

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

感恩與布施

To Thank & To Give

感恩節是從西方傳入，但感恩之心沒有分東西，中國人也素來重視人倫關係，對別人施予的恩典常銘謝不忘。

家父是長子，家中有很多兄弟姐妹，每年生辰都會大排宴席，叔叔嬸嬸及一眾親戚都會做賀禮，媽媽每次都會很細心記下賀禮數目及內容，目的是要記住別人對我們的恩情，在別人慶祝或有需要的時候，就懂得回禮或提供協助。

在物質豐裕的社會，很多家長都為孩子在甚麼都不缺的情況下，不懂感恩而憂慮。對比從前我們很珍貴上學用的文具，就是一塊橡皮擦都會好好保存，現在孩子失掉文具，還有千千萬萬的在家備用，又或立即到文具店買回就是，不用謹慎保管，也用不著珍惜。所以，有些家長用心良苦地安排孩子做社會服務，接觸有需要的基層家庭。這也是很好的機會擴闊孩子的生活體驗，讓他們明白一塊5元的橡皮擦可以換來一個麵包，給有需要的人充飢。

有一位教書朋友的行動也很值得參考。一天，他發現樓下有位拾荒伯伯在垃圾桶找食物，他沒有多問伯伯原由，就為他買了第一個飯盒，直到如今。現在他會帶孩子一起送飯，因為他希望孩子也會關愛弱勢的社群及珍惜所有。

當然，單從別人的缺乏來看自己的豐足而感恩這是不足夠的，感恩的伙伴是布施，布施可從基本的生活需要出發，一個麵包、一個飯盒、一件暖衣、一張棉被……及至一個關心的慰問，按對方的需要而分享。

趁感恩節來臨之時，大家不妨多感恩與多布施，並將之成為生活的一部份，讓關愛的動力和行動為這個城市帶來更多美麗的祝福！

Thanksgiving Day comes from the West, but there is no differences between the East and the West of being grateful. Chinese people concern the ethical relations and we always remember for those who have given us favour.

My father, being the eldest son, comes from a big family with many siblings. Each year on his birthday, he will hold a party. All my uncles, aunts and relatives will come and bring him gifts. My mother will carefully note down the gifts in order to remember others' favour. When it comes to their celebration or time in need, she will send them a gift or provide them with assistance.

Living in a rich society, many parents worry about their children of not knowing how to be grateful as they lack nothing. In comparison with the old days, we will treasure our stationery. Even it is just a piece of rubber, we will take a good care of it. Nowadays, children keep lots of spare stationery at home or they will just buy another one from shop when something is lost. Hence, some parents will arrange their children to do community services and hope they can get in touch with the needy and grass root families. It offers their children a chance to broaden their experience in life and let them understand that a \$5 piece of rubber can exchange a bread for the people in need.

That reminds me a teacher's, a friend of mine, action. One day, he saw an old man scavenging the trashcan for food. Without asking him the reason, he just bought him a box meal and action continues up till now. Also, he takes his kid along to deliver meals because he hopes his child can care for the underprivileged and treasure what he already has.

Actually, being thankful simply by looking at other's shortage is not enough. The partner for being thankful is to "give". It can start from meeting basic needs, such as giving out a bread, a meal box, a piece of warm clothing, a cotton quilt..... and a heartfelt care and sharing depends on others' needs.

As the Thanksgiving Day is coming, try "to thanks" and "to give" and make it as part of your life. Let the motivation as well as the action to bring the city more blessing!

應當愛人如己。

You shall love your neighbor as yourself.



被至親遺棄 幸有你同行

「甚麼有福同享、有難同當、甚麼患難見真情，這些都是一派胡言！」鄭先生自診斷患上肺癌後，與他同床共枕廿多年的太太卻選擇在這個時候離家出走！正所謂家家有本難念的經，鄭先生的子女已長大成人，面對妻子這時離他而去，他感到非常痛心，覺得妻子不顧親情，也不念他的病患。故此，不難明白鄭先生所承受身體及心靈的痛苦。

鄭先生患病初期經常出現咳嗽，久久未能痊癒，及後經詳細檢查才知道原來肺部已有癌細胞肆虐。治療初期受化療影響，鄭先生體重每況愈下，體力已經大不如前，「雖然子女已外出工作，但都是做一些基層的工作，生活都很困難。可幸的是他們算懂事，不用我操心。現在多靠女兒照顧我，她會煮飯，又給我買些新鮮的食物，好讓我攝取多些營養食物，她常常跟我說：『老豆，要打仗都要有好的身體呀！』」鄭先生感慨地說。自太太離開後，家中的大小事務均由子女負責，本來對鄭先生來說是一種安慰，可是，因化療藥物治療效果不理想，醫生建議試用標靶藥，而眾所周知標靶藥費用昂貴，加上他勞碌半生所積存下來的養老金，大部分卻被太太提取了。面對多番挫折，醫務社工把他轉介至聖雅各福群會惠澤社區藥房申請藥物資助，經審估後獲批藥物開支援助，頓時讓鄭先生在黑暗的路途中看到一絲曙光！

「在我人生最黑暗的日子裡，扶我一把的竟然不是我的妻子，反而是素未謀面的惠澤社區藥房的藥劑師及其團隊。老實說，減輕藥費對我現時來說是很重要的，加上有藥劑師很關心我的身體狀況，悉心地講解藥物上的副作用和治療成效，而最令我意想不到是藥劑師看到我身體瘦弱的情況，主動地提供營養奶粉給我，他希望幫我增強抵抗力，期間知道我的家庭背景後，又關心我的情況，令我感到不是孤單一人去打這場仗，真的很感激這間特別的藥房和藥劑師。」鄭先生說來十分感動。

聖雅各福群會惠澤社區藥房除了一是賣藥給病人的藥房外，更是一間扶助病人積極參與治療方案的支援中心，藥劑師透過傳遞藥物知識及關懷，以實質的幫助及輔導來減輕病人的情況，陪同他們勇敢地走上治療的道路！

Abandoned by Family But Lucky to Have You

"Sharing joys, sorrows and true feeling in time of adversity is all bull shit!" Mr. Cheng's wife being with him for over twenty years abandoned him after diagnosed of having lung cancer! Every family has their own cross to carry. Cheng's children have all grown up and the departure of his wife really breaks his heart for not loving nor caring about him. Hence, it is not difficult to feel how badly he has been hurt physically and mentally.

At the first stage, Mr. Cheng frequently coughs and cannot recover for a long time. After the body checking, he is diagnosed with the lung cancer. The chemotherapy causes continuous loss of body weight and strength. "Although my children are working, they are the grassroot worker and life is not easy. My daughter is taking care of me now. She cooks and buys me fresh food, hoping to increase my nutrient absorption. She often says to me 'Dad, you need to have a healthy body to fight with illness!'" sighed Cheng. After her wife's leave, his children take care of him which is a comfort to him. However, the effect of chemotherapy was far from satisfactory and hence doctor suggests him to use the target therapy, which is very expensive. Also, most of his saving has been taken away by his wife. Facing all the disappointment, the medical social worker referred his case to The Philanthropic Community Pharmacy of SJS for medical subsidy. After the assessment, his medication expense is subsidized which gives Cheng a hope.

"In my darkest days, my wife gives me no support; instead, it is the pharmacist and his team whom I never meet before giving me help! Frankly speaking, subsidy of my medical expensive is important to me. Also, the pharmacist really cares about my physical condition and explains the side effects of the drug and anticipated result. What surprised me was that they provide me with the nutritional milk powder after noticing my frail and thin body condition. Meanwhile, he also takes additional care for me giving me the feeling of not fighting the disease alone. Really thanks to this special pharmacy and the pharmacist," Mr. Cheng is really touched.

Apart from selling medication to patients, the Philanthropic Community Pharmacy of SJS is also a support center helping patients to participate in treatment. Also, the pharmacist also deliver medication knowledge and provides care in relieving the patients' pressure.



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更新電腦系統 防止癱瘓藥房運作

Update Computer Operating System Prevent Stop of Pharmacy Service

惠澤社區藥房自2009年投入服務後，為回應服務所需，現分別在九龍及香港島各設一間，藥房主力有3位同事工作，為的希望善用每天的時間及資源，為徘徊於生死與疾病間的病人提供專業升和及時的服務。

Operation of the Philanthropic Community Pharmacy started in 2009 in response to the service needs. We are now having two pharmacies located in Kowloon and Hong Kong island side respectively. Its operation is mainly handled by three staff, hoping to utilize the time and resource efficiently as well as to provide professional and prompt services for patients who are facing sickness and death.

現時每個病人均有15分鐘時間與藥劑師面談時間，就服用問題向藥劑師查詢，一般查詢及預約則由另一位同事協助。每天有超過20個病人來藥房買藥，同時每天我們接到不同病人的查詢，包括藥房現有資助的藥物種類、價格、預約時間、不同藥物資助方案和林林總總跟藥物相關的問題。此外，還有跟藥廠接洽訂藥安排和財務支援工作等等。現時，在藥房登記的病人超過2,000。這兩位同事如果沒有了第3位同事，藥房的工作一定會癱瘓，這位同事就是跟我們已工作五年的處理病人資料的電腦系統！

At the moment, each patient has 15 minutes time in talking to the pharmacists and asking questions. General inquiries and appointments are assisted by another staff. Each day, over 20 patients come to buy medication at the pharmacy. Apart from selling medication, there are various enquiries call, including medication type and price, appointment arrangement, questions regarding the medication subsidy program and etc. Also, staff has to follow up with the pharmaceutical companies and to support the financial issue. Currently, there are over 2,000 registered patients using our service. In fact, the work of these two staff cannot be continued without the third staff; and the third staff is the computer system handling all patients' data for five years!

這位特別的同事，負責記錄每一個病人的基本資料，包括個人的病歷及每次服用的藥物、開支及津貼情況。當初設計是要負責1,000人的資料支援，可是到了今天，已是她可以承擔的兩倍，相信大家都可以估計到，在這情況下她的工作速度只會每況愈下，她出現毛病的情況漸漸增加。因為現時的工作量已超出她所能承擔，我們很擔心她很快便會倒下，在最差的情況出現之前一定需要作出改善！

This special "staff" is responsible for recording each patient's basic data including medical history and the given medication each time, expenditure and applicable subsidies etc. Originally, the system is designed to support 1,000 patients; however, its workload is now doubled. Under this circumstances, one can imagine that it begins to lag and error may gradually occur. We worry that the system will break down and thus action has to be taken before the worst situation occurs.

惠澤社區藥房正著手計劃轉換電腦系統及硬件提升，然而此舉預算差不多需要二十萬元，由於數目不少，故此希望以集腋成裘的方式來支持！施善支票抬頭：「聖雅各福群會」，支票背面可指定捐助：「贈藥治病計劃——電腦系統更新支援」，施善查詢：8107 8324或2835 4321。

The Philanthropic Community Pharmacy is currently planning to overhaul the computer operating system with hardware upgrade. However, the current budget is estimated to be around \$200,000. Thus, we are making the donation appeal for support. Please kindly donate by cheque payable to "St. James' Settlement", indicating at its back "Medication Subsidy Program - Computer System Upgrade". For enquiries, please call 8107 8324 or 2835 4321.



更新電腦系統對藥房的運作實是重要！

Update of the computer system is of great importance in the operation of our pharmacy.



飯煲添暖意

民以食為天，電飯煲雖小，對於許多家庭來說卻是必不可缺的電器。但對於生活貧困，缺乏家人支援的長者來說，一個價值二百元左右的電飯煲卻是難得的奢侈品，惟有繼續使用已經損壞的電飯煲勉強煮食。上門家訪，我們更發現有年老的長者因為沒有電飯煲，唯有用煤氣爐或火水爐煮食，萬一忘記關火，又或打翻火水爐，就十分危險！

85歲的楊婆婆獨居在一棟舊式的樓宇裡。最近因為樓宇翻新，僅餘的積蓄也被拿出來用作維修之用。雖然有政府的資助，但是數萬元的支出對於一名依靠綜援生活的長者來說仍然是沉重的負擔。婆婆家中的二手電飯煲損壞已久，經常出現跳掣情況，煮出來的飯往往半生不熟，令患有胃病的婆婆感到難以消化，可是婆婆為了省錢，仍然捨不得更換電飯煲。眼見婆婆的苦況，地區社工馬上把婆婆的情況轉介至聖雅各福群會「電器贈長者」計劃，希望為她申請一個全新的電飯煲煮食。

當婆婆從義工手上接過電飯煲時，臉上露出了雀躍的笑容：「太好了，終於可以有一個新的電飯煲，以後就有全熟的飯食啦！好多 你哋！祝你地種善得福啊！」義工並細心教導婆婆如何正確使用電飯煲，以確保她安全使用新電器。

同樣需要電飯煲的，還有住在板間房的蔡伯伯。蔡伯伯前年中風後入住安老院舍，最近康復後才返回社區生活，居住在只有80尺的板間房內，每月需支付昂貴的租金。屋內沒有任何的煮食工具，伯伯每天只能拄著拐杖外出用餐，多吃街外食物除了不健康之餘，長遠亦成為經濟負擔。因此伯伯希望可以申請電飯煲，以便平日可以在家中煮食。經社工審批後，義工上門把電飯煲送給伯伯，他們不僅耐心地指導伯伯使用方法，還教伯伯用電飯煲加熱湯包，令伯伯可以在狹窄的環境下善用電飯煲煮食，一口熱飯加上熱湯，伯伯看著他們的細心，十分感動，不停地說著謝謝：「湯好甜，多謝你地咁有心，多謝多謝！」

在香港，還有很多像楊婆婆和蔡伯伯這樣獨居無依的貧困長者。一個小小的電飯煲，不僅能解他們生活困苦，也能令他們感到窩心的關懷和生活的希望。



Rice Cooker Provides Warmth

"Eating" is of many people's concern. To many family, the rice cooker is an essential appliance though it is small. However, for poor elderly having no family support, an electric rice cooker costing around \$200 is luxury. As a result, they just continue to use the damaged rice cooker which can just barely cook. During our home visits, we have found elders, who do not have rice cookers, use gas or kerosene stoves to cook. Just in case they forget to turn the flame off or topple a kerosene stove, the situation could be extremely hazardous!

85 years old Grandma Yeung lives alone in an old premise. Recent, her building is going to do the renovation. Though having government subsidy, it still exhausts her remaining saving. This expenditure of around few thousand dollars is quite a heavy burden to elders living on CSSA. The second hand cooker she had been using is damaged and the rice is often half-cooked. It is hard for digestion by an old lady having stomach problem. However, concerning the money, she is not willing to buy a new one. Knowing her situation, the district social worker referred the case to our "Electrical Appliances for the Elderly Program" in a hope to get a new one for her.

Grandma Yeung is extremely happy by taking over the rice cooker from the hands of the volunteer, "It's good. I can finally get a new cooker to have the rice being fully cooked! Thank you and bless you all!" The volunteer then taught her proper use of the cooker to ensure safe usage of the new appliance.

Grandpa Choi, living in a partitioned flat, has the same need too. He was living in an elderly home after hit by stroke the year before and just returns to community recently. He lives in a 80 sq. ft. partitioned flat with an expensive rent. As there is no cooking utensil in the flat, he has to take meals outside with his cane. Eating outside is not just unhealthy, it will become his financial burden in long term. Hence, he wishes to apply for a new rice cooker for cooking at home. After the social worker's assessment, the volunteer delivers the cooker to him and teaches Grandpa Choi how to use patiently. This enables Grandpa to cook in a cramped area with hot rice and soup. Grandpa is touched and keeps saying thanks, "The soup is very tasty! Thank you very much for your thoughtfulness, thanks!"

There are lots of lonely and poor elderly like Grandma Yeung and Grandpa Choi. A small electric rice cooker not only takes away their daily hardship but also provides them with the heartfelt regard and hope.

楊婆婆喜見新電飯煲，終可解決每日三餐之苦！
Granny Yeung is happy to see the brand new rice cooker, solving finally her meals problem!



我們需要你的捐助
We Need Your Donation

寒冬中為長者送暖

每年十一月開始，香港步入秋季，突然驟降的氣溫容易讓長者著涼病倒，尤其大多長者屬於長期病患者，他們的心血管、氣管功能較弱未能適應突然來襲的強烈寒流。因此，長者必須於寒冬來臨之際，著重保暖功夫，免除因冷病而對健康造成不必要的威脅。

根據天文台資料顯示，香港的冬季不時受強烈季候風潮影響，持續低溫。於一九九六年農曆新年期間，香港受強烈季候風的影響，市區氣溫連續七天都維持在十度以下；當年傳媒亦有報導長者死亡的新聞，歸咎於持續的嚴寒天氣。因此，聖雅各福群會於每年11月推出「送暖行動」，希望為貧病交加、孤寡無依的長者及時送上「禦寒四寶」—暖風機、電熱水壺、棉襖、棉被，為弱者提供全方位的禦寒物品。

獨居於紅磡邨的張婆婆，子女不在身邊，家居環境簡陋非常，社工家訪時觀察到長者床上只有一張薄薄的冷氣被。「我食綜援，身體唔好，成日睇醫生。除左食用支出其餘錢都用於藥費上；棉被幾百蚊一張，我實在無力負擔。」患有哮喘的張婆婆，氣管絕不能受寒，只能靠一張單薄的冷氣被，實不能保暖。「尤其入夜後，凍到牙關不斷打震。我只能不斷用口吹氣溫暖雙手，冬天日子真的很難過！」隨著冬天即將來臨，張婆婆無助的望著床上那張單薄的冷氣被，苦惱著自己的身體能否抵抗即將來臨的寒冬。

居於彩虹公屋邨的林伯伯，不幸患上末期癌症，加上舊式公屋單位沒有窗戶，北風吹入單位時令人毛骨悚然。「我感受到即將步入生命的盡頭，身體日漸衰弱，才入秋身體冰冷到不行，即使用毛毯包住身體，仍然不斷顫抖。」社工看著林伯伯瘦弱的身軀，絕對需要一部暖風機解決他的燃眉之急。無奈林伯伯向我們表達他的擔憂：「我當然好希望有部暖爐，但一想到花費，我實在很不捨。」社工希望向「送暖行動」求助，盡快為林伯伯送上暖風機，讓他可有暖風緩和身體，不再受冰冷煎熬。

「送暖行動」的「禦寒四寶」—小型暖風機、恆溫電熱水壺、厚身的絲棉棉被、能擋寒風的棉襖，確實是體弱無依長者於寒冬裡的最佳良伴。聖雅各福群會正為「送暖行動2015」籌募善款，全港性為無依體弱、經濟困難的長者提供禦寒物品，確保長者可擁有足夠的禦寒物品渡過寒冬，並且可讓他們時刻可保持溫暖。「送暖行動2015」預計整個冬天需協助600個體弱無依長者，為他們添置暖風機、棉襖、棉被等禦寒物品，免讓他們備受寒流的威脅。

你可願意為如張婆婆、林伯伯等體弱無依長者伸出慷慨的援手，支持「送暖行動2015」，讓他們可安然渡過寒冬，不再備受寒流來襲的威脅？「送暖行動2015」亦會派出義工親身將禦寒物資送給長者，將善長的關懷心意親身到戶送贈給他們。請將支票抬頭：「聖雅各福群會」，背書：「送暖行動2015」的支票寄往香港灣仔石水渠街85號1樓105室。施善熱線：2835 4321或 8107 8324。



Give Warmth to the Elderly in Cold Winter

Hong Kong steps into the autumnal season starting from November each year. The elderly could fall ill with cold due to a sudden drop of temperature since most elderly are chronic patients. Blood vessels in their heart and their trachea (wind pipe) are weaker and they fail to adapt to the sudden raid of a cold front. Therefore, it is of prime importance that the elderly keep warm at the onset of the chilly winter in order to avoid any unnecessary health hazards caused by catching cold.

According to the observatory's data, being frequently under the influence of strong monsoons, winter temperatures in Hong Kong can remain low for a period of time. During the Lunar New Year 1996, city temperature was below 10 degrees Celsius continuously for 7 days because a strong monsoon was on. At that time, the media reported cases of sudden death of some elderly owing to the prolonged freezing weather. St. James' Settlement launches the Warmth Giving Action project every November with the aim of giving Four Winter Treasures to elderly who are sick and destitute, lonesome and helpless. Four Winter Treasures, consisting of ceramic heater, electric kettle, padded cotton coat and padded cotton quilt, will bring a comprehensive warmth keeping effect to the elderly.

Grandma Cheung lives by herself in Hunghom. Her children are not around and her home was sparsely furnished at a home visit. Her social worker noticed that Grandma had only a thin blanket on her bed. "I live on Comprehensive Social Security Assistance (CSSA) and I have poor health. I often see the doctor. I spend what is left from food money on medicines. I really cannot afford a padded cotton quilt because it costs a few hundred dollars." Grandma Cheung suffers from asthma, she has to keep her wind pipe warm. A thin blanket does not keep her warm enough. "Especially when night comes, I feel so cold that my teeth keep on clattering. All I can do is to blow warm air onto my hands. Winter days are really hard to bear!" Grandma looked at the thin blanket helplessly, wondering if her frail body could resist the coming cold winter.

Uncle Lam, who lives in Choi Hung public housing estate, suffers from terminal cancer unfortunately. His home, being an old design, has no window. When the northerly wind blows into his unit, it makes him shiver with cold. "I feel that I am about to enter the end of my life. My health is getting weaker day after day. I feel so cold though autumn has just arrived. I keep trembling even if I wrap myself in a woolen blanket." Seeing how frail and bony Uncle Lam was, his social worker realized that Uncle Lam definitely needed a ceramic heater to meet his urgent need. However, Uncle Lam expressed his worries, "Of course I long for a heater but I will not get one the minute I think of its cost." His social worker tried to seek help from St. James' Warmth Giving Action. If St. James' Settlement gives Uncle Lam a ceramic heater to keep warm as soon as possible, he will not have to suffer from cold. The Four Winter Treasures in the Warmth Giving Action consisting of a mini ceramic heater, a kettle, a thick padded cotton quilt and a padded cotton coat are truly the best companion to the frail and helpless elderly in winter. St. James' Settlement is appealing for donations for Warmth Giving Action 2015. With the donations, St. James' Settlement intends to provide warmth keeping items for frail and helpless elderly with financial hardship in all parts of Hong Kong. Thus, the elderly will have enough things to help them survive winter and they can stay warm all the time. Warmth Giving Action 2015 estimates that it will need to help 600 deprived elderly by providing them with ceramic heater, padded cotton coat and quilt etc.

Are you ready to extend a generous helping hand to support Warmth Giving Action 2015 to help the frail and helpless elderly like Grandma Cheung and Uncle Lam to survive a cold winter safely? Volunteers of Warmth Giving Action 2015 will deliver the winter treasures to the elderly along with the gesture of care from the benefactors. Please kindly make out your cheque payable to "St. James' Settlement", specifying "Warmth Giving Action 2015" at its back. Please mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. Donation hotlines: 8107 8324 or 2835 4321.

「很感謝善長的慷慨！暖風機是我冬天的最佳涼伴！」

"I am very grateful to the benefactors' generosity! A ceramic heater is my best winter companion."

急需善款助150戶 長者上樓

根據資料顯示，在沙田、元朗、大埔、觀塘等區將有公屋落成，這確實對輪候公屋多年的人士一大喜訊，特別是居住在板間房的長者，終有希望可以從惡劣的環境中遷出！

現時的新公屋單位，入伙時均沒有配備地板，只有灰塵撲鼻的水泥地。有些長者為了省錢，勉強入住，這不但對呼吸系統有影響外，亦會增加他們因地面不平而跌倒的機會。故此，一般單位至少要配備地板、基本照明、窗簾路軌和扶手和掛勾等，才適合長老入住。不過，這筆錢開支，又有幾多個貧老可以負擔？！

按市價計算，如要鋪地板、安裝照明系統、窗簾路軌及扶手這些基本入伙工程，1人單位的公屋所費用大約需要6,000元，對每月依靠二千多元綜援金生活的長者，實在是難以負擔。有需要的長者可經由地區社工轉介至聖雅各福群會「長者家居維修服務」，尋求我們的慈惠服務幫助。「長者家居維修服務」現有一群義工三行師傅，義務為有需要的貧老，提供有關工程，在善用資源及安全為原則的大前提下，為經濟困乏的獨居長者提供基本而又安全的家居服務。三行師傅義務的幫忙可減輕貧老的財政壓力，又透過義務的工作令長者陪感被關懷，唯一人公屋單位的新屋入伙基本安裝的物料亦需1,200元，長者往往也很難支付。

未來有新公屋陸續落成，預計將有大約150戶新居入伙的長者需要「長者家居維修服務」，支出總數多達180,000元之多。在面對原材料逐年加費的壓力下，希望透過大家善長的幫忙，踴躍捐助，為貧老弱老共建新安樂窩。現呼籲善長捐以集腋成裘方式，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——新居入伙」，支票請寄往：香港灣仔石水渠街85號一字樓105室。



Urgent Need For Donations Help 150 Household Elderly Move In

According to data, public housing estates will be completed in Shatin, Yuen Long, Tai Po and Kwun Tong respectively. It is definitely good news for people who have been waiting for a housing unit, especially the elderly living in partitioned flats because they have the chance of moving out of a dreadful environment at last.

The newly built public housing units do not come with floorboards, only dusty cement floor. Some elderly move in all the same for the sake of saving money. This not only affects their respiratory system, but also increases their chance of falling due to uneven floor surface. A unit is generally not fit for an elderly to live in unless it is equipped with floorboards, basic lighting, curtains and rails, handrails and hanging hooks etc. The problem is how many elderly can afford the cost?

Calculated according to market price, it costs roughly \$6,000 for a 1-person unit to carry out basic renovation works such as laying floorboards, installing basic lighting system, curtains rails and handrails. The elderly who depends on the Comprehensive Social Security Assistance of \$2,000 plus a month for living can scarcely afford to pay. Therefore, the elderly in need can seek help from St. James' Settlement's Charity Project by district social worker's referral. Elderly Home Maintenance Services has a number of renovation volunteers who are ready to provide basic, safe home services for loner elderly who have financial difficulty. The renovation masters who work as volunteers can reduce the elderly's financial pressure. They will experience care of society at the same time. However, since renovation material costs \$1,200 for basic installations, the elderly still find the amount hard to bear.

New public housing units will be completed one after the other. It is estimated that approximately 150 household elderly will need help from Elderly Home Maintenance Services and the total cost will add up to as much as \$180,000. In view of the pressure from increasing cost for raw material year after year, St. James' Settlement hope to establish a new and comfortable home for the frail, poor elderly with benefactors' generous donations. We appeal now for your donations. Any amount is cordially welcome. Make out your cheque payable to "St. James' Settlement", specifying at back of the cheque "Elderly Home Maintenance Services - Moving in to new home". Kindly mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong.

請資助每戶1,200元的材料費，助貧老上樓。
Please help elderly move in by donating \$1,200 for the renovation material of each unit.



義工師傅伸出援手 助長者得物有所用

一個家庭通常會有些基本家電，例如：電視機、雪櫃和洗衣機。前兩者只要放置在近電源位置，就算是安裝完成，可馬上使用，一般人都可以自行安裝；可是，後者（洗衣機）則需要配合多方面的配備（電源、水源、去水位），經專人處理方可使用。

早年落成的公共屋邨至今已數十年，有些更是40年有多。早期的公屋單位，只有在浴室及廚房設有水龍頭及少量電源位置（電掣位）。由於數十年前大多數人都會靠雙手洗衣服，所以，當時單位的設計是沒有洗衣機來水之用的水龍頭位置。經過時代變遷，社會進步為人類帶來不少方便，洗衣機已是非常普及的家電，唯那些生活在捉襟見肘、一直以雙手洗衣服的人都變了老人家，身體機能不及從前，甚或身患多病，如關節痛、腰背痛等，走路亦舉步為艱，更何況是要彎著腰，用彎彎曲曲的手指清洗衣服！

為了這群貧老的實際需要，「長者家居維修服務」收到不少社工的轉介，部份個案是來自本會「電器贈長者計劃」，希望服務能安排義務三行師傅上門進行安裝工程，工程包括：從水龍頭接駁水喉到洗衣機位置以供水洗衣、安裝電源、來水及去水位等，確保長者可以安全地使用這部幫他們減輕洗衣帶來不便和痛楚的洗衣機！

這天，兩位義工便相約在76歲獨居李伯伯的公屋單位，這個單位樓齡46，沒有供洗衣機的水龍頭裝置。義工先了解伯伯洗衣機的安放位置，然後量度與最近水源位置的距離，再去購買現時材料費中算是高價錢的銅喉、水龍頭和相關配件，回來後把一支支的銅喉連接起來，並確保固定每個接駁位，直至水喉接駁完成，確定沒有漏水後，這個專屬於洗衣機用的水龍頭裝置才告完成。

李伯伯開心可以有洗衣機用之外，更開心的是：「我係出面問過價錢，淨係上門費都500元，材料費差不多400元，安裝一個洗衣機便花了我差不多半個月的綜援金，我實在負擔不起！就算有人送洗衣機給我，亦都得物無所用呀！現在我真係好開心！感謝兩個義工的幫忙，多謝善長幫我支付這些材料費，我先可以用到部機洗衫咋！多謝你地！多謝各位善長人翁！如果無你地，我的洗衣機就無辦法用得到。」

「長者家居維修服務」專為弱老貧老，經濟困難及乏人支援的長者提供家居維修服務，所有服務均由不同專業的三行義工師傅支援，期望透過義務的工程，為有需要的長者提供安全的家居生活。



Volunteer Technicians Enable Elder Use of Washing Machine

A family will normally equip with appliances, such as television refrigerator and washing machines. Basically, the first two appliances can be used after plugging in the power; however, the last one can only be used with much coordination such as connection to power, water coming in and out.

The early built public housing estates are there for decades, some are even over 40 years old. For those units, faucets are only available in the bathroom and kitchen with few power plug-in areas. In those days, clothes were mainly hand washed and thus the unit is designed with no faucet area provided for the washing machine. After all these years, the advanced technology brings convenience for human being and washing machine becomes a very popular and common household item. However, for those deprived elderly who used to wash their clothes by hand, they are getting old with worse physical condition and some are even having different kinds of illness, such as sore joints and backs. Most of them have difficult in walking, not to mention bending down to wash the clothes by the crooked fingers!

Regarding to the above needs, the Elderly Home Maintenance Services has been receiving lots of referrals in which some are referred by our Electrical Appliances for the Elderly Program. They hope the Service can arrange volunteer masters in different aspects, such as connection to water piping, faucet, power point and drain for the washing machine in order to ensure safe use of the machine and to relieve their burden in washing clothes.

Today, two volunteer masters meet the 76 years old grandpa Lee who is living alone in a public housing unit. The unit is about 46 years old with no faucet area for the washing machine. After knowing the situation, the volunteer masters measure the distance between the washing machines and the nearest water source and buy the related materials, such as the cooper piping which costly relatively high, faucet and etc. With the required materials, they connect the pipes and fixed the faucet. After checking for leaking situation, the installation is completed.

Grandpa Lee was happy to get the washing machine, but even happier is that, "I have asked for a quote out there. Manpower cost is already HK\$500 and a material cost is close to HK\$400. The sum is almost half of my monthly CSSA that is really unaffordable. So, even if I am given a washing machine, it is still useless. Now, I am very happy! Thanks for the work of the two volunteer masters and the benevolent people supporting the material cost. I am now able to use this washing machine! Thank you! Without you, I won't be able to use it."

Elderly Home Maintenance Services is dedicated to serve the frail and poor, providing them home repair services. This service is supported by volunteer with different professional knowledge and hopes to provide a safe living environment for the elders in need.

義工為長者接駁水喉及水龍頭，長者才得以使用洗衣機。
The volunteer masters connected the water pipe and tap so that the elderly can use the washing machine.



「電費助貧弱」 為病患者分憂

八十二歲的陳伯伯，未婚依靠每月2,000多元的綜援金生活。陳伯伯在2010年起患上嚴重肺氣腫，需要24小時使用氧氣機維持正常呼吸，經細問之下原來氧氣機用電量十分大，每期大約需要1,000多元電費，另日常家用電費則需200多元左右，陳伯伯因健康情況下需要支出龐大的電費，對他來說實在是很大的經濟負擔！

「我沒有結婚，唯一有聯絡的家姐也很大年紀，平日沒有人會來探我，日常生活也靠自己，自己窮就沒辦法，有時候為了方便為了省錢，便以杯麵充飢。」陳伯伯因肺氣腫，說起話來比一般長者更要用氣。鄰居黃太有見陳伯伯的苦況，會協助他買菜，讓他可以在家煮食，不用長期吃杯麵而營養不良。

在剛過去的炎夏，陳伯伯更需要長時間開冷氣讓呼吸可以順暢一些，由於他用的冷氣屬舊式窗口機，甚為耗電，加上中午開始室內氣溫愈來愈悶熱，開冷氣的時間較平日更長時間，結果電費開支是 \$1,478元，這已用去伯伯一半的綜援金！

由於陳伯伯沒能力按時繳交電費，可憐的他終日擔心被截電。他向社工表示，如沒有電就不能使用氧氣機，只好叫白車送自己入院。社工知道他對電費開支感到惆悵，便轉介他申請「電費助貧弱計劃」。

「電費助貧弱計劃」是為減少長期病患貧困者因使用醫療電器，而要支付額外電費開支的憂慮，幫助好像陳伯伯的個案渡過難關，專心養病。服務須由醫務人員或社工轉介申請。



Power Subsidy – Ailing & Handicapped Program Help Alleviating Chronic Patients' Burden

Uncle Chan, unmarried and aged 82, was diagnosed with serious pulmonary disease in 2010 and therefore had to use supplemental oxygen 24 hours a day. Nonetheless, running the oxygen equipment was adding more than \$1,000 to his bi-monthly electricity bill; relative to the amount he used to pay (around \$200), it was a huge jump. In comparative to his income, i.e. a little more than \$2,000 social assistance, this necessary treatment to his pulmonary disease is undoubtedly a big burden.

"I am not married, my elder sister is my only kin, but she is too old to care for me. So, I have to count on my own self. To further save money, I subsist on instant noodles." Due to the pulmonary emphysema, Uncle Chan obviously took a lot more strength than other elderly when speaking. Realizing the woeful situation of Uncle Chan, Mrs. Wong, his neighbour, offered to buy food for him so that he could cook more nutritious food for himself instead of feeding on instant noodles.

It was so hot last summer, especially during afternoons, therefore Uncle Chan had to keep his air-conditioner running for long hours in order to relieve his breathing problems. As the air-conditioner was too old, it consumed much electricity. He ended up using more than half his CSSA allowance to settle the \$1,478 electricity bill.

Since money was tight, Uncle Chan was not able to settle electricity bill on time. Under constant threat of electricity cutoff, he deeply worried that his life would be in jeopardy when his oxygen equipment went off. Understanding his worry, the social worker referred Uncle Chan to apply for assistance from the "Power Subsidy – Ailing & Handicapped" Program.

The "Power Subsidy – Ailing & Handicapped" Program is set up to help those impoverished chronic patients by offering them electricity charge subsidy while using essential medical equipment for treatment, so that many more needy people like Uncle Chan can stay focused on treatment without worrying about affordability. All applications must be initiated through referrals from hospital staff or social workers.

非緊急藥物熱線

問：早前，我致電你們藥房的藥物諮詢熱線，想了解自己現時服用的藥物有甚麼副作用。不過，同事卻請我先留下聯絡，並表示藥劑師需於一星期內回覆。我知道來你們「惠澤社區藥房」買藥，必須事先預約，卻不知道原來藥物諮詢熱線也需要「等候」？萬一來電者身體感到不適，再作等候豈不是很危險？其實，你們藥物諮詢熱線的目的是甚麼？

答：有關以上事宜，先向你說聲抱歉，並讓我們藉此機會向你講解一下藥物諮詢熱線。

人口老化和長期病患人口不斷增加，衍生了龐大的醫療及藥物需要，本會慈惠服務亦因此成立「惠澤社區藥房」。我們發現，自醫管局實生藥物名冊後，不少病人需自行購買一些處方藥物，這樣除了為病人帶來經濟問題外，亦因而出現不少問題，特別是一班長者，例如：不懂分辨藥物真偽、為了節省開支而不遵從醫生指示服藥、對藥物認識不足、儲存失去藥效的藥物等。「服藥以助康復」是每位病人必需面對的重要一環，不當用藥非但對病情沒有幫忙，更可能引致嚴重的後果。另一方面，醫生雖會向病人講解有關藥物的資料，但病人於實際的服藥過程中難免會有疑問，對服藥存有懷疑。因此，我們亦特意設立藥物諮詢服務，希望解答病人的藥物問題，增加病人各方面的藥物知識，以讓治療更有成效，早日康復。

至於回覆時間方面，由於資源有限，我們暫只能聘請兩位藥劑師，他們既要每天處理眾多的買藥預約，同時亦要為病人提供藥療服務，還有林林總總的藥房運作及藥物處理等問題。他們需於工作中的空檔及藥房辦公後的時間才能回覆有關查詢，故熱線亦只為非緊急情況下之用，希望大家見諒。此外，藥劑師一般只能解答藥物上的問題，有關身體不適的情況，必須由相關醫護人員作檢查解答，故每當遇上身體不適患者的查詢，我們建議立即向有關醫護人員尋求協助，而非等待藥劑師回覆，避免因延誤治療而發生意外。

Non-Emergency Medication Hotline

Q: I called for the medication hotline of your pharmacy before, hoping to know the side effect of my medication. However, I was asked to leave my contact and told that the pharmacist has to reply in a week's time. I know that appointment is needed for medication purchase in your Philanthropic Community Pharmacy, but I don't know I have to "wait" for the medication hotline too. Would it be risky if the caller happens to experience body discomfort? In fact, what is your objective in setting up the medication hotline?

A: Regarding the above matters, please accept our apology before we take this chance to introduce the medication hotline.

Number of aged people and chronic patients is increasing and leads to huge demand on medical system. Thus, we set up the "Philanthropic Community Pharmacy". We notice that after the implementation of the HA Drug Formulary, patients have to pay for their own medication. It not only increases the financial burden of patients but also brings other problems, especially to the elderly. For example, they don't know how to differentiate real and bogus medication, they don't follow the doctor's instruction on medication taking as to cut down the medication expenses, they don't not have sufficient knowledge on their medication taking or they don't know the proper way of drug storage. However, medication is important for patient's recovery; and inappropriate medication usage not only bring no effects in recovery, but may also bring serious consequences. On the other hand, even the doctor has explained to the patients, patients will properly encounter problems in the actual use. Hence, we specifically set up the medicinal consultation service with the purpose to answer patients' enquiries, to increase their medical knowledge and to achieve better treatment for early recovery.

Regarding the response time, the hotline can only for non-emergency use due to the limited resources. At the moment, we can just employ tow pharmacists in handling the daily medication purchase appointment as well as providing medication consultation services. Also, they have to operate the pharmacy and other related issues. Hence, they can just reply the enquires after the office hours. In addition, the pharmacists, in general, can only answer questions about medication. Any enquires related to physical discomfort must be answered by relevant medical professions after checkup. Thus, if one feel sick, we suggest that they should seek help from relevant medical professions instead of wait for our pharmacist's reply in order to avoid any delay in treatment.





幫助老弱者整理儀容

一般人見到自己頭髮過長，就想到理髮店修剪下，這是理所當然的事，或許大家對剪髮的困擾，大多在乎於無法在忙碌日子中找出時間上理髮店，又或是髮型師剪得不合心意，又或是不知剪一個怎樣的髮型等等。

在我們接觸的低收入或活在捉襟見肘的老弱病患者中，初時我們還以為他們因疾病的緣故，個人儀容也不去打理，原來一問之下，他們就可以大大話話數出十個八個一般人不會容易知道的原因。原來他們通常在小型理髮店或小巷的鋪頭剪髮，如坐輪椅或用步行架的人士出入小店會較困難，亦由於輔助步行器較佔用地方，小店未必會歡迎他們。又有聽說過因他們的體力較差，影響坐姿，需要別人扶著，因而令剪髮時間延長，影響生意。「有時不是師傅嫌棄，而是我不好意思，剪髮幾十蚊，自己咁論盡，好似阻住人做生意；有些人不明白我的情況，投射奇怪目光，我覺得唔係咁好受……」曾經中風的黎先生用斷斷續續的說話導出他的心聲。黎太太在旁回應，見著丈夫頭髮愈來愈長，令人有蓬頭垢面的感覺，也看不過眼，但奈何自己又不懂理髮！

聖雅各福群會「到戶理髮服務」是由一群專業有心的髮型師來組成的義工團隊，義工及負責職員會定期走到全香港九新界為社會上有需要人士義剪，幫助他們整理儀容，讓他們重拾光彩、有一個煥然一新的感覺。當義工每次到訪為他們理髮時，他們總是會說出以往外出理髮的不方便及困難。

大家看似或許是一件很小的事，但原來在同一天空下，對一些人來說，絕對是一個令他們十分「困難」的事，當義工理髮師每次幫助了他們後，他們望著已被修理整齊的頭髮，便會展開歡顏。

各位，如果你身邊有需要的服務者，可以經過社工轉介申請「到戶理髮」服務，你和我都絕對有能力幫助到他們，請大家都伸出援手，讓他們的生活從始得到改善！查詢電話：2117 5847。



Help The Fragile Elderly Looking Good

When our hair is getting too long, we would simply go to a saloon to have a hair-cut as a matter of course. We may be upset that we are too busy to pay a visit to a saloon, or the new hair style does not look as good as we expected. We may also take it as sort of trouble to choose a hair style that suits us. Frankly, these are no big deals at all!

When we first met people with low-income and some poor vulnerable elderly who seemed paying no attention to their appearance, we supposed that they were so sick that they did not care about how they looked. Unexpectedly, we were told quite a number of reasons for that, which people who do not have to face their difficulties, would not realize. They usually get a haircut in small barber shops, some of those are even in an alley. The limited space in these small shops presents quite a challenge to those wheelchair users and incapacitated relying on walking frames; and they may not be seen as good customers. Some said that they were too weak to sit well and needed support while having a hair-cut; therefore, the barber had to spend more time than usual on them. "Though sometimes I came across some friendly barbers, I felt sorry for the troubles I brought to them and they could only charge me a small amount of money. Some people did not understand my health condition and they threw me a strange look making me feel unhappy." Mr. Lai, a stroke victim, made his remark with pauses in the course. His wife, sitting by his side, said that her husband looked shabby as his hair was getting longer. She felt sorry about it but she knew nothing about hair-dressing!

"Home Haircut Services" under St. James' Settlement is supported by a team of volunteers comprising of kind-hearted professional hair stylists. The volunteers and the staff in-charge will regularly deliver free service of hair-dressing to those people in need at their home in all different areas in Hong Kong, hoping that they will feel happy when they have a fresh look. When a volunteer pays them a visit, they always mention the difficulties and inconvenience they encountered in their previous experience of getting a hair-cut in a barber shop.

It may look trivial to us, but it may not be the case to some people in our society, who take it as something absolutely "difficult". Their cheerful faces will tell you how they feel when they look at their newly-dressed hair every time they are helped by our volunteer hair stylists.

Dear Readers, if there is someone you know who is in need of our service, you may have them referred to our Home Haircut Services via a Social Worker. Certainly, all of us can help them. Please extend your helping hands to them and starting from that very moment, their lives will become much better. Enquiry: 2117 5847.

簡單的剪髮服務，已可讓老弱病者重展歡顏。

A simple hair cut can already bring the happiness to the frail elderly and patients.

生手變師傅 為長者改善家居 維修義工鑽出滿足汗水

(續)

退休白領高層偷師學鑽牆

同來開工59歲的高佬拿起電鑽有板有眼，沒想到他退休前是電訊公司管理層，每天朝九晚五坐在辦公室，是個完全不懂裝修三行的斯文白領。「第一次開工，連最基本電鑽也不會用，唯有在旁出賣勞力，幫忙搬抬。現在學懂了，也學精了，例如鑽磚牆不能一下子猛力鑽，尤其瓷磚容易破裂，要先輕力鑽，然後才慢慢鑽進去。」

高佬今天一身好武功，都是過去多年膽粗粗從其他師傅處學來的。義工師傅當中，大部分本行是當三行，只有少數像高佬和黎師傅般外行，對他們來說，每次出動都是學習的好機會。

善用一技之長動員全家助人

高佬視某幾位拍檔為「師傅」，遇有不明白的地方便會向對方請教，收工後又會一起上茶樓，熟絡了，兄弟們做起事來便更順暢。「鋪膠地板看似簡單，初時搞不懂，起碼鋪上大半天，現在掌握了當中的技巧，最快可以在兩小時內做起一隻（一間屋）。」高佬笑着說，似乎相當滿意自己的成績，「不過還是安全重要，如用電鑽，拿電鑽的一隻手必定要戴上手套，另一隻手則千萬不要戴上手套，否則容易被電鑽扯掉，發生意外」。

大師兄阿Paul點頭認同，他雖是三人之中最年輕的，卻是年資最長，加入當義工師傅已有二十多年，而且他本來就是從事三行，義工師傅的工作難不到他，「平日以一技之長來搵兩餐，若然可善用來幫助別人，何樂而不為？」51歲的Paul經營水電工程公司，店在周末比較忙，他便盡量在周日抽空出動。預先跟社工約好時間，了解長者需要，收拾好所需工具與物料，便駕電單車往區內長者的家開工去。他更試過找來父母與太太一起開工，讓他們負責清潔等較輕鬆的工作，體驗一下落手落腳幫助別人的滋味，「這些都是手板眼見工夫，多做幾次便可以」。那次之後，父母明白多了，太太更索性加入當義工，夫妻檔一做便是十多年。

(待續)



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

(Continue)

Retired Senior Office Employee Learnt Wall Drilling Secretly

Tall Man Bosco, 59-year-old, knew what to do when he picked up the electric drill. We never expected he came from the managerial level of a telecommunication company before he retired. Being a gentlemanly white collar previously, he knew nothing about renovation as he worked 9 to 5 in an office. "When I first started, I did not know how to use an electric drill. All I did was to help wherever I could such as moving tables. Now I have learnt the trick. Before I drill a tiled wall, I must not put in too much force at first because tiles crack easily. I should drill lightly first and then more forcibly later."

Tall Man Bosco learnt his renovation skills from other renovation masters by trial and error. Among the volunteers, many of them were renovation masters. Only a few of them like Tall Man Bosco and Master Lai were laymen. They look upon each voluntary job a good chance to learn.

Making The Best Use of One's Skill Getting the Whole Family to Participate in Helping

Tall Man Bosco looked upon several of his partners as teachers. He will ask them for help whenever he finds things he does not understand. When they finish work, they will go to the tea house together. When they became better acquainted, they cooperate more smoothly. "Laying vinyl floorboards appeared to be simple at first. I used to take more than half a day before I learnt the trick. I can complete laying for one unit at the quickest within 2 hours now that I have mastered the skill," said Tall Man Bosco laughingly, satisfied with his result. "But the important thing is safety. When I am using an electric drill, I wear glove on my hand which holds the drill. But I do not wear one for the other hand. If I do, the glove may be dragged away by the drill and there may be an accident."

Paul nodded for agreement. Though he is the youngest among the 3 of them, he has the highest seniority. He has become a volunteer for more than 20 years. Being a renovation master originally, works of renovation volunteers were never any problem. "I earn my living with my skill. I am happy when I can help others as well with the same skill." Paul, 51-year-old, runs a hydro-electric engineering company. Business is busier during the weekend. Paul tries his best to work on week days. He would arrange a time schedule with social worker and find out the needs of the elderly. When it is time for work, he packs his tools and materials and drives to the elderly's home in his motor-bike. One time, he even asked his parents and wife to come along. They helped by cleaning up, a chance for them to experience helping others by participating manually. "Work such as cleaning up can be learnt quickly. They would become more experienced after they did it a few more times." After that event, his parents knew what it meant to be a renovation volunteer. His wife also became a volunteer later. They have become partners for more than 10 years since then.

(To Be Continued)



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」)

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

Inquiry and Website : St. James' Settlement

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