

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



一零年七月份 JUL 2010

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社工的話

Social Worker's Remark

為無助者奮力

Working for the Helpless

筆者負責的「慈惠服務」最近有兩名社工辭職而去，他們的工作暫由筆者代替。

Recently, two social workers resigned from the charitable services I am responsible for. It has fallen on me to work in their place.

眾所周知，我們的所有「慈惠服務」，除完全有賴善長的捐款支持外，亦依賴義工於工餘的參與，方能為匱乏無助者作出關懷及改善生活質素的工作。可惜，筆者由5至7月間接見近40名求職者後，至7月該兩個職位仍然懸空，因為他們均不願於星期六日及假期上班、下班後仍要接聽義工來電。試問，我們若不身先士卒，不以「義務精神」作出服務，只是強調自私的所謂個人權益，實有違善長施善的期望，更不以為受助者之需要而付力，怎也不會獲筆者聘任，筆者寧選忙碌終日，也不願與一個沒有半點犧牲精神及行動的同工一齊打拼。

It is well known that our charitable services rely on donations and volunteer workers to help better the livelihood of the needy. Unfortunately, after nearly 40 job applicants have been interviewed till July, up to early July no suitable person has been found to fill the vacancies. They are all unwilling to work on Saturdays and holidays, or to take phone calls from volunteers after working hours. But, if we social workers didn't put in hard work first, if we didn't serve with dedication, if we merely emphasized our own personal interests instead, wouldn't we be failing the expectations of our donors? Wouldn't we be turning a blind eye to the needy? There is no way for me to hire a person with such an attitude. I would rather toil all day rather than work with a colleague who will not make any sacrifice.

筆者自知，社工的存在，是要為無助者在善長及義工的扶助下，方可為無助者於無當局的撥款支持，開拓有關服務，艱苦備嘗是自然的事；試問，若沒有匱乏者的存在，怎可有社工的存在呢。

Social workers are here to serve the needy who get no financial assistance from government. Supported by donors and volunteers, we naturally must be prepared for hard work. Would there be need for social workers if no one was needy?

筆者的工作繁多是肯定的事，很多認識筆者的朋友(尤以年前筆者癌患治療後)多勸筆者要多作休息，放下腳步，以免有礙健康；但筆者多年工作早已習慣，全不覺艱辛，只是與大家通一通電話、聚一聚、探一探個案或執一執筆撰寫文稿等，已成生活的一部份；選以上生活方式，既有意義也可依循大家的指引助人，此總好過無聊閒坐。

It is unquestionable that my workload is heavy. My friends, especially since I came down with cancer a few years ago, all advise me to get plenty of rest, to slow down, for the sake of my health. But in my years of work I have long been used to my workload. Its weight is not at all unbearable to me. Making phone calls, meeting with everyone, checking cases and writing articles have become a part of my life. I choose this life style because I think it is meaningful and helpful to others, far superior to idleness.

事實上，筆者現可聘請一些同工一齊打拼，是基於一些善長因恐工作進一步影響到筆者的健康，捐款指定不能用作改善匱乏者的生活(因大部份的善款乃指定用作「到位」為匱乏者作出解困的服務)只可用作聘請職員的薪酬，以負責有關「慈惠服務」，藉以減輕及支持筆者的工作。此實屬乃是我們的一助力，令更多無助者受惠，同全感激萬分。

I can also hire more colleagues. Some kind donors, fearing that work may further affect my health, specify that their donations can only be used to pay staff members of our charitable services, and must not be used to help out the needy. (Most of the donations we receive are for specifically designated services.) The intention of the donors is to lighten and support my work, so that more needy people can benefit from our services. My colleagues and I are most grateful to them for their concern.

面對社會不斷轉變而衍生匱乏者的各種生活困難，尤以編者新推出，以「黑洞」形容，崙為貧病者因療病而帶出的購藥及治病的經濟等困難的「健康寶庫」(Health Bank)，因為病者急需關懷的服務委實太多，我們所推行的，只是起始的服務，有待深化之餘，若無法聘得「奮力」服務的同工，筆者也甘願艱辛工作，至可覓得理想人選為止。

Social changes constantly generate new social problems and new needs for help – what I call “black holes” Our Health Bank is precisely a new charitable service launched in response to a new social problem. While this new service has yet to be deepened, other new problems continue to crop up in the community. Nevertheless, if no dedicated workers are available for hiring, I am still willing to do all the work until the ideal workers come along.



苦熱中的日子

盧婆婆、年78歲、未婚、領取綜援，獨居於香港仔鴨脷洲利東邨公屋單位「劏房」已有十多年。

「我受苦已有十多年，唔鍾意都要住，唔通住街咩！」

原來盧婆婆的「安樂窩」面積不足一百平方呎，入屋跨了一步已到達睡床，放置櫃及桌子後，床邊只有不足兩呎闊的通道，床尾旁邊為灶台，放置電飯煲及石油氣煮食。

「房又係佢，廳又係佢，廚房又係佢，每當煮食時，房裡面真係好熱呀！」盧婆婆站在床尾與廚房爐灶只有兩呎的地方無奈地說。

每當煮食時，加上屋內空氣不流通，室溫高漲，夏天更是酷熱難擋，婆婆要走到街上乘涼。還幸近年用石油氣爐代替火水爐煮食，情況略為改善。

「又熱又焗，又怕火警，真係好煩又好驚呀！」

為了改善居住環境，盧婆婆最近由外展社工轉介本會之「家居維修服務」，申請安裝一抽氣扇，讓她於煮食時，可抽走室內熱空氣，令房間略為涼快。

首次開動抽氣扇時，按不住歡欣的盧婆婆不斷向捐款安裝的善長致謝外，也無奈地說：「總好過無啦！」

Days of Suffering in the Heat

78-year old Madam Lo, single and living on social security assistance, has been living in a room in Lee Tung Public Housing Estate in Ap Lei Chau for over 10 years.

"I have been suffering in this room for over 10 years, but I have no choice as otherwise I would be a street sleeper."

Her room is less than 100 sq. ft. One step into the room you're already at the bed. And with a table and a closet, there's no more than two feet's space left beside the bed. At the end of the bed are the stove and the cooking utensils.

"This is the bedroom, the living room and the kitchen at the same time. Every time I cook, it's very hot in here," said Madam Lo, standing in the narrow gap between the stove and the bed.

Ventilation in the room is poor, so every time she cooks, temperature in the room surges. It's particularly unbearable in the summer and Madam Lo has to go outside to get some fresh air. There has already been a slight improvement after switching from kerosene to LPG cooking recently.

"It's hot and suffocating, and I'm worried about fire hazard, too!"

To improve the living condition, Madam Lo was referred to our "Home Maintenance Service" by a social worker, to apply for a ventilation fan to improve ventilation in her room during the cooking.

The first time she turned on the fan, she was so delighted that she kept on thanking the donors who made this possible. "Well, at least this should improve the ventilation," she said.





我們需要你的捐助
We Need Your Donation



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送貧弱孤老洗衣機 助有潔淨衣裝示人

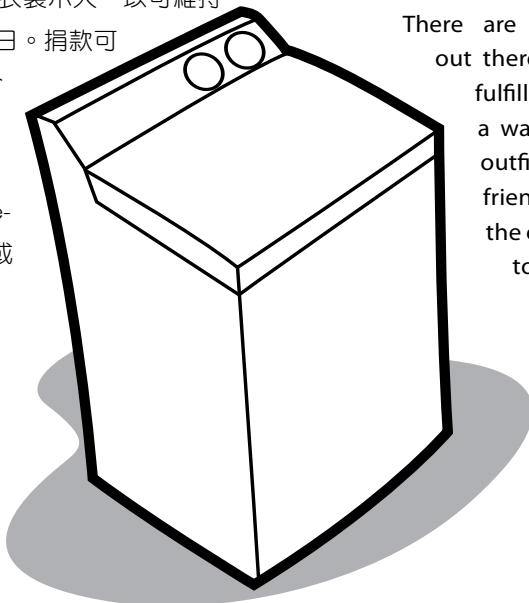
任誰人都希望能有整潔衣裝示人，但因礙於個人問題，如因疾病虛弱關係、關節毛病，加上經濟困難與缺乏親友的關懷，以能購買一部洗衣機清洗衣物，是一件奢望的事。

事實上，長者若因家中缺乏一部洗衣機清洗衣物，由於體質問題，是很難靠其雙手潔淨衣物的；因此之故，於清洗的衣物水洗過後，不但仍留有污跡，而且還可能留下汗水或異味，長者一旦穿上，可能會惹來旁人側目，因而影響到他們的社交生活，令社交圈子漸漸縮少，令長者更為孤獨、更為自悲。

事實上，74歲獨居領取綜援愛整潔的張伯伯因怕呆悶在家中過活，兼又怕衣服不整，惟卻因家中缺乏洗衣機，只好每星期一次將污衣物交由洗衣店清洗。「無辦法啦，穿上整潔衣服是尊重別人、尊重自己的禮貌，用少些以慳返洗衣費，影響到食用，也是無奈。」

而另一位活躍的獨居李婆婆因類風濕關節炎，導致手指關節變形乏力，加上腳部痛風問題，為要可清洗衣物，以令衣物潔白及免有異味的問題，因乏力更換殘破的洗衣機，每次洗衣時都要加重洗衣劑的劑量，用雙腳踩擦衣服。「其實洗衣劑及水費也因此而花費不少，在多次用腳踏洗衣物時，差點因企不穩而跌倒；而且更因不能扭乾衣物，掛在屋外風乾時，每次都遭受樓下住客投訴，我都唔想。」

年老、財困、獨居及缺乏家人關懷的老者，欲以改善生活質素，確非易事。你願捐助\$1,700以助貧老購買一部高水位的洗衣機，以助他們可有整潔衣裝示人，以可維持活躍社交生活，不用每天呆在家中渡日。捐款可以集腋成裘，俾我們可依你們的指令轉贈孤老一部洗衣機，感受人間的情。施善支票，請書：聖雅各福群會，指示「購買洗衣機」。網址：www.thevoice.org.hk。施善垂詢：2835-4321或8107-8324。



A Washing Machine brings Pride as well as Clean Outfits for elderly!

You may wonder how difficulty it could be, just to be cleanly and neatly dressed. But for someone without a washing machine and nor can he/she do the wash by hand, this could be very difficulty.

In fact, many elderly, while they do not own a washing machine and due to arthritis pain cannot wash their clothes themselves either, can only take on their already stained and stinky clothes again and again, even though they know they are going to be frowned on because of the smell that goes with them. Later, these elderly are going to have less and less social life, and they are going to feel increasingly inferior.

Uncle Cheung is a 74-year-old singleton and a recipient of Comprehensive Social Security Assistance. He wants to maintain some social life and he knows he has to look clean. As he doesn't have a washing machine, he goes to the laundry once a week. "To look clean and neat is a way to show your minimum respect towards others, and hence I would rather save some money from food & other necessities for the laundry."

Granny Li, another socially active elderly, whose fingers are deformed and strengthless (a common symptom of rheumatoid arthritis) and whose upper legs are always in pain, does not have the money to replace her dysfunctional washing machine. Now she washes her clothes by foot-treading on them and she uses more detergent than usual to ensure a good cleaning performance. "The current mode of doing laundry is expensive, consider the water bill and the cost of detergent! Besides, there were several times I nearly fell over amidst the foot-treading. Adding to the problem are the complaints from the people downstairs on the water dripped from the clothes I hanged out for drying. I wish I had the strength to wring them dry!"

There are many poverty stricken singleton elderly out there still struggling to get certain basic needs fulfilled. Are you willing to give \$1,700 to get them a washing machine so that they can have clean outfits everyday while hanging out with their friends? We can also pool up your donation with the others so that we can send a washing machine to a poor elderly on behalf of our donors. Just by sending us a cheque (made payable to ST. JAMES' SETTLEMENT) and specifying clearly that the donation is intended for acquiring washing machines, you are going to let a poor elderly feel a warm embrace. To learn more, please kindly visit our website (<http://www.thevoice.org.hk>) or give us a call at 2835 4321 / 8107 8324.



貧病者有救了

HELP FOR NEEDY PATIENTS

「我真是高興，因為貧病老人在治理疾病時，有你們的幫助，可以減輕經濟上的壓力。」84歲馮女士參觀本會的非牟利社區藥房「惠澤社區藥房」時說。

「我於1984年退休至今，一直依靠積蓄及每月\$5,000的退休金為生。」馮女士說：「我患有多種疾病，包括有心血管病、高血壓、糖尿、骨質疏鬆及胃酸倒流等疾病40多年，所有積蓄已花光在醫治宿症上，現在只可依賴退休金了；惟我行動不便，又住在郊區，交通不方便，每月出外診病都要搭的士，交通費也不少呀。」

「另一方面，我每日需要服用十二種藥物，當中三種屬自費藥物，包括治療胃酸倒流、心血管和骨質疏鬆，每月要花\$1,500藥費，藥費開支已佔我\$5,000退休金之30%，加上出外診病的的士費，形成很大的財政負擔，生活真是吃力。」馮女士堅強地說：「我暫時尚可解決經濟問題，不需要別人幫忙，但我眼見很多隻依靠積蓄又無親的朋友，他們的生活也成問題，購買自費藥物確是困難非常。」

「患上慢性病終生要服食藥物，確是對積蓄的消耗，好像我的胃酸倒流，病發時好辛苦，像火燒心一樣，不能不服藥，服藥要支出，但藥費太貴，真是令人難捱。」當馮女士知悉本會的「惠澤社區藥房」可以優惠價錢為65歲以上的長者、低收入、待業病患者以及領取綜援的人士，提供較坊間藥房便宜30%的醫管局轄下醫院及診所的處方藥物，並經由醫務社工或其他社工轉介，便可申請自藥房的購藥優惠時，馮女士欣喜地鼓勵工作人員努力工作，更呼籲說：「希望更多有善心的藥廠加入你們的『藥物優惠計劃』，為更多貧病交迫的人減輕經濟負擔，可買到藥物治病。」

"I'm so happy that you can help to lighten the financial burden of needy elderly patients," said Ms Fung, 84, on a visit to SJS's non-profit pharmacy, the Philanthropic Community Pharmacy.

"Since retiring in 1984, I have been living on a monthly pension of \$5,000." She continued, "I have been suffering from many diseases for over 40 years, including cardio-vascular condition, hypertension, diabetes, osteoporosis and acid reflux. Treating them has taken up all my savings, leaving me with my pension only. But I have trouble getting around town, and I live in the suburbs. I have to take taxis to see the doctor every month. The fare is considerable."

"At the same time, I must take 12 kinds of medicine everyday, three of which I must pay for myself – for acid reflux, cardio-vascular condition, and osteoporosis. My monthly spending on medicine runs up to \$1,500, which is 30% of my \$5,000 pension. On top of that there is the taxi fare. The financial burden is tremendous. Life is hard." Ms Fung went on confidently, "For now I can still cope with my financial situation without help. But I see many friends who have no kin and are living on their savings. They have trouble making ends meet, and paying for medicine out of their own pockets is very difficult."

"Chronic diseases require medication for the rest of the patient's life. They are a tremendous drain on one's savings. Take my acid reflux for instance. It can be very painful, as though your heart is on fire. You have no choice but to take medicine. Medicine costs money, too much money. It's hard to bear." Ms Fung cheerfully encouraged SJS workers when learned that our Philanthropic Community Pharmacy offers a 30% discount on drugs prescribed by Hospital Authority hospitals and clinics, to patients who are aged 65 and over, and those who earn a low income, are awaiting employment, or subsist on CSSA, and that these patients can take advantage of the service through referral by social workers. She made an additional appeal, "I hope more pharmaceutical companies will be kind enough to join your program, to help lighten the financial burden for even more needy patients, so that they can buy the medicine they need."



我們的服務
Our Service

毫無禁忌的義工服務 你可願意為孤老送終

香港人口不斷老化，對於一群別無所依、缺乏支援的長者來說，「持久的探望」或「臨終的送行」就像冬日陽光般溫暖、珍貴。試想，獨自在醫院久病臥床，於探病時段看見身邊病友有親人到訪，送上暖湯、生果、慰問，而自己卻無人理睬，會感到多麼孤獨啊！這時若有一位相熟的義工朋友來訪，心中定是無比感動安慰。當這樣一個無親無故的老人，在走到人生最後一程時能有義工朋友前來相送，更是多麼重要啊！

聖雅各福群會的「後顧無憂」規劃服務自2004始，於缺乏支援的長者逝世後，按照其意願代為執行殯葬事宜。服務經理岑智榮表示，服務除了向長者保證為他們如願殯葬，從而免去他們在世時為後事擔憂，還發動熱心義工向個別長者繼續提供有關殯葬的訊息、定期探望他、在他臥病時前往慰問、在他生日當天送上壽桃包、陪同他拜祭去世的親友，讓他感受愛護與關懷，更有義工承諾為長者「送終」，為他打點一切後事。「後顧無憂」的服務對象，有孤寡老人、有無兒無女的無依兩老、也有子女早逝倍感恩親的老人，他們都極需義工的關懷和慰藉。

日前岑智榮首次依長者生前所托，連同60多位送別義工乘專船出海為多位住者海葬。參與的義工亞強說，他被安排定期探訪的一位獨居伯伯，生前竟開通地表示，在港無親無故，逝去也乏人拜祭，而他喜好周遊各地，故早已選取仙遊後海葬，將他的骨灰撒入大海，讓他周遊各地。伯伯的決定令亞強吃了一驚，也為他打開禁忌。當伯伯說到擔心無人為他撒骨灰時，亞強沒有半點疑慮地主動答應為伯伯「送終」。「當聽到我可以做時，他簡直開心得瘋了。」亞強憶述說：「只是我揮手一撒，就可圓住者遺願，遠勝在他生前奉上華衣美食，何樂而不為？」

藉著義工為長者送終時段，岑智榮表示，隨著更多人認識有關殯葬事宜，我們的「後顧無憂」規劃服務近年亦收到越來越多長者選取海葬的意願，更有更多義工參與為長者送終的行列。他呼籲有心人踴躍參加這個義工行列，為無親者付出由始至「終」的服務，讓他們真正「後顧無憂」。



Helps me buy my needed medication

Hong Kong's population is ageing steadily. To the elderly who have no one and no support to rely on, regular visits and seeing them to the end of life is as warm and precious as the winter sun. Just imagine one of them lying in a hospital bed by himself, getting no attention from anyone, while watching his fellow patients receive family and friends who come with warm soup, fruit and solicitation. How lonely he must feel! How moved and comforted he would be if a volunteer friend he knows drops by to see him at such a time! And, when this lonely elderly person comes to the end of his life's journey, how important it would be to him to be "sent off" by a volunteer friend!

SJS's Funeral Navigation Services have since 2004 been conducting funerals according to the wishes expressed by elderly persons while alive. Gary Sham, manager of the services, says they are not limited to sparing the elderly persons of their worries by guaranteeing funerals they desire. Volunteer workers have been further mobilized to make individual elderly subscribers feel loved and cared for, by keeping him informed of the latest funeral arrangements, calling on him regularly, visiting him in hospital, remembering his birthday, and accompanying him on visits to the graves of beloved ones. Some volunteer workers have even promised the elderly subscribers to "send them off" and wind up all their affairs for them. Elderly subscribers of the Funeral Navigation Services include those with no kin, childless couples and couples whose loneliness is compounded by their offspring having passed away before them. They are all in dire need of care and consolation.

Recently Gary performed his first sea burial according to the will of his elderly subscribers. He and over 60 volunteer workers went out to sea to scatter the ashes of several deceased elderly persons. Volunteer worker Ah Keung was among them. He relates that he had been assigned to regularly call on an old man who lived alone. This elderly uncle was so open-minded that he wanted his ashes scattered at sea, explaining that he had no kin to visit his grave, and that, because he liked to travel, he would rather have a burial at sea, from where he could roam freely. His decision shocked Ah Keung, but it also freed him from all taboos. When the old man said he was worried no one would scatter his ashes for him, Ah Keung offered without the slightest hesitation to "send him off" "He was overjoyed when he heard I would do it," Ah Keung recalls, "His wish can be fulfilled by just one fling with my hand, and it is more satisfying to him than anything I could give him in his life time. What reason have I not to do it?"

At the send-off Gary remarked that, as people become more familiar with funeral matters, more and more elderly subscribers of the Funeral Navigation Services are choosing sea burial; more and more volunteer workers are also offering to "send them off." He calls on other caring persons to join the ranks of the volunteer workers to serve the kinless elderly to the "end," so as to truly free them from their worries for the future.

在長者最後的一程，義工為長者撒灰。

A Volunteer helps to scatter the ashes of a deceased elderly persons.

全賴善長能令我 活下去

於3月的某一天，馮婆婆在早上起床的時候，赫然發現一個令她震驚的場面：屋內所有的水管、廚房的鉗盤、廁所的洗手盤皆不翼而飛。

憶起當時情景仍覺悸動的馮婆婆說：「那天早上，當我往洗手間的時候，發覺廁所的鉗鐵洗手盤及水喉不見了，只剩下廁塔。」「然後我再周圍看看，連廚房的鉗盤和所有的銅喉都全部失蹤了。整間屋都變了樣，凌亂不堪，我當下覺得好怕、很無助，便哭了出來。」

馮婆婆嗚咽地說著事情的經過：「那是我患有精神病的兒子偷的，他在我瞓著的時候，靜靜將全屋的銅喉和金屬水喉零件都拿去賣掉了。為了我的安全，社署也將兒子調遷，免他再傷害我；而兒子亦說以後不再與我聯絡及不再照顧我。」馮婆婆說到此時，老淚縱橫，令人聽著亦覺心酸。

在馮婆婆在最無助之際，馮婆婆的個案社工把她的情況轉介往本會的「家居維修服務」，我們即時安排義工替馮婆婆重鋪水管、安裝鉗盤和洗手盤，以解決婆婆沒有水梳洗與煮食的燃眉之急。

戶口僅餘200元，賴以領取綜援為生的馮婆婆亦無力支付是次約2,500元的工程材料費，全數全靠賴新界崇德社的善款資助，為此馮婆婆對新界崇德社的感謝不絕於耳：「謝謝新界崇德社替我支付材料費，如果沒有新界崇德社的善長資助，我想不到如何能夠在一方面失去兒子，卻又在沒有來水的惡劣環境下生活下去。」



I am alive because of you - Sweet Donators

One day in March, when Mrs. Fung got up in the morning, she was shocked that all the water pipes in the house, the washbasin in the bathroom and the kitchen sink were gone.

Mrs. Fung was still frightened once she recalled the things happened in that day. She mentioned that while she went to the toilet in that morning, all the water pipes and washbowl were gone. Then, she walked to the kitchen and looked around, all the metal tools were unfortunately disappeared. The house was in disorder. Only a toilet left in the washroom. She felt helpless and depressed.

Mrs. Fung cried and said that was her son, who had mental disease, did it. He quietly stole the water pipes and the component of the metals when Mrs. Fung was sleeping well. As a safety reason, Social Welfare Department arranged another apartment for his son in case of any harm to Mrs. Fung. His son also mentioned that he would not contact and looked after her anymore. It was very upset once Mrs. Fung recalled the terrible event.

Under the helpless circumstances, Mrs. Fung's file was luckily referred to our institution "Home Maintenance Services", we immediately arranged volunteers to repair the water pipes, install washbasin to solve Mrs. Fung daily needs.

Only HK\$200.00 in saving account, Mrs. Fung could not afford to pay HK\$2,500.00 for repairing charges as she relied on monthly Social welfare Assistance for living. She deeply appreciated Zonta Club of the New Territories since the entire repairing fee was sponsored by it. Without the Club's financial assistance, she could not live in her house

馮婆婆：「感謝新界崇德社的善長，讓我能失去兒子的傷痛中振作起來，繼續努力活下去。」

Mrs. Fung said that thanked for all the generous donators of the Zonta Club of the New Territories, it let her pluck up to live happily even though her son left her alone.



我們需要你的捐助
We Need Your Donation

防乙肝惡化至肝癌 患者待援助防惡疾

正值人生盛年，倘因疾患惡化，不能工作，患者不但會引來社會生產力的損失，作為一家之主，還會因要療病帶來家庭的重大支出，影響到家人的生活及子女成長需要的發展；患者或因病而導致死亡，也確實是對家人的莫大遺憾。

在香港，大約有多於10%人口是乙型肝炎病毒帶菌者，當中有15%至40%患者的病情會惡化，因而患上肝硬化、肝臟衰竭或肝癌等死亡併發症；當中死亡個案中有25%為40至60歲正值是富生產力的盛年人士。

基於2005年醫院管理局之「藥物名冊」，乙型肝炎藥物乃被列為病人自費購買藥物名單內，在醫生處方病者需要服食乙型肝炎藥物時，倘病人欠缺經濟能力購買，以助控制病情免因而惡化，引來併發症的肝硬化、肝臟衰竭或肝癌而導致死亡，患者也是無奈及絕望地要接受坐以待斃的惡噩。

「乙肝援助防病行動」乃賴社會熱心人士的捐助，透過社工的轉介，以令貧病交迫之乙型肝炎患者，可以於聖雅各福群會「惠澤社區藥房」，購買優惠價之乙型肝炎藥物，以助個案可有「病者有其藥」的治病理想；可惜，有關的乙型肝炎藥物經優惠後，價錢仍然高企\$1,300多元，對一些貧病人士亦難以應付。

「我已很努力工作，無奈收入有限，大兒子快會大專畢業，可出外謀生賺取收入，那時我便有能力購買乙肝藥物治病了。」現年53歲最近証實是乙型肝炎帶菌的李先生，乃一家唯一生活來源之主柱，每月以\$8500之薪酬維持一家5口之生活開支，在全家極度節儉下，仍欠\$400之藥費，而求助「乙肝援助防病行動」。「只消數月兒子便可覓得工作，我便可度過此難關。我不想因無藥食而讓病情惡化，更帶來家庭壓力。」

事實上，乙型肝炎是無聲殺手，帶菌者若不及早接受治療，病症隨時會惡化成肝癌。故企盼善長們可支持我們此「專科專藥補助計劃」之「乙肝援助防病行動」，以助病者可及早有機會治理肝炎疾患，不致因而惡化成肝癌。捐款支票請書：聖雅各福群會，指定予「乙肝援助防病行動」；惠寄香港灣仔石水渠街85號。施善查詢：2835-4321或8107-8324。

The afflicted need help to prevent Hepatitis B turn into liver cancer

When one can't work in the prime of his life because of a deteriorating disease, his medical expenses will amount to a substantial portion of his family expenditure. As the head of the family, his inability brings not only a productivity loss to the society but also an adverse effect on his family's living quality and his children's growth needs. Should he die as a result of his illness, it will bring irredeemable regret to his family.

More than 10% of the Hong Kong population are Hepatitis B carriers, of whom 15% to 40% deteriorate into fatal and liver cancer that lead to ultimate death. Among them, 25% die between the aged of 40 to 60, at the prime of their lives in terms of productivity.

According to the 2005 Medications List issued by the Hospital Authority, Hepatitis B medications are categorized user-pay. Once the patient can't afford to purchase his own medications, he has to accept the bad news that ultimately he will die of liver cancer.

The 'Specialty Medication Subsidy against Hepatitis B Program' operates on donations from the public. Through social workers' referral, the poor sufferers can purchase the necessary medications from St. James' Settlement's 'Philanthropic Community Pharmacy' at a discounted price. This program is introduced based on the ideal that the afflicted have access to the right medications. But the discounted price remains high at over HK\$1,300, which is beyond the financial viability of some patients.

"I work hard but I earn very little. My elder son will graduate from college soon. When he earns a salary, I can afford to buy Hepatitis B medications." Mr. Lee, 53, the bread-winner of his family, has been diagnosed as a Hepatitis B carrier. He earns \$8,500 to support a family of 5. He is still \$400 short even though the whole family lives very thriftily. He seeks help from St. James' Specialty Medication Subsidy against Hepatitis B Program. "My son will find work in a few months' time and I will come through. I don't want to bring pressure to my family in case my illness worsens due to a lack of medications."

As a matter of fact, Hepatitis B is a silent killer. Unless carriers receive timely treatment, it can deteriorate into liver cancer any moment. We hope you will support this Specialty Medication Subsidy against Hepatitis B Program under our Specialty Medication Assistance Program to enable the afflicted to receive early treatment. Make your cheque payable to St. James' Settlement, specifying Specialty Medication Subsidy against Hepatitis B Program on its back. Please mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For enquiries, dial 2835-4321 or 8107-8324.



有人幫助我們了!

「我今年66歲，我能夠做到的，我都會做！」黃太太表現出一副決心的表情，雖年屆高齡，但也堅持以自己勞力賺取金錢、維持日常生活開支。黃太太的信念，皆因要讓自己的丈夫，黃先生得到最好的醫治，好讓腎病病情盡快穩定下來。

黃先生年76歲，在中年時已患有糖尿病、高血壓、高膽固醇及前列腺疾患，長期須要服用藥物，在黃太太無微不至的照料下，黃先生的病情曾穩定下來。隨著時間飛逝，黃先生的年紀也隨之趨老邁，加上雙眼患有白內障，因而視力欠佳，於接受腎臟腹膜透析治療過後，也沒有能力在家中自行洗腎。

黃先生自患有腎病後，整個家庭的經濟頓時失去了支柱。「他根本不能自行洗腎，一邊洗，雙手一邊在震，雙眼根本看不清，何況是自行洗腎呢？」黃太太續說：「我本任清潔工人，雖然我的年紀已過退休年齡，但老闆很好，讓我可以繼續做下去，但是現在他需要我幫，我要被逼辭去工作，失去收入也要在家幫他洗腎。」黃太太眉頭緊鎖，把說話也說了兩遍，人也頓時變得憂心忡忡，似是沒有掌舵的船一樣，在茫茫大海中失去了方向。

正因如此，聖雅各福群會之《燃點希望計劃》，在獲得香港金融中心扶輪社全力贊助腎病病人可於家居洗腎；該社社員更親自前往送出洗腎的有關醫療物資。當黃先生和黃太太親手接過醫療物品，他們欣喜的表情、燦爛的笑容、眼泛著淚光說：「你們有心了！你們對我們真好！有人幫助我們了！」

與此同時，我們也詳細地講解洗腎物資的用法，雖然我們的幫助並不可解決他們一生的苦厄，但是，對於無所依的他們來說，是可讓他們的憂慮得到喘息，以解生活上的燃眉之急，助他們重燃生活的希望與曙光。

倘若生命中是一片大海，我們的服務卻是贈有需要人士一副有力的掌舵，助他們一臂之力，在茫茫大海中，也能勇敢地跨越憂暗幽谷，重燃生命中的燭光。



Someone is helping us now!

"I'm sixty-six years old. I will do whatever I can do!" said Mr. Wong with a decisive look. Although she was a venerably old woman, she insisted on earning her living by making use of her own manpower, and was able to afford the daily expenses. Mrs. Wong stuck to her belief, i.e., giving the best medical treatment to her husband, Mr. Wong, hoping to stabilize the influence of nephrosis as soon as possible.

Mr. Wong, seventy-six years old, was found suffering from diabetes, high blood pressure, hyper-cholesterolemia and disease coming from the prostate gland during his middle age; he needed to take long-term medicine. With the sincere love and care of Mrs. Wong, Mr. Wong's illness had been kept controllable. But as time goes by, Mr. Wong became older and weaker; with the attack from cataract, his eyesight deteriorated; he was even not able to work out the dialysis at home after receiving treatment of ambulatory peritoneal dialysis.

Mr. Wong's family has lost the financial backbone since Mr. Wong was found suffering from nephrosis. "He could not do dialysis individually; Both his hands vibrated as he tried to do dialysis; his eyes could not see properly, how can he do dialysis individually?" said Mrs. Wong. She continued, "I work as a dustman. Although my age has passed the retiring age, my boss lets me continue to work. On the other hand, he needs my help; I am forced to quit this job and lose income in order to help him do the dialysis." said Mrs. Wong with twisted brows; she repeated the words once and felt instantly worrisome; like a vessel without a captain, she lost direction totally in the sea.

Because of these, St Jame's Settlement's "Light Up The Life Program" which is fully sponsored by the Rotary Club of Hong Kong Financial Centre, lets nephropathy patients do dialysis at home; members of the Rotary Club even bring and present the corresponding medicine for dialysis to individual patient. As Mr. Wong and Mrs. Wong received the medical products in person, they said with their pleasant faces, bright smile, and even tears in eyes, "You have sincere hearts! You care us so much! Someone is helping us now!"

At the same time, we explain in details about how to use the equipment of dialysis. Although our help could not relieve their lifelong pains, letting them have a breath and solving instant problems can really assist them to have a brighter life with hope and light of dawn.

If life is the sea, our service is to give those, who need help, a better way to steer, even facing wind and waves, to brighter future.

黃先生與黃太太收到我們的物資後，感到既溫暖又欣慰。

Mr. & Mrs. Wong are happy to be helped.

機齡有高達30年、 畫面雪花 半百長者盼有部電視機

Some 50 elderly would like to have a new TV sets to replace their 30 years old TV set with frosty picture

電器技工譚榮才，退休後加入聖雅各福群會的家居維修隊，義務上門替長者檢查及維修電視機。譚師傅表示，每次出勤，他都會盡心盡力「搶救」每一部電視機，可惜在長者家裏，大多是陳年老機，往往「藥石無靈」，譚師傅深盼善長捐贈電器，幫助長者。

Tam Wing Choi, an electrician has joined SJS Home Maintenance Services Team since retirement and provides free services to check and repair TVs at home of the elderly. He expressed that on each trip he would tried his best to 'save' the set but often found most of them were too old to be repaired. He is now appealing to well wishers for donation of TV sets.

七十歲的譚師傅，加入義務維修隊已有七年，每個月平均接到八至十宗長者求助修理電視機的個案。「公公婆婆屋企部電視機一般機齡有十年，所以成日壞。」

The 70 years old technician Tam has been with our volunteer repair team for seven years and is servicing some eight to ten repair requests each month. Most of the sets found in homes of these elderly were over ten years old and had operational problems.

譚師傅表示，最常見是電視機沒有畫面或畫面有雪花，其次是開關掣失靈。雖然他擁有逾三十年維修電視機經驗，但也並非每次成功。「老實講，如果花一百幾十蚊換簡單零件，可以『救』得番部電視機，我都會幫佢地做，但如果係壞顯像管，我只可以放棄，因為換顯像管費用幾乎係電視機價嘅一半，對於一部『老爺機』來講，根本唔值得咁做。」

Technician Tam said that there was no picture or quality was poor or with faulty switch buttons. In spite of the fact that he has more than 30 years of TV repair experience there is no guarantee that he can successfully fix them every time. As a matter of fact, if spending few hundred dollars can save the set, I do not mind helping them, but if the tube which accounts for about 50% of the value of the set is at fault, it is not worthy of repair.

換零件費起碼過百

Parts will cost at least one hundred dollars

許多貧困長者連一部最基本及性能良好的電視機也沒有，譚師傅坦言感到無奈。「莫講話要佢地俾一、二千蚊買部新電視機，就算俾一、二百蚊修理舊機都負擔唔起，所以我真係希望有多多的社會人士可以幫助佢地。」

Technician Tam felt sorry for the poor elderly who does not have a proper working TV. They cannot afford to spend couple of hundred dollars for repair not to mention couple of thousand dollars for a new set. I am hoping that people in our community can come to their rescue.

聖雅各福群會公共關係經理陳炳麟表示，長者對維修電視機的服務需求愈來愈大，而透過該會的「電器贈長者」計劃申請電視機的個案亦不斷增加，在供不應求的情況下，希望更多合格電器技工加入義務維修隊，另希望善長慷慨捐出性能良好的電視機，以轉贈有需要的長者。

SJS Corporation Venture Manager, Chan Ping-lun expressed that there an increasing number of requests for repair and donation of TV sets from elderly through our EAE program. As demand grossly exceeding supply we are appealing for additional TV technician volunteers for repair and well wishers for donation of good TV sets to the elderly.

「目前，我地有四十幾位老人家輪候申請電視機，因為計劃完全冇政府資助，所以我地好急切徵求大量二十一吋或以下，機齡不超過五年嘅電視機。」

At the moment there are 40 plus elderly on the TV set wait list. As this program receives no subsidy from the authority, we can only appeal to you for urgent donation of sets under 21 inches and less than 5 years old.

*部份內容曾被刪除。

*An abridged version



我們需要你的捐助
We Need Your Donation

貧困病者乏力購藥 伸援手助有藥治病

人在貧病絕境時，既受惡疾折騰、乏力控制病情，又可能面對傷殘或死亡時，其對人生前景可說是極其灰暗與無望。

「贈藥治病」計劃乃聖雅各福群會於當局推行「病人自購藥物」，而推出藉善長們的捐助，望可為貧病者在社工資產審查的轉介下，有著「病者有其藥」的理想。

62歲的黃女士於2000前可說是衣食無缺，生活穩定，但自金融海嘯、沙士流行以及金融風暴的打擊，其與丈夫經營的出版社接二連三大受衝擊，結果結業收場，而且欠下巨債，無奈要領取綜援以應付生活所需。「我有經濟時，藥費當然無問題，但現在我們經濟拮据，些微藥費也是鉅額開支，現在我與老伴同樣都要買自費藥吃。」其丈夫亦患有高血壓的黃女士無奈地說：「現時倆老每月交租、水電等雜項支出後，綜援金所餘無多，我的病情較重，故必要用\$760購買糖尿病及膽固醇藥，以助控制病情，而老伴的病情較輕，醫生說暫可無須服自費藥，惟若病情惡化時，就必要購買了。」

「我患有血壓高、關節炎、糖尿病、腎病，妻子數年前因病已逝了，無兒無女依靠，我已不能工作唯有依賴綜援過活；但我多病多痛，每月睇醫生的醫藥費已用了我的綜援不少。」69歲的鄭建藩說：「最令我感到吃力的，是要每月用\$410購買糖尿病藥，無力買糖尿病藥吃，糖尿病很快便會不受控制，我便很快會更加虛弱，健康便會很快更差，生活便會更加慘淡。」

患上肝病的李女士因家庭屬「在職貧窮」，為要支付每月肝炎藥\$1,350的支出，仍堅持往快餐店兼職。「每次的兼職工作，根本沒有停下來的一刻，而且我有胃病，有時又會頭暈眼花，也不能停下來休息；我要賺取購藥的費用，方可有藥食，以控制病情，都無辦法啦。唔通，要丈夫要再做12小時工作，亞仔唔讀書嗎？」抱著「希望捱過」的精神的李女士說。

以上個案乃是「贈藥治病」計劃當中的部份個案之一，求助者均須經社工轉介而來；盼請善長作出扶助，以助燃亮一群病殘無助者的生存希望，於他們絕望中可感受人間的溫暖。施善支票請書：聖雅各福群會，指定捐予「贈藥治病」，助本會可及早作出資助，令求助個案可以有「病者有其藥」。支票請寄香港灣仔石水渠街85號一字樓105室。網址：www.healthbank.sjs.org.hk。施善查詢：2835-4321或8107-8324。



Donate to help Sickly poor elderly to buy medications

When one is sick and poor, he finds life hopeless and helpless. If he is tortured by terrible diseases, since he's unable to control diseases, he faces the likelihood of the onset of disability or death.

Our 'Medication Subsidy Program' was introduced when the government passed the 'user pay medication policy'. The Program was introduced based on the ideal that the sick get the necessary medications. The Program relies on donations and each application reaches St. James' Settlement through a social worker's referral upon satisfactory assets assessment.

Ms. Wong Nui, 62-year-old, lived comfortably until the financial tsunami, SARS and the financial crisis struck. She closed down the publishing company she and her husband owned after a series of adversity. They owed a huge debt. They have to live on the CCSA. "When I was financially viable, medication wasn't a problem. Now that we're in a financial strait, a little medication cost becomes a burden. My husband and I have to buy our own medications." Ms Wong, whose husband suffers from high blood pressure, said, "There isn't much left after we pay for our rent, utilities and miscellaneous. I spend \$760 on diabetes and high cholesterol medications. My husband is not as seriously ill as I. The doctor said he doesn't need to take user-pay medications unless his condition worsens."

"I suffer from high blood pressure, arthritis, diabetes and kidney problem. Several years ago, my wife died of illnesses. I have no children to depend on. I can't work and I have to live on the CCSA. Since I suffer from various diseases, it costs me substantially to pay the monthly consultation as well as medications fees," remarked 69-year-old Mr. Cheng Kin Fan. "It costs me \$410 to buy diabetes medications each month. If I don't take them, diabetes will get out of control. I'll soon get weaker, my health will deteriorate faster and life will be more miserable."

Ms Lee has liver problem. In order to pay \$1,350 for her liver medications, she persists working part-time in a fast food shop since her family is classified as 'low-income group'. I work non-stop in my part-time job. I have stomach problem. Sometimes I feel dizzy but I can't stop to rest. I have to earn money to buy the medications I need. I can't see any way out for me. I can't ask my husband to work on an 12-hour job again and my son has to go to school," said Ms Lee, hoping that some how she will come through.

The above are some of the applicants for our 'Medication Subsidy Program'. They are referred to St. James' through social workers. Please help them by lighting up their hope of surviving and by extending to them warmth in our community. Make out your cheque payable to St. James' Settlement, specifying 'Medication Subsidy Program' on the back. Your donations will enable us to subsidize the needy at our soonest and fulfill our ideal --- the sick get the necessary medications. Send your cheque to Rm. 105, 85, Stone Nullah Lane, 1/F, Wanchai, Hong Kong. Visit our website at www.healthbank.sjs.org.hk. For enquiries, dial 2835-4321 or 8107-8324.



我要作出援手

問：年青時因家境貧窮，嘗透貧窮生活的拮据滋味，故對社會無助的貧困老人特別同情，因為既無子女照顧，而又面對體力及健康日壞，他們根本缺乏改善生活的能力，確有「沒有明天」的感覺，他們活到此環境實是需要大家的關懷；故我非常留意你們的每月「慈惠月報」的工作報告，看是否有長者需要幫忙。

我的工作非常忙碌，不能親自探訪他們，但在「有力出力 有錢出錢」的前題下，我計劃出錢捐助，如「慈惠服務」的「電器贈長者」或「贈藥治病」購買電器或捐款幫助有關病弱個案，請問我要作出援手的手續如何？

答：多謝 閣下對本會並無政府及財團支持的「慈惠服務」的支持，有著大家的捐助，我們才可為社會一群匱乏無助病弱傷殘者作出援助，以令受患者改善生活，感受社區熱心人士的關懷。

有賴善長的關懷，正如 閣下一樣，很多善長每月從「慈惠月報」中，得悉有關匱乏個案的需要，而作出捐助，實在是對我們的恩賜及受患者的「解困解憂」福星。在每期的「慈惠月報」中，在缺乏資源下，為解申請者的困與憂，我們都會將當中最急切須要援助的眾多項目中的兩項「慈惠服務」刊出，作出呼籲，以企盼善長伸援手；

閣下可選取當中最感興趣的服務項目，賜予援助。援助方法，如「電器贈長者」計劃方面，可購買輪候申請個案所需的電器，送來本會指令作出轉贈；或賜擲支票，支票背面煩請指示善款該用的服務項目，俾我們可依指令行事，便可。

當然，由於我們所推行的「慈惠服務」超過15項項目以上，閣下施善時，亦盼可作出考慮，因為在受制「慈惠月報」的有限篇幅下，我們只可刊出兩項服務。故企盼 閣下施善前，可撥電與我們聯絡，查詢及以可全盤掌握我們的「慈惠服務」情況。事實上，我們有責任隨時接聽大家來電垂詢，目的是向大家作出工作的交待外，為令大家的施善「到位」，幫助有困難的個案，我們的熱線電話 — 8107-8324，乃是全天候為「慈惠服務」而設，時刻企盼你的垂詢。

I want to help

Q: I was poor when I was young, so I know what poverty is like. I am especially sympathetic to the poor single elderly who have to face deterioration in physical health. They lack the ability to improve their living condition and have the feeling of 'no tomorrow' which surely deserve our caring. Hence when I read "The Philanthropy Monthly", I pay special attention on the elderly requiring help.

I am very busy at work and can spare no time visiting them, but on the premise of 'effort or money' I am prepared to contribute money to help purchase electrical appliances under EAE program or medication under the 'Medication Subsidy Program' of your "Charitable Services". How am I going to proceed from here?

A: Thank you for your support to our "Charitable Services" which receives no government or financial institution subsidy. It is with support from people like you that we are able to provide help to the poor, ailing and aged people in order to improve their living condition and give them the feeling of community care.

Benevolent people like you can determine from the 'Philanthropy Monthly' on the two most urgent programs and contribute to it accordingly. Please pick the one and purchase the relevant item, deliver it to our office for redistribution to the needy or send us your cheque beneficiary St. James' Settlement, and specify at its back the supported program. We shall then act following your instruction.

As we have more than 15 programs in our "Charitable Services", but with the limited space in our "Philanthropy Monthly" we can only list two of them. You are welcome to learn more about the others by calling us on our 24 hour hotline: 8107- 8324.



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，俾本會可奉上謝函以及收據，以供閣下用作扣除稅額之用。謹此致謝。

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

Medication Subsidy Program Electrical Appliances for the Elderly Program Home Use Medical Equipment Support Program

Pharmaceutical Care Service for Patients Project Patients Travel Subsidy Plan Philanthropic Community Pharmacy

Specialty Medication Assistance Program (Light Up The Life Program and Precious Blood Precious Love) Elderly Home Maintenance Services

Home Haircut Services Power Subsidy - Ailing & Handicapped Outreached Physical Examination

Funeral Navigation Services Flash Light Door Bell for Deaf "The Voice" Monthly Elderly Magazine

Appliances Procurement Services Health Promotion Activities Legal Consultation for the Elderly 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
 電話：2835-4321 / 8107-8324
 傳真：3104-3635
 電郵：thevoice@sjs.org.hk
 網址：www.thevoice.org.hk
 地址：香港灣仔石水渠街85號1樓105室
 義務設計：黃志文先生
 翻譯義工：梁達仁、祈慕潔、林麗嫻、胡友玉、幸秀麗、何仲鳴
 友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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你手若有行善的力量，不可推辭，就當向那應得的人施行。
 Never turn down good deeds within your reach and do it to those who deserve.