

活出精彩人生：生命勇士 — Sakina

A wonderful life: Our life warrior - Sakina

她燦爛的笑容、響亮的笑聲、親切的舉動、堅強的個性，永遠活在我們心中，化成我們的正能量，讓我們繼續努力去關愛每位服務使用者，她是我們樂華成人訓練中心的開心果、生命勇士 — Sakina。

Sakina，一個在樂華成人訓練中心無人不曉的名字。自1992年起她加入了這個大家庭，缺乏言語表達能力的她，憑著燦爛的笑容及開朗佻皮的性格，深得中心所有人及義工歡迎；具有濃厚表演天份的她，每逢有魔術、樂器、話劇表演、義工探訪活動，她也會落力參與，向社區人士展現智障人士的才能及正面形象。

不幸地，Sakina於2011年証實患上乳癌。愛美的她，雖然經歷因化療產生脫髮、沒胃口、精神不振等副作用，但她仍然咬緊牙關堅持，讓護士每天為她清洗潰損滲血的傷口，縱然辛苦也用盡氣力擠出笑容，目的是讓身邊的人安心。這份堅毅無比的意志及勇氣，感動著我們每一位職員，陪伴她並肩作戰。

誰說智障人士不懂愛人，不懂被愛呢？Sakina正正彰顯出這一份愛。她的妹妹每星期到來陪伴她吃飯，希望她有足夠營養及體力去與癌魔作戰，她的「最佳老友」Pauline不時致電慰問及探望她，Sakina每次見到妹妹及Pauline到來探望，也會展露笑臉，反過來安慰她們，不讓愛錫她的人為她擔心。

在2013年2月13日早上，當中心各職員、前職員及義工Pauline收到她情況轉差的消息，紛紛到醫院為她打氣。一整天，差不多二、三十位愛錫她的朋友亦趕來探望，可見她的生命活在關愛之中。2013年2月14日，一個不能忘記的日子 — Sakina安祥地離開了我們，她帶著尊嚴、帶著我們的愛與祝福，回到母親的懷抱裡。生命，在乎活得有意義及價值，她是一位堅強的生命勇士，生命影響生命，她帶給我們很多美好回憶及正能量，Sakina在她的人生旅程上，活得精彩，不枉此行！



With her bright smile, loud laughter, friendly gestures and strong personality, she will always be remembered and live in our hearts. She will turn into a positive energy allowing us to continue our efforts to care for our service users. She was Sakina, the life of the party at our Lok Wah Adult Training Centre, and she was our life warrior.

Sakina was a very familiar name at Lok Wah Adult Training Centre. With her bright smile and cheerful character, she was liked by every member and volunteer of the Centre after she joined the big family in 1992, though she lacked the ability of verbal expression. A brilliant talent in acting, she often actively took part in events such as magic shows, music shows, drama performances, and volunteer visits. She was eager to show to the community the talents and positive image of persons with intellectual disabilities.

Unfortunately, Sakina was diagnosed with breast cancer in 2011. Though she loved to dress up, she agreed to undergo chemotherapy and lived with the side effects of hair loss, lack of appetite and being dispirited. She still tried to beam her smile when nurses cleaned her bleeding wound daily. It was her intention to let people around her to feel at ease. Her determination and courage were so touching that all the staff members joined her and fought this battle with her.

Who said that persons with intellectual disabilities understand neither how to love nor to be loved? Sakina has precisely underlined this kind of love. Her younger sister visited her every week and accompanied her when she had dinner, wishing that she got sufficient nutrition and physical strength to combat cancer. Pauline, her "Best Buddies", called and visited her from time to time, and Sakina would radiate her smile every time she saw her sister and Pauline paying her a visit. She even comforted them, as she tried not to let people caring about her become worried.

In the morning of 13 February 2013, the staff and former staff members of the Centre, as well as volunteer Pauline, rushed to the hospital upon learning that her situation was deteriorating. On that day, around 20-30 friends of hers came to visit her, indicating that she had been living in a caring environment. It was an unforgettable date on 14 February 2013, when Sakina peacefully left us with dignity, and with our love and blessings, as she returned to her mother's arms. It matters whether one lives a meaningful and valuable life. She was a strong life warrior, and influenced other people's life with her own. She brought us a lot of good memories and positive energy. In her journey of life, Sakina had a wonderful and worthwhile trip!

