

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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社工的話
Social Worker's Remark

照顧老人應由家庭開始

我們所推行並無政府資助濟弱扶貧的慈惠服務，乃藉大家的捐助以解決匱乏社群的困難、滿足基本社會需要及改善受惠者生活質素為要旨。

受惠者必須經過審核資助、在無其他資源可予援手時，如缺乏家庭照顧，我們方會提供適切的相關服務。

所有申請服務的個案，必須經過其熟識的社工轉介，作為我們的服務「代理人」，以省除我們對個案再次的瞭解，同時省減我們因人手不足，而拖慢提供服務的時間；我們的責任亦是確保你們的捐贈及義工的參與，是真正能幫助有困難的貧老，不致因此而被濫用，使我們涓滴的珍貴資源更見緊拙。

筆者最近與社署一高層電話接觸，後者奇怪我們為何要深入了解個案的情況，要清楚個案的家庭狀況、子女數目、經濟來源，如綜援金等極私人的問題。

我們要想強調的，由於我們的所有慈惠服務是全賴大家善心的支持，若所有長者不論貧與富及有子女照顧，均可接受服務時，相信必要有無盡金錢及人力資源支持，方可應付日益人口老化社會的需要。既然，政府資助的老人服務尚需改善之餘，我們怎可奢望當局可顧及我們的慈惠服務呢？就以「電器贈長者」計劃為例，隨意將你們賜擲的善款，用作購買電器送予並無經濟困難或有子女照顧的長者，那豈不是有違你們的施善期望嗎？此點我們絕對做不到。我們竭力得來的資源豈可隨意花掉，在救火救急的大前提下，我們當然是服務社會無助貧弱的老者為先。

所言者更說現今社會的服務新哲學應是要服務獨居者，建議我們亦要一律作出服務。筆者認為，現今社會與小家庭模式，年輕人婚後多會外遷組織小家庭而留下老者，若我們一視同仁予以照料時，那豈不是鼓勵年青人將照顧責任推卸予福利機構或政府？照顧老人應是由家庭開始，福利機構或政府應是從旁輔助有困難的照顧者。

當然，筆者亦認為我們的服務應有足夠的彈性，應顧及個別個案的實際情況而行事，故我們亦強調所有轉介個案必要由曾受過訓練的社工負責，我們是會聆聽及聽取其所述的轉介原因的，因為我們服務的是貧而無助的長者，以及必要向你們交代。

Senior Citizens' Care Begins At Home

The non-governmental subsidized charitable service for the poor that we promote is based on your generous contribution. Our objective is to help those poor elderly in difficulty to improve their living quality.

The service recipients are screened and proved lacking supporting resources such as family care before provision of appropriate relevant services by our institution.

All applications must be referred to us by the case social workers known to our institution that acts as our 'agent'. Thus reducing any delay caused by manpower shortage and lack of understanding of the individual by our institution. Our responsibility is to ensure getting sufficient contribution and volunteer workers participation and in the provision of actual help to the poor elderly without waste or abuse with our precious but very limited resources.

The author of this article has called on a senior official from the social welfare department who was curious of our interest in knowing personal details of each individual case including family situation, number of children, source of income and CSSA.

We have to emphasize that our service depends on your kindness and generous support. If all the elderly, regardless rich or poor, were to be looked after by us, then unlimited monetary and human resources would be required to cope with the aging community need. As government subsidized old people service still have much need for improvement, how then can we expect help from the authority for our welfare services? Let's take for example the "Electrical Appliances for the Elderly program", had we spend your donation to purchase appliances for everybody, would that not defeat your wish to only helping the needed elderly? This is something we will never do. We want to be accountable for every cent we get and make sure that they are properly spent. In a fire fighting situation we of course have to prioritize and confine our service to those helplessness individual elderly.

Some may say that the new philosophy for community service is to serve all living alone elderly and suggests that we follow suit. I am of the opinion that the present community and the small-sized family model result in the young married couples setting up their own families away from their parents. If we were to look after these left behind elderly, then we will be endorsing the younger generation shedding their family responsibility in looking after their elderly kin to welfare institutions and the government. Looking after the elderly shall begin with the family and welfare institutions and the government is only there for their auxiliary support.

Of course, I recon that we must retain enough flexibility for exceptions based on actual conditions. Hence we specify each case must be referred to us by trained social workers and we will listen to their case and reason for their referrals. Our aim is to help the needy elderly and also being accountable to you.

「家居維修服務」及「電器贈長者」 2/10 個案統計 HMS & EAE 2/10 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	2
社會福利署	Social Welfare Department	10	1
非政府機構	Non-government Organization	76	79
其他政府部門	Other Government Department	3	0
個案總數	Total	94	82
個案數目統計	Cases Statistics		
2月份新個案	New cases in February	94	82
1月份尚未完成的個案	Cases carrying-over from January	23	103
2月份共需處理個案	Total cases to be handled in February	117	185
2月份完結之個案	Cases settled in February	90	95
帶往3月份之個案	Cases carrying-over to March	27	90
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	75	89
非綜援個案	Non-CSSA cases	15	6
已完結之個案	Cases settled	90	95

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.)	158	收音機/錄音機	Radio / Recorder	3
電力供應系統維修	Electricity systems	73	電飯煲	Rice cooker	13
木工維修	Wood-work	26	電視機	Television set	15
來去水系統維修	Piping & drainage systems	24	雪櫃	Refrigerator	10
家庭電器維修/安裝	Electrical appliances	58	電水壺/電水煲	Electric water boiler/pot	14
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.)	40	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)	12
安裝《弱聽長者應門》	Flash-bell fitting	3	洗衣機	Washing machine	12
檢查電力裝置	Check electricity system safety	44	電話	Telephone	5
檢查及維修扶手	Check and repair handle bars	20	電磁爐	Induction cooker	7
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	16
			其他*	Others*	1
總數	Total	428	總數	Total	108

*其他包括一部抽油煙機 Others include one Range hood



我們需要你的捐助
We Need Your Donation

贈貧弱老者熱水壺 添關懷愛意暖彼心

天氣時暖時寒，對年長者來說，能可飲一口暖水，是一件令人十分舒適的事，但對於身體虛弱、獨居及貧乏的長者來說，是一件非常難得的事。

「我數月前都是依靠大水煲煲水，然後倒進傳統式的保溫水壺。不過，這個傳統式的保溫水壺愈來愈重，現在想飲一杯熱水都很難。」74歲容伯伯望著瘦骨嶙峋的雙手無奈地說。事實上，並非那個保溫壺變重，而是容伯伯的身體狀況變差，沒有足夠的力氣拿起水壺。

「我家中沒有電水壺，平時食藥都只是飲用冷水，我知道這是對氣管及身體不好，但沒有辦法，我只是靠綜援二千多元維生，但買一個電水壺都要二百元左右，我平時不但要買藥，而且有些藥物需要我自費購買，我真是沒有能力購買一個電水壺。」患有哮喘病身體虛弱的陳婆婆也說。

其實只需要一個電熱水壺，便可以令貧弱老者不再因需飲用一杯熱水而感到煩惱，雖然一個電熱水壺並不能改善長者的身體狀況，但至少可以使他們不致飲用冷水，引來氣管不適致咳嗽起來的苦惱。

你希望獨居無依長者們可以有一口暖水飲用，令他們有窩心的感覺，感受到你們的關懷？希望你以捐出\$200俾可購買一個電熱水壺，使負責「電器贈長者」計劃的聖雅各福群會，可以為貧老帶來一個滿載暖暖的關懷。支票請書：聖雅各福群會，言明「購買電熱水壺」，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。



Donate an electric kettle to elderly and make them warm

For those elderly, a cup of hot water is a comfort thing for them in the winter. However, for those elders whose has suffer illness, lonely and poor, it is a hard to get it.

"I used to rely on a normal kettle for boiling water, after that poured into a vacuum. Since this vacuum is heavy, now it is hard to pour hot water into a cup", said by uncle Ung who is 74 years old. In fact, it is not the vacuum become heavy, but Uncle Ung's body is getting worst, he is not enough power to lift up the vacuum.

"I don't have a electric kettle, I always have tap water for taking a medicine, I know it is no good for my body, but I do not have any choice, I have got \$2000 something from the Government every month, I need those money for the food and medicine, as the electric kettle cost about \$200 something which I cannot afford it." said by granny Chan who has suffered asthma.

An electric kettle can make those elderly get away the problem for having a cup of hot water, although the electric kettle cannot change their health situation, but it still let them have a hot water in order to prevent a cough or tracheal problem due to having a tap water.

If you wish the elderly had a cup of hot water and let them to feel comfortable and feel your care? You may donate HK\$200 by a cheque payable to the "St James' Settlement", marking "Electrical Appliance for the Elderly Program" on the back of the cheque, and post it to the address as 85, Stone Nullah Lane, Wan Chai, Hong Kong. Donation hotline 2835-4321 or 8107-8324.

你的捐助可讓貧弱老者感到窩心的暖意。

Your donation can make those elderly feel warm



令婆婆消煩的 事情

倆老結婚數十年，仍能可互相照顧與關懷，實是人生的樂事。李婆婆就是因為關愛老伴，致令她走到鄰邨一間老人中心求助，向本會「電器贈長者」計劃申請一部電視機。

「我點解申請？因為在香港只有我們倆老，雖有子媳及孫兒，但全都在肇慶老家，根本無人可以幫忙我們，為我們更換電視機。」63歲李婆婆與64歲張伯伯居於白田邨一單位，自張伯伯61歲中風後便開始領取綜援至今。

「他有工作，有收入時，當然有經濟能力更換一部新電視機；但現在他再次中風連說話的能力亦失去，為了醫他我已用了很多積蓄，單以每次看醫生的來回的士費也不少。」李婆婆說：「真是禍不單行，他中風出院後第三天，家中已有20年高齡的電視機也壞了，師傅話無零件更換，電視機要被逼拋掉了。」

「我行動方便，當然可以出外，起碼可以到街市買餸時與人傾講，生活也沒有這苦悶；而他因行動不便，只好整天呆在家中看電視，現在電視機壞了，他更變得更悶，又不能說話，每日只有苦著面對著我，令我煩上更煩。」李婆婆說：「我每日出外購物後，便急急回家陪伴他，也不是辦法，幸鄰居陳太太告訴我，可透過老人中心，向聖雅各福群會申請一部電視機，所以我向鄰邨老人中心的黃姑娘申請啦。」

「聖雅各福群會服務真係快，家訪後第二天便送來一部電視機，他看見電視機送來的一刻，竟然拍起手來；之後便整日坐在電視機前看電視，連唉聲嘆氣的問題也沒有了。」李婆婆說：「他現在的面容也多點表情，我也沒有那麼心煩意亂，也減輕我的照顧壓力。」

Worries over for granny

After getting married for scores of years and stay mutually caring and looking after each other is real joy of life. It was due to her love for her husband that Granny Lee came through an elderly centre to our institution for a TV set under the "Electrical Appliances for the Elderly program".

"Why did I apply? We are here in Hong Kong by ourselves as my son and daughter-in-law and their family is in Zhaoqing and basically nobody here can help us out." Granny Lee 63 and husband old man Cheung 64 live in Pak Tin Estate. Cheung suffered a stroke when he was 61 and has been living on CSSA since.

"When he was still working and had an income, he can afford to replace his TV set. However, he suffered a second stroke and even lost his speech and all our savings were gone for his treatment. Just return taxi fare alone for each doctor's visit costs me a lot." Lee said, "Misfortunes never come alone. On the third day after his discharge from the hospital from his second stroke, the 20 years old TV set broke down and the technician told us that it was beyond repair due to lack of parts."

"I have no problem going out and it gives me opportunity talking to others during my shopping and I do not feel bored. He has mobility problem and can only stay home and watch TV. Now with the breakdown TV set, he is bored and as he cannot express himself and that worries me a lot when we face each other at home." Granny Lee said, "Each day after I finish shopping, I hurry home to accompany him. Fortunately, Mrs. Chan, my next door neighbour told me that I can contact the elderly centre and apply to SJS for getting a TV set. Hence, I approached Miss Wong at the elderly centre."

"The services from SJS really came fast; they delivered me a TV set the day after the home visit. When he saw the set delivered, he clapped his hands and sat there all day watching TV and sigh no more." Granny Lee said, "He appears happy and I am perturbed no more as my pressure in looking after him has diminished."



義工正教導婆婆如何使用電視機。

The volunteer teach Granny how to use the television



我們的服務
Our Service

北風中的暖意

我們的「慈惠服務」乃本著「冬送暖 夏送涼」的精神，舉辦不同的活動，即冬天贈禦寒衣物及電器、夏天送風扇，今個冬天「送暖顯關懷」就是為孤老提供「到位」的服務，以解決他們在寒冬時所面對的各種生活困難，並感受社會人。

為了讓住在偏遠地區獨居及體弱多病的長者能面對嚴冬，免受寒流侵襲，我們於上一期「慈惠月報」中，呼籲善長們能伸出援手作出送暖的濟助；此文一出，多謝各位善長們伸出援手，捐贈各種物資，包括禦寒衣物，如羽絨、頸巾、還有暖風機、暖爐、水壺及食糧，讓一群獨居無依長者不但擁有充足禦寒物資，面對寒風的侵襲，更感受到社會人士的關懷。

「有麥皮、有米，仲有電熱水壺，今個冬天真係好暖，多謝善長的捐贈，雖然現在天氣好凍，但我可以自己煮熱飯，熱麥皮食，過一個暖笠笠的冬天，真好。」獨居的譚婆婆抱著麥皮及米說。

「我同太太二人相依為命，現在太太入咗醫院，平時每日下午四時左右，我都去醫院探太太，見一見她，陪一陪她。不過，早前天氣好凍，只有十度左右，好在你們送件羽絨、頸巾給我，我才可以出門口，去醫院，見一見她。除了羽絨之外，仲有暖風機，當我一人在家時亦不會覺得冰凍，我好開心。」與太太相依為命的張伯伯說。

直至本年二月底止、透過與各地區福利機構社工合作，已經有超過300多名無依貧困病殘者收到大家窩心及貼心的溫情關懷，讓這一群長者可以在北風的肆虐期間，在北風中感受到暖意。這次行動得可福澤貧弱長者，善長們的熱心捐贈，實是及時關懷的好見證。事實上，社會上不少匱乏者適時適切地得到大家的濟助，以解決病弱無助的物質及治病需求，實有賴善長們捐賜及賜示，讓我們可以協助這群貧困及無助的長者，全實實在感激萬分，仰望如此送暖般，濟助我們的慈惠服務，使社會一群不幸者得到關懷與人間的溫暖。



Warmth in the cold

Our "Philanthropic Services" is based on the 'provision of warmth in winter and cooling in summer' spirit and we organize various activities in this respect passing out warm clothing and heaters in winter and fans in summer and we are currently doing the same to help lonely elderly in overcoming their difficulties in this harsh winter by the "Warmth Giving Project."

To avoid the frail and sick elderly living in remote areas to combat this harsh winter, we appealed in the last issue of Philanthropy Monthly to our readers for support to our program. Since then thanks for their benevolence and generosity, we of have received a fair amount of items including warm winter clothing, such as down jacket, scarves, fan heaters, heaters, thermos and foodstuff. They have enable the recipient elderly not just having physical support in overcoming winter cold but also giving warm feeling of community care and regards to them.

"I now have oat, rice and an electric thermos. I really feel very warm this winter, thanks to the generosity of benevolent people. It is really cold, luckily I now have hot rice and oat meal to keep my body warm. It is marvelous," said granny Tam.

"My wife and I depend on each other, now my wife is in hospital and I normally pay her a visit around 4 in the afternoon each day to see her and keep her company. Last few days, it was cold just around ten degrees Celsius. Fortunately, you guys gave me a down jacket and a scarf so I can go out and see her in the hospital. In addition you also gave me a fan heater which keeps me warm while I am all by myself. I am very happy," said old man Cheung.

Up till end this February more than 300 elderly through various district welfare institutions have received the benefit of warmth and care. This is good. We can help those deprived is because of your donation and financial support. Besides this "Warmth Giving Project" we are always looking forward for your continuous support and care in our other "Philanthropic Services" also for the weak and poor cases. Without your generous and benevolent contribution their living condition cannot be improved.

「在寒冷冬天我有熱的食物，暖暖胃。」譚婆婆抱著麥皮及米說。

"I have hot food to warm my stomach this winter," said granny Tam while showing her bags of oat and rice.



不怕再跌倒了！ No more fear for fall!

「在未有裝置這款設有扶手的廁所板以前，每一次如廁，我總會待到最後一刻才會上廁所。」現年八十五歲的陳婆婆說。「以前因為工作的關係，日以繼夜地搬動重物上落樓梯，長期勞動除了使心臟負荷過重，而患上心臟病外，更使我的雙腳在二十多年前已嚴重勞損，行路時總是一拐一拐，隨時會跌倒在地。」

「現時我已極少在街上閒逛了，終日留在家中。在家的時候，我常常因為這雙殘廢的腳而跌倒，沒兒沒女的我，跌下的那一刻，只能望著天花板，扶著身邊一張破舊的椅子，吃力地慢慢爬起來。」肥胖的陳婆婆說著自己悲慘時，眼淚不自覺地流出來。

「其實我在家最常跌倒的地方就是洗手間。手腳不靈活，當我想由廁板站起來的時候，都會因不夠力氣而跌倒。你看看我膝蓋的舊患，膝關節近年因勞損而出現乏力的現象。」陳婆婆用顫抖的手捲起褲管，指著數處曾跌倒而引起的瘀血說：「坦白說，我跌得怕了，我不知道我能夠承受再跌倒多少次，所以這些日子我寧可喝少一點水，甚至不喝水，希望可以減少上廁所的機會。我知道這樣做十分不健康，但我沒有法子。」

當本會的「家居維修服務」義工為陳婆婆安裝由宏才拓展有限公司的周慶生先生所捐贈的一款設有扶手的廁所板後，她立刻雀躍地試坐，面上綻放笑容，歡欣地說：「謝謝周先生捐出這款廁所板，這款廁所板設計很貼心，我以後去完廁所後，也可以輕易按著廁所板兩旁高起的扶手站起來了，這廁所板對我這些膝頭無力的老人，有著很大的幫助。真好，在未來的日子我不用再擔心因上廁所而跌倒。因為得者善長的關懷，我的生活過得更安全及美好，謝謝。」



"Before installation of toilet seat with armrests, I always waited until the very last moment before going to the toilet each time," said the 85 years old granny Chan. "My job when young called for moving heavy loads up and down the stairs continuously, thus stressing my heart and strained my legs. I now have a heart condition, walk with a limp for over 20 years and dread of fall any moment."

"These days I stay in most of the time and owing to my weak lower limbs I frequent fell even at home. As I am all by myself, I could only gaze at the ceiling and hold onto an old chair and climbed slowly back up," said the old lady with tears running down her eyes uncontrollably on recounting her sad moment.

"Most of my fall at home happened in the toilet area. My hands and legs are clumsy and weak and when I tried to get up from the toilet seat, I did not have enough strength and fell. Please take a look at the wound on my knees." Granny Chan rolled up her trousers with her shaky hands and showed us the bruises from her falls and said, "Frankly speaking I dreaded falls because I did not know how many time I could stand those falls. So I tried not to drink too much water or occasionally even went without it to reduce my going to the toilet. I knew it is not a healthy practice, but what else could I do?"

When volunteer worker from SJS "Elderly Home Maintenance Services" fitted her a toilet seat with armrests, donated by Mr. Adam Chow from Venture Global Limited, she smiled and said after sitting on it, "Thanks to Mr. Chow. The design of this toilet seat is really something. From now on I can get up easily from my toilet and it is really useful to elderly having weak knees like me. It really works wonder and I need to fear no more for fall. Thanks again for your kindness."

「有了兩旁高起的扶手廁板，令我如廁後可站立了。」
"Toilet seat with armrests make me stand up now."



受惠者言
Client's Remark

我也可回饋社會

胡伯伯（化名）從小跟任中醫的父親於廣州生活，師範學院畢業後任職中學教師，主要任教化學、音樂及中文科。直至80年代到港，年紀漸長，不容易找到工作，「小時候經常看到父親診治病人，父親傳授我不少中醫知識，自己又經常翻開醫學書本，空餘時，在父親的醫館裡幫忙，有許多的臨床診斷經驗，經常接觸垂危病人，對醫學甚感興趣，故任職中醫師。我是香港第一批的註冊中醫師之一。」

胡伯伯因一次中風，使左邊肢體活動能力大大減弱，連最喜愛的二胡，也不能夠拉了，「我從來沒有看過西醫，只是自己用醫藥治療，現在照顧我的契女，也是我的病人；我把她的重病都醫好了，她與她的先生很用心照顧我，閒時替我整理家居。」

精神極佳的胡伯伯指著現正替他安裝影碟機的契女婿說。畢竟73歲的胡伯伯年紀已長，加上左肢活動不靈，料理家務始終有點力不從心。「我在洗衣、煲水和洗澡都比較困難；家中又缺乏雪櫃，飯餸經常變壞；每月的綜援金有限，應付日常食用開支後，根本不夠購買那些昂貴的電器，以改善生活。」

「幸得聖雅各福群會轉贈善長人翁捐獻之洗衣機、熱水爐和雪櫃，使我減少生活上的困擾；我現在雖然生活清苦，但總有以上電器解決所需，又有何求呢？」胡伯伯露出感激的笑容。

「我雖然行動不便，但仍然頭腦清醒，每逢星期六，我也會到村口當義診，免費替貧苦人士診症。」他笑對工作人員和義工說：「猶如你們這麼般善心，能夠幫助別人，使人與人之間的關係和諧，建立共融社會。施比受，更為有福，我仍能醫人，救人命。」胡伯伯滿心歡喜地說。「我也可回饋社會呀！」



滿有服務社會熱誠的胡伯伯。

Full of zest to serve the community grandpa Wu.

I can repay the community too

Grandpa Wu (alias) lived with his Chinese medicine practitioner father in Guangzhou from his tender age, was a high school teacher in chemistry, music and Chinese literature after graduation from a teachers training institute until coming to Hong Kong in the 80s. As he was getting old and had difficulty to find a job. "When I was little I often watched my father attending his patients and he taught me a lot about traditional Chinese medicine and I also read a lot about this subject. I helped out my father in his practice whenever I had free time. As a result I have gained lots of clinical experience and was often in contact with critically ill patients. So I became a Chinese medical practitioner which was also my interest. I was in the first batch of registered Chinese doctor.

Wu once had a stroke which has weakened the mobility of his left limbs and he had to give up playing his beloved erhu (a two string musical instrument). "I did not consult western doctor. I treated myself with my own medicine and my god-daughter who happens to be one of my patients looks after me. I take care of her health; she and her husband take good care of me and help me tidying my home whenever they have time

The high spirited Wu is 73 years old and having mobility difficulties of course has hard time taking care of his household chores said "I have difficulties with clothes washing, cooking and bathing; without a refrigerator, food easily get spoiled, but with my limited CSSA, I basically could not afford expensive electrical appliances."

"Fortunately SJS sent me a washing machine, a hot water heater and a refrigerator which all helped to alleviate my hardship. With them and simple living what more do I want?" said Wu smilingly with gratitude.

"Though I have mobility problem, I am still have an alert and clear mind, so each Saturday I go out in the village to provide free consultation to the poor patients," said he smilingly to the volunteer worker. "This is just what kind hearted people like you are helping others. It brings harmony in relationship, builds a cooperative and understanding society. Giving has greater blessing than receiving and I can still treat others and save lives," said Wu joyfully. "I can still pay back the community."



不論信教與否 均是服務對象

問：由於貴會是有基督教背景，每月閱讀你們的《慈惠月報》已有多時，感到你們在每期呼籲捐助的長者中，生活非常艱苦，欲作出捐款支持，而本人並非基督徒，故可否捐款幫助他們？你們是否只會幫助基督徒？是否只會幫助灣仔區的個案？

答：多謝你對我們的關懷，每月閱讀《慈惠月報》，並對所講述的匱乏無助者有著憐憫。由於香港早期的社會福利服務，並非由政府主導，而是由有關宗教團體、同鄉會或街坊會等組織，應居民的需要而推行；本會乃由聖公會何明華會督於1949年，因應灣仔區居民的需要，在灣仔石水渠街之北帝廟創舉；作為一間以市民福祉為依歸的社會福利機構，在北帝廟起創我們的服務，正正表示我們是基於市民的需要，不論宗教、不論男女均是我們的服務對象；事實上，在審核所有個案申請的過程中，我們只著重其資格與否，也不曾詢問個案的宗教，因為此與合乎資格與否無關。

由於我們有關「慈惠服務」開拓的原因，乃在並無政府的資助下，是基於全港匱乏市民困苦的需要而創辦，在大家的支持下，是並無區域限制的；即是說，面向全港福利機構社工的轉介，不論個案是否居於港島的灣仔區、九龍、新界或離島，只要合乎資格，均是我服的服務對象。

我們的所有「慈惠服務」乃是全賴社會人士的捐賜，才可幫助有需要的個案，故歡迎閣下的捐款支持，請指定欲捐助的服務名稱，將捐款支票逕寄我們；捐款多少不拘，俾我們可以集腋成裘方式，為匱乏無助者解困。倘有任何查詢，請致電施善熱線：8107-8324。

Serving Christians and Non-Christians Alike

Q: I have been reading your Philanthropy Monthly for quite some time. I found that the elderly people for whom you appeal for donations in every issue really live in great hardship and I wish to make a donation to help. However, since your organization is Christian-based, I wonder if I, a non-Christian, could make a donation, and whether you only help Christians or only cases in Wanchai.

A: Thanks for the caring and being a regular reader of our Philanthropy Monthly, and having sympathy for the helpless elderly people mentioned. In the early days, social welfare services were not government-driven, but were mainly provided by religious organizations, countrymen associations and neighbourhood associations in response to community needs. The St James' Settlement was established by the Bishop of the Anglican Church, Mr. Ho Ming Wah in 1949, in response to the needs of Wanchai residents at the time, hence the Settlement was established in the "Northern Emperor" Temple on Stone Nullah Lane in Wanchai. As a social welfare organization with public welfare as its mission, starting our services in the "Northern Emperor" Temple demonstrates that our services are based on public need, regardless of religion and sex. In fact, in vetting all applications for assistance, we only focus on their eligibility and religion has never been a consideration or an eligibility criterion.

As the development of our Charity Services is based on the needs of the Hong Kong public, independent of government subsidy, and supported by the general public, they have no district boundary. That is to say, all cases referred to us by social workers in Hong Kong, regardless of whether they are from Wanchai on Hong Kong Island, Kowloon, the New Territories, or the outlying islands, so long as they are eligible, are all our target recipients.

All our Charity Services rely on public donations to provide assistance to those who are needy. We therefore welcome your donation. Please specify the name of the programme/service you wish to support, and mail your cheque to us. All amounts of contribution are valuable to us as they add up to enable us to provide help to the needy. If you have any enquiries, please feel free to call our donation hotline 8107-8324.



我們的服務
Our Service



一零年二月份
FEB 2010
慈惠月報
The Philanthropy Monthly

助跨幽谷 助洗腎者燃點希望

52歲的陳先生，過往一直與太太及兩名子女開心地生活；6年前，陳先生不幸地罹患末期腎衰竭，接受腹膜透析治療後，每天也須在家中自行「洗腎」三次。現在陳先生的健康及自理能力已轉差，感到疲憊不堪及要長期也須臥床休息，當然更無法自行處理透析治療的「洗腎」工作。

平日已乏力要照顧患病不能自我照顧女兒的陳太太，須要當兼職維持家計，但由於薪金微薄，整個家庭支柱也落在獨子身上，獨力承擔。陳先生的家人要承受極大的精神壓力之餘，經濟拮据也影響全家人的日常生活運作，產生各種負面情緒，正如陳先生的兒子憂心忡忡地說：「我每日都要照顧爸爸洗腎三次，根本無可能當長職，只好暫當作補習導師，但所賺的也不夠爸爸的醫療開支。」

《燃點希望計劃》的目的是減輕腎衰竭患者因病患帶來的經濟負擔及精神壓力，助腎病患者能得到即時且相應的治療，也望藉此紓減病患者的家人照顧壓力。我們送出的治療物品，如洗腎水、電熱氈、電子磅(秤腎水重量之用)、消毒及護理用品等，俾他們可在財政壓力下，可安心在家中洗腎。

此計劃目的不但在經濟及實物上作出援助，助受惠貧困家庭重燃生命中的曙光，以助他們在茫茫前路上，也能勇敢跨過，企請你可伸出援手，助腎病患者的生命可重見光芒，俾我們可以集腋成裘，募集以\$2,200以助一名貧乏腎病病人，可有基本物品於家中洗腎。捐款抬頭請書：聖雅各福群會，支票背面請指定：「燃點希望計劃」。計劃網址：www.thevoice.org.hk。捐款熱線：2835-4321或8107-8324。



對於腎病病人來說，這些洗腎用品實是可紓援他們面對的困苦。

For people suffering from kidney disease, these items can relieve the pain they are faced with.

To give hope for the person who needs dialysis

Mr. Chan – 52 years-old, he used to have a happy life with his wife and children. Six years ago, Mr. Chan was in the final stage of renal failure. After receiving dialysis treatment, he needs to do it at home three times a day. Now, Mr. Chan's health and his ability to care for himself has worsened. He is always tired and needs to lie down on the bed for resting, and of course, he cannot do the dialysis by himself.

Mrs. Chan is constantly tired due to the need to take care of her sick daughter and husband. She also needs to have a part-time job in order to support the family. However, due to her limited income, the burden for supporting the family falls on their son's shoulders. Mr. Chan's family feels a lot of pressure about this, and the lack of financial resources also affect the family's daily operation. All of them suffer from a mild form of depression. His son said, "I need to take care of my father for dialysis three times a day. I can't have a full time job, so now, I just work as a part-time tutor. However, all the money I earn is far from enough for my father's medical expenses."

The goal for the "Light Up the Life Program" is to help families of dialysis patients, to reduce their financial problems and stress, and provide them with the appropriate treatment. The program also provides assistance for the family to care of the sick, in order to reduce their stress level. We will provide medical supplies such as peritoneal dialysis fluid, electric blanket, electronic scales, disinfect and other related medical products etc.; let them have dialysis in a worry-free environment.

This program not only provides financial and medical aid, it also provides an easier road ahead for families of dialysis patients. For only \$2,200, you can help one dialysis patient, so they can have the basic necessities in order to have dialysis treatment at home.

You may donate by a cheque payable to the "St James' Settlement", marking "Light Up The Life Program" on the back of the cheque, and post it the following address: 85, Stone Nullah Lane, Wan Chai, Hong Kong. You may also donate by visiting the web site www.thevoice.org.hk. The donation hotlines are 2825-4321 or 8107-8324.



我們需要你的捐助
We Need Your Donation

只要略施善款濟助 可助貧者有力購藥

在有經濟能力的人來說，數佰圓只是微少之數，可能也不足以支付一頓飯的銀錢，但對貧困無助的病弱長者來說，便要節食約一星期，才可貯足夠的金錢，來購買藥物以能可治理疾病。

聖雅各福群會推行的「贈藥治病計劃」，乃是透過社工的入息審核，將合資格的貧困無力自費購買藥物的慢性疾病及癌症患者，轉介申請購藥資助；他們均被頑症折磨了一段時期，失去工作能力，用盡積蓄後，面對拮据生活之餘，再無餘力應付藥費，只有困苦靜待宿疾惡化。

77歲依賴綜援為生的李伯伯向患有心臟病、血壓高，近因服用多年的心血管藥失去療效，經醫生處方需自費購買另一種心臟通血管藥，以助控制病情，惟因藥費昂貴，致令他陷入囹圄。由於李伯伯身體漸呈虛弱，其77歲的太太去年亦從內地來港定居，為的是能可作出照顧。「夫妻可臨老團聚應是喜事，但她不合資格領取綜援，唯有兩人靠我每月\$2,475的綜援金勉力生活，此亦更加重我的經濟壓力。」

「每月的綜援金交付租金\$1,200、水電及雜費的\$150多圓後，扣除太太不適時的醫生費用，尚餘約\$1,300便是我們的早午晚食用之用，生活真是非常吃力，但我仍必須再用\$380購買心臟通血管藥物。」李伯伯有一兒子，在港因失業多年，近年已回內地謀生。「我有子，也是無子，因他在內地也生活困難，根本無法幫我。」

「當耗盡\$2,000的棺材本用作購買藥物後，真是不知如何是好，我只有等死神來臨了。」完全絕望的他說。

以上李伯伯的苦困，只是「贈藥治病計劃」的一個個案，他們當中每月只是欠缺數佰圓自購藥物之數，就可免去受宿疾之折磨，更可減去病情惡化，所帶來誠惶誠恐的生活；你可伸援手，捐助如李伯伯般的貧困個案，捐款指定用作「贈藥治病計劃」的個案？善款支票請書：聖雅各福群會，擲寄香港灣仔石水渠街85號收。施善熱線：2835-4321或8107-8324。

A Small Donation Helps Provide Medication to The Needy

To those who are financially capable, several hundred dollars is a small sum, perhaps not even enough for a decent meal. But the poor, helpless and sick elders would have to cut down their meal expenses for a week in order to save enough money to buy the medication they need.

Under the St. James' Settlement's Medication Subsidy Program, social workers may, after conducting income vetting, refer eligible chronic disease or cancer patients to apply for sponsorship to buy medication. These patients have been suffering from their diseases for some time and have lost their working ability and used up their savings. Facing financial difficulties, they have no spare money to pay for their medication, and could only let their diseases deteriorate.

Seventy-seven year-old Mr. Lee is a Comprehensive Social Security Assistance (CSSA) recipient with cardio-vascular disease and high blood pressure. Recently, the cardio-vascular medication has been taking for years has become ineffective, and the doctor has prescribed another medication to help control his condition. However, the new medication is not provided for free and is quite expensive, and he's stuck. As Mr. Lee had been getting weaker and weaker, his seventy-seven year-old wife moved to Hong Kong from the Mainland last year to take care of him. "It was a happy thing that we could be reunited at this age. But she is not eligible to receive CSSA, so the two of us have to rely on my CSSA of only \$2,475 a month, and this has added to my financial burden."

"After paying \$1,200 for the rent, about \$150 for utilities and management fees, and my wife's medical expenses when she falls ill, about \$1,300 is left of the monthly CSSA and that would be all for our meals. Life is really difficult, but I still must buy the cardio-vascular medication." Mr. Lee has a son, but he has gone back to the Mainland to make a living after having been unemployed for years in Hong Kong. "I have a son, but it is as if I don't have any. He can't help me as his life in the Mainland is also hard."

"I have already spent the \$2,000 which I saved for my funeral expenses on medication. I don't know what to do, except to wait for death to come," said Mr. Lee, totally desperate.

Mr. Lee's story is but one case of the Medication Subsidy Program. Recipients of the program only need a few hundred dollars a month each for medication to save them from the suffering and prevent their diseases from getting worse, which have filled their lives with fear. Would you give us a helping hand, and make a donation to the Medication Subsidy Program to help the needy like Mr. Lee? Please make a donation by cheque payable to the St. James' Settlement, by post to 85 Stone Nuller Street, Wanchai, Hong Kong. Or call our donation hotline: 2835-4321 or 8107-8324.



利是來捐啲出去

新年收利是，別只顧紅包內的金額！利是本身有祝福之意，不過世上不是人人都有幸得到祝福，大家不如把些少利是錢捐出，與別人一起分享佳節愜意。

平藥造福病人

唐英年嘴藐藐漠視貧富懸殊問題，好彩香港仲有志願團體幫助低下層人士。聖雅各福群會早前推出「健康寶庫」服務，補貼長期病患者購買醫療器材、診病交通費等，還開設全港首間「惠澤社區藥房」。即使到公立醫院看病，大部分患者仍要自費購買一些貴價藥，此藥房藥物較市價便宜3至6成，更有藥劑師教你食藥。藥劑師陳姑娘表示很多人為省錢放棄吃藥，要阻止這些不幸事，捐利是啦！

為善最樂，福有油雞！

約見藥劑師陳姑娘的病人，可享15分鐘1對1問藥服務。她說公立醫院醫生太忙，有時根本沒向病人講解藥物副作用或留意事項，例如某些藥不能與西柚或奶同吃。

用家心聲

潘先生：我食開那隻乙型肝炎的藥出面賣\$2,200，呢度只要\$1,300。雖然我有少少積蓄，但都怕好快用完，睇電視知道呢度買藥平啲，同埋有藥劑師講解副作用。

徐先生：我早年都有肝癌，要食藥控制病情，我本身攞綜援，藥費負擔好大。呢個藥房咁啱有我要食的藥，一個月慳到成千蚊，令我輕鬆好多。

藥房現時主要售賣醫治糖尿病、乙型肝炎等約10種藥物。

惠澤社區藥房：受惠人士須經入息審查及由社工轉介，長者免審查。

直擊電器贈長者

除了開設非牟利藥房，聖雅各還有電器贈長者計劃。記者日前跟隨義工送電器予鄭伯伯，入屋發現電器家具百無，只能用「家徒四壁」形容。細問才知伯伯剛遭養子離棄，令他要獨居長者宿舍！連基本電器都買唔起的他寒冬都無熱水飲，非常淒涼。與其當垃圾棄掉新簇簇電器，不如捐去幫下有需要的老人家，當然也可直接捐錢啦！

義工送上電飯煲及電熱水壺，並教導鄭伯伯如何使用，鄭伯伯感動到落淚。(部份內容被刪減)



DONATE SOME OF YOUR LUCKY MONEY

You received lucky money during the Chinese New Year. Don't just count how much cash is inside the red packets! Lucky money represents blessings, but not everyone in this world is fortunate enough to receive blessings. Why not donate some of your lucky money and share the warmth of the New Year with others?

CHEAPER MEDICINE FOR THE SICK

The gap between rich and poor has been dismissed by Chief Secretary Henry Tang with contempt. Fortunately there are voluntary agencies in Hong Kong to help out people at the grassroots. St. James' Settlement recently launched a Health Bank service which subsidizes the chronically ill in the purchase of medical apparatus and paying fares for visits to the doctor. It has also launched Hong Kong's first pharmacy that offers Pharmaceutical Care Service for Patients. Even at public hospitals, most patients still have to pay for some expensive drugs out of their own pockets. This pharmacy sells drugs at 30-60% of the market price, and its pharmacists will teach you how to take your medicine. Pharmacist Miss Chan says that, in order to save money, many people go without medicine. To stop such unfortunate practices, donate your lucky money!

CHARITY BRINGS HAPPINESS AND BLESSINGS!

Each patient gets a 15-minute one-on-one appointment with Miss Chan the pharmacist, to ask about his medicine. She says doctors at public hospitals are too busy; sometimes they just don't tell the patients about the side effects of the drugs and what they should pay attention to, e.g. some drugs must not be taken along with grapefruit or milk.

CLIENTS' FEELINGS

Mr. Poon: The hepatitis B medicine I take sells for \$2,200 on the market; here I only pay \$1,300. Although I have a little savings, I fear they may soon be exhausted. I saw on TV that drugs are cheaper here, and pharmacists are available to explain the side effects.

Mr. Tsui: I had cancer of the liver before, and need medication to keep my condition under control. For a recipient of Comprehensive Social Security Assistance like me, the medicine is very costly. This pharmacy happens to have the drug I need to take, and lets me save \$1,000 a month. It makes life much easier for me.

The pharmacy at present sells mainly about 10 types of drugs for diabetes and hepatitis B.

The Pharmaceutical Care Service for Patients Project: Beneficiaries must undergo income verification and be referred by a social worker. Elderly people are exempted from the verification.

ELECTRICAL APPLIANCES FOR THE ELDERLY

Besides the non-profit pharmacy, SJS also operates an Electrical Appliances for the Elderly program. The reporter went along with a volunteer worker to deliver appliances to Uncle Cheng. His home consisted of just four bare walls, without any electrical appliances or furniture. Only after asking him did I find out that he had just been abandoned by his adopted son and must live by himself in a dormitory for single elderly persons. Unable to afford the most basic electrical appliances, he had no hot water to drink in the cold winter. What a life! Rather than dump fairly new appliances as garbage, why not donate them to help the needy elderly? Of course you can also make direct cash donations!

The volunteer worker presented a rice cooker and a kettle to Uncle Cheng, and taught him how to use them. Uncle Cheng was moved to tears. (Parts of the text have been deleted)

藥劑師陳姑娘正向病者講解藥物的副作用。

Miss Chan illustrates some side-effects on taking drugs.



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
- | | | | |
|------------------------------------|----------------------------------|--|--------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃 | <input type="checkbox"/> 電器贈長者計劃 | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務計劃 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 惠澤社區藥房 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃 及 補血寶愛心) | |
| <input type="checkbox"/> 家居維修服務 | <input type="checkbox"/> 到戶理髮服務 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 送暖顯關懷 |
| <input type="checkbox"/> 後顧無憂規劃服務 | <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 代購電器服務 |
| <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 法律諮詢服務 | <input type="checkbox"/> 以上任何一項 | |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

- 劃線支票 (抬頭「聖雅各福群會」)
銀行：_____ 支票號碼：_____
- 以信用卡捐助 (VISA MASTER)
信用卡號碼：_____ 信用卡有效日期：_____ (月/年)
持卡人姓名：_____ 簽署：_____
- 銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：
匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

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
- | | | |
|---|--|---|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Philanthropic Community Pharmacy |
| <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program and Precious Blood Precious Love) | <input type="checkbox"/> Elderly Home Maintenance Services | |
| <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped | <input type="checkbox"/> Warmth Giving Project |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
| <input type="checkbox"/> Appliances Procurement Services | <input type="checkbox"/> Health Promotion Activities | <input type="checkbox"/> Legal Consultation for the Elderly |
| | | <input type="checkbox"/> General use |

Donor / Co's Name : _____ Mailing No. : _____

Address : _____ Phone No. : _____

Donation Method :

- Crossed cheque (Payable to "St. James' Settlement")
Bank : _____ Cheque No. : _____
- By Credit Card (VISA MASTER)
Card No : _____ Expiry Date : _____ (MM/YY)
Card Holder's Name : _____ Signature : _____
- Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):
HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

*Please check off your method of payment.

*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip.

Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for **tax deduction** use. Thank You for your support.

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善心的人，必得上主喜悅。

The kind at heart is sure to win the favour of the Lord.