



社工的話 Social Worker's Remark

守護弱老、病人的尊嚴

申請社會服務，特別是涉及金錢或物質的資助計劃，為了確保資源用得其所，免被濫用的情況下，一般申請人需要接受經濟審查。作為社工，每次要申請人提供個人家庭資料、經濟狀況，當中需要申請人提供紅簿仔或相關銀行存蓄資料，對不清楚的地方通常都會細問一番。例如家中住戶人數、子女回家次數和關係、其他親屬支援等等。還有，社工亦會審視家居環境，不能說話的物件亦可成為評估申請人支援及經濟狀況的重要線索。

不說大家亦可想像得到，縱使社工在家訪或面談中顧及申請人心理狀態，運用適當而又不傷其自尊心的說話，同時流露出希望能幫助對方的態度，經驗告訴我們，有大部份的申請人都會感到向人求助、等救濟是一種顯示自己沒有用及令人頓失尊嚴的事，甚至是很丟臉的。此外，在申請任何形式的援助時，不免需要重述個人或家庭慘況，這個必經過程往往會引起申請人難受的感受。

想到已經要為基本生活張羅的長者，勞碌一生，晚年缺乏親友支援，自己或跟老伴每天面對生活大大小小的困難，無助、孤單是獨老常伴在咀邊的說話；加上他們的身體機能退化及其他疾病，在生活上及精神上更是受到嚴重困擾。所以，慈惠服務是顧及到長者申請人這種狀態，各項服務雖然有不同專業團隊負責，包括：贈藥治病計劃、電器贈長者計劃、長者家居維修服務、診病交通費支援計劃及到戶理髮服務等等，但當申請人曾經或正申請上述其中一項服務，社工或工作人員在接過申請表時，會進行正常審核申請條件的程序，過程中如發現申請人有其他的支援需要，就會在內部作出轉介，並就申請人的情況向有關服務的同工作深入溝通，免卻申請人重述個人背景及申請服務原因。這樣，申請的長者或長期病患者，可在接受服務之餘，不用再重述自己難堪的經歷，好讓這群有需要的弱老和病人，在困境之中仍是有尊嚴地生活！

Safeguard The Self-Esteem Of The Fragile Elderly And Patients

Generally, as a measure to prevent abuse of resources, applicants for social services need to go through financial tests especially when subsidy in cash or in kind is involved so as to ensure that resources really go to the hands of people in need. It is the duty of a social worker to ask the applicants to present their family particulars and financial situation. Applicants are required to provide us with their bank passbooks and information regarding their bank savings. We will go into detail should there be any unclarity, such as, among many others, the family members living together; how often their children come to see them and how their relationship goes; and any support from relatives and friends. Furthermore, social workers will look into their residence very carefully as the dumb objects could be significant clues in assessing the applicants' financial situation and getting to know if any support is already available to them.

During a home visit or meeting, we would cautiously avoid triggering any adverse psychological impact on the applicants with appropriate remarks to ensure that their self-esteem will not be hurt. Our sincerity to offer help can be readily perceived. Nevertheless, as many of us can expect, our past experiences have revealed that asking for help and relief would make a good many of applicants feel inferior and lose their self-esteem. They would even take it as a shame. Inevitably they would also have to reiterate their personal or family's tragic situations during the course of application for any kind of assistance and they would generally find this necessary formality quite distressing.

After working hard all their life to sustain a living, the lone and couple elderly still have to face every single difficulty all by themselves in their everyday life as they have no family or friends to turn to. Their words "helpless" and "lonely" are always echoing around them. They are not only challenged by the difficulties in their daily life, but also they are under mental stress as aging always couples with physical degeneration and illness. In order to avoid any unnecessary psychological burden be imposed on the elderly, we have made some special arrangements in the course of their application for services. If an elderly has ever applied or is applying one of our services, each of which is managed by an individual professional team, such as Medical Subsidy Program, Electrical Appliances for the Elderly Program, Elderly Home Maintenance Services, Patients Travel Subsidy Plan and Home Hair Cut Service, the social worker or personnel in charge, upon receipt of the application form, will go through the normal examination and assessment. If they find that the elderly is also in need of other services that we can provide, they will make an internal referral along with detailed particulars about the elderly's situation so that the applicant will not have to reiterate his background and reason for his need of the service. We hope that the fragile elderly and the chronic patients in need will not have to repeat their accounts of the distressing life experience in the course of application for services and continue to live with self-esteem even in time of difficulties.

任何人在施予時，其實也豐富了自己的精神與心靈。

Any person in the giving, in fact, also enriched their own spirit and soul



從心力交瘁到 一盡天倫之樂

「感謝你們一直而來的幫助，婆婆的精神好多，最近還可以自己到公園做運動呢！」病人家屬接續地說：「多謝你們能夠好實際地幫助病人，令病人病情得而好轉，免受病魔折磨！」

魏婆婆患上了末期腎衰竭，身體狀況可說是病已成勢，家屬能為病人做的，是盼望能為她人生最後的一段路走得更舒坦，而非受病魔折磨，以客觀來說，就是望病人的生活質素能夠保持，減少病人受症狀影響。而在腎衰竭此病當中，最令患者感到顛簸的是腎衰竭引起的貧血症狀。

魏婆婆家人曾說道：「婆婆因為血色素只有六度，覺得十分疲憊，連下床都感到乏力，只能終日躺在床上，胃口欠佳，連日把吃進的東西都嘔吐掉，連上廁所的一小段路程都足以令婆婆氣喘如牛，更別叫她作任何事了。」從家人的這番話，不難看出貧血對病人的生活質素有多大的影響了。正因如此，患上腎性貧血的病人需要長期注射俗稱「補血針」的紅血球生成刺激劑，但因費用昂貴，令病人多加卻步，魏婆婆坦言：「這些補血針每月約一千元，但每月的綜援金只得二千多元，生活已經足襟見肘，豈有額外能力購買藥物？食飯或是食藥？真是一個難題。」可見婆婆終日為藥費及身體病痛引致心力瘁。

可幸的是，魏婆婆在護士的介紹下，得悉我們藥房能夠以半價價錢購買「補血針」後，立刻成為我們的受患者之一，而在最近的一次配藥中，雖然婆婆因身體虛弱不適宜外出，但仍然不忙透過家屬將自己的心意傳遞給我們。「婆婆注射補血針療程後，情況好多了，能夠下床在家中活動，更有精神外出飲茶，能在新年期間一盡天倫之樂，實在是一件幸福的事。」婆婆的家人最後還勉勵我們，希望見到著福群會的雙手幫助到更多有需要的病人，令他們不受病魔折磨，活得更精彩。



A Weary Terminal Patient Regains a Tranquil Family Life

"Thanks for all your help. Grandma feels much better in recent days and she even goes to have morning exercises in the park herself!" The patient's family continued. "You guys work through practical ways to help patients so they can concentrate fighting their illnesses and beat them. We truly appreciate your effort."

For Grandma Ngai, an end-stage renal failure patient, there is nothing her family can do to reverse her illness; all they hope is their loved one to have peaceful days rather than days fraught with pains on her last leg of life. In other words, they hope Grandma Ngai's condition to be less interfered by the symptoms and hence certain quality of life can be maintained for her in the remaining days. However, the most worrying problem for renal failure patients is how to cope with the subsequent anaemia.

A family member of Grandma Ngai said to us, "Earlier Grandma's red blood pigment level dropped to 6, she was always tired and couldn't have the strength to get off the bed. Losing appetite, she vomited everything she ate. Even a short distance walk to the toilet would cause her to breathe heavily. She just couldn't do anything but lying in lethargy." This illustration pretty much explains how anaemia affects the patients' life quality. That's why renal anaemia patients constantly need to inject Erythropoiesis Stimulating Agent, a.k.a. ESA. However, these injections are so costly that not many patients can afford. "The ESA injection costs me \$1,000 per month, it is huge relative to the slightly-over-\$2,000 CSSA allowance. I would have to give up on food if I take the injection." Through this candid remark from Grandma Ngai, we can see the distress she faced when struggling with her illness and with her medication bill.

Fortunately, through referral from a nurse, Grandma Ngai became one of the beneficiaries to purchase the ESA injections from our philanthropy community pharmacy at half price. Grandma Ngai was unwell so her family came to pick up her new batch of injections last time. They conveyed us a message from Grandma Ngai, it said, "I am feeling much better after taking the ESA injections, I can leave my bed to get something done at home, sometimes I can even head out for dim-sum. Having spent a wonderful time with my family during the new year, I feel so blessed." Her family also encouraged us to help more patients in need for medications to get assistance so that they can fight illness, reclaim vitality and live a fulfilling life.



捐助病人電腦支援系統 開拓長遠服務惠澤社群

本會惠澤社區藥房自2009年創辦，服務過無數的長者及病患者，發現長者用藥情況可歸納成以下三種情況：

1. 長者因記憶力及認知力下降，容易忘記服藥，以致延誤病情，達不到治療效果；
2. 在治療過程中，用藥比想像中繁多及複雜，長者對藥物的反應及副作用亦因人而異；不正確用藥、自行停藥或胡亂購買藥物會導致治療失效；
3. 藥物在正常劑量下使用也可能產生不同副作用，如大便出血、口腔潰爛，增加長者對藥物的恐懼。

因此，教育患者正確用藥知識、提高他們安全用藥、增強他們自我管理疾病的能力、提高患者服藥的依從性等等都是我們工作的目標。透過專業藥劑師及配藥員的團隊，以面談、小組、講座和到戶形式模式接觸患者乃是十分重要。以小組為例，配藥員會到不同的社福機構主講講座，事前要預備講義，以切合大眾的需要，講座後，參加者會連同攜帶的藥物詢問配藥員，配藥員會個別進行藥療輔導服務，逐一講解每種藥物的藥效及副作用，加強患者用藥安全及知識。配藥員更會攜帶平板電腦，除了可即時瀏覽及更新藥物資訊外，更會經患者同意後，即時輸入服藥欠佳的患者之個人資料及藥物資訊，以便日後作出跟進，有需要時更會上門為患者檢視藥物，令患者可安全及安心用藥。

無奈的是，同工外出到不同地區主講講座，除了車費開支外，每個月平板電腦的上網費用、健康講座雜費開支、購買藥盒、切藥器予患者等都需要金錢，更重要的是，儲存病人及藥物資料需要強大而優質的資料庫、良好的電腦軟件及系統配合，系統會紀錄患者所的病人資料、服藥資料庫和跟進情況，此系統包括支援本會惠澤社區藥房龐大的病人記錄。除了紀錄資料外，更為日後進行有效的數據分析，例如患者服藥後出現抗藥性情況、病人服用不同藥物後的存活率、病人的發病年齡、病人出現副作用的病徵等等，這數據長遠能為醫療政策作一定的參考作用。但建立系統開支十分龐大，需要四、五十萬經費才能完成，作為沒有政府資助，長期需要善長支持的慈惠服務，在當下實在缺乏能力購買此系統！

香港人口老化日趨嚴重，如何可以為醫療政策出一分力？盼望著你一分一毫的捐助，為病患者建立一個良好病人系統，更進一步拓展相關服務惠澤社群！

Support Long Term IT system For Patients Benefit

Our Philanthropic Community Pharmacy, founded 2009, has served countless elderly and patients and discovered conditions of elderly in use of medicine falling into three situations listed below:

1. Declined memory and cognitive ability and easy forgetfulness in taking medicine has caused illness drag on without achieving the treatment result;
2. Medication taken in the course of treatment are too many and too complicated compounding with reaction and side effects vary with each individual, use of the wrong medication resulting in unilateral decision of the elderly to withdraw from treatment and casual purchase of medicine are the causes leading to loss of effective treatment.
3. Consequential side effects, such as bleeding in the stools and festered oral cavity even on normal dosage, also increase the fear of the elderly towards medication.

Hence, educating patients on proper and safe medicine use, raising their self-administrative ability and obeying use instructions, become our work target. Patient contacts made through interviews, group discussions, seminars and home visits by professional pharmacists and dispensers have become very important. The dispenser, conducting seminar for a welfare institution, prepares handouts beforehand to meet the group's need and the audiences are encouraged to bring in their medication and ask questions at its end. Such coaching covers effectiveness and side effects on every single medicine to strengthen patient's medical knowledge and safety. The iPad he carries, besides on the spot provision of the latest new drugs information, is also for entry, with the patient's consent, of his medical history for those requiring later follow up actions; and if needed, home visit to check on his medicine for peace of mind in use.

However, money is needed to pay for staff's travel expenses conducting various district seminars, the Internet service providers, miscellaneous expense of Health Talk, procurement of pill boxes and pill cutters for the patients etc., and more importantly is a large volume data bank capturing patients' full medical history and medicine record. This requires good software in conjunction with a system. The system captures all patients' information, the medicine in use and follow up actions, also supporting all patients' record of our Philanthropic Community Pharmacy. These data will be used for effective data analyses such as patient's drug immunity, survival rates, age of initial disorder outbreak, side effect symptoms etc. They are useful as reference for the formulation of long-term medical policies. Setting up such a system involves huge capital investment of some four to five hundred thousand dollars. Being a charitable institution with no government support, solely dependent long term upon donations of benevolent people, we just have no means getting it at the moment.

Aging of the Hong Kong population is getting more serious, how can we make a meagre contribution to the medical policy? We are calling for your donation, no matter how little, to help us set up this good system for patients with further development of relevant services for community benefit.



獨老獲贈收音機 在家也不再孤單

「電器贈長者」計劃的社工與義工在農曆新年，一個溫暖的星期日早上一同前往秀茂坪邨探訪杜伯伯，並且為他送上一部卡式收音機。杜伯伯接過收音機說：「多謝聖雅各福群會社工的關懷，令我真正感受到人間的溫暖。我一個人住，在家中孤零零，周圍環境都好靜，感覺也好悶，而我唯一的嗜好就是聽收音機。現在得到你們的餽贈，可以時常收到電台不同節目，在家亦不怕悶，真的很開心！」剛接受背部手術的杜伯伯，背部傷口仍然非常痛楚，所以面容較為繃緊，但接過善長的捐助，人也精神起來！

義工教導杜伯伯使用收音機，杜伯伯隨即調較至新聞台，收聽新聞報導，接受世界資訊。「收得好清楚，收得好清楚，真的感謝義工和謝聖雅各福群會姑娘和善長……以前我都是聽新聞，先知香港社會大事，有時又聽歌，一個人生活就是這樣簡簡單單。」對於獨居的杜伯伯而言，一部收音機對他來就是與世界連繫的重要橋樑。

杜伯伯已七十多歲，最近獲分配公屋單位。之前，他獨居於觀塘區舊樓板間房，一直沒有結婚，唯一的兄弟住在同區，兩兄弟間中一起晚餐。杜伯伯約十年前退休，退休前任職保安員，退休後一直依靠綜援生活，沒有多少積蓄，而社署批出的搬遷費只能用於應付添置傢俱及日常用品。加上早陣子杜伯伯背部舊傷惡化需要入院進行手術，突然額外的開支，令他更倍加小心地用一分一毫，雖然他非常渴望購買一部卡式收音機，但一想到經濟情況，又擔心起來，所以就放棄了唯一的嗜好。

這次手術可算是非常順利，只是傷口位置在背部，每當杜伯伯走動或有過大的手部動作時，便會牽動傷口而感到痛楚，幸他申請了社康護士服務和短期送餐服務。杜伯伯向來不安裝電視，為了讓他在家中不至沉悶，在新年本服務安排義工送上收音機作為他的新年禮物。

杜伯伯再三感謝善長的關懷，並感受到在香港的幸福，「香港真是一塊福地，以為老了，沒有用，還要政府救濟，原來社會上有很多有心的香港人，願意來關心我們，多謝大家！」



A Radio Drives Away Loneliness For Living Alone Elderly

It was a warm Sunday morning in the Chinese New Year holiday, the social worker in charge for the "Electrical Appliances for the Elderly Program" was going to visit Grandpa To who lived in Sau Mau Ping Estate. Coming along was another volunteer and together they were going to send Grandpa To a cassette radio. Receiving the radio, he said, "I have to thank the social worker of St James' Settlement, as he made me feel being cared about. I lived alone and the house was always dead quiet. Listening to the radio was my only hobby. Now with this gift, I can now listen to different radio programs and I will not feel lonely anymore!" Grandpa To just had a back surgery not long ago and his wound still hurt. Despite his tight smile, he looked more cheerful after receiving assistance from others.

After our volunteer showed him how to use the radio, Grandpa To immediately tuned it to a news channel and listened to the latest news. "The reception is very good and the sound is very clear. Many thanks to St James' Settlement, their volunteer and their kind donors. I used to listen to the radio news to keep me abreast of the latest happenings in Hong Kong and sometimes I also listen to music. My life is simple." For Grandpa To, a radio set is an important connection bridge to the outside world.

In his 70s, Grandpa To was allocated a public housing unit just recently. Before that, he lived alone in a cubicle in an old building in Kwun Tong. Grandpa To's brother, his only family member, also lived in Kwun Tong and would occasionally have dinner together with him. He used to be a security guard before he retired 10 years ago. Having not much savings, he had to live on CSSA since his retirement. The domestic removal grant from the Social Welfare Department covered only additions of basic furniture and necessities. Furthermore, earlier his old back injury got worse and he had a surgery in the hospital. To make up for the unexpected expenses, Grandpa To had to be very cautious with every penny he spent. Given the tight financial condition, he decided to give up on his only hobby.

The surgery went well but Grandpa To still had pain in the incision when he walked or made big body movement. Fortunately, he had already applied for the meal delivery and home nursery care services. Preferring not to have TV at home, Grandpa To still needed something to entertain himself during the recovery period. So we arranged to send him a radio as a new year present.

Again, Grandpa To expressed his gratitude for the care and concern from the kind benefactors and said, "Hong Kong is a blessed place because there are many kind people who are so generous to care for those who are old and have no means to earn their own living. May God bless these kind people! Thank you!"

杜伯伯家徒四壁，在新年也沒換上新衣，生活拮据，在新年喜獲收音機，確實為他孤零零的生活加溫暖。As money is always tight, Grandpa To has barely any furniture at home. Neither does he have any new clothes for the new year. Getting a brand-new radio is like having a new breath of fresh air into his otherwise dull and lonely life.



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呼籲捐贈電飯煲 送長者一口熱飯

「好多謝聖雅各有心人同姑娘，送個新電飯煲給我，我可以煲熱辣辣既飯食……，我地老人家習慣有口熱飯食，尤其是宜家天氣凍，沒有鑊都要食熱飯，之前我個飯煲壞煮吾到飯，我叫隔離師奶每餐煮多碗飯比我，我話比番錢，佢又唔收……」譚婆婆一口氣告訴我們一個電飯煲對老人家的重要。

譚婆婆雖然已經八十多歲，但精神十分好。她的丈夫數年前逝世，之後就獨自一人居住石硤尾大坑東邨。譚婆婆一直領取綜援金生活，日前因濕疹病發需要往中醫求診，沒有多餘積蓄購買新電飯煲，而婆婆計劃等待下個月發綜援金時再買。剛好附近長者中心社工探訪譚婆婆，知道她的困境，於是協助她申請「電器贈長者」計劃，並且安排義工為她送上新電飯煲。

住在彩虹邨的李婆婆，在接過義工送上的電飯煲後很高興地說：「多謝晒聖雅各福群會同埋善長咁幫忙，送個又新又靚既電飯煲比我，真係好多謝！你地真係幫到我們這班老人家！」同樣八十多歲的她因為雙腿關節退化，平日甚少外出。由於李婆婆患有糖尿病，多年來需要注意飲食，幸好她與鄰居街坊關係良好，鄰居買鑊時亦有為她購買新鮮魚及肉類，近日李婆婆家中電飯煲損壞，每日以鑊仔蒸飯食，鄰居便告之社工作出跟進，最終解決了日常用膳的問題。

「我現時最需要係電飯煲，有善長捐比我，真你多謝晒！」謝伯伯收到義工送上新電飯煲，一臉腼腆地向義工們道謝。七十歲的謝伯伯獨居將軍澳區公共屋邨，他因自認為仍有工作能力，兼職清潔工，每月賺取微薄生活費來供養九十多歲定居國內的母親。謝伯伯原本住在旺角板間房，最近成功獲配公屋單位，沒有剩餘金錢可添置家中的家庭電器。後來，經附近長者中心社工探訪後，了解其家庭環境，於是向「電器贈長者」計劃作出申請。

現今社會仍然有很多長者面對生活中不同困難，正如以上幾位長者一樣，我們很難想原來他們真的連一個百幾二百元的電飯煲也無能購置，所以，「電器贈長者」計劃將為繼續為長者提供合適的家電，以解生活需要，若你也希望為這些無依體弱的獨居長者作出捐贈，請立即捐助「電器贈長者」計劃，支票抬頭：「聖雅各福群會」。查詢：2835 4321或8107 8324。

七十多歲的謝伯伯仍然工作供養九十多歲的母親，自己搬上公屋單位，可謂甚麼都缺乏，有幸得善長捐助，以解每餐所需。
Grandpa Tse, in his 70s, is still working to support his mother, aged over 90. Having moved to a public estate flat, he found that he lacked quite a lot of daily necessities. Thanks to the kind people, he can prepare meal himself.



Appeal For Donation A Rice Cooker Enable The Elderly To Enjoy Freshly Cooked Hot Rice

"Many thanks to the social workers from St. James' Settlement and many kind people for giving me this new rice cooker. I will be able to enjoy freshly cooked hot rice..... The aged, like myself, use to take hot rice, especially in these cold days. Even if we cannot afford any food other than rice, we need it to be hot. When my previous rice cooker broke down, I asked my neighbor to prepare one extra bowl of rice for me every time she prepared meal. I wanted to pay for it, but she kindly declined it....." Grandma Tam told us in one go how important a rice cooker is to the elderly.

Grandma Tam is in her 80s, but she still looks sharp. Since her husband passed away a few years ago, she has been living alone in Tai Hang Tung Estate in Shek Kip Mei. She is living on CSSA. Earlier she was suffering from eczema and needed to consult a traditional Chinese physician that there was not sufficient savings left for her to buy a new rice cooker. She intended to get one when the next CSSA payment comes. At that very time, a social worker from an Elderly Centre nearby visited Grandma Tam and learned about her difficulty. She then helped her applying to the "Electrical Appliances for the Elderly Program" and arranged the delivery of a new rice cooker to her by a volunteer.

Grandma Li, living in Choi Hung Estate, said gladly upon receiving a new rice cooker from a volunteer, "Thanks so much to the St. James' Settlement and the kind people for giving me this new and smart-looking rice cooker! You are really helping us, the aged fellows, a great deal." She is also in her 80s, but she seldom goes out owing to the joint degeneration in both of her legs. As a diabetes patient, she has been very careful about her diet over the years. Luckily, she has very good neighbours who are helping her buy fresh fish and meat when they do shopping. Grandma's rice cooker broke down lately and she had to steam the rice with a small pot. Her neighbor told the social worker about Grandma's difficulty and then this very basic daily need was addressed.

"What I need most now is a rice cooker; I am really grateful for the kind people who give me this new rice cooker!" Grandpa Tse said shyly when he received the rice cooker from the volunteer. He is 70 years old and is living alone in a public estate in Tseung Kwan O. He is still able to work as a part time cleaner to earn a meager monthly income to support his mother who is living in the mainland China. He was living in a tiny sub-divided room in Mongkok and recently he has finally been allocated a public estate flat, but he has no spare money to spend on the domestic electrical appliances. A social worker from an Elderly Centre nearby paid him a visit earlier and learnt about his situation and then helped him to apply to our Electrical Appliances for the Elderly Program.

Nowadays, there are still a large number of elderly in our society having to face many different difficulties in their daily life, just like the grandma and grandpa mentioned above. We feel deeply sorry for them that they are unable to afford even a rice cooker that costs only less than \$200. The Electrical Appliances for the Elderly Program will continue to meet the daily needs of the elderly in poverty by providing them with the necessary domestic electrical appliances. Should you want to help these fragile and lone elderly who have no one to turn to, please support our Program by sending us a cheque drawn in favour of "St. James' Settlement" with indication at its back for "Electrical Appliances for the Elderly Program". Enquiry hotline: 2835 4321 or 8107 8324.



更換一個少少部件 長者重獲熱水沖涼

隨著科技的進步和普及，都市人的生活質素越來越高，一般家居電器已成為生活必需品，如果電器壞掉，正常情況下，我們會購買新的來代替，但現實生活中是有很生活在捉襟見肘的香港人沒有這麼幸運！

「這電熱水爐早前發出奇怪聲音，過了一陣子後更完全沒有反應。電熱水爐壞掉後，我就一直『煲水沖涼』，但從廚房搬熱水到浴室，每次捧著水走這段路都使我心驚膽跳，這盆水溫度都非常高，一旦不小心跌倒的話我就完蛋了。」李婆婆憂心忡忡地說。

在運送熱水時除了要小心翼翼外，在溫度掌握方面更要非常拿手，溫度過熱就會燙傷皮膚，溫度過低就會容易著涼。更換一個新的電熱水爐費用不菲，對於領取綜援的李婆婆來說，絕對是天文數字。所以今日「長者家居維修服務」的義工來到石硤尾，為李婆婆檢查和維修電熱水爐。經過義工檢查後，發現是爐身的溫度調節掣失靈，有一部份連接的電線更燒成焦黑。之後，義工到電器行配對相應的零件，換上新的零件後，電熱水爐就能重新正常運作。

一個小小的零件只需一百幾十，但長者不熟悉電熱水爐，根本無能力自行維修有關電器，如要找坊間的維修師傅，他們需要賺取利潤的關係，李婆婆根本難以負擔相關費用，如果李婆婆持續「煲水沖涼」的話，後果真的不堪設想！

今天義工為長者的電熱水爐更換了零件，電熱水爐能重新使用，不過在我城仍有很多獨居或倆老，因為經濟條件有限，只能「退而求其次」，而這個次一級的選擇，往往就會提高發生家居意外的機率。「老吾老以及人之老」，聖雅各福群會「長者家居維修服務」一直秉持關懷和服務有需要的獨居，不希望他們因為經濟或其他因素而選擇「退而求其次」的生活，從而保障他們仍可在家中安全地安享晚年。



Replacement of A Small Part Makes Hot Water Available Again For Elderly Shower

As the technology is advancing and widely applied in our daily life, the quality of life of people living in cities is ever improving. The basic domestic electrical appliances have become our daily necessities. If an electrical appliance breaks down, as a norm, we would replace it with a new one. But unfortunately it is not the case for many people in Hong Kong who are leading a meager life.

“There was queer noise coming from the water heater earlier and after a while, it utterly stopped working. Since the water heater broke down, I have had to prepare hot water in the kitchen and then bring a basin of it to the bathroom when I take a bath. I am much tensed every time I do so as the water is extremely hot and I am afraid that I will be a goner if I carelessly fall.” Grandma Li said anxiously.

Not only is the carrying of hot water a concern, but the preparing the water at the optimal temperature also matters. The elderly will get scalded if the water is too hot whereas they will catch a flu if it is too cold. The cost of a new water heater is high and it is absolutely an enormous figure to Grandma Li who is living on CSSA. Today the volunteer from the “Elderly Home Maintenance Services” went to Grandma’s home in Shek Kip Mei to have her water heater examined and repaired. It was found that its temperature control switch was not working and a part of the electrical wire connected to it had been charred. The volunteer then made his way to an electrical supply store to buy the necessary parts to replace the damaged ones. Now the water heater can function well again.

A small electrical part only costs less than a hundred dollars. But knowing nothing about a water heater, the elderly are not able to repair it by themselves. If they seek help from a master who has to earn a living, the repair charge asked for will be beyond what Grandma can cope with. If Grandma Li continues to prepare hot water for a bath in that way, the consequences might be fatal.

Today Grandma’s water heater can work again after the replacement of the damaged parts by our volunteer. But still many lone or couple elderly in our city cannot but to accept a “less favourable option” owing to financial difficulties when facing the similar situation. This would more likely lead to home accidents. As the proverb goes - To honor old people as we do our own aged parents. “Elderly Home Maintenance Services” under St. James’ Settlement is always extending our care and service to the lone elderly in need. We hope that they would not be obliged to accept a “less favourable option” because of financial hardship or other causes so as to better ensure that they can still have a safe home to see them through their old age.

這是原本壞掉的溫度調節掣，在義工重新配購一個新的零件後，使長者寒冬中繼續安心使用熱水洗澡！

This is the damaged temperature control part which has been replaced with a new one by our volunteer. Now Grandma can continue to have hot water supply from the water heater for shower saving her from safety concern.

捐款支援 洗衣機安裝工程

今天家居維修的義工來到觀塘，為兩位長者安裝新的洗衣機。「因為這是一個非常舊的屋邨，室內的設計並沒有提供洗衣機應有的配套設施，所以得到一台新的洗衣機亦是得物無所用。」眼前的孫伯如此說。

並非全部公屋在規劃時已設有洗衣機應有的配套設施，尤其是舊式、樓齡超過三十年的更難說。長者在年輕時候遷入公屋，年青力壯的他們有足夠的氣力自行洗滌衣服，可是當年紀漸長，洗衫和乾衣的工作就成為生活上的難題。

當長者得到一台新的電器，卻無法自行安裝，如要找坊間的師傅，錢當然是問題，但有錢亦不是一定可以解決，因為坊間的師傅有機會以工程過於複雜為理由而未能協助。

得物無所用的確令長者十分困擾，在另一個公屋單位住的黃伯，之前曾有義工來到他的家，一甫入屋，就立刻聞到一股異味。長者家中環境衛生一般，發出陣陣異味的原來是有大量的未經沖洗的污衣。黃伯本身不良於行，加上無兒無女，轉介社工為他申請洗衣機，同時亦為他申請「長者家居維修服務」，為長者安裝新的洗衣機，以便長者能夠改善衛生情況。

義工花上了一整天為兩位長者安裝洗衣機，除了解長者心中的困擾外，更為長者家中的衛生情況建立了一道屏障。這道屏障除了保障長者自己外，更保障鄰居和探訪者。為了使獨居或兩老長者能夠得到一個更理想的家居環境，「長者家居維修服務」在這半年預計為五十戶有需要的長者安裝洗衣機，需要經費約為一萬五千元，請各善長慷慨解囊。善款捐助：「長者家居維修服務」，支票抬頭：「聖雅各福群會」。施善電話：2835 4321 或 8107 8324。



Donations To Support Washing Machine Installation

Today, home maintenance volunteers went to install new washing machines for two elderly. "Owing to the units, in a very old estate, made no interior design provision for washing machines, hence even getting a new washing machine is of no use," Grandpa Suen said in front of us.

Not all public housing had area intended for washing machines in the design stage, particularly so are those more than 30 years old style units. The elderly at the time of moving-in were young and have all the strength doing own laundry, but as they get old, washing and drying their laundry become a living problem.

When the elderly gets a new washing machine without own means to install can surely find a technician in the neighbourhood doing it. Of course, money is a problem; even if not being the case, the problem may still remain unsolved. There are chances of the technician using the job being too complicated as an excuse to decline help.

Having something without putting it to use is really disturbing. Grandpa Wong, living in another public housing unit, had a volunteer worker coming over to his home. Soon as stepping into the unit, an obnoxious odour immediately came. Hygiene condition there was not good. The odour came from a huge volume of unwashed dirty laundry. Wong has walking problem with no children, and the referral social worker applied for a washing machine and to the "Elderly Home Maintenance Services" to install it for him so as to improve the hygiene.

The volunteer worker spent a whole day installing the washing machines for two elderly. Besides removing disturbance in their minds, also built is a hygiene barrier for the elders. Aside from the elder, it also protects neighbours and visitors. In order to provide a better environment for the needed single or couple living elderly, "Elderly Home Maintenance Services" has estimated a need to install washing machines for 50 families in the next six months, cost budget is roughly \$15,000. Please donate generously to "Elderly Home Maintenance Services" by cheque, beneficiary "St. James' Settlement". Donation hotline: 2835 4321 or 8107 8324.

義工為長者安裝的洗衣機後，長者就能放心地使用，不再擔心堆疊舊衣服而造成衛生問題！

No more hygiene worry caused by dirty laundry after volunteer worker installed the washing machine for the elderly!

松柏之聲

The Voice

近數年來，隨著科技的發達及經濟的轉型，紙媒的生態也出現變化，幾年前出現免費報紙到如今網上新聞已成為新趨勢。在這個主流的報業中，松柏之聲——這份長青報紙，仍然堅守著崗位，為一班喜歡讀報，希望了解更多與自己相關的新聞及資訊的老友記服務。

《松柏之聲》以月刊形式出版。頭版探討的專題包羅萬有，有長者政策、老齡化探討、兩代溝通、長者運動、寵物治療、理財、長者教育等等。打開內頁，先會有些懷舊相片及地方介紹，這個欄目可謂最受歡迎之一。接著，由不同志願機構同工介紹不同長者服務，讓有需要長者及家人可以按自己的情況參加，活動由種植、護老者照顧課程、退休人士外遊計劃、弱老精緻軟餐服務等等。此外，一些近期長者新聞、專欄作家分享、長者心理需要、理財投資、中西角度談健康、眼睛護理以及人物專訪等等。八版紙的內容涉及的範圍甚廣。

慈惠服務中很多都是救長者或病患者於眉睫的服務，《松柏之聲》則是精神讀物外，正如之前所言，有好些長者或護老者，透過這份報紙，踏出社會，參與社區活動的第一步。

這份報紙不向讀者收取分文，以免費形式發放，大家除了可在民政事務處、長者健康中心或一些長者中心外取到報紙，讀者亦可直表向編輯部登記，每月以郵寄形式寄到府上。

大家或會對供稿人士有所興趣，所有作者均是義務性質，他們有大學教授、中西醫生、護士、教師、香港歷史掌故專家、傳媒人、物理治療師、社工、視光師和藥劑師等等。支援報紙出版的經濟來源少部份是獲公益金的贊助，其餘大部份開支是透過捐款支持。最後，希望大家可以向身邊朋友，特別是長者或護老者推介這份刊物，讓更多人可以獲得相關資訊，得著身心靈的滿足及幫助。



In recent years, along with scientific and technological development as well as economic transportation, the paper media has also changed. The free newspapers which showed up a few years ago and the web media have become the new trend. But The Voice has remained young, and is standing firm at its post to serve old friends who like to read newsprint and want a better understanding of news and information that concern themselves.

The Voice is published monthly. Its front page explores a myriad of topics – policy on the elderly, ageing, generation gap, physical exercise for the elderly, medical treatment for pets, financial management, and education for the elderly. On the inside pages are old photographs and histories of different localities, which are a most popular feature. There are also introductions by various volunteer organizations to different services which elderly persons and their family members can choose according to their circumstances. These services range from gardening, courses on elderly care, travel plans for retirees, and provision of fine soft meals for infirm elderly persons. In addition, we print writers' columns, news about elderly persons, articles on financial management and investment, health discussions from Western and Chinese angles, eye care, and interviews. The contents of the eight pages cover a wide range of subjects.

Much of St James' Charity Projects meet the emergency needs of the elderly and the ill. The Voice offers more than reading material to fulfill mental needs. It has helped many elderly persons and their caretakers to step out of the house to participate in community activities.

The Voice does not cost a cent to the reader. It is distributed free of charge. It can be picked up from Home Affairs District Offices and some elderly health centers. Readers can also sign up with our editorial department for the newspaper to be mailed to their address.

You may be interested to know that all our articles are contributed to us on a volunteer basis. Our authors include university professors, doctors of Chinese and Western medicine, nurses, school teachers, specialists on Hong Kong's historical anecdotes, newsmen, physical therapists, social workers, optometrists and pharmacists. A small part of our financial support comes from The Community Chest, while a large part is made up of donations. Please recommend The Voice to your friends, especially elderly persons and their caretakers, so that more people can have access to the relevant information to find spiritual comfort as well as help.



感同身受 易地而處

相比起世界上各個城市，香港顯然在不同醫學範疇都有明顯優勢，不少頑疾都隨著藥物和醫療器材的發展而得以治療。然而，香港的公營醫療系統仍存在不少漏洞。在醫院管理局的「藥物名冊」中，部份藥物定為病人自費藥物，價錢由幾百至過萬元不等，包括不少醫治癌症的嶄新標靶藥物。高昂的藥費無疑對於一些低收入人士、依靠政府津貼生活的長者、領取綜援的病人添上沉重的經濟負擔，以致不少草根階層的病人徘徊在明知有藥治病，但卻沒錢買藥的無奈中。

我很慶幸能在聖雅各福群會惠澤社區藥房作三星期的實習，在觀察藥劑師的日常工作中，除了意識到教育病人自我管理病情和知藥用藥的重要性外，還從病人的言談中感受到他們長期承擔高昂藥費的辛酸和無力感。最令我印象深刻的是一位患有胃癌的伯伯，他需要服食八個週期的化療藥物，每週期為六星期，但每週期藥費已過萬元。他的女兒一方面感謝聖雅各福群會的資助，能以較優惠價錢購買藥物；另一方面卻慨嘆他們將無法負擔父親昂貴的藥費，若再需要延長療程他們則無奈地要選擇放棄治療。同時她又痛心父親飽受藥物帶來的副作用的煎熬，長期口腔潰瘍和食慾不振，令聞者心酸。惠澤社區藥房藥劑師除了耐心了解病人的背景及病情，關懷他們的需要外，亦很樂意提供一些善長捐贈的輔助物品予病人，如營養奶粉、嗽口水等以紓緩有關情況，在病人的康復路上給予心靈上和物資上的支持。

作為未來的藥劑師，我認為必須易地而處，從病人和家人的角度真正了解他們的需要。「知藥用藥」是建基於「病者有其藥」這服务理念之上，病者必先得到藥物，繼而才能學習正確用藥知識和提高服藥的依從性，故盼望在社會各界的有心人資助下，經濟困乏的病人也能在其負擔範圍內得到適切的藥物，對抗病魔。

對於社會上不少弱勢長期病患者來說，惠澤社區藥房是個很實在的平台，集結社會關懷力量，紓緩他們因治病而衍生的經濟和生活壓力。上述個案只是其中一例，在缺乏政府的資助下，有需要援助的病人比比皆是。但願社會上有更多善長捐助和支持，讓這個有意義的服務繼續維持運作，惠及更多弱勢病人，為他們帶來曙光。

Putting Oneself In The Patient's Place

Compared to other cities in the world, Hong Kong is clearly ahead in many branches of medicine. With the development of new drugs and medical equipment, many diseases are treatable. Nevertheless, there are no few loopholes in our public medical system. Drugs categorized as self-financed in the Hospital Authority's Drug Formulary vary in cost from several hundred to several tens of thousands of dollars. And they include many new anti-cancer target drugs. These high prices add a heavy financial burden on the shoulders of people earning low incomes, elderly people subsisting on government subsidy, and patients receiving Comprehensive Social Security Assistance. Consequently a large number of patients in the grassroots simply cannot afford the medicine they know can treat their illness.

I have been fortunate to have a chance to do three weeks of practical work in St. James' Settlement's Philanthropic Community Pharmacy. From watching the pharmacists at work, I have come to see the importance of teaching patients to manage their own condition, to know their medication and to take it properly. And, from listening to the patients I have come to feel their hardship and helplessness in the face of prolonged high drug costs. What struck me most is the case of an old man suffering from cancer of the stomach. He needed eight cycles of medication, each cycle lasting six weeks. The drug cost for each cycle was over \$10,000! While his daughter was thankful for the subsidy from SJS which enabled her to buy the chemo drug at a lower price, she lamented that they would not be able to afford her father's drug costs much longer. If the treatment course had to be extended again, they would have no choice but give up treatment altogether. At the same time, it pained her to see him suffering the side effects of his medication – prolonged ulcers in his mouth and lack of appetite. Hearing her makes one's heart twinge. Besides patiently getting an understanding of the patients' background and condition and taking a concern in their needs, pharmacists at the SJS Community Pharmacy also pass out auxiliary items from caring donors, such as nutritious milk powder and mouth wash, to ease their condition, giving them spiritual as well as material support as they journey on toward recovery.

As a future pharmacist, I think it is necessary to put myself in the patient's place, and truly understand his needs from his point of view. Teaching the patient to "know his medicine" is based on the premise that the patient "has his medicine." He must first obtain the medicine before he can learn the proper way to take it. It is therefore my hope that, with financial support from caring members of the public, needy patients will be able to fight their diseases with suitable drugs that are obtainable within their means.

To many disadvantaged sufferers of chronic diseases, the Philanthropic Community Pharmacy is a real platform where community concerns gather force to lighten the financial burden and life stresses that illness has brought upon them. The case related above is only one of many cases. In the absence of government subsidy, countless patients are in need of help. Let us hope that more kind donors will offer support to the operation of this most meaningful service, to benefit many more disadvantaged patients and give them hope.

理髮服務一問

Enquiry About Haircut Service

問：家中的長者符合申請聖雅各的「到戶理髮服務」的條件，但長者住在偏遠地區，你們的辦事處卻在灣仔，不知會否提供服務？另外，這項服務需要收取費用嗎？

Q: The elderly at home is eligible for applying for St. James' Settlement's Home Haircut Services. But the elderly lives in a remote area and your office is situated in Wanchai, I wonder if you would provide the service all the same? And, does this service charge a fee?

答：聖雅各福群會「到戶理髮服務」的服務地區範圍為全港九新界，並沒有地區限制。此項服務亦包含義工配對服務性質，會安排不同區域的義工為該區有需要的長者或傷殘人士提供理髮服務。在理髮過後，義工會進行簡單的清理，以保持長者家中衛生整潔。

A: St. James' Settlement's Home Haircut Services covers Hong Kong, Kowloon and the New Territories, with no restriction to region. This program arranges different regional volunteers to provide hair cut services to the elderly and the disabled of the same region as the volunteers. At the end of the haircut, volunteers will carry out a basic cleanup service in order to maintain hygiene and tidiness of the elderly's home.

在服務費用方面，「到戶理髮服務」為慈惠服務，不會向服務使用者收取服務費用或工具費用。本服務幸有一群熱心的理髮義工，本著奉獻的心，展現愛心及耐心，並服務有需要人士。

The Home Haircut Services has a group of dedicated hair cut volunteers who serve people in need with love and patience out of the intention of giving.

問：如果長者沒有經濟困難，如非領取綜援，但家庭成員未能協助長者修剪頭髮及整理儀容，該如何是好？

Q: If the elderly has no financial difficulty and is not a recipient of CSSA, but family members are neither able to help the elderly cut his/her hair nor to tidy up his/her appearance, what should they do?

答：如果長者家中經濟狀況穩定，有能力負擔剪髮費用，但因行動不便或體弱等因素而未能外出到理髮店，建議其家庭成員可先到屋苑附近的理髮店，向髮型師查詢能否可上門為長者剪髮。如未能，便可先聯絡長者居住地附近的社福機構，如長者鄰舍中心或長者地區中心等，尋求機構內的社工協助，進行評估需要及轉介。若成功轉介及申請符合審批，本服務便會安排理髮義工到戶，提供服務。

A: If the elderly's family is financially stable and can afford the hair cut money but is not able to bring the elderly to a salon due to movement problem or frail health, we suggest family members find out from the hair dresser in a nearby salon if he/she could provide hair cut service at the customer's home. If the answer is no, then they can contact the social service organization near the elderly's home such as Neighbourhood Elderly Centre or District Elderly Community Centre to seek assistance from the social worker to carry out an assessment of need and a referral service.

問：有關理髮義工方面，他們在剪髮方面是有經驗的嗎？會懂得如何幫助長者剪髮嗎？

Q: Regarding the hair cut volunteers, are they experienced in cutting hair? Do they know how to cut hair for the elderly?

答：理髮服務義工在剪髮方面均有經驗，每位義工亦有修讀相關理髮課程。本服務著重安全因素，為保障服務使用者的安全，會規定提供到戶服務的義工需具備現場剪髮經驗，從而避免出現剪傷服務使用者的情況。若有需要之時，本服務亦會安排職員陪同協助，以確保義工能順利提供剪髮服務。

A: The hair cut volunteers are all experienced at cutting hair. Each one of them has done a relevant course on hair cutting. The Home Hair Cut Services program emphasises on safety issue. In order to ensure the user's safety, we stipulate that volunteers who provide home hair cut services are experienced at cutting hair at customer's home. In so doing, the likelihood of injuring the customer in the process of cutting hair can be avoided. When necessary, we will arrange our staff to accompany and assist so as to ensure the volunteer can provide a haircut service smoothly.



服務確實能 迅速回應長者需要

今時今日香港雖然經濟繁榮物質條件豐富，惟對很多貧困的獨居或偕老而言，一些被視為基本的家庭電器卻是非常貴重。工作人員日前為一對長者夫婦申請聖雅各福群會「電器贈長者」計劃，由申請至上門完成安裝及長者使用，都是一個月之內的事，迅速滿足長者的需要。

趙伯伯與太太一直是我們長者地區中心的會員，日常會來中心參加例會及旅行等活動，近日中心職員發現趙伯伯夫婦沒有出席例會，這是近年來第一次出現的情況。於是，工作人員電話慰問趙伯伯，但趙伯伯言談間似乎有難言之隱，工作人員便決定前往家訪兩老詳細了解。

七十多歲的趙伯伯與妻子一直居住在觀塘翠屏邨，兩位老友記也是長期病患者，趙伯伯患有甲狀腺疾病，而太太十多年前因糖尿病惡化而失去視力，是精神病患者，加上向來關節退化而不良於行，除了外出覆診及每月一次陪同趙伯伯來中心參加例會外，平日都是留在家中。一直以來，趙伯伯需要全天候貼身照顧太太。他們沒有子女，在香港親友亦不多，兩老幾乎沒有家人支援，兩老一直靠社署的傷殘津貼生活，每月有數千元，僅僅足夠平時生活開銷，沒有剩餘金錢及積蓄。

工作人員家訪趙伯伯時發現兩老面容憔悴精神欠佳，原來是為了家中電視機壞了，又過了保養期而煩惱。現時因家庭缺少了電視機，兩老也少了歡樂，又沒有積蓄添購新電視機，所以茶飯不思又影響睡眠質素，亦沒有心情參加中心例會及活動。他們認為電視機是資訊來源及免費娛樂，夫婦二人每天最歡樂的時間是晚餐時一邊看電視節目一邊用餐。在太太十多年前失明後經歷了一段艱辛適應期，而目前因健康狀況又不能獨自外出，「聽」電視就成為了日常生活非常重要的一部份。

工作人員想起聖雅各福群會的「電器贈長者」計劃，於是替趙伯伯申請一部新電視機，這個計劃真的是「及時雨」，即時解決了困擾他們的問題。「聖雅各真係好好，佢哋知道我哋需要後，就立刻送咗部新嘅電視機俾我哋，阿婆真係好開心。」這是我們中心會員趙伯伯的感謝說話。

本人藉此機會再次感謝聖雅各福群會「電器贈長者」計劃迅速的協助，並感謝有關善長人士的愛心捐助，令趙伯伯及太太又可以安座家中收看及收聽電視節目。

Prompt Service Response To Elderly Needs

Nowadays, Hong Kong is a place of economic prosperity and rich in material conditions, but to many poor and living alone elders or elderly couples, domestic appliances considered basic is luxury to them. Days before, our staff helped an elderly couple applied for the "Electrical Appliances for the Elderly" program of SJS for a TV. Time from application to hooked up installation and use was done within a month, which quickly satisfies the need of the elders.

The Chiu couple, a long term members of our district elderly center, often come here for regular meetings and tour activities. Lately, they were absent from the meeting which is the first time in recent years. Therefore, our staff called them to find out the reason. But Grandpa Chiu was somewhat hesitant over the phone as if there was trouble hard to mention. Thus, the staff decided to investigate by paying him a home visit.

Grandpa Chiu, over 70 years old, has been living with wife in Tsui Ping Estate in Kwun Tong for years. Both of them are chronic patients. Grandpa Chiu has thyroid disorder; and his wife, having metal disorder and mobility problem because of degenerative joints, has lost her sight due to diabetes over a decade. Apart from doctor consultation and regular monthly meeting in the Center, Grandma Chiu usually stays at home. Generally speaking, Grandpa Chiu has to look after her round the clock. They have no children with few relatives and friends in Hong Kong; thus, they almost get no family support. They have been living on the few thousands monthly Disability Allowance, which is just enough to cover living expenses with no surplus or savings.

The staff on home call found them looked haggard and poor in spirit. It is because their TV no longer worked and warranty was expired too. Without TV, they got no entertainment; however, they didn't have money for a new one. Hence, they lost appetite and the quality of sleep is affected with no mood for activities in center. They consider TV as the source of information and free entertainment. The happiest moment of the day for them is watching TV together in the dinner time. The wife with sight loss for over a decade had gone through a fairly lengthy period to accustom. As present health condition doesn't allow her to go out, "listening" to TV becomes a very important part of her daily life.

Our staff recalled the "Electrical Appliances for the Elderly" program of SJS and hence applied a new TV for Grandpa Chiu. This program is really timely to resolve what has been bothering them. "SJS is really good, they immediately gave us this TV after knowing our need. My wife is really happy." These were words of thanks from Grandpa Chiu.

I am taking this opportunity to thank again the "Electrical Appliances for the Elderly" program of SJS for their speedy help and the benevolent people for their donation making it possible for the Chiu couple having TV to watch at home.



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

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

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

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

(請在適當位置加上✓號)

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

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

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

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

Address : _____ Phone No. : _____

Donation Method :

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

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

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

Card Holder's Name : _____ Signature : _____

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

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

*Please check off your method of payment.

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

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

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

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