

慈惠月報

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聖雅各福群會
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社工的話
Social Worker's Remark

敬老設門檻？！

特首梁振英先生剛公佈的「特惠生果金」，凡年滿70歲或以上人士，經入息及資產審查合格(單身長者及兩老資產分別不可超過\$186,000和\$281,000)，可每月取得\$2,200。

「生果金」又叫高齡津貼，高齡津貼分兩種，分別是普通高齡津貼和高額高齡津貼，金額劃一\$1,090。前者對象為65至69歲者，申領人需要經過入息及資產審查；後者則年到70，就有資格申請。

是次「特惠生果金」設審查門檻，有人認為有成十幾二十萬，生活很好，這些長者無需要取這筆「特惠生果金」。可是現時香港生活指數高，通貨膨脹情況嚴重，最近一位獨居70呎板間房的長者告訴我們，每月租金將由原來\$2,600加至\$3,100，加租近20%！快餐店早餐加了價，但份量沒見增多；食物銀行同事表示除了向基層派發食物外，他們很急需生活必需品，包括：洗頭水沖涼液，因為價錢很貴，無能力支付。筆者想指出的是，手持二十幾萬的70歲長者，每月租房、食用、燈油火燭，很節儉的支出也差不多要\$4000，如此細心一計，不要再通脹、不要無故生病，他們靠積蓄勉強可撐多4年！

醫療券將增多至\$1,000，事實上好些上述長者是不會去看私家醫生，一來不是個個診所會收醫療券，二來如果診費貴，他們要貼錢便一定不用。

長者就算活到70，仍不想靠人的，我們認識很多，他們不願意為拿綜援(資產上限\$38,000)而盡花積蓄，因為他們根本不想靠綜援！

「生果金」除了叫高齡津貼外，它還有一個名叫「敬老金」—社會對長者在年輕時為社會付出血汗作出敬意，金錢是對他們晚年生活的津貼。過去，他們於社會上不同崗位工作，推動著各行各業的前進，沒有他們默默耕耘，那有今天的香港？所以，一個社會向年長老人作出敬意，是理想當然的，加上這群獨居無親人子女的，因著僅僅的積蓄，在各樣物價飛騰之際，以為有政府會為他們送來佳音和點點幫忙，減輕他們惶恐度日的擔心，卻被此門檻排斥於外！政府應再想清楚，評估現時經濟環境，將門檻降低，甚或乎政府也攙清楚敬老是不應設門檻，就如從前的一樣。

Is Setting an Allowance Cap Respectful Towards our Elderly?

The Chief Executive Mr. Leung Chun-ying announced the Special Allowance for the Elderly in July 2012. A Special Elderly Allowance of \$2,200 is available for individuals over the age of 70 and has passed the income and asset assessment, where single elderly assets must not exceed \$186,000 and married elderly assets must not exceed \$281,000.

The "Fruit Grant" is also known as the Old Age Allowance (OAA). There are two kinds of Old Age Allowances. They include the Normal Old Age Allowance and the Higher Old Age Allowance, both currently standardized at \$1,090 a month. The Normal OAA is eligible for seniors between 65 and 69 years of age, however applicants are required to fulfill the income and assets assessment requirements. The Higher OAA is eligible for seniors over the age of 70, and no income and assets assessment is required.

The existence of a Special Allowance threshold for the elderly is based on the belief that the elderly are able to survive with savings of around \$200,000. However, the current standard of living, in addition to recent serious inflation structures, makes life a lot more difficult. According to one elderly, the rent of his 70 square feet cubicle is due to increase from \$2,600 to \$3,100 per month, resulting in a 20% increment! Local restaurants increased their prices but not their portion sizes. According to the Food Bank, aside from the basic necessity of providing sufficient food (to the needy), they are also desperately in need of donations and contributions for other life essentials, like shampoo and shower gel, because these items are unaffordable. What I would like to point out is that, an elderly with savings of \$200,000 can barely survive after 4 years when their minimum monthly expense is \$4,000 including rent, food, utilities, without considering inflation and critical illness!

Although the amount of the Health Care Vouchers has been increased to \$1,000, elderly who are eligible for these allowances would rarely consult a private doctor because they will not pay the monetary difference. Even if they will consult a private doctor, not all private doctors in Hong Kong accept the voucher.

Lots of elderly that we know, who are over 70 years of age, would rather live off of their own savings than depend on others or any government welfare. They do not want to spend the rest of their lives living on the allowance from the Comprehensive Social Security Assistance (CSSA), with a maximum asset requirement of \$38,000.

According to Old Age Allowance (OAA), another name for "Fruit Grant" is called the "Respecting Grant" – It is a token of appreciation from the society to show their respect to the elderly who devoted their tears, sweat and blood in the community. Without their commendable efforts in the past, Hong Kong would not have become a world-known city today. There is no doubt that we should always respect the elderly, especially elderly with no family, and trying to survive on their minimal savings. While the prices soar, they think the government allowance can provide some sort of financial aid; disappointingly, these people are not eligible to apply for the Special Allowance for Elderly due to the threshold. Therefore, the government must review the allowance threshold policy and consider lowering or simply removing the allowance threshold.



藥療輔導服務 提供正確的服藥之道

身體機能隨著年紀下降，是一個不爭的事實，而病痛多，自然是藥不離身；另外，有不少長期病患者，很多時也是數病纏身，需要服食多種藥物。同時服食多種藥品，不要說是長者，即使是較年輕的一輩，相信也會對不同藥物的使用或藥效等存有疑問，再者，他們服用藥效相似、甚或重複的藥物之機會亦相對較高，增加藥物相互作用的風險。

中大早年向304名長者作出訪問調查，發現60%的長者不知道藥物的副作用，28%的長者自行改變劑量；另外，亦有研究顯示50%的長期病患者對他們正在服用的藥物不依從，即錯誤服藥甚至是有沒有服藥。這個情況，可導致病患者因藥物產生的副作用，或沒有服藥致耽誤病情而需入院，嚴重的更會有生命危險，實在是對病患者健康埋下一個計時炸彈。

有見病者誤用藥物的情況普遍，故本會的「藥療輔導服務」亦應運而生。「藥療輔導服務」是透過藥劑師，為病者、照顧者及其他有需要的人士講解每種藥物之服用方法、特性、副作用等問題，從而達致「知藥用藥」的目的。簡單如病患者於「惠澤社區藥房」購買藥物時，藥劑師會即場提供藥療輔導服務，親自向病患者講解每種藥物的藥性，副作用及飲食建議等需要；另外，有需要人士亦可致電約見藥劑師，按時帶同服食之藥物到來，由藥劑師解答藥物疑問。

就如參與「藥療輔導服務」已有一年的陳婆婆，她每次於公立醫院覆診後，定必會致電約見藥劑師，她解釋道：「我自己唔識字，靠認住藥袋個樣，唉，不過佢不時換個包裝，搞到我亂晒。係醫院拎藥個時，派藥的人又一輪嘴就講完，我都未黎得切搞清楚、問清楚。咁又係，後面條龍排住幾十人，佢地又邊有咁多時間，我見到咁情況，都唔好意思問啦。講真，我都真係唔知D藥邊隻打邊隻。」現在，自從有了「藥療輔導服務」，陳婆婆可於每次覆診取藥後約見藥劑師，得到詳細的解答，清楚知道每種藥物的效用及注意地方，讓她能安心服藥，真正做到「知藥用藥」了！



Pharmaceutical Care Service for Patients Project Provides Proper Medication Advices

Body mechanism deteriorates with aging is an undisputable fact and hence naturally makes medication and sicknesses inseparable. In addition, many elderly chronic patients have multi-illnesses requiring multi-medical treatment. This simultaneous use of multi-medication can raise doubt on their therapeutic value even to the younger generation, not to mention the elderly. Besides, with the intake of medication having similar therapeutic value, chance of duplicated dosage is relatively high and thus becomes the risk of medicinal interaction.

An earlier survey conducted by The Hong Kong Chinese University found that within 304 elderly in the study, 60% do not know the side effects of the medication and 28% unilaterally altered the dosage; also, a study shows that 50% of the chronic elder patients do not follow medical instruction, which includes incorrect intake or quit taking. Such situations can create therapeutic side effects or treatment delays resulting in hospitalization or even fatality – a health time bomb to the patients.

Noticing the widespread of the above situation, the “Pharmaceutical Care Service for Patients Project” of SJS makes its timely emergence. The pharmacist in charge gives advices of proper intake, properties and side effects of each medication to patients, carers and individuals in need to achieve “Knowing the medication and its proper application”. One of the most direct approaches is pharmacist’s on spot explanation in detail when the patients come to buy their medication at the Philanthropic Community Pharmacy. Apart from medication knowledge, she will also provide them with diet suggestions. In addition, people in need can phone in for an appointment with the pharmacist and bring to the meeting the medication they have question.

Granny Chan has participated in this “Pharmaceutical Care Service for Patients Project” program for a year. After each follow-up consultation at the public hospital, she will call right away for an appointment with the pharmacist. Her explanation being, “I am illiterate and I used to identify the medication by their packing which they kept changing and I got confused. When I pick up my medication at the hospital, the dispenser speaks so fast. I got lost and dared not ask for clarification as there is a long queue behind. To be honest, I just cannot differentiate.” Now benefitted by this program, she comes to the appointment with the medication, obtaining clear answers on the use of each and what to watch out in order to really “knowing the medicine and its application”, which in result taking medication with peace of mind!

藥劑師詳細講解每種藥物的效用及注意地方，使病人能安心服藥，真正做到「知藥用藥」了！

With the Pharmaceutical Care Service for Patients Project, patients can get a clear picture for the use of medication and its way of use which allow them to have medication with ease of mind.



你的捐助 給他們多一分生活尊嚴

Your Donation Provides them with Dignity in Living

在慈惠月報中經常聽到個案的情況，或許情況類近，不是領取綜援獨居，就是經濟支柱不幸患上頑疾，一家陷入困境。確實，這些都是我們服務期望可以接觸到的個案，憑大家的捐款，可以幫他們一把。所以，打電話來的是多是貧病絕境人士，這些活生生求助聲音，正在香港不同的角落掙扎，為的是希望繼續找方法生存下去。

Refer to different cases being reported in our Philanthropy Monthly, they seem have similar stories: living alone with Comprehensive Social Security Assistance (CSSA); or the financial support of the family diagnosed with diseases leading the family into difficult situation. No doubt, these are the cases our service targeted to serve; and with the generous donation, we can offer them a help. People calling for help are most liking poor with health problem; and these people in fact commonly exist in different areas in Hong Kong. After all, all they want is to find a way for living.

今天，醫院社工轉介了78歲鍾婆婆的個案給我們，鍾婆婆是典型患有「三高」一族，即高血糖、高血脂和高血壓。由於患病多年，政府醫院供應的免費膽固醇藥物對她的病情控制無效，醫生便改用另一種膽固醇藥，是要自費購買的，鍾婆婆自知再多一高，就是「高壓力」。

Today, we receive a 78 years old referral case, Granny Chung, from the medication social worker. Granny Chung is a typical "Three-High" patient with high blood sugar level, high cholesterol and high blood pressure. As she has suffered from the illness for many years, the free cholesterol medication brings no effects to her. Thus, the doctor prescribes another type of cholesterol medication for her which has to be self-paid. Under this situation, Granny Chung knows that there will be one more "High" for her, which is "High Stress".

鍾婆婆是一名獨居長者，每月只靠二千八百二十元的綜援金生活，醫生開出的藥物，每月要四百元，扣除藥費，平均每日婆婆可用八十元。這八十元是她食用、燈油火燭、廁紙、沖涼液、洗潔精等日常用品及車費等等的開支，平日不可上茶樓、不可參加長者中心要自費的活動、家中不可以有家電損壞，衣服鞋履不可破爛、頭髮長不可上理髮店，更遑論有錢想把一頭白髮染黑，把自己打理整齊。

Granny Chung lives alone on the merely \$2,820 CSSA. The self-paid medication causes her four hundreds a month; deducting the medication fee, she has eighty dollars left for a day expense. This eighty dollars is for her expense on food, electricity, tissue, soap, washing-up liquid and etc. Going yam-cha, joining the self-paid activities of elderly center, having broken electrical appliances or clothing and having hair cut are not affordable by her, not to mention hoping to dye her white hair to black in keeping herself a tidy look.

就是這樣的一個鍾婆婆，活到78歲，卻差點因為每月多支出的四百元，迫使她要將自己難於與人啟齒的事說出來。到訪的同事，恆常多接觸類近鍾婆婆的個案，打從知道她領取綜援及藥物的支出，及憑家訪的觀察，不用她把肚內所有的東西翻出，也可知到她的生活情況，因為我們在了解經濟能力的同時，也得照顧對方的尊嚴。

A case like Granny Chung at her 78 has to share the story she felt shameful just because of the extra medication expense of four hundreds. Our colleagues always encounter cases like Granny Chung during their home visit. By knowing her CSSA situation and medical expense, together with the observation in the home visit, we already have a general picture of her living situation. In many cases, at the same time of understanding their financial situation, we also have to take care our cases' "sense of dignity".

鍾婆婆向我們透露曾試過上街執紙皮，或取一些報紙去賣，唯她已78歲，有很多人比她年輕，六十幾歲或有些五十幾，都是靠這幫補生計，體力上她沒有年輕的快手，長時間站著，她支持不了，真的很諷刺！

Granny Chung shared with us that she tried to pick up the cardboard or newspaper in street for sale. However, she is already 78 and there are many people who are younger than her also rely on this for living. Physically speaking, she is not as fast as those younger elderly; also, she cannot support to stand for long time. This is undoubtedly a mock.

家訪時，鍾婆婆一直皺著眉望著存摺不斷嘆著氣，直至我們告訴她，「贈藥治病計劃」可助減輕每月藥費，她才展出笑容，還邊問著：「真的會幫我？真的幫我？」及至再三向她肯定，她才完全安心。我們明白，這就是長期獨居年老者沒安全感的心態。

During our home visit, Granny Chung keeps sighing when looking at her bank statement; until we told her that our "Medication Subsidy Program" can help to release her medical expense burden, she shows her smile and asks, "You can really help me? Really?" At last, our assurance for few times makes her totally relieved. We understand, this is the lack of security for many living alone elderly.

過去「贈藥治病計劃」幫助了不少像鍾婆婆的個案，只是每月數百元自購藥物之數，就可免去受宿疾之折磨及誠惶誠恐的生活；你可伸援手，捐助如鍾婆婆般的貧困個案，善款支票請書：「聖雅各福群會」，捐款指定用作「贈藥治病計劃」，擲寄香港灣仔石水渠街85號1樓105室收。施善熱線：2835-4321或8107-8324。

In the past, "Medication Subsidy Program" helps many cases like Granny Chung. Only few hundreds self-paid medical expense can release their physical and mental burden in life. We appeal your helping hand, to make donation for those poor cases like Granny Chung. Please make out your cheque payable to "St. James' Settlement", specifying at the back "Medication Subsidy Program". Mail your cheque to Room 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. Donation hotlines: 2835-4321 and 8107-8324.



「炎夏清涼」行動 助板間房戶渡炎夏危機

踏入七、八月，炎炎夏日到臨，本港日間氣溫高達攝氏三十度以上，悶焗的天氣，實在令人難耐。當中，酷熱的炎夏，除威脅年老體弱及有呼吸道疾病老人的健康外，對一班居於板間房或籠屋的獨居無依長者而言，亦令他們時刻受著中暑的危機。故此，聖雅各福群會的「電器贈長者」計劃，於每年夏季均會推行「炎夏清涼」行動，為弱老送上風扇、手撥扇及毛巾等物資。

周伯伯，六十七歲，局於深水埗閣樓一板間房內。原本，周伯伯透過社工轉介，向本會申請了電水壺及電磁爐等基本煮食工具；然而，社工同事作家訪時，發現伯伯居住的板間房情況惡劣。閣樓內一扇窗也沒有，炎熱的天氣下，不單單是空氣不流通，即使不動也汗流浹背，更甚是整個閣樓均充斥著一陣難聞的氣味，久不散去。

在如此惡劣的環境下，周伯伯還是只得靠房內那把拾回來的風扇取「一點點」涼。「一點點」，是因為那把風扇不但沾滿塵埃，而且不時發出聲響，實在已達老化的程度；莫論風扇根本不能發出涼風，它更可能是周伯伯身邊的一個「計時炸彈」。

「唉...我都知係有危險的，所以唔到最後一刻，我都盡量唔開著風扇，免得到時火災，累己累人啦。不過，你都見，我呢度完全無門窗，基本上未到夏天已經開始霧焗起來...住係板間房，話就話有個瓦遮頭，不過，當夏天一到，困住係都咪話唔辛苦，有時真係會焗到暈暈地；所以，迫於無奈都要開，如果唔係我一個人，暈左係房都無人知。」當社工同事及義工向周伯伯指出風扇危機時，周伯伯向他們解釋著。

為了伯伯的健康及安全著想，社工同事迅速為伯伯安排餽贈電風扇。「好似我咁住係板間房的人多不勝數，我真係好幸運！好感激聖雅各同事及義工的細心！我呢度又焗又臭，你地都唔介意將熱水壺及電磁爐送上黎；不單只咁，你地見我情況咁差，仲細心搵善長捐贈風扇俾我，又再次親身到戶送上風扇，並安裝好……有左把風扇後，雖然都係空氣唔流通架啦，但起碼我夜晚都叫做可以訓到一覺，真係無言感激，多謝聖雅各的同事及義工，亦好多謝善長的捐助！」周伯伯重覆地向到訪的同事及義工表達感謝。

就如早前所述，環境最霧焗的板間房，室內溫度較室外高出五度，假如再欠缺風扇等通風系統取涼，環境之惡劣，實在不是一般人能夠想像。今個炎夏，得各善長們集腋成裘的捐助，我們期望「炎夏清涼」行動能繼續幫助那些像周伯伯一樣居於板間房的獨老，得一性能良好又安全的風扇，以解酷熱天氣為他們帶來的威脅，讓他們感受社會人士對他們的關懷！



Fan for Elderly Campaign Helps Elderly Overcome Summer Heat

Summer heat comes once in July and August, day temperature over 30°C in Hong Kong is sultry and really hard to stand. Such temperature is not only health threatening to frail and respiratory disorder affected elderly, it can also cause heat stroke to helpless elderly living alone in partitioned flat or caged bed dwellers. As a result, the "Electrical Appliances for the Elderly Program" of SJS promotes the annual summer "Fan for Elderly Campaign" giving out items like fans and towels to these people.

Old man Chow, 67 years old, lives in a partitioned flat in an attic. Through referral of social worker, he applied for basic household utensils -- electric thermos and induction stove. However, in our home visit, social worker found that his living environment is extremely poor with no windows, one would sweat heavily even sitting still. Even more, a foul smell filled the entire attic air, taking long time to go away.

Under such an environment, Chow used to get "a little cooling" from an electric fan he picked up. The reason for "a little" cooling is that the fan is with dust covered and has noise when running. The obsolete aging fails to generate cooling and is possibly a potential "time bomb".

"Of course I know..... it is unsafe. Hence, I only turn it on as the very last resort for fear of fire risk hurting myself and others. However, you can see, as there is no window here, it gets stuffy even before summer. I am said to have a home for living, but when summer comes, living here is really hard to bear. Sometimes, I even feel dizzy and thus have to switch the dangerous fan on. Otherwise, I might have fainted in the room with no body knowing as I am living alone," Chow explained to the visiting social worker and volunteer when they pointed out the danger of using the fan.

For the sake of the old man's health and safety, the social worker quickly arranged to send him an electric fan. "In fact, there are many people like me living in partitioned flats and I am really fortunate! Thanks to the SJS's social worker and the volunteers for their care and regard! They do not mind coming to a place, suffocating and smelly, to deliver the thermos and stove, also to help setting up the fan..... Though ventilation is still poor, at least I can have a fair night sleep. Really grateful and thanks to social worker and volunteers from SJS; also, thanks to the benevolent people for their donation!" said thanks repeatedly to our people on the scene by Mr. Chow.

Like what we said before, indoor temperature of these partitioned flats is some 5°C higher than outside. Without cooling by fan or ventilation system, the bad condition is beyond anyone's imagination. We hope, in this summer, we can continue to serve people like Chow by the "Fan for Elderly Campaign", giving them a safe electric fan; and thus, to relieve the heat threat and to show them the community care.

「炎夏清涼」期盼為更多匱乏獨老送上風扇，以解酷熱天氣為他們帶來的威脅。

"Fan for Elderly Campaign" hopes to provide electrical fans for more poor alone elderly, in relieving the heat threat and showing them the community care.

大字粒貼心電話 讓孤老外界保持聯絡 及早化解生活危機

獨居於柴灣公屋邨的吳婆婆，自老伴過身後堅持照顧自己生活起居。無奈歲月催人，吳婆婆去年洗澡時不小心滑倒在地上，留下腰傷的後遺症，痛症發作時連下床的能力也沒有，實在需要他人的照顧。

地區社工一直希望接觸吳婆婆，希望可為她的生活提供最大支援。然而社工一直未能透過電話聯絡吳婆婆，擔心她於家中發生意外未能向外界求助，立即上門了解，才發現吳婆婆家中的電話壞了。「我都覺得奇怪，一直都會有義工打黎關心我，這陣子電話都沒有響，以為他們都不理我了。」吳婆婆拿起電話，耳筒裡傳來沙沙的聲音，已不能再使用了。

「我腰骨痛時連站立都有困難，因此很少外出的。電話是我唯一與外界的聯繫。」社工勸吳婆婆購買一個新的家居電話，讓別人能夠接觸她。「我得份綜援金，食都係僅僅夠。加上我隻眼因白內障成日朦查查，要睇電話既字母都好吃力，以前就成日打錯電話俾人掛線了。」

「電器贈長者」計劃收到吳婆婆的申請後，特別為婆婆購置了一個特大鈴聲、特大字鍵的家居電話。當有來電時，並附有來電閃燈，俾可提示吳婆婆接聽來電。吳婆婆收到電話後感到十分欣喜，更為「電器贈長者」探訪義工的無微不至表示感動。「我幾十歲人，老來都有人關心我、照顧我，真是幾生修到了。」義工阿慧為吳婆婆安裝好電話，並與平安鐘接駁連線，確保吳婆婆可同時使用。吳婆婆拿起電話，向我們說：「義工提我電話上有盞燈，有電話時燈會閃，這樣我就不用擔心聽不到電話響了。」這份度身訂造的關懷，對吳婆婆而言實在是一份珍貴的禮物。

像吳婆婆的個案，正正也是眾多匱乏長者的悲涼故事。你願意伸出慷慨的援手，為他們購置每個\$100的大字粒電話嗎？你的捐助，能給予無依長者一個接觸外界的平台，即使他們體弱不能外出時也能向他人求助；而即使安在家中，也能透過電話接受他人的關懷，讓他們不致孤獨終老。施善支票抬頭「聖雅各福群會」，指定捐予「大字閃燈電話」；或致電施善熱線：2835 4321 或8107 8324。



「雖然我不能外出，但收到善長送我的電話，我便能感受他人的關懷，真的施德無量！」

“Though I can't go out, I felt people's concern when I received the phone set from the benefactor. What a blessing!”

Big Button Speakerphone Helps Elderly Keep Contact with Outside World Solve Inconvenience In Daily Life

Ng Por Por lives by herself in a Chai Wan public housing unit. She insisted living independently after the death of her spouse. One time last year when she was bathing, she slipped and fell. She hurt her backbone and the pain was never completely healed. She can't even get out of bed when she is in pain. She really needs someone to look after her.

The district social worker had been trying in vain to contact Ng Por Por by phone, with the intention of providing the maximum support for her daily life. Since the social worker worried that some accident might have happened and Ng was unable to seek help, he visited her to make sure. He found that her telephone was out of work. “I was wondering if something had gone wrong. All along a volunteer rings me to make sure I'm OK. The phone hasn't been ringing lately. I thought they had forgotten about me.” When Ng Por Por picked up the receiver, she found that it was not working.

“When my back aches, I have trouble standing up. That's why I seldom go out. The phone is my only contact with the world outside.” The social worker suggested Ng Por Por buy a new telephone so that people can keep in touch with her. “I live on the CCSA. The money is just enough for food. I have poor eyesight because I suffer from cataract. It's not easy for me to dial the numbers correctly. I dialed the wrong numbers many times, people just hung up on me.”

When the Electrical Appliances for the Elderly Program received Ng Por Por's application, they bought a phone set with specially loud ringtone and big buttons for her. When someone calls, the light blinks to remind her to answer the phone. Ng was very pleased when she received the phone set. She said she was touched by the thoughtfulness of the visiting volunteer from EAE. “I am old and feel much blessed to have someone to concern about and to take care of me.” The volunteer, Ah Wai, connected the phone for Ng and linked it up with the Elderly Safety Bell. Ng Por Por, picking up the receiver, said to us, “The volunteer reminded me that there's a light on the phone. When someone calls, the light blinks. I don't have to worry that I may miss a call.” The tailor-made caring gesture is the most precious gift to Ng.

Ng Por Por's case reflects the sad story of many elderly. Will you be generous enough to buy them a Big Button Speakerphone at \$100 each? Your donations will provide the elderly a platform to contact the outside world. They can get help from others though they may be too weak to leave their unit. They can also receive greetings by phone without feeling deserted in their own home. Kindly make out your cheque to “St. James' Settlement”, specifying at the back “Big Button Speakerphone”. Enquiry call: 2835-4321 or 8107-8324.



「有了這個大字粒電話，我就能看得更清楚，不怕打錯電話了。」

“With this big button speakerphone, I can see clearly and have no more fear of dialing the wrong numbers.”



我們需要你的捐助
We Need Your Donation

捐款支持牛頭角下邨 新居入伙工程 助貧老脫離惡劣居所

To Ready New Homes in Lower Ngau Tau Kok Estate For Needy Elderly

元州邨與石硤尾邨的最新一期公屋單位已於六月起陸續入伙，有賴各位善長的踴躍捐輸，本會「長者家居維修服務」在兩星期內已率先協助兩邨合共33戶貧老弱老進行新居基本裝修，義工師傅為長者設防滑膠地板、安裝照明、扶手、窗簾、掛勾等，減輕他們「老來搬家」的負擔，更為因病截肢的羅伯伯、需照顧傷殘丈夫和患精神病女兒的李太等，帶來一個清新及安全的家，長者受到各位的扶助，無不感激。

The latest batch of new public rental housing units at Un Chau Estate and Shek Kip Mei Estate opened for occupancy in June. Thanks to you, our generous donors, SJS's Elderly Home Maintenance Services was able to provide basic fixtures for 33 needy elderly households in two weeks, laying non-slip flooring, installing lights, railing, curtains, hooks, etc., to ease the burden of moving house for the old folks. In addition, our volunteer workers made special efforts to prepare safe new homes for amputee Uncle Lo and for Mrs. Lee, who has to take care of her disabled husband and a daughter suffering from mental illness. All the elderly people you have helped are most thankful to you.

正當元州邨與石硤尾邨還在入伙的初段，工程進行得如火如荼之際，另一重建新屋邨 - 牛頭角下邨亦在七月中開始入伙。牛頭角下邨第一期共有五座樓宇，包括貴亮樓、貴月樓、貴顯樓、貴新樓、貴輝樓，此「亮月顯新輝」組合共提供4,238個單位，其中915個是1至2人單位。相信不少獨居或兩老居住的無依長者一收到新居鎖匙後，便會透過長者中心向本服務求助，義工師傅們亦將一如既往、不辭勞苦地為長者建立美滿新居。

Just as intense work was under way in Un Chau and Shek Kip Mei Estates, another newly rebuilt housing estate, Lower Ngau Tau Kok Estate, was announced to be ready for occupancy in mid-July. Lower Ngau Tau Kok Estate I consists of five buildings containing altogether 4,238 units, of which 915 are for one or two occupants. Once they get the keys to their new homes, many single elderly persons or old couples will be seeking our assistance through elderly centers, and our volunteer workers will again work tirelessly to prepare cozy new homes for them.

這與元州邨安置蘇屋邨居民的用途不同，牛頭角下邨單位主要分配予公屋輪候冊上的人士。事實上，在貧富懸殊而退休保障不足的香港，很多領取綜援的長者在只獲一千三百三十五元租金津貼的情況下，其實根本不足以租住套房、板間房、床位等，很多綜援人士要節衣縮食來補助租金支出，加上這些居所大多環境狹小、衛生欠佳、多人共住、需共用廚廁，但為有瓦遮頭，他們只能選擇暫住在這些惡劣環境，等候著獲派公屋的佳音。最近幾個新屋邨落成入伙，無疑為苦等多時的匱乏長者帶來希望。

Unlike Un Chau and Shek Kip Mei, the units at Lower Ngau Tau Kok are chiefly for applicants on the public rental housing waiting list. In Hong Kong, where a wide gap exists between rich and poor and retirement protection is inadequate, many elderly recipients of CSSA only get a rental subsidy of \$1,335, which is far from enough to rent a suite, a boarded-up room, or even a bed space. Many CSSA recipients must skimp on food and clothing in order to pay rent. These living quarters that they can afford to rent are mostly cramped and unhygienic, with kitchens shared by all. Just for a roof over their heads, the poor elderly have no choices but to live in such poor environment while they wait for government housing. The recent completion of new housing estates for occupancy is no doubt good news to them.

雖然搬進公屋是長者的佳音，也是他們安享晚年的希望，但搬進公屋前，他們還要將那個空空如也的單位變為一個可住人的地方，很多長者因為經濟困難，或身體轉弱力有不逮，不能處理這些繁瑣事。本會「長者家居維修服務」服務正正為這些真正有需要的長者踏上安享晚年前的一步，我們估計五座共有約80戶長者需要接受服務，平均每戶材料費500元計，共需40,000元善款。有善長們的集腋成裘，才能再次支持義工師傅的無私貢獻，助長者在安全舒適的環境安享晚年。

To learn that they can move into public housing is not only good news but also gives them hope for an easier life in their old age. But, before they can move in, it is necessary to turn the empty units into livable space. Many of the elderly, due to financial difficulty or frail physical condition, are unable to handle these chores. Our Elderly Home Maintenance Services are taking the first step to meet their needs. We estimate that a total of 80 elderly households will need our help. We will need \$40,000 in donation to purchase the material at \$500 per household. Pooled together, your donations will enable our volunteers to start work.

施善支票抬頭「聖雅各福群會」，指定捐予「長者家居維修服務」，俾本會可依指令濟助他們；支票請寄：香港灣仔石水渠街85號一字樓105室。服務查詢及施善熱線：8107 8324 或2835 4321。

Please make your cheque payable to St. James' Settlement, and indication for the Elderly Home Maintenance Services. Mail your cheque to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Enquiry and donation hotline: 81078234 or 28354321.



重建後的牛頭角下邨，只欠基本裝修便可成為長者的安樂窩。

The newly rebuilt Lower Ngau Tau Kok Estate only takes some basic fixtures to give the elderly cozy homes.



義工愛心理髮 讓老弱笑容重現

夏天一到，很多人會把頭髮剪短，梳一頭短髮，十分清爽。這對很多人來說都是十分簡單的要求，唯對我們的服務受眾，包括：老弱、身患殘疾、行動不便的人士來說，卻是個不容易解決的問題。

我們曾經接過因靠輪椅代步，體型肥胖的婆婆來電，她表示從前有其他義工推輪椅陪她外出理髮，唯一次落斜路時不慎鬆了手，差點沒命，她自覺體重問題，不敢再找人麻煩；又有因關節扭曲變形，每每行路時也疼痛無比的伯伯，尋求上門剪髮的協助；也有專為智障人士的院舍，院董全是不良於行，要長期臥床的孩子，需要人幫手定時理髮。這些需要，不是金錢的問題，而是需要愛心和技術的幫助。那些臥床的孩子，根本無法獨立坐著或抬起頭來，每次義工們需要合力，一人協助扶抱，一人動刀理髮。

「到戶理髮服務」的由一群專業髮型師義工，定期走到全港九新界為有需要人士整理儀容，讓他們重拾光彩、奕然一新的感覺。義工每次到訪為他們理髮時，他們總會說出以往外出理髮的不便和困難，就好像楊伯伯說：「我同太太住在公屋，但是屋位於山上，本來出入就已經不便，加上我太太有柏金遜，所以不能外出理髮，幸好義工們好心腸，定時都會探望我倆，幫我太太剪髮，讓她精神爽利。」

一件看似很少的事，原來在同一天空下，對有些不幸的人來說，是一個「問題」！很多時，當義工理髮師幫助了他們後，他們看著被修整齊的頭髮，頓時會展示歡顏。那有人不希望有整潔的儀容？！整潔的儀容往往增加人的自信和尊嚴，讓人敢於與外界接觸，面對人群。

各位，有沒有想過你都可以助他們重拾自信？人群之中，如果你是髮型師，你的一雙手也可以為他們理髮；如果你身邊有需要服務者，你的一雙手可以助他申請服務；你和我都有能力幫助他們，請伸出你的援手，讓他們的生活從始得著改善！查詢電話 2835-4321。

Home Haircut Services Restore Smiles for Ailing Elderly

Many people prefer to cut their hair short during summer and they can simply have it done anytime they like. But going out for haircuts is not so simple for our target clients including ailing elderly and the disabled.

We received many home haircut requests in the past. An overweight old lady in wheelchair once shared with us about an accident she had while an accompanying volunteer was pushing her wheelchair to the hair salon — due to her heavy weight, he failed to grip firmly the handrail when they were on a down slope. She never went to hair salons again. Another elderly with joint deformity who could only walk in great pain also registered our service. Care centers for mentally retarded children regularly need someone to come over to do haircuts for the kids as well. However, serving these children is not an easy task. Most of them are bed bound and cannot even sit properly, so our volunteers have to work in pairs — one has to hold the kid in a sitting position while another one is doing haircuts. To fulfill the task, a strong passion to help is everything that counts, apart from the technical skills.

Our 'Home Haircut Services' team consists of a group of professional hairdressers who volunteer to reach out for the needy people all over Hong Kong and render them service. They learnt many true stories about the problems and difficulties these people faced when they tried to have haircuts elsewhere. Let us hear the story of Uncle Yeung. "I live with my wife in a public housing unit up on a hill, which is by no means a convenient location. Since my wife has Parkinson's disease, going out for haircuts is even more difficult for us. These volunteers are so kind to make regular visits to us and offer us haircuts. Look at my wife, she looks refreshed and lively!"

Having haircut is a routine for many, but it means much more than that for some unfortunate people. Most of our clients would immediately examine their newly trimmed hair after the haircut and after a while a joyful smile would emerge. A neatly groomed appearance not only makes them look confident and dignified, it gives them courage to stay engaged with the community.

Did you ever think of helping the underprivileged to restore confidence? If you are a hairstylist, you can make a difference with your bare hands. If you know somebody who needs the service, just pick up the phone to help him register the service with us. You can definitely join hands with us to help the unfortunate people improve their lives. Enquiry hotline: 2835-4321.

理髮後的楊婆婆開心地與丈夫來個合照。
Granny Yeung can't wait to take photos with her husband after haircut.



每次楊婆婆都好期待義工來為她剪髮。

Granny Yeung is always excited to have volunteers doing haircuts for her at home.

薪火相傳

時間過得真快，當義工快將三年，算不上是很長時間，但帶給我經驗及體驗的累積，絕對是樂在其中。

我參加「到戶理髮服務」義剪工作，是由於我對於剪髮有著濃厚的興趣，所以當我完成髮型課程後，我已急不及待立即參與這服務；因為義剪服務能使我擴闊視野，就這樣開始了我的「剪髮之旅」。

還記得第一次去老人院義剪的時候，懷著戰戰兢兢的心情，擔心做得不夠好，令他們不高興。正式開始剪髮，剪了大半個小時才完成一個，之後更大汗淋漓，雙手不停顫抖，十分緊張。幸好其他義工朋友從旁指導，才可以順利完成。

自那次後，我開始不停跟朋友及自薦去到不同的機構中心參與服務，由以往一個月一次，到現在大約一星期二至三次，以及參與一些剪髮進修班；練習和實習都多了，亦開始可以駕輕就熟地做服務。每次剪髮後我都會與別人分享，從中交流心得及作出檢討，對日後剪髮技術可以有所改善。

現在我仍然有義剪，服務對象不單只是長者，範圍擴展到醫院、到戶、痲痺中心等等。畢竟，社區中是有這需求的必要性。

過去幾年，很開心認識到很多「髮燒友」，亦令我認識到人際關係、溝通和團結精神尤其重要。做服務時一方面可以體會到滿足感及成功感，另一方面亦啟發我很多「髮」式靈感，這樣令我得到源源不絕的推動力。

事實上，我可以如此投入做義工，背後的原動力當然是來自我的家人。當我遇到不開心事時，他們會開解和支持我，令我所有不快一掃空。我會鼓勵我的朋友多些參與義務工作，因這是很有意義的，而「到戶理髮服務」亦是有賴義工去參加，才得以薪火相傳呢！



From One Generation to Another

Time flies. I have been a volunteer for nearly three years, which is not really a long period of time; however, I do enjoy in these experiences.

My interest in hair cutting motivates me to join the volunteer work of "Home Haircut Services". Thus, after I finished the hair cutting course, I immediately joined the services. With this volunteer experience, it is no doubt that my horizon has been widen!

Recalling the memory of my first volunteer service in an elderly center, I was with fear that I am not doing good to make the elders happy. I spent almost half an hour to finish one, with sweat running and hand shaking; luckily, with the help form other volunteers then I could finish the service successfully.

Since then, I start to offer volunteer services to different organization with my friends. In the past, I used to do volunteer work once a month and now become two to three times a week; also, I joined different hair cutting course. With more practice and experience, I can now do the work with more confidence. And after each service, we will share and examine in order to improve the hair cutting skills.

Now, I am still participating in the service with target extended from elderly to hospital, home, rehabilitation center and etc. All in all, there is a need in this community.

In the past few years, I am really happy to meet many with the same idea; more importantly, I know the importance of communication and team spirit. In addition, I not only can gain a sense of satisfaction and success during the service, but also lots of inspiration which push me to work harder.

In fact, the motivation for me to devote fully in the volunteer work is my family. Every time when I encounter difficulties, they will give me support. I strongly encourage all my friends to join this meaningful volunteer work; and only with your support, the "Home Haircut Services", can last from one generation to another!



幸好及早停用 保健用品

惠澤社區藥房除了提供專業配藥服務之外，還會積極推行藥物教育工作，常常到各區舉辦藥療輔導服務，以教導社區人士服藥及處理藥物知識。

吳婆婆一直患有糖尿病，血糖控制尚算平穩，但是有一段時間，血糖突然飆升，一直找不著原因。吳婆婆擔心是否自己身體出現甚麼問題，抑或是一直服用的藥物已失效。

吳婆婆從報章得知本會惠澤社區藥房有藥劑師提供「藥療輔導服務」，於是先致電來預約時間，然後在約定日期攜帶所服食的所有藥物，包括日常服食的保健品，一併交給藥劑師一一檢視。在藥物師的細心講解下，原來她從朋友的介紹下服用其中一隻含有西藥成份的保健品，有機會影響血糖控制。在藥劑師的勸喻下，吳婆婆最後決定停用該項保健品。「我初初擔心係咪自己食緊既藥已經無效，如果要轉自費藥物，怕太貴，點負擔得到！」吳婆婆為購買保健用品，每月節儉生活，省下幾百元來購買，但得悉原來所謂保健用品服用後反而影響病情，得不償失，以後就不敢胡亂購藥了。

事實上，有很多長者會就自己的病情自己做起醫生來，購買不同的保健品來改善骨骼、視力、血壓、糖尿等情況；可是保健品不是一般藥物，大家都要小心慎服，以免好像吳婆婆一樣服用後反而對身體健康產生不良的影響。如果大家對服食保健品遇上疑難的時候，歡迎向本會藥劑師查詢。



Lucky Enough to Stop Taking Health Care Products In Time

Apart from providing professional prescription service, the Philanthropic Community Pharmacy also actively provides medication education in the community by launching Pharmaceutical Care Service for Patients Project.

Granny Ng has diabetes and the blood sugar level has been kept stably. However, the blood sugar level has suddenly increased for a period of time with no reasons. Granny Ng worried if there are any problems of her health; or if the medication she has been taking loses effect.

From the media reports, Granny Ng knows about our "Pharmaceutical Care Service for Patients Project" of our Philanthropic Community Pharmacy. Thus, she phoned to make an appointment and brought along the medication, including the health care products, for our pharmacist's explanation on time. With the detailed explanation of pharmacist, it is found that one of the health care product is with western medicine which may affect the blood sugar level control. Finally, Granny Ng stopped taking that health care product. "At first, I worried if the medication I am taking loses effect; and if I have to change taking self-purchase medication, I worry if it is too expensive to afford." Hoping to purchase the health care product, Granny Ng scrimp and save few hundreds to make a purchase, however, the product in fact brings bad effect. Thus, she no longer makes purchase of the health care medication without guidelines.

As a fact, many elderly will become their own doctor when encountering health problem, buying purchasing different kinds of health care product in improving bone, eyesight, blood pressure, diabetes and etc. However, the health care product is not same as normal medications; thus, everyone has to be careful in avoiding the same case of Granny Ng. For any enquiries regarding health care product undertaking, you are welcome to contact our pharmacist for further explanation.

市面上保健品林林總總，假若服用不當，可能會影響病情，得不償失。
There are many kinds of health care product in the market, if one takes it without proper guidelines, it may in fact brings bad effect.



以茶聚為獨老 建立支援網絡

為積極推動及建立生前規劃的支援網絡，促進已參加「後顧無憂」生前規劃服務的長者建立互聯網，發揮助人自助的精神，凡能接受這服務的長者，均是獨居或兩老無人無物，假若他們的朋友在跨區居住，又或是已早他們一步離開世界，那麼，他們的孤單感比其他的長者更甚；故此，「後顧無憂」生前規劃服務就希望按參加此計劃的長者所住的地區作劃分，於不同時節安排茶聚活動，從而鞏固他們之間日常的互助網絡，正所謂同聲同氣，就自然很快熟絡，大家背景差不多，也容易彼此明白。

發展這些的地區組織工作，確實有效填補因現有長者服務未曾涵蓋的層面，減低其孤單無助感，增加互相支援力量，並能提昇個人生活及社區生活的質素，在幫助別人的時候，長者也能增強自我存在的價值。

過去本服務得到英皇集團贊助，派出義工協助陪伴行動不便的長者參與活動，年青的力量有助一些足不出戶的獨老進入社區，更重要的是讓他們感受社區人士的關懷照顧，消除被社會遺棄的感覺，感受到人間有情。

在長者得到裨益的同時，一班平日忙於工作，沒有機會接觸社會有需要一群的義工們從服務中，得到很深的感受：

「透過活動讓我發現原來獨居老人得到的支援不多，一旦發生突發事故，其他人亦無從得知。所以，這類以促進同區獨居老人之間的彼此認識，最終達致互相照應的效果，實在很重要。」 Martin Mak.

「起初，我擔心開展話題困難，出乎意料，老友記們十分主動的談天說地，憂慮一掃而空。特別深刻的是他們的主動性，啟發了我人與人之間相處的正面態度。」 Anne Luk.

「這是一次很有意義的活動，令我感受到做義工的樂趣。親切的老人家們令我感到很溫暖，亦令我反省要多多關心和愛錫家裡的長輩。」 Chloe Sze.

「『施比受更有福』，我一直憑著這信念參與義工服務，希望可以出一點綿力，幫助有需要的人。每一次，卻發現自己得的比施的更多。」 Cher Lau.

To Establish the Supporting Network For Elderly by Tea Gathering

In order to help the elderly of Funeral Navigation Services to build up their own living network and to impetus the spirit of helping each other, Funeral Navigation Services will arrange different tea gatherings during the festivals at their own living district. All elders who join the Funeral Navigation Services are living alone or haven't other family members. These elders feel the loneliness most keenly if their friends are not living in the same district or died already. As all these elders' background is similar, they can understand and communicate with each other within a short time, build up well friendship and get their social network again.

These districts organizations can boost up the interacted supporting power at the no elderly services areas. It is very useful in neutralizing the elder's loneliness and helpless feeling, increasing their personal and social life quality. Getting through the helping of each other, the elders can also strengthen their sense of self-worth too.

The service is sponsored by Emperor Group. Their volunteers assist the physically disabled elders to go out participating social events. The youthful energy dispels the lonely elders' abandoned feeling and let them have a chance to get into the community again.

On the other hand, the volunteers have a great opportunity to meet some poverty out of the office. Getting through the voluntary work, they have a big feeling on it:

"From the activity, I wonder so many elders are living alone and have not much support. Their lives would be in danger of losing contact if any incident happens. So, it is very important to develop the district social network, let the elders to know each other and then to help each other." said Martin Mak.

"From the beginning, I worry it would be very difficult to start the conversation with the elders. Unexpectedly, there are so many common topics between them and they talk everything! Their active involvement impressed and enlightened me that I should have a positive attitude dealing with other people." said Anne Luk.

"This activity is very meaningful. It makes me know how great of the voluntary works. The kindness and cordiality of the elderly make me feel warm. As inspired by the activity, I pay more attention to the elderly in my family and love them much more" said Chloe Sze.

"I am in the belief of 'It is more blessed to given than to receive' for the voluntary work. I hope I can contribute more and help people more. Every time, I found what I take is much more than I give" said Cher Lau.



「後顧無憂」生前規劃服務於不同時節安排茶聚活動，鞏固長者間的日常互助網絡，減低其孤單無助感。

Funeral Navigation Services arranges different tea gatherings for the elderly during the festivals at their own living district, building up their social network again and neutralizing their loneliness.

貧困長者翳熱盼涼風

【新報訊】香港處於亞熱帶地區，每逢夏季來臨，氣溫既潮濕又酷熱。對一眾居於板間房籠屋的獨居無依長者及長期病患者而言，翳焗的環境容易造成中暑的危機，更可能引致併發疾病。根據地區機構的調查了解，環境最翳焗的板間房，室內溫度較室外高出5度，如欠缺風扇等通風系統取涼，便有中暑的可能。

居於深水埗板間房的張伯伯表示，早前因不小心將風扇弄破，正急需風扇降溫。他指，由於板間房密封，沒有窗戶可以通風，日間熱起上來，根本令人無法忍受，直言最怕夏天來臨，日間只能到公園或長者中心乘涼，到黃昏時間才敢返回家中。

獨居婆婆欠錢買電器

而對居於環境相對較佳的公屋長者而言，炎熱的威脅並未因此消除。獨居長者賴婆婆居於柴灣的公屋，喪偶後得靠自己一力照顧生活所需。日前賴婆婆家中的風扇壞了，她慨嘆依靠綜援維生，資助只僅夠於糊口，根本無力購買風扇。

聖雅各福群會「電器贈長者」計劃，呼籲社會熱心人士慷慨捐助，捐助「風扇餽贈」行動為弱老送上風扇、手撥扇及毛巾等物資。計劃並會透過義工到戶探訪，親身到戶送上風扇並進行妥善安裝，務求改善確保長者「及時、到位」受惠，為孤苦無依的長者於炎夏裏添上一份溫情，感受社會人士的關懷。

有意施善助貧老對抗炎夏的善長，請與位於灣仔石水渠街85號一字樓105室收集點聯絡，或致電施善熱線：28354321或 8107 8324。

Help Elderly Drive the Heat Away

Hong Kong being a subtropical city, its summer is hot and humid. The heat is even more a problem to the singleton elderly and chronic patients living in partitioned or caged homes. An investigation over living conditions in partitioned or caged homes and cubicles shows that due to a lack of ventilating facilities, air circulation in caged homes is generally poor and the indoor temperature is constantly found to be 5°C higher than outdoor. This living environment increases the risk of heat stroke.

Uncle Chung, a partitioned flat dweller in Shamshuipo, is urgently looking for a fan to replace the broken one at home. He explained that these subdivided cubicle-units are packed and built without windows; also, due to the heat, he would stay in the park or in the elderly centre during daytime and return home only in the evening during summer.

Penniless Singleton Granny Needs Donation for Electric Fan

Even the elderly living in public housing units are not necessarily free from the threats of heat. Granny Lai lives in a public housing unit in Chai Wan and has been living by herself since her husband died. In the earlier time, her electric fan broke down. Receiving only limited funds from the CSSA scheme every month, Granny Lai has no money left for a new fan.

The "Electrical Appliances for the Elderly Program" of SJS is now calling for donations to their "Fan for the Elderly" campaign — the latest endeavor to give electric fans, hand fans and hand towels for the elderly in need. To ensure timely distributions of fans and to make face-to-face contacts with eligible elderly, SJS is going to send their volunteers over to pay home visits to the elderly and do the installation for them.

If you are interested in helping poor elderly to fight for the heat during the height of summer, please contact SJS collection point at Room 105, 1/F, 85 Stone Nullah Lane, Wanchai; or call the donation hotline: 2835 4321 or 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：胡友玉 辛秀麗 梁達仁 祈慕潔 陳麗明 朱詠欣
友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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從自身做起，從身邊的小事做起，這是道德品行高尚的人立身行事的方法。

To begin by working on oneself and on trivial matters around oneself — that is how a noble person acts.