



社工的話  
Social Worker's Remark

## 以文字為長者劬勞

《松柏之聲》跟其他的慈惠服務，表面看來似乎不是解決生活上的困難，因為電飯煲耗損了，不能煮飯吃，需要更換新的來取代，解決三餐問題；地板破損，需要復修，防止跌倒；但沒收到松柏之聲，看來在生活上及健康上是沒有即時的威脅。

為何慈惠服務仍堅持出版這份免費的長者報紙？

去年五月，本港一份專為長者而設的雜誌停刊了，同是堅持為長者提供免費資訊的《松柏之聲》唯有繼續孤身前行。隨著長者人口愈來愈多，長者獨居生活愈來愈普遍，由於獨自生活或兩老互相照顧，他們除了關心基本人生外，還是要努力維持健康的身體和良好的活動能力，並為每天十多小時安排合適的生活。當遇到包括身體不同部份的毛病、睡眠、心情低落、與家人吵架、不知道如何跟孫兒相處、擔心自己身後事等等，許多時候他們都沒有渠道接受正確的資訊，又依現時大眾媒體來看，大多集中以消費市場為主導的報導，縱有些合適他們的資訊，要長者「眾裡尋他」也是困難重重，待情況變得嚴重時，問題就不容易解決了。

在此「長者資訊沙漠」的香港，《松柏之聲》自1976年1月出版以來，有著不可消逝服務更多長者的延續生命力。《松柏之聲》是全球首份、最長壽兼全球發行的長者華人讀物。在經費上，只有一成多是香港公益金資助，其餘近九成都是靠熱心人士捐款來支持，營運路途縱滿荊棘，但每每一分一毫，卻是我們越過重重艱難的及時雨；在開支上，一向以慎用資源為原則，負責松柏之聲的員工只有兩位，每年就出版及印刷作打價，務求做到「價廉物美」；另外，善於發動義工力量，也是相當重要的，由採訪、撰稿、打字、攝影、插圖、包報紙、郵遞、網上刊載等等，全賴一班長期熱心的義工就其專業，在忙碌在抽出寶貴時間來協助，《松柏之聲》才能得以繼續順利發行，才可繼續服務一眾長者。現時我們每月印刷約三萬份報紙，一半以上經郵遞送到長者住處，即對行動不便或喜歡留在家居的長者，也可以免費收到報紙。

《松柏之聲》非純是一份精神食糧，她有其實務上的協助，也具預防性的功能，是一份伴隨長者步入晚年的良伴。在服務長者39年的今天，在面對財困之時，仍堅持自己的崗位，繼續以文字為長者劬勞！

## To Serve the Elderly With "Words" As a Means

"The Voice" does not seem to be capable of helping the elderly to solve problems in their daily lives unlike some other philanthropy services, for instance, replacing a damaged rice cooker with a new one to meet the elderly's real need to prepare meals; repairing the broken floor to prevent stumbling. But the absence of "The Voice" will not be regarded as an imminent threat to their health or daily life.

Why does The Charity Project persevere in publishing this complimentary elderly magazine?

An elderly oriented Hong Kong magazine ceased its publication last May. Nevertheless, "The Voice" will certainly go on providing the elderly with free information and knowledge though fellow support is diminishing. The ever growing population would in one way mean that the number of elderly living alone is increasing. These elderly, either living alone or with their spouse only, have to make a good deal of effort to tackle problems in their daily life and to stay healthy and fit to move around. A good and proper way to spend their time everyday will make a great difference in terms of quality of life. However, they do not usually have access to the proper and relevant information and knowledge to help alleviate their distress or solve their problems when they are challenged by their life situation including feeling physically unwell; suffering from insomnia; feeling down; quarrelling with family; having no clue as to how to get along well with their grandchildren and things about their funeral. It is true that social media is a good source of information, but their reports are mostly consumers oriented and, therefore, it is difficult for the elderly to get the information that can really help them, among these massive sources. If their problems are not dealt with opportunely, they may not be solved easily when things get worse.

In Hong Kong where useful information for the elderly is very limited, "The Voice" has been striving to continue to serve more and more elderly since its launch in January 1976. When it comes to magazine with the Chinese elderly as the serving target, "The Voice" is the first print. It has the longest history of publication and is published worldwide. The running costs are indispensable, but only 10% plus of them come from the Hong Kong Community Chest Fund while the remaining is donated by kind-hearted people. The public support and donation has been enabling us to strive on to accomplish this difficult mission. Every single penny does help! We keep a good control of expenditure and cost-effective has always been our principle. There are only two members of staff primarily taking care of the publication. Every year, they will try their very best to get the lowest cost for publication and printing for our desired quality of print. Their effort in mobilizing volunteers is also crucial. Thanks to the long service of a group of enthusiastic volunteers who, though busy, devote their valuable time to help with their professional knowledge. They take part in interviewing, writing articles, typing, taking photos, refining with pictures, packing, mailing, posting materials online and many other tasks. Their contributions make it possible for "The Voice" to carry on its mission benefitting a considerable number of elderly. Currently we print 30,000 copies every month, half of these are mailed to the elderly with the hope that those who are incapacitated or prefer to stay at home can read the magazine without adding any burden to their financial situation.

"The Voice" is not just food for soul; it can help solve problems when they arise or prevent them from coming into being. It is a good companion of the elderly to walk along with! "The Voice" has set in its 39th year; though the running costs are short, we will still strive on to serve the elderly with "Words" as a means.

善待他人，即是最善待自己。

When you're good to others, you are doing the best to yourself.



## 終可紓解用藥心結 助我重現真摯笑容

隨著人口老化及疾患的年青化，本港現時有近20%人口屬長期病患者，即逾163萬人每日需要服食藥物，以免病情進一步惡化及影響健康。而65歲以上人士中，有超過80%人患有一種或以上的疾病，並以患高血壓、糖尿病或心臟病等佔最多數。

有見及此，聖雅各福群會希望透過藥劑師上門探訪行動不便的病人，以到戶形式關注他們服食及處理藥物的問題，增強他們及其家人對用藥的知識，提升他們照顧個人健康及控制病情的能力，繼續可以留在熟悉的社區生活，以達到「全民健康」的理想。

年屆八十的許婆婆，獨居公屋單位，因骨質疏鬆和血壓不穩定而要服食血壓藥、維他命D和鈣片。由於一直與子女關係疏離，無人照料，而且對藥物知識有限，社工家訪時發現家中竟存有一大袋2013年份的各類藥物，大部份已屬過期；另有部分藥物的服食劑量是需要切開服用，許婆婆卻是用生鏽的剪刀把藥物切開，情況令人擔憂。

社工及後把許婆婆的個案轉介惠澤社區藥房，於短時間內便安排藥劑師上門探訪，協助重新整理所有藥物。為提升許婆婆對藥物的依從性及安全性，藥劑師送贈一個藥盒和切藥器給她，教導許婆婆把藥物妥善存放在藥盒內，並利用切割藥物準確地切出所需藥物的劑量，同時又講解存放藥物的位置，再三提醒許婆婆不要再用又霉又發黃的膠袋包裹藥物，也不要放在廁所或廚房等潮濕地方，而每天亦需按時早午晚服藥。

「我現在知道要用藥盒存放藥物，又明白了藥物的藥效和副作用，從前一直有疑問，但又不知有誰可以幫助我。」經藥劑師細心解釋後，許婆婆不期然展露自信的笑容，也連聲向我們致謝。許婆婆心裡的藥物問題，如今找到合適的專業人士一一道出，藥劑師耐心的聆聽，讓她感到被尊重和被關心，言語間亦抒發自己長期病患的憂慮。

最後，我們送了一本「知藥用藥」的小冊子給許婆婆，並鼓勵她每天定時到附近的長者地區中心活動和量血壓，把血壓指數記錄，好讓下一次到醫院覆診時能清楚告知醫生，能有效控制病情。

許婆婆在送別的時候，臉上展現了可愛真摯的笑容，並且連聲道謝，並感謝善長的善心，在忙碌中無忘獨居長者的需要。

## Medication Difficulties Resolved Simile Appears Again

With population aging and people having diseases at a younger age, nearly 20% of the population in Hong Kong is chronic patients. It means that 1.63 million people need medication each day to prevent conditions from getting worse. Of those over 65 years old, more than 80% have one or more illnesses with hyper tension, diabetes and heart disease at its most.

Therefore, SJS wishes to get pharmacists having home visit to patients who are with mobility difficulties in order to look into problems associated with medicine taking and handling, to strengthen their medicinal knowledge and to enhance their ability in looking after their own health and control of their condition. In this case, they can keep living in an environment where they are familiar to and hence achieve the ideal of "an entire healthy population".

Grandma Hui, 80 years old, lives alone in a public housing unit. Since she has osteoporosis and unstable blood pressure, she has to take the blood pressure medicine, vitamin D and calcium tablet. The relation between she and her children is bad and hence she has nobody to take care of. With limited medication knowledge, the social worker found that she keeps a huge bag containing all sorts of medicine dated back to 2013 and mostly of them have passed the expiry dates. In addition, some of the pills have to be cut into half and she does that with a pair of rusty scissors which makes everyone worry.

Later on, the social worker referred her case to Philanthropic Community Pharmacy. The Pharmacy then quickly arranged a pharmacist to pay a home visit, helping to sort out all her medicine. In order to raise her medical compliance and safety, the pharmacist gave her a pillbox and a cutter to place medicine properly into the pillbox and to cut the medication into corrected dosage. Also, she gave simultaneous explanation on proper storage location. She was repeatedly reminded not to use the old plastic bags to wrap medicine and never put them in damp locations, such as the toilet or kitchen. Equally important, she has to take the medicine on time!

"Now I know the need of using a pillbox to keep the medicine and understand the efficacy and side effects of the medicine. In the past, I always have questions regarding my medication; however, I have no one to help." With the pharmacist's explanation, a smile with confidence appears and Grandma thanked us repeatedly. Her questions were solved. The pharmacist's patient listening provides her with a sense of respect and care. In addition, during the conversation, she can also expressed her worries of being a chronic patient.

Finally, she was given the "Know Your Own Medicine" booklet. We encourage her to visit the elderly center everyday in joining different activities and checking the blood pressures. By having the index marked down, she can tell the doctor clearly in next medical checkup for effective illness control.

A lovely smile appeared on Grandma's face as she sent us off. She thanked us repeatedly and expressed her gratitude to the benefactors for their kindness that they take time in helping the needy in their busy schedule.



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We Need Your Donation



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## 「到戶藥療檢視服務」 知其藥、用其藥

「幸好有你們的幫助，否則我不會知道如何正確用藥！」獨居的陳女士感嘆地說。陳女士患有多種的疾病，包括高血壓、高血脂、腦退化症、抑鬱症等等，每天所需服用的藥物超過十種或以上。藥物繁多已讓陳女士很苦惱，認字有困難更讓她無法好好了解每種藥物的用法，導致忘記服藥或錯誤用藥。不正確用藥使陳女士的病情反覆不穩，如陳女士長期服用低劑量的抗抑鬱藥物，導致她長期情緒低落。

經社工轉介，陳女士認識到本會惠澤社區藥房的「到戶藥療檢視服務」，藥劑師及配藥員定期探訪陳女士，以提供正確的用藥資訊。在探訪當天，陳女士明顯對探訪表現出十分欣喜，因為她在港無親屬，受情緒病影響令她不願主動與外界接觸。

檢視陳女士的藥物時，藥劑師十分訝異地發現她仍保存了舊有的藥物，並與現時的藥物混搭服用。混亂的用藥情況使陳女士的病情不穩，甚至有機會引致不可逆轉的疾病，如中風。這不僅影響了陳女士的生理情況，更甚的是影響她的精神狀況，使她一直情緒低落、睡眠質素變差等。

藥劑師及配藥員就每種的藥物向她作出詳細解釋，以及教授正確用藥的方法，讓陳女士明白不可再把舊有藥物與新藥混淆使用，達到「知藥用藥」之果效。我們更為陳女士安排每種藥物服用的時段，及送贈按時段分格的藥盒，讓她更清晰地按時需服用的藥物。在臨別前，陳女士能成功告訴我們每種藥物的用法，以及服用時間。

「感謝你們的探訪，我真的沒有用，又沒有記性，之前都是隨便食藥！」陳女士自卑地說。我們的探訪不僅提供正確的用藥資訊，更扮演每一位個案的聆聽者，在他們的生命中，特別是在藥物使用方面成為他們的鼓勵者，就好像陳女士一樣漸漸重建自己的社交圈子，慢慢步離孤單的生活。

聖雅各福群會的藥房十分重視藥療輔導，我們深信正確用藥是治療過程的必要條件，面對藥物不了解的陳女士只是眾多個案的冰山一角。我們正努力為更多的病人服務，但在資源有限的情況，能服務的個案數量始終有限。我們正籌募更多的善款以服務更多有需要的病人，施善支票抬頭：「聖雅各福群會」，支票背面可指定：「惠澤社區藥房」。施善查詢：8107-8324或2835-4321。

## Outreach Medicine Inspection Service Know Your Own Medicine

"I will not be able to take my drugs correctly without your help!" said Mrs. Chan, who lives alone. She is suffering from a variety of diseases like high blood pressure, high blood lipid, dementia, depression and anxiety so she needs to take 10 types of medications per day. What makes the situation worse is that she could not read properly. Therefore, she is not able to handle the complicated drug regimen and forget to take some of the medicines. As a result, she has not been eating the depression drugs correctly so she has been in low mood.

The case was referred to the pharmacist in SJS Philanthropic Community Pharmacy and we actively visited Mrs. Chan hoping to improve her situation. On the day of visit, Mrs. Chan looked very happy and enthusiastic as she did not have any family members or relatives in Hong Kong and no one visit her.

We had a check on the medications that Mrs. Chan was taking. We were shocked that Mrs. Chan had been keeping the old medications that she did not need. She also mixed up the current drugs with the old one as she stored her drugs improperly in unlabeled boxes. The results of omitting such drugs can be disastrous: she has a high chance of developing cardiovascular diseases like stroke if her blood pressure is not well controlled. Her mental conditions were also worsened as she did not take a correct dose of depressive medications, which was reflected by Mrs. Chan that she had been so anxious and in low mood that she could not sleep well.

The pharmacist and dispenser have been explaining the use of every drugs to Mrs. Chan patiently and slowly as well as identifying the drugs which Mrs. Chan needed to take and which drugs were obsolete so she would not mix up the current drugs with the old one again. After that, the pharmacist carefully planned the administration time of each drug. To make sure she would remember to take the correct drugs at the right time, they gave her a drug box which was divided in different times of a day and the drugs needed to be taken were put in the respective boxes. After the consultation, Mrs. Chan was able to recall the drugs she needed to take at each day.

"It is so good for you to come and visit me. I am useless and so forgetful that I just take the drugs randomly everyday". Mrs. Chan felt alone but she was afraid of talking with others as she had a low self-esteem and she was anxious. Therefore, we also acted as a listener so that she could tell us all her concerns and worries. In addition to the compliance to drug therapy, we encouraged her to go to social service center nearby so that she could share her problems with others. We were delighted that Mrs. Chan felt much more relieved after our encouragement.

Pharmaceutical consultation is the service that we treasure as it is a compulsory condition to take medication correctly during the treatment process. With the help of pharmacist and dispenser from St. James Settlement, Mrs. Chan could handle her own medications better and be prepared to adapt to the society again. We believed that the case of Mrs. Chan is just the tip of the iceberg and there are a lot more cases which require the pharmaceutical consultation. We are obligated to help more patients in need. However, due to limited manpower and resources, we can only offer limited outreach medication counseling services. For such a meaningful services to serve more, your support is of great importance. Your donations can make a large change on other patients who are in great need. Don't hesitate and please support the work of SJS Philanthropic Community Pharmacy! Please make your cheque payable to "St. James' Settlement", indicating on the back that it is for "Philanthropic Community Pharmacy". For enquiry, please call 2835 4321 or 8107 8324.



## 為無依弱老 送上飯煲與關懷

天氣寒冷，在這時候，能夠吃上一口熱飯，喝上一口熱湯，對於年老體弱的長者來說尤為重要。雖然購買一個電飯煲只需要兩百元左右，但對於經濟緊拙，沒有家庭支援的長者來說，卻是一筆不少的支出。為了省錢，他們只能繼續使用已經損壞的電飯煲煮食。這些電飯煲有的外殼破損、有的內膽生鏽、有的時常跳掣，對長者的家居安全和身體健康構成了一定的威脅。有些沒有電飯煲的長者更會使用火水爐煮食，一旦點火不慎，就會引發火警，十分危險。為了使長者能夠安全、健康地煮食，我們的義工團隊這次出發到了元朗、天水圍等較為偏遠的地區，為有需要行動不便的長者送上電飯煲。

「你地終於來了，唔好意思，麻煩你們來咁遠的地方，仲要到處搵路」。擔心我們找不到入村的路，一接到電話，林婆婆就來到村口等待我們。林婆婆的丈夫離世後，她就一人獨居在元朗某村落的鐵皮屋內，每月僅靠三千多元的綜援金生活。由於患有青光眼和白內障，婆婆不敢用明火，平日僅靠兩個電飯煲煮食，一個用來煮飯，一個用來煲湯。但最近用來煮飯的電飯煲內膽破損，開始出現漏水的情況。無奈的林婆婆只能將其棄置，僅靠餘下的一個電飯煲應付日常煮食，十分不便。有見及此，醫務社工向「電器贈長者」計劃提出了申請，希望能夠幫助婆婆獲贈一個電飯煲。考慮到林婆婆生活貧困，缺乏家庭支援，負責社工決定贈送一個電飯煲給婆婆，以減輕其生活上的困難。熱心的義工幫助婆婆在狹窄的房內清空出地方放置電飯煲，令婆婆十分感動：「你地真係好細心，好關心我地呢啲老人家，多謝你地」。婆婆還堅持送我們到村口，與我們依依惜別。

離開林婆婆後，我們去到天水圍探望與太太同住的莫伯伯。莫伯伯夫婦二人相依為命，每月僅靠六千多元的生活。最近婆婆因為肺部不適，急需接受手術，沒有其他親友支援的他們唯有從綜援金拿出三千多元支付手術費，不幸的是平日使用的電飯煲又壞了，不能繼續使用。生活捉襟見肘的他們實在無法支付購買電飯煲的費用。這令伯伯十分焦急：「個電飯煲壞咗，我都唔知點樣煮飯食。佢（婆婆）啱啱做完手術，要補充營養」。幸好有社工知道兩老的苦況，幫他們申請一個全新的電飯煲。探訪時，義工不僅耐心地指導伯伯使用電飯煲的方法，還注意到婆婆身上貼有膏藥，提醒婆婆一定要注意用量，不要因為疼痛而過量使用，令兩位長者感到很窩心。婆婆感慨地說：「平時我地兩個喺屋企，都無咩人嚟探我地，好耐都無試過咁熱鬧，咁開心了。」

一個小小的電飯煲，不僅能夠幫助像林婆婆和莫伯伯夫婦這樣的長者減輕生活負擔，更能讓他們感受到他人的關懷與愛護，為孤苦無依的晚年生活給予絲絲溫暖。



## Rice Cooker and Care for Lonely Elderly

It is heavenly to have a meal of hot rice with hot soup when weather is cold. It is more welcomed for an elderly. The price of an electrical rice cooker is about a couple of hundreds but it becomes unaffordable for elderly who are financially constrained or in lack of family support. In order to save money, majority of the living alone elderly continue using rusted and cracked cooker for cooking. Such old cookers may easily cause short circuit of electrical power or even fire which will endanger the life of elderly. When the elderly do not have an electrical rice cooker, they will use kerosene stove instead. Such flame cooking is more dangerous than electrical cooking. Therefore our volunteer team goes to Yuen Long, Tin Shui Wai and other deserted area to delivery rice cookers to the elderly in need.

Grandma Lam hurried to the village entrance and greeted the volunteer team after she hanged up the phone, "Finally you are here. I feel sorry that you have to travel so long and have difficulties in finding the way." Grandma Lam has been living alone in an iron-sheet hut in a remote village of Yuen Long since her husband died. She receives HK\$3,000 a month from Comprehensive Social Security Assistance (CSSA) Scheme. She suffered from glaucoma and cataract. She does not dare to use flame cooking due to her poor eye-sight. She has two cookers: one for cooking rice and another for boiling soup. Recently the cooker for rice is damaged and leaking water. Grandma Lam has to discard it unwillingly. Medical Social Worker helped her apply for a cooker through Electrical Appliance for the Elderly Program. The volunteer arrived and helped her clear the space for the new cooker. She is so pleased and grateful, "It is very kind and thoughtful of you. Thank you for caring us the old people." She insisted to see us to the exit of the village when we took our leave in that visit.

After leaving Grandma Lam we went to visit Uncle Mok who lives in Tin Shui Wai with his wife. The two living together and receive HK\$6,000 a month for their daily necessities. Mrs. Mok has trouble in her lungs and needed operation. No one can help her with the medical expenses and she has to take out HK\$3,000 from the granted fund of CSSA Scheme. Unfortunately, the cooker that they used is broken. Uncle Mok was in despair because he could not use the cooker to cook nutritious food for Mrs. Mok whom had been operated recently. It was lucky that the social workers learned about it and helped them applied for a brand new cooker. They visited the couple and taught them how to operate the cooker. The volunteers also reminded Mrs. Mok not to apply too many and too long of the paid relief plasters. Mrs. Mok was touched by the care and concern of the volunteers. She further admitted, "It is very seldom that our house is full of visitors. Today is a very happy day."

The power of an insignificant rice cooker is great. It helps Grandma Lam and Mr and Mrs. Mok relieve their daily burden. And it brings care and love to the lonely elderly.

一個電飯煲不但能解決長者生活所需，更能讓長者感到社會的關懷。A rice cooker not only provides the basic needs as well as caring for the elderly.



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## 炎夏急需雪櫃 供弱老保鮮食物

容婆婆與患上腦退化症的丈夫相依為命，兩口子依靠微薄綜援金過活，過著「有得一日得一日」的苦痛日子。「使用多年的雪櫃終於捱不住了，底部漏水，裡面完全不凍。」正在苦惱在沒有雪櫃，食物如何保鮮之時，不幸的事又再發生 - 容婆婆丈夫不慎被雪櫃漏出來的積水滑倒受傷，自始需要長期臥床。

「我身體唔好，腰椎僵直令我坐立難安，所以我習慣一次買幾天餸菜，當身體不好時，也能在家煮食，照顧三餐。」容婆婆看著使用多年的壞雪櫃，冷藏功能完全喪失，伴有蒼蠅在內格滋生，不禁流下淚來：「活到如此境地實在很絕望，雪櫃壞了不能使用，我那有錢買個新的？」容婆婆現時將所有食物放於室溫，包括兩老每天早餐必需享用的鮮奶、隔夜飯菜及鮮肉等。隨著夏天即將到來，食物會更快變壞，吃下肚子實在危機重重。擔心容婆婆兩老的健康，地區社工立即向「電器贈長者」計劃求助，希望可迅速協助容婆婆添置雪櫃，讓他們不用冒著吃壞肚子的風險。

同樣需要一部雪櫃的，還有獨居無依的蘇婆婆。「我患上嚴重的糖尿病，需接受胰島素針藥治療。醫生叮囑我一定要將藥水冷藏，以防影響藥效。我實在不好意思告訴別人家中沒有雪櫃，依靠綜援的我也實在無力負擔這麼昂貴的電器，唯有放在屋裡較陰涼地方就算了。」擔心著蘇婆婆的病情因而受到影響，社工同樣向「電器贈長者」計劃求助，期望可短時間內為蘇婆婆覓得一台能冷藏藥物的小型雪櫃。

你願意伸出慷慨的援手，解決容婆婆和蘇婆婆迫在眉睫的緊急處境嗎？你願意捐助每位長者\$1,000，幫他們添置一部性能良好的小型雪櫃，讓他們可以於炎炎夏日使用雪櫃保鮮食物，吃得安心又健康嗎？「電器贈長者」計劃於本月所舉行的「雪櫃徵集月」，有意施善助貧老能改善生活的善長，懇請與位於香港灣仔石水渠街85號一字105室的收集點聯絡，或致電施善熱線：2835 4321 或 8107 8324。



## Urgent Need of Refrigerator

Grandma Yung lives with her husband who has dementia on the meager CSSA, which can be said as a sad and painful living. "The fridge we have been using for years is broken down with no freezing function." While worrying how to keep the food fresh without the fridge, her husband fell down due to water leaking from the fridge and hence has to stay in bed for recovery,

"My health is not good and stiffened back makes me uncomfortable all time. I am used to buy enough food for several days in order to cook at home even when I am not well." With no freezing function, there are many mosquitoes flying around. Grandma said with tears, "Life in such a situation is dire. The fridge is not working but how can I have the money to buy a new one?" At the moment, she can just leave all her food, including milk, meals leftover and fresh meat etc, at room temperature. With summer coming soon, the food will spoil quickly and thus it is of high risk of food poisoning. The social worker, concerned about health of the couple, approached "Electrical Appliances for the Elderly Program" for help, hoping to quickly get them a fridge in avoiding the risk of food poisoning.

Having the same need is living alone Grandma So. "I have serious diabetes, requiring insulin injection. The doctor told me to keep the ampoules in the refrigerator, but it was too embarrassed to tell him that I have no fridge. As I am relying on CSSA and cannot afford such an expensive item, so I just put them in a cooler location where is away from direct sunshine. The social workers worried that it could affect her condition and hence seek help from "Electrical Appliance for the Elderly Program", hoping to shortly get her a small fridge.

Will you be generous enough to extend a helping hand to resolve urgent needs of those deprived elderly? Every donation of \$1,000 will get a functional fridge for them to keep food fresh in hot summer days and to stay healthy. The "Electrical Appliance for the Elderly Program" will conduct a "Donation for Fridge" this month. Benevolent donors please contact our collection point at Room 105, 85 Stone Nullah Lane, Wanchai or call us at 2835 4321 or 8107 8324.

一部具冷藏功能的雪櫃，正是炎炎夏日長者家中的必備家電。

A fridge with cold storage function is essential for summer in the elder's home.



## 去除不安感的 閃燈門鐘

「有次我出去買菜，太太留在家，返到家才發現原來我忘了帶鎖匙，於是大力拍門，但太太一直沒有回應，我心裡愈來愈焦急，心怕她發生意外，最後找來鎖匠開門，她才知道有人在門外。那次，我才驚覺太太已完全失去聽力。當我不在家，她就完全與外隔絕！」王伯很擔心地說。

王伯今年79歲，太太比他大3年。相較之下，王伯的身體比太太看來好得多。由於太太行動很差，很少外出，平日兩口子的溝通，因著大家早已適應對方的生活習慣，不用太多言語，照顧者王伯也明白太太的心意。於是在不經覺下，原來太太的聽覺已經嚴重退化。轉介社工得知王伯太太的需要，於是申請「長者家居維修服務」安裝閃燈門鐘。

「太太行動不便，現在家中的事務大多由我負責。每天的膳食由我去街市買，準備好之後才由太太煮。太太身體狀況不好時，就由我求其煮一餐，但求飽肚。」探訪的這天，只有王伯在家。「太太早幾日入了醫院，我這幾天都是來回醫院探望她。」義工師傅知道伯伯心繫太太，馬上進行工程。

完成安裝工程後，王伯試按門鈴，「嘩！會閃動的門鐘，聲量又特別大，下次我忙記帶門匙，太太靠著這門鐘，一定知在門外。多謝師傅，多謝姑娘！我們老人家真的見識少，一來不知道坊間有這種幫弱聽長者的門鈴，二來你們的服務是可以幫助我們這些沒有經濟能力的長者。幸好認識你們，否則我們也不知道怎樣好！」

一個簡單的門鈴，可以解決弱聽或失聰人士及其照顧者每天生活的疑慮，保持他們跟外界的聯絡和接觸，去除不必要的不安。



## Flash Light Door Bell for Deaf Dispels Unease

"That day I went out for groceries, leaving my wife at home. When I came back I found I had forgotten to take my door key along. I kept banging on the door but got no response. I became more and more anxious, for fear she might have had an accident. Only after I had secured the help of a locksmith did she know I was at the door. The incident shocked me into realizing that my wife had lost her hearing altogether, that she was completely cut off from the world when I was out." Uncle Wong was very worried.

Uncle Wong is 79, his wife three years older. He seems to be in much better health, while she seldom goes out due to difficulty in walking. They are so used to living together that not many words were necessary for them to communicate. Uncle Wong, who is the caretaker, knows very well what she wants. So he was not aware how badly her hearing was gone. Learning of Mrs. Wong's needs, a social worker applied to our Elderly Home Maintenance Service for a Flash Light Door Bell to be installed in their home.

"My wife has trouble moving about. I am responsible for most of the house work. I go to the market everyday for groceries, then prepare them for her to cook. When she's not feeling well, I do the cooking anyway I can, just so we have something to fill the stomach." On the day of our visit, only Uncle Wong was home. "My wife was hospitalized a few days ago. I have been running back and forth to visit her everyday." Knowing that she weighed on his mind, the volunteer went to work right away

Uncle Wong tried the new door bell. "Wow, a flashing door bell, and it rings so loud too! The next time I forget the door key, my wife will for sure know I am outside. Thank you, thank you both for making the arrangement and the installation! We old people are so ignorant. We didn't know such door bells exist that can help people who are hard of hearing, nor did we know there are services like yours which help poor elderlies like us. We are so lucky to know you! Otherwise we wouldn't know what to do."

A simple doorbell can ease the worries of a hearing-impaired person and his/her caretaker. It keeps them connected to the outside world, free of unnecessary anxiety.

專為弱聽人士而設的新門鐘，紓解了王伯擔心妻子獨留在家的壓力。

The new doorbell designed for the hearing-impaired eases the burden on Uncle Wong, who is afraid to leave his wife home all by herself.

## 家居小改動 生活更安全

不時聽到長者說「年紀大，機械壞。」隨著歲月過去，有很多長者的活動能力確實大不如前，最常聽到的莫過於關節問題，不是手部關節不靈活，就是雙腳的關節痛。

雙腳關節痛會造成長者行動不便，每行一步都甚感艱難，特別是行斜路和上落樓梯。而雙手關節痛有礙長者處理日常生活大小事務，如：疊衣服、扭毛巾等動作等。

家訪獨居長者，不難發現他們家中的水龍頭都是長年沒有完全關上，原因不單是因為他們為了儲水省開支，而是手部力度不足，也不夠靈活去把水龍頭關上。眼睜睜看著水龍頭不斷流出水來，實在浪費，於是又只好用一個個水桶把這些「多出來的水」儲起來。在狹窄的浴室內存放盛滿水的水桶，左移右移下，弄到一地濕滑，結果好容易引發家居意外！

又有長者仍然使用舊式的電燈開關掣，這款黑色圓形的上下開關掣，因長期使用老化，要很用力才可以推上或撥下，有長者更索性長期不開燈，免弄壞開關掣，對視力日漸模糊的長者來說，日頭不開照明也勉強可以，但入夜後光線是嚴重不足，在陰暗的環境中進食、看電視及進出廚房及廁所，發生家居意外一點也不出奇，萬一跌倒弄傷，不單是身體受苦，失去活動能力和自我照顧能力，要靠別人照顧，心靈也一點不好受。

其實上述情況，只要及早找專業人士評估及經合資格師傅進行相關工程是可以避免的，「長者家居維修服務」以服務經濟拮据、缺乏家人照顧的獨居長者為要，透過義務三行師傅協助改善長者家居環境，就好像上述長者的家居需要，義工上門把舊式水龍頭改裝為可撥式的水龍頭，長者就很容易把水龍頭完全關上；而把舊式照明系統的開關掣，更換成為大型的按鈕款式，無疑方便長者使用，鼓勵他們不再摸黑生活。

小小的改動，就可免去不必要的家居意外，做多一點就能減少一個危機，助貧弱獨老安居養老。服務所有經費經募集而成，呼籲善長慷慨支持，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 4318聯絡我們。

長者手力不足，很難把舊式十字水龍頭完全關上。  
Elderly with not enough wrist strength is hard to close the old type tap.



更換手撥式水龍頭，減少長者囤積食水情況，去除地面濕滑而跌倒的危機。  
Replacement by lever type faucet reduces spilling of bucket water and hence eliminates risk of fall due to wet flooring.

## Minor Domestic Modification Provide a Safer Living

We often heard from the elders that "Body function get worse with aging". When time passes by, the elderly definitely are not as agile as before. Usually, they are with joints related problems, either on wrists or legs pain.

Having pain on leg joints due to arthritis makes elderly movement difficult, tackling especially climbing up and down stairs; while wrist joints pain hinders their daily lives in actions like folding clothes and wriggling towel, etc.

By vising the living alone elderly, we always find that the faucet is not closed tightly with water leaking. It is all because they have not enough power to close it tight. Instead of watching the water being wasted, buckets were used to catch for stock. However, keeping buckets of water around in a confined area easily constitutes domestic hazard such as spillage in moving them around the wet floor!

Some elders are still using the old light switches which are small, black and round in shape. It requires a hard push flipping on/off over. Thus, some elderly simply reject to switch the lights as they worry to damage the switches. It may still be fine during day time for elders with impaired eyesight, but would be grossly inadequate at night and easily cause home accident while having meals, watching TV, getting in and out kitchen and toilet. Hurt by fall not only pains them physically and the potential loss in mobility and self-care ability calling for other to look after would demoralize their spirit.

In fact, the above situations are avoidable by an early call for assessment by professionals and fix by tradesmen. "Elderly Home Maintenance Services" provides services for living alone elders with financial difficulties. With the help of volunteer electricians and pipe-fitters, living environment can readily be improved by changing to lever type shut-off to completely close the tap; and the use of large touch on/off switches will unquestionably encourage them not to stay in darkness.

Minor changes will eliminate preventable domestic accidents, such risks are avoided with just a little more work in caring for living alone elders. We are now calling on the benefactors for support. Please mail your donation by cheque, beneficiary "St. James' Settlement", indicated at the back for "Elderly Home Maintenance Services", to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong or contact us at 2835 4318.

## 小行動 大意義

阿發參加了「後顧無憂」規劃服務的義務工作多年，經常身體力行支持「後顧無憂」規劃服務。有時為了服務長者，他甚至會特地調動工作時間來配合。工作人員有時向他表達感激：「今次麻煩你了！多謝你！」，他總會笑笑口地說：「沒有麻煩我呀！不用這麼客氣！」阿發，還有他的好拍檔阿欣總是義不容辭、不求回報。

「沒想過今時今日在香港，仍有90幾歲的婆婆獨居在山上的鐵皮屋，每天燒柴煮食。由於居住附近沒有任何公共交通工具可達，每次下山買日用品和覆診，婆婆都要Hitchhike（截順風車），又或要花個幾鐘徒步落山。高歲婆婆，身體弱，身邊又沒有親人關顧，我想而之平日的支援是十分缺乏的。」義阿發第一次探訪婆婆後一臉感慨。

梁婆婆，92歲，丈夫於4年前離世。自那時開始，婆婆便獨自在山上生活。由於年紀漸老，身體大不如前，加上丈夫離世後，她倍感孤獨與寂寞。

為回應因年長而身體狀況轉差的服務使用者，「後顧無憂」開辦了新服務——「耆義果」行動——住院關顧計劃。計劃重點以配對耆老和義工，藉義工的力量向一批需重點照顧的長者送上關心和問候。就這樣義工阿發和阿欣就負責定時探訪及關懷梁婆婆，令梁婆婆可得到持續性的關心和及時的支援。

在首次探訪期間，梁婆婆表示鐵皮屋頂上堆積了淤泥，引致屋頂旁的去水管出現淤積，下雨時屋內總會滴水及容易水浸，令她擔心不已。原來從前是由丈夫負責這些工作，但如今她實在無能為力。阿發聽到後就二話不說的問梁婆婆取了一把梯子及掃帚，在安全的情況下，把婆婆屋頂及去水管的淤泥掃了下來，並清理乾淨，馬上紓解了婆婆的擔心。

此外，大家得悉婆婆沒有能力把柴房裡的洗衣機取出來使用，於是阿發和阿欣又馬上出動，從那間充滿雜物及灰塵的柴房裡搬出洗衣機，接上電源後讓婆婆可以使用。而細心的阿欣更為婆婆從山下購買熱湯及水果，溫暖婆婆的心靈。「真的很幸運，社會上還有你們這些好心人，如果沒有你們來訪，生活實在很徬徨……」，婆婆緊緊握著義工的手衷心地感激。

雖然義工所做的事情，對他們來說是舉手之勞，但對梁婆婆卻是具有莫大的意義！



## Little Help Can Mean a Lot

Ah Fat has been working devotedly as a volunteer under the "Pre-paid Funeral Navigation Service" for years. For serving the elderly, he would even re-schedule his work. "Many thanks to you!", when our colleagues in charge of the program expressed their thankfulness to him, he would always smilingly say, "It's nothing at all! Don't mention it!" Ah Fat and his partner, Ah Yan, never decline an assignment or expect any reward.

"It is quite surprising that nowadays in Hong Kong you can still find someone in her nineties living alone in a galvanized-roof hut up in a hill and using log-fire for cooking. As her neighborhood is not accessible by any public transportation, she has to go downhill to buy groceries or see a doctor by hitchhiking or walking for more than an hour. The aged and feeble grandma, without any family to turn to, has conceivably very limited support in her daily life." Ah Fat felt very sorry for Grandma after paying her a visit for the first time.

Grandma Leung, 92-year-old, started living alone up in the hill when her husband passed away 4 years ago. Her health situation is worsening as she ages and she feels very lonely as her husband can no longer be around.

To address to the need of our clients whose health deteriorate as they get aged, we have launched a new service: "Reach & Enrich" - Caring for the Deprived Elderly. The core of this new service is to get the elderly and our volunteers paired up so that more intensive care by our volunteers can be extended to the elderly in need. Under this program, Ah Fat and Ah Yan have committed to visit Grandma Leung regularly to give her lasting care and opportune support.

During their first visit, Grandma said some mud had accumulated on the galvanized roof blocking the drainage pipe there. There was always water dripping when it rained. Grandma worried that her hut might get flooded. Her husband used to do the clearing of mud on the roof, but now it is beyond her ability to do this kind of labour. Ah Fat then without any hesitation asked Grandma to get him a ladder and a broom. Making sure the working condition is safe, Ah Fat started to clear away the mud on the roof and in the drainage pipe and cleaned up the roof. This immediately helped reduce her worry.

When Ah Fat and Ah Yan came to know that Grandma was unable to take out the washing machine from the logs storage room, they made quite an effort to remove the washer from that storage room filled with stuff and dust. The wire was plugged properly and the washer was then available for use. Ah Yan had attentively bought Grandma some hot soup and fruits making her feel very warm with their care. "I feel so lucky that I can meet the kind-hearted people in society like you. If no one comes to see and help me, I would feel very worried and helpless." Grandma held their hands eagerly to express her gratitude.

It is an easy task to our volunteers, but it means a great deal to Grandma Leung!

梁婆婆每天在山上孤獨的生活，「耆義果」義工的阿發和阿欣，定時關懷和協助解決日常生活上遇到的問題，大大紓解她的困擾。  
Grandma Leung lives alone up in the hill. Ah Fat and Ah Yan, volunteers under the program "Reach & Enrich", visit her regularly and help solve problems in her daily life. Their care has helped reduce her trouble and worry.





## 給予無依長者一份祝福

每天打開報章，最害怕的還是看到獨居長者倒斃家中，及後才被發現的悲劇報導。對於這班曾為香港建造繁華的長者，本來就應該被關懷、被照顧，讓他們能夠在晚年，在舒適的地方走上最後一段路。我們都會有老去的一天，在自己還有照顧他人的能力時，我一直都在問：「我能為長者做些什麼？」

透過朋友的介紹，認識了聖雅各福群會的「電器贈長者」計劃。了解到計劃主要協助經濟匱乏、沒子女照顧的無依長者。從來沒想過在香港這個繁華的社會，老人會因財困未能購買熱水爐而每天過著煲水沖涼的日子；從來沒想過老人會因窮苦未能購買雪櫃而吃下變壞食物；更從來沒想過老人不捨得花費而勉強使用電線外露、內膽破爛的電飯煲煮食。長者臉上的皺紋，刻劃著他們年輕時的努力和拼搏，為了捨不得他們晚年生活過得如此淒涼，我決定接觸計劃負責人，希望可盡點綿力協助需要的長者。

與計劃社工傾談，了解到「電器贈長者」計劃沒有政府及基金的穩定支持，在緊拙的資源下仍需照顧全港九新界長者的龐大需要，立心決定作出捐助。與此同時，我會到訪不同的電器供應商，希望可獲得折扣，在有限的資金下可購買更多數量的電器，讓更多長者受惠。計劃社工告訴我，在選購電器時，必須考慮長者的家居環境、使用簡易度、呎吋等，讓長者收到電器後也不會為著如何使用而感苦惱。在社工的安排下，我帶著新購買的電磁爐到訪長者家中，在教導長者使用的過程裡，深深感受到長者在適應新電器上，會承受著壓力及不知所措。捐助要「到位」，這是我從探訪中領悟到的。

而另外長者的家電需要，在不同的季節亦有所不同。如在炎炎夏季，長者申請風扇、雪櫃的數字會增加；而步入秋季後，暖風機、電熱水爐等正是計劃急需籌募的。作為計劃的捐贈者，我必須考慮當刻計劃中長者的家電需要，捐助合適他們使用的家電，讓服務可以「適時」及「到位」。

除了為長者送上他們需要的家電，我亦希望同時可送上給予他們衷心的祝福、真摯的關懷，讓他們感受到來自社區的關心，即使年老病弱也會獲得他人的照顧，亦是他們應該享有的。期望自己可以邀請更多身邊的朋友，捐助「電器贈長者」計劃，讓更多的長者可獲得照顧。

## Blessings for the Helpless Elderly

My worst dread on opening the newspaper everyday is to see reports of elderly people living alone having been found dead at home. These seniors who have played a part in building Hong Kong's prosperity deserve care and concern in their old age to finish the last leg of life's journey in ease and comfort. We all will grow old one day. While we are still able to care for others, what can I do for the elderly? This is a question I have often asked myself.

St. James' Settlement's Electrical Appliances for the Elderly Program was introduced to me by a friend, who told me that it helps needy elderly persons who have no offspring to look after them. It had never occurred to me that in this prosperous city there could be old people who are too poor to buy a water heater and must boil water for their daily bath, too poor to buy a fridge and wind up eating spoiled food, much less cooking with a rice cooker with a broken inner pot and exposed wire – old people whose faces are full of wrinkles carved by exertions in their youth. The thought of their desolate life is unbearable to me. I decided to contact the director of the program, in the hope of offering what help I could.

From the social worker in charge I learned that the Electrical Appliances for the Elderly Program is not backed by steady funding from government or foundation. Its resources are meager, yet it endeavors to meet the tremendous needs of needy elderly persons throughout Hong Kong, Kowloon and the New Territories. I decided to donate to it. I shopped at different suppliers for best prices that would enable me to buy more appliances with my limited funds. The social worker also told me that, in purchasing an appliance, it is necessary to consider the elderly person's living environment, how easy it is to operate the appliance, and its size, so that the recipient won't be troubled by how to use it. Then, following an appointment made by the social worker, I called on the elderly person, carrying a newly purchased induction cooker. As I taught him to use the cooker, I was struck by the stress and helplessness he felt in trying to adapt to the new appliance. Any donation we make must be on target and really meet the recipient's need, I learned from the visit.

Elderly people need different appliances in different seasons. In the heat of summer, more of them apply for electric fans and refrigerators. In autumn the need for fan heaters and water heaters are in more urgent need. As a donor I must bear in mind the needs of the elderly at the time if I am to send them suitable appliances. The service must be timely as well as on target.

While presenting the elderly with what appliance they need, it is also my wish to give them my heart-felt blessing and concern, to make them feel that they are remembered, that they deserve to be cared for in illness and old age. I hope more friends will contribute to the Electrical Appliances for the Elderly Program, and more elderly people will be cared for.

## 我在105室的看見

去年二月的某天，在朋友的介紹下，我走進了這棟紅色的建築物的一樓，一間門外寫著「松柏之聲」的房間，敲一敲了門：「你好，我是來做義工的。」就這樣，我就正式開始了在聖雅各擔任義工的日子。

時間過得很快，不經不覺已一年多了。當初抱著一點好奇，二分緊張來到聖雅各，緊張是因為我之前完全沒有當義工的經驗，加上我生性有點怕默生。幸好，負責安排工作予我的姑娘十分親切，在密密麻麻的工作房間，先為我安排了一個寧靜的環境，耐心地解釋我將要協助的事——就是幫忙整理一些文件及輸入電腦資料，明白工作要求後，我漸漸放鬆下來，開始人生第一次的義務工作。

對我而言，那個細小的房間好似是一個潘朵拉的盒子，令人充滿著好奇，門口掛著醒目的《松柏之聲》招牌，兩邊的窗貼滿了剪報，旁邊掛著「惠澤社區藥房」服務簡介的橫扁。房間裡頭滿佈文件，地上堆滿了各種電器，姑娘解釋，這都是一些善心人士捐贈，回收後再轉贈予有需要的人。除此之外，牆邊的書架則放滿了一個又一個的文件夾，其他角落亦堆滿了琳琳種種的不同服務的資料及物品。時至今天，我還是無法接受這個房間可以容納十個人的事實！

然而，這個房間最令我難忘的並不是裡頭放置的物品，而是那十位拚命地苦幹的職員。雖然我跟他們相處只是短短的一年，但卻感受良多。儘管經常地聽到他們叫苦叫喊——不是忙於回覆電話，就是追趕各樣工作的死線；但是，每當他們談到那些因服務而改善了生活的受助人時，臉上總是掛著笑臉。我心裡猜想，或許這就是他們可以一直堅持下來的原因，同時，他們也感動了我，令我甘心情願地抽出每個周末，以義工身份跟他們一起拚搏！

## What I Observe in Room 105

On a day in February last year, I was introduced by a friend the room labelled "The Voice" at the door in this red building. I knocked and said, "Hello, I am here for volunteer work." That was how I started my day of volunteer work at St. James' Settlement.

Time flies, it is already more than a year. In the beginning, I was somewhat curious and nervous coming to St. James' Settlement. I was nervous because I had absolutely no prior volunteer work experiences; also, I was scared of being in an unfamiliar surroundings. Fortunately, the staff responsible for my work arrangement was extremely cordial. She arranged me a seat in a corner of this small room. Then she patiently explained how I could be of help which was some paper work and computer data input. After knowing the work requirements, I became relaxed and began the first volunteer work in my life.

For me, this little room was like a "Pandora Box". It makes one brimming with curiosity that there is an eye catching "The Voice" signage hanging on the door, windows on both sides stick with newspaper-cuttings and a horizontal banner with service briefs of "Philanthropic Community Pharmacy" by its side. The room was packed with documents and all sorts of electrical appliances. The staff explained that all collections were donated by benefactors for the needy. In addition, bookshelves next to the wall were fully stick with document and files whereas the other corners piled with all kinds of service information and articles. Up to now, I am still unable to accept the fact that this room can accommodate ten people!

In fact, what I can never forget is not the things piled in the room but the ten hard working staffs doing their utmost there. Though I have only been with them for one short year, I was really impressed. One may often hear them grumbling for busily answering the phone or catch-up in meeting various work deadlines; however, each time when they talked about how the services had helped the people to improve their livelihood, smiles always were on their faces. I guess, that is the reason for their tenacity to stay on all along, which has at the same time touched me deeply. This is also the reason why I am determined to spare every weekend to join in their struggle as a volunteer!

## 前列腺癌治療或現後遺症 每周運動3小時減死亡率

前列腺癌是本港男士第三大癌症，由於前列腺癌的發展緩慢，很多患者都能於早期確診，並及早接受合適治療，但患者在手術後卻出現不少生理及心理後遺症，窒礙他們重拾健康生活。有研究指出，患者只是每周運動3小時，便有助恢復健康，並可減低死亡風險，更可重拾生活樂趣。前列腺癌每年發病數目於十年間躍升八成，達1,644宗，死亡率亦增加45%至近300宗。中文大學外科學系泌尿外科教授吳志輝指出，患者只要及早確診，也可以接受不同的治療，如根治性切除手術、荷爾蒙治療及化療等。不過，各種治療方法，均可能出現不同的後遺症，如根治性切除手術，因會切除整個前列腺，需要重新接駁膀胱至尿道，患者可能會出現失禁或勃起功能障礙，影響社交及性生活，增加心理負擔，情緒低落。

近年多個國際研究已陸續發現，運動的正面效果有助舒緩這些後遺症問題，惟很多患者對做運動存在誤解。瑪麗醫院泌尿外科部門主管姚銘廣指出，很多患者以為手術後有傷口，不宜做運動；加上大多數患者屬於年長男士，故又以為年紀大不宜操勞等，但他強調目前的手術屬於微创手術，傷口愈合速度快，適當的運動可以加快康復。

姚銘廣更引述多項國際研究，其中一項在《美國臨床腫瘤協會》發表的研究，指出病人每周持續3小時或以上的運動，可減低各類死亡率達49%，而前列腺癌死亡風險更可降低61%；骨盆肌肉訓練，亦可強化括約肌，提升忍尿機制有助控制失禁。因此建議前列腺癌患者在接受治療時或之後，應有適當的運動，以改善體能及有助患者可以重拾生活興趣。

為響應每年11月全球發起的關注前列腺癌活動，聖雅各福群會與香港物理治療學會，推出協助前列腺癌患者康復的器械訓練，鍛鍊肌肉，並設計了一套健康操，適合患者在家中練習，有興趣參與健康操及器械訓練班的癌患者，可致電2596 2770查詢及報名。



## Side Effect of Prostate Cancer Exercise 3 Hours Per Week Reduces Death Rate

Prostate Cancer is the top three cancer among men. Since the spread of this cancer is slow, most of the patients can be diagnosed in their early stage to receive proper treatment. However, some of them will encounter side effect both mentally and physically after the surgery and hence affects their living. According to a study, exercise 3 hours per week can reduce the death rate and help the recovery. In the past ten years, the rate of having prostate cancer increased by 80%; moreover, the death rate also increased by 45% which is nearly 300 cases in each year. Professional Ng, Professor, Division of Urology, Department of Surgery, CUHK, reminded that if patient can be diagnosed in the early stage, they can receive different kind treatment, such as having surgery, hormone treatment as well as chemotherapy. However, all treatment can lead to various side effect. For example, by removing the prostate, patient can to re-connect the bladder to the urethra, which may led to incontinence or erectile dysfunction. In general, it may affect their social life and daily living.

In recent years, there are lots of international study proved that exercise can release the above side effect. However, many patients have misconception regarding to exercise. According to Dr. Yiu Ming-kwong, Chief of Urology & Consultant, Department of Surgery, Queen Mary Hospital, many patients misunderstand that they are not suitable to take exercise after surgery; also, since most of the patients are old elders, they think their old age is not suitable for exercise too. However, Dr. Yiu emphasized that the existing surgery is minimally invasive surgery, thus, the wound can be healed fast and suitable exercise can speed up the recovery.

Dr. Yiu even cited a number of international research. In one of the published research of American Society of Clinical Oncology, it notified that the death rate can be reduced by 49% for patients who consistently exercise 3 hours or above per week; also, the death rate of those prostate cancer patient can even be reduced by 61%. Regarding to the exercise, Pelvic muscle training can strengthen the sphincter and enhance its tolerance mechanisms, which help to control urinary incontinence. Therefore, it suggests prostate cancer patient should take suitable exercise in improving the living standard.

In response to the global launch of concern for prostate cancer activity in November every year, St. James' Settlement cooperate with Hong Kong Physiotherapy Association in launching the training for recovered prostate cancer patients and designing a series of exercise so that patients can take exercise by themselves at home. For patients who are interested in the training, please contact 2596 2770 for enquiry and enrollment.



# 參與行善之方法

## How to donate in these Programs?



本人/本公司樂意  單次捐助 /  每月捐助 \$ \_\_\_\_\_ 以贊助及支持

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

捐款人姓名/公司：\_\_\_\_\_ 寄件編號(如有)：\_\_\_\_\_

地址：\_\_\_\_\_ 聯絡電話：\_\_\_\_\_

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：\_\_\_\_\_ 支票號碼：\_\_\_\_\_

以信用卡捐助 ( VISA  MASTER)

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

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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，俾本會可奉呈上謝函以及收據，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.

### 查詢及網址：聖雅各福群會

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翻譯義工：黃秀琼 陳美玉 胡友玉 梁達仁  
友情印刷：平偉印務有限公司

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

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