

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



一三年五月份 MAY 2013

網址 Website: www.thevoice.org.hk



社工的話
Social Worker's Remark

員工薪酬從何而來?

Who Pays For Our Staff?

隨著政府對社會福利機構資助形式的轉變，很多社會服務都需要經過投標才有機會得到營辦權，又因一筆過撥款後，機構在要持續發展時，特別是服務需要擴展，便要靠籌款活動，才能支持龐大的開支。

對於慈惠服務來說，是在沒有政府資助下運作的服務，當年開拓是在於同事敏感弱勢社群的需要而應運而生，全賴善長的捐款及申請不同基金支持。最近，有善長關心有關捐款會否用作同事薪酬？又或是關心同事的薪酬究竟從何而來？

善長的關心是十分正確的，沒有人服務就做不來，有幾多材料，有幾多電器，欠了專業同事，就會在與轉介社工溝通、評估、記錄、聯系義工及發掘社資源等各方面都做不來。現時，「長者家居維修服務」、「惠澤社區藥房」和「松柏之聲」的人力支出，都是靠申請不同基金而來，如公益金或其他公司或個人基金等。至於「電器贈長者計劃」，就有賴一些樂意捐助行政費用的善長幫忙。

曾親身來過我們單位的善長會更明白到，我們慈惠服務的人手是十分緊張的，並且多是ONE MAN BAND，又或一個同事身兼不同工作，希望藉以減低對個別服務計劃的壓力；所以，如要再開拓新服務，每每就需要申請新的資源。

我們面對著的困難是每年均要為員工薪酬來源而張羅，加上隨著經驗增加，同事也應有相應調整的薪酬，我們期望同事在辛苦背後也獲得貼近社福市場的回報。期望有感動的善長支持服務中的行政費用開支，各位只要在善施時列明清楚便可。

Since the subsidy style from the government changes the operating right for many social services is on tender basis. In addition to the one-time subsidy, the sustainable development of NGO, especially for the expansion of specific program, has to rely on fund raising activities to support the enormous expenditure.

Our Charity Projects are with no government subsidy. The projects are launched and developed by colleagues who are sensitive to the needs of the disadvantaged social groups and by the support of benefactors' donations to various funds. Recently, certain benefactors raised the question whether such contributions are used for colleagues' salary? Or who pays for the salary of our colleagues?

Benefactors' concern is all valid as the services cannot be operated without "manpower". Without professional colleagues, no matter how many material and appliances we have, the work of communicating with the referral social workers, evaluation, making record, liaison with volunteer workers and development of social resources cannot be done. At the moment, the manpower costs for "Elderly Home Maintenance Services", "Philanthropic Community Pharmacy" and "The Voice" come from various funding, such as The Community Chest or corporate and individual funders. While for the "Electrical Appliances for Elderly Program", the costs relies on the donation from certain well-wishers who are willing to donate for this purpose.

Benefactors who have visited our unit will certainly understand more on how tight our manpower is. Most of our colleagues are "ONE MAN BAND" or one colleague assumes multi-roles in order to reduce the pressure on individual service plans. Hence, we often have to apply for new resources every time we want to develop a new service.

Each year, we have to face the difficulty of gathering funding sources for the salary of our staffs. In addition, there is also need for salary adjustment to be commensurate with their experience growth. We hope to provide colleagues with salary that is close to the social service market in reward for their hard work. We wish there are benefactors who are touched to support the support the administration costs of our Charity Project. Please kindly specify clearly in the donation will do.

諸惡莫作，眾善奉行。

Stay away from evil doings. Engage in all good deeds.



患前列腺癌伯伯感謝善長 助延命可陪老伴多走日子

「沒有你們的協助，我應該等死！」黎伯緊握著太太的手，百般滋味在心頭。

黎伯80多歲，與太太居住於荃灣的公屋，無兒無女。雖然他們領取綜援過活，但生活總算安穩。可惜，於去年的某有一天，黎伯感到排尿時有點困難，起初還以為是年紀大退化而已，但之後在晚間起床如廁的次數愈來愈頻密，嚴重影響生活。在太太的陪同下，終到醫院求醫，醫生證實黎伯伯患上前列腺癌。

「我沒有埋怨天，點解自己會患上此病，我只是想用甚麼辦法去醫好這個病……我不想比太太先走一步，我要好好照顧她的一切。」黎伯夫婦是一對恩愛夫妻，互相扶持已經超過50多年，每日也會一起食早餐、做早操、煮飯等。自從黎伯出事後，太太徹夜難眠，害怕黎伯有一天會突然離開自己。

「醫生告知可注射化療針藥控制病情，以防癌症擴散，但這種藥每針約要二千元，我們每月的綜援金只能解決溫飽，豈會有多餘的金錢購買藥物？」黎伯面露無奈之情，「我好想和太太繼續行埋最後一程，你可能覺得我好貪心，大家一齊已半個世紀，但我就真的不想這麼快就離開她，我好想每日也和她說聲『我愛你』……」黎伯含著淚與我們說道。

聖雅各福群會「贈藥治病計劃」，主要資助經濟困難的人士購買藥物，打破「無錢無藥醫」的困局。就黎伯的情況，本會率先撥款約四千元協助他接受治療，希望透過藥物能控制病情，以免病情惡化。「我好感激聖雅各福群會，我知道有一班善長捐錢，透過聖雅各幫助我們這班無錢的老人家，你們的善款，不單幫我醫病咁簡單，還可以讓我陪太太多些日子，感謝！感謝！真的不知怎樣報答大家。」黎伯雙手合十，流著淚祝福各位善長「善有善報，身健安康」！



Prostate Cancer Patient's Thanks to Benevolent People For Having More Time with His Wife

"Without your help, I counting down for my death!" said old man Lai with mixed feeling while holding his wife's hand tightly.

Lai, over 80 years old, has been living in a public housing in Tsuen Wan. Having no children and living on CSSA, he is still having an uneventful livelihood. Unfortunately, one day last year, he had problem passing urine and thought it is due to aging degeneration at the beginning. However, as the number of times getting up at night going to the toilet has become more and more frequent, it seriously upset his livelihood. Accompanied by wife, he asked for treatment at the hospital and the doctor diagnosed him having the prostate cancer.

"I do not blame the providence for why having this disease. I only wish to cure the disease..... I do not wish to leave my wife behind as I want to take good care of her." Lai and his wife have been together for over 50 years, having breakfast, morning exercise and meal together every day. After the incident, Mrs. Lai has many sleepless nights for fear that Mr. Lai would depart suddenly one day.

"The doctor told me chemotherapy can get my condition under control and prevent cancer spreading. However, each dose of injection costs roughly HK\$2,000. As our monthly CSSA barely makes our ends meet, where can we get extra money for the medication?" Mr. Lai said helplessly, "I wish to be together with my wife for our final journey. You may think I am greedy. We have been together for half a century, I do not wish to leave her this soon. I hope to say 'I love you' every day....." Lai said with tears in his eyes.

The Medical Subsidy Program of SJS aims to help patients with financial difficulties in buying medication and to break the dilemma of "no money no medication". Accessing Lai's condition, a subsidy of HK\$4,000 is given to him in getting treatment. "I am really grateful to SJS. I know there is a group of benevolent people making donation through SJS in helping poor elderly like us. Their donation not only helps me for treatment, but also enables me to have more time with my wife. So much thanks! I do not know how to repay you all." Lai put his palms together with tears flowing and wishes the benevolent people be blessed and rewarded for their deeds with good health and peace.



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你也可以阻止他們 老來失明

因基因突變而引致的黃斑點病變，若果延誤治療，嚴重的話可導致失明。

七十多歲的關婆婆自從2008年就已確診患有黃斑點病變，視力模糊，看到的物件形狀和大小都會變得異常，因而影響了她的判斷力，日常生活開始要依賴身邊人去照顧。雖然，關婆婆的兩名子女均在內地生活，慶幸八十多歲的丈夫對她照顧有加。

好景不常，數個月前醫生再次為關婆婆檢查眼睛，發現眼底滲出血水，醫生建議婆婆需接受四次藥物注射治療，以延緩病情惡化。兩老一直依賴僅餘的積蓄生活，在內地的子女因經濟壓力只能提供少許的零用錢給父母，對於一次治療需負擔接近九千元的藥物，即整個療程差不多需要三萬六千元費用，這個沉重消息，確實令兩老感到十分憂心。關婆婆哭說：「眼睛朦朦朧朧都已經好長時間，老實說，我已經很早早已看不清呀伯的樣子了！我一直沒說出來，就是想捱多幾年，殊不知雙眼情況突然轉差但自己還未死！三萬多元的藥費，我真的沒有辦法，醫生話如果不打針，雙眼永遠都不會再看到東西了！」

關婆婆及後透過社工轉介求助聖雅各福群會「贈藥治病計劃」，計劃透過熱心人士的捐款，資助貧弱病患者購買昂貴的藥物，「我沒想過有班不相識的人會幫我，香港人真的很有人情味，有各善長人翁的資助，我不用失明了！」關婆婆充滿盼望地說。

對於病魔侵襲，病患者不只身體加快衰殘的現實，然而身心為藥費張羅而承受的壓力絕對不可少看。不少因病厭世的報道，死者多不想連累家人照顧和要為他們四出借錢治病。善長們您們可以為不幸的人士伸出援手嗎？現時，聖雅各福群會正有多名患有黃斑點病變的求助個案等待大家施予援助，為病患者的生命重燃光明，施善款項數目不拘，希望以集腋成裘方式，為貧弱病者施救。支票抬頭請書：「聖雅各福群會」，支票背面指定：「贈藥治病計劃」之用。施善查詢：8107 8324 或2835 4321。

To Prevent Loss of Eyesight at Old Age

If macular degeneration caused by mutation of genes is not treated in the first instant, it can result in loss of eyesight for serious cases.

Grandma Kwan, over 70, was diagnosed with macular degeneration since 2008. Her eyesight is blurred and the shape and size of objects she sees become abnormal. As a result, it affects her judgment. She started to depend on people around her to take care of her in daily life. Her son and daughter live in the mainland. Luckily, her husband, over 80, takes good care of her.

Good days were short. Several months earlier when the doctor examined Grandma Kwan's eyes, he found her lower eyelids bleeding. The doctor recommended her receive four treatments of injection plus medication to delay the symptom from deteriorating. The couple have been living on what little savings they had. Their children in mainland can only give them a little pocket money since they also live under financial pressure. The couple were worried by the bad news because one treatment costs nearly \$9,000. Totally 4 treatments will come to nearly \$36,000. Grandma Kwan said, crying, "My eyesight has been poor for a long time. Frankly, I couldn't see my husband clearly long time ago. I never talked about it because I wanted to leave it as it was for a few more years. Now my eyes got worse but I am still alive. I really haven't got \$36,000. The doctor said if I don't receive injections, I will never see again!"

Later on, Grandma Kwan sought help from St. James' Settlement's Medication Subsidy Program through her social worker. The Program subsidizes the poor and weak patients to purchase expensive medications with the help of donations from generous donors. "I never dreamt strangers would come to my help. Hong Kong people are so kind. With the help of kind donors, I have no fear of losing my eyesight!" said Grandma Kwan, full of expectation.

When attacked by diseases, the afflicted not only faces the reality of health deteriorating quickly. The stress brought by finding money for treatment should not to be overlooked. There were reports of sick people who committed suicide. They didn't want to burden their family to borrow money for treatment on top of taking care of them. Will benefactors like you give your helping hand to the unfortunate people? Presently, numerous people suffering from macular degeneration have made application to St. James' Settlement. They are waiting for your help. Please rekindle light to the sick people's lives. Any amount of donation is welcome. St. James' hopes to help the poor, weak and sick people by amalgamating funds from all parties. Make out your cheque payable to "St. James' Settlement", specifying "Medication Subsidy Program" at its back. Enquiry hotlines: 8107 8324 or 2835 4321.

「誰想到年老的時候，除了為逐漸衰退的身體擔憂外，亦要為藥費張羅而承受壓力。」

"Who will ever imagined that when one grows old, he/she not only has to worried about the deteriorating health condition, but also has to bear a great pressure in finding resource for medication expense."





難得的雪櫃

A Fridge which is Hard to Get

「沒想到晚年的自己，健康狀況會跌得咁快，難度生命已走到盡頭嗎？」居於中轉屋的黃婆婆感嘆地說。「我中風後行動時需用拐杖，加上患了肝病，時常感到疲倦，我曾經試過需要一天臥在床上。」黃婆婆離婚後，子女都拒絕與她聯絡，孤獨無依的她只能依靠微薄綜援金生活，莫說關懷探訪，家人朋友的嘘寒問暖也從沒在黃婆婆晚年的人生中感受到。

"I never dreamt that my health would deteriorate so rapidly at the onset of old age. That made me wonder if my life was coming to its end," sighed Grandma Wong who lives in an interim housing unit. "After the stroke, I have to walk with a stick. I often feel tired owing to a liver disease. I had to lie in bed for the whole day once." After Grandma Wong was divorced, her children refused to contact her. Alone with no one to depend on, she lives on the meager sum of Comprehensive Social Security Assistance (CSSA). No one visits her, even friends and relations never take care for her.

「天意弄人，家中用了十多年的雪櫃喪失冷凍功能，內壁盡是積雪，放係裡面既食物都變壞了！」黃婆婆無助的向社工嘆道。社工了解到黃婆婆因行動不便的關係，一次需買幾天餸菜，立即向「電器贈長者」計劃求助，希望盡快可餽贈性能良好的雪櫃，減輕黃婆婆每天硬著頭皮外出買菜的壓力。

"The fridge I had used for more than a decade failed to refrigerate. The interior was lined with ice. The food inside all went bad," helpless Grandma Wong said to her social worker. The social worker knew that Grandma Wong had to buy food to last for several days since she has problem getting about. The social worker sought help from St. James' Settlement's Electrical Appliances for the Elderly Program (EAE), hoping that a new fridge could be given to her as soon as possible in order to reduce Grandma Wong's stress in struggling to go out to buy food.

黃婆婆想擁有雪櫃的願望，正反映了眾多「電器贈長者」計劃輪候冊上的長者心聲，當中還包括居於離島的林婆婆。「我住係個島幾十年了，我好希望最後的日子也在這充滿回憶的家園渡過。」因林婆婆獨居，鄰居都很照顧她，直至上星期發現林婆婆的雪櫃壞了，完全不能啟動，立即聯絡當區的社工協助林婆婆的需要。「我住到咁偏遠，就算有人送雪櫃叫我去拿，我呢個老婆婆都搬唔到返黎了。」「電器贈長者」計劃考慮到林婆婆的急切需要，立即動用新界崇德社的善款為林婆婆購置一全新小型雪櫃，並協助直接將電器送到婆婆家中，解決了離島運輸的困難。

Grandma Wong's hope in owning a fridge reflects the same hope of the elderly on the EAE waiting list. Grandma Lam, who lives on the outlying island, is one of them. "I have lived on the island for several decades. I really hope I can spend my remaining years in this place which is full of memories." Grandma Lam lives on her own and her neighbors take good care of her. Last week, they found out Grandma Lam's fridge was out of work. They contacted the district social worker at once with the aim of assisting Grandma Lam to get what she needed. "I live so far away. Even if someone asks me to pick up a fridge as a present, I won't be able to bring it home." The EAE Program took into consideration the urgency of Grandma Lam's need. They bought her a brand new mini fridge with the donation from Zonta Club of the New Territories. The Program also helped to deliver the fridge to Lam's home. That solved the problem of transport on outlying islands.

數天後，黃婆婆亦欣喜的告訴社工，「個雪櫃送左黎我屋企啦，我唔駛再擔憂每日出去買餸的困難，好多謝善長人翁對老人家既細心關懷！」電器贈長者計劃在新界崇德社的資助下，讓長者不用在輪候冊上無遙期的等候，在炎夏的日子盡快獲餽贈雪櫃，讓他們得以冷藏保鮮食物，不用備受吃下變壞食物的威脅。

A few days later, Grandma Wong told her social worker happily, "The fridge was delivered to my home. I don't have to worry about going out to buy food. I am so thankful for the consideration and concern of the benefactors!" Assisted by the Zonta Club of the New Territories, the EAE Program shortened the elderly's waiting time. The program aims at giving them fridges as soon as possible. As a result, the elderly can refrigerate food items properly, thus are free from the possible danger of eating food that has gone bad.

「在人生的低潮困境裡，獲得善長的關懷慰問，讓我擁有一個如此及時的雪櫃，生活重現曙光！善長的大恩大德實在讓我無限感激！」黃婆婆和林婆婆都有一個心願，希望有更多善心人士捐助「電器贈長者」計劃，讓更多貧病交迫的綜援長者受惠。



"I appreciate the kind donors' concern and care at the low tide of my life. They light up my life with the timely refrigerator. I am infinitely grateful!" Both Grandma Wong and Grandma Lam hope that more kind people will donate to the EAE Program to benefit more sick and poor elderly who are recipients of the CSSA.

「善長的慷慨捐助，讓我的生活重現欣喜曙光。」
"Generous donation from kind people has brought light of gladness to my life."



我們需要你的捐助
We Need Your Donation

驅走炎熱 為長者送涼

香港夏天氣溫既炎熱又潮濕，對體弱多病的長者而言，一下不留神很容易中暑昏倒，嚴重者甚至有生命的危險。尤其患有慢性氣管疾病的長者，霧焗悶熱的環境會為病者造成呼吸困難、氣促等問題。有大學研究指出，香港升溫主要是受熱島效應影響，加上到處高樓大廈林立，大量使用熱能建築物料如瀝青、混凝土等，阻礙了晚間散熱，讓貧病交加、孤寡無依的長者即使在晚間的時間，也不能享有涼快的環境安眠。

六十多歲的周伯伯，破產後家人都離開了自己，只能申請綜援過活。回想起以往風光的日子，周伯伯低頭嘆息的說：「人生就像一場夢，以前的我根本沒想過今天連要把風扇都買不起！」社工到訪周伯伯的居所，是一間不足一百呎的閣樓板間房。加上周伯伯身型肥胖，房內沒有窗，社工站了一會已經滿身大汗。「身體還可以時，我都會在街上流連，或走到商場乘涼。但當痛風發病時真係連落街既力都無，只可選擇足不出戶訓係床度。我好需要一把風扇乘涼，唔係霧焗到病，要看醫生又是另一筆花費。」一把可以乘涼的風扇，對歷盡人生風浪的周伯伯而言，竟是這般的珍貴、這般的遙遠。

另一位獨居於公屋邨的鄭伯伯，家中風扇用了十多年，扇葉早已佈滿塵埃。「諗住用得唔好浪費啦！個殼已經無法蓋實，見個扇葉仲得就吹住先，無風扇真係好熱呢！」社工見到扇葉在沒有蓋的情況下轉動，實在危險非常，極力勸導伯伯更換風扇。鄭伯伯不希望花費微薄的綜援金，加上不希望麻煩身邊人，一直拒絕社工的要求。「三顧草廬」的誠意打動下，鄭伯伯終於讓社工協助申請一把風扇。「電器贈長者」計劃派出義工，到戶為鄭伯伯送上一把全新的12吋座枱風扇，並進行簡單安裝，吹風位正對著鄭伯伯的床鋪，也是鄭伯伯經常坐著的地方。我好感激善長、義工同社工對我既關心，我無人無物，無論幾十歲人都仲有人關心我。」義工更不厭其煩的勸鄭伯伯不要儲雜物，以免擋住窗口影響室內通風。「電器贈長者」計劃堅持將電器到戶送給長者，完成所有安裝。因計劃明白無依長者，最需要的還是那份來自社會大眾對無依長者的關懷和慰問。

一部12吋的座枱風扇，確實是體弱無依長者於炎夏裡的最佳良伴。聖雅各福群會正為「送涼行動」籌募善款，全港性為無依體弱及經濟困難的長者餽贈風扇，確保長者不會備受中暑的威脅，並且可讓他們時刻保持涼快。「送涼行動」預計整個夏天需協助600個體弱匱乏長者的申請，你可願意為他們伸出慷慨的援手，捐助每把價值 \$150 的小型風扇嗎？「電器贈長者計劃」亦會派出義工親身將風扇到戶送給長者，並作出安全使用的指導，確保他們用得安心。請將支票抬頭「聖雅各福群會」，背書「電器贈長者計劃一送涼行動」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。



Cooling Down for Elderly

Sultry summer weather in Hong Kong makes the frail and sickness prone elderly faint easily. It can even be fatal in some serious case. Elders with chronic bronchitis in such an environment may suffer from breathing difficulties and gasp etc. University research indicated that temperature increase in Hong Kong is mainly caused by island effect, compounded by cluster of high rise buildings and use of heat retaining materials for construction such as bitumen, concrete etc. Those are bad for heat dissipation in the evening time which provides no favourable environment for the poor sick elderly to cool down.

Old man Chow over 60 years old lives on CSSA after being bankrupt and his family also left him after then. Recalling his glorious past, he sighed, "Life is like a dream. I could never have imagined not being able to afford an electric fan before!" The social worker made a home visit to him finding that he lives in a panel partitioned room in the mezzanine floor. The room is too small for Chow who is plump; and with no windows, even the social worker was all sweating after being there for a short while. "When my health was alright, I could venture out or go to the malls for cooling down. However, I had a hard time moving around and could only sleep in bed when affected by gout. I really wish to have a fan as I do not want to get sick due to heat; else I have to spend money visiting the doctor." The wish for Chow, who have gone through ups and downs in life, to have a fan for cooling down is that much treasured and remote.

Another living alone old man Cheng has been using his fan for more than 10 years and the blades are totally covered by dust. Though the cover is broken, the blades are still able to move; thus, I keep using it otherwise it would be awfully hot!" By noticing the dangerous situation, the social worker tried to convince him in getting a new one. Cheng doesn't want to spend his own meager CSSA or to bother others; thus, he rejected the social worker's offer of a new fan. However, with the insistence and patience of the social worker, Cheng was finally convinced to apply for one. A volunteer from the EAE Program then delivered a brand new fan to his home. He also helped to installed and make sure the fan is blowing to his bed direction where he used to sit. "I am very grateful to the benevolent people and the care of volunteer and social workers. I have no friend and no kin that I never imagine someone would still care for me at this age." Even more, the volunteer also tried hard to convince Cheng no to keep unused items there to avoid blocking air flow from the window area. The EAE Program insists in sending the electrical appliances to the elderly's home as well as completing the installation as we understand the essential needs for the helpless elders are care and condolence from the community.

A 12 inches table fan is in fact the best companion for frail and helpless elderly in summer. St James' Settlement is now appealing donation for the "Fan for the Elderly Campaign" which aims to help these group of poor elderly in facing the threat of heat stroke and to provide them with a cooler environment for living. It is estimated that there will be 600 applications. Each fan costs \$150. Are you willing to extend a helping hand in donating a fan for them? The Program will deliver the fan to the elderly's home and teach them the proper way of using. Please kindly make out your cheque beneficiary "St. James' Settlement", earmarking at the back "Fan for the Elderly Campaign". Mail the cheque to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 8107 8324 or 2835 4321.

「這把小小的風扇，足夠幫我驅走炎熱，也給我涼快的晚上可以安眠了！」

"This small fan is good enough for me to drive the heat away enabling me a comfortable sleep at night!"



一個孖蘇，踢走煩惱

家住沙田的劉婆婆，因為仍用火水爐煮食，社工家訪時見到，便向本會申請一個電磁爐給她。當同事把電器送贈到劉婆婆家時，發現煮食的位置原來沒有電源。「哎呀！點算好呀？不如我都係用返個火水爐算啦……」劉婆婆由興奮的心情，漸漸變得有點失落，感覺到煮食引來危險的問題，沒有得到解決。其實，要她繼續使用那充滿危機的火水爐，她是十萬個不情願。當下，同事安慰劉婆婆，並承諾為她申請長者家居維修服務，請義工師傅來幫忙。如是者，在同事一邊的講解下，婆婆的心情又慢慢的平靜起來。

「早晨，我係沙田劉婆婆，請問幾時有師傅幫忙我拉個電掣呀？唔好意思呀，成日來煩住你們……」劉婆婆翌日就致電來查詢，可見她十分焦急，幸好義工師傅很快就抽出時間，於幾天後帶齊工具上婆婆的家準備在廚房位置加裝插頭。

義工師傅先小心觀察其環境，然後與劉婆婆商量安裝位置，務求一切都是以方便婆婆生活起居為依歸。師傅考慮到劉婆婆的身高，手可觸及的位置，然後才決定安裝孖蘇位置。

師傅一路拉電線，劉婆婆一路叫師傅飲水。轉眼間已安裝好了，劉婆婆急急腳從客廳把電磁爐拿到廚房，插上電源。「呖」的一聲，電磁爐就開著了，她也大笑起來了，十分開心。當然，劉婆婆還不忘向義工師傅道謝，「多謝師傅幫我，加了插蘇，而家唔使再用火水爐，安全好多，多謝你們呀！」

其實一個插蘇位對於很多人來說只是家中基本的東西，但對於一些行動不便、沒有經濟能力的長者來說，卻成為一份珍貴的禮物！劉婆婆接過這份禮物後，除了不忘向義工師傅道謝外，更囑咐我向每一位善長和其他的義工，說聲：「多謝！」。因為你們不單幫我改善了生活不便的地方，也送來一份對獨居老人的關心！



Kick The Trouble Away With A Double Socket

Soon after the Social Worker visited Grandma Lau who is living in Shatin, and found that she was still using the kerosene stove for cooking, she made an application to us on her behalf for a free induction stove. When our colleague delivered the stove to Grandma's home, it was found that no socket was available around the cooking area. "Ooh! What should I do? Maybe I should continue using the kerosene stove" Her excitement gradually died away as the potential hazard imposed by the kerosene stove seemed unable to be removed. Our colleague understood her reluctance to use the dangerous kerosene stove any longer and therefore comforted her with a promise that a Master Volunteer will be arranged to fix the problem. With that promise, Grandma Lau began to feel better.

"Good Morning! It's Grandma Lau from Shatin. I would like to know when your Master Volunteer is going to my place to install a socket for me. Sorry for bothering you so frequently" We got a telephone enquiry from Grandma Lau the following day, which signified her anxiety about the matter. Fortunately, our Master Volunteer managed to set aside some time to help her and went to her place after a few days bringing along with him all the necessary tools.

The Master Volunteer took a look of the place carefully and then discussed with Grandma the appropriate position to install the socket, taking into account the ways to facilitate most her using of the device. He then determined the optimum position for the socket where Grandma can easily reach.

Grandma kept reminding our Master Volunteer to take some water while he was fixing the electrical wires. The socket was installed in just a while! Grandma hastily brought the induction stove from the living room to the kitchen and had it plugged in the socket. It was then switched on with a "bic" sound, followed by Grandma's laughter. She was so happy and in no time she expressed her gratitude to our Master Volunteer, "Thank you! With the socket, I can stop using the kerosene stove, which means it's much safer when I cook. Thank you so much!"

A socket is just a basic home facility to many of us, but it will be regarded as a precious gift by those poor elderly with difficulty in moving around. Grandma Lau was grateful for this gift; she not only expressed her gratitude to the Master Volunteer, but also asked us to thank on her behalf every donor and volunteer as her living was made easier and heart-felt care was extended to her, a lone elderly.

劉婆婆展示勝利的手勢，感謝義工為她帶來家居生活的安全和便利！

Grandma Lau made a gesture of victory. She thanked our volunteer for making her living easier and safer!



「長者家居維修服務」

Elderly Home Maintenance Services

80多歲獨居的唐伯伯，領取綜援，一直在大坑的唐樓板間房居住。同屋有另外兩戶，為免與他們爭廚房及廁所使用，故一大清早就會出門，日間大部份時間在老人中心，有時返教會，晚飯由家務助理送飯。社工見他一直屈於斗室，又承受貴租，故幫他申請了「快隊上樓」，唐伯伯憶述說：「個單位之前死過人，社工問我仲要唔要，我話冇所謂，我信耶穌，甚麼也不怕。要日日同人爭仲唔開心。」為要幫唐伯伯入伙做基本家居工程，社工就為他轉介到「長者家居維修服務」。

「長者家居維修服務」接到唐伯伯的個案，新居已由房署重新油漆，唯需要地板和廁所安裝扶手，還有唐伯伯愛好畫畫和書法，在照明上加裝光管。由於唐伯伯的包租公不肯寬容以日計日形式住多幾天，故負責家居維修的社工便立即動員幾位義工，趕緊於月底前為伯伯進入伙工程。

唐伯伯見幾位義工師傅，不消幾個鐘，合力為他鋪上防滑地板、在廁所安裝扶手兩支、在大廳裝上光管和窗簾路軌，唐伯伯見一切就緒，十分開心。「我單身寡佬，一切簡簡單單就可，沒想到社會上有這樣好的服務幫老人家，好體貼！」

「長者家居維修服務」就是一門為老人家設想的服務，對於60歲以上、經濟困難、沒有子女或親人支援的長者，提供家居維修及家居安全服務，為長者締造一個安全的居所，去除因家居意外帶來傷害的危機。服務屬全港性，所有申請必須透過地區社工的轉介，並經「長者家居維修服務」負責同事審核，負責工程全為專業的三行義工師傅，他們持有多年水、電、木工各方面的工程經驗，亦懷有熱心幫人的愛心，在服務隊中很多師傅已服務了十多個年頭，有的更達二十年之久。

Grandpa Tong, 80 years old single man receiving CSSA, has been living in a panel partitioned room in Tai Hang. There are other two elders living in the same area; and they share the same kitchen and toilet. Because of this, Grandpa Tong spent most of his day time in the elderly center and sometimes in the church; at night, he relies on the meal delivery services by care helper. The living area is small and the rent is high. By noticing Tong's situation, the social worker then helped him to apply for moving in the public housing estate. Grandpa Tong's recalled his memories that, "There was person died in the unit before. Thus, the social worker asked if I would still keep moving in. I believe in God with nothing to worry. In fact, I would be even more upset of living in such a bad environment." In order to help Grandpa Tong move in the new unit, the social worker referred his case to our "Elderly Home Maintenance Services".

The new unit has been re-painted by the Hong Kong Housing Authority and Housing Department. However, Grandpa Tong still needed other's help in paving the floor, equipping the toilet with handrail as well as installing the lighting system and etc. Since his landlord didn't agree to rent the room for Tong in daily basis; thus, the worker of our "Elderly Home Maintenance Services" immediately coordinated few volunteers hoping to finish the work at the end of the month.

Less than few hours, the volunteer masters already paved the floor, installed two handrails in his toilet and fixed the lighting system and the curtain rails. Seeing the completion of the construction work, Grandpa Tong was so excited, "I am a single man living a simple life. I never thought of such a considerate service in our community in helping the elderly."

"Elderly Home Maintenance Services" is exactly a service taking the elderly into our concern. It aims to offer elderly who is over 60, having financial difficulties and with no family support with home safety maintenance. Cases from all districts are welcome. All applications have to be referred by the district social worker and assessed by worker responsible for the service. Apart from that, we also have a group of enthusiastic volunteer masters. They not only have many years' experiences in construction works; more importantly, they are all with a care heart in helping the poor elderly. Some have being helping for more than ten or even twenty years.



透過地區社工、計劃負責同事及義工師傅的合作，「長者家居維修服務」可為匱乏長者提供家居安全維修，讓他們得享一個安全的居所。

With the cooperation with district social worker, project coordinator as well as the volunteer masters, "Elderly Home Maintenance Services" can provide the poor elderly with home safety maintenance and enables them to have a safe living environment.



我們的服務
Our Service

「圓·夢」計劃

為罹患惡疾病人帶來希望與歡樂

人人都有夢？你的夢想會是甚麼？有人努力工作投資，希望盡早賺到第一桶金，然後置業結婚；有年輕人的夢想是到外闖闖，見識一下這個世界。香港是一個物質豐裕的都市，醫療、教育各方面都很完善和先進，生活條件應相當理想。或許對高學歷、經濟良好的人士來說，在這個福地生活確實不錯，但若想到我們在「惠澤社區藥房」接觸到的，那些年老體弱、活在基層邊緣的病人來說，在缺乏退休及全面醫療保障下，他們每天過著足襟見肘的生活，很難想像他們要在只談論過肥胖的孩子的城市，連食物和為治療而服用的藥物都買不起。曾見過有些老人家拾過期麵包吃，又或常常吃公仔麵；食藥方面，就把一粒藥切開分兩餐服用。所以，他們的夢不是身體健康，就是希望有餐豐富的一頓飯；如果病人還年輕，有子女的話，他們希望為子女帶來一些實際滿足。

自2009年「惠澤社區藥房」開始投入服務，走在前線的同事感受到困乏的病人不幸患上惡疾，耗盡畢生的積蓄去醫治，在身體感到疲憊，疾病引致生活帶來巨變，家庭環境霾罩著揮之不去黑雲之餘，心靈上同樣飽折磨。所以，同事們把所看見的帶到實際服務上，一起研究可有辦法為病人帶來心靈上絲絲的滿足，作為對他和家人的支持、關懷和鼓勵，而「圓·夢」計劃就是這樣應運而生。

這個計劃是以現金方式為病人達成一個小小的心願。黎女士是其中一位受患者，她曾向同事透露年幼的兒子聽到同學們去酒店享用自助餐，心底好想媽媽帶他去一次。現時的酒店自助餐動輒最少三百元一位，黎女士因病後無法工作，丈夫已不在身邊，別說是自助餐，一家連豐富一點的晚餐也沒有。同事把黎女士的心事轉達，透過「圓夢計劃」的安排，決定為黎女士一家安排一頓豐富的團年飯。當晚黎女士帶著三個孩子到酒店享用自助餐，年幼的兒子望著擺滿食物的長枱既興奮又害羞，「以前的團年飯能有一碟肉已很豐富，我真的從沒想過能帶他們三姐弟到酒店享用晚餐，真係好似發夢，一家人很長時間沒有這樣開懷大笑，眼看著孩子開心滿足，就是我作為人母的最大心願。」黎女士笑著說著。

因為疾病帶來的衝擊，使很多家庭失去歡樂，「圓·夢」計劃本意是希望提供一個途徑讓病患者與家人暫時放下生活的煩憂，好好享受一家人團聚的時間，儘管這只是一頓晚餐又或是到主題公園一天遊，其實已為很多家庭重拾久違了的歡笑，帶來無法用言語去表達的快樂。我們會繼續為好像黎女士的病人，達成心願，完成心中的夢想。



團年飯的晚上，黎女士與三名子女到酒店享用自助餐，看到孩子們的開心滿足，作為母親已感到無比的安慰。

In the year-end dinner night, Mrs. Lai enjoyed a buffet dinner with her three children on a hotel. By seeing the happiness and satisfaction of her children, Mrs. Lai is satisfied with comfort.



一三年五月份
MAY 2013
慈惠月報
The Philanthropy Monthly

“Your Dream Comes True” Project Brings Hope and Cheer to Critically Ill Patients

Everyone has dreams. What is your dream? Some people work hard and make investments, hoping to earn the first pot of gold as soon as possible, then to buy a house and get married. Some young people may dream of exploring the world outside to enrich their experience. Hong Kong is a materially wealthy city, with proper and advanced medical and education systems, so people's living conditions should be quite ideal. May be this holds true for people with high qualifications and sound financial background. However, come to think of those people whom we encounter at our “Philanthropic Community Pharmacy” --- the old and weak patients who live on the margin of the lowest tier level. Without the protection of retirement and comprehensive medical schemes, they live a life that cannot make both ends meet. It's difficult to imagine that in a city that only talks about obese children, these patients cannot afford to buy even food and medicine. We have seen some elderly people picking up and eating bread that is past its expiry date, or they often eat instant noodles; and when they take medicine, they will cut one pill in half so that they can extend the time of having to buy the medication. Therefore, their dream is either being able to enjoy good health, or to enjoy a hearty meal. If the patients are still young and have kids, they may want to satisfy the desire of their kids in physical form.

In 2009, the “Philanthropic Community Pharmacy” came into operation. Since then, our front-line staff has often been touched by cases of seriously ill and deprived patients who have used up the savings of their life time for medical treatment. In addition to experiencing physical fatigue, the illnesses of these patients have also brought about tremendous changes to their livelihood, and at the same time they feel greatly tortured psychologically. Seeing their plight, our colleagues try to explore whether there are ways to fulfill their dreams, as a form of support, care and encouragement to the patients and their families. This is how the “Your Dream Comes True” Project came into being.

Under this project, the wish of a patient will be fulfilled in the form of cash. Ms. Lai is one of the beneficiaries. She once told our staff that her young son had yearned for enjoying a hearty hotel buffet after hearing his classmates talk about their buffet experience. Deep down in his heart he would like very much that his mother could take him to have buffet just for once, but according to current prices, buffets in hotels cost at least some \$300 per head. However, Ms. Lai has been unable to work ever since she has taken ill, and her husband is no longer around. She can hardly afford a decent meal for her family, not to mention a buffet meal. Our staff related what was on Ms. Lai's mind, and with the help of “Your Dream Comes True” Project, an abundant year-end dinner was arranged for Ms. Lai and her family. That night Ms. Lai took her three children to a hotel for a buffet dinner. Her youngest son was both excited and shy when he saw the long table laid with food. “Our past year-end dinners would be considered very extravagant if we had just one dish of meat. I have never thought that I could bring my three children to a hotel for buffet dinner. It's really like having a dream. We have not been laughing so heartily for a long time. It's my biggest wish as a mother to see my children so happy and contented,” Ms. Lai smilingly said.

Many families have lost their happiness because of the shock brought about by illnesses. The intention of “Your Dream Comes True” Project is to provide a channel for patients and their families to lay aside the cares of everyday life for the time being, while enjoying the time spent with their families, even though it's only a dinner or just a day out to a theme park. This in fact has enabled many families to immerse in laughter which they have missed for a long time, and has also brought about happiness which can hardly be described by words. We will continue to fulfill the wishes and dreams of patients like Ms. Lai.



炎夏送「涼」 風扇餽贈長者

剛踏入初夏，氣溫已高達30度。預計今年夏天熱浪持續來襲，家中實在需要一把可乘涼的風扇。體弱多病的匱乏長者，沒有體力外出到冷氣商場或社區中心乘涼，無奈地被迫在家中抵受騷焗和炎熱。電風扇是唯一為他們抵抗炎熱的重要家電。

「我好怕天熱，日頭一出成30度，真係好騷焗！加上我住低層單位，想吹陣風都好難！」80歲的李婆婆向我們說。「我有退化性關節炎，出入都要拿拐杖。以前都有去中心涼下冷氣，今年開始膝頭痛得厲害，行唔到咁遠了！」不幸的遭遇，卻在炎夏的開始發生在李婆婆身上。「把風扇啲一聲突然唔轉，之後聞到有陣燻味！嚇到我即刻拔掉電制唔敢用！」沒有了唯一的風扇，李婆婆熱得汗流浹背，只能用濕毛巾不停抹身，希望藉此為身體降溫。「電器贈長者」計劃得知李婆婆的情況，立即派義工為李婆婆送上一把全新的座枱風扇，並為婆婆預備拖板，讓風扇可放置於更便利李婆婆的地方。「我好開心有把精美的風扇，陣陣涼風吹起來真的很舒適！」

同樣需要風扇乘涼，還有居於元朗鄉郊鐵皮屋的梁伯伯。未婚的梁伯伯一向自給自足，辛勞大半生工作的積蓄用畢後，現依靠微薄綜援金生活。有著「不求人」個性的梁伯伯，一向很怕麻煩別人，很少主動提出自己的需要。社工到訪梁伯伯家中，才站一會已滿身大汗。位於床頭的電風扇早已破爛不堪，連保護殼也沒有，只有扇葉在轉動，十分危險。加上鐵皮屋傳熱性甚高，日間室內氣溫超過30度，人在屋裡面會感到十分騷悶焗促。「我都唔想麻煩人，風扇壞左都無法，有時行去樹蔭坐下，晚上先敢回家。不過熱氣都未散，有時真係會熱到訓唔著的！」梁伯伯居於村幾十年，並不希望離開充滿感情的家園，搬到市區的公屋。社工於是向「電器贈長者」計劃求助，希望可為無依無靠的梁伯伯送上安全的風扇乘涼，可吹出涼風讓伯伯可於炎夏裡安眠。

「電器贈長者」計劃依靠一班經驗豐富、熱心關懷義工的協助和支持，不計較地區的偏遠性，全港性為匱乏長者送上電風扇。即使如居於鄉郊的梁伯伯，也親身進行到戶探訪，細心為長者安裝善長捐出的座枱風扇。義工更同時帶備拖板，按照長者日常坐下休息的位置，為長者安裝風扇，吹風的角度正好吹向長者，避免位置不佳減低風扇的通風功能。隨著申請長者眾多，「電器贈長者」計劃義工更分成不同小隊，為居於九龍區公屋邨、深水埗公屋邨以及新界鄉郊的匱乏長者「送涼」，更曾試過一天服務裡受惠人次超過50，「為匱乏長者送來涼風」是計劃今夏的使命！

「有左把風扇，我晚上再唔會熱到訓唔著！多謝善長同義工對我的關懷，實在畢生難忘！」梁伯伯不忘多番道謝善長的慷慨餽贈。另一位居於深水埗板間房的何伯伯則最感謝義工對細心，感動的說：「義工問我平日坐係邊度多，就特意將把風扇放好等涼風可以吹住我，我覺得佢地好似我家人一樣，關心我所需！」由善長捐贈的風扇長者一直都珍而重之，這份相遇的緣份，讓他們感受到從社區帶來的關懷與愛護。

「電器贈長者」計劃於今個炎夏為600名匱乏長者送上風扇，受惠長者來自港九新界各區，當中包括偏遠的鄉郊地區。善長對匱乏長者的無私厚愛，投入了無微不至的關懷問候，讓長者得以在炎夏裡「安居」。



Send Electrical Fans Bring Cool Breeze to Elderly

It is only early summer, yet the temperature reaches 30 °C; expectedly heat waves will keep coming throughout the season. Frail elderly on the breadline, who are too weak to escape to the air-conditioned shopping malls or community halls, are stuck at home bearing the heat. Electrical fans are indispensable for them during summer.

"I don't like the oppressive heat in summer. I lived in a low storied housing unit, I can hardly feel any wind blowing in the house," said the 80-year-old Granny Lee. "With degenerative arthritis, I have to walk with a cane. I used to go to the community hall to enjoy the air-conditioning during summer, but now I can't walk that far anymore due to the pain in my knees." This early summer Granny Lee had another mishap. "I heard a spark the other day and the fan stopped turning. Then I smelled like something burnt and I immediately unplugged the fan. I never used it since then!" Her only electrical fan being broken, Granny Lee could only keep herself cool by wiping herself with wet towels again and again. Learning her situation, the "Electrical Appliances for the Elderly Program" immediately sent volunteers over and brought her a brand new table fan. "I'm so glad. With this new fan, I can enjoy cool breeze at home again."

Uncle Leung who lived in a sheet metal house in Yuen Long was in urgent need of an electrical fan as well. Never married, Uncle Leung had lived totally on his own until recently. Having exhausted all his savings, now he subsists on a meager living allowance provided by Comprehensive Social Security Assistance Scheme. He rarely asked people for help. The social worker once paid him a home visit only to find himself completely soaked with sweat after just a while. Beside his bed there was an electrical fan with blades still turning but without covering frames, which was definitely unsafe. Room temperature in the sheet metal house during daytime is much higher than 30°C, living in such hot environments is certainly far from comfortable. "I don't want to cause troubles to other people. My fan is broken, so I stay in shade under the tree during the day and get back home only in the evenings. But it is still too hot at night sometimes and I can't sleep." Understanding that Uncle Leung doesn't want to move out from the house, the social worker referred his case to the "Electrical Appliances for the Elderly Program" for assistance. He hoped that Uncle Leung could obtain a safe electrical fan and he could sleep well at night.

Supporting the "Electrical Appliances for the Elderly Program" is a team of enthusiastic yet experienced volunteers who dedicate to help needy elderly no matter how far they live. To help Uncle Leung, our volunteers travelled a long way to Yuen Long and in their service gear there were power extension cords. They made use of power extension cords to ensure that the new fan was positioned to suit Uncle Leung's living habits and to properly improve room ventilation. This summer, we will be aligning most our efforts to send electrical fans to elderly in need, primarily those who live in public housing units in Kowloon, Shamshuipo and in remote areas in New Territories. As applications keep coming in, we split the volunteer team into smaller squads to cater for the increasing demand. At our record high we delivered and installed over 50 electrical fans within 1 day!

"Having this fan, I will have no problems falling asleep anymore. I will never forget what the benefactors and volunteers do for me, thank you!" Repeatedly Uncle Leung thanked donors and benefactors for their generosity and care. But for Uncle Ho, another elderly who lived in a partitioned flat in Shamshuipo, what he found most impressed was the volunteers' detail-mindedness. He said, "The volunteer asked me where I normally sit and accordingly they set my fan at a position where I can enjoy the cool wind blow. They cared about me like my family." The elderly donees cherish the electrical fans as the fans let them feel they are connected with other people. Through the fans they sense the care and concern from the community.

This summer the "Electrical Appliances for the Elderly Program" is going to allocate electrical fans for 600 needy elderly who come from all corners of Hong Kong, some even from remote outskirts of New Territories. As benefactors, your kindness and dedication is going to help those elderly in poverty make their homes to a comfortable place to stay in summer.

「收到一把精美的風扇，讓我好感動！陣陣涼風代表了你們對老人家的無微不至！」

"I am so touched when I get this beautiful fan! The cool breeze reminds me of your thoughtful concern for the elderly."

買藥常見問題

過去，就來藥房買藥的安排，接到不少病患者及其家人的查詢，綜合他們的疑慮，有以下一些常見問題：

問：醫生為我診斷後，給我26週藥物，唯當我預約時間，卻要兩個星期後，這兩週我已沒藥了，如何是好？

答：由於來惠澤社區藥房的病人愈來愈多，所以，一直以來我們要求每位來買藥的人士預約時間，一來確保藥劑師沒有因外出工作而令閣下白走一趟，因為根據香港法例賣處方藥物時必須經由註冊藥劑師，我們不能做犯法的事；二來我們要確保當閣下來購買藥物時，藥房內有足夠的存貨供應。故此，當你預約後，同事會按照病人的需要而訂購合適數量的藥物，但存貨上又不可超出法例對藥房規定的數目限制。在此大前提下，我們確實需要所有病人在覆診期前兩至三星期致電預約時間。

是次情況下，建議為了健康的緣故，閣下先到其他社區藥房購買藥物。而根據香港法例，一張正本的地方藥單只能在同一間藥房買藥；故此，若閣下希望暫時先在外購買藥物後，再返回本會購藥的話，則需要政府醫生發出新的藥單。

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問：我向來都是吃這種藥物，今按時間來購買藥物，唯你們的同事告訴我，這是過期藥單，不肯買藥給我，要我返醫院請醫生再開藥單，我還有4個月才覆診呢？

答：所有醫管局的醫生處方藥單的有效期為發出藥單日期起的一個月內。過去曾有長者因見家中仍多於一個月的藥物，藥單發出的一個月後才來預約，結果來到買藥時才被藥劑師發現，最終也不能賣藥給對方。在這情況下，只好向醫院解釋及由醫生重新發出藥單。所以，我們一向鼓勵病人及家屬，不論家中存有多少藥物，務必於覆診期前來預約及賣藥，除了避免藥單過期外，還有當醫生在判斷病情時，有機會建議轉藥，那就不怕趕不及買藥了。

Enquiries of Medication Purchase

We have been receiving enquiries from many patients and their families on the arrangement of buying medication in our Philanthropic Community Pharmacy. In the followings, we try to answer some of the most common questions they have

Q: I was prescribed medications for 26 weeks, but I was told that the medicine could only be available after 2 weeks. I had no medications at all in these 14 days, what should I do?

A: More and more patients are coming to us in recent years. In order to ensure our service quality, we require every patient who comes to us to pre-order medicine and make an appointment in advance for collection. We make such arrangement to make sure our pharmacist is ready to serve you when you come in rather than staying out attending to other duties; also, as stipulated in the law of Hong Kong, prescription drugs must be dispensed by registered pharmacists. Pre-ordering also helps us to ensure that we have adequate stock on the drugs you need. We are subject to strict regulatory control on the stock level of drugs we hold, so in current practice our staff will acquire the medicine in request after you place your pre-order to us. Due to all these limitations, we have to require all patients to pre-order medicine 2 – 3 weeks in advance.

In your case, we would suggest you to visit other community pharmacies to secure immediately all the medicine you need. However, the ordinance stipulates that once an original prescription is presented to one specific pharmacy, it cannot be accepted by another pharmacy. Therefore, you have to ask the doctor in the public hospital to issue another prescription to you if you want to buy medicine from other community pharmacy first and switch back to us afterwards.

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Q: I have been taking this medicine for some time but when I came in for my pre-ordered medicine, your staff told me that my prescription was expired and that I could not make purchase unless I asked the hospital to re-issue the prescription again. My next follow-up consultation is still 4 months away!

A: All prescriptions issued by Hospital Authority hospitals are only valid within 1 month after issuance. We processed cases of senior patients who reckoned they had unconsumed stock at home and therefore waited a month before they made their pre-orders. Not until they came in to collect the medicine did we discover that their prescriptions were no longer valid and we could only turn them away. In your situation, you have to explain to the hospital and ask the doctor to re-issue the prescription to you. This is also the reason why we think it is imperative for patients and their families to pre-order medicine before attending a follow-up at hospital, no matter how much stock they have at home. It would save your troubles even if the doctor reviews your latest condition and subsequently changes your prescription.

《肺癌治療多面睇》 標靶藥增晚期肺癌治療效果

肺癌是本港的頭號癌症殺手，的確不易對付，但近年在治療上出現不少突破，故此聖雅各福群會舉辦了《肺癌治療多面睇》健康講座，並邀得臨床腫瘤科專科醫生區兆基醫生作講者，提高大眾對此病的認識，透過消除「無知」，來減少對疾病的恐懼。

肺癌多於晚期確診

講座甫開始，區醫生便指出肺癌的可怕之處是早期大多是毫無徵兆，難被發現，否則便可用手術切除腫瘤，並視乎情況選擇是否配合放射治療和化療，令治療機會達五成以上。可惜大部分肺癌患者確診時已屬晚期，癌細胞擴散至身體各處，無法用手術全部清除，需以化療配合舒緩性治療，但治療效果未如理想。

肺癌治療漸精準

傳統化療和放射治療對癌細胞的針對性甚低，往往在殺死癌細胞之時也傷害正常細胞，但科技的進步不僅提高了放射治療的精確度，還發展出多種「標靶藥物」。

區醫生表示：「標靶藥物針對癌細胞特性來抗擊癌症，對其他正常細胞影響較小。因此副作用較化療輕，並能提高晚期肺癌患者的治療效果及生活質素。」如一类名為TKI標靶藥物，包括「厄洛替尼」及「吉非替尼」，通過抑制表皮生長因子受體（EGFR），來阻礙癌細胞生長，可治療帶有EGFR基因突變的晚期非小細胞肺癌患者。還有些透過阻礙癌細胞血管形成，或針對ALK基因的標靶藥物都可用於控制肺癌。

臨近講座尾聲，參加者針對肺癌治療紛紛踴躍提問，區醫生也耐心地一一作出解答，並提醒市民如出現持續咳嗽等症狀，千萬不要掉以輕心，需要及早接受診治，以防錯過治療的黃金期。



“Treatment for Liver Cancer” Target Therapy Treatment for Terminal Stage Liver Cancer

Liver Cancer represents the highest cause of death in Hong Kong. However, there has been a breakthrough in its treatment in recent years. In light of this, St. James' Settlement organized a seminar on “Liver Cancer Treatments” and invited specialist Dr. Au Siu Kei to present recent developments in the treatment of the disease.

Liver Cancer Diagnosed at the Terminal Stage

Dr. Au pointed out that Liver Cancer does not display prominent symptoms during the early stages and may be treated by surgery, aided by chemotherapy. The recovery rate is over 40%. Unfortunately, the majority of Liver Cancer cases tend not to be diagnosed until the terminal stage when the Cancer cells have commenced spreading throughout the body which is when treatment becomes difficult.

Cancer Treatment Advances

Chemotherapy and radiotherapy are the traditional treatment methods to kill Cancer cells however at the same time these treatments also kill healthy cells. The application of “Target Therapy” kills Cancer cells whilst sparing the majority of normal cells.

Dr. Au explained, “Target Therapy is less harmful to normal cells and has the advantage of less adverse side effects. This elevates the quality of life for terminal patients.” Through EGFR Epidermal Growth Factor Receptor, tyrosine kinase Inhibitor which hinders the growth of cancer cells at the terminal stage while anaplastic lymphoma kinase hinders the growth of the blood vessels in cancer cells.

The audience raised many questions at the end of the seminar which Dr. Au answered patiently. He further reminded all that constant coughing over a prolonged period should never be ignored as this might represent the onset of the disease and early detection would enable a better chance of effective treatment.



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 |

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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。

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- | | | |
|---|--|---|
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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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| <input type="checkbox"/> General use | <input type="checkbox"/> Health Promotion Activities | |

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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 祁慕潔 辛秀麗
 友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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 Friendly Printing : Ping Wai Printing Co., LTD.