

# 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

## 「送暖行動 2015」

## Warmth Giving Action 2015

秋去冬來，很快就11月了，香港再次踏入冬季，慈惠工作正忙於展開「送暖行動」！

Autumn leaves and Winter comes. Hong Kong is entering its Winter time and the Charity Project is busy again in the "Warmth Giving Action 2015".

慈惠服務的受惠對象主要是經濟困難及體弱的長者和病患者，他們很怕冬天的來臨，因為冬天天氣寒冷，容易令人著涼而生病；生病的話又怕引起長期病的復發，加上手腳僵硬，減慢活動能力，容易跌倒等等。此外，對某些長期病患者來說，特別是患有哮喘或呼吸系統毛病的人士，踏入寒冬更是嚴如面對生命的挑戰！

The main service targets for Charity Project are deprived weak elderly and patients. They are afraid of the Winter time as they will easily get sick. Once they get sick, it will easily lead to the recurrence of their chronic diseases; also, their limbs will be frozen which leads to poor mobility and possibility of falling down. Thus, the coming of Winter can be a life challenge for those chronic illness patients, especially patients with asthma and respiratory diseases.

為弱老防寒的裝備，包括：棉衣、棉被、熱水壺、暖風機等保暖物資，需求一定殷切，頸巾和襪也是十分合用。去年，面對通貨膨脹下的壓力，令送暖開支超過30多萬，而受惠人數逾千人。

In our prediction, the demand for equipment which helps to keep warmth is high, such as padded coat, quilt, kettle, fan heater, scarf and socks. Last year, under the pressure of inflation, the expense of Warmth Giving Action is over 300 thousands benefiting over thousand cases.

社工蔡姑娘是去年一起合作的地區機構，打從11月起就跟我們緊密合作，蔡姑娘表示：「我們這區有很多獨居老人，透過平日定時探訪及接觸，確實缺乏家人支援的長者在物質上是較缺乏的。由於這個大屋邨位於半山，所以，冬天特別凍！幸好知道你們有『送暖行動』，加上機構之間的合作令有需要長者可以更快捷獲得所需物資。」蔡姑娘所屬的機構更在這段非常時間，在中心預留一些地方存放本會的送暖物資，面對突如其來的需求，他們可以及時應急，解除長者寒冬之苦。

Miss Choi is one of our partners in Warmth Giving Action last year. We have been working together since last November, Miss Choi said, "Many elderly in our district are living alone. According to our working experience, elderly without family support are more short of resources. For our housing estate, it is comparatively cold since it is located in the mid-levels. Thus, it is very lucky to have the Warmth Giving Action in helping those elderly. Also, with the cooperation between organizations, the application process can hence be fasten." Even more, the organization Miss Choi working also reserve an area for storing the warmth giving materials, hoping to make immediate response for releasing the elderly's hardship in Winter.

另一位社工方先生對於「送暖行動」可直接惠及老弱感到十分方便及到位，「由於個案在我工作負責的區域居住，我們是較為認識個案情況，只要附合申請標準及有需要，不用慈惠服務再作評估，那就更省回行政措施，手續十分便利。」

Another social worker, Mr. Fong, shared that the Warmth Giving Action can benefit the poor elderly directly, "We know well for the cases who are living in our district. As long as they fit the criteria and with needs, the Charity Project doesn't have to make assessment again. This in fact can save time and resource in the administration."

有關運作也會遍及不同區域，讓微小的力量發揮最大的效果。預計今年的申請不比往年少，故此呼籲各位善心人士伸出援手，支持「送暖行動」，支援弱老面對冷冷寒冬！

The above operation includes all districts in Hong Kong, aiming to benefit more cases. This year, we expect that the number of application will keep increasing; thus, we would like to make a donation appeal for the Warmth Giving Action in supporting the frail elderly in cold Winter.

他終日恩待人，借給人，他的後裔也蒙福。

All the day long he dealeth graciously, and lendeth; and his seed is blessed.



## 看似瑣碎的工作， 但卻很有意義

我是個有全職工作的人士，周六日有固定的休息，如於星期六就跑來聖雅各福群會惠澤社區藥房來當義工。由於我的專長是文書處理，很多時都會協助他們處理文書工作，但有些時候也會協助藥劑師房協助支援工作。就這樣我才知道這個藥房的藥劑師的工作，不是單單賣藥物那麼簡單。

我從旁觀察到病人與藥劑師的互動，藥劑師不是我印象中只會從藥瓶倒出五顏六色形狀不一的藥丸，然後按著病人的需要提供數量，原來藥劑師的工作可以很廣泛！來過藥房的病人都知每人有15分與藥劑師面談，在短短的時間內，藥劑師會跟進病人對服用藥物的了解情況、服用藥物後身體的反應、有沒有按時服用指定的劑量及儲存藥物的方式等等。我曾過見過一位中年的病人，他告訴藥劑師有自行加減攝取血壓藥的份量，認為藉此可以令症狀穩定，加上有感血壓不太影響日常生活，不服藥好像也無關痛癢。之後我向藥劑師了解，他表示也不能怪這位病人，因為他沒受到有關藥物的教育，才會胡亂調較。怪不得我見剛才他不單沒有勞氣，反而細心地解釋血壓高對人體的不良影響，服藥後對他有甚麼幫助；同時，他亦提點病人要注意副作用的出現及應如何處理。此外，又告訴他存放藥物適當方法等等。所以，15分鐘的時間真的很寶貴！

這間藥房還有個很意思的服務，就是藥劑師會到因應個案的需要，為行動不便的病人進行上門的藥物輔導。行動不便的病人尤其是無依無靠的長者，若他們對藥物有任何疑問，在求助時更感困難；所以，藥劑師上門提供服務就更加重要。除了提供藥物教育外，也會為他們整理藥櫃。據藥劑師分享原來很多長者有一種壞習慣，很喜歡「儲藥」，總覺得有一天用得著它們，就這樣在不知不覺間儲下很多藥物，甚至過期了沒有察覺！

這間非一般的藥房，有它的理念、有它的服務獨特之處，真的令我大開眼界。我很開心有機會在這裡做一些支援工作，雖然是文件性，又或幫忙他們維持下秩序，帶病人上落等等，但是我覺得很有意思。知道他們都是靠善長捐助或申請基金才能維持，希望社會人士可以支持這些少數及有價值的社會服務。

## Work Seems Trivial, But Meaningful

I am working full time with regular holidays on Saturday and Sunday. I usually go to the Philanthropic Community Pharmacy under the St. James' Settlement on Saturday to work as a volunteer. Usually, I am assigned documentation work which is my strength. Occasionally, I would help the pharmacists as a supporting co-worker, which gives me a clearer picture of the work of the pharmacists in this Pharmacy. Simply selling drugs is definitely not their job description.

I used to think that a pharmacist is someone who gets the prescribed amount of drugs with different colours and sizes from large bottles according to the prescription. But I came to understand that the scope of work of pharmacists could be very wide after having observed how consultation could work for a patient. Patients who have ever come to the Pharmacy know that every patient will have a 15-minutes consultation session with the pharmacist, during which they will be asked about their reactions to the drugs; whether they have taken the drugs according to the instructions regarding time and quantity; and the way the drugs are stored. I ever met a middle-aged patient who told the pharmacist that he would decide by himself to take more or less blood pressure regulating drugs, believing that the adjustment of amount would help stabilize his blood pressure; and he was also convinced that blood pressure has little impact on his daily life and that taking the drugs was not a must. I then had a chance to ask the pharmacist about this patient's misconception. He explained that the patient was not to blame as he had no knowledge on drugs resulting in his ignorance to instructions on dosage. No wonder the pharmacist responded some calmly at the session and he even grasped the chance to explain in detail the adverse impact of high blood pressure on our health and the efficacy of the drug. He also pointed out that there might be some side-effects and taught him how to cope with them. Furthermore, he showed him the proper ways of storing drugs and gave him much more information about drugs. Obviously, this 15-minutes session is very helpful!

The Pharmacists are so considerate that they extend their services to those incapacitated patients especially the lone elderly. Their incapacity makes it difficult for them to get advice when they have problems with the drugs they take. The Pharmacists paying home visits to them as required would mean a great deal for them. Apart from providing the patients with knowledge on drugs, the Pharmacists would also help tidy up their storage for drugs. They observed that many elderly have the habit of "storing drugs not in use", always thinking that they would need those drugs someday. After a period of time, quite a large amount of drugs have been stored and they do not realize that some of them have already expired!

This unique Pharmacy, having its special goal and service modes, has really helped me realize a different level of service provision. I am privileged to have the opportunity to work here as a supporting co-worker. Although I am just helping to do paper works, keeping patients in order in the waiting room, or helping patients to go here and there, I find these tasks very meaningful. I understand that sustainability of this service depends very much on donations and charity funds and I hope that this rare and valuable social service will be supported by people in our society.

## 請資助患者診病交通費

香港百物騰貴，生活基本開支有增無減，當社會開始熱烈討論「全民退休保障」，目的是為退休人士生活增加多一點的保障，讓老來也「有錢在口袋中」，不用長期依賴政府、依賴社會資源去幫忙。有關計劃亦在討論中，要正式落實看來還有好一段日子，那麼現已處於退休狀態的長者，遇上經濟困難時又可依靠誰呢？

雖說現時大部分的交通工具均有提供長者優惠服務，好讓更多的長者閒時可以乘坐不同的公共交通工具四處遊覽，擴闊生活圈子。可是，有不少的長者因患病而不良於行，所謂出門走走，就是到醫院覆診，令他們最辛苦的是上落小巴、巴士，又或為了乘搭港鐵而走幾十級樓梯，為外出要付出的體力比一般人辛苦多很多倍。或許你會問：「明明社會上有復康巴士服務，為何他們不申請呢？」。雖然，復康巴士是專為輪椅人士或不良於行的人士而設，但服務收費也不便宜，以路程分階段計算，加上復康巴士需要預約，遇上緊急情況就幫不上忙。對捉襟見肘的老人家來說，要在辛苦一點與金錢之間取捨，他們寧願選擇前者！

七十多歲的張伯伯因為要接受「洗血」療程，需要一星期往返醫院三次，由於他是患有腎衰竭的病人，身體比較虛弱，日常生活完全依靠太太照顧，但這位全能太太也將近七十歲了，兩人膝下並沒有兒女，積蓄為治病亦耗用得七七八八，只好申請綜援，「綜援金夠食夠住，如果前往醫院時要乘搭的士的話，就會變得很奢侈……，可是那段斜路是返醫院的必經路，對於我們倆老實在是很吃力，兩個七十歲老骨頭互相依賴著，心怕自己不能陪他多久！」張太細說每次前往醫院那些苦況，不禁悲中淚流。

醫務社工得知張伯伯的情況，轉介他申請「診病交通費支援計劃」，資助他往返醫院的的士車費，減輕兩老路途發生意外的機會。

其實，社會上還有類似張伯伯的個案等待大家伸出援手，善施款項數目不拘，支票抬頭請書：「聖雅各福群會」，支票背面標明：「診病交通費支援計劃」之用。

## Donation Appeal Travel Subsidy for Patients In Need

The cost of living in Hong Kong is very high; the daily basic expenditure is ever on the rise. Now, people are vigorously debating the necessity and feasibility of Universal Retirement Protection which aims to help make living easier for the retired. If the retired are allowed to have steady fund from the government, they will not continuously need to rely on the public resources to keep afloat. It will expectedly take a long time to get the protection scheme put in place. But now there are retired elderly who are facing financially difficulties; whom they can turn to for help?

It is true that the elderly can enjoy concession offered by most public transportation, which encourages them to widen their social circle by travelling around the city in various public vehicles. However, for the ailing incapacitated elderly, their social circle sadly would mostly mean appointments with doctors and nurses in hospital. Getting on and off a minibus or bus and walking up and down dozens of stairs in a MTR station would require them a great deal of energy, a few times more than what a healthy person would need. You may question: "Why don't they apply for Rehab Bus Service, which is not something new?" Although it is true that the Rehab Bus Service is targeted to wheelchair users and the incapacitated, their charges, based on how many sections a journey would cover, are not readily affordable for some poor elderly. As advance booking is required, this Service will not be available in an emergency. The elderly in poverty would most probably rather enduring the hardship of travelling in public vehicles than paying the costly Rehab Bus Service!

Grandpa Cheung, a patient of kidney failure in his seventies, has to go to a hospital three times a week to take Hemodialysis treatments. He is so feeble that he has to rely on his wife for day-to-day nursing. His wife is in her late sixties and the couple has no children. As most of their savings have been spent on medical treatments, they resorted to applying for CSSA. "We can get by with the CSSA, but travelling to the hospital by taxi would be too expensive. If we take the public transportation, we have to walk up a slope before we can reach any public vehicle. That's really hard for us in our seventies. We have no one to turn to and can only rely on each other. I am worried that he will leave me before long!" She shed tears while she was giving a sad account of their hardship experienced every time they travelled to the hospital.

A Medical Social Worker came to know their difficulties and referred them to our Patient Travel Subsidy Plan to apply for taxi fares subsidy for travelling to and from the hospital in the hope of avoiding accidents on their journey.

There are many elderly facing the same difficulties as Grandpa Cheung's. They are longing for our donation; any sum can help. Please make your cheque payable to "St. James' Settlement" with an indication of "Patient Travel Subsidy Plan" at the back of your cheque.



## 絲絲涼意 沁入心田

中秋已過，但酷熱天氣卻還是沒有絲毫減退的跡象。對於生活在香港的我們來說，冷氣機和風扇仍然是必備的納涼工具。但對於生活在捉襟見肘、缺乏家庭支援的長者來說，一把價值兩百元左右的风扇卻是難得的奢侈品。在九月份，「電器贈長者」計劃仍然不斷收到申請電風扇的轉介表格。為了幫助有需要的長者，我們的義工團隊繼續走遍港九新界，為他們一一送上坐枱風扇，幫助他們驅除悶熱，帶來涼意。

「對唔住，對唔住，我啱啱出外面啱涼了，屋企裏面太熱了！」當我們送風扇上門時，恰逢唐婆婆拿著小板凳從外面趕回來。自丈夫去世後，唐婆婆一個人居住在朗邨的公屋單。在酷熱的天氣下，只能靠著一把用了十幾年，風力微弱的風扇令室內多點涼意。每當周圍的鄰居開冷氣時，就會有陣陣熱氣湧入婆婆家中，令她感到悶熱難忍。無奈的婆婆只能坐到屋外的走廊納涼，或是拿著飯菜到屋邨附近的商場門口進食，十分奔波，令她無法好好安坐家中休息一下。眼見唐婆婆的苦況，地區社工馬上向聖雅各福群會「電器贈長者」計劃提交申請，希望幫助唐婆婆申請一把全新的風扇，令她可以免受炎熱之苦。

今天在義工的幫助下，一部12吋的坐枱風扇很快便安裝好了。全新的風扇為悶熱的房間送來陣陣涼風，讓婆婆緊繃的臉上露出了舒心的笑容：「部冷氣壞咗，剩低嘅風扇又唔夠力，宜家冇把新風扇，終於無咁熱啦，好舒服啊」。細心的義工還主動詢問婆婆平日的的生活習慣，根據婆婆的要求調整風扇的位置，務求令婆婆可以舒服地坐在家中，享受風扇帶來的涼意。義工們的熱誠和關懷令婆婆十分感動，不停地說著感謝的話：「你地唔單只上來探我，仲送把咁靚嘅風扇畀我，實在太感激了，多謝多謝！」

除了唐婆婆，還有許多長者需要風扇解除悶熱。住在劏房的衛伯伯就是其中一員。衛伯伯獨居在雜物眾多的房間里，只有一把小小的抽氣扇透氣。而唯一的風扇早已破舊不堪，不能轉動，整個房間一到夏天就悶熱非常。熱心的義工幫助伯伯在屋裡清理出空間，根據電掣的位置將風扇放置在合適的地方，把長長的電線妥善整理，以防伯伯被絆倒。「熱咗咁耐，終於有把風扇可以用下，真係太好了！」伯伯感慨道。

在我們的社區裡，像唐婆婆和衛伯伯這樣獨居無依，生活困難的長者，實在是為數不少。一把風扇，不僅能幫助他們的「蒸籠住所」降溫，還能讓他們感受到來自社會各界的善心，為他們孤單無助的晚年生活增添點點關懷與希望！



## The Cool Air in Heart

It has already passed mid-autumn but the heat still stays. For people living in Hong Kong, air-conditioners and electric fans are essential for cooling off. However, for poor elders lacking family support, an electric fan costing just HK\$200 is a luxury. In September, Electrical Appliances for the Elderly Program still receives referral applications for electric fans. In order to help the needed elders, our volunteers continue running around Hong Kong, Kowloon and the New Territories in delivering them fans to drive away the heat.

"I am sorry! As it is too hot staying inside, I sit outside to cool down!" Grandma Tong, carrying her small chair, was just rushing in. She has been living by herself in a public housing unit in Tak Long Estate after the decease of her husband. The fan she has been using is over 10 years old which the wind power is weak. What made the condition even worse is when her neighbours turn on their air-conditioner, streams of heated air current rushing into her unit that is really hard to bear. So, the only way for her to cool down is to sit in the corridor outside her unit or to take her meal in the entrance of the shopping center for eating. This is in fact very inconvenient for her to stay in a place for resting. Learning her situation, the district social worker promptly made a request to the Electrical Appliances for the Elderly Program of St. James' Settlement, hoping to get a brand new fan for her.

With the help of the volunteer, a 12-inches fan is quickly delivered and installed. The brand new fan sends her cool air to the entire unit and smile appears in Grandma's face, saying, "My air-conditioner is not working and the old fan is just with litter power. Now, with the new fan, it is not hot anymore and makes me feel comfortable." The attentive volunteer also asked her living habit and adjusted the fan's position according to her request, ensuring she can enjoy the cooling comfortably at home. Grandma Tong was extremely touched by the volunteer's enthusiasm and care, repeatedly said, "Thanks for your visit and bring me this lovely fan. I'm really grateful and thank you very much indeed!"

Apart from Grandma Tong, there are lots of other elders in need of fans to drive off the heat. Grandpa Wai, living in a partitioned flat with many stuffs, is one of them. His flat only equipped with a small air pumps for ventilation and the fan is already out of order. Hence, the whole unit is extremely hot. The kind volunteer then helped to clean his unit and placed the fan properly so that he will not fall down. "Finally, I have a fan after suffering the heat for such a long time It is very nice indeed!" sighed the old man.

In our community, there is a number of lonely, helpless and poor elders like Grandma Tong and Grandpa Wai. An electrical fan not only helps to lower the temperature of their steamer-like residence but also lets them feel the care of society in their old age.

對居於悶熱板房的長者來說，一把風扇是他們於炎夏的生活重要所需。

For elderly living in the hot partitioned flat, a fan is important for their daily life in Summer.



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一四年九月份  
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慈惠月報  
The Philanthropy Monthly

## 捐助送暖行動 讓弱老安渡寒冬

「珠婆婆，你的雙手很冰冷呢！」到訪珠婆婆家當天，氣溫只有12度，伴隨著綿綿細雨、冷颼颼的寒風，實在讓人冷得發抖。「呢幾日真係凍得好緊要！坐著看電視時也要用棉被蓋身，身體不時發抖，人很不舒服。」探訪義工透過不斷磨擦珠婆婆的雙手，希望能為她取暖，減少她的身體不適。

「我住的屋邨在半山，氣溫比市區低1-2度！加上自中風後，血液循環唔好，個人好怕凍！」看到珠婆婆刻意把窗戶都緊閉了，避免冷風吹入屋內。無奈寒風分別由門縫、窗邊吹進屋裡，對珠婆婆來說，實在苦不堪言。「醫生建議我開暖爐暖身，人會感到舒服一點。我依靠微薄綜援金生活，邊有閒錢買暖爐？唯有用棉被蓋著身體和手腳，至少能暖和一一點。」看到珠婆婆的棉被，被角開始破爛，加上棉內的棉花因破舊變得散落、單薄，未足夠讓珠婆婆取暖。探訪義工希望「送暖行動」可照顧珠婆婆禦寒的需要，贈送暖風機、棉被和棉襖。

同樣急需禦寒物品，還有居於大埔的郭伯伯。「我患有哮喘病，寒冷的冬季對我而言，是一個『計時炸彈』，氣管隨時因受寒而入院；我甚至有想過，我會否因受不住寒冷，捱不過這個冬天？」看到郭伯伯無助的搖頭嘆息，一陣心酸湧現心頭。「我沒有多餘錢買大襖、買暖爐，現在只能聽天由命，期望寒流不要來！」無依的郭伯伯，正待社會有心人伸出援手，為他添置禦寒的暖風機、棉被和棉襖。

能持續讓長者取暖的暖風機、能保暖身體的絲棉被、能擋住寒風的厚棉襖，確實是體弱長者於寒冬裡的最需要的物品。聖雅各福群會「送暖行動2015」正急需善長的捐助，全港性為無依體弱、經濟困難的長者添置「禦寒三寶」— 暖風機、棉被和棉襖，確保弱老可及時到位獲得禦寒物品渡過嚴寒。「送暖行動」往年收到超過1,000宗的申請，在欠缺善款支持下，計劃擔心未有足夠資源應付日益增加的長者禦寒需求。

請支持「送暖行動2015」，讓長者可安然渡過寒冬，不再備受寒流來襲的威脅？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：8107 8324 或 2835 4321。



## Warmth Giving Action To Keep Frail Elderly Warm

"Grandma Chu, your hands are icy cold!" On the day of visit, the temperature was only 12 Degree Celsius. Together with rain and wind, it was extremely cold. "It is freezing cold these days! I have to cover with the cotton padded quilt when watching TV. It is really uncomfortable." The volunteer held Grandma Chu's hand during the visit in order to keep her warm.

"My estate located in the mid-level and the temperature is normally 1-2 Degree Celsius lower than the urban district. After hit by stroke, my blood circulation is poor and I dread cold!" Though all doors and windows were tightly shut, cold wind still seeped through the cracks and seams, bringing her pain. "The doctor suggests me to use the fan heater to keep warm as it will make me feel more comfortable. However, I am living on the meager CSSA and I can no extra money for the heater! So I can just cover my body and limbs with the padded quilt to keep warm." In fact, her quilt's corner is shabby and the cotton inside is loosen; thus, it fails to keep people warm. With the "Warmth Giving Action", the volunteer hopes to satisfy Grandma's need by giving her the fan heater, cotton padded quilt and coat.

Grandpa Kwok who is living in Tai Po is also in urgent need for warm keeping materials. "I have asthma and the cold winter is like a 'time bomb' to me that I have to go to the hospital. I have been thinking that if I will died because of not unable to stand for the cold." Looking at Grandpa Kwok shaking his head, my heart sank. "I have no money for a coat or a heater. I can do nothing and can just hope it will not be too cold in winter." The helpless Kwok is waiting for the helping hand in providing him with a fan heater, cotton padded quilt and coat.

In order to keep frail elders warm throughout winter, fan heaters, silk cotton padded quilts and thick padded coats are in need. "Warmth Giving Action 2015" of SJS urgently needs benefactors' generous donations in buying the "Three Winter Treasures" - fan heater, cotton padded quilt and coat, to promptly provide frail and poor elders with these items. The Program has been receiving over 1,000 requests in past years. Shortage in funding makes us worry about having insufficient resources to meet the ever increasing demand.

Please support "Warmth Giving Action 2015" in providing the elderly with a comfortable and warm winter. Please kindly send the donation by cheque beneficiary "St. James' Settlement" and remarked on its back for "Warmth Giving Action 2015". Please mail the cheque to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 8107 8324 or 2835 4321.

「禦寒三寶」能提供足夠的禦寒予體弱長者，計劃更會派出義工，指導長者使用暖風機的時需注意的安全。

"Three Winter Treasures" is adequate for frail elders to keep warm. Also, with the help of volunteers, the elderly can be taught of the proper way of using the heater fan.



## 「一扶手」，「一希望」

這天，義工為一位獨居長者在家安裝一共七支扶手，七支！大家是否感到十分驚訝，難道他是住大屋？但服務條件明明是匱乏家庭，那究竟婆婆為什麼要這麼多扶手裝置？

唐婆婆，今年83歲，身患多種頑疾，痛症纏身，加上近年來她的記性亦愈來愈差，一個人獨居在灣仔的唐樓第二層。她的家並不大，屬長條型的單位，由房間來往客廳及廚房浴室均需走過一條長長的走廊。下肢無力、患有腰痛的她在沒有任何輔助的情況下，獨自走畢這條走廊實在很辛苦！

「我最近幾日唔舒服，行動好辛苦，自己知自己事，我行出行入都要扶住牆，我自己都好驚跌！」奈何唐婆婆在港沒有親人，沒有人可以照顧她。每次唐婆婆經過這走廊都是一步一驚心，但這是到達到廚房及浴室的必經之路，而到浴室後，原來唐婆婆又會面對另一個困境。每次如廁後，她都需要找東西借力才能站立起來。「我辛辛苦苦咁行完條走廊，嚟到廁所，又要再擔心，因為我去廁所坐低起身都好辛苦，左右兩邊都沒有東西可以借力，我每次起身都好驚出事（跌倒）！」婆婆激動地將她深刻的感受告知我們。

社工知悉唐婆婆的情況後，便安排職業治療師為唐婆婆進行家居安全評估，經評估後，建議婆婆家中的走廊需要安裝5支18" 扶手，以助婆婆步行至廚房及浴室，而在浴室內則要安裝2支扶手，好讓她如廁後起來及洗澡時扶助之用，以減低她跌倒的風險，安裝的工程則由「長者家居維修服務」義工三行師傅協助進行。

由於安裝的扶手數量較多，義工需要分開數次進行。因著婆婆的健康緣故，義工也很快便安排了日子，上門進行安裝工程以解決婆婆的燃眉之急。「看著婆婆的情況愈來愈差，我怕遲一天安裝就等於置她於危險多一天，所以我寧願將我的私人約會推遲，提早時間來幫婆婆。」義工一邊鑽牆一邊說著。

義工師傅身體力行地表達著對唐婆婆的關心和著緊，婆婆都收在心內：「多得師傅咁好心，幫我呢個老人家，無咗你哋幫忙我自己真係冇錢去買這7支扶手，又有錢請人上門，仲要外面請人做都未必肯做……未裝扶手時，我真係硬著頭皮行過去，依家我就有信心自己行啦！好多謝師傅，多謝你咁好心幫我呢 D 老太婆，多謝晒！」

每一支扶手，對唐婆婆來說都是支持她每天獨立生活的支柱，這樣她才可以安心在家生活，一步一步踏出屬於她的明天。



## Handrails of Hope

That day our volunteer worker installed as many as seven handrails for an elderly lady living alone. Seven! Does it shock you? Does she live in a mansion? But our service is only for the needy, so why did she need so many handrails?

Grandma Tong is 83 years old. She suffers from several ailments and is in constant pain. Lately she has become increasingly forgetful. She lives by herself in a second-floor flat in an old building in Wanchai. Her home is not big. It is a long narrow strip in which she has to negotiate a long corridor to get to her living room, kitchen and bathroom from her bedroom. Her weak legs and back pain make the long walk very difficult without any aid.

"I have not been feeling well lately, and I have trouble getting around. Knowing my own weakness, I always use the wall for support. I am in constant dread of falling!" But she has no one in Hong Kong, no one to take care of her. Every step along the corridor is taken with dread, but it was the only way to the kitchen and the bathroom. Once in the bathroom, another challenge awaits her: she needs support to get back on her feet from the toilet. "After the frightening walk to the toilet, I am worried again. It is hard for me to sit down and get up from it, with nothing to hold on to on either side. I am in dread (of falling) every time I try to stand up!" She told us in agitation.

Learning of her situation, the social worker arranged for an occupational therapist to assess the safety of Grandma Tong's home. To reduce the danger of her falling, the therapist suggested five 18" handrails in her corridor to help her walk to the kitchen and the bathroom, and two more in the bathroom, so that she can support herself going to the toilet and taking a bath. The handrails was to be installed by a volunteer worker of our Elderly Home Maintenance Services.

It would take several house calls for the volunteer to install so many handrails. But, in view of Grandma Tong's health condition and the urgency of her case, the volunteer worker quickly set the time for the visits. "I was afraid that, with her deteriorating condition, each day of delay means letting her live in danger one more day. I would rather postpone my personal plans to help her out as soon as possible," explained the volunteer worker as he drilled holes in the wall.

Grandma Tong took the volunteer worker's concern into her heart. She said, "Thank you for being so kind in helping me. Without your help, I would not have the money to buy seven handrails and call someone in to install them, not to mention that no one might care to come..... Before the handrails were put up, I had to conquer my fear and force myself to walk over. Now, I am confident I can do it! Thank you for helping out this old woman. Thank you so much!"

Every handrail is a pillar that supports Grandma's daily life, making it possible for her to live independently free of worry and to walk step by step toward her tomorrow.

唐婆婆在家中的走廊需要多支扶手輔助，才能步入浴室和廚房。

Grandma Tong needs many handrails along her corridor to walk to the bathroom.



## 修理「重創木門」， 建立安全家居

## Repair the Wooden Door Establish a Safe Home

陳婆婆，今年74歲，與患有自閉症的兒子同住港島區一舊樓單位，兩人依靠綜援金過活。要照顧自閉症的兒子已經是不簡單，更何況陳婆婆是一個行動不便的長者。「兒子的情緒非常起伏，一時大叫，一時又好聽話好合作，但有時心情唔好時會有打爛野的行為。」陳婆婆向我們解釋那木門破爛的原因。

Grandma Chan is 74 years old and is living in an old unit in Hong Kong Island side with her autism son. They rely on the CSSA for living. To take care of a son with autism is not an easy task, not to mention that Grandma Chan is an elderly with walking difficulties. "My son's emotion is great. Sometimes he will shout loudly while sometimes he will listen to my order very quietly. However, whenever he is in the bad mood, he will break the things around him." Grandma Chan explains to us the cause of the broken wooden door.

家訪時社工發現所有的木門（包括大門）都已破爛，除了有礙觀瞻美觀外，最重要的是木門經過長期撞擊過後會有鬆脫的危機，稍一不慎好容易被木門所傷，後果不堪設想！當中以大門的損壞尤為嚴重，屋外的人可隨意伸手穿過一個個洞口而開啟門鎖，家中防盜的大門完全失去功效，對母子二人的安全實在有所威脅。

After making the home visit, the social worker discovers that all the wooden doors, including the main door, are broken. Apart from affecting the outlook, it is extremely dangerous for the door to fall down because of the great hit in long term. Also, the main door is with the worst condition. People outside can easily open the door through the hole. In other words, the anti-burglar function is totally lost which will be a great threat to the mother-son safety.

「長者家居維修服務」接過地區社工的轉介，亦非常擔心婆婆的家居安全，於是安排義工上門進行大門維修工程。為工程可以順利進行，事前更準備兩塊加厚的木板，待義工上門提供服務。

By receiving the referral from district social worker, the "Elderly Home Maintenance Services" worries of Grandma's safety; thus, they soon arrange volunteer to offer help. In order to facilitate the repair process, the worker prepares two pieces of thick wood for the volunteer's use.

「這對門已經爛了七年多，他（兒子）日日都會用頭和腳撞度門，撞得多對門就穿晒窿！以前我一心諗住，反正佢都會打爛度門，咁就不要浪費金錢維修啦。直至社工定訪告訴我，原來伸隻手入來都可以開到度門，咁唔安全，我就同意找人幫忙！」婆婆帶著無奈的神眼邊說邊嘆氣。

"The door has been broken for more than seven years. Every day, he (her son) will hit the door with his head and legs; when time passes by, it leads to a hole. As my son will keep hitting the door, I don't want to waster money in repairing the door. However, when the social worker told me that people can open the door from outside, I then agree to seek someone for help!" Grandma recalls with sigh.

義工師傅先把木門拆下，然後釘上木板後再加工，經過多次來回的安裝及改良，終於在5個多小時完成維修工程。陳婆婆看見家中破爛多年的木門修好，終於展現笑容，並且立即囑咐身邊的兒子：「唔好再撞度木門啦，因為義工好有心機咁幫我哋整返好，我地屋企對門終於唔洗一個個窿，唔洗擔心壞人有機可乘……師傅真係好好人，幫我哋睇埋其他木門有無問題，真係好多謝義工師傅呀，佢（義工）幫我左我哋好多忙！」

The volunteer firstly removes the wooden door and added additional wood on it. After a few attempts, the maintenance completed in 5 hours. By see the broken door being repaired after all these years, Grandma Chan smiles happily and reminds her son, "Don't hit the door anymore. The volunteer is so kind in helping us to repair so that we don't have to worry about the thief. Also, the volunteer is so nice in checking other doors for us. I am really thankful for their kindness! They help us a lot!"

「長者家居維修服務」本著去除弱老家居陷阱的精神，為類似陳婆婆的的個案，重新建立安全居所。我們遇過很多長者有家居失修的煩惱，透過三行義工師傅的協助，讓無助的長者臉上再現歡顏，並繼續可在社區安居生活。

The "Elderly Home Maintenance Services" aims to release the home risk of the frail and poor elderly and rebuild a safe home for them, similar to Grandma Chan's case. In the past, we encounter many cases who has trouble in home maintenance; however, with the volunteer's help, the problem can be solved and hence they can live in the community without any worries.

被破壞的大門完全失去防盜功能。  
The broken wooden totally lost its anti-burglar function.



義工將木板加裝在原来的木門上，加強了木門的厚度和硬度，確保婆婆住得安心。  
The volunteer added additional wood on the door increasing its thickness and hardness in order to ensure Grandma Chan and her son can live without worries.



## 《松柏之聲文學獎》 讓長者增添自信 為歷史留下紀錄

根據資料顯示，2018年為退休高峰期，亦即表示香港社會將踏入老齡化的階段。面對人口增長及社會不斷轉變，我們相信越來越多長者需要借助各方面針對性和全面性的資訊，藉以提升生活質素，建立積極、正面及豐盛的晚年生活，這亦正是長者月刊《松柏之聲》自1976運作以來的使命。

過往於慈惠月報中，我們也曾提及現今長者的生活及精神需要會隨著社會的變更而轉變，因此，除實際的生活支援及資訊提供外，我們亦盡力配合他們於其他方面的需求，例如上年度為《松柏之聲》讀者提供「手提訊息操作工作坊」。本年，《松柏之聲》踏入第38個服務年頭，我們首次舉辦了《松柏之聲文學獎》，鼓勵長者以「香港人寫香港」或「我的成長歷程在香港」為題，將個人經歷及香港成長故事和對未來的展望融入文學創作中，以成為二次大戰後香港獨有文化發展紀錄。

是次比賽中，我們收到不少作品，每份作品動輒數千字，且以一手工整的文字寫在原稿字上，可見他們的認真與投入。得善長的支持下，我們更於中心舉辦了一個小型的頒獎典禮。典禮當天，部份長者向我們表示，年輕時也曾投稿至不同報章，只是後來因忙於生活等不同原因，加上年紀漸長，社會上亦鮮有為長者而設的有關比賽，而沒有機會再參加；因此，他們得知我們舉辦有關比賽，實是興奮！此外，雖然只是一個簡單的頒獎典禮，但不少長者也是兩老或邀請了家人及朋友一同出席分享。

是次比賽除了是為香港成長的歷史故事留下紀錄外，當天眼見長者由到達至領獎的一刻，他們臉上不時流露出無比的喜悅和自信、子女朋友為他們拍照留念的熱情；我們相信同樣重要的是，比賽亦讓長者增添一份尊重和自信、為他們晚年留下一份珍貴的紀錄。事實上，上一代長者經歷了艱難的時代，造就香港今天的繁華，他們寶貴的人生經驗及閱歷，實在不應被忽視；相反，社會更應提供更多一些機會及途徑，讓他們發揮分享及發揮，將故事及經驗流傳下來，讓年輕一輩也多一個認識社會「餽寶」的機會。



## “The Voice” Writing Competition Enhance Elderly’s Self Confidence Make Record of Hong Kong History

According to statistics, the year of 2018 will see the peak of retirement. That means Hong Kong society will become an aging population. In view of an increase in population and a constantly changing society, we believe that more and more elderly have to depend on various, targeted and comprehensive information in enhancing their quality of living to build a positive, optimistic and plentiful life at old age. Such has been the exact mission of our monthly elderly newspaper “The Voice” since it was launched in 1976.

In some issues of The Philanthropy monthly, we remarked that the elderly’s physical and mental would vary as the society changes. Therefore, in addition to practical support in daily life as well as provision of information, we try our best to meet their needs in other aspects. For example, “The Voice” has organized a SMS Workshop For Elderly for readers last year. This year, being the 38th anniversary of “The Voice”, we for the first time organized “The Voice” Writing Competition. The Competition encourages the elderly to interweave into a literary creation with personal experiences, the growth of Hong Kong and their expectations for the future. There were 2 topics for the participants to choose from, namely ‘Impression of Hong Kong’ and “My life in Hong Kong”. Such would be Hong Kong’s unique record of cultural development after World War II.

For this competition, we received a lot of entries. Each entry consisted of several thousand words in neat handwriting on squared paper. Every participant was dedicated and serious. With the donors’ support, we also held a mini prize-giving ceremony in our center. On the day of the ceremony, some elderly told us that they had sent articles to various newspapers when they were young. Later, they stopped sending as they got busy with life and as they grew older. And now, there is no more similar competition for elderly. They were very excited when they learnt that “The Voice” was going to organize a writing competition. Even though it was merely a simple prize-giving ceremony, many elderly turned up with their spouse. Some invited their family members or friends along for sharing.

In addition to recording the history of Hong Kong’s growth, this competition, which increased the elderly’s sense of respect and confidence, is a precious record of their old age. Every now and then from the moment of arrival to the moment of prize receiving, we observed indescribable joy and confidence on the elderly’s faces and the enthusiasm of their children and friends when they took their photos. As a matter of fact, the elderly of the previous generation created a prosperous Hong Kong through an era of hardship. Their priceless life experiences and trials should not be neglected. On the contrary, society should provide more opportunities and ways for them to share and pass down their stories as well as experiences to enable the younger generation to learn about the “treasure” of our society.

是次散文組的冠軍為94歲獨居的顏伯伯，亦是眾參加者中最年長的一位，他於頒獎典禮中與大家分享感受。

The champion of the essay division is 94-year-old Uncle Ngan. He lives by himself and is the oldest among the participants. He shares his feelings during the prize giving ceremony.





# 善款以外的支持

# Another Kind of Support

一直以來，我們收到一些服務使用者的來信，那怕只是寥寥數字，也是一種對慈惠服務的支持及鼓勵：

During all these years, we sometimes receive letter from the cases. Although it may just with few words, it is still a kind of support and encouragement for us:

聖雅各福群會執事先生/女士台鑒：

Dear Ms. Tse (The Editor),

你好！我是嚴XX婆婆，我閱讀貴刊已廿多年了，沒有此精神食糧令我非常失落，因為香港長者刊物愈來愈小，長訊又停辦，現只剩下一把堅挺的松柏。所以我希望謝編輯能夠繼續寄此刊物與我閱讀，檔案號碼我忘記了，請您翻查一下，謝謝。

Hello, I am Grandma Yim. I have been reading "The Voice" for over twenty years. I will be very upset without this newspaper. There are very few elderly newspaper in Hong Kong. Recently, the elderly magazine "Golden Age" stopped its service and hence there is only "The Voice" left. Thus, I really hope you can keep sending me the newspaper. Many thanks!

盧XX鞠躬

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致謝總編輯：

To Ms. Tse (The Editor),

予為THE VOICE訂戶，號碼：VXXXXX。今期（第四四五期）包括近三期都按期收閱，以慰嘉尚！每周一收到，必先搶先掀讀《編者的話》。無論眉批哪一題，總是言之樸實，文筆、選材、邏輯恰是中肯，順陳之態，的確難得。

I am the reader of "The Voice" and my readership number: VXXXXX. I am been receiving the newspaper every month, including this month's edition. Every time when I received "The Voice", I must read the Editorial part. The content is practical and logical.

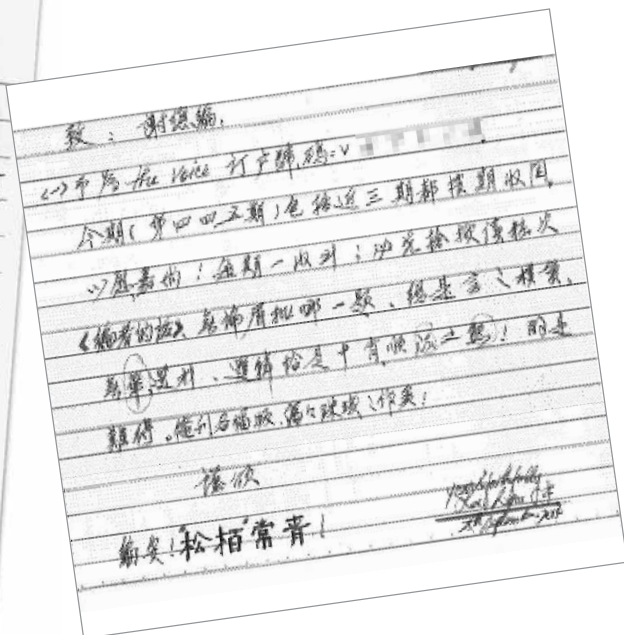
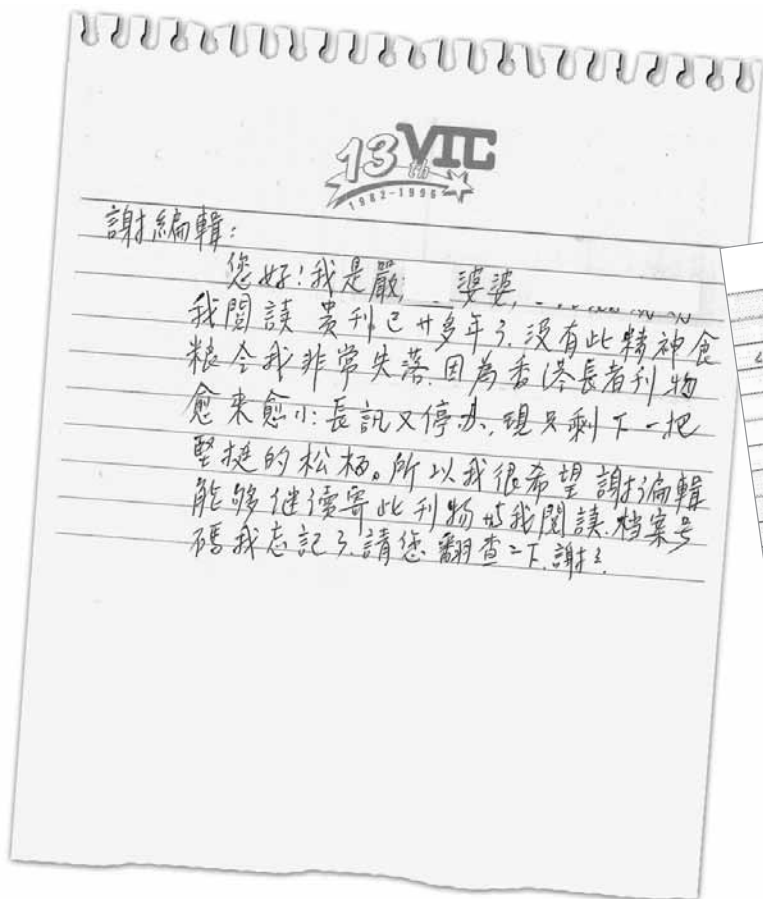
Wish you all the best!

謹祝 編安！松柏常青！

Your sincerely,

Lee X

25<sup>th</sup> August 2014





## 「無憂通」電聯關顧服務 生活不再是孤單一人

何伯伯今年已經八十二歲了。他自己一人居住在香港仔的公屋，大部份親人都在內地，在香港只有一名姪兒偶爾跟他有聯繫。何伯伯雖然都算身體壯健，但畢竟已是八十古稀之年，數年前藉社工轉介至聖雅各福群會的「後顧無憂」規劃服務，希望服務可以幫伯伯放下對身後事的擔心；同時，因著他獨居的緣故，本會邀請伯伯參加了「無憂通」電聯關顧服務，服務藉電腦系統的支援，每天致電給登記計劃的長者，主動表達關心慰問，避免獨老在家中發生意外，或突發身故亦無人知曉。何伯伯每天在他指定的時間接到「無憂通」的電話慰問後，他都會根據指示按電話鍵盤上的「1」字報平安，而我們也就能從電腦中確定何伯伯每一天的生活狀況，確保安全。

二零一四年九月上旬的一天，我們查看報告時發現何伯伯沒有回應問候電話報平安。雖然他有時候會因為到樓下跟鄰居聊天而錯過了接「無憂通」電話，但接連多個電話追蹤也沒有聽到何伯伯的回應。當下，我們查問多間醫院，卻沒有發現他的入院紀錄，聯絡管理處拍上門亦沒有人應門，在這種情況下，我們開始擔心何伯伯在家內發生意外，於是便聯同他的姪兒(存有伯伯的門匙)上門查看。甫開門後，大家都大吃一驚，我們發現何伯伯伏在露台上，動也不動，當時他已失去知覺！於是我們立刻報警，救護車迅速送何伯伯到鄰近醫院，幸好總算是來得及救治。事後何伯伯跟我們說：「我都忘記了為甚麼會伏在露台位置，我應該是想去廚房取點東西，但突然眼前一黑，之後沒有記憶了……幸好今次有你們鑿而不捨來找我，否則，我再沒機會跟你們見面了。」

「無憂通」電聯關顧服務由2011年開始推行，至今已超過900名獨居長者參加服務。參加的長者都知道「無憂通」不是一個冰冷的電話服務系統，反之，它為長者與外界建立了一個良好的溝通渠道，系統幫助我們與長者保持緊密的聯繫，當中充滿著深厚意思和人情味。工作人員每天檢查報告，尤其當在長者沒有回應時，工作人員就會用盡渾身解數追查他們的安危，有時打電話至深夜甚至上門跟進，就好像何伯伯的經歷一樣，就是一份為獨老安危鑿而不捨的精神，令他們感受社會上仍有些人關注他們，他們的存在是依然被重視，生活不再是孤單一人！



## “No Worry Link” Care Service Make Life No Longer Lonely

Uncle Ho is 82. He lives alone in government housing in Aberdeen. Many of his relatives are in the mainland. He has only one nephew that keeps communicating with him now and then. Uncle Ho's health is comparatively good but still has to be taken care of. He was being referred to “Funeral Navigation Services” of St. James' Settlement a few years ago. The service lessens the worry of him about having no one taking care of his funeral after he died. Since Uncle Ho lives along, he was also recommended to sign in for the “No Worry Link” service. Each participant of the Service receives calls through the automatic telephone system every day. The voice messages sent from the system are enquiries of good health of the recipients. If the recipients are in good physical condition, they will answer the call by pressing a pre-set key on the telephone. That is to signify to the system that the recipients are well. If the “No Worry Link” system does not receive signal from the recipient, the staff will be aware that the participant might be in trouble or might need assistance.

One day in early September 2014, the “No Worry Link” system did not receive response from Uncle Ho after a few attempts. The staff then tried to make enquiries from the nearby hospitals to see if Uncle Ho was there by chance. But there was no news of him after the enquiries. Therefore, the staff contacted Uncle Ho's nephew whom got a set of spare keys of his unit. The social worker of the Service and Ho's nephew went to Uncle's home and looked for him. Once they entered the flat they saw Uncle Ho was lying on the floor with face downward in the balcony. They rushed him to hospital without delay for immediate treatment. Later he told the staff that he had no idea why he was lying in balcony. All he could remember is that he intended to go to kitchen to fetch something. Then he passed out. He thanked the team to look for him otherwise he would die on the floor having no medical assistance.

“No Worry Link” Service was established since 2011. It has been helping over 900 living alone elderly. All participants of the service know that it is not a robot telephone system service. On the contrary, it helps the elderly to communicate with the outside world. It conveys care and concerns of the staffs from the Service to the elderly. Staffs check reports that generated from the telephone system every day to ensure all recipients responded the calls. If there were no responses from recipients, staff would try other means to contact the participants and to make sure they are well and safe. Sometimes, they keep calling the participants till mid-night or even call upon them in person. The dedication of staff from “No Worry Link” has impressed the general public and the living alone elderly. These elderly are not alone or been neglected. Instead, they are being cared of.

透過「無憂通」電聯關顧服務，讓獨居長者於生活上多一個依靠！  
With the “No Worry Link” service, the living alone elderly can have one more support in daily life.

## 生手變師傅 為長者改善家居 維修義工鑽出滿足汗水

採訪當日氣溫高達攝氏三十多度，記者跟義工師傅黎志陵、高佬（黃鈺洪）與阿Paul（林超平）帶齊裝備，出發往九龍城剛入伙不久的新屋邨，準備為獨居的陳伯安裝窗簾路軌與扶手架。他們當中有人年紀雖不比陳伯年輕，卻充滿活力，身手靈活，「擒高擒低」度位、鑽牆、安裝路軌、鋪地板、掛窗簾布統統無問題。三人辛勞個多小時後，換來陳伯一句「謝謝」，滿頭大汗的他們一臉滿足的說：「最重要幫到人！」

三人不是一般三行師傅，而是聖雅各福群會長者家居維修服務計劃的義工。計劃於90年代初推出，服務對象是年過60的獨居長者，推行以來一共招募了300多名義工師傅，部分師傅在人屆中年時參加，到今天自己都變成了長者的一分子。年資7年的黎師傅今年67歲，本身也是個長者，訪問當天便從觀塘的家坐\$2巴士到九龍城開工，替他還要年輕的陳伯安裝窗簾路軌。

### 裝窗簾鋪地板減肚臍

黎師傅退休前是小輪輪機員，對機械操作有一定認識，平日也有在家幫忙修理電器，黎師傅自信可以應付得了鋪膠地板、安裝扶手架、維修洗衣機等工作，「自己不擔心，倒是子女經常提醒我，開工『擒高擒低』要小心，阿女仲特登幫我買意外保險」。

當天的任務為安裝窗簾路軌，黎師傅跟拍檔阿Paul分工合作，他爬上木梯，阿Paul便在旁扶着兼遞上工具，二人滿有默契的，轉眼便把窗簾路軌裝好，掛上窗簾布，為陳伯解決了燃眉之急。「安裝窗簾後，遮擋了部分陽光，屋內便不用那麼熱。」

汗珠不住的滑下，黎師傅披搭在頸上的毛巾一早濕透了。記者替他辛苦，他還開玩笑說爬木梯還可以，伏在地上鋪膠地板才最要命，「有些新入伙的單位只有四面牆，連風扇也未有，頂住幾十吋大肚臍，蹲在石屎地上逐塊膠地板鋪上，最快也要兩個小時，做完真係成身汗！」他7年前退休便加入當義工，幫助別人之餘，想不到自己也有收穫，「出一身汗，肚臍都無咁大啊！」黎師傅笑說，體重從高峰一百九十多磅驟降五六磅，腰間贅肉也減了好幾吋。

（待續）



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

The temperature on the day of interview was as high as over 30 degrees Celsius. Our reporter, led by the volunteers Lai Chi Ling, Wong Yuk Hung (nicknamed Tall Man), and Paul Lam Chiu Ping, headed for the recently completed housing estate in Kowloon City. They brought with them all the tools and gears they would need. They were going to install curtain rails and handrails for Uncle Chan who lives by himself. One of them, though not younger than Uncle Chan, is energetic and agile. He has no problem when he climbs up and down for measurements, drills wall holes, installs rails, lays floorboards and hangs curtains. After the three of them had laboured for over an hour, when Uncle Chan thanked them for their hard work, they replied, "We are glad we have been able to help!", their faces sweating with satisfaction.

Those volunteers are not ordinary renovation masters. They are volunteers recruited by St. James' Settlement's Elderly Home Maintenance Services. The scheme, launched at the beginning of 1990's, aims at serving lone elderly aged over 60. The scheme has recruited more than 300 volunteers. Some of them joined the scheme when they were middle-aged and have become an elderly themselves to-date. Master Lai, who has been a volunteer for 7 years, is now 67 and is also an elderly himself. It cost him \$2 to travel by bus from his Kwun Tong home to Kowloon City on the day of interview in order to install curtain rails for Uncle Chan who is younger than he.

### Installation of curtain rails and laying floorboards helped reduce waistline

Before his retirement, Master Lai worked as steering crew on ferries. He has considerable knowledge on mechanical operations and repairs his home electrical appliances whenever necessary. Master Lai is confident that he can handle works such as laying vinyl floorboards, installing hand rails and repairing washing machines. "I do not worry about myself. However, my children often remind me I have to be careful when I climb up and down. My daughter even bought an accident insurance for me."

The down-pouring sweat had wetted the towel on Master Lai's shoulders already. While the reporter was remarking it must be tiring work for him, he jokingly replied he could still climb a wooden ladder. And the most demanding was having to lie down when laying vinyl floorboards. "Some new homes had only 4 walls, not even a fan. With a big tummy, it took at least 2 hours to squat on cemented floor and lay the vinyl floorboards piece by piece. I sweated all over by the time I finished." When he retired 7 years ago, he became a volunteer. He never thought he could benefit by helping others. "My tummy is not so big after I sweated!" said Master Lai, laughing. "My original weight of over 190 lbs. was reduced by 5 to 6 pounds and my waistline became slimmer by a few inches."

(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  |
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信用卡號碼：\_\_\_\_\_ 信用卡有效日期：\_\_\_\_\_ (月/年)

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(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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\*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

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 友情印刷：平偉印務有限公司

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