

慈惠月報

The Philanthropy Monthly



一五年七月份 JUL 2015

網址 Website: www.thevoice.org.hk



社工的話 Social Worker's Remark

近日有位來自英國的年青人來訪，他剛在牛津大學畢業，假期回國後到政府社會服務部門工作，此行順道了解香港的社會福利情況。

慈惠服務的辦公室座落在政府資助的長者服務單位同層，這位年青人好奇慈惠服務的營運及服務模式，因為沒有固定的金錢資助下，如何支援這廿多年的服務？

隨著人口老化、經濟通脹、驚人樓價與租金、缺乏退休保障、單身人士增加及家庭支援系統薄弱，獨老、孤老的情況愈來愈普遍，就以「長者家居維修服務」而言，就已經經歷了廿多個寒暑，從鄉郊、山邊到公屋，協助一個個無依長者維修家居；期間幸得無數善長及基金會默默支持，才可以免去長者購買材料費、津助義工交通及膳食。在沒有固定資源下，確實在人手及服務上有所限制，唯靠大家努力把服務傳開，及不斷尋找新資源才可以支持下去。

對於電器的使用，每月維持超過百多長者個案的申請，包括：電熱水爐、洗衣機、雪櫃、電磁爐、風扇等等，這些都是一個基本家庭必需品，唯很多長者卻無法拿額外錢來把殘破不堪的舊家電更換，令自己活在艱難和危險的生活中。這些日用家電可保障他們有暖水供應、可以確保食物儲存衛生、亦可以安全煮食。在炎夏過後，很快又是我們迎接寒冬的「送暖行動」了。

以優惠價錢購買藥物或以資助形式減輕病人及家屬的壓力的「惠澤社區藥房」，現正籌備開辦第三間藥房，大家可想而知這方的需求確實是從沒有減少過，早半年前因為病人申請數目之多，藥房一度無法接收新個案，這迫切的服務需要催使我們把服務開拓！

這位年青人很驚訝這小小的房間，為何有這樣的膽量去挑起這度服務的縫隙，我把這份慈惠月報送給他，也分享這多年來有賴善長及不同專業義工協助才可以回應到服務的需要。未來，隨著一些基金的完結，及寒冬的需要，我們又踏入另一個新挑戰，盼望仍有你同行，與我們繼續服務社會上困乏的一群。

Recently, an Oxford graduate from British comes to our office. He will work in the governmental social service sector after his holiday; thus, he hopes to take the opportunity to know more about the social welfare industry in Hong Kong during his visit.

The office for Charity Project is located on the same floor of a government subsidized elderly center. This young man is full of curious how the Charity Project can run for more than twenty years without regular financial subsidy.

Due to the aging population, inflation, ridiculous housing prices and rent, increasing number of singles, weak family support and connect, and etc, the situation of single lonely elderly becomes common. Taking the "Elderly Home Maintenance Services" as an example, we helped numerous living alone elderly living in public housing estate, rural or even hill side for twenty years. During these years, we are blessed of having support from different donors and foundations so that we can pay for the material expense, volunteer transportation and meal subsidy. Without regular resources, it undoubtedly creates limitation on the service and manpower; thus, we are working hard to promote the service and to search for new resources.

For the electrical appliances, the number of elderly applicants remains over a hundred per month. Those items are all basic home appliances, including water heater, washing machines, fridges, induction stove, fan and etc; however, they are still unaffordable for the elders and hence lead to danger. By providing the needy appliances, the elderly can have warm water, safe cooking and food storage. After the hot summer, "Warmth Giving Action" is coming soon!

The "Philanthropic Community Pharmacy", which provides discount medication price or subsidy for patients, are planning to launch its third branch. It definitely shows its high demand! Half year ago, we had to stop receiving new cases as the number of patients is over our capacity. The high demand urges us to expand the service.

This young man is surprised that this tiny office has the courage to take up these services for filling the service gap. I then give him this Philanthropy Monthly and share the experience of how the donors and professional staff support in the service that response the service needs. In the near future, with some funding ends and cold winter coming, we are going to step in another challenge. We wish to have your continue support so that we can keep on serving the needy in our community.

挑戰・同行 Together We Face The Challenge

不要跟他人比高低，只要自己盡心盡力。

Do not compare with others; simply do your best.



藥費減輕， 令呀婆有藥食！

「以前食咩藥都唔識，依家定期有藥劑師可以問清問楚安心好多！」兩鬢斑白的李婆婆中氣十足地告訴我們。每次李婆婆到我們位於太子的惠澤社區藥房買藥，並接受藥物輔導時，她都會跟藥劑師分享服藥上的瑣碎事。

李婆婆年屆80，每次到達藥房的樓層，甫出電梯便聽見她「篤、篤、篤」的拐杖聲音，步履蹣跚但精神不俗。她是獨居在牛頭角附近的公屋，本來有一子，從事中港貿易，但在九七年金融風暴下虧蝕很多，於是留下債務便一走了之，婆婆半生積蓄用作償還，退休後就一直靠長者生活津貼和一些保險金過活。

去年年底因覺得胸口不適就醫，原來是患了很多老友記也會常出現的心房顫動，於是醫生便開了達比加群酯 (Pradaxa) 給她。基本上，用來減低心房顫動病人中風風險的抗凝血藥，舊式的有華法林，以及新式的阿哌沙班 (Eliquis) 及利伐沙班 (Xarelto)。這類藥物只要開始服食便要長期使用，以達致預防的保障。可是因心房顫動而用抗凝血藥的病人是不屬於政府醫院藥物名冊的免費藥物，一般病人需自費在社區藥房購買，市面售價每月藥費差不多需一千元。

「原來係政府醫院睇醫生，係唔包藥，要自己買，初時諗住睇醫生都是幾十蚊，一個月的藥都是有限數，點知竟然要成千蚊，仲要食開就要食，初時我真係諗住唔食，橫豎都成80歲，都無幾多年！」李婆婆初初得知時自費藥物價錢後很憂慮，後來經醫院得知惠澤社區藥房的服務，能為一些合資格的長者提供藥費減免，減輕他們因長期服藥所帶來的藥費負擔，才鬆一口氣，「其他藥房一盒藥都唔平，我平時買錢都盡量慳得就慳，依家平左，長期開支減少咗，我就唔使擔心食藥食到無錢開飯！…… 藥房都有藥劑師同我講一次點食藥，我年紀大，好快就唔記得，有佢就安心咗好多。真係多有心人，減輕我們的藥費，令呀婆有藥食。」加上每次購藥均有註冊藥劑師跟進服藥情況，令婆婆加強在服藥上的依從性及解開他們心中的服藥疑問，漸漸她就放下心中憂慮。

患有心房顫動的人口隨着年紀而增加，50歲以下的人口，僅有0.14%；而60至70歲的年齡層，則上升到4%；80歲或以上長者，有超過14%的患有心房顫動。基於香港的居住特性和人口結構，很多長期患病的長者屬獨居一群，除了藥費開支造成壓力外，亦渴望被社會關懷和重視。

Discount Price Makes Medication Affordable To Grandma

"I did not know what medicine had I been taking before. Now, with the pharmacist consultation and clarification on regular basis, I am feeling more at ease!" Grandma Lee, hair on the temples grey, told us with a firm voice. Each time when she came to buy medicine at our Philanthropic Community Pharmacy in Prince Edward, she would share with the pharmacist on her medication usage.

Every time when 80 years old Grandma Lee arrived the pharmacy, we would hear "doc, doc ,doc" sounded by her stick as soon as she stepped off the elevator. Her steps are staggering but spirit is quite good. She lives alone in Ngau Tau Kok public housing unit. She has a son working for Hong Kong-China trading but he was then suffered heavy losses during the 1997 financial crisis. He quit and left his debt for Grandma who has to repay with half of her lifetime saving. After the retirement, Grandma has been living on old age living allowance and part of her insurance payout.

At the end of last year, she had chest discomfort and hence went to see the doctor. She was found to have atrial fibrillation which is common among the elderly. Hence, the doctor prescribed Pradaxa, an anti-coagulant to reduce the risk of stroke in atrial fibrillation patients, for her. Generally speaking, Warfarin is the old drug while Pradaxa, Eliquis and Xarelto are the new types. All these medication cannot be stopped once used; however, they are not included in the HA Formulary, and required self-purchase by the patient which the market price is about \$1,000 a month.

"Doctor Consultation in government hospitals does not include medicine which has to be self-purchase. At the beginning, I thought the monthly medicine cost should not cost much as the doctor's fee is just few tens of dollars. I never realized that is has to cost a thousand dollars a month and cannot stop once started. As I am already 80 years old, my remaining years are limited, so my earlier thought was to skip the medicine!" On knowing the price of the self-purchase medicine, she was really worried at the beginning. Later, she learned from the hospital about the Philanthropic Community Pharmacy services which can provide certain eligible, chronic, elderly patients medication, free of charge or at a discounted price to ease their long term financial burden. She then heaved a sigh of relief. "It is by no means cheap for a box of the medicine with other pharmacies. I am used to economize on meals, now with cheaper medicine and long term cost reduced, I have no more worries for medicine and go hungry without meals! Each time in the Pharmacy, the pharmacist will talk to me on how to take the medicine. I am old and forgetful, having him I am at ease. He is really considerate. The pharmacy reduces my medicine cost and makes it affordable to me." In addition, each time when she makes a purchase, the registered pharmacist will follow up her progress to strengthen her adherence to taking the medicine and answer questions in her mind. Gradually, she leaves her worries behind.

The number of atrial fibrillation patients increases with aging population. For people under 50, the percentage is 0.14%; for people between 60 to 70, it is 4%; for elderly aged 80 or above, it is over 14%. Regarding the living condition and population composition in Hong Kong, many chronic patients fall on the group of living alone elderly. Apart from the pressure of medication expense, they also long for the care and attention from the community.



急需增聘人手應所需

「藥劑師工作是做什麼的？」自從當上了藥劑師，常常都會有人問我這問題。如果說工作實務上做什麼，不是一件難以解釋的事——了解病程後核實醫生處方的可行性、提供藥物及疾病知識和提供有效的藥物建議，以達至改善病人的病程及生活狀況。但另一方面，這問題卻激發起我心中的反思——「我要做一個怎樣的藥劑師？」

一個人的行事為人全賴於其對於事物的看法。數年前一個代表香港參與冬奧速滑的選手，他在輸掉了比賽並受傷後，埋怨沒有隊醫照料及無人到場關心比賽；起初我十分同情這運動員沒有被關心的可悲。但事後回想小時候參與運動比賽，我們一面學習何謂「運動員」：運動員原是以挑戰自己、超越自己為目標的精神盛載者，從這個角度看，「運動員」無論在任何場地也好、觀眾席上可能沒有人也好、身體有什麼限制也好，也竭力的超越，得到「更進一步」這個不能朽壞的冠冕。那個香港隊的代表看來要反思一下作為「運動員」的定義是什麼。

香港的藥劑專業，有的投身社區藥房，有的在醫院立志為市民服務，熱心就自己的專業付出。一個人如何定義自己的角色，就會踏進不同的領域。作為聖雅各福群會惠澤社區藥房的眾同工，我們的志向是在這個未盡完善的醫療體制中為「社會做成正面的衝擊」，故我們願意在可選擇之下進入這前綫中的前綫。

因著這緣故，多年來惠澤社區藥房堅持自己的理念，在為病人提供藥物之餘，也要完整教導病人有關藥物是如何正面治療病症，以達到「知藥用藥」。因這信念，我們堅守一個運作程序，就是每一個病人我們也至少會提供15分鐘的藥物輔導時間，上至病情、下至飲食所需，都會談及。與此同行，大家能計算到因為每人有特定的面談時間，故每天的病人吞吐量是有極限的，我們的輪候人龍已慢慢由原本的一週延至數週，這似乎不合常理。放棄我們的根本服務原意下要解決這個問題，我們把配藥員的工作時間重新安排，在到戶服務之外的時間，協助面見一些穩定用藥的病人，在藥劑師監督下配發藥物，經過一段時間後，這個病人處理流程也順利運作，結果能在我們堅持的「知藥用藥」立場下減少了病人輪候時間。

由於服務量愈來愈大，分兼配藥的工作不能治本，實況是服務急需增聘多一配藥員，你們願意支持我們因堅守對病人「知藥用藥」的信念嗎？呼籲善長行動支持，善施支票抬頭請書寫：「聖雅各福群會」，支票背面註明：「惠澤社區藥房」。施善查詢：2835 4321 或8107 8324。

Urgent Need for Manpower

“What does a pharmacist do?” Being a pharmacist, this is a frequent question people asked me. Practically, job duties are not difficult to explain—verifying viability of the doctor’s prescription after understanding the patient’s condition, providing medicine, knowledge of the disease and effective recommendations to achieve improvement of the patient’s course of disease and living condition. On the other hand, this question had stimulated my rethinking “What sort of a pharmacist do I want to be?”

How a person conduct his work totally depends on his attitude on how he thinks. Few years ago, a representative of the Hong Kong Winter Olympic Speed Skiing Team lost in the Game and was injured. He blamed no doctor in the team and no body care about the competition. At first, I was sympathy with this athlete because having no one care is pathetic. But later on, I recalled my memory of competing in sports meets when I was young, we learned about what is called a “sportsman”: a sportsman is to take self-challenge and to win himself. By looking from this angle, irrespective of the sports arena, audience presence and physical limitations if any, a sportsman will try his very best to win. That representative of the Hong Kong Team perhaps needs to rethink the meaning of an “athlete”.

For the pharmaceutical professionals in Hong Kong, some may want to work in community pharmacies while some wish to work in hospitals. They are all enthusiastically serve the public with their dedicated professional zest. How a person defines the meaning of his role will determine his entrance into the various arenas. As a worker in the Philanthropic Community Pharmacy of St. James' Settlement, my aspiration is to give the community a positive impact to this imperfect medical treatment system. Hence, our determined choice is to enter the forefront of this frontline work.

All these years, the Philanthropic Community Pharmacy perseveres with its own mission. Apart from providing medication for patients, we also offer comprehensive instructions to patients regarding positive illness treatment to achieve “Know Your Own Medicine”. With this belief in mind, we stick to one operating procedure which is to allow each patient 15 minutes medicine coaching time for discussions ranging from patient’s condition to diet needs. Meanwhile, one can estimate how much time is spent on this specific face to face discussion, thus heavily curtails the daily patient’s throughput. Our waitlist slowly stretches from initially one week to several weeks which sounds bit ridiculous. In order not to abandon our fundamental service principle and to resolve this problem, we have to reschedule the work of our dispenser. When not working on home call services, he will assist interview of patients in stable conditions, and dispense medicine under the supervision of the pharmacist. After a period of time, this treatment of patient’s stream runs smoothly while still abiding to “Know Your Own Medicine” with a reduction in patients’ waiting time.

As the service volume keeping growing, medicine dispensing work does not fix the root cause of the issue. Actually, the service urgently needs one more dispenser. Are you willing to support our program and the idea of “Know Your Own Medicine”? We are now appealing to kind-hearted people for your supportive action. Please send your donation by cheque beneficiary “St. James' Settlement”, remarked on its back for “Philanthropic Community Pharmacy. Donation hotline: 2835 4321 or 8107 8324.



一部手機、一個電磁爐 助孤老走出危險生活

「好啦好啦！終於有電話用，可以外出看醫生時有電話旁身，有事可打電話給社工和朋友求助。」笑容燦爛的馮婆婆，收到本計劃善長捐贈的手提電話，便笑逐顏開，連番感激。馮婆婆為一名獨居長者，早年喪偶，沒有子女，獨居於藍田，年屆八十多歲。她患有白內障和糖尿病等健康問題，外出依賴拐杖步行。由於馮婆婆年紀老邁，每當天氣轉變便容易生病，間中也要看中醫治病，綜援金僅足夠應付平日生活。每當生病，看診費也不少，令她百上加斤！由於平日使用之手提電話已壞，未有經濟能力購買，於是她向長者中心社工求助，希望得到本計劃善長幫助，贈予手提電話。

本計劃社工聯同義工一同探訪長者，了解她的電器需要。馮婆婆身型嬌小，走路緩慢。屋內物品不多，廳內只有一個插座，用作風扇之用。探訪期間，義工細心地教導馮婆婆手提電話的操作，由插咭、充電池、撥出、接聽，以至開機、關機，都逐一細心地給馮婆婆解釋，讓她認識使用新手提電話的每個步驟。當她與義工一起試用新電話時，聽到手提電話傳來聲音，臉上洋溢出燦爛的笑容，她表示電話聲音很清楚，用法簡單。她除了感謝義工的教導，也多謝善長的捐助。「你們真的很有心，多謝善長的幫忙，祝你們各人身體健康，生活愉快！」由於善長的捐助，購買一部價值約百多元的手提電話，就已經能解決馮婆婆的生活需要。

另一位居於深水埗區年屆七十多歲的張婆婆，與丈夫同住，依賴綜援維生。兩人雖育有兒女，但均在內地出生及長大，生活水平與香港甚有距離，不能為長者作金錢援助。張婆婆與丈夫多年來在港生活，互相照顧。文化水平不高的他們，對於電器的使用無從入手。張婆婆平日以電磁爐來煮食，以減低煤氣費用。長者中心社工在探訪獨居長者期間，發現張婆婆家中的電磁爐中央位置已燒焦燻黑，潛在很大的家居危險。張婆婆及丈夫均表示不知道原因，而且已用了多年，不感到電器異常。由於電磁爐面層中央燒至溶化，非常危險，故社工為他們向本計劃申請電磁爐，以防止家居意外發生。

本計劃特別購買簡易操作的電磁爐，按扭少，方便長者使用，對於患有白內障的張婆婆來說，一點也沒有難度。「多謝你們熱心幫助，這個爐很易用，你們現在教曉了我，我懂得使用了。」張婆婆雖然已獲贈新電磁爐，但對於已燻黑的舊爐仍感不捨，她認為仍可使用，不要浪費。及後由義工耐心地解釋家居安全的重要，她才接受棄掉舊爐，明白箇中危險性。

「電器贈長者」計劃宗旨不單是為年老無依靠的長者送贈電器，解決生活所需，更重要的是教導他們正確使用電器的知識，確保家居安全，提升貧老晚年生活質素。

馮婆婆接過義工送來的新手提電話，十分開心。
Grandma Fung is excited with the new mobile delivered by volunteer.



One Mobile Phone, One Induction stove Rids Lone Elderly of Dangerous Living Condition

“Great! Finally I have a mobile phone. I have a mobile on me when I go out to see a doctor. When I need help, I can call my friends or the social worker.” Grandma Fung, having received a mobile phone donated by St. James' benefactors, was grateful and smiling happily. Grandma Fung, an elderly, lives on her own. Her spouse died years before. She has no children and lives in Lam Tin. She is over 80, has diabetes and cataract problem. When she goes out, she walks with a stick. As Grandma Fung is senior of age, she gets ill easily when the weather changes. Every now and so she sees a Chinese herbalist for treatment. The CSSA (Comprehensive Social Security Assistance) she receives is barely enough to cover her daily expenses. Every time she is ill, the doctor's consultation fee is a considerable amount of money which can be quite a burden to her! The mobile phone she used to have had stopped working. She couldn't afford a new set, therefore she sought help from the social worker at the elderly centre, hoping that a mobile phone could be given to her through St. James' Electrical Appliances for the Elderly Program (EAE).

EAE's social worker and the volunteer visited the elderly to learn more of her need for electrical appliance. Grandma Fung is tiny, walks slowly. There was not much inside her home, only one electric plug for fan in her sitting room. During their visit, St. James' volunteer taught Grandma Fung how to use the mobile phone patiently. Starting from inserting the card, battery charging, dialing, call receiving, turning on and off the set. The volunteer explained in detail, making sure that Grandma Fung learnt each step of using the new mobile. When she was trying to use the new phone with the volunteer and heard voice answering from the other end, she smiled broadly. She said she could hear clearly and the mobile was easy to use. In addition to thanking the volunteer for instructing her, she also thanked those benefactors for their donation. “You are truly so caring. I wish to thank the benefactors for their donation. I wish you all good health and happy life!” A mobile phone that cost over a hundred dollars met Grandma Fung's need as a result of benefactors' donation.

Grandma Cheung, over 70, lives with her husband in Sham Shui Po. They both receive CSSA. Though they have children, the children are unable to assist them financially since they were born and grew up in mainland China and there is a gap in living standard between the two places. Grandma Cheung has lived with her husband in Hong Kong for years, taking care of each other. They had no knowledge on the use of electrical appliances due to their low level of literacy. Grandma Cheung cooks on an induction stove so as to reduce the cost of gas supply. The elderly centre's social worker found that the centre of Grandma Cheung's stove had burnt during a home visit. That stove could be a hidden cause for home accident. Both Grandma Cheung and her husband didn't know why the stove was burnt. Besides, they had been using the stove for many years and didn't realize that was an abnormality. That was very dangerous because the centre had melted due to burning. So the social worker applied on their behalf for an induction stove with St. James' EAE to prevent home accident happening.

St. James' EAE program bought specially a simple-to-use induction stove with very few buttons which is easy for elderly's use. It's not difficult at all for Grandma Cheung even she has cataract. “Thank you for your help. This stove is easy to use. I know how to use it now that you've taught me.” Grandma Cheung kept her old stove, thinking it's still usable despite she had been given a new stove. Later on, after the volunteer had explained to her patiently the importance of home safety, she was willing to discard the old stove for she understood the hidden danger of it.

St. James' EAE program not only gives electrical appliances to elderly with no one to turn to with the aim of meeting their needs in life, but also teaches them proper knowledge of using electrical appliances more importantly. In so doing, St. James' ensures home safety besides upgrading the quality of life of the destitute elderly at old age.



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一五年七月份
JUL 2015
慈惠月報
The Philanthropy Monthly

你的捐助為長者 添炎夏良伴

根據環保團體搜集的資料顯示，由1950年至今，全球氣溫平均增長是過去100年的兩倍。過去100年，全球平均溫度上升了0.6°C。面對全球暖化，香港自1989年起，平均氣溫每10年就增加了0.23°C。面對炎夏的天氣，上班一族大多在冷氣室內工作，在日間至少能逃避又熱又潮濕的天氣。但對於一班年長孤苦無依、經濟困難的獨居長者來說，家中大多數沒有安裝冷氣機，即使有，但可能因生活拮据而不願花費在冷氣上。故此，他們在炎夏一天二十四小時裡，幾乎都是過著汗流浹背的生活，一部涼快的風扇就成為他們渡夏的好良伴。

楊伯伯是一位接近八十歲的獨居長者，不願領取綜援，生活一直以拾荒及依賴少量積蓄維生。現居於荃灣山上寮屋，居住環境甚為簡陋，只有一個約八十尺放滿雜物、沒有床的空間，牆壁由磚頭及木板建成，室內只有一張二手木枱及由一堆雜物疊起來的地方，用作睡覺之用。楊伯伯以往會把布廠棄掉的布頭布尾撿回家，然後分類平價賣給街坊，故屋內的雜物有七成是舊布，其他是二手物品及電器。由於楊伯伯年事漸長，身體各種毛病開始出現，包括坐骨神經痛、靜脈曲張、行動不便等，使他不能再依賴拾荒維生，經濟陷入困境，三餐也成問題。屋內除了一個細小而沒有窗框的石洞可透氣外，屋內密不透風。社工在區內探訪獨居長者期間，發現楊伯伯的生活情況，因此希望得到本計劃幫助，贈予一把風扇予他迎夏。

本計劃得知楊伯伯有此需要，社工及義工帶同風扇探訪他。探訪期間，感覺他屋內悶熱，加上屋內外放滿拾回來的雜物，蚊患問題不淺。「我在這裡居住了幾十年了，沒有什麼問題，都習慣了。家裡風扇都是拾回來的，只是最近開始失靈，特別是晚上，很熱！」楊伯伯雖然寡言，甚少表達自己的需要，或許是自尊心問題，讓他難於啟齒。但他對於本計劃善長送他一把全新的風扇深表感激，義工也立即為他安裝風扇，讓性格內斂的楊伯伯臉上也掛起了笑容。在閒談期間，他也表示願意接受社工的幫助，把家中的雜物清理，改善家居環境。

另一位居於長沙灣的許伯伯，同樣是獨居長者，賴以綜援維生。許伯伯雖然只有六十多歲，但曾患舌癌，沒有了舌頭，平日只靠流質食物充飢，身體非常瘦弱。由於家裡風扇已使用超過五年，外殼已脫下，只用繩子勉強困綁，風力也很低。社工在探訪期間發現他有風扇需要，於是向本計劃申請。對於善長捐助風扇，許伯伯表示感激。

社區上仍不乏像兩位伯伯的長者，若果你也希望在這個夏天為無依體弱的獨居長者送上一把可乘涼的風扇，請捐助「電器贈長者計劃 — 送涼行動」，支票抬頭：「聖雅各福群會」。查詢：2835 4321 或 8107 8324。

A Cooler Summer for The Elderly

Global temperature rise since 1950 doubles that of the past 100 years, according to environmental protection groups. In the past 100 years, global temperature has risen an average of 0.6 degree Celsius. Faced with global warming, the average temperature in Hong Kong has been rising by 0.23 degrees every ten years since 1989. People who work in air-conditioned environment places can at least escape the heat and humidity of the hot summer in the day time. But most needy elders who by themselves don't have an air-conditioner at home. Even if they do, they may not want to pay for using it. Consequently they are drenched in sweat for nearly 24 hours a day in the summer heat. An electric fan is their best companion.

Grandpa Yeung, almost 80, is one such senior who lives alone. Reluctant to accept Comprehensive Social Security Assistance, he lives on a meager income from scavenging and a small savings. Learning of Grandpa Yeung's need, we had a volunteer go with the social worker to deliver the fan to him. His home was stiflingly hot, and was mosquito infested due the piles of junk in and around the hut. "I have lived here for decades. There is no problem. I am used to it. The electric fans I have used are all old discarded ones I have picked up. Only the last one stopped working recently. It is very hot here, especially at night." A man of few words, he seldom talks about his needs. Maybe his self-respect makes it hard for him to speak up. But he expressed profound gratitude to the donors to our program for giving him a brand new electric fan. Our volunteer installed the fan for him right away, bringing a smile to the face of this reserved old man. During the conversation Grandpa Yeung also accepted the social worker's help to improve his living condition by clearing away his collection of junk.

Grandpa Hui of Cheung Sha Wan also lives by himself. He relies on Comprehensive Social Security Assistance for income. Although he is just over 60 years of, he has lost his tongue to cancer and can only live on a liquid diet. He is very weak and thin. His electric fan was more than five years old. Its outer cover had fallen off and was tied in place with a string. It only gave a weak breeze. A social worker visiting him discovered his need for a new fan, and applied to us on his behalf. Grandpa Hui was thankful to the donors when he received the new fan.

There are other elderly people in Hong Kong like Grandpa Yeung and Grandpa Hui. If you also wish to present a fan to a feeble needy elderly who lives alone, please donate to our "Fan for the Elderly Campaign" with a cheque payable to "St. James' Settlement". For enquiries, please call 2835 4321 or 8107 8324.



義工為長者安裝風扇。

Volunteer helps the elderly to install the fan.



「疑團終於解開，我終於明白燒燈膽的原因了！」

「我今年76歲，未婚，無兒無女無親人，自己一個獨居大窩口公屋。自己知自己身體差，又血壓病又心臟病，現在還要糖尿病上眼，右眼只剩4成視力。」他是我們是次服務的長者，陳伯。

陳伯在半年前發現洗手間的燈壞了，「由那次開始，我不停換燈膽。壞了一個就換一個，前後換了3、4個燈膽，其實我都不知道是什麼緣故，實在令我好苦惱。我靠綜援金每個月3000元生活，扣除食用和雜費等，實在所餘無幾，那裡有閒錢找師傅上門維修，所以，唯有只好找社工幫忙。」

社工將陳伯的情況告知本會「長者家居維修服務」，由於資料所知陳伯已多次更換燈膽，問題仍然沒有解決，故此義工便準備有關所需材料及工具，包括：燈座及電燈膽。在待候期間，陳伯為免再浪費燈膽，於是就改變生活習慣，他表示：「我決定不再在洗手間安裝燈膽了，換一個燈膽要幾十元，換左一陣又壞，不如省回金錢！這段時我一直盡量在日頭沖涼，夜晚如廁時，就靠廳的燈光引路。」

「看！請師傅上門做檢查最低開支要幾百元，如果要更換部件或燈膽，我真的不敢想像收費會如何？幸好社工幫我找到你們，你們義工師傅真的好好人，檢查了燈座後，他解釋我知是電線鬆脫所致，我終於明白經常燒燈膽的原因，現在經他維修後，我安心使用洗手間的照明了！」陳伯終於放下心頭大石，開心地跟我們分享。

很多長者對家居維修費用的支出感到憂慮，一般以拖字訣來處理，久而久之，就容易因此而發生家居意外。就如陳伯棄用洗手間照明的例子一樣，此舉大大增加家居意外的風險。幸好，陳伯向社工求助才把問題解決，及早解除危機，免得因此而跌倒。

獨居的陳伯長期都是一人孤身面對生活上種種的問題，小小一個燈膽問題足以成為他長期的困擾，所以他對義工的協助，發出都是由衷之言，「感謝你們的幫忙，我終於不用擔心，我孤獨了大半世，在老年有你們的關心，真的感恩，感謝！感謝！」



"The Puzzle is Solved. I Finally Understood Why the Light Bulbs Went Off!"

"I am 76, single, having no children or relatives. I live in Tai Wo Hau public housing estate by myself. I know my health is poor, suffering from blood pressure problem and heart problem. Now diabetes has gone into my eyes. My right eye has only 40% eyesight left." He is our target client this time - Grandpa Chan.

Grandpa Chan found the toilet light stop working 6 months ago. "Since then, I kept replacing light bulbs one after the other. Altogether I replaced 3 or 4 bulbs. I didn't know why the bulbs went off. I found it quite disturbing. I live on the CSSA of 3,000 monthly. Apart from paying for food cost and sundry expenses, I don't have much money left. I couldn't afford to pay for a technician inspection and repair. So I had to seek help from a social worker."

The social worker referred Grandpa Chan's situation to St. James' "Elderly Home Maintenance Services". Since St. James' knew Grandpa Chan's situation from data file, St. James' volunteers had ready all materials and tools, including light bulbs and base. While waiting for help, Grandpa Chan changed his living habit in order not to waste any more light bulbs. He said, "I've decided not to replace any more light bulbs in the washroom. It costs over 30 dollars to replace a light bulb and it stops working before long. I might as well save my money! These days I've been washing myself in the day time. When I use the toilet at night, I rely on the light in the sitting room."

"Look! It costs at least several hundred dollars to have a technician come for inspection. I dare not think of the actual cost if I ask him to change spare parts or light bulb. Luckily my social worker found St. James' for help on my behalf. Your volunteers were wonderful. Having examined the light base, they said the wires inside had become detached. I finally understood why the light bulbs often went off. After repair, I am confident to use the toilet light again!" Uncle Chan shared his feeling with us happily, his anxiety having been removed at last.

Many elderly are anxious over the cost of home maintenance and repair. On the whole, they postpone the situation usually. As time goes by, home accidents easily happen because of postponing. Take Grandpa Chan who gave up using the toilet light for example. Such decision increases largely the likelihood of home accident. Fortunately Grandpa Chan's problem was solved since he sought help from social worker. And with the solution to his problem, he avoided the possibility of falling as a result of poor lighting in the washroom.

Loner Grandpa Chan has been dealing with various problems in life by himself. Small problem such as light bulb could become his long term disturbance. He expressed his heart-felt thankfulness to St. James' volunteers for their help. "Thanks for your assistance. I stop worrying at last. I've been on my own for longer than half of my life. I'm truly grateful to have your concern at my old age. Thank you! Thank you!"

陳伯為免燈膽再次燒壞，於是放棄在洗手間安裝燈膽。

In order to avoid light bulbs going off again, Grandpa Chan stopped replacing light bulbs in the washroom.

善款支持工程支出 助年老長者重鋪地板

92歲古婆婆和95歲嚴婆婆，2人同住在東頭邨一公屋單位。她們的年紀都很大，二人互相依靠和照顧。她們感情很好，家中所有事務都互相分擔，一直過著十分平靜的日子，由於兩人不同姓氏卻共處多年，在細問之下，原來她們在20多年前，經房署分配同住一個單位而相識。

他們算來是十分融洽的同屋鄰居，20多年來她們的關係都很好，出雙入對，一起參加老人中心的活動。「因為我又無親人，她又無親人。剛好我們被分到一齊住，一住就廿幾年，現在大家都90幾歲了。」嚴婆婆笑咪咪地說。

「這個單位已經住了20幾年，好多地方都好殘舊，溶溶爛爛，真的失禮。早前中心社工上來探望我們，察覺到我們在屋內行來行去時，每到一個位置都要很小心，我們就告訴他因為地板爛了。」於是，社工轉介這對活寶貝申請「長者家居維修服務」，藉義工師傅為婆婆維修地板。

經義工上門評估後，婆婆家中原有的膠地板確實破爛不堪，有必要全面剷起舊有的地板，然後重新鋪設膠地板。有關工程需要集合3位義工的力量，在預定的日子上門為婆婆進行工程。工程時間約花了3至4個小時，一般工錢都會以師傅人數收取人工費，而材料費另計。本服務的師傅均是義工，故沒有人工費的支出，而相關的工程材料費則由籌募回來的善款支持。

一戶1至2人的公屋單位，所需要的材料費大約800至1200元不等，對貧弱長者由如古婆婆和嚴婆婆根本無法支付及處理有關維修，故本服務呼籲善長以集腋成裘方法，以回應他們的需要。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。



Help The Elderly With A New Floor Replacement Donation To Cover Its Costs

Grandma Ku, 92-years-old, and Grandma Yim, 95-years-old, are living together in a public housing flat in Tung Tau Estates. They depend on and take care of each other, sharing all domestic works. They are happy with each other and have been living peacefully. Their surnames are different, but they have lived together for many years. They explained that they first met more than twenty years ago when they were allocated the flat by the Housing Authority.

They get along with each other very well and over these years, these two room-mates have accompanied each other all the time and they signed up activities in the elderly centre together. "I have no family and neither has she. We were paired up to live in this flat more than twenty years ago and now we are already in our nineties." Grandma Yim said smilingly.

"The flat is quite shabby and worn after having been used for over twenty years. I feel embarrassed to show you the place. A social worker from the elderly center paid us a visit earlier and noticed that we were very cautious as we were moving around in the flat. We then explained that it was due to the broken floor." Therefore, the social worker referred these two grandmas' application to our "Elderly Home Maintenance Services" hoping our volunteer master can help fix their floor.

The assessment made by our volunteer master reported that the PVC floor tiles in the flat were so worn that they should all be replaced with new ones. The task will take 3 to 4 hours to complete by three volunteer masters on a scheduled date. Generally, labour costs will be calculated per head on top of material costs. As the masters under our services are volunteers, no labour costs are needed. The material costs will be covered by the donations we collected.

The material costs for a public flat for 1–2 persons are around \$800–\$1,200. The poor and fragile elderly like Grandma Ku and Grandma Yim could hardly afford these expenses and are incapable of arranging the repair work. We now appeal to the benevolent people for donations to address their needs; every penny counts and your support is important. Please make your cheque payable to "St. James' Settlement" with indication for "Elderly Home Maintenance Services" at its back. Our mailing address is: Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Please call 2835 4318 for enquiry.

義工助兩位年過90婆婆重鋪地板。
Volunteers help the elderly grandma with a new floor replacement.



愛心義剪 助弱老去煩惱絲

Kind Hairstylists offer Needy Elderly Haircuts for free

夏日來臨，天氣非常炎熱，天文台多次發出酷熱天氣警告，日間氣溫經常超過30度。在這樣的天氣下，很多人都會把頭髮修短，相比長髮來說沒有那麼熱，也可以方便打清潔和打理。對於經濟差，居住在沒有冷氣、窗戶，又或空氣對流差的單位內行動不便或是需要長期卧床的長者而言，不能定時修剪頭髮，實在非常困擾和煩躁的事。

Summer approaches, the temperature keeps rising to above 30 degree in Hong Kong and the Observatory has issued "Very Hot Weather" Warning several times already. Under such heat, most people would definitely prefer cutting their hair short because short hair traps less sweat and it is easier to keep clean. However, getting haircuts regularly is not viable for some elderly — some of them can't afford to do so while some others have difficulty moving around. Their living environment makes the problems even worse as nearly all of them live in cramped places with poor ventilation.

聖雅各福群會「到戶理髮服務」定期收到香港各區的地區社工轉介，為該區行動不便的長者申請理髮服務。香港有些大型屋邨，聚居了很多孤老，今次「到戶理髮服務」的工作員與十位理髮義工一起到深水埗的白田邨和澤安邨，以剪髮方式來服務他們。

St. James Settlement regularly receives referrals from social workers of district welfare agencies and accordingly renders "Home Haircut Services" to elderly with mobility difficulties across Hong Kong. Recently we organized a team of 10 volunteer hairstylists to visit Pak Tin Estate and Chak On Estate in Shamshuipo and offered haircuts for the elderly there. These two public estates are among one of the several large housing estates being known for its high population of singleton elderly.

其中一戶被探訪的是91歲的李婆婆，她與丈夫同住，是一個需要長期使用氧氣機的病人，丈夫見到剪髮義工到訪，就立即開門歡迎，「今次辛苦你們，太太長期卧床，因為她投訴經常頭暈暈，所以只能勉強坐起身，要在床上剪髮。真不好意思，要你們遷就。」伯伯邊說不好意思，邊協助執整床邊的雜物。

The 91-year-old Grandma Li was one of the clients being visited. She lived with her husband and had to use supplemental oxygen. After giving us a warm welcome, Grandma Li's husband told us, "My wife has to stay in bed. And she always feels dizzy, so she can merely sit up on the bed. Would you mind her staying on her bed while you do haircut for her? Sorry for the troubles caused....." While talking, he was busy clearing up stuffs by the bedside.

李婆婆雖然頭暈，但仍能與義工溝通，於是義工細心了解李婆婆對理髮的期望後，並一邊跟她談天說地，一邊小心翼翼地開始幫她修剪頭髮。義工剪髮期間，發現開始出現頭皮發炎，這相信是因為她長期躺在床上，難於處理頭髮衛生問題所致。在修理頭髮後，義工亦協助善後工作，盡量清理床的四周。臨別是再三叮囑伯伯要跟醫生說明懷疑婆婆有頭皮炎的情況，同時，義工亦把這個情況告知轉介社工，請他跟進年老的夫婦。

Despite dizziness, Grandma Li still managed to let our volunteer know what she wanted us to do with her hair. Then our volunteer started the service — carefully trimming hair for Granny Li while holding a comfortable chat with her. In the meantime our volunteer noticed that Grandma Li had skin rash on her scalp. Since Grandma Li was practically bedbound, it was not easy to keep her hair clean and hygiene all the time, so skin rash arose. After finishing, she carefully cleaned up Granny Li's bed. Afterwards she notified Grandma Li's husband of the skin rash problem and reported the situation to the referring social worker for further follow-ups.

聖雅各福群會「到戶理髮服務」，為居住在港九新界各區，以上門或到訪長者地區中心和護老院，為行動不便及長期卧床的長者提供到戶剪髮服務。透過理髮服務，除了可以幫助長者整理儀容外，亦可減輕護老者及家人照顧困難壓力，送長者一份關懷。

義工正為不能離開床鋪的李婆婆理剪頭髮。
Our volunteer is doing the haircut for Gramma Li, who is bedridden, by her bed.



The "Home Haircut Services" organized by SJS aims to serve underprivileged elderly and the disabled in Hong Kong by rendering them haircut services at their homes, in elderly centers or in nursing homes. The service doesn't merely let the elderly get groomed, it lets them feel being cared about and offers a brief respite for their family from the overwhelming stress they face while taking care of the elderly.



電話提示服藥服務

聖雅各福群會「惠澤社區藥房」自服務開始以來，一直致力教育病人正確的服藥知識，改善他們的服藥情況，以求每一位我們藥房的服務使用者都能做到知藥用藥，提高他們的生活質素。

但是，對於一些自理能力不高的病人，例如患有認知障礙症的病人，即使我們能提供到戶的藥物輔導服務，亦未必能完全切合他們的需要。他們即使有足夠的藥物知識及正確的服藥態度，亦會因為病情導致他們未能按時服食藥物，甚至忘記服藥，因而導致未能好好控制病情。

有見及此，「惠澤社區藥房」推出了「電話提示服藥服務」，以電話方式定時提醒病人每天服藥。有需要的病人，可由家屬及其自己直接致電申請服務，而無需經社工轉介。申請服務後，配藥員或藥劑師會先進行一次到戶藥物輔導，收集病人的藥物資料，再為病人設計一套切合他個人生活習慣的服藥時間表。該份時間表會輸入電腦系統，電腦系統會按時致電病人，提醒他服藥。由於使用電腦系統配合電話錄音的方式進行服務，因此即使在假期亦能進行提示服務。

透過此服務，希望能改善自理能力不足的病人的從藥性，讓病人能更好地控制病情，提高生活質素。有需要人士，可致電2831 3289查詢。

Medical Phone Reminder Service

The Philanthropic Community Pharmacy of St. James' Settlement has, from the very beginning, strived all along to educate patients on proper use of medicine so that every service user acquires proper medication knowledge and hence improves the quality of life.

However, the provision of Outreach Medicine Inspection Service still fails to meet the needs of patients with low self-care capabilities. They may fail to take medication on time or even forget to take the medication even having sufficient medical knowledge and proper medicine taking attitude. As a result, it leads to unsatisfied control of their health condition.



Due to the above situation, the Philanthropic Community Pharmacy sets up the "Medical Phone Reminder Service" by using the phone to remind patients taking medicine on time. Patients or their family with such needs can apply directly without social worker's referral. After application, dispenser or pharmacist will conduct home visit to give medical instruction, collect patients' medical information and then design a timetable appropriate for the individual's living habit. The timetable will then be input into a computer system and hence phones call will be made to remind patients in taking medicine. With the use of the computer system and recorded phone message method, service can be provided even on public holidays.

Through this service, we hope to improve the medication obedience of patients with inadequate self-care abilities; hence, it can have better control of their conditions and raise their quality of life. Please feel free to call 2831 3289 for service needed.

想知多點有關 「到戶藥物檢視服務」

問：經常在慈惠月報中聽到「到戶藥物檢視服務」，究竟這是一項甚麼服務，那些人可以受惠？

答：多謝閣下提出的問題，首先讓我介紹「到戶藥物檢視服務」是一個由註冊藥劑師主理的藥物輔導服務。「惠澤社區藥房」除了提供一些藥物資助予有需要的病人外，亦一直很注重教育病患者「知藥用藥」。在考慮到一些行動不便的病人，他們無法來到本會藥房面見藥劑師，於是藥劑師或配藥員便會親自到訪他們的家，為他們及家人提供藥物輔導。藥劑師和配藥員亦會為病患者量度一些生理指標，如：血壓指數和血糖指數，整個輔導以配合醫生治病的目的，冀能達致「醫藥療病」相輔相成的效果。

我們服務的對象是長期病患者及其家人，即患有任何疾病並需要半年以上覆檢的人士，或是需要長期照顧家中患病者的家人。

問：請問如何申請「到戶藥物檢視服務」？需要醫生轉介嗎？

答：「到戶藥物檢視服務」是需要透過社工的轉介，有需要的病患者可以聯絡地區社工或醫院的醫務社工，由他們直接聯絡本會惠澤社區藥房，並填寫轉介表格。負責同事收到轉介表格後作出評估，並回覆轉介社工，確實可提供上門服務後，便會聯絡病患者或家人到戶服務時間。

問：知道你們的服務都是非政府資助的，需要收取費用？

答：多謝你的明白，「到戶藥物檢視服務」是沒有政府任何資助，但本著病者知其藥的普及教育理念，服務是全免的。現時藥劑師或配藥員會按照病人的需要，訂定探訪次數，透過定期的面見和輔導，能讓病患者學習到適用的用藥物知識，掌握用藥之道，增強病患者的自我照顧能力，以免因而錯誤服用而延誤病情，影響健康。

Know More About “Outreach Medicine Inspection Service”

Q: The Philanthropy Monthly talks a lot about the “Outreach Medicine Inspection Service”. What kind of service is this? Who can benefit from it?

A: Thank you for the question. The Outreach Medicine Inspection Service is a counselling service handled by registered pharmacists. Other than providing medicinal assistance to needy patients, Philanthropic Community Pharmacy also pays a lot of attention to educate patients to “Know Your Own Medicines”. Considering some patients might be incapacitated and cannot come to the pharmacy to meet the pharmacists, the pharmacists or dispensers will go to these patients’ homes in person to provide the necessary counselling. They will also measure the patients’ physiological indices like blood pressure and glycemic index. The medicine counselling service aims at complementing the doctor’s treatment of the illness, hoping to combine the two to achieve a better result. Our targets are mainly the chronically ill and their families, that means patients requiring treatment for over six months or those who need to take care such patients at home.

Q: How can one apply for the Outreach Medicine Inspection Service? Do we need referral from doctors?

A: To enjoy the Outreach Medicine Inspection Service, one needs to have referral from social workers. Needy patients can contact social workers in their community or the hospital and ask them to contact our Philanthropy Community Pharmacy directly as well as fill in the referral form. After our staff have received the forms and made the assessment, they would reply to the concerned social workers to confirm the service and liaise with the patients or families to arrange the service time.

Q: I know your service is not subsidized by the government. Do you charge any fees?

A: Thank you for understanding that Outreach Medicine Inspection Service is not subsidized by the government. This service is free as we believe in the principle that patients should know their medicines and such education should be promoted. At present, pharmacists or dispensers will set the number of visits based on the patients’ needs. Through regular meeting and counselling, they would help the patients to know their own medicines and their usage so as to enhance their ability to take care of themselves and avoid the mistakes of wrongful medicine intakes that affect their health.



滋潤枯竭的心靈

一般人都重視自己的生日，在生日當天與自己的親朋好友慶祝一番，接受別人的祝福。對於長年獨居長者，慶生是一件早已被自己遺忘，或許是刻意，又或根本是一個沒人記得的日子，那又何來慶祝？

慈惠服務的受惠對象多是獨居或兩老獨居的貧老，經濟條件有限，長年來說根本沒有慶祝生日的經驗，生日日期除了是一堆數字以外沒有多大意義。為了讓這群孤老同樣感受社會的關愛和被重視，透過善長捐出生日物資，義工於長者生日的月份前往探訪。林小姐便是我們其中一位生日探訪的義工，她在生日探訪的過程中深受感動，並因而作出捐助。

林小姐憶述：「記得有一次帶着一個小蛋糕去探訪一位獨居婆婆，婆婆很熱情，說辛苦我長途跋涉的來探訪她，匆匆忙忙的又拉椅子又倒茶給我，令我也不好意思起來。婆婆一直笑臉盈盈的，直至我從袋裏拿出一袋禮物送給她，並逐一介紹當中的物品時，婆婆卻突然哭起來了。」

林小姐細問之下才發現長年陪伴婆婆的寵物小狗剛剛離世，生活頓失所依，這一次的生日探訪正好像及時雨般滋潤了婆婆的心靈。「婆婆看到有超市現金券時很開心」林小姐說：「她覺得既貼心又實用，我希望更多的老人家能夠展現這種笑容。」林小姐甫離開長者家中，就到數間超市買了接近二百張現金券。「超市的工作人員被我嚇壞，還再三提醒我不能退款。」林小姐笑著說，「我告訴他們不會退款，這全都是送給老人家的禮物。」

「後顧無憂」生前規劃服務的義工探訪活動，絕不是速遞式的探訪，因著慷慨善長的捐助，為孤老在生日的月份送上一份份貼心的關懷和真摯的祝福。



Moisten the Exhausted Heart

People in general will pay attention to their own birthday and celebrate it with their kindred and friends accepting other's blessings. However, for the living alone elders, birthday celebration is something they have long forgotten, perhaps intentionally or basically a date nobody remembers. So what calls for celebration?

The main target beneficiaries of the Charity Project is living alone elderly or elderly couples with limited financial resources. After all these years, they have no birthday celebration experiences. The date of birth, just a host of numbers, carries very little meaning. In order to let this group of lonely elderly acquire the feeling of being cared for, so on their birthdays, our volunteer will them the birthday presents donated by benefactors on their birthday. Miss Lam is one of our "Birthday Visit Volunteer" and she has been deeply touched by the visiting and hence made a donation.

Miss Lam recalled, "I remember on one occasion when I brought a small cake to visit a living alone grandma. She was cordial and thanked me for taking a long trip to visit her. She then pulled me a chair and poured me tea, making me some what embarrassed. She had been all joyful until I gave her a bag of gifts and explained the contents inside, she suddenly cried."

Miss Lam patiently asked and found out that Grandma's dog died recently and hence she lost her lifetime companion. Lam's visit was like a timely shower that moistened grandma's heart. "When Grandma noticed that there is a supermarket gift coupons, she was overjoyed," said Miss Lam. "She felt that being considerate and practical and I wish to have more elderly showing such a smile." Thus, after leaving grandma's home, she went straight to several supermarkets and bought around 200 gift coupons. "The supermarket shop assistants were shocked and reminded her no cash refund for gift coupons repeatedly." Miss Lam said smilingly, "I told them that there is no need for cash refund as all gifts are for the elderly."

The volunteer visit of the "Pre-paid Funeral Navigation Service" program is by no means an express delivery service type visit. With the kind donation, we hope to give the elders a close at heart care and genuine birthday blessing.

義工為孤寡無依的長者送上貼心的關懷和真摯的祝福。
Volunteers give care and blessing to the living alone elderly.



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"/> Medication Delivery Services |
| <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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 Translation Volunteer : Constance WONG, Kathy SHIN, Jeannine WONG, Yoyo HU, M.K. KE, Tat-yan LEUNG
 Friendly Printing : Ping Wai Printing Co., LTD.