

慈惠月報

The Philanthropy Monthly



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社工的話

Social Worker's Remark

善用6000元 解苦困 圓宿願

當各位善長分批領得當局在今個財政年度預算案中，頒予6000元的「意外之財」後，可有計劃如何將之一展憐恤的施善心，向處在困境的人士作出濟助？

正如此「慈惠月報」本年三月所述，「我們要援助的個案同樣會收到財爺派出的6000元」，但我們長期處於貧乏的個案，大部份會用作改善日常生活，如添置家中設施、償還向親友的借貸、略作改善生活一陣子的喘息機會等等；事實上，在他們未來的歲月裡，拮据苦難也總是擺不脫，6000元正好是苦渴中的甘露，暫可解他們積壓多時的苦困；但此點滴甘露後，財困繼續不變下，他們又會是怎樣呢？

我們曾籲請各位善長「到位」地將此6000元，用於指定我們的濟急扶危服務，例如「專科專藥補助計劃」的「乙肝援助行動」；當然，這只是完全取決善長們的施善意向，故請大家翻閱是期「慈惠月報」的背頁，細看當中你們認為有逼切需要援手的事工。

當然，不同事工會勾起不同善長關愛反應的施助；就如關先生說：「我婆婆因在家居摸黑如廁，結果她因滑倒傷了盤骨，而失去行動的能力，故我喜歡捐予『長者家居維修服務』，希望義工可為獨老作出消除家居陷阱的服務。」而李小姐則說：「社會物質條件進步，貧老也應享有同樣的物質生活質素，我要捐助洗衣機給他們，因為洗衣機應是每一個家庭的基本設施。」另一位善長也說：「我記得你們告訴我，大部份個案因要購買自費藥物治理頑疾，為要能保住生命，會節衣縮食、吃少些及用少些，以能有餘力購買藥物，此真是貧病交迫，確是人間慘事。」

鑑於社會不斷轉變，總有人會有適應問題而衍生種種生活上的困難；加上現行資助政策，總不能可為民生解困，故在大家支持下，筆者致有如此月報的各種「慈惠服務」，而這些事工在未來日子裡，隨著更多社工的踴躍轉介下，服務將會日益艱鉅推行；在筆者下月正式退休之際，也企盼可有你們將此「意外之財」捐助有關「慈惠服務」以濟助貧病老弱傷殘者，以解不幸者的苦困，也一圓筆者的宿願。

Good use of HK\$ 6,000

Ease hardship and Dream comes true

Benevolent people, on your turn to receive current fiscal budget windfall of HK\$ 6,000 handout, have you ever considered to have the mercy using it to help the less fortunate?

Just as what I said in The Philanthropy Monthly in March, "People in our help category will also get their fare share of HK\$6,000 from the Financial Secretary." However, these people, who have for long time been plagued by poverty, have already spent the money in lifting their livelihood, such as adding needed furniture, repaying old loans from friends and relatives, a chance to gasp for breath etc. In the future, their poverty and misery in fact still not shake off. The HK\$6,000 is merely a drop in the bucket, temporarily taking away some of their heaped misery. What will happen after that remains to be seen.

We have appealed to you, the benefactors, to please dedicate the HK\$6,000 received to specific emergency services like the 'Anti-hepatitis B Action' under our "Specialty Medication Assistance Program". Of course, it is totally at your discretion. Thus, please turn to the last page of 'The Philanthropy Monthly' to determine what you consider being the most urgent to support.

Of course, your response on which service to support may be totally different. Take Mr. Kwan as an example, he said "My grandma fell and broke her pelvis when she found her way to the toilet in darkness, resulting in loss of mobility. Hence, I'd like to have my donation to the "Elderly Home Maintenance Services", so volunteers can work on live-alone elderly to eliminate home hazards." Meanwhile, Miss Lee said "With the up coming of materialism in the society, poor elderly should also have the chance to enjoy a same quality of life. Thus, I want to donate them washing machines as it is a basic for living." Another benefactor also said, "I recall you told us that many patients have to self-purchase their medication for treatment; in order to stay alive, they have to cut back on food and clothing. These poverty and sickness are really human tragedy."

The author considers the society to be forever changing and people having fit-in difficulties with ensuing hardship of one kind or another will always be there. Together with the present subsidy policy in general, we cannot help to resolve all these problems. Thus, community supported "Charity Project" will always be required. Our work in the days to come will hopefully be met with your enthusiastic support for this tough task to advance. The author is going to retire next month and wishes that you can donate your windfall money to support relevant "Charity Project" to help relieve those poor, feeble, sick and elder people in difficulty which happens to be my long-cherished wish.



希望在聖雅各！

St. James Brings Hope!

我是一位教徒，從前在聖經中看過聖徒雅各的故事；但現實的聖雅各，卻不單單是一座社會服務大樓，它更是我在黑暗中的希望！

故事要從12年的一個炎夏說起，由於持續的咳嗽、胸口痛和疲累，我便如常往相熟醫生求診，醫生向我問症，檢查我的身體後，發現我的血壓不正常，初步懷疑我腎功出現問題，叫我要立即入院接受詳細的檢查。

醫生看過所有的檢查報告後，證實我患了急性尿毒症，即急性腎功能衰竭，醫生要我立即入院，接受洗血，如果情況未能改善，便要換腎。情況不容我考慮，因為延誤治療的話，隨時可歸西！聽了我愣住了。就從這天開始，為了保命我就得需定時洗血，覆診完又覆診，初期我還堅持上班，但到接受器官移植後，我實在無法支持，也不得不向現實底頭，成為一個全職病人！

我本來有事業、有車又有樓，但無業後仍要帶病生活，很快就花盡了儲蓄，然後再買掉了座駕，過了五、六年左右再放了層樓，本以為可以支撐多一點，不幸的是自2005年起公共醫療改了政策，推出了自費藥物，那次覆診醫生告訴我：「亞日，這是你需要長期服用的藥物，屬自費藥，取藥時要自己比錢。」「醫生，果隻藥請問要幾多錢呀？」心想從前\$10取藥費，就算自費應不算太貴吧！「每月三千蚊，你的情況需要長期食藥，唔可以停。」「三千蚊！我從那兒每月拿三千蚊比藥費！上天！你怎麼攪，我已變賣我所有的，我真係再沒有辦法，再沒有辦法……」涕淚沾襟，我再無語無蒼天。

或許最後上天聽了我，有次機緣下有人叫我去找「聖雅各福群會」惠澤社區藥房，看有沒有地方可以幫得上，對於走到盡頭的我，只要有得救，什麼也要試一試。負責的藥劑師陳姑娘接見了我，聽了我的故事，以我現在的疾病和經濟情況，我可以在此藥房買藥，每月省三百元，在胼手縛足的情況下，真是苦中一點甜。事後，我把聖雅各福群會惠澤社區藥房介紹給同病相連的病人，告訴他們在困境中不用恐慌，也不是孤單，聖雅各會與我們同行，它為我們在黑暗中帶來希望。

受助人（亞日／化名）上

Being a Christian, the legacy of St. James is something I've become familiar with through the New Testament. Little did I know that the St. James' Settlement would one day play a significant role in my life reaching beyond its community service capabilities, bringing me hope when I needed it most.

I recall during a summer around 12 years ago, I had developed a terrible cough which wouldn't go away causing me chest pain and fatigue. A consultation with my regular doctor revealed problems with my blood pressure and with concerns that it might be kidney illness, it was decided that I should immediately go to a hospital for a comprehensive check up.

The test reports revealed that I had Acute Uremia resulting from Acute Renal Failure and I was ordered to be hospitalized for haemodialysis. If there was no immediate improvement to my condition, a kidney transplant would be inevitable. Any further delays could mean the possibility of facing death; needless to say there was no time for me to consider my options. From that day onwards, haemodialysis became a regular part of my life along with endless visits back to the doctors. Initially, I insisted to continue working but following an organ transplant, it occurred to me that it was no longer possible to avoid being a full time patient!

With no income, the savings I had left over were quickly depleted to cover all the medical expenses. I once had a career, a car, my own apartment; the car was quickly sold and 5 to 6 years later I let go of my apartment too thinking that the proceeds would be enough to help sustain my cost of living. Things took a turn for the worse in 2005 when the government announced a change in healthcare policy reducing subsidies on medicine. One day, my doctor said to me "Ah Yat, here's the medicine which you'll need to take on an ongoing basis; by the way, you have to pay the full amount for it..." At first, I thought it wouldn't be a much of a concern thinking it couldn't be much more than the \$10 I used to pay. The doctor then added "Expect to pay \$3,000 per month, and in order to manage your condition, you must continue with the medication indefinitely." How on earth would I be able to afford \$3,000 a month for medicine? At that point, I'd already sold off all my assets and had nothing left, and with that realization a feeling of complete helplessness dawned on me ...

I often wonder if perhaps God was watching over me as shortly after, a chance encounter led me to contact the Philanthropic Community Pharmacy run by St. James' Settlement. Being already in a state of despair, I felt anything with a chance was worth looking into. Their pharmacist Nurse Chan greeted me, listened to my story and confirmed that as a result of my condition I would be able to buy the medicine I needed at the Philanthropic Community Pharmacy. This would save me \$300 a month, and was perhaps the best news I've had in a long while! I became a strong advocate of the service and introduced the pharmacy to many others suffering from a similar illness. I knew from my experience that the assistance provided by the St. James' Settlement would bring them hope and strength to carry on.

From a beneficiary (Ar Yat/alias)



你的關和愛帶來支持 為腎病病人重燃希望

Your care and love bring support Re-kindling hope for kidney patients

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，都唔想去撙綜援。」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嗎？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」，俾本會可依指令濟助他們；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。

For many people, a happy life means having enough to eat and wear, having a cosy home and the whole family staying well together. However, we may not always be able to enjoy the happiness because unfortunate incidents may come unexpectedly, and nobody can foresee their happening or keep them under control. Mr. Hui and his family have been living on meager means before his wife is diagnosed with renal failure. She now needs to undergo dialysis on a permanent basis, and the huge medical expense has brought even more distress to the family.

Mr. Hui does not want to rely on Comprehensive Social Security Assistance (CSSA). He works as a security guard and the whole family now lives on his income of \$5,000 or so. "I have working ability, so I would like to rely on my own resources. I'd rather live frugally than rely on social security assistance." Mr. Hui blames nobody for his plight. Not only does he take good care of his wife, he also takes up all the household chores so that his two children need only concentrate on their studies.

Patients of renal failure need to purchase a lot of medical supplies and the initial expense is huge. It is really so much that not many patients are able to afford. Some patients even refuse to receive treatment because they cannot afford the huge expenses, and their illness is thus affected. Mr. Hui said with a sigh, "We now have to pick our steps. My wife needs to buy medical supplies each month, and my two children need money for schooling. I have already refrained from letting them take part in extra-curricular activities in order to cut down on our expenses. It's really not easy to make ends meet!" Hong Kong has a high living standard, commodity prices are constantly on the rise. No matter how hard one tries to save money, one cannot get away from those basic expenses on food and transport. Still Mr. Hui has cut down on all non-essential expenses in the hope that he can save as much money as possible for providing his wife with appropriate treatment.

Do you want to reach out your helping hand to those underprivileged patients with renal failure, so that they won't delay treatment because of financial difficulty? With assistance under the "Light Up The Life Program" run by St. James' Settlement, first-time patients who need to purchase and rent medical equipment for home dialysis can get appropriate treatment and assistance, and thus lighting up their hope for life. Equipment for home dialysis includes medical supplies as dialysis solution, tubes, and disinfectants etc. Donations can be made to St. James' Settlement and specifically made to "Light Up The Life Program". Please send your cheque to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Website: www.thevoice.org.hk. Donation hotline: 2835-4321 or 8107-8324.





義工三次到戶送暖 添我信心對抗病痛

獨居於大角咀一套房的張伯伯，依靠微薄綜援金生活。身患多種長期病患的他，訴說疾病帶來的痛苦。「我患有嚴重哮喘病、前列腺增生等症狀，它們折磨足十年，苦不堪言，早已不想活了。」在氣溫突然急降下，張伯曾因多次呼吸困難需入院接受治療。「我絕對不能受寒，想買張棉被保暖，才發現錢早已全花費在藥物上，連食都有問題。」除服用醫院配的藥外，張伯還需自費購買藥物控制病情，才不令前列腺增生症演變成癌患。「老年貧病交加，點解上天要咁折磨我？」

抱著「從不求人」生活態度的張伯，一直拒絕求助，直至上月因受寒令哮喘病發作，需即時入院急救。剛逃離鬼門關的張伯，最終接受地區社工的協助，申請聖雅各福群會於寒冬時推出的「送暖行動」活動，目的是透過善長的捐助，為孤老貧弱的張伯送上禦寒大褸及棉被。為免張伯再受寒病倒，「送暖行動」收到張伯申請後，即日安排義工將大褸和棉被即時到戶送給張伯。義工更發現張伯家中除缺乏棉被衣物外，還欠缺熱水壺、電飯煲等家電。「有時想有杯溫水送藥，似乎係一個奢望。」義工看見張伯使用的電飯煲內膽早已破損，電線外露有漏電的危險。義工將情況告知「電器贈長者」的社工，第二天即時送上全新的電熱水壺及電飯煲，讓張伯可享有溫水服藥，也可避免煲飯時觸電的危險。

義工更向張伯用心講解正確使用電器的方法之餘，並細心的插好電掣讓張伯可即時使用。期間，義工又發現張伯套房內光線不足，室內陰沉沉，加上空間狹窄，容易失足絆倒造成意外。義工即時與本會社工商討，希望可進一步協助伯伯，並捐出家中的電燈，及協助安裝。翌日，義工替張伯於床頭安裝了一枝光管，不只照亮了他的整個房間，還燃亮了張伯抗病心的更大動力。「義工不怕辛勞，三次上門為我送暖，善心的行動鼓勵了我抗病生存下去的信心。我會好好養病，作為報答義工的恩賜。」

「生命因你美麗」，靠著義工無價的付出，以及時刻懷著對長者那份關懷體貼的心，為貧病交迫的無依長者燃點了生存的希望，賦予暖心的勇氣對抗病痛帶來的折磨，於幽暗的低潮裡為他們點燃點力量，帶予他們積極抗病的無形力量。



Warmth Caring Action sent thrice by volunteer Increased confidence in fighting illnesses and pain

Old man Cheung lives alone in a suite in Tai Kok Tsui on the meagre CSSA. Being a chronic patient of multiple illnesses, he told us of the ensuing bitter suffering. "I have severe asthma and enlarged prostate, all causing me physical and mental suffering for more ten years. Don't think I want to live any longer." Abrupt temperature drops have resulted Cheung hospitalized on a number of occasions. "I could not stand cold and needed getting a cotton padded quilt to stay warm; but I have found all my money gone for medication, even meals cause concern." Besides getting medication from the hospital, he is also required to buy certain medication for the enlarged prostate before it becomes cancerous. "Why heaven punishes me while I am old and sick?"

All along embracing the attitude of not seeking help in his living until last month when Cheung was admitted to the hospital for emergent asthma treatment. After his life saved, he accepted help from the district social worker and applied for the Warmth Caring Action of SJS, launched during winter, to send him winter clothing and cotton padded quilt through donations by well-wishers. In order to prevent Cheung from catching cold again, they arranged the above items taken to his residence on the same day. While being there, the volunteer worker found Cheung needed an electric kettle and a rice cooker. "Sometimes, even drinking a glass of warm water on taking my medicine is a luxury." The volunteer worker found in the room an old rice cooker with damaged inside pot and exposed cord wiring which can cause risky electric shock. His situation was reported to the social worker responsible for the Electrical Appliances for the Elderly Program; and a brand new electric kettle and a rice cooker were delivered to Cheung the next day, affording him hot water for his medicine and no more risky rice cooker.

Additional to diligently explain to Cheung on proper handling of the appliances, the volunteer worker carefully plugged them in for his immediate use. Meanwhile, the volunteer worker also discovered that lighting was insufficient inside his room. It was dim with limited room, easily a tripping hazard calling for accident. He then took up the issue with our social worker hoping further lighting and installation help can be available from donations. On the following day, the volunteer worker installed a headboard lamp which not only lights up the entire room but also brightens his heart, an added motivation to fight his illnesses. "The volunteer worker took the hard work lightly, he came sending me warmth three times, and his kind heartedness has encouraged me to fight the illnesses and strengthened my confidence in life. I shall look after myself with greater care from now on to repay his deed."

"Life could not be this beautiful without you". The invaluable services and prompt caring of volunteer workers have rekindled the hope in life and the will to fight illnesses for the poor, sick and lone elderly. Bestowing them warmth at heart and an intangible asset, the courage fight the pain caused by illnesses while at their low in life.

除得到善長捐助禦寒大褸及棉被，免再受寒病倒外；張伯還獲捐贈電熱水壺及電飯煲，改善生活，重燃抗病的力量。

Old man Cheung gets an electric kettle and a rice cooker in addition to winter clothing and cotton padded quilt, improving his living environment and reignited his strength to combat illnesses.

弱老勢受寒流威脅 急需禦寒衣物電器

每一踏入冬季，弱老的健康勢受威脅。根據統計處的數字，冬季的死亡人數最多。氣溫驟降，弱老一時未能防備，可能引致併發疾病。對一群獨居無依、匱乏貧困的長者而言，一張破舊的棉被，一杯微溫的暖水，是唯一可保暖的用品。

「因我很怕冷，冬天很少外出，連我最常去的長者中心也去不了。前陣子寒流來襲，我只能穿上一件又一件的薄線衣，整天躲在被窩裡，手腳還是這般冰冷。」夏婆婆直言最怕冬天來臨，不能去長者中心令她整個冬天都沒什麼娛樂，生活十分乏味。「一件保暖棉襖需花幾百元，我點會買得起，也只好待在家裡過日神。」

另一位獨居長者劉婆婆則因衣服穿得太多，以致行動不得靈活。有一次，一下床不小心就絆倒放在旁邊的水杯，水瀉滿地。劉婆婆慨嘆：「我身子好弱，即使著好多衫都唔夠。我咩都唔驚，最怕冷病，我因健康問題已經成日住院，唔想再對住醫院張病床！」劉婆婆依靠綜援維生，資助只僅夠於糊口，根本無力購買暖風機保暖殘弱的身體，提到冬天將至，劉婆婆擔實在憂不已。

物質豐富的香港，暖風機已經變成了一些家庭的基本電器。聖雅各福群會「電器贈長者」計劃，呼籲社會熱心人士慷慨捐助，捐助弱老長者購買暖風機、保暖衣物及棉被，為孤苦無依的長者於寒冬裡添上一份溫暖，感受社會人士的關懷。

像夏婆婆、劉婆婆的個案，正正是眾多輪候長者的真實故事。「電器贈長者」計劃現正呼籲各界善長伸出援手，捐助「送暖行動」，助貧病弱老者擺脫寒流的威脅。有意施善助老弱改善生活的善長，懇請與位於香港灣仔石水渠街85號一樓105室的收集點聯絡，或致電施善熱線：2835 4321 或 8107 8324。



Feeble Elderly in desperate need for clothing and electrical appliances to keep warm in chilly season

When winter sets in, the health condition of the feeble elderly is bound to be threatened by the cold weather. Findings of the Census and Statistics Department show that death-toll comes top in winter. The drastic drop in temperature may lead to the feeble elderly falling sick or even complication of the health problem they are suffering if they fail to get prepared for it. A worn-out quilt or a glass of slightly warm water would be the only means for those elderly who live by themselves in poverty to keep themselves warm.

“Being unable to stand the cold, I spend little time outside during winter. I cannot but cease to go to the elderly centre where I use to visit frequently in fine weather. When it turned extremely cold earlier, what I could do was to put on the only light clothing I have got and wrap myself up with a quilt all day long. Yet the coldness could not be driven away.” Grandma Ha said winter would be a difficult time for her as the cold weather would restrain her from visiting the elderly centre leaving her a long dull winter without any amusement. Grandma Ha said, “How can I afford a thermal coat which costs several hundred dollars?! Staying at home idly seems to be my only option.”

Grandma Lau, who lives by herself, often puts on lots of clothes in winter to keep herself warm. The bulky clothing inhibits her movement so much that she once knocked over a glass of water beside her bed when she was getting out of bed. The water spilt all over the floor. Grandma Lau sighed, “I am so feeble in health that I do not feel warm even when I wear a lot of clothes. I fear nothing but falling sick triggered by the freezing cold. My poor health has made me a frequent patient in hospital. I simply hope I no longer have to stay in hospital!” Grandma Lau lives on CSSA, which barely makes ends meet. She can hardly afford a warm-air fan to protect herself against the cold. She is deeply worried as winter will be around very soon.

Hong Kong is an affluent city. Warm-air fans are so popular that they have become one of the basic electrical appliances in some families here. The Electrical Appliance for the Elderly Program under St. James' Settlement is appealing to our benevolent fellows for generous donations hoping to provide the feeble elderly with warm-air fans, thermal clothing and quilts. Let's extend our care to those elderly who have nobody to turn to and make them feel warm in the chilly winter.

Numerous elderly on our waiting list are facing exactly the same difficulties encountered by Grandma Ha and Grandma Lau. The Electrical Appliance for the Elderly Program is earnestly asking our benevolent fellows to support our Warm Giving Program aiming to enable the poor and feeble elderly to be free from the threat of falling sick triggered by the freezing cold. Please contact us at Room 105, 1/F, No.85 Stone Nullah Lane, Wanchai, Hong Kong; or call our hotline: 2835 4321 or 8107 8324 for donation inquiry.

「只要我擁有一部暖風機，我不會再害怕寒流的威脅了。」
“With this warm-air fan, I am no longer afraid of the freezing cold.”



老人方知老人苦

「天氣凍，老人體弱，容易著涼受冷，沾染疾病，好淒涼。」80歲的蔣太慈祥地說。「所以，我特意購買了一部暖風機，希望可透過你們轉送有需要的貧困老人。」

蔣太一向關心匱乏社群，年青時已參與教會的義務工作，幫助有需要的人士；近年因年長體弱，已不能四出奔走作出服務，唯仍不減她施善的習慣。活動減退的她，在家仍不遺餘力，用雙手編織頸巾，每年冬初轉冷前，便會將整年的「製成品」，親自或安排女傭拿來本會，囑咐我們早日為貧老作出「禦寒」的行動。

事實上，作為本會慈惠服務的支持者，蔣太亦經常賜擲善款，囑咐本會購買有關電器轉贈有需要的無助長者，以改善他們的家居生活。

「有能力，就幫啦。」蔣太行動緩慢，雖居於中環半山，但前來本會的交通亦甚為不便，路途也算遙遠。除了左手攜來一部暖風機外，右手亦挽著由電話公司送予她的一個全新電熱水壺，希望我們可早日作出轉送，為貧老送出「及時暖」，以助安渡寒冬。

「老人方知老人苦，快些送出去吧。」持著老人幫老人的熱心助人態度，年長蔣太的施善行為，確實教人敬佩。

Elderly people knows the hardship of their peers

"As the weather gets cold, the frail elderly can easily catch cold and get sick. What a pity!" said the 80 years old Mrs. Chang mercifully. "That's why I bought a hot fan and hopefully you will send it to the needed elderly."

Mrs. Chang has always been caring for those in need. When she was young, she wasted no time in volunteer work for the church, helping those in need. Now, in spite of her old age, she is no longer able to run around to provide services. However, it has not deterred her habit of active participation in philanthropy work. She still hand knits scarves during the year; and when winter sets in, she would donate her entire annual production to the organization either personally or through her maid while bidding us to issue them out to the poor elderly as winter gift against the cold.

As a matter of fact, being an ardent supporter to the welfare service of our organization, she gives frequent cash donation and instructs us to buy the necessary electrical appliances for the needed elderly to improve their home living.

"I will help whenever I am still capable." Mrs. Chang is slow in motion. Though she lives in mid-level, it is not that convenient coming to our office. Still, she carries a fan heater in her left hand and a brand new electric thermos in her right hand bidding us to give them out at our earliest convenience before winter sets in.

"It is only the elderly who know the hardship of their peers." Her caring attitude, enthusiasm and kindness really earn our admiration and respect.





關愛長者的餘生

香港也是一個貧富懸殊及高通脹社會，對於無依無靠老人來說，如何可改善基本的家居生活，確是令活在繁華大都會的他們，窮餘生力量也不能達到的願望，此正也是他們的無言嘆息。

幸好，香港有不少熱心的義工及善長，為社會作出至誠而具體的承擔，關心社會及家庭的困難。本中心亦曾接觸到不同生活苦況的長者，透過轉介聖雅各福群會的「電器贈長者」及「長者家居維修服務」，申請有需要的電器及維修服務，舒緩家居生活上的困乏，實際改善到長者的家居生活。

就算是掛在牆上一個搖擺大鐘，也足以令80多歲獨居無依的伯伯，因為他伸手也不能為大鐘上鍊，而苦惱萬分；幸獲聖雅各福群會派出一個穩重的義工，上門為他將大鐘搬到隨手可到的位置，以便伯伯可自行上鍊；另外，也為他安裝洗手間扶手，以防止跌倒。雖然這些對一些人來說，確是微不足道，但對病患中的伯伯來說，實是無言感激義工的支持。

獨居無依的80多歲婆婆，在家跌倒入院，出院時痛症纏身；一個熱心的義工，為她安裝兩支可靠的扶手，以減少家居跌倒的機會，使婆婆在康復過程中增添信心及安心。

一部精緻的二手電視機送給一位行動不便的婆婆，由義工替她安裝及教導使用後，既能令寂靜無聲的家居帶來「聲氣」，也給長者一點娛樂及資訊，不致令她有隔世生活之感。

一部二手電視機送給獨居無依的90多歲婆婆，熱情的義工協助安裝，逐步示範如何安全使用，電視除了為她帶來生活資訊外，也帶給婆婆社區的關懷，令她感到社區對高齡長者默默的支持，助她感到晚年活無所懼。

聖雅各福群會的「電器贈長者」及「長者家居維修服務」，我們感謝您們推動社會人士真摯的關心、聯繫社會互助關愛的力量，使無依無靠老人在晚年得著守護、安全無憂地終老。

一間長者鄰舍中心的社工 敬上



Looking after elderly remaining lives

Hong Kong is a place where a huge gulf exists between the rich and the poor and of high inflation. How the poor and lonely, not having the support of any next of kin, hoping to improve their basic living in this busy and cosmopolitan city is a mere dream to them; and they can only sigh in silence.

Fortunately in Hong Kong, there is still quite a number of volunteer workers and well wishers dedicated to undertake the community care responsibility to help resolve their difficulties. Our centre has got in touch with a number of elderly in various difficult situations and referred them to the St. James' Settlement "Electrical Appliances for the Elderly Program" and "Elderly Home Maintenance Services" programs to apply for assistance in getting the needed electrical appliances and maintenance services, improving their home condition.

Even the pendulum clock hanging on the wall is the cause of concern and an annoying matter for an 80 years old man living alone because he could not reach the clock to wind it up. Luckily, SJS sent in one of their prudent volunteer workers relocating the clock in his home to a more convenient position, enabling him to wind with convenience. In addition, he installed hand rails in his washroom to prevent falling. This may be something taken for granted when one is young, but to the old man, this is something he is heartedly grateful.

A lonely 80 years old lady, slipped and fell before, was hospitalized and still in pain after being discharged. An enthusiastic volunteer worker helped to install two reliable handrails to minimize the chances of falling at home and to give her increased confidence during her recuperation at home.

A fine second-hand TV set is given to an old lady having mobility difficulty; and the enthusiastic volunteer workers helped to install and patiently demonstrated to her on its safe and proper use. This not only brings noise into her unit but also the chance of not being totally isolated from news of the outside world and some entertainment too.

For another similar case of a second-hand TV set given to a 90 years old lady living alone, the TV set brought news of the outside world and entertainment. What is more important is the feeling of community care and support for her and that helps to remove fear for her remaining life.

To St. James' Settlement "EAE" and "HMS" programs, we want to thank them for their sincere support and genuine effort in fostering community care for the elderly, enabling the poor and alone living elderly to lead a more pleasant and worry-free living for their remaining lives.

From a Social Worker of Neighbourhood Elderly Centre

善長的關愛，令受惠者感激不盡。
A very grateful beneficiary.



以後有電視睇啦！

I can watch TV from now on!

廖伯伯年86歲、妻子已死多年、其唯一親人一60多歲的兒子居內地、現獨居屯門公路旁的一小寮屋，已近50年。由於其居所離鄰居較遠，生活甚為孤寂。鄰居路過經過，偶爾會與他點頭，否則廖伯會整天活在一個「靜的世界」裡。

由於長期獨居，甚少與別人交往，加上缺乏接收社區資訊，廖伯的生活日漸與社會隔絕。「窮無辦法啦！間屋有電視機，係好富貴架啦！」這是領取綜援、生活完全沒有基本娛樂的廖伯說。

「你們送我一部電視機，當然好啦！」廖伯一面欣喜地說，一面憂愁地表示：「邊個同我安裝電視機天線呢？」

隨後本會「電器贈長者」計劃得一善長捐款購買一電視機，以及得本會「家居維修服務」的義工協助，於其屋旁裝上天線，廖伯首次按動電視機，後即興奮地說：「以後有電視睇啦！」

廖伯更很高興地向經過的鄰居說：「有好心人，送咗一部電視機給我，好多謝。」

Mr. Liu is at his 86 and his wife was dead long time ago. His only relation, a 60-year old son, lives in the mainland. Mr. Liu lives alone in a small unit by the Tuen Mun highway. The unit is nearly 50 years old. Since he lives far from the neighbourhood, he is quite lonely most of the time. Occasionally, a passing-by neighbour will nod to say hello; otherwise, Mr. Liu lives in a world of silence.

Mr. Liu does not have much social life and he finds himself rather isolated from the society because he has no way to receive information of the outside world. Mr. Liu, who lives on the CSSA, often says, "You have to be rich to have a TV set in your own home. I am too poor to own a TV myself."

"Of Course, it would be grateful if somebody gives me a TV!" Mr. Liu said on one hand happily, while on the other hand expressed sadly that, "But who can help me to install an antenna?"

After appealing for donation, a kind person donated money to buy him one TV set. And one of our volunteers from the "Elderly Home Maintenance Services" helped to install an antenna at the side of his house. When Mr. Liu switched on the TV for the first time, he said excitedly, "I can watch TV from now on!"

"A kind-hearted person gave me a TV set. I am so thankful for his generosity." Mr. Liu told a neighbour passing by happily.



廖伯十分感謝善長捐助，令其生活添樂趣。

Mr Liu is so thankful to donor's generosity, making his life more fruitful.



捐收音機助貧老 助解鬱悶增樂趣

隨著社會發達，物質生活愈來愈豐盛，每戶家庭至少擁有兩部或以上電視機或影視產品，包括DVD機及VCD機。對於一群獨居無依、依賴綜援為生的長者來說，他們希望得到的是卻只是一部附有錄音帶功能的收音機。

據聖雅各福群會專為解決無助獨老電器需要的「電器贈長者」計劃的資料顯示，這群獨居及依賴綜援為生的無助長者，比較習慣使用收音機，收聽新聞及欣賞粵曲，以讓他們可以接受社會的資訊，不與社會脫軌；甚至，為他們提供娛樂，紓解鬱悶。故此，每月都會有不少申請收音機的個案。

「隨著年紀愈來愈大，我的視力愈來愈差，又有白內障，看電視時，根本看不清楚電視機的畫面及文字，我都只是聽電視。我希望有一部收音機，不但可聽到不同的電台節目及新聞，而且還可以聽到我喜歡的粵曲。」現正等候做白內障手術的獨居馮婆婆說：「沒有收音機，無論日與晚，家中總聽不到任何聲音，真係有等年的感覺。」

「當我個部二手的收音機壞了，不要說是電台節目，就連基本的新聞都聽唔到；好像早前氣溫突然下降我也不知道，結果，我未能做足禦寒措施而生病了。而且，連我最喜歡聽的錄音帶都播放唔到，聽唔到粵曲，好苦悶！」居住於深水埗板間房及依賴綜援為生的林伯伯無奈地說。

願助一名獨居老人可接觸社會資訊的機會，令其可有欣賞歌曲的時候，免因而變成隱蔽老人，令他們晚年的生活不再孤寂與無助嗎？相信，隨著本年十一月本港開始進入數碼廣播的年代，捐助簡單的數碼收音機，實可助孤老可繼續接受社會資訊的機會，消除他們生活的鬱悶外，亦可令他們更能與世界接軌，增添生活樂趣。請捐助\$140支持聖雅各福群會的「電器贈長者」計劃，俾可購買一部操作簡單，兼具備附有錄音帶功能的收音機；善款支票抬頭請寫「聖雅各福群會」，指定捐予「收音機贈長者」之用；支票請擲寄香港灣仔石水渠街85號一字105室。網址：www.thevoice.org.hk。施善熱線：2835 4321 或 8107 8324。



Give your donations – A gift to deprived elders, a radio!

While nearly every household in a prosperous city like Hong Kong owning at least 2 TV-sets including DVD- or VCD-players is not uncommon; however, many singleton deprived elders, who live solely upon CSSA, could not afford even a radio with cassette player.

The “Electrical Appliances for the Elderly Program” (EAE) organized by St. James’ Settlement aims to improve deprived singleton elder’s quality of life through provision of certain necessary electrical appliances. According to the information of EAE program, radio is an important source of information and entertainment for singleton elders — they listen to the radio news in order to keep themselves abreast of the latest happenings in the society; they like listening Chinese opera programs on radio and it is believed that they live more happily with radios. That explains why we receive numerous applications of radios every month.

“My eyesight keeps deteriorating as I suffered from cataract. Therefore, it’s not possible for me to see clearly while watching TV. I was in fact listening to the television the whole time rather than watching it. I wish I can have a radio so that I can listen to different radio programs and my favorite Chinese operas.” Granny Fung, a singleton elderly awaiting cataract surgery in the public hospitals, continued. “Without a radio, the days are deadly quiet from dawn to dusk. I feel like my life is being shut down.”

“Since my second-hand radio cassette player broke down, I couldn’t listen to the news and the radio programs; so, I missed the cold weather warning. Not long afterwards, I caught a cold eventually. Also, it is pretty boring that I couldn’t play my favorite Chinese opera cassette tapes.” mentioned by Uncle Lam who lives in a sublet room in Shamshuipo.

Do you want to help these singleton elders get connected with the society and hence avoid being left out? Do you want to help spicing up their daily lives by keeping their enjoyment of music within reach? In the coming November, digital sound broadcasting will then be launched in Hong Kong. We believe that by donating a simple digital radio, it not only can help the elders receive social information and resolve their bored, but can also help to connect them with the society and have more enjoyment in life. Please kindly give one radio cassette player to a singleton elderly by donating merely \$140 to our “Electrical Appliances for the Elderly Program”. Please make your donation cheque payable to “St. James’ Settlement”, specifying “Radio for Elderly”, and send it to Room 105, 1/FL, 85 Stone Nullah Lane, Wanchai, Hong Kong. Website: <http://www.thevoice.org.hk>, or call our donation hotline at 2835-4321 / 8107-8324.

只是一部收音機，便足能令他們與社會接觸，以免變成隱蔽長者。
Merely a radio can help destitute singleton elderly get connected with the society and hence avoid being left out.



嘩！有自來水啦！ 義工鋪喉 83歲婆婆初嘗自來水

等了50多年，家住元朗偏遠村落的吳婆婆，上周日得到10多名義工幫助，為她搭建了一條150米長的水管，由她家門前接駁到村口街喉，終於可以脫離每天打井水的日子。

吳婆婆一家50多年來都居於元朗新田石湖圍一間小木屋，無論下田種菜、養豬，還是家中煮飯、洗澡，用的水全都來自附近兩口井。

喝井水50年未嘗制水

自從兩年前丈夫過身，吳婆婆開始過獨居生活，家中只有兩隻狗陪伴，今年83歲的她仍然健康，不過身體始終難免退化，不時會腰骨痛、腳痛。

吳婆婆以後只要出門口行幾步便有水，全賴一大班義工幫忙為她鋪設水管。當日，10多名以壯男為主的義工一早便到達石湖墟，在烈日當空下花了4小時便完成工程，比預期快了2、3小時。有份參與興建喉管工程的持牌水喉匠林玉鵬指，今次的工程難度甚高，又要克服很多難題，單單事前計劃如何駁喉以及向水務署申請水表已花了3個月。

計劃3月 義工代鋪150米喉管

吳婆婆所住的區域沒有完善供水系統。林說，要駁至最近的政府街喉，所需的喉管便長達150米，「150米當然好長，我平時做慣公屋工程，換全屋喉最多都係10幾米」。他工程前曾多次到附近實地視察，「好擔心喉管會入侵其他村民的土地，不想因為駁水喉傷到婆婆和鄰居的和氣，所以畫路線時都特別小心」。

林又說，今次他們選擇使用聚乙烯喉管，除了省成本，原來亦考慮到實際問題，「婆婆住得咁偏僻，用膠喉可以減少被人偷的機會，如果被偷鐵鑿鋸了一截喉，就真係唔知點算好」。見到吳婆婆有水用，他亦很開心，「我們平時做工程為糊口，為生活上需要，做義工幫人雖然沒有錢，但自己都好開心」。

吳婆婆今次得到聖雅各福群會「家居維修服務」的義工協助，終可放下重擔，毋須再過打井水的日子。負責計劃的社工陳炳麟表示，除接駁水管，義工隊會到全港各區為長者及有需要人士服務，簡單至換燈泡、修理門戶，又或更換全屋電線等，他們會盡量辦妥，目前共有約350名義工參與。（稿件內容部份被刪減）

謝凱瑩報導



Woo! I've got tap water now! Volunteer laying a water pipe for 83-year-old lady

She has been waiting for more than 50 years. Lady Ng lives in Shek Wu Wai, Yuen Long countryside. Last Sunday, more than ten volunteers went there to lay a 150 meters water pipe, so her days of getting water from the well can finally be over.

Lady Ng and her family have lived in Yuen Long in a small wooden house for more than 50 years. No matter if it was for growing vegetables, feeding pigs, cooking, or for showering, all fresh water is obtained from the two wells nearby.

Drinking well water for 50 years, having no experience with tap water

Since Lady Ng's husband passed away two years ago, Lady Ng began living alone with her two dogs. At 83 years-old, she is still feeling healthy. However, due to her advanced age, her body is slowly degenerating, causing pain in the waist as well as the occasional foot pain.

From now on, Lady Ng can get water by only walking a few steps, thanks to a group of volunteers laying a water pipe for her. On that day, more than 10 volunteers arrived in Yuen Long early in the morning. They spent four hours under the strong sun and finished the task two to three hours faster than expected. A licensed water pipe artisan Mr. Lam Yuet Pang said this task was much more difficult than others, as many problems needed to be solved. Problems such as how to plan for collecting water pipe and to apply a water meter from the Water Supplies Department. Just the planning alone took more than three months.

Planning three months, volunteer laying 150 meters water pipe

Lady Ng's living area has no perfect water supply system. Mr. Lam said, "We need to connect to the closest government pipe with 150 meters of water pipe, which is very long. When I was involved with the government's various housing projects, the longest pipes were only about ten meters long." He has done site visit many times for inspections before, "I'm worried the water pipe will go into another people's private property, and I do not want Lady Ng to have arguments with her neighbours due to the installation of the pipe. That's why we had to be very careful when planning the pipe's route."

Mr. Lam also said, this time they are using polyethylene pipes. Besides the cost saving, they also thought about a potential problem. "Since Lady's Ng is living out-of-the-way, using polyethylene pipe will reduce the chance of pipes being stolen." Having seen Lady Ng now has tap-water, he is very happy. "We usually do projects for a living, but this time, even without being paid, we still feel happy for helping people".

This time, Lady Ng gets a volunteer's help from the project team of St. James' Settlement. Now, she no longer has to worry; and she does not have to get water from the well from now on.

The project's organizer, social worker, Mr. Chan Ping Lun said, "Other than connecting water pipes, volunteers will go anywhere in Hong Kong for helping the elderly or people who are in need." With projects as simple as changing light bulbs, repairing doors, or changing all the electric wiring in the whole house, they will try to arrange. Now, there are over 350 volunteers who have joined St. James' Settlement. (Part of the content is being shortened)

Reported by TSE HOI YING



為甚麼不接受 直接申請

問：我知道你們是不會接受有關貧困無助的病弱者及老人直接向你們申請有關「慈惠服務」的，為甚麼？他們必須要由所熟識的社福機構社工作出轉介，又是否屬實？既然他們是有著需要，若再要他們花時間往其他機構求助，此豈不是拖延他們解決困難及改善生活的時間嗎？此豈不是有違你們迅速服務全港貧而無助者的工作目標嗎？請恕我直言。

答：多謝你對我這樣坦誠的查問，也可讓我們更清晰地向各位善長交待我們的工作手法。

我們「慈惠服務」的所有資源，乃全賴各界善長們的捐助，故必須要牢守「慎用珍貴捐助、悉力以達大家的施善指令」的原則；我們要竭盡力量，令涓滴「捐助到位」的職志。你說得對，由於我們的「慈惠服務」是面對全港有需要的人士，在資源缺乏及並無任何財團及政府資助下，在只得一名工作人員負責及義工參與下，我們是不能處理每月，如「電器贈長者」計劃超過百名人士的每一項申請程序並作出家訪，查核是否缺乏電器或所申請的電器是否不能修理、查探可予申請者援手的資源、審核申請者的經濟能力等必須審查手續，目的是要確保捐助資源可真正直接「到位」，不致被濫用。

各地區社福機構的社工在熟識申請者的處境問題上，正好肩負以上「每一項申請程序」，迅速地作出準確的轉介，實可收「既省時又省力」的效果；若個案直接向我們申請電器時，在「慎用善長珍貴捐助」的原則下，我們必須要逐一家訪核實，而我們是絕不能可在每日四出家訪來自港九新界的申請者，而忽略服務的其他行政工作，如文書、工作記錄等，這樣定會令個案需要輪候一段頗長的時間，以等待我們的到訪。

當然，我們除必須與每一轉介個案的社工作出電話查核聯絡外，每日還會安排義工作出抽樣家訪調查，而負責工作人員每星期亦要至少一次全日出外家訪審核，以可「悉力以達大家的施善指令」，務令善長們施善時安心，真正發揮助人「解困解憂」的效果。

Why no direct application

Question: Why does your "Charity Project" not accept direct request for help from the weak and poor elderly? Instead, they must be referred to you through other social welfare institutions who know them. Is this the fact? For people in need, if they are required to go through another social welfare institution first, would that delay help coming to their rescue? Is that not defeating your objective of serving the poor and helpless elderly as quickly as possible? Please accept my apology for being frank.

Answer: Thank you for your straight forward questions. Let us take this opportunity clarifying our work process to all the benevolent people.

Our "Charity Project" is solely financed by the benevolent people in the community and we operate under the principle of "careful spending of the donation and whole heartedly following specific instructions of the donors". Our motto is effective and timely use of our resources. What you have said is correct. Our "Charity Project" is for the needy individuals throughout Hong Kong. Without support from the authority or financial institution, we can only afford one paid staff augmented by volunteer workers in this work. For instance, in the Electrical Appliances for the Elderly Program, we are unable to cope with processing the monthly over one hundred applications inclusive of home visits, checking whether or not their need is genuine and whether their existing appliance is beyond repair; and then look for available resources, checking the applicants financial condition to ensure that our precious resource is well spent and the system is not abused.

Social workers in district social welfare organizations are familiar with the applicant's condition and they can handle the work mentioned above, making quick and proper referrals; thus, saving both time and effort. If we were to accept direct application, we would have to find time and manpower doing all these from scratch, work far beyond our means and resources. Besides, we still have our administrative and paper work to do. Then the applicants will have to wait much longer for the vital home visit.

In addition to calling and contacting the social worker providing the referral, we have to make daily arrangement for random home visit check by our volunteer workers. The staff in charge is spending at least one full day in home visits verifying first hand that our system is intact in order to achieve the best result to help.



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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人要知福、惜福、再造福。

Blessing must be recognized and treasured by man before he will again be fortunate.