



社工的話 Social Worker's Remark

推動慈惠工作的力量，一來是有賴善心人士的慷慨善施，二來是有一班富有愛心及技術的熱心義工，幫助提供有關服務給予社會上的弱勢社群。

20多年前開始的長者家居維修服務，由當年一班熱心的三行師傅，每周出動為長者家居進行大大小小的維修工程。在義工師傅中，有很多是從九十年代開始參加，十幾二十年的義工資歷，接觸過不同類型義務工程。當年有的是剛學滿師來做義工，有更多的是工作了一段日子，很想透過自己的專長為社會做點工作，如今有部份師傅已退下職場，在弄孫為樂之餘來幫忙，有的差不多就要退休了。或許大家從報紙上知道願意投入建築及三行行業的年青人愈來愈少，透過義工師傅的分享，知道他們的行業有很大人手的需求，有不少年屆退休的師傅也再次被公司聘用，可見行內青黃不接。同樣，對於長者家居維修服務來說，服務也需要新力軍來承接服務的發展。

除此之外，剪髮及惠澤社區藥房的服務，也是由一些持有剪髮技術及藥物認識的專業人士來支援服務的推行。認識我們服務的人士會知道，慈惠服務主力以資助形式或實物來幫助孤寡老弱病患人士。過去在接過一些查詢申請做義工人士的申請，我們會很坦白告知對方服務的需要及限制，限制在於服務除了一年一度的義工春茗外，其他聯誼活動或培訓班未必是本服務可以提供，聽來十分苛刻，但確是現實的考慮。

最近，透過傳媒報導吸引了一些熱心人士加入義工行列，他們很多都是為人父親，在妻子和子女支持下，踏出做義工的第一步。有的是剛退休，有的仍在「博利期」，看著他們耐心聽同事講解，感受到新成員加入的力量，服務可以繼續薪火相傳下去！

每項慈惠計劃差不多是由一至兩位同事負責了全港人士的申請，有了善長及義工的同行，服務可以發揮十倍、百倍及千倍的力量，讓更多有需要人士可以得著及時的援助！

In addition to the donation from the enthusiastic people, the kind contribution of the volunteers is also one of the main support for our operation by providing related service for the disadvantaged in the society.

義工服務 的力量 The Power of Volunteering

Taking the Elderly Home Maintenance Services as an example, a group of enthusiastic master volunteers helped in different kind of maintenance work every weekend since 20 years ago. In this volunteer team, many of them started the volunteer service since the 1990's and have experienced different types of maintenance work during these years. In the past, some of them are fresh master graduate while some of them are with more experiences who want to contribute their profession to the society. Now, a number of them has already retired. They on one hand take care of the grandchild while on the other hand give help in our services. According to the news report, it is a well-known fact that less and less youth is willing to work in the maintenance industry. Together with the sharing from our master volunteers, we know that the labour demand of the industry is high as lots of the retired master volunteers are being employed again! Under this situation, the Elderly Home Maintenance Services also needs new manpower to continue our operation.

Apart from the maintenance service, the Home Haircut Services and Philanthropic Community Pharmacy are also supported by the volunteers with professional knowledge in haircut and medication. For our Charity Project, it mainly helps the deprived elderly and patients with subsidy or needy items. Everytime we receive the volunteer application, we will let them know about our service needs and constrain frankly. Apart from the volunteer annual dinner, we are not able to provide other activities or trainings. It sounds very harsh; however, it is also our practical concerns.

Recently, we make a volunteer recruitment through the media. Many of the applicants are father who step out their first step in volunteering with the support from wife and children. Some of them just retired while some are still working. By seeing them listen to our workers with patience, we can feel the power of having new volunteers so that our service can keep helping people in need.

Every program of the Charity Project is run by 1-2 colleagues who have to take up the application from all over Hong Kong. We believe that the service can expand its power with the help from the donors and volunteers, meaning that more needy people can receive immediately help!

努力做好事，就離仁愛不遠了！
Strive to do good deeds, you are not far from charity.



有你們的幫助 可望見證孫女大學畢業

Your Help Makes It Possible To Attend Granddaughter's Graduation Ceremony

「惠澤社區藥房」的房門被緩緩推開，一把略帶沙啞卻開朗無比的聲音隨即響起，「藥劑師，早晨！又麻煩你啦，請幫我配標靶藥同血壓藥。」聲音的主人翁是周先生，一位晚期腎細胞癌患者。由於癌細胞已擴散至肺部，因此周先生需要定時服食標靶藥物來控制病情。

At the Philanthropic Community Pharmacy, when the door was slowly pushed open, there came a hoarse but cheerful voice, "Good Morning! Pharmacist. Here I come again! Would you please get me the targeted drug and antihypertensive drug?" said Mr. Chow, who is a patient of terminal stage of renal cell carcinoma. As the cancer cells have spread to his lung, he needs to take targeted drug on regular basis trying to stop his illness from going worse.

可幸的是周先生在服用藥物後，成功將病情穩定下來，這意味著周先生需要長期服食該標靶藥物來防止癌病繼續擴散。當周先生得悉病情穩定下來，他的心情實在非常複雜，有合適的藥物能有效壓制癌細胞的生長及擴散固然令人鼓舞，但他同時憂心家人的經濟能力未能應付龐大的藥費開支。按現時周先生服用的標靶藥分量計算，他每月所需用的藥費接近兩萬元。周先生夫婦退休多年，兒女亦各有自己的家庭重擔，如此昂貴的藥費確實讓病患者及其家屬帶來很大的生活及精神壓力！

Luckily, the medication really works and Mr. Chow's illness becomes stable. It would mean that he needs this targeted drug on long term basis to prevent the cancer cells from spreading. He had mixed feelings of relief and worry when he knew the drug could help him. On one hand, he was excited to know the drug could suppress the growth of his cancer cells and therefore stop them from spreading. But on the other hand, the medication fee would be a huge burden to his family, which they could not cope with. The current medication costs him nearly \$20,000 every month. The Chow couple retired many years ago and all their children got married and have their own financial burden. Conceivably, such an expensive drug would put a patient and his family under a great deal of stress.

周先生四出尋求協助，最終經醫務社工的轉介下來到「惠澤社區藥房」，現時他在藥房以較優惠的價錢配取標靶藥物，及時紓解了他的經濟壓力。由於藥房是由香港註冊藥劑師主理，當病人前來買藥時，藥劑師會找緊時間向病人講解藥物相關的重要資訊，如服用方法及常見副作用等。同樣，經藥劑師解釋，周先生明白到標靶藥物的副作用會引起血壓上升、嘔吐及出現紅疹等。多得藥劑師的事先提醒，周先生在面對服藥期間所出現的不適都能處變不驚，而且還學會如何自我監測身體狀況的轉變：定時量度血壓、記錄每天的飲食及腸胃的反應等。

Mr. Chow was trying every possible way to seek help; and eventually he came to a Medical Social Worker who referred him to our Philanthropic Community Pharmacy where he can buy his targeted drug with a lower price. His financial burden could then be lessened just when he needed it most. The Pharmacy is managed by registered pharmacists, who would grasp every opportunity to explain to patients who come to buy drugs, the important information about drugs, for instance, the proper ways to take different drugs and their possible side effects. Thanks to the pharmacists, Mr. Chow understands that his targeted drug may cause some side effects including a rise in blood pressure, vomiting and exanthema. As he was prepared to experience some of these side effects, he could cope with them quite well when they occurred. He has also learnt how to observe any change in his physical condition including taking blood pressure readings regularly, keeping a record of his daily meals and problems in digestion.

周先生每個月都要到醫院覆診，進行抽血檢驗及肺片檢查，按約定的日期持醫生處方到「惠澤社區藥房」會見藥劑師。多次會面後，藥劑師了解到周先生在服食該標靶藥物後血壓持續偏高，或有有需要服用降血壓藥，故在醫生診療前先給周先生講解不同降血壓藥的功効和副作用。最後，醫生給予周先生一種對他的病情療效較佳、副作用相對較少的降血壓藥，並以優惠本藥房購買。

Mr. Chow goes to see a doctor in the public hospital every month and undergoes blood tests and lung X-ray examination. He will then bring the doctor's prescription to the pharmacist at the Philanthropic Community Pharmacy on the appointment date. After several consultation sessions, the pharmacist found that the targeted drug might have caused his persistent high blood pressure and he might need to take blood pressure regulating drug. Therefore, the pharmacist explained to him the efficacy and side effects of some different kinds of blood pressure regulating drugs before his next appointment with the doctor. As expected, his doctor prescribed him a blood pressure regulating drug which is suitable for his health condition while having fewer side effects. The drug can also be bought at the Philanthropic Community Pharmacy with a lower price.

雖然標靶藥物為周先生帶來血壓及嘔吐的徵狀，但他對自己的病情仍抱著非常正面樂觀的態度，在離開藥房之際，他又提起開朗的聲線說：「有醫生同惠澤社區藥房的幫忙，我想出席孫女的大學畢業典禮都無問題！」

Although the targeted drug has caused an adverse effect on Mr. Chow's blood pressure and irritated his stomach causing vomiting, he still holds very positive and optimistic thoughts about his recovery. When he was walking out of the pharmacy, he said cheerfully, "With the help from the doctor and Philanthropic Community Pharmacy, I would be strong enough to attend my granddaughter's graduation ceremony!"



我們需要你的捐助
We Need Your Donation

支援患者 醫療用品開支

每個人都希望擁有健康的身體，然而現時全港約有110萬人每日飽受著長期病患的折磨。疾病為他們帶來不單只是身心上的痛楚，要支付龐大藥費開支也為他們帶來沉重的經濟負擔！

本會成立惠澤社區藥房正因為聽到病患者及家人的聲音，希望透過提供具體的藥物援助計劃，幫助經濟困難的患者可以同享藥物治療的機會。此外，藥劑師在面談期間為他們提供藥療輔導，使患者獲得應有的藥物管理知識，從而達到「知藥用藥」的效果。

事實上，當中的病患者有的更要負擔一些醫療器材或用品開支，就以糖尿病患者為例，他們除了每日服用控制血糖的藥物外，還要每天使用血糖機監測血糖數值，過程中需要的消毒酒精棉和試紙等都是缺一不可的，長遠來說這些開支亦會帶來另一種經濟的負擔。故此，惠澤社區藥房推出醫療器材及用品輔助計劃，減輕患者及照顧者的生活壓力。患上長期病患本來已屬不幸，若因經濟條件所限，而無法令病者得到適切的治療和輔助，則是另一種悲哀。

我們曾有一位婆婆，她在家不少心跌倒，入院後醫生證實她大腿骨骨折，需要臥床休息，自我照顧能力自此減弱。由於不良於行，她需要使用成人尿片，他女兒每月七千元收入養活一家人，面對母親的醫療用品開支，她根本無能力負擔有關費用，母女二人都感到十分無奈及難受。「家居醫療用品支援計劃」要幫助的正正是這一群有需要人士。

現時計劃全賴善心人士的捐助支援，善長可將施善支票抬頭：「聖雅各福群會」，背面書寫「家居醫療用品支援計劃」，寄往香港灣仔石水渠街85號聖雅各福群會一樓 105 室。施善熱線：8107 8324或 2835 4321。



Support for Medical Equipment Expense

Being healthy is the wish of everyone; however, there are around 1,100,000 people suffering from the chronic disease. Apart from the physical pain, patients also have to bare the financial burden in medication.

The above situation is exactly the reason for us to launch the Philanthropic Community Pharmacy. We hope the deprived patients can enjoy the same right in having treatment with the medication subsidy program. Also, our Pharmacist will provide pharmaceutical care service for patients so that they can gain the knowledge of medication management.

Apart from the medication expense, some patients have to face the financial pressure on the medical equipment expense. Taking the diabetes patients as an example, they not only have to take medication everyday in controlling the blood sugar level, but also have to monitor the blood sugar level by using the blood glucose meter. During the above process, both the rubbing alcohol cotton and test strip are necessary. In long term, these expenses are in fact another financial burden. Thus, the Philanthropic Community Pharmacy launch the "Home Use Medical Equipment Support Program" with an aim to release the burden of patients as well as carers. As mentioned before, it is unfortunate for people having the chronic disease; if they cannot receive suitable treatment due to the financial problems, it will be even sad.

We have receive a case before. The Grandma fell down in her home and is diagnosed as thigh fracture. She has to rest in the bed and her mobility is hence weakened. Since she is weak in walking, she has to use the diapers. The family lives on the daughter's \$7,000 monthly income and hence they feel hard to bare the medical related expense for Grandma.

Our Program is helping similar cases with the above Grandma and is solely run by the public donation. Thus, we are now appealing to the generous donors for your support in the "Home Use Medical Equipment Support Program". Please send cheques beneficiary "St. James' Settlement", indicating "Home Use Medical Equipment Support Program" at the back, to Room 105, 1/F, No.85 Stone Nullah Lane, Wanchai, Hong Kong. Donation Hotline: 2385 4321 or 8107 8324.



炎夏之際 為長者送涼

今年的夏日來臨得特別早，氣溫非常的酷熱，自5月開始天文台已發出酷熱天氣警告，日間氣溫經常超過30度。根據天文台的統計，每年出現酷熱(即氣溫達三十三度或以上)的日子約有十天，並通常會於七月或八月出現。而按今年五月的氣溫統計顯示，當中有三天氣溫連續超過32.5度，可想像今年的夏季會較去年酷熱。一把可以乘涼的風扇，對匱乏弱老長者而言，實在是不可缺少的家電。

「今年真係特別熱！我習慣五點多起床，日頭一出實在酷熱難當，一早起床開啟風扇是指定動作，否則連呼吸都有困難！」患有哮喘的梁伯伯獨居於牛頭角屋邨，居於一人長者屋單位，只有一個小窗口，環境空氣並不流通。在高溫的天氣下，梁伯伯家中一把使用十多年的風扇，外殼飛脫跌碎了，只剩下扇葉在轉動，十分危險。「我係街執到一把風扇，我拿左個殼吸住把扇先！」社工探訪梁伯伯時，看到外殼只用尼龍繩綁住，而外殼太細，未能完全蓋住扇葉，狀況十分危險，立即向「電器贈長者」計劃求助，為梁伯伯申請一把全新風扇，讓他可以安全的、安心的使用它乘涼。

同樣需要風扇的，還有獨居無依的珍婆婆。珍婆婆有拾紙皮的習慣，家中雜物繁多，部份更擋著窗口位置，影響室內空氣流通。「自己行得走得，唔想攞綜援；天氣這麼熱，不能長時間在戶外執紙皮。想在家中乘涼，把風扇又唔爭氣，突然『咁』一聲就唔着了。」熱得睡不著覺的珍婆婆，晚上會拿張椅子到門外睡覺，希望涼快點可以入睡。「我已經好多晚熱到睡唔著！我實在無能力買風扇，除非我一日三餐都唔食，儲個幾個月都或者可以買到，可惜到時都入秋了。」社工實在不忍看到珍婆婆再受炎熱的煎熬，向「電器贈長者」計劃求助，希望透過計劃解決珍婆婆的燃眉之急。

梁伯伯和珍婆婆，相信只是社區裡眾多需要風扇長者中的冰山一角。「電器贈長者」計劃於炎夏之際啟動了「送涼行動」，並組織義工團隊，走訪港九新界每一角落，為匱乏長者送上座枱風扇，為他們的「家居蒸籠」降溫。計劃更同時收到善長的捐贈，除座枱風扇外，更為他們送上手撥葵扇，為長者加倍「乘涼」。「活到這把年紀已沒有什麼心願，看到善長、義工對我如此關懷，到戶為我『送涼』，我真的心滿意足了。」義工為珍婆婆開啟了風扇，扇葉轉動之際為她送來了涼風，珍婆婆不禁呼出一口氣，「我終於能夠擺脫炎熱的日子了！」

如果你都希望在這個夏天為無依病弱長者送上可乘涼的風扇，請捐助「電器贈長者計劃——送涼行動」，支票抬頭：「聖雅各福群會」。查詢：2835 4321或8107 8324。



A Cool Breeze For The Elderly In The Hot Summer

Summer arrived early this year and it has been very hot. The Observatory began in May to issue warnings of very hot weather. Daytime temperature is often over 30 degrees. According to Observatory statistics, Hong Kong gets about 10 days of very hot weather (33 degrees or higher), usually in July or August each year. Yet in May this year, the temperature was over 32.5 degrees for three days running. We can imagine the summer will be hotter than usual this summer. A cooling fan is an indispensable electrical appliance to the needy elderly.

"It is really unusually hot this year! I am used to getting up at just past five. It gets unbearably hot as soon as the sun rises. Turning on the fan is the first thing I do after getting up, otherwise I have trouble breathing!" Uncle Leung, who suffers from asthma, lives by himself in Ngau Tauk Kok, in a public housing unit for the elderly which has only one small window and little air flow. On a very hot day, the front case of his electric fan fell off and broke into pieces, exposing the rotating blades, which is very dangerous. "I found a fan on the street, and I am using its case to cover my fan for now!" A social worker making a house call saw that the case, too small to completely cover the blades, was only tied on with a string. Sensing hazard, he sought help from our Electrical Appliance for the Elderly Program (EAE) right away, applying for a brand new fan on behalf of Uncle Leung, so that he can cool himself safely.

Just as much in need of a fan is Grandma Chun, who also lives alone and collects paper cartons for a living. Her home is filled with discarded objects, blocking her window and the air flow. "While I can still move around and work, I don't want to live on Comprehensive Social Security Assistance. It is so hot that I cannot collect cartons outdoors for long. I need to cool off at home. But my old fan failed on me. It just stopped working all of a sudden." Unable to sleep in the heat, Grandma Chun put a chair outside to spend the night, hoping it would be cooler for her to fall asleep. "I have spent several hot sleepless nights! I really cannot afford an electric fan, unless I stop eating for a month or two, but by then it will be autumn." The sight of her suffering in the stifling heat was unbearable to the social worker, who appealed to our EAE program for a solution to Grandma Chun's urgent need.

Uncle Leung and Grandma Chun are just the tip of the iceberg among seniors in the community who need fans. Our EAE program has launched a Fan for the Elderly Campaign for this extremely hot summer, and is sending teams of volunteers to every corner of Hong Kong, Kowloon and the New Territories to deliver table fans to the needy elderly, to cool off their oven-like homes. Aside from electric fans, straw fans have also been donated to our campaign for seniors to fan themselves. "At my age, I don't desire much. I am content to receive the fan sent to me by kind donors and volunteers with so much care and concern." As the volunteer turned on the fan and she felt the breeze, Grandma Chun breathed a sigh, "I am free from the heat at last!"

If you also wish to give fans to the frail needy elderly in this summer to help them cool off, please donate to the "Fan for the Elderly Campaign of the Electrical Appliance for the Elderly Program" by writing a cheque payable to "St. James' Settlement". For enquiry, please contact us at 2835 4321 or 8107 8324.

為長者的家居蒸籠送涼，是「電器贈長者」計劃的夏季使命。The EAE Program's mission this summer is to deliver cooling fans to the homes of the elderly.



我們需要你的捐助
We Need Your Donation



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The Philanthropy Monthly

弱聽長者的福音 閃燈擴音電話

獨居於柴灣公屋邨的英婆婆，今年102歲，老伴過身後子女不在身邊，主要靠自己生活。英婆婆健康狀況尚算穩定，但聽力卻一直下降，甚至連電話響起鈴聲也聽不到。英婆婆是基督徒，教會朋友曾到訪英婆婆家，但無奈聽不到拍門聲及電話聲而一直聯絡不上。

「這陣子無人探我，又無人打電話俾我，以為大家都唔理我呢個孤獨婆婆了。」英婆婆嘆氣說。英婆婆因聽力甚弱，未能聽到拍門聲和電話響聲，難以與外界接觸。平日的的生活只能在家看電視，對好動健談的英婆婆來說，生活實在平淡乏味。「我後生時很好動，常與朋友、教友聚會，與他們聊聊天、談談話，感覺很快樂！而家老了，腳又無力，無人陪我根本不能出門去教會。平時只靠電話與教友聯絡，可惜而家無人搵我了。」英婆婆此時眼中泛起淚光，感慨自己孤苦伶仃的處境。

社工安慰英婆婆，並強調教友、中心老友記和社工姑娘一直都關心她，從來沒有離棄她，只是她的聽力下降才聽不到大家的電話和探訪慰問。了解到英婆婆的實際困難，社工向「電器贈長者」計劃求助，希望為英婆婆覓得一部聲亮較大的「閃燈擴音電話」，讓英婆婆可繼續與教友、朋友們「煲電話粥」。

「電器贈長者」計劃了解到英婆婆的情況，希望盡早結束英婆婆寂寞孤苦的日子。計劃派出義工到訪英婆婆家中，就她的座位附近安裝一個閃燈電話盒，當閃燈亮起時讓英婆婆知道有人來電，可提示她接聽。另外，這部「擴音電話」的聽筒也是特別為弱聽人士設計，電話鈴聲可達90分貝，聽筒音量可達到40分貝，聲音傳送更清晰。「我而家先知原來教友、老友們會常常打電話來關心我呢，只係我自己聽唔到。呢個電話既聲音我可以聽得好清楚，每日都有教友、老友來電，大家對我的關懷正是我需要的。」

像英婆婆一樣聽力衰退，正正是眾多社區裡匱乏長者面對的困難。你願意伸出慷慨的援手，為他們購置每個\$360的閃燈擴音電話嗎？你的捐助，能給予無依長者一個接觸外界的平台，即使他們體弱不能外出時或是因為弱聽未能向他人求助，也可安坐家中，透過電話接受他人的關懷，讓他們不致孤獨終老。施善支票抬頭：「聖雅各福群會」，指定捐予「閃燈擴音電話」；或致電施善熱線：2835 4321 或8107 8324。



Amplified Phone With Flashing Signal For the Hard of Hearing

Grandma Ying, who lives by herself in a public housing unit in Chaiwan, is 102 years old. Her husband has passed away and her children are not by her side. So she basically takes care of herself. She is still in stable health, but her hearing is failing, to the point of not hearing the phone ring. Grandma Ying is a Christian. Members of her church often visit her, but have not been able to make contact as she can hear neither knocks on her door nor the ringing of her phone.

"Lately nobody visited me or telephoned me. I guess they no long care about this lonely old woman," Grandma Ying said with a sigh. Because of her poor hearing which made knocks and rings inaudible to her, she was out of touch with the rest of the world. Her daily life was reduced to watching TV, a really boring life to Grandma Ying, who loves action and loves to talk. "I was very active when I was young. I often met with friends and other church members for chats. It made me very happy. Now that I am old and my legs are weak, I can't even go to church without being accompanied. I have been relying on the phone to keep in touch with the church members. But now nobody calls me anymore!" Tears swelled in her eyes as she described her loneliness.

The social worker assured her that her fellow church members and her old friends and social workers all cared for her and never abandoned her, that, because of her hearing deterioration, she did not hear their phone calls and visits. With this understanding of Grandma Ying's dilemma, the social worker sought help from our Electrical Appliance for the Elderly Program (EAE), hoping to find a phone with an amplifier and flashing signal, so that Grandma Ying can continue to hold marathon telephone chats with her fellow church goers and other friends.

Learning of Grandma Ying's situation, EAE tried to end her loneliness as soon as possible. Volunteer workers were dispatched to her house to install next to her usual seat a phone box which sends out flashing signals. When she sees the flashes, she will know someone is calling and will pick up the phone. Designed especially for people who are hard of hearing, the telephone's rings can be as high as 90 decibel, and the sound which comes through the handset can be as high as 40 decibel, much clearer to the ear. "Now I know my church members and old friends often called to ask how I was doing, only I didn't hear them. I can hear very clearly on this phone. I get daily calls from the church members and friends. Their concern is exactly what I need."

Hearing deterioration like Grandma Ying's is a common problem for many needy seniors. Would you be willing to extend a helping hand and purchase for them an amplified phone set with flashing signal at only \$360 each? Your donation can give the needy seniors a platform for keeping in contact with the outside world, so that when they are too weak to go out, they can still hear others' care for them, and can seek what help they need despite their poor hearing?

Please make your cheque payable to "St. James' Settlement", specifying for the EAE Program. Donation hotlines: 2835 4321 or 8107 8324.

一個合適長者使用的閃燈擴音電話，能協助他們與外界保持聯繫。
An amplified phone with flashing signal helps the elderly keep in touch with the outside world.



職業治療師和三行師傅合力 幫助弱老改善家居安全工程

Joint Efforts Between Occupational Therapist and Maintenance Master Help Frail Elderly Improve Home Safety

李婆婆今年83歲，身患多病，包括血壓高、糖尿病、視力弱、聽覺差，而最影響她日常生活的是患上腦退化症。婆婆記性很差，和她說話不消一會她就已經忘記了。不能照顧自己的李婆婆與已踏入60歲的女兒同住，女兒亦因為長時間照顧母親而不能外出工作，兩人的經濟非常拮据。

Grandma Lee, 83, suffers from a number of diseases such as hypertension, diabetes, poor eyesight, impaired hearing. The disease that affects her daily life most is dementia. Grandma Lee has very poor memory; she often forgets what she said a while ago. Grandma Lee, who cannot take care of herself, lives with her 60-year-old daughter. Her daughter cannot go to work as she has been looking after her mother for many years. Hence, they live in financial plight.

「媽媽行路好差，碎步碎步行，經常都跌倒，所以媽媽好依賴扶手在屋內活動。」扶手對行動不便長者的幫助很大。「可惜最近扶手出現鬆脫，媽媽失去靠依，上星期行去廁所途中，又跌親，仲撞到頭呀。」李婆婆的記性不好，女兒又缺乏照顧技巧，最終婆婆多次因家居意外而受傷。

"Mother does not walk properly. She takes small steps when she walks and falls frequently. Mother therefore relies on handrails when she moves around at home." Handrails are great help to elderly who have problem moving around. "It is a pity the handrails have got loose recently. Mother had no handrails to depend on. On her way to the toilet last week, she bumped her head because she fell again." Grandma Lee has poor memory and her daughter is inexperienced in taking care of her. As a result, Grandma Lee was injured several times due to home accidents.

聖雅各福群會在接獲李婆婆家居維修服務的申請後，初步了解個案家居需要加裝扶手工程。基於李婆婆的體弱及護老者亦是長者的緣故，工作人員特找來義務職業治療師上門為李婆婆進行整體的家居安全評估。除了維修那條鬆脫的扶手，亦個別因應婆婆的身體狀況而提出家居設施改善的工程。義務職業治療師細心地為婆婆作評估，並即時訓練婆婆的行路方法。「嘩！平時呀媽碎步行，每行一步幾乎都要跌倒，有姑娘指導下，依家行得好好呀！一步一步，行得好穩，同平時好唔同！」女兒邊觀察媽媽的走在姿態，邊學習平日訓練的技巧。

After St. James' Settlement received Grandma Lee's application for "Elderly Home Maintenance Services", they found in the beginning that she needed installation of handrails. Since Grandma Lee is physically weak and her carer is also an elderly, St. James' Settlement's staff invited an occupational therapist to assess comprehensive home safety for her. In addition to repairing the loosened handrail, they drafted home facility improvement works according to Grandma Lee's health condition. The voluntary occupational therapist assessed Grandma's need in detail and she instructed her the proper way of walking. "Wow! Mother used to walk small steps and she kept tripping over. Now, she can walk normally with instructions! She takes each step steadily and she is making so much difference from how she walked!" Grandma's daughter was learning Grandma's training technique while observing her way of walking.

經評估後，義務職業治療師提出多項建議，除了改善行路的步伐外，亦要在家中裝設扶手、掛勾、更換合適的沖涼椅、便椅，以減少李婆婆在視力不足下摸黑如廁而發生的危機。

After assessment, the voluntary occupational therapist made several suggestions. On top of improving Grandma Lee's walking movement, they would install handrails, hanging hooks; replace a suitable bathing chair and toilet chair. These could reduce the likelihood of accident that might occur when Grandma Lee goes to the toilet in the dark with her poor eyesight.

接著工作人員按治療師的建議，安排義工師傅上門進行有關工程。首要是在指定的位置穩固扶手，然後安裝掛勾，幫助婆婆將襪門拉緊，讓她可靠助行架走近廁所位置，然後才靠扶手一步一步行入廁所，這樣就安全得多了。婆婆雖然記性很差，但她一見扶手修理妥當，即說：「支扶手好緊要，我怕跌親，而家裝好，我唔會再跌。多謝師傅幫忙。」

As follow up, St. James' Settlement's maintenance volunteers did relevant installation works according to the occupational therapist's suggestions. They first fixed the old handrails. Next, they installed hanging hooks, then they tightened the folding door. Grandma could go as far as the toilet with the help of the mobility aid before she reaches the toilet step by step using the handrails. Though Grandma has poor memory. However, as soon as she saw the old handrail being repaired properly, she said, "That handrail is important. I was afraid of falling. Now that it is fixed, I will not fall again. Thank you for your help."

為長者建立一個安樂窩是需要多方面的配合，「長者家居維修服務」不單是維修工作，還要主動為長者作全面家居安全的評估，透過多專業的支援作出實質的幫助，就好像李婆婆的個案需要一樣。



St. James' Settlement needs help from many parties in order to build a comfortable, safe home for the elderly. Our "Elderly Home Maintenance Services" does not only do repair works but also take the initiative to assess comprehensive home safety for the elderly. St. James' Settlement give practical help to satisfy the elderly's needs such as the needs in Grandma Lee's case through multi-professional support.

義務職業治療師正指導李婆婆正確的步伐。
The occupational therapist is helping Grandma Lee the proper way of walking.

「鋪地板彎腰又跪地 但我沒有放棄！」 義互以行動鋪出關愛

「我的心很想為長者出一份力，幫幫他們改善生活，讓他們開開心心安渡晚年，於是做義工。」義工Mandy是「長者家居維修服務」中佔極少數的女義工。「我試過做探訪獨居長者的義工服務，但上到去我都不知可以說什麼，又怕自己說話技巧不好傷害到婆婆，之後我再無做探訪義工了。」

平日星期一至五的Mandy和一般文職上班族一樣，朝九晚六上班下班，星期六、日放假。但她願意犧牲星期日的私人時間，主動聯絡我們加入做義工行列。「我無什麼手藝，不懂做些什麼讓長者們開心，直至我看到聖雅各有長者家居維修服務，我覺得好有意義，亦都非常適合我！幫人有很多種方法，我說話不叻，但實質的行動我就可以做到，所以我馬上報名做義工，一做就幾年了！」剛加入做義工的Mandy是跟其他義工師傅學鋪膠地板的技術。

「初初開始，自己手腳慢，鋪得唔靚，仲要成日問師傅點鋪。每次鋪完地板都十分累，因為長者的新屋連風扇都沒有，很熱，鋪地板要彎腰又要跪地，仲要花心思諗下點CUT開塊地板先至最靚最節省材料。」Mandy說來十分起勁。「但我沒有放棄，因為每次為長者新居鋪了地板，雖然感到辛苦，但看見自己一手一腳建設起來的地板和加上長者臉上的笑容，我就覺得非常有成功感，而且很開心自己幫到長者。」

「無人一開始就識得鋪地板，我都係不斷跟師傅學習，然後返到屋企再練習。曾經試過遇到不規則間格的公屋單位，我向其他師傅問意見，自己又試下和不停改良方法，盡量做到一次比一次鋪得靚、鋪得快。」Mandy是一個很喜歡動腦筋，而且願意嘗試的人。「曾經有人問過我會唔會覺得鋪地板又悶又辛苦，我答佢：一點也不會悶，因為每一戶單位的間格都不同，地台各異，每到一戶長者家都是一個新挑戰。我不覺得辛苦，因為我想幫人，雖然我沒有其他人的口才可讓長者開心，但我可以用我一雙手為長者裝設他們的新居，長者開心之餘又可以減低他們家居的潛在危機，一舉兩得。我覺得好有意義，好滿足！」

每個人都有能力為他人出一份力，Mandy更是身體力行、用她的汗水和一雙手，鋪出她對長者們的一份心意、一份暖意，讓每個踏上這片地板的長者感受到社會人士對他們的關懷！



“I Won't Give Up Even I Have to Bend Over and Kneel Down”

“I really hope to help the elderly in improving their living quality so that they can live happily in their old age. Thus, I join the volunteer work!” Mandy is one of the few female volunteers of our “Elderly Home Maintenance Services”. “I have tried to visit the living alone elderly; however, I don't know what to say and I am afraid of hurting the elderly. Therefore, I didn't join the volunteer work afterwards.”

Mandy is a normal working adult who have to work from Monday to Friday. However, she is willing to give up her free time in Sunday on volunteer service. “I do not have any professions and I do not know how I can make the elderly feel happy. Until I know about the Elderly Home Maintenance Services, I think it is very meaning and suitable for me. There are different ways of helping people. Though I am not good at talking, I can contribute in action!” The newly join Mandy learned from other master volunteers in laying the floor.

“In the beginning I am slow and not good at that! I always have to ask other master volunteers how to do so. Laying the floor is very tired. There are no fans in the new house and thus it is very hot. Also, we have to bend over and kneel down. Sometimes, we have to think carefully how to cut the flooring so as not to waste the recourses.” Mandy shared excitedly. “Though harsh, I won't give up. By seeing the flooring laid by myself and the smile of the elderly, I am very satisfied and happy to offer help!”

No one is born with the ability to lay the floor. I also have to keep learning from others and practicing in home. We have encountered some public housing unit which is with irregular size. I then asked others' opinion and tried to modify the way of doing. My work gets improved from time to time. Mandy is a person who is willing to share and think. “Someone asked me if I feel bored in laying the floor or not. I answered that it is absolutely not bored. Different housing unit is of different size and layout and thus every case is a challenge. Also, I don't feel hard as I like helping people. As said before, I am not good at talking but I can also contribute by using my own hands. It is meaning to bring the happiness to the elderly as well as to release the hidden risks!”

Everyone has their own strength that can help. For Mandy, she uses her physical afford in giving all elderly a sense of care and feeling the love from public!

義工Mandy 在工餘時間為長者鋪設膠地板。
Mandy help the elderly to lay the floor in her free time.



營養福袋餽贈計劃

見過無數要對抗頑疾的病人，在治療期間，體重暴瘦，精神萎靡，特別是接受了化療、電療的病患者，有的更因磅數不足或精神太差而延緩治療。

又有因隨著年紀愈來愈大，新陳代謝漸漸變得緩慢，病後復原的速度已不復當年勇，身體需要更長時間痊癒，而事實上有很多病人因疾病令身體的抵抗力變得薄弱，抵抗力差就很容易再受病毒入侵，如此造成惡性循環！

隨著醫療進步，醫生會建議病患者飲用營養奶粉，補充他們的體力，待他們可以再次接受治療對抗病魔。營養奶粉可以提升身體的抵抗力、增加食慾和幫助吸收營養。長期病患者需要每月花費三至四百元來購買奶粉；至於插胃喉的患者，則需飲用的罐裝營養奶水，費用每月過千元，比起部分自費藥物的價錢更要昂貴！可是，如果病患者無法從食物中吸取營養，就別沒有多大選擇，只好購買這些補充品，所以價錢高，也必需購買飲用。插胃喉的患者每隔四至五小時，便要飲用一次，加上每次從準備插喉管至灌完奶水耗時最少一句鐘，如此病患者長無法與外界接觸，嚴重影響社交生活。

聖雅各福群會「營養福袋餽贈計劃」是靠社會上熱心人士捐助支持，計劃直接透過餽贈實物——營養奶粉及麥皮給予病患者，一方面紓緩他們經濟壓力，另一方面有助增強病患者身體的抵抗能力，改善體質繼續參與治療。申請人只須透過醫務社工轉介，經過經濟審查後，便可領取營養福袋。



Nutritional Baggie for The Weak Project

There are a lot of cases where patients would become dispirited and lose weight dramatically in the course of fighting against chronic disease especially those receiving chemotherapy and radiotherapy. In some cases, treatment has to be deferred due to the patient's low spirit and inadequate weight.

While people's metabolic rate slows down with aging, it takes much longer time for the elderly to recover from their illness. As a matter of fact, many patients' immune system would be weakened by the disease and hence they would be more prone to virus infection, resulting in a vicious cycle.

With the advancement in medicine, doctors would advise patients to take nutritional powder drink to boost their energy so as to enable them to take up treatment again to fight against the chronic disease. The nutritional powder drink can boost their immune system; improve their appetite and absorption of nutrients. Chronic patients need to spend around \$300 to \$400 per month in buying these drinks. As for patients with nasogastric tube feeding who need to drink canned nutritional milk, they have to spend over \$1,000 per month, much more expensive than some of the self-financed medicines. However, these patients have no alternative as they cannot absorb nutrients from food. They have to buy these drinks despite they are expensive. Patients with nasogastric tube feeding need to drink this milk every 4 to 5 hours and it takes at least an hour for the whole process of feeding to complete. As such, their social life is seriously affected as they are unable to get in touch with the outside world.

"The Nutritional Baggie for the Weak Project" run by St James' Settlement is a project supported by enthusiastic donors in the society where nutritional powder and oatmeal will be sent directly to needy patients to ease their financial burden and help them to improve their physical condition to continue their treatment. Through referral by medical social worker and after vetting of financial condition, successful applicants can get hold of these nutritional baggies.

「營養福袋餽贈計劃」主要是期望增強病患者身體的抵抗能力，以繼續支持治療。

"The Nutritional Baggie for the Weak Project" mainly hopes to strengthen the patient's physical condition in continuing their treatment.

做義工獲益良多

大家在佳節裡都喜歡與家人或朋友共聚，彼此關心，互相慰問。有好些熱心人士，會抽出假期及佳節時間，身體力行地做一些有意義的工作，希望將快樂帶給社會上的貧窮人，讓他們同樣感受節日的熱鬧和關愛。

聖雅各福群會「後顧無憂」規劃服務凝聚了一班熱心人士，在工餘時間，特別是趁著大時大節的日子，如：新年、端午節、中秋節等，聯同一眾義工一起探訪孤寡無依的長者，為他們在節慶送上祝福和喜悅！

為了今年的端午節探訪，事前義工們一起準備了禮物包，禮物包內有健康素食為材料的糰、時令水果，還有各種配合長者生活需要的日常用品，如牙刷、毛巾、潤膚霜等，每一份禮物都是義工親手包裝，總共有800份之多。探訪日當天，義工們及同事分別前往探訪800多戶的長者，逐一上門探望長者。

「我們不是純粹速遞，如果是，就失去探訪的意義。我們親手製作禮物包，堅持送到入屋，除了給老人家小小心意外，更重要是跟他們傾下計，聽下他們的說話，關心他們的生活。」呀昌是當天探訪隊的一員。另一位同行的義工黃先生繼續說：「老人家好喜歡跟我們傾計，說說年輕時的故事，又給我們看舊照片，看到他們開心，我都很開心。」負責港島東的小隊義工AMY表示，其實不只是我們帶歡樂給長者，長者們也給我們很多美好的回憶及人生的經驗，做義工獲益良多！事實上，有不少義工讚嘆長者們的生活態度積極樂觀，更期望自己活到八十歲還能像這些老友記般充滿活力。「很多老人家年幼時都經歷戰亂，那時候的生活實在比我們這一代艱苦得多！所以，他們正正用生命提醒了我不要身在福中不知福。」呀昌在分享時說道。

本會發動義工進行探訪，除了給予獨居長者節日歡愉外，還會透過探訪了解他們家居環境及生活所需，義工會事後跟同事們報告，有需要轉介其他服務。義工探訪的工作看似簡單，但如義工分享一樣，意義深遠！



Volunteering is a Rewarding & Fulfilling Experience

Most of us like spending festivals and holidays with family and friends, catching up with each other, showing care and support, etc. Yet, some people prefer spending time on even more worthwhile purposes — bring happiness to the less privileged and let them feel the joy during festivals.

A group of like-minded people, who dedicated much time and effort for our Prepaid Funeral Navigation Service always join together to make visits to elderly with no family. They save much of their free time for the visits, including the traditional festivals such as Chinese New Year, Dragon Boat Festival and Mid-Autumn Festival as well. They want to send joyful wishes and special greetings to the elderly.

They made visits again on Dragon Boat Festival this year. Beforehand they prepared 800 gift packs for the elderly, each contained vegetarian rice-dumplings, in season fruit and some daily amenities like teeth-brushes, towels & skin lotion etc. All gifts were hand-packed by our volunteers and would be handed in person on the Visit Day by the volunteers and our colleagues to the elderly. Totally they made visits to over 800 elderly on the Visit Day and all gift packs were distributed.

“Just handing over gift packs is not what we meant to do. Rather, we insist on sending our hand-made gifts into the elderly's home, we want to take the chance to visit them in person, listen to them and show our care about them.” Ah Cheong, one of the volunteers on the Visit Day, shared his opinion. Mr. Wong, another volunteer, kept on talking, “Many elderly like talking to us, they showed us old pictures and shared with us their earlier fond memories. I felt happy when I saw their happy smiles.” Amy, the squad chief under the Island East Visit Team, said that she thought they, as volunteers, had truly great time while staying with the elderly and the visits would be part of her own fond memory too. Amy added further, many volunteers were in fact amazed by the elderly's positive life attitude and they wished they could be as energetic as these old folks when they grew old. Lastly, Ah Cheong made his own concluding remark, “Many elderly lived a very harsh life during the war, their earlier stories are actually a wake-up call to us, reminding us not to take everything we have today for granted.”

Our organization, St. James' Settlement, regularly organizes our volunteers to visit elderly. Through the visits during festivals, we hope to understand more thoroughly about their living environments and their needs. After the event, our volunteers will report to our colleagues when they find cases awaiting assistance, if necessary, we will even refer the elderly to apply for special services. To conclude, what our volunteers do for needy elderly is far more than you think!

義工抽出假期時間，與獨居長者共渡佳節。
Volunteers spent their free time with the living alone elderly in festival days.

查詢電費助貧弱服務

問：本人一向收到你們每月寄來的「慈惠月報」，知道貴會推行的「慈惠服務」目的是幫助一些社會上貧困人士解決生活上的困難，因此我定期會捐款支持你們的「慈惠服務」。但我想深入了解其中一個服務「電費助貧弱」計劃，我對這個服務有些疑問，希望你們能解答我的疑問。「電費助貧弱」計劃的服務對象對電費資助的需要，你們是如何介定他們電費的支出，而作出較合理的資助？

答：非常感謝善長對我們的「慈惠服務」一直以來的支持和關心，機構才能繼續幫助一些社會上無依無靠的貧困人士解決生活上的困難。

「電費助貧弱」計劃目的是幫助患有長期疾病的貧困人士解決生活上的困難，他們有機會因需要使用醫療儀器而增加用電量，並因需繳交更多額外電費而產生經濟壓力。

至於有關電費用量，我們從申請人所使用的醫療儀器上顯示的用電標籤，知道該儀器每小時的耗電量。申請人不同的病情而需要使用不同醫療儀器，而使用時間亦不一樣，我們會依電費單上顯示的每小時用電量，參考醫生建議申請人每日使用醫療儀器的時數，再以一個月來計算，便可推算到申請人每月使用醫療儀器而須要負擔的電費支出。

「電費助貧弱」計劃是幫助患有長期疾病及有經濟困難的人士申請，申請人只需向地區社福機構、醫院的當值社工申請轉介，然後由本會作出審批跟進。

最後，感謝您的查詢！「電費助貧弱」計劃是十分需要善款的支持，目前我們只能資助申請人大約8成的醫療儀器費用，而且對每位申請人只能作出半年的資助，因希望善長在了解到我們的情況後會慷慨解囊，謝謝！



Enquiry For “Power Subsidy – Ailing & Handicapped”

Q: I have been receiving The Philanthropy Monthly every month. I know that your esteemed organization launches the Charity Projects because you aim at helping the under-privileged in our society, solving their problems in the daily lives. That is why I donate regularly to support your Charity Projects. However, I want to learn more about the “Power Subsidy – Ailing & Handicapped” Project. I hope you can answer my questions about the need of those you subsidize. How do you determine the amount of their electricity expenditure so as to make reasonable subsidy?

A: Thank you very much for your continuous support and concern about our Charity Projects. Your support enables us to continue helping the helpless under-privileged to solve their problems in the daily lives.

Our “Power Subsidy – Ailing & Handicapped” project aims at helping the under-privileged who suffer from chronic diseases to solve their problems in the daily lives. There is a chance that they use additional electricity since they depend on medical instruments for survival. As a result, they experience financial pressure since they need to pay extra electricity expenditure.

With regards to the amount of electricity, we can find out the hourly electricity amount according to the electricity label on the instrument. Each applicant to our “Power Subsidy” project uses different kinds of medical instruments and the duration of use also varies. We can calculate the applicant’s electricity expenditure according to the hourly electricity use on the bill with reference to the daily hours of use recommended by his doctor and then multiply by 30 days.

The “Power Subsidy – Ailing & Handicapped” project accepts applications from people who have chronic diseases with financial difficulty. Applicants can apply the project through referral of district social welfare organizations, hospital duty social workers; and St. James’ Settlement will follow up with assessments and approvals.

Finally, thank you for your enquiry. Our “Power Subsidy – Ailing & Handicapped” project needs the support of donations. Presently, St. James’ Settlement can only subsidize applicant for approximately 80% of the needed medical instrument electricity expenditure for 6 months. We sincerely hope benefactors will donate generously after learning more about our situation. Thank you!



生死博覽展新潮棺木

生死有命，你可曾想過在生時計劃身後事？若生命走到盡頭，你希望在傳統實木棺木中長眠，還是睡在泰迪熊懷裏？

家族四代做殯葬生意的駱敏儀說，港人看似新潮，但殯葬思想仍保守，擔心先人覺得不莊重，不敢突破。其實棺木可度身訂做，竹和蘆葦也能做材料，「加啲先人鍾意嘅元素，係一種心意」。

港人保守少用新設計

駱敏儀說，中國人自古重視殯葬，尤其講究木材的紋理和香味，更會取意頭，例如刻上蓮花代表「腳踏蓮花步步高」。現代中西棺木不再規限於傳統設計，曾經有外國人將棺木製成泰迪熊形狀，也有小女孩死後，家人在棺木中放滿她最愛的公仔。不過，港人普遍保守，曾有婆婆的家人知她最愛紫色，故用紫色棺木，在香港已算新潮。

港人甚少在生前計劃身後事，也很少與親朋討論，「如果有講定，多數唔敢亂嚟，會用番最傳統方式」。她指，應抓緊時機與家人傾談，例如全家同看電視劇時有殯葬畫面，可藉機說出想法，將來家人便可按意願處理。不過，她不建議提早訂做棺木，因部份物料放太久會變質。曾有病危的人說預計自己快將離世，要求預先訂做，令她感難過，「生命應該充滿希望」。

住在葵涌公共屋邨的林先生告訴我們，近年在他的朋友間已經越來越少人視死亡為禁忌，反而是他朋友的子女們，許多還不願意談論這類話題。林先生繼續說：「如果要我患病，我寧可立刻就死掉算了。其實長壽與否並不重要，重要的是活得好！」

工作坊鼓勵反思生命

聖雅各福群會於5月2日至4日在柴灣青年廣場舉辦生死博覽。該會服務發展經理岑智榮指，展覽將展出20多副特色棺木等殯儀用品，介紹殯葬文化，又設工作坊鼓勵市民反思生命。例如：「模擬便利店」展出的產品「生前一丁」；用電話掃描QR碼，便出現金句「我唔係想食你燒我嘅麵，係想生前見多你幾面」，提醒珍惜身邊人；「思念電話亭」可對死去親朋講出心底話。



Life and Death Exhibition of Trendy Coffins

Life and death are our destiny. Have you ever thought of planning your own funeral? Would you like to be lain in a traditional coffin or in teddy bear's arm for your burial?

Lok Man Yee, the fourth generation of funeral business said, "Hong Kong people are open-minded in many aspects but old fashion minded in regard to funeral services. They are afraid of having shown disrespect to the deceased in the funeral therefore they do not allow breakthrough ideas for that. As a matter of fact, coffins can be tailor-made. Even bamboos or grasses can be used as material for the coffin as long as it was the preference of the deceased."

Hong Kong People Tend to be Preserved and Seldom Use New Designs

Lok Man Yee said Chinese pay much attention to funeral, especially the lines and fragrance of wood for coffin. They care about luck and think that good signs could bring good fortune to the deceased for his afterlife. Coffins of nowadays do not restricted to traditional designs, there was a coffin shaped as teddy bear for an expatriate. There was another case that the coffin of a small girl was stuffed with dolls. However, Hong Kong people are comparatively preserved. A purple coloured coffin for an old lady was fashionable already.

Hong Kong people seldom plan their funeral while they are alive, nor do they discuss this with friends. Usually family members would only arrange funeral according to tradition if the diseased had not mentioned it while they were alive. Lok suggested that it is a good idea to grab chances discussing about funeral with family members so that they would know how the other thinks about it. Lok once sold a coffin to a seriously ill person who was going to die soon. That made her feels sad as life should be full of hope.

Workshop Encourages Contemplation of Life

St. James' Settlement will organize a Life and Death Expo in Chai Wan Youth Square from 2nd to 4th May. Mr. Sham Chi Wing, Project Manager relates that there will be 20 coffins of various woods together with other funeral items exhibited in the expo. Traditional funeral culture and workshop for encouraging contemplation of life and death are also introduced in the expo. There is a "Paper Offerings Convenience Store" to display "Reflection on a Lifetime". It uses QR code to scan hidden notes like "I do not care how grand and luxurious the paper offerings that you give me but just want to see you more often when I was alive" by using intelligent mobile phone. This is to remind those who are alive. "Miss You So Much Telephone Booth Telephone Booth provides chances for people pouring their hearts to those who are dead.

駱敏儀表示，特色棺木也可作殯葬用途。

Lok Man Yee said those specially designed coffins can also be used in the funeral.



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

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

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

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

(請在適當位置加上✓號)

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

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

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

Donor / Co's Name : _____ Mailing No. : _____

Address : _____ Phone No. : _____

Donation Method :

Crossed cheque (Payable to "St. James' Settlement")

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

Card No. : _____ Expiry Date : _____ (MM/YY)

Card Holder's Name : _____ Signature : _____

Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):

HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

*Please check off your method of payment.

*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip.

Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for tax deduction use. Thank You for your support.

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