

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
St. James' Settlement



一零年一月份 JAN 2010

網址 Website: [www.thevoice.org.hk](http://www.thevoice.org.hk)



社工的話

Social Worker's Remark

## 救助倒數生命的垂危者

天氣酷冷嚴寒，相信很多朋友都會添上厚厚冬衣以禦寒，大家也會視此為生活的一種點綴，日子別無異樣，生活如常作息。

但對於一些患上重病的病殘者，既失去工作，沒有收入，在貧病交迫的生活下，並不是我們所感受般拮据艱苦備嘗。

自從我們展開Health Bank之服務後，令我們不消近二個月接觸多達40多名貧乏無助病重危疾者，他們的生命不但徘徊流連生與死之間，為了留住生命活下來或可與家人多聚一點餘下的珍貴時刻，由於醫院並無適當藥物，而須要自費購買藥物以治理危疾，他們只好節衣縮食以可「有藥吃」。

「我希望可以有自費藥吃，因為醫院的通用藥物副作用大，令人吃下身體不適，病也病得重，生活質素也更為惡劣。」一位自購藥物治病的個案說。

為了保命，他們會節衣縮食，以吃少一餐及早餐以省下金錢購藥，以及將購回來原本只足夠服用一月的藥物，變作為作二個月之用；更有病者因而乏力購買奶粉作餵飽其剛足一歲的幼兒，而他的兒子更出現營養不良的問題。當中一些申請我們的「慈惠服務」的「贈藥治病計劃」的個案，於此寒冷時期，表明飢寒交迫，有「吃也吃不得飽、穿也穿不得暖」的現象。「我要吃兩種自費藥，每月要超過一仟圓，我領綜援為生，要吃藥，怎可以有溫飽。」一位無親的病者說。此情此境，看似是上世紀50及60年代，真叫人心酸心落淚。

環顧我們濟助他們的能力，雖然現在市面看似一片好景氣，但我們最近所收到的善款不多；且分別有多名善長與我們聯絡，分別表示失業、生意大跌以及投資失利等個人煩惱。「我不是不想捐款，因為你們的求助個案已是走投無路，病殘無助要掙扎求生，確是人間悲不可抑的終極事，但我也自顧不暇，唯有待日後有能力時才再捐助吧。」一位曾不斷關心我們的善長說。

在此一年將盡時，盼望虎年將臨之際，香港的經濟將有一新發展，善長們事事如意，百業振興，大家財源廣進之餘，可為那些貧病交迫人士，於寒流中在他們倒數的生命日子中，也有著人間溫情。

## Helping the critically ill

At this time of the year, I believe many people are putting on heavier clothing to thwart off cold. Most of us would accept this as the way of life.

However, to the seriously ailing people who have no work, no income, their difficulty and suffering is well beyond our possible imagination.

Nearly two months since the start up of our Health Bank service we have approached more than 40 helpless and poor patients who are gravely ill. In order to stay alive with their families longer, they are required to cut back on food and clothing to buy the needed medication not prescribed by the hospital authority.

"I wish I could take self-procured medicine as those prescription drugs dispensed by the hospital have too many side effects, causing discomfort and lower my quality of life," said one of the self-procured medication patient.

In order to stay alive, they have to cut back on their food and clothing using the thus saved money to buy the better medication which sometimes may have to be stretched for two months' use instead of actually good for one. In one case the patient could not afford to buy milk powder for his one year old resulting into the baby being under nourished. What a pity!

In spite of the market environment appears prosperous, we are not getting much donation from the public at the moment. When we tried to contact our regular donors they either claimed that they have been layoff or suffering from business declined or investment failure. "I wish I could donate as I feel all the reported cases definitely required immediate help, but I cannot afford it at this moment," said one of our long time regular donors.

At the year is coming to its end, we could only wish the on coming Year of The Tiger will bring new economic development to Hong Kong. All the best for our benevolent donors. May every business prosper creating wealth to everybody. May our critically ill citizens share the warmth of the community.

# 「家居維修服務」及「電器贈長者」 1/10 個案統計 HMS & EAE 1/10 Cases Statistics

新個案來源	Origin of New Cases	家居維修服務 HMS	電器贈長者 EAE
聖雅各福群會	St. James' Settlement	5	8
社會福利署	Social Welfare Department	9	11
非政府機構	Non-government Organization	77	51
其他政府部門	Other Government Department	1	0
個案總數	Total	92	70
<b>個案數目統計</b>	<b>Cases Statistics</b>		
10年1月份新個案	New cases in January, 2010	92	70
09年12月份尚未完成的個案	Cases carrying-over from December, 2009	21	105
10年1月份共需處理個案	Total cases to be handled in January, 2010	113	175
10年1月份完結之個案	Cases settled in January, 2010	90	72
帶往2月份之個案	Cases carrying-over to February	23	103
<b>完結之個案情況</b>	<b>Status of Cases Settled</b>		
綜援個案	CSSA cases	77	63
非綜援個案	Non-CSSA cases	13	9
已完結之個案	Cases settled	90	72

## 服務/電器送贈數字 No. of Services/Donations

家居維修服務數字 HMS No. of Services (部份支出乃由省善真堂或新界崇德社贊助) (Partly supported by Shang Sin Chun Tong and Zonta Club of The New Territories)			電器贈長者計劃 送贈電器數字 EAE No. of Electrical Appliances Donated		
裝置 (如扶手/毛巾架/照明)	Other fitting (eg. handle bar / towel rack / lighting system etc.)	157	收音機/錄音機	Radio / Recorder	2
電力供應系統維修	Electricity systems	72	電飯煲	Rice cooker	5
木工維修	Wood-work	29	電視機	Television set	12
來去水系統維修	Piping & drainage systems	27	雪櫃	Refrigerator	4
家庭電器維修/安裝	Electrical appliances	56	電水壺/電水煲	Electric water boiler/pot	5
新居裝修 (如鋪膠地板及其他裝置等)	New house decorations (eg. install plastic floor tile & other fittings.)	45	熱水爐 (部份支出乃新界崇德社贊助)	Water heater (Partly supported by Zonta Club of The New Territories)	7
安裝《弱聽長者應門》	Flash-bell fitting	4	洗衣機	Washing machine	12
檢查電力裝置	Check electricity system safety	43	電話	Telephone	2
檢查及維修扶手	Check and repair handle bars	20	電磁爐	Induction cooker	4
鄉郊工程 (如改善水電系統、生活環境改善)	Country-side works (eg. water and electricity works/ living environment improvement etc.)	2	暖風機	Heater	4
			夜明燈	Night-light	2
總數	Total	435	總數	Total	59

## 送暖行動 Warmth Giving Project

送暖項目 No. of items					
頸巾 Neckerchiefs	213	羽絨 Down Jacket	113	綿褲 Down Pants	20
電熱水壺 Electric water boiler	27	麥皮 Oatmeal	60	白米 Rice	179
暖風機 Heater	59	暖爐 Electric Radiator	39		
總數 Total			710		



我們需要你的捐助  
We Need Your Donation



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## 贈電熱水爐的功德

寒冷天氣對體弱多病長者來說，確是生活的一大考驗，況且對貧而無依老者呢；因為他們缺乏親人照顧又缺財力以可購置禦寒電器，以助對抗嚴寒，故他們因此而著涼染病的事例時有所聞，相信很多善心者亦不忍目睹。

「自己本身擺綜緩，安個電熱水爐成千幾蚊。如果有千幾蚊，不如留番嚟慢慢用。」當聖雅各福群會負責「電器贈長者計劃」的工作員審核時，申請禦寒電器的長者必對他們說。

這確是貧老在寒冬洗澡時必須要面對的禦寒問題。

「而家天氣咁凍，點敢沖涼、洗頭呀。都唔理得佢衛唔衛生囉，自己都幾十歲，冷病咗重麻煩，我又無人無物，無仔女，老公又死咗，病咗都無人理啦。」一位申請電熱水爐的黃婆婆說。「原本一向都係煲水沖涼，但一到冬天，着嘞衫咁厚，行動又唔方便，要將煲滾水倒入個盤度，真係好吃力。如果有個電熱水爐就好啦，冬天都可以保持乾淨。」黃婆婆這個案只是冰山一角。

在寒冬中，很多獨居貧老在缺乏熱水爐的情況下，確實也只好放棄個人衛生，去減低感染風寒的機會；但因不注重個人衛生而引起的疾病及問題，如：身體有異味、皮膚病、頭蝨等，正是貧老常見的問題。他們如此的顧此失彼行為，真是得不償失。

有見及此，由聖雅各福群會主辦的慈惠服務--「電器贈長者計劃」，現正呼籲各界善長伸出援手捐款支持，俾可用以購買及安裝電熱水爐，改善貧老們的嚴冬生活質素，亦可減低煲水洗澡及使用舊熱水爐而產生的危險。本會將於二月二十七日(星期六 全日)在香港灣仔石水渠街85號一字樓舉行「電器收集日」。你會為貧老雪中送炭，改善他們的家居生活質素嗎？施善熱線：2835-4321或8107-8324。



## Virtues of Giving an Electric Water Heater

For the old and weak, especially those who have no one to depend on, cold weather is really a big challenge. These people have no relatives to take care of them, and can't afford to buy any heating appliances. There are often reports of them catching flu, and this is not what the kind-hearted wish to see.

"I am living on social security assistance. It takes almost a thousand dollars to install an electric water heater. If I had this money, I'd rather save it for other uses." This is what all elderly applicants for heating appliances say to assessors of SJS's "Electric Appliances for the Elderly Scheme".

This is truly one of the biggest problems poor and elderly people must face when taking baths in the winter.

"The weather is so cold now. How dare I take a bath or wash my hair? Who cares if this is not hygiene? For my age, it'll be even bigger trouble if I get sick. With no children, no money, and my husband dead, I'll have no one to take care of me if I get sick," said Ms Wong, who has applied for an electric water heater. "I used to boil water with a kettle for bath, but as I wear thick cloths in the winter, it's exhausting to carry and pour the boiling water into the bathtub. If I had an electric water heater, I could stay clean in the whole winter." Ms Wong's case is just a tip of the iceberg.

In the cold winter, a lot of lone elderly give up their personal hygiene to avoid flu, because they have no water heater. However, the lack of hygiene also brings various diseases or problems, such as body odor, skin diseases, louse, etc. - these are common problems among poor elderly people. So, giving up hygiene to avoid flu is not a wise move.

In view of this, SJS's "Electric Appliances for the Elderly Program" is appealing to all to give support, by making donations for buying and installing electric water heaters for poor elderly people. This will not only improve their living conditions in the cold winter, but will also reduce the risk of accidents arising from the use of kettles. Our "Electric Appliances Collection Day" will take place on Saturday, February 27th (whole day), at 1/F, 85 Stone Nuller Street, Wanchai, Hong Kong. Will you help give warmth to the poor and elderly in the cold winter days, by helping to improve their living conditions? Donation Hotline: 28354321 / 81078324.

請各善長們能伸出援手，協助他們安裝一個熱水爐。

Please make donations for buying and installing electric water heaters for poor elderly people.



## 令阮伯伯洗去 淒傷的事

「除了綜緩以外，我便沒有任何收入，電飯煲壞了，根本沒有錢去買一個新的電飯煲，更不可能經常外出進餐，都不知應該怎麼辦！」65歲單身阮伯伯搖著頭回想說。

單身的阮伯伯無兒無女，獨居於深水埗的一個單位裡，對生活沒有特別的要求，只求有三餐溫飽。阮伯伯因為不能負擔外出吃飯的沉重開支，每日都是過著自己燒飯煮菜的日子。「電飯煲壞了的那段日子，實在覺得非常無助，我只可用家中殘存的那個傳統瓦煲煲飯，而我經常因為不善控制時間，而導致滾水外溢，每天都是戰戰兢兢的打開煲蓋，以查看飯是否煮熟。視力又差，有時都會被煲蓋燙傷；為了溫飽，手被燙傷也沒有辦法。」阮伯伯憶述煮食不便的經歷。

「那時覺得自己特別孤苦伶仃，只怪自己視力差，年青時不學懂煮食。」說話時，阮伯伯顯得頗為淒傷。

「幸好，經過社工協助下，聖雅各福群會非常樂意幫助有需要的獨居長者，當他們知道我的處境之後，很快便安排一個由善心人士捐贈的新電飯煲給我，電飯煲很精美實用，有了他們捐贈的電飯煲，令我可以安心蒸饊、煮飯和煲湯，一日三餐都很方便煮食了，真的很感激善長的關懷。」阮伯伯拿著新電飯煲尤如獲得至寶，歡天喜地地不停托工作人員向善長道謝。

看來善長的關懷，確實洗去阮伯伯淒傷的情緒，令他的笑面再現，相信此正是善長們施善的果效。



## What helps wash away Mr Yuen's grievance

"I have no other income besides the CCSA. When my electric rice cooker went out of work, I had no money to buy a new one. And I couldn't possibly eat out all the time. I didn't know what to do!" Shaking his head, Mr Yuen recollected.

Mr Yuen, who is single with no children, lives alone in an unit in Shamshuipo. He asks nothing more from life than his three daily meals. Since Mr Yuen cannot afford the expenses of eating out, he cooks for himself every day. "When the rice cooker went out of work, I felt so helpless. The only substitute available was the traditional earthen cooker. I was terrible at controlling time and the cooker was often run over with water when it started to boil. I had to lift the lid to check if the rice was cooked with a trembling hand. I had poor eyesight and I often scalded myself for the lid was hot. Nevertheless, I had to cook if I wanted to eat, there was no way out for me." Mr Yuen looked back on the inconveniences he encountered from cooking.

"At that moment, I felt forlorn with no one to turn to. I blamed myself for having poor eyesight and didn't learn cooking when I was younger." Mr Yuen appeared rather said as he made those remarks.

"Luckily, St. James' Settlement is always ready to help any elderly in need. As soon as they were informed of my situation through some social worker, they arranged for me to have a new rice cooker donated by some one kind. With this new cooker, I can steam food, cook rice or soup. It is so handy to cook my daily meals. I'm grateful to the kind donor's concern." Mr Yuen, overjoyed, kept on asking the volunteer from St. James' to thank the donor on his behalf, holding the cooker as if it was a treasure.

Sincere concern from kind donor(s) of St. James' has washed away Mr Yuen's grievance. He could smile again, and this is the result of charity.

多謝善心人士捐贈一個新電飯煲給我。  
Thanks for arranging an electric rice cooker to me.



我們需要你的捐助  
We Need Your Donation

## 弱老難付禦寒高昂電費 盼伸援手助免冷傷凍病

根據記錄，本港每年二月是最寒冷的季節，當大家拿出禦寒衣物及電暖爐以渡寒冬時，有否知道在香港這個文明的社會裡，貧困體弱無依老者可能因恐要開動有關電器，如暖風機及電熱水爐，而要「額外」支付電費，故每年還有著一宗又一宗「凍死老人」的駭人新聞。

「點取隨意開動電器，倘無電費交，會被截電，結果連用電飯煲煮食或家中的照明都會成問題，試問後果如何？」領取綜援為生，因恐要開動電熱水爐洗澡，患哮喘病的李婆婆捨棄隔日洗澡習慣，而要被逼選每10天才「享用」熱水澡。「若每月看兩次哮喘科醫生，便要我付出\$300多元，綜援又俾唔到我這些醫療費，我連暖風機也不開，節省電費才可冇錢醫病呀！」

事實上，據社工指出，有些貧弱無依老者，縱然有著如電熱水爐及暖風機，以助禦寒好過冬是一件幸福的事，唯因無法支付「高昂」電費，他們竟將之擱於一旁不以運用，實屬可憐與可悲！試問富裕的香港，在社區的一角仍有為數不少的貧老，竟仍會在寒冬下瑟縮。

聖雅各福群會「電器贈長者」計劃負責人表示，為了省卻電費支出，許多貧老嚴冬時洗澡，寧冒把燙滾的沸水從廚房攜往浴室的危險，及於洗澡未畢時，浴水已經冷凍了！三餐僅只糊口，要嚴寒天於家中保持暖意，對貧老而言確是妙想天開；故難怪乎弱老冷病甚至凍死的事例，時有所聞！有見及此，本會之「電費助貧弱」計劃期盼善長捐款支持，以助減輕貧老於嚴冬時的電費負擔，於改善他生活質素之餘，亦盼及早可預防「凍死老人」事件再度發生，使貧弱可有一個充滿人間暖意的寒冬。施善支票，抬頭請書：聖雅各福群會 電費助貧弱，擲寄香港灣仔石水渠街85號一字樓105室。施善熱線：2835-4321或8107-8324，或進入[www.thevoice-hk.org](http://www.thevoice-hk.org)查閱。



雖已安裝一部熱水爐，但仍然需為繳交電費而感到煩惱。

Although she has already installed an electric water heater, she is afraid of paying the electricity bill.

## Help the weak to pay the electricity bill to keep them warm in cold days

According to the previous years' record February is the coldest month in Hong Kong. You are warm enough to have the winter clothing and the electric heaters to prepare for the chilly days. The old and weak are often unwilling to switch on the heaters and the electric water heaters in order not to run up their electricity bills. There are reports of old people dying of cold in our well developed society.

"We dare not switch on the supply too often because electricity will be cut off if we do not pay our bills on time. If that happens, we won't be able to use our rice cooker and we won't have any lightings at all." Ms Lee, who suffers from asthma, is forced to bathe once every ten days and not every other day. She said, "I have to go easy on electricity. I dare not switch on the electric heater for that's the only way I can save up to visit the asthma specialist twice a month. The CCSA does not allow me extra money for medical consultations."

Some social workers remark that some elderly people do not use the electric water heaters or electric heaters often enough for they fear that they won't be able to pay for their electricity bills. It is a pity that in an affluent society like Hong Kong the majority of our elderly people are shivering in the cold.

The person in charge of St. James' EAE Scheme reports that many elderly people carry boiling water from kitchen to bathroom to bathe themselves despite the hidden hazard of accidents. Often water turns cold before they finish bathing. Those poor elderly barely make their ends meet since they live on the CCSA. It is definitely beyond their financial capacity if they want to keep warm and comfortable in winter. That is why there are frequent reports of old people dying of cold. In view of their plight, St. James' has launched a "Power Subsidy - Ailing & Handicapped" scheme. Money donated will be used to help pay the electricity bills of those poor elderly. It is hoped that the quality of their home life can be improved and that reports on elderly dying of cold can be prevented from happening again.

Make out your crossed cheques payable to St. James' Settlement specifying "Power Subsidy - Ailing & Handicapped" on the back. Sen your cheque(s) to Room 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. You can also ring our hotline at 2835-4321 or 8107-8324. Or, visit our website [www.thevoice-hk.org](http://www.thevoice-hk.org) for more details.



# 貧病者有救了

## Can help the poor and chronic patient

「我真是高興，因為貧病老人在醫治疾病時，有著你們的存在，可以減輕經濟上的壓力。」84歲馮女士在本會的非牟利社區藥房——「惠澤社區藥房」投入服務的首天時說。

「我自1984年退休至今，一直依靠積蓄及每月\$5,000的退休金為生。」馮婆婆說：「但我患有各種疾病，包括有心血管病、高血壓、糖尿、骨質疏鬆及胃酸倒流等疾病四十多年，所有積蓄已花光在醫治宿症上，現在只可依賴退休金了；惟我又行動不便，又住在郊區，交通又不方便，每月出外診病都要搭的士的交通費也不少呀。」

「另一方面，我每日需要服用十二種藥物，當中三種屬自費藥物，包括治療胃酸倒流、心血管和骨質疏鬆，每月涉及\$1,500藥費，藥費開支已佔去我的退休金20%，連出外診病的的士費造成我很大的財政負擔，生活真是吃力。」馮婆婆說。

「為減輕藥費負擔，我只好另出奇謀，以解經濟壓力。去年9月我的朋友因癌症去世，朋友的女兒打算將父親生前服用過的藥物扔掉，但我見到有自己用開的胃酸倒流藥物，大約有六、七盒，最快明年到期，與其浪費，便叫她給了我吃。」馮婆婆說：「胃酸倒流藥物貴，\$300一盒14粒，減輕我不少負擔。」

「朋友說我吃『二手藥』很危險，但那些藥助我減輕胃酸倒流的不適，故我怎會有怕呢？」馮婆婆說：「胃酸倒流好辛苦，像火燒一樣，本來每日食一粒日子便好過得多，但藥費太貴，平時會『珍藏』着捨不得服用，在胃部適服時，會自行減藥，受不了才食一粒。」

馮婆婆表示：「我亦試過擔心藥費貴，但我已久病成醫，病情好轉時，便不捨得食藥，『一路儲埋』藥物，到藥物最終儲到過期，我仍然會服用。」

當馮婆婆知悉本會的「惠澤社區藥房」可以優惠價錢為65歲的長者、低收入、待業病患者以及領取綜援的人士，提供較坊間藥物便宜30%的醫管局轄下醫院及診所的處方藥物，並經由醫務社工或其他社工轉介，便可申請使用藥房的購藥服務時，她高興地說：「若再有更多藥廠支持，提供更多藥物的優惠，一定令貧病交迫的人士減輕購買自費藥物的經濟壓力，不會因須購藥而要被迫減少生活的開支，致進一步影響到健康，現在他們治理疾病有希望了，有得救了。」



"I'm really happy! Your help alleviates the financial burden of the poor and sick elders who need medical treatment," said 84-year-old Ms. Fung, on the date when we launched our non-profit-making, community pharmacy: "Philanthropic Community Pharmacy".

"Since I retired in 1984, I have been living on my \$5,000-a-month pension." Ms. Fung said: "But I'm suffering from multiple diseases, including cardiac-vascular disease, high blood pressure, diabetes, osteoporosis, and gastroesophageal reflux disease, for more than 40 years. I have already exhausted all my savings on medical treatment. Now I can only rely on my pension. With mobility disabilities, and living in the rural area where transportation is inconvenient, every time I visit the clinic I need to take a taxi and the fare is expensive."

"Meanwhile, I need to take 12 medicines every day, of which three have to be paid by myself, including the medicines for gastroesophageal reflux disease, cardiac-vascular disease and osteoporosis. They cost me \$1,500 a month, which accounts for 20% of my monthly pension. This and the taxi fares bring me great financial burden, which really makes my life difficult."

"I have to think about ways to cut down my medical expenses. In September last year, a friend of mine died of cancer. His daughter planned to dispose of the medicines that he used to take, but I saw that they included the one I take for gastroesophageal reflux disease. There were about six or seven packs of these, with the earliest expiry date in next year. So, I asked his daughter to give them to me instead of wasting them."

"My friends told me that taking 'second-hand medicine' was dangerous. But since it helps me ease my gastroesophageal reflux disease, what fear do I have?" Ms. Fung said: "The gastroesophageal reflux disease is hard to bear – it feels like burning. Taking one pill a day would make me feel much better, but that would be costly. So, normally I would keep the stock and reduce consumption when I'm not feeling too bad, and take a pill only when I can't bear it."

Ms. Fung said: "I used to worry about the medical expenses. But I have learned to 'stock up' the medicines when my conditions have improved, and will take them when needed, even if they have expired."

When Ms. Fung learned that our Philanthropic Community Pharmacy supplies elders over the age of 65, patients with low income or who are unemployed, and CSSA recipients with medicines prescribed by public hospitals and clinics at prices 30% below market price, and that applications to purchase the medicines at a discount can be made through social workers, she said happily: "If more drug manufacturers support the scheme and provide more medicines for sale at a discount, it would surely help ease the financial burdens of the poor patients, so that they won't need to cut down other living expenses to pay for the medication, which could in turn worsen their health. Now they have hopes of cure!"

「因為面對經濟困難，我只能吃『二手藥』。馮婆婆無奈地說。」  
"Because of facing financial difficulties, I just can take second-hand medicine". said Ms Fung.



受惠者言  
Client's Remark

## 在寒風中洗澡

「它外表細細，但都足以令整房間溫暖起來，在寒冬的季節時，洗澡時不再怕著冷，我可以安心地為患有各種長期病患，需要人幫助洗澡的先生清潔。」現時70歲的羅婆婆高興地說。

羅婆婆與郭伯伯結婚40多年，因無兒女，他們在世的親友不多，大部分的親友大多居住於內地，與她們並沒有聯絡，故她們兩老是要互相照顧，相依為命。不幸地，隨著他們年紀漸長，身體的機能愈來愈差，現時82歲的郭伯伯，患有各種長期病，包括血壓高、帕金森等疾病，自我照顧的能力一日比一日衰退。「無論是一日三餐，甚至日常基本的生活活動，如洗澡，他都需要我照顧。雖然辛苦，但沒有辦法，我是他唯一的親人。」

「自從他患有帕金森症之後，身體狀況變得虛弱，動作不但慢了下來，而且抽筋情況也愈來愈多。夏天時，我還可以慢慢地幫他洗澡，但現在不可以啦，天氣好凍，熱水好快變成暖水，繼而變成凍水。如果他洗澡時一不小心著涼，便好容易染病。」羅婆婆無奈地說。正因如此，羅婆婆希望購買一部暖風機以令浴室變暖，讓郭伯伯洗澡時亦不感覺到寒冷。可惜，對只靠綜援維生的羅婆婆及郭伯伯來說，購買一部二百多元的暖風機是一件非常困難的事。

當聖雅各福群會「電器贈長者」計劃了解羅婆婆及郭伯伯的困難及需要後，立即轉贈給他們一部由熱心公益的善長捐贈的電風機，希望此暖風機能夠解決其生活之困，讓房間溫暖起來，郭伯伯可以舒舒服服地洗澡，而且能在寒冷中感受人間有情。



她抱著暖風機，感激善長人翁的捐贈。

She holds the heater and thanks for donation.

## Bathing in cold weather

"It might be small but is able to warm the entire room up. We don't need to worry about getting cold when bathing in cold weather. I can help my chronically-ill husband to bathe comfortably." 70-year-old Law said delightedly.

Law has been married to Kwok for over forty years. They have no children and they don't have much contact with their relatives, living mostly in the mainland. They rely mainly on one another to take care of themselves. Unfortunately as they get older, their physical conditions get worse. Now at the age of 82, Kwok suffers from a number of problems including high blood pressure and Parkinson disease. His ability to take care of himself deteriorates. "I have to take care of his daily needs, including taking the three meals and bathing. Though it is hard, I have to take up the responsibility as I am his only family."

"Since he has been diagnosed of Parkinson disease, his physical condition weakens. He slows down a lot and suffers from cramps frequently. During summertime, I can still help him bathe slowly but it's not possible now. The weather is too cold. Warm water turns cold quickly. In case he catches cold while bathing, he might easily fall sick." Law said with a sigh. In such circumstances, Law wants to buy a fan heater to warm up the bathroom so as to make Kwok feel warm while bathing. However, buying an over 200-dollars fan heater is not an easy thing to do as they are relying solely on social welfare money for a living.

When St James Settlement's Electrical Appliances for the Elderly Program learnt of Law's difficulty, we immediately send them a fan heater donated by generous sponsors. We hope the fan heater can alleviate their problem, warm up the room to let Kwok enjoy a comfortable bath in the cold weather, meanwhile, have a taste of the kind warmth from the generous donors.



## 送暖令偏遠地區長者受惠

**問：**本人十分欣賞 貴會的「送暖顯關懷」行動，因為本人也是住在鄉郊地區，在冬天時，冷風的確特別凜冽，我亦覺寒冷得難以忍受，更遑論身體相對瘦弱的無依長者。

知道 貴會的「送暖顯關懷」行動會贈送禦寒衣物及暖爐給住在鄉郊地區的貧困無依長者，請告訴我多一點關於「送暖顯關懷」行動細節，以令我可考慮作出支持捐獻。

**答：**首先謝謝你對「送暖顯關懷」行動的支持，亦感謝你對此行動的詢問，因為近日不約而同收到很多轉介求助個案，有著大家的關懷，「送暖顯關懷」才能推展。

本著為孤弱無助老者提供即時、到位及貼心的關懷精神，每當冬天或冷鋒即將到港之前，「送暖顯關懷」行動便會隨即開展，給住在鄉村地區的無依長者送贈禦寒物品，包括如禦寒衣物及電器等。

就以是次的「送暖顯關懷」行動為例，當得悉寒風即將來臨的時候，我們便即時透過我們全港的社會福利機構網絡，發掘偏遠地區禦寒物品不足的貧弱長者；亦透過「慈惠月報」向善長發出的呼籲濟助，資助購買各項禦寒物品，以令我們可從速執行大家「送暖的關懷」，令住在偏遠地區的無依長者受惠，避免受寒冷病，健康地渡過嚴冬。

就以85歲住在大嶼山偏遠鄉村的洪婆婆為例：「北風下星期便來了，我這條鄉村又特別寒冷，全靠善長們送我暖爐及羽絨，使我不再用冷得蜷縮在床上，也不用怕被冷風吹病了。」78歲的朱婆婆也在一旁附和著說：「我沒有親人，如果沒有這些暖爐及羽絨，我真怕會冷死，也沒有人知道。」

全靠善長的慨助，「送暖顯關懷」行動才可開展及延續，使住在偏遠地區的無依弱老能安全地渡過嚴冬。我們在行動開展後，亦不斷從各區機構的轉介中得悉更多無依長者的需要，因此我們希望善長可繼續捐賜，協助一群仍等待援助的貧寒孤老。支票請書：聖雅各福群會，指定予「送暖顯關懷」，擲寄香港灣仔石水渠街85號一字105室。施善熱線：2835 4321 或 8107 8324。

## What is the Philanthropic Community Pharmacy?

**Q:** I admire your "Warmth Giving Project" as I too live in a remote rural area. The wind is bloody cold and strong in winter, really hard to bear for me, not to mention those lonely and comparatively frail elderly.

I understand the "Warmth Giving Project" of your organization delivers warm winter clothing and heaters to those poor and lonely elderly in the rural area. Please tell me more about its detail for my consideration to donation and support.

**A:** First of all, let us thank you for your support and the inquiry. We have simultaneously received a number of recent referred requests for help. Without the generous support from people like you, our program can hardly move forward.

Each winter in the spirit of heartily care and prompt support, we will launch this "Warmth Giving Project" and give away winter stuffs including warm winter clothing and electrical appliances to lonely elderly when winter or the cold front hits Hong Kong.

Take the current activity as an example; we will use our social welfare network all over Hong Kong to dig out those poor and frail elderly not having sufficient means to combat cold. We also appeal through our "Philanthropy Monthly" for contribution to the material purchase for timely execution of our plan and to benefit the elderly.

Take for instance the 85 years old granny Hung living in a remote village in Lantau Island said "The northerly wind is coming next week, this village is particularly cold, it is only with the down jacket and the heater so that I do not have to curl up all time in bed and fear for catching cold." The 78 years old granny Chu echoed by her side, "I have no relative. Without the down jacket and the heater I might be frozen to death without any body knowing."

We managed to sustain the activity simply due to your generosity which otherwise would not be possible. We continue receiving requests for more help and we hope that you will keep up your support. Please send your donation by cheque, beneficiary St. James' Settlement, earmarking for "Warmth & Care" and mail it to us at Room 105, 85 Stone Nullah lane, Wanchai, Hong Kong. Donation hotline: 2835 4321 or 8107 8324.



全賴善長送賜的暖爐及禦寒衣物，令住在偏遠地區的長者可安全地渡過嚴冬。

Your generosity provides warm winter clothing and heaters to elderly in remote areas.





## 理髮令亞成感到溫暖

「我就是電視劇《一公升眼淚》的主角，二十多年前，醫生話我突然小腦退化，現在就變成這樣，日常生活全都要依賴家人。」阿成斷斷續續，每隻字說出來。

踏入十八、十九歲的年青人，正值是青蔥歲月的時候，人生的開始才剛剛起步，但對於阿成來說，這時候正是他的人生轉捩點，人生陷入谷底的時候。阿成今年四十三歲，與父母同住。二十多年前，阿成與其他年青人一樣，喜歡逛街、看電影，有一天因身體不適往求醫，突然晴天霹靂，醫生告訴他患上小腦退化，此現象猶如絕症，是沒有任何藥物可以根治，身體的所有機能只會漸漸衰退，壽命比一般人更短。

還未到廿歲，阿成已經要接受此沉重打擊，他行動開始緩慢，說話能力漸遲鈍，過了廿年的痛苦，現在的阿成只剩下成視的視力，看任何東西，甚至人的樣貌都是模糊；現在他只能說單字，很難清楚聽到他說什麼；現在他要靠家人的攙扶和拐杖的幫助，才能慢慢地步行，一般人步行五分鐘的路，阿成就要花半句鐘。現在阿成所有事宜，甚至生活瑣碎事宜，都全賴年過七十歲的雙親照料。

聖雅各福群會的「到戶理髮」服務收到此轉介後，隨即有剪髮義工幫助阿成理髮，阿成隨即面露燦爛的笑容。雖然我們實際上幫不到阿成根治此惡疾，但阿成此一笑，我們深信知道此服務帶給阿成心靈的安慰、無限的溫暖。

和阿成傾談了一會兒，原來阿成還有一名姊姊和妹妹，不幸的是，姊姊同樣都患上阿成的小腦退化疾病，同樣都需要別人的長期照料。不久，姊姊亦申請了我們的「到戶理髮」服務。

或者人生會面對很多挫折而氣餒，但當遇上阿成，你一定給他的樂觀態度而感染，定會勇對一切困難。



## Come on, Fight, Ah Sing!

'Just like Aya Kito in "A Diary of Tears", the popular Japanese TV drama, I suffered from cerebellar ataxia. It was some twenty years ago. Now I need my family to take care of me.' Ah Sing tried very hard uttering to us word by word.

It was over twenty years ago and he was roughly 18 to 19. It was the best time of youth, and he was just no different from any others at this age, he had aspirations and dreams for the future. But an unlikely event turned his life upside down — he was diagnosed with cerebellar ataxia, an incurable genetic disease which causes the body functions of the patients to deteriorate progressively, and average life span for these patients is significantly shorter. Now Ah Sing is 43, living with both his 70-year-old parents.

As he turned 20, the disease showed its very first sign. After some twenty years, his eyesight and speech are severely impaired and he has serious mobility difficulty. His current eyesight is equivalent to only 10% that of a normal person, which means whatever he sees, are no more than blurred images. Only being able to pronounce non-phrase syllables, he struggles all the time to get his messages understood. Walking is for him the most difficult task. When he has someone on one side and a crutch on the other, he can walk in very small steps, so small that even a 5 minutes walk to us takes him at least half an hour to finish. His parents are now looking after him in every aspect of daily life.

Recently our volunteer hairstylist and I visited Ah Sing for the first time to offer him a free haircut at home. Neither of us would forget the big smile on his face at the moment he saw us, it was an unforgettable moment. We knew that a haircut is not a cure in any way, nor can we relieve any of his pain. But it was the human touch that matters. Through his hearty smile, we knew Ah Sing would appreciate our care and concern, and he would pick up strength again to fight against his fate.

As we conversed, we learnt that one of Ah Sing's sisters has got the same disease and her situation is no better than his, she needs home care services as well. So we filed her application for our Home Haircut Service immediately.

Suffering and affliction may be a fact of life, but learning how to cope with it gives meaning to life. Ah Sing is undoubtedly among those who are in great distress, but if you had a chance meeting him in person, you would also be amazed and impressed by his strong will to survive. May we all join hands together to cheer Ah Sing on!

熱心的義工幫助阿成理髮，為他重拾自信。

Ah Sing is more confident after cutting hair by enthusiasm volunteer.



我們需要你的捐助  
We Need Your Donation

## 呼吸空氣也是昂貴 捐助可解病者壓力

「我都唔知我仲有多少日子剩！醫生都話，我只可活得一日得一日命，隨時都要有心理準備返老家。」還有兩年才到60歲的林伯伯，身患多種長期疾病。糖尿病、肺氣腫、末期肺癌，真讓人吃不消！

所謂「今日唔知聽日事」，林伯伯每天都徘徊死亡的恐荒中。「我每日大部份時間都要用氧氣機幫助呼吸，要日日都要留在屋企，不能出外。」自從搬進西灣河邨的長者屋後，林伯日常起居飲食都由區內社福機構之家務助理服務，提供送飯、洗衫、陪診的服務。他足不出戶，全因氣喘非常，身體機能根本負擔不來，生活苦悶之餘，對他來說，每多活一天，即等於少了一天的生命；在此每一天生命縮短的日子裡，最令林伯伯擔心的，不單是嚴重的病情影響到他的心情，更是額外多付的電費，帶來他更沉重的經濟壓力。

肺功能沒有剩下多少的林伯，仍能呼吸這個世界的空氣，全賴租用了每月要用\$620租機費的氧氣機，以助呼吸。除此之外，林伯伯每月更需額外支付氧氣機電費\$300。依靠綜援勉力為生的他，每月剩餘作生活用途的金錢，可說是「買少見少」。父母早在8歲時離世，10歲跟親友來港謀生的林伯伯，曾任職米行雜工、洋行雜工和的士司機，收入只可作三餐溫飽。「我現在孤孤淒淒，並無親人可依靠，唯有靠自己慳些使啦，以應付用氧氣機而額外付出約\$1,000的費用，但能力始終亦有限！」林伯申請聖雅各福群會之「電費助貧弱」計劃時說。「現在我每呼吸一口氣，也是昂貴；若我不能支付電費，而要停止使用氧氣機，我就會死。」

在病情與經濟雙重壓逼之下，林伯並沒有放棄自己，每天依時吃藥、按照醫生指示使用氧氣機。林伯尚且愛惜生命，在他僅餘的日子裡，你可助他減輕憂困，以令他可輕鬆地呼吸每一口屬於他的氧氣嗎？企盼請善長予以援手，慷慨解囊，捐賜他每月綜援金並不會資助的電費。

施善支票，抬頭請書：聖雅各福群會 電費助貧弱，擲寄香港灣仔石水渠街85號一字樓105室。施善熱線：2835-4321或8107-8324，或進入[www.thevocie-hk.org](http://www.thevocie-hk.org)查詢



林伯因病情轉差而要使用較高的供氧量  
Mr Lam needs a higher supply of oxygen  
since his illness deteriorates

待善長伸援手資助氧氣機電費的林伯伯。  
Mr. Lam awaits donations to subsidize  
electricity charges on oxygen-machine.

## Oxygen is expensive to breathe Donate to relieve patient's burden

"I don't know how much longer I can live. Even the doctor said I should be prepared for my last day any moment." Mr Lam is 58 and suffers from several chronic illnesses such as diabetes, centrilobular emphysema and lung cancer in his final stage. How unbearable!

Mr Lam lives in fear of dying every day. "I rely on the oxygen-machine to help me breathe. I can't go anywhere else. I just stay at home all the time." Since Mr Lam moved to the elderly's home in Sai Wan Ho Estate, he relies on domestic services provided by the social welfare organization in the region. Those services include meals delivery, clothes laundering, even accompanying on medical visits. He never leaves his home for he suffers a shortness of breath and his health is too weak for him to go out. Life is a bore: one more day to be alive means one day closer to death. As he lives to shorten his life span day after day, what worries Mr Lam most is not only the seriousness of his illnesses but also the financial burden of extra electricity charges.

Mr Lam's lungs are barely functional. He can still breathe because he rents an xxx that costs him \$620 a month. In addition, Mr Lam has to pay another \$300 for electricity. He lives on the CCSA and there's not much for him to live on after paying for the rent of the machine and electricity. Mr Lam came to Hong Kong to try his luck with some relatives when he was 10. He had worked as an unskilled laborer in a rice shop and in offices. He even earned his living as a taxi driver. He only managed to stay alive with his income. "I'm all alone with no relatives to depend on. I have to be very thrifty so that I can afford extra \$1,000 for the oxygen-machine. But my ability is small," remarked Mr Lam when he applied for 'Power Subsidy - Ailing & Handicapped' with St. James' Settlement. "Every breath I take is expensive. If I have to stop using the oxygen-machine because I can't afford to pay my electricity bill, I will die."

Under combined pressure from his illnesses and financial burden, Mr. Lam doesn't give up. He takes his medications on time and uses his oxygen-machine according to his doctor's instructions. Will you help Mr Lam reduce his anxiety though he hasn't got much longer to live? Help him to breathe each mouthful of oxygen worry-free. Help Mr Lam who treasures his life by donating generously. The CCSA he receives from government does not subsidize his monthly electricity bill.





## 讚揚非牟利藥房 檢討自費藥制度

## PRAISE NON-PROFIT PHARMACY REVIEW THE SYSTEM OF SELF-FINANCED DRUGS

位於灣仔的本港首間非牟利社區藥房「惠澤社區藥房」投入服務，向領取綜援、長期病患者及長者低收入人士或待業人士提供資助，以市價三至六成購買公營醫療機構處方的自費藥物，希望未來一年為千名病人提供資助，主要提供慢性藥物，例如哮喘藥及鼻敏感藥等，下階段希望擴展至化療及標靶藥物。

Hong Kong's first non-profit community pharmacy, the Philanthropic Community Pharmacy located in Wanchai, has begun operation. It subsidizes CSSA recipients, patients of chronic diseases, seniors, low-income individuals and individuals awaiting employment by offering 30-60 discounts on drugs which are prescribed by public medical institutions and which patients must pay for themselves. The new pharmacy hopes to provide subsidy to 1,000 patients in the coming year. The drugs it offers are mainly for treatment of asthma and nasal allergy; they will be expanded in the next phase to also include chemotherapy and target therapy drugs.

「惠澤社區藥房」是由志願機構聖雅各福群會開辦的，該機構表示，醫管局把愈來愈多的藥物納入自費名單，他們希望社區藥房能減輕弱勢社群的負擔。

The Philanthropic Community Pharmacy is established and operated by the voluntary agency of St. James' Settlement. It is the hope of SJS that, as the Hospital Authority adds increasing numbers of drugs to the self-finance list of its Drug Formulary, the community pharmacy can lighten the financial burden of the disadvantaged.

社區藥房可配合政府加強基層醫療服務政策，增加長期病患者藥物知識，讓他們即使在社區，亦能有效地自我掌控病情，現遍布本港十八區。而非牟利藥房這是第一家，是一項創新事業，是社會的一大進步。「惠澤社區藥房」僅以三至六成價格提供藥物，對他們是幫了大忙。患有慢性病的患者表示，該藥房的成立可減輕因治療帶來經濟負擔，最重要的是可得到更多有關疾病及藥物資訊，從而懂得正確用藥及妥善管理病情。

Community pharmacies can work in coordination with the government policy of stepping up grassroots medical service. They can improve the medication knowledge of patients of chronic diseases, so that they can effectively control their own condition. Such pharmacies now operate in 18 districts. This first ever non-profit community pharmacy is a new undertaking and a big step forward for the community. Its offer of drugs at 30-60% discount is a tremendous help to patients of chronic diseases, who say that the pharmacy's opening can lighten the financial burden placed on them by medical treatment, and more importantly can provide them with more information on their diseases and medication, enabling them to take their drugs correctly and to control their condition properly.

聖雅各福群會開辦「惠澤社區藥房」，彰顯了對弱勢社群的愛心，彰顯了對社會的奉獻精神。然而，一間非牟利的社區藥房，一年間只能為一千名病人提供資助，對於所領取綜援、長期病患者及長者來說，僅是滄海一粟，還有大量需要資助的病人不一定能得到幫助。

The opening of the Philanthropic Community Pharmacy demonstrates SJS's concern for the disadvantaged as well as its dedication to the community. However, one non-profit community pharmacy capable of assisting 1,000 patients annually is just a drop in the vast ocean when many more patients may not be able to receive the same assistance.

非牟利社區藥房的服務對低收入人士有幫助，預期社區藥房需求量愈來愈大。因此，希望有更多有條件的志願團體開辦多些非牟利社區藥房，為弱勢社群提供優惠，或者以最低的出廠價向這些非牟利社區藥房供貨。

The non-profit community pharmacy is helpful to the low-income sector. Need for such service is expected to grow. We therefore hope more qualified voluntary agencies can open more non-profit community pharmacies to offer discounts to the disadvantaged, or sell drugs to them at the lowest prices charged by pharmaceutical companies.

非牟利社區藥房的出現，令社會重新考慮醫管局的自費藥物制度。醫院管理局四年前實施藥物名冊制度時，聲稱設有安全網確保不會有病人「冇錢冇藥醫」情況；但事實卻有不少弱勢社群的病人負不起自費藥，更有癌症病人因需採用的自費藥物不在藥物名冊之上，被摒棄於安全網外，因無錢購藥而被迫停藥數月等死。一位老婆婆兩年前證實患上肺癌，接受化療與電療後病情仍未好轉，腫瘤壓迫很痛。婆婆的三名子女俱屬低收入一族，多年來與丈夫靠綜援金為生。傳統治療未能令婆婆病情好轉，醫生建議服用每月需費一萬八千多元的新標靶藥物，子女雖生活艱難，但仍傾盡所有為母親治病。

The emergence of this non-profit community pharmacy calls for a reconsideration of the Hospital Authority's system of self-financed drugs. Four years ago, when its Drug Formulary went into effect, HA claimed there was a safety net which would not let penniless patients go without drug treatment. In reality, no small number of disadvantaged patients has found self-financed drugs unaffordable. Cancer patients have been left out of the safety net because the self-financed drugs they need are not included in the Drug Formulary. Some have stopped medication for several months because they cannot afford buy the drugs, and are just waiting to die. An old lady diagnosed with lung cancer two years ago is in critical pain caused by the pressure of the tumor after showing no improvement from chemo and radio therapy. Her three children are low-income earners; she and her husband have been living on CSSA for years. When conventional treatment failed, the doctor suggested a new target therapy drug which costs more than \$18,000 a month. Despite their financial straits, her children are doing their best to provide her with treatment.

病人組織曾批醫管局藥物名冊制度有問題，安全網「穿窿」亦不作修補，只顧經濟效益而罔顧病人死活。

Patient organizations have criticized the HA Drug Formulary for its loopholes and for its failure to mend the loopholes in the safety net, neglecting the life and death of patients in favor of economic results.

市民擔心，醫管局自費藥物計劃愈擴愈大，最終可能出現病人「冇錢冇藥醫」的情況，甚至返回60年代，要「賣身做舞女」籌藥費。

The public is worried that the HA's self-financed medication program will grow steadily, resulting in penniless patients getting no drug treatment, to the point of going back to the situation in the 1960s, when girls "sold themselves to become dancing hostesses" in order to raise money for medical treatment.

因此，醫管局自費藥制度必須嚴格控制，重新檢討自費藥制度，第一步，不宜再增加新的自費藥種類，第二步，檢討以過去劃入自費藥的藥物，看哪些因時間變化、價格變化而可以劃出自費藥名冊，以減輕病人的負擔。

Therefore the HA's system of self-financed drugs must be placed under strict control, and a fresh review of the system is necessary. As a first step, no new additions should be made to the list of self-financed drugs. The second step is to examine the existing list of self-financed drugs, to see which drugs can be dropped from the list due to lapse of time or price changes, so as to lighten patients' financial burden.

香港必須要「尊醫重藥」，即使有長足的基層醫療發展，若沒有完善的藥物監管制度、藥物價格管理制度配合，也是徒然。

Hong Kong must "respect doctors and set store by medicine." Even if we can bring about significant progress in grassroots medicine, it will be futile without sound systems of medication supervision and drug price management.



# 參與行善之方法

## How to donate in these Programs?



本人/本公司樂意  單次捐助 /  每月捐助 \$ \_\_\_\_\_ 以贊助及支持

贈藥治病計劃       電器贈長者計劃       家居醫療用品支援計劃       病患者藥療輔導服務計劃  
 診病交通費支援計劃       惠澤社區藥房       專科專藥補助計劃 (燃點希望計劃 及 補血寶愛心)  
 家居維修服務       到戶理髮服務活動       電費助貧弱計劃       送暖顯關懷  
 後顧無憂規劃服務       閃燈門鐘       《松柏之聲》       代購電器服務  
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- 劃線支票 (抬頭「聖雅各福群會」)  
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敬請在支票背後或銀行入數紙寫上所捐賜之「慈惠服務」，連同捐款者之姓名及地址擲寄本會地址，或將銀行入數紙傳真至本會，FAX：3104-3635，俾本會可奉呈上謝函以及收據，以供閣下用作扣除稅額之用。謹此致謝。

I / My company would like to contribute (  one-off /  monthly ) \$ \_\_\_\_\_ to support

Medication Subsidy Program       Electrical Appliances for the Elderly Program       Home Use Medical Equipment Support Program  
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 Home Haircut Services       Power Subsidy - Ailing & Handicapped       Warmth Giving Project  
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Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

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 Translation : MK KEI, Kathy SHIN, Joe LEE, TY LEUNG, Yoyo HU,  
 Volunteer : Jeanine WONG  
 Friendly Printing : Ping Wai Printing Co., LTD.

慕求美善的，必求得恩寵。

He who pursues goodness is sure to be blessed.