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聖雅各福群會
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社工的話
Social Worker's Remark

帶著真誠和智慧的善行

因工作的緣故，認識了不少記者，根據幾年來跟他們合作的經驗告訴我，記者行業的流動性很高，其中一個原因是記者們通常擁有良好學歷，思考敏捷，枝筆很了得，但薪金水平偏低，影響他們留在行業發展。但是，其中在行內多年的，有好些仍然十分熱血、對記者行業充滿熱誠的，卻一直堅守位置。

隨著互聯網發達，人們可以透過網絡世界，即時發放資訊，就好像當你在街上，看到很美的風景，不期然就會拿起手機，「咔嚓、咔嚓」，隨即在面書上發佈你的所見所聞所感，之後，親朋好友就給你一個「讚！」。近年，在美食當前「相機先吃的文化」影響下，大家在進餐前亦會先為一些別具特式的食品來個照片，不消一會兒，其他人就可以從你的面書中大飽眼福，在一傳十，十傳百的效應下，便為此食店引來更多新食客，不過，亦有聲音表示，稍後會累了食店捱貴租。

同樣，有善心人在街上見到一些年紀老邁或弱勢社群，靠自己雙手掙錢養活自己或一家，在街上擺檔，買一些手製品。為了希望更多人可以支持他們，於是，就在互聯網上發放他們的樣貌相片及所在位置……，相信大家會明白，在吸引更多支持他們的同時，也會引來其他的關注。最終，他們只好遷走……。

一位熱血記者朋友，他訪問了一個患有末期癌症的老伯伯，在街頭擺賣多年，擺賣位置就在一間店舖外，店舖老板及職員都很同情老伯伯，不單沒有嚷他離開，反而是慰問他的需要。記者朋友知道倘若報導一旦刊出，必然引起全城熱心市民注意，前來幫襯老伯伯，但亦有大大可能這樣會令老伯伯地攤不保！翌日他在交稿前給我電話，告訴我他內心的掙扎，一篇可令他受上司讚譽的報導，和一片對社會基層人士真摯的關心。最後，他選擇了後者，我實在很「LIKE」他的決定，並打從心底向他報以欣賞和尊敬！

Beneficence with Sincere and Wisdom

Due to my work nature, I know quite a number of reporters and discover that the mobility of their industry is very high. One of the reason is that reporter usually with agile mindset, good education background and writing skills; however, their salary is comparatively low and thus becomes the barrier of their career development in the industry. For those who have been working in the industry for years, some are very enthusiastic with mission.

With the advanced technology development, people can share information fast and easily in the internet. When you see a beautiful scenery, you can just take a picture with your mobile phone and then upload to the facebook. Just for a while, you may receive "like" from your relatives and friends. In recent years, it even becomes a trend to take the picture before enjoying the delicious meal. Once it has been shared in the internet, it can reach a large number of audiences which in fact an efficient promotion; however, there is also negative opinion that it may lead to a high rent afterwards.

Similarly, some kind hearted people notice that there is a group of old or deprived grassroots earn money with their hand-made product. In order to gather more support from the community, people share their photo or location in the internet I believe all of you understand that it may not only gather support but also draws other attentions. As a result, they have to relocated

Recently, an enthusiastic reporter I know told me that he has interviewed a terminal cancer Grandpa. He has been selling his hand-made product outside a shop for so many years. The boss and staff sympathize with Grandpa so they allow him to stay; also, they even care for what he need for help. The reporter knows that the news can draw lots of readers' attention; on the other hand, he also understands that the large amount of people coming for help may cause Grandpa inconvenience and probably lead to relocation. Right before the day he has to hand in the article, he shares with me for his struggle between the news which can gain his boss's praise and the care that he has for the grassroots. At last, he chooses the later one! His behavior really gains my "LIKE" and I appreciate and respect him from my true heart!

從自身做起，從身邊的小事做起，這是道德品行高尚的人立身行事的方法。

To begin by working on oneself and on trivial matters around oneself. That is how a noble person acts.



幸有你們上門查看藥物

張伯是一位獨居老人，他患有多種慢性疾病，包括：糖尿病、高血壓和高血脂等，需要定期到公立醫院覆診。「我服藥的種類超過十多款，加上我的視力早已退化，難以分辨藥物標籤上細小的字。一般我都是單靠藥丸的大小、形狀和顏色來分辨不同藥物，然後記著用法和次數。」負責惠澤社區藥房的藥劑師細心聆聽張伯的用藥情況，同時，在這次檢視張伯藥物的期間，發現他保留著以前的藥餘，數量亦非常之多，更嚴重的是他把這些藥餘與現時的藥物存放在一起，這實在是容易令人混淆，一旦舊藥與新藥混搭服用，有可能會導致病情不穩甚至出現其他併發症。

事實上，每天在公立醫院等候取藥的病人多不勝數，就以威爾斯親王醫院為例，2014/15年度門診病人臨床服務求診人次為758,539，即是每天起碼超過2千人次使用醫院服務。單就取藥情況，病人往往只能以幾分鐘的時間，即電光火石之間從藥劑師手上接過藥物，並聽取藥效、服用方法和副作用等資訊。試問，在如此趕急下，對於年老者 and 病患者來說是一大挑戰，而究竟又有幾多個回家後仍能順利地跟隨指示服用藥物？

基於坊間上有很多病人好像張伯的情況，於是聖雅各福群會成立了「到戶藥物檢視服務」的上門服務，以上門形式，由外展配藥員與藥劑師到有需要的長期病患者家中。為他們的服藥情況作評估、了解實際需要、進行藥療輔導、講解每種藥物的藥效、副作用及相沖情況等等。配藥員會協助病人整理藥物，教導病人按藥物標籤指示服藥，目的是改善他們的服藥習慣及依從性。

「藥劑師建議我把舊藥棄掉，起初我捨不得，但後來知道利害後，我就乖乖地聽藥劑師的話，他又用藥盒幫我把藥物妥善放置，現在我只需要跟隨盒上的時間服藥便可。」張伯在展示新藥盒時說。

藥劑師一個月後再上門探訪張伯，張伯跟我們說：「醫生說我的糖尿和血壓控制得不錯，我知道是因為你們的幫忙，令我可準確地服用藥物。真的很多謝你們！」聽到張伯這樣說後，相信他已經能按指示服務用藥，亦聽從勸說不再累積過期藥物。此外，當他遇到用藥的疑問，還可隨時通知我們。

Lucky to Have “Outreach Medicine Inspection Service”

Grandpa Cheung is a living alone elderly with numbers of chronic diseases, such as diabetes, hypertension, high cholesterol and etc; thus, he needs to have the medical check up regularly. “I am taking over ten types of medication. My vision is already degenerated, it is very difficult for me to read the drug label. I usually distinguish the medication by the size, shape and colour; and then remember the usage method and frequency.” The Pharmacist of Philanthropic Community Pharmacy listens to Grandpa Cheung patiently. At the same time, he reviewed Grandpa's medication. He found that he keeps a large number of old medication; worse still, he stored the old and new medication together which is absolutely easy to cause confusion. Once he mixed up the two types, it may lead to unstable health condition and other side effect or complication.

It is a well-known fact that the number of patients waiting for medication in public hospitals is high. Taking the statistic of Prince of Wales Hospital in 2014/15 as example, the total attendance of clinical services is 758,539; in other words, the number per day is over 2,000. Generally, patients only have few minutes to receive the medication as well as the information regarding its efficacy, usage, side effect and etc. For an elderly and a patient, how many of them are able to pick up all the instruction with just a short period of time?

Since the situation of Grandpa Cheung is common, St. James' Settlement launched the “Outreach Medicine Inspection Service”. Through regular meeting and counselling, the Pharmacist and Dispenser will review patient's situation and needs of taking medication; and hence provide suitable instruction and knowledge. Also, Dispenser will assist patients in medication storage and teach them in reading the drug label so that they have an accurate habit and knowledge in taking the medication.

“The Pharmacist suggested me to discard all the old medication. Honestly, I was not willing to follow at the beginning; however, I listened to their opinion after knowing the pros and cons. Moreover, they helped me to storage the medication tidily with the kit. From now on, I only have to take the medication by reading the notice on the kit.” Grandpa Cheung shows us his own medication kit.

One month later, the Pharmacist visited Grandpa Cheung again. “The doctor said my diabetes and blood pressure are under good control. I know it is you guys' contribution so that I can take the medication on time accurately. Thanks so much!” We believe that Grandpa Cheung is now capable in handling his medication and will not storage any expired medication anymore. In the future, he is welcomed to contact us for any problems.



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為經濟困乏病患者 伸出援手

在香港，不少長者使用由醫院管理局（醫管局）提供的公營醫療服務，當中所需的費用大部分由政府資助，持有有效香港永久性居民身份證的長者只需支付標準費用。自2005年起，醫管局實施藥物名冊，現時藥物名冊內的藥物分為下列四類：通用藥物、專用藥物、獲安全網資助的自費購買藥物（自費藥物）及不獲安全網資助的自費藥物。

公立醫院和診所在提供通用藥物以及在特定的臨床應用下提供專用藥物時，會收取標準費用。但如果個別病人在特定臨床應用以外選擇使用專用藥物，便需自行支付藥物的費用。獲安全網資助的自費藥物，通常是指經證實有顯著療效，但超出醫管局一般資助服務範圍所能提供的較昂貴藥物。這些藥物不包括在標準收費範圍內，需要使用這些藥物而有能力負擔費用的病者須自費購買。然而，經濟上有困難的病人可獲相關基金會提供安全網。而不獲安全網資助的自費藥物，一般是指僅經初步醫療驗證的藥物，與其他替代藥物相比僅具邊緣效益，但成本明顯較昂貴的藥物，以及生活方式藥物（例如：減肥藥）。這些藥物並不包括在標準收費範圍內，病者需自費購買。

在此藥物政策下，一些相對較新的藥物較大機會需要病人自費購買，例子有新一代的抗凝血藥和某些治療癌症的標靶藥物等。

部分患有心房顫動、且中風風險高的高齡病人，他們在使用舊式抗凝血藥，即華法林時，由於未能嚴格控制進食含有豐富維他命K的食物，導致該藥物的療效大受影響，患者的凝血指數不穩定，不利於病情的控制。新一代抗凝血藥的出現，為這些高齡患者提供了一個相對較少煩惱的選擇。新一代抗凝血藥與絕大部分食物都不會出現「相沖」的情況，因此患者的凝血指數相對穩定，亦無需常常進出醫院或診所進行抽血檢驗，對高齡患者來說，心理的負擔和病情不穩的風險均減輕了。可是，在這種情況下，病者若選擇使用新一代抗凝血藥，一般是需要自費的，對部分依賴長者生活津貼或綜援為主要生活經濟來源的長者來說，這無疑是沉重的負擔。聖雅各福群會惠澤社區藥房為了讓這群有經濟困難的病者得到對他們病情控制較佳、能維持較好生活質素的藥物，正努力動員社會資源，以較一般社區藥房優惠的價格配售有關藥物。

部分治療癌症的標靶藥物同樣在該藥物政策下，需病者自費購買，這類藥物的藥費更為昂貴，一般為每月約3萬到5萬不等。惠澤社區藥房在各善長的捐助及支持下，已幫助了許多有經濟困難的癌症患者，能持續支付並得到他們所需要的藥物治療，為了讓更多有需要的患者得到協助，以及為更多患者的家庭帶來希望，你的捐助與支持必不可少。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。

Let's Give a Helping Hand To the Deprived Patients

In Hong Kong, most of the elderly are using public healthcare services provided by the Hospital Authority (HA). In general, the government is responsible for patients' medical cost in which only standard fees will be charged for those who are holding HKID card. HA has implemented the Drug Formulary since 2005. The listed drugs are divided into four categories that included general drugs, special drugs, self-financed items with safety net, and self-financed items without safety net.

Under certain clinical conditions, special drugs will be charged at standard fees. But if patients choose the special drugs but fail to fulfill certain clinical conditions, they have to afford the cost of special drugs on their own.

The self-financed items with safety net are proven to be of significant clinical benefits for patients but extremely expensive for HA to provide. These drugs are not included in the range of standard fees. That means patients have to pay on their own if they would like to use those drugs. For those who are financially deprived, they could apply for subsidy from safety net.

Regarding items that are self-financed without safety net, those are proved with preliminary medical evidence only, marginal benefits at higher costs, and lifestyle drugs (e.g. anti-obesity drugs). These drugs are also not included in the range of standard fees that patients have to pay on their own.

Under this drug policy, those "new" drugs are easy to be listed as self-financial items such as the first new generation anticoagulant and target therapy.

Some elderly patients with atrial fibrillation and high risk of stroke use traditional anticoagulants, such as Warfarin. Foods with vitamin K can make Warfarin less effective and affect the coagulant index of patients. The new generation anticoagulant resolves the problem of avoiding vitamin K and stabilizing the coagulant index. The new generation anticoagulant has no conflict with most of the foods. Also, patients do not need to process blood test frequently. These additional benefits of new generation anticoagulant also release the psychological burden of unstable health condition.

However, patients have to afford the cost of new generation anticoagulant on their own if they want to benefit from new drugs. For those elderly who are mainly living with Old Age Allowance and Comprehensive Social Security Assistance, it is an unaffordable item for them. Therefore, we, the Philanthropic Community Pharmacy of St. James' Settlement, are mobilizing social resources and providing discounted drugs for those deprived patients in having better treatment, better control of illness and better living.

Under this drug policy, part of cancer drugs and target therapies are also listed as self-financial items. These drugs are extremely expensive that costs from thirty thousand dollars to fifty thousand dollars per month. With the long-term support from many generous donors, the Philanthropic Community Pharmacy has been assisting financially deprived patients to continue the costly treatment. Your generous support is indispensable for lighting patients and their families in the darkness of illness. Please make your cheque payable to "St. James' Settlement", indicating at the back for "Philanthropic Community Pharmacy". For enquiry, please telephone 2835 4321 or 8107 8324.



受惠者言
Client's Remark

謝謝送我一個 恆溫電熱水壺

香港人口老化問題嚴重，每八名香港人便有一位是六十五歲或以上的長者。由於年青人為糊口而工作時間長，不少長者很自然地成為獨居長者，欠缺家人支援。獨居長者平日既要照顧自己，又要照顧老伴，往往因為要打理事務而導致身體受傷，甚至發生家居意外。「電器贈長者」計劃不時收到獨居長者的求助，希望饋贈電器，解決生活所需。

獨居於九龍區公屋的張婆婆早年喪偶，育有兩名子女，但均居於國內，沒有來港生活。故此，她已獨個兒在香港生活多年，沒有親友照顧。她現時已八十多歲，患有白內障、關節炎及氣管病等長期疾病。她平日生活依賴綜援維生，由於生活部份支出用作醫療開支，故家裡的物品使用多年及破損，卻仍未有添置。最近，長者中心社工探訪張婆婆時，發現她使用明火煲水，水煲外殼殘舊，手柄是金屬，容易傳熱，而且她患白內障，每天要來來回回地捧著又重又滾的水煲添水，實在令人擔心。於是，社工向本服務申請恆溫電熱水壺，希望讓張婆婆可安心煲水及飲用而不被燙傷。

本計劃得知其需要，負責社工與義工們便帶同由善長捐贈的恆溫電熱水壺探訪張婆婆。探訪當日，義工除了教張婆婆使用恆溫電熱水壺外，同時為她進行家居安全評估。義工發現張婆婆廚房銼盆已淤塞了約一個月，原來張婆婆因視力差，且未有親友支援，故不知如何處理。幸好義工發現後立即找來去水幫為她清理污水，最終花了約半小時才把廚房銼盆的污水清理，並已立即通知房署，為張婆婆廚房去水渠進行檢查。張婆婆眼見義工們對她的關懷，便立即道謝：「你哋真係好！咁多人嚟探我，我已好耐無人嚟我家嘞，多謝你哋關心。又送我電器，又幫我清理雜物，又幫我通渠，我自己仔女嚟香港探我都唔及你哋好！但哋從來都唔幫我做家务……」說罷張婆婆流下眼淚來，感激本計劃對她的關懷，感激善長的捐助。

另一位居住在新界區舊屋村的王伯伯，現年八十多歲，與老伴同住，依賴綜援維生。他們育有兩名子女，兒子已離逝，女兒居於中東，故他們生活沒有親友支援。王伯伯近年因中風而癱瘓，長期臥床，需由太太貼身照顧。太太年約七十多歲，雖然外表精神健壯，但由於長期貼身照顧臥床的王伯伯，身體出現多種毛病，包括：背痛、骨刺、腳痛及手腕過度勞損而時有劇痛現象，而且體重近年急劇下降。王太太平日每次用熱水煲水後，需把滾水注入暖水瓶保溫。但最近手腕疼痛次數頻密，每次做注水動作也感困難，故向社工求助，申請恆溫電熱水壺，以解決生活所需。探訪當日，義工耐心地教導王太太使用恆溫電熱水壺，指示她如何安全地使用電器。「我同王伯伯都好感謝你哋，我以前成日去長者中心做義工，同你哋一樣。但自從佢臥床之後，我大部份時間都係屋企照顧佢。唔該晒你哋，送咗個電水壺比我，我以後煲水唔洗再咁辛苦嘞！好多謝善長！」王伯伯與太太對於善長的捐贈表示感激。

「電器贈長者」計劃宗旨為年老無依靠的長者送贈電器，解決生活所需。善長的捐助確實能為每位有需要的獨居長者解決生活困難，送贈數百元的恆溫電熱水壺，已為不少貧困獨居的長者提供援助，改善他們生活環境。



Thanks for The Thermostatic Kettle

The aging population in Hong Kong is serious that there is an elder among every eight people. Since the younger generation has a long working hours, many elders becomes living alone elders without family support. Sometimes, they not only have to take care of themselves but also their old partners; worse still, they may easily get hurt or lead to home accident when doing the housework. Thus, the "Electrical Appliances for the Elderly Program" receives lots of application from them for suitable appliance in solving the daily needs.

Grandma Cheung lives alone in a public housing estate in Kowloon. She has two children but both of them live in mainland. So, she has been living alone in Hong Kong for so many years without any family or relatives support. Now, she is already over eighty years old and has different kinds of long term illness, such as cataracts, arthritis and asthma. Grandma used to live on CSSA. Since most of the money has to be reserved for medical expense, she cannot afford for any new appliances even though some of them have been used for years or even broken. Recently, during a visit from the district elderly center, they worker found that she is still using fire to boil water; even more, the kettle is very old and the handrail is made by metal which transfers heat. As mention, Grandma has cataracts, it is absolutely dangerous for her to hold the kettle around the flat every day. As a result, the worker applies for our service. She hopes that Grandma can safely boil the water without risks of being scald afterwards.

After understanding her needs, the social worker and volunteer of the Program visit Grandma Cheung with a thermostatic kettle from donor. They not only teach her how to use the kettle, but also conduct a home safety assessment. The volunteer discovers that the basin in kitchen is blocked for a month; however, Grandma is not capable to handle it since her vision is poor and has no support. Luckily, the volunteer spends near an hour in fixing it and immediately notifies the Housing Authority for further checking. By feeling the care, Grandma thanks with tears, "You guys are so kind! No one comes to visit me for a long time. You offer me the kettle, help me to tidy the home and even fix the basin blockage My children is even not as good as you They never help me to do the housework....."

Another elderly case is Grandpa Wong who is also over eighty years old. He lives in an old village in New Territories with his wife. The old couple has two children but their son has passed away while her daughter lives in the Middle East. In recent years, Grandpa Wong is paralyzed due to stroke. He has to stay in bed all the time and hence Grandma Wong has to take care all of his daily lives. Grandma Wong is around seventy years old. Although she looks healthy, the long term caring brings her kinds of illness, including spur, back, foot and wrist pain. Also, her weight drops a lot in these years. Grandma Wong used to pour the hot water into the thermos bottle in keeping warm; however, as her wrist pain is getting worse, she finds it very hard in doing so. Hence, she applies the Program through social worker in solving the problem. During the home visit, volunteer patiently teaches Grandma the safe way of use. "My husband and I are very thankful for your help! In the past, I always do volunteer work in the center like you. Just since my husband's paralysis, I have to stay in home. Thank you so much. By having this kettle, my hardship in boiling water is released. Thank you the donor as well!" The Wong couple expresses their thanks to the donors again!

"Electrical Appliances for the Elderly Program" aims to provide appliances for living alone elderly in solving their daily needs. The support from donors is absolutely important in helping them. Like Grandma Cheung and the Wong couple, just a few hundred kettle already improve their living standard a lot!

義工悉心教導長者使用方法，以確保能解決長者生活所需。
The volunteers patiently teaches elderly the appliance's usage in order to ensure the appliance can solve their daily needs.



送暖行動 為獨老寒風送暖

Warmth Giving Action Giving Warmth To The Elderly

中秋節過後，香港也正式踏入秋季的日子。尤其過了農曆廿四節氣中的「寒露」，亦即表示秋季時分正式開始。「九月節，露氣寒冷，將凝結也。」踏入10月初，香港即受東北季候風影響，氣溫突然急降至18度，對患有氣管疾病、心臟病等弱者而言，突然急降的氣溫或會引發疾病的不適。因此，適當的禦寒措施對弱者而言，可謂相當重要。

二十年前的農曆新年，市區氣溫連續七天均維持在十度以下；同時，亦有長者死亡的新聞，歸咎於持續的嚴寒天氣。為免悲劇延續的發生，聖雅各福群會於每年冬季前會推出「送暖行動」，希望為貧病交加、孤寡無依的長者及時送上「禦寒四寶」—暖風機、電熱水壺、棉襖、棉被，為弱者提供全方位的禦寒物品。

居於石硤尾邨的煥婆婆，喪偶後獨身至今。家居環境簡陋非常，煮食仍沿用舊式的火水爐。「我食綜援，以前丈夫仲係度，我會買些好一點的飯菜給他享用。自從他過身後，我都不追求什麼了，得過且過就OK。」煥婆婆個性節儉，冬天來臨她連一件較厚的保暖外套也不敢花費，目的是為了省錢買藥。「我膝頭常感痛楚，有時痛症發作起來連步行也頓感困難。留點錢，至少我可以買藥服用呀！」去年冬天寒流來襲，在十度左右的天氣下，煥婆婆穿了十件線衣保暖，結果身體變得累贅，影響四肢活動，煮飯時更差點將過長的衣袖燒著。「我住個單位向北，甚為當風；冬風起時真係凍到牙關都打震！」為了不想煥婆婆繼續捱冷，「送暖行動」為煥婆婆送上一件「保暖棉襖」、一部能吹暖手腳的「小型暖風機」、一個能夠長期提供熱水的「座枱式電熱水壺」以及一張輕巧的「絲棉被」，陪伴煥婆婆渡過寒冷的冬天。「這份溫暖不單能夠穿在身上，還能夠暖入心田，大家都如此的關心我、照顧我！」掛著幸福笑容的煥婆婆，連聲道謝善長們對她的照顧。

長者的血液循環系統普遍不理想，加上遲緩的感官反應讓他們不易適應突如其來的寒冷天氣，輕則引致重感冒，嚴重者或會引發其他併發症，或需送院進行即時的治療。隨著貧窮獨居長者人口不斷上升，加上物價持續高漲，禦寒物品價錢比往年漲價2-3%，單靠善長捐款的「送暖行動」正面對著更嚴峻的挑戰，以應付急劇上升的需求。

「送暖行動」的「禦寒四寶」—小型暖風機、恆溫電熱水壺、厚身的絲棉棉被、能擋寒風的棉襖，確實是體弱無依長者於寒冬裡的最佳良伴。聖雅各福群會正為「送暖行動2016」籌募足夠的善款，以全港性支援無依體弱、經濟困難長者的禦寒需要，讓他們時刻可保持溫暖。「送暖行動2016」預計今年冬天需協助600個體弱無依長者，為他們添置「禦寒四寶」，抵抗寒冬的侵襲。

「送暖行動2016」今年計劃招募更多的義工協助探訪及運輸服務，期望能親身將溫暖到戶送給每位長者，將善長的關懷心意親手交予他們手上。請將支票抬頭：「聖雅各福群會」，背書：「送暖行動2016」的支票，寄往：香港灣仔石水渠街85號1樓105室。施善熱線：8107 8324 或 2835 4321。



After celebrating the Mid-Autumn festival and Hanlu (Cold Dew), Autumn has officially arrived. The weather of Hong Kong has been affected by the Northeast monsoon, and the temperature has rapidly dropped down to 18°C, which may make the elderly vulnerable to heart attack or lung diseases. Therefore, keeping the body warm is very important to them.

Two decades ago, the temperature remained below 10°C for 7 consecutive days around Chinese New Year. Often we hear elderly found dead due to the cold weather on those days. To prevent these tragedies happened again; St. James' Settlement organized annual "Warmth Giving Campaign" for elderly by providing the Four Winter Treasures- heater, electric kettle, cotton jacket and quilt. We hope the elderly are able to enjoy a warm winter.

Grandma Wun is an elderly who lives in Shek Kip Mei Estate since the time she became a widow. She lives in a crude environment where she is still using traditional kerosene stove for cooking. "Comprehensive Social Security Assistance (CSSA) supports my living. When my husband was still here, I put effort to get him some good food. Now that he passed away, I no longer care as long as I eat to survive," said Grandma Wun. Grandma Wun is a thrifty person. She does not dare to spend money for winter clothes because she wants to save up for her medication. "My knees always hurt. It's difficult to walk when the pain comes. I need to save up for the medication," said Grandma. Last year, Grandma Wun put on 10 layers of knitwear to keep herself warm for the cold winter, the bulky clothing restrained her movements and the clothes almost caught on fire when she was cooking. "My apartment is facing North, it's very windy and it makes the winter even colder," said Grandma Wun. Grandma Wun received the Four Winter Treasures - a thick jacket, a small electrical heater, an electrical kettle with warm keeping feature and a light silk quilt through the Warmth Giving Campaign. "This warmth is not only for warming the body, but also warmed my heart. Thank you for taking care of me," said Grandma Wun, thanking the philanthropists with a happy smile on her face.

With the slow sensory and circulation, it is very difficult for elderly to adapt the sudden drop of temperature, which would often causes flu or other complications which require hospitalization or immediate medical attention. As the poverty amongst the elderly, as well as the rise of the living expense, winter items cost has increased 2-3% compared to last year. Hence, the Warmth Giving Campaign is facing many challenges as the demand has been rising exponentially.

The Four Winter Treasures - heater, electric kettle, cotton jacket and quilt, are the best companions to helpless elderly for keeping them warm against the freezing cold winter. To support the elderly in need and protect them from the cold, St. James' Settlement is currently raising funds for the territory-wide event for next year - Warmth Giving Campaign 2016. Approximately 600 helpless elderly in need or in financial difficulties will be benefited and offered the Four Winter Treasures throughout the event.

In order to spread the blessings from philanthropists and reach out to more elderly in need, we will be recruiting more volunteers to assist in home visiting and logistic arrangement in Warmth Giving Campaign 2016. For donation, please make your crossed cheque payable to "St. James' Settlement", and mail to St. James' Settlement, Room105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong, with attention to "Warmth Giving Campaign 2016". Donation hotline: 8107 8324 or 2835 4321.

收到保暖的棉襖和絲棉被，足以讓受惠長者笑得開懷。

The warmth by receiving the jacket and the quilt will bring smiles to the elderly.



貼心的家居設計

Sincere And Caring Design

「回想去年因地滑跌傷腰骨，被送到醫院治療三個月，半步也不能下床，那段日子實在不堪回首！」自從發生意外後，友婆婆都深怕自己會再次跌倒，因此步行和活動都小心翼翼。她每天早上會到樓下的花園做復康運動，希望彎曲的腰骨可有所紓緩，能支撐上身。而午飯後亦是她最忙碌的時間，因她需忙著執拾沖洗用品和衣服，步行半小時到區內體育館洗澡。「我行動緩慢，到隔離街的運動場最少要半小時；體育館沐浴間有座椅可以坐，洗澡時不會跌倒，始終我身體不能承受第二次跌倒了！我會安心點，因此花一小時來回時間也是值得的。」

友婆婆每天洗完澡回家已接近黃昏了，「有時人走得累了，晚飯也不想吃，直接上床睡覺休息。」社工看著友婆婆日漸消瘦的身軀，擔心她操勞過度最後推出病來，於是向「長者家居維修服務」求助，希望為長者於家中安裝沖涼椅，讓她可以安心在家中洗澡。

服務社工到訪友婆婆家中，觀察到長者駝背情況嚴重，並不合適座椅深度較淺的牆身沖涼椅；於是按友婆婆企缸呎吋安裝坐立式沖涼椅。這張沖涼椅並具有座椅扶手方便長者站立時使用，減低長者起身時雙腿所承受的壓力。「而家我可以安心在家中洗澡了，不用每次洗完澡又要出身汗才回家！」另外，觀察到室內環境光線不足，社工安排義工師傅為長者安裝伙數較大的慳電膽，並按著友婆婆眼睛接受的舒適度選擇黃光燈泡，讓她不會感覺刺眼，同時亦為她安裝床頭燈，半夜上廁所時也不會摸黑而被雜物絆倒。「社工和義工都好關心，佢地知道我好怕跌倒所以額外為我安裝這些設施，實在體貼萬分！」

另外，友婆婆的床剛好放置在窗邊，有時天未光已被光線喚醒。「我好醒訓，天色稍為光一點眼睛就會自然張開，再也睡不了。」看見友婆婆只用衣架和碎布作遮光用，根本不能達致遮光的功能。「我腰骨不能伸直嘛，最高也只能掛到這裡，唯有用住先啦！等冬天來臨，日出時間較遲，我就可以睡久一點了。」為了讓友婆婆能夠安然入睡，服務派出義工師傅協助為友婆婆安裝窗簾路軌，並同時掛上善長捐贈的窗簾布，讓友婆婆可在睡覺時間拉上窗簾，不用再被日光出的光喚醒，可以安睡入眠。

「社工和義工很體貼，為我度身訂造設計家居，讓我不必擔心跌倒之餘，也照顧了我全屋的安全需要。我沒有其他家人，但已將你們看當成我最親的人！」

"It is a painful memory of the three months' time living in the hospital bed since I hurt by back because of the slippery floor." Since the accident, Grandma Yau is afraid of falling again; hence, she is extremely careful in walking and daily activities. Every morning, she will do the rehabilitation exercise wishing that the bending back can have a greater support to upper body. After lunch, it is the busiest time. She has to pack the clothes and washing materials; and then walk half an hour to the stadium for shower. "I walk very slowly; thus, I have to take half hour from home to the stadium. I take shower in there just because there is a chair in their bathroom so that I won't fall down easily. I believe it is worthy for taking an hour in total as I feel much released."

Every day after finishing the shower, it is already evening time. "Sometimes, I feel tired after walking for an hour and hence I won't take my dinner. Instead, I go to bed for sleep directly." Worrying Grandma's health, the social worker applied the "Elderly Home Maintenance Services" hoping to install a shower chair for her.

During the home visit, the social worker in charge notices that the humpbacked situation is serious. Thus, they install another kind of shower chair which is more suitable to sit and rest on. Moreover, the chair is equipped with handrail which can reduce the leg pressure when standing up. "Now, I can take shower at home without any worries and sweating." On the other hand, the social worker found that the lighting is not enough so they arrange volunteer in installing light bulb with more power. Also, the yellow light is chosen for softer lighting. Apart from this, a bedside lamp is offered to her so that she won't fall down easily when going toilet in the dark mid night. "The social worker and volunteers are so caring. They install all these facilities for me just because they are worried that I will fall down again. It is just too kind and caring!"

The bed of Grandma Yau is just next to the window. She is often woken up early by the sunlight. "I am not a good sleeper. Once I feel the sunlight, I will wake up and not able to sleep again." The social worker notices that Grandma Yau just uses some rags with hangers in covering the window, "I cannot make it upper due to my bending back. Never mind, I can sleep longer when winter comes." In order to provide Grandma with better sleep, the volunteers install the curtain rail for her and help to hand up the curtain from donors.

"The social worker and volunteers are so sincere and caring in providing me with all these design. It not only releases my worry of falling down but also takes care of all my daily needs. I have no families support and all of you are now my closet people now!"



為友婆婆安裝床頭燈，方便她可於夜間使用，不用摸黑行動而發生家居意外。

By installing the bedside lamp, Grandma Yau can safely walk in the dark midnight.



我們需要你的捐助
We Need Your Donation



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一個屬於自己的家

本身居於元朗鄉郊的娥婆婆，每天祈求神明保佑，希望可盡快獲派公屋，搬離這間污水滿佈、狹窄黴爛的鐵皮屋。「我子女都在內地務農，照顧自己兩餐都成問題，怎能奢求他們供養？香港租金又貴得驚人，我就只能租住這裡暫時過活。」社工到訪娥婆婆的鐵皮屋舊居，室內沒有窗戶，空氣不甚流通且室溫甚高，加上洗手盤出現漏水情況，地下佈滿污水，實在擔心娥婆婆會滑倒受傷。

皇天不負有心人，娥婆婆收到房署的信件，將獲派同區的洪水橋洪福邨。娥婆婆一收到新居門匙，即日便將她所有家當，包括：衣服、棉被、熱水壺等一同搬入新居，即時入住。「我無錢做任何裝修了，地下沒有地板，佈滿砂粒，試過無穿拖鞋擦傷腳板。」看到娥婆婆好不容易才獲入住新居，實在不忍心看到新居基本設備缺乏，不能因而「安居」，於是協助娥婆婆向「長者家居維修服務」求助，希望可為她提供新居入伙工程。

「長者家居維修服務」擁有一班熱心為長者服務、「急長者之急」的義工師傅，得知娥婆婆的困難便二話不說抽空到訪娥婆婆家進行服務。義工師傅憑著一己熟悉的技術，於地台上塗上膠水及鋪設膠地板，更細心的將地板修邊，避免出現空隙讓娥婆婆有機會絆倒。「婆婆，你不用擔心再被砂石磨傷腳了！這些地板更是防滑的，你不必擔心絆倒了。」娥婆婆感動的抱著義工師傅們，感激他們為她付出的辛勞。正當娥婆婆打算煲熱茶給師傅喝，師傅們卻告知「婆婆，我們未完工。我們還會於企缸及座廁旁為你安裝扶手，讓你可沐浴或坐下時可作扶助之用；另外我們還預備了掛勾和掛牆層架，讓你可擺放毛巾、沖洗用品等。廚房也會為你安裝一個，你就不必擔心碗碟餐具等沒地方放了。而在窗口我們會為你安裝窗簾路軌，即使太陽光照入屋內也可以窗簾遮擋。」娥婆婆讚賞善長和義工師傅們為她建造了一個「五星級的家」，短短半天內，「由無到有」的為她完成入伙工程，讓她可以真正的安居。「這就是我的家，將來我百年歸老，我也不會忘記善心人幫我建造的一切。」

隨著新公屋邨包括元朗洪福邨、沙田水泉澳邨陸續落成，服務已陸續收到長者申請，暫有20位長者正輪候「長者家居維修服務——新居入伙服務」。計劃急需要善長伸出援手協助，捐助 \$1,000 協助1位長者，以資助長者新居需使用的膠地板材料、扶手、雜物架和窗簾路軌等。服務刻不容緩的開展中，計劃社工及義工亦已全面投入服務，務求竭全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」，施善熱電話：2835 4321或8107 8324。



A Home of My Own

Grandma Ngor lives in the countryside in Yuen Long. She prayed every day that she can be relocated for a public housing unit so that she can move away from the dirty, tiny and suffocating hut. "My children farm in China. They are barely able to look after themselves, how can I ask them for help? Since rental in Hong Kong is high, I can only rent and live here temporarily." During the home visit, the social worker found no windows in the house, the indoor temperature is high and the ventilation is poor. In addition, they basin is leaking and the ground is with dirty water. She is really worried that Grandma would get hurt and slip.

Luckily, she is finally relocated to a unit located in Hung Fuk Estate in Hung Shui Kiu by the Housing Department. Upon receiving the new home key, she immediately packed all her belongings, including clothing, cotton padded quilt, thermos kettle and etc, and moved there right away on the same day. "I have no money for any decoration or maintenance. The unit has no flooring and is full of little stones and sand. I once get hurt as I haven't wear my slippers." Since it is hard for Grandma to get her new home, the social worker is pity to see that she cannot enjoy a safe and comfortable living just because they have no basic facilities. Thus, she applies for the "Elderly Home Maintenance Services" for assistance, hoping to put her on the new home move-in project.

There is a group of enthusiastic volunteer in "Elderly Home Maintenance Services" who are ready to meet the urgent called from the elderly. After they learned about Grandma's problems, they took time to carry out the services immediately. They laid the plastic flooring and carefully cut the edges making sure no cracks for trip risk. "Grandma, you don't have to worry of getting feet scratched again by the rough floor! The flooring we are using is anti-skid and hence no more worries for tripping." Grandma was deeply moved and even give hug to the technicians for their hard work. As long as she planned to boil hot tea for the volunteers, the volunteers said, "The job is not yet finished. We still have to install the handrails in the bathing room so as to provide assistance during your bathing and toileting. Also, we prepare some wall-mount hooks and shelves for towels, sanitary and kitchen items in both bathroom and kitchen. You don't have to worry where to keep your bowls, dishes, and chopsticks anymore. Moreover, curtain rails is installed in keeping the sun shine away." Grandma Ngor deeply appreciates the volunteers for giving her a "Five Star Home" in just half a day so that she can then live comfortably. "This is my home and I will never forget the kind hearted people who help in providing me with all these, until the day I die."

As the new public housing estates, such as Hung Fuk Estate in Yuen Long and Shui Chuen O Estate in Shatin, are nearly completed, we keep receiving application from the referral workers. At the moment, there are around 20 elders on the waiting list for "Elderly Home Maintenance Services – New Home Move-in service". The service is in need of \$1,000 for each elder in the procurement of plastic floor covering, handrails, hangers, curtain rails and etc. Thus, we urgently appeal for your generous donations. As the service is now in full swing, social workers and volunteer technicians have been fully arranged to give elders their heated regards through delivery of the service to the homes of needy elders. Please donate to "Elderly Home Maintenance Services". Donation hotline: 2835 4321 or 8107 8324.

本著為長者服務的熱心，義工師傅們義不容辭為長者新居鋪設膠地板。
Enthusiastic volunteers lay the plastic flooring for the elderly's new home.



「無憂通」電聯關顧服務 陪你走到最後

「無憂通」電聯關顧服務的服務對象為一些孤苦無依、缺乏支援網絡的獨居長者、兩老以及長期病患者，藉由電腦語音系統與參加者作每天的電話聯繫，作出主動的關心慰問，從而確定每一位參加者每天的平安，避免參加者在家中發生意外而乏人知曉。隨着智能電話的普及，本服務亦新增數據網絡的應用，讓懂得使用智能電話的長者以即時通訊應用程式向我們報平安。

阿駒是其中一位無憂通的服務使用者，他沒有子女、沒有結婚也沒有任何親屬在港，所以早在數年前已參加了「後顧無憂」規劃服務，為自己的身後事早作安排；他亦同一時間參加了「無憂通」電聯關顧服務，每天晚上阿駒都會收到我們的問候，他按指示按電話鍵盤上的「1」字報平安，我們也就能從電腦中確定阿駒每一天的安全。

阿駒雖已年過七十，卻很喜歡嘗試新科技產品，尤其近年更是喜歡上智能電話，每隔數月便為自己買一部便宜的新電話。不過，事實上阿駒並不擅長操作新型電話，因此有時候他不能確實地回應我們的問候。當他沒有接到無憂通電話，他會主動打電話聯絡我們。若他忘了聯繫我們，而我們看報告又發現他沒有報平安都會主動致電聯絡他，從而確定他的安全。每天一通電話雖然短促，卻是一星期七天、年中無休的持續聯絡。

有一次，我們整天也聯絡不到阿駒，我們便從多個渠道確定阿駒的安全，包括查詢管理處、附近的長者中心以至醫院的入院紀錄。原來阿駒因急性肺炎而入院，想不到一天內他就離世了。因著在短時間內找到阿駒，我們可以盡快跟醫院溝通，並按阿駒的意願完成他的身後事。而他的鄰居更特別囑咐我們給他買一份智能電話紙扎品給他，讓電話的關顧能一直陪伴他上路。

「無憂通」電聯關顧服務由2011年開始推行，至今已服務過超過一千名使用者。藉着每天跟長者的聯絡，和參加者保持緊密的聯繫，建立起一份份充滿人情味的關係。當參加者沒有回應電話，工作人員總是用盡渾身解數追查參加者的安危，有時打電話至深夜甚至上門跟進。這一切都讓缺乏支援的長者感受到確實的關顧，從而更安心地享受晚年。



No Worry Link Tele-Service Accompany You to The End

“No Worry Link” Tele-Service is to serve those who are poor, sick, or living alone elderly. By using a specific telephone voice system, the beneficiaries can be connected daily and the service staff can be at ease knowing that they are safe at home. Credits also go to the advanced technology of the smart phone applications, elderly can also make use of their cell phone to send message to No Worry Link.

Kui was one of the No Worry Link users. He lived alone in Hong Kong and had no other relatives anywhere. He had joined Pre-paid Funeral Navigation Service as well as the No Worry Link. Every night he received telephone call from the system. All he needed was to press “1” on the keyboard, signify that he was safe, when his telephone rings.

Kui was over 70 and was interested in new technologies, especially smart phones. He got a cheap new model every few months. However, he was not good at operating new models that he acquired. Therefore, he sometimes failed to answer the safety calls several times. When we did not receive his call acknowledgement, we would call him directly to ensure whether he was safe or in need of assistance. Our system runs 7 days a week continuously.

There was once that we could not reach Kui the whole day. We tried every ways to contact him and found out soon that he was admitted into hospital and died in the same day for acute pneumonia. Since we were able to find him in a short period of time, we contacted the hospital and helped arranging his funeral. According to his last will he would like to have a paper cell phone to be offered to him in his funeral service, signifying that the phone care can be with him at the end of his life.

“No Worry Link” started in 2011 and has been enrolled over 1,000 users. Through the service we keep contact with those elderly daily and have built up a friendly relationship with the users. When any user fails to acknowledge our call, we would try every means to locate him/ her to make sure that he/ she is safe. Sometimes we keep phoning the user till mid-night just to make sure he/ she is safe. We believe that all the support can provide the living alone elderly a sense of care and hence let them live without worries in their old age.

陪伴阿駒最後一程的電話紙扎品。

Paper cell phone set that accompanies Kui in his last journey.



冀盼服務的延續

Wish of Service Continuity

於缺乏常規的資助下，慈惠服務有賴社會上一班有心人無私的捐助而得以營運。當中，除了希望趁自己仍有餘力時回饋社會的捐贈者外，亦有一些服務使用者因受惠服務，故藉捐助讓服務得以支持下去，繼續為社會上有同樣需要的長病者提供支援。

Without the government subsidy, donation from the kind hearted people in the society becomes the main resource for the Charity Project. Among these donors, some hopes to contribute the society. While for some of them, they supported because they are also benefited from the service; thus, they donated with the wish that the service can keep providing assistant for people in need like them.

以服務近40個年頭的《松栢之聲》為例，現時並未有獲得政府的資助，只有約一成獲公益金贊助，其餘依賴社會人士的捐款而營運。縱然如此，服務仍是堅持以免費形式為長者送上報紙。因為於一眾讀者中，確有不少匱乏、體弱、行動不便的長者，他們沒有資源或親友支援，亦不懂網上科技，每月正依賴著《松栢之聲》取得長者相關資訊。多年來，除有幸有社會人士的捐助得以繼續營辦下去外，當中一班讀者的支持，亦成為我們堅守下去的感動！我們過萬名讀者群中，雖然多為已退休人士或長者，但為了讓報紙延續下去，他們往往體現著「積少成多」、「集腋成裘」的捐助精神：

Taking "The Voice" as an example, it has been in service for near 40 years. At the moment, 10% of the operation cost is supported by Community Chest while the remaining cost is totally supported by donation. Though without any government subsidy, we insist in providing the newspaper for the elderly free of charge. There is a group of elderly with poor health, financial situation and mobility reading the newspaper. They have no resource or family support, and they are not familiar with technology; thus, they rely on the newspaper in getting elderly related information.

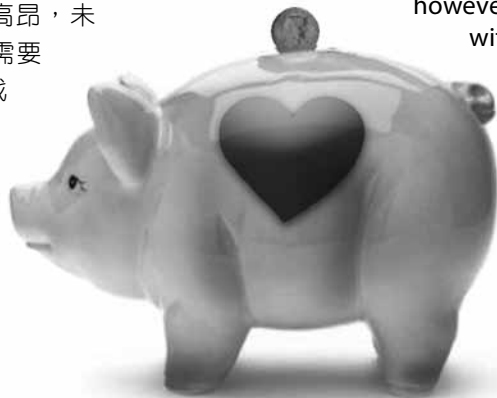
「哎呀，我剛剛才發現原來你們只靠善款營運！其實，我收了《松栢之聲》已有一段時間，請問可否告知我捐款的方法？雖然我已經退休多年，沒有收入，但經濟情況不是太差，仔女亦每月有多少飲茶錢，實在覺得應該付出一點。你們既要印刷，又要郵寄及運輸，更不要計其他行政支出……坦白說，現在甚麼都貴，我的捐款恐怕也未必足夠支持整份報紙的費用！不過，坊間要找一份專為我們長者而設，而又非商業性質的讀物實在很困難，故既是受惠者又仍有經濟能力的我們，其實是有責任支持的，是捐款或費用也好，好讓你們能將資源分給一些沒有能力的長者……再說穿一點，最重要是讓你們能繼續為我們提供資訊呀！現在人口老齡化，社會又變得快，不要講長者，即使是將退休的人士，也需要不斷進步，但真正知道我們需要的，又有多少人？你們做長者報多年，如此經驗豐富，又沒有商業成份，實在感受到你們純為長者出發服務的心，故最終不應該單單因為經濟問題而要暫停！你放心，儘管不多，但只要仍有能力，我們一定會支持！」

In these years, apart from the community donation, the support from the readers is also our motivation in running the service. The number of readers is now over 10 thousands, although most of them are retirees or elders, they try their best in supporting the service with the spirit of "Many a little makes a mickle".

"Oh, I just found that the operation of 'The Voice' is supported by donation! I have been reading 'The Voice' for a period of time..... Can you tell me how to make donation? Although I have retired for many years without any income, my financial situation is still fine with my children's support..... I think I have the responsibility to make some contribution. Honestly speaking, I am afraid my donation is not enough to cover the cost including printing, postage, transportation and etc..... However, it is really difficult to have a non-profit elderly orientated newspaper in the society; thus, being one of the beneficiaries, we have the responsibility no matter it is counted as fee or donation. On one hand, the resource can reserved for those without financial ability; on the other hand, the most important point is to maintain the newspaper! The population is aging and the society is changing every day, both the retirees and elderly should keep learning; however, how many people in the society understand our needs? Your team is experienced in elderly service and runs the business without earning a cent; it really should be stopped due to the financial problems! No worry, I promise I will support as long as I have the ability!"

誠如文首所言，《松栢之聲》沒有常規資助，但靠著多年為長者服務的心，得著善長及讀者們的支持。雖然，現在做報紙成本高昂，未來營運仍是艱難，但只要仍有需要的一天，我們會繼續努力尋找資源，再加上大家的「積少成多·集腋成裘」，深信可攜手為將踏入老齡化的社會提供貢獻！

As mentioned, "The Voice" is lack of government support; however, it gained the support from donors and readers with the mission of serving the elderly. Although it is hard to run a newspaper since the cost is high, we will try our best in finding resources. With the spirit of "Many a little makes a mickle", I believe it can contribute to the aging population.





電費資助令患者 安心養病

聖雅各福群會慈惠服務是因應基層社會人士生活需要應運而生的，特別是現有常規社會服務以外的所需項目，慈惠服務都希望可以藉不同資源，成立相關的項目或計劃，關顧有基層人士的急切需要。

居於沙田的陳伯伯患有氣管疾病，醫生建議他每天16小時長時間使用氧氣機，幫助氣管擴張，保持呼吸暢順。長時間被迫留在家中，加上獨居乏人照顧，日常基本早、午、晚三餐的膳食都是靠鄰居的幫忙。再者，他居住的單位為西斜位置，夏天陽光照射入屋，令室內十分悶熱，因著身體的緣故，必須開冷氣。

陳伯伯多年來都是依靠綜緩過活，每期電費都超過\$1,000，炎夏情況更加嚴重，陳伯伯說：「用氧氣機加埋開冷氣，果期電費成二千蚊，我睇到都好驚，點應付呀？……根本係應付唔到。」陳伯伯每月的綜緩金不足\$4,000，難以維持生活費及電費的開支。故此，他必須長期節衣縮食，每天都是憂心忡忡，過著徬徨的生活。

其實有很多長期病患者好像陳伯伯一樣，因著身體的緣故加添了額外的生活開支，許多時候為了減輕支出，冒險地自行調節醫療器材的使用時間，此舉動可引致他們病情惡化，或許危害到他們的生命，實在是十分危險的。

為此本會成立的「電費助貧弱」計劃，目的是為有需要之長期病患者提供醫療儀器的電費資助，減輕他們的財政支出壓力，讓他們可以安心地按照醫生指示使用醫療器材，避免因節衣縮食而影響健康。有關計劃詳情，可瀏覽網址：www.thevoice.org.hk，或致電2835 4321查詢。



Power Subsidy Helps the Ailing & Handicapped

Charity Project is launched by seeing the needs of grassroots in the community. Especially for services without government subsidy, we hope to utilize different resources in setting up relevant projects and to cater urgent needs of those at the grassroots level.

Grandpa Chan, living alone in Shatin, has trachea problem. Doctor advised him to use the oxygen machine 16 hours per day in expanding the trachea for smooth breathing. Being forced to stay at home for a long time and lacked of support, he relies on the neighbours' assistance for meals. In addition, as his unit faces the west, the summer sun shines right through his unit, making it very hot and sultry; thus, he has to keep the air conditioner running all time due to his condition.

Grandpa Chan lives on CSSA for years. His electricity expense exceeds \$1,000 per two months and is even higher during the summer times. He said, "There is a month that the electricity expense is up to \$2,000 because I have to use the oxygen machine and the air conditioner together. I am really scared. I don't know how to cope with it? It is totally beyond my means." His monthly CSSA which is under \$4,000 is absolutely inadequate to keep him going. Hence, he must save on food and clothing. Every day, he lives with worry and always not sure what else comes next.

In fact, there are many chronic patients, like Grandpa Chan, facing extra living expenditure due to health reasons. Sometimes, they would modify the usage time by themselves in order to cut down the expenses. However, this is very risky since it may worsen their health condition or even their lives.

The objective of "Power Subsidy – Ailing & Handicapped" program is to provide subsidy for patients who has to reply on the medical equipment. By reducing their financial burden, they can abide the doctor's instruction and have a better living standard. For more details, please visit our website: www.thevoice.org.hk; or call 2835 4321.



受惠者的感謝

敬啟者,

我母親已於今年春天逝世，感謝松柏之聲多年陪伴年邁的母親，貴刊物帶給她無盡的歡樂。請在可能的未來停止寄發刊物至我母親的地址。

再次感謝各位多年來的工作。

To Whom it may concerned,

I am thankful for having "The Voice" with my old aged mother all these years; and the Newspaper brings her a lot of happiness.

Since she has passed away this spring, please stop her subscription in the future.

Thanks again for all your hard work during these years!

Sincerely Yours,
XXX He

※ ※ ※ ※ ※ ※ ※

馮姑娘及藥劑師及其他職員：

感謝你們的協助，讓我爸爸可以得到阿比特龍的資助，上星期爸爸覆診後，暫時不需再服用此藥物了。

快將農曆新年，送上小小祝福，希望你們工作順利，身體健康！

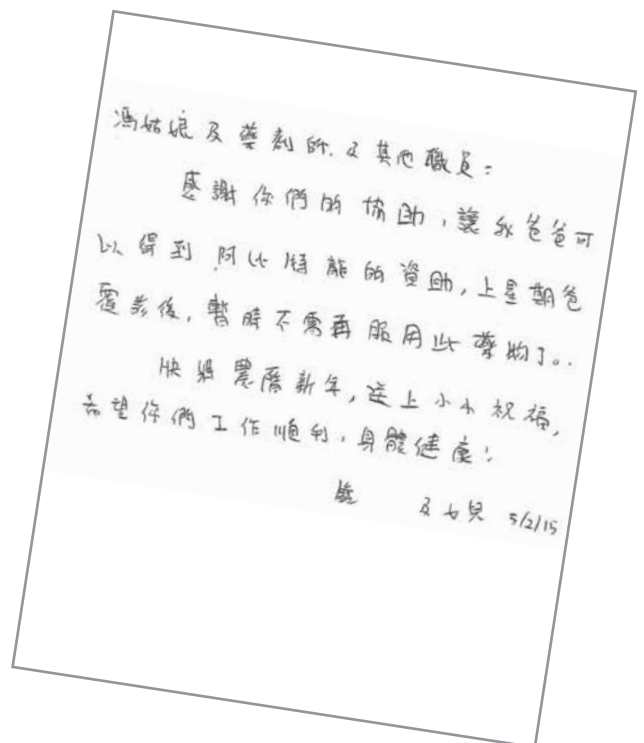
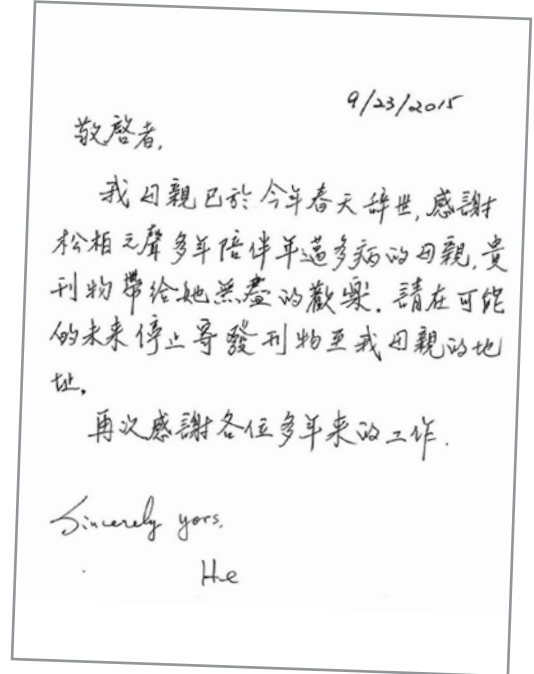
鍾XX及女兒
5/2/15

Ms. Fung, Pharmacists and other staff,

Thanks for your kind assistant so that my father can have the targeted drug subsidy. In the medical checkup last week, the doctors said he no longer has to take this medication.

Since the New Year is coming, may we take this chance in giving our blessing to you. Wish you all the best in the future.

Mr. Chung and daughter
5/2/15





參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

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

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

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

(請在適當位置加上✓號)

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

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

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

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

Address : _____ Phone No. : _____

Donation Method :

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

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

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

Card Holder's Name : _____ Signature : _____

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

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

*Please check off your method of payment.

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

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

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

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：陳美玉 祁慕潔 梁達仁 馮慧嫻 朱詠欣
 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
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