



社工的話

Social Worker's Remark

過份節儉的貧老

節儉是美德，唯倘過份慳儉，影響生活質素、影響健康，或甚至因此而病倒，使殘弱的身體更為孱弱，相信我們所服務的當事人中，就有此膽量冒險行事。

「我每日都是數著銀紙過活。點解？」患有嚴重支氣管炎，須要戴上呼吸器，以助呼吸暢順的劉伯伯氣呼呼地說。「因為我窮，依靠每月二千多元生活囉。你叫我怎可不慳呢？」對於每日要使用氧氣機助呼吸「活命」的劉伯伯，當須要每期交付\$650多元之電費時，他總是說：「你話我要唔要慳呢？」

筆者曾處理一位依靠有限積蓄為生的獨居老婆婆個案，家中電掣破壞，因不願支付至少\$200之修理費，故晚上冒著跌倒的危險，只可「摸黑」生活近半年多；期間她改變了作息安排，晚上八時便上床睡覺，翌日六時起床，以盡量於那段夏天日長夜短的時間作息，無疑此種作息方式是健康的生活適應方法；婆婆因要慳回\$200多元之修理費，而被逼放棄晚上欣賞鍾愛的電視劇，失去了唯一娛樂的機會，一向孤獨缺乏社交生活的她，人也變得更为苦悶及鬱結了。

香港是處於亞熱帶地區，夏天時肉類需要放入雪櫃冷藏以保鮮，是人所共知的常識。雖然鄰居因遷居而給張婆婆留下一台雪櫃，但她因恐要支付雪櫃引來的電費，張婆婆只將雪櫃作為貯物櫃，而肉類仍然照常放在廚房陰暗的地方。「每月要交數十元電費，太昂貴了，已夠我買半月的餸菜。」

結果肉類出現異味，張婆婆為了不浪費那塊價值\$10的豬肉，隨即拿來煮熟用作佐膳。吃下不久，張婆婆也病倒了。最終，她要被逼付上\$200多元之醫生診療費，人也變得虛弱了。

眾所皆知，本會「慈惠服務」的服務對象，是受著生活、貧而無助的病弱傷殘人士，他們因經濟的匱乏，每日都要在「慳儉」中盤算打滾，以節省有限金錢，為明日的生計打算；但生活往往弄人，結果往往都是事與願違，日常生活質素反而日見低落！故我們推出各種的「慈惠服務」，就是竭盡所能，藉大家的慈愛，令匱乏無助者不致因「慳儉」的美德，而敗壞生活質素及健康。

Does frugal living mean giving up life and health?

Frugality is a merit, as long as it is not carried to the extremes. However, it is not uncommon for elderly in poverty to put their own health in jeopardy, in order to save just a few pennies.

'Just because I am living only upon a little over two thousand dollars a month, I have to pinch pennies everywhere I can', said Uncle Lau, an elderly with severe bronchitis, who is not going to survive without an oxygen concentrator. To ante up for the extra \$650 electricity bill, he has no choice but to cut his spending further to the bone.

I once came across an old granny, a singleton elderly who lived upon a little savings of her own. Her electric fuse at home broke down, but instead of paying \$200 to have it repaired, she chose to live in the dark for nearly half a year. She re-tuned her daily life, i.e. bedding down at 8 and being up by 6, to cope with the dark. No lighting and electricity means that she could easily get tripped over in the house at night and she had to give up her only entertainment — watching TV. One can imagine how boring and miserable life her life was during that 6 months in the dark.

Climate in Hong Kong is hot and humid, especially in summer. As food easily gets perished under this condition, they should be stored properly in the fridge. Yet a concept as common as that may not be practicable for Granny Cheung, another client of mine. She obtained a refrigerator from her neighbor some time ago, but decided to leave it unplugged after considering the extra electricity charges incurred. This is what she told us, 'It costs me some fifty dollar per month in extra for the electricity and with this money I could have fed myself for half a month!'

Taking the fridge as a cupboard, Granny Cheung stored everything under room temperature. To avoid 'wastage', she would not put away anything, not even a \$10-worth-rotten pork. The consequence for her frugality, to no one's surprise, was getting sick and it costs her not only an extra \$200 medication bill, but her own health as well, which is priceless.

The underprivileged are living hard everyday with their purse strings tightened, but their money saved does not really save them from troubles in rainy days and their situation are getting worse instead. Having long been serving the underprivileged in our community, St James' Settlement is looking very carefully at the problems behind this new found 'penny-pinching' trend and we are going to push forward a series of new projects to help. We understand problems will not resolve themselves until we take the initiative to resolve them, and with your continuous support, we will soon roll out more new services to serve those in need in our society.



命運弄人

人生無常，命運常捉弄人，令人無助。善長的憐憫心與援手是幫助他們脫離坎坷的唯一希望。

趙先生以頑強的鬥志耗盡家財戰勝癌魔，本以為已逃過大劫，可以回復昔日的勤奮，努力賺錢，讓家人重拾較安逸的生活，不料另一惡夢竟接踵而來。「我剛剛癌症好了，現在又發現糖尿病，而且病情也不輕呢！」趙先生嘆息地說。

59歲的趙先生，一家4口的生活向來拮据，每月都「餐搵餐食餐餐清」，一點多餘的錢都沒有，每月僅僅靠做管理員的數千元收入維持生計；因為收入低微，屬「在職貧窮」的一群，現正領取社會福利署每月\$2,692的綜援補助金，全家方得糊口。

「治療癌症期間，幸得妻子和2名女兒支持，已耗盡積蓄，現在可說是財盡夢絕。」趙先生說：「要花錢治理糖尿病不在話下，醫生更要我買一部血糖機，以便每天定時檢查血糖，監察病情。」

「很多謝聖雅各福群會即時撥出\$988，助我購買血糖測試機、血糖試紙、採血針及消毒火酒棉等急需物品，為我解困。」趙先生感激地說。「但往後與血糖測試機一併用的必需品，還不知怎樣籌措購買。」

趙先生一家的生活，能節省的都已節省了，連由筲箕灣往返堅尼地城，也只敢搭電車。「我總不能讓2名女兒停學或不參加課外學習班；由於女兒年幼，不能獨留在家，故太太不能外出工作，唯有待她們上學後，做些鐘點工作，以賺取近\$1,000的收入。」趙太的收入，社署在計算全家的綜援補助金時也計算在內，夫婦二人是竭盡全力解決生活困難。

「我希望快滿60歲，因為屆時社署會資助我購買那些測血糖的必需品；但一天未滿60歲便得不到資助。我真怕不能測試血糖，血糖指數升高而不知，就會影響到病情，影響到健康，影響到...我現在每月只需約\$500，便可解決問題了。」趙先生擔憂地說。「但我很多謝聖雅各福群會助我邁出第一步，讓我盡早開始監察血糖指數。」

善長們，你願伸援手，幫助被命運捉弄的趙先生嗎？



DOWN IN LUCK

Life is unpredictable. Fate plays tricks on people, rendering them helpless. Their only hope of getting out of predicament lies in the generosity of caring donors.

Having overcome cancer with indomitable will and all his savings, Mr. Chiu thought he could work hard as before to give his family a better life. Little did he expect another nightmare to descend on him. "I have just recovered from cancer. Now I am found to be diabetic, and my condition is serious!" sighed Mr. Chiu.

Mr. Chiu, 59, earns only several thousand dollars a month as a watchman. That is hardly enough to feed his family of four. Categorized as "working poor," they get a monthly \$2,692 of CSSA supplement from the Social Welfare Department to help them make ends meet.

"I was fortunate to have the support of my wife and my two daughters when I was receiving cancer treatment. I have exhausted our savings, and being penniless means there is nothing to look forward to." Mr. Chiu said, "Needless to say, it takes money to treat my diabetes. On top of that, the doctor ordered me to buy a blood glucose meter so as to check my blood sugar level everyday and keep my condition under surveillance."

"I am very grateful to SJS for promptly granting me \$988 to buy an urgently needed blood glucose meter and other necessities such as test strips, lancing devices and alcohol swabs," said Mr. Chiu gratefully. "But I don't know where I'll get the money to buy the necessary supplies in future for use with the blood glucose meter."

The Chiu family has been living as frugally as possible. They only take the tram to commute back and forth between Shau Kei Wan and Kennedy Town. "I can't take my two daughters out of school or after-school classes, can I?. They are too young to stay home by themselves. So my wife cannot take a full-time job; she can only earn close to \$1,000 doing part-time work when the girls are in school." Mrs. Chiu's earnings are taken into consideration by the Social Welfare Department in calculating the amount of their supplementary CSSA. Husband and wife are doing their best to make ends meet.

"I can't wait to turn 60, when the Social Welfare Department will subsidize the purchase of the necessary supplies for my blood glucose tests. But, so long as I am below 60, there is no subsidy. I am really worried that I may not be able to continue the tests. If my blood glucose index rises undetected, it will affect my condition, my health... Right now I only need \$500 a month to solve the problem." Mr. Chiu sounded very worried. "But I am really grateful to SJS for helping me take the first step, so that I can start monitoring my blood glucose level as soon as possible."

Dear donors, are you willing to extend a helping hand to Mr. Chiu who is so down in luck?

趙先生拿著糖尿病藥物，苦嘆缺乏金錢購買測試血糖的必需品。

Mr. Chiu holding his diabetes medicine, moaning that he cannot afford the necessary supplies for blood glucose tests.



我們需要你的捐助
We Need Your Donation



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獨老乏資源 煮食缺飯煲

隨著科技發達，只要輕按按鈕，煮一餐飯是一件輕而易舉的事。無奈地，作為國際大都會的香港，貧富懸殊日益嚴重，貧者中更不乏獨居無依的長者，為了「煮」一日三餐，亦是愁眉苦臉的時刻。

香港是一個物質豐富的地方，電飯煲已成為每個家庭的基本電器。可是，對一些每月只能依靠微薄綜援金維生的老人家來說，購買二百多元的電飯煲是一個沉重的負擔。缺乏電飯煲煮食，不但影響獨老的家居生活，還可能引起家居意外。

協助「電器贈長者」計劃之義工，曾經走訪過多處獨居長者家中，發現他們大多只有兩種情況：一是家中沒有電飯煲，每日只靠用了多年的火水爐煮飯，每次煮飯都要戰戰兢兢，害怕手會被燙傷；二是家中雖有電飯煲，但已經殘破不堪，滿佈污垢，內膽花裂，不符合安全及衛生的標準。為了基本溫飽，他們唯有硬著頭皮，被迫使用火水爐或年期超過10年以上的電飯煲。

年屆80歲，居住於深水埗的司徒婆婆就是典型的例子，她家中只有一個不符合安全及衛生標準的電飯煲，她無奈地說：「我都已經過了8個10年，甚麼事都經歷過，好唔好都一餐，無錢邊有得要求一個好嘅飯煲用來煮食呢？」

聖雅各福群會之「電器贈長者」計劃每月都會透過各區社福機構轉介需要電飯煲之長者個案，現有大概20多人需要輪候。您願意捐助這一群無助獨老，讓他們能夠使用安全而又性能良好的電飯煲嗎？盼請捐款支持，捐款支票，請書：聖雅各福群會，指定用作購買電飯煲之用，逕寄該會香港灣仔石水渠街85號105室收。施善熱線2831 3283。



Rice cookers required for lone elderly

Cooking rice has been made easy with the advent of technology by a mere push of the button. However, the rapid broadening of the gulf between the rich and poor has left many living alone elderly with agony in preparing their daily meals.

Hong Kong is a place of material abundance and the electric rice cooker has become basic family necessity. However, the couple hundred of dollars rice cooker are beyond the means of some elderly who are CSSA receivers. Thus the absence of electric rice cooker has not only affected the livelihood of the lone elderly and could have an impact on home safety too

Our "Electrical Appliance for the Elderly Program" volunteer workers on their visits to lone living elderly have found two common situations: first group possess no rice cooker and are cooking on kerosene stoves, the second possesses electric rice cookers that are already in very bad shape and unsafe, necessitating replacement. However, as they do not have the money for the purchase, they just have to live with what they have.

Take for instance, the 80 years old granny Szeto living in Sum Shui Po, she is using an electric rice cooker not meeting safety and hygiene standards. She said melancholy, "I am over 80, whether good or bad it is just a meal. What more could I ask having no money for a new cooker?"

The "Electrical Appliance for the Elderly Program" of SJS now has some 20 elderly, referred to them by other social welfare institutions, on its wait list for new electric rice cookers. You are all welcome to help these elderly acquiring safe and sound electric cookers. Please send donation by cheque, beneficiary St. James' Settlement, specifying on its back "For electric rice cookers" and mail it to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Contribution and inquiry hotline: 2831 3283.

司徒婆婆家中殘破不堪、滿佈污垢的電飯煲。

The old electric rice cooker possessed by granny Chan.



善長給予的 關懷與支持

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

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

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

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

敬啟者：

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

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

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

感謝人 顧鑫泉

Thanks for your benevolent support

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

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

In this “Home Maintenance Service” case, after referral by a social worker, we come to realize Gu’s wash basin is in a very dangerous situation, not just inconvenience, so we sent out a volunteer worker to help fix his shaky basin and eliminated the hazard in his home the same date.

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

Dear Sir,

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

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

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

Gu Yum Chuen



拿熱水洗澡的恐懼

黃伯伯自戰後隻身來港，為了三餐溫飽，一直從事體力勞動工作，靠自己雙手賺取微薄收入。可是，直至十年前，因腰骨及膝蓋勞損退化，除了使行動不便，還失去工作能力。近年因積蓄耗盡，需要領取綜援度日。

「我老了！」黃伯伯連番慨嘆地說：「我已經78歲，不但沒有工作能力，生活貧困，又沒有子女照顧我，沒有熱水爐的我只能煲水洗澡，但是這其實很危險，我已試過多次被沸水燙到了。」黃伯伯訴說著由廚房，把熱水拿到浴室的駭人經歷：「煲水的爐頭在廚房，每次我洗澡都要把熱水拿到浴室，但你知道我雙腳不良於行，熱水多次因晃動而濺到我的雙腳，雙腳都被燙傷了，以後當每一次拿著熱水時，我也要擔驚受怕。」

轉介社工亦表示，黃伯伯自從雙腳被燙傷後，變得害怕洗澡，一星期才會洗澡一次，故身體經常發出異味，影響其社交生活。「我平時只會用毛巾抹乾身體，不會經常洗澡，燙傷過一次都怕怕。」黃伯伯無奈地說。

當聖雅各福群會「電器贈長者」計劃了解黃伯伯的困難及需要後，立即動用崇德社善長的捐款，為黃伯伯安裝一個全新的電熱水爐，以解除伯伯的恐懼，助黃伯伯能可安心地洗澡。「終於不用再再用爐頭煲水，及拿滾水洗澡的日子了，現在只要一按電掣，便可安全地沖澡，不用再為洗澡而變得恐懼了。」黃伯伯笑著地讓聖雅各福群會的工作人員拍照時說。



Hot water carrying fear

Old man Wong came alone to Hong Kong after the War and engaged in manual work all along for his meager living. Ten years ago he lost his work ability due to mobility problem on account of the deterioration of his back and knee. After spending his saving he started to live on CSSA.

"At 78, I am old and unable to work, I am poor and life is tough. I have no children to help me and have been scalded by hot water many times on bringing it to the bathroom, really scary," said Wong. He recounted his horror story carrying hot water from the kitchen into the bathroom saying "I heat up the water in the kitchen each time when I want to wash my body. You know with my shaky limbs and unsteady steps the hot water spilled and scald my legs and feet. So it is kind of nightmare every time when I have to carry the hot water."

The referring social worker mentioned that after Wong being scalded by spilled hot water he dreaded to bathe his body and only did that once a week and affected his social life because of his body odour. "Normally I merely clean my body with a wet towel, not bathe. I fear being scalded again," sighed he.

When SJS heard about the difficulty faced by Wong, they used the donation from Zonta Club of The New Territories dedicated for the "EAE" program to install a brand new water heater for Wong. He was all smiling when the photo was taken by SJS volunteer worker and said "A mere flipping of the switch will give me hot water for my shower and safe, no more fear for being scald on bathing."

「全因崇德社善長的捐助，以後我不再用再擔心洗澡會被燙傷了。」

"Thanks to the generosity of Rotary Club of New Territories, I fear no more for being scald by hot water taking shower."



我們需要你的捐助
We Need Your Donation

苦兒被殘疾蹂躪 生活迫人盼捐助

門打開，屋內一個背影隨即轉身回望，23歲的他（良仔）外貌並不討好，出生後證實患上唐氏綜合症，中度智障。向屋內多走幾步已經是房子的中央，旁邊一張碌架床，坐著一個73歲林伯，鼻孔戴著一條管道連接另一頭的是「隆隆」聲響個不停的氧氣機。

一家三口剛搬到一間月租775元的大埔公共屋邨，林伯早年以建築行業為生，因長期吸入灰塵最終患上肺氣腫，身體機能不足以工作只好提早退休，每天要24小時不止息地使用氧氣機，更因哮喘病而需每天乖乖的坐在哮喘機旁「聞氣」4次，每次半小時才可吸收藥效。

「這兩件救命電器的電費開支，足以令我個仔每星期上少3日學！」原來林伯這兩台續命的醫療電器的電費，佔每期電費單六百大元，剛好相等於良仔每星期多上3天課的學費和車資，縱使林伯兩夫婦深知訓練中心的課程有助良仔的心智發展，他們卻無能為力再支付。

現在整個家庭的起居飲食都靠年過六十有多的林太太打理，「剩係諗每餐睇住啲錢買餸，你估咁易咩？每日都要拉上補下地用錢，勉勉強強都係咁辛苦。」相信她心中一定疲憊不堪了。他們全家出盡良法，以「可以慳嘅就慳，食少啲用少啲」，目的是希望可有餘錢改善生活，但物價依然高企，未見下滑，全家的家庭開支日見緊湊。

再次開啟大門，氧氣機發出的「隆隆」聲繼續叫囂，揮手道別。關門後的他們再次也離不開苦困，如果可以的話，林伯希望他的兒子可以多上幾天課；如果可以的話，林太太也望不用再為三餐而苦惱；如果可以的話，聖雅各福群會盼亦可藉著你們的捐助，可令他們減去愁苦，生活可以變好些。仰請伸援手捐助。施善查詢：2835-4321或8107-8324。



Donation to help the handicapped

As the door opened, a shadow inside turned his back and looked at us. He was the 23 years old (Leung Tsai), not so appealing in appearance, moderately retarded with Down's syndrome. Few steps forward took us into the centre of the unit in the bunk bed on one side sat the 73 years old man Lam and stuck into his nose a tubing with the other end connected to an oxygen machine constantly making a humming noise.

The three-member family lives in public housing estate in Tai Po, monthly rental HK\$ 775. Lam used to be a construction worker and suffered pulmonary emphysema as a result of pneumoconiosis forcing him to take early retirement and accompanied by wearing oxygen mask round the clock, sitting by his asthma machine which he has to use four times a day, half hour each to treat his asthma.

"These two electrical life savers consume much power necessitating cut-back 3 days a week on my son's schooling!" Power cost for the life saving equipment amounts to HK\$ 600 a month, equivalent to 3 weekly additional days of school fees and the associated traveling expenses for Leung Tsai. Although the couple firmly believes that training provided at the training centre will do good to the mental development of Leung Tsai. However, no way they have the means paying for that.

Mrs. Lam, already in her 60s has to look after the daily living of the family. "Alas! Don't you think managing the budget on daily meals easy? We have to scrape hard to make ends meet. It's tough." We trust she must be awfully tired for that. The whole family tries every means, dropping all non-essentials, eating and using less. However, cost of living is still high to them with prices on things staying up, no sign of relaxing. What can they do?

The main door was again opened, oxygen machine continued to hum. We waved to say goodbye. With the door shutting, their difficulties remained. If all possible, Lam would wish his son to attend few more days school; if all possible Mrs. Lam would wish she no longer needs to worry about their meals budget; if all possible SJS would wish helping them to improve their livelihood which cannot be done without your generous support. So please donate generously. Donation and inquiry hotlines: 2835-4321 or 8107-8324.

「電費助貧弱」計劃，批出的電費資助只能蜻蜓點水般為林伯減輕輕微的經濟壓力。

The amount of money approved under the "Power subsidy plan" is merely a drop in the bucket in helping old man Lam's family.



從受困中被拯救 出來

「病，當然要食藥啦，但咁多藥，樣樣都話要依醫生指示服食，真是不知如何是好？」年屆63歲的肥伯伯(化名)說：「真是每日吃藥多過食飯，一次過服晒所有藥物，都令我肚飽啦。」

肥伯伯患有8種以上疾病，包括哮喘、慢性肺阻、糖尿、高血壓、心血管疾病、白內障、關節炎、嚴重鼻敏感，更不幸地發現有一腫瘤導至經常暈眩、作嘔等問題。「患上多種疾病已每刻鐘都令我非常不適，但要我服食超過共20多種處方藥物之餘，還要注射胰島素，真是怕會造成因多吃藥物，而引來藥物中毒；但我不敢不服食，有時我又因混亂而會亂或誤服藥，更會忘記，因而造成整天都憂心，害怕未能好好控制有關病情。」肥伯伯非常受困地說。

「我知『久病不能成醫』，妻子又是腎病人，她都不知如何處理藥物的問題；我們住在公屋，隔離屋也不識，況且他們都和我一樣，都是上了年紀，都不能教我用藥的方法，真是無法可找到人教我們處理藥物的問題，出外求人也難上登天，況且也不知何處尋找。」肥伯伯早年因被巴士撞倒致不良於行，須使用輪椅代步，故多以看電視節目度日，可幸他在一天於電視節目中得悉聖雅各福群會之「到戶藥療輔導服務」時，如像如獲至寶般，致電求助。

「當藥劑師到來我家後，她細心問我所患何病、檢視我所有藥物、問我怎樣吃、何時吃、有甚麼服藥的問題與擔憂等，她細心聽我講，又細心講解給我知，還寫下一些留意事項及服藥資料給我，令我非常理解及明白，真是體貼。」肥伯伯似乎如釋重負地非常高興地說：「連我妻子都稱不離口，而且此有益病人的服務，竟是免費服務，我們這樣遲才知道，真是蝕底了；不過現在得著指導而受惠，也不算遲，我們好像從受困中被拯救出來一樣。」



Dilemma Overcome

“Confronted with sickness, one needs taking medicine, but with so many kinds of medicine, all ordered by the doctor, I just don't know what to do?” said the 63 years old man Fatty (alias). “Every day I am taking more drugs than rice and having to take all in one shot already makes my stomach full.”

Fatty has had more than 8 different kinds of ailment including asthma, chronic lung obstruction, diabetes, hyper tension, vascular problem, cataract, arthritis, severe sinus problem and even more unfortunate was found to have a tumour that often makes him dizzy and nausea. “I feel very uncomfortable all time with all these ailments and have to take more than 20 prescription drugs and additional to the insulin injection. I really worry about the medication would intoxicate me but at the same time dare not skip taking them as I am scared by the fact that my condition getting out of control,” said Fatty under the dilemma.

“I know ‘chronic illness dos not make me my own doctor’, my wife has renal disorder and she does not know how to deal with her medication either. We live in a public housing estate and do not know our neighbours. In fact they are some what like us, old and cannot give us advice. We did not know where and how to get help.” He was knocked down by a bus few years back, has walking disability since, uses wheelchair and mostly watches TV to pass time. Fortunately one day he learned while watching TV that SJS has an “Outreached Pharmaceutical Care Services for Patients Projects”. Like striking a gold mine, he rang up for help.

“When the pharmacist came to our house, she asked me in details what illnesses I had, checked all my medicine and asked me how, when and why I have to take them and what were my concern with respect to the medication. She listened very carefully and then explained to me in details what I need to know and wrote down some of the key points and information for me to kep. She cleared my doubts and was very caring.” Fatty was relieved and said joyfully, “Even my wife praised her. Such wonderful service is available and free and what a shame that we only have come to know it this late. However, it is still not too late that we come to know it now and it has saved us much trouble.”

每日愁看著藥物，不知如何服食的肥伯伯。

Fatty sadly facing his medication not knowing how to take them.



我們的服務
Our Service

健康寶庫

根據最新的資料顯示，香港每4名就有1人為長期病患者，更有46%的病患者為65歲以上。聖雅各福群會自去年11月開創全港首個服務—「健康寶庫」(Health Bank)，此寶庫乃是解決長期病患者在治療疾病過程中所衍生的種種生活及經濟困難與壓力。

健康寶庫其中一個重要服務—「惠澤社區藥房」，乃是本港首間由非牟利機構開辦的社區藥房，藥房主要向領取綜援、低收入人士及長者提供資助，以較優惠之價錢售賣由醫院管理局所發出的自費處方藥物。申請者必須透過社工審核才能購買藥物，現時售賣之藥物包括柏域斯、健骨龍、卡壓舒、怡干樂、維干健、博壓舒等藥物，目的是減輕弱勢社群購藥治病的負擔。

此外，聖雅各福群會更聯同香港醫院藥劑師學會舉辦「藥療輔導服務」，為病患者提供個別或到戶的用藥輔導，講解藥物之藥效、副作用等問題，更會舉辦「專科專藥藥療輔導小組」，如糖尿病、心血管等疾病，從而達到「知藥用藥」的目的。

健康寶庫還包括「家居醫療用品支援計劃」、「電費助貧弱」、「到戶理髮服務」、「診病交通費支援計劃」等服務，希望透過一系列服務，紓緩長期病患者長期因醫療問題而所帶來的沉重經濟壓力。如查詢服務詳情，請致電2835 4320。



Health Bank

Latest information reveals that one in four of the people in Hong Kong are suffering from chronic illnesses and 46% of which are in the 65 years old and above bracket. SJS has on November 2009 opened its first "Health Bank" service which is geared to help ease the resulting financial burden and living difficulties of these elderly.

One of the major "Health Bank" services is the "Philanthropic Community Pharmacy", first of its kind in Hong Kong set up by a non-profit making institution. It sells self-financed Hospital Authority prescription drugs and medication with sizable discounts to CSSA and low income elderly. Eligibility is subject to screening by a social worker and current available drugs include Plavix, Actonel, Aprovel, Zeffix, Hepesa, Blopress etc., all to help ease the financial burden of the disadvantaged patients.

In addition, SJS in conjunction with the Hong Kong Hospital Pharmacist Association is conducting "Pharmaceutical Care Service for Patients Project" to educate individual and outreach patients explaining to them on merits, nature and side effects etc. of the medicine they are using and also available are "Specialty Medication Education Session" for group diabetes and cardiovascular disorder patients for them to 'know their own medicine'.

Services under "Health Bank" also include "Home Use Medical Equipment Support Program", "Power Subsidy - Ailing & Handicapped", "Home Haircut Service" and "Patients Travel Subsidy Plan" etc. Hopefully these services will help to ease the heavy financial burden for medical treatments of chronic elderly. For further information and inquiry, please call 2835 4320.

*蘋果日報 APPLE DAILY

生活存關愛： 鼓勵預早安排後事

生老病死乃人生必經階段，我們會預先為新生命的誕生做好準備，但談論死亡，卻有數不完的忌諱。基於這種禁忌，有些在港無親無故的長者，擔憂其身後事無人打理。有見及此，聖雅各福群會於 2004年創辦「後顧無憂」規劃服務，支援未婚、單身、兩老共處或無子女的長者，以至喪親家屬。

該會社工岑智榮表示，計劃目的是鼓勵大眾以開放及正面的態度面對死亡，幫助長者安排身後事，從而度過一個「後顧無憂」的晚年。計劃分兩部份，包括「生前規劃服務」及「殯葬實務支援」。前者協助長者預先計劃身後事，逝世時按照他們的意願代為安排殯葬事務；後者則協助喪親者處理親人的殯葬事務。

考察長生店墓園

該會過去三年舉辦超過 150個考察團，參觀長生店及墓園，讓長者實地了解各種身後事的安排。

岑智榮續稱，今年會進一步推展計劃，以協助有年長智障人士及精神病患者的家庭，讓年老父母同時為已達高齡的智障或患有精神病的子女預先安排身後事，了卻心願。



Living Care: Prior funeral arrangement encouraged

Birth, aging, sickness and death are inevitable stages in life. We make prior plan for the new birth. However when we talk about death, it is met with countless taboo. Due to this taboo, some elderly without a family in Hong Kong would worry not having anybody to look after their funeral arrangement when they die. In view of this SJS has in 2004 initiated the "Funeral Navigation Program" to serve elderly who remain or are single; childless couples and also family members of the deceased.

Gary Sham, social worker from SJS explained that the program is meant to encourage the public to keep an open mind and positive attitude towards death. It helps the elderly making prior arrangement for their own funeral for peace of mind. The program is split into two portions, namely 'prior funeral planning during their life time' and 'physical funeral support'. The former is to help the elderly pre-plan for their own funeral while alive and subsequent execution of the plan when the time comes; the latter is to assist family members of the deceased on handling of the funeral matters.

Funeral Parlour & Cemetery visits

This organization has organized some 150 group visits to funeral parlours and cemeteries in the past three years to give elderly on the spot finding regarding funeral handling and arrangements.

Gary Sham continued to say that the program will be further extended to assist families of the handicapped and mental disorder to enable elderly parents to plan in advance funeral arrangements for their aged, mentally retarded or disorder children.



多謝幫忙令我可 多些照顧兒子

65歲的陳女士與兒子居於屯門區一公共屋邨內，自從丈夫於3年前去世後，便一直與唯一的兒子為伴。近年因患了肝炎，加上年老以及行動緩慢，3年前被僱主解僱，而且因要照顧兒子的生活，一向無積蓄的她，其後於2年多前，便要領取綜援為生至今。

「本來以為可以養兒防老，待兒子長大後，便可以照顧我們，但事與願違，現在不能了。」原來陳女士唯一的兒子乃中度智障人士，每日均要她照顧起居生活。「伯爺公，就好啦，他要先離我而去。但我也高興的，因為我可照顧他的身後事，無需因我早死，而要他為我辦；同時若我早一步先去，他就要很辛苦地照顧這已是31歲的智障兒子了。」陳婆婆的兒子身材高大，外形與一般人士無異。

「本來要照顧兒子，是沒有問題。縱然辛苦，他也是我的兒子，是應該做的，但我近年身體轉差、轉弱，加上患了肝炎，手腳活動起來也都開始出現困難，真是令人感到氣沮。」陳女士說：「我希望可以活多數年，可以照顧兒子，待他可以入住院舍有人照顧他時，我便可以安心離去(逝世)與伯爺公相聚。」

「所以我申請聖雅各福群會的『藥物資助』及『贈藥治病』兩個計劃，他們資助我可以用低於醫院價錢的優惠價，購買醫生處方的自費肝炎藥；真是好彩有聖雅各福群會的幫助，我才可用一百元買過千元的肝炎藥服食，唔使我節衣縮食買藥來治病；因為若這樣做，連兒子的食用也會受到影響。試問，我怎肯這樣呢？」愛子如己的陳女士說：「他已是智障了，若我因要治病，而要他一齊受苦，我會很心痛的。」

「我感謝支持聖雅各福群會的藥廠及善長們，多謝他們可以給予我幫忙，使我治病有藥吃，令我的病情不致惡化，令我有精神可以照顧兒子多些日子。」

Thanks for help so I can take better care of my son

65-year-old Mrs. Chan lives in a Tuen Mun public housing estate with her son. Since her husband passed away three years ago, she and her son shared their life together. She got hepatitis in recent years. Coupled with ageing and senility, she was fired three years by her employer. With no savings and the responsibility to take care of her son, she has to rely on social welfare benefits for a living since two years ago.

“People say having a son can guarantee a worry-free old age as the son can take care of us when we are old. Unfortunately, that’s not the case with me.” Mrs Chan’s only son is mildly mentally retarded and has to rely on her to take care of his daily living. “His father dies first. How I envy him! But I’m happy too as I can take care of his funeral. He didn’t have to bother about my funeral as I didn’t die first. In case I die first, he might have to take up the tough task of looking after our 31-year-old retarded son.” Mrs Chan’s son is a big guy and looks no different from any of us.

“Looking after him is no problem despite it is hard. After all, he is my son. It is my duty to do it. However, my health turns bad in recent years. I become weak with hepatitis and have difficulties in my limb movement too. It is frustrating.” Mrs Chan continued to say. “I hope I can live a few years more to take care of him. By the time he gets admitted to rehab homes and have other people to take care of him, I can then happily go and join my husband in heaven.”

“That is why I apply for St James’ Settlement’s Medication Subsidy Program. The program’s subsidies can allow me to buy medicines prescribed by doctors at prices lower than the hospital’s. Thanks to their help, I can use a hundred dollar to buy the medicines for hepatitis which cost over a thousand dollars. I don’t have to save up on the daily expenses for the medications. If I do so, my son’s life would be affected too. How can I do that?” Mrs Chan loves her son deeply. “He is retarded. How can I let him suffer more due to my illness? It would hurt me terribly.”

“I have to thank the pharmaceutical companies and generous donors that support this program. With their help, I can continue my medications to keep my illness under control. Then I can be in a better condition to look after my son for a longer time.”



來電者的真實性

問：本人日常工作非常繁忙，日中需與生意伙伴接觸，到晚上稍有空才可於網上回覆朋友的電郵；我非常欣賞 貴會的工作，覺得你們經常推出很多助人的工作，其中的「慈惠服務」更令我感到你們很用心用力，為一眾弱勢社群奔走，實在令我欽佩。

我覺得那些社會不幸者受著貧困及病弱之苦，由於缺乏能力解決自身及家庭的困難，而又無助，生活質素自然大受影響外，更感到前路茫茫，當中病弱者因缺財力購買自費藥物治理頑疾，可能也會要面臨死亡，確是人間慘事，故我日前晚上發出一電郵予 貴會「慈惠服務」的負責人，查詢我有何方法可予幫忙，並留下聯絡電話；我雖曾表示可隨時致電聯絡，但當我寄出電郵不久，竟收到一名自稱 貴會的社工來電回覆。我三番數次查核來電者，雖然並未發現異樣，但當時已近晚上十一時，我認為你們的職員該已落班，照理應該翌日才回電給我，故來信欲知你們是否於當晚曾有致電本人，當日該名來電的社工顯示電話是9497-4714？為解我的疑問，請早日回覆。

答：首先感謝你對我們的關心與支持，於百忙中仍然查詢我們的工作，瞭解後才作出施善的行動，此確是為明智之舉；而當天晚上電郵本會查詢服務詳情後，隨即有同工致電回覆，致令你起疑來信查問，確實也是明智之舉，因為我們必須要令善長安心，才能令大家安心施善。

當晚致電 閣下的社工確是我們的同工。因為我們知道倘能及早回覆查詢，便可盡早令大家掌握弱勢社群的需要，也可藉此可盡早解決他們生活之困。事實上，尤以負責「慈惠服務」的同工為甚，必須有奉獻的精神與行動，雖然已過上班時間，隨時也要以應無論是個案、社會人士及善長等需要及查詢而要盡力，因為社會有需要，才会有社工的必要、因為有著善長的關心與支持，我們才可有著並無政府資助的「慈惠服務」存在，以可能為無助弱勢社群服務。既然大家都是百忙中抽時間問候，也概賜善款支持，實屬難能可貴，試問我們也是受惠者，焉可以坐視不顧呢？

基於為弱勢社群服務，有賴善長們的支持，全心竭力是我們的職志，方可令「慈惠服務」起著預期的工作果效。若當晚負責的同工未有覆電，倘於翌日因事忙而忘記致電 閣下，這會令你焦候回電，故在我們不成文的習慣下，晚上十一時在能力範圍內是會致電回覆所有人士的來電的，事件令你起疑，實感抱歉，請諒。當晚同工所持的電話號碼，確是9497-4714，若你留意他與你的電郵聯絡中的手提電話號碼，正是9497-4714。希望此回覆，能有助解 閣下的疑問，倘再有任何問題，請隨時與我們聯絡。謝謝。

Authenticating a Call from SJS

Q: With packed working schedule every day, I reserve every second in daytime for my clients and can only wait until late evenings to take care for my own matters. I understand what SJS does, i.e. the service projects, mean a lot to the poor and the needy. Due to poverty and sickness, many unfortunate people have difficulties keeping themselves fed or getting themselves the timely treatment they need.

Your efforts did help many of them get out of their misery. As token of support and appreciation, I wish to make a donation and so I sent an email the other day to inquire about how to donate. The email was addressed to the SJS Correspondent and I listed my contact number in the message. Shortly afterwards someone claimed to be representing SJS called me with a mobile phone (no.: 9497 4714) and at the time it was already 11 o'clock in the evening. I found the incident pretty unusual so I hope you could look into the whole incident and verify for me the identity of this caller. Your soonest reply will be much appreciated.

A: First of all, we thank you for your enquiry and we fully understand why you are so concerned about the identity of our staff. As a charity organization, we feel obliged to clarify all possible queries or questions arise among our donors and the public. By doing so, we believe we can assure our donors that their donations are in the right hands.

To address your concern, we hereby ascertain that the caller is one of our colleagues and he was approaching you on our behalf. We believe the sooner we let our donors understand the plight of the underprivileged, the sooner we are going to gather enough funds for the new philanthropy projects. It is not unusual to find our colleagues, stay working even after office-hours, especially those promoting community philanthropy services. By doing so we can make contacts with our prospective donors when they are off and we can take time clarifying the issues they concern. Considering that most of the philanthropy services offered by SJS are financed solely by private donations, we believe that working harder and better is the only way to get more new service projects running for the underprivileged.

There is another reason for calling you up late — we don't want our donors wait. To make resources available for the upcoming social service projects, we know we have to serve our donors better. If our colleague waited to call you until the next day, or even worse, he forgot to return call, he could have left you waiting anxiously; this is what we want to avoid. In the past we have been making contacts with other parties at 11 o'clock in the evening and we are sorry to learn that such practice of ours has caused you confusions. The phone number you have mentioned, i.e. 9497-4714, is in use by one of our colleagues. We hope we have clarified all misunderstandings through this message, but if you still find anything unclear, we welcome your call anytime and we are happy to discuss with you in great detail. Thanks again for your time and your kind attention.



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
傳真：3104-3635
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義務設計：黃志文先生
翻譯義工：梁達仁、辛秀麗、黃麗貞、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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世上有兩件事不能等；一、孝順 二、行善。
Two things not to wait in this world - filial piety and good deeds.