

慈惠月報

The Philanthropy Monthly



零九年九月份 SEP 2009

網址 Website: www.thevoice.org.hk



社工的話 Social Worker's Remark

香港市民較世界其他地方及國家，普遍是喜歡扶助弱小、濟助貧困無依者，是人所共知的事實；就本人的觀察所知，香港市民多抱有錢出錢、有力出力的行善態度，為有社會上有需要人士作出關懷和幫忙；就去年四川發生的8級大地震，香港不是全民參與捐助行動，令世人震撼嗎？以本人所負責的各項「慈惠服務」為例，我們共有來自社會各階層的義工共500多名熱心人士參與。

當然，此乃可以理解是香港社會福利制度，未能隨市民需要而制定、市民的福祉及保障較世界其他地方落後、貧富懸殊，窮者愈窮，匱乏者生活未受關注；若大家稍為留意每日傳媒的報導，定會隨意發現不少無助拮据者的苦況，當中的困厄情況實令大家動容。

事實上，目前香港絕大部份志願社會服務機構的起始，均源自社會上自發性的組織動力，此正正是來自民間人士的參與——關懷民間疾苦的力量；資料亦顯示，只要是針對解決市民的困苦，現時很多並無政府資助的社會福利服務財政來源，乃是來自民間熱心人士的捐款支持；我們負責的所有「慈惠服務」，正正是見證你們支持的成果。

另一方面，香港是全世界生活節奏最繁忙的地方，市民生活緊張，工作步伐快速，每人要為生活拼搏，很多市民雖有施善心，唯未必有空閒時間抽空、方法或渠道可為有需要者作出關懷；指示有組織、信譽良好、用心服務及願意承擔的進取福利機構及社會服務從業員，恪遵其志願執行為有需要者作出解困的工作，亦成為大家近年行善的最新發展行為。

如何可隨時可守候善長們的施善指令呢？若你們工作繁忙，未可撥冗與我們聯絡，而下班後也可能找不著我們，致因而令你們施善的機會難以施展；或我們下班後於「私人」時間拒聆聽你們的指令，此確實是非我們為無助者服務的工作態度，亦非拓展「慈惠服務」之福；隨時聽候善長的行善指令，方可令苦難者得著解困解難的關懷；故筆者非常樂意將手提電話(即8107-8324)公開，俾可24小時可隨時接聽大家的來電，希望可竭盡全力執行大家的布施指令外，亦望可早日為輪候服務的匱乏社群効勞。所以懇請善長們，記下本人的電話—8107-8324，以可隨時作出施善的指令。

It is commonly known that Hong Kong citizens are relatively more prepared in helping the under privileged than those in other places and countries. My own observation is that Hong Kong citizens have the benevolent attitude of giving money for those who have or otherwise provide caring service to those needed help. Take for instance, the Wenchuan earthquake in Sichuan that happened last year, Hong Kong people raised and gave most money in the shortest time. Is not that something that shook the world? Another example is the charitable welfare services I am responsible, we have recruited more than 500 enthusiastic, active participating volunteer workers from different strata in the community.

Of course, this may be viewed as formulation of the Hong Kong social welfare system is not meeting its citizens need; citizens welfare and social security fall behind other parts of the world, the gap between the have and have not widens tremendously and going from bad to worse, insufficient attention is paid to the livelihood of the have not. Reports from the media on suffering of the helplessness can easily be found and difficulties and hardship these people have to face will surely touch you.

In fact, most of the volunteer social service institutions were self-initiated organizations by ordinary people in the community – a momentum of caring for the under-privileged. Our information indicates funding of many of the present welfare services by these institutions, provided being directed to resolve the difficulties of the citizens, come from the ardent support and contributions of the civilian population, not the government. All of the benevolent services that I am responsible witness the fruit of your support.

On the other hand, Hong Kong is known to be busy and the fastest tempo city in the world, citizens livelihood is tense, work pace is fast, everybody works hard for a living. Many of the people wanting to give may not be able to find either time, means or the proper channel to show that they concern for the needy, or to instruct organized, reputable, and whole-heartedly serving and accountable, progressive organizations and instruction-abiding social service workers to provide their desired relief work. That has become the latest development in philanthropic behaviour in recent years.

How then can we be better prepared in receiving your benevolent instructions all the time? If we just were doing this during our busy office hours, we may not be showing enough sincerity to our job and surely not the best way for its development. We want to be in a position of taking your order and instruction all hours in order to show we care and make real effort in relieving the hardship of the suffering people. In this respect, I am more than happy to make my mobile number (8107-8324) known to all so that you can reach me round the clock. My wish is to be able to carry out your order and to shorten the waiting list of those needy in the queue awaiting help. Thus please mark my phone number, 8107-8324 and give us a call when you wish to help.

8107 8324

「家居維修服務」及「電器贈長者」 9/09 個案統計 HMS & EAE 9/09 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	6	8
社會福利署	Social Welfare Department	8	25
非政府機構	Non-government Organization	91	93
其他政府部門	Other Government Department	2	0
個案總數	Total	107	126
個案數目統計	Cases Statistics		
9月份新個案	New cases in September	107	126
8月份尚未完成的個案	Cases carrying-over from August	17	105
9月份共需處理個案	Total cases to be handled in September	124	231
9月份完結之個案	Cases settled in September	96	105
帶往10月份之個案	Cases carrying-over to October	28	126
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	84	91
非綜援個案	Non-CSSA cases	12	14
已完結之個案	Cases settled	96	105

服務/電器送贈數字 No. of Services/Donations

家居維修服務數字 HMS No. of Services (部份支出乃由省善真堂或新界崇德社贊助) (Partly supported by Shang Sin Chun Tong and Zonta Club of The New Territories)			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.)	150	收音機/錄音機	Radio / Recorder	8
電力供應系統維修	Electricity systems	77	電飯煲	Rice cooker	12
木工維修	Wood-work	22	電視機	Television set	21
來去水系統維修	Piping & drainage systems	21	雪櫃	Refrigerator	11
家庭電器維修/安裝	Electrical appliances	52	風扇	Fan	20
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.)	45	電水壺/電水煲	Electric water boiler/pot	8
安裝《弱聽長者應門》	Flash-bell fitting	6	熱水爐 (部份支出乃新界崇德社贊助)	Water heater (Partly supported by Zonta Club of The New Territories)	11
檢查電力裝置	Check electricity system safety	32	洗衣機	Washing machine	7
門鎖檢查及維修 (如鐵閘門鎖、木門鎖等)	Lock checking and repairing service (e.g. iron gate lock / door lock etc.)	2	電話	Telephone	3
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.)	7	電磁爐	Induction cooker	3
			其他：七部冷氣機	Others: 7 air-conditioner	7
總數	Total	414	總數	Total	111



我們需要你的捐助
We Need Your Donation



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捐貧困老人電磁爐 改善煮食以利健康

「我不願依賴福利機構的送飯服務，因為我尚有
能力，只是煮食的石油氣爐損壞不能修理。」一些貧
而無助申請電磁爐的獨居長者說。

根據聖雅各福群會專為解決無助獨老電器需要的
「電器贈長者」計劃的資料顯示，近年長者棄用明火
煮食的習慣，而申請電磁爐的個案日增。「老人發生
家居意外的機率甚高，電磁爐沒有火，不會燒傷他們
及引來火警，造成人命及財物損失。」一位替長者申
請電磁爐的社工說。

「我視力不佳，又不良於行，電磁爐爐面不會發
熱，觸摸爐面也不會被灼傷，確是對安全。」正等
候此「慈惠服務」轉贈電磁爐的一名殘障長者說：
「它沒有爐頭，平面光滑，容易清潔，亦不會燻黑鍋
具，極適合我使用。」

事實上，由於電磁爐使用方便，直接令鍋具生
熱，減少熱氣四散，油煙也相對地少，令煮食環境因
而更舒適，對患有呼吸道疾病的長者而言，煮食時也
不會因而吸入廢氣，而影響到呼吸氣道，確實對他們
來說有一定的裨益作用。

你願為該計劃正在輪候電磁爐的10名老者伸
援手，捐款購買此「一插即煮」、備有時間掣
裝置，只需調校好時間，縱使長者一時忘記關
掉，到了250度也能自動斷熱的電磁爐？只需捐
助\$300，便可為一名貧老改善煮食的問題，鼓
勵他們可自我照顧；捐款支票抬頭請寫「聖雅
各福群會」，指定捐予購買「電磁爐」
，擲寄香港灣仔石水渠街85號。網
址：www.thevoice.org.hk，施善熱
線：2835-4321或8107-8324。



Electromagnetic Stoves Help

"I do not want to depend on welfare organization delivery of
my meals as I am still able. The fact is my LPG stove was damaged
beyond repair," said some living alone, poor and helpless old
people applying to us for electromagnetic stove.

Our EAE program is to help provision of electrical appliances
to the needy elderly. Many elderly have discarded open flame
cooking and are turning to electromagnetic stove instead.
"Accidents rate in homes of the elderly are high, electromagnetic
stove has no flame and hence no burn or fire risk," said a social
worker working on the application on behalf of an elderly.

My sight is poor and I have mobility problem. Surface of the
electromagnetic stove does not get hot and I do not get burnt by
it. It is safe and its flat surface is easy to clean, no soot to blacken
the cooking utensils, so very suitable for my use," said another
handicapped elderly waiting in line.

In fact, electromagnetic stove has many advantage, it heats
the cooking utensils directly, saves energy, generates less fume,
rendering a much cleaner atmosphere, and carries automatically
shutoff when temperature gets above 250 degree Celsius.

There are now 10 applicants on our list for it.
With just \$300 you can provide an elderly with an
electromagnetic stove to improve his cooking
environment and enable him looking after
himself. Please send your donation by cheque,
beneficiary St. James' Settlement, earmarking
'For electromagnetic stove' and mail to
85 Stone Nullah Lane, Wanchai, Hong
Kong. Website: www.thevoice.org.hk.
Donation hotline: 2835-4321 or
8107-8324.

「有了電磁爐，煮食便容易得多了。」

"Cooking made simple with
electromagnetic stove."



「重拾對生活嘅希望」

當我們年青健康時，由於可自由行動，又有職業之穩定收入，兼有家人及朋友在旁可作出幫忙時，確是人生最快樂之時刻；雖一旦有點生活困難，在能力、健康、經濟及友儕的幫忙下，都會迎刃而解，仍會有「還有明天」的感覺，但對體力衰退高齡的長者而言，若他們多病多痛兼傷殘行動不便，加上經濟困拙，缺乏親友照料時，在一切需要「自行照顧」下，相信他們會有著「沒有明天」的感覺，試問人生活至此階段，其心境會是如何呢？

70多歲獨居的何惠英婆婆，自退休後多年不久，便開始依賴綜援為生。「人老了，親友多在內地，在港就算有，不是老就是死，年青的，點會識我呢？」她既無奈又無助說。

「求助鄰居，人哋都有家人要照顧又要返工，點可以長期幫你呢？」

「況且是個人衣物的清潔問題，怎可要人代你清洗呢？」何婆婆用已變形的雙手拿著衣物說。「我雙手的手指關節乏力，不能夠屈曲及提取重物，試問怎可洗衣呢？所以所有衣物只可以用皂水浸，不能夠洗；浸夠時間，就用水沖，沖清皂水後，便拿去掛在曬衣竹上，直至滴乾及曬乾為止，便算了。」

「很多時，當穿上衣物時，總覺有異味，衣服仍然有污積，真是失禮人；實在有自悲感，連去老人中心參加活動也不敢！」

「真係好多謝你哋送咗部洗衣機給我，師父不但替我安裝，還教我用，真係多謝。」何婆婆很高興地用雙手撫著洗衣機說：「我現在可以有清潔的衣服著，身體異味已沒有了，以後可以回老人中心參加活動了。」

「今後我可重拾自我照顧的樂趣，謝謝善長的慷慨解囊，令有困難的人得到幫忙，解決我們的困境，使我哋重拾對生活嘅希望。」



何婆婆側著身體，高興地讓我們看看她清洗後的衣服。

Old lady Ho proudly shows her clean washing.

Regaining the hope in life

When we were young and healthy, we could move freely, had a job, a steady income and family members and friends by our side to help out and that really was the happiest moment in life. Even on occasions of difficulty, but being healthy and capable and having financial means and helps from peers, there was no difficulty that could not be resolved. Besides, there was always the feeling of 'hope for to-morrow' being better. However to the frail and aged elderly if they were suffering from illnesses, movement restriction and financial difficulty and without help from friends and relatives and having to deal with everything alone and the feeling of no to-morrow, then how do you think their state of mind would be at this stage?

The 70 years old lady Ho has been living alone. Soon after her retirement, she started to rely on CSSA for her living. "As I get old and with most of my friends and relatives living in China, those left in Hong Kong have either passed away or are getting old too and the young ones do not know me" said she rather helplessly.

"As for asking neighbour for help, they have to work and look after their own family members, so how can you expect them helping you out long term?"

"Besides, washing my own clothing is a personal matter and no way asking others to do that for you?" said old lady Ho holding her clothing with her deformed hands. "My finger joints are weak, cannot bend or carry load so how can I wash my clothes properly? All my dirty clothing used to be left soaking long enough in suds, then just rinsing off with water and hung out to drip and sun dry, that was it".

"Very often when I put on my clothes I could smell some strange odour, there were still some stain left on my clothing, how shameful. I was really down and dare not go to the elderly centre to join their activities!"

"My hearty thanks for SJS's sending me this washing machine and having the technician to install it and to teach me its proper use" said old lady Ho happily while touching the washing machine with both hands. "I now have clean clothing to wear; no more body odour and I can go to the elderly centre and join their activities."

"From now on I have regained my joy in looking after myself. Thanks to the kind hearted people who help me in my difficulty situation enabling me to regain my hope in life."



我們的服務
Our Service

「及時雨」的幫助

颱風巨爵於2009年9月15日吹襲本港，其間天文台懸掛起八號風球，暴風及豪雨廣泛影響本港，對住在水浸「常客」——大澳的老人家來說，更可說是一場夢魘。

太平街是大澳其中一條主要的大街，位處水平線之下，當颱風巨爵吹襲的時候，水位上升以致海水大量湧入，大街兩旁的長者家中嚴重水浸，獨居且缺乏照顧的陳伯伯一邊用顫抖的手描繪出水浸的水位，一邊帶著猶有餘悸的聲音說：「那天水浸得很厲害，水位有我整個人那麼高，我住在閣樓，在那裡看下去就像個溢滿的泳池一樣，我家中所有的電掣及冷氣機都浸透了，我怕得要緊，因為它好像會漏電的樣子。」

獨居於陋室的鄭伯伯在一旁附和說：「雖然我在水浸前已把洗衣機移到較為高的地方，但湧進家中的水實在太多，湧進的水把洗衣機的電掣及電線都弄得徹底濕透，我實在不敢使用，如果能有人能夠幫我檢查一下電器是否安全，便好了。」

因著新界崇德社善長的施善指令，我們在風暴發生後不久便立時與地區機構社工聯絡，在得悉有數戶長者的電器及電掣被海水浸過而失靈後，數位義工師傅便立刻帶同電掣及電線前往大澳為長者作家居電力安全檢查、更換電掣及修理電器。

就如領綜援的吳婆婆所說：「在義工來之前，每一項電器我也不敢碰，因為我一個人居住，怕電斃了亦沒有人知道。全因為你們來得那麼迅速為我檢查電器，我才能夠放心，不用自水浸後每晚也因擔心自己安全而睡不好。」

我們能夠作迅速救急扶危的反應，全賴新界崇德社的慷慨捐助，使我們能夠可有資源即時購買材料及工具以動員義工進行維修服務，讓貧窮無依的長者能夠在無情的天災肆虐後能夠盡速復原，就如已在聖雅各當義工已有18個年頭的陳師傅所說：「憑賴新界崇德社善長的捐款支持，令聖雅各家居維修服務能夠即時作出反應，用行動解救老人家居陷阱，消除危害危險因素，令我們各維修義工師傅有『用武之地』，發揮助人精神，讓我們有能力在老人家需要的時候，作出最『及時雨』的幫助。」

Timely Help

Typhoon Koppu hit Hong Kong on 15 September 2009. No 8 typhoon signal was hoisted and the typhoon affected wide areas in the territory. Often flooding faced by elderly living in Tai O was a real nightmare.

Tai Ping St., a major street in Tai O lies below the sea level. When the typhoon struck, huge volume of sea water surged in, flooding the houses on both sides of the street. Old man Chan living alone pointed to us with his shaky hands and said with fear, "That day the flood was really something, water level rose to adult height. I lived in the mezzanine floor upstairs and the ground floor was like a swimming pool. All the switches and the air conditioner were under water and I dared not touch them for fear of electrocution.

Old man Kwong also living alone said on the side, "Though I have moved the washing machine to higher ground, the flood water wet the switches of the washing machine and I dared not use them. How wonderful it would be if someone could just come and check them for electrical safety."

In accordance with the instructions from Zonta Club of the New Territories, we immediately contacted the district social worker after the typhoon and learned that a number of elderly homes had electrical failure problems and dispatched a team of volunteer technicians to help check for electrical safety and carried out the necessary repairs.

Granny Ng who lived on CSSA said, "Before the arrival of the volunteer technicians I dared not touch the electrical appliances since I am living alone and feared for electrocution without any body around. Their speedy arrival to check on them has given me peace of mind and I can sleep soundly tonight."

Thanks to the Zonta Club of The New Territories, we are able to obtain the necessary resources for raw materials and tools for prompt action of our team of volunteer technician in the provision of the above services. As master Chan who has been with us for 18 years said, "Contribution by members of Zonta Club of the New Territories has enabled us to carry out of work and services on time, restoring a safe living condition to the needy elderly."



陳伯伯：「水浸的水位有我整個人那麼高，把所有電掣都蓋過了，很危險。」
Old man Chan said, "The water level was man high, immersing all the switches, very dangerous."

鄭伯伯無奈地望著被海水浸至失靈的洗衣機

Old man Kwong looked at his damaged washing machine



陳師傅：「憑賴崇德社對聖雅各的支持，我們一班義工師傅才有『用武之地』。」

Master Chan said, "It was the generosity of members of Zonta Club of the New Territories that had enable us to carry out this work."



義工師傅為長者維修失靈的雪櫃及更換被水浸過的電掣和電器

Technician volunteer repairing a damaged washing machine and replacing the water soaked switches.



我們的服務
Our Service

特首派糖德政截止 病殘者再次缺電費

去年港府有財政盈餘，特首曾先生向全民「派糖」，對每個用電戶口資助\$300，直至本年8月為止。此舉不但惠及普羅大眾，對一些貧乏病者來說，更是曾特首的一項「德政」。可是，9月已沒有了。

「電費資助讓我暫時喘一口氣，不必節衣縮食省錢交電費，不致無錢醫病或買營養食品。」患有哮喘病的張叔叔說。

由聖雅各福群會推行的「電費助貧弱」計劃，就是資助貧乏、病殘、無助、領取綜援的人士，由於需要使用電動醫療或復康器材而每月必須付出昂貴的電費。

在社署所有社會保障援助項目中，並沒有援助電費開支的項目，所有綜援人士必須「自掏」腰包支付電費；即是說他們要從有限的綜援金中抽取應付電費的開支。其中有人電費開支竟高達綜援金30%之多！

正如受助個案之一的沈女士說：「我患有呼吸道毛病，而且又中風，每日都要戴氧氣機呼吸、用抽痰機抽痰，更由於長期臥床，24小時要開動電動減壓床墊，每月單以電費開支已夠我近半月的食用開支；完全停用，就會命都保不住。」原來沈女士每月的電費開支在\$700以上。「夏天要開風扇時，開支還不只這個數目呢！」

事實上，即使於曾特首「德政」期間，沈女士已經接受本會「電費助貧弱」計劃的資助。「政府的電費資助過後，聖雅各福群會的資助也不是全數。如今我又要重回艱難的日子了。老天，教我如何渡過如此艱難的餘生啊？」

「我們過的生活是貧乏地有一天過一天，上天永遠都作弄人。」餘生要戴上氧氣機的張叔叔氣喘地說：「我們只有食少啲，來交電費啦！」

病殘者必須使用電動器材活命。他們連每月數佰圓的電費也欠奉，確是無奈！今年9月後，他們更捉襟見肘。你可願意幫助這些無依者？懇請伸出援手，於當局的「德政」過後，讓他們的生活得到一點保障？



Ailing and handicapped again need help as government power subsidy ends

Last year, when the government ran a financial surplus, Chief Executive Donald Tsang “passed out candies.” One of the candies was a monthly subsidy of \$300 to every electricity account, effective up to August this year. The measure not only benefited the general public but was truly a “benevolent act” to ailing and handicapped residents who are needy. But it is no more since September this year.

“The government subsidy let me catch my breath for a short while. I no longer had to pinch and save from my food and clothing expenses to pay my electricity bill, or run out of money to get medical treatment or buy food supplement.” So said Uncle Cheung who suffers from asthma.

SJS’s Power Subsidy for the Ailing and the Handicapped Program was designed to assist helpless ailing and handicapped CSSA recipients who must pay costly electricity charges due to their need to use electrical medical or rehabilitation appliances.

Assistance in paying electricity bills is not among the social assistances offered by the Social Welfare Department. All CSSA recipients must dig into their own pockets for money to foot their electricity bill. In other words, they must take their electricity expenses from their meager CSSA. There are cases in which people pay as much as 30% of their CSSA for electricity!

Ms Shum, one of our Power Subsidy recipients, explained, “I suffer from a disorder in my respiratory tract, and I have had a stroke. I use an oxygen machine to breathe and a suction machine to clear catarrh; and, because I am permanently bed-bound, I must have my electric vacuum mattress turned on 24 hours a day. My electricity expenses nearly equal my monthly expenses on food. I can’t even stay alive if I stop using the appliances altogether.” Ms Shum pays over \$700 for electricity every month. “The charges are even higher in summer when I need to turn on the electric fan!”

Ms Shum was in fact getting assistance from our Power Subsidy Program even when the Chief Executive’s “benevolent act” was in force. “When the government assistance ends, SJS won’t be subsidizing all my electricity expenses. I will have to go back to the difficult days. God, how am I going to spend my remaining days in such difficulty?”

“We lead a life of scarcity, day in and day out. Fate is always playing tricks on us,” gasped Uncle Cheung who must spend the rest of his life wearing an oxygen breathing aid. “We’ll just have to eat less in order to pay our electricity bill!” he added.

These ailing and handicapped people can only stay alive with the help of electrical appliances. Short of the several hundred dollars to pay their electricity bills, they really are in a helpless state. They’ll be tighter yet for money come September. Are you willing to help these helpless people? Please extend a helping hand and offer some guarantee to their livelihood beyond the “benevolent act” of the Chief Executive.

「有著電費資助，我可安心使用氧氣機了。」

“With the help in electricity bill I can use the oxygen breathing aid now.”



花費也是值得的

The spending is worthy

眾所皆知，本會「慈惠服務」乃全賴善長的支持，因而得可開拓，方可為有困難的無助者作出「解困解憂」的適切關懷，以及消除家居陷阱，免去家居意外的危險，助貧老可安居家中，樂享頤年。

It is common knowledge that SJS "Charitable Services" depends solely on support of benevolent people for its programs to help resolving difficulties, worries and timely caring to helpless, poor elderly in order that they can have safe and easier living at home.

「對行動不便的獨居老者而言，雖然『閉門家裡坐』，但若因此不慎跌倒，可能因而弄致骨折，嚴重影響晚年的生活；或可能因失救而死亡的『禍從天降』結果。那麼，黑暗及濕滑的洗手間，是家中最為『危機四伏』的地方。」周先生說。周先生是一間工程物料入口商，作為本港一間道教慈善組織——省善真堂董事會成員之一，基於以上殘弱老者家居的潛伏危險因素，從瑞典入口了一批無需於坐廁兩旁加設扶手、備有「扶手」的坐廁，將之全數送予本會的「家居維修服務」，囑咐我們為有需要的長者作出安裝，以使他們「如廁安全」。

"Falls at home for lone living elderly with mobility problem could lead to broken bones affecting their remaining lives, or even be fatal. Hence a dark, wet and slippery toilet floor is an 'extremely dangerous' area in the house," said Mr. Chow, an engineering materials importer and one of the Directors of Shang Sin Chun Tong, a Taoism welfare organization in Hong Kong. It was for the elimination of potential toilet use hazard by handicapped elderly that he imported a batch of toilet seats with armrests (see photo below) from Sweden and has given all of them to SJS "Home Maintenance Services" telling us to install them for the needed elderly for safe toilet use.

「老人如廁次數較為頻密，又不能忍尿；若他們便急時，便很容易忽視洗手間的濕滑情況，這就會造成跌倒的機會。」周先生說：「洗手間多數狹窄，兩旁未必可安裝扶手；或安裝扶手後，洗手間的活動空間更見減少，此瑞典坐廁正適合他們的需要。」

"Elderly need frequent toilet use due to weak bladders and could easily overlook the hazard of wet and slippery toilet floors that could result in fall," said Mr. Chow. "Most home toilets have limited space and may not allow handrails to be installed and these Swedish toilet seats would be perfect for them."

「此坐廁兩旁有高起的扶手，長者如廁時，雙手可放在上，可令他們舒服地『方便』之餘，也助他們如廁後，雙手可按在上，緩緩地站起來，這樣做挺安全呀。」周先生說：「只要方便及適合長者使用，減除他們如廁時跌倒的危險，可令他們安居家中，花費昂貴的金錢購買回來，也是值得的。」

"This toilet seat with armrests allows the elderly to rest their arms during toilet use and as support for standing up slowly afterward, very safe this way," said Mr. Chow. "Their usefulness on reduction of fall hazard at home is really worthy of the money spent."



兩旁備有「扶手」的坐廁
Toilet seat with 'Arm rest'



有著信心的轉介

「我都知道，將個案轉介給聖雅各福群會的『贈藥治病』計劃，個案可得到援助的機會可能不大，因為知悉此計劃的社會人士絕少，而可捐款支持的善長更少；我的轉介行動只是嘗試，希望有半點生機，令個案可感到有尊嚴地得到援助。」李姑娘是某大公立醫院的福利部社工，負責為長期病患者尋求資源，作出轉介服務，以助個案可有一較佳的生活質素。

「點解我明知轉介予聖雅各福群會，縱使得到援助也不會多及長久，仍要作出轉介呢？因為我知該會的工作人員接到個案，經審核合乎資格後，他們會悉心盡力地為個案尋找援助，呼籲善長捐款支持。」李姑娘所負責的腫瘤科病房的病人均為癌症病人，遇有當中貧困的病人需要服食醫院藥物名冊以外的藥物時，他都會四出尋找資源，為病者解決購買藥物的經濟壓力。

「坊間可予長期病患者援助的資源不多，當然我可將個案轉介予本港兩大報紙的『社會服務版』，尋求援助；據我以往經驗，個案一經作出報導及呼籲，便很快得到社會善心人士的捐助，解決個案的經濟困難。」李姑娘續說：「但它們一定要將個案的樣貌刊在報導上，而且要揭露個案的個人資料，以讓社會大眾知道，但我部份個案基於他們的個人理由，拒絕其私隱外洩，而寧願選擇被轉介往得到援助機會不大的機構時，我只好另尋其他途徑助這些個案，聖雅各福群會是我選擇轉介的一間信心機構。」

「聖雅各福群會一向以來推行的『慈惠服務』均有超卓表現，而我這次替個案申請該會新推出的『贈藥治病』計劃，雖然此計劃並無太多社會人士知悉及支持，但憑著他們的工作人員悉心戮力的投入及工作態度，深信最後個案始終是有著受惠的機會的。」

Referral with confidence

"I know the chance of getting help from "Medication Subsidy Program" of SJS may not great, as few people are aware of this program and even fewer people are contributing to it. I still want to try no matter how slim chance might be and the beneficiary could retain his personal respect on receiving help," said Miss Lee, a social worker in the social welfare section of a government hospital. She is responsible for locating help resources and making referrals for her patients in order to improve their quality in life.

"Why do I seek out SJS even on knowing that assistance may be limited and not lasting long? This is because I know that their staff, after receiving the request for help and once passing their screening process, will try very hard to look for resources or appeal to their donors for support." Miss Lee is in charge of cancer patients in the oncology ward. When poor patients are required to take drugs outside the authorized hospital prescription list, she would seek help from other resources in hope of alleviating the economic burden on drug purchase.

"Resources from the public to help patients with chronic illnesses are limited. Of course we can appeal to the "Community Services" column in two of the local newspapers for assistance and from my own experience, once the appeal is published, responses will be rapid. Donations from benevolent people in the community will pour in and resolve the difficulties," said Miss Lee said. "However, they always require photo and personal information of the individual in their publication. For personal and confidentiality reasons, some of them desire not to have such disclosure, would prefer turning to other help channels and SJS is our preferred choice with confidence."

"The "Charitable Services" initiated by SJS has always been exceptional in its performance. I am now applying to their new "Medication Subsidy Program" which is little known and few support from people in the community. However, based on their resolute involvement and work attitude, I firmly believe that the case will receive their attention and the chance of getting help is good."



我們需要你的捐助
We Need Your Donation



零九年九月份
SEP 2009
慈惠月報
The Philanthropy Monthly

「不可沒有一您的支持」

「藥，不可不吃！我情願三頓飯併作一頓吃，也得省塊錢來買藥，不吃藥我將會一無所有，失去唯一的親人——孫兒、女兒。」患上高血壓、糖尿病、乙型肝炎、抑鬱症的60歲梁婆婆紅著眼睛酸著鼻子，熱淚盈腔地說。

她曾經擁有一個美滿幸福的家庭，但10年前飛來一場橫禍，令她痛失愛兒，「他就是在一場暴風雨中，活生生地被雷電擊斃。」說到兒子的事，獨居的梁婆婆也悲從中來，也因兒子遽然逝去的重創，使她得了抑鬱症。禍不單行的她，5年前更失去了心愛的丈夫。「一生中最重要的兩個男人也離我遠去了，我只剩下一個女兒及一個孫兒，為了她們，我一定要好好地活著！」她自此也因失去依靠，而要領取綜援過日。

失去至親的梁婆婆，也兼逢惡疾，但她並沒有放棄自己，放棄生存的權利。「雖然我是靠綜援維生，沒有多餘的錢，但我不會放棄吃藥，或少吃一兩片藥，因為不吃藥會害得我病情惡化，也會累女兒擔心一趨。」梁婆婆一直也是節衣縮食地渡日。

可是最近診治高血壓時，梁婆婆同時不幸發現患上乙型肝炎，「唉！藥費很貴，一個月要再花上\$1,500來治療肝病，即是每天要用\$50治療肝病，我根本難以負擔。女兒的經濟也很拮据，平日也無法照顧我的生活，現在怎能有能力呢？」梁婆婆一天只吃一頓飯，也榨不出足夠金錢來治病，感到非常沮喪。

事實上，每月\$2,590的綜援金，於應付基本家居及婆婆假若每日只食一餐，也豈能應付高血壓、糖尿病、乙型肝炎、抑鬱症的全部醫療開支費用呢？故聖雅各福群會「贈藥治病」計劃，在善長的支持下，現每月只可資助她\$500購買肝炎藥之費用；由於資源有限，只可以至今年9月止。

倘若您們不忍目睹生命力頑強、意志力堅定的婆婆因赤貧，而令生命質素日漸靡糜，懇請你們伸出援手，讓她繼續勇敢地活餘生。

Can't survive without your support

"I can cut back the number of my daily meals, but I have to take my medicine! Without medication my grandchild and my daughter will lose their only next of kin," said the 60 years old high blood pressure, diabetes, hepatitis B and depression plagued lady Leung with tears in eyes.

She used to have a happy family until 10 years ago when she lost her son stroked down by lightning in a thunderstorm and her husband 5 years ago. She has depression since losing her son and husband and now lives alone even though she has a daughter and a grandchild.

She is fighting off her illnesses and for survival by living very frugally. "I am living on CSSA, even with little money to spare, I will not forgo taking my medication which could otherwise cause deterioration in my health and adding worry for my daughter."

On a recent doctor's visit for high blood pressure, she was found to have contracted Hepatitis B. "Just drugs alone will cost me \$1,500 a month or \$50 a day for treating Hepatitis, well beyond my economic ability. My daughter is not well off and cannot take care of my living even now, what more can she do?" Granny Leung is already down to one meal a day where else could she find money for her Hepatitis, so she is in dire despair.

As a matter of fact, with \$2,590 from CSSA a month after paying out normal home expenditure and down to just one meal a day it still leaves little money for her to cope with the medical expenses for high blood pressure, diabetes, hepatitis and depression. The "Medication Subsidy Program" from SJS with its limited resources and support from generous donors is giving her \$500 a month for the purchase of hepatitis drugs until this September.

So please come to her rescue if you do not want to see a brave and determined poor lady losing out in her fight for survival.





我們的服務
Our Service

缺車資往醫院求醫覆診 弱老盼支援免病情惡化

眾所皆知，我們一旦有病，應及早求醫治理，方是卻病得康復的要道；但對貧病無助弱者而言，需定期返回醫院覆診，以治理疾患，便不是必然治理疾患的規例了。

這些貧病交迫者，若加上難於行動，因未能乘搭巴士或地鐵，甚或下車後，不能步往診所應診，唯有放棄應診或致電延期，因經濟拮据不能支付乘搭被視為「昂貴」的往返的的士車資。

「我有病人因缺乏親友照顧，而綜援所給予他們的經濟能力有限，因未有必要支付的的士車資，往往會延期或放棄難得的數月至大半年以上才可有的期。他何希望健康好轉時才覆診。」多位社康護士說：「那麼，他們的疾病因未能及時得到診治，健康自然也會變壞起來，這結果當然不是一件好事。」

「診病交通費支援」計劃乃由本會主辦，目的是透過現金資助傷殘人士及體弱行動不便者，使他們乘坐車輪往來醫院及診所等診治疾患時，不會因經濟困難而放棄就醫，影響病情及健康，因而令其生活質素更為低落。援助的對象主要是經濟條件有限，如領綜援/低收入、領取傷殘津貼及體弱多病行路不便人士。

他們必須須透過醫院之醫務人員或社福機構之社工轉介，以及必須有醫務人員證明其健康及行動情況，一經本會工作人員或義工家訪核查合乎資助條件後，聖雅各福群會會視善款的能力作出60至80%的金錢資助。由於此「慈惠服務」並無任何當局及團體資助，亟盼社會熱心人士捐助，善款支票請書：聖福各福群會，支票背面寫明捐助「診病交通費支援」。網址：www.thevoice.org.hk，施善查詢：2835-4321或8107-8324。



Help Poor Elderly get over travel difficulties, Help them get timely treatment!

When we get sick, we would rush to see the doctors because we know this is how we can get cured. But for those who live in poverty, some of them are chronically sick and therefore need regular medical treatments, taking timely action to go to the doctors may not seem to be an easy task as we think.

Being physically disabled or wheelchair-bound would make their situations even worse. They probably cannot take a bus or MTR by themselves, even if they can, they cannot do the walking by themselves to reach the clinics or hospitals. Through taxi they can directly reach the clinics, but due to the expensive taxi-fare, taxi-travel is not considered a feasible option for these financially stripped patients. As a result they choose to skip and postpone their appointment with the doctors.

“Some of my patients are singletons and not being cared for by relatives or family, they enjoyed very limited financial support under government subsidization and therefore cannot afford the taxi fare. So they keep postponing or even skipping the follow-up medical appointments which they have been waiting for months. They say they would come next time when they get better.” Several rehabilitation nurses recalled similar experience and said, “They constantly skip appointments and their sickness never gets cured. In long run they would become weaker and weaker. This is not good.”

SJS organizes the “Patients Travel Subsidy Plan” with an aim to support those physically disabled and those who are too weak to move around, so that they can take adequate means of travel to receive timely medical treatments, and they are going to give up chances to get cured due to financial consideration. The target clients are the underprivileged parties who are of low income or receiving social welfare subsidization, eligible for government disability allowance and those who are virtually unable to walk.

Applicants can only apply through referral from medical officers in the hospital or social workers of social welfare organizations. In each application a written medical testimonial certifying the applicant's health situation and physical disability condition has to be attached. St. James' Settlement would verify the applications through home-visits made either by own staff or by volunteers and the subsidization amount for successful applicants will be up to 60 – 80%, depends on the donation received for the plan. All philanthropy services under SJS are independent of government sponsorship and commercial funding, and we need your generous donations to get the plan run. To donate please send your cheque to ST. JAMES' SETTLEMENT and specify “Patients Travel Subsidy Plan” at the back of the cheque. For more information please visit <http://www.thevoice.org.hk> or call 2835-4321 / 8107-8324.



我們的服務
Our Service

續命的救助

SOS

患上長期慢性病，若因而失去工作能力，加上家庭不能作出支援，在須要服食醫院管理局醫生指定的處方自購藥物以療病時，必定確是處於人生「貧病交逼」的苦境。

聖雅各福群會的「贈藥治病」計劃，乃是針對貧而無助者，購買藥物的經濟困難，為免貧病者因須購買藥物療病，而要節衣縮食影響到健康及家庭，而推出之「贈藥補助」項目。

40多歲的李玉芬女士(化名)與夫及2名子女居住於天水圍一個公屋單位，原先以為是一個小康之家，全家開心快樂地過日子，共享天倫；唯好景不常，李女士於2003年，因其肺部氣壓比平常人大三倍，發現心臟出現毛病。「我自此以後，步行出現氣喘，上落樓梯困難，連出外散步運動也不能，真是令我情緒大受刺激。」因此之故，李女士現更需要每日至少使用16小時的氧氣機，以助呼吸，亦要經常服食安眠藥才可入睡。

「以前我有一小舖，售賣鞋子，而先生做裝修，家庭收入也不是問題。」李女士呆呆地指著其丈夫說：「年前他不幸中風，現在不但不能工作，連行動也有問題。」

「我們有2名子女，分別16及17歲，大女剛考完會考，做兼職工作，而兒子正失業在家，現在全家只賴有限的綜援金過日。」李女士說。「我亦患有紅斑狼瘡症，除丈夫要經常要睇醫生，我亦要花費睇紅斑狼瘡症等頑疾，我們兩人搭車往睇醫生的的士費也不少外，我更要自費購買醫生指定的心臟病藥，以助控制病情。」

原來李女士患有風濕性心臟病，因所服食的藥物乃屬《醫院管理局藥物名冊》內表列的自費藥物，每月要花上\$3,937.50 (每日服食一粒半的藥物)的購藥費。「直至今年，香港風濕病基金會已是第三年，每年資助我\$9,000(即每月\$750)買藥費了，但我仍有經濟困難，現在唯有逼於要自行做醫生減藥，每月用\$2,625購藥，以只可每日服食一粒藥。」李女士無奈地說。

「以前每月向親友借\$2,000，以應付藥物開支，但長貧難顧，這也是問題，我們根本難以負擔這昂貴的藥物。」

以上個案乃本會「贈藥治病」計劃中的一個個案，李女士只仰盼可有善長伸援手，令她可每月可有\$1,875(即\$2,625 - \$750)的資助，助她至少每日可有一粒醫治心臟病的藥物服食，俾可續命。

People with prolonged chronic illnesses, loss of working ability, no family support and have to purchase treatment drugs prescribed by the Hospital Authority are in a situation of being "both sick and poor".

"The Medication Subsidy Program" from St. James' Settlement aims to help people in dire financial difficulties to purchase the medication without adding burden on their family's financial condition.

Lee Yuk Fun (alias), 40 years old, lives with her husband and two kids in a public housing unit in Tin Shui Wai, used to be in a fair middle class happy family. Unfortunately, their happy days were over when Ms. Lee had on 2003 suffered an unusual lung condition, lung pressure being three times higher than normal. "Since then I gasp going up stairs and was unable going out and walk or exercise and that affected my mood." She is now using the oxygen machine 16 hours a day to help her breathe and takes sleeping pills to get sleep.

"I used to own a small shop selling shoes and my husband was a small interior decorator contractor and we had steady income," said Lee pointing to her husband. "Last year, he had a stroke and could work no more."

"We have two kids 16 and 17 years old. The elder girl has just finished her School Certificate Examination and is working part-time, but the boy is unemployed and stays home. Our family now lives off CSSA." Lee said, "I am suffering from lupus and other illness etc. and it is expensive for the two of us taking taxi on doctors' visits and we have to pay for the medication for my heart condition."

Lee suffers from a rheumatic heart condition and has to spend \$3,937.50 a month on the medication. "Up to now the Hong Kong Rheumatism Association Fund has been subsidizing her annually \$9,000 (i.e \$750 monthly) for the third year. As we are in financial difficulty, I was forced to reduce my daily dose to just one pill a day instead of doctor's advice of 1.5 pills a day and spend \$2,625 for that," sighed Lee.

"In the past we have been borrowing \$2,000 a month from our friends and relatives. However, we are unable to rely on that for long and we can afford this expensive medication no more."

The above is just one of the cases in our "Medication Subsidy Program". Lee is hoping that someone could come to her rescue. With \$1,875 (i.e. \$2,625 - \$740) a month one can help her with one pill a day for her survival.



參與行善之方法

How to donate in these Programs?



- 本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持
- | | | | |
|------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃 | <input type="checkbox"/> 電器贈長者計劃 | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務計劃 |
| <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"/> 燃點希望計劃 | <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 |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

- 劃線支票 (抬頭「聖雅各福群會」)
銀行：_____ 支票號碼：_____
- 以信用卡捐助 (VISA MASTER)
信用卡號碼：_____ 信用卡有效日期：_____ (月/年)
持卡人姓名：_____ 簽署：_____
- 銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：
匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

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

- I / My company would like to contribute (one-off / monthly) \$ _____ to support
- | | | |
|---------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
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| <input type="checkbox"/> "The Voice" Monthly Elderly Magazine | <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf |
| <input type="checkbox"/> Flu Protection for Frail Sick Plan | <input type="checkbox"/> Appliances Procurement Services | <input type="checkbox"/> Health Promotion Activities |
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- Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):
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*Please check off your method of payment.

*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip.

Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for **tax deduction** use. Thank You for your support.

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Friendly Printing : Ping Wai Printing Co., LTD.

恒行正義，必走向生命。

Constant pursuit of justice leads one to life.