

慈惠月報

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社工的話

Social Worker's Remark

在孤獨難行路上 有你扶助

我們推行的「慈惠服務」乃是政府福利政策以外的援助服務，全仰賴善長們的捐輸，方能為主流福利服務以外的無助病殘老弱者作出援助，讓他們感到社區人士的關愛，感到人間的溫情，為他們改善生活質素。

我們斗膽開創多項在全港推行的「慈惠服務」，全是沒有任何社福機構推行在先。這些敢前人所不敢推行的服務，當然是艱難無比，不易達成的。唯我們認為「有社會需要又難推行的工作，便是社工的工作，因為社工的天職是服務社會，為弱勢社群竭盡力。」我們怎可只做沒有社會需要的服務，而自稱社工呢？開拓創新性的服務，縱然艱辛，只要奮力而為，抱著「希望在明天」的精神，今天沒有成果，明天也會有曙光的出現。在不斷轉變的社會中，墨守傳統的社福工作，不該是新世代社工的選擇。

開拓新社福服務，是「從無到有」的工作，首先在並無前人經驗可參考亦無任何機構的資源支持下，要以「大膽假設、小心行事」為原則，認定目標的理念而推行，常常是「哭過、痛過後，再努力前行」。推行服務的過程中，我們曾自覺孤獨，感到被視為另類；面對困難時，必須尋求反正意見，力求糾正航道。我們為的是要服務弱勢社群，縱然前面有萬千里要走的路，也要竭力為他們的福祉邁出第一步，因為沒有第一步，就永遠沒有往後的第二、第三步...

筆者要感謝的，我們的所有「慈惠服務」，得有寸進，全賴善長們愛心的支持。你們的賜助，令我們更相信「世上無難事」，只要有你們這些「有心人」，令我們更相信「希望在明天」。你們在我們疲乏時為我們帶來曙光；在這貧富懸殊的社會裡，引領我們走新社工之路。你們助我們在哭過及痛過後聚集更大的能量，為匱乏貧困者服務，為他們開創新服務，以闖出迎合轉變的新天。我們的「慈惠服務」，往後大多會仍然得不到當局的資助，所以我們也企盼繼續得到你們的支持，在崎嶇難行的開拓服務路途上，我們這群另類社工，希望能藉著你們的扶助，不再感到孤獨無助。

Your Help on a Lonely Journey

Our philanthropic services are services which fall outside of government welfare policy. We rely completely on the generosity of our donors to render help not offered by mainstream welfare services, to the helpless, the needy, the aged and the frail, to give them a better life and to let them feel some concern and warmth from the community.

The many philanthropic services that we have boldly initiated for implementation throughout Hong Kong are all new, never before offered by any local welfare organization. These services which no one had dared attempt are naturally difficult to carry out. But we strongly believe that "any difficult undertaking needed by society is a social worker's job, because it is his bounden duty to serve the community, to do his utmost for the disadvantaged." If we only render unneeded service, how can we call ourselves social workers? We must launch new services however difficult they may be. So long as we do our best and believe in a better tomorrow, a ray of hope will appear one day even if we don't see it now. In today's fast changing society, sticking to traditional social welfare practice should not be the choice of social workers of the new era.

To initiate a new social welfare services is to start from scratch. There is no previous experience from anyone that you can refer to, and no material support from any organization. You start with a bold assumption and proceed with caution toward your chosen goal. Often you break down in tears, feel hurt, and then go on. While promoting our new services we have felt lonely, have felt that people think we are weird. When we come to obstacles, we have to seek opinions both pro and con, so as to correct our course. Our purpose is to serve the disadvantaged. So, however long the journey may be, we must strain to take the first step, or there will be no second, third step....

I am grateful that we have had the concern and support of our donors to enable us to make progress in our philanthropic services. Your assistance has strengthened our conviction that, where there is concern from people like you, there is a way. You have brought us hope when we are tired, and have given us guidance on the road of social workers of the new era in a society marked by widening disparity between rich and poor. When we break down in tears and feel hurt, you have made it possible for us to muster greater strength to go on serving the needy, to initiate new services for them and open up new worlds in the face of social changes. As most of our philanthropic services will remain unaided by government in the future, we hope you will continue to support us. We social workers who are regarded as weird by many sincerely hope that, with your support, we will not feel helpless and lonely again on our difficult journey to launch new services.



我們的服務
Our Service

貧者無奈捱餓也要治病 致令身體虛弱更難抗病

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

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

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

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

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

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

Medication Subsidy Program Saving up Food Money for Medicines makes the Patients even Sicker

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

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

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

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

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

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

免病者病情惡化 盼你可伸濟助手

人在匱乏時，為求生存，可能會不顧地生活，因而種下日後生活上的問題；若處於無助時，便只能讓問題走向惡化，直接影響到生命的安危。78歲的權伯伯正是箇中的寫照人物。

「少時家中極度貧窮，家鄉土地貧瘠，收成不足以可溫飽，當然不敢揀飲擇食，於是養成只要是食物，便會大吃大食；到經濟稍有改善時，有肥豬肉食，當然不會放過啦，那會有怕呢？」權叔細述他未足40歲時，早已被診斷患上膽固醇及血壓高的問題。「那時為了生存，怎會知道原來是對健康不利呢？」

「當年剛來到香港投靠親友，為著生活也沒有理會，因為那時根本沒有醫藥費及不知問題的嚴重性。」權叔因無謀生技能，只好於建築地盤作粗活的工作，因無力組織家庭，故至今仍是在港獨身一人。「問題就是這樣來了，因為我現在滿身病痛，又沒有人照顧，求助無門，真係是貧病迫人來。」

原來權叔剛於60歲時，因高血壓而中風致行動不便，還幸隨後可領得綜援以糊口。「但其他頑疾也跟著來，如皮膚病、白內障、關節毛病及糖尿病，單以每次返醫院覆診時的士費也用了不少綜援金，因為我行動不便，是不可能搭巴士的。」

「我現在的綜援金只有二千多元，除要自費購買膽固醇藥外，剩餘下來的綜援更見捉襟肘見，最近醫生更提議我再要買糖尿病藥，雖然藥費只是\$210，但我也吃不起。我是否要讓糖尿病和其他病殘害我嗎？」

對一般人來說\$210只是極少之款項，但對一群求助於聖雅各福群會「贈藥治病計劃」的個案來說，確是天文數字；盼你可伸援手，惠捐善款，俾可以集腋成裘方式，以解如權叔的無助人士，助可有著「病者有其藥」的理想，免他們的病情惡化而影響到無依無助的晚年生活。施善支票請書：聖雅各福群會，指定捐予「贈藥治病計劃」。援手熱線：2835-4321或8107-8324。



Help to avoid the ailing getting worse

People in dire poverty seeking survival may overlook other living aspects, spelling for trouble later in life. In a helpless situation the problem will grow and become life threatening. This is the portrait of our old man Kuen now 78 years of age.

“When I was young, the family was dire poor, the land was infertile with its harvest inadequate to keep us fed. Hence, I got into the habit of devouring whatever comes onto the table without choice. With slight improvement in economic condition, I do not want letting go fat pork. What’s to fear?” Kuen was found to have high cholesterol and hypertension before 40. “Those days were the time struggling for a living, how would I know that was bad to health?”

“When I first came to Hong Kong seeking refuge with friends and relatives and in order to make a living I paid no attention to it as I basically had no medical bill and was not aware of its gravity.” Kuen has little living skill so he could only do odd jobs on construction sites and remains single as he cannot afford a family. “This is the cause for all the problem, I am now sick all over, nobody to care for me and nowhere to turn for help, beset by poverty and illness.”

When Kuen was 60, he had a stroke due to hypertension and acquired walking problem since. Luckily, he has CSSA keeping him fed. “However, with various illnesses popping up – skin rash, cataract, arthritis and diabetes, taxi fare alone for hospital visits has cost me a fortune on my CSSA as I cannot take a bus-ride.”

“My present CSSA only amounts to HK\$ 2,000 plus, after paying for my cholesterol medicine, I am awfully tight. Recently my doctor suggested I buy diabetes medicine, though it costs only HK\$ 210 I simply cannot afford. Shall I let diabetes to kill me?”

To most people HK\$ 210 could be peanut, but to the group seeking help from SJS “Medication Subsidy Program” is astronomical. Please help by sending your donation cheque beneficiary St. James’ Settlement, earmarked “Medication Subsidy Program” by mail to our office at Room 105, Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 2835-4321 or 8107-8324.



盼將不幸 逆轉至大幸

「真是家門不幸，病魔偏偏選中我們。」40多歲的李太悲鬱地說。原來未有餘力診斷抑鬱症的李太，其長女早年前因患上腦癌不久，而導致失明及聽覺漸失、需要她照顧。但低處未算低，而其53歲的丈夫年前亦被診斷患上前列腺癌。不久，癌魔更入侵骨骸致令他失去行動能力，現需要為丈夫購買自費藥物以望可控制病情；這自然是要增李太的精神壓力及對丈夫女兒的貼身的照顧！

「雖然，全家連幼女的學費，我們全家每月都可領\$14,400多的綜援，但每月要交付\$5,500的屋租後，也用接近一半的綜援金，付水電費、食用費、女兒的午膳費及學雜費，以及丈夫及長女每月往返醫院診病的的士交通費後，已用了超過\$14,000；在有借無還下，也不知親友可否再借錢給我們為丈夫購買自費藥物。」面色刷白的李太失望地說：「丈夫每月用\$7,000購買自費藥食，試問怎有能力呢？」

在金融風暴未襲港前，原本從事商業致富的李家，每月掌管數以萬計帳務支出的李太，根本未可料及因投資失誤而令要瞬速破產，而要被逼賣掉所有產業，用作清還銀行欠款及遣散員工的龐大支出後，致一無所有而要領取綜援渡日。「幼女尚在求學，我們除不能讓她參加學校的通識課程外，當然也無能力讓他參加補習班。」

「丈夫及長女的身體很差，聖雅各福群會雖然不能長期資助他們的自費藥物，但聖雅各福群會仍很努力，送來他們兩人在醫生推介下，我們仍不能購買到的癌症病人的營養奶粉及食品；醫生話倘他們再無營養，即是缺乏抗病的體力，他們的情況定會更差。」李太亦明瞭此「營養福袋餽贈」，乃是聖雅各福群會得獲善長的捐賜而來，「一次過」的關懷；但仍非常感激地說：「希望多些善長捐助啦，令我們可多些機會改善生活。若能有更多善長慷慨捐助我們的自費藥物，當然是我們的大幸啦。」

Turning big misfortune to great fortune

“Really family disaster the devil of sickness has targeted on us,” said the 40 plus years old Mrs. Lee melancholy. The elder daughter had brain cancer years before causing her gradual lose of vision and hearing soon after, needing her care. Even worse was her 53 years old husband was diagnosed a year ago suffering from prostate cancer which soon invaded his skeleton making him to lose his mobility, now requiring him to buy self-financed medication to control his condition. These naturally increase Mrs. Lee’s mental stress and need to close personal care for husband and daughter!

“Though including school fees of my younger daughter, the family monthly CSSA amounts to \$14,400 which we pay \$5,500 for rent, close to half of the CSSA amount on utilities, food, daughter’s lunch and school fees, sundry items and taxi fares taking my husband and elder daughter to hospital for follow-up appointments, totaling more than \$14,000. Under the situation of borrowing without repayment we are not sure if our relatives and friends would lend us money to buy husband’s self-financed medication.” Paled faced Mrs. Lee said in despair, “My husband needs \$7,000 for self-financed medication, just tell me what shall we do?”

Prior to financial tsunami hitting Hong Kong, the Lee family was engaged in getting rich commercial business. Mrs. Lee used to handle tens of thousands of monthly expenditure and they did not foresee wrong investment could bring them sudden bankruptcy. They were forced to sell their estates to repay bank loan and the enormous pay-out for employees’ dismissal. They were hence left penniless and turned to CSSA for their living. “My younger daughter is still at school, we took her off the general knowledge course and private coaching classes, both not affordable under the circumstances.”

“My husband and elder daughter are awfully frail, though SJS may not be able to subsidize us long term on self-financed medication but they have done their very best sending us on doctor’s advice, nutritious milk powder and food stuffs that we have yet to buy for the cancer patients. The doctor told us that if they do not get the nutrient required they will lack the strength to fight the disease and their conditions would certainly deteriorate.” Mrs. Lee understands that the hearty Nutritious Baggies comes from donation by benevolent people. Though it is a one time care, she is still extremely grateful and said, “I wish more donations come giving us more chances to improve our living. With more generous donation to help self-financed medication will of course mean great fortune to us.”



起着到位幫助病人的營養福袋

Well positioned Nutritious Baggies help the patients.



從無到有

「無，方知有的可貴。」一位不願透露姓名的善長，氣沖沖找到我們，放下一張\$1,000的支票時說。

「我曾經是家徒四壁、生活拮据，幸得友人幫助渡過難關；當時，任由我怎樣努力掙扎，也是徒勞，真是有世界末日的無助感覺。」憶述當年苦困生活的善長說。「當年沒有電飯煲，只許用火水爐煮食；夏天連風扇也欠奉，晚上只有汗流浹背地睡覺……！」

「獨居無依老人，既乏力改善生活，又缺親友支援，確實困苦及無助。我們有能力，為何不幫助他們呢？」

很感激此位施善者的捐賜，使我們可為無依老者改善生活，讓他們「從無」而到「有著」基本電器使用，於晚年感受大家的關懷與愛護。

From None to Some

A good man who wants to keep his name private, has left a one thousand check with us and saying furiously: "We never know how precious it is from none to some, possession of some"

"I was in very tough situation many years ago. I was helpless under severe financial difficulty. No matter how hard I have tried, the situation still didn't change a bit. Fortunately, with the help of my friends, I could finally get over it." The good man keeps reminding us how hard his life was: "At that time, we got no rice cooker or electric fan, the life was just not easy..."

"To home alone helpless elders, they lack of financial to improve their own livings or get relatives for support. We, as the capable, got no points to restrict ourselves to give help.

We are sending our deep gratitude to him with his kindest contribution on behalf of those helpless elders who are desperately waiting for electrical appliances to sustain their basic living standards; nourishing them with caring warm and love at their old age.





安心地 活下去

78歲的房婆婆，獨自住在打鼓嶺隔田村的一間陋屋。數月前房婆婆的丈夫因病仙遊，由於將些微的儲蓄都用在丈夫的身後事上，除了使房婆婆一貧如洗外，亦嚴重影響到房婆婆的情緒，令她感到對晚年生活感到焦慮非常。

「老伴過身後，我變得神不守舍，曾因此而發生多次家居意外。」操客家口音的房婆婆說。

「記得有一天我在家中來回踱步的時候，我又陷入沉思當中，不知道碰到了甚麼，而狠狠摔在地上。」房婆婆撫著受傷的腳說：「自從這一跤以後，我便不能夠長時間站著，站得久了，雙腳便會軟弱無力。」

「以前我也能夠站著洗澡，但現在不行了，只能坐在椅子上洗澡。但坐得久了，我需要很費力才能夠站起來。」房婆婆指著浴室沿著牆邊安裝的水管說：「我平常會以這條水管借力站起來，但我心底裡確實害怕水管不能承受我整個身體的重量，終有一天我會把整條水管拉鬆出來，可能令我跌倒、頭或會撞到牆壁或因而跌斷盤骨，但是在這樣的鄉村地方我確實求助無門，跌倒了也不知如何是好，我真的很擔心。」

當本會的「家居維修服務」義工為陳婆婆安裝廁所扶手後，她立刻雀躍地試用，面上綻放笑容，開心地說：「謝謝新界崇德社的善長，有了這支扶手後，我不用再害怕因洗澡而跌倒了。真好，因著新界崇德社善長的關懷，在這破屋內我才能夠安全活下去，謝謝。」



What More Could One Ask?

78 years old granny Fong lives alone in a shed in Gak Tin Village, Da Gu Ling. Months ago her husband passed away. As she had spent her meagre saving on the late husband's funeral, she was poor as a church mouse and emotionally unstable because she has no knowledge what lies ahead for her remaining life.

"I was often out of my mind after my husband passed away. There has been a number of mishap in the house," said Fong with her Hakka accent.

"Just recalled one day I was strolling back and forth at home, I was deep in thought, not sure what happened, tripped and fell to the floor," said she while touching her injured leg. "Since then I was unable to stand up for long as my legs are weak and would give way."

"I was able to stand for shower before, now no more. I can only sit in my chair and wash. Once sitting down for long it was quite a chore for me to stand up." She then pointed to the piping running along the wall of her bathroom and said, "I have to make use of the water pipes, exerting myself to stand up. I was afraid that it would fail to support my body weight and rip it away from the wall one day. I may fall and hurt myself, even breaking my pelvis. In the village area I have no body to turn to and I am really worried if I fall."

When our "Home Maintenance Service" volunteer worker installed handrail in the bathroom, she was over joy and said smilingly, "Thanks to Zonta Club of the New Territories. With the handrail installed, I dread no more of fall taking a bath. It is very nice. The care and kindness of these benevolent people provide me safe living in this shanty. Thank you."

**新界崇德社的捐助使房婆婆免於在洗手間跌倒的危機
Donation from Zonta Club of the New Territories took away bathroom
fall hazard for granny Fong**



潮濕令殘破電視短路 電視轉贈老者免生危

香港的春天，既溫暖又潮濕。在回南天的日子裡，家中的舊電器若缺乏保養，會很容易損壞，甚至出現電線短路、漏電或失火的情況。對一群獨居無依、匱乏貧困的長者而言，勉強使用陳年失修的電器，會造成「家居陷阱」而引起火警，危害他們的生命與財產。

「因長期腳痛，我很少外出，多數都是留在家中。前陣子還有部十多年的電視陪我過日神，有一日電視突然無晒畫面，諗住拍下個機就無事，點知拍多幾拍就咁一聲大響，之後仲出煙，真係嚇死我。」獨居於深水埗公屋的陳伯，依靠綜援維生，資助只僅夠於糊口仍有恐慌地說。「日日對住四面牆，屋內無聲，令我諗番起以前同家人唔開心既事，胡思亂想，心情低落。」陳伯低頭嘆息的說。「家中死寂，又無刺激，我遲早會變成癡呆。」

根據資料顯示，舊胆管電視機若滿鋪塵埃，於回南天時便會容易受潮致引來短路或火警；而殘破電視機引來的家居意外，在這春暖潮濕的回南天裡，尤為顯著；為防孤老因此家居陷阱而受驚或危害生命，聖雅各福群會「電器贈長者」計劃，呼籲社會熱心人士慷慨捐助，為擁有近20年潛有危險因素電視機的貧老，伸援手支持以解除他們家居意外危險率的行動，同時為他們的生活添上一點色彩，帶來希望的娛樂。

像陳伯的個案，正正也是眾多輪候的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，或捐出使用不超過5年而性能良好的21吋或以下電視，以解除貧老家居存在的「計時炸彈」外，亦助他們擺脫苦悶枯燥的生活。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。



Dampness causes old TV short-circuit Give a new TV to ensure elder with safety viewing

The weather is often warm and damp in Spring in Hong Kong. Old electrical appliances without maintenance would damage easily or even result in short-circuit, power leak and caused fire accidents eventually. Single deprived elderly who are forced to use these old electrical appliances may fall into the trap of fire outbreak which brings hazard to their lives and properties.

"I seldom go out as I suffered from ankle pain all the time. A while ago I owned a TV set which I have been used for over 10 years as my only company. One day, the TV screen showed nothing and so I pounded it for several times. Suddenly, I heard a loud 'bang' and then there was smoke coming out. It scared me out of my wits," said by Mr. Chan who lives alone in a public housing unit in Shamshuipo. He lives on CSSA which barely covers his own expenses. Up to now, Mr. Chan was still terrified by the memory of the incident. "I can only live with the walls in a silent home that reminds me of the unhappy moments I had with my family. I feel so depressed," sighed Mr. Chan. "My home is in dead silence and there is no inspiration in my life. Sooner or later, I'll become senile."

According to the study, old tube type TV would break down and be resulted in short circuit or break into fire in spring seasons once the set was covered with dust. Home accidents due to dilapidated TV sets happen often in warm and damp periods. In order to prevent single and deprived elderly suffering from possible hazards to life, St. James' Settlement's Electrical Appliances for the Elderly Program appeal to caring people to donate generously. The Program intends to replace any TV sets that are over 20 years old. The kind donation would not only eliminate the likelihood of home accidents but also add color and amusement to lives of deprived and lonely elders.

Mr. Chan's case reflects true story of one of the many awaiting elderly. Electrical Appliances for the Elderly Program is awaiting donations from your kind and caring support. Alternatively, donations of any TV sets under the size of 21 inches within 5 years of use in good conditions are also welcome. The Program aims to eliminate the risk of 'timed bomb' as well as ridding the elderly a life of boredom. Please contact us at Room 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong or call hotline 2835-4321 or 8107-8324. You can also visit our service website www.thevoice.org.hk.

「多得善長贈送的電視，加添了我生活的色彩。」曾受惠的婆婆說。
"I'm grateful for the TV give to me by benevolent donors. It adds color to my life," said one benefited elder.



死也死得安樂

余伯伯是年82歲，年紀老邁，無兒無女又未婚並且患有末期骨癌，醫生斷定他只剩下大概六個月的壽命，整日憂愁的余伯伯說：「面對死亡，自己又死後蕭條，無親友替我辦理後事，真是煩惱。」

因為伯伯身患骨癌，故行動不便，近月開始出入都要依靠輪椅代步，此更益使伯伯憂愁萬分，「身體日差，能力日漸消失，我又無依無靠，死前又可做到甚麼，後事如何可如願地執行呢？」。

余伯伯領取綜援已有拾多年，自患骨癌後每月開始扣除部份基本生活費，於多月前在一間廟宇內買得一骨灰位，希望自己死後最終可有一個「落腳位」。惜未可尋得一位親友可於他身故後，助他安放。

「我死後又無人為我燒香，真係好怕成為『遊魂野鬼』，到處流浪，死後無歸宿，真係好可憐。」

「現在真係可以『有瓦遮頭』了，因為聖雅各福群會的「後顧無憂」規劃服務，答允可將我的骨灰放在我的骨灰位內，真是安心囉。」自一位朋友告訴余伯伯本會的規劃服務後，余伯伯隨即要求辦理有關委託的服務，自此便開始釋懷，人也變得樂觀了。

他也不時對人說：「我現在已安排了自己的身後事，總算了結心願，死也死得安樂了。」



Die without Worry

Mr. Yu is 82 years old. He is single and has no children, and is suffering from late stage bone cancer. He was diagnosed to have only about six months left. Living every day in sorrow, he said, "Facing death, I'm most concerned about having no one to take care of my funeral arrangements."

Suffering from bone cancer, Mr. Yu has difficulties in moving, and has to rely on a wheelchair lately. "My health is getting worse and I'm losing my strength everyday. So, with no one to help, what can I do to prepare for my funeral arrangements?"

Mr. Yu had been living on social security assistance for more than 10 years. After he was diagnosed with bone cancer, he started to save part of his daily expenses, and a few months ago used the savings to buy a columbarium niche in a temple, hoping to have a place to rest after he dies. But what still bothers him much is that he can't find someone to help him place his ashes there.

"I have no one to pay me respect and burn me incense after I die. I'm afraid of becoming a "wandering lonely spirit", wandering everywhere without a home – it's really pitiful."

"But now I can have a "roof" after I die, because St. James Settlement's "Funeral Navigation Service" would help me place my ashes in the columbarium. I have no more worry!" Mr. Yu registered for the service after a friend told him about it. And now he feels much better about what lies ahead.

He now often says to others, Now that I have settled my funeral arrangements, I can die without a worry".

「我真係好安樂，因為我死後有人辦理後事。」

"I am very happy, because I have someone to take care of my funeral arrangements after I die."

繼續援助 「漏網之魚」

LET'S KEEP FISHING

與聖雅各福群會的「慈惠服務」結緣，是六七年前吧，那時我剛退休，從一位多年為《松柏之聲》畫漫畫的忘年交處，得知該刊物編輯陳炳麟先生服務貧弱長者孜孜不倦，自忖或許在文字上能幫他點忙，便登門造訪，毛遂自薦，從此開始為「慈惠月報」譯稿。

翻開近期的月報，竟數出15項「慈惠服務」，其中我開始做義工時便已存在的似不及五項。換言之，這六七年來聖雅各福群會的社工於服務貧弱長者之餘，不斷發掘他們的需求，不斷做出回應，推出新服務。聖雅各福群會所幫助的對象，乃是遍及全香港各地區的社工轉介而來，社工間的合作，形成了一個龐大的體察社會需求的信息網絡。聖雅各福群會根據收到的信息，得以及時開創新服務。

至此我不禁想到政府推出，號稱針對社會福利網「漏網之魚」的「關愛基金」。聖雅各福群會不就是在不懈地從事這項福利工作嗎？而且做得細緻多了，「關愛基金」是大計畫，大行動；自然集中資助大類別的弱勢群體，結果必定還有「漏網之魚」。再說，待援的貧弱所面對的困難，並非全部能靠金錢解決，往往需要配套服務。在聖雅各福群會，這時便會出動熱心的義工；譬如一位住在偏遠村屋的長者，家中電線殘舊，有善長捐錢為他買新電線，聖雅各福群會派出十個義工，不消半日便完成工程，從此開風扇或暖爐都不會短路了。

有時得知長者有急需，我也會捐出一些錢，一小筆錢，支持大慈善機構的大行動，常感到未必能起多大的作用，但指定捐給聖雅各福群會的某項「慈惠服務」，知道會為何等人解困，而這些人就在我們身邊。「慈惠服務」報導待援者的真實困境，其中有些苦況，連我這個年紀不小，也曾照顧過臥病長輩的人，都想不到。他們的故事加深了我對貧困長者的處境，也加深了我對香港一般弱勢社群的了解。

個人能力有限，參與聖雅各福群會的服務，讓我覺得自己還有用，為我的退休生活帶來新意義；這些針對「漏網之魚」的服務需要，是值得大家的支持的。

My association with SJS goes back six or seven years. I was newly retired. From an old friend who had been contributing cartoons to The Voice I learned of editor Chen Ping Lun's untiring service to the needy elderly. Thinking that my language skills may be useful to him, I called on Mr. Chen to offer my help. Thus began my career of translating for The Philanthropic Monthly.

Taking up a recent issue of the monthly, I count 15 service programs, of which only about five were running when I started translating for the publication. In other words, while helping out the needy elderly, over the past six or seven years SJS social workers have kept discovering their new needs and responding to them. The needy elderly who receive help from SJS are referred to SJS by social workers from all Hong Kong districts. The cooperation between social workers has formed a vast information network which keeps tap on social needs. Based on the information received, SJS launches timely new services.

Here I am reminded of government's Community Care Program aimed at helping "those who fall outside the safety net" or "the fish that escaped the net" in Chinese idiom. Isn't that what SJS has been doing untiringly and with great care? The Community Care Program is a big program which runs big projects. Some fish are bound to escape from its big nets again. Besides, the problems faced by the needy are not all solvable with money; they often require attendant service. SJS has caring volunteers to render the service. An elderly person living in a remote village needed to replace the very old electric wires in her house. Money was donated to buy the new wires. SJS dispatched ten volunteers who completed the rewiring in a few hours. She can now turn on her electric fan or heater without dreading short circuit.

Sometimes, when learning of an urgent need, I will also make a cash donation. When you make a small donation to a large charitable organization in support of a large project, you feel that the effect may be negligible. But, when the donation is to a specific SJS program, you know who you are helping, and they are among us. The Philanthropic Monthly reports on the real difficulties faced by the needy. Some of the difficulties are even new to me, who am not young and have cared for a bed-ridden elder before. The stories have moreover deepened my understanding of the disadvantaged in Hong Kong at large.

One person can do little. Taking part in SJS services makes me feel I can still be useful, and has given new meaning to my retirement life. These services for the fish that escape the net need and deserve our continued support.



歡迎索閱 《慈惠月報》

問：我從朋友介紹閱讀你們每月的《慈惠月報》，得知社會富裕的一面，原來仍有一些被遺忘的人無助生活情況。那位朋友告訴我，你們不但服務長者，也為傷殘人士、長期病患者等人士作出非一般社福機構的服務，而且並無區域限制，只要有需要合乎幫忙的條件，你們便會幫忙，真是令人敬重。

閱讀《慈惠月報》後，令我慨嘆萬分，教我珍惜現在。我覺得《慈惠月報》不應只寄予捐贈者，也應擴大接觸社會人士，令更多市民知道社會上一些老弱傷殘患病人士的需要，我相信只要他們稍為伸出援手，定能改善一些不幸的人的生活，故請每月郵寄我一份《慈惠月報》，好讓我作出捐助的考慮，也使我可轉贈好友，鼓勵他們幫助有困難的人士。

答：歡迎閣下索閱《慈惠月報》。《慈惠月報》並不單以寄予捐贈者的，《慈惠月報》的印發是我們每月的工作報告，也將個案生活苦難情況讓社會人士知悉，以令善長知道個案得著幫忙後的喜悅，以及生活改善的情況。

《慈惠月報》是極歡迎市民索閱的，以擴大可接觸更多社會人士，推動更多人為有困難者作出解困及關懷，故善長們倘你們周遭的朋友喜歡閱讀，懇請將他們的姓名及地址擲來，便可。

事實上，任何市民收到《慈惠月報》後，並不需要作出捐款的，我們希望可有更多社會人士知道我們的慈惠服務及社會上不幸人士的生活，已是我們的目的地了。當然，大家進入www.thevoice.org.hk閱讀網上的《慈惠月報》，也是一樣。

Subscribe to Free Philanthropy Monthly

Q: I read your Philanthropy Monthly through my friend's recommendations. I learnt of the lives of those helpless people forgotten by our society apart from the affluent side. My friend told me that St. James' Settlement not only serve the elderly but also the disabled, the handicapped and the chronically ill. You offer services more than what a social welfare organization does with no regional restrictions. You help all those who meet the pre-requisites for assistance. Your kindness wins my respect.

After reading the Philanthropy Monthly, I treasure what I have and I would like to share my thoughts with you. I feel you should not only mail Philanthropy Monthly to the donors. You should widen your circulation strata so that more citizens will learn of the need of the old, the weak, the disabled, the handicapped and the sick. I'm sure if more recipients give their help, they can improve the lives of many more. Please mail me one copy of Philanthropy Monthly. I will consider before I decide to donate. I can pass on the Monthly to my friends after I finish reading. I hope to encourage my friends to join in the good work.

A: Welcome to your subscription to a free Philanthropy Monthly. The Monthly is not only mailed to the donors. The Monthly is our work report. It also reveals the plight of each applicant to people in our society. It also intends to inform the donors of the joy of the case applicants when their need is met and how their lives are improved.

Hong Kong citizens are welcome to subscribe to a copy of Philanthropy Monthly. In so doing, we hope to come into contact with people from all walks of life and to motivate more readers to show care and help solve the plight of those in need. If friends around you like reading the Monthly, please give us their names and mailing addresses. As a matter of fact, recipients of the Monthly are under no pressure of donating. Our primary objective is to make known to more people our philanthropic services and the lives of the under-privileged in our society. Of course, you can read the Monthly on-line if you log in www.thevoice.org.hk.



藥劑師視像提點 可免食錯藥

「每日食3次、每次食兩粒」、「這粒飯前服、這兩粒飯後服、這粒睡覺前服」，這些服藥指示對你來說可能很簡單，但對一些長者而言，很容易產生混淆，出現食錯藥情況，影響健康。惟如有藥劑師親身或透過視像鏡頭向長者詳細解釋藥效和服食之道，自可減少長者食錯藥風險。

聖雅各福群會註冊藥劑師陳羽微稱，不少長者都曾試過食錯藥，有可能是往醫院取藥時，配藥員因輪候病人太多致指示不清，長者未能清楚接收訊息；又或是因藥太多，又看不懂藥物標籤指示而出現混淆；另曾有長者同時服用樣子不同但功效一樣的降血壓藥，致因雙重服藥而致暈眩；也有不少長者恐沒有藥吃而儲存大批過期藥也不知。該會提供的知藥用藥諮詢服務便可幫到他們。

透過視像鏡頭解釋

陳羽微稱，該會藥劑師除可透過單對單的個人藥物輔導，向病者講解藥物如何存放和服用，更會提供視像問藥服務，於長者參加社區中心和病人組織的活動時，將其所服用藥物透過視像鏡頭顯示，藥劑師再在鏡頭前向長者講解服藥知識；另外也可透過帶有手提電腦或視像電話的義工，將病者的藥物影像傳給藥劑師，由藥劑師遙距教導病者用藥之道。

陳羽微表示，希望透過此項服務，令長者可以深入了解藥性和藥能，藥物副作用及服藥後反應等，將食錯藥風險減至最低。



Pharmacist video reminder prevents wrong medicine use

“3 times a day, 2 tablets each time”, “This one before meal, these two after meal, this one before sleep” may be simple instructions to you and me. However, elderly can easily mess them up, resulting in improper medicine use and health impairment. If a pharmacist is available to explain in person or through video means on efficacy and proper use, such risk can be reduced.

Anita Chan, registered pharmacist at St. James' Settlement (SJS) said that a large number of elderly has been taking medicine in the wrong way, caused perhaps by their not receiving clear enough instructions due to too many people queuing there when at the hospital dispensary or failure of the patient in reading and understanding the label. There were also cases elderly taking simultaneously blood pressure lowering medication of like effect but different in shapes and sizes ending double dose causing subsequent dizziness. There are many elderly, retaining expired medication, fearing none available for later use. The SJS 'Know thy medicine and use' consultation service will be of help them.

Advice given via video

Anita said that the pharmacist at the organization besides giving one on one drug use and storage coaching to the patient, can also provide the same via video means. Elderly patients participating in activities at elderly community centres or patient associations can display their medication in front of a webcam or videophone to the pharmacist who will then answer their questions on the screen. In addition volunteer workers carrying portable webcam notebook or videophone can do the same for the pharmacist to give instruction to the patient on proper drug use from the distance.

Anita hopes that these services enable elderly deepening their understanding on nature, efficacy, side and after effects of the medication, minimizing the risk of wrong use.

持著藥袋透過視像問藥的張伯伯(聖雅各福群會自行加上相片)
Uncle Cheung holds his medicine pack to consult the pharmacist
through the 3G phone.(Photo. is added by SJS)



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、補血寶愛心、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"/> 送藥到戶服務 | <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"/> Medication Delivery Services | <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services |
| <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.

查詢及網址：聖雅各福群會

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

Inquiry and Website : St. James' Settlement

Contact Person : Mr. Chan Ping-lun
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Translation Volunteer : MK KEI, TY LEUNG, JOE LEE, YOYO HU, JEANNINE WONG
Friendly Printing : Ping Wai Printing Co., LTD.

難行能行、難捨能捨、難為能為、才能生華。

To be fruitful, achieve what is difficult to accomplish, give away what is difficult to part with and perform the impossible