

慈惠月報

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聖雅各福群會
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社工的話
Social Worker's Remark

不容香港長者走上絕路

香港大學香港賽馬會防止自殺研究中心2014年的數據顯示，65歲以上的香港長者，自殺率為每10萬人有24人，遠高於美國同齡組別的14.9人。香港長者的精神健康急需關注。

早在1999年香港政府就曾委託中文大學及香港大學研究香港長者自殺成因，發現導致長者產生自殺念頭並感到生命沒有意義的主要原因是抑鬱！引發抑鬱的因素有很多，其中之一是長期對生活滿意程度低至甚不滿。

生活在基層的長者，在長期經濟壓力之下，很多會告訴我們長壽不是福氣，他們打工時省下來的些微積蓄，根本追不上通脹及醫療開支，很快就用光。靠綜援金過活，意味著要靠別人才可生活，令他們活得一點也不是味兒。

一個人由壯年步入老年，需要很大的自我接納能力。從前有力氣提起重物、走路不喘氣、幫助他人多過受人幫助、眼力清晰、耳聽八方，步入老年，五官四肢迅速退化，難免感到衰老所帶來的生理和心理上的壓力。

改善長者對生活的滿意程度，可從提升他們生活質素入手，從而以減低他們的抑鬱情緒。協助他們解決生活上實際的困難是很根本又重要的一步。不先解決他們日復一日的困擾，突然而來的轉變，很容易把他們推入情緒的低谷。

負責長者家居維修及電器贈長者的同工們經常接觸到的老人家，大多對家中失修的情況感到十分無助。以他們的財力和能力，根本無法應付必要的維修或改善方案。但善長的捐助和義工的專業協助，確實可以把他們從情緒低谷挽救出來；同樣情況在惠澤社區藥房也很常見。左鄰右里，若能於出入時多加關懷獨老、雙老，發揮鄰里間守望相助的精神，對他們也是有效的支援。

冀望香港的長者，不必走上絕望的路！

Mustn't Let the Elderly Despair

According to the Hong Kong Jockey Club Centre for Suicide Research and Prevention at the University of Hong Kong, the suicide rate of Hong Kong people aged 65 and older was 24 out of 100,000 in 2014. This is far higher than the comparable U.S. rate of 14.9. The mental well-being of Hong Kong's elderly clearly calls for concern.

As early as in 1999 the Hong Kong Government had entrusted the Chinese University of Hong Kong and the University of Hong Kong to look into the cause of suicide by the local elderly. The studies found depression to be the main cause that gives rise to the notion of suicide and the feeling that life is meaningless. The factors that give rise to depression are many. One of them is prolonged low satisfaction with life, to the point of dissatisfaction.

Our elderly at the grassroots are under constant financial pressure. Many of them would tell us that living a long life is no blessing. Unable to keep up with rising inflation and medical expenses, their meager savings accumulated in their working years are soon exhausted. Subsisting on Comprehensive Social Security Allowance puts a bitter taste in their mouths; it means loss of independence.

It takes considerable self-acceptance for a person to enter into old age. You used to be able to lift heavy loads, to walk without losing breath, to help others more than receive help, to see and hear clearly. Once old, your senses and limbs deteriorate fast. Old people are well aware of the physiological and physical pressures of ageing.

We can help the elderly improve their satisfaction. As a first step, we can raise the quality of their life, thereby alleviating their feeling of depression. A very basic and important move we can make is to solve practical problems for them. If they are left with persistent problems that trouble them day in and day out, their moods can easily sink to the rock bottom when confronted with a sudden change.

Our colleagues responsible for Elderly Home Maintenance Services and Electrical Appliance for the Elderly Program often encounter elderly persons feeling very helpless when faced with the need for repairs that are beyond their financial means and ability to handle. But it is a proven fact that kind gifts from donors and professional assistance rendered by our volunteer workers can lift them from their depression. The same relief can also be seen at our Philanthropic Community Pharmacy. Neighbours, too, can give elderly singletons and couples spiritual support by showing concern and watching out for them.

Let us hope that no elderly in Hong Kong need to despair.

不要讓任何一個你遇見的人離開時沒有更好及更快樂。

Let no one ever come to you without leaving better and happier.



藥費「封頂」 放心治癌

70歲的陳伯3年前確診患上轉移性前列腺癌，之後他進行了睪丸切除手術，並接受雄激素剝奪治療，但也只能抑制腫瘤一年內的增長速度。癌腫指標及前列腺特異抗原（PSA）飆升，加上發現骨轉移的情況增加等情況，皆顯示陳伯的健康狀況惡化，令他十分難過。

「我當時立即開始化療和電療，但不幸地，9個月後我的情況又再轉差。主診醫生告訴我仍有希望，因為有種新的抗雄激素藥叫醋酸阿比特龍(Zytiga®)。不過當我知道這款藥不在醫管局的藥物名冊中，且每月藥費要\$34,000元時，我的心情瞬間跌至谷底。這對我來說是一筆很大的數目，剛巧我的媳婦也在那期間誕女。」

聖雅各福群會惠澤社區藥房留意到這種藥物的費用高昂，即推行藥物資助計劃。倘通過資產審查，合資格病人在公立醫院購買1個月的藥物後，可獲我們免費贈送多1個月藥。這買一送一的資助會重覆，直至1年後計劃會為病人「封頂」，即醫生如認為病人有必要繼續服食該藥，惠澤社區藥房將免費向病人提供藥物。

「全靠這資助計劃，我毋須沒完沒了地買藥，它讓我能有明確預算，準備好6個月的藥費，這實在幫了我和家人很大的忙。開始的時候我還頗擔心新藥的副作用，且骨轉移造成的骨痛令我胃口變差，但惠澤社區藥房提供的藥物諮詢服務，解答了我心中所有疑問，藥劑師對我詳盡解釋了這種藥的療效和副作用，知道我體重下降後，他們更送我專為癌者病人而設的營養補充粉，我真的很感激他們的關顧。」

陳伯接受新藥治療後情況保持穩定，癌腫指標現在維持在低水平，現時他已進入資助計劃的封頂階段，並已獲得2個月的免費資助藥物。

「我曾受邀去見營養師，以及參加惠澤社區藥房為前列腺癌病人而設的烹飪班，那時我和家人在班上與其他病人互動，真的很開心。現在我的癌細胞已受控，藥費也不再是我的煩惱。我的胃口很好，可以開心享受和家人孫女的時光。我真的由衷感激聖雅各福群會惠澤社區藥房在我人生低潮時雪中送炭，給予我資助及情緒支援。」

Capping Drug Expense Curing Cancer Worry Free

Mr. Chan is a 70 year-old retired man. Three years ago, he was diagnosed to have metastatic prostate cancer. He then underwent orchiectomy and received androgen deprivation therapy which only managed to control the tumor growth for 1 year. A surging trend of the cancer marker, prostate-specific antigen (PSA), as well as the findings of more bone metastases signified disease progression and sent Mr. Chan to deep sorrow.

"I was then started on chemotherapy and radiotherapy but unfortunately, my condition deteriorated again after 9 months or so. My attending physician told me that there is still hope with the advent of a new antiandrogen drug called Abiraterone (Zytiga®). Yet, my heart fell right at the daunting fact that the drug was a self-financed item with no safety net coverage in the Drug Formulary of Hospital Authority and could cost around HKD \$34,000 monthly. That was a huge sum to me and my only son whose wife has just gave birth to a baby girl."

In view of the substantial drug expenses, SJS Philanthropic Community Pharmacy proactively introduced a drug subsidy program. After financial assessment, eligible patients can get 1 month of free drugs after buying at public hospital for 1 month. The buy-1-get-1-free cycle continues until 1 year later when a capping phase kicks in and patients no longer need to pay out of their pockets for the drug deemed necessary for their treatment by physicians.

"The capping modality ends the abyss of drug purchase and allows us to estimate and set aside the money required for 6 months of medication. It was indeed a great helping hand to me and my family. At first, I was quite concerned about the new therapy and suffered from poor appetite compounded by the bone pain rising from metastases. My enquiries were answered during the drug counselling service provided by SJS pharmacist. I was educated in details about the efficacy and adverse effects of the drug. I very much appreciate that the pharmacist cared and offered me powdered nutritional supplement tailored for cancer patients for free after learning that I kept losing weight."

Under new drug treatment, Mr. Chan's condition is kept stable with cancer marker maintained at a low steady level. Now he has successfully entered the capping phase of the program and has so far received 2 months of free subsidized drugs.

"I was once invited to a dietitian and cooking class held by SJS Philanthropic Community Pharmacy for prostate cancer patients. I recalled having much fun cooking with my family and interacting with other patients. Now that my condition is under good control and drug expense is not a headache anymore, I have regained much of my appetite and can take pleasure in enjoying myself with my family and granddaughter. I would like to thank SJS Philanthropic Community Pharmacy from the bottom of my heart for the monetary assistance and emotional comfort rendered in those rough days of my life."

抗癌路，盼有你支持

Your Support To Fight Cancer

「癌症」在大多數人的心目中幾乎等同於「不治之症」，但隨著醫學科技近年的高速發展，不少在過往讓醫療團隊「頭痛」的癌症類型亦出現更好的治療方案，可有效地減慢癌症的惡化速度，讓患者能繼續享受生活。以晚期ALK陽性非小細胞肺癌為例，由於有研究證實ALK基因變異為該癌症的關鍵治療靶點，醫藥界便積極循此方向研發新藥。結果，針對該癌症的口服標靶藥物在近年陸續面世。除了比傳統化療藥物更有效控制病情外，標靶藥物服用方便，而且副作用較輕微——這一切似乎為患者帶來了曙光。

值得注意的是，用於治療癌症的標靶藥物並不能將患者體內的癌細胞完全消滅，而是抑制癌細胞的增生，延緩病情惡化。標靶藥物的出現使「癌症」相對較長時間受控於患者體內，就好比其他「慢性疾病」，如糖尿病、高血壓等，與患者共存。標靶藥物的費用一般較高昂，上文提及的ALK基因突變型肺癌標靶藥物為例，每月所需藥費約為5萬多元，且患者需有長期支付的心理準備。有不少患者因此而卻步，明明已看見曙光，卻發現雙腳被沈重的鎖鏈纏著，不能邁步向前。

聖雅各福群會惠澤社區藥房正不斷努力去協助解除那無形的鎖鏈。惠澤社區藥房一直致力動員社會資源，去實踐「病者有其藥」的理念。本藥房至今已推出多個藥物資助計劃，當中包括ALK基因突變型肺癌第一代及第二代標靶藥物的資助計劃。第一代標靶藥物的資助計劃屬「封頂式」，在醫院管理局轄下醫院接受治療的患者只要自費支付該藥物滿8個週期後，其後藥費全免，直至停藥。此計劃讓病患者及其家屬在藥費上有所預算，並大大減輕其經濟及心理負擔。

一位四十多歲的受助者跟我們分享她的經歷：「醫生說我服用標靶藥後病情受控，而且副作用輕微，我仍能繼續上班，努力賺取藥費及生活費，當然也需依靠積蓄及家人的幫忙。半年過去了，積蓄也漸漸見底，我亦不能不為子女的學費作打算，當時我在想是否已到了要放棄標靶治療的時候，內心十分掙扎。社會上亦有不少有心人願意出手相助，當我知道惠澤社區藥房推出有關的藥物資助計劃時，我就好像得到了一個重生的機會，真的非常感激各位明白患者困境又願意幫忙的有心人。」

惠澤社區藥房除了在藥費方面提供支援，主理藥房的藥劑師亦會提供藥療輔導服務，提高患者對藥物的認識，並釋除他們對藥物的疑慮，還會在適當的時候提供一些由善長捐助的營養補充產品，協助患者維持充足的體力去應付醫生安排的治療。

施善支票抬頭「聖雅各福群會」，支票背面可指定：「贈藥治病計劃」。施善查詢：8107 8324 或 2835 4321。

Cancer in most peoples' mind is almost equivalent to an incurable disease. With the rapid development in medical science and technology in recent years, better treatment plans in effectively slowing down deterioration for many types of cancer diseases, considered fatal in the past, become available and allow the patient to live and enjoy life. Take for example, final stage ALK positive Non-small Cell Lung Cancer, research results confirmed ALK gene mutation is the key target for lung cancer treatment, medical professionals hence actively follow this lead in the development of new drugs. As a result, oral target drugs for its treatment pop up in the market in recent years. Being more effective than traditional chemotherapy treatment drugs, target drugs are easier to take with less side effect, all seem looking fine, bringing the dawn of hope to the patients.

One must note, target drugs used in cancer treatment do not completely eliminate cancer cells in patient's body. The drugs merely suppress proliferation of cancer cells thus delaying further deterioration. Appearance of target drugs allow cancer cells be under control, coexist with patient's body for a rather long period like other chronic diseases such as diabetes, hypertension etc. Target drugs are normally more costly. Take for instance the above target drug for ALK gene mutation lung cancer treatment, medication costs roughly over \$50,000 a month and patients need keep it in mind paying for it long term. As a result many patients would stop without moving forward to get treatment as if finding their feet bounded in heavy shackles even though the dawn of hope is so obviously and clearly in sight.

The Philanthropy Community Pharmacy of St. James' Settlement keeps trying to remove these invisible shackles. It has all along been advocating to the idea of 'own my medicine' and launched a number of medicine subsidy programs, including subsidy program for first and second generation lung cancer target drug against ALK gene mutation. Subsidy program for first generation target drug is made available free to patients under HA treatment after their buying the drug for 8 weeks and considered effective by the doctor for further treatment. This program will greatly reduce the financial and mental burden of the patient and family.

One 40 years old beneficiary shared her experience with us saying, "The doctor told me the target drug will get my condition under control with little side effect and I can go back to work. Working hard to earn my medical and living expenses and, of course, not without own saving and family help. Half year has gone by and almost gone is my saving. I have to plan for the tuition expenses of my children and was thinking then whether or not to give up target drug treatment, quite a tough struggle in my mind. Fortunately, there are people out there in the community willingly to give a helping hand. When I came to learn about the medicine subsidy program of the Philanthropic Community Pharmacy as if I am getting the chance of a new life. I am really grateful to the well wishers for their understanding of our dilemma and willingness to help."

Philanthropic Community Pharmacy besides provision of medical fee support, also provided by the pharmacists in charge are medical counseling service to raise the understanding of the medication and remove their undue worries, in addition to the provision of nutritional supplements donated by well wishers in assisting the patient to have enough strength to cope with arranged treatment by the doctor.

Please send your donation by cheque, beneficiary St. James' Settlement, ear-marked for "Medication Subsidy Program". For inquiry, please call 8107 8324 or 2835 4321.



送涼行動

在五月底某個炎熱的週末，工作人員與三位義工探訪居住在大窩口公共屋邨的一位獨居長者李婆婆，並為她送上一部座枱電風扇。

李婆婆非常期待我們的探訪，一見到我們就非常開心，她說：「好感恩你地今日咁熱都走黎探我……我個風扇舊年已經壞左，宜家用膠紙貼住，我都好怕部掛牆扇跌落黎……」義工們一邊為李婆婆併合座枱電風扇，一邊與她閒話家常。

李婆婆居住的單位雖然是有露台及窗戶，但由於地理位置關係，沒有對流窗，也沒有自然風吹入屋，在盛暑天時非常炎熱，幾乎是個「家居蒸籠」。所以李婆婆從十多年前入住時在牆邊安裝了一部掛牆電風扇，除了嚴冬外，每天都要開動掛牆電風扇，使室內可空氣流動，不致太悶熱。

在言談間，李婆婆透露了她的身世。獨居並靠綜援生活多年的她，原來出生於馬來西亞富裕華僑家庭，出生數月由工人帶來香港生活並接受教育，因為李婆婆家中祖父母及父母親均認為香港教育水平較馬來西亞好，李婆婆一直讀書至中三，直至戰爭而停學，家道中落，十足粵語殘片的故事橋段一樣。幸好李婆婆是個十分樂觀的人，艱苦歲月一一熬過。

婆婆現時在香港已沒有親友，這幾年因健康狀況轉弱而需要以助行架協助步行，需要「改善家居及社區照顧服務」的照顧員每天上門照顧其生活起居。

離開李婆婆家，工作人員與義工們邊行邊傾談，有義工說：「今日探訪我好有感觸，我感受到婆婆非常重視今天我們的來訪」；旁邊另一個義工隨即和應：「是呀！我留意到婆婆家中有兩個月曆，她分別在這兩個月曆上，都寫了我們今日來探訪……原來我們微小的行動，可以有這重大的意義，我希望繼續參加義工探訪，在假期時探訪一些公公婆婆」，另一人又說：「雖然今日又熱又翳，但是探訪婆婆令到婆婆開心，自己又滿足，真的很好。」

在炎熱天時，為長者送上一把涼扇，加上義工的關懷，讓獨居生活多一分歡樂。現呼籲大家支持「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。



Fan for the Elderly Campaign

It was a hot weekend in late May when 3 of our volunteers went to visit Granny Lee, an elderly who lived alone in Tai Wo Hau Estate and delivered to her an electric table fan.

Greatly looking forward to our visit, Granny Lee was excited upon seeing us. She said, "Thanks for coming over even though the weather is so hot..... My old fan was broken a year ago and it was temporarily fixed with tape. I'm scared that it is going to fell off any time soon....." Our volunteers kept talking with Granny Lee about her daily life while assembling the fan.

Though it was a housing unit with windows and a small balcony, the ventilation was rather poor. Maybe due to its orientation and the absence of cross-ventilation windows, we did not sense any wind coming into the house; the house is like a steam room, especially during peak summer time. To improve ventilation and drive away the heat, Granny Lee had been using the wall-mounted fan, which came with the housing unit, every day since she moved in, except in winter.

Through conversation, we learnt more about Granny Lee. She relied on CSSA to sustain herself since many years ago and she lived by herself. Being born in a well-heeled family in Malaysia, she was sent to Hong Kong shortly after birth, accompanied by a servant hired to take care of her, as her parents and grandparents believed that she could receive better education in Hong Kong. She kept studying until the war broke out, and just completed junior secondary education. Afterwards her family went broke and her fortune turned for the worse. Fortunately, Granny Lee was a born optimist and therefore survived many hardships and adversity.

In recent years Granny Lee's health condition deteriorated considerably. Now she needs a walker to help herself move around. As she is kinless, she is currently receiving Enhanced Home and Community Care Services and has a carer come over to take care of her in her daily life.

After leaving, our volunteers and our staff shared among themselves their thoughts and feelings about the visit. A volunteer said, "I think I understand how Granny Lee felt during all those years and I can tell she appreciated our visit a lot." Another volunteer added, "Yeh, I noticed she had two calendars at home and she made notes on both to remind herself of our visit. To us, it is just a very simple act, but to an elderly, I didn't know it could mean so much. I would keep participating in such visits and meet more grannies and grandpas during holidays." The 3rd volunteer echoed, "Although it's hot and sultry, but I feel gratified as I realized what I do can make the old granny happier."

Support 'Electrical Appliance for the Elderly Program - Fan for the Elderly Campaign', you are going to bring singleton elderly brand new electric fans and enjoyable time meeting with our volunteers during the hot summer months, and let them feel the care from others. To donate, please make your cheques payable to 'St. James' Settlement'. To learn more, please call 2835 4321 / 8107 8324.

李婆婆十分感謝善長的捐贈，在炎熱天送來新風扇。

Granny Lee was grateful to the kind donors for granting her a brand new electric fan during this hot summer.

給長者一個良伴— 電視機

電視機對香港人來說已是不可或缺的家居電器，長者亦然。

八十多歲的蕭婆婆一口氣跟我們分享生活的道理，說：「沒有冷氣機就開動電風扇取涼，沒有洗衣機還可以手洗或把衣物送洗，沒有熱水爐就用水煲煲水，電視機卻沒有其他東西可代替，家中沒有電視機是會影響一天的生活作息！」獨居的她一直居住在西環區舊樓，家中的電視機壞了好一段時間，於是她向社工求助，希望可找電器師傅上門維修這部有數十年歷史的電視機。結果當然是機件太舊，沒有合適部件可用，社工於是協助她向聖雅各福群會「電器贈長者」計劃申請一部新的電視機。

蕭婆婆原來每天大清早就開電視機，透過電視新聞報導得知日子及時間，而他是個非常喜歡觀看資訊性質節目的婆婆。婆婆認為自己年紀大，加上行動困難，不能常常外出，天天留在家，困在細少的世界內，好容易會與現實脫節。細問之下，原來蕭婆婆熱愛資訊性的節目是可能與本身成長經歷有關，他出生在重男輕女的傳統家庭，又歷經戰亂，沒有機會接受教育。在生活漸漸穩定下來，家中添置了第一部電視機，電視節目便成為她知識來源的其中一個渠道，在某程度上亦是她與外界溝通橋樑之一。可想而知，今次電視機壞了，對於他來說是十分嚴重的一件事情。

今時今日香港「電視機」已經不再是基本家庭電器，現代都市人可以電腦；手提電話來接收資訊及觀看不同線上節目。但對於很多年老及行動不便的公公婆婆而言，「電視機」仍然是家居生活中是絕不可缺少的電器。如蕭婆婆所言「打風的日子，十分騷熱，不過可是居住的區域沒有下雨，我估計是打風所至，後來透過看電視機新聞報導才知道」等等。

今天義工為蕭婆婆送上電視機，她溫柔地向義工道謝說：「我真的好需要電視機，它跟我相依為命，所以，我實在很感激善長，感激你們每一位！」

聖雅各福群會「電器贈長者」計劃為全港有需要的獨居長者提供合適的家庭電器。在社區上仍有很多像似蕭婆婆的個案，正等待你的援手。支票抬頭：「聖雅各福群會」，查詢：2835 4321 或8107 8324。



Give the Elderly a Good Companion – TV Set

A TV set is an indispensable home electric appliance to Hong Kong people, including the elderly.

Grandma Siu, 80-year-old, shared with us her daily life wisdom in one breath, "I can cool down with an electric fan if air-conditioning is unavailable. I can wash by hand or send my washing to a laundromat if I have no washing machine. I can boil water in a kettle if I have no electric water heater. But nothing can replace a TV. Without a TV at home, my daily life schedule would be affected!" Grandma Siu has been living alone in an old building in Western district. Her TV had gone out of work for quite some time. She sought help from a social worker, hoping to find an electrical technician who would repair her TV that had been used for decades. Eventually no suitable spare parts could be found as her set was a very old model. The social worker therefore applied for a new set with St. James' Settlement's Electrical Appliance for the Elderly Program on her behalf.

Grandma Siu had the habit of turning on the TV early in the morning. She kept up with the dates and hours through news reports in TV and she liked watching programs of information very much. Grandma believes she would become disconnected with reality easily if she stays home every day since she is old and can't go out often due to difficulty with movement. When we dug deeper into her viewing preference, we found the fact that Grandma loves informative programs might possibly be related to her growing up experiences. She was born to a traditional patriarchal family. She didn't have the chance to receive education because her young life was interrupted by battle and fight. When life became more settled, her family bought their first TV set. TV programs became one of the channels from which she acquired knowledge. In a sense, it's also the bridge she communicated with the outside world. Doubtlessly a broken TV was a serious matter to Grandma.

In Hong Kong nowadays, a TV set is no longer a basic home electric appliance. Contemporary urban residents are able to receive information and watch on line programs from computers or mobile phones. But to many aged grandpas and grandmas with movement problems, a TV set is still an indispensable electric appliance at home. Like what Grandma Siu said, "When there is a typhoon, the weather gets very stuffy and hot. But it doesn't always rain in the area I live. When this happened, I would guess it was the influence of the typhoon. Later the weather news report confirmed what I guessed previously to be true."

Today St. James' Settlement volunteers delivered a TV to Grandma Siu. She thanked them gently, "I need a TV very much. The TV and I depend on each other. Therefore I am truly grateful to the benefactors and each one of you!"

St. James' Settlement's Electrical Appliance for the Elderly Program supplies suitable home electric appliances to loner elderly in Hong Kong. There are many elderly like Grandma Siu in various communities awaiting your helping hand. Kindly write out your cheque, payable to St. James' Settlement. For enquiries, dial 2835-4321 or 8107-8324.

蕭婆婆不良於行，電視機是他唯一的良伴。

Grandma Siu has trouble getting around. A TV set is her only good companion.



心恒引來火警 累及無辜

「儘管我關掉這個水龍頭，它都會一直漏水，經過一段時間後廚房就會水浸，所以我現時只好關上水錶，每次用水時才開啟，我知道這個方法是治標不治本，但要找坊間的維修師傅上來協助動輒數百元，為了省下這筆費用，我只好選擇這個方法。」

吳伯領取綜援，本來就捉襟見肘，面對家居突發的情況，感到不知所措，恰巧轉介社工上門家訪發現，及時把個案轉介到長者家居維修服務。數日後，吳伯家中的電熱水爐的開關掣更出現短路並引致整個電掣鬆脫和電線外露，此時此刻，吳伯真的感到非常無助，因為他擔心家中會否因此而引發火警，每天晚上亦難以安睡。換著其他人，可能會即時聯絡坊間的維修師傅上門跟進，但對於吳伯來講，這完全是一件天方夜譚的事。

家居維修的義工得知情況非常緊急，決定在當天下班後馬上來到吳伯家中檢查和更換電掣，並準備了一個新的水龍頭為吳伯更換。在義工完成檢查和更換電掣後，吳伯立刻測試該電掣，電熱水爐亦運作正常，這刻他才可以鬆一口氣。

「非常感謝義工的協助，我非常擔心會因為這電掣發生火警，我自己有什麼意外不重要，我最怕影響到其他鄰居，我真的不希望因為自身的問題影響或添加任何麻煩給其他人，不過我現時可以放心了，而且水龍頭的問題亦都處理好，再次感謝義工的到訪，為我排憂解難。」這刻吳伯終於露出他的笑容，相信他亦放鬆不少。

獨居長者的能力有限，未必可以解決因家居問題而衍生的煩惱，看似是一件簡單的小事，但是在長者的角度卻是一件縈繞心內的大事，幸好在社會上仍有熱心的義工和善長的支持，協助我城的獨居兩老長者，為他們排憂解難，就讓我們繼續努力，協助更多有需要的人吧！

Fear of Causing a Fire and Affecting People

"Even though I turn off the tap, it keeps on leaking. After some time my kitchen would be flooded with water. That's why now I switch off the water meter and switch it on every time I use water. I know this method works temporarily. But it costs a few hundred dollars if I ask some repair man for help. In order to save this expenditure I use this method."

Grandpa Ng, who lives on the CSSA, finds it hard to make ends meet already. He didn't know what to do when a sudden household problem appeared. Coincidentally his social worker learnt about his situation during a home visit and referred Grandpa Ng's case to our Elderly Home Maintenance Service in time. A few days later, the on/off switch of Grandpa Ng's electric water heater had a short circuit which caused the switch to become disconnected, exposing the wires inside. At that moment Grandpa Ng felt very helpless because he worried that that might lead to a fire alarm. He didn't sleep well for some nights. Someone else might at once contact a repair man nearby to come home and do something about it. But to Grandpa Ng this would be something he never dreamed of doing.

Once volunteers of our Elderly Home Maintenance Service learnt about the urgency of his situation, they decided to go to Grandpa Ng's home to check up and change for a new switch that day after work. They also brought along a new water tap to replace the old one for him. After the volunteers had finished checking and replacing the electric switch, Grandpa Ng instantly tried out the switch. The moment the electric water heater was found to be functioning normally, he gave a sigh of relief.

"I am very grateful for the volunteers' help. I was very worried that the switch would cause a fire alarm. I didn't care if an accident should happen to me. I was most concerned that it might affect my neighbours as I truly didn't want my personal problem to add any trouble or affect the other people. Now I can relax and the tap problem has been fixed. Volunteers, I thank you again. You have solved my problem and my worries." Finally Grandpa Ng started to smile at this moment; obviously he was able to relax a great deal.

The lone elderly with limited resources may not be able to solve their worries brought about by household problems. What seems to be a trivial matter could be a big, heart wrenching issue from an elderly's point of view. Fortunately support from enthusiastic volunteers as well as donors help both loner and coupled elderly in our city by relieving worries and anxiety. Let us keep up our good work and help more people in need!



對於義工來說，這件可能只是一件小事，但是在長者角度，這卻可以是一件影響深遠的大事。

To volunteers this may be a trivial matter. From the elderly's point of view, this can be a big issue of far reaching effect.

主動去除膠地蓆危機

「我搬到美林邨都已經十多年了，初初入伙時因為預算不多，所以只好鋪上這種膠地蓆。想不到過了十多年後，原本的膠地蓆已拱起。近年我有白內障，所以有時看不清楚地上的情況，好幾次被絆在地上。」眼前的劉婆婆向義工訴說最近一次跌倒的由來。

膠地蓆因為便宜和方便，不少長者在入伙時都會選擇膠地蓆以代替鋪設地板或地磚。但是膠地蓆沒有專業的師傅協助的話，過了一段時間後就會拱起，長者一不留神的話，就很容易被絆倒在地上。所以在新居入伙時，義工們絕對不建議長者使用膠地蓆，不過很多情況是長者入伙後已經一段時間才發現以上的問題。

今天家居維修的義工來到香港仔華貴邨，亦是因為長者當初入伙時使用膠地蓆，出現地面拱起的問題。在工程上，義工首先為長者移除原有的膠地蓆，然後再鋪上新的膠地板。完成後，何婆婆在客廳來回踱步，體驗新的地板，之後便不禁地笑逐顏開地說：「地板變得很平坦，我很開心！」

長者在入伙時使用膠地蓆是非常普遍，畢竟膠地蓆比起地板或地磚，是相對便宜和方便，這些好處對於領取綜援或有限積蓄的長者來說是非常吸引，加上這類長者不會再花錢找專業的師傅協助，因此危機就會潛伏在他們家中。

預防勝於治療，「長者家居維修」服務除了為新居入伙的長者鋪設膠地板外，也會為使用膠地蓆的長者重新鋪設膠地板，這些開支都需要善長和義工的支持和熱心幫助，才能為他們提供一個可以安享晚年的居所。「長者家居維修」服務預計在未來半年將為二十位這類的長者重新鋪設膠地板，需善款約四萬元，請各位善長仁翁熱心捐助。支票抬頭：「聖雅各福群會」。施善電話：2835 4321 或 81078324。



Tackle the Risks Posed to Elderly by Sheet Vinyl Flooring

“It has been over 10 years since I moved into Mei Lam Estate. At that time, I did not have much money to spare so I opted for sheet vinyl flooring. After over 10 years of use, bubbles developed underneath. With cataracts, I couldn't see clearly in recent years. I couldn't tell where the floor was uneven and has been tripped over several times.” Granny Lau told our volunteer how she had a fall last time.

Due to cost concern and ease of installation, many elderlies tend to prefer sheet vinyl to tiles or planks. But in situations where installations were performed without the assistance of professional contractors, the sheet vinyl usually curls up and exhibits bubbles later. This is in fact a trip hazard to elderly and it just takes time for them to realize the problem after they move in their new homes. For this reason, our volunteers always advise elderly not to use sheet vinyl flooring at home.

This day the volunteers of our Elderly Home Maintenance Services project came to Wah Kwai Estate in Aberdeen to tackle the uneven floors for Granny Ho. The volunteers firstly removed the sheet vinyl and then installed new vinyl floor tiles for her. After completion, Granny Ho walked back and forth and she could immediately tell the difference. Smiling happily, she said, “The floor is now even and safe, I am over the moon!”

It is not uncommon for elderly to choose sheet vinyl over tiles vinyl, given its low price and practicality. This is especially true for elderly who are CSSA recipients or elderly who have little savings left; the fact that these elderlies would less likely hire professional contractors to do the installation for them, further increases the risk of trips and falls in their homes.

Precaution is better than cure. Our Elderly Home Maintenance Services project constantly helps elderly by installing vinyl tile flooring in their new homes and replacing sheet vinyl flooring in their existing homes. Solely financed by donations and supported by volunteers, the project aims to help elderly make their homes a safe and secure place to live. In coming 6 months, we plan to offer the service for another 20 elderlies and the associated costs are expected to reach \$40,000. We need your continued support to get the plan off the ground. Please donate now and make cheques payable to 'St. James' Settlement'. Our donation hotline: 2835 4321 / 8107 8324.

義工為劉婆婆移除原有的膠地蓆，重新鋪上新的膠地板，避免長者再次在家中跌倒！

Our volunteers removed the original sheet flooring for Granny Lau and replaced them with new vinyl tiles. Rather unlikely she will be tripped again!



講座提升市民 用藥警覺性

聖雅各福群會惠澤社區藥房由2009年開辦至今，除了有實體藥房為合資格的病人以優惠價錢配售藥物外，亦一直透過舉辦藥物講座來幫助和教育患者。本服務的註冊藥劑師和配藥員會定期到不同的社福機構舉辦「專科專藥」和「知藥用藥」講座，希望把藥物知識帶進社區，向市民講解服藥的概念和注意事項，致力令提高病人自我管理疾病的能力。

由於長期病患者或長者時常需服用很多不同藥物去控制病情，但藥物種類和數量繁多，他們未必能完全理解藥物的服用方法或注意事項，導致漏服、誤服甚至自行停藥的問題常常發生，引致延誤病情。本服務提供的講座形式輕鬆簡易，令參加者容易理解，並在完結後設有問答環節解答各類藥物問題，參加者可充分掌握服藥的資訊，從而提高安全使用藥物的意識。

很多參與講座的參加者在講座後都會開始提高警覺，更關心服用藥物的問題，如個別人士有藥物跟進的需要，經社工轉介的合資格長期病患的長者，藥房同事會進一步透過外展去探訪，上門協助他們檢視所有服用的藥物，並教導病人如何正確貯存和服用藥，增強對藥物的長期依從性。

故此，惠澤社區藥房不單單是在地區提供藥物服務，更是走入社區和病者家中，為每個服務使用者排解藥物的疑難，努力傳遞「知藥用藥」的信念，造福人群。

Seminars to Improve Public Awareness on Proper Medication Use

Since foundation by St. James' Settlement in 2009, Philanthropic Community Pharmacy has been offering medications through its dispensing outlets to eligible patients at affordable price. Besides, we regularly work with different social welfare institutions to organize open seminars to help and educate patients. The seminars, conducted by our registered pharmacists and dispensers, are centered on 'Specialty Medications' and 'Know your own Medicines', through which we want to help people understand their medication use and grasp properly the dos and don'ts. By disseminating drug knowledge to the community, we hope to improve patients' ability to manage their diseases.

Many chronic patients and elderly are prescribed multiple medications, but they may not be able to understand the uses and precautions of individual medicines. If they do not take medicines in a way they should or they arbitrarily skip or even stop taking medicines, the efficacy of their treatment may be compromised. All information covered in our seminars are presented in a way that participants can easily understand. Not only is the content easy and fun, the Q&A session after our presentation is practical as participants can ask any questions they have on their own medications. As participants get more informed, they will become more conscious on safe medication use.

After attending our seminars, many participants become more alert and concerned about the way they take medications. Anyone who thinks he or she needs our follow-up service, if he or she is referred by social workers as eligible elderly patient or patient with chronic disease, our pharmacy colleagues would visit them individually, take a look for them on all the medications they are taking and tell them how to properly store and take their medicines. The visit will help improve their medication compliance in long run.

As such, we, the Philanthropic Community Pharmacy, are more than a local dispensary, we reach out to the community, clarify for individual patients their questions on medications and help them establish proper understanding on taking medications.



「長者快樂， 就是我們的快樂」

“The Elderly's Happiness is Our Happiness”

「後顧無憂」規劃服務自2004年開始推行，服務超過一千二百名孤苦無依、缺乏支援網絡的獨居長者、兩老或長期病患者使用者。服務主要協助長者於生前規劃其身後事的安排，並於他日百年歸老時，代為履行其意願，貫徹自我尊嚴，令長者能安享無憂生活。除了身後事安排，長者晚年時間的生活也是我們所關心，包括入院的支援、平日社交生活及安排一些節日性的活動給他們，希望可以讓他們在晚年生命裡有更多正面的能量及經驗。

近日有善長贊助了40位基層長者到一間五星級酒店享用下午茶，善長派出10多位義工參與活動，照顧長者。當日長者與義工一起歡聚暢談，品嚐下午茶，又一起玩衛生麻雀耍樂和看粵劇。活動完結時，更為每一位長者送上小禮物。

長者在回程時皆分享「第一次去五星級酒店，非常開心，又很多謝義工的安排，希望服務可以舉辦更多同類活動予長者參加。」

善長及義工也分享他們非常享受這個與長者共渡的下午，善長說：「只要長者玩得開心，我們也會覺得開心和值得，並覺得藉著活動可以培養助人精神，相當有意義，並期待可以有機會參與更多長者服務。」

Since we launched our Prepaid Funeral Navigation Service in 2004, we have served more than 1,200 helpless loner elderly with no supportive network, chronic patients and elderly couple. The Service mainly assists the elderly to design their funeral matters in their life time and to carry out their plan when they pass away. The Service upholds the elderly's dignity as well as enabling them to enjoy life without worries. In addition to funeral matters after life, we also care about the elderly's living quality at old age, including support on admission into home for the elderly, daily social life and arrangement of festive activities with the hope that they have more positive energy and experience in life at old age.

Recently some donor sponsored 40 grassroots elderly to have afternoon tea in a 5-star hotel. The donor sent 10 volunteers to look after the elderly in that event. That day the elderly and the volunteers got together, chatted and enjoyed the afternoon tea happily. They also played Mahjong and watched Cantonese opera. At the end of the activity, each elderly was given a small gift.

In their return journey, all the elderly remarked, "We're overjoyed for it's our first visit to a 5-star hotel. We're so grateful for the volunteers' arrangement. We hope the Service can organise more similar activity for the elderly to participate."

The donor plus the volunteers also commented they enjoyed tremendously this afternoon they spent with the elderly. The donor said, "So long as the elderly enjoyed themselves, we are happy and feel it's worth it. And it's quite meaningful because the spirit of helping others can be developed through activity. We look forward to the opportunity of participating in more elderly service."



到戶理髮不分地區 義工服務盡顯愛心

服務行動不便的南丫島居民

南丫島除了擁有引人入勝的旅遊景點及東方色彩的香港漁村文化，亦有歷史悠久的村落。蘆鬚城村是南丫島其中一個村落，隨著城市地區發展迅速，村內年輕人為謀生計，而往市區生活。現時，村內大部分的居民為長者，過着簡樸的生活。村內亦沒有足夠生活所需的日常用品或服務供應，如超級市場、理髮店等。夏熱天時，大部份長者都留著一把長髮，感覺悶熱，甚為不便。為解決其急切需要，聖雅各福群會「到戶理髮服務」亦派出義工，提供理髮服務。

義工剪髮 盡顯關懷與愛心

「聖雅各剪髮！」在到達蘆鬚城村後，義工Fion便精神奕奕地向村內長者宣傳剪髮服務。村內部份長者聽到此消息後，便緩緩地步行出至村落入口處，等候義工為其剪髮。在剪髮過程中，村民周婆婆不時說道：「近來的天氣很炎熱啊！已經有一段時間沒有剪髮了，頭髮過長時，便很難整理。整個人的感覺很不清爽呢。」義工Fion除了小心翼翼地為其修理及剪短頭髮，亦耐心地回應長者「不要緊，現在慢慢地幫你把頭髮剪薄一點。」

不一會兒，周婆婆已完成剪髮，面上慢慢浮現笑容滿面地說著：「感謝你阿！現在變得清爽多了，自己也感覺舒服多了。」義工Fion亦對這次的服務成果感到滿意。在義工服務過程中，義工和服務使用者都能獲得滿足感，展現助人自助的精神，並在各自的生命歷程中添上色彩。

到戶理髮 不分地區

「到戶理髮服務」為全港性服務，服務地區範圍為全港九新界，並沒有地區限制。服務會進行義工配對，為有需要的服務使用者修剪頭髮，讓他們回復儀容光彩。當中，「到戶理髮服務」亦為義工及服務使用者達到充權的效果。一方面為服務使用者整理儀容，送上問候、關懷，讓其感受到生命的價值和受尊嚴。與此同時，提供一個服務平台予以義工，得以嘗試活用理髮技能，提高其能力感及自信。



Home Haircut Service Could Extend to Every District Voluntary Service Embraced With Compassion

Serve the residents of Lamma Island who have difficulty in getting about

In Lamma Island, you could find not only fascinating tourist attractions with distinctive Hong Kong fishery culture radiating oriental characteristics, but also time-honoured villages. Lo Sho Shing village is one of them. As urban city has been rapidly developing over years, most of the young generation in the village has moved to urban city to look for a better prospect. Now a majority of residents there are the elderly who are leading a pristine life. Supply of daily necessities and general services are insufficient, such as supermarket and haircut service. Most of the elderly wear long hair even in the hot summer that makes them feel even hotter and inconvenient. To tackle their immediate need, "Home Hair Cut Services" under St. James' Settlement arranged the haircut service for them by sending them a volunteer.

Volunteer showed her care and compassion while delivering haircut service

"St. James' Settlement – Haircut Service!" Fion, the volunteer, was lively telling the elderly about our service when she reached Lo Sho Shing village. Having heard about the news, some elderly villagers walked slowly to the entrance of the village to wait for the haircut service. While the haircut was being done, Grandma Chow repeatedly said it has been extremely hot lately, "It has been quite a while since the last time I had a haircut. My long hair is not easy to manage and that makes me hardly feel fresh and cool." Fion was carefully doing the hairdressing and at the same time she patiently responded to Grandma, "It'll be fine. I'll carefully trim and thin your hair."

In just a short while, the hairdressing was done and gradually Grandma was wearing a big smile and said, "Thank you! It looks fresh and I feel not so hot now!" Fion was glad to have yielded a satisfactory result for this service. In the course of delivering and receiving voluntary service, both volunteers and clients would have a sense of fulfillment and content. It is a display of the virtue of helping others while helping oneself, leaving delightful footprints in the life journey of each other.

Home Haircut Service Could Extend to Every District

"Home Hair Cut Services" is a far reaching service to all areas in the Hong Kong territory without any limitation as to districts. We would arrange suitable volunteers to help do hairdressing for clients helping them to look fresh again. The "Home Hair Cut Services" can also achieve an empowerment effect for both the volunteers and clients. As to the latter, they will feel the compassion and care extended to them while their need of grooming is being taken care of, which will in effect help them reassure their self-esteem and value of life. At the same time, this service provides a platform for volunteers to try to apply their knowledge and skills in hairdressing to help the needy, which boosts their confidence in their ability.

義工替村民剪髮。

Our volunteer helped the elder villager cut hair.



感激贈閱 《松柏之聲》

Thanks for sending me "The Voice"

謝總編粧次：茲啟者：

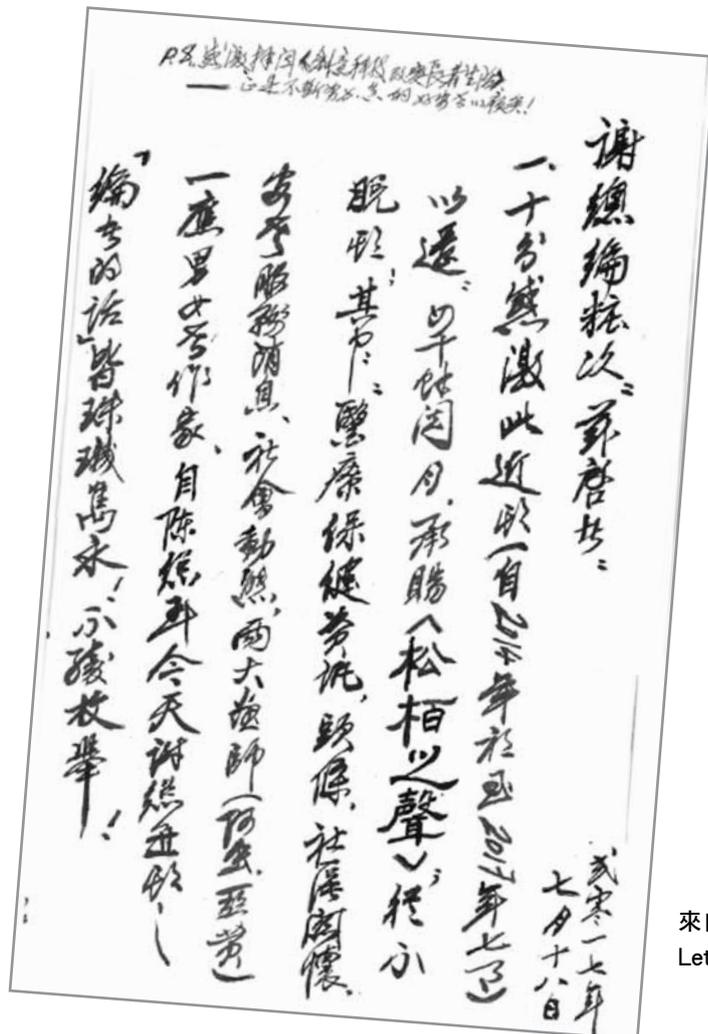
Dear Editor Tse,

十分感激此近期（自2014年初至2017年7月）以達四十餘閱月。承賜《松柏之聲》；從不脫期；其中：醫療保健資訊，頭條，社區關懷，安老服務消息，社會動態，兩大畫師（阿虫、亞黃），一應男女老作家，自陳總至今天謝總每期「編者的話」皆珠璣雋永！不勝枚舉。

I am so grateful that you have been sending me "The Voice" for more than 40 issues, from early 2014 to July 2017, and never missed a single issue. From which, the columns of "Medical and Health Information", "Headline", "Community Care", "Elderly Services", "Society Update", drawings from the two art masters, Ah Chung (阿虫) and Heung-shan A-wong (香山亞黃), articles from all the writers, as well as the "Editor's Remark" from Editor Chan to Editor Tse, every piece is beautiful and meaningful.

P.S: 感激擇閱「創意科技 改變長者生活」——正是不斷努力，美的好安老以願矣。

P.S. Glad to read the article "Creative Technology improves the life of elderly", with the effort from the society, the hope for a good elderly living can one day be fulfilled.



來自《松柏之聲》讀者的信函。
Letter from "The Voice" Reader.



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