



社工的話

Social Worker's Remark

健康寶庫的艱鉅工作

對於一些人來說，患上疾病是最奢侈的事，因為既要花費金錢在診費及藥費外，在家療病時，更要費力面對購買家居醫療用品或其他療病支出上；試問對因失去工作，依賴綜援或有限積蓄的人來說，「就醫療病」確可立時將他們置於人生的終極困境。

你對這些處於經濟極度困難的無依長者、長期病患者及低收入人士，願意伸出援手，以令他們可得到適切的醫療照顧嗎？

根據政府統計處2009年之數據顯示，本港每4個人約有一人屬長期病患者，即約有近163萬之數，相信當中不乏有經濟困難者，如何助他們減輕治病的壓力，精神與情緒不受影響呢？在醫療制度及援助不足下，助他們解困，作出「扶病助弱」的行動，實在有賴市民大眾愛心的捐助。

為能令貧病者減輕面對疾病的威脅，使能可得到適時、適當及適切的治療，減低疾病帶來的傷害，我們整統有關醫療及藥費援助的「慈惠服務」，加上本年10月新推出由藥劑師主理的「惠澤社區藥房」，售賣低於坊間藥房價錢的藥物予弱勢社群，及隨後推出，如為營養不良貧病者的「營養布袋餽贈計劃」等，統稱為健康寶庫服務。

曾接受當中「慈惠服務」的「贈藥治病」及「診病交通費支援」計劃的Christine說：「多謝聖雅各福群會資助我的化療藥費，以及每一次化療往返的的士費，助我最困難時可得到及時的化療機會，以及減去乘搭巴士而可能感染病菌染病的危機，救我於危難時，使我不致因此更為病重。」

我們深信於健康寶庫全面展開服務後，需要我們援助續命的個案將會日增，我們面對的財困，將如那些瀕臨死亡的重病者一樣，面對絕大的困難，此實在有賴你的愛心慷慨捐助。你的慷慨捐助，實有助提升受患者的療病生活質素，為無數的生命帶來希望，為他們的家人帶來祝福，亦為你們積德納福。

所謂「聚沙成塔 集腋成裘」，捐助多少不拘，只要有你的捐助，你的一分一毫必定能夠讓無助重病者，活出一個健康兼快樂的人生。施善熱線：2835-4321或8107-8324。

Health Bank Not Easy

Sickness is an ill afford luxury to some as they have to find money to pay for medical consultation and treatment, purchase of medical appliances and other illness related expenditure while having to stay home without work and income. In such a situation, those out of work and/or relying on CSSA or with limited savings will be cornered into a financial dead end.

Are you prepared to give these elderly in extremely financial difficulties, suffering from prolonged illnesses and low income earners a helping hand rendering them to receive proper medical care and attention?

The 2009 government statistics reveals one in four of the Hong Kong citizen is a patient with prolonged illnesses, that is to say about 1.63 million in total, and many of them have financial problems. How can we help to relief their mental and emotional stress, not to aggravate their ailment? Under the current inadequate medical system, the provision of additional support to the disadvantaged depends on the care and kindness of the general public.

In order to provide timely and proper medical treatment we are now consolidating the former medication and travel subsidy provision programs under "Charitable Service" and the October launched pharmacists managed "CB Pharmacy" which provides medication to the disadvantaged at close to cost and "Nutrient Package Donation Plan" etc into a new Health Bank Service program.

Christine, a former beneficiary of "Medication Subsidy Program" and "Patients Travel Subsidy Plan" under "Philanthropic Service" said, "Thanks to SJS for saving my life with timely help in extreme difficulties.

We expect by the time this service program operates in full swing, there will be dramatic increase in requests for help and so would further tax our financial resources. We have to count more on the generous donation to improve the quality of treatment, bring hope to the patient, blessing to their families and fortune to the donors.

There is a saying, "No amount of donation will be too small as many a little makes a mickle". Inquiry and donation hotline: 2835-4321 or 8107-8324.

「家居維修服務」及「電器贈長者」 10/09 個案統計 HMS & EAE 10/09 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	4
社會福利署	Social Welfare Department	6	15
非政府機構	Non-government Organization	71	58
其他政府部門	Other Government Department	0	0
個案總數	Total	82	77
個案數目統計	Cases Statistics		
10月份新個案	New cases in October	82	77
9月份尚未完成的個案	Cases carrying-over from September	28	126
10月份共需處理個案	Total cases to be handled in October	110	203
10月份完結之個案	Cases settled in October	96	96
帶往11月份之個案	Cases carrying-over to November	14	107
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	84	87
非綜援個案	Non-CSSA cases	12	9
已完結之個案	Cases settled	96	96

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.)	152	收音機/錄音機	Radio / Recorder	4
電力供應系統維修	Electricity systems	74	電飯煲	Rice cooker	9
木工維修	Wood-work	26	電視機	Television set	24
來去水系統維修	Piping & drainage systems	23	雪櫃	Refrigerator	21
家庭電器維修/安裝	Electrical appliances	52	風扇	Fan	17
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.)	42	電水壺/電水煲	Electric water boiler/pot	12
安裝《弱聽長者應門》	Flash-bell fitting	5	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)	14
檢查電力裝置	Check electricity system safety	36	洗衣機	Washing machine	8
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.)	3	電話	Telephone	5
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: 3部冷氣機及1部手提電話	Others: 3 air-conditioners and 1 mobile phone	4
總數	Total	413	總數	Total	121



我們需要你的捐助
We Need Your Donation



零九年十月份
OCT 2009
慈惠月報
The Philanthropy Monthly

貧老缺洗衣機自助 盼可有善長伸援手

「倘我可以有一部洗衣機，就可以有乾淨的衫著，不用看來那麼污糟。」69歲患有手關節炎的一位婆婆說：「起碼我可以有乾淨的衫去老人中心時，唔使咁自悲啦。」

「我雖然不是愛清潔的人，但我有體臭，夏天時弄致衣服有臭味；去到公園坐，人人都避開我，好似我係大惡人一樣，如有一部洗衣機，我就可以晚晚洗衫，洗去衣服的臭汗味。」62歲的陳伯伯說。

「我最怕熱，一到夏天大汗的我，一走動時便會流大汗，穿起單衣時也會弄濕背部，真是令人煩透。」與陳伯伯情況一樣的鄧伯伯說：「如果有一部洗衣機，當然可以方便我在家洗衫，日日交俾洗衣鋪洗，唔使錢都無咁方便啦。」

「自從老伴中風弄致大小便都出現問題，要我每天都要替佢更換衣袂及床單，我老了，怎有咁多體力做呢？」每日都要貼身照顧中風老伴，患有高血壓的76歲老婆婆說：「照顧一個行動不便兼大小便有問題的人，真是很辛苦，不是洗衣物咁簡單，照顧他三餐、吃藥，又要陪他做運動啦，出街買餸都要盡快回家；如果有一部洗衣機，可以省去我一點時間，等我可以休息一會。我也老了，真是不知捱得幾耐？」

善長們，你可向以上的貧而無助，領取綜援的長者伸援手？你可捐出5年以下運作良好的高水位洗衣機嗎？或捐款予全港推行「電器贈長者」計劃的聖雅各福群會，用批發價，每部\$1,200作出轉送正輪候已久的7名長者，以鼓勵老人自助嗎？支票抬頭：聖雅各福群會，支票背面指定「購買洗衣機」。網址：www.thevoice.org.hk、施善查詢：2835-4321或8107-8324。



Destitute elderly lack washing machine Awaiting kind helping hands

"I'll have some clean clothes to put on if I have a washing machine. Otherwise, I'll have to go on looking grubby." A 69-year-old lady suffering from hand arthritis said, "I won't feel inferior anymore when I can go to the centre for elderly in clean clothes."

"Though I'm not mad about cleanliness, I have a body odour. In summer, my clothes stink because of that. When I sit down in the park, people stay away from me as if I were some kind of monster. If I have a washing machine, I can wash my clothes every night, taking away the stinking smell from perspiration," said 62-year-old Mr. Chan.

"I dread the heat. In summer, I sweat easily, especially when I move about. My back gets wet from perspiration even with a single shirt on. It's so annoying." Mr. Tang, who has the same problem as Mr. Chan, said, "if I have a washing machine, I can wash my clothes at home conveniently. It'll be awfully inconvenient even if it costs nothing to have my clothes sent to the laundromat."

"Since my husband had a stroke and has trouble passing his urine and bowels now, I have to change his clothes and the bed sheet every day. I'm old and I haven't the energy to do all that by myself." A 76-year-old lady who has to take care of her other half when she suffers from high blood pressure, said, "it's hard work to take care of some one with poor mobility as well as toilet problems. It's more than just laundering his clothings. I have to take care of his 3 daily meals, help him take his medications and exercise with him. I have to hurry home again after I go out for shopping. If I have a washing machine, it will save me some time for a rest. I'm old, I don't know how long I can keep going like this."

Will you extend a kind helping hand to the above poor, helpless elderly living on CCSA? Will you donate washing machines that are less than 5 years old and function smoothly? Alternatively, you can donate to St. James' Settlement's EAE Scheme. Each washing machine costs HK\$1200 at wholesale price enable us to help our cases. Please help support the poor elderly to keep themselves clean. Make out your cheque payable to St. James' Settlement, specifying 'for purchases of washing machine(s)' at the back of your cheque. Send your cheque to 85, Stone Nullah Lane, Wanchai, Hong Kong. You can visit our website www.thevoice.org.hk/ For further informations, please dial 2835-4321 or 8107-8324.

「多謝善長的洗衣機，令我以後可以有潔淨的衣服穿了。」

"Thank you for donor's washing machine and let me have clean clothes."



受惠者言
Client's Remark

助婆婆擺脫夢魘

Nightmare's over for granny

「半年前搬進這裡，滿以為在大半生捱窮後，終於能有個安樂窩，殊不知，原來是另一個夢魘的開始。」年屆60歲的洗婆婆拿著水杯，抖著手說。「搬進新屋後，沒有錢去鋪設膠地板，只能自己動手把一條條的大毛巾鋪在水泥地上。由於大毛巾會滑來滑去，我經常也狠狠地摔倒在堅硬如鐵的地台上。」

經常拌倒對患有關節炎的洗婆婆無疑是雪上加霜，「我患有關節炎，差不多是20多年了，走路走不穩，就連拿東西的也常常把物件跌在地上。坦白說，我覺得自己一點用也沒有，每一天醒來時我都只在想，今天不知在甚麼時候又把自己拌倒跌痛了。」

因為常常把拿在手上的東西跌在地上，洗婆婆經常被樓下的住戶投訴，甚至遭受到暴力對待，「樓下住客有一天凌晨時候在門外大力拍門，都把左鄰右里都吵醒了，但我卻瑟縮在床上不敢開門，我怕遭遇不測。我也沒有辦法，只因我這個弱老手無寸鐵。」猶有驚恐的洗婆婆不停地說：「後來他更變本加厲，用打火機燒我家的大門，你看大門都留下了痕跡，再這樣下去，我真怕精神會崩潰，現在每天都像活在夢魘裡一樣。」

當本會的「家居維修服務」義工得悉洗婆婆的情況後，便迅速為她在屋內鋪設膠地板，膠地板對患有關節炎的洗婆婆除了有避震及防滑的作用外，更因膠地板能使硬物不會直接掉在水泥地上，而發出聲響，使她免於被下層住客投訴及暴力對待。當洗婆婆知道「省善真堂」支付對她來說是一筆巨大的材料費後，她熱淚盈眶地說：「如果沒有省善真堂的善長捐助，我除了沒有安寧的生活外，我的關節更會因常常拌倒而加速退化。真好，終於有好日子過了，謝謝省善真堂的善長。」

"I moved in here six months ago and I thought that after years of poverty, I could finally settle into a comfort nest, without knowing that was the beginning of another nightmare," said 60 years' old granny Sin holding a glass of water in her shaking hand. "When moved into this new home as I could not afford laying vinyl flooring, I simply placed large towels on the concrete floor. I often slipped and fell hard on the concrete slab as the towels failed to stick in."

The falls is like woes in succession to arthritis stricken old lady. "I have arthritis for almost 20 years and my steps are not steadily and things in my hand often dropped to the ground. Frankly speaking I think I am good for nothing. Each morning when I wake up, I just wonder when I am going to fall and hurt myself again."

Frequent dropping things onto the ground resulted in complaint and sometimes with violent treatment by the resident living in floor below. "In the early hours of one morning someone banged heavily on my door waking up my neighbours. I was frightened, curled up in my bed and dared not answer the door. What else could a feeble old woman do?" She was shaking and continued to say, "To make matters worse, someone tried using a lighter to burn my door and the scorch mark is still there. I am afraid I will have nervous breakdown soon living in this nightmarish situation."

When "Home Maintenance Services" volunteer workers from SJS heard her situation, they quickly came to her rescue and laid vinyl flooring for her. The new flooring serves as a shock and sound absorber and prevents slip. She no longer receives complaint or violent treatment from other residents. When she learnt that it was 'Shang Sin Chun Tong' paid quite an amount of money for the flooring materials, she said with tear in her eyes, "Without the donation from 'Shang Sin Chun Tong' I would not have a peaceful life and my arthritis could get worse with frequent falls. Now I can have good time again. I am grateful to the benevolent people in 'Shang Sin Chun Tong'."



未得義工幫忙鋪膠地板前，洗婆婆家居是鋪滿大毛巾的

Granny Sin placed large towels on the floor prior to laying of vinyl flooring by volunteer workers.



我們需要你的捐助
We Need Your Donation

捐「燃點希望計劃」 助腎病患者家居洗腎

「病並非一個人的事，若此病是重病時，它會影響到病人的至親，會令病者全家人有愁雲慘霧的苦楚感。」一位醫務社工說。

「病者若因病而無法工作失去收入時，除令家人擔憂病者生命的安危外，更令他們急須周章病者的醫療費用，亦要煩惱日後家庭的生活開支問題。」該位醫務社工說：「社會即時施予援手的關懷，是最有效予病者及其家人的支援力量，燃點他們面對往後生活的希望。」

事實上，病人若在家中掌握療病的方法，在家人的關懷及支持下，不但能令他們的病情得予控制，助他們可早日回返社會工作，消滅家庭成員的哀愁，亦可令作為一家之主的他們，解決家庭的經濟困境。

「燃點希望計劃」就是聖雅各福群會「家居醫療用品支援計劃」之一項服務，目的是要減輕腎衰竭患者因醫療用品開支而帶來沈重的經濟負擔和壓力，減少腎衰竭患者因經濟問題而得不到適切及即時的治療及援助；除希望給予腎衰竭患者經濟及實物援助，令患者及其家人感受社會對他們作出關懷及援助。合資格者必須通過社工審查經濟及家庭狀況，以及並沒有接受任何政府及其他援助。

我們很感謝香港金融中心扶輪社率先賜撥善款，全力支持「燃點希望計劃」，助受惠者可有必須治療設施，如洗腎水、電暖毯、消毒清潔物品及磅(作秤腎水重量之用)等，俾可於家中在家人的支持下，可在家居安心自行洗腎。可惜由於資源缺乏，我們只可「靜靜地」於本港兩間醫院有限度地推行，只能可向合共20名腎病病人作出援手。而據上述兩間醫院的需要援手個案數字顯示，已有近80名基層腎病病人急須援手。故你可願伸援手，俾我們可以集腋成裘方式，募集至\$2,200以助一名貧乏腎病病人可有基本物品於家中洗腎嗎？以助此計劃可達到正如一位貧困受惠說：「善長的援助，助我改善治病的壓力。」的施善效果。捐款抬頭請書：聖雅各福群會，支票背面請指定：「燃點希望計劃」。計劃網址：www.thevoice.org.hk。捐善熱線：2835-4321或8107-8324。

Help kidney patients by contribution to the “Light Up The Life Program”

“Being sick is not an individual matter. When one becomes ill of a seriously nature, the patient’s next of kin will also be affected and the entire family will be under the cloud of sadness,” said a medical social worker.

“If the patient loses his ability to work due to the illness, the family members will have to worry about his life, living and medical expenses at the same time,” said the medical social worker. “However, if the community can provide prompt care and support, the patient and his family can rekindle their hope for the days ahead.”

As a matter of fact, if the patient knows how to treat himself at home and with family support, it will not only help him to control his condition and assist him getting back to work at an earlier date thus taking away some of the family financial pressure and worries.

“Light Up The Life Program” is one of the services provided under the “Home Use Medical Equipment Support Program” of SJS. It is aimed to alleviate the heavy financial burden of renal failure patients requiring constant peritoneal dialysis treatments. Applicants will be screened by the social worker of their family financial situations and to ensure they receive no financial assistance from the government or other party before they obtain physical support from SJS.

We are grateful to the Rotary Club of Hong Kong Financial Centre for their whole hearted support and donation to this program for the provision of necessary solution, warmth blanket, cleaning and sterilization material and pound(for weighting dialysis solution) to enable some 20 patients from just two hospitals to conduct dialysis at home. According to these two hospitals, there are some 80 poor patients seeking such support. We are now appealing to the general public hoping that with ‘many a little makes a mickle’ to allow us provide help to one patient for every HK\$ 2200 so collected. Please send your contribution by cheque, beneficiary St. James’ Settlement, earmarking for “Light Up The Life Program”. Website: www.thevoice.org.hk. Contribution hotline: 2835-4321 or 8107-8324.



洗腎必須物品之一的磅—用作秤腎水重量之用。

The needed pound is used to weight the dialysis solution.



我們的服務
Our Service

「電費助貧弱」計劃

特區政府去年大派利是，每個用電住戶每月可獲電費三百元回贈，對於一些平時比較少使用電器的小用戶來說，全年總數3,600元的回贈足夠數年使用；但對用電量大而需要使用醫療器材以「活命」的患有宿疾用戶而言，於扣除回贈後還要額外繳付電費。

居於港島區的王嬌婆婆年輕時經常生病，近年更發現患上氣管疾病，醫生建議她需長期使用氧氣機，以幫助氣管擴張以可呼吸。多年來依靠綜緩過活的獨居王婆婆說：「當使用氧氣機後，第一次收到電費單時，真係攞我命，平時都係一百蚊左右，用咗部機之後成500多蚊電費，我點俾得起呀！」使用氧氣機而引來高昂電費，令婆婆感到晴天霹靂，還幸特區政府隨後剛巧推出電費回贈計劃，助紓民困；婆婆也不用減少使用氧氣機的時間，以節省金錢作生活之必需，繼續可「舒適」地生活。

「自從有咗電費回贈之後，我終於可以舒一口氣，用部救命機（氧氣機）都用得安心啲，但病情剛剛才漸入佳境，電費減免又就快完，我又要過番之前既生活喇！唉！」婆婆正愁悶如何節省開支，以可開動氧氣機助呼吸，令健康不致受影響，正處於極度愁苦。

很多長期病患者常要為節省電費支出，而要被自行調節醫療器材(如氧氣機)使用之時間，此舉可引致他們的病情惡化，或甚至危害他們生命。然而在電費回贈下，很多病患者都可以安心養病，唯隨著本年9月開始，病患者需要回復自行繳付全數電費後，本會「電費助貧弱」計劃將要面對不斷而來的申請個案。

本會「電費助貧弱」計劃明白到健康的身體比任何事情都重要，協助病患者按照醫生指示，使用醫療器材療理頑疾，為有需要之長期病者提供醫療儀器的電費資助，舒減他們的財政支出壓力，避免因節衣縮食而要降低其生活水平，致進一步影響健康，本會的「電費助貧弱」計劃是一個可取的「慈惠服務」。有關計劃詳情及施善支持，盼請賜電2835-4321或8107-8324查詢。網址：www.thevoice.org.hk。



‘Electricity subsidy for the weak and poor’ Scheme

Last year, the HKSAR government gave out ‘lai-sze’ by reimbursing residents’ electricity bill up to \$300 a month. That adds up to a total of \$3,600 a year. The money will last for several years for those who use little electricity. But, to those chronic patients who rely on therapeutic equipments ‘to live’, they still have to pay after a deduction has been made against the reimbursement.

Ms Wong Giu lives on the Hong Kong island and was often sick when she was young. In recent years, she began to have trouble with her wind-pipe. The doctor suggested she had to use an oxygen machine day and night. The machine helps her breathe by expanding her wind-pipe. Ms Wong, who lives alone and receives CCSA, said, “The first electricity bill gave me a shock after I started to use the oxygen machine. Normally, my bill came to around \$100; but, it soared to \$500 afterwards. That’s more than what I can afford!” The dramatic increase in her electricity bill due to the oxygen machine gave Ms Wong a big shock. Fortunately, the government’s electricity reimbursement plan alleviates Ms Wong’s plight. She need not reduce her use of the machine in order to save money for other necessities.

“With the reimbursement plan, I can relax and use the machine in peace. But, my health has just started to improve and the reimbursement money will be used up very soon. I will be back to where I was before!” Ms Wong is caught between the dilemma of cutting her expenses without affecting her life and using the machine to help her breathe.

Many chronic patients have to regulate the duration of using therapeutic equipments, such as an oxygen machine, in order to save on their electricity bill. That will cause their conditions to deteriorate or put their life at stake. Under the reimbursement plan, many patients can convalesce in peace till September 2009 when patients have to pay their bill in full once again.

St. James’ Settlement’s ‘Power Subsidy – Ailing & Handicapped Program’ is aiming at assisting patients to use therapeutic equipments according to doctors’ instructions. It subsidizes electricity costs for therapeutic equipments so as to alleviate the chronic patients’ financial burden, hoping that their quality of life will not be lowered as a result of cutting their basic daily needs. Our ‘Electricity subsidy for the weak and poor’ Scheme is a worthwhile ‘philanthropy service’. For further information of the Scheme and donation support, please dial 8107-8324.

貧弱者為要「活命」而使用氧氣機令電費高增，你願伸援手？

The poor and weak run up their electricity bill by using an oxygen machine in order to ‘live’. Your helping hand is sorely needed.

將所學的教導病人

「我參加做義工，是希望能將所知的教導病人用藥知識，助他們可因此控制病情，減少病痛引來的痛苦。」註冊藥劑師蘇先生，是本會與香港醫院藥劑師學會合辦「病患者藥療輔導服務」的義工之一。

「我見有一位長者，患有高血壓，卻不認識藥物對其病情的重要性，於是沒有遵照醫生指示服藥。」蘇先生說：「他以為患有高血壓多年，深知身體的狀況，當他感覺身體良好時，便減少食藥啦。」

「但當他再覆診時，醫生以為藥力不夠，再給予多一種降血壓藥，可是這位長者仍不服藥，因為他深信自己已可久病成醫的理論。」蘇先生續說。「後來他再覆診時，血壓仍未見有被控制，醫生又另給予藥物。直至某天，當他感覺有血壓高的徵狀，便一次過把醫生處方過的所有降血壓藥物一起服食，結果當然是引致血壓過低，需要立即送院急救。」

「這無疑是玩命的行為。」蘇先生說：「很多長者對自己所服的藥物欠缺認識，或怕副作用而自行減藥，甚至停服，這都可能造成嚴重後果，影響健康。」

「我們平時工作時，由於工作繁忙，是未必有足夠時間向病人，詳細解釋藥物如何使用，加上部分長者對所服用藥物的認識一知半解，以致未能適當地使用藥物。」

「事實上，根據資料顯示，年過65歲及以上長者多患上一種或以上慢性疾病，他們需要服食藥物以助控制病情；亦有調查發現，50%長期病患者對他們正在服用的藥物並不依從指示，即錯誤服藥或沒有服藥。」蘇先生說：「這現象可導致病患者因沒有服藥而耽誤病情，最後需要入院，但其實是不必要的。基於長者誤用藥物的情況很普遍，因此我參加了『病患者藥物輔導服務』的義工行列，將所學的教導更多病人。」



Coaching patient on what I have learnt

"I join volunteer work hoping to coach the patients on proper use of medication for treatment and control to minimize pain and suffering." Mr. So, a registered pharmacist is one of the volunteer workers from Hong Kong Hospital Pharmacists Association, co-organizer of the "Patients Medication Coaching Service" Program with SJS.

"I have seen an elderly having high blood pressure but was not aware of the gravity of his illness and did not follow doctor's instruction taking the medication," said Mr. So. "He thought that as he has had this illness for years, he fully knew his bodily condition well enough so whenever he felt his body condition was in good shape, he reduced his dosage."

"On his follow-up consultation, the doctor thought that the previously given medication was not potent enough and gave him an additional blood pressure lowering drug. However, the elderly was a strong believer of the theory that after coping with this chronic illness for long time, he becomes his own medical expert and decided not to take the prescribed medication," continued Mr. So. Then on his next visit the doctor thought he needed another drug as his condition was still out of control. Then one day the patient felt he had symptoms of high blood pressure, he took all the drugs in one shot, rendering his blood pressure exceedingly low and had to be rushed to the emergency ward."

"This behaviour of playing with one's life is the result of elderly lacking the knowledge on proper use of prescribed drugs or fear of their potential side-effects, hence either reduces the dosage at will or to the extend of completely stopped taking them. All could cause grave consequences detrimental to their health."

"In our normal working environment we are extremely busy and may not have time to sufficiently explain to the patient on drug use and the fact that the elderly on half-knowing them often fail taking them properly."

"Statistics has revealed that elderly over 65 years old normally have more than one chronic illnesses that require medication for treatment and control; other surveys have found that 50% of the chronic patients did not follow the instructions, either taking the drugs the wrong way or not taking them at all," said Mr. So. "This phenomenon resulting in unnecessary hospitalization is very common amongst the elderly. Hence, I participate on this "Patients Medication Coaching Service" program to coach more patients with the knowledge I have learnt."

「自行停藥，是會影響健康的。」

"Stop taking medication at will affect health."



信賴要有憑証

做善事，透過捐款幫助有需要的困難人士的途徑很多，但我不選其他機構，只選聖雅各福群會。點解，因為負責推行「慈惠服務」的工作人員經得起我的考驗。

未作出捐款前，我曾經問過我經常捐款的朋友，問他們對聖雅各的意見；當中原來是定期捐款者，他們覺得聖雅各的服務積極，肯為無助者出心出力，推出一些社福界的新服務；而且願承擔，因為他們不會只限灣仔或港島區推行，而且還顧及全港有需要的弱勢社群。

我有一位老友曾經於年幼時受惠過於聖雅各，他覺得聖雅各不但幫助他的家人渡過艱難時刻，還教曉他謀生技能，助他可以出外謀生維持家計。

當然，我也不願只作「道聽塗說」，我也深入了解他們的工作。我曾經假意致電該會工作人員求助，他們很細心向我講解申請服務的詳情，而且還安慰我；我也上網尋找他們的服務詳情，甚至有關工作人員的個人資料；我更不時走上該會參加有關服務，以借此觀察他們的工作態度，看一看是否是我心儀捐款的福利機構。

而當我捐款後，他們還問明我所欲指定幫助的「慈惠服務」名稱，及可運用的方法，此種認真的工作態度，已足以令我安心；當我說要取回所有款項用作購物的單據資料時，他們亦可依我的意願行事，而且更邀請我親自與受患者見面，總之他們是要我的捐款完全可直接幫助到有需要的人。

大家需知，捐款人的目的是要幫助欲幫助的弱勢者，聖雅各就是可以幫助我達到幫助人的目的。我要令受患者直接得到幫助，我的捐款不被濫用、誤用，正正是我捐款助人的動力。有能力捐款幫助有困難的弱勢者，是我人生的喜樂。

—無名氏

Trust is built on deeds

There are many channels to make donations to people in need, but I don't use any organizations' services other than the St. James' Settlement (SJS). Why? Because workers providing "Philanthropic Service" must pass my test.

Before I started to make charitable donations, I had asked friends who often made donations for their views about SJS. Among them, those who made regular donations found SJS's services aspiring, helping helpless people with both heart and efforts and often introducing new services. They also found SJS very responsible, as it doesn't only serve the Wanchai or Hong Kong Island community, but those in need of help throughout the territory.

I have an old friend who had benefited from SJS when he was young. He thinks SJS did not only help his family through the hard time, but also taught him skills to make a living so that he could earn bread for the family.

Of course, I did not only listen to others' words. I had an in-depth understanding of their work myself. I once called their workers pretending to need help, and they carefully explained to me the application procedure for their service, and also comforted me. I had also studied details of their services on the Internet, and even personal information about their workers. I also visited SJS and joined their activities to observe their working attitudes to find out whether it was the social service organization of my choice.

After I had made a donation, they asked me the specific "Philanthropic Service" that I wished to support and the way I wished my donation to be used. Such a serious working attitude is enough to make me rest assured. They were also able to provide me with receipts of purchases made using my donations upon my request, and even invited me to meet the beneficiaries face-to-face. They ensure that all my donations are directly used to help the needy.

Everyone knows, the purpose of making charitable donations is to help the under-privileged, and SJS helps me achieve this exactly. I want to make sure that those in need of help directly benefit from my help and that my donations will not be abused or misused – this is the driving force behind my donation. To be able to help the under-privileged is my joy of life.

– Anonymous



善長令鄧伯伯更能照顧自己

接受我們「慈惠服務」的高齡個案，並非全部失去自我照顧的能力。88高齡的鄧老伯便不是一個完全依賴別人照顧的長者。

「我雖然88歲，行動不便，有多種疾病纏身，但並不是老態龍鍾，我一日頭腦清醒，仍會盡力照顧自己。」面容滿佈「老人斑」，頭髮稀少的鄧伯伯說。

鄧伯伯年青時與務農的同鄉來港「闖世界」，唯因學識及能力有限，只能幹一些粗活。「我讀書不多，年青時有的是氣力，那只好替人搬運，後來入工廠做加工工作，收入又少兼長時間工作，又要養活自己，又要接濟鄉間父母及弟姊妹，怎敢識女仔結婚呢？」鄧伯伯如此解釋其現仍獨身的原因。「我工作到近70歲時才因病被逼退休，不到數年儲蓄用盡，可依賴的朋友不是太窮、太老便是已經死去，我才依賴政府接濟。」鄧伯伯跟着又解釋他無親無故的情況。

「我40多歲時跌傷了腳，一直都是行動不便，現在每日兩餐，我找到附近一間福利機構送飯，解決了要出街買餸煮飯的困難。」鄧伯伯雖然自稱學識少，仍能自豪地表示自己有能力解決生活上的難題。

「我已有血壓高多年，醫生要我經常留意血壓，故我亦尋得附近一間老人中心，一星期三日替我量度血壓。」患有血壓高已有10多年的鄧伯伯說：「我已行動不便，倘因血壓高而中風致行動更不便，那就麻煩了；故我很快在老人中心學會了怎樣量度血壓。」

「很多謝聖雅各福群會送來善長捐贈的血壓計，我很快便學識用了；血壓超過醫生說明的度數時，我會即時往醫院看醫生。」鄧伯伯向聖雅各福群會的「家居醫療用品支援計劃」提出申請，瞬即獲本會送出血壓計一部。鄧伯伯欣喜地說：「請代我向送出的善長致謝外，還請代我告訴他們我雖然88歲、無學識，但我會努力學習，我學懂用血壓計量度血壓，會好好照顧自己。有了善長送來的血壓計，我現在更能照顧自己了。」



「多謝善長的捐贈，關注我的健康。」

“Thank you very much for your donation and concern my health.”

Uncle Tang can now take better care of himself

Senior recipients of our Philanthropic Service are not all incapable of looking after themselves. Eighty-eight-year-old Uncle Tang does not depend entirely on others to take care of him.

“Though I’m 88, have trouble getting around and suffer from several illnesses, I’m not senile. So long as my head is clear, I will do my best to take care of myself,” said Uncle Tang, his face covered with old-age spots and his hair thin.

Uncle Tang came to Hong Kong in his youth together with fellow farmers from his village, “to make a buck.” With limited education and skill, he could only perform physical labour. “I didn’t have much schooling; all I had was the strength of a young man. So I could only work as a coolie and later entered a factory. I worked long hours and earned very little. Besides supporting myself, I had to send money home to support my parents, my younger brothers and my sisters. I didn’t dare date a girl to get married.” He so explained why he has remained single. “I worked up to nearly 70 years of age, and was only forced to retire to ill health. In just a few years I exhausted my savings. Friends I could count on were too poor or too old, or were dead. That’s why I began to depend on government,” he went on to explain why he has no friend or kin to turn to.

“I hurt my legs in a fall when I was in my 40s. Since then I have had trouble walking. I have found a nearby welfare agency to deliver two meals to me everyday, so that I don’t have to go out for groceries and then cook for myself.” While claiming to have had little schooling, Uncle Tang takes pride in his ability to solve problems.

“I have had high blood pressure for many years. The doctor wants me to watch my blood pressure. So I have also found a nearby senior centre that will take my blood pressure three times a week.” Uncle Tang, who has had hypertension for more than ten years, said, “I already have trouble moving around. If I have a stroke as a result of my blood pressure, it will be even harder for me to move around. That would put me in real trouble. So I quickly learned at the centre how to measure blood pressure.”

“Many thanks to SJS for sending me a donated blood pressure monitor. I quickly learned to use it. When my blood pressure runs higher than the count stated by the doctor, I go to the hospital to see him right away.” We sent him the monitor shortly after Uncle Tang applied to our Home Use Medical Equipment Support Programme. Uncle Tang said happily, “Besides thanking the kind donor for me, please tell him that, though I’m 88 and uneducated, I will learn. I have learned to use the monitor to take my blood pressure, and will take good care of myself. Now that I have this monitor, I can take better care of myself.”



一個電飯煲帶來的喜悅

「除了綜緩以外，我便沒有任何收入，電飯煲壞了，根本沒有錢去買一個新的電飯煲，更不可能經常外出進餐，都不知應該怎麼辦！」65歲單身阮伯伯搖著頭回想說。

單身的阮伯伯無兒無女，獨居於深水埗的一個單位裡，對生活沒有特別的要求，只求有三餐溫飽。阮伯伯因為不能負擔外出吃飯的沉重開支，每日都是過著自己燒飯煮菜的日子，「電飯煲壞了的那段日子，實在覺得非常無助，我只可用家中殘存的那個傳統瓦煲煲飯，而我經常因為不善控制時間，而導致滾水外溢，每天都是戰戰兢兢的打開煲蓋，害怕手會被燙傷，可是為了基本溫飽，惟有硬著頭皮。」阮伯伯憶述慘痛的經歷。

「幸好，經過社工協助下，悉知聖雅各福群會非常樂意幫助有需要的獨居長者，當他們知道我的處境之後，很快便安排一個由善心人士捐贈的新電飯煲給我，電飯煲很精美實用，有了他們捐贈的電飯煲，令我可以安心的蒸饊、煮飯和煲湯，一日三餐都無須再為時間控制所產生的安全問題而擔驚受怕，真的很感激他們，他們真好！」阮伯伯拿著新電飯煲尤如獲得至寶，歡天喜地的不停向工作人員說多謝。

The joy that a rice-cooker brings

"I have no other income besides the CCSA. I can't afford to buy a new electric rice cooker when the old one went out of work. And I can't possibly eat out all the time!" Mr Yuen, 65-year-old, looked back on the bygone days, shaking his head.

Mr. Yuen is single, with no children. He lives by himself in a Sham Shui Po unit. He asks of life nothing more than three daily meals. Since Mr. Yuen cannot afford the costly expenses of eating out, he cooks for himself every day. "I felt so helpless the time when my rice cooker went out of work. I had to cook with the traditional clay pot that I had for years. When the rice water started to boil, it often overflow because I wasn't good at timing. Each time when rice was nearly cooked, I took off the lid with trembling hands, afraid of getting scalded. But, I had to put up with it because I had to eat." Mr. Yuen narrated the awful ordeal he went through.

"Luckily, with the social worker's help, I knew that St. James' Settlement is willing to help those needy, lone elderly. When they learnt of my plight, they arranged to give me a new electric rice cooker donated by some kind people. The rice cooker is perfect and just the right one for me. I can cook rice, steam meat or fish as well as cook some soup easily. I no longer worry about getting scalded caused by poor timing. I am truly grateful to St. James' and the donors. They are wonderful!" Mr. Yuen held the new rice cooker as if it was a priceless treasure, thanking the St. James' volunteers repeatedly.



阮伯伯非常感謝善長送贈電飯煲

Mr. Yuen is very grateful to the donor for giving him a rice-cooker

灑灰並非無情事

What happens after death?

大部份華人，對死亡一事很是忌諱，除了臨終時仍有知覺者，才會與家人商議自己的後事安排，年輕力壯的時候，大家都會覺得那是很遙遠事情，真是死到臨頭才安排也不會遲，立訂「平安書」已算是先進的了。

可以，我們往往忽略了，除卻資產等身外物是需要分配妥當之外，這軀殼仍需處理呢！諸如：放在哪裡？喪禮採用什麼宗教儀式？要通知哪位朋友……等等。

在學習坐禪的課堂上，認識了蘇珊，她便有先見之明，參加了聖雅各福群會舉辦的一個「後顧無憂」計劃。胖胖的蘇珊，雖然曾中風，行動尚算靈活，待人熱誠友善，老伴在今年7月過身，膝下猶虛，但她每天都過得充實，參加義工行列，學習時間表亦編得滿滿的。

這個無憂計劃很好玩，付出15,000元，機構便承諾按個人意願代辦理後事，全包宴連律師費，可以代灑灰入海，也可以灑在公園做花草的肥料，或申請放置在政府的華人永遠墳場，俗語說的棺材山地全包宴，簡直是超平，交款後，按兩年續約一次，中途退出，可以原銀奉還。有興趣者，可以與該會聯絡查詢。

蘇珊已打定主意，待百年歸老後，這個計劃便會按照她的意願，與老伴骨灰混在一起，灑老公園裏，她還將古詩其中兩句：「落花豈是無情物，化作春泥更護花」，改為「灑灰並非無情事，化作春泥兩相依」自喻。泥中有她也有他，多浪漫！

In the Chinese society, mentioning death and the rituals that surround it are viewed as bad karma. Death is embraced and feared by everyone. However, when we were young, death seems far away, few of us are open minded enough to prepare a will for the unforeseen.

Many of us ignored the fact that apart from protecting financial assets, we still have our bodies to be taken care of after death, certain procedures must be carried out and legal requirements to be fulfilled after death.

Through the convenient pre-assembled burial packages of St. James' Settlement, you will be able to find out about the range of burial options. Once a pre-paid agreement is in place, our workers will carry out your personal requirements for your funeral arrangements upon. This agreement will be renewed every two years, the \$15,000 package price is all in, including legal fees and fully refundable. After cremation, the cremains (cremated remains) can then be scattered in the sea, buried or scattered in the park, to be combined with nature in peaceful harmony.

Susan joined the program and she has decided that her final resting place will be in the park, her cremains will be combined with her beloved husband's. Their cremains will become part of the eternal cycle of fallen leaves, winter snows, and life-giving rain as they return to the earth.



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。

- 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 |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Light Up The Life Program | <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services |
| <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 |
| <input type="checkbox"/> Legal Consultation for the Elderly | <input type="checkbox"/> General use | |

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

Address : _____ Phone No. : _____

Donation Method :

- Crossed cheque (Payable to "St. James' Settlement")
Bank : _____ Cheque No. : _____
- By Credit Card (VISA MASTER)
Card No : _____ Expiry Date : _____ (MM/YY)
Card Holder's Name : _____ Signature : _____
- Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):
HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

*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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有人慷慨好施，反更富有。

He who gives generously gains more riches.