



社工的話

Social Worker's Remark

## 貧老增加 禦寒工作不容怠慢

中秋過後，天氣漸漸轉涼，大家上班外出自然會加件外衣，以免著涼。在感受秋意漸涼之時，不期然也令我們想起在社會上一班孤苦無依的老人，他們究竟是怎樣面對轉冷的日子？

社聯剛公佈一項貧窮人士的調查，2012年貧窮率雖然是維持不變，但貧窮人口則由115萬1千輕微上升至116萬1千人，升幅主要來自長者組群。長者貧窮問題一直至為嚴重，貧窮率達到32.6%，長者貧窮人數為29萬8千多人。以獨居長者或同住兩老來說，每月收入分別低過\$3,750和\$8,000皆屬貧窮人。而事實上，很多老人根本是靠綜援生活，一般來說兩老金額每月不過\$6,000。

綜觀現時香港貧老面對的生活情況，非公屋住戶的要承擔昂貴的租金，曾經有長者跟我們說，縱使業主加租，他們也不敢隨意搬出，一來很多業主不想租地方給長者，搵屋很難；二來同一筆錢另找地方居住，在環境上只會愈來愈小，也愈來愈差。所以，他們都只會肉隨砧板上。又有一旦被醫生斷症需服用自費藥物，他們在保命與沒錢保命之間長期掙扎，身心靈痛苦非常；另外，在日常生活開支上，隨食材價格高漲，很多長者為買廉價食物，往往不計食物質素，又或一餐食物留幾天食用，衛生情況令人擔心。貧窮長者天天生活在水深火熱中，試問又可來有餘錢來添置衣或買熱水壺、暖爐？

每年嚴冬都是考驗著弱老貧老的生命力，曾經在一月份的日子，因受冬冬季候風影響，天氣忽然轉冷，一天之內就有超過1,000名老人按平安鐘求助，其中有111名求助者需要入院。有鑑於長者抵抗力差，特別在冬天，真擔心他們會捱不住。

本會每年在踏入冬季之時，必定呼籲一眾善心人士，捐款購買棉被、棉衣、暖風機和暖水壺等禦寒物資，送贈有需要貧老。隨著長者貧窮人數增加，相信轉介來的個案只會有增無減，盼各位善長多加幫忙。有意施善者，支票請書：「聖雅各福群會」，支票背面指定支持：「送暖行動2014」，寄往香港灣仔石水渠街85號一樓105室。施善查詢：2835 4321或8107 8324。

## Increasing Number of Poor Elderly Increasing Need in Keeping Them Warm

The weather turns increasingly cool after Mid-Autumn Festival. To avoid catching cold, people will put on a jacket when they go out. As we feel the coolness of autumn, the needy elderly in the community naturally come to our minds. How will they cope as the days turn colder and colder?

The Hong Kong Council of Social Service has just published a poverty survey. While the overall poverty rate remained the same in 2012, the population living in poverty rose slightly from 1,151,000 to 1,161,000. The rise is mainly in the elderly sector. The poverty of the elderly has always been a serious problem. Now their poverty rate has risen to 32.6% and their population has grown to 298,000. In terms of monthly income, living alone elderly getting less than \$3,750 and elderly couples getting \$8,000 are classified as poor. Actually, many elderly people subsist on Comprehensive Social Security Assistance; in general a couple receives no more than \$8,000.

Let's take a general look at the life of the poor elderly. Those not living in public housing must pay exorbitant rent. Some elderly people have told us that they dare not move house even when the landlord raises the rent. First of all, it is hard to find a new place because many landlords are unwilling to rent out to the elderly. Secondly, a new place costing the same is bound to be smaller and the environment can only be worse. Like meat on the chopping board, they are helpless. Also, once the doctor prescribes self-financed medication for them, they will be caught in a painful never-ending juggling act between staying alive and not having the means to stay alive. In addition, they are faced with rising food prices in their day-to-day life. Many elderly buy cheap foods regardless of quality, or make one meal last several days. The hygiene condition is worrisome. When life is so difficult for the poor elderly day in and day out, where can they find the extra money to buy a kettle or a heater?

Every cold winter is a severe test for the survivability of the frail and needy elderly. In one January before, the weather suddenly turned cold due to the winter monsoon. In one single day, more than 1,000 elderly people rang the Emergency Link Service and 111 of them had to be hospitalized. Their low immunity naturally raises concern over their ability to cope with the weather, especially in winter.

Every year, as winter approaches, St. James' Settlement appeals to caring members in the public for cash donations to purchase warm bedding, padded jackets, heaters, kettles and etc in keeping the needy elderly warm. Following the rise in the number of poor elderly persons, we expect to receive more referrals for assistance this winter. We hope you can help give us a helping hand. Please make your cheque payable to "St. James' Settlement", and specified on the back for "Warmth Giving Action 2014". Please mail it to St. James' Settlement, Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 2835 4321 or 8107 8324.

富有的人，應秉著憐憫的心來佈施貧窮的人。

The rich should give to the poor with compassion.



## 沒錢買藥治病兩個月 幸找到你們無施捐助

「想起當年離鄉背井帶著兩名子女來香港，為與丈夫一家團聚，子女又可得父親照顧，本想大家可以開開心心地生活。不料丈夫竟然患上這個怪病……現在的他不能單無法進食，就連一句完整句子也說不出。」徐太紅著眼地說。

65歲的徐先生剛退休，與太太、9歲及5歲的孩子在鐵皮屋居住，一家人都是依賴徐先生僅有的積蓄及太太兼職的收入維持生計。生活雖然困難，但能團聚日日相見就已感到很幸福。可惜數月前，徐先生被確診患上肌萎縮性脊髓側索硬化症，俗稱「漸凍人症」，徐先生的腦幹及脊髓的運動神經元逐漸退化，最終肌肉會逐漸萎縮。現時徐先生已沒法進食，醫生建議病人服用一種每月約四千元的自費藥物——銳力得錠(Rilutek)，以減慢神經元退化的速度；但醫生已表明此藥物並不會根治他的疾病，只能有限度延長徐先生的性命。

在徐先生患病後，徐太太已辭去工作專注照顧丈夫及年幼的子女，看著僅有的積蓄漸漸花光，徐太為家人申請綜援。可是，綜援金是不資助或補貼自費藥物的開支，徐太面對丈夫每月約四千元的藥費、每月約二千元的營養奶水、租金及年幼子女的食用等開支，她表示已全無辦法。現在，再沒有親朋戚友願意幫助他們。

「自己即使不吃不喝，把錢留給丈夫買藥及買奶水也不足夠。前陣子，女兒還哭訴說被同學嘲笑是窮人，作為一個妻子和母親，我覺得自己十分無用，自己沒有能力好好照顧家庭。」徐太不斷自責繼續說：「由於無力負擔藥費，在無辦法下丈夫已停藥接近兩個月，醫生知道後敦促他應馬上服藥，否則病情會更加嚴重，但是我真的無辦法。在我們最無助的時候，幸好有社工的幫助，介紹我們認識聖雅各福群會的『贈藥治病計劃』，經審批後計劃資助丈夫藥費，又送我們營養福袋。這個『營養福袋餽贈計劃』可幫到丈夫所需的營養奶水，大大幫助他補充身體所需營養。工作人員告訴我，原來是善長背後的捐錢來幫助，我真的感激善心人，也十分感謝聖雅各福群會的幫忙。在絕望中扶我們一把，明白日後我們仍要面對不同的困難，但我們會繼續硬著頭皮撐下！」

徐太的家庭在遭逢不幸的時候，有賴大家的幫忙，她的丈夫才可繼續服藥，一家人可望多些日子相處。

## Gone Without Medication for Two Months Received Help Just In Time

"When thinking about leaving my home town with my children to Hong Kong, the family can live happily together forever. Who will know he would have this strange illness all in a sudden? Now, he fails to swallow and ingest and cannot even utter a complete sentence." Mrs. Chui said with tears in eyes.

Mr. Chui, 65 years old, is just retired and lives with his wife and two children who are 9 and 5 years old in a tin-roof shed. They only live on the saving of Mr. Chui and the income of Mrs. Chui's part time job. Life is tough but is still bliss with the whole family living together. Unfortunately, Mr. Chui was diagnosed suffering from Amyotrophic Lateral Sclerosis, commonly known as ALS. The motor neuron of his brain stem and spinal cord will be degenerate, leading to gradual shrinkage of body muscle. At the moment, Mr. Chui is not able to swallow and ingest. Doctor suggested Mr. Chui to take Rilutek, a self-purchase medication, to slow down the deterioration of his motor neuron. However, the doctor clarified that the medication is not a cure but only to extent his survival time.

After Mr. Chui's illness, Mrs. Chui quitted her part-time work to look after the husband and children wholeheartedly. Watching gone is their savings, Mrs. Chui applied CSSA for the family; however, CSSA does not subsidize self-purchase medication. Mrs. Chui is helpless confronted by the monthly \$ 4,000 medical cost, \$2,000 nutrition milk, rental and food for her husband and children. Even worse, they have no friends or relatives willing to assist them.

"Even if I take no food or drink, I still cannot save enough money for my husband's medication and nutrition milk powder. In the previous time, my daughter cried because her classmates teased her for being poor. As a wife and mother, I feel very useless for not unable to take good care of my family."

Mrs. Chui continue to blame herself, "As we cannot afford the medication fee, my husband has stopped the treatment for nearly two months. After knowing that, the doctor urged him to take it without delay, else his condition would get much worse. However, we really have no choices. At our most difficult time, running out of all means, luckily the social worker referred us to the 'Medical Subsidy Program' of SJS. After verifying our eligibility, they subsidized my husband's medication and also gave us a "Nutritional Baggie for the Weak", a great nutrition supplement needed for his body. Workers then told us that the program is funded by generous donation of benevolent people. I am really grateful. They helped us in our desperation though I understand there are still lots of difficulties confronting us ahead, we will not give up!"

With all your help, Mrs. Chui's family has been fortunate enough to get the medication at time of their mishap and hence can have more days to spend together.



我們需要你的捐助  
We Need Your Donation

## 贈藥治病 刻不容緩

香港是發展蓬勃的大城市，物質供應充裕，奈何九七後至今，貧富懸殊的問題愈來愈嚴重，很多基層市民三餐得不到溫飽、上樓時間遙遙無期，低收入人士不僅要為住屋問題煩惱，在嚴重通貨膨脹下，以往兩口子五十元賣餅，有魚有肉都不成問題，現在單單是一斤菜已花掉十多元，天天有新鮮的魚或肉已是妙想天開，唯有趁低價買一些罐頭作補用，以減輕負擔。「沒想到就連生活最基本的住和食，自己也不能再負擔得到，莫說是拿額外錢作自費購藥之用！我本身已是無兒無女一族，本想兩公婆慳地都應該能夠過活的，但原來都好困難！」陳先生說來眉頭滿繃。

陳先生年約四十多歲，與太太雖屬於低收入家庭，但從來沒有靠政府的念頭，陳先生對我們說：「綜援應留給有需要的人去領取，我還有能力工作，我仍想靠自己。」陳先生早前輕微中風，現需長期服食薄血藥以防再次中風。因中風緣故，活動能力已大不如前，猶幸僱主沒有嫌棄他工作效率慢，反而特別安排一些較輕鬆的工作給他，令他可以繼續自力更新，又可免影響他的身體狀況。天生樂觀的陳先生說：「人生路上總有起伏，慶幸身邊遇上一些貴人，就算跌落死胡同也找到出路。只是有愧太太，自嫁給我後從沒給她享福的生活，如今還要跟我捱窮，真的苦了她。」陳先生對生活苦困沒有自怨自艾，唯面對著太太有說不出的歉疚。

陳先生每月收入約八千多元，住宿、食用及其他生活雜費已佔他近九成收入。由於每月要自費六百多元購買薄血藥服食，令陳先生兩口子吃不消，「六百多元對於很多人來說不是一個大數目，但對於我們來說實在是一筆掏不出的金額！」陳先生慨嘆地說。

我們看見有很多低收入家庭，為每月數百元的藥費開支十分徬徨，在餐搵餐食餐餐清的情況下，根本沒有多餘的積蓄應付突如其來的事情，聖雅各福群會「惠澤社區藥房」接到的個案，他們的困難由幾百元至萬元的不等，正等待大家的援助。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。



## Give Medicine To Treat Illness Brook No Delay

Hong Kong is a thriving metropolitan with abundant supplies from all sources. However, the rich-poor gap here has been increasingly widening since 1997. Many grass-rooted people cannot even get adequate food and clothing in their everyday life. The prospect of being allocated a public housing unit seems very unpromising to them. Not only the problem of housing do they have to face, the pressure brought by serious inflation is something they cannot avoid. In the past when food was more reasonably priced, a couple, for instance, could get fish and meat for their meal for \$50 only. But it is no longer true now since, as a result of inflation, even a catty of vegetable would cost more than \$10. With the same budget of \$50 for meal, one cannot possibly find fresh fish and meat in one's dishes every day. Keeping some stock of discounted canned food is a pragmatic way to keep food expenses within budget. "I never thought that I would be unable to afford housing and food, the two very basic necessities in daily life. Now, on top of those, I have to purchase medication on my own! I have ever thought that my wife and I, having no offspring, should be able to make ends meet if we lead a frugal life. Nevertheless, even this humble wish is unexpectedly difficult to realize." Mr. Chan said with a frown.

Mr. Chan, in his forties, and his wife never had the intention to live on the government's support although they are considered as low-income family. Mr. Chan made a remark, "The CSSA should be rendered only to the needy. I am still able to work and I want to be self-dependent." He had a slight stroke some time earlier and needs to take Warfarin on long-term basis to avoid any relapse. He cannot move as easily as before due to the stroke. But fortunately, his employer is very considerate that he does not blame him for his relatively poor efficiency. He even assigns some easy work to him so that he can continue to earn his living without adversely affecting his health. Mr. Chan, being an optimist, said, "There are always ups and downs in a life journey. Thanks to the benevolent people I met during my hard times, who helped me to find my way out even when I seemed to come to a dead end. Yet, I feel very sorry for my wife. I have never been able to offer her a comfortable life since we got married. Even worse, she now has to live in poverty with me. What bitterness to her!" Mr. Chan makes no complaints for the hardship he experienced, but deep in his heart lies the agonizing regret for his wife.

Mr. Chan has a monthly income of no more than \$9,000, but the expenses for housing, food and miscellaneous items account for 90% of his income. Now, he has to pay \$600 for Warfarin every month, which adds a great deal to the couple's burden. Mr. Chan sighed out, "A sum of \$600 is no big deal to many people, but to me, it is a sum I cannot possibly afford."

We have witnessed that not a few low-income people would be anxious when they are in short of a few hundred dollars a month to buy their medication. How can they cope with this unexpected burden when they barely make their ends meet! "Philanthropic Community Pharmacy" under St. James' Settlement is receiving many applications asking for subsidies ranging from a few hundred dollars to ten thousand dollars. These needy people are longing for your help. We would be grateful for donations of any sum with the hope that the mission to help the poor fragile people can be accomplished with joint efforts. Please make your cheque payable to "St. James' Settlement" with indication of "Medical Subsidy Program" at the back of your cheque. Our mailing address is: Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 8107 8324 or 2835 4321.

很多低收入人士每月均需為自費藥物的開支而感到徬徨無助。

Many deprived patients are feeling helpless and nervous for having money in purchasing the self-paid medication.



## 送到鄉郊的電視

## TV Sets Delivered to Rural Areas

在今天富裕的香港社會，電視已成為家家戶戶的必需品，特別對獨居長者而言，電視更是「過日神」的友好伙伴。「如果無左架電視機陪我，家中鴉雀無聲，我會覺得自己更悲涼。」獨居於天水圍公屋的鄭伯伯，由於屬於中轉屋單位，單位面積只有約一百呎。計劃社工到訪時，鄭伯伯特意將床搬起，社工和義工才能入屋。「其實有瓦遮頭已經好幸福！知道你地黎探我，我一定要將床搬起你地先可以有地方企呢！」離婚後的鄭伯伯，子女都拒絕與他聯絡，在如此擠迫狹窄的環境下，只能望天打卦過日子。孤獨無依的他只希望有部電視機，即使沒人關懷探訪，也有著電視機的陪伴。皇天不負有心人，慷慨的善長捐出了21吋的電視，並透過義工師傅協助安裝，鄭伯伯按下搖控的剎那，雀躍的向我們說：「我真係好感激！活到這把年紀，不求什麼，能有部電視陪我走過晚年，已心滿意足了！」

同樣急需電視機的，還有居於西貢鄉郊鐵皮寮屋的曾伯伯。「我部膽機用左廿幾年，有次打風電視突然熄掉，以為天線壞掉，點知原來師傅話係電視機個內膽燒左，無得整了。」由於居住環境偏僻，曾伯伯與年長太太兩口子多留在家中。「呢度交通不便，即使搭車出去市區買餸最少半個鐘啦，所以我地一星期出去買一次餸，其他時間都靠睇電視消磨時間。」由於地區偏遠，加上兩老依靠綜援金過活，要購買電視機實在是艱難事。社工到訪了解曾伯伯的困難，立刻向「電器贈長者」計劃求助，希望盡快可餽贈性能良好的電視。

「電器贈長者」計劃服務從沒有受區域上的限制，計劃得善長的慷慨捐助，為曾伯伯購得一部新淨的21吋膽機電視；但因地區偏遠，運輸上仍遇上一定的困難。「我住係呢度五十幾年了，間屋都係我自己起，我好希望最後的日子也在這充滿回憶的家園渡過。我住到咁偏遠，即使俾錢買人地都唔送貨啦！」幸好，「電器贈長者」計劃擁有一班熱心服務的義工，拿出假日的時間從灣仔會址，將電視車到偏遠的西貢鄉郊。義工合力用手推車，沿著顛簸的小路，終將電視機送到曾伯伯的家中。大家還合力將電視搬到木櫃上，並插好電源和天線，為曾伯伯調到了最喜愛的電視台。兩老看到螢幕開啟的剎那，不自覺目不轉睛的看著播放中的節目，兩老一直期待的簡單願望，在善長和義工的熱心奉獻下，成功地實現了。

「我日夜掛住個電視，終於送左黎我屋企啦，我實在太開心！好多謝善長人翁對老人家既細心關懷！連我地鄉郊既老人家，都沒有被遺忘過！」「電器贈長者計劃」得靠善長的支持，讓長者不用無遙期的等待，能安享家中欣賞電視節目，長者的願望，就是如此的簡單。

「在孤苦的晚年我仍獲得善長的關懷照顧，讓我擁有一個功能齊備的電視機，生活重現希望！善長的大恩大德實在讓我無限感激！」曾伯伯與太太感激的說。其實，社區中還有不少長者都有同樣的心願，希望能擁有一部性能良好的電視機，陪伴他們走過孤苦的晚年。請捐助「電器贈長者」計劃，讓更多孤苦無依的綜援長者受惠。施善捐款支票抬頭：

「聖雅各福群會」，背面註明「電器贈長者」計劃，寄往香港灣仔石水渠街85號1樓105室；或致電捐款熱線：2835 4321 或8107 8324。網址：[www.thevoice.org.hk](http://www.thevoice.org.hk)。



In today's affluent Hong Kong, television is a necessity in every household. Especially to elderly people who live alone, it is the best possible companion for passing the day. "The house is in total silence without a TV to keep me company. I feel even lonelier." Uncle Cheng who lives by himself in Tin Shui Wai lives in an interim housing unit of only about 100 square feet. He had to lift his bed to let the visiting social worker and volunteer enter his house. "Actually, I am very lucky to have a roof over my head! Knowing you were coming, I had to put away my bed so that you can have standing room!" After his divorce, his children refused to see him. Living in such cramped quarters, he has nothing to help him pass the day. In his loneliness, all he wanted was a TV set to keep him company in the absence of visitors who cared. His dream came true. Generous donors gave him a 21-inch TV and volunteers helped with the installation. He told us happily the moment he pressed the remote control, "I am so thankful! At my age I don't ask for much. A television helping me pass my remaining years is enough contentment for me."

Just as urgently in need was Uncle Tsang who lives in a tin-roofed hut in rural Sai Kung. "My old tube TV set served me for more than 20 years. It suddenly went dead during a typhoon. I thought the antenna was broken, but the repairman told me the tube had burnt out and it was beyond repair." Because they lived in such a remote area, Uncle Tsang and his elderly wife spend most of their time at home. "There is no convenient transportation. It takes at least half an hour for us to go to the grocery market, thus, we only get our groceries once a week. The rest of the time was passed by watching TV." They live in a remote area and depend on Comprehensive Social Security Assistance for income. To buy a TV set is not an easy matter for them. A visiting social worker learning of their difficulties immediately sought help from our Electrical Appliances for the Elderly program, hoping we could send them a TV set that works well.

The Electrical Appliances for the Elderly program is not confined by geographical bounds. Using donations from generous givers, the program bought a new 21-inch CRT or tube TV set for Uncle Tsang. Delivery posed a problem because he lived so far away. "I have lived here for more than 50 years. I built the hut myself. My home is full of memories and I want to spend my last days here. I live so far away that, even if I paid for a TV set, no one would want to deliver it!" The Electrical Appliances for the Elderly has a team of warm-hearted volunteers. They used their spare time on holidays to transport the TV by car to remote rural Sai Kung, then put it on a cart which they pushed along a jolting path to Uncle Tsang's house. Then, together, they placed the TV onto a wooden cabinet, plugged it in, set up the antenna, and tuned the set to Uncle Tsang's favorite channel. The elderly couple was glued to the program as soon as the screen lit up. A simple dream that they had long cherished had come true.

"The TV that's been on my mind day and night is here in my house at last! I am so happy! Many thanks to the kind donors so much for their thoughtfulness and concern! The old people like us living in rural areas are not forgotten!" With the support of kind donors, the Electrical Appliances for the Elderly program is able to shorten the seemingly indefinite wait for the elderly, so that they can enjoy TV programs in the comfort of their home. Their dream is so simple.

"Caring donors have given me a well running TV set in my lonely old age. I see hope again! I am boundlessly thankful to them!" said Uncle Tsang and his wife gratefully. There are many other elderly people in the community who dream the same dream of owning a TV set to help them pass their lonely years. Please donate to the Electrical Appliances for the Elderly Program benefiting other lonely elderly people living on Comprehensive Social Security Assistance.

Please make your cheque payable to "St. James' Settlement", specifying for the Electrical Appliances for the Elderly Program; and mail it to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. For enquiry, please contact us at 2835 4321 or 8107 8324. Website: [www.thevoice.org.hk](http://www.thevoice.org.hk).

「日夜期待的電視終於送來的家，這份恩情多得善長和義工對我們的無私奉獻！」

"The TV we were waiting for day and night is here at last. We owe so much to the kind donors and the selfless volunteers!"



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一三年八月份  
AUG 2013  
慈惠月報  
The Philanthropy Monthly

## 電熱水爐贈長者 急需善款支持

「電器贈長者計劃」向來沒有政府的資助，唯依靠善長的捐助以應付每月大增的電器需求；加上政府推出的「家居環境改善計劃」於本年3月底完結，需要添置家電的無依長者頓失政府的資源支持，只能無了期的等待他人伸出援手。失明的羅伯伯知道這個消息後，憂心忡忡的跟我們說：「剛好收到房署通知，獲得啟晴邨的公屋。以為政府個計劃可以幫我，起碼資助我有個熱水爐沖涼，點知計劃完結，將我地呢班無助老人拒於門外！」而負責探訪他們的地區社工收到長者即將「上樓」的消息，亦紛紛來電向「電器贈長者計劃」查詢，希望我們能向無助貧拙的長者提供急需的家電，減輕因搬遷面對的財政壓力。

估計將有數以千計的長者將於年內獲「上樓」的安排，當中超過五成屬缺少親友支援的無依綜援長者。單以深水埗、長沙灣區之社工表示，將會轉介起碼超過100多名因急需「上樓」而感徬徨無助的長者申請家電以解困，當中熱水爐亦是需求最為急切的電器。同樣獲派長沙灣邨公屋的陳伯伯表示：「我有哮喘，不可受寒。我最希望有個熱水爐，因無熱水沖涼好易冷親，一病又要入院，我最怕住院的！」只依靠微薄綜援金的陳伯伯，又要添置床、其他家電、傢具等，根本無能力拿出二千多元購買一個熱水爐。「我有諗過煲熱水沖涼的，但隻手拿得拐杖來，得返一隻手拿煲熱水，自己隻手又唔爭氣，試過燙傷後我就唔敢搏了。」羅伯伯和陳伯伯即將搬入的「啟晴邨」和「長沙灣邨」，亦將是「電器贈長者計劃」協助最多個案居住的地區。為迎接此可能接踵而來的電熱水爐個案申請，亦為令長者不用久候援助，於今年底前可「如願以償」的基本生活期盼，盼請善長施援手作出濟助，捐款指定「購買電熱水爐」，俾助我們估計可助將會有約超過500名的貧老。

電熱水爐主要依靠電力提供熱水，加上獨居長者享有政府電費津貼減免，不像氣體爐般需計算燃料費用，減少長者擔心因長期使用引來的額外支出。計劃提供的電熱水爐還會為長者提供安裝和用法上的指導，確保長者使用時既安全又容易；計劃亦同樣重視日後的維修保養，日後電器出現問題，計劃亦會協助長者提供維修保養服務，主動關心無依長者所需。

於此殘年急景，無助孤清老者更覺落寞，你願意資助每位長者\$850，為他們減輕添置一個儲水式電熱水爐的經濟壓力、去除熱水煲燙水沖涼的危險，更可免受冷病的威脅？你的濟助及種福立德行動，可令「電器贈長者計劃」以集腋成裘方式，為老者作出「送炭」的關懷。施善熱線：2835-4321或8107-8324。



## Urgent Donation Appeal Water Heaters for the Elderly

"Electrical Appliances for the Elderly Program" has no government subsidy and relies solely on benefactor donations to satisfy the ever increasing monthly demand. What is more, the government "Home Environment Improvement Program" ended in March, and hence the elderly lost government resources and support in getting home appliances in need. They can just keep waiting, without knowing how long for help to come. The blind old man Law said heavy-heartedly to us, "I have just received notice from the Housing Department for being able to move into a public housing unit in Kai Ching Estate. I thought the government program can help me, at least subsidizing me a water heater for shower. Who knows the program has come to an end keeping old men like me out!" Social workers who are responsible for their districts receiving news of elders moving-in came to our EAE program, hoping we could provide the urgently needed home appliances for poor elders in order to lower their relocation financial burden.

It has been estimated that thousands of elders will be moving into public housing units and over half of them are on CSSA, lacking family or friend's support. Social workers in Shum Shui Po and Cheung Sha Wan have pointed out that they would be referring over 100 relocation cases to us for urgent provision of home appliances to worrisome and helpless elders. Of all these demands, water heater is one of the appliances in most urgent need. Like old man Chan, being relocated in a Cheung Sha Wan public housing unit, said, "I have asthma that I cannot stand cold. I wish I can have a water heater so that I won't easily catch cold and then be hospitalized which is dreaded!" However, living solely on CSSA, he just cannot afford a water heater which costs over \$2,000, without taking into account need for other domestic items like bed, home appliances and furniture. "I have thought about using a kettle to heat up water for bathing, but I am using a cane and have only one hand to carry the kettle with hot water in it. I have failed to hold it tight once and hence not dare to try it again." Old men Law and Chan will be moving separately into Kai Ching Estate and Cheung Sha Wan Estate, which are the areas requiring most EAE help. In order to satisfy the upcoming requests for water heaters and not to keep the elders waiting too long, we are now appealing for your help. Please kindly donate to the EAE program, specifying for "Water Heater for Elderly", which aims to provide help for over 500 poor elders.

The water heater mainly uses electricity, together with the government electricity fee subsidy for living alone elders, it ceases the concern of having fuel cost by using the gas heater. In order words, it means elders can have no worries about having extra fuel cost in long term. Also, the EAE program not only provides them with the electrical water heater, it also offers them free installation and use instructions to ensure the safe and easy usage. Also, repair and maintenance service is provided; thus, the helpless elders can really have no worries in using the water heater.

In their old age, the helpless and lonely elders will feel even more desolate. Are you willing to subsidize \$850 for each elderly in getting a water heater so as to release their financial burden, the dangers of boiling water for bath as well as the risk of getting cold? Your contribution and good deed will enable EAE program to provide warmth for the elders through many a little makes a mickle. Donation hotline: 2835-4321 or 8107-8324.

電熱水爐餽贈長者，為他們建立安樂居所。

The electrical water heater for elderly provides a safety and comfortable living for the elderly.



## 泰籍婆婆感激善長捐助 義工愛心令她重現笑容

65歲的SALEE(莎莉)婆婆雖為泰籍華僑，早年居於泰國，但由於長居香港，已成為香港的一份子。約30年前，她與丈夫一同來港當家庭傭工，曾經服務過數個家庭。相信大家也知道，家庭傭工的工資相對微薄，當年她仍需要供養在泰國的家人，扣除後能夠餘下的工資並不多，但起碼能夠居於僱主的家，生活尚且沒有大問題。約10年前，她因為年紀漸大而不再獲聘，因而頓時失去居所，輾轉間只能與丈夫搬到港島區的板間房，不但租金昂貴，而且環境狹小衛生也甚差，在靠緊拙積蓄生活下，SALEE(莎莉)婆婆與丈夫的生活得很困苦。

數年後婆婆得到地區社工的協助申請公屋，本來在3年前便可以獲「上樓」安排，但怎料丈夫突然因病離世，房協卻因申請人數有變，需要SALEE(莎莉)婆婆重新輪候，當下婆婆遭受雙重打擊 - 承受丈夫離世的傷痛和安居夢一拖再拖。過了一段日子，婆婆終於在本年中獲派紅磡邨公屋單位，婆婆十分開心，唯當時婆婆已是靠綜緩維生，她暗自擔心搬遷的開支，實在不知如何是好。

地區社工得知婆婆的困難，便轉介到本會「長者家居維修服務」求助，希望能提供鋪設膠地板服務，並申請減免材料費。本服務得悉婆婆的情況後，便立即訂購地板及膠水，並找來兩位熱心的義工師傅協助上門鋪設膠地板。雖然新居的地面凹凸不平，但師傅也很細心先用英泥盡量將地面盡量填平，再慢慢將一塊一塊膠地板鋪上，事實上，處理這類凹凸不平的地板動輒要一倍時間，但師傅耐心地服務婆婆，毫無怨言。膠地板鋪好之後，婆婆看著新簇簇的地板，終於流露出滿足的笑容。「等了這麼多年，終於有一個屬於自己的居所，曾經很擔心鋪地板需要用大筆金錢，但得到善長的資助，加上這兩位義工的幫忙，我真的很開心很滿足。」婆婆很感激地說。

作為工作人員我深信每個人都有夢想，假如一個夢想能夠成真，那一種快樂與感動，實在難以用言語去形容。那一天，我看著SALEE婆婆的笑容，便正正表達了她那種不言而喻的滿足及快樂。常言道：「一個笑容，勝過千言萬語」，相信就是如此！



## Thai Elderly Grandma's Thanks To Donors and Volunteers

65 years old Grandma Salee is a Thai citizen of Chinese descent who had spent her early years in Thailand; however, the long residence in Hong Kong has made her a "Hong Kong resident". Having come to Hong Kong together with her husband about 30 years ago to work as domestic helpers, she has served several families. As everyone knows, a domestic helper's pay is pretty low; and she had to support her family in Thailand in those days, so not much was left of her income after she had sent money home. That was not a big problem as long as she could always live in her employer's house. About 10 years ago, due to her age she could no longer find a job, and consequently had no place to live. Gradually, she and her husband rented a partitioned flat in Hong Kong Island side. The rent was high, the room was small, and the hygiene condition was poor. Life was hard for Grandma Salee and her husband with their little saving.

Several years later, with the help of a district social worker, Grandma Salee applied for public housing. She should have been assigned a unit three years ago but her husband suddenly died of illness. Because the number of applicants was then different, the Housing Authority required her to start another long wait. The rejection together with her husband's passing dealt her a double blow. Finally, in the middle of this year, Grandma Salee was finally assigned a unit in a public housing estate in Honghom. She was very happy. However, she was by then subsisting on Comprehensive Social Security Assistance. She didn't know how to cope with the cost of moving home.

When the district social worker learned of her difficulties, her case was referred to our Elderly Home Maintenance Services, in the hope that we could help to lay flooring and also subsidize the material cost. We ordered the flooring and the glue right away, and assigned two very caring volunteer workers to lay the flooring. The floor in Grandma Salee's new unit was very uneven. The volunteer workers carefully used cement to level it before laying the flooring one by one. Flooring an uneven floor usually takes double the time. But our volunteers worked patiently without complaint. When the job was done and Grandma Salee saw the new floor, a smile of contentment finally spread on her face. "I have waited for so many years. Now, at last, I have a home of my own. I was very worried that laying a new floor would cost a lot of money. But I have had the help of kind donors and these two volunteer workers. I am really very happy and very content," she said gratefully.

As a member of the program, I am convinced everyone has a dream. The happiness and sensation from a dream come true is impossible to describe with words. The smile that I saw on Grandma Salee's face that day expressed just that kind of happiness and contentment. There is a saying "A smile is better than a thousand words." It rings so true!

SALEE(莎莉)婆婆看著義工剛才鋪上的膠地板，感謝義工之餘，也很開心終於一圓安居夢。

Looking at the new linoleum floor which the volunteer workers have just finished laying, Grandma Salee is grateful to them and at the same time happy that her dream has finally come true.



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## 請為100戶貧弱長者 順利遷進啟晴邨新居

八月初，位於舊長沙灣警察宿舍的長沙灣邨第一期兩座公屋單位已陸續入伙，本會「長者家居維修服務」在兩星期內已率先協助約10多戶貧老弱老進行新居基本裝修，義工師傅為長者鋪設防滑膠地板、安裝扶手、窗簾路軌、掛勾等，減輕他們「老來搬家」的負擔，長者得到了義工的協助，無不感激。

近年政府一直大力興建公屋，除了舊邨重建計劃外，也加快了撥地興建新屋邨。當中提供最多單位的不得不提位於啟德發展區的兩個新的大型屋邨——啟晴邨及德朗邨，兩大屋邨將提供逾13,000個住宅單位。其中德朗邨現時仍然在進行後期工程當中，預計最快也要年底才落成；而啟晴邨共六座樓宇包括欣晴樓、賞晴樓、樂晴樓、滿晴樓、康晴樓及悅晴樓，共5,000多個單位已竣工，居民開始陸續進行揀樓階後，準備入伙。在5,000多的單位當中，約有1,000戶是1至2人單位，我們相信當中必定有不少獨居或兩老的無依長者入住。他們在收到新居通知，在乏人協助下，會向長者中心或家庭服務部社工求助，故此，預計有不少地區社會轉介個案申請「長者家居維修服務」，服務數字亦將會驟增。

根據房署資料顯示，啟晴邨單位主要分配予公屋輪候冊上的人士，當中有一群領取綜援的長者，每月只能獲得\$1,440的租金津貼。他們在未獲分配公屋單位之前，一般都只能在舊區的唐樓單位中租住板間房、床位等。這些居所大多是出入不便，需要長者步行樓梯上落，而且環境狹小、衛生欠佳、需要與其他住客共用廚廁，但長者為求有地方棲息，他們只能選擇暫時居住於這些惡劣環境，一心等候著獲派公屋的好消息。所以，當新屋邨落成入伙，無疑為苦等多時的貧老長者帶來希望。

雖然搬進公屋對長者來說是一個好消息，也是他們能夠安居的希望；但搬進公屋前，他們還要將那個冷冰冰的單位變成一個溫暖的家。很多長者因為經濟困難，或身體轉弱力有不逮，不能處理這些繁瑣事，本會「長者家居維修服務」正正為這些真正有需要的長者提供合適的新居基本設施。我們估計六座共有約100戶長者需要接受服務，以每戶材料費平均約為600元計算，共需60,000元善款。相信有善長們的集腋成裘，才能再次支持義工師傅的無私貢獻！我們期望可在未來幾個月幫助啟晴邨的長者順利搬入新居。

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



## Help 100 Poor Weak Elderly Move Into New Home Units in Kai Ching Estate

In early August, tenants have moved into 2 blocks in Phase I of Cheung Sha Wan Estate which is redeveloped from the former Cheung Sha Wan police quarters. St. James' Settlement's Home Maintenance Services for Elderly has assisted around 10 poor weak elderly with basic renovations in their new homes. Our renovation volunteers have put in anti-slipping vinyl flooring, handrails, curtain rails, hangers and etc in each of the home units. In so doing, St. James' has reduced their burden in moving at old age. All the elderly were very grateful.

In recent years, the government has been building a lot of public housing estates. In addition to redeveloping old housing estates, they also quicken their steps in assigning new land for building new housing estates. Among the new housing estates, the two largest ones are Kai Ching Estate and Tak Long Estate located in Kai Tak Development Area. The two estates will provide 13,000 home units in total. At present, Tak Long Estate is still under the last stage of engineering works. Completion is estimated to be around the end of the year at the soonest. While Kai Ching Estate consists of 6 blocks, namely Yau Ching House, Sheung Ching House, Lok Ching House, Mun Ching House, Hong Ching House and Yue Ching House. A total of over 5,000 homes were already completed. Residents are prepared to move in after they chose the home unit they like. Among those units, about 1,000 of them were built for 1 or 2 persons. We believe that these occupants either living alone elder or old couple with no one to depend on. When they receive the move-in notification, they will seek help from the elderly centre or the social worker in the family services section since they need help. St. James' has estimated the demand for service will soar all of a sudden because there will be many referral applications for Home Maintenance Services for Elderly from district social workers.

According to Housing Authority, units in Kai Ching Estate are mainly allocated to people on the public housing waiting list. Among them, there are elderly who live on Comprehensive Social Security Assistance (CSSA). They get merely \$1,440 monthly for the rental subsidy. Prior to the allocation of a public housing unit, they could only rent a partitioned flat or just a sleeping space in an old district. These residences are mostly inconvenient for daily errands and the elderly have to climb up and down the stairs. Moreover, space is small, environment far from being hygienic and tenants have to share the use of kitchen and the toilet. But as long as there's a roof over their heads, the elderly had to put up with a terrible environment temporarily. They had to wait for the allocation patiently. When a new home unit is waiting for them to move in, it doubtlessly brings hope to the poor and underprivileged elderly after waiting for a long time.

It's good news to the elderly when they learnt they could move into a public housing estate and it also means they can settle down for good. However, before they can move in, they have to renovate that unit into a livable home. A lot of elderly are unable to handle any renovation work themselves because they are either financially incapable or too weak to do anything. St. James' Settlement's Home Maintenance Services for Elderly can provide appropriate basic renovation for these elderly in need. We estimate that residents of about 100 units will need such service. In prediction, we need donations of \$60,000 for material money which comes to \$600 per household. Our renovation volunteers won't be able to carry out the renovation work without donations from kind and generous people. We hope we can help the elderly move into Kai Ching Estate smoothly in the coming months.

To make donation, please kindly make out your cheque payable to "St. James' Settlement", specifying at its back "Home Maintenance Service for Elderly". Please mail your cheque to Room 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For more information and donation enquiries, please contact us at 8107 8324 or 2835 4321.

新落成的啟晴邨，共有六座，將有不少長者需要「長者家居維修服務」的幫助。

Many elderly, who are going to move in the six blocks in Kai Ching Estate, will need help from the "Home Maintenance Service for the Elderly".



# 一封感謝信

# A Thank You Letter

18th July, 2013

聖雅各福群會企業拓展(協作)部謝經理：

您好！謝謝您在百忙中抽時間來看我這封信，再一次謝謝！

我寫信給您的目的是想您知道我非常非常欣賞和敬佩由你領導，培養出來的工作人員，義工的工作態度，關心和愛護長者，有「助人為樂」的偉大精神。

我是74歲、身患有多種慢性疾病、需定時覆診的長期疾患的獨居老婆婆。半個多月前我的廁所水箱制壞了，求助東華三院胡其簾長者中心，中心社工即時登門家訪，檢查水箱，照相紀錄，證明水箱老化，需要急需維修，結果轉介到聖雅各企業拓展(協作)部鍾姑娘跟進。結果很快，本月15日早上8點多，有位義工黃師傅上門來維修，花了二個鐘頭，換了水箱大部分零件，現在很好用，一按就有水。而且，今天(18/7)早上黃師傅又來察看和收拾一些小問題……。

謝謝您培養出那麼好的精英為長者服務。鍾姑娘是位優秀的社會精英，專業知識豐富，為人謙虛，工作勤奮，為了長者活得開心、健康，她樣樣都懂做、肯做、快速、認真、有交代、有原則、有助人為樂的精神。

有人說「聖雅各」拾到很多「寶」。什麼意思呢？就是說很多社會精英，有技能的退休人士都加入「聖雅各」的義工團隊，為市民服務。大家都知道，都很熟悉「聖雅各福群會」為香港市民做了多少工作，多少貢獻。

我要多謝義工黃師傅。他做事快速，技巧熟練，認真。他的服務態度很親切，很關心和愛護長者，處處為長者着想，處處為長者方便，使我很感動。例如：他知道我情緒不穩定，上午11點要去老人中心吃飯，他犧牲自己和家庭樂的時間，8點多就趕來為我維修。總是安慰我，他說「我10點多就會維修好的，你11點就可以去食飯了」……。

謝謝您，你領導有方，這是您的光榮，您的驕傲，請代我傳達我對鍾姑娘，黃師傅的謝意和祝福！

羅婆婆 敬上  
2013. 7. 18 下午

To: St. James' Settlement Corporate Venture Manager Miss Tse,

Hello. Thank you for spending time in reading my letter. Once again, Thanks so much.

The reason why I am writing you this letter is because I really adore the staff and volunteers under your guidance and training. Their attitude and caring towards elderly demonstrated the spirit of "taking pleasure in helping people".

I am a 74 years old elderly who live alone with different kinds of chronic diseases. Therefore, I have to do regular follow up consultations. Half a month ago, flush cistern in my toilet was broken. I sought help from a social worker from Wu Ki Lim Neighborhood Elderly Centre. The social worker immediately came to visit my home, checked my flush cistern and took photos for reference to prove my flush cistern was deteriorated which needs to be fixed. The case was then transferred to Miss Chung of St. James' Settlement Corporate Venture to follow up. Then, on the 15th July at around 8a.m, there was a volunteer Mr. Wong who came and fixed my flush cistern for around 2 hours. He changed most of the components. And now, whenever I press the button, there is water to flush the toilet. Moreover, Mr. Wong came and visited my home again today to double check and solves some of the minor problems.

Thank you for training these fantastic people to serve the elderly. Miss. Chung is an outstanding worker that she is professional and knowledgeable. She is humble, hard working and responsible as well. In order to let the elderly staying happy and healthy, she would do everything seriously and efficiently to serve people.

What does it mean when people said "St. James' Settlement have many treasures"? It actually means there are many outstanding people and retired people with professional skills joined St. James' Settlement's volunteer team to serve our society. We all know how contributing St. James' Settlement is and how much they have done for our residents.

I need to thank Mr. Wong for his skilled techniques and efficiency. His attitude was friendly to care about the elderly and considerable enough to think for us at our convenience which I am really touched by that.

Thank you for your guidance, this is your honor and proud. Please send my gratitude and regards to Miss. Chung and Mr. Wong.

Best regards,  
Grandma Lo





## 營養福袋

有朋友常常到日本工作，有次更要從年底工作至翌年初；朋友因跨年工作，碰上日本很有名的福袋。原來日本在過年期間大多數的店家都會有推出福袋，聽聞福袋內有各式各樣東西，因為售價很低所以很快就會被搶購一空。所以，朋友每次提起福袋兩個字，都十分雀躍！

我跟友人說，香港也有個很實用的營養福袋，不能在市面上買到，有需要的人得到它，可幫助他身體復元及強健身體。由於他知道我是從事社會服務，一定是與工作相關，相信是慈惠服務的一種！

自從2009年起，聖雅各福群會開設「惠澤社區藥房」，我們接觸了很多病人，特別是身患癌症的，有年輕的也有長者，當中接受化療的，在抗病的日子，就算是身型魁梧的男士，病患中也日漸消瘦，加上要來找藥房協助的，就是經濟上不能負擔高昂藥費。本會有見病人在家人陪同來買藥時身體的虛弱，按此狀況持續接受療程，實在不容易；又或有些病人會向我們訴苦，表示因化療導致身體過於虛弱，需暫停化療的療程，醫生建議他們服用癌症奶粉以增加抵抗力，但一盒服用三至四天的癌症奶粉售價四百元，根本不是他們經濟能力所能負擔，令他們治療路上倍感氣餒。

為了更徹底地幫助有需要的病患者，同事們向善長提出為病患者捐贈癌症奶粉想法，經社工及註冊藥劑師的建議，除了癌症奶粉外，福袋內亦會送上麥皮以補充病人其他所需的營養，如是者組合成一個為抗癌人士帶有祝福和具體幫助的禮物——營養福袋。

註冊藥劑師陳羽微表示：「癌症病人一般胃口較差，會沒有胃口飲食，而癌症營養奶粉能改善病患者的胃口，透過飲用營養奶粉，能增加病人的抵抗力，以應付化療帶來的影響！」過去一年，我們已派出近一千五百個營養福袋。周先生是最近受惠的癌症病人，他很細心聽藥劑師講解食用方法，然後很感激地說：「很感謝你們的細心，我會很珍惜大家的幫助，跟藥劑師的話去服用奶粉。這個福袋是我人生中收到的最好福袋！」



## Nutritional Baggie for the Weak

A friend of mine often goes to Japan on business. Last time, he had to work from the end of one year to the beginning of next. For that reason, he ran into the famous Japanese "Baggies". During New Year in Japan, many shops sell the Baggies, each of which contains all sorts of things. They are sold out quickly because they are cheap. Therefore, each time my friend hears the mentioning of "Baggie", he appears to be very enthusiastic.

I said to my friend we can find a practical nutritional baggie that is not for sale in the Hong Kong market. A baggie like that can help the recipient recover from illnesses or strengthen his/her health when people in need get one. As he knows my job is connected with social services, he believed that the nutritional baggies I talked about must be one kind of the Charity Projects.

St. James' Settlement launched the Philanthropic Community Pharmacy in 2009. We came into contact with a lot of sick people, including young and old, especially those afflicted with cancer. The men undergoing chemotherapy were getting thinner and thinner when they were fighting against cancer even though they had been strongly built. Financially, they were unable to bear the expensive medicine costs since they sought help from St. James' Community Pharmacy. In view of the weak condition of patients who came to buy medicines accompanied by family members, St. James' realized it must be difficult for the patients to continue with treatment. Occasionally, some patients shared with us that they intended to stop chemotherapy temporarily because their conditions were too weak to carry on. Their doctors suggested them take cancer milk powder to increase the resistance. But one box of cancer milk powder that lasts for 3 to 4 days costs \$400. The cost is beyond their financial ability. As a result, those patients feel discouraged on the path of receiving treatment.

In order to help needy patients thoroughly, our staff suggested benefactors donate cancer milk powder to them. As suggested by registered pharmacists and social workers, in addition to cancer milk powder, wheat cereal is also included in each nutritional baggie to provide necessary nutrients. These two items make up the "Nutritional Baggie for the Weak" - one that brings blessings and practical help to cancer patients.

Chan Yee Mei, the registered pharmacist, said, "In general, cancer patients have poor appetites. Cancer milk powder can improve their appetites. By drinking nutritional milk powder, the patient's resistance can be increased to counter-balance the effect of chemotherapy." We gave out nearly 1,500 nutritional baggies last year. Mr. Chow is one of the cancer patients who benefited from the program. After he listened carefully to the pharmacist explanation on the method of drinking, he said gratefully, "Thank you for paying attention to details. I will treasure your help and will use the milk powder according to your instructions. This is the best baggie I've ever received in my life!"

「營養福袋」包含癌症奶粉及麥皮，希望能助病患者可繼續面對治療。  
"Nutritional Baggie for the Weak" includes cancer milk powder and wheat cereal, hoping to help the patients continue their treatment.



## 「無憂通」電聯關顧服務 除獨居長者死前之憂

「十分感謝你們的高警覺性，如果沒有你們的協助，不知道要過多少天才會有人發現，至少現在不會死得不像樣。」余伯的一位年長親屬懷著傷心但感激之情向我們說。

余伯現年80多歲，獨居，沒有兒女，在港的親人只得一位年長的遠房親屬。余伯一直患有癌病，平日很少有朋友致電給余伯，余伯曾擔心如果自己病發以致失救，乏人知曉下會連累鄰居，想到這裡心裡便感到難過。於年多前，余伯透過其他社會服務機構得悉聖雅各福群會開辦了一項新服務「無憂通」電聯關顧服務，余伯便一口答應參加了。

參加計劃後，余伯一直很規律地接聽「無憂通」電話，但工作人員於事發當天發現「無憂通」報告記錄內沒有余伯接電話及按鍵記錄。同工由於知悉余伯患有末期病患，便立即根據緊急支援機制，於12小時內致電醫院、聯絡其年屆70多歲的遠房親屬及請屋邨看更上門拍門，可惜沒有發現長者踪影。

因此，同工便尋求警方協助，警員破門後，發現長者在躺在床邊地上，當時他已經反應緩慢，即時送抵醫院搶救；同步，計劃工作人員亦到達醫院探望長者，當時他已清醒過來，他解釋由於求助鐘掛在床頭位置沒有跟身，當跌倒時也曾想提起電話求救，但因身體乏力，無法致電求助。

事件中的余伯，因那次的跌倒，身體便進一步轉差，不幸地在跌倒後一星期便離逝。事件中，余伯不幸過身，但著「無憂通」電聯關顧服務，能避免了他一直擔心的失救而無人知曉的憂慮。

「無憂通」是一個電聯關顧服務，服務是透過真人錄音以電話形式聯絡長者的系統，參加服務的長者在接過系統定時撥出的電話後，只要按指示作出回應，本會就會知道他們的安全狀況，有關記錄並即時在電腦上出現自動製成報表。負責職員每天兩次查看，便可順利追蹤他們的安危；一旦長者沒有回應系統，職員便會啟動緊急支援機制，及早追尋他們的下落，有需要甚至「上門」跟進。若發現長者入了醫院，便會盡快安排義工或職員探望，進一步為他們提供協助。

如果參加服務的長者預早安排外出，例如回鄉、外遊、覆診等，他們亦會盡早通知職員，以避免無端被人破門之災。



## “No Worry Link” Provide Peace of Mind For Living Alone Elderly

“Thanks for your responsive service. He could have been lying there for days without being discovered if not for your service.” A relative of Uncle Yu, who is a 70-years-old elderly as well, gave his account of this sad incident with gratitude.

Uncle Yu, who was over 80 and had no children, lived alone and had only one remote relative in Hong Kong. As a cancer patient himself, he had very few friends. That was why Uncle Yu had long been worrying about passing out at home someday without being known and therefore would be left dying. A year ago, he learnt about the “No Worry Link” service offered by SJS, he immediately signed up for the service.

Signing up the service, Uncle Yu had been answering the “No Worry Link” calls every day. On the day the tragedy happened, our service log showed that Uncle Yu had neither picked up the phone nor pressed any buttons. Being aware of the fact that Uncle Yu had terminal illness, our staff immediately triggered the emergency support mechanism, which includes notifying Uncle Yu’s relative about the incident, calling up hospitals within 12 hours for his hospitalization records and urging the property caretaker to check out Uncle Yu’s home. But still, we had no clues where he was.

As emergency procedures were of no avail, we reported the incident to the police. After breaking in Uncle Yu’s house by force, the police found him lying half-conscious by his bed. They rushed him to the hospital for immediate treatment. He told our staff later when he became conscious, that he recalled to have accidentally fallen at home; however his alarm pendant was then hanged above his bed and he didn’t have the strength to reach out for the pendant or the phone to call for help.

Uncle Yu did not truly recover after the incident, he died a week later. “No Worry Link” cannot protect Uncle Yu from accidental falls, but it did assure Uncle Yu that if anything went wrong, he would not be alone and help would be underway.

“No Worry Link” is a tele-care service tailored for elderly. The system automatically makes pre-recorded phone calls to every subscriber every day. Upon receiving the calls, they only need to respond as per our instructions and we will update their latest status accordingly. Their response will be listed on log reports and we have specialized staff to review it twice a day. Once they detect irregularities, such as absence of responses, they will trigger the emergency support procedure to track the elderly and to ascertain if he/she is safe and sound. When necessary, our staff will make visits in person at the elderly’s home or at hospital to make sure adequate assistance is in place. Subscribers will also notify us beforehand if they have to go for a trip or attend medical appointments so as to avoid false alerts and subsequent break-ins by the police.

「無憂通」電聯關顧服務期望能透過每日電聯，減輕長者的心靈壓力，安享無憂生活。  
Through the tele-care service, the “No Worry Link” wishes to reduce the worries of living alone elderly.



## 肺癌患者面對的兩難： 活得越久 經濟負擔越大 藥費資助令患者病有所依

## The Contradiction Faced by Lung Cancer Patient: Longer Life, Heavier Financial Burden The Medication Subsidy Program Offers Help

現時治療肺癌的標靶藥物除了可以讓患者活得較久，患者在接受治療期間也可保持生活質素，整體治療效果較過往好。然而，標靶藥物藥費不菲，患者的壽命延長更代表患者及其家人需要長期背上這經濟重擔，於是不少病人因經濟問題而得不到應有治療。聖雅各福群會「惠澤社區藥房」為肺癌患者設立的藥物資助計劃，成功為不少患者解決區區經濟壓力，令疾病得到治療外，心理也不用因金錢緣故而發愁。

In these days, the target therapy for Lung Cancer not only extends the life span for patients, but also improves their quality of living. Generally, the treatment is with a better effect than the old days. However, the longer life span implies a heavy financial burden of the patients and their family since the target therapy is quite expensive. Thus, it is the fact that many patients fail to receive treatment due to the financial problems. The Philanthropic Community Pharmacy of St James' Settlement launches a medication subsidy program for lung cancer patients and successfully releases the financial burden of many patients.

### TKI標靶藥物針對性地截擊肺癌 副作用較低

### With fewer Side Effects, The TKI Target Therapy Specified for Lung Cancer

聖雅各福群會「惠澤社區藥房」推出的藥費資助計劃，為經濟上難以應付沉重藥費的人士提供藥物協助，讓更多患者得到適切治療。去年便推出首個以肺癌患者為對象，提供標靶藥物「厄洛替尼」的藥物資助計劃。聖雅各福群會註冊藥劑師陳羽微解釋：「『厄洛替尼』」屬於針對表皮生長因子受體（EGFR）的TKI類藥物，用於治療具有EGFR基因突變的肺癌。此藥會瞄準EGFR，截斷其訊息傳遞，干擾癌細胞的活動，使腫瘤得到控制。一般來說，晚期肺癌患者服用此藥後，存活時間有四至八個月不等，視乎患者的病情而定，能夠延長至一年也並非少見，與傳統化療只帶來數個月的壽命比較，標靶藥物的療效較為理想。

The medication subsidy program mentioned about is with a purpose to release the financial burden of patients and hence they can receive treatment. Last year, it launches the first "Erlotinib Medication Subsidy Program" which is specifically for lung cancer patients. Ms. Anita Chan, registered Pharmacist of SJS, explains, "The Erlotinib is a kind of TKI medication specifically for EGFR treating the gene mutation. The medication controlled the cancer for further development by stopping the message transmission between EGFR and hence disturbing the cancer cell activity. In general, the final phase lung cancer patient can live for 4-8 months after taking this medication. Some of their life span even extends for a year in some cases. Comparing with the traditional treatment, the effect is much more positive.

除了療效顯著，標靶藥物的副作用也與傳統化療不同。「有別於傳統化療較強及較多的副作用，TKI類標靶藥物對正常細胞影響較少，可減低患者治療期間的不適，相對有較佳的生活質素，部份患者甚至能與家人出遊三數天來享受人生。因此患者如被驗出腫瘤帶有EGFR基因突變，醫生大多會建議病人嘗試以標靶藥物來控制病情。」陳羽微補充。

Apart from the positive treatment effect, the side effect is also comparatively fewer. "Different from the traditional treatment, the TKI target therapy contains less effect to the normal cell which enables the patients having a better quality of life. Some of the patients can even go a three days short trip travelling with their family. Thus, if patients are diagnosed with the EGFR gene mutation, it is most likely that the doctor will suggest using the target therapy for treatment." Ms. Anita Chan further explained.

### 部份患者因藥物費用高昂而放棄治療 喪失存活機會

### Patients Give Up Treatment Losing the Chance of Living Due to the Expensive Medication Costs

儘管TKI標靶藥物的療效早獲醫學界肯定，但其較高昂的藥費並非所有家庭能負擔。跟其他癌症治療不同，只要患者對TKI類標靶藥物反應良好，便可持續服用以控制腫瘤，於是患者陷入兩難局面一既希望可以透過治療活得更久，卻害怕越活越久，所費的金錢越多，對家庭經濟造成困擾。在這個情況下，部份患者選擇寧可犧牲治療，都要將積蓄留給在世的家人，來換取他們日後的安穩生活，因而喪失了控制病情、延長壽命的機會。

Although the TKI target therapy has long been agreed in the medication industry, the expensive medication fee is not affordable by all patients. Different from other cancer treatments, the TKI target therapy can be taken in long term if it is effective. However, this leads to a contradiction that patients wish to live longer with the useful treatment but worry about bring the family a heavy financial burden. Under this circumstance, some patients give up treatment in return of providing their family a stable life in future. As a result, they lose chance of treatment.

### 聖雅各福群會的藥物資助計劃 減輕病者經濟負擔

### The Medication Subsidy Program of SJS Relieve the Financial Burden for Patients

聖雅各福群會的藥物資助計劃，正正是為這些急需治療卻有經濟困難的人士而設。符合資格的病人通過申請後，只需自費購買五個治療期的藥物，其餘的藥物費用便由計劃免費提供。換言之，計劃設下藥費支出的上限，讓病人無論在心理及經濟上都及早作出預算，避免他們因過於憂慮家庭的經濟問題而停止治療，錯失控制病情的機會。

As mentioned above, the medication subsidy program of SJS provides financial assistance for patients in urgent need. After passing the assessment, the patients only have to pay for five cycle of treatment and the rest will be subsidized by the program. In order words, the program set a expense limit so that patients can have a budget in mind. Hence, they will not lose the chance of treatment because of the financial problem.

陳羽微分享一位令她尤其深刻的患者經歷：「曾有一位四十多歲、剛確診晚期肺癌病人來到藥房，跟我提及對病情的憂慮時，硬錚錚的男子漢也不禁在我這個陌生人跟前哭起來，害怕治療費用會成為家裡的龐大負擔。」幸好，這位男士最後成功通過審批，成為計劃受惠者之一，無須顧慮金錢上的問題，至今已服用標靶藥接近大半年，身體狀況仍然良好。

Ms. Anita Chan shared a memorable case, "There was once a forty years old patients who just diagnosed with final phase of lung cancer coming to us. When he talked about his situation with me, a strong man in front of me cannot stop from crying simply because he worried the medication fee will become burden of the family." Luckily, the man was finally passed the assessment. Now, he keeps using the target therapy without worrying about the money and is in a good condition.

### TKI標靶藥物「厄洛替尼」正式納入關愛基金 讓更多患者受惠

### TKI Target Therapy being Included in the Community Care Fund To Benefit more Patients in Need

負責是項計劃的聖雅各福群會註冊社工岑智榮表示，計劃自去年9月推行至今，已成功協助了53位晚期肺癌患者。而從2013年8月開始，「厄洛替尼」成功被納入關愛基金的藥物資助項目內，當被處方用作一線肺癌藥物治療時，合資格患者便獲得資助。岑智榮表示：「越來越多藥物能夠納入政府資助網是值得欣喜的，代表經濟環境並不充裕的患者，也可以在政府資助下減輕藥費負擔。我們相信，倘若癌症患者能夠在輕鬆的心情接受治療，成效會事半功倍。」

The social worker, Mr. Sham Chi Wing, expressed that the project has helped 53 final phase patients since last September. Starting from August 2013, the Erlotinib is included in the Community Care Fund. Whenever it is prescribed as the first treatment, qualified patients can be sponsored. Mr. Sham said, "It is good news for having more medication subsidy by the government. It means that the financial burden of patients who are not wealthy can be relieved. Without worries, we believe that the treatment will be even more effective."



# 參與行善之方法

## How to donate in these Programs?



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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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