

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

「電器贈長者」計劃的推行，由於是一項慈惠服務，是須要不斷向社會人士募捐，方可募得貧老所需電器。

由於每月由地區福利機構的社工轉介而來的個案實在太多，而我們所募得的善款有限，平均每一個個案需要輪候二至三星期，遇有費用較昂貴的大電器如雪櫃、洗衣機等，在資源緊絀下貧老亦可能要輪候三至四個月。

此並不是表示社會人士不關心貧老的需要，只是很多善長均不知道此服務的存在，致施善無門。

事實上，我們已每月最少一次發放新聞稿乙則，以該月長者最需要或輪候已久的電器為募捐電器，透過傳媒，包括電台、電視、報紙及雜誌，呼籲社會人士作出施贈。當然，並非所有傳媒會予以協助呼籲，因為此要配合他們當時的節目及版位傳達的需要，縱使此是慈濟解困的工作，我們所寄出的新聞稿，結果只是落得被投籃的下場。

無論如何，我們亦會不斷努力用心將每篇新聞稿寫好，以迎傳媒對稿件質素的要求。

接觸層面廣闊的你，於每月接到此月報時，知悉我們需要募集的電器，就例如冬天需要暖風機和熱水壺，夏天需要電風扇；又有一些四季都有輪候申請個案的電視機、雪櫃、洗衣機及電熱水爐等等，可否將我們的需要轉告所熟識的朋友，鼓勵踴躍捐款？我們深信，倘此訊息能可透過人傳人的方法，其效果將為更大，貧老再無需輪候電器太久，而可及早改善生活。故在不影響你們的社交生活及工作氣氛下，可否推動此慈濟解困事工的發展？

As you may be aware, we operate "Electrical Appliances for the Elderly" Program, one of our ongoing projects, and we rely heavily on philanthropic contributions. That means we have to solicit public contributions and donations through all sorts of channels on an ongoing basis in order to obtain supplies of certain appliances for the elderly in need.

Nonetheless demand, as always, outstrips supply. Referrals sent to us through district social workers keep coming in and we soon run short of donation for items they request. Thus, the average waiting time is 2 to 3 weeks at the moment but it could be up to 3 or 4 months if they are requesting for some items which are more expensive, such as refrigerator and washing machine.

Yet we know that these elderly in adversity are not forgotten, only do we need to set our sights on getting more and more people aware of this program and the items we are collecting at the time. Only by doing so can we get more kindhearted people to jump in and help fulfilling the needs of these poor elderly.

Currently, we are promoting our program through producing publicities on local media, e.g. radio, TV, newspaper and magazines. Every month we send out press releases, highlighting in headlines the most wanted items of the month, through which we hope our message is going to reach a wider array of people and we can draw more donations thereby. However, helping us disseminating messages is definitely not an obligation for the media, especially when they have their own priorities. Therefore, we are not surprised most of the press releases we produced, despite the fact that they are produced for a philanthropic mission, ended up being scrapped in trash bins.

We are going to stay our course, notwithstanding, but in better ways. We will keep sharpening our own skills on preparing press releases, making sure we understand what individual media need and we try our best to match up their requirement.

By the way, did you ever think of an idea that you yourself can be an effective channel to spread the words for us? Every time you know about our needs in our Philanthropy Monthly, such as the ceramic heater in winter, fan in summer or television, fridge, washing machines and etc throughout the whole year, can you tell every single friend of yours about this program, making donation appeal? We believe by spreading our messages through people, it could be a snowball effect and have enormous impact driving people to donate what the poor elderly need, while shortening their waiting time at the same time. So, when this is not causing you pressure or inconvenience, would you help us only by mentioning to your friends and peers and bringing to their attention what we do and what items we need, *IF YOU CAN?*

請援手協助 Help Us, If You Can



感謝善長捐營養奶粉 肝癌漢有望化療康復

五十多歲的鄧先生三個月前不幸發現肝癌復發，由於身體不斷受到病魔襲擊，體重在短短一個月暴瘦了十磅，經醫生檢查後發現他的肝酵素不足，要停止進行化療。要增加身體的肝酵素，醫生建議鄧先生服用專門的癌症營養奶粉，由於這種營養奶粉成分較為特別，一個月需要費用近六千元！以現時鄧先生一家三口依靠綜援為生的經濟能力，經濟已很困難，他們根本無能力拿出這筆費用。

「太太為了照顧我和仍在求學的兒子，只能當兼職，每月賺二千多元……我們也不想只攤大雙手問政府攤錢，可惜自己身體唔爭氣，原以為我的肝癌已受到控制，點知到覆診時醫生話比我知再次復發！」說到這，鄧先生男子漢也忍不住流下淚來。那次工作人員來訪，文件上記錄只有五十多歲的鄧先生，眼看卻像一位六十多歲的長者，白髮蒼蒼，瘦骨嶙峋，面容十分憔悴無力，這都是因為他的身體早已飽受病魔纏繞，看得旁人也不禁嘆息病魔的無情。

聖雅各福群會「惠澤社區藥房」在得悉鄧先生的處境後，即運用善心人士所捐助的善款幫助鄧先生購買一個月的營養奶粉。在藥劑師的指導下，鄧先生按時服用奶粉，他的胃口有明顯的改善；在一個月後，他的體重提升了六磅，醫生再次為鄧先生檢查肝酵素的指數，證明回復可化療的水平。「感激善長人翁在我徬徨無助的時候為我雪中送炭，我真的不知道該怎樣答謝各位善長人士。」病魔雖無情但卻令鄧先生深深感受到人間溫暖，一句又一句的多謝，也不足以表達鄧先生內心的感激。

「新的一年，有咩願望？我……我真係好希望能再一次戰勝病魔，我唔想再要太太同個仔一齊擔心我，我係一家之主，我想盡番做丈夫、做爸爸的責任，為這頭家一齊努力，減輕太太的壓力。」試問有誰會想到自己會患上絕症，既來之，只能樂觀面對，鄧先生受著大家的實實在在的幫忙，懷著感激之情對未來抱著一絲一絲的生存希望。



Grateful for Donated Nutrient Cancer Patient Hopeful of Recovery

Mr. Tang, who is in his 50s, was struck by a recurrence of hepatic carcinoma three months ago. Ravaged by the disease, he lost 10 pounds in the short spell of one month. A test showed he was deficient in liver enzyme, making it necessary to stop his chemotherapy treatment. To build up his liver enzyme, the doctor suggested that he can take a special milk powder for cancer patients. The milk powder is a special kind of powder that a month's supply costs nearly \$6,000, which is beyond the means of Mr. Tang's three-member family who live on the Comprehensive Social Security Assistance.

"My wife has to take care of me and our school-age son, so she can only take a part-time job that pays just over HK\$2,000 a month..... We don't want to keep asking the government for money; however, my health is really poor. I had thought that my cancer was under control, but a check-up showed it has recurred!" Mr. Tang cannot hold back his tears anymore. A social worker who paid him a visit reported that, though Mr. Tang is only in his 50s, he looks like an old man of over 60 with his hair whiten, his body emaciated, his face wan and sallow. How merciless can illness be!

Learning of Mr. Tang's situation, SJS's Philanthropic Community Pharmacy purchased a month's supply of milk powder for him by using the donated money. Mr. With the guidance of the pharmacist, his appetite improved notably. He puts on six pounds in weight in a month's time, and his liver enzyme is restored to a level for him to resume chemotherapy. "I am grateful to the kind donors who gave me help when I was most in need. I really don't know how to thank them." Ill health has been merciless to Mr. Tang, but it has also brought him human warmth. His repeated thanks is not enough to fully express the gratitude that he feels deep down.

"My wish for the new Year? I really hope that I can overcome the cancer once again. I don't want my wife and son to worry about me anymore. As the head of the family, I want to bear the responsibility of being a husband and a father. I want to make a contribution to the family, and lessen the pressure on my wife." No one expects to be struck by cancer; but if it strikes, one can only face it with a positive attitude. Grateful for the real and solid help given him, Mr. Tang is hopeful of the future.

專門的癌症營養奶粉費用高昂，非一般基層病人可以負擔。

The special milk powder for cancer patients is very expensive, which is not affordable by the patients with financial difficulties.



我們需要你的捐助
We Need Your Donation

求善款助保靈魂之窗 盼解救無錢醫病之苦

眼睛為靈魂之窗。當視力受損，看物件人影時出現模糊、扭曲和盲點，將大大影響日常生活，還記得曾家訪一位患有青光眼的長者，在樓下剛好遇上他正趕回家，他卻走錯鄰近的大廈入口，尷尬萬分。當時我想如果他是橫過馬路，以為無車駛過，後果就十分嚴重了！

患黃斑病變的長者同樣面對視力日漸下降，甚至失明的危機，但治療費高昂，令很多匱乏長者對治療計劃卻步。

何婆婆，八十歲，獨居於公屋單位。「後生個時，無錢開飯咪每日係咁做工。個陣做工廠，無咩安全設施，成日有人整傷，我就係因為一次意外，整傷條腰，當時無錢醫，塗下跌打酒，而家咪手尾長曬！」何婆婆年輕時的傷患令行動不便，加上視力日差，她鮮會外出，只長期留在家，聽聽電視節目打發時間。「我真係唔敢出街，又唔去得遠，條腰同隻眼咁，我淨係覆診先迫住要出去。」

當何婆婆在去年初被確診右眼患上黃斑病變時，她被昂貴的醫藥費嚇怕。「醫生話要我打三枝針先至有機會唔會盲。每個月打一針，一技針要八千幾蚊！我攞綜援都係得三千蚊左右，我邊有咁多錢打針！醫生咁講，咪即係叫我冇選擇，一世人都係窮，冇錢打針要我等盲，我都無法子！」說來何婆婆悲從中來，涕淚交垂。

原來何婆婆雖有子女，但他們各人遭逢坎坷，各自承受不同的壓力。「我告訴你，我唔係唔想靠個女就去搵社會幫，我個孫先前病死左……個女受到很大的打擊，傷心到要死。佢地本來都好好境，但係為左醫孫仔個病，賣左間舖，而家仲要欠人錢。而家個女去做清潔，搵得幾千蚊一個月，邊好意思問佢要錢打針。」何婆婆另有一兒子，因長期病失去工作能力，同樣靠綜援金過活。

何婆婆現時急需三枝抑制劑的醫藥費用，讓她可重拾視力，重拾活著的意志。

事實上「惠澤社區藥房」遇上不少類似何婆婆「有病無錢醫」的個案，從前因著你們的慷慨資助，為一眾病患者帶來生存的希望；今天，我們繼續呼籲大家，伸出援手，善施善款。善款款項數目不拘，支票抬頭請書：「聖雅各福祥會」，支票背面指定：「贈藥治病計劃」。施善查詢：2835-4321 或8107-8324。



Call for Donation Stop Elderly in Poverty from Becoming Blind

Eyesight problems, like blurred or distorted vision, blind spots, etc., can cause serious problems. I remembered I had once visited an elderly with glaucoma. I caught up with him when he was rushing back home. Probably because he couldn't see clearly, he mistakenly entered the building next to the one he lived. It was by no means a terrible mistake, but what if he 'mistakenly' crossed the road while a car was coming fast but he failed to see? That would be disastrous.

Macular degeneration causes vision deterioration to elderly and can lead to total blindness. Nevertheless, the high treatment cost is holding many less well-off elderly back from pursuing treatment.

80-year-old Granny Ho lives in a public housing unit by herself. "In the old days people didn't pay attention to the workplace safety. I accidentally hurt my lower back while working in a factory. I didn't go to the doctor; instead, I just rubbed the wounds regularly with medical liniments. Now I realize what price I have to pay....." The old wounds never healed and now she had trouble walking. Besides, her poor vision is another reason why she doesn't want to leave the house. "With poor eyesight and severe back pain, I don't want to be far from home. I'll leave home only when I have medical appointments."

Early last year Granny Ho was diagnosed with macular degeneration in her right eye, but she preferred not to receive treatment as the cost is simply too high. "The doctor said I have to take at least 3 injections to avoid being blind, 1 injection a month and each injection costs some \$8000! I receive only \$3000 a month from the CSSA scheme, these injections are beyond what I can afford. If I have to be blind just because I have no money, I can't do anything about it." Granny Ho broke into tears.

In fact Granny Ho did have children, but they are all grappling with their own problems. "My daughter sold her business and depleted everything she had to get her son treated but in vain. Now she has nothing left but debts and she has to work as a janitor. She earns only a few thousand dollars a month and I don't think she is able to pay for my injections." Granny Ho's another son is also a CSSA recipient himself, he was considered incapable of working due to long-term sickness.

Granny Ho is anxiously looking for funds to cover the costs of 3 inhibitor injections for her macular degeneration. In fact, we have many more clients like her in the Philanthropic Community Pharmacy who are severely sick but are not able to get adequate medical treatments due to a lack of financial means. Your generosity had helped many patients in poverty regain hope and will to live; now, we are calling again for your support. Every donation helps! Please send us a cheque made payable to "St. James' Settlement" and specify the sum for "Medical Subsidy Program". To learn more about the program, please call 2835-4321 or 81078324.

何婆婆談到自己的病和子女的困難，十分無助、非常沮喪。Granny Ho looked very upset and helpless when she talked about the problem with her right eye and the financial difficulty her children are facing.



送暖到我家

「自從老伴走了，怎會想到生活會如此的坎坷？」居於觀塘82歲的李伯伯感嘆的說。「太太幾年前離開後，我一直都獨自生活。近年健康轉差，更不幸患上心臟病以及腎病，隨身帶住個尿袋，想行遠些買餸都好困難！」

李伯體弱多病，勞碌大半生儲下的積蓄未足夠作養老之用，只得靠綜援金生活。「本來諗住同老伴相依為命，慳儉些渡過餘生。天意弄人，妻子得病先走，只剩我孤單的過日子。」李伯伯嘆說：「年關難過年過，說起來真夠失禮，冬天想買件衫保暖既錢都無，唯有咬實牙關捱冷。」李伯獨自面對空無一物的單位，那種辛酸實在不為人知。

「送暖行動2013」計劃社工經家訪後，隨即就李伯伯的困難作出呼籲，並經義工協助探訪下，為李伯送上全新的棉褸和義工親手編織的頸巾，讓李伯即時「溫暖在心頭」。「我的人生不再暗淡無光，義工咁遠從香港坐車過來，親手為我送上親手編織既棉褸同頸巾，我唔駛擔心凍親了！」

多得善長和義工的大力支持下，幸運也降臨在居於樂華邨的古伯伯身上。古伯伯平日只能依靠輪椅出入，由於單位向北的關係，風也特別大，嚴冬之時冷風颼颼讓人不禁發抖。「送暖行動2013」得知古伯伯的情況，特別為他送上禦寒棉褸以及電熱水壺，確保古伯伯可即時飲用熱水，並提供禦寒棉褸讓伯伯穿上，確保他不會因受寒而生病。

「好多謝送暖既善長善心捐贈，讓我不用再捱冷。我健康不穩，需要長期以熱水服藥，呢個熱水壺最及時有用了！」古伯伯對善長的無私捐助心存感激，希望有一天可親自表達他的感激之情。

在人生的低潮困境裡，獲得善長的關懷慰問，為李伯伯和古伯伯建立一個溫暖的安樂窩，生活重現曙光！他們都有一個心願，希望有更多善心人士捐助「送暖行動」計劃，讓更多貧病交迫的綜援長者受惠。



Bring Warmth to My Home

"How could I ever imagine life would be so miserable after my spouse died?" sighed 82-year-old Mr. Li who lives in Kwun Tong. "After my wife passed away a few years earlier, I have been living by myself. My health started to deteriorate in the recent year. Unfortunately, I suffer from heart disease and kidney disease. It's practically impossible for me to travel far way for grocery as I carry a urine bag all the time!"

Mr. Li is weak and afflicted by various diseases. His savings that he worked hard to save when young is insufficient for his old age. He has to rely on the Comprehensive Social Security Assistance (CCSA). "I was hoping I could spend my remaining years frugally with my late wife as my companion. However, she died of illness and left me behind, a living loner." Mr. Li signed, "I struggled to pull myself through year after year. It's shameful for me to admit that I can't even afford to buy clothing to keep warm. I just have to make do and put up with the cold." Mr. Li's plight is beyond imagination as he faces the empty barely furnished unit all on his own.

After a home visit by the social worker of Warmth Giving Action 2013 Program, he called for assistance on behalf of Mr. Li's difficulty. Volunteers gave Mr. Li brand new cotton filled jacket and hand-knitted scarf that brought him warmth immediately. "My life is not bleak anymore. The volunteers came all the way from Hong Kong and brought me personally a hand-knitted scarf and a cotton filled jacket. I'm not worried by the possibility of catching a cold."

Thanks to the tremendous support by benefactors and volunteers, luck also came to Mr. Koo who lives in Lok Wah Estate. Mr. Koo goes about in a wheelchair. His unit faces north and is therefore very windy. When the wind blows hard in cold winter, it makes one shiver. Warmth Giving Action 2013, having learnt of Mr. Koo's situation, gave him a cotton filled jacket and an electric thermos flask to fight against the cold. Now that Mr. Koo has warm water to drink and a jacket to wear, he won't get sick as a result of catching a cold.

"I'm thankful for the benefactors' donations which help to keep warm. I have poor health and I need to take my medicine with warm water. This thermos flask is useful and timely indeed!" Mr. Koo is grateful for the benefactors' selfless donations. He hopes to thank them personally one day. With benefactors' care and consolation, St. James' Settlement has established a warm, cozy home for Mr. Li and Mr. Koo in life's low ebb. That lights up their lives! They hope that more benefactors will donate to the Warmth Giving Action 2013 Program so that more poor and sickly elderly in receipt of CCSA can benefit from it.

「義工親身將溫暖頸巾和棉褸送來我家，我畢生都不會忘記！」
"Benefactors have brought light of cheerfulness to my life with their generous donations!"



我們需要你的捐助
We Need Your Donation



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電熱水壺贈長者 送上溫暖的熱水

獨居於深水埗區的林伯伯，身患多種長期病患，積蓄都耗盡於醫藥上，現時每月只能依靠微薄綜援金生活。身受多種病患折磨的他，眉頭深鎖的向我們表示疾病帶來的痛苦。「我患重度支氣管炎、心臟病，糖尿等，疾病實在讓我苦不堪言。」在氣溫突然急降下，林伯曾因多次呼吸困難需入院接受治療。「醫生告訴我避免受寒，並建議我以溫水送藥。我家中有個用左差不多十年的大水煲，自己隻手又唔爭氣，唔夠力拎起來倒水，有次手無力就成煲水打瀉了，仲燙傷了腳。」林伯慨嘆不希望麻煩到身邊的人，無奈自己又無力購置一個電水壺。「老年貧病交加，只是想要一個電水壺讓我有熱水服藥，唔通都真係咁困難？」

直至上月林伯因受寒令氣管病發作需即時入院急救，經醫生和社工勸喻下，林伯最終接受地區社工的協助，申請聖雅各福群會的「送暖行動2013」計劃，為孤老貧弱的張伯送上電熱水壺。計劃並派出探訪義工細心的為林伯解釋使用上需注意的事項，讓林伯伯可以安心使用之餘，也明白如何正確使用熱水壺的煲水功能。「而家有杯溫水送藥，不再是一個奢望，真係多謝晒！」

居於土瓜灣的余婆婆，使用的電水壺內膽早已生鏽，且電線外露有漏電的危險。地區社工立即將情況告知「送暖行動2013」計劃，第二天即時送上全新的電熱水壺，讓余婆婆於寒嚴下也可享有溫水飲用，也可避免觸電的危險。「義工不顧偏遠，上門到訪為我送暖，仲提我熱水壺一定要有水才可以插電。我會好好照顧自己，聽醫生話用溫水送藥，作為報答義工的恩賜。」

「美麗生命因你的善心改寫」，靠著善長無私的付出以及時刻擁戴著對長者那份關懷體貼的心，為貧病交迫的無依長者燃點了生存的希望，賦予愛心的勇氣對抗病痛帶來的折磨，於幽暗的低潮裡為他們點燈，助勉他們積極抗病。如你也希望為獨居無依的長者送上每個\$175的電熱水壺，請將支票抬頭「聖雅各福群會」，背書「送暖行動2013」計劃，郵寄至灣仔石水渠街85號1樓105室。施善熱線：8107 8324或2835 4321。



Electrical Kettle for the Elderly

Old man Lam, living alone in Shum Shui Po and suffering from multiple chronic illnesses, now relies on the humble CSSA for his living after exhausting his savings on medication. Plagued by illnesses he frowned and sadly told us the pain of his suffering, "I have severe bronchitis, heart disease and diabetes and the misery is beyond all descriptions." He has been hospitalized on a number of occasions for breathing difficulty when the temperature fell sharply. "The doctor told me to avoid the cold and suggested me taking the medication with warm water. I use to have a big ten years old kettle at home, but my hands are weak and shaky that unable picking it up to pour. Once I tipped the kettle then the hot water scalded my legs." While not wishing to bother other people, he lacks the money buying an electrical kettle. "Being old and beset by poverty and illnesses, I long for an electrical kettle for warm water taking my medication. Shouldn't that be so difficult?"

It was last month when he was taken to the hospital emergency ward for cold stricken bronchitis; and under advices of the doctor and medical social worker, he finally accepted the social worker's assistance applying for the "Warmth Giving Action 2013" of SJS and was given an electrical kettle. We dispatched to his home a volunteer worker explaining to him in detail, functions and proper use of the electrical thermos. "Now having warm water for my medication is no longer a lavish wish, thanks a lot!"

Grannie Yu, living in To Kwa Wan, uses an electrical kettle with corroded internal and exposed leaky wiring. The district social worker upon learning her situation promptly sought help from the "Warmth Giving Action 2013" and we delivered her a brand new electrical kettle giving her warm water without risk of exposure to electrical hazard. "The volunteer worker came to my place to give me warmth and told me to fill it with water before plugging in. I shall take good care of myself sticking to the doctor's advice and taking my medication with warm water so as to repay the kindness of the volunteer worker."

Life can never be so beautifully without your benevolence and kindness. Thanks to the selfless giving and all time heartily care of you, our benefactors. It has rekindled the will of the poor, sick and lonely elders to survive and to stave off their pain and suffering. To them, it is a light in darkness at the low of their life helping them to actively fight against their illnesses. Should you wish to give these lonely elder a \$175 electrical kettle, please send your cheque, beneficiary "St. James' Settlement" and earmark on its back specified for "Warmth Giving Action 2013", mailing to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 8107 8324 or 2835 4321.

「多謝善長的關懷，我終有熱水送藥了。」

"Thanks to the benefactors, finally I have hot water to take my medication."



一部洗衣機安裝工程 去孤獨老人洗衣煩惱

羅婆婆現獨居於公共屋邨，入伙十多年，原與丈夫同住，惜丈夫去年過身，夫婦二人沒有子女，加上在港並無親人，偌大的單位常感到冷清，幸有社區支援及與朋友聯繫，羅婆婆告訴我們：「日子過得還可以，平時都有同啲朋友電話聯絡……如果對腳冇咁痛就會落多啲街。」羅婆婆在年青時是個十分活躍的女孩子，經常到處參加活動，做義工幫助他人，老來因腳患影響，無法再行動自如，因此也沒有再做義工了。

羅婆婆是泰國人，來港三十多年，說得一口流俐的廣東話，性格開朗，惟因膝患影響行動不便，較少外出。以往習慣手洗衣物，她表示這較省水；可惜，現在再不能蹲下來，也不能長時間站立，所以不能再自己洗衫。經區內社工轉介後向本機構之「電器贈長者」計劃申請洗衣機。經工作員家訪後，發現單位廚房內並沒有設置洗衣機電源掣，也沒有水喉等設施，於是便再轉介由「長者家居維修服務」之義工師傅家訪作詳細了解，研究按裝電掣及水喉的可行性，經義工師傅評估後，認為可以跟進，於是工程安排在洗衣機送達後裝設電力裝置及接駁水喉。

工程當日，義工師傅在廚房內安裝拖板、接駁喉管及安裝水龍頭，經測試一齊正常後，便教導羅婆婆使用，當下羅婆婆開心得立即把污衣放入洗衣機，看洗衣機啟用。羅婆婆連聲多謝義工師傅及捐贈洗衣機的善長，「多謝晒大家的幫忙，我只係一個孤獨老人，難得你們沒有忘記我，洗衣問題一直困擾住我，而家我唔擔心，多謝你們的大恩大德。」羅婆婆連聲向義工道謝。

地區轉介社工的角色在每一個申請個案中是十分重要的，他在處理申請時，不單要留意申請的電器，還了解實際的安裝可行性，在遇有問題時與我們多作溝通。如羅婆婆的個案，其本是申請洗衣機，惟實際情況是需相關的配套設施，故此轉介社工在處理申請中亦會作出協調，聯絡義工裝設電力及水喉設備，以便長者能夠「物有所用」，改善家居生活狀況。



Washing Machine Installed No More Laundry Problem

Grandma Lo lives by herself in a public housing unit. She moved in more than ten years ago with her husband, but he passed away last year. Childless and having no kin in Hong Kong, she feels lonely and deserted in her home. Fortunately, she has community support and keeps in touch with friends. She told us, "Life is fine. I keep regular contact with friends by phone..... I used to go out more when my legs don't feel much pain." An active girl in her youth, she used to take part in many activities, and did volunteer work in helping others. In her old age, her ailing legs have put a constraint on her movement and she can no longer do volunteer works.

Grandma Lo is from Thailand. She came to Hong Kong more than 30 years ago and speaks fluent Cantonese. Despite her cheerful nature, she seldom goes out now because of her knee trouble. She used to do her laundry by hand, saying it saves water. But she can no longer squat down or stand on her two feet for long. This means she can no longer do the laundry as before. She applied for a washing machine, and a district social worker referred her application to our "Electrical Appliances for the Elderly program". A house visit revealed that there was no electric outlet or water pipe in her kitchen for the washer. The case was passed on to a volunteer of our "Elderly Home Maintenance Services" to explore if an electric outlet and a water pipe can be installed. His assessment was positive. Thus, the installation of necessary fixtures was then arranged.

On the day of the installation, the volunteer worker fixed an extension socket in the kitchen, ran a water pipe and installed a faucet. After testing to ensure everything was running well, he taught Grandma Lo how to use the washer. She was so delighted that she immediately loaded the machine with dirty clothes. When the washing machine started working, Grandma Lo repeatedly thanked the volunteer worker and the donor of the machine. "I want to thank all of you for your help. I am only a lonely old person. You are so kind not to forget me. Now I need no longer worry about doing my laundry, which has been a big problem for me. Thank you for your kindness." She kept repeating her thanks to our volunteer worker.

The district social worker plays an important part in every application. In handling the application, he/she not only has to pay attention to the electrical appliance applied for, but must also have to get an understanding of the feasibility of making the installation, and to communicate with us when problems arise. In the case of Grandma Lo, the basic application was for a washing machine, but the actual situation called for supporting facilities. Therefore, the social worker also coordinated with the volunteer worker to install electrical and water pipe fixtures, making it possible for the elderly client to really make use of the appliance and live better.

羅婆婆見洗衣機安裝妥當，在接上水源及電力後即試用，感到十分高興。
By seeing the completed installation of the washing machine, Grandma Law feels very happy and makes an immediate try.



我們需要你的捐助
We Need Your Donation

急需善款 助長者上樓

眨眼間一年又就快過去了，回望2012年，「長者家居維修服務」走過很多大型屋苑和村屋，牛頭角下邨、黃大仙區的東匯邨、石硤尾邨、長沙灣區的元州邨、紅磡邨、打鼓嶺、古洞、長洲、東涌和西貢等等，還有無數以及個別屋邨仍有長者遷入新居。除了要協助他們鋪設膠地板外，為長者安裝窗簾路軌、毛巾架、扶手等設施，已是基本的入伙安全設施。

「長者家居維修服務」主要是服務獨居、兩老、缺乏支援以至無依無靠、資源匱乏的長者，而處理的申請個案中，絕大多數都是依靠綜援金生活，其餘是依靠高齡津貼及僅餘的積蓄生活，鋪設膠地板以至安裝窗簾等均對他們構成一定的經濟壓力，故此實有賴計劃去滿足他們的實際需要，讓他們安居樂業之餘，亦可安享晚年。同時，計劃亦會服務有需要的殘疾人士，減省了他們處理新居入伙裝修事宜。

受惠者表示得「家居維修服務」協助鋪設膠地板，減輕了他們的經濟負擔之餘，亦構建了一個安全美觀的生活環境；而患有呼吸管道的長者曾為石屎地面難以清理塵埃而煩惱不安，鋪設了膠地板之後表示容易清潔打理，避免了塵埃積聚而影響健康，不安情緒亦得紓緩，加上膠地板有防滑功能，亦減少了滑倒之家居意外。

「長者家居維修服務」全由捐款支持，早期申請蘋果基金的善款已經用畢，來年實在急需善款應付材料之開支。現時，平均每戶建材需要 \$500，現希望為80戶長者籌務經費，盼善心長者加以援手。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：2835-4321或8107-8324。



Urgent Need for Donations To Help Elderly Settle into Newly Allocated Public Housing Units

A year passes quickly during which time our “Elderly Home Maintenance Services” have helped many elderly to move into large estates and village houses, like Ngau Tau Kok Lower Estate, Wong Tai Sin District, Shek Kip Mei Estate, Yuen Chau Estate, Hung Hom Estate, Ta Ku Ling, Ku Tung, Cheung Chau, Tung Chung and Sai Kung, etc., as well as other individual estates. We have assisted them by laying plastic floor tiles, installing curtain rails, towel racks, handrails together with many other personal safety features.

The “Elderly Home Maintenance Services” mainly targets help for the elderly living alone, old aged couples or disabled who lack support or other resources. Most of the recipients live on government Comprehensive Social Security Assistance (CSSA), old age allowance or their limited savings and they do not have sufficient funds to pay for such installations. Therefore, they appreciate the service provided by our Elderly Home Maintenance team.

One of the beneficiaries commented that the “Elderly Home Maintenance Services” lightened his burden on the expense of laying plastic floor tiles at home. The work not only makes his flat more homely but also reduces his bronchitis cough as a tiled floor traps less dust which triggers his coughing. In addition, the non-slippery flooring also prevents him from slipping and reduces the likelihood of related household accidents.

The “Elderly Home Maintenance Services” is run entirely by private donations and the previous funding provided by the Apple Daily Charity Fund is now almost depleted. We are now in urgent need of on-going donations to maintain the services and we aim to help 80 households during the year ahead. Average installation work for each household costs approximately \$500. We hereby appeal for donors to help the deprived elderly and request donations in the form of crossed cheque made payable to “St. James’ Settlement” and marked “Elderly Home Maintenance Services” on the back of the cheque. For inquiries, please call 2835-4321 or 8107-8324.

每戶建材需善款約\$500，包括一些基本的入伙安全設施，如鋪設膠地板、安裝窗簾路軌、毛巾架及扶手等設施。

The approximated donation needed for each household is \$500, including some basic safety features like laying plastic floor tiles, installing curtain rails, towel racks, handrails and etc.



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追求健康者言

眾所周知，本會自1991年開始，為推動社會人士對健康的關注，提高對身體機能轉變的認識，及早對疾患的預防及治理，以及培養一健康生活模式，以助建立健康生活的人生，故每月特邀請有關專科醫生至少舉辦三次以上的專題健康，在有關贊助機構的資助下，於港九新界各區，免費為廣大追求健康的市民服務。

事實上，由於此健康推廣活動已有15年，每次均由專科醫生主持，每次均有近三百名市民參加，且聽以下一些參加者的意見：

「睇書都無咁傳神，有醫生專人為你講解。」

「講座直接簡單而到肉，絕無書本般轉彎抹角。」

「睇醫生問症都無咁詳細，成個鐘講俾你聽，要好多錢呀。」

「針對我們的需要，重會有問必答，耐心講解添。」

「健康知識，即係生活知識，係人都要健康、都要生活啦，兩者都要得。」

「參加講座，只要花兩小時，既有益、又健康，點解唔參加？」

「預早知道健康常識，除可用作維持健康生活模式，預防疾患；遇有不適或患病時，也知道如何治理。」

「總之，好過在家納悶或坐公園啦！」

每次講座我們均會構思不同健康課題，包括呼吸系統、心臟血管、神經系統、腸胃、內分泌、泌尿系統、關節、眼睛、皮膚、肢體、婦科、精神、癌症等疾病的成因、病徵、治療、護理與預防等。你可有興趣贊助或參加嗎？追求健康的你可進入 www.thevoice.org.hk 瀏覽。



Pursue For Good Health

As commonly known, we will organize health talk covering various topics of health issue regularly at least thrice a month in different districts in Hong Kong with commercial firms' support since 1991. This serves to help Hong Kong people who are thirsty to get information on how to live a healthy life! They are educated to raise their general knowledge on common illness seen in Hong Kong; and to encourage a healthy mode of living which will strongly prevent sickness.

In fact, this kind of health promotion activities has been organized for more than 15 years. Each time the seminar is hosted by diplomats and more than 300 participants have attended each time. Here below are extracts from attendants:

"It would be more realistic to have explanation from doctors face to face than reading books."

"We can raise questions instantly during the talk. It's more direct and easy to understand than reading books"

"It is very costly if we consult doctors by appointment but here is free of charge."

"Topics are mostly our concern and questions are explained into details."

"Health knowledge is important to life. Both health and life are important to us."

"Why not to attend? The talk just lasts for two hours and then we can acquire knowledge to maintain good health."

"To get health knowledge in advance can help us to prepare for a healthy mode of living, to avoid sickness and to know even how to cure when we got ill!"

"It must be better than stay at home or go to park!"

Topics are designed to cater different health perspectives. Tailored contents try to cover as much as possible the general cause, symptoms, treatment and protection of common health problems found, such as respiration, heart, nerve, digestion, secretions, respiration, urinary system, joints, sight, skin, limbs, gynecology, mental, cancer and etc. Are you interested in joining us? If you are interested, you can visit our website: www.thevoice.org.hk for more information.

記下重要資料，是很多追求健康參加者的習慣。

Jotting down important information is a common habit of participants who are eager to pursue for good health.



身同感受 捐助同路人

本會的《惠澤社區藥房》自2009年「藥物名冊」推出後應運而起，透過各界善長的支持惠助，期望以不同的藥物資助計劃，幫助病患者於經濟困難中能得到最適切之藥物治療，及早控制病情。有關慈惠計劃不但減輕了病患者因服食自費的藥物而帶來的沉重經濟負擔，更重要是燃點了他們的生存鬥志，於病患的路途上得到精神的支持！當中，就有受惠者因於消極困頓中身同感受到善長的支持，不但重新面對艱辛的治療，更踏上助人之路。

五十多歲的陳女士，為中產階層人士，故縱然早年丈夫離逝，生活尚算可以；不過，自年多前陳女士被醫生診斷患上慢性血癌，每月需要支付三萬元的自費藥物費用後，她的生活漸漸起了變化。起初，陳女士尚可勉強支付藥費，然而，治療令她身體虛弱不能外出工作，而月復月的藥費支出，亦令陳女士開始為未來的生活擔憂。故此，陳女士打算放棄治療，當人放下求生念頭，意志也隨之消極起來，同時對生活任何事也提不起勁。直至到一天，陳女士輾轉下得知《惠澤社區藥房》的服務，經初次見面評估，最終每月可以較優惠價自購藥物，這大大減輕了陳女士一半的藥費支出。

陳女士經歷自身面對病魔的威脅，於抗癌路上得著支持，真正體驗到絕路上獲善心人施予援手的震撼：「在生命的低谷時，D錢用左去醫病之後，生活都唔知點算，當時我認真諗過放棄唔醫架啦！不過我好好，真的好好彩遇上你地，不但有善長幫輕左我D藥費，藥劑師陳小姐每一次都不斷鼓勵我同關心我，呢D都令我重新有番生存的希望。係呢段時間，我深深感受當癌病真係好恐怖，面對個病人真的變得好渺小；但係，原來每一個人少少的付出，真係可以幫到好多有需要的人。就憑著『人幫我，我幫人！』呢句老套話，加上真係無人知道將來會發生咩事，所以，縱然我而家有病，但過左個難關後尚叫有一點點能力，我都好想盡一分力，將自己不幸中的『大幸』再傳開去，幫助鼓勵其他有需要的病人。」……「我自己係病患者，亦都將近係一位長者，好明白寒冬對老人病患者黎講係一個很大既難關同威脅。所以，我特登係大陸訂製左一批全棉內衣，希望可以送比D有病既長者，希望佢地有個強壯的身體，咁先可以繼續接受治療，所以，我希望大家都可以平平安安過冬啦！仲有，這批棉衣係我親自設計，特登係棉衣內層加左個袋仔，你知啦，老人家最鍾意架嘛！」

陳女士於在經歷大家善長的援助後，身同感受，並開始助人之路，亦因自身的經歷更明白受患者的需要，她早於寒冬來臨前的兩個月訂製全棉內衣，於十一月送抵本會，她心願是希望在這個寒冬中把溫暖送給帶給每一位有需要的人！



Sharing with the Same Experience So to Make Donation for Them

Since the launch of the "HA Drug Formulary", our Philanthropic Community Pharmacy was then established. With the kind donations, the Pharmacy hopes to help patients who are in financial difficulties in acquiring proper and immediate medical treatment. In addition to release the financial burden of those patients, it is also important for this Charity Project to give mental support for the patients in rebuilding their hopes of living. By experiencing the kind help from donors in her difficult time in life, some patients not only regain courage to face the treatment, but also begin the life of being a donor:

Ms. Chan, around fifty years old, is the middle class group. Though her husband has passed away, she can still maintain her life quite well. However, her life began to change when she was diagnosed of having Chronic Blood Cancer. Because of the cancer, she has to pay for thirty thousand medication expense each month. At first, the medication fee was still affordable; however, with the health being weakened from times to times, Ms. Chan was not able to continuous her work and the heavy medication expense has then become her great worries in living. Facing the difficulties, she planned to give up treatment and became very pessimistic towards life. But luckily, she finally gets in touch with the Philanthropic Community Pharmacy; and after the assessment, she can now purchase the medication in a half price.

Ms. Chan has experienced the threat of diseases, she has also experienced the importance of the kind help from donors in maintaining her life, "In the worst time of my life, I have no ideas of how to continuous my living if all my money has been used for medication; thus, I really thought of giving up! But I am so lucky to know the Pharmacy that there are not only kind donors in releasing my heavy medication expense; every time I come to meet Pharmacist Ms. Chan, she keeps on give caring and encourage to me. All these make me regain the hope of living. In this period of time, I experienced the terror of cancer; more importantly, I experienced the truth that just a little help from different people can actually help many people in need. With the belief of the old saying that 'You help me, and I help you', I really hope to give an effort too! No one knows what will be going on in future; thus, I want to share my 'luck' in encouraging other patients in need." "I am a patient, I am also an elderly-to-be, so I totally understand the cold is a great threat for an old patient in the winter. As a result, I specially made order of some cotton underwear for elderly patients. Only by having a good health can they continuous the treatment; and I hope all of them can safely pass the cold winter this year. One more point, the underwear is specially designed by me of having a little pocket inside, which totally fit the habit of elderly!"

By receiving the assistance of donors, Ms. Chan understands the importance of "giving" for a person in need and hence starts her life in "giving". Two months before this winter, she specially ordered some cotton underwear for elderly patients in a hope to bring warmth for every people in need in this cold winter.

陳女士捐贈的全棉內衣將於此寒冬為匱乏長病者帶來溫暖。
The cotton underwear can provide warmth for those poor elderly and patients in this cold winter.



善用「電器贈長者計劃」 集社會資源之大成 為獨老提供合適電器

Make Good Use of the Social Resource To Provide Suitable Electrical Appliances for the Elderly

問：見長者上公屋連一個電熱水爐也沒有，實在很難想像他們燒熱水沖涼的生活。我家剛更換熱水爐，你們可以轉贈長者嗎？

Q: I once know that the elderly has nothing, even a water heater, with them when moving into the new public housing estate. It is really hard for them to bath by boiling water! I have just purchased a new one in my house, do you think is it possible to give my old one to those elderly?

答：非常感謝你對獨居無依長者的關懷，特別在嚴冬，有的長者仍是冒著燙傷的危險，解決個人衛生的問題。由於電熱水爐是較大型的家居裝置，在安裝上是需要有指定的技術人員負責，過去因著電熱水爐問題也發生過一些意外，所以，基於安全的大前題下，至現時為止我們只會運用善款購買一手的電熱水爐送給長者。從轉介社工的申請中，不論是鄉郊或是大型公共屋邨，都有不少的申請者，可見需求十分之大。故此，大家會在慈惠月報中經常見到我們的呼籲，而實際上一個電熱水爐連安裝價錢要二千多元左右，對一般基層一士來說，不是可以負責得來。

A: Thanks a lot for your care to those alone elderly. Especially in winter, there is risk for them to boil water for keeping their self hygiene. Since the water heater is a type of electrical appliances with larger size, a qualified technician is needed for installation. In the past, there are accidents caused water heater; thus, up till now, we will just purchase a brand new water heater by our donations for the elderly due to the safety reason. As shown by the referral applications, the need for a water heater is great that there are cases from all aspects, like rural area or public housing estate. Because of this, I believe all of you notice that we have to make appeals for a water heater quite often. In fact, installation for a water heater costs two thousand something which is definitely not affordable by the low income class.

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問：我是地區轉介社工，我想為長者申請電鬚刨、抽油煙機、熨斗等家電，為甚麼「電器贈長者」沒有這些電器可以供長者申請？

※ ※ ※ ※ ※ ※ ※

答：長者的日常生活需要的物品實在有不少，「電器贈長者」計劃旨在幫助獨居兩老、領綜援金或低收入者提供基本電器，當中包括大型家電，如雪櫃、洗衣機、電視機和電熱水爐等。這些都是就長者在飲食衛生、個人衛生及閒聊娛樂方面作出回應；而對外聯繫的有大字粒電話，按天氣轉變而需用的風扇或暖爐，煮食用的工具有電磁爐和電飯爐等。經過多年來的經驗，這些都一般長者居所的基本和必需家電，加上本計劃全賴善款運作，資源始終有限。同時，知道政府及坊間亦有一些基金是幫助長者改善家居生活需要，希望社工可就各基金資源，為長者申請適切的物資，助他們可以在社區繼續安居生活。

Q: I am referral worker. I want to apply the razor, range hood, iron and etc for the elderly; however, why those items are not included in the EAE program?

A: Many electrical appliances are needed for an elder's living; and the EAE Program aims to provide the living alone elders, CSSA or low income cases with the basic appliances, like fridge, washing machine, television, water heater and etc. Those items are chosen concerning the service target's need in catering and personal hygiene or leisure entertainment. In addition, there are also items such as big button speakerphone for them to connect with outside world, fan or ceramic heater for the weather changes or induction cooker and normal cooker for cooking. From our past experience, the above items are all the basic and necessary items needed. Moreover, since our program operation relies on donation, we have to make good use of the limited resources. In fact, there are also different funding by government or other NGOs in improving the living environment for the elderly; thus, we wish social workers can explore and make good use of those funding with an united aim to provide a safe and comfortable living for the elderly.



「電器贈長者計劃」期望善用捐款，為有需要的無依長早提供基本電器，以改善生活。
The Electrical Appliances for the Elderly Program hopes to make good use of our donation in providing the needy elderly all the basic needed items for living improvement.

糖尿病人對胰島素誤解多

本港目前有七十萬名糖尿病人，但只有近兩成正接受胰島素治療，比率較中國、韓國及新加坡等為低。聖雅各福群會於今年五至六月訪問近二百八十名糖尿病人，發現四成三病人誤以為注射胰島素意味病情已到末期、無藥可救；四成五則認為胰島素療程為生活帶來不便；三成及一成七病人更分別認為打胰島素針好痛及會上癮。有糖尿病專科醫生指出，糖尿病人應及早注意控制血糖，有需要時便以口服藥及胰島素針雙管齊下，否則錯過五至七年黃金期後將難以控制。

聖雅各福群會調查亦發現，年紀愈大、教育程度愈低及病情嚴重者，愈易因為誤解而抗拒注射胰島素。將軍澳醫院內科部門主管劉業添指出，目前醫院管理局跟進的糖尿病人中，只有三成三人在控制水平內，糖化血紅素達到低於百分之七的標準。他強調，注射胰島素可將糖化血紅素值下降一點五至三點五個百分點，比單靠改善生活（下降一至兩個百分點）或口服藥物（下降〇點五至一點五個百分點）更有效。而血糖值每下降一個百分點，病人截肢或死於周邊血管疾病的風險會大減四成三。

新式注射筆痛楚不大

現年七十四歲的徐伯有廿二年糖尿病史，並於零四年起注射胰島素。他謂過去容易忘記服藥，現時早晚一針較易管理；而且新式注射筆針頭只有五毫米長，不會造成太大痛楚，勸喻病友克服怕痛心理接受療程。

現時部分胰島素屬自費藥物，病人每月耗費約二百五十元。聖雅各福群會於上月獲得一百萬元贊助，向一百名有經濟困難或六十五歲以上無收入的二型糖尿病人提供三年免費針藥，其他糖尿病者向該會購買胰島素亦可獲一百元折扣。詳情可致電2831 3289查詢。



Diabetes Misconception On Insulin

There are now some 700,000 diabetes in Hong Kong and only 20% of them getting insulin treatment, rate is low comparing with that of China, Korea and Singapore. SJS surveyed 280 diabetes last May AND June finding that 43% of the patients deemed insulin injection being terminal in the illness and incurable; 45% considered insulin treatment bringing inconvenience to their livelihood; 31% and 17% felt insulin injection very painful and addictive, respectively. Diabetes specialists pointed out that patients should seek early control of their blood sugar level, taking simultaneous oral insulin dose and injection when necessary, else they could miss the golden five to seven years opportunity beyond which would become uncontrollable.

SJS survey has also found that those with advanced age, low in education level and already in serious conditions are more prone to the misconception and refuse insulin injection. Lau Yip Tim, doctor in charge of internal medicine department of Tsang Kwun O Hospital pointed out that only one third of diabetes patients under the care of the Hospital Authority fall within the controllable level that the HBA1C is under the standard which is 7%. He also emphasized that insulin injection can bring such value down by 1.5-3.5% which is more effective than improvement by dietary means (1-2%) or by oral doses (0.5-1.5%). With lowering of each percentage point of the said value, risk of lower limbs amputation or fatality due to peripheral arterial diseases will be lowered by 43%.

New Type Injection Without Pain

74 years old Mr. Chui has had diabetes for 22 years and began taking insulin injection since 2004. He said that he used to forget taking the medicine on time. Now with one injection each in the morning and in the evening is easier for him to manage. The new injection needle is only 5 mm long and does not cause too much pain. He advises other patients to overcome the pain fear by taking psychological therapy.

At the moment, some insulin drugs fall under the self-purchase medication category and the patients have to pay some HK\$250 a month for it. SJS has received last month HK\$1 million to sponsor free 3 years' insulin injection for 100 diabetes type II patients who are in financial difficulty or aged 65 and over without income. Other patients can buy the same with a HK\$100 saving. Please call 2831 3289 for more detail information.



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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Those who give never want; those who choose to ignore get blame.