

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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社工的話

Social Worker's Remark

「補血寶愛心計劃」

善長們收到是期《慈惠月報》，是會同時收到另一份呈上的「補血寶愛心計劃」書的。此份計劃書是我們正尋求社會善長及團體的支持，呼籲大家捐助一些垂危、頻臨生命尾段的病人在餘下的日子，可感受人間關懷，減輕其離世前的悲與痛。

患上重病，不單是給予病者肉體與精神上的苦痛，令病者失去工作能力，帶來其經濟壓力外，更會如「骨牌效應」般，影響到他們的親人，環繞著他們頭上的是一片愁雲與慘霧，況且是末期病患者呢？

面對當局醫療及福利政策未有津助的服務上，我們的職志是要開拓一些基層市民急須的「慈惠服務」事工，目的是要為貧乏病殘老耆服務，尋求大家的賜助，藉大家的扶助，改善當事人的生活質素、支援他們的家人，減輕他們的照顧壓力外，更可推動社會的互助互愛文化，令社會更為融和，人間多有愛意溫馨。

事實上，末期病人不只是如此份「補血寶愛心計劃」書所述的腎病病人，此乃是我們踏出為末期病人，而作出勸募善款呼籲的第一步；在面對「貧者越貧」的社會環境，患上危疾的經濟困乏人士，其自願能力在面對當局並無醫療津助下，只能任由病魔纏手不放，讓生命如燭光般漸暗而熄滅；在此講求人道立場的社會，對無助乏力的人來說，確是人生末期的悲慘事。當然，對罹患末期垂危的病人來說，在全無善款的支持下，我們也是無奈地期盼可早日作出寸進的援手。為免引來申請者過多，造成腎病病者失望，「補血寶愛心計劃」只能於九龍區某一醫院推行，此也是無奈！

中醫認為，血能滋養病人，血氣不足會令人精疲力竭；腎病病人至末期時，由於體內血紅蛋白含量不足，已是精神極度萎靡不振；唯當局對血紅蛋白含量(Hgb)10至12g/dL腎病病人並不會資助針劑注射，試問失去工作已久的腎病病人怎有財力應付自費購買呢？此「補血針」援助，目的是透過「補血」行動，助受患者在人生末段可振作精神，不致被病魔蹂躪至死，亦減輕家人的傷痛。

懇請善長將此呼籲援助書，代為廣傳，向親屬好友、生意伙伴呼籲募助，為末路垂危病者伸援手，於新的一年來臨之際，齊種善恩，令病者有點振作精神的曙光。施善查詢：2835-4321 或 8107-8324。

The 'Precious Blood Precious Love'

As a regular 'Philanthropy Monthly' reader, you will receive our new project proposal together with this publication issue, a proposal for a new philanthropy project under SJS named The 'Precious Blood Precious Love'. Through the proposal we hope to gather support from our donors and we hope we can arouse your attention on the needs of terminal chronic patients, so that we are able to help relieving some of their pains in their final days.

Actually what the terminally sick have to take is more than just physical suffering and pains. As they are no longer able to work, they have considerable financial stress; even their families are under tremendous stress too, imagine the anxiety they have on their loved ones.

Current government assistance scheme on hospital care is far from perfect and numerous deemed necessary service is still out of reach to the needy. Our role to help those deprived, old and sick and we would also try to cover certain urgent needs of those in the bottom rung of our society. By pooling up your donations from the public, we are going to offer them timely assistance, so that their quality of life gets improved and the stress of their families gets relieved. We believe encouraging philanthropy acts among ourselves is the way to make our society a more cohesive and understanding one.

We understand that terminal renal patients, i.e. the beneficiaries under the project, represent only a fraction of stricken terminal patients and the project is only meant to be a very first start of our course. Hong Kong is touted for its respect of humanity and undoubtedly it is a shame if there is someone here who cannot get cure simply due to the lack of financial means. Nevertheless it happens. As poverty problem aggravates, more and more critically ill patients, if no subsidization on medical treatment is in place, can only give up and let the malady take their lives. We tried helping those deprived terminal cancer patients to get cure, only to find our work hamstrung by the lack of donation support. Even now we choose to start by working with terminal renal patients first, we still have to face a shortage of donation funding and therefore have to limit the applicants only from one single hospital in Kowloon. Without adequate funding, we can achieve only little.....

Chinese herbalists say that blood brings both energy and nourishment. But the terminal renal patients, as their haemoglobin in blood normally runs thin, they look tired and lifeless all the time. As a remedy they can take injections to replenish erythropoietin (EPO), a hormone promoting blood production. However, the government is strictly requiring patients whose haemoglobin content falls between 10 and 12 g/dL to bear the injection costs themselves, which is in fact denying their access to the treatment. Through this project, we hope to make the treatment accessible to these terminal renal patients, so that they can regain strength to fight disease.

We hope our readers would pass this fundraising appeal along among your friends and acquaintance and call for more donation support for the project. At the turn of the year, let us join hands and rally behind those deprived sick whose lives nearly come to an end, to help them live with better strength in their final days. To learn more, please call us at 2835-4321 or 8107-8324.

「家居維修服務」及「電器贈長者」

11/09 個案統計

HMS & EAE 11/09 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	7	10
非政府機構	Non-government Organization	86	82
其他政府部門	Other Government Department	1	0
個案總數	Total	100	100
個案數目統計	Cases Statistics		
11月份新個案	New cases in November	100	100
10月份尚未完成的個案	Cases carrying-over from October	14	107
11月份共需處理個案	Total cases to be handled in November	114	207
11月份完結之個案	Cases settled in November	94	95
帶往12月份之個案	Cases carrying-over to December	20	112
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	88	88
非綜援個案	Non-CSSA cases	12	7
已完結之個案	Cases settled	100	95

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.)	158	收音機/錄音機	Radio / Recorder	2
電力供應系統維修	Electricity systems	77	電飯煲	Rice cooker	13
木工維修	Wood-work	27	電視機	Television set	15
來去水系統維修	Piping & drainage systems	26	雪櫃	Refrigerator	17
家庭電器維修/安裝	Electrical appliances	58	風扇	Fan	19
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	15
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)	20
檢查電力裝置	Check electricity system safety	42	洗衣機	Washing machine	5
檢查及維修扶手	Check and repair handle bars	20	電話	Telephone	1
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	8
			暖風機	Heater	5
			夜明燈	Night-light	5
總數	Total	460	總數	Total	125



我們需要你的捐助
We Need Your Donation

贈貧弱老者熱水爐 添關懷暖意渡寒冬

電熱水爐已經成為每戶家庭渡過寒冬的必需品，沖一個暖水浴是一件輕易而舉的事。可是，又有多少貧困長者能夠享用這些基本的電器及生活呢？

「天氣轉冷，我都想可有熱水洗滌，但是安裝一部電熱水爐要近二仟圓，除非唔食飯，如果唔係都不能安裝。」每月依靠二仟多圓綜援金過活的容伯伯嘆息地說。

現時74歲的容伯伯，無兒無女，早年自妻子因病逝世後，便開始獨身生活至今。過往容伯伯都沒有安裝電熱水爐，一向習慣使用火水爐煲水洗滌。「每次洗澡我都要把熱水拿到浴室，真是好危險；而年紀大，手腳又慢，熱水好快變冷水，洗澡時真是凍到“滕滕震”。」容伯伯無奈地說。「唉，人老了，有一次，行快幾步，希望有熱水洗滌，但一唔小心，熱水濺到我的雙腳，雙腳即時又紅又腫。」

當聖雅各福群會「電器贈長者」計劃了解容伯伯的困難及需要後，立即動用善長的捐款，為容伯伯安裝一個全新的電熱水爐，以助容伯伯能沖一個暖水浴。你希望獨居無依長者們可以在寒冬時可有熱水來沐浴，不用再拿著熱水進出浴室嗎？於寒冬還未進一步入侵之際，希望你可以捐出\$1,900以購買一台高壓熱水爐，俾可以集少成多的方式，使此計劃可以為12名貧弱老者於寒冬前安裝熱水爐，讓他們渡過一個滿載暖意的嚴冬。支票請書：聖雅各福群會，言明「購買電熱水爐」，擲寄香港灣仔石水渠街85號一字105室。施善熱線：2835 4321 或 8107 8324。



容伯伯拿起花灑感謝善長人翁的捐贈

Yung thanks the benevolent people Who help to give him the hot water heater.

Hot Water Heater for Elderly Winter

Hot water heater, a necessity for the family, makes body washing easy. However, how many poor elderly can enjoy what they consider to be luxurious basic living?

“As the weather is turning cold I wish I could take a hot shower, but where can I get the HKD 2,000 for installation of a hot water heater lest I skip all my meals,” sighed old man Yung who lives on the two thousand dollars from CSSA.

Yung 74 years old, no children and wife passed away many years is now living alone. He never had the benefit of a hot water heater and is used to heat up the water on his kerosene stove. “I am getting old and slow in motion. Carrying hot water from the kitchen into the bath room besides getting cold quickly could also be scary. On one occasion I was a bit careless and scald my feet with the spilled hot water,” said Yung.

On knowing Yung's problem, St. James' Settlement took money out from the “EAE” program and installed Yung a brand new hot water heater. This program is funded by public donation. So if you are prepared to help these poor elderly to have hot shower in coming winter months, please send your donation by cheque, beneficiary St. James' Settlement earmarking for “hot water heater purchase” and mail it to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. As many a little makes a mickle, every HKD 1,900 from such donations will buy one high pressure water heater for each of the 12 poor elderly now on our wait list. Donation and inquiry hotline: 2835 4321 or 8107 8324.



受惠者言
Client's Remark

苦熱中的日子

Days of grilling heat

盧伯伯、年七十八歲、未婚、領取綜援，獨居於香港仔鴨洲利東邨公屋單位已有十多年。

「我受苦已有十多年，唔鍾意都要住，唔通住街咩！」

原來盧伯伯的「安樂窩」面積不足一百平方呎，入屋跨了一步已到達睡床，放置櫃及桌子後，床邊只有不足兩呎闊的通道，床尾旁邊為灶台，放置電飯煲及石油氣煮食。

「房又係佢，廳又係佢，廚房又係佢，每當進食時，房裡面真係好熱呀！」盧伯伯站在床尾與廚房爐灶只有兩呎的地方無奈地說。

每當進食時，加上屋內空氣不流通，室溫高漲，夏天更是酷熱難擋，伯伯要走到街上乘涼。還幸近年用石油氣爐代替火水爐煮食，情況略為改善。

「又熱又焗，又怕火警，真係好煩又好驚呀！」

為了改善居住環境，盧伯伯最近由外展社工轉介本會之「家居維修服務」，申請安裝一抽氣扇，讓其於進食時，可抽走室內熱空氣，令房間略為涼快。

首次開動抽氣扇時，按不住歡欣的盧伯伯不斷向捐款安裝的善長致謝外，也歡欣地說：「真係好啦！以後煮食都會舒服啦！」

Mr Lo, 78, is single and lives on the CCSA. He lives by himself in a unit in the Lee Tung Public Housing Estate in Ap Li Chau, Hong Kong for over a decade.

"I have been putting up with the heat for more than 10 years. I have to, even though I hate it. I couldn't possibly live on the street."

Mr Lo's home unit is less than 100 sq. ft. After you enter, one more step takes you to where the bed is. This is an aisle of less than two feet wide from the bed after a table and a chest have been stationed. At the end of the bed is a stove. A rice cooker is on the stove, with a cylinder of petroleum for cooking.

"This is my bedroom, sitting room and kitchen. Whenever I cook, my unit gets very hot." Mr Lo remarked helplessly, standing on the 2-foot aisle between the end of the bed and the stove.

Whenever He cooks, room temperature soars high since ventilation indoor is poor. It becomes so unbearable in summer that Mr Lo has to cool himself outside. In recent years, his situation has been slightly improved since He cooks with petroleum instead of kerosene.

"It's hot and stuffy and I dread the likelihood of a fire. It's troublesome and frightening!"

In order to improve his home environment, Mr Lo applied for a ventilation fan with St. James' ' Home Repairs Services ' through an outbound social worker's referral. With the fan, heat can be extracted while Mr Lo is cooking. His unit becomes cooler than before.

When Mr Lo first switched on the fan, He thanked the donors for the installation of the fan repeatedly and also commented, "this is wonderful! I'll feel comfortable every time I cook from now on!"



善長的捐助令長者有更安全舒適的生活

Donations from you give a more comfortable and safer life to the elderly



我們需要你的捐助
We Need Your Donation

年青腎病患者乏支援 「家居洗腎」實無望

對年60歲以下患上長期病患的人士來說，雖然領取綜援以渡日，唯其所得援助的「福利」較年60歲以上長者為少，若要用醫療用品以療病，他們必須自費購買或租用有關儀器以助控制病情。

鑑於本港腎衰竭患病率全球排名第7，患者近7,200人，人數在12年間上升了2.3倍，當中有832名患者需要接受洗腎治療；據醫務社工表示：「當中年60歲以下需要洗腎治病的患者，由於缺乏資源援助，生活壓力更見艱辛，他們更對生活失去希望。」於日前當局証實病者於「家中洗腎」的治療有效後，將會有越來越多腎病病人購買家居醫療用品於家中「洗腎」。

聖雅各福群會的「燃點希望計劃」，就是透過援助首次家居洗腎者因須購置及租用有關家居洗腎設施，如洗腎機、喉管、消毒用品等醫療用品開支，以減輕他們的沉重經濟負擔和壓力，目前幸獲香港金融中心扶輪社贊助，以助他們於得到適切的治療及援助後，可燃點對生命的希望。

隨著家居洗腎治療的普遍推行後，我們估計將會有更多求助個案出現，故一位醫務社工也擔憂地說：「若沒有援助，相信很多年青領取綜援的病者，真是不知何時有能力，於家中作出洗腎的治療。」可惜我們的資源極度有限，只可以於九龍明愛醫院及香港瑪麗醫院，作有限度資助18至20位腎病病人購買部份家居洗腎設施；事實上，我們估計此兩間醫院將會有60至80位病者需要此計劃的援助。

正如一位於家中「洗腎」的54歲病人說，自從於家中洗腎後，其每天要吃有關的藥物數量也可減半，而且體力及情緒也轉好了，對人生也開始有希望。故我們正期待你扶病施善的參與，助我們可以集腋成\$2,300.00以助一名年60歲得不到綜援援助，以購買基本「家居洗腎」設施的腎病病人，俾令他們可燃點對生存的希望。施善支票抬頭：聖雅各福群會，請指定捐予：「燃點希望計劃」，俾可依指令濟助他們；支票請寄：香港灣仔石水渠街85號一字樓105室。網址：www.thevoice.org.hk。施善熱線：2835-4321或8107-8324。



Young kidney patients lack financing to home kidney-cleansing

Though chronic patients below 60 can receive the CCSA, they get less than those who are over. If they have to use a kidney cleansing machine, they have to buy one themselves.

In Hong Kong, the number of patients suffering from a kidney failure is 7,200, the seventh region so affected globally. The number has increased 2.3 times over the past 12 years. Among the sufferers, 832 need kidney-cleansing. One medical social worker commented, "life for the under 60 sufferers who need kidney-cleansing is more tough since they lack financing. Life seems hopeless for them." Recently, the authority has confirmed that home kidney-cleansing is an effective treatment. It can be foreseen that more and more patients will buy the necessary instruments for cleansing kidney at home.

St. James' Settlement's 'Light Up The Life Project' aims at reducing the patients' financial burden and stress by financing their first purchasing or leasing of necessary instruments such as kidney-cleansing machine, tubes and sterilizing products. The Rotary Club of Financial Centre has kindly sponsored the Project which will definitely light up the lives of the sufferers by aiding them towards acquiring the most needed instruments.

Once the home kidney-cleansing treatment has become widely accepted, we anticipate more applications for help will be received. That's why one medical social worker expressed his concern by saying, "without financial support, many under 60 CCSA kidney patients won't be able to cleanse kidney at home." With our limited resources, we can only finance partially 18 to 20 patients from Kowloon Caritas Hospital and Hong Kong Queen Mary's Hospital to purchase home kidney-cleansing instruments. In fact, we estimate there should be 60 to 80 patients who need financing from the Project.

One 54-year-old patient observed that he takes 50% less medications since he started home kidney-cleansing. In addition, he feels stronger, happier and more hopeful of life. We hope that you will join us to help the sick. Help us to accumulate \$2,300.00 to help one 60-year-old patient, not qualified for CCSA, to buy essential home kidney-cleansing instruments. Make your cheque payable to St. James' Settlement, specifying 'Light Up The Life Project' on the back of the cheque. Kindly send your cheque to 85, Stone Nullah Lane, Room 105, Wanchai, Hong Kong. You are welcome to visit our website at www.thevoice.org.hk/ Donation hotlines are 2835-4321 or 8107-8324.

在家洗腎的患者所需的腎水

The home kidney-cleansing patient needs this dialysis solution to maintain his life.



不怕被燙傷

「視力差，真是令人生活不便。」視力日漸衰退，年62歲的甘婆婆說。

甘婆婆獨居柴灣一舊式公共屋邨一單位，依賴丈夫照顧，唯老伴因年老多病，兩年前亦因病逝世；而其唯一的已婚女兒，因早歲時與夫離異，變成單親家庭，需獨力照顧兩名尚在求學的孩子，故完全乏力供養她。甘婆婆無奈被逼領取綜援過活，不經不覺已有3年多。

「無辦法啦，現在只有自己照顧自己，摸著東西做嘢啦。」雖然甘婆婆視力不清，唯仍喜自行操作家務。「樣樣靠人照顧，會養懶自己，生活也會變得無聊。」

「我喜歡飲暖水，因為會感到舒服些。」甘婆婆每日會煲水兩次，以應需要。當每次將滾水倒入暖水壺時，她必會小心萬分，以防因大意被滾水燙傷。「雖然話要小心，但有時卻被燙傷。有一次，就要入急症室，害得嗰女驚慌萬分。」說話時，甘婆婆還指著右手被滾水燙傷的疤痕。

「不過，現在唔使怕了。雖然要俾多啲電費，也是值得的。」原來甘婆婆獲得本會由義工轉送的一個全新電暖水壺。「現在只需要倒凍水入水壺，按一下水壺掣，它便可為我煲水，又可以保持水溫，俾我隨時可以飲用，真是嘅方便，又安全。以後我不怕被熱水燙傷，真係多謝善長嘅關心同照顧。」



甘婆婆抱著電暖水壺向善長說多謝

Ms Kum hugs the electric water pot and thanks for donors.

Gone is my scalding fear

"Poor sight brings lot of inconvenience to life," said the 62 years old lady Kum suffering from deteriorating eyesight.

Kum lives alone in an old public housing estate unit in Chai Wan, used to be under the care of her husband until he died two years ago. As their only child, a divorced daughter and a single parent, has to look after her two children in school age and does not have the means to support her. Without being aware, she has been dependent on CSSA for three years.

"What can I do now besides looking after my own self and doing things by touch?" Even with her deteriorating eyesight, she still prefers doing her household chores. "If I have to depend on others, I may get lazy and life would be bored."

"I feel more comfortable drinking warm water." She used to bring drinking water to boil twice daily for her need. Each time when she poured boiled water into a thermal flask, she did it warily for fear of being scald. "Even being very careful, I did end up at the emergency ward for scalding once and that scared the hell of my daughter," said Kum showing the scar on her right hand finger.

"Nevertheless, I need afraid no more and paying more for power is worthy of it." Kum received a brand new electric thermal flask from one of the volunteer worker from SJS. "Now I only need to fill the flask with tap water, press a button and it will bring to boil. What I need to do is just press the button to have heated water to drink. How convenient and no more scalding fear, thanks to the benevolent people for their caring."

藥劑師的希望

「每個病人都知，有病便要睇醫生，希望健康得可早日康復。」一名參與本會「病患者藥療輔導服務」的義務註冊藥劑師A君說：「但並不是所有病人，都知道治理疾病是需要依靠藥物的。」

查本會的「病患者藥療輔導服務」，乃是由超過30多名義務註冊藥劑師組成的定期服務，目的是透過他們的專業輔導，以令病患者達到「知藥用藥」的效果。「部份病者連基本存放藥物的知識也不知道，例如無故將藥物放在雪櫃內、將所有藥丸放在一玻璃瓶內、放在窗邊、電視機頂上等等，總之不知道要放在陰涼的地方、應存放在藥盒及依醫生指定的藥瓶，當然如沒有指示，是不應放在雪櫃內。」義務藥劑師L君說。

「很多患有慢性疾病的人都以為『久病成良醫』，遇有病情稍有好轉時，便自行停藥；但遇病情稍為轉差時，亦會自行添加劑量。」藥劑師A君說。「但一些病人服食藥物後，遇有身體有反應時，也胡亂猜測，驚怕健康轉壞，或將不良的副作用誤以為正常現象，強忍不適，而就診時不告訴主診醫生。」而藥劑師L君亦說。

「他們有時因忘記吃藥，也弄致病情不穩定，健康也會時好時壞。」義務藥劑師L君續說。「他們當中也會在下次吃藥時，竟補服食回忘記的劑量，這是很危險的。」

「為了病人健康的著想，協助他們正確服食藥物，遵照醫生指示服食藥物，以可早日控制病情，以免被病魔折騰，加重支出以治理疾患的經濟壓力外，更影響生活質，此確非病者之福。」兩位熱心藥劑師齊說說：「所以我們加入此有意義的『病患者藥療輔導服務』，目的是要運用專業知識，輔導病人『知藥用藥』的能力，希望可令他們健康地生活。」



Pharmacist's wish

"It is common knowledge that doctor's advice is vital for early and speedy recovery when one happens to fall ill," said a registered pharmacist serving on our voluntary "Pharmaceutical Care Service for Patients Project". "However, not every patient understands the significance that remedial treatment depends on taking the prescribed medication as instructed and on time."

This regular "Pharmaceutical Care Service for Patients Project" service co-organized by SJS has now more than 30 voluntary participating registered pharmacists. The aim is to provide an opportunity for the patients to have better understanding on proper use of the medication prescribed to them through coaching sessions by professional pharmacists. "Some of the patients do not have even basic knowledge on proper storage of the medication, they may be putting the medication in the refrigerator while actually not being required, or putting all medication into a glass bottle leaving it on window sills, or on top of TV sets instead of a cool place, away from the sun," said another registered pharmacist.

"Many patients suffering from chronic illnesses thought that they could be their own doctor and stop taking the medication when they feel their condition has improved or increase medication dosage when situation deteriorates," said the first pharmacist. "Some patients simply tolerate in silence the discomfort arising from side effects and think that is normal without telling the doctor on their subsequent visit(s)," said the other pharmacist.

"Patients occasionally forget taking medication on time will result in ups and downs of their condition which will affect their health. Some of them may elect to take a double dose as remedial measure and that is very risky."

"For the sake of the patients, assist them to take medication in line with doctor's instruction will enable them earlier control of their condition, thus avoid unnecessary additional financial burden, improve quality of their lives is definitely in their best interest," said the two enthusiastic pharmacists jointly. "We join this meaningful program to coach the patients with our professional knowledge on drug nature, proper storage and uses, hopefully to reduce confusion, misconception and enhance better and clearer understanding of the medication taken by them."

「治理疾病，要從正確服食藥物開始。」

"Treatment starts with correct handling and taking of the medication."



有口清澈的水飲了

易婆婆，年80歲，喪偶無子女，依賴綜援過活，獨家住在石硤尾大坑東村。

易婆婆在大陸解放後第二年南下來港，先後與丈夫做過不同行業，開礦、五金、織毛衫等。丈夫十多年前因中風導致不能走路，婆婆由此照顧他直到沙士那年因病過身。

因為舊區重建及丈夫中風關係，所以房署在十五年前安排易婆婆入住大坑東村現址這個較大的單位；入住不久，房署通知可替易婆婆家居更換屋內水喉管。易婆婆看見當時看見水喉外表新淨，流出來的水又看不到有甚麼異樣，再加上丈夫中風常留在家，若果做工程會帶來很多不便，於是便拒絕了房署的安排。

「但誰知水喉流出來的水一天比一天黃，友人告知這是水喉管生鏽所致。再請求房署幫忙，因過了時限，遭拒絕了。唯有每天早上先開三四盤鐵鏽水，待黃水沉澱淡化後，才敢取用，但仍十分擔心因此而損害健康。」易婆婆無奈地說。

然而，流出來的水愈來愈黃，婆婆真的忍不了，便向區內的老人中心求助。老人中心把個案轉介給聖雅各福群會《家居維修服務》，義工師傅到來為易婆婆檢查水喉，發覺水喉生鏽情況甚為嚴重，需要全屋更換水喉，「看到拆出來的生鏽水喉，真是嚇了我一跳！生鏽得這麼嚴重，不敢相信我每天就是飲這裡出來的水。」師傅拿著生鏽的水喉給婆婆看。

在完成更換水喉的工程後，水質立即得到改善，「有口清澈的水飲了！」婆婆開心地說。



Enjoy a mouthful of clean water

Lady Yee, 80 years old, husband deceased and no children, lives alone in Tung Tou Estate in Shek Kip Mei and a recipient of CSSA. She came to Hong Kong the year after the mainland was liberated. She and her husband had worked in various trades, mining, small hardware, knitting etc. Her husband suffered a stroke, paralyzed for more than 10 years under her personal care, before passed away in the year of SARS.

Owing to reconstruction of the old district and stoke of her husband, the Housing Department offered them moving to her present unit in Tai Hang Tung Estate fifteen years ago. Shortly after moving in, the Department notified her that they were to replace the water piping inside their unit. She rejected their offer as the piping appeared new and nothing wrong with the water coming out. At the time her husband had to stay home all day, and the work would inconvenience them.

"However, the water coming off the tap got more and more yellow as time went by and a friend of mine told me that it was caused by corroded piping. I went back to Housing Department for help, but was rejected as time had lapsed beyond their responsibility. So each day I just caught three, four basins of this yellowish water, let them settled before using. I was worried all the time that it would still be harmful to health," said she some what helplessly.

However, as the situation got worse and she could tolerate no more, she sought help from the district elderly centre. They turned her case to SJS "Home Maintenance Services" and a volunteer technician went to inspect the water pipes in her unit and found that corrosion was so severe to require total replacement. "I could hardly believe that corrosion had been so bad when the technician showed me the dismantled piping. It scared the hack of me and I could not believe that I have been drinking such water day after day," said the old woman when showed the dismantled piping by the technician.

After piping replacement, water quality improved immediately. "I can now enjoy a mouthful of clean water," said the old woman merrily.

「生鏽得這麼嚴重，不敢相信我每天就是飲這裡出來的水。」易婆婆無奈地對義工師傅說。

"Look how serious is the corrosion and I cannot believe I have been drinking this water for years," said old lady Yee to the technician.



回復治病的信心

「人老了，自然會病，就要食藥，就是這樣簡單。我有多種就要食藥啦！」行動不便84歲的施伯伯說。「但病情總是沒有起色，而且身體越來越差。」

參加本會「病患者藥療輔導服務」計劃時的施伯伯，看來對治理疾病的信心非常低落。「點解？老妻也同樣患有高血壓，但她服食醫生的藥，病情亦得到控制，而我總是沒有起色。」

「你知我又患風濕骨節炎，有時病起來頭暈眼花，行動又唔方便，便拿老妻的血壓丸食，因為那些藥可以穩定她的病情，開頭也無大反應，但漸漸我發覺反而出現心跳等問題。」施伯伯如實地將服藥的情況告訴藥劑師時說。

「藥劑師告訴我，我亂服藥，因為醫好老妻病的藥，並不等於對我有用。藥劑師話每個人的健康唔同，一種藥是不能用來治好同樣的病。」施伯伯略帶羞愧地說：「我又不聽醫生指示，服藥後有不舒服的情況，又隨時停藥或加藥，見健康有好轉，也就停藥。」

「原來我犯了服藥不當的問題，對自己所服的藥物欠缺認識，或常常忘記服藥，以為下次補服便可，結果長期被病魔折騰；義工藥劑師很有耐性，詳細細細向我講解各種藥物的藥效、反應與副作用，甚至服法與貯存方法等，一一教我適當地使用藥物。」施伯伯說話時，似乎對其治理疾病的能力恢復了自信心。

「我現在才知道，病了要看醫生，但服藥就要見藥劑師。我活了80多年，到現在才知道。我一定要替病了多年的老妻報名，參加這個有益健康的服務。」施伯伯連聲道謝藥劑師時說：「藥劑師義工哥哥很有愛心，而最難得的是，此服務是免費的。」

Confident of getting cured again

"As one grows old, one has to take medications when one falls ill. I too have to take medications." So said 84-year-old Mr. Sze, who has trouble moving about. "But my health is getting worse and worse since I don't seem to get any better."

Mr. Sze, when he first joined our 'Pharmaceutical Care Service for Patients Project' did not seem to have much faith in getting healed. "Why? My wife suffers from a high blood pressure like me. Her illness is under control after she takes prescribed medications. However, the same effect does not happen to me."

"I also suffer from a rheumatic arthritis. Sometimes when I get so ill that I become dizzy. I have trouble moving around. I take my wife's medications for they stabilize her condition. At first I didn't feel anything extraordinary. Gradually my heart beats faster than usual." Mr. Sze gave a truthful report on his reactions after taking medications.

"The pharmacist told me I shouldn't have taken my wife's medications. What works for my wife doesn't necessarily work for me. The pharmacist explained that the same medications may not heal two patients at the same time for each one has a different constitution." Mr. Sze added, slightly ashamed of his ignorance, "I don't follow the doctor's instructions. When I feel worse off after I take my medications, I either stop or increase the dosage. Sometimes I stop altogether as soon as I see improvement."

"My problem is I fail to take my medications in a proper way. I know nothing about my medications. Sometimes if I forget to take them, I assume that I can make up for it the next time. Eventually, my illness never got cured. The voluntary pharmacist is very patient. He explained to me the curing effects, reactions and side effects of various medications in details. He also tells me how to take and store them. He shows me how to use my medications properly." Mr. Sze seemed to regain confidence in having his diseases cured as he spoke.

"Now I know that I see the doctor when I'm ill. But I should see the pharmacist when I have to take medications. It took me more than 80 years to find out. On behalf of my wife, who's been ill for years, I must put her name down for the Project which is beneficial to our health." Mr. Sze thanked the pharmacist repeatedly, "You have a loving heart. This service is free of charge and that makes it all the more valuable."

「亂服食別人的藥，定會醫唔好你的病。」

"Taking someone else's medications will never cure you."





我可以見人啦！

「我今年已九十歲，身體多病，要依靠輪椅出入。由於行動不便，經常鬱悶坐在家中，使我大半年已沒有整理自己的儀容，長髮披肩得連任何人都不想見，甚至不願外出，與這個世界已脫節了。」蕭老太可憐地說道。

年輕時，蕭老太經常做義工，幫助有需要的人；但可惜蕭老老年紀已老邁，體弱多病，行動不便，要與輪椅為陪，連外出亦要依靠別人，十分痛苦。故此，蕭老太經常隱蔽在家中，連電視也不願看，生活十分苦悶。

蕭老太表示：「以前我隔一段時間，都會出外剪頭髮，但現在我每次出外剪頭髮都要人照顧，要勞師動眾，好似打仗一樣。由於很不方便，我大半年已沒有剪頭髮，頭髮長得成個婆婆一樣，不想見到任何人。」

本會所舉辦的「到戶長者理髮服務」，乃積極到行動不便的長者家中，作出剪髮服務，協助整理儀容；當本會得知蕭老太的個案後，隨即派義工到她家中作出服務，令她整個人都煥然一新，精神立時煥發，開開心心過生活。

有著抖擻的面容，蕭老太開心地說道：「封閉在家中已很久了，幸好有義工協助我整理儀容，使我可漂漂亮亮、開開心心地見人。其實有很多人都好似我一樣，體弱多病，足不出戶，我好希望多些義工知道及支持這計劃，令更多人受惠，其實老亦可以扮靚的。」

蕭老太的個案只是冰山一角，要令更多人受惠，實有乃各位善長的支持！

I CAN MEET PEOPLE NOW!

"I am now 90-year-old, suffering from many illnesses and need to live on wheelchairs. Because I cannot move freely, I have to stay at home. That made me didn't do anything for my appearances. The shoulder length long hair discouraged me to see anyone or even go out. I have a very big gap to this world." Mrs. Siu said it poorly.

When Mrs. Siu was young, she was an active volunteer helping the people in needs. However, Mrs. Siu is too old and weak now, she cannot move freely and has to live on wheelchairs, she has to rely on others whenever she goes out, it's very painful indeed. Because of that, Mrs. Siu always hides at home and even not eager to watch TV, live to her is bored.

Mrs. Siu said, "I would go out to have my haircut at irregular interval before, but as I have to rely on others to take care of me, it's just like having a war whenever I need to go out. Because there's so much inconvenience, I haven't had my hair cut for over half a year. The hair is long like an insane woman and that makes me reluctant to meet any people.

The Home Haircut Services run by our organization is to actively visit the home of the elderly to provide haircut services to them and to make up their appearances. When we heard of Mrs. Siu's case, we immediately sent out our volunteer to provide our services to her. She was then enlivened by her entirely new look and lived happily.

Having such a bright appearance, Mrs. Siu said happily, "I have locked up myself at home for so long. I feel so lucky for having the volunteer come to help my making up, giving me have such beautiful appearance to meet other people. In fact, there are many people just like me, weak and suffered from many illnesses, cannot even go out. I hope more volunteers will aware of that and support this service, so that more people will be benefited. In fact, old people can also make their outlook prettier.

In fact, Mrs. Siu is only one of those in needs. We need your generous support so that more elderly will be benefited.



長者懷著喜悅的心情期待新髮型

The elderly person is looking forward to the new look joyfully.



電費資助

POWER SUBSIDY

問：我一向知道 貴會推行的「慈惠服務」目的是幫助社會上的貧困人士解決生活上的困難；其中我特別想深入瞭解「電費助貧弱計劃」的服務對象對電費資助的需要，以及你們如何釐定他們的電費支出，然後作出合理的資助？

答：感謝善長來信對我們的服務和對受患者的關心。得蒙大家慷慨捐賜、支持和關心，我們才能繼續幫助無依的貧困人士。

「電費助貧弱計劃」目的是減輕患有長期疾病的貧困人士，因需要使用醫療儀器而增加用電量，需繳交額外電費而產生的經濟壓力。任何年齡患有長期疾病並有經濟困難的人士，均可向地區福利機構、醫院、或殘疾服務組織的社工申請轉介，以便我們作出跟進。

有關電費用量，我們可從申請人所使用的醫療器材背面所示的用電標籤，得知其每小時的用電量。不同病情需要使用不同的醫療儀器，使用的時間也長短不一。我們將標籤所述的每小時用電量，乘以醫生指定每天必須使用儀器多少小時，再乘30天(一個月計)，再乘每度電的價錢，便可算出申請人每月因使用醫療儀器必須付多少電費。

假設個案每天使用氧氣機20小時，我們便將這個數目乘以30天，再乘以該儀器用電標籤之每小時用電量、以及每度電的收費。經計算後個案每月花在氧氣機的電費為\$345，加上家中基本用電，每月實際要支付\$400多元的電費。倘個案每月只靠二千多元綜援金為生，在並無電費支援下，便必須節衣縮食來應付花在氧氣機上的\$345電費，以求保命。但是這樣一個需要營養的長期病患者，又怎可以進一步節衣縮食呢？到窮途末路、求助無門時，他唯一的選擇便是停用氧氣機，任由健康衰退，迅速走向生命盡頭。「電費助貧弱計劃」正是要幫助這樣的貧病者解決使用醫療器材所需付的額外電費。

「電費助貧弱計劃」非常需要善款支援。我們至今所籌得的善款，遠遠不足應付所有合資格申請人的需要。目前我們只能資助他們6至8成的醫療器材電費，而且對每人只能作出為期半年的資助，否則便無法幫助其他的申請人了。

感謝您的垂詢，希望善長們在瞭解到情況後會慷慨解囊，助貧苦的長期病患者度過困境。

Q: I have always known that SJS's charity services are aimed at helping solve livelihood problems faced by the poor. I am particularly interested in getting a deeper understanding of your Power Subsidy Program for the Ailing and the Handicapped: what are the needs of the beneficiaries of the power program, and how do you determine their electricity charges before granting them reasonable subsidy?

A: Thank you for your letter and your concern for our services and their beneficiaries. It is only with the generosity, support and concern of our kind donors that we are able to go on helping the helpless poor.

The aim of the Power Subsidy Program for the Ailing and the Handicapped is to lighten the financial burden of needy victims of chronic illness who must pay extra electricity charges due to extra power consumption caused by the necessary use of electrical medical appliances. Any person regardless of age who suffers from chronic disease and has financial difficulty can apply for referral to us by social workers at local welfare agencies, hospitals or organizations which serve handicapped persons. We will follow up the case on receiving the referral.

To calculate the applicant's extra electricity charges, we can refer to the label at the back of the electrical appliance to see how many units of electricity it consumes per hour. Different medical conditions call for use of different medical appliances; the number of hours an appliance is used also varies from case to case. We take the hourly electricity consumption volume on the label, multiply it by the number of hours the doctor orders it to be used everyday, then by 30 days (one month), and then by the charge for every unit of electricity. The result is the extra electricity charges per month incurred by the use of the electrical medical appliance.

Supposing an applicant uses an oxygen machine 20 hours a day. We multiply the figure 20 by 30 (days), then by the hourly power consumption stated on the label, and then by the charge per power unit. We arrive at a monthly expense of \$345 for using the oxygen machine. Added to his basic power consumption, the applicant has to pay a monthly power bill of over \$400. If the applicant only lives on less than \$3,000 of CSSA a month and gets no power subsidy, he really has to pinch and save on food and clothing to pay the \$345 in order to stay alive. But a person suffering from a chronic disease needs a nutritious diet. How can he pinch further on food? When he comes to the end of his resources, and no help is within reach, his only choice will be to stop using the oxygen machine, let his health deteriorate, and hasten to the end of his life. Our Power Subsidy Program is precisely aimed at helping people like him to pay the extra electricity charges.

Our program badly needs financial support. The donations we have collected so far are far from sufficient to meet the needs of all the qualified applicants. Right now we are only able to subsidize 60-80% of the electricity charges for using medical appliances, and can only subsidize each person for 6 months. Otherwise we would not be able to extend our help to the other applicants.

Thank you for your enquiry. It is our earnest hope that, with a better understanding of the situation, our donors will give us their generous support to help the needy victims of chronic diseases out of their difficulty.



醫療儀器背面所示的用電標籤
Label at the back of the appliance showing power consumption



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

贈藥治病計劃 電器贈長者計劃 家居醫療用品支援計劃 病患者藥療輔導服務計劃

診病交通費支援計劃 惠澤社區藥房 專科專藥補助計劃 (燃點希望計劃 及 補血寶愛心)

家居維修服務 到戶理髮服務活動 電費助貧弱計劃 送暖顯關懷

後顧無憂規劃服務 閃燈門鐘 《松柏之聲》 代購電器服務

健康推廣活動 法律諮詢服務 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，俾本會可奉呈上謝函以及收據，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

Medication Subsidy Program Electrical Appliances for the Elderly Program Home Use Medical Equipment Support Program

Pharmaceutical Care Service for Patients Project Patients Travel Subsidy Plan Philanthropic Community Pharmacy

Specialty Medication Assistance Program (Light Up The Life Program and Precious Blood Precious Love) Elderly Home Maintenance Services

Home Haircut Services Power Subsidy - Ailing & Handicapped Warmth Giving Project

Funeral Navigation Services Flash Light Door Bell for Deaf "The Voice" Monthly Elderly Magazine

Appliances Procurement Services Health Promotion Activities Legal Consultation for the Elderly 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.

查詢及網址：聖雅各福群會

聯絡人：陳炳麟先生

電話：2835-4321 / 8107-8324

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翻譯義工：梁達仁、辛秀麗、祈慕潔、胡友玉、李婉兒

友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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慈善為懷的人，必得富裕；施惠於人的人，必蒙施惠。
The kind at heart will gain riches; the giving will be given.