



社工的話 Social Worker's Remark

施伯伯個案的反思

早前社會對70多歲的施伯伯在沒有選擇領取綜援下，持偽造身份證，自力更新工作以維持兩老基本生活，被判入獄4個月。他提出覆核刑期，裁判官維持原判。當裁判官在判詞時表示不明白為何社會仍有這麼多聲音，又說法庭對有關行為絕不同情的同時，我相信社會上有一班人是較容易明白為何一宗明顯是犯法的個案，卻引起社會多方人士的關心，甚至是主動幫他求請及出手相助。我相信這些人平日都是關心弱勢社群的生活狀況，知道他們的日常生活，吃的是甚麼、穿的是甚麼、活在甚麼的斗室、知道他們會為交租和開飯張羅、向上天祈求的是寧願死都不要生病，因為病要花錢醫病，這只會長久增加生活支等等。

施伯伯的案件，令我想起最近閱讀的《無緣社會》，這是一本由日本記者、導播及攝影師，花了兩年時間，走訪日本各地，採訪很多認識無緣死者的人及擔心自己會無緣死的人，而寫成的書籍。

《無緣社會》的意思是在社會上無血緣(親友)、無地緣(沒有居定住處)、無社緣(沒有工作或社會角色)，此即「無緣」。人情淡薄，人與人之間不再有交往的社會，就是「無緣社會」。而一個人孤獨死去，無人送終的狀況，就是「無緣死」。

在日本，這些無緣死的人，有的勤奮工作，20年來從未缺勤；有的為糊口與家人分隔遠處，手足孤零離世也全不知情；又有中年遇上不幸，人生180逆轉，過著居無定所，長期失業，最後孤獨終老；又因層出不窮的老人失蹤事件，反映出家庭失去照顧及支援的功能；新世代建立人際關係的平台大部份是靠網路，人情更為脆弱。種種情況下，這些「無緣」人士，死後也沒有人來認領遺體，因為在他們身上，找不到親友的線索，據這群傳媒工作者的統計每年無緣死的人約3萬2千人……。

施婆婆在聽到裁判官維持原判時表示，我們現在老了，社會再不需要我們……。

香港也正在走向《無緣社會》？

以「結緣社會」來終結《無緣社會》，就是把無緣的人重新連結於社會，大家可以從關心社會上有需要的人開始，知多一點、出力多一點，就在你的能力所及之處，向他們展示明白、向他們伸出溫暖的雙手！

Reflection on Grandpa Sze's Case

There is a recent news that Grandpa Sze is prisoned for 4 months as he falsifies an identify card in order to gain a job. He then requests for penalty review but the praetor remains his sentences unchanged. According to the praetor, he does not understand why there are so many voices in the community of the case and reaffirms that similar cases are strictly prohibited. However, I believe there is a group of people who understands well why the public is so concerned of this crime and even offers help. Undoubtedly, this group of people should have be very cared of the living for the deprived group and they know their needs, such as what they eat, how they work hard for paying rent and satisfying food needs, how they pray for being dead but not sick as they have to pay for medication why sick and etc.

The case of Grandpa Sze recalled my memory of a book recently read. It is produced by a Japanese reporter, director and photographer who spend two years in interviewing people with no social connection worrying their death or people knowing this group of people. In fact, the name of book is meaning that there is a group of people living in the society with no relatives and friends, no living places, no jobs and social roles.

In Japan, these "disconnected" people are of with different background: some have been working hard for 20 years; some have to stay apart with families and friends for earning a living and nobody knows when they die; some encounter misfortune in their middle age. By having so many cases of elderly disappear, it reflects that the caring and supportive function of family is lost. Especially people relies on internet for communication nowadays, connection between people becomes weaker. Due to many factors, this "disconnected" group died with no one to claim the body as they find no cues from them. According to these media workers, there are thirty-two thousands "disconnected" people died every year.

Referring to Grandpa Sze's case, his wife sighed that the community no longer needs them as they are getting old.

Is our Hong Kong also becoming a "disconnected society"?

To end a "disconnected society", we have to re-network people with no connection by caring needy people in the society. By knowing more and doing more, please give your help as long as you can!

用奉獻代替爭取，以惜福代替享福。

Dedication rather than competition, Cherish blessing rather than indulgence.



平凡中的不平凡謝言

「藥劑師，好高興又能見到你！」在旁人耳中，這是如此普通的一句見面招呼語，但我卻聽得到當中的不平凡。

鄭先生是一名晚期腎癌病人，受助於聖雅各福群會惠澤社區藥房的標靶藥物資助計劃。標靶藥物治療較常用於晚期癌症患者身上，以控制病情為主要目標。患者及其家屬往往會走進一個矛盾的局面：他們一方面希望標靶藥物能一直有效地控制病情，即是以處理慢性疾病的概念模式，如每天定時服藥，來對抗癌症；另一方面卻擔心長期高昂的藥費支出，會讓家庭的財政陷入困境。身患重病的消息對鄭先生及其家人來說是一重打擊，標靶藥物無疑為他們帶來一線曙光，但往後每月需支付大約三萬元的藥費，且無人可估算以他們家庭經濟情況而言這般巨額的開支要維持多長時間，這其中的心理壓力則是第二重打擊。

鄭先生所需的標靶藥物恰好是惠澤社區藥房藥物資助計劃中所包含的藥物之一，而鄭先生亦符合使用藥房服務的條件，所以最終能受惠於該藥物的資助計劃。該資助計劃除了能減輕鄭先生在藥費方面的負擔外，更重要的是讓他在財政上有所預算。鄭先生在該藥物的資助計劃下只需自費支付共六個周期的藥物費用，便能於惠澤社區藥房免費配取往後所有周期的該種藥物，直到停藥為止。

鄭太太由衷地說：「自先生患病以來，我們夫婦二人已離開職場，兒子也是剛畢業出來工作。雖然藥費非常昂貴，但知道標靶藥物有機會幫到先生，即使花光積蓄我也願意。就是怕有一天因支付不起而必須停藥，連唯一的希望也沒有了。我當時除了擔憂先生的身體狀況，亦想到我們的積蓄確實有限，沒錢買藥是遲早的問題。一想到這裏，我的眼淚就奪眶而出。幸好惠澤社區藥房的藥物資助計劃中包括我先生所需要的標靶藥物，這個資助計劃讓我們知道藥費支出的大概總額，並能及早對患病後的開支作出打算，當我了解到這再不是個無底深潭，心理上的負擔即時減輕了不少，更可將全副精神用來照顧先生。」

初次接觸鄭生鄭太太是他們來了解藥物資助計劃的詳情，並第一次配取該標靶藥物的時候。相隔大約九個多月後，我們再次見面，鄭生的面容較以往的精神，鄭太太打招呼的語調也輕鬆了許多。這次見面的背後意義是，該標靶藥物仍有效地為鄭生控制著病情，同樣令人振奮的是，他們已進入資助計劃中免費配取藥物的階段，當中的不平凡，相信大家現在都能理解。

A Special Thanks

"Pharmacist, I am so happy to see you again!" This may be a common greeting for others but sounds extremely unusual to me.

Mr. Cheng, a kidney cancer patient in his final stage, gets help from Target Drug Subsidy Program of the Philanthropic Community Pharmacy of SJS. Target drug treatment is mainly used on terminal cancer patients in getting their condition under control. This often puts patient and family into a dilemma. On one hand, they hope the target drug can effectively control the patient's condition, taking the chronic disease treatment concept, such as to take medication on time; on the other hand, they worry to face a high medication expense in long term which causes a huge financial burden for the family. Thus, it is quite a heavy blow to Mr. Cheng and his family as the target drug undoubtedly brings them hope but no one can tell how they family can pay for the expensive \$30,000 medication cost.

The target drug needed by Mr. Cheng is included in the Medicine Subsidy Program of SJS Philanthropic Community Pharmacy and he meets the criteria in receiving such subsidy. Such subsidy not only reduces his medical expense; more importantly, it allows him to have a better financial planning. Under the subsidy program, he is only required to pay for six courses of the medicine in total with the remaining courses free of charge until the treatment is terminated.

Mrs. Cheng said sincerely, "Since my husband gets sick, both of us quit our jobs. My son has just graduated and started to work. Though the medical cost is high, I am willing to exhaust our saving as long as the target drug is able to help. Our concern is we have to stop the treatment when all of our money is run out. That means the only hope is gone. I was then not only worried about my husband's condition but also concerned about our limited savings, as running out of money is just a matter of time. Once thinking of that, tears came down uncontrolledly. Luckily, the Medication Subsidy Program of the Philanthropic Community Pharmacy provides the target drug needed by my husband. This plan gave us a rough total expenditure on needed medicine expense for our ahead planning of the expense budget. When I know the medicinal expense is not fathomless, it releases my mental stress and allows me to fully concentrated on taking care of my husband.

We firstly met Mr. and Mrs. Cheng when they came to enquiry the details of the Medication Subsidy Program and obtained their first course of the target drug. Nine months later, we met again and I found Mr. Cheng in a much better body shape and Mrs. Cheng is more relaxed in her greeting tone. Behind the scene of this meeting, it means the drug works for Mr. Cheng and more excitingly, they are now in the free medication phase of the program. Now, you properly understand why it is so usual.



擔心智障兒病情惡化 年老雙親張羅「洗肚」費用

天下父母心，父母對子女的關懷是無微不至的，那怕子女已成年，父母的責任不會因此而減少。「人們常說：『養兒一百歲，長憂九十九。』，但對患有輕度智障的獨子，我相信我跟我老伴就算百年歸老的那一刻，都是無法放下對他的憂慮。可能我上輩子對兒子做錯了什麼，欠他的，這輩子怎樣還也還不清。」78歲的陳婆婆感慨地用「討債的關係」來形容她和兒子的關係。

陳婆婆的獨子，52歲的阿文，患有輕度智障，一直於清潔公司工作，一生與父母同住，生活主要依賴父母有限的積蓄，不算富足，但亦算滿足。可是，自五年前，陳婆婆一家平靜的生活就因阿文自身的問題起了重大的變化。阿文因遇人不淑，被朋友騙去作借貸的擔保人，最後被財務公司上門追債欠款約70萬，陳婆婆及老伴受驚，即時向財務公司繳交部分欠款，但由於欠款過於龐大，陳婆婆無力繳交，最終選擇搬離原有居住的公屋，到親戚家中暫住，而阿文當時的身體狀況亦開始轉差無法工作，亦被安排入住私營老人院。

多年來陳婆婆以有限的積蓄支付阿文的私營老人院費用，但積蓄漸漸花光，陳婆婆和阿文唯有申請綜援支持日常開支。在審查期間，社署發現阿文戶口有不尋常的來往，原因是欠債問題導致，令申請程序需至少三個月或更長的時間才能獲批綜援。更不幸的是，阿文在這段時間被診斷出患上末期腎衰竭，需進行俗稱「洗肚」的腹膜透析治療，以延緩腎衰竭的情況、減少併發症及控制病情。阿文每天需利用3至4包的透析液（洗肚水）進行「洗肚」，所涉及的費用每月約千多元。

經社工轉介，阿文獲本會的惠澤社區藥房「燃點希望計劃」資助購買「洗肚」用品，但計劃的資助有限，暫只能資助3,000元，當資助完畢，費用將由父母承擔。陳婆婆直言無力負擔此筆費用，但亦沒法看著自己的兒子受苦，即使用自己的綜援金亦會繼續為阿文購買「洗肚」用品。我們現正努力為阿文籌募更多的資助，一方面讓阿文不會因為經濟條件而無法獲得治療，另一方面亦希望紓緩阿文父母的經濟壓力。若有善長希望為阿文及同樣經濟困難的末期腎衰竭病人伸出慷慨之手，施善支票抬頭：「聖雅各福群會」，指定捐予「燃點希望計劃」；或致電施善熱線：2835 4321 或 8107 8324。

Fear of Disease Progression Elderly Parent Asking for Peritoneal Dialysis Fee For Mentally Retarded Children

Parents are always caring and responsible for their children even their children are already adult. "There is an old saying that parents worry their children for 99 years in raising children a hundred years. I believe my husband and I cannot relive our worries to our mildly mentally handicapped son until we die. Perhaps, I did something wrong to him in last generation and I am not able to clear my debt to him in this generation." 78 years old Grandma Chan describes the relationship between her son and her as a "debt".

52 years old Man is the only child of Grandma Chan. He is mildly mentally handicapped and has been working in a cleaning company. He lives with the Chan couple with their limited saving. Although they are not rich, they are satisfied. However, the whole family faces a great change 5 years old because of Man. Man is cheated by his friend as the guarantor and the finance company goes to Chan's home in collecting the debt of around seven hundred thousand. The old couple is frightened and hence pays for the debt immediately. However, since the debt is too huge, Grandma Chan is not able to pay all thus, she can only move out from the living place and temporary live in their relative's home. At the same time, Man's health is getting worse and has to move in the private nursing home.

During these years, Grandma Chan pay for Man's nursing home expense with her limited saving. After using up all the saving, they can only apply for the Comprehensive Social Security Assistance (CSSA). However, the application time needs at least 3 months or even longer since the Social Welfare Department noticed some unusual transaction in Man's account, properly caused by the previous debt. Worse still, he is diagnosed with the final stage kidney failure and has to take the peritoneal dialysis. Every day, Man has to use 3-4 dialysates which caused around a thousand dollars a month.

With the social worker's referral, Man is now under the subsidy of the Light up the Life Program of SJS's Philanthropic Community Pharmacy. But due to the limitation fund of our program, we can only able to provide subsidy of \$3,000 and the Chan couple has to bear the costs afterwards. Grandma Chan honestly expressed that she will use all of the CSSA for Man's treatment. At the moment, we are trying hard to raise fund for Man, hoping he can continue the treatment and release the old couple's pressure. If you are willing to help Man or patients who also has final stage kidney failure. Please make out your cheque payable to "St. James' Settlement", specifying at its back for "Light up the Life Program". Donation enquiry: 2835 4321 or 8017 8324.



孤老感激獲贈 煮食家電

「每當聽到別人祝福我『要長命百歲』，我都無奈地搖頭以對，生活如此淒涼，進食困難，舉步維艱，打從心底，我真的希望天父可以早點帶我離開這個世界！」林伯愁眉不展地訴說晚年的生活，加上疾病的纏繞，讓林伯伯更顯消瘦憔悴。患有心臟病及胃出血的他，外出時需靠拐杖輔助，林伯伯說：「當身體不適的時間，我只好整天臥床，嚴重時連一口飯也吃不下。」林伯住所十分簡陋，廚房內只有一個燒焦的水煲、一個燻黑了的舊電飯煲和一個火水爐，每天煮食全靠這些殘破的煮食工具。

「在錢包中內有一個朋友的電話號，萬一我發生意外，醫院便可以通知他，他就會幫我打點身後事。」與子女斷絕聯絡多年的林伯，一直都是單打獨鬥地面對每天的生活，依靠自己照顧生活起居。一般家庭應有的傢俱、電器等設備，林伯一律欠奉。「我擔心自己病起來，醫藥費開支大，所以，我寧願每天節衣縮食，多存一分的應急錢。」到訪社工看著眼前嚴重耗損的煮食家電，擔心衛生問題，令向來腸胃不適的林伯，容易生病。

「電器贈長者」計劃接獲社工的轉介，了解到林伯的生活狀況，即時為他提供電飯煲和酒店式電熱水壺，盡快解決林伯基本飲食的安全及衛生情況。接過新家電的林伯，根據社工表示，首次見到林伯展開寬顏，他實在是很高興：「你們送來的新電飯煲和電熱水壺，實在好靚！我與親生子女關係一直很差，幾十年來過著沒親人的日子……，我從未想過還有人會如此關心我的需要，實在萬分感激！」現在林伯伯可以使用善長送贈的電飯煲預備三餐，飲用電熱水壺的熱水，大家不用再擔心他吃下不潔的東西利用火水爐煮食發生危險。

「電器贈長者」計劃是依靠善長的慷慨支持，讓無數好像林伯無依的獨老，在晚年得著幫助，解決基本生活的困苦。



Singleton Elderly Expresses Gratitude For the New Cooking Appliances

"Every time people wish me longevity, I can only respond by shaking my head. Life is miserable for me -- I have problems swallowing and moving around is not easy for me either. In fact I would like God to let me go earlier instead." Having heart disease and stomach ulcer, Uncle Lam is gaunt and needs to walk with a cane. He continued, "During the days I was unwell, I could only stay in bed; sometimes I couldn't even take any food all day when I felt really sick." Looking around Uncle Lam's kitchen, one could find all he had for food preparation — a worn-out kettle, an old rice cooker with burn stains all over it, and a kerosene stove.

"I have written down my friend's contact number on a note in my wallet. At the time I kick the bucket, the hospital can call him up to take care of everything." Not in contact with children for years, Uncle Lam lives by himself for the whole time. His apartment was nearly unfurnished, one could hardly see much furniture or home appliances, even some basic ones. "I know my health condition may turn even worse someday, the medication costs could be very high and I have to save up as much as I can for those rainy days." After the home visit, the responsible social worker concluded that his cooking utensils & appliances were too worn out and may cause hygiene problems. Given Uncle Lam's weak stomach, he could easily get sick.

The social worker referred Uncle Lam's case to the "Electric Appliance for the Elderly Program" of SJS shortly. Learning his situation, we immediately delivered him an electric rice cooker and an electric water kettle in hopes that the hygiene issues Uncle Lam faced can be resolved. The responsible social worker said it was the first time he saw his hearty smile and he could recall the way he rejoiced over the new appliances. "Thanks for sending over the rice cooker and water kettle, they are beautiful! Having bad relationship with my children, I have been living without family for years. I never expect there is still someone caring for me, thank you!" From now on, Uncle Lam can prepare properly cooked food for himself and drink properly boiled hot water using the new rice cooker and water kettle. The hygiene issue and the fire hazard associated with kerosene stove are something of the past.

The "Electric Appliance for the Elderly Program" needs continuous support from benevolent philanthropists and donors. Your generosity is going to relieve the hardship that many more singleton elderly like Uncle Lam have to face in their late-life.

林伯感激在晚年仍得社會關懷，感激善長的捐助。
Feeling that the community cares for him, Uncle Lam is grateful for the contributions made by kind donors.

讓貧老安居 餽贈入伙家電三寶

「業主知道我獲派公屋拿了鎖匙，二話不說叫我下星期要遷走了！」陳伯伯氣急敗壞的向社工求助。「我份綜援、搬遷津貼需付公屋按金、買埋張床都用光光。搬遷費用、電器我無能力再應付，除了衣服板房內所有東西都是業主的，這或許就是兩袖清風的滋味吧。」苦笑著的陳伯伯，此刻相信人生是絕望的。

「電器贈長者」計劃得知陳伯伯的緊急情況，翌日到訪陳伯的舊居，具體了解他的需要。「我雖然無讀過書唔識字，但仲可以照顧自己生活起居。我希望有個電爐可以自己煮食，不用花費買飯盒食；熱水爐我不奢望了，但希望有個熱水煲可以煲水沖涼；我大部份時間留在家中，如果有個電視機或收音機，有些聲音陪伴我，沒有這般孤單。姑娘，我會唔會好貪心？」一個電磁爐、一個熱水爐、一部電視機本是香港這繁榮社會每家每戶必備的設施，對孤苦無依的陳伯而言，竟是個遙不可及的夢想。讓長者安居是「電器贈長者」計劃使命，計劃動用善款協助陳伯的新居添置可洗澡的儲水式電熱水爐，一個簡單易用既可煮食的單頭電磁爐以及一部小型的膽機電視，滿足陳伯的「基本」需要。

而得知陳伯需緊急搬遷，善心的義工們還撥出時間幫伯伯搬遷、鋪設膠地板、安裝照明和砌好床，讓陳伯於新居可舒適入住。打開新居大門，陳伯拿著拐杖步入善長和義工為他建造的新居，心懷感激的道：「在淒涼的晚年仍獲得善心社會人士的照顧！善長送我電磁爐，可以解決我煮食的問題；本來只求有個水煲煲水沖涼，但大家關心著我的健康為我安裝熱水爐；仲有部小電視機陪我渡日神，除了感謝還是感謝！」陳伯面上掛著幸福的笑容，這份來自善心人士的無私關懷，正是孤苦無依長者最為需要的。

「電器贈長者」計劃希望繼續為匱乏弱老建立「安樂窩」。計劃正需善長的慷慨捐助，為陳伯伯等弱老長者添置「入伙三寶」電器—「電熱水爐」、「電磁爐」以及「電視機」，讓弱老不再為百無一物的新居而感無助和煩惱。你願意伸出慷慨的援手，讓更多於輪候冊上的弱老長者，解決他們入伙時的家電需要嗎？捐款支票抬頭：「聖雅各福群會」，指定捐款「入伙三寶家電餽贈」。查詢：2835 4321 或 8107 8324。

Help Destitute Elderly to Relocate Give Tri-Treasure Electrical Appliances

“As soon as the owner knew I had the key to my newly assigned public housing unit, he told me to move out next week!” Grandpa Chan sought help from the social worker desperately. “After I paid deposit for my unit and bought a bed, I spent all the money from my CSSA (Comprehensive Social Security Assistance) and removal subsidy. I have no money to pay for the removal expenses or buy extra electrical appliances. Except for the clothes, everything inside my boarded room belongs to the owner. Perhaps this is what they mean by “nothing inside the sleeves except cool breeze”, said Grandpa Chan, grinning helplessly and bitterly.

When Electrical Appliances for the Elderly Program (EAE) learnt of Grandpa Chan's urgent situation, they visited his old residence to find out his actual needs. “Though I am illiterate, I can still take care of myself. I hope to have an induction stove to cook with so that I don't have to eat lunch boxes. A water heater would be a luxury to hope for. I only hope I have a kettle to boil water in when I need a bath. I stay home most of the time. If I have a TV set or a radio, I won't feel so lonely for I have company from voices. Do you think I am being too greedy?” One induction stove, one water heater and one TV set are must-have appliances in every household in a prosperous city like Hong Kong. But they seem an impossible dream to lonesome, helpless elderly like Grandpa Chan. To help the elderly to settle in is the objective of EAE. The Program used donations to help Grandpa Chan to install an electric water heater, a simple to use single induction stove and a small TV in his new home to satisfy his basic needs.

When kind hearted volunteers knew that Grandpa Chan needed to move in urgently, they found time to help him. They also laid vinyl floorboards, installed lighting and assembled his bed so he could move in and live comfortably. Having opened the door and entered his new home that benefactors and volunteers built for him, Uncle Chan, leaning on his crutches, said gratefully, “At my desolate, old age, I never dreamt I would be cared for by kind hearted people in society! The induction stove given by the benefactors solves my cooking problems. I only wanted a kettle to boil water but they gave me a water heater. What's more, I have a small TV to keep me company. Thank you! Thank you!” Grandpa Chan smiled happily. Such selfless concern from kind hearted people is what lonesome, helpless elderly need most.

EAE program intends to continue building “comfortable home” for the deprived and frail elderly. The program needs generous donations from benefactors to buy Move-in Tri-treasures electrical appliances such as electric water heaters, induction stoves and TV sets for underprivileged elderly like Grandpa Chan. With these appliances, the elderly won't feel helpless and worried because of a scantily furnished new home.

Are you willing to extend your generous helping hand to help solve their needs with move-in electrical appliances for elderly on the waiting list? Please make out your donation cheque payable to “St. James' Settlement”, specifying at its back “Tri-treasure move in electrical appliances”. For enquiry, please dial 2835-4321 or 8107-8324.





一線光 照亮獨居老婦的心田

許婆婆今年73歲，獨身，無親友支援，一個人住在公屋單位。患有多種長期病患，需要定期覆診。「我身體一向唔好，常常都要休息，瞓得多成個人都嚟下憐下，邊有心機打理屋企！」

踏進許婆婆家，一遍暗黑無光，經檢查後是燈膽失修，向婆婆了解，才知道她根本無意處理。「我一個人住，求求其其有兩餐食就得啦！屋企有燈沒有燈，只要不是全屋黑晒，加上無人會嚟我屋企，就算啦！」屋內的傢俱殘破，該有一段日子沒修葺，廚房及廁所的衛生就加更差。「我個廁所水箱壞咗好耐，都無搵人嚟整，我只係用水桶求其沖下就算。盞燈壞埋，我咪盡量日頭沖涼。」

廁所和廚房是處理個人衛生及煮食的地方，必須保持整潔及衛生。可惜許婆婆身體虛弱，加上在無依無靠的心理下，沒有能力及動力打理，久而久之，地方積存穢物，衛生環境極之不理想。環境影響人的心境，心境亦會影響病情，許婆婆長期生活在一個又暗黑又不衛生的環境，令她對生活的各項事都提不起勁！

為了讓婆婆的居住環境可以好一些，本會「長者家居維修」的義工這天來到許婆婆家，維修水箱及安裝燈電燈膽。「嘩！真係光咗好多呀！有盞燈真係唔同晒，成個人都精神得多。」這線光，不但照亮了整間屋，也照亮許婆婆的心坎，讓她頓時精神萬分，婆婆還不斷細看修理好的水箱：「真係儲到水，沖到水了。我之前都是用水桶沖水的，真係好唔方便呀！……有時我太倦，連水也不想沖，留番D力行上床瞓。而家修理好，地方都可以乾淨D。」

許婆婆一直放下不處理的家居問題，義工師傅不消一個小時就一一修理。婆婆看著義工為她的居所作了大改善，由衷地表示：「原來我的家也可以這樣！現在我感到成個人都精神起來，多謝你們，多謝你們來關心我這個孤獨老人。」就算許婆婆不說，從她的反應，義工們都深深體會到她的喜悅和轉變。



Light in Brightening Lonely Grandma's Heart

Grandma Hui, 73 years old, single without friend or relative support, lives by herself in a public housing unit. She has a several kinds of chronic illnesses and requires doctor consultation regularly. "My health has been poor, requiring frequent rests. With too much sleep, it makes me not fully awake and hence with no energy to tidy up my home!"

Entering Grandma's home, it is all dim. After the checking, it found that the bulb is broken. We then knew that she has no intention to fix it. "I am living all by myself, just taking care of my daily meals is all needed! It does not matter whether light works or not, as long as it is not totally dark. I have no visitors and so let it be!" All her furniture are worn out that should be lack of repair for quite a long while. Hygiene condition is even worse in the kitchen and the toilet. "My toilet flush has not been working for a long time and I got no body to fix it. Thus, I just flush with a bucket of water. The light is out, so I simply bath myself during the day time."

The toilet and the kitchen are areas for personal hygiene and cooking and they need be kept clean and tidy. Unfortunately, frail and helpless Grandma is incapable with no energy and drive to handle them. As time goes by, these areas are full of dirt, making the hygiene condition far from being desired. As the environment affects one's mind and the mind affects one's health, living long time in a dark and unhealthy environment caused Grandma lack of interest and tenacity handling various daily chore.

To make her living condition better, volunteers from "Elderly Home Maintenance Services" of SJS went to her place to fix the flush tank and install power saving bulb. "Wow! It is much brighter now! It is totally different with a light and it makes one feel more energetic." This light not only light up the room but also her heart. Suddenly, she was in a good mood and repeatedly looked closely at the repaired flushing tank. "Well, it stores water now and can flush. In the past, I just use bucket water for flushing which is really inconvenient indeed!..... When I get really tired, I didn't even bother to flush, saving the energy in walking to the bed. Now, the place can be kept much neater."

The volunteer too less than an hour in fixing the problem that bothered Grandma Hui for a long time. Watching the volunteers' help in improving her home condition, her heartfelt remark was, "Oh! My home can really look like this. I feel my mood is all up. Thank you, thanks for taking care of this lonely and old woman." Even without her saying, the volunteers already felt deeply her joy and change from her response.

這線光源，讓許婆婆的廁所重見光明，也照亮了她的心田。
This light source brightens granny Hiu's toilet and heart.

門鎖裝置過高 難為輪椅伯伯進出家門

長者年紀老邁，因身體虛弱及其他意外而導致行動不便的情況非常普遍。有些長者需要使用拐杖或助行架，有的更需要依靠輪椅代步。

雙腳不能走動，能有輪椅輔助本應方便，可是自己家居環境及設備，礙於經濟及未有相關知識，而往往未能配合身體的變化而有所改動。就過去服務的經驗所見，很多住所的設備都是適合行動自如人士使用，如：大門、廁所及廚房的門檻，這原本是不足為患的設施，但對依靠輪椅的人士來說卻是阻礙。

現年88歲陳伯伯，行動不便需要長期使用電動輪椅，太太離世後獨居牛頭角一公屋單位。早前，陳伯伯家中的門鎖壞了，伯伯自行聘請師傅裝設新門鎖，而棄用舊的，但門鎖的高度對於陳伯來說，絕對是「遙遠的它」！門鎖的位置過高，陳伯伯每次出門之前，都需要盡全身之力，把雙手抬到最高點，才剛好能開啟門鎖。「每次開門都要撐高自己，伸直雙手，才能發力扭開門鎖。」陳伯伯向我們模擬開門的姿勢。

有次地區長者中心同事上門服務，意外地發現陳伯伯的開門的「危險動作」，於是經由社工轉介伯伯申請「長者家居維修服務」，盼能安排鎖匠義工為伯伯處理門鎖的問題。義工很快便安排時間上門為伯伯維修門鎖，把門鎖按裝在適合伯伯高度。「整返好個門鎖，我就不用每次出入都把手伸得高高，現在開門關門都舒服好多啦！」陳伯伯喜悅地開關剛修理好的門鎖。

陳伯幸得義工為那「遙遠的它」拉近，才可安全及方便地使用門鎖。為長者多想一步，助長者改善家居設備，一起建造晚年樂安居。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」；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。

Door Lock Setting at a High Position Causing Grandpa Difficulty

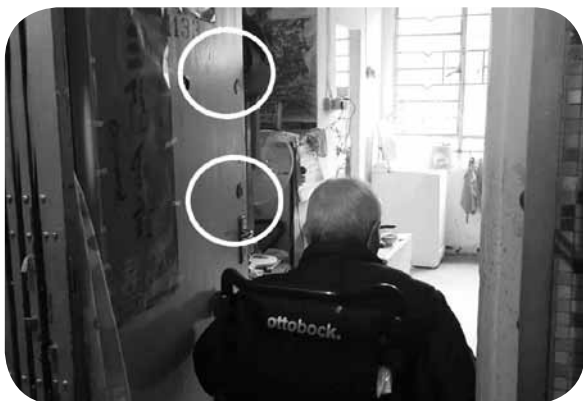
It is a common phenomenon that elderly has poor mobility at their old age. Some have to use the crutches or walking frames for walking while some even need to rely on wheel chair.

Undoubtedly, wheel chair is very convenient for people who are not able to walk. However, their home environment and facility may not fit their mobility needs due to insufficient money and knowledge. From our past service experience, most of the facilities in our home are just suitable for people without mobility problem, such as the door, toilet and kitchen threshold. They are all common for us but is in fact a barrier for wheel-chair user.

88 years old Grandpa Chan has to rely on the wheel chair in his daily life. After his wife's death, he lives alone in a public housing unit in Ngau Tau Kok. In the earlier time, his door lock is broken and he then hire the master for installing a new one. However, the position of it is too far for Grandpa Chan. Since the position is too high, Grandpa has to hold his hand at the highest position with all his physical power for opening the lock. "Every time when I open the lock, I have to hold my body straightly and stretch my hands." Grandpa shows us with explanation.

The district social worker discovers the situation in the home visit and hence refers his case to our Elderly Home Maintenance Services. The volunteer then soon arrange time for the services. He re-install the door lock at the position where Grandpa is able to reach. "It is now more comfortable as I don't have to stretch my body and hand straightly anymore."

Only with the volunteer's help, Grandpa Chan can use the door lock in a safe and comfortable way. We hope to offer the elderly a more comfortable living by improving their home facilities. Please make out your cheque payable to "St. James' Settlement", specifying at its back for "Elderly Home Maintenance Services"; and post to Room 105, 1/F, 85 Stone Nullah Lane, Wan Chai. Donation enquiry: 2835 4321.



圖中上方為過高的門鎖位置，義工協助維修下方門鎖，讓伯伯可重新使用，方便進出。

The upper circled area is position where the door lock installed before. With the volunteer's help, the lock is put at the lower side which is more convenient for him to move around.



由港島區送往 上水鄉郊的關懷

長者隨著年紀愈來愈大，活動能力少不免會變差。年近九十歲，居住在上水鄉郊的黃婆婆，與丈夫同住在村屋。半年前，黃婆婆因在家中滑倒，先後入院了三次，不幸地她需要長期使用輪椅出入，住在市區的六十多診兒子因而放棄工作，回到鄉郊老屋照顧兩老。

來往鄉郊和市區的公共交通工具，就只有小型巴士，以前黃婆婆跟丈夫在拐杖的扶助下，勉強仍能登上小型巴士，如今坐著輪椅的黃婆婆再無法乘坐小巴到市區，就算是乘的士，六十多歲的兒子攙扶也十分吃力。所以，在我們接觸到黃婆婆之前，她已有一段很長時間沒有修剪頭髮。

聖雅各福群會接過醫務社工的轉介，到戶理髮服務的工作員與義工鄧姑娘在復活節假期前，到訪黃婆婆鄉郊住所。當天，黃婆婆及家人見剪髮義工登門造訪，表現得十分開心，「你們真係好有心，咁遠都走到嚟，真係辛苦晒你們呀！」義工鄧姑娘細心了解黃婆婆對理髮的期望後，便一邊開始幫她修剪頭髮，一邊跟她談天說地。

當日完成服務後，工作員一回到辦公室，隨即便到黃婆婆的來電：「真是好多謝你們咁遠由香港島來到幫我剪頭髮，真係非常感激你們，鄧姑娘好細心，心地十分善良，又關心老人家，我希望之後鄧姑娘可以繼續來探我幫我剪頭髮。真的很多謝你們呀！」鄧姑娘得知後亦非常樂意，並跟我們說：「下次見面會前會曬好相片，送給黃婆婆留個紀念。」

聖雅各福群會「到戶理髮服務」，服務港九新界各區，對象以長者和傷殘人士為主。以上門或到訪長者中心和護老院，為一些經濟困難及行動不便的長者提供服務。透過理髮的過程，除了可以讓有需要的長者換上新形象外，更藉著傾談對話，送長者一份關懷！



Care from Hong Kong Side to Sheung Shui

As one growing old, their mobility unavoidably get worse. Grandma Wong is now nearly 90 years old and lives in Sheung Shui with her husband. Half year ago, she slipped in home and is admitted to the hospital for 3 times. Unluckily, she has to rely on the wheel chair and her 60 years old then quits his job in taking care of the old parents.

Mini bus is the only transportation travelling between country side and the town. In the past, Grandma Wong can reluctantly get on the mini bus with her husband's help; however, she is no longer able to go out. Even with his son's help in taking taxi, it is still difficult. Thus, on the day we met Grandma, she hasn't had the haircut for a long time.

By receiving the referral from the Medical Social Worker, staff of Home Haircut Services and Volunteer Ms. Tang visited Grandma Wong right before the Easter Holiday. Grandma is very excited, "You guys are really kind hearted to visit me from a long way." Volunteer Ms. Tang then patiently listens to Grandma's expectation on her hair style and starts the work.

When our staff arrives the office after the service, he receives the call from Grandma Wong, "Thanks so much for coming from Hong Kong Side. I am really grateful for Ms. Tang's caring. I wish Ms. Tang can keep helping me!" Of course, Ms. Tang is absolutely willing to give help and says, "I will give Grandma our photos next time when visiting her."

The Home Haircut Services serves the deprived elderly and disable in all districts. We will provide service in their home, elderly center or nursing home. During our service, we not only can give the elderly a new look, but also hope to provide them with care.

義工不但令黃婆婆重拾精神，更令她感受社會的關懷。

The volunteer not only helps Grandma regain a refreshing mood; more importantly, she feels the caring from the public.

一位義工的心聲

作為一個發展城市，香港擁有一個先進的醫療系統，似乎不少的疾病也有適切的儀器或藥物治療。不過，實際的情況卻似乎不盡如此。

自2005年起，政府推行「藥物名冊」，將部份藥物定為自費藥物。病人需要自費購買有關藥物，價錢由幾百至過萬元不等。這無疑為匱乏的病人帶來沉重的經濟壓力，特別是一些沒有收入或依賴政府津貼及積蓄生活的老人家；另外，部份社區藥房亦不會儲存一些太昂貴的自費藥物，令病人難於坊間購買。針對以上問題，聖雅各福群會設立惠澤社區藥房，以期解決病人的需要。

透過不同的資助計劃及捐款，惠澤社區藥房為合資格的病人提供優惠藥物。現時，部份新出的標靶藥物動輒幾千至5萬多元不等。透過藥房同事的努力，藥廠得以提供較優惠的價錢，以減輕病人負擔。至於透過捐款，亦能得以作出藥物資助。因此，你們的捐款對正與病魔對抗的病人來說，實在是一大希望。

為了令病人更能受惠於此計劃，病人可於購藥期間於藥劑師查詢藥物問題及商量治療計劃。在藥房內，藥劑師會向病人詳細解釋如何服用藥物，注意事項及可能引起的副作用。過程中，病人可以對自己的健康狀況、病情及藥物等有更進一步認識。換言之，病人不單是來取藥，亦能吸收正確的藥物資訊。

我們深信要達到最佳的治療並不能單靠藥物，還需要對病情有全面的認知及管理；故此，惠澤社區藥房亦會為病人提供其他的醫療用品。由於受到疾病及藥物副作用的影響，不少病人均出現體弱的情況，例如：食慾不振及出現皮膚問題。得到善長的支持，惠澤社區藥房得以為有需要的病人提供相關的營養奶粉及潤膚霜，令他們能有足夠的體力繼續面對治療。與此同時，藥房亦會與一些醫療用品公司聯絡，以優惠價售賣血壓計、糖尿機、試紙及針咀等，讓病人監察及控制病情。

透過這三星期於聖雅各福群會「惠澤社區藥房」的運作，我看到其一班同事的熱心及熱情。同事每天耐心了解每一位個案的背景及病情，關懷他們的需要。當中，不少病人與藥劑師已建立了深厚的感情，願意分享自己的故事；藥劑師亦得以由此提供實際的幫忙及資訊，如物理治療服務等，大大改善他們的生活。

於缺乏政府的資助下，仍有很多病人有服務的需要。服務的推行，有賴各方的支持，但願社會上有更多有心人能作出支援，讓服務繼續運作。

Voice of a Volunteer

As a developed city, Hong Kong is believed to be advanced in medical quality. With advanced technology and qualified medications, many diseases can be treatable or well-controlled nowadays. However, this is not so true to some of the people in Hong Kong.

The HA Formulary was implemented on 2005. Ever since then, a group of medications were moved to a category called "self-financed item". Pricing from hundreds to tens of thousands, medications fall into this category have to be bought by the patients themselves. This poses a huge burden to patients who are already hard making the end meets, especially the elderly who already have no income and financially relying on the government or savings. Some of these medications are novel, expensive and potentially life-saving. Many community pharmacies do not store these expensive medications and they are difficult to buy. Targeting with these issues, St. James' settlement Philanthropic Community Pharmacy was established to serve those who are in needed.

Through various subsidy scheme and donation, Philanthropic Community Pharmacy provides the needed patients with their medications at lower prices. Some novel target drug therapy medications cost from thousands to fifty thousand a month. In the effort of St. James pharmacy staffs, pharmaceutical companies are able to provide the medications at a much discounted price, relieving the burden of the patients. Other price reductions rely on donation. Therefore, your donation is giving a great hope to the patient in fighting with their diseases.

To make the patients most benefited from the medications, patients also have time to discuss with pharmacists on their treatment plans and address their questions related to their health. In a consultation room, pharmacist would explain in detail of the right way of taking the medication, what is to be observed or monitored when taking of the medication and identify if there is any problem such as tolerability or drug-drug interaction regarding to the use of the drug. Patient can learn more about their health, disease or medication from the pharmacist. Therefore, patients obtain not just the medications, but also information to correctly use the medications and living with their disease.

With the belief that the success of an optimal treatment not just rely on the medication, but also a holistic approach to the disease management, Philanthropic Community Pharmacy also supply with medical products in adjunct to the medication therapy. Many cancer patients are weakened and facing side effects such as loss of appetite or skin problem from cancer therapy. With the merciful donation from the caring benefactors, Philanthropic Community Pharmacy offers the needed patient with nutrition milk powder and moisturizing cream along with their medications, so that they can replenish the nutrient, tolerate the therapy and continue with their treatment. In collaborating with the medical supply company, blood pressure monitor, blood glucose monitor, test paper, and lancets are also supplied in the pharmacy so that patients with hypertension or diabetes can monitor their condition and better control their disease.

In these 3 weeks of clerkship working in St. James settlement Philanthropic Community Pharmacy, I have observed the enthusiasm and compassion of SJS's staffs. Everyday people come in with various sad story and illnesses, the staffs patiently explain the situation and provide them with their love and care. Many patients have a good relationship with the pharmacist and are willing to share their story and condition to the pharmacist. More than just giving them the medication, they also proactively help the patient to improve their health, providing practical information such as HK physiotherapy services. This makes a great different in improving their lives.

In absence of help from social welfare system, many people are using the service. However, none of these services can sustain without donation. I hope more kind hearted people can support for the service in helping more.



炎炎夏日 為長者送涼風

今年的夏天提早報到，而按天文台資料顯示，清明節當天錄得最高攝氏30.6的高溫；而去年本港6月至11月的平均氣溫達27.6度，是130年最高。「烈日橫空」、「熱氣逼人」的炎炎夏日，對病弱長者而言，極容易備受中暑、氣促的煎熬。

長者體溫調節功能衰退，於悶熱環境下，極易中暑，危及生命。社區裡居住了不少於板間房等待「上樓」的長者，這些板間房空間狹窄，部份更沒有窗戶，室內空氣極之不流通，有如「焗爐」一般。有團體調查發現，板間房室內溫度可高達38度，居所如火爐一樣，患有高血壓、心臟病的長者，實在不是理想居所。

「電器贈長者」計劃每年夏季推出主題性服務—「風扇餽贈送涼大行動」，全港性針對居所空氣不流通、居於板間房、天台屋、鐵皮屋等的體弱長者，透過善長的慷慨捐助，及早向貧老施援手，透過義工為他們送上及安裝風扇，助免中暑的危機，免令他們受熱浪所襲。

「風扇餽贈送涼大行動」需依靠義工全力推動，協助運輸及探訪的工作，到戶為每位長者服務。因應獨居長者家居環境狹小，計劃會挑選吋較小的風扇(12至14吋)，而確保涼風可從不同角度吹向長者，座搖搖頭風扇似乎更合適。而居於床位的長者，12吋鴻運扇就最理想不過。為長者物師合適風扇後，物流和探訪義工會分工合作，到訪每戶需要的長者，按長者的坐立位置、鄰近電制位等安裝風扇，讓長者可即時使用乘涼。炎炎夏日收到一把風扇，確能為長者解除當下的燃眉之急，居於油麻地板間房的添伯伯，正是其中一位受惠長者：「我住唐五樓，沒有電梯，好不容易回到家已汗流浹背。房間又沒有窗戶，要回家往往要喘很久才能回氣。」義工在送風扇當天體會了添伯伯每天的辛勞，汗滴掉在風扇的紙盒上，印證著炎熱翳焗的可怕。添伯伯頓感不好意思，在旁用手撥扇不斷為義工乘涼，風扇完成安裝後，即時送上涼風，大家頓時鬆了一口氣，也急忙的站在風扇前，享受涼風的可貴。「有了這把風扇，這個炎夏我不用擔心中暑。」添伯請義工多吹點涼風，儲夠能量才出發到下一長者家。這種窩心的互相關懷，正描繪了「人間本是有情」的美麗畫面。

「風扇餽贈送涼大行動」得以及時推行，需靠善長們的慷慨捐助。夏天已至，直到截稿日，收到不同地區機構為無依長者查詢有關風扇申請，而當中有一半以上的長者因家中風扇日久失修，如外殼鬆脫、扇葉破爛等，容易造成家居意外。

「電器贈長者」計劃堅守「及時、到位」的服務精神，目標為孤苦無依的長者於炎夏裡送上安全實用的風扇，讓他們感受社會人士的關懷，支援他們的生活需要。你願意參與其中，為長者於炎夏裡送上涼風嗎？請捐助「風扇餽贈送涼大行動」，施善熱線 2835 4321 或 8107 8324。



Give Fan for Elderly in Hot Summer

Summer time comes earlier this year. According to the Hong Kong Observatory, the highest temperature on Ching Ming Festival is 30.6 while the average temperature in June to November last year is 27.6, which is the highest in these 130 years. For frail elderly, the hot summer is a great threat to them.

The thermoregulation of elderly is weak; thus, they will easily get heat stroke which is dangerous to their health. However, there are many elderly, who are waiting for public housing unit, living in the cubicle apartments. Those apartments are small and some of them have no windows leading the whole area poorly ventilated. According to some survey, the temperature of the cubicle apartment can be high as 38. Living there is just like living in the stove; thus, it is absolutely not an ideal living environment for elderly.

Every summer, the "Electrical Appliances for the Elderly Program" launches "Fan for the Elderly Campaign". With the donation from public, the campaign aims to give fan for deprived elderly who are living in poor ventilated places, such as the cubicle apartment, rooftop, metal hut and etc. By having the volunteers who deliver and install the fan, it reduces the chance of elderly getting heat stroke.

The campaign operates with the help from volunteers in delivering the fan and making home visit. Since the flat for living alone elderly is small, we will choose fans with a smaller size (12-14 inch); also, the block fans is more suitable since air can blow to different areas; while for elderly living in bedspace apartments, a 12 inch box fan suits most. After choosing a suitable fan, volunteers will divide in team visiting elderly. They will install the fan in a position which is near the elderly and the plug so that the elderly can enjoy the fan immediately. Grandpa Tim is one of the beneficiaries, "I live in an old Chinese building. There is no lifts and thus I always get wet when arriving home. Worse still, the room has no window and it causes me a long time in recovering." On the day of visit, volunteers understand well how hard Grandpa's daily living is. They sweat on the fan tray which clearly shows how hot it is. Grandpa Tim feels very sorry and he keeps waving the hand fan. Once the fan is installed, it immediately provides everyone with fresh cool air. "With this fan, I am not afraid of the summer now!" Grandpa Tim keeps asking the volunteer to stay longer for cool air so that they can save enough energy for next elderly. The caring between each other is absolutely beautiful.

"Fan for the Elderly Campaign" is able to help the frail and poor elderly because of the generous donation from donors. Summer is coming and we keep receiving enquiry from district workers for fan application up till now. In those applications, most of the elderly's fans are broken which will easily lead to home accident.

"Promptly in-place" service is the spirit of our "Electrical Appliances for the Elderly Program". We hope to offer the alone elderly with safe and practical fan so that they can live with the care from society. Are you willing to join us? Please kindly donation to "Fan for the Elderly Campaign". Donation enquiry: 2835 4321 or 8107 8324.

長者勉強使用破爛風扇，容易造成家居危險。
Using the old broken fan will easily lead to home risk.



有關藥房的提問

每天慈惠服務的辦公室，大家忙於服務運作外，並會接聽不少電話查詢，就「惠澤社區藥房」的服務，通常我們會遇到有關提問，藉此跟大家分享一下，讓大家多了解服務的情況。

問：一般到藥房取藥，姑娘不消一分鐘就指導服用藥物方法，為何這間藥房要病人預留十五分鐘見藥劑師？

答：藥物本身是一樣十分複雜的東西，由藥理、如何治病，服用、貯存方法、服用上的禁忌和藥物之間的沖撞性等等，都需要由專業藥劑師解釋得清楚，病人明白後準確地服用，才可達至良好的藥效。故此，「惠澤社區藥房」謹守病人有15分鐘與藥劑師面談的時間，堅持對病人提供全面的藥物輔導及關懷，達至知藥用藥的效果。

問：為什麼在「惠澤社區藥房」買藥，要好像見醫生一樣，有獨立房間面對面跟藥劑師傾談？

答：由於藥劑師提供藥療輔導時，往往會提到病人的病情，這些都是病人的私隱。為讓病人在安全的環境下，安心地提問服藥及健康的問題，同步藥劑師為他度身訂立藥物計劃。所以，一個獨立和舒適的環境是十分重要，也是我們對病人的一份尊重。

問：為什麼在「惠澤社區藥房」買藥，沒有提供原裝藥盒？

答：現時提供以優惠價向有需要的病人出售配發藥物，價格跟市價是有一段距離。不提供原裝藥盒是為防止轉售圖利，確保藥物是用在有需要的病人身上。

問：為甚麼口服藥物通常不宜存放在雪櫃？

答：藥物一般存放在室內、陰涼地方及避免在太陽照射就可以了，如果存放在雪櫃，要服用時把藥物從雪櫃拿出又放回，這個進出的動作，好有可能令藥物受濕而變質，影響藥效及品質，故如沒有特別標籤列明，藥物就不用存放在雪櫃內。

問：「空肚服藥」的定義為何介定在服藥前兩小時及藥後一小時之間？

答：服藥後我們的腸道需要大約一小時才把藥物輸送到腸道較後的位置，而食物方面，體積一般相對較大，需時較長，大約要兩小時左右。所以當藥物標籤上寫上「空肚服藥」時服用，大家就可參考這個準則，準時用藥。

Often Asked Questions for Our Pharmacy

Everyday, while busy running our philanthropic programs, we receive many telephone enquiries about our Philanthropic Community Pharmacy. The following are answers to the often asked questions:

Q: Usually, when we pick up medication from a pharmacy, the nurse takes less than a minute to give instructions on how to take the medicine. Why does this pharmacy ask patients to spend 15 minutes to talk to the pharmacist?

A: Drugs are a complicated matter. They require detailed professional explanations on pharmacology, how they treat diseases, how they should be taken, how to store, what not to do when taking them, and how they interact. For a drug to achieve good results, the patient must have a good understanding and take it properly. For this reason the Philanthropic Community Pharmacy strictly abides by the required 15-minute meeting with the pharmacist. We insist on giving comprehensive guidance to patients, so that they understand their medicine and know how to take it.

Q: When we come to the Philanthropic Community Pharmacy for medicine, we are taken to a private room to talk to the pharmacist face to face, just like seeing a doctor. Why is that?

A: That is because in giving guidance on the medication the pharmacist often has to touch upon the patient's condition, which is his privacy. The safe environment allows the patient to ask questions freely about the medication and about his own health, so that the pharmacist can draw up a unique personal medication program for him. This relaxed and separate environment is very important. It also signifies our respect for the patient.

Q: Why are the drugs purchased at the Philanthropic Community Pharmacy not dispensed in their original boxes?

A: That is to prevent them from being resold for profit. The drugs are sold to patients at preferential prices much lower than the market price. We want to make sure they are used by patients who need them.

Q: Why must most orally taken drugs not be kept in refrigerators?

A: Most drugs can just be kept in a cool place indoors, away from the sun. If you keep a drug in the fridge, you must take it out and put it back every time you take it. The drug may absorb humidity when it is taken out and put back in, its effectiveness and quality consequently affected. Therefore, unless it is specified on the label, there is no need to keep a drug in the fridge.

Q: Some drugs are to be taken "on an empty stomach.". Why is "on an empty stomach" defined as two hours before and one hour after eating?

A: It takes our intestines about an hour to carry the drug to a farther place. Food, usually in a larger bulk, takes longer, about two hours. Therefore, to take the medicine at the right time, we should follow the instruction "on empty stomach" if it is specified on the label.



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

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

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

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

(請在適當位置加上✓號)

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

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

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

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

Address : _____ Phone No. : _____

Donation Method :

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

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

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

Card Holder's Name : _____ Signature : _____

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

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

*Please check off your method of payment.

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

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

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

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 友情印刷：平偉印務有限公司

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