

慈惠月報

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社工的話

Social Worker's Remark

艱難中仍帶點苦

面對社會急劇轉變，引來一些弱勢社群適應的問題，當局的福利資助政策又未能追上需要下，因而令他們求助無門，如何可藉社會人士的關愛，開創有關「慈惠服務」，令匱乏者的困難得可得到解決，是我們竭智盡力工作的目標。

在社福界從事「從無而有」的「慈惠服務」，財政可說是「零」支援，加上是「零」前人的經驗可作參考，故我們視「從零突破」起步，是會「摸黑前行」的社工新天職，方可為苦困者帶來福祉的改進。

推行各種「慈惠服務」多年以來，我們非常感激大家的善款全力支持，使能「到位」地為匱乏貧弱者可有解困解憂的機會；但在推行此些「前無先例」的服務時，善長可知我們亦有另類的樂與苦？

在守舊的業界中，我們時會有被笑指為「不務正業」（從事非傳統的福利事工）、部份同工因不知如開創當中的事工，會有「愛莫能助」的無奈，當中會非常踴躍轉介有關個案給我們，亦有部份社會緊貼我們，學效推出相同的服務。筆者深信，只要社會有需要，我們默默地服務，最終社福界是會有所改進的。

一些非業界朋友，感到我們有「出位」的意圖，誤以為我們會替代他們的工作；更有部份人士認為我們並非他們區內的服務團體，堅拒轉介有需要的個案。我們只是專職幫忙他們的服務中的一部份困難；事實上，若有其他資源可關顧其個案時，我們定會退出服務，因為我們只是無助者的最後資源，並不是取代任何的關顧力量。

有關機構更有嚴禁我們「破壞規舉」的落後思維，有房署高官認為我們進入新屋村為貧老作出裝修工作，是會有滋擾地區秩序的問題，堅決表示：「他一日在工作，一日都不准聖雅各福群會的義工進入。」試問，我們的「長者家居維修服務」，既不收取分毫服務及材料費，只是協助貧老可有一較佳的家居環境，怎會有不軌呢？

開拓「慈惠服務」的前路是艱鉅的，雖然以上部份人士有如此「無知」的表現，但筆者企盼善長們繼續慷慨解囊，令我們可默默地為貧困者服務，漸漸令他們看到服務的成效，改正他們的態度，他朝加入我們服務弱勢社群的大軍。

Difficulty with bit of bitterness

Confronted by the drastically changing world, some of the disadvantaged are encountering fit in problems. Present welfare subsidy policies of the authority are falling behind the need, leaving them nowhere to seek help. How to help the needy out of difficulties through community love and care by initiating charitable services has been the target, taxing our best effort.

The charitable services, starting from nothing to something, in the social welfare sector has zero financial support and no prior experience for reference. Hence we deem starting from scratch, feeling our way in the dark, is the bounden duty of social workers striving to enrich the welfare of those in difficulty.

In the implementation of various charitable services in past years, we are grateful for the generous donation and support by the public at large as it has given us the chance to offer prompt and in place support to the needy. However, have our benevolent donors ever wondered about our unusual joy and bitterness in the implementation of these unprecedented services?

The old school of social welfare workers, have on occasions mocked us not attending our proper duties (not engaged in the traditional social welfare services), some of our co-workers not know how to initiate such work though they may feel it desirous but unable to help; while others may actively refer relevant cases to us; some may follow our footsteps closely launching similar services. The author firmly believes that when such social need exists, they will continue working in silence, hopefully improvement will be achieved in the social service sector.

Friends not in the social service sector may feel we have ulterior motives and think we want to take over their job; while another party may feel we are intruding into their service territory and flatly reject referring cases to us. We are only trying to help them solve part of their problems. As a matter of fact, we will withdraw from the service had they found resources cater their need. We consider ourselves being the last resort to help the needy, not as a substitute for any other caring forces.

The authority with backward thinking has strictly forbidden us 'to break the rule'. One Housing Authority high ranking officer considered us disturbing social order entering new estates and provide decoration services and firmly expressed, "When he is still in his post, no way will he allow SJS volunteers entering the estate." We are providing the 'Home Maintenance Services' without any charges for service and materials and are only helping to provide the poor elderly a better living and safer environment, so what could be our ulterior motive?

The road in the implementation of charitable service is tough and in spite some people may carry such ignorant thinking, the author still encourages benevolent donors to chip in generously to enable us working in silence with fruitful result and change their attitude to join our service for the disadvantaged one of these days.



病過方知社會的關懷

「以前成日聽人講，吸煙有好多壞處，對身體唔好。」對於已經吸煙二十多年的王先生來說，單憑三言兩語，是無法阻止他繼續吸煙的心癮。

58歲的王先生年輕時做過不同行業的工作，「其中以行街推銷員最為辛苦，每天都是日曬雨淋為生活，根本不感受社會的互助關懷！」工作的疲勞令王先生染上吸煙的習慣。「最初期，身體無咩明顯嘅問題出現，但到咗差不多50歲果年開始，就發現患有氣管疾病，肺氣腫，果陣先開始知驚！」直至99年，「當時，係我人生一個好大既轉捩點，當年我認識咗我內地的太太，令我堅決戒煙！」戒煙後，王先生在戒煙會任職朋輩輔導員，每月幾千元的月薪要養活太太和剛出生的女兒。

去年，王先生的病情惡化，醫生命他長期24小時使用氧氣機協助呼吸。王先生被逼辭去朋輩輔導員的工作，靠綜援金維生。每月扣除基本開支如租金、電話費、醫療儀器租機費、水費、煤氣費後，只剩下六百多元。王太太暫時未有香港身份證，只好每兩個月申請雙程証來港照顧王先生。「我太太又唔可以申請綜援，現在只有我一人的綜援金，要餵飽三個人的肚，談何容易！我每個月只可給太太和女兒幾百蚊嘅生活費咋！」王先生一直很歉疚沒能讓妻女過安穩的日子。

24小時長期開啟氧氣機，雖有政府每月的電費補助，居於九龍區的他，每期除其他用電的開支外，單只以氧氣機的電費計，他仍要支付約\$576元，對經濟緊絀的王先生，真是難於應付！「以前吸煙要花很多錢，現在因為吸煙患上疾病，又要花一筆錢。回想過去，真的後悔莫及！」

我們收到王先生的個案，很希望助他減輕經濟壓力。可惜本會的「電費助貧弱」資源有限，只能資助他每期醫療電費支出的八成即\$461，而且以半年為限期。「但這已是很好了，因為這樣已令我可以暫時紓緩財困，你們已盡了力了。」王先生對我們的難處顯得非常瞭解地說。



There's Love in the World

"I often heard people say that smoke is harmful to health," but such warnings did not stop Mr. Wong, who became addicted to smoke for more than 20 years.

Mr. Wong, 58, worked in different trades in his youth. "The hardest job was making calls as a salesman. You have to go out come rain or shine, and you are constantly drenched in rain or your own perspiration, at that time, I really felt that there was no mutual help among us!" Exhaustion from work turned Mr. Wong to smoke. "At first I had no obvious health problem. But when I reached about 50 I began to have a respiratory problem – emphysema. Only then did I see the danger!" Then came the year 1999. "That was a major turning point in my life. I met my wife from the mainland, who told me to quit smoking!" After quitting, Mr. Wong became a peer counselor in an anti-smoke organization, earning several thousand dollars a month with which he supported his wife and new-born daughter.

Last year Mr. Wong's condition worsened. To help with his breaching, the doctor put him on an oxygen machine round-the-clock, on a permanent basis. Mr. Wong was forced to resign from his job to live on CSSA. After paying his basic living expenses like rent, telephone bill, medical equipment rental, water and gas charges, he is left with only some 600 dollars a month. Mrs. Wong does not have a Hong Kong identity card yet. She can only apply for a two-way permit every two months to come to Hong Kong to take care of him. "My wife is not entitled to CSSA, so I'm the only one getting CSSA and must feed three mouths with it. It's not easy! I can only give my wife and daughter several hundred dollars to live on every month!" Mr. Wong has always felt he owes his family a more comfortable life.

To keep an oxygen machine turned on 24 hours a day thought he has a electricity bill subsidy from the government he has to pay about \$576 for the oxygen machine as a China Light customer. Already in financial straits, Mr. Wong also has to pay for other regular usage of electricity. "I spent a lot of money on smoke. Now I just spend a lot on an illness caused by smoke. How I regret it when I think back!"

We are very eager to help out Mr. Wong. Unfortunately, with its limited resources, our Power Subsidy Program for the Ailing and Handicapped can only pay for 80% of his electricity charges for using the oxygen machine, i.e. \$461, and the subsidy lasts only 6 months. "But that is very good already; it gives me some temporary relief, you have helped me a lot with your ability." Mr. Wong understands our difficulty.

現在，王先生終於感受到人間的溫暖了。
Mr. Wong now feels the community's concern after ill-sick.

支付電費令生計受困 病殘者盼善款助保命

每月能有一萬五千元的收入，相信會惹來不少低收入家庭的羨慕；但對於江先生來說，這些錢絕對不夠維持他的生活所需。

江先生與太太及一名外傭，每月靠一萬五千元的綜援金為生；江先生是一名全癱病人，只有眼睛可以活動，需要進食流質食物，及需要別人協助大小二便，並依賴大量醫療儀器才可維持生命。氧氣機、氣墊床、製氧機、抽濕器、抽痰機……都是江先生賴以維生的醫療器材，但這些器材的耗電量亦十分高，每期的電費差不多一千五百元。

江先生於三十多歲時，發現患上一種罕有的肌肉萎縮症，這種病沒有先兆，而且病情發展迅速，在尚未有藥物治理病情下，患者的肌肉會逐漸無力至癱瘓，而且隨著說話、吞嚥和呼吸能力都會不受控地衰退，直至呼吸衰竭而死亡。

縱使江太太早已知道結果，但她仍然對江先生不離不棄；江先生現年51歲，江太太已經照顧了江先生差不多二十年，由於要長時間照顧江生，她早已有頸骨及腰骨勞損等毛病，近年才獲社署資助聘請了一名外傭以協助照顧江先生。

可能會質疑，一萬五千元的綜援，為何交了一千五百元電費後便有困難？目前有當局一千八百元的電費補助，還有經濟的壓力？江太太苦笑說：「扣除租金、外傭薪金、租用醫療儀器的租金，只餘下三千元，還未計食用及其他醫療用品的開支，你話夠嗎？」「從今年7月起雖持續一年每月有\$150的電費補助及多一個月的綜援金，無疑會給我喘息的機會；但願每人\$6,000，即合共\$12,000盡早到手啦，以助我清還向朋友借下來的多年債務；他的病情日漸惡化，往後更須金錢照顧他，真是不知如何是好！」一貧如洗的江家，家徒四壁，連基本的傢俱亦欠奉。

有人說「錢能解決的問題，就不是問題」，江太太每一天都需要為錢煩惱，永遠都被罩在生活困境中。你能伸出援手，助一群如江太太般的殘病人士家庭，因要使用醫療器材保命衍生支付電費而影響日常開支的問題嗎？支票抬頭請書「聖雅各福群會」，背面註明捐賜予「電氣助貧弱計劃」，擲寄香港灣仔石水渠街85號一字樓105室。施善查詢：2835-4321或8107-8324。



Power payment helps keep handicapped patient alive

HK\$ 15,000 is not a bad monthly income to low income families, but to Mr. Kong is hardly enough to meet his need.

Mr. and Mrs. Kong and a foreign domestic helper live on a monthly HK\$15,000 CSSA. Mr. Kong totally bed-ridden, the eyes are his only moving parts, lives on nutritious fluids, requires help for waste excretions and depends on massive medical equipment to stay alive. The oxygen machine, air-mattress, oxygen maker, humidifier, phlegm extractor etc. are his life saving medical equipment and high power consumers - close to HK\$1,500 a month.

Mr. Kong is suffering from a rare muscle degeneration disease, no prior symptom but rapid deterioration. In the absence of effective curing medication, patient's muscle strength sapping day after day until paralyzed; followed by loss of control in speech, ingestion, and breath and death for breathing failure.

Mrs. Kong is knowledgeable about this outcome but she refuses leaving him. Mr. Kong now 51 years old has been under the caring of his wife for close to 20 years and that has created degeneration in her neck and back. It was only in recent years that the Social Welfare Department financed her hiring a foreign domestic helper to assist looking after Mr. Kong.

One may question why with HK\$15,000 CSSA a month they still have difficulty paying the HK\$1,500 monthly power bill? Why is there still financial pressure with the government providing HK\$1,800 power subsidy? Mrs. Kong answered with a bitter smile, "After deduction of housing rent, the maid's wage, medical equipment rentals we are left with only some HK\$3,000, what have not been accounted for are food and other medical expenditure. Would you say that's adequate?" "Beginning this July, though for a year we will get HK\$150 a month in power subsidy and get paid an extra month's CSSA amount which undoubtedly will give us additional breathing space; and I wish the HK\$6,000 for each person or HK\$12,000 for the two of us will come sooner into our hands. It will help us pay back some of the loans from our friends. His condition is worsening day by day and I need money to take care of him. I really don't know what next to do?" The walls are blank in the poverty stricken Kong family and absence of basic furniture.

People may say that whatever problem solvable by money is not a problem yet Mrs. Kong has to worry about money day after day. So if you are prepare to help handicapped patients' families like Mrs. Kong for tuse of power medical equipment, please send donation by cheque beneficiary St. James' Settlement earmarked for 'Power Subsidy - Ailing & Handicapped' and mail to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation and inquiry hotline: 2835-4321 or 8107-8324.

欠缺援助支付醫療器材電費，只有靜待病情惡化的江先生。

Mr. Kong awaits condition to worsen in silence for lack of power subsidy support



需要電飯煲的 背後原因

「雖然可以去中心搭食，但遇中心假期及星期日休息時，就要出街食飯，好貴呀！」李萍婆婆的電飯煲最近損壞，而一時間未能更換新的電飯煲。

依賴綜援為生的李萍婆婆獨居沙田隆亨邨一單位，退休後除參加附近老人中心的活動，以消遣時間，早、午及晚三餐均在中心享用。

「因為三餐都可以在中心享用，我可以節省多啲錢，使我可以參加中心活動，真係好開心呀！」

李萍婆婆透過中心社工轉介本會申請新的電飯煲。

基於參加社區活動是長者基本生活需要，為能瞭解其實際用度，本會派出義工作出家訪審核，經義工回報李婆婆參加的是一些「自我照顧」的學習班，對其獨居生活確有裨益，故推介送她一個電飯煲；由於其家中的電熱水壺亦已損壞，義工亦推介多送一個電熱水壺。

Reasons Behind Needing a Rice Cooker

"Although I can have free meals at the Centre, when the Centre is closed on Sundays and during holidays, I have to eat out which is very expensive!". Madam Lee Ping's rice cooker at home broke down recently and could not find replacement.

Madam Lee Ping is an elderly woman living on her own in Shatin supported by the Comprehensive Social Security Assistance. After retirement, she actively participates in activities organized by the Elderly Centre in her neighbourhood. She spends nearly all her time there and has all her meals at the Centre.

"As I can have all 3 meals at the Centre every day, it saves me a lot of money which allows me to participate in the activities of the Centre. I'm very grateful for that!"

Madam Lee Ping recently enrolled in some courses managed by the Centre and her application for getting a new rice cooker was transferred to St. James' Settlement through the social worker of the Elderly Centre.

In order to assess her need for a new rice cooker, our volunteers visited Madam Lee Ping at her home. According to the report by our volunteers, Madam Lee Ping was enrolled in various courses at the Centre learning to take care of herself, which was constructive to helping her live on her own. After assessment, our volunteers recommended giving Madam Lee Ping a new rice cooker and a new water heater as her old water heater had broken down as well.



「多謝善長的捐贈，幫助我改善生活質素。」
"Thank you very much for all your concern and help me to improve my living."



貧老急需雪櫃 免夏天食物變壞

香港位處亞熱帶地區，肉類食物必須保鮮，方可免於變壞，但並不是每一個家庭都擁有雪櫃的，尤以一些貧而無助的獨居長者而言。

「去年入冬時，適逢用了超過25年的雪櫃壞了，當時又跌倒，要花掉所有積蓄睇醫生，結果當然無法購買一部新雪櫃啦。」大部份牙齒經已脫落的82歲李婆婆說：「我自跌倒後，行動較以前困難，現在每次出外買菜要買兩天的餸菜，但又欠缺雪櫃，魚肉很快便有異味及變壞，而蔬菜不出兩日便會變黃變老，我近年身體又差，又無牙，無辦法吃下肚，唯有拋掉，真係好像倒錢入海一樣。」

李婆婆乃聖雅各福群會「電器贈長者」申請雪櫃的個案之一。

「我多數會一次煮定多餐餸菜，有雪櫃時，我都會將一碗碗的食物放滿雪櫃裡。」於搬入現居住單位前，因舊居雪櫃太殘舊，不能搬動而被逼將之拋棄的69歲林伯伯說：「現在氣溫日漸升高，無雪櫃放食物，唯有每餐出外食。出外吃得多，除要花費多外，更對身體無益。每月靠兩仟多圓綜援為生，現在花費多了，更無能力購買雪櫃啦。夏天又來啦，我想餘生再無望改善生活質素了。」

負責「電器贈長者」慈惠計劃的社工說，每年盛夏來臨，需要雪櫃以改善生活的個案便日漸增多，現正有25個輪候個案，當中更有10名以上已苦候超過3個多月。隨著氣溫上昇，欠缺雪櫃冷藏食物，餸菜更容易變質，若長者一旦冒險食下，便會影響到健康。

聖雅各福群會現正四周尋找資源，盼可籌得二手雪櫃（使用5年以下、5尺以下並運作良好的）及募得善款，向這些無助老者送上雪櫃用以保鮮食物，免因吃下變壞的食物而染病，或被逼拋棄食物而造成浪費。大家除捐賜舊雪櫃外，欲捐款者請將郵寄香港灣仔石水渠街85號收。支票抬頭請寫「聖雅各福群會」，支票背面請書明捐予「電器贈長者」。施善查詢，請電2835-4321或8107-8324。我們的網址是：www.thevoice.org.hk。



URGENT: REFRIGERATORS NEEDED

In Hong Kong's sub-tropical climate, meat must be kept from spoiling. Yet not everyone has a fridge, and this is particularly true of needy elderly persons who live alone.

"Last winter, my 25-year-old fridge broke down. I also had a bad fall, and seeing the doctor took up all my savings. Naturally I wasn't able to buy a new fridge." Grandma Li, 82, has few teeth left. She said, "Moving about has become difficult for me since my fall. Now I must buy two days' groceries in one outing. But I don't have a fridge. Fish and meat begin to smell in no time, and vegetables turn yellow and tough. Food like that is impossible for me to eat with my poor health and few teeth. I can only throw it away, like throwing good money into the ocean."

Grandma Li is one of the applicants of our Electrical Appliances for the Elderly program.

"I like to cook enough food for several meals all at once. When I had a fridge, I used to store bowls of cooked food in it." Uncle Lam, 69, had to abandon his old fridge when he moved to his present home. It was too decrepit to move. He said, "It's getting warmer. Without a fridge, I can only eat out, which is not only costly but also bad for my health. I live on less than \$3,000 Comprehensive Social Security Assistance a month. My increased spending makes a fridge even less affordable. Summer is coming again. I don't think I can live any better."

According to the social worker responsible for the Electrical Appliances for the Elderly Program, applications for refrigerators increase with the approach of summer every year. There are now 25 cases on the waiting list, including more than 10 who have waited for more than 3 months. As the temperature rises higher, food will spoil more easily. It can be very harmful to health if an elderly person takes the risk of eating spoiled food.

St. James' Settlement is looking for resources to present the elderly applicants with refrigerators to keep their food fresh, so that they will not get sick from eating spoiled food, and won't have to waste food by throwing it away. We welcome both second-hand refrigerators (less than 5 years old, under 5 feet and in running condition) and cash donations. To make a cash donation, please write a check payable to St. James' Settlement, specifying on the reverse side that it's for the Electrical Appliances for the Elderly program, and send it by post to 85 Stone Nullah Road, Wanchai, Hong Kong. For enquiry please telephone 2835-4321 or 8107-8324. Our website is www.thevoice.org.hk.



暫鬆一點壓力 多謝

「全家只有\$16的積蓄，沒飯吃捱餓我和媽媽也沒有問題，但爸爸沒有錢買藥治病，才是令我們最感害怕的事。」Patsy(假名)自年前大學畢業，本想從事心儀的新聞工作，唯因入職的薪酬偏低，故選於酒店工作，才可有近二萬元之收入，以令全家紓減經濟壓力。

Patsy與年63歲患有多種疾患的父親及母親居住於港島區一公屋，早年因父親需要治理疾病，不能工作於積蓄耗盡後，而其尚在求學中，為了自費購買藥物及應付全家生活所需，其父親被逼向財務公司借貸度日；畢業後，為要償還欠款，Patsy每月要將其月薪近90%以作償還債務，因而也令她向銀行借貸，以令父親可有財力治病及全家能可應付基本生活開支。

「我的日常生活已很節儉，沒有社交應酬，朋友都誤以為我性情孤僻。」長期經濟困頓下，她全家晚上早已只吃麥皮加白飯餬口。事實上，尚在有工作時，Patsy在酒店經常將廚餘帶回家，訛稱用作餵流浪貓，實乃作父母親之「加餸」，以補充他們的營養所需。「爸爸也曾因餓暈而被送入醫院，現時我們亦欠了多個月租金，房署也多次催促我們要交租，但我真是完全沒有辦法解決，因我已失業個多月，怎有能力呢？」因長期「孤獨」以避免消費，致缺乏朋友，Patsy確是缺乏友儕之援手。

「還幸，媽媽獲批准破產，少了一間財務公司上門來追數，以及在此時多謝聖雅各福群會給我們食物作充飢，亦撥出濟急善款為爸爸購買腎病之療病藥物、醫療用品以及一切有關治病開支，真是給予我極大的應急援助，給予我極大的希望。」Patsy說話時眼中充滿淚水地說：「雖然我與父親也要面對債務的問題，但總算是，暫時助我稍為鬆了一點壓力。」

Thanks for temporary stress relief

"The whole family is left with but \$16 in saving, without money my mother and I could have gone without meals, but not my dad without the medicine for his illness and that really haunted us." Patsy (alias) a graduate from the university year before last wished to work as a news reporter she fancied but chose to work in the hotel industry, earning her close to \$20,000 a month to ease the family financial position.

Patsy lives with her mother and multi-diseased father in a public housing estate on the Hong Kong Island. As he was unable to work after being ill while she was still in school, so after exhausting family saving, her father took out loan from the financial institution to pay for medication and family living. After graduation, Patsy used close to 90% of her salary for loan repayment. As a result she had to borrow from the bank for her father's medication and basic family living.

"I live frugally, no social activities and my friends mistook me as a loner." She used to take oat and rice for dinner. In fact when Patsy was still working in the hotel, she took kitchen left-over home saying for feeding wandering cats but in fact as supplementary nutrition for her parents instead. "My dad had passed out for lack of food and hospitalized. We are behind in paying our rent for some months and the Housing Authority has urged us for the rent payment many times which I can do nothing as I have been unemployed for quite a while. What can I do?" As Patsy has no friends due to long time isolation for lack of money to socialize, she finds no help from her peers.

"Fortunately her mother has been granted bankruptcy, so there is one less finance company going after the family for loan pay back. In addition we get timely food stuff to fill our stomach thanks to SJS and they also made provision from an emergency fund for dad's medication, medical supply and disease related expenses, all helpful in giving us hope." Patsy said with tears in her eyes, "Though my dad and I still have to face our debt issue, but in general we are temporarily off the hook with some what less stress."





善長給予的關懷與支持

本會為社會無依貧乏人士提供的所有「慈惠服務」，眾所皆知，乃全賴善長捐款支持，俾可有財力應付服務的支出，以及義工的參與，以達完成助人的目標；唯有幾許善長及義工們知道受助者得著幫忙後的歡欣喜悅呢？

日前我們收到現正領取綜援年80歲的顧伯伯謝函，正好讓我們呈示給大家，藉此讓大家知曉你們施善後，為無依無靠者帶來窩心的關懷。

在這個「家居維修服務」的個案中，我們在收到社工的轉介後，了解到顧伯伯家中洗手盤的情況十分危險，除了造成他的生活不便外，亦危害他的生命安全。我們一向牢守著善長的施善指令，當即派出義工前往為顧伯伯修理搖搖欲墜的洗手盤，當天便即時為他解除威脅安危的家居陷阱。

此正是表現出全靠善長的捐助及義工們的支持，我們才能夠持續為獨居貧困長者提供“兩不”的維修服務——不收人工及不收材料費之餘，最終令受助人得到幫忙及解去生活上的困難。冀盼善長們繼續慨助我們的服務，使長者在孤苦及拮据的晚年生活中，能夠感受到社會對他們的關愛及支持，以下是受助人顧伯伯的親手撰寫的致謝信：

敬啟者：

本人顧鑫泉為東華三院老人中心的會員。前二年前左右，廚房中洗菜盤去水漏水，承東華三院一位社工與聖雅各福群會聯絡，派出一位義工進行修理，該位義工認真及高超的修理技術幫助修理後，至今完好並無漏水。

近日洗手間洗臉盤固定在牆壁的螺絲生鏽腐蝕，有跌落的危險，經東華三院介紹，聖雅各福群會再派出一位伍師傅前來替我維修。當天氣溫極高，伍師傅滿身大汗，從下午5:00 至6:45，沒有休息，沒有怨言，比付錢修理的師傅的工作態度更為認真，全心全力為我服務，實在令我感動及感激。

聖雅各福群會以愛心集合義工，又跨區幫助有需要的長者，本人受惠之餘，深受感動，特來信表示感謝及讚揚，並頌萬事如意。

感謝人 顧鑫泉

Thanks for your benevolent support

Our "Charitable Services" is widely known in the community. It relies solely on the generosity of benevolent people and volunteer workers. However, how many of you realize the joy of our beneficiary upon receiving your support and help?

We received the other day a thank you letter from an 80 years old Gu who lives on CSSA. We hope through his letter, you come to realize the gratitude of the helpless beneficiary on what your contribution have done for them.

In this "Home Maintenance Service" case, after referral by a social worker, we come to realize Gu's wash basin is in a very dangerous situation, not just inconvenience, so we sent out a volunteer worker to help fix his shaky basin and eliminated the hazard in his home the same date.

This is exactly what your contribution and the volunteer workers have done to enable us keeping this "double no" service, that is no charge for the provision of material and labour in its course. Here below is the thank you letter written by old man Gu.

Dear Sir,

I am Gu Yum Chuen, a member of Tung Wah Hospital Elderly Centre. Two years ago my kitchen sink leaked, one of the hospital social worker contacted SJS and you sent out a volunteer technician to fix it. His skill was so good and there is no more leak since then.

Recently, the anchor bolt of the wash basin in my washroom got so rusted and there was danger of the basin falling down. Through the hospital getting in touch with SJS, they again sent a master technician Ng to help fixing it. That date was very hot and master Ng worked all time from 5:00 – 6:45 p.m sweating without rest and complaint. The extend of his concentration and seriousness at work was even better than that of a paid technician and I am deeply moved by his whole hearted service attitude.

It is with care and love that SJS congregated its group of volunteer workers, servicing elderly cross districts. Being one of their beneficiaries, I would like taking this opportunity to thank them heartily and wish them well and success in their future endeavour.

Gu Yum Chuen



本港首創生前預繳殯葬 令參加者圓夢死而無憾

「我雖然安排了後事，但不等於我即刻會死。」一位年59歲患有高血壓的黃太說。「我已揀選了棺材、殮葬儀式等事宜，已交了費用，到時唔使憂心後事無人理，他們就會按照我的意願去做，為我做最後嘅事，我可以走得安樂，真正死而無憾。」

雖然死亡一向是中國人傳統上的忌諱，但大部份人對身後事安排避而不談，而昨日竟有一百名年過70歲長者，參加聖雅各福群會舉行的「死亡之旅」，當中部份人更「搶先」報名參加該會的「後顧無憂 生前預繳」規劃服務。

查此本港首個接受市民預先繳付殯儀殮葬費用的服務，已有超過100名老人報名輪候後事的「到臨」。「此服務實與預立遺囑並未有分別，生前訂定及預先繳付有關殯葬費用，正是預早規劃身故後的安排。」據負責人李玉芝說。「我們的服務對象乃是支援較弱的人士，如孤寡者、末期癌症病人，在律師的見證簽署下，預先繳付有關費用，委託我們執行其生前預訂的殯殮安排。」

「我可以預先目睹百年歸老後，我所規劃事件的發生，以及所用的棺木、儀式及最終的落腳地。」一位參加生前規劃服務的隨團老人說。「結婚有準備，退休有準備，死也該有準備，認識棺材山地殯葬也是正常。」該位長者面帶笑容地看著本港最新推出的花園葬時說。

此由本會首創的「棺材山地遊」，不但沒有令老人有半點愁雲慘霧及恐懼的感覺，而且還充滿歡樂，孤寡的長者認為死亡屬人生必經階段，了無牽掛隻身在世能有人照顧最後的一程，亦是一種「好死」，因為生命告終可依他們的控制而落幕。

在整個行程中，在有關殯儀業人士及生前規劃社工的導賞下，遍遊骨灰位、土葬、火葬、墳場、參觀即時的花園葬、親撫壽衣及各式棺木，還熱烈查詢有關服務情況，也教人知道此「生前預繳」創新服務，確可令一眾老人安心離世，真正生活無後顧之憂。欲更加積極面對人生，做自己想做的事的單身市民，不妨去電該會查詢。電話：2831-3232。



Prepaid Funeral Service helps restoring Peace of Mind for those who sign up

‘I have my funeral plan arranged, but it doesn’t mean I’m dying now,’ said Mrs. Wong, a 59-year-old lady who has hypertension. ‘I’ve picked my coffin, I finalized everything and I even made payment already. By settling everything, I understand they are going to arrange everything in the way I wish and I don’t have to worry when my time is due.’

Although death is still a taboo among Chinese and most people would still avoid discussing about funerals in public, over a hundred elderly joined a ‘Funeral Navigation Tour’ recently organized by St. James’ Settlement. Some of them even signed up the Prepaid Navigation Service with SJS right away.

Being the first organization ever in Hong Kong to offer the forwardly planned funeral service, SJS has got over a hundred registrations so far. ‘The service is no different from a will, in which they designate every detail they want in their own funerals. Then they pay and we do the relevant bookings for them way before they die.’ Miss Josephine Lee, the person in charge explained the service idea. ‘Our service targets are primarily those who enjoy little support on their own, e.g. singletons, cancer patients in advanced stages etc. Once they make prepayments under the witness of a solicitor, we are entrusted the responsibility to carry out their instruction on their funeral when the time comes.’

‘I can vividly imagine how everything would happen after I die, my coffin, the ritual ceremony and my final resting place.’ An elderly who joined the Funeral Navigation Tour continued sharing his feeling. ‘We plan before we marry and we plan before we retire, why shouldn’t we plan before we reach our final curtain?’ At the time he was talking, a service provider was demonstrating how ‘Garden Interment’ worked, where the ashes of the dead after cremation will be scattered in a Garden of Remembrance.

The whole navigation tour was filled with joy rather than sadness, as the participating elderly had managed to take death as a natural stage of life. They see a well-organized funeral as part of a well-ended life. It is a blessing because it implies they are able to manage their life well even when it comes to an end.

With the company of social workers and agents from funeral service providers, participants are able to browse through various offers available for urn spaces, ground burials, cremation, garden-interment etc., they can also look for themselves various coffin-designs and have a touch on the burial clothing. Their active involvement during the tour reflects that they gradually accept this concept, i.e. to forwardly plan the funeral for their own selves. After signing up they feel relieved, so they can go on their normal life with genuine peace of mind. Anyone who is interested in the service or wants to share a similar experience, please call 2831-3232 to inquire.

「早認識、早規劃後事，可令我活得安心，無後顧之憂。」

By facing it and plan for the funeral myself, I find the genuine peace of mind.



行善親子兩得益

「現在的孩子太幸福了，要甚麼便有甚麼，完全不用愁。」李女士為「電器贈長者」計劃的長期捐贈者。「我每月都有閱讀《慈惠月報》的內容，覺得很多老人真係好可憐，是值得我們關懷的；而又覺得兒子太浪費，不珍惜所擁有的。」

「我們的家庭收入可能較好，只要兒子需要，便會盡量滿足他，購買給他，漸漸他竟以為所有東西是來之容易，而不予珍惜。」李女士為一所企業部門主管，需經常出外公幹，其丈夫與正在讀初中的兒子相聚的時間甚少，每次都會找話題與兒子傾談，以營做「親子」的機會。

「所以，我每月必會與兒子一起閱讀《慈惠月報》，與他討論當中公公婆婆的需要、需要電器的原因、欠缺電器所引起的生活問題、獲贈電器後對他們生活的改善，以及我們付出關懷後對他們生活的影響等。」李女士除詢問兒子對受惠個案的意見外，更要求其子發表閱讀整份月報後的感想與反應，如留意季節性的需要、長者由申請至獲贈電器的過程所衍生的工作、社會人士捐贈及義工參與的作用，以及處理及解決當中的推行問題等。

「為了使孩子從中學習語文，我還要求他先閱讀英文譯本後，比對中文的內容，以助他學習兩文瞭解的能力。」李女士確有教子成材的辦法。

「為使兒子掌握無助老人生活的真實情況，我會與他一齊做義工，與他一起訪問「電器贈長者」計劃的申請長者，讓他體會貧困缺乏物資的生活苦況，以助他珍惜物質；當然亦可讓他知道父母怎樣助人，從而引導他更關心別人的需要及尊敬我們。」

Contributing to good causes collectively with your family, you may get far more than you expect

“Children nowadays are in an age of abundance, they get almost everything they want” said Ms Lee, who has long been supporting our Electric Appliance for Elderly Program. “Every month when I read ‘Philanthropy Monthly’, I felt sorry for the poor elderly in our society, they truly need our care. I felt sorry for my children as well, they just took everything for granted.”

“Maybe we can afford more comparative to the other families, and we try to fulfill whatever my kid wants, as long as they ask for it. Gradually this makes him think life is too easy and he doesn’t care everything he’s got.” As a department head in a foreign corporation, Ms. Lee needs to travel all the time. Having little time to stay with husband and her only son, she seizes every chance to talk to her son and to be with him.

“We read the ‘Philanthropy Monthly’ together, me and my son. Afterwards we would discuss about the needs of the old people, why they need the appliances, how their lives differ before and after they receive the donated appliances, and more important, the changes we are able to make if we can give our care and concern to the elderly as well, not merely making donations.” Ms Lee tried to get her son more involved with the mishaps in the society. Apart from asking for his opinion towards individual cases, she requires her son to contemplate the whole situation from all angles, e.g. seasonality changes of the elderly needs, how the application process actually takes place, the role of public donations and volunteer involvement, the problems encountered throughout the process and how to tackle, etc.

“I want to improve his language proficiency too. By requiring him to read ‘Philanthropy Monthly’, first the English version and then the Chinese, I believe his understanding on either language would be improved.” Ms Lee undoubtedly has a unique point of view over children education.

“To let him to see for himself the real life situation of those helpless elderly, I do volunteering together with him and we make visits to the elderly applicants in the program, whereby I hope he could understand thoroughly the plights of the elderly and learn to treasure everything he is enjoying right now. Of course I hope he can take us as his role model, respect us more and learn how to care for the others.”



你們欠缺甚麼 電器？

「我在股票買賣中有所收獲，既然錢是賺回來，拿來幫一幫有需要的無依長者，是我的榮幸。」梁小姐是「電器贈長者」計劃的經常捐款者。

「我每月都會閱讀你們的月報，瞭解工作的困難，以助瞭解無依老人的生活苦況。」梁小姐致電本會時說。「究竟本月你們最欠缺的電器是甚麼？欠缺的數量？」

「我有能力，就會捐，而且亦會鼓勵我的朋友捐款支持。」梁小姐不但主動致電關心我們的困難，還積極推動周遭的朋友參與幫助貧老的善工。「我需要知道這些電器的價錢，好使我盡量湊足款項購買。」

「我需要你們寄回影印的單據，以及受助老人的資料。」梁小姐希望透過我們的跟進工作，以可向其他捐款者作出交待。「倘我們有空時，將會探訪他們，以瞭解他們的生活實況。」

非常感激梁小姐於工作忙碌之餘，主動來電關懷，於捐款支持我們的工作外，還主動積極鼓勵她的朋友參與，推動更多善心人士為無依老者解困，確是我們的慈惠服務的福，有著她的此股動力與助力，使社會匱乏長者的生活質素得賴改善。

What appliances do you need?

"I have made some money from the recent boom in the stocks market. With this extra monetary gain, I intend using it to for the need of the lonely elderly. It is my honour," said Miss Leung, a regular contributor to the EAE program.

"I am a regular reader of your monthly newsletter and by going through your work report I can better understand the difficulties of the lonely elderly," said Miss Leung while she called us. "What is really the most needed appliance item and in what quantity?"

"When I have the means, I will contribute and I shall also encourage my friends to support with their contribution." Miss Leung not only actively calls us to show her concern for our difficulty, but also actively promotes our course to friends around her to participate in the meaningful work of helping the poor elderly. "I need to know the price of these electrical items in order that I can come up as far as possible with the right amount of money for the purchase."

"I need your mailing me copies of the receipts and information of the elderly beneficiaries." Miss Leung wishes to work through our follow-up work to report back to those who have made contributions through her. "If we have time we will visit them to understand their actual living conditions."

We are grateful to Miss Leung taking time from her busy work schedule in dialing us to show her concern. Additional to her support to our work, she actively encourages her friends to join in her support to alleviate the hardship of the elderly. With her action and help we are able to improve the living quality of the lacking elderly.



免費長者雜誌 有助聯繫社區網絡

陳曉欣：沛妍，我們小時候看兒童刊物，長大後又會看時裝雜誌，不知道老年，又可以看甚麼刊物呢？

蔣沛妍：我知道有一本免費雜誌，發行三十多年，都以老人家為對象，還找來名人為他們寫專欄，張嘉欣跟這本雜誌的總編輯談過。

「在商言商，(商人)當然討好讀者，長者在商營報紙，其實不容易看到關於他們的訊息，適合他們生活需要看的東西。所以我們(刊物)的名，英文叫‘The voice’，中文叫《松柏之聲》。」

《松柏之聲》的總編輯陳炳麟，每個月也堅持，為長者度身訂造，與他們息息相關的資訊。

短短八頁紙，提供醫護知識、法律解答、申請公屋小貼士、甚至窩心小品。其中兩頁，更找來社會專業人士，義務撰文，包括基督教刊物《時代論壇》總編輯，資深傳媒人李錦洪。

「不要少看《松柏之聲》內，短短的幾百字。其實我們是非常用心去寫。而我寫出來是要讓老人家喜歡看，並且他們能收到訊息，會感動。更加是能夠影響他們對生命，一種積極，樂觀的看法。」

張伯是《松柏之聲》忠實讀者，他形容，感覺是每月都有人將溫暖遞上門。

「我覺得他們寫的文章挺有道理，挺有意思，很高興有群人計報酬，寫文章，做關心我們的事。」

浸會大學社工系教授李建賢指，專為老人而設的刊物，可以加強他們對社會的歸屬感。

「例如七十多歲的(長者)，他認識的人，經常接觸，甚至乎可以幫到他們的人少於五人。《松柏之聲》可以提供服務訊息，藉此服務，建立一個網絡，他們在附近可以認識更多人。大家都是《松柏之聲》的會員，看看怎樣互相照顧，這是最關鍵的。」

他建議，《松柏之聲》可以和免費報章合作，令更多老人接觸到《松柏之聲》的訊息。

廣播新聞網記者 張嘉欣報道

Free elderly magazine helps to connect community network

Chan Hui Yan: Pui Yin, we read children magazine when we were young, fashion magazines when we grow up. What publication can we read when we get old?

Chiang Pui Yin: I know there is one free magazine, in circulation for over 30 years, geared for the elderly, with a number of well-known persons writing its columns. Cheung Ka Yan has talked to the General Editor of this publication.

“In strict business terms, businessmen of course need to give favour to their readers, elders have difficulties finding information appropriate for them in commercial newspapers. Hence our publication is named “The Voice”.

Mr. Chan Ping Lun, Chief Editor of The Voice, perseveres in providing elders with tailor-made and relevant information.

The limited 8 pages provide information on medical, legal, tips on public housing application, even some heart felt articles. Two pages have been reserved for voluntary professional writers in the community to contribute articles; included in this category is Mr. Lee Kam Hung, a veteran media person and general editor of the Christian magazine ‘Christian Times’.

“Don’t take the few hundred words articles in The Voice lightly. They were meticulously written. What I have written are what the elders love to read and know. They also affect their outlook in life to be more positive and optimistic.”

Cheung, a faithful reader of The Voice, describes his feeling as having warmth delivered by someone to his home each month.

“I have found the articles logical and make sense. I am pleased to learn a group of people out there is working for our benefit without remuneration consideration.”

Professor Lee Kin Yin of Baptist University Social Work Department points out that magazines dedicated for elderly can strengthen their sense of community belonging.

“Take for example a 70 years old elder, the people he knows and in regular contact can help at least 5 of them. The Voice can provide service information and use that to set up a network and get to know more people in their neighbourhood. All being members of The Voice, they can then determine how to look after one another is very critical.”

He suggested that The Voice can work together with free newspapers to let more elders getting to know the information in The Voice.

Reported by Cheung Ka Yan, News Broadcasting Network Reporter



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

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<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"/> 營養福袋	<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)：_____

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(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

- | | | |
|---|--|---|
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