations; LHCF received the honor of “Superb Performance”.

In 2011, produced “Treasuring the Scenery of Life” VCD series (8 episodes in a set of 4 VCDs) for use as teaching materials of life education in high schools and colleges. It was also shown on various TV channels.

In 2011, produced “Treasuring the Scenery of Life” TV program and was shortlisted for the Award of Educational and Cultural Program in Centennial R.O.C. Golden Bell Award.

In 2011, organized the nationwide Song and Lyric Writing Competition: “Speak out Love in Time” and children’s Contribution of Hand Drawing on True Love, inducing the general public to grasp effectively the “Four Things to Say in Life” and the notion of living well and dying well.

Organized activities such as seminars, conferences, essay/painting competitions, affecting tens of thousands of people to care about life and death.

Published the “Life” bimonthly magazine, and books and teaching materials on life-and-death education.

4. Established Localized Models of Spiritual Care:

Organized every other year the “Conference on Buddha Dharma and Hospice Care”, which holds the leading position in the field.
Conducted research on “Buddha Dharma and Hospice Care”, which is unprecedented in local studies.

Organized every year the “Localized Spiritual Care” series of courses and clinical practice to train the professional Clinical Buddhist Chaplains.

In 2007, established “R&D Committee of Clinical Buddhist Chaplain” to work on the training and development of “Clinical Buddhist Chaplain”.

5. Hospice Service:

In 2003, produced “So Good To Be Home!”—Handbook of Hospice Home Care, and received the best award of “2006 Excellent Teaching Material of Hygiene Education” from the Bureau of Health Promotion. The handbook is an important reference for medical personnel and patients’ family members.

In 2003, established “Hospice Home Care Aids Leasing Center”. The center leases out free of charge aids such as air bed, oxygen concentrator, nebulizer, DeVilbiss suction unit, etc., to fulfill patients’ wish of going home.

In 2006, established “Lotus Hospice Care Hotline” to be answered by rigorously trained Clinical Buddhist Chaplains with practical experience in consultation, offering spiritual care and guidance on dying well to downhearted patients and their relatives wherever they are.

“Treasuring the Scenery of Life” The final path of life

“Treasuring the Scenery of Life” nominated the Golden Bell Award
Basing upon hospice care to promote the idea of “live well, decease well” is the goal that LHCF has been endeavoring to accomplish from its beginning. Given the fact that people in Taiwan rarely take initiative to talk about death, LHCF started from the Buddhist monasteries as a leverage to ease the resistance from society in the promotion of the idea. With mellowing communication skills, LHCF has succeeded to tackle the core of the life-and-death subject, expounding on the principle of “peace for both the deceased and the living”. That is, by accompanying and supporting the dying, “hospice care” is to assist them to broaden their horizon and to accept death as part of life. The patients may then be able to rest on the emotional support from various sides during their last moments of life and eventually pass away in peace.

©Assist hospitals in setting up the hospice ward, sponsor the massage bathing machines, subsidize training of the professionals, and deliver music to the hospice ward.
Train the hospice volunteers, and in 2005, launched the “Academy of Hospice Volunteers”, a pioneer in systematic training of hospice volunteers in this country.

[ Goals of the Academy ]
1. To systematically train the hospice volunteers.
2. To maintain the quality of hospice volunteers, provide them with channels for lifelong learning.
3. To integrate the manpower of hospice volunteers, provide them with a platform for support and communication.
4. To train the personnel for hospice care promotion.

[ Qualification for the Trainee ]
1. Age: Above 20 years old.
2. Minimum education of elementary school graduate, fluent in Mandarin and Taiwanese, and enthusiastic about serving others.
3. Physically and mentally healthy; and competent in carrying out service duties.
4. Willing to receive the training course, and after being certified as hospice volunteer, able to provide service for at least 3 hours per week regularly for one year (or minimally 100 hours of service per year).
【Special Features of the Academy】

1. Free training! But the trainee must submit a guarantee of NT$2,000. The amount will be refunded after the trainee attains the status of hospice volunteer.

2. A “Certificate of Hospice Volunteer” will be awarded for the completion of required courses and internship.

3. Flexible curriculum! On-going offering of courses with multiple coursework options for the convenience of the trainees.

4. The number of hours for courses attended at the Academy is certified and concurrently eligible for the certification of the “Taipei Lifelong Learning Passport”

After training is completed, trainees will be arranged to serve in the hospice ward at hospitals according to their intention (service opportunities may vary with the application condition of the hospitals). Even if you are not available to serve at present, you are still welcome to join the “Academy of Hospice Volunteers” first, so as to undertake progressive training leading to future volunteer qualification, and get ready to serve when it’s convenient for you.
“Here, I could witness the condensed versions of all kinds of essence in life – the vicissitudes of life such as birth, senility, illness, and death: joy, anger, sorrow, and happiness; sorrow of parting and joy of reunion, etc.”
“Every time I accompany a patient to the end of his or her life, I would ask myself - what is the most important in life?”
“The greatest reward for me is that I have learned to examine my own life, and to review if it was prosperous and beautiful.”

What is a “Hospice Volunteer”?  
“Hospice Care” is a medical concept with the goal of seeking comfort for the patient in body, mind, and spirit while putting such an idea into practice through the “Hospice Ward” at the hospital. Serving beyond the medical profession, the “Hospice Volunteer” is able to accompany the terminally ill patient to the end of the latter’s life with acceptance, love and compassion. In the meantime, the “Hospice Volunteer” may also develop his or her inner merits, and learn to experience life in an easeful, reassuring and fearless manner.

The services provided by Hospice Volunteers include:
Accompanying and caring for the terminally ill patients and their relatives. The tasks include simple physical care (haircutting, bathing...), daily life assistance (shopping, feeding, walking...), spiritual support (psychological and grief support...), helping in activities and administrative processes.
**Academic Structure**  Trainees will advance to the consecutive higher level after fulfilling the requisites of each of the following levels.

<table>
<thead>
<tr>
<th>Level</th>
<th>Designation</th>
<th>Service Content</th>
<th>Requisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Companion Plume</td>
<td>Completed registration, qualified to take courses</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Care Plume</td>
<td>Reserve Volunteers One-Day Volunteers</td>
<td>1. Basic training 12 hours 2. Required courses 29 credits (14 classes) 3. Required reading: 3 books 4. Accumulated credits: 50 in total</td>
</tr>
<tr>
<td>3</td>
<td>Love Plume</td>
<td>Hospice Ward Hospice Shared Care</td>
<td>1. Required courses 21 credits (7 classes) 2. Service internship: 70 hours 3. Required reading: 3 books 4. Accumulated credits: 80 in total</td>
</tr>
<tr>
<td>4</td>
<td>Metta (Compassion) Plume</td>
<td>Hospice Home Care Service at Home</td>
<td>1. Required courses 29 credits (12 classes) 2. Hospice ward service / internship: 130 hours 3. Hospice home care internship: 200 hours 4. Required reading: 2 books 5. Accumulated credits: 120 in total</td>
</tr>
<tr>
<td>5</td>
<td>Gratitude Plume</td>
<td>Supervisor of Volunteers Lecturer Promoter</td>
<td>1. Hospice ward service: 400 hours 2. Hospice home care service: 400 hours 3. At home service: 100 hours 4. Accumulated credits: 200 in total</td>
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</table>

**Exposition**

1. Only the “Love Plume” and the levels above are qualified as “Hospice Volunteers”. (It takes about one year).

2. The hospice volunteers currently in service or those who have received similar training may apply for exemption of course credits and internship hours. (For required courses only, please refer to the “Retroactive Certification” procedures for the application.)
3. To encourage continuous training, credits are awarded to those trainees taking relevant courses or reading recommended books.

4. Starting from the date of registration, trainees who fail to ascend to the “Care Plume” level in 2 years or to the “Love Plume” level in 3 years will be disqualified. (Special cases or conditions due to the Academy will be handled on a case-by-case basis).

**Plume**  “Hospice Volunteers” are the wings of patients, to keep patients’ company on the beautiful final days of their journey.

**Plume**  Companionship, what “Hospice Volunteers” do is everlasting company and support.

**Plume**  Sanctuary, shelter, “Hospice Volunteers” provide patients and their relatives firm reliance.

**From chrysalis into butterfly**  “Hospice Volunteers” witness the touching process of transformation and transcendence in patients.

**The five characteristics of “Hospice Volunteers”:**

- Companion, Care, Love, Mercy, and Gratitude.

An increase in quantity does not necessarily lead to an improvement in quality; therefore, the training plan must be accompanied with the trainees’ sincere commitment and devotion to attain the goals of the “Academy of Hospice Volunteers”.
Nowadays in Taiwan, there are at least 30,000 cancer patients who have to undergo the terminal stage of the disease annually. Unfortunately, current medical resources are inadequate to satisfy the needs of all patients. Even though their condition is stable enough to go home, patients along with their family members are seriously concerned about the issue of home care. With the aid of home care nurses, such a problem can now be resolved. Yet the purchase of necessary home care equipment has somehow become a burden to the family in straitened financial circumstances; thus prevent patients and their family members from considering hospice home care.

Since 2003, to help fulfilling patients’ wish to go home, LHCF has purchased the necessary home care equipment for lease free of charge to terminally ill patients in straitened financial circumstances. This has not only helped to fulfill patients’ wish of going home, but also indirectly addressed the problem of insufficient medical resources.

It is hoped that by our pioneering establishment of the “Home Care Aids Leasing Center”, the general public will be more able to recognize the significance of “Hospice Home Care” in the near future, and the promotion of home care will be further enhanced.

Death is always a first encounter to everyone. Unable to repeat, death should therefore be viewed and handled with greater prudence. Since 2003, LHCF has aimed to help patients to pass away at home. Together with hospice home care, the lease of aids and promotion of relevant information, LHCF has dedicated to alleviating the doubts and concerns that patients may have about home care. “Encounter hope
at the turning point of life” -- What matters to us is that by means of selfless services to help patients to decease well, we are better able to acknowledge the process in which the inner strength of life at the critical point of death is kindled among patients and their family members; in so forth hope can be sustained everywhere for everyone amidst the vicissitudes of life.

Dear friends, please remember at the turning point of life, there is always our sincere company.

In 2003, we produced “So good to be home!”-- the Handbook of Hospice Home Care, and received the best award of “2006 Excellent Teaching Materials of Health Education” from the Bureau of Health Promotion. The handbook is an important reference for medical personnel and patients’ family members.

In 2003, established “Hospice Home Care Aids Leasing Center”. The center leases out free of charge aids such as air beds, oxygen concentrator, nebulizers, DeVilbiss suction units, etc., to fulfill patients’ wish of going home.

We need your support and encouragement! Your compassionate donations and loving contributions are important resources for us on our path to promote Hospice Palliative Care / End-of-Life Care. Thank you!
Music is the sentimental common language inherent in human beings and goes beyond any boundary. Feelings are expressed in the melody, enriched by the choral accompaniment. Through such a unity of chorus and music, chorus members are not only able to fine-tune their temperament, cultivate both body and mind, but also to better understand themselves and each other.

An ideal of LHCF, the “Voice of Lotus” is also the sound of hope, spreading and sharing love with and among the audience. It is hoped to support the terminally ill patients and their family members with the interflow and fusion of beautiful, touching choral music. Making friends via singing while spreading love via music. Let our singing voices reach all the worlds in the universe, help and accompany those in need, so that everyone may find the strength for life and live with dignity.

3. Establishment of the “Voice of Lotus” Chorus

Voice of Lotus Chorus

Time of chorus activity / 19:30 ~ 21:00 every Wednesday
Venue: LHCF / classroom
Participants /
1. Cancer patients and their family members.
2. Medical personnel and volunteers.
3. Students and community members interested in choral singing, agree with the principles and ideas of LHCF, and above 18 years old.
Lecturers /
Conductor : Wendy, Wen-Yu Chen
lawyer and vocalist studied in the USA, currently working as legal advisor for a technological company.
Pianist : Yi-Ting Chuang
Doctor of Musical Arts, USA, currently working as a music educator.
※People who are enthusiastic about comforting terminally ill patients are welcome to participate.
Let your fingers dance on stings of zither.
Feel the beauty of music, experience the elegance of zither music,
participate in zither music learning,
and associate with friends by zither music.
Have a complete, wise, and happy life.
Welcome the people loving zither music or identifying Lotus Foundation’s principal objective and ideas enjoys learning zither music together.

Time of chorus activity / 18:45~20:15 p.m. On Mondays

Teacher / Chun-Hui Chiou
Graduated from National Taiwan University of Arts “Chinese Music Dep.”
Taught as tutor in many zither clubs of university
The promoter of the “Chun Han Music Workshop”

7 Concert at the Palliative Care Ward in NTUH with Voice of Lotus Chorus (2010)

8 Concert in the Palliative Care Wards by Voice of Lotus Chorus and Taipei Chinese Orchestra in 5 hospice units in northern Taiwan (2000)

9 Concert at the Palliative Care Ward in NTUH by Voice of Lotus Chorus (Sep. 2013)

10 Concert at the Palliative Care Ward in NTUH by Voice of Lotus Chorus (Feb. 2012)

11 Concert at the Palliative Care Ward in NTUH by Lotus Zither Group (Sep. 2013)
For the need of life education, LHCF has extended its paradigm of life education since 2004 and took it as an opportunity for self-promotion. “To make a holistic and perfect life based on the deep meaning that the dying process has empowered life.” Hence, LHCF established the website resources of life education to connect both ends of life and death, set up a mechanism to discuss about life, and based on the mechanism various promotional activities have been extended.
1. Books and Publications

(1) Life-and-Death Education / Hospice Care

★ Hospice Helmsman – Dr. Chen, Rong-Chi

Dr. Chen is a senior physician who has devoted his entire life to the field of health care. He has the vision to penetrate the nature of life and is always concerned about hospice care. You will find in the book his arduous efforts, joy of achievements, wisdom of life and vows that touch your heart. You are invited to set out from the harbor of life and sail to the future full of deep love.

(Publisher: Chou, Ta-Kuan Foundation / Author: Chuang, Hsiao-Ming)

★ Sincere Farewell (Cont.) (out of print)

A collection of award-winning works from the essay competitions of “DNR / Living Will” and “Farewell to Grief”, it reminds the general public to write in advance their living wills and “last promises” so that both the deceased and the living will be in peace.

★ So Good to Be Home – Hospice Home Care

This is a practical guide to Hospice Home Care that provides a complete introduction to the concepts, resources, procedures, and FAQs (Frequently Asked Questions) of hospice home care, as well as to the resources of hospice home care aids.

★ The First Book to Make You the Master of Your Own Life – Composing the Tetralogy for A Life Without Regrets

If you are always busy and forget what you are living for, then perhaps you would need this key to open the secret trove of life for you. This picture book is practical and easy to read, illustrates with 4 steps to teach you how to be the master of your own life and an expert of living.

★ The Manual of Hospice Care And Palliative Medicine

Since the legislation of the Hospice Care Act in 2000, Taiwan people can accordingly ensured their dignity in dying. A complete resource guide, this book talks about the use of 6 kinds of letters of intent and introduces the resources of relevant organizations. (The types of letters of intent were narrowed down from six to four by the Department of Health in August 2000)

★ Studying Medicine and Studying Buddhism – Humanistic Medical Care

This book depicts the journey of Dr. Chen, Rong-Chi in which his participation in co-founding the NTU Sunrise Society, Torch of Wisdom Buddhist Association, and the Lotus Foundation has been
marked, together with his being a participating witness of the history of hospice care and the elucidation of a reasonable doctor-patient relationship, and much more.

(Publisher : Torch of Wisdom Publishing House)

★ The Lotus Manual for Rebirth in Pure Land – Dignified and Practical Buddhist Funerals

Dying in peace and rebirth in the Pure Land are the greatest aspirations of Buddhists. The Buddhist funeral abides by the principles of cherishing, cultivating and creating merits. It not only gives importance to benefiting both the deceased and the living, purifying the mind, but also emphasizes the meaningfulness of the event, family participation, simplicity of the rituals and environmental friendliness. Therefore, the Buddhist funeral gradually become a trend in Taiwan. “The Lotus Manual for Rebirth in Pure Land – Dignified and Practical Buddhist Funerals” will allow you to explore the nature of death and obtain the truth of life through the process.

(2) The Cherishing Life Book Series

★ Truth about Life

Authored by Dr. Tsung-Cheng Huang, the faculty physician at Department of Psychiatry, National Taiwan University Hospital (NTUH). This book talks about life planning and dying well from the perspectives of birth, aging, sickness, and death; and even covers the proper attitude towards terminally ill patients. It is a book suitable for beginners in life-and-death education.

★ The Blessing of Life

Authored by Dr. Jaw-Shiun Tsai, the faculty physician-in-charge at Department of Family Medicine, NTUH. A guide for the medical practitioners and family members of terminally ill patients. This book discusses the needs of terminally ill patients and their family members as well as the skills needed for communicating with the patients from the perspectives of the medical staff.

★ Crises in Life

Co-authored by Yu-Shiou Chen, Shiou-Yuan Lee, Juo-Chuan Wu and Rong-Chi Chen. This book captures the quintessence of the “Panel Discussion of Crisis Management in Life for Middle-Aged People” held in 2003, in which the panelists shared their experiences and self-inspirations pertaining to the end-of-life journey
of their relatives.

★ Attachments to Life

Authored by Nai-Jr Liu, the former hospice care volunteer of MacKay Memorial Hospital

This book talks about the trilogy of grief counseling (onset of illness, passing away, helping family members to rebuild healthy functioning of the family). Leaving out theories, the book is readily comprehensible to the average reader and is easy to read; it serves as a practical guide for grief counseling.

★ Quietness and Beauty of Life

Authored by Dr. Rong-Chi Chen, the president of LHCF

This book is typically all-inclusive about Hospice Care. It explains from the facets of time (history of development) and space (current status in Taiwan and overseas) the theories and significance of Hospice Care. It also provides detailed and accurate information of hospice care as well as a complete clarification of the misconceptions about hospice care.

2. Production of A/V Media

(1) A/V Publications

★ Treasuring the Scenery of Life (DVD)

LHCF is committed to life-and-death education and enhancing the quality of living and dying. Cooperating with the production team and elite members of the fields of medicine, nursing, psychology and social work, LHCF visited the wards of terminally ill patients, spent more than one year on preliminary interviews, follow-up and the filming of about 20 patients and their family members, documenting their life stories in video.

★ Documentary of “The Lotus Blossom” (DVD)

The hospital is a living hell, so to speak. It accumulates all the pain and suffering in the world. Patients are not the only ones who suffer; their family members and friends suffer with them. The suffering includes physical pain, mental pain, fear towards the unknown and
death. Buddha Dharma can help the human mind to settle in peace and empower people with invisible strength to live.

Fragments of three dreams; two different dimensions misplaced; a strange journey in secret…. In the cheers to the New Year countdown, a doctor who used to spend most of his time working at the hospital, to the extent of living there, passed away. Among the personal belongings that he left behind was an old tape recorder, and recorded in it was a journey beyond people’s imagination, and more…

★ Documentary of “The Last Present”
This film documented terminally ill patients at their final stage of life, how they completed the symphony of living with their family members and the medical team. Taking the hospice wards of NTUH, MacKay Memorial Hospital, Cardinal Tien Hospital, Taipei Veterans General Hospital, National Cheng Kung University Hospital, and Buddhist Tzu Chi General Hospital as background, the film documented how terminally ill patients and their relatives viewed the issue of death, and pointed out the importance of “courage and contact” for living life fully. “The Last Present” witnesses the differences between hospice & palliative care and general medical care, provides evidences for how such ideas should be pursued in modern health care and realized in the general medical fields.

★ Rebirth in the Lotus Pure Land (DVD)
At the end of life, the much more dignity and ease for the patient, the greater the extent of perfection and absence of regrets for both the deceased and the living. Helping your loved ones to attain rebirth in the Pure Land is the best way to bid them farewell and offer them blessings…

★ “The Last Moonlight”— Multimedia CD On Life Education
This is the story of a terminally ill cancer patient, during the last 7 days of his life…
A college student (Mon-Jur), right before his graduation, ready to turn a new page in his life…, was diagnosed with the terminal stage of cancer. In accompanying Mon-Jur to go through his final days, his early-widowed mother, a patient volunteer, and an enthusiastic
young intern doctor interacted with each other, and each produced their own reflections on life and the medical problems from different standpoints and views. Eventually, in the company of his mother and caring classmates, and under the guidance of the volunteer, although originally anxious, uneasy, angry and helpless, in the end Mon-Jur understood that life was like a candle, short but when facing up to the disease should still be lived bravely and wonderfully.

(2) The Lotus Image Advertisements

★ “Refuse Futile Medical Care” 40 seconds
The mother was in her middle age, suffering from cancer. She knew her health was deteriorating and had no intention to stay alive with the help of medical devises just for a few more minutes. She said, from the bottom of her heart, to her children: Mom didn’t want anything more than holding your hands and tell you that “Mom loves you so much!”...

★ “Agreement with Gratitude” 30 seconds
A-Mei has cancer, which is already in the final stage. Living on a tight budget when she was married at young, she just had a simple wedding. With the help of the hospice care team, A-Mei and her husband have a solemn wedding ceremony with the theme of “Agreement with Gratitude, Blessing for Dying Well”.

★ “Do Good Deeds” 20 seconds
Neither tutoring, nor sound serious or sorrowful in nature, the fund-raising advertisement of LHCF tells the general public in a humorous and easy way: LHCF is a foundation that does good deeds.

★ “Ideas” 10 seconds
In his sincere words, Dr. Chen, Rong-Chi, the helmsman of hospice care (president of LHCF, former vice president of NTUH, founder of En Chu Kong Hospital) tells the general public that LHCF seeks to “provide good hospice care to the terminally ill patients and bereavement care for their relatives and friends to live well.”

★ “An Appeal” 30 seconds
Bravely refuse futile medical care, leaving without regrets for your loved ones, you could sign the DNR/Living Will.
3. Publishing the Bimonthly Magazine of “Life”

The inaugural issue was launched in April 1995. Originally named the “Lotus Foundation Journal”, the publication was renamed “Life” in March 2005 and published bimonthly on every odd month. Its contents include the most updated news about life-and-death education, hospice and palliative care, bereavement and experiences of volunteers, news of LHCF, etc. The magazine serves as a channel for the general public to learn about life and death continually.

Articles contribution to the bimonthly magazine of “Life” is always invited on the subjects of life-and-death education / hospice and palliative care (teaching, learning and/or serving experiences; latest field updates; teaching methods), bereavement, alternative therapies, etc. Welcome to contribute to “Life”!
4. Competitions

(1) Essay Competitions:
- 1997 “The Last Promise – Sign the DNR/Living Will”
- 2000 “Farewell to Grief”
- 2004 “Look Back in Life – Reserve a Path in Peace”

With the purpose of promoting DNR/Living Will to the national public, the essay competitions are a way to offer death education to the society, cultivate the public’s courage to face life-and-death, and promote DNR, allowing a perfect ending of life.

(2) Nationwide children’s Contributions of Hand Drawings on True Love:
- 2000 “Blooming of the Lotus in the Heart”
- 2004 “The World Seen from the Young Mind”
- 2011 “Speak Out Love in Time”

Through hand drawings, children are encouraged to understand and value life, such activities have also provided the opportunity for children to create freely, and uplifted the level of life education for children in the country.

(3) Nationwide Song and Lyric Writing Competition: 2011 “Speak Out Love in Time”

To encourage those interested in music composition to write beautiful lyrics and songs as the most wonderful presents, to sing aloud the most beautiful blessings. To cherish our encounter in this life and the affinity between you and me; and seize the opportunities to speak out love; to say thank you, sorry, and goodbye (the “Four Things to Say in Life”); to encourage the general public to know and care for each other, to cherish their blessings, and to be grateful. It is hoped that the beautiful songs written would be sung aloud to brighten life up, to call for people to care about life and each other, and to make our world a better place to live.
Founded in 1994, LHCF has been endeavoring to combine Buddha Dharma with Hospice Care for nearly two decades. For every other year, LHCF holds the “Conference of Buddha Dharma and Hospice Care”. Furthermore in 1998 and 1999, LHCF for the first time entrusted National Taiwan University Hospital (NTUH) to carry out the following research projects: “Research on Spiritual Care Model” and “Research on the Application of Buddha Dharma on Hospice Care / Palliative Medicine”, aspiring to establish the spiritual care model and its significance. From 2000 to 2005, the Y-Ju Vihara Hospice Care Association in PingTung continued to entrust such research and development projects, while the training of “Clinical Buddhist Chaplains” was officially started.

From 2005 onward, LHCF initiated a series of courses on “Localized Spiritual Care”, and the clinical internship and training of Clinical Buddhist Chaplains. It is clinically proven that spiritual care provided by the trained Buddhist
Chaplain not only serves as powerful support to Buddhists, but also plays an important role in helping terminally ill patients who are non-Buddhists or nullifidians.

Therefore, since 2006, LHCF again has entrusted Professor Ching-Yu Chen of NTUH to continue the “Research on the Training and Promotion of Hospice Care Clinical Buddhist Chaplains”, an effort of combining medical science with Buddhism. Such a research has also incorporated the clinical guidance of Buddha Dharma given by Ven. Huimin (President of Dharma Drum Buddhist College), in the hope of benefiting more patients and their family members. Based on over 30 years of clinical experience, Professor Chen trained clinical chaplains the way he trained resident doctors. All the participants worked their way from scratch, and grew from novice to professional. Fruitful results came upon various issues relevant to spiritual care such as clinical service, teaching and research, and together with valuable experiences accumulated, have formed the basis of exposition for medical treatment combined with Buddhist hospice care.

Lotus Hospice Care Foundation
What are “Hospice Care” and the “Clinical Buddhist Chaplain”?

“Hospice Care” refers to the spiritual care provided by professional care-givers to terminally ill patients that helps them die well (even pass away to the so-called “Pure Land” in Buddhism). By maintaining awareness and learning to face up to death with an attitude of transcendence, or that of going beyond life-and-death, patients may somehow be relieved of their pain and fear while going through the dying process. In view of our nation’s culture and custom, a trained Buddhist chaplain is the most suitable person to play such a role.

Therefore, the “Clinical Buddhist Chaplain” refers to the Buddhist chaplain who has been trained and takes up front-line duties in the hospice and palliative care medical team, offering care to patients in the body, mind, social and spiritual aspects; who is also one of the core members of the hospice and palliative care medical team.
LHCF established the “Localized Spiritual Care Model”:

1. Holds the “Conference of Buddha Dharma and Localized Spiritual Care Model” every other year, with a leading and directional position in the field.
2. Conducted “Research on Buddha Dharma and Hospice Care”, the first body to engage in such localized research.
3. Organizes annually the “Localized Spiritual Care” series of courses, devoted to the training and promotion of the “Clinical Buddhist Chaplain”. The series of courses range from basic, common, professional courses to clinical internship.

Set up the “Lotus Hospice Care Hotline” for consultation in 2006. The Buddhist Chaplains who have been well trained and with clinical experience are serving as consultants. The hotline service provides helpless patients and family members with spiritual care and guidance on dying well whenever and wherever needed.
LHCF was established in 1994. In the early days, LHCF focused on training volunteers and promoting Buddhist hospice care. Among all the work done, the promotion of localized hospice care was the most acknowledged. Relevant research papers have been continually published, thus contributing greatly to the advancement of life-and-death education. In recent years, most of our fellow countrymen have consented to the purified funeral ceremony. This is inseparable with the long term promotion done by LHCF. Gratitude goes to the Buddha for all that happened. I am very grateful to the strength and inspiration from the Buddha dharma.

During my service period as vice superintendent of NTUH, I established the palliative care ward in 1995. At that time, the palliative care ward was not only an important arena for the life-and-death issue; with its uniqueness, it also attracted ideal-embracing medical personnel to come, to explore and to enlighten, of their own accord. I believe that people would gradually accept hospice palliative care, and understand hospice
Rong-Chi Chen, President of Lotus Hospice Care Foundation

palliative care more deeply. LHCF established connection with the general public via the promotion of hospice care; and having striven for almost two decades, is now harvesting concrete achievements. This is indeed quite heartening.

During such a long period of advocacy of hospice care, thanks should be given to terminally ill patients and their family members. What happened to them has taught us. Without their experiences and sharing of what they have undergone, how could we expand the breadth and depth of our understanding of the issue? More important is their expression of feelings -- love, hatred, ignorance -- all is so real and natural. During the period of care-giving, one seems also to reflect on oneself. Hence, this is a kind of treasuring the scenery of one’s own life. In the hospice care ward, everyone at all times is having an in-depth dialogue with one’s own life. I think that my colleagues at LHCF share this same understanding and feelings with me. Viewing from another perspective, this is a rare precious blessing.

I think all of us acknowledge that hospice care is a medical notion. It appeals for humanistic medical treatment, especially for cancer and terminally ill patients who must endure the torture of severe pain and suffering. At the final stage where the disease becomes incurable, instead of trying to cure with torturing treatments, medicine for easing pain should just be given while accompanying patients to enjoy their last moments. The ethical issues thus involved is complex by nature, such as informing the condition, whether to resuscitate or not, preparation for passing away, etc. Therefore, the innermost of hospice care lies in love. However, in the process of hospice care, many obstacles in reality must be overcome, such as the conflict in notions, values, and the differences in ways of handling problems.

On this path, LHCF never gives up providing possibilities for the people in need. "Dying well" is the core value of LHCF. Whether on Buddha dharma or the promotion of hospice care, we wish to demonstrate the sincerity of LHCF via issue-based operation while learning and growing together with the life-and-death education in Taiwan.

In conclusion, I’d like to recommend “Stethoscope and Chanting Beads – The Chaplain in the Hospice Care Ward”, published by Locus Publishing in 2012. It was written by Dr. Chien-An Yao, Director of Hospice Care Ward of NTUH, based on his wealth of care-giving experience over the years. The book has recorded many touching stories, worthy of special recommendation.
Gratitude goes to supporters.
Your encouragement is the force that propels us forward.

The Project of Supporting Clinical Buddhist Chaplains

“Clinical Buddhist Chaplains” are the professionally trained chaplains who serve in the front-line of the hospice and palliative care medical team to provide care for the patients in the body, mind, social and spiritual aspects. They are the core members of the hospice and palliative care medical team.

Due to the huge budget required for rigorous training, a total of NT$3 million yearly is needed for running the entire training program. We thus urge all the people who are willing to contribute to jointly support this project. May this important and meaningful project continue steadily to benefit more and more patients and their family members!

● Sponsors:
1. 500 sponsors needed, each donate NT$500 every month.
2. Continual sponsorship for one year will be rewarded with a certificate of appreciation and merits sharing conducted by Clinical Buddhist Chaplains in the gratitude gathering at end of the year.
3. Sponsors are eligible to attend the “Localized Spiritual Care” series of courses free of charge to learn about spiritual accompanying and care in practice.
4. Sponsors may attend the annual panel discussion of Clinical Buddhist Chaplains, seek advice from the Clinical Buddhist Chaplains and share the training results.
Time for Hospice Care

Compassionate Journey on the Path to Peace With LHCF Since 1994

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© URL: http://www.lotus.org.tw
© E-mail: Lotus@lotus.org.tw
© Address: 4F, 230, Sec3, Chengde Rd. Taipei 10367, Taiwan
© Tel: (02) 2596-1212
© Fax: (02) 2593-3535

Lotus Hospice Care Hotline
0919-885-814
您救一救，幫幫我，幫一世

Postal Account number: 18350919
Account name: Buddhist Lotus Hospice Care Foundation
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