

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
St. James' Settlement



一二年三月份 MAR 2012

網址 Website: [www.thevoice.org.hk](http://www.thevoice.org.hk)



社工的話

Social Worker's Remark

## 擔心善款的流失

近來接到一些恆常幫助我們的善長來電，關心我們現時的善款情況。因為眾所周知，過去藉陳炳麟先生開拓了多個慈惠服務，分別有早年成立的長者家居維修服務、電器贈長者計劃、到戶理髮服務及惠澤社區藥房等等。這些都是因應當年社會人士的需要而生，特別為一眾貧乏老人及基層病患人士而設，是政府常規服務以外的自負營虧服務。因沒有政府資助的緣故，多年來有賴善長捐助或部份申請基金資助，這樣一方面在服務運作上有更大的自主性，回應力也可以更迅速和有彈性，另一方面卻是缺乏穩定財政收入。所以，如今在陳先生已榮休之際，善長便擔心捐款的流失令服務受到影響，最終令有急需的人士受損。

事實上，我們也有過類似的擔心，畢竟非政府資助的服務在營運上，就是要面對營運費用的壓力；而在這幾個月來，由各地區社工轉介來要跟進的個案，不論是上門維修、電器轉贈、申請藥物資助等依然不絕。這種情況相信與社會的貧富懸殊、生活指數上升、通脹壓力、低學歷人士就業困難、長者缺乏退休生活保障、長者病患者沒有能力就業等等不無關係。所以，我們在向大家報導服務需要及情況之餘，仍繼續以不同服務支援匱乏人士面對生活及健康上的種種挑戰！

除了恆常服務外，這幾個月我們正忙著準備長者公屋入伙計劃、籌募熱水爐及雪櫃的捐款、即將開始的送風扇行動，及幾個月後於九龍開辦多一間惠澤社區藥房等等。面對接踵而來的工作，有著各位的支持，實在令我們可以更有信心及無後顧之憂地繼續向前。

善長來電的關心，暖心的一句：「雖然我的捐款微不足道，但往後在服務上有甚麼需要，只管讓我知道。」當下，實在被善長的說話感動了。這份信任和支持大大地推動我們，務實地為社會上生活在貧苦邊緣的人士繼續努力。

## “Donation Loss” Worry

Recently, we received some phone calls from our regular donors showing their concerns on our donation in these days. As all know, Mr. Chan Ping Lun has opened up a number of charity projects, such as Elderly Home Maintenance Services, Electrical Appliances for the Elderly Program, Home Haircut Services, Philanthropic Community Pharmacy and etc. All these services, which are self finance without government subsidy, are established based on the social needs, especially target at the poor elderly and sick. With the self finance nature, the operation of these services is highly depended on the kind donations and funding applied. On one hand, it offers us more flexibility and prompts response; while on the other hand, a stable financial support is of our worry. And now, it comes to the retirement of Mr. Chan; donors are worry about the services being affected, leading to a risk of the needy receiving no immediate help.

In fact, this is also exactly the concern and worry we had before; and undoubtedly, it is the challenge self finance services have to face. In recent months, cases, with needs in home maintenance, electrical appliances, medication subsidy and etc, from referral workers keep increasing. The increase is probably due to the extreme disparity between the rich and the poor, the increasing living index, the pressure from inflation, the employment difficulty of uneducated worker, the insufficient retirement protection, the loss of working ability of elderly patients and etc. Thus, we not only on one hand report the services' need and status, but also to work hard in supporting the poor needy in different aspects.

Apart from the services regularly in operation, we are actually busy in preparing different upcoming projects, namely the elderly's rehousing in public estate, the donation appeal for electric water heaters and refrigerators, the Warmth Caring Action and the coming action for delivering electrical fan, the newly open Philanthropic Community Pharmacy in Kowloon few months later..... Facing the numerous projects in future, all your support enables us to keep our step forwards with confidence and no worries about.

Once a conversation from the donor sending us the caring call, “Although my donations is just a tip of the iceberg, just let me know anything I can offer help in the services needs.” At the moment, I was really touched by the kind donor! The trust and support push us to work harder in serving poor needy in the society.



## 免費視像問藥服務 不再胡亂服食藥物

胡亂購買成藥，後果可大可小。參加「視像問藥」服務的黎婆婆，透過視像鏡頭向藥劑師查詢每種藥物的副作用。黎婆婆不但服食醫生開出的藥物，自己更胡亂購買一些未經醫生允許下的處方藥物、補充劑、健康保健藥。黎婆婆表示：「啲朋友話呢啲藥食左可以舒緩到骨痛嘛，咁咪跟佢地一齊買囉！食左又真係好左啫！」經過藥劑師了解藥物後，發現黎婆婆會覺得骨痛舒緩了，是因為自行購買的處方藥物與醫生開出的藥物藥效重疊，即是藥物成份比婆婆身體可以承受的高，所以才會有種舒緩病情的錯覺。最嚴重的是婆婆購買的補充劑含有類固醇成分，而且跟其他藥物份量重覆，會導致身體出現副作用，嚴重的更需要換腎。

黎婆婆聽到藥劑師解釋後，紅著眼眶說：「我每個月死慳死抵，茶都唔敢去飲，慳慳埋埋每月花二、三千元買補充劑、健康保健藥，從來無諗過我唔得食呢啲藥！人地話好，咁我咪跟住買囉，聽完藥劑師講到要換腎，我真係怕怕！」

因為黎婆婆服食過醫生提供的藥物後，感到骨痛情況沒有改善，但又沒有勇氣向醫生表達，只好胡亂購買；聽到張三李四說甚麼好，就照著買，但卻不知道藥效重覆，會對身體有如此大影響。經過藥劑師詳細解釋後，黎婆婆知道日後買額外補充劑需先諮詢醫生的意見，不再胡亂買藥，以便影響身體。「我住得好遠，唔方便來灣仔找藥劑師，好彩你們找到老人中心，安排為老人睇住電腦問藥，就好像面對面問診一樣。真係好感激藥劑師，冇佢既提點，我都唔知原來我自己出去買成藥，係一件咁危險既事，我以後都唔會再亂花錢！」黎婆婆說道。



## Free “Tele Pharmaceutical Consultation” In prevention of careless intake of medication

Purchasing patent medicine carelessly can lead to a terrible result. Granny Lai, who joined our “Tele Pharmaceutical Consultation”, asks the side effect of every medicine she is taking through the webcam. Granny Lai not only takes the medicine prescribed by doctor, she also takes extra medication, nutrition and etc which are not under doctor's prescription. Granny Lai said, “I buy this medication because one of my friends said that it can solve the bone pain. And surprisingly, I really feel much better after taking it.” After the pharmacist's review, the reason for this improvement is due to the duplicated effect of both the medications prescribed by the doctor and purchased by herself. In other words, the medication ingredients are over that Granny Lai can suffer and lead to an illusion that the pain is released. Even worse, one of the nutrition Granny Lai taking includes steroids, which is in duplication with other ingredients and will lead to side effects with need to replace kidney in the worst case.

After the pharmacist's explanation, Granny Lai, with tears in her eyes, said, “I hardly save money for purchasing those extra medication, nutrition and etc; and I never thought of the side effect of taking them! I just listen to my friends' comment ... Now, after knowing about the possible consequences, I am really afraid of buying it anymore!”

In fact, Granny Lai makes purchase of those medications because of the unimproved situation of her bone pain. In order to release the pain, she follows others' comment blindly and never thinks of the probable risks behind. Luckily, after joining the service, she is more aware of the issue and will ask for doctor's opinion next time before purchase. “I live very far away and it is not convenient for me to make consultation with the pharmacist in Wan Chai. Thankfully, there are “Tele Pharmaceutical Consultation” so that I can make medication enquiries through the webcam. Also, I really want to express my grateful thank to pharmacist. Without her kind reminder, I never know it would be such a dangerous and money-wasting action to make medication purchase by myself.” expressed by Granny Lai.

長者可透過免費視像問藥服務，解開食藥的疑團。

Elderly can get a clearer understanding of the medication by the free “Tele Pharmaceutical Consultation” .

## 「家居醫療用品支援」計劃 助長期病患者踏上治療之路

呂太早前證實患上糖尿病。糖尿病病人需長時間控制血糖指數，避免因血糖過高而引起其他併發症，如糖尿上眼，導致失明。糖尿病病人需每日量度血糖指數數次，而糖尿試紙費用並不便宜，每一張都需花費數元，長此下去會構成一定的經濟壓力。

呂太患病後，因血糖不穩定，身體常常感到疲倦及暈眩，而無法再工作，家中經濟重擔就只好落在剛投身社會工作的兒子身上。「個仔剛剛畢業，收入不多，仲要應付一家四口各樣雜費，已經很吃力，我唔想佢負擔咁大，樣樣都慳D使。以前一日量度三次血糖指數，而家一日量度一次，甚至數日量度一次。」呂太知道家中根本沒有多餘的錢去購買醫療物資，但面對糖尿病會引起嚴重的併發症，心裡面只感到無奈！面對生活困境，呂太不想成為家中的負累，但又不想家人為她的健康而擔憂。

經過社工的轉介，呂太申請聖雅各福群會的「家居醫療用品支援」。該計劃為了減輕有經濟困難的長期病患者，因需要購買有關家居醫療用品如血壓計、血糖測試機、血糖試紙、普通藥盒、切藥盒或噴霧劑助吸器等用品所衍生的經濟壓力。此計劃可提供支援，令無助病弱者得到適切的用品治病，以免嚴重延誤疾病的康復，及影響身體健康。

對於長期病患者來說，不單是要和疾病搏鬥，還要承受因病而引來家庭經濟困頓的壓力。善長們，您可以伸出援手幫助這羣無助的長期病患者嗎？施善款項數目不拘，希望以集腋成裘方式，為貧弱病殘者施救。支票抬頭請書：聖雅各福群會，支票背面指定：「家居醫療用品支援」之用。施善查詢：2835-4321或8107-8324。

## “Home Use Medical Equipment Support Program” Lead the Chronic Patients to Road of Treatment and Recovery

Mrs. Lui is diagnosed to have diabetes not too long ago. People suffering from diabetes have to monitor their blood sugar level very often in avoiding complications, such as blindness caused by diabetes getting into the eyes because of the high blood sugar. The patient is thus required to measure the blood sugar index few times a day using strips costing a few dollars each, which is not cheap by any means and is a certain financial pressure in long term.

Since having diabetes followed by the instable blood sugar level, Mrs. Lui is no longer able to work because she always feels tired and faint; hence, the heavy financial burden of the family falls onto the shoulder of her son who has just started work. “My son, a recent graduate with low income, has to take care of all the expenses for a family of four. It’s really tough! I want to lessen his burden and try cutting back on every spending. I used to measure my blood sugar index thrice a day but only once a day or even once every few days now.” Basically, she knows the family has no spare money for medical equipment; however, she is confronted by the fact that diabetes could cause severe complications, making her sad and helpless! Facing the difficult situation in life, she wishes neither be a burden to the family nor wants them to worry for her health.

With the social worker’s referral, Mrs. Lui applied for the SJS “Home Use Medical Equipment Support Program”, which is geared to alleviate the financial burden arising from the need for chronic patients in buying relevant home use medical equipment like sphygmomanometer, blood glucose meter and blood glucose strips, pill container, pill cutter, nebulizer and etc. The program provides support for the disadvantaged and helpless patients in obtaining more support to avoid serious delays in treatment and hence affect the health.

Chronic patients not only have to fight for their illnesses, their families are also subject to the ensuing pressure in finance. Will you benevolent donors please extend a helping hand to assist this unfortunate group of helpless chronic patients? Any amount will do, as many a pickle makes a miracle. Thus, please send your donation by cheque, beneficiary “St. James’ Settlement”, earmarked on its back “Home Use Medical Equipment Support Program”. Donation hotline: 2835-4321 or 8107-8324.

**除藥物外，很多長期病患者需要不同的醫療用品扶助治療。  
Apart from medication, medical equipment is also essential for many chronic patients in the treatment.**





## 義工助安頓新居 擺脫災後陰霾

「2012年2月12日，乙明邨一單位發生火警，年老女戶主不堪打擊，傷心痛哭暈眩不適，由救護車送院治理。」一場大火，令許婆婆的家園盡毀。許婆婆今年71歲，領綜援為生，她雖育有5名子女，但子女與她關係欠佳，甚少探望，甚至婆婆家中失火，極盡徬徨之際，子女也沒有前來陪伴。此傷心，恐比家園被毀更甚。

大火後，婆婆的單位嚴重損毀，不能居住。不幸中之大幸是，房協為她安排調遷到同邨同座的單位。話雖如此，新居中空無一物，而舊居的用品幾乎已全部燒毀，對領綜援而子女沒有援助的婆婆來說，重置家中的家具、電器等，所費不菲，「得張鐵床同摺枱用住先」。故此，在家徒四壁、設備簡陋的新居中，婆婆無可選擇，只好「邊住，邊打算啦」。

但婆婆能打算多久呢？在婆婆新居，風吹石屎地台捲起灰塵，影響婆婆呼吸；婆婆把雜物都放到地上，每次都要彎下身來執拾，吃力非常，也傷腰骨。故此，改善婆婆的新居實在是刻不容緩，不能慢慢打算。

婆婆的轉介社工蕭姑娘明白這個道理，在婆婆住進新居後便立即找聖雅各福群會長者家居維修服務協助。我們知道婆婆已入伙新居，更加不敢怠慢，立即購買材料送到婆婆家。翌日，三位義工師傅便上門為婆婆鋪好膠地板、鑽上窗簾路軌、刀架、廁紙架、雜物架等。除了讓婆婆家居衛生改善，免於滑倒，也讓她家中物品能夠擺放妥當，減少扭傷的機會。

「多謝...多謝師傅...新屋真係好靚！」剛度過火劫，臉容本來唏噓昏沉的許婆婆臉露久違的笑容，「我個幾禮拜前仲係無屋企返，我真係無想過新屋會咁快整得好！原來真係有好多人關心我！」

看著煥然一新的地板，與設施整齊的新居，許婆婆已忘卻舊居燻黑的陰霾，轉而放眼未來，願她在這象徵著新生活的新居裡安享晚年。



## Volunteer's help for refurbishing new home Shaking off haze after disaster

"A fire broke out in one of the units in Jat Min Chuen on 12 February, 2012. The old lady in house, who was in distress crying bitterly and feeling dizzy, was taken to the hospital." The fire had destroyed the unit of granny Hui, ages 71 and is now receiving CSSA. She has five children but the poor relationship kept them distant with rare visit. None came to her side after the fire when she was at a loss that hurts her even more than losing her home.

Her unit was badly damaged and no longer suitable for living after the fire. With a stroke of fortune, she was allotted to another unit in the same block by the Hong Kong Housing Society. However, there was nothing in the new unit since almost everything in the previous unit was gutted by the fire. To a CSSA recipient who is with no support from children, refurbishing a new home is a formidable task. "I had to live with just an iron frame bed and a foldable table." She had no choice but just waited to see what would happen next.

But how long can she stay? When the wind blows through, dirt rolls up from the concrete floor affects her breath. Also, she has to bend down each time picking up things being put on the floor, leading to her back hurt. Hence, time is up for the waiting and she needs improvement on her new home condition without further delay.

Miss Siu, the referral social worker, understood this very well and promptly turned her case to SJS "Elderly Home Maintenance Services" after she has moved in. We took no delay upon notification of her relocation by purchasing and delivering all necessary materials to her unit with three master technician volunteers went there on the next day to lay vinyl flooring, put up window curtain rails, knife rack, toilet paper rack and shelves for sundry items. All purposed to improve the home hygiene and safety for the old lady, minimizing risk of back twisting.

"Thanks... Thank you the master technicians ... The new unit really looks marvellous!" said granny Hui with a smile that has longer been missed. "I had no home to go for weeks before. I have never imagined that the new home can be tidied up in such a short period of time and with so many people caring for me!"

Looking at the brand new flooring and the neatly equipped new home, granny Hui has long forgotten the haze of her smoke blackened unit and turns her head to the future. We wish her an enjoyable and comfortable time in this new home for the rest of her years afterwards.

許婆婆家中有了新地板，笑逐顏開地踏上重回生活正軌的重要一步。  
Granny Hui, beaming with smile for the new floor covering in the house, took an important step in returning to normal life on the right track.



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一二年三月份  
MAR 2012  
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## 病老搬邨上公屋 急需添置雪櫃

隨著春季到臨，氣溫逐漸回升，食物必須保鮮，方可免於變壞。然而，對一群貧而無助的體弱長者而言，擁有一個雪櫃來得一點都不簡單。

「好不容易終於獲配新公屋單位，終可搬離窄小陰鬱的板間房。無奈搬屋已是一筆龐大的花費，連飯錢都要拿出來添置傢俱，點會有錢買雪櫃呢？」患有糖尿病的82歲李婆婆說：「我需注射胰島素，雖然醫生不斷吩咐我將藥物放在雪櫃，但我實在無力購買。」李婆婆只能將藥放在室溫，藥劑師表示，胰島素必須儲存於雪櫃裡，藥效才不會因而受影響。「我近年身體差，一餐吃不多，真擔心隨著炎夏到來，吃剩的食物會變壞，我又少左一餐食了。」

李婆婆乃聖雅各福群會「電器贈長者」申請雪櫃的個案之一。

根據「電器贈長者」探訪義工了解，長者通常會一次煮好多餐餸菜，分幾餐享用，可節省金錢和避免浪費食物。林伯是另一獲配公屋單位的長者，經探訪義工了解過，舊居的雪櫃太殘舊，早已失去冷凍功能。林伯伯說：「現在氣溫日漸升高，無雪櫃放食物，我只能將食物放於室溫。在炎夏的日子，食物變壞，對身體實在無益。」每月靠兩仟多元綜援為生的林伯，正待善長伸出援手協助更換運作良好的雪櫃。

負責「電器贈長者」慈惠計劃的社工說，年中九龍區將有兩個大型公屋屋苑入伙，預計將有超過50名弱老需要添置雪櫃。加上隨著氣溫上升，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，我們亦希望以集腋成裘的方式，每人捐助\$400

資助長者購買全新雪櫃。欲捐款者，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」添置雪櫃，郵寄至香港灣仔石水渠街85號一樓105室收。施善查詢，請電2835-4321或8107-8324。我們的網址是：[www.thevoice.org.hk](http://www.thevoice.org.hk)。



## The Sick and Poor Moving in Public Estate In Need of a Refrigerator

The spring is coming and the temperature is increasing, the food has to be kept fresh in avoiding the deterioration. However, for a group of poor and weak, owning a refrigerator is not an easy task.

"It is a long way for me to be allotted a public estate unit, moving out from the little old cubicle apartments. However, I feel so helpless that I have no extra money to buy a refrigerator since the rehousing already used up most of my saving." The 82 years old Granny Lee suffering from diabetes said "I have to take insulin injection. The doctor reminds me for few times to put the medication in the refrigerator, but I really have no ability in doing so." Granny Lee can only let the medication expose in the room temperature. According to the pharmacist, insulin must be stored in the refrigerator in order to maintain its effectiveness. "My health is getting worse in recent years; and I cannot eat much in a meal. I just worry that with the summer coming, the food left will be deteriorated and in another way implies that one more meal will be wasted."

Granny Lee is a case applying for a refrigerator in St James' Settlement "Electrical Appliances Electrical Appliances for the Elderly Program".

According to the volunteers of the program, the elderly usually cook a lot in a meal and reserve some for few more meals afterwards. It can save their money as well as avoid waste of food. The old man Lam is another elder who moves in a public housing unit. After the home visit, the volunteers found that his refrigerator is too old to maintain it freezing function. In the hot summer time, the food will then deteriorated and leads to risk for health. The old man Lam said, "The temperature is rising, but I can just keep the food under room temperature because I have no refrigerator. And of course, the deterioration of food brings no good to my health." Lee is now living on CSSA and waiting for the help from kind donors.

According to the social worker responsible for the EAE program, there are two public housing estates in Kowloon upon construction completion in the mid 2012; and in prediction, there are over 50 poor and weak in need of a refrigerator. As mention before, the food is easily in deterioration because of the increasing temperature together with the lack of refrigerator. If the elderly take the risk in having the deteriorated food, their health will surely be affected.

St James' Settlement is now searching for resources in appealing for second hand refrigerator as well as donations, in an attempt to provide the poor elderly with a refrigerator in preventing sick or waste. In addition to donation of refrigerator, we also wish a \$400 donation from each donor in helping the purchase of new refrigerator for them. Please make your cheque payable to "St. James' Settlement" with indication for "Electrical Appliances for the Elderly Program Refrigerator Purchase" at the back. Our mailing address is: Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation enquiry : 2835 4321 or 8107 8324. Donation website: [www.thevoice.org.hk](http://www.thevoice.org.hk).

「全因你的捐助，我不再擔心食物變壞了。」

"All because of your kind donations, I no longer have to worry about the food being deteriorated."

## 不畏風雨作出服務

正當天文台懸掛著一號風球、快將要掛 3 號風球時、大家都在關心暴風雨時，正有 6 名義工以熾熱的心情，趕緊作出檢查電器的行動。

他們是次行動，主要是把一大批電風扇等電器檢查妥當、機件是否正常，才決定是否把之轉送有需要的貧困者，改善他們的生活質素，使該批電器不致浪費，環保之餘又能夠重用，是很有意思的活動。

這一大群電器維修義工，都是來自不同的地方，有不同的背景。起初各不相識，但熱心服務的熱情，卻是一致的；亦因此，大伙兒很快就相熟起來，不知道的話，還以為他們 6 人已相識很久。在檢查電器之時，他們都一鼓幹勁又有效率地去檢查電器；整個過程中，大家雖然汗流浹背，但又不忘說笑。短短的 5 個小時，在充滿著笑聲中渡過。疲累、汗水？已不算得是甚麼了！

這一群師傅，原來是本會「家居維修服務」的義工，參與了這項「電器檢查」義工服務已經很多年了，當中有的更已參與服務超過 10 年多。他們有些是退休人士，亦有些是在職者，每次只要有需要找他們幫忙的話，師傅們都會盡量忙裡抽空出來，義不容辭！有些師傅更會主動問我們：「需要幫忙嗎？有需要的話就找我吧！」。簡單的一句，對我們來說窩心極了！

其中一名師傅更說：「多年來，我覺得做義工的價值是不能用錢和任何東西去衡量的。能夠為社會出一分力，幫助到有需要的人，是很有意思的，我會繼續下去！」每一次，幸得他們熱心的幫助，風雨不改地作出服務，才可助本會慈惠服務順利推行，俾可惠澤更多有需要的匱乏社群。



## The Ardent Service Can't Stop by Typhoon or Heavy Rain

When the typhoon signal no. 1 was hosted, the signal no. 3 was coming soon as well as all people were concerning for the typhoons news, there were 6 volunteers hurrying in the electrical appliances inspections.

For the purpose of being environmental friendly and helping the poverty, the volunteers were checking some recycled electric fans and some other old electrical appliances. If the old appliances were still in well function, they will be donated to the indeed people.

All these 6 volunteers are coming from different groups with different backgrounds. Though they are not familiar with each other, their enthusiasm for doing volunteer work is the same. The friendship was built up fast in these 5 hours. The weather was hot, the sweat was on their forehead and back, but still, they laughed so happily and inspected all appliances so efficiently. Tiredness and sweating? Not a big deal at all!

Actually, these volunteer masters are volunteers of the "Elderly Home Maintenance Services". They joined the "electrical appliances inspection" service for many years, while some of them even participated in it for more than 10 years. Whatever the volunteer masters have been retired or still on their job, all of them are willing to take their space-time to participate in the service without any hesitation. Some of them even ask for the duties voluntarily and said, "Just call if you need any help!" By just a few words, we feel extremely warm!

One of the volunteers said "Over these years, I think being a volunteer is meaningful and cannot be counted in terms of money or asset. I would like to continue as the voluntary helper and to make contribution." We are lucky that all helpers are willing to work even under the bad weather or etc. We give our thanks from heart to all volunteers making the scheme running smoothly and letting more indeed people benefited.

「你來幫，我來幫，大家都來幫。」  
"You help, I help; and everyone gives help!"

## 給弱老及長期病患人士 一個整潔的儀容

當你打電話到髮型屋預約剪髮、染髮或做一些頭髮護理的時候，可有想過在香港，有一部分人只是想簡簡單單地修剪頭髮，令自己的儀容保持整潔，都是一件相當困難的事情。

鄭太患有小腦萎縮症，大部份身體機能都已經退化。她不能說話、不能活動，只能長期臥床，有時更會因為突然暈倒或身體狀況欠佳而進出醫院。在接觸本會之前，丈夫鄭先生曾嘗試帶太太到髮型屋理髮，可是，鄭太因疾病緣故，無法坐得太久，有次在剪髮過程中暈倒而需要立即送入醫院。自此，髮型屋也就不敢再接鄭生的生意。

初次見到鄭太，她披頭散髮，滿頭大汗，躺在床上，狀甚辛苦。「希望你們可以幫幫忙，替她把頭髮剪短一點，令她舒服一點，辛苦你們！」鄭生說道。「因為鄭太不能長時間坐着，為了令她舒服一點，所以我想讓她躺着來剪。我從未試過這樣做，對於我來說，這是一個挑戰！」義工向我們說出這次為鄭太理髮的經過以及困難。理髮後，看到鄭太清爽的短髮及精神的容貌，鄭生和義工都很滿意。

理髮，不僅是儀容清潔問題。原來一個清爽整齊的髮型，更可舒緩一些長者、病者的不適，同時亦可以減輕護老者的壓力。聖雅各福群會「到戶理髮服務」，目的為體弱及行動不便的長者或殘疾人士提供剪髮服務、協助他們整理儀容，希望每一位受助人都能夠有精神爽利的面孔繼續生活。「到戶理髮服務」並未有政府資助，有關剪髮工具、消毒紙巾、圍裙、義工車費及訓練開支等等，均有賴義工及各界善長捐助支持推行，盼大家施善捐助，讓服務能繼續獲得支持。施善支票，抬頭「聖雅各福群會」，註明「到戶理髮服務」，逕寄香港灣仔石水渠街85號1樓105室；施善熱線：2835-4321或8107-8324。

## Tidy Look for the Elderly and Sick

When you call up the hair salon for a booking to trim, dye or get treatment for your hair, have you ever thought that there are people in Hong Kong having difficulty for just a simple haircut to stay tidy?

Mrs. Cheng has Spinocerebellar Atrophy and most of her physical mechanism has deteriorated. She has talking and walking disabilities and can only lie on bed all the time. Occasionally, she had to be hospitalized because of sudden fainted and also when health was bad. Before contacting SJS, her husband took her to hair salon for haircut. But as she cannot sit for long, there was an occasion she passed out during the haircutting process and had to be taken to the hospital. After that, the hair salon dared not to take her business.

When we first met Mrs. Cheng, she is sweating and lying in bed with a painful look; also, her hair was unkempt. "I hope you can help to cut her hair short as to make her feel more comfortable," said Mr. Cheng. "As she cannot sit long, in order to make her feel a bit more comfortable, I want to cut her hair while she keep lying down, which is a challenge as I have not tried it before!" said the barber volunteer explaining to us the difficulty. When done, Mrs. Cheng looked totally clean and refreshed with the short haircut. Her husband and the volunteer are also satisfied.

Hair cutting is not simply a cleanliness issue. It also reduces the discomfort of elderly and sick as well as the stress of carers. The purpose of SJS "Home Haircut Service" is to provide such service for the frail and immobile elderly and the handicapped. We hope it can give them a neat and tidy look; also, it will probably uplift their vitality and morale in life. As this service receives no government subsidy, it relies completely on volunteer workers and public donations. Hence, sustained generous support from benevolent people in all walks of life is vital to keep it going. Donation can be made by cheque, beneficiary St. James' Settlement, earmarked for "Home Haircut Service" and mailed to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 2835-4321 or 8107-8324.



得義工幫忙理髮後，除鄭太太感到舒適不少外，也減輕鄭先生的照顧壓力。  
With the volunteer's help, Mrs. Cheng felt much more comfortable while Mr. Cheng also felt less stressful.



## 鄉郊工程 令偏遠長者不被遺忘

你曾到過古洞嗎？古洞位於新界北，詳細點說就是在上水與落馬州之間。古洞遠離市區，除行山外，都市人甚少前往。然而，在古洞，多年前已有人搭屋聚居；時至今日，部分房子已破舊不堪，住在裡面的，很多都是獨居長者。由於交通不方便，住在這裡的長者恍如與世隔絕，得到的支援較少。

正因如此，加上新界北部在冬天天氣特別冷，本會送暖行動上年冬季特地到訪古洞，送暖給貧弱長者。義工到訪姚伯伯家時，都被嚇了一跳，因為他們眼前所見村屋的殘舊程度真不能讓他們想像。屋內的電源來自隔鄰已荒廢的村屋，兩屋之間連接了一些凌空、凌亂的電線；屋內插座只有一個，已插上了多個萬能插蘇接上電器，安全情況令人擔憂。故此，義工也不敢送上暖風機讓伯伯使用，以防伯伯家中電力超出負荷。此外，伯伯家中只有一支光管，室內光線不足，義工們在白天也逼不得已要開動電筒照明。伯伯每天在家中活動，實在危機四伏。

除了電力上的危機，我們還發現伯伯家中的玻璃窗已悉數破爛，只以紙皮和木板暫時遮擋。不過，當遇上惡劣天氣，大風大雨時，紙皮和木板顯然未能保護伯伯的家；而且，這些物料遮擋光線，實在是伯伯家居的另一陷阱。

伯伯家居陷阱甚多，但家住偏遠地區，他不知道可以找誰協助。本會「長者家居維修服務」並沒有遺忘伯伯的需要，接手協助伯伯改善家居安全。義工師傅視察環境後，決定為伯伯更換合規格的電箱、重鋪全屋電線、安排位置讓伯伯有安全足夠的光管與插座，以及為伯伯安裝全屋玻璃窗。此外，伯伯的電視機因家中沒有安裝天線而不能接收訊號，義工師傅也為伯伯安裝魚骨天線，以讓腳痛的伯伯在家中能得娛樂。

本會「長者家居維修服務」旨為年六十歲或以上、獨居或與配偶同住、缺乏親友戚屬照顧、經濟條件有限、居住環境惡劣、家居設施失修的長者，由專業義工提供簡單家居維修服務，服務遍及港九新界。



## Service to Remote Area Let the Elderly Unforgotten

Have you been to Kwu Tung? Kwu Tung is at the New Territories North; and in more detail, it is in between Sheung Shiu and Lok Ma Chau. Since Kwu Tung is far from the city area, apart from hiking, people seldom get a visit to there. In fact, there were people building houses in Kwu Tung many years ago; and till now, many of the houses are old and shabby while people living there are mainly lone elderly. Since the transportation is not well developed, those lone elderly receive very few supports and are being isolated.

Due to the above reason, together with the extreme cold weather there in winter time, SJS "Warmth Caring Action" specially gave warmth to the poor elderly in Kwu Tung in last winter. When first visit the old man Yiu, the volunteers are shocked by the unbelievable shabbiness of his house. The electricity is from another disused house in a village nearby; and the electric wire is connected in a mess. Also, there is only one socket in his house with many electric appliances being connected to it. This is of extreme danger; and thus, our volunteers not dare to give him the heater by taking the electricity workload into concern. Moreover, there is only one lamp which leads to insufficient lighting. Not to mention the danger for Yiu's time in house, our volunteers have to work with the flashlight even though in the day time.

Apart from the risk of electricity, we also found that all the windows are broken while Yiu only uses the wood board and cardboard for replacement. These materials not only block the lighting, but also lead the house unprotected when the rainy and windy weather come.

There are plenty of risks in Yiu's house; however, he does not know where to seek help regarding his remote living area. The need of Yiu is not being neglected that the "Elderly Home Maintenance Services" takes action to improve his home safety. After reviewing the situation, our volunteer master decided to replace the wire box, to relocate all electric wire, to equip with enough lamp and socket as well as to install again the windows. In addition, the volunteer masters also help to fix the aerial so that Yiu, who suffers from foot pain, can watch television for entertainment.

Our "Elderly Home Maintenance Services" is not restricted for any districts and aims to provide professional and simple home maintenance by our volunteers for lone elders or couple who are 60 years old or above, lack of relatives support, with financial difficulties and have broken home facilities.

姚伯伯家中電掣不足，電線混亂，實在極需我們伸出援手，助以改善。

The insufficient socket and insecure wire connection in Yiu's house are really in urgent need for improvement.



## 「長者家居維修服務」 申請一問

編輯先生：

本人認識一位舊同事，退休後租住唐樓生活，沒有子女，經濟條件一般。早前探訪他的時候，發現他家中的照明壞了，水喉亦有漏水的情況，令他日常生活有所不便；加上他有弱聽，常常聽不到門鈴聲。知道你們有「長者家居維修服務」，可以派員來幫助這位退休長者嗎？

何先生上

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何先生：

多謝來函查詢「長者家居維修服務」，知道有關長者租住的唐樓單位有維修的需要。一般來說，租戶與業主有租務合約，業主有責任為單位內失修的情況作出維修，如信中提及的照明及水喉漏水問題。所以，建議長者向業主提出維修的需要。由於本會「長者家居維修服務」營運經費來自善長捐款或基金會的資助，有賴一班義務的水、電及木工師傅做義工，故服務主要是幫助一些經濟困乏而無能力為自己居所作出基本維修的長者。

不過，有關閃燈門鐘方面，因著長者的特殊需要，加上現時一般門鈴的聲量，是不足以讓弱聽長者知道有人來訪或在緊急情況下能及時作出逃生。故此，本會設計了一個較為光亮及聲量可作調節的門鐘。只要有需要的弱聽長者先通知業主，然後向地區社工提出服務的需要，待社工向本會作出轉介；我們接到申請後會先作評估，然後便安排義工師傅上門安裝。費用則要視乎長者的經濟情況而定。

最後一提，如果長者有一些屬於自己的家電已損壞，例如：電視機、洗衣機等，他同樣可透過社工的轉介，義工師傅可以上門作出檢查及維修。

如對上述服務有進一步查詢，歡迎至電2835-4321 或8107-8324。

編輯上

## Application of “Elderly Home Maintenance Services”

Dear Editor,

I have an old colleague who is now living in an old Chinese building. He has no sons or daughters and is not very rich. As per my visit to him before, I found that his lighting is broken and there is leaking as well. In addition, he always misses the door bell ring because of his hearing difficulties. I know that there is a “Elderly Home Maintenance Services”, would your service kindly send someone to give this retire elder a help?

Yours faithfully,  
Mr. Ho

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Dear Mr. Ho,

Thank you for your enquiry. Generally speaking, there is contract agreement between the tenant and proprietor; and the proprietor is responsible for any maintenance regarding his/her unit, such as the lighting and leaking problem mentioned. So, we suggest your friend address the above problem to his/her proprietor. Regarding our “Elderly Home Maintenance Services”, we rely on the support of public donation, funding subsidies and voluntary help from a group of volunteer masters. Thus, we can mainly offer help to elders who are living alone and with financial difficulties.

Referring to the Flash Light Door Bell for Deaf, it is specially designed with a brighter flashing light and adjustable volume control since people with hearing difficulties may miss outsiders' visits or immediate emergency escape. For tenants in need, they can also apply for the service by first informing their proprietor and asking for district social worker's referral. After receiving the application, we will make assessment and arrange our volunteer masters for installation. While for the fee, it highly depends on the financial situation of the case.

Finally, if elders have difficulties about the broken electrical appliances, such as television, washing machine and etc, they can also apply for our voluntary inspection and maintenance through social worker's referral.

For any enquiries, you are welcome to contact us at 2835-4321 or 8107-8324.

Yours sincerely,  
The Philanthropy Monthly Editor



## 「贈藥治病」助貧病 讓無助病者重執盼望

本港貧窮人口問題愈來愈嚴重，根據堅尼系數及貧窮人口統計顯示，本港的貧窮問題比數年前更加惡化；同時，社區組織協會亦指出，自回歸以來，本地經濟增長逾四成，然而，貧窮人口卻激增十萬。現時，全港貧窮人口已達120萬。於通脹高企及經濟增長放緩的環境下，社會上一些匱乏人士的生活已經是足襟見肘；當中，對於一些患有長期病患(如癌症)及慢性疾病(如心血管疾病)等的人士而言，莫說是生活，他們甚至連對自己生命的掌握，也倍感困難。

生病去看醫生，對很多人來說是平常不過的事；但對以上匱乏人士而言，他們除要勉力解決日常生活、基本溫飽所需外，更要想盡一切可行辦法，負擔藥費服食經醫生處方的自費藥物，以助控制病情，不致病情惡化，為的是延續自己的生命。然而，很多時候，因身體疾病所限，他們失去工作能力，僅能賴以綜緩及微薄的積蓄為生。面對龐大的醫藥費開支，有的節衣縮食，以自己的溫飽換取一息尚存；有的則對未來感到絕望，放棄治療。

自從醫院管理局藥物名冊制度生效後，本會接到很多「有病無錢醫」的個案。2009年開始，我們推行「贈藥治病計劃」，計劃專為一些經濟困難(如低收入及綜援人士)、未能負擔昂貴自費處方藥物的長期病患個案，提供經濟及藥物支援，以減輕這些貧病者的經濟負擔，提高他們的生活質素，延續生命。服務不分區域，申請者必須有醫務人員證明其健康情況，再由醫務社工轉介，在證實未有其他資源協助的情況下，我們再經查看由醫院發出的病歷及藥單證明、作出家訪面談等後，考慮批核申請。

對於貧乏人士，患病是一件十分奢侈的事。面對病魔煎熬之餘，又缺乏經濟能力作出治療，對身心來說均是一種煎熬；而事實上，向我們求助續命的個案亦日益俱增。面對社會上這一群貧病無助者，我們希望您能出一份力，重燃他們治病的信心；深信您的捐助，必能讓無數病者重拾一個有盼望的人生。施善熱線：8107 - 8234或2835-4321。



## Medication Subsidy Aid the Helpless Ailing Poor to Regain Hopes

The population below poverty line in Hong Kong is ever growing. Both Gini coefficient and statistics of the poor population in Hong Kong show that the problem of the ever increasing poor population has become more acute over the past few years. The Society for Community Organization also indicates that there has been a sharp increase of 100,000 poor people since the hand-over of sovereignty even though the Gross Domestic Product has grown by 40%. At present, there are as many as 1.2 million poor people in Hong Kong. With the economy slowing down and inflation staying high, the poor can barely make their ends meet. The situation becomes even worse for those poor with long-term sickness (e.g. cancer) and chronic diseases (e.g. heart disease), who are facing with dual difficulties – to survive their sickness and to meet their basic daily needs.

For most people, it is nothing but common to consult a doctor when they are sick. But for the poor, it is not an easy task, on top of meeting their basic daily needs (as basic as to keep themselves warm and get enough food), to struggle to stay alive by trying all possible means to afford the prescribed medication with the hope of easing their illness. Unfortunately, many of them can no longer secure a livelihood as a result of the physical weakness caused by their illness; and they need to live on CSSA and a small amount of savings, if any. Distressfully, to pay the huge sum of medical expenses would mean a cut in their daily necessities, such as food and clothes. For some of them, they are even so desperate about their future that they deny any treatment.

Since the HA Drug Formulary Petition was put in place by the Hospital Authority, we have received quite a number of referrals for patients who cannot afford the prescribed medication. Our "Medication Subsidy Program" was launched in 2009 with an aim to help those patients with long-term sickness and who are in financial difficulties (e.g. patients with low-income or living on CSSA). They will be financially assisted to get the expensive medicine or in some cases, the medicine they need will be made available to them. By doing so, we hope to alleviate their financial burdens enabling them to regain a better quality of life and sustain their lives. This service extends to all districts in Hong Kong, but applicants must have their health conditions certified by medical personnel and their application must be referred to us by a Medical Social Worker. Upon receipt of confirmation that the applicant has no other sources of financial assistance, we will start our scrutinizing processes, such as examining his medical history and prescription issued by the hospital, home visits and so forth. Approval will be considered if the case meets our criteria for service.

Falling sick would mean a great financial burden as treatment could be very costly. It is especially true for the poor. Patients who lack financial ability to secure treatment have to endure severe sufferings both physically and mentally. Actually, the demand for our service to help save life is on the rise. We earnestly hope that you can offer your help for those helpless ailing poor fellows in our society allowing them to regain hope for recovery. Your donation will definitely convince them that blessings are lying ahead. Donation hotline: 8107 8234 or 2835 4321.



藉著善長們的捐助，本會的「扶病關愛助貧弱」項目，方得可助貧病交迫的無助者於「有病無錢醫」的厄困下，可有財力購買自費藥物治理惡疾，免因此而被蹂躪或因失去寶貴的生命。

在「有限米煮有限飯」的困局下，我們所能為個案作出援手的財力來源，乃全繫於善款來源的多寡；在有限財力的無奈下，尤以轉介而來個案增多的時候，竭力為每一個個案「解困解憂」是我們的職志。於盡將所能予以援助外，我們亦會尋求外界的援手，以不讓未能完全獲得我們援助的個案「坐以待斃」。我們的信念是縱使求助不濟，至少我們也曾嘗試過為貧病者作「掙扎求援」的努力。以下個案，乃在徵得當事人的同意下，而被轉介往蘋果日報的「暖流板」求助，望可有助個案有足夠療程藥費的曙光。

## 鼻咽癌翁求 標靶藥費續命

平伯95年證實患鼻咽癌，曾經治癒；但98發現癌細胞轉移肺部，已接受切除手術。惟去年再復發，需服用共八期的自費標靶藥Gefitinib控制病情，每月約1.3萬元。妻子為籌措藥費，借貸及四出求助，終籌到一個月藥費；後獲香港防癌會和聖雅各福群會資助四期藥費，然後便無以為繼了。蘋果基金了解情況後，已撥款1.3萬資助其第六個月藥費，尚欠兩期約2.6萬元藥費仍需善長援手，才能完成療程。

### 妻鼓勵：唔好放棄自己

64歲的平伯年輕時任職裝修工人，收入不穩，僅能應付基本開支；患病後被迫辭退工作，又無積蓄，只能領綜援維生。確實服藥後病情轉趨穩定，但治癌副作用使其左耳聽力受損，右耳須佩戴助聽器；而且為儲藥費，平伯節衣縮食，以致營養不足，身體瘦弱。再者，因擔心連累妻子，平伯兩年前患上低溫症及抑鬱症，一度想放棄治療。妻子唯一希望是：「積極面對病情，唔好放棄自己！」



Thanks to donors' support for our Medication Subsidy Program, the helpless ailing poor could possibly survive their vulnerable situations of being denied medical treatment merely because they could not afford it. They were assisted financially to get medicine to treat their fatal diseases with the hope of helping them ease their illnesses or even saving their lives.

Our strength to help the eligible needy entirely comes from donations, the size of which will therefore determine how far our service can reach. With limited resources, we can hardly help all the needy out of their difficulties. We are particularly sad to see that the demand for help is far exceeding the limit we can cope with. Nevertheless, we are dedicated to help every needy coming to us. We will seek outside help for those needy who can obtain only partial financial assistance even though we have done our utmost to help them, lest their days are numbered. Some of our appeals may be made to no avail, yet, we have at least striven to help those ailing poor. This is the very principle we always uphold. With the consent of the client concerned, the following case was referred to the "Warm-Current" sector of the Apple Daily, which brings a ray of hope for getting sufficient donation for our client to complete his medical treatment.

## An aged patient of nasopharyngeal cancer appeals for targeted therapy costs to save his life

Uncle Ping was diagnosed with nasopharyngeal cancer in 1995 and was then cured. But in 1998, cancer cells were found to have spread to his lung. He then underwent an operation. Unfortunately, he had a relapse last year, which could be eased by taking an 8-months course of Gefitinib, costing him about HK\$13,000 a month. Despite much effort made in asking help from family and friends and in getting loans, his wife could obtain money for medication only enough for the first month. He was then granted help for medication for a total of four months by the Hong Kong Anti-Cancer Society and St. James' Settlement. But still, he needs more fund to complete his medical treatment. The Apple Fund has made an allocation of HK\$13,000 to help him proceed with the sixth month treatment given his critical situation. Nevertheless, donation of approximately HK\$26,000 is still desperately needed for him to complete the whole medical treatment.

### To Prevent Deaths by Hypothermia

Uncle Ping, aged 64, was a renovation workman when he was young. He earned no steady income and could barely make ends meet. Being a cancer patient, he had no alternative but to quit his job. He then started living on CSSA as he had no savings at all. Thanks to the medication, his illness was eased and his health condition became stable. However, he then came to suffer from the side effects of the medicine leaving his hearing ability impaired in both ears. He has to wear an audio-aid in his right ear. He is leading a very frugal life trying to spare as much money as possible for his medication; sadly, resulting in his having malnutrition and being skinny and weak. He was so anxious about dragging his wife into his distressing situation that he suffered from low temperature sickness and depression, making him to have thought about giving up treatment two years ago. The very hope of his wife on him is: "He can be positive about his recovery and never let go his hope!"

平伯鼻咽癌再度復發，盼善長援手解厄困。

Uncle Ping has a relapse of nasopharyngeal cancer and is appealing for donation to help him out of his vulnerable situation.



# 參與行善之方法

## How to donate in these Programs?



- 本人/本公司樂意  單次捐助 /  每月捐助 \$ \_\_\_\_\_ 以贊助及支持
- |                                    |   |                                     |                                    |
|------------------------------------|---|-------------------------------------|------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃    | <input type="checkbox"/> 電器贈長者計劃  | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃、補血寶愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動) |                                     |                                    |
| <input type="checkbox"/> 送藥到戶服務    | <input type="checkbox"/> 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)：\_\_\_\_\_

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
- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Medication Subsidy Program                       | <input type="checkbox"/> Electrical Appliances for the Elderly Program  | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan   | <input type="checkbox"/> Nutritional Baggie For the Weak            |
| <input type="checkbox"/> Philanthropic Community Pharmacy                 | <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) |   |
| <input type="checkbox"/> Elderly Home Maintenance Services                | <input type="checkbox"/> Home Haircut Services  | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped       |
| <input type="checkbox"/> Funeral Navigation Services                      | <input type="checkbox"/> Flash Light Door Bell for Deaf   | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine       |
| <input type="checkbox"/> General use                                      | <input type="checkbox"/> Outreach Physical Examination  | <input type="checkbox"/> Health Promotion Activities                |

Donor / Co's Name : \_\_\_\_\_ Mailing No. : \_\_\_\_\_

Address : \_\_\_\_\_ Phone No. : \_\_\_\_\_

Donation Method :

- Crossed cheque ( Payable to "St. James' Settlement" )  
Bank : \_\_\_\_\_ Cheque No. : \_\_\_\_\_
- By Credit Card (  VISA  MASTER )  
Card No : \_\_\_\_\_ Expiry Date : \_\_\_\_\_ (MM/YY)  
Card Holder's Name : \_\_\_\_\_ Signature : \_\_\_\_\_
- Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):  
HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

\*Please check off your method of payment.

\*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip. Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for tax deduction use. Thank You for your support.

### 查詢及網址：聖雅各福群會

聯絡人：謝文慧女士  
電話：2835-4321 / 8107-8324  
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義務設計：黃志文先生  
翻譯義工：梁達仁 黃秀琼 Freda 黎雪晴  
友情印刷：平偉印務有限公司

### Inquiry and Website : St. James' Settlement

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Translation Volunteer : Tat-yan LEUNG, Constance WONG, Freda, Jacqueline  
Friendly Printing : Ping Wai Printing Co., LTD.

義人的果實是生命樹，智慧的人能奪取人心。

The fruit of a just man is the tree of life. A wise man wins the heart