

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



一七年五月份 MAY 2017

網址 Website: www.thevoice.org.hk



社工的話

Social Worker's Remark

老老照顧

老老之間的照顧成為社會的關注。長者在體力下降、經濟困難、子女離巢、社交支援薄弱下，倘若一方身體嚴重轉差，如中風、患腦退化等，又或其他原因導致不良於行，另一位長者就自然地肩負照顧的責任。

早前有報導指出前年有近五千九百名長者「等到死」亦未獲資助宿位，創下自一一年以來新高，而一至一五年間護養院輪候時間則平均縮短十個月至二十六個月。但有關注團體指，要求入住指定地區宿位的長者輪候時間實際延長至四、五年。

至於地區上支援服務方面，包括送飯服務、護送服務、家居清潔服務等，前者輪候時間會相對快一點，但亦要視乎地區情況，有些地區長者人數多，就算是送飯服務也要等，曾有獨居90歲婆婆在青衣公屋居住想申請送飯服務，卻因為很長的輪候隊及基於長者仍可靠手杖外出，故不接納其申請。可見服務需求之緊張情況十分嚴重。現時，坊間亦出現不少善心人士提供送飯服務，希望長者得到幫助。

長遠照顧服務需求殷切，其實，生活在社區的年老長者，對於家中失修或設備出現損壞，同樣是十分困擾。大家從慈惠月報中不時讀到長者鬱鬱不歡，情緒低落，甚或會有輕生念頭，特別是女性長者，多年由丈夫照顧，家中事無大小均由丈夫打點，如換燈泡、打風落雨關上防風板等，如今孤寡老婦，怎樣一個人去解決呢？所以，當他們見到義工師傅上來幫忙，門、窗、地板、水電工程，他們都可以協助，有事可找聖雅各依靠，頓時感到安心。

隨著先進的醫療，人均壽命較前延長，退休後仍有20-30年的生活需要面對，對於經濟困乏的長者來說，實在不易度過，特別是疾病帶來的額外開支，不單令長者，甚至他們的家人都會承受著重大的壓力。慈惠服務提供實質及到位服務解決他們的實在需要，同時也為他們解開心鎖，讓他們在沉重的壓力中釋放出來。

老人照顧老人是現在及未來的現實狀況，而各樣不同的上門支援服務及長遠照顧服務確實是他們面對晚年生活的重要支柱。

When Elders Become Elderly Caregivers

Elders take care of their old companions have become the society concern. When elders' physical strength decline and encounter the problems of economic difficulty, children move out, weak of social support, if their partners' health go worse seriously at the same time, such as having stroke, suffering from dementia, or any other reason that cause difficulty to move, the elders will have to take up the responsibility as a caregiver to their old partners.

Earlier this year, there were news revealing that in 2015, about 5,900 elders had waited for long but could not get the subsidized Residential Care Services (RCS) places even till they died, which was the highest no. since 2011, while the waiting period for nursing homes were averagely shortened 10 months to 26 months from 2011 to 2015. However, there was concerning group pointed out that the actual waiting time to get a place in designated district has been extended to 4 to 5 years.

For the district support, among meals delivery, escort services, household cleaning etc, meals delivery service waiting period seems to be relatively short, yet it is in fact very much depends on the district actual condition. For some districts that lived with lots of elders, it still take a certain period to get the meal delivery service, for instance, there was a 90 years old Grandma who lived alone in Tsing Yi public housing applied for the service, her application, however, was rejected since there was a long queue and she could still go out by herself with walking stick. From which we could see the no. of demand is big but the provision of service is not enough. Now it seems that there are more kind-hearted people and organizations provide the meals delivery service so as to fulfill the needs of the elders.

In fact, the need of long term care service is high, for those elders who live in the community, any damage of their home facility or disrepair will become a big headache to them. From the cases that mentioned in the Philanthropy Monthly, we can notice that there are lots of elders are unhappy and depressed, some of them even have a thought of committing suicide, especially for those old grandmas, they have been taken care by their husbands for years, household task such as changing bulbs and putting on windproof board etc, have all been done by their husbands, and now these old grandmas are living all alone, how could they solve their living problems by themselves? Therefore when they see our volunteers go to their homes to help fixing the problems of door, window, floor, water and electricity, they feel secure and happy to rely on St. James' Settlement.

With the improvement of the medical technology, the average life expectancy has been extended, the retirees have to prepare for the coming 20 to 30 years after retirement, it is definitely not easy for those who have financial difficulty, the extra expenses that occurred from diseases brings huge pressure to elders and their families. The Philanthropy Service delivers services that suit their actual needs and unlock their hearts, help them to relieve from the stress.

Elders take care of their old companions is the current and future situation occurred in Hong Kong, various services of home support and long term care are no doubt the important pillars to help the elders to encounter their elderly life.

我們因為給予而獲得。
For it is in giving that we receive.



稚女哭無力救父 謝善長無私大愛

李小姐拿著一張醫生處方的藥單，一臉無助地坐在惠澤社區藥房輪候見藥劑師的長椅上，為患癌病的爸爸購買藥物，她略胖的身體微微打哆嗦。

李小姐的爸爸已經差不多七十歲了，自患上俗稱廣東人疾病殺手的鼻咽癌後，身體情況便每況愈下，今年年初更因身體太虛弱而暈倒在家。經街坊發現送院後，院方馬上聯絡他的幼女兒。李小姐描述，父親經搶救後證實呼吸困難，故在本月造了人工造口手術，賴以呼吸機維持生命。同時，由於身體情況不理想而無法進行化療或電療，在醫生的建議下，轉用口服類藥物嘗試控制病情。

李小姐上星期初剛收到醫生處方的藥物，驚覺原來是自費處方藥，每月藥費高達一萬五千元，李小姐頓感十分徬徨。幸好，透過醫院的轉介，她在收到藥單的翌日便來到惠澤社區藥房申請藥物資助服務。經審查程序後，可獲資助一半的藥費。

因老父仍在醫院，情況未見轉好，所以，李小姐剛到藥房時憂心忡忡。在辦妥申請手續後，她終於忍不住淚水，把她和父親的故事和感受告訴我們。「今次真的非常感激聖雅各，感激支持病人的善長！其實我們幾個子女和爸爸的關係不好，一年見不到兩次，早前已知道他的病沒什麼好轉，但想不到竟然情況轉差得如此快……爸爸一世人也沒有什麼積蓄，我們成家後，他一個人住在公屋，我和爸爸不算親近，自己也有一個家要負擔，但也總不能見死不救吧！」她深深嘆了一口氣，然後繼續說：「我相信善長們是一群非常熱心，非常有愛才會出錢出力幫助我們……坦白說，當問題發生後，原來求人幫助是多困難，就連自己的親兄弟也不肯接聽我的電話。不要說借錢醫爸爸，過來探一次也不肯……所以真的好感謝這個計劃和所有的職員，爸爸才開始治療，才有少少希望。」

經過藥劑師詳細講解藥物後，李小姐在臨離開藥房時神情稍稍平靜地說：「多謝你們的付出！多謝藥劑師的鼓勵！我會轉告並鼓勵爸爸要努力，因為有你們為他打氣，給他多一些生存的意志！」

Love from Donors Give Hope to the Helpless Daughter

Ms. Lee held a doctor's prescription in her hand, sitting helplessly on the bench in the Philanthropic Community Pharmacy waiting to see the pharmacist. She came to buy the medicine for her father and her body seemed slightly trembling.

Ms. Lee's dad almost reaches his 70 and was diagnosed with Nasopharyngeal Carcinoma, which is considered as the "deadest disease" for the Cantonese people. His health went worse since then. Earlier this year, Mr. Lee fainted at home due to weakness and neighbor sent him to hospital. Ms. Lee who is his youngest daughter, was contacted by the hospital immediately. She recalled that her father was found to have difficulty breathing after the rescue, so that he undergone a surgery for artificial stoma this month and relied on ventilator to keep him alive. Since Mr. Lee's physical condition was not fit for any chemotherapy or electrotherapy, he was given medication trying to control his condition.

Ms. Lee just received the prescription from the doctor last week and was shocked to find that it is self-paid prescription, which costs \$15,000 a month. She was really anxious. Luckily, the hospital referred our programme to her and she came to our Philanthropic Community Pharmacy the next day to apply our medicine subsidy scheme. After the reviewing process, half of the medication fee could be subsidized.

Ms. Lee's dad was still hospitalized and there was no sign that he was getting better, so she looked so worried when she arrived our pharmacy. After the application procedure completed, she could not help dropping tears and told us her dad's story. She revealed her emotion, "I am really thankful to St. James' Settlement, I appreciate those kind donors for their support to patients. To be honest, me and my siblings do not have a good relationship with dad, we don't even see each other twice a year, I have been knowing that his condition is not getting better, but I just did not expect the situation would have gone worse so quickly……my dad does not have much saving, he has been living alone in the public housing after we all got married, I am not close to him and I have my own family burden, yet I could not look on and do nothing!" She released a deep sigh and went on, "I believe the donors are very enthusiastic and loving, so that they are willing to give and help……Frankly speaking, I finally realize how difficult to get help from others after the problem occurred, even my siblings refused to answer my calls, not to mention lending money for the treatment, they have not visited my dad once……so I am really grateful for this programme and all the staff, because of you, dad has little hope and could start treatment."

After the detailed explanation from the pharmacist, Ms. Lee looked a bit calm when she about to left the pharmacy. "Thanks a lot for your help, thanks a lot for pharmacist's encouragement. I will forward your message to my dad and tell him to hang on. Your back up gives him more courage to fight for his life!"

新計劃惠及 罕見疾病病人

一般而言，罕見病比一般常見的都市殺手疾病，例如心臟、大腸和前列腺疾病等較少得到關注，社會上投放在罕見病類的研究和資源相對不足，令患者缺乏治療機會，只有在病患加劇時進行急救或選擇用舒緩的方式勉強減少疼痛和不良症狀。

聖雅各福群會一向明察社會上的需要，迅速地推出新計劃、新服務去回應；而隨著各種新藥物研發，惠澤社區藥房亦緊隨其步，短短兩年間增加了不少藥物資助項目，如腫瘤科、腎科和血科等藥物類型，讓不同的罕見病者受惠。

當中，我們體會到血科病人的急切需要，故此，開展了資助重型再生障礙性貧血（SAA），也稱急性再生障礙性貧血的藥物資助項目，SAA主要病徵為急性進展、難以控制的發熱、貧血和出血，病情易迅速惡化，常導致患者死亡。對於該病的治療，因藥物價格昂貴和治療相關副作用也令較多患者難以接受，故此患者有機會因藥費和副作用的考慮下延緩治理，產生更大的危險性。當然，最終病友亦是期望以骨髓移植治療該病，但常見情況是捐贈者配型艱難等原因，使等待接受骨髓移植的病友極需要藥物治療來控制病情。

具體來說，治療SAA需用到的口服類血小板生成素，這是一種造血細胞因子，能啟動及刺激骨髓巨核細胞的增殖和分化來治療患者，然而，這種口服藥需約二百七十多元一粒，更要因應血指數來調節用量，多至每天六粒也不為奇。有見及此，惠澤社區藥房的再生障礙性貧血資助計劃，在通過相關的資產審查後，資助近乎半費，期望能延續患者長期負擔藥費的能力，亦可讓病人和他們的家人更有預算地安排治療。

至今，已有超過十名患者透過此計劃接受資助，一方面增加了他們等待骨髓移植的希望，另一方面惠澤社區藥房的藥劑師團隊更細心詳盡地以藥療輔導的服務形式來解除病人對用藥的疑慮，增強服用的依從性。

總括而言，惠澤社區藥房除持之以恆地關心常見的長期病患，如心臟、血糖、血壓外，也致力幫助罕見病患者，讓他們在無盡的等待中仍可獲得一絲溫暖。

New Programme Benefits Patients With Rare Diseases

Generally Speaking, rare diseases get less attention compared to the common killer diseases of affluence, such as heart, large intestine, prostate diseases; researches and resources for the rare diseases are relatively insufficient, that leads the patients lack of curing opportunity. They could only be rescued when condition goes worse or choose to use the relief methods to ease the pain or unfavorable symptoms.

St. James' Settlement is insightful to the needs of the community and we responds quickly by initiating new programmes and new services. Our Philanthropic Community Pharmacy also follows closely with the development of the new medicines, a big variety of medicines which cover cancers, kidney diseases, blood diseases have been added to our subsidy scheme in just 2 years that benefits lots of rare diseases patients.

Among those rare diseases, we found that blood disease patients have urgent need, therefore we have initiated a medicine subsidy programme for those patients with Severe Aplastic Anemia (SAA), which also called Acute Aplastic Anemia. The major symptoms of SAA are acute, uncontrollable fever, anemia and bleeding, the situation can get worse very quickly that always leads to death. However, SAA patients usually find the high cost of the medicine and the side effect of the treatment hard to accept, so this is possible that the patients will postpone taking medication due to the above reasons and that may put themselves in a bigger risk. Of course, patients' ultimate hope is to undergo hematopoietic stem cell transplantation, but the common situation is that due to different causes such as matching difficulty with the hematopoietic stem cell donors, patients need to take medication to control the condition during the waiting process.

There is a Thrombopoietin drug to be taken orally for curing SAA, it is kind of blood forming cell factor that can activate or stimulate megakaryocyte in the bone marrow to proliferate and differentiate for curing the patient. However, the pill costs more than \$270 each and the dosage needs to be adjusted according to the blood index, sometimes patients are required to take as many as 6 pills. For this reason, the Philanthropic Community Pharmacy's aplastic anemia subsidy programme can subsidize patients almost half the cost after the asset review has been completed, we hope that ease patients' burden so that they can afford the medication for a longer period and enable to plan for treatment.

Until now, there have been over 10 patients receiving subsidy via this programme. The programme not only increases their hope to wait for suitable hematopoietic stem cell, pharmacists of our Philanthropic Community Pharmacy can also provide the patients with medication consultation, which helps to ease their anxiety and increase their willingness to follow the dosage instructions.

In conclusion, the Philanthropic Community Pharmacy does not only offer continuous care to patients who are suffered from long term disease, such as heart problem, high blood sugar, high blood pressure; we also try our best to help the rare diseases patients, so that they can feel a sense of warmth in the endless waiting.



婆婆行動不便 喜獲電磁爐坐着煮食

「多謝聖雅各各位哥哥姐熱心幫助，這個爐好好，水好快滾起。」「我年紀大又冇用，又唔識野，好多謝你地肯來探我又教我用電磁爐，我宜家學識用電磁爐了。」余婆婆對義工們不斷道謝，又對新的電磁爐愛不釋手。「我之前唔知道電磁爐是什麼來，好在社工幫我申請，你地又好人來教我用」。獨居秀茂坪區公共屋邨的余婆婆一臉腼腆不停地向社工及義工們道謝，與一個小時前在家門內不願開門且一臉擔心完全是兩幅景象。

余婆婆只是六十多歲，但因個人經歷及患病看來彷彿八十多歲。她現時居住的公屋單位，由社工協助申請，今年才獲分派。在五月中某個星期日上午，本計劃社工與義工們帶上余婆婆需要的電磁爐前往探訪她，起初余婆婆面對幾位陌生人非常擔心又不願意開門，這點社工及義工也十分明白，不同形式的騙案，特別令獨居長者擔心。故此，經過解釋，余婆婆知道是中心社工為她找聖雅各福群會申請電器，她便願意開門給義工們。

社工與義工們進入到余婆婆家中，一邊與她傾談一邊打開電磁爐的包裝紙盒。說到現時居住的單位是由社工協助申請，她沉默了片刻，強忍著淚水，余婆婆面上露流傷心的眼神，娓娓道來她大半生的經歷。

余婆婆患有心臟病，血壓高及糖尿病，需要以助行架輔助步行。她在國內出生，年輕時與丈夫移居香港，其丈夫已於三十多年前去世，余婆婆與丈夫育有一位兒子，丈夫逝世後她靠打散工及到酒樓賣點心養大兒子，亦因為年輕時工作需要長時間站立，令雙腳勞損退化及導致現時無力需要以助行架輔助。余婆婆與兒媳關係欠佳，甚至於數年前因小事被媳婦趕離住所，這數年間余婆婆暫時居住朋友及同鄉家中，期間得到長者中心社工協助她申請公屋單位，近日終於獲批上樓。由於余婆婆年老行動不便沒有工作能力，依賴綜援維生，而綜援搬遷費用已用於購買傢俱如床及櫃等等，沒有餘錢購買電器。中心社工在探訪期間發現她有電器的需要，於是向本計劃申請。及後由義工送上電磁爐及教導她使用。

余婆婆需要每星期回聯合醫院進行物理治療。由於新居廚房環境狹窄，而她需要以助行架輔助才能久站煮食，而電磁爐可在廳的桌子上使用，若煮食時她亦可坐在桌子旁。

有鑑於很多長者未使用過電磁爐，本計劃特意購買的電磁爐操作簡單，按鈕旁有中文標示。經過義工悉心教導後，余婆婆已經掌握操作方法。余婆婆看著善長送贈之電磁爐說：「好多謝你地！咁好嚟探我，我好開心！」她眼見終於有電磁爐使用，臉上掛滿了笑容，臨離開時，她拖著義工的手，不停答謝義工的幫忙及感謝善長的捐助。

「電器贈長者」計劃宗旨是為年老無依靠的長者送贈電器，解決生活所需。簡單一個數百元的電磁爐已為長者帶來生活的方便及改善生活質素。



An Induction Cooker Enables Old Grandma to Sit and Cook

"Thank you everyone from St James' Settlement for giving me the kind help, the induction cooker is good and water get boiled very quickly," "I am old and useless, I know nothing, thank you so much for visiting me and teaching me how to use the induction cooker. Grandma Yu kept on expressing her gratitude to the volunteers and couldn't help touching the induction cooker again and again. "I didn't know what was induction cooker, but luckily that the social worker helped me to apply for this and you all are so kind that come to teach me. Grandma Yu who lives alone in Sau Mau Ping Public Housing Estate kept on saying thank you to our social workers and volunteers, she looked shy and happy, totally different from an hour ago when we reached her home that she looked worried and unwilling to open the door.

Grandma Yu is just at her sixties, but she looks like more than eighty due to her personal experience and sickness. With the assistance of social worker, she has applied for public housing estate and could finally move in this year. On a Sunday morning in May, our social worker and volunteer went to visit her with the induction cooker. Grandma Yu was very worried at the beginning when she saw us, as we were strangers and there were lots of scams that scared the elders. We understood the situation and explained that we were from St James' Settlement to deliver her the electric appliance as per her social worker's request, she finally opened the door to us.

After we went into the old Grandma's home, we chatted with her and opened the packing for her. When we talked about her flat, she turned silence for a while and looked so sorrowful, holding the tears in her eyes. After sometime she told us her story:

Grandma Yu has heart disease, high blood pressure and diabetes, she needs walking frame to help her walk. Grandma Yu was born in China and moved to Hong Kong with her husband at their young age. However, her husband died 30 years ago and she raised her only son by working on part-time jobs and selling dim-sum in restaurants. Since she had to stand for long time when she worked, her legs became weak and deteriorated due to strain, so she needed a walking frame to help her stand. Grandma Yu had a bad relationship with her daughter-in-law, a few years ago she was forced to leave her home because of a small argument. After that, she could only live at her friends' home, with the help from a social worker of the elderly center, she could finally move into a public housing flat recently. Grandma Yu has to live with CSSA as she could no longer work, but all the subsidy has been spent on buying furniture, such as bed and wardrobe, so she did not have money left for electric appliances. During the home visit, the social worker found that she had the need and decided to help her apply to our programme. After getting the application, we arranged volunteer to deliver the induction cooker and show old Grandma how to use it.

Grandma Yu has to go to United Christian Hospital for Physiotherapy every week. Her kitchen is small and she has to use walking frame to help her stand during cooking, an induction cooker that can be placed on the table enables her to sit when she cooks.

Given that lots of elders have never use induction cooker before, our programme has selected those user-friendly models with Chinese indication. After volunteer's explanation, Grandma Yu learnt the way to use it. She looked at the induction cooker that funded by the kind donor, said "Thank you very much! Thank you for visiting me, I am really happy." She grinned happily and held our volunteer's hand when she left, kept saying thank you for the help and donation.

Electrical Appliances for the Elderly aims at giving the singleton elders a suitable electric appliance to help solve their living needs. Even an induction cooker that costs only few hundred dollars can benefit the elders and improve their living quality.

余婆婆抱着善長贈送的電磁爐，顯得十分開心。Grandma Yu looked so happy with the induction cooker that funded by our donors.



我們需要你的捐助
We Need Your Donation

炎夏送涼 為長者驅走悶熱

香港一直是一個貧富懸殊的社會，許多生活在基層的長者是居住在公共屋邨或板間房、劏房及天台屋的，盛夏時他們多數只能留在家中忍耐酷熱之苦。今時今日居於香港的都市人，幾乎家家戶戶都擁有冷氣機，冷氣機這電器已經成為我們生活在香港的必須品，但是對於經濟困難、孤苦無依的長者而言，實在沒有能力負擔昂貴電器如冷氣機的費用及每月的電費，面對炎炎夏日他們更是難以渡過。因此，若能得到善長的捐助，為貧困無依的長者添置風扇，他們便能渡過炎炎夏日，為生活送上點點涼快。

劉婆婆是一位八十多歲獨居於石硤尾公共屋邨的長者，她平日一個人生活，少有親友探望，主要靠領取綜援過生活。劉婆婆患有關節炎，風濕及靜脈曲張等多種長期病，而且情況嚴重，近日甚至影響到其行動能力，所以婆婆甚少外出，大部份時間在家中休息。今年五月，長者中心社工在區內探訪獨居長者期間，發現劉婆婆家中的風扇已殘舊及損壞，由於劉婆婆非常節儉及行動不便，她認為電風扇仍可使用，也沒有能力外出購買新電風扇。社工擔心劉婆婆的風扇有漏電危機，因此為她申請本計劃，贈一把風扇予她迎夏。本計劃社工得知劉婆婆有即時需要，立即安排義工送上一把風扇。在探訪期間，發現其居住的單位及方向難有天然風進入，雖然家中有窗但悶熱難耐及空氣不流通。

另一位同樣在石硤尾，但居住在劏房的羅伯伯，他也是獨居長者。羅伯伯六十多歲，剛剛退休數年，因積蓄及退休金全用作治療長期病，現靠領取綜援過生活。羅伯伯患有哮喘數十年，由於劏房沒有窗戶，十分悶熱，空氣不流通，社工在探訪期間發現他需要風扇，於是向本計劃申請。收到申請後我們隨即安排義工送風扇給他。義工探訪羅伯伯時觀察到伯伯是一位知足常樂的長者，他表示盡量不靠求助別人捐贈，對於本計劃之善長捐助風扇，表示十分感激，並多謝善心人士的幫助。雖然伯伯家居環境簡陋，但他表示足夠生活便可，又向義工們表示助人自助，間中也會前往附近中心做義工，不會呆在家中過一個翳翳的夏季。

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

羅伯伯非常感激善長捐出風扇。

Grandpa Law is grateful for donors' kind-hearted.



一七年五月份
MAY 2017
慈惠月報
The Philanthropy Monthly

Help the Elders Keep Cool to Confront the Summer Heat

Hong Kong has been a society with wealth inequality problem, lots of grassroots elders are living in the public housing, partitioned flats or rooftop metal shacks, during the hot summer times, they have no choice but to stay at home to endure the heat. Nowadays most of the people in Hong Kong have air-conditioners and it have become our living necessity, however, for those poor, lonesome elders, they can hardly bear the expensive electric appliances such as air-conditioner nor the high monthly power cost, so it is difficult for them to live through the hot summers. However, with the donation from the kind-heart people, they can get a fan and at least enjoy some coolness.

Grandma Lau is more than 80 year old, she lives alone in the Shek Kip Mei Public Housing Estate and have few visitors. Grandma Lau lives with CSSA and suffers from chronic illness such as arthritis, rheumatism and varices, the situation is serious and getting worse recently that affects her mobility, therefore she rarely goes out and stay at home most of the time. In May, the social worker from the elderly centre visited singleton elders and found that the fan in Grandma Lau's home is old and broke. But Grandma Lau is so frugal and difficult to move around, she thought that the fan could still function and she could hardly go out to buy new fan. Worrying the old fan would have leakage current, the social worker helped Grandma make an application to this programme, hoped to get a new fan for her to live with the summer. As noted that Grandma Lau has an urgent need, our social worker asked a volunteer to deliver a fan in short notice. During our visit, we found that her apartment was sultry and the air circulation was poor.

Grandpa Law who also lives in Shek Kip Mei is another singleton elder living in partitioned flat. At his sixties, Grandpa Law has retired for couple of year, he spends all his saving and pension for curing chronic illness, so he is now living with CSSA. Grandpa has been suffered from asthma for decades, as there is no window in this partitioned flat, his place is very hot and stuffy. Social worker found that he needed a fan during the visit and apply to our programme. Once we received the application, we immediately arranged the fan delivery. When our volunteer visited Grandpa Law, we noticed that he had a contented mind who tries not to rely on others donation, but to the new fan that funded by our donors, he was very thankful and grateful. The old grandpa's home is simple and crude, yet, he told us it was good enough for him to live. He also revealed that he would do the volunteer job in the nearby centre to serve others during the summer.

If you wish to send the weak, lonesome, singleton elders a fan to encounter the heat, please donate to "Electrical Appliances for the Elderly Program-Fan for the Elderly Campaign", and issue crossed cheque payable to St James' Settlement. For any enquiry, please call: 2835-4321 or 8107-8324.



劉婆婆收到新風扇笑逐顏開。

Grandma Lau is happy with the new fan.



受助助人 回饋社會

「我平時都有做義工幫助其他人，但面對這問題我真的不能自行處理。」眼前的李婆婆，最近確診患有骨質疏鬆症，加上膝痛等病患，所以她希望拆掉和丟棄原有的木床，再自行購買一張符合自己身體狀況的睡床。因為原有的木床是她在多年前購買，是一張組合床，睡床設於上方，下方則配置一張書枱，但現時李婆婆身體狀況日益變差，原有的木床已經不再合適，而她根本無力自行拆掉舊的組合床。有見及此，轉介社工把個案轉介到聖雅各福群會「長者家居維修服務」，以解婆婆心頭大石。

骨質疏鬆症雖然不會致命，但卻會引起一連串的連鎖反應，最終亦會威脅生命，所以不容小覷。骨質疏鬆症會導致骨質變得脆弱，大大增加患者骨折的風險，尤其長者在骨折後復原情況普遍都不理想，有部份嚴重的更會失去行動能力，所以為了安全著想，醫生亦不建議李婆婆繼續使用組合床。

經過義工的協助，原有的大床終成功拆除。雖然李婆婆在這段時間需等候新的睡床而要「打地鋪」，但是她感到非常快樂，因為這刻的她已經看到曙光，不用再擔心會否有一天從組合床的樓梯跌下來，新床雖然仍未到達，不過可以在婆婆眼中看到期待的眼神，這刻的她無疑是非常快樂。

另一方面，在得到李婆婆的同意下，我們亦會安排轉贈有關書枱給其他有需要的長者（至於木床，由於擔心其他長者會在上下床時掉下來，則沒有安排轉贈），這刻李婆婆顯得非常雀躍並說：「想不到這次我要麻煩別人來幫忙，最後我都有能力再回饋給社會有需要的人。」李婆婆雙手合十再次感謝各位義工的幫忙。

助人自助，每一位受惠的長者，同時亦在幫助著施予者，這些回饋可能是無形的，但同時也具有感染力，感染著每一位施予者繼續努力前行。長者快樂或是釋懷後的笑容，都是一股強大的力量，令每一位施予者繼續幫助其他有需要的人。同時，受惠的一方毋需妄自菲薄，儘管能力十分有限，但只要相信自己的力量，我們亦能夠為這個社會帶來一點點改變，而這一點點改變就如一塊小石頭，投擲到湖中並引起一大片漣漪。



Being Helped and Give Help Contribute to Society

"I sometimes do the volunteer job to help others, but I really can't handle this problem by myself." This was Grandma Lee sitting in front of me, she had been diagnosed having Osteoporosis recently, and with the knees pain, she wished to dismantle and discard her wood made bed, then buy a bed that suitable for her current physical condition. Her original wood bed had been bought for years, that was a combination bed, the bed was on the top while the desk was on the bottom. However, Grandma Lee's physical condition was going downhill, this bed suited her no more and she couldn't dismantle the bed by herself. Noted this situation, the social worker transferred the case to St James' Settlement "Elderly Home Maintenance Services" to help solve the problem.

Although Osteoporosis is not a fatal disease, it cause series of chain reactions and will lead to the risk of death, it should not be neglected. Osteoporosis can result in fragile bones and increase the risk of fracture, elders with fractures can hardly recover, some of the serve cases even lose their mobility. For the safety reason, doctor advised Grandma Lee to change her bed.

With the assistance of the volunteers, the bed was finally dismantled. Before the new bed delivered to her home, Grandma Lee has to sleep on floor, yet she was very happy, as she could see the hope and needed not worry she would fall from the bed staircases anymore. We could see the expectation in Grandma's eyes, it was no doubt she was very happy even the new bed not arrived yet.

On the other hand, with the consent from Grandma Lee, we arranged to give her desk to other elders in need. (For the wood bed, however, we did not do so as we worried any elder might fall down when they climbed up or down.) Grandma Lee was so excited for the arrangement, "Can't imagine that I ask for help, but I can also have a chance to contribute to the society and helping others." she put her palms together and thanked again for our volunteers' assistance.

Help and self-help, every elder that receives help is at the same time helping the givers, this reaction is affecting the donors to keep moving forward. The joy and similes of the elders that come after feeling a sense of release, is a strong power that leads all the donors continue their good deeds. And for the receivers, none of them should feel inferior. Even they have limit power, but if they believe in their strength, they can change the world little by little, and it would act as a small stone that be flown to water which can create large scale of ripples.

義工為李婆婆拆除組合床，以便她能因應身體狀況選購適合自己的睡床。

Volunteers helped Grandma Lee dismantle the combination bed, so that she could choose a new bed that suitable for her physical condition.



我們需要你的捐助
We Need Your Donation



一七年五月份
MAY 2017
慈惠月報
The Philanthropy Monthly

給他們帶來安全感的 一扇門

門有一種象徵意義，代表著安全感和個人的尊嚴。眼前的譚婆婆，因房門壞掉而一直憂心忡忡，轉介社工有見及此，就向「長者家居維修服務」申請更換新的木門。

譚婆婆一直與丈夫相依為命，丈夫與前妻育有四名子女，其中一位因患精神病所以與譚婆婆和丈夫三人一同居住。他們居住的單位已有數十年歷史，這個家早已日久失修，有的地方更是殘破不堪。一年前，婆婆的丈夫因病離世，這個單位只剩下她和非親生的兒子一同居住，自從房門壞掉後，譚婆婆睡得很差，每晚輾轉反側，難以入睡。

「我不想領取綜援，因為我害怕被其他人標籤我為無用的人，我不想成為社會上的負累。」只依靠微薄積蓄的譚婆婆早已生活拮据，根本再沒有能力支付更換新門的昂貴費用。她與非親生的子女關係十分疏離，她曾經想過在走投無路之際不如自行了斷，但想到在國內仍有一位高齡母親，就撤銷自殺的念頭。在細心傾聽下，婆婆表示門不能關上，令他感到沒有安全感，無法入睡。

為了讓婆婆能好好入睡，義工們就開始這天的工作，幫忙婆婆拆除了破爛的木門，然後把新的木門安裝好。當婆婆看到新的木門後，不禁展露燦爛的笑容，因為縈繞在心內的問題終於得到處理，在放下心頭大石的同時更為他帶來安全感，婆婆可以再次在一個安全的地方好好睡覺。後來，婆婆更喜極而泣道：「非常感謝各位義工的幫忙，我一直認為自己是一個廢人，我無能力貢獻社會，但是得到這麼多有心人的協助，我真的非常感謝你們。往後我會盡自己能力幫助其他有需要的人，令這份正能量能延續下去。」這一扇門加上義工熱心的幫忙，燃亮了這位長者的生命，更鼓勵他走出社區幫助其他人。

有很多長者因為一時之壓力而走上不歸路，其實只要解決他們日常生活的困難，便可以令他們放下心鎖。聖雅各福群會「長者家居維修服務」在未來半年內準備為二十戶長者更換新的木門，工程所需費用約二萬元，請各善長仁翁熱心捐助。支票抬頭：「聖雅各福群會」。施善電話：2835 4321或 8107 8324。



Give Them a Door Let Them Feel Safe

Door has a symbolic meaning, it represents a sense of security and one's dignity. Grandma Tam had been worried for long because her bedroom door was broken, therefore her social worker referred her case to our "Elderly Home Maintenance Services" to apply for a replacement.

Grandma Tam used to live with her husband, her husband has 4 children with ex-wife, one of them is a psychiatric patient so that he has been living with the couple. The apartment was built decades ago which is in dilapidated condition, a few area even broke and worn-out. Last year, Grandma Tam's husband passed away because of illness, she had to live along with step son since then. Grandma Tam could hardly sleep well after the door was broken and have to endure many sleepless nights.

"I don't want to live with CSSA, I am afraid to be labeled as useless and I don't want to be a burden of the society" Grandma Tam relies on her meager savings for living, it is impossible for her to afford the high cost of changing a new door and she is alienated from her step children. Grandma Tam even thought about committing suicide in the hopeless days, but when her old age mother in Mainland China came to her mind, she dismissed the idea. She revealed her insecure feeling to us that she couldn't sleep as the door could not be shut.

In order to help the old grandma sleep well, our volunteers started their work, helping her to change the broken door and install a new one. When the new door was installed and the problem was solved, Grandma Tam showed us a bright smile as she could finally feel the sense of security and she could finally sleep well. The old grandma even burst into tears as she was overjoyed, "I am really thankful to all the volunteers, I always think that I am useless, because I have no ability to contribute to the society, but with the help of so many kind-hearted people, I am so grateful. I will try my best to help others in need, so that this positive energy can be spread." The door and the enthusiastic help from the volunteers lighted up the life of this elder, and even encourage her to walk out to the society to help others.

A lot of elders choose to end their lives because of the stressful feeling. If they can find a way to solve the problem, the pressure can be released. St James' Settlement "Elderly Home Maintenance Services" will help 20 elders to install new doors in the coming 6 months and that will cost \$20,000. Your kind donation will be above appreciated. Please send us cheque payable to "St James' Settlement" or call our donation hotline 2835 4321 or 8107 8324.

義工更換新的木門後，長者不用再擔驚受怕，可以好好安睡。
Our volunteers installed the new door for the old grandma, so that she needs not worry anymore and can get good sleep again.



我們的服務
Our Service



一七年五月份
MAY 2017
慈惠月報
The Philanthropy Monthly

竭力為病者取得 治療藥物

一粒新藥的發明是需要很漫長的時間，由開始研究物質、動物上試驗、人體上實驗、到眾多病人參與的病人藥效及安全性測試，這個過程可以用上好幾十年時間。如果藥物成功發行用於治病用途，其由研究之始及其後的20年，首先發明該藥物的公司便擁有「專利權」作獨家出售。研究開支事實上是天文數字，在考慮研發成本及最重要的利潤因素影響下，藥物生產商均會在有限的「專利權」內設下極昂貴的售價。這是為何病人在服用這些藥物時，需面對天文數字藥費開支的原因。

開支之高，如末期癌病的標靶藥物每月需要3萬至5萬元不等，一般市民根本無法承擔，所以政府在控制藥物配售的角色至為重要。世界各國均有不同的福利政策正解決這個社會問題，如歐洲有較成熟的醫療保險；台灣、中國、新加坡的政府則提供實質補助。而香港的醫療保險未及成熟，低下階層甚至沒有投保，實需依靠政府的實質補助，可是現行的就只有撒瑪利亞基金及關愛基金處理這個社會所需。

每年政府會檢討以上的基金運作情況，重申該基金以「成本效益」為原則，簡單來說，以有限的資源投放在最高醫療成效的藥物上，這樣令香港成功地以有限的開支預算處理龐大的病人量。

「成本效益」方向的醫療政策盲點，就是有不少藥物不合乎「成本效益」的原則而未能被納入資助項目內。如前文所說，新研發的藥物定價高昂，除非藥物「功效」顯著，否則「成本之高」，大體上就不合乎「成本效益」。在藥物生產商鐵價不二的情況下，不少藥物要用上多年，甚至要等藥物失去專利權後，售價才下降，這時才有機會被納入資助項目。

因此不少未於資助網內的藥物，其實也十分有「功效」，而病人，尤其是癌症病人，在用畢第一線及第二線藥物後（這些都在政府內有所資助）都會考慮選用第三線或更新的療法，但往往這些「有效」但不合「成本效益」的藥物都不在基金資助的項目內。較有資源的市民可自行承擔藥費，但低下階層者根本不能承擔龐大的藥費，結果是已走到治療之路的盡頭。

惠澤社區藥房的其中一個重點使命是「病者有其藥」，過去不少基層病人經藥房的資助計劃後，可以為治療之路打開了另一扇窗口、開展另一療程。隨著近年癌症藥物及其相關的資助計劃愈來愈多，求助數字亦不斷上升，可見病者「未有」其藥是情況十分嚴峻。

「成本效益」的管理方向成功處理社會上「整體」病患的需要，有效舒緩這個全球各國都面對的「社會問題」。但想一想如果把事情微觀一點，單單看一個家庭，如有家人正面對癌症困擾，以切身去感受，就不會單用社會問題的角度去思考。我們每天都面對一個個來到同工面前的病人，不同的處境、不同的病症、不同的年齡，都在拼命地尋求再次開通治療之路的機會，這間不一樣的藥房需要大家的支持，你們捐助的一分一毫都是十分重要，因為我們正努力地把一條條生命線上的交通紅燈轉化成綠燈。

Strive to Help Patients to Get Medicines They Need

New medicine takes long time to develop, from researches on substances, animal testings, human experiments, to clinical trials which involve lots of patients for drug efficiency and safety review, the whole procedure can take decades to complete. If a medicine successfully launches for diseases curing, the pharmaceutical factory that develops the medicine can get the patent to sell it exclusively in the first 20 years since the drug research started. In fact, the cost for researches usually reaches astronomical figures, so the pharmaceutical factory normally sells the medicines at a very high price to cover the cost and to make a big profit.

How expensive can the medication be? For instance, target drugs for Stage IV cancer cost \$30,000 to \$50,000 per month, the general public could hardly afford such high price, so it is important for the government to control the medicine placing. There are different ways to solve this social problem around the world, in Europe, there is a relative well developed medical insurance to cover the cost; while in Taiwan, Mainland China, Singapore, the governments are offering subsidy. However in Hong Kong, the medical insurance has not yet developed comprehensively, and the grassroots not even have any insurance, so they really need the subsidy from the government, yet at the moment there are only Samaritan Fund and Community Care Fund to deal with the need.

Our government reviews the above funds operation every year, emphasizes the principle of "Cost Effective", which means allocate the limited resource on the most effective treatment, so that Hong Kong can deal with the big amount of patients with limited budget.

However, there is a blind spot of this "Cost Effective" policy, as there are lots of medicines that fit the criteria have not been included in the subsidy scheme. Like foresaid, the new developed medicines are expensive, unless their curing effect are "Obvious", otherwise their high cost will not be considered as "Cost Effective". Since pharmaceutical factories are not willing to lower the new drugs' price, plenty of medicines have to wait for years to include in the subsidy scheme, sometimes even have to wait until the pharmaceutical factories lose the patent.

Therefore, lots of drugs which are effective are not included in the subsidy scheme. Patients, especially cancer patients would like to try the third-line drugs or even new developed drugs after completing the first-line and second-line drugs (which normally subsidized by the government), yet these effective third-line drugs or new drugs are not included in the funding scheme as they are considered "not" cost effective. In this case, patients with more resources are able to afford the price, but the grassroots patients can't, it implies that their treatments have come to an end.

One of the key missions of our Philanthropic Community Pharmacy is to help every patient to get the medicine he needs. Lots of low income patients can get a new way, a new treatment through our subsidy scheme. Both the variety of the cancer medicines and relevant funding schemes have been increasing in recent years, while the numbers of help seekers are rising as well, it shows the serve situation that patients do not have the medicine they need.

"Cost Effective" strategy can successfully solve the patients' need in a "general" way and ease the social problem that encountered by all the countries. But if we look at the needs in a micro way, look at the needs of just a patient's family and try to feel their emotion, we would understand not all the problems can be solved solely by applying a general social angle. Everyday we meet patients from different backgrounds with different diseases at their different ages, all of them are striving to find a new way to get the curing opportunity. As a pharmacy like us, we really need your support and your donation is very important to us, because we are trying our very best to help every patient extending his life.



我們需要你的捐助
We Need Your Donation

以電費資助 傳達對兩老的愛

「只要今天我仍有氣有力，我仍會盡全力好好照顧太太！」望著妻子虛弱的身軀，鄭伯伯向社工分享對妻子的承諾，雖然鄭婆婆無法用言語溝通，亦不知道她是否明白丈夫的說話，但躺在床上的她默默凝望著丈夫，彷彿表露著濃厚的謝意。

現年67歲的鄭伯伯，本身患有高血壓、糖尿病及眼疾，行動尚算自如，但自覺身體大不如前，要全天候照顧長期臥床的妻子實在感到很大壓力。「太太自50歲開始，身體明顯地出現退化，骨質疏鬆、生膽石、視力轉差……之後更被醫生確診有腦退化症(即認知障礙症)，小腦會漸漸萎縮，睇住太太由自己行路到要坐輪椅，直到宜家要瞓床，靠鼻胃喉維生，心情確實好難過！」作為照顧者，鄭伯伯的心理壓力實在不小，但最困擾他的是每期超過一千元的電費。

鄭伯伯的家日間長期被屋外的陽光照射，炎夏時分室溫極高，「太太因為身體完全無力而要24小時躺著，物理治療師曾上門幫佢做運動，但佢嘅手腳關節攣縮得很厲害，所以需要枕頭及薄被隔著雙腳、手肘同身軀位置，加上氣墊床嘅質料易發熱，太太又大汗，咁焗法好易令到嘅皮膚損壞，為咗佢可以舒服啲，天氣一熱或者潮濕時我就會長開冷氣。」

冷氣及氣墊床似乎是鄭婆婆生活的必需品，惟兩個月一期的電費高達一千多元，現正踏入夏季，鄭伯伯又再惆悵高昂的電費，另有其他醫療用品的開支，如營養奶水、尿片、藥膏等，實在令鄭伯伯的生活百上加斤。而現時鄭伯伯正使用的冷氣是幾年前由本會社工呼籲下得到善長捐助的，他對聖雅各福群會持續的幫助感到無限感激，同時亦希望有善長資助其部份電費，改善他與妻子的生活。

「電費助貧弱」計劃的對象是不同年齡的長期病患綜接受助者，獨居或與配偶同住，因健康理由而需長時間使用醫療電器。本計劃希望以現金資助，分擔這些匱乏的病患者的昂貴電費。隨著有更多醫務社工及地區社工對「電費助貧弱」計劃的認識，申請個案數字正一直上升。計劃極需各位善長伸出慷慨援手。有意施善者，支票背面請指定捐予「電費助貧弱計劃」。施善熱線：2835-4321 或 8107-8324。



一七年五月份
MAY 2017
慈惠月報
The Philanthropy Monthly

Subsidize Power Fee Show Old Couple the Power of Love

"As long as I am alive, I will take good care of my wife wholeheartedly." Looking at the weak body of his beloved, Grandpa Cheng shared his love promise to the social worker. Although Grandma Cheng couldn't talk, and we did not know whether she understood what her husband said, she looked at him quietly on the bed as if showing her deep gratitude.

67 years old Grandpa Cheng is suffered from high blood pressure, diabetes and eyes diseases, he can still move freely, but his body condition is not as good as before. Taking care of his bedridden wife round-the-clock brings high pressure to Grandpa Cheng, "My wife's body began to degenerate seriously since she reached 50, Osteoporosis, gallstones, deterioration of eyesight.....she was later diagnosed with dementia that would lead to cerebellar atrophy gradually. Having seen my wife losing her walking ability and become bedridden who relies on feeding tube to keep her alive, I really feel so upset and heart-broken!" As a carer, Grandpa Cheng is under huge stress, but the \$1,000+ power fee is what worried him most.

Grandpa Cheng's home is exposed to sunlight long hours during daytimes, so the room temperature is very high in the summer. "As my wife is too weak, she has to lie on the bed 24 hours a day, physical trainer would come and help her do some exercise, but the joints of her arms and feet have been suffering from contracture, I need to put pillow or blanket in between her feet, elbows and body. The materials of air-cushion generate heat easily and my wife always sweat, I afraid that may cause her skin problem.....to make her feel more comfortable, I keep the air-conditioning on all the time during the hot or humid weather.

Air conditioning and air-cushion bed seems to be the necessity for Grandma Cheng, and it is now summer time, the high electricity fee with more than a thousand dollars every two months become a big worry to him again, with other expenses of the medical supplies, such as nutritious milk, diapers and ointment etc., make a big burden to Grandpa Cheng. The air-conditioner that Grandpa Cheng is now using was donated by benevolent people after our social workers appeal, he is very thankful to the continuous support that provided from St James' Settlement, and wish there are kind people to subsidize part of his power fee to improve the living of him and his wife.

Electricity Funds for the Feeble Elderly Program aims to support those chronic illness patients of different ages who are living with CSSA, either single or couples who need to use medical electrical appliances for long term due to health problem. Our project wishes to provide cash support for these patients to subsidize with their high power cost. As more medical and districts social workers know about this project and share it with people in need, the no. of application we received has been increasing and we need your generous donation to support our project. Kindly make a cheque payable to "St James' Settlement" and specify "Electricity Funds for the Feeble Elderly Program" on the back or call our donation hotline at 2835-4321 or 8107-8324.

鄭伯伯要每天24小時開着這張氣墊床，以免太太生褥瘡。
Grandpa Cheng needs to turn on this air-cushion bed 24 hours a day to prevent his wife from having bed sore.

受惠感恩情 盡在不言中

受惠者鄭先生多年來風雨不改地悉心照料其妻子，當中亦遇上不少困難，幸獲聖雅各福群會慈惠服務的援助，甚為感恩。

幸獲慈惠服務 面對生活困難

在接受服務前，我在照顧妻子上，經常感到心力交瘁。當遇上起居生活上的困難，如用毛巾替妻子抹身清潔、處理大小二便和陪診等，僅憑一人之力實在感到很大的無力感。每逢妻子需到街上剪髮，需用輪椅接載軟弱無力的她，身為長者的我，真的感到甚為吃力。

正在煩惱不堪之際，幸獲慈惠服務的幫助，解決照料妻子日常生活上的煩惱。如到戶理髮服務之理髮義工，除了提供急切的理髮服務外，早前更資助購買電器，改善室內空氣流通，讓妻子可以舒適地卧床，免受皮膚感染。同時，我在剛過去的冬天收到聖雅各送來的暖風機，加上社工的關懷及問候，令我感到自己不是孤單的。

最後，我十分感恩能獲得適切的服務外，並感謝聖雅各的幫助，從義工及職員身上感受到對服務的熱心和熱誠。



Thankfulness That Hardly to Express in Words

Mr Cheng has been taking care of his beloved wife for years, he has encountered lots of difficulties but luckily he has the support from the Philanthropic Service of St. James' Settlement, so he is very thankful.

The Philanthropic Service helps to deal with living difficulties

Before getting the service, I felt mentally and physically exhausted for taking care of my wife. I felt powerless when I had to solve all the living difficulties all alone, such as helping my wife to clean her body, wipe up her urine and faeces, escort her to hospital for follow-up appointments etc. Whenever she needed to go out for haircut, I had to use wheelchair to deliver her to salon as she was so weak. As an elder myself, I was really exhausted.

When I was so agonized, I was lucky to get help from the Philanthropic Service, which provided assistance on my wife's daily life issues. For example, the volunteers from Home Haircut Services could help her cut hair; we even got subsidy to buy electrical appliance to improve the indoor air quality that prevented my wife to get skin infection and enabled her to lie in bed comfortably. Furthermore, I received a fan heater from St. James' Settlement in the last winter. All of these together with the solicitude and blessings from the social workers, I know I am not alone.

Last but not the least, I am very grateful to get the services we need, and I am very thankful to the assistance from the St. James' Settlement, I could feel the enthusiastic and passion from the volunteers and staff.

鄭先生多年獨力照顧卧床妻子，感謝聖雅各多方幫忙，分擔照顧壓力。

Mr. Cheng has been taking care of his bedridden wife, he is very thankful to St. James' Settlement for its help that shares his burden



用我一雙手 為長者鋪設地板

眼前的是「長者家居維修服務」的義工伍叔，伍叔不知不覺已經為聖雅各福群會「長者家居維修服務」的有需要長者服務了十年，過去一直主力為新居入伙的長者鋪設膠地板。

「新居的地板非常簡陋，經過我一雙手，長者的家居環境得以瞬間轉變，這種轉變令我非常有成就感。」這刻伍叔凝視住自己的一雙手，一臉滿足的面容。一幅幅粗糙的水泥地面，得到義工的幫忙後，地面變為光滑和整潔，這份轉變加上受惠的獨居長者報以燦爛的笑容，無疑是伍叔十年來風雨不改繼續服務長者的動力。

伍叔在退休前是白領人士，他當初加入聖雅各福群會擔任義工時都沒想到自己能夠處理鋪地板這項任務，畢竟這任務是需要跪著或蹲著地進行，如地面不平，就需先作處理，並要計算邊位所需膠板的情況，然後才開始在地面上塗上膠水，繼而把一塊一塊膠地板慢慢拼湊整片客廳。

在剛開始這個義務工作的時候，對伍叔來說絕對是一大挑戰，不過伍叔抱有一夥為長者服務的熱心，經過資深義工循循善誘的教導，伍叔細心地聆聽及觀察著他們的方法，在經過不斷的操練下，伍叔漸漸掌握有關技巧，並十分享受鋪地板這義務工作。現在伍叔更推陳出新，自行改良有關方法，為長者鋪設出平坦及整齊的地板。

「下次再鋪地板的時候記得要找我！」伍叔興高采烈地說。今天伍叔在葵涌邨完成一間需要鋪設膠地板的個案。伍叔由十年前的一位新手轉變成今天的中堅份子，他在服務過程中找到了成功感和歸屬感，這除了因為他的一對巧手外，更重要的是他有一夥為長者服務的熱心。

一頭白髮沒有阻礙伍叔繼續為長者服務，他每個月仍是馬不停蹄地為長者東奔西跑。年紀愈大並不代表是社會的負累，只要我們願意踏出第一步，我們都有能力為這社會帶來一點點的改變。

Using My Hands to Lay Floor Tiles for the Elders

This was volunteer Uncle Ng who working in front of me. He had been joining St. James' Settlement "Elderly Home Maintenance Services" and serve the elders for 10 years, helping elders to lay plastic floor tiles when they move to new home.

"The floors of the new homes are rough, but I use my hands to help improving the living environment for the elders, that makes me feel very contented." Uncle Ng looked at his hands, revealed his satisfaction on the face. With the assistance of the Uncle Ng, the rough concrete floors become smooth and tidy, this change and the bright smile from the elders are the motivations to Uncle Ng in the past 10 years, these are also the reasons for him to insist in providing services regardless of sunny and rainy days.

Uncle Ng had been a white collar before retirement, he did not expect himself would be able to lay floor tiles when he joined St. James' Settlement as a volunteer. The task requires him to knee and squat, if the ground is uneven, it has to be handled first, and the volunteer has to calculate how many tiles are needed for the edge before gluing the floor and laying the plastic floor tiles all over the sitting room.

Uncle Ng thought the work was a big challenge at the beginning, but with his passion to serve elders and the detailed explanation from the experienced volunteers, Uncle Ng learnt and observed attentively, he gradually picked up the skills after continuous practices and enjoyed the task very much. Now Uncle Ng is so experienced that he could find new way to improve the technique and lay a smooth and tidy floor for the elders.

"Please let me know if you need someone to lay the floor tiles next time." Uncle Ng said happily, he just finished a case in Kwai Chung today. From a beginner to a core member of our volunteering group in 10 years, Uncle Ng feels satisfied and having a sense of belonging through his contribution, this is because he can lay the floor tiles beautifully, and more importantly, he has the passion to serve elders.

Even Uncle Ng is a pensioner himself, he still continue to serve other elders in different districts every month. Getting old does not mean we will become the burden of the society, we can make change to the community bit by bit if we are willing to take the first step.



參與行善之方法

How to donate in these Programs?



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

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

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

☐ 劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

☐ 以信用卡捐助 (☐ VISA ☐ MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

☐ 銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

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

(請在適當位置加上✓號)

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

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

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