

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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社工的話 Social Worker's Remark

3月份天氣又冷又熱，對於長期窩居於斗室的老人家來說，很早就察覺夏天即將來臨的訊號。早陣子他們多留在家避寒冬又避風雨，但很快他們就要轉變日程，安排自己常常落街，找個商場或圖書館去避暑！

張伯居於住北區唐樓，家有一扇窗，但對出是垃圾站，故終日都是把窗戶緊緊關上。冬天天氣嚴寒，把門微微打開，可令全屋僅100呎的地方空氣流通，但夏天一到，情況就截然不同。「由於好近垃圾站，冬天不能打開的窗，夏天也不能！加上我有哮喘，嗅到垃圾味好辛苦。遲些天氣熱，我就會去商場坐，兩餐去老人中心食飯，到傍晚先返上樓。不過身體差的時候，就不想外出。雖然我有風扇，但仍解決不了密室悶燜情況，躺在床上透氣都會好辛苦。」

張伯的個案反應出一些住在空氣極之不流通的住所，不能打開窗戶，又或一些患有氣管問題和皮膚問題的長者，就算送上風扇也解不了他們生活之苦！詹婆婆患有頑固性濕疹，「皮膚一直都不好，醫生叫我開冷氣減輕不舒適的情況，皮膚感到清涼，痕癢的感覺就沒有那麼嚴重。但我告訴醫生，一個呀婆那裡有錢買冷氣機！」

炎夏快來，預計有部份會社工會為身體有疾病的個案查詢申請冷氣機，事實上，我們並沒有冷氣機申請的一項，原因是價錢貴，長者亦往往不願意承擔高昂的電費。但若在醫生建議下，持醫生證明信的非常特別個案，負責評審的社工亦會因應實況而批出資助。

有些時候與慈惠月報的讀者傾電話，他們會按每月奉上的月報內容作出捐助，目的是希望把善款投放在較為迫切的服務，這實在是很好的配合！因為人的生活需要會與四時、身體狀況及環境轉變而有所不同，服務是以人的需要為依歸，故此具靈活性及人性化的條件才可以配合實際所需。

The weather of March turned out to be warm and cold alternately. Elderly who always get stuck in their small units recognized the onset of summer well before most people. Previously, they mostly stayed at home to keep away from the rain and the chilly winter. Soon, they'll have to change their daily routine. They will have to go out very often, seeking for shopping center or library to shield away the heat.

以人為本 People Based Services

Uncle Cheung lives in a Chinese style building in northern district. His home has one window facing the garbage collection depot. That's why he leaves his window closed all day long. When the winter temperature is freezing, he leaves the door slightly open for it helps ventilation in his around 100 sq. ft. unit. But things become completely different as soon as summer comes. "Since I live so close to the garbage collection depot, I can't open the window in winter as well in summer! In addition, I suffer from asthma. The smell of garbage makes me feel awful. When it gets hotter later on, I will sit down in a shopping center, have my two meals in the elderly center and go home at night time. But I don't want to go out when I'm not in good shape. Though I have an electric fan, it doesn't drive away the stuffiness at home. And I feel terrible with breathing even when I rest in bed."

Uncle Cheung's case reflects the situation of elderly whose homes are poorly ventilated because they can't open the windows. Or, some elderly have wind-pipe or skin problems. An electric fan can do very little when it comes to saving them from their plight! Grandma Chim has chronic wind-pipe or skin problems. "I have very bad skin. The doctor said air-conditioning could alleviate my discomfort caused by the disease. When my skin is cool, I don't feel the itch so much. But I told the doctor an old granny like me had no money for an air-conditioner!"

The hot summer is coming. We anticipated some social workers would make enquiries or apply for air-conditioners on behalf of elderly who suffer from diseases. Actually, air conditioners are not available for applying in St. James' EAE Program. The elderly are also unwilling to bear the expensive electricity cost. However, under doctor's recommendation, social worker responsible for assessing may approve the financial assistance pending on the need of special, individual cases against a doctor's letter of recommendation.

Occasionally, during a telephone conversation we found out that readers of The Philanthropy Monthly make donations according to the contents of the Monthly. Those readers aim at putting the donations on the more urgent needs. This is a very good synchronization since people's daily needs change according to season, health condition and change of environment. Our services aim at meeting people's needs and they must be flexible and people based in order to meet the actual needs.

行有餘力，多做善事。

When it is within our means, do more charitable acts.



待施援手 貧窮線上的一群

根據政府統計處的數字指出，於2011年進行的住戶收入及人口普查數據進行分析，以平均每戶的每月入息中位數的百分之五十界定為貧窮線，當時已有115萬人生活於低收入或貧窮家庭。三年後，經歷通貨嚴重，食物及住屋開支不斷增加，相信處於貧窮線的人士只會有增無減。然而領取綜援的人士，生活拮据，但低收入人士的生活亦苦不堪言，大部分低收入人士都需要供養子女及父母，雖然政府亦制定一些政策協助低收入人士，但政策如杯水車薪，起不了太多的紓緩作用。

香港在八十年代經濟起飛，經濟好得曾令很多人生活在「魚翅撈飯」的日子，及後由工業為主的經濟體系轉為知識型經濟，淘汰很多知識水平較低的人士。然而，經濟環境愈好，生活資源愈充裕，貧富懸殊的情況卻愈來愈嚴重，高收入人士的入息中位數與低收入人士相比，可相差3.5倍！貧富差距大，衍生出來的社會問題就會愈多。低收入的人士仍可靠一雙手工作賺取生活所需，但貧窮長者，只能依靠微薄的綜援金度日。據調查顯示，2011年處於貧窮線的長者達到二十八萬八千多人，大部分長者的子女都是屬於基層人士，貧窮是影響幾代人的生活。「要贏就贏在起跑線」，對於生於基層的小孩子是否一出生已註定輸給別人？！知識雖能改變命運，但當機會比其他小孩子小的時候，要多拚搏才能真正改變命運呢？

政府的扶貧政策如「擠牙膏」方式為基層人士提供支援，生活無法得到全面的保障，貧窮人士只能為自己的生活「左度右度」。受通貨膨脹影響下，正常的一餐餸菜要節儉得三餐食用，正正因為長時間沒有吸收足夠的營養，身體抵抗力亦會較差，長者或小孩往往一受到病菌侵襲，很多時會比其他人士較難治癒。對於長期病患者的長者，最怕就是生病！一個月數百元的藥費，足以是他一個月的食用支出。

聖雅各福群會惠澤社區藥房一直以來運用社會熱心人士的捐款，資助低收入人士及貧窮人士的藥物費用，但資源有限、受助人不斷增加的情況下，只能對每位申請人作有限度的支援，對於未來，很多受助人都只能見步行步。在政府的政策漏洞下，實在有太多人士需要得到一些協助及社會的關懷。善長們，您們可以為著這群貧弱者伸出援手嗎？施善款項數目不拘，希望以集腋成裘方式，為他們打開光明之門。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：8107 8324或2835 4321。

Helping Hand Needed By Those Below Poverty-line

Estimations based on the census data compiled by Census and Statistics Department in 2011 showed that, 1.15 million people in Hong Kong fell below the official poverty-line, which is defined as half of the city's median household income. Over the past 3 years, inflation and rising house price are driving more and more people to live below poverty line, even CSSA does not help much in relieving their living burden. Moreover, families with dependent children and aging parents comprise a large part of low income families. Despite the government's relief measures, its limited commitment to assist those who have to raise kids and care for aging parents at home does not actually reduce much financial stress in these families.

During the 80s Hong Kong experienced a massive economic boom, many people were able to enjoy the prosperity and spend frivolously. The subsequent transition of Hong Kong from an industrial economy to a knowledge economy put many manufacturing workers permanently out of work, most of them with lower education. Despite the affluence of the city and the robust economic growth in recent years, the income gap between classes keeps widening — median income of the high earners is 3.5 times higher than that of the grassroots. Many social problems hence arise, elderly poverty is one of them. Increasing number of impoverished elderly, as they can no longer work, subsist on social welfare assistance. Secondly, inter-generational poverty is more evident. The census in 2011 showed that population of poor elderly exceeded 288,000 and most of their children remained in the low strata of society. Does it mean children from poor families are destined to be inferior? In fact, how many of these children, despite a lack of resources, can successfully attain the educational level they need to get out of poverty?

The government is taking a piecemeal approach to alleviate poverty and would not truly enhance livelihood security for the needy. People in the low strata have to continue tightening their belts. In order to pare food costs, they have to cut their portions by half or even less. Nonetheless, a chronic lack of food would weaken their immunity. Undernourished elderly and children usually take longer to heal after they get infected, the medical expenses involved, which could be equivalent to their monthly food expenditure, further add to their plight.

Financed through public donations, the Philanthropic Community Pharmacy under St. James' Settlement is established with an aim to offer necessary medications for the poverty-stricken at a subsidized price. Facing an ever increasing demand for assistance, we have to limit the subsidization for our clients due to resource constraints. Many of them feel uncertain about their future under the flawed public policy to alleviate poverty. Will you help and do something for the underprivileged people? If yes, you can send us donation by cheque made out to "St. James' Settlement" (Please mark "Medical Subsidy Program" on the back of the cheque). No dollar is too little. Your contribution will make a difference and will help them find hope again! To learn more, please call 8107 8324 or 2835 4321.



我們需要你的捐助
We Need Your Donation

家居醫療用品支援計劃

現時全港約有七十多萬名糖尿病患者，當中不少是年滿65歲或以上的長者。生於三、四十年代的他們，香港經濟條件差，大部份市民生於基層，天天為生計而奔波勞碌，同時社會上嚴重缺乏針對慢性疾病的健康教育，他們對健康飲食、身體管理及疾病控制的知識實在少之又少，最終於年老時出現不同類型的慢性疾病，其中一種便是二型糖尿病！

在聖雅各福群會的惠澤社區藥房接觸到不少患有二型糖尿病的長者，藥劑師特別針對這班病人，為他們提供妥善控制糖尿病的知識，以減少他們病情惡化。之前鄭婆婆憂心地向藥房職員表示：「我的血糖長期不達標，醫生曾經跟我說，這樣下去我會好容易有併發症出現，例如糖尿病眼、糖尿腳和慢性腎病等。聽了，我覺得好可怕哦！」在她身旁的丈夫禁不住開口，說：「為了好好控制太太的糖尿病，口服藥物、配合胰島素注射筆使用的針頭、每天用血糖機監測血糖時所需的消毒酒精棉及試紙等都缺一不可。對我們來說，開支好大，負擔很重，但看著她的情況，都要花錢買，唯有在其他地方慳錢。」

時代進步，社會大眾對糖尿病的關注已大大提高。大家明白到二型糖尿病屬進展性疾病，若果能夠控制得宜，就可防止併發症的出現或惡化。調整飲食習慣、服用口服糖尿藥、注射胰島素及定時自我血糖監測等都能有助控制二型糖尿病。可是，對於生活費相當緊絀的長者來說，藥物的開支是沉重的負擔，還有購買糖尿奶粉、針頭及消毒酒精棉等的開支，對好像鄭婆婆的兩老來說，在沒有固定收入下無疑是百上加斤！

有幸鄭婆婆早前獲得善長熱心捐助，資助購買胰島素針頭及消毒酒精棉等消耗品，現在鄭婆婆的血糖已回復正常水平，亦較少出現不適的情況。社會進步，可以有比以前較好的藥物控制病情，減輕患病人士不必要的痛苦和壓力，唯對經濟拮据的人士來說，藥物及相關醫療用品開支龐大，實有賴善心人士幫忙！施善支票抬頭：「聖雅各福群會」，背面書寫「家居醫療用品支援計劃」，寄往香港灣仔石水渠街85號1樓105室。施善熱線：8107 8324 或 2835 4321。



除藥費外，病人還需要負擔相關的醫療用品開支，如糖尿病人需購買血糖試紙、消毒棉、針頭等消耗品，經濟負擔沉重。

Apart from the medication fee, patients have to bare other medical equipment cost. Like the diabetes patients, they have to purchase the test strips, alcohol swabs, lancet needles and etc, which is a heavy financial burden.



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Home Use Medical Equipment Support Program

At present, there are around 700,000 diabetic in Hong Kong and most of them are elders who are 65 years old or above. In the 30s and 40s, the economic condition in Hong Kong was fairly poor and most of them were deprived. They have to rush and toil daily for their livelihood while there is also little knowledge on chronic illnesses and health education. They have no idea about healthy diet, health management and disease control, so various kinds of chronic illnesses creep up on their getting old and one of them is Diabetes Mellitus Type 2.

The Philanthropic Community Pharmacy of SJS is in touch with many elderly who have Diabetes Mellitus Type 2. The pharmacist tries her very best in providing diabetes knowledge for this group of patients so that they can keep their illnesses under control. Not long ago, Grandma Cheng said worriedly to the staff at the pharmacy, "My blood glucose is not in an normal level; and the doctor told me if it is not improved, complication like diabetes retinopathy, diabetic foot and chronic kidney disease and etc. could occur. I was very frightened!" The husband at her side interrupted, "To better control my wife's diabetes, the oral medication, insulin pen, blood glucose, lancet needles, alcohol swabs and test strips are all necessary. It is quite a big expenditure and hence causes a heavy burden. However, in order to control the diseases, such expenses are inevitable and we just have to cut down expenses in others areas.

In the modern society, the public awareness on diabetes is greatly increased. We all know that Diabetes Mellitus Type 2 can stop getting worse or causing complication if it is controlled properly. Modification of diet habit, use of medication, injection of insulin and regular monitor of blood glucose are all useful in controlling the disease. However, for the deprived elderly, the medical expense is a heavy burden, not to mention the purchase of diabetes milk powder, diabetes needles, alcohol swabs and etc. Life the Cheng couples, it is even tougher since they have no steady income.

Fortunately, Grandma Cheng already has had her purchases of consumable diabetes needles and alcohol swabs subsidized by benevolent donors and her blood glucose has returned to normal with less discomfort. Community advancement may have better pharmaceutical than before in diabetes control, minimizing unnecessary pain and stress on the patients but the cost is huge and quite a burden to the financially under privileged. Thus, they have to depend on assistance from well wishers! Please send your donation by cheque payable to "St. James' Settlement" earmarked at the back "Home Use Medical Equipment Support Program" and mail it to Room 105, No. 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 8107 8324 or 2835 4321.



善長為我建立的安樂窩

「年青時我很健壯，日本仔打仗時代，我當過兵，保家衛國呢！」居於葵涌公屋的陶伯伯，跟我們細說當年。「不過，年紀越大人都變得無用了。尤其我的膝蓋腫得厲害，痛楚非常，行路都要依靠拐杖！」本身活躍好動的陶伯伯，因行動不便已不能到長者中心與老友記相聚。起居飲食三餐都要靠自己應付，讓陶伯伯苦惱不已。

「本來我習慣外出到長者中心飯堂用膳。現在行動不方便，連行落樓下大堂都有困難，更何況是去中心？我只好開始自己煮食。」陶伯伯不希望接受送飯服務，他希望可以靠雙手照顧自己。「我唔想活得無尊嚴，只要我仍有一口氣，我都想自己應付生活所需。」社工為減輕陶伯伯煮食上的困難，加上家中的電飯煲內膽極為殘破，外殼更有燒焦的痕跡，於是向「電器贈長者」計劃求助，為陶伯伯送上「廚房三寶」——電飯煲、電水壺以及電磁爐。

探訪陶伯伯的義工譚先生，按陶伯伯的身高以及電制的位置，將「廚房三寶」放置於便利陶伯使用的灶台上；同時，譚先生細心指導陶伯伯使用這些電器上的安全注意事項，重複協助陶伯伯練習各種電器的開關，待他熟習後才將探訪完成。「我拿綜援，唔敢要求多。本身想著一個電飯煲可應付煮飯和燒熱水，義工好關心話噏有飯味的水對健康不好，所以送埋個電水壺俾我，讓我隨時有熱水可飲用，仲有個電磁爐可以煮麵，我實在很感動！」

「電器贈長者」計劃宗旨是為無依病弱長者建立「安樂窩」，善長慷慨捐出的「廚房三寶」——電飯煲、電水壺以及電磁爐，確能減輕如陶伯伯般病弱長者煮食上的困難。「善長的無私關懷，照顧了我的生活，關懷我的需要，我衷心的致謝！」

居於彩虹邨的林伯伯，同樣幸運的受到「電器贈長者」計劃善長關懷和照顧。

八十多歲的林伯伯患有重病，獨居依靠綜援金生活。林伯伯個性獨立，由吃飯、服藥至洗澡，都堅持自我照顧。「我一直用個大水煲燒熱水，點知有次手不夠力，一不小心翻瀉燙傷了手。」。「電器贈長者」得知林伯伯的情況，翌日為林伯伯送上酒店式電水壺。此水壺較輕身，操作簡單，適合長者使用。到訪義工李先生同時發現林伯伯的電飯煲有燒焦的痕跡，擔心繼續使用會有危險。另外，亦留意到林伯伯使用「電熱板」煮食，此類「電熱板」表面高溫，不小心使用容易造成燙傷意外，不適合長者使用。李先生於是與「電器贈長者」計劃社工溝通，翌日即為林伯伯另外安排電飯煲以及電磁爐，讓林伯伯可以安心煮食，不再遭受燙傷的風險。

「步入人生的晚期，還遇到幫助我的善心人士、關心我的義工，我此生無憾了！實在好多謝你們！」林伯伯霎時流下感激之淚，點滴的淚水滿載了被愛、被關懷的感動，在他們孤苦無依的道路上給予他們的曙光，也是「電器贈長者」計劃堅持為他們建立的。



Benefactors Built My Cozy Home

"When I was young, I was quite strong. During the Japanese war, I was a soldier fighting to protect my country and home!" recollected by Uncle To who lives in a Kwai Chung public housing unit. "But, as I am growing older and older, I've become useless. My knees swell terribly and they are very painful. I rely on clutches for walking!" Originally active and extroverted, Uncle To couldn't get together with his old friends since he has trouble getting around. In addition, he has to get his 3 meals himself and he finds it such an ordeal.

"I used to eat at the elderly center's canteen. Since I have trouble walking, including going down to the lobby, I can't manage getting to the elderly center. I had to start cooking for myself." Uncle To doesn't want his meals delivered to him, he prefers cooking his own. "I want to live in self-respect. As long as I can manage, I want to take care of my daily needs myself." His social worker wanted to alleviate Uncle To's difficulty in cooking so he sought help from St. James' Electrical Appliances for the Elderly Program (EAE). Besides, Uncle To's electric rice cooker had a burnt surface and its in-built container was old and worn out. The Program gave Uncle To three kitchen treasures which contained electric rice cooker, electric kettle and induction stove.

Mr. Tam, the volunteer who visited Uncle To, put the three treasures on the stove platform according to Uncle To's height and the position of the electric sockets in order to make it convenient for his use. At the same time, Mr. Tam instructed Uncle To the safety rules in using those electrical appliances. Mr. Tam asked Uncle To to practice switching on and off those appliances until he completely mastered the skill before he left. "I live on the Comprehensive Social Security Assistance (CSSA). I dare not ask for too much. I only wanted an electric rice cooker with which I could cook rice and boil water. The volunteer was concerned that drinking water with the taste of rice might not be good for my health. That's why he brought me an electric flask as well. So I can drink hot water any time I want to and I have an induction stove to cook noodles with. I am touched deeply!"

The EAE Program aims at setting up a cozy home for the helpless and frail elderly. The three kitchen treasures, namely electric rice cooker, electric kettle and induction stove donated generously by benefactors truly alleviate the difficulty in cooking experienced by frail elderly like Uncle To.

Uncle Lam, who lives in Choi Hung Estate, was also fortunate enough to be assisted and cared about by the EAE Program. Uncle Lam, over 80, who suffers from acute diseases, lives alone on the CSSA. Uncle Lam is independent. He insists on doing things himself, including having meals, taking medicines and bathing. "I had been boiling water in a large kettle. One time, my arms weren't strong enough. I spilt the hot water and I scalded my hands." When the EAE program learnt of Uncle Lam's situation, they gave him an electric kettle that's often used in hotels. This kettle is relatively lighter, easy to operate and suits elderly's use. Mr. Lee, the visiting volunteer, found out as well that Uncle Lam's rice cooker had a scorched surface and was worried that it could be dangerous if Uncle Lam kept on using it. In addition, he noticed that Uncle Lam cooked on an electric hotplate which could get extremely hot and accidents could happen when the user burned him carelessly. The hotplate is not suitable for use of elderly. Mr. Lee communicated with the EAE social worker and on the following day, the Program gave Uncle Lam an electric rice cooker and induction stove. Since then, Uncle Lam can cook safely without the risk of getting burnt.

"At the late stage of my life, I have no more regrets now that I've met kind people who help me and volunteers who care about me. I'm truly so grateful to you all!" All of a sudden, Uncle Lam burst into tears, tears that were fully laden with his feeling of being touched by love and concern. To light up the lonely and helpless paths of the elderly is what the EAE Program has been persisting in doing.

「廚房三寶」——電飯煲、電水壺以及電磁爐，能減輕病弱長者於煮食上的困難。The "Three Kitchen Treasures", namely electric rice cooker, electric kettle and induction stove can alleviate the difficulty in cooking encountered by frail elderly.



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雪櫃助長者 保鮮食物免變壞

獨居於屯門公屋的黃伯伯，與家人離異後一直獨居，只能依靠微薄綜援金生活。黃伯伯告訴我們，年青時為了生計，一直拼搏工作，有時連飯也不吃，全為了多賺幾塊錢生活。「以前我做工廠，薪金以件數計，多勞多得。為了賺錢養家，我通常早出晚歸，結果操勞過度，弄壞了身體，被迫提早退休。」黃伯伯現時患有心臟病、胃潰瘍以及肝病，需長期到公立醫院覆診。

「我身體唔好，個胃痛起來實在不能外出。所以，我習慣一次買幾天餸菜，當身體不好時，也能在家煮食，照顧三餐。」無奈上星期，黃伯伯家中使用多年的雪櫃壞了，冷藏功能完全喪失，更因而有蒼蠅在裡面滋生。「我真的很絕望，雪櫃壞了不能使用，我那來有錢買個新的？唔食飯都買唔起！」黃伯伯現時將所有食物放於室溫，包括他每天早餐必需享用的鮮奶。社工勸喻黃伯伯鮮奶不能放於室溫，否則會變壞。「我成份綜援拿出來，都買唔起個雪櫃，吃壞肚子也沒辦法。」擔心著黃伯伯的健康，社工向「電器贈長者」計劃求助，希望可迅速協助黃伯伯添置雪櫃，讓他不用冒著吃壞肚子的風險。

一部雪櫃是每個家庭日常生活的必需品，然而對獨居無依的貧弱長者而言，要自費購買一個雪櫃，幾乎是不可能的事。急需雪櫃的，還有居於沙田公屋的娣婆婆。

「我習慣在家煮食，街坊們都好照顧我，不時給我食物，我都儲起來慢慢吃」。社工探訪娣婆婆時，發現她將食物都放在枱上，甚至地上，甚不衛生。經了解後，才發現娣婆婆家中的雪櫃早已壞了。「我唔想麻煩人，得過且過就算了！」眼見娣婆婆將隔夜飯菜放在枱上，炎炎夏日食物極容易變壞，為免再讓娣婆婆吃下不潔食物，社工希望可盡快為娣婆婆搜尋合用的雪櫃，於是向「電器贈長者」計劃求助

「電器贈長者」計劃於本月所舉行的「雪櫃徵集月」，呼籲善長以集腋成裘方式，讓本會以批發價\$1,000 購買雪櫃以改善正輪候多月的20多名如黃伯伯、娣婆婆等貧弱無助長者，讓他們可以於炎炎夏日使用雪櫃保鮮食物，吃得安心又健康。有意施善助貧老能改善生活的善長，懇請與位於香港灣仔石水渠街85號一字105室的收集點聯絡，或致電施善熱線：2835 4321或8107 8324。



Fridge For the Elderly To Keep Food Fresh

Grandpa Wong who lives in a public housing unit in Tuen Mun has been living alone on CSSA after separation from his family. He told us that he had worked very hard in his youth to make a living, even skipping meals occasionally, all for making a few more dollars. "I was a piece rate factory worker, the more you work the more you get. Making money to raise my family, I normally worked from dawn to dusk. Over exertion worn me out and I was forced to take early retirement." He is now suffering from heart disease, ulcer and liver problem and has to take medical check up regular in the public hospital.

"My health is poor and I could hardly go out when my stomach ached. Hence, I am used to buy food for few days' need to cook at home." Unfortunately, last week the fridge he has used for years stopped functioning, losing all cooling power and hence flies were breeding inside. "I was desperate. How could I buy a new one? I could not afford one even if I quit meals altogether!" So, he just left all food at room temperature, including milk which is his daily breakfast need. The social worker pleaded him not to just leave fresh milk at room temperature as it would go bad. "Even if I take out my entire CSSA is not enough for a fridge, there is nothing else I can do." Concerning his health, the social worker asked the "Electrical Appliances for the Elderly Program" for help, hopefully to get him a fridge soon enough to prevent the risk of food poisoning.

A fridge is an essential item in a family. However, for the living alone, helpless and frail elders, purchase of a fridge is almost beyond their means. Another case who is need of a fridge is Grandma Di who lives in a public housing estate in Shatin.

"I usually cook at home. The neighbourhood has been taking good care of me, often giving me food and I keep them up for use." The social worker who visited Grandma Di found that she has been leaving food on the table and even on the floor. It is not hygienic at all. After talking to her, it was discovered that her fridge has been out of order for a period of time. "I do not want to bother other people so I just leave it!" Seeing her leftovers on the table that could soon turn sour under the summer heat and to prevent her from eating spoiled food, the social worker tried to get her a suitable fridge and hence applied for the "Electrical Appliance for the Elderly Program" for assistance.

The "Electrical Appliance for the Elderly Program" is driving for "Donation for Fridge" in this month. We are now appealing to benevolent people to make donation for a fridge costs HK\$1,000 each at the wholesale price. This will greatly improve the livelihood of nearly 20 cases, per month on the waiting list, like Grandpa Wong and Grandma Di. They can then stay healthy without worry of the summer heat. For those who are willing to help, please kindly contact us at Room 105, 85 Stone Nullah Lane, Wanchai; or by the donation hotline: 2835 4321 or 8107 8324.

一部具基本冷藏功能的雪櫃，正是炎炎夏日長者家中的必需品。
A refrigerator with basic functions is essential to the elderly in the summer heat.



閃一閃看得見 應門無難度

長者步入晚年，或多或少都會出現一些慢性疾病。我們最常聽到長者會有血壓高、糖尿病、心臟病等等的長期病患。當然，亦會有一些長者患有不同的眼及耳疾，如白內障、聽力退化等。長者患有白內障，尚可透過手術去更換人工晶體醫治；如出現聽力問題，聽力只會隨年月繼續退化。除了佩戴助聽器外，暫時都未找到一個能夠根治的方法。香港有不少長者都是獨居或兩老夫婦生活，生活上並沒有太多支援，所以我們一直都很重視長者的家居安全。如長者患上耳疾，聽力較弱，當遇上親朋的探訪或社區上門服務的到訪而不能應門，便會很影響他們接受服務及接觸親朋的機會。

居於新界東區的吳婆婆，已年屆95歲。身體情況還不錯，但聽力在多年前已開始退化，至今已差不多完全失聰，只有右耳仍餘3成左右聽力。早年家居未有安裝大聲電話，使她差不多不知道曾經有社工或是親朋聯絡她。其後地區社工協助購置了大聲電話後，這個情況才得以稍為改善，但仍有一個問題還需要解決的便是應門問題。地區社工表示，即使之前先致電，以往多次登門造訪很多時也「摸門釘」，一來吳婆婆本身也不是經常聽到電話，二來單在門外按門鐘，吳婆婆根本無法聽到。曾經有一次社工在門外拍門接近半小時，弄至鄰居也出來協助拍門，吳婆婆才知悉社工到訪。吳婆婆說：「門鐘太細聲，我都聽唔到，真係唔好意思啦！」所以其後社工便轉介個案至本會的「長者家居維修服務」，申請安裝閃燈門鐘。

工程日的早上，工作人員跟師傅一同上門，按門鐘當然沒有人應門，其後師傅用工具大力拍門，同時工作人員亦在門外致電，最後差不多拍了約半小時左右，婆婆才應門。原來婆婆在床上小睡，見到我們時她十分很不好意思。師傅進屋後，先詢問吳婆婆的活動範圍，繼而度尺吋，然後用電鑽定位後，慢慢把電線接駁。不消一小時，便把門鐘按裝好了！之後，師傅還細心地教婆婆留意閃燈閃動應門。吳婆婆很開心師傅這樣細心：「真係很感謝義工師傅，有這個門鐘，燈一閃便知道要應門了，這樣有人來找我，我也知道喇！」

獨居長者需要的支援相對會較多，如吳婆婆患有耳疾，一個閃燈門鐘，便能夠令她由依賴聽鐘聲到改為留意閃燈去應門。日後，吳婆婆即使聽不到，但看見閃燈門鐘一閃動，便會知道有人到訪，不會再錯失親朋或社區人士的關懷。



See the Flash Answer the Door

Chronic diseases often accompany ageing, the more common being high blood pressure, diabetes and heart condition. There are also some elderly people who are afflicted with eye or ear ailments like cataract and hearing degeneration. Cataract can be cured surgically with the implant of artificial lens. But there is as yet no cure for hearing impairment, which worsens with age; wearing hearing aids is the only help available. Many seniors in Hong Kong live singly or in couples, with little support from others. Their home safety has therefore been a major concern to us. A senior who is hard of hearing often fails to answer the door when friends and relatives come to visit him, or when house calls are made to render community services. He may thus lose contact with friends and relatives and miss out on the services.

Grandma Ng who lives in New Territories East is 95 years old. She is in fairly good physical condition, but is almost completely deaf. Having begun to lose her hearing years ago, she is left with only 30 percent of hearing in her right ear. Earlier, before an extra-loud telephone was installed in her house, she was often unaware that social workers, friends and relatives had tried to contact her. The situation improved a little when the district social worker helped her to get an extra-loud phone. Still, there remained the problem of getting her to answer the door. The district social workers told us that, even though she had been notified by phone that they were coming, very often the door bell was unanswered when they arrived. In the first place, Grandma Ng does not hear what's said on the phone very well. On top of that, she cannot hear the door bell at all. Once, a social worker knocked on her door for nearly half an hour. Only when a neighbor joined in the knocking did Grandma Ng realize that the social worker was there to visit her. She said, "The door bell is not loud enough. I can't hear it. I am so sorry." So the social worker referred her case to our Elderly Home Maintenance Service for applying for the installation of a Flashing Door Bell for the Deaf.

On the morning of the installation, our staff member and the volunteer electrician went together. Naturally no one answered the door bell. The electrician knocked hard on the door with a tool, while our staff member telephoned her. Grandma Ng finally opened the door after about 30 minutes. She had been napping in bed, and was very embarrassed to see us. On entering her home, the electrician first asked her where in the house she spent most of her time. He then took measurements, made drillings in the chosen spot, and connected the wires. The door bell was installed in less than an hour! After that, patiently, he taught Grandma Ng to watch for the flashing light to answer the door. His thoughtfulness made her very happy. She said, "I am so thankful to the volunteer electrician! Now, I have this new door bell then I will know I should answer the door as soon as the light flashes. I will know someone is here to visit me."

Elderly people who live alone have a greater need for support. Grandma Ng who is hard of hearing is an example. It only took a flashing door bell to enable her to answer the door on seeing a flashing light, ending her dependence on the ring of her door bell. From now on, even when she cannot hear a ring, she will know she has a visitor when she sees the flashing light. She will no longer miss the care and concern of relatives and friends and community workers.

現時閃燈門鐘已改用LED燈，光線十分明亮之餘更為輕巧，安裝後吳婆婆十分開心，亦不用再擔心應不到門了。

Flashing Door Bell for the Deaf now uses the LED lighting. It is bright and compact. Grandma Ng is happy with the installation. She needs no longer worry about not answering the door.



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助長者維修熱水爐 免生洗澡危機

香港天氣反覆，乍暖還寒，這樣的天氣，能洗個熱水澡實在溫暖！冬天洗澡既是衛生需要，亦可保暖。當熱水沖到身上，可讓體內血氣運行，自然感到溫暖，在寒冬的夜裡，長者能夠洗個熱水澡，穿上保護衣服睡覺一定倍感舒服。

最近，本服務收到不少長者的申請，都是維修電熱水爐。當中有的是熱水爐漏水；有些是不能接通電源。遇到這些問題，工作人員都會詢問：「長者的熱水爐壞了多久？長者現在是怎麼洗澡？那如何解決衛生問題？」就我們服務多年的經驗所得，過往有不少長者的電熱水爐壞了，但卻過了保養期，而又未能負擔昂貴的檢查和修理費用，所以久不修理。只好每天用水壺煲水，然後一手拿著熱水壺，另一手則要扶著牆壁借力及平衡身體，將熱水提到浴室稍加冷水洗澡。

光是想像，實令人擔心！體弱的長者單是步行至浴室，已經十分艱辛，更何況要手拿一壺熱水呢？如過程中長者突然沒有力，將水壺打翻、或是長者踩到沾有水的地面都會造成悲劇。因此，每當收到有關維修熱水爐的個案，我們都緊張非常，希望可以盡快幫助長者修好熱水爐，避免危險的發生。

唯熱水爐的維修費用可大可小，單是更換一個電源開關制，都已經花上百元之多；而如果是爐身零件問題，費用更是「海鮮價」。在有限的資源以及緊急的情況下，我們的義工均會盡快購買零件為長者修理熱水爐，以避免長者因洗澡而產生的家居危險。

為讓長者在寒冬中有熱水洗澡，解其衛生及保暖之需要，同時亦避免意外發生，呼籲善長支持我們的服務。善施支票抬頭請書：「聖雅各福群會」，指定捐予「長者家居維修服務」，讓我們可濟助體弱、缺乏支援的長者。支票請寄：香港灣仔石水渠街85號一字樓105室。



Repair of Water Heaters Avoid Risk in Taking Bath

The weather in Hong Kong is still unstable when sometimes being warm and sometimes being cold. Having a warm bath in such weather is comfortable. Taking a hot bath in winter time is not only a hygiene need but also can keep the body warm. The hot water enhances the blood circulation and hence makes one feel warm. After taking a hot bath, the elderly can have a good and comfortable sleep together with enough clothing.

Recently, we receive many service request of repairing water heater. Some are leaking problems while some are power circuit problems. When encountering such cases, our staff often asks, "How long has the water heater been out of service? How do the elderly take bath now? How to keep the hygiene issue?" According to our experience, most of the will not fix the water heater if the warranty is expired as the inspection and repair cost are expensive. Instead, they will just heat up water by a kettle and carry it to the bathroom. For the frail elderly, they have to use the other hand leaning the wall for keeping balance.

It can make people feel worry just by imagining the situation. It is already not a simple for the frail elderly to walk to the bathroom, not to mention having to carry a kettle which is full of hot water. If the elderly losses energy during the process, or they slipped over, it would be a tragedy. Thus, we are very nervous whenever receiving such cases. We wish to fix the water heater as soon as possible in order to avoid any risks.

However, the repair cost of a water heater is unpredictable. Just replacing a power switch would cost over a hundred dollars; while for repairing the parts, it could be extremely high. Due to the limited resources and the emergent situation, our volunteer workers would try their best to buy the spare parts and fix the problem to prevent home hazard from occurring.

In order to enable elders having hot bath in winter, taking care of their hygiene and avoiding any accident to be occurred, we are appealing for your support to our service. Please kindly make your donation by cheque payable to "St. James' Settlement" and remark for the "Elderly Home Maintenance Services". Mailing address is Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Your donation can definitely help the frail and deprived elderly with needy support.



義工為長者修理熱水爐後，亮起紅燈的電掣表示長者終有熱水可洗澡了！
Volunteer worker is fixing the water heater. When the red light comes, it means that there is hot water for the elderly to take bath.



從天而降的溫暖

你可知道一副窗簾布的功用嗎？它在陽光刺眼時，為我們遮光才不致傷害眼睛，影響視力；它在天氣寒冷時，充當擋風布才不致寒風吹入室內。在一般人看來，新居入伙安裝窗簾是基本的設備，但對一些長者來說，窗簾是很重要！

「因為我的房子西斜，所以每天太陽落山時，陽光都會透過窗戶射進我家的地板上，令我刺眼非常，加上我的眼睛不好，常常因為強光的刺激而影響我的視力，讓我的眼睛好痛！」一位獨居的婆婆說道。是的，對視力不好的長者來說強光是非常傷害眼睛的。

另一位李伯伯：「我就是因為用毛巾充當窗簾布，踩上櫃子然後用線和夾子將布夾在窗花上。」很多時候，因為長者沒有足夠的金錢請師傅上門量度、安裝窗簾路軌和窗簾布，所以他們將毛巾掛在窗前遮擋強光。就當時所見，李伯伯踩著的是一個高低不平的櫃子。而長者們的這些舉動都潛藏很多家居危險，李伯伯就是一個例子。

「長者家居維修服務」為有需要長者提供家居維修，以讓他們有一個安全的居住環境。今天，家居維修服務的義工為九龍區一公屋單位的張伯伯安裝窗簾路軌。師傅在度量尺寸時，張伯說：「請人上來度位又要俾上門費，計埋路軌及窗簾布的材料，加起來差不多五、六百元，每個月得二千多元綜援金，我何來的錢請人做呢！」

師傅二話不說，度好尺吋、買好材料馬上為張伯安裝路軌。張伯看著義工鑽牆的背影，一邊在旁說著：「好囉好囉！現在多得聖雅各的幫忙，我就可以翻個好覺，不會被強光刺到眼睛，真係安樂晒！」

「人人有個安樂窩」是奢望嗎？年紀老邁，經濟困難亦沒有家人支援的長者，得到「長者家居維修服務」的幫忙無不感謝。



Care from Somewhere High Above

Are you aware of how useful a curtain is? It wards off the glaring rays from the sun protecting our eyes, and thus our vision. When it is cold, it blocks the chilly wind from getting indoor. While it is generally taken as a basic facility to install curtains in a new flat, it is particularly crucial to some elderly.

"As my flat is facing south and when the sun sets, sun rays go through the windows and hit the floor. The reflection of the strong light hurts my eyes which are already in poor condition," said a lone grandma. Obviously, the poor vision of the elderly will be further impaired by the strong light.

A grandpa Li said, "I hang up some towels by the windows to serve as curtains. I step on the cabinet and fix the towels on the window guards with ropes and clips." As some elderly cannot afford installing curtains which involves hiring a master to take measurement and fix curtain rails, and the cost of cloth, they would hang some towels by the windows instead. It was noticed that the cabinet on which grandpa Li stepped in order to hang up the towels was not well grounded because its two sides were not symmetric. It is a potential hazard leading to home accident. Grandpa Li's case is a clear example to show how home accidents would occur.

"Elderly Home Maintenance Services" provides home maintenance services for the elderly in need aiming to make a safe living environment available for them. Today, a Master Volunteer is helping Grandpa Cheung to install curtain rails in his home in a public estate in Kowloon. While the Master was taking the measurement, grandpa Cheung said, "The labour cost for hiring a Master and the costs of curtain rails and cloth add up to \$500 to \$600. How can I afford it while I am just getting a monthly CSSA of near \$2,000!"

The Master went to buy the materials according to the measurement and then started to fix the curtain rails right away. While the Master was drilling holes on the wall, Grandpa Cheung stood at his back watching and said, "It is so good! Thanks St. James' Settlement for helping me! I no longer have to endure the strong light and so I can have a good sleep!"

Is "a safe and cozy home for everyone" an extravagant hope? All the poor, lone elderly who received assistance from St. James' Settlement have expressed gratitude to our care.

一群熱心的師傅為長者創造「從天而降的溫暖」。
A team of enthusiastic Master Volunteers help bring "care from somewhere high above".



苦中一點甜

退休已有20年的日子，年輕時一直教書，雖然服務的學校已被清拆，但我仍與那些舊同事和畢業多年的學生保持聯絡，每月一次的茶聚是我們互相問候關心的寶貴時間。

之前，我從他們口中知道移居美國的一位同事患上癌病並已身故，這個突然期來的消息實在令我感到好無奈，由病發到離開只是短短幾個月的事，我還來不切給他長途電話表示關心，回想起從前一起教書的日子，大家有過共同的抱負——盡心培育下一代。想到這裡，我想有甚麼可以做呢？

過了幾天，我打開電話簿，向那些舊同學和學生推介《松柏之聲》，那裡有很多健康和保健的資訊，希望他們有所裨益；同時，我鼓勵他們一起做些善事，幫助有需要的人，特別這份報紙是免費給長者的，還要是分本地或海外，每月定時送上。結果，一共十四人希望收到這份報紙，大家合共捐了幾千元，雖然數目不算多，但大家總算一起做了點好事。

我相信《松柏之聲》的讀者很多都好似我這類老人家，有些學識水平，喜愛閱讀，並訂閱多年，漸漸視這份報紙為老友記，定時定侯就會見到他出現在我們的信格內。所以，我們都希望《松柏之聲》可以繼續辦下去，幫助更多長者。

未來我還不知有多少個歲月，雖然我的財力不及許多富有的人，但是我仍會按自己的能力捐款，幫助比我們更有需要的孤單老人。從慈惠月報中見到你們傳來的相片及報導，見到他們的生活比我們苦得多，那怕是一個張報紙、一個電熱水壺，還是一支針藥的資助，為他們苦中送上一點甜都是值得的！但願聖雅各繼續開辦慈惠服務，幫助老弱病患，讓他們感受香港人情濃的一面。



Help and Care For Those in Difficulty

I was a teacher before and have retired for 20 years. Although the school I taught has been closed, I still keep contact with my colleagues and students. The gathering in each month becomes the valuable time for us to care each other.

In the previous time, I heard from them that one of our colleagues who has immigrated to America died because of cancer. I feel helpless with this shocking news. It is just a few month times from diagnosis of the disease to his death. I have no time to even make a call for care. Recalling the time we taught together, we held the same mission that is to try our nest in educating the next generation. I then ask myself: What can I do?

Later, I called my old colleagues and students introducing them "The Voice". "The Voice" contains lots of healthy information that is beneficial to them. At the same time, I encouraged them to do some charity, helping people in need. For "The Voice", it is free of charge. Every month, it is delivered to the elderly no matter they are in local or overseas. At last, there are 14 people wishing to receive the newspaper and few thousand dollars donation are generated. Although the amount is not large, we still do something good together!

I believe most of the readers are elderly like me, who have education background and like reading. After years of subscription, many elderly treat "The Voice" as their friends and wish to meet it in the letter box every month. We all wish "The Voice" can be operated in the future helping more elderly.

I don't know how many years are left in my life. Although I am not as rich as many others, I will keep donating to the services, helping those who are even more lonely than me. From The Philanthropy Monthly, I read the story and photos and I know their life is much harder than me. Thus, we have to give help and care in their difficult time no matter it is a newspaper, a kettle or medication. I wish St. James' Settlement can continue the Charity Service, letting the deprived people to feel the warmth and care.

我也符合資格？

「惠澤社區藥房」為全港首間非牟利的藥房，成立目的為減輕長期病患者在自費藥物上的經濟負擔。是次的「問與答」，將與大家分享近來收到有關藥房服務的查詢。


問：公立醫院的醫生叫我到社區藥房買藥，但我沒有領取綜援，只是一個70歲的伯伯，我也可以到你們的藥房用優惠價錢買藥嗎？

答：本會的「惠澤社區藥房」除了向領綜援人士提供藥物資助外，對於長期病患者特別是長者，由於他們需長期服用藥物，在缺乏退休保障的制度下，我們了解承擔長期藥物開支對他們來說同樣是經濟負擔，透過與藥廠的協作，本藥房會以優惠價錢回饋曾為社會貢獻良多的長者。一般來說，病人年齡為六十五歲或以上及持有醫管局發出的藥單，可以用優惠價錢在本會藥房購藥。由於所有計劃均有年期限制，不同藥物的年齡申請資格亦略有不同，故有需要的長者或轉介人士可致電查詢詳情。

問：我有一個親戚也需服用自費藥物，但他只有45歲，這樣就不能到你們藥房購藥？

答：並不一定的，如前說不同藥物資助方案有所不同，有的會視乎病人的經濟狀況。本會的「惠澤社區藥房」除了向長者出售優惠價錢的藥物外，亦會向有經濟困難的病人提供優惠。有需要的病人可先聯絡本會職員進行經濟審查，符合經濟條件的病人才可得到優惠價錢購買所需藥物。

問：醫院開了3種自費藥物給我，我都可以用優惠價錢來買？

答：只要符合年齡條件或經濟條件便可到本會藥房購買，但必須注意本會藥房並非所有醫生處方藥物均有售賣，故申請服務前請先致電本會職員查詢。若病人所需用的自費藥物並沒有在本會藥房售賣，亦可到掛有  標誌的社區藥房購買。若有經濟困難，則可透過註冊社工向本會申請「贈藥治病計劃」，計劃將以現金補助形式資助病人購藥。

Am I eligible too?

The Philanthropic Community Pharmacy of SJS is the first non-profit making pharmacy in Hong Kong. Its objective is to release the financial burden of chronic patients for the self-paid medication. In the Q&A session of this month, we will share some enquiries regarding to the Pharmacy services.


Q: Doctor of the public hospital asked me to get my medicine at the community pharmacy. I am an elderly who is 70 years old and do not get the CSSA, am I eligible to buy the medicine in your pharmacy at a discount price?

A: Apart from providing medical subsidy for CSSA recipients, we also offer assistance to chronic patients, especially the elderly. Since they have to take medication on long term, we understand that it will be a heavy burden without the retirement protection policy. By cooperating with different pharmaceutical manufacturers, the Pharmacy will also provide discount medication for the elderly who have made lots of contribution to our community. Generally speaking, patients over 65 years old with prescriptions issued by the Hospital Authority can purchase medication in our Pharmacy at a discount price. As the validity and application criteria for each subsidy program are different, elderly in need can contact us for further details.

Q: I have a relative who also needs self-paid medicine but he is only 45 years old, is he eligible to buy medicines in your Pharmacy?

A: Not necessarily. As said before, different subsidy program is with different criteria. Sometimes, it has to depend on the patients' financial status. In other words, apart from elderly, we will also offer assistance to patients with financial difficulties. People who need help from the service can firstly contact our staff for assessment, only patients who pass the assessment can buy the medication at a discount price.

Q: The doctor prescribes me 3 kinds of self-paid medicines; can I get them all at a discount price?

A: People who meet our age and financial requirement are eligible to use our Pharmacy service; however, please note that not all self-paid medication are available in our Pharmacy. Thus, please kindly call for confirmation in advance. If the medication is not available in our Pharmacy, patients can still purchase the medication in community pharmacy with  sign. Should they have any financial difficulties, they may apply for our Medical Subsidy Program through registered social worker for a cash subsidy.

長者上樓欠資助 險沖凍水涼

蝸居板間房的獨居長者獲配公屋本是好事，奈何無力添置家電，險要度過沒有熱水爐，沖凍水涼的日子。有提供協助的社福機構指，政府去年取消家居改善補助，求助個案增一倍。

政府取消補助 無錢添家電

等待3年終可上樓的66歲獨居長者甘伯伯，原租住元朗一間面積僅為70呎的劏房單位，他每月雖有4,650元的綜援金，惟房租已佔去一半。

甘伯生活拮据，家具寥寥可數，一張幾乎全掉皮的梳化，早上為椅子，晚上為床，電熱水器及雪櫃都是房東的；屋內有獨立廁格，但無廚房，他每日三餐都是吃即食麵。

直至上月，他收到房屋署通知，獲配啟德啟晴邨一間100呎的新居，月租910元。對於甘伯來說，成功上樓可說是減輕租金壓力，可謂異常高興。但開心過後，他卻開始憂心，因為搬到更大的單位，需花費一大筆錢置家具。

團體裝熱水爐 籲市民捐助

甘伯說，他本來打算煲水沖涼或睡尼龍床，最後幸獲聖雅各福群會協助，資助他鋪地板、安裝電熱水器及添置雪櫃、洗衣機等，並能趕及在新年前搬進新居。

負責協助甘伯的聖雅各福群會服務發展經理謝文慧表示，自去年政府結束「長者家居環境改善計劃」後，中心接獲的求助個案每月增加一倍至200宗，當中四分之一是與長者無法支付基本入伙工程有關。她呼籲市民若有全新的家電捐助或捐款，可致電熱線2831 3283。



Offering Public Housing Units while Cutting Off Aid Causes Elderly Extra Hardship

Moving into a public-housing unit is undoubtedly good news for singleton elderly used to live in partitioned flats, but non-government agencies reported that the demand for assistance to acquire necessary home appliances in new homes has been doubled the year before when the government's home environment improvement scheme for the Elderly was still in place.

Without Government Assistance, Elderly Afford No Home Appliances

After 3 years of waiting, the 66-year-old Uncle Kam finally got assigned a public-housing unit. Earlier he lived in a 70-sq-ft partitioned flat in Yuen Long and the rental expense alone accounts for half the amount of \$4,650 allowance he receives every month from CSSA scheme.

The only furniture in Uncle Kam's old home was the worn-out coach which was at the same time the bed he could sleep on at night. Home appliances like shower heater and the fridge were owned by the flat owner. He had a separate toilet but no kitchen in the flat, therefore he could only feed on instant noodles.

Last month the Housing Department confirmed that he was allocated a 100-sq-ft public-housing unit in Kai Ching Estate at a monthly rental rate of \$910. Expecting big savings in rental expense, Uncle Kam rejoiced briefly at the news but not long afterwards he started to worry – how can he get the money for the furniture and appliances in his new home?

Non-Government Agency Needs Brand New Shower Heaters and Awaiting Donations

Uncle Kam said that he thought he has to boil bathing water himself and sleep on a make-shift bed, but thanks to SJS's assistance programs, he has flooring tiles and an electric shower heater installed and acquired a refrigerator as well as a washing machine in his new home. He managed to move in before January 2014.

According to Ms TSE Man Wai, the Manager of Service Development of St. James Settlement, i.e. the agency offering aid to Uncle Kam, since the government terminated the "Home Environment Improvement Scheme for the Elderly" last year, SJS received over 200 cases applying for assistance every month, 25% of the elderly involved cannot pay for even basic furnishing and improvement in new homes. She is now calling for donations both in cash and in kind, please call 2831 3283 for details.

甘先生向負責社工講述喜獲公屋卻又無力添置家電的壓力。Uncle Kam shared with the social worker that he is happy with the relocation while starts worry about having no extra money for basic electrical appliances.



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

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

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

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

(請在適當位置加上✓號)

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

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

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

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

Address : _____ Phone No. : _____

Donation Method :

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

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

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

Card Holder's Name : _____ Signature : _____

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

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

*Please check off your method of payment.

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

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

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

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