



社工的話 Social Worker's Remark

將「別人的事」加入2014年大計

新年伊始，可有為自己訂下2014年大計？

有人希望在工作之餘為自己增值，學習一些新知識；有人希望為家庭增添成員，努力造人；有人希望闖一番事業，自己開店做老闆；有人希望趁年輕往外國生活體驗；有人希望成為藝術家，讓人享受藝術的樂趣；有人希望成功上樓，有自己第一間 DREAM HOUSE！

你呢？

有方向、有夢想的人生是美好的，在聽取各人分享時，人人都是充滿期待和希望，縱然現實有多大的困難，有理想的人生會叫人過得有意義。但是，在尋夢的過程中，可有別的事值得我們關心？有沒有一些事令我們的生活變得更有意義？

曾經看過一段說話：「各人不要單顧自己的事，也要顧別人的事。」查問之下，它的意思是指當你肚餓的時候，你有飯吃，但在你身旁如有些無飯吃的人，你也應當給他飯；當你有保暖衣可穿時，只管穿著，對於那些捱冷的人，要給他們衣服穿用；當大家有溫暖的家可容身，要幫助那些家徒四壁的人；當大家在嚴冬中有暖爐、熱水爐、電暖氈和暖水壺暖身之時，要為那些仍然在寒風中抵著冷的窮困人士添上溫暖。

最近有報道指在2013年慈善援助指數世界排名榜，香港在全球135個國家和地區中排17，較上一年升兩位，當中曾捐款的港人比率更高達六成，位列全球第10，可見香港人對顧及有需要的人士上有上升的趨勢。此外，之前亦有報道指出香港的堅尼系數已見40年新高的0.537水平，根據聯合國對「堅尼系數」的數值劃分，當數值超過0.4「警戒線」時，即香港貧窮懸殊情況加劇。

這些數字反應香港有一些弱勢社群生活在水深火熱之中，在剛剛渡過的嚴冬，我們見過過老就連一件保暖厚衣也沒有，還何來暖風機和電熱氈？可是他們的體質正正是需要這些保暖電器守護著他們的性命！可幸是，社會上多了關懷弱勢社群的熱心人士。作為社工，很多時被人問「還有幾多人要幫？」這個問題實在很難回應，在剛過去的一個月，單是電器及送暖已有超過800件物資送達有需要人士的手上，如果資源及人手許可下，相信可以幫到的數目不只如此。

或許當大家在計劃2014年大計之時，嘗試把「以行動關愛孤寡老弱」加入大計之內，想想你可以為他們做些甚麼？相信集結各人一點一滴的善心，就能夠顧及到更多「別人的事」，不單讓自己的2014年大計變得更有意義，也可以令香港社會變得更有愛和色彩！

Let "Things of Others" Be Included In the "Plan of 2014"

Here comes a new year! Have you made your resolutions for 2014?

People may have very different goals to head for: gaining more knowledge after work to help oneself better equipped; getting well prepared to have a new born member of the family; starting a business of one's own to build up a promising career; having a taste of living abroad when one is still young; being an artist with the hope to share with people the essence of art; acquiring a flat – one's DREAM HOUSE – for the first time!

What's yours?

Life with dreams and directions is a blessing. In soul-searching sharing, you will find that every soul is loaded with expectations and hopes. Despite difficulties in real life, one who has goals will lead a meaningful life. But in the course of realizing your dreams, will there be any other things that worth your concern? Are there any things that can make our lives more meaningful?

I have ever read a sermon: "Not looking everyone to his private good, but keeping in mind the things of others." Here is the explanation of it. While you have food to address to your hunger, you should share yours with those who have not. When you have coats to keep warm, do put them on, but at the same time, do not leave others trembling in the cold by handing over them some clothes. When we are taking shelter in our home where there are ample things to keep us warm and happy, we should help those who have literally little in their home. When you lack no heater, water heater, electrical blanket or thermo flask to keep warm, do not forget the poor who are still struggling against the freezing cold. Bring them something to keep warm!

It has recently been reported that Hong Kong's rank has moved from 19th (2012) to 17th amongst 135 countries in World Giving Index (2013). As many as 60% of Hong Kong people have made donations, which ranks 10 globally. This is an indication of a rising population in Hong Kong who care for the needy. There is also a report pointing out that the Gini coefficient in Hong Kong has hit a 40-year record high of 0.537. According to the United Nations, when the Gini coefficient reaches beyond 0.4 where the sense of alertness should lie, it implies that the rich-poor gap in Hong Kong is widening significantly.

The report reveals that there are vulnerable enduring extreme hardships in Hong Kong. Over the past chilly winter, we have met some fragile elderly who do not have even a thick coat to keep warm, let alone heater fan or electrical blanket! Sadly, they are the ones who need these warm-keeping devices most to survive given their weak constitution. Fortunately, more and more kind-hearted people in society have made their contributions to help these vulnerable. Being a social worker, I always come across questions like "How many are still in need of help?" Frankly, no simple answer can be found. Over the last month, more than 800 pieces of electrical appliances and warm-keeping devices have been delivered to the needy by us. It is believed that more could have been done if there had been more fund and manpower.

Why don't we take "Act Now To Help The Lone Fragile Elderly" as one of our plans for 2014 and try to think what we can do to help them? Our joint efforts and care will certainly be able to take care of a lot more of "things of others". Not only will it make our plan for 2014 more fulfilling, it will also help shape up Hong Kong as a more caring and brilliant society.

各人不要單顧自己的事，也要顧別人的事。

Not looking everyone to his private good, but keeping in mind the things of others.



「感謝幫忙，趕得切 新年前整理好間屋！」

早前曾呼籲大家支持德朗邨的入伙工程，有關新屋入伙已經如火如荼。

鍾伯自幼患有小兒麻痺症，不良於行，雖然曾經結婚並有3個兒子，但離婚後妻兒住一直住在大陸，從此大家斷絕來往。「我傷殘，而家都好難搵工，以前的年代就更加難，我父母對我不錯，年輕時一直找不到工，有他們照顧，還幫我在大陸娶老婆，先後生了三個兒子。在父母分別離世後，我也漸漸年老，沒有人聘用我，而且身體愈來愈差！」鍾伯坐在鄉郊的板間房，望著細小的房間，唏噓地訴說往事。現時，鍾伯患有各種長期疾病，分別有血壓高、心臟病、痛風症和左耳部份失聰。

由於沒有親友協助，鍾伯一直靠地區綜合家居照顧服務中心協助送飯和覆診服務，負責社工方姑娘收到鍾伯獲配上樓的消息，雖然替他高興，但有見鍾伯孤老一名，在金錢及人力上如何應付上樓的轉變？果然，一問之下鍾伯打算拿政府的搬屋津貼買雪櫃和床後就搬進去，其他的入伙基本裝修完全沒辦法兼顧。於是，方姑娘把鍾伯轉介至聖雅各福群會的長者家居維修服務。「是次搬上德朗邨都好急，12月20日收到鎖匙，我希望可以1月入伙，新年前搬進去，不用交兩邊租金。」鍾伯把心中期望說出來，方姑娘初期也有擔心：「由於12月尾是聖誕假，1月新年前搬擔心年尾大家工作都會很忙。自己也是社工，明白找義工不容易，但儘管幫鍾伯一試，並向聖雅各社工分享伯伯情況。他們真的很有熱誠，縱使不知道是否可以安排，但表示會盡力一試，結果在新年前的星期天幫鍾伯鋪了地板。」

為免交兩邊租金，鍾伯迫不得以在鋪地板前已入伙。當天義工師傅到達後，已見鍾伯靠自己能力把可搬出走廊的東西搬出，唯雪櫃及床就真的無能為力，「真的不好意思，我搬唔入黎先，攞到你地，真不好意思。」鍾伯有點內疚。可是，義工師傅們二話不說就先協助把重物搬出，更安慰伯伯「不麻煩，睇下！幾快攞掂！」鍾伯才放下憂慮，開始展出笑容。

由於德朗邨的單位地面較為凹凸不平，縱然是一人單位，師傅們也要花較多時間才完成一個單位。鍾伯在旁一直很專心看著師傅把地板鋪上，一臉欣慰。最後，鍾伯喜見裝好扶手及平順整潔的地板，整個家也不同了：「多謝方姑娘介紹了聖雅各給我認識，我好開心，趕得切新年前整理好間屋，多謝師傅，新年前還幫我趕工，真的好多謝！」



Thanks for the help! My Home is Ready In Time for the New Year!

In the earlier time, we have made donation appeal for supporting the relocation project of Tak Long Estate. The project is already in progress.

Grandpa Chung has poliomyelitis when he was very young and has mobility problem. He got married with three sons; however, they lived in mainland after divorced and have no contact anymore. "I am disable. It is difficult for me to find a job. In the old days, it was even more difficult. In the past, my parents took good care of me and got me a wife from the mainland. Now, my parents were passed away. I am now getting old, nobody is willing to hire me as my body is getting worse!" Chung, sitting in his subdivided room in the country side sadly recounted his past. Now, he has multi-illnesses, like the hypertension, heart disease, metabolic arthritis and a partially deaf left ear.

Without any help from relatives or friends, Chung has all along relied the help from District Integrated Home Care Services Centre for home meals delivery service and doctors' visits. When Miss Fong, his case social worker, knew about his relocation, she was happy for him while also worried how a lonely old man can have the money and power to cope with such move? Chung told her that he planned to move in just with a refrigerator and a bed which bought by the relocation subsidy from government and had no planning in having any basic installation for his new home. Thus, Miss Fong referred his case to the "Elderly Home Maintenance Services". "The relocation notice is short. The key is handed over on the 20th December and I wish to move before February so that I won't have to pay the rent for both sides." said Grandpa Chung. In fact, Fong has worries, "Christmas is at the end of December and afterwards everyone is busy for the new year. I know it is not easy to find volunteers." But still, she tried and shared her understanding of the situation with the SJS social worker. "They were enthusiastic and kind, Though not knowing if the service can be made or not, they tried their very best and consequently the flooring was laid on the Sunday before New Year."

In avoiding paying rent for both sides, Grandpa Chung moved in before laying the flooring. On the day the volunteer came, Grandpa Chung has already move out the things into the corridor except the fridge and the bed. "I am sorry that I move in before you guys come that bring trouble to you all." said Chung with his apology. Without any hesitation, the volunteer technicians helped moving the heavy stuffs out and comforted him saying "No problem. Look, it's done in no time!" The old man's worry was over and smiled.

As floor of the units in Tak Long Estate were uneven, even a small unit takes a rather long time. During the whole process, Grandpa Chung stood aside and watched, feeling gratified. By seeing the handrails and the flooring that make a different look of his new home, Grandpa Chung said, "Thank you Miss Fong for introducing me to SJS. I am very happy and thankful to the technicians for helping me in just a short time."

鍾伯伯很留心看著義工師傅鋪設地板，靜待著新居新生活的開始！

Grandpa Chung watched carefully when the volunteer technician laid the flooring, waiting quietly for life in the new home.



為弱老加裝護老設施

本會的家居維修服務，不時都會接到地區社工轉介，協助較年長又體弱的長者戶安裝扶手。一般來說，這些扶手都會安裝在廁所的座廁馬桶旁的其中一邊牆壁，以協助長者能夠在如廁前後有所依靠，「借力」站立及坐下以作基本的安全設施。

除了一般的專業三行義工師傅外，也有一些是職業治療師的義工，他們會協助到戶評估較體弱長者的家居環境改善的需要，如在廁所增扶手、睡覺的地方加設床欄或為坐輪椅長者的家居大門加斜台等等。

跟一般的扶手功能有點不同，廁板扶手除了可以用作「借力」之外，不同之處是扶手不只是單邊，而是一整件的扶手並穿過座廁及安裝在廁板底加以固定，而兩邊的扶手也可因應長者的身形、高矮等而調較闊度及高度。而扶手也像拐杖般伸延至地下，讓較體弱的長者可以安心用力按住扶手並協助站起，兩邊的扶手也像一個圍欄般讓長者能不用太擔心如廁時的平衡問題。

過往兩個月，我們先後幫助居於於何文田的李伯及將軍澳的林伯協助安裝這類廁板連扶手，在未裝扶手前，他們沒有信心獨自去洗手間，常常擔心會跌倒，於是每次站立及起來都要靠老伴協助，有損他們的自尊心，日常生活也大受影響。是次安裝廁板扶手後，他們能夠自行在輔助設備協助下如廁，加上輔助設施本身設計像似有一個圍欄，兩位伯伯也表示十分穩鎮和安心！



現時為長者戶安裝在洗手間內的單枝扶手。
This is how a grab handrail looks — a grab handrail installed in toilets for elderly.



廁板扶手的設計與一般的扶手完全不同，兩邊的扶手延伸到地下，使體弱長者能更安心用力協助站立。
Toilet Safety Frames serve functions different from grab handrail: The grab handrails on both sides extend to the floor and help elderly stand on a secure footing.

Help Underprivileged Elderly add Safety Modifications at home

Our Elderly Home Maintenance Services has been constantly receiving requests from frail elderly, through referrals from district social workers, to install safety rails or grab bars at their homes. They mostly request grab handrails to be installed on the wall beside the toilet. This grab handrail helps elderly to support themselves while getting on and off the toilet and therefore is considered one of the basic home safety facilities for elderly.

In our volunteer team, we have occupational therapists working side by side with the professional Samhong workers to help elderly adapt their homes to suit their needs. Occupational therapists would pay home visits to the elderly, assess the presence of environment hazards and accordingly make recommendations on what improvements to make, e.g. to install grab handrails in toilets, to set up protective frames along bed-rims or to build wheelchair ramps at the door, etc.

For the Toilet Safety Frames, they are designed to work differently from grab handrail. Toilet safety frames provides arm-rails on both sides, elderly can adjust the height and width of the rails to suit their own height and body size. Each of the arm-rails is bolted to the toilet and extends way down to the floor. Weaker elderly can securely exert force on the arm-rails to raise themselves up after using the toilet. Moreover, as the frames are designed to stand around the toilet, they help elderly balance themselves while standing up.

In the past 2 months, we installed toilet safety frames for Uncle Li in Homantin and Uncle Lam in Tseung Kwan O. Before the installation, they needed assistance from their wives to help them stand while using toilet as they feared they would fall. This gradually caused them a loss of self-esteem and inconvenience in daily life. Now, with the assistance of the toilet frames, they can go toilet by themselves; they no longer fear they may fall and they feel much more secure in toilet than before!



我不再是 「隱蔽長者」了!

「我年紀大，耳朵越來越壞，朋友打電話俾我都聽唔到，真係無用了！」80歲的鄭婆婆獨居在港，沒有其他親友照顧，依靠微薄綜援金生活。面對日漸衰退的健康，鄭婆婆不斷搖頭嘆息說：「我唯有依靠教友的來電關懷和慰問探訪，安慰我絕望的心靈。無奈，聽力一直衰退，聽不到電話響，害教友以為我出事暈倒在家。要別人為我奔走一趟，心裡一直過意不去！」

探訪中看到鄭婆婆的家用電話，發現是早已淘汰的舊款「撥號式」電話，響聲因日久失修變得微弱，加上鄭婆婆聽力一直衰退，難怪聽不到電話響聲。「我見仲用到，唔想浪費，最衰都係自己變左聾耳陳！」一直自責的鄭婆婆令旁人倍感心酸，決心讓鄭婆婆不再內疚難過。「電器贈長者」計劃決定為婆婆物色一款「大字粒」以及「特大響聲」的閃燈電話，讓鄭婆婆可以重新與外界連線。

「義工來我家送上閃燈電話，仲體貼地幫我將閃燈放係我清楚易見既地方。電話響時，我都聽得好清晰。我試下用個電話打俾教友，對方的講話都聽得好清楚，我真係好開心、好感恩，不再做『隱蔽長者』了！」

科技的進步，確能惠及因身體機能衰退而引起生活不便的長者，讓長者不致覺得是被社會遺棄、被忽略的一群。「電器贈長者」計劃也仰賴善長們的慷慨捐贈，發掘更多合適體弱長者使用的家電，讓他們活得更有尊嚴，齊來關心他們的家居需要！



舊款的「撥號式」電話，已不能再在市面找到。聲音不夠響亮，打電話也略嫌繁複，不適合長者使用。

The old-fashioned rotary telephone is not available in the market anymore. They are complicated to use when making a call and the tone is not loud enough. They are not ideal for the elderly to use.

I Am No Longer A “Hidden Elderly”

"I am old and my hearing is getting worse all the time. I didn't hear the phone ring when my friends called me. I'm so useless!" Grandma Cheng, 80 years old, lives in Hong Kong by herself with no friends or relatives. She lives on the meager sum of Comprehensive Social Security Assistance (CSSA). Confronted by the gradually failing health, Grandma Cheng sighed shaking her head, "Phone calls and home visits of my church friends are comfort to my hopeless soul. Nevertheless, my hearing has been getting worse, I can't hear the phone ring. My church friends thought I fainted at home when I didn't answer the phone when they called. As a result, they came to my home to make sure I was alright. I felt sorry to cause them the inconvenience!"

When we visited Grandma Cheng, we found that her telephone was the outdated rotary telephone. The ringing tone became weak due to a lack of maintenance. It's no wonder Grandma Cheng didn't hear the phone ring as her hearing capacity has been worsening. "I thought I could still use the phone instead of throwing it away. I didn't realize my hearing was that bad!" St. James' Settlement's Electrical Appliance for the Elderly Program then decided to give her an amplified telephone with louder volume and flashing indicator so that she can link up with the outside world again.

"The volunteers delivered the telephone to my home. They also put it somewhere I can see easily. When the phone rings, I can hear it perfectly. I tried calling one of my church friends, I could hear my friend at the other end very clearly. I was so pleased and so grateful. I'm not a hidden elderly anymore!"

Advanced technology definitely benefits elderly who experienced inconvenience in daily life since their bodily functions gradually deteriorate. As a result, the elderly won't feel that they are abandoned and neglected. With the generous donations from benevolent people, the Program can continue to search more electrical appliances suitable for use of the elderly so that they live respectably. Let us care about their household needs in joint effort!



為長者度身訂造的特大鈴聲閃燈電話，符合長者的需要。計劃更會派出義工，按長者的生活習慣進行基本安裝。

The tailor-made amplified telephone with louder volume and flashing indicator suits the elderly's need. The Program will also send volunteers to do the basic installation according to the elderly's living habit.



我們需要你的捐助
We Need Your Donation



一四年一月份
JAN 2014
慈惠月報
The Philanthropy Monthly

雪櫃贈長者 保鮮食物得健康

「我患有十二指腸潰瘍，只能少食多餐，一碗飯也吃不完。」獨居於青衣公屋邨的廣伯伯，未婚依靠綜援維生。廣伯伯獨身一人，沒有任何親屬照顧，堅持以「不求人」的態度應付生活所需，寧願「咬緊牙關」過日子。

得知廣伯伯出院後身體仍然虛弱，社工透過探訪慰問了解他的生活需要，藉著主動關心，軟化廣伯伯滿載自尊的心理關口。才進門看到客廳裡放著一座破爛銅鐵，原來是一部使用了二十多年的雪櫃，打開門裡面佈滿了蟑螂，並傳來陣陣臭味。「雪櫃已壞了好一陣子，自己又無能力買，只好繼續將食物放入去。」社工實在擔心這些食物因不能保鮮而變壞，定會吃壞廣伯伯的肚子。「我可以撐下去的，不用擔心我！」經過多番勸導，也為免讓關心自己的有心人失望，廣伯伯最後才同意將雪櫃更換。社工離開前，廣伯伯不忘說道：「如果搵唔到雪櫃都唔緊要的，最緊要唔好麻煩到人。」廣伯伯對別人份外體貼，但卻遺忘了自己的迫切需要。

為怕廣伯伯再次改變主意，社工立刻向「電器贈長者」計劃求助，希望於極短時間內為廣伯伯覓得一部雪櫃，不用每日冒險吃下變壞食物。「電器贈長者」計劃仰賴善長集腋成裘的捐助，面對電器的急切需要，盡力協助長者所需。在「急長者之急」的服務精神下，計劃得善長的慷慨捐助，及時為廣伯伯送上一部小型雙門雪櫃。選擇體積細小的雪櫃，可避免廣伯伯累積太多剩餘飯菜，而且體積亦符合單人公屋單位的呎吋標準，十分合適長者使用。「我真係好幸福，老來無子都得到善長人翁的關心，衷心感激。」廣伯伯流下感動的眼淚，善長的捐助令廣伯伯不只獲得了一部雪櫃，而是他一直欠缺一份能給他鼓勵的關懷之情。

「電器贈長者」計劃全年度無休推行，每日都會收到如廣伯伯般急需的家電申請。根據計劃資料顯示，雪櫃為在炎夏來臨前申請數目最多的電器。聖雅各福群會「電器贈長者」計劃，在此呼籲社會熱心人士慷慨捐助，以集腋成裘的方式，為每位長者捐助 \$600購置一部小型雪櫃，確保長者能保鮮食物，讓他們吃得安心又健康。施善聯絡：香港灣仔石水渠街85號一字105室，或致電熱線：2835 4321 或 8107 8324。網址：www.thevoice.org.hk。



A Fridge for Elderly To Keep Them Healthy

"I have duodenal ulcer. I can only eat little in a meal and thus I need to have frequent meals a day." Grandpa Kwong, living alone elderly in a Tsing Yi public house estate, lives on CSSA. Grandpa Chung insists to rely on anybody; he manages his daily needs hardly without bothering others.

Knowing Grandpa Kwong was weak after discharged from the hospital, the social worker paid a home visit to send their care and to find out his needs thus to soften his self-esteem problems. When the workers went into his home, there is a very old fridge which has been used for more than 20 years in the sitting room. There were many cockroaches inside and it is very smelly. "The fridge has been broken for quite a time. As I cannot afford a new one, I can just keep using it to keep food. Anyway, I can live with it, so don't have to worry!" After a long time of persuasion, Grandpa Kwong finally agreed to change it for a new one. Before the worker's departure, Grandpa Kwong kept saying, "It doesn't matter if you cannot get one. I just don't want to bother others." He is so considerate for others but totally ignores his own needs.

Being afraid of Grandpa Kwong changing his mind, the social worker immediately sought help from the "Electrical Appliances for the Elderly Program", hoping to get a refrigerator in the shortest time. The workers hope a refrigerator can release the risk of Grandpa Kwong in consuming stale food. The Program aims to satisfy the urgent need of the elderly by the generous donations from kind donors. In keeping the mission of giving immediate help, the Program finds a suitable refrigerator for Grandpa Kwong. Choosing a small refrigerator is just suitable for Grandpa Kwong as it can prevent the overstocking of leftovers and it fits the size of the single public housing estate unit. "I am really fortunate. I have no children but there are still well wishers giving me care and love." Grandpa Kwong is touched with tears in eyes. In fact, the donation only gives him a refrigerator, but also sends him a sense of encouragement and care."

"Electrical Appliance for the Elderly Program" is all year round and we receive urgent requests like that of Kwong every day. From our data, it shows that refrigerator is item of the highest needs before the summer comes. Thus, we are now appealing for your generous donations. Each donation of \$600 can help a elderly with a small size refrigerator, ensuring proper storage of food. For donation, please contact us at Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong or at 2835 4321 or 8107 8324. Website: www.thevoice.org.hk.

一部小型雙門雪櫃，正符合獨居長者的家居需要。
A small refrigerator is just right for a living alone elderly.



感謝贈我三支針藥費

眼睛是我們的靈魂之窗，靠著它我們可以欣賞世界上各種各樣美麗的東西，可惜正就讀副學士的張同學就沒有大家那樣幸運了！

張同學患上葡萄膜炎，令雙眼反覆發炎，眼球微絲血管破裂，影響視力，亦為日常生活帶來嚴重影響。現年二十二歲的他正就讀副學士學位二年級，因患有葡萄膜炎，影響了雙眼視力，現時左眼只能看到近距離的東西，右眼就只看到模糊影像。眼疾令張同學經常無法參與考試，令他應付學業倍感困難。

「醫生幫我診斷後，建議我每兩星期注射一種名叫Adalimumab的針藥，以減低發炎的情況，但每一針藥需要四千元，爸爸現已退休，少量積蓄亦因為我的學費耗用得七七八八，現時一家六口是靠著大哥的收入維持。每想到家人單單為我八千元的藥費張羅，自己成為家庭的沉重負擔，我實在很難過。同時，我又害怕不接受治療就會失明，自己的世界從此變成黑暗，到時真不知如何是好！」張同學抱著很矛盾的心情告訴我們他的困苦。

「幸好，醫務社工幫我找到你——聖雅各福群會惠澤社區藥房，你們的同事評估了我的情況後，有資助計劃可幫助我，當中我知道是有熱心人士捐款，幫助我三支針藥的藥物，共一萬二千元。我聽到這個消息，我實在很開心，同時十分感謝善長及聖雅各！」張同學繼續說，「對於未來的日子，我沒有太長遠的打算，又或者是不敢想得太長遠，現時我只希望在經濟上減輕家人的壓力，爸爸為這個家已勞碌了大半生，退休後仍要為我擔憂，我真的很對不起他！」張同學為著眼睛問題，對爸爸及家人深感內疚。

「有病不是最痛苦，有病沒錢醫才是最難受，暫時有善長助我解決了當刻的燃眉之急，待眼睛發炎的情況好轉，我可以返學繼續學業。眼睛雖然看不清，但我深深知道只要好好控制這個病，我的前途也可以同樣光明！」張同學對未來充滿憧憬。



Grateful for Subsidizing Three Injections Cost

Eyes are the windows to the soul. We can appreciate all kinds of beautiful things through them. It's a pity that young man Cheung, who's doing an associate degree, is not so lucky like many of us.

Cheung's eyes suffer from a disease called Uveitis which causes his eyes to be inflamed on and off. When that happens, the capillary blood vessels of his eyeball bust and it affects his eyesight. It also affects his daily life seriously. Cheung, now 22, is doing his second year in associate degree. His eyesight is affected by Uveitis. Right now, his left eye can see things from a short distance while his right eye sees everything in a blurred image. Cheung often failed to sit for examinations due to the disease which made it additionally difficult to pursue his study.

"After an examination, the doctor suggested me receive an injection called Adalimumab once biweekly. This injection will reduce the frequency of inflammation. Each injection costs \$4,000. Dad is retired and has spent the majority of his savings on my school fees. Presently, my family of six relies on the money my eldest brother brings home. I feel bad whenever I am aware that I've become my family's heavy burden and they have to struggle to raise the \$8,000 medication cost for me. At the same time, I'm afraid I might become blind if I don't receive the treatment. When that happens, I won't know what to do!" Cheung told us his worries and anxieties and the dilemma he was trapped in.

"Fortunately, the medical social worker found you for me—St. James' Settlement's Philanthropic Community Pharmacy. After an assessment of my situation, your staff told me that you could help me with a subsidy plan. I was told that some benevolent donor had paid for the cost of 3 injections, which came to \$12,000 totally. When I learnt of the news, I was so happy. And I am very thankful to St. James' and the donor." Cheung went on to say, "I have no long term plans for my future. Rather, I dare not look too far from now. I just want to reduce my family's financial burden. Dad has worked so hard for our family most of his life. I feel so sorry because he still has to worry about me after his retirement!" Cheung felt guilty towards his family members and his father because of his eye problem.

"The worst thing in life is not to be sick. The worst thing is to be sick but with no money to receive treatment. For the time being, some benevolent donor has helped me to solve my financial problem. I can carry on with my studies once the inflammation of my eyes has improved. Though I can't see clearly, I truly believe as long as I can control this disease, my future will be as bright as everybody's can be!" Cheung is full of hope for his future.



我們需要你的捐助
We Need Your Donation

「自費購藥 責任誰屬？」

政府自訂立藥物名冊後，對全港市民都一視同仁，凡在藥物名冊上的醫生處方藥物，大家均需自費購買。對經濟困難的人士來說，他們需要向有關機構及基金叩門，詢問資助計劃內容，如合資格，就嘗試申請。按現時情況，社會上並沒有一間機構能保證長期資助有困難的病人購買自費藥物，加上絕大部份需要自費藥物的都是長期病患者，他們今次成功申請獲得資助，資助費用耗用後，就只好再次向社工尋求協助，向其他機構及基金再度叩門，他們終日籌錢醫病，徬徨度日。

要申請資助解決沒錢買藥的長期病患者大致有兩類：

第一類為藥費張羅的常見長期病患者是基層退休長者，在沒有退休保障下，很多長者儲下來的積蓄根本不足應付幾十年的退休生活，一旦要自費藥物，動輒每月支出幾百至幾萬不等，視乎疾病情況及就有關藥物而定。大家不難想像，對於沒有收入的基層退休人，每月額外支出幾百元買藥實在是很大的擔子。由於自費藥物通常是效少副作用的，而根據我們接觸的病人經驗，在經濟壓力下他們寧吃較多副作用的藥物，身體承受多一點苦好過沒錢開飯。

另一類為藥費奔波的是綜援人士，在一視同仁的情況下，他們也要為自己的藥費負責，單身綜援金額約每月三千，他們面對每月額外藥費，同樣是手足無措。一位因病失業漢向我們表示：「醫生說以往服食的藥物控制不到病情，如不服藥效較佳的自費藥物，身體情況只會每愈來愈差！現在真的食又死，唔食又死！」他的說話導出不少同病相憐者的心聲。

陳伯現年68歲，最近於覆診心臟科時，醫生建議他購買較新的薄血藥以減低中風機會。醫生知道陳伯高齡帶病，從事清潔散工，單身漢又是獨子，在沒有親人支援下，便轉向他到本會惠澤社區藥房購買藥物。當他得悉在優惠下每月藥費仍要六百元，雖然相比在其他藥房每月省了三百元左右，但對於他來說始終是一筆大開支，確實令陳伯大失預算。後來，他唯有向老闆借糧才可購買首個月的新藥。「我從沒想過要申請甚麼資助，自己生病，自己買藥食，合情合理，那裡有免費午餐！我沒有錢，唯有問別人借，我已告訴老闆有散工要第一時間通知我，賺得幾多得幾多……為了每月六百元藥費，唯有在三餐再慳一點……現時我最擔心是糖尿病和血壓高的控制情況，我怕醫生又要我自費購藥，到時候就真的不知怎麼辦了！」陳伯直言不想成為別人的負擔，若果沒有錢，唯有重服舊藥，同時再儲些錢，到有能力的後再購買藥效較好的新藥。

社會上，確實有些人因為籌不出藥費而放棄治療，亦有人因藥費成為家人的重擔而慘被離棄。作為一個負責任的政府，理應伸出援手，竭力消滅上述情況，縱使我們不能要求政府立即修改政策，但我們仍可以透過不同渠道發聲，又或透過服務來支援有需要的病人，從中亦可把有關經驗向政府反應。

聖雅各福群會惠澤社區藥房一直以來有賴熱心人士的捐助，以解決病人燃眉之急，為無助者提供適時的援助，請大家生活之餘不要忘記社會上的弱勢社群。施善款項數目不拘，支票抬頭請書：「聖雅各福群會」，支票背面指定：「贈藥治病計劃」之用。施善查詢：2835 4321或8107 8324。

Self-Paid Medications Whose Responsibility?

Since the government launched the Drug Formulary, patients have to buy their own drugs if they are on the list. People with financial difficulty have to find out the content of subsidy schemes of relevant organizations and funds. If they are qualified, they will try to apply. As far as we know, there is no organization that can guarantee subsidizing patients to buy self-paid medications on a long term basis. Moreover, those who need to buy their own drugs are chronic patients. Though they may succeed in getting subsidy this time, when the subsidy is ended, they have to seek help from the social worker again. They may have to seek help from other organizations. They are busy with finding subsidy for purchase of drugs all the time. They are actually living in anxiety.

There are 2 types of chronic patients who apply for subsidy for purchase of drugs. The first type is the retired elderly from the root stratum. Without retirement protection, the elderly don't have enough money to last them through decades of livelihood after retirement if they only have their savings to fall back on. When they have to buy the self-paid medication, the expenses could range from a few hundred dollars to tens of thousands, pending on the condition of illnesses and the prices of drugs. It's not hard to imagine that additional expenses of a few hundred dollars on drugs is a heavy burden. Self-paid medications bring less side effects. However, according to our record, the patients we contacted would rather take drugs with more side effects than not having money for food because of the financial reasons.

Another type is people receiving CCSA. Though they are with financial difficulties, they also have to pay for their self-paid medication. The amount of CCSA for a single person is \$3,000 a month. They are helpless when they face the extra monthly medication cost. One man who lost his job because of his illness said, "The doctor said the old drugs failed to control my illness. If I don't take the self paid drugs with better curing effect, my health will get worse and worse! I am facing the dilemma of deteriorating health and financial problem!" His remarks reflected the situation of those with similar problem.

Uncle Chan is 68. At a recent follow up consultation of his heart problem, the doctor suggested him buy the relatively new Warfarin to reduce the risk of stroke. Knowing that Uncle Chan works as a non-regular cleaner despite his illness, the doctor referred him to St. James' Philanthropic Community Pharmacy since he is single without any support from relatives or friends. As soon as Uncle Chan learnt that the discounted drugs cost \$600 monthly, he thought that was quite a substantial amount though it's already \$300 cheaper than the drugs sold elsewhere. Finally, he could buy new drugs for the first month because his employer paid his wages in advance. "I never thought of applying for subsidy. It's fair that I have to pay for my own drugs. There's no free lunch in this world. I borrowed from my boss for I hadn't got the money. I've told my boss to let me know at once when work is available. I'll have to tighten the budget for 3 meals for the sake of buying the new drugs. Right now, I'm most concerned about controlling diabetes and hypertension. If the doctor asks me to buy the self paid drugs again, I won't know what to do!" Uncle Chan said he doesn't want to be someone's burden. If he has no money, he'll take the old drugs until he has saved enough money to buy the new ones.

In our society, there are people who give up treatment because they fail to raise enough funds. There are some being abandoned by their family once they became the family's burden. As a responsible government, relevant authority should extend a helping hand and try to stop both situations afore-mentioned from happening again. Though we may not be able to request the government to amend its policy right away, we can voice our opinions through various ways and means. Or, we can support patients in need with our service and reflect relevant experiences to the government.

St. James' Settlement's Philanthropic Community Pharmacy, relying on benevolent people's donations for its operation, has been offering timely help to people in need. Please remember the under-privileged in your daily life. Any amount of donation is cordially welcome. Make out your cheque payable to "St. James' Settlement", specifying at its back for "Medical Subsidy Program". For enquiry, please contact 2835 4321 or 8107 8324.



社會有你們真好!

馮婆婆從板間房搬上筭灣新居，由於她是一個很獨立、不願求助於人的老婆婆，社工知道她要搬家，打算為她申請「長者家居維修服務」的鋪地板服務，馮婆婆卻笑著推卻，「我會自己處理的，我在街上執到沒用的舊橫額和舊紙皮，整理一下就可以。」不論社工如何勸喻，最終在婆婆入伙之時，將在街上執回來的舊破椅、風扇，甚至別人剛棄置的床，通通搬回家。幸好她是一個樂觀派，認識不少老友和街坊，在搬遷時有他們幫手，過程總算是順利。

談到家事，馮婆婆即收起臉上的笑容。她結過婚有一子，唯她早年已與丈夫分開，兒子也沒有跟她，對過去的事，婆婆不欲多談。「現在我靠政府才能有飯吃，平時也很少要看醫生，總算是福氣。我生活好儉樸，省得一分錢就要省。」由於婆婆認為煤氣費貴，故接受社工轉介申請「電器贈長者計劃」的電磁爐，當負責同事家訪時，嚇然發現婆婆把光管懸空吊在走廊通道位置。細問下，原來婆婆認為光線不足，出入看不清楚，加上她家中堆滿雜物，一不小心，容易踏錯腳而絆倒；此外，在廚房的門檻有明顯的破爛，有次她煮飯後行出廚房，踏在門檻上滑了腳，整個人跌在地上，幸好過了一會可以自行爬起來，相信是因為門檻的石屎鬆脫所致。

回來後，個案轉交至「長者家居維修服務」負責同事繼續跟進，同事便派義工師傅上門為馮婆婆進行家居維修，分別把光管定位和固定電線，以後婆婆每次出入走廊位置便不用為光管和電線而避來避去；義工師傅又幫婆婆用水泥補回破爛了的門檻，防止她再次滑倒。

馮婆婆看著義工默默地進行維修，縱是大汗流浹背，亦樂於服務。向來怕麻煩他人的馮婆婆也不禁大讚師傅有愛心，假日也來幫獨居老人，社會有你們真好！



It is Good to Have You in the Society!

Old Lady Fung is moving to Shaukeiwan from a partitioned flat. She is an independent old woman and declines help from others. When the worker referred her case to the Elderly Home Maintenance Services, she insisted that she could manage by herself. She collected the old furniture and home accessories that people discarded in the refuse chambers. She was lucky enough that she collected all she wanted for her new home and her friends helped to move the collected old furniture and accessories to her new home.

Old Lady Fung did not want to mention much about her family. All she could tell us is that she had married and with a son. However, she separated with her husband long time ago and her son lives with her husband. Old Lady Fung carries a positive attitude. She regarded herself lucky because she is under the protection of the government comprehensive social security assistance scheme and her health is good. Recently, she received an induction cooker through Electrical Appliance for the Elderly Program so that she could save the high gas charges. However, the home visit team observed during a visit that a fluorescent lamp was loosened and hung down from the ceiling and the ledge on the kitchen floor was loosen as well. The visit team later learned that the loosened fluorescent lamp could not give enough lighting to the old lady and floor ledge was broken because she was once tripped over it.

The worker then reported the case to the Elderly Home Maintenance Services for follow up. They arranged some volunteer workers to visit Old Lady Fung and help to fix up loosen fluorescent lamp and floor ledge.

Old Lady Fung was so grateful to the volunteers who came to help her fix up the loosen items even on their holiday. She concluded that "It is so good to have you in the society!"

有賴社會上一群義工默默付出，幫忙社會上的獨居老人。

There is a group of volunteers who contributes without asking return in help the living alone elderly.



親切的電提服務

「年紀大，又無親人照顧，提醒長者適當用藥的安全是重要的，特別在服藥情況和藥物存放方面，大家都知道服藥可分為一日三餐、兩餐又或飯前飯後、睡前等等，不要說是公公婆婆，一般一人容易混淆！」義工阿芳細說她對長者用藥的觀察。

聖雅各福群會的「電提服藥服務」是透過義工定期致電聯絡獨居長期病患者，就他們用藥的情況作出慰問及提醒，遇有問題時，即時與負責社工交待以便跟進。阿芳是「電提服藥服務」義隊隊員，由於她是位家庭主婦，在平日可抽出時間電話聯絡獨居長者，「一個電話可以跟老人家傾下計，令他們感受到社會對他們的關懷，社會並沒有忘記他們，還有當我們了解他們覆診情況，例如：有沒有轉藥、加藥或減藥，服藥的時間、服藥後有沒有不適等等，當發現有問題時，我們就可以即時處理，否則錯誤用藥，後果會很嚴重！」

「電提服藥服務」的義工先要接受註冊藥劑師的培訓，註冊藥劑師會講解常見的長者疾病、用藥注意事項、存放藥物的知識等等，以助義工們有足夠的技巧和知識與服藥長者溝通。除此以外，還有長者常用藥物的功能、藥性、副作用、服食方法及與有關藥物與食物的相沖問題，而疾病的飲食及生活注意事項也是相當重要的。阿芳參加了有關課堂，並且接受服務前的考試，她笑著告訴大家，「要考試合格後才可以有資格做電提服務的義工！」

雖然有了上述知識，但要透過電話了解長者的生活情況亦是另一種技巧，故此，社會為義工作出培訓及為大家提供指引，「有了完備的訓練，我們就更有信心。老實說，上堂除了幫到別人外，自己又學到很多知識，可以幫到自己及家人。」阿芳繼續分享說：「我認為這個義務工作很有意思，又很適合我，很多人可以假日上門探訪，而我就在平日打電話給老人家，與他們聊天之餘，亦可支援他們健康需要。上課後，我知道藥物是很貴的，藥物的影響也可以很大的，所以從經濟及健康方面都是要小心好好處理。每次與老人家傾完電話，我會做小小記錄，然後定期交給社工，當及時發現長者用藥出現混亂又可即時幫忙，我覺得很有滿足感，我會繼續利用電話去幫助更多有需要的公公婆婆。」



The Caring Phone Reminder Service

"For those who are old and without family care, it is important to remind them on safe medication use, particularly on their intake and storage. As we all know, medication can be taken once, twice or thrice a day; or before or after meal; or prior to sleep and etc. Not to mention the elderly, even people like us can easily get confused." said by volunteer Fong with her observation.

The volunteers of the Telephone Reminder Service of SJS will make regular phone call to living alone elderly with chronic illness in understanding their situation on medication usage. If problems are found, the volunteer will contact the worker for follow up action. Fong is one of the volunteer of the Telephone Reminder Service. As she is a housewife, she has more free time to contact the living alone elders. "A phone call can show our care to them; also, we can learn about their latest situation. For example, the medication or dosage changed after check-up. We can know at once for their problems and avoid mistaking of medication."

Volunteers of the Telephone Reminder Service have to receive prior training from the registered pharmacists. Pharmacist will give lecture on the common problem within elderly, and cautions on use and storage of medication etc. This equips the volunteers with adequate skill and knowledge to communicate with the elderly. Also, the function, nature, side effect, ways of usage and conflicting issues of the medication with food and diet are all very important. Fong has attended the above training and took the test before providing the service. She said with smiles, "One has to pass the test being qualified for providing the Telephone Reminder Service!"

Apart from acquiring the above knowledge, the volunteers have to acquire the skills in communicating with the elderly over the phone. Regarding to this, the social workers will provide training as well as guidelines for the volunteers. "After the full training, I have more confidence now. Honestly, the training not only enables us to help the others, the knowledge is also useful for me as well as my family." Fong continues, "I think this volunteer work is very meaning and fits me well. Some people pay home visit to the elderly during the holidays while I can call them on the weekdays. On one hand I can chat with them; on the other hand, I can support their medication needs. After taking the course, I know that the medication is very expensive and the impacts can be huge. Thus, I will handle it very carefully considering both the economic and health aspect. Everytime when I talked to the elderly, I will jot down a few note and pass to the worker on a regular basis. I have great satisfaction in providing the elderly with prompt support! I will continue to help them by the Phone Reminder Service!"

電提服務的義工需接受培訓後，才可為長者提供服務！

The volunteers have to receive relevant training before providing service for the elderly.

「到戶理髮服務」 申請一問

問：你好，我是新讀者，收到你們的「慈惠月報」後，曾捐款支持你們，但我對「到戶理髮服務」不太認識，其服務的形式、對象是誰呢？希望你們能為我解答。

答：首先，非常感謝您對慈惠服務的支持，「到戶理髮服務」的服務對象是為港九新界各區的長者及傷殘人士，目的是為體弱、行動不便的長者及傷殘人士作出剪髮服務、整理儀容，使長者及傷殘人士能有尊嚴地生活，回復其生存意欲，並藉此扶助護老者及家人，助解其照顧困難。

服務資格方面，主要是行動不便而需別人照顧的人士；缺乏自我照顧能力者，如傷殘、失明、中風者，並經濟條件有限，如綜援受患者……等，但服務者的身體亦須無傳染及皮膚病才可。這是因為我們也需要保障剪髮義工的安全。

透過地區機構的社工轉介，經同工審核確定合乎資格後，本會便安排義工們到轉介機構服務，或親到長者家裏提供理髮服務。而理髮義工都是義務性質，大家均抱著助人自助的精神為有需要的人服務。

佳節臨近，當我們忙於打扮應節時，體弱行動不便的長者及傷殘人士同樣也希望得著整潔的儀容，修理一下自己的頭髮，令自己外貌看來更整潔，讓自己更有好心情積極參加社交活動，保持心情愉快；同時，透過義工提供服務，也可讓他們感受社會人士送來的快樂和溫暖！

在此，再次感謝您的查詢，希望善長們能對我們的服務更有認識及繼續慷慨解囊，讓更多有需要的人士受惠，在生活各方面得到改善。如欲了解「慈惠服務」更多詳情，歡迎瀏覽網址：<http://www.thevoice.org.hk> 或致電查詢。



Home Haircut Services

Q: Hello, I am a new reader of The Philanthropy Monthly. I have made donations to support you after reading it but I am not too familiar with the Home Haircut Services. What form of services it provides and who are the people it serves? Hope you provide me with more details.

A: First of all, thank you very much for your support of our philanthropic services. Home Haircut Services targets at the elderly and disabled in all districts in Hong Kong, Kowloon and the New Territories. The objective is to provide haircut and grooming services for the elderly and disabled who are physically incapacitated so as to enable them to live on with dignity and revive their desire for life. It is a gesture to help and support the elderly and their family and to relieve their difficulty in caring for them.

The service targets mainly at those who require others to take care of, such as the handicapped, the blind, stroke patients, as well as those who are financially deprived, such as CSSA recipients. However, the service recipients must be free from contagious and skin diseases as we need to protect the safety of our volunteers as well.

Through the referral of local welfare organization and after vetting by the staff to ascertain the aforesaid criteria are met, we would arrange volunteers to go to the organization or the elderly's homes to carry out the haircut service. The service is all conducted by volunteers who embrace the spirit to help those who are in need.

As happy festivals are around the corner, we are all busy in grooming ourselves to attend the festivities, the elderly and the disabled are also yearning for a nice and well-groomed look. They also want to trim their hair to look nicer so as to have a better mood to participate actively in social activities. Meanwhile, the caring service of the volunteers can also make them happy and feel the warmth sent by the society.

Thank you again for your enquiry. We hope you benefactors can have a better understanding of our services and continue to donate generously to enable the needy to lead a better life. If you want to know more about the Charity Projects, please visit our website at <http://www.thevoice.org.hk> or call for enquiry.



與義工自製2,000支潤唇膏 愛心夫妻 為長者最後時光添暖

天氣轉冷，若梅和柏豪夫妻檔再次出動，給長者添棉衣、鋪電氈，最近更為老人家搽上一口自製潤唇膏。他們是聖雅各後顧無憂計劃義工，這些年來為獨居長者驅寒送暖，與他們共度人生最後溫暖時光。這對義工夫妻以身作則盼喚醒下一代：「有好多老人家要幫忙。」這朝早柏豪剛通宵工作，下班後匆忙趕到灣仔與太太若梅會合，跟一班義工合力製作2,000支潤唇膏。若梅先把蜜蠟和橄欖油放進水煲中隔水加熱，再加入精油慢慢混和。然後交由柏豪小心翼翼把混合成的液體倒進唇膏瓶，風乾後就大功告成。若梅說近排天氣乾燥，送給長者最合適，「希望佢哋會窩心，因為我哋有份做嘛」。

冀下一代關顧長者

今年冬天是柏豪第二次給長者添暖。來到83歲張婆婆的家，為她搽潤唇膏、鋪電氈，逗得張婆婆開懷大笑，一點也不似患上肺癌，「我睇得好化，生就生，死就死」。次女和幼子先後患癌離去，跟長子關係欠佳，每次柏豪夫婦來訪，她總在門口等候，還相約去吃她最愛的薑蔥蠔。

柏豪記得去年除夕夜很冷，臨時收到通知要為長者送暖爐，一直做到晚上10時，最後一名婆婆一直守候義工前來送上暖爐驅寒，「見佢收到好開心，乜辛苦都有晒」。他是受妻子影響當上義工，首次是到明愛醫院探訪一名老伯，沒料到一星期後對方就去世，「個心唔舒服」。幸得妻子安慰，「叫我放開啲，佢哋條路係咁走」。

若梅因身體勞損提早退休，「趁仲後生，可以做得好就幫老人家」。她去年陪伴一名患癌婆婆走完人生最後一程，開解對方鬱結。她在婆婆拍遺照時送上一紮小花，婆婆開心到不得了，「換衫都唔捨得放低，好感動」。她希望下一代能細心照顧長者，柏豪說：「我做咗兩年義工先知，香港有好多老人家要幫忙」。

驅寒七寶送1,500長者

社福界給長者送暖有三寶，棉襖、棉被和暖風機，今年聖雅各福群會後顧無憂計劃增至七寶，除了自製潤唇膏，還有湯包、電熱水壺和電氈，為長者驅寒暖身。該計劃社工岑智榮笑說，有次見妻子自製潤唇膏，靈機一觸便想到用來送給長者，既減輕成本，也可讓義工參與。他指今年物價高漲，各項送暖物資平均較去年貴三成。岑說由於人民幣升值和通脹，棉襖由去年約150元加至190多元，升幅近三成；暖風機則加至200元，也漲價逾三成。計劃現有125名義工，他坦言服務人數越來越多，資源有限，呼籲善心人援手。



A Kind-Hearted Couple Making The Elderly Feel Warm With 2,000 Pieces of Hand-Made Lip Balm

As the temperature has dropped recently, Yeuk Mei and her husband, Pak Ho helped the elderly again by bringing them not only coats and electrical blankets as usual, but also lip balms made by themselves. As volunteers of Funeral Navigation Services under St. James' Settlement, the couple has been all these years making the lone elderly feel warm by standing by their sides on their way to the end of their life journey. With personal experience in taking care of the lone elderly, the couple can clearly send the young generation this message, "Numerous elderly are anxious for help and care." This morning, Pak Ho hurried to meet his wife in Wanchai when he got off work after working overnight. They were to join a voluntary team making 2,000 pieces of lip balm. First, Yeuk Mei put the wax and olive oil in a pot which was then put in some boiling water. Essential oil was then slowly added to blend well with the other ingredients. Then Pak Ho was handed the mixture which was carefully poured into small containers and was simply let air-dry as a final step. Yeuk Mei said the elderly need lip balms in this dry weather, "I hope they will feel our care for them especially because we made the lip balms ourselves!"

Inspiring The Young Generation To Care For the Elderly

This winter, Pak Ho rendered his help to the elderly for the second time. He visited the 83-year-old Grandma Cheung. When he helped her to put on the lip balm and place the electrical blanket in bed, Grandma laughed wholeheartedly. One cannot tell she is a lung cancer patient. She said, "Live or dead, I'll take it easy!" Her daughter and younger son have died of cancer; but she is not getting on well with her only son alive. Every time the couple visited her, she would always wait at the door. The couple has even promised to take her out to enjoy her favourite food, fried oyster with ginger and onion.

Pak Ho recalled that it was very cold last New Year Eve. He was asked with short notice to deliver electrical heaters to the elderly. It was not until 10pm that he made his way to the last place on the list. The grandma had been waiting anxiously for the volunteer to bring her a heater. "She was so happy when she got it. That was the source of strength which immediately wiped away my fatigue." His idea of being a volunteer was inspired by his wife. His first task was to visit a grandpa in Caritas Hospital; but he passed away a week later. "I felt sad when this unexpected news came." His wife comforted him. "She asked me to let go my grief as grandpa was not expected to live long and bound to come to the end of his life journey."

Yeuk Mei took an early retirement as she is not fit to work after years of excessive labour. "Since I am not old yet, I'll do what I can to help the elderly." Last year she took care of a grandma, a cancer patient, by always being by her side comforting her while she was going through the last part of her life journey. When grandma took her photo for funeral purpose, Yeuk Mei brought her a small bundle of flowers and grandma was thrilled. "I am very touched. I held the flowers even when I was changing my clothes." Yeuk Mei hopes that the young generation will take care of the elderly attentively. Pak Ho said, "What I realized after working as a volunteer for two years is that really many elderly in Hong Kong are in need of our help."

Seven "Blessings" to Stay Warm in Freezing Cold for 1,500 Elderly

The social welfare sector would usually give the elderly three items to fight against the freezing cold: coat, quilt and heater fan. This year, the Funeral Navigation Service under St. James' Settlement helped them more comprehensively. On top of those 3 items, they put the hand-made lip balm, soup pack, electrical thermo pot and electrical blanket on their list adding up to seven "blessings". The Social Worker in charge of the Program, Sham Chi Wing, said smilingly that he was prompted to give the elderly hand-made lip balms when he once saw his wife making some herself. It is economical and volunteers can take part in the production. He pointed out that those warm-keeping items cost 30% more on average when compared to last year due to inflation. He added that the Renminbi appreciation and inflation have resulted in a year-on-year increase of price for nearly 30% for coats (from \$150 to \$190); the price for a heater fan costs \$200 now marking an increase of over 30%. Though the Program has recruited 125 volunteers, he frankly said as there was an increasing demand for service and given the limited resources available to them, he appealed to the kind-hearted people for support.



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.

查詢及網址：聖雅各福群會

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

Inquiry and Website : St. James' Settlement

Contact Person : Ms. Tse Man Wai
Telephone No. : 2835-4321 / 8107-8324
Fax : 3104-3635
E-mail : thevoice@sjs.org.hk
Website : www.thevoice.org.hk
Address : Rm 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong
Volunteer Design : Mr. Edmond Wong
Translation Volunteer : Constance WONG, M.K. KEI, Kathy SHIN, Jose CHAN, Jeannine WONG, TY LEUNG
Friendly Printing : Ping Wai Printing Co., LTD.