

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



一三年九月份 SEP 2013

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社工的話

Social Worker's Remark

請支持送暖行動

Warmth Giving Action

送暖行動究竟從那年開始？似乎是在那年香港發生凍死人事件起。

When did the Warmth Giving Action begin? It seems start from the year that people died of the freezing cold weather in Hong Kong.

就從那一年，機構發起呼籲市民捐出善款，購買棉衣和棉被，有公司捐出全新禦寒衣物、頸巾和襪等。有賴每位熱心義工，協助上門慰問及送上物資。往後每年送暖行動，禦寒物品還包括電熱水壺和小暖爐等。當然，安裝電熱水爐，讓長者有熱水沖涼就更是為之重要。

Starting from that year, our organization appeals public for donation in buying cotton padded coats and quilts. Some companies donated brand new winter clothing, scarves, socks and etc. With the help of enthusiastic volunteers making home visits, the cases received the materials in need as well as the care. For the years afterwards, the Warmth Giving Action has become an annual event and the winter materials then include electrical kettle and small heaters. With no doubts, the installation of heaters for elders having hot shower is of most importance.

大約在兩年前的農曆新年前夕，正值挨年近晚的日子，三行師傅的工作普遍是十分忙碌，但當時「長者家居維修服務」同事收到一個長者壞了電熱水爐的緊急申請。持續幾天低過十度的天氣，地區轉介社工傳來不少有需要個案，送暖行動也忙得不可開交，在人手十分緊絀及時間十分緊迫的情況下，同事嘗試聯絡有關義工師傅。當時有位義工師傅，他是店東，知道長者在嚴寒的日子沒有熱水沖涼，加上後天已是大年初一，於是便立即陪同同事上門了解情況，原來是熱水爐的內膽壞了，義工師傅更動員他的員工帶齊工具及零件，於翌日上午為長者進行維修。這些是另類「送暖行動」，長者見著，暖意及淚水湧上心頭。

Two years ago when near the Chinese New Year eve, electricians, plumbers and carpenters in general were in big demand and were absolutely busy. At that time, our Elderly Home Maintenance Services received a call from an elder for urgent electric water heater repair. Temperature was below ten degrees celsius for days, requests for help from district social workers' referrals were plenty that we were already awfully busy in working for the Warmth Giving Action. Under the extremely short-handed and urgent situation, our colleague tried to contact relevant volunteer technician. There was one such electrician, also a proprietor, he was really care about elderly having no hot water shower in cold winter; also, taking the fact that the Chinese New Year fell two days later, he promptly went with our staff to look at the situation and found the inner shell of the heater damaged. He then mobilized his employees with full gears and tools to carry out repair the next morning. This is an alternate kind of Warmth Giving Action, under the watchful eyes of the elder feeling warmth at heart and in tear.

今年，我們繼續呼籲大家支持「送暖行動」，不論捐出善款或是實物，都十分歡迎！去年有一位單親爸爸，他與兒子相依為命，平日靠手作仔為生，未必天天有工作，不知道他從何而得知慈惠服務的「送暖行動」，第一次見面他就送上一張收據，收據上是10個電暖爐，並細心地告訴我們運輸工人稍後會送貨來。這個片段令人想起《捐兩個小錢的婦人》的聖經故事，這位爸爸無施奉獻，幫助比他更有需要的弱老。

This year, we continue to call on your support for Warmth Giving Action, cash donation or in kind are welcome. Last year, there was a single parent father coming to us. He is a casual manual worker living interdependently with his son without stable working income. Without any ideas how we learned about our Warmth Giving Action, he handed in us a receipt for 10 electrical heaters and told us that delivery would be here a while later in our first meeting. This was just like the Bible story "The woman donating two coins". The selfless giving of this father helped frail elderly who needed help more than him.

請各位支持今年「送暖行動」，有意施善，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。

This year, please keep supporting the Warmth Giving Action. Donations of any amount are welcome. Please make your cheque payable to "St. James' Settlement", specifying on its back "Warmth Giving Action 2014", and mail to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation inquiry: 2835 4321 or 8107 8324.

善為至寶，一生享用不盡。

What one can enjoy and treasure during his whole life are the good deeds.



有了你們， 我不怕再食錯藥！

「人老左，眼又矇耳又聾，每日食十幾種藥，睇又睇唔清，其實都唔知自己食緊啲咩藥！」八十七歲的鄭婆婆獨居於觀塘區，丈夫早年離世，留下她一人。鄭婆婆身體一直不太好，需服食十多種藥物，包括多種血糖藥及血壓藥，加上婆婆的糖尿情況控制得並不理想，導致糖尿上眼，使視力大受影響，再者患有風濕性關節炎，行動不便的她除了覆診外，絕少單獨外出，所以即使對服食藥方面有任何疑問，亦求助無門。

醫生有感鄭婆婆的病情一直都控制得不太理想，及後由社工轉介至聖雅各福群會「惠澤社區藥房」，安排藥劑師及配藥員上門為鄭婆婆檢視藥物。藥劑師發現鄭婆婆對服食的藥物沒有認識，只靠顏色去分辨服食的藥物及劑量；可是當醫生因應她的病情而轉換了藥物，而藥物的形狀及顏色有別從前時，鄭婆婆就會感到很徬徨。

初次見面，藥劑師為鄭婆婆詳細解釋每種藥物的用途、性質及需注意的事項。另一方面，配藥員亦會為鄭婆婆執整一星期需服食的藥物，並於一星期後再探訪鄭婆婆跟進情況。

「以前我成日覺得自己好似食少左一粒呢種藥食，個一種藥又好似食多左，人老左，不太中用，好多事情都記不起了，好感激勞先生每星期上來探我，幫我執藥，又解釋我知每種藥係有咩作用，我唔記得時，佢又好有耐性再講一次。現在，我不用再擔心服食藥物的問題了！」鄭婆婆邊說邊展露燦爛的笑容。

「到戶藥物檢視服務」為一些服食多種藥物的獨居長者而設，配藥員會上門為他們檢視服藥的情況，並會為他們執整藥物，有需要的個案亦會為他們繼續跟進，確保他們正確服用藥物，令病情獲得良好控制！



With Your All, No More Fear for Improper Medication!

"With aging, my sight and hearing have deteriorated. There are more than ten item of my medication and I have no idea what medication I am taking each day due to the bad eye sight!" 87 years old Granny Cheng lives by herself in Kwun Tong since the decease of her husband. She has been in poor health and is required to take more than ten kinds of medicine each day including multi-medication for diabetes and hyper tension. As control of her diabetes was less than desire, it led to eye complication, seriously impairing her sight. She rarely goes out on her own except for follow-up medical consultations as she is also suffering from rheumatoid arthritis that affects her mobility. Hence, there is no door for her to knock on even if she has medication problems.

The doctor has all along felt control of Granny Cheng's condition is beyond satisfaction, and subsequently Granny Cheng's case was referred by a social worker to St James' Settlement's "Philanthropic Community Pharmacy", having the pharmacist and dispenser to pay her home visit in checking on her medication in-take. The pharmacist found that she had no knowledge on medication in-take and relied solely on colour as well as shape to differentiate various medication and dosage. However, when the doctor changes medication in response to her condition, the differences of shapes and colours from the previous medication make her feel perplexed."

In the first visit, our pharmacist explained in detail for the usage, nature and reminder of each medication, while our dispenser helped her to sort and pack the medication to be taken for a week and will later on check on her condition after one week.

"As I am getting old, rather useless, my memory fails me. In the past, I always thinking of taking less for a certain kind while taking more for another. Now, thanks to Mr. Lo's visit every week, he not only helps to pack my weekly medication, but also explains me the function of each medication repeatedly and patiently. Now, I have no more fear in taking the medication!" said Granny Cheng with a broad smile.

"Outreach Medicine Inspection Service" is launched in helping living alone elders with multi-medication. Our dispenser will pay home visits in checking each of their medication in-take habit and helping them to pack for the medication needed. We will also keep following-up cases in need to ensure a proper medication in-take habit ultimately achieving a good control of health condition.

透過「到戶藥物檢視服務」，不但能為長者檢視服藥的情況，提供正確的用藥知識，如有需要，更可協助他們執整藥物。Through the "Outreach Medicine Inspection Service", it not only can review the medication in-take habit of elderly, but also can help to pack for their medication if needed.



我們的服務
Our Service



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贈藥治病—護膝關節行動

「惠澤社區藥房」每天都接到不同的電話求助，有很多病人因著承擔不少醫藥費用而東奔西跑地尋找協助，希望找到合適資助或碰到有心人而有錢治病。幾年來因著不同疾病，按善款的來源而設立各種病類的資助計劃，其中一個是普遍中年或以上人士都容易患上的退化性膝關節炎。

膝關節退化所引起的疼痛是因為關節表面的軟骨在日積月累的使用下，逐漸退化而引起。關節炎患者的關節會出現長期痛楚及腫脹，與一般短期痛楚的扭傷及腰背痛不同。大家要知道膝關節是人體中最大的關節，也是人體在站立活動時，最主要的承重關節。由於活動量高，受力又大，膝關節也因此是人體中最容易退化的關節之一。如情況嚴重，可引致關節變形，需手術矯正或人造關節替換等。

本港人口老化，約10%至20%市民受退化性關節炎、骨枯等引起的膝痛困擾。

「個膝頭又唔聽話，上斜路已經好辛苦，莫講話上落樓梯，行兩步都要坐一坐，醫生淨係會開止痛藥比我食，根本就治標唔治本。」這是不少長者曾道出的一句話。長者長期受關節痛的問題所困擾，變得足不出戶，從而減少社交生活，影響生活素質。

現時的藥物主要是為了減少痛楚或減輕炎症，並不能根治已退化的關節，而在眾多退化性關節炎治療中，注射透明質酸是近年愈來愈普遍的治療之一。透明質酸注射治療是把透明質酸注射到關節內，發揮天然關節液的效果，以紓緩痛楚。病人最關注的是治療的成效，這治療最適合早期及中期關節退化的病人，大部份人除痛楚獲紓緩外，關節活動較流暢，可走更遠路等，療效可維持約一年。

「惠澤社區藥房」在善長支持下推出「護膝關節行動」，會為100個經醫管局醫生轉介的綜援長者免費提供注射針劑，藉此減輕匱乏長者行路之苦和經濟重擔。有長者透過計劃注射針劑後，興奮地說：「而家踏低起身，行斜路，膝頭都唔覺得痛，真係好高興呀！終於可以抱住孫仔落公園玩喇！」長者膝關節得到紓緩後，樂於出外走走，生活豐富了，笑容亦多了。

Medication Subsidy: OA Campaign

“Philanthropic Community Pharmacy” receives different kinds of call for help every day. Many patients are hard in seeking help. They come to many organizations asking for subsidy or hoping to have help from kind donors. In these few years, we set up a number of medication subsidy programs for different diseases, in which the degenerative osteoarthritis of knee is a kind of it that is common in many middle-aged people or elderly.

The pain for knee joint degeneration is in fact caused by the degeneration of our cartilage after years of usage. The joint of those arthritis patients will become swelling and is painful, that is absolutely different from those pain caused by short term sprain or back pain. We have to know that the knee joint is not only the largest joint of human body, it is also the most important joint for supporting our standing up. Since the activity and pressure of knee joint are both high, it makes the knee joint become one of the most easily degenerated joints. If the degeneration becomes even worse, it can lead to deform of joint and hence surgery or artificial joint replacement is needed.

Regarding to the aging problem in Hong Kong, there are 10% - 20% people suffering from degenerative osteoarthritis, Avascular Necrosis and etc.

“The knee is out of my control. It is painful when walking on the steep road, not to mention walking on the stairs..... I have to take rest for even two or three step. The doctor only prescribes me with the anodyne medication which is definitely not able to solve my problem.” This is what we commonly heard from the elderly. In our experience, many elderly suffering from the joint pain for long times seldom leave their home, which reduces their contact with outside world and affects their quality of living.

At the moment, the medication is mainly to reduce the pain; however, it is not able to completely cure the degeneration problem. Within many of the treatment options, injection of hyaluronic acid becomes more popular in recent years. This treatment is to inject the hyaluronic acid into our joint and hence to release the joint's pain. Overall, the effectiveness is of patients' concern. This treatment is most suitable for patients with joint degeneration in early stage or middle stage. After the injection, it is found that the problem of most patients is solved with a-year validity.

With the support of our kind donors, the “Philanthropic Community Pharmacy” launched the “OA Campaign”. The program will offer 100 free quotas for CSSA elderly in having the injection, hoping to release their pain as well as their financial burden. Elderly received the injection expressed excitedly that, “I have no pain for walking anymore. It's really so happy! I can take my grandchild to the playground from now on.”



我聽到了！我聽到了！

隨著年紀漸長，長者的感官系統亦逐漸衰退，不論視力、聽覺等均開始出現毛病。沒有親友支援的獨居長者，當一己的視力和聽力下降，甚至出現失明或失聰的情況，微小的疏忽亦會造成一定的家居意外。

獨居於深水埗公共屋邨的羅伯伯，依靠綜援金生活。羅伯個性被動，很少與外界接觸，唯一最信任的就是曾探訪他的陳姑娘。「我獨身至今，積蓄用盡後要政府養我，已很過意不去，如果沒有特別事，我都不想麻煩別人。唯一陳姑娘來探我，我是最開心的。可是，我嚴重失聰，不能透過電話與她溝通，次次要她親身上來，我實在於心不忍！」羅伯家中設施簡陋，看了多年的電視突然咻一聲沒了畫面，唯一陪他過日神的「老朋友」離他而去，羅伯頓感無助。可是嚴重失聰的他，想打電話告訴陳姑娘也很困難。直至三個月後，陳姑娘再度探訪伯伯，才發現羅伯默默承受幾個月沒有娛樂的日子。陳姑娘立刻向「電器贈長者」計劃求助，計劃除了饋贈電視給他，亦因了解到羅伯伯的失聰情況，因此特為羅伯伯送上大字粒擴音電話，並特別配置了「閃燈」響鬧功能，當電話響起時，伯伯能看到閃燈提示，再拿起聽筒對話。

為讓羅伯伯熟悉擴音電話的用法，「電器贈長者」計劃派義工到戶探訪，按羅伯伯日常坐立的位置，安裝閃燈盒子，確保電話響起時伯伯可隨即看到閃燈。同時，計劃義工亦細心向羅伯伯解釋電話上的按鈕，並進行重複練習，讓羅伯伯熟悉電話的用法。義工邀請羅伯伯致電陳姑娘時，接通後聽筒傳來陳姑娘的歡呼聲，教人感動的是，羅伯伯終於可以透過電話與外界溝通了！「我都好開心，我好耐未講過電話，亦好耐無聽過別人說話的聲音了！」羅伯伯不忘多番道謝，即使損失了聽力，也沒有損失能與他人接觸的機會，羅伯伯也可以與其他長者一樣，致電中心找陳姑娘傾訴和報平安。

善長捐贈的大字粒擴音電話，對失聰長者而言是珍貴而重要的小家電。他們損失了聽覺，間接地也表示與外面的世界斷絕了聯繫。「電器贈長者」計劃堅持為弱老建立安樂居所，視孤苦無依的長者如自己的家人，計劃希望協助更多獨居失聰長者，為他們到戶安裝大字擴音電話連閃燈器，維繫失聰長者與外界的聯繫，不做被遺忘的一群

如果你都希望為無依失聰長者送上可擴音閃燈電話，請捐助「電器贈長者計劃——擴音閃燈電話饋贈」，支票抬頭：「聖雅各福群會」。查詢：2835 4321或8107 8324。



I heard it! I heard it!

With aging, elders' sensory system will gradually degenerate, having sight and hearing problems. Living alone elders lacking help from family or friends on loss of sight and hearing, even onset of blindness or deaf, could cause significant domestic accidents as a result of minor negligence.

Grandpa Law is living alone on CSSA in a Shum Shui Po public housing estate. He is passive and rarely makes outside contacts. The only person he trusted is Miss Chan who has paid visit to him before. "I haven't got married yet. After using up all my saving, I need the government's support and it makes me feel embarrassed. Thus, I will try my best not to bother others. Only when Miss Chan comes to see me, I am most delighted. Unfortunately, I have serious hearing problem that unable to communicate with her over the phone. She had to come over each time which makes me feel sorry!" His home is fairly plain and the TV set which has been with him for years suddenly went without picture. So gone is his only accompanying "old pal" all these days, making him helpless suddenly. As he is almost deaf, even wanting to tell Miss Chan over the phone has been very difficult. Until Miss Chan's visit to him three months later, she discovered that he had been bearing in silence without entertainment for months. She then promptly referred Grandpa Law's case to the EAE program for help. Apart from giving him a TV set, the EAE program also provided a Big Button Phone specifically equipped with amplified ringer and flashing indicator functions for him when knowing his severe hearing problems. Thus, when the phone rings, Grandpa Law can answer the phone when noticing the light flashing.

In order to familiarize Law with use of the amplified phone, EAE program dispatched a volunteer worker to visit him, installed the flashing light box where he normally sits to ensure the light can be seen flashing all time when the phone rings. Meanwhile the volunteer worker explained to him in detail on function of the phone buttons and repeatedly drilled him to familiarize on use of the phone. He then invited him to call Miss Chan and her cheerful voice came through the ear piece when connection was made. Really touching, Law is finally capable of communicating with an outside party over the phone! "I feel very happy indeed as it has been a long while that I haven't been talking on the phone and long time not hearing the voice of other people!" He thanked us repeatedly. Even with hearing loss does not bar the opportunity getting in touch with other people. Law, like any other elders, can call the centre, talk to Miss Chan and report being in good shape.

Big button amplified phone donated by benefactors is a valuable and important little electrical domestic for elderly having hearing problems. The loss of hearing to a certain extent implies the loss of contacts from the outside world.

EAE program insists on helping feeble elderly to live comfortably and deems the poor and lonely elderly as family members. The plan hopes to assist more living alone elders with hearing defects through installation of the big button amplified phone to maintain their contact with the outside world.

Should you wish to provide elders having hearing defects with the amplified with flashing light phone, please donate to our "EAE program - Amplified with Flashing Light Phone for the Elderly" with cheque payable to "St. James' Settlement". Donation inquiry: 2835 4321 or 8107 8324.

除了擴音電話外，更會為失聰長者安裝閃燈放大器，以閃燈提示電話響起。

Apart from the amplified phone, the flashing indicator is also installed for elders with hearing problem in showing the phone's ring.



我們需要你的捐助
We Need Your Donation

禦寒三寶助弱老抵禦嚴冬

每年香港的冬季，寒流大多持續來襲，天氣十分寒冷，溫度甚至跌破攝氏10度以下。這個漫長的冬季對獨居無依、百病交加的貧苦長者而言，每天都備受冷病的威脅。尤其患有氣管疾病的體弱長者，驟降的氣溫引發他們身體多處不適，呼吸困難，有些更須即時送院治療。據報於往年氣溫嚴寒之際，一日有逾千人次按平安鐘，其中100多人因痛症及氣促送院，實在極需社會人士的關懷和慰問。

「電器贈長者」計劃每年11月開始會推行「送暖行動」計劃，主要乃關懷全港匱乏無依長者禦寒措施上的需要。計劃全港性推行，按他們的禦寒需要，派出義工到戶為匱乏長者送出禦寒「三寶」，包括暖風機、棉襖以及棉被，避免他們因氣溫驟降而冷病。長者隨著年齡漸長，血液循環系統不佳，手腳容易冰冷。一部小型的暖風機，功能簡單，暖風能溫暖身體，對居於單人公屋單位的長者最合適不過。

「送暖行動」堅持派出義工到戶送贈禦寒物品，希望達致「寒冬送暖」的宗旨，按照長者的家居需要、健康狀況等，評估長者需要的禦寒物品，並按他們的家居環境及生活習慣，建議如何善用這些由善長捐出的禦寒物資。尤其是暖風機，一般長者未必懂得如何安全使用，更因誤解電費昂貴而拒絕使用。義工到戶會向長者細心解釋安全使用法，以及耗電量上的正確資訊，確保長者用得安全、用得安心。

根據去年「送暖行動」的資料顯示，因缺乏禦寒設施而需向本會求助申請的長者超過600人，送出禦寒物品總共超過2,000件，預計今年「送暖行動」計劃的需求將隨著本港氣溫逐漸下降而有急升之勢。「送暖行動」並沒有政府或任何基金的資助，缺乏穩定財政資源下需應付大量長者的禦寒需求，無奈致令貧困長者輪候時間增加，被迫單打獨鬥應付嚴寒天氣，這不是計劃希望見到的狀況。

「善款沒有增加，擔心入冬前未能籌得足夠善款，以致未能應付來自各區長者的禦寒需要。眼見輪候的長者於嚴寒中掙扎求存，我們都感到十分無奈。」負責深水埗區的社工表示，區內很多長者經濟環境不理想，家中連棉被都欠奉，只靠單薄的毛氈保暖，實在容易冷病。「冬天時我只能靠飲熱水保暖，好擔心氣管受涼患上感冒，看醫生又是一筆花費。」獨居的張伯伯感嘆地說。

聖雅各福群會「送暖行動2014」計劃目標為600位匱乏長者送上禦寒三寶——暖風機、棉襖以及棉被。只要你願意為每位長者捐助\$500，讓他們可渡過溫暖風寒冬嗎？計劃正急待社會人士在此雪中送炭的好時刻，為貧病無依的貧弱者伸援手，助免除發生冷死人的悲劇。施善熱線：2835 4321或8107 8324。計劃網址：www.thevoice.org.hk。



The Three Warmth Keeping Treasures For the Frail Elderly

Cold fronts hit Hong Kong one after another every winter. The temperature can drop to below 10 degrees celsius. During the long winter season, the frail and needy elderly who live alone is in constant danger of falling sick. Sudden fall in temperature is particularly hard on those who suffer from respiratory disease. They will have trouble breathing; some may require instant hospitalization. There has been record of more than a thousand seniors calling the Emergency Link Service for help in one single cold day, and more than 100 of them are sent to hospital due to pain and shortness of breath. These seniors really need concern and care from the public.

Every year in November, our Electrical Appliances for the Elderly Program starts launching the Warmth Giving Action out of concern for the poor elderly all over Hong Kong who need to keep warm. The drive is carried out city-wide. Based on the actual needs of each needy elderly, our volunteers make door-to-door delivery of the three warmth keeping treasures – fan heater, padded jacket and padded quilt. Blood circulation slows down with age, leaving the elderly with freezing hands and feet. A simple fan heater which warms the whole body is ideal for the elderly who lives by himself in a public housing unit.

We insist on dispatching volunteers to make house visits in order to assess each elderly person's needs according to his living and health condition, and to suggest him how to make the best use of the donated warmth keeping treasures. This is particularly necessary in the case of the fan heater. Most elderly people do not know how to use it safely, and often refuse to use it thinking that it will drive up the electricity bill considerably. The visiting volunteers show them how to safely operate the fan heater, and give them the correct information on power consumption, so that the elderly can use it safely with peace of mind.

Records from last year's Warmth Giving Action show that more than 600 elderly persons lacking means to keep warm applied to us for help, and over 2,000 warmth keeping treasures were sent out. This year's demand is expected to rise sharply with the gradual drop in temperature. Without subsidy from government or any foundation, our Warmth Giving Action lacks stable resources to meet the warmth keeping needs of large numbers of elderly people. Consequently, many needy elderly may have to wait longer before receiving help, and must cope with the severe weather single-handedly. That is definitely not what we want to see.

"Donations have not increased. We are worried that it will not be possible to raise enough money before winter in meeting the needs of elderly people in the different districts to keep warm. Seeing the waiting elderly struggle to stay alive in freezing weather makes we all feel most helpless." These are the words of social workers responsible for the Shamshuipo district. Many elderly residents in the district have financial difficulty. Some don't even own a padded quilt and only have a light blanket to keep warm. They can easily get sick in the cold weather. "In winter I can only keep warm by drinking hot water. I am so worried my wind pipe will catch cold and I'll come down with flu. I would have to pay to see a doctor," sighed Uncle Cheung who lives by himself.

The target of our Warmth Giving Action 2014 is to deliver fan heaters, padded jackets and padded quilt – the three warmth keeping treasures – to 600 needy elderly persons. Are you willing to donate \$500 for each elderly in helping them spend the cold winter in warmth? We anxiously await support from the public to extend a helping hand to the frail and needy elderly; they might otherwise freeze to death. Donation inquiry: 2835 4321 or 8107 8324. Website: www.thevoice.org.hk.

「送暖行動」計劃每年入冬前開始啟動，安排義工將禦寒物品到戶送給匱乏長者，包括暖風機、棉被和棉襖，讓他們渡過溫暖的冬天。Warmth Giving Action goes into operation before the onset of winter every year. Volunteers are sent to make door-to-door delivery of fan heaters, padded jackets and padded quilts to the needy elderly so that they can spend the winter in warmth.



更換新燈座 婆婆不再怕摸黑如廁 免跌倒危機

身形細小的何婆婆，外表與一般人無分別，但細談之後才知道原來她患了罕見的重性硬皮病超過40年。「醫生話，在當年來說這個病全港得幾百個人有，如果是重性，發病後一般都活不過十年。但點知，又比我頂到而家！哈哈！」何婆婆說。

硬皮病至今的成因仍然不明。而何婆婆的皮膚卻因此病而變硬拉緊，手指及手腳關節也僵硬，同時亦影響了內臟血管。何婆婆現時定期覆診五個專科，也要服用一大堆藥物來控制病情。一談到病情，何婆婆苦笑說：「之前在病情最差時，手及面的皮膚也僵硬了，不但不能工作，別人看見我便避開，以為我係怪物，令我曾經有一段時間連街都不敢出。」

早前，地區社工就婆婆的病情上門探訪，發現她家中的連接洗衣機電掣插座壞了，婆婆自行用膠紙固定，實在十分危險；另洗手間燈座壞了，晚間如廁時只靠大廳的燈作照明，婆婆在光線不足的情況下進出洗手間，一旦跌倒的話就不堪設想了。於是，社工為她轉介到本會的「長者家居維修服務」跟進電力裝置維修工程。

義工師傅上門後，便先細心檢查裝置損壞的情況，再更換上全新的洗衣機插座，在洗手間位置更換全新的燈座並協助裝上慳電燈泡，安裝及測試好之後，義工師傅便向何婆婆簡單講解安全使用的方法。何婆婆用心聽完講解之後，便急不及待按下電掣。「真的太好了！洗手間終於有番光，我終於再不用摸黑去洗手間，真是很開心，很溫暖。實在很感謝聖雅各義工師傅的幫忙，真的很用心協助我這些無依的長者。」何婆婆感激說道。

一個插座及一個燈座，看似微小，但對於長者來說，卻是一份安全及無形的溫暖。「長者家居維修服務」也正因為義工及善長無私的付出，才能將這些溫暖送到長者手上。作為工作人員，我很期盼這一點光，能夠照亮何婆婆的家居，讓她可以不用再擔心失修家居，可以專心繼續勇敢對抗疾病！



New Light Socket Prevents Grandma from Falling Down in Dimly-Lit Toilet

Grandma Ho, of small build, looks like a normal person outwardly. After a lengthy conversation, she revealed that she had been suffering from a rare disease "Scleroderma" for more than 40 years. "The doctors said at that time only about a few hundred people were afflicted with this disease. When it's in a serious case, the patient has less than 10 years to live. I never thought I could live till now. Ha! Ha!" said Grandma Ho.

The cause of scleroderma remains unknown today. Grandma Ho's skin has become hard because of the disease. Her fingers and joints are rigid and the disease also affects the blood vessels of her internal organs. Grandma Ho sees five specialists regularly and she takes a lot of medications to control the disease. When she was dwelling on the subject, she said, "When my condition got very serious, the skin of my hands and face also became hard. I couldn't go to work and people stayed away from me, thinking I was a monster. At one time, I didn't dare to go out."

A while ago, the district social worker visited Grandma Ho to see how she was getting on. He discovered that the electric socket for the washing machine was out of order. Grandma Ho used adhesive tape to keep it in place. It's really dangerous. In addition, the light socket in the toilet also broke down. When Grandma Ho went to the toilet at night, she saw her way round with the lights of the living room. Grandma Ho walked in and out of the toilet under dim lights. If she fell, it could result in a serious injury. So the social worker referred her case to St. James' Settlement's Elderly Home Maintenance Services.

Upon arrival, St. James Settlement's volunteer examined the damaged socket and replaced it with a new one. He also replaced a new light socket in the toilet along with a LED light bulb. The volunteer explained to Grandma Ho briefly the safe way of using the new installation after he completed and tested his work. Having listened carefully to the volunteer's instructions, Grandma Ho couldn't wait to switch on the light. "It's great! My toilet has light finally. I don't have to use the toilet in darkness any more. I'm so pleased. I'm so grateful for St. James Settlement's volunteer's help. He really did his best in helping a helpless elderly like me." said Grandma Ho thankfully.

A plug and a light socket, though trivial, symbolize safety and warmth to an elderly. "Elderly Home Maintenance Services" can bring warmth to the elderly as a result of benefactors' generous donations and volunteers' selfless help. As one of St. James' Settlement's staff, I hope the Elderly Home Maintenance Services scheme can light up Grandma Ho's home so that she will have no more fear of a dilapidated lodging and can concentrate on fighting against the rare disease "Scleroderma".

真的很感謝義工師傅的協助，使我再不用「盲摸摸」去洗手間了！

Thanks for the volunteer's help so that I don't have to go to toilet in the darkness!



鄉郊牌照屋 家居評估及維修

本會的「長者家居維修服務」遍及港九新界，大部份的個案都是居於公屋，少部份住在私人屋苑或唐樓，其餘都是來自一些偏遠的鄉郊地區。

鄉郊方面可粗略分為兩類，有的是水電設施方面較為有系統的，另一類大多數是以往由長者自行搭建，後來取得政府合法牌照的「牌照屋」。這些居所一般都是搭建多年，室內的水電設施由入伙已開始使用，經年累月使用，通常會出現不同程度的破損，但礙於經濟緣故，一般長者都沒辦法維修，破舊的電線及破爛門戶，對他們日常生活的安全構成嚴重威脅。

與一般居住於公屋的長者不同，在鄉郊的長者的社區支援一般都是不足夠的，他們多靠地區長者中心的外展服務隊來訪時，向社工或被社工發現他們的困難。可是，位處更為偏遠地區的「牌照屋」，這些長者就更少機會接觸到地區社工，他們家居有任何的維修問題或困難，往往要等更長時間才被發現；所以，當本會接到特別是鄉郊的個案，更會加快人手跟進，上門評估及提供維修服務。

據經驗所得，這些鄉郊居所的水電設施失修情況一般都會比較複雜，工作人員與義工師傅在首次上門，會實地了解長者居住的環境，細心觀察申請維修項目的損壞程度，及長者家中有何其他需要。這些「牌照屋」的水電裝置的水管或電線並不如公屋般有固定的走向，故此需要花較多時間追蹤了解清楚，甚至需要聯絡電力公司或水務署配合維修工程。

居於大嶼山偏僻地段的麥婆婆，多年來都獨自生活，家中的電力裝置在一次大雨過後受到水浸影響而損壞，她在沒有電力的環境下生活了差不多一年，實在令人難以想像，幸好麥婆婆沒有因此發生意外。原來她住所附近並沒有社會服務單位，她也不知可向哪裡求助，直至外展隊同事路經發現她才知悉事件，於是即轉介至本會「長者家居維修服務」。雖然長者的居所很偏遠，但義工師傅依然願意上門協助維修，最終師傅協助麥婆婆在黑暗中「重見光明」。

為了確保長者在安全舒適的家居居住，我們的義工師傅都會不辭勞苦地盡快完成維修，協助這些居於「牌照屋」的貧困獨居兩老長者，能夠盡快解決家中的危機，讓他們可以繼續在家安居。



Assessment and Maintenance For Rural Licensed Structures

Our Elderly Home Maintenance Services (HMS) covers all of Hong Kong, Kowloon and the New Territories areas. Most of the cases are living in public housing units; a small number are in private housing estates and tenement houses; the remaining is in remote rural areas.

The rural homes fall into two main categories. Some have more systematic water and power installations while the others are mostly "licensed Structures" which were built by their now senior occupants themselves long ago and licensed by Government later. Generally rather old, these structures still depend on their original water and power installations. The installations are necessarily damaged by prolonged use, many of them in disrepair due to the poverty of the elderly occupants. The worn-out wires and broken doors and windows are safety hazards.

Unlike those living in public housing, the rural elderly do not get sufficient community support. Their inadequate living condition is usually discovered upon house calls by social workers of outreaching teams dispatched by district elderly centers. But the elderly occupants of licensed structures in the more remote rural areas have little contact with district social workers. Consequently, any maintenance problems or other difficulties they may have take much longer to come to light. Therefore, when we receive special rural cases, we generally act faster with house call assessment and maintenance services.

Experience tells us that water and power installations in rural areas are usually in more complicated condition. Our worker and volunteers first make a house call to gain an understanding of the living environment and to conduct a careful examination of the extent of damage requiring repairs, noting other possible needs. The water pipes and electrical wires in the rural licensed structures take more time to trace because they do not follow fixed patterns as in public housing. Sometimes it is even necessary to contact CLP Power Hong Kong Limited or government Water Supplies Department for coordination in the maintenance work.

Grandma Mak has lived by herself for years in a remote part of Lantau Island. Her power installations were damaged in heavy rain. It is hard to believe, but she lived without electricity for nearly a year. Fortunately, she did not have any accident as a result. There is no nearby social service unit and she did not know where to seek help until an outreach team of social workers who happened to pass by discovered her. The case was immediately referred to our HMS program. Despite the remoteness, our volunteer workers visited her home and conducted repairs. With their help, Grandma Mak saw the light again.

To ensure that the elderly can live in safety and comfort, our volunteer workers try to complete the repairs as quickly as possible, regardless of hard work, to help remove the crises of the needy elderly individuals and couples, so that they can go on living in their homes free of worry.

師傅上門去更換舊式電線及插座，免發生漏電，引致火災。
Volunteers make house calls to replace old wires and sockets so as to prevent leakage leading to fire.

免費健康講座

Free Health Talk

自1976年開始，本會發行《松柏之聲》，旨意為年長人士提供健康及生活資訊，透過文字工作幫助讀者提供生活水平。隨著社會進步，香港人愈來愈注重健康，對有關個人飲食、疾病預防、健康護理、疾病認識和藥物應用等各方面的知識十分渴求，當中包括退休人士及長者。

為回應長者生活需要，《松柏之聲》開始舉行不同主題的健康講座，免費讓讀者及廣大市民提供疾病資訊。過去我們曾舉辦「肝癌資訊多面睇」、「認識骨質疏鬆及膝關節」、「慎防末期腎衰竭」和「分辨心臟病與腸胃病」講座等等。這些都是長者常見的疾病，並且是長期性疾病。長者要好好控制及治療長期疾病，實在需要對自己所患的疾病有正確的認識。故此，本會提供一個免費平台，讓他們可以與有關的專科的醫生面對面接觸，讓他們有充足的時間聽取專家的解說，遇有不明白的地方可親自發問。透過這些社區健康知識的教育講座，幫助大眾市民特別是長者，獲取正確資訊，去除謬誤，最終好好掌握自己的健康，用適切的方法妥善照顧自己，控制及治癒疾病。

每次健康講座都會邀請相關的專科醫生、護士或藥劑師親臨主講，除口述解釋外，亦附有圖片或短片，令參加者容易明白病理及治療方法。此外，有些講座更會設有即時檢查，如骨質疏鬆和心房顫動測試。此外，為方便全港市民參加，健康講座除了在本會總部舉行外，也會在灣仔溫莎公爵大樓、銅鑼灣的中央圖書館和尖沙咀的太空館等地方舉行，場地可以容納好幾百人，而針對較受歡迎的講座，除了會選用較大的場地外，還會舉辦多次，以應所需。

阿儀是長期協助健康講座的義工，她是負責參加者入場登記及維持秩序工作，她說：「多年來看著很多中年人士和上了年紀的公公婆婆前來聽講座，有些更是熟口熟面，很有親切感，來得聽講座的，都很留心聽醫生講解，醫生講解完後還可發問問題，這些大型的免費健康講座實在很有需要。」

隨著「惠澤社區藥房」的成立，本會會繼續承擔社區健康教育的工作，為更多有需要的長者及病患人士提供適切資訊和幫助！

The Voice was inaugurated in 1976, with the aim of providing information for seniors on health and everyday life. With our written words, we hope to help them improve their living standards. In step with social progress, Hong Kong people have become increasingly health conscious. They are eager for knowledge on diet, disease prevention, health care, disease treatment and medication. Retired persons and seniors are of no exceptions.

In response to the further needs of the seniors, The Voice introduced health talk to provide free information on diseases for its readers and the public at large. The talks have covered liver cancer, osteoporosis and knee joint, prevention of terminal kidney failure, and how to distinguish heart and digestive diseases. All these are chronic diseases common to the elderly. Seniors need proper knowledge of their chronic diseases in order to keep their condition under control and to receive effective treatment. So St. James' Settlement has built a free platform for them to meet face-to-face with relevant medical specialists, to have ample time to hear their explanations, and to raise questions when necessary. We hope that, through these community health education talks, we can give correct information to the public and dispel misunderstandings, so that people can be masters of their own health, care for themselves properly, control their condition and get effective treatment.

All the talks are given by medical doctors in special fields, nurses and pharmacists. The verbal explanations are supported with pictures or videos to facilitate the listeners' understanding of the pathology and treatment of the diseases. Some talks even come with on-the-spot examinations, such as for osteoporosis and atrial fibrillation. To make the talks more accessible to all Hong Kong citizens, it is held not only at our headquarters but also at other venues, e.g. the Duke of Windsor Building in Wanchai, the Central Library in Causeway Bay and the Space Museum in Tsimshatsui, which can accommodate several hundred people. To meet demand, places with more seats will be chosen for talks with more popular topics and sometimes the same talk will be held repeatedly.

Yee is a volunteer who has put in long service in assisting with the health talks. Her responsibility is to make registration and maintain order. She said, "Over the years, I have seen many middle-aged and older citizens come to the talks. Some of them have become familiar faces, like old friends. All of them listen to the doctors attentively and can ask questions after the talks. There is a great need for this kind of large-scale health talks in the community."

With the opening of the Philanthropic Community Pharmacy, we will carry on with our work in community health education, to provide appropriate information and assistance for even more seniors and patients.



本會將繼續舉辦不同類型的健康講座，以為有關人士提供適切資訊和幫助！
St. James' Settlement will keep launching different kinds of Health Talk, with the purpose to provide information for public.

我願服務更多長者

隨著夏天的來臨，天氣愈來愈熱，走在街上，無論男女老幼都汗流浹背。今天天氣亦十分炎熱，聖雅各的工作員帶領下，與我們一起走到一間長者中心，準備為一班長者剪髮，希望在炎熱的天氣下，也為長者的頭髮也換上夏日的衣裳。

踏進中心大門，便受到一班長者熱烈歡迎。工作員告訴我們，當初中心職員來電預約理髮服務，曾問過可否邀請全男班義工協助理髮，今天親自來看，原來等待理髮的是全女班，難度真是異性相吸？姑勿論如何，男義工女義工也是一樣熱心和細心地為一眾長者服務。

社工姑娘安排了房間，我們從工具箱中逐一拿出工具，剪刀、電動刨、梳、鏡和圍裙等等，婆婆們就乖乖在走廊椅上等候。開始剪髮時，婆婆們都聰明得自動埋位，一個接著一個有秩序地等待我們剪髮，有趣的是大部分長者一坐下，草草一句「跟住前面果個髮型剪就得啦」，然後一邊剪髮，一邊向我們分享自己的往事。

那天我們服務了20多位長者，在收拾妥當後離開中心之際，外面突然刮起狂風暴雨，於是我們在中心暫避一會。突然有位婆婆拿著餅乾飲品走過來，邀請我們坐下，叫我們「呀孫，飲野啦」。對於他的熱情款待，也視我們如孫兒們的招呼，雖然有點不好意思，但亦十分感動和高興。

雨停了，我們也拿著工具箱和開心的心情離開。對於獨居少有小來人探訪和接觸的長者，我開始明白他們的熱情背後其實很需要別人的關心。作為打工仔，生活實在很忙碌，但能為他們帶來歡樂和幫助，實在很有意義！所以，我希望往後仍可以在工作中間抽閒，多做義工，服務更多有需要的長者。

海



I Am Willing To Serve More Elderly

Summer has arrived and the weather is getting hotter and hotter. Walking in the street often makes one soaked in sweats no matter who he is. The weather that day was very hot too. A staff from St James' Settlement took us to an elderly center to help cut the elderly's hair in the hope that they can have a fresher summer look in the hot weather.

As we stepped into the center, we were warmly welcomed by a group of elderly. When the center staff first called to make an appointment, she has asked if it was possible to arrange all male volunteers to help the haircut. We understood why when we came in person that day. All elderly waiting to have their haircut were women. Is it really attraction of the opposite sex? Anyway, male or female volunteers are equally attentive and enthusiastic in serving the elderly.

The social worker lady arranged a room for us as we took out from the toolbox the necessary tools like scissors, electric shaver, combs, mirror and aprons. The grannies waited obediently in the corridor seats. When we were ready, they came in one by one to take their turn smartly. An interesting thing was that almost all of them would say "just like the style of the previous one" as they sat down in front of us. And while we were cutting their hair, they would share with us stories of their past.

That day we have served over 20 elderly. As we packed our things and were ready to leave, a sudden rainstorm arose. We had to take shelter at the center for a while. A grandma came over suddenly with some drinks and biscuits and invited us to sit down. "Hey grandsons, have a drink!" Their warm hospitality in treating us like their grandsons might have made us feel a bit uneasy; however we were still very touched and happy about it.

When the rain stopped, we took our tools and left in a happy mood. To the elderly who are living alone and are rarely visited by others, their warm enthusiasm shown to us in fact reveals their great need for care and concern from others. Our life as employee may be very busy, but to be able to bring the elderly joy and offer them help indeed is a very meaningful thing. Therefore, I wish I could spare more free time in the coming days to do more volunteer work to help the needy elderly.

Hoi



轉贈藥物得唔得？ 平價藥物是水貨？

Is it Possible to Donate Medicine? Is the Medication with Cheaper Price Parallel Import?

問：早前爸爸在藥房購買了一些癌症藥物，但不幸地沒多久爸爸就離開了，因癌症藥物價錢昂貴，我希望將餘下的藥物捐給有需要人士，曾致電藥房查詢有關捐贈事宜，職員表示不能接受藥物捐贈，為甚麼藥房不可以接受捐贈藥物呢？

Q: My dad bought some cancer drug from your pharmacy, but unfortunately he passed away soon after. As they are very costly, I would like giving them away to the needy. I called your pharmacy once to inquire about the relevant donation but was told by the staff that they were unable to accept. Why is the pharmacy unable to accept medicine donation?

答：首先十分感謝閣下熱心助人，願意捐出餘下藥物給有需要的病人。本會明白有些藥物真的很昂貴，尤其癌症藥物，一個月藥費動輒三、四萬元，捐贈者亦希望其他病人能減輕藥費上的負擔。但根據醫院管理局的規定，任何藥房都不可以回收藥物，亦不接受已售出的藥物作退換，「惠澤社區藥房」亦必須根據有關條例運作。

A: First of all, thanks for your enthusiasm to help and willingness to donate remaining medicine to needed patients. We understand certain medications are very expensive, particularly those for cancer treatment, they could easily cost 30-40 thousand dollars a month. The donor wishes to mitigate other patients' financial medical burden. However, according to Hospital Authority regulation, no pharmacy is allowed to recycle medication or swap for return of sold medication. The Philanthropic Community Pharmacy must comply with the relevant regulation.

此外，家人如何存放藥物，貯存藥物時的溫度都會十分影響藥物的效用，如被陽光直接照射，藥物的效就會受到影響。由於我們對捐贈而來的藥物的存放或處理都不能夠保證，故我們不會冒險將藥物轉贈，特別是一些高風險的藥物，如劑底丸、薄血藥及癌症藥物等，因藥效的差別，會導致病情有所延誤，嚴重的甚至令病情加劇，故藥物不作回收是保障病人的健康著想。

In addition, in what way the family stored the medicine is vital as storage temperature has definite impact on potency and exposure to direct sunlight has that effect. As we are unable to guarantee storage and handling of donated medicine, hence we cannot afford the risk giving them away, particularly so for potent drugs such as Glyceryl Trinitrate, Warfarin, cancer treatment and etc because any deviation in potency could lead to treatment delay, even aggravating the situation. Hence, no medication recycle is for the good of patients' health.

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問：為什麼「惠澤社區藥房」售賣的藥物類別較其他藥房少，另外價錢方面那麼便宜，是否原廠貨品？

Q: Why are there fewer types of pharmaceuticals sold by Philanthropic Community Pharmacy than other pharmacies? And why they are cheaper? Are they products of original manufacturers?

答：「惠澤社區藥房」的藥物名單內每一種藥都是由團隊努力地與藥廠洽談而來的，現時藥房售賣的藥物種類超過四十種，我們明白自費藥物對病人來說負擔沉重，所以我們亦期望能盡快將更多的自費藥物加入到藥房的資助名單中，然而這個過程確實是需要些時間，請病人能夠體諒。

A: Each of the medicine on the list of Philanthropic Community Pharmacy are the results of strenuous negotiations by our team. Currently, we sell over forty different kinds and we understand medical expenses are heavy burden to patients. Hence, we also hope to add more medications onto the Drug Formulary List as soon as possible. However, such a process certainly takes time and we really hope patients can understand.

此外，藥房售賣的藥物全部都是由原廠提供，故不會存在任何「水貨」或「次藥廠」貨品，病人可以放心購買及服用，最後多提一句，緊記每次來購買藥物前必須先與藥房職員預約時間，以確保有足夠藥物提供。謝謝！

In addition, medicines sold in our Pharmacy are all supplied by the original manufacturers and it does not exist any "parallel import" or "secondary manufacturer goods". Patients can be reassured of their purchase and take them with peace of mind. Lastly, please be reminded to make prior appointment with our pharmacy staff every time coming to buy to ensure we have sufficient stock to meet your need. Thank you!

醫生倡新藥抗中風 價錢較貴副作用小

【明報專訊】病者心律不整引起的心房顫動，中風風險比一般人高約5倍。傳統的抗凝血藥「華法林」雖能有效減低六成中風風險，但服用此藥要嚴格控制飲食，而遭不少患者拒服。有醫生指出，曾有患者服用華法林後，因喝涼茶與藥物相沖致死，故推廣新式藥物望幫助患者減低藥物副作用。但新藥較貴，聖雅各福群會的社區藥房以低於市價兩至七成發售，為有經濟困難的患者提供支援。

聖雅各福群會低價發售助困難者

香港公立醫院心臟醫生協會主席及心臟科專科醫生譚劍明稱，本港現時每100人就有一人患上心房顫動，40歲以上更有四分一人有可能患上。傳統抗凝血藥華法林有種種限制。如患者稍一不慎便容易出現副作用，嚴重或可致命。

心動聯盟召集人及心臟科專科醫生黃品立表示，新式抗凝血藥「達比加群酯」不但可減低中風機會達七成半，更毋須戒口；副作用相對較小。不過，「達比加群酯」每顆約20元，相比阿士匹靈及華法林每顆只需0.1元貴，聖雅各福群會的社區藥房以低於市價兩至七成發售，為有經濟困難患者提供支援。

New Drug for Stroke More Expensive but Fewer Side Effect

(Ming Pao News) Patients who have atrial fibrillation caused by irregular heartbeats are with 5 times risk in having stroke. Although the traditional medication "Warfarin" is effective in reducing 60 percent of the risk of strokes, it is resisted by many patients because of the strict limitation in diets. A doctor indicated that there happened a patient died after having warfarin because of the medication clash with the Chinese medicine. Therefore, he hopes that the promotion of new drug can help patients in reducing the side effect. However, since the medication is comparatively expensive, the Philanthropic Community Pharmacy of St James' Settlement therefore offers patients with financial difficulties a 30 to 80% off discount.

St James' Settlement Offers a Low Price Hoping to Help the Deprived Patients

Tam Kin Ming, the chairman of Hong Kong Public Hospital Cardiologists Association and cardiac specialist, indicated that one person is having atrial fibrillation in every hundred people in Hong Kong and one fourth of people aged 40 or above are also having a high possibility in having the disease. Since there are many restrictions in taking the traditional medication "Warfarin", it is easy for patients having side effect or even fatal dangers if the medication is not taken carefully and precisely.

Doctor Wong Bun Lap, the convener of Atrial Fibrillation Alliance and cardiac specialist, further indicated that the new anticoagulant drug "Dabigatran Etexilate is 75 percent more effective in reducing the risk of strokes and is with fewer side effects comparing with the traditional drug; however, it costs 20 dollars for each Dabigatran Etexilate, which is definitely more expensive than Aspirin and Warfarin costing just 0.1 dollars each. Now, the Philanthropic Community Pharmacy of St James' Settlement is offering patients with financial difficulties a 30 to 80% off discount.





參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

- | | | | |
|------------------------------------|---|-------------------------------------|------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃 | <input type="checkbox"/> 電器贈長者計劃 | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃、補血寶愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動) | | |
| <input type="checkbox"/> 送藥到戶服務 | <input type="checkbox"/> 營養福袋 | <input type="checkbox"/> 惠澤社區藥房 | <input type="checkbox"/> 家居維修服務 |
| <input type="checkbox"/> 到戶理髮服務 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 外展體檢計劃 | <input type="checkbox"/> 後顧無憂規劃服務 |
| <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 以上任何一項 |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

敬請在支票背後或銀行入數紙寫上所捐賜之「慈惠服務」，連同捐款者之姓名及地址擲寄本會地址，或將銀行入數紙傳真至本會，FAX：3104-3635，俾本會可奉上謝函以及收據，以供閣下用作**扣除稅額**之用。謹此致謝。

I / My company would like to contribute (one-off / monthly) \$ _____ to support

- | | | |
|---|--|---|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Nutritional Baggie For the Weak |
| <input type="checkbox"/> Philanthropic Community Pharmacy <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) | | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
| <input type="checkbox"/> 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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