



# SHARING HOSPICE

*Dedicated to the care and comfort of the dying*  
 A Quarterly Newsletter of the Madre de Amor Hospice Foundation

ISSUE 29

JANUARY TO MARCH 2008

## HOSPICE, HERE I COME

HOW/WHY I BECAME A MADRE DE AMOR  
 HOSPICE VOLUNTEER

It is easy enough to explain why people engage in certain jobs: that is how they earn a living. They usually possess professional skills that qualify them for the job. In fact most may be working in a career, not just a livelihood.

But those who work as part-time volunteers in fields where they may or may not have professional training are a different story altogether. For one thing, their motives and goals differ from those of people in search of lifetime careers. If the volunteers are young persons seeking entry into the job market, they may just want to acquire relevant work experience that they can use as stepping stones towards planned careers. If they are successful middle-aged professionals with comfortable, well-paying jobs, they may wish to share with society the fruits of their successes. On the other hand, if they are retired individuals who are reasonably healthy and still capable of performing certain tasks, they may be driven by a wider range of motivations, such as: (a) a wish to continue with physical and mental activities in order not to degenerate or "vegetate;" (b) a desire to "get out of the house" and socially interact with kindred spirits as a way to avoid debilitating boredom; (c) a compulsion to use their remaining capabilities to render service to the needy and the less fortunate in their communities; (d) a need to work with a group that can help organize, enlarge and channel their volunteer services in order to reach more beneficiaries more effectively. The beautiful thing about these motivations is that they are a good mix of "selfish motives" (i.e., avoiding physical and mental degeneration) and "altruistic motives" (i.e., rendering service to benefit others.)

My exposure to the Madre de Amor Hospice started when my Better Half, already a 10-year veteran volunteer, would recount at home some of their activities, particularly their visits to, and interactions with, stage 4 cancer patients who are obviously aware (and perhaps utterly scared) that the Grim Reaper is just around the corner. Some of the stories revolved around how the visits brought a bit of cheer and some boosts to the morale of the ill; how, in un-

spoken ways, the patients showed their appreciation of the fact that volunteers, who are not related to them at all, are caring and persistent enough to make the scheduled visits, rain or shine. What I could glean from these accounts is that the volunteers, without any medical skills, are somehow making the last days of the dying patients less painful, more endurable, and occasionally more pleasant by just being there and demonstrating that they care. On the other hand, the "silent appreciation" by the patients of the caring efforts are felt by the volunteers as sufficient "psychic satisfaction" that could far exceed any monetary compensation.

After I, a Retiree, learned to appreciate the value of the Hospice efforts and realized how mutually satisfying volunteerism is to both patients and volunteers, it took only a very light push by my Better Half to make me plunge in to become a Hospice volunteer. So, here I am.

**Nap Vergara**



**Volunteer in Action**

### INSIDE THIS ISSUE:

<i>HOSPICE, HERE I COME</i>	P. 1
<i>DAY CARE IS FUN &amp; EXCITING!</i>	P. 2
<i>EDITORIAL</i>	P. 2
<i>BELIEVING</i>	P. 3
<i>BEFORE, DURING, AND AFTER HOPICE</i>	P. 3
<i>VOLUNTEER'S TRAINING</i>	P. 4
<i>A LENTEN TRIP TO TAGAYTAY</i>	P. 4
<i>LETTER FROM AGRATEFUL READER</i>	P. 5
<i>DONORS</i>	P. 5
<i>PICTURES OF THE BOARD OF TRUSTEES</i>	P. 6
<i>TRIBUTE</i>	P. 6

**DAY CARE IS FUN AND EXCITING!**

The Los Baños Physical Medicine and Rehabilitation Center at HealthServ as a part of its outreach program go to the Madre de Amor Hospice Center once a month. This activity elicits joy and excitement in the heart of every participant and staff. As part of the Rehab Team we are applying the principle of holistic approach, covering all areas of healing; the physical, mental emotional, vocational and spiritual.

*Physical Aspect:*

Important to every individual is the sense of well being and improvement of the muscular, skeletal and cardiopulmonary fitness level which can be attained through the conventional general body conditioning in aerobic types of exercises. We also encourage the participants to further apply this principle through songs, moving the heads, bodies and limbs. Exercise Games also form part of this activity such as Identity Games, Ball Throwing and Catching and Puzzle Solving.

*Mental Aspect:*

Mental Calisthenics Games such as "Getting To Know You" sharpen their minds in name recall, together with the Question and Answer in areas related to current events

*Emotional Aspect:*

Because of the participants exposure to jokes and other funny activities, they experience lots of joy and laughter

*Vocational Aspect:*

This particular part of the activity encourages them to participate in arts and crafts, and other interesting hobbies.

*Spiritual Aspect:*

This is the most important part of this program where the Gospel is preach bringing the Good News of Salvation.

*The following are the members of the Rehab team:*

- |                       |                     |
|-----------------------|---------------------|
| Dr. Conrad Dimalaluan | Physiatrist         |
| John Alvin Gutierrez  | Clinical Supervisor |
| Jamir Pulmano         | Full time PT        |
| Gina Postigo          | Part Time OT        |
| Ma. Theresa Pulmano   | PT volunteer        |
| Arceli Villanueva     | PT volunteer        |
| Olive Paulita Ciceron | PT volunteer        |

**ALVIN GUTIERREZ**

**Editorial**

**HONORING THE DEAD**

*I have fought the good fight, I have finished the race, I have kept the faith. From now on, a merited crown awaits me; on that Day the Lord, just judge that he is, will award it to me—and not only to me, but to all who have looked for his appearing with eager longing.*

- 2 Timothy 4:7-8 -

Resurrection Day is annually celebrated by the Madre de Amor Hospice Foundation. It marks the first death anniversary of patients enrolled in the Hospice program.

In a fitting and solemn ceremony held at the Hospice Center on March 28, 2008 the 67 patients were lovingly remembered. The members of their families gathered in full force to share treasured memories of their lives, replete with stories of faith, hope, love, courage, healing and redemption. Their heroism in the midst of the most trying circumstances is enough to sustain the spirit of the bereaved and to reinforce their faith in God. They left lessons for us to cherish and remember.

As a finale, stones symbolizing their place in posterity were laid at the Garden of Peace at the Hospice Center.

With profound gratitude we salute you!



**Resurrection Rites**



*A relative laying stone...*

## BELIEVING

In 2003, I was diagnosed of 3A Breast Cancer, was operated on, had chemotherapy, radiation, and lost my hair in the process. Many questions propped up in my life, why me of all people? I lost my savings, professional career and most of all.... my belief in the people closest to me.

The idea of death was very much around the corner, haunting me in every move that I was making. But true enough, every time I was afraid, I turned to God and miracles started to happen. I met people along the way offering assistance which I never thought would be rendered to me. People turned into angels in the most unexpected time and places.

In September 2006, my cancer recurred. My condition worsened, requiring chemotherapy and other tests. Doctors were insistent on medical routines, but financially everything was impossible. My only daughter's well being created fears and anxieties since I was only given 6 months to live by my attending doctors.

True enough, if I were to believe what people have to say...I will be dragged by the fact that my world has been doomed to misery. That hopelessness is indeed in the frontline and everything must come to a stop and the journey of my life has reached its dreadful end.

*But believing makes sense...*

Every time I encounter difficult times, I always go back to what I learned in the book "The Red Sea Rules". I always remember the phrase, "The Same God Who Led You In Will Lead You Out". Meaning...God will never leave you nor forsake you. That He will always be there, by your side...no matter what happens.

...That in the days of trials, I always believe that it is a faith builder for the future, the best is yet to come. That continuously praising Him will give me joy instead of pain. Hanging on to His promises will give new hope instead of broken dreams.

I always look forward to the shed of a new day. Everyday is a new breath to take, as if God and I are one in facing every day's struggle. Miraculously I can feel His word in every move, God is working in all aspects of my life...a true revelation of His miraculous provision can be felt in the midst of all my trials.

The assistance that the Madre de Amor Hospice Foundation has provided me is an example of God's

mercy. With a simple prayer, my wish was granted. I asked God for a wheelchair and a simple help with my expensive maintenance medicine, and in a few days it was granted. Simple it may appear to be, but a true proof of God's presence in our lives.

Today, I live through faith. I believe that God's hands will always be around my shoulder...tapping me... directing my every move, sharing my vision, and carrying my burden. With Him how can I ever go wrong? With Him, how can I ever be lost? With Him, I will continue to live without fear as long as I keep on believing...

**RODELINA ADRIANO**

*(Rodelina is a breast cancer patient from Sta Rosa, Laguna)*

---



---

## BEFORE, DURING AND AFTER HOSPICE

I was enrolled on June 2 and discharged October 10, 2006 at the Madre de Amor Foundation, Inc. (diagnosed with breast CA stage III-A) and as a patient, I can truly say that I have been well taken care of with the help of Dr. Dory Ocampo, nurses Cris and Pretzel, and volunteers, Alice Capiral and Lita Canonizado.

After sometime, I was called by Gina to assist her in the office for 3 months. As one of the staff, I was able to understand more what hospice care / hospice work is – how deep the commitment to serve those who are suffering physically, emotionally and spiritually. I can also say that indeed, what a small world we have after meeting one of the volunteers, Tita Tess Gonzales, who happens to be a co-teacher and close friend of my mom way back in the '80s.

I am thankful that I have met and worked with dedicated and compassionate people, who truly put their hearts into their service, who go out of their way to extend whatever help their patients may need.

To Dr. Dory Ocampo (who to me is a great teacher who imparts her whole being to make you a well-rounded person and brings out the best in you) and Gina - thank you so much for the opportunity of being a part of Madre de Amor; Pretzel and Dez – for the friendship and continuous care; to all the volunteers and Noel and Clare.

I have learned a lot of things about caring and compassion that I will surely carry on after Hospice ...

**ILKA LOBO**

### VOLUNTEERS' TRAINING

Eighteen new volunteers attended the 32<sup>nd</sup> Volunteers' training on January 17 and 18, 2008 at the Hospice center. They were from different towns and cities, five trainees came from Pasig City who wanted to put up their own hospice thru the local government unit. Composed of medical doctors, social worker and a nurse, the Pasig Hospice is ready for the challenges that lie ahead.

The lectures were given by the hospice program director, volunteers and staff. It was a success with the participation of the trainees. Everybody was in high spirits, and ready to start their work, armed with the vigorous and comprehensive training they underwent.

**GINA G. CABRERA**



*32nd Hospice Volunteer's Training*



Rotary Club Los Baños Chapter represented by Mr. & Mrs. Eli Baradas and Mr. Pat Santos donated wheelchairs to *Hospice Foundation* together with Gina Cabrera.

### A Lenten trip to Tagaytay

For the 4<sup>th</sup> year in a row, the Calamba day care patients went to Tagaytay City for their Stations of the Cross. This activity is sponsored by their volunteers thru Mother Elsa Cosico of the Canossian Sisters.

This is my first time to join the group. 8 patients with their family joined the group to Tagaytay City on March 11, 2008. Mother Elsa welcomed us with an inspirational talk. She noticed that every year, there are daycare patients who die. In fact, while we were listening to Mother Elsa's lecture, Nieves Estolano, a daycare patient died. We learned this thru a text message we received. We were all saddened by this news. However Mother Elsa said, we should be glad because those patients were ready and prepared to join the Creator. After her lecture, we had our stations of the cross as well as the reading of the psalm.

We visited Sonya's garden where our patients enjoyed the different varieties of flowering plants. Then we went to Calaruega where we noticed that the patients did not experience fatigue even after a long walk from the Koi pond to the hanging bridge and the elevated chapel. This was indeed something different for them.

**GINA G. CABRERA**



*HOSPICE Staff with DayCare Patients at Tagaytay*

“SHARING HOSPICE  
IS A QUARTERLY PUBLICATION OF THE  
MADRE DE AMOR HOPICE  
FOUNDATION”  
TEL NO.: (049) 536-0644

SHARING HOSPICE IS ALSO AVAILABLE FOR  
DOWNLOAD IN PDF FORMAT FROM  
[www.hospice.org.ph](http://www.hospice.org.ph)

**LETTER FROM A GRATEFUL READER**

Dear Tess,

Thank you, for the beautifully and tastefully written book, *Hospice Stories, 2004*, The Madre de Amor Hospice Chronicle and Handbook of Ten Years of Caring for the Terminally Ill (1994-2004), Monina A. Mercado (Ed.), Teresita C. Gonzales (Assoc. Ed.), Rudy started reading it three days after we arrived from our trip; the book is so interesting that he finished it after only three sittings. It gave him a new perspective on life.

The book is about death and dying. However, it teaches lessons about life and living. The reader will never be the same after reading this book. We recognized many familiar last names among the list of Volunteers or contributors (e.g., Bustrillos, Madamba, Aspiras, Abarientos, Gapud, Santos, Palad, Labadan (Rudy's cousin!), Villareal, Quintana, Gatmaitan, Cuyno, etc.). Many of them were either our contemporaries or former colleagues at UPLB. We applaud them for being part of this worthwhile effort.

As the book stresses, Hospice is not a place. Although large hospitals in the States are often associated with hospices as institutions, the term "Hospice" as used in this book is more of a concept, i.e., a practice. It kicks in after Curative Medicine has done all it can, and after doctors and patients agree that no further heroic attempts be made to save lives

At Hospice, the activities shift from Curative to Palliative, to ease the suffering. To make the "enrollee" comfortable, to help him resolve remaining issues, e.g., anger, guilt and forgiveness. It tells of a virtual hermit, who later died surrounded by people who cared, and whose love he felt. It tells of a young, selfless person who was more worried about the mother she would leave behind. (Just to paraphrase: "Nanay, what will happen to you when I'm gone?") It tells of an enrollee who meticulously planned for her death, down to the gown she would wear on her wake. A common thread running among these stories is the easing of the pain and the physical and psychological burdens of the dying, to buoy their spirits and renew or rediscover their Faith, to help them accept their humanity, to help them regain a sense of control, and to help facilitate their passage. And the selfless Volunteers, the Doctors and Nurses are there to facilitate these transitions. They go to the houses of the enrollees, as most of the enrollees are poor, have no means of transport, are too weak to travel. (This is a classic Outreach concept, as in Extension!)

This book belongs in every library; and its message of love, compassion, and service belongs in every heart and mind of everyone.

Sincerely,

Dr. and Mrs. Rodolfo Salcedo  
7644 W. Palmetto CT. Milwaukee, WI 53218

**DONORS 2008**

**Individual**

- |                        |                         |                     |
|------------------------|-------------------------|---------------------|
| Hon. Egay San Luis     | Debra Yao               | Ms. Yolly Pilapil   |
| Hon. Ariel Magcalas    | Mercy Coronel           | Lilian Cheng        |
| Fermin & Dada Adriano  | Noemi Legaspi           | Lily Madamba        |
| Reena del Mundo        | Paolo Ramos             | Ma. Eugene Tomas    |
| Constantino Family     | Norman & Avic Ramos     | Mercy Palad         |
| Charito Santos         | Rev Araos               | Ma. Jinky Leterio   |
| Olives Studio-Osboy    | Joja Cabrera            | Swanee Aquino       |
| Larona Family          | Paz Bucu                | Lowell Maligalig    |
| Daphne Tallada         | Reena del Mundo         | Faith Manzanero     |
| Ma. Lydia Cardenas     | Dr. Dindo Guranggo      | Tani Evangelista    |
| Trelly Jamias          | Romy & Luming Castillo  | Severo Garcia       |
| Fr. Noel Vasquez       | Norma F. Eusebio        | Jay Ell Trinos      |
| Simon and Cherish      | Teresita Bautista       | Lina Lopez          |
| Clabburn               | Eva Data                | Rosalia Constantino |
| Carning Saraos         | Carmelo Madamba         | Divina Vibora       |
| Jerry and Jane Ciceron | Ma. Precyl Soliman      | Josefina David      |
| Diana Dehn             | Josie & Eric Enriquez   | Fe Pit              |
| Anonymous              | Rosing Torres           |                     |
| Nap and Angie Vergara  | Julita Respuesto        |                     |
| Balatibat Family       | Dr. & Mrs. Tito Cantado |                     |
| Torres Family          | Mrs. Cardenas           |                     |

**Organization/Corp**

- The Pharmaceutical & Healthcare Association of the Philippines (PHAP)
- Wheelchair Foundation *thru Los Baños Rotary*
- UFED Foundation
- Gardenia Bakery
- Rotary Club of Los Baños *thru Mr. Pat Santos*
- Pagmamahal sa Kapwa Foundation *thru Ms. Lita Canonizado*
- Magnolia Incorporated
- Mundi Pharma
- Procter & Gamble
- Abbot
- Nutritional Co
- First Choice Food Corp.
- Jollibee Foods Corp.

**SHARING HOSPICE**

EDITOR — TERESITA C. GONZALES  
ASSOCIATE EDITOR — VIRGIMA D. TOLENTINO  
ASSISTANT EDITOR — RHODORA DL. OCAMPO, MD



**HOSPICE Board of Trustees:** (from L-R) Monina Mercado, *President*, Dada Adriano, Tess Gonzales, Alice Capiral, Luming Del Castillo and Marcia Sandoval (standing from L-R) Pocholo Lozano, *Chairman*, Fermin Adriano, Dory Ocampo, JJ Calero and Vic Basco.

## A TRIBUTE

*Delivered by Teresita C. Gonzales at the Funeral Mass for Dr. Antonio D. Bustrillos on April 10, 2008 at the St. Therese Church, College, Laguna*

Good Afternoon.

How admirable are the tributes delivered by Tito Tonying's colleagues from the Institute of Chemistry at U.P. Los Baños, in his pivotal role as a highly respected icon in his field of discipline.

Today, I consider it as a privilege to share Tito Tonying's other self – his profile as a volunteer on behalf of the members of Trustees, the volunteers and the staff of the Madre de Amor Hospice foundation.



He was a shepherd for souls and as such God could not have chosen any person better than him.

After completing the training course for hospice volunteers at the Madre de Amor Hospice Foundation Center in may 1996 with Tita Nena, they plunged head on into the world of the terminally ill patients.

With the mind and spirit of the Divine Healer, they brought the gospel of peace, joy and comfort, uplifting the broken spirits of the dying patients ravaged with disease and facing extremely difficult circumstances. Elevating yet the level of his calling he brought the Body of Christ – the bread of life to bedridden patients very Sunday until their demise.

We will remember among others his gift of laughter and his zest for life.

Tito Tonying you "have fought the good fight, you have finished the race, you have kept the faith," You finally claimed the crown.

Many thanks for your legacy.