



### 社工的話 Social Worker's Remark

社會物質進步，是市民之福。

唯並非每一個人所能受惠，對於一些貧而無依老者而言，於他們「捉襟肘見」的財困中，正是一個生活的大倒退。

現時公屋設計可讓市民安裝熱水爐，在廚房及浴室有熱水供應，但對於我們接觸的貧老來說，一定不會考慮煤氣爐，一來爐具好貴，二來煤氣費用較電費貴，熱水供應全屋，會花不少錢，他們想都不敢想；但有些長者鑑於自己身體孱弱，希望在冬天時有熱水供應洗手及洗碗，免除雙手被凍水冰得關節麻痺及疼痛。查詢價格，發現「高壓」電熱水爐比「低壓」電熱水爐又貴一倍，貧老唯有再次打退堂鼓。

新式的公屋已在廚房位額外加裝水龍頭，讓居民可以安裝洗衣機，對於貧老來說，政府「長者家居環境改善計劃」自從於去年告終，貧弱長者根本拿不起一千大元來買洗衣機，看著這個額外的水龍頭，根本對他沒有多大的意義。在沒有洗衣機的日子，他們靠手洗衣服，可是手力不足應付較厚較重的衣物，於是就只好掛起，打開窗戶吹吹風就算吧！故不難明白有些長者身上傳來異味。

社會進步，城市設計考慮方便市民，這本是好事，但從貧老生活角度來看，城市的進步卻顯得他們更加的缺乏和貧窮，這實在令人心酸！特別在長者發覺自己一次又一次無能力時，他們會更顯得不好意思去再次求助於人。所以，我們多向轉介社工為個案提供一站式服務，免得長者不停被社工審查。此外，在他們提出申請一項服務的時候，我們會主動了解他們其他的需要，免得他們之後又要申請，除了善用人力資源外，更重要的是免得需要被延誤，影響他們的生活質素。

香港在享受繁榮的日子，也應該兼顧富庶下貧窮的一群，他們遇到的困難有時非我們能所及。透過與地區社工的溝通、直接上門家訪、聽取他們的情況及觀察他們難於啟齒的困苦來了解他們的需要，靠義工的力量及善長的慷慨，好讓他們的生活質素得到改善，有尊嚴的面對每一天的生活。

A society with materialistic improvement is a blessing for its citizens.

However, not all of them benefit from it. On the contrary, such improvement turns out to be a retrograde phenomenon to the poor elderly who live in financial strait with no one to fall back on.

The present design of public housing units allows tenants to install water heater; which means there is hot water supply in the whole unit. But the poor and old elderly we often come in contact with definitely will not consider installing gas stoves. For a start, gas stoves are very expensive. Secondly, gas cost is dearer than electricity. It costs a lot to have hot water supply in both kitchen and bathroom. Some elderly will never dream of installing. Some elderly, weak in health, do hope to wash their hands and do the dishes with hot water in winter so that their joints will not get numb and painful. When they inquire after the cost, they find that high voltage electric water heaters are twice as expensive as the low voltage ones. The poor old elderly can only give up completely the thought of installing an electric water heater again.

Additional kitchen water taps are added to the new housing units to allow tenants to install a washing machine. Since the government put an end to the Home Environment Improvement Scheme for the Elderly last year, the poor frail elderly cannot afford \$1,000 for a washing machine. The additional water tap means nothing much to them. Without washing machine, the elderly hand wash their clothes. But they are not strong enough to handle thicker and heavier clothing. They would rather hang them up by the window and air them as an alternative. It is therefore easy to understand why some elderly stink.

It is a good thing that in an advanced society town planning aims at making life convenient for its citizens. Nevertheless, from the poor elderly's point of view, advancement of a society reflects how deprived and destitute they are by comparison. When the elderly realize their helplessness repeatedly, they would feel shameful to ask for help. That is why St. James' Settlement provides one-stop service for applicants from referral social workers to save the elderly from continual assessment. In addition, when the elderly apply for one kind of service, St. James' take the initiative to find out what other services they might need. In so doing, St. James' is making the best use of human resources as well as not affecting the elderly's quality of life as a result of delay.

Hong Kong people, while enjoying days of prosperity, should do something to help the under-privileged. Sometimes, the difficulty the elderly come across is beyond our imagination. We find out their needs by home visits through arrangement with district social workers. During the visit, we learn more about them from the things they talk about and observe the hardship they feel embarrassed to mention.

We at St. James' try to improve the quality of life of the elderly. With joint efforts of our volunteers and benefactors' donations, we aim at enabling the elderly to live each day in dignity.

## 非貧老之福 Not A Blessing For the Elderly

為善者天報之以福。

Heaven will award fortune to those doing good deeds.



## 炎夏高溫為長者送涼

## Help Poor Elderly Beat the Heat Send Them An Electric Fan

今年自踏入五月開始，最高氣溫已踏入三十度，加上濕度甚高，讓人感覺鬱焗又悶熱。「我太太患有小腦萎縮，長期臥床。我真擔心太炎熱會令他背部會長出熱瘡，長開冷氣我亦負擔不來，一把風扇對我們來說很重要！」鄭伯伯調教著「電器贈長者」計劃送上的風扇，希望可以為太太在酷熱的環境下送上陣陣涼風。

High temperature of 30°C plus high humidity, this is how we describe a typical day in May — damp, sultry and unpleasantly hot. "My wife has Spinocerebellar Ataxia, she is bedridden; I am quite worried that she may have heat-sores under this hot weather. As I can't afford keeping air-conditioning on 24/7, an electric fan is just essential to us", said Uncle Cheng while he was setting up the fan he obtained through the Electrical Appliance for Elderly Program. He hoped that the brand new fan would cool his wife off a bit in the hot summer days.

「我住呢間劏房不敢開窗！因為樓下好多堆積垃圾，一開窗就有臭味攻入，仲有好多蚊蟲添！」70多歲居於深水埗劏房的李婆婆對我們說。社工探訪時，才剛進房十多分鐘，已熱得汗流浹背，估計當下室內溫度超過三十多度。「我把風扇太細了，得8吋，但別人好心送給我不能要求太多。」「電器贈長者」計劃一直堅守「急長者之急」的精神，於翌日早上，為李婆婆送上12吋座枱風扇，這風扇並可轉向，吹向房內每一角度，保持室內空氣流通。「我好多晚熱到瞓唔著，有了善長送我的風扇，我終於可以安睡！」計劃義工不忘作出溫馨提示，提醒婆婆需定時清潔扇葉，不致讓積塵吹出不潔空氣，影響婆婆的呼吸功能。樂得開懷的李婆婆說：「善長和義工就像我的至親，對我如此體貼入懷！」李婆婆臉上滿足的笑容，充滿著甜蜜的幸福，這份被關懷的愛正是善心、慷慨的善長們為她所建造的。

"I never open the window as the smell of the heaping wastes and trash downstairs is so awful and there are all kinds of pests & mites." This is the account of an 70-year-old Granny Li about her life in a cubicle in Shamshuipo. The social worker who was then paying her a home visit reckoned that the indoor temperature should be well over 30°C. Just after a brief stay in the room, she found herself completely soaked with sweat. "This 8-inch-fan is a donation gift but it is just too small." Learning the situation of Granny Li, we immediately delivered a 12-inch electric oscillation fan to her. The fan features a wide-angle oscillation, is going to provide comfortable airflow almost anywhere in the room. "With this new fan, I can sleep comfortably at night!" Our volunteers even cared to remind Granny Li to regularly clean the blades so as to avoid inhaling the gathered dust when the fan was blowing. "Donors and volunteers in the program treat me like family, they care for me!" Without our kind and generous donors, we wouldn't have seen the glow of happiness and the hearty smile on Granny Li's face.

每年7月，「電器贈長者」計劃均會組織團隊義工，全天候為居於本港各區的匱乏長者，送上合適他們使用的風扇，於酷熱難當的天氣下送上陣陣涼風。「電器贈長者」計劃義工經驗豐富，服務長者多年，一直堅持「長者所需為先」的服務精神，對匱乏長者的需要從不怠慢。於每年的「風扇餽贈日」，義工會同時動用個人的私家車，充當「貨車」全港性為長者送涼，一日內服務的長者超過50戶，服務範圍包括港島、九龍及新界各區。「好多長者家中都沒有冷氣設備，即使有都因電費昂貴不捨得開啟。在炎熱的天氣下，我們不捨得讓長者受酷熱折磨，希望盡快為他們送上風扇，送上涼風消暑。」計劃義工向我們說。

During every July, the Electrical Appliance for the Elderly Program will organize our volunteer team to reach out all over Hong Kong for the needy elderly and to deliver them electric fans that truly suit their needs. Our volunteers have long experience serving elderly, they care much about what the elderly need and persist in putting their needs first. On the "Fan Donation Day" each year, volunteers would even make delivery with their own cars so as to reach out for at least 50 elderly living on Hong Kong Island, in Kowloon or in New Territories within a single day. This is what our volunteers tell us, "Most elderly don't have air-conditioners at home, even if they have one, they won't switch it on due to the high electricity costs. We don't want those elderly bear this sweltering heat at home, we need to send the fans out as soon as possible."

加上善長對長者的關懷慰問，「電器贈長者」計劃和義工們計劃於今年整個夏季為長者「送涼」，將善長對長者的愛護關懷親身送到他們的家居中。計劃目標為全港300位匱乏長者送涼。計劃急需善款支持，以為長者覓得性能良好的小型風扇，讓他們早日脫離鬱焗悶熱的環境。捐款支票抬頭：「聖雅各福群會」，指定捐款「風扇餽贈」。查詢請致電施善熱線：2835 4321或8107 8324。



In this summer, we, the Electrical Appliance for the Elderly Program, and our volunteers are planning to dedicate our effort to this fan donation drive — our target is to raise funds for 300 electric fans so that 300 needy elderly can stay comfortably at home despite the hot weather. However, this cannot be achieved without your kind support and generous donations. Donate now to send the elderly-in-need a well-functioned electric fan and help making this summer a friendlier one to poor elderly. For donations, please make a cheque payable to "St. James Settlement" and specify for "Fan Donation" at the back. For enquiries, please contact us at 2835 4321 or 8107 8324.

為長者送涼是「電器贈長者」計劃每年夏季的使命。  
To give cool for elderly is the mission of EAE Program in each summer.



## 你們「一站式」的支援 給我一個安全的家

「人到晚年生活如此淒涼，我真希望快些移民，離開這個世界！」陳伯伯眉頭深鎖的嘆息說。去年不幸中風的陳伯伯，需長期臥床休養，步行亦靠拐杖輔助。對居於唐樓劏房的他而言，單位沒有電梯直達，出入甚為不便。要陳伯伯單靠拐杖爬行數十級數梯，對他而言簡直是「不可能的任務」。

了解到陳伯伯的苦況，社署為陳伯伯安排了九龍城德朗邨公屋單位，解決他出入不便的困難。本令人歡喜雀躍的消息，卻為陳伯伯帶來當下的煩惱。「業主一知道我獲派公屋，即告知下月起要加租！我份綜援僅僅夠用，加租我咪連飯都無得食？」情急之下，拿到公屋鎖匙後，便想趕快遷入新單位，隨陳伯伯一起遷入新居的，是數袋帆布袋的衣物，以及教友送來的舊碌架床。裝修、家電、傢具一律欠缺！「自己無能力無本事，有個瓦遮頭便算。還能要求什么呢？」

「電器贈長者」計劃了解到陳伯伯的狀況，即時提供電飯煲、電熱水壺，解決陳伯伯基本飲食的困難。「我而家飲樽裝水，真係好貴！有了這個電熱水壺，少了花費真好！」陳伯伯使用送飯服務，午餐吃剩的飯菜晚上可以使用善長送贈的電飯煲翻熱，解決了陳伯三餐溫飽的需要。

「電器贈長者」堅守「讓弱老安居」的使命，為使陳伯伯生活上更為便利，計劃與「長者家居維修服務」合力為陳伯伯鋪設膠地板、安裝扶手，同時更進一步考慮到陳伯伯欠缺餐枱、座椅、衣櫃等。透過呼籲，計劃為陳伯覓得二手衣櫃、餐枱和儲物膠箱，義工並到戶將陳伯散落滿地的衣物和物品，按陳伯伯的便利度放置好於衣櫃和儲物箱裡。

「我真係好開心！善長義工對我無微不至的照顧，真是人間有情！讓我可以安心養病，希望早日康復！」看著眼前善心人為陳伯建造的「安樂窩」，陳伯伯真的安心了！

「電器贈長者計劃」依靠善長的慷慨支持，讓長者不用無了期的等待，配合他們新居入伙的時間表，為他們提供「一站式」的服務，包括新居裝修、便利他們生活的家電配對、以及尋找合適的二手基本傢具如床、小型衣櫃等，早日為他們建立安樂居所，惠及長遠日後的生活需要。

「善長的關懷照顧，我都銘記於心！我承諾休養好身體，希望有機會親身道謝！」陳伯伯感激的說。計劃每月均收到匱乏無依長者的申請，於新居搬遷上需要電器等之支援服務的協助。請捐助「電器贈長者」計劃，為孤苦無依的綜援長者建立安樂窩。施善聯絡：香港灣仔石水渠街85號1樓105室；或致電熱線：2835 4321 或8107 8324。



## “One Stop” Support Give Me a Safe Home

“Life in my later years is so poor.... I wish I could leave this world as soon as possible!” sighed Grandpa Chan with a deep frown. He unfortunately had a stroke last year and hence he has to rest in bed most of the time and use cane for walking around. This is particularly inconvenient for him living in a partitioned cubicle in a Chinese style building where there is no lift for his floor. It is almost like “mission impossible” each time when he needs to go out as he has to handle decks of staircases.

Knowing his situation, the Social Welfare Department arrange him a public housing unit in Tak Long Estate. However, this exciting news immediately brings a worry for Grandpa Chan. “By knowing the news, the landlord informed me that the rent will increase starting from next month. My CSSA is just enough to tie me over and the increase of rent will deprive me of my meals.” Under this situation, he hurriedly moved into the unit after obtaining the key. Accompanying with his relocation is few bags of clothing and an old double bunker bed given by his Christian fellows without any renovation, domestic appliances and furniture. “What more could I ask with my incapability other than having a roof over my head?”

Knowing Chan's situation, the “Electrical Appliances for the Elderly Program” promptly provided him with an electric rice cooker and electric thermos to resolve his basic cooking difficulty. “I am presently drinking bottle water which is very costly! Nice to have this electric thermos that saves me a fair bit of money! He is now receiving meal delivery service, left over from lunch can be used for dinner by heating up again in the rice cooker and that serves his daily meals.

The “Electrical Appliances for the Elderly Program” hold the belief of giving a safe and comfortable home for the frail elderly. For the sake of Grandpa Chan's convenience, the Program co-work with the “Elderly Home Maintenance Services” in lading the flooring, installing handrails and etc. By further considering his needs, the program successfully give him a second hand wardrobe, a dining table and storage boxes through the appeals. Volunteers then helped to storing his items and clothing in the wardrobe and boxes for his use.

“I am really happy! The benefactors and the volunteer workers took care of me. There is really love and affection in this world! It enables me to convalesce peacefully and to regain my health!” Looking at the comfy home built by the benefactors, Grandpa Chan can really feels at ease now!

“Electrical Appliances for the Elderly Program” relies on benefactors' generous support to cut short the elders' waiting time and to match their relocation schedule. By providing them a “One Stop” service, including renovation, provision of basic home and electrical appliances such as bed, small wardrobe and etc, we hope to give them a comfy home in long term.

“The care and love of the benefactors will always be in my mind! I promise to take good care of myself, hoping to thanks them in person one days!” said Chan gratefully. The program receives requests for this kind of assistance each month, so please donate to our EAE program in providing the helpless CSSA elderly a comfy home. For any enquires, please contact us at Room 105, 80 Stone Nullah Lane, Wanchai, Hong Kong; or at 2835 4321 / 8107 8324.

因急著搬遷，在缺乏協助下陳伯只能將日用品、衣物散落一地。  
Due to the rush relocation and with no help, Grandpa Chan can only scattered the things over the floor.





## 義工修妥天線 電視終可使用

「我住在土瓜灣這個環境惡劣、空間狹小的板間房。」曾伯指著其中一間房說。這是六樓高的唐樓，曾伯是這裡十多間板間房的其中一戶租客。他日常起居都是在這個只有數十呎的小房間內，房內只有簡單的煮食用具及床鋪，由於沒有收音機和電視機，所以曾伯獨處時份外寂靜。

不少長者和曾伯一樣正輪候公屋，現時每天生活在狹窄的板間房內，沒有任何設備可接收外界的資訊（如：新聞、天氣報告）。伯伯每天的娛樂就是到街上走走，在公園坐坐：「每日來回加起來要行 12 層樓梯，好在我現在仲行得，否則，我連唯一與外界接觸的途徑都沒有了。」

長者依靠二千元左右的綜援金過活，根本沒有足夠的金錢購買電視機。「最近，我得到善長捐出一部電視機，我好開心！」曾伯接著說下去：「唉，但業主提供的天線位置，與我這個殘舊的板間房距離很遠，我已經七十多歲了，實在沒有辦法自己爬高拉線，而且原來條天線是壞的！」

這部電視機放在曾伯的家，卻因沒有天線而無法使用。「長者家居維修服務」收到曾伯的申請，馬上安排義工到曾伯的家，上門為他修理破舊的天線，並且協助他將天線鞏固在牆上及拉到他房間放置電視機的位置。義工正在拉線的同時，曾伯感激地說：「好在有社工的協助，將我的需要告知你哋聖雅各，你哋找來熱心的義工師傅幫我，我才有機會看電視！」

電視機對年紀老邁獨居長者可謂「與外界聯繫的恩物」。雖然得到善長的捐贈，但有些長者因居住環境不許可，基本安裝是必須性的，曾伯幸得義工的幫助才不致「得物無所用」。長者非常感謝每一位幫助過他的人：「多謝！多謝各位善長人翁、熱心義工給我的幫助，實在感謝！」曾伯伯終於可免天天行十幾層樓，現在可安坐家中獲知外間的資訊了！



## Antenna Being Fixed TV Can Now Be Used

"I live in this nasty and confined cubicle in To Kwa Wan," said Grandpa Tsang pointing to one of the cubicles. This is an old Chinese building of six floors which Grandpa Tsang is one of its tenants. His daily activities is confined in this little room only with basic cooking utensils and a bed inside. Without radio or TV, the environment is even more quiet when he is alone.

Many elderly like Grandpa Tsang are waiting for the public housing unit. Living in a confined cubicles, they have no channels to receive information, such as news and weather forecast. The only entertainment for Grandpa Tsang is to walk around the street or to sit in the park. "I have to walked up and downs the building every day. Luckily, I am still capable of walking; however, I will lose my only channels to contact the outsiders."

Grandpa Tsang is now living on the two thousand dollars CSSA and he really has no sufficient money for a new TV set. "Lately, I was given a new TV set by a benevolent person and I was so happy!" said Tsang, "But, the antenna location of my building is very far away..... I am over 70 years old. I really cannot afford to climb up to fix the antenna. Even worse, the antenna is in fact not in function!"

The TV is placed in Grandpa Tsang's home but cannot be used without the antenna. By receiving the application of Grandpa Tsang, the "Elderly Home Maintenance Services" immediately arrange volunteer to his place for fixing the antenna. The volunteer helped to fix the antenna and secure it onto the wall. While fixing the antenna, Grandpa Tsang said gratefully, "Fortunately, the social worker assisted me to apply for the service in SJS and the SJS sent me an enthusiastic volunteer for help."

For the living alone elderly, a TV set is very important for them to connect with outside world. Although they receive the donation from donors, some basic installation is still needed. Like Grandpa Tsang, he can only use the TV set with the installation by volunteers in avoiding be wasted. He was really grateful to every one coming to his help and said, "Thank you! Thanks all the benevolent people and the enthusiastic volunteer for helping me. I'm really very grateful!" Now, Tsang can gain information even though he is staying at home.

義工正為曾伯接駁及鞏固天線，長者終可欣賞電視節目。

After fixing the antenna, Grandpa Tsang can now enjoy the TV program.

## 請支持 「長者家居維修服務」

「長者家居維修服務」，主要是幫助社會上缺乏家人支援及經濟困難的長者，為他們維修家居設備及電器，以助他們能於安全的家中渡過晚年。

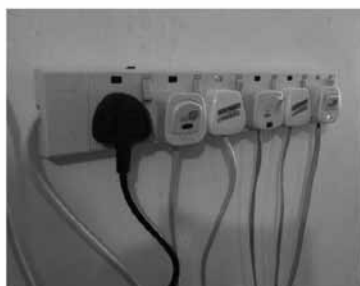
本服務由一群熱心的「三行」師傅組成，他們在工餘時間為有需要的長者提供專業的維修。王師傅是義工隊的成員，經常上門獨居長者家中進行維修服務，「長者年老又無錢，他們一定唔會花費做維修，我見過有些電燈壞了，令屋企變得暗暗黑黑，好容易會跌倒，但婆婆話叫人來睇都收300蚊，都係唔整，自己小心就算。」

長者家居維修服務就的維修工程，由小至更換燈膽、安裝扶手及至全屋重鋪電線、水喉不等，總之以為獨老去除家中陷阱及提供安全家居的大前題下，義工都會按他們的家居實際需要而提供維修服務。

有需要的長者可向地區社工提出申請，經社工審查後轉介至本會。本服務會因應長者的實際情況提供不同的支援，包括安排義工上門評估或維修，有關維修支出均由善長資助，大大減輕長者負擔。「田伯剛從醫院出來，他沒有結婚，一直患有慢性阻塞性肺病，在家要靠養氣幫助呼吸順暢，但家訪時見他家中的電線十分混亂及殘舊，擔心他有意外就不知如何是好，故此就轉介了田伯給聖雅各的家居維修服務。」在觀塘區的家庭服務社工馮姑娘說。

隨著早年政府推出的「長者家居環境改善計劃」完結後，本服務所收到的申請個案亦有增加，面對長者對本服務的需求增加，本服務亦非常希望可盡快為每一位合資格長者提供相關的維修服務。唯我們的義工均屬義務性質，在「急長者所急」的大原則下，我們需要更多的義工加入我們，同時亦需要善長的支持，為長者改善家居所需要的材料費用作出支持。

請各善長支持我們的服務，讓我們的服務得以持續，同時歡迎有興趣加入成為「長者家居維修服務」義工的您，一同為體弱貧老改善家居環境及安全。善施支票抬頭請書：「聖雅各福群會」，背面指定捐予「長者家居維修服務」。支票請寄：香港灣仔石水渠街85號一字樓105室，或致電2835 4318聯絡我們。



獨居長者處處家居陷阱，義工上門評估並作出安全性的改裝。

There are many risks in living alone elderly's home. The volunteers will make home assessment and provide safety improvement.

## Please Support “Elderly Home Maintenance Services”

“Elderly Home Maintenance Services” mainly helps elderly who are lack of family support and with financial difficulties in repairing domestic installations and appliances so that they can spend their old ages in a safe home.

The service is supported by a team of enthusiastic maintenance volunteers. They spare time in offering the needy elderly with profession repair services. Master Wong is one of the volunteers. He often helps the elderly in the repair work. “For the elderly who have little money, they will not spend money in the maintenance work for sure! I have seen some cases that their home are very dark since the lighting was broken that would easily cause accident. However, when the Grandma asked someone to check, the cost is already HK\$300; thus, she rather warned herself to exercise more carefully.

“Elderly Home Maintenance Services” covers different kinds of repair work, such as replacement of light bulb, installation of handrails or paving of flooring etc. Generally speaking, the service satisfied the need with aim at eliminating hazardous loopholes and providing a safe living environment for the living alone elders.

Elderly who require the service can apply to the district social workers for assessment and referral. We will then provide various respective support based on actual need, including making home assessment or repair work. The expenses are supported by the kind donors and hence can reduce the elderly's burden. “Grandpa Tin is just discharged from the hospital. He is single and has chronic restrictive breathing problems. Thus, he has to reply on the oxygen machine for smoothing breathing. During our home visit, we notice that the electrical wiring is messy and old. I worried that it would easily cause accident and thus I referred his case to the ‘Elderly Home Maintenance Services’” said Miss Fung, the social worker of Kwun Tong District Home Services.

As the government previously ended the “Home Environment Improvement Scheme for the Elderly”, the number of applications keep increasing. Facing the increasing demand, we wish to help the needy elderly as soon as possible. However, all our helpers are volunteers. Under the principle of making prompt response, we need more volunteers to join our service; in the meantime we need the donations for supporting the material costs.

Please support us so that we can continue our services. At the same time, we welcome those who are interested in the “Elderly Home Maintenance Services” to join our volunteer team in helping the frail and poor elderly. Please send your donation by cheque, beneficiary “St. James' Settlement”, indicating for the “Elderly Home Maintenance Services”; and mail to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Enquiries hotline: 2835 4321 or 8107 8324.



我們需要你的捐助  
We Need Your Donation



一四年五月份  
MAY 2014  
慈惠月報  
The Philanthropy Monthly

## 不靠綜援自食其力 善款支援減輕壓力

「人生總有崎嶇，難免亦常掛淚！」獅子山下的精神是香港人的精神，五十多歲的徐先生縱使早年中風，卻沒打擊他對生活的熱誠，他堅持靠自己雙手，養活自己。

徐先生在康復後立即尋找工作，由於他為人誠懇有工作熱誠，面試初期往往給僱主良好的印象，可是要準備簽約，僱主發現他手部卻是不活動，寫起字來歪歪斜斜，誠實的徐先生也會告知對方自己曾經中風，以致影響了手部的操作能力，回家後一直就再沒有消息了。雖然徐先生面對一次又一次的挫敗，但他沒有放棄工作的念頭，「東家唔打咪打西家囉！我相信有手有腳一定可以搵到一份工作既！」。結果，皇天不負有心人，徐先生終於在一間酒店找到一份洗碗碟的散工，工作縱使不穩定，但是靠自己辛苦賺來的錢生活，總算是一種有尊嚴的生活。

徐先生的午餐及晚餐均由酒店會提供，這本來是一件好事，不過這些「餸頭餸尾」，大多都是高熱量和高脂肪的食物。徐先生患有糖尿病，這些食物令他血糖指數控制得不好，血糖指數曾經上升至十一度，嚴重高出正常指數，經醫生檢查後更證實徐先生出現輕微「糖尿上眼」的情況，如情況惡化下去，便有機會導致失明！可是為了生計的徐先生唯有繼續硬著頭皮工作，自己小心飲食。由於要控制病情，徐先生需要定時服食薄血藥，有關藥費每月達八百元。社工關心到徐先生的經濟及身體情況，決定把他的個案轉介到聖雅各福群會惠澤社區藥房，經審批後以現時徐先生可以以優惠價錢六百元購買藥物。

現時，社會上有很多患有長期疾病的人，在疾病的煎熬下，不願意依靠綜援生活，寧願繼續自力更身，靠自己雙手維持生計，在不幸中抱積極樂觀的態度迎接每一 天，他們的奮鬥精神實在是很值得大家敬佩。聖雅各福群會惠澤社區藥房希望在他們治病的路程上，減輕他們經濟負責，讓他們在困境中

感受社會人士的關愛，讓他們看見希望在明天！盼望各善長支持惠澤

社區藥房「贈藥治病計劃」，善款數目不拘，

支票抬頭請書寫：「聖雅各福群會」，支票

背面註明：「贈藥治病計劃」。施善查

詢：2835 4321 或8107 8324。

## Relying on Oneself Donation Reduces Financial Pressure

“Life is always with obstacles and thus tears is unavoidable.” This is the “The Lion Rock” spirit of Hong Kong people. Mr. Chui, around fifty years old, has stroke years ago, but his earnest love for life has not been upset and he insists earning his own living.

He immediately looked for job after recovery. As he is sincere and earnest, he always gives a good impression during the interviews. However, every times he is ready for signing the contract, the employers found that the mobility of his hand is not in good condition. Mr. Chui is honest to share that the previous stroke affects his hand's function. Afterwards, no news from the employer anymore. In spite of repeated failures, he didn't give up. “With my hands and legs, I am confidence in finding a job at last.” His effort is not wasted. He eventually finds a dish washing job in a hotel. Though it is just a part time job, he is able to make a living with dignity.

Lunch and dinner are provided by the hotel and it should be a nice thing. However, the left overs are mainly food with high calorific and high fat. Since Mr. Chui is a diabetes, the food upsets his blood sugar level index. The index once increased to 11 which is far exceeding the normal index value. After the doctor's examination, Mr. Chui is diagnosed with minor Diabetic Retinopathy. If the situation gets worsen, he could go blind. However, for making a living, he has to keep working and all he can do is to be careful in eating. In order to control the disease, Mr. Chui is now taking the anticoagulant which costs HK\$800 per month. The social worker who concerns of his financial and physical conditions then referred his case to the Philanthropic Community Pharmacy of SJS. After the assessment, he is now able to purchase the drug at a discount price of HK\$600.

Currently, there are many chronic patients in our community who refuse to apply for CSSA even though they are plague by illness. The spirit of making a living on themselves is appreciated. During their treatment journey, the Philanthropic Community Pharmacy of SJS hopes to lower their financial burden and let them feel the care from the community. Thus, we are now appealing to the generous donors for your support in the “Medical Subsidy Program” Any amount will do. Please send cheques beneficiary “St. James' Settlement”, indicating “Medical subsidy Program” at the back. Donation Hotline: 2385 4321 or 8107 8324.





## 記掛炎夏中的弱者

踏入五、六月，天氣變得又潮濕又悶熱，估計氣溫高達攝氏三十度或以上的日子又快將到來。如過往所言，酷熱的天氣對一班老體弱或患有呼吸道疾病的長者來說，實在是一大威脅！因此，於每年的夏季，本會「電器贈長者」計劃均推行「炎夏清涼」行動，期望透過轉贈風扇等物資，解弱老中暑的危機。當中，除有賴善長集腋成裘的捐助，以讓我們購得性能良好又安全的風扇下，背後還有賴一班義工不畏炎熱，將有關物資送到有需要的弱老家中。

「我自己也是一個怕熱的人，夏天一到，走在街上實在是酷熱難耐，恨不得趕緊跑回家中！因此，我當初心裏常存一個疑問：為何天氣這麼炎熱，仍總有不少老人家長時間逗留在公園呢？留在家中雖未必有冷氣，但起碼算是有個『瓦遮頭』遮遮太陽伯伯的熱力吧？」周小姐回想當初未成為「電器贈長者」計劃義工時的想法。

「記得有一年夏天，剛辭掉工作打算轉工，變得比較空閒，於是朋友便邀請我一同參與『炎夏清涼』行動，為居於板間房的獨居無依長者送上風扇。起初我也是十五十六，又熱又悶，還要拿著一把風扇撐樓梯？」周小姐續說：「可幸我當初沒有拒絕！尤記得當初踏進位於閣樓的那間板間房，像是沒有空氣似的，即便是一個小小動作，也會汗流浹背；更甚的是，一股悶促、難聞的氣味充斥整個閣樓，久久不散！」。「後來，從社工口中得知，板間房的環境最悶熱，沒有窗戶，氣溫一般比室外高出幾度，夏天未到已經開始悶熱起來。故此，雖說是有個瓦遮頭，但夏天一到，在室內悶著，隨時比走在街上還辛苦呢！再者，行動仍好的還可走到街上或躲到商場內避避，但假若是行動不便、或體弱者，就只得留在家中，好話唔好聽，焗暈左都無人知了……」

「我終於知道，為何太陽高掛，不少長者還是寧願大汗疊細汗、拿著扇子於街上流連，也不願回家了……那次的參與，給予我很大的感受，風扇裝好開動的一刻，長者臉上流露的喜悅、感激之情，深深印在我心上。我們平日認為一把很普通、家中必備的風扇，對他們來說原來是如此多麼的珍貴；更重要的是，我反省到原來自己一直以來都忽略了社會上一群貧困的長者，回憶起來也覺慚愧。自此，每當夏天將至，我必記掛著這班將要面對弱老，無論多忙，我必抽空為他們送上物資，解他們危機之餘，也要讓他們知道社會上仍有人是關心他們的！但願更多人在能享受風扇、冷氣帶來的清涼同時，也不要遺忘一班正面對炎夏威脅的貧苦弱老！」



## Thinking of the Frail Elderly In Grilling Summer

The weather has become humid and stuffy with the onset of May and June. It is estimated days with temperature soaring to 30 degrees or more will be here soon. Hot weather is a big threat to the elderly who are old, frail or suffering from respiratory diseases! In every summer, St. James' Settlement "Electrical Appliance for the Elderly Program" (EAE) promotes the Fan for the Elderly Campaign. The Campaign aims at relieving the elderly's risk of a heat stroke by giving them appliances such as electric fans. In addition to benefactors' donations that enable us to purchase safe and good quality fans, the Campaign depends on volunteers who deliver relevant appliances to frail, needy elderly despite the heat.

"I can't stand for the hot weather. When summer comes, the heat becomes unbearable when one walks on the street. How I want to run back home! In the beginning, I often wondered: why do so many elderly spend time in the park despite the hot weather? Even though there may not be air conditioning, it must be better to stay home with a roof overhead to shield away the sun's heat." Ms Chow remembered how she looked at things before she became the EAE's volunteer.

"I remember I had more free time one summer when I just resigned and intended to find a new job. My friend invited me to take part in Fan for the Elderly Campaign in which we needed to deliver fans to helpless elderly living alone in partitioned flat. At first I doubted if I could manage carrying a fan and climbing stairs in hot and stuffy weather." Ms Chow continued to say, "I am glad I didn't say no! I remember when I first set foot in that partitioned flat on the attic, I felt as if the place was airless. One would sweat all over with a small movement. What is more, the attic was filled with a stuffy and stinking smell! Later, I learnt from the social worker that a partitioned flat is the most stuffy place to live in. With no windows, its temperature is higher than outside by a few degrees. Before summer comes, the flat gets stuffy already. When summer is here, it's more unbearable to stay indoors than hanging around on the street! Besides, those who are still mobile and active can go out or keep the heat away in a shopping mall. Those with problem getting around or have poor health have to stay home. No one knows even if they fainted at home because of the heat……"

"Finally I understood why a lot of elderly would rather linger on the street with the help of a fan than go home though they were sweating all the time. When the fan is switched on after installation, the expression of thankfulness and delight on the elderly's face impressed me deeply. An electric fan that is a must and so ordinary to our home is so precious to them. More importantly, I realized that I had neglected the need of the underprivileged in our society. I am so ashamed of myself looking back. Since then, whenever summer is due to arrive, I think of these elderly who will experience the same problem again soon. No matter how busy I may be, I will find time to send them appliances to relieve their plight. I also want them to know that there are people who care about them in our society! I hope that more people can remember the poor, frail elderly who are facing the threat of grilling summer while they are enjoying the cool brought by electric fan or air conditioning!"

一班義工記掛貧苦弱老，於炎夏為他們送上風扇以解酷熱的威脅。  
The volunteer take care of those poor frail elderly who are facing the threat of grilling summer



## 每月的精神食糧

## Monthly "Soul Food"

《松栢之聲》編輯先生：

24 January, 2014

我很感謝你為我不辭勞苦寄了10多年的精神食糧給我，使我得益不少。我真的喜歡這份報紙，我是很想知道多些資訊，而我認為這份報紙很忠肯，所以我每次接到報紙，一定一氣呵成看完為止。其他報紙，是沒那麼熱衷，我是衷心告知你的。

The Editor of "The Voice",

I would like to express my gratitude to you for taking the trouble in sending me "Soul Food" ("The Voice") for more than ten years. I have really been benefited substantially by reading "The Voice" which I like so much. I have been craving for information and I am convinced that "The Voice" is trust-worthy. Every time I received "The Voice", I would read all through it in one go. Frankly, I do not have such urge when reading other newspapers.

現我想盡點綿力，捐港幣200元給松栢之聲，續訂下去。這是小小心意，請你不要介意，同時我也希望你繼續寄這報紙給我。謝謝！

I would like to continue to subscribe "The Voice" and make a donation of \$200, a meager sum but that carries my thankfulness and shows my support. I hope you would understand and keep sending me "The Voice".

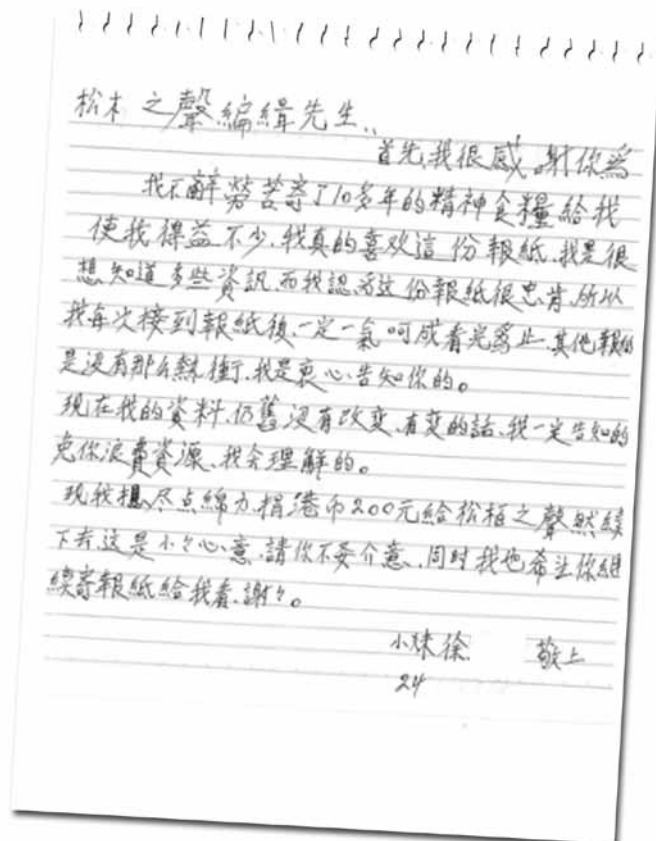
小妹 徐XX 敬上

24.01.2014

Thank you very much!

Yours sincerely,

Tsui XX







## 到位的資源配對 協助弱勢社群

於家庭服務中心工作多年，接觸了很多經濟匱乏、家庭關係複雜的受助人，有些更是千瘡百孔，傷痕滿身，經歷了如過山車般高低起伏的人生。作為社工的我，當然發揮出專業所長，提供最適切的輔導，強化受助人處理情緒困擾的能力。然而當我檢視了這些工作經驗，發現不論我為他們注入了多少正能量，面對埋身的生活支出、實際用品的需要等問題，不能單說「樂觀點」就可以幫他們解決。這讓我想起張伯伯的故事。

張伯伯自喪偶後，因情緒低落而被轉介到本中心跟進。初次接觸時，張伯伯一直拒絕我們的援助。花了好幾個月的時間，才能慢慢建立信任關係，讓我們了解他的內心世界。張伯伯沒有子女，因此太太一直是他的生活支柱。兩口子互相照顧的幸福日子，因婆婆一次意外不幸跌傷頭部而不再，對張伯伯造成不可磨滅的傷痛。「我地雖然窮，又無後生照顧，但我倆都很滿足。生活過得算好，而家得我一人，孤單無依，感覺很是淒涼！」對於從來追求簡樸生活的張伯伯，錢財乃是身外物，他最重視的，是對太太的情和愛。

無奈天意弄人，張伯伯後來被診斷患上末期癌症，健康情況轉差，生活自理上開始應付不了。深知張伯伯「不求人」的性格，我用了相當的時間，和他建立了互信關係，看到他手洗衣服甚為吃力，髒衣服堆積如山，希望盡快為他覓得一台洗衣機，減輕他處理家務的負擔。擔心張伯伯突然變卦拒絕接受，一直努力找尋坊間資源協助。幸獲得聖雅各福群會「電器贈長者」計劃協助，於極短的時間內為張伯安排了一部洗衣機，更安裝妥當讓他即時使用，即時解決了張伯家中堆積如山髒衣服的問題。「如果我精神好一點就可以自己洗衣服，但原來而家科技咁先進，洗衣機可以將衣服同步扭乾，真係好方便！」看到這部能減輕家務壓力的電器，張伯伯甚為感激。

我最初擔心張伯伯病入晚期，在世日子不長，因輪候過久而錯過受惠機會。計劃同工告訴我，要長者苦等不是他們願意見到的情況，覓得合適資源便即時作出送贈，不願耽誤長者的一分一秒。這份極具回應力的工作效率對社區中的弱勢社群是一份很有力的支持，亦能將社區資源到位的作出配對，既可以幫助基層困難人士，亦不會造成資源浪費。期望「電器贈長者」計劃可獲得更多善心人的支持，繼續協助社區裡的困難人士。

## Perfect Match Of Resources And Needs

Years of working at the Family Service Centre have put me in contact with many people who urgently need help as a result of financial difficulty or family problem, some of them heavily bruised and scarred in a bumpy life. As a social worker, I of course exert my best professional knowhow to guide them and strengthen their ability to cope with their emotional troubles. However, when I examine my work experience, I find that, no matter how much positive energy I may have injected into them, there are real needs in life which cannot be met by merely urging people to "be optimistic." This brings to mind Uncle Cheung's story.

Uncle Cheung was referred to our centre for depression due to the death of his wife. At first, he kept refusing our help. It took several months before he could trust us and let us understand him. Being childless, the old couple relied heavily on each other. But their happy life of mutual caring came to an abrupt end when his wife hurt her head in a fall. It was an unforgettable blow to Uncle Cheung. "Although we were poor and had no children to look after us, we were very content. Life was pretty good. Now that I am left to myself, I feel very lonely!" Money is unimportant to Uncle Cheung. What he cherishes most is his love for his wife.

Then fate dealt him another blow. He was diagnosed with terminal cancer. As his condition becomes worsened, he began to have trouble taking care of himself. Knowing Uncle Cheung's reluctance to seek help, I spent a long time to establish trust between us. Lacking the strength to wash his own clothes, he had built up a big pile of dirty laundry. I worked hard at getting him a washing machine as soon as possible, so as to lighten his household chores. I was afraid he would suddenly change his mind and refuse to accept one. Luckily, with the help of St. James' Settlement's Electrical Appliance for the Elderly (EAE) program, a washing machine was obtained and installed for Uncle Cheung in no time, instantly solving the problem of his pile of dirty laundry. "I can wash my own clothes if I feel better. I didn't know technology is so advanced. The washing machine can also wring water from the wet laundry! It is really a big convenience!" Uncle Cheung was very grateful to get this appliance which helps him with his housework.

I was at first worried that, with his terminal cancer, Uncle Cheung might not outlive the long wait for the washing machine. But the social worker of the EAE program told me they do not want the old folks wait for long that a delivery would be made as soon as the suitable appliance was found with no delay. Such responsiveness and efficiency lends powerful support to the disadvantaged in the community. The program also serves to match community resources with needs, solving problems for the needy while seeing that no resources are wasted. I hope more kind donors will support the EAE program, so that it can give more help to the needy in the community.

## 從長者出發 提供適切資訊

從1976年創刊至今，《松柏之聲》已踏入第38個年頭。透過長期服務及不同渠道的推介，讀者包括：長者、照顧者、社工及一些機構等等。《松柏之聲》為全球性發行的長壽長者報紙，每月刊印接近三萬份，不時也收到訂閱的查詢：

**問：**我是一位長者，那天從長者中心讀到你們的報紙《松柏之聲》，內容十分豐富，最重要的是主題均是圍繞老人家為主，真的很適合我們，我很喜歡。可惜，我年紀大，閱讀速度慢，加上沒有精神，一、兩天實在讀不完；而且，中心存放數量不多，我實在不好意思長期霸佔著報紙在看……想問問，還有那些地方可以索閱《松柏之聲》呢？又多久會出版一次呢？

**答：**首先，謝謝婆婆妳喜歡閱讀《松柏之聲》，這對我們來說實在是一大鼓勵！妳說得沒錯，本會的《松柏之聲》是一份專為長者而設的免費雜誌式報紙，我們期望能透過文字，為長者提供不同的相關資訊，藉此提升他們的生活質素。當中，不論是社會政策、時事新聞、安老服務消息、健康理財、懷舊歷史、生活小品和專欄分享等，都包括在內。我們每月出版一次，除一些長者中心及院舍外，於民政事務署、公共圖書館、長者健康中心及社會服務聯會等多個地方均有派發；另外，海外亦設有派發點，如中台澳、美國、荷蘭、加拿大等地。

然而，除了於以上的地點索取外，其實我們可為婆婆登記成為讀者，那麼我們便會每月按時將刊物直接郵寄到妳的家中。我們很歡迎長者以此方法索取。因為，過往也曾不少老友告知我們因體力精神問題，往往需要較長的時間閱讀，而將刊物直接郵寄他們，他們便可因應自己的身體情況，慢慢閱讀。再者，對於一班行動不便的長者來說，直接郵寄才可便利他們，使他們於未能外出的情況下，也能吸收與自己有關的資訊。有的讀者更表示，這是他們每月的一份「精神食糧」。現時，每月刊印的報紙，有一半就是以此方法送到讀者手上的。

**問：**很感激你們可每月寄上給我……但我只是一個以領取生果金為生的獨居老人，實在是無多餘的財力支付你們每月的印刷費、郵費等……

**答：**婆婆，這個妳實在不用擔心，因為《松柏之聲》是絕對免費的！雖然《松柏之聲》現時並未有獲得政府的資助，但支出約一成獲公益金資助，其餘的則全賴熱心人士之捐款以維持運作。雖然，間會有人說《松柏之聲》是一盤虧本的服務，但面對人口老化，能為一群喜歡閱讀的長者按時提供「精神食糧」，對我們來說，實在非可從經濟效益的角度去衡量的！



## Provision of Prompt and Suitable Information For the elderly

**“The Voice” is now 38 years old since its first publication in 1976. Through the long term service and various promotion channels, its readers include: elderly, carers, social workers, other organization and etc. “The Voice” has become a globally distributed elderly newspaper and the monthly circulation is 30,000 copies. Occasionally, we received different inquires regarding the subscription:**

**Q:** I am an elderly reader. I read a copy of your newspaper “The Voice” in an elderly center before. The content is rich; most importantly, the topics are all related to elderly issue which is very suitable for us. I like it very much. However, I am old and slow in reading. I can’t finish reading it in a day or two. And as there are only few copies in the center, I don’t want to keep it for a long time…… Thus, I would like to ask if there are other places where I can take the newspaper. And how frequently will it be published?

**A:** First of all, thanks so much for your interest in reading “The Voice”. This is really a great encouragement to us! You are right. “The Voice” is a free newspaper dedicated to the elderly in magazine style. Through the newspaper, we wish to provide various relevant and suitable information for the elderly in upgrading their quality of life. There are topics covering social policies, current news, elderly services, health and wealth management, nostalgic information, quality of living, columns and etc. The newspaper will be published monthly. Apart from some elderly centers and residential homes, it is also available in The Home Affairs Department, public libraries, elderly health service centres and The Hong Kong Council of Social Services. Also, we have overseas distribution points, such as China, Taiwan, Macau, USA, Holland, Canada and etc.

Apart from taking the newspaper in the above location, we can make a reader registration for you so that we can mail directly to your home every month. In fact, we welcome elderly to make the subscription. In the past, many elders told us that they need longer time in reading the newspaper due to the health constrains; thus, if we mail directly to them, they can read it at their own pace. In addition, for those with mobility problems, directly mailing is more important so that they can access information even though they cannot go out very often. Some readers even expressed to us that the newspaper is a monthly “Soul Food” to them. At the moment, more than half of the publication are sent in this way.

**Q:** Thank you for sending it to me monthly by mail…… However, I am a living alone woman living on CSSA, I have no extra money to pay for your monthly printing, mailing costs and etc……

**A:** Don't you worry! “The Voice” is absolutely free of charge! Although it is now without the government subsidy, 10 percent of the operation cost is subsidized by The Community Chest while the remaining is supported by the kind donors. Some people may say that “The Voice” will never be financially balanced. However, facing the the aging population, being able to provide the “Soul Food” for elderly who enjoy reading, it is something that cannot be measured by money!





# 無價遺物

豪門爭產、明星遺物拍賣，常有聽聞。

人死甚麼都帶不走，遺物的價值除了金錢上，是否還附帶更珍貴意義？聖雅各福群會早前與華人永遠墳場合辦了一連串生死教育相關活動，希望提升市民對殯儀知識的認知，減低對死亡的恐懼和忌諱。當中包括「遺物寄情」徵文比賽，以下兩位得獎者，便從親人遺物中承傳了正能量，積極生活。

## 鹹味人生

馮秀芳（芳芳，25歲）小時與外婆在內地生活，相依為命，感情深厚。外婆三年前因病突然過身，當時她忙於返學沒能及時回鄉探望，見不到外婆最後一面，芳芳覺得很遺憾。時間可沖淡傷痛，但芳芳卻「往傷口灑鹽」，原因外婆留下的一樽鹹檸檬，每逢傷風感冒，仍然是芳芳的最佳良藥，鹹苦滋味在心頭，更是一種心靈慰藉。

「家里有個傳統，母親會為女兒醃一瓶鹹檸檬，當成嫁妝。女兒嫁人後，鹹檸檬就替代母親，守護在女兒和她的家人身邊，照顧他們健康。婆婆可能覺得自己未必有機會看到外孫女出嫁，所以一早便將嫁妝準備好。」芳芳說這瓶她視為婆婆遺物的鹹檸檬，是婆婆在患病前大半年，趁媽媽回鄉探親時交給她帶回來的。

日子流逝，鹹檸檬開始發黑，芳芳對婆婆的思念和傷痛，在鹹苦滋味里亦慢慢得到安撫。芳芳回憶，由細到大，每有頭暈身，都是飲婆婆的鹹檸檬好番。她說，鹹檸檬食味以前啖來又苦又鹹，唔算太鍾意。依家食剩半樽，開始品味到它的真正滋味。

「小時在內地與婆婆生活的日子，都幾艱苦。婆婆成日說，小朋友唔應該依賴，所以我要自己做家務，炒飯食、煲水沖涼。以前覺得婆婆好孤寒，返學要買顏色筆、買裙去表演，婆婆一律唔買。但她的節儉個性影響了我，現在我也好慳家，唔會貪求物質享受，也變得獨立吃得苦。」芳芳8歲來港，與家人住木屋，一個英文字都唔識，靠自學追上。後來入讀中大新聞系，原因亦與婆婆

有點關係，希望做傳媒可以發掘基層人士或小人物的故事。「婆婆說過，窮唔緊要，只要努力，就會有回報。」鹹檸檬本來就是苦的，但苦盡甘來，藥到病除便百毒不侵。

## 引路旗仔

23歲的歐陽卓芝讀小六時爸爸因病過身。爸爸生前在內地工作，星期六、日放假才回家，與爸爸相處時間不多，感情不算深。年紀又小，對爸爸印象很模糊。「最深刻是爸爸會做善事。逢星期六爸爸帶我周團去，見到賣旗，爸爸一定拉著我去買旗。當時我不理解何謂做善事，爸爸俾五元我入落去，旗仔貼在我身上，覺得好得意好開心。回家就將旗仔貼在櫃門上。」

旗仔一張，微不足道，但當旗仔貼滿櫃門變成旗海，價值觀便慢慢成形，植根心裡。卓芝說小時家里環境不富裕，但從小到大，爸爸從來沒有讓她感到缺乏。「爸爸帶我買旗，其實在塑造我的價值觀，灌輸我知足、樂於助人的觀念。物質缺乏環境下，還有能力幫人，投入一個硬幣。長大後當我有了信仰，便明白有能力做善事幫人，就是一種福份。」

即使父親離開，卓芝仍不斷買旗，又加入義工團體，更選讀社工，現在是一名前線社工。延續爸爸助人精神。「回想起來，旗仔彷彿象徵爸爸的精神，不斷提醒，指引我的路。」



# Priceless Inheritance

We sometimes heard about news regarding legacy argument, auction for celebrities' inheritance and etc.

We can take nothing when we died. So, are there any other meanings for the inheritance apart from counting in terms of money? St. James' Settlement and The Board of Management of The Chinese Permanent Cemeteries is now launching a series of life and death education activities. They hope to increase public's understanding in funeral issue and hence reduce their fear and taboo towards death. "Keepsake" article competition is one of the activities and below is the sharing of the two winners.

## Life with "Salty"

Fung Sau Fong (Fong Fong, 25 years old) lived with her grandma in mainland when she was a child. Three years ago, her grandma suddenly passed away. Since she was busy in her studies at that time, she lost the chance in visiting grandma, making her feel very regret. Pain diminishes with time; however, salty keeps scattering over her wound. It is because her grandma left her a bottle of "salty lemon". Up till now, it is still Fong Fong's best treatment whenever having flu. More important, it is a kind of soul comfort.

"There is a tradition in our family that mother will prepare her daughter a bottle of "salty lemon" as their dowry. It symbolized that the "salty lemon" will take up the mother's role in taking care of her daughter and ensuing her a healthy life. Perhaps grandma thinks that she may not be able to share my moment of marriage; thus, she prepares this dowry for me beforehand." Fong Fong said Grandma gave her this bottle of "salty lemon" half year ago before having the diseases.

Time goes by, the salty lemon is turning black and the pain of Fong Fong is releasing. Fong Fong recalled her memories that whenever she was sick, she would take the salty lemon made by grandma for recovery. In the past, she was not that in favour of the salty lemon as it is salty and bitter; however, she started to feel it treasure when there is only half of the bottle left.

"The day in mainland with grandma was quite hard. Grandma always said we cannot rely on the adults; thus, we have to do the housework and cook by ourselves. When I was young, I thought grandma is very mean as she bought us color pen or dress for performance. However, her frugal characteristic is in fact affecting me. Now, I am quite independent and never follow the trend for material comforts." Fong Fong came to Hong Kong at 8 years old and lived in the chalet. When she came to Hong Kong, she knows nothing about English. However, she was very hard working that she has entered the journalism studies of the Chinese University of Hong Kong. She hopes she can be a reporter in reporting the story of the grass roots like her grandma.

"Grandma said that it is not a matter of being poor. As long as we work hard, rewards will come!" Like the "salty lemon", it is bitter; however, everything will recovered when the bitter is passed.

## Flag for Direction

Au Yeung Cheuk Chi's father passed away of cancer when she was only primary six. Her father worked in mainland and only came back home in weekend. Spending little time with father, she was not closed with him and hence her impression to father is vague. "My most memorable impression of dad is that he is very eager in making donation. In the weekend, dad would take us around. Every time we saw the flag selling, he must take me to buy one. At that time, I didn't know what means by 'donation'. I just felt very interesting in putting the money in and sticking the flag on the cupboard.

A flag is small; however, when the cupboard is full of the small flag, a positive value is growing in the children's heart. Cheuk Chi said they are not rich, but father never makes her feel having any loss. "Dad took me to donate for a flag is in fact teaching me to help! Even though we are not rich, we still can offer help to others. When I grow up with Christine belief, I further understand being able to help is actually a blessing!"

Although her father has passed away, Cheuk Chi keeps donating for a flag and doing volunteer work. Even more, she chose to work as a social worker after graduation. "I believe the flags are symbolizing my father spirit and they lead my way."





# 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

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 義務設計：黃志文先生  
 翻譯義工：黃秀琼 梁達仁 胡友玉 辛秀麗 祁慕潔  
 友情印刷：平偉印務有限公司

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

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 Friendly Printing : Ping Wai Printing Co., LTD.