



我們需要你的捐助
We Need Your Donation

捐醫療用品助療病 可紓貧弱病者苦困

患有慢性病，備受疾病煎熬，需要購買醫療用品以助療病，若因缺乏經濟能力未可購置時，確是貧弱病者至大的苦困。

你家中可有棄用而置於一角的醫療用品，如血壓計、血糖測試機、血糖測試紙、藥盒、切藥盒、噴霧劑助吸器等用品嗎？若它們依然性能良好及從未使用，一旦拋掉，不但浪費金錢，也浪費地球寶貴資源，實有違環保；何不將之送予有需要的病患者使用，以紓緩他們的病困？

「家居醫療用品收集」計劃，乃聖雅各福群會舉辦，目的是收集各項家居醫療用品，以轉送貧困的長期病患者，如糖尿病人需要的血糖測試機及血糖測試紙、慢阻肺病者的噴霧劑助吸器等；透過地區福利機構社工的轉介，以可助無依病弱者得到切合的用品治理疾病，以免嚴重延誤其疾病的康復及影響身體健康。

倘你有有關醫療用品，欲用之助人「解困解苦」時，請與聖雅各福群會聯絡，作出施善捐賜兼造福人群吧。由於此計劃並無任何當局資助，亦盼請善心人士捐助，捐助請用支票，抬頭：聖雅各福群會，支票背面請指定捐助「家居醫療用品支援」。網址：www.thevoice.org.hk。施善查詢，請電2835-4321或8107-8324。

Medical Supply Donation Appeal

Poor patients with chronic illnesses are plagued by their ailment and the need to purchase medical supplies adds awful difficulty to their ill afford financial situation.

Do you have any of the following medical supplies at home that you no longer require including blood pressure monitor, blood sugar monitor and test strips, pill box, tablet cutter, medication atomizing breathing equipment? If you do why let them go to waste or sit in idle instead of sending them to us for distribution to the needed patients.

The "Home Use Medical Supply Collection" program organized by SJS aims at gathering all kinds of usable medical supply for re-distribution to poor elderly suffering from chronic illnesses. They include blood sugar monitor and test strips for diabetes, medication atomizing breathing equipment for COAD patients etc. Through referrals by social workers of district welfare institutions we hope that such an activity will provide proper physical medical supply to the otherwise helpless individuals.

If you have any of the above and are prepared to help, please contact us at SJS. As this program receives not subsidy from the authority, we also welcome donations from the well wishers. Cheques can be sent to beneficiary St James Settlement endorsing at the back for "Home use medical supply support". Web site: www.thevoice.org.hk. Contribution and inquiry hotline: 2835-4321 or 8107-8324.



「買細不買大？」

問：本人一直都非常支持貴會的《慈惠服務》，有定期捐款給「電器贈長者」計劃，以幫助一些獨居長者改善他們的生活質素。

本人知道雪櫃在夏天時的需求量甚大，因長者大多都會將每餐剩餘的食物留待下一餐食，雪櫃就是他們保存食物的重要家電之一；為何你們餽贈給長者的雪櫃都是單門的為多？價錢亦較廉價的呢？我的捐款足夠可買3至4個雙門雪櫃，目的是想改善貧老的生活，但你們買給他們的雪櫃這麼小，可以放的東西根本不多，這豈不是違背了我捐款的本意—令他們的生活過得較好？你們是否真正幫忙他們改善生活？

答：首先我們非常感謝閣下對孤獨無依長者的關心和捐賜善款，使完全沒有政府資助的「電器贈長者」計劃，得賴靠著你們熱心的支持，服務才得以繼續「解貧老之苦 解他們之困」。

「電器贈長者」計劃的服務對象乃以貧困獨老為主，所餽贈的家庭電器均以切合長者的需要和使用為首；例如：電飯煲會盡量找些有蒸籠、按鍵簡單；大字電話是方便視覺退化的長者使用；煲水用的水壺有電動出水功能，長者不需用力手按；頂揭式的洗衣機可避免長者蹲下取衣而傷及腰部或跌倒等危險。

得蒙善長的捐款，我們的確確可以購買比較大，牌子比較好的雪櫃給長者；但「電器贈長者」計劃必須以惠澤更多有需要的貧老為宗旨，若以5台較為高大的雙門雪櫃價錢為例，我們可以購買10台單門（內置冰箱）較細的雪櫃，那麼便可以幫助10個苦候的獨居長者，因而大大縮短長者輪候雪櫃的時間。另一方面，一些長者亦表示雙門雪櫃太大，他們根本沒有地方放置和沒有這麼多東西要保鮮，而且大雪櫃會增加用電量，導致他們要付更多的電費。

為能切實做到「改善他們的生活質素」，我們都以輕巧、簡單易用的電器為主，希望能真正改善他們的生活，不單只解決長者對家庭基本電器的需求，不因此而帶來太多的電費，而增加長者的經濟及生活負擔，以及不諳操作而添增煩惱，方才可讓「電器贈長者」計劃真真正正，在你們的善款支持下，起著為貧老真正「解貧老之苦 解他們之困」之效。

Why buy small?

Q: I've been supporting your "Philanthropy Monthly" and I donate regularly to the EAE Program. My intention is to help improve the living quality of the deprived elderly.

I realize that fridges are in great demand in summer for the elderly store the remainder of a meal in a fridge for later use. A fridge is important because it helps to preserve food. Why do you give mostly single-door fridges at lower prices? My donations are sufficient to buy three to four double-door fridges. I intend to help improve their living conditions. The fridges you buy them are small, there is not much room for storage. That defeats my purpose - to improve their living quality. Are you really helping them towards that goal?

A: First of all, we thank you for your donations and your concern for the deprived elderly. Our EAE Program, though without any government subsidy, can continue "to meet the destitute elder's need, relieve their plight" all because of your ardent support.

The EAE Program targets to serve destitute elderly who live deprived and helpless. The electrical appliances given must suit the elder's use. For instance: rice-cookers should preferably come with a steamer and easy to operate; phone sets with large numbers are handy for elderly with a poor eye-sight; electric flasks for boiling water must have a water-pump sensor; top-opening washing machines eliminate the danger of a back pain or fall from bending down.

With your donations, we surely can buy relatively larger fridges with a more popular brand. But the Program aims at helping as many needy as possible. With the money for 5 double-door, larger fridges, we can buy 10 single-door (with in-built freezers), smaller fridges. In this way, we can help 10 elderly and their waiting time is thus shortened tremendously. On the other hand, double-door fridges are too large for their living quarters. Some elderly say they have not much to store and a large fridge consumes more electricity and will run up their bill.

It is against our objectives if we satisfy their need for basic electrical appliances but increase their burden financially at the same time. Worse still, they may be troubled by not knowing the operating procedures. In order to really improve their living quality, we choose handy, simple-to-use electrical appliances. In this way, the EAE Program fulfills its aims of truly "meeting the destitute elder's need, relieving their plight".



千呼萬喚始出來— 牛頭角下邨大型搬遷

房屋署於二零零六年七月正式宣佈清拆牛頭角下邨(二區)，期間經過多次延期，現在終正式落實於本年六月初，牛頭角下邨會作出全面搬遷，是全香港於計劃中，最後一個作出大型搬遷的屋邨。

於此次大型搬遷計劃中，本會「長者家居維修服務」將會作出極大的參與。根據資料，超過五百戶的獨居長者或兩老家庭將會於五月底至八月遷進新建成的牛頭角上邨。

由於獨居長者或兩老家庭缺乏支援網絡、經濟拮据及對裝修工程一竅不通，他們對新屋入伙感到絕對的徬徨無助。就如現時正住在牛頭角下邨的黃婆婆說：「其實能夠搬進新屋，坦白說，我們悲喜交集。一方面能夠在舒適的新地方走人生的最後一段路；但另一方面，你知道，『一闊三大』，除了搬新屋的支出，我這些弱老手無寸鐵，完全不懂做任何的入伙工程，如果沒有義工師傅幫忙，我實在不知如何是好。」

面對貧困長者極大的搬遷需要，我們將會動員超過三百的義工師傅為有數百戶有需要的長者進行新屋入伙工程：例如鋪設膠地板、安裝扶手、光管、毛巾架、窗簾路軌、更會為弱聽的長者裝置弱聽人士應門鐘等等，預料義工維修隊將會於整個炎熱的夏天留守牛頭角上邨，為有需要的長者進行新屋入伙服務。

於此次大型搬遷中，我們有極大的財政需要：包括膠地板的費用、光管和各項材料費等，貧窮的長者無力支付，因此我們懇切地需要你們的捐助。你們慷慨的捐助，能使更多孤苦貧乏的長者得以受惠，於既安全又舒適的新地方寬心地頤養天年。



The long-awaited – A large-scale relocation at Lower Ngau Tau Kok (II) Estate

The Housing Department announced the clearance of Lower Ngau Tau Kok (II) Estate in July 2006. After numerous delays, they finally confirmed this estate would be relocated in June this year. This is the last large-scale relocation program in Hong Kong.

In this relocation plan, our Home Maintenance Services for the Elderly is happy to enlist all our volunteer effort. According to the records, more than 500 units of elderly who live alone or with spouses are going to move to a new building in Upper Ngau Tau Kok Estate between the end of May and August 2009.

Due to having no family members to give support, the lack of money, they feel helpless and anxious. As Ms. Wong said, "Honestly, with this move to a new home, I feel happy, but sad at the same time. For one thing, we can live in a comfortable place in the rest of my life. In addition, aside from the moving cost, you know I am physically weak, and I do not know much about moving procedures and interior decorations. If there are no volunteers to help us, I really do not know what to do".

In order to provide all the helpless old residents, we will arrange more than three hundred volunteer contractors for helping with the decoration such as laying vinyl floor tiles, install handrails, towel hangers, lighting, curtain tracks and also will install a special door bell for the elderly who have hearing problems etc. We expect our volunteer team will work in the Upper Ngau Tau Kok Estate the whole summer this year.

In this major relocation program, we need funds for supporting the cost which include the materials for vinyl floor tiles, light tubes and other expenses. There are many who cannot afford to pay the cost as all are on CSSA, so we need your help. Your kind contributions to the fund with an open heart could help many of these poor elderly, to let them live in a safe and comfortable new home for their rest of lives.

我們會發動超過三百名義工，為百戶獨居無依長者作新居入伙的裝修服務。

We would organize over 300 volunteers for hundred helpless old people living alone to decorate their new homes.



受惠者言 Client's Remark

「她開心 我就開心」

「獨力照顧一個老人真是不容易，既要勞力，又要勞心，估她的反應及需要。」身材瘦削的張伯伯說。

67歲的張伯伯與65歲的妻子惠芳居於黃大仙邨一個單位，自惠芳5年前因中風致行動不便，以及失去說話的能力後，張伯伯便被逼辭去茶餐廳雜務的工作，隨後一年後，倆老便開始領取綜援為生。「如果個仔在世，他今年應該已29歲了，估計有能力可照顧我們，不用我咁辛苦。」原來倆老的兒子於1歲時因急病而逝世，自此兩人並無生育。「我好怕再生第二個時，再有急病而死去，我們真是不敢面對。」張伯伯說。

「每次當惠芳頭髮長的時候，我又帶唔到佢落街剪頭髮，唯有用鉸剪幫她剪。」張伯伯說。「當然，她一定不高興啦，因為不能用說話表達出來，有時她還大發脾氣，亂拋擲東西。」張伯伯因不懂剪理頭髮，結果令惠芳照起鏡來，發現了自己的怪模樣，而要經常悶了數天。「她年青時，好愛靚，喜歡每日一定要化妝，才肯出門見人。」

「自從有了聖雅各福群會的剪髮義工，上門為她剪髮後，她的頭髮自然整齊起來，人也變得活潑及精神起來，不再愁眉苦眼；她久而久之也會拿起鏡來照，看見自己剪理得整齊的頭髮，面上不知何時也回復笑容了。」張伯伯看著惠芳拿著鏡子，滿意地撫著整齊的頭髮時，笑容滿面地說。「她開心，我就開心，照顧她也不成壓力了。」

“She is happy, I am happy.”

“Looking after an elderly single handedly is not an easy task. It taxes your mind and strength and in predicting her response and need,” said the gaunt old man Cheung.

Cheung 67 lives with his wife Wai Fong 65 in a unit in Wong Tai Sin Estate. Wai Fong had a stroke 5 years ago and was incapacitated and lost her speech. Cheung was forced to quit his job in a café type restaurant. One year later, they started to live on CSSA. “Had our son lived, he would be 29 and could probably look after us and I need not have to endure such hardship.” Their only son died when he was just 1 year old from an acute situation and she was never pregnant again. “I could not face my fear for a second child dying young suddenly again,” said Cheung.

“I was unable to take Wai Fong to the barber shop when her hair grew long, so I simply trimmed it with a pair of scissors,” said Cheung. As Cheung is not a barber, so when she looked into the mirror seeing her funny hair-do, she would stay sullen for days. “Of course, she was hardly pleased with that but as she cannot utter her feeling; she sometimes got mad and tossed things around her. When she was young, she loved to look prim and proper and would never leave home without her makeup.”

“Ever since SJS volunteer hair-cutting volunteer comes to tend her hair at home, she has her proper hairdo again; her spirit lifts and often picks up the mirror to look and smiled.” Cheung on seeing that also smiled and said, “She is happy, I am happy and no longer under pressure looking after her.”