

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



一二年四月份 APR 2012

網址 Website: www.thevoice.org.hk



社工的話
Social Worker's Remark

不一樣的慈惠服務

老婆婆86歲，與年近60的輕度智障女兒同住，據老婆婆所稱女兒本來是正常智商，十歲那年因意外影響智商，女兒不能獨立生活，兩母女相依為命，一直靠綜援金維生。

老婆婆趟開家門，雜物堆積如山，「如山」一點也不誇張，因為由地面到天花，都是用膠袋封存的東西。雜物太多，家中只有一條路出入，每次只可容下一個人；全屋燈光幽暗，地面蓋上厚厚的報紙，作為床鋪，老婆婆就是在地上睡覺；女兒的床也不見得是好，由於雜物太多，她是長期曲著身體睡在梳發上。

這麼「奇怪」的一對母女，怎會受鄰居歡迎？！久而久之，又多了一個隱蔽及抑鬱戶，活在無助的社區。直至到社工來訪，用了足足四年多時間，家門終於被打開，心門也終於被軟化而開啟。

四年多前，透過「後顧無憂生前規劃」服務，我們認識了老婆婆，老婆婆因著擔心自己一旦去世，智障女兒不懂為她辦理身後事而毅然來電求助。對於我們來說，本來只是一宗普通的獨老交托身後事，但落到工作人員的手上，由被拒家訪的一刻，工作人員便開始嗅到老婆婆背後的辛酸。

原來，老婆婆是孤兒，父母在她少時已分別離世，長期寄人籬下，長大後認識丈夫，以為可以重過自己的生活，可是在女兒出生後不久，丈夫罹患頑疾而病逝，女兒又因意外導致智障，種種的不幸和打擊，帶給她的就是「沒有安全感」的人生。她極度害怕空洞和無依無靠的感覺，所以，便漸漸地將居所堆得滿滿的，別人看來的壓迫感，對她來說卻是安全感。

實質的服務和持續真誠的關心，老婆婆終於邀請工作人員入屋。經過工作人員多次勸導，為著女兒著想，老婆婆在義工的協助下，開始清除雜物，開始把家漸漸還原本相。

「後顧無憂生前規劃」服務是本會慈惠服務之一，慈惠的意思是沒有恆常政府資助，是非常規的社會服務，是本會按社會貧乏老弱所需而自行開拓的創新服務。本會為維持這些服務，幫助更多求助個案，我們會不斷向善長及社會上熱心人士募捐，幫助更多好像老婆婆的個案，重獲新生活！

Uncommon Charity Project

The old lady, who is 86 years old, is now living with her mentally disabled daughter who is about 60 years old. According to the old lady, her daughter became mental disabled when she was in an accident at her ten. All these years, they live together on the CSSA.

Once opening the door of the old lady, there are mountains of things. The description of "mountain" is not exaggerated as there are many things being packed with the plastic bags piled up from the ceiling to the floor. Since there are too many things, there is only one route for coming in and out, allowing only one person each time. Also, the house is only equipped with dim lighting and with the newspaper being laid on the floor as the old lady's bed. Even though her daughter has a bed, she still has to bend herself on the sofa since there are too many things.

How will the neighbour welcome such a "strange" mother-daughter? As a result, there is one more hidden and depressed family living without support in the community. Until the social worker paid a visit and spent four years in her case, the old lady begins willing to open her "family door" as well as her "heart".

Four years ago, we met the old lady through the Funeral Navigation Services. The old lady called for help as she worries that her daughter is not capable to handle her funeral. For us, this is just a case who seeks our help for their funeral; however, our worker felt the hardship of this old lady when she was rejected by the old lady for home visit.

We learnt that the old lady is an orphan since her parents were dead at her child. After she met her husband, she thought that she could live a new life. However, her husband died due to illness and her daughter became mentally disabled when she was near five. The unfortunate brings her with no sense of security and she is extremely afraid of the feeling of empty and helpless. Hence, she began to make her home full of things. In other words, the oppression to others is in fact a sense of security to her.

With the pragmatic service and continuous care, the old lady finally invites our worker to pay a visit. Even more, after numbers of persuasion, the old lady agrees to clean up her belonging with the help of our volunteers.

Funeral Navigation Service is one of our Charity Projects. As many know, the Charity Projects are uncommon social services with no government subsidy; also, they are developed regarding the needs of the weak and old in the society. We will put effort to maintain these services and to seek the kind donation from different parties in helping more cases like the old lady.



善長助血癌漢 驅走失明危機

中國人有句說話：「福無重至，禍不單行」，認識的成伯伯，他的個案是完全活現這句話的例子。

現年六十三歲的成伯伯，多年前在內地開設傢俬工場，生意不俗，有數十個伙記，直至二零零七年，於身體檢查時，不幸被醫生證實患上血癌，急需回港接受治療。「唔明點解會患上血癌，之前我都有咩病痛，唔通要一鋪清我袋？！」

原來在成伯伯回港治病的日子，內地廠房發生事了。他的員工不但詐騙工資，更趁著他有重病，長時間不能回到廠房，便偷偷將廠內機器變賣，成伯伯嚇然知道後，堅持抱著身上的「炸彈」，返到廠房了解事件；當他眼見自己親手經營的生意，被人搶奪後，受到嚴重的打擊，情緒一度十分低落。「最初，我好徬徨，內地警方幫唔到我，我情緒好低落、好憤怒，有段時間我咩人都唔想見。」成伯伯說來無限感慨。最終，廠房無奈要結業。

成伯伯回港繼續接受化療及標靶藥治療，可幸的是癌細胞指數有所下降，加上妻子悉心的照顧及開解，兩夫妻同甘共苦，令成伯伯有所安慰。在本以為生命可以重燃希望之際，成伯伯卻萬萬想不到在治療血癌後，卻又發現眼球內黃斑點出現問題，導致黃斑點病變，需要打針防止視力受損。

成伯伯因血癌和黃斑點病變而進進出出醫院，為要應付醫療費用及住院費，連太太的金飾也要變賣，並且要向銀行借貸款以支付生活開支。成伯伯仰天望長空，無奈地問道：「難道上天要我走上絕路？！」由於黃斑點病變，成伯伯有時只看模糊的影像，如果沒有針藥治療，好快便看不到太太的樣子，「佢係我唯一的依靠，我唔想連佢都見唔到。」成伯伯切切地說。治療黃斑點病變的每月針藥要八千七百元，醫生建議先打三支針再觀察情況，才有效免致眼睛失明。

成伯伯得悉身體再次響起警號，心裡忐忑不安，幾經辛苦下，向親友借錢才勉強應付了第一次的針藥費。及後一貧如洗的成伯伯，向醫務社工尋找幫助，因而轉介到聖雅各福群會「贈藥治病計劃」。最後，他獲得兩個月針藥費的資助，成伯伯感激地接過資助：「而家個心都定一定，初初真係好擔心，從事做生意的風險大，但都沒試過這樣的心情。所以，我很感激善長人翁的幫忙！」



Donors Help Save Blood Cancer Patient from Losing Eyesight

There is a Chinese saying, "Felicity will not come in pairs and misfortune seldom comes singly." What has happened to Uncle Shing is quite an illustration of this saying.

Uncle Shing, aged 63, started to run his furniture factory on the mainland many years ago. His business had been good and he had hired dozens of employees until 2007 when he was diagnosed with blood cancer in a medical check-up. He then hurried back to Hong Kong to receive treatments. "I don't have any clues at all for why I got blood cancer! I have rarely suffered from illness and I wonder if this serious illness came with an aim to drain away all my savings!"

While he was taking treatments in Hong Kong, something happened to his factory on the mainland. Some employees were involved not only in wages deceit, but also in the unlawful selling of the machines in the factory, knowing that his serious illness would not allow him to attend his business on the mainland himself for quite some time. He was shocked when he came to realize the incidents and insisted on going there to see for himself. It was such a great blow to him to see his own establishment robbed that he became very depressed. "At that time, I was frightened and perplexed. Having failed to get any help from the police there, I was extremely down and filled with rage. For quite a while, I just wanted to be all alone," Uncle Shing recalled this memory sadly. Unfortunately, the factory was eventually closed.

Uncle Shing then came back to Hong Kong to finish his chemotherapy and target therapy. He was relieved to see a drop in cancer cells and comforted under his wife's dedicated care and consolation, knowing that his wife was always by his side, in good times and in bad times. While hope was regained upon the cure of the blood cancer, he was again shocked to learn that there was something wrong with his macula leading to macular degeneration. Medication was needed to prevent vision impairment.

Uncle Shing needed to be hospitalized frequently because of the blood cancer and macular degeneration he was suffering. His wife even had to sell her jewelry in order to pay for his medical fees and they had to get a loan from a bank to pay for their daily expenses. He looked at the sky high above when he sighed, "Is He driving me to a dead end?!" His vision was blurred as a result of the macular degeneration and he would be unable to see his wife clearly before long if he failed to get medical treatment. "She is the only one I can rely on. I would be hit hard if I could not see her any more," he said with deep emotion. The medication for macular degeneration costs HK\$8,700.00 a month. To avoid losing his eyesight, the doctor suggested that he should take the medication for three months followed by a recovery assessment.

Uncle Shing was in great anxiety when there was problem with his health once again. With much difficulty, he managed to borrow some money from relatives and friends to pay for the medication for the first month. He was then left penniless and he sought help from a Medical Social Worker who referred him to the "Medical Subsidy Program" under St. James' Settlement for assistance. Ultimately, he obtained with gratitude a subsidy equivalent to the medication fees for two months, "I was extremely worried at the beginning, but I feel much better now. I have had to face great risks in running business, but I have never undergone such anxieties and agonies. Truly, I am very grateful for the donors!"

獲得兩個月針藥費資助的成伯伯，很感激善長的幫忙，讓他驅走失明危機。
Obtained with two months medication subsidy, he is grateful for the donors' help in saving his eyesight.



我們需要你的捐助
We Need Your Donation



一二年四月份
APR 2012
慈惠月報
The Philanthropy Monthly

以愛的火光來照亮 腎病患者前路

Light up the Path of Kidney Patients with Torch of Love

一家人五口齊齊整整，儘管生活是捉襟見肘，但總算三餐溫飽，對廖太太來說已經是很幸福、很滿足。可是，現年四十多歲的廖太太最近被證實患上腎衰竭，要接受腹膜透析治療；由於腹膜透析治療需要長期進行，龐大的醫療開支頓時令整個家庭的生活更為苦悶。

廖先生原為家中經濟支柱，但至廖太太患病之後，身體情況變得很差，有好幾次差點在家暈倒。由於孩子要上學，廖先生無法經常告假及早走，故終於被迫停止工作，留在家中照顧患病的太太及仍在學的兩名兒子，而家中的經濟重擔便落在月入只有八千元的大兒子身上。太太的醫藥費、醫療用品費用、兩位兒子的書簿費、交通費，還有家庭日常開支，廖先生面對生活需要雖感到惆悵，但為了不讓患病妻子過於擔憂影響病情，只好和大兒子一起承受種種壓力。

「大兒子是年青人，年青人應開心一點，去為自己開創未來；因為我無能力，我的貧窮負累孩子，也未能盡丈夫的責任，有錢去醫自己的老婆。」廖先生想到自己的家，想到孩子的未來，不禁悲從中來。

患上腎衰竭的病人需要購置很多醫療用品，首次的開支龐大，有病人會因為負擔不起醫療用品的開支而拒絕接受治療，因而影響病情。廖先生一家五口現只能靠兒子一人獨力承擔開支費用，對於未來的生活感到十分惶恐和無助，現只好盡力照顧太太，待她的身體情況較為穩定時再復工工作，減輕兒子的負擔。

貧富可靠努力去改變？！但可肯定的是健康的身體總不是自我能控制的！沒有人希望自己患病，盼望你聽到廖家的故事，伸出援手幫助他和一眾貧困的腎病患者，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，以助他們得到適切的治療及援助，重燃他們對生命的希望。施善支票抬頭：聖雅各福群會，指定捐予：「燃點希望計劃」，使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。

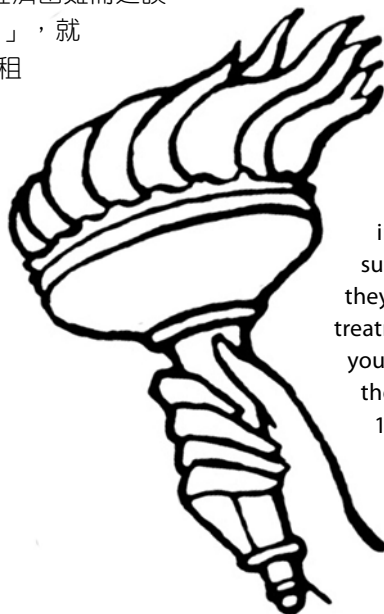
Despite the struggle to make ends meet, Mrs. Liu, over forty years old, is content and feels blessed as long as the daily meals for her family of five can be satisfied. Recently, the doctor diagnosed Mrs. Liu's illness as kidney failure and she has to receive Peritoneal Dialysis treatment. Such treatment has to be undertaken on a long term basis, the anticipated enormous medical expenditure will definitely affect the living standard of her family adversely.

Mr. Liu used to be the chief bread winner. After Mrs. Liu's diagnosis, her health deteriorated very quickly and she nearly fainted at home several times. His two younger sons have to go to school and he couldn't stay away from work frequently or leave work during office hours. Finally, he was forced to resign. He stays home to take care of his sick wife and the two younger sons. The family's financial burden falls on his eldest son who only makes \$8,000 a month. This money has to pay for expenditure such as Mrs. Liu's medications, related curing items, transport and books for both the younger boys as well as the family's daily living. Mr. Liu frets over existing situation but has to bear the financial pressure along with his eldest son, preventing his wife's condition for being worsen due to worrying.

"My eldest son is young. He should be full of hopes and build his own future. However, because I am incapable, my poverty has destroyed his hope. And I am a useless husband for I fail to pay for my wife's medical expenses." Tears swelled in Mr. Liu's eyes as he thought of his family and his son's future.

People afflicted by kidney failure have to purchase a lot of treatment instruments. Initial expenditure comes to an enormous amount. Some patients simply refused to receive treatment because they can't afford the money and their conditions are thus adversely affected. Mr. Liu relies on his eldest son to pay for the whole family's expenses alone. He feels helpless and worried over life in future. Right now, all he can do is to take the best possible care of his wife. He intends to find work again after her condition has stabilized so as to lessen his eldest son's burden.

We are not sure whether our financial status can be improved by working hard; however, it is certain that we are not able to control the state of our health. We hope that after you've read Mr. Liu's story, you will extend your helping hand to help out Mr. Liu and other kidney patients. With your help, they will receive timely treatment as soon as they are financially aided. St. James' Settlement's "Light up the Life Program" subsidizes kidney patients in their initial purchase of necessary kidney cleansing instruments, such as dialysis Solution, tubing and antiseptic kits. Once they get financial subsidy and are able to receive appropriate treatment, their hope of life will be re-kindled. Please make out your cheque payable to "St. James' Settlement", specifying at the back "Light Up The Life Program". Mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. You are welcome to visit our website www.thevoice.org.hk or call our donation hotlines at 2835-4321 and 8107-8324.





一把風扇 送我涼風和關愛

A Fan Cools Me Off with Love and Care

踏入五月，香港的天氣已由回暖轉為開始炎熱，如果住在空氣不流通的單位，未到炎夏，已令人感到悶焗。對體弱多病的匱乏長者來說，騷焗的天氣往往影響他們的身體狀況。

「天氣轉熱，家中通風欠佳，酷熱難當，一個上午已是汗流滿面。身體好的時候，可外出到有冷氣處乘涼，然而有時關節痛起來，不能行走時，我也只能無奈在家承受悶熱。」體弱多病的林婆婆因缺乏金錢購買一把乘涼的風扇，只依靠中心派發的手撥扇乘涼。

獨居於柴灣舊式公屋邨的陳婆婆，一直希望可依靠自己應付生活所需。即使家中電器壞了，也不向他人求助。「家中風扇壞了，自己又無能力。我唔想麻煩其他人，等我有閒錢先可以買風扇呢！」陳婆婆告訴我們，單位位於低層，而舊式單位只有露台位置有窗，空氣難以流通到室內。於最炎熱的日子裡，沒有風扇的陳婆婆只能不斷更換衣服，或到走廊陰涼處乘涼。

「電器贈長者」計劃從地區社工知悉陳婆婆的情況，隨即派義工到戶探訪，並為陳婆婆帶來了座枱風扇。「我真係好開心，即使轉熱，我都唔駛成日係外面流連，可以留係屋企乘涼了。」陳婆婆不忘多番道謝，尤其義工對自己無微不至的照顧，充滿感動的說：「義工黎探我，仲細心幫我砌好把風扇，佢地話擺係人既水平位置，會涼快一點。」陳婆婆對善長捐贈的風扇珍而重之，為她這個夏天帶來了希望。陳婆婆視善長和義工如自己的家人，於困難的時候伸出慷慨的援手：「捐贈的善長真是無量功德，如果可以我真係想親身多謝佢地，咁關心我地這些無依的老人家。」

When May comes, Hong Kong weather turns from warm to hot. If the dwelling's ventilation is poor, one would feel air stuffy even though it is still not quite summer yet. For the poor and frail elderly, their physical conditions under such sultry weather will often be affected.

"The heat would be unbearable as the weather gets hot coupling with poor ventilation, I would be sweating the whole morning. When I am under a better health condition, I can go out to air-conditioned places to cool down; but whenever my joints are painful, I can no longer handle the walk and have to stay at home bearing the heat." The frail and sicknesses trodden granny Lam having no money to buy an electric fan can only use the hand-wave fan distributed by the elderly center for cooling.

Granny Chan living alone in an old style public housing estate in Chai Wan wishes to be self-reliant for her daily needs. She does not want to trouble others even when her appliances break down. "My electric fan at home breaks down, I cannot fix it nor do I want to bother other people; thus, I just have to wait until I have extra money to buy a new one!" She told us that her unit is at a lower floor; and for old style units, only the veranda side has windows and hence it is difficult to get enough indoor ventilation. During the hottest days without an electric fan, she could only keep changing clothes or go to the shaded corridor area to beat the heat.

Staff of the "Electrical Appliance for the Elderly Program" learnt granny Chan's situation from the district social worker. Afterwards, they promptly dispatched a volunteer worker to play her a home visit and brought along a table-top fan. "I am over joy as I no longer have to worry wandering around all day under the hot weather. Now, I can stay cool at home." Chan thanks repeatedly, especially the volunteer workers giving deep care to her, and said touchingly, "While the volunteer visited me, he helps me to assemble the fan meticulously and explains that putting the fan at body level is better for cooling." Chan treasures the fan donated by benevolent people as it gives her hope in this summer. She treats the donors and volunteer workers as her family members who give her generous help at times of difficulty. "Contribution from the benevolent people is boundless beneficence. If possible, I really want to thank them in person for paying such attention and care to an elder."



「感謝善長的慷慨，讓我可渡過一個涼快的夏天。」

"Thanks for the generosity of the benevolent people who give me a cool summer!"

為弱老送上電飯煲 安享一頓無憂茶飯

「活到這環境，還求甚麼呢？只求三餐溫飽已很滿足了！」鄭伯伯說：「只要手腳還能活動，我就能照顧自己的起居飲食，不用別人照顧。」

鄭伯伯因與家人關係不佳，被安排入住臨時宿舍；正面對要盡快適應新環境及新生活之際，亦要於忙亂中購備有關物品，以應新生活所需。而鄭伯伯最欠缺的，是一個可煮食的電飯煲。「所謂上屋搬下屋，唔見一籬穀。樣樣都要買，連飯錢都差點成問題！我點捨得拿出二百幾蚊買個電飯煲呢？」

在沒有電飯煲煮食的日子裡，鄭伯伯只好購買麵包帶回臨時宿舍進食。「我身體唔好，沒有熱飯入肚，腸胃不習慣，結果弄出病來。」鄭伯伯感嘆的說：「我希望可以自食其力，不用靠人照顧；我實在不敢奢望其他生活條件，但求兩餐溫飽，唔通上天都要趕絕我？」鄭伯伯剛離開子女的悲傷心情似乎還沒有平伏下來，還要面對沒有溫飽的日子，只能無奈的問：「點解宿舍不提供膳食呢？」

鄭伯伯的不幸不是唯一的。欠缺一個性能良好的電飯煲，還有居於白田邨的李伯伯。

「我個電飯煲用左二十多年了，電線已嚴重糜爛，仲經常跳掣，有時我要長按電制才能煮好一餐飯呢。」李伯伯未婚無依，需自費購買血壓藥物，依靠微薄綜援金過活。「社工一直勸我買個新淨安全的電飯煲，一個月得二千多元綜援金，食既著既都係靠佢。買左個百幾二百蚊既電飯煲，我可能就沒有空餘錢應付藥費了。」李伯伯節儉，卻忽略了自身的安全。事實上，使用破舊的電器，或會造成漏電的危險，影響長者的家居安全。

人在絕處得到善長慷慨捐助的意義深重，你的慷慨捐助就能為鄭伯伯和李伯伯般匱乏的長者提供一頓無憂的安樂茶飯，讓他們得以三餐溫飽。你願意伸出慷慨援手，為匱乏長者提供一台具安全、簡便的電飯煲嗎？請將抬頭「聖雅各福群會」的支票，背書「供電飯煲用」，寄到香港灣仔石水渠街85號1樓105室。施善熱線：8107-8324 或 2835-4321。



A Rice Cooker To Ensure A Simple Meal

“What more can I ask for in my present state? Three warm meals a day is enough contentment for me!” said Uncle Cheng, adding, “So long as I can lift my hands and feet, I can take care of myself without help from others.”

Unable to get along with his family, Uncle Cheng was assigned a place in a temporary dormitory. He needs to adjust to the new environment to begin a new life, and is busy buying necessities. What he needs most is a rice cooker. “Even moving from upstairs to downstairs costs money! There are so many things to buy that I hardly have money for food. How dare I spend over \$200 on a rice cooker?”

Without a rice cooker, Uncle Cheng can only live on bread. “I’m in poor health. I get sick without hot meals; they are a must to my stomach.” He signed, “I want to rely on myself rather than depend on help. I wouldn’t dare ask for more than warm meals. Is that too much too?” Still hurting from parting with his children, he could only ask helplessly, “Why doesn’t the dormitory serve meals?”

Uncle Cheng is not alone; another case owing a rice cooker is Uncle Lee living in Pak Tin Estate.

“My rice cooker is more than 20 years old. The wire is in shreds and the rice cooker often goes off on its own. Sometimes I have to keep the on-off switch pressed down to cook a meal.” Uncle Lee is single and has no kin. He lives on little Comprehensive Social Security Assistance (CSSA) income and has to pay for medicine for his high blood pressure. “The social worker keeps telling me to buy a safe new rice cooker; but I only get just over \$2,000 of CSSA a month to cover all my expenses. If I spend \$100 to \$200 on a rice cooker, I may not have enough left for my medicine.” Pinching pennies, Uncle Lee has neglected his own safety. The old rice cooker could give him an electric shock or cause other mishaps.

Help is most meaningful at a time of urgent need. A generous donation from you can ensure three hot meals a day for needy seniors like Uncle Cheng and Uncle Lee. Are you willing to extend a helping hand so that they can each have a safe and simple rice cooker? Please send your cheque payable to “St. James’ Settlement”, indicating on the back “use for rice cookers”, to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 8107-8324 or 2835-4321.

「只要一個簡便的電飯煲，我便不用為三餐溫飽而擔憂了。」
“A simple rice cooker will end all my worries for a hot meal.”



「大陷阱」消失 不用再跌倒了

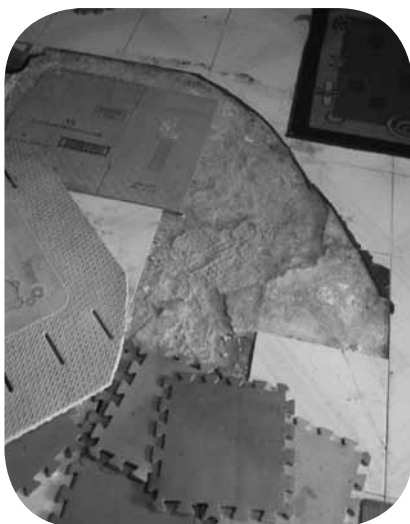
年老並不可怕；老得身體機能衰退，行動不便，開始可怕；不能自理，但沒有人能夠幫助，更加可怕。

吳婆婆今年64歲，但已滿身病痛，除了眼矇、心臟病，還患了癌病和糖尿病，種種疾病加上服食藥物相互影響下，婆婆手腫腳腫，行動不便，還經常暈眩，甚為容易跌倒。一年前，婆婆家中的地磚開始破裂，破裂情況日漸嚴重，有數塊更已經脫落，在地上形成了一個大坑洞。婆婆只能用地布、報紙和發泡膠等雜物遮掩著。一個大洞，變為一堆雜物，十分危險！婆婆在家活動，可謂「陷阱重重」。

有人能幫助婆婆嗎？婆婆的丈夫中風後，走路一直要依靠柺杖，而婆婆的兒子雖約四十歲，不幸的是他比爸爸更年輕時就中了風，失去了工作能力，更要婆婆照顧。一家三口，以綜援金維生，健康問題早已令他們十分困擾，故他們一直都沒有理會地磚的問題，即使公公和婆婆間中會因此跌倒。就好像最近一次跌倒就在年初一，樂觀的吳婆婆說：「大年初一就跌親，不好意思呀，哈哈！」

婆婆雖然百無禁忌，但轉介社工林先生到卻笑不出口，他為這一家的情況而擔心，並自覺遲了知悉婆婆原來家中有這麼一個「大陷阱」，於是轉介到本會「長者家居維修服務」尋求協助。過了不久，兩位義工泥水師傅視察環境後，立即跑到樓下商場買來兩包白英泥和兩包沙，把適當比例的沙和白英泥混合，填進坑內，再加入水。填入適當份量後，師傅用木條小心翼翼地在填料表面輕掃，確保地台平坦。最後，師傅在未乾的地台上用掃帚掃上紋路，因為地台太平滑會令長者容易滑倒。臨行前，師傅再三囑咐公公婆婆要等一天時間，待地台乾後才踏上，不再留下腳印導致日後絆倒。

翌日，地台已經乾透了，「大陷阱」不再成為他們的威脅，婆婆也不用再把雜物放在廳中間填洞，也不用怕跌倒了，婆婆欣慰地說：「多謝善長贊助這項工程，我實在沒有能力買材料和請師傅，義工師傅很細心關懷，多謝晒！以後，我望到這塊新地台，我會想起你們，想起你們的善心和愛心。」



Filling up a Pit-hole Stamping out Risks for Elderly

Aging itself is not terrifying, but due to various age-related degenerative problems, some elderly have difficulties in walking and moving; in worse situations, some may even lose the capacity for self care. That is what people truly find unnerving.

Granny Ng ages 64 and has blurred eyesight, heart disease, cancer and diabetes. Receiving multiple treatments for years, she has swollen joints and always feels dizzy. Now, she can barely walk and is fall prone. A year ago, Granny Ng noticed that the floor tiles in her house started cracking. It kept deteriorating and soon the earlier minor cracks became a big rough patch of flaky surface pitted with cavities. Initially Granny Ng tried to cover it with cloth, newspapers and foam tiles, these "coverings" gathered around the pit-hole and turned itself into a big obstacle in the middle which in turn could pose danger to the elderly while they were at home.

Why couldn't someone related to her come to assistance? Her husband suffered a stroke and could only walk with a cane ever since. The old couple has a son, but the 40-year-old had stroke even earlier and no longer has capacity for work. The social assistance became the only income source for the whole family. As health problems have been constantly plaguing the family, Granny Ng has never seriously thought about tackling the flooring problem, even if the old couple had both been tripped over several times. Granny Ng smilingly talked about her latest stumble on the first day of Lunar New Year, "This year doesn't seem to be an 'auspicious' year for me, I got stumbled on the first day, ha ha!"

Finding out the big pit-hole in Granny Ng's house but regretting for not having done so earlier, Mr. Lam, the social worker, referred the case to our "Elderly Home Maintenance Services" Program. He worried very much about the home safety of Granny Ng's family. We immediately sent two of our renovation volunteers to attend to the case. Our volunteers quickly made ready the required material like sand and cement after briefly examining the damage situation. They stuffed the mixed cement into the pit and poured in an adequate amount of water until it was filled up. Then, they carefully rubbed the floor with wooden strips so as to make sure the surface was smooth but not slippery. Before leaving, they repeatedly reminded Granny Ng and her family that it took a day for the concrete to be completely dry and the risks of being tripped over might remain if anyone made untimely strides on the area and left the surface uneven again.

The next day the new concrete floor dried completely and the pit was no longer there troubling Granny Ng and her family. Looking at the new floor, Granny Ng could smile heartily again. She said, "Thank you to the donors for financing the works; otherwise, I couldn't possibly have made it happen with my own resource. Of course I have to thank the volunteers, they are truly masters and they care for us, they did a great job! I'll always think of your kindness and your care to me! Thank you, thank you!"

吳婆婆地台之前的模樣；現已鋪平，婆婆走路安心多了。

This is how the pit-hole in Granny Ng's house looked like. Now, the floor is smooth and levelled, the house is safe for Granny Ng to move around.



給長者一個更妥貼的家

陳婆婆今年79歲，丈夫多年前離家一去不回，只留下大埔的一個小單位讓婆婆居住。婆婆一個人不懂維修，也沒有妥善保養家具電器，老來身體轉差，高峰期一星期要到醫院覆診三天，更沒有時間金錢處理失修物品。社工許先生家訪時，發覺婆婆灶台上的磚脫落，露出泥沙，於是向本會「長者家居維修服務」求助。

義工廖師傅上門視察度位後，決定拆除舊有灶台，為婆婆更換一個不銹鋼灶台，並訂料擇日完成工程。

泥沙磚灶台是舊時的用具，磚由泥沙貼上。磚片日久老化或者受碰撞後，均可能令磚片脫落，只剩泥沙。一來食物放在上面會受到污染，二來長者也有割傷的危機，對婆婆的身體健康都是壞事。因此，為婆婆長遠身體安康著想，我們不建議為婆婆修補灶台，而選擇成本高一點的方法，為婆婆更換全新的不銹鋼灶台架，灶台架接駁原有的來去水管，便可使用。

不銹鋼灶台架不會有泥沙黏貼其上，可長久使用而不變質；此外，其外表光滑，不藏污垢，易於清理，對長者乃耐用的選擇。

從上述陳婆婆的情況可見，本會長者家居維修服務的宗旨正是為無依長者提供到位的維修服務，令長者能在安全舒適的環境安渡晚年。我們不會只買十元八塊的泥沙敷衍長者，最後十天八天問題重生；我們也絕不會為長者購買豪華雲石灶台，浪費善款。我們會善用每分每毫的善款，購買真正有需要的材料，為每位長者提供最基本而安全耐用的設施。要知道，貧弱長者、資源匱乏者太多，善長的善款要最好地使用，我們才能代善長為最多無依者造福。



Give the Elder a Better Home

Granny Chan, 79, living alone in a small unit in Taipo, is left by her husband many years ago. She knows nothing about maintenance and does not put great care in her home furniture and appliances. As her health turns poor with aging, she has to go to the hospital for follow up consultation three times a week at the worst time. She has neither money nor time to repair the broken items. Mr. Hui, a social worker, on home visit found that the tiles around her kitchen sink have been torn, exposing the base substrate, and thus sought help from our "Elderly Home Maintenance Services".

Volunteer technician Liu, after inspection, decided to demolish the whole thing and replace the sink as well as its work area with stainless steel. He ordered the materials and picked a date for the installation.

Brick and concrete with mortar affixed covering tiles used to be the top of a kitchen range. Aging and rough handling can break and loosen the tiles exposing the mortar layer. Food left on it could get contaminated and the sharp edges run the risk of cutting the hand, either one does no good to the old lady. Hence, we did not recommend repairing the broken tiles and elected a rather more costly approach, replacing it with a new stainless steel sink with work area and reconnecting it to the original tap water supply for use.

Stainless steel allows no dirt collection and is durable to use without change in integrity. In addition, its smooth surface collects no dirt and is easy to clean; hence, it is a long lasting choice for the elderly.

Judging from the above, one can see that our "Elderly Home Maintenance Services" serves lone-living elders with timely maintenance to afford them a safer and more comfortable living environment in their golden years. We chose not to spend a few dollars in buying sand and cement patching it up as similar problem will recur in the days to come. We want to get better needed materials and provide the basic but safe and durable installations for every elder. Knowing there is a huge number of poor and frail elderly lacking the means, we have to make the best use of your donated dollar to maximize the welfare for these people.

為婆婆安全和衛生著想改裝鋼做灶台。

Stainless steel sink and work table serves the old lady better from safety and hygiene stand point.



電費資助 助呼吸 紓苦困

「慈惠服務」的主要服務對象，是一些獨居無依的匱乏長者，以至是一些生活在貧而無助中的病弱人士。這群人士很多或因經濟困難，只能每天以有限的金錢打算著明天的生活，在生活的每一個細節上省出一點一滴，以支持藥物等必需開支；當中，水電煤的支出，想必是大家心目中可省則省的項目之一。但原來，對一些匱乏病患來說，電費不僅是不能「慳」，更是他們賴以生存的生活開支之一。

事實上，有很多長期病患者因病情所需，及按醫生指示，需長期使用醫療器材治理頑疾。最常見到是一些慢阻性肺病及氣管疾病病患者，他們需要長期使用氧氣機，擴張氣管以幫助呼吸；其中，一些嚴重的個案，如患上嚴重支氣管擴張者，他們因容易對空氣產生敏感不適，故需要每天24小時使用氧氣機及化霧氣機，以能可協助呼吸暢順。此等情況，無疑是會為這些匱乏病患的帶來額外的電費所需，更甚者的是換來高達每月以千元計的高昂電費。試問對一些只以千多二千元綜援金為生的人士而言，既要面對藥物開支，又要支付高昂電力支出，所面對的困難又豈可是節衣縮食所能解決。

面對必需的電費財政壓力，雖然政府曾有一些電費回贈措施，但畢竟只是一些短期措施，而非恆常性項目；而電力公司提供予長者每月\$150的電費資助，對一些需長期依賴醫療儀器的個案而言，亦只是高昂支出中的冰山一角。有鑑於此，「慈惠服務」特別設立「電費助貧弱計劃」，以減輕患有長期病患的貧困人士，因需要使用醫療儀器而增加用電量，而衍生額外電費的經濟壓力。任何患有長期疾病並有經濟困難的人士，均可透過社工轉介申請此計劃。

身體健康比任何事情都來得緊要，我們祈望有關計劃可減輕病弱的生活負擔，讓他們可得適切的治療，避免因外在的其他因素而影響其生活水平及治療。有關計劃詳情及施查查詢，可瀏覽網址：www.thevoice.org.hk或致電2835-4321及8107-8324查詢。



Power Subsidy Help Breathing, Relieve Plight

The underprivileged lone elderly are the main target recipients of St. James' Charity Project. Some of them are sick people who live in poverty with no support from the outside world. These elderly, because of financial strait spend each day planning life one day ahead with little money they have. They try to save bit by bit in daily life in order to buy necessary medicines. People would think they can cut down utility such as water, gas and electricity; but some underprivileged patients can't cut down on electricity because it's one of the life sustaining expenditure items.

Many chronic patients have to use healing equipment constantly according to doctor's instructions. This is very common among patients suffering from COPD (chronic obstructive and pulmonary disease) and chronic obstructive airway disease. They need to use oxygen concentrator to expand the trachea to help them breathe. With the more serious cases such as patients with bronchiectasis feel unwell and become sensitive to air need to use the oxygen concentrator 24 hours to facilitate normal breathing. Under these circumstances, patients need to shoulder additional electricity cost. What is more, electricity bill can run as high as a thousand dollars per month. People who live on the meager CCSA which brings them one or two thousands a month are definitely unable to solve the problem merely by cutting down on food and clothing since they have to pay for medicines and electricity at the same time.

Despite short term rebate on electricity from the government, patients feel the pinch as a result. One electricity company subsidizes each qualified elderly \$150 a month. Yet, the amount is merely a drop in the ocean since they rely on medical equipment all the time. In view of this, St. James' Charity Project launched a Power Subsidy - Ailing and Handicapped Program to alleviate stress for those who are paying additional electricity cost. All chronic patients who have financial difficulty can apply to the Program through social workers' referral.

Health is more important than anything else. We hope the Program can help reduce life burden of the ailing and the weak. With the help of the Power Subsidy - Ailing and Handicapped Program, patients can receive appropriate and timely cure. Their living standard and cure won't be affected by any unforeseeable elements. For further information about the Program and donation, you are cordially invited to browse our website at www.thevoice.org.hk or call 2835-4321 and 8107-8324.

「電費助貧弱計劃」的個案向義工訴說面對生存及經濟之間取舍的兩難局面。

An applicant from Power Subsidy - Ailing and Handicapped Program talked to the social worker about her dilemma between survival and money.



幸好有你們的幫手

各位善長、義工：

洗婆婆是一個獨居長者，他的丈夫約六個月前過身，現時只剩下她獨個兒在西貢的村屋生活，而她的子女只是間中前來探望，生活艱難子女亦無奈地沒有能力幫助到婆婆。由於年齡大，身體機能開始老化，腳痛問題成為她最大的困擾。過去婆婆一直使用蹲廁，實在十分不便。然而，只靠綜援金為生的她，如果要更換蹲廁為座廁，對她來說根本是無可能負擔的。另外，在剛過去的冬天甚為寒冷，婆婆家中亦沒有暖爐取暖，份外嚴寒。

幸好有聖雅各福群會的「電器贈長者」及「長者家居維修服務」幫手，亦感謝新界崇德社的資助，體恤婆婆的苦況，幫助婆婆免費進行工程，包括拆除蹲廁、重鋪地台、安裝坐廁、水箱及去水渠等工程，並為婆婆安裝扶手兩條和更換花灑，當中義工莫師傅和伍師傅的熱心服務，最終能改善婆婆生活質素。另外，聖雅各福群會亦送給婆婆一部暖風機，令困乏無助的婆婆體現雪中送炭的溫情！

現時婆婆的生活質素已大大提升，有了座廁後，婆婆如廁時不引致腳痛；因為加裝扶手二支，婆婆有了扶手借力，令她在如廁及沐浴更為安全。此外，暖風機亦為她提供暖氣，這些到位及時的幫助，實令婆婆暖在心頭。

在此，謹代婆婆向新界崇德社的善長及聖雅各福群會的「電器贈長者」及「長者家居維修服務」奉上最衷心的感謝！

社會福利署西貢綜合家庭服務中心
社工 關啟康



Grateful for the Kind Assistance

Dear benefactors and volunteers,

Grandma Sin lives alone in a village house in Sai Kung after her husband died about six months ago. Her children visit her only occasionally but they cannot help her much as they are also leading a tough life. With aging, Grandma Sin suffers from failing physical condition in particular pain in the knees. She has been using squat toilet all along but it has become very inconvenient for her now. Relying solely on Comprehensive Social Security Assistance for a living, she cannot afford to install a sitting toilet in her house. Besides, there is no heater in her house and she had to bear with the exceptional coldness during last winter.

Fortunately, with the help of St James' Settlement's Electrical Appliances for the Elderly Program and Elderly Home Maintenance Services with support from the New Territories Zonta Club, Grandma Sin's difficulties can be solved. Renovation work is carried out at her home to remove the squat toilet, relay the floor tiles and install a sitting toilet plus other plumbing work. Hand-bars are also installed and the old shower head is exchanged for a new one. Volunteers Master Mok and Master Ng are the most enthusiastic. Grandma Sin's quality of life is much improved as a result. St James' Settlement also sends Grandma Sin a fan heater so that she can feel warmer during the cold winter.

Grandma Sin's quality of life is much improved now. With the sitting toilet, she no longer has to suffer the pain in the knees when using the toilet. The hand-bars make her feel safer when taking showers or using toilet. The fan-heater also makes the house warmer. Grandma Sin appreciates deeply all these timely assistances.

On behalf of Grandma Sin, we would like to extend the sincerest gratitude to the New Territories Zonta Club, St James' Settlement's Home Appliances for the Elderly Program and Elderly Home Maintenance Services.

Social Welfare Department
Sai Kung Integrated Family Care Centre
Social worker, Kwan Kai-Hong

「有了座廁，如廁時腳痛不再困擾婆婆了！」

“With the sitting toilet, Grandma Sin no longer has to suffer from pain in her knees.”

《松柏之聲》的 幕後功臣

陳太於兩年前成為聖雅各福群會《松柏之聲》的義工，被問及為何會當上《松柏之聲》義工，陳太表示：「有一天，我在報章上看見聖雅各福群會招募義工的呼籲，當時我剛退休，希望可以用閒暇時間服務和我差不多年齡的人士。於是，便膽粗粗慕名前來報名，就是這樣開始了我的義工生涯。」

你可曾想到：每月印刷近三萬份的長者報紙，背後有一班義工，年齡由60歲至90歲不等。他們每月風雨不改來到聖雅各福群會，負責摺疊剛印刷好的報紙，按各區各戶入信封，包紮整齊後，然後交由另一位男義工負責送往附近郵局投遞，整個過程要花上2-3天。

陳太說：「雖然我們每次整理這些松柏之聲時弄至雙手沾滿油墨，甚至有時不小時會刮損手；不過，我還是不介意付出時間，樂意與其他義工一起工作。每月我都會留意著負責同事的來電，我怕自己健忘，便小心把做義工的時間寫在記事簿上，因為如果因我們延誤了工作，便會影響《松柏之聲》的出版，我希望讀者可以每月順利收到。」

陳太的付出，不單可以幫到這份免費長者報紙的出版，原來當義工的日子，她亦認識到不少新朋友。她說：「在義工服務當中幸運地我認識到很多有心的朋友，有時一班人相處，彼此要互諒互讓，當中學到很多待人處事的技巧，所以我好開心，因為在幫到別人的同時也幫到自己。」

最後，陳太勸勉大家：「有很多退休人士，認為沒工作後，就變得無用，但事實並非如此；我相信每個人都有不同的能力，就算他的能力是好少好少，只要願意一定可以幫到人，但如果不用，不單止會很浪費，餘有的能力都會漸漸消失！」

Behind the Publication of “THE VOICE”

Mrs. Chan became a volunteer worker of St. James' Settlement's The Voice two years ago. When asking why she joined, she said, "One day I saw in the papers an SJS appeal for volunteers. I was newly retired and wanted to use my spare time to serve people of my age group. So, I boldly signed up and began my career as a volunteer."

Did it ever occur to you that behind this monthly newspaper for seniors which has a circulation of nearly 30,000 per month is a team of volunteers aged 60 to 90 years old. Every month, come rain or shine, they gather at SJS to fold the freshly printed newspapers and put them in envelopes for different districts and addresses. The envelopes are then tied up neatly and turned over to a male volunteer to take to the nearby post office for mailing. The entire process takes two to three days.

Mrs. Chen said, "Although our hands are soiled by ink and may even be cut when we sort the sheets, I don't mind giving my time and I enjoy working with other volunteers. Every month, I wait for the phone call from the responsible colleague. Afraid I may forget, I carefully write down the schedule for my volunteer work in my diary. Any delay on our part will affect the publication of The Voice, and I want the readers to receive it on time."

In giving her time, Mrs. Chen does not only help the publication of this free newspaper for seniors, she has also made many new friends while doing volunteer work. She said, "I have had the good fortune of making many caring friends while rendering volunteer service. When a number of people are together, they must be understanding and considerate to each other. It has taught me many human skills. When you help others, you also help yourself."

Mrs. Chen has a piece of advice to offer, "Many retirees think that, having stopped working, they are useless. That's not true. Everyone has his/her ability, be it big or small. You can be helpful so long as you are willing to help. But, if you don't put your ability to use, not only are you laying it to waste, but whatever ability you have left will be gradually lost!"



三十多位義工每月默默工作，讓《松柏之聲》順利出版。

Some 30 volunteers work quietly every month to ensure the publication of *The Voice*.

藥劑師上門教食藥

長期病患者每次在公立醫院覆診後，通常會獲一次過處方半年，甚至一年的藥物，但有藥劑師批評此做法不但有浪費藥物之嫌，更未有顧及病人未必懂得正確存放及服用藥物的問題。聖雅各福群會與藥劑師團體合作，提供到戶藥療輔導服務，支援有需要的病人掌握正確用藥方法。

香港醫院藥劑師學會會長蘇耀華說，現時公營醫療服務不勝負荷，令糖尿病及高血壓等長期病患者，一般覆診期約為4至6個月，也有病人會長達一年，其間雖然有藥可控制病情，但用藥情況卻無醫生跟進，「醫管局以為畀咗藥病人，服務就完咗，其實應該睇埋病人食藥係咪正確，血壓係咪真係有降到」。他表示若發現病人情況無改善，應及早安排覆診，了解問題所在。

他表示有時病人會未到覆診期，已經因病情惡化再入院，藥物組合或會改變，上次覆診剩下的大堆藥物便會浪費，也有年長病人因「唔捨得」，囤積過往獲發的藥物。他說，上門探訪年長病人時，不難發現一、兩大袋超市膠袋的藥物，曾有研究發現平均每名病人每年浪費約300元的藥物；也有病人會自行到藥房購買藥物，或向私家醫生求診後獲處方藥物，並將多個來源不同的藥物同時服食，隨時因為多重用藥影響病情。

獨居長者學存藥方法

該會去年起與聖雅各福群會合作，提供上門藥物輔導服務，為行動不便或居住偏遠地區的病人及其照顧者，提供正確用藥知識。蘇耀華表示此服務能幫助病人正確使用藥物，期望與更多非牟利團體合作，尤其為獨居及視障病人提供服務。

今年74歲的獨居長者鍾伯，因長期吸煙，約5年前患上慢阻肺病，兩年前病情惡化，現時須全日使用氧氣機輔助呼吸。雖然他堅稱懂得每日按時服用8種藥物，但蘇耀華上門探訪時，發現鍾伯除重複使用處方及自購的止痛藥和胃藥外，家中的抽屜也存放不少剩餘藥物，加上沒有防潮保護，令藥物於春夏季節容易受潮變形，須糾正他存放藥物的方法。

Pharmacists Teach How to Use Medicines

After medical appointments at a public hospital, chronic disease patients usually get a half to one year's prescription of medication. Some pharmacists criticize this practice, as it may not only cause wastage of medicines, but also overlook the fact that the patients might not know the proper ways of storing and taking medicines. St. James' Settlement partners with a society of pharmacists to provide home coaching service teaching patients who need guidance of proper ways for using medicines.

President of the Society of Hospital Pharmacists of Hong Kong, Mr. So Yiu Wah, said that due to the heavy caseload of the public healthcare service, chronic disease patients, such as those suffering from diabetes or high-blood pressure, only gets a medical appointment once every four to six months, some even as long as one year. Although they are given prescriptions to keep their illness under control, there's no doctor to monitor their conditions under medication. "The Hospital Authority thinks its service is completed upon giving the patient a prescription, but in fact it should monitor whether the patient takes the medicines properly, and whether his blood pressure has actually dropped." Mr. So said if the patient's condition has not improved, an early consultation should be arranged to find out the cause.

Mr. So said some patients may be admitted to the hospital before their scheduled appointments due to deterioration of their conditions, and their prescriptions may then be changed, resulting in wastage of the previous prescriptions. Some patients may be reluctant to dispose of the previous prescriptions and may pile up the medicines. He said when he visited the patients, a couple of plastic supermarket shopping bags containing unused medicines were often found. A research indicated that on average each patient wastes about \$300 of medicines a year. Some patients may also buy medicines from drug stores themselves or obtain prescriptions from private practitioners, and take the medicines from different sources all at the same time, which may cause undesirable effects.

Elderly Learn Proper Way of Storing Medicines

Last year, the Society collaborated with the St. James' Settlement in the Pharmaceutical Care Service for Patients Project to provide home coaching services for patients living in remote areas or having difficulties in travelling, and their caretakers, teaching them proper ways of using medicines. Mr. So said the service helped the patients to use medicines properly. He hopes the Society will partner with more NGOs in providing such services, especially to patients who live alone or who are vision-impaired.

Seventy-four year-old Mr. Tsong, who lives alone, began to suffer from Chronic Obstructive Pulmonary Disease five years ago due to smoking. His condition is worsened two years ago, and now he has to use an oxygen concentrator round-the-clock. Although he claimed he knew how to take eight kinds of medicines on time every day, when Mr. So visited him, Mr. So found Tsong did not only take repeated doses of his medicines and bought pain-killers and stomach medicines from drug stores himself, but also kept a considerable amount of unused medicines in his drawer. As he did not use any dehumidifier with the medicines kept, the medicines would easily deform from the humidity during the spring and summer seasons. There was a need to correct Tsong's way of storing medicines.



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"/> Medication Delivery Services | | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Outreach Physical Examination | | |
| <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"/> Health Promotion Activities | | |
| <input type="checkbox"/> 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.

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
 傳真：3104-3635
 電郵：thevoice@sjs.org.hk
 網址：www.thevoice.org.hk
 地址：香港灣仔石水渠街85號1樓105室
 義務設計：黃志文先生
 翻譯義工：祈慕潔 胡友玉 利逸修 辛秀麗 黃麗貞
 梁達仁 黃秀琮
 友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

Contact Person : Ms. Tse Man Wai
 Telephone No. : 2835-4321 / 8107-8324
 Fax : 3104-3635
 E-mail : thevoice@sjs.org.hk
 Website : www.thevoice.org.hk
 Address : Rm 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong
 Volunteer Design : Mr. Edmond Wong
 Translation Volunteer : Kei Mo Kit, Yoyo Hu, Joe Lee, Kathy Shin, Jeannine Wong, TY Leung, Constance Wong
 Friendly Printing : Ping Wai Printing Co., LTD.

心中愉快，使面容煥發。

A happy heart shows on a beaming face.