



### 社工的話

### Social Worker's Remark

## 點只係做服務咁簡單！

老人家時間太多，每天要想怎樣打發時間，很惱人，一日復一日，當中有的漸漸會有種負面的想法——我的人生只是為著等待最後一步的來臨。所以，家中事無大小，也不用花心神去處理，破的由它破，壞的由它壞掉。因為，不到多久，日子便會來臨，任何東西自己也帶不走，生活欠了動機。

工作的時候，每每會遇上這樣的長者，拒絕我們來提供服務。他們心怕自己時日不多，要動員他人來幫他這幫他那，實是浪費，餘下來的日子「求其其也可」。過去，曾有一個八十多歲的老翁，搬上新公屋，堅持不用勞師動眾為他鋪地板，只要裝回燈泡便可；可是，我們有見他年老，提腳的力不好，哮喘也常發作，怎麼可住在沙塵多的房屋內？加上他遷入新區，對四周環境及地區服務認知不多，恐怕一旦發生意外或病情轉差，不懂求救。

這次我們的服務計劃除了是幫助伯伯順利入伙，最重要的還有要讓伯伯心安，幫他除去麻煩的擔心，不用他思慮太多。所以，一切要來得周詳，打從與地區社工的聯繫、預備物資、安排物料安放場所，以至聯絡義工以配合工程需要，還要盡量安排在伯伯方便的時間，不要他從舊居來回新屋多次，減省他的勞累和怕諸多麻煩人的心態；特別在工程的日子，不論是社工或是義工，都是懷著開心和輕省的心情，務求令伯伯不會有絲毫顧累。最後，當天我們除了為伯伯鋪了地板和安裝了燈泡外，伯伯還讓義工改動了花灑位置、安裝了扶手、刀架和毛巾架。看著伯伯一時走到廁所試著提起花灑，讓義工度好位置，一時又望著剛鋪好的地板說著：「好靚呀！好靚呀！」。

一個看似輕易的舉動——把施者的資源用到受助者身上，當中確實要做的，除了是物資的支援，還需要看重人是獨立個體的特性和尊嚴。這就是為我們所看重、所強調，真的不只是提供服務而已。

我們的慈惠服務本就是回應社會上最貧乏的一員，物質的支援和心靈上的支持，兩者不可缺一。唯在緊絀的人手下，我們可做的實在有限；唯有賴善長們的支持，叫我們每年得以持續。踏入六月，我們也開始為明年「家居維修服務」尋找足夠善款支持運作，每年大約營運經費是二十多萬，盼望大家繼續支持我們，繼續有能力地站在服務的前線崗位上，為生活困逼的老弱病患服務。

## The Many Dimensions Associated With Our Services

Some elderly may find it troublesome to find ways to kill the long hours they have day after day. They may gradually shape a negative way of thinking that the rest of their lives would mean nothing but merely waiting for the day when their lives come to the end. Hence, they will not bother taking care of anything, significant or trivial and will not take the trouble to arrange for the fixing of any broken household stuff or things that need repair. They lack vitality because they are expecting the end of their lives to come very soon when they will leave the world barehanded.

We sometimes come across such elderly who decline our service as they think they will pass away before long. They see it as a waste of resources to mobilize people to help them this and that and tend to accept things as they are. There was once a Grandpa in his eighties who declined resolutely our offering to help flooring his newly allocated flat in a public housing estate. He just needed to have some light bulbs installed. Nevertheless, we could not help worrying about his living in that dusty flat given his old age, feeble legs and the frequent asthma attacks. Furthermore, as he knew little about his new living environment and the district services available there, he would probably have no idea of how to get help if he had an accident or became very sick.

The goal of our service was to help Grandpa to move into his new flat with things well organized for him, and mostly importantly, we must help him to be free of worry, trouble and anxiety in regard to the move. All this could not be achieved without a scrupulous planning and every little detail counted. Initially, we had a good communication with the district social worker on the preparation work. We then arranged for the supply and storage of resources and appropriate volunteers for the work. We asked Grandpa to go to the new flat fewest times possible at his convenience so as to avoid him getting too tired. It would also save him feeling uneasy because he would take it as a burden to cause much trouble to others. Bearing this in mind, the social workers and volunteers met Grandpa cheerfully as if we were seeing an old friend, particularly when we were working in his flat, hoping to help him completely free of uneasiness. Ultimately, the volunteers managed to convince Grandpa to let them go ahead with the re-positioning of the shower head, installing a handle, a knife rack and a towel rack apart from flooring the flat and installing some light bulbs. Grandpa appeared to be quite excited when he walked into the washroom to hold the shower head up to allow the volunteer to take a measurement. "It looks really nice!" said Grandpa while giving the new floor admiring glances.

It seems to be fairly simple to employ donations to help the needy. As a matter of fact, the appropriate employment of resources is only part of our work. In the course of rendering services, we must attach great importance to the characteristics and esteem of man as an individual, which principle we have all along been upholding seriously. Undoubtedly, rendering services is anything but simple!

Our benevolent services aim to help the people most in need in our society, both in kind and psychologically, and the dual supports are indispensable. However, we are able to help only a limited number of people in need as a result of the shortage of manpower. The sustainability of our services is largely dependent on donors' support. June has set in and this is the month when we start fund-raising for the operation of "Elderly Home Maintenance Services" in the coming year. The operation cost is expected to be as much as HK\$200,000. We earnestly hope to receive your continuous support, making it possible for us to remain steadily on the front lines to help the ailing poor elderly.



## 藥物資助計劃 助腎癌漢走出無錢醫病困局

「癌病好似傳染病咁，破壞我一個又一個器官，粉碎我一次又一次活下去既希望。如果唔係屋企人既支持，我根本撐唔到咁耐！」五十一歲的梁先生，原為點心師傅，有一門傳統的手藝為他帶來穩定的收入。

2009年梁先生被確診患有腎癌，其後，癌細胞更擴散到肺部。「一切都來得太突然，而家我經常要進出醫院，散工都返唔到。」由於家庭頓失經濟支柱，梁太太又為新移民，來港未滿七年，未能得到綜援的保障；梁家現時只好「一份綜援兩個人洗」，以支持家中一齊開支。

「老婆人生路不熟，我身體太弱，就算佢唔識路都要佢陪我去醫院覆診……佢黎左咁耐都有享過咩福！」梁先生望望太太，一臉內疚。「早排，我係屋企無端端抽筋，跌左落地，老婆用盡力都扶我唔起，終於要叫白車！我真係無諗過自己咁大件事，果次入院醫生話原來係癌細胞已經上左腦，引致抽筋。」梁先生很無奈地嘆了一口氣。

梁先生接受化療後，身體虛弱，現只好用輪椅代步。「我有病，無好好照顧過老婆，但佢仲對我不離不棄。仲有呀妹，佢住係澳門，但次次我要覆診，佢就專程坐船返黎陪我地，又幫我地買埋日用品。」由於化療的效果不理想，醫生建議梁先生服食標靶藥控制病情。「隻標靶藥要自己比錢買，一盒大拿拿要六千二百五十蚊，我一個月要食四盒，一共兩萬五千，我根本負擔唔起。」梁先生對一生人由學徒做起，本想勤力學門手藝，自力更生，不做社會寄生蟲，自問一生人也沒有欠過社會什麼，如今作為一個香港市民，在所謂的富庶城市，卻沒有丁點保障和依靠。

醫生知道梁先生的經濟困難，透過醫務社工的幫助轉介其個案到本會惠澤社區藥房的「復治恩」藥物資助計劃。經過入息和資產審查後，梁先生現可用一千九百多元資助的價錢於藥房購買一盒藥物。「聖雅各已經幫我好多，而家一個月藥費七千幾，我成份綜援都唔夠俾，好彩得妹妹幫手。妹妹每個月都係萬八蚊，佢係澳門都有頭家，仲要成日搭船黎，佢既壓力都好大。」

「多謝『贈藥治病計劃』可以再資助我多四個月的藥費，紓緩我地咁重既經濟壓力。藥劑師陳姑娘仲向我詳細解釋服食標靶藥的藥性及副作用，等我可以放心食。」

眼見梁先生重燃治病的希望，能更走出「有病無錢醫」的困境，這實有賴你們各位善長的捐助！

## Medication Subsidy Program Helps Poor Kidney Cancer Patients

"Cancer, like an epidemic, is destroying my organs one after another, pulverizing once again my hope to stay alive. Not being supported by my family, I would not have lived this long!" said 51 years old Mr. Leung who used to be a dim sum chef, a traditional skill brought him steady income.

Leung was diagnosed in 2009 to have cancer in his kidney, and later found to have spread to the lung. "All happened so suddenly, keeping me constantly in and out of hospitals, not even let me work part time." Due to this sudden loss of family income; and as Mrs Leung is a new migrant, not having been in Hong Kong for full seven years, she is hence not qualified for CSSA. The family of two have to live on Mr. Leung's single CSSA.

"My wife is a stranger in town and I am very weak. Though she does not know her way around, she still accompanies me to the hospital for follow-up treatments ..... She has not enjoyed a single day of living since coming here!" Leung was full of guilt in his face looking at his wife. "Not too long ago, I was brought down by sudden cramp in the house and fell. She was unable to lift me up with all her effort and finally had to call the ambulance! I really did not realize the gravity of the situation until the doctor told me that cancer has spread to my left brain causing the cramp." Leung sighed helplessly.

After chemotherapy, he is so weak and has to use wheelchair moving around. "I am sick and cannot take care of my wife, but she chooses to stick with me. In addition, my younger sister, living in Macau, makes an effort coming over to escort us on every follow-up hospital visit and helps buying our daily needs. As chemotherapy did not produce the desired result, the doctor suggested Leung to take target medication. "The drug has to be self-purchased and one single pack alone costs 6,200 dollars and I need four in a month, totalling 25,000 dollars that I just cannot afford." Leung started work as an apprentice, thinking an acquired skill can give him self-support living. I have not done anything wrong to the community and now a Hong Kong citizen. However, this so called rich city offers not a tiny bit of protection nor support to me.

The doctor, on learning Leung's financial difficulty, referred him through the medical social worker to the Votrient Medication Subsidy Program of the Philanthropic Community Pharmacy in this organization. After passing the income and means tests, he can now get a pack of the needed medication for 1,900 dollars. "St. James' Settlement has helped me a lot, my current medication expenses of some 7,000 dollars is still more than my monthly CSSA. Luckily, my sister who is making only 18,000 dollars a month, gives me help, even though she has her own family to look after and makes frequent ferry trip coming over. So, she is also under tremendous financial pressure."

"Thanks to the 'Medication Subsidy Program' giving me four more months of medication and it eases my heavy financial burden. Pharmacist Miss Chan also described in detail to me the therapeutic property and the side effects of the target drug so that I can take it at easy."

The fact that Mr. Leung has rekindled hope on treatment and getting out of "no money for treatment" is all due to the generous donation of benevolent people like you!

## 苦命夫妻無錢支付藥費 盼贈藥治病助走出絕境

「我如今鄭重承認你作我的妻子，並許諾從今以後，無論環境順逆，疾病健康，我將永遠愛慕尊重你，終身不渝。」

從相識相知到成為夫妻，羅先生和羅太太都是恩愛非常。兩口子，公一份、婆一份，兩人月入二萬多，慳慳儉儉，生活尚算過得去。可惜，去年的一個早上，太太起床時身體突僵硬，羅先生即陪她前往醫院求醫，經多次檢查後，醫生發現羅太太患上突發性疾病—多發性硬化症，感到雙手雙腳軟弱無力，很困難才能吞嚥食物。

三十七歲的羅太太，原本在律師行任文職工作，收入穩定，在未患上此病之前，每年都跟丈夫旅行。最近，羅太太的身體硬化程度愈來愈嚴重，下半身已癱瘓，需長期臥床，外出時勉強靠輪椅代步。面對著太太身體被疾病的侵蝕，羅先生忍著淚水說：「見住佢由行得走得，成日笑，到而家變成咁，個病害得她好慘……我寧願有病個果係我，我唔想見到佢咁辛苦。」

知道太太日子不多，現在又每每連大小便都要靠人的時候，羅先生放棄了地盤的工作，在錢都用光了的時候，才申領綜援生活，日夜照顧著太太。不過，為了延緩身體硬化的速度，太太每月需要打十二支針藥干擾素，這為自費藥物，每月費用七千多元，這個數目對於他們來說，簡直是無法承受的負擔。「我以為在政府醫院睇醫生，收費應該是平民化，點知醫生話比我知，一支針要七千蚊，我從無想過，有病已經是不幸，更不幸的是我老婆有藥無錢醫……」羅先生哽咽無法再說下去。

羅太太早前因長期臥床，背部長了褥瘡，需要住院一個月，羅先生每日兩之到醫院照顧太太，簡直是疲於奔命；奈何太太情況是愈來愈差，右手的活動能力只餘下三成，口齒開始不清，即使望著丈夫有著千言萬語，也無法表達出來。看著太太，羅先生對她說：「我仲記得結婚時同你講過咩野說話，我係唔會放棄你，你放心，我會一直陪你，唔駛驚……」淚水從他的臉不斷流下。太太看著，也忍不住痛哭起來。

對於突如其來的病魔侵襲，好像羅太太的患者面對身體上的巨變，身心都受到極大影響，而他們的家人為了照顧病患者亦疲於奔命。善長們，您們可以為不幸的人士伸出援手嗎？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：「贈藥治病計劃」之用。施善查詢：8107-8324或2835-4321。

## Lamentable Poor Couple Seeks Help for Medical Subsidy

"I solemnly declare you to be my wife, and vow to always love, cherish and respect you in prosperity or adversity, sickness or health all my life from now on."

From initial acquaintance till marriage, Mr. and Mrs. Law have been deeply in love with each other. Each of them has a job with a combined monthly income near twenty thousand dollars, living frugally, life was without complaint. Unfortunately, one morning last year, Mrs. Law's body stiff suddenly on getting up and Mr. Law immediately escorted her to the hospital. After repeated examinations, the doctor pronounced Mrs. Law suffering from an abrupt muscular disorder – multiple sclerosis, limbs feeling weak and food ingestion with difficulty.

Mrs. law, 37 years old, used to do clerical work in a law office and had a steady income. Prior to getting sick, she went on annual tour with her husband. Lately, as stiffness of her body is getting serious, she is paralysed waist down. She can now only stay in bed and outing with the wheelchair is a must. Confronted by the situation, Mr. Law said withholding tears in his eyes, "In the past, she used to be an active and with smiles all the time. Looking at her changes now, the disease hurts her a lot. What a pity .... Wish I could have taken her place. I do not want to see her suffering like this."

Knowing his wife's days are numbered and even now her toileting has to be taken care of, Mr. Law quit his construction site job in order to attend his wife round the clock. Mr. Law only takes CSSA after exhausting their savings. To slow down progress of muscular hardening, Mrs. Law has to get 12 interference hormone injections each month that costs some \$7,000, well beyond their coping capability. "I used to think charges by doctors in government hospitals are more reasonable, never could I expect the doctor telling me to pay \$7,000 for that. Getting sick is already poor enough and it is even worse that I have no money to pay for my wife's treatment..." Mr. Law was too choked to continue.

Owing to Mrs. Law is bedridden all time, bed sore got on her back and was hence hospitalized for one whole month, keeping Mr. Law constantly on the daily hospital run looking after her. Nevertheless, her condition has gone from bad to worse with movement of her right hand down to 30% and speech slurred. She is unable to express herself on looking at her husband though she might have a host of words to get across. Looking at her, Mr. Law said, "I could still recall what I told you at our wedding, never would I leave you, so don't you worry as I will be with you all time, never be afraid..." Tears ran down his eyes uncontrolled and wife also cried bitterly.

Confronting by the attack of sudden sicknesses, patients suffering from huge bodily changes like Mrs. Law are badly hit both physically and mentally, keeping members of their families on constant run looking after them. Will you, our caring benefactors, be willing to extend a helping hand in assisting these unfortunate people? No amount would be too small as many a little makes a mickle. Please make out your donation cheque to "St. James' Settlement", earmarking at the back "Medication Subsidy Program". Inquiry and donation hotline: 8107-8324 or 2835-4321.







我們的服務  
Our Service



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## 驅走炎熱 為弱老送上涼風

根據醫學研究，由於老人體溫調節功能衰退，若長期處於悶熱環境，極易中暑，危及生命。長者隨著年齡增長，身體機能轉差，或會出現高血壓、心臟病、糖尿病、支氣管炎、哮喘等慢性疾病。特別於炎夏的日子裡，體弱長者正備受中暑的威脅。因此，我們於夏季推出「電器贈長者 - 風扇餽贈」行動，呼籲善長及早向貧老施援手，為孤老體弱長者贈送風扇，助免中暑的危機，感受社會人士的關懷，免令他們受熱浪所襲。

「風扇餽贈」行動全港性協助獨居無依的匱乏長者，按照他們的家居需要，送贈新淨及性能良好的風扇。計劃並獲得義工全力支持下，協助運輸及探訪的工作，確保完成安裝長者可即時使用風扇乘涼。去年，計劃已為超過600名匱乏長者送上風扇，並優先為居於空氣缺乏流通的板間房、天台屋等長者送上風扇，以解除炎熱威脅的燃眉之急。「義工真係好細心，我身體唔好無力執拾家中雜物；義工仲好貼心幫我找個安全地方安裝風扇，確保我坐的位置可以吹到涼風。」居於紅磡唐樓板間的鄭婆婆感謝善長和義工的及時餽贈。「日間室溫很高，熱得透不過氣來，所以這把風扇對我很重要！」

「風扇餽贈」行動得以及時推行，多靠善長們率先的慷慨捐助。夏天剛至，日間氣溫已達到三十多度，酷熱非常。直到截稿日，已有不同地區機構為無依長者查詢有關風扇申請，而當中有一半以上的長者因家中風扇日久失修，如外殼鬆脫、扇葉破爛等，容易造成家居意外。「電器贈長者」計劃本著「及時、到位」的服務精神，目標為孤苦無依的長者於炎夏裡送上安全實用的風扇，讓他們感受社會人士的關懷，支援他們的生活需要。

熱浪來襲，伍伯伯經歷了一個難忘的夏天。「人老風扇都會老！家中用左十幾年的風扇早已失靈，不過實在難敵酷熱，唯有勉強用下去。有一天扇葉不能轉動，未幾機身出煙，立即插掉插蘇，好驚火燭！」伍伯伯一方面驚魂未定，另一方面因室溫太高身體感到不適。「我本身患有哮喘，天氣太熱氣管受不了，不斷氣喘，呼吸得好辛苦。」「電器贈長者計劃」透過地區社工得知伍婆婆的困難，隨即安排義工到戶贈送風扇給伍伯伯，確保家居足夠通風。義工同時提醒伍伯伯使用風扇時需注意的安全，讓伍伯伯使用得安心。「善長和義工的大恩大德，我實在沒齒難忘！」伍伯伯三番四次向善長的無私關懷表達感謝。



## Drive Heat Away We Offer Cool Breeze to the Elders

According to certain medical research reports, elders suffer from heat stroke under hot environment easily because their heat regulating system is comparatively poor. As age grows, metabolism of the elders slows down and chronic diseases like hypertension, heart problems, diabetics, bronchitis or asthma developed. Through the "Electrical Appliances for the Elderly Program", we hand out fans to the under-privileged elderly in hot summer. The fans can help such elders to get over the heat and avoid heat stroke. We hereby appeal to the general public to help such elders.

The "Fan for the Elder" extends to lonely elderly in Hong Kong. We have recruited volunteers to deliver electric fans to them in summer. We have helped over 600 elders over the past years. Most of them lived in unventilated rooms or roof tops. An aged beneficiary once said, "How nice were the volunteers. They helped me tidied up the room and set up an electric fan for me. I can feel the breeze wherever I go in the room now. The fan is a necessity to me in summer."

"Fan for the Elder" movement continues because we have generous support from donors. We have received many applications for electric fans from the under-privileged elders in Hong Kong. The applicants are too poor to replace their worn out fans by themselves. The new fans that we deliver to them may let them feel warm and cared from the Society.

Uncle Ng has an unforgettable summer. He reiterated that he had a narrow escape from fire which caused by his mal-functioned old electric fan. It was hot and he needed to keep the electric fan on disregarded the blades ran interruptedly. There came the smoke after he switched on the fan for a while. It was lucky that he managed to unplug the fan in time to avoid a fire. Uncle Ng further stated that he had asthma and the heat makes his condition worse. "Fan to the Elder" movement is welcomed by those needy. The recipients including Uncle Ng are grateful to donors and want us to thank their generous giving.

「多得善長贈送的風扇，為我驅走炎熱。」

"Thanks to the donor who gave me this fan to drive heat away"

## 捐款餽贈電器 給長者一個安樂窩

「我住左係蘇屋邨幾十年，見證好多孩子既成長。而家政府話要拆卸，我真係好徬徨。」七十多歲的馮伯伯，自七十年代起遷入蘇屋邨，太太去年因重病過身後，沒子女馮伯伯孑然一人，照顧自己的生活起居。

「我同太太無子女，退休後都係靠綜援金生活。雖然窮但我都知足常樂，節省點都可以足夠生活。而家政府話要搬邨，我一個老人家咩錢都無，點可能搵人搬屋呢？屋企傢俬、電器樣樣都咁破舊，都無邊幾樣要得了。」馮伯伯憂心忡忡，擔心遷入新屋後，家中未能添置基本家電如雪櫃和熱水爐。「我實在沒有多餘錢去買貴價的電器，沒雪櫃就只好吃乾糧，沒熱水爐就只好煲水沖涼！」能遷往新居本是快樂事，然而對馮伯而言，只是煩惱一堆。

目前蘇屋邨只剩不足一千戶的居民正待搬遷，預計全邨將於今年夏天逐步清拆。當區機構社工表示，當中有約60多戶符合本服務資格的獨居或兩老家庭正面對搬邨的安排，並需地區團體協助支援入伙裝修及電器部份。

「電器贈長者」計劃預計申請人數將隨著搬邨計劃而直線增加，相對貴價的電器如熱水爐、雪櫃等讓綜援長者難以負擔，尤其拆卸及安裝熱水爐需具相關牌照師傅，當中涉及一定的費用，難免令綜援長者卻步。

「人生之中難得有屬於自己的居所，我覺得好快樂、好感恩，只是在面對新屋入伙方面，年老無依的我實在束手無策。舊電器不搬動還可以，一搬動就壞了。」李婆婆家中的雪櫃已使用多年，怎料搬到新居時已失靈，喪失冷凍功能，經師傅維修證實不能使用。「人老機器壞。我想著這個舊雪櫃都可以捱多一陣子，怎知搬新屋後就不能用了。」李婆婆的情況，可能將是搬邨匱乏長者面對的困難。

「電器贈長者」計劃盼望可為匱乏長者建造一個可安居的安樂窩，為長者家中添置他們欠缺的基本家電，讓他們可安享晚年。施善支票抬頭「聖雅各福群會」，指定捐予「電器贈長者」計劃，俾本會可捐助長者為新居添置缺乏的電器。服務查詢及施善熱線：8107-8324或2835-4321。



## Donation of Domestic Appliances Give the Elder a Cozy Home

"I have been living in So Uk Estate for decades and witnessed lots of children growing up. Now, the government says it has to be demolished and that really makes me feeling very uneasy." Old man Fung, over 70 years of age, moved into So Uk Estate in the seventies. Being childless and he is now living all alone after the death of his wife last year.

"We have no children and have been living on CSSA since retirement. Though poor we are content and happy as we choose to live modestly. Now, the government wants us to relocate. I am old and have no money, where can I get help for the move? The furniture and electrical appliances in the house are old and shabby, only few are reusable." Fung worries a lot for having no added basic appliances like refrigerator and hot water heater after moving into the new home. "I really cannot spare any money to buy expensive appliances. Without the fridge, I have to stay on solid food; and without hot water heater, I can just boil water to bathe!" Being able to move into a new home should have been a happy thing, but to Fung, it is a bunch of worry.

Less than one thousand households remain for relocation in So Uk Estate and the demolition is said to be gradual starting this summer. The district institutional social workers have indicated that some 60 households of the single or couple elderly families will be eligible for relocation assistance, which requires district organizations' support in refurbishing on moving-in.

The "Electrical Appliances for the Elderly Program" anticipates number of applications for help will rise sharply especially on costly electrical items like water heaters and refrigerators, both hardly affordable by the CSSA receiving elders. Dismounting and installation of water heaters require service by licensed tradesmen involving a certain fee which undoubtedly makes the CSSA elderly flinch.

"Having one's own place to live does not come easily and I am very happy and grateful. However, confronted by having to move into a new home at an old age and without help puts me in a quandary. Old appliances are alright if left untouched but they could become unusable when moved." Granny Li has an old fridge in the house for years but it broke down when being brought into her new home, losing its cooling power and was told to be beyond repair by the checking technician. "I know when people get old, body mechanism goes downhill, but I thought the fridge could still be useful for quite some years, who knows it became unusable on relocation." Her situation is perhaps the difficulties confronting the poor elderly awaiting the move.

"Electrical Appliances for the Elderly Program" is geared to provide a cozy home for the poor elderly, adding them basic home appliances so that they can live comfortably in their latter years. Your donation cheque, beneficiary "St. James' Settlement", designating for the "Electrical Appliances for the Elderly Program", will enable us offering an extra piece of electric appliance to the needy elders' new home. Inquiry and donation hotline: 8107 8324 or 2835 4321.

義工們為匱乏長者送上基本家電，讓他們可安享晚年。計劃希望籌得更多善款，幫助更多長者添置電器。

Volunteers send the poor elderly basic home appliances so that they can enjoy a better life in their later years. We hope to generate donations so that we can help those poor elders in buying necessary electrical appliances.



## 義工師傅助我順利上樓 入住可安身之居所

個子小小、「寒背」的黃婆婆一早來到房屋署給她的新居，等待著義工師傅們為她在入伙前的準備。一見我們前來，就像小孩子一樣雀躍地來到門前，大聲喊叫：「請進！請進！」

「我早上七點便來到了，我真的好想快點搬入來住！」黃婆婆原獨自租住於上水一村屋的地下房間，租金2000多元，房間屬半開放狀態，「晚晚都好多蚊，飛來飛去，我晚晚都失眠。」木屋內電線很舊，掛得亂糟糟，窗框有裂痕，下雨季節來臨，情況十分惡劣；天氣炎熱，室內就像個蒸籠，根本令人無法忍受。加上，婆婆患有白內障、貧血等疾病，還時常抽筋，情況不斷惡化，一個安全舒適的居所對她調理身體，的確是很重要。一間公屋，意味著婆婆新生活的來臨。

新居鑰匙到手了，打開門只見四面牆一扇窗，之前租樓的電器傢具早已殘舊或損壞，都不能搬來。婆婆本有一個兒子，卻長年居於內地，從不支援婆婆，關係疏離。婆婆現靠綜援三千元的搬遷津貼，不足安居，於是婆婆便求助社會福利署的社工，社工再把她轉介至本會「長者家居維修服務」，進行新居基本裝修。為了幫助婆婆早日搬到合適居所，又配合她搬遷的安排，於是便盡快安排義工師傅協助，為婆婆展開工程。

義工師傅合力為黃婆婆新居地上鋪上防滑膠地板，在天花安裝了4顆由奧的亮贊助的LED燈泡，並在廚房廁所安裝了刀架、毛巾架、雜物架，又在窗邊安裝了窗簾路軌，一些最基本的設置都為婆婆準備好了，婆婆可以隨時入住，「明天有朋友送我一張床，我聽日就入來住了，在那木屋一天都不想留低！」三十二度炎夏之日，義工師傅勞碌後汗流浹背，但一想起婆婆即將脫離惡劣居住環境，便感到滿足。黃婆婆不斷道謝：「好感激義工師傅同善長咁快幫到我，你哋真係好心，上天會祝福你地！」

香港雖然人均收入高，但貧富懸殊問題嚴重，並非住在公屋的貧乏長者須支付高昂租金租住房間，以致貧上加貧。更甚是，較為「低」租金的房屋往往環境狹窄、衛生情況不好，弱老住在這樣的環境下，面對的除了經濟負擔，還有健康安全的威脅。因此，一間能長久居住、有獨立廚廁及空氣較好的公屋單位，猶如長者安居的終站。



## Volunteers Helped Me Settle Down In a Safe Comfortable Home

Short and thin, slightly hunch-backed Wong Por Por, arriving early at the new housing unit assigned to her by the Housing Authority, was waiting for the renovation volunteers before she could move in. As soon as she saw us, she rushed to the front door joyfully, yelling, "Do come in, please!"

"I got here at 7 this morning. I couldn't wait to move in to live here!" Previously, Wong Por Por rented a room on the ground floor of a village hut alone in Sheung Shui. The rent came to over \$2,000 and her room was semi-open. "There were many mosquitoes flying all over the place every night. I couldn't sleep." The wirings were old and hung untidily. The window frames were broken. When it was rainy season, the condition was terrible; when it was hot, the room was impossible to bear like a steamer. In addition, she suffers from cataract, anemia and etc. She also gets cramp often and her condition keeps deteriorating. It's important for her to convalesce in a safe and comfortable living quarters. A public housing unit means the arrival of a new life for Por Por.

When Wong Por Por entered her new unit with the key, she could see only four walls and one window. She couldn't bring her old furniture with her since they were either too old or damaged for future use. She has one son who lives in the mainland and never supports her in any way. Their relationship was far from being close. Wong Por Por found the \$3,000 removal allowance from CCSA insufficient for the purpose and she sought help from the social worker of the Social Welfare Department. The social worker then referred her case to our "Elderly Home Maintenance Services" for basic renovation in her new unit. In order to assist Por Por make an early removal to a suitable home and synchronize with removal arrangements, St. James' Settlement arranged volunteers start installation work as soon as possible.

Our volunteers installed non-slippery vinyl flooring, four Optiled Lighting LED light bulbs on the ceiling, knives rack in the kitchen, towels hanger and storing cabinet in the bathroom. They also installed curtain rails. Por Por could move in any time now that the basic installations were completed. "Tomorrow, a friend of mine will give me a bed and I will move in on the same day. I won't dream of staying in that village hut, not even for one more day!" The volunteers sweated after they toiled on a day of 32 degrees Celsius. However, they felt satisfied as they realized Por Por would be leaving the dreadful village hut. Wong Por Por kept thanking them, "I am so grateful that you and the donors came to my aid so soon. You are really very kind. God bless you!"

Though Hong Kong people earn high wages, there is a large gap between the rich and the poor. Not only the poor elderly in public housing units become poorer because they pay a high rent, the cheaper living quarters are small with poor hygiene conditions. The weak elderly are threatened by health and safety on top of financial burden. Therefore, a public housing unit with attached kitchen and bathroom is the place where the elderly can spend their remaining years happily.

黃婆婆感謝善長及義工的協助，並感謝奧的亮公司送她燈泡，讓她可在新居安老。

Granny Wong thanked the donors and the volunteers for their help, together with Optiled Lighting for the LED light bulbs sponsored, which enabled her to settle down comfortably in her new home.





## 義工師傅助重鋪地板 令輪椅婆婆出入平安

關婆婆在石硤尾區一個歷史悠久的屋邨居住，她從屋邨入伙住到現在已三十年多年。由於丈夫先走一步，現在只餘下婆婆一個。

幾年前婆婆還能夠照顧自己，處理家中需要，但大病一場後，這幾年婆婆身體每況愈下，大部分時間要坐輪椅，氣喘嚴重又要靠氧氣機呼吸以保性命。家中的工夫她都不能自行處理，加上地板嚴重的疏脫破舊，地面凹凸不平，婆婆多次在家差點跌倒，而她的日常生活身體轉差後引來很多不便。

婆婆家中自三十多年來都沒有裝修過，電線及地板多處破舊耗損，有的電線外露，很危險；壞了的燈泡，也不理會。原因是一來她根本行動不便，自己無法處理，二來她認為自己已很熟悉家中每一個環境，有時摸黑也不是問題。當然，每次一有損壞就麻煩鄰居朋友，實在過意不去；所以，她往往在差不多連其他照明都損壞時才找鄰居朋友幫忙。「鄰居在家時可以幫忙，但他們不在時便要等了，有一次洗手間的燈泡晚上壞了，但急起上來都要去，好彩都有乜事」。

婆婆上次真的算是好彩，當社工知道她的情況後，為免婆婆長期生活在潛在危險的家居，經游說後她接受本會「長者家居維修服務」。工程當天，幾位義工師傅分別為她檢查電力裝置，另又為她重鋪破損了的地板。由於破舊的地板不容易剝起，義工花了整整一個上午才起了舊地板，然後再重新把防滑平坦的膠地板鋪上，日後令她容易推著輪椅進出。婆婆看著每一個工程的完成，特別是從事她擔心的地板已被整理，不再擔心跌倒的危險時，心裡很是欣慰。

關婆婆當天身體雖然有點不適，需要靠氧氣機才能跟我們說話，但看見義工師傅解決她的一大煩惱，不禁展露出滿足的笑容。她向義工師傅說：「多謝你們返工咁忙、天氣咁熱都過來，幫我解決生活的困難，依家輪椅出入順暢，我起身行時又唔驚跌倒，更加唔需要摸黑，實在很多謝你們！」



## Volunteer Repaves Floor Tiles To Improve Safety for Old Granny in Wheel Chair

Ms. Kwan has been living in an old public housing estate in Shek Kip Mei for more than 30 years, and is now living alone since her husband passed away.

A few years ago, Ms. Kwan could still take care of herself, but after a major illness, her condition has gone from bad to worse. Now, she spends most of her time on a wheelchair, and relies on an oxygen concentrator to breathe because of her serious asthma. She can no longer handle the daily housework herself. To make things worse, the floor tiles in her flat are worn and the floor is full of bumps and holes, almost tripping her several times. She faces a lot of inconvenience in her daily life.

Her flat has been lacking repair and renovation for over 30 years. Shabby electric wires and broken floor tiles are all over the place, and some wires are exposed creating safety hazards. She doesn't even replace burnt light bulbs because of inconvenience in movement and also because she thinks she is so familiar with the place that she can simply move in the dark. To avoid troubling her neighbours too much, she only seeks their help when almost all lighting in her flat has gone out. "The neighbours can help when they are at home, but I have to wait if they are out. Once, the light in my toilet went out at night, but I had to use it urgently. Fortunately, no accident happened."

The granny was lucky last time. After learning about about her situation, the social worker persuaded her to use the Settlement's "Elderly Home Maintenance Services", so as to remove the potential hazards in her flat. On the day of the renovation works, several voluntary workers checked the electric installation and repaved the floor tiles in her flat. As the old worn floor tiles were not easy to remove, they spent half a day in removing the old floor tiles, before they laid the new, non-slip plastic floor tiles, which would make it easier for Ms. Kwan to move around on the wheelchair. Ms. Kwan was very pleased watching each works process being completed, particularly the repaving of the floor so that she would not need to be afraid of tripping anymore.

Although Ms. Kwan was not feeling well that day, and had to use the oxygen concentrator when speaking with us, she showed a big smile when she saw that our volunteers had solved one of her biggest worries. "Thanks for coming to help me amidst your busy work schedules and the hot weather. Now I can move around smoothly on the wheelchair and no longer need to be afraid of tripping, and no longer need to move in the dark. Thank you all indeed!"

關婆婆對義工師傅為她修理家居，去除生活的阻礙，表現感激。  
Ms. Kwan is very thankful for the volunteers' help in making her home save for living.



## 直接到位的服務 建立信賴捐助的關係

## A Trusting Relationship Built on the Service Providing Direct Assistance

大家都知道本會的「慈惠服務」都是沒有政府恆常資助項目，這些按民生之急而應生的服務，全賴善長的惠澤支持，服務才得以開拓、發展及推行，令身處困境的殘弱病困能得到及時的幫助，讓他們克服及處理生活上的困難。事實上，在云云社會服務機構中，熱心的善長選擇了聖雅各福群會，給予我們無比的信任，支持服務的運作。

今天一大清早，陳女士親身到達「慈惠服務」的辦公室，代她的朋友作出捐助。得知陳女士的來意後，同事便立即拿出「慈惠服務」的服務單張，逐一向陳女士介紹服務，並向其講解善款的運用、現時較需要捐助的項目和原因。「其實我自己已經捐助慈惠服務好多年架啦，對你地運用善款的方法絕對放心、信任，未擔心過；不過，今次我係幫朋友捐款的，返去當然都要讓他了解自己的捐款去向。哈哈，好似你們，由陳炳麟先生的年代到今日，每次捐款你們都依然咁細心、咁認真講解各項詳情……我介紹朋友捐款俾你們的確無錯！」

陳女士更笑言，多年來，看到同事們積極的推行服務，為無助者出心出力，令服務走出地區界限，關顧全港弱勢社群的需求，就好像是「惠澤社區藥房」為無錢買藥的貧苦提供買藥或贈藥治病的服務，又例如「電器贈長者」會按不同天氣環境為有需要的長者提供適切的電器，令他們改善生活環境，這些直接到位的服務，令她留對聖雅各這個機構留下深刻印象。現在，除定期捐款支持，她自己亦於空餘時間到聖雅各福群會作義工服務！

每次面對善長對我們的信任支持，確是感到十分感激；同時，亦正正是因為你們無私的貢獻及信賴，令我們肩負更大的使命確保善款資源用得其所，讓受患者直接得到幫助！



As you all know, our "Charity Project" is an item without constant government funding. Out of the urgent need to help the community in solving their immediate livelihood problems, the service comes into being and with the support of generous benefactors; it can be developed and expanded in its operation to offer timely assistance to the sick and elderly to solve the difficulties in their daily life. Among the numerous social service agencies in the society, the kind benefactors choose to support St James' Settlement, it is indeed a great encouragement to us and a vote of confidence and support to our services.

Early this morning, Ms Chan came to our office to give donations on behalf of her friend. Our colleague immediately produced a Charity Project leaflet and explained to her the listed items one by one including how the donated money would be used and which item was more urgently in need and the reasons behind. "Actually I have been donating money to the Charity Projects for years and I have absolute trust in how you handle and use the money. I have no worry for that. But this time I do this on behalf of my friend and of course I have to make him understand where the money he has donated would go. Just like you guys, the same kind of detailed explanation whenever I make a donation, from the time of Mr Chan Ping-Lun to the present day. It is indeed a right decision for me to ask my friend to donate to you!"

Ms Chan also said she was happy to see that over the years our colleagues have always been committed and carried out the services enthusiastically. To help the needy and underprivileged ones, the service is not bound by territories, such as the "Philanthropic Community Pharmacy" would offer help to the sick and poor to buy medicines they need; while the "Electrical Appliances for the Elderly Program" would give away electrical appliances to the elderly according to their need in different weather so as to improve their living. These timely and direct services have left a deep impression with her. Now, apart from regular donations, she would also participate in the volunteer work at St James' Settlement in her spare time.

We are deeply grateful to our benefactors for their trust and support. In the meantime, because of your selfless contribution and deep trust, we would strive harder to ensure the donations would be used properly to help the needy ones directly.





## 每分鐘都要靠電才能呼吸 「電費助貧弱」減我生存壓力

「本來每月百幾蚊的電費津貼，我尚算是應付得來。有時手頭真係太緊的話，最多咪開少盞燈、開少些風扇，左慳些右慳些囉，用少些電好閒事啫……唉，不過自從得左個病後，成六七佰蚊電費一個月，你叫我點頂呀！」

長者平時的電器使用量較少，對於他們來說，每月百多元的電費回贈津貼，已經可以大大減輕他們的經濟壓力，讓他們有點餘錢改善生活。然而，對於耗電量大，要使用醫療器材「維持生命」的長期病患者而言，即使扣除津貼，他們仍然要面對繳交巨額電費的壓力。

居於大埔區的胡伯伯，79歲，骨痛及心臟病，近年更發現患上氣管疾病，醫生建議他需二十四小時使用氧氣機，幫助氣管擴張，維持呼吸續命。多年來依靠綜援過活的胡伯伯說：「無錯，當使用氧氣機後，呼吸問題的確是得以改善；不過，第一次收到電費單時，我就差少少心臟病發！平時電費平均都係一百蚊左右，點知用左部機之後，要我俾成七百幾蚊電費，我點俾得起呀！唉……真係用又死，唔用又死！」因使用氧氣機而引來的高昂電費，令伯伯忐忑不安，擔憂地過日子。

其實，除了每月八百多元的電費支出外，伯伯還得每月支付四百多元的氧氣機租金，伯伯生活的重擔確實是非常沉重。社工得知伯伯的困境及擔憂後，將伯伯的個案轉介至聖雅各福群會的「電費助貧弱」計劃，為伯伯提供每月四百多元的電費資助。「未有呢個病之前，我真係無論過原來用電係咁緊要，更加無論過電費支出會成為我維持生命的負擔。好彩社會上有聖雅各這些『電費助貧弱』計劃，體貼像我一樣的病患老人。他們的幫助，不但讓我可以繼續使用氧氣機，更重要的是，我現在可以放下心頭大石，人開朗些，身體都強壯些啦！」

對一些好像胡伯伯因病而需要長期依賴醫療儀器的個案來說，電費支出不再是「慳得就慳」。你們善心的捐助，使胡伯伯成為當中較幸運的一群，得以繼續維持生命，但願你們繼續向這群長期病患者伸出援手，不致使病患令他們的生活百上加斤，延續他們的生命！



## To Breathe or Not to Breathe, Power Subsidy Program Releases My Pressure to Live

"Normally my electricity bill was under \$200 a month. Sometimes when I was strapped, I just needed to keep lights and the fan more frequently off and the bill dropped back to a manageable level again. But since I have this disease, the bill jumped to \$600 - \$700 a month. I just can't imagine how I am going to settle them."

Electricity usage among elderly is usually not high, so the electricity rebates, mounted to some hundred dollars a month, are largely enough to relieve them from their daily financial burden. Yet, this is not the case for those elderly who need to keep some life-saving devices always on. Their electricity bills are way higher than the amount that monthly rebates can cover.

The 79-year-old Uncle Wu has bone pain and heart disease. Recently, he was diagnosed with bronchitis. His doctor said it is crucial for him to use an oxygen-equipment 24 hours a day to help him breathe. Receiving CSSA for years, Uncle Wu said, "I breathe much better now with the machine. But I was nearly shocked to death when I received my electricity bill. Usually, it was about a hundred; now, it costs me over \$700. It's a huge jump, so huge that I definitely can't afford. I am not sure if I should use the machine ever again..." High electricity fee resulted from the oxygen equipment is a big headache to Uncle Wu.

On top of the electricity charge, Uncle Wu has to pay some \$400 rental fee for the equipment. These costs added up to a huge burden to him. After looking into Uncle Wu's situation, the social worker immediately referred him to us the "Power Subsidy Program for the Ailing and the Handicapped" of SJS; we processed to grant subsidies up to over \$400 per month to Uncle Wu. "Before I had bronchitis, I had never realized that electricity charges could put so huge a strain on my daily life. Thank God there are charitable organizations like SJS offering 'Power Subsidy' for the poor elderly. Without their assistance, I could have refrained from using the oxygen equipment. Most important of all, now I feel relieved, I am happy and full of strength!"

Cases similar to Uncle Wu, that means the chronic patients who badly need to run some facilitating medical devices in their daily lives but due to high electricity charge might choose not to do so, are not uncommon. By making donations to our Power Subsidy Program for the Ailing and the Handicapped, you can alleviate their financial stress and help to make 'life' a viable choice for the chronic patients.

貧弱者為要「活命」，需使用氧氣機令電費高增，你們的一點捐助確為他們減輕不少負擔。

High electricity bills deter the strapped patients from using some auxiliary life-saving medical machines, such as Oxygen Equipments. Your kind donations would definitely help to relieve their financial burden.

## 為匱乏弱老送上 及時的電器

**問：**我是《慈惠月報》的讀者，當每月收到後都會細心閱讀，了解長者需要什麼類型的電器。從上月月報裡，了解到原來一個安全簡便的電飯煲，對給予長者一頓安樂茶飯很重要。我想應該有很多長者也有這方面的需要，故打算購買一人份量的電飯煲送給他們，不知於選購上有什麼需要留意的地方？

**答：**非常感謝你對獨居無依長者的關懷，在他們困難環境裡伸出援手，改善他們的生活。礙於我們缺乏財政的資助，「電器贈長者」計劃得尋覓價錢較平和能提供性能良好電器的批發商，以集體購買的議價能力購買電器，確保有善用各位的善款，讓有需要的無依長者受惠。

於選購電器上，我們一定要選合適長者使用的電器，例如操作必須簡單，並且需合乎安全標準。就好像一般長者使用電飯煲煮飯時，除了煲飯外，也喜歡蒸饊，一小碟蒸魚與白飯，是一頓長者最愛的午晚餐。因此，一個具備蒸籠的電飯煲，是切合他們需要的。

**問：**換句話說，你們會就長者的生活習慣，購買更合適長者的電器；那麼，我或會考慮直接捐款予購買電飯煲。就此，我亦想了解一下你們購買電飯煲後，會以什麼方式轉送給長者？

**答：**我們實在很感謝閣下對此非政府資助的「電器贈長者」計劃予以支持，為匱乏無助的長者作出捐助。事實上，在缺乏資源下，整體服務均靠義工全力支持和運作。「急個案所急」是我們推行「電器贈長者」計劃的宗旨；我們不欲個案因等候時間太長而感到失望，令他們生活質素受損。相反，在收到個案後，我們會立即聯絡轉介社工多作了解，然後才安排義工協助運送電器到長者家中，並為長者進行簡單安裝和教導他們正確使用電器的安全方法。整個過程中，我們希望為本身行動不便、缺乏資源和關懷的長者度身訂造，確保電器「及時」、「到位」的送上予匱乏無依長者。

## Give Under-Privileged Elderly Timely Electrical Appliances

**Question:** I am a subscriber to the Philanthropy Monthly. After I receive the Monthly each month, I'll read it carefully to find out the sort of electrical appliances the elderly need. From the last Monthly, I learnt that the elderly could enjoy their meals comfortably and safely with a simple electric rice cooker. That made me realize that many elderly should have the same need as the one in the case reported. Therefore, I intend to give them rice cookers that cook rice for one person. Please tell me the things I should pay attention to in the process of choosing.

**Answer:** Thank you very much for your concern about the helpless elderly who live on their own and your helping hand to improve their living condition amidst their plight. Since our "Electrical Appliances for the Elderly Program" lacks governmental subsidy, we have to look for wholesalers who can supply relatively cheaper appliances that operate perfectly. We purchase electrical appliances by bulk so we can bargain for the best possible prices. In this way, we can ensure that the donated money is used to its best and the needy elderly truly benefit from it.

We make sure that the electrical appliances thus purchased are suitable for use of the elderly. For example, the appliances must be easy to operate and they must comply with the safety regulations at the same time. Usually, the elderly prefer a rice cooker that cooks rice as well as steams fish simultaneously. Therefore, a rice cooker that comes with an in-built steaming device is exactly what they need.

**Question:** In other words, you buy appliances that are better suited for the elderly according to what they are used to in their daily lives. I may consider sending you money to purchase electric rice cookers. By the way, I would like to know after you purchased the rice cookers, how are going to deliver them?

**Answer:** We are truly very thankful for your support to our non-government subsidized "Electrical Appliances for the Elderly Program". Its operation wholly relies on the full support of volunteers due to a lack of resources. Our objective in launching the EAE Program aims at supplying the appliance where it's needed most urgently. We don't want applicants for the Program to feel disappointed because they have to wait for a long time since it may affect their quality of life. After we receive an application, we will contact the referral social worker for further information before we arrange volunteers deliver the appliance. The volunteers are responsible for installing the appliance and instructing the elderly the proper and safe way of using. In the whole process, we aim at supplying tailor-made and timely electrical appliances to the deprived, helpless elderly who are under-privileged and in need of concern from our society.



## 扶弱助病：家居支援 助慢阻肺病人

據研究及統計數字指出，香港年過70歲的長者人口中，約9%患慢性阻塞性肺病；08年因慢阻肺病發入院者多達30,000人次，佔全年總病床使用日數第三位。末期慢性阻塞性肺病的病徵甚至比肺癌的病徵更沉重，但社會支援相對較少。40%慢性阻塞性肺病的病人呼吸系統未能改善、68%病人感情緒低落、51%病人的痛症未能改善及20%病人不清楚自己已踏入死亡階段；病者極需社會支援及幫助。

### 提供用藥輔導

「慢阻肺病家居支援服務」乃由聖雅各福群會「惠澤社區藥房」主辦，在善長捐助下，透過金錢或物資協助，令病者可於家居安心療養，服務包括為病者提供用藥輔導、氣管舒張吸劑等、贈上所需的電暖爐及電熱水爐等，及送贈營養奶粉，並為行動不便的病者安排到戶剪髮服務。有需要接受服務者需經社工轉介。捐助或查詢熱線：8107 8324。

## Home Support for Chronic Obstructive Pulmonary Disease Patients

According to research and statistics, about 9% of the population aged over 70 in Hong Kong suffers from chronic obstructive pulmonary disease (COPD). About 30,000 COPD patients were admitted to the hospital in 2008, which ranked third among all diseases in terms of total number of days of hospitalisation in the year. The symptoms of terminal COPD patients are even heavier than those suffering from lung cancer, but less community support is available for the former. The respiratory system of 40% of COPD patients fails to improve, 68% of them feel depressed, the pain doesn't ease in 51% of them, and 20% have no knowledge that they are at the terminal stage. These patients are very much in need of community support and help.

### Coaching on Medication

The Chronic Obstructive Pulmonary Disease Scheme is administered by the St. James' Settlement's Philanthropic Community Pharmacy. Through donors' donation of money or in kind, the scheme provides COPD patients coaching on medication usage, inhaled bronchodilators, electric radiator, water heater, nutritional milk powder and etc. In addition, it offers Home Haircut Service to patients with mobility problems, allowing them to recuperate at home comfortably. Patients requiring the service have to be referred by society workers. Donation or enquiry hotline: 8107 8324.

**扶弱助病**

## 家居支援助慢阻肺病人

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「慢阻肺病家居支援服務」乃由聖雅各福群會「惠澤社區藥房」主辦，在善長捐助下，透過金錢或物資協助，令病者可於家居安心療養，服務包括為病者提供用藥輔導、氣管舒張吸劑等，贈上所需的電暖爐及電熱水爐等，送贈營養奶粉，並為行動不便的病者安排到戶剪髮服務。有需要接受服務者需經社工轉介。

捐助或查詢熱線：8107 8324





# 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：黃秀琼 梁達仁 陳美玉 利逸修 祈慕潔 辛秀麗 黃麗貞  
友情印刷：平偉印務有限公司

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

Contact Person : Ms. Tse Man Wai  
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追求正義和仁慈的人，必將獲得生命與尊榮。

He who seeks justice and compassion will receive life and dignity.