

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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網址 Website: www.thevoice.org.hk



社工的話

Social Worker's Remark

勿讓本港之光消逝

可以驕傲地說，斗敢為迎合長者需要，在完全缺乏當局及商業機構的財力支持，本會於一九七六年一月，創設了一份慈惠刊物——《松柏之聲》，此不但是一份為長者而設，由專業人士不離不棄義助的長者讀物，較本港一些商營媒體歷史悠久，成為純靠義工及熱心人士捐款的媒體，可免費寄贈本港及世界各地的讀者，而且被選為國內最受歡迎的八大老人媒體，更成為全中國及全世界的首份老人讀物哩。

本港能有此光榮成就，實全賴大家的捐助。

眾所周知，本港是一個資訊發達的地方，傳媒種類多不枚舉，有專為年青人的、有專為消閒玩樂的；唯為年長者的，可說是絕無僅有。

因為，老年人早已退休、並無固定薪金收入、在每月開支下，餘下的財力，只有「買少見少」，絕無消費能力，故以謀利掛帥為主體的商業媒體，是絕不會染手出版老人刊物的。

鑑於商業媒體漠視長者的資訊需要，於一九七六年一月《松柏之聲》在有限的財力支持下毅然創刊，以能可為步入老年、長者及護老者提供有關資訊至本年六月，已達三十五歲半了。

可以說，每月每期可為讀者送上商營媒體不屑提供針對長者需要的全方位資訊，如健康、福利、文康活動、人際溝通、退休生活等等，且更是非等閒之輩的專業人士執筆，如專科中西醫護人士、編輯、專欄作家、記者、財經及法律界人士、教授、社工、議員等。可以說《松柏之聲》的質與量，與商營報刊絕不遜色，兼且我們亦有自己的網址呢——www.thevoice.org.hk。你可有興趣索閱嗎？

可惜，《松柏之聲》月刊的質與量雖然在義工的扶助下，風騷非常，唯因正如出版界說，出版刊物倘無財源就像「燒銀紙一樣」；出版30,000份的《松柏之聲》，每月深受財困，有隨時停刊的噩運。《松柏之聲》屆時停刊，並不是乏義工及需求而告終，只是財力不繼於此人口老化的時期而「英年早逝」。你願見此本港之光，因乏財力而消逝嗎？

Please don't let THE VOICE go!

It is our honor to have initiated and started up "The Voice" 35 years ago, it is the first ever charitable publication in the world, and the most enduring one since January 1976. This is a noncommercial publication solely for the elderly, it is offered free of charge not only to the elderly in Hong Kong but also to the elderly from every corner of the world, include Mainland China. It is even rated recently as among the 8 most popular media for the aged in China!

Over the years, we operate this publication without financial assistance from the government and any commercial entities corporations, we operate on our own and thanks to countless enthusiastic volunteers and donors who generously gave their services and made cash donations to keep us running. We are proud we have achieved so much success with The Voice, and we hope to continue with this honorable task to serve our elderly with this publication, therefore we are now cordially asking YOU for your help and support.

Hong Kong has long been known for its diversity in media scene, nearly all sorts of magazines & newspapers, for the young, for the ones chasing after the talk of the town, you name it, and all are available. Only media specifically target the elderly are in short supply. Nonetheless, they are not being neglected for no reason. The aged population, mostly retired and without regular income, they are in no way counted as affluent consumers in the market, neither can they arouse any interests of the profit-making publications to seek after them.

In view of the situation, we published the "The Voice" inaugural issue in January 1976 in spite of the limited resources. For 30 years it symbolizes our effort in the past 30 years serving the aged and their caretakers by delivering the information they need, ranging from healthcare tips, elderly welfare information, upcoming leisure & cultural activities to peoples' sharing on how to lead a fruitful life after retirement. The next issue (Jan 2006) will be our 30th anniversary issue.

For 30 years we realize that we are not alone. We enjoy voluntary support from many people who chose to contribute their articles in our monthly publication, among them there are veteran practitioners from various professions e.g. finance, legal, medical & healthcare etc., social workers, news editor, reporter, renowned columnist, university professor and even Legislative councilors. In terms of content coverage and quality, "The Voice" is second to no other commercial publications, and we are pleased to announce that it is accessible now through our website as well (www.thevoice.org.hk). Please take some time and check it out.

Thanks to our volunteers, we are offered the content absolutely free of charge, but the bulk of the costs lie on printing. Our circulation currently reached 30,000 per month, which is remarkable even when compared with many magazines available in the market, but the sad truth is, we are running out of resources to keep "The Voice" going. We swear we will stay on until the very last minute, however the last minute can come any time soon, if we are not going to secure the necessary financial resources to continue. Are you going to let our voice go? Are you going to let "The Voice" be something of the past, even if we realize how much the elderly need it?



從悲鬱中拯救出來

年老體弱多病，時刻受著頑疾的煎熬，加上缺乏家人的照顧，確是孤老晚年一件悲惶的事；於悲痛辛酸而帶有恐懼中生活，若當事要面對失去可以自主的視力時，其悲鬱之情，相信實非旁人可感受到。

「我患有各種宿疾也可以抵、也可以捱，但若因此而失明，要我每刻摸黑生活，真是很害怕。」82歲的黃興伯伯，一向獨身，自10多年前因病退休不久，自此身體出現多種毛病，陸續發現患有有氣管疾病、白內障、心血管、胃酸倒流、前列腺、膽固醇、哮喘、血小板及骨痛等疾病。

「這10多年來單是出入醫院，已不計其數，都可以勉強應付；在每日要處理較吃飯還要多的服食藥物次數，辨別各種藥物也很費力時，全都要自我照顧，若只有一線能力的視力都失去，試問以後的日子如何面對？」原來黃興伯伯早前被醫生診斷眼睛患有黃斑病變，需自費打三針，每支針約\$8,700購買針藥Ranibizumab (LUCENTIS) 治理，頓時令他憂鬱非常。

「我10年前已靠綜援為生，加上不斷要花費治理陸續而來的多種病，生活已是捉襟肘見，試問怎有多餘金錢去買藥呢？醫生告訴我……」說話時黃興伯伯哮喘病突然發作，氣呼呼地連忙拿出噴藥來。「醫生告訴我，若沒有金錢購買針藥，肯定我會失明，肯定我會被多種病折騰而死。」

「真是上天有眼，知道我無依無靠又多病痛，安排『聖雅各福群會』的『贈藥治病新劃』全費資助我超過\$24,000之三支針藥費，令我可以有針打，不用因此而失明，因此而要摸黑地自我照顧以後的生活；我亦唔知點解早前非常憂心的感覺，也沒有了。」當嘗試注射第一支Ranibizumab (LUCENTIS)後，黃興伯伯感恩地說：「非常多謝知道我慘況的善長慷慨的捐助，賜我視力，將我從悲鬱中拯救出來，還我可對抗多種疾病的力量。」



Save the ailing elderly out of fear and despair

Many singleton elderly we encountered, mostly ailing from multiple chronic diseases, are living without family care. Most of them have a fear in common — someday they might become incapable of taking care of themselves and then nobody else would. A further loss of eyesight would render these elderly helpless and hence turn their ultimate fear into reality.

“I endured afflictions of various chronic diseases in the past, but if I am going to be blind sometime soon, I would have to live all day in the dark, I would be very scared,” said the 82-year-old Uncle Wong. Retired some 10 years ago and never married, he was receiving treatment for respiratory disease, cataract, cardiovascular disease, acid reflux, prostate disease, high cholesterol, asthma, blood platelet disorder and bone pain at the time.

“I keep getting in and out of the hospitals in the past 10 years. Every day I make myself swallow countless drugs and tablets, despite my blurred vision I read the instructions so as to tell one drug from the other. Basically I manage everything myself. But if I am unable to see, I can't imagine how my future days will be like...” Poor Uncle Wong was diagnosed with macular degeneration earlier and he had to receive 3 doses of Ranibizumab (Lucentis) injection treatment. This is a self-financed item and each dose would cost Uncle Wong \$8,700. He did not have the money to get treated, he felt worried and even despair.

“Since 10 years ago I have been living on social security alone. After spending much on medications I've got hardly any money left. How can I afford the new treatment? But the doctor... told me... that...” Uncle Wong was then having an asthma attack, so he quickly fetched himself an inhaler and took a few puffs. “The doctor... doctor told me that if I don't get treated, I would surely be blind and may later die of other complications.”

“Thank god for letting me know of St. James' Settlement. Their Medication Subsidy Program is going to fully finance my injection costs, i.e. \$24,000! Now I don't need to worry about being blind anymore and the earlier feeling of despair is now gone!” After receiving his first Ranibizumab(Lucentis) injection, Uncle Wong couldn't wait to express his gratitude. “I have to thank the donors who gave their generations to help me retain my eyesight, now I am out of the dark and regain the strength to fight against diseases again.”

視力不受影響，也令黃興伯伯可有能力自理多種疾病。
When his vision could be improved, Uncle Wong could help himself to manage various chronic illnesses suffered.

濟助財困病人購藥 亦可紓其家人擔憂

「我尚年青，一旦失明，以後的生活更艱苦。」32歲的雄仔，正急待援手購買醫生處方眼藥水時說：「我74歲的爸爸中風及患有糖尿病多年，我怕以後不能照顧他了；我的視力只剩餘約40%，出外行動都有困難，醫生已多次催促我要買一隻叫RESTASIS的眼藥水。」

雄仔是本會正急待善長援手的「贈藥治病計劃」個案之一。

雄仔數月前因要安裝一些改善家居的設施，以可助其老父於家中走動，唯因一時不慎於剪鐵片時，碎鐵片飛濺到他的左眼而受傷，其間不斷要進出醫院及接受手術。月前左眼的傷口爆裂，一直未能癒合及無法復原，現急需要遵醫生指示自費購買處方眼藥水。「我都告訴醫生，我領綜援無法購買，但連福利部姑娘都話無辦法幫我。」

雄仔未出事前乃一酒樓雜工，收入僅可維持家計。「經過數次手術後，我所有積蓄都花盡，近月我與父親唯要靠綜援維生。」家中是獨仔的雄仔說：「我認識的朋友都是低下層人士，就算他們每月肯借\$2,300.00給我買眼藥水，我都無能力還啦。」

「醫生說，只要我用3至4個月指定的眼藥水，病情是會穩定下來的，我只希望能保留餘下的40%視力。」事實上，雄仔因無法籌足資金購買眼藥水，亦因而令其早年患有的精神病出現有惡化迹象，情緒不甚穩定。「見到他近來神情呆滯，我的自我照顧能力都有問題，都唔能夠幫到他，令我都非常憂心。」

病並非只是病者的問題，此亦會令其家人受到困擾，雄仔的爸爸因擔憂兒子無力購藥也變得消瘦了；故善長捐款的濟助，除可「到位」助病者解困，亦可紓減其家人之擔憂。盼請善長捐款作出解困，請用支票，抬頭：聖雅各福群會，指定捐予「贈藥治病計劃」，以令一眾無助病人及其家去憂解苦吧。施善熱線：2835-4321或8107-8324。



Subsidize patient to purchase medication Alleviate family's worries

"I'm still young. If I become blind, life will be even harder," said 32-year-old Hung Tsai, who is awaiting anxiously for help to purchase prescribed eye drop. "My father, 74, had a stroke and he's had diabetes for years. I'm afraid I may not be able to take care of him any longer. My eyesight is down to 40% of what it used to be. I have trouble moving about if I go out. The doctor has urged me several times to buy Restasis eye drop."

Hung Tsai is one of the anxious applicants on the waiting list of St. James's Medication Subsidy Program.

Months ago Hung Tsai hurt his left eye when he was cutting up some iron sheet and the iron bits sprang into his left eye. He was going to install some improvement gadgets to enable his father move around easier at home. After the accident, he kept going in and out of hospital for operations. Previous months ago the wound busted and hasn't healed since then. Right now, he urgently needs to buy the eye drop prescribed by the doctor. "I told the doctor I couldn't afford it because I live on the CSSA. Even the lady from social welfare is unable to help me out."

Before the accident, Hung Tsai worked as unskilled handyman in a Chinese restaurant. He earned barely enough to make ends meet. "After a series of operations, I used up all my savings. Recently, my father and I live on the CSSA. Hung Tsai, the only child of the family, continued, "All my friends come from the lower social stratum. Even though they're willing to lend me \$2,300 every month for the purchase of eye drop, I won't be able to pay it back."

"The doctor said my condition will stabilize three to four months after I use the prescribed eye drop. I only hope that I can keep my 40% eyesight." In fact, since Hung Tsai can't raise sufficient fund to buy the eye drop he needs, the mental illness he had previously seems to deteriorate. He appears to be moody. "I notice that he seems to be quieter and inactive lately. I worry about him very much. I'm unable to help him because I have trouble taking care of myself."

The problem of being ill is not just confined to the patient. His family members are also disturbed. Hung Tsai's father lost weight because he realizes his son can't afford to purchase the necessary eye drop. As soon as donations are received, they will be used to solve the patient's financial problem as well as alleviate his family's worry. Please donate to help solve his problem. Make out your cheque payable to St. James' Settlement, specifying at its back 'Medication Subsidy Program'. Donation hotlines are 2835-4321 or 8107-8324.



只消一剪的功効

對於大部份香港人來說，到髮型屋剪頭髮是一件微不足道的事，但對於一群行動不便的長者、殘疾人士及智障人士來說，剪頭髮可以說是「不可能的任務」。

聖雅各福群會的「到戶理髮服務」，目的是為身體虛弱，行動不便的人士提供剪髮服務，為他們整理儀容，使他們能有尊嚴地生活。現時，「到戶理髮服務」除了上門提供服務外，還會替安老院、醫院、長者中心等提供服務，而整個服務主要靠義工支持。

日前負責同事連同義工，到黃大仙替一位行動不便的李婆婆剪髮，當她的丈夫張先生開門時，高興地說：「你們終於來啦！她已經洗了頭，等你們啦！」當義工為李婆婆剪髮時，她的丈夫與負責同事閒聊：「她每次做物理治療時，因頭髮太長，加上她又大汗，不一會就滿頭大汗，好不舒服之餘，亦引來滿身異味，令她自卑非常，有你們定時為她剪髮，真是太好。」當李婆婆剪完頭髮後，照一照鏡子，笑逐顏開，衷心地對義工說：「謝謝！」「你看她多開心，人也顯得精神爽利，不是之前暮氣沉沉。」張先生搶著說道。

其後，義工對負責同事表示：「我只是做一些平日在髮型屋做的事，想不到婆婆會這麼高興，能夠幫助別人，真的很好。」義工更表示「一般髮型屋都不願意做『這些人』的生意，怕會影響髮型屋形象，趕走客人，所以你們的服務真有意義。」

負責同事表示，隨着「慈惠服務」的知名度愈來愈高，「到戶理髮服務」的需求就愈來愈大，但基於資源有限，如義工、款項購置剪髮工具及清潔物品等，所以很難將受惠人數進一步擴大，故企盼可有熱心人士作出支持，可為有需要人士提供理髮服務，讓港、九、新界，缺乏自我照顧能力的人「有尊嚴地生活」。



Cutting With A Cause - Home Haircut Services

Getting a haircut at their favorite hair salon may not be a big deal for most Hong Kong people. But for the elderly with movement difficulties as well as the physically or mentally challenged, getting their hair trimmed is often a "mission impossible".

Through the Health Bank branch, St. James' Settlement has been offering "Home Haircut Services" for the elderly with movement difficulties and the disabled. Our objective is to restore the service users' dignity and interest in life by improving their personal hygiene and appearance. In addition to making house calls, the "Home Haircut Services" also pay visits to nursing homes, hospitals and elderly community centres. The operation is mainly supported by barber volunteers.

The following is an account of a recent home haircut visit. A care co-ordination staff responsible for the service and a volunteer arrived at the Wong Tai Sin residence of granny Lee who has movement difficulty. Her husband, Mr. Cheung, enthusiastically greeted them, "Welcome! She already washed her hair in anticipation of your visit." As our volunteer proceeded with the haircut, Mr. Cheung conversed with our staff worker, "My wife is naturally sweaty. When attending her physiotherapy sessions, she always ended up soaking in sweat. When her hair gets too long, it gives out unpleasant odour which brought shame to her. Your home haircut service is exactly what we need." After the haircut, granny Lee looked into the mirror with a satisfied smile and thanked the volunteer. Mr. Cheung exclaimed, "See how happy she is! She looks energised. That old gloomy look on her face is gone."

Later on, that volunteer confided with our staff worker, "I was just doing the same routine that I perform daily at the hair salon. It's surprising to see the granny got so happy. Being able to help others made me feel good." "Many salons do not welcome 'such people' for fear of hurting their sophisticated image and driving other customers away. Your service is indeed worthwhile."

As awareness of the Philanthropy Services grows among the general public, demand for our Home Haircut Services is also escalating. However, due to limitations of resources, such as availability of volunteers and funding for haircut tools, we are unable to expand service coverage for this program. Donations from the general public are most welcome. These would enable us to extend our haircut services to the needy throughout Hong Kong. Only by pulling our efforts together could we empower service users with self-care impairments to live life with deserved dignity.

只消義工稍為一剪，便可回復婆婆昔日的儀容。

A simple trimming by our volunteer rejuvenated granny's appearance.



擺脫夢魘 重獲新生

陳伯伯說：「我在板間房已經住了二十個年頭，除了租金昂貴，那裡的環境極其惡劣：除了滿屋蛇蟲鼠蟻外，人滿之患亦導致空氣極不流通。」

「記得當年我剛搬走前數月，正值回南天，天氣潮濕，空氣不流通，鄰房住客有兩人患了肺炎，又缺乏買自費藥食，整天在屋內咳嗽，每當聽到租客不斷咳嗽，我也嚇得心驚膽顫，因為我的身體又唔好，抵抗力又弱，又怕因衛生環境差，潮濕室溫容易令細菌滋生，我真是會被傳染及患病。」

說著在板間房的生活，陳伯伯帶著顫抖的聲音說：「在我所住的板間房那裡，廚房是共用的，那裡除了烏煙瘴氣外，各租客的菜刀、毛巾、筷子等都周圍亂放。記得有一次，當我在預備晚飯的時候，一陣強風吹進廚房，把一條亂掛在窗框的毛巾吹到爐頭，毛巾立時燃燒，我立刻找清水撲滅火種。」陳伯伯懷著依然恐懼的眼神繼續說：「但在慌亂之間，我把一把胡亂擺在鋅盤旁的刀撞跌了，那把刀剛好重重地跌在我左腳的大姆指旁，我險些變成殘廢。」

陳伯伯剛獲發公屋，終於能上樓，但他年屆八十，太太早逝，與兩個兒女的關係亦極其疏遠，依靠綜援生活的陳伯伯對「新屋入伙完全沒有辦法」。「其實我有一個願望，那次意外的畫面在我腦海裡揮之不去，我希望搬到新居的時候能夠有義工來為我安裝毛巾架、筷子架等，讓我能夠洗去夢魘，安心下來。」

聖雅各福群會向來秉持全面及到位的服務精神，義工們除了替陳伯伯安裝毛巾架、筷子架、刀架外，更為陳伯伯鋪設膠地板及安裝利於長者照明用的光管，使陳伯伯能夠在搬離板間房後，能有一個既舒適又安全的新居所。陳伯伯感恩地說：「我想如果沒有善長及義工們的幫助，就算我獲發新屋也好，我也不能像現在一樣，既安全、又安心地活下去。以往的那些夢魘，都好像一掃而空。」



Cast off the nightmare, and lead a new life

"To be allocated a public housing rental flat was my last wish," said Mr. Chan, who has finally been allocated a flat in the Ngau Tau Kok Upper Estate, after waiting and living in a cubical apartment for many years.

Mr. Chan said, "I've been living in a cubical apartment for 20 years. Apart from the high rent, the environment was terrible! Besides being filled with mice and bugs, the place was so crowded that I was almost suffocated."

"I remember that a few months before I moved into the public housing flat, it was early spring and the weather was very humid. Ventilation was poor in the cubicle apartment, and two of my neighbours had pneumonia and was coughing all day – they couldn't afford to buy the self-financed drugs. Every time I heard people coughing near me, I was afraid that I would get infected also, since I'm weak. I was also worried that the poor environmental hygiene would allow germs to spread quickly particularly when the weather was warm and humid."

His voice was shaking when he talked about his life in that apartment: "In the apartment I lived, the kitchen was shared. Apart from being filled with foul odour, towel hangers, chopsticks holders, knife holders, tenants' knives, towels and chopsticks were all over the place. I remember that once when I was preparing supper, a gust through the window blew a towel onto the stove and it caught fire. I put it out with water immediately." Mr. Chan continued, eyes filled with fear: "In haste, I knocked over a knife beside the sink and it landed heavily right next to my left toe – I was also handicapped."

Mr. Chan was finally allocated a public housing flat. At the age of 80, his wife was diseased long ago, and his relationship with his two children is aloof. Relying on social welfare assistance for living, Mr. Chan had no way of renovating his new home properly: "The memory of that accident is still haunting me, and I have only one wish: that a volunteer would help me install towel hangers, chopsticks holder, etc. to make my place safer, and remove that nightmare from my mind, so I can feel reassured."

St. James' Settlement works along the principle of providing comprehensive and tailored services. Apart from helping Mr. Chan install towel hangers, chopsticks holder, knife holder, etc., our volunteer also laid plastic floor tiles and installed special fluorescent lamps for Mr. Chan, so that he may have a comfortable and safe new home. Mr. Chan said thankfully: "Without the help of the donors and volunteers, I think even though I'm allocated a new flat, I wouldn't be able to live safely and comfortable as I do now. My past nightmare is totally gone!"

陳伯伯按在刀架上說：「全靠善長，我才能擺脫夢魘，重獲新生。」

Hand on the knife holder, Mr. Chan said: "Thanks to the donors, I can now rid myself off from my nightmare, and live a new life."



真是人間有情

「本來以為未來數年暫不愁生活。」行動不便，上肢活動欠靈活的鄭賽蘭婆婆說。「但人算不如天算，竟發生意外，拖累別人要照顧我。」原來年85歲的她，去年在家鄉跌倒，致左手骨折、腰部重創，要在內地醫院留醫3個月，每日要人照料。

「本以為晚年可以有些微積蓄，可助過活，但竟然一跌，連老本都花掉了。」以拐杖助行的鄭賽蘭婆婆，於鄉間因意外跌倒致骨折，在內地治理連手術及住院費，便要拿去她近8萬元「棺材本」，而連同回港就醫的醫療費用，也合共約用10萬元。

「為要療傷，積蓄已用盡，唯有四出向親友借貸渡日，結果欠下鉅債，現每月一定要還債約近\$2,000。」現時領取綜援的鄭賽蘭婆婆說。年青時曾在五金廠工作，因工作噪音太強，引致失聰，需帶助聽器的她，只管不停地說。

「雖然有一獨子，但他亦要靠拐杖走動，幾年前他因為交通意外，雙手嚴重受傷，現已萎縮，經醫生證實已喪失工作能力，每月只依賴綜援及傷殘金過活。」她無奈地說。「還好，自我意外後，便回家照顧我，但他亦接近60歲，那有何能力呢！」

與兒子相依為命及無助的鄭賽蘭婆婆，家中可說是家徒四壁。由於母子境況相同，故由社工轉介本會申請有關電器，原因是不能蹲下用面盆、煲水洗滌及活動緩慢，以及於寒冷天氣洗澡時容易著涼冷病，故申請熱水爐；因雙手活動欠靈活，不能提水煲，故申請電熱水壺；活動能力較低兼生活孤寂，故申請一台電視以解悶。而另一方面，於義工探訪時，發現他們的電飯煲電線已斷，只用電線膠布包著，加上飯煲殘破不堪，以免危險，我們亦替他們更換一個飯煲。

「真是人間有情，我同兒子也不知怎樣多謝。」義工轉送善長送來的電器時，鄭賽蘭婆婆感激非常地說。



There's Love in the World

"I thought I'd have no worries at least in the next few years," said Mdm Cheng Tsoi Lan, who is 85 years old. "But unfortunately, an accident happened and now I have become a burden to those who take care of me." Last year, while visiting her home village in the Mainland, Mdm Cheng fell and broke her left arm, and seriously wounded her lower back. She was hospitalized in the Mainland for three months, and needed someone to take care of her every day.

"I thought I could depend on my small amount of savings in my final years, but this accident cost me all of them." Relying on a walking stick, Mdm Cheng tripped in the countryside and had a fracture. The hospital and surgery expenses in the Mainland, together with the follow-up medical expenses in Hong Kong, cost her some \$100,000.

"The medical expenses have exhausted all my savings. I have to borrow money from relatives and friends for my living expenses. I'm now heavily indebted and have to repay about \$2,000 a month," said Mdm Cheng, who's now living on social security assistance. She worked in an ironware workshop when she was young, where the noise had made her deaf, and she now needs to wear a hearing device.

"Although I have a son, my only child, he also relies on a walking stick as his arms were seriously injured from a traffic accident several years ago. He lost his working abilities and is living on social security assistance, too," she said helplessly. "After that accident, he came to take care of me. But he's approaching 60 himself, so what can he do?"

Living together with her son with no one else to help them, Mdm Cheng's home was quite empty. As they both suffer from the same conditions, their social worker referred their case to us to apply for suitable electrical appliances: as they can't bent down to use the basin, move slowly and will easily catch a cold while taking a bath in the winter, they applied for a electric water heater; as their arms are weak and can't use a kettle, they applied for an electric water boiler; as they are home-bound most of the time, they applied for a TV. Their social worker also found that their rice cooker and its wires were worn out and hazardous, so we also replaced their rice cooker.

"There's truly love in the world. My son and I don't know how to thank you," Mdm Cheng said gratefully when accepting the donated appliances from the social worker.

帶著助聽器，不停地道謝善長關懷的鄭賽蘭婆婆。

Mdm Cheng: wearing a hearing devices and thanking the donors for their care.



防中暑助脫苦熱 貧老者急需風扇

夏天天氣炎熱，氣溫高漲之際，大部份人都會躲在冷氣間中作息，但有多少人知道此際亦是老弱貧窮長者之高危期？

為免貧而無依的長者於熱浪襲擊下中暑，全依賴社會善心人士捐款支持的「電器贈長者」計劃，去年共送出超過600多把風扇，助貧老降低悶熱室溫，抗拒熱浪。

根據醫學研究，由於老人體溫調節功能衰退，若長期處於悶熱環境，極易中暑，危及生命。向我們申請電風扇的長者，多患有高血壓、心臟病、糖尿病、支氣管哮喘等慢性疾病，正是中暑的高危人士。故我們呼籲善長多施捐助，以令及早向貧老施援手，助他們免受熱浪所襲。

「沒有風扇前，夏天時室溫30多度，令人疲倦而不願走動，晚間不能入睡。呼吸及心跳急速、汗流浹背，皮膚生滿痱子，人也感到非常抑鬱。」去年的受患者張伯伯說。「自從善長送來風扇後，令我的斗室頓然生風處處，不用我整天煩悶地撲扇，呼吸也變得順暢，實在感激善長的關懷。」患有長期疾病需定期覆診的張伯伯，乃是獨居於一唐樓的板間房，只有一個小窗戶，領取綜援已有多年。

隨著個案的增加及本港氣溫日漸上升，負責電器計劃的社工，估計今夏將會有近600多名貧而無依老者申請風扇以解暑熱。為免他們被暑熱所虐，長期處於冷氣間的你，可願捐出佰圓善款以拯救病弱老者於難嗎？聖雅各福群會隨時歡迎善款之捐助外，特別定於本年七月二十三日(星期六)在灣仔石水渠街85號一樓105室，舉行全日的「電風扇募捐日」，企請善長慷慨解囊，捐出家中五年以內、性能良好的電風扇，以可助長者渡過「中暑高危期」，為他們帶來一份清涼，助他們安渡酷熱的日子。施善熱線：2835-4321或8107-8324。



Electric fans to prevent heat stroke Help the elderly under hot summer

To live through extremely hot summer days, most of us can stay comfortably in an air-conditioned room. But how many of us are able to aware of the heat that may threaten the health of weak elders?

To protect them against heat stroke, the Electrical Appliances for the Elderly(EAE) program, which relies entirely on generous donations from donors, distributed more than 600 electric fans to needy and deprived elders last year to relief from heat waves.

According to the medical study, the ability of regulating our own body temperature weakens with age. So, if an elder is exposed to stifling heat for a long period of time, he has risks of suffering from life-threatening heat stroke. The social worker in-charge, who responsible for the EAE program, told us that most of our applicants are single and deprived elders in frail health who suffer from various chronic diseases such as hypertension, heart diseases, diabetes and related bronchial diseases – all these could weaken their health condition and put them at high risk of heat stroke. Therefore we need more donation so that we can take action as soon as possible to support these needy elders and ensure they are protected from high temperature in summer.

“Before I was given the electric fan, I would be too tired to move around in day time where the indoor temperature was over 30 degree Celsius, and unable to sleep at night. I failed to breath accompanied with fast heart beating. I was soaked in sweat, and my skin was all covered with rash. I felt very depressed of myself to suffer from all these discomforts,” said old Mr. Cheung who received a fan last year. “Since I received the fan, my tiny living place became more comfortable. I no longer have to fan myself tediously all day long, and my health condition is much improved. I am very grateful for the kindness of the donor.” Old Mr. Cheung suffers from chronic disease and must make regular medical appointments in hospital. He lives alone in a tiny cubicle in an old building without lift. He could just live on Comprehensive Social Security Assistance for years which could hardly support with his living.

In view of case increases and rising summer temperatures in Hong Kong, EAE social workers estimated that there will be about 600 applications for electric fans this year. In order to benefit all these needy elders, are you reado to donate \$100 so that the needy elderly can have some relief from the ravaging summer heat? Meanwhile, St. James' Settlement also organized an “Electric Fan Donation Day” on 23rd July(Saturday). The all-day event will take place at Room 105, First Floor of our building at 85 Stone Nullah Lane. We invite you to make generous donations to bring to the needy elderly a cooling breeze and a safe passage through the summer heat that puts them off at high risk of heat stroke. For donation and enquiry, please contact 2835-4321 or 8107-8324 for further information.

「因為這風扇，我不再害怕中暑了。」
“Because of this donated fan, I won't be afraid of hot stroke again”



不敢怠慢

「我是從事老人服務工作的社工，為長者解決日常生活困難，是我的職責。」一位專事探訪隱蔽長者的社工何姑娘說：「我服務的盡是獨居無親的老人，故在家訪中往往發現他們有很多生活的困難，是無法自行可解決的；為他們尋求社區援助，當然是我必然的工作。」

「在我接任此工作最初一年，可說是碰壁多於一切，或要等候一段頗長的時間，有關機構才會回電給我，但往往也未能回覆我的轉介申請如何；社會資源有限，確也是理解的。」何姑娘說：「我所服務的社區是香港最貧窮的地區之一，個案求助的數目自然多；而機構的上司也經常對我說，機構資源極有限，所以當我尋不到社區援助時，唯有無奈地讓長者受苦，那時也感到心灰，感到不能發揮社工的職責，不能幫助個案改善生活質素。」

「點解？就以去年8月的夏天為例，我為一名獨居在板房的老人尋求一把風扇，機構說沒有資源購買一把給該位長者，而又無外間機構可助，結果令老人要在火焗的房間熬了一個炎夏！」

「很高興接觸到聖雅各福群會的『慈惠服務』，原先對他們不予厚望可以給予我們援手，因為聖雅各福群會與我們一樣同是非牟利機構，況且現在社會不景氣，受金融海嘯及流感影響，該會怎可有捐贈呢！」何姑娘說：「但我錯了，他們竟於收到我的轉介後，不消一天便致電聯絡我，作出初步審核後，翌日更派出義工作出家訪瞭解；不足三天，他們便轉送由社會人士捐予的電飯煲，使個案不需再用煲煮食了。真是令我及個案驚喜。」

「在我在整個與聖雅各福群會工作人員的接觸中，發覺他們工作效率高，而且事事認真，細心查問個案需要的工作態度，令我也不敢怠慢地配合他們的工作，從中學習了不少；未知，這是否與他們得到社會人士援助的原因？」

Never let up

"I am a social worker for the elderly and, my duty is to help them out on their daily difficulties," said Miss Ho who seeks out the hidden elderly. "People I serve are the living alone elderly. My home visits often found them requiring help in many different areas where self-reliance is well beyond their means. I need turning to the community for help to improve their living conditions."

"The first year when I picked up this job, I came across many obstacles or had to wait long before the relevant organization would return my call and often without giving specific answers to my referral. That is understandable as resources are limited," said Miss Ho. "The district I serve is a poor district and requests for help are many. My supervisor often told me that when we run resources of our own and fail to get additional resources from outside, we could only turn a blind eye to request for help. I was not comfortable and ashamed of myself for not being able to help them."

"Why? Take for example, last August when a living alone elderly requested an electric fan, our institution could not afford buying him one and no other association could come to our assistance. The final result was that he had to sweat out the hot summer in his room."

"We are very happy to get in touch with "Philanthropy Services" of SJS. Initially we did not hang high hope for their support as there are many non-profit making welfare institutions like us in Hong Kong and under current global economic crisis, will they be able to get the necessary fund from donations?" said Miss Ho. "I was wrong. In less than a day after receiving my referral, they phoned me back and after preliminary review, they sent someone for home visit. In less than three days they sent us an electric rice cooker for the case on hand. What a happy surprise!"

"In my association with SJS, I have found their efficiency high and work diligent and focused. They paid attention to details of every case and serves as a good example for us to learn. This may perhaps be why they manage to get support from the community at large."



可有誠意 服務老人？

問：我非常支持「電器贈長者」慈惠服務，以能幫助一些貧而無依老人對電器的需求。既然你們並無政府資助，為甚麼我致電8107-8324熱線時，你們總是強調只收使用5年以下、又要運作良好的電器？應該是無論年份與好壞都要收才對。還有，你們在接聽我第一次電話時，不能即時承諾依照我所指定的日期與時間收取電器。你們諸多解釋，更令我感到藉口多兼毫無誠意，完全無心推行這項依賴捐贈的服務。你們應該抱著「來者不拒」的態度全數收取捐贈的電器，方才是幫助老人。

答：實在非常感激 閣下對我們的「電器贈長者」計畫的支持與意見，讓全人時刻作出檢討。感謝善長的捐助及義工的支持，在兩者缺一不可的情況下，讓我們得以服務弱勢老人。

年邁無助的老人是社會上最無力改善生活的一群。我們所募捐的電器，必須切合他們的需要，對他們真正有用；例如我們是不收取微波爐的，因為大多數老人不知如何使用、「大眼雞」洗衣機也不收，因為我們所服務的全是獨居或兩老共住的個案，年齡多是70歲以上，蹲下使用洗衣機可能會跌倒或扭傷身體，若因此而發生意外，是沒有旁人可即時予以援助的。

在「迎合老人群體特定情況及需要」的前提下，我們的服務必須「到位助人」才可達到善長施惠的目的。我們不能凡是電器都收，因為若一旦收取而沒有長者需要，豈不是有負大家的期望？有關我們要收取的電器詳情，煩請進入www.thevoice.org.hk/electrical/details.htm瀏覽。

DO WE SINCERELY SERVE THE ELDERLY?

Q: I am very supportive of the Electrical Appliances for the Elderly program which meets the needs of helpless elderly persons for electrical appliances. Since you get no government subsidy, why is it that when I call your hotline 8107-8234 you always emphasize that you only accept electrical appliances less than five years old and in good running condition? You should accept appliances of all ages and in any condition. Also, you never can promise to collect up the appliance on the day and at the hour of my choice on my first phone call. Your many explanations sound like excuses totally devoid of sincerity or any desire to provide a service entirely dependent on donation. If you truly want to help the elderly, you should accept all donated appliances without fail.

A: We are very grateful to you for supporting our Electrical Appliances for the Elderly program and for offering your comments, which are helpful to us in examining our own performance. We are grateful to both our donors and our volunteers. We would not be able to serve the elderly without the support of either.

Helpless elderly persons are the sector in our community that is least capable of improving their livelihood. The electrical appliances we collect must really meet their needs, really useful to them. For example, we do not accept microwave oven, because most old people don't know how to use them. The same goes for porthole-type washing machines, because all our cases involve elderly people who live alone or elderly couples, mostly over 70 years old. They may fall or strain themselves when they squat down to use the washer. If an accident happens, there is no one around to help them instantly.

Under the premise of "meeting the specific conditions and needs of the elderly," our service must really be helpful to the recipient if it is to achieve the purpose of our donors' charity. We cannot take in appliances indiscriminately, because if they are not needed by the elderly we would be failing our donors' expectations. For detailed information on the kinds of appliances we hope to collect, please brows www.thevoice.org.hk/electrical/details.htm.

Elderly people in need of electrical appliances only qualify for the Electrical Appliances for the Elderly program if they get no support from any community resources. Our experience gained from years of operating the program tells us that appliances over five years old are very likely to require follow-up service, meaning that we will have to assign volunteers to make repairs "for life." Repairs become even more impossible if they also require the purchase of spare parts, as we receive no subsidy. As for collecting the electrical appliances from donors, it is all done by volunteers who are only available during their spare time.

That is why we cannot promise you right away when the collection can be made. If you have a donation or comments to make, please call our hotline 8107-8324. We will sincerely listen to you with great sincerity anytime.



得著後捐助的行動

家母患氣管毛病、心臟病及痛風等疾病多年，為了能令她依時服食藥物，我會購備數個藥盒，將她每天要服食的藥全部放在一個藥盒內，以方便她拿來服食；由於她非常活躍，每次當她出外時，我還教她將藥盒放在衣服的內袋，以防忘記服食；以上種種安排已實行多時了，但她有多種病時好時壞，自問連她的起居及飲食也全程照顧，她的病情怎會不受控制呢？

從朋友介紹得知聖雅各福群會辦有「藥療輔導服務」，當時感到藥劑師的工作只是在藥房派藥，在治理疾病上根本並無功能，反正此項服務是免費的，因為媽媽當時患病在床，便致電申請「到戶藥療輔導服務」。

當藥劑師檢視她的藥盒後，竟連續指出令媽媽病情反覆的原因，為能令她容易用水服食藥物，原來我是不能預先將她的藥片切成數角，因為此會令藥物成份在短時間內被完全釋放，致令她服藥後有不適的問題；而藥盒太貼近身體，體溫是會令藥物變效、藥丸是不能如雜糖般放在一起，因為此會令藥物變質變壞、有些藥物未服食前，也是不能放在透光的盒內的。多年來令她的病情反覆，可能是我一手做成；自問知識份子，也有此無知行為，真是汗顏。

家中一人有病，其家人也會受影響到，所以我認為此項藥療輔導服務，實應在社區廣泛推行，以令病人及其家人知道正確的藥物存放、服食方法、藥性與藥能等知識，不致因無知，致錯誤用藥，影響到病情的控制，也令家人擔憂；所以我決定捐款支持此有意義的服務，希望能幫助擴大推行服務時，以助財政上支出的需要。

Donate after wising up

My mother has bronchitis, heart and gout problem for years. I made sure that she took her medications conveniently and on time by putting her daily drugs in various drug boxes. She is very active. Whenever she went out, I told her to put the boxes in the inner pocket of her clothes so that she wouldn't forget to take them. That has been done for a period of time. But the condition of her illnesses retrogressed and improved alternately. I wondered why her illnesses were not under control as I even took care of her diet and daily activities.

I learnt through friends of the Pharmaceutical Care Service for Patients Project organized by St. James' Settlement. At first, I felt that the work of pharmacist was to dispatch medications in a dispensary. Healing is not their concern. One time Mum became bed-ridden. I rang to apply for the Out Reach Pharmaceutical Consultation Service since it is free.

After the pharmacist examined her drug boxes, he pointed out why the condition of her illnesses retrogressed and improved alternately. I cut up her pills into smaller bits in advance so that she would find it easier to swallow. This caused the composition of the drugs to release completely within a short time. That explains why she felt unwell after taking the drugs. Since the drug boxes were stored close to her body, her body temperature affected the effectiveness. Pills should not be stored together like candies because that affects the effectiveness and quality of the drugs. Some drugs mustn't be stored in transparent containers. So I was the culprit who brought on the adverse changes to her illnesses. I was really ashamed of myself and I thought I was knowledgeable and knew what to do.

Members in the family are also affected when one of them is taken ill. Therefore, I believe this Pharmaceutical Care Service for Patients Project should be widely promoted in community. This will enable the patient as well his family members to know the proper way of storing, taking, special features and healing effects of drugs. Control of the condition of illnesses will not be affected because of misuse through ignorance. It can also bring worries to family members. So I've decided to donate to support this meaningful service. I hope I can help financially when St. James' Settlement decides to expand this Pharmaceutical Care Service for Patients Project.



星期一至五是社工 週末是義工

Monday to Friday social worker Weekend volunteer worker

當社工30多年的陳炳麟願將一生獻給香港孤寡貧困老人。

With more than 30 years as a social worker, Chan Ping Lun wishes to spend his entire life servicing lonely, widowed and poor elders.

在香港，陳炳麟是個知名老社工。他策劃推行的“平安鐘”，讓無數老人在危急關頭得以救命。當社工30多年，他永不知疲倦地在不同弱勢社群中奔走。車不進、船不到的偏遠村落，獨居老人的家裡，照樣有他關愛的眼神、溫暖的問候。即使是在癌症治療期間，他也支撐起被折騰得孱弱的身子，為弱勢老人服務。

Chan is a well-known, seasoned social worker in Hong Kong. He planned and promoted the Safety Bell which has saved many elderly lives in emergency situations. During all these years he worked tirelessly to serve the disadvantaged groups. He showed presence and care visiting homes of lonely elders in remote areas inaccessible by cars or boats. Even when he was going through radiotherapy treatment for cancer he still dragged his frail body to service the disadvantaged elderly.

“在你30多年社工生涯中，最令你感動和難忘的是什麼？”記者問。

“What has been the most touching and unforgettable incident in your 30 odd years of work as a social worker?” asked he reporter.

“老實說，沒有一件是最難忘的。但最令我開心的，是社會上還有很多熱心的人。做這份工，我一個人力量有限，況且社會工作要面對的，是對全人的照顧。慶幸的是，我有機會認識這麼多好心人，可以通過他們的關心、支持，去幫助其他有需要的人。”陳炳麟笑著回答。

“Frankly speaking, there was none. However, I am most happy in finding many enthusiastic people in our community. My effort in this work is limited, besides what social work involves is to handle an all round aspects for the human being. Fortunately, I have the opportunity of knowing many good hearted people and through their regards and support, we go out to assist those who need help,” said Chan with a grin.

陳炳麟的言語，透著一種信念，那就是將自己有限的精力，投入到為全人服務中去。而跟隨他的足跡，更讓人看到一個不知疲倦的身影。

Chan's words showed a belief, that is to throw in his limited energy to provide an all round service for people. From his foot prints one sees a shadow of no known tire.

開創了許多造福老人先例

Initiated forerunner elderly welfares

1975年，陳炳麟從香港社會工作訓練學院（香港理工大學應用社會科學系前身）畢業後，就加入社工行列。

Graduated from Institute for Social Work Training (the predecessor of Applied Social Science Department, Hong Kong Polytechnic University) in 1975, Chan joined the rank and file of social work.

1995年，他組織發起社區熱心義工參與探訪獨居老人的“老友計劃”（後發展為“長者支援服務隊”探訪隱蔽長者的社會工作），為有支援服務需要的老人提供社區網絡和外展服務。

By 1995 he initiated and organized community volunteers to visit lone living elders under the “Old Pal Plan” (later developed to be “Elders Support Services Team”, visiting secluded elders), provide social network and out-reached services to the needed elderly.

1991年，他發起“三行”師傅等“另類義工”參與義務工作，組織亞洲首隊的“長者家居維修隊”，為貧苦無助的老人服務；同年，他開創“家居健康指導服務”，發動醫護人員包括護士、物理及職業治療師，上門為病弱老人提供家居醫護諮詢及建議；更令香港無數老人至今受益的是，1996年初，他與電台名嘴鄭經翰創辦了長者安居服務協會，為老人安裝“平安鐘”。

In 1991 he organized master technicians of “Three Trades” (plumber, electrician and carpenter), Asia's first “Elderly Home Maintenance Team”, to service the poor and helpless elderly. In the same year, he initiated “Home Health Guide Service” and called on medical practitioners including nurses, physiotherapists and occupational therapists to give advice and recommendations on home treatment and care.

也許是過度勞累，2002年，陳炳麟不幸患上鼻咽癌。在治病的4個月期間，他共接受35次電療，但仍堅持在上午接受電療後，下午繼續工作。“病也要過日子，做些事可以分散注意力。”陳炳麟說。

What benefits most elderly in Hong Kong was his setting up Safety Bell under the Senior Citizen Home Safety Association with Radio Celebrity Anchor Albert Cheng King Hon at the beginning of 1996.

這幾年，他繼續推廣及參與各項創新的社會服務，包括“電器贈長者”、“後顧無憂規劃服務”（為無依靠老人提供殯儀殮葬委託服務）、“食物銀行”、“到戶理髮服務”等等。

Perhaps due to overwork, Chan contracted nasopharyngeal cancer in 2002. He received radiotherapy 35 times in the course of four months and still insisted going to work in the afternoon after the morning treatment. “Have to work and live regardless of sickness, doing something can divert your attention,” said Chan.

陳炳麟拿出一份叫作“Health Bank扶病助弱”簡介給記者看，他說，香港每四人就有一人為長期病患者，更有46%的患者為65歲以上。為此，他從2009年11月開始宣布推出這個全港首創的新計劃，目的是集結社會關懷力量，以解弱勢長期病者在治療過程中所衍生的種種生活及經濟困難與壓力，還推出“視像問藥”，讓患病老人足不出戶就可以看到藥劑師，至今已為大約2000名患者提供視像問藥服務。

In recent years, he continued to develop and initiate new social services including “Electrical Appliances for Elderly (EAE)”, “Funeral Navigation Service” (Undertake pre-arranged funeral services for elderly), “Food Bank”, “Home Haircut Service” etc.

陳炳麟告訴記者，他週一到週五是社工，週六、週日就成了義工，經常拉一幫義工朋友到老人家去幫忙。“盡力做好每件事，是我基本的生活態度。”陳炳麟說。（部份內容被刪去）

Chan took out a copy of “Health Bank – Help the Sick and Frail” pamphlet to show the reporter. He mentioned that one out of four in Hong Kong is a chronic patient and what's more 46% of them are over 65 years old. Hence starting November, 2009 he announced this new and first created in Hong Kong program. Its objective is to gather strength of care in the community to alleviate the stress and resolve difficulties in living and finance faced by chronic patients. Also launched is “video pharmacist” in order that elderly can get doctor's consultation without leaving his home. About 2,000 patients have used this service by now.

Chan told the reporter that he worked Monday till Friday as a social worker and weekends as a volunteer worker. He often tags along a team of volunteers to work on elders' homes. “Do our very best at each job has been my fundamental attitude in life,” said Chan. (contents partially discarded)



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)
 送藥到戶服務 營養福袋 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 Nutritional Baggie For the Weak
 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) Medication Delivery Services
 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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能助人的人，就是有福的人。

He who can help others is the most blessed.