

慈惠月報

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社工的話

Social Worker's Remark

筆者所負責的服務，全部是當局資助政策以外的工作；即是說所負責的服務乃是在全無任何政府財政支持、全依賴你們捐助而推行的「慈惠服務」。

在筆者日常張羅援助事務的同時，有幸接觸到你們，聆聽你們施善的指令，囑咐我們「做好助人」的工作，感激之餘，亦學會要竭誠服務，從而得到更大的動力，從工作中得到快樂；亦深深體驗到孤獨無助而貧困的人士在失去能力及無助時，得獲善長們的援助，所感受到的希望與溫暖，遠遠超過他們所獲得的實質服務或贈送。

日前拜讀余楊君先生一篇名為「日行一善」的文章，頓然為筆者勾起善長們施善助人的偉大精神，也教筆者更要努力為匱乏者作出「解困解憂」的服務。以下是余楊君先生字淺意深，教筆者用心傾聽、用心領悟、用心體會的大作：

何為善，先知穆罕默德說：善行是能給人臉上帶來歡笑的行為。中國佛教倡導的是：善有善報，惡有惡報；教育人們的是：勿以善小而不為，勿以惡小而為之。

日行一善，能使別人開心，也使自己快樂。

想着為別人做善事時，就很少想到自己，而產憂慮、恐懼與憂鬱的主要原因就是想到自己。

因為幫助別人、愛別人，能使自己的心靈淨化，從而使自己得到更大的精神滿足。

因為幫助別人，不僅使別人免於煩惱，還可以結交更多的知心朋友，得到更大的樂趣。與人方便，與己方便；你對別人好的時候，也就是對自己最好的時候。

「一個人做點好事並不難，難的是一輩子做好事。」當你明白做善事是一種享受，能增進你的健康與快樂時，你就會自覺地堅持「日行一善」。

The services that I am responsible for are all outside of government subsidy. Totally devoid of financial support from the government, they are charity services entirely dependent on your donations.

As I busy myself planning to help out the needy, I consider myself very lucky to be in contact with you, to listen to your instructions telling us to be good helpers. In my gratitude I have learned to serve wholeheartedly, thereby gaining stronger motivation and happiness from my work. I have also come to see that your kindness to the poor and helpless bring them hope and warmth that go far beyond the material gifts they receive from you.

I have just read an article entitled Do a Good Deed Everyday by Yu Tijun. It makes me think of your selfless good deeds, and encourages me to double my efforts at solving problems for the needy. The following is a passage from the article:

What is a good deed? The Prophet Mohamed said, "A good deed is an act that can put smiles on people's faces. Buddhism in China preaches that good has its reward and evil has its recompense; it teaches us not to omit a good act or perform an evil

one simply because it is small.

To do a good deed everyday makes others happy and makes ourselves happy as well.

We seldom think of ourselves when we are thinking about doing good deeds for others. Thinking of ourselves is precisely the cause of our worries and fears

For helping others and loving others can purify our hearts and bring us greater spiritual contentment.

For helping others not only spares others of their worries but also lets us make more friends and enjoy greater pleasure. A good turn to someone is a good turn to yourself. When you treat others well, you are also giving yourself the best treatment.

"It is not hard to do some good deeds, but it is hard for a person to do good all his life." When you realize that doing good is a pleasure and can enhance your health as well as happiness, you will persist in "doing a good deed everyday."

日行一善

DO A GOOD DEED EVERYDAY



多謝貴人幫助

「生活真是不容易，樣樣都要錢，真是少些生活也不易過。」住在白田邨年64歲的何笑英婆婆說。

「以前年青時，與父母住在石峽尾邨時，家中無錢買火水，媽媽會從街上執回木條及紙皮在走廊煮食，但現在在家中燒火煮食，會是很危險；現在每期的煤氣費也要過\$150，真是令我難捱。」

自少患有小兒麻痺症，致令何婆婆行動不便，隨著9年多前從庇護工場退休後，積蓄於6年前用罄後，被迫領取綜援金至今。」何婆婆嘆說：「父母只得我一個女兒，20多年前父母分別去世後，自始只得我一人在世。」

「以為社會經濟不景，物價會減低些，但去年通漲至今，仍未見回落，樣樣都依然咁貴。」何婆婆指著剛買回來的豬肉說：「每次肉檔都要我買拾圓，否則他們便不賣給我，結果要令我吃上數餐。」

「現在唯一減價的，是每月手提電話費，但我是獨身，而且朋友不多，有幾何用電話找人呢？」

「因為樣樣都貴，用在每日三餐、柴米油鹽也不少，而且每月二至三次睇中醫費、每季買一至二件衣服、換鞋換襪也不少，依賴貳仟多圓綜援金生活，真是唔夠用。」何婆婆苦著說：「我怕寂寞，經常參加老人活動，使費也不少；唔通日日要坐在家中，等最後一日嗎？」

「好多謝聖雅各福群會由善長送來一台貴價電器——電熱水爐，令我不用再煲水沖涼。你知要俾近\$2,000，真係好貴，好貴。多謝貴人幫助。」

Thanks for your help

"Life is tough. Everything costs. Not easy!" said the 64 years old lady Ho Ying Ying living in Pak Tin Estate. "I lived with my parents in Shek Kip Mei when young. When we ran out of money for kerosene, my mother simply collected wood pieces and cardboard from the streets for cooking at home. Now cooking at home with open flame is dangerous; now my gas bill is running over 150 dollars a month. How unbearable!"

The old lady, retired from the sheltered workshop nine years ago and used up all her savings six years before and is now on CSSA. She said, "My parents has only me and they passed away some twenty years ago leaving me being the sole survivor."

"I thought as the economy turns sour, prices would come down, but no. things are just as expensive." The old lady pointing to the pork she bought and said, "Each time I have to buy 10 dollars, else they would not sell to me."

"Only fee for my mobile phone is cheaper. I am alone, with few friends. Who cares calling me?"

"Everything is getting expensive. My basic daily expenses are already costing me a lot. Besides, I need visiting the Chinese medical practitioner two to three times a month and I have to buy one to two clothing and shoes every season. The two thousand odd dollars CSSA is hardly enough to make ends meet." Old lady Ho continued to say, "I hate being lonely, so I often join activities for old folks and that also cost me something. Do I merely stay home all day to the end of my time?"

"Thanks to SJS who sent me an expensive hot water heater given by a benevolent person, I can have a warm water shower. You know that paying 2,000 dollars for it is really very expensive to me and I am really grateful to you."



長者要煲滾水洗澡，攜水時容易跌倒受傷。

The elders would have accident easily when they need to carry boiling water to bathroom.



捐電雪櫃解貧弱老者 免食物變壞影響健康

「只需要一部雪櫃，能夠讓存放食物，不用餐餐清，就可以。」獨居於牛頭角上邨的公共單位，依靠綜援維生、患有腎病的陳婆婆無奈地說。

物質豐富的香港，雪櫃已經變成了日常生活的必需品，可惜，在貧富懸殊日益嚴重的情況下，貧者中更不乏獨居無依的老者，依靠微薄綜援金維持生活，沒有足夠能力購買雪櫃，以存放食物，以防食物變壞。

「我自己一個人住，但街市又拒絕我買得太少，買多了，就要煮得多，如何保鮮食物以防變壞，若是掉進垃圾桶，那會造浪費，因為我家中都沒有雪櫃，若強行吃下剩餘食物，真怕影響到健康。」數年前，陳婆婆的丈夫自去世後，在港沒有親朋戚友，故一人居住於一私營安老院裡。但患有腎病的陳婆婆需要在家定時在自行洗腎，而安老院又缺乏地方讓她儲存腎水，故透過體恤安置而搬入現在之公屋單位。因缺乏經濟的支援，故她沒有能力購買所需雪櫃。

當本會得悉陳婆婆的情況後，立即透過善長的捐贈，安排了一部雪櫃給她；故你亦可支持本會「電器贈長者」計劃於本月所舉行的「電雪櫃徵集月」，捐出使用不超過5年而性能良好的電雪櫃？或以集腋成裘方式，讓本會以批發價用\$1,700購買雪櫃以改善正輪候多月的10名貧而無助長者，以助貧老者能儲存食物，不用這樣浪費食物。有意施善助貧老能改善生活的善長，懇請與位於香港灣仔石水渠街85號一樓105室的收集點聯絡，或致電施善熱線：2835-4321或8107-8324。



「一部性能良好的雪櫃便可讓我存放食物已足夠了。」陳婆婆感激地說。

“A refrigerator in working condition will be adequate for keeping my food,” said granny Chan gratefully.

Refrigerators for poor elderly

“Just a refrigerator, large enough for keeping food without having to go to the market every day will do me,” said the rather helpless granny Chan who has kidney problem and lives alone in a public housing unit, Upper Ngau Tau Kok Estate.

The refrigerator is an essential commodity in to-day's Hong Kong living. Unfortunately, with the huge gap between the 'have' and the 'have not', most of the latter happens to be living alone, helpless elderly who rely on meagre CSSA for their living, cannot afford a refrigerator to keep their food from spoiling.

“When I go shopping in the market, they would reject selling if I bought too little, had I bought more I had to cook it but I had no way to keep them from being spoiled. Chucking them away would be too wasteful and well beyond my means. So I just had to eat it though frightened by the thought that it would affect my health. Years ago after her husband passed away she lived in a private elderly home. After she has kidney problem she need to perform dialysis but as there was not enough space to keep her medical stuff there and through special arrangement she got allocated her present public housing unit where she can perform dialysis at home. However, without additional financial support she could not afford a refrigerator.

After learning her situation SJS promptly arranged to deliver her a refrigerator through their “EAE program” supported by benevolent donors. You are welcome to join this month's “Refrigerator Drive” of SJS “EAE” program by donating refrigerators less than 5 years old or send donation by cheque to support this meaningful activity. We can obtain special offer refrigerators at HK\$ 1,700 each for living condition improvement of 10 helpless and poor elderly in our wait list. Please contact our collection point at Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Inquiry and donation hotline: 2835 4321 or 8107 8324.



由憂轉喜的關懷

Turning Worries into Joy

「不要看我仍健步如飛，我今年已經70歲了。」朱婆婆說。「雖然我有很多病痛，但我覺得每一天應該要活得開開心心，我不去想那些身體的毛病，所以堅持每日都要做晨運、做義工，要自己每一天都過得有意義。」原來朱婆婆本身患有心臟病、血壓高和肝病。

朱婆婆已獨居在港幾十年。「我沒有結婚，多年來隻身一個人都過得好開心，雖然沒有先生和子女照顧我，自己一個人住在舊區的公屋裡，沒病沒痛，生活總算過得去。」受到公屋清拆及重建影響，朱婆婆最近被安置於將軍澳的其中一個公屋單位。「那時我才知道甚麼是煩惱，突然感到對生活有點擔心，因為積蓄都早已拿去醫病，只能依靠綜援生活，而一個人無錢又無親友可幫我在新屋做點簡單的裝修工程，我當時真係好無助及很憂心。」

由新界崇德社贊助的長者家居維修服務在收到朱婆婆的個案後，迅速替朱婆婆進行入伙裝修，包括如鋪設膠地板、安裝光管及各家居設施(如毛巾架、筷子架和刀架等等)，朱婆婆看見義工替她進行各項工程時笑逐顏開，不住感謝豎起姆指欣喜地說：「多謝新界崇德社替我這貧老支付材料費，亦多謝義工替我進行工程，讓我能有一個既安全又舒適的安樂窩終老，不用再擔心徬徨了。」

「義工唔識我，都來幫我新屋入伙的裝修工作。」獨身無依的朱婆婆說：「連善長都捐錢給我裝修費，關懷我的家居需要，我怎有理由不开心呀。」

“Don’t be misled by my vigorous steps, I’m already 70-years-old.” Grandma Chu said smilingly. “I might suffer from a number of illnesses; I still think I should live each day happily and not worry so much about the illnesses. That’s why I keep exercising every morning and doing volunteer works. I have to make each day meaningful.” Chu has heart problem, high blood pressure and liver disease.

Chu has been living in Hong Kong all by herself for several decades. “I have not got married. For years, I have been leading a very happy life all alone. Despite I have neither husband nor children to take care of me, yet to be able to live in a public housing unit without any big health problems is happy enough for me.” Due to the demolition and reconstruction of old public housing estates, Grandma Chu has recently been relocated to another unit in a Tseung Kwan O public housing estate. “At that time I realized what troubles meant. Suddenly I felt worried about my life. As I’ve used up my savings on treating my illnesses, I rely solely on social welfare money for a living. I do not have any spare money nor any friends or family to help me out in furnishing the new apartment. I felt so helpless and worried at that time.”

After we were informed of her case, our Home Maintenance Service, sponsored by Zonta Club of New Territories immediately responded and helped Grandma Chu in furnishing her unit, such as laying the floor tiles, installing the lights and other household appliances (like towel rack, chopsticks and knives racks...etc). Grandma Chu could not repress her appreciation seeing the volunteers do all the work to furnish her new home. She held her thumb up and said delightfully, “Thanks a lot to Zonta Club of the New Territories in paying for all the materials, and thanks a lot too to the volunteers in helping with the installation. I can now have a safe and comfortable home for the rest of my life. No need to worry any more!”

“You know I am very leased now as the volunteers did not know me but help me a lot as you see.” Said the single Chu. “The donors also supported me financially, cared me housing needs also. It is no reason for me to have any worries.”



「善心人士幫我可有一安居之所。」

“The kind men give me a good housing living.”



我們的服務
Our Service

到戶藥療輔導服務

患上疾病，需服食多種藥物以助控制病情，是病者的願望；唯若接受社會資訊能力低，加上欠缺家人的照顧，對認識治理疾患的知識又薄弱時，只依靠自己的直覺服食藥物，結果也是「藥石罔效」，疾患得不到治理。

聖雅各福群會與香港醫院藥劑師學會的30多名藥劑師合辦的「到戶藥療輔導服務」，乃是透過地區福利機構的社工轉介，為行動不便的病弱長者提供「以人為本」的免費「知藥用藥」輔導服務，目的是以配合醫生治病處方藥物助病人控制病情的目標。

參與服務的義務藥劑師蘇耀華說：「我們每日都在醫院藥房只管執藥，根本有很少時間可以同取藥的病人講解他們需要服食的藥物知識，病人一時間也不知要問甚麼、在醫院花了數小時，已經很勞累，又有病，總是想早點回家休息，也沒有心情問藥、想問的病人也不敢問，因為在他後頭輪候取藥的人會催促他快點離開，以讓他們可早點取藥。」蘇先生感慨萬千地說：「藥劑師的功能根本未能發揮幫助病人『知藥用藥』的專業效果。所以我有空時，一定會抽空探訪病人，替他們執整藥物，細心向他們講解各種藥物及服食等方法，以可助他們善用藥物治病。」

而經常探訪獨居老人的社工李姑娘也說：「我們知的是幫老人如何積極生活，但當遇到他們有服食藥物的問題時，根本是無能為力講解他們知道甚麼是對與錯；好彩我們也善於運用社會資源，所以我們便轉介個案給此服務。接受服務後，結果發現公公婆婆人也變得精靈了，懂得食藥和身體看來較以前轉好了。」

「我以前以為好聰明，病了要食藥當然知啦；但我又善忘，很多時都忘記食，到記起時，便兩次藥一次追回，兩劑份量一齊食，結果是弄到身體不適，頭暈和行動跌倒也不知原因。半年前治理眼睛不適的藥水，不可以再用來滴眼也不知，結果弄致眼睛發炎要入院治理。」胡婆婆高興地說：「現在我再不像從前那樣了，因為藥劑師來到我家，逐一問我食藥的問題，細心教我食藥；我再覆述給他正確的方法時，他也讚我夠醒目。」



Out Reach Pharmaceutical Consultation Service

Patients hope to control the illness they suffer from by taking one or several kinds of medications. But in vain they hope if they are slow at receiving information in addition to a poor understanding of effects of cure. They lack family care and they take medications inappropriately.

The 'Out Reach Pharmaceutical Consultation Service' is jointly organized by St. James' Settlement and the Society of Hospital Pharmacists of Hong Kong. It provides free, patient-base 'drug knowledge and drug use' consultation service to the sickly elderly with movement problems. They come to us by referral of social workers from various regional welfare organizations. The Service aims at synchronizing doctors' prescribed medications and helping patients control illnesses.

Mr. So Yiu Wah, a participating voluntary pharmacist, remarked, "We are only in charge of distributing medications in the hospital. We have little time to pass on knowledge on the medications the patients take. Patients don't know what questions to ask at that moment. They feel tired after they have spent several hours in hospital. They want to go home to rest as soon as they can and are not in a mood to ask questions about the medications. Those who want to dare not do so because people queuing up behind tell them to get moving." Mr. So continued regretfully, "Pharmacists are unable to apply their professional knowledge to help patients fulfill the objective of 'knowledge and proper use of medications. When I have time, I'll visit patients to sort out their medications and explain the nature and proper use of them. I hope I can help them recover through proper use of medications."

Ms Lee, the social worker who often visits the elderly who live alone, also said, "All we know is how to help the elderly live positively. We are totally helpless when they have problems with taking medications. Luckily, we can make good use of social resources by referring them to this Service. After the elderly use this consultation service, they become smarter. They know how to take medications properly and their health has improved.

"I thought I was smart enough to know the proper use of taking medications. But I was absent-minded and often forgot to take them. When I remembered, I took twice the quantity. Eventually, I felt dizzy and fell without knowing why. I didn't even know I shouldn't use the eye-drop prescribed to me six months ago. I had to be admitted into hospital because my eyes were inflamed." Ms Woo went on happily, "Now I'm not foolish any more. The pharmacist came to my place. He asked me questions and taught me patiently things about taking medications. When I repeated to him what he had taught me, he said I was smart."

「藥要知道怎樣食，才可幫你控制病情。」

Medications will help me control illnesses only when I take them properly.



我們需要你的捐助
We Need Your Donation

貧病缺藥費醫治 垂危者急待捐助

自從2005年當局推出藥物名冊，病人須自費購藥治病後，不少病殘人士因而要變賣家當購藥以能可治病；此對因病不能工作缺乏積蓄或靠綜援為生的病人而言，確有貧病交迫及窮途末路的苦困。

聖雅各福群會推出的「贈藥治病」慈惠計劃，乃專事藉善長的捐助，以解救病海無助的末路病人，當中不少如以下我們曾經或正在處理的求助個案一樣，有著悲傷慘況，急待大家的濟助。

正藉芳華，正在求學的Ada(化名)，因患有末期癌症，急需接受化學治療，而父母早已失業多時，向親友借貸拾多萬圓後，再無力籌集醫藥費。她申請資助時說：「我不想這麼早死，因為我仍未報答父母養育之恩。」

患上肝癌一向獨力撫養3名女兒的單親媽媽李女士說：「尚差一年，兩名讀大專的女兒就會畢業，望可覓得工作有收入，便可以化療費用了，我現在只差約\$7,000多元，便可渡過此癌關。」垂危的李女士自年前患上肝病而轉化為肝癌後，開始賴領取綜援為生。「如果我再無錢醫病而死去，我的3名女兒便會失去了我。」

接受化療後，癌症病人最容易受細菌感染，卻仍要為籌集化療費而做兼職工作，是最冒險及無奈的事。張太因丈夫收入低微，而兒子亦在求學，在家無積蓄的拮据情況下，要強行拖著孱弱的身軀工作，以賺取化療費用。「先生已非常顧家，兒子尚幼要繼續讀書，我不能停下來休息養病，我好想醫好後可繼續照顧家人。」

以上乃是我們「贈藥治病」的眾多個案中，普遍求助的原因及困況，企盼善長們可於在他們的危途末路中，作出「救苦救難」的濟助，以令我們不斷被轉介而來的個案可有治病的機會。施善請用支票，抬頭：聖雅各福群會，指定捐予「贈藥治病」，逕寄香港灣仔石水渠街85號。施善查詢：2835-4321或8107-8324。



Help the critically ill buy medicine

Since the authorities introduced the Drug Formulary in 2005, requiring patients to pay for the drugs they need, many people have had to sell their belongings in order to buy the medicine for treating their condition. To those patients who must quit their jobs because of illness, who have no savings, or who subsist on social welfare, it is the end of the road

SJS's Medication Subsidy Program is a charitable program which relies entirely on public donations to help out such needy patients. Many of them are in desperate need like the following cases that we have handled or are working on right now.

Ada (pseudonym) is in the prime of youth and still in school. She suffers from terminal-stage cancer which urgently requires chemotherapy. But her parents have been out of work for some time and, after borrowing over \$100,000 from relatives and friends, they have no way to raise more money for her treatment. When she applied for subsidy, she said, "I don't want to die so young. I have not yet repaid my parents for raising me."

Ms. Li, who suffers from liver cancer, is a single mother raising three daughters on her own. She said, "In one more year two of my daughters will be graduating from college. Once they start working, they can bring home money for the chemotherapy. Right now I am only short of \$7,000 to get over this most difficult period." Ms. Li began to live on Comprehensive Social Security Assistance after her hepatitis turned into liver cancer last year. "If I still don't have the money for treatment, I will die and my three daughters will be motherless."

Cancer patients receiving chemotherapy are easily infected. Yet some of them must take the risk and do part-time work in order to pay for the chemotherapy. Mrs. Cheung's husband earns a very low income, while their son is still at school. Without any family savings to fall back on, she wills herself to work despite her weak condition. "My husband is a good family man and my son must go on with his education. I cannot afford to stop work to recuperate; I want to get well so that I can go on taking care of my family."

These are typical cases of our Medication Subsidy Program. We appeal to our generous donors to help them out of their difficulties, so that the many referral cases that keep coming to us will have a chance of receiving treatment. Please make your check payable to St. James' Settlement, specify that it is for the Medication Subsidy Program, and mail it to 85 Stone Nullah Lane, Hong Kong. For enquiry please call 2835-4321 or 8107-8324.



如釋重負的 女兒

「感謝你們設立的『惠澤社區藥房』，不但減輕我對媽媽的擔憂，減除支持她購買藥物的壓力，更令我減輕對她的病情憂慮，令她安心治病；點解？因為藥房的藥劑師給她許多有關糖尿病的資料，還細心提供她有關糖尿病藥物的藥能、藥性等輔導服務。」周小姐說。

自周小姐的媽媽年於半年前發現患上糖尿病後，便開始陸續出現尿頻、容易疲倦，體重下降等現象，立時令全家人擔心非常，深怕媽媽病情惡化，而四出搜尋有關糖尿病的資料，以清楚媽媽的病因、病徵及治療方法等，以助她可妥善處理媽媽的病情。「這樣反而增加我對她的『緊張』，因為資料指出，若她的病情惡化時，會有因血糖過高或過低，而可能會導致昏迷，她獨居新界，若有事，我們也不知、也不能即時去拯救。試問，若她有事，我怎可向其他姊妹交代呢？」

「資料指出，糖尿病亦會慢慢令多個器官出現問題，如冠心病、血壓高、腎衰竭、白內障、視網膜病變等，嚴重的可導致她失明、中風、慢性皮膚潰瘍，組織壞死或要截肢等。因此我已教導她很多注意控制血糖的飲食方法，希望可減低她出現併發症的風險；但她最近要打自費的胰島素針劑，不但帶來我的經濟重擔，而且我們對此針劑藥也不認識，我們真是不知如何是好？」

「真係多謝聖雅各福群會設立這個不但是惠澤病人的藥房，還惠澤病人的親人。多謝你們為65歲糖尿病人提供三年免費的胰島素注射計劃，還教導我們有關糖尿病及其他同時服用藥物的知識，確是細心兼詳盡。」周小姐如釋重負地說。

Help tender child from being blind

“Thanks for the setting up of “Philanthropic Community Pharmacy” which has taken off much of my worries for mom, reduced my financial burden for her medical purchase and concern for deterioration of her condition, now allowing her to a peaceful and smooth recovery. Why? The pharmacist there has carefully given and explained her in detail, information about diabetes and the nature and efficacy of the drugs taken by her,” said Miss Chow.

Miss Chow's mother was found to have diabetes six month ago. Since then she urinates often, easily gets tired, loss in body weight which worried her entire family. They feared that her condition could get worse and so went digging up information on diabetes, its causes, symptoms and treatment to help better control of her condition. “This had put stress on me as the information says that if her condition gets worse, she could pass out when the blood sugar level gets too high or too low. She is living by herself in the New Territories, if she passes out we will not be there to attend or rescue her on time. How then could I answer to my other sisters?”

“Available information shows that diabetes could slowly affect the function of other vital body organs, causing complications like corona thrombosis, hyper tension, renal failure, cataract, retina disorder etc. If serious it could result in blindness, stroke, chronic skin ulcer, gangrene and amputation. Hence, I taught her diabetes control by dietary measures and hopefully it would help to lower her risks of complications. Lately she is required to buy her own insulin injection which we are not familiar, besides adding me financial burden, and we do not know what to do.”

“Thanks to SJS as the pharmacy not only benefits the patients, it also helps their family members. Thanks to SJS now giving the 65 years old patients free insulin injection for three years and making them more knowledgeable about diabetes and on proper associated drug uses. That is just magnificent,” said Miss Chow beaming with a sense of relief.



做義工的得悟

「我從前工作很忙，沒有太多時間陪伴家人，直至家人離世後，才發現家人的重要性！」去年，我母親離世時感到很傷心的亞Sue說：「母親在世時我沒有好好孝順她，我一直以為給她不俗的生活：每月給家用、聘請傭人照顧她、讓她無憂慮地生活便是愛她的表現，但原來，這並不是最好的！」

「我發覺她在世時，我真的很久沒有認真地看過她，真的很遺憾，所以我最後決定去做義工，我想帶給老人家關懷，令仍然在世的老人家可以開心地渡過餘生，所以我參加了聖雅各福群會的到戶理髮服務。我是一個髮型師，用自己的技能專長來服務老人家，很好呢！」

「記得第一次到老人院為老人家剪髮時，我真的很害怕，因為院友們跟平常在髮型屋中看到的顧客十分不同，他們有的會身體不停蠕動，有的會控制不了自己的手腳，有的會自言自語。」亞Sue說：「我很害怕剪刀會傷及他們的身體，但當我為幾位比較正常的院友理髮後，我開始比較有自信了！當我繼續為其他院友剪時，突然聽見有院友指定希望我為他理髮呢，這刻的我，十分開心！這天的工作，令我開始明白和感受到，同樣是為別人理髮，但當為工作和為幫助別人原來是兩份完全不同的感受呢！」

「曾經有位老人家跟我說，師傅，我個孫明日來，平時要大時大節先見到佢，我想剪靚d見佢㗎！聽完以後，我的心很痛，因為我也沒有時間陪伴自己的家人。跟那位老人家聊天了一會，我才發現原來父母的要求只是這麼簡單，簡簡單單跟自己的兒女和孫兒吃飯，長者便會很滿足。」

「之後，我都有到不同的老人院為院友剪髮，我真的感受到『施比受更為有福』這個道理，因為當我每次見到老人家開心燦爛的笑容時，我的疲倦會自動消失的！」亞Sue笑咪咪地說。



能夠為獨居無依的長者剪髮，我就滿足。

I am in satisfaction when cutting hair with the poor elderly.

Hindsight from voluntary work

"I used to be very busy with my work. I didn't spend much time with my family. I never realized how much my family meant to me until one of them left me!" Sue, who felt very sad when her mother passed away last year, said. "I wasn't a filial daughter when mother was alive. I used to believe I had given her a decent living. Each month I gave her house-keeping money, hired a maid to look after her so that she could live comfortably with no worries. But that's not the best I could do!"

"I realized that while mother was alive I never looked at her seriously. I regretted that so much. Finally, I decided to become a volunteer. I want to show care to the elderly so that they can spend the rest of their lives happily. I have joined St. James' Home Haircut Service. I am a hair stylist. It's a good idea for me to serve the elderly with my professional skill!"

"I remember I was nervous the first time I cut hair for the elderly in an elderly home for the elderly were a lot different from the customers in my salon. Some of them could not sit still. Some couldn't control their arms and legs. Some kept on talking to themselves." Sue continued, "I was worried that my scissors might cut them by mistake. But I became more confident after I gave hair cuts to several comparatively normal elderly! When I went on cutting hair, some of the elderly requested me and no one else to cut their hair. I was thrilled at that moment! That day's voluntary work - cutting the elderly hair - made me see the difference in feelings between work for money and work as a volunteer."

"One elderly told me once that his grandson would visit him the next day. The grandson would only visit him on festive days or special occasions. He wanted to look nice with a fresh hair cut when he saw him. After I heard that my heart ached because I didn't spend much time with my family. After I talked to that elderly for a while, I found that parents would be contented when they could have a meal with their children and grand-children. Parents are easy to please."

"After that, I go to different elderly homes to cut hair for the residents. I can truly experience the saying 'It's more blessed to give than to receive.' Each time when I see the elderly smile happily, I'm not tired anymore!" said Sue, smilingly.

*蘋果日報 APPLE DAILY

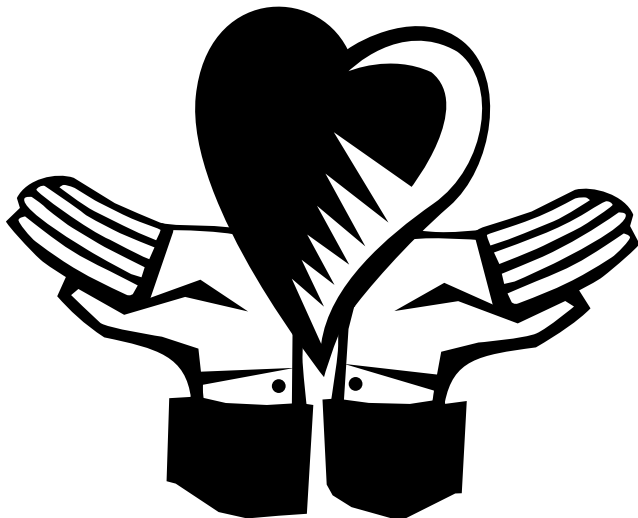
生活存關愛： 「贈藥治病」助長期病患

醫療開支對長期病患者構成沉重負擔，有些病患者因經濟問題想過放棄治病，甚至了結餘生。年近50歲的阿祖曾有這種消極想法，他在十多年前發現患上末期腎病，接受換腎手術後失去工作能力，難以負擔每月3,000多元藥費，生活捉襟見肘。

聖雅各福群會社工岑智榮表示，許多長期病患者都有經濟困難，故機構發展「贈藥治病」計劃，以資助病患者應付治療需要，如購買藥物，讓他們及早控制病情，以免健康惡化而影響往後的生活。任何長期病患、經濟有限的人士都可由社工轉介申請資助，機構會審查申請人的經濟狀況，如家庭收入及藥物開支等，確保資源用得其所。

期望有心人慷慨支持

由於資源並不充裕，只能資助部份藥物開支，資助期一般為半年。由去年9月至今，計劃已為合資格的病患者提供約80萬元資助。岑智榮期望熱心人士能夠慷慨支持計劃，而有需要的長期病患者可查詢計劃詳情，電話為 2835 4321 或瀏覽計劃網址 <http://www.healthbank.sjs.org.hk/>。



Life is love: “Medication for the sick” helps chronic patients

Medical bill for chronic patients constitute a heavy burden. Some may want to give up treatment or even ending their lives due to financial reasons. Joe, now approaching his 50, had at one time thought about doing it. He was found to have terminal stage renal disorder and lost his ability to work after kidney transplant and he just could not afford the monthly HK\$ 3,000 plus medical bill.

Gary Sham, social worker from SJS, expressed that many chronic patients have financial problem and his organization hence launched the “Medication for the sick” program to subsidize the patients’ treatment including medicine purchase for treatment and control of the illnesses at an earlier stage to prevent worsening of health, thus affecting their subsequent livelihood. Any chronic patient having financial difficulties may apply for the subsidy upon referral of their social worker. SJS would screen the applicant’s economic status including family income and the medical bill to ensure proper use of the resources.

We appeal to kind hearted people for support

As our resources is limited and we can only subsidize part of the medical expenses for a normal six months period. From last September to the present, we have provided HK\$ 800,000 to eligible patients. Gary is hoping more people will donate generously to support this program. Chronic patients having such need are encouraged to contact us on 2835 4321 or visit our website <http://www.healthbank.sjs.org.hk/> for more details.



從不願吃藥至吃藥

From unwilling to willing to take medicines

「每天每刻都要記掛著食藥，出外要帶埋藥物出街，還要在朋友面前食藥，好似話俾人知，我有重病，真是唔想。」63歲的李女士說。

李女士剛接受本會「藥療輔導服務」小組的輔導後，頓時改變了她服食藥物的態度。「起初女兒替我報名參加，我也不想來見藥劑師，因為醫生已診斷我患血壓高，已是事實，見藥劑師也是會說我患了高血壓，藥劑師會幫我甚麼呢？」李女士帶著所服用的血壓藥說。「因為我也不覺得有頭痛、頭暈、疲倦等現象，醫生又話一開始食血壓藥，一世都要食，我至怕食藥，人生就會很煩了。」

「我至怕食藥，是因為怕傷肝、傷胃、傷腎、怕過敏，所以當我再唔頭痛、頭暈時，就會自行停藥；我認為身體狀況，我自己最清楚知道，所以『久病成良醫』，我隨時會停食藥或減半，當然有時也會忘記食，到記起服食時，也會補追食回上一劑量，也不出奇。」李女回憶以前服食藥物的壞習慣時說。

「當我參加『藥療輔導服務』小組的輔導後，那些組員見我的收縮壓是190 mmHg和舒張壓140 mmHg後，個個都話我唔食藥會好危險；而且有一位中風的組員說，當年她的情況也與我一樣不吃藥，結果她中風後弄致行動不便；那時我很驚，因為見她連個人清潔也不能，每刻都要菲備照顧。」

「藥劑師也告訴我，高血壓是沒有明顯病徵的，若我再不吃藥，是會有可能會引起併發症，包括心臟衰竭、冠心病、中風、腎衰竭等，我真是更唔想老年會有這些累己累人的眼冤事。我有病，我應該自己當。」李女士睇著強行拖著她前來會見藥劑師的女兒說：「藥劑師真是很有耐性，除細心檢查我所有的藥物，更詳盡為我講解每一種藥物的藥效、藥性、服食藥物的方法、時間及服食藥物後的反應等，增進了我對這無聲殺手的認識，令我乖乖地照醫生的指示安心服食血壓藥，以可正確地治療血壓高，達到治療的目的，防止或延緩併發症，避免對我不必要的損害。」

「咁好的服務，教導病人認識藥物的活動，點解只有聖雅各福群會才會舉辦呢？」李女士的女兒說。



"I have to bear in mind every moment I need to take medicines; carrying the medicines with me when going out and taking them in front of friends. It seems like I'm telling everyone that I am seriously ill. I don't like that!" 63-year-old Ms Lee said.

After receiving counseling from St James' Settlement's Pharmaceutical Care Services, Ms Lee's attitude of taking medications changed completely. "At first when my daughter signed up for me, I didn't want to come to meet the pharmacist. The doctor has already diagnosed me of high blood pressure, it is a fact. Meeting the pharmacist won't change anything; he/she would only say I have high blood pressure too. What else can he/she do for me?" Ms Lee said, having brought along her medicines. "I don't feel any headache, dizziness or fatigue. The doctor said once I started to take the medicines, I have to take it all my life. I don't like taking medications, it is very troublesome!"

"I don't like taking medicines regularly as it would damage the liver, stomach, kidneys and might cause allergy. Therefore when I no longer have any headache or dizziness, I would stop taking the medicines. I believe I know my body well and have learnt a lot since falling ill. I would cut the medications to half or simply stop taking it. Of course sometimes I would forget. When that happened, I would compensate by doubling the dosage instead. It is quite common." Ms Lee recalled how she used to take medications.

"When I joined the Pharmaceutical Care Services counseling, one member told me it was dangerous for me to stop taking medicines, seeing my systolic blood pressure being 190mmHg and diastolic blood pressure being 140mmHg. Another member who has once had a stroke told me her habit was like mine back then. She ended up having a stroke leading to incapacity in mobility. At that time I was scared. As she can't even clean herself up and has to rely on the domestic helper all the time."

"The pharmacist also told me that high blood pressure has no obvious symptoms. If I don't take medication, it might lead to complications like heart failure, coronary heart disease, stroke, kidney failure...etc. I really don't want to become old and sick and dependent on others. I am sick and I have to be responsible for that." Ms Lee looked at her daughter who dragged her here and said. "The pharmacist is very patient. Other than checking all my medicines, he also explains thoroughly to me the effects of each medicine, its functions, how to take it as well as its side-effects. It helps me a lot in understanding this silent killer disease. I would from now on follow obediently the doctor's instruction to take the medication. In such a way, it can correctly treat my high blood pressure and prevent or delay the possibilities of complications and minimize any harm to me."

"Why is it only St James Settlement has such wonderful service of teaching patients to know more about medicines?" Ms Lee's daughter asked.

「按時服食藥物，才可助控制高血壓的病情。」

"Follow instructions to take medications can help control high blood pressure."



獨居婆婆的謝函 Thank You Letter

敬啟者：

我是獨居長者，得大坑西邨聖雅各陳姑娘幫忙，轉介家居維修處梁先生幫忙暫時解決了令我日夜不安的問題，就是木鎖的鎖壞了不能鎖，一打風我在家便要用餐桌木棍頂著才不致讓風把木門吹開，故晚晚亦睡不安寧，而且易生意外，好彩梁生找戚姓義工幫我修好門鎖，雖然暫時性，但總比關不了門鎖好，故特此多謝陳姑娘、梁先生、戚先生。如果在錢問題上，希望陳姑娘再幫我一個大忙，換了把門鎖便一勞永逸。多謝，多謝。

獨居長者 歐陽女士

歐陽女士：

記得那天大約六時下班後，我們收到陳姑娘的轉介，由於關乎你在家的安危，工作人員便立刻安排義工師傅於當天黃昏即時為你將門鎖修理穩固；我們回應的迅速，目的是不容時間的拖延，為的是確保門鎖能正常運作，免去被強風將大門吹開的機會及除去你有被壞人入屋之恐懼，也正是回應善長的施善指令，提供即時兼有效的解困服務。

我們只提供最基本的維修服務，使長者能安全地在家生活，而不額外提供更精巧或是昂貴的維修物料，除了希望善用善長所捐贈的金錢外，亦因為社會福利署自上年七月起推行一項名為「長者家居環境改善計劃」，為每一戶六十歲以上的長者，提供五千元以作購買傢私電器及作家居維修之用，為期五年，你若希望美化家居或用上更昂貴的維修物料，你的轉介社工可為你向長者地區中心申請「長者家居環境改善計劃」。

自「長者家居環境改善計劃」推出後，我們初期以為我們的「家居維修服務」已完成歷史任務，有效推動當局對長者家居安全及環境的關注；但事實上需求不減反升，原因是此計劃打開了一道缺口，讓社工及長者們開始留意家居安全，但因社會福利署的「長者家居環境改善計劃」所撥2億圓公帑不足應付處理來自全港接近十萬戶獨居長者的大量個案，因而未能徹底免除潛伏在長者居所的家居陷阱，致令我們的「家居維修服務」有著更大的服務空間。

因此我們預計在未來的日子，全港長者對我們的「家居維修服務」的需求會持續增加，面對龐大的需求，我們絕對需要善長的捐助，以可維持對長者作出基本的維修服務。

順頌 台安
編者上

Dear Sir,

I'm a loner elderly. Through the referral of Ms Chan of St. James' Settlement, Tai Hang West, Mr. Leung from your 'Home Repair Services' helped me solve a problem that had been worrying me day and night. I couldn't lock my door for the wooden lock was broken down. Whenever there was a typhoon, I kept the door closed by putting the dining table plus a wooden stick behind it. I couldn't sleep well at night. Accidents happened easily, too. Luckily, Mr Leung brought Mr. Chik to my unit and fixed the door lock for me. Though it's only a temporary solution, it's much better than not able to lock my door. I write to thank Ms Chan, Mr. Leung and Mr. Chik. If Ms Chan can go further by helping me change a new lock, that will solve my problem completely. Thank you.

From a loner elderly,
Ms Au-Yeung

Dear Ms Au-Yeung,

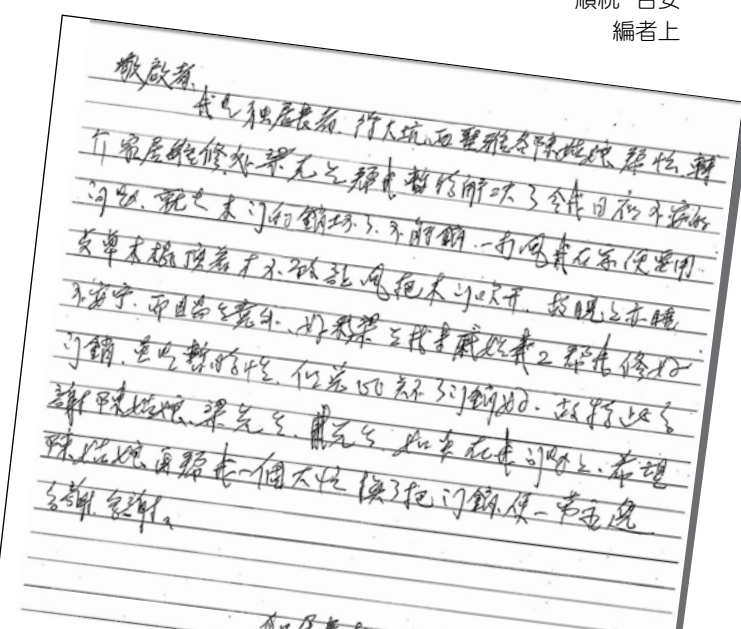
The day we received Ms Chan's referral, it was about 6 pm after work. Since it was a matter of your home safety, our staff arranged for necessary volunteer(s) to repair your door lock that same evening. We responded promptly to avoid time delay so as to resume normal functioning of the lock. It would also eliminate the frightening likelihood of gangsters entering your home. In addition, our promptness is our response to donors' instructions - to provide immediate and effective relief services.

We only provide the most basic repair services to ensure that elderly can live safely at home. We don't provide additional sophisticated or expensive repair materials. Our objective is to make the most use of money donated. Moreover, since last July, the Social Welfare Department has implemented a 'Home Improvement Scheme for Elderly'. The Scheme allows each unit elderly over 60 \$5,000 for the purchases of furniture, electrical appliances or home repairs within a duration of 5 years. If you wish to beautify your home or use more expensive repair materials, your referral social worker can apply for you with the regional elderly centre.

Since the 'Home Improvement scheme for Elderly' is implemented, we thought at first that our 'Home Repair Services' would have completed its historical mission in motivating the government's concern over home safety and environment for elderly. On the contrary, the need rises instead of decreases. This Scheme arouses the attention on home safety among social workers and elderly. The \$2 billion set aside by the Social Welfare Department is not enough to meet the enormous demand from 100,000 elderly who live alone. The scheme fails to completely eliminate hidden traps in elderly's living quarters. That is the reason why more room for our 'Home Maintenance Services' appears.

Therefore, we estimate that in the days to come there will be an increasing demand on our 'Home Repair Services' from elderly in Hong Kong. Facing such a tremendous need, we definitely need donations from kind people so as to keep up essential repair services for the elderly.

Regards,
The Editor





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 |
| <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 |
| <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, Precious Blood Precious Love and Anti-hepatitis B Action) | | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Outreach 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
電話：2835-4321 / 8107-8324
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友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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做好事不能少我一人，做壞事不能多我一人。
Never leave me out on good deeds, but involve me not on wrong doings.