

慈惠月報

The Philanthropy Monthly



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網址 Website: www.thevoice.org.hk



社工的話

Social Worker's Remark

在今個財政年度預算案中，財政司長曾俊華除了寬免薪俸稅及個人入息稅75%，上限6000元，全港18歲以上永久居民每人還可以直接獲取6000元。

善長們在運用這筆「意外之財」之餘，可願藉此一展憐恤的施善心，向處在困境的病殘弱老作出濟助？

無可否認，我們要援助的個案同樣會收到財爺派出的6000元。但處於長期貧乏備受惡疾煎熬的患者，每月動輒要用數百至逾千元購買自費藥物治理疾病。對他們來說，6000元固然會帶給他們一個喘息的機會，可是經常處於貧困狀態的他們，可能也需要用這筆錢添置一些平時無力購買的衣物。

正如每月要用有限綜援生活費購買自費藥物治病的一個個案說：「為要能保住健康及生命，我只可以節衣縮食，吃少些及用少些。」事實上，財爺的撥款，對依賴當局援助的貧病交迫人士，確實是會帶來一個「小陽春」的時刻；但此短暫過後，他們窮拙無助的慘況，也是得不到舒緩的。

我們推行的「慈惠服務」乃是藉大家慈愛大德的捐助，集腋成裘，望能為一些弱勢病殘者作出竭智盡力的援手。我們仰盼此一向崎嶇難行的服務，也得到你的支持。日本大地震的災民急待援助，企盼大家於捐助他們之餘，亦考慮捐出一部份「意外之財」幫助我們的個案。

為了讓你的善款惠及你最關懷的待援者、真正達到施援「到位」的目的，請翻閱本月報的之背頁，參看「參與行善之方法」所臚列的有關「慈惠服務」，或瀏覽www.thevoice.org.hk或www.healthbank.sjs.org.hk，或致電施線熱線8107-8324，垂詢有關匱乏者的情況，以考慮進一步施善行動。善長們亦可要求將善款用於指定的濟急扶危服務（例如「專科專藥補助計劃」的「乙肝援助行動」，便是依照個別善長的指令而推行的）。懇請善長們於捐款支票背面指示欲要「到位」的有關服務。

In this year's financial budget, on top of a rebate of 75% on salaries and personal assessment taxes, subject to a ceiling of \$6,000, Financial Secretary John C. Tsang offered a \$6,000 grant to every Hong Kong permanent resident aged 18 or above.

While using some of this bonus, are you willing to share the rest with the old, the sick, the weak and the needy?

It is true that these people help will also get \$6,000 from the Financial Secretary. But a person suffering from chronic disease and living in constant poverty often has to spend several hundred or even several thousand dollars each month on self-financed drugs. To him, the \$6,000 is a temporary relief. However, he may also need to buy some necessities that poverty has long denied him.

As one such needy person who has to spend a portion of his small CSSA income on self-financed drugs says, "Just to stay alive and in health, I must eat less, use less." The Financial Secretary's grant will bring him a few sunny days at most; it does not alleviate to his long-term poverty.

Our philanthropic services are aimed at giving the best help possible to the disadvantaged by pooling the resources of caring donors. They badly need your support. A major earthquake has just hit Japan, and its victims are in urgent need for donation. Perhaps, after donating to them, you will also give part of your bonus to our applicants for assistance?

In order for your donation to reach the needy that you are most concerned for, please turn to the last page of this newsletter for the services we offer and how you can make a donation. Relevant information can also be obtained at www.thevoice.org.hk or www.healthbank.sjs.org.hk or by phoning our hotline 8107-8324. You can also specify which service you wish to donate to, e.g. the Anti-Hepatitis B Action of our Specialty Medication Assistance Program. Please write your instructions on the back of your check to ensure that your donation will hit the target.

善用 6000元 濟助貧困者 Use your \$6000 bonus to help the needy



黑暗中導引的曙光

家中有一成員患上危疾，是對其家人一種無形的折騰；若家中有兩名主幹成員患有頑疾，備受病魔蹂躪，擔驚病情惡化之餘，更要張羅藥費與子女學習需要的開支，此深入心扉之切身苦難，實非你與我可感受到。

「我與太太均患有乙型肝炎，每人每月應要用\$500購買乙型肝炎藥物以可控制病情。」有兩名子女攻讀中學的黃先生泣下數行地說：「她亦患有肺癌末期，避免身體再被肝炎破壞，我再沒有購買我需要服食的肝炎藥，以令我可有餘錢照顧她療病的需要。」

黃先生一家四口，本是一個小康之家，兩口子早出晚歸，兩名子女依時上學，家庭樂也融融；但好景不常，夫婦在年前發覺同時患有乙型肝炎，兩人經多方診治，雖同需服食藥物，病情穩定下來後，滿以為可重見晴天，唯病魔鍾情黃太不去，經多方花費檢查，她被証實肺癌已走遍全身，需要接受化療，以阻病情惡化。

「我本想努力賺錢以維持家計及支持太太的治病費，她雖在公立醫院接受治療，但樣樣都要費用，我的收入根本難以繼續；同時我每日放工後，身心早已俱疲也無法照顧她，故唯有放棄工作以可領取綜援糊口，以可令她可免費有治病的機會。」兩眼滿有淚水臉色漸呈淡黃的黃先生說。

「太太每次化療後定必嘔吐，跟著也難以進食，她近日已瘦了十磅多，好幾次因未能承受化療，而要被短暫停療程，真是好驚她不能過這化療關頭。」黃先生的眼淚已不自覺地掉下地說：「醫生告訴我要為她購買補充奶粉，以提升她的白血球數量和增強她的抵抗力，以緩和癌症治療的副作用，但我怎有餘錢購買呢！兩名子女要參加課外活動，我也沒有餘力應付。」上要承受妻子療病需要的壓力，自己要承受肝炎惡化的恐懼，而下無法再照顧子女學習需要未路窮途的黃先生說。

「好多謝聖雅各福群會送來化療需要服食價值\$500的營養奶粉，經一個月的服食後，太太精神好了很多，胃口也好了不少；最重要的紅、白血球亦維持一定指數，她可再接受化療了；我和子女也可暫放下憂傷，他們也可安心上學，我也可有點力量面對自己的健康問題了。」

話雖如此，哀愁仍是籠罩黃家，但畢竟善長餽贈的營養奶粉，就如黑暗中的一點燭光，導引黃家眾人奮力踏前。

Guiding light through darkness

Patients with critical illness is a hidden stress to the rest of their family members. The hardship to be endured, when both pillars of the family, with school age children, suffer serious illness, while having to find money for treatment would definitely be beyond imagination.

"Both my wife and I have hepatitis B, spending HK\$ 500 each a month for on medication for treatment," sobbingly said Mr. Wong who has two secondary school children. "She also has lung cancer at its terminal stage. In order to set aside money for her treatment, I have to stop taking my hepatitis B medication."

Mr. Wong with a family of four used to be comparatively well-off. With the couple both working and the children attending school has been a very happy family. Unfortunately it did not last long as the couple was found to have contracted Hepatitis B. After searching for treatment and taking medication, their condition became stabilized, they thought they would see light and the worst is over. Unfortunately, such was not the case for Mrs. Wong who was then diagnosed having lung cancer which has spread throughout her body, requiring chemotherapy to prevent further deterioration.

"I really wish to work hard getting money to pay for my wife's medical expenses. Though she is getting treatment at the public hospital, but things still cost and my income was unable to make ends meet. Besides, I am physically and mentally tired and have difficulty looking after her that way, so I was forced to quit work in order to get CSSA that would entitle her for free medical treatment," said the pale face Mr. Wong with watery eyes.

"My wife threw up after each chemotherapy treatment and has difficulty taking food, she has lost more than ten pounds in weight and had on several occasions forced to suspend chemotherapy. I was really frightened that she might not come through that," said Mr. Wong with his tear filled eyes. "The doctor told her to get supplemental milk powder to raise her white blood cells count and to strengthen her resistance to mitigate the side reaction of cancer treatment, but how on earth can I get this extra money? I cannot even pay for the extracurricular activities of my children," said Mr. Wong who has been plagued on one hand shouldering cost of treatment for his wife, worrying deterioration of his own hepatitis B and on the other hand unable to look after his children's learning need.

"Thanks to SJS gives my wife the needed nutritional supplement for chemotherapy treatment, HK\$ 500 worth of powder milk. After taking it and in a month's time her appetite has improved and, more importantly, her red and white blood cells index stays at such a level enabling her to receive chemotherapy treatment. My children and I can lay down our sorrow temporarily. They can attend school with peace of mind and I can have some strength left to tackle my own health issue."

Though the Wong family is still shrouded by sadness. However, the nutritional powder milk donated by benevolent people shed light of a candle guiding the Wong family to boldly stride ahead through darkness.



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We Need Your Donation



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乏力自費購藥治病 請向貧病者伸援手

「我本想在香港工作多年後，便可回老家與家人團聚終老，安渡晚年，但現在可說是有家歸不得。」被迫提早退休治病的56歲堅叔說：「我不但患有癌症，要接受化療治療，還要受乙型肝炎之苦，回鄉後怎樣可以有機會醫病呢？」

人生無常，總是會有許多不能預計的事發生，有時只可由命運的安排，堅叔便是一個至佳的寫照。堅叔於5年前留下妻兒，隻身來港謀生，除可憑工作收入接濟貧困家人外，亦望可於晚年時衣錦回鄉，改善家人生活；但好景不常，堅叔近年患上肝病，不能再工作外，更要自行出資購買服食自費藥物以助控制病情。「坐食自然山崩，我以前有工做的時候收入也不多，現在積蓄快用完，竟然此時又發現患上癌症，真是『黑到絕』，雖然合資格領取綜援，因為來港不足七年，但現仍未合資格申請。」

還幸年前堅孀獲准來港居住，因為要應付生活也要被迫放棄照顧日漸身體轉差的堅叔，現於中環一間餐廳工作，謹靠其扣除強積金後每月剛超過\$4,700多之收入維持生計。「但自我們在西環的板間房搬來沙田石門邨居住後，她每日返工及我返瑪麗醫院接受化療及覆診的交通費也不少，餘下的真是不足令我可以買藥。」

計算每月堅孀上班及堅叔來回醫院的交通費約合共\$1,300後，他們還要付\$1,250租金、電費、水費、煤氣費、兩人的食用及雜項合共約\$2,600，以及每月專科門診費約\$180及中藥\$600作調理身體後，求助聖雅各福群會的堅叔說：「我仍要每月購買\$1,500之乙型肝炎藥-恩替卡韋，即每個月總共超支至少\$2,700多；雖然有兩名兒子在內地農村工作，但每月入息只約共有\$1,000，根本無能力幫我，我唯有靠剩餘的數仟圓積蓄維持，真是不知道當積蓄用完後如何是好？」

根據本會「贈藥治病」的個案資料顯示，堅叔是當中的一個求助者，他們均在貧病交迫及求助無門下掙扎求存，盼大家可伸出援手，以解他們自費購買藥物的財困。善款支票抬頭請書：聖雅各福群會，及請指定用作「贈藥治病」之用，俾可依大家的施善指令行事。網址：www.healthbank.sjs.org.hk，垂詢：2835-4321或8107-8324。



Lack of money for medicine The deprived sick need help

"I want to stay in Hong Kong to work. I can back to home country and stay with my family after retired. However, I can't do that as I got cancer, I need to have chemotherapy treatment. I also got hepatitis B. How can I cure disease after I back to home country?" Uncle Kin said.

Everything is arranged by fate. Five years ago, Uncle Kin left his wife and children and go to Hong Kong for working. He hopes he can earn money to improve family's quality of living. Unfortunately, he has hepatitis B. Except he can't go to work, he also need to buy medicine to control the disease. "My income is not that much enough, and use up my saving. At the meantime, I got a cancer. Although I have the qualification to apply CSSA, I haven't live in Hong Kong for 7 years, therefore, I can't apply it."

Luckily, Aunt Kin was approved to stay in Hong Kong few years ago. However, she needs to find a job because of living needs. Now she works in a restaurant in Central. Thus, she gives up looking after Uncle Kin. She only got \$4700 salary after deduction of MPF. "Since we moved from western district to Shek Mun Estate in Shatin, we spend a lot on travelling expense. The remaining salary cannot enough for me to afford the medicine."

Their monthly travelling expense is about \$1300, monthly rental is \$1250, the total amount of electricity bill, water bill, gas bill and general expense are \$2600. Moreover, I need to spend \$180 for specialized out-patient clinic, \$600 for Chinese herbal medicine. "I also have to pay \$1500 for hepatitis B drug, Entecavir. Our monthly expense at least \$2700. Although I have two sons who work in farm in mainland, their monthly income is only about \$1000. This can't help me. The only one way is to depend on my savings to maintain it. I can't think after I use up my savings."

According to our "Medicine Subsidy Program" record, Uncle Kin is one of our scheme seekers. They need our help to solve the problems of buying drugs. The cheque made payable to "St. James' Settlement". Website: www.healthbank.sjs.org.hk, for enquiry: 2835-4321 or 8107-8324.



「令我感到窩心」

「都是我不好，因為我一向不注意健康，患上高血壓也不理，以為不是絕症，連藥也不願服食，照樣吃肥肉。」左肢活動不靈，需要用手杖助行的65歲張叔說：「結果是血壓不斷上升，引致收縮壓在160毫米及舒張壓在95毫米，上升不下也不知，只知整天都感覺頭昏眼花，最後當然是中風啦。」

「中風後，我才知死；因為家族的人，包括已逝去的父母及唯一的姊姊都曾中風過。」在港無親獨身的張叔說：「我才知驚，因為我的情況再變差時，若全身癱瘓，是沒有人會照顧我的；所以中風初期我除立刻戒掉煙酒及含高脂肪的美味食物，也急忙遍尋名醫、花盡積蓄去學習，以能可活動左肢及行動；我當然不能再回到看更的工作，結果因耗盡積蓄要被迫領取綜援為生。」

「因為我有家族性血壓高，醫生說我要時刻監控血壓，要我買血壓計，我因康復得好，不合資格領取傷殘金，但我每月只得\$2,000多的綜援金，僅僅可夠我生活和自費睇中醫，當然沒有能力用數百元購買一部血壓計啦。」張叔憶述未有血壓計的日子時笑笑口地說：「因怕不能監控及記錄每日的血壓讀數，於血壓上升至爆燈時也不知，因而令我每日食不安睡不寧，我才發覺我這樣怕死。」

「好多謝聖雅各福群會的「家居醫療用品支援計劃」，工作人員不但送了一部血壓計給我，用心教我使用、記錄讀數；還給我一些有關血壓高及其飲食、運動及生活作息等寶貴資料，更介紹聖雅各福群會的「健康寶庫」的各項服務，若我病情惡化時，可伸出援手解救我；如此對我細心無微不至的關懷，是我第一次感受到人間的溫暖，此真是令我感到窩心。」



“I feel warm inside my heart!”

“It was my fault. Being a meat-maniac, especially high-fat meat, I had never thought of quitting this unhealthy diet even though I knew I had high blood pressure; and much worse, I hated taking medications.” The 65-year-old Uncle Cheung, who can only walk with the help of a walking stick due to a hemi-paresis on the left side, started telling us his story. “What happened afterwards is no surprise at all — my blood pressure kept rising, the systolic blood pressure and diastolic blood pressure reached 160 and 95 mmHg; I always felt light-headed and later I had a stroke.”

“I know perfectly well what to expect after a stroke, as both my deceased parents and my only sister had strokes before,” said the singleton elderly. “In worse case my whole body could become paralyzed and if it happens, nobody would be taking care of me. So I quit smoking and alcohol and gave up my favorite high-fat food; I tried all kinds of cures and rehabilitation treatments. After stroke I could no longer work as a security guard, therefore I applied for social security assistance after using up all my savings.”

“Because I have a family history of stroke, the doctor told me that I had to monitor my blood pressure every day but I couldn't afford a blood pressure monitor by myself. I couldn't get Disability Allowance because I was supposed to be satisfactorily recovered. I couldn't squeeze out any money from my only income either, i.e. the social security assistance. With only some \$2000 each month I had to cover all my living expenses, don't forget the herbal medicine expenses which I had to pay out of my own pocket.” Uncle Cheung recalled the earlier days without the monitor, “I never had a good sleep then. As I could not measure my blood pressure every day, I feared that it would rise unchecked without being known, I was afraid I would die soon.”

“Thanks to the St James' Settlement, thanks to their 'Home Use Medical Equipment Support Program' I was granted a blood pressure monitor. They sent in a staff to show me how to use the machine and how to record my blood pressure readings. He not only advised me on how I should tune my daily diet and schedule my exercise pattern corresponding to the hypertension, he also briefed me on the services under SJS's Health Bank Project which could be of assistance in case my situation gets worse. This is the first time I felt being cared for, they make me feel warm inside.”

為我度身設計的 電提服務

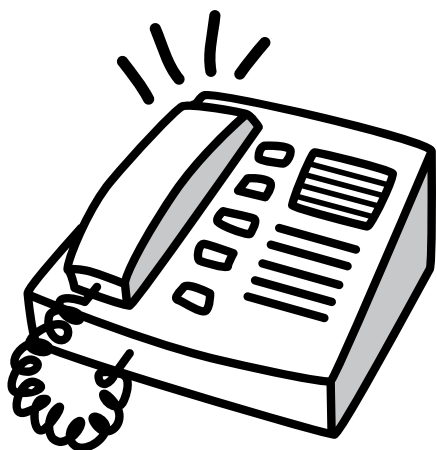
「只要一個電話提示，便可帶出我們對病弱獨老的關懷，令他們感受到社會並未有忘記他們，支持他們依醫生指示服藥，提醒他們的覆診日期，以及了解他們於覆診後有否換藥的轉變，確實令長者感受到人間的關懷與溫暖，其效果總勝過予他們一頓豐富的美食。」參與聖雅各福群會「電提服藥服務」的義工鄭小姐說。

查「電提服藥服務」乃在藥劑師的審視下，透過義工定期致電獨居長期病患者家中，在藥劑師的支持下，關注病者服食藥物的問題、藥物的處理等事項，倘義工發現有關問題而無法作出輔導時，會交由藥劑師跟進及家訪了解。

「老年人的用藥安全有很多是需要提醒的，特別是吃藥問題，及藥物存放問題、由於藥物服用方式又分為三餐、二餐、飯前、飯後、睡前，這麼多種吃法阿公阿嬤多會混亂；故為確保我們對有疾病與藥物相互關係與認識，聖雅各福群會除教導有關疾病的徵狀，亦會講解有關疾患藥物的藥能、藥性、副作用、服食方法，以及與有關藥物及食物的相沖問題，甚至有關疾病的飲食及生活作息注意事項等；而且我們必須參加服務前的考試，待合格後才有資格做此份義務工作。」另一位義工強哥說。

「還有，他們還教導我們認識病人的心理需要、電話溝通技巧、有關病人醫療設施及老人福利服務資源等，當然亦為我們提供工作指引、定期報告及與藥劑師求助及定期匯報等事項；此訓練令我們可有更多能力及信心作出服務，真是既可以幫到人，又可令自己學到很多知識。」另一位義工區小姐說。

「我們無需走上老人的家中，只要隨時隨地透過電話提示及關心他們的食藥問題，省去不少交通時間，於短時間內便可服務更多有需要的老人，對我們這群工作忙及關心老人的人來說，此義務工作確是為我們度身而設計的有意義工作。」他們均異口同聲說。



Medication Phone Reminder Service is the perfect volunteer work for me

“By means of a telephone call, we show our care to the poor singleton elderly and they'll know they are not forgotten. This is an effective means to get them properly follow the doctors' instructions, far more effective than offering them a big feast. We would remind them their next appointment with the doctor and check with them to see if their prescription medication has been changed.” Miss Cheng, a volunteer in the 'Medication Phone Reminder Service' of SJS, told us what she thought about the service.

Working under the instructions of professional pharmacists, our volunteers in the Medication Phone Reminder Service would regularly call individual singleton elderly to inquire about how and when they take medication, how they store their medicine, etc. In case our volunteers find problems they are unable to handle, they will send the cases to the pharmacists for further investigations.

“Many elderly patients do need the service and most of their problems lie on medication administration and storage. They are prescribed various medicines, some are to be taken 3 times a day while some should be taken only twice, some should be taken before meal while some other should be after meal or before bed; many elderly are just confused. This is why as volunteers we have to receive so much training beforehand. We have to learn much about several commonly-used prescriptions, e.g. how they work, how they should be taken, their possible side-effects and various do's & don'ts during treatment, etc. To prove ourselves qualified, we have to pass an examination before we can officially start our service.” This is Ah Keung's account, another volunteer in the project.

“The training also includes phone counseling skills; now we can advise the elderly on the medical facilities and elderly welfare services available in the community while at the same time tackling their emotion and psychological needs. Moreover, we have clear operations guideline; we learnt how to prepare regular reports and how to seek advice from the pharmacists. We truly learnt a lot in the training, and now we are capable and confident of giving our services professionally”, said Miss Au, another volunteer.

“As volunteers, what we do is to remind individual elderly through phone calls of the proper way to take their medications and clarify the questions they have on their medications. We don't need to visit the elderly in person, it saves us time and hence lets us serve many more elderly. This sort of volunteer work is meaningful and perfect for us and those who only have limited free time after work.” All three volunteers shared the same opinion.



不停的道謝

「謝謝！謝謝你們！」只能躺在床上之魏婆婆不停地說著。

領取綜援的78歲魏婆婆，因腰椎部椎間盤變形，令她全身癱瘓，餘生只能躺在床上，能夠活動的只有頭部；而照顧這一位長期病患的長者，只有申請雙程證來港的一位五十多歲女兒。

女兒是一位鼻咽癌康復者，終日飽受癌病後遺症的折騰。「自身的那個病已經使我痛苦非常，還要經常來港照顧媽媽，實在疲於奔命。媽媽在床上不能走動，大小二便都要在床上，雖說可用尿袋，屋內仍是臭氣沖天，要經常替她清潔，才能保持衛生；可是，每一次都需要大量滾水，但我的年紀一天天的老去，實在沒有多餘的力氣去拿一大煲滾燙的熱水，由廚房至浴室，每一次都提心吊膽，怕會燙傷，尤其於天冷的時間，未趕及下一煲熱水的沸騰，前一煲的滾水都已經冷卻了。」

臉容疲憊不堪的女兒說著。「即使想經常替她洗刷身體，保持衛生，亦是無能為力；還好，家務助理每星期都會替她洗澡兩次，由於她的身體太重，無辦法把她抱起來，我們會合力用已安裝的鐵鏈滾輪把媽媽拉起，然後把她推到浴室去。」女兒無奈地說著，「其實亦有想過把她送到老人院去，但因她的廣東話並不靈光，怕她不善溝通，寧願留在家中，至少有人陪伴，不致孤獨終老。」

社工得知魏婆婆之困難，便立刻把情況轉介到本會的「電器贈長者」計劃，希望可以替她安裝一具熱水爐，以解她及女兒之困難。「真的不知如何感激你們，有了這個熱水爐，媽媽在冷天洗澡時，不再因漫長的煲水時間而不慎著涼，而我亦無需手騰腳震地將熱水攜往浴室，亦可經常為媽媽洗澡、替她抹身，使她經常保持清潔、衛生，脫離了骯髒的床舖，生活質素得以提高。」露出笑容的女兒也連忙道謝不停。



Repeated "thank you"

"Thank you! Thank you very much!" repeated the bed-ridden Ms Ngai.

Ms Ngai, 78, lives on the CSSA. She has to spend the rest of her life bed-ridden because she is paralysed due to a deformity in her spine. Only her head is capable of movement. The only person to care for Ms Ngai, a chronic patient, is her more than 50-year-old daughter who comes to Hong Kong on a re-entry permit. Ms Ngai's daughter, a survivor of nasopharyngeal carcinoma, suffers from the after-effect of the disease. "My own health problem gives me enough pain besides my need to travel to Hong Kong to look after my mother. I'm really exhausted. Mother lies in bed all the time, even when she passes her stool or urinates. Though she uses a urine bag, her unit stinks. I have to clean her often to be hygienic. Every time I want to clean her up, I need plenty of boiled water. I'm getting old and I don't have the extra energy to carry a big kettle of boiled water from kitchen to bathroom. I'm frightened of the likelihood of scalding myself on the way. When the weather is cold, the water gets cold before the next kettle of water is ready for use."

Ms Ngai's daughter, looking terribly exhausted, went on to say, "Though I want to wash her often to keep her hygienic, Luckily, the domestic assistant bathes her twice a week. Since mother is too heavy for us to lift her up, we have to pick her up with the help of the chain and pulley installed for that purpose. Then we can send her to the bathroom."

"I had thought of sending her to an elderly home but changed my mind since she does not speak much Cantonese. She'll be better off home. At least I can keep her company. She won't be lonely with me around," continued Ms. Ngai's daughter, with a look of helplessness.

Having learned Ms Ngai's difficulty, her social worker referred her case to St. James' Electrical Appliances for the Elderly Program with the hope of installing a water-heater for her. "I don't know how to show my gratitude. With this water-heater, my mother won't catch a cold for it takes a long time to boil enough water whenever she takes a bath in winter. And I don't have to go through the ordeal of carrying hot water to the bathroom each time. I can bathe her or sponge her often to keep her clean. The quality of her daily life is much improved since she doesn't get stuck in the filthy bed anymore." Those were the words of Ms. Ngai's daughter, repeating 'thank you' with a smiling face.

「有了熱水爐後，解決了女兒為我煲水清潔的煩惱，謝謝善長的捐贈。」

"With the donated water-heater my daughter helps me to bathe in an easy way now."



潮濕天氣衣服添霉氣 捐助無依弱老洗衣機

回南天陰冷潮濕的天氣令衣服既難乾，更易霉爛。對體弱病殘的貧弱長者而言，要頻繁清洗因吸入濕氣發出異味的衣服，確實是一大難題。

「中風後我手腳活動慢，只能把衫浸在水中輕輕洗刷，衣服濕水後變重，連拿起都很困難，何況要扭乾呢？」年屆75歲，因中風以致身體虛弱、行動不便的楊婆婆說。

「丈夫離世後，又無子女，一直都是自己照顧自己，唔好麻煩人嘛！點知三年前突然中風，出入都要靠拐杖，試過跌倒幾次。如果連想著件乾淨衣服，洗下衫都做唔到，我都係變成廢人一個了。」看著滿床都是污糟衫的楊婆婆，滿臉無奈地說。

婆婆五年前獲安置於觀塘山上的順安邨一公屋單位。鄰居知道楊婆婆體弱無依，便將家中已使用十年的舊式洗衣機送給楊婆婆。滿心歡喜的楊婆婆，原以為洗衣機可以減少手臂力以及因蹲下受壓的小腿負擔，怎知有一次洗衣機運作途中突然「砰」一聲，停止運作。「我仲記得打開個蓋，衫褲上仲有梘粉係度，我洗左半日先過清晒那些洗衣粉。」因蹲下拿衣服的楊婆婆，更因而弄傷腰骨。「每月拿的綜援，僅夠應付基本開支，邊度夠買部新洗衣機呢？」

楊婆婆希望透過「電器贈長者」計劃轉贈一部洗衣機，清洗因潮濕天氣而發出異味的衣服，不致於家中堆積如山。由於楊婆婆因中風不能蹲下，需使用頂揭式的高水位洗衣機，避免發生家居意外。楊婆婆的心願正正是眾多輪候的10多位長者真實故事。「電器贈長者」計劃正期盼熱心人士捐款支持，以集腋成裘方式，捐出\$ 200以向電器批發商購買每部以\$1,000的簡單操作洗衣機；又或是捐出使用不超過5年而性能良好的高水位洗衣機，以令貧老可清潔家居堆積如山的污糟衣服，改善他們的生活質素。施善聯絡，香港灣仔石水渠街85號一字105室，或致電熱線：2835-4321或8107-8324。網址：www.thevoice.org.hk。



Washing machine for the helpless frail elderly

During humid southerly weather, clothings are hard to dry and often remaining damp and smelly. It is tough for poor frail elderly having to wash often smelly clothing.

"After the stroke, movement of my limbs has been slow and I could only brush lightly my soaked clothings. Wet clothings become heavy and I have much difficulty lifting them lest to say wrangling dry," said 75 years old granny Yeung who suffered from stroke, with physically weak body and has mobility problem.

"I have no children and live on myself after my husband passed away. I do not want to bother others as I prefer to solve my own problems. Three years ago I had a stroke and need to use walking stick to support my movement. I even fell down for several times when I walked. If I also failed to wash my own clothing, I would become a totally useless person!," sighed Granny Yeung looking at her bed of dirty linen spreading all over.

Yeung was arranged to a public housing unit at Shun On Estate, a uphill housing estate in Kwun Tong five years ago. Her neighbour knew that she was too weak to wash her own clothing and so she gave her a ten years old second hand washing machine. Yeung was happy and thought that the washing machine would solve all her problems. Unfortunately, the machine broke down after a loud bang when she tried to wash her clothes. "I remembered when I lifted the cover, the clothings still soaked with washing powder and it took me more than half a day for cleaning up." Because of this accident, she also hurt her back on squat down lifting. "My monthly CSSA barely covers basic living. How else could I afford buying a new washing machine?"

Yeung wishes to have a washing machine through the EAE program to help her get rid of her pile of dirty and smelly linen clothings. As she is unable to squat down after the stroke, she needs an open-top, high water level washing machine to avoid further home accident. The above is a real story of one of scores of elderly on the waiting list. EAE program now appeals to you for donation of HK\$ 200 and above for the purchase of simple operating machine at HK\$ 1,000 a piece from an appliance distributor or donate working, high water level machine less than 5 years old. This helps the poor and frail elderly cleaning their heaps of dirty clothing for better quality of life. Please contact us on donation at Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 2835 4321 or 8107 8324. Website: www.thevoice.org.hk

「只要有了這部洗衣機，我便可以穿著乾淨清潔的衣服了。」
"With this washing machine, I have clean clothing all time."



「清除我跌倒 失救的恐懼」

「呢兩年右腳痛得好緊要，行得差了很多，舉起腳走入廁所也非常困難，很擔心有一天會在廁所跌倒起不來而失救！」獨居無親的70歲周伯右腳的神經、骨骼和肌肉都出現問題，走路時經常乏力而跌倒，上梯級需抓緊扶手才能跨上一步，吃力非常。

周伯不是居於出入方便的市區屋邨，而是居於沙田禾輦山邊的寮屋，乘交通工具要走一段長樓梯，正如他說：「好天曬、落雨淋」；或要由最近的街市走回家必要走過一段上斜的山路。「腳痛時唯有留在家中，出街實在太費力了，唯有家中有甚麼剩下便吃甚麼。」因腳患的問題，周伯要走的路，相信是較常人更長更難行。「真係好驚，再老些時，不知如何在家走動。」

周伯依靠綜援生活，自妻子過身後，因沒有子女而要獨自生活，基本衣食住行的經濟開支還足以應付，但要請師傅改善家居環境卻無能為力，為防家居意外，行動不便、步履維艱的他，也會勉力收拾家居，保持整潔，但經常跌倒亦是周伯最憂心的事。

周伯最感無助的，亦是家中的最大危機，就是從客廳走上廚房的臺階，然後轉入濕滑地面的廁所蹲下如廁。由於廚房的臺階，因為房子是依山勢而建成，是無法拆除，義工們為著周伯的家居環境安全，除替他的廚房臺階以及洗手間安裝扶手，更於睡房門前加裝光管，以防跌倒。

義工的態度從來一絲不苟，常叮囑大家安裝扶手不能掉以輕心，要用粗長的螺絲以能抓穩牆身，方可以確保扶手能承受大於人體的重量，扶手可長久使用也不會鬆脫，這樣才可令周伯充滿信心和安心使用。「扶手裝的高度，很合我用；而且抓手的粗幼度，也很合我搵緊，認真無得頂！」

周伯非常感激義工的幫助，亦十分感謝省善真堂資助義工的車資外，助購買扶手和光管，以改善他的家居照明。「不是減輕我的經濟開支，那麼簡單，更重要的，是全部都有助我消除在家跌倒的危險，以及因跌倒失救的恐懼。」周伯鄭重地向本會「家居維修服務」的義工說。



“Clearing my fear for fall”

“My right leg sores badly in recent years, walking has become difficult even lifting my foot on way into the toilet not easy. I am afraid one of these days I may trip and fall and die there without anybody come to my rescue!” The living alone 70 years old man Chow whose right leg has nerve, bone and muscle problems falls often as a result of muscle weakness. He needs holding onto the handrails to climb stairs one step at a time, even that saps his strength.

Chow lives in a shed on an inconveniently accessible hillside at Wo Che, Shatin. He needs to tackle a long trail of steps before catching public transportation, he said, “Baked by the sun on a fine day and soaking wet on a rainy day” and getting home from the market necessitates tackling a long uphill path. “When my legs really hurt, I simply stay home and eat whatever is available there. I do not know what will come of me when I get much older.”

Chow, being childless, and on CSSA has been living alone since his wife died. He can take care of normal daily expenses but home improvement is well beyond his means. He has been trying his best to ensure home safety by keeping the house neat and tidy. However, his walking difficulty and frequent falls worry him a lot.

What Chow felt most helpless, also biggest hazard at home was going from his lounge to the terraced kitchen, turning onto the slippery floor to use the squat toilet. As the house was built on a slop, the kitchen terrace could not be demolished. So for Chow's safety sake and to prevent slip and fall, the volunteer workers installed handrails in both the kitchen and the toilet, added a fluorescent light in front of his bed room.

Their work has been meticulous, often reminding one another to use bigger bolts in anchoring the handrail onto the wall, making sure that they can support full body weight without risk of breaking loose from the wall. “Installed handrails are at a suitable height fit for me and sized right for grab. Really great it is!”

Chow was really thankful for the volunteers' help and grateful to Shang Sin Chun Tong for their generosity in paying workers' travel expenses and purchase of handrails and fluorescent lighting which improves illumination of his house. “Not simply helped me financially, what's more important is the elimination of my tripping fear moving around in the house,” emphasized Chow to our “Home Maintenance Service” team.

義工安裝扶手時，周伯亦在旁協助。

Old man Chow gave a helping hand on the side as volunteer technician installed the handrail.



以老助老

「我已70多歲，自我照顧能力不好，需要依賴別人照顧；雙腳患有關節炎，行動不甚方便，於家中接聽電話時，也要來電者等候一段時間。」黃老太說。「我的健康又不好，差不多隔兩個月，便要睇醫生；每日要食藥唔在講，真是連出外也不敢去得太遠。」

黃老太自丈夫年前因病離世，雖有子女多名，因不欲帶來子女生活的不便，故選擇獨自一個人與外傭居住。「自從子女遷走後，才發現獨居生活，原來是另一光景，生活變得寂寞啦，都要適應好一段時間，才能定下來；幸好，兩個媳婦及女兒每日都來電問好，或來探我；當然有外傭每日在旁陪伴，而且我亦有經濟條件，不愁生活。」

「我常想，我已非常幸福。雖然有病有痛，但試問邊個老人無病痛呢？又不是患上癌症，真是不該埋怨。」黃老太說：「我有時又想，那些多病多痛，依賴綜援為生的無兒無女獨居老人，當他們有事時，在『求助無門』下，真是不知如何生活！」

「所以我在想，我既有他們的處境，也有他們的感受，但我有能力，為何不幫忙他們解決一點生活上的困難呢？」黃老太說：「我得到家人的關懷及外傭的照顧，自然是窩心啦。但若他們在無望中，得到別人的幫忙，我深信他們一定比別人更快樂。」

「所以我打電話給你們，看看那些老人需要幫忙；我是老人，是站在老人的切身感覺去做事，我只是盡一點綿力，沒甚麼大不了。」黃老太說。

Elderly helping each other

"I am over 70 years old and require someone to look after me; I have arthritis and have mobility problem. When the phone rings in the other party have to wait a while before I can answer it," said granny Wong. "My health is not so good, almost without exception a doctor's visit is a must every other month and I have to take medication every day and seldom venture too far away from home."

Wong's husband passed away years ago and she has been living with a foreign domestic helper in order not to bother her own children. "Since my children moved away I have found life by me alone is a totally different picture. I feel lonely and it took time for me to adapt before settling down. Luckily my two daughters-in-law and my daughter ring up or visit me every day. Of course I have the maid to keep me company and as I am financially alright, I do not have to worry about my living."

"I have been thinking that in spite of occasional pain and discomfort, I consider myself being very fortunate. Who else do not have pain and minor illnesses on getting old? I have been fortunate enough not suffering from incurable disease like cancer, so why blame." Wong said, "I just do not know how those lonely elderly without children and family member support live, without any body to turn to when they need help."

"I have been thinking, as I am in their situation and I understand their feeling. So why do I not help them with their problems in life when I can still afford?" said Wong. "I have my family members and the maid looking after me and made me feeling comfortable. I am sure others in their despair would be delighted and if someone could come to their help."

"I call you to see if there is any elderly requiring help. I am old and I know elderly problems and I want to help, that's all," said Wong.





免去義工家訪，好嗎？

問：你們所推行的各項「慈惠服務」均需要義工的幫助；就以「電器贈長者」計劃為例，在沒有人手增加的情況下，為要了解申請個案的需要，你們便要用上為數不少的義工參與，進行家訪評估、審核等工作，因而用上了你們不少的工作時間；由於你們所有的個案均由社工轉介，我認為為省回時間、減少辛勞、免去重覆的行政工作，何不依老人所申請的，立時批予他們需要的電器，此不是長者免去再被查核，而且更可以「即時申請 即時可有電器」，可及早改善長者的生活，不用他們苦候嗎？

答：非常感激 閣下的關心與支持，給予寶貴意見，以助我們時刻作出檢討，讓我們可牢記向善長作出交待，以遵照大家的施善指令，令善款真正及直接幫助有需要的貧老。

由於我們的服務乃面對全港貧困無助老人的需要，「電器贈長者」計劃的工作，就是省卻同工要逐一家訪各區的長者，倘申請者之社工能可全面性地審視個案真正困難，能可作為其「服務的代理人(經理人)」作出轉介，確實是可減省我們很多的審查及了解個案的時間；因為對一些陌生的直接申請者，為要能立時掌握其實際情況，我們只能用省時又直接的問題向申請者查詢，如「為甚麼你的兒女不照顧你？為甚麼你沒有錢買？」等問題，在申請者方面而言，由於對我們亦不認識、沒有關係的基礎及信任，以及不懂我們的角色，若我們提出以上斬釘截鐵而又未能顧及他們情緒狀況的問題時，實有傷害他們之可能。

而轉介社工在熟識每一個個案的情況下，利用早已與他們建立的信任關係，申請者往往會較為開放以表達其個人的問題；相信若申請者只申請如一台售價\$100之電器時，要面對「查家宅」的問題時，也對一些思想敏感的人來說，也是一種自尊心的傷害。故每一個個案的申請均需要由一個社工轉介，是真正原因之所在。

我們會抽樣安排義工作出家訪，主要原因是於轉介社工未能提供合理的申請原因與數據時，或我們懷疑個案尚有其他家居問題，或適合我們及其他的服務時，我們定當會安排義工家訪了解。可以說，由於與轉介社工彼此立場不同，為了避免善長所捐賜的電器不被濫用，真正發揮你們的施善指令，我們的家訪是永遠必須的。

無論如何，經常檢討我們的義工家訪安排、性質及目的，以確保有效率地推行省時兼有效益的工作，也是時刻必須的。

Please cancel the Assessment Interview by Volunteers?

Q: As you say that all your Charity Projects are depended on volunteers participation. Like your Electrical Appliance for the Elderly Program you need to evaluate or to assess the actual needs of each case, the social worker/volunteer has to interview or pay visit to every applicant. With the limited manpower of the organization, do you think it would be more efficient to eliminate the need of assessment interview to all application cases. You just have to give the electrical appliances to all the cases upon the receipt of the referral from the social workers, that is to say stop all the process and minimize the administrative works that really would shorten the waiting time of the elderly so that benefits can be received by the elderly promptly.

A: Thank you very much for your support and suggestions, with which we can evaluate our programme to ensure all donations are distributed effectively and only to those who are in need.

To minimize the administrative work, the cases of "Electrical Appliances for the Elderly Program" were needed to be referred by the social worker. Subject to the evaluation or assessment by the social worker, no further interview would be required if each application is fairly assessed. The social workers should be acting as the "case agent" and they would be more familiar with the applicants and their actual needs. We agreed that some applicants might feel uncomfortable about direct questioning, especially raised by someone with whom they are unfamiliar. It would take time to develop the relationship and the trust needed.

For the referral case, relationship had already been developed between the applicants and the social workers. The applicants might be more open to expressing their feelings and their needs. The applicant would also feel more comfortable in the process of assessment. Therefore, all cases in this programme should be referred to by the social workers.

However, we would still carry out random interviews to the applicants, especially those with unclear supporting information or it is suspected that other assistance to the applicants is considered necessary. Sometimes, opinions of respective social workers may not necessarily align with that of ours. In order to ensure the donations are given out to the truly needed, we would carry out any necessary application interviews.

On a regular basis, we would evaluate the purpose, nature and arrangement of the interview in order to ensure that all necessary tasks are completed in an efficient manner.



團體為病人提供資助 藥物只能助小部分病人

醫管局下月起擴大藥物名冊，增加糖尿病等九種疾病五十種藥物，令更多病人獲得藥物資助。

不少長期病患者仍然要支付昂貴的自費藥物，有患者負擔不起藥費，被迫放棄治療。有團體為病人提供資助藥物，減輕負擔，但資源所限只能幫助小部分有經濟困難的病人。

七十三歲的魏伯伯，幾年前右眼患上黃斑點病變。最初右眼視力只是較弱，但負擔不到昂貴醫藥費，放棄治療，現時只靠左眼看東西：「我似乎覺得，自己已經幾十歲，如果打一針七千元，合共就要四萬多元，我亦不想子女負擔這麼重，所以我寧願自己放棄。」

魏伯伯與太太同樣因為患病，需要長期服藥，每月要自費購買近七百元藥物。他表示，即使醫管局擴大藥物名冊，但對他們幫助不大：「只是（增加）部分（藥物），沒有用的，既然你說現在增加糖尿病、心臟病等藥，但另一些（藥）又沒有，又是一樣（幫助不大）。」

有志願機構設立社區藥房（聖雅各福群會「惠澤社區藥房」），為長者及低收入人士提供約五十二種糖尿病和心血管藥等自費藥物的資助。由於獲得藥廠資助，藥物的價錢較市面便宜三至六成。負責人表示，藥房運作一年多，服務超過一千一百人次，但需尋求藥物資助的病人不斷增加，藥物種類未能滿足需求：「其實我們現在有的藥物其實真的很少，始終是一個很新的服務，現在只是得五十多種，有些藥物我們真的無能為力，例如是癌症標靶藥，開支說的是可能幾十萬元（藥費），或者有些黃斑點病變的病人需要打針，都要三、四萬元打三枝針，變相對我們來說，希望可以呼籲多些市民可以幫助這班病人，不會令他們沒錢就沒有藥物醫治。」

社區藥房除了希望醫管局將來繼續擴大藥物名冊，亦期望社會上有能力人士可以多些捐贈給社區藥房，令更多病人得以受惠。

Only small number of patients get the benefit from drugs subsidy by volunteer bodies

Starting next month the Hospital Authority will expand its "Drug Formulary" by adding 50 drugs for treatment of 9 illnesses including diabetes.

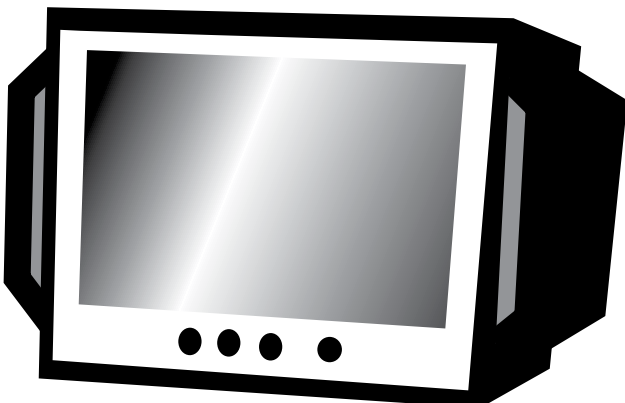
Many chronic patients still have to pay for expensive self-purchased drugs. Those unable to afford are forced to give up the needed treatment. There are parties providing medication subsidy to reduce patients' financial burdens. However, due to limited resources, only a small portion of those having financial difficulties are getting the benefit.

73 years old Ngai suffers macular degeneration on his right eyes. Initially, vision of his right eye was a bit weak. He gave up treatment because it was beyond his means. Now he can only see with his left eye. "I am old. For treatment I need injections costing seven thousand dollars each and over forty thousand dollars in total. I did not want to burden my children and hence chose to give up treatment."

Both Ngai and his wife are chronic patients requiring long-term medication costing close to 700 dollars each month. He said, "Even if the Hospital Authority expands the "Drug Formulary", still not much help. The addition of certain drugs will not help. The addition of some diabetes and heart disease drugs while leaving out other make little difference, not much help."

A voluntary institution has set up a community pharmacy (Philanthropic Community Pharmacy of SJS) is providing subsidy on 52 self-purchase drugs for diabetes and cardiovascular vessel treatments. The subsidy has been made possible by drug manufacturers supplying them at discounts of 40-70% on market prices. Person in charge of it said that they have serviced over 1100 man-time in just over one year's operation. As the number of demanding patients grow continuously, existing drug types fail to meet demand. "In fact as this is a new service, we only have a small number of drugs available, some 50 kinds of them. Our hands are tied on certain drugs like target treatment drugs for cancer. Such drugs cost up to hundreds of thousand dollars. The macular degeneration injection needs 30-40 thousand dollars for three injections. We are now appealing to the public for their generous support hoping that the 'no money no treatment' situation is going to disappear.

While hoping the Hospital Authority continues enlargement of the Drug Formulary, the community pharmacy also wishes citizens in our community to donate more generously to this cause for more patients to benefit.





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》

健康推廣活動 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

- 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 Health Promotion Activities 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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翻譯義工：祈慕潔、梁仁達、胡友玉、辛秀麗、蔡詠芝、馮梁耀芬
友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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有願放在心裡，沒有身體力行，正如耕田不播種，皆是空過因緣。
Keeping your wish at heart with no action is like tilling the field with no sowing. What for!