



社工的話 Social Worker's Remark

一直以來慈惠服務都是本著以到位、務實、應申請人之急及靈活手法去解決他們燃眉的需要。透過我們入屋的探訪及服務，我們發現好些貧老在家居環境佈置上都是混亂非常。所謂的混亂，是雜物滿佈地面，物品放置是沒有秩序，加上缺乏清理，衛生情況十分欠佳；出入時險象環生，不是被雜物絆倒，就是有機會踏破物品，還有更嚴重的場面，就是貧老長期席地而睡，在沒有床的情況下令他腰背出現健康的問題。

由於這些長者入住單位已有好一段日子，加上是從透過全港地區轉介社工而來，單憑慈惠服務的短短時間接觸，往往很難改變他們習以為常的生活方式。貧老長久以來都是這樣生活，從外人看來是混亂，但對他們而言是習慣。所以，絕大部份的貧老都不願意讓別人為他整理家居，就算因為向本會申請「長者家居維修服務」或「電器贈長者」計劃，他們只會就有關方面作出一些轉變。就好像早前服務一位頭髮披肩的六十多歲的長者，他靠綜援住在唐樓的自置物業，樓齡近乎40多年，屋內很多地方早已破舊不堪，唯伯伯因大廳照明系統失靈，嚴重影響日常生活，雖然屋內混亂情況非常，伯伯長期跼地及四周雜物滿佈，但他都是只讓我們更換燈座及燈泡。

事實上，過去我們曾接觸一些因乏錢而無法添置床具的長者，我們會去一些義務回收二手傢俱店物色，但許多時候我們發覺在尺寸及物資上未必合長者之用。為免擔擱，故我們同步在獲得一些熱心人士支持下，從買賣二手傢俱店地方為他們物色床具及衣櫃，加上一些有室內設計知識的義工幫忙，為有需要的長者在入伙時擺放好傢具和物件，防止日後出現混亂又危險的家居環境。

為長者家居安全多行一步，在問題出現之先就預早介入，正是辦這服務的理念。現時有關服務都是靠現有人手運作，我們著實在未來數月拓展服務，希望很快服務更多有需要的貧老。

The Charity Projects have been solving the applicant's need with in place, pragmatic and flexible response. During the home visits and services, we found that many poor elderly live in an extremely messy and untidy environment. The meaning of "messy" is that the all sorts of stuff are scattered on the floors and there is no proper placing of those stuffs.

為長者家居安全 行多一步的服務

Make a Step Forward For Elderly's Home Safety

In addition to the lack of cleaning up, the hygiene condition is very poor. There are risks in the whole area. While walking, they may either easily be stumbled or break the things on the floor. Also, a more critical scenario is that the poor elders sleep on the floor. The lack of a bed causes the poor elders with the back problems which absolutely affects their health.

As the elderly has been living in the unit for quite a long time, and they are referred by the district social workers, it is hard for the Charity Projects to change their living habit in just a short time. The poor elders used to live in that environment. For the outsider's point of view, it is messy and untidy; however, they treated it as a habit. Thus, most of them do not want others tidy their stuffs. Even they seek help from the "Elderly Home Maintenance Services" or "Electrical Appliance for the Elderly Program", they will only allow changes in the areas requested. Take the case of a 60 years old grandpa as an example, he replies on the CSSA and lives in a 40-years old Chinese style building which is extremely old. The lighting system in his sitting room fails to work and it seriously affects his daily life. And the place is extremely messy, but he insists to sleep on the floor all time. Although the situation is bad, he only lets us replace the lighting seat and change the bulb.

In fact, we have come across some elders who cannot afford to buy a bed. We tried to seek help from the organization which recycle furniture. However, the size and the items may not suit the elder's need most of the time. In order to avoid delay, we purchase suitable bed and wardrobes with the support of some enthusiastic donors. Also, with the help of volunteers who have knowledge in interior design, they can help to arrange all the stuff before the elderly's move in. This can avoid a messy and dangerous home environment.

We hope to make a step forward to the elderly home safety, making prevention prior to the occurrence of the problem. This is exactly what the service launched for. At the moment, the service is operation by the existing manpower. We hope the service can be expanded in the coming months so that we can service more needy poor elderly.

單是說不行，要緊的是做！

To action is more important than to say!



感謝善長 多給我們活在一起的時間

早前在慈惠月報曾刊登一篇有關患有遺傳性心臟病的李氏家庭的個案，當時，聖雅各福群會惠澤社區藥房資助了兩個廿歲左右的青年人購買自費薄血藥。

李媽媽的心臟病不幸遺傳給兩名兒子，十九的小兒子情況一直較為嚴重，而且急需等待有心人捐贈心臟作移植。可惜，等候合適的器官實在不容易，日子一天一天的過去，小兒子的情況就愈來愈嚴重，在上月最終敵不過病魔，小兒子撒手人寰，別了他的家人。

「留下來的比離開的更痛苦！」李媽媽忍著淚水說。自生下兩名兒子，她很努力地照料他們，心中一直冀盼著奇蹟的出現，「雖然已作好心理準備，但看著小兒子躺在病床上，呼吸聲愈來愈微弱，雙手漸漸變得冰冷及軟弱無力，我的心被狠狠地揪了一下。我默默地在他身邊守護著，淚水像缺堤一樣，心想兒子真的要離開我嗎？」儘管李媽媽極力希望自己以平常心去面對兒子的疾病，但當真的要去承受寶貝兒子的離開，試問有哪個母親可以淡然地接受呢？

從李太口中得知，在小兒子醫院離留之際，大兒子在善長的幫助下服用自費薄血藥，心臟病的情況尚算穩定。李太感謝熱心人士捐助，家庭經濟壓力才得以舒緩，兩餐不成問題，李太表示已經很幸運了，不會奢求甚麼！

「這段日子，你們聖雅各一直照顧著我兩個兒子，知道你們也很關心我們一家……我要跟你們說，謝謝你們的幫忙！……小兒子走了……」電話傳來李太的飲泣聲。

雖然李太一家正承受著喪親之痛，但她卻再三跟我們說代她一家人向善長表達謝意，沒有各人的善心，小兒子未必可以走到這一步。「我很珍惜跟小兒子一起相處的日子，大家的善心給我們一家人多了活在一起的時間！我實在無以感激。」從李太沙啞的聲音，深深感受這位母親失去兒子的傷痛。

或許，來惠澤社區藥房申請援助的病人，如小兒子一樣，每天活在生死邊緣之間，藥物是暫時延緩死神的來臨，但同時它又是換來生命的一分一秒。對病者與家人來說，能共處、能相見，已是生命中的幸福。

Thanks for the Kind Donors Giving Us More Time to Stay Together

Recently, we have published an article regarding the Lee's family who has hereditary heart disease. At that time, the Philanthropic Community Pharmacy subsidized the two son, who are around 20 years old, for the self-purchase anticoagulant.

Mrs. Lee unfortunately passed the hereditary heart disease to her two sons. The situation of her 19 years old younger son is more critical and urgently needs the heart transplant. Unfortunately, it is hard to wait for a suitable organ. As time goes by, the boy's condition worsened rapidly and passed away last month.

"People who stay alive is more painful than the one passed away!" said the mother withholding her tears. Since giving birth to two boys, she has tried hard looking after them and wishes for the miracle to happen. "Though I have prepared for the worst, my heart breaks when watching my younger boy lying in bed, getting weaker and weaker breathing with a pair of cold and frail hand. I stay by his side silently and am unable to hold my tears. I ask myself if he will really leave me alone." Though she wishes to face her son's illness calmly, she can't accept when the reality comes. Which mother can bear the death of her beloved son's death?

Mrs. Lee shared that her elder son is now taking the self-paid anticoagulant with the subsidy by the benefactors and his condition is stable. Mrs. Lee thanks the enthusiastic benefactors' donation which has helped to relieve the family's financial pressure. She considers herself very fortunate and requests nothing for more!

"In these days, St. James' really has taken care of my two boys a lot. I know that you care of my family. I must say thank you for what you have done! My younger boy is now passed away....." Mrs. Lee sobs over the phone.

Though the Lee's family is suffering the grief of the son's death, she remains us again and again for expressing thanks to benefactors on behalf of her family. Without the kind hearted donors, her young boy may not live this long. "I treasure the time with my son and you have enabled us to stay together for a longer period of time! I can hardly to be more grateful." From her sobbing voice, we deeply feel this mother's grief for the loss of her son.

Perhaps, patients coming to the Philanthropic Community Pharmacy for assistance are similar to the young boy. They face live and death everyday. The medication may only delay their departure from this world; however, it also brings them with time. For the patients and his families, living together and seeing each other is already considered as a blessing in life.



給予正確用藥知識 讓治療達最佳效果

在公立醫院輪候看病往往需要幾小時，等到有機會見到醫生，不消三分鐘就已經可以離開診室，到藥房取藥又大排長龍，從藥劑師或配藥員手中接過藥物，一面看著一包包的藥物，一面努力記下對方指導用藥的吩咐，這又是一分鐘左右的事。明白公立醫院人多的情況，不能怪責醫生或有關醫護人員，但對於病人在治療路上，實在是有一定程度的影響。

來到聖雅各福群會惠澤社區藥房進行藥療輔導的病人，常常跟藥劑師說，都未及向醫生問問題，已感覺對方可能因太多病人，時間緊張的緣故，所以就未及可以告訴對方我的病情，但有時對病情又或是藥物不太了解，醫生真的沒有足夠時間向我解釋。

六十多歲的奕先生，患有肝癌，經過疾病的打擊、輪候覆診及用藥的煎熬，他對醫療制度及西藥早已失去信心。他認為醫生每次均沒有足夠時間為他詳細解釋病情。好幾次醫生說：「原本的藥物效果不好，要轉藥！」，那麼究竟是情況惡化？還是癌細胞擴散？奕先生都攪不清，總之滿腦子有很多的問號！

由於經濟拮据，經社工轉介後奕先生來到惠澤社區藥房購藥。這次來到藥房，除了是買藥外，他發現藥劑師沒有在收錢後就叫下一個病人，反而開始向他講解每一種藥物的功用、服用注意事項及副作用等等。「自那次開始，我明白多了自己的病情及用藥的情況，我把對服用藥物的反應及擔心說出來，藥劑師一一解釋我知道。」奕先生告訴我們。

藥劑師的角色是醫生與病人之間的橋樑，能補足醫生在診病時無時間及無法說明太多有關藥物的不足。有時候病人誤以為醫生當他們是「白老鼠」，試驗一些藥物效果，但其實很多換藥是因為同一種藥物用在不同病人身上，反應有所差異，甲病人對藥物反應良好，並不代表乙病人亦有同樣效果，所以藥劑師透過給予正確藥物知識，為病人解決很多不必要的疑慮和困擾。

就奕先生的個人，藥劑師在藥療輔導時發現他的皮膚很乾燥，甚至有脫皮現象。根據藥劑師專業評估，有機會是因為藥物的影響，所以，建議奕先生可購買一些特別的皮膚膏及潔膚液，以防情況再惡化。

聖雅各福群會惠澤社區藥房的宗旨是為病人進行藥物教育，消除病人在用藥上的錯誤觀念，更重要的是希望病人在適當用藥後，能達至最佳的治療效果！



Correct Use of Drugs Ensures Best Cure

Seeing a doctor at a public hospital usually takes hours of queuing up. When you finally get to see the doctor, he may only give you three minutes. Then you stand in another long queue at the dispensary, only to be given one minute to collect bags of medication, read the labels and try to remember the pharmacist's instructions. Knowing how many people go to public hospitals, you cannot blame the doctors or the other medical staff. But the situation does have its impact on patients receiving treatment.

Patients who come to St. James' Settlement's Philanthropic Community Pharmacy for Pharmaceutical Care Service often tell our pharmacist that they had no chance to describe their symptoms to the doctor or to ask questions, feeling he was probably overburdened by too many patients and a very tight schedule. Sometimes they did not get a clear understanding of their own condition or the medication prescribed for them, but the doctor did not have the time to give an explanation.

Mr. Yik, who is in his sixties, suffers from cancer of the liver. His illness and experience of waiting in long queues for consultation and medication had made him lose faith in Western medicine. The doctor never had time to fully explain his condition to him. More than once the doctor told him, "The medicine you were taking is not working well. We must switch to a new medicine." Was his condition worse? Or had the cancer cells spread? Mr. Yik didn't know. His head was filled with question marks.

Seeing that he was in financial difficulty, a social worker referred Mr. Yik to our Philanthropic Community Pharmacy to buy medicine. This time, besides buying the medicine, he found that, after collecting payment, the pharmacist did not immediately call for the next patient. On the contrary, he began to explain to Mr. Yik the function of every drug, what care was necessary in taking each drug, and the side effects. "Since then I have had a better understanding of my condition and how to take my medicine. I tell the pharmacist my reactions to and concerns about my medication. He explains them to me one by one," Mr. Yik told us.

The pharmacist is a bridge between the doctor and the patient. He provides information about medicine which the doctor has no time to give during consultation. Sometimes patients suspect their doctors are testing new drugs on them, using them as guinea pigs. In fact, doctors switch drugs mostly because different patients do not react to the same drug in the same way. A drug may work for Patient A but not for Patient B. The correct knowledge on medicine imparted by the pharmacist dispels many unnecessary suspicions and concerns for the patient.

As for Mr. Yik, the pharmacist also noticed that his skin was very dry, even peeling at places, probably due to medication. He advised Mr. Yik to buy a special cream and cleanser for his skin.

The purpose of SJS's Philanthropic Community Pharmacy is to educate patients on medication, dispel any misconception they may have of drugs; more importantly, it helps them achieve the best treatment results by taking their medicine properly.

惠澤社區藥房透過給予正確用藥知識，希望能令病人的治療更有成效。
By giving proper knowledge on drug use, the Philanthropic Community Pharmacy hopes the patients can get the best treatment.



獲贈風扇的欣喜

香港的天氣既炎熱又潮濕，除冷氣外，風扇已成為每家每戶的必需品。然而，對居於社區上匱乏無依長者而言，擁有一把風扇可謂一件奢侈的事。一部價值百多二百元的小型風扇，匱乏長者都要為錢包思前想後才能決定購買。

「而家油貴米費乜都貴，買把風扇最少都要百幾二百蚊，夠我買一個禮拜既飯鏟了！」居於深水埗的李婆婆，家中的風扇已使用十多年，外殼早已鬆脫，但算著荷包裡的一分一毫，李婆婆實在不捨花費更換風扇。「自己身體唔爭氣，膝頭痛又常要買藥油。把風扇用得就唔想浪費了，我都幾十歲，仲有幾多年命？」然而社工上門看到扇葉轉動並不順暢，不時發出格格聲音，很擔心扇葉鬆脫會弄傷婆婆，社工唯有苦口婆心的勸告李婆婆丟掉舊風扇，同時向「電器贈長者」求助，希望獲得一把性能良好的小型風扇送贈給李婆婆。

翌日天文台發出「酷熱天氣警告」，關心到李婆婆在如此酷熱天氣之際，必須開啟風扇乘涼。「電器贈長者」計劃立刻派出義工到訪李婆婆的家，送上一把小型的座枱風扇，放在面對李婆婆座位的木櫃上，讓陣陣涼風可吹向李婆婆，方便她乘涼。「氣溫酷熱難當，翳焗天氣讓我十分難受。我一定要長開風扇乘涼，好怕會中暑。」李婆婆望著這把由善長送上的心意，喜悅從心而出，帶著感動之情說：「好多謝善心人咁關心我老人家，把風扇好精美，好岩我用！在酷熱難當的天氣下，這把風扇對我尤其重要！」

同樣接受到善長的照顧，還有80多歲的朱伯伯。獨居於公共屋邨的他，從來拒絕他人的協助和照顧。「以前打工，收入雖微薄但仍可維持生計。退休後要政府綜援金養我，我已很難過，所以家中風扇壞了我也不敢向他人說，好怕人地話我貪心！」「電器贈長者」計劃社工到訪朱伯伯的家，站了數分鐘已汗流浹背，由於窗口給雜物堵塞，室內空氣甚不流通，翳焗悶熱。加上朱伯伯患有哮喘，翳悶環境可以讓朱伯伯的氣管呼吸不順暢。計劃翌日為朱伯伯送上座枱風扇，並為朱伯伯進行基本安裝，解決他當下的燃眉之急。

「多謝社會上的好心人！我知你地都係關心我，先為我送上風扇，我的心情實在悲起交集，一方面為自己年老而難過，另一方面為著善長的關懷而感動！」一把風扇的意義，不只為長者帶來涼風，還有一份無私的愛與關懷，伴隨他們渡過孤苦無依的道路。



The Joy of Receiving Fan

Hong Kong summer is hot and humid. Electric fans are a must have to each household besides air-conditioning. However, an electric fan is a luxury to deprived, helpless elderly in our community. They think it over and again before they make up their mind to buy even a small fan that costs from one to two hundred dollars.

"Everything is so expensive these days. A fan nearly costs \$200 which is enough to buy me food for the whole week!" Grandma Lee, who lives in Sham Shui Po, has used the fan in her home for more than 10 years. The casing became dislocated already. She did not want to get a new one because she counts every cent she spends. "I have poor health. I often have to buy medicinal oil for my painful knees. As long as my fan works, I do not want to waste money on a new one. I am old and will not live much longer." Her social worker found that the fan blades made clicking sound when they were rotating during a home visit. He worried that Grandma might get hurt by the dislocated blades. He advised Grandma to discard the old fan and sought help from St. James' "Electrical Appliances for the Elderly Program". He hoped to get a small fan in good condition for Grandma Lee.

The observatory issued extremely hot weather warning on the following day. The Program, being concerned that Grandma Lee needed a fan to cool off on such a hot day, sent volunteers to deliver her a small, portable fan. They positioned the fan on a wooden chest opposite to her seat. "The hot weather is unbearable and I feel awful when the weather is stuffy. I have to cool off by turning on the fan. Or else I might catch a heat stroke." Looking at the fan given to her by generous donors, Grandma Lee was delighted. Touched by the gift, she said, "I am very grateful to the benefactors for caring about an elderly like me. The fan is in good quality and it suits my use perfectly! This fan is very important to me, especially on a day of extreme heat!"

Uncle Chu, over 80, also received the same looking after by benefactors. He lives by himself in a public housing unit and refuses assistance and looking after by others. "When I had a paid job, I was able to maintain my living even though I earned very little. I feel terrible now that I have to live on the government's Comprehensive Social Security Assistance after retirement. I did not dare to mention it when my fan broke down for fear that people might say I was greedy!" The EAE social worker sweated all over after standing in his home for a few minutes during a home visit. His unit was in need of ventilation; it was hot and stuffy as the window was blocked by miscellaneous items. Moreover, Uncle Chu suffers from asthma. He finds it hard to breathe in a hot and stuffy environment. The Program gave him a portable fan the following day and the volunteers connected the fan which solved his problem at once.

"I am so thankful to the kind-hearted people in our society! I know all of you cared about me and you brought me the fan. My feelings are mixed - I feel sorry for my old age on one hand but touched by the concern of the benefactors!" A fan brings more than cool breeze to the elderly; it also means selfless love and care which will accompany them as they travel on the lonely, helpless path.

一把小型座枱風扇，是長者夏日的最佳良伴，帶來欣喜。

A small fan is the best companion for elderly and it brings them joy!



我們需要你的捐助
We Need Your Donation

送弱老一個電飯煲 天天可有熱飯飽肚

獨居於沙田顯徑邨的楊婆婆，出院後一直獨居，只依靠微薄綜援及普通傷殘金生活。楊婆婆告訴我，年青時努力工作，以致發生意外，後腦受創，下半生的生活都離不開扶行架及輪椅。楊婆婆自發生意外後，住院幾年，早前出院後靠音樂治療來醫治她的陰霾。

「我行動不便，雙腳痛起來難以外出。所以在能走動時會買幾天飯餅，而行動不便時，亦可待在家中煮食。」早前，楊婆婆使用多年的電飯煲失靈，失去功能，沒法子煮飯，只靠麵包渡日。由於擔心楊婆婆的身體支撐不到，社工向「電器贈長者」計劃求助，希望為楊婆婆添設電飯煲，好讓她不必只靠麵包渡日。

電飯煲是每家每戶必備的電器，但對有肢體傷殘的長者而言，要外出購買，是難以完成的。

「我慣性在家煮食，且鄰近的街坊們都很照顧我。」社工探訪楊婆婆時，發現她將樂器及樂譜都放在枱以及輪椅上。經了解後，才發現楊婆婆已靠音樂治療幾年時間，各式各樣的中西樂器她都略懂一二。但楊婆婆表示：「我唔想麻煩人」，眼見楊婆婆將樂器放在枱上，反而麵包則只放在旁邊不太起眼的位置。避免讓楊婆婆繼續捱餓，社工於是向「電器贈長者」計劃求助。

「電器贈長者」計劃呼籲善長捐以集腋成裘方式，讓本會以批發價\$100 購買電飯煲，以改善正輪候多月如楊婆婆等貧弱無助長者，讓他們可以使用電飯煲煮飯蒸餅，既飽肚又健康。有意施善助貧老能改善生活的善長，懇請與位於香港灣仔石水渠街85號一字105室的收集點聯絡，或致電施善熱線：2835 4321 或 8107 8324。



Give Frail Elderly An Electric Rice Cooker For Hot and Fresh Rice Everyday

Grandma Yeung, who has been living by herself in Sha Tin Hin Keng Estate after hospitalization, lives on the meager sum of Comprehensive Social Security Assistance and Normal Disability Allowance. Grandma Yeung told me she worked very hard when she was young and the back of her head was injured due to an accident. As a result, she can't do without a foldable walker and wheel chair for the rest of her life. After the accident, Grandma Yeung was hospitalized for several years. When she could leave the hospital, she started to rely on music therapy to help her continue living.

"I have trouble getting around. When my feet are painful, I find it hard to go out. When I can manage, I shop a bit more so that I have something to cook with when I cannot go out." The electric rice cooker Grandma Yeung had been using stopped functioning earlier. She ate bread instead since she could not cook rice without the cooker. Her social worker, worried that Grandma could not take it much longer with no rice to eat, applied for the Electrical Appliance for the Elderly Program (EAE) with the hope of getting her an electric rice cooker.

An electric rice cooker is a must have appliance in each household, but it is hard to get for an elderly who suffers from bodily disability.

"I used to cook my meals at home and my neighbors take care of me well." During a home visit, her social worker found that Grandma Yeung put musical instrument and music books on the table and the wheel chair. After talking to Grandma Yeung, the social worker learnt that she has some knowledge of various Chinese and Western instruments since she has been having music therapy for a few years. But Grandma said she did not want to cause trouble to other people. Grandma put instruments on the table but bread just in a corner. The social worker sought help from the EAE program so that Grandma won't go on living on bread instead of rice.

Our EAE program is now appealing to benefactors for donations which will enable St. James' Settlement to buy electric rice cookers at a whole sale price of \$100 each. With an electric rice cooker, the poor, frail elderly like Grandma Yeung who have been waiting for months, can cook and steam food. This will be good for health as well as stomach. Benefactors who intend to donate to help improve the elderly's living standard are cordially invited to contact our collection point at Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong; or at donation hotline: 2835 4321 or 8107 8324.

一個簡單的電飯煲，可大大改善貧老的生活。

A simple rice cooker can improve the living quality of many poor elderly.



「電視機是我的安眠藥」

TV is My Sleeping Pill

「我是一個77歲的獨居老人，自從丈夫過身之後，我每天一個人在家面對四面牆，很靜很靜，沒有人和我對話。」楊婆婆現居於九龍區一個公屋單位內。

楊婆婆的丈夫在不久前因病去世，一直與丈夫相依為命數十年，沒有子女的楊婆婆頓失支柱，情緒非常低落。每天都一個人留在家中，不願外出，晚上更會失眠。日間如非必要都不會外出，晚上一人靜坐家中，天天失眠，生活質素甚差的她漸漸患上抑鬱症。

經長者中心的社工接觸後，楊婆婆開始接受情緒的治療和輔導。社工亦鼓勵婆婆日間多到長者中心閒坐或參加活動，而婆婆每天晚上都是靠服食安眠藥才能入睡。但最近，婆婆嘗試不依賴安眠藥入睡，所以婆婆每天都坐在床上看電視直至累透，然後睡著。「我的家很細，床腳附近沒有位置放電視櫃，窗台就是我的電視櫃，但我的屋西斜，陽光很強，即使我用了窗簾布，也是遮掩不了很多，太陽都會直接曬到電視機。加上我每晚都會看電視入睡，所以很多時候，電視機就這樣開一整晚，直至天亮。」

楊婆婆曾經因為電視機長期開啟以及被陽光照射的情況下，導致電視機報銷了。婆婆又得花一筆錢購置一台新電視，但婆婆的使用方法不變，電視機將每天如是之長期開啟和被陽光照射。因此，聖雅各福群會「長者家居維修服務」的義工上門視察後，為婆婆想出一個改善方法，就是將電視機安裝在牆上，讓婆婆既可每晚如常開啟電視，以助入眠亦可避免陽光直接照射電視。

義工很快便把電視機安裝在掛牆的架上，並細心地教楊婆婆如何拉出和收起電視架，以便她坐在或睡在床上看電視的角度。「原來可以裝在牆上拉出拉入調較角度的，這樣我就可以安心在床上看電視至睡著。我不可以沒有電視機，因為我每晚都要靠看電視才可以入睡，它（電視）就是我的安眠藥！」楊婆婆很雀躍地睡在床上模擬看電視的角度和睡姿。

知道楊婆婆終於可以安心地睡在床上看電視至入睡，當天的義工有感而發：「楊婆婆面對的是喪親的傷痛，我們做的只是很少的東西，但能幫助他適應一個人的生活，重新建立生活規律，離開抑鬱日子，我覺得很有意義。」

"I am 77 years old. I am living by myself since my husband passed away. Everyday, I face the four walls alone at home which is really quiet and I have no one to talk to." Granny Yeung lives in a public housing unit in Kowloon.

Grandma's husband died recently because of illness. They have been together for decades. As they have no children, she was deeply depressed with the loss of her sole support. She stays at home all the day, unwilling to go out and having insomnia at night. She refuses to go out during the day time unless it is necessary. She sits alone quietly at home during the night and suffers from insomnia. The poor quality of life gradually brings the depression.

After the social worker from the elderly center got contact with her, she started to receive the emotion treatment and consultation. The social worker also encouraged her to visit the center and to participate in center's activities, but she still has to take sleeping pills to get into sleep. Recently, she tries not to rely on the pills. Instead, she watches TV in bed until she fall asleep because of tiredness. "My house is very small where I have no space to put the TV set near my bed. Thus, the window sill now becomes my TV cabinet. As my unit faces the west side, the sun is very strong; even I pull the curtain, it still does not do much good in shading direct sunlight onto the TV. Also, I always watch TV for getting into sleep and thus the TV is often tuned on till I wake up.

Grandma Yeung's TV set is then broken down for being switched on all time and of the direct sunlight. She has to spend money for a new one. However, without changing her use pattern, the set will still be turned on for long time and exposed daily to direct sunlight. Hence, the volunteer worker from "Elderly Home Maintenance Services" of SJS makes an in-house inspection and come up with a better idea. That is to hang the TV set up on the wall so that she can watch it at night as well as to keep the TV set away from direct sunlight.

The volunteer workers quickly installs the TV onto the wall and carefully teach her how to pull it out and push it back which enables her to set a suitable angle for watching in bed. "I did not know that the TV can be pulled and pushed to adjust the angle for my comfort in watching in bed. I cannot do without the TV as I have to watch it for a sleep. It is really my sleeping pill!" Granny Yeung excitedly showed us her viewing style in bed.

Knowing the Grandma Yeung can finally watch TV in bed and go into sleep, the volunteer workers working that day said, "Grandma grieves for loss of her husband. What we have done is just minor but it can help her live alone and to reestablish her daily routine away from the depressed days. It is really meaningful."



楊婆婆終可安心睡覺了。

Grandma Yeung can finally sleep with no worries.

任由風雨來襲的陽台？

香港夏天的雨水特別多，雨季來臨，大風大雨，最好不過就是能躲在家中避風雨。可惜，香港有部份舊式的公屋單位，屋內的設計有一個小陽台，有足夠的採光卻只有欄杆並沒有門窗可以關上，雨水可直接打進屋內。

「這個陽台佔了成間屋1/3空間，每逢翻風落雨，要去廁所和洗衫我地就好麻煩了，一定淋濕身！」74歲王伯伯與太太一同住在這個大約二百多呎的單位內。「間屋又唔係大，洗衣機和一些雜物都要放在陽台，仲要晾衫，窗口對到正，一落雨成地都濕晒，打風就更加不用講啦！」

更甚的是這間屋就只有這個陽台的窗口，所有日光全靠透過這扇窗照進屋內。「無辦法啦，我無可能一落雨就搬開D雜物同洗衣機架！咁咪用D木板擋住個窗口囉！但放了木板之後，成間屋唯一的光線來源都沒有了，所以就依家係日頭，間屋都係黑黑沉沉咁……」王伯伯行動比較緩慢，屋內光線不足對他來說亦潛在一定危險，稍為看不清路面，他很容易就會被絆倒。

為了改善兩老的生活質素，我們的義工在這天來到王伯家中，幫他在這個陽台安裝可以趟開的防風板，既可防風雨又可採光，更重要的是讓屋內空氣流通。義工們先細心地量度呎吋然後購買材料，再回到王伯家中，開始安裝防風板的工程。

義工們小心奕奕的裝上各樣材料，差不多兩個小時終於完成了這個可以隨意趟開的防風板。「依家咁樣好多，我D木板可以掉了，依家又可以趟開塊板流通空氣，間屋睇落去真係光猛好多。」義工協助將木板搬出屋外。

一個安裝防風板的工程需要半天時間方可完成，但為著改善住在舊式公屋內長者的生活質素，義工們亦是不計勞苦的集結起來幫助有需要的長者。「長者家居維修服務」就長者家居生活環保作出支援，服務全靠善款支持，呼籲熱心人士捐助，善施支票抬頭請書：「聖雅各福群會」，指定捐予：「長者家居維修服務」，支票請寄往：香港灣仔石水渠街85號一字樓105室。



Balcony Raided by Rain and Wind

When it is rainy season, Hong Kong summer brings a lot of rain. Nothing could be better than staying home to keep away from the wind and rain. Some public housing units of old design were built with a small balcony. The design lets light in but rain also comes in as there are no window panes in the window of the balcony.

"This balcony takes up 1/3 of the space. Whenever there is rain or wind, we will find it troublesome if we want to use the toilet or wash clothes. We will get wet for sure!" Uncle Wong, 74, lives with his wife in this unit of approximately 200 sq.ft. "My house is not large. I have to put the washing machine and sundry items in the balcony. I hang our washing there, too. The balcony floor gets wet all over whenever it rains. It is even worse when a typhoon is blowing."

This window with no panes is the only opening which lets in sunlight. "I cannot remove all the sundry items and the washing machine whenever it rains. The only thing I could do was to put wooden boards on the window! However, the only source of light was cut off since the installation of the boards. My house is completely dark even it is day time now." Uncle Wong is slow in moving around. There is hidden danger since his house is poorly lit. He will trip over easily once he cannot see clearly.

In order to improve their living quality, St. James' volunteers installed sliding wind shutters in the balcony for Uncle Wong. In this way, the shutters let light in their home and keep the rain and wind away. More importantly, their home is well ventilated. Our volunteers measured the window frame before they bought necessary materials and started the installation.

It took volunteers two hours to finish the sliding wind shutters. "It is much better now. I can discard the wooden boards. We can ventilate our home by pushing back the wind shutters and our unit is much brighter than before." The volunteers helped Uncle Wong move the wooden boards outside.

It normally takes half a day to complete the installation of wind shutters. Volunteers join together despite the hard work to help the elderly in need with the intention of improving quality of life for elderly who live in public housing units of old design. St. James' Elderly Home Maintenance Services supports the elderly's home living quality. The Service totally depends on donations and the Service is now appealing for benefactors' donations. Please make out your cheque payable to "St. James' Settlement", specifying at its back "Elderly Home Maintenance Services". Please mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong.

安裝防風板後可大大改善長者的生活環境和質素。
The installation of wind shutters can greatly improve the living environment and quality of the elderly.



「終於知道有人來探我了！」

門鐘按下「叮噹」的一聲，伯伯緊張地大聲回道：「係！有人嚟！我聽到！」今年68歲，聽覺有點不靈光的張伯伯馬上開門給義工。

「呀！平時如果有人來按門鐘，我一定會聽不到的！不過今次知道你們會來，所以我開著大門，非常留神，一秒都不敢鬆懈地注意大門，等待著你們來。」因為張伯伯有點失聰，所以他說起話來十分大聲。

義工手持專為聽覺較弱的人士而度身設計的「閃燈門鐘」到來，目的是為張伯伯改善他因聽覺差而錯失迎接探訪者的情況。「以前試過啦！有人嚟探我，但我聽不到有人在按門鐘，成日都因為咁令到對方白行一趟！所以我一知道有人會嚟探我，我就要好留心咁聽住個門鐘，連收音機都不敢開！」如是者，張伯伯在每次有人來訪都十分緊張和焦慮。

現時有部份公屋單位已設有門鐘，但一般的門鐘聲都是「叮噹」一聲，對於聽覺較弱的長者來說，這裡門鈴的聲量根本起不到作用。我們聽過很多從事上門服務的職員表示，每日送兩次飯、或要陪長者覆診、又或是上門洗傷口的護士等等，當長者聽不到門鐘聲時，他們往往要大力拍門、在門外大聲叫長者，有時候可能要拍門半個小時，連左鄰右里都走出來看看發生甚麼事等等。

現時使用的「閃燈門鐘」，是經過聖雅各福群會「長者家居維修服務」義工及同事不斷研發的成果。一個既會有燈光閃動又會同時發出聲響的門鐘，由多年前燈泡設計至現時LED燈，加上可調節聲量及響聲時間等，大大方便了長者及來訪者日常的需要。「呢個門鐘會閃的嗎？咁我咪可以邊睇電視邊等門囉？我唔洗再怕聽不到而要好緊張咁留意個門鐘了。」張伯伯感到門鐘可以令他放心。「我真係唔知道原來有這種門鐘，它會閃動咁我就算坐係度都會睇到盞燈閃啦！咁我就知道門外有人啦！」伯伯興奮地重複說著一樣的話。

義工安裝好門鐘後，操作多次調節至適合張伯使用的情況。「OK! OK! 我聽到又在這個位置可以看到閃燈的光呀！咁即使有人按門鐘呀，我都知道！哈哈！以後有人搵我，我都知道了！」張伯伯很開心地跟義工說。



Finally, I Know Someone Visits Me!

When the doorbell rings, Grandpa Cheung replies loudly: "Yes! Someone comes! I can hear it!" Grandpa Cheung who is 68 years old with poor hearing opens the door for our volunteers.

"I usually cannot hear the doorbell rings. As I know you guys will come, so I open the door and am very concentrated on it." Grandpa Cheung speaks very loudly since he cannot listen well.

This time, the volunteer comes with the "Flash Light Door Bell for Deaf". It aims to solve the problem that Grandpa Cheung misses other's visit because of the poor hearing. "In fact, it happens before. I didn't answer the door as I can't hear the ring; hence, people always fail to visit me. In order to avoid this situation, I have to be very concentrated on the door whenever I know someone will come. I even turn off the radio too!" It makes Grandpa Cheung very nervous for every visit.

At the moment, some public housing units are equipped with doorbell. However, the ring sound is short and small which is of no use for elderly who are weak in hearing. We often hear from some service workers that they have to knock the door vigorously or shout loudly outside whenever they delivery meal, accompany elderly to medical consultation or wash the wound in house. Sometimes, it may even take half an hour for the elderly to answer the door and the neighbour will also come out to check what's happening outside.

The "Flash Light Door Bell for Deaf" we are using at the moment is the effort of our "Elderly Home Maintenance Services" volunteers. The doorbell is equipped with sound as well as lighting. Also, after years of improvement, the light bulb is changed to LED lighting and the volume can be adjusted, which is much more convenient for elderly. "This doorbell can flash? That means I can wait the door by watching TV? I don't have to be nervous of not able to answer the door now!" Obviously, the doorbell can resolve Grandpa Cheung's worries. "I never know this kind of doorbell. Now, I can recognize people's visit by seeing the flash!" Grandpa repeated the same words excitedly.

When the volunteer fixes the doorbell, they tries quite a number of time making sure that it fits Grandpa Cheung's needs. "OK! OK! I not only can hear but can also notice the flash lighting! From now on, I know people come once they press the doorbell!" Once again, Grandpa Cheung says to the volunteer happily.

張伯望著新安裝的「閃燈門鐘」，看了又看，今後不再擔心探訪者找不著他了！

Grandpa Cheung looks at the "Flash Light Door Bell for Deaf" again and again. His worries of people fail to visit can now be resolved.



感激無限

Great Gratitude

尊敬的總編輯暨貴會全人：

您們好！

春日到來景色新，花開暖放笑迎人；溫煦豔陽多
亮麗，祈盼世界無紛爭！

感恩 貴會在服務緊窘的、無政府資助的艱困時
刻，仍將《松柏之聲》寄給需要看的長者及我等在囚
犯人，絕不收費，感動敬仰，亦使自己問心有愧，沒
有一絲回饋。

每月收到《松柏之聲》，內心都感激無限，唯望
他日有回饋答謝之時。現值新春佳節，以此作感恩
貴會，聊表謝意，謝謝！打擾了，尊此。

敬祝

安康愉快，如意吉祥！

讀者
李XX 敬上
香港赤柱監獄

To: Chief Editor and St James' Settlement,

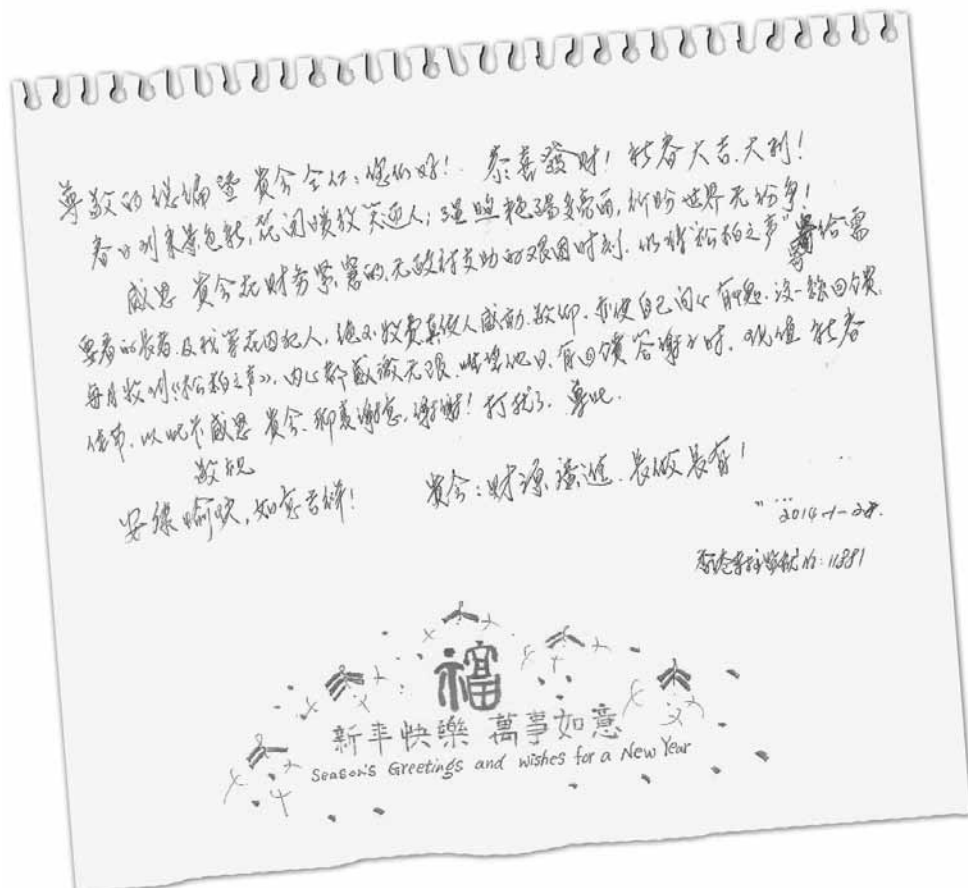
I hope this letter finds you well.

Spring is here bringing new scenery. Flowers are in bloom
and the warm sun shines brightly. Hope the world will be without
disputes.

I write to express my gratitude to you for sending The Voice
to the needy elderly and those in prison like us without charge
despite your organization is going through a tough time without
any financial subsidies from the government. I do appreciate and
admire your effort but also feel ashamed for having nothing to pay
you back.

On receiving The Voice every month, I am overwhelmed by
gratitude. I do hope that someday I can repay your favour. Now
that New Year is here, I take this opportunity to thank you and wish
everyone health, happiness and good fortune!

Reader,
Mr Li
(From Hong Kong Stanley Prison)



為何要收了 我的藥單正本？

自2009年開展了社區藥房服務，我們幫助有需要的病人以優惠價錢購買自費藥物，減輕他們經濟及精神上的壓力。現時聖雅各福群會分別在灣仔及荔枝角道開設惠澤社區藥房，方便市民購買藥物。

由於來預約買藥、查詢藥物及申請的人數眾多，病人買藥時經常會向職員提出以下的一些提問：

問：如果我要購買處方藥物，是否必須要醫生處方？為甚麼聖雅各的惠澤社區藥房一定要收取正本的藥單，副本為何不可？

答：首先，先解答為何要持醫生處方的處方藥單前來才可買藥。因為現時香港的藥物銷售是受到不同程度的法例管制，經醫生診治後的病者，該藥劑製品是用於治療方案上的，通常都是處方藥物，例如高血壓、糖尿病、薄血藥，甚至是標靶藥。同時，此類型藥劑製品，即藥物必須經由註冊藥劑師監督下，在註冊藥房按著醫生的處方，即藥單配售。根據法例規定，藥房配藥後須保留來買藥人士的醫生處方及備存相關記錄，為期兩年，有關註冊藥劑師必須保存配藥的記錄以供檢查。如果病人想保留有關藥單記錄，可在配藥前先行影印。

問：有效的醫生處方(藥單)上會有甚麼資料？藥單上寫了十六個星期藥物，我可否買超過十六星期的藥嗎？因我想有些儲備藥留在家中。

答：有效的醫生處方上會列明病人的姓名和地址、發出藥單的日期、藥物的名稱、服用藥物或使用藥物的劑量和醫生的簽署等等。按法例除非醫生在處方上列明指示，否則不可以按照同一張處方配藥超過一次。病人需要依照處方上指定的藥物數量配藥，所以是不能在配藥時自行要求超過藥單列明的藥物數量。醫生發出的處方藥物是足夠病人在下一次覆診前服用的，故此，大家不用擔心，亦不用購買過多的藥物存放在家。

Why Do You Take Away My Prescription?

Since 2009, the Philanthropic Community Pharmacy has been helping needy patients to buy self-paid medication at a discounted price in order to relieve their stress both financially and mentally. At present, St. James' Settlement set up the Pharmacies in both Wanchai and Lai Chi Kok Road, make the service more convenient for the public.

The service is by appointment and there are lots of enquiries and patients in need. During the purchase, patients often ask our staff the following questions:

Q: Is that the doctor's written prescription a must for purchasing the prescribed medication? Why does the Philanthropic Community Pharmacy of SJS keep my original prescription while photocopy is not allowed?

A: First of all, let us explain why doctor's prescription is needed. Current sales of pharmaceuticals in Hong Kong are subject to various levels of statutory control. Pharmaceutical products for treatment of patients being diagnosed by doctors in general are prescriptive drugs, such as drugs for hyper tension, diabetes, anticoagulant or even target drugs. Moreover, these types of pharmaceutical products are required to be dispensed by registered pharmacist in registered pharmacies with doctor's prescription. According to the regulatory, pharmacies are required to keep the prescription and retain the relevant record for two years. Also, relevant registered pharmacists are required to maintain the dispense records with doctor's prescriptions for inspection by the authority. If the patient wish to keep a relevant record of the prescription, he/she has to make a photocopy prior to the purchase.

Q: What information will be shown on the doctor's prescription? If medicine for 16 weeks is written on the prescription, may I buy more as I would like to keep some reserve at home?

A: A valid doctor's prescription will list out patient's name and address, date of issue, name(s) of the medicine, dosage, doctor's signature and etc. According to the regulation, prescription can only be dispensed for one time unless there is special specification by the doctor. Also, the drug is dispensed according to the specified prescription quantities; therefore, one cannot ask for more than what has been specified. In fact, the doctor will issue sufficient quantity until the patient's next consultation. Hence, one does not have to worry and need not buy more to keep at home.

Invoice for Sale of Medication 自購藥物發票					
Name :					
H.K.I.D. :	Patient Status :				
Case No. :	Patient Type :				
Ticket No. :	Invoice Date :	Invoice No. :			
取票編號	發票日期	發票編號			
Drug Code	Description	Quantity	Amount(HKS)		
藥物編號	藥物名稱	數量	金額(港幣)		
PAN02	PANITUMUMAB INFUSION 20MG/ML SML	3 VIAL	13,302.0		
Total			\$ 13,302.0		
Processed by: _____					
(For Pharmacy Use)					
Printed at Workstation: pwhpmstasc3					



「生前·身後」生死教育博覽

破除大眾對死亡的忌諱

這個大型博覽會以死亡為題，主辦機構期望透過它讓參加者上一課「生命教育」，並希望引發更多人討論這個多數人會避而不談的話題。

博覽會中，公眾不但可以近距離接觸各種棺木，還有機會了解器官捐贈計劃和不同宗教的殯葬儀式，甚至可以在「黑白照相館」替自己拍一張「黑白照」。會場中更搭建了一個售賣「紙扎」食物的便利店。根據傳統，我們把「紙扎」物品焚化，先人在另一個世界就會收到物品；但會場內的「紙扎」食物有多一重意義——它鼓勵參觀人士，要趁親人在世時多跟他們相處，與他們吃真正的食物。此外，參觀者當中如有親人過世，博覽會內亦有專業團體提供輔導服務。

是次博覽會佔用了柴灣青年廣場整整三個樓層。作為主辦單位的聖雅各福群會副總幹事李玉芝小姐向我們解釋：「舉辦這個博覽會的目的，是希望引起公眾對死亡這課題多作討論，從而更懂得欣賞生命。」

「過去十年，社會對死亡的忌諱已經大大減少，反而是部份長者的子女還是會刻意迴避。」李小姐繼續說：「透過了解死亡，我們希望大家都能學懂把握親人在世的時間，珍惜相處的機會。」

十年前，聖雅各福群會開始為受助於綜援及沒有親人的長者提供辦理身後事。李小姐說，以往收到的反應非常熱烈，所以再將服務對象擴展至一般獨居長者。

80歲的林和先生，是博覽會的參觀者之一。他說他已簽署同意死後向中文大學捐出遺體作為研究之用。

「死亡是人生必經過程，所以我並不害怕。」原來林先生的太太因為長期患病，一年前已去世。林先生續說：「現在我沒有家人，很慶幸我還可以讓聖雅各福群會替我安排一切。」

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！」



Exhibition On Death Offers Life Lessons

Organisers want to get rid of the stigma surrounding the subject

The organisers of a huge exhibition about death want to teach its visitors about life, and open up discussion on a subject that is often avoided.

The public can get a close look at coffins, learn about organ donation, take a "headstone picture" at a photography booth and read up on different religious funeral rites.

There's even a mocked up convenience store where paper effigies of food – traditionally burned as an offering to the dead in this part of the world – can be purchased. But they carry a message, encouraging people to take each other out for some real food while they are alive.

Counselling services are also provided for anyone who is grieving for a lost loved one.

The aim is partly to get people talking about death, but more importantly to encourage appreciation of the living, said Josephine Lee Yuk-chi, deputy chief executive officer at the St James' Settlement NGO, which helped to organise the exhibition spanning three floors at Chai Wan's Youth Square.

"The stigma around the subject of death has decreased a lot in the last decade, but some people – not the elderly but actually their children – still don't want to talk about it," said Lee. "In learning about death, we hope we will all learn to treasure people around us more while they're living."

St James' Settlement started a service 10 years ago to help elderly people on social welfare and with no families to prepare for their funerals. Lee said the response was overwhelming, so they expanded to begin helping single elderly people in general.

Lam Wo, 80, who visited the exhibition yesterday, said he had already given permission for his body to be used for research at Chinese University after he dies.

"Death is a mandatory passage in life – living and dying are all part of it, so I am not scared," said Lam, whose wife died last year after suffering from a long illness. "I don't have family so I'm very fortunate to have signed up with St James' Settlement to arrange everything for me."

Lam, who lives in public housing in Kwai Chung, said the topic had become less taboo in recent years, but many of his friends' children still felt uncomfortable talking about it. "If I get sick, I'd rather die immediately," he said. "Long life is not that important. It's about living it well."

聖雅各福群會期望透過生死教育博覽，讓公眾更了解死亡，從而學懂珍惜生命。

St. James' Settlement hopes the public can treasure and appreciate lives from death through the expo.



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 |

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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)

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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。

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- | | | |
|---|--|---|
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| <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) | | |
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