

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
St. James' Settlement



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社工的話  
Social Worker's Remark

### 電熱水爐踢走煲水沖涼危機

年幼時一家七口居住木屋，廚房就是浴室，沒有熱水爐，冬天要煲水沖涼，由於年紀小，每次當媽媽準備把火水爐上煲好的熱水倒在沖涼盆前，他定必叫我們離開廚房，心怕一不小心翻倒滾水，大小一同燙傷。此情此景，確實叫我永遠難忘。

如今事隔多年，走到乏人照顧的長者家中，特別是新屋入伙，沒有熱水爐的裝置配備，而很多長者聲稱怕麻煩，寧願像我家以前一樣，煲水沖涼！可是，現代公屋稍有進步，廚房與廁所是分隔開的，老人家要持著燒好的水，走過隔壁，門有門檻，稍一不慎，實在不堪設想；又或一些量力而為的長者，知道自己再不能搬重物，故索性不沖熱水涼，不單容易生病，也會做成個人衛生問題，久而久之影響皮膚，損害健康。

對綜援長者來說，社署搬遷津貼是三九百五十元，新公屋是沒有地板、照明系統、窗簾、扶手、電熱水爐或煮食的工具，對於上樓，特別是由板間房搬上公屋的他們來說，一切都是錢！因為，從前根本沒有地方可放置雪櫃及煮食爐頭，所以樣樣物品都需要添置。現在購買一個有霜雪櫃是一千元，無霜的要二千元；地鋪物料未計人工，小單位要五百元，三老單位要差不多一千元；鐵床也要幾百元，一個電熱水爐要二千多元左右，未計找搬運公司的費用，對於居住環境條件差的老人家，有得搬本來是樂事，但在樂事之前，憂愁卻先來叩門？！

過去，有許多貧窮的長者為了省得一分就分，他們每每堅拒使用電熱水爐，唯在知道有善長幫忙下，他們才由堅拒慢慢軟化過來，因為從前沒錢，而人是有尊嚴，唯硬著咀說煲水沖涼沒問題。從小我就看著媽媽為孩子的個人衛生挺而走險，如今社會文明了，難度我們不可以以文明來保障老弱人士的安危？大家真的不可漠視。

經歷過貧窮的，會知道窮人的生命力其實好頑強，但「強人」也有年老體弱來臨的時候，但願有著你們的支持，為貧窮老者上樓作出捐助，本會特就他們的安危和個人健康，為他們發動募集電熱水爐的捐贈，施善支票抬頭「聖雅各福群會」，指定捐予「電熱水爐餽贈計劃」；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。

### Electric Heater Helps Prevent The Elderly from being Scalded

In my childhood, I was living with six other members of my family in a hut. We had to take a bath in the kitchen where no electric heater was installed. During winter, we had to heat up water on a stove before taking a bath. My mother would ask me to leave the kitchen every time she removed the water-boiler from the stove and poured the hot water into the bucket, fearing that we would both get scalded if she accidentally spilt the hot water. This memory is always in my mind.

Now I always pay visit to the lone elderly and notice that there is usually no electric heater installed in their flat, especially if it is a new one. Many of them considered it troublesome to install an electric heater and preferred to prepare hot water on a stove for a bath as our family did decades ago. However, with the betterment of the public housing estates nowadays, different spaces are designated for kitchen and washroom, which means that the elderly have to carry the hot water from the kitchen to the bathroom. They will be seriously injured if they trip over the sill. Some other elderly, who know very well that they are no longer capable of holding heavy stuff, have simply quit the idea of taking a hot water bath. This could have an adverse effect on their health and personal hygiene; and would in time lead to skin problem as well as other health problems.

Those elderly who are living on CSSA are eligible for an ex-gratia allowance of HK\$3,950 to cover the expenses incurred in moving to the new public housing estate. However, the sum is inadequate to set up even a very basic home. The new flat has yet to be floored and installed with illumination, curtains, handles, an electric heater and culinary utensils. Some of them are moving from a small leased room which suffices no space for a refrigerator and a stove; and now they need to buy these household necessities. Now a frost refrigerator costs HK\$1,000 while a frost-free one costs HK\$2,000. Flooring a small flat and a 3-elderly flat need HK\$500 and HK\$1,000 respectively to cover the cost of materials only and labour costs are not included. Furthermore, an iron bed costs several hundred dollars and it needs around HK\$2,000 to get an electric heater. Don't forget, there is also a bill from the moving company. For those elderly who are living in a poor condition, it is supposed to be a joy to be able to improve their living condition. But, this is preceded by the anxieties caused by the financial burdens arising from the move.

There have been many poor elderly who never gave a single thought on installing an electric heater because every single penny mattered to them. Though being poor, they did not let their self-esteem go and tried hard to appear to be at ease with the trouble of preparing hot water on a stove for a bath. Happily, they came to accept the idea of installing an electric heater which they knew came from the generous donors. In the old days, my mother braved the risk of being scalded by the hot water spilt accidentally only to enable us to keep a good hygiene. With the advancement of society, we can keep the feeble elderly from danger in many feasible ways. Can't we do that? This is an issue that should not be ignored.

People who have experienced the bitterness of being poor know very well that the poor have exceptionally strong vital power. Nevertheless, vitality declines and health deteriorates as they are getting old in years, no matter how strong they have been. With great concern for the safety and health of the poor elderly who are moving to the new public housing estates, we have launched an appeal for donation of electric heaters, which we are earnestly longing for your support. Please make your cheque payable to "St. James' Settlement", with indication of "Heater Donation Program" at the back of your cheque. Our mailing address is: Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Inquiry hotline: 8107 8324 or 2835 4321.



## 壯年漢被癌病襲擊 幸善長扶持不敢言敗

「原本儲左一筆錢諗住同拍拖多年既女朋友拉埋天窗，點知個病唔止洗晒全部積蓄做化療，而家更要每月自費三萬多元購買標靶藥物。」四十多歲的許先生，看著日漸消瘦的身軀，不禁悲從中來。本來許先生正是事業博殺黃金的時期，勤奮工作，有可觀及穩定的收入，早年與女友定下人生大計，於翌年結婚，婚後有自己的家庭，並計劃生育子女，甚至想到老來的退休安排等等。料不到就在憧憬著一切的發生的同時，身體卻突然響起警號，一切的人生計劃遭逢巨變，前路頓然一遍黑暗。

醫生証實許先生是患上末期腎癌，許先生與未婚妻知道消息後，一心想著治療及期望著康復的機會，可惜耗盡多年的積蓄，卻仍未能戰勝病魔，現時他需要每月服食標靶藥物，藥費高昂。據許先生所說：「在公立醫院治療，沒想過藥費是每月三萬多元，戶口既錢真係捱唔到幾多個月，癌症病魔不是最可怕，最可怕是眼見有藥物治療，但沒有錢去醫治！」

許先生的身體太虛弱了，暫時不能應付工作，沒工作的日子，也沒有收入了。在人生感到最徬徨無助之際，剛巧於報紙上得悉本會惠澤社區藥房有藥物資助，於是抱得一絲希望去嘗試。經過社工轉介後，本會透過「贈藥治病計劃」運用善長人翁的捐款資助許先生購買藥物，現時他可以以約七千多元的價錢購買該種標靶藥物，即時為他減輕了經濟壓力，專心繼續治病；另一方面，藥劑師看到許先生身體較為虛弱，這有礙進行治療，於是即時送贈癌症病人專服食的營養奶粉，希望藉此改善他的體質，增強抵抗力。

俗語有云「黎明之前就是最黑暗的時候」，許先生正經歷人生最艱難的日子，他相信只要不言敗，總會看見曙光，「無言的感激，要不是各善長人翁的善心，慷慨解囊，我以為我的人生就此終結，我很想快些打贏這場仗，重返工作崗位。另外，我想盡自己的能力回餽社會，幫助其他有需要的人士。」許先生眼神充滿了生存的盼望，各位善心人扶助了許先生的生命，也同時啟發了他幫助他人的使命。雖然善長與許先生素未謀面，但你的生命確實已深深地影響了另一個生命！



## Health Man Attacked by Cancer Never Give Up with the Donors' Support

"I have already saved money for getting married with my girlfriend; however, the cancer has used up all my saving for medical treatment. Now, I also have to pay for around thirty thousand for the target therapy." Mr. Hui at his forty is becoming thinner and thinner because of the disease. Mr. Hui is a hardworking man with stable income. Years before, he planned to get married with his girlfriend in next year, and also with plans of having children and even the retirement. Having many beautiful dreams ahead, he never thinks of the health alarm which brings him to the darkness.

Mr. Hui is diagnosed of having the last phase kidney cancer. When he and his fiancée knew about the diagnosis, they just think of being positive to receive treatment in fighting with the cancer. However, having used up all the saving, Mr. Hui still cannot get recovery. At the moment, he has to replies on taking the expensive target therapy. According to Mr. Hui, "I never think of receiving treatment in public hospital has to cost thirty thousand a month. I nearly used up all my saving and cannot stand for the expensive treatment cost for long. Having the cancer is not the most terrible thing; it is in fact you know there is medication for cure but with no money to do so."

As Mr. Hui is too weak, he cannot afford to work, which means he receives no income. At his most helpless time, he knows about the medication subsidy project of our Philanthropic Community Pharmacy; thus, he takes his first step to try. With the social worker's referral, he can now purchase the target therapy by seven thousands only, relieving his financial burden to fight for the disease. Also, as the pharmacist notices that Mr. Hui is too weak for receiving the treatment, she immediately gives her the milk powder which especially for cancer patients in enhancing his resistance.

There's always a saying that "The moment before the dawn is the darkest time." Mr. Hui is now going through his darkest time in life; however, he believes the darkest time will pass if he doesn't give up. "I cannot express my thanks by words. Without the kind donation of every donor, my life will come to the end. I really want to win this battle as soon as possible so that I can get back to my work. Moreover, I want to give return to the society by helping needy in the community." Mr. Hui is now full of hope for living. All the enthusiastic donors not only have given help to Mr. Hui, but also inspired him to give help for needy people in the society. Although kind donor like you may not know Mr. Hui, your life has already affecting another's one!



我們需要你的捐助  
We Need Your Donation

## 妻子辛勤工作 為肌肉萎縮夫籌藥費

「雖然不能再身體健康，但宜家我淨係希望佢既病情可以唔再惡化。」林嫂紅著眼眶說道。「我地無兒無女，本來公一份婆一份，生活都唔錯。先生鐘意周圍去，唔鐘意留係屋企，一放假就帶我去遊山玩水。估唔到佢宜家做唔到野，自己照顧唔到自己，宜家得番我一個人撐起頭家。」

阿林五十一歲，年前確診患有肌肉萎縮症。由於暫時沒有藥物根治這個嚴重影響病人控制手腳活動及自理能力的可怕疾病，醫生好像對阿林判了死刑。此病的病患者，會慢慢連簡單的站立及與人溝通都有困難。現時阿林唯有定期覆診、進行物理治療及購買一些自費藥物紓緩病情。

「佢宜家邊度都去唔到，我又要返工，佢淨係可以留係屋企。未食呢隻藥之前，見到佢既肌肉不受控制係咁跳，完全控制唔到自己，知道佢好辛苦。呢隻藥其實只可以減輕佢個病的惡化速度……但係也都要試下啦。食左呢隻藥之後，佢既肌肉無再跳得咁厲害，而家自己慢慢黎都可以刷到牙、洗到面，都叫有少少效果。」林嫂無奈地說。

當雜工的林嫂為支持每月四千月的自費藥物費用，每天工作十個小時，疲於奔命。下班後，她要趕回家照顧丈夫，每天只能在巴士站附近的粥店買外賣回家當晚餐。疾病來臨，除了病患者痛苦外，其家屬身心都會承受極大的壓力。

「我一個月賺得九千幾蚊，燈油火蠟樣樣都係支出。一個人賺錢兩個使，邊度仲有錢買藥。但係唔食藥，見到佢咁辛苦我又唔忍心。為左買藥，我問公司借糧、透支信用咭，但係又可以借得幾次？」

如果你想減輕像阿林和林嫂的經濟負擔，分擔他們在抗頑疾時的壓力，請支持「贈藥治病計劃」。你的一分一毫，將為病患者帶來一個又一個希望。支票請書：「聖雅各福群會」，支票背面指定支持：「贈藥治病計劃」。施善查詢：2835 4321或8107 8324。



## Muscle Atrophy Husband Medication by Hard Working Wife

"Although he is no longer healthy, my only hope is that his health will not get worse," said Mrs. Lam with tears in eyes. "We have no children, life has been quite alright with both of us working. He loved going places instead of staying home and he used taking me around during holidays. Who knows he cannot work anymore, and even unable to take care himself? Now, I become the sole family support."

Lam, 51 years old, was diagnosed to be suffering from muscle atrophy about a year ago. At present, there is no medication for curing this horrible disease, which affects limbs muscle movement and self caring ability; and this seems that the doctor has given him a death penalty. Such patients have gradual difficulty in simple standing up and communicating with others. He can now only get regular doctor's check up and physiotherapy treatment and buy some self-purchased medication to soothe his condition.

"He goes nowhere now. As I have to work, so he can just stay at home. Prior to taking this medication, I saw his muscle bumps uncontrollably. I knew he was in severe pain. Now, this medication slows down the rate of deterioration ... so, we must have a try. After taking this medication, his muscle bumps a lot less; and gradually he can manage teeth brushing, face washing, so one can say it is having some effect," sighed Mrs. Lam.

Mrs. Lam works as a general hand in supporting a monthly medical expense of HK\$ 4,000. She works ten hours a day and is constantly tired on the run between work and home. She rushes home after work to take care of her husband and only buys take-away dinner from a congee shop near the bus stop everyday. When hit by sickness, not just the patient has to suffer, family members have to shoulder enormous physical and mental stresses.

"I am only earning some nine thousand dollars a month and that has to cover all outgoing expenditure. With just a single income for two persons, practically no money is left for medication. But without the medication, I feel very bitter watching him suffer. In order to pay for the medication, I have taken wage in advance from the company and made credit card overdraft, but how many times can I do that?"

If you are willing to lessen the financial burden of Lam and his wife and to share their financial burden fighting the incurable disease, please support our "Medication Subsidy Program". Every dollar will bring one hope after another to the patients. Please make your cheque beneficiary "St. James' Settlement", indicating for "Medication Subsidy Program". Donation and inquiry hotline: 2835 4321 or 8107 8324.





## 給病老一個欣喜 不再為洗衣服擔憂

洗衣機已經成為每戶家庭的必需品，尤其於夏天的日子，汗水氣味沾濕衣服，難以清洗。然而，對於貧困長者而言，擁有一部洗衣機是一件多奢侈的事！

「夏天天氣炎熱，我只靠撥扇乘涼。酷熱難當，『大汗疊細汗』，我也只能頻密更換衣服讓身體保持乾爽。」體弱多病的陳伯伯，患有關節炎，手腕不能用力，實在沒法扭乾衣服。「我一向都是靠自己手洗衣服，人老沒用了，洗件衫都無力。」看著堆積如山的衣服，陳伯伯無奈的搖頭嘆息。

「電器贈長者」計劃一收到陳伯伯的申請，隨即派計劃義工到戶家訪，了解陳伯伯的家居環境及安裝洗衣機的配置。陳伯伯告訴義工他一向靠自己努力，打理所有家頭細務。無奈患上關節炎後，關節活動能力下降，病發時陳伯伯手部完全不能用力。得靠西門子家用電器有限公司的善心慷慨，捐出性能良好的頂揭洗衣機一部，並將洗衣機運送到戶及進行安裝，讓陳伯伯可即時使用洗衣機。

探訪義工其後更親身到戶，教授陳伯伯使用洗衣機，希望陳伯伯可用得安心，也注意使用上的安全。「多謝善長的慷慨，有左部洗衣機，我就唔駛再為堆積髒衣服而憂愁！」陳伯伯不忘感謝親身到戶關懷的「電器贈長者」計劃的義工們，細心教他操作洗衣機，讓他可安心和安全的使用。

「電器贈長者」計劃當中有不少個案如陳先生般，因健康理由需申請洗衣機協助清洗衣服。在無政府支持下，善長無私的關懷和捐助，為病弱長者建立了一個安樂窩，實屬大德大愛的行動。



西門子公司派出義工，細心為長者安裝洗衣機，讓長者可即時使用。

Siemens BSH Home Appliances Ltd. sent volunteer to install the washing machine carefully so that the elderly can use it at once.

## Giving Hope to the Sick Elderly By Removing his Worry about Laundering

A washing machine is a must-have appliance in every household, especially in summer when clothes are sweat-laden and difficult to wash without one. However, a washing machine is a luxury to the destitute elderly.

"On the hot summer day, I cool myself off with a fan. I can only keep myself dry by changing my clothes frequently when I sweat a lot on a very hot day." Mr. Chan, weak and often sickly, suffers from arthritis. His wrists are too weak to wring his washing dry." I always washed my clothes by hand. But I am old and I am not strong enough to do that anymore," sighed Mr. Chan helplessly, shaking his head while looking at the clothes that piled up in his home unit.

As soon as Electrical Appliances for the Elderly Program received Mr. Chan's application, St. James' Settlement sent volunteer to visit Mr. Chan to learn about his home environment and necessary details in conjunction with installation of a washing machine. Mr. Chan told the volunteer he had done all his house work by himself until he was afflicted with arthritis. Since then, whenever the disease strikes, his hands will become totally powerless. Fortunately, Siemens BSH Home Appliances Ltd. was kind enough to donate a washing machine that opens at the top. The machine was delivered and installed so that Mr. Chan could use it immediately.

Shortly after the installation, St. James' volunteer dropped in and instructed Mr. Chan the proper way of operating the machine to ensure that he can use it safely. "I wish to thank the benefactor for their generosity. I need not worry about dirty clothes piling up any longer with the washing machine." Mr. Chan also thanked the volunteer who called on him and instructed him how to operate the machine. He's sure that he would be able to use the machine safely.

In the EAE Program, there are a number of applicants like Mr. Chan who need to apply for a washing machine due to health reasons. With no government subsidy, benefactors who care and donate selflessly with the aim of providing a comfortable home for the sickly elderly truly do deeds of great love and virtue.



「感謝善長的慷慨和義工的無微不至，我不再為洗衣服擔憂了。」

"I am grateful for the benefactor's generosity and the volunteer who did a thorough job. I don't have to worry about washing clothes anymore."



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## 生活不再枯燥沉悶 彩色電視轉贈長者

都市人下班回家，很多時都會收看電視節目作家中娛樂。就算不選擇看電視，仍可使用電腦、收聽音樂，或甚至外出與朋友相聚。然而，對一群行動不便、匱乏貧困的長者而言，電視機是他們唯一的娛樂選擇。

社區中有些健康不佳、行動不便的長者，大多不能外出到長者中心與老友記相聚；「被迫」留在家中的他們，很多時只靠收看電視消磨時間。然而這僅有的娛樂，可能是一部陳年失修的電視機。日久失修的電視很容易造成短路，引起火警，危害他們的性命與財產。

「自患病後，我很少外出，多數都是留在家中。家中那部十多年的電視實在是寂寞生活的好良伴。點知有日電視突然有聲無畫，拍下個機又有番聲。點知拍多幾拍連畫面都無埋，之後仲有陣濃味，嚇到我要即刻拔電制。」獨居於柴灣邨公屋的林伯，依靠綜援維生，資助只僅夠於糊口。「日日對住四面牆，覺得時間過得好慢。諗諗下覺得自己好淒涼，連部電視都無，不禁哭了起來。」林伯低頭嘆息的說。「我只係想解下悶，唔想自己胡思亂想。如果我唔係有病，我都好想出去行下。」

你願意為這班孤苦無依的長者，在他們孤寂的世界裡添上一點彩色的娛樂嗎？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，捐助長者購買電視機，為孤苦無依的長者生活添上一點色彩，帶來希望的娛樂。

經社工協助下，「電器贈長者」計劃為林伯伯送上性能良好的電視，並請義工協助調台，確保林伯伯收到電視後可即時收看。「義工仲咁細心幫我調理台。最多謝都係善長為我的生活添上了色彩，為我帶來娛樂。我可以不吃不喝，這部電視對我來講真係好重要的！」

像林伯伯的個案，正正是眾多輪候長者的真實故事。「電器贈長者」計劃現正呼籲各界善長伸出援手，以集腋成裘的方式，捐款\$200為長者購買全新性能良好的電視。另外你也可捐出使用不超過5年而性能良好的21吋或以下電視，以助貧老者擺脫苦悶枯燥的生活。有意施善助貧老能改善生活的善長，懇請與位於香港灣仔石水渠街85號一字105室的收集點聯絡，或致電施善熱線：2835 4321 或 8107 8324。



## Life is No Longer Boring and Dull Colour TV Donations to the Elderly

Most city dwellers come home from work and watch TV for entertainment or otherwise use the computer, listen to music, or go out with friends. This however is not an option for the poor and elderly where often TV is their only entertainment option.

For those in poor health and for the immobile elderly, many of them cannot go out to centers for the elderly or gather with the friends; they are forced to stay at home and often rely on watching TV to kill time. This is the only entertainment available and their TVs are often old and in disrepair. A dilapidated television is likely to short circuit, causing a fire or possibly endangering lives.

“Following an illness, I rarely go out and mostly stay at home. That 10 year-old television is a good companion for the lonely. One day, the TV suddenly lost sound but screen was still on. I hit it a few times and then the screen switched off and I smelled something burning which scared me.” Living alone in a Chai Wan public housing estate, Mr. Lam relies on CSSA subsistence which is barely enough to make ends meet. “Day after day I live watching four walls and time passes slowly. I don’t even have a TV” sighed Mr. Lam. “I want to get out of my flat otherwise I will be cranky, if I am not sick I like to go out for a walk.”

Are you willing to leave this group of elderly, lonely with little entertainment? St James’ Settlement has introduced an “Electrical Appliances for The Elderly Program” which encourages donations to purchase TVs in order to add a little colour to the lives of otherwise deprived elderly.

Under the “Electrical Appliances for The Elderly Program”, a TV was provided for Mr. Lam and volunteers were able to assist with the installation to ensure that Mr. Lam could watch TV immediately. “Volunteers helped me to tune the TV. I would like to thank all the donors for bringing some colour back into my life, with entertainment. This TV is really important to me!”

We have a long waiting list from similar applicants to Mr. Lam. The “Electrical Appliances for The Elderly Program” appeals for donors to lend a helping hand. A donation of HK\$200 can be pooled to buy a brand new good TV. In addition, you could also donate a TV up to a maximum of 21 inch which is less than 5 years old and in good working order. This will brighten up the lives of the deprived group. The collection point is located at Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong; or alternatively call the hotline: 2835-4321 or 8107-8324 for further information.

「善長慷慨的電視捐助，加添了我生活的色彩。」  
“Generous donors of TV contributions add colour to my life.”



## 師傅傳甘露 解婆婆斷水之苦

許婆婆今年81歲，獨居於屯門兆康苑一個單位。兆康苑是居屋，是婆婆的兒子儲錢多年買下，好讓她與媳婦有安穩居所。婆婆以為，有兒子和媳婦照顧，她的下半生當可無憂。可惜好景不常，兒子40歲時得了急病，比婆婆早走一步，媳婦也隨之離開傷心地。結果，一家樂也融融的憧憬幻滅，無憂，頓成無依。

自從這件發生在她六十多歲時的悲劇，許婆婆獨居至今。她最初仍能照顧自己的起居飲食，然而，一來積蓄用盡要領取綜援，二來身體逐漸轉弱，要用扶行架走路，均令婆婆走進困境中。幸地方機構一直有關心婆婆情況，有提供送飯和家居清潔服務。社工見婆婆煲水洗澡，還為婆婆向「電器贈長者」計劃申請了一台電熱水爐。豈料，在安裝了電熱水爐那一夜，婆婆房間牆壁出現滲水情況，婆婆驚惶失措，致電社工求助，社工急忙申請「長者家居維修服務」，檢查事發原因。

師傅上門檢查後，指是牆內鐵喉生鏽爆裂，唯一解決方法是為婆婆重新接駁由水錶入屋的全屋銅喉，師傅同時指出，婆婆所住樓宇已有30多年樓齡，入牆的鐵造水喉已一早「夠期」，婆婆所住一層八伙，只有婆婆未換水喉。為甚麼還未換呢？婆婆答道：「沒有錢換，水喉用得就不理會了，反正不知自己幾時死，換來做咩！」

師傅勸勉婆婆要樂觀一點，並以行動證明他的誠意。為了讓婆婆快點有水用，經營工程公司的師傅延後了公司的工程，聯同兩位義工師傅盡快為婆婆開工。師傅帶來了幾部手推車載著的水喉、配件、工具，由水錶房，經大廈走廊、廳，接駁水喉至浴室和廚房的每個洗手盆、花灑、洗衣機喉，當中每條水喉的長度、轉彎角度都要準確，確不簡單，工程由早上八時半做到四時，方大功告成，請婆婆撥開水龍頭「剪綵」。

見水龍頭湧出的食水，許婆婆回憶起連日的辛酸：「唉，幾日無自來水用喇，雖然社工好好送水給我，但都無水龍頭出水咁方便，我連企都企唔穩呀，屈低身去水桶取水真係好辛苦！」「呢幾晚我都瞓唔著，因為真係好擔心間屋會水浸，浸濕晒啲家私電器，到時我點算？去邊度買返？我瞓邊度？多謝義工師傅同善長仁翁既幫助，免費幫我整。師傅真係師傅，技術好好，水喉駁得好整齊好靚，我放心晒啦！呢啲水喉我諗用一百年都得，今晚終於有覺好瞓囉！」



三位師傅用了一天時間，為許婆婆重新鋪設了食水管，婆婆不用擔心無水用了。

Three skilled volunteers finished placing new water pipes in Grandma's home within one day. She can now get out of the trouble of having no water supply.

## Water Supply Resumed With the Help of Skilled Volunteers

Grandma Hui, 81 years old, lives alone in Siu Hong Court, Tuen Mun, a HOS estate. Her son bought the flat decades ago with money saved for many years hoping to get a permanent home for his family including his mother and wife. With her son and daughter-in-law around to take care of her, Grandma ever thought that she would be trouble-free for the rest of her life. Unfortunately, her son passed away at the age of 40 as the result of an acute disease. Her daughter-in-law then left her trying to overcome the grief. Ultimately, the prospect of a happy family vanished leaving Grandma alone with no one to turn to.

Grandma has been living by herself since she was in her sixties when the tragedy took place. With her savings used up and health condition deteriorating, she was unable to take care of herself as she did before. She now has to live on CSSA and cannot move around without the help of a walking support. All these make her life difficult. Fortunately, she has been well attended by the local social service centre which has arranged meal delivery and home cleaning service for her. When the Social Worker concerned realized that Grandma had to prepare hot water on a stove for a bath, she made an application on her behalf to the "Electrical Appliances for the Elderly Program" under St. James' Settlement for a water heater. At the very night after the installation of the water heater, Grandma was shocked to find water leaking from the walls. She called for help from the Social Worker who immediately applied for our "Elderly Home Maintenance Services" to fix the leakage.

The findings of the examination made by our skilled volunteer showed that the iron water pipes had rusted and cracked. The only way to fix the problem was to abandon all the existing iron water pipes and install new copper pipes starting from the water meter to the different parts of the flat. The volunteer added that the building was over 30 years old and the built-in iron water pipes were long due to be replaced. In fact, new water pipes have been installed in the other seven flats on the same floor. When Grandma was asked why the old water pipes were still in use before the incident, she said, "I have got no money to replace them and I do not bother about it so long as they still work. It is not worth doing so since I may die any time!"

The volunteer encouraged Grandma to think positively and he acted promptly to show his enthusiasm and care for her. In order to resume water supply for Grandma soonest possible, he put aside for a day the work his own company had contracted and started placing the new water pipes with the company of two other skilled volunteers. They brought with them a few trolleys loaded with water pipes, spare parts and tools. The pipes run from the water meter and go along the public corridor, then the living room in the flat and end at the washing basins, shower and washing machine in the bath room and kitchen. The length and angles of every piece of pipes were precisely measured. It was indeed not an easy task! They started off at 8:30am and finished it at 4pm. They delightedly invited Grandma to host the "Grand Opening" of her new water pipes!

Though Grandma was happy to see water flowing from the water tap again, it did not stop her from recalling the hardship she had experienced in the past few days. She said, "Although the kind Social Worker brought me water during the few days when there was no water supply, I found it difficult to bend my knees to get water from the bucket as I cannot even manage to stand steadily. Getting water from the water tap is by far more convenient." She added, "I could hardly sleep in the past few nights because I was really worried that my home would be flooded. If my furniture and electrical appliances were all soaked in water, I would be in great trouble as I could not afford any replacement of them. And where can I stay? Many thanks to the skilled volunteers and generous donors for helping me out. The new water pipes were perfectly installed with remarkable skill, which I believe can last for a century! The volunteers are really masters! At last, I can have quiet of mind and I shall get a good sleep tonight!"



## 籌募善款幫助弱老 安全地鋪防止跌倒

透過與地區社工的緊密合作及主動聯絡新公屋落成的地區組織，這幾個月來長者家居維修服務的個案數字捷捷上升，每月超過100份申請，另還有一些針對舊區改善工程的項目。

申請個案多，代表需求性很大，就以鋪地板的申請來說，每月有差不多30至40個的長者單位要鋪地板。不論是新房入伙，還是舊屋維修，一塊防滑、平坦的地對長者來說是十分重要的。

林伯，七十一歲，去年在住超過二十年的唐樓被破了的地板絆倒，跌斷了大腿骨，原本可以日日上茶樓，有自己的社交，但出院後，要靠拐杖行走，現在不好說上茶樓，想到樓下公園做運動也需要家務助理的幫忙。林伯：「我無想過會有咁大件事，住得耐地板殘舊，我見佢鬆鬆地，自己用膠紙貼住，點知貼左一段時間，又翹起，咁就跌親。」林伯按著破了的右腿無奈地說。

政府在2008—09年度推行為期五年的「長者家居環境改善計劃」，合乎資格的長者可以申請最多五千元來為合資格的長者提供小型家居維修和改善服務，以及購置必需的家具用品。政府此舉認同長者住屋安全的需要，而我們亦會先要求長者先申請政府此筆款項，不過好多好像綜援的林伯住上十幾二十年的單位，漏水、天花及牆身剝落、電線失修情況很普遍，加上損壞了的電器，在今時今日的情況，是很有困難的；此外，有好些地區申請人士眾多，到現在仍未輪候到服務，使家中危機處處。

就我們經驗，現時一個新公屋的單人單位約需地板百多塊，物料費平均需要五百元，舊單位則視乎單位大小及破損情況而定，預計在未來的三個月我們要為100戶長者提供鋪地板的安全工程。

長者家居維修服務一直全賴善款的支持，期望大家可以踴躍捐助，為獨居弱老鋪出一個平坦安全的地板，讓他們可以健康安心在社區繼續生活。有意施善助支票請書：「聖雅各福群會」，支票背面指定支持：「長者家居維修服務」。施善查詢：28354321或81078324。



## Donation Appeal for Safe Flooring Prevents Elderly from Falling

Through closely working with district social workers and actively liaison with district organizations for newly finished public housing estates, the number of case for our Home Maintenance Service is escalated sharply during the past months, with more than 100 applications per month; also, there are other projects regarding the renovation work for old housing districts.

Assistance requests indicate the big demand existed. For instance, there are over 30-40 requests for flooring laying per month, including both new occupancy or old unit. In fact, a flat and non-slippery flooring is of great importance to the elderly.

Lam, 71 years old, tripped and fell because of the broken flooring where he has been living for over 20 years and resulted in broken thighbone. His usual daily activity of visiting the tea houses is no longer achievable. No to mention visiting the tea house, he has to use the stick for walk and seek help from 家務助理 even to exercise in the park downstairs after hospital discharge. "I did not realize it could be that bad. Wear and tear has loosened the flooring and I just patched it with adhesive paper. Just a short period of time, the flooring is broken and stuck out again causing my fall," sighed Lam touching his injured leg.

In year 2008-2009, the government has launched a five-year "Elderly Home Environment Improvement Program". Eligible elders can apply for subsidy up to \$5,000 for minor home maintenance, improvement service and purchase of essential domestic appliances. This act of the government implies their recognition of the need for elderly home safety; and our organization encourages elders to apply for this funding before seeking our help. However, for many CSSA recipients, like Lam, who have been living in the unit for some ten to twenty years, leaks, ceiling and walls peel-off and electrical wiring aging are very common. In addition, appliances worn out make living difficult under today's situation. Moreover, too many applicants in certain districts are still in line for service, so home hazards exist in lots of places.

In line with our experience, each bachelor unit of the new housing estates requires around one hundred pieces of flooring mats, with average material cost of \$500. While for the old units, it has to depend on the unit size, extent of wear and tear. Our estimation for safe flooring need is 100 elder units in the next three months.

The Elderly Home Maintenance Services is totally dependent on donation. Now, we are looking for your enthusiastic support in helping the living alone elderly to pave a flat and safe flooring for their healthy and comfortable living environment in the community. Please kindly mail your donation by cheque, beneficiary "St. James' Settlement", earmarked at the back for "Elderly Home Maintenance Services". Donation inquiry: 2835 4321 or 8107 8324.

一個平坦安全的地板，可讓獨居弱老於社區安享晚年。  
A flat and safe flooring can ensure the elderly having a comfortable living environment in the community.



## 主動出擊 為廣大市民 免費傳遞健康資訊

## Actively Provide Health Information for the Public

「知識改變命運」這句說明是十分真實的，過去有很多長者或不善於尋找資訊的人士，因為「不知道」因而耽誤了病情。又有好些人士，過份緊張，身體有些少不適，就視如洪水猛獸，擔心這是絕症的先兆。

“Knowledge changes life” is quite a factual description. In the past, there are many elderly seeking cure simply because they do not know how to search for information. While for some of them, they are being too nervous that they worried about suffering from incurable disease whenever they feel a little bit sick.

梁婆婆與妹妹同住，兩人分別七十歲及六十八歲，沒有結婚，感情要好，由於大家都是較沉靜，亦很少與人來往，一次因為妹妹腳痛，以為人老了或多或少都會這樣，買了醫院最常用的冬青膏自己治理，情況沒有好轉。一次在街上突然由腰背痛至小腿，嚇得梁婆婆不知所措，在街上擾攘半個小時左右，在梁婆婆陪同下一步一步的回。

Grandma Leung, 70 years old and not married, is living with her 68 years sister in a good relationship. They are both relatively quiet and seldom hang out with friends. Once before, younger Grandma Leung suffered from knee's pain while she thought it is because of the old age. She then bought the commonly used Salicylate cream; however, it didn't solve her pain. One time, she suddenly suffered serious pain from the back to the leg; and they both took nearly half hour to get back home.

「我初是以為是腳痛，老人病便沒有理會，但經過了這件事後，我想知多一些發生甚麼事，不過，我平生最怕睇醫生。」妹妹說來有點退縮。梁婆婆補充：「剛好我見聖雅各舉辦膝痛免費講座，在附近舉辦，便試下打電話登記。好好，有醫生免費講解，又沒有推銷買產品，最重要的是知道膝痛可能與坐骨神經有關，情況可大可少，故之後立即去排門診，現在妹妹在專科覆診，喊腳痛的情況少了。」

“I thought it is just simply leg pain which commonly happens on elderly. After that serious pain suffered, I really want to know what happen; while on the other, I am really afraid of seeing doctor.” Younger Grandma Leung is a bit frightened and bigger sister continuous to say, “I knew that there's a talk about knee's pain being held by St James' Settlement; thus, I called for registration. I am so grateful that there's free explanation by the doctor and no product to be promoted throughout the talk. The most important thing is that I then realized the knee pain may be caused by the sciatic nerve, which can turn to be serious disease. After that, we immediately seek help from the hospital and my sister is now feeling much better.”

張伯是個緊張大師，平日在公園聽到人說甚麼，就信以為真，就好像他手上多了些痣，有人講可能是皮膚癌先兆，就認定自己今次「中招」，向兒子說自己患上皮膚癌，憂心忡忡；當他腸胃不適，食不下嚥，他又會懷疑自己患上腸癌。由於張伯十分擔心，孝順的兒子曾安排他入院作全身檢查，結果一切正常，張伯得知時還說可能連醫生也查不出來！實在令兒子苦無對策。

Grandpa Cheung is always nervous that he believes other's every saying. For example, when people said the nevus of him is the hints of having skin cancer, he believed totally and told his son he suffered from skin cancer; when another time he has some digestion problem, he then suspected himself of having intestinal cancer. Noticing father's worries, his son arranged Grandpa Cheung a medical checkup. Even though the result proved that everything are fine, Grandpa Cheung still suspected himself having some diseases that doctor cannot discover.

後來兒子與社工商量，不如從平日教育著手，於是陪他參加健康講座。由於是免費的，張伯也來得放心，由皮膚癌到腸胃癌講座，張伯一一參與，在醫生及病人發問問題下，張伯慢慢收到正確的健康資訊，同時，他聽得多了，知道要診斷一個疾病，需要有相關的檢查，而不是憑感覺。醫生在會中解釋因著科技的發達，一些檢查結的準繩度十分高，漸漸地張伯改變接收疾病資訊的渠道，不再是在街上非專業人士而來，有了正確的認識，他憂慮自己患上絕症的情況減少，兒子也鬆了口氣。

Later on, Cheung's son asks for social worker's help. They planned to resolve Grandpa Cheung's worries by “education”. Mr. Cheng accompanies Grandpa Cheung to the health talk. Since the talk is free of charge, they nearly joined every talk. From the health talk, Grandpa Cheung gradually gains more accurate health knowledge and understands that diagnosis of a disease has to be made by many checks. Generally speaking, with the enrichment of health knowledge, he believes more in the doctor's diagnosis and hence the worries of both his son and himself can be solved.

聖雅各福群會定期為市民提供免費健康講座，並邀請相關專科醫生蒞臨主講，過去我們舉辦了「肺癌」、「抑鬱症」、「腸胃疾病」、「心臟病」、「糖尿病」和「骨質疏鬆」等健康講座，反應十分熱烈。看著梁婆婆的妹妹和張伯得著幫助，本會會繼續努力，讓有需要的長者及社會人士得著正確的健康知識。

St James' Settlement invites many specialists for giving free health talk for public regularly. In the past, we have organized health talks regarding topics such as “lung cancer”, “depression”, “intestinal diseases”, “heart diseases”, “diabetes”, “osteoporosis” and etc; and the response is very positive. Knowing many cases that younger Grandma Leung and Grandpa Cheung can be helped, the Settlement will keep putting effort in this area with the ambition to provide public and elderly with proper health knowledge.



透過定期為市民提供免費健康講座，讓有需要的長者及社會人士得著正確的健康知識。

Through organizing different free health talk for public, the Settlement hopes to provide public and elderly with proper health knowledge.



# 一起動身 加入義工行列

自小從屋邨長大的我，孩時經常聽到一些長輩說：「養兒防老」、「積穀防饑」、「遠親不如近鄰」這些通俗述語，往往反映當時生活寫照。雖然以前的人生活相對比較艱苦，但街坊之間互相幫助，無私分享，點滴中滲著溫暖感……。現今社會卻缺了這種元素，人與人之間疏離，自我模式自居，故這環境下形成很多長者缺乏家人的關懷和照顧，加上社會支援少，他們生活上都遇到很多困難，這都教我希望幫他們改善一下生活的質素。

由一次偶然的機會，在前陳總介紹下，我參與了義工行列，從電器贈長者服務，跟長者接觸和溝通後，領悟聆聽的重要，會由觀察中發覺他們的需要，包括日常簡單家居設備不足，過程中除能推動自己內心的責任感更懂得擁有的可貴！

現在的我比較放重家居維修服務，雖然入屋的工作會辛苦多一些，但又開心多一些。每位義工師父背後的支持，成就了大家一起努力的動力，最令我深切體會莫過於簡單一聲「多謝」所帶來的喜悅。大家齊來一起動動身吧！加入我們義工服務團隊。

筆名：CEO  
支持義工忠實粉絲

# Get Moving Join The Volunteers Team

Growing up in a public housing estate, I often heard grown-ups utter these popular sayings: "Raise sons to safeguard old age," "Store grain to prepare for famine" and "A neighbour next door is better than a relative far away." They were reflections of life then. Although life was harder than it is now, but there was warmth in the mutual help and selfless sharing among neighbours. This is what we are lacking today. People are cut off from each other, each living by himself in his own way. Under these circumstances, many elderly people are in want of family love and care. As there is also little social support, they faced with many problems in everyday life. All these make me want to help make life better for them.

I joined the volunteer's team by chance, through the introduction of Mr. Chan, who headed the program. After making contact with the elderly through the Electrical Appliances for the Elderly Program, I learned the importance of listening. I learned to understand their needs through observation, including needs for simple household equipment. During the process, I not only gained a stronger sense of responsibility but also came to appreciate what I have.

I now concentrate more on the Elderly Home Maintenance Service. It is harder in the work nature, but it also gives me greater pleasure. The support given to every volunteer forms the motive force behind our common effort. Nothing moves me more than joy of hearing a simple "Thank you." Come on, Get moving, Join our volunteer team!

Penname: CEO  
A loyal fan of the Volunteers Team



## 松柏之聲 《手提訊息操作工作坊》

《松柏之聲》自1976年創刊以來，一直致力為長者提供各方面針對性、全面性的資訊，藉以提升他們的生活質素，更重要的是助他們建立積極、正面及豐盛的晚年生活。

事實上，現今的長者即使年屆六字頭，然而學習的動力絕不比年輕人低；相反，他們有更多的時間去接觸、學習新事物。現時，很多長者也擁有一部手提電話；而隨著新科技的發展，他們除使用基本通話功能外，很多也表示希望能進一步學習其他的訊息甚或上網功能，以能學多一點新科技，與時並進；更多是希望能與年輕一代多一個溝通途徑，拉近彼此距離。

有見及此，《松柏之聲》於過去八月份舉辦了免費《手提訊息操作工作坊》，邀請義工導師們教授長者讀者如何接收及傳送訊息。工作坊推出後，反應熱烈，而《松柏之聲》亦因應情況增加課程名額，至九月止已有超過一百名長者完成課程。

參加工作坊的長者都不約而同地表示，「以往淨係識得睇人地傳送過黎的訊息，很想回覆，但對住D數目按鍵，真無從入手，真係頭都大埋……」；另外，亦有一些長者表示曾經參加外面相類似的課程，不過「參加者的年紀都比我地年輕，吸收當然比我地快，變相成個課程進度節奏都快起上黎，點會因應我地一兩個長者而拖慢嗎……結果就係跟唔上，上左等於無上。」

從整個課程中，由一位義工主講，再附以其他義工導師以大約一對二至四的比例貼身輔助長者。課堂中，松柏讀者們都十分專心聆聽，反覆練習，回家重溫功課，並積極主動發問；當完成整個課程，成功地發出第一個訊息後，喜悅滿足之感流露於他們臉上。時近中秋，更有長者即時向家人朋友發出祝賀短訊。「真係好開心，好多謝你地體貼我地呢班老人家的需要，開左呢個班，仲咁耐心教導我地，原來我地都得架！而家，我終於都可以做主動的一方用短訊同人溝通聯絡，同後生個D又可以多個話題，哈哈，都叫係威返一次佢地睇囉！」

正如上述所說，現今的長者於生活及精神上亦隨著社會的變更而轉變，故此，除了一些於實際生活上的支援外，我們亦期望能配合他們於其他方面的需求。正如提供上述的工作坊，教授長者學打短訊，可讓他們增加多一種與人溝通的方法，提升他們的社交技能，同時，亦期望能藉此工作坊，帶給長者多一份自信，鼓勵他們與社會接軌，建立更美好的黃金歲月。



## The Voice SMS Workshop For Elderly

Since the publication of "The Voice" in 1976, all along has been its working hard to provide all round information for the elderly to improve their quality in life; more importantly, to help them lead an active, positive and fruitful living in their golden years.

In fact, elders' drive to learn, though having reached their sixties, is in no way less than that of the youngsters; on the contrary, they have more time reaching out and learning new stuffs. At the moment, many elderly own a mobile phone; and as new technology develops, apart from mastering the basic communication functions, they have expressed further desire to learn other applications, including SMS and internet functions. By learning more on new technologies, they can advance with time; and many of them wish to have one more channel to communicate with the younger generation, narrowing the generation gap.

By noticing this, The Voice has been conducting free SMS Workshops for the elderly in August, inviting volunteer instructors to teach the elder readers on how to receive and send messages. Its response was so overwhelming that The Voice responded by increasing the intake; up till September, we had over one hundred elders completing the course.

Elders attending the workshop unanimously expressed, "In the past, we were only able to read SMS sent to us. We wanted to reply but did not know how to operate the buttons confronting us, what the heck ....." Besides, some elders mentioned that they have attended similar courses outside, but "most of the participants were younger and faster in grasping its contents than us, thus the tempo became quick without consideration for one or two slow learners like us ..... the result was that we could not follow and hence gained nothing out of that."

During the entire course, one instructor gave the talk and other volunteer instructors gave person to person assistance in a ratio of 1:2 to 4. Readers of The Voice listened attentively and completed the course with repeated exercise, active questioning and home revision. Upon successful sending out the first SMS, joy and satisfaction are shown on their faces. "Really very happy! Thanks for your concern on the needs of the elders in setting up such a course and patiently teaching us. Look, even I can do it! Now I can take the initiative using SMS to communicate with others. Also, there is one more discussion topic with the younger generation. Ha ha, what a chance to show off to them!"

As mentioned before, nowadays, elders' livelihood and spirit change with social changes. Hence, additional to some physical living support, we have to match their expectations in other needs. Like the above workshop, it teaches the elderly how to send SMS, enhancing their ability to communicate with others, and their interactive social skill; at the same time, we hope that it gives them better self-confidence and encourages them to keep track with the community and establishes a better life in their golden years.

因應社會轉變為長者提供不同服務，以助他們建立更美好的黃金歲月。  
Provision of different services for the elderly with the social changes can help them establish a better life in their golden years.



## 84%長者膝頭痛 四成「諱疾忌醫」

本港現時長者人口有約94萬人，不少長者患有膝關節炎。聖雅各福群會的調查發現，84%的受訪長者有至少1項膝關節不適的問題，但僅32%求醫診治；並有39%長者選擇「諱疾忌醫」，自行購買止痛藥。聖雅各福群會下月起免費資助合資格的長者注射關節液紓緩痛楚，醫生呼籲長者正確認識疾病，關注膝關節健康問題。

### 誤當老化現象 19%忍痛懶理

聖雅各福群會今年5月訪問267位本地長者後發現，有84%受訪者曾出現膝關節疼痛、走路時膝關節發出「喀喀」聲等退化性膝關節炎症狀。因認識不足，許多長者對膝關節炎存在誤解，認為是年老的必然現象，有39%受訪長者會自行購買止痛藥或止痛貼，更有19%長者選擇強忍痛楚而不做處理，而65歲以上長者則更容易出現「諱疾忌醫」的情況。

香港大學醫學院矯形及創傷外科學系臨床助理教授忻振凱表示，膝關節軟骨受損很難完全復原，依照病情分為4個等級，如果病情較輕可採用物理治療、藥物及注射關節液等保守治療方法，但如果病情發展至後期，軟骨損傷嚴重則必須進行關節置換手術。他續稱，不少長者都以為關節痛是年老的必然現象，以致延誤診治或抗拒求醫。

聖雅各福群會惠澤社區藥房下月起，免費提供100針天然關節液，為合資格的膝關節炎初期及中期患者注射，紓緩及減輕患者痛楚，並會提供專業人士為患者提供支援服務。忻振凱表示，長者應正視退化性膝關節炎，並及早診治，以免延誤病情，並提醒應保持合理體重、平日進行適當運動、盡量減少上下樓梯等加重膝關節壓力的活動。



## 84% Elderly Suffer from Knee Pain 40% Escape instead of Confronting

The local population of the elderly is estimated to be around nine hundred and forty thousand (940,000) at the moment. Many of them suffer from osteoarthritis of knee, i.e., pain in the knees. According to a research conducted by St. James' Settlement, 84% of the interviewed elderly have at least one kind of health problem related to ailing knee joints. However, only 32% of them seek medical advice and subsequent cure. About 39% among them choose to buy their own pain-killing pills from a drug store instead of seeking help from medical professionals. Starting from next month, St. James' Settlement will subsidize qualified elderly at no charge to receive injections of Hyaluronic Acid to ease the pain. Doctors are exhorting the elderly to acquire proper understanding of the disease and to pay attention to the health problem of knee joints.

### Mistaking the Disease as Aging Problem 19% Put Up With It Instead Of Seeking Medical Help

St. James' Settlement interviewed 267 elderly in May 2012. They found that 84% of them experienced pain in the knee joints. When they were walking, their joints made "clack" sounds which are symptoms of degenerative osteoarthritis of knee. Since the elderly lack knowledge of the disease, many of them mistook the disease for an unavoidable sign of old age. Thirty-nine percent (39%) bought pain killing pills or pain killing adhesive pads. Nineteen percent (19%) put up with the pain and did nothing. Among them, the elderly who are over 65 incline to escape from reality instead of confronting the problem.

According to Assistant Clinical Professor Yan Chun-Hoi, Department of Orthopaedics and Traumatology, Medical Faculty of the University of Hong Kong, once cartilages are damaged, it's hard for them to recover completely. The disease can be divided into 4 levels according to the degree of seriousness. For comparatively minor degeneration, conventional treatment like physiotherapy, medication and injection of Hyaluronic Acid can be used. If the disease is at an advanced stage and the cartilages are seriously damaged, an operation to replace new joints has to be carried out. He went on to point out that many elderly thought painful joint was an automatic sign of old age. As a result of that misconception, they postpone seeking necessary cure, some even resist medical consultation.

Starting from next month, St. James' Settlement's Philanthropic Community Pharmacy will provide free of charge 100 injections of Hyaluronic Acid for qualified patients of primary and intermediate level. The injections will ease and reduce the pain. St. James' will team up relevant professional people who will provide supportive services. Professor Yan said that the elderly should take degenerative osteoarthritis of knee seriously and seek cure as soon as possible in avoiding any unnecessary delay. Those afflicted should maintain a reasonable body weight, do appropriate exercises and cut down activities that require climbing up and down stairs as to reduce pressure to the knee joints.





# 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

- |                                    |   |                                     |                                    |
|------------------------------------|---|-------------------------------------|------------------------------------|
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| <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  |
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捐款人姓名/公司：\_\_\_\_\_ 寄件編號(如有)：\_\_\_\_\_

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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。

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| <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) |  |   |
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Life is full of resources when there is love in the heart.