

慈惠月報

The Philanthropy Monthly



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社工的話

Social Worker's Remark

竭智盡力 有你支持

對貧困病者來說，服食自費藥物是一件的奢侈的事；因為他們要每月「自掏腰包」由數十至數千，甚至過萬元的藥費，試問生活拮据窘迫，貧病交迫人士怎會不吃力呢？

在我們憑賴善長捐款支持的「健康寶庫」中，因為須服食在醫管局藥物名冊之外的藥物，就有個案每月的藥費高達一千五百元，但收入來源只有三千多元綜援，扣除兩千元板間房租和購買自費藥物後，只餘二百多元生活開支，最窮時儲蓄只有三十餘元，惟有減少藥劑及只進食粥麵，身體長期缺乏營養。也有病人根本付不起每月千多元藥費，在70高齡視力不清的情況下幹粗活，以賺取藥費。甚至有人完全放棄服藥，任由惡疾殘害孱弱的身軀。

我們早前委託城大訪問360名病人，發現30%病人需自費購買藥物，但當中近40%人士並未跟從醫生指引自費購藥，超過九成是因藥費太貴無法負擔。即是說，貧困無助病人多處於「無錢無藥醫」的困境，最終是「快步」奔向死亡。

據食物及衛生局局長周一嶽表示，08/09年度醫院管理局曾為9萬名病人處方自費藥物，佔該局病人總數約3%，惟在此年度的首三季中只有742名病人獲得提供全數或部分藥費資助，即是說為近8萬多名病人，均需「自掏腰包」以購藥「救命」。

我們站在人道立場，不能坐視病人因財力所限而放棄服藥，無奈地讓病魔活活地折磨致死。當然，每人都要死，但我們所有人都有一個人生終極的希望——希望治病、希望不要纏綿病榻、苦熬一段長時期才死。患上頑強惡症，病人苦痛而久延殘喘一段「未亡」時期，無藥可控制或減慢病情，活活地等死，是人間慘事。

當局有龐大的財力亦不伸出援手救助病殘者，「健康寶庫」只有斗膽踏出第一步竭力作出服務，幫助無助的貧病者。我們明知困難重重，縱使焦頭爛額難得寸進，也要盡力而為。我們要迎難而上，才能帶給弱勢無助者改善生活的希望；我們亦深信善長的支持會賜予我們更大的動力，大家一同竭智盡力，讓貧病者能服用上他們急需的藥物。

DOING OUT UTMOST WITH YOUR SUPPORT

To the poor sick, self-financed drugs are a luxury. They may have to pay several tens to as much as thousands of dollars every month for their medicine. How can this not be a tremendous strain on a person who is already poor?

In our Health Bank project which relies totally on public donation, there is a client who must pay \$1,500 each month for medicine not on the Hospital Authority's drug formulary, when his income is just over \$3,000 of Comprehensive Social Security Assistance. After paying \$2,000 in rent for his boarded cubicle and his self-financed drugs, he is only left with \$200 for daily expenses. There have been times when his total savings were down to \$30. He had no choice but to cut down on his medication and to subsist on congee and noodle, winding up with protracted mal-nutrition. Another client simply cannot afford more than \$1,000 worth of medicine every month, and has to do heavy manual work to make the money needed, despite being 70 years old and poor of vision. There are others who must go without their medicine, leaving their already poor health to the mercy of their illness.

Recently the City University conducted a survey of 360 patients for us. It was found that 30% of them needed self-financed drugs. Of these, nearly 40% did not fill their prescriptions at all, with 90% giving unaffordability as the reason. In other words, many poor patients are in a situation of "no money, no cure," and are speeding toward death.

According to Secretary for Food and Health York Chow, in the year 2009-2009 the Hospital Authority prescribed self-financed drugs for 90,000 patients, or 3% of all its patients. Yet in the first three quarters of that year only 742 patients were granted full or partial financial subsidy to purchase self-financed drugs. That means more than 80,000 patients had to pay out of their own pockets to save their own lives.

From a humanitarian standpoint, we cannot stand by and watch patients die from the ravages of illness. It is true we will all die one day, but we all cherish a hope that our last days will be relatively peaceful – with our diseases treated and our pains relieved, so that we do not have to suffer for long before we go. It is a great misery when a person stricken by a deadly disease must endure prolonged suffering without medicine to bring him some relieve, gasping on their death bed until their last breath.

Since the authorities with their vast financial resources will not extend a helping hand to them, the Health Bank project has taken a bold first step to do our utmost to serve them. We are fully aware that numerous difficulties lie ahead, that our best efforts may not result in an inch of progress. But we are resolved to challenge the difficulties, as it is the only way to make life better for the helpless sick. We are also convinced that the support of our kind donors will give us strength. Let us together work towards bring needed medicine to the poor sick.



不用再 「隱蔽長者」了

「你看看我這個殘弱樣子，年紀大，身體不好，無親又無故，留在世上都沒有用了。」80歲陳婆婆的丈夫因病在數年前逝世，面對身體機能日漸衰退，且患有多種長期病，早已失去工作能力，只能依靠綜援生活。

說著自己家裡的情況時，行路一拐一拐的陳婆婆嗚咽地說：「以前我跟丈夫不算富有，但總算不用為三餐憂愁。自從丈夫患上癌症後，所有積蓄都用在療程上，所有錢都用光了，可惜最後，也救不了我的丈夫。」

「丈夫過身後，社會福利署為我安排體恤安置，很快我便能夠搬上公屋，但那時我實在沒有金錢做任何基本裝修，例如鋪地板、安裝扶手等等，我實在沒有辦法，心想這一世只能住在無裝修的英泥石屎地上。」問及陳婆婆日常生活的情況時，她說：「因為沒有鋪上膠地板，有時不小心把水或餸菜汁倒在地上，地面變得很濕滑，笨手笨腳的我試過多次滑倒在地上，心裡確實害怕有一天會跌斷骨頭，死在家裡頭也沒有人知。」

「更甚的是，那些餸菜汁殘留在英泥地上，抹也抹不了，引來了蟑螂老鼠，很不衛生，我也羞於邀請朋友到我家作客，朋友覺得我很奇怪，他們都慢慢疏遠我了，現在我沒有朋友，很孤獨，丈夫又不在我的身邊，我覺得很無助。」陳婆婆形容她孤獨的處境，愁眉深鎖地嘆道。「一個人隱蔽地生活，又乏人關心，真的很悽慘。」

「有一天，當社工來探訪我的時候，她告知可為我作出轉介往聖雅各福群會『家居維修服務』，有義工會為我鋪設膠地板、安裝扶手及各項家居用品。那時令我突然感到人間的溫暖。」

「謝謝義工們在百忙中抽空幫助我，見到你們盡力幫助我，我覺得很感動，我知道世上還有人關心我。」面對家居煥然一新、鋪設膠地板的環境後，加上當知道是次工程費用乃全由崇德社支持時，陳婆婆立時面上重回笑顏，歡欣地對著義工說：「我沒有能力支付工程的材料費，你們不但義務幫我裝修，現在又有崇德社的善長捐助，真是感激，為我締造一個安全及舒適的居所，令我除了能安居外，亦可以邀請朋友作客，不用再『隱蔽長者』了。」



No Need to be “Hidden Elder” anymore

“Look at how weak I am! Old, poor health, no relatives ... I'm useless.” 80-year old Mrs. Chan lost her husband several years ago. And now her health is deteriorating every day. Suffering from several chronic diseases, she has lost her working ability long ago and is living on social security assistance.

Limping and talking about her situation, Mrs. Chan whimpered: “My husband and I weren't rich, but we didn't have to worry about our living. Since he got cancer, however, all our savings were used on his treatment, yet in the end I still couldn't save him.”

“After my husband died, with the help of the Social Welfare Department I soon moved into a public housing unit. But then I had no money to carry out any renovation like flooring and installing handrails. I thought I would have to live on that cement floor for the rest of my life.” When asked about her daily living conditions, she said: “As there was no flooring, sometimes if I spilt water or sauces on the floor, it became very slippery. I had slipped and fell several times. I was afraid that one day I would break my bones, and die in the flat with nobody knowing.”

“What's worse was that those sauces stuck on the floor and couldn't be removed, attracting cockroaches and mice, which was very unhygienic. I was shy to invite any friends to my flat. They found me weird and slowly alienated me. Now I have no friends; I feel very lonely; and my husband is not around ... I feel so helpless.” Mrs. Chan

“One day, when the social worker visited me, she told me she could refer me to St. James' Settlement's Home Maintenance Service. Some volunteers then laid out the flooring and installed handrails and other home appliances for me. I suddenly felt warmth all around.”

“I wish to thank the volunteers for sparing time to help me amidst their busy schedules. I felt touched when I saw you helping me, and now I know that there are people caring about me in this world.” When she saw her “new” home, with its new flooring, and knew that the cost was all paid by Zonta Club, smile came back to her face. She said happily to the social worker: “I had no money to pay for the repair materials. But not only did you help me with the repair, the work was also sponsored by Zonta Club. I'm really grateful for the safe and comfortable home you have made for me. Not only can I live here safely, I can also invite friends to my home, and will no longer be a 'hidden elder'.”

「有咁潔亮的膠地板，我以後都可以招呼朋友來坐了。」要求義工拍照，見證喜悅的陳婆婆說：「多謝崇德社的捐助。」

“With such a beautiful floor, I can invite friends to my home now.” Mrs. Chan asked the volunteer to take a photo to record her joy. “I wish to thank Zonta Club for its donation.”



我們需要你的捐助
We Need Your Donation



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暑夏洗澡弱老易冷病 捐款贈熱水爐免被染

正值炎夏，青壯的人洗澡時，仍需暖水清潔身體，更何況是體弱的老者呢？

年82歲患有哮喘病的關伯伯說：「夏天我可以穿單薄的衣服，也不覺身體冰冷，但若我用冷水洗澡致全身濕透時，身體必然會發抖，氣管病跟著便會發作，有一次洗澡後我穿衣穿得慢，竟然舊病復發，累我睡了兩個星期床。」

事實上，據醫學界人士指出，體弱多病的老年人士抵抗力弱，夏天氣溫雖高，惟他們的身體若被冷水濕透，其體溫自然會降低，容易染上感冒是自然的事；故高齡人士一年四季，宜用暖水洗澡，以確保不致「冷病」，而令身體染病。

「我雖然在中午時洗澡，但因手腳活動緩慢，洗澡不久全身都會不自控地起『雞皮』，人也不自覺地顫抖起來，我真是希望可以有一台熱水爐。」賴綜援為生的溫婆婆因乏力購買熱水爐洗澡，而視洗澡為煩惱事。「夏天時，我又大汗，身體容易有異味，很多人都會遠離我，唔通要我孤獨生活嗎？」

據專事探訪長者的社工亦表示，年老體弱老人家居若能置有熱水爐，不但免去他們攜帶熱水往浴室的危險，而且更鼓勵長者勤洗澡，保持身體清潔，抗拒疾病，也方便他們的家居生活。

你可伸援手，以令體弱高齡老者於炎夏也可有暖水浴嗎？盼請捐助正在輪候聖雅各福群會「電器贈長者」之6名貧而無助老者，俾可以集腋成裘方式以\$1,700購買一台熱水爐，以令每一名老者可免夏天洗澡而冷病嗎？捐款支票請書：聖雅各福群會，指定「購買熱水爐」，逕寄香港灣仔石水渠街85號。網址：www.thevoice.org.hk。施善查詢：2835-4321 / 8107-8324。



Donate to buy water heater to prevent weak elderly catch cold bathing in summer

Even the young and strong bathe themselves in warm water in summer. It works the same for the elderly.

Mr. Kwan, who is 82-year-old and suffers from asthma, said, "I can wear thin clothes without feeling cold in summer. However, if I wash myself with cold water, I shiver once my body is wet. Then I will be seized with bronchitis. Once I was too slow in putting on my clothes after bathing, I became sick and was bed-ridden for 2 weeks due to an old ailment."

According to medical professionals, the weak and sickly elderly have low resistance. Even the summer temperature is high, their body temperature drops once their bodies become wet with cold water. They are then vulnerable to flu. The elderly should always bathe in warm water the whole year round in order not to catch a cold.

"Though I bathe at noon, I get goose flesh because my movements are slow and I shiver automatically. I really hope I have a water heater." Ms Wan looks upon bathing an ordeal since she lives on the CSSA and can't afford a water heater. "In summer, I sweat easily and my body stinks. People stay away from me because I smell. With no friends, it looks like I'll have to remain a loner forever."

Some of St. James' Settlement's volunteers who visit the elderly are of the opinion that it's advisable for the elderly to own a water heater for two reasons: the elderly won't have to carry hot water from the kitchen to the bathroom and they can bathe more often. In this way, the elderly can keep themselves clean, have a higher resistance to illness and their home living is made more convenient.

Please help, so that the weak elderly have warm water to bathe in. Please donate in terms of money to help 6 elderly who are waiting on St. James' Electrical Appliances for the Elderly Program. When the donation received reaches the amount of HK\$1,700, it will be used to purchase one water heater which will help protect one elderly bathing without catching cold. Make out your cheque payable to St. James' Settlement, specifying 'for purchase of water heater' on its back and mail it to 85, Stone Nullah Lane, Wanchai, Hong Kong. Visit our website at www.thevoice.org.hk. For enquiries, dial 283-4321 or 8107-8324.

「我好開心，因為夏天我都可以有溫水洗澡。」

"I am very pleased because I can bath with warm water in summer."



我們可喘息了！

We can take a breath now!

「太太剛剛來港，因患上末期腎衰竭就要立刻須要接受腹膜透析治療，不要說適應環境，就連喘息的機會都沒有。」鮑先生緊鎖眉頭，語帶痛心訴說太太的情況，鄭女士默不作聲地坐在丈夫鮑生身旁，面上掛上無助的面容。

鄭女士與丈夫結婚6載，一向於深圳居住及工作，鮑生曾任職電腦技術員，本應過著安穩且無憂的生活。但3年前，鄭女士被診斷患有慢性腎衰竭疾病後，鮑先生為了能在深圳可照顧病弱的太太，毅然辭去工作，望早日可助她早日康復；但太太病情未有控制之餘，他們因傾盡積蓄求醫，現已變為一窮二白。「所有錢已用光了，最後太太還是要走到洗腎的階段…」鮑生一臉茫然、眼帶淚光地說道。

最近，鄭女士獲發居港簽證，且獲在港可得洗腎治療，但鮑先生亦無能力支付太太的洗腎醫療費用及用品，現時鮑生只能在快餐店任職侍應，以令生活可糊口，而鄭女士洗腎的部份醫療用品，也只好在內地訂購。

「醫療用品實是不容缺少，香港醫療雖較先進，但醫療用品也較為昂貴，奈何荷包乾涸，我們的選擇也不多…。我的收入不多，不計太太的覆診費在內，衣食住及交通費，我們的生活也成問題。」鮑先生對著當前困難重重的生活說。

聖雅各福群會之《燃點希望計劃》，乃獲得香港金融中心扶輪社全力贊助腎病人可於家居洗腎；該社社員更親自前往送出洗腎的有關醫療物資。當他們親自接過醫療物資後，報以懇切的眼神說道：「我們緊拙的生活可有喘息的機會了！」

當我們看到他們的面容得以寬容時，我們知道一切的祝福已帶到鮑生鮑太太心窩裡；然而，一份可讓病患者感到善長的關懷，助他們解脫最困苦的一刻，在這裡盼望鄭女士的病情可盡快穩定下來，兩夫妻跨越過陰霾幽谷，踏入充滿曙光喜悅之路！

My wife has just come to H.K. and needs to receive ambulatory peritoneal dialysis instantly for end stage renal failure. Before mentioning how to adapt to the new environment, she even has no time to take a breath, Mr. Bao had a worrisome look, talking about his wife's status in heart-breaking voice. Ms. Cheng was seated beside Mr. Bao silently, showing a helpless appearance.

Ms. Cheng has married with her husband for 6 years. She lived and worked in Shenzhen during this period. Mr. Bao has ever been employed as a computing technician. They should have a stable and wealthy life. However, Ms Cheng was found suffering from chronic renal failure 3 years ago. Mr. Bao instantly quitted his job in order to look after his weak wife in Shenzhen, hoping an early recovery of her wife with his support. Unfortunately, his wife's illness still couldn't be managed. To be worse, they had become penniless because they had expended all their money on medical expenses. 'I've no money at all, at last my wife must enter to the stage of dialysis!' said Mr. Bao with puzzled face.

Recently, Ms. Cheng has been issued a Hong Kong resident visa and granted dialysis treatment in Hong Kong. But Mr. Bao cannot afford to pay for any fee related to his wife's dialysis treatment and equipment. Now Mr. Bao could only earn his living by working as a waiter in a fast food shop. He can manage the basic needs in everyday life. To minimize the expenses, he orders part of the dialysis equipment from mainland China for Ms. Cheng.

'No shortage of medical equipment is allowed. Although Hong Kong's medical technique is more innovative, Hong Kong's medical equipment is more expensive. We have very limited choices due to limited financial budgets. I earn so little. Other than the money needed for follow-up consultation, it is difficult for us to offer clothes, food, house and transportation in daily life, 'Mr. Bao talked to us, facing the present tough situation.

St. James' 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. When they received the medical kit by hand, they showed sincere thanks in their eyes and said, 'We can gasp for breath now even in these tight living conditions.'

When we realize their faces being indulgent to us, we know we have delivered all the best wishes to the hearts of Mr. and Mrs. Bao. Here, we let the patients feel the care of donors; we help them relieve the moment of most distress; we hope, the illness of Ms Cheng becomes more stable instantly; the couples leap over the barriers, enter the road of joy and light of dawn.



鄭女士收到捐贈者的醫療物資和支票感到很欣喜

Mrs. Cheng is happy to be helped



我們的服務
Our Service

藥劑師免費輔導 教導正確服藥法

你家中的長者是否要經常服食藥物以治理疾患？若病者同時需每日服食多種藥物，而感有點兒混亂嗎？

你可知病者所服用的藥物特性、不良反應等問題？有否知道如何處理服食多種藥物的問題？藥物與藥物間有否相同效能與相沖？或有否曾於服食藥物的過程中，感到身體有異時，而感到迷茫或不知如何應對嗎？或甚至有不知如何存放藥物的問題？

據政府統計處一項有關香港市民健康的調查報告顯示，現時全港每四人當中，便有一人屬長期病患者，當中不乏患上一種以上的慢性疾病。但因很多病患者對藥物的效用及副作用等欠缺認識，沒有正確服藥而影響病情的康復及控制，更甚者因為「久病成醫」，自行購買或調配或停止服食有關藥物，嚴重者更因此而導致死亡。

為能幫助長者及其家人學會「知藥用藥」，聖雅各福群會與香港醫院藥劑師學會合辦之「藥療輔導服務」計劃，乃由藥劑師主理及進行輔導。輔導的方式是將長者按照疾病種類分成「專科專藥」小組，由專業藥劑師教導正確的服藥方法、檢視病患者所服及存放藥物的情況，就病者的健康狀況，聆聽服食藥物後的反應，或可能出現的不適現象，以作出專業的意見及輔導，助能可掌握正確用藥方法。

「藥療輔導服務」計劃乃專為患有長期病患的人士及其照顧者而設，欲盡早掌握「用藥之道」，助病者運用有關藥物以可及早控制及治理有關慢性疾病。請速與我們報名聯絡，以待安排接受藥劑師的免費輔導服務。報名電話：2835-4320。



Pharmacist Free Consultation Good Medication Teaching

Is your family elder taking chronic medication? Does the patient confuse on taking multiple medications per day?

Do you know the medicine property and the side effect of the patient's drug taken? Do you know the proper way in taking multiple medications? Are these multiple medications in the similar indications? Did the patient feeling uncomfortable after taking medication and did not know how to dealing with the case? Do you know how to keep the medicine in a good way?

According to the Statistics Department's report on Hong Kong people's health survey, one of four Hong Kong people is a chronic patient. Unfortunately, some of the patients are suffering from one or more chronic diseases. These patients do not have the property and side effects of their medicine. The non-compliance of patients taking chronic medication would affect the health restoration and the illness control. In addition, some experienced patients like to buy medicine by myself or omit the drug without doctor's instruction. All these conditions pose great threat to the death and the high mortality rate.

Through the joint cooperation with The Society of Hospital Pharmacists, St. James' Settlement provides Pharmaceutical Care Service for Patients Project to help the elders and their family member to learn more medicine knowledge. With the provision of pharmaceutical care service by professional pharmacists, the elderly patients would have individual drug consultation with their different types diseases. Under the consultation, the experienced pharmacists could concern deeply the patient's health condition, medication storage, and any reaction and side effect of taking multiple medications. They can further provide solution to resolve patient's drug-related problems and correct his medication.

Pharmaceutical Care Service for Patients Project is tailor-made to chronic patients and their family members. Earlier getting knowledge in medication is much better to control chronic diseases. Welcome to contact St James' Settlement at 2835-4320 for the enrolment of free Pharmacist Consultation Services.

「用藥要清楚認識，才可達到知藥用藥的果效。」

"We must be clear to every medication we take."



援手後的轉變

「當我知道香港大學的研究發現，我真是很驚，因為我的兒子尚幼，太太又年青，一旦我因癌症死去，他們以後的生活也不知怎樣了！」41歲的麥先生月前前來本會「惠澤社區藥戶」求助時非常徬徨地說。

原來身患慢性乙肝的麥先生，從一些健康資料中知悉港大曾對乙肝可能引發嚴重併發症的研究，指出約45%患者的肝臟會有明顯纖維化情況，約25至40%患者最終會死於乙肝相關之併發症如肝癌或肝硬化時，頓時感到非常驚恐。

「最近醫生更要我自費購買乙肝藥物，我根本買不起，因為我的收入有限；真是感到『有錢便有命』，我無錢便會無命的恐懼。」於茶餐廳工作、賴每月\$8,000薪金維持家計的麥先生苦著臉兒說。「每月已是捉襟見肘，連兒子喜愛去的『麥當勞』也不能經常滿足他。」

「雖然有朋友告訴我聖雅各福群會『惠澤社區藥戶』有我須要的乙肝藥物，但價錢優惠後也要\$1,350，我根本買不起。」當麥先生談及此情況時竟露出笑容地說：「『惠澤社區藥戶』實際救了我，因為當我致電負責人說，他們設有『乙肝援助防病行動』加上『贈藥治病計劃』可幫助我，故我暫時半年可有必須的乙肝藥食，這也即時解除我的死亡恐懼感，可以見太太及兒子多一面。」

「我最近返醫院覆診時，醫生也說我的病情穩定，令我非常放心。」麥先生如釋重負地說：「人也感到非常輕鬆，也感到滿身活力，心情也開朗很多，連太太也說我變得歡容，兒子也敢親近我。」

事實上，由於以上「贈藥治病計劃」有著善長捐款的支持，令麥先生可在半年內得可有免費乙肝藥物服食，一旦資助用罄，便沒有能力自費購買，他會再度陷入恐懼，不但會令太太徬徨，也可能令孩子有一天失去父親；故善長們可伸出援手為12名暫時可有乙肝藥物服食的低收入或綜援者暫解去一些憂恐嗎？



Changes after getting support

"When I learned what a Hong Kong University study has found, I really awed. My son is still young and so is my wife. Had I died I don't know how they are going to live!" said the 41 years old Mr. Mak as he called on our "Philanthropic Community Pharmacy" for help.

Hepatitis B afflicted Mr. Mak has picked up health information on studies by Hong Kong University that Hep B could cause serious complications. It pointed out that about 45% of Hep B patients have significant fibrosis of the liver, some 25-40% of them will finally died from such complications and that dreaded him terribly.

"Lately, the doctor told me that I have to buy my own Hep B medicine. I simply cannot afford with my meagre income and am cornered by the feeling of 'money buys life' and as I having no money my fear for death is inevitable." Mak works in a local cafe and his wage of HK\$ 8,000 is the entire family's monthly income. "Being so hard up, I couldn't even treat my son with his favourite MacDonald."

"When my friend told me that my Hep B medication is available from "Philanthropic Community Pharmacy" I was skeptical as it would still cost me HK\$1,350, well beyond what I can afford." Mr. Mak smiled when he talked about how "Philanthropic Community Pharmacy" has saved him. When I rang up, the person in charge told me that their "Medication Subsidy Program" could come to my rescue and gave me free medication for six months. My fear for death is now lessened and I shall have more chances seeing my wife and my son."

"I was at the hospital for routine check recently and the doctor told me that my condition has stabilized and that eases me a bit." Mak said, "I feel relaxed and cheerful and my body has regained its vitality. My wife also spotted that and said that I am joyful and my son dares getting close to me again."

The fact is our "Medication Subsidy Program" relies on contributions from benevolent supporters, hence is capable to assist Mak's free medication for six months. However, when its fund runs out, Mak without the means to purchase his own medicine will once more fall into fear together with his wife. Will you be kind enough to extend a helping hand to the 12 low income or CSSA patients now receiving our temporary support in ridding their fear?



我們需要你的捐助
We Need Your Donation

免弱童失明 盼你伸援手

11歲應是小朋友最快樂的歲月，但對聰仔而言，並非如此。他眼前是一片朦混不清的光景，因他的眼角膜嚴重受損，令他視力大受影響；而父母因家庭收入屬「在職貧窮」之列，為籌措聰仔的醫藥費，而經常吵架，因而令聰仔非常恐慌。

「他原患有濕疹，但不知怎樣眼睛亦有紅腫及疼痛的問題，經診斷後證實眼角膜嚴重受損，已接受了數次手術，視力仍未有改善，醫生話要我自費買兩種眼藥水，以可控制他的病情。」聰仔的媽媽---詹太太說：「因要醫治他的眼疾，我們已用盡所有積蓄之餘，更向財務公司借了一大筆錢，但現在除要清還債務外，也要至少半年，每月用\$1,300元為他購買眼藥水。」

「真是越窮越見黑，因為聰仔失去大部份視力，不能上學；而法律也不能獨留子女在家，我當然要辭去工作，留在家中照顧他；那麼，問題便是更嚴重了。」詹太太紅著眼說：「原本要夫婦兩人出外工作，才可維持家計，但現只靠丈夫每月\$7,000之收入，扣除每月要還\$3,000之債務後，只餘\$4,000作屋租、水電費支出、丈夫每日上班之交通費及在外的膳食費、我和聰仔的食用等費用，全部都大大超出\$4,000，我們怎樣也不能應付之餘，根本更已無法為聰仔購買眼藥水。」

「媽媽及爸爸因為錢的問題，日日都大聲吵架；而媽媽也經常對我說想自殺，我真係好驚。」無助的聰仔驚恐地哭著說：「我真係唔想死呀，我真係唔想盲呀。」

小兒患病是無奈，弱小心靈大創，備受失明的恐懼兼大受父母不和及媽媽自殺的威脅，聰仔確須社會人士的捐助，以可有必須的自費眼藥水以控制病情，免因而失明誤了一生的幸福。盼請伸援手，援助款項抬頭：

聖雅各福群會，支票請書：聰仔專戶；
惠請香港灣仔石水渠街85號一字
105室。查詢熱線：2835-4321
或8107-8324。



Help tender child from being blind

Youngsters at 11 should be a happy moment, but that is not the case for Little Chung. His future is blurred as his cornea has been seriously damaged, greatly affecting his vision. His family could be called 'at work with poverty'. In order to come up with the money for Chung's medical care, his parents often quarreled over the topic and that dreaded little Chung.

"He used to have rashes and we did not know what happened his eyes turned red, swollen and sore and the doctor diagnosed him having serious cornea injury and was operated on several times but with little improvement to his vision. The doctor told me to self-purchase two types of eye drop for treatment," said Mrs. Chim, Chung's mother. "As a result of his operation, we have taken out huge loan from the finance company. Additional to loan repayment we are required to spend HK\$1,300 on his eye drop monthly for 6 months at least."

"To make matters worse, as Chung has lost most of his sight, he cannot attend school and the law forbid leaving young children alone at home, so I have to quit my job and stay home with him. With both I and my husband working to make ends meet, now it is just my husband working on a monthly income of HK\$ 7,000 a month, after deducting HK\$ 3,000 for loan repayment, we are left with only HK\$ 4,000 for expenses paying rental, utilities, husband's traveling expenses to work and lunch and meals for me and Chung. That has overshot our means and we basically have no money to pay for Chung's eye drop," said mother Chung with tears in her eyes.

"My parents have bitter daily argument on money issues and my mom told me that she really did not want to live and I am dead frightened," said helpless Chung sobbingly with fear. "I really don't want to die nor being blind."

The threat from his mother not wanting to live, his fear of being blind and unceasing quarrel inside the family hurt him dearly. Youngster Chung really deserves your help on the eye drops for treatment and to have a future. Please help by sending in your donation by cheque beneficiary St. James' Settlement, earmarked "For Youngster Chung" and mail it to Room 105, Stone Nullah Lane, Wanchai, Hong Kong. Inquiry and donation hotline:2835-4321 or 8107-8324.



我愛《松柏之聲》

I Love "The Voice"

《松柏之聲》編輯先生：

Dear Editor of The Voice,

很高興得到朋友的介紹，可以每月免費收到你們的期刊；在這商業社會，事事講求經濟效益，傳媒不屑照顧購買能力低的老年人閱讀市場，有幸可以有你們專為老年人生活所需的「全方位」讀物，《松柏之聲》真係是沙漠的奇花，帶來我們老年人豐富的晚年資訊，確實給我不少生活的指導。

Thanks to a friend of mine I obtained a free copy of your newsletter – The Voice. In this business world, people often seek economic benefits and the media ignores the market for low buying power elderly readers. The Voice is unique in its rich offer on information and guidance to the elderly.

我們從工作中退下來多年，有的是太多閒餘時間，日常專注的多是生活、健康、社福服務、家庭及親友關係與交往、空餘時間運用等方面的問題，而《松柏之聲》正正為我而設，提供我不少有用資料以作參考；所有文章絕無空談偉論，更附有具體及生活的實例，給予我鼓勵，令我回復信心，助我踏出思索多年不前的某一些活動，實現我年青時的理想；如果沒有《松柏之聲》，我只會依然是個孤獨老人，等待死亡的一位。

I have retired for years and have much free time. Our daily concerns are issues regarding our living, health, social services, and social contacts with friends, relatives and family members. The Voice meets our need and provides us with lots of relevant information, no empty saying but practical lively examples of encouragement and helping us to regain self-confidence, reconsider activities which have long elapsed memory of our much younger years. Without The Voice I would only be a lonely old fellow waiting for my final days to come.

正如當中的一篇文章說：人要活到老，學到老，不應待老令你更枯老。退休多年，我也害怕孤獨、枯燥，閱讀多期的《松柏之聲》，它教曉我要「活得開心快樂，就要活出明天」，所以我需要學習，才可與時俱進；多與親友接觸，才可擴闊社交圈子，才可融入社區，生活才可活得更有意義。為能提點我對生活的積極性，當我閒時在家時，多會進入《松柏之聲》的網頁(www.thevoice.org.hk) 細閱多位鍾愛作家的文章與有關報導，以令我更為「充電」以及更有動力地活好每一天。

As one of the articles says: man lives to an old age by learning all time. After retirement I dreaded being lonely and bored. After reading The Voice, I was taught to "live with joy and for to-morrow". Hence I must learn and advance with time, reaching out to my friends and relatives, expand my social circle, mixing with members in the community for a more meaningful life. Being more proactive, I would click into the Voice website (www.thevoice.org.hk) reading its articles and reports written by my favorite writers, thus getting myself 'recharged' with vitality of living another day.

《松柏之聲》的編輯確實花了不少精力與心血，可以令有這麼多的作家們參與，義務提供這麼多豐富多彩的資訊，為我銀髮一族作出真摯的關愛，我希望編輯先生可刊出我這一封信，以令我也可代表一輩退休人士對《松柏之聲》的謝意；同時也借此機會，也讓我呼籲大家不要錯失索閱《松柏之聲》的機會，俾令你們家中的老人也可以有此「晚年的老伴」，提供他們作出積極生活的參考，以協助《松柏之聲》更能可造福老年人。

The Voice editor has spent much time and effort in inviting so many writers from different fields volunteering articles on such broad topics. I wish you can publish my letter representing thanks for all retirees. At the same time I would urge others not yet receiving it to grasp this golden opportunity and ask for your personal copy of The Voice for its rich information and help in its propagation to benefit a greater number of elderly.

68歲老人

A 68 years old man

窮人無錢自購藥盼資助

記者黃燕儀報道：長者病患除了折磨病者身心，對經濟有困難的病者更要面對難以負擔的昂貴藥費。

一項調查發現，有37%的專科病人沒有根據醫生建議自費購買處方藥物，當中逾九成人表示沒有購買的原因主要是沒有經濟能力。有調查團體擔心，病人不按指示買藥，可能會影響病情，希望政府可以考慮他們的處境，增撥購買藥物的資助。

團體促增撥買藥資助

聖雅各福群會委託城市大學，於去年8月訪問了360名公立醫院專科病人，他們平均年齡67.2歲，收入中位數為3,000元。有三成受訪者表示，曾經有醫生建議他們自費購買處方藥物，主要醫治高血壓、高膽固醇及糖尿病等，當中約六成人表示藥物昂貴，有37%的受訪者並沒有根據建議購買藥物，當中逾九成人表示沒有買藥的原因是因為經濟負擔不來。而在63%根據建議買藥的病人中，有超過7成表示，每月平均藥物開支約1,500元。

香港醫院藥劑師學會會長蘇耀華指出，自05年政府推行藥物名冊後，不少貧窮的病人無法負擔昂貴的自費藥物而不按指示買藥，因而影響病情，「好多經濟有困難的長期病患者，為了慳啲買藥錢，將每日食一粒藥改為食半粒，令病情無法好轉，但又無同醫生講食少咗藥，拖慢了治療效果。」他表示，目前政府在資助藥物方面處於落後形勢，令不少經濟有困難的長期病患者得不到適當治療，希望政府可以考慮他們的處境，增撥購買藥物的資助。

惠澤社區藥房助貧病者

為了紓緩病人的療病壓力，聖雅各福群會於去年開辦「惠澤社區藥房」，以較優惠的價錢售賣藥物予經社工審核貧病者，在半年間已為200多名購藥病人省回80多萬元。

今年71歲的魏先生在幾年前患有黃斑病變及前列腺炎，醫生告知必須注射藥物才能控制病情，以減慢致盲速度，但每支針劑需約7000元，至少注6支，總共42000才可穩定病情，「我已經退了休，又不想領綜援，而家左眼已經失去所有視力，太太又有骨質疏鬆，要購買自費藥物，根本就無能力買針劑。」為了減輕開支，魏先生堅持做兼職以購買藥物，他與太太每月的藥物開支達500多元，幸好有「惠澤社區藥房」協助下，他只需一半價錢就能購買藥物，紓緩他的經濟壓力，並在藥劑師教導下，使用「防潮盒」儲存藥物，學習正確管理藥物及認識藥物副作用等問題。

Poor people have no money to buy medication

As reporter Ms. Wong Yin Yin reported, long-term illness not only affects elders mentally and physically, they also have financial impact on the elders as they have little to no money to afford medication and treatment.

A survey found that 37% of specialist patients have not followed the instructions to buy medicine according to their doctors' requests. Also over 90% of people surveyed claimed the main reason for not buying medication is because they cannot afford it. The organization that conducted the survey worries that if people do not follow the instructions to buy and take proper medication, it may affect their well-being. They hope the Government would consider their situation, and increase funding for buying medicine for the people in need.

An organization asked funding for buying medicine

St. James Settlement, with the help of City University conducted a survey and interviewed 360 patients in clinical specialties in Government hospitals during August last year. The average age for patients was 67.2 years old. Their average income was HK\$3,000. About 30% who were interviewed said they had follow doctors' instructions to buy medicine, mainly for high blood pressure, high cholesterol and diabetes, etc. About 60% said the medications they need are very expensive. 37% of people claimed that they have not followed the instructions to buy medicine, and 90% of patients said they did not buy any medication was because they can not afford them. 63% of those who bought the proper medication according to instructions, over 70% of them said they need to spend HK\$1,500 on average per month on medication.

According to the Society of Hospital Pharmacists of Hong Kong, chairman Mr. So Yiu Wah says, after the Government released the HA Drug Formulary in 2005, most patients below the poverty line has not bought medication according to the doctor's requests, due to the high costs. As a result, that has affected the condition of most patients. "Many patients who suffer from long term illness only took half a capsule instead of one capsule, as they want to save money, but that would not help with improving their condition. Usually, they did not tell their doctors that they were only taking half a capsule. By doing that, the medication has no effect on improving the patients' condition, and in some cases, it will prolong their suffering," said Mr. So. Currently, the Government has a kind of laid-back attitude on the situation of sponsoring medication for the poor. Most patients who suffer from long-term illness do not have the appropriate treatment. He hoped that the Government will consider those patients' situation and increase the funding for buying medicine.

"Philanthropic Community Pharmacy" helps the poverty patient

In order to relief stress of those patients, St. James' Settlements had opened "Philanthropic Community Pharmacy" last year, to provide reasonable priced medicine for patients who were referred by social workers. Within only six months, the programme has helped over 200 patients, and has saved over HK\$80,000.

Mr. Wei, 71, suffers from macular degeneration and prostate infection. His doctor told him that he needs injections in order to control his illness, and to increase the time before he becomes blind. However, each dose of injection is about HK\$7,000, and at least six doses are required, totaling HK\$42,000 just to stabilize the condition. "I'm retired and I don't want to apply comprehensive social security assistance. Now my left eye has already lost sight. My wife also has osteoporosis and we need to buy medicine ourselves. There is no money left for to buy these injections," said Mr. Wei. In order to reduce the expenses, Mr. Wei insists to have a part-time job in order to buy medicine. Every month they need to spend HK\$500 for medication for both of them. Luckily, with help from "Philanthropic Community Pharmacy", they now only spend half of that for their medication. This has greatly relieved their financial burden. In addition, their pharmacist taught them how to use a "moisture-proof box" to keep their medication, as well as teaching them how to manage and look for side-effects due to the medication.



給長者一個安樂窩

本人是長沙灣元州村地區機構的社工，多年來有賴聖雅各福群會的《長者家居維修服務》幫忙，以使很多本區或是從別區搬至這裡的獨居無依長者能有個既安全、又舒適的居所，讓他們能夠在晚年，在安舒的地方走上最後一段路。

今年69歲的崔伯伯是我眾多無依長者中的其中一個個案，他沒兒沒女，孤身一人，獨自住在深水埗區的一個床位裡；每當憶述住在床位時的情景，崔伯伯總是帶著難過地說：「床位的環境很差，那裡很幽暗，而且空氣又極不流通，如果隔鄰床位的人病了，很有可能整個單位的其他住客也會生病；住得久了，我發覺我的身體愈來愈多毛病；整幢樓宇又沒有電梯，每一次我上上落落都喘不過氣來。」

那時我接觸崔伯伯的原因，是因為崔伯伯被獲編配一個本區的公屋單位。第一次與崔伯伯見面時，他向我說：「人生之中難得第一次有屬於自己的居所，我覺得好快樂、好感恩，只是在面對新屋入伙的裝修方面，年老無依的我實在束手無策。」在多次與長者家居維修服務的合作中，知悉家居維修服務能免費替長者進行新屋入伙工程，例如鋪設膠地板、安裝光管、家居用具，例如毛巾架、筷子架等，讓長者不致一方面因上樓而快樂，另一方面又因上樓的裝修而憂心。

衷心感謝家居維修服務義工迅速替崔伯伯進行新屋入伙裝修的工程，更捐贈一張床及替崔伯伯進行床架安裝，讓崔伯伯省卻一筆材料費及安裝費，使他不需連買飯錢的錢都拿出來。此後，每當提及家居維修服務，崔伯伯總是笑逐顏開，讚不絕口，他常說：「謝謝家居維修服務的義工迅速替我鋪設膠地板及安裝家居用品，手勢很好，我住得好開心，感激善長及義工讓我有一個美滿的安樂窩。」



Cozy home for the elderly

I am a Yuen Chau Estate, Cheung Sha Wan district institution social worker. Over the years we have received lots of help from "Elderly Home Maintenance Service" SJS enabling many living alone, helpless elderly from the same neighbourhood and outside districts moving to live here a cozy environment for the rest of their lives.

This now 69 years old man Chui belongs to one of the above cases. With no children he used to live alone in a 'caged' bunker bed in Shum Shui Po. He reminisced the condition there with sadness and said, "The site was dark, air filthily stagnant and choking. If the next bed occupant happened to be sick, tenants in the entire floor could be affected. After living there for a long time, I found my health getting worse and as there was no elevator in the building, I perspired heavily every time climbing up and down those stairs.

My contact with Chui was when he was allocated a unit in the public housing estate. On meeting him first time, he told me that he was over joy and grateful for having a place which he could call home, but was concerned about not having the means to refurbish his place. With my previous experiences in 'Elderly Home Maintenance Service' offering free services to elderly similar to his case including laying floor mats, installing fluorescent lights, racks for towel and chopsticks etc. to enable elderly moving into their new home without having to worry about interior decor.

My sincere thanks to the volunteer maintenance workers who helped Chui quickly moving into his unit, installed and gave him a new bed, thus saving him from having to cut back on his meals for spare cash for the move. Since then, each time when 'Home Maintenance Service' was mentioned he said with praise, "Thanks to the volunteer workers of 'Home Maintenance Service' in their speedy and skillful hands in laying the plastic floor mats and installation of the racks. I am really happy and hearty thanks for the benevolent people and the workers for making a nice and cozy home to me possible."

崔伯伯：「感謝善長慷慨的捐助及義工的辛勞，讓我有一個美滿的安樂窩。」

"Thanks to the benevolent people and volunteer workers, I now have a nice and cozy place called home."



針冇兩頭利

「今年夏天天氣太酷熱了，流出來的汗水使我那三道接近10吋的凸起疤痕，痛得死去活來。」69歲李伯伯一邊忙著用毛巾抹身，一邊與義工傾談病情，眼神流露出痛苦的神情。因為心臟血管閉塞，不得不做手術把雙腳的血管移轉到心臟，代替那閉塞的那一條，05年手術之後，傷口至今仍未完全癒合，當每流汗的時候，胸口那一道8吋以及雙腿近10吋的凸起疤痕都感到刺痛非常，尤其在夜深的時候，每每炙熱得起床洗澡，致令身體降溫，減少流汗，減輕痛苦。

李伯伯家中本來有一部風扇用作消暑，但由於他的汗腺比較發達，經常都汗流浹背，有了這幾道凸起疤痕後，加上患有嚴重青光眼，看不清近三尺的景物，亦患有糖尿病及經常胃痛，徹夜難眠，實在令他難奈。

「本欲購置一台空調以解決暑熱流汗帶來之苦痛，可惜由今年4月開始，社署停止發放共\$1,200之傷殘津貼及營養金，我還要每月供熱水爐之\$200分期；每月微薄的綜援金，根本謹能滿足糊口，又怎能負擔購買一台冷氣機呢？別無他法，惟有每日忍受著那不能承受的痛苦。」李伯伯眼露淒傷地說。

「幸好，經社工轉介下，聖雅各福群會陳姑娘明白我的苦困，瞬間便安排了一台冷氣給我，解除我因暑熱及汗水所帶來的困擾，沒有了炙熱和刺痛的苦難，使我能夠可以安枕，他們真好，真的感激不盡！」

「當然，針冇兩頭利，冷氣機的涼風減除疤痕所帶來的痛苦後，我也要更加節衣縮食，寧願不購買物品、衣物、只能每日早上吃麵包及簡單兩餐，以可每月支付數百元的電費，『每月清』的更為貧苦生活也是要接受。」看來多病多痛的李伯伯生活確是無助兼無奈。

助人於難，充滿愛心的您，可助他於炎炎夏日中，有著清涼兼有質素的晚年生活，而施予電費的幫助？

A needle is sharp at one end

"This summer has been very hot. When I sweat, the three protruded scars, each about 10 inches long, give me terrible pain," said 69-year-old Mr. Lee. He was busily drying himself with a towel while telling the volunteer about his ailments at the same time. Anyone can see clearly the pain in his eyes. Mr. Lee had an operation because of a blockage in his heart blood vessel. The surgeon took blood vessels from his legs to replace the one in his heart. Since Mr. Lee had the operation in 2005, the wound is not yet completely healed. Whenever he sweats, the 8-inch scar on his chest and two 10-inch scars on both his legs make him feel very painful, especially late at night. Often he had to get up to wash himself to cool down and to sweat less often to reduce the pain.

Mr. Lee has an electrical fan to cool him down in summer. But, he sweats easily and he is often soaky wet. Mr. Lee has trouble falling asleep at night since the scars give him pain. Furthermore, he suffers from frequent stomachache and diabetes.

"I meant to buy an air-conditioner which would put an end to the pain caused by sweating on hot days. But the Social Welfare Department cut off my handicapped subsidy and nutrition allowance of \$1,200 from April onwards. I have to pay \$200 instalment for my water heater. I barely survive on the meager sum from CCSA. I simply can't afford an air-conditioner. I just have to put up with the pain though it is more than I can bear," said Mr. Lee very sadly.

"Fortunately, through referral of a social worker, Ms. Chan from St James' Settlement understood my plight. Soon an air-conditioner has been installed for me. It takes away the pain heat and sweat have brought me. I can sleep well now that the pain and the heat stop bothering me. They are kind people out there. I'm so grateful."

"Of course, I can't have everything. The air-conditioner removes the pain caused by my scars. I have to be thrifty so that I can save a few hundred dollars for the electricity bill. That means I can't afford to buy clothes or other items. I can only have bread in the morning and live on simple meals for the rest of the day. I have to accept my present situation though it is a very frugal way of life." Those are the sad remarks of Mr. Lee, a helpless chronic sufferer of pain and ailments. Are you, kind and helpful, ready to support his electrical fee so as to give him a cool and quality retirement years against this scorching summer?



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
- | | | | |
|------------------------------------|----------------------------------|-----------------------------------------------------------|------------------------------------|
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| <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、補血寶愛心及乙肝援助防病行動) | |
| <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 |
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(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。

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Blessing is a reward to those who cares while wisdom takes away worries.