



POINTS OF INTEREST

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Dear Friends,

I am glad to relate with you through this issue of CF connect. I always think that, we, as members of the **CFH COMMUNITY** must ask ourselves some honest questions as we continue our service. One question which comes to mind often is: "What is unique, special or distinctive about CF Hospital?"

There are now, unlike in 1955, many doctors, clinics and hospitals in ODC. What then is **unique** about us...**unique** about our patient care and community work? May be, there are several good features about us viz. low cost, effective, holistic care etc. Valid as these are, I wish to go a bit deeper and suggest that the most distinctive character of our care is...or must be: **COMPASSION**

Recent change in health care in India today is: **commercialization, health care** becoming an **industry**, money making **business**. The missing factor in health care ,the ' x' factor, as in Algebra, now is surely: **COMPASSION**:

Hence the theme for this letter : **Compassion In Daily Patient Care In CFH**

Let us look at 3 aspects of **COMPASSION**: **The Meaning, Source And Practice**

The Meaning

Compassion is not just **pity** or even **sympathy**. It is much more....it is **deeper, stronger, costlier**. Learn from Henri Nouwen from his study of the word : **compassion**: The Latin word for compassion is: com + pati ,which means "**to suffer with, to lament ,cry** with . In Greek it is: splanchnizomai=**to feel so deeply** from your **gut**. In Hebrew it is :**Rachamim** → being carried in the **womb of God**..See the depth of the meaning of **compassion**! It is **empathy** leading to a healing **action**.

The Source

It is from our Lord Jesus. He loved us, even when we were yet sinners. He lived the life we should have lived ,died the death we should have died. He loved us first with such a **Loving Compassion**! What we received from Him that we give to our patients. Jesus said:"be **Compassionate** to others as your Heavenly Father is compassionate to you..."

The Practice Of Compassion

We need to introspect, ask ourselves whether we really practice this compassionate care in our daily work in the hospital? A few thoughts may help us in creating, renewing a **Culture Of Compassion** at our work place:

- ✓ Patients do not just come to us, but they are **Sent To Us** by God for healing.
- ✓ Each patient is a **Precious Person** before God, created in His very own image, designed to be a 'temple of God'. So ,
- ✓ May we become more and more **Listening People**...suffering with them in their pain...
- ✓ May we make our hospital a truly **Poor Friendly** institution...
- ✓ "**Walk The Extra Mile**" Jesus tells us.

What does it mean? It means going beyond what duty demands. **Beautiful** not just **Dutiful**!

There are several true stories of our staff walking **The Extra Mile**. Let me share two:

1. A nurse at work giving her own food to a poor patient when she found that he had not eaten the whole day..
2. I remember a patient we looked after in the Medical ward..an old lady with anemia needing emergency blood transfusion. She finally succumbed to the illness in spite of the treatment. Few weeks later the hospital received a lawyer's notice alleging negligence in treatment and demanding a large amount of money as compensation. When we looked at the case sheet, to our great surprise found that the ward duty doctor had himself donated his blood for the patient at night as she needed it urgently and there was no relative donor. We



replied to the lawyer sitting this fact asking him whether he will call this 'negligence'?.And that was the last we heard from the lawyer ! This nurse, this doctor...they truly ***Walked The Extra Mile!***

Yes, let us rejoice in that we do have such a ***Heritage*** of care. Have you heard a definition which Bible gives for a patient? It can be found in John's gospel-chapter 11: It is :"***Lord, the One Whom You Love Is Sick***". This is the message Mary and Martha of Bethany desperately sent to Jesus when Lazarus became sick....what an apt description of a patient !

May this be our prayer too, as our patients look into our eyes with great expectation and hope.

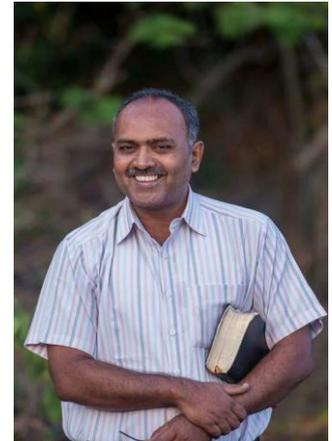
Dr. Kuruvilla Varkey

Dr. Alexander - a reminiscence Dr. Valsa Tharian

5th May 2017 was a dark day in the life of Christian Fellowship Hospital due to the unexpected and sad demise of Dr.Alex.

From 1991-1993 he worked as a Junior Doctor here, with rotator postings in various departments to equip himself for the work in remote parts of Orissa.

Alex & Hannah became a 'Jodi' in 1996. Like Aquilla & Priscilla of the 1st century Church were Alex & Hannah or Hanna & Alex. It was a joy to see both of them working together, complimenting and enhancing each other. The sabbatical years from Orissa were used to learn the Bible at Theological College in Bangalore.



Christian Fellowship Hospital - They came back to CFH in 2011.They wrote and compiled the Bible study series for the Nursing students. Conducted seminars for staff & students. Marriage Enrichment Seminars. Money management and getting out of debt, counselling, bible studies for different groups were organized. They organized interesting & Healthy competition in studying the books of Bible through quiz & skits during the Christmas sports season. Helped Community health staff to learn counseling and apply it for adolescent and old age programs etc., Alex & Hannah were always available to staff & students to be listened to without threat, any time they needed. Being fluent in Tamil also, they were able to connect and help all strata of staff & students. He has been the resource person for many a retreats for our staff & students, apart from being the resource person for many of the MUT programs.

Alex 's smile and pleasant manners, accepting and accommodating various types of people – helped one to feel free and welcome to share their troubles and get helped. He made himself available for people.

Alex has left a deep impression in C.F.H. All categories of staff and students miss his cheerful and enriching presence. Thank God for giving him to us even though only for a short span.

Praise God for His dear Son Alex. May God continue to comfort and sustain Hannah and the children. Yes – underneath are His everlasting arms.

Memorial service for Dr. Alex - a recap..... Dr. Sony Luke Mathews

On 14/05/17 we had the memorial service for Dr Alexander or Alex anna as most of us used to call him. I thought I'd share some highlights for your encouragement. The past few days have been difficult for those of us who have known him closely. It is still difficult for me and many others to believe that he is gone. It was a 3 hour service where many who knew him had come to attend and testify from far of places including a few representatives from the Bondo tribe whom he had served for more than 15 years. Some of what I share here may be what you have already heard from different sources. Most of these are what I jotted down as I heard people speak.

Alex anna was the youngest of 5 siblings and was lovingly known as Kutty for a while till his relatives decided that he had outgrown that name and then began to call him Alex, the short version of Alexander that his father had named him. His father a teacher loved Tamil and named all his children with Tamil names except him. This was so that he may be brave as Alexander the great after whom he was named. True to the meaning of his name, which in Greek is defender or helper, he lived a brave life for our Lord and His people. His elder brother remarked that on a couple of occasions in his childhood he nearly died (almost drowned to death in a

well, was nearly bitten by a cobra at his bed side) but God always rescued him. This reason was evident to all later as he lived for the Lord later.

He got to know the Lord personally during his undergraduate years. Though there was a brief time when he had backslidden, he said that he could not ignore the Lord of all creation who continued to pursue him despite his falling away and then renewed his commitment to the Lord. He hasn't looked back since then I believe.

After a stint at ODC as a junior doctor from 1991 to 1993 he moved to Orissa as he felt God leading him there, specifically to the Bondo tribes. He felt God speaking to him as he initially visited that area that 'this was his hill' that God wanted him to look after. It was years of struggles but his persistence and godly or rather 'incarnational' life brought about changes wonderfully there. He lived a simple life and while others struggled with different challenges he made do with what was provided. The food especially was difficult for many who visited but he chose to eat whatever was available even if it was the stale or fermented left over food from the previous day. He looked only to the Lord for his needs, his one and only sponsor. He would constantly pray even in the middle of the night as others slept. When asked he would say that thousands of souls needed God's touch in their life for which he looked to God.

He married Hannah akka in 1996. He sought a teacher specifically so that she could help in educating the people there. Together they ministered to the people of that hill. They developed a script for the tribal language that paved way for the Bible to be translated to the local language. He trained health workers to take forward the work in his absence as well as raised the literacy level from 0 to the point where all children in the locality attend school today. Recently a batch of 13 students completed their 10th standard and some have gone beyond the hills for further studies.

His personal life was no different. He treated Hannah akka as a queen. She testified how she was fully satisfied in his love. He was a person who would balance his ministry and his family life wonderfully. All the needs for the house would be taken care of before he would set out to go for any meeting even if it was only for a day. When present he would do every chore in the house equally contributing to raising up the children. He would not get angry when someone would do wrong but plead with them to not do so. She would often wonder how a man could be like this. He was entirely transparent in heart keeping no secrets and though was well built physically, he had a tender and childlike heart. In her words he was fully involved and available for the family. And even as they grew old and greyed he would embrace her often and were like lovebirds as they went about in their scooter. They even talked about death on many occasions and how things would need to be arranged in such an event.

He came back to ODC in 2011. Initially though it was planned to be a one year break, it was on Dr KV's invitation that they chose to continue their ministry from here since then. This was an answer to the prayers of many and he brought about a breath of fresh air through his ministry. There was no area or group of people that he wasn't involved with. He ministered to children, young and old adults, medical students, families, schools, villages and especially he had a heart for people in missions and ministered for their growth in Christ as a person and as a family. He had a gift to teach and could reach out to all categories of people through his messages. He was attracted to the Word of God and he made it equally attractive to those who listened to him through creative methods when he spoke from it. Hannah akka would encourage him constantly in this and took the position of being his number one fan.

He was a humble, unassuming man who talked with a clear focus on any issue and was impactful. He ministered especially to the attenders, ward aids, house maids, etc., sharing the Word of God as well as teaching them to live meaningful lives and being good stewards of money as many were constantly in debt.

Right up to the night of his death he laboured for God. As he was being shifted to the hospital in his last conversation with akka he asked her if he should prepare a will. She replied in jest what did they have besides an old laptop. He told her the ATM pin. After that he deteriorated rapidly and couldn't be revived despite best efforts from the medical team.

In this past one week we were able to hear many such stories from people who were impacted by him, but most amazingly was how akka responded during the end of the service. Throughout the service many of our eyes were moist, yet she was the boldest of all and spoke with such conviction and vigor that amazed and humbled us. She described how in his death too God had answered her prayer that his suffering would not be prolonged. At the end of her talk she gave out an invitation for the attendees if they wanted to commit their life

as he had. In anna's life the Word had become flesh and that was what she asked of us too. And many if not all rose up on her invitation as she prayed for us!

Alex anna was pursued by God as much as he pursued God, passionate, prayerful, purposeful, persistent, perceptive, personal and much more. As much as he ministered to us when he walked with us, even as he passed on to be with the Lord his life continues to inspire and minister to us. I hope someone may actually take up the challenge of chronicling his life for the benefit of many more.

Finally 3 verses that encouraged me during the service I share below.

Ezra 7:10 - For Ezra had set his heart to study the law of the LORD and to practice it, and to teach His statutes and ordinances in Israel. Isaiah 52:7 - How lovely on the mountains are the feet of him who brings good news, who announces peace and brings good news of happiness, who announces salvation. Psalm 116:15 - Precious in the sight of the LORD Is the death of His godly ones.

An exposure to the North of IndiaDr. David Livingston

I consider it a great opportunity that I was able to visit and work at Duncan hospital an unit of Emmanuel Hospital Association, located at Raxaul near the Indo-Nepal border in the state of Bihar. This was my first field visit to a mission hospital in north India.

It was a three day journey. I could experience the cold wind of north India. Though the climate was extreme I was able enjoy it.

I started working there in the Dental Department with Dr. Emmanuel and his team. They helped me with language and how to handle patients and I was glad to be one among them. Their unity impressed me. It was a very good experience that I was able to treat patients with a different background and culture. I was very much impressed by everyone working in that hospital.

Week end Doctors fellowship and fellowship dinner were a great encouragement and made me feel at home. I was always excited about playing instruments in the church service and fellowship gathering.

Birthday parties, Barbeque parties, visiting Nepal market and local food were fun and I enjoyed those days. I can never forget this trip and my cross-cultural experience.

I praise and thank our almighty Lord who gave me such good exposure and protection in all those days.



From the School of NursingMrs. Bessie Rajan

“Great is thy faithfulness, O God my Father”

The School of Nursing praises and thanks God for His faithfulness, guidance and mercy throughout all the activities for the School. We thank God for being with us in the selection process. We thank God for enabling us to conduct the Annual sports day. Thank God for blessing our students with amazing talents. Students have finished their requirements and the due goes to the Almighty Father alone. Kindly pray for the upcoming Board exams in August and September.

From the Nursing Service.....Mrs. Mercy Quila

By the grace of God, two of our staff Ms. Smabavi Priya and Ms. Jeyalakshmi were selected for Post Basic BSc (N) at CMC Vellore. We thank God for Mrs. Malarvilizhi recovered after hysterectomy and Ms.

Preveena healed from cellulitis. Lets pray for Ms. Sathyaseeli who is suffering from DUB to be healed. 24 of the ANM staff had got government jobs and God enables us to manage the acute shortage.

A testimonyMrs. Nancy Victor

Ashok, 20 years old boy came to the OPD. He was looking dirty, he had not changed his clothes for many days and was not even combed. His parents died four years back, due to HIV infection. He is under the care of his grandmother. One of his forefathers died as “Jeevasamadhi” and they built a temple over the tomb. Ashok was continuing his father and forefathers work as “Poojari” for many years.

Under these circumstances, four years back, Ashok came to our hospital along with his brother to get medicines for seizure disorder and depression. We slowly started talking with him and he revealed the above along with many other problems. Our Almighty God helped us to share His words with him continuously as and when he visited our hospital. God has spoken to him and he whole heartedly accepted Jesus Christ as his Lord and Savior. He absolutely came out from the “poojari” work and also from temple worship. Two weeks back, he attended E.U. Camp where he could found new spiritual friends.

Community health departmentDr. John Jacob

It is good for the Community Health Department to be able to present the activities of the past year and reflect on the goodness of God.

The School Health team has, with Dr Alex and Ms Hannah’s help, conducted 3 adolescent group education on issues like good touch-bad touch, media, menstruation, smoking, and love. They are encouraged by the response and are planning further sessions.

They conducted sessions for school drop-outs, visited individual homes, discussed with their guardians in the local village areas. Of the 60 school drop-out youngsters, 13 joined academics -3 in ITI, 3 for Diploma courses, and 7 joined back in school after gaps of 3 months to 3 years. Career guidance was conducted in 3 schools for students of X, XI, XII. Additional inputs were given by doctors, nurses, bank manager and Christian Engineering College lecturer. Around 300 students benefited.

On World Diabetes Day, they took sessions in 2 new schools on risk factors, early identification and complications of Diabetes. Road safety rally and education was done in the Oddanchatram town during the Road Safety Awareness week. World Girl Child Day, community rally and education was conducted. Women’s Day was commemorated. World TB day, school children drew paintings and they were displayed in the Medicine OPD. No Tobacco Day, health education in Medicine OP.

CMHIS medical camps were conducted in 4 villages benefiting 500 patients. The community health staff continued the village clinics and follow up of patients with acute and chronic illness in Sattayappanur, Gandhinagar, Thumpichampatti, Kollapatti and Naganampatti.

Dr Beulah helped conduct cervical cancer screening in these clinic areas. More than 100 ladies were screened. Dr Alex conducted parenting and marriage seminar for the covering area villages. 6 sessions were arranged. Each attended by 20-30 individuals. The men were missing in these sessions in all except one, where, 12 couples attended and were blessed. Ms Heavenline helped conduct group and individual sessions for widows.

On Gandhi Jayanthi, a group from the hospital cleaned the area in the Police Station next to the Male Medical ward. This was followed by cleaning the blocked municipal drains between the Police Station and the Hospital. The Municipality staff were actively involved in these activities. Overcoming various hurdles, the process completed over a period of a month. Health screening was conducted for the Municipality staff -40 regular and 150 temporary. Outreach clinic and health education was conducted in a nomadic camp of North Indian Muslim group of 200 near the Palani temple.

The Kasturibai Women’s Development Society celebrated 25 years since inception. Over the last few years, 15 SHGs are active and 300 women and their families have benefited.

Palliative care home visits by Dr Anish and team continue to benefit patients requiring end-of-life care within a radius of 30 km. Sadhuji home continues to take care of the destitute inmates. Mr Keba is moving there with family to oversee its activities. Boys home got government registration after long processes. Activities with the Keithan Sathya Trust: in 10 areas, evening tuition centers are being conducted by local persons, benefitting 150 children. I request you to uphold the department its staff and activities in your prayers.

Hospital News

- 3 member team from CMC accounts department came & studied our costing of services in various areas. From St John's Bangalore, 2 hospital management students came to study our patient flow and delays. Their feed back has been helpful. Under Mr. David Paul's supervision, we were able to streamline 47 OPD's patient flow.
- Community health department celebrated international Women's day with programme in villages involving the self help groups.
- World health day was celebrated with a seminar on "Depression,. Let us talk", with the help of the Psychiatry and community health Department.
- World oral health day was celebrated with free dental camp in the OPD premises.
- 2 new dental chairs are installed in the dental department for the service of patients.
- A cardiac camp was organized with help of Abirami Hospital, Coimbatore.
- New batch of Paramedical students have joined.

Praise God for....

-  Successful completion of the NABH inspection.
-  New office space and the smooth shifting
-  Spiritual enrichment programs
-  The newly shuffled Bible study groups.
-  Spiritual Programmes: IMM, LRS, Saline meeting, Bible seminar,
-  retreat for our nursing & paramedical students were conducted
-  New rooms were built at Pachalur retreat center.

Pray for.....

-  God's guidance in sustaining the hospital and its service.
-  Water had to be rationed. Need to have more good rains.
-  Record room staff Mrs. Vellaiyammal's daughter Reena has been diagnosed T-Cell Leukemia and admitted in CMC Vellore for treatment.
-  Day-to-day management of affairs – for wisdom and discernment to all in administrations.
-  Spiritual life of our staff and students- for a revival
-  Forth coming Haggai and Saline trainings

