

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
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### 社工的話 Social Worker's Remark

社會一直對長者人口有所討論，特別是關注在二、三十年後，三個人當中就有一位是六十五歲長者，他們在醫療、房屋及照顧上的開支只會增無減，有好些長者跟我說，看到聽到有關報道，心裡不好受，認為社會視他們為負累、是經濟的包袱！

其實，他們有這些想法也不足為奇，看著一條一條的老街被夷平改建成為一幢幢新廈；很多老店承受不了貴租而關門大吉；以往相傳下來的手藝沒有得社會認同而再無人問津……這一點一滴又無怪乎令長者感到無奈和被拒絕。

一個政府怎樣看待他的人民是很重要的，這份看待將成為社會發展的定位，而所有政策及制度必須相應配合。於香港來說，今次的人口政策討論被學者認為是探討人口政策為經濟政策而服務，而不是探討經濟發展如何配合人口發展，政府將人口政策討論定位錯了，那麼一切的討論都會是空談。

於長者人口的情況而言，多年來護理行業人手嚴重短缺，由社區到院舍服務，情況沒有改善，吸納及挽留人才的方法，於志願機構而言，是從檢討工作流程、建立良好溝通文化、營造愉快合作團隊等，唯在薪酬福利下，根本難與私人集團相比。在老人人口增多的同時，三個長者一個窮的情況下，扶貧服務需求只會大大增加，長者需要醫療支援亦相對較其他年齡組別大，而未來男女壽命延長，男女歲數將分別提升至84.4歲及90.8歲，由此可估計將來他們在生活起居的支援需求也將隨之而上升。

未來，隨了關注培訓從事長者照顧或服務的新力軍加入行列，改善及增加友善長者的社區設施，讓他們樂活在社區外，照顧匱乏老年人更是重點工作，扶貧的力度更要明確和加大力度，審慎評估各區需要，增撥資源及人手，這一切都是因應人口發展下社會該予以配合的措施，並且要本著「以人為本」信念基礎而出發。

作為慈惠服務的單位，看著老老病病的人數增加，需要援助殷切，盼大家施善的手繼續支持，讓服務可以有支援他們的力量，不論是在面對寒冬的考驗，又或是炎夏惡劣環境，以大家送上的一點一滴懷抱他們，讓他們在孤單年老日子感受人間溫暖！

There has been ongoing discussion regarding elderly population boom and what draw concerns are the latest projection figures which predict that in 20 – 30 years time every 1 in 3 people in Hong Kong will be aged 65 or over; and that the expenditure on medical services, housing and elderly care services will be rising significantly. Reading those headlines, many elderly said that they felt they were seen as a burden to the society and the economy.

This perception is in fact not rare among elderly. As they witness the change of the city, the vanishing of old shops and old streets, and they see their acquired skills on traditional industries no longer being in demand, they feel being rejected by the society.

The attitude of a government towards its own citizens, i.e. whether a government deems its people valuable enough, can be reflected in its approach to development, which determines how public policies in different areas are being shaped. However, current discussions over population policy in Hong Kong have seemingly assumed a subservient role of the population policy to the economic policy, instead of the other way round. This misconception is going to make the whole discussion a waste of time.

Manpower shortage is severe in elderly care sector, no matter in community service level or in the residential care homes. As the problem has been persisting for years, non-profit organizations have been working hard to attract and retain talents by means of streamlining workflows, creating good communication culture and strengthening engagement through teamwork, etc. Nonetheless, being unable to offer competitive remuneration packages is holding social service organizations back in the talent hunt. Apart from a big jump in elderly population, the population projection also predicts that up to one-third of the elderly in Hong Kong will be living in poverty and that life expectancy for male and female is expected to reach 84.4 and 90.8 respectively. Institutions in the social service sector foresee a huge growth in service demand, not only on basic elderly care but also on poverty alleviation among elderly, as well as a further exacerbating manpower shortage.

The future population trends are posing us a huge challenge, our society needs more well-trained new recruits and more age-friendly community facilities to ensure that elderly wellbeing is well taken care of. In addition, effort to care for and relieve suffering of the elderly in poverty has to be ramped up. To address the challenge, the proper way is to put people at the center of development policy, carefully evaluate the community needs and make available the resources necessary for providing the needed facilities and expanding service capacity.

SJS has long history offering social service to vulnerable groups in the society. Anticipating a drastic upsurge of subsidized services demand among impoverished elderly, we hope our readers would share our values and continue support us to extend care and concern for those less fortunate elderly. Embrace those elderly, we can work together to help them survive many difficulties no matter it is in summer or winter. Your blessings will let them feel the warmth!

## 懷抱貧老 Embracing Elderly in Poverty

積善逢善。

Saving on good deeds will encounter good fortune.



## 有熱水洗澡的日子

「沒想到晚年的我，百病纏身，每一天都覺得好難過！」居於秀茂坪邨的黃婆婆感嘆的說。「子女長大後離我而去，只得我一人獨自生活。最近腳因病腫得厲害，行路都要依靠拐杖！」然而，不幸的事接踵而來，黃婆婆家中用了十年的電熱水爐，因內膽嚴重生鏽，經師傅檢查後需要更換。

黃婆婆體弱多病，勞碌大半生儲下的積蓄未足夠作養老之用，只得靠綜援金生活。「本來一餐飯煮來兩餐食，份綜援都夠用的。點知個熱水爐突然失靈，我那有錢買得起？」黃婆婆嘆說：「年關難過年過，無熱水沖涼說起來真夠失禮。我唯有煲熱水，一手拿拐杖一手拿煲入浴室，沖個涼都要成個鐘先得！」每天為預備熱水洗滌煩惱的黃婆婆，那種辛酸實在不為人知。

「電器贈長者」計劃在新界崇德社的資助下，隨即撥出善款為黃婆婆購置電熱水爐，並按黃婆婆沖涼的位置，進行安裝，確保黃婆婆洗澡時頭不會撞到電熱水爐，讓黃婆婆即時「溫暖在心頭」。「我真的好多謝新界崇德社既善心協助，我終於有熱水可以沖涼了！真係好方便，不用擔心不夠力拿熱水煲而跌親。」

計劃在新界崇德社的資助下，幸運也降臨在居於紅磡邨的林婆婆身上。八十多歲的林婆婆與九十多歲的丈夫同住，兩者依靠綜援金生活。丈夫因行動不便，由吃飯、服藥至洗澡，都只得靠林婆婆一人照顧。「上星期個熱水爐無熱水出，我諗用左十幾年都無得整了，人會老，機器都會老化啦！」「電器贈長者」得知林婆婆的情況，翌日為林婆婆購置電熱水爐，師傅亦同步進行安裝，並細心教導林婆婆正確使用熱水爐的方法，由開掣至調教熱水的方法，希望林婆婆使用得安心。

「好多謝新界崇德社善長既善心捐助，這個熱水爐對我兩老尤其重要。煲熱水洗澡，水好快變冷，不小心就會感冒了！」林婆婆兩老對善長的無私捐助心存感激，希望有一天可親自表達他們的感激之情。

在人生的低潮困境裡，獲得善長的關懷慰問，為黃婆婆和林婆婆建立一個溫暖的安樂窩，生活重現曙光！他們都有一個心願，希望有更多善心人士捐助「電器贈長者」計劃，讓更多貧病交迫而家中沒有熱水爐的綜援長者可以受惠。



## Hot Water For Showering Not Always Easy To Come By

"I have never thought of living such a hard life in the old age," said Granny Wong who lives in Sau Mau Ping Estate. "I have been living alone since my kids grew up and moved away. In recent months, my feet became swollen and I could only walk with a cane." However, difficulty in walking was not Granny Wong's only worry — earlier her water heater, which had been used for 10 years, was found to be completely rusted and hence needed to be replaced.

Having multiple illnesses, Granny Wong was frail and sick. After exhausting her savings, she relied on CSSA allowance to cover her living expenses. "The allowance is barely enough to live on, I have to split every meal and save half of it for the next meal. But now how can I get the money to replace the broken water heater?" Granny Wong continued, "I feel embarrassed when I mention this to others. Now, I boil water and then carry the hot water to the bathroom. I can't walk well, so I have to struggle walking with a cane in one hand while carrying a heavy kettle with another hand. It takes me an hour every day for a bath." If Granny Wong didn't tell her story, nobody would have understood the difficulties she faced.

Financially supported by the Zonta Club of the New Territories, the Electrical Appliance for the Elderly Program allocated funds for Granny Wong to acquire a new electric heater. We also rushed our attentive volunteers to install it, making sure it was installed at a position where the elderly would never hit her head while in shower. Impressed by the timely assistance, Granny Wong said, "I must thank Zonta Club of the New Territories, I can have hot showers now without running the risk of falling. Carrying hot water around was not safe, the kettle was too heavy."

The generosity of Zonta Club of the New Territories did extend their kindness to Granny Lam, another needy elderly who lived in Honghom Estate with her 90-year-old incapacitated husband; both were CSSA recipients. Granny Lam was in her 80s and had to take care of her husband on all daily activities including eating, medication taking and bathing. "The old water heater has been in use for more than 10 years and it stopped working since last week. It is too old to repair," she said. Learning the difficulties of Granny Lam, the Electrical Appliance for the Elderly program immediately delivered and installed a new water heater for her. To make sure Granny Lam was comfortable using the heater, our volunteer technicians, after installation, explained to Granny Lam very carefully how to use it.

"We are thankful to the Zonta Club of the New Territories. This water heater is indispensable to us, otherwise we would easily catch cold. We would have to boil water for bathing and the water turns cold quickly....." The old couple were deeply touched by the kindness of donors and they hope they can directly express to them their gratitude.

Kind donors offer timely aids for Granny Wong and Granny Lam and sustain them in difficult times. Deep down in both of their minds there is one common wish — they wish more and more kind people would support "the Electric Appliance for the Elderly Program", then many more ailing elderly in poverty can be granted hot water heaters in the days leading up to the cold winter.

「多謝新界崇德社送我的熱水爐，讓我有熱水洗滌。」  
"Thanks to the Zonta Club of the New Territories for granting me this water heater, I can take hot showers now."



我們的服務  
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## 關懷的慰問 為長者寒冬送暖

香港冬天日子漫長，寒流總會不知不覺間突然來襲，氣溫更試過急降到10度左右，讓無依的體弱長者陷入「手足無措」之境。80多歲身體瘦弱的陸伯伯，跟我們分享冬天為他帶來的痛苦。患上多種長期疾病的他，長期飽受哮喘、心臟病以及糖尿病等疾病的折磨，加上本身患有低溫症，即使於炎熱的夏天也需要穿著長袖衣服，絕不能受寒。探訪時看到陸伯伯瘦弱的身影，估計體重不足於100磅。「健康不好，胃口也減少了。每天只能吃一碗飯左右的份量，多也吃不下了。」吃得這麼少，身體能量不足自然更不能保暖。

擔心著陸伯伯的健康，在冬天來臨之前，「送暖行動」預早為陸伯伯送上棉襖、棉被和暖風機，即使入秋後天氣瞬間轉涼，陸伯伯仍有足夠的禦寒措施可以使用。「活到一把年紀了，竟然在悲涼的晚年日子，可遇到善心人為我送暖，送上棉襖、棉被給我禦寒，仲有部小型暖風機，吹出來的暖風讓我感到好舒適，手腳都可以保暖，唔駛再捱凍到牙關打震的日子了！」。「送暖行動」推行至今，宗旨都是讓長者在孤苦無依的晚年，可以感受到社會大眾的關懷和慰問。

暖風機、棉襖、棉被是長者的「禦寒三寶」，暖風機讓長者可於最寒冷的日子開啟，保持手腳的溫暖。棉襖可供長者外出時穿著，厚身的夾棉可擋禦寒風，讓身體保持溫暖；而厚身的絲棉被，讓體弱長者能夠於晚上睡覺時保持溫暖，安心睡眠。大部份長者手腳會比較冰冷，「禦寒三寶」正正可支援體弱長者健康上的弱點，提供足夠的禦寒，防止長者冷病。

「善長對我的慰問，我會一直銘記於心，畢生難忘！」收到善長送上「禦寒三寶」的陳婆婆再三的道謝說。「我身體唔好，天氣一轉氣管唔舒服就會呼吸不暢，需送院治療。醫生再三叮嚀我要好好保暖，正在煩惱如何有閒錢買被買襖時，我就收到善心人士為我送上的禦寒物品，真是來得十分及時！」。「送暖行動」的義工團隊們帶著關懷問候，負責將「禦寒三寶」送給居於港九新界各區的匱乏無依長者，並親身到戶協助安裝小型暖風機，協助建立溫暖的安樂窩。

送暖「禦寒三寶」，正正是無依病弱長者冬天的最佳良伴。如果你也希望讓無依長者於寒冷的冬天可以安枕無憂，請捐助「送暖行動2014」計劃，捐助每位長者\$500，為他們添置「禦寒三寶」，讓孤苦無依的長者，能夠感受到人間有情，陪伴他們走過貧病交加的晚年。

多謝善長為我送上的禦寒三寶，於寒冬之際為我送上溫暖的問候。

“Thanks to the kind donors in sending me materials so that I can keep warmth!”



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## Warmth & Caring to Elderly In Cold Winter

Throughout the long winter, cold will suddenly come and temperature can drastically drop to 10 degree Celsius, this leaves the helpless and frail elders in a fluster. Grandpa Luk, 80 plus years old and frail, shares his pain in winter. He has chronic asthma, heart disorder, diabetes and hypothermia. Even in hot summer days, he still needs long sleeves to stand cold. On our visit, we saw his slim frame, weighing less than 100 pounds in prediction. “Poor health with little appetite, I can only manage a bowl of rice and no more.” Eating little causes him insufficient energy and hence is naturally inadequate to keep the body warm.

Concerning Grandpa Luk's health, “Warmth giving Action” sends him a cotton padded coat, quilt and a fan heater before the winter comes. “I am now in my old ages and how wonderful it is to have well-wishers sending me warmth, cotton coat and quilt as well as this little fan heater. The hot air blowing from the heater makes me feel comfortable and warm, so gone are the chilly days, shivering with knocking jaws!” All these years, “Warmth Giving Action” aims to make the lonely helpless elders feel the community care at their old age.

The fan heater, cotton padded coat and quilt are “Three Winter Treasures” for the elderly to fight against the cold winter. The fan heater warms the elders' limbs, the coat and silk cotton quilt keeps them warm when going out or sleeping. As most of the elderly's limbs are comparatively cold, we believe the above materials can prevent frail elders from catching cold and falling sick.

“I will never forget the benefactors' care!” Granny Chan thanked repeatedly upon receipt of the “Three Winter Treasures”. “My health is poor. I have breathing problem once the temperature changed and sometimes need hospitalization. The doctor has repeatedly reminded me to keep warm. While I was worrying about the money to buy a coat and quilt, you people deliver these winter items to me. That's really just in time!” Volunteers not only send their care to the elderly, they are also responsible for delivering the materials in all districts and installing the little fan heaters for elders' comfortable living.

The “Three Winter Treasures” are the best companions for helpless frail elders. We are now appealing for your kind donation of \$500 for each elderly to our “Warmth Giving Action 2014” so that the helpless elders can have no worries in this winter.



「善心人在這個冬天為我送上溫暖，我實在畢生難忘！」  
“I'll never forget the warmth that the well-wishers deliver to me!”



## 「半費津助買藥 先至食得起」

「一盒糖尿藥費用要成四百多元，每月靠長者生活津貼二千二百元生活，退休了接近廿年，儲蓄也用得八八九九，仔女有了自己家庭，生活都是緊緊糊口，免不過也不想為他們加添額外的煩惱！」八十多歲的陳伯跟香港其他長者無別，在缺乏退休保障制度下，每月的生活都需要「左計右計」，時時刻刻均要為生活開支憂慮。

陳伯在六十多歲時患上糖尿病，多年來一直服用公立醫院免費給予的糖尿藥，但半年前醫生指陳伯一直服用的糖尿藥令胰臟負荷過重，導致胰臟功能開始出現衰退，身體最終無法分泌胰島素分解血糖，令體內血糖持續偏高，因此建議陳伯服用新一代的糖尿藥，不但能減低胰臟的負荷，更能減少舊有糖尿藥導致的副作用，例如體重增加。然而，該項新藥被列為自費藥物項目，每月藥費約四百多元。

即使藥物昂貴，但為免自己的身體情況繼續惡化，陳伯初期亦有按醫生指示服用新藥。可是，新藥的開支佔陳伯的生活費實在太大，於是陳伯就自行減藥，導致病情不受控制。「醫生都同左我講呢隻新藥好有效，副作用又少，但實在太貴喇，每個月要比成四百蚊出黎，買左藥就食唔到飯，所以就自己食少幾粒。點知個次返去覆診，醫生就話我血糖控制得唔好，仲嚴重左，我先知出事喇，但都無辦法，自己真係無本事食。」陳伯憶起當時自行減藥的情況。

「當時一直好擔心，又唔敢唔食，但又無錢食，搞到成日心慌慌，成日諗住，有時仲訓唔著。好彩醫生知道我情況，介紹了聖雅各的惠澤社區藥房比我，買藥可以平一半價錢，而家每個月二百幾都叫食得起，我以後唔會再亂咁停藥。」陳伯說。

每月二百多元可能對某部分的人來就只是一對球鞋或一件衣服的價值，但對像陳伯一樣患有慢性疾病以及缺乏經濟資源的長者來說，二百多元可換來數餐溫飽，以及一片的安心。社區藥房成立的目的，正正是以實際行動來幫助長者免因昂貴藥物開支令疾病延治，在他們晚年的日子去除服藥的擔憂，並加上點點關懷和暖意。



## Medicine Made Affordable With Subsidy at Half Price

"A pack of diabetes medication costs more than four hundred dollars. I have retired for near twenty years and live on the \$2,200 Old Age Living Allowance per month with the savings nearly used up. My children have their own families and life is also harsh. Thus, I don't want to bother them!" The 80 plus years old Grandpa Chan is with not much difference with other elders in Hong Kong. With no retirement protection policy, he has to carefully consider every dollar spent each month and worries all time about the living expenses.

Chan had diabetes when he was 60 plus years old. All these years, he take free diabetes medicine from the public hospital. Six months ago, the doctor told me that the medication he had been taking caused overloading of his pancreas, resulting in functional degeneration with failure to secrete insulin required for breaking up blood sugar rendering its level staying high. So, he recommended Chan to take a new kind of diabetes which not only can release the pancreatic loading but also reduce the side effect, such as weight gain. However, since it is a self-purchase item, it costs around four hundred dollars per month.

Though the medication is expensive, Grandpa Chan followed the doctor's instruction in order to prevent worsening of his condition. However, the cost is too much for Chan as it occupied quite a lot of his living expenses. Thus, he reduced the dosage and hence affected his disease.

"The doctor said the new drug is very effective with little side effect, but it is just too expensive that I can't afford my meal after buying the medicine. That's why I took fewer..... Who knows it worsen my condition! I knew it was my fault, but what else could I do?" Chan recalled the situation when he reduced the dosage.

"I was really worried at that time. I dared not to skip my medication but I had no money for it. Sometimes I even cannot go asleep. Luckily, the doctor knew my situation and referred me to the Philanthropic Community Pharmacy of St. James' Settlement where I can buy the medicine at half price. Now, spending two hundred dollars a month becomes more affordable. I dare not to skip the medication from now on," said Chan.

For some people, two hundred dollars a month is just a price for a pair of sports footwear or a dress. But to elderly like Chan, having chronic illness and lacking financial resources, the amount means a lot. The launch of Philanthropic Community Pharmacy is to help the elderly get a prompt treatment without worries of high medicinal costs; and hence can release the financial burden in their old age."

很多長者需每月自費購藥，小則數百元，有的更達幾千元，為他們的生活增添很大壓力！

Many elderly has to buy the self paid medication which costs from few hundred dollars to few thousand dollars. This creates a huge burden to them.



我們需要你的捐助  
We Need Your Donation



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慈惠月報  
The Philanthropy Monthly

## 盼施援手助貧病者 有藥可服

一世人勞勞碌碌，作為基層的勞動人士，為了平日的生計，沒有餘下多少積蓄，加上年紀愈大，亦很難找到工作，故縱使工資低、工時長，也只好忍氣吞聲，但到了退休之時，在任何保障也沒有下，退休後就是更貧窮的生活開始……

「退休後我依靠微薄積蓄生活，幸運地我是住在公屋，一向都十分樸儉，本來一切總算是安好，但在一次循例身體檢查後，惡夢就開始了……」陳女士憂愁地說。

「陳女士，你的血液報告有點異常，血小板的數量太低，情況比較危險。」醫生向陳女士解釋身體檢查報告結果。一向身體壯健的陳女士亦在此時開始發現，身體不同地方出現大大小小的瘀痕和紅點，醫生確診她為「免疫性血小板缺乏紫癍症」，此病症雖不如癌症般可怕，但卻是一種長期病患，若身體不能維持基本的血小板數目，就會有出血的風險，包括腦及內臟出血，嚴重者會致命。

醫生建議立即開始療程，包括重劑量類固醇、抗排斥藥等；陳女士在藥物治療下，身體飽受副作用的煎熬，有骨枯及誘發糖尿徵狀，而最令她失望的是療效並不明顯。後來，醫生提出另一個治療方案，建議陳女士服用新出的特效藥，這類藥效相對會明顯，對控制病情會更加有效。奈何此乃自費藥物，每粒藥零售價要三百多元，一個月的藥費可以由一萬元至二萬不等，視乎需要劑量而定。陳女士聽了醫生的新方案後心情有如坐過山車，開心聽到其疾病有藥可醫，但知道藥費的高昂又跌回谷底。依靠微薄退休金的她，經濟方面根本無法支持服用此藥，經過醫生及醫務社工的轉介，讓她知道香港有間「惠澤社區藥房」，經查問下藥房已將此特效藥納入資助列表，藥物的費用介乎二千至七千元左右，女士再次由絕望的谷底再見到曙光，漸漸地她的病情亦受到控制，生活開始回復正常。「『惠澤社區藥房』贈藥治病計劃不單減輕我的經濟負擔，亦為我生活帶來新希望。」陳女士感恩地說。

善長們，您們可以為不幸的人士伸出援手嗎？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：「贈藥治病計劃」之用。施善查詢：8107 8324或2835 4321。



## Help the Poor in Having Medication

Working as a labour, one toils hard to make a living. While they grow old, they have little saving and are difficult to stay employed; thus, they always have to bare the low wages and long working hours. When comes to the retirement, it is the beginning of a harder time since they have no retirement protection.

"After my retirement, I live on my meager savings. Luckily, I live in a public housing and life is still fine under the frugal living. However, nightmare started after a routine physical check....." said Ms. Chan worriedly.

"Ms. Chan, the blood test report shows that your platelet count is too low and is at a fairly risky condition." The doctor explained to Ms. Chan about her physical examination. At the same time, Ms. Chan started to notice that there are different size bruises and red spots appearing in various parts of her body. She is diagnosed as having the Immune Thrombocytopenic Purpura, a disease that is not serious as cancer but long lasting. If one cannot maintain basic platelet count, it will lead to risks of bleeding including brain and internal bleeding. In serious case, one can die.

The doctor recommended immediate treatment including usage of heavy doses Corticosteroids, counter-rejection medication and etc. After the treatment, Chan suffered from the side effects, such as having marrow and diabetes symptoms. Even more, what upset her most is the treatment causes no effect on her condition. Subsequently the doctor recommended her to take a new drug. The drug shows a relatively good effect and controls her illness. However, the medication is a self-purchase item. Each pill costs around \$300 and a monthly expense can up to ten to twenty dollars depending on dosage. By knowing the treatment, Ms. Chan felt like riding on a roller coaster. She is happy for having suitable treatment while she is also upset by the high medication cost since her meager retirement pension is insufficient to support her medication expense. Upon referral by the doctor and the medical social worker, she knows about the Philanthropic Community Pharmacy in Hong Kong. Since the medication is on the subsidy list, the medication cost is from \$2,000 to \$7,000. This good news light up her hope again. Now, her condition is under control and her life resume to normal. "The Medical Subsidy Program' of the Philanthropic Community Pharmacy not only reduces my financial burden, but also brings a new hop to my life." she said gratefully.

Are you willing to give your helping hands to those unfortunate? Any amount is welcome! Please kindly send your donation by cheque payable to "St. James' Settlement", specifying on its back for "Medical Subsidy Program". Donation enquiry: 8107 8324 or 2835 4321.



## 有你們幫我， 間屋好似新既一樣！

一般長者都會忽略一些水電的安全意識，有賴地區社工發現危險情況再轉介予本服務並由義工上門協助維修，以改善危險的情況。我們發現，除了水電問題之外，很多長者都忽略的其實還有「腳踏實地」的需要。

平坦的家居地面，確實為長者的生活帶來很大的安全。「我十幾年前搬來，我見塊地是石屎地，就走去買膠地墊，用膠水、膠布固定。初初幾年都好好，住得耐就開始爛，仲凹凹凸凸添。」謝婆婆把地面的轉變向義工師傅們娓娓道來。就觀察所見，老化了的膠地墊出現一個個小洞及出現高低不平，加上當年謝婆婆只是用普通的膠水及膠紙作固定，膠墊開始有「翹起」的情況出現。

從前謝婆婆獨自搬入這偏遠的新公屋，她沒有結婚，在香港也沒有親人，一向做事都習慣了親力親為。「以前後生D，咩都可以自己做，而家郁幾郁就成身骨痛，跔低做野更唔得。我同老人中心既社工講，社工就上門黎睇同影相，佢話幫我搵聖雅各嗰！」

負責謝婆婆的社工把觀察所見及照片傳來本會負責長者家居維修的同事，經商討後決定為謝婆婆的家居重鋪膠地板；因著婆婆也是靠綜援金生活，故材料費亦獲得崇德社的資助。

「聖雅各陳先生約左我星期六早上，他們有三位熱心的義工師傅來幫我，我真係唔好意思，整地板之前又要幫我搬開張D野，真係辛苦晒佢地。」當天義工師傅先協助婆婆移開牆邊的電線，之後慢慢將舊有的膠墊剪成一塊塊，並續一移走。由於床及櫃等大件傢俬是不能搬開，故義工們在鋪膠地板時要份外很細心，工序需時較一般時間長，但他們都很樂意做多一點點，希望令婆婆住得舒適些。經過三小時的努力，義工便鋪好地板。「當負責的陳先生通知我鋪好地板，叫我入屋『腳踏實地』感受一下，我一見到間屋真係好似新既一樣呀！差點唔認得係自己屋企，師傅幫我鋪得好靚！師傅仲幫我整理好電線及接駁回有關電器，總之好細心、好好人……，我真係好感謝聖雅各，好多謝崇德社善長的協助，社會上有你們，我地D老人家就有福了！」



## With Your Help, My House Looks Like New!

Many elderly often overlook the importance of water and electricity safety. They definitely rely on social workers who refer dangerous situations upon discovery to St. James' Settlement for follow up. Upon receipt of referral cases, St. James' Settlement sends volunteers to assist in the repair work at the elderly's home. In addition to water and electricity problems, we found out that many elderly neglect the need of a solid flooring.

An even floor surface provides a safe living for the elderly. "I moved in here more than a decade ago. Since the floor was cement finished, I laid plastic covering stabilized with gum and adhesive tapes. It was fine in the early years, then it started to wear out as time goes by and the floor became uneven." Grandma Tse told the changes on her floor covering to the volunteers. As we could see, the old, torn plastic flooring was full of small holes and became uneven. Parts of the flooring were detached and started to roll up since the gum and adhesive tapes Grandma Tse used are the ordinary one.

When Grandma Tse moved into the new and remote public housing unit, she was not married and had no relations in Hong Kong. She did everything on her own. "When I was young, I did everything myself. However, my bones ache if I exert myself slightly now. I can't even bend down to do things. After I talked to the social worker in the elderly centre, the social worker came to take photos of the flooring. He said he would refer my case to St. James' Settlement."

Grandma Tse's social worker faxed the photos to St. James' Settlement's staff who is in charge of the Elderly Home Maintenance Services. After discussion, St. James' Settlement decided to put in a new flooring for Grandma Tse. Her material cost was also financed by Zonta Club of the New Territories as she lives on the Comprehensive Social Security Assistance.

"Mr. Chan of St. James' Settlement arranged a visit to me on Saturday morning. Three kind-hearted volunteers came to help me. They removed everything before they put in the new flooring. It was so helpful of them." That day, the volunteers firstly removed the wirings near the wall. Next, they cut the old plastic covering into pieces and discarded them. Since the bed and the wardrobe are too large to move away, the volunteers had to be exceptionally careful when they were laying the plastic flooring. It took them longer than usual. But they didn't mind the extra work, hoping that Grandma Tse could live comfortably after completion. After 3 hours, the volunteers got the work done. "When Mr. Chan, the in-charge, told me that the flooring was finished, he asked me to stand on the new flooring and feel its solidity. My house looked like new. I couldn't believe it's my own house. The volunteers did a great job. They also put back the wirings and re-connected the electrical appliances. In short, they did a thorough job and were such nice guys. I am so thankful to St. James' Settlement and the benefactors' help from the Zonta Club of the New Territories. We elderly are blessed because of people like you in our society!"

得到新界崇德社的資助，謝婆婆終於能夠有一個更安全的「新居」。Grandma Tse finally can have a safer new home with the help of Zonta Club of the New Territories.



## 免弱老憂維修費 去家中陷阱 長者家居維修服務到位幫到你

在公屋居住的長者，無論是新入伙，或是翻新單位，一般都已有基本設備，水電設施齊全，通常只要鋪設地板，添置簡單的傢具便可入住。

隨著時間過去，家居的設施在長時間使用下便會開始有老化的情況，水箱或燈座的問題，房署或房協大多都不會協助維修，即使有些項目他們會負責但往往需時等候；而坊間的水電舖，單是上門檢查已動輒幾百元，還未計材料費！對於一些貧乏的長者來說，生活已經足襟見肘，那有餘錢來修理，唯有日日自己小心一點，避免意外的發生。

居住於公屋的徐婆婆，廚房的水龍頭在日久失修的情況下開始漏水，後來連接駁水龍頭的喉管也因為太殘舊而鬆脫，她曾經詢問附近的水電舖，上門檢查先收二百，水龍頭更換人工包料再加三百。這五百元看似不大的數額，但足以令一直過著簡樸生活的徐婆婆不得不打退堂鼓。其後有大半年時間，徐婆婆在預備兩餐的食材時，均要到洗手間借水，除了不方便之外，洗手間地面相對濕滑，容易令人滑倒，如廁環境也不適合處理食物，徐婆婆亦告訴我們這陣子患病的次數也多了。

另一位居於同邨的簡婆婆，天花的燈座因早前自行更換燈泡時，不小心弄毀了燈座內的零件，引致家居客廳的照明不足。簡婆婆曾詢問房署，房署說不會協助維修，請她自行找師傅上門，簡婆婆心知費用一定不便宜，所以都免得去問價。就這樣，她一直在幽幽暗暗的環境下生活，加上她本身行動不便，特別在晚上，有好幾次險些跌倒，實在太危險了。

為了這些長者的安全，經地區社工轉介他們的個案予本會的「長者家居維修服務」，收到轉介後，負責社工便會評估相關資格及需要，並立即安排義工師傅上門跟進維修工程，就好像為徐婆婆更換水龍頭和為簡婆婆更換新燈座的情況一樣。對一個長者來說，昂貴和複雜的工程在熱心的義工師傅身上，是不消一會就能解決的家居工程，加上善長的捐助，得以支付有關材料。所以，每年本會都會積極地向地區社工介紹服務，以去解長者生活的困擾。



義工師傅正協助徐婆婆更換水龍頭。  
Volunteer technician is helping to replace the tap for Granny Chui.

## Home Traps Gone Elderly Home Maintenance Services Give Help to Frail Elderly

The public housing unit is usually equipped with basic installations, complete water and power supply. For elderly who move in to the unit, they simply have to lay a new flooring and equip with simple furniture.

As time goes by, the home facilities start degenerate. For problems regarding the water tanks and lighting, the Housing Department or the Housing Authority usually will not provide help. Even for repairs they are responsible for, it often takes times for waiting. While for plumbers or electricians on call often charges few hundred dollars just for inspection, not to mention the material cost! For the poor elders, as they are financially very tight, they have no extra money to repair; thus, they can only exercise greater care to avoid home accidents.

Granny Chui lives in a public housing unit. Due to the aging and lack of maintenance, her water tap in kitchen is broken from leaking to pipe broken. She once asked about the repair cost from the nearby shop. She was told that two hundred dollars is for inspection and three hundred dollars is for tap replacement, including labour and material costs. The five hundred dollars seems a fair amount for us but is actually enough to drive the frugal Granny Chui away. Thus, in the six month times, she had to take water from the toilet everytime when she had to cook. It was not only inconvenient, but also made the floor wet and slippery. Also, the environment of a toilet is definitely not suitable for handling food. Granny Chui told us that she was sick more often at that time.

Another elderly Granny Kan also lives in the same estate with Granny Chui. Her lighting socket was broken when she tried to replace the light bulb before. This made her sitting room with insufficient lighting. She did ask the Housing Authority but was told that she had to repair by herself. She knew that would be costly so she didn't even make a quote. She had been living in a fairly dark environment. Together with her difficulties in walking, she almost fallen down on a number of occasions particularly at night, which is very dangerous in deed.

For the sake of elderly safety, the person in charge of our Elderly Home Maintenance Services on receiving referral from the district social workers will conduct relevant assessment and arrange volunteer for service promptly, such as replacing the tap and installing new lighting for the above grannies. The expensive and complicate repair work to the elders can be done easily by our enthusiastic volunteer technicians. Thus, our organization will keep promoting the service to district social workers in order to release the worries of many elderly.



義工師傅正協助簡婆婆拆掉舊燈座及更換新燈座，以改善照明。  
Volunteer technician removed the old light socket and then replaced a new one so as to improve the lighting for Granny Kan.



## 義務理髮帶來的意義

剪髮對於大部份人來說，是一件微不足道的事，但對於一群行動不便的人士、殘疾人士及智障人士來說，修理一次髮型原來是件殊不簡單的事。

聖雅各福群會的「到戶理髮服務」，是為身體虛弱和行動不便的人士提供到戶理髮服務，而此服務由一群專業髮型師義工，走遍全香港為有需要人士整理儀容，這不單讓他們有一個煥然一新的感覺，整齊的儀容也令人容易親近，並能有尊嚴地生活。現時，「到戶理髮服務」除了會上門提供服務外，還會替安老院、長者地區中心及醫院內有需要的人士提供服務。

日前，「到戶理髮服務」的同事連同幾位滿有愛心的義工，到訪一間位於荃灣老圍路的院舍為一班行動不便的長者剪髮，當院舍職員及院友見到義工時，高興地說：「你們來了！真好呀！」院舍職員興奮地表示：「院友今早食完早餐，就已經在這裡等你們來啦！」當義工為院友剪髮時，院舍職員與負責同事閒聊：「由於大部份院友行動不便需要長期卧床，而院友頭髮太長，聖誕臨近院舍內有不同活動，亦較多親友或義工來探訪，雖然他們行動不便很少外出，但也希望節日時個人儀容也可以整齊一些，否則他們真的不想頭髮蓬鬆地見人。」當義工幫助院友剪完頭髮後，用鏡子照一照自己，笑逐顏開，衷心地對著義工說了一聲：「謝謝！」，院舍職員亦對院友說：「你看，義工師傅幫你剪得幾好，開PARTY時幫你影多幾次靚相。」長者聽了更開懷大笑。

原來一件看似微妙的事，對有些不幸的人來說，卻是一個難題；當義工只是做一些平日在髮型屋做的事，他們想不到會讓長者這麼高興，能夠幫助他們。義工們看著被修理整齊的頭髮，頓時會展示歡顏。

故盼擁有理髮技術的熱心人士可齊來做義工，令受惠人數可以進一步擴大，讓有需要人士獲得「到戶理髮服務」。查詢電話：2835 4321。



## To Make a Big Difference For the Less Fortunate

While having haircuts is for most of us not something worth mentioning, it is for homebound people, e.g. the disabled and the mentally-impaired, a rather complicated task.

“Home Haircut Services”, a program launched by St. James' Settlement, has been lining up a team of professional hairstylists who are willing to give their services for free to travel all over Hong Kong to visit those who are either too weak to leave home or physically disabled and to offer them free hair services at their homes. In fact, what they rendered gives these homebound people tidy and pleasing appearance, and hence helps preserving their dignity. Currently, SJS offers free hair services for the elderly in elderly homes, district community centers and hospitals as well.

In the earlier days, several volunteers in the “Home Haircut Services” team visited an elderly home in Tsuen Wan and helped grooming the hair for the disabled elderly. They recalled the greetings they received upon arrival — the inmates said, “It’s so great to see you!” and the staff said, “The inmates have been expecting you right after they finished breakfast!” The elderly home administrators told our colleague who is in charge of the operation, “As Christmas approaches, we have organized many activities for our inmates and we are expecting their families, friends and visitors to come over. The problem is most of our inmates have difficulties moving around and therefore are bedridden. As they find their hair too long and messy, they are reluctant to meet any people. Getting them groomed would greatly help!” One of our volunteers recalled seeing an inmate smile heartily after examining his new look in the mirror. Then the elderly home administrator said to the inmate, “See how nice you look after trimming! I must take more photos on you in the party!” Immediately, the elderly burst into laughter again.

People take regular haircuts as routines would be surprised to see how difficult it can be for less fortunate people. Likewise, our volunteers who offer hair services every day in salons are even more surprised to realize that their service rendered can make so much difference to the less fortunate elderly — they are not just grooming the hair for the elderly, they bring them confidence, joy and laughter.

In order to let more needy people benefited from the “Home Haircut Services”, we are now looking for experienced hairstyling professionals to join our volunteer team. If you are interested, please kindly contact us at 2835 4321.

為社會上的不幸人士義剪，為他們生活帶來改變！

The “Home Haircut Services” for the less unfortunate provides them with a big difference!





## 從服務使用者 踏上捐贈之路

本會的慈惠服務，乃透過社會上一班有心人士無私的捐助而得以營運，而每一位捐贈者背後各有不同的信念以支持服務。當中，除有好些是自覺自己有能力時應回饋社會、對貧弱老病者伸出援手外，亦有不少是身同感受長者及病患者所面對的艱難、或受服務所感動，因而作出捐助的，劉先生便是其中的一位：

劉先生憶述大約一年多前，爸爸被確診患上末期非小細胞肺癌，需自費購買有關標靶藥物，每月藥費約一萬六千元。雖然藥費昂貴，但爸爸的生命比所有事都來得重要，因此他還是堅持為爸爸進行治療。然而，劉爸爸接受治療後病情未見好轉，反而每況愈下，身體承受的痛苦，令他意志愈來愈消沉；同時，劉先生雖非屬基層家庭，但亦說不上是中產人士，每月萬多元的藥費對他來說實在是一個很大的負擔。劉爸爸眼見如此情況，心中更是歉疚，自覺是負累，終日鬱鬱不歡。

及至後來，劉先生接觸到本會「惠澤社區藥房」，獲計劃資助藥費，經濟上的壓力頓時得以減輕。「老實說，初時接觸你們的藥房，最首深的感受就是爸爸不用再天天為我的經濟情況而擔憂；然而，當時間過去，我漸漸感受到你們不只是給我們經濟上的支持那麼簡單，背後隨著的是以愛心提供的服務，如營養奶粉等，對爸爸及我們這些家屬來說，實屬一份全面的照顧；另外，我特別想提及的是，藥劑師對爸爸的耐心及關懷，更是令我爸爸從谷底走出來！他不時了解爸爸情況，又花時間教他如何面對藥物帶來的副作用等等，我看著爸爸由意志消沉，到積極接受及面對病患。雖然只是短短數月，但至他離開前的一刻，我真切感受到他是開心的，令我好不安慰！」「今天我到來踏上助人之路，其實亦正是因這數月經歷帶給我的幫助和感動。雖然只是略盡一點綿力，但我相信你們真心的服務，必能繼續感動社會上的其他人士，讓服務繼續營運及發展！」

## From Service User to Generous Donor

Charity Project is operated by a group of generous donors who have their own reason for giving support. Some holds a belief that they have to give return to the society as long as they have the ability; while some makes donation because they experienced the same difficulties of those poor and weak, or they are touched by the service. Mr. Lau is in fact one of those:

Mr. Lau recalled his memories that his father was diagnosed with Lung Cancer half a year ago and thus had to purchase the self-paid targeted therapy medication which costs around \$16,000 per month. Though expensive, treatment has to go on as nothing is more important than his father's life. However, Lau's father didn't turn well after the treatment and the poor health condition made his father become pessimistic. Worse still, Mr. Lau is neither deprived or a middle class; thus, the expensive medication cost is actually a heavy burden to the family. Under this condition, Lau's father became even depressed and felt sorry.

Luckily, Lau's father's case was later on referred to SJS Philanthropic Community Pharmacy and the medication subsidy relieved his financial burden a bit. "Honestly, in the beginning, I am only relieved that my dad no longer has to worry my financial situation; however, when time goes by, I definitely feel that there are lot more than just giving financial support. For the patient and their family like me, the series of health service, such as the Nutritional Baggie For the Weak Program, is absolutely a comprehensive care. More importantly, the patience and care of the Pharmacist help my dad to come out from the depression. He not only cares my dad's condition from time to time, but also patiently provides him with ways in dealing with the side effects. I personally witnessed my dad's change from being pessimistic to positive. Although it is just a few months of time, I am so comforted and thankful that he is happy in his final stage of life!" "In this few months, I am really touched by the service and this moves me to start my donation from today! Although I am not rich to donate a lot, I am confidence that the wholehearted service will keep touching other people in the community and making the service to continue and expand!"

## 扶貧工作，不可不做！

## Poverty Alleviation Is a Must!

**問：**本人是慈惠月報的忠實讀者，多年來透過月報了解受助人的生活情況及服務運作，很支持你們的服務，亦會與朋友分享你們的工作，希望多些人作出捐款。朋友了解慈惠工作，也好奇問到一些長者，特別是搬入新居的，除了電器及家居維修外，床或家具也不便宜，你們遇到這些長者有沒有方法幫助？還有在政府都認為減貧是不可能的情況下，你們所謂的慈惠工作豈不是了無止境？

**答：**多謝善長一直對本會推行慈惠服務的支持，工作縱然繁忙，但亦不忘把前線扶助老弱病患人士的情況分享，相信透過報道讓大家知道各計劃的工作，同時了解到受助人的需要。話說回來，你和朋友真的很細心，看著我們常常提及獨老搬新居所帶來的煩惱，有些經濟緊絀非常的，我們見過真的是臥地而睡，就連一件外套或棉被也沒有，對於這一類個案，我們歡迎有些善長給我們更彈性的善款，如長者有其他額外需要，如棉被、床或床褥枕袋，只要通知他們，我們先行添置後，善長再寄來善款。由於這些個案需要並不似電器或家居維修的數量，故此，我們會彈性處理，務求以快捷的方法回應需要，免長者捱冷而病倒或發生家居意外。

至於減貧是不可能的事，這正意味著本港貧窮問題是很嚴重，不是一個可以在短期內解決的問題；於社福機構來說，我們希望社會貧窮懸殊情況可以得改善，貧者有社會措施扶助，未必一定是要派錢。我們接觸到有很多長者因著租金問題而生活拮据，相比起活在公屋內的獨居長者，一般來說生活更見艱難。盼望政府在明年會落實扶貧措施，長遠而實際地針對貧窮人情況作出改善政策。在服務層面上，我們有些慈惠工作已經歷了廿個寒暑，隨著社會的進步，計劃同事會按著申請人的需要作出更具彈性的回應，就弱聽貧老來說，從前只有大字粒電話配上擴音響鬧器，如今引入的電話不單通話音量可作更大調節，亦能配上較明顯的閃燈安裝在房間當眼位置；家電上以電磁爐代替明火煮食，既安全又省錢等等。

減貧之路雖然遙遠，仍盼政府按其所言，正視問題，共策解決方案！

**Q:** I am a faithful reader of the Philanthropy Monthly. Through reading it, I understand the living condition of those who are helped and the operation of the service. I greatly support your service and would share it with my friends in the hope that more people can make donations. Some of my friends are curious to know apart from offering electrical appliances and home maintenance service, how you would help those elderly who have just moved into new flats and might need new furniture or bed. Moreover, as the government is of the view that combating poverty is an impossible task, that would make your Charity Services somewhat endless, wouldn't it?

**A:** Thank you for your support of our Charity Services all along. Despite busy work, you still spare time to share the news of the sick and needy and let people know about our work and understand the need of the elderly. We do appreciate that. You and your friends are so considerate, bringing up the problem faced by lonely elderly when they move homes. Some are really short of money. We have actually seen some elderly sleep on the floor having no coat or quilt. For cases like that, we welcome benefactors to offer us more flexible donations. When the elderly have extra needs such as quilt, bed or beddings, we would inform the benefactors and buy those things first, they can send in money later. But these cases are not as numerous as the ones on electrical appliances or home maintenance. Therefore, we would treat them in a flexible manner so as to respond quickly to avoid the risk of elderly suffering from the cold or domestic accident.

As you have pointed out, combating poverty is an impossible task. It means the problem is very serious. It cannot be solved within a short period of time. For welfare organizations like us, we just hope the gap between rich and poor can be improved with the poor being assisted by social measures. The help might not necessarily be in cash. From what we gather, many elderly are living in poverty because of high rents. Compared with those living in public housings, they are leading a much harder life. We hope the government can carry out the poverty alleviation measures next year and offer far-reaching and practical improvement to the situation of the poor. Some of our Charity Services has a long history of twenty years. With the advancement of society, we have made flexible adjustments according to the applicants' needs. For instance for the hearing-impaired elderly, we would now install phones with flashlights and enhanced volume instead of phones with large number-pad and amplifiers that we used in the past. We would also help them to install induction cookers instead of traditional ones for safety and saving money.

The road to combating poverty may be long but we still hope the government can carry out its words, face the problem and find a solution.



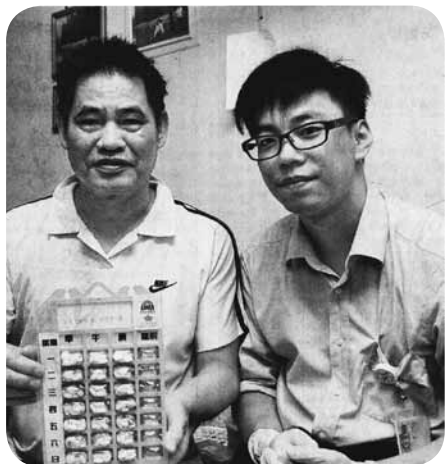
## 外展隊協助分類 長者服藥更安心

公立醫院藥物由包裝以至顏色都很相似，令不少百病纏身的長者容易混淆、誤服，危害性命。聖雅各福群會今年獲善款組成外展隊，只要經社工或醫護人員轉介，便會安排藥劑師及配藥員上門，為長者將每次需用藥物重新包裝，增強服藥依從性，亦可減低誤服而入院機會。

六十五歲林先生患糖尿病多年，一直無服藥控制病情，兩年前因「糖尿眼」入院進行激光手術，術後視力仍模糊，無法分辨紅、綠等鮮艷顏色，令他服藥困難重重。他在公立醫院覆診，要服六、七種藥，即使藥物標籤寫上降血壓等藥類，但「粒粒藥都係白色，大小差不多，又係錫紙包裝，我視力唔好，已用藥物盒放配每日要服的藥量，又用放大鏡去睇，都試過食少咗一日，又將降血壓同降血糖藥搞錯」。

聖雅各福群會註冊藥劑師陳羽微稱，公立醫院處方的藥物由包裝、顏色都很相似，長者視力或記憶力出現衰退，容易混淆藥物，以林先生為例，將降血壓及降血糖藥劑量搞錯，醫生以為血糖及血壓控制不佳，隨時「加錯藥」影響病情。她指，病人誤以為藥物存放於雪櫃較好，這會破壞藥物質素，例如藥丸被抽乾水分而易碎，藥水又會變得凝固，放陰涼乾爽處便可。

聖雅各福群會今年推出外展服務，經社工或醫護人員轉介，便安排藥劑師及配藥員上門，為病人重新用錫紙包裝每次需服用的藥物，及進行輔導。配藥員亦會為病人量血壓、血糖指數，以監控患者的健康情況，預計服務可惠及約一百人，至今已服務兩人。陳羽微稱，計劃不限於長者，而是針對服藥有困難病人，首次探訪由藥劑師及配藥員「行孖必」，了解病人服藥困難之處，將一星期藥量製成個人化日程表藥板，例如放大字體，之後按情況可製作多塊藥板。查詢電話：2835 4320。



## Outreach Service Helps Elderly To Separate Prescribed Medicine And Makes Them Worry Free

The sizes, shapes, colours and packing of medicine that prescribed by the Government hospitals are very alike. Elderly may get confused and mistake them. St. James' Settlement has formed an Outreach Team from a fund this year. This service opens to anyone who gets referral from social workers or medical staff. The Outreach Team will arrange pharmacist and dispenser to call upon the beneficiary and help separate his medicine with correct dosage. That helps beneficiary to minimize risk of hospitalization from mistaking medication.

Mr. Lam, aged 65, diagnosed of diabetic for many years. He has been on pills to control his diabetes. Two years ago he even got "Diabetic Eye Disease". He had undergone Lasik operation for elevating vision. However, his vision has remained blurry and could not tell red, green or other bright colours. Therefore he cannot tell the difference of pills. He needs to take six to seven types of medicine a day but has difficulty in identifying them even with the aid of magnifying glass. He had taken double dosage of one type and skipped another.

Registered Pharmacist of St. James' Settlement, Chan Yee Mei said, colours and sizes of most of the medicine prescribed by government hospital are alike. Elderly with poor eyesight and with deteriorating memory may find it difficult to take them correctly. In Mr. Lam's case, if he mixed up the dosage of blood pressure control pill with blood glucose control pills, doctor may misjudge his blood pressure or blood glucose condition and gave him unnecessary dosage adjustment which may cause harm to him.

St. James' had developed an Outreach Team this year. Pharmacist will be sent to visit the service recipient once referral from social worker or medical staff is received. Pharmacist will visit the elderly and help him to divide his daily dosage for easy taking. Dispenser will then help taking blood pressure and blood sugar level so as to monitor the medical condition of the elderly. This program aims to help up 100 elderly. At present, there are two elderly joining the program. Pharmacist Chan said this program is not limited to elderly but open to all who have difficulties in taking medicine. Pharmacist and dispenser will visit the applicant in the first visit and learn the actual condition of him. They may prearrange dosage for the applicant for a whole week according to his need and make a "Schedule Medicine Board" to assist him in taking appropriate medication. Telephone enquiry: 2835 4320.

配藥員為病人製作個人化日程表藥板後。  
Dispenser helps patient to make a personalized Schedule Medicine Board.



# 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                   | <input type="checkbox"/> Medication Delivery Services               |
| <input type="checkbox"/> Outreach Physical Examination  |  |   |

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.

### 查詢及網址：聖雅各福群會

聯絡人：謝文慧女士  
 電話：2835-4321 / 8107-8324  
 傳真：3104-3635  
 電郵：thevoice@sjs.org.hk  
 網址：www.thevoice.org.hk  
 地址：香港灣仔石水渠街85號1樓105室  
 義務設計：黃志文先生  
 翻譯義工：辛秀麗 梁達仁 祁慕潔 陳美玉 黃麗貞  
 友情印刷：平偉印務有限公司

### Inquiry and Website : St. James' Settlement

Contact Person : Ms. Tse Man Wai  
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