

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
St. James' Settlement



一零年十二月份 DEC 2010

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



社工的話

Social Worker's Remark

## 彰顯愛德好時機

## Best timing for virtue of love

正值天寒歲暮，對很多艱苦備嘗的人來說，是最難過的時刻；他們多是本會「慈惠服務」的貧困無依老弱病殘人士，在地區社福機構社工的審核無助下，匱乏者正輪候家居電器，如「電器贈長者」用以禦寒的暖風機或電熱水爐及電熱水壺，以避免冬天受涼冷病，以及望能可改善生活質素。

A cold winter at year end is particularly tough for those who has been through hardship and bitter life. Most of them being helpless, sick and handicapped are on our "Charitable services" – "Electronical Appliances for the Elderly Program" wait-list for fan heaters, hot water heaters and electric thermos hopefully for better living and escape from cold.

在這群無助匱乏者中，以備受頑疾殘者之惡劣情況為甚，他們需要被窮拙所逼，日常生活還要在乾涸的經濟中抽出點滴金錢，致要過度節衣縮食，才可有財力自費購買藥物，於病魔蹂躪下祈能可控制病情；在苦無良法走出困局，更要因「吃不飽 穿不暖 營養不佳」下而勉力活下去，在此急景殘年及面對嚴寒的氣溫下，多會令他們情緒低落、感觸而抑鬱起來，辭世之念悠然而生。據筆者不科學的數拾年經驗所得，此群備受頑疾摧殘人士的死亡率於寒冬時期最高。

This group of helpless and deficient people, especially those plagued by illnesses and poverty have a hard time scraping money for self-purchase drugs to hopefully get their illness under control. Those unable to escape from the difficult situations, being under fed, under clothed and under nourished may become dispirited, feeling very sad and lose their will to live. Years of experience has told the author of this article that mortality is highest for this group of people during severe winter time.

病，是患者最大的全天候身體苦痛，頑疾患者會感到其生命有如一位臨終病人所說一樣：「好像一支放於室內燒到盡頭的洋燭，其光亮由光走向暗，最後慢慢致室內空間變成漆黑。」試問，人處於此境地，怎不叫人淒咽呢！但病並不是患者個人的苦楚，其家人同樣有著割肉之酸痛，也是肯定的；若患者正值盛年，是全家之經濟支柱時，在「上有妻、下有子」的情況下，怎不叫重病者力拒惡疾呢！此時，若能有著大家的援手，讓我們的「贈藥治病」、「專科專藥補助」、「電費助貧弱」、「家居醫療用品支援」等計劃，得可有著財力助垂危者在此人生的極度低潮中，或甚至在他們倒數的餘下生命日子裡，有著你們大德的慈悲關愛與支持，可感受人間的溫暖。

Illness is an all time physical pain to the patients. Those suffering from chronic illnesses may feel like a terminally ill patient saying "I am like a burning candle at its end with its flame slowly dimming out into final darkness." How could one under such a situation not sob and feel sad! Besides, not just the patient has to suffer, his family also suffer with him and that is for sure. If the patient happens to be at his prime time and sole wage earner for his family, wife and children, how then could he not struggle hard in overcoming his illness! If our "Medication Subsidy Program", "Specialty Medication Assistance Program", "Power Subsidy – Ailing and Handicapped", and "Home Use Medical Equipment Support Program" etc can get your help to provide timely help they will surely benefit from your grand virtue feeling love, care and warmth of mankind.

事實上，藉此歲末新歲來臨之際、嚴寒灰暗的日子中，為貧病者布施，作出「解困 解憂」濟助之雪中送炭行動，是最佳的積德納福、為後人種善因的愛德好機會。而指定善款為他們作出送暖及濟藥的指令，正是配合你們「到位」行善的目的。

As a matter of fact on the wake of coming new year and severe cold, there is no better timing to send help, plant virtue of love and bring fortune to your offspring. By designating its use you can steer your donation into wherever you wish to support.

「沒有善長的捐助，我便不能重生。」正如一位於極度苦困中曾獲濟助的受患者說。

"No rebirth will be possible without the generous contribution from benevolent people," said one of the beneficiaries being lifted from dire difficulty.



## 在地獄中得到 幫忙

「我完全沒有意料有今天的日子。」

「我本有家財千萬元，惟因香港經濟結構轉型、金融海嘯、疫症流行，加上我的生意策略失誤及身體健康問題，短短數十年間，所有的完全消失，由有至無，現在生活完全無著，連基本醫藥費也是無著，正要申請綜援。我的過去好像春夢一樣，現在如夢初醒。」

70多歲的鄭伯伯(化名)，90年代曾為出入口業務及服務性行業商人，月入不菲，聘有員工數十人。「那時我出入有司機及汽車侍候、住大屋、家有外傭打理、備受別人尊敬，好不風光。」可惜，鄭伯伯因投資過度「進取」，出口外地的貨品價錢未可如數收回，在銀行「迫倉」下，公司借貸能力大跌，被迫賤賣資產，公司元氣大受影響。

另一方面，員工因預見前途將受影響，竟集體離職轉投入另一競爭對手，因而搶奪了他不少生意往來的伙伴；於公司跌到至谷底時，適逢內地開放，與他合作的公司董事亦抽調資源投資外地廠務，拆伙更令他的公司財政乾涸。但好景不常，壞事接連不斷與他為伴，金融海嘯及沙士流行期間，鄭伯伯雖緊縮開支，唯仍乏力對抗逆境，在入不敷出下，債台高築，只好申請破產。「我現在只有數千元積蓄，正物色租住一房間及已申請公屋中。」鄭伯伯說。

早年鄭伯伯因「生意應酬」致飲食不正常，現更發現患有高血脂、高膽固醇、心臟病，連同其太太每月的高膽固醇藥物，鄭伯伯每月要用近\$900以購自費藥物治病。「若在以前來說，我當然無問題支付啦，我又無子女照顧，好彩有聖雅各福群會的『贈藥治病計劃』，津助我部份的藥費，雖然我仍要應付租金，但總好過沒有支援。」鄭伯伯說：「有時我真係好想仍在發緊那春夢，現在感覺好似由天堂跌落地獄中。」



## Gratitude for your great help which is helping pull me out of a financial hell

"I never dreamed I would find myself in such a predicament..."

"I used to be worth around ten million dollars. Then, over the past decade, I lost all my assets and belongings. My businesses failed due to the economic crisis, the SARS epidemic and I had developed health problems. Now I don't even have money to pay for my medications and I am on the way to apply for Comprehensive Social Security Assistance (CSSA). My past was happy, but it seems that I have wakened from a sweet dream to a harsh reality."

Uncle Cheng (an alias) is over 70 years old and is a former businessman. He had a trading business and worked in the service industry in the 1990s. He earned a very high income and employed almost one hundred employees. Remembering his past, Mr. Cheng notes that "I used to be very respectable; I lived in a large house, had a luxury car, and employed a chauffeur and housemaids." Unfortunately a huge number of bad debts arose caused by his over-aggressive investments. As no banks were willing to grant new loans or credit facilities to Uncle Cheng his company foundered.

Following the collapse of the company's credit facilities, Uncle Cheng's employees quit and moved to a business competitor—taking most business lines with them. Finally, Uncle Cheng's business partner withdrew his capital to invest, privately, in mainland China. Uncle Cheng was not able to work out a solution to repay bank debt and was recently forced into bankruptcy. "I have only a few thousand dollars left, I am looking for a tiny flat and have applied for public housing," said Cheng.

Excessive business entertaining, when Uncle Cheng was successful, led to his having high triglyceride levels, a very high cholesterol count, and heart disease. Uncle Cheng was paying \$900 a month for medications including cholesterol medicine for his wife. "Fortunately, the St. James' Settlement's "Medications Subsidy Program" is giving me a subsidy on my medicine cost. I still have to pay for rent but the medication subsidy is very helpful. I still wish I lived the 'sweet dream' life that I used to have, but I no longer feel like I am free falling to Hell. Thank you for your help." said Cheng.



我們需要你的捐助  
We Need Your Donation



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## 寒溫急降氣難呼 肺病者急待濟助

香港近年的空氣質素持續變差，是人所共知的事實，加上本港已踏入寒冬而且日漸乾燥及嚴寒，很多慢性阻塞性肺病人尤為受到最大的影響。

患者明顯會出現氣喘和哮喘，甚至有呼吸問題，活動功能也同時減退，連日常生活如洗澡、進食都變成極為困難；此病以男性患者居多，於極度呼吸困難的煎熬下，不但令他們感到缺乏生存意義，更令其家人擔憂往後照顧他們的經濟壓力。如何為這群人士作出援手，正是當前寒冷天氣下的要務。

據去年的資料顯示，40%慢性阻塞性肺病的病人呼吸系統未能改善、68%病人情緒感到低落、51%病人的痛症未能改善及20%病人不清楚自己已踏入死亡的階段。鑑於有關社會支援較少，能為改善匱乏患者的療病生活質素，減少患者病情惡化致引來高血壓、心臟病、肺癌及抑鬱症的併發症，以及紓緩照顧者的壓力，本會特推出「慢性阻塞性肺病家居支援行動」。

此支援行動乃藉社會人士的捐助，於香港「經濟重災區」之一的深水埗區，透過醫務社工的資產審核以及主診醫生在治理上的監督，為病者在本會的「惠澤社區藥房」、藥劑師及社工參與下，提供有關療病需要的藥物、醫療(如氧氣機)與禦寒物品、營養食品、電費資助與到戶服務(如藥物諮詢)等援助與輔導，令病者可得到適切的支援，令他們及其家人感受到社會的關懷，從而減輕他們的不安及孤立無助感，避免引來家庭的悲劇。

正值寒冬，氣溫日降，病者的病情會日漸惡化，而其家人於此急景殘年，可能會倍覺憂戚，我們籲請善長雪中送炭及時，俾可集腋成裘令我們於本年內可為50個目標援助個案及時送出暖意的關懷，俾可助跨過如隆冬的「氣急敗壞」日子。支票請指定捐予「慢性阻塞性肺病家居支援行動」。  
施善熱線：2835-4321或8107-8324。



## COPD patients urgently need your help

Hong Kong air quality being consistently bad in recent years is an indisputable fact. Now in winter the air is getting drier and colder and is having quite a significant adverse impact to COPD (chronic obstructive pulmonary disease) patients.

These patients will show obvious signs of breathing difficulty and slow down in daily activities like taking a bath and meals. Majority of COPD patients are male and breathing difficulty may make them lose interest in life, cause their family to worry about their financial burden in subsequent caring and treatment for the patient. Thus provision of help to this group of people becomes quite an important task at this chilly moment.

Last year's data showed, of all COPD patients 40% had no systemic respiratory improvement, 68% dispirited, 51% suffering from pain and 20% not knowing on their death track. Hence, COPD patients require urgent community support and help. As there is rather little being available at the present, SJS is now launching a "COPD Patients Home Support Scheme" to hopefully relieve their burden and lower chances of complications like hypertension, heart attack, depression and even lung cancer.

This support program depends on public donation. At Shum Shui Po, one of the "Worst Economic Disastrous District" through medical social worker's asset screening and supervision of doctor in charge of treatment, our SJS 'Philanthropic Community Pharmacy' can provide patients with required medication, medical equipment (such as oxygen machine) and winter clothing, nutrition supplement, power subsidy and home medical counseling etc. This timely provision of support will ensure patients proper medical treatment while showing them and their family community love and care, reducing their feeling of isolation and helplessness that could lead to potential family tragedy.

As this wintery cold is getting severe, patients' condition could deteriorate, add more worries to their families, we now appeal to benevolent people for their timely support to let us come up with enough money for some 50 target COPD patients in this year. Donation can be made by cheque, beneficiary St. James' Settlement, earmarked for "COPD patients home support scheme" and mailed to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Any amount welcome and none being too little. Inquiry hotline: 2835 4321 or 8107 8324.

需用氧氣機助呼吸的貧弱老者極待濟助。

Poor elderly patient using oxygen breathing machine  
urgently needs your help.



## 受惠者言 Client's Remark

紓解有需要病弱人士服食藥物的經濟壓力，是聖雅各福群會「惠澤社區藥房」的主體工作之一，自成立以來，在藥廠的支持及社工的轉介貧病交迫病者下，已為超過300名個案提供低於3至7成的藥物優惠；誠然，確為受惠者在「小數怕長計」下長期要支付昂貴的藥費支出，省下不少金錢，令他們可舒一口氣；以下是一位由小康之家至成為三「沒」人士的個案來函表達其受助後的意見。

## 令我在困境中 不用恐慌

聖雅各福群會是一個既陌生又親切的名字，由於我此前未曾接觸社會福利機構，所以很陌生，但可能我是教徒緣故（編者按：聖雅各福群會是一間非牟利社會福利服務機構），所以感覺很熟悉。

現在講回我的故事，在12年前的夏天，由於身體不適到相熟的診所求診，醫生一看之下，通知我立即入院，由這刻開始，便與醫生結下不解之緣。

因為我得了急性尿毒症，加上我是乙肝帶菌者，如此12年，由洗血、覆診、移植、覆診……漸漸我變成一個長期病患者；亦由此我由一個小康之家，有樓、有車、有事業，變成一個貧窮戶，三「沒」人士，加上政府政策，我所服用之藥物，有部份要自行購買，費用高至3,000多元，而藥物又必須長期服用，在此進退維谷之際，在偶然機會下，得知有「聖雅各福群會」這個機構，在抱著不妨一試的心態，到「會」一看，到達後看見一遍祥和，真的「老有所依，幼有所長」，與陳姑娘見面後，感覺親切，真是人間有情。

今天我省下每月藥物費300多元，在胼手胝足的情況下，真是苦中一點甜，所以在此鳴謝，並告知有需要之人士，在困境中不用恐慌，也不用怕孤單，有問題可與聖雅各福群會聯絡，也許會見到曙光。

希望在聖雅各福群會。

—受助人（亞日／化名）上

To alleviate the medical financial pressure for the frail and needy patients is the main task of "Philanthropic Community Pharmacy", St. James' Settlement. Since its establishment with the support of pharmaceutical manufacturers, the pharmacy has served over 300 patients referred to us by social workers, cutting the medical costs of each case by 30-70%, quite a saving over a period of time. Here under is the feedback from what used to be a comfortable family that has become one of three "NOT".

## No more panic in time of difficulty

The name St. James' Settlement is rather unfamiliar and yet cordial as I have not been in touch with this social service organization before, hence not familiar. As I am a Christian, I have a somewhat familiar feeling. (Editor's note: SJS is a non-profitable social welfare service organization)

Now let me tell you my story. One summer 12 years ago, I did not feel well and went to a clinic which I have known for consultation. The doctor after seeing my condition immediately sent me to the hospital and that was the beginning of my being tightly bound to the medical doctor.

As I had an acute kidney condition and a Hepatitis B carrier, I have to receive blood dialysis, periodic medical check, transplant and periodic check ... and become a chronic patient. As a result I was reduced from fairly well to do family having my own flat, car and career to one of poverty. As a person of three "NOT" and the result of Government policy, the medication I need must be self-purchased and it amounts to HK\$ 3,000 a month. Caught in the dilemma, I was fortunate enough to accidentally come across SJS and their "Health Bank". So I took my chance and paid them a visit. The place was peaceful and harmonious really "providing support to the old and growth for the young". On meeting Miss Chan, the pharmacist, I was really touched by her kindness and cordiality.

To all the needy, please do not panic in time of difficulty and do not feel you are alone. If you have a problem, please contact SJS and you will be able to see dawn.

Hope lies with SJS.

From one of your beneficiary (Ah Yut, alias)



受惠者言  
Client's Remark

## 全賴善長的慨助

這日對香港人來說，是一個具有歷史意義的日子：這天是東九龍最後一個舊型屋邨—牛頭角下邨封邨的日子。我們慶幸因著省善真堂的慨助，讓我們能夠參與牛頭角下邨整個的搬遷計劃，動用超過100位義工替約200戶貧老弱老進行新屋入伙工程，舒緩面對搬遷時所感到的無助與不安。

牛頭角下邨住有多達一千戶的長者，而當中有為數不少為貧窮、缺乏家人支持及照顧的孤獨老人。78歲的張婆婆便是眾多孤老的其中一位：「先生在十多年前過身，我已孤身居住很久了，生活大小細節也要自我照料，有困難時也求助無門。你問我是否習慣？我也沒有辦法，只能逼自己繼續面對艱難日子。」

問到她知道自己將要遷往新居所時，她一時感觸便嗚咽起來，「這裡一磚一瓦都充滿感情，除了捨不得與老伴共同生活多年的地方外，搬屋亦要面對很多問題。」張婆婆說：「我希望能夠在新屋鋪設膠地板、安裝光管及簡單家居用品例如毛巾架、筷子筒等等，但我實在沒有方法，如果沒有義工幫助，我也不知道可以如何做。」

全賴省善真堂的慨助，張婆婆的材料費用及義工們的車馬雜費得到資助。她衷心感謝的說：「如果沒有省善真堂善長的慷慨，我實在沒有機會在這安全的新居所中生活。一個人生活的日子雖然孤獨和困難，但省善真堂善長無私的幫助，令我感受到窩心的溫暖，謝謝省善真堂的各個善長，祝你們福有攸歸，我亦代眾多跟我一樣生活困難的長者由心的感謝你們。」

## All from your generosity

This is a historically moment to people in Hong Kong as it is the date of closing down the last old style public housing estate, Lower Ngau Tau Kok Estate in East Kowloon. We were fortunate enough to receive lump sum donation from the generous and well-known Shang Sin Chun Tong to help in the relocation of some 200 elderly and poor households with the help of over 100 volunteer workers and technicians participating in the project. It took away much of the stress, worries and concern of those having to relocate.

Close to 1000 elderly households and many of them are poor and living alone senior citizens with no family support living in Lower Ngau Tau Kok Estate. One of them is a 78 years old granny Cheung. "My husband passed away some ten years ago and I have been living alone, doing everything by myself, nobody to turn to for help. Have I been accustomed to it? I would say I am stuck, no choice."

When asked if she knew she had to move, she sobbed and said, "I am attached to everything here and wish not to have move from a place where my husband and I have spent my life together. Besides, relocation has many issues." She then continued to say, "I would like to have vinyl flooring in the new location, fluorescent lighting and simple furnishing such as towel rack, chopstick holder etc. I don't know what to do without help of the volunteer workers."

Thanks for the generosity of Shang Sin Chun Tong that sponsors all material and traveling expenses for the volunteer workers for the work at granny Cheung place. She thanked heartily by saying, "Without the generosity of these people from Shang Sin Chun Tong, I will not have a safe and new place to live in. Living alone has been boring and difficult, their selfless help really warms me up. I wish them luck and fortune and thank them again for myself and those receiving similar assistance from them."



全靠省善真堂的慨助，我們才能幫忙不少跟張婆婆情況相近的貧老弱老

With the generosity of Shang Sin Chun Tong, we were able to help people like granny Cheung.



受惠者言  
Client's Remark

## 贈貧弱老者熱水爐 添關懷暖意渡寒冬

電熱水爐已經成為每戶家庭渡過寒冬的必需品，沖一個暖水浴是一件輕易而舉的事。可是，又有多少貧困長者能夠享用這些基本的電器及生活呢？

「天氣轉冷，我都想可有熱水洗滌，但是安裝一部電熱水爐要近二千元，除非唔食飯，如果唔係都不能安裝。」每月依靠二千多元綜援金過活的容婆婆嘆息地說。

現時74歲的容婆婆，無兒無女，早年先生因病逝世後，便開始獨身生活至今，一個人居住公共屋邨及照顧自我的一切。過往容婆婆都沒有安裝電熱水爐，一向習慣使用火水爐煲水洗滌。「每次洗澡我都要把熱水拿到浴室，真是好危險；而年紀大，手腳又慢，熱水好快變冷，洗澡時真是凍到「瑟瑟震」。」容婆婆無奈地說。「唉，人老了，又沒有親友照顧，有一次，行快幾步，希望有熱水洗滌，但一唔小心，熱水濺到我的雙腳，雙腳即時又紅又腫。」

當聖雅各福群會「電器贈長者」計劃了解容婆婆的困難及需要後，立即動用新界崇德社善長的捐款，為容婆婆安裝一個全新的電熱水爐，讓容婆婆能在寒冬下可以有熱水沐浴，不用再危險地拿著熱水進出浴室。收到善長的幫助，容婆婆在這個寒冬份外感受到社會人士關愛的溫暖。



## Give needy elderly water heater Help survive winter in warmth and concern

A water heater is a must for every family to pass the winter season and it makes taking a warm bath handy. But not many poor elderly can enjoy the convenience of such basic electrical appliance.

“When the weather turns cooler, I really want to have hot water to wash myself with. But it costs nearly two thousand dollars to install a water heater. I can't afford one unless I skip my meals,” sighed Ms Yung, who lives on Comprehensive Social Security Assistance (CSSA) which amounts to a bit over two thousand dollars monthly.

Mrs. Yung, 74, has no children. She has been living by herself since her spouse died of illness earlier. She lives in a public housing unit and has no one to look after her. Mrs. Yung didn't have an electrical water heater. She boiled water for a bath on a kerosene stove. “Every time I take a bath, I have to carry hot water to the bathroom. It's dangerous. I'm old and clumsy. The hot water turns cold quickly when I am bathing,” narrated Mrs. Yung helplessly. “I'm old and have no one to take care of me. One time I tried to walk quicker so that the water would not turn cold. The hot water splashed onto my feet and they became swollen at once,” said Mrs. Yung sadly.

When the “Electrical Appliances for the Elderly Program” of St. James' Settlement learnt of Mrs. Yung's difficulty and need, it made use of donations from Zonta Club of New Territories to install a brand new electrical water heater for her. Since then, Mrs. Yung has hot water to bathe with in the cold winter season. She does not have to carry hot water in and out of the bathroom and she feels the society's concern even in winter.

「全因崇德社善長的捐助，在寒冬時能都有熱水沐浴。」

I can wash with hot water in winter all because of donations from Zonta Club of New Territories.



我們需要你的捐助  
We Need Your Donation

## 嚴冬誠難捱 愛心助禦寒

秋去冬來，根據天文台的預測，今年冬天將會持續寒冷，對於孤苦無依的長者來說，如何使用有限資源去抵禦低溫確是一大難題。

香港的冬天雖然不如外國般大風大雪，但本港的保溫措施並不完善。在香港，基本上除了部份病人需要使用暖風機外，甚少人接觸過這類電器。固然，對於年青人來說，十多度甚至再冷都沒算甚麼，但對於家徒四壁，每晚都需要瑟縮在床上的體弱多病老人來說，面對嚴冬就等於面對死神一樣，隨時有生死的危險。

暖風機雖然體積細小，但所值不菲，動輒便需要兩三百元一個，單靠領取綜援維生的弱老根本無力購買。「雖然有社福機構捐贈禦寒衣物，但穿著在身上面行動好唔方便、好臃腫，我哋本身已經論盡，著多件大衫好容易跌倒。留係屋企，有一部暖風機可以保暖就好了。不過要買一部又談何容易？」居住於慈雲山公屋高層單位、窗門對著高山的曾伯伯說。

「去年呢一度就試過得番五度，果段時間真係好難捱。瞓一次覺就好似同生命博鬥一樣，好怕第二朝起唔到身，就咁凍死咗。」患有哮喘病的曾伯伯續說。

在通脹壓力下，儘管我們的營運艱難，但個案需求暖風機的個案隨著秋去冬來逐步上升。你願意捐助性能良好、且運作簡便的暖風機予這些貧苦長者，使他們渡過今個冬天嗎？盼請用支票賜擲善款，支票抬頭：聖雅各福群會，背面請註明「購買暖風機」；擲寄聖雅各福群會，香港灣仔石水渠街85號105室。施善查詢熱線：2835-4321或8107-8324。



## Love and care to fight winter cold

With autumn fading and winter coming, the observatory is forecasting that this winter will be consistently cold which pose problem to the living alone elderly with only meager resources to fight its cold.

Hong Kong lies in the tropic and home heating is rare and so are uses of fan heaters, exceptions are patients in the hospital. This means nothing to young people but tough for the frail and chronic illnesses suffering elderly who curl up in their bed to stay warm. Severe winter cold is like the god of death knocking at their door taking away their lives.

Fan heaters though small in volume are not cheap, easily costing few hundred dollars which is like adding frost snow to the frail elderly whose sole income is from Comprehensive Social Security Assistance (CSSA). "Social service agency provided us winter clothing, but they are mostly bulky and awkward in movement. We are already clumsy, and fall easily. It will be nice to have a fan heater at home but that is hard to come by," said old man Tsang who lives in Tsz Wan Shan Housing Estate with window open to the hill.

"One time last year the temperature went down to only 5 degrees and it was hard to bear. Sleeping was like a fighting a battle for life and you did not know if you would get up the next morning," said asthma stricken old man Tsang.

As Hong Kong is facing the inflation, our "Electrical Appliances for the Elderly Program" is also facing a bleak winter. The need for fan heaters is rising steadily as autumn fades away. Will you be willing to donate easy to operate still in good working condition fan heaters to our poor elderly for their winter comfort? Donations and cheque, beneficiary St James' Settlement clearly marking at its back "For Fan Heater", can be send to SJS at Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Contribution and inquiry hotlines: 28354321 or 81078342.



我們的服務  
Our Service

## 貧者無奈捱餓也要治病 致令身體虛弱更難抗病

「病，不單只是健康的問題，它更影響到我的生活。」  
一位申請本會的「贈藥治病計劃」個案說。

由善長捐款支持，透過社工的入息審核，符合資格的弱勢病患者，因未有足夠經濟能力，購買公立醫院醫生的處方自費藥物以治理疾病，以助控制病情的人士，均會被轉介至本會申請是項計劃的援助。

根據去年聯合國開發計劃署一份最新的報告稱，香港在已發展的經濟體系中，是貧富「最懸殊」的地方。據政府資料顯示，本港貧窮人口越來越多，去年上半年達123萬人，較前年底增逾2.4萬人。

事實上，一些長期病患者如癌症及長期慢性疾病患者，如心血管疾病等人士，經醫生處方而須服食自費的藥物，以助控制病情，不致進一步影響到健康時，他們當中多因健康問題，不能工作，失去收入，只好依賴有限積蓄或綜援度日，服食自費藥物往往會出現財困。

在我們處理的「贈藥治病」申請個案中，竟然有病者因要「保命」耗盡財力購買自費藥物治病，而「剋扣」每日的食用及開支，致引來「吃不飽 穿不暖」的困境。有申請者曾訴說其飢餓的滋味說：「肚子經常鳴響，飢餓每刻鐘都纏繞我，飢餓使我感到周遭灰暗，日月失去色彩；我全部的知覺，就只有飢餓。我吃的是街市菜販拋棄的菜餘，或到快餐店吃別人食剩的二手飯。天氣冷時，便將棉被披上身囉。我要命，唯有這樣，過一日得一日。」

他們正身處囹圄，除要強忍身體的不適外，更因無奈要「節食」才可購藥治病，強忍飢餓之苦，令身體更為虛弱，致抗病能力亦成問題，此並非是他們的治病目的。同樣地，「贈藥治病計劃」亦欠缺財力，我們也感到資助個案半年的能力亦成問題，祈望善長伸出援手，使困苦的人於治病時，藉著大家的支持，「贈藥治病計劃」可有財力，令病弱個案可有財力購買自費藥物治病，令他們至少也可得到半年的溫飽機會，眼前的生活也可有色彩。施善查詢：2835-4321或8107-8324。

## Saving up food money for medicines makes the patients even sicker

“Illness is not only a health issue; it also affects my daily life,” a case applying for our “Medication Subsidy Program” said.

Due to financial difficulties, some under-privileged patients are unable to buy medicines prescribed by public hospitals to help ease their illnesses. These cases would be referred to us for consideration under the “Medication Subsidy Program” which is fully supported by generous donors. Once they are considered eligible after the income vetting by social workers, the needy patients would be granted help to buy medicines.

According to a report by the United Nations Development Program last year, among the developed economies, Hong Kong ranks number one among the countries with the biggest gap between the rich and the poor. Statistics from the Hong Kong government shows that the population of poor people is rising, totaling 1.23 million last half year with an increase of 24,000.

As a matter of fact, some chronically-ill patients such as cancer patients and patients with cardiovascular disease are required to buy medicines prescribed by doctors to help ease their conditions. Most of these patients have no more income as they can no longer work and thus have to rely on either savings or social welfare money to make ends meet. They can hardly afford to buy the medicines.

In processing the applications for the “Medication Subsidy Program”, we are shocked to find that some patients have spent so much money on the medicines that they have to reduce their daily expenses including meals and clothing. As a result, they are under-fed and under-clothed. One applicant recalled his hunger experience, “I can hear my stomach grinding all the time. Hunger is with me every moment, making my day gloomy and dark. I can feel nothing but hunger. All I eat is leftover from street hawkers or fast-food diner customers. When weather turns cold, I’ll cover myself with the quilt. I want to live on. This is the only thing I can do, to live on day by day!”

These people are in dire straits; apart from suffering from their physical illnesses, they are forced to go ‘on diet’ in order to save up money for medicines. Being under-fed makes them even more fragile which in turn worsens their ability to resist the disease. This is not at all what they want. Our “Medication Subsidy Program” is likewise faced with such a dilemma. We want to help very much but our ability is limited. We are lacking financial resources to provide half-year support to the cases. We sincerely appeal to generous donors to give your support to the “Medication Subsidy Program” so that we can at least provide six-month support to the eligible patients to buy the required medications and enable them to enjoy a better life for the moment. Donation enquiries: 2835-4321 or 8107-8324.





## 贈藥治病的人道 立場

**問：**非常欣賞你們的「贈藥治病計劃」，我認為你們在病人貧病交迫之時，伸手援助作出金錢的濟助，令無助者可有他們必須服食的藥物，不致有病無藥食；不致影響到病人的生存鬥志，也令其家人安心。請介紹此有意義的「贈藥治病計劃」詳情？你們基於何種原則方可作出資助？此計劃有何不盡之處？我們怎樣作出捐助？

**答：**非常感謝你對貧病交迫無助病人的關懷，令我們的「贈藥治病計劃」得可因此為一群須「自費購藥」的病人，在我們扶病助弱的理想工作的目標上，令貧弱病人得到「病者有其藥」的理想；因為若病者缺乏經濟能力購買，而要服食療效欠理想的藥物時，影響到他們療病的生活質素，引來精神與肉體的痛苦，還會可能引來併發症，進一步破壞健康，令病者更為病弱；或病者因此而沒有該要治病的藥物服食，不能控制病情，更要被逼趨前「奔向死亡之路」。

作為社工，我們知道病並不是個人「存亡的問題」，若其摯愛親友無力作出援手時，眼見病弱者日漸如洋燭般熄滅而逝，也會傷心不絕，此可謂「牽連甚廣」陰霾的問題；基於以上人道立場，「贈藥治病計劃」的推行乃藉賴善長的濟助，可為病殘者帶來其人生的終極人間溫暖。

所有申請之個案必須由社工轉介，且必須具備申請者之醫生信件、病歷證明、經濟狀況(如薪金證明、銀行存摺、社會福利署文件等)、醫生處方藥物等資料；在慎用善長的捐助的大前題下，再要由本會作出家訪審視後，再待我們開會討論，方可作出援助的方案。

事實上，基於善款資金有限，我們也不是全部個案受理，如藥費昂貴之長時間必要服食的自費癌症藥物、不能停服的藥物等；此計劃暫只可為貧病者作出每半年內的部份「贈藥」解困支援。我們只可為受助者度過其艱難的一刻，以讓其可有一喘息的機會(如病人因要療病而要減食每日一餐膳食、剝削其子女正常成長的支出)、或等待申請有關機構之援助(如藥物或經濟援助)批准前等。當然，若在善長的更大捐助下，我們希望可有一天達到「病者有其藥」的遙遠理想。

「贈藥治病計劃」乃是全端視善長的指令，務令大家的施善目的，故善長可指定「到位」的方法與有關的疾患的援助、參與或率先指定我們推出有關的「專科專藥補助計劃」；總括來說，只要你們一經指定，善款是會「鎖定」；所賜善款數目不拘，我們是會集腋成裘為你們的「到位」指令竭智盡力的。

## Humanity ground on medication subsidy program

**Q:** I really appreciate your "Medication Subsidy Program". It gives poor patients beset by poverty and illness timely monetary assistance, makes available to them the necessary medication without affecting the will power to fight for their lives while providing peace of mind to their families. Will you please tell me in greater detail about this meaningful program? What is your basis for making the subsidy? What is the short coming of the program? How can we contribute?

**A:** Thanks for your regard to the well being of patients beset by poverty and illness. The program helps to prevent worsening of their condition with timely access to better self-purchase medicine, without lowering the quality of life while fighting the disease or imposing undue financial hardship onto the patients and their families. Lest they would be forced to go with less effective or even no medicine causing complication with increase in physical and mental suffering to the extent of subjecting them down a 'death path'.

As a social worker we know life or death is not just a personal issue. If the family or friends are unable to provide assistance, they would be watching the patient waste slowly away with great sorrow and grieve. The program is based on humanity ground and relies on generous contribution from benevolent donors, bringing to the poor patients some ultimate warmth in mankind.

Requests for assistance are through referrals by social workers and they must be complete with doctor's letter, case history, evidence of their financial condition (such as pay slip, bank book, social welfare department documents etc.), and doctor's prescription. We at the organization will conduct home visit verification and internal discussion before formulating a plan to help.

In fact as our financial resources are limited, not all referred cases can be satisfied, examples are those requiring very expensive self-purchase drugs for cancer or unceasing treatments. The program at the moment can only provide, on temporary basis, six months' medical support. We are merely providing a stop gap measure at time of great difficulty to the patients, allow them breathing space (like having to save money by meals cut-back for treatment, deprive proper up bringing of their children), or filed applications (for medicine or financial assistance) awaiting approvals by the authority. Of course, with bigger and more generous support from you, we hope one of these days, the remote ideal of providing 'medicine to all patients' can be achieved.

The "Medication Subsidy Program" strictly follows your instruction. Donors can designate type of illness or individual they wish to sponsor; join or specify ahead in our "Specialty Medication Assistance Program". Generally speaking, once your instruction is given, your donation regardless of the amount will be 'locked-in'. Having 'as many a little makes a mickle' in mind and we will try our very best to ensure that the money will be well spent and in accordance with the instruction.

# 老友

# Old Buddies

《松柏之聲》的主編陳炳麟馳電追稿，儘管案頭上有不少功夫都急待完成，還是換一個坐姿，轉一下思維，寫下一篇與牛有關的小品。

炳麟的年紀應與我相若，相交二十多年，也是從《松柏之聲》結緣，從青壯進入中晚年，回憶舊事，在唏噓中總帶著珍惜。

我在「星島」年代已為這份老人刊物撰稿，世情多變；在歲月的沉澱下，人情常在；也寫出一份感情來，也因為自己年紀漸長，愈能走入松柏的世界。

老如松柏，喻心境與身體狀態的長青。《松柏之聲》以極少的資源，有限的人力，竟能成為一份行銷全球的港產老人刊物，算是個異數。幸福豈來自偶然，炳麟為《松柏之聲》奉獻的心力，比起任何全職與專業的主編更多一份對長者的敬愛。

幾年前他身體起了毛病，朋輩多囑他要多保重，勿過勞，他卻一貫樂觀進取地回應，趁著有心有力的日子，為老人家做多點事呢。正因為他這份無私，許多作者都大受感動，經年累月的為《松柏之聲》免費撰稿。

人口老化成為全世界面對的現狀，但不應自動轉帳為問題，畢竟人的價值不宜單從經濟效益去衡量，《松柏之聲》肯定是虧本的，甚至算不上是生意，卻能成為喜歡閱讀的老人家，按期提供最好的精神糧食，在這世界上除了「增長」、「保值」、「成就」外，還有「關愛」、「悲憫」、「同情」……才顯得多采多姿。

有幾次在地鐵車廂遇到素昧生平的長者，主動向我打招呼：「你是李先生，我常聽你的節目，也喜歡看你的《松柏之聲》的文章。」

感謝你，炳麟，你為老人家付上的，比起甚麼樂善好施的名人財閥還要多。因為你，我的人情戶口就增加好多「老友」！

—李錦洪



The Chief Editor of "The Voice" Chan Ping Lun rang up and urged me to hand in my article. Even though I had quite a number of urgent assignments waiting to be done, yet I changed my sitting posture, turned around my thoughts, and wrote an article on cows.

Ping Lun is more or less my age. We have known each other for over 20 years, from the time when we were young and strong to this day when we are in our middle / old age. Our ties also began with "The Voice", and while we may look back on the old days with a sigh, we cannot help but cherish those fond memories.

I have been writing articles for this publication for the elderly as far back as the time when I was working for the "Sing Tao" newspaper. Times change, but through the years, there often exists a kind of human touch, and I have a kind of feeling for writing for "The Voice". Now that I am advancing in years, I become more and more involved in the world of seniors.

"To be as old as the pine and cypress" is an analogy of "evergreen" of both the mind and the body. It's a strange fact that "The Voice", with extremely little resources and limited manpower, has become a Hong Kong-based publication for the elderly that is distributed world-wide. This hasn't come by chance, in fact the efforts that Ping Lun has devoted to "The Voice" are nothing less than those of any full-time and professional editors, and on top of it is the respect and love he has for the elderly.

A few years ago there was some problem with his health, his friends urged him to take care and not to over-work. However, he responded in his usual optimistic and positive manner, saying that he would like to do more things for the elderly while he had the energy and the heart. It is exactly because of his selflessness that many writers become greatly touched and year after year write articles for "The Voice" free of charge.

An aging population is a world-wide phenomenon, but it should not be automatically turned into a problem, after all, the value of mankind should not be weighed only by its economic benefits. "The Voice" definitely is losing money, it can even hardly be called a "business", but it is able to periodically provide the best food for thought to those elderly people who love reading. Besides "growth", "value protection", "accomplishment" in this world, there is also "caring love", "compassion" and "sympathy"... and this is what makes the world colourful and interesting.

Time and again I have encountered seniors on the MTR who I have never met before. They would take the initiative to say hello to me, "You are Mr. Li, I often listen to your radio programmes and I like reading your articles in 'The Voice' too."

Thank you, Ping Lun, what you have offered to the elderly is much more than those huge donations by celebrities and wealthy people, and because of you, I have come to know more and more "old buddies"!

by Li Kam Hung

# 聖雅各福群會 暖風機贈長者

每年踏入冬季，天氣突然轉冷，不時有長者抵受不了嚴冬而凍死的駭人新聞。一向致力關懷長者及弱勢社群的聖雅各福群會，為了關懷一群貧困無依的長者，可以讓他們度過一個溫暖的冬季，希望藉「電器贈長者」計劃，讓他們得到合適的電器如暖風機以度寒冬。

72歲的黃婆婆，因中風以致聽覺及說話不靈光，加上手脚協調不靈活及行動不便，一個人獨自難以生活。現時唯有依靠年長她四歲的姐姐同住照顧她。由於黃婆婆手脚不靈活，沐浴時單是穿衣服也要花上長時間，過往她在冬季沐浴，對她來說是一件艱巨事情，稍有不慎便涼。

## 行動不便沐浴易冷病

不過，就在上月，黃婆婆幸得聖雅各福群會的幫助，該會收集善長的捐款後，購置了一部適合在浴室使用的暖風機贈予黃婆婆，讓她可以放心在冬季沐浴，不用擔心冷壞身體，她感到非常欣慰。

另一名獲贈電器的長者是72歲的高伯伯，他因中風不良於行，經常躲在家中。他說：「冬天未到，我已經冷病幾次，尤其沖涼時，我的浴室近露台，冷風從門隙吹入，好容易冷病；每年冬天我都好擔心，身體又愈來愈差，自己又無兒無女，就算係屋企凍死，怕且亦冇人知道。」

## 籲善長捐款助度寒冬

聖雅各福群會公共關係經理陳炳麟表示，似高伯伯的例子在香港比比皆是。對於赤貧獨居的長者來說，他們每月申領的綜援金亦僅夠餬口，遑論要其多拿數百元購買一台暖風機，以作保暖、「保命」之用。陳炳麟特別在此呼籲善長鼎力支持該會作全港推行的「電器贈長者」計劃([www.thevoice.org.hk](http://www.thevoice.org.hk))，令此計劃可藉各區社工的轉介，幫助無助長者安全地度過嚴冬。

善長可以支票捐款，支票列明給主辦機構「聖雅各福群會」，信封面寫上捐贈「電暖風機」，寄香港灣仔石水渠街85號聖雅各福群會1字樓105室收。給予苦困者溫暖，善款數額多少不拘。查詢熱線：2835 4321或8107 8324。

# SJS fan heaters for elderly

As winter comes and the temperature suddenly drops it is not uncommon to hear elderly die as a result. All along, SJS has been caring and try to help the elderly and the disadvantaged through their "Electrical Appliances for the Elderly Program" (EAE), geared to hand out proper appliances such as fan heaters to keep them fight the cold.

72 years old granny Wong had a stroke and as a result has impaired her hearing, speech and movement coordination. As she is unable look after herself, she lives with her sister four years her senior. Wong has limbs coordination problem, it takes her quite some time putting on her clothing after bathing. She could easily catch cold if not careful enough.

## Catching cold easily from impaired movement

Wong got lucky last month, SJS sent her a fan heater suitable for bathroom use with donation by benevolent people. She is very happy with that and no longer fears catching cold from taking a bath.

Another elderly receiving a donated fan heater is 72 years old Ko. He had a stroke and has movement difficulty and hence stays mostly home. He said, "I have been sick a number of times even before winter setting in due to catching cold. When I take a bath in the bathroom which is in the veranda, I catch cold easily from the in-blowing wind. I dreaded cold every winter cold. With my deteriorating health and no children, I am afraid that one of these days I may die in the house without any body even knowing."

## Donation appeal to help elderly combat winter cold

Chan Ping Lun, Manager, Corporate Ventures, SJS said that there are many cases like Ko. Elderly drawing Comprehensive Social Security Assistance (CSSA) for their living have just enough to meet their food and normal daily expenses. No way can they spare few hundred dollars for a fan heater to keep them warm from life-threatening winter cold. He now appeals for donation to EAE program of SJS ([www.thevoice-hk.org](http://www.thevoice-hk.org)) to help elderly with social worker's referral to safely pass a cold winter.

Donation can be made by cheque, beneficiary St. James' Settlement, earmarked for 'Fan Heater Use' and mailed to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Any amount welcome and none would be too little. Inquiry hotline: 2835 4321 or 8107 8324.



# 參與行善之方法

## How to donate in these Programs?



本人/本公司樂意  單次捐助 /  每月捐助 \$ \_\_\_\_\_ 以贊助及支持

贈藥治病計劃  電器贈長者計劃  家居醫療用品支援計劃  病患者藥療輔導服務

診病交通費支援計劃  專科專藥補助計劃 (燃點希望計劃、補血實愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動)

惠澤社區藥房  家居維修服務  到戶理髮服務  電費助貧弱計劃

外展體檢計劃  後顧無憂規劃服務  閃燈門鐘  《松柏之聲》

代購電器服務  健康推廣活動  法律諮詢服務  以上任何一項

捐款人姓名/公司：\_\_\_\_\_ 寄件編號(如有)：\_\_\_\_\_

地址：\_\_\_\_\_ 聯絡電話：\_\_\_\_\_

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：\_\_\_\_\_ 支票號碼：\_\_\_\_\_

以信用卡捐助 ( VISA  MASTER)

信用卡號碼：\_\_\_\_\_ 信用卡有效日期：\_\_\_\_\_ (月/年)

持卡人姓名：\_\_\_\_\_ 簽署：\_\_\_\_\_

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

敬請在支票背後或銀行入數紙寫上所捐賜之「慈惠服務」，連同捐款者之姓名及地址擲寄本會地址，或將銀行入數紙傳真至本會，FAX：3104-3635，俾本會可奉上謝函以及收據，以供閣下用作扣除稅額之用。謹此致謝。

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

- Medication Subsidy Program  Electrical Appliances for the Elderly Program  Home Use Medical Equipment Support Program
- Pharmaceutical Care Service for Patients Project  Patients Travel Subsidy Plan  Philanthropic Community Pharmacy
- Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme)
- Elderly Home Maintenance Services  Home Haircut Services  Power Subsidy - Ailing & Handicapped  Outreached Physical Examination
- Funeral Navigation Services  Flash Light Door Bell for Deaf  "The Voice" Monthly Elderly Magazine
- Appliances Procurement Services  Health Promotion Activities  Legal Consultation for the Elderly  General use

Donor / Co.'s Name : \_\_\_\_\_ Mailing No. : \_\_\_\_\_

Address : \_\_\_\_\_ Phone No. : \_\_\_\_\_

Donation Method :

Crossed cheque ( Payable to "St. James' Settlement" )

Bank : \_\_\_\_\_ Cheque No. : \_\_\_\_\_

By Credit Card ( VISA  MASTER)

Card No : \_\_\_\_\_ Expiry Date : \_\_\_\_\_ (MM/YY)

Card Holder's Name : \_\_\_\_\_ Signature : \_\_\_\_\_

Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):

HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

\*Please check off your method of payment.

\*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip.

Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for tax deduction use. Thank You for your support.

### 查詢及網址：聖雅各福群會

聯絡人：陳炳麟先生  
電話：2835-4321 / 8107-8324  
傳真：3104-3635  
電郵：thevoice@sjs.org.hk  
網址：www.thevoice.org.hk  
地址：香港灣仔石水渠街85號1樓105室  
義務設計：黃志文先生  
翻譯義工：梁達仁、祈慕潔、潘麗桃、黃麗貞  
友情印刷：平偉印務有限公司

### Inquiry and Website : St. James' Settlement

Contact Person : Mr. Chan Ping-lun  
Telephone No. : 2835-4321 / 8107-8324  
Fax : 3104-3635  
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有多少力量就做多少事，不要心存等待，等待才會落空。  
Spend your effort on what you can do, no second thought, as waiting will get you nowhere.