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**HCA HOSPICE CARE BENEFICIARY PUBLISHES
COOKBOOK OF FAMILY RECIPES AS LAST LEGACY OF LOVE**

- SHATEC's training restaurant recreates favourite dishes for terminally ill patient

HCA Hospice Care (HCA) and The Sapling today hosted a 3-course lunch at the café for about 80 guests to launch the cookbook "*A lifetime's legacy of Home Cooked Favourites*". This publication is one of several legacy projects by HCA to fulfil last wishes of patients with life-limiting illnesses. All sales proceeds go towards the beneficiaries of HCA.

The cookbook is a labour of love of Mdm Ng Pick York, aged 80, who has been a HCA Day Care Centre hospice patient since 2015. Mdm Ng first beat colon cancer in 2008, but unfortunately, she suffered a relapse after almost five years. Her prognosis at the time was only 4 months. Today, after more than two years, Mdm Ng has since become one of our leading lights at the Day Care Centre, being a role model for the other patients with her positive outlook and care for others.

HCA President Dr Tan Poh Kiang said, "Today is also special because we celebrate Mdm Ng's life. It's been said that people forget what we say. They even forget what we do. But people almost never forget how we make them feel. In the brief time that we have had the privilege of befriending Mdm Ng, we have been immensely blessed by one who personifies a beautiful mix of kindness, generosity and humility."

The book launch was held at The Sapling, a training restaurant by local iconic hospitality school, SHATEC. The Sapling was specially selected as a partner in this meaningful event because, as an institution that nurtures and inspires the next generation of hospitality leaders, it was appropriate that they showcase their students' talents in this legacy project. The students recreated six of Mdm Ng's recipes as part of the three-course set lunch.

SHATEC's Chief Executive Ms Margaret Heng said, "We are deeply humbled by the opportunity to play a part in helping Mdm Ng fulfil her wish. This is the very essence of the hospitality we teach our students – show genuine care for people, serve their needs and create wonderful experiences."

The cookbook is on sale at all Kinokuniya bookstores island-wide.

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About HCA Hospice Care

HCA Hospice Care (HCA) is Singapore's largest home hospice provider and has been a registered charity since 1989. The organisation provides comfort and support to patients with life-limiting illnesses regardless of age, religion, ethnicity, nationality and financial status.

HCA's core service, home hospice care, is provided at no charge to about 3,500 patients annually. Besides medical care for patients, this service also entails psychosocial support for patients and caregivers. A 24/7 hotline ensures help is available round-the-clock.

HCA is a NCSS Centre of Specialisation for palliative care, and conducts palliative care training for its patients' caregivers. Its other services and programmes include day hospice care, paediatric palliative care (Star PALS), bereavement support, and outreach programmes such as the Young Caregivers Programme.

About SHATEC and The Sapling

SHATEC was set up in 1983 by the Singapore Hotel Association to equip Singapore's hospitality industry with a skilled workforce. Since then, SHATEC has been distinguished itself as arguably the region's most recognised hospitality school with many of its 30,000 strong alumni hailing from more than 20 countries helming key positions in the hospitality and tourism industry.

A strong advocate of practical – based teaching methodologies, SHATEC students are routinely attached to the school's training restaurant, The Sapling, to apply skills and knowledge acquired in a real working environment. Students also reap the benefit of interacting with actual guests hence preparing themselves better for their professional roles in the hospitality industry after graduation.

Besides nurturing young minds and talents, SHATEC is also a key player in preparing career switchers and mature workers to join the hospitality industry. As the industry school, it also offers a myriad of programmes and workshops to upskill practitioners in the hospitality industry.

About MDM NG PICK YORK 吴碧玉

Mdm Ng was diagnosed with stage 3 colon cancer in 2008; after undergoing surgery, chemotherapy and radiotherapy, she was cleared for cancer. However, in 2013, the illness returned in the form of a large gastrointestinal stromal tumour, involving the pancreas. After several painful tests, Mdm Ng opted not to go for surgery and chose palliative care instead. She was handed a prognosis of 4 months.

She was referred to HCA Hospice Care (HCA) as a Day Care Centre patient in January 2015; she came to us in a highly depressed state, and her appetite was reduced to about 3 tablespoons a day. She also needed monthly blood transfusions. Since her coming to our Day Care Centre, her quality of life has taken a much better turn. She is now a role model for many other HCA patients with her very positive outlook, as she continues to enjoy the many daily activities undertaken by our dedicated volunteers. These include games, light exercises, arts & crafts and even outings.

For all the blessings she felt she has received, Mdm Ng expressed her wish to leave a lasting legacy by sharing her recipes for food that has been enjoyed by her family in the last 50 years. Mdm Ng shares that this is her way of giving back to those who have volunteered their time and effort in bringing joy and laughter to her remaining years.

About HCA's legacy projects

HCA's holistic approach to palliative care includes helping patients and families find peace of mind through fulfilling last wishes, leaving a lasting legacy for a more complete closure. To this end, we have assisted many of our beneficiaries who expressed their desire in achieving their unique goals. Among the various legacy projects, HCA has produced several publications which showcase patients' life stories, conveying key messages they wished to share before their last journey ended. One special publication is the children's story and activity book '*P.S. Grandpa, I Love You*' - written by a beneficiary's daughter, who wanted to help others go through the same journey she and her family had experienced.

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