

慈惠月報

The Philanthropy Monthly



—一年二月份 FEB 2011

網址 Website: www.thevoice.org.hk



社工的話

Social Worker's Remark

寒溫中湧現暖流

善長們對貧病無依者的關愛行動，於農曆年底前個多月來寒冬時刻雪中送炭的暖暖援手，實在是對我們極大的鼓舞，益教全寅奮力服務，以回報大家無私的愛德支持。

由去年十一月初，天氣開始轉冷時，已有善長多次來電查詢我們在即將到臨的冬季，可有任何早著禦寒計劃；善長們向我們叮囑，勿等待貧老申請禦寒電器，如暖風機、電熱水爐或電熱水壺等物品後，才向外呼籲捐贈。「要老人等一天，便要他們凍一天，那種滋味是最難熬的；若他們一旦冷病，那就更慘了。」一位愛惜獨居貧老生活的善長黃先生說。

「我會將你的《慈惠月報》貼於公司報告版上，以配對形式，鼓勵同工捐款行善，同工每捐壹佰圓，我也會捐出壹佰圓；我會電郵《慈惠月報》給我的生意伙伴後，也會跟進電話聯絡，希望他們也與我一樣，在公司內發動同事幫助社會不幸的人士。」另一位在金融界工作的鄧先生說：「我的同事也贊成今年不攬春茗，讓留下的錢捐給無助的人。」

於天文台預測氣溫將急降前一天，李女士於午膳時間雙手拿著4部暖風機前來本會氣喘地說：「我訂了10部暖風機，但電器公司說要一星期後才會送貨，我抽出午飯時間只能先送來4部，希望老人早日可以用啦。人在寒冷中有著暖風機用，才可令他感到溫暖啊。」

「病，是當事人肉身的痛苦外，病也帶來病者家人無限擔憂；若病者全家貧拙，缺乏財力購藥治病，而疾病又日益惡化時，此種折磨實非旁人可感受，故我將每年捐款的款額及省下來要交的稅款，拿來要指定捐給貧病交迫的人買藥。」需要照顧家中病弱父親的吳女士，於寄來支票指示我們盡早資助病人購買自費藥的吳女士來電時說。

經常濟助不認識的人的一位媽媽也說：「助人要出自內心，只是教，孩子是得著不多的，所以我會帶我的兒子往探獨居無依老人外，我每月都鼓勵他閱讀《慈惠月報》，與他討論老人生活的困難。在農曆新年時，我也會鼓勵他捐出部份利是以幫助別人。能令人開心，不是令自己更開心嗎？」

在寒溫中，以上由善長們源源不斷湧現出來的暖流，也溫暖了我們的心。無言致意，叩謝之餘，謹祝大家兔年善果到臨。

Warm current amidst the cold front

Benevolent donors who show concern to the weak and ailing elderly by extending a helping hand in the months before the Chinese New Year during the cold winter bring us the greatest encouragement. That motivates staff of St. James' Settlement do their best as a return for your selfless support.

Since the weather first turned colder early last November, some donors phoned us several times asking if we had any plans in protecting the elderly during winter. And they reminded us not to procrastinate the call for donation until the elderly start to apply for electrical appliances such as warm air machine, electric water heaters and electric thermos flasks. "One more day the elderly wait for those appliances, they put up with the cold for one more day. It's extremely hard to bear. If they get sick with a cold, that will be awful," commented Mr. Wong, the donor who cares much about lives of the weak ailing elderly who live on their own.

"I post your Philanthropy Monthly on my firm's notice board. I encourage my co-workers to donate. Each one hundred dollars they donate, I match with the equal amount. I also email the Monthly to my business partners followed up by a phone call. I hope that they, like me, will also exhort their staff and coworkers to help the under-privileged in our society." Mr. Tang, who works in the financial sector, also remarked, "My colleagues also support the idea that we won't spend money on organizing Lunar New banquet this year. Instead, we will donate the money saved to help the needy."

The day before the temperature dropped drastically as forecast by the observatory, Ms. Lee brought four sets of warm air machine to St. James' Settlement the patient's family is destitute and lacks money to purchase medications, the torture is beyond imagination, especially when disease is getting worse and worse. "Each year, I donate the money designated for donation combined with the remainder of savings for tax payment. That donation is specified for helping the needy to purchase medications." Ms. Ng, who has to look after her father who is sick and frail, called to remind us her donation was meant for subsidizing medication purchasing.

A mother who often donates to help people also said, "Charity has to go deeper than lip service so that children can feel the impact. When I home visit the lonely elderly, I take my son with me. I encourage him to read the Philanthropy Monthly every month and discuss with him the difficulties of lives of the elderly. During Lunar New Year, I encourage him to donate part of his lucky money to help people. We actually feel happier when we can make somebody happy."

The above continued warm currents generated by the benevolent donors have warmed our hearts despite the cold. We at St. James' Settlement extend to you our deepest gratitude. We also take this opportunity to wish you all the best in the Year of the Rabbit.



令爸爸死得很安詳

「多謝你們在我們那段艱難困苦時期的支持，爸爸已很安詳地離世了。」鄧女士日前致電我們時說。

鄧女士已婚，與丈夫及2名子女居於屯門區，其年82歲患有末期腎病的父親與年78歲的母親乃居於九龍深水埗區；由於其父已被診斷約只有半年生命，致令她擔憂非常：「爸爸患有重病，又不能留院渡過餘下的日子，他完全失去了昔日抖擻的精神、眼無神、面色灰白、頭也抬不起來，平時喜歡說話的他，也變無言了。」

「母親雖然很盡力服侍他，但畢竟她也年老體弱，而且眼見父親那萎靡不振的樣子，既令我們心痛；我又住得遠，每日頻撲回家探問他，以示對爸爸的關懷；我是獨女，我一定要支持母親，因為每次回家媽媽總是對著我哭，說不忍父親那麼悲慘地步進死亡。既然，他的生存再無望，我們真是希望讓他可安詳地離去，但未遇到你們前，確是感到是件天方夜譚的事。」既對父親的虛弱情況感到心痛，又無助徬徨的鄧女士說：「每日探爸爸，令我瘦了不少，連子女的功課及家務不照顧，也沒有問題了。」

「主診醫生對我說，倘爸爸的血紅蛋白含量在8以下，就合乎資格注射補血針，便可改善他的精神狀態，面色會變回紅潤，但他的血紅蛋白含量未有達標，醫生說我們倘可見到他不再精神差，是要我們自費每星期用約\$300多元購買補血針，父母親領綜援根本無財力購買，而我全家靠丈夫剛過一萬月的月薪維持家計，收入有限，全家慳盡也不能應付。」

「好多謝聖雅各福群會『補血寶愛心計劃』的善長，資助我可以購買補血針給爸爸，每星期接受紅細胞生成素注射劑後，他顯得沒有那麼疲累、面色也漸見有起色、面上也見笑容、說話也多了；媽媽因見爸爸情況沒有那麼差，人也變得開朗了；讓他舒服地渡過剩餘的每一天，是捐款給『補血寶愛心計劃』的善長們的德行。」

「爸爸在生命最後的兩個月前，知道補血針昂貴，當知道是善長們的幫忙後，曾多次向我說一定要向聖雅各福群會致謝，令他的腎病併發症沒有令他那麼萎靡不振。」

Father passed away peacefully

"Thank you for your support in our most difficult time. Father has passed away peacefully," Ms Tang called to inform us earlier.

Ms Tang is married and lives in Tuen Mun with her husband and two children. Her father, 82-year-old and suffered from terminal kidney disease lived in Shamshuipo with his 78-year-old mother. Since her father was diagnosed with only 6 more months to live, she was very worried. "Father is seriously ill and can't stay in hospital for the remaining days. He has completely lost his stamina. His face is pale with dull eyes and his head downcast. He has also become speechless, he was talkative before."

"Mother looks after him as much as she can. But she is also ageing and weak. We were heart-broken to see father become dead beat. Though I live far away, I still travel to Shamshuipo to see him in order to show him I care. I am their only child and I must support Mum. Every time I am home, Mum cries that she can't face the fact that father is dying miserably. But he has no hope of surviving and really hope he can leave peacefully. Before we met St. James' Settlement, we thought our wish was hard to fulfill." Ms Tang, feeling helpless and at her wits end and heart-broken at her father's weakness continued, "I became much thinner running to and fro between Tuen Mun and Shamshuipo. I had no time for household chores or my children's studying progress."

"The doctor in-charge said if father's Hbg falls below 10g/dL, he would be qualified for replenish erythropoietin injection. He would not look so pale anymore. But his EPO did not reach the target requirement. The doctor suggested we could pay for the replenish erythropoietin injection weekly at around \$300 if we don't want him to look so washed out. My parents live on Comprehensive Social Security Assistance (CSSA) and they simply can't afford the money. My husband and I can't afford it either as my husband only earns a little over \$10,000 a month.

"I'm grateful to the benevolent donors of St. James' Settlement's "Precious Blood Precious Love". They financed me in purchasing the injection for father. He didn't look so washed out after the weekly injection. He looked better, smiled every now and then and talked more. Mum was also brightened up, seeing father's improvement. Father was able to spend each of his remaining days comfortably due to the benevolence of the people who donated to "Precious Blood Precious Love!"

"Father found out how expensive the injection was two months before he died. When he learned that he was able to purchase the injections as a result of the donations, he reminded me repeatedly that I must thank St. James' Settlement who enabled him to stay in a reasonable state despite his liver complications."



冒食二手藥危險 盼援手助免病困

有病要遵醫生處方服藥，是治理頑疾的基本要求；但若因乏經濟能力購買必須服食的藥物，又會是怎樣呢？

「我百病纏身，終日要食藥，單是因為病需要的支出也不少，自從2005年醫生要我自費購買高血壓、糖尿病及骨質疏鬆藥後，已令我用盡積蓄；但2年前更要我自購治理胃酸倒流藥，我根本拿不出來，真是人老被病欺，好慘。」

獨身的84歲馮婆婆自10年前退休後，便依賴數萬圓積蓄及每月\$5,000之退休金渡餘生。「本應生活無憂，但好景不常，各種頑疾竟接連而來及惡化，真是令我元氣大傷；但我有病，要治理疾病，無辦法啦。」馮婆婆說。

「當胃酸倒流發作時，真是令人痛不欲生；但無辦法都要捱，因為我根本付不起購買自費藥物的藥費，因為積蓄耗盡，餘下的退休金要左計右計才可勉強應付生活及其他藥物所需，有人告訴我若胃酸倒流不及早處理，是會遲早變成癌症的。」

「好彩，我最近拾得同樣患有胃酸倒流的一位逝去友人所剩餘的一些過期藥物。當我病發時，可暫時『頂著』，有朋友說食『二手藥』及過期藥物全是很危險的；但也是沒有辦法，唯有有一次藥就食一次，我也不想以後的問題。」馮婆婆無奈地說。「遲些時，我也將會被迫放棄買另一隻數佰圓的自費藥，因為再無力購買了。」

貧病交迫，加上年老體弱及缺乏親友援助，面對惡疾的威脅，確是人生終極的無奈。聖雅各福群會之「贈藥治病計劃」乃欲賴善長們的集腋成裘的方式捐助，透過社工的經濟能力審核合格後，可為匱乏無助者作出資助，令他們可有能力購買醫生處方的藥物療病。企請大家可伸出援手，支票抬頭：聖雅各福群會，指定捐予「贈藥治病計劃」，惠寄香港灣仔石水渠街85號一字樓105室。施善熱線：2835-4321或8107-8324。



Help save the needy from danger of second hand medications

Sick people must take medications as prescribed. That's the basic requirement to healing. What can those people do if they have financial difficulties in purchasing the necessary medications?

"I suffer from a number of illnesses and have to take medications constantly. Expenditure on purchases of medications amounts to a substantial amount. Since 2005, I have been told to buy my own medications for hypertension, diabetes and osteoporosis and I have used up all my savings. Two years ago, I was again told to buy medications for Gastroesophageal reflux disease. I just can't afford to. I am old and illnesses have got the upper hand."

Ms Fung, an 84-year-old spinster, retired 10 years ago. In the beginning, she thought she could live on her savings and the \$5,000 monthly pension. "I would have had a comfortable retirement but for the illnesses. I was afflicted by one after another and they worsen as time goes by. I am sick and need curing. I have no choice," said Ms Fung.

"When Gastroesophageal reflux strikes, it's so painful that I want to die. I have to put up with it for I can't afford to buy the medications. I have used up all my savings. I have to count every dollar I spend in order to ensure my pension can meet my living and medication expenses. Someone told me that if I don't deal with Gastroesophageal reflux disease as early as possible, it will turn into cancer."

"Luckily, one of my friends who died recently also had Gastroesophageal reflux disease before. I got hold of those medications left behind though they had expired. I take them when Gastroesophageal reflux occurs. It helps for the time being. My friend said it's dangerous to take 'second hand' medications that are expired. But I have no alternative. I don't think of the consequences. I just make it do," remarked Ms Fung helplessly. "Soon I'll have to give up buying another user-pay medications because I can't afford it anymore."

The destitute elderly who are sick and lack support from relatives and friends are greatly helpless, especially when they are afflicted with diseases. St. James' Settlement's Medication Subsidy Program operates on donors' donations. The Program subsidizes the needy once their applications are approved subject to assessment by social workers. Those applicants will be able to buy medications prescribed by doctors. We hope that you are ready to help. Make out your cheque payable to St. James' Settlement, specifying 'Medication Subsidy Program' on the back of your cheque. Kindly mail your cheque to Rm. 105, 1/ F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For enquiry, dial 2835-4321 or 8107-8324.



善長施善暖流抵禦寒冬天 為弱老送上禦寒衣物電器

根據統計處月刊的數字，本港冬季最多人死亡，12月及1月份有4022及4082人離世，相比起6月份最低數字的3088宗，明顯與天氣冷有關。我們的「慈惠服務」堅持「服務到位」的理念，於今個冬天推出「送暖顯關懷」，為孤老體弱長者贈送禦寒大褸、暖風機、電熱水壺等禦寒物品，助免冷病的危機，感受社會人士的關懷。

「送暖顯關懷」乃沒有區域上的限制，經義工「全職」的協助運輸及探訪下，已超過1,500名長者受惠，分別收到暖風機、熱水壺以及禦寒大褸及頸巾。計劃更率先將禦寒物品即時送到居於偏遠地區以及離島的獨居長者。「多得義工老遠從香港那邊來，為我帶來暖風機和禦寒大褸。天氣真係好凍，我唔想因而冷病，無人照顧真係好淒涼。」居於粉嶺山區流水嚮的劉伯伯說，並感謝善長和義工的及時送暖。「人間有情原來係真的，即使居於山上也感受到市區來的暖意關懷。」

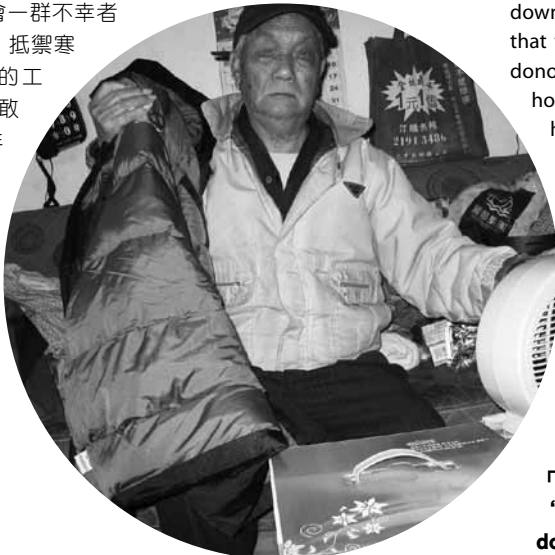
「送暖顯關懷」得以及時推行，全仰靠善長們率先的慷慨捐助，即時為匱乏長者及長期病患者送上全新禦寒大褸以及暖風機，確保寒流襲港前作足夠禦寒準備。服務啟動頭一個月，我們已收到超過一百個案求助的申請。在義工的全力配合下，負責到戶運送電器及教授正確的使用電器方法，單以農曆新歲來臨前數天，已有超過300名無依無靠長者受惠於禦寒衣物及電器，於北風寒流裡感受到社會人士的熱切關懷慰問。

「我先生因中風而要長期臥床，即使半夜我也要起床看看他。點知上月氣溫突然急降，又持續寒冷，終於因唔夠衫著，又無暖風機的情況下而病倒了。試問他已臥病在床以久，我都病埋就要兩老等死了。」與先生相依為命的梁婆婆說。「送暖顯關懷」透過地區社工得知梁婆婆的困難，收到申請後即日請義工到戶贈送暖風機以及禦寒大褸，確保家居足夠保暖。同時間贈送熱水壺，讓梁婆婆及其老伴不用喝下變涼的冷水，長期有恆溫的熱水可飲用。「善長和義工都是我兩老的救命恩人，又有褸、又有暖風機和熱水壺，在家也不會覺得冰凍，多謝你地！」梁婆婆珍重的抱著手上的暖風機，堅持要向善長道謝地說著。

「送暖顯關懷」得可惠澤貧弱長者，實靠善長及義工及時的捐贈和協助，雪中送炭的濟助令我

們的服務能為社會一群不幸者送上窩心的暖流，抵禦寒

冬，在日常繁忙的工作中，我們也不敢停下休息，忙得非常高興，竭全力將善長們熾熱的關懷，將貧弱者需要的禦寒物品到戶送上門，以解凍他們極為冰冷的困境，令受惠者感到人間熱情的關愛。



Your Donation helps the weak elders fight against the cold successfully

According to the monthly report of Census and Statistics Department, the number of deaths is counted as the most of the year. There are 4022 and 4082 deaths in December and January respectively in 2010. Comparing with 3088 deaths in June, we believed that the number of deaths is directly related to cold weather. Our major core belief – “Service to the needy” is what we have been insisting in our charity projects and which therefore, “Warmth Giving Project” was launched to provide weak and single elders with down jackets, ceramic heaters together with electric thermo pots, preventing them to get sick due to chilliness and at the same time, received care and concern from the society.

“Warmth Giving Project” does not have service boundary and with the help of our “full-time” volunteers, there are over 1,500 elders benefited from the project and received our ceramic heaters, electric thermo pot, down jackets together with scarves respectively. The project pioneered in remote districts and outlying islands to ensure single elders received these warm giving items immediately. “I am really grateful the volunteers bring me with ceramic heater and down jackets with such a long and distant travel. The weather is terribly cold and I don’t want to get sick. It’s really miserable that no one takes care of you when u get ill.” Said by Mr. Lau, who lived in upper hill of Lau Shui Heung in Fanling. He expressed his deepest gratefulness to donors and volunteers so that he can live in a warm winter. “I can taste the genuine love and concerns from the society, even I lived up here on a remote hill.”

The “Warmth Giving Project” was fully supported by generous donation so as to deliver brand new down jackets and ceramic heaters to the needy immediately. The project was launched in time to ensure the elders received these items before the cold weather comes. In the first month of the project launched, we received over 100 cases applied for warm winter items. The project was brought successful by our committed volunteers, who delivered these items to the homes of elders and taught them with appropriate use of these electric appliances. There were over 300 deprived elders benefited from warm down jackets and heaters in the days before the Year of Rabbit.

“My husband needs to stay in bed after he suffered from stroke. I even need to wake up in mid-nights to take care of him. Unfortunately the weather drops since last month and as I do not have enough clothing and heater at home, I got sick eventually. We two oldies could only choose to wait to die if I get sick.” said by Madame Leung, who lived together with her husband, who lied on bed with his weak body. The case was known by “Warmth Giving Project” with referral from social worker and with the help of volunteer, Madame Leung received ceramic heater and down jackets on the same day, together with the electric thermo pot so as to ensure that the two elders could serve themselves with hot water at anytime. “Both the donors and the volunteers are our life savers and we would not feel cold anymore at home. Thank you so much!” Madame Leung held the ceramic heater tightly in her hand and insisted to express her thanks again and again.

The launch of “Warmth Giving Project” was brought to success because of generous donations from donors and passionate devotion of our volunteers. The deprived elders received warm care from the service which provided them with energy to fight against the cold winter. We cannot take a minute break even we have a busy work schedule already and in fact, it’s our pleasure to be provided with such busy life and we promised to pay our full efforts to deliver care and concern from our donors to the needy to their home, to bring them out from cold and freezing land.

「多得善長贈送的寒褸及暖風機，讓我及時保暖。」

“Because of your generosity, I can get warm from your donated down jacket and ceramic heater.”



解救100歲媽媽在 寒冬中照顧兒子的問題

「再過幾個月，我便一百歲了。」即將成為人瑞的林婆婆說。林婆婆與於數年前中風的兒子在一公共屋邨中相依為命，林婆婆說：「我連自己也照顧不了，加上要照顧中風的兒子，簡直是百上加斤。」

「近幾年來我的身體機能變差了，以往我能夠在冬天穿短袖衣服，但現在的我怕冷得很，上一次不小心在廚房吹一吹冷風便著涼病倒了。」林婆婆家中的露台除了數條鐵枝外，完全沒有阻擋，如林婆婆描述為「中門大開」，冷風可直接吹進屋內，嚴重影響年紀老邁林婆婆的安全。

「我的丈夫早就因病死去，而兒子亦有自己家庭，我原以為自己的積蓄能夠使自己後顧無憂，足夠使自己養活自己，但好景不常。」吳婆婆開始嗚咽著說：「我的兒子在數年前突然在無徵兆下中風，四肢不能再動，只能躺在床上由我獨力照顧。以往他背著相機上天下海去旅行，但中風後只能無助的躺在床上，連太太兒子都離他而去；妻離子散下，作為年老母親的我，現在只希望安裝防風板，使躺在床上的兒子不會因寒風吹進而著涼，我害怕他會而出現更嚴重的併發症。」「我把自己的積蓄都用在兒子的醫療費用上，在所有家財都散盡後，只能依靠綜援生活，我想安裝防風板也沒有金錢，但我怎樣也不能倒下，因我還要照顧那躺在床上的兒子。」

在了解林婆婆的情況後，家居維修服務便即時為林婆婆安排在露台安裝防風板，使林婆婆及其兒子能免於大雨和冷風的吹襲，林婆婆在安裝完成後深深感謝，不住感謝地說：「全賴省善真堂善長的慨助，使我這老弱遺孤能夠在照顧兒子的重擔裡放下一點心頭大石。雖然兒子現在不能說話，但我相信他的心裡，同樣充滿著對善長的感謝。」



Release an old mother aged 100 to take care of his son in cold winter

"In few months time I will be 100," said the venerable granny Lam. She is living interdependently in a public housing unit with her son who suffered a stroke years back. Granny Lam said, "I am incapable looking after myself, lest to say about my son."

"My physical mechanism has deteriorated in recent years. In the past just short sleeves would do me in winter, but now I would feel very cold. Last time I was a bit careless and caught cold from the strong breeze while working in the kitchen." Her unit has an open balcony, nothing to stop the streaking wind blowing into the unit, a serious safety hazard to the granny.

"My husband died early and my son had his own family and I thought I had enough saving to last me for the rest of my life. Nevertheless," sobbed the granny, "my son had a sudden stroke with no forewarn sign and has been bedridden since. Whereas in the past he would take his knapsack and camera and travel. Now he lies helplessly in his bed. His wife and son left him leaving just me to look after him. As an old mother, my only wish is to have wind breaker shielding boards installed to protect my son catching cold from the winterly wind. I dread the outbreak of more severe complications. As my saving is all gone for his medical treatment, I now depend on CSSA for my living, there is no spare money to make my wish come true. If I topple then who is going to look after my bedridden child."

After realizing her situation, our "Home Maintenance Service" team promptly went out to install wind breaker boarding on the balcony and she thanked us deeply. She said, "Thanks all to Shang Sin Chun Tong for their generosity, enabling me to take care of my son. Though he is unable to speak but I am sure his voice at heart shares the same feeling."

林婆婆說：「沒有省善真堂的幫助，我真怕我這老弱殘軀及我那中風的兒子會在嚴冬中冷死。」

Granny Lam said, "Without the help from Shang Sin Chun Tong, I am afraid my feeble body and my bedridden son would not survive this severe winter."



受惠者言
Client's Remark

我毅然選擇了胰島素

本會「惠澤社區藥房」的設立，是以低於市價售賣醫管局醫生的處方藥物，當中我們亦有胰島素針劑藥的出售。以下是一位使用胰島素針劑藥的使用者所述，使用前後的轉變。

可能是家族遺傳的關係，我中年便確診得了糖尿病。所以，累計患病年期之長，已直追我的教學年資。

患病之初，我便開始涉獵有關糖尿病的知識：少食多餐、三高一低等，都了然於胸，甚至食物換算、升糖指數等，也略知一二；嚴格戒口自是理所當然，加上每日自行測試血糖(篤手指)三四次，每兩周便把測試結果用電腦記錄以電郵轉送給糖尿科護士，後來更遵醫囑，於早晚餐後進行帶氧運動(每分鐘約90公尺速度急步行)半小時…相信我大概都可算是最合作的病人了吧。

雖然，一直以來，病情控制得尚可；然而，不竟已廿多年了，口服藥的劑量和種類不斷增加，已屆極限，體形依然苗條，而最令人憂慮的卻是平均血糖(HbA1c)漸漸反覆趨升。於是，醫生開始推介「胰島素」，好讓我有心理準備。

到了退休後的第五年，剛榮升「長者」，平均血糖升近了警戒線。縱然醫生說還可觀察一段時間，看看有否改善，但我自知已面臨食藥與打針的抉擇了。一般人對胰島素治療的理解是痛和煩，亦是最後的不能回頭的醫療方案等等，我自不然亦有同樣的憂慮。但美國糖尿聯會幾年前已更新了指引，建議及早採用胰島素，以保存和保護一個較健康的胰臟，減低併發症的風險。終於，知識和理智戰勝了恐懼與疑慮。我毅然決定不再等待，迅即接受胰島素治療。經過糖尿專科護士的一課訓練，我便步入了治療糖尿病的新里程。

嘗試了一兩周後，顧慮全消了。當初恐懼的痛與煩，感覺是輕鬆過篤手指。只需每日一針，便可大幅減去口服藥的種類和劑量，不再怕混亂和忘記了；體重逐漸增加，平均血糖迅即達到6.5的理想水平，晨早的空腹血糖，亦逐漸回落到預期目標。看來，有保存了少少胰臟功能的跡象。若繼續保持，料可減低患上糖尿病併發症的風險。

我與大家分享一些個人的患病經歷，是希望以實際的例子，鼓勵有需要的糖尿病患者，消除疑慮，及早接受胰島素治療，定能松柏常青，耆樂無窮！



I chose insulin determinedly

St. James' Settlement's Philanthropic Community Pharmacy is established with the objective of selling medications prescribed by doctors of the Hospital Authority below the market price. Among such medications, the Pharmacy also sells insulin. Below is a record of an insulin user narrating the changes he went through before and after such use.

Perhaps it's due to heredity in the family, I was diagnosed to have diabetes when I was middle-aged. Cumulatively, my total number of years as a diabetes patient is nearly equal to my total number of years as a teacher.

At the beginning of my disease, I started to gather information about diabetes such as : stop before completely full in each meal and eat more often but not too much at a time. My diet should contain high vitamin, high fibre and high protein but low sugar. I became quite familiar with things like calorie count of different kinds of food and sugar index. I had to follow a strict diet and I tested my blood sugar three or four times daily. I emailed the results of my blood sugar tests to the nurse specialized in diabetes once bi-weekly. Later on, I did aerobic exercise (brisk walking at 90cm per minute) for half an hour after breakfast and dinner according to the doctor's instructions. I believe I am a very co-operative patient.

So I've been able to control my disease reasonably well. However, I've had diabetes for more than twenty years. My oral medication has been increasing to a maximum in terms of dosage and type. My body shape was still slim. What worried me most was my average HbA1c was on the increase on and off. My doctor started to recommend insulin to prepare me psychologically for a change of treatment.

The fifth year after I retired, I became senior citizen. My average HbA1c rose to a dangerous level. The doctor said he would wait a bit longer before he changed my treatment program. I knew it's time I had to choose between taking medication or injection. Most people think insulin brings pain as well as bother and it's the cure of no return. That's exactly how I felt at first. But the Diabetes Society of America published an updated report suggesting diabetes patients use insulin as early as possible in order to preserve and protect a comparatively healthy pancreas and to reduce the danger of complications. Finally, knowledge and rationality overcame fear and doubt. I decided not to wait any further but to receive insulin treatment promptly. After one training session from the nurse specialized in diabetes, I entered a new era of diabetes treatment.

After trying insulin for a couple of weeks, I have no more worries. My previous fear of pain and bother disappeared. The whole process is easier than pricking fingers. One insulin needle a day reduces largely the dosage and type of oral medications. I have no fear of mixing up the frequency and number of tablets I've to take each day. I put on weight gradually. My average blood sugar has reached 6.5, an ideal level quickly. Even my blood sugar measurement before breakfast in the morning goes back to an expected level as time goes by. It seems that insulin injection has preserved some of my pancreas's normal function. If it keeps on going like this, I expect insulin can help reduce the danger of diabetes complications.

I share my personal experience of diabetes because I hope my own example can help eliminate doubts and to encourage those senior citizens in need to receive insulin treatment as early as possible. I'm sure that they will also be able to enjoy similar benefits once they start the insulin treatment program.

言真意簡的流露

本會在1991年率先創辦的服務 -- 「家居維修服務」可說是本港首個發動「另類義工」的服務，他們正是外長粗獷或甚至粗言穢語的「三行」工人，即木工、泥水及電燈師傅等人員。現時我們此批維修技術義工，亦更有持牌的承建商(負責策劃大型維修及裝修項目的購買物料及申請供水供電的工作)、職業治療師(負責為行動及傷殘者設計家居設施的改善工作)及運輸隊(負責運送各種裝修等物料)等義工共350多名，分佈於港九新界各區居住，隨時按需要為貧而無助長者作出服務。你可知內心善良的一群，為何願為貧老獻力嗎？

「我讀書唔多，只知助人為快樂之本。將所識所能去幫人，是我唯一可做到的事。」72歲自15歲已開始業水喉安裝工作的李師傅說。

「我年幼開始已嘗盡貧窮無助生活的滋味，老人家年老又無親，幫吓他們，會令到他們感到好開心，又可幫到他們解決問題，點解我唔去幫呀？緊係要幫啦。」滿面風霜的木工師傅李Sir說。

而45歲的電燈師傅亞強也搶著說：「我10多歲時因父母窮，加上包租婆要我們多付電費才可加裝照明，致令一家5口共住的板間房照明不足；我晚上做功課也做得很辛苦，所以我知若老人視力不好時，家居生活定會很不方便，幫忙他們，只是舉手之勞，何樂而不為呢？」

「我無錢做善事幫人，但我有牛力，那就算是對老人有點表示。」身材高壯的鐵工師傅張師傅說：「我喜歡做這份『有汗出 無糧出』的工作，因為這也證明我對別人也有點用，起碼在闖入棺材時，也可以說我也曾是義工一名。」

「我平時工作時，習慣呼喝伙記工作；但做義工時，使我內心平靜，感到內心舒暢，也教我與婆婆接觸時，要有耐性，令我說話戒掉粗言粗語。」50多歲的承建商黃Sir說：「我是一名老粗，不懂教導子女，但我可做出示範助人的義務工作，身體力行去教導他們，真是費去用上千言萬語的教導。我很開心可參與此份為我度身訂做的助人工作。」



Few words on true feeling

SJS launched "Home Maintenance Services" in 1991, a first of its kind 'alternative volunteer' service. These rather rude and wild in appearance, accustomed to use of foul language technicians, come from three different trades, namely, carpenters, plaster workers and electricians. Now the group made up of some 350 maintenance technicians includes licensed contractors (capable of planning large scale maintenance and decorative projects, material procurement and water and power supply works), occupational therapists (capable of home improvement for handicapped) and transportation teams (capable of on the job material deliveries), scattering all over Hong Kong, Kowloon and the New Territories. They are a bunch of enthusiastic workers willing to spare time to help the helpless elderly. Do you know why?

"I have not received much education but I know being able to help others is fundamental for happiness. Using what I know to help other is the only thing I am capable of doing," said the 72 years old technician Lee who has been installing water piping since he was 15.

"I know what poverty is when I was little and these elderly having no kin looking after them deserve my help to solve their problem and make them happy. So why not?" said the seasoned carpenter Lee.

45 years old Electrician Ah Keung came forward and said, "My parents were extremely poor when I was 10 and the landlady demanded us to pay more than our fair share of the power bill before we could install additional lighting and as a result our wooden panel partitioned room was insufficiently lit. It gave me a hard time doing my homework at night. So I know elderly with failing eyesight have difficulty at home, so why not help them, joy for me and them."

"I have no spare money to help others but I have my hands. I consider this just a token gesture to the elderly." The tall and robust iron Master Cheung said, "I love this 'sweats a lot without pay' work. It proves that I am useful to other people and one may say that I had been a volunteer worker when I leave this world."

"I am used shouting to my employee workers at work, but on volunteer work I stay calm and I am feeling better. It also teaches me to be patient in dealing with my wife and gets rid use of habitual foul languages," said the 50 years old contractor Wong. "I am rather uneducated and do not know how to teach my children. But I believe in setting an example as a volunteer worker to help other will help my children to follow suit. Acts are ten times more powerful than persuasion by words and I am very happy with this tailor-made work."

無分彼此為長者服務的師傅們。
Group of volunteer master technicians



買多一點 省多一點

「為了慳錢，即使食物有異味，也會吃下去。」一位家中缺乏雪櫃，領取綜援為生的黃伯伯無奈地說。

單身的黃伯伯無兒無女，獨居於深水埗的一間板間房裡，對於生活沒有特別的要求，只求三餐溫飽。「這間板間房地方狹窄，只有細小的角落作廚房，能擺放細小的電器，家中只有細小的電飯煲及電熱水壺，沒有足夠的位置擺放一個雙門雪櫃，存放食物，真不方便。」黃伯伯眼定定地望著廚房說。

黃伯伯獨居多年，一直自我照顧，更相信他尚有能力，都希望可以出街買餸、同老友記談一談；然後，回家煮飯。他說，「自己去買餸煮飯，一來可以慳些錢，二來可以行一行，當作做運動。不過，我每次都只可以買一餐餸的份量，唔可以買得多，因為我沒有地方儲存食物。唉，我有時都好矛盾，如果我買得少，價錢會比較貴，但係，如果買多一些，雖然會比較平，但是沒有地方儲存，食物好容易變壞。」

轉介社工表示，黃伯伯為了慳錢，他選擇買多一些食物，擺放在廚房，只用筲箕覆蓋著。這樣，食物很容易變壞，而他有時亦吃下已變壞的食物而肚痛。「我都想買個雪櫃，但一個雪櫃差不多要一千元，我哪裡有這麼多錢買？」黃伯伯搖一搖頭說。

當聖雅各福群會「電器贈長者」計劃了解到黃伯伯困難及需要後，立即動用崇德社善長的捐款，為黃伯伯購買一個單門雪櫃，讓他不但能存放食物，而且還可以買多一餐餸的份量，慳了不少錢。



Help Elderly Save Money!

“To save money, I would swallow every piece of food even if I knew it was rot,” said Uncle Wong, who has been living solely on social subsidy and did not have a refrigerator at home.

Uncle Wong is a singleton elderly living in a sub-let room in Shumshuipo. Meeting basic subsistence needs is everything he asks for. Looking at his so-called kitchen, he said, “My room is so small that I can only take this corner as my kitchen. As you see, it’s only big enough to accommodate a couple of small electric appliances, currently I have a small rice-cooker and a water-heater, I really need a small refrigerator to store food.”

Living alone, Uncle Wong has been taking care of his own self in the past years; he believes he can continue doing so in the future. He likes doing grocery shopping because he can meet friends and have chats with them in the market. He likes cooking too, he added, “Self-cooking costs less, in addition I can take a long walk on my daily grocery shopping trip, it is my exercise time. The only trouble is, I can buy only a very small portion size of food every time, a portion small enough to be consumed in one shot; even if I knew it costs me less if I buy slightly more and save some up for the next meal. I can’t store food without a fridge.”

Uncle Wong’s referring social worker told us that several times he bought more food than he needed at one meal in order to save money, he then placed the unconsumed food under a plastic sieve in the kitchen for later consumption and subsequently he caught diarrhea. “I do want a refrigerator at home, but how can I fetch a thousand dollar to buy it?” Uncle Wong said.

After reviewing Uncle Wong’s application submitted under our ‘Electric Appliances for Elderly’ Program, we immediately drew funds from the donations made by ‘Zonta Club of the New Territories’ to acquire a single-door refrigerator for Uncle Wong. With this brand new fridge, he can now save money by buying more food without worrying about the preservation problem.

替無依長者添置雪櫃除了讓食物保持新鮮，亦可讓他們存放多一點餸菜，減輕經濟負擔。
Refrigerators preserve food for elderly and help saving money for them as well!



我們需要你的捐助
We Need Your Donation



一一年二月份
FEB 2011
慈惠月報
The Philanthropy Monthly

關懷孤老贈熱水爐 助免冷病而傷健康

香港物質豐富，可享受暖水浴是我們一件輕而易舉的事；唯對貧困無助的長者、病弱人士及赤貧的家庭來說，能擁有一台電熱水爐，以可於嚴冬期間有一暖水浴，確是一件奢望的事。

由於他們經濟條件有限，依賴二千多元的綜援為生，確實難以支付購買一台接近二千的電熱水爐。正如一位獨居無親的長者說：「現在樣樣都貴，綜援都唔夠使，唔食都買唔起電熱水爐啦。」據聖雅各福群會的社工指出，體弱的長者由於體能的衰退，當每次帶燙熱滾水由廚房至浴室時，會是一件很危險的事；而由於他們活動緩慢，每每當浴水變冷時，他們也未能完成洗澡；更由於他們多患有頑疾，他們在洗澡時著涼冷病是尋常事；故體弱者於體溫較低時，倘洗澡時未有禦寒設施，往往會構成他們極大的健康問題。

故我們一方面籲請善心人士作出捐贈，亦四出與各地區社福機構聯絡，推出「電器贈長者計劃」，為貧困病弱者作出雪中送炭行動，轉贈電熱水爐，讓受患者感受人間溫情外，亦令他們可有一潔淨的個人衛生，有尊嚴地有著社交生活；故請大家代你所熟識的無助病弱老者，向居所地區的社福機構或社會福利署聯絡，代為向本會求助，以可令一眾孤寡老者有著大家窩心暖意的關愛，可享熱水爐帶來的暖水浴。

當然，我們能否適時助人解困，實有賴善長的捐助。盼請大家參與此行善助人的善舉行動，請伸出援手資助，惠寄支票予聖雅各福群會，指定捐賜予電器贈長者計劃。網址：www.thevoice.org.hk。查詢：2835-4321或8107-8324。



伯伯表示：「有善長捐贈的爐沖熱水涼，好開心！真係好多謝善長仁翁！」
“Thanks for the donor's concern I don't have to bathe with cold water again.”

Hot water heaters needed by Deprived Elders

Your donation contributes immediate warmth

Taking a comfortable shower in affluent Hong Kong is a simple and easy to most people. However, it can be rather difficult and luxury for poor elders to own a hot water heater and take a hot bath in a cold winter.

The deprived elders rely solely on CSSA with two thousand and more dollars a month for living, there is no way they can afford a electric water heater which costed two thousand something dollar together with installation fee. A single deprived elder told us that, “Everything is getting so costly now and CSSA is hardly enough for our daily living, we really cannot afford a hot water heater even if we stop eating our daily meals.” SJS social worker indicated as the elders get older, they become physically weaker and cannot afford to carry heavy bucket of hot water to the bathroom. It is a risky action which may cause accidents. And with their slow movement, the water may get cold before they can finish bathing and result in catching cold eventually. Hence, weak elders with low body temperature taking a bath is likely bring out health problems.

While we appeal to benevolent people for donation on one hand, we also contact social service centre in different districts at the same time to refer cases of deprived elders to us in order to give-out hot water heaters for needed elders under the EAE project. We hoped the deprived elders could experience warmth and concern from others, to live with personal hygiene and social esteem which they ought to have. You are hence invited to recommend needed poor and frail elderly to contact their respective elderly service centre or district social welfare institution so that we can give them the electric hot water heater under the EAE project.

Of course, whether or not we can help them largely depends on how much donation we receive from benevolent donors. So please consider give your helping hand to this benevolent deed. Your donation by cheque can be sent to St. James' Settlement, earmarked 'For EAE program'. Our website: www.thevoice.org.hk. Inquiry hotline: 2835-4321 or 8107-8324.



資助額的多少

問：我一向有留意你們的「慈惠月報」，並定期捐款支持你們，但我對「電費助貧弱」這個服務有少許疑問，希望你們能為我解答。我想知道你們對受助人的資助額是多少，是電費單的全數嗎？還有，你們怎知道受助人會否將資助金作別的用途而不繳交電費。對不起！不是有心刁難，只是緊張善款的去向。

答：首先，非常感謝您對慈惠服務一直以來的支持，倘若沒有你們的捐助，那些貧而無依的老人，實在是沒法藉此改善生活的。

「電費助貧弱」計劃的服務對象是經濟條件有限的長期病患者，目的是希望減少長期病患者因使用醫療電器，而要支付額外電費開支的憂慮。

善款是得來不易的，所以我們會善用這些善款，比您們更着緊善款的去向，做到用得其所。每一個經社工轉介而來的個案，都會經過本會同工的審批及家訪，以了解個案的日常開支、面對困難以及真實需要，一經審批後，我們會資助個案使用醫療電器的電費開支七至八成，資助期為半年，而不是電費單的七至八成。

其次，我們會要求轉介社工作出適當的合作，負責將受助人每一期的電費單傳真給我們，令我們知道受助人的日常用電情況及繳交電費的情況，以確保資助只用作繳交電費。

感謝您的垂詢，希望善長們在瞭解到情況後會慷慨解囊，助貧苦的長期病患者度過困境。



Amount of subsidy

Q: I watch out for your Philanthropy Monthly and I donate regularly. I hope you can answer my questions on the Power Subsidy - Ailing and Handicapped Scheme. I want to know how much you subsidize each beneficiary. Do you subsidize the total amount of the bill? And, how can you be sure that the beneficiary does not use the money elsewhere instead of paying the bill? Sorry, I don't mean to bring difficulty to you, I'm concerned where the money goes.

A: First of all, thank you for your continued support to our philanthropic services. Without your donations, the poor and helpless elderly are unable to improve their quality of living. The Power Subsidy - Ailing and Handicapped Scheme aims at serving the elderly who are chronically ill with limited financial ability. Its objective is to alleviate their worries about paying additional electricity charges as a result of using medicinal electrical instrument. Donations are hard to come by and we use every bit of it properly. We are very much concerned where the money goes. Every referral case by a social worker has to be assessed by our worker who makes home visits to learn about the daily expenditure of each applicant. Once approved, St. James' Settlement subsidizes applicants with difficulty and genuine need 70% to 80% of the electricity used in conjunction with medicinal electrical instrument and not the total electricity bill.

What's more is we request appropriate co-operation from the referral social workers to fax us the electricity bill. In this way, we keep up with the beneficiary's daily electricity use and whether the bill is duly settled. This can ensure that the subsidized money is used to pay for electricity and not something else.

Thank you for your enquiry. We hope that after learning the inside story, donors will donate generously to tide the poor ailing elderly over.



衷心感謝

救世軍頤樂安居社區服務隊乃服務有需要搬遷的長者屋住戶，非常多謝聖雅各福群會「家居維修服務」幫助不少長者，從「劏房」的長者屋遷往一人公屋單位。

「劏房」的問題存在已久，同住的長者間爭吵問題嚴重，有長者因此希望搬離長者屋，遷往一人單位居住。可是，長者屋的長者絕大部份為長期病患者，且多數賴綜援金維生，生活艱難拮据。我們發現長者在搬遷的過程中有著不同的需要，最主要的是新屋入伙的基本裝修問題：例如鋪設膠地板、安裝光管以及各項家居設施等裝置。

就以70歲患有青光眼的鍾婆婆為例，她曾住在觀塘的長者屋，視力非常模糊，加上行動不便，故此經常在居所內跌倒，後來鍾婆婆搬到天水圍的公共屋邨裡獨自居住。可是經濟困乏且無人照顧，鍾婆婆面對空洞洞的新居感到極為無奈，人也變得消瘦了很多。「我不良於行，很希望有義工能替我鋪設防滑倒及防震的膠地板、安裝照明光管及毛巾架、刀架等，使我能夠安全地在這居所裡渡過餘生。」

當我們探訪鍾婆婆後，即時尋得聖雅各福群會「家居維修服務」的幫助，義工們不但替婆婆鋪設膠地板，亦替她安裝了光管及扶手等設施。鍾婆婆本來亦非常擔心材料費用，但幸得省善真堂對聖雅各福群會的資助而免去鍾婆婆的材料費用，使鍾婆婆由原來的憂心忡忡變得喜上眉梢。鍾婆婆滿心感謝地說：「真的十分感謝省善真堂的善長為我這貧老支付材料費，使我能夠安居，謝謝！」

在我們未有聖雅各福群會「家居維修服務」的義工幫助前，我們根本沒有此些持牌的電工及專業的裝修技術人員為貧困長者作出新屋入伙的裝修，更何況替他們安裝光管及電掣哩；在沒有專業義工的幫忙，他們只好遷入沒有膠地板、沒有任何裝置、沒有扶手及較佳的照明設施等居所，他們的家居生活質素會是非常不合理想。

是次更獲省善真堂所資助的家居維修服務實在能帶來即時及貼心的幫助，減去長者們面對搬遷所帶來的不安及消除他們的家居陷阱。本隊謹代表受惠的長者向省善真堂及聖雅各福群會作出衷心的感謝。



「有著聖雅各福群會『家居維修服務』義工幫忙以及省善真堂的捐助，使貧老可有善安居之所。」

With support from St. James' Settlement "Home Maintenance Service" volunteers and sponsorship from Shang Sin Chun Tong, the elderly is now ready to experience aging in place.

*李永全 救世軍頤樂安居社區服務隊社工

Lee Wing-Chuen Salvation Army Yee Lok Community Team Social Worker

Heartfelt Appreciations

Salvation Army Yee Lok Community Team is committed to supporting elderly persons' flat residents who require home removal service. We are grateful to the St. James' Settlement "Home Maintenance Service". They assisted many elderly under our care to move from shared elderly persons' housing to the often preferred single elderly persons' flats.

The split-occupancy issue has plagued Hong Kong's shared elderly persons' housing for a long time. Frictions between elderly who shared a flat are very common. Many elderly therefore wish to move from shared housing to single elderly persons' flats. However, renovation costs for their new residence can be considerable. For example, material costs and labor charges, for putting vinyl panels on the otherwise unpaved floors, together with installing fluorescent lightings and other household fixtures, all add up to sizable amounts. These became great burdens for our elderly service users. Many of them are chronic patients as well as recipients of the government's Comprehensive Social Security Assistance. They are already struggling to make ends meet, and can hardly afford these additional renovation expenses.

An example would be granny Chung who is 70 years old and suffers from glaucoma. She used to live in an elderly flat in Kwun Tong. Due to poor eyesight and movement difficulties, she fell down often at home. Later on, granny Chung moved to single public housing in Tin Shui Wai. Due to financial difficulty and lack of caring, the granny felt quite depressed in her new but bare flat. The anxiety even led to her losing weight. "I have movement difficulties. It would be a blessing if volunteers could install anti-slip and shock-absorbent floor panels, fluorescent lighting, as well as racks for kitchen knives and towels. This way, I may live more safely here." The granny pleaded.

After reviewing granny Chung's case, we obtained support from the St. James' Settlement "Home Maintenance Service". Their volunteers installed vinyl floor panels, fluorescent lightings and wall handles for the elderly. Due to financial support from Shang Sin Chun Tong to the St. James' service, granny Chung did not even need to pay for the material costs. Feeling relieved, the granny extended her gratitude, "Thanks to Shang Sin Chun Tong for sponsoring my renovation costs and making life easier for this granny with little means of support."

Before the availability of St. James' service, our team could not offer licensed electricians and professional maintenance workers to provide renovations for elderly with movement difficulties. It was far from ideal in terms of quality of living for these elderly to move into new flats with unpaved floors, no wall handles and poor lighting.

The generous sponsorship from Shang Sin Chun Tong delivered timely and caring support to our home maintenance service. The elderly in need are now relieved of removal anxiety and are able to enjoy reduced danger from household accidents. On behalf of the benefited elderly, our team wish to extend our heartfelt appreciations to Shang Sin Chun Tong and St. James' Settlement.



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"/> 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) | | |
| <input type="checkbox"/> 惠澤社區藥房 | <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"/> 健康推廣活動 | <input type="checkbox"/> 以上任何一項 | | |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

- 劃線支票 (抬頭「聖雅各福群會」)
銀行：_____ 支票號碼：_____
- 以信用卡捐助 (VISA MASTER)
信用卡號碼：_____ 信用卡有效日期：_____ (月/年)
持卡人姓名：_____ 簽署：_____
- 銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：
匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

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

- I / My company would like to contribute (one-off / monthly) \$ _____ to support
- | | | |
|---|--|---|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Philanthropic Community Pharmacy |
| <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) | | |
| <input type="checkbox"/> Power Subsidy - Ailing & Handicapped | <input type="checkbox"/> Outreached 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"/> Health Promotion Activities <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.

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友情印刷：平偉印務有限公司

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Translation Volunteer: MK KEI, TY LEUNG, YOYO HU, KATHY SHIN, PETER CHAN
Friendly Printing : Ping Wai Printing Co., LTD.

好事要提的起，是非要放得下，成就別人，即是成就自己。
Pick your good work up and drop your dispute down; making others successful means success to you.