



社工的話

Social Worker's Remark

## 確實令人鼓舞？

「隨著本屆政府全面推行『長者生活津貼』，讓超過42萬長者即是四成長者人口受惠。2013年扶貧政策的成效也是過去五年最顯著的，而整體貧窮人口由2009年的104萬首次跌破100萬至2013年的97萬，貧窮率也由16%下降至14.5%……」節錄自香港政府新聞網頁特首的報告。政府由早前認為社會對香港貧窮、不貧窮有著不肯定的情況，直至去年訂下貧窮線是一大進步，現在貧窮人口能跌破100萬就已確實令人鼓舞！

這個數字是否令到社會人士鼓舞，不得而知，但究竟香港貧窮人貧窮情況如何？曾接觸過一些中產家庭，他們表示縱然聽聞本港基層家庭需要食物援助，但卻不相信他們就連幾兩肉也沒有能力購買，「十蚊少少肉，都買唔起？我諗唔會囉。」

家訪時見過一些長者在電飯煲內的燻菜，從味道及賣相上肯定不是存了一兩天；或許大家認為長者比較慳儉，是不願花錢而不是沒有錢。有部份確實如此，但有部份特別是仍然租住板間房的，交租交水電費後，不得不靠食物援助，否則三餐不繼，根本很難生活。又有一些基層家庭的兒童，親自告訴我及記者，一家三口吃一條魚，足足吃了6餐，聽著我們也流下淚來。

相信大家知道聖雅各福群會的慈惠服務是全港性，透過地區社工在各區接觸到的貧老，因著他們有些生活基本需要，無法靠自己能力及資料作出改善，而需要轉介來申請服務。踏入冬季，轉介來的大多是欠缺禦寒衣物的長者個案，或許又有人會問：「怎會一張保暖的棉被也沒有？他們已渡過了多個寒暑，怎會有這些事？去年是怎樣過的？」這些問題的答案，很多時在上門探訪就看得一清二楚。那些早已發霉，又重又不保暖的衣物，就是他們冬天的寶，又或貧老蓋多兩張薄毯就與寒冬拼過！

近日，有位二手傢俱店的老板因工人放假而親自送貨，他告訴我們見到那位體弱、要靠拐杖出入的長者睡的是帆布床，他有很大感觸：「我好耐無見過仲有人訓帆布床，仲要係一個又老又弱的長者……佢條腰會好辛苦，見到好心酸。」當下，令我們又想起的是幾位連床也沒有、席地而睡的長者。

香港貧窮人貧窮情況如何？期望政府及各界可以繼續正視及下功夫，努力向減貧的方向邁進！

## Should We Be Excited?

"Over 420,000 elderly, around 40% of older persons in Hong Kong, are benefited from the implementation of the Old Age Living Allowance. The poverty policy in 2013 were the most remarkable impact to the society among the past 5 years: the overall poverty population has been decreased from 1,040,000 in 2009 to 970,000 in 2013, which is the first time of dip below one million poverty population." quoted from the Chief Executive's Report on the website of the Hong Kong's Information Services Department. It is actually quite encouraging that the poverty population is decreased to below one million people, especially compared with the past that the government was denied to define the situation of poverty in Hong Kong.

This is hard to say whether this number of decreasing is encouraging or not, but what is the actual poverty situation in Hong Kong? Some of the middle class families indicated that even though they heard about the food assistance for grassroots families but still they do not believe that they could not afford even a piece of meat, like "I would not believe that they cannot afford \$10 to buy a small piece of meat".

According to my experience in the home visit, it is common to see that elderly always keep their food in cookers which is obvious that it has been stored for more than few days. Some people may think elderly is thrifty that they are not willing to spend but not having no money. In fact, it is true for so cases while it is not the case for those who are living in the partitioned flat. After paying for the water and electricity charges, they have to rely on the food assistance; otherwise, it is difficult for them to afford for even a meal. In the past, a reporter and I have been told by a deprived child on how the whole family divided a fish for six meals, which really upsets us.

The Charity Project is with no district restriction. The district social worker will refer needy cases to us by their contact with the poor elderly who are without ability and resource for improving the basic need in living. In winter, most of the cases are applying for the coat in keeping warm. Perhaps, some may ask, "How will they even lack of a cotton quilt? Does this really happen as they have already passed through so many cold winters in the past? How they live in the past year?" For the answer of all these questions, it can be found clearly when making the home visit. What they have in the winter time is those old, heavy and thin clothing; while some even just fight with the cold winter by covering two more blanket.

Recently, an owner of a second hand furniture shop helped to do the delivery as his staff is on leave. He told as that he is upset by seeing the old elderly who has walking difficulties sleeps on a cot, "I have seen people sleeping on a cot for a long time, not to mention he is an old and weak elderly..... His waist must be very painful and it really makes me sad." By listening to his sharing, what we are thinking is the few elders who don't even have a bed to sleep.

Actually, how's the poverty situation in Hong Kong? We wish the government and related party can keep concerning and working hard in the real situation and achieve the goal of alleviating the poverty!

世上有兩件事不能等，一是孝順，二是行善。

There are two kinds of thing cannot be delayed in life, one is being filial and one is doing charity!



## 感謝你們陪我走最後的路！

「醫生話比我知已經無任何治療對我有用，唔使我再做了！」五十歲的李先生淡然地跟我們說。

兩年前患了腎癌的李先生，因未能負擔自費藥物的開支，經醫院醫務社工轉介至聖雅各福群會惠澤社區藥房申請藥物資助，抗癌兩年，治療效果最終不如理想。醫生表示暫時未有藥物適合李先生的情況，故他只好默默等待有新藥物出現。

腎臟在身體的角色有如一個清道夫，它主要的功能是清除身體內的廢物以及多餘的水份。除此之外，它還維持身體內鹽份的平衡，同時也負責產生不同的賀爾蒙以及維他命，使其他器官得以正常的運作。故此，當腎臟失去功能，身體會慢慢積存廢物，有關毒素會侵害身體器官。「近期見到李先生，覺佢身體比前一次虛弱，說起話來亦十分乏力，兩頰凹陷，精神確實大不如前！」惠澤社區藥房藥劑師林小姐擔憂地表示。由於醫生已暫時為李先生停藥，在沒有任何治療方案下，李先生更為灰心無神。藥劑師認為在這個階段，要盡量幫助李先生增強身體的抵抗力，減少被病毒入侵的機會。所以，建議為李先生提供營養奶粉補充身體所需！

「患病到而家，我已經無辦法再工作，最初只係靠積蓄撐住，但時間愈來愈耐，積蓄都用得七七八八……而家我食野都好麻煩，一般食物都食唔到，醫生有叫過我食營養奶，果D係特別配方，可以補助充患有癌症病人身體的熱量同蛋白質，係好適合我的身體情況，不過成幾百蚊一罐，我真係食唔起！」眼見有適合自己身體的補充劑，但礙於價錢問題而腳步的李先生很感觸地跟我們說。「靠而家的自己，真的無望，沒想過在見藥劑師林姑娘時，他可以幫到我，佢話有善長支持，所以藥房可以幫到他；另外，聖雅各福群會還協助我籌措基本食用。」

李先生對善長及惠澤社區藥房一直以來的幫忙，只能無言地感激，「我條命有幾耐我真係唔知，可能好短！但無想過有D素未謀面的有心人會願意幫我這個短命人，真係好多謝！好感激！你地做緊一樣很有意思既工作。」正如李先生所言，人生的道路究竟有多長，真是無人可預測，縱然他知道自己餘下不多的日子，但每次來到藥房，除了接受服務外，他更會鼓勵藥房同事要繼續努力，要幫助更多有需要的人士！

「李先生，你也要加油！」

## Grateful for Your Comfort In My Last Journey of Life

"My doctor told me that there was no other treatment whatsoever could help me recover and that it is useless taking any more treatment." Mr. Lee, 50-years-old, said to us lightly.

Mr. Lee was diagnosed with kidney cancer two years ago. Being unable to afford the self-pay medication, Mr. Lee was referred by a Medical Social Worker to Philanthropic Community Pharmacy under St. James' Settlement where he obtained drug subsidy to help him fight against his diseases over the last two years. Sadly, the current drugs did not work for him. His doctor explained that no other drugs he could try in view of his health situation and he could only hope that there might be some effective new drugs available in the near future.

Kidneys are playing the role of scavengers in our body; their main functions are to remove waste and excessive water from our body. In addition, they maintain the inner equilibrium of sodium chloride and secrete various kinds of hormones and vitamins to facilitate the proper operations of other organs. Malfunction of kidneys could lead to accumulation of waste in our body and as a result, essential organs could be damaged by these toxic wastes. "When I met Mr. Lee last time, I noticed that he looked weaker and needed to gather his strength when he spoke. His face was noticeably thinner and he appeared to be much more tired than before!" Miss Lam, the pharmacist of the Philanthropic Community Pharmacy, said worriedly. As his doctor had stopped giving him prescription, Mr. Lee felt hopeless and he looked gloomy. The pharmacist understands that Mr. Lee now needs to enhance his immunity to fight against viruses and bacteria to avoid falling sick and she therefore suggested Mr. Lee be provided with nutrition milk powder to avoid any deficiency in nutrients.

"I have been unable to work since I got the cancer and I can only live by with some savings which is nearly running out by now..... I have problems in eating solid food and in view of my health condition, my doctor has advised me taking nutrition milk, a formulated supplement with high calorific value and protein aiming to nourish cancer patients. However, a can of nutrition milk powder costs a few hundred dollars which I can hardly afford!" Mr. Lee said sadly. He felt sorry for himself as the nutrition milk, a suitable supplement for him, is beyond his reach simply because it is costly. "Before I met Miss Lam, the pharmacist, I was in despair. Beyond my expectation, Miss Lam told me that with the support given to the Pharmacy by benevolent people, they are able to help me. In addition, St. James' Settlement will help me in acquiring basic meals."

Mr. Lee's gratitude towards the continuous care by the kind donors and Philanthropic Community Pharmacy cannot be described by words. "I can't tell how much longer I can live. Maybe my life will end very soon. I never thought that people whom I have never met would be so kind to care about me. I am really very grateful for you all. It is such a meaningful service that you are rendering." It is true that nobody can foresee when his life is going to end, as Mr. Lee said. Though Mr. Lee expects his life is due to end before long, he keeps encouraging our colleagues in the Pharmacy to help more and more people in need when he comes to the Pharmacy to receive our service.

"Mr. Lee – Fighting! Fighting!"

## 誰褫奪了我們的「健康權」？

香港，被喻為全球醫療水平最高的地方之一，其公營的醫療制度亦承襲了英國「人人平等」的濃厚福利主義色彩，以低廉的收費讓市民享有一系列的醫療服務。不論其社會經濟地位，一視同仁的醫療制度讓香港市民享有健康的基本權利。然而，這是2005年之前的香港了。

2005年，政府以醫療開支過於龐大以及整理公營醫院的用藥為由，推出《藥物名冊》，部分藥物被定義為自費項目，病人需自行購買藥物繼續治療，涉及的藥費由每月數百元至每月數萬元不等，當中包括專科藥物及癌症的標靶藥物。政策推行的初期，社會上批評的聲音不斷，直指政策有欠公義，制度變得傾向富有者，出現「有錢有藥醫，無錢無藥醫」的現象。

政府為回應對公平醫療的訴求，推出以基金形式向有經濟困難的病人提供藥費援助。從政策的角度，藥費的補助計劃能夠確保病人在任何經濟條件下均能享有治療的權利。可是，從病人申請的經驗得悉，基金的申請手續繁複，申請門檻亦偏高，即使成功申請後亦存在不同的限制，例如關愛基金規定病人一生只能申請一次藥物資助，若病人在治療過程中因藥物反應不良而轉換藥物，亦無法再次申請資助等限制。

經過接近10年的政策推行，社會上似乎已漸漸接受了這醫療政策，就像香港社會一貫奉行的市場經濟模式，購買力至上的思考方法，對於「有錢有藥醫，無錢無藥醫」的現象已司空見慣，具經濟困難的病人向不同的基金申請藥物亦變得「正常」及「應該」。但又有誰想起這政策的本質是如此的不公義？又有誰想起我們曾擁有治療及健康的權利呢？

在現行的《藥物名冊》政策下，我們可見病人的「健康權」漸漸被削弱，在公平公義的原則下，聖雅各福群會的「贈藥治病計劃」聚集香港社會上有心人士的捐款，為維護病人的「健康權」而努力。現請各善長一同支持本會藥物資助計劃，還病人作為人的基本健康權利。善施支票抬頭請書：「聖雅各福群會」，背面指定捐予「贈藥治病計劃」。支票請寄香港灣仔石水渠街85號一字樓105室，或致電2835 4321聯絡我們。

## Who Takes Away Our "Right to Health"?

Hong Kong is said to be one of the cities with the highest medical standard in the world. Its public medical system inherited the belief in an all-men- equal social welfare background of England. People enjoyed a range of medical services at low costs. Hong Kong people, before 2005, enjoyed health as a basic right as the medical system operated on an all-men- equal principle.

In 2005, the Hong Kong government launched a Drug Formulary on the ground that the public medical expenses were too large and that the medications used by public hospitals had to be re-categorized. Some of the medications were defined as user-paid items. Patients have to buy their own user-paid drugs in order to continue treatment. Costs of medications range from several hundred dollars a month to tens of thousand dollars respectively. Among them, drugs used by specialists and target drugs for cancer patients were included. Voices of criticism from society were heard continually at the initial stage of the policy implementation. The policy was criticized for being unfair. The system, lopsided towards the rich, brought about the situation where only the rich could afford to receive treatment of diseases, but not the poor who can ill afford to pay.

In order to respond to requests for a fair medical policy, the government provides medical subsidy to patients with financial difficulty by a fund system. From the perspective of policy, medical subsidy ensures that patients can enjoy the right to treatment irrespective of their financial ability. According to the experience of applicants, application procedures for the subsidy were complicated and repetitious and the qualifying prerequisites were also extremely high. Even though the applicant succeeded in applying, there are various restrictions. For example, the Caring Fund stipulates a patient can only apply for medical subsidy once in his whole life. If the patient reacts unfavorably to drugs in the process of treatment, he cannot apply for subsidy again if he changes medications.

After implementation of the said policy for 10 years, society seemed to have accepted the medical policy gradually just like the market economy mode that has been in force all the years. People think buying power is king. They have grown used to "the rich can get cured for their diseases, not so with the poor who can ill afford to pay." It seems "normal" and "expected" for patients with financial difficulty to apply for subsidy with various kinds of Funds. But has anyone ever thought the essence of such policy is unjust? And does anyone still remember we are entitled to the "right to treatment and health"?

We can see patients' right to health is gradually reduced under the present Drug Formulary policy. In order to uphold the principle of fairness and justice, St. James' Settlement's Medical Subsidy Program strives to defend patients' right to health with collected donations from caring people of Hong Kong. Please support our Medical Subsidy Program so that we can give back to patients their basic right to health. Make out your cheque payable to "St. James' Settlement", specifying at the back of cheque "Medical Subsidy Program". Mail your cheque to Rm.105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For enquiries, please dial 2835 4321.







## 「終於有個爐可以用了！」

秋風漸濃，天氣明顯轉涼。在這個時候，能夠吃一口熱飯，喝一口熱湯，對於年老體弱的長者來說尤為重要。只要有一個小小的電磁爐，他們就能在家煮饅燙湯，既安全又健康。雖然購買一個電磁爐只需要兩百元左右，但是對於經濟拮据的長者來說，這是一筆不少的支出。無奈之下，他們只能繼續使用生滿鏽漬、殘舊不堪的煤氣爐煮食，十分危險。有的會使用火水爐煮食，一旦不慎，打翻火水又或在使用期間加燃料，容易引起火警。

年逾七十歲的葉伯伯獨居在深水埗的一個公屋單位，僅靠綜援生活的他生活十分節儉，多在家中煮食，但他以往使用的煤氣爐早而鏽漬斑斑，不能繼續使用。伯伯對此感到十分苦惱：「我平日鍾意喺屋企煮個米粉做早餐，個爐突然壞咗，我都唔知點算好」。眼見伯伯的苦況，地區社工立即向「電器贈長者」計劃提交申請，希望能夠幫助伯伯獲贈一個電磁爐。評估伯伯生活貧困及缺乏家人支援的情況，決定餽贈一個電磁爐給伯伯，以減輕其生活不便。當義工把電磁爐送伯伯家中時，他感到十分開心：「終於有個爐可以用了，我又可以繼續煮麵食了，多謝你地！」

同樣需要電磁爐的，還有喪母獨居的許伯伯。許伯伯單身未婚，之前一直與年邁的母親相依為命。母親年前因病去世，伯伯失去了世上唯一的親人，心情十分低落，之後更患上了情緒病。伯伯家中十分凌亂，四周堆滿各種雜物，獨欠煮食爐具，原來伯伯平日多在街外賣盒飯食，不健康之餘亦花費不少。有見及此，地區社工協助他申請一個電磁爐，希望鼓勵伯伯多在家中煮食，以此培養他建立良好的生活習慣，重建對生活的信心。當伯伯接過電磁爐，仍然心存疑慮：「啲咪好複雜、好難用架？我驚我唔識用！」義工耐心地與伯伯講解，提醒他開爐前一定要加水，使用後記得拔出插頭等安全事項。在義工的鼓勵下，伯伯逐漸掌握了電磁爐的使用方法。他感動地說：「我成日都覺得自己好無用，但係你哋班有心人咁關心我、無放棄我，真係令我好感動！」

一個簡單的電磁爐，能幫助兩位伯伯的日常生活，減輕他們三餐的煩惱。「電器贈長者」計劃藉善長的捐款，為更多好像他們一樣的無依長者，得著生活的改善，在晚年仍受到社會的關愛。



## “Finally, I Got a Stove to Use!”

The weather is getting cold at this time of the year. Having hot rice and hot soup are essential for the frail elderly. Just a small induction stove will enable them to cook at home, being both safe and healthy. Though such a stove only costs around two hundred dollars, it still means a lot to the poor elders. Under this circumstance, they can just keep using the rusty gas cooker which is very risky indeed. Others using kerosene stove can easily cause fire if it topples due to carelessness or topping up kerosene while in use.

Grandpa Yip who is over seventy years old lives alone in a public housing unit. He lives on CSSA and hence he is very frugal that he usually cooks at home. However, his gas stove is already rusty and broken. Grandpa Yip is extremely depressed. “I love cooking at home. Now the stove is broken and I don't know what to do .....”. Observing Grandpa's situation, the district social worker sends a request to Electrical Appliance for the Elderly Program, hoping to get him an induction stove. After the assessment, the Program provides him with an induction stove. When the volunteer delivers the stove to him, he is very happy, “I finally “Finally, I have a stove and can continue to cook my noodle, thank you very much!”

Grandpa Hui is another case who also in need of an induction stove. He is a bachelor and used to live with his mother until her death a year ago. The loss of his only kin on earth depresses him and eventually he becomes moody. His home was totally disorganized with things scattering all around. He has no stove and it is found that he usually buys his meals mostly which is not only unhealthy but costly too.

By knowing that, the district social worker refers his case to EAE program for an induction stove, hoping to encourage him to acquire the good habit of doing more cooking at home and to regain his confidence in life. At first, he is still in doubt on receiving the stove, “Is its operation very complication and difficult? I am afraid that I don't know how to use it!” The volunteer worker patiently explains the way of using and gives him safety reminder: make sure there is water in the stove before turning it on and remove the plug after its use. He is touched and said, “I used to feel I am not good. I am really grateful for you all for being so kind to me and not leaving me alone.”

A simple induction stove helps the two old grandpas in their daily living. The Electrical Appliance for the Elderly Program relies on benefactors' donations and we wish to help more helpless elderly like them in obtaining living improvement and feeling the community care in their old age.

一個簡單安全的電磁爐，已能減輕匱乏長者三餐的煩惱。  
A simple and safe induction stove can help the daily living of those deprived elderly.



## 送暖行動 助長者過渡嚴寒

根據中大公共衛生及基層醫療學院氣候變化及健康小組的分析，發現寒冷天氣可導致香港居民死亡率增加。40年來「最勁」的寒流發生於2008年，當年連續24天平均氣溫低於14度，死亡人數急增1,505人，撇除流感、污染等因素影響，2008年寒流時死亡率為每10萬人口有12人，即882人死於寒流，較2003年因「沙士」而死亡的299人多出近兩倍。

近年本港冬天氣溫尤如「過山車」一樣，時凍時暖。2014年的農曆新年，一天內由最高的23度跌至8.4度，體弱長者一時未能適應溫差和及時保暖，稍一不慎不敵嚴寒便會患上低溫症，嚴重者甚至會猝死家中。去年就有七旬長者於嚴寒天氣下一睡不起，個別更被證實死亡，送院後不治。

聖雅各福群會「送暖行動」為每年冬天的重點服務。服務主要為獨居匱乏、體弱長者送上禦寒三寶——「暖風機」、「棉褸」及「棉被」等禦寒物資。服務義工不分晝夜，抽空於假期、下班後的時間，到訪長者家中，為他們送上禦寒物資。「及時行動」是「送暖行動」的服務使命，務求於寒流來襲前將禦寒物品及時送到弱老家中，讓他們能夠及時保暖。

「送暖行動」不設任何區域上的限制，去年經義工「全職」的協助運輸及探訪下，已超過1,000名長者受惠。2015年度，「送暖行動」希望能惠及社區內的「隱蔽長者」，透過家居探訪接觸較「被動」、「不願意求助」的匱乏長者，透過到戶關懷，打開他們緊閉已久的心窗，接受社會上善長的熱心關懷，能「溫暖」地渡過寒冬。「送暖行動」計劃於11月正式啟動，率先將禦寒物品送到居於偏遠地區的長者，避免寒流來襲時長者會措手不及，並於輪候時間冷倒。「我住係古洞咁遠，義工不顧交通不便親身前來為我送暖，真是感激不盡」居於古洞北的羅伯伯不停感謝善長和義工的及時送暖。「北區全香港最凍了，寒風吹來時個人不停打震！擁有了這部暖爐，讓我可以足夠保暖了！」

「送暖行動」得以及時推行，全仰靠善長們率先的慷慨捐助，即時為匱乏長者及長期病患者送上全新禦寒大褸及暖風機，確保寒流襲港前作足夠禦寒準備。服務啟動頭一個月，我們已收到超過一百五十宗案求助的申請。計劃社工及義工正全力服務，竭全力將善長們熾熱的關懷，到戶送到長者家中。「送暖行動」在北風寒流裡正急需社會人士的捐助，施善熱線 2835 4321或 8107 8324。



## Warmth Giving Action Save Elders in Cold Winter

According to an analysis by the Climate Change and Health Group of the Faculty of School of Public Health and Primary Care, The Chinese University of Hong Kong, cold weather causes rise in death rate of Hong Kong citizens. The cold current in 2008, being the severest in last 40 years, averaged temperature was under 14oC continuously for 24 days. The death toll rose rapidly to 1,505. After deducting factors such as flu, pollution and etc., the 2008 cold current death rate was 12 for every 100,000 population, i.e. 882 died from the cold, almost doubled than the 299 death toll due to SARS in 2003.

Winter temperature in recent years is like the ride in a roller coaster, sometimes cold and sometimes warm. In last Lunar New Year, the temperature dropped from 23 oC to 8.4oC in a day. Failure by frail elders in adapting to huge temperature difference to keep warm will succumb to hypothermia; worse still, they may die of the cold. Last year, there were 70 years old elders failed to wake up in their sleep in the cold weather and some of them were certified death.

“Warmth Giving Action” of SJS is the key service in winter each year. Main objective is to serve living alone, frail and poor elders through delivery of the “Three Winter Treasures”, namely fan heater, cotton padded coat and quilt. They were delivered by volunteer workers, working day and night, after their office hours, to the elders’ homes. Taking prompt action is the mission of the “Warmth Giving Action” to ensure warmth keeping materials are in the hands of frail elderly before onslaught of the cold current.

Warmth Giving Action has no territorial restriction. Last year, over 1,000 elders received were benefited. This year, Warmth Giving Action 2015 expects to benefit hidden elderly in the community. Home visits reach out to the “passive” and “unwilling to seek help” poor elders in opening up their tightly closed minds and to pass them a “warm winter” in accepting the enthusiastic care of the benevolent people in the community. Warmth Giving Action program is scheduled to launch in November, first delivering warm clothing to elders in remote areas to avoid off-guard cold current attack. “While living in far away Kwu Tung, I am really grateful for the volunteer workers travelling all this way to give me warmth,” thanked Grandpa Law living in Kwu Tung North repeatedly to the workers and beneficiary for the timely delivery. “The Northern Territory is the coldest place in Hong Kong. When the cold wind blows, people keep shivering! This fan heater for mine now gives me enough warmth!”

Timely launch of Warmth Giving Action solely depends on the generosity of our benefactors who promptly send brand new warm coats and fan heaters to poor elders and chronic patients in ensuring enough materials are available to help them stay warm throughout winter. Just in the first month of the service, we have received over 150 requests for help. Program volunteers are working hard to deliver benefactors’ passionate care to the elders’ homes. The program now urgently calls for donation from all of you in the community. Donation hotline: 2835 4321 or 8107 8324.

送暖義工帶著善長捐贈的「暖風機」、「棉褸」和「棉被」，加上親手編織的頸巾，讓長者過一個溫暖的寒冬。

Volunteers brought fan heater, cotton padded coat and quilt together with self-knitted scarf for the elder, hoping them a warm winter.





## 「我聽到有聲！見到有閃燈！」 一個專為失聰長者而設的應門鐘

住在屯門郊區破舊小屋的83歲楊婆婆，之前一直與丈夫及孫兒(強仔)同住。直至年前，丈夫因病去世後，楊婆婆與15歲的仍在學的孫兒相依為命。由於楊婆婆患有嚴重失聰，日常跟他溝通必須要在他耳邊大聲說話或以文字傳達，孫兒亦因此甚少與婆婆溝通。

長期住在郊區的楊婆婆因不適應社會的進步，一直拒絕與外界聯絡，而且因為居住的地方治安不好，常常擔心會有賊人入屋，於是在大門上加裝鎖頭。「我怕有賊入嚟偷野，所以我每三星期就會換一次鎖，條鎖匙得我先有，唔俾賊人有機可乘。」楊婆婆因聽力不好，所以說話很用氣力。

婆婆的擔心顯然過多，經負責社工協助下，到醫院求診，現時需要定期覆診及服藥。強仔更多次因楊婆婆將大門上鎖後，因沒有鎖匙而未能返家，強仔無奈地分享他的經驗：「我試過放學回家後，婆婆又鎖了大門，我站在門口2個鐘，一直很大力的拍門，但婆婆完全聽唔到。」

一般長者中心都會有上門探訪服務，但楊婆婆的情況確是讓同工們感到氣餒，每次登門都要花很長的時間拍門。社工向工作員表示，他們經常因此而無法將服務帶到楊婆婆家。

就在「長者家居維修服務」的工作員與義工上門為楊婆婆安裝「閃燈門鐘」當天，我們亦遇到同樣問題。在門口拍了一個鐘門，最後要聯絡強仔一同開門，方能入屋。婆婆聽覺極差，工作員要在婆婆的耳邊大聲講解「閃燈門鐘」的特性。當義工順利安裝門鐘後，婆婆馬上精神起來，「我聽到有聲！見個鐘有燈呀！」。對於患有嚴重失聰的長者來說，這一絲微的聲音都直接連到他們的心中。平時很少聽到聲音的楊婆婆情緒激動，不斷地說「係呀，我聽到有聲呀！我聽到呀！」

在場的每個人，看到婆婆的雀躍和激動，心中都感慨萬分。楊婆婆長年都幾乎聽不到聲音，如今她終於可以靠自己的聽覺，得知門外有人，好讓社工及義工可順利探訪婆婆。「能夠為婆婆安裝門鐘，讓她聽到門鐘聲，我都好開心，覺得自己做的事十分有意義。」義工也不禁分享服務後的感受。



## “I Heard Sounds! And Saw Flashlight!” A Door Bell Specially Designed for Deaf Elderly

Grandma Yeung, 83, lives in a small and dilapidated hut on the outskirts of Tuen Mun. Formerly, she had been living with her late husband and grandson Keung. Her husband died of disease a year earlier; Grandma Yeung lives with 15-year-old grandson who still goes to school. Since Grandma Yeung is seriously deaf, people have to yell loudly at her ears when they communicate with her or write on paper. As a result, her grandson seldom talks to her.

Grandma Yeung refused to have anything to do with the outside world as she had been living in the countryside for a long time and was unable to adapt to an advanced society. As the area she lives in is not a safe place, she often worries thieves might break into her home. Thus, she installed an additional lock on the front door. “I put in a new lock every 3 weeks because I fear a thief might come in and steal. I am the only key holder, so thieves have not got a chance at all.” Grandma Yeung speaks loudly since she suffers from an impaired hearing.

Obviously, it was found that Grandma's worries were unnecessary. With social worker's help, she sought medical consultations from a hospital and she goes back regularly and takes medications. Quite a number of times, Keung could not enter his home because Grandma Yeung locked the front door. Keung shared his experience, saying, “One time Grandma had locked the door when I came home after school. I stood outside the door for 2 hours and was banging the door very hard. But Grandma did not hear.”

Most of the elderly centers have home visit service, but Grandma Yeung's situation is discouraging. Every time social workers visited her, they spent a long time knocking on the door. Social workers often remarked that they were unable to bring service to Grandma Yeung because of the problem mentioned above.

On the day that staff responsible for Elderly Home Maintenance Services and volunteer came to Grandma Yeung's home to install the Flash Light Door Bell, they came across the same problem. They had been knocking on the door for an hour and could enter finally when they contacted Keung. St. James' Settlement's staff explained the features of the Flash Light Door Bell at Grandma's ears loudly. When the volunteer had installed the door bell, Grandma's spirit was immediately lit up. “I heard sounds! And the door bell has light!” To an elderly who is seriously deaf, sounds of the softest volume connects to her heart. Grandma Yeung became emotional because she seldom heard of any sound. She kept saying, “Sure, I could hear!”

Everyone was touched greatly when they saw how overjoyed and emotional Grandma Yeung was. Finally Grandma Yeung is able to tell when there is someone outside the door using her own sense of hearing. Social workers and volunteers will be able to visit her with no more problem. “I am very happy that I installed the doorbell which enables Grandma to hear. I feel what I did was meaningful,” remarked the volunteer, sharing his feelings after the installation.

義工親臨郊區，為嚴重失聰的楊婆婆安裝閃燈門鐘。當按下門鈴，屋內的門鐘就會發出高頻率的聲音和亮起燈光，讓婆婆知道門外有人到訪。

St. James' Settlement's volunteer installed the Flash Light Door Bell for Grandma Yeung, a seriously deaf elderly. When someone presses the door bell, the door bell inside will emit high frequency sounds and a flashlight to let Grandma know she has a visitor.



## 節儉是美德亦是危險

「節儉」是中國傳統的美德。在21世紀的繁榮的香港，「節儉」已有好一段時間被人遺忘，可是了今天，提倡「節儉」又似乎成為社會的大趨勢。說到「節儉」，獨居長者絕對是節儉派的表表者。他們生於物質嚴重匱乏的時代，就算今天物資資源隨手可得，唯獨他們仍然堅守節儉的德性。

適當的節儉是美德，過度的節儉就是危險！在我們收到的申請個案中，有大部份都是因為不適當的節儉，如少用電器、少用水源而引發不同的家居意外。78歲梁伯伯就是一個例子，「我的水龍頭漏水，我不想浪費，使用桶盛漏出來的水。」結果，梁伯伯因滿地積水而在浴室滑倒。

鄭婆婆今年72歲，獨居公屋單位，家中的電燈壞了仍不願維修，除了是沒有金錢請維修師傅，更是節儉心驅使。「反正我平時很少開燈，壞了也好，可以省回電費，我無所謂。」原來婆婆使用的是烏絲燈膽，用電量較高，所以甚少開燈。就我們現場所見，鄭婆婆家中存有�多雜物，在入夜後沒有照明系統，好容易被物品絆倒。

工程當天，本是陽光普照，但當進入婆婆的家居，卻因窗戶被很多東西遮擋而十分陰暗。之前正因社工家訪嚇見鄭婆婆獨居在如此黑暗及陷阱重重的家中，於是向聖雅各福群會「長者家居維修服務」提出轉介，義工師傅上門為鄭婆婆在暗黑的家中安裝燈座及LED慳電燈膽，在漆黑的屋裡點上明燈，讓婆婆的家居既有光線而且維持慳電的原則。「有燈當然唔同D啦。最緊要係燈膽慳電，多謝善長捐出善款，我才有這盞慳電的燈。」在義工解說下，婆婆安心地接受安裝燈泡工程。

傳統使用的烏絲燈膽，用電量大，燈膽的使用年期短；而慳電燈膽分為兩類，水銀慳電膽和LED慳電膽，兩者的用電量都是較少，而使用年期亦較長。不同之處是LED慳電膽沒有水銀，既慳電又環保，不過價錢昂貴（約\$100/個），相反因水銀慳電膽有毒，會污染環境，價錢相對便宜（約\$40/個）。因此，較多人使用水銀慳電膽。

服務獨居長者，我們除了考慮長者的需要外，更會關心他們顧慮的問題，這才可真正為他們改善家居環境及生活質素。長者需要「節省」更要「節能」，這樣，長者才樂意正確地使用電器，既可慳錢、又可住得安全！



## Frugality is a Virtue but also a Hazard

Being frugal is a virtue in Chinese tradition. In the prosperous 21 century, frugality has been ignored in Hong Kong for quite some time. However, it has again been emphasized to be the major social trend. As for frugality, living alone elders serve as the role model. They live in an era of serious material shortage. Even if they could easily lay their hands on today's rich material resources, they would still stick to the virtue of being frugal.

Suitable frugality is a virtue but excessive practice is hazardous! Of the requests for help we received, most of them are inappropriately frugal, such as in use of few electrical appliances and less water, and hence lead to various kind of home accidents. 78 years old Grandpa Leung is such an example. "I have a leaking faucet and do not want to waste water so I catch it with a bucket." The consequence was he tripped and fell in the bathroom due to wet floor.

72 years old Grandma Kwong lives alone in a public housing unit. The light in her home was broken but she was unwilling to get it fixed due to affordability, also prompted by her frugal thinking. "I rarely switch on my lighting, so it does not matter if it fails to work, save power cost anyway, so it means nothing to me." She has been using wolfram filament bulb which consumes a fair amount of power, hence seldom had it switched on. What was seen in her place was lots of junk, and no light at night could easily trip and fall.

On the day of work, the sun shone brightly. However, when the volunteers entered Grandma's home, they found the windows were blocked by all sort of stuffs and it was very dark. Not too long ago, the social worker visited her and found she was living in darkness surrounded hazards. So he referred her case to Elderly Home Maintenance Services of SJS. Volunteers went to her place to fix the lighting and installed a LED bulb. It gave her light while retaining her power saving principle. "The light of course makes all the difference, most importantly it is an energy saving bulb. Thanks for the donation of the benevolent people giving me this energy saving light bulb." With explanation of the volunteer, she gladly accepted the lighting installation.

Use of conventional wolfram filament bulb consumes much power and its life span is shorter. There are two types of energy saving bulbs which are mercury and LED. Both consume less power and have longer life. Their difference is that LED contains no mercury, hence being energy saving and green, but they are more expensive (HK\$100 each). On the other hand, mercury is toxic and pollutes the environment so it is less expensive (roughly HK\$40 each). Hence, most people use the mercury type.

To serve living alone elders, apart from considering their needs, we also have to care of their concern which will actually improve their home environment and quality of life. Elders want to be frugal as well as to save energy. In this way, they will be willing to use electrical appliances that save money and safe living as well!

家中光線充足，對獨居長者十分重要。有足夠的光線，可避免長者因夜間摸黑步行而跌倒的機會。

Lighting is very important to living alone elderly. Having sufficient lighting can avoid tripping hazard in darkness at night.



## 救助病人生命 造就美滿家庭

## By Saving a Needy Person's Life, You Make a Wonderful Family Too!

社會上，一班匱乏病者需要面對「無錢無藥醫」的情況，不論是病者自身或是整個家庭，也面對著沉重的經濟及心理壓力；因此，透過本會惠澤社區藥房的資助計劃，不但給予患者一個生存的機會，其實也幫助了整個家庭，讓他們重燃希望。

In our society, there are still people who cannot afford the medications they need. Diseases and health problems pose huge financial and psychological stress to not only those medically indigent, but also their family. Through the Medication Subsidy Program run by our Philanthropic Community Pharmacy, eligible patients can have a chance to live and their family can see the blessing of life again.

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致熱心人：

Dear Kind-hearted Donor,

感謝你慷慨解囊，捐贈善款支援我的醫藥費，你的善心不止救回我的生命，更救回我的家人，令我們生活得更快樂美滿，無言感激，現送上此心意咭以表謝意。敬祝

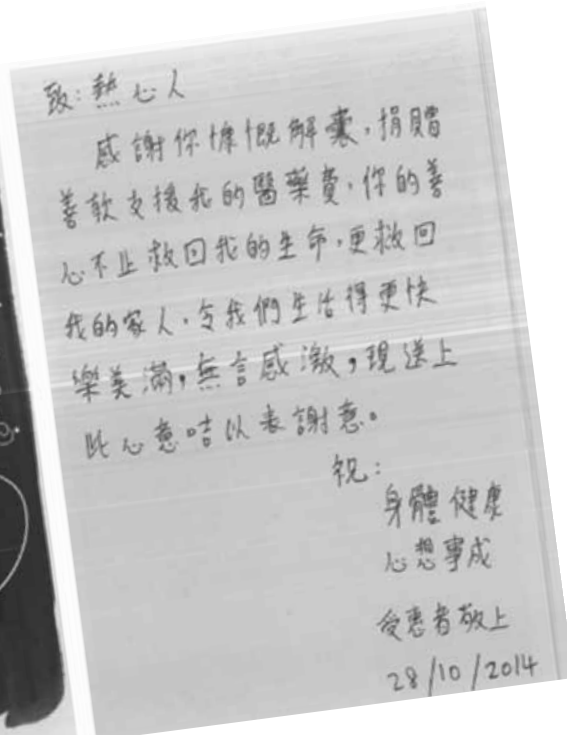
Through this card, I want to show my sincere gratitude to you. Thank you for your kindness and generosity. With your donation, I am able to pay for the medication and treatment I need. You save my life and you save my family too! Now, we are living a fuller and happier life than ever before! Thank you!

祝  
身體健康  
心想事成

May God bless you with good health and may your wishes all come true!

受惠者 敬上  
28/10/2014

Yours sincerely,  
A blessed recipient  
28th October 2014





## 將心比己 助人自助

「無人係身邊既感覺真係好無助，手軟腳軟到攞杯水都好辛苦。當時，屋企人去曬旅行，得我一個係醫院又無人探！如果係無人無物既老友記點算！」義工阿東在那次患急性腸胃炎住院後，對獨居無依長者的需要切身的體會。

「後顧無憂」規劃服務已開展了十年，不少年長的服務使用者身體狀況轉差，「後顧無憂」開辦一新服務：「耆義果」行動——住院關顧計劃。計劃內容包括三大部份——「耆」老、「義」工及水「果」，重點以配對耆老和義工，以義工的力量向在「後顧無憂」規劃服務中識別出一批需重點照顧的長者送上關心和問候。

阿東參加了「後顧無憂」規劃服務的義務工作多年，他在工餘的時間協助探訪不少的長者。「由於我的工作時間比較彈性，老友記有需要我都希望可以盡力去幫忙。一路都探同一個老友記，大家可以慢慢認識，見住佢有轉變我都好開心！」。

阿東現配對長期住院的周伯進行持續的探訪。伯伯因患有慢性阻塞性肺病，肺功能已完全喪失，十多年間不斷進出醫院。今次住院已五個多月，但出院無期。伯伯的生命已步入晚期，他因氣促、體弱，只能長期待於冷冰冰的病房。伯伯一直獨身，沒有子女，亦沒有親友定期探訪，難免會感到孤獨。在初次接觸時，阿東亦發覺伯伯因其長期病患而對生命失去希望及動力。

由於知道周伯非常懷念酒樓的點心，所以阿東每次去探訪都帶同點心和熱湯，希望伯伯在生命的最後階段都感受到社會上的溫暖。伯伯被阿東的關心感動，在多次的探訪後，兩人的關係亦慢慢建立，「伯伯宜家會主動同我地傾計，又會諗下掛住咁咁野食，請我地幫忙帶去。他在治療上積極左好多，我地帶去既點心、湯水同書籍支持佢渡過係病房既日子」。

後來知道，伯伯以前亦參與義工服務，更經常走到五、六層高的唐樓探訪長者。雖然他十多年前已因身體的情況未能繼續探訪，但現在他仍關心身邊的其他院友。周伯用行動活出一份「堅持」，實在令阿東這個義工後輩獲益良多。

「我知道有病果個唔係我，我亦唔係醫生、護士，幫唔到佢醫病，但我都希望係佢治療既路上，甚至人生既最後一程一齊同伯伯走過！」義工的電話問候、探訪，甚至一碗熱湯，都會在孤寡無依的長者心中燃起希望。



## Be Considerate Help Others to Help Yourself

"I felt so helpless with no one around. It was difficult for me to even get a glass of water. At that time, all my families were out of town on vacation. I was sick in the hospital with no visitors. What would happen to elderlies with no family when they fall sick?" Volunteer Tung recalls the time when he fell sick with acute gastroenteritis. He then realizes with first-hand experience the need of lone elderlies in this aspect.

Prepaid Funeral Navigation Service (PFNS) has been in place for ten years. The physical conditions of many of its users have turned bad. As such, the PFNS has started a new service called "Reach & Enrich – Caring for the Deprived Elderly". Through identifying target elderlies who are particularly in need and matching volunteers with them, regular visits will be arranged to offer these elderlies care and concern.

Tung has joined the PFNS for years and been paying visits to needy elderly after work. "My job allows me flexible working hours. I hope I can do my best to help the needy elderly. I have been assigned to visit the same elderly every time so we can get to know one another better. I feel so happy to see his condition improved." Tung has been paying visits to Uncle Chou who needs to be hospitalized due to chronic obstructive pulmonary diseases. Chou has lost almost all his lung function and needs to be hospitalized intermittently during the past ten years. He has already been hospitalized for over five months this time, without a view to be discharged. The chronic illness has made Chou suffered from shortness of breath and rendered him very fragile. He can only stay in the cold hospital bed. Chou has never got married and has no children. Nor does he receive regular visit from relatives. He must have felt very lonely. When Tung first visited him, he found Chou has lost hope and the will to live.

Tung knows Chou misses Chinese restaurant dim-sum a lot. Therefore he will bring along dim-sum and hot soup every time he visits Chou hoping to offer him care and warmth in his last days. After a number of visits, Chou has been touched by Tung's care and concern and the two of them gradually build up a relationship. "Uncle Chou would take initiative to talk to us now. He would also tell us what other food he wants to eat and asks us to bring next time. He becomes much more positive in his treatment. The dim-sum, soup and books are his support for the stay in the hospital."

Later Tung finds out Chou used to be a volunteer too and had often walked up five or six floors to visit elderlies. Despite he can no longer do so due to his deteriorating physical condition over ten years ago, he is still showing a lot of care for other fellow patients. Chou's persistence in volunteer work inspires Tung a lot.

"I know I am not the one who is sick, nor am I the doctor or nurse who can help to treat him. But I do hope I can accompany him to walk through the treatment in his last days." Volunteers' phone calls, visits or even a bowl of hot soup would help to light up a bit of hope in the hearts of the lonely and deprived elderly.

「耆義果」行動義工會與孤寡無依的長者在面對生活變故時一起同行。The "Reach & Enrich – Caring for the Deprived Elderly" program will walk with the lonely elderly in their difficult times.

## 風雨不改 熱心付出 讓刊物準時出版

在一個星期三的下午，天文台懸掛著一號風球，同時亦快將改掛三號風球之際，大家正留心聽暴風消息，卻有大批非常熱心的長者義工，趕緊出門前來聖雅各福群會幫忙整理《松柏之聲》之出版。

每個月的月中，他們都會前來聖雅各福群會幫忙出版《松柏之聲》，他們主要是負責摺疊剛剛印刷好的報紙，然後按照入信封，包紮整齊後交由負責職員送到附近的郵局投遞，整個過程大約需要2-3天完成。

這一群熱心的義工，是來自不同居住的地區，有不同的背景，有的來自同一團體，有的是由朋友介紹，個別前來協助的。起初雖然大家都各不相識，但經過多年「每月見一面」，一齊協助報紙的出版工作，漸漸成為老朋友，或許因為大家同抱一份熱情，所以就相熟起來。

每次當義工們在埋頭摺疊報紙時，他們都會一鼓幹勁、以高效率地去完成摺報紙的工作。過程中，他們不怕雙手沾上油墨，而且有說有笑，交流各人的近況，互相關心。短短的2-3個小時，大家都在笑聲中渡過。

這一群義工，服務了《松柏之聲》很多年，當中有的更超過10年以上。大部份是退休人士，亦有些是在職者。每月初同事就會個別跟他們聯絡，他們就會在預定時間盡量抽空幫忙，而有些義工已經很熟識我們的運作，在差不多的時候就會主動來電問：「今個月幾時要包報紙呀？……好呀！預我來幫手，到時見！」

又有義工表示：「咁多年黎做義工，係唔可以用錢或其他野去衡量既。自己可以幫助人，就去幫，我覺得好有意義，我會繼續幫落！」就這簡單的一句說話，對我們來說已窩心極了！

我們有幸地得到他們熱心的幫助，風雨不改地一起為讀者們服務，讓《松柏之聲》可順利準時出版，讀者可以每個月順利收到最新長者資訊！



## Stormy Weather Won't Stop On Time Publication With Their Enthusiasm

In one of the Wednesday afternoon when No. 1 typhoon signal was hoisted by the Hong Kong Observatory and No. 3 typhoon signal was going to hang up, all people were listening to the news intently; however, a large group of enthusiastic elderly volunteer hurried from their home to St. James's Settlement in helping the publication of "The Voice".

In the middle of each month, they will come to SJS to help The Voice publication. Their main responsibility is to fold up the newly printed publication and put into the envelop. After the picking procedure, the responsible staff will post the newspaper and the whole process takes 2-3 days to complete.

This group of enthusiastic volunteers live in different districts with different backgrounds. Some are from the same organization while some are just referred by others, coming to help as an individual. In the beginning, they did not know each other but after meeting once a month for years, they have been working together to help the publication and hence become friends which perhaps is due to all of them embrace the same enthusiasm.

Each time they come for help, they are very active and get the work done efficiently. Throughout the process, they did not mind getting their hands dirty by the ink in the print. They chatted and shared latest information, showing mutual care. The 2-3 hour work was soon over among the laughter.

This group of volunteer workers has been serving The Voice for years, some even help for over a decade. Most of them are retirees and of course some are still at work. At the beginning of each month, our staff will contact them one by one and they will try to come help in a specific time slot. For some of them who are already familiar with our operation will even call up and ask, "When will the publication be issued this month? ..... Great, count me in. See you then!" Some volunteer expressed, "Nothing, not even money, could be used to measure these years of volunteer work. Wherever I can be of help I will be there. This work is very meaningful to me and I will continue!" This simple statement really touches all of us deeply!

We are fortunate to have their enthusiastic help making The Voice issued on time, so that our readers can get the latest elderly information each month regularly!

《松柏之聲》有賴一班義工們的熱心付出，得以準時出版。With the enthusiastic help of the volunteers, "The Voice" can be published on time!

## 生手變師傅 為長者改善家居 維修義工鑽出滿足汗水

(續)

### 陳炳麟發起成立義工隊

聖雅各福群會長者家居維修服務計劃已經舉辦有二十多年，當年資深社工陳炳麟上門探訪長者，發覺長者確切需要改善家居環境，於是牽頭成立義工隊，找來一批三行師傅，在假日或下班後到獨居長者家中維修。早期義工隊不像現時般具規模，義工難以上樓開工，甚至曾被黑社會恐嚇，幸而後來漸上軌道，工作才變得更順暢。現時凡有新公屋落成，義工師傅便會大批出動，上門替獨居長者解決家居問題。

### 遍及全港 維修前上門做功課

聖雅各福群會長者家居維修服務計劃服務主管鍾慧蘭表示，計劃覆蓋港九新界，甚至離島地區，由地區機構轉介個案，再由聖雅各中央處理，盡量配對居於同區的義工師傅，安排他們上門替長者維修。「如許可，我們會預先跟師傅上門做家訪，跟長者見面之餘，也趁機先了解他們的實際需要，好讓施工起來更順暢。」工程一般包括鋪膠地板、安裝防風板、扶手架、光管、窗簾路軌、維修電器、更換破爛洗手盆等。一般來說，義工師傅會結伴開工，通常兩三人一組，好讓互相照應。有意加入者，可聯絡聖雅各福群會。



## Laymen-turned Masters Improve Elderly's Home Environments Maintenance Volunteers Drill Sweat of Satisfaction

(Continue)

### Chan Ping Lun

### The Pioneer to Set Up Team of Volunteers

St. James' Settlement has been organizing Elderly Home Maintenance Services for over 20 years. When veteran social worker Chan Ping Lun visited an elderly at home, he discovered the elderly needed improvements on home environment. He started to recruit a team of volunteers. He found a number of renovation masters who did maintenance work for lonely elderly on holidays and after working hours. In the beginning, the team was not as well organized. Volunteers had difficulty in getting work done within the home unit. Some were even threatened by members of triad society. Later on, the Maintenance Service improved and work became smoother. Presently, whenever a new housing estate has been completed, the volunteers will set out in large numbers to work for loner elderly at their home.

### Pre-Maintenance Preparation in Whole Hong Kong

According to Winnie Chung, In-charge of St. James' Elderly Home Maintenance Services, the project covers Hong Kong Island, Kowloon, New Territories, even the outlying islands. Applications for services referred by district organizations will be centralized and processed by St. James' which would try to assign volunteers from the same district as the elderly to carry out maintenance work. "If possible, we will make home visit with the volunteers. Besides meeting the elderly, we are going to find out their actual needs to ensure work will be done more smoothly." Maintenance works generally consist of laying vinyl floorboards, installing wind shield boards, hand rails, fluorescent tubes, curtains and rails, electrical appliances repairs, replacing damaged hand basins and etc. Generally speaking, volunteers work 2 to 3 in a group. That way, they can help each other. Anyone interested in becoming a maintenance volunteer can contact St. James' Settlement.





# 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)

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

(請在適當位置加上✓號)

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

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

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|---|--|---|
| <input type="checkbox"/> Medication Subsidy Program   | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
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| <input type="checkbox"/> Philanthropic Community Pharmacy <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) |  |   |
| <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       |
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Donor / Co's Name : \_\_\_\_\_ Mailing No. : \_\_\_\_\_

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Card No. : \_\_\_\_\_ Expiry Date : \_\_\_\_\_ (MM/YY)

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\*Please check off your method of payment.

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

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

### 查詢及網址：聖雅各福群會

聯絡人：謝文慧女士  
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 義務設計：黃志文先生  
 翻譯義工：黃麗貞 黃秀琼 祁慕潔 辛秀麗 梁達仁  
 友情印刷：平偉印務有限公司

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

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