

慈惠月報

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社工的話

Social Worker's Remark

在幸福中施愛德

人生無常，在一些不可預知的事情上，有人的命運可能被逆轉過來，變成積蓄耗盡，奮力謀生而不繼，無法解決生活所需，或因備受頑疾蹂躪，失去工作及收入之餘，更要費力購藥治病。

在我們處理的眾多「慈惠服務」中，以「贈藥治病」計劃的申請個案最為令人動容，他們逆轉後坎坷難行的生活，耗盡力量也未可「自救、自持」，只可任由無情的命運擺佈，其「沒有明天」的困頓，實叫人心酸憐惜，令我們自覺生活在幸福中，深覺幸福的可貴。

年83歲的李氏老夫婦，滿以為晚年可有兒媳照顧；但好景不常，兒媳先後因癌症而離世；本為小康之家的李家，因兒媳要療病而要賣掉資產，結果弄致一貧如洗。「老伴因『白頭人送黑頭人』大受刺激而中風，加上血壓惡化，要購買自費藥物服食，惡運總是纏著我們不去。」夫婦兩人已領取綜援的李老伯說：「扣除租金後，只剩下仟多元作食用及生活費，試問用數佰圓我們可以買得幾多個月的自費藥呢？」

「我以為很健康，但竟然也患上肺癌要接受六針、每針約\$9,000的第二線自費化療藥物療程；丈夫因視力問題已不能工作，只靠獨女剛過萬元之收入，怎樣也不能應付全部房租、生活及藥費！」60歲的張太太說：「全家積蓄不多，我被逼於化療期間，勉強出外做散工以賺取藥費，在極度不適時唯有休息數天。」

「我會不惜花費讓他生活好些。」因此之故，80多歲的胡婆婆日前被電器店員所騙，用\$5,000購置一台雪櫃，以存放丈夫的糖尿病藥物。「我不知道原來一個普通的雪櫃便可以，但我也因耗盡積蓄，再無法為他購買自費的高血壓藥了；中風後的他需要長期睡在電動氣墊床上，電費已用了綜援金的大部份。我有關節炎也要照顧他，當然辛苦，但也不敢睇醫生，因為我們『每月清』，連支付電費都有問題。」年老無依，感到往後的生活完全失據的胡婆婆無望地說。

正值新歲來臨，新春納福好時機。社會一些處於人生坎坷路途的病弱者，急待垂憐。企望善長們在幸福中施愛德，對他們做出濟助，帶給他們「還有明天」的曙光。

A CALL TO THE FORTUNATE TO HELP OUT THE UNFORTUNATE

Life is unpredictable. All of a sudden, a person's fortune can take a drastic turn: His savings are exhausted; he cannot make a living no matter how hard he tries; he cannot make ends meet. Or he is ravaged by illness, and must pay for medicine when he has no job and no income.

Of all the cases we come across in our charitable services, the most heart-rending are applications for "Medication Subsidy Program." They come from helpless victims of fate for whom there is no tomorrow. Their predicament makes us see how lucky we are, how we should treasure our good fortune.

Mr. and Mrs. Li, 83, were sure that in their old age they could count on the loving care of their son and daughter-in-law. Their hope was dashed by both young lives being taken by cancer one by one. Costly cancer treatment forced the comfortably well-off Li family to sell all its assets. Now penniless, the old couple is living on CSSA. "Grief-stricken, my wife suffered a stroke. Her worsening blood pressure requires self-financed drugs. Misfortune will not leave us. After paying the rent, we have only a little more than \$1,000 for food and living expenses. How many months' self-financed drugs can we buy with just a few hundred dollars?" asked Mr. Li.

"I thought I was in good shape. Little did I expect to come down with lung cancer, for which I must undergo a course of self-financed chemotherapy consisting of six shots each costing \$9,000. Due to poor vision, my husband can no longer hold a job. So we depend solely on our only daughter's income of just over \$10,000. We just cannot cope with all the expenses – rent, living and medicine!" said Mrs. Cheung, 60. "We have little savings. I have to take a part-time job to pay for my medical expenses while undergoing chemotherapy. I can only take a few days rest when I am really weak."

"I'll pay whatever is necessary to make life better for him." For this reason, Mrs. Wu, who is over 80, was talked into paying \$5,000 for a refrigerator to store her husband's diabetes medicine. "I didn't know that an ordinary refrigerator would do. But it has taken up all my saving. I can no longer afford the self-financed medicine for his high blood pressure. Since his stroke he has had to lie on an electrical air alternating pressure mattress. The electricity bill has taken up most of our CSSA. I must take care of him despite my arthritis. Of course it's not easy for me, but I cannot go to see a doctor because we already spend up all our income every month, even have trouble paying the electricity bill." With no one and nothing to rely on, Mrs. Wu sees no tomorrow.

The New Year is coming. For the fortunate it is a time to enjoy life. But there are people who are ill and needy who badly need help. In your good fortune, will you give them a helping hand, and show them there is a tomorrow?



消去煩惱的關懷

隨著蘇屋邨的清拆，居民都需要遷往元州邨居住。離開自己熟悉的環境固然使人有依依不捨的感覺，而對於那些身無分文又缺乏支援網絡的長者來說，搬屋更猶如噩夢一樣，衍生出大量問題。

「我三十九歲開始就住係蘇屋邨，而家搬咗去第二條邨，當然係唔習慣啦！我又窮又無親人，不過都住咗咁多年，所有啲傢俬電器都同我咁老喇，又殘又破，根本搬一搬就無法再使用。」76歲的王婆婆煩惱地說。

最令王婆婆困擾的，就是熱水爐問題。她續說：「要重新購買一些傢俱，好像床及櫃都係要用好多錢，餘下的積蓄不多全都用嚟搬屋，生活都已吃力了；我問過樓下啲鋪頭，熱水爐都吓都要千幾二千蚊一部，我都好想用番係舊屋果一個呀，只不過搵人拆咗佢再裝番個費用好貴，樓下師父仲提醒我舊熱水爐都已經溶溶爛爛，搬多兩搬壞咗，會隨時用唔到。」

負責轉介王婆婆申領「電器贈長者」計劃的社工說：「熱水爐係咁多樣電器之中最昂貴嘅一項，能夠省卻咗呢筆費用，實在會減輕咗唔少老人家的負擔。佢哋可以用呢筆錢嚟添置其他有需要嘅嘢。我衷心代表受惠長者多謝善長嘅捐贈。」

得著幫忙的王婆婆也雀躍地說：「我好感激熱心人的捐助，不但令我慳番啲錢用來購買必須嘅嘢，幫我減輕經濟壓力，我呢個冬天唔再需要由廚房拿滾水去沖涼房沖涼了。」



「善長送給我的熱水爐真靚亮。」王婆婆說。
“Thank you for giving me a wonderful hot water heater” Wong said.

Care has driven my worry away

With the pulling down of So Uk Estate, residents have to move into Yuen Chau Estate. Leaving the familiar environment is always sad and nostalgic. To those almost penniless relying on CSSA elderly is a nightmare with lots of relocation related problems.

“I was 39 when first living in So Uk Estate. Having to move into another estate is of course difficult! I do not have a family and my household stuffs and furniture are old and unlikely to stand the moving,” said old lady Wong perplexedly.

What bothered Wong most has been the hot water heater. She continued to say, “Buying new furniture, such the bed, wardrobe will cost lots of money. If I have to use all my money for the house moving, my life will be very tough. I inquired the shop downstairs and the hot water heater can easily cost more than two thousand dollars. I just wish I could use the present one at home. However, relocating the old heater into the new unit is not cheap. Besides, it may not work as the present one is fairly old.”

The social worker responsible for referring Wong to us said, “Hot water heater is the most expensive of all electrical items. If one can help her save on that, it would lighten her burden a lot. She can then use the money for the relocation and pay for other needed items. I am really grateful on her behalf to the benevolent people for the donation.

Old lady Wong jumped with joy and said, “I am really grateful to the well wisher who donated to my cause. It has lessened my financial burden and I have some money for other needed items. In addition, I need not have to carry hot water from the kitchen into the bathroom this winter.”



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弱老洗澡易冷倒 贈電水爐免病困

體衰病弱老人難抵嚴寒氣溫，是人所共知的事；倘他們在洗澡時因「手腳慢」，致使攜往浴室的熱水變凍。唯仍在洗澡時，便會很容易受涼及冷病。

據資料顯示，在氣溫嚴寒時，長者冷倒染病的機會大增，而且更會因此而令宿疾惡化，進一步影響到健康，甚至致命死亡。獨居的73歲李伯伯便是於最近洗澡時，因為浴水變凍而未能洗完澡而病倒。

「我的綜援金勉強能支付每月所需，但實在無能力安裝電熱水爐，每次沖涼只能用水煲滾水，但熱水煲細，不夠熱水洗澡也甚感無奈。」左手活動欠靈活的李伯伯每年冬天都會因洗澡而病倒。「但我今次竟染上肺炎，健康也因而變得差了，真是令我擔心，因為若情況繼續惡化致不能自我照顧時，到時真會是很悲慘。」無依無靠的李伯伯，搖頭嘆息的說。

據聖雅各福群會「電器贈長者」的資料指出，每年秋涼開始，申請電熱水爐的個案也會增多，申請者均全是孤寡無助領取綜援的長者。由於欠缺善款支持，申請者往往要輪候多時，致使於氣溫日降期間備受冷病的危險，更會因此而影響到健康甚至受到生命的威脅。盼請大家於此「雪中送炭」的至佳助人時刻，作出捐款支持，以令「電器贈長者」的工作人員可集少成多，可用約\$2,000購買電熱水爐一台，可助20多名正輪候的老者，早日可逃出冷病的危機。施善請用支票，抬頭：聖雅各福群會，指定作「購買電熱水爐」，逕寄香港灣仔石水渠街85號一字樓105室。網址：www.thevoice.org.hk。施善熱線：2835-4321或8107-8324。



李伯伯因長期煲熱水以致火水爐燒燻黑，但仍解決不到欠缺熱水洗澡的問題。

The paraffin stove was scorched as result of long time water boiling. Still, Mr. Lee does not have enough hot water for bathing.

Hot water heaters for frail elderly

Frail elderly being more susceptible to catching cold in winter is a well known fact. Their slow movement when taking a bath resulted in hot bath water turning cold before finishing render them to catch cold easily.

Data has shown that in severe winter, elderly are more prone to illnesses due to catching cold, causing eruption of illnesses and worsening of chronic illnesses which could be fatal. The 73 years old Mr. Lee got sick after taking bath as the water already turned cold before he could finish bathing.

"My CSSA is barely enough to fulfill my basic monthly living and I cannot really afford a hot water heater. So each time I have to take a bath I can just use the kettle to heat up water. It is too small that I failed to have enough water to take my bathing." Lee's left hand did not move well and he would get ill several times every winter due to bathing. "This time I suffered from pneumonia and it made me really worried. If I failed to take care of myself due to my deteriorating health, I would be very miserable," said Lee, with loneliness and helplessness.

According to information of "Electrical Appliances for the Elderly Program" of SJS, applications for hot water heater increases by autumn each year. Applicants are all living alone, living on CSSA and without social and family support. As we have limited resources, the elders have to wait for a long period of time before getting a water heater which might cause them to run the risk of exposure in catching cold when taking a bath. Our "EAE" can buy an electric hot water heater for them around HK\$ 2,000 to gradually assist 20 or more elders in our application queue. Donation cheque, beneficiary St. James' Settlement, earmarked 'For electric hot water heater' can be sent by mail to Room 105, No. 85, Stone Nullah Lane, Wanchai, Hong Kong. Website:www.thevoice.org.hk. Donation and inquiry hotlines: 2835-4321 or 8107-8324



受惠者言
Client's Remark

一塊滿載義工溫情的防風板的防風板

李伯伯，七十八歲，與太太居於竹圍南村一公屋單位近十年。伯伯因中風關係，需用拐杖來行路。

今年農曆年前，氣溫持續寒冷，溫度在十三度以下，因住的地方地勢頗高，風勢特別強勁，李伯伯住的公屋是一所舊式的單位，露台是沒有窗，只有簡陋的疏通鐵枝圍著外面，寒風直接由露台吹入全屋。伯伯在家裡也要把僅有的綿衣穿上才能勉強禦寒，但不時也在顫抖中。因廁所設在露台的一邊，每次如廁也必定要經過寒風刺骨的露台，因行動緩慢，暴露在寒風中的時間就更加長了，尤其是晚上從被窩中鑽出來去廁所時，溫差也特別大，伯伯曾因此而冷病了。

「我真的十分擔心他的健康問題，怕他受不了這持續寒冷的天氣。」伯伯的太太憂心地說。在焦急的情況下，到社區中心找社工求助，社工把伯伯的需要轉介給聖雅各福群會的家居維修服務隊。

雖然轉介時已是年近歲晚，但義工因怕伯伯受寒而再次病倒，故在繁忙的工作中仍抽時間來為伯伯加裝防風板，減除寒風對伯伯的威脅。因很多材料鋪已歲晚收爐，義工要在寒風下特別走到其它地區才能找到足夠的材料，「能夠幫到伯伯，覺得今個歲晚過得特別有意義，能幫得就幫啦，畢竟自己也會有老的一天。」勞師傅開心地說。

完成工作後，伯伯特別走到露台前欣賞這防風板，「這是一塊滿載義工溫情的防風板，今次走到這裡不用顫抖了。」伯伯簡單地說了一句內心感恩話。「終於可以不怕冷地過年了！」伯伯的太太也安心了。

Love-filled wind-shield board

Mr. Lee, 87, has been living with his wife in a public housing unit in Cheuk Yuen Estate South for nearly 10 years. Mr. Lee walks with a stick after he had a stroke.

The weather was cold for many days before this Chinese New Year and the temperature lingered below 13 degrees Celsius. The wind blew strongly since the Estate was built on a relatively high altitude. The unit Mr. Lee lives has an old design. There are no windows in the balcony. Mr. Lee puts on the only silk cotton jacket he has to barely keep the cold away. Still, he shivers. The toilet is built on one side of the balcony. Each time Mr. Lee goes to the toilet, he has to battle through the balcony of freezing wind. Since he has trouble walking, the time he is exposed to cold wind is thus longer than necessary. Mr. Lee caught a cold one night when he got out of bed for toilet because the difference in temperature was unbearable.

“I'm worried about him, afraid that he can't survive this continuous cold weather” worried Mrs. Lee. She sought help with the social worker in the community centre out of anguish. The social worker referred Mr. Lee's need to St. James' Settlement's “Elderly Home Maintenance Services Team”.

When the case was received, it was close to the end of the year. The volunteers, concerned that Mr. Lee might fall ill again with a cold, managed to find time from their busy schedule to install a wind-shield board for Mr. Lee. Many of the hardware stores were already closed for the Chinese New Year. The volunteers went to other districts to buy the necessary materials. “Since I can help Mr. Lee, this is a very meaningful end of the year for me. I'd love to help whenever I can. One day, I will grow old, too.” Mr. Lo remarked happily.

After the installation was completed, Mr. Lee admired the board in the balcony. “This board is filled with the volunteers' warm love. I don't shiver in here any more.” Mr. Lee expressed his gratitude simply by saying, “I can spend my New Year not afraid of the cold!” Mrs. Lee has no more worries either.



李伯伯：「在屋裡不用顫抖了。」
Mr. Lee, “No more shivering in my home.”

甜絲絲的感覺

「你最近剪了頭髮嗎？」。

你可能會覺得很好笑，為甚麼要問剪了頭髮？很多人都會覺得剪頭髮走出街頭，就可以了，固然不是一件難事，更加可以要求髮型師剪出你喜愛的髮型，使自己更加容光煥發。但是，你有沒有想過，在社會上正正有一群人，因為年紀老邁或不良於行，以致儀容疏於打理，而令人有蓬頭垢面的蒼老及頹廢感覺呢？

今天，下著狂風暴雨，但未使「到戶理髮」服務的義工們卻步。他們一行六人當中有四名熟手的剪髮義工，負責往沙田一所安老院作出服務。抵步後，他們便開始行動。

當公公婆婆知道義工們來幫他們剪頭髮，都表示欣喜。雖然剪頭髮對一般人而言，是一件微不足道的事情，但是對老人家而言，卻是意義重大，因為這代表了他們並沒有被社會所忽略和遺忘。幾個小時之後，義工們已替超過30名老人家理髮，有效率之餘，又有水準。

在剪頭髮的過程中，很多老人家看到自己的新髮型都感到滿意，嘴角亦牽起一絲甜意。這份甜意，對於義工們來說，是無價的，也是動力的來源！一名剛剪完頭髮而行動不便的婆婆更表示：「謝謝你們定期來幫我們剪頭髮，不然行動不便的我，都不知道該如何走往街外去剪頭髮，有你們真好！」

「看到老人家在剪髮前頭髮蓬鬆，之後卻整齊多了。那種滿足感只能意會，不能言傳的。」一位義工於服務後甜絲絲地說。



A SWEET FEELING

"Have you had a haircut recently?"

The question may seem silly. What's the point of asking it? If you want a haircut, just go to a barber. Better still, get a hair stylist to give you a new style, so that you can look better. You probably are not aware that some people have no way of improving their appearance, because old age or immobility does not allow them to go out for a haircut. Their unkempt hair makes them look and feel old and dispirited.

It was a stormy day, but the weather hadn't stopped the volunteers from making their house call at the old age home in Shatin. Six volunteers came, of whom four are experienced hair dressers. They went to work right away.

The grandmas and grandpas at the home were delighted at the volunteers' arrival to cut their hair. A haircut may be a small matter to others, but to them it means a lot. It signifies to them that they have not been forgotten. In several hours, more than 30 elderly people had their hair done. The hair dressers were not only efficient but also skillful.

While having their hair done, a sweet smile crept onto the face of many an elderly person, a smile of satisfaction with their new look in the mirror. The sweetness of the smile is priceless to the volunteers. It is the source of their motivation. Sporting her fresh hairdo, a wheelchair-bound grandma said, "Thank you so much for coming to cut our hair. Otherwise I don't know how I can get a haircut. You are really so good to us!"

"When you see a grandma or grandpa looking so much neater and spirited after a haircut, you get a feeling of satisfaction that is indescribable," said a volunteer sweetly.

「剪頭髮之後，果然整齊得多了。」
A new haircut makes a big difference.



助病患者跨幽谷

72歲的勞伯伯為獨居長者，多年前因患上長期疾病而須定時服藥；然而，吃藥後他並沒有得到應有的安心，反而令他每天寢食難安，身體狀況每況愈下；勞伯伯更視食藥為一大「痛苦」事，一度不想再到醫院拿藥。

「我知道藥一定要食，但我每次食完前列腺藥，每到凌晨時分就會出汗，成身都係汗。半夜要起身換過所有衫先得，所以晚晚都無法馴得好，人也變得非常疲倦。」勞伯伯語帶奈何的聲線，眉頭深鎖的同時，令人感受到他的無助感。

面對身體對藥物的不適反應，勞伯伯已忍受了近二個月。「還有三個月才可返醫院覆診，我的情況真是不知捱唔捱得到幾耐。我想問有關藥物嘅問題，有邊個可以幫到我呢？」正因為缺乏別人可問，最後勞伯伯決定放棄食藥，以避免晚間盜汗的問題；但另一方面，勞伯伯心裡既害怕又難受，因為沒有依照醫生指示服藥，擔心病情會日益惡化。

最近勞伯伯得悉聖雅各福群會設有「藥療輔導服務」後，便立即報名參加；當日勞伯伯帶著一包又一包藥物前來，當註冊藥劑師檢視勞伯伯的各種藥物後，指導他調校服食有關藥物的時間與方法，並叮囑勞伯伯覆診時，必須如實告知主診醫生，頓然令勞伯伯舒了一大口氣，人也展顏起來。

「藥劑師真係好呀，教咗我好多藥物知識；原來唔係有藥食就可以醫到病，仲要睇下食得啱唔啱，食得唔正確分分鐘都係白食，而且也會對健康有害。」勞伯伯手上拿著寫滿藥劑師的叮囑筆記紙，珍惜地放在手挽膠袋中。

對於勞伯伯而言，藥劑師確切地教導他正確服藥知識、注意事項和藥物副作用，好讓勞伯伯日後吃藥時也吃得正確，疾病得可以控制，以可健康地生活，這也是我們「藥療輔導服務」為病患者服務的目的。



LEAPING OVER

The 72 years old Mr. Loh, a living alone elderly, is a chronic patient on continuous medication. However, such medication does not give him peace of mind and he is nervous and restless with worsening condition; a real pain in the ass. He once thought of not picking up medication from the hospital.

"I knew I have to take the medication, but every time after taking my prostate medicine I sweat all over in the early hours. I woke up midnight all wet and I have to change my clothing, hence I could not sleep well and often very tired," said Loh worriedly and helplessly.

Confronting adverse effect from the medication Loh bore that for two months. "In three more months I am going back for follow-up consultation but I do not know how much longer could I bear. I do not know where to get help on this issue." So finally, Loh decided to stop taking the medication to avoid night sweating. On one hand he dreaded sweating but on the other hand he was afraid that his condition could deteriorate for not heeding doctor's instruction.

Lately Loh heard of the "Pharmaceutical Care Service for Patients Project" at SJS and he duly signed up. He took his entire medicine there and the registered pharmacist after inspecting them that told him the proper way of taking the medication and reminded him to tell the facts to the doctor on his follow-up visit. With that Loh was totally relieved and smiled.

"The pharmacist was very nice and she told me everything about the medication, their side-effects and the proper way of taking them which could otherwise be harmful." He took note of the pharmacist's advice and carefully put that into his carrying bag.

This is exactly the purpose of our setting up "Pharmaceutical Care Service for Patients Project" for elderly like Loh to know the medicine, their proper use and to live healthily.

病患者只需帶備所有藥物到來，註冊藥劑師便會詳細解答藥物問題，如藥性、藥物副作用及服食時注意事項。

The patient brings in his medication and the registered pharmacist explains in detail on proper uses, side effects and what to be aware of.



我們需要你的捐助
We Need Your Donation

既患惡疾又面臨家困 無助者盼有善款解愁

心臟有四間「房間」，上面的兩間稱為「心房」，下面的兩間叫「心室」。心漏是指左、右心房之間的分隔，又或者左、右心室之間的分隔有缺損，未能有效規範血液的流動，令血液能夠由左心流向右心，因而加重心臟負擔。張女士，四十多歲，月前因為經常嘔血而被發現患上了心漏病。

「我現在不停的吐嘔，我不想這麼快就死掉。」張女士邊哭邊說。「我的2名兒女還年青，他們還未完成學業，小兒子的學校說他患有過度活躍症，三天兩頭老師就要見家長，我很擔心，我想盡我本事教導他們，看着他們長大。」張女士對着桌上的藥單，眉頭深鎖地說。

張女士的丈夫因為張女士經常吐血的關係，逼不得已多留在家中看顧她及於張女士留院期間照顧年幼的子女，故只能以做兼職工作。「我先生現在做搬貨工人，每個月大概\$3,000多收入，全家只能靠低收入的綜援金過活。每天看到丈夫辛辛苦苦的搬運貨物，很心疼，看到他為了這個家，我卻無能為力，還要增加他的負擔，我真的是拖累了一家。」

醫生開給張女士的治療心漏病的自費藥物，現在每個月要用上\$3,000多元方可購買服食。「社會福利署知道我們每月收入只有\$3,000多，都會資助我們低收入的綜援家庭，但現在要將這些收入全都用在買藥食，我真係吃也是死，不吃也是死。」張女士愁眉苦臉地說：「兩名子女都要參加學校的通識活動班，我們現在也拿不出費用來。」

張女士是聖雅各福群會「贈藥治病」計劃的個案之一，對於長期病患者來說，不單是要和疾病搏鬥，還要承受因病而引來家庭經濟困頓的壓力。善長們，您們可以伸出援手幫助這羣無助的長期病患者？施善款項數目不拘，希望以集腋成裘方式，為貧弱病殘者施救。支票抬頭請書：聖雅各福群會，支票背面指定：「贈藥治病」之用。施善查詢：2835-4321或8107-8324。



Being seriously ill and in financial difficulty

A helpless person hopes to have donation to relieve her distress

The heart has four chambers, the upper two chambers are called "atria" and the lower two chambers are called "ventricles". Septal Defect refers to a disease in which there are holes between the wall of tissue that separates the left and right atria or separates the left and right ventricles, allowing blood to flow from the left side of the heart to the right, thus reducing the efficiency of the heart and adding to its burden. Ms Cheung, aged above 40, found herself often vomiting blood a month ago and was later diagnosed to be suffering from Septal Defect.

"I keep vomiting these days, I don't want to die so soon," said Ms Cheung, crying. "My two children are still very young, they haven't finished their studies yet. The school where my young son is attending said he has hyperactivity disorder and I'm called in to meet his teacher every two or three days. I'm very worried, I'd like to try my best to teach my children and see them grow up." Ms Cheung was looking at the prescription form on her desk as she talked, her brows tightly knitted.

Due to Ms Cheung's illness, her husband has no choice but to stay at home more often to look after her and to take care of their young children when Ms Cheung is away in the hospital. He therefore can only work part-time. "My husband works as a labourer with monthly wages of \$3,000 or so. The whole family has to live on "low earnings" Comprehensive Social Security Assistance Scheme (CSSA). Each day when I see my husband working hard with his labour, I feel so sorry for him, yet I can do nothing. Instead I'm adding to his burden, I'm really a burden to the entire family."

The self-financed drugs that the doctor prescribes for the treatment of Ms Cheung's Septal Defect costs more than \$3,000 a month. "The Social Welfare Department knows that our income is only about \$3,000, therefore it finances us with "low earnings" CSSA, but now all this money is spent on my medicine. If I don't take the medicine, I'll die; but if I take the medicine, it also costs me my life," Ms Cheung said worriedly. "Our two children have to attend the liberal studies activity class at school, but we are unable to pay for the fees."

Ms Cheung's case is one of the cases being looked after by the "Medication Subsidy Program" of St James' Settlement. For patients of chronic diseases, they not only have to struggle with their illness, but they also have to bear the burden of financial difficulty that arises because of their sickness. Our dear donors: could you lend your helping hand to these helpless patients of chronic diseases? Any amount of donation is welcome. It is hoped that many a little makes a mickle to help the poor, the weak, the sick and the disabled. Please make cheques payable to St James' Settlement, with the wording "Medication Subsidy Program" specified at the back. Enquiries: 2835-4321 or 8107-8324.



我們的服務
Our Service

為貧病者請命

生病是每個人都會經歷的事，深信大家都嘗過生病的痛苦。

惟若所患屬慢性疾病甚至癌症時，病人不但喪失體力，要忍受疾病的長期折磨，甚至需要社福機構或家人長期照顧，更因失去工作能力而喪失收入，被迫靠有限的積蓄或綜援勉力為生。

貧病者面對沉重的經濟壓力，常會節衣縮食以應付昂貴的醫藥費。但是病者營養不良，健康定會受損，抗病能力自然更見脆弱，病情自然進一步惡化。有鑒於此，我們於月前開辦了一間「惠澤社區藥房」，以廉價售賣醫管局定為自費標靶藥物以及慢性疾病藥物。

資料顯示，香港每四人中有一人患有慢性疾病；65歲以上的長者中，超過80%患有1種或以上的慢性疾病；而50%的病者，不明白正確的貯存及服食藥物方法。香港人口日益老化、很多慢性疾病日趨年輕化、貧富懸殊也日益加大，貧病者根本乏力治理疾病。

在我們的個案中，有綜援人士因需自費購買肝炎藥，被迫減少食物的開支。也有全家唯一的經濟支柱染病，雖月入二萬元，因每月必須自費購買近二萬元的標靶藥物，而要子女停止課餘補習並退出學校的興趣班、妻子急於謀職、全家遷往板間房居住，更要停止供養年老的父母。以上只是我們眾多個案中最普遍的現象，也是無助病者的冰山一角。

用大量金錢以控制病情，不是一個人的事情，而是整個家庭的重擔，在「骨牌效應」下，定會帶來社會問題。我們的藥房就是應貧病者之急需而設立，透過向有企業責任感的藥廠爭取，以優惠價售賣處方藥物給經社工審核轉介來的貧病個案。

我們的優惠價低於醫院及商營藥房30%至40%以上，減輕了不少病者的負擔，可是仍有貧病者無力購買，必須向我們的「贈藥治病」計劃申請援助。這令我們的工作更見艱辛，因為我們在這方面的努力，並無任何當局資助。但協助基層市民改善生活是我們社工的職志，我們會以一貫奮鬥不懈的精神，繼續為貧病無助者解困，同時盼望得到善長們的慷慨資助。

Pleading for needy patients

We all can get sick. Every one of us has experience of illness and its attendant discomforts.

But, if the disease is chronic or even cancer, not only is the patient sapped of physical strength and must suffer great pains, but he may need long-term care from social welfare organizations or family members. No longer able to work, he loses his income and has to fall back on limited savings or to depend on social welfare.

Heavy financial pressure often forces the needy sick to cut back on his food expenses so as to meet exorbitant medical expenses. But mal-nutrition is bound to harm his health and weaken his immunity, consequently causing his condition to worsen. In view of this, we have opened a "Philanthropic Community Pharmacy" service that offers at discount prices drugs for target therapy and chronic diseases which, according to the Hospital Authority's Drug Formulary, must be self-financed by patients themselves.

Statistics show that one in every four Hong Kong residents suffers from some chronic ailment; as for people over 65 years of age, more than 80% suffer from one or more kinds of chronic diseases. At the same time, 50% of all patients do not know the proper way to store and take medicine. Hong Kong's population is ageing steadily, patients of chronic diseases are getting younger, and the gap between rich and poor is widening. The poor simply cannot afford medical treatment.

Among the cases we have on hand is a Comprehensive Social Security Assistance Scheme recipient who is forced to spend less on food in order to pay for his hepatitis medicine. There is also a family's sole bread earner who has to spend nearly all of his monthly salary of \$20,000 to buy drugs for target therapy, with the consequence that his children have given up tutoring lessons and other after-school activities, his wife is eagerly looking for a job, the whole family has moved into a cubicle partitioned off with wooden boards, and he has stopped financial support for his old parents. These typical cases of the needy sick are but the tip of the iceberg.

To spend a lot of money to keep illness under control is not just a problem for the patient; it is a burden to the whole family, with the necessary domino effect of creating social problems. Our pharmacy was set up precisely to meet the urgent needs of the needy sick. By securing the support of socially responsible pharmaceutical companies, we are able to sell prescription drugs at discount prices to needy patients vetted and referred to us by social workers.

Our prices, lower than those charged by hospitals and commercial pharmacies by 30% - 40% or more, lighten the burden for a good number of people. Yet they are still not affordable to all. Patients in dire needs must also seek help from our Medicine Subsidy Program. This makes our work even more difficult, because our effort in this area receives no government support. Nevertheless, as social workers we will press on with our endeavor to solve problems for the needy sick. To help grassroots citizens improve their living standard is our mission, and it is our earnest hope that our kind donors will support us generously.



藥房為我添助人的力量

The drug store increases our help power

「作為社工，我的職責是要幫助長者改善生活，在面對長者各方面的需要，事事依賴政府的資助，是不能達到理想的。」一位老人工作者說：「看見長者生活有困難時，政府沒有資源，自己工作範圍內不能幫，機構又沒有服務可助，有時真是懷疑自己的工作是什麼，因為都幫唔到老人囉。」

「老人年老多病是自然的事，他們的身體抵抗力低，身體虛弱，自我照顧能力又低，一旦被疾病纏繞，沒有足夠金錢購買醫生指定的自費藥物，那就要被逼服食副作用及後遺症大的舊藥，真是對他們在肉體及精神上的至大折磨。」該位張姓的社工說：「見到他們咁辛苦，自己又沒有渠道可找到幫忙，有時都會令我有灰心意冷的感覺，真想轉職其他有意義的工作。」

「社會繁榮，也是長者年青時的貢獻成果，現在他們老了、病了，我們是否不再理會他們呢？在人道立場，社會是否有責任設法為那些貧困無依的病弱老人盡上一點義務的關懷呢？」

「我真是非常非常高興，因為聖雅各福群會開了業界（社福界）首間「惠澤社區藥房」，為弱勢人士提供『藥物資助計劃』，我感到他們真是為社會弱勢社群謀福，創新率先為病弱人士找尋藥廠支持，以低於公立醫院的價錢優惠病人購買自費藥物；他們免去長者的資產審核，這真是真正回饋長者至大的見証，對社工而言，亦是一種鼓舞，令我們發揮幫助患病老人的至大力量。」張姑娘說。

「我知道，這間藥房剛開辦不久，未有太多藥廠參與，目前的優惠藥物有限，但也是已踏出了第一步，我希望可借此平台為患有慢性疾病的老人請命，向有企業責任的藥廠作出呼籲，請多多支持聖雅各福群會的「藥物資助計劃」，令更多曾貢獻一生的老人可有更佳的療病機會，也可為我們(社工界)添上一點助人的力量。」

“My job as a social worker is to help the elderly to improve their living conditions. Elderly having a multitude of need rely cannot rely on the government to achieve the desire result,” said a social worker for elderly. “Often I just wonder what good am I on seeing elderly having difficulties in life, shortage of government resources and my inability to find another institutional service to help made me wonder what good am I in this social worker position.”

“It is natural old people get sick more often as their bodies become weak and frail. If he happens to be sick and is unable to look after himself and not having the means to get doctor’s prescribed medication and being forced to take an older, less effective, more side effect drugs which could hurt them physically and mentally,” said the same Cheung social worker. “I thought about quitting my work and do something more meaningful as I fail to help these poor elderly and see their suffering.”

“The community is getting prosperous as the fruit of contributions of the elderly when they were young. Now they get old and sick. Is it right to ignore them? From humanity point of view, does the community has the obligation to provide them care?”

“I am really happy that SJS opens its first “Philanthropic Community Pharmacy” to provide “Medication Subsidy Program”. They provide of-the-list medication to elderly without financial scrutiny at lower than Hospital prices. What a real deal!” said Ms Cheung.

“I know the drug store has only recently been open and not too many manufacturers have joined the scheme and hence there are only limited numbers of cost-discount drugs but they have made the first move. We wish taking this platform and appeal to the manufacturers to help the poor patients who have made much contribution to the community when they were young.



為何拒收洗衣機？

問：我有一部低水位洗衣機已用了近9年，是所謂「大眼雞」式，一向運作良好，因我於兩日內要搬走，經常聽聞你們要募捐洗衣機，轉送貧苦老年人，但為甚麼你們竟然拒絕收取？

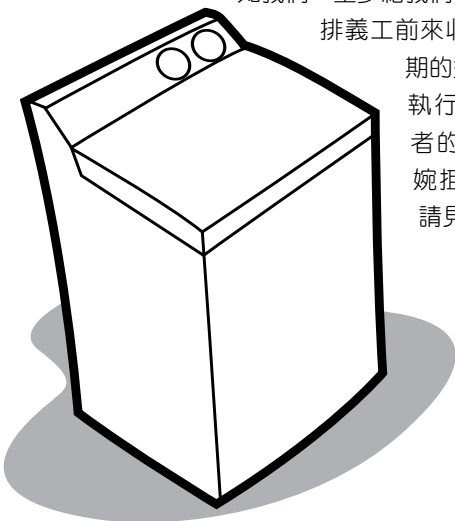
答：非常感謝大家對「電器贈長者」計劃的支持，使到我們能為貧而無助，缺乏電器或電器殘舊致不能修理的長者，提供家居電器，從而改善他們的生活質素。此計劃自2002年推出以來的經驗顯示，若電器已使用超過5年以上，縱使性能仍然良好，當該電器送贈予長者後，需要我們跟進維修的機率甚大。由於我們全賴義工的參與，加上工作人員的跟進及安排也需要時間，故我們劃一以5年為限，以減跟進維修的機率。事實上，若長者無依無靠，而坊間並無其他類似的資源可助時，我們是會盡全力為長者尋找合適的電器，轉贈他們。

「電器贈長者」計劃乃以長者為本，除要針對他們的需要外，也要配合他們的體能以及使用時的情況。我們不收取「大眼雞」洗衣機，原因是當老人使用時必須蹲下或彎下腰來置入或拿取衣物，可能會因此跌倒或引致腰痛。他們多為獨居者，一旦發生意外而無人在旁援助，後果可能極其嚴重。因此我們只收取「掩蓋式」的洗衣機。

洗衣機分高水位與低水位兩大類，前者用電泵將污水泵走，後者靠地心吸力讓污水自然流去。我們服務的對象多居住於公共屋邨，居所的去水渠管高出地面一呎以上，必須用高水位洗衣機才能迅速排清污水，若用低水位的洗衣機，就會「水浸」。我們只收「高水位」洗衣機，就是這個原因。

「電器贈長者」計劃是我們的「慈惠服務」之一，大家捐贈的電器，全靠義工搬運安裝。義工們各有工作，要待他們工餘或假期抽空為我們服務。所以請捐助者盡早通知我們，至少給我們一個星期的時間安排義工前來收取。短於一個星

期的通知我們沒有把握執行，為免防礙捐贈者的搬遷計劃，只好婉拒善長的好意。敬請見諒。



Why won't you take my washer?

Q: I have a washing machine which has served me well for nine years without any trouble. It is a front loader with a low drainage outlet. I have to move away in two days. I have often heard that you seek donation of washing machines to give to needy elderly people. Why have you refused to take mine?

A: We are very grateful for all the support that has been extended to our "Electrical Appliances for the Elderly Program", enabling us to provide electrical appliances to helpless elderly people who don't have them at all, or whose appliances are so worn out that they are beyond repair. Our experience since launching the program in 2002 is that appliances which are five years old or above, regardless of their good condition, are very likely to break down and require follow-up service after they are given to elderly people. Because we rely entirely on the services of volunteers, and because it takes time for our staff to follow up cases and make arrangements, we have set five years as the limit to reduce the chances of having to make follow-up repairs. Please be assured that we always do our utmost to secure suitable electrical appliances for needy elderly persons who can find no help anywhere else.

The "Electrical Appliances for the Elderly Program" is centered around the elderly. Besides their needs, we must also consider their physical strength and the circumstances in which they use the appliances. We don't take front-loading washing machines, because elderly people must squat down or bend over to load the machine and retrieve their wash. They may fall or develop back pain as a result. As most of the needy elderly live by themselves, the consequences can be grave if an accident occurs and no one is there to help them. For this reason we only take top-loading washing machines.

The drainage outlet of a washing machine can be high or low. High drainage outlet height means there is a pump to discharge the dirty water; low drainage outlet depends on gravity to let the dirty water out gradually. Most of the elderly we serve live in low-rent government housing, where the drainage pipe is more than one foot above the floor. A machine with low drainage outlet would cause flooding. That's why we only take machines with a high drainage outlet.

The "Electrical Appliances for the Elderly Program" is one of our charitable services. Electrical appliances donated to us are all transported and installed by volunteers. As they all have jobs, they can only render volunteer service in their spare time, after work and on holidays. We therefore ask donors to give us advance notice of at least a week's time for us to schedule a pick-up. We cannot be sure that we can carry out a pick-up in less than a week. Because we don't want to cause any delay to our donors' plans, we have no choice but turn down a kind gift if the notice is short of one week. Please accept our apology.



糖尿愛心針藥 贈貧困病人

Loving Insulin injection given out for free for under-privileged patients

糖尿病困擾不少患者，當中每年有逾千名糖尿病人，因病情控制不佳而飽受併發症折磨，其中包括截肢、腎衰退等，有非牟利團體將為100名有經濟困難的患者，注射新一代胰島素。有專科醫生指，新一代的胰島素藥效達24小時，較傳統胰島素的藥效更長，而且注射後出現低血糖症的風險較低。

Many patients have been bothered by diabetes, and each year owing to poor control of the illness, over a thousand diabetes patients suffer from other complications such as limb amputations, kidney failure etc. Now a non-profit making organization is going to help 100 under-privileged patients with the injection of a new generation of insulin. According to medical specialists, the effectiveness of the new generation of insulin can last up to 24 hours, longer than the effect of conventional insulin, and it has a lower risk of causing low blood sugar level after injection.

本港有約70萬名糖尿病人，佔人口約10%，數字較10年前已上升，聖雅各福群會獲賽諾菲安萬特製藥集團捐助，資助有經濟困難的基層病者。贈藥計劃共分兩部分，包括「三年免費贈藥」及「愛心針藥優惠」。其中「三年免費贈藥」將會為100名經濟有困難的二型糖尿病患者，提供為期3年的免費胰島素針藥理糖適療程。此外，二型的糖尿病患者亦可帶同醫管局發出的處方，到聖雅各福群會的惠澤社區藥房以「愛心針藥優惠」購買理糖適胰島素，每盒藥物可獲減100元。

There are about 700,000 diabetes patients in Hong Kong, accounting for about 10% of the population, and the figure has risen from that of 10 years ago. St James' Settlement has received a donation from Sanofi Aventis Hong Kong Ltd to help those needy patients with financial difficulty. The donation program is divided into two parts, including "Free Lantus Prefilled pen for up to 36 months" and "Loving Insulin Program". Under the "Free Lantus Prefilled pen for up to 36 months", 100 Type II diabetes patients with financial difficulty will be provided with an insulin injection of Lantus for free for three years. Under the "Loving Insulin Program", Type II diabetes patients can also present the prescription form issued by the Hospital Authority to "Philanthropic Community Pharmacy" run by St James' Settlement and purchase Lantus Insulin at a discounted price, with a saving of \$100 for each box of insulin injection.

病友對用藥有誤解

Patients have a misunderstanding on the use of insulin

香港大學內科學系榮休教授楊紫芝昨日出席計劃成立儀式時表示，國際權威組織美國糖尿聯會及歐洲糖尿聯會近年修訂治療指引，進一步肯定及早使用胰島素，有助把糖化血紅素水平控制於7%或以下，減少併發症發生。不過，根據臨床經驗，不少病人對使用胰島素仍存有誤解，部分病友誤以為胰島素為最後治療方案而拒絕使用，亦有病人擔心注射後會出現低血糖症等副作用，而延誤病情。

Professor Rosie Young, Emeritus Professor, Department of Medicine, University of Hong Kong said yesterday at the inception ceremony of the Program that in recent years, the American Diabetes Association(ADA) and the EUROPEAN ASSOCIATION FOR THE STUDY OF DIABETES (EASD) have revised their guidance for treatment, further affirming that the use of insulin at an early stage can help control the level of HbA1c to 7% or below, thus reducing the occurrence of complications. However, according to clinical experience, many patients still have some misunderstanding on the use of insulin, thinking that insulin should be the last resort and refuse to use it at an early stage, while other patients worry that injecting insulin may lead to low blood sugar level and other side effects, and as such delay treatment of the illness.

她解釋，目前市面上胰島素種類繁多，劑量相差甚大，部分舊式胰島素於注射後或會較易引致血糖水平驟降，而新一代基礎胰島素的藥效及安全性，均已獲多個醫學研究證實，且只需一日一針，藥效維持24小時，不單有助消除病友對胰島素的誤解，更能減低併發症出現，為患者帶來更佳的生活質素。

舊胰島素致血糖降

Professor Young explained that there is a great variety of insulin on the market, and the dosage also varies. Some conventional insulin may cause an abrupt drop in the blood sugar level more easily, whereas the effect and safety of the new generation insulin have been confirmed by medical studies. Besides, only one injection is required per day, and the effect can last for 24 hours. It can therefore help patients eliminate their misunderstanding of insulin, and reduce the occurrence of complications, thus bringing better life quality to the patients.

聖雅各福群會企業拓展（協作）高級經理李玉芝在同一場合說，「目前糖尿病為香港首三位的慢性疾病，更為本港十大致命疾病之一。相信盡早介入適當的藥物治療，能有效控制病情，同時可減低糖尿病引發其他併發症的機會。」她亦提及部分病人對胰島素的認識出現謬誤，故拒絕或延遲注射胰島素，使病情難以受控。

Conventional insulin may cause blood sugar level to drop

贊助機構賽諾菲安萬特香港有限公司總經理林嘉莉指，他們希望藉今次慈善贈藥計劃，讓更多本港病人及早受惠，接受合適的胰島素治療，避免病情進一步惡化。

Ms Josephine Lee, Senior Manager of Corporate Venture (Partnership & Alliances), St James' Settlement, said on the same occasion, "Diabetes is currently among the top three chronic diseases and one of the top ten fatal illnesses in Hong Kong. It is believed that introducing appropriate medical treatment at the earliest possible stage can control the illness effectively, and at the same time reduce the risk of complications associated with diabetes." She also pointed out that some patients have a fallacy in their understanding of insulin, thus refusing or delaying its injection, and cause the illness to get out of control.



Ms Lam, (Zone Director Hong Kong, Macau & Taiwan) of the sponsor organization Sanofi Aventis Hong Kong Ltd said it is their wish that with the charitable injection program, more Hong Kong patients can benefit at an early stage as they receive the appropriate insulin treatment and therefore avoid any worsening of the illness.

楊紫芝(右)稱，新一代基礎胰島素的藥效及安全性，均已獲多個醫學研究證實。
Professor Rosie Young (right) said that the effect and safety of the new generation of insulin have been confirmed by various medical studies.



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》
 送暖顯關懷 健康推廣活動 法律諮詢服務 以上任何一項

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地址：_____ 聯絡電話：_____

捐款方法：

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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。

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- Medication Subsidy Program Electrical Appliances for the Elderly Program Home Use Medical Equipment Support Program
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Donor / Co.'s Name : _____ Mailing No. : _____

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