

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
St. James' Settlement



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



社工的話  
Social Worker's Remark

## 關懷年青病殘者

為貧苦無助及病弱者，不斷開拓貼合他們需要的「慈惠服務」，是我們竭力的工作。

患上長期疾患，如呼吸系統疾病，須要每刻鐘戴上氧氣機助呼吸，呼呼地喘氣，正如一位患者說：「確是有「痛苦纏身操不去」的苦楚。」對當事人來說，他們不能工作是肯定的事實。那麼，若他們只是依賴薪金以維生計時，會又是有怎樣為生呢？

若因疾患、工業或意外時，導致長期臥床需長期開動氣墊床，以防肉瘡的出現時；或要使用電動輪椅以助行動，在頓失工作的收入，而出現經濟困頓時，他們會又是怎樣生活呢？

事實上，對一些使用醫療器材以維持生活質素，領取綜援為生的無依弱者而言，雖然有著兩電的老人電費優惠，但優惠並非作出無限優惠，只是止於某一用電度數；病弱老人於扣除每月使用呼吸機的電費優惠後，平均也要約\$600多元，由於社署的綜援金中，並沒有電費的資助下，他們要保持生命，定要抽用微薄的\$2,000多元的食用開支，於要應付鉅額電費支外，他們或可能更要遵照醫生的指示，飲用營養奶等！

當然，他們是有著傷殘津貼金的，但因傷殘而衍生的支出，如需支出的長期的覆診費、藥費、購買特別營養食品或紙尿片、添購復康用品時，他們的情況根本是捉襟肘見，實在不能有餘力改善困頓無助的「無望」生活！

在我們處理「電費助貧弱」計劃中，發現除年老病弱長者有逼切性的電費資助外，更不斷接收到一些年青個案的申請；正如本年三月的報告中，我們資助15歲勝仔部份的電費支出(因為他須要長期依賴氧氣機及睡眠窒息機助呼吸)，而共須要付\$700的電費；於再減去勝仔每月將近\$2,000的營養奶粉、屋租、水、煤及其餘的電費支出，全家三人只餘下\$3,000的綜援金，作其他開支(包括食用、勝仔的診費及來往醫院的交通費、其哥哥的學校雜費、早午膳費等等)；為能可略減非老人個案家庭的財赤，我們亦靜悄悄地將「電費助貧弱」計劃，擴至資助年青病殘個案，藉以為他們作出些微的改善生活行動。故我們同時亦將「電費助貧弱」計劃之英文名稱改為“Power Subsidy - Ailing & Handicapped”。企盼善長們繼續支出，作出扶助。感禱萬分。

## Care for the sick and disabled young

We endeavour to expand ceaselessly philanthropic services most suited to the needs of the destitute helpless and the sick and weak people in our society.

Those who suffer chronic respiratory disorders have to wear an oxygen breathing device, panting with every breath they take. Some have to use an electric wheelchair to assist their movements. If they become unemployed due to some unforeseeable circumstances, how are they going to survive with the onset of a financial strait?

As a matter of fact, some sick, weak elderly recipients of the government's CCSA need to use therapeutic devices to maintain their quality of living. Though they are entitled to special electricity discounts, there is a limit to the rate of consumption. Their monthly bill usually comes up to over \$600 after the deduction of discount. Since they do not receive any electricity subsidy, they have to settle that bill from their food money of about \$2,000 in order to survive. They may have to drink nutritious milk products according to doctors' instructions in addition to paying a large bill.

Doubtlessly, they receive a special allowance for their disability. They still struggle to make their ends meet because they have to spend money on regular follow-up consultations, medications, purchases of special nutritious food items, paper napkins and additional purchases of rehabilitation devices. They are definitely not in a position to improving their existing plight.

When we process applications for "Power Subsidy Plan for the weak and destitute", we find that not only the sick, weak elderly have an urgent need for power subsidy. We keep receiving applications from younger people. In our March report, we subsidized a portion of Sing Tsai's electricity bill. He is 15 years old and has to depend on an oxygen device that helps him breathe in sleep. His bill came to \$700. On top of that, after deducting \$2,000 for milk powder, rent, water, gas and electricity, his family of three was left with \$3,000. This amount was used to pay for their food, Shing Tsai's consultation fees, his transportation to and from hospital, his elder brother's miscellaneous charges by school as well as his breakfast and lunch. In order to ease the deficit of non-elderly families, we extend our plan to include the young but sick and disabled ones. Our aim is to improve the quality of their living, albeit small. That is why we re-name the plan as "Power Subsidy - Ailing & Handicapped". We pray that kind donors of our society will continue to donate to help.

# 「家居維修服務」及「電器贈長者」 3/10 個案統計 HMS & EAE 3/10 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	4	6
社會福利署	Social Welfare Department	9	8
非政府機構	Non-government Organization	70	77
其他政府部門	Other Government Department	4	0
個案總數	Total	87	91
<b>個案數目統計</b>	<b>Cases Statistics</b>		
3月份新個案	New cases in March	87	91
2月份尚未完成的個案	Cases carrying-over from February	27	90
3月份共需處理個案	Total cases to be handled in March	114	181
3月份完結之個案	Cases settled in March	90	78
帶往4月份之個案	Cases carrying-over to April	24	103
<b>完結之個案情況</b>	<b>Status of Cases Settled</b>		
綜援個案	CSSA cases	75	71
非綜援個案	Non-CSSA cases	15	7
已完結之個案	Cases settled	90	78

## 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.)	164	收音機/錄音機	Radio / Recorder	2
電力供應系統維修	Electricity systems	70	電飯煲	Rice cooker	7
木工維修	Wood-work	24	電視機	Television set	16
來去水系統維修	Piping & drainage systems	28	雪櫃	Refrigerator	7
家庭電器維修/安裝	Electrical appliances	52	電水壺/電水煲	Electric water boiler/pot	9
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.)	42	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	5	洗衣機	Washing machine	7
檢查電力裝置	Check electricity system safety	48	電話	Telephone	5
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	電磁爐	Induction cooker	7
			暖風機	Heater	7
總數	Total	435	總數	Total	74



我們需要你的捐助  
We Need Your Donation

## 潮濕電視易引火警 盼助貧老以解孤寂

「一開電視機『㗎』的一聲，嚇到我心都離開，畫面黑晒，又沒有聲音，我當時都唔知點算好，即刻關閉電視機，都現在我都不敢開電視睇。」居住於深水埗公屋的李伯伯望著已用了超過10年的電視機無奈地說。

陰雨連綿的梅雨季節，天氣持續潮濕。在這段期間，聖雅各福群會收到不少地區社工的轉介，不少獨居長者家中的電視機因此而損壞，有的會突然之間『㗎』的一聲，然後畫面黑了；有的會發出『沙沙』的怪聲及傳出異味，好像漏電一樣，十分危險；有的會在開機後，有『雪花』的情況出現，要等半小時後才能變得清晰。

根據機電工程署資料顯示，放置家庭電器的房間，環境相對濕度一般應為40至60%為宜，因為濕度過高容易導致家電金屬元件和電路的腐蝕。因此，在這種『回南天』的天氣，電視機的表面和內部零件比較容易附著水氣，圖像和聲音的質量都會受到不同程度的影響。特別是對於使用三年以上、機內積存較多灰塵的電視機，會因為在潮濕天氣下，受潮的塵埃會經機身的散熱罅隙進入電視機內部，濕塵成為導電體，有可能導致短路及著火。

「自從這次經歷後，我都不敢再開電視，我怕會發生火警。現在生活苦悶都沒有辦法啦！我又沒有餘錢更換另一部電視機，現在唯有去公園坐坐，以打發時間。」喜歡欣賞電視劇集以消磨時間的李伯伯續說。

為避免貧困長者因使用殘舊電視機而有火警的危險，聖雅各福群會現正為輪候更換殘破電視機的10名貧者呼籲，懇請大家捐出\$900元購買一台新電視機作出轉送，以解救獨居貧老家居火警的危險，又可以為他們帶來免費電視娛樂的機會，以紓解生活的寂寞。該會將於4月24日(星期六全日)於香港灣仔石水渠街85號一字樓舉行「電視機募捐日」，於此潮濕的季節下，期盼大家支持。網址：[www.thevoice.org.hk](http://www.thevoice.org.hk)。施善熱線：2835 4321 或8107 8324。



## Heat from TV sets dissipating too slowly in humid days induces fire Poor elderly awaiting your help to get out of the hazard

“As soon as the TV was turned on, a loud ‘bang’ was heard, which was a huge shock, and what was left was a dark screen with no sound. I didn’t know what to do at that point. I immediately turned off the TV, and I do not dare to turn it back on again.” said Mr. Lee who lives alone in Sham Shui Po at a public housing estate and has spent more than ten frustrating years with her TV.

During the rainy season with high humidity, St. James receives referrals from social workers in many areas. Many elderly persons who live alone may have their televisions damaged by the weather. Out of nowhere, some TV sets would set off a loud “bang” sound, and then the screen goes black. Some will only emit white noise with no pictures, and some may even emit a foul smell due to short-circuit, which can be potentially deadly. Sometimes, other sets may just have a snowy picture with no reception. It may take up to half an hour before the picture is returned to normal.

According to the Electrical and Mechanical Services Department, data show that household appliances should be placed in a room with relative humidity between 40 to 60%, as high humidity may easily lead to household appliances damage due to the corrosion of metal components and circuits. Thus, in this kind of spring-like weather, the TV’s surface and interior parts more susceptible to condensation. The image and sound quality will be affected to various degrees. Especially with units that are more than three years old, more dust is accumulated inside the television sets. With the addition of the humid weather, damp dust can creep inside the TV set through the ventilation gaps on the TV. Since the wet dust can be conductive, it may lead to short-circuit and become a potential fire hazard.

“Since this experience, I do not dare to turn on the TV. I am afraid of starting a fire. With no TV, life can sometimes be miserable! I have no money left to replace it with another TV. So, I now only sit in the park in order to pass the time,” said Mr. Lee as she liked to watch TV series in order to spend the time.

In order to avoid the use of old TV sets for the elderly, and to reduce the risk of fire, St. James Settlement is now making a public appeal to replace ten television sets. We urge everyone to donate \$ 900 to buy new TV sets for the elderly who live alone at home. Not only does this help reduce the risk of fire, it will also provide them with a free television set and make it easier for them to pass the time. This “Television Collection Day” event will be held on 24th April (Saturday all day) at 85 Stone Nullah Lane, First Floor, Wanchai, Hong Kong. During this humid season, hoping for your support. We can be contacted on our web site at: [www.thevoice.org.hk](http://www.thevoice.org.hk). Or by the Donation Hotline: 2835 4321 or 8107 8324.

「現在我可以開電視，睇電視劇集啦！」李伯伯開開心心地說。  
“Now I can turn on the TV and watch the dramas” Grandpa Lee said happily.



## 令冼伯伯開心 過日子的事

「退休無聊，又沒有嗜好，行動又唔方便，唯一愛好就只有睇電視。」65歲獨居的冼超老先生說。「但最近陪伴我的老爺電視機竟然無聲出、無影像，壞了！」滿面悶容的他，似乎對打時間有不知所措的煩惱。

「當無電視機的日子，我只有站在騎樓梯街景或坐在商場納悶。」冼伯伯回憶壞電視機的日子說。冼伯伯自老伴10年前因病逝世後，便一直居於柴灣一公共屋邨的一個單位，依靠綜援金過活。

「本來想買回一部新電視機，但我問過電器舖，佢哋話起碼要二千元一部，你話喇，我點有能力買呢！」冼伯伯再憶述嘗試購買電視機，欲回復「看電視的日子」。

月前剛巧有一熱心市民遷居，送予聖雅各福群會「電器贈長者」計劃一部剛用了二年的電視機；本會的工作人員立刻安排一位義工替冼伯伯安裝及調校頻道，冼伯伯即時展現多時「悶得發慌」的面容笑道：「多謝善長送給我這部新簇簇的電視機，畫面又清晰，外形又漂亮。」

正如兒童故事的結果一樣，自此冼伯伯每日都很開心地看電視，開開心心地過日子。



## Happy Mr. Sin receiving a donated TV

"It's so boring after retirement. I have no hobby and I'm physically unfit to go anywhere. My only leisure is watching TV," said 65-year old Mr. Sin Chiu, who lives alone. "But recently my old TV – my companion – broke down: no sound and no screen." Desperately bored, Mr. Sin looks troubled about how to spend his time.

"Without a TV, I could only stand by the balcony and look at the streets, or sit idly in a shopping mall," recalls Mr. Sin, missing the days when he had his TV. Since his wife passed away 10 years old, he has been living in a public housing unit in Chai Wan, living on social security assistance.

"I thought about buying a new TV once, but the shops told me it would cost at least \$2,000. You see, how can I afford it?" Mr. Sin told about his attempt to buy a TV so as to resume his "TV-watching days".

A month ago, a kind-hearted citizen donated a 2-year old TV to St. James' Settlement through its Electrical Appliance for the Elderly Scheme when he moved his home. Our staff immediately arranged a volunteer to install the TV for Mr. Sin. Happy and eager, Mr. Sin said: "I wish to thank the donor for giving me this like-new TV; the image is clear and its outlook is also pretty."

Just like the happy ending of a children's story, Mr. Sin lives happily ever after, watching TV every day.

收到義工轉送來的電視機，伯伯顯得非常高興。  
Happy Mr. Sin receiving a donated TV through a volunteer.



我們的服務  
Our Service

## 配合世界腎臟日 聖雅各推「補血針」 資助

患上腎病，人體內的兩個腎臟便會受損，不能清除體內廢物及多餘水份，便會演變成腎衰竭，患者會漸漸要面對死亡的來臨；本港每年有逾千宗與腎病有關的死亡個案，於步向死亡的到臨，患者或需要注射「補血針」，方可有抖擻的精神面對辭世前的生活；唯基層病者焉有能力，可自購「補血針」以維持在世時的生活質素。

患上末期腎病，於垂危之際，病者的精神是完全萎靡不振，體力不再，亟需別人照顧，是等令其家人悲傷，感到乏力為病者分憂。而事實上，由於病者體內血紅蛋白含量不足，當局是會為病者注射紅細胞生成素針劑(EPO)，即俗稱的「補血針」；唯當局對血紅蛋白含量(Hgb)10至12g/dL腎病病人並不會資助針劑注射。病者若要精神可稍為振作，是可在醫生的診斷下，處方自費購買「補血針」注射的。

聖雅各福群會的「惠澤社區藥房」推出的「補血實愛心計劃」，乃為有經濟困難而要應付自費購買「補血針」的腎病患者，經社工的轉介，而作出資助；該會希望透過此「補血針」援助的「補血」行動，助受惠腎病者在人生末段可振作精神，不致被病魔蹂躪至死，亦減輕家人的傷痛。

所有需「補血針」的重病人，必須持有公立醫院醫生處方的自費「補血針」證明，除65歲以上長者，可免去入息審核外，年65歲以下申請者，均須接受入息審核；符合資格者可用低於公立醫院價錢購買「惠澤社區藥房」現有的「補血針」；有需要的病者可進入[www.healthbank.sjs.org.hk](http://www.healthbank.sjs.org.hk)瀏覽有關詳情，並透過地區福利機構的社工轉介，或攜同病歷證明文件、身分證、居所證明、醫生自費購買「補血針」的處方等，電約「惠澤社區藥房」之社工預約時間申請。預約電話：2835-4320。

## EPO injection subsidy - a SJS response to World Kidney Day

Kidney patients fail to excrete body wastes and surplus water within their body due to their damaged kidney(s) resulting in renal failure and they have to face a slow death process. They may need to receive EPO injection to lift their spirit and energy. However, the grass root echelon does not have the means to purchase their own medication to maintain their quality of life while still alive.

However, The Hospital Authority will not administer free injection to terminal stage renal patients whose haemoglobin level (Hgb) is under 10-12 g/dL but recommend them to purchase their own medication.

The Philanthropic Community Pharmacy of SJS is launching the "Precious Blood Precious Love" program to subsidize patients with financial difficulties to buy their own medication through social worker referral.

Those qualified for self purchase EPO subsidy must present a valid prescription issued by any Hospital Authority or its affiliated clinics. Patients 65 or above are automatically eligible, but those under 65 years old shall pass a means test before qualifying for the purchase of current EPO supply at lower than HA pricing. Plan details can be found in [www.healthbank.sjs.org.hk](http://www.healthbank.sjs.org.hk). Referral document by district social worker is required together with document on their case history, HKID, residential address verification and HA prescription sheet for the purchase etc. Appointment is needed to finalize the application process and can be made with our social workers at 28354320.





## 令婆婆脫口而出的事

## Exclamation from an old lady

「活到80歲，我已無所求。」獨居的李靜文婆婆說。「我只希望日間，家中有點聲氣，可以有電視節目看。」

李靜文婆婆二十多年前為酒樓洗碟工人，與丈夫兩人居住深水埗區的白田下邨；約十多年前後因丈夫患上癌症，被迫退休，回家照顧老伴。愛夫心切的她，花盡有限積蓄為夫治病，生活變為一貧如洗；丈夫死後，因無生養，並無親友可依，被迫領取綜援為生。

「以前住在七樓，因為患有高血壓及關節炎，上落樓梯好辛苦，容易頭暈、腳又痛、又無力，買餸又難，出外參加老人中心活動又難，那時生活真是苦不堪言。」李靜文婆婆憶述說。「你知啦，我鍾意熱鬧，又鍾意交朋友。」

於白田下邨重建時，李靜文婆婆因患有關節毛病，感若遷往同區的白田邨的新大廈，會遠離老人中心，而不能與中心的好友會面，故選取現址白田舊邨二樓的一個單位。「上落容易，又可以做運動，又近老人中心，關節也可應付；又近巴士站，出外又容易。」李靜文婆婆說。

「但最近的二手電視壞了，又無聲又無影，令家中變成寂靜無聲，生活苦悶，唯有企在露台睇巴士、同理睇街啦！」

「你知啦，我睇電視可以知道社會訊息，又可以睇電視劇集。」李靜文婆婆指著失去功能的老爺電視機無奈地說。

經工作人員檢查，因缺乏零件，証實已無法修理，李靜文婆婆知悉聖雅各福群會可送予她一台電視機後，她脫口而出，高興地說：「多謝善長關懷。」

"I am 80 years old and have no desire, except some noise at home and TV to watch," said the living alone Lee Ching Man.

"This old lady Lee was a dish-washer in restaurant and lived with her husband in Lower Pak Tin Estate in Shum Shui Po. About ten years ago her husband had cancer and was forced to retire. She then stayed home looking after him and spent their meager saving for his medical treatment. When the husband died, being without children or relatives, she had to live off CSSA.

"I lived on the seventh floor before. As I have high blood pressure and arthritis, easily getting dizzy and sore legs, it was tough for me climbing up and down, going out to elderly centre and shopping," recalled the old lady. "You know, I love company and meeting friends."

As Lower Pak Tin Estate undergoes reconstruction, she chose moving to her present second floor unit in the old Pak Tin Estate instead of a new unit in new Pak Tin Estate that would inconvenience her going to the elderly centre meeting her friends. "Going up and down is easier here and I can treat it as exercising at the same time. It is closer to the elderly centre and the bus stops. My arthritis can still cope without too much problem," said the old lady.

"Recently my second hand TV set broke down. It was boring staying home without noise and life is boring. I could merely stand in the balcony and watched the buses or go out for a walk in the street.

"You know, watching TV keeps me update on current news and also chance to watch TV serials," said Lee pointing to her old and defunct TV set.

After checking by the technician, she was told that her set was beyond repair as its spare parts were no longer available. However, when she was told by SJS that she is to receive from them a free set, she was overjoyed and exclaimed, "Thanks caring of the benevolent people."



李婆婆無奈地看著失去功能的電視機。

Old lady Lee looked helplessly at her defunct TV set.



## 「希望再唔使入醫院」

「我每天都有食藥，點知又要經常入醫院，醫生話我用藥不當。」郭帶好婆婆說：「我已70幾歲，唔通要我病到死為止。」

「我都知年紀漸大，病痛愈多，很多時都會藥不離身。但我在服食藥物時，會遇上疑問，特別在服用藥效相似的藥物，或重複使用藥物時，都沒有人問，那就要依經驗處理啦。」獨居的她，似乎是「問藥無人」，很無奈地說。

獨居的郭婆婆患有高血壓，因不認識藥物對其病情的重要性，很多時都沒有遵照醫生指示服藥。每次覆診時，醫生以為藥力不夠，再給予她多一種降血壓藥，可是她仍不服食藥物；後來再覆診時，醫生見她的血壓控制未如理想，又另給予她藥物。直至某天，郭婆婆感覺有血壓高徵狀，於是一次過把醫生處方過的降血壓藥物服食，結果引致血壓過低，需要按平安鐘立即將她送院急救。

「我對所服食的藥物欠缺認識，又怕副作用而自行減藥，甚至停服，結果要入院修理。」拿著其所服食的藥物與本會「病患者藥療輔導服務」計劃的義工藥劑師說：「在醫院取藥時，有疑問又唔知怎樣問，工作人員又沒有足夠時間，向我詳細解釋藥物的使用，加上我對所服用的藥物只有一知半解的認識，結果未能適當地使用藥物，弄到耽誤病情，最後需要入院。」

「見咗藥劑師後，我會將寫下的要點於每次服藥時遵照指示行事，希望以後都唔會亂做。」一句一語將藥劑師的話記下來的郭婆婆釋懷地說：「藥劑師很有耐性地教我認識每一種藥物的療效，提高我治療疾病的成效，幫助我服藥的依從性，增加我掌握對控制疾病及有關服藥的問題。」

「如果我早點知道這服務，就唔使咁受苦，又唔使要入醫院。」郭婆婆執著義工的手致謝時說：「多謝指正，希望以後再唔使入醫院。」



## “Hopeful I would not have to go back into hospital”

“I take pills everyday. However, why do always go to hospital. Doctor said medicine might be taken wrongly or improperly.” Grandma Kwok said, “I’m already 70 years old, do I have to be sick until I die.”

“I know getting older, I have a lot of illness. All the time I have to take pills with me everywhere. However, I doubt when I take medicine, especially the function of medicine are similar or take duplicate medicine. Nobody can help me to tell the different between them. Therefore, it depends on my past experience.” She lives alone and said unhappily.

Grandma Kwok has high blood pressure, she does not know the importance of those pills. She does not take pills on time. When she has follow up visit, doctor thinks the efficient of medicine is not enough, then gives her another blood pressure medicine. however, she does not take medicine again. Another follow up visit, doctor sees her blood pressure control is not satisfied, and gives her medicine again. Until one day, she feels she has symptom of high blood pressure, she takes all medicine that doctor gave her before. This cause low blood pressure, need to press PE Link and send her to hospital.

“I do not equipped with adequate medicine knowledge, and afraid the side effect of the medicine. So I stop to take those medicines. As a result, I need to entry hospital.” She holds her pills and said to our “Pharmaceutical Care Service for Patients Project” volunteered pharmacist, “When I take pills in hospital, I have questions want to ask. However, I don’t know how to ask. And nurses don’t have enough time to explain the usage of medicine. Moreover, I don’t have adequate medicine knowledge, it causes defer in proper medication and get sicker and sicker. Finally, I have to go back to hospital”

“After I meet pharmacist, I will jot down notes that need to comply when I take pills.” Pharmacist has patience to teach me the function of pills, it helps me to cure diseases more efficiently.”

“If I know this service early, I need not go to hospital anymore.” She holds volunteer’s hand said, “Thank you, I hope I would not have to go back into hospital.”

「要有服食藥的知識，方可避免誤服藥物，而要入院。」

“In order to avoid taking drugs improperly and go back into hospital again, adequate medicine knowledge is necessary.”



## 虛弱病殘之際

「如果我没有聖雅各福群會的交通費資助，相信每次化療後回家，身體正極度疲倦及虛弱之際，若仍然乘搭公共交通工具回家，不但我没有休息的機會，還會容易感染病菌；以前就因為無資助，就要搭四程車回家，結果身體受到感染，而病倒了數天，真是病上加病。」Kitty(化名)說。

「在家時，所有物品都經消毒過，自然是安全，而外面病菌多，我這樣虛弱，現在H1N1甲型流感流行，我真係好怕感染上。」Kitty無奈地說。

Kitty於攻讀大學一年級之際，發現患上皮膚癌，為了治療此惡疾，住在大埔區之Kitty，唯有休學往港島區之瑪麗醫院治病；身體日漸衰弱的她，於沒有資助前，每次來回醫院都是身體痛苦與驚恐感染疾病的折騰。

Kitty的父親至今已失業大半年，媽媽月前已辭職回家照料她，而其妹妹也正值於大學求學中，故全家並無收入，只賴多年的積蓄過活，由於治療費用不菲，Kitty實在乏力支付每次來回乘搭要花上超過\$400的士費。

「得到資助後，每次化療後我可以舒舒服服地坐車回家，那時見到陽光就頭昏腦脹，舉步維艱，更會有嘔吐的現象，幸得媽媽在旁照料，現在問題當然少了。」Kitty感激地說。「當然，自從乘搭的士來回後，我也再沒有感染病菌而染病了。」

「診病交通費支援計劃」就是旨為減去病患者因往返醫院診病乘搭的士，而衍生的經濟重壓，致影響到家庭的開支，在善長的捐款支持下而推行；可惜因礙於資源有限，故每名合乎資助的個案每次以實報實銷的方法，只可資助來回的士費用的60至80%；為能助殘病弱者往返醫院與家居診病的交通費，盼請大家伸援手，以減他們之苦。施善查詢，電話：2835-4321或8107-8324。



## What the sick badly need when they are weak...

"Thanks God St. James Settlement is offering travel subsidy, otherwise I have to take public transport to go home after chemotherapy. It's not only that I can't take rest when commuting, during therapy I am weak, easily get tired and I can easily get infected. Earlier I haven't got any subsidy, so I had no choice but to change routes for 4 times every time to get back home. Then I got sick for several days! I guess this is what people called, misfortunes never come singly." This is a personal account of a young cancer patient, alias Kitty.

"Of course it is far safer at home than in the public places. Everything at home is carefully sanitized, and now the Swine flu is haunting the world outside. Currently my immune response is weak, I'm really afraid of getting sick again," said Kitty.

Kitty was a freshman in the university at the time she was diagnosed the skin cancer and now she is granted a deferment of studies. She lives in Taipo, but she is receiving therapy at Queen Mary Hospital on Hong Kong side. Her physical condition is recently getting worse. Without travel subsidy, it could be out of anyone's imagination how stressful it is to Kitty if she were to take long trips back and forth to the hospital for treatment instead.

The financial condition for Kitty's family is far from bright either. Her father has been out of work for more than 6 months, her mother quitted her job a while ago to take care of her and her only sister is now studying in the university. Having no income at all, they are currently subsisting on their previous savings. Given the expensive medical treatment, it is not possible for Kitty's family to bear the over-\$400-taxi-fare every time she receives treatment.

"I could still remember the terrible headache I had earlier, every step for me was unimaginably difficult and sometimes I even felt like vomiting. Fortunately every time I had Mom by my side. Thanks to the subsidy, I can now take direct route from the hospital back home after therapy. It is far better." She continued, "At least I don't have to expose myself to the during the taxi travel, and I have not got sick since then."

The aim of 'Patients Travel Subsidy Plan' is to reduce the financial burden as well as stress and hassles for the sick caused by the commutation to and from hospital during therapy, and the plan is financed solely by donations we received. However we have received only a limited amount of donations, so we can only offer every qualified client a 60 – 80% reimbursement at the moment. You can definitely make their lives less miserable by helping to make their trips to therapies easier. We need your support and we look forward to receiving your calls at 2835-4321 and 8107-8324.





善長服務

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一零年三月份  
MAR 2010  
**慈惠**月報  
The Philanthropy Monthly

## 答謝善長的支持 歡迎免費參加「專科專藥 糖尿病教育小組」

據有關資料顯示，現時香港情況，就有已超過七十萬港人患上糖尿病，即每十個人當中至少便有一人是病患者，數目亦有持續上升的趨勢。其主要原因是跟港人的不良飲食習慣、肥胖及缺乏運動有莫大關係。若沒有接受適當的治理，長期血糖過高，可引致心臟：下列器官會出現嚴重問題，包括心臟：冠狀動脈堵塞，心絞痛，甚或死亡、腦部：腦血管堵塞，中風、腳部：下肢血管堵塞，神經線衰褪，皮膚潰瘍，嚴重者需要接受截肢手術，切除患病的肢體、眼睛：白內障，青光眼，視網膜脫落，眼底出血引致失明、腎臟：蛋白尿，水腫，腎衰竭，最終可能需要洗腎治療等問題。

要避免以上併發症的出現，如傷殘或死亡的惡果，以能可與糖尿病共存，令患者健康地衰老而不受併發症影響呢？患者必須嚴守飲食、生活、運動及作息有序外，更要遵醫生的處方服食藥物，惟患者掌握當中的正確竅門有幾多呢？

聖雅各福群會的「健康寶庫」(Health Bank)為答謝善長的支持，特為大家設「專科專藥糖尿病教育小組」，只要你是我們的「慈惠月報」讀者全均歡迎免費參加；在只重課程質素，講者注重大家的互動及學習下，此為期兩課的小組，只收20名學員。大家參加課程前後必須接受血糖測試，以及回家依指示實踐課程的要求。

此課程乃由藥劑師主講，除深入全盤討論大家用藥的各種知識及注意事項、監控血糖指數等，教導預防各種併發症與心臟、血壓、腦部、腎臟及視力轉變的關係外，亦由註冊中醫師講授飲食及養生，如湯水的宜忌、穴位自療法、運動及作息之道等。藉答謝大家對社會一群弱勢社群一向的關懷，我們歡迎善長免費參加將於4月17日及4月24日(星期六)、下午三時於本會香港灣仔石水渠街85號1樓101室舉行的「專科專藥糖尿病教育小組」。煩請盡速填上附件，擲寄回本會香港灣仔石水渠街85號一字樓105室、或可傳真2834-7300收，或電郵thevoice@sjs.org.hk報名，便可。查詢：2835 4321。

## Invitation to our “Diabetes Specific Medical Course” for your benevolent support

Relevant data showed over 700,000 Hong Kong citizens are diabetic, that is to say at least one in ten is suffering this illness and the trend is on the rise. Major causes are related to people's dietary habit, obesity and lack of proper exercise. If not treated properly, the long term high blood sugar level may cause problem to the following organs: the heart – coronary thrombosis, angina pectoris which could be fatal; the brain – brain stem infarct, stroke; the lower limbs – phlebothrombosis, nervous cells degradation, and skin ulcer which may require amputation in extreme cases; the eyes – cataract, glaucoma, retina detachment and internal bleeding causing sight loss; kidney – albuminuria, oedema, renal failure finally requiring dialysis treatment.

In order to avoid complication occurrence such as disability and fatality and be able to coexist with diabetes, the patients must have strict diet and life style control, exercise and work/rest in an orderly manner while heeding doctor's instruction on medication at the same time. But how much of these is being properly grasped by the patient is subject to questioning.

In order to show our gratitude for your benevolent support, The Health Bank of SJS is holding a “Diabetes Specific Medical Course” for regular “Philanthropy Monthly” readers free. The course is meant to be interactive and the number of intake for each session is limited 20 due to facility constraint. Course members are required to participate in a blood sugar level test and practice course requirements at home.

The course will be conducted by pharmacist(s) who will dwell in depth on medical knowledge, watch-outs, blood sugar monitor level etc. Measures to prevent complications giving rise to the heart, blood pressure, brain, kidney and sight etc. There will also be diet/health talks by traditional Chinese medical practitioners on tonic and acupuncture treatments, exercise and work/rest. These presentations are geared to express our thanks to your care for the disadvantaged in the community. You are welcome to our “Diabetes Specific Medical Course” in our office at Room 101, 85 Stone Nullah Lane, Wanchai, Hong Kong at 3:00 p.m., Saturdays, 17/4 and 24/4. Please complete the following form and send it back to us by mail to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong or fax to 2834-7300 or email to thevoice@sjs.org.hk. Inquiry: 2835 4321.

姓名 Name	號碼 (收件者姓名之左面號碼) No. (No. on the left of the recipient)	電話 Tel No.

名額有限，煩請盡速報名。 Limited number only due to facility constraint



## 不只送贈那麼簡單

「社會工作其中一個面對最大的難題，就是資源匱乏。許多時候，我在外展家庭探訪過程中，都會發現到一些隱蔽長者家徒四壁，除了電泡之外，差不多連電飯煲等基本家電也沒有，很難想像平時他是怎樣生活的。」從事長者外展工作接近七年的譚先生表示，儘管香港的老人福利愈趨全面，但仍有許多長者由於不懂得求助途徑，而處於基本生活線之下。

「我曾經探訪一個目不識丁80歲的長者，他只能單靠以前做地盤工作的積蓄來過活，每天的支出限制在15元以下。家中的電器全部破爛不堪，而使用了超過廿年的電飯煲即使已經生滿銹跡，但在經濟緊絀下，根本沒辦法作出更換。」譚先生繼續說：「我曾經問及他為甚麼不申請綜援，他竟然回答說從來沒有人主動向他提出協助，自己根本不知如何才能獲得這些資助。更遑論其他電器之支援呢。伯伯每天只對著四面牆吃飯睡覺，天天如是，長久之下自然已成為隱蔽長者。」

透過聖雅各福群會「電器贈長者」計劃，譚先生協助伯伯申請並成功獲批洗衣機、電視、電飯煲及電水壺四樣電器，使伯伯的生活質素立即得到改善。「現今伯伯不再像以往一樣經常愁眉苦臉對著別人了，他開始懂得長者生活的基本權利，從電視的資訊節目中，知曉社會的發展，了解社會上的現況，並逐步投入社區的活動中。」

譚先生代表全港隱蔽長者再一次向善長們表達感激之情：「誰說電器只是附屬物品？依靠這些電器，可以徹底改變一個貧而無助長者之生活質素，感到社會的關懷，他們並未被社會遺棄；我衷心支持這項計劃能夠擴大推行，以使更多日益增加的獨居無依老人受惠。」

\*女青年會長者支援服務社工譚先生



有著電器可改善生活，確是貧老晚年之福。

The elderly is blessed in his late years with the appliances to improve his life.

## Not merely a gift

"One of the biggest problems for a social worker is the lack of resources. Often when I do outbound home visits, I notice some of the hidden and vulnerable elderly only have light bulbs in their units. They don't have any basic home appliances, not even a rice cooker. I can hardly imagine what their days are like." Mr. Tam, who has been engaging in outbound elderly works for nearly 7 years, commented that though social welfare for the elderly in Hong Kong is practically comprehensive, many elderly live below the basic living standard since they are ignorant of the means to assistance..

"I once visited an 80-year-old illiterate elderly. He lives on the savings he accumulated from previous site work. Fifteen dollars is the limit of his daily spending. All the home appliances in his unit are beyond repair. The rice cooker he had for over 20 years was rusty. He couldn't afford a new one with a tight budget." Mr Tam went on, "I asked him why he did not apply for the CCSA. He said no one had ever offered to help, and he had no idea how to get help of that kind, not to mention some support on home appliances. He ate and slept within four walls day after day. Gradually, he turned into a hidden and vulnerable elderly."

On that elderly's behalf, Mr. Tam succeeded in applying for four items with St. James' EAE Scheme: one washing machine, one TV set, one rice cooker and one electric water flask. They improve his living conditions instantly. "Now the elderly doesn't spend his days with a grim face any longer. He understands the basic rights of an elderly's life. He keeps up with the development of our society through TV information programs. He knows what goes on around him. And he participats in communal activities by and by."

Mr. Tam expresses gratitude to the kind donors on behalf of all the hidden and vulnerable elderly. "Who says the home appliances are only supplementary to one's life? Those appliances can absolutely enhance the living quality of a helpless, destitute elderly. He feels our society cares and that he is not forsaken. I sincerely support this Scheme and hope that it can be further promoted so that more, increasing lone and helpless elderly can benefit from it."

\*Mr. Tam, a social worker on Support Services to the elderly of YWCA



在完全沒有資助下，我們的「慈惠服務」是依賴社區人士的捐款支持，以下的「贈藥治病」計劃個案，乃透過經濟日報之生活區報呼籲，得到善長賜助三個月的藥費；惟個案的主診醫生認為，若只服食三個月而停藥，會引來抗藥性，令病情更惡化，建議個案須二年的服藥期，才可控制病情；經我們反響後，感謝善長的體諒與支持，慨賜尚欠的21個月藥費(即約\$30,681)，使可令他如願以償，得到康復的希望。

## 綜援金僅夠餬口 窮漢獲資藥費抗病魔

由中產階層頓然變成綜援戶，連生病都因負擔不起昂貴的藥物，引致病情惡化；經社福機構轉介，小實基金今趟資助一位經歷過戲劇人生的乙型肝炎病患者購買藥物，以控制病情。

62歲的甘慶強，數年前得知患上乙型肝炎，需要服食藥物控制病情，否則當肝酵素上升，便有轉化成為肝硬化或肝癌的風險；但由於他服用的乙型肝炎藥物甚昂貴，只賴以綜援為生根本負擔不起，唯有「拖得就拖」。

就在去年8至12月，短短4個月間，他的肝酵素因沒有服藥控制病情，終上升至不得不服藥的數值，基於經濟無法負擔，甘慶強只好說：「沒辦法了，要走(去世)始終都會走。」

### 居住問題亦傷腦筋

除藥物費用外，另一困擾甘慶強的，是妻子及兒子的居住問題。他的妻子及兒子正在內地申請來港，預計年初可來港定居，但現時他所居住的地方，根本容不下3人。雖然他正申請公屋，但由於妻子及兒子都不是香港居民，只能申請一人單位。

「妻子來港以後會找工作，但在這之前都要先安頓好他們二人；兒子又讀高中，要替他找中學，離家太遠的話，交通費又會較貴。至今連住在哪裏都不知道，我連安排都做不到。」

甘慶強現居於元朗一套房，每月只靠\$3,000多綜援金過活，當中\$2,000多用於繳付租金，餘下的千多元則花在水、電及膳食費用，金額僅夠餬口，莫說要有餘款購藥控制病情。除了乙型肝炎，他亦患有高血壓，需要長期服藥，為免太太擔心，他沒有向家人道出自己病情的嚴重性，一直只說：「到時先算。」

### 暫代支付3個月藥費

記者在家訪時，發現他的廚房原來只有一個電飯煲，日常3餐都是以即食麵或麵包充飢。雖然有社福機構給他送上電磁爐和熱水壺，但也極少使用，因為耗電量太高，他捨不得「奢侈」。

負責個案的聖雅各福群會指出，該會原打算半價資助其藥物費用，但甘慶強表示，自己連一半的藥費都負擔不來，得到半費資助都只會是浪費，倒不如讓款項轉贈給其他有需要的人。為此，小實基金暫為甘慶強支付3個月的藥費，希望他可以盡快服藥以控制病情。(部份內容已被刪減)

Without any institutional financial subsidy, our "Charitable Services" depends solely on community support and contribution. The following "Medication Subsidy Program" case was an appeal through Economic Daily and it has received money from benevolent people for three months' cost of medication. However, the doctor in charge has indicated that if the patient only takes medication for just three months, he will run the risk drug resistance, detrimental to his health and condition. Doctor's recommendation for control of the patient's condition was to take the drug with stop for two years. Upon our learning of the case involved, we approached the sponsor and they gladly provided fund for the remaining 21 months' medication (roughly \$30,681), to enable full recovery of the patient.

## CSSA just enough for keeps, poor guy received medical subsidy to fight deadly disease

A middle class suddenly became a CSSA recipient, incapable of paying his medical expenses, resulting in deterioration of his condition. Upon referral by social welfare institution, the Siu Bo fund financed a Hepatitis B patient to purchase the necessary drug for treatment.

62 years old Kam Hing Keung contracted hepatitis B some years ago and required medication to control his condition, lest his liver enzyme level would rise, run the risk of postnecrotic cirrhosis, even liver cancer. The drug to fight hepatitis B is very costly, Kam who lives on CSSA was basically could not afford that, so he just let it go.

In just 4 months' time, last August to December, in the absence of treatment, his liver enzyme rosed to a level making medication mandatory. As it was well beyond his financial means, Kam simply said, "As there is no way out, so I just wait for the inevitable."

### Housing is another issue

Something else besides medication also bothered Kam, housing for his wife and son. His wife and son has applied coming to settle in Hong Kong from the mainland, expected to be here early this year. His current living quarter simply cannot accommodate three grown-ups. Though he has applied for public housing, just a one man unit as his wife and son are not yet qualified Hong Kong citizens.

"My wife can find work after getting here, but they have to settle down first. My son is in high school and I have to find a school for him. If it is too far away, the cost of transportation would be high. Besides, I do not even know where they are going to stay."

Kam now lives in a suite in Yuen Long and spends HK\$ 2,000 for rent out of his HK\$ 3,000 plus CSSA. The remaining balance has to pay for his utilities and meals, just enough to feed him, nothing left for medical. He is also suffering from high blood pressure and requires medication long term. In order not to worry his wife he is hiding the severity of his condition from her. He keeps on saying, "Just wait and see."

The reporter on Kam's home visit has found there was only one rice cooker in the kitchen. His daily meals comprise of instant noodle or bread. Though the social welfare organization has sent him an electromagnetic stove and an electric thermos, he rarely uses them for fear of high power cost.

SJS being responsible for this case pointed out that their original plan was to subsidize just half of the medical expenses, but Kam indicated that he could not afford the other half. That 50% subsidy would just be a waste, so why not use the fund on other needed persons. Even so, the Siu Bo Fund will temporarily pay for 3 months of his medication and hope that he can quickly take it to treat his condition. (Abridged)



# 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
- |   |  |   |
|---|--|---|
| <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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祈慕潔、蔡珍妮  
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