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社工的話
Social Worker's Remark

冬日陽光

Sunshine In Elderly's Winter Time

香港冬天的天氣，愈來愈反覆，氣溫上落動輒10幾度，一陣時穿薄長袖上衣，甚或有時是短袖衫，一陣時卻又回復寒衣裝束，叫人難以適應。為此，薄的厚的都不敢收入籠！

又暖又熱又寒的天氣，更容易令人著涼，因而病倒。一些獨居無錢添厚衣的，更以為凍一兩天，不是大問題，故拒絕麻煩別人，不想接受捐贈。身體「頂」一兩天冷冷的天氣，轉頭好快又回復和暖，誰知就因而病倒，還因為這樣令長期病發，特別是氣管問題，那就更為不妙！

我們堅持把送暖的物資透過義工或地區社工轉交到有需要的長者手上，透過家訪，我們更了解個別長者的生活習慣，究竟是已有足夠禦寒衣物，還是缺乏；究竟是缺乏棉被，還是缺乏棉衣？究竟是沒有電熱水壺，還是沒有安全煮食工具？這等等都有賴地區社工、送暖計劃的同事及義工，在到戶前及到戶時作出的評估與觀察而定。

對於善長的信任和捐助，我們十分感激。藉大家的善款，我們可以向獨老送上電熱水壺、電磁爐和暖風機，又或是棉衣、棉被及保暖內衣等等。善款或實物捐助，大大提升他們抵擋寒流的力量！相信這幾期內文有關送暖的報導，讓大家看到弱老接過送來的保暖衣物後，都感受到他們的欣喜和安心。

我們常常提起以「集腋成裘」的方式來支援整個慈惠服務的運作，這是千真萬確的，有多捐多，有少捐少，由幾百到幾千甚至幾萬，不論是送暖行動、藥房服務、電器計劃又或是家居維修等，都會因應季節性、輪候人數的不同而令服務需求有所不同。因此，具彈性和及時的回應力，亦成為回應有需要弱老及病患者的曙光！今個寒冬，有你支持的「送暖行動」，就如冬日陽光，暖著社會上弱勢的一群。

The weather of winter in Hong Kong is fluctuate. Temperature difference can up to over 10 degree celsius. Sometimes we have to wear thin long-sleeved or even T-shirt while sometimes we have to resume the winter dressing. It is difficult to adapt and hence one has to keep both summer and winter clothing ready.

In fact, it is easier for us to get sick under the fluctuate weather. For some deprived elderly who are lack of thick clothing, they always think that tolerating cold weather for few days is not a big problem; thus, they refuse to bother others or receive any donations. However, they simply get cold within just a short period of time; worse still, it triggers the chronic diseases, especially the trachea problem.

All these years, we insist in delivering the "Winter Treasures" by persons (either the volunteers or district social worker). During the home visit, we can understand the elderly's living environment. Do they have enough warm clothing? Are they lack of quilt or jacket? Is the kettle or other cooking tools in need? It highly relies on the assessment and observation of the project staff, volunteers and referral workers.

We are grateful for the donor's trust and support. With your donation, we can provide the living alone elderly with kettle, induction stove, heather, cotton jacket, quilt and etc. All these items can keep them warm during the cold winter. We believe donors also feel relived after reading our report for elderly receiving the "Winter Treasures".

We always mention that "Many a little makes a mickle.". No matter how much it is, it supports different charity services in responding the needs in different seasons and with different waiting cases. It is undoubtable that flexible and fast response is absolutely important for the frail elderly and patients. Thus, your support to the "Warmth Giving Action" during this cold winter seems like the sunlight in the needy people's winter time.



人生最善良的行為是奉獻。

To give and to help the needy is the most kind-hearted behavior.



愛的捐助 延續生命 延續愛

梁先生和太太是一對恩愛夫妻，每次梁先生來到本會惠澤社區藥房，太太都會陪伴在側。梁太太個子不高，說話溫文，是一位謙恭和善的太太，每次在藥劑師手上領取藥物後，她必有說不盡的道謝和感恩：「多謝善長！多謝聖雅各福群會！唔該梁藥劑師！唔該姑娘！多謝！」

大約在兩年前，梁先生被確診患上骨髓纖維化，此病仍未有明確病因，主要是調節血小板和血細胞的信號傳遞失控，導致骨髓纖維化，引致結疤和病態血細胞產生。這是一種罕見的病症，每133,333人中就有一人患病，存活率自初次診斷起計五年，也有患者可存活數十年。

梁先生初次感覺到身體異樣時，主要是呼吸不順、頭暈和骨痛；經醫生檢查後發現骨髓纖維化，脾臟亦發大，壓著其他組織。得悉患病惡耗的梁太太難以相信數十載共同生活，每日相伴的另一半竟會患上這樣的嚴重疾病。

當時醫生告訴他們暫時沒有合適的治療藥物，這樣令他們既焦急又失望。後來一次梁先生在看相關的報章時得悉，JAKAVI (ruxolitinib)可延續有關患者性命的美國案例，於是他馬上和太太去找主診醫生商量。醫生告知治療的藥費開支每月需要大約三萬多元，這龐大的藥費令他們又在希望之中轉化為失望。試問兩位年屆60的退休人士，沒有工作下，如何維持高昂的醫療開支呢？後來，醫生把梁先生的個案轉介至聖雅各福群會屬下的惠澤社區藥房，申請藥物資助計劃，兩夫妻知道有此資助計劃，馬上把需審批的文件送來藥房。

經審批後，梁先生獲善長的捐助，在12個月的治療週期中，獲得6個月全費資助，並直接在惠澤社區藥房取得藥物。梁先生跟太太得悉消息後，欣喜的心情不言而喻。「十分感謝善長，十分感謝聖雅各，你們的善心，求活了我丈夫。多謝！多謝！」看著梁太太含著淚地道謝，我們不禁地為他們夫婦一起打氣，「加油！一起努力打這場硬仗！」

看著梁太太攙扶梁先生離開的背影，讓我們再次見證大家善心，是如何為不幸的病患者帶來生命的延續；同時，也延續了他們與家人相處相愛的時間。

Donation With Love Continue Life Continue Love

Mr. and Mrs. Leung is a married couple with deep love. She would accompany the husband on every visit to our Philanthropic Community Pharmacy. She is not tall and speaks softly. She is a modest and friendly wife. Each time she picks up the medication from the pharmacist, she would express her endless thanks, "Thanks the benefactors! Thanks St. James' Settlement! Thank you pharmacist Mr. Leung! Thank you worker!"

About 2 years ago, Mr. Leung was diagnosed of myelofibrosis. The cause of the disease is still unknown. It is mainly due to the loss control of signaling for blood platelet and cells modulating. Thus, it leads to myelofibrosis and results in scarring and production of morbid blood cells. It is a rare disease with only one patient in 133,333 of the population. The survival rate is five years since the diagnosis and some can live for few decades.

At the very beginning when Mr. Leung felt sick, the main symptoms are breathing difficulty, dizziness and sore bones. After the doctor's checking, he was diagnosed of myelofibrosis with enlarged spleen which creates pressure to other organs. It was hard for Mrs. Leung to accept the fact that her other half who lives with her for few decades suffered from the serious illness.

When the doctor told them there is no suitable medication for treatment, they were anxious and hopeless. Later on, Mr. Leung read in the newspaper about a case in USA that JAKAVI (ruxolitinib) is able to continue the patient's life. Thus, the couple discussed with the doctor immediately. However, their hope turned into despair after knowing that the monthly medication fee is over \$30,000. How could a 60 years old retired couple afford such an exorbitant medical expenditure? The doctor then referred Mr. Leung's case to Philanthropic Community Pharmacy of St. James' Settlement for the Medication Subsidy Program. By knowing the program, the couple promptly submitted all necessary documents to the Pharmacy for approval.

Finally, Mr. Leung obtained 6 months full subsidy out of the 12 months' treatment cycle with support from kind donors. Also, they can pick up the medication in the pharmacy. The couple is extremely grateful with the subsidy, "Thank you very much for the donors! Thank you for St. James' Settlement! Your kindness saves my husband's life. Thanks! Thanks!" Watching Mrs. Leung who is with tears in her eyes, we cannot help in saying "Fighting! Let's fight together in winning the battle!"

The picture of Mrs. Leung holding her husband, we witness once again how your generosity helps patients in continuing their lives as well as their time spending with the family.

集腋成裘的善款 助病人走出陰霾

人到中年，活了半世紀，也勞碌了半世紀，都希望可以有穩定的生活，在退休日子弄孫為樂，享受兒女福。但回到現實，究竟又有多少人可以願望成真？

剛踏入60歲的鄧女士，與丈夫同住，女兒已婚並育有一名約5歲的女兒，表面上享受著辛苦得來的美好家庭生活，但原來卻隱藏著一個可悲的故事。

幾年前，鄧女士發現自己經常牙肉流血，有天更突然暈倒在街上，後來經醫生診斷後，證實患上慢性免疫性(特發性)血小板減少性紫癍 (Idiopathic thrombocytopenic purpura, ITP)。醫生指出，鄧女士必須服食藥物來控制病情，如果不服藥，輕則皮膚粘膜或內臟出血，重則會患上失血性貧血，甚至會出現失血性休克。醫生同時指出，藥物乃屬自費處方藥物，每月藥費高達七千多元，並需長期服食。

鄧女士坦言：「知道此事後簡直是晴天霹靂，我能夠接受自己患上此病的事實，並要定時服藥治療，但每月自付七千幾元藥費，對我來說簡直天方夜譚！我和先生是依靠綜援為生，每日三餐都要計算過。我的女兒也是領取綜援，自己獨力養育5歲的女兒。家人根本不可以在藥費上支持我，連基本食飯的費用也十分緊絀，究竟是食藥還是食飯？我真的好無奈和無助……」

經醫生轉介至聖雅各福群會惠澤社區藥房，職員隨即進行經濟評估，依鄧女士情況批出藥費資助，現每月只需二千多元，當中減免了五千多元的開支，奈何對領取綜援的她來說，這也實在是難於負擔。本會一直希望打破「無錢無藥醫」的困局，無論貧與富皆能享有適切的藥物治療。最後，鄧女士獲善長支援才順利解決服藥問題，幫助鄧女士渡過困境。我們正努力為更多類似鄧女士的病人服務，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。

Many A Little Makes A Mickle Help Patients In Haze

After working hard for half century, everyone hopes to enjoy a stable life. However, how many people can have their dream come true in reality.

Ms. Tang just reaches her sixty and is now living with her husband. Her daughter is already married with a five years old daughter. The family seems happy but in fact there is a sad story behind.

Few years ago, Ms. Tang's gum always got bleeding. Until one day she fainted in the street, she was diagnosed with Idiopathic thrombocytopenic purpura, ITP. According to the doctor, she has to control the disease by medicine in long term; otherwise, it will lead to mucocutaneous or visceral bleeding and worse still to blood loss anemia or hemorrhagic shock. Even more, the doctor said the medication is self-paid drug and the monthly cost is around seven thousands.

Ms. Tang expressed, "I am completely shocked. I can accept the fact of having disease and taking medicine in long term; however, it is absolutely unimaginable in paying seven thousand medication fee per month. My husband and I live on CSSA and so does my daughter. She even has to take care of a five years old daughter. Thus, my family has no ways to afford my medication. Not to mention the medication, we are even difficult in taking care of daily living. Should I take medication or meals? I am really frustrated and helpless"

Her case is referred to Philanthropic Community Pharmacy of St. James' Settlement by the doctor. After the assessment, subsidy of three thousand dollars per month is offered. However, the remaining two thousand dollars medication fee per month is still unaffordable for a CSSA patients like Ms. Tang. All these years, it is our mission in solving the problem of "No money, no treatment." as we believe everyone has the same right in having proper treatment. Luckily, with the support from donors, the difficulties of Ms. Tang can be resolved. There are many cases who are in same situation with Ms. Tang, please kindly support for the support by cheque payable to "St. James' Settlement", indicating at the back for "Philanthropic Community Pharmacy". For enquiry, please telephone 2835 4321 or 8107 8324.





經歷不幸仍懷感恩的 獨居婆婆

Grandma With Gratitude In Spite of the Life Long Misfortune

「在我十多歲的一天晚上，我突然感到尾龍骨十分疼痛，於是父母把我送到醫院檢查。當時醫生沒有告訴我身體出現了甚麼毛病，加上在當時的年代，大家根本也不懂查問因由，我只知道醫生給我注射了針藥，我便回家休息。不久，我的身體便出現異常的反應，起初是腳部抽筋，之後就連大小便也不能控制。於是，我又被送往醫院。在醫生檢查後，建議我接受手術，父母都沒有頭緒，草草簽名後我便被送進手術室。最後手術失敗，脊髓神經線受損。從此，我下半身癱瘓，要長期依靠輪椅出入，在肚腹開了一個洞口接上尿袋……」對於大家聽起來一段不幸的經歷，彭婆婆卻沒有半點怨天尤人，她就是這樣平平淡淡地，好像在描述別人的故事。

"On a night in my teens, my vertebra suddenly felt server pain and my parent send me to the hospital. The doctor didn't tell what had gone wrong with me and nobody knew how to ask for the reason. I only knew the doctor gave me an injection and I went home to rest. Later on, something unusual happened to my body, starting from leg cramp to incontinence. Thus, I was sent to the hospital again. After checking, the doctor suggested surgical operation. As my parents had no ideas, they just causally signed and sent me into the operating room. The operation was failed and my spinal nerve was damaged. From the time on, I am paraplegic. I have to use the wheelchair and a hold connecting the urine pouch to my abdomen was opened." Though it sounds a huge misfortune to us, Grandma didn't complain and she just simply shares like recounting someone's story.

彭婆婆現年約七十多歲，原本居於九龍區一間舊屋邨單位，但由於居住問題，她即將遷往九龍區另一屋邨，開始獨居的生活。她一直靠綜援生活，日常醫療費的開支龐大，沒有積蓄可為新居添置家電，加上舊屋電器不是已損耗，就是非常殘舊，特別是洗衣機，難以搬往新居繼續使用。面對搬遷，彭婆婆感到一定壓力。於是，她向地區中心社工尋求協助，社工把她的個案轉介到本計劃申請電器，希望可以減輕經濟負擔。本計劃在得知彭婆婆有此需要及了解到她身體上特別的情況，決定先家訪她，了解她的起居情況，以便捐贈合適的洗衣機。

Grandma Pang is now at her seventies and used to live in an old housing estate in Kowloon side. Due to some housing problems, she will soon be moving into another housing estate and start to live on her own. She lives on CSSA and the medication expense is huge; thus, she has no saving for domestic appliances in the new home. The appliances Grandma has are either worn out or very old, especially the washing machines which is not movable. All in all, she has a huge pressure on the relocation. As a result, she sought help from the district social worker who then referred her acse to our "Electrical Appliances for the Elderly Program". By knowing her needs and physical condition, the program decided to pay her a home visit in understanding more about her situation and hence offering her a suitable washing machine.

「由於我腦部的某些神經線壞死，導致我左邊身沒有感覺，最近發現頸部的神經線也出現了問題，雙膊繃緊。經手術後，頭部不能再向上下移動。」社工要給婆婆簽文件，也要遞到他雙眼的水平位置，婆婆才能看到及簽名。現在每天都有社康護士及家務助理人員上門，幫婆婆放大便、沖涼及打理事務，平日婆婆可藉輪椅外出買餅。

"As part of my nerve in brain has damaged, my left side body has no feeling. Recently, the nerve of my neck also has problem which leads to tense shoulder. After an operation, my head is now capable of moving upward and downward. However, the social worker has to put the document for Grandma's eye level for her signature. At present, the community nurse and domestic helper will visit Grandma in taking care of her excrement, bathing and household cleaning. While for shopping of daily items, Grandma can go out with her wheelchair.

本計劃知道彭婆婆不良於行，按掣式的電器較為適合她。於是特為她找尋了一部前置式洗衣機，讓她可安坐輪椅上也可以使用洗衣機自行清洗衣物。「我很多謝你們善長的捐助，現在這部洗衣機非常適合我。雖然我脊髓受損，身體不能有太大移動，但我仍可靠自己右邊身體僅餘的能力照顧自己。例如我可利用晾衫棍把衣物扯出來，再慢慢掛在衣架上，這些我都能自己做到。真的十分多謝你們！」家訪期間，彭婆婆從沒有對生活表示抱怨，相反她常常告訴我們，她是有能力照顧自己，這種堅毅的精神，實在很值得我們健全人士的敬佩和學習！

As Grandma has mobility difficulty, appliances with push button are more suitable for her. Hence, we searched a front loading washing machine for her so that she can do the laundry while sitting in the wheelchair. "I am really grateful for the benefactor's donation and this washing machine suits me well. Though my spinal cord has been damaged and the body movement is restricted, I still can look after myself with my right body side. For example, I can use the stick in pulling the clothes out and hang them up slowly. I can do all this by myself. Really thanks for your kindness!" During the home visit, Grandma didn't have any complaints for her life; on the other hand, she kept telling us that she is able to take care of herself. Her perseverance deserves our respect and learning.

最後，在彭婆婆感激善長捐贈洗衣機的同時，家訪中，我們得知彭婆婆頸部及脊髓部位繃緊，故需要一張可以調較高度的桌子(Overbed Table)，讓她可以把食物放在此檯面上，把食物調較至下巴高度，方便用膳。期望善長可以作出捐助，支票抬頭：「聖雅各福群會」。查詢：2835 4321 或 8107 8324。

Lastly, we discovered that both the neck and spinal cord of Grandma are tense that she needs an Overbed Table. The height of Overbed Table is adjustable; thus, it is more convenient for Grandma taking meal as the table can be raised to her chin level. With this chance, we are now appealing your generous donation by cheque payable to "St. James' Settlement". Donation enquiry: 2835 4321 or 8107 8324.



彭婆婆正學習使用洗衣機，以感恩的心繼續每天的生活。
Grandma Pang learns how to use the washing machine and continues her life with gratitude.



我們需要你的捐助
We Need Your Donation



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善款支持送暖行動 獨老無懼迎寒冬

眾所周知，香港秋天變得越來越熱，基本上氣溫都維持在二十七度或以上，甚至在冬季我們也有機會穿上薄衣，厚衣服不是每年都能大派用場。雖然香港的秋季與夏季天的溫差變化不大，但是每次天氣降溫時都是變得突如其來，讓人招架不住。就好像今年的秋天在十月初已到來，在十月十日當日香港天文台資料顯示，香港受一股東北季候風影響，原本早上氣溫是二十七至二十八度左右，及至傍晚時分，市區氣溫卻突然驟降至十九至二十度，新界及偏遠地區更見得寒冷，一天內溫差之大讓人難以抵擋。年青一輩尚有能抵抗突變的天氣變化，或可立即購買厚衣保暖，但對於身體溫度一向偏低、體弱行動不便和經濟困乏的獨居長者來說，根本無能力購買禦寒衣物抵禦突如其來的寒冷天氣。

獨居於九龍區公屋的司徒婆婆，年近九十歲，一直依賴綜援維生，在生活上欠缺親友的關懷及經濟援助。由於長者聽力差，地區中心社工為她向本會「電器贈長者」計劃申請擴音電話及外置閃燈器。當我們得知婆婆有此需要，便立即帶同所需電器探訪長者。與此同時，更帶同由善長送出的綿外衣、綿背心及毛毯送給司徒婆婆，讓她有足夠保暖衣物迎接寒冷的冬天來臨。探訪當日天氣只有十九度，而且下著濛濛細雨，讓人感到又濕又冷。當義工和我踏入司徒婆婆家，嚇見婆婆只穿著單薄的外衣，而環顧四周，發現家裡物品並不多，亦沒有掛滿衣物或多餘的東西的情況。

司徒婆婆性格熱情，當我們甫入屋她便立即上前握著各人的手，感激我們的到訪。當下，我們都感覺到她雙手冰冷，原來驟變的天氣讓她趕不及找回厚衣保暖。故此，義工及社工分成兩組，一組為她裝好擴音電話及外置閃燈器，另一組則取出禦寒衣物讓她穿上。司徒婆婆眼見我們送上暖衣，立即掛上喜悅的臉容，感激我們送上的關懷。「你們真好！好多謝你哋！咁好呀！送我咁多保暖衫呀！嘩，我好開心呀！著上身好暖呀，好多謝你哋，你哋真係好，我點樣感激你哋呀！」司徒婆婆一邊說一邊笑不攏嘴，喜悅之情掛滿臉上。

能擋住寒風的厚棉襖，確實能為體弱的長者於寒冬裡抵擋寒冷的天氣。聖雅各福群會「送暖行動2016」正急需善長的捐助，為全港為無依體弱、經濟困難的長者添置禦寒衣物，確保弱老可及時獲得到位的禦寒物品渡過嚴寒。「送暖行動」往年收到超過1,000宗的申請，今年的需求同樣殷切！

請支持「送暖行動2016」，讓長者可安然渡過寒冬，不再備受寒流來襲的威脅。施善請支票抬頭：「聖雅各福群會」，背面寫上：「送暖行動2016」。支票寄往：香港灣仔石水渠街85號1樓105室。施善熱線：8107 8324 或 2835 4321。



Donate To Support Warmth Giving Action Lone Elderly No More Fear For Cold Winter

It can be seen that autumn in Hong Kong is getting warmer. The temperature remains at 27 degrees celsius or above basically. Even in winter, we have the chance to wear thin clothes; thick clothes don't come into use every year. The difference between autumn and summer temperature is hardly noticeable, but the change in temperature often comes all of a sudden and is hard to adjust to. For example, autumn this year arrived at the beginning of October. On the tenth of October, according to the observatory, under the influence of north-easterly wind, morning temperature of 27-28 degrees dropped to 19-20 dramatically towards the evening. It was even colder in New Territories and remote areas. Some found the sudden big drop in temperature hard to bear. The young ones were strong enough to adjust to the sudden change of climate, they could buy thick clothes to keep warm but not the frail elderly who have trouble getting around with financial difficulty. They are people who live alone, their body temperature tends to be lower than normal and can't afford to buy extra thick clothing to keep warm against the sudden onset of cold weather.

Grandma Szeto, nearly 90 years of age, lives by herself in a public housing unit in Kowloon. She lives on the Comprehensive Social Security Assistance (CSSA), lacking financial support or concern from relatives and friends in daily life. Since she has trouble with hearing, the social worker of district center applied with our Electrical Appliances for the Elderly Program for flash amplified ringing phone and a flash light doorbell on her behalf. When we at St. James' knew Grandma Szeto's needs, we visited her at once, bringing the electrical appliances that she needed. At the same time, we brought her padded cotton jacket, padded cotton vest and woolen blanket so that she would have enough warm clothing to keep warm when winter comes. The temperature dropped to 19 degrees on the day of our visit. It was drizzling as well, a damp and chilly day. When the volunteers and I (social worker) entered Grandma Szeto's home, we were shocked to find Grandma wearing thin clothes only. When we looked around, we found her unit was sparsely furnished with very few things.

Grandma Szeto was friendly and cordial. The minute we entered her home, she came to shake our hands, thanking us for our visit. Her hands were cold because she didn't get around to finding thick clothes to keep warm with the sudden drop of temperature. In view of her situation, the volunteers and the social worker started work in 2 groups. One group installed the flash amplified ringing phone and flash light door bell. The other group unpacked the warm clothing in order that Grandma could put them on. Grandma Szeto smiled with joy and thanked us for our concern, seeing the warm clothing we brought her. "You are wonderful! Thank you very much for giving me these warmth keeping clothing! I'm so happy! I'm so warm now that I've put them on! How can I thank you enough! Thank you, you are truly wonderful!" Grandma Szeto kept smiling as she was speaking, her face lit up with joy.

A thick padded cotton jacket can truly keep a frail elderly warm in cold winter since it can keep away the cold wind. St. James' Settlement's Warmth Giving Action 2016 is awaiting your donation urgently. With your donation, we can buy thick clothing for the helpless, frail elderly with financial difficulty to keep warm. With warm clothing, the elderly will definitely survive the cold winter. Our Warmth Giving Action in the past received 1,000 applications according to record. We are sure the demand this year will be just as urgent.

Please support the Warmth Giving Action 2016 to help the elderly to survive winter safely. Make out your cheque payable to "St. James' Settlement", specifying "Warmth Giving Action 2016" at its back. Mail your cheque to St. James' Settlement, Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 8107 8324 or 2835 4321.

司徒婆婆穿上善長捐助的棉衣，令她頓時暖在心頭。
Grandma Szeto feels warm both physically and mentally by receiving the padded cotton jacket from donors.



新居安樂窩

New and Comfortable Home

英婆婆早於90年代與丈夫從內地移居到香港生活，為的是希望多賺一點錢，改善子女的生活。「我們兩人沒有什麼技能，但我們都有能耐捱苦，多辛苦的工作也不怕！」兩口子披星戴月，從事酒樓洗碗工作，早出晚歸、日夜顛倒的生活，把身體都捱壞了。「可能真的太操勞了，有一天他返工途中突然暈倒。醫生告知他患有心臟病和糖尿病，必須長期休養，不能再工作了。」突然失去經濟收入，兩人只好依靠綜援過活。子女得在內地打工，根本無暇來港照顧兩老，一切生活起居得靠自己照顧所需。

「一心希望可多賺些錢寄回內地供養子女，真遺憾我兩身體都不能捱下去。孩子沒有錢讀書，只能從事勞動工作，收入又微薄，生活很艱難。」說著對子女的虧欠，兩老淚如雨下，卻忘了一直沒把自己照顧好。

領取綜援的兩老，未能應付香港高昂的租金，因而租住環境異常惡劣的板間房。「那裡又黑又暗，環境非常弄髒，曾見過有老鼠出沒。」每天擔驚受怕的英婆婆，盼望盡快獲派公屋，讓她和丈夫可盡早離開這惡劣的環境，免得丈夫受到感染而令健康每況愈下。大概一年左右，英婆婆終於獲派位於葵涌的公屋邨，收到新居鎖匙當天，英婆婆和丈夫二話不說，立即收拾隨身物品，搬到新居去。「那板間房多留一天也嫌多，幸好有好心鄰居捐出的一張二手碌架床，唔駛打地鋪。」社工到訪英婆婆的新居時，看到只有一張碌架床、一張殘破的二手摺椅以及一個電飯煲，地板佈滿沙石，欠缺地板，也欠缺生活的基本設施。「搬入來再慢慢打算啊！我地兩個再惡劣的日子也捱過，有這新居我們已很滿足了！」社工看到兩老以往為生活奔波勞碌，實在希望他們在晚年的日子可以安居，因此向「長者家居維修服務」求助，為兩老提供「新居入伙」工程。

了解到英婆婆和丈夫的情況，家居維修義工刻不容緩主動提出協助，為英婆婆的家居鋪上全新膠地板，讓他們可以安心在家中步行；同時考慮到伯伯曾跌傷因而左股骨折，義工在浴室企缸以及座廁旁邊安裝扶手，避免在濕滑的環境下跌倒；另外，考慮到兩老沒有儲物櫃，義工師傅分別在浴室和廚房安裝雜物架，讓他們可放置物品，不用四散於地上難以找尋。抬頭看到英婆婆客廳只有一個鎊絲燈泡，義工還預備了善長捐贈的LED燈泡，為全屋帶來光明，其耐用性也省卻日後更換燈泡的麻煩。英婆婆兩老看到義工師傅們全心全意為他們服務，甚為感動，並不時為義工遞上紙巾抹汗，也不斷拿茶水給義工飲用。「我從沒想過社會的善心如此對我們這般的照顧，為我們的新居鋪地板、裝扶手、安燈泡，提供了一個真正的安樂窩讓我們安居。」

完成工程後，英婆婆握著義工師傅的手，三番四次向他們道謝。「你們是我們的大恩人，幫我們新居佈置得如此美麗。我們不會忘記！下次約若來附近地方，要來探我們，我們會好好招待你們的！」

能夠為弱老提供安樂居所，正是「長者家居維修服務」的服務使命，有賴善長的捐助，我們得可迎合人口老化的挑戰。



Grandma Ying and her husband immigrated to Hong Kong in the early 90s. They hope to earn more money in improving the children's living. "We are not professional but we are not afraid of hardness. We can work for any jobs." The couple is really hard working. They wash the dishes in the restaurant from day to night; however, their health is getting worse at the same time. "Maybe we work too hard. On a day when he was going to work, he suddenly fainted. He was then diagnosed of heart disease and diabetes. Thus, he has to rest and is no longer able to work."

"We just wish to earn more money for our children. It is really a pity that we are not healthy in doing so. Since we have no money for children to study, they can just work as the lower class." By expressing their guilty to the children, they cannot stop crying without concerning their own situation.

The CSSA couple cannot afford the expensive rent in Hong Kong; thus, they can only rent a partitioned flat which environment is extremely bad. "The flat is dark and dirty. There are even rats." Grandma Ying worries that the dirty environment will cause infection to Grandpa's health so she wishes to be relocated to the public housing unit as soon as possible. After waiting for a year's time, they are finally relocated to a public housing unit in Kwai Chung. Once they receive the key, the couple immediately packs all their belonging in moving in. "We don't want to stay in the old flat for even one more day. Luckily with the second hand bed from our neighbor, we don't have to sleep on the floor!" During the home visit, the social worker notices that there are only a bed, an old table and rice cooker in the unit. Even more, there are lot of sands and stones on the floor since they have no flooring. Generally speaking, the unit lacks of basic living facilities. "We have experience for the extremely bad environment, so we are very satisfied with the new unit. For other issues, we plan to settle later on." By knowing the couple's story, the social worker seeks help from the "Elderly Home Maintenance Services". She wishes the service can provide the couple with a comfortable living in their old age.

After understanding the case's situation, the volunteers immediately offers help. They lay the new flooring so that they can walk safely; meanwhile, they installed handrails near both the bathing area and toilet since Grandpa has been fallen down before; also, some shelves are equipped in the bathroom and kitchen since they have any cabinets. Finally, by noticing that there is only one incandescent light bulb in the unit, the LED light bulb, which is more durable, donated by donors is prepared for them. The couple is really touching by having the help from those selfless volunteers. They keep giving tissue and water for the volunteers. "I never think of having such kindness people in the society. You guys provide me with the new flooring, handrails and light bulb which are well enough for giving us a comfortable home!"

By the end of the service, Grandma Ying holds the volunteers' hand tightly and thanks repeatedly, "We will never forget your help! Don't forget to visit us!"

To provide a comfortable and safe home for frail elderly is the mission of our "Elderly Home Maintenance Services"; with your support, we believe we can fight with the aging population challenge.

義工師傅義不容辭為英婆婆新屋鋪上膠地板，讓兩老可以安居。

The volunteers are selfless in helping Grandma Ying for the new flooring so that the old couple can live safely and comfortably.

為弱老主動安裝 床欄扶手

居於長沙灣幸福邨的愉婆婆，童年時經歷日軍侵華戰爭，當時所承受的痛苦到今天都如此的刻骨銘心，留下不可磨滅的傷痕。「我和媽媽、兄長走難期間，每日都捱著肚餓，能吃樹皮已是很幸福了！還記得那時候，媽媽每天跟我說，做人要靠自己的努力去解決一切難題，千萬不能麻煩別人。」愉婆婆留著眼淚，訴說著對媽媽無限的思念，以及堅定遵守媽媽的訓言。

戰爭結束後，愉婆婆自力更生養活自己和家人生活，當車衣女工的她不分晝夜地縫製衣服，因製成品數量越多，能賺取的金錢也越高；一切的辛勞，為的都是能讓家人吃飽肚子。「我大部份人生都是奉獻給工作，沒有時間談婚論嫁。人老了身體開始出現問題，腰背生了骨刺，坐立也痛得要命；尤其每日起床時，需出盡九牛二虎之力才能撐起身體。不知是否用力不當，現在連手臂位置都出現痛楚了。」如果不是社工在邨內商店碰見愉婆婆，再安排探訪，也沒法得知她每日需應付的困難。「不能每事都麻煩別人，媽媽教我所有東西都要自己解決的呢！」社工有見愉婆婆起居生活情況，於是向「長者家居維修服務」求助，希望可安裝床欄扶手，輔助愉婆婆可以輕易的起床。

「長者家居維修服務」的義工團隊，每人都帶著對長者服務的承擔和熱心，在忙碌的工作中，抽出寶貴的休息時間上門協助愉婆婆安裝床欄扶手，讓她可以即時使用，避免手臂因用力過度而受傷。義工細心的按照愉婆婆睡眠的位置、手臂的長度和彎腰的幅度等，於床板上鑽上合適愉婆婆使用的扶手。完成安裝後，義工與她反覆練習使用，從而鼓勵她使用扶手起床，減低對手臂的傷害和以免跌倒。

「老年還能得到他人的關心，如不是當天有緣份在街上遇到社工姑娘，也得不到大家的協助。這扶手對我很幫助，依靠它可以輕易的起床，不會弄痛手臂。我真的很感恩，大家的關懷為我寂寞的人生增添上色彩。」此時，愉婆婆感動得流下淚來。

身體不同部份的痛症，如腰部、肩膀、關節等，給病弱長者帶來無比的煎熬。「長者家居維修服務」正計劃為弱老安裝床欄扶手，給予他們一份「力量」助他們可在「安全」的情況下自行起床。服務務求竭力將善長們熾熱的關懷，到戶送到匱乏長者家中。請捐助：「長者家居維修服務」，支票抬頭：「聖雅各福群會」。施善熱電話2835 4321 或 8107 8324。



“Bed Assist Rail” For Frail Elderly

Grandma Yu lives in Cheung Sha Wan Fortune Estate. She experienced the war time in her childhood; and she still remembers every details of that harsh period. “My mum, brother and I had to tolerant the hunger every day. We were grateful if there is tree bark for eating. At that time, my mum reminded us that one has to solve problems by themselves and cannot bother others easily. I will never her reminder.” Grandma Yu with tears recalls her memories with mum.

When the war ended, Grandma takes care of herself and even the whole family. She works as a sewing worker. She works very hard for all day long as the more she can sew, the more she can earn. “Most of my life has contributed to my family and thus I have no time to meet someone and get married. I am now getting old and there are different health problems. There is bone assassination at my back which is extremely painful no mater I sit or stand. Especially when I have to wake up every morning, I have to use all my power in getting up. I wonder if this leads to arm pain.” If the social worker doesn't meet her in a shop of the estate and pay a home visit to her, we will never know how hard she is coping with her daily living. “I should bother others for everything This is how my mum teaches me in solving problem!” Regarding to Grandma's situation, the social worker then referred her case to the “Elderly Home Maintenance Services” for a “Bed Assist Rail” so that she can wake up more easily.

Everyone in the volunteer team of “Elderly Home Maintenance Services” is full of responsibilities and enthusiasm. They all spare time from the busy work and install the “Bed Assist Rail” for Grandma's immediate use. By assessing Grandma's sleeping position, arm length and bending level, the volunteers carefully install the rail in a proper position. Even more, they practice with Grandma repeatedly in order to ensure Grandma can use accurately and to reduce the risk of hurting the arm as well as falling down.

“If I didn't meet the social worker that day, I won't able to receive so much care and help in my old age. With this rail, I can now wake up easily and more importantly, I don't have to suffer from the arm pain. Thanks a lot in enriching my lonely life!” Grandma cries while expressing her happiness.

Body pain, such as waist, shoulder and joints pain, is a torment for the frail elderly. “Elderly Home Maintenance Services” is now planning to install the “Bed Assist Rail” for frail elderly so that they can wake up by themselves safely. We wish with your kind support, we can deliver our care to them. Please donate to our “Elderly Home Maintenance Services” by cheque payable to “St. James' Settlement”. Donation enquiry: 2835 4321 or 8107 8324.

義工師傅正協助愉婆婆安裝床邊扶手。
Volunteer carefully install the “Bed Assist Rail” for Grandma Yu.



活下來的那一人

The One That Survived

「一個走了，活着的那個，怎麼過？」結伴同行半個世紀，夫婦二人一起跨過重重難關，攜手走到人生末段，最害怕的不是對死亡的恐懼，而是憂心孤身活着的另一半。「如果他先走，還好有我打點一切，讓他一路好走」，可惜，世事又豈能盡如人意？

「當我踏出病房，他還舉起姆指，對我微笑」，憶起與老伴最後道別的畫面，斗大的淚珠瞬間刷過婆婆飽歷滄桑的臉頰，面對陪伴左右數十載的老伴突然離世，一向精明的婆婆竟變得異常徬徨，終日在家對着二人的合照悼念亡夫，失去方寸。雖然夫婦二人在港沒有親屬支援，但早年已參加「後顧無憂」規劃服務，制訂好自己的後事計劃。當我們接到會員離世的消息，就立即接手處理伯伯的後事安排，除協助到各部門辦理手續、按長者生前的意願籌備出殯儀式及處理靈灰，免去老伴奔波勞碌之苦和履行伯伯遺體捐贈的遺願。我們更關心痛失至親的婆婆，「活着的，還能過得好嗎？」婆婆道。

服務社工更提供即時的哀傷輔導，並安排家訪，關顧終日淚流滿面、廢寢忘餐的婆婆，更按其需要，轉介地區支援服務及安排義工陪伴探訪，希望與婆婆一起走過喪偶及重新投入新生活的路。

「我只求他走得安樂，幸得你們及時的支援，否則我都不知如何處理！」婆婆淚中的話道出心中久違了平安，我們有幸能陪伴缺乏支援網絡者走人生的最後一段路，除協助他們進行生前規劃，減少對後事安排的憂慮，更關注他們的生活質素，建立信任關係，彼此關心、勉勵，在這過程間互相為對方的人生添上色彩和希望。

死亡，是眾人必經的階段，人生無常，誰都不能預計前路的障礙，因此服務以增加公眾對殯葬禮的認識並及早計劃的需要，尤其令長者及長期病患者對生命終結有所掌握，為自己、身邊關心的人減輕煩憂，好好享受活着的時光。

「後顧無憂」規劃服務自2004年起致力推動生前規劃及生命教育，以生命影響生命，把愛與正面的態度傳揚開去，鼓勵長者培養正面、開放的價值觀，並協助缺乏支援網絡者預先計劃及執行身後事，從而減低其對死亡的恐懼及實踐自我尊嚴。



"After one died, how will the survivor live?" When a couple is married for 50 years and has overcome numerous hardships, at the final stage of life what they fear most is not death but the well being of the other half should one of them die first. "If he dies first, I can take care of things so that he can leave this world peacefully." But things don't always work out the way we planned.

"When I was stepping out of the ward, he smiled, raising his thumb at me." Beads of sorrow flooded Grandma's age-stricken cheeks when she recalled the moment she bade farewell to her husband. Grandma, normally sensible and smart, was at a loss as she faced her husband's sudden death. She stayed home all day looking at the photo they took together, thinking of her late husband. Although they had no support from friends and relatives, they had joined St. James' Prepaid Funeral Navigation Service earlier, planning their clean-up matters well in advance. When St. James' staff received news of Grandpa's death, they at once arranged Grandpa's funeral matters. They went through procedures of obtaining documents from various departments, organized funeral rituals, and handled ashes after cremation and organ donation if any. These helped free Grandma from the trouble of running to and fro and did things according to Grandpa's final wishes. In addition, St. James' was more concerned about Grandma who had lost her most beloved one. "Can the survivor live comfortably?" asked Grandma.

The serving social worker provided instant grief counselling. He also arranged a home visit to pay attention to Grandma who was so absorbed in her tears and sorrow that she even forgot to have her meals. What's more, the social worker, based on her needs, referred her to district support service and arranged home visit accompanied by volunteers, hoping that they could walk through the path of losing husband and starting a new life with her.

"I only hope he left peacefully. I was so glad to have your timely support; otherwise I wouldn't know what to do!" Grandma's words revealed the hidden worries of her heart. We at St. James' are glad that we can accompany those lacking support network to walk through the final stage of their life. Besides assisting them in planning when still alive so as to reduce worries about burial matters, we care about their life quality. We intend to build trust with them so that we can care about, encourage each other and add colour and hope in each other's life.

All of us will die. Life is unpredictable. None of us can foresee the obstacles ahead. Our Pre-paid Funeral Navigation Service aims at educating the public knowledge of funeral rituals and the need of advanced planning. In particular, this Service can give the elderly and chronic patients a fair understanding of the end of life. As a result, such understanding helps reduce worries for oneself and those who care around you. Thus one can enjoy the time thoroughly when one lives.

Our Pre-paid Funeral Navigation Service has been focusing on promoting advanced planning and life education since 2004. The Service intends to spread love and positivity through life touching life. It encourages the elderly to develop a positive, open value standard. Moreover, the Service assists those lacking support network to plan in advance and carries out burial matters on their behalf so as to reduce fear for death and fulfil self-dignity.

除了處理伯伯後事，服務社工亦為婆婆提供情緒支援，令婆婆走過哀傷。
Apart from arranging Grandpa's funeral, the social worker also provide mental support for Grandma so to release her sorrow.



送暖行動2016

Warmth Giving Action 2016

年過七十多歲的魏婆婆及林伯伯，子女均在國內生活，在生活上沒子女支援，在港的親友也不多，家庭支援網絡不強。兩老一直依賴綜援並居住於板間房。早前，魏婆婆及林伯伯喜獲派新界區公屋，便立即搬入新單位居住，以便盡快遷離環境惡劣的板間房，從新生活。可惜屋內只有床、電飯煲及少量個人物品，連基本的電器包括電熱水爐、雪櫃、洗衣機均沒有能力添置，甚至連地板也沒有鋪好就遷新屋。對於兩位老人家來說，政府安排一個較為整潔的單位給他們居住已經非常滿足，根本沒有考慮到家中的設備及配套。地區中心社工得知魏婆婆和林伯伯生活上的欠缺，家訪後立即向本會的「長者綜合家居安全服務」求助，為兩位長者申請電器及改善家居。

「長者綜合家居安全服務」為魏婆婆及林伯伯安排好生活基本需要，包括鋪膠地板及購買基本合適的家電。然而，服務社工在知道林伯伯早前跌倒入院，出院後行動大不如前，腳步間中無力，不能站立太久，每次沖涼都戰戰兢兢，不能住得安心。於是，隨即又為林伯伯購買了沖涼椅，確保他在洗澡時的安全，不用再擔心因腳不夠力而跌倒再次入院。再度探訪前，正值天氣反常，時暖時凍，突如其來的氣溫急降，讓無依無靠的兩老招架不住。於是，社工除了帶備沖涼椅外，更把善長捐出的棉被及禦寒衣物，送到他們府上，讓公公婆婆有足夠物品抵禦寒冷的天氣！

「你們真的很體貼，帶這麼多東西來，又棉被、又棉衣、又毛毯！嘩，我真的很感動！香港真的很好，對老人家服侍周到，這麼多的關懷和問候！非常多謝你們，衣服好暖，棉被好暖！多謝你們！」魏婆婆一邊聽著義工介紹各樣禦寒用品，一邊雙手握緊義工的手，感謝善長對他們的關懷。魏婆婆與林伯伯在今年冬天來臨前獲得足夠的禦寒衣物準備，讓他們在新居住環境住得安心，也有信心抵禦寒冷的天氣。



Grandpa Ngai and Grandpa Lam are both over 70 years ago. All of their children live in mainland with no support provided. In addition, they have not many relatives in Hong Kong and hence the family support network is weak. All along these years, the old couple live on CSSA. Luckily, they are allocated to a public housing unit in the New Territories. By receiving the news, they immediately move in the unit in order to leave the partitioned flat as soon as possible. However, the new unit is only equipped a bed, rice cooker and some of their personal items; while for the basic appliances, such as water heater, refrigerator and washing machine, as well as the flooring, they have no money in affording. For this old couple, they are already satisfied for such a tidy unit; thus, they have no more thought for other facilities and equipment. As a result, the district social worker refers their case to our "Home Sweet Home" project for some electrical appliances and basic home maintenance.

The project then offers the old couple the basic needs, including the flooring and basic electrical appliances. Since Grandpa Lam is hospitalized due to falling down, his legs are sometimes lack of power and cannot stand too long; hence, the service also provides him with a bathing chair in order to ensure safe bathing. Right before the visit, the weather is fluctuated and the temperature drops suddenly which are difficult for the old couple. Thus, apart from bathing chair, the worker also bring along the padded cotton jacket and quilt so that they can have enough resource to fight with the cold weather.

"You are so considerate in bringing so many items to us. I am really touching and Hong Kong is good in serving the elderly so comprehensively! Thank you for your care! The clothes and quilt are warm enough! Thank you again and again!" When the volunteer is introducing different items to Grandma, she keeps holding their hands and thanks for their care. Before the cold winter comes, the old couple is equipped with enough warmth keeping materials. We hope they can live in the new environment comfortably and warmly afterwards.

善長捐助的禦寒物資讓弱老能抵抗寒冬。

The "Winter Treasures" from donors enable the frail elderly fight with the cold winter.

去社區藥房買藥 都要等？

問：你好！真是不吐不快，還記得第一次由醫院轉介過來「惠擇社區藥房」買藥的時候要預先打電話來預約，而且還要預早2個星期來電。而當我來到藥房，有些時還要在等，在街外的藥房都不需要預約又輪候那麼麻煩，你們可以加快配藥速度嗎？

答：首先，要多謝你把心中的問題告訴我們。「惠擇社區藥房」成立的目的是為了幫助需要長期服用藥物的病患者，在應付沉重的經濟負擔時，避免因藥費的緣故而面臨停藥或大幅度降低生活素質。尤其是基層病人，我們盡可能讓他們同樣享有公平治病機會和待遇。由於服務需求甚大，每天來購買藥物的病人眾多，故此，我們必須預先作出安排，以預約形式製定時間表，讓藥劑師或配藥員逐一接見。一來這樣可以確保每個病人都會有足夠時間(十五分鐘)與藥劑師或配藥員面談，來可以平均分配病人的流量，避免病人購買藥物的時間太過集中某一時段。我們不希望出現長時間在等候的情況，因為對於身體狀況欠佳或年邁的長者是很煎熬的。

有見及此，我們希望在安排接見時間方面可以做得更加妥善、順暢，預約時間的系統可以免除長者等待之苦。在此，希望各方面都會諒解和配合。至於為什麼每個病人都會預留十五分鐘，而非街外的社區藥房一樣。其實是因為本藥房由成立至今都抱持一個宗旨——就是要讓病人「知藥用藥」，顧名思義病人應該要清楚自己正在服用藥物的藥效、服藥的方法和副作用等等。在過程中，藥劑師亦可以從中了解病人用藥的依從性以作出建議。所以每位病人都應該把握短短的十五分鐘，珍惜與藥劑師溝通的機會。

Waiting for Medication In Community Pharmacy?!

Q: Hello, I must share my experience to you. When the first time I was referred to the "Philanthropic Community Pharmacy", I have to make appointment 2 weeks before. When I came to the pharmacy, I sometimes have to wait. It seems other community pharmacies won't have these troubles. Can your pharmacy speed up the dispensing time?

A: First of all, thank you for sharing with us your opinion. The mission of our "Philanthropic Community Pharmacy" is to release the financial burden of patients with long-term illness so that they won't have to stop treatment or to lower their living standard. Especially for the deprived patients, we try our best in providing equal right of treatment. Since the service demand is high, the number of patient is high. Thus, we must make prior appointment. It can ensure every patient having enough time (15 minutes) for medication consultation; also, it avoids the situation that too many patients come at the same period. We have to shorten the waiting time since it is hard for the frail patients or elderly.

As a result, we have to implement the above measurement. We hope different parties can understand and cooperate. Some may then ask why we have to reserve 15 minutes for each patients, it is because our pharmacy is different from others. Apart from medication subsidy, another mission is to provide medication knowledge for patients. We hope patients can understand clearly the usage, efficacy, side effect and etc; also, with enough time, pharmacist can follow up each patient's situation comprehensively. Thus, we wish patients can take chance in communicating with our pharmacist.

醫知健：基因突變 肺癌易上腦

普遍人認為肺癌是煙民「專利」，但原來非吸煙人士亦會罹患一種罕見肺癌。有胸肺內科學者指出，ALK基因突變型肺癌專襲非煙民，目前仍未知病因，防不勝防。若不幸患上，治療的標靶藥物開支每月高達六萬元，比其他癌症藥物貴幾倍。癌細胞亦易擴散至腦部，病情較嚴重，病人治療後的存活期約二十個月。

香港大學胸肺內科臨床副教授何重文指出，本港每年約有四千六百宗肺癌新，八成肺癌屬非小細胞肺癌，當中大部分由吸煙引致，但約百分之五屬於與吸煙無關的ALK基因突變型肺癌，而患者通常較年輕，瑪麗醫院過去三年數據顯示，整體肺癌患者超過七十歲，但ALK肺癌患者年齡中位數只有五十八歲。

何重文稱，ALK肺癌與其他肺癌症狀並無不同，患者會持續咳嗽、呼吸短促、胸痛及體重下降等。醫學界目前雖未知發病成因，但患肺腺癌、非吸煙或輕度吸煙者，較高機會出現ALK融合基因。

聖雅各資助基層購藥

四十四歲的黃女士不抽煙，但三年前確診患上晚期肺癌，她頓感晴天霹靂，「我都唔食煙，但醫生話肺癌，都唔知點解。」初時醫生處方化療藥物，惟一年後病情惡化，基因檢查時才發現有ALK基因變異，須服標靶藥。出身基層的黃女士根本無力負擔每月六萬元的藥費，幸及後獲聖雅各福群會資助，現時病情受控。

聖雅各福群會惠澤社區藥房註冊藥劑師梁沛康指出，以往治療ALK肺癌以化療為主，現時多以標靶藥物「克唑替尼」治療，病人無惡化存活期較化療長逾四個月。該會為公立醫院晚期ALK肺癌患者提供藥物資助，患者自費購藥滿八個周期後，其後周期的藥物可獲全額資助，直至停藥。目前已有二十五名病人受惠，名額六十個，查詢可電2831 3289。



Health: Gene Mutation Leads Lung Cancer Spread to Brain

Most people think that only smokers will have lung cancer; in fact, the non-smokers also have the chance in getting a unique kind of lung cancer. The chest profession indicated that the ALK gene mutation specially appeared on the non-smokers with reason still unknown; in other words, it is unpreventable. Worse still, the target therapy treatment is up to sixty thousand per month which is several times expensive than other cancer medication. Also, this cancer is easier in spreading to the brain. After the treatment, the survival period is around 20 months.

According to Dr. James Ho, Clinical Associate Professor, Department of Medicine, HKU, there are near 4,600 new lung cancer cases while 80% is non-small cell lung cancer. Most of them are caused by smoking with only 5% is caused by the ALK gene mutation. Generally speaking, the patients are usually younger in age. According to the statistic of Queen Mary Hospital in the past three years, the average age of lung cancer patient is over 70 years while the median age of ALK lung cancer patients is only 58 years old.

Dr. Ho said, the symptoms of ALK lung cancer is the same as other types of lung cancer. Patients will have continuous coughing, shortness of breath, chest pain, weight loss and etc. Though the cause is still unfound by the medical profession, it is noticed that the lung adenocarcinoma patients, non-smokers and non-frequent smokers have higher chance in getting it.

St. James' Settlement Subsidy Deprived Patients For Medication

The 44 years old Ms. Wong never smokes. When she was diagnosed of last phase lung cancer three years ago, she was completely shocked. "I never smoke. Thus, I was confused of having the diseases. At the beginning, the doctor prescribed the chemotherapy drugs; however, the situation gets worse after a year. After the gene checking, it was discovered that I have the gene mutation and thus target therapy is needed. Ms. Wong is the grassroots, the sixty thousand monthly medication fee is absolutely unfordable to her. Luckily with the subsidy by St. James' Settlement, her situation is now under control.

Mr. Leung Pui Hong, the registered Pharmacist of St. James' Settlement Philanthropic Community Pharmacy, indicated that chemotherapy was the main treatment for ALK lung cancer in the past; nowadays, the target therapy "crizotinib" becomes the main type treatment as patient's progression-free survival can extend for four months. At present, the Settlement is offering the public hospital patients for ALK lung cancer medication subsidy. After paying for 8 cycles, the remaining cycles will be free of charge. 25 patients are now benefiting from the program and 60 quotas are still available. Enquiry: 2831 3289.



參與行善之方法

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本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

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

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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。

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查詢及網址：聖雅各福群會

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

Inquiry and Website : St. James' Settlement

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