

慈惠月報

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聖雅各福群會
St. James' Settlement



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社工的話

Social Worker's Remark

我們要令你安心

為能充份向「電器贈長者」計劃的善長交代，我們不單要審慎批核作有申請個案外，我們將有關電器轉贈予合乎資格的貧老後，服務並不是立刻劃上句號的。為要能可貫徹你們的行善目的——使受惠者直接受惠，我們必須確保有關事項，以方可充份達到完成你們的行善指引，否則服務亦未算完美。

首先，我們必須肯定成功轉介個案的轉介機構社工，是否可有工作人員前來本會替個案領取所獲批的電器；倘他們因人手不足時，我們是必會安排義工代勞。筆者感到非常忿怒，因曾有一轉介機構的工作人員，竟容許一名失明長者從居住的青衣島家居「摸步」前來本會，領取所獲批的電器；試舉實有「虐老」之嫌。

當然，於批核有關電器前，我們必會衡量個案的能力，如遇視力不佳的長者申領電話時，我們必定會介紹大號碼的按鍵電話；以及量度申領者之浴室或廚房是否有足夠空間，俾我們可尋找更細型的洗衣機，以適合他們狹窄的居所；而當義工送上洗衣機後，我們定當會安排義工上門為他們安裝的。

電器款式日新月異，當我們送出有關電器後，遇轉介者未能教導長者使用時，義工定會上門作出教導，簡單如使用暖風機、電熱水壺；而當裝上電熱水爐後，義工必會再三重覆教導，以及於洗衣機按鈕旁貼上先後按掣的指示。

而當轉介的社工缺乏有關電器使用安全的資料可予個案時，我們必會備有關資料，如電熱水爐及暖風機安全使用手則，使可確保受惠長者安全使用善長送予的電器。

總的說來，長者得獲電器後，是需要充份運用，以避免因無知或無能，而失卻電器的功能，或因而引來家居意外，如燙傷或火險；「電器贈長者」計劃倘只管送，不管用，是不能說是可以改善貧困老弱長者的家居生活質素的；「電器贈長者」計劃只會是徒具虛名，亦會使善長們失望，失卻大家行善的目的。

REST ASSURED

Donors who support our Electrical Appliances for the Elderly program naturally hope to solve problems for the recipients, so that they can live in greater comfort and safety. Please rest assured that our service is not limited to approving applications, nor do we put a stop to it after the appliance has been put in the hands of the elderly. We follow up the cases.

In approving an application, we give consideration to the potential recipient's special conditions. If an elderly person of very poor vision needs a telephone set, we will find him a push-button phone with large lettering. We will also measure an applicant's bathroom or kitchen. If there is very little space, we will look for a washer that's particularly small in size.

After approving the application, we must make sure the organization which referred the case to us can send someone to take delivery of the appliance. If no one can come, we will arrange for delivery to be made by our volunteer workers. You may find this hard to believe: One organization actually let a blind elderly person feel his way from his home in Tsingyi all the way to our office in Wanchai to pick up an appliance! How can anyone abuse an elderly person like this? It really enraged me. We, on the other hand, will dispatch volunteers to install a washer after it is delivered.

New models of appliances constantly crop up. The social workers who sent us the referrals may not know enough to teach the elderly people how to use them. If so, our volunteers will make house calls to brief the elderly recipients. The volunteers are particularly concerned that electric water heaters are used correctly; they give explanations over and over. Afraid that elderly persons might forget the steps they should follow in using the washing machine, they will stick markers next to the buttons to show which should be pushed first.

If the social worker does not have information on the safety operation of the appliances, we will supply it. Such information, such as manuals for using the electric water heater or the heater fan, will ensure the safe operation of the donated appliances.

In short, the appliance must suit the recipient's need, and on receiving it he must learn to use it fully and safely. Otherwise the appliance won't be used to its full capacity, and improper operation can lead to accidents such as burns and fires. Because of these considerations, we handle every step of our service carefully, to ensure that the EAE program really improves the life of the recipients, and achieve the purpose of our kind donors.

「家居維修服務」及「電器贈長者」 7/09 個案統計 HMS & EAE 7/09 Cases 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	5	8
社會福利署	Social Welfare Department	7	19
非政府機構	Non-government Organization	81	91
其他政府部門	Other Government Department	3	0
個案總數	Total	96	118
個案數目統計	Cases Statistics		
7月份新個案	New cases in July	96	118
6月份尚未完成的個案	Cases carrying-over from June	60	94
7月份共需處理個案	Total cases to be handled in July	156	212
7月份完結之個案	Cases settled in July	135	116
帶往8月份之個案	Cases carrying-over to August	21	96
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	118	91
非綜援個案	Non-CSSA cases	17	25
已完結之個案	Cases settled	135	116

服務/電器送贈數字 No. of Services/Donations

家居維修服務數字 [^] HMS No. of Services [^]			電器贈長者計劃 送贈電器數字 EAE No. of Electrical Appliances Donated		
裝置 (如扶手/毛巾架/照明)	Other fitting (eg. handle bar / towel rack / lighting system etc.)	180	收音機/錄音機	Radio / Recorder	1
電力供應系統維修	Electricity systems	85	電飯煲	Rice cooker	10
木工維修	Wood-work	34	電視機	Television set	15
來去水系統維修	Piping & drainage systems	30	雪櫃	Refrigerator	20
家庭電器維修/安裝	Electrical appliances	49	風扇	Fan	81
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.)	71	電水壺/電水煲	Electric water boiler/pot	9
安裝《弱聽長者應門》	Flash-bell fitting	5	熱水爐 [^]	Water heater [^]	22
檢查電力裝置	Check electricity system safety	40	洗衣機	Washing machine	8
電器安全常識和操作指導	Home safety guide on electricity and electrical appliance use	0	電話	Telephone	2
鄉郊工程 (如改善水電系統、生活環境改善)	Country-side works (eg. water and electricity works/ living environment improvement etc.)	2	電磁爐	Induction cooker	7
			其他*	Others*	2
總數	Total	496	總數	Total	177

[^] 部份「家居維修服務」支出乃由省善真堂或新界崇德社贊助

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

*其他包括兩部冷氣機

*Others include two air-conditioners



我們需要你的捐助
We Need Your Donation

捐助孤寡老人購收音機 助接收社會資訊破死寂

長者若長期獨居，缺乏親友關心，加上並沒有參加老人中心活動，以及視力不佳，失去觀看電視的習慣時，其接收社會資訊的機會可能會較弱，因而會令生活更為孤獨，生活會變得苦悶之餘，亦有與社會脫節，有被社會遺棄的感覺。

「長者是社會一份子，我們不能令他們成為隱蔽老人，若他們每日只有吃飯、往洗手間和睡覺，根本是沒有娛樂，生活就會猶如等待最後一天來臨的感覺。人活到此境界，生存有何目的呢？」一位負責安排義工探訪獨居長者的陳姓社工說：「在我們探訪的獨居長者中，他們的家居沒有電視機，又沒有收音機，他們每日的生活，真是不知怎樣渡過。」

「貧困獨居長者若缺乏最基本發聲的收音機，會令家居變得死寂，不能收聽年青時喜歡的粵曲，沒有娛樂的機會外，更加令他們不知社會的事情，遇有生活困難時，也不知往何處求助，致令生活質素未得可改善。」陳姑娘續說。

「我根本不知道社會的轉變，不懂得運用資源，以助解決晚年的生活困苦。」一名74歲被社工轉介申請收音機，行動不便的獨居長者說：「我以為只有綜援幫助我們這一班無子女照顧的老人，我們若有困難，不是應該自己處理嗎？我承認由於沒有接收資訊的機會，令我與人交往缺乏溝通的話題，漸漸也變得沒有朋友了。」

「人非孤島」，你願破解獨居缺乏親友探訪的貧老生活孤寂的問題，捐款支持聖雅各福群會的「電器贈長者」計劃，俾可購買一部簡單操作的收音機，作出轉贈嗎？惠捐\$170，便可助一名獨老帶來認識社會資訊的機會，令其可有欣賞歌曲的時刻，免因而變成隱蔽老人，令他們晚年的生活不再孤寂與無助。善款支票抬頭請寫「聖雅各福群會」，作指定「收音機贈老人」之用；支票請擲寄：香港灣仔石水渠街85號。瀏覽網址：www.thevoice.org.hk、施善熱線：2835-4321。



捐助獨老收音機，可助他們驅走家居死寂。

Donate to purchase radios to help rid of home silence.

Donate to purchase radios for lone elderly Help receive information, break silence

The chance of an elderly to receive information about the society is slim if he lives by himself for a long time with no relatives to care about him, does not participate in the activities of the elderly's centre, suffers poor eyesight and therefore does not watch TV regularly. As a result, he feels lonelier; his days are boring and he feels deserted as he does not keep abreast with the society.

"The elderly are a part of our society. We must not let them become hidden and vulnerable. If they only eat, sleep and shoot with no entertainment, life would seem like waiting for the last moment to come. There is no objective in life if this situation degenerates to that stage." Ms. Chan, a social worker who arranges volunteers to visit elderly who live alone, commented. "The elderly we have visited have neither a TV set nor radio at home. I wonder how they spend their time each day."

"The home is absolutely silent if the lone elderly has not even a radio to listen to. They can't listen to Chinese opera songs as they used to when they were young. They are ignorant of things that happen in the society besides a lack of entertainment. They don't know where to go for help when problems appear. Accordingly, the quality of their lives can't be improved", continued Ms. Chan.

"I didn't know the society has changed. I was unaware that I could solve my poverty only if I knew how to make use of the resources." Thus said a 74-year-old lone elderly who had trouble walking and who applied for a radio by referral, "I thought the CCSA is the only source of help for childless elderly like myself. I thought I should always solve my own problem. I admit without the chance to receive information, I have nothing to talk about when I meet people and I have no friends as the time goes by."

'Man is not an island.' If you are willing to help solve the problem of solitude of the lone elderly with no visits from relatives nor friends, please donate to St. James' Settlement's EAE Program. Your donation will be used to purchase an easy-to-operate radio as a gift to the elderly. Donate HK\$170 and you will bring a lone elderly the chance of receiving information of our society. He will be able to listen to songs instead of turning into a hidden and vulnerable elderly. His life will not be lonely and helpless any longer. Please make out your cheque payable to St. James' Settlement, specifying 'radio(s) for elderly' at the back. Kindly send your cheque to 85, Stone Nullah Lane, Wanchai, Hong Kong. You can also visit our website at www.thevoice.org.hk, dial 2835-4321 for further details.



第一部電視機

My first TV set

「自從哥哥20多年前死後，他留下一部電視機給我。」劉添伯伯說。「但我都不知他買了多久，我只知它是黑白的。」自從80年代退休後，劉添伯伯便遷回哥哥遺下來給他位於坪洲的石屋。

「我根本未曾睇過此部老爺電視機，因為它根本早已是壞了。」劉添伯伯坐在殘破不堪的電視機旁毫無表情地說。「你們看它是否是名副其實的老爺電視機？」

環顧劉添伯伯家中設施，除了那台電視機外，家中只有兩部電風扇以及一些均已殘舊不堪的檯椅，可說是家徒四壁，連睡床也有40多高齡了。「無錢，靠綜援為生，怎有能力添置家俱。」自退休後，劉添伯伯因在坪洲再難覓得工作，遷回坪洲後不久，由於未有結婚及子女照顧，獨居的他，便只好依賴綜援為生。

「平日怎樣過？」劉添伯伯說。「每日買一份報紙，由頭睇到尾，一來可以知社會發展，二來可以消磨時間。」劉添伯伯拿著一份報紙說。「有時都很悶，坐船到長洲或香港船費都很貴，慳得就要慳啦，就係無錢哩！」

「平時，多會去左鄰右舍坐，以消磨時間，因為間屋又熱，又無人傾講，你話我怎過日子呢？」身體仍然健康，行動自如的他說。「如果有一部電視機，當然好啦，因為間屋可以有聲氣，我又可以有點娛樂，可以睇新聞，知道社會訊息。」

劉添伯伯的情況被一善長知道後，他連忙寄來善款，囑咐我們盡速購買一部電視機送往坪洲，希望能帶來劉添伯伯家中一點「聲氣」。當工作人員致電劉添伯伯將此喜訊告訴他時，80歲高齡的他高興地說：「這是我人生真正第一部電視機。」

"Since my elder brother passed away some 20 years ago, I was left with this TV set. I have no idea how long he has gotten it. I only know it is black and white." After retiring in the 1980s, old man Lau Tim moved into the stone hut left by his elder brother.

"I have never watched TV from this old set because it was already broken," said Lau, "Please look at it and you will admit it really is an old bird."

Looking around his house, apart from the old TV, he has two electric fans and some old broken table and chairs and the bed he sleeps in is more than 40 years old. "Without money, depending on CSSA, where can I find money to buy furniture?" After his retirement, there was no work for him in Ping Chau. He never marries, lives alone and depends on CSSA.

"How do I pass my time?" asked Lau, "I buy a newspaper and read it out thoroughly to pass time and it keeps me knowing what is happening in this world. Sometimes I feel so bored and take a ferry ride to Cheung Chau or Hong Kong, which is a luxury. I have little money and cannot afford doing that too often. I still want to save whenever I can."

"Normally, I visit my neighbours to chat and pass time. Otherwise how would I pass my days?" said the still healthy and agile Lau. "How nice would it be only if I had a TV set. It will add some 'voice' in the house and I would have some entertainment, news and keep up with what else is happening around."

When a well wisher heard the old man's story, he sent us money and asked us to buy and deliver to Lau in Ping Chau a TV set, thus creating some 'voice' in his house. When our colleague told Lau about this, he was elated and said, "This will be the first TV in my life."

「我根本未曾睇過此部老爺電視機。」

"I never watched TV on this junk set."





終於有個安樂窩了

「我住在這間破爛鐵皮屋八十多年了。」八十二歲的吳婆婆說。「自從我出生以來，我都跟爸爸媽媽住在這裡，可惜他們去逝得早，剩下我一個人孤伶伶在世上。早年我還能夠賣菜維生，但是近十多年來，因身體不斷退化而不能再種菜，現在出出入入都需要拿拐杖了。」身體機能每況愈下的吳婆婆現時只能依靠綜援為生。

「你看看這鐵皮屋，」吳婆婆一邊摸著鐵皮屋一邊說，「我就是捨不得搬離這裡，因為這裡是我和雙親有共同回憶的地方。我沒兒沒女，孤身一個，若果我搬離這裡，我就失去我的根、我的過去了。」

說到自己的生活情況，吳婆婆更悲從中來。「因為這裡是鄉村地方，冬天時風很大，很冷；夏天時鐵皮屋又被陽光直射，炎熱得很，像個蒸籠一樣，我常因室內太熱而覺得暈眩。有時當我想開動暖爐或風扇的時候，全屋的電力便會突然失靈和在插座處聽到輕微爆炸聲，我很怕會在熟睡的時候突然火燭，把我的家都燒光了，我經常為此而失眠，因為我不想臨終前才失去家園。」

當聖雅各福群會收到由社會福利署的轉介後，義工師傅便立刻上門為吳婆婆勘察和修理電線。經義工師傅評估後，發覺吳婆婆家中的電線系統過於破舊，需要作全屋換電線的工程。

工程當天，除了更換電箱外，十位義工師傅亦為吳婆婆加裝光管、更換全屋插頭及維修電器，吳婆婆家中的電力系統變得安全，而當天的材料費全由省善真堂贊助。吳婆婆說：「如果沒有省善真堂的善長，我一定沒有能力支付這些材料費。全靠善長的捐助，我才能夠安心地生活在這裡，不再害怕啟動電器，讓我從此有個安全又舒適的安樂窩。沒有你們的捐助，我相信我一輩子也不能安居，謝謝你們。」



A cozy home

"This hut of mine is more than 80 years old", said the 82 years old granny Ng. "I was born here and have been living here with my parents until they passed away years ago. I have not children and I am the surviving member of my family. I used a peddler of the vegetable grown by me until my health deteriorated and could do that no more. Now I have to use a cane for support when I walk and is now living on CSSA."

"Please take a look at my iron clad roofing," said Ng. "I do not want to move away as all my memory is with me here. I have no children and am alone. If I move, I shall lose my root and my past."

She was sad when we touched on her living. "This place is in the country side, very windy and cold in winter, and due to iron sheet roofing, hot like a steamer in summer. I often felt dizzy due to the heat. Sometimes when I switched on the heater or fan, the power went off in the house and I could hear a light cracking at the plug. As a result I had insomnia and scared about the house on fire if I were in sound sleep. I have no desire lose my home before I die."

SJS upon receipt of the referral from social welfare department immediate sent a volunteer technician over to check her house. After the inspection, the technician found that electrical wiring in the house required complete rewiring.

On the day of rewiring, apart from replacing the main switch cabinet, ten volunteer technicians installed fluorescent tubes, replaced all sockets and power points in the house, checked and repaired every electrical item in the house to render them safe. Materials used were paid for by Shang Sin Chun Tong. Granny Ng said, "Without Shang Sin Chun Tong I would not be able to pay for the materials. From now on

I have no more worry switching on my electrical items and I have a safe and cozy nest of my own. I am really grateful and thank you very much indeed."

吳婆婆(中):「謝謝善長為我帶來一個安樂窩。」

Granny Ng (centre), "Thank you for giving me a comfortable home."



善長的到位幫助 Donors' Help Right On

「作為前線的社會工作者，有時候真的感到心痛又無奈，」從事長者服務的高姑娘說：「心痛的，是我們看見一個又一個的老人家由於經濟問題，喪失了改善基本生活的能力，沒有尊嚴地渡過餘生；無奈的是，即使我們看見這樣的情況，但由於機構及社會資源始終有限，實在未能顧及所有長者的需要。」

「若放下所有問題不理，豈不是違背了從事社會工作的原則？我們不能容忍。」

「當我從同事處得知聖雅各福群會有關『電器贈長者』及『家居維修服務』後，我便立即聯絡負責服務的職員，希望得知更多計劃的詳情。」

「我曾經探訪過一位八十多歲的長者，一直以來都是依靠煲水洗澡。老態龍鐘的她每一晚都需要拿著熱騰騰的水壺由廚房走到廁所，情況實在令我擔驚受怕。」高姑娘繼續說：「在迫不得已下，我只能勸說婆婆暫停這種行為。但是，這種治標不治本的方法於夏天時尚可應付，但緊接而來的寒冬，我們始終不能本末倒置，長此下去，讓惡劣情況繼續纏繞著婆婆而不去，終有一天一定會發生意外。」

「可幸的是，透過聖雅各福群會的熱心善長捐助，婆婆很快便申請到一台熱水爐，並且安裝在家中。從此之後，即使冬天來臨，婆婆也不用擔心了。」

「長者能夠在孤獨晚年的中感受到人間溫暖，善長們到位的幫助實在功不可沒。我衷心代表受助長者向善長們致謝。」

"As a front-line social worker, sometimes I feel really sad and helpless," said Ms. Ko, who provides elder services. "Sad because we often see the elders, one after another, lose their ability to improve their basic living conditions and live their remaining days without dignity; helpless because even though we know the situation, we can't help everyone due to limited resources in the organization and the society."

"If I don't do anything, wouldn't it be contradictory to a social worker's working principles? We can't let this happen."

"When I learned from my fellow workers about St. James' Settlement's Electrical Appliances for the Elderly and Elderly Home Maintenance Services, I contacted their staff responsible at once to learn more about the schemes."

"I once visited an eighty-odd-year old elder, who made hot water for bath using a kettle. Every night, she carried a jug with hot water from the kitchen to the bathroom – it really worried me." Ms. Ko continued to say: "Without any other alternatives, I could only advise her to stop the practice, but this worked as long as it was summer time. With the winter coming, we could not keep on stopping her from making hot water this way; and one day there would be an accident."

"Luckily, through donation by St. James' Settlement's donors, the elder succeeded in applying for an electrical water heater, and quickly had it installed at her home. Since then, she has no worry even when the winter comes."

"Without the right-on help of the donors, we could not have allowed the elders to feel the warmth in this world. We sincerely thank the donors on behalf of the elders how have benefited from the scheme."



「有善心人到位的幫助，真是多謝。」

Thanks for the right-on help of the donors

「要有力 也要財」

「要能幫助社會上的弱勢社群，不是單靠義工的力量，才能幫助到人。」持電牌的義工余師傅說：「我識電，只識做有關電氣的工作。」

「若你沒有水喉牌，也是不能替人接駁水喉的。」按著洗衣機的「水喉匠」馬師傅說。「好似我沒有電牌，我也不能接觸電箱，因為不但會被電觸傷，引來意外，而且也是犯法。」

「義工不是靠一股熱誠，還要顧及自己及受助人的安全，否則弄巧成拙，累己累人；而且更不依法行事，結果是要坐監。」林師傅也搶著說。「做義工，幫助人是好事，但要按自己的能力、資歷及經驗，更要守法；點解？因為義工的目的是要幫人解困，不是要來害己累人。」

「做義工除要有愛心，在這個金錢世界，無錢是萬萬不能。」與林師傅合作多年的陳師傅說：「參加聖雅各福群會「家居維修服務」義工隊已有15年，發覺除了我們的『牛力』外，還要社會人士的捐贈支持，才可令我們如願地可以幫助有需要的老人。」

「你說得對，所謂『有錢出錢 有力出力』才能事成，我哋無錢，有技術，但又想幫人，當然是做義工，做前線的工作啦。」嚷著也要發表意見的莫師傅說：「做咗義工咁多年，我幫助過無數嘅老人家，所用嘅一切材料費，全部都是由善長們的捐款支持；如果沒有善長們在幕後默默的支持，聖雅各福群會的社工也沒法當朝早接到個案後，我們下午便可有錢買材料，即日便可幫助到老人，解除他們的苦惱。」

「好似今日，我哋一班義工，包括電工、水喉匠，可以來到長洲，帶齊工具來做『有汗出 無糧出』的意義工作，善長們不但支持購買材料，還捐來如洗衣機等電器，使我們如虎添翼，順利地為偏遠地區的老人服務。」戴著眼鏡站在一旁的蕭師傅也跟著說：「除咗有善長的支持外，當然也多謝家人的支持。」說話時，蕭師傅指著余師傅的太太及兩位女兒話。



Needs labour and money too

"To help the under privileged in our community requires not just capable volunteer workers," said Master Yu holder of an electrician license. "I know power and can only work on that."

"Without a pipe-fitter license, you cannot hook up water piping for others," said Master Ma, the pipefitter, with his hands on the washing machine. "I do not have an electrician license and cannot touch electrical work which would be both unsafe and law breaking."

"For volunteer workers, zest alone is not enough, safety consideration on oneself and of those being helped are equally important. Which otherwise will not be doing justice to yourself and the others and could end you up in jail." Master Lam injected in a hurry. "To be a volunteer worker in helping others is good, but one still has to do this according to his own capability, qualification, experience and within the law. Why? The objective of a volunteer worker is to help others, not getting him and others into trouble."

"In this materialistic world, passion alone is not enough, nothing can be done without money," said Master Chan who has worked with Master Lam for years. "I have joined SJS 'Elderly Home Maintenance Service' for 15 years, besides 'sheer strength' support and contribution from the general public is also required. Only this way we can then help the needed elderly."

"What you said is right, that is to say 'send money or provide labour whichever you can'. We have no money, but we have the skill and desire to help, of course we become front end volunteer workers," said Master Mok who wanted to join the discussion. "I have worked as a volunteer worker for years, I have helped numerous elderly with costs of all materials used paid by benevolent supporters. Without their backing in silence, SJS volunteer workers will not be able to buy the necessary materials after receiving order in the morning to start working the same afternoon."

"Like to-day, our group of volunteer workers comprising of electricians, pipe-fitters, come to Cheung Chau with our tools 'to sweat without pay' for this meaningful work. Benevolent people not merely provide money for the materials, they also send in appliances like washing machine. That adds to our strength and facilitates our services to elderly in outlying areas." Master Siu wearing glasses and standing by said, "Additional to support of the benevolent people we or course also have to thank our families for their support," and on saying, Master Siu pointed to the wife and daughters of Master Yu.

他們都是有愛心的一群。

We are a bunch of passionate workers.



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
- | | | | |
|------------------------------------|-----------------------------------|-------------------------------------|--------------------------------------|
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| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 家居維修服務 | <input type="checkbox"/> 到戶理髮服務 |
| <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 後顧無憂規劃服務 | <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 防流感助病弱計劃 |
| <input type="checkbox"/> 代購電器服務 | <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 法律諮詢服務 | <input type="checkbox"/> 以上任何一項 |

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- 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。

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| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> Flu Protection for Frail Sick Plan |
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| <input type="checkbox"/> General use | | |

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

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你若有能力作到，不要拒絕向有求於你的人行善。
Never turn down an appeal for help if it is within your power to give it.



我們需要你的捐助
We Need Your Donation

綜援難敵藥費 病婦乏力等死

「藥物實在太昂貴，我根本負擔不起，現在唯有見步行步吧！」陳太眼神無望地說。

陳太，今年三十五歲，湖南人，十多年前與香港居民陳生結婚，於01年來港定居。大家都認為陳太過著幸福快樂的日子，可惜她背後卻有一個可悲的故事。

陳太自小患有先天性心臟病(即左右心房及左右心室之間的間隔出現孔洞)，致令她較易感到疲倦，長期呼吸不暢順，行樓梯時甚至舉步維艱，行一層樓梯已經透不過氣，十分辛苦。正因惡疾纏身，令她不能工作，活動範圍及社交圈子非常狹窄，缺乏親友的支援。隨著年齡漸長，她的心臟出現退化現象，病情也日漸變得嚴重，醫生叮囑陳太必須服用有關藥物，以紓緩病情，否則便會有生命危險。

可惜天意弄人，由於此藥物費用昂貴，並非在醫管局藥物名冊內，陳太必須自行到社區藥房購買，每月她必須負擔約\$4000的昂貴藥物費用。長期處於貧困，陳太五十多歲的丈夫，由於身體出現毛病，故不能外出工作，令兩夫妻長期陷於經濟拮据的情況下生活。

每月只領取四千多元綜援金為生的兩夫妻，生活已經捉襟見肘，試問陳太怎還有能力負擔支付昂貴的藥物費用呢？陳太是否要停藥，令病魔繼續纏身而危害生命？「我每月怎可用緊拙的綜援金買藥呢？我是否要等死亡嗎？」陳太絕望地輕嘆地說。

聖雅各福群會在沒有政府資助下推行的《贈藥治病計劃》，乃是幫助一些貧困長期病患者，資助他們服食藥物，不會因經濟困難而得不到適當的治療；此計劃能否可幫助此些病人，全端視善長們的支持，你會幫他們嗎？懇盼賜助，俾可以集腋成裘方式，令聖雅各福群會可向無助病弱者伸援手。支票抬頭：聖雅各福群會，指定捐予《贈藥治病計劃》，逕寄香港灣仔石水渠街85號一樓收。網址：www.thevoice.org.hk，施善查詢：2835-4321。



CSSA is defeated by Medications Powerless sick woman awaiting death

“Medications are too expensive for me. I have to wait and see how things go,” said Mrs. Leung despairingly.

Mrs. CHAN is a 35-year-old Hunanese. She married her husband, a HK resident, more than 10 years ago. She migrated to Hong Kong in 2001. People would think she lives happily since then. But she has a sad story to tell.

Mrs. CHAN suffers severe heart disease. She gets tired easily and she has trouble breathing. She has trouble climbing the stairs; she experiences a shortness of breath after she climbs up one storey. She cannot work because of her illness. She does not get around much and has very few friends. She receives no support from both her relatives and friends. As she grows older, her disease deteriorate and her illness worsens. Her doctor told her that she had to take necessary medications to ease her conditions. Or else, her life is at stake.

But those medications are costly and they are not on the Hospital Authority's medications list. Mrs. CHAN has to buy them herself from a pharmacy. She has to spend as much as HK\$4,000 monthly on the medication alone. Mr. CHAN, over 50, cannot go to work since he has problems with his health. The couple lives under a constant financial strait.

Mr. and Mrs. CHAN together receives CCSA of more than \$4,000 per month. They struggle to make their ends meet. Mrs. CHAN is not financially viable as far as buying her medication is concerned. Is she going to stop medicaitons and let her illness threaten her life? Mrs. CHAN sighed hopelessly, “How can I afford medicaitons that are 4 times the sum total of our CCSA? Am I going to wait for death to come since I can do nothing about it?”

St. James' Settlement's Medications Subsidy Program operates with no government funding. The program aims at subsidising chronic patients' medications so that the sick will receive appropriate curing despite their financial difficulty. Whether the program can help the patients or not depends solely on the support of kind donors. Will you help them? Please help us to help those sick and helpless people with your donations. Make out your cheque payable to St. James' Settlements, specifying 'Medications Subsidy Program' at the back of the cheque. Send your cheque to 85, Stone Nullah Lane, Wanchai, Hong Kong. Or, visit our website at www.thevoice.org.hk. For further details, dial 2835-4321.



高層次的生活質素

炎炎夏日，天氣日漸悶焗的日子裡，對年老體弱及有呼吸道疾患的老人而言，在亞熱帶的香港，確實令他們難耐，有被煎熬的感覺。

「我真的不願老人受苦，他們已達高齡，在世日子有限，可不讓他們舒舒服服渡每一天呢？」林太說。

當林太知悉本會的「電器贈長者」計劃，乃送贈有關電器予經審核資格的獨居無依老人後，便即時致電本會查詢有關餽贈詳情；最後她決定捐款，指示我們購買冷氣機予有需要的個案。

「香港近年夏天每天氣溫至少徘徊32度，年青力壯的人也感到不舒服，終日汗流浹背，試問老人又是如何？」林太說。「我不選擇捐電風扇為他們消熱，這留待別人捐贈吧。我捐贈冷氣機的目的，是要令他們活得更好，更舒服。我只略盡一點棉力，以提升老人高一點層次的生活質素，當然我更希望有更多善長仁翁都有我此想法。」

事實上，在資源缺乏，財力有限下，「電器贈長者」計劃作為本會「慈惠服務」之一，乃是以「急貧困無助者之急而急」，在大家追求舒適涼快夏日日子裡，無疑送贈長者冷氣機是一件好事，仰盼善長們可體諒我們將重頭在基本生活的電器餽送上，如電風扇、雪櫃、電飯煲及電視等。

「我知當長者家中安裝冷氣機後，夏天他要多付電費；這也是值得的，因為至少也令他們免去苦熱，減少染病的機會，尤以身體孱弱的老人而言；對家徒四壁的老人，『嘆冷氣』也許是他們晚年生活的一點享受。」林太說。「只要我付出少少金錢，而又能令老人餘年有著舒適快樂的生活，是值得的。」

當然，朝著改善無依老者的生活質素方向工作，我們很感激及高興有著林太的鼓動，除因應一些患有呼吸毛病及精神病患者等需要，在醫護人員的證明下，替他們安裝冷氣機外，在日後尚有足夠資源及正如像林太般善長的財力支持下，我們熱切地可為貧老安裝冷氣機。正如林太說：「提昇老人高一點層次的生活質素。」



High Living Quality

The weather becomes stuffy and hot in summer. With a sub-tropical climate, summer days in Hong Kong are hard to bear for those weak elderly with respiratory problems. They feel scorched.

"I hate to see the elderly suffer. They are advanced in their years and haven't got much longer to live. Why not let them spend each day in comfort?" queried Mrs. Lam.

When Mrs. Lam learnt the EAE Scheme of St. James' is to give home appliances in need to assessed lone, helpless elderly, she rang St. James' Settlement for details. As a result, she decided to donate money and to specify the cases to which air-conditioners should be bought for.

"In recent years, the daily summer temperature climbs as high as 32 degrees Celsius. That is hardly comfortable for the youngsters. People sweat all day long. Won't it be even more unbearable for the elderly?" Mrs. Lam continued, "I won't donate electric fans for them to cool off with, that can be left for others to do. I donate air-conditioners for I want them to live better, more comfortably. I only do what I can to upgrade the elderly's living quality. Of course, I hope more people will think the way I do."

As a matter of fact, the EAE Scheme is one of St. James' Settlement philanthropic services which are operated in limited finances and a lack of resources. The objective of EAE is to 'help the helplessly poor where help is sorely needed.' When everybody seeks comfort and coolness in summer, giving air-conditioners to the elderly is a good gesture. We hope that donors understand why we put air-conditioners as the top-most priority, even ahead of basic home appliances such as electric fans, refrigerators, rice cookers and TV sets.

"I realize that the elderly has a higher electricity bill to pay for once an air-conditioner has been installed. But it's worthwhile because they don't have to suffer the heat and that reduces their chances of getting sick, especially those with poor health. For those who live within four walls, the air-conditioning brings a little enjoyment to their old age." Mrs. Lam added, "It costs me little and it's worthwhile to make their remaining years happy and comfortable."

We at St. James' Settlement work towards improving the living quality of the helpless elderly. We are thankful for support from people like Mrs. Lam. Upon the verifications of medical staff, we instal air-conditioners for those who suffer from respiratory problems and those who are mentally ill.

When our resourves increase plus financial support from donors like Mrs. Lam, we sincerely hope we can instal air-conditioners for more destitute elderly. Our objective, like what Mrs. Lam has remarked, is to 'upgrade the living quality of the elderly'.

「多謝善長的捐贈。」受呼吸毛病困擾的李婆婆說
"Thank you very much for the donor's kind heart." Madam Lee with respiratory illness said.



受惠者言
Client's Remark

兩老感謝之言

敬啟者：

首先向陳生及蕭師傅致以深切的謝意，尤其是蕭師傅以七十五歲的高齡，頂著炎炎的烈日，挨著卅餘度的高溫，在既不通風又悶焗而且西斜的斗室中，爬高爬低，又鑽又釘，灰塵刺眼撲鼻，真使我既感慨又慚愧。而更多的，是對善長和師傅溫情的感激。

我和太太都是年逾七十的老人。於六十歲來港時，我太太已在大陸從事教員三十多年，可是在大陸執教鞭的收入微薄，而我自己亦多年來找不到工作，生活潦倒。來港以後，和太太靠綜援相依為命，日子依然困苦。

前些日子我和太太得悉能遷往大埔的公屋。可是在收到公屋後倍覺苦惱，因為我們兩位弱老對新屋裝修完全沒有辦法：沒有金錢與力量去鋪設地板、裝置扶手及安裝毛巾架等等。

及後大埔社會福利署的林姑娘向聖雅各福群會作出轉介，蕭師傅在很短的時間便上門為我們免費裝維：獨力為我們鋪膠地板、安裝扶手、毛巾架、刀架等，使一生命苦的我們，能在如此安全舒適的環境中頤養天年，渡過餘生，是我們人生中少有的美事。

在此，除了再次感謝捐款的善長及聖雅各福群會的恩澤外，同樣十分感恩的是義工師傅在私人時間不辭勞苦的為我們出力出汗。

對善長和師傅的施予，我們銘感在心，感激不忘。

祝你們永遠健康、幸福

此致

聖雅各福群會
陳炳麟先生

譚道華謹上

Thanks from an Elderly couple

Dear Mr. Chan of SJS,

First of all let me express my hearty thanks to Mr. Chan and Master Siu. Master Siu, 75 years old has been exceptional, working under high temperature in a stuffy and dusty environment for extended hours, climbing up and down, drilling holes. In addition we must thank the benevolent people and Master Siu for their caring on us.

My wife and I have passed 70. I was 60 when I came to Hong Kong. My wife has been a teacher then in the mainland for over 30 years. Income for a teacher over there was low and I have been out of work for years. Life was tough. After coming to Hong Kong, we have been mutually dependent and days were still in privation.

Not long ago, we were told that public housing in Taipo was available for us moving in. Upon receiving the notice we worried as we lack the means to decorate our new unit: laying floor tiles, install handrails and racks, etc.

Later on, Miss Lam of Social Welfare Department put us in contact with SJS and soon after Master Siu came single-handedly to install totally free, floor tiles, handrails, towel and knives racks. This gives us a fairly safe and cozy environment to spend the rest of our lives. How nice!

Finally, thanks again to the benevolent people who have bestowed money for the materials, SJS for the arrangement and master Siu for giving us his free time and sweated for us on the job.

We are extremely gratefully for their kindness and their exemplary acts will always be in our minds.

We wish them forever healthy and blessed.

Yours sincerely,
Tam To Wah

為譚伯伯出力出汗的蕭師傅
Master Siu sweated for elderly Tam.





伴你同行： 到戶理髮服務老弱人士

聖雅各福群會為一提供綜合服務的志願機構，該會與本報合辦此欄，讓市民加深對該會服務的認識，在需要時可尋求適切服務。查詢可致電81078324或登入網址<http://www.thevoice.org.hk>或<http://www.sjs.org.hk>

問：有很多家境貧困長者，因沒錢或不捨得花費，又或行動不便，未能到髮型屋理髮，影響儀容，自我形象低落，到底我們可如何提供協助？

「老人家就像洋燭，煙消玉殞，逐漸失去自顧能力，若是無依無靠的話就更可憐。無論他們年青時是善是惡，但在推動社會發展上都有一個位置，老來需要家人朋友的關心，亦需要社會的關心。」

聖雅各福群會答：社區上有一群人士，為頭髮生長過長而又行動不便，無法出外而久久未能理髮，十分煩惱。該會推行「到戶理髮服務」，上門為有需要人士如殘疾、失明、中風、行動不便、年高體弱或智障人士等提供理髮服務，讓他們有整潔儀容。有需要者或其家人可向區內任何福利機構的社工申請，以便轉介。經審核符合資格後，該會將安排剪髮義工上門提供剪髮服務。

歡迎義工及捐款

熱心懂剪髮人士若有意回饋社會，於公餘時間騰出時間義務為有需要人士提供理髮服務，歡迎登記成為該會的剪髮義工。另外由於此項服務並無政府當局資助，急須善款支持，以令更多有需要人士受惠。支票抬頭請寫：聖雅各福群會，支票背後註明「到戶理髮服務」，寄往該會地址：香港灣仔石水渠街85號。

Staying with you: Home Haircut Services

St James' Settlement is a voluntary institution, which provides different kinds of services for the society. St James' Settlement and The Apple Daily co-operate to write this article in order to let citizens deeply concern about community services. Any qualified people can get help whenever they need their service. If you have any enquiries about the Home Haircut Services, please feel free to contact 8107 8324 or visit the websites <http://www.thevoice.org.hk> or <http://www.sjs.org.hk>.

Q: Many poor elderly cannot go to salons because of limited money and difficulties in movement and they must be taken of by others. It is the untidy hair that leads to decrease the elderly self-confidence and dignity. How could we help to strengthen those people's confidence and appearances?

St. James' answer: There are a couple of people in the society, who have untidy hair, worried about their appearance. They have not been to salons for a long time as they are elderly or disabled.

So as to solve their annoying issue, St. James' Settlement is carrying out a project called "Home Haircut Services". Volunteer hairdressers will provide haircut services for those people that may suffer from ablepsia, apoplexy, paralysis, or learning-disabled issues. By participating in this service, they could regain their appearance and confidence. What a nice chance for them to change style. If anyone is interested in the project, they can inform social workers in any welfare institutes as for referral.

After being approved and qualified, St. James' Settlement will arrange volunteer hair stylists to provide Home Haircut Services for those people in need.

Welcome volunteers and donation

St. James' Settlement is urgently asking for enthusiastic volunteer hair stylists to take part in their project named "Home Haircut Service". You are absolutely welcomed to be one of them.

This service is not sponsored by any government welfare departments, so your support is vital for them to assist more people.

Donations paid by cheque: Cheque should be crossed and made payable to "St. James' Settlement". Please write "Home Haircut Services" at the back of the cheque and sent the cheque by post to 85 Stone Nullah Lane, Wan Chai, Hong Kong.