零九年三月份 MAR 2009

網址 Website: www.thevoice.org.hk



### 藏、暗、忘

全靠各位善長的援助, 我們在全港推行的慈惠服務, 才能發揮濟弱扶貧的效果, 為受惠者改善生活, 讓他們感受到人間溫暖與關懷。

每次當筆者收到善長送來的電器,定會非常恭敬地領受賜贈。因為無論暑天或寒天,善長都不怕辛勞、氣喘吁吁地,將電器送來,目的是把電器送到貧弱的手上供給他們使用。如此真情,怎不叫人感動呢!

「好難找到你們的地址。花了近二小時才找到,但我們不忍將有用的電器拋掉,因為有經濟困難的老人,是無能力購買的。」原來嚴先生與一位朋友用手推車將一個4呎多高的雪櫃從銅鑼灣推到我們在灣仔的辦事處,因迷路而在人多車多的馬路上折騰了兩個小時,方能將剛用了一年的雪櫃送到我們這裡。

相信任誰人都會被他們助人的行動感動,筆者更是肅 然起敬。

我們亦不時收到善長們的來電及支票,指定捐款支持「電費助貿弱」計劃、「後顧無憂」規劃服務、「到戶理 髮服務」等慈惠服務。每次筆者都會定認真地對自己說: 「我要努力工作,以報答善長的支持,不負他們的期望。」

善長們的施善行為,是善心的表現;善長的善舉是自發的,並無半點求名求利或炫耀崇高的目的,純是抱著助人精神,使受惠者直接受惠。施善不望為人知、不望為人見。 一位善長曾說:「我有,把多出來的幫助沒有的人,是我的福份。」這句話,充份表了達慈悲喜捨的愛心。

您們並不認識所幫助的人,不期望有回報,也不期望 因而贏得美名,只是真誠相助,而隨後也會忘掉所作的善 事。

您們以「藏、暗、忘」的態度,主動幫助那些根本無能力回報的匱乏長者,明知他們並不認識您們、接受贈送後也永遠不會直接向您們道謝。面對您們的捐獻與支持, 筆者怎能不敬佩、不珍惜、不竭盡所能地作出回應呢?

### TUCKED AWAY IN THE DARK AND FORFOTTEN

It is entirely due our donors' kind support that St. James' has been able to carry out services among the poor and needy all over Hong Kong, improving their livelihood and making them feel warm and cared for.

As a social worker, I accept every donated electrical appliance with great respect. Undeterred by inclement weather or physical exertion, our donors often arrive out of breath to deliver the appliances to our door. They just want to make sure the poor and needy will get to use the appliances. How can one help but be touched by such sincerity?

"Your place is really hard to find. It took us close to two hours. But we couldn't bear to just throw away a useful appliance. There are old people in financial straits who cannot afford to buy one." Mr. Yim and his friend had used a push cart to transport a four-foot refrigerator all the way from Causeway Bay to our office in Wanchai. Not knowing the way, they had to struggle through streets crowded with people and traffic before they finally reached us.

Their act, which would move anyone, has moreover filled me with respect.

We also often receive phone calls and cheques from our donors, saying they wish to support the Electricity Funds for the Feeble Elderly Program, the Funeral Navigation Services, or the Home Haircut Services. Every time a call or a cheque comes, I would tell myself in earnest, "I must work hard in return for the donors' support. I must not let them down."

Our donors'kind acts are a manifestation of their charity; they are voluntary and totally free of any desire to win fame or fortune; they stem purely from a wish to help others directly. Our donors don't want their charity to be known or seen by others. One of them has put it well, "I have. It is my blessing that I can give my extra possessions to help those who have not." He has fully expressed the kindness and generosity of charity.

You don't know the recipients of your help. You expect no repayment or fame to result from your action. You only extend your help from your heart, and then forget your own charitable act.

"Tucked away in the dark and forgotten" are your charitable acts. You take the initiative to help out needy elderly people who have no means at all to repay you. You fully realize that they don't know you, nor will they thank you directly after receiving your gifts. How can I not admire and treasure your donations and support? How can I not respond with my best effort?

### 『家居維修服務』及『電器贈長者服務』 計劃 — 3/2009 HMS & EAE - MAR 2009 毎月服務數字 Monthly Service Statistics

新個案來源	Origin of New Cases	家居維修服務 HMS	電器贈長者 EAE
聖雅各福群會	St. James' Settlement	4	8
社會福利署	Social Welfare Department	8	14
非政府機構	Non-government Organization	75	75
其他政府部門	Other Government Department	4	2
個案總數	Total	91	99
個案數目統計	Cases Statistics		
3月份新個案	New cases in March	91	99
2月份尚未完成的個案	Cases carrying-over from February	14	20
3月份共需處理個案	Total cases to be handled in March	105	119
3月份完結之個案	Cases settled in March	95	92
帶往4月份之個案	Cases carrying-over to April	10	27
完結之個案情況	Status of Cases Settled		
綜緩個案	CSSA cases	83	79
非綜緩個案	Non-CSSA cases	12	13
已完結之個案	Cases settled	95	92

#### 服務電器送贈數字 No. of Services Donations

家居維修服務數字 <sup>^</sup> HMS No. of Services <sup>^</sup>		電器贈長者計劃 送贈電器數字 EAE No. of Electrical Appliances			
裝置(如扶手/毛巾架/   照明)	Other fitting (eg. handle bar / towel rack / lighting system etc.)	125	收音機/錄音機	Radio / Recorder	3
電力供應系統維修	Electricity systems	62	電飯煲	Rice cooker	18
木工維修	Wood-work	20	電視機	Television set	17
來去水系統維修	Piping & drainage systems	22	雪櫃	Refrigerator	10
家庭電器維修/安裝	Electrical appliances	32	風扇	Fan	5
新居裝修 (如鋪膠地板 及其他裝置等)	New house decorations (eg. install plastic floor tile & other fittings.)	15	電水壺/電水煲	Electric water boiler/pot	11
安裝《弱聽長者應門》	Flash-bell fitting	3	熱水爐	Water heater	21
檢查電力裝置	Check electricity system safety	28	洗衣機	Washing machine	13
電器安全常識和操作 指導	Home safety guide on electricity and electrical appliance use	0	電話	Telephone	3
鄉郊工程 (如改善水電	Country-side works (eg. water and electricity works/ living environment	1	電磁爐	Induction cooker	4
系統、生活環境改善)	improvement etc.)	<b>'</b>	其他*	Others*	1
總數	Total	308	總數	Total	115

<sup>^</sup> 部份「家居維修服務」支出乃由省善真堂及新界崇德社贊助

HMS is Partly supported by Shang Sin Chun Tong and Zonta Club of The New Territories

#### 送暖行動 Warmth Carling Program

	送暖項目 No.	of items	
頸巾 Neckerchiefs	559	冷背心 Cardigan Vest	1
總數 Total		560	

<sup>\*</sup> 其他包括一個暖風機

<sup>\*</sup> Others included one heater.



### 明火煮食易生意外 貧老盼可有電磁爐

「長者多喜穿上長袖外衣,若他們於煮食時不小心, 袖口會很容易被火燒著,此確實會是很危險。」一位從事探 訪獨居長者的社工說:「若他們所穿的衣服多而厚時,引致 動作緩慢,那就更危險。」

本港亦經常有長者在煮食時衣服被燒著而慘遭燒傷甚至燒死的意外。去年二月,一對年邁夫婦在家中煮食時,行動不便的八十七歲丈夫身上棉衣觸及爐火,火勢迅速蔓延至上半身,惜來不及脫下棉衣,烈火焚身,妻子冒險用雙手拍火撲救,但敵不過烈火,看著丈夫活活燒死。

由於視力日漸衰退,長者能見到煮食爐的明火光度, 會較年輕人見到的最少暗兩成,見到的火圈面積亦較小,因 此看不清火勢,當衫袖太靠近火燄時,就會被燒著。

而獨居的80歲梁婆婆說:「我有白內障,視力唔係咁好,但因看不清楚爐火,在煮食時手腕常碰到燒得火紅的鑊邊,痛得呱呱叫,亦曾將一煲滾粥打翻,燙傷腿部。」事實上,「明火」煮食,不但引來油積難以清潔的問題,加上煙火釋放出的廢氣,確實令長者困擾及引來呼吸道健康的威脅。

故為能避免長者煮食時生意外,於符合煮食衞生的理想下,你可支持聖雅各福群會推動獨居年長老人用電磁爐替代氣體爐及火水爐煮食的行動嗎?懇請捐出性能良好而棄置一旁的電磁爐,或捐出\$300善款俾可購買一台電磁爐,以集腋成裘方式以助正輪候的20名貸老;善款請用支票,抬頭請書:聖雅各福群會,支票背面指定「購買電磁爐」。施善查詢:2835-4321或81078324。





# Gas cooking causes accidents easily Poor elderly need electric stoves

"The elderly often wear clothes with long sleeves. If they are not careful, the sleeves easily catch a fire in the process of cooking their meals. That is very dangerous." A social worker, whose duty is to visit the lone elderly, thus observed. "They are slow in their movements when they wear several thick clothes. That is even more dangerous."

There are frequent accidents when elderly get burned because their clothes catch fire when cooking. Sometimes they are burned to death. Last February, an elderly couple cooked at home. The cotton jacket of the slow-moving , 87-year-old husband came too near the stove and caught fire which quickly spread to his upper torso. He was unable to take off his cotton jacket. His wife tried to put out the fire with her hands but to no avail. Her husband was burned to death in front of her eyes.

Since their eyesight deteriorates as time goes by, the fire appears to be 20% dimmer to the elderly than to young people. The size of the flame is smaller, too. When the sleeves come too close to the flame, they get caught and start burning.

Ms Leung, an 80-year-old lone elderly, said ," I suffer from cataract and my eyesight is poor. When I cook, my wrist often bumps on the edge of the wok (frying pan) and I will scream with pain. Sometimes I even spill a pot of boiling congee and scald my thighs." In fact, gas cooking brings cleaning problems. The fume released from the gas bothers the elderly and threatens the condition of their respiratory systems.

In order to help prevent accidents when the lone elderly cooks, will you support St. James' campaign in replacing gas or kerosene stoves with electric stoves? Please donate any used electric stove that functions well or cash of HK\$300.00 instead. There is a waiting list of 20 elderlies in need. Make your cheque payable to St. James' Settlement, endorsing 'electric stove(s) on its back. Send your cheque to Room 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For enquiries, please dial 2835-4321 or8107-8324.

「有了電磁爐,我再不怕被火燒傷了。」

"With a electric stove I don't afraid of the burning fire again."



### 婆婆的堅特

「我只想將電視機修好,俾我可以由老人中心回來後,晚上可以有電視節目睇。」吳亞珍婆婆說。「一個人住,間屋無聲無氣,實在令人感到寂寞。」

吳亞珍婆婆年青時為丈夫之繼室,雖育有子女多名,因並非其所生,自夫10多年前因病逝世後,便獨居至今; 其子女亦絕少與她聯絡,只每年新春時前往探問她。由於 子女並無任何作經濟上的供養,自丈夫離世後,她便領取 綜援為生至今。

「電視機本來無問題,但我手多,亂按遙控器,結果就是變成無聲無氣了,我相信是無壞的。」吳亞珍婆婆指著電視機笑著說。「我希望師傅先檢查,不要隨便說是不能修理。」篤信佛教的她,堅持一定要先作檢查說:「倘電視証實無法修理後,再作打算。」

「我已年老,我的朋友都一樣老,怎會有人資助我再買電視呢!」80歲的她說。「不過我都經常幫人,所謂有錢出錢,有力出力,中心有何輕巧工作,我都參與幫忙。」當吳亞珍婆婆談及要用近千圓購買一部新電視機時,她說:「我都經常捐錢做善事,不過就唔多啦。買新電視機,就要想辦法啦。」

「總之,先要檢查電視機,不要隨便說更換。」吳亞珍婆婆的堅持,在眾多申請聖雅各福群會家居維修服務之電視機維修服務的長者中,確有不同之處。「在沒有電視節目的日子裡,我雖然在家悶,但都要等義工師傅到來檢查。」

「我會等,不急的。」吳亞珍婆婆笑著開門,歡送到 訪的工作人員離開時說。



## Persistence of an Old Lady

"I only want to fix the TV so that I can enjoy the TV programs in the evening after I return from the elderly center," said Mrs. Ng Ah Jun. "Living alone, it feels really lonely if there's no sound in the house."

Mrs. Ng was the second wife of her husband when she was young. She had several step-children but none of her own. After her husband died more than 10 years ago, they seldom contact her except paying her a visit during the Chinese New Year. They do not give her any financial support either, so she relies on social security assistance.

"The TV was OK, but I messed with the remote control, and after that there was no sound and no picture. But I think it isn't broken," said Mrs. Ng, smiling and pointing at the TV. "I hope the technician will conduct a thorough check first instead of casually claiming that it cannot be fixed." A believer in Buddhism, Mrs. Ng insisted on inspecting the TV first: "If it is confirmed that the TV is beyond repair, then I'll decide what to do."

"I'm old. My friends are old. How would there be anyone to support me to buy a TV?" said the 80 year-old lady. "I frequently help others – as the old saying goes: give money if you have money, and provide labour if you have the strength. I always give a hand with the light duties at the center." Talking about spending nearly a thousand dollars to buy a TV, Mrs. Ng said: "I often donate money for charity – not too much. But to buy a

TV ... I need to think about it."

"In essence, we must first check the TV, and shouldn't replace it casually." Mrs. Ng's persistence is quite different from the other elders who apply for St. James' Settlement's TV repair service. "In days without the TV programs, even though I feel bored, I still insist on waiting for a technician to check the TV first."

"I can wait; no need to rush." Mrs. Ng smiled when she opened the door and escorted the social worker out.

「電視機壞,是我亂按掣做成。」吳亞珍婆婆説。 "The TV failed because I messed with the buttons," said Mrs. Ng.



### 「好多謝」

「住在郊區,冬天天氣特別凍。」年88歲,獨居的張好婆婆說。「最凍時,我已將所有衣服穿上身,但總覺天氣凍。」

原來張婆婆獨自一人居於坪洲一間斗大的石屋多年, 由於設備簡陋,每逢 氣下降,冷風便乘勢「入侵」,令 行動不便,雙腳患有關節炎,缺乏運動的她,更倍覺寒 冷。

「身體不好,由於村屋關係,沿路又崎嶇不平,出外是一件困難的事。」義工探訪當日,氣溫雖有20度攝氏,張婆婆亦穿著得頗為臃腫。「冬天時,我多躲在家中,因為外面北風大呀!」

張婆婆本與丈夫同住,以綜援渡餘生的她,年前自夫 死後,更倍覺生活孤清無助;因為其已婚的女兒早年因病 逝世後,其女婿雖同住島上,已多年沒有上門探問或理會 她。「女婿亦已年老,自我照顧都有困難,怎有能力照顧 我呢!」

「有一外孫,需要出外找工作,據知他住在香港,好 耐都未有回來探我哩。」她很無奈地說。「現在所有事情 只有自己幫有已,有緊要事才靠福利會啦。」

當義工送上暖風機時,張婆婆高興非常。「真係多謝略,本來我都怕這個冬天,不知怎樣地過,真估晤到善長同我無親無戚關係,又晤識我,都關懷我,知道我怕凍,送我一部暖風機取暖,真係感激,使我不用挨冷,真係好人咯……。」

張婆婆不停地說,不停地道謝,似乎對善長的關懷, 有「及時雨」的感覺。





### "Thanks indeed"

'It is extremely cold living in the countryside!' Said by Granny Cheung, aged 88 and living alone. 'I have put all my clothing on but still feeling cold in the coldest days.'

Actually, Cheung has been living in a small flat at Peng Chau many years. As the poor living standard and environment, the strong wind would become more aggressive to invade Cheung's small flat during the winter season. That makes Cheung feeling more cold as she has arthritis problem on her foots and cannot take many exercises to warn up the body.

'As the bumpy road and poor physical condition, going out is a difficult thing for me!' Although the weather was not too cold round at 20 degree, the volunteers found Cheung was still wearing bulk clothing when they come to visit her. Cheung responded, 'In winter, I hide in home most of the time to avoid the strong the wind outside.'

In the past, Cheung was living with her husband but he was died a year ago. Now, she lives alone by taking Comprehensive Social Security Assistance from Hong Kong Government. Cheung has a married daughter; unfortunately, she also died by diseases many years ago. Cheung's son-in-law never came to see her although he is also living in Peng Chau. 'He is the elderly too! How can I expect to be take-cared by the old man!' Cheung feels lonely after her husband died.

'Hearing that my daughter's son is living in Hong Kong Island, but he didn't come to see me a very long time!' Cheung said sadly. 'What can I do now is to help by myself and call the social worker in any emergency!'

Cheung was so glad when the volunteers come to send her a warm heater. 'Thank you so much! Do you know I am still thinking how to pass the winter this year? It is a great surprise to have a free heater. I am an anonymous person but the volunteer still come to see me and concern about me. It is greatly appreciated that the volunteers send me the warm heater when they know my situation! I am no need to fighting with the cold wind now! They are so kind!'

Again and again, Aunt Cheung said her appreciation repeatedly. For Cheung's case, the heater and the charities attentive just like a rain in desert for the thirsty person.

義工的送暖行動,令張婆婆喜歡萬分。

Volunteer's concern makes Grany Cheung very happy.



### 為耄耋建安樂窩

「年紀大,又無親人照顧,家中物品又無人幫忙維修,生活確實會有不方便;遇光管壞了的時候,晚上摸黑走動,確實容易跌倒,而且更易跌斷手腳。」加入聖雅各福群會的「家居維修服務」義工隊已有17年多的莫建昌師傅說。

「能抽到時間,我便會幫。」喜歡工作又喜歡幫助有需要無助者,現職公務員的莫師傅說:「我試過一次過請四日假,用來幫老人維修及裝修新屋。」

「星期日休息沒有工作時,我必定為做義工。」每次 服務時總會帶著笑容的莫師傅說。「家人喜歡睡覺,假期 時一早我便出外服務,中午過後我才與太太及三名女兒共 聚天倫。」

「每次服務總有一些義工我不認識,但大家只有一條服務老人的心,雖然有時工作弄到汗流浹背,氣氛都是樂也融融,士氣高昂,效率奇高,不到一小時便可替老人家的新屋鋪好膠地板、裝上光管、窗簾路軌、廚房牆上的掛鈎、毛巾架、刀架、筷子筒、五味架,以及浴室的鏡箱、毛巾架及扶手等。」

「講錢?不如幫有需要的老人,仲好啦!」莫師傅工餘後,很多時都會挽著工具袋往長者家中作出維修,簡單如修理水龍頭、照明、電制、門鎖與傢俬木器等,至晚上九時多才回家晚膳。「多謝太太及女兒們的支持。」為人低調的他,但仍總是經常被朋友恥笑,專做「有汗出」無糧出」的無謂工作,而令他感到為何「助人為快樂之本」是一件詫異的事。

## Build happy home for elderly

"Being old with no one to look after, life can be inconvenient when there is no family member to help repairing things. When the fluorescent tube goes out of work, one falls easily when one moves about in the dark. The fall often results in a broken limb." Those are the observations of Mr. Mok Kin Cheong, who has joined St. James" Home Maintenance Services' for over 17 years.

"If I have time, I will help." Mr. Mok, who is currently employed by the government, enjoys work and likes to help those in need, continues, 'once I took 4 days' leave to help the elderly with repair work and renovations for a new unit."

"I do voluntary work on Sundays when I have nothing else to do", smiles Mr. Mok each time after he works as an volunteer. "My family members like to sleep in. I go out to help early on holidays. I will join my wife and our three girls for family day after noon."

"Each time I help there are volunteers I've never met before. Since we all go to serve the elderly, our work atmosphere is harmonious though we sweat on the job. Our morale is high, as well as our efficiency. In less than an hour, we can complete the following items: lay the vinyl floorings, install fluorescent tubes and curtain rails. In the kitchen, we put in hanging hooks, towel racks, knives stand, chopsticks container and condiments stand. In the bathroom, we put in a mirror cabinet, towel racks and hand rails."

"The charges? It's more worthwhile to help the elderly in need." After work, Mr. Mok often does repair work in an elderly's home, carrying with him his tool kit. He does simple repairs such as water taps, lightings, electric switches, door locks, furniture and woodwork. He goes home for dinner after 9 pm. "I'm grateful to my wife and my girls for their support." His friends often scoff at his voluntary work as 'sweating with no remunerations'. Mr. Mok, a low-profile person, finds it hard to understand why' helping others' becoes a laughing-stock for some people.





### 抒發無時空的思念 天堂家書思畫比賽



### Memories not bounded by time and space Letters & Drawings to the Beloved Competition

與老伴結褵數拾年,拼搏奮力建立家庭,供養子女成人,若老伴一旦離世,令人惜痛之餘,彼此陰陽兩界相隔,總教人對消逝的日子情牽夢縈,往昔一去不回的生活點滴,最牽動在世者心馳神往。

人是感情動物,無論家人、戚屬、昔友、同窗或舊鄰,若我們曾齊齊渡過一段快樂的成長日子、彼此作出扶持關懷的歲月、有著難忘艱苦備嚐的生活片段,若他們一旦離世,實令我們有「捨不得」懷緬之情,彼此交誼之情,可能總是繞著你的心間不散。

其實有愛有情才會去思念,才會有哀傷,若因此而影響到我們的情緒與生活也非明智之舉,故何不讓此跨越時空的思念,轉化為感恩的處理動力,將此珍貴往昔的緣份及從前種種經歷,用文字抒發或用畫像表達出來呢?

天堂家書及思畫比賽,就是以「思念無界限 追思跨時空」為主題,以令大家對離世親友的掛 念、思憶的情緒可以以一封家書或一幅圖畫,以 表達對往生者的歌頌、追思及懷緬之情。

參賽之家書字數由1,000至1,500字為限,而 思畫之圖畫尺时勿超過A3紙大小,輔以200至400 解說文字為限。

欲藉此抒發對往生者憶念、問好及匯報近況者,請於本月30日前揮筆參加此由聖雅各福群會之「後顧無憂」規劃服務、香港大學行為健康教研中心及am730合辦的活動。詳情請進入www.lifeanddeatheducation.sjs.org.hk瀏覽,或致電2117-5830查詢。

You are united with your better half for scores of years, struggling to raise your children and a family. When you spouse passed away, you feel sad as you are separated by two worlds. There are always those little things and episodes in life, gone forever now but keep popping back in your memory every now and then.

We are all human and sentimental. There are always the hours of good time, bad time when we were happy with family members, relatives, old friends, classmates and neighbour, caring, sharing and supporting one another. Something we wish not to let go and staying in our memory long time.

We remember because of love, with love we have sorrow and if we let it stay, it will affect our emotion and daily lives, and not a wise thing. So why not put that down in writing or in a drawing to express your feeling at heart?

Why not join Letters & Drawings to the Beloved Competition? Title of this competition is "Memories not bounded by time and space" to express your memories and praise of the deceased in writing or by drawing.

Competitors in writing are limited to 1,000 to 1,500 words and drawing on A3 size paper and a caption of 200 to 400 words.

Those who wish to express their memory, convey their regards or reporting on their current situations are invited to participate in this competition, jointly organized by SJS 'Funeral Navigation Services', Centre of Behavioral Health, Hong Kong University and am730. Deadline of submission would be the end of April. For more details please click into www.lifeanddeatheducation.sjs.org.hk or call us on 2117-5830.



#### 參與行善之方法 How to participate in these Programs?



本人/本公司樂意 □ 單次捐助 / □ 每月捐助 \$ □ 贈藥治病計劃 □ 電器贈長者計劃 □ 診病交通費支援計劃 □ 電費助貧弱計劃 □ 到戶理髮服務 □ 《松柏之聲》 □ 健康推廣活動 □ 法律諮詢服務 捐款人姓名/公司: 地址: 捐款方法:	□ 家居維修服務 □ 後顧無憂規劃 □ 以上任何一項 寄件編	□ 送8 服務 □ 代射 號(如有):	
□ 劃線支票(抬頭「聖雅各福群會」)			
銀行:	支票號碼:		
□ 以信用咭捐助(□ VISA □ MASTER)			
信用卡號碼:			
持卡人姓名:			
□ 銀行入數紙 (善款可存入聖雅各福群會於下列銀行所 匯豐銀行: 002-5-224247 或 恒生銀行: 388-5586 (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 傳真至本會,FAX: 3104-3635,俾本會可奉呈上謝函	45-001或 東亞銀行 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
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辛秀麗、胡友玉、祈慕潔

友情印刷:平偉印務有限公司

#### Inquiry and Website: St. James' Settlement

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Volunteer Design: Mr. Edmond Wong

Translation : Peony LEE, Frenda CHAN, Jeanine WONG, Joe LEE, Kathy SHIN,

Volunteer Yoyo HU, M.K. KEI Friendly Printing: Ping Wai Printing Co., LTD.