

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
St. James' Settlement



一零年四月份 APR 2010

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



社工的話

Social Worker's Remark

患病，是人所不願。若疾患乃是長期疾病或癌症時，患者不但要應付每月的藥費，還可能因病而失去工作和穩定收入，更要長期應付不菲的「自費」藥物，最終肯定是貧病交迫。

統計處最新調查顯示，本港慢性病患者中，以高血壓患者比率最高，近90萬人；其次為糖尿病及膽固醇過高，各佔近33萬人。在本會Health Bank「扶病助弱計劃」及「惠澤社區藥房」([www.healthbank.sjs.org.hk](http://www.healthbank.sjs.org.hk))的服務對象中，除了需要肝炎藥、補血針及血癌藥的病人，尋求我們資助或經轉介而來購藥的貧困個案中，以需要以上慢性疾病藥物，即高血壓、糖尿病及膽固醇過高的患者居多。

有的病者因要應付高昂藥費，被迫帶病工作，或因體力不逮必須放棄全職而轉任兼職工作，以求半休息半工作地有些收入用以購買「自費」藥物。正如一位病人說：「有病自然身體差，要保住職位，更要勤奮工作，體力支出自然多。因為一旦被炒，便再無力購買藥物，到時命也保不住了。」

我們財力短缺，資助金額有限，而且對每位病人只限半年資助期。患者雖然得到我們的資助購買藥物，亦時常違背醫囑，減少每日服藥的次數和藥量，希望以這個節儉的方式「保住病情」。同時，大家相信也曾聽聞有病者因經濟拮据而要服食「二手藥」的情況。貧病者困境可見一般。

而患上頑疾並不僅是個人的問題，病者的家人也同樣要面對病魔帶來的苦境。作為一家之主的一個個案，因病失去工作能力，必須靠借貸維持一家四口的生活，僅能租住一個客廳安頓母親、妻子及兒子共四人。由於要自費購藥以穩定多種宿疾，剛滿一歲的兒子也只得每天食兩頓粥水，因而營養不良。他母親及妻子的艱苦，可想而知。

一個人貧病無助，乏力購買藥物治病，任由病魔蹂躪，時刻感受生命日子倒數的絕望，是無比的慘事。你有能力施善，可願向生活在水深火熱的貧病者伸出援手？

No one likes to be sick. If a person suffers from a chronic illness or cancer, he must not only pay for his monthly medicine, but he may also lose his job and his steady income, and must go on paying for expensive drugs out of his own pocket. Poverty and illness will be his future.

The latest survey by the government statistics office shows that high blood pressure is the most prevalent chronic disease in Hong Kong, afflicting close to 900,000 people. Diabetes and high cholesterol come next, each accounting for about 330,000 cases. Among the poverty-stricken patients served by SJS's Health Bank and Philanthropic Community Pharmacy ([www.healthbank.sjs.org.hk](http://www.healthbank.sjs.org.hk)), aside from cases requiring medication for hepatitis, anemia and leukemia, a large number of patients needing our assistance or referred to us to purchase drugs are sufferers of the chronic diseases of high blood pressure, diabetes and high cholesterol.

The need to pay for expensive drugs forces some patients to go on working, and others to take part-time instead of full-time jobs so as to earn some money to pay for self-financed medicine. As one patient put it, "Illness saps your energy. To keep your job, you have to work even harder, consequently expending even more energy. Because if you are fired you won't be able to afford your medicine at all, and that's the end of your life."

Being short of financial resources, we can only offer each patient limited subsidy for a period of six months only. While this enables the patients to purchase the drugs they need, they often disobey doctors' orders by cutting down the dosage and the number of doses taken every day, hoping to keep their condition under control by economizing. Our readers most likely have also heard of poverty-stricken patients taking "second-hand medicine." Such is life trapped by poverty and illness!

Illness is not just one person's problem; the patient's family must share the hardship. In the case of a sole bread earner of the family who is unable to go on working, he has had to take loans to support his family of four, renting a room to share with his mother, his wife and his son. Because he must pay for self-financed drugs to keep several chronic diseases at bay, his son who has just turned one has developed mal-nutrition from having only two meals of thin gruel everyday. One can imagine how hard life must be for his mother and his wife.

What greater misery can there be than to be so defenselessly trampled by disease, counting one's remaining days in despair? Will you, who have the means to help, extend a helping hand to these victims of poverty and illness?

## 絕路無助的 貧病者

### POOR, SICK AND HELPLESS

# 「家居維修服務」及「電器贈長者」 4/10 個案統計 HMS & EAE 4/10 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	2	4
社會福利署	Social Welfare Department	10	9
非政府機構	Non-government Organization	68	86
其他政府部門	Other Government Department	4	0
個案總數	Total	84	99
<b>個案數目統計</b>	<b>Cases Statistics</b>		
4月份新個案	New cases in April	84	99
3月份尚未完成的個案	Cases carrying-over from March	24	103
4月份共需處理個案	Total cases to be handled in April	108	202
4月份完結之個案	Cases settled in April	80	87
帶往5月份之個案	Cases carrying-over to May	28	115
<b>完結之個案情況</b>	<b>Status of Cases Settled</b>		
綜援個案	CSSA cases	67	82
非綜援個案	Non-CSSA cases	13	5
已完結之個案	Cases settled	80	87

## 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.)	146	風扇	Fan	6
電力供應系統維修	Electricity systems	62	電飯煲	Rice cooker	14
木工維修	Wood-work	21	電視機	Television set	16
來去水系統維修	Piping & drainage systems	25	雪櫃	Refrigerator	10
家庭電器維修/安裝	Electrical appliances	46	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.)	37	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	42	電話	Telephone	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	電磁爐	Induction cooker	2
總數	Total	384	總數	Total	84



我們需要你的捐助  
We Need Your Donation

## 捐電飯煲助貧老 以解煮食之困苦

「只需要一部簡單的電飯煲，能夠煮飯及蒸餸，我就心滿意足。」獨居於石硤尾邨一單位，依靠綜援維生的陳婆婆拿著那個滿佈污垢，內膽花裂的電飯煲無奈地說。

電飯煲已成為每個家庭的必須電器。可是，依靠綜援金維生的貧困老者，即使家中電飯煲殘破不堪，滿佈污垢，完全不符合安全及衛生的標準，他們仍然會繼續使用，不難想像，由焦黑的內膽煮出來的米飯及餸菜是有多麼衛生。可惜，對於一些每月只能依靠微薄綜援金維生的獨居長者來說，購買差不多二百元的電飯煲，是一個非常沉重負擔。

「煲底已經焦黑，有時煲出來的飯時生時焦，唯求三餐有著落，我也是無奈要吃下肚。」轉介社工得悉此情況後，希望能夠協助陳婆婆，故為她提供送飯服務，讓她能可進食合腸胃衛生的米飯及餸。可惜，陳婆婆轉轉頭說：「我不願意依賴福利機構的送飯服務，因為我尚有能能力，都希望自己可以出街買餸、同老友記談一談；然後，回家煮飯，不想日日只留待家中待人送飯，好似個癡人咁。」

只是一部性能良好及符合衛生標準的電食煲，就能改善無依貧老的生活，你願為聖雅各福群會之「電器贈長者」計劃，正在輪候電飯煲的10名貧老者伸出援手，捐款150元購買一部具備即能煮飯及蒸餸，乎合安全及性能良好的電飯煲，以解他們三餐之困苦嗎？盼請捐款支持，捐款支票，請書：聖雅各福群會，指定用作購買電飯煲之用，逕寄該會香港灣仔石水渠街85號105室收。網址：[www.thevoice.org.hk](http://www.thevoice.org.hk)。施善熱線8107-8324。



## Electric Rice Cooker for Poor Elderly

"I would be more than satisfied with just a simple electric cooker capable of cooking me a meal," said CSSA recipient Granny Chan living alone in a public housing unit in Shek Kip Mei.

"Electric rice cooker is almost a must in today's household. However it is not an affordable item to elderly on CSSA as its HK\$ 200 cost is well beyond their means. So they just have to live without one or use what is old and defective.

"The bottom of my cooker has been scorched and rice in it is sometimes only half cooked. But what else could I do except eating it reluctantly." The social worker after learning her situation wished to help her by trying to arrange delivery meals in order she might have a properly prepared meal. To his surprise, Chan turned it down and said, "I do not want to depend on welfare delivered meals as I am still capable. I want going out to the market, buy my own stuff and chat with friends before going home to cook my own meals. I do not want looking like an invalid and have to wait at home and depend on delivered meals."

Just a standard functional cooker will satisfy her need. Will you be willing to chip in for the "EAE" program of SJS to help? We currently have 10 such poor elderly in line. Each donation of HK\$ 150 will allow us to buy a good cooker to satisfy their need. Your donation by cheque earmarking 'for electric rice cooker' can be sent by mail to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Website: [www.thevoice.org.hk](http://www.thevoice.org.hk). Donation hotline: 8107-8324

「這個電飯煲我已經用了五、六年，飯煲底已經焦黑了。」陳婆婆拿著家中殘破不堪、滿佈污垢的電飯煲說。  
"This rice cooker has been with me for five, six years and it has been scorched," said Granny Chan while holding it in her hand.



受惠者言  
Client's Remark

## 貼心的關懷

對於身體強壯的成年人來說，飲一杯熱水是一件輕易而舉的事，但對於已80歲的馮婆婆來說，是一件既辛苦又艱巨的工作。「除非迫不得已，我都好少去廚房煲水，飲一杯熱水。」馮婆婆無奈地說。

在數月前，馮婆婆與84歲丈夫一齊居住於牛頭角下邨中其中一個單位，由於沒有子女的照顧，他們二人相依為命，互相照顧。可惜，隨著年齡愈來愈大，身體狀況就愈來愈差，馮婆婆患有心臟病，其丈夫早前更因中風而入醫。「沒有辦法，年紀大，機械壞，唯有定時覆診及服食藥物。」馮婆婆眼泛淚光望著臥在床上的丈夫地說。

「我之前食藥時會自己用大水煲煲水，然後倒進傳統式的保溫水壺。但有一次倒水入傳統式的保溫水壺時，一不小心，被熱水燙傷手部，而這保溫水壺更跌落我腳上，嘩！這一次真是好痛，手腳都腫了，自從這次後，我就怕了煲水。」為了解決煲水食藥問題，馮婆婆會去超級市場買蒸餾水，但只靠綜援維生的馮婆婆來說，買水並不是長遠的方法。

幸好，透過牛頭角下邨重建計劃，馮婆婆不但可以搬入牛頭角上邨，更讓地區機構接觸到馮婆婆，並把馮婆婆的個案轉介予聖雅各福群會「電器贈長者」計劃。本計劃了解馮婆婆的困難及需要後，立即贈由熱心公益的善長捐贈的電水壺一個給她，以解生活之困，感受人間有情。「這份禮物來得剛剛合時，我們以後都有熱水服藥。」馮婆婆笑著地說。



## A "House-warming" Present

Having a cup of hot water is for many healthy people as simple as a piece of cake, but for some elderly such as the 80-year-old Granny Fung could be a colossal task. "Only if it is truly necessary, I would not boil water myself or get myself hot water in the house," said Granny Fung, helplessness was written all over her face.

Granny Fung and her 84-year-old husband lived by themselves and they took care of each other when they were still living in the Lower Ngau Tau Kok Estate several months ago. However as they get old, they had problems taking care of themselves — Granny Fung had heart disease and earlier her husband had a stroke. "Being aged means there will be increasing problems with the body functions, then one has to go to the doctors and keep receiving treatment regularly." Granny Fung kept looking at her bed-bound husband in tears when she was telling her story.

"I used to take medication with water I boiled myself. Usually I would first boil water with a big kettle and then pour the boiled water into a vacuum flask to keep it hot. But in one incident I got scalded on my hand while I was pouring hot water into the flask and at this chaotic moment the flask fell onto my feet. It really hurt. Both my hand and feet were swollen, and I'm scared of boiling water since then." So they started buying packaged distilled water from supermarkets instead. Nevertheless, given the limited social assistance, their decision to quench thirst by distilled water is neither practical nor sustainable in the long run.

The demolition of the Lower Ngau Tau Kok Estate has brought Granny Fung's case to the attention of a local social organization. Now Granny Fung is assigned another housing unit in the Upper Ngau Tau Kok Estate and through referral from the local social organization she successfully filed an application to St. James Settlement under the 'Electrical appliances for the Elderly' Programme. After we carefully evaluated Granny Fung's situation and thanks to the generosity of our donors, she was granted an electric kettle right away. "This kettle arrives just in time, from now on we can take medication with hot water," said Granny Fung with a hearty smile on the face.

婆婆急不及待使用電熱水壺，飲一杯熱水

Granny couldn't wait to get herself a cup of hot water through the brand new electric kettle.



我們的服務  
Our Service

## 不一樣的 車頭相

留住美好的一刻，既可令自己及家人有個美好回憶，總好過在毫無片段下，令人只有思憶，最終只可惆悵而傷感。

能可拍攝得一張高水準的相片，將你的儀容樣貌留住下來，除可將之擺放在家中床頭或客廳，增添家庭和諧幸福感外，亦可送予子女讓留存於錢包內，此不但令人倍感親切與窩心，也盡顯天倫之樂。

事實上，能攝得一張既令自己窩心，又讓親人開心的相片，不但教人對你留下美好的一面，於你一旦遠離，也會憑相對你油然而留下難忘的甜美回憶；試問，人生若有親人對你如斯思念，夫復何言呢！

人必會死，倘能有一張令你感到滿意，能留作為後人紀念的相片，不但可令你安心釋懷之餘，也可減掉他們於你的喪禮時，忙於尋找合意的靈堂相片而費神，倒不如讓你可早作親手安排，來得更窩心與體貼嗎？能可有一張滿載你笑容的「終極彩照」在靈堂與眾親友道別，總勝過傳統黑白毫無表情的遺照作為「車頭相」，引到來的人傷感悲哀，此真是不一樣的喪禮，也確是一件令人難忘的事。

那麼，何不親參觀於本年5月13至15日在香港會議及展覽中心一號館舉行的「思源博覽」時，前往聖雅各福群會的「後顧無憂 規劃服務」的「愛心攝影隊」，以破傳統框框的觀念，又可運用他們提供的道具、衣服、飾物及漂亮佈幕，拍攝一張充滿歡笑及活力的彩色照片；每張不一樣的相片更備精美相框，只收拾圓。希望留下晚年倩影及預早規劃，欲用行動來破除傳統，也為家人留下歡笑的你，機不可失，請盡早培養美好狀態，擇日拍攝吧。查詢：2831-3230。

## A portrait to remember

Nice moments in life will bring back good memory to family member after one's departure.

A high quality portrait of you hanging in the bed room, sitting room shows family harmony and fortune. Besides if send for keep in wallets of your children may bring the family closer together.

In fact a portrait to your liking may be something for your family to remember and make them happy after your departure forms this world. Leaving something behind for remembrance is always better than nothing at all. Don't you?

In addition a handy photo of the deceased will save member of the bereaved family the trouble looking for an appropriate portrait for display at the funeral service. So why not pick one during your life time. A smiling face portrait will surely down play sadness at the funeral hall.

Hence, why not come and visit our SJS "Love & Care Photograph Service" booth of the Funeral Navigation Service at the Asia Senior Fair located at No. 1 Exhibition Hall, Hong Kong Exhibition and Convention Centre on May 13-15 2010 and pose for a photo of your choice by breaking away from tradition. We can provide the necessary tools, costumes, ornament and beautiful backdrops for a joyous and lively colorful photo. Each photo taken will be furnished with a nice frame for a modest cost of just \$10. This is a golden opportunity for those who wish to leave a good looking portrait behind, breaking away from tradition and planning early. So plan for it. Inquiry hotline: 2831-3230.



你願學黃霑一樣瀟灑地留下別人美好回憶？

Leave a nice memory behind like James Wong.



## 多謝善長給予的關懷 與支持

本會為社會無依貧乏人士提供的所有「慈惠服務」，眾所皆知，乃全賴善長捐款支持，俾可有財力應付服務的支出，以及義工的參與，以達完成助人的目標；唯有幾許善長及義工們知道受助者得著幫忙後的歡欣喜悅呢？

日前我們收到現正領取綜援年80歲的顧伯伯謝函，正好讓我們呈示給大家，藉此讓大家知曉你們施善後，為無依無靠者帶來窩心的關懷。

在這個「家居維修服務」的個案中，我們在收到社工的轉介後，了解到顧伯伯家中洗手盤的情況十分危險，除了造成他的生活不便外，亦危害他的生命安全。我們一向牢守著善長的施善指令，當即派出義工前往為顧伯伯修理搖搖欲墜的洗手盤，當天便即時為他解除威脅安危的家居陷阱。

此正是表現出全靠善長的捐助及義工們的支持，我們才能夠持續為獨居貧困長者提供“兩不”的維修服務——不收人工及不收材料費之餘，最終令受助人得到幫忙及解去生活上的困難。冀盼善長們繼續慨助我們的服務，使長者在孤苦及拮据的晚年生活中，能夠感受到社會對他們的關愛及支持，以下是受助人顧伯伯的親手撰寫的致謝信：

敬啟者：

本人顧鑫泉為東華三院老人中心的會員。前二年左右，廚房中洗菜盤去水漏水，承東華三院一位社工與聖雅各福群會聯絡，派出一位義工進行修理，在該位義工認真及高超的修理技術幫助修理後，至今完好並無漏水。

近日洗手間洗臉盤固定在牆壁的螺絲生鏽腐蝕，有跌落的危險，經東華三院介紹，聖雅各福群會再派出一位伍師傅前來替我維修。17/8/2009當天氣溫極高，伍師傅滿身大汗，從下午5:00至6:45，沒有休息，沒有怨言，比付錢修理的師傅的工作態度更為認真，全心全力為我服務，實在令我感動及感激。

聖雅各福群會以愛心集合義工，又跨區幫助有需要的長者，本人受惠之餘，深受感動，特來信表示感謝及讚揚，並頌萬事如意。

感謝人 顧鑫泉  
8月18日

## Thanks for your benevolent support

Our "Charitable Services" is widely known in the community. It relies solely on the generosity and support of you benevolent people and volunteer workers. However, how many of you are aware of the joy of our beneficiary upon receiving your support and help?

We received the other day a thank you letter from an 80 years old man Gu who lives on CSSA. We hope through his letter, you come to realize the gratitude of the helpless beneficiary on what your contribution have done for them.

In this "Elderly Home Maintenance Services" case, after referral by a social worker, we come to realize Gu's wash basin is in a very delicate position and inconvenience, so we sent out a volunteer worker to help fix his shaky basin and eliminated the hazard in his home the same date.

This is exactly what your contribution and the the work of volunteer workers have done to enable us keeping alive this "double no" service, that is no charge for the provision of material and labour in its course. Here below is the thank you letter written by old man Gu.

Dear Sir,

I am Gu Yum Chuen, a member of Tung Wah Hospital Elderly Centre. Two years ago my kitchen sink leaked, one of the hospital social worker contacted SJS and they sent out a volunteer technician to fix it. His skill was so good and there is no more trouble since then.

Recently, the anchor bolt of the wash basin in my washroom got so rusted and there was danger of the basin falling down. Through the hospital got in touch with SJS, they again sent a master technician Ng to help fixing it. That date, Aug 17 2009, was very hot and master Ng worked from 5:00-6:45 p.m, sweating all time without rest and complaint. The extend of his concentration and seriousness at work was even better than that of a paid technician and I am deeply moved by his whole hearted service attitude.

It is with care and love that SJS has congregated its group of volunteer workers, servicing elderly cross districts. Being one of their beneficiaries, I would like taking this opportunity to thank them heartily and wish them well and success in their future endeavour.

Gu Yum Chuen  
Aug 18 2009



## 梁婆婆的改變

## Ms Leung's change

「人老多病，真係睇醫生，多過睇電視。」非常擔憂自己健康的梁婆婆說。「身體長年都病，點有心情睇電視呢？」

"As I grow older, I see the doctor more often than I watch the TV," said Ms Leung, much worrying about her health. "I'm a chronic patient; therefore, I'm not in the mood to enjoy the TV programs."

梁婆婆拿著大大小小的藥包正等待與聖雅各福群會與香港醫院藥劑師學會合辦「病患者藥療輔導服務」之義務藥劑師會面時與在旁的公公婆婆說：「我有多種慢性病，每隔一兩小時便要食藥，真係食藥的次數多過食飯；而且因為要不停食藥，也不敢出外太久。」

Ms Leung, holding large and small packets of medications, was waiting for her turn of consultation with the volunteer pharmacist. The service, in the name of "Pharmaceutical Care Service for Patients' Project" is co-sponsored by St. James' Settlement and the HK Hospital Pharmacists' Association. "I suffer from a number of chronic illnesses. I have to take medications every hour or two. I take medications more often than I take my meals. And I dare not go out for too long since I take them with short intervals in between." Ms Leung told the elderly nearby while she was waiting.

「真係食藥食到煩，所以我稍覺身體好些時，自然就會停藥，同時也可出外走走消悶。」當藥劑師檢視她的藥物、與她傾談約半小時後，梁婆婆懊悔地說：「當我停服糖尿病藥後，竟出現血糖過高；而且還出現呼吸急促，頭暈等問題。那時，我真係好怕，以為多咗其它老人病，因為我是獨居老人，再多一兩重病時，邊個可照顧我呢？」

"Frequent medications-taking is troublesome. As soon as I feel better, I stop taking them. And I can go out to drive away the sense of boredom. "After the pharmacist examined her medications and talked to her for half an hour, Ms Leung said regretfully," my blood sugar rose after I stopped my diabetes drugs. I suffered a shortness of breath and dizziness. At that moment, I felt very scared. I thought I had contacted additional old age diseases. I live by myself; if I contact one or two additional illnesses, there's no one to look after me."

心中猶有餘悸的梁婆婆續說：「好彩，藥劑師哥哥告訴我，那是停藥後的問題；之前我因為不知道，便去睇街坊醫生，去醫呼吸及頭暈的毛病，結果當然多咗藥食啦。」

Ms Leung went on to say, "luckily, the pharmacist told me all those signs are a result of my stopping the medications. Not realizing the cause of those signs, I went to see the doctor near my home for cure of dizziness and the shortness of breath. Eventually, I ended up taking more medications."

「藥劑師哥哥睇晒我所有藥物後，除教我每一種藥的藥性與藥效，以及與每一種病的關係，還教我重新訂立及調整食藥的時間，一來令我知道食藥的重要性，消除服藥後不適的恐懼；更加令我不用每刻鐘都要寄掛食藥，因為有些藥可以一起在食飯前後、早上或睡前食便可，現在我出街找朋友飲茶都可以了。」梁婆婆帶著滿臉笑容與周遭的公公婆婆道別時說。

"After the pharmacist had examined all my medications, he explained to me the features and curing effects of each drug and its relationship to each illness. He also taught me to draft a new timetable for medications. That helps me to understand the importance of taking medications and it removes my fear of feeling unwell afterwards. I needn't be burdened with taking medications because I can group them into before or after meal, in the morning or before bed-time. Now I can even see my friends for yum cha (drinking tea)." Ms Leung thus remarked smilingly as she said good-bye to the elderly there.



不知如何服藥，是長者治病時的通病。

Ignorance of proper drug taking is common among elderly when seeking cure for illnesses.



受惠者言  
Client's Remark

## 助洗腎者踏出第一步

## Those who take the first step to help dialysis

「初初洗腎時，我根本不懂控制自己的身軀，結果大便不自覺地瀉了下來。」區女士尷尬及無奈地說道。

區女士，六十歲，居住於深水埗區，一直以來靠車衣工作維生渡過晚年的生活。可惜自去年初，她突然在街上抽搐、頭暈，經醫生診斷後，證實她患上了末期腎衰竭，身體狀況更開始不斷惡化，精神日漸萎靡不振；她因此而要被迫辭去工作，僅靠餘下的儲蓄維持生活。自從去年9月做完手術後，區女士每日早午晚均須要往醫院洗腎三次，令她虛弱的身體更見虛弱非常。

「我每日要用2000 毫升的洗腎水洗腎，辛苦之餘，以後每日、每年及永遠恐怕我也要這樣地洗腎，若長此每日如此疲勞轟炸地做，我的生活質素變成怎樣也不敢想像；如果有錢買洗腎用品，讓我在可家洗腎，那是最好了。」區女士愁苦地曾對社工說。

區女士本有三名子女，擁有美滿的家庭生活，可惜婚姻失敗，年輕時已與丈夫離婚，更與丈夫和兩名子女從此失去聯絡，只有一名兒子相伴。兒子是裝修工人，薪金微薄，低微的收入更要養活剛剛懷孕的太太，試問他焉有能力維持一家生計之餘，可購買有關物品以圓區女士的願望呢！

她的生命蒙上愁雲慘霧，突然為她帶來一點曙光！聖雅各福群會之《燃點希望計劃》，在香港金融中心扶輪社全力贊助腎病病人之下，幫助區女士渡過難關，扶輪社送贈紅外線電熱毯、量度腎水針磅及洗腎等有關的醫療物資。雖然我們不能長遠幫助區女士解決經濟困難，但張女士臉上露出的燦爛笑容，至少也幫忙她解決「在家洗腎」的第一步，免去每日舟車勞頓令虛弱的身體更見疲乏的困局，也已切切實實為區女士帶來一點關懷及希望。

“At the beginning of dialysis treatment, I was not able to control my body. I started to suffer from fecal incontinence.” Ms. Au said with embarrassment and frustration.

Ms. Au, 60 years old, lives in the Sham Shui Po District, has made a living with her sewing skills. Unfortunately, early last year, while having a walk, she became dizzy and had convulsions. After consulting a doctor, she was diagnosed with suffering from late-stage renal failure. Her physical condition worsened, and she was forced to quit her job, and could only rely on her remaining savings to support herself. After having her operation last September, Ms. Au has to go to the hospital three times a day to have kidney dialysis, which made her even weaker.

“I have to use 2000 milliliters of dialysis solution per day for dialysis, so from now on, since I have to have dialysis treatment daily, I am afraid that my quality of life will worsen. If I have money to buy dialysis supplies, I can have dialysis at home, which will definitely be a huge relief.” Ms. Au anxiously told the social worker.

Ms. Au has three children and had a happy family life. Unfortunately she was divorced when she was young. Since then, she has lost contact with her ex-husband and two children of her three children. She is now living with her son. Her son is a sub-contractor, which is a low income job. He also needs to raise a family of his own. His wife recently became pregnant, and it has made it really stressful. It is difficult for him to maintain a livelihood and to buy dialysis supplies for Ms. Au.

While her life was beginning to suffer, the “Light up the life programme” from St. James has given her a light. With full sponsorship support provided by the Rotary Club for kidney disease patients, Ms. Au has received gifts of an infra-red blanket, and other related medical supplies.

Although it can not solve the long-term financial difficulties to help Ms. Au, she had a bright smile as she received the gifts. They have helped her solve her “home dialysis” problem, and they allow her to avoid going to the hospital every day for treatment. This will help her tremendously, as having treatment at home will allow her to maintain her strength. This will also bring more care and hope for Ms. Au.



《燃點希望計劃》送予區女士的部份洗腎物品。

“Light Up The Life Programme” to send to Ms. Au of part of dialysis items





## 「補血針」資助

生病是一種痛苦的經歷，若病至萎靡不振，更是令旁人傷感。

對一些患上危疾，漸漸步入人生的末期，面臨垂死的病者來說，如患上腎病垂危的老人，他們不但完全沒有生命的活力，體力不再，亟需別人照顧，是何等令其家人悲傷，感到乏力為病者分憂。

事實上，就以腎病病人為例，當病者之病情至末期時，由於體內血紅蛋白含量不足，已是精神極度萎靡不振，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。

聖雅各福群會開辦的「惠澤社區藥房」所推行的「補血寶愛心計劃」，乃是為有經濟困難而要應付自費購買「補血針」的腎病病人，經社工的轉介，而作出資助；目的是在善長的捐助及藥廠的支持下，透過此「補血針」援助的「補血」行動，助受患者的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」的重疾病人，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 Subsidy

Falling ill is a painful experience. And if this makes the person sag and frail, it will also make those around miserable.

For those who suffer from terminal diseases and slowly approaching the end of their lives, like elders who suffer from critical kidney diseases, they do not only lack the energy of life and turn weaker and weaker, but they also need others to take care of them. How sad would his relatives be, feeling that they can't his suffering?

In fact, take kidney patients as an example, at the terminal stage, due to inadequate hemoglobin level (Hgb) in the blood, the patient will be extremely frail. Public hospitals will give the patient Erythropoietin (EPO) injection. However, EPO will not be given free of charge to patients with Hgb between 10 and 12g/dL. Patients whose Hgb has improved to such a level may be prescribed with EPO on a self-financed basis.

Precious Blood Precious Love, provided by the St. James' Settlement's Philanthropic Community Pharmacy, through referral by social workers, sponsors kidney disease patients who need EPO treatment but have difficulties in paying for it. The aim is to, through donations and pharmaceutical companies' support, provide "precious blood" to recipients, so that they may perk up again in their final journey of life and won't be ravaged by the disease. This would also help alleviate the family's grief.

All patients requiring EPO must have the relevant self-financed prescription issued by a public hospital. Patients who are below 65 need to go through a means test while those who are 65 or over are exempted. Eligible patients can then purchase EPO from the Philanthropic Community Pharmacy at lower than the public hospital's price. Those in need of the service may visit [www.healthbank.sjs.org.hk](http://www.healthbank.sjs.org.hk) for details, and apply through a social worker in their community welfare service organizations. Applicants should telephone the Philanthropic Community Pharmacy's social worker (tel. 2835-4320) to make an appointment for submission of application, and should bring along supporting documents including HKID, proof of residential address, the public hospital's prescription for self-financed EPO, etc.



患者所自費購買的「補血針」  
Kidney patients need the Erythropoietin injection.



我們需要你的捐助  
We Need Your Donation

## 悲慘的陳先生夫婦

## Helpless Mr and Mrs Chan

幸福不能常擁有，不幸事件突然而來，任誰人也不能預計。生活遭遇巨大轉變，再加上倒楣事件連續而來，夫妻兩人同時面對惡疾甚至死亡的來臨。其中一人要犧牲自己，放棄醫病的機會，實在令人鼻酸。

「我們本來快樂地生活，兩名子女聽教聽話，我月入\$12,000多元雖然不多，但我們知足，家庭開支也總算沒有問題，一家人能齊齊整整，生活得樂也融融，也叫人羨慕。」正值壯年50多歲的陳先生說：「但好境不常，誰能猜到太太會突然發現患上晚期卵巢癌，醫院說要近\$70,000進行化療，惟家庭積蓄有限，加上兒子正讀大專，另一子女正攻讀預科，他們的學費支出極大，我根本不能負擔如此昂貴的化療費用。」

「若我們領取綜援，政府便會『包底』，我就不必支付太太的化療藥的費用。所以，為保太太的性命，我雖然有工作能力，還是被逼辭去工作領取綜援。」陳先生抱著歉意無奈重覆說：「有工作能力而每月拿\$8,000多元綜援，我感到非常羞恥！奈何只有這樣才能讓太太得到治療。」還幸，陳先生因此可每日留在家中照顧化療後身體十分虛弱而情緒亦極度低落的老太。

「滿以為只要我們捱過這段艱難時期，便可雨過天晴，但壞事竟然接踵而來。在太太化療期間，我與她竟同時發現染上乙型肝炎。」陳先生眼帶淚光地說：「主診醫生說我們需要服食自費購買的乙型肝炎藥物，即是說我們兩人每月共要拿出\$1,790買肝炎藥。全家的綜援金額有限，扣除租金、水電費、全家的食用以及子女的學雜費出，生活根本已是捉襟見肘。單是一個人的肝炎藥費，即\$850，也無法應付。」

可幸，陳先生及時得知本會的「惠澤社區藥房」，並得知我們首階段的資助藥物正包括他們所需要的肝炎藥。他只消用\$595（即節省\$255），便可購買一個月的藥給太太服用。得到這個喜訊，他歡欣莫名。「我自己不會服藥，因為根本再無能力購買了。太太必須服藥，因為她已經太虛弱，若肝炎惡化，便會變成肝硬化甚至肝癌。」同樣患有肝炎，而亦可能要面對肝硬化甚至肝癌的陳先生說：「至於我，就不敢想了，唯有希望我的肝炎不致惡化。」

貧病無助又要面對惡疾的風險甚至死亡的來臨，確是無限悲慘。你願伸出援手，捐出陳先生須要購買的肝炎藥物，令其肝炎不致惡化，讓他繼續照顧同時患有兩種重症的老太嗎？

Good fortune is not always with us; no one can tell when misfortune may descend. As if one misfortune was not enough for this couple, more followed, with both husband and wife facing serious illness and possible death, and one of them having to make the sacrifice of foregoing treatment. It's a sad situation that brings tears to one's eyes.

"Our life was happy. Our two children are well-behaved and, though my monthly income of \$12,000 was not much, we were content and managed to make ends meet. Being together and full of joy, we were an enviable family." Mr. Chan, who is just over 50 and at the prime of his life, went on, "But the good days did not last. Who would have thought my wife would suddenly be found to be suffering from an advanced stage of ovarian cancer? The hospital said chemotherapy costing nearly \$70,000 was necessary. But our savings were limited, and we must pay high tuition for our son who is in university and our second child who is matriculating. I simply cannot afford the huge expense of the chemotherapy."

"If we collected Comprehensive Social Security Assistance (CSSA), government would take care of the medical expenses, and I wouldn't have to pay for the chemotherapy. So, to save my wife's life, I had to apply for CSSA, quitting my job even though I still had the ability to work." Mr. Chan repeated apologetically and helplessly, "I am ashamed to collect more than \$8,000 of CSSA every month when I am perfectly capable of working. But this is the only way to obtain treatment for my wife." Luckily, as a result Mr. Chan is able to stay home to look after his wife, who is physically weak and mentally depressed from the chemotherapy.

"Just when we thought the sun would shine on us after we weathered through this very difficult period, another misfortune befell us. While my wife was undergoing chemotherapy, she and I were both found to have been infected with hepatitis B." Mr. Chan went on tearfully, "The doctor said we must pay for the drugs out of our own pockets, meaning \$1,790 a month for the two of us. What with the rent, utilities, food and the children's school fees to pay, we can barely manage on the CSSA. There is no money to spend on even just one person's hepatitis B drugs, i.e. \$850."

Fortunately Mr. Chan heard about our Philanthropic Community Pharmacy, and learned that the hepatitis B drug they need is among our first-stage subsidized drugs. He needs only spend \$595 (saving \$255) to buy a month's supply for his wife. He was overjoyed by the good news. "I won't be taking the drug, because I simply cannot afford it. My wife must take it. She is already very weak, and if her hepatitis deteriorates it can develop into cirrhosis or even cancer." Mr. Chan, who also suffers from hepatitis and may also have to face cirrhosis or even cancer, said, "As for myself, I am afraid to even think about it. I can only hope my condition will not deteriorate."

It is a very sad situation to be sick and helpless and at the same time to be faced with a serious disease which may mean death. Will you extend a helping hand and donate the medicine Mr. Chan needs, so that his hepatitis won't deteriorate, so that he can go on caring for his wife who is threatened by two seriousness illnesses?



## 健康寶庫

上星期二本欄提及「青光眼日」，有讀者打電話到《蘋果》詢問，想攞多啲資料。如果係咁，請讀者不如直接打電話向志願機構聖雅各福群會搵陳炳麟經理，電話係2835 4321 / 8107 8324，電郵係plchan@sjs.org.hk，相信陳經理會樂於回答。

二〇一〇/二〇一一年財政預算案提出多項「恩惠」畀不同族群，當然仍然好多人唔滿意，譬如新大學畢業生、四無人士、夾心階層……多到數唔晒，有一位男士打電話問財政司司長：「長期病患者嘅自費藥物可否扣稅？」司長話如果種種不同藥物都可以扣稅，管理十分複雜，即係講no啦。嗰位男士嘅太太患上癌症，個個月食藥要用一萬五千元，對普通家庭嚟講，確係難頂。

陳炳麟告知左丁山，聖雅各福群會知道長期病患者為不少家庭帶來沉重壓力，故此創立咗一個Health Bank「健康寶庫」，提供下列服務：（一）惠澤社群醫藥房，以優惠價錢出售部份經由醫管局轄下醫院及診所處方，而需要病患者自費的藥物。（二）藥療輔導服務計劃，有三十幾名義工藥劑師提供專業藥物知識；開辦「專科專藥教育小組」課程，如高血壓、糖尿病；舉辦「外傭藥物知識課程」，令外傭可以在家照顧體弱長者；到戶藥療輔導服務，由義工藥劑師做家訪；電提服藥服務，由義工致電家中，提醒獨居病者服藥及覆診日期。（三）贈藥治病。（四）專科專藥補助計劃（如「燃點希望計劃」及「補血寶愛心計劃」）。（五）家居醫療用品支援計劃。（六）診病交通費支援計劃。（七）健康社區齊共創之健康講座及檢查。（八）電費助貧弱計劃，透過現金資助長期病患者因長期使用醫療器材所帶來之額外電費開支。（九）到戶理髮服務，上門為行動不便的長者及殘疾病患者提供剪髮、整理儀容服務，等佢哋心理上覺得自己有打扮，健康精神一啲。以上各種健康寶庫服務的確周到周全，係要有前線工作經驗嘅社工先至度到出嚟，並非憑空想像。不過咁，有咁多服務，經費何來？當然係要各界善心人士捐錢或參加義務工作，想要多啲資料或捐款，請搵陳炳麟。

## The Health Bank

Last Tuesday this column mentioned "Glaucoma Date" and a reader called in and asked for additional information. We have told the reader to contact Mr. Chan Ping Lun, a manager with SJS, phone No: 2835 4321 or 8107 8324, and email: plchan@sjs.org.hk.

The 2010-11 Budget has introduced a number of measures said to benefit people in different sectors but still many people are unhappy with it, including university graduates, the "Four Have-not", the "Sandwich Echelon" etc etc which is numerous. A male caller phoned in and asked the Financial Secretary "Will medical expenses for chronic patients be rendered tax exempt?" and his reply was "Administrative procedure handling such would be formidable and complicated". So the answer is basically equivalent to a plain NO. The man's wife has cancer and her monthly medical bill amounts to HK\$ 15,000, very tough for an ordinary family.

Chan told Chuo that SJS is well aware of the financial burden to families of chronic patients and they have hence set up the Health Bank to provide the following services: (1) The Philanthropic Community Pharmacy - provision of self-purchase prescription(s) outside the Hospital Authority (HA) Drug Formulary at lower than HA prices; (2) Pharmaceutical Care Service for Patients Project by some 30 volunteer pharmacists to provide medicinal knowledge training to patients with high blood pressure and diabetes; conduct Specialty Medication Education Course, Drug Administration and Drug Safety for Domestic Maids to enable them looking after the frail elderly at home and home visit by volunteer pharmacists on medical coaching and phone alert by volunteer workers to remind living alone elderly of taking medication on time and on follow-up doctor visits; (3) Medication Subsidy Program; (4) Specialty Medication Assistance Program (such as "Light Up The Life" and "Precious Blood Precious Love"); (5) Home Use Medical Equipment Support Program; (6) Patients Travel Subsidy Plan; (7) Health Talk & Screening Program; (8) Power Subsidy - Ailing & Handicapped through cash subsidy on extra power cost for use of electrical equipment by chronic patients; (9) Home Haircut Service for elderly and handicapped having mobility problem, up-lifting personal hygiene, appearance and spirit. All are well thought out programs based on years of experiences addressing community need, nothing fancy. Then, where do resources for all these services come from? Undoubtedly, from contribution of generous people and volunteer workers in our community. Please contact Mr. Chan Ping Lun on contribution and more detail about their programs.



# 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"/> 外展體檢計劃      |
| <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"/> Outreached Physical Examination            |
| <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.

### 查詢及網址：聖雅各福群會

聯絡人：陳炳麟先生  
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翻譯義工：利逸修、梁達仁、蔡珍妮、胡友玉  
友情印刷：平偉印務有限公司

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Volunteer Design : Mr. Edmond Wong  
Translation Volunteer : Joe LEE, TY LEUNG, Jenny CHOI, Yoyo HU  
Friendly Printing : Ping Wai Printing Co., LTD.

追求正義和仁慈的人，必將獲得生命與尊榮。

He who pursues justice and kindness is sure to given life and glory.