

# 慈惠月報

## The Philanthropy Monthly

聖雅各福群會  
St. James' Settlement



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社工的話  
Social Worker's Remark

## 請把祝福的力量傳開

過去聽過不少人認為自己只是小人物，沒有豐厚的財富，也沒有甚麼過人之處，於是認定自己沒有能力去幫助有需要的人，又或者想到只是一人之力，又何來可以改變社會？

事實上，在我們接觸的善施人士中，有的自稱是大公司的小職員，又或是老板身邊的秘書或助理，他們熟識公司的運作，知道公司有些未必合用的東西，但對基層人士或許用得著。故此，在老板的首肯下前來查詢，了解有關產品或物資是否適用於他人。好像新春前，我們接過一位女士傳來的年糕券，因為他們公司每年都會收到好些客戶送來的糕點禮券，於他們而言下次子也用不著那麼多，轉送出來意義更大！事實上，當我們收到禮券時，同事們都很雀躍地嚷著要在上門工作時，又或轉交義工快快送到有需要的長者手上，因為大家同事都知道，長者在這個大節日收到年糕，定必十分開心！

又有一位是退休的專業人士，他定期閱讀慈惠月報，定期捐款給不同計劃。由於他感到社會上有不少老弱需要幫助，而自己的力量總有限，故此，他在舊朋友、舊同事的聚會中，物色了一些對扶助弱勢社群有心又有能力的朋友，告訴他們從慈惠月報看見的需要，他的朋友就慷慨地為有需要的人士作出捐助。

有次有位善長把慈惠月報傳給他的家人，家中有做生意的，並且經常往來中港，工作十分忙碌，但一次他在家中看到月報，知道好些人有藥物上的資助需要，除了動了慈心，寄來支票外，並問了一些生意上的朋友同意，把他們的名片寄來，之後我們定期向各人送上慈惠月報，讓更多人認識這些沒有政府資助的服務，令定期閱讀慈惠月報的人士增加，有些亦開始捐款支持。

對於以上各人，甚至還有其他善長以不同形式的幫助，我們實在是十分感激！因為，沒有固定資助下的服務，不免會令人擔心——服務正填補現時服務的空隙，每天不斷傳來的轉介，正表示服務需求很大，但我們仍需要入為出。有時，令部份個案需等候較長一點時間，又或因資助款項完結，暫時停止接受申請。

我們相信每個人都有善施的力量，但願慈惠服務在您的慈心庇蔭下，不斷加大這股祝福的力量，為全港不同角落的老弱者帶來希望！

## Spread The Blessing

I have heard in the past that many people consider themselves as small potatoes as they are not rich or any professions; thus, they think that they are not able to help the people in need or they wonder how a person can change the society.

In fact, some of the benevolent people we knew are junior staff in large corporation while some are the secretary or assistant. They are familiar with the company's operation and they often know about stuffs that are no longer useful for the company but useful for the lower class people. Thus, they will come to us enquiring about the usefulness of the product after getting the permission from boss. For example, we receive some new year cake coupons from a lady before Chinese New Year. She expressed that her company got many of those coupons from clients every year; however, they could not use them all and it would be more meaningful to give us! By receiving those coupons, our colleagues were all excited as they can give to the elderly when having home visit or by the delivery of volunteers. Our colleagues knew that the elderly would be very happy by having the cake in the festival.

One of our donors is a retired profession. He is a regular reader of the Philanthropy Monthly and will make donation to different projects accordingly. He knew that there are lots of frail elderly who need help in the community. However, as he think that his effort is limited, he start share with his friends or ex-colleagues who are capable and willing to help the under privileged in the gatherings. He tells them what he read in the Philanthropy Monthly and his friends then donate generously to those in need.

Another donor once shared The Philanthropy Monthly to his family members. Some of them are in business and have to travelling around very busily. However, when he read about the Monthly, he knows that there are people in the society who need the financial assistance in their medication. Being touched, he not only sent us the donation cheque, he also passed us the name card of his business associates, asking us to send them the Philanthropy Monthly. He hopes this can let more people learn more about the self-finance charity projects. Now, some of his associates have already started donate in supporting us.

We are truly grateful to all the people above and others who have helped us in various different ways. As the charity projects are with no regular funding support, there is always concern. The projects are now filling the existing service gaps. By receiving referrals everyday, it means there are huge needs in the society. However, we have to approve the cases very carefully as the resources are limited. Sometimes, it made the waiting time a bit longer while sometimes we have to stop receiving application since the funding is used up.

We believe that everybody has their power in contributing the needy. We wish the charity projects can keep bring hope to the frail elderly by having your help in spreading the blessing!

慷慨好施，反更富有。

People who are generous of giving are richer for his generosity.



## 感謝你們沒有放棄我

本港末期腎病病人數目不斷增加，1,100名病患者中僅5.5%獲安排腎臟移植，其餘只能透過血液透析（洗腎）暫時延長生存期。由於身體造血能力大大下降，導致體力及精神嚴重不足，時刻需要家人在身邊照顧，但超過70%的末期腎病患者都覺得為家人帶來極大擔憂，馬先生正是其中一員。「妻子都這麼大年紀，還要為我的身體操勞，我真的不忍心，我情願死也不想她這麼辛苦。」馬先生邊說邊垂淚。

現時醫院有處方自費補血針供末期腎病病人注射以提高造血能力，從而令病患者回復精神。但馬先生表示，每月藥費要一千多元，對於膝下無兒女的兩老，確實是沉重的負擔。

由於藥費昂貴，馬太為了丈夫四出尋求援助，同時亦要照顧馬生起居飲食，勞心勞力。馬生對自己患病顯得非常憎恨及難過，並曾想過「為何自己會患病，連累妻子，我非常討厭現在的自己，可否就此一了百了。」

「為了你，我再辛苦都值得，從前由你來照顧我，現在我怎會就此離棄你。」馬太對丈夫一往情深，不離不棄，終於努力得到回報。經社工的幫忙下，得知聖雅各福群會有此藥物資助計劃，申請後藥費減少了一半，大大減輕他們的生活負擔。

馬先生很感激太太的愛以及社會人士的幫忙，現時他得到「惠澤社區藥房」藥物援助，除了減輕生活重擔外，精神及體力亦有所回復，可以簡單的自理，減低太太的壓力。「沒有惠澤社區藥房的幫助，我可能會因無錢用藥而放棄生命，我好感謝各位善長人翁所做的善事，你們好幫到我同太太！」馬先生十分感謝地說。

## Thank You For Not Abandoning Me

The number of end-stage renal disease (ERSD) cases is rising in Hong Kong. Yet, of the 1,100 patients, only 5.5% get kidney transplant. For the rest, life can only be prolonged by dialysis. The patient is physically weak and lacks energy due to the body's low capacity to produce blood cells. He consequently needs constant care. But more than 70% of ERSD patients feel they are overburdening their family; and Mr. Ma is one of them. "My wife is not young herself. I really cannot bear her toiling so hard for me. I would rather die than have her suffer like this," he said in tears.

Hospitals prescribe the injection of erythropoiesis-stimulating agents for ERSD patients. The drug will build up their capacity to produce blood cells and consequently their energy. But the medication is not free; it has to be self-financed. Mr. Ma told us the monthly cost is over \$1,000, which is a heavy burden for an old childless couple.

While tending to his daily needs, Mrs. Ma looked everywhere for help to obtain the expensive drug. Her physical and mental stress made Mr. Ma hate himself for his own condition. He even considered, "Why am I sick and giving my wife a hard time? I despise the way I am now. Maybe I can put an end to it all?"

"I am willing to do everything for you. You used to take care of me. How can I abandon you now?" Mrs. Ma would not give up her husband, whom she dearly loves. Finally, her efforts paid off. With the help of a social worker, she learned of St. James' Settlement's Philanthropic Community Pharmacy. As a result of her application, the cost of the medicine was cut in half for them, significantly lightening their burden.

Mr. Ma is very grateful for his wife's love and the help they got from the public. With the aid from the SJS Philanthropic Community Pharmacy, not only is his financial burden lighter, but he has recovered enough physical strength and energy for some self-care, leaving his wife less stressed. "If I didn't get help from the Philanthropic Community Pharmacy, I might have given up my life altogether, since I couldn't afford the medication. I am deeply moved by the kindness of the donors. You have been a great help to me and my wife," said Mr. Ma thankfully.



馬太感謝善長的捐助，支援丈夫繼續接受治療。  
Mrs. Ma thanks for the kind donors for supporting her husband's medication fee.



我們需要你的捐助  
We Need Your Donation

## 贈藥助癌症病人治病 為患者及家人添希望

有沒有想過患上癌症後病者的生活？無助？絕望？病不欲生？

癌症病人美貞，在患病後得丈夫無私的支持及照顧，讓他可暫時忘記癌症的可怕；然而，面對每月高昂的藥費，美貞坦言不知道可以支持多久，現唯有見步行步，盡量珍惜及享受現有的一切。

「老公一直很疼我，六年前我懷孕時，他一定要我辭去當時在酒樓的工作，在家好好安胎，在小朋友出世後在家做全職家庭主婦。他就一個人做兩份工，每天只睡兩三個小時，有時候三四日都跟他說不到一句話。在女兒出生後，我曾提出要外出工作，不用他那樣辛苦，但他卻一口拒絕。當時我十分擔心他會因此而捱壞身子，但萬萬想不到倒下來的是處處受到保護的我。」美貞憶述患病前與丈夫的生活。

四年前，美貞的腹部突然持續脹起，由於初期沒有感受到痛楚，美貞一直不以為意，直至感到腹部疼痛時才求醫。經過檢查後，美貞證實患上轉移性軟組織肉瘤，為癌病的一種。醫生建議病人服用標靶藥，名為復治恩(Votrient)，每月藥費約二萬七千元，對於月入約兩萬元的美貞一家實在難以負擔。有見美貞患病時痛苦，再無力照顧自己及女兒，丈夫因而辭去兩份工作，專心在家照顧太太。

「其他人經常說我傻，太太患病，丈夫應更努力工作賺錢藥費，但我反而覺得應該在她最需要人陪伴時留在她身邊。辭工後，全家只靠約十多萬元的儲蓄生活，家庭開支大，女兒今年亦剛進小學，太太的藥費又貴。本來我不想接受任何政府資助，最終無辦法之下唯有申請綜援，但綜援的金額只能僅僅足夠生活，並不包括太太昂貴的藥費。我去找醫務社工，社工又指政府的『安全網』並不包括這藥，幸好醫生告知我聖雅各藥房可以資助我們，現時每月藥費約七千多元。」陳先生講述辭職的決定以及尋找資助的過程。

對於陳先生一家來說，藥費的減免雖能暫時減輕他們的負擔，然而，往後每月需支付七千多元的藥費，對他們來說仍是無比的吃力。有鑑於他們的困難，聖雅各福群會惠澤社區藥房動用了「贈藥治病計劃」，資助了美貞兩個月的藥費。不過，亦由於計劃的善款有限，陳先生仍需繼續尋找資助，解決美貞於這兩個月後的藥費問題。

現時「贈藥治病計劃」的資助有限，只能在病人最急需的時候提供藥物資助，讓他們有更多的時間申請社會上的資助。期盼善長們能繼續支持以上計劃，幫助如美貞一樣的家庭，讓他們能繼續完整地生活在一起。施善支票抬頭：「聖雅各福群會」，支票背面可指定捐助：「贈藥治病計劃」。施善查詢：8107 8324或2835 4321。

## Bring Hope To Cancer Patients And Their Family By Donating Medication

Have you ever imagined how a cancer patient feels? Helpless? Desperate? Rather to die?

After being diagnosed with cancer, Mei-ching has been supported and taken care of devotedly by her husband, which briefly relieves her fear of the illness. Nevertheless, she said frankly that she could not anticipate how many more treatments she could afford as they are extremely costly. She cannot but let her fate take its course and she will cherish and enjoy every present moment with all her heart.

"My husband loves me very dearly. When I got pregnant six years ago, he insisted that I quit my work at a restaurant so that I could take good rest at home. After I gave birth to our daughter, he preferred me staying at home as a full time housewife while he was taking two different jobs everyday to support our family. He was then so occupied that he could only take a sleep for 2-3 hours a day and I sometimes did not manage to talk with him for several days. I had ever suggested that I would get a job so as to lessen his burden; but he declined it resolutely. At that time, I was always worrying that he would fall sick some day. It has never occurred to me that I, the well-protected one, and not him, would fall sick." Mei-ching recalled the life with her husband before falling ill.

Four years ago, the sudden swelling in her abdomen persisted. She took it lightly because she did not feel any pain. Not until the pain knocked at her, she sought medical advice. She was then diagnosed with metastatic soft-tissue sarcoma (cancer) after examination and her doctor advised her to take Votrient, a targeted therapy with a monthly cost of HK\$27,000. Her family earned only around HK\$20,000 a month and they could hardly afford the costly medicine. As Mei-ching was too weak to take care of herself and her daughter while she was fighting against her sickness, her husband quit all his jobs in order to take care of her round-the-clock.

"My quitting the jobs was often commented as a rash move. Others thought that a husband should work even harder to earn more for the purchase of medicine for his sick wife. But I think I should always stay by her side because this is the time she needs me most. We were then living on a saving of less than HK\$200,000. I had no intention to ask for government assistance, but the medical fees, living expenses and miscellaneous expenses for my daughter who started her primary schooling this year all added up to a huge amount. It seemed to me that I had no option but to apply for CSSA. But the CSSA we got can barely cover our living expenses; it is not enough to purchase the costly medicine for my wife. I then sought assistance from a Medical Social Worker and was told that Votrient was not in the list of the 'Safety Net'. Fortunately, our doctor told us about the Philanthropic Community Pharmacy under St. James settlement, where I can get subsidized medication. Now we pay about HK\$7,000 a month for the medicine." Mr. Chan narrated his decision to quit his jobs and his path in seeking assistance.

Subsidized medication can only help the Chan's family as a temporary relief since a monthly medication fee of HK\$7,000 is still a large sum to them. Given their difficulty, the Philanthropic Community Pharmacy sponsored the medication for Mei-ching for two months with the fund under Medical Subsidy Program. With only limited resources under the Program, we have to ask Mr. Chan to continue to seek assistance elsewhere to pay for his wife's medication after two months.

Presently, the Medical Subsidy Program can only offer limited assistance – to provide subsidized medication to patients in urgent need so as to allow them to have more time to seek and apply for assistance available in society. We earnestly hope that the benevolent people will continue to support our Program helping families like Mei-ching's, allowing all of their family members to go on living together. Please make your cheque payable to "St. James' Settlement" with indication of "Medical Subsidy Program" at the back of your cheque. Our mailing address is: Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation Enquiry: 8107 8324 or 2835 4321.





## 為長者送暖到戶 關懷他們多一點

剛踏入初春，氣溫乍暖還寒。濃霧罩蓋香港之際，寒流突然來襲，更帶來持續不斷的雨水，既濕又冷的天氣，比寒風更加刺骨。對體弱長者而言，打擊著他們弱不禁風的身體，實是健康上的一大威脅。

「出面好大風好大雨，我本身唔敢出街。但都要買鑊煮飯啦。才剛行出大廈，已經凍到牙關打震，整個人抖震不停！」90多歲居於沙田公屋邨的李婆婆，自喪偶後獨居照顧一己生活所需。自年前中風後，外出都需依靠拐杖行動；加上血液循環不佳，手腳持續冰冷，寒風凜凜的日子對她的身體更為煎熬。了解到李婆婆本身衣物不足，家中沒有暖爐等保暖措施，「送暖行動」的義工本著「急長者之急」的精神，在風雨交加的早上，為李婆婆送上禦寒三寶——暖風機、棉襖及絲棉被，還有義工親手編織的冷頸巾和冷帽，親身帶到李婆婆家中。

「我好多晚凍到訓唔著啦，可能係舊棉被破了洞，不能保暖。」義工細心的在李婆婆床邊放置暖風機，讓暖風可助李婆婆保暖身體，協助入睡。同時，他們亦打開新的絲棉被鋪於床上，讓李婆婆可即時使用。樂得開懷的李婆婆說：「我今晚可以溫暖的睡一覺，多得有心的善長對我的照顧和關懷！穿著埋佢地送俾我的棉襖，出去買餸都唔怕了！」李婆婆臉上滿足的笑容，充滿著甜蜜的幸福，這份被關懷的愛正是善心、慷慨的善長們為她所建造的。

「咁凍既天氣，我好需要長飲熱水保暖！」患有氣管疾病的黃伯伯，一直很小心保暖氣管，一不小心受寒就需送院治療。「我家得個大水煲，水不能保溫。自己多病痛，唔敢亂花費買電熱水壺……」同日，送暖義工帶著具備恆溫功能的電熱水壺，讓黃伯伯可長期有熱水喝，也按他的身高放置熱水壺，方便伯伯按控制倒熱水。「活到這把年紀，子女都離我而去，想不到仲有善心人關心我所需，我好感動，好安慰！」黃伯伯雙手拿著載滿熱水的玻璃杯，讓他感到無限溫暖，那不只是熱水的溫度，而是善長為他們生活所需的無微照顧，以及一份貼心的關懷。

善長對長者的關懷慰問，服務和義工們會繼續全年度為長者「送暖」，將善長對長者的愛護關懷送入他們的家居中。



## To Give Elderly Warmth To Care Them More

Early spring has just set in. Cool and warm weathers alternated unpredictably. While Hong Kong was shrouded by thick fog, the cold front suddenly attacked. In addition, it brought continuous rain which caused the weather to be damp and chilly, more piercing than the cold wind. This kind of weather definitely threatens the health of the frail elderly.

"If it's windy and raining cats and dogs, I dared not go out but I still have to shop for groceries for my meals. My teeth clattered due to the cold and I couldn't stop shivering as soon as I stepped out of my building!" Grandma Lee, 90, lives alone in a public housing unit in Shatin after the death of her spouse. She takes care of her daily needs herself. Whenever she goes out, she uses clutches to get around after a stroke in the previous year. She suffers from cold hands and feet due to poor blood circulation and the windy days are hard for her body to bear.

The volunteers of Warmth Giving Action brought Grandma Lee the "Three Winter Treasures" on a windy and rainy morning since they knew Grandma Lee had neither sufficient clothing nor heater to keep her warm. The treasures consisted of fan heater, padded coat and a silk cotton padded quilt on top of woolen scarf and woolen cap, both hand-knitted by volunteers. "I haven't slept well for many nights. Maybe it's because my padded quilt was torn with holes and it wasn't warm enough." St. James' volunteers placed the fan heater by Grandma Lee's bedside. It can keep Grandma Lee warm when sleep. At the same time, they also spread the new silk cotton quilt on her bed so that she could use it any time she wants to. Grandma Lee said happily, "I can sleep tight tonight with the warm quilt. I am grateful to the kind and benevolent donors for their caring and looking after me! I won't fear the cold any more when I go out for groceries in the padded coat they gave me!" Grandma Lee, smiling with content, was filled with love brought by the kind-hearted and generous donors.

"I have to keep drinking hot water in order to keep warm in such cold weather!" Grandpa Wong, who suffers from wind-pipe problems, has been careful in keeping his wind-pipe warm. If he catches a cold, he has to be hospitalized for treatment. "I have only a large kettle which doesn't keep water warm. I am often sick with various ailments. I dare not squander my money on an electric thermos flask." On the same day, the Warmth Giving Action's volunteers gave Grandpa Wong an electric thermos kettle to enable Grandpa Wong to drink hot water all the time. The volunteers placed the kettle according to his height so that he can get hot water easily. "My children have left me at my age. I never thought there were still kind people who cared about my needs. I am so comforted and touched!" Holding a glass of hot water with both hands, Grandpa Wong could feel infinite warmth which didn't come from the water's temperature but the care and concern generated by the benefactors.

St. James' volunteers will continue to give warmth to the elderly the whole year round coupled with benefactors' care and concern. The Service and volunteers will continue to deliver benefactors' love and care for the elderly to their homes.

「義工將有心善長的關懷送到我家，我感到很溫暖。」  
"I feel so warm because the volunteers delivered to my home the kind benefactors' care."



我們需要你的捐助  
We Need Your Donation



一四年二月份  
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慈惠月報  
The Philanthropy Monthly

## 貧老急需家電入伙

「等左咁耐，終於唔駛再捱貴租！」獨居於深水埗板間房的昌伯伯，自中風後不良於行，需依靠綜援金生活。板間房位於沒有電梯的舊唐樓，昌伯伯每天需耗盡九牛二虎之力，一拐一拐的上落樓梯，實在不便。板間房環境狹小，空氣不流通，月租也接近2,000元，佔了昌伯伯大半月份綜援金。

皇天不負有心人，昌伯伯剛獲房署通知，獲派德朗邨新公屋單位，然而昌伯伯眉頭深鎖的道：「有間新屋固然開心，但我成副身家得張舊碌架床，同埋部電視，其他咩都無，我邊有錢去買需要的電器呢？」另一邊廂，業主得知昌伯伯即將搬離，即表示如需續住下個月起便加租。而社署為昌伯伯提供的搬遷津貼，早已用作繳付公屋按金以及搬遷公司協助搬運，根本無力再付額外的租金。在緊迫的情況下，昌伯伯先搬入百物一無的新居，日後再作打算。

社工到訪昌伯伯的新居，全屋只有一張舊碌架床，一部舊電視、一個電飯煲以及一位由教友捐贈的雪櫃。「而家叫做有個瓦遮頭就算，邊度有資格要求咁多野呢？」昌伯伯身體虛弱，到訪時只能躺在床上與社工傾談。擔心昌伯伯因缺乏基本家電而再發生意外，社工於是向「電器贈長者」計劃求助，盼能盡快為昌伯伯覓得他最急需的「入伙三寶」電器——電熱水爐、電磁爐及電熱水壺。

在沒有熱水爐的日子，昌伯伯只能隔天洗一次澡，一拐一拐的提著電飯煲燙的熱水拿入浴室，用以抹身。「我動作慢，煲水沖涼都要成個鐘先搞得咗，水又很快變涼，真苦惱」。沒有熱水壺，昌伯伯為免麻煩只能喝樽裝蒸餾水，「外面買水好貴，要慳住飲！」沒有電磁爐，想煮麵食、湯水一概不能，唯有用電飯煲吃白飯。「有人捐左蝦子麵俾我，我唔敢用電飯煲煮，因內膽太細，滾瀉左就會整壞個電飯煲！」

「電器贈長者」計劃一向堅持為匱乏弱老建立「安樂窩」。計劃正急需善長的慷慨捐助，為昌伯伯等弱老長者添置「入伙三寶」電器——電熱水爐、電磁爐及電熱水壺，讓弱老不再為百無一物的新居而感無助和煩惱。你願意伸出慷慨的援手，讓更多於輪候冊上的弱老長者，解決他們入伙時的家電需要嗎？「電器贈長者」計劃作出緊急呼籲，期望籌集足夠善款為等待上樓的無依長者們購置入伙三寶家電。捐款支票抬頭：「聖雅各福群會」，指定捐款「入伙三寶家電餽贈」。查詢：2835 4321 或 8107 8324。



## Urgent Appeal of Appliances For the Poor Elderly

"I no longer have to suffer the expensive rental after waiting such a long time!" Grandpa Cheong lives alone with walking disability in the partitioned flat in Shum Shui Po and relies on CSSA for living since the stroke. The flat is located in an old Chinese style building with no lift and it is hard for him to walk up and down the stairs. Also, the ventilation is also bad. However, such a room still needs a \$2,000 rental for a month which used up half of the CSSA.

Luckily, Grandpa Cheong received the notification from the Housing Authority that he is assigned with a public housing unit in Tak Long Estate. However, he is still worried, "Of course, I am happy to have a new home but all I have got in hand is just the old bed, the TV set and nothing else. Where can I have money to buy other appliances?" On the other hand, by knowing that Grandpa Cheong is assigned with a unit, the landlord informed him that the rental will be increased starting from the next month. While the Domestic Removal Grant provided by Social Welfare Department has been used to pay for the public housing deposit and delivery company; thus, there is nothing left for extra rent. Under this situation, he just moved into the empty new unit and left the rest for later consideration.

The social worker visited Cheong's new unit and found that there are only an old bed, an old TV set, an electric rice cooker and a refrigerator given by a church fellow. "Now, I have a place to live and what more should I ask?" As he was frail, he could just lay on his bed while talking to the social worker. The social worker worried that Grandpa Cheong would have accident due to the lack of basic domestic appliances, the social worker referred his case to, the "Electrical Appliances for the Elderly Program", hoping to get him the "Three Move-in Treasures", namely electric water heater, induction stove and electrical kettle.

In the days without a water heater, Cheong can only washes every other day. Every time he washes, he brings the hot water boiled by the rice cooker to the bathroom. "My movement is slow. I need an hour to get the washing done. Also, the water gets cold very quickly which is quite annoying." Without a electrical kettle, he drink the bottle water to save the troubles, "That is costly to buy outside and thus I have to consume very carefully." Without an induction stove, I cannot cook or boil water. I can only eat rice. "Someone gave me a noodle before but I dared not to use the rice cooker to cook it as the inner pot is too small that the water boiling over will damage it."

The "Electrical Appliances for the Elderly Program" determined to help the frail elderly set up a cozy home. The Program is now making urgent appeal to the benevolent people in supporting the elderly with the "Three Move-in Treasures", namely the electric water heater, induction stove and electrical kettle. This can release their worries of living in an empty home. Are you willing to give a helping hand to the elderly in our waiting list? We wish the appeal can call for enough resource. Please send your donation by cheque, beneficiary "St. James' Settlement", indicating for the "Three Move-in Treasures". For enquiry: 2835 4321 or 8107 8324.

匱貧長者沒錢應付上樓基本所需，連床架也沒有就睡在地上，何況是其他家電呢？

Poor elderly having no money for basic move-in needs can only sleep on the floor, not to mention other domestic appliances.





## 義工助入伙 長者重現笑容

原居於東涌的倪婆婆，在30多年前隻身與丈夫移居香港，其他親人則留在國內生活。她來香港後，便在工廠打工，後丈夫過身，她便獨自一人繼續在香港生活，間中也要兼顧國內親人的生活和照顧，經濟緊緊足夠糊口。退休後就只能靠積蓄生活，但因以往的工作收入不高，說難聽一點是差不多「月月清」，故不久前就需要申請綜援。

去年年中，倪婆婆國內的親人有急性重病需要長期照顧，由於國內大多親人都年紀老邁，根本沒有能力提供照顧，相比下倪婆婆較年輕，故她需多次前往國內協助照料該名親人，且需逗留較長的時間。可是，在這段時間巧合遭房署多次突擊檢查，上門及致電均未能與她聯絡，故令她間接成為「霸佔公屋」人士，並勒令她遷出。在十一月她回港後，雖立刻出示證明文件展示國內親人的患病情況也不得要領。最後，她聯繫了長者中心的社工並協助再跟房署商討，房署最終也要她遷出，只可搬至屯門賣田村的中轉屋居住。面對家居突變又要由大屋搬至細屋，倪婆婆不知如何是好，終日以淚洗臉，最後社工協助轉介至本會的「家居維修服務」協助。

於新居的環境非常細小，只有百多呎。在急於搬遷的情況下，倪婆婆用餘下的少量積蓄購買了一張床後，根本再沒有餘錢鋪地板。社工轉介至本會後，工作人員便盡快與社工上門觀察實際環境，迅速安排師傅協助鋪設地板，轉眼間，地板由灰沉沉一片變成平滑的地面。倪婆婆看在眼裡感動非常說：「冇諗過會有社工同咁多義工來幫我，真係好開心啊！之前我仲諗住冇希望，幫左人自己就攞唔掂，都唔知點算好，好彩認識到聖雅各！」師傅其後看見倪婆婆的電視有點毛病，經修理及協助調台後又再可以使用，另外又協助他把家傢俱放置好。「聽社工講有善長新界崇德社的幫忙，你們才可以有資金幫我買地板，師傅又唔收工資，如果我自己搵人整，成幾千蚊，我一定有能力，就算數！所以，好多謝善長！多謝義工！

無論是一人單位還是小至中轉屋，義工服務有需要長者的心還是一樣，對於能夠用自己的技能幫助到倪婆婆，不論義工、甚至工作人員本身也感到很滿足。聽婆婆就之前終於抹掉眼淚，現卻重現笑容，我們都希望倪婆婆可以一直快樂下去！

註：中轉房屋是香港一種公共房屋，為受清拆、天災或其他原因影響但未符合入住公共屋邨資格的人士提供臨時居所，於1990年代中期起逐漸取代臨時房屋區的角色。與一般公屋比較，單位面積較細少，而且廁所較狹窄。



## Elderly Smiles Again With Help from Volunteers in Moving Home

Grandma Ngai, who used to live in Tung Chung immigrated to Hong Kong over 30 years ago with her husband while her other families stayed in the mainland. Since then she has worked in the factories and after her husband passed away, she continues to live in Hong Kong by herself. Supporting her mainland families occasionally, she can barely make ends meet. After retirement, she relies solely on her savings for a living. As her previous job is not highly-paid, her pocket is always emptied at the end of the month. As a result not long ago she has to apply for the Comprehensive Social Security Assistance.

Last summer, one of her mainland families was taken seriously ill and required long-term care but no one was able to do so as they are all quite old. Since Ngai is relatively younger, she had to return to the mainland many times to take care of the sick relative and sometimes needed to stay for a long period of time. Unfortunately, the Housing Authority happened to make inspection during the period and failed to reach her by phone and house call multiple times, the Authority considered her case to be tenancy abuse and ordered her to move out. When she returned in November, she tried to appeal by offering documents to prove her mainland relative's illness but to no avail. She then sought help from the Elderly Centre social worker to negotiate with the Housing Authority. The final decision was that she still had to move out but she could move to an interim housing unit in Tuen Mun Bo Tin Estate. Faced with the sudden removal from a big unit to a small one, Ngai was witless and cried all day long. Finally, the social worker helped her to seek assistance from our Elderly Home Maintenance Services.

The new unit is very small, only a hundred ft<sup>2</sup> or so. The removal was so sudden that Grandma Ngai could only afford to buy a bed with no more money to lay the floor tiles. After the social worker's referral, our staff went to inspect the unit and quickly arranged volunteers to help lay the floor tiles. Within a short while, the dull uneven floor was turned into a smooth tiled one. Grandma Ngai was deeply moved, "Never thought the society and so many volunteers would come to help me. I am so happy! I felt so hopeless previously. I helped others but ran into trouble myself. I did not know what to do. Glad to know the St James' Settlement!" Some volunteers noticed her television set had some problem and helped to fix it for her too. They also helped her to arrange the furniture. "The social worker told me that with generous donations from the Zonta Club of the New Territories benefactors, you can have the money to help me buy the tiles and arrange people to help laying them free of charge. If I find someone to do it, it would cost me thousands. I cannot afford that. So, thank you very much, benefactors. Thank you very much, volunteers!"

No matter it is a one-person unit or interim housing, volunteers offer help to the needy elderly with the same enthusiasm. Both the volunteers and staff are happy to be able to help Grandma Ngai with our skills. Finally, she is able to wipe away her tears and smile again. We do hope she can stay happy!

P.S.: Interim housing is temporary housing in Hong Kong for those not eligible for a flat in public housing estate, but affected by disaster, fire, and redevelopment. Since mid-1990s it gradually replaced Temporary Housing Area. Compared with public housing, the units are smaller and the toilets narrower.

踏上鋪好地板的新居，倪婆婆終於重現久違的笑容了。  
Grandma Ngai smiles again standing on the newly laid floor tiles



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## 長者輪候公屋多年 獲派後又喜又憂

「等了七年，我終於等到了！」多年前因車禍需要切除手指，雙腳亦因此長期受麻痺感覺困擾的林先生，終於等到一間公屋了！

「當年的車禍令我無法繼續工作，連平日走路亦雙腳隨時麻痺而不能行動，我更常常因此而仆倒。」車禍後，林先生只好依賴綜援金過活，現年67歲的他每個月以一千六百元租住深水埗的板間房，與其他陌生男士共用廚房和浴室；而林先生的太太亦同樣每月以千多元與其他人分租北區一板間房。直至最近，他們收到房署的通知，終於獲分配公屋，兩老終於可以重聚！

獲派公屋，兩夫婦能夠由各自租住私隱度極低的板間房搬往屬於二人的二百多呎的房屋，理應是開心至極。「對於我來說，不單是有了屬於我們兩人的家，而且有太太照顧，生活安心好多。之前在深水埗，同住的兩個人都要工作，太太又住在北區，故此日常起居飲食都要靠自己，但每每因擔心跌倒而終日都十分憂心。」可是，當林先生想到入伙時卻又憂慮：「新居入伙，光是鋪地板的費用已經嚇壞我！我問過價錢，要成幾千蚊，仲要加埋基本的家具，我哪有能力？」後來，他們經社工轉介申請「長者家居維修服務」以解他們上樓之憂。

「現在有聖雅各幫忙我們鋪地板，對我們的幫助已經是很大！其他家具我可以用政府給我的搬遷津貼購買，這樣我不用再擔心入伙的經費。起初的又喜又憂，現在終於可以鬆一口氣。」林生如釋重負地道。

「長者家居維修服務」每月接獲不少像林先生的個案申請，在有限的資源下幫助他們新居入伙作基本的裝修，如：鋪設防滑膠地板、安裝毛巾架筷子架、窗簾路軌、裝設慳電膽、於廁所安裝扶手等。這項服務可及時解救長者上樓之苦，但卻無政府資助，急待善長支持。支票抬頭請書明：「聖雅各福群會」，指定捐予「長者家居維修服務」，寄：香港灣仔石水渠街85號一樓105室。



義工為有需要長者的新居入伙作簡單基本裝修。  
 Volunteers install basic furnishings for the new homes of the needy elderly.

## Assignment of Public Housing Unit Brings Excitement & Dread To the Elderly

"I have got it now after waiting for seven long years!" Mr. Lam is fingerless and his legs are partially paralyzed as the result of a traffic accident many years ago. He has finally been assigned a public housing unit.

"The accident made it impossible for me to go on working. I even have trouble walking because of my legs. I often fall easily." Since the mishap he has had to live on Comprehensive Social Security Assistance. Now 67 years old, he lives in Shamshuipo, paying a monthly rent of \$1,600 for a cubicle partitioned flat and sharing the kitchen and the bathroom with two other men. Meanwhile, his wife lives in the Northern New Territories, also paying over \$1,000 in rent and sharing a similar cubicle with others. The recent notice from the Housing Department, telling them they have been assigned public housing, means the couple can at last be reunited in their old age.

One would expect them to be happy to be able to move into a home of over 200 square feet from their rented cubicles where there is little privacy to speak of. "Not only will we have a home of our own, but my life will be much easier with my wife taking care of me. The two men I share the place with in Shamshuipo both have jobs. With my wife living in Northern New Territories, I have to rely on myself for all the daily chores, and I am in constant dread that I may fall." However, he was worried by the thought of moving into his new home, "Laying the flooring alone is enough scare for me! I have asked the price. It takes several thousand dollars! Also, there is basic furniture to buy. How can I afford it?" A social worker then referred his case to our Elderly Home Maintenance Services to help get their new home ready.

"Now, we have help from St. James' Settlement to lay the flooring. It's a great help! I can buy the other furnishings with the house-moving allowance from the government. I don't have to worry about the moving cost any more. My earlier mixed feelings of excitement and dread are gone. I am relaxed now," said Mr. Lam in relief.

The Elderly Home Maintenance Services receives many applications like Mr. Lam's every month. With our limited resources, we try to provide basic furnishings for their new homes, such as laying anti-slip linoleum flooring and installing such fixtures as towel rack, chopstick holder, curtain railing, energy-saving light bulb and bathroom handrail. The service meets the urgent needs of elderly moving into public housing. However, in the absence of government subsidy, we need the support of public donations. If you wish to contribute to this worthy cause, please make your cheque payable to "St. James' Settlement", indicating for the Elderly Home Maintenance Services; and mail it to Room 105, 1/F, 85 Stone Nullah Lane, Wan Chai, Hong Kong.





## 及時的電話聯繫 換孤老尊嚴安心

「謝謝你們每天給我打電話，讓我感受到有人關心著自己的安危。」一位使用「無憂通」的婆婆向我們表示。

我們認識一位瘦弱的婆婆，每天外出時都會背著很重的背包，縱使腰酸背痛也要堅持，背包內放了多套衣物和重要文件，細問下才知道原來她每天都準備自己隨時進入醫院而不能回家；又有一些長者，因為害怕自己離世而無人發現，每天睡覺時不敢關上房門。這些孤苦無依的長者因為感到自己的身體機能一日比一日退化，每一分鐘擔心著自己隨時會倒下，在家中離世後也沒有人知道，擔心死後腐臭的身體難看，更害怕死了也要負累鄰里。這份無形的壓力和懼怕，令他們寢食難安。

服務是因應人們的需要而衍生的，為讓這群孤苦無依的長者享受真正的後顧無憂生活，我們推出了「無憂通電聯關顧服務」。服務是為有需要的長者提供主動的問候機制，服務使用者會在他們指定的時間內，收到我們由電腦系統打出的問候訊息，長者只需要跟據電話指示而簡單按鍵回應，負責職員便能夠知道長者是否平安。若長者沒有回應電話系統，我們便會發動緊急支援機制，從管理處、醫院等不同的渠道以確定長者的下落，以便提供相關支援。倘若我們使用各種方法後也未能尋覓長者的去向，我們甚至會報警破門入屋，以爭取時間救治長者，就算來不及救援，我們也希望在最短時間找到身故的長者，免得他們的遺體腐爛時才被發現。

「無憂通」服務至今推行了三年，已達到當初成立服務的目的。去年的聖誕節，正值普天同慶的日子，我們有一位年長的服務使用者卻悄悄地離世，幸而「無憂通」的服務是全年無休的，我們亦因此能及早發現。其後，我們與其他單位合作，為警方提供資訊，處理長者生前的住屋事宜，加上「後顧無憂生前規劃計劃」的配套，妥善處理長者的身後事。

每天一個電話也許只是一個監察的方式，然而服務背後所傳達的訊息是，這世界依然有人每天記掛著這些孤苦無依的長者，希望他們是平安和快樂。因為這份牽掛，老友記不再是孤單一人；因為找到了依靠，他們可以無憂地好好活下去。



## Prompt Phone Contact Free Living Alone Elder's Worries

"Thanks for calling me every day, letting me feel someone cares about my safety." A Granny using No Worry Link expressed to us.

We once know a tiny and frail granny who insists carrying a heavy backpack with many clothing s and vital document inside every day even it brings her back pain. We later know that it is because she has to prepare herself being hospitalized every moment. At the same time, there is elderly fearing they may die without being discovered and thus they sleep with their room door opened. These lonely and helpless elderly understand that they are physically deteriorating and hence worry that they may collapse and die without being known with awful look of their decayed bodies and bringing trouble to their neighborhoods. It is this invisible stress and fear that make them feeling uneasy all time.

Services are launched with people's need. In order to allow this group of helpless elderly to be worry free, we launched the "No Worry Link" service. The service is a proactive calling system. The service users will receive call at the designated time. All they need is to simply press a button as response and thus the staff in charge will know whether the elder is safe or not. If no response received, we will start the emergency support system by searching them through the building management, hospital and etc. It all the above trails are failed, we may even seek the police help in breaking into the case's home, hoping to save them if needed. Even we fail to save their life, we still hope to find the dead body as soon as possible before it is decayed.

The No Worry Link has been operating for three years and it achieved the purpose of its set up. Last Christmas when everybody was celebrating the festival joyfully, one of our cases passed away quietly. Luckily, the service operates the whole year that we were able to find out the case very soon. Later on, we worked with other units in providing information for the police and in settling the housing unit issue. Together with the "Prepaid Funeral Navigation Service", the funeral arrangement was complete properly.

An everyday phone call may just be a way to monitor; however, the message of the service is that there are still people in the community who keep these lonely and helpless elderly in mind and wish they can live safely and happily. Because of the care and concern, the elderly is no longer alone; because of the support, the elderly can live well without worry.

「無憂通電聯關顧服務」透過每日電聯，讓長者晚年安心生活。  
Through the tele-care service of "No Worry Link", elderly can live without worries.





## 病人求生的希望

## Hope of Life for the Sick

我們作為醫院的醫務社工，每天在醫院裡接觸到很多病人，處理他們不同種類的訴求，當中有不少病人因著自費藥物而徬徨，醫生建議了他們服用某一種藥治病，但政府沒有資助，他們要為藥費而籌措，於是向我們求尋求協助。

雖然現時社會上有不同基金或機構都有資助病人購藥，但每間機構所設立的條件不同，例如：關愛基金，儘管是同一種疾病，若病患者的程度或嚴重性不一樣時，病人就未必符合申請資格，加上藥費的資助由數千元至數萬元不等，而金額的多寡亦對病人構成沉重壓力。而現實是任何基金，總會有到達資助上限的時候，每每在資助快將完結之時，病人的焦慮會愈來愈大，在背負頑疾下更徬徨面對未來的日子！

最近，接到一位求助個案，他是患有黃斑點病變的伯伯。由於他領取綜援，子女也有經濟困難，根本無能力為他支付二萬七千元的針藥療程。從前有某機構資助病人注射此針劑，但由於該機構的資助計劃已告完結，不會再接受新個案申請；但據本人所知，患上黃斑點病變疾病後如不適時處理，病人會漸漸失去視力至完全失明。當想到伯伯到了老年，生活困難，若此時失明，生活會更加艱！後來跟同事討論個案時，有同事收到聖雅各福群會的惠澤社區藥房「贈藥治病計劃」資料，於是，我便立即電話幫伯伯查詢，並告知負責審批姑娘伯伯連第一支針劑藥物的錢也沒有。「惠澤社區藥房」收到轉介後，即時處理個案及在短時間內審批，由於時間趕急，聖雅各更主動與醫院溝通，將有關自費藥物賬單直接寄到聖雅各福群會再支付有關賬項。能「急病人之急」的工作態度，實在令我十分佩服。

在醫務社工部的見到很多為籌錢買藥的病人徬徨的面孔，今遇到聖雅各福群，喜見有需要病人不用為申請及審批過程「左撲右撲」，令抱病的身體可以減輕一點負擔和煩惱，知道有關基金也是透過善長幫忙，在此作為受助人的轉介者，多謝你們的慷慨和善心，你們的善款確實是病人求生的希望！

醫務社工

江姑娘

As a social worker who works in hospitals, we are in daily contact with patients with various needs. Many of them are troubled by need for self-financed drugs, drugs suggested by their doctors but not subsidized by government. They come to us for help.

It is true there are foundations and organizations in Hong Kong that offer financial aid to patients needing to pay for their own drugs, but they have set different conditions. Take the Community Care Fund as an example. For the same disease, patients may or may not qualify for aid depending on the serious of their condition. On top of that, the subsidy can vary from several thousand to tens of thousands of dollars, and the size of the sum also puts considerable pressure on the patient. In reality every foundation sets ceilings on its subsidies. The patient faced with growing anxiety as the subsidy runs out. Still uncured, he becomes more troubled!

Recently I received a plea for help from an old man suffering from macular lesion. He himself lives on Comprehensive Social Security Assistance, and his children also with financial difficulties cannot afford the \$27,000 injection treatment course he needs. There is an organization which used to subsidize this kind of injection treatment, but its assistance program had come to an end and thus applications were no longer accepted. Without proper treatment, macular lesion can lead to gradual loss of vision, to the point of total blindness. This patient is already old and is living a hard life. Life can only be more difficult if he goes blind. During a discussion of his case, a colleague received information from St. James' Settlement about the Medical Subsidy Program of its Philanthropic Community Pharmacy. I immediately made an enquiry by phone, telling the lady in charge of case approval that my patient did not even have the money for the first injection. Upon receipt of my referral, the SJS Philanthropic Community Pharmacy took instant action and soon granted the subsidy. As time was running out, SJS took the initiative of contacting the hospital in arranging for the medication bill to be sent directly to SJS for payment. This eagerness to meet the urgent needs of the sick is absolutely admirable.

Working in the social work department in the hospital, I see helplessness on the faces of many patients trying to find money to buy medicine. I am happy to have come to know SJS, happy to know that the needy sick need no longer run around madly to file applications and seek approval, that there is relief to their worries and the pressure they are under. I understand that the SJS Medical Subsidy Program runs on public donation. On behalf of the patients I refer to SJS, I would like to thank all the kind donors for their generosity. Your help is hope of life to the sick!

Miss Kong

Medical Social Worker



## 不只是藥療輔導 亦是心靈的關懷

在聖雅各福群會惠澤社區藥房當藥劑師是很特別的，其中一樣是我們會上門為有需要的病人提供藥療輔導。我們不會計較他富有或是貧窮，只要有需要的話，我們均歡迎病人前來，又或有需要我們可上門，為他們解釋服用藥物的資訊及解答他們的疑問。那天下午我到了一戶長者屋，家訪一位親切的張伯，為他提供藥物諮詢服務。進入家中，一切都井然有序，家居也十分整潔，只是地方較為狹窄，而狹窄的環境卻把我和張伯的距離拉近。

由於早前已有本會的外展配藥員上門，為張伯執整及解釋每日服用藥物，所以在處理藥物方面他已有所掌握，「上次盧先生來幫我整理了所有藥物，又詳細解釋，現在我盡量跟他的提醒執藥，不過，人老了，總是『論盡盡盡』。」張伯邊打開藥盒給我邊跟我說。當我再次為老伯檢查藥盒及其他餘下的藥物時，發現他已有能力跟進現時服用的藥物，我不禁對他稱讚，但在言談之間，他告於我自己患有嚴重的黃斑病變，而且視力只有正常人的一半以下(他只能用放大鏡看到離眼兩吋的報紙，其他一概看不清)。張伯表示醫生建議打針治療眼疾，減輕視力惡化，但他以經濟困難及會失去餘下視力為由拒絕。在細問之下，原因在他初發病時，醫生為他打了數支針藥及作激光治療，結果不單沒有改善病情，反而視力大大減低。所以，張伯對針藥大失信心，縱使我再三建議及勸導亦不果。

在離開之際，站起來卻看到有十幾瓶還沒有開封的維他命丸，追問之下是他在外地工作的兒子托朋友帶回來的。遲遲不服用的原因是他根本看不清這是什麼東西，我立時確定了這是對眼睛有幫助的維他命，就對他說這是兒子的心意，能幫到眼睛的情況(的確他的病除了打針，就是服用眼所需的維他命了)。我再次使用兒子的支持來鼓勵他打針藥，他也是毅然拒絕，拉鋸戰下，我嘗試盡最後努力勸服他跨過打針的心理障礙。這時他沈默了一會，道出心底話：「我怕打針後，沒有了餘下的視力，我就不能見我的孫兒們了。」實況是他兒子一家在外地生活，生活沒有想像中好，回港無期；但他卻在長者屋中日夜守著餘下的視力，但願門外出現的是兒子及孫兒的身影。

雖然，張伯最終沒有接受繼續以針藥治療，但是對於他終於明白兒子送來一瓶瓶的藥物，原來是懷著關心之情，這時他跟我說：「多謝你呀！我從來不知道這是甚麼，我怕長途電話費貴，故又不敢問兒子，有你這次向我解釋，我知亞仔關心我，他在外地也捱得很辛苦。我會按你指示服用這種對視力有幫助的維他命丸，多謝你解釋我聽，多謝你！」

之後數月，外展配藥員同事定時家訪這位張伯，他服藥情況一直維持良好，病情及視力沒有惡化，但願張伯一直身體健康，亦能坦白告於兒子自己的心願，在有生之年與子孫們團聚！



## Care As Well As Pharmaceutical Advice

The job of the pharmacist at St. James' Settlement's Philanthropic Community Pharmacy is unique. It includes making house call on patients who need medication advice. We welcome all patients who need help, be they rich or poor, and we will also call on them if necessary, to explain their medication and dispel their doubts. That afternoon I went to a senior citizen housing unit to give medication advice to Uncle Cheung, an affable elderly. His home was clean and neat, only rather cramped for space. But the limited space also brought us closer.

As an SJS outreach dispenser had already helped him to organize his medication and explained his daily intake during an earlier visit, Uncle Cheung was already handling the drugs very well. "Last time Mr. Lo organized all the medicine for me and gave me detailed explanation. Now I try to follow his instructions. But, when you are old, you get clumsy," he said as he opened the box to show me. I examined the box and his remaining medication, to find that he was keeping up his medication program. I had to praise him. During our conversation he told me he suffers from a serious case of age-related macular disease, and his vision is less than half of normal eye-sight. (With the help of a magnifying glass, he can only read a newspaper two inches away, no more.) He said the doctor had suggested an injection treatment to prevent deterioration, but he had turned it down, saying he couldn't afford it and he might lose his eye-sight completely. At my careful questioning, he stated that, at the initial stage, a doctor had given him several injections and laser treatment. However, not only was there no improvement, but his vision was considerably worse. So he no longer believed in injection. I made repeated pleas for him to accept injection again, but could not persuade him.

As I stood up to leave, I saw a dozen unopened bottles of vitamin. At my urging he told me they were from his son who is working overseas and who had sent them through friends. He had not taken the content because he simply could not see what it was. I noted right away that it is a vitamin good for the eye. I explained to him that it is a token of his son's love and concern for him, and that it will be helpful to his vision. (Indeed his condition can only be treated with injection and vitamin.) Citing the son's support for him, I renewed my plea for him to take the injection. His refusal was again adamant. Silence greeted my last attempt to persuade him to overcome the psychological barrier that stood between him and injection. Then he let out what lay deep in his heart, "I am afraid I will lose my vision altogether after the injection. Then I won't be able to see my grandchildren." The reality is that his son and his family living abroad are not doing so well. They can't say when they will come home. Uncle Cheung is hanging on to his remaining eye-sight all by himself, day and night, in the senior housing unit, hoping all the while that his son and grandchildren will show up at his front door.

Although Uncle Cheung did not accept the injection treatment, he told me after learning that his son had sent those bottles of vitamin out of love and concern, "Thank you! I never knew what was in the bottles. Long-distance phone calls are expensive, so I was afraid to ask my son. From your explanation I have learned that my son really cares for me. Life is hard for him overseas. I will follow your advice and take these vitamin pills that are good for my eye-sight. Thank you for your explanation. Thank you!"

In the following months our outreach dispenser visited Uncle Cheung regularly. He has been taking his medicine properly, and his condition and vision have shown no sign of deterioration. I hope he will stay in good health and tell his wish to his son frankly, so that they can have a family reunion in his remaining years.

透過藥療輔導，可鼓勵病人自己積極參與治療疾病，提高對病患和藥物的認識。Through the Pharmaceutical Care Service, it can encourage patients to continue the treatment as well as enhance their knowledge in the disease and medication.



# 前列腺癌年殺300港男

前列腺問題是「男人之苦」，偏偏男士們對此一知半解！聖雅各福群會惠澤社區藥房調查發現，五成男士竟誤以為長期忍尿會引致前列腺癌，六成受訪者不知道前列腺的功能是製造精液，逾八成受訪男士更不知道前列腺位置。有泌尿科醫生表示，前列腺癌是男士第三大常見癌症，早期毫無明顯徵狀，可潛伏八至十年，以致部分個案發現時已屬晚期，呼籲五十五歲男士定期接受前列腺檢查。

聖雅各福群會委託港大民意研究計劃訪問五百一十七位成年男性，兩成受訪男士誤以為前列腺作用是幫助排尿，僅得一成四人能指出其正確功能；逾四成男士以為早期前列腺癌會出現小便困難、腹痛、脫髮等病徵，五十歲以上受訪者的認知程度明顯較低。

## 早期切除可根治

瑪麗醫院泌尿科部門主管姚銘廣指，前列腺癌新症每年達一千五百宗，患者多年逾五十歲，每年造成三百多人死亡。他指認知貧乏為男士前列腺健康的一大隱憂，強調早期前列腺癌無病徵，可在八至十年間逐漸惡化，「試過有患者排尿不暢兩年，到腫瘤壓住神經線，搞到癱瘓先知有病，三個月就去世！」

中文大學泌尿科教授吳志輝表示，若屬早期前列腺癌，超過九成可透過「機械臂前列腺切除術」根治，九成半患者術後可存活十年以上；中期患者若不適合做手術，則會安排放射治療，十年期存活率亦有七至八成。但若延至晚期，或只餘數年壽命。他建議五十五歲或以上男士定期進行全身檢查，如發現小便情況有異，應立即諮詢醫生，亦應避免高脂及多肉飲食，及多做運動。六十二歲的李先生於今年初偶然驗身發現患早期前列腺癌，事前毫無病徵，「平日唔多使睇醫生，唔煙唔酒，咁都會中，真係好驚！」可幸接受手術後已無大礙，三個月後可恢復工作。

為提升男士健康意識，聖雅各福群會將推出「煲味健康男」社區教育活動，結合二十多名泌尿科及臨床腫瘤科醫生，透過不同渠道向市民提供前列腺健康貼士，並會舉行大型健康講座。



# Prostate Cancer Kills 300 Men Annually

Prostate cancer is a "problem of men" but very few have much knowledge of it. From the survey conducted by Philanthropic Community Pharmacy, 50% of the men that being questioned thought that prostate cancer was caused by holding of urine often. 60% of interviewees did not know prostate is to produce sperms. 80% even did not know the location of prostate. There are three major types of cancers in prostate, said an urology doctor. The symptom is not obvious in the early stage and its incubation period can last from 8 to 10 years. Therefore, some cases would become terminal when is being diagnosed. The doctor encouraged men over 55 years of age go for periodical check on prostate.

St. James' Settlement invited Hong Kong University Public Opinion to interview 517 men. 20 percent of the interviewees thought that prostate is used for urination. Only 4 of them knew the correct function of it. Over 40 percent of the interviewees thought that the early stage of prostate cancer is having difficulty in passing urine, abdomen pain or falling of hair. Interviewees over 50 years old had less knowledge of prostate cancer.

## Early Treatment Can Cure the Disease

Chief of Urology Dr. Yiu Ming Kwong of Queen Mary Hospital pointed out that over 1,500 new cases of prostate cancer were diagnosed every year. Majority of the patients are over 50 years old and over 300 of the new cases died. He said that the ignorance in prostate cancer patients worried him. He stressed that there has no symptom of prostate cancer in the early stage. The disease will be worse in 8 to 10 years. He related that a patient suffered difficulty in urination for 2 years. Only did he know about it when the cancer cells reach nerve cells. He became paralyzed and died after 3 more months.

Professor Ng Chi Fai, Professor of Division of Urology of the Chinese University of Hong Kong, expressed that early stage of prostate cancer can be cured with robotic arms. Over 95% of patients can prolong their lives for over 10 years. The intermediate stage is not suitable for such operation but radiotherapy is a better choice. 70 to 80% of patients can prolong their lives for more than 10 years. If the treatment starts at terminal stage, patients can only have five more years to live. He suggested that male over 55 years old should receive regular medical check. If they found irregularity in urination, they should consult doctor immediately. They should eat less fat, less meat and drink lightly. On the other hand, they should do more exercises. Mr. Lee, aged 62 said that he was diagnosed prostate cancer at early stage in his medical check. There was no symptom at all. He was surprised that he used to be healthy and seldom need to go to see doctors. He did not drink nor smoke. It was lucky that he was cured and went back to work after 3 months' rest.

In boosting general concept of the public about prostate cancer, St. James' Settlement hosts a "Bowtie Champaign" in the community by gathering over 20 urology doctors to give talks and seminars to the public.

有前列腺癌症病人表示，患病前對疾病毫無認識，故得知自己確診時大感意外。

A prostate cancer shared that he was surprised to have the disease as he has no knowledge regarding to this disease before.





# 參與行善之方法

## How to donate in these Programs?



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