



社工的話 Social Worker's Remark

過去的兩個月，天氣實在非常嚴寒，在打鼓嶺地方氣溫曾低至約2度，在那裡我們也曾為長者送贈暖風機及電熱毯；加上不時從新聞中聽到一日之內有過千長者按動平安鐘求助，又或長者因低溫症或因天氣寒冷而令長期疾病惡化而入院，有的更因而送命。

今年的送暖行動在11月已經開始，除了「禦寒三寶」外，包括暖風機、棉襖、棉被，我們也會因應不同需要及按服務的能力送上一些保暖物資，包括頸巾、保暖內衣、電熱爐、熱湯包和潤唇膏等等。

隨著通貨膨脹的影響，今年的衣物及電器比前貴三成左右，單在首個月支出已達十五萬！在經費上無疑構成一定的壓力，還記得我們幾位同事一邊面對排山倒海式的轉介，一邊商討是否還接受申請的討論。最後，大家分頭向善長作出呼籲，盡力應付缺乏禦寒衣物長者的需要。此外，根據天文台預警，農曆新年前北方還有三度寒流南下，估計香港天氣將在陰冷氣候中迎接馬年來臨。所以，送暖的工作仍然如火如荼。

本會與地區社工一向有緊密的聯繫，是次我們鼓勵各機構社工按經驗預計所需要物資數目，好讓同事盡早把物資送到有關中心，讓有需要的長者及早收到禦寒物品。一位與我們合作的地區社工鄧先生表示：「我預計本區有大約30位長者需要棉被及棉衣，初時擔心逐一為長者向送暖計劃提出申請，每次一個一個取物資的情況會很費時，如集齊申請才轉介給聖雅各，又怕延誤，後得知可以預先向計劃申請一定物資存放在中心，之後補回有關文件，為免有任何資源浪費，計劃負責人與我一直保持聯絡。」透過這些緊密合作，盡量減少天氣轉寒時需求激增引來壓力。

按現時情況預計，今年送暖行動的支出將會接近四十萬，比去年多出十萬。我們盡量不希望拒絕合資格及有需要的申請，我們的信心來自那裡？就是您們各人的善施之心及行動。所以，我們儘管放膽去回應訴求，同時呼籲各位善心人士繼續伸出援手，為那正抵禦寒流的匱乏老弱披上暖衣。施善資助支票請書：「聖雅各福群會」，支票背面指定支持：「送暖行動2014」。施善查詢：28354321或8107 8324。

The weather in the last two months has been very cold, almost down to 2 degree Celcius in Ta Kwu Ling where we have been sending out fan heaters and electric blankets to the elders. We also hear news that over a thousand elders calling the emergency alarm system for help in a single day; or elders being hospitalized due to hypothermia or cold caused worsening of chronic illness, while some even died.

這個冬天 真太冷

Too Cold in This Winter

Warmth Giving Action began in November, on top of the "Three Winter Treasures", namely fan heater, cotton padded coat and quilt, we may also issue certain warmth keeping stuffs like scarf, warm underwear, electric heater, hot pad and lip balm etc. in response to different needs and subject to our service capabilities.

Because of the inflation, the cost of clothing and electrical appliances has been 30% more expensive than before. The expenditure for the first month is \$150,000, which is undoubtedly a great financial pressure to us. I still remember that our colleagues on one hand handle the endless referral, while on the other hand discuss whether we should keep on accepting application. Eventually, they still try their best in meeting their elders' needs and appeal to the well wishers. In addition, according to the observatory forecast, there will be three cold currents from the north during the Lunar New Year. It is predicted that the weather will be damp and cold in the beginning of Year of the Horse and the work in warmth giving is still in full swing.

We have all along been in close contact with district social workers. This year, we encourage the referral social workers to estimate the quantity of items needed based on their experiences so that we can send the items to them in advance with the purpose of early delivery to elders. Mr. Tang, a district social workers, commented, "There should be around 30 elders applying for the 'Warmth Giving Action' in my estimation. At the beginning, I am worried that it would be time consuming in making referral case by case. On the other hand, I am afraid of having delay if I make referral after gathering all applications. It is great to know later that I can ask for certain quantity to be stocked in our center first and document can be submitted later. Also, to better use of the resource, the person in charge has all along been in contact with us." Through this kind of close cooperation, the stress for sharp rise in demand due to cold weather can be reduced.

According to the current situation, the estimated expenditure for this year would be around four hundred thousand dollars, with is a hundred thousand more than previous years. We try not to reject applications for the eligible elderly. However, where does our confidence come from? It undoubtedly comes from you all kind donors. Thus, we have courage to satisfy the poor elders' needs and we keep appealing to you all for donations. Please make your cheque payable to "St. James' Settlement", specifying at the back for "Warmth Giving Action 2014". Donation hotline: 2835 4321 or 8107 8324.

能助人的人，就是有福的人。
He who can help others is the most blessed.



為長者送暖 份外的體貼關懷

每年於冬季推行的「送暖行動」，主要是全港性協助獨居無依、經濟匱乏並欠缺親友支援的長者。尤其在寒流不斷來襲的冬天，長者體弱多病的體質，令弱者在溫差適應上更顯困難。一般而言，長者四肢因血液循環系統不理想，持續冰冷，感覺相當難受；一不小心處理更容易引發其他併發病症，甚至需入院接受治療，健康受到威脅。

「送暖行動」計劃全仰賴善長的慷慨捐輸，為長者建立「從無到有」的溫暖家居。多年來，計劃一直為匱乏無依長者送上「禦寒三寶」——暖風機、棉襖以及棉被。此計劃對家中百無一物的長者而言，甚具意義。居於觀塘山上公屋邨的麥伯伯獨身至今，現依靠綜援金過活。麥伯伯家徒四壁，設備簡陋，家中沒有睡床，只有一張十多年的破棉被蓋於地上，就地而睡。麥伯伯向我們說：「冬天睡地板真的很寒冷，我實在很需要一張棉被讓我保暖，其他東西我都不需要。」麥伯伯以往因經濟緊拙，曾經露宿街頭，對於社工協助他「上樓」，麥伯伯已心滿意足，沒有其他所求。「送暖行動」為麥伯伯送上他一直期待的絲棉被，打開棉被麥伯伯立刻蓋住身體，萬分道謝。「這張棉被已足夠讓我渡過這寒冬，感謝善長的捐助！」從「不求人」的麥伯伯拒絕其他協助，因一張溫暖的絲棉被，已讓他感到滿足、溫暖萬分。

「送暖行動」計劃一直沒有政府及基金的資助，隨著人口老化，長者退休後沒有收入，需依靠綜援金生活的人口一直遞增。今年，「送暖行動」申請人數也是直線上升，在計劃開始一個月已收到接近300份的申請。寒冷的冬天已來臨，急需禦寒物品的體弱長者眾，計劃需要尋求更多的資源去協助在輪候冊上的匱乏長者們。「送暖行動」計劃堅持「送暖到戶、及時到位」的計劃精神，不願意長者在寒冷的天氣下仍需長時間輪候禦寒物品。

居於大圍山上公屋邨的伍婆婆，喪偶後依靠綜援金生活。求助當天溫度跌至10度左右，伍婆婆放於走廊的棉被被他人偷去，頓時手足無措，立刻向計劃求助。在「等一天也嫌多」的迫切性下，計劃立刻派出義工將棉被當晚送到伍婆婆家中，讓伍婆婆在寒流襲港的晚上也能及時保暖。伍婆婆收到棉被後，不禁流下眼淚，被善長及義工的細緻關懷所感動。「棉被唔見了，我真係唔知點算！真係諗唔到即日就有人送棉被俾我，以為今晚要捱冷。真係萬分感謝！」送暖義工告訴伍婆婆，「能為你送暖我們感到很驕傲，可以讓長者足夠保暖，正是我們希望做到的。」伍婆婆即時露出滿足的笑容，送暖並不只是實物上的援助，當中還包括一份關懷體貼之情，正是匱乏無依長者所需。

面對迫在眉睫的社會需求，「送暖行動」計劃希望堅守「以人為本」和「及時到位」的精神，繼續為匱乏長者送上禦寒物品，讓他們渡過一個溫暖的冬天。此計劃得以及時推行實全賴善長雪中送炭的善舉，施善查詢：2835-4321或8107-8324。



Bring Warmth to the Elderly With Concern and Consideration

The Warmth Giving Action which we launch every winter gives assistance to elderly throughout Hong Kong who live by themselves and lack financial resources as well support from family and friends. The frail elderly particularly have trouble coping with temperature changes during the many cold waves which hit the city in winter. Due to poor blood circulation in the limbs, they generally suffer a great deal of discomfort in freezing weather. A slight exposure to the cold can lead to complications that might even land them in hospital and seriously jeopardize their health.

Warmth Giving Action depends entirely on generous donations to build warm homes for the elderly from scratch. For years the action has provided needy elderly people with the "three winter treasures" – fan heater, padded coat and quilt. It means a great deal to the elderly have-nots. Uncle Mak, who lives in a public housing estate on the hill in Kwun Tong, is single and depends on Comprehensive Social Security Assistance (CSSA) for a living. His home consists of little more than four walls. He has no bed and he sleeps on the floor, on top of a worn-out quilt of cotton wadding more than ten years old. Uncle Mak told us, "It's really very cold to sleep on the floor in winter. I really need a quilt to keep me warm. I don't need anything else." Being poor, Uncle Mak has been a street sleeper before. He is already very content that, with the help of a social worker, he has moved into government housing. He asks for no more. Warmth Giving Action gave him a quilt of silk wadding. Spreading it out to cover himself, he was most thankful. "This quilt is enough to help me through the cold winter. Many thanks to the generous donors!" Uncle Mak, who never asks for help, has declined all other assistance. A warm quilt was enough contentment and warmth for him.

Warmth Giving Action has never had support from government or any foundation. As Hong Kong's population ages, with many retired elderly persons having no income, the number of people relying on CSSA has been rising steadily. The number of applicants for Warmth Giving Action has also risen this year. Though the program was launched barely a month ago, it has already received close to 300 applications. The winter cold is here, and frail elderly persons in urgent need of means to keep warm are many. We are seeking more resources to assist the needy elderly on the waiting list. In keeping with the Action's spirit of "sending warmth to the home," in a manner that is "timely and on target," we don't want to keep the elderly waiting for a long time for means to keep warm.

Grandma Ng, who lives in a public housing unit on the hill of Tai Wai, has been subsisting on CSSA since her husband passed away. The temperature had dropped to 10 degrees on the day she sought help. Her quilt which she had placed in the corridor had been stolen. Helpless, she appealed to Warmth Giving Action. The urgency was such that action could not be put off for even one day. Warmth Giving Action immediately dispatched volunteers to deliver a quilt to Grandma Ng's house that very night, so that she could keep warm in the cold wave. Tears streaked down her face when she received it, moved by the thoughtful concern of the donors and the volunteers. "I didn't know what to do when I found my quilt missing! Little did I expect anyone to send me a quilt on the same day. I thought I would just have to shiver in the cold tonight. Thank you so much!" The volunteers replied, "We are proud that we are able to bring you warmth. To keep the elderly warm is precisely our objective." Grandma Ng broke out in a smile of satisfaction. Giving warmth is not mere provision of material assistance; it carries a concern and consideration which is much needed by the needy elderly.

Faced with this urgent social need, Warmth Giving Action hopes to persist in its "people oriented" as well as "timely and on target" spirit, and continue to deliver keep-warm material to the needy elderly so that they can have a warm winter. The timely operation of the program depends entirely on the generosity of donors. Service and donation hotline: 2835-4321 or 8107-8324.

義工為我即日送暖，讓我感激萬分！

I am most grateful that the volunteers brought me warmth within a day.



發動善施的心

最近有報道指港人樂善好施登上世界前列。英國的慈善援助基金會 (Charities Aid Foundation) 公佈2013年慈善援助指數世界排名榜，香港在全球135個國家和地區中排行17，較上年升兩位，當中曾捐款的港人比率更高達六成，位列全球第10。

本單位所有的服務都是非政府資助的項目，不論是「惠澤社區藥房」、「營養福袋」、「專科專藥補助計劃」、「電器贈長者」、「電費助貧弱」、「家居維修服務」、「閃燈門鐘」等等，均需要計劃同事向外籌募捐款支持服務的運作。由於經費的壓力，很多時服務只能以「ONE MAN BAND」形式提供全港性的服務。

從歲首到年終，我們接觸到不同的捐贈者，以下是他們的一些心聲：

「每年年初，我都會為自己定下年度計劃，除了工作、學習和家庭外，我也會計劃用金錢幫助一些有需要的人士。以前幫過露宿者、小朋友，近幾年，我主要捐助給長者，我沒有指定甚麼計劃，不論是買電器或做維修，都是好實際的。今年我也打算把收入十分之一捐獻，部份給教會，部份支援聖雅各。」一位支持本會多年的打工仔。

「我是專誠前來捐款的，因為早前受過『電器贈長者』恩惠，我不是捐很多，只是一百元，希望可以幫到比我更有需要的老人。」一位年過七十的獨居婆婆。

「不知從何時開始收到慈惠月報，從月報中見到真的有不少長者及病人有著不同的需要，需求確實很大。雖然我沒有工作，但丈夫是專業人士，又沒有子女，生活算是安好，所以很想可以幫助一些無依的長者，亦明白老來沒子女，也沒金錢的生活會很困難。通常我會捐助藥房、閃燈門鐘及電器。」來自一位港島區的家庭主婦。

「我是從事貿易公司的，除了做生意，我都想幫下人。我工作很忙，經常不在香港，認識了聖雅各多年，我知道他們的工作，所以我會每月捐款。我明白沒有人手，就算有出色的計劃也沒有用，所以，我任由他們安排捐款用途。」一位公司老板。

「從朋友手中接過慈惠月報，初時以為是大陸或其他地方叫人捐錢的月報，但睇落原來係講緊香港！原來睇政府醫生都唔包藥費，我唔睇月報真係唔知，因為我好少睇政府醫生。見報道的CASE及相片，真係有唔少香港老人家係需要幫。我會在過時過節時，叫埋D有心同事幫下手，一齊捐，好似你哋成日講，集腋成裘嘛！」一個新認識的捐贈人士。

服務需求依然，通脹的壓力令貧者生活愈見困難，推行慈惠服務涉及的支出只會愈來愈大，盼望各位繼續支持，同時亦為我們尋求一些有心人，讓這個善施行動愈發愈亮。

The Heart of Giving to Charity

There is a recent report that Hong Kong people are one of the charity forerunners in the world. British Charities Aid Foundation announced that Hong Kong ranked 17 in the World's list of charity provision index amongst 135 countries and regions in 2013, two positions higher than the year before. Also, 60% of people in Hong Kong have donated to charity, ranking the World's No. 10.

Services provided by our unit are all non-government subsidized projects. All services, namely the "Philanthropic Community Pharmacy", "Nutritional Baggie For the Weak", "Specialty Medication Assistance Program", "Electrical Appliance for the Elderly Program", "Power Subsidy", "Elderly Home Maintenance Services" and "Flashing Light Door Bell for Deaf" and etc., relies on the external donation and funding for service operation. Under the great financial pressure, the services run in a "One Man Band" from providing service for all areas in Hong Kong.

Over the year, we get in touch with various donors and hereunder are some of their heartfelt voices:

"At the beginning of each year, I will make a whole year plan. Addition to work, study and family, I also make a budget for donation. In the past, I have helped the street sleepers and children; in these few years, I mainly donated for elderly, not specific for any programs. Either electrical appliances purchase or maintenance are practical. This year, I plan to donate 10% of my income, partly to the church and partly to St. James' Settlement." said by a worker who has been supporting us for so many years.

"I come to donate for 'Electrical Appliance for the Elderly Program'. My donation is not much, merely one hundred dollars, but I still hope it can help elderly who has more need than I," said by a living Granny who is over 70.

"I am not sure when I start receiving the Philanthropy Monthly. From the Monthly, I learned many elders and patients are having various needs. The demand is huge. I do not work but my husband is a professional. Without kids, my life is fairly good. Hence, I really want to help some lonely elders. I understand that life is hard for having no kids and no money. Usually, I will donate for the pharmacy, flashing doorbell for deaf and electrical appliances." said by a housewife living in Hong Kong Island.

"I have a trading company. Apart from doing business, I also wish to help other. I am very busy and have not much time in Hong Kong. I know SJS for years and understand their work well. Hence, I make donation on a monthly basis. I believe an excellent project will still be useless without enough manpower. Therefore, I will let them decide how to use my donation." said by a company owner.

"I got the Philanthropy Monthly from my friend. At first, I thought it a monthly newsletter asking donation for the Mainland or some other locations. After reading it, I found it is actually referring to cases in Hong Kong. If I didn't read about the Monthly, I didn't realize that the government hospital covers no medication as I seldom use it. When I read about the cases and photos, I realized that there are really many elders in Hong Kong who need our help. In the festival day, I will ask my kind hearted friend to donate with me. Just like what you always mention that Drops can merge to become river." said by a new donor.

Services demand is there and inflation pressure makes life even more difficult for the poor. The expenditure for operating charity projects will only become larger. Thus, we hope all kind donors can continue to give us support and help to gather more people like you in support the service.



建構公義社會 提供平等醫療權利

在2005年，醫院管理局(醫管局)為促使醫療資源達到最佳的分配，醫管局一改以往在藥物上「全包」的做法並訂立《醫院管理局藥物名冊》(藥物名冊)，把部分藥物剔除在醫管局的安全網內，剔除的準則有四：僅具初步醫療驗證的藥物；僅具輕微邊際效益的藥物；個人生活方式藥物；及經臨床驗證為有效但極度昂貴的藥物。在資源分配的角度來說，《藥物名冊》的訂立的確可促使醫療資源達到最佳的分配，但同時這政策又帶來了一個怎樣的社會後果呢？

醫管局在推出《藥物名冊》時，曾承諾不會出現「無錢無藥醫」的情況，在政策上甚至推出不同的資助基金，例如撒瑪利亞基金，協助病人購買「經臨床驗證為有效但極度昂貴的藥物」。若單以政策文件來評論，《藥物名冊》的確為一項有效分配資源的制度，但經過八年的《藥物名冊》推行後，「無錢無藥醫」的新聞屢見不鮮，令人不禁反思有效分配資源背後的代價。

在設立剔除「經臨床驗證為有效但極度昂貴的藥物」此項準則時，醫管局明顯以經濟效益作為最大的考量，但在醫療的政策上，病人的生命以及生活質素是否可以被量化及計算呢？雖然醫管局稱訂立的「安全網」可避免「無錢無藥醫」的情況，但現實情況是「安全網」似乎並不安全。首先「安全網」只包含少部分「經臨床驗證為有效但極度昂貴的藥物」，即使包含在「安全網」的資助範圍內，亦需符合特定的醫療條件，例如曾要求罹患多發性硬化症的病人走100米路，再加病人不可重覆申請同一基金等等的規則下，不少病人最後被迫放棄治療。

在一個文明的社會上，醫療理當是每人的基本權利，但在現行的政策下，病人因經濟條件不足而無法接受治療，最終奪去了生存的權利。我們，聖雅各福群會，正正認為人人都有享有醫療的權利，因而推出不同的醫療資助計劃，例如現金藥費資助及以優惠價錢購買自費藥等，填補現行醫療政策的不足。每一項資助計劃均有賴社會上熱心人士的無私捐獻才得以繼續運作，您的捐獻不單單為徬徨無助的病人帶來一點光，更是建構一個更公義的社會。

For a Just Society With Equal Right for Medical Care

With a view to achieve better allocation of medical resources, in 2005 the Hospital Authority altered its 'all-inclusive' policy on medications and implemented the Hospital Authority Drug Formulary to exclude certain drugs from the HA safety net. There are four criteria for the exclusion; drugs which have preliminary medical evidence only, drugs with marginal benefits over available alternatives, lifestyle drugs and drugs clinically proven to be effective but are very expensive. The implementation of this policy can certainly arrive at a better allocation of medical resources, however at the same time, what consequences would it bring to the society?

The Hospital Authority has ensured that the implementation of this policy would not bring about the situation of "no money, no cure". Policy-wise, they even offer different financial aids such as the Samaritan Fund to help patients in purchasing "drugs clinically proven to be effective but are very expensive." As a policy paper, the Drug Formulary indeed is a system for effective resources allocation. However after eight years of implementation, cases of "no money, no cure" frequently occur. The price paid for a better allocation of resources deserves to be reconsidered.

When setting up the criterion for excluding "drugs which are clinically proven to be effective but are very expensive", the Hospital Authority has clearly taken into account its economic benefit. But can patients' lives and their living quality be quantified and measured? The Authority claims that the "safety net" they set up can eliminate the situation of 'no money, no cure'. However in reality, the "safety net" is not safe at all. First of all, it only covers a small portion of "drugs clinically proven to be effective but are very expensive". Even if it is within the safety net, the patient has to meet specific medical requirements, for example a multiple sclerosis patient is asked to walk 100 meters. Moreover, patients cannot apply for the same fund twice. Under these rules and limitations, a lot of patients are forced to give up treatment.

In a civilized society, everyone should be entitled to medical care and treatment. But under the existing policy, some patients are unable to receive medical treatment because of financial difficulties and thus losing their right to live. St James' Settlement believes that everyone is entitled to the right of medical treatment and therefore offers different medical assistance programs such as cash subsidy and discounted self-financed medicines to fill the inadequacies of the existing medical policy. The operation of these programs relies on the selfless donations of enthusiastic benefactors. Your donations not only help to shed a light to the helpless patients, it also helps to build a more just society.





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營養奶強我身體助化療 資助耗盡急籲善長支持

鄧先生一家三口生活，他自證實患上肝癌後，身體漸漸虛弱，在不能上班的日子，只好靠著太太做清潔工，每月賺取八千多元維持家中的開支，加上兒子尚在求學，家庭經濟十分拮据。

「我在去年一次身體檢查時，被醫生發現肝臟有一個腫瘤。當化療進行後，身體漸漸變得虛弱，加上肝酵素不足，醫生建議我服食特別配方的營養奶粉，令身體回復強壯，才可繼續接受治療。初初我以為一罐奶粉頂多百幾元，誰知原來要五百幾元一罐！每星期一罐，整個化療期間都要服用，開支要六千多元！我沒有告訴太太有關奶粉的事，我怕加重她的負責。但醫生認為在肝酵素不足下，不會讓我接受化療，這又令我十分徬徨……因著病我的人生已跌至低谷，如今更是雪上加霜。」鄧先生邊說邊流露辛酸。

醫生有鑑於鄧先生的困窘，把他轉介至醫務社工，在社工幫忙下認識本會惠澤社區藥房「營養福袋餽贈計劃」。「多得社工四處幫我尋找資源，知道聖雅各福群會有一個計劃能資助病人購買營養奶粉。食用奶粉一個星期後，體重果然回升，就連肝酵素也有上升趨勢，醫生表示可以繼續進行化療了。」鄧先生充滿期望說道。及後，他持續服用營養奶粉，體重升近四十八公斤，雖然比起之前六十幾公斤仍有一大距離，但現時行路時已沒有嚴重喘氣，最近一次檢查中，醫生發現他身上的腫瘤比前細少了！鄧先生十分感謝善長到位的捐助，想到癌症病人身體在打仗時需要額外的重要補充品，否則，康復之路便會遙遙無期！

由於「營養福袋餽贈計劃」的資助剛好完結，服務暫時受到影響。故此，本會正急呼籲社會上熱心人士的幫忙，為病弱者在抗癌的路上扶一把，讓他們如鄧先生一樣經歷重生！施善款項數目不拘，希望以集腋成裘方式，為貧弱病殘者施救。支票抬頭請書：「聖雅各福群會」，支票背面指定捐予：「營養福袋餽贈計劃」。施善查詢：2835-4321 或8107-8324。



Nutrition Milk Strengthen Body for Chemotherapy Donation Appeal for The Needy

Mr. Tang is in a family of three. After being diagnosed with Liver Cancer, he is gradually unable to work. The family lives on the \$8,000 salary of his wife who is working as a cleaner; in addition, his son is still in study, the financial burden of Tang's family is heavy.

"In a physical check-up last year, the doctor found a tumour in my liver. After having the chemotherapy, my body became weaker and weaker. As my liver enzymes level is low, the doctor recommended me a special formulated nutritional milk powder in strengthening the body for further chemotherapy treatment. At first, I thought a can of powder would just cost around a hundred but was later found that it costs over \$500 a can! I have to take one can for a week during the whole treatment; in other words, it is over \$6,000 in total! I didn't tell my wife for fear of overburdening her. On the other hand, I was really worried as the doctor would not carry on the chemotherapy as my liver enzyme was insufficient. My life is doom since having this cancer; and the present situation is even worse." said Tang with sign of melancholy.

Knowing the difficulties of Mr. Tang, the doctor referred his case to the medical social worker and finally came to the "Nutritional Baggie For the Weak Program" of our Philanthropic Community Pharmacy. "Thanks for the social worker in helping to seek for resource. I came and knew that there is a subsidy program in SJS for purchasing the nutrition milk powder. After taking it for a week, I gained weight and my liver enzyme level increased. The doctor said I could resume the chemotherapy. Tang said with hope. By taking the milk powder, Mr. Tang's weight raised to 48k. Though there is still a long distance resuming to his pervious weight of 60kg, he now walks with less gasping. In a recent check-up, it is found that the tumor size becomes smaller. Mr. Tang is very grateful for the benevolent people in supporting deprived patients for their additional nutritional supplement to fight for the disease; otherwise, there is still a long way to go for recovery.

As the funding for the "Nutritional Baggie For the Weak Program" has come to the end, the service is now being affected. Thus, we are now making an urgent appeal to kind donors in helping the frail cancer patients like Tang. Any amount is welcome. Please send your donation by cheque payable to "St. James' Settlement", specifying at the back for "Nutritional Baggie For the Weak". Donation hotline: 2835 4321 or 8107 8324.

盼善心人士可捐助「營養福袋餽贈計劃」，助病弱者強壯身體，繼續接受化療。

Hope the kind donors can support for the "Nutritional Baggie For the Weak Program" in strengthening the patient's body for Chemotherapy treatment.



電磁爐煮食 方便又快捷

獨居於白田邨的83歲張伯伯，與家人斷絕來往多年，一直「一腳踢」自行照顧生活，事無大小都親力親為去解決。「我成80幾歲，好話唔好聽，都唔知剩返幾多日子。」家徒四壁的張伯伯家中電器均用了十多年以上，部份更不能運作，勉強使用這些壞電器實在容易發生家居意外。

在其中一次的家訪中，社工入屋後聞到石油氣的味道，發現正在燒水的石油氣油管破舊老化，懷疑存有漏氣的危險，立刻將石油氣爐熄掉。社工立即勸告張伯伯停止使用石油氣爐，張伯伯聞言皺眉道：「我邊有錢出去食飯？一日三餐都需要用個爐煮食呢！開爐我也擔心爆炸，間屋都無埋。」社工立刻替張伯伯向「電器贈長者」計劃求助，以解決張伯伯的燃眉之急。

翌日計劃派出義工將電磁爐送到張伯伯家中，並細心指導張伯伯用法上的注意事項。「電磁爐比氣體爐乾淨，而且油煙較少，煮食更為方便快捷。」義工告訴張伯伯說。每個電磁爐都會連煮食煲一起贈送長者，俾讓他們可即時使用煮食，不用為換煮食煲而煩惱。「而家我煮食按一個制即可，操作簡單易用；以前成日顧住叫石油氣，而且整到周圍黑忒忒，好污糟呢！」一個功能簡單的電磁爐確能滿足長者煮食上的需要。

另一位需電磁爐的長者，是居於牛頭角邨的林伯伯。林伯伯近年不幸患上了慢性阻塞性肺病，需要依靠氧氣機協助呼吸。醫生千叮萬囑他不要接近明火，一不小心接觸氧氣會造成爆炸。林伯伯獨居無依，家人長期不在身邊，生活起居得靠自己一人。因需氧氣維持呼吸，林伯伯很少外出，靠鄰居協助購買數天餸菜，讓伯伯可自行煮食。不能開明火，林伯伯只能使用電飯煲煲飯和煲水，偶然想煮個麵享用，都因不能開明火而放棄。社工看到林伯伯煮食煲水都使用小小的電飯煲，甚為不便，於是向「電器贈長者」計劃求助，希望為林伯伯覓得一個電磁爐。

「我個電飯煲用左接七八年了，容量又細，試過用來煮麵，但因內膽太細水滾了出來，差點將電飯煲都弄壞了。」計劃義工為林伯伯送上電磁爐，並按長者的身高放好電磁爐，方便長者煮食。「我真係好開心，而家煲湯煮麵煮麥皮都得。我自己一個人，又出唔到街，煮食對我來說真的很重要。」一個簡單的電磁爐，確實可減輕氣管疾病弱者的煮食憂慮，避免他們使用明火。

Induction Stove Fast and Easy to Cook

Grandpa Cheung, 83, lives alone in Pak Tin Estate and has been no longer contact his family for ages. He looks after everything himself. "I am over 80 years old. I don't know how many days left" All appliances in his flat are more than ten years old, some are even damaged. This will easily cause accidents.

In one of the home visits, the social worker smelt gas upon entering the flat and found the gas tubing of the LPG stove was damaged. He immediately turned it off worrying gas leaking. The worker asked Cheung stop using the stove. Cheung frowned and said, "Where can I get the money for having meal outside? I have to rely on this stove for cooking meals everyday. In fact, I also worried of explosion by using it." Regarding to this case, the social worker immediately referred Grandpa Cheung's case to the "Electrical Appliance for the Elderly Program".

On the next day, the program volunteer worker delivered an induction stove to Cheung's flat and taught him in detail on things to watch out. "The induction stove is cleaner than gas stoves, less oily fume that makes cooking easy and fast," said the volunteer worker to Cheung. Apart from the stove, there is also a cooking pot so that they do not need to buy a new one. "Now I just need to press a button to cook. It is easy to use and I no longer have to order the LPG gas that makes the kitchen dirty!" A simple function induction stove really meets the cooking need of the elderly.

Another elderly who needs a induction stove is Grandpa Lam who lives in Ngo Tau Kok Estate. In recent years, he has Chronic Obstructive Pulmonary Disease and has to use the oxygen machine for breathing. The doctor cautioned him not to get close with flames as it may easily cause to explosion. Grandpa Lam lives alone and he takes care everything himself. After using the machine for breathing, he seldom leaves home and relies on the help from neighbours for buying food. Being not able to use flame, he can use a small rice cooker for cooking and boiling water that is very inconvenient. Thus, the social worker refers his case to the "Electrical Appliance for the Elderly Program", hoping to give him an induction stove.

"I have been using the rice cooker for 7-8 years. Since it is too small, the water will run out even for cooking a noodle." The program volunteer delivered an induction stove to him and installed it at a height that is convenient for him to use. "I am really very pleased as cooking soup, noodle and porridge now becomes easy. I am unable to go out so cooking is very important to me." A simple induction stove really realizes cooking worries for obstructive pulmonary disease elders in avoiding use of flame.



使用破舊氣體爐煮食，一不小心很容易造成家居意外。
Use of damaged gas stove could easily cause home accident if being careless.



長者使用電磁爐煮食，既方便又快捷。
Cooking with induction stove is convenient and fast.



我們需要你的捐助
We Need Your Donation

贈弱老一雙手 捐助洗衣機

冬天寒流來襲，有時更會伴隨一兩陣雨，冷得令人發抖。使用冷水洗手時，對體弱病殘的貧弱長者而言，實在苦不堪言；加上冬天衣服較大件，又較厚身，要清洗這些衣服，確實是一大難題。「去年中風後，我每天都需要做復健運動維繫肌肉的靈活性；無奈手腳活動力沒有進步，現在要我洗衣服，已變得難以登天了！」85歲的陸婆婆與丈夫相依為命，丈夫已98歲，日常起居都需要依靠陸婆婆一人照顧。「以往我一直手洗衣服，夏天衣服較薄身我仲可以勉強應付，唯冬天衣服太厚，手腕唔爭氣，扭乾不到呢！」陸婆婆低頭嘆息的說。

雖說洗衣服屬基本簡單家務，然而隨著長者年紀漸長，手腳活動能力退化，要洗衣服變成難事一樁，手力通常不足以扭乾衣服的水份，加上冬天時手部長期泡浸於冷水之中，更會感覺刺痛，獨居於鯉魚門邨的邱婆婆就有這樣的痛苦經驗。

「我住係呢間邨屋十多年，多年來我都係自己手洗衣服，從沒用過洗衣機。但自從患病後，常感到暈眩，手腳於關節炎病發時連行路都有困難。想著咬緊牙關勉強洗衫，結果手不夠力扭衣服弄到滿地積水，更不小心滑倒地上，弄傷了腰骨。」邱婆婆眉頭深鎖的對我們說。根據熟悉婆婆的社工對我們說，邱婆婆一直不愛依靠別人，盡量照顧自己，免得為他人帶來麻煩。因此，一直不肯接受送飯、清潔等服務，社工希望可以為邱婆婆妥得一部洗衣機，即使她堅持自己清洗衣服，也能幫她清洗過程裡遇到的困難，避免她的關節炎病情再度惡化，又或是被扭衣服的積水滑倒。

「電器贈長者」計劃了解到邱婆婆的困難，即時動用了善款為邱婆婆購置了簡單易用的頂揭式洗衣機。由於邱婆婆居住的地點偏遠，運輸上遇到了困難。「電器贈長者」計劃於是派出了數位義工，協助將洗衣機推入離大馬路二十分鐘路程的邨口，壯丁們更合力搬上婆婆居住的二樓，並接駁入水和出水喉，確保邱婆婆可即日使用洗衣機。「我好感動義工咁辛苦運部洗衣機入來，呢部洗衣機對我來講好重要，可以代替我無力的一雙手，即使冬天厚物的衣服，我也不再用擔心了。」

邱婆婆有一個心願，希望「電器贈長者」計劃可以籌得更多善款，給予弱老一雙「得力助手」，協助他們清洗衣服，免於冬天承受著冷水刺手的煎熬，也協助他們扭乾濕透的衣服，免除弄致滿地積水而發生滑倒的危險。「電器贈長者」計劃正期盼熱心人士捐款支持，以集腋成裘方式，捐出\$500可以向電器批發商購買每部 \$1,000元的簡單操作洗衣機；又或是捐出使用不超過5年而性能良好的高水位洗衣機，以清潔貧老家居堆積如山的污糟衣服，改善他們的生活質素。施善聯絡：香港灣仔石水渠街85號一字105室；或致電熱線：2835 4321 或 8107 8324。



Give the Feeble Elderly A Pair of Hands Donate A Washing Machine

The freezing cold in winter always makes people trembling let alone when it comes occasionally with rain. It is an agonizing pain to wash hands in cold water for the feeble poor elderly and washing the thick and heavy clothing with cold water in winter would even be a greater hardship for them. "I have been doing rehabilitation exercises every day to keep my muscles function well since I got a stroke last year. But the effort is in vain; little progress has been made as to the mobility of my limbs and now I can hardly even wash clothes with my hands!" The 85-years-old Grandma Luk lives only with her husband, aged 98, who relies solely on Grandma to take care of his daily needs. "I used to wash clothes by hand and can barely manage to do it for summer clothes; but in winter, my arms and elbows are not strong enough to wring out wet thick clothes!" Grandma's head sank when she sighed out.

Washing clothes is supposed to be a simple and basic household work; yet, it would become a difficulty for the elderly with their limbs degenerating as years gone by. Their arms and hands would become too feeble to wring out wet clothes. It would even be an agonizing pain having to soak their hands in cold water to do the washing in winter. Grandma Yau, living alone in Lei Yu Mun, has such painful experience herself.

"I have been living in this public estate for more than ten years. I used to wash my clothes by hand, but never by washing machine. Since I have health problems, I always feel dizzy. When I am suffering from arthritis in limbs, I can barely walk. Nevertheless, I endured the pain and got my clothes washed by hand. But once it happened that the floor got wet because my hands were too weak to wring out wet clothes properly. It was even worse that I slipped on the floor injuring my lower back." Grandma Yau said miserably. The Social Worker who is familiar with Grandma pointed out that Grandma had been denying other's help lest she should make herself a nuisance. She always wanted to rely on her own and therefore she had declined services such as home delivery of meals and cleaning. The Social Worker applied to us for a washing machine on behalf of Grandma hoping that it would make the work easier for her even if she insisted to do it herself. It was also hoped that it would help prevent her arthritis in limbs from worsening and avoid her slipping over water again.

Having got to know Grandma Yau's need, our "Electrical Appliance for the Elderly Program" at once purchased her a user-friendly top-loading washing machine with its donation. Several volunteers were then mobilized to carry the machine from the nearest spot the vehicle could go and it took them 20 minutes to reach Grandma's block. They then made their way up with much effort to the second floor where Grandma lives and installed the machine right away to ensure it was ready for use. "I am very touched by the care rendered to me by the volunteers who took a great deal of trouble to deliver the washer to me, which means so much to me. The washer can work very well even for winter clothes and so I don't have to worry about my feeble hands having to suffer again."

Grandma Yau earnestly hopes that the "Electrical Appliance for the Elderly Program" can raise more fund to buy the feeble poor elderly "a pair of helpful hands" to help wash their clothes so as to save them from the sting of freezing water. The accident of slipping over water left on the floor as a result of their feeble hands having failed to wring out wet clothes can also be avoided. "Electrical Appliance for the Elderly Program" is earnestly longing for your enthusiastic support. With your joint efforts, a good \$500 will make a great difference. We have negotiated with some wholesaler and got a good price of \$1,000 for a simple user-friendly washing machine. You are also very welcome to donate washers with high drain pipe that work properly and are not more than 5-years old. Let's help the poor elderly cleaning up their piles of dirty clothes which, in effect can improve their quality of life. Our mailing address is: Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation inquiry hotline: 2835 4321 or 8107 8324.

一部功能簡單的洗衣機，可以減輕長者清洗厚身衣服的困難。
A user-friendly washing machine can make the task of washing thick clothes easier for the elderly.



「最終找到合用的門鐘！」

朱伯與朱嬭兩老已經八十歲，兩人沒有子女，現時朱嬭還可落街行下，星期六日買一些燻煮飯，但日日煮很費心神及體力，故靠地區家務助理服務幫忙送飯，就連朱伯覆診、家務打理都靠他們代勞。

「他們兩老年紀大，外出靠拐杖，朱伯的聽力差，如果朱嬭外出，剛巧是送飯時間，朱伯就無辦法應門了。其實我們曾找男同事幫助他們留意坊間的門鐘，曾經也幫他們買過一些，但不是聲音不夠洪亮，就是閃燈太弱，根本無法引起朱伯的注意。」社工鄧姑娘說。直至有次鄧姑娘致電查詢本中心其他服務時，與我們計劃社工談起朱伯的情況，於是便把朱伯的個案轉介給長者家居維修服務的社工。「原來坊間真的為長者專門而製的閃鐘門鐘，我給同事們看看有關相片，他們都話在市門未見過，用LED燈，既光亮又省電，聲音可調節，能配合長者情況而調節，實在是很貼心的！可是，價錢要三百三十六元，我起初也很擔心，因為朱伯兩老拿綜援一定無能力，還要找人安裝，加上上次的門鐘裝了不合用，很難勸他們再買門鐘。」

負責計劃的社工從鄧姑娘中了解朱伯的情況後，提出服務可為這兩老的情況提供服務；同時，基於他們經濟困難，可免閃鐘門鐘費用並安排義工安裝，「我把這個消息告朱伯和朱嬭，初時他們都有些猶疑，怕像之前的一樣，經過一輪解釋後，他們抱著嘗試的心情。至義工師傅上門安裝當天，兩老留在家等後，大約過了一個小時，朱嬭打電話給我，『鄧姑娘多謝你幫我搵聖雅各，個門鐘已經整好，好大聲，好閃，呀伯背住門都知有人按鐘。』電話中聽到朱嬭的笑聲，我知道今次真的找到合用的門鐘了。」

類似鄧姑娘及朱伯的例子其實不少，最近就有一位女士為他聽力衰退的外婆尋找合適門鐘，隨後在網上見到本會的閃鐘門鐘，願意自費購買及自行找三行師傅安裝，可見此閃燈門鐘的實用性，真的可解照顧者對弱老的擔憂。現時，中心只餘五個閃燈門鐘，於兩個月前我們已決定再訂製新一批共200個門鐘，預計需要\$76,000，暫時仍待善長幫忙。善施熱線：8107 8324 或2835 4321。



“Being Able to Find a Suitable Doorbell At Last!”

The Chu's couple without children is now at their eighty. Although Grandma Chu is able to walk around, they now rely on the district elderly center in providing meal as they are both weak in handling the meal everyday. Also, they need the center's help in taking Grandpa Chu to hospital for check up.

“They are too old to walk with the crutch. Since Grandpa Chu's cannot listen to the doorbell well, he often missed the meal service when Grandma Chu is not here. In fact, we have helped to search the doorbell for him before; however, they are all not suitable with some are not loud enough or the lighting is too weak to notice.” said by the referral worker Miss Tang. Last time when Miss Tang mentioned the Chu's couple's case to the Settlement, staff referred their case to the Elderly Home Maintenance Services. “I realized that there is a doorbell which is really specific for the elderly. I show the photo to my colleagues and they said they have never seen a same one outside. By using the LED lighting, it is bright and energy saving; also, the sound is adjustable that enable us to adjust based on each elderly situation. However, I began worried when knowing the doorbell costs \$330 each, which sounds expensive to the Chu's couple who lives on CSSA. In addition to the cost, we still have to ask someone for installation. Together with the failure experience before, it is hard to persuade them in purchasing another doorbell again.”

After understanding more about Grandpa Chu's situation, the project-in-charge agrees to provide service for them. Also, concerning their financial difficulties, the fee is waived and volunteer will help for the installation. “When I told this good news to the couple, they were at first very doubt as they worried that it would fail again. After explaining to time for several times, they are willing to get a try. On the day of installation, Grandma Chu called me one hour after the volunteer arrived and said, ‘Thanks for referring me to SJS. The doorbell is now installed. The sound is loud and the lighting is bright! My husband can notice the doorbell ring from now on.’ In hearing the laughter over the phone, I know we finally find a suitable doorbell for them this time.”

Cases similar to the Chu's couple are not rare. Recently, a lady comes to us when knowing about our Flash Light Doorbell for Deaf in our website. She is willing to pay for the cost and hire workers outside to install this doorbell for her grandmother who has impaired hearing. This proves that the doorbell really suits the elders' need and can realize the worry of many careers. At the moment, there are only five doorbells left and thus another lot of new doorbell was order two months ago. It costs \$76,000 in total and the donation is in still in need. Donation hotline: 8107 8324 or 2835 4321.

閃燈門鐘針對長者的需要，解決生活上的不便。

The Flash Light Doorbell for Deaf is decided according to the elders' need with a purpose to improve their living.

為長者上樓急籌善款

早在兩三個月前，位於舊啟德機場的啟晴邨六座公屋單位已陸續入伙，本會「長者家居維修服務」已召喚義工師傅協助貧老弱老進行新居基本裝修，連續多個星期的入伙工程，為長者鋪設防滑膠地板、安裝扶手、慳電膽、窗簾路軌等，長者才得以順利搬到新居。

在十二月開始，在啟晴邨旁邊的德朗邨亦告落成，共九座樓宇包括德佩、德瓏、德瑩、德璋、德琦、德珊、德瑜、德瑤及德瑞樓共提供約8,000多個單位，居民已陸續開始進行揀樓及入伙的手續。在8,000多個單位中，約五份一是一至二人單位，我們相信當中必定有不少獨居或兩老同住的長者入住！

據往常經驗，不少長者一收到新居鎖匙後，便會透過地區社福單位向本會轉介個案。當中大多數是獨居兩老無依的老人，加上冬天天氣嚴寒，又適逢新年將至，在心理及身體上，長者承受不少壓力。住在紅磡的陳婆婆向我們表示：「天氣冷，手腳活動能力都差一點，加上自己有氣促，行多幾步都好辛苦。農曆新年又到，雖然沒有子女，但有些年老的親戚也會來拜年，所以都好擔心。」

要為類似陳婆婆的長者把「吉」屋變成安全適合他們居住的單位，實在需要不少配套。隨著物價高漲，地板和扶手都漲價了；不少長者都因經濟困難，根本無法應付入伙的開支，當然體弱而無法做粗重工作更是很多長者的困擾。

面對約100戶長者的申請，以每戶材料費700元計，共需善款70,000元。期望透過善長們的集腋成裘，加上義工師傅的無私貢獻，為長者於寒冬中送上一個溫暖、安全的家，助他們晚年也不用徬徨失措。施善支票抬頭：「聖雅各福群會」，指定捐予「長者家居維修服務」，讓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：2835 4321或8107 8324。



Urgent Appeal for Donations To Help Elderly Relocate

Several months earlier, tenants have started to move in one after the other to the six blocks of public housing units of Kai Ching Estate situated at where the old Kai Tak Airport used to be. St. James' Settlement's Home Maintenance Service for the Elderly has arranged our volunteers to assist the poor and frail elderly in carrying out basic renovation work. Our volunteers have been working continuously for many weeks to put in anti-slippery plastic floorboards, hand rails, LED light bulbs, curtains and curtain rails. As a result, the elderly were able to move in to their new homes smoothly.

Starting from December, Tak Long Estate, situated next to Kai Ching Estate, is also due for completion. There are nine blocks, including Tak Pui House, Tak Loong House, Tak Ying House, Tak Cheung House, Tak Kei House, Tak Shan House, Tak Yu House, Tak Yiu House and Tak Sui House. Altogether they provide about a bit more than 8,000 units. Residents have started choosing and moving in. Among the 8,000 units, about 1/5 of them are units built for one or two persons. We believe the majority of them would be elderly who live alone or married couples.

According to past experiences, as soon as the elderly received the key for the new home, a large number of them would have their applications referred to St. James' through district social workers. Many of those applicants either live alone or are couples who have no one to rely on. As the weather in winter can be freezing in addition to the oncoming of Lunar New Year, the elderly are under great stress both psychologically and physically. Grandma Chan, who lives in Hunghom, remarked that in cold weather she had trouble with arm and leg movement. Besides, she had problem walking as she suffered from a shortness of breath. When Lunar New Year comes, some of her senior relatives might visit her at her home though she had no children. She was quite concerned.

In order to make units safe for elderly like Grandma Chan to live in, we need a lot of things to go along with planning. Due to the inflation, floorboards and rails are more expensive than before. Many elderly are unable to cope with relocation expenses due to financial difficulty, not to mention difficulties experienced by many weak and frail elderly who cannot do heavy manual work themselves.

Facing for around 100 households application, a total donation of \$70,000, i.e., \$700 material cost for each household is needed. We hope we can give the elderly a safe and warm home in winter through contributions by benevolent donors as well as selfless workmanship contributed by our volunteers. If we can achieve that target, then the elderly won't experience helplessness and anxiety at old age. Please make out your cheque payable to "St. James' Settlement", specifying at the back for "Home Maintenance Service for the Elderly". Please mail your cheque to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Service and donation enquiry: 2835 4321 or 8107 8324.

新落成的德朗邨，只欠基本裝修便能成為長者的安樂窩。
The newly completed Tak Long Estate will become the elderly's cozy home with basic renovations.



香港首間 「惠澤社區藥房」

聖雅各福群會「惠澤社區藥房」的成立是始於自政府訂立了藥物名冊後，促使很多貧弱病患者有藥沒有錢去接受治療，病患者除了承受身體上帶來的打擊，亦需接受病患後帶來的經濟負擔。許多長者或經濟有困難人士都擔心長期服藥為家庭帶來長遠的經濟負擔，病人寧願轉用價錢較便宜的藥物，這些藥物在控制病情上效果不及自費藥物為佳，又或是有不少副作用，所以有些病人甚至寧願停藥。「惠澤社區藥房」的角色就是要為這些因經濟困難的病患者，爭取以優惠的價錢月購買藥物。

另一方面，本藥房亦提供「贈藥治病計劃」，此計劃全賴社區人士熱心的捐助，為那些連優惠價錢也不能承擔的病患者提供經濟援助，以舒緩因藥費帶來的壓力。在人口老化愈來愈嚴重的情況下，加上通貨膨脹的緣故，促使申請個案急劇上升。來申請的個案都需要經過經濟審查，每位病人的資助金額都會設有上限，但近來收到不少病人致電查詢，能否增加資助金額又或提出可否延長支援藥費時期等問題，奈何在資源缺乏下，「惠澤社區藥房」不能長期資助病人購買藥物。在提供短暫的資助下，期望亦能暫時舒緩病患者的經濟壓力，同時，我們亦會繼續努力爭取更多自費藥物以優惠價錢售賣給貧病人士。

除了藥物的價錢較優惠外，藥房亦十分重視病人用藥的合宜性，透過講座形式到各區中心提供藥物諮詢服務，又或為偏遠地區長者提供視像問藥服務，這些都有賴各長者地區中心互相配合；亦有些病人可透過電話預約服務，攜帶所有服用的藥物親臨藥房與藥劑師會面；當然，大家亦可電郵或致電免費查詢用藥問題，期望藉不同的層面為病人提供最到位的服務。

First in Hong Kong Philanthropic Community Pharmacy

St. James' Settlement's Philanthropic Community Pharmacy was first set up since Hong Kong government implemented the Hospital Authority Drug Formulary. As a result, many frail and poor patients can't afford to receive treatment since the cost of the self-paid medication is beyond their financial means. The afflicted have to withstand both physical discomfort as well as financial burden once they became seriously ill. Many elderly and those with financial difficulties worried that they would bring long term financial burden to their family since they had to take medications for a long time. Some patients chose to buy cheaper medications which are not as effective in controlling diseases as the self-paid medications and have numerous side effects. Therefore, some patients even stopped taking medications for those reasons. Our Philanthropic Community Pharmacy fights for buying medications at discounted prices on behalf of the patients with financial difficulties.

In addition, the Pharmacy also runs a "Medication Subsidy Program". This Program, operating on generous donations from people in community, provides financial subsidy for patients who are unable to afford drugs even at discounted prices. Owing to the ever increasing aging population as well as inflation, the number of applicants for Medication Subsidy Program has soared dramatically. All applicants have to go through a financial assessment and there is a limit to the amount of subsidy for each eligible applicant. Recently, St. James' has received a lot of phone calls asking if we can increase the subsidized amount or extend the duration of subsidy. The Philanthropic Community Pharmacy cannot subsidize patients to buy medications on a long term basis due to our limited resources. Our intention is to alleviate temporarily patients' financial pressure by providing short term subsidy. At the same time, we will try our best to negotiate more self-paid medications so that we can sell them at discounted prices to patients in need.

Apart from selling drugs at relatively cheap prices, we also emphasize the importance of taking medications correctly. Our pharmacist provides medication consultation services in various centers by means of talks or even webcam for elderly in remote areas. These services are held with coordination from various elderly centers. Some patients can call to make an appointment to see our pharmacist. When they come for the consultation, they can bring all their medications with them. Interested parties can also email or call for information on drug dosage and drug use. We hope we can provide the most needed services in different ways.



鋪膠地板及裝燈300戶受惠 義工助長者建安樂窩

有個安樂窩並非每個長者可達成的心願！聖雅各福群會逾300名義工化身維修天使，21年來向殘破家居、板間房上樓、重建公屋戶等貧困長者，鬆上家居色彩。「長者家居維修服務」今年獲蘋果日報慈善基金撥款10.5萬元，助新落成和重建公屋約300戶無依長者。

芳婆婆（79歲）42年前從印尼來港打住家工，一直獨身，退休後靠積蓄過活，去年中積蓄用盡才申領綜援。最近她由長者屋調遷至公屋單人單位，初期有點擔憂，「嚟三次都行錯路，新地區唔熟悉，新居乜都冇！」曾因骨折做腳部手術的她，希望鋪妥地板及安裝照明免生家居意外，以及減低地板塵土飛揚誘發哮喘病發作。

按逼切性提供協助

芳婆婆望着由四名義工師傅新鋪的膠地板、裝照明燈及牆上掛架，不禁大讚：「好開心，地板好靚！」義工譚師傅坦言：「見到婆婆開心，自己都有滿足感！」助人動力驅使他當維修義工十多年未言倦。

由1991年開始推行「長者家居維修服務」的聖雅各福群會，該會企業拓展（協作）經理謝文慧表示，今年繼續接受社工轉介長者維修個案外，還重點協助新落成和重建公屋的60歲以上獨居、兩老同住有經濟困難無依長者，主要助鋪地板、裝窗戶防風板、電線改位、裝置掛架等。

該計劃服務主管鍾慧蘭指會先採用政府既有資源，不重疊蘋果基金所撥款項，「會因應個案先主動同房署、房協、社署等部門溝通，未有人幫就會先做，合資格攞政府維修資助，會叫住戶用晒筆錢；如果錢仲未到手，會按逼切性幫佢哋先做！」鍾說裝修完成後，會按個案需要轉介至適當地區服務單位，為長者配對新社區適切的服務，重建支援網。



Laying of Plastic Floor & Installation of Electrical Lighting To Benefit 300 Households Volunteers Help Elderly to Have a Comfort Home

Not all elderly have comfort home and some of them are lacking it. Volunteers from St. James' Settlement have helped elderly with shabby home or elderly who had been granted government flat to plaster walls. Elderly Home Maintenance Services has received around 100 thousand dollars from Apple Fund this year in helping 300 elderly in this respect.

Old Lady Fong from Indonesia, aged 79, came to Hong Kong to work as domestic helper 42 years ago. She is single and had lived on with her saving after retirement. She applied Comprehensive Social Security Assistance after she spent all her saving last year. Recently, she was allocated a unit of government housing where she had never been before. "I have lost my way in the first three times I came here." Fong, who had a surgery before due to fracture, needed someone to plaster the walls of her unit before moving in so that dust would not trigger her asthma. Also, she needed lighting to her unit so that she would not fall in the dark.

Service Rendered According to Urgency

Old Lady Fong was very happy seeing the newly plastered wall and electrical light hung on the ceiling. She exclaimed in delight, "I am very happy. The plastered wall is so pretty." Mr. Tam, one of the four volunteers that helped plaster the wall said, "I am content seeing the smiling face of the old lady. It is the driving force for me to be the volunteer for over 10 years."

Elderly Home Maintenance Services of St. James' Settlement was established since 1991. Ms Tse Man Wai, manager of Corporate Venture (Partnership & Alliances), related that their services will continue helping cases referred by social workers. Their main work is to help elderly aged over 60, living alone or living with aged spouse whom are having financial problem to lay plastic floor, install windows, reallocate electrical plugs or fix clothes racks.

Ms Winnie Chung, Project in-charge of the Elderly Home Maintenance Services, said that they will make use of government resources first before using money from the Apple Fund. They will help elderly to apply services from government departments, like Housing Department, Housing Authority or Social Welfare Department. If the case is urgent, they will then use money from the Fund. After the renovation work is done, they will also refer the case to the local community service to follow up.

得義工師傅的幫忙及蘋果基金資助，芳婆婆可安心遷入新居。
With the help of the volunteers and the subsidy by Apple Fund, Grandma Fong can now move in her new flat without worries.



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"/> Outreach Physical Examination | <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf |
| <input type="checkbox"/> "The Voice" Monthly Elderly Magazine | <input type="checkbox"/> Health Promotion Activities | <input type="checkbox"/> Medication Delivery Services |
| <input type="checkbox"/> General use | | |

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