



社工的話  
Social Worker's Remark

## 送暖行動2013

根據天文台預料今年香港將進入一個嚴寒的冬季，氣溫持續寒冷，這對獨居無依、體弱多病的貧苦長者，勢成為生命的嚴重威脅。自從99年香港發生凍死人的不幸意外事件後，社會上驚覺香港在繁華富庶的另一方面，有著一班弱勢社群，為生存每日與死神搏鬥。自此，本會每年準備踏入冬季之時，便呼籲一眾善心人士，捐款購買棉被、棉衣、暖風機和暖水壺等等。去年，藉大家的施善，透過義工的協助，送出接近二千件的送暖物資。另外，在社聯的公佈資料顯示，110萬匱乏人口當中，其中7萬人無足夠禦寒衣服，故此，為避免一眾貧病交加的弱老健康受到威脅，「送暖行動2013」已於11月正式啟動！

到目前為止，我們已收到超過三十多間轉介機構為弱老申請禦寒衣物的申請，在11月底天氣突然驟降七八度，同事們趕緊把保暖物資轉交機構，有的更是親身送抵長者的家。12月初天氣跌至12、13度，加上絲絲細雨，申請個案不斷上升，送暖義工隊頻頻出動。

「剛由單身人士搬往新公屋的廖婆婆一直沒有餘錢添禦寒衣物，由於要搬遷，已有一定開支，當她來找我尋求協助之時，收到聖雅各福群會的送暖行動2013，故立即為她作出轉介，申請棉被及棉衣等等。」地區轉介社工莫姑娘繼續補充：「當時我問負責送暖同事，如果廖婆婆申請合乎資格，他們說有現貨，我可立即派人來取，可迅速回應有需要人士的急切性。」

事實上，要做到及時送暖背後實在需要很多人的支持，這幾年我們預算需要近三十萬的善款及物資，由於物件佔用儲存地方，故就近地方存貨所求很大，同時，為求快速回應所需，我們會與地區機構合作，盡早協調所需物資數量及暫存他們中心等。除了一些善款或地方的支援，我們亦鼓勵一些實物的捐助，正如有一些公司或機構，甚至是私人親手編織頸巾，把暖意及愛心一起送給正面臨寒風侵襲的弱老。

今天，是入冬以來最凍的一日，電話響過不停，申請送暖的表格佈滿檯面，而同事亦傳來補給頸巾及棉被的需要，站在服務的前線，感受服務需求的迫切，我們呼籲各位善心人士伸出援手，為那正抵禦寒流的匱乏老弱披上暖衣。有意施善惠助支票請書：「聖雅各福群會」，支票背面指定支持：「送暖行動2013」。施善查詢：2835-4321或8107-8324。

## Warmth Giving Action 2013

The Hong Kong Observatory has been forecasting this winter to be awfully cold and will remain for quite a long period of time. This is life threatening to the living alone poor and frail elderly. Since there are cases of people died of hypothermia incidents in 1999, our community is surprised to discover that there is a group of disadvantaged struggling for survival despite Hong Kong prosperity. And since then, our organization, as winter sets in, appealed to benefactors for cotton quilts, coats, ceramic heaters and thermos etc. Last year, we had given out near 2,000 items in the category through generosity of our benefactors and help from volunteer workers. In addition, data released by The Hong Kong Council of Social Service reflected 70,000 of the 1.1 million poor people do not have enough clothing to keep warm. Hence, in order to avoid the adverse health impact to the poor and frail elderly, we already started the "Warmth Giving Action 2013" in November.

We have up to now received applications of warmth keeping clothing for frails elderly from over 30 referral organizations. At the end of November, temperatures suddenly dropped for 7-8 degrees celsius and our colleagues rushed out to hand over the materials for different organizations; some even made personal delivery to homes of the elders. As the temperature further dropped to 12-13 degrees celsius in early December with scattered showers, number of requests shot up continuously necessitating more frequent actions by our warmth giving volunteer team.

"Granny Liu, recently moving into a new public housing unit, is with no extra money for additional winter clothing as she has already spent quite an amount on the relocation. When she came to seek my help, I received the notice of 'Warmth Giving Action 2013' from SJS, I immediately referred her to apply for the cotton quilt and coat etc." Miss Mok, the district social worker, added, "The person in charge of 'Warmth Giving Action 2013' told me that if Granny Liu is eligible for assistance, there are items ready that I can promptly send someone over for picking the items in respond to her urgent need."

As a matter of fact, being able to make prompt warmth deliveries, lots of supporting effort behind the scene is essential. In past few years, we have estimated a donation requirement of close to \$300,000 in cash or in kind. In addition, as stock items take up huge storage, storage area closed by is needed for quick delivery response. Thus, we are also cooperating and coordinating with district organizations on temporary storage at their centres for the needed items. Other than certain donations or location support, we are also encouraging some companies, institutions, even individuals to send in physical items like hand woven scarves, showing both love and care to the frail elderly to confront the bleak winter cold.

Today is the coldest day since this winter, our phones keep on ringing and application forms are scattered all over our desks. Our colleagues have sent over requests for additional scarves and cotton quilts. Serving at the frontline, we feel the needed urgency. We are now appealing to benefactors in our community to extend their helping hands to give the frail elders with keep warm clothing. Please send donation by cheque beneficiary "St. James' Settlement", marking at the back for "Warmth Giving Action 2013". Enquiry and donation hotline: 2835-4321 or 8107-8324.



## 一張絲棉被讓我 安枕無憂

「每逢冬天來臨，我都要過著擔驚受怕的日子。」70多歲身體瘦弱的陳伯伯，語重心長的告訴我們。患上多種長期疾病的他，飽受哮喘、心臟病以及糖尿病等疾病的折磨，適當的保暖也是陳伯伯最為需要的。然而，要額外花費購買禦寒衣服和物品，對陳伯伯而言是一大難題。

「家中有件薄風褸，我呢個冬天雨天都係靠佢了。」陳伯伯珍而重之的拿起那件穿了近十年的薄風褸，希望可為他遮風擋雨。然而隨著陳伯的健康每況愈下，這件風褸不致足夠讓他保暖。當氣溫降至十多度，陳伯伯直言不敢外出，怕因受寒而生病。無奈家中也暖不了多少，那張伴隨他十多年的冷氣被，早已破爛不堪。

「我都一把年紀了，政府俾左間公屋我，仲有份綜援金解決三餐，試問我又點可以要求他人協助自己？」《送暖行動》希望為長者在孤苦無依的晚年，可以感受到有心人士的關懷和慰問。了解到陳伯伯的情況，計劃義工立即將禦寒絲棉被和棉褸，親身送到陳伯伯的家。陳伯伯收到後甚為欣喜，三番四次感謝善長的無私關懷和義工的辛勞。「你地都係我救命恩人，我一直好擔心訓覺時會凍親。有了這張棉被，我不用再捱冷，真正的安枕無憂了！」

義工還為陳伯伯送上暖風機，讓陳伯伯可於最寒冷的日子開啟，讓手腳保持溫暖。體弱長者往往因健康狀況下降，加上行動較少，很多時手腳會比較他人冰冷，一部小型的暖風機正好可讓長者長期保持溫暖。

陳伯伯再三感謝善長的無私關懷：「我有張絲棉被已經好滿足，善長仲好貼心送件風褸同暖風機給我，就算幾凍我都可以保暖了！」陳伯伯再次發自內心感激地說。

一張絲棉被，正正是無依病弱長者冬天的最佳良伴。如果你也希望讓無依長者於寒冷的冬天可以安枕無憂，請支持「送暖行動」計劃，支票抬頭「聖雅各福群會」，捐助\$200購置絲棉被，讓孤苦無依的長者，能夠感受到人間有情，陪伴他們走過貧病交加的晚年。



## A Sound Sleep with a Silk-Cotton Quilt

"Whenever winter comes, I am always in a state of anxiety," said to us in all earnest the 70 plus years old frail Chan. He is plagued by a multitude of chronic diseases, such as asthma, heart problem, diabetes and etc. Proper warmth keeping is a must to him. However, to him, having to spend extra money on winter clothing and cold fighting items is a big issue.

"I have a light jacket and I am relying it for the winter and rainy days." He picked up and showed us his treasured jacket which has been with him for nearly 10 years. He wishes the jacket can be a cover for him under the wind and rain. With the deterioration of his health, the jacket is not able to keep him warm. When the temperature falls below 10 Degrees Celsius, he dared not venture outside for fear of getting sick. However, his home cannot be said as "warm", while his existing quilt being used for 10 years old is already in shreds and patches.

"I am an old man, the government has provided me with a public housing unit and with the CSSA. What more can I ask for help from other people?" "Warmth Giving Action" program hopes to give care and comfort to living alone elderly in their golden years. After further understanding Chan's situation, the program's volunteer promptly took a silk-cotton quilt and a cotton coat to his home. On receiving them, Chan was overjoyed and thanked repeatedly for the selfless care and work of the volunteer. "You guys are my saviour because I am afraid that I will catch cold while in sleep. With this quilt, I no longer have to fear cold and can really sleep well!"

Even more, the volunteer also gave Chan a ceramic heater to warm his limbs in awfully cold days. For many frail elders, because of the deteriorated health situation and decrease in moving around, their limbs are colder than normal. Thus, a small ceramic heater can keep them warm for a longer time.

Chan thanked again and again the benefactors for their selfless care, "I am more than satisfied with just this quilt, now the benefactors also send me the coat and the heater, making me able to stay warm regardless how cold it might be!" said Chan gratefully from his heart.

A silk-cotton quilt is the best winter companion for the lonely, frail and sick elderly. If you wish to help these poor people, please send your cheque, beneficiary "St. James' Settlement", earmarked at the back for "Warmth Giving Action". Each donation of \$200 will be enough for one quilt. Your donation for a quilt can definitely give warmth to the poor elderly.

「有左張棉被同埋件棉褸，我真的可以安枕無憂了！真係好多謝晒善長既關懷！」

"With this cotton quilt and coat, I can now with no worries! Thanks a lot to the benefactors for their caring!"



我們需要你的捐助  
We Need Your Donation



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## 及時送暖 熱水爐餽贈長者

寒流襲港時，天氣可謂異常的寒冷，能享受暖水浴絕不是每人可享有的福利；對貧困無依、體弱多病的長者來說，能擁有一台電熱水爐，扭開水龍頭便能享用熱水，竟是一個遙不可及的夢。

依賴二千多元的綜援為生的韓婆婆，確實難以支付購買一台接近二千元的電熱水爐。韓婆婆嘆息的說：「而家柴米油鹽樣樣都貴，個份綜援得幾多錢呀，唔食飯都唔會買得起熱水爐啦！」事實上，「電器贈長者」計劃每月均會收到如韓婆婆所面對的困難的長者申請，他們同樣面對著經濟困難、缺乏他人照顧且身體未能承受「沖凍水涼」的痛苦，在無奈之下向社工求助。

「電器贈長者」計劃的社工指出，體弱的長者由於體能的衰退，當每次攜帶燙熱滾水由廚房攜至浴室時，實是一件危險不過的事；而亦由於長者行動普遍緩慢，每當熱水逐漸變冷時，他們往往仍未洗完澡；而更多的長者患有頑疾，冬天著涼冷病是尋常事；因此，體弱長者倘於冷天氣下洗澡，往往會構成極大的健康問題。

「電器贈長者」計劃一方面籲請善心人士作出捐贈，亦四出與各地區社福機構聯絡，為貧困病弱者作出雪中送炭行動，餽贈電熱水爐予貧病交加的長者，讓受患者感受人間溫情外，亦令他們可有一潔淨的個人衛生，有尊嚴地有著社交生活；故請大家代你所熟識的無助病弱長者，向居所地區的社福機構或社會福利署聯絡，代為向本會求助；助人及時，你的窩心暖意善舉，實能使無助者受惠。

當然，我們能否適時助人解困，實有賴善長的捐助。盼請大家在寒溫洗澡時，也有此行善助人的善舉行動，請伸出援手濟助，惠寄支票予「聖雅各福群會」，指定捐贈予「電熱水爐餽贈長者」。網址：[www.thevoice.org.hk](http://www.thevoice.org.hk)。查詢：2835-4321或8107-8324。



## Timely Warmth Giving Water Heaters for Elderly

When a cold front attacks Hong Kong, the weather can be freezing. Not everyone can enjoy the benefit of a hot bath. To own an electric water heater seems to be a dream beyond reach for the elderly who are poor, helpless, weak and afflicted with diseases.

Hon Por Por, who lives on the Comprehensive Social Security Assistance (CSSA) of two thousand dollars plus, can hardly afford to buy an electric water heater that costs nearly \$2,000. Hon Por Por sighed, "Everything is expensive in these days. I don't get much from the CSSA. I can't afford to buy an electric water heater even if I skip meals." As a matter of fact, the Electrical Appliances for the Elderly Program (EAE) receives applications from the elderly who are confronted with the same problem like Hon Por Por. They are confronted with financial difficulty, lack of care from others and are not strong enough to bear the pain of bathing with cold water. Under these situation, they can then only seek help from the social workers.

The EAE Program's social worker pointed out that it is extremely dangerous each time when the elderly carries boiled water from the stove to the bathroom since they are old and weak. The elderly are usually slow moving. Often the water gets cold before they finish bathing. It is also common that a large number of elderly who suffer from chronic diseases become ill because of catching a cold. As a result, bathing in cold weather can become a health hazard to the weak and sickly elderly.

The EAE Program calls for donations from benefactors. At the same time, it liaises with various regional social welfare organizations for the sake of sending warmth to the poor, the sickly and the weak. The Program gives electric water heaters to the poor and sickly elderly so that the beneficiaries will enjoy personal hygiene as well as warmth in our society. In addition, they can enjoy social life with dignity. Kindly request your local social welfare organization or the Social Welfare Department to apply to our EAE on behalf of the helpless and sickly elderly that you know of. Give timely help. Your act of warmth giving will definitely benefit the helpless.

Whether St. James' Settlement can relieve difficulty in time or not depends absolutely on benefactors' donations. We sincerely hope that you will all donate to do good as you wash comfortably on cold days. Please make out your cheque payable to "St. James' Settlement", specifying at the back "Electric Water Heaters for Elderly" and mailing to Room 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. Website: [www.thevoice.org.hk](http://www.thevoice.org.hk). Enquiry hotline 2835-4321 or 8107-8324.

「沒有熱水爐的日子，我都靠燒煲水沖涼。沖一次涼要煲3-4煲水才夠，熱水很快變涼了，很易冷病。」獨居的韓婆婆無奈的說。

Without a water heater, I boil water when I need a bath. I have to boil 3 to 4 kettles of water for one bath. It is easy to catch cold because the water gets cold very quickly." said living alone Hon Por Por helplessly.



## 中風肝癌漢孤身戰病魔 善長捐助及時助渡難關

## Benefactors' Timely Assist Help Stroke Liver Lone Cancer Patient Fighter

牛先生，自知讀書不成，要生活，不想靠人，故年輕時走去學一門手藝——維修電器。一個香港男人憑著自己雙手，勤力地工作，藉維修各種各樣的電器，賺錢養家，生活算不上富裕，但能糊口，與妻子及女兒合力築建屬於自己的家。

Mr. Ngau, knowing himself a failure at studies, learned to be an electrical repairs tradesman in order to be independent when he was young. With which, like any fellow in Hong Kong, he wishes to make a living with his own hands. He works diligently and utilizes his skill in repairing all sorts of electrical appliances to earn a living for the family. Livelihood, hardly rich, has been adequate in bringing up a family of three, including his wife and daughter.

作為一家之柱的牛先生，對生活期望很簡單，妻女吃得溫飽，有家遮風擋雨，一家人健健康康地生活。可是平淡的生活期望，原來不知不覺地蘊釀著一個計時炸彈。有一天，牛先生早上起來時突然中風倒地，失去知覺，到醒來的時候，已是半身不遂，「當我在病床睜開眼睛時，嚇然發現自己無法轉動，眼見囡囡把手放在我的腳上，我竟然一點知覺也沒有，我很害怕，害怕到不能說話……。」

As the pillar of his family, Ngau's expectation in life has been fairly simple – to provide the family with food and warmth, a home to shelter from wind and rain and live a healthy life. Despite of this simple wish, he didn't realize that there is a time bomb buried. One morning while getting up from bed, he fell and passed out due to stroke. When he regained consciousness, he found his body half paralyzed. "When I opened my eyes in the sick bed, I suddenly found myself unable to move; and on seeing my daughter putting her hand on my feet, I could feel nothing. I was dead frightened and couldn't utter a word....."

在醫院的日子，我的人生好像是陷入了深淵，覺得整個世界好冰冷、好黑暗。我不停地問自己，沒辦法工作，我怎麼辦？沒錢給女兒交書簿費怎算好？沒錢養家怎算好？我沒能力再照顧她們，怎算好？現在，反而要她們常伴在側，日夜照料。」當牛先生一想到自己連累妻兒，不禁涕淚縱流。

The days in the hospital sank me to the abyss of my life. I felt the world icing cold and very dark. I kept asking myself what to do without work. What if I have no money to pay for my girl's tuition fee? What if I have no money to feed the family? Now, I am no longer able to care for them, what can I do? Instead, they have to be by my side looking after me day and night."When Ngau thought about his being a burden to the family, he could only weep.

牛先生面對逆境，卻並沒有放棄自己，他很努力接受治療，漸漸地他可靠扶助工具緩緩行走，在身體剛好轉之際，醫生又證實他是乙型帶菌者，而且病毒十分活躍，並且迅速變化成肝癌。

In face of the adversity, Ngau did not give up but diligently accepted treatment and gradually managed to walk slowly with assisting tools. At time of regaining health, the doctor then confirmed him a hepatitis B carrier with very active virus and rapidly transforming to liver cancer.

更不幸的是，牛先生在經歷病魔無情之際，卻遭家人絕情的對待。由於家庭壓力爆煲，太太精神狀態抵受不了家庭重擔，決定離婚，並帶女兒離開牛先生。「我沒有怪她，其實我與她一樣，想女兒生活過得好一點，與其要放低一切去照顧我這個病人，倒不如離開我，專心照顧女兒。」牛先生無奈地接受自己的命運。

More unfortunate then was his family turned their back on him. As the stress was too much on his wife, she could bear no more the heavy mental burden. She asked for a divorce, taking their daughter with her and leaving Ngau alone. "I did not blame her. In fact, I also want to give my daughter a better life like her. Instead of giving up everything to look after this patient, I would rather have her left me to take care of my daughter whole heartedly." Ngau accepted his own fate though reluctantly.

牛先生遭逢不幸，經歷人生無常，唯天生樂觀及不放棄的精神，令他可仍然與我們分享：「我已經比很多人幸運得多，至少我患的病有藥可醫，在經濟困難之時，我亦遇到聖雅各福群會『惠澤社區藥房』，那裡的陳藥劑師得知我的情況，透過善長的善款，以每月一千多元資助我購買藥物。我十分感激每一位善長的慷慨解囊，感謝他們為我雪中送炭。」

While confronted with great misfortune and experiencing difficulties in life, Ngau, a born optimist, never gives up. That had made him capable of sharing with us: "I have been more fortunate than others, at least there is still medication to cure my disease and on running into financial difficulties, I came across the Philanthropic Community Pharmacy of St. James' Settlement where Pharmacist Chan on learning my situation gave me a thousand dollars a month from benefactors' donation to subsidize my medical purchase. I am awfully grateful for the generosity of every benevolent people who send me coal during the snowing winter."



## 「家居醫療用品支援計劃」 助基層家庭患者獲適切治療

回想起19歲的你，當時你正在做什麼？努力讀書？追求自己的夢想，打算創下一番事業？或找個女伴拍拍拖？少年十五廿十時，確實是人生最快樂和燦爛的日子。

阿John(化名)，19歲，剛完成香港文憑考試，大好青春，可惜一場意外改變了他的人生。兩年前，年少氣盛的阿John，在踢足球期間發生意外，跌倒後導致左手手腕骨折，需進行手術並將螺絲植入手腕，但手術未如理想，阿John需進行植骨，情況稍為穩定下來，可惜天意弄人，阿John最近被診斷左手患處出現骨枯(學名：骨節缺血性壞死)，情況令人擔心。

醫生建議阿John購買一部Exogen Express Fracture Healing System (簡稱：骨折增生癒合器)使骨折癒合，醫生坦言告知阿John及其家人：「醫生警告若不治療，會導致部分骨質逐漸凋亡，骨頭失去支撐便容易下陷及變形，嚴重影響身體的活動能力。」對於一個還未踏入廿歲的青少年來說，實在為他帶來沉重打擊。

購買此部儀器的開支約一萬元，對於「餐搵餐食餐餐清」的基層家庭來說，根本不能掏出這龐大的金錢。阿John的爸爸任職的士司機，扣除燃油費和租車費後，每月只剩下約八九千元，媽媽任職兼職保母，每月只有約六千元，姊姊剛讀完書並未找到一份全職的工作。一家四口只得約一萬四千元左右的收入，連家庭入息中位數也未達標 (根據政府統計署最新數字顯示，四人家家庭入息中位數約二萬八元)。阿John的媽媽對我們哭訴說：「我們整家的儲蓄只剩下約二萬多元，要留下一些錢作為阿John醫病應急之用，我豈有能力一時三刻拿出金錢來購買這部儀器？」

可悲的是阿John是用左手寫字，廢了他的左手，等於毀了他的前途。故此，本會接受了John的申請，動用了「家居醫療用品支援計劃」，資助他一半金錢購買此儀器。你願意也為類似John的病人提出援助，請將支票抬頭「聖雅各福群會」，背書「家居醫療用品支援計劃」的支票，寄往香港灣仔石水渠街85號1樓105室。施善熱線：8107-8324或2835-4321。



## Home Use Medical Equipment Support Program Assists Grass Root Family Patient For Proper Treatment

What were you doing when you were 19? Hard studying? Dream chasing? Hoping to do something big in your life? Or looking for a girl friend? How joyous and marvelous are the days of the teens.

John (pseudo name), 19 years old, has just finished his Hong Kong School Certificate Examination. He is used to be youthful and full of confidence; but unfortunately, an accident has put him in the ruin. Two years ago, John had an accident while playing soccer that he fell and broke his left wrist. He had an operation with a screw implant. However, the result was unsatisfactory and bone graft was needed. When his condition became fairly stable, it is shocked that he was then diagnosed to have bone death caused by loss of blood supply (Avascular Necrosis in its medical term), a cause for grave concern.

The doctor suggested John to buy an Exogen Express Fracture Healing System (known simply as EFHS) for bone union in the operated area. The doctor warned John and his family members, "If untreated, it will cause bone loss, leading the bone to collapse and deform with serious impact in mobility." What a heavy blow to someone who is not yet 20!

Buying such equipment costs about ten thousand dollars, quite a big issue to a grass root family with little saving. John's dad, a taxi driver, nets some 8-9 thousand dollars a month after deducting costs for fuel and car rental. His mother, a child carer, earns roughly \$6,000 a month; and his elder sister, completed schooling, is only working part-time. So, the entire family monthly income of some \$14,000 does not even meet the Median Monthly Domestic Household Income (\$28,000 by latest Government Statistic Department for a family of four). John's mother said sobbingly, "The entire family saving is left with some \$20,000 and we have to set aside some reserved for John's emergent treatment; thus, where can we get the money for the equipment?"

Poorly, John is a left hander, losing his left hand would equate to ruining his future. Thus, our service accepted John's application and subsidized half of the cost for his equipment purchase by the "Home Use Medical Equipment Support Program". If you are willing to help patients like John, please send your donation by cheque, beneficiary "St. James' Settlement", earmarked on its back "Home Use Medical Equipment Support Program" and mail it to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Inquiry and donation hotline: 8107-8324 or 2835-4321.

一部骨折增生癒合器約萬元，對於阿JOHN這家基層家庭來說，既要面對沉重的醫療開支，還要額外掏出萬多元，實在是一個沉重的負擔。  
An Exogen Express Fracture Healing System costs about ten thousand dollars, it is a heavy financial burden to a grass root family who are already bearing the expensive medication expenses.



## 感謝社會對老弱關懷 去我入伙新屋的憂愁

鍾伯與太太居於蘇屋邨十多年，太太外出時需輪椅代步，可是他們居住的單位是沒有電梯直達，故太太很少外出，由於少與人接觸，性格也變得孤僻。鍾伯行動也不是太好，兩年前的中風，還險些送命，後經過物理治療及自己堅持做運動，現在總算可以一拐一拐地落街買餸和覆診。

兩口子早盼元洲邨重建後可搬入新屋，「派了鎖匙後，我立即通知社工，社工就幫我安排新屋裝修。我初時諗住有電梯直上到樓，已經好開心，無諗住做咩裝修，已經咁老，有得住就算，但係社工話有義工可幫我鋪地板，又裝窗簾。其實我自己咩都做唔到，擺左鎖匙後都有擔心唔知點算，真係無又煩，有又煩。」

其實有很多兩老有著鍾伯的情況，由於無依，所以對任何轉變都比平常人更加徬徨，更何況是面對搬屋？一般家庭要搬屋及裝修，都有好多鎖碎事務要處理，當中要做很多決定，又必需有金錢的支出，所以搬屋人士通常都會有好大的壓力。長者年老體弱，好多事自己都沒辦法去處理，如要外求，就要付錢！所以，老人家就會一切從「簡」，「簡」到連基本家居安全的設備都省回去。於是，在家生活就險象環生，不是地面不平，就是照明不足。

在元洲邨重建之時，本會「長者家居維修服務」就早與地區社工協作，續步為搬遷的長者提供家居維修的服務，務求幫助長者在入伙前準備好安全的家居。

在六月尾的一個早上，義工們來到元洲邨鍾伯的新居進行入伙基本裝修工程，當天義工師傅為鍾伯新房子鋪上防滑地板、在浴室加裝扶手和毛巾架、廚房加刀架、在大廳加上窗簾路軌；因著鍾伯的白內障問題，他特地要求加裝光管，令屋內更加通明，鍾伯看著不需兩小時，新居便變得煥然一新，便說：「好多謝你們來幫我，我好開心，個地好靚，好靚……支光管好夠光，我白內障，睇唔到，而家唔怕，好夠光。多謝咁多位師傅的幫忙，多謝晒！」

至現在為止，「長者家居維修服務」已順利幫助近百位新屋入伙的長者，分別在元洲邨和石硤尾邨展開新生活。



## Thanks for the Community's Care for the Elderly No More Worry in Moving to the New Home

Mr. Chung and his wife have been living in So Uk Estate for more than 10 years. Mrs. Chung has to use a wheelchair when going out. However, the floor on which they live has no direct access to the lift; thus, Mrs. Chung seldom leaves home and has little contact with other people. As a result, she has become rather eccentric and unsociable. Mr. Chung is not much better off. He almost died from a stroke two years ago. After physiotherapy and perseverance in exercising, he can now go out on his own to buy food or visit the clinic, though limping.

The couple had longed to move into a new apartment after completion of the redevelopment of Yuen Chau Estate. "After I got the key to the new apartment, I told my social worker immediately, and he helped me arrange the fitting up works. At first, I was very happy because there would be direct access to the lift on our floor, and I didn't expect much fitting out for my new apartment. We are so old and already pleased as long as we have a place to live. But the social worker said some volunteers can help us pave the floor and install curtains. As you see, I can't do anything myself. I was worrying what I could do when I got the key..... headache when you don't have a new unit, and headache when you do!"

In fact, there are many old couples like the Chung's. With nobody to depend on, they feel desperate when facing any sort of changes, more so when it comes to moving home. In general, moving home and renovation involve lots of tedious tasks to handle and decisions to make, and of course money to spend, exerting huge pressure on the person concerned. Elderly are usually old and weak, unable to handle most things, and if they seek assistance from outsiders, they need to pay. Hence, they usually keep things as simple as possible, but often too simple that even the basic safety facilities are ignored, resulting in safety hazards at home, such as bumpy floor or insufficient lighting.

Since the beginning of the redevelopment of Yuen Chau Estate, the Elderly Home Maintenance Services has been working with the district social workers to provide home repair and renovation services for the elderly affected, so as to prepare a safe home for them to move in.

One morning in June, a group of volunteers came to Ching's new apartment in Yuen Chau Estate to do the basic fitting-out for them. They paved non-slippery flooring on the floor, installed hand rails and towel rails in the bathroom, knife shelf in the kitchen, curtain rails in the living room, and equipped additional lighting in view of Mr. Chung's cataract. Seeing his new home given an entirely new look in less than two hours, Mr. Chung said "Thanks a lot for helping me! I'm so happy, and the apartment is so beautiful, so beautiful indeed! The lighting is really good that I no longer have to worry about not seeing clearly because of the cataract. Thank you masters for the help, thanks a lot!"

At his moment, the Elderly Home Maintenance Services has already helped nearly one hundred elderlies start their new lives in the new apartments in Yuen Chau Estate and Shek Kip Mei Estate.

義工師傅因著鍾伯的眼疾緣故，加裝光管增強室內照明。

Volunteer installs additional lighting in the apartment in view of Mr. Chung's cataract.

## 把我從徬徨拯救出來

牛頭角下邨為房屋署於本年度新建成之公屋，「長者家居維修服務」亦接獲不少之轉介申請，地區社工為有關長者申請基本之家居裝修，包括鋪設膠地板、安裝扶手、窗簾路軌、電燈和閃燈門鐘等等。在轉介個案中部份領綜援或經濟困難的長者，在未正式搬出和未能安全入伙之際，往往是需要同時繳交新舊居所的租金，為了減輕經濟負擔，很多時來到我們桌案的申請，常常是十萬火急，希望義工師傅可盡快完成基本安全裝修，何伯就是其中一個典型例子。

何伯夫婦居於港島區，一直以來租住私人物業單位，租金已佔去一半綜援金額有多，多年前申請公屋，今年終獲編配至牛頭角下邨。雖然是跨區住處，但難得可以脫離捱租之苦，所以，何伯決定接受是次房屋署的安排。「七十幾歲人，終等到上樓機會，幾遠都要走，租緊單位又舊又十分細，再老一些要用架行，就一定好論盡……，不過，我地兩個老人，面對吉屋一間，好徬徨，都唔知搵邊度幫。」何伯開心一時卻又很快被實際的擔心壓下來。在提到轉接期，即未能入伙，兩個居所同時收租，對他來說當然是百上加斤。加上年紀大，舊居與新居確實距離較遠，在處理新居入伙之基本裝修倍感吃力。「長者家居維修服務」社工深深明白他的苦況，於是向有關義工師傅解釋，雖然通知時間短，但大家都體諒何伯需要，盡快提供鋪膠地板及其他簡單家居設施安裝服務，可讓何伯夫婦能早日入住新居。

鋪膠地板當天，何伯一早就到了新居，見幾位師傅分工合作，期間還不時主動在工程中提出幫手，義工對何伯的熱情十分感動，但為安全起見亦建議其在寓所樓下歇息，待完工後再作通知。不需兩個小時，何伯從返單位，眼見已鋪好地板，廁所加了扶手，各位置安了燈泡，裝了窗簾路軌，何伯笑逐顏開，從他的笑臉上完全流露出安心和快慰，他不停地感謝義工的協助，「好多謝！好多謝大家的幫忙！地板鋪得好靚。吓！仲幫我安裝埋窗簾路軌，唔該晒，多謝晒！之前我真係好徬徨，有幸有著你們，救左我地兩個老人家。」及後何伯知道一切開支由新界崇德社支持，去他金錢的壓力，何伯實在十分感動。在臨別之時，何伯感激地表示要請義工用膳；鑑於義工只會提供服務而不會收任何形式的報酬而婉拒，但各人對何伯的心意全到收到心中，同時大家衷心祝賀何伯早日順利入伙。

本會「長者家居維修服務」目前處理牛頭角下邨新居入伙個案，絕大部份均是獨居或兩老同住、缺乏親友支援，部份為殘疾人士或長期病患者，甚或沒有子女親人。眼見服務能幫到有需要的人，亦有善長新界崇德社的幫忙，救濟牛頭角下邨有需要長者入伙之需，實在令一眾接獲搬遷的長者，從處身徬徨中得著及時適切的援助。



## Lifting Me From Utter Helplessness

Lower Ngau Tau Kok Estate is a new public housing complex. Its completion this year has brought many applications to our Elderly Home Maintenance Services. Referred to us by district social workers, those applications are from elderly persons needing installation of basic interior fixtures before they can move into the new units – fixtures such as linoleum flooring, handrails, curtain railings, electric lights, flashing door bell, etc. Some of the elderly applicants are recipients of Comprehensive Social Security Assistance (CSSA) or are in financial difficulty. In the process of moving from the old home to the new, many of them have to pay rent simultaneously for both units. Their applications are often very urgent, requesting our volunteers to complete the work right away. Uncle Ho's case is a typical one.

Uncle Ho and his wife used to live in a rental property on Hong Kong Island. Rent takes more than half of their CSSA. They applied for public housing many years ago. This year, they have finally been assigned a unit in Lower Ngau Tau Kok Estate. Although it means moving to another district, at least they no longer have to pay high rent. So, Mr. Ho accepted the Housing Department's offer. "We have waited until we are in our 70's to move into public housing. We have to move no matter how far. Our present rental home is old and small. It will be hard to manage when we get even older and have to use the walking aid..... But, the two of us are so old that we feel utterly helpless faced with a bare unit without the necessary fixtures. We don't know where to look for help." His initial joy was quickly dampened by realistic worries. The transition period during which he must pay rent at both ends doubled his burden. Also, at his advanced age, the distance between the new home and the old home is really considerable, making it much harder for him to ready the new home for occupancy. Social workers of the Elderly Home Maintenance Services knew what hardship he was in, and explained it to the volunteer workers. Though the notice was short, everyone understood Uncle Ho's needs. So they installed the flooring and other simple fixtures as quickly as possible, to enable Uncle Ho and his wife to move in sooner.

On the day the flooring was to be laid, Uncle Ho came to the unit early in the morning. As he watched the volunteers work together, he even offered to help. The volunteers were very touched. But, for the sake of his safety, they suggested that he take a rest downstairs, and promised to notify him when they finished. In less than two hours when Uncle Ho returned, he found the flooring finished, handrails in the bathroom, light bulbs in place, and curtain railings over the windows. A smile of relief and delight spread out on his face. He kept thanking the volunteers for their help, "Many, many thanks for your help! The floor is beautifully done. Oh, you even installed curtain railings on the windows for me! Thank you for all your trouble, many thanks! I really felt utterly helpless before. How lucky we are to have your help!" Later Uncle Ho learned that all the costs had been sponsored by the Zonta Club of the New Territories that totally relieves his financial burden. He was deeply touched. As he saw the volunteers off, the grateful Uncle Ho wanted to treat them to a meal. His invitation was gently declined as the volunteers never accept any reward for their service; however, every one of them appreciated his goodwill, and expressed sincere wish that he would soon move into his new home.

Of the Lower Ngau Tau Kok Estate cases in hands of our Elderly Home Maintenance Services, an absolute majority involves elderly persons living alone or old couples who lack support from friends or kin. Some are disabled or victims of chronic diseases who may not even have children or family. The availability of services for the helpless and of support from the Zonta Club of the New Territories to help needy elderly people move into new homes in Lower Ngau Tau Kok Estate has really provided them with timely assistance and lifted them out of helplessness.

服務希望透過鋪地板、加裝扶手、安燈泡、裝窗簾路軌等基本家居維修服務，讓一眾有需要之長者可安享晚年。

Through different kinds of basic home maintenance services, such as paving the flooring, equipping the handrails, light bulbs and curtain railings and etc, the Elderly Home Maintenance Services hopes to provide the needy elderly with a safe home in their golden years.

## 資助解勇士之苦

做了十多年消防員的吳SIR，今年三十多歲，進出火場無數次，拯救了不少寶貴生命，一直以來盡心為廣大市民服務。吳SIR自幼熱愛獅藝，工餘時間有參與不同的舞獅表演，可是好動的他怎會想到一次意外，徹底地改變了他的下半生。

在舞獅表演時，吳SIR如常地做出一個個的跳躍翻騰動作，在進行最後一組動作，卻一不小心失足，從幾米高的武台上掉下來。當時，吳SIR躺在地上，動彈不得，只覺痛苦萬分，在場師兄弟馬上把他送去急症室，經醫生詳細檢查後，估計因當時他是頸椎先著地面，頸椎的神經因此受到損害，導致四肢癱瘓。從此，吳SIR不單需要退下火場，也不能再踏上獅藝的舞台。

相信大家都很難想像吳SIR怎樣面對如此大的打擊：初時他與家人原本以為購買了醫療保險，有助解決頓失經濟能力及醫療支出困境，可是保險公司表示因他並非失去四肢為由，最後只賠償了二十多萬元給他。面對年多的住院和高壓氧等治療的開支，吳SIR坦誠地表示有關的賠償已所餘無幾，人生跌落谷底，可幸的是吳SIR沒有放棄生存的意志。

離院後的吳SIR重新投入社區，因四肢癱瘓，日常起居飲食都需要別人的協助。吳SIR無奈說：「不能感覺到頸部以下的身體的溫度，為防著涼，所以常常需要用被蓋著身以保溫暖。」身體再也不能有效地調節溫度，冬天怕著涼，夏天卻會過熱，故此，為了有效保持室內的溫度，吳SIR不得不長期開啟冷氣保持恆溫，洗澡時他又需要開啟小型電暖爐，移動時要靠電動吊機協助，「每日都全靠不同電器及醫療儀器扶助，電費用量大增，每次收到電費單都好擔心。」吳SIR不禁流露出對生活的憂愁。

現時吳SIR正接受綜援金和傷殘津貼，每月依靠約一萬元的援助維持生活，扣除聘外傭的四千元薪金、定期進行針灸的治療費用及日常基本開支，吳SIR表示沒有多餘的錢繳交昂貴的電費。

生命無常，我們不能預測下一秒鐘會有什麼事發生在我們身上，就好像吳SIR的人生故事一樣。今天，當我們還可自如的行行走走，做自己喜歡的事，盼望大家不要忘記這些不幸的人，伸出援手，齊來支持他們繼續有尊嚴地生活，以捐助來解他們的擔憂和困苦。支票抬頭請書：「聖雅各福群會」，支票背面指定：「電費助貧弱計劃」之用。施善查詢：2835-4321 或8107-8324。



## A Valiant firefighter waiting for Helping Hands

Mr. Ng, a veteran fireman in his 30s, had served dedicatedly in our community for more than a decade. Over the years, he took part in numerous emergency operations and saved many lives. While off-duty, he was a lion dance enthusiast and he enjoyed making performances in all sort of occasions. But a tragic accident changed his life forever.....

The accident happened when they were doing the last part of the dance. While Mr. Ng was doing the usual moves like jumping, bouncing and rolling, he suddenly stumbled on the stairs and tumbled off the stage. The stage was several meters high and he landed on his neck. His fellow members rushed him to the emergency care immediately. The doctor concluded that Mr. Ng had severe injury on his neck and spine and he was paralyzed from the neck down, he could not work as a fireman or perform lion dance anymore.

The accident dealt a huge blow to Mr. Ng indeed, but it was not the only one. Earlier he thought his insurance policy would take care of the subsequent medication expense and covered his loss of income in the future, however the insurance company rejected his total disability claim because Mr. Ng did not lose any of his four limbs. He ended up receiving only some \$200,000 compensation, barely enough to pay for the hospitalization and the hyperbaric oxygen treatments in the past year. Despite the financial difficulties, he never thought about giving in.

After leaving the hospital, Mr. Ng needs other people to take care of him in daily life. He said, "I can't feel anything from the neck down, so I prefer being wrapped in blankets all the time to avoid catching a cold." He was afraid of catching cold in winter and getting too hot in summer, so he decided to keep the temperature indoor at a specific level by turning on the air-conditioners every day. In addition to air-conditioners, he uses a heater and a lifting device every day as well—the heater to keep him warm during shower times and the lifting device to help him move around. "With all those devices running, I am so worried every time I get the bill", he said while uttering a sigh, through which anyone can easily feel his anxiety.

Currently Mr. Ng is receiving social security assistance & disability allowance from the CSSA scheme, which sums up to about \$10,000 per month altogether. Yet the sum can just cover the domestic helper's salary, costs of certain necessary treatments such as acupuncture and basic daily expenses; there isn't much money left for the expensive electricity bills.

Mr. Ng's story reminds us that life is unpredictable and we cannot even tell what would happen to us in the next second. We are blessed if we can still enjoy our life today and do wherever we want to do; at the same time, we should not forget about those less fortunate people who are anxiously awaiting assistance. By sending your donations to help alleviating the miseries they face and you can help them live with dignity. Act now, send us a cheque made payable to "St. James Settlement" and specify the sum for "Power Subsidy – Ailing & Handicapped Program". Donation enquiries: 2835-4321 or 81078324.

很多像吳SIR的病人，既要面對疾病，還要對醫療用品帶來的額外開支，實在是百上加斤。

Many patients, like Mr. Ng, not only have to face the diseases, but also have to pay for the extra electrical expenses brought by the medical equipment.





## 寒冬送暖 暖在心窩一點情

心意，那一份濃濃的心意，過去透過「送暖行動」傳到每一位老友記的內心處，在每一個寒風凜冽的冬天中，都能感受到捐助者以及義工那一種甜而不膩的人情味，令老友記倍感溫暖。陳伯伯熱淚盈眶：「我在香港舉目無親，每年冬天都覺得家裡特別冷清，幸好今年有義工來探我，還給我帶來了一堆禦寒衣物，令我明白我並不是自己一個人面對逆境的。」

漸入深秋，寒冷的冬季將至，從報章轉載的天文台消息得知，歐洲今年將會迎接「千年一遇」的寒冬，至於香港的冬季，亦會較往年的更為寒冷、也更為漫長。還記得去年冬季，你年輕力壯，可是披上一層又一層保暖衣物後，寒風吹過仍是會冷得顫抖的感覺嗎？那你便可以想像，年輕不再的獨居老人面對冬天的苦況——「我有嚴重的支氣管炎，每當吸入冰冷的空氣，喉嚨便會又乾又癢的，我咳個不停、無法入睡，卻沒有餘錢買電暖爐……」陳婆婆說。其實，像陳婆婆一樣依靠綜緩維生、收入僅足夠糊口的獨居老人，在香港比比皆是。同理心、關心、愛心，都是每個城市居民應有的美德，你願意趁著冬季未至，及早為老友記準備一份暖意嗎？

「送暖行動」一直為獨居老人送贈暖風機、棉被、保暖衣物以及各種日常用品，既可照顧他們的需要，亦藉此表達社會對他們的關懷和愛護。本會又特別希望透過這個活動接觸有特殊困難的老人及嚴重疾病之病患者，並提供物質上的援助，令他們明白自己並非社會遺棄的一群，既使無兒無女同住，仍有其他人願意關心他們、向他們送暖。

「送暖行動」不限物質，本會亦會籌組義工團隊，登門探訪老人家。去年受助的韓婆婆說：「冬天一到，我的手腳便冷得僵硬，不敢外出，只能獨個兒留在家裡，非常孤單，幸得義工主動來訪，跟我聊聊天，這令我十分感動。」可見，一點捐助，一張棉被，甚至只是一次探訪、一句慰問……這些對你來說從來不虞匱乏的物質與精神生活，對獨居老人來說卻是彌足珍貴。

「日行一善」、「施比受更為有福」，我們常常都會聽見這些鼓勵說話，現在就立即坐然起行，給老人家一點寒冬裡的溫暖。本會現正籌集「送暖行動2013」之經費，歡迎捐贈，施善支票抬頭為「聖雅各福群會」，指定捐予「送暖行動2013」。服務查詢及施善熱：2835-4321或8107-8324。



## Warmth Giving in Chilly Winter The Needy Feel Warm Deep in Heart

Over the past few years, the "Warmth Giving Action" has successfully extended the earnest caring to the elderly from our donors and volunteers during chilly winters, bringing warmth to them not only in terms of physical comfort, but also humanity. Grandpa Chan, with eyes full of tears, said gratefully, "I live in Hong Kong by myself. With no family around, I feel lonesome at home particularly in winter. Fortunately, some volunteers came over this year and brought me some warm clothing. I came to realize that I am not alone in the battle against adversity."

The late autumn is about to set in; the freezing winter is looming closer. It is known from some newspapers reporting the Hong Kong Observatory's news that Europe is expected to endure a "once-in-a-millennium" freezing winter this year. In Hong Kong, the coming winter will be much colder and longer than the previous one. Do you recall despite in thick coats, you still trembled in icy winds last winter though you are young and strong? You can well understand how much the lone elderly, who are no longer vital and strong, suffer in the severe cold. "I am suffering from bronchitis. Breathing in cold air will make my throat dry and itching, which in turn leads to persistent coughing, making it impossible for me to fall asleep. Nevertheless, I cannot afford an electric heater....." said Grandma Chan. There are numerous lone elderly living on CSSA, just like Grandma Chan, who can hardly get by on the little income. Sympathy, caring and kindness are the virtues we cherish, being civic residents. Would you join us in our preparation work for "Warmth Giving Action" to the needy elderly at this very moment as the chilly winter is due to set in very soon?

Under the "Warmth Giving Action", we have been giving the needy lone elderly electric heaters, quilts, warm clothing and various daily necessities. By doing so, we can address their needs and, at the same time, bring to them community care and love. It is also our ambition to get access through this operation to the elderly desperately in need or with serious sickness so that they can receive our aid in kind and understand that they are not deserted by society. They may feel helpless with no offspring to turn to, but they would appreciate that fellows in society always care about them and readily offer them help.

Apart from delivery of necessities to the needy elderly, the "Warming Giving Action" also organizes visits paid by volunteers to the lone elderly. Grandma Hon is one of the elderly we visited last year. She said, "In winter, my hands and legs will become so stiff that I dare not go out. I feel very lonesome staying at home by myself. I was so touched when the volunteers called on me and I enjoyed chatting with them." Grandma Hon's remark shows how much the lone elderly appreciate the care extended to them. Even a little donation, a quilt, a visit, some comforting words..... which we never fall short of physically and mentally could make a great difference in the sphere of the lone elderly.

We are always encouraged to be kind to others by some proverbs such as "To do one good deed a day" and "It is more blessed to give than to receive". Say well is good, but do well is better. Let's send warm blessings to those elderly in need now! A fund-raising for "Warmth Giving Action 2013" is ongoing and we are earnestly longing for your support. Please make your cheque payable to "St. James' Settlement" with indication of "Warmth Giving Action 2013" at the back of your cheque. Donation hotline: 2835-4321 or 8107-8324.

義工親自為獨居長者送上棉衣。

Volunteer gives the living alone elderly with the coat in person.

## 寒冬送暖捐助

**問：**本人近閱報章，得知你們有一個「送暖行動」，計劃於今年冬天為600名有經濟需要的長者及長期病患者送上一些禦寒物資；早前，我亦聽聞有報導指今年冬天會特別寒冷、特別長。故此，於經濟能力許可下，我也想盡一點綿力，特別捐款予你們的「送暖行動」，希望真的能讓有需要人士可安然渡過嚴冬。不過，本人首次捐助有關行動，想知道應選購甚麼物資、甚麼物資合用？還是我直接捐款也可？始終你們可能更清楚了解有關人士的生活需要吧！

**答：**首先，我們非常感謝你對「送暖行動」的支持！「送暖行動」屬非政府資助的服務，此服務推行了五年時間，全賴一班熱心善長的惠助，我們於每個寒冬為經濟條件有限、缺乏朋友親屬關懷或沒有能力自我照顧的獨居長者或長期病患者，送上溫暖及關懷。

礙於我們缺乏財政的資助，同時考慮到儲存大量物資所需的地方問題，故此，我們亦建議善長們以善款的形式指定支援「送暖行動」，讓服務可以憑集體購買的議價能力，以較低廉的價錢購得有關的保暖物資及電器，確保有關善款可讓更多有需要的無依長病者受惠。

至於選購物資電器上，我們最主要需考慮服務對象的生活習慣及需要，並且必需合乎安全標準。例如選購電熱水壺及暖風機時，其操作必須要簡單，否則長者難以使用，變相做成浪費。一件操作簡單安全的電器，再配合義工上門安裝和提醒正確使用的安全方法，深信能真正發揮到作用，解長者生活所需。另外，又如購置一些保暖物資時，我們會因應申請需求要作出添置，如有部份長者因心怕使用暖風機會耗費電力而增加電費支出，我們或會轉而增購棉被轉送他們。補充一點，基於個人衛生問題及人力資源限制，我們只會送出全新的衣物及棉被，希望各位善長明白及繼續多多支持！

## Donation For Warmth Giving Action

**Q:** I have read a report recently knowing that your organization is having the "Warmth Giving Action", which in a plan to provide some needy elderly and patients with items to keep warm. I also heard before that this winter will be much cooler and the low temperature will exist for quite a long period. Thus, I want to give a helping hand as I think I am affordable in helping a part. Regarding to this, I hope to give some donations specific for the "Warmth Giving Action", hoping to let the needy safely pass this cold winter. However, this is the first time I gave donation to this program, I want to know what items should I purchase? What items are suitable for the needy? Or I can directly donation by cash? All in all, I believe you understand the cases' need more!

**A:** First of all, we really thanks for your support to "Warmth Giving Action"! "Warmth Giving Action" is without government subsidy. In these five years, the service can continuous to run because of a group of kind hearted donors; and thus we can provide warmth and care for a group of living alone elderly and patients who are in financial difficulty, without relatives support and ability to take care of oneself.

Since we are lacking of government subsidy, together with facing the storage problem of storing huge amount of items; thus, we encourage donors to support the "Warmth Giving Action" by cash, so that the service can purchase the items and electrical appliances in a cheaper price by bulk purchase. Generally, all to make the donations can be used more efficiently.

While for the purchase of electrical appliances, we mainly concern for the living habit and needs of our target. For example, when choosing the kettle and ceramic heater, it must be easy to use; otherwise, it will turn to be a waste if the elderly do not know how to operate. A safe electrical appliance with simple operation, together with our volunteers' help in teaching and reminding them the safe ways of using, we believe it can truly help the needy in solving the living difficulties. Also, we will flexibly arrange the donation to make purchase depending on the real needs. For example, some elderly may concern the use of ceramic heater will lead to the increase of electricity expense; thus, we will turn to make more purchase on buying the cotton quilt for them. Finally, may we add one more point that regarding the health concern and manpower constrains, we will only provide the poor and frail elderly and patients with new cotton clothes and quilt. We wish this is understandable by all donors and have your continuous support!



## 長者服藥小工具

聖雅各福群會惠澤社區藥房每天都替不少長者做藥物輔導，因為慢性病很普遍，現在的長者每天要服用六至九種藥物，絕不鮮見。註冊藥劑師陳羽微說，長者通常隔三個月甚至半年才能覆診，醫生會處方大量藥物，拿著好幾大包藥回家，連月要劑量、次數、種類都準確使用，她介紹一些用藥小工具，長者與家人可多加利用。

### 藥物提示牌

聖雅各福群會最近設計藥物提示牌，藥劑師替長者面談並檢查他們正服用的藥物後，會根據醫生處方，按每天的服用時間、數量、禁忌等「執藥」、套入膠袋後貼在表上，長者便可看圖認藥，無論每次服藥時看圖取藥、或每周替自己「執藥盒」時核對亦可。

陳羽微說，不少長者對於服藥需要都沒有清晰概念，如醫生處方三種血壓藥，遺忘了兩種也不自覺；也有些情況是，長者於下次覆診前因病入院，醫生處方了新一批的藥物，長者欲不以為然，將兩次的處方一起服用，變相過量，如此有藥劑師跟進為佳。

這藥牌可以掛在家居當眼處，讓長者、餵藥的照顧者與傭人容易看見。另外，長者即使不懂讀字，也可看表辨認藥物的形狀、顏色、大小、減少誤用機會。

### 切藥器

遇有處方為「1/4粒」、半粒的，最好用切藥器分割，切勿口咬或用剪刀/菜刀來切藥。

通常藥片上有坑紋的，都可以切開。但陳羽微提醒，近年愈來愈多長效釋放藥物，藥丸以特別物料包囊，使之進入腸道內可慢慢釋放，以減少服食次數，但這類藥成分較濃，藥物標籤通常寫上「不能咬碎，須全粒服用」，它與膠囊藥丸一樣，絕對不能切開服用。

切藥後，藥物成分會接觸空氣，可能影響品質，最好是服藥前才切開；切藥刀會沾上藥粉，為免與其他藥交叉污染，除了每次要用棉花棒清理刀片，每人應使用獨立的切藥器，切勿一家共用。切藥刀磨蝕便要更換。

### 大/小藥盒

雜貨店也可買到的藥盒，有的七天一盒，較複雜的有一星期、甚至一個月的藥盒。陳羽微建議，若用藥量不算太多，可選七天一盒，並分開早、午、晚各一盒便可。

除了「小藥盒」，她亦建議長者多買一個可密封的「大藥盒」，將覆診時取得的幾個月藥一併放入，並放防潮劑，然後密封，如此既可避免家中孩子亂取亂吃，也避免遺漏。藥盒放於陰涼乾爽處便可。

註：聖雅各福群會註冊藥劑師陳羽微。該會設立的社區惠澤藥房，為社區長期病患者提供藥物輔導服務，如病人不便出門的話，藥劑師更可到戶探訪、定時致電提醒服藥。如讀者欲索取文中的藥物提示牌，可致電5131-3638。



## Tools for Elderly In Taking Medication

As people live longer these days, they are increasingly suffering from chronic illnesses. Many elderly take 6 to 9 different types of medication each day. For this reason, St. James' Settlement has set up a Philanthropic Community Pharmacy to assist the elderly in taking their medicine correctly. Pharmacist Anita Chan explained that generally the elderly visit the doctor for routine consultations once per quarter, or 6 months. They are often provided a large quantity of medication to last a few months. Medication tools help them administer the medicine properly and she introduces such tools to the elderly and their family care providers.

### Medication Reminder Board

St. James' Settlement has designed a Medication Reminder Board to assist the elderly in taking medication in a timely fashion. In-house pharmacist, Ms Anita Chan, will explain to individuals the function and dosage of their prescribed medication. Chan will provide a reminder board detailed with easy to read pictures to provide a clear reminder of which medicine should be taken and when to administer it.

Chan further explained that most elderly have no real knowledge of the medicine that they are taking. They can easily miss the medication that the doctor has prescribed or possibly over dose on others. Therefore, a pharmacist's assistance is often required to provide clarification.

The Medication Reminder Board is positioned in a prominent place at home to remind the elderly or their health care assistants of the proper administration of the required medication. Easy to understand pictures are adopted to ensure that even the illiterate elderly can comprehend dosage requirements.

### Pill Cutter

When pills are prescribed to be taken in a quarter or half, a pill cutter becomes essential. Without the cutter, the elderly will often use a knife or even their own teeth. In such cases the pills are often unevenly divided.

The effectiveness of a cut pill will often diminish once it becomes exposed to the air. Therefore it is advised that cut pills should be taken at the earliest opportunity. The powder from a cut pill may contaminate the cutter which should be cleaned before using to cut another type of pill. Cutters should also be regularly changed once the blade has become blunt.

Note: Ms Anita Chan is a registered pharmacist at St. James' Settlement. St. James' Settlement has set up a Philanthropic Community Pharmacy to provide medication consultancy services to the elderly within the community. The in-house pharmacist will visit or call upon individual elderly where they are unable to leave their homes. Readers who are interested in the Medication Reminder Board may call 5131-3638.



# 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.

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