

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

該退而不退

相信很多善長均知道筆者原定今年9月退休。但因尚未完成新同工的交接工作，筆者將會再續約三月，至本年12月底，剛巧完成自1977年1月加入聖雅各福群會第34年才退休。

在這34年來，筆者最初乃從事家務助理工作，至1981年才開始負責《松柏之聲》的編務至今。感謝大家的支持與容讓，於編輯《松柏之聲》期間，體驗積極進取的長者如何打造豐盛晚年；當年我還有幸開拓未為社福機構推行的退休人士教育及宣傳的工作，繼續為社會服務創新天。

接手改革《松柏之聲》的內容後，面對人口老化的問題，在竭力向讀者提供資訊之餘，深深感到資助福利服務的不足，也知單憑報導與呼籲，作用有限，因而開始逐漸發動關懷力量，嘗試推行創新的事工：如1977年推行的義工探訪服務；1980年代初期的法律講座；1990年代的老人家居維修服務、電器贈長者、殯儀殮葬教育、平安鐘呼援服務（因欠財力支持，筆者另行在外與鄭經翰等人創辦長者安居服務協會，以推行這項服務）；2000年後，將公關及市場推廣手法帶入社福界中；筆者於癌症受到控制後，更集合大家的關懷力量，分別協助推出食物銀行外，更創辦社福界的第一間藥房，以Health Bank的20多種創新事工，向貧病人士伸援手，以及推行「醫藥同療」的實務，倡導藥劑工作的社區化。

筆者在以上事工上，可說是予人有「蛇吞象」感覺，全賴社會各行業人士，包括社福界、商業、醫護藥業界、文化界、傳播與新聞界、維修及建造界、各業退休人士的協力，方可維持全港性的事工。參與者人數眾多、人脈關係複雜、溝通與處理技巧多端，令人一時難以熟悉與適應。接任的同工在某程度上來說，需要時間摸索，而且除了組織這些事工，還須負責招募、推廣、籌款、洽談、尋找商機從事有收益的工作。

因此，筆者的工作將有三位同工接手，分別負責社區安老服務、Health Bank、《松柏之聲》編務與公關宣傳等。深信他們正式接任後，集結他們三人的智慧，定會加強編者的弱項，大大改進現有服務，還會創出更多新猷，作出更豐富多姿的「到位」服務。

RETIREMENT POSTPONED

Many donors know I was scheduled to retire this coming September. However, as I have not completed the handover of my job, my contract will be extended for three more months, until the end of December. This will enable me to complete my 34 years of service in SJS, which I joined in January 1977.

My 34 years of service began with Home Help Service. I became the editor of The Voice in 1981, and have held the job to this day. Thanks to everyone's support and tolerance, giving me a chance to experience how seniors with a positive attitude build a rich life for their old age. At that year, I had also the good fortune to open up a new undertaking yet to be launched by social welfare organizations -- education for retirees and relevant publicity work.

After taking over reform of the contents of The Voice, in addition to provide useful information for my readers, I came to feel strongly the inadequacy of available welfare funding. Knowing that little could be achieved with mere reports and appeals for attention, I began to mobilize concern and attempted to promote new undertakings: mobilizing volunteers to visit the elderly in 1977; staging legal lectures in the early 1980s; launching the Home Repairs and Maintenance Services, Electrical Appliances for the Elderly Program, education in funeral and burial rites program, and the Safety Bell service in the 1990s (Due to the lack of financial support, I collaborated with Albert Cheng and others to found the Senior Citizens Home Safety Association in launching this service.); introducing public relations and marketing techniques into social welfare work in the new century; and, after my cancer was under control, rallying public concern not only to found Fond Bank, but also to introduce the first social welfare pharmacy -- the Health Bank, offering more than 20 forms of innovative assistance to the ailing poor, promoting close collaboration between the medical and pharmaceutical services, and turning the latter into a part of community life.

In launching the above undertakings, I must have been looked as over-ambitious, attempting the impossibilities. They proved the possibilities with the support and joint efforts of people from all fields and circles -- social welfare, business, medicine, pharmacy, culture, mass media, maintenance and construction, retired persons and etc. Numerous people are involved and the human relations are intricate, it requires communications and management skills which have to take time to acquire and get used to. Colleagues who take over from me need time to feel their way. Besides, they also have to carry other duties such as recruitment, promotion, fund raising, negotiations, and looking for business opportunities in generating income.

My duties will therefore be taken over by three colleagues who will be responsible for community elderly services, the Health Bank, editorship of The Voice and publicity work respectively. I am convinced that the three of them together will bring strength to my weakness, significantly improve the existing services, and initiate new undertakings to provide a richer variety of effective services.



消去抑鬱症的援助

「老來先知健康的可貴，而且才知道有錢的重要性。」70歲的李伯伯感慨萬千地說：「想當年我年青有為，30多歲已擁有物業，生活不愁；但因過份拼命工作，我當然沒有機會結婚；而在另一方面，同時因不注意飲食與作息，因而傷了身體，弄致現在百病纏身。」

「真是人生無常，一場金融海嘯，竟把我與朋友合資的生意衝倒，雖然宣佈破產，沒有被債務纏身，但我已失去了朋友，同時也感到失去了健康……。」他因要耗盡餘力以清還債務，致乏財力購買有關自費藥物治理病情，要入住醫院治理。

「我雖然每月領取\$2,800的綜援，但支付日常開支費用及租金，加上每月分別要去往醫院覆診各項專科病症的交通費後，我實在是所餘無多，怎有能力購藥治病呢？」原來李伯伯患有血壓高、胃病、心血管、肝炎、前列腺、膽固醇等症狀，身體不適除令他倍覺孤獨無依，更使他患有抑鬱症，一度令他有自殺的念頭。「那時真是感到『人又老、錢又無、死是不足惜』，多番求助昔日好友又被拒，更遭受到白眼，真是有世界末日的感覺。」

「那時我真是感到錢的可貴，因為它可給回我健康。」李伯伯說：「就算我在聖雅各福群會的『惠澤社區藥房』，每月用優惠價\$595買肝炎藥、\$165買前列腺藥物，即合共要用\$760，也沒有能力買，你話是不是要死嗎？」

「好彩，當我向聖雅各福群會『惠澤社區藥房』的工作員說出困難時，便即時有社工與我見面，了解我的困難後，他們立刻動用善長的捐款，替我支付近\$500的藥費，讓我可於短期內用約\$300便可購買以上兩種自費藥。」看似再有生存趣味的李伯伯說：「我知道，他們要視乎有沒有善款支持，才會是否再給我長些時間的資助，但總也是給我一點希望吧；總之，有一天過一天，希望在明天。」看來李伯伯的抑鬱症，自從他獲得到本會「贈藥治病」的援助後，病情也沒有了。



The help to eliminate depression

"Health is gold and so is money as one gets old," sighed 70 years old man Lee with mixed feeling. "I owned property in my thirties, no living worries. As I was a workaholic I lost my chance to get married. At the same time, I paid little attention to eating and resting both damaging to health and as a result I am now plagued by many illnesses."

"Life has many surprises, the financial tsunami wiped off my partnership business with friend. I lost everything and declared bankrupt. Though carrying no debt, gone are my friends and my health." As he had spent everything to clear his debt, leaving him no money to buy medication, he had to be hospitalized for treatment.

"Though I am getting HK\$ 2,800 CSSA monthly; after deducting daily expenses, rental and transportation costs going to the hospital, what can I do for treatment medication with that little left?" In fact, Lee suffers hypertension, stomach, pulmonary vessel, hepatitis, and prostate and cholesterol problems. Physical discomfort and loneliness made him very depressed and wanted to take his own life once. "My feeling that very moment was being old and without money, what's the regret to die. I tried repeatedly to get help from friends but to no avail, leaving me the end of the world feeling."

"At that moment I really felt money is crucial as it buys back my health." Lee said, "Even if I can get medication at a discount from the "Philanthropic Community Pharmacy" of SJS, I still cannot afford \$595 for hepatitis and \$165 for prostate drugs, totaling \$760 a month. Without money, shall I just await death?"

"Fortunately, when I told the pharmacy staff of my dilemma, they immediately arranged me a meeting with the social worker; after learning my difficulty, they promptly took money from their donors' fund and gave me \$500 subsidy to buy the said medications which now cost me about \$300 short term." Lee appeared to have regained interest in life and said, "I know that my subsidy relies on donations received before knowing if it can extended. In any case, I just live day by day, hoping to-morrow will be better." It looks Lee's depression have gone away since getting subsidy from our Medication Subsidy Program.

全賴「贈藥治病」的援助，李伯伯才得以購買自費藥，並消去抑鬱。Relying on the subsidy from Medication Subsidy Program, Lee can afford to buy the medications for treatment, and to eliminate his depression.



我們需要你的捐助
We Need Your Donation



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無錢治病 如同等死

梅窩偏僻的山坡上，渺無人煙，在崎嶇不平的泥路上，嚇然發現由兩個鐵皮貨櫃，加上一些破舊的防風膠板，搭建了一間簡陋房屋。它的客廳是沒門沒牆，打風落雨沒遮沒檔，沒想過居住在其中的就是年近七十、罹患癌症的林伯伯。

靠「棺材本」維生的林伯伯於去年十一月被證實患上肺癌，「我無錢，好無助，我好擔心，啲藥好貴，每個月要用一萬七千幾買藥？！我都唔知點算。」無助的林伯伯不禁滴下了男兒淚。

林伯伯現靠每月政府的生果金生活，他打開戶口簿，看著僅下餘數千元，「依家乜都貴，搭車出去覆診都要六七十元一次，我已經自己種自己食，咩野水果、有營養的食物，對我來說只是奢侈品……，一點慳都有用，慳極咪只有一千幾百，我已行到山窮水盡，做人做到冇辦法……。」

沒有煮食爐具，生火要上山砍柴；體弱精神差也令林伯伯無法打理家居，屋內積水和囤積的物品，令其居住環境十分惡劣！林伯伯現在的唯一心願是有錢買藥，保住性命，沒有命其他的不用想！

一個安樂窩，來的不易，在存感恩之心度日的同時，衷心鼓勵你以行動為社會上天天望天打掛的人伸出援手，善施善款項數目不拘，支票抬頭請書：聖雅各福群會，支票背面指定：「贈藥治病」計劃之用。施善查詢：2835-4321 或8107-8324。



Death inevitable if sick and penniless

On a quiet hillside in Meiwo, not a soul around, a derelict house formed by two sheets of metal containers patched with plastic sheets suddenly appeared. The sitting room is without wall and nothing there to stop incoming rain when there is a storm; lives beyond our expectation is a cancer stricken, 70 years old man Lam.

Lam is living on his last saving and was diagnosed to have lung cancer last November. "I have no money. I'm really helpless and worried as medication is very expensive, costing more than HK\$ 17,000 a month! I don't know what to do ..." said the helpless Lam in tears.

Lam now lives on his monthly senior citizen allowance - "Fruit Money". He showed us his passbook which with only few thousand dollars remaining. "Every thing goes up and it costs me some sixty, seventy dollars in transportation for follow-up consultation. I have been growing my own food; fruit and nutritious food are luxury to me. No matter how frugal I stay, it's been useless. I could merely save few hundred and perhaps a thousand dollars at best. I have come to a dead end, a human without means....."

Without cooking stove, firewood has to be gathered from the hill side for fuel; the frail and dispirited Lam fails to look after his own living. The hut with water on the floor and stuffed with lots of things around has made his living environment extremely bad! Lam's sole wish - get money to buy medication to stay alive. What else to think about without life!

A cozy home does not come easy. Whenever you are grateful for your living, please remember there are people out there seeking daily help. Donation of any amount welcome. Cheques endorsed "Medication for the sick" plan can be made to beneficiary St. James' Settlement. Enquiry and donation hotlines: 2835-4321 or 8107-8324.

肺癌引起的痛楚，大大影響林伯伯的生活。

The pain from lung cancer greatly affects the livelihood of Lam



「到位」的捐助

問：我很欣賞你們的工作，因為你們深入基層社會階層，直接幫忙有需要的人，若沒有你們的幫忙，肯定受助人是會繼續生活在匱乏無助的生活中。人若困苦無助，除生活大受影響外，正如你們曾告訴我一名伯伯因電飯煲損壞，再不能煮食，要用煲及火煮食，結果引來「生米飯」，狼狽萬分及在飢餓的情況下，食下去又怕引來胃痛的問題，拋掉也會做成浪費食物的難題。

為支持你們的工作，也替我執行幫助困苦的老人，我打算日內送上10個電飯煲及10把電風扇，以助電飯煲或電風扇損壞不能再修理的老人，可正如你們說起著「適時適切」的關懷，以令我的善款可直接幫到有需要的人，想起你們說的「到位」效果。請問這樣是否一個可行的方法？

答：眾所周知，我們所推行的「慈惠服務」在並無政府的財政支持下，我們非常感謝如你的善心，作出捐助；有著你們的捐助，才可令我們可走入社會基層市民，如貧困老人、殘而不能自助，以及患上重病失去工作的人士等，賴著大家的施善指示，為他們解困生活的必需，以可有直接地的援助，以改善他們的生活質素。

非常感激你對我們的體貼支持，在我們服務貧困無助個案中，家中的電器一旦損壞而不能修理，可往區內社福機構向社工提出轉介參加本會「電器贈長者」計劃；由於要經過審批及贈送電器需時，有可能花掉數天時間；在沒有該要用的電器以應生活所需，長者的生活肯定是非常不便；你事先體貼捐賜「電器贈長者」計劃有關電器，確可令我們無需再花時尋求捐助，以應符合資格援助的長者急需，使我們可即時送出貧老所需的電器，幫助解決他們生活的難題，方才確是真正的「到位及適時適切」的關懷。

事實上，善長們購贈有關電器予「電器贈長者」計劃前，懇請事先與我們聯絡，以了解正欠缺而輪候較長時間的電器，以助大家作出購買前的決定，以是我們可以提供更「到位」的援助(亦希望大家可將購買的單據擲來，給我們奉回收據，以作為捐款收條，以令善長們可用作扣稅之用)。沒有善長們捐賜的電器，我們確確切切是不能令「慈惠服務」起著「到位」的效果的。

“Spot On” Donation

Question: I appreciate your work very much: you reach out to different sectors and classes in the community, directly helping those who are needy. Without your help, I'm sure the service recipients would have continued to live in hardship helplessly. When someone lives in hardship with no one to help, not only will their living conditions be seriously affected, but as in a case you have told us: an elder cooked rice with fire because his electric rice cooker broke down, and as a result the rice was not well cooked and he became desperate: if he ate it to keep himself from starving, he could suffer from stomachache; on the other hand, it would be wasteful if he discarded the rice.

In order to support your work, and enable you to help the poor elders on my behalf, I plan to donate 10 rice cookers and 10 electric fans, helping those elders whose rice cookers and electric fans are broken and beyond repaired. This should make sure my donations will directly help those who are needy, as you have said: providing timely and tailored care and help to those who are in need, i.e. “spot on”! Do you think this would work?

Answer: As we all know, our Charity Services are not sponsored by the government, and we are very grateful for the donations made by our caring sponsors like you. Only with your donations could we reach out to the grass root level in the community, such as the poor elders, the disabled, and those who are seriously ill and have lost their jobs. As per your donation instructions, we meet their essential needs and help them to improve their living conditions directly.

We are very grateful for your thoughtful support. In cases of providing services to the distressed, the submission of an application under our Electrical Appliances for the Elderly Scheme at a community welfare service organization, and the screening and referral by a social worker, will likely take several days; and after it has been reached by us, it will need to wait for our vetting and approval. It would surely be very inconvenient for the applicants in periods without the necessary appliances. Your donation of electrical appliances required by the Scheme would surely enable us to meet the needs of the eligible elders in a timely manner, without having to source and solicit donation of the appliances when the needs arise, truly providing timely and tailored care to them.

However, donors are advised to contact us before purchasing electrical appliances for the Scheme to find out the types of appliances which are most in need and with a longer waiting list at the time, so that they may purchase the right appliances at the right time and enable us to truly provide assistance “spot on” (please also forward us the purchase receipts so that we may issue you with a receipt for the donation for tax deduction purpose). Without your donations, we surely won't be able to provide “spot on” charity services for the needy.

幫人要幫到底

「助人為快樂之本，有能力幫人，是我的榮幸。」黃師傅是本會「長者家居維修服務」義工，自1998年從朋友口中知悉本服務為幫助貧困獨居無依長者後，自此便於假期及工餘時間，走盡港九新界各區，為無助長者維修家居設施，以及作出安裝之服務。

「你話啦，若家中有任何損壞，自己又不識維修，又無錢請人幫你，你會點呢？」黃師傅說。「梗係好煩啦！你話啦，水喉漏水，你會坐食安寧嗎？」

「我自問無所長，只懂維修，所以用專長來幫人啦。」黃師傅現職為電器維修技工，每日工作繁忙之餘亦不忘關懷老人。

「我每次幫老人家時，定會留意他們的家居安全。」黃師傅每於服務時，均會視察長者的家居情況以及活動能力，每每為長者提供貼心的服務。「橫掂都去做啦，點解唔做多D去幫人呢？」

「我最擔心老人家係屋企跌親，因為好易會骨折，以後生活就慘啦！」黃師傅語重心長地說。「所以遇到行動不便的老人家時，我定會提議替他們安裝廁所及浴室扶手。」黃師傅很堅定地說。「我認為幫人要幫到底。」

“Helping others, I do the best I can!”

“Helping others makes me happy, besides, I feel honoured being able to do so.” Master Wong first learnt from friends in 1998 that we offered home maintenance service for financially strapped singleton elderly, and since then he became one of our volunteers fixing and installing all kinds of facilities for the elderly in need, be it on holidays or on Sundays and regardless of the location.

“Let’s say, something is broken in your house and you have neither the knowledge how to repair it nor the money necessary to get it fixed. What would you do?” Master Wong continued, “Of course you get bothered! Are you going to sleep well when there is a water leakage in your house?”

“Repair and maintenance is something I am good at, so I make good use of this talent.” Master Wong, a technician repairing electric appliances by occupation, disregard how heavy the workload he faces every day, he concerns the need of other people very much, namely that of the elderly.

“While servicing the elderly, I take their home safety as my foremost concern.” With a focus set on making sure that elderly can move safely in the house, Master Wong offers extra services for them nearly all the time. Here he explains why. “I service the elderly because I want to help them, so why should I bother not to give the best I can?”

“Home safety for elderly worried me very much. If they stumble or get tripped, they easily get fractured and they are going to face even tougher times afterwards...” Through his words can one sense and share his deep worries about the elderly. “That’s why I suggest to the elderly who are prone to home safety problems to install handrails in the toilet and bathroom even if they didn’t ask for it.” He continued, “I am going to do the best I can to help others.”



「裝了扶手，老人就不易跌倒啦！」

“With this handrail, the elderly will not easily stumble.”



終可穿上潔淨衣服

洗衣機已經成為每戶家庭的必需品，尤其於炎夏日子，汗水氣味沾濕衣服，實在難以清洗。然而，又有多少貧困長者能夠負擔一部洗衣機呢？

「夏天天氣炎熱，家中沒有風扇冷氣，我也只靠撥扇乘涼。酷熱難當，坐一個上午已『大汗疊細汗』，我也只能更換衣服不好讓熱汗黏著身體。衣服堆積如山，剛巧手指關節炎又發作，我實在無力清洗衣服。」體弱多病的張婆婆低頭的說。安裝一部洗衣機最少要千多元，每月依靠二千多元綜援金過活的張婆婆那有能力購買洗衣機呢？

現時74歲的張婆婆，早年自先生因病逝世後，便開始獨身生活至今，自己一人居住於公共屋邨及照顧自我的一切。張婆婆堅持靠自己努力，打理所有家頭細務。自患上關節炎後，手部活動能力下降，病發時即使服用止痛藥也沒效用。

「人老了，洗件衫都無力，做人都無用了。」張婆婆低頭嘆息的說。

轉介社工家訪看到其情況立即轉介至「電器贈長者」計劃，申請一部洗衣機協助張婆婆清洗堆積如山的髒衣服。負責同事收到申請後到戶探訪，看到張婆婆家中滿地積水，了解到原來張婆婆忍著手痛清洗衣服，疼痛難忍最後放棄了，積水更讓張婆婆有滑倒危險。「電器贈長者」同工也不敢怠慢，同時得善長的慷慨捐助，盡速將洗衣機送到張婆婆家中。

「多謝善長的慷慨捐助，我終有潔淨衣服可穿啦！」獲贈新洗衣機的張婆婆不停向善長道謝，也因此不怕外出時因衣物有異味而被歧視。得善長的慷慨捐助，為張婆婆安裝一個全新的洗衣機，讓張婆婆即使在病痛交加的時候都能清洗衣服，感受社會人士的關懷。



Finally on clean clothing

Washing machine is essential to every family, particularly washing hard to clean sweat soaked clothing in summer. However, how many poor elderly can afford such luxury?

“In hot summer, no electric fans or air conditioner, I can only wave my hand held fan to stay cool. The heat is really unbearable, sweating heavily even just sitting indoor, necessitating frequent change of the sweat soaked clothing to remain healthy. My arthritis fingers make me unable to wash the heap of piled up clothing,” said the feeble and chronically ill granny Cheung. How can one expect Cheung living on a monthly HK\$ 2,000 plus CSSA can afford installation of an over thousand dollars washing machine?

Cheung 74 years old, living in a public housing estate unit, has been all by herself since the decease of her husband years ago. Ability to work with her hands has been restricted since she got arthritis and no pain killer can be effective when the pain comes up.

“People get old, no strength to even do hand laundry, how useless,” sighed Cheung, head lowered.

When the social worker on home visit saw her situation, he promptly referred her case to our “Electrical Appliances for Elderly” program for a washing machine. Our colleague in charge of the case visited her at home upon receipt of the application found water on the floor and learned that Cheung had tried to wash her clothing but was forced to give up due to unbearable pain. Water on the floor is a real slip hazard to her. Without further hesitation, our colleague promptly obtained and delivered her a washing machine from the generous donation of our benefactor.

“Thanks to the benefactor in helping me to finally put on clean clothing!” Cheung thanked repeatedly after receiving the new washing machine. She no longer has to fear for disdained looks on wearing smelly clothing while being out. Generous donation from our benefactors has given her a new washing machine for cleaning her clothing and the feeling of care and regards of people in the community at time of her pain and suffering.

「多謝善長的洗衣機，我有乾淨衫著啦！」患有關節炎的張婆婆說。
“Thanks to the benefactor for the washing machine, I have clean clothing to wear!” said arthritis stricken granny Cheung.



孤獨長者待贈 電視機解悶

對於一些獨居無依的長者來說，當在家中寂靜無聲時，看電視是他們最大的解悶及消閒法，電視機因此是他們的家中良伴。

長者家中一旦缺乏電視機或電視機失靈，而又無力購置或更換以調劑生活，生活便會變得極為枯燥。對依賴每月二仟多元的綜援金為生的貧老而言，購買一部全新電視機，需要動用他們半月的「食用」，實在是他們無法解決的難題。

61歲的譚婆婆，老伴年前因癌症逝世，耗盡積蓄治理老伴的疾病，而又膝下無兒，數月前經鄰居勸導開始領取綜援。「電視機早於丈夫未過世時，已經師傅檢查過不能修理了，那時怎有心情看電視呢？現在他去世後，家中變得鴉雀無聲，如果我唔咳，根本家中就唔覺有人聲。」患有哮喘病的譚婆婆說：「我怎有錢更換電視機呢？有錢都睇多一次醫生啦！」

張伯伯由於以前的工作甚少與別人接觸，退休後也缺乏朋友。未婚的他窩居深水埗一板間房，一向收入微薄，積蓄早已用罄，去年起便開始依賴綜援渡日。跟隨他20多年的「老伴」電視機已於月前離他而去。「街坊叫我去老人中心坐，不過我又唔識人，又唔識同人相處，又唔習慣參加大班人嘅活動，平日都是在家看電視打發時間。」年66歲的張伯伯坦言生活寂寞難耐，希望再得一「良伴」日夕陪他，以解孤獨。

人到晚年，面對無力應付的種種轉變感到十分無奈，加上缺乏親友的照顧，定會倍感寂寞，若家中又缺乏電視機提供基本娛樂，以調劑生活，確實缺乏生趣。故聖雅各福群會之「電器贈長者」計劃，正為一群貧而無助的老人募集電視機，盼請大家伸出援手。你家中可有21吋以下購買不超過5年，運作良好的電視機，能夠捐贈給他們嗎？你也可以支票捐出\$1,000，抬頭寫「聖雅各福群會」，背面指定「購買電視機」。支票請寄：香港灣仔石水渠街85號一字樓105室。網址：www.thevoice.org.hk。施善查詢：2835-4321或8107-8324。



Lonely elderly need TV for pastime

To elderly persons who live alone in the silence of their home, watching TV is their best pastime. The TV set is their companion.

Once an elderly person lacks a TV set, or if his set breaks down, and he cannot afford to replace it, life becomes most boring. To a needy elderly person living on just over HK\$2,000 of CSSA a month, buying a brand new TV set takes half a month of his household expense. It is simply not within his means.

Grandma Tam, 61, lost her husband to cancer a year ago. His medical bills had used up all her savings, and she has no children. At the persuasion of her neighbours, she began to collect CSSA several months ago. "Our TV set was declared beyond repair when my husband was still living. I was in no mood to watch TV then. Now that he's gone, the house is completely silent. There is no human sound other than my own cough," said Grandma Tam, who suffers from asthma. "Where can I find the money to buy a TV set? If I had more money, I would spend it on another visit to the doctor!"

Uncle Cheung was seldom in contact with other people at his old job, and he has no friends now that he is retired. Unmarried, he lives in Shamshuipo, in a cubicle partitioned off with wooden boards. Having exhausted the meager savings he had built up with his scanty wages, he began to collect CSSA last year. His "long-time companion," the TV set that he had had for more than 20 years, left him last month. "My neighbours tell me to go to the senior centre. But I don't know anybody, don't know how to get along with others, and I'm not used to group activities. I am used to passing my time at home, watching TV." 66-year-old Uncle Cheung says his loneliness is unbearable. He wishes he could to have another "good companion" that will keep him company and drive away his loneliness.

In old age a person can feel terribly helpless when faced with new situations. His loneliness becomes worse for lack of care from loved ones. There is hardly any pleasure left in life if he also does not have a TV set at home for basic entertainment. For this reason the SJS Electrical Appliances for the Elderly program is appealing for donation of TV sets for a group of needy elderly persons. Do you have a TV set of no more than 21 inches, purchased less than 5 years ago and working well, that you can donate to us? Or you can send us a cheque for HK\$1,000, made payable to St. James' Settlement, with a note written on the back specifying that it is for "purchase of TV set." Please mail your cheque to 85 Stone Nullah Lane, Room 105, First Floor, Wanchai, Hong Kong. Our website is www.thevoice.org.hk. For telephone enquiry please call 2835-4321 or 8107-8324.

你捐賜的電視機會帶來孤老歡樂。

Your donation of TV set would bring the lonely elderly with happiness.

要為老人用藥 安全把關

「在我日常工作中，發覺很多長者病都不知服食藥物之道，亦根本不知正確用藥。」義務註冊藥劑師 Julie 說。「隨著人口老化，市民絕少接觸有關藥物的資訊，老人需要照顧的需求大增，我的職責是為用藥安全把關，以避免病人錯誤用藥的危險，以降低發生遺憾的機率。」

Julie 是本會與香港醫院藥劑師學會合辦之「藥療輔導服務」的義務註冊藥劑師之一。

「我接觸的病人當中，年齡均在65歲以上，他們多患有一種以上慢性病，包括為高血壓、糖尿病、中風。這些老人多是對用藥一知半解，當他們看完病，拿著一堆堆藥，最常發生的是自行降低藥物劑量、忘記吃藥時間、或重複用藥、過敏、甚至發生用藥交互作用。」

「我曾遇到一位病人，他因經常忘記吃藥，而要補吃，致可能一次吃兩次的藥量；或未吃完一位醫生的藥，感到病情未見好轉時，便經常不停換醫生，於是乎便在長期『試藥』的治病階段，結果不但壞了健康，而且也害了肚皮。」

Julie 說。「他們以為這樣便可快速控制病情，但結果是事與願違。」

「他們因為太緊張藥物，恐怕因存放不當令藥物失效，或因而變壞，多會把藥物放在冰箱以『保鮮』，此當然使藥物變潮濕而變質。」Julie 說。「此當然要我耐心解釋，老人才願將用藥儲存在通風陰涼的地方，還要我提供的貼紙協助，正確時間用藥。」

「高齡化是未來不可避免的社會趨勢，如何給予病弱老人有一健康的安全照顧體系，作為藥劑師也應有責任，故我希望長者用藥前，如果可向醫護人員或藥劑師多一份諮詢、注意，掌握正確的用藥方法，除可控制病情或助身體的康復外，也可預防發生遺憾，晚年生活質素也可得到保障。」Julie 說。

"It is my duty to ensure Drug Safety among elderly!"

"I found that many elderly were pretty ignorant of their medication, let alone the proper way to administer their medicine," said Julie, a registered Pharmacist who volunteered to offer her consultancy service for free. "Very few people care to find out more about their medicines. As the aging problem becomes severe, the demand for pharmaceutical care among elderly will surely go up significantly. My job is to help the patients avoid medication misadministration and minimize the occurrence of tragic happenings."

Julie is working among other volunteer Pharmacists on the "Pharmaceutical Care Service for Patients Project" co-organized by St. James' Settlement and The Society of Hospital Pharmacists of Hong Kong.

"Most patients I came across are over 65 years old and contract at least one chronic disease such as hypertension, diabetes and stroke. Every time they check in with their doctors, they are left with piles of different pills and tablets which they actually don't understand much about. They tend to adjust their doses arbitrarily at their own will sometimes; they might skip a dose occasionally and then take a double dose afterwards. Besides, drug allergy and adverse drug effects are also common problems found among elderly patients."

"Take some cases for example. A patient of mine keeps forgetting the time to take medicine, so he took double dose as a remedy every time he found himself missing one dose. Another patient of mine, who tends to conclude very soon the doctor's prescription as ineffective, never sticks to a doctor long enough to complete a whole medication cycle. By doing so, he is constantly putting himself in a 'drug-testing' mode and this doesn't do any good to his own health, nor his belly." Julie continued, "They thought they are helping themselves to stay on top of the disease, but in fact it is quite the opposite."

"Some of them are just overly anxious. To prevent their medicine from going rot or to 'preserve' its condition and efficacy, they would on and off put their medicine in refrigerator. Not surprisingly, they ended up getting their medicine perished from humidity," said Julie. "Only after I explained it over and over again would these elderly feel peaceful enough to simply store their medicine in cool and dry place. And I would remind them the right time to take medicine by means of stickers."

"We are going to face an aging population in our society, so how to make sure an adequate system in place to take proper care of elderly becomes a pressing concern. As a pharmacist I think I have a role to play here and I strongly urge the elderly to seek more information from their doctors or pharmacists about their medicine and learn the right way of taking medication. This is the only proper way to fight against diseases and this is for their own well being in the future," said Julie.





你的關和愛帶來支持 為腎病病人重燃希望

只要有三餐溫飽，有個安樂窩，一家人齊齊整整，已經是很多人心目中的幸福生活；然而幸福不能常擁有，不幸事件會突然而來，任誰人也不能預計及控制。許先生的太太早前證實患上腎衰竭，原本生活已見捉襟見肘，但許太需要長期洗腎，龐大的醫療開支令生活情況更苦困。

許先生不想依賴綜援，現一家的支出只靠他一份五千多元的保安工作來維持。「我有工作能力，我想靠自己，寧願慳啲使，都唔想去拎綜援。」許先生沒有怨天尤人，不但盡力照顧太太，更擔起家中一切事務，不想影響一對子女的日常生活。

患上腎衰竭的病人需要購置很多醫療用品，首次開支龐大，有很多病人都未必能夠負擔得起，有些病人更因不能負擔龐大開支而拒絕接受治療因而影響病情。「我們而家都係見步行步，每個月太太都需要買醫療物資，兩個仔女讀書又要用錢，我已經唔俾佢地參加課外活動，盡力減少開支，真係過得一日得一日！」許先生感慨地說。香港生活指數高，現時物價亦不斷上漲，儘管怎樣節省，每個月乘車、煮食等基本開支避免不過，但許先生為求太太得到適當治療，唯有「慳得就慳」，不必要的開支全都刪除。

你願意伸出援手，幫助貧困的腎病患者，使他們得到經濟援助，避免因經濟困難而延誤醫治。聖雅各福群會的「燃點希望計劃」，就是透過援助首次家居洗腎者因須購置及租用有關家居洗腎設施，如洗腎水、喉管、消毒用品等醫療用品開支，以助他們於得到適切的治療及援助後，可燃點對生命的希望。施善支票抬頭：聖雅各福群會，指定捐予：「燃點希望計劃」濟助他們；支票請寄：香港灣仔石水渠街85號一字樓105室。網址：www.thevoice.org.hk。施善熱線：2835-4321或8107-8324。

Your love and concern bring support Rekindle hope for kidney patients

Many people feel blessed in life if they have 3 daily meals, a place to live and the whole family is together. But one can't be always lucky for misfortune happens all of a sudden, out of their expectations and control. Mrs. Hui was diagnosed with kidney failure. Her family barely managed to make ends meet. Since Mrs. Hui needs kidney cleansing on a long term basis, enormous medical expenses mean extra burden to their plight.

Mr. Hui doesn't want to rely on the CCSA. He works as a security guard. He supports his family with a salary of slightly over 5,000.00. "I can work. I'd rather skimp and save than live on the CCSA." Mr. Hui doesn't blame life for his hardship. He takes care of his wife as much as possible on top of shouldering all the housework. He doesn't want his wife's illness to affect his children's daily lives adversely.

Patients suffering from kidney failure have to purchase a number of medical equipment. The initial cost could be too enormous for some patients to afford. Some patients' conditions are adversely affected as they reject treatment since they can't afford the expenses. "My wife has to purchase treatment things. Education for my son and daughter costs money. I've stopped them from joining extra-curricular activities. I try to avoid spending money. I wonder how long we can keep going like this," remarked Mr. Hui apprehensively. The living index in Hong Kong is high. Things are getting more expensive all the time. However frugal Mr. Hui tries to be, food and transport are basic, unavoidable expenses. Nevertheless, Mr. Hui tries his best to skimp and save so that Mrs. Hui can receive necessary treatment.

Your donations will help poor kidney patients avoid delay in treatment. St. James' Settlement's 'Light Up The Life Program' aims to finance patients to purchase or rent initial relevant kidney cleansing equipment and accessories such as cleansing solution, tubes and antiseptic. Such financial support and treatment will light up their hope in life. Kindly make out your cheque payable to St. James' Settlement, specifying 'Light Up The Life Program' at the back. Please mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. You are welcome to visit our website at www.thevoice.org.hk. Or, call our donation hotlines 2835-4321 or 8107-8324.



多謝《松柏之聲》

松柏之聲：

很多謝你們一直以來每月寄給家父劉XX一份珍貴的長者刊物《松柏之聲》。家父已於2009年3月返了天家。他在世共96年，經歷過戰爭及人生的悲、歡、離、合，我們一家人也很難過。

他很喜歡看《松柏之聲》，當我們執拾他遺留下來的文件，雜物時，發現他用數個盒子把每一期的《松柏之聲》依次整理放好保留，相信每天當他精神較好的時候，他便拿出來看，故珍而重之收藏得很完好無缺。

我因工作太忙，也不知道他日間看甚麼東西，原來長久以來《松柏之聲》已成為他的精神良伴。因為要替父親掉去雜物才有機會看見《松柏之聲》，細閱下竟發現《松柏之聲》實在是內容豐富，不單只對長者，就算對中年的我也很有積極及鼓勵性。相信我亦會很快進入長者一族。很希望能可繼續收到及閱讀《松柏之聲》。我十分支持你們這項十分有意義的工作，隨信付上HK\$500支票，作為支持《松柏之聲》這刊物的小小心意。

希望你們日後可否把收信人姓名改為劉XX？謝謝！

讀者
劉XX 上

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編輯先生：

家母是一個非常固執的人，一向自視讀書多，仍待我們如小朋友般作出嚴詞教導；遇我們勸說她及欲改變她一些生活觀點時，她都怒目相向，指責我們是針對她，故常弄致大家關係緊張非常。

但自從舅父介紹她閱讀《松柏之聲》大半年後，我們發覺她對《松柏之聲》愛不釋手，對一些不同意見的事情上，她的說話漸漸也變成柔和，不以長者自居，而且也偶然向我們發問有關《松柏之聲》的內容，也漸與我討論當中的話題。我們既感驚訝及感開心，因為《松柏之聲》改變了她。當與舅父談及此些改變時，他說媽媽的個性是很受外間有信譽的人與組織影響的，《松柏之聲》是舅父的至愛，故他向媽媽推介，希望可改變她與我們的關係，因為我們經已長大及有兒有女，凡事都是有我們的見地與處事方式。

基於好奇，我和姊姊也每月閱讀《松柏之聲》，反過來說，確實也改變了我們對老人的認識，也增加了我們與老人溝通的方法；原來我們也是固執的一群，沒有體諒她的需要。我雖與媽媽同住，但避免每月與她爭看《松柏之聲》，希望你們也不會介意，我也申請了多一份，好讓我與妻子也可及時閱讀，於晚上全家人晚膳時，也可有同一話題，此令我們的關係也變得融洽了。多謝《松柏之聲》。

感激人
張XX 上

Thanks to The Voice

The Voice:

Thanks for mailing my father Mr. LAU XX monthly copy of The Voice, a precious elderly publication. He has gone to join his heavenly family on March 2009 after spending a total of 96 years on earth going through wars and man kind sorrow, joy, separation and reunion. Of course our family was saddened by his departure.

He loved reading The Voice. When I cleared his documents and belonging left behind we found that he had kept every issue of The Voice neatly in a number of boxes. We suppose he would take them out to read when he was feeling a bit better, the reason for keeping them so orderly.

Since my job has been keeping me very busy, I was not aware of what he read but now realize that The Voice was his good spiritual companion for a long time. That clean up gave me an opportunity reading The Voice in detail and I have found it rich in contents, not only good for the elderly but also useful and stimulating for the middle aged person like me. I think it won't be long before I become a senior and I look forward to continue reading it. Enclose please find a cheque of HK\$ 500 as my token gesture for keeping The Voice in circulation.

Will you please change the recipient's name to Mr. LAU X X?

Thank you!

Reader LAU XX

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The Editor:

My mother used to be very stubborn and considered herself well educated and treated us like kids using very blunt wording. When we tried to give her advice with the hope of changing her view to life, she would look at us angrily and blame us joining force against her, rendering our relationship awfully tense.

Ever since my uncle introduced her to read The Voice and in six months' time, we found that she loved it dearly and has become much more mellow voicing her teaching, no longer autocratic and would occasionally discuss certain contents in The Voice with us. We felt surprised but were happy at The Voice has changed her. When we talked to uncle about her change, he said Mom's nature is being affected by reputable outsiders and external organizations. The Voice is what our uncle loves and he introduced it to Mom hoping that would improve our relationship with her. Being all have grown-ups and having kids of our own, we definitely would have our own views and ways handling things.

Based on curiosity my elder sister and I have become avid readers of The Voice and it has changed our opinion on old people and improved our ways communicating to them. In fact we were just as stubborn as they for not understanding their need. Though I live with my Mom and in order to avoid dispute, I would like getting an extra copy of it to share reading with my wife in order to have more common topic for discussion over dinner to harmonize our relationship. Thank you The Voice.

Your grateful reader Cheung XX



實質的援助

ACTUAL MATERIAL HELP

打從在大學修讀社會工作課程開始，就開始被灌輸社會工作不應停留在救濟或實物援助的層面，而應該着重預防工作，並要透過輔導改變人們的行為、看法甚至思維來解決問題。

投身社工行業後，只要時間許可，就進修不同的輔導技巧，不論是甚麼尋解導向模式（Solution-focused Approach）、完形治療法（Gestalt Therapy）、心理分析法、當事人中心治療法、交互分析治療法、現實治療法，以至行為治療法和遊戲治療法等，並在工作中嘗試應用有關分析和技巧，來協助受不同問題困擾的案主。當中當然是有失敗，也有成功。

四年多前，被安排到北區工作後，發覺要處理的個案越趨複雜，需要更高技巧和更多知識來應付。例如輔導暴躁的夫婦以平心靜氣地處理婚外情問題。另一方面，亦發現不少問題單靠輔導是無濟於事。就如無論你如何努力提供輔導，也不足以改善持雙程証母親因依靠子女綜援金生活的緊絀境況，也不可以解決回流港人無依靠地露宿街頭的困境，更絕對不能驅走獨居偏遠村落長者的孤單寂寞。

幸好，社會上仍有不少善長仁翁透過捐款，以實物方式為那些有困難的個人和家庭提供實際的幫助。過去數年，得到社工陳炳麟先生負責的「電器贈長者」、「家居維修服務」及「健康寶庫」等計劃大力協助下，為區內眾多有需要的個案提供切實的援助。雖然這種「物質治療法」不足以長遠解決無助個案面對的困難，但卻在坊間沒有任何社區資源支持下，陳炳麟先生負責的以上「慈惠服務」實實在在為個案帶來實質的援助、溫暖、關心，進而暫時紓緩他們的困境。更重要的是，可以讓他們知道他們並不是被社會遺忘的一群，使他們不致對社會甚至社工失去信心，從而保持動力和希望去面對困難。

在此，謹代表一眾接受過實物援助的個案向所有支持以上計劃的善長表達衷心的謝意！

Ever since my study of social work at the university, I have been indoctrinated with the idea that social work should not just be carried out at the level of offering actual help but rather should be extended to preventive measures including changing people's mindset and behavior through education and counseling in order to solve problems.

After I joined the profession, I continue to use my spare time to study the different techniques in counseling, no matter it is solution-focused approach, Gestalt therapy, psychology analysis, client-oriented therapy, mutual analysis therapy, reality therapy, behavioral therapy or game therapy. I would try to utilize the relevant analyses and techniques in my work to assist my clients who are subject to different problems and troubles. Sometimes I fail but sometimes I succeed too.

About four years ago, I was re-assigned to work in the Northern District. I realize I have to deal with more complicated cases which require greater skills and better knowledge; cases like counseling hot-headed couples how to handle extra-marital problems in a calm and easy manner. On the other hand, I also discover counseling alone cannot solve the problem. Just like no matter how hard you try to counsel, you cannot improve the financial difficulties of two-way exit permit holder mothers who rely solely on their children's welfare money, likewise it cannot solve the problem of the jobless and sometimes homeless returning emigrants, nor can it drive away the solitude of the elderly who are forced to live alone in faraway remote areas.

Fortunately, there are plenty of kind-hearted benefactors in society who would donate generously in offering actual material help to the needy individuals and families. Over the past few years, with the help tendered by the 'Electrical Appliances for the Elderly Program', 'Home Maintenance Service' and 'Health Bank' coordinated by Mr. Chan Ping-lun, I have been able to offer actual material assistance to many helpless cases in the district. Although this kind of 'material therapy' might not be able to solve the problems in a long term, but the caring services can doubtlessly offer immediate help to the needy ones and alleviate their difficulties for the moment, given there is no other resources or support in society. More importantly, the warmth and care offered can make them feel they are not being neglected by society, and as a result they would not lose confidence in society or social workers and would keep up their drive and hope to deal with problems.

On behalf of the cases who have been assisted through these programs, I would like to express my sincere gratitude to all the generous benefactors. Thank you!



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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黃麗貞

友情印刷：平偉印務有限公司

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佈施如播種，以歡喜心滋潤種子，才會發芽。

Seeds will only germinate with watering and likewise donation requires kindness and a cheerful mind.