



社工的話 Social Worker's Remark

勿讓弱老以衰退的身體 孤軍作戰

不知道是現代人因為工作壓力大，工時長及繁忙的緣故，身體出現衰退的徵象愈來愈早，還是因為其他因素。踏入40歲，應是正處於工作上的搏殺期，可是卻漸漸出現了雙膝關節痛、老花，甚至是血壓高、膽固醇偏高等毛病，而認識的朋友中更有40歲就接受白內障手術！

說到眼力衰退，真的令人困擾。電腦字體要調大一點，列印文件大小不可少於「12」，不記得由那時開始已沒再把日曆咭放在銀包內，晚上讀不到用反光紙印刷的雜誌了。這一連串衰老的徵兆，真懊人。早前看到一套外國電視節目，主持人介紹腦退化症，有關治療師要求他帶上特製的眼鏡，從鏡頭裡看，好像是一個模糊的放大鏡，令人對面前東西無法對焦，治療師又要求主持人帶上特製的手套和放了些東西在腳板，然後吩咐他完成一些簡單的任務，例如把檯上的東西由一方擺放到另一方，又由大廳行到廚房，做些斟水的動作等等。結果，在眼、手和腳不協調的情況下，主持人就連簡單的動作也無法完成，表現十分沮喪。

在踏入盛年，我們已開始感受到衰退帶來對生活的影響，如果真的到了老年期，雖不是腦退化，在行動上，自我生活照顧上，都不難想像當中的不便。從前可穩健爬梯修理燈泡，又可蹲下執拾雜物，現在卻成為生活的挑戰。

在慈惠服務中，我們接觸到的都是缺乏生活資源的長者，他們每天帶著衰退的身體跟生活上的大小困難孤軍作戰。對於有資源的，在醫療上可尋求私家醫院服務，在生活上可請家傭代勞；沒有資源的，就祈求身體健康，千萬不要有額外支出；平日節衣縮食，盡量省下一分一毫來應付突發支出，家中有電器或設備耗損，都沒有打算處理修整，日子就愈過愈糟。

在困乏中沒有支援，實在很難想像他們是怎樣撐下去！慈惠服務就是要服侍這群有需要的長者，在他們面對高昂藥費時提出資助；家居失修，就為他們修理整頓；電器耗損，就為他們送上合用的家電。目的是希望他們在晚年的生活，在面對漸漸衰微的日子，以急他們所急的心情，與他們一起面對困難，消除生活上的危機！

Don't Let Frail Elderly Fight Alone In Weakening Body

Nowadays the time when people's health start to show signs of degeneration has been getting earlier and earlier. One wonders whether the appearance of such phenomenon is caused by great pressure at work, long working hours and heavy workload or other factors. At age 40 one should be theoretically at the peak of one's career but health problems such as knee joint pain, presbyopia, even high blood pressure, high cholesterol and etc gradually occur. Among my friends, there's one who underwent cataract operation at the age of 40!

The issue of degeneration of eyesight is truly disturbing. Signs of degeneration can be recognised when computer fonts have to be larger, print documents mustn't be smaller than 12. I don't remember since when I stopped putting the calendar card in my wallet. At night, I am unable to read magazines printed on paper with reflective nature. This series of degeneration signs is very worrying. Earlier, I was watching an overseas TV program in which the person in charge was talking about degeneration of the brain. A therapist asked him to put on a pair of specially made glasses. The program in charge couldn't focus when he was looking out from his glasses. Then the therapist asked him to put on specially made gloves, put something on his soles and wanted him to perform simple tasks such as moving some object from one side of the table to another side, walking to the kitchen from the sitting room, or pouring water etc. Finally when his eyes, hands and feet failed to coordinate, the program in charge was unable to finish simple tasks like the above. As a result he appeared to be very unhappy.

At our prime, we already began to feel how degeneration affects our lives. Once we are really old, though our brain may not degenerate, we can easily imagine the inconvenience in taking care of ourselves in our daily life and in getting around. Things we used to perform easily such as fixing a light bulb by climbing up a ladder or picking some object bending down will become life's challenge today.

In the course of providing charity services, we usually come into contact with elderly in need of living resources. Each day they fight alone against hardships of life, whether big or small, in a degenerated body. Those who have resources can seek service from private hospital or employ a domestic helper in daily life. Those who have not had better pray for good health so that there will not be the need for unexpected expenditure. They live frugally so as to save every single dollar in case the need for unexpected expenditure arises. They have no intention to repair even some electrical appliance or equipment is damaged beyond use. Naturally their quality of life is getting worse and worse.

It is hard to imagine how the elderly can keep going when they lack support in their plight! Our Charity Project aims at serving these elderly in need. Our service will subsidise them when they are confronted with expensive medications. We provide home maintenance service when their home or appliances need fixing up. If their electrical appliances break down, we'll give them new and suitable electrical appliances. Our target is to face hardship with them together at their gradual onset of degeneration and to eliminate hazards in life at their old age.

人要知福、惜福、再造福。

Those who recognize blessings treasure them and extend them.



受惠者的紀念集

Commemorative Collection

一位腎癌的受惠者在其紀念集中的節錄：

Abstract from a renal cancer patient's memoir:

「直到大學畢業，當各人忙於尋找工作。我卻得知自己的癌症惡化，必須長時間往返醫院。身體及時間都不能應付全職工作，我開始思考在餘下的日子，我想做甚麼，我該做甚麼。」

"Upon graduation from the university, most people would be busily looking for a job, but I knew my cancer got worse, requiring frequent hospital visits. As my body and time make me unable to work for full time, so I began to ponder what I wanted and should do in the remaining days."

在惠澤社區藥房的資助下，她以優惠的價錢享用腎癌標靶藥物治療，而作為藥劑師的我，每月與她見面傾談，一兩年過去，她的身體情況也算不錯。

With subsidy from the Philanthropic Community Pharmacy, she was able to get renal cancer target drugs treatment and I, as the pharmacist, met and talked to her each month. As time passed in last two years, her physical condition was not bad.

回想和她每次短短的傾談，我感受到她對生命的迷失及無奈，當然我除了可以給予藥物治療及講解藥物的各樣反應外，就只有鼓勵她努力面對人生。另一方面，我亦知道藥物將有一天失效，故我鼓勵她寫下紀念集。

Recalling every brief chats with her, I had the feeling that she got lost and was helpless. Of course, additional to provision of medication and explanation of the various reactions to her, I just encouraged her to take a positive attitude in life. Besides, I knew one of these days, the drug would fail to work, hence I encouraged her writing it down as a memoir.

2015年病情惡化，以下乃「受惠者」之絕筆：

In 2015, her condition get worse and hereunder was her last words:

「副作用一一湧現，咳血、麻痺、抽筋和脫髮，甚至已經失去要控制情緒的念頭……曾經肯定想要的、可要的生活，都不要了，因為病魔奪走這曾經。」

"One by one, symptoms of the side effects popped up..... coughs with blood, numb, cramp and hair loss..... I even lost my emotional control..... I am no longer able to having my desire living as the disease does not allow me to do so."

對於病人逝世的消息，縱習以為常，但面對這「受惠者言」，心中漸漸來回發問：「我們工作的意義何在？努力的提供藥物續命，最終也如斯收場。我與她年紀相若，想起談天片段令我分外扎心。」

I accustomed to the news of patients being passed away, but reading the case's words, I kept questioning myself, "What is the meaning of our work? Working hard to provide life sustaining medication, but without change in the result. We are about the same age, whenever I think of our chats, it hurts me deeply."

直至她家人親自把紀念集送到我工作的地方，我有了新的想法，以下是她的友人在紀念集中留言：

By the time her family took the memoir to my office, I had a new idea. Hereunder is what her friends wrote in the memoir:

「你的生命好漂亮，本身就是一個見證。在患病過程中，你可以吃喝玩樂，沒有一般患病的人的束縛。你可以不斷分享，帶給身邊人喜樂，我知道只要身邊人快樂，你也很快樂。」

"Your life is beautiful and is a witness. During your illness, you could still enjoy food, drink and have fun, without the restraint common to patients. You continued to share, brought joy to people around you. I knew you were happy as long as people by your side were happy."

「在我放榜失落時候，妳同我講：『無論你考得幾差，你係我心目中仍然係好好的美玲(化名)』」

"When I was at a loss as the exam result came out, you told me, "No matter how bad was your result, you were always the very nice Mei Ling (alias) in my mind."

她友人的「受惠者(因她而受惠)言」，都讓我一睹她精彩的一面。每段分享、每則留言，也透露著這妙齡少女在大學時期得知病情惡化後，到離開世界一刻的光輝歲月。

The words of her friends let me see the brighter side of her. Each sharing and every saying left behind exposed the brilliant years of this young lady from learning her worsen condition during university time to her departure from this world.

有一套漫畫曾言說：「死去的人的意義是由在生的人去延續」；她短短的生命，在這彎曲悖謬的世代中，正為一點點將殘的燈火帶來希望。

A set of cartoon once said, "The meaning of the deceased is in the life being continued by the living"; her brief life, in this twisted and irrational era, brings hope to a diminishing flame.

本藥房資助的病人中，縱然是社會上被忽視的一群，但同時也有著不可或缺的身份：如五兒女的媽媽、一家之主的父親、桃李滿門的師、相依為命的姊妹……每每也可以為身邊人來溫暖。而我們的服務對象中，癌症病人的比例愈來愈多，資助需求也愈來愈大，服務是用資E藥物形式令他們生命得到延續，更甚是希望透過藥劑師短短的面談可以燃點他們為生命而堅持，無論是自己的生命或別人的生命。這樣，面對死亡也甚有意思，這本紀念集就是有力的證據。

Patients subsidized by our pharmacy may be the neglected group in the community, still they possess their own unmistakable identities, such as a mother of five children, a father of the family, a lifelong devoted teacher, a pair of interdependent sisters..... can always bring warmth to the people by their side. In our service, as the ratio of cancer patients grows, the demand for subsidy also increases rapidly. The service, in term of medicine subsidy, allows lives to be sustained and it is the wish of the pharmacist to strengthen their own or other's will to live through those brief face to face chats. To face death this way perhaps makes sense and this memoir is a strong evidence.

我實實在在地告訴你們：一粒麥子不落在地裏死了，仍舊是一粒；若是死了，就結出許多子粒來。(約翰福音 12:24)

I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. (JOHN 12: 24)



為活在「無底深潭」的病人 添一分希望

面對嚴重疾病，患者除了擔憂病情能否控制穩定，還要為高昂的治療費用而煩惱，心理壓力可想而知。聖雅各福群會惠澤社區藥房由2009年成立至今，幫助過不少癌症病人，讓他們以優惠價錢配取所需要的標靶藥物，在特定條件下，甚至免費配取。

患有肺癌的陳女士在接受標靶治療後病情穩定，無奈的是，該標靶藥物在醫院管理局的藥物名冊下屬自費藥物，陳女士需每月支付五萬多元的藥費，直至醫生判斷該標靶藥物對其病情控制已無積極作用為止。「患病的滋味不好受，但知道要花光積蓄才可換取標靶治療，造成生活上和經濟上的壓力，以及對家人的負擔，心中的煎熬更不好受。」陳女士眼泛淚光地說。這正正反映了許多癌症病患者的心聲，他們當然希望病情得到控制。以現今先進的醫療科技，造就了不少新藥的出現，的確為癌症病患者帶來了曙光；但這些藥物通常費用高昂，並需長期服用來控制病情，對患者來說這好比一個「無底深潭」，而患者及其家庭亦難以承受如此巨大的經濟重擔，生活質素因而大受影響。

「若沒有聖雅各福群會惠澤社區藥房的幫助，我是真的不能繼續支付這標靶藥物的藥費，照醫生的說法，病情就有可能迅速惡化。」由於陳女士符合相關條件，她在自費購買大約八個月的肺癌標靶藥後，往後的週期均可在惠澤社區藥房免費配取該藥物。「這『封頂式』的藥物資助計劃讓我在經濟上有所預算，心理壓力也減輕了不少。」陳女士續說。

惠澤社區藥房自成立以來，積極爭取社會資源，致力幫助患上不同疾病的病者以其可承擔的價格水平購得所需的自費藥物，並透過藥劑師的個別藥物輔導，讓患者在取得所需藥物的同時，能透徹了解用藥時需注意的事項，以及生活習慣上要作出的配合，確保藥物的療效。近年，我們接收的癌症個案數目不斷上升，當中涉及不同的標靶藥物資助計劃，所需要的資源配套亦大大增加，十分需要社會上不同人士的捐助。

施善支票抬頭：「聖雅各福群會」，支票背面可指定：「贈藥治病計劃」。施善查詢：8107 8324 或 2835 4321。

Give Hope To The Desperate III

A person who is seriously ill is naturally worried whether his condition can be brought under control. It is not hard to imagine how stressed he must be if he also has to worry about high medical expenses. Since its establishment in 2009, the St. James' Settlement Philanthropic Community Pharmacy has helped out many cancer patients, making target therapy medicine available to them at discount prices or, under certain conditions, free of charge.

Target therapy stabilised Ms. Chen's condition. Unfortunately, her medicine falls into the self-financed category in the Hospital Authority's Drug Formulary. She had to pay over \$50,000 a month for the drug until the doctor pronounced that it had no more positive effect on her condition. "It is bad enough to be ill. Your heart is in terrible turmoil when you learn that you must exchange all your savings for target therapy. It is a great stress on your livelihood and finances and an added burden for your family," Ms. Chen said tearfully. That is the feeling of many cancer patients. They naturally want their condition to be under control. Medical advances have created many new drugs, bringing hope to cancer patients. But these drugs are usually costly and need to be taken for a long period of time. It is a bottomless pit to the patient and an unbearable financial burden to both the patient and his family, significantly affecting their quality of life.

"I could not have gone on paying for the target therapy drug without the help of the Philanthropic Community Pharmacy. The doctor said my condition could deteriorate rapidly." Because Ms. Chan met the relevant conditions, after paying out of her own pocket for eight months, she was able to get the lung cancer drug free for the remaining cycles from the Philanthropic Community Pharmacy. "This drug subsidy program with a set ceiling enables me to budget my finances. It has lightened my psychological stress considerably," Ms. Chan added.

The Philanthropic Community Pharmacy has since its establishment been on an earnest quest for community resources in order to help those afflicted with different illnesses purchase self-financed drugs at affordable prices. Patients picking up their drugs also receive guidance from the pharmacist on the drugs – points of attention when taking them, and living habits to ensure their efficacy. The number of cases received by the pharmacy has risen in recent years, and many involving subsidy for different target therapy drugs. The growing need for resources cries out for more donations from the community.

Please make your donation cheque payable to "St. James' Settlement", indicating on the back for the "Medical Subsidy Program". For enquiry, please telephone 8107 8324 or 2835 4321.



收到貼身家電 獨老笑逐顏開

今天探訪了這對雙依為命的獨居，他們在家中正等候著義工把小電器送到來，並由義工教他們如何使用。當大門打開，兩位長者邀請義工及職員進入屋內，並請各人坐下休息。「多謝您哋呀！星期六都嚟探訪，個個人都外出去玩，星期六下晝唔洗返工都要你哋嚟，真係唔好意思！」黃婆婆與丈夫非常客氣，對於義工帶來善長捐贈的電器，表示非常感恩！

已接近九十歲的黃婆婆，與九十多歲的丈夫獨居於九龍區屋邨，兒子同為長者並另有居所，三人均依靠綜援維生，一直以來黃婆婆與丈夫互相依賴，互相照顧，並沒有親友支援。黃婆婆與丈夫各自患有各種長期病患，而日常主要是黃婆婆照顧丈夫的起居飲食。「無辦法，佢身體比我仲差，只能夠由我照顧佢，唉…… 我都周身病痛，如果照顧到佢，我都會盡力照顧。」探訪當日，黃婆婆家裡傳來一陣味道，相信是體弱的伯伯因間中失禁所做成。由於黃婆婆與丈夫年事已高，牙患情況嚴重，即使鑲了假牙，但因年老牙肉收縮，假牙容易脫落，難於進食。一次社工的家訪，發現他們二人有攪拌機的需要，於是社工為他們向本服務申請攪拌機，希望讓兩位長者吸收到食物營養。

義工逐步逐步教黃婆婆使用攪拌機，每一個程序及細節都講解清楚。「好嘞！我識用，呢一個是可以攪生果，我想俾佢飲到橙汁呀！我同佢排牙都咬唔到蘋果，食橙又好辛苦，我哋已經好耐無食生果，只係食到的淋嘅嘢！哎哋！ 太好嘞，多謝你哋咁多位呀！專登上嚟教我用，又送部機俾我哋！多謝晒！祝各位健健康康，步步高昇！」黃婆婆看著義工送來的攪拌機，不時面露笑容，感激善長的捐助！

事實上，每位獨居長者在生活上都面對著不同的困境，特別是身體機能的衰退影響著他們的健康。「電器贈長者」為孤苦無依的獨居長者提供電器轉贈服務，以改善他們的生活，讓他們能獨立於在社區生活。



A Blender Bring Joy To The Living Elderly

On our day of call, the elderly couple, living alone interdependently, was waiting for our delivery of a small appliance by volunteer workers who would also teach them its use. As the door opened, they invited us to go in for a rest. "Thank for your visit! It's Saturday today, most people would go out have fun, but you people take the free afternoon off and come all this way to see us. We really feel sorry!" They were extremely courteous and grateful for the donated electrical appliance from the benefactor!

Grandma Wong is nearly 90 years old and lives with her husband who is over 90 years old in a Kowloon housing estate. Their son is also an elderly and is living in another unit. Three of them are living on CSSA; and the couple take care of each other without support from friends and relatives. Both of them are chronic patients and their daily living is mainly took care by Grandma Wong. "His health is worse than mine so I have to look after him. I am also plagued by illnesses, I'll try my very best to take care of him as long as I can." On the day of our visit, their home was smelly which we believed caused by occasional incontinence of the feeble old man. As both of them are at advanced age, their tooth is bad, even fitted dentures easily get loose due to gum shrinkage and thus leads to eating difficult. The social worker, on one of his home calls, found they need a blender to get better food nutrition, and turned to our service for help.

The volunteer taught Grandma the way of use and clearly explained each procedure in detail. "Great! I know now. This one can blend fruit, I have been thinking of giving him fruit juice! His teeth cannot bite apple and eating orange is difficult. We have for a long time been without fresh fruit. Jsut soft food only! Aya! Very good indeed, thank you all for making this trip to call on us and giving us this appliance! Thanks again! May you all stay healthy and have prosperous future!" Grandma Wong looking at the blender thanks for the benefactor's donation with frequent smile!

In fact, every living alone elder is confronted with different kind of predicament, health issues due to deteriorated body functions in particular. The "Electrical Appliances for the Elderly Program" provides electrical appliances for these lonely and helpless elders with improved conditions for their living independently in the community.

黃婆婆學習使用攪拌機，從此她又可以吃水果了！
Grandma Wong picking up use of the blender starts taking fruit again!



我們需要你的捐助
We Need Your Donation

徵求電風扇，為獨老送涼迎夏

最近，香港的天氣明顯踏入了初夏，天氣回暖，間中氣溫更升至27至30度。要迎接炎熱的天氣，電風扇及冷氣機確實不可缺少，一般的家庭均必備此兩項電器。然而，不少生活在匱乏之中的獨居長者，家中既沒有冷氣機，甚至連電風扇也沒有。本服務不時到訪獨居長者家為他們進行家居安全評估時，發現不少獨居長者因經濟困難，家中的電風扇已經殘破，然而卻捨不得棄掉，也沒有向外求助，往往是靠社工或義工的家訪才發現他們的需要。

獨居在新界屋邨的梁伯伯，現年已有八十多歲，以往一直居於九龍區板間房，空間小得不能放置多餘的電器，甚至連風扇也沒有。最近，他獲派公屋，終於有安穩的居所。但由於他依靠綜援維生，遷入新居令他花費了不少，連基本購買床及傢俱的費用也未有能力承擔。地區中心社工得知他需要電風扇，特意為他向本服務申請。原來，梁伯伯甚少要別人幫忙，即使他生活清貧也不會向社區尋求幫助。探訪當日，發現梁伯伯家居整潔，擺放了許多膠花作為裝飾。細心了解及傾談下，原來屋內所有傢俱及擺設都是拾荒回來的。床鋪是由三張厚床褥疊成，全是從垃圾站檢回來。所謂的組合櫃，是由大大小小的二手木櫃組成，梁伯伯再用布料蓋著，驟眼看來擺放得相當精緻，但打開帆布一看原來是堆砌而成的。梁伯伯為人節儉，這是因為他前半生有所經歷，才令他現在對所得來的東西相當珍惜。

「相當後悔，是我自己不懂得珍惜，他們（家人）都走了，離我而去。最心痛是大仔，他走了一條錯路，跟我一樣。」原來梁伯伯年青時是一位中廚，曾是香港富豪的御廚，可惜因為嗜賭，讓他最後妻離子散，毀了大好事業。現在他學會了珍惜，即使自己家徒四壁，寧願撿二手物品回來也不向外求助，因為他知道一切是得來不易。他搬入新居唯一最需要的是風扇。他非常感謝善長的捐助，讓他可以渡過炎熱的夏天。

另一位居於新界北屋村的高伯伯，現年已有七十多歲，多年前跟妻子離婚後，已沒有跟子女聯絡，獨個兒在社區裡生活。由於他患有眼疾，視力十分模糊，沒有能力清潔居所，屋內的衛生相當差，不少電器已破舊仍不知道。本服務探訪高伯伯當日，發現他屋內僅有的電風扇已破爛。他曾嘗試把風扇的蓋弄好，但由於視力差，他跟本無法處理。直至本服務上門家訪告知他電風扇破爛，外殼不能維修。若不是本服務到訪，相信高伯伯仍堅持自己能修好風扇，最後沒有風扇迎接炎夏。「感謝你們，我以為還可以用，因為我只看到影，不知道原來不可以再用，多謝多謝！」

若你也希望在這個夏天為無依體弱的獨居長者送上一把可乘涼的風扇，請捐助：「電器贈長者計劃 — 送涼行動」，支票抬頭：「聖雅各福群會」。查詢：2835 4321 或 8107 8324。



Electric Fan Needed to Bring Summer Cool to Lone Elderly

Recent Hong Kong weather shows early summer has obviously arrived. The weather has been warmer with the temperature reaching 27-30 degrees occasionally. Electric fans and air conditioners are must have appliances in average household so that residents can live comfortably in the hot, humid summer. However, many lone elderly in deprivation have neither electric fan nor air conditioner. Often when we paid home visit to lone elderly with the intention of making home safety assessment, we discovered that even the electric fan at home had broken down, they still kept it with them. And they didn't seek help from outside. Their need for a new fan was mostly discovered as a result of home visit by a social worker or a volunteer.

Grandpa Leung, who lives in a housing estate unit in New Territories, is over 80 years old. He used to live in a boarded room in Kowloon. It was so small that there was no room for any electrical appliances, not even a fan. Not long ago he was assigned a public housing estate unit, which means he has a permanent place to live in. Since he lives on Comprehensive Social Security Assistance (CSSA), it cost him quite some money when he moved into the new home. He couldn't afford paying for the new bed and furniture. His district social worker applied for an electric fan with St. James' Settlement on his behalf. Grandpa Leung rarely asked for help, not even from his social community despite his thrifty life. On the day of our visit, we found Grandpa Leung's home neat and tidy, decorated with a lot of plastic flowers. During our conversation with Grandpa Leung, we learnt that all the furniture and ornaments of his home were things discarded by others. His bed was made up of 3 thick mattresses that he picked up from a garbage collection centre. His cupboard unit was made up by various sizes of second hand wooden cabinets. Grandpa Leung covered them up with some fabric material and they looked quite neat at a glance until we turned back the canvas and saw they were put together pieces. Grandpa Leung is a frugal man, he treasures everything he has due to what he experienced in the first half of his life.

"I regret sincerely. My family members all left me because I did not think they were precious. The most heart-breaking was my eldest son, he took the wrong path like me." Uncle Leung was a cook of Chinese cuisine. Once he was the favourite cook of a billionaire. But he indulged in gambling; his wife and his son deserted him and he ruined his career. Since then he has learnt to treasure things. Though his home was scantily furnished, he'd rather find second hand items from garbage collection centre than to seek help from outside. He has learnt his lesson: no pain, no gain. The only most needed item was an electric fan. He was very thankful for benefactors' donation with which he could survive the hot, humid summer of Hong Kong.

Grandpa Ko, who lives in a housing unit in north New Territories, is over 70 years old. Since he divorced his wife many years ago, he lost contact with his children. He lives by himself in the community. As he has eye disease, he has poor eyesight. He is unable to clean his unit and the hygiene at home is far from satisfactory. He didn't know some of the electrical appliances stopped functioning already. The day we visited him, we found the only electric fan inside was broken. He had tried but failed to fix the cover of the fan due to his poor eyesight. During our visit, we told him his electric fan was broken and its cover was beyond repair. If we didn't visit him, we believed Grandpa Ko would insist he would be able to fix his fan and would end up having no electric fan to use in the coming summer. "Thank you. I thought I could still use it. I didn't realise I couldn't use it anymore because I couldn't see clearly. Thank you so much!"

If in this summer you intend to give the frail, helpless elderly an electric fan, please donate to "Electrical Appliances for the Elderly Program - Fan for the Elderly Campaign". Make out your cheque payable to "St. James' Settlement". Mail your cheque to Room 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For enquiry, please dial 2835 4321 or 8107 8324.

高伯伯家中破舊的風扇。

The broken fan in Uncle Ko's home.



勇敢面對每一天

我一生可以用兩個字來形容：「坎坷！」站在我眼前的，是患有抑鬱症的黃婆婆，患上抑鬱的她，每天都徘徊在掙扎之中。

「我在這區住了二十三年了，八年前因為一些事而淪落住劏房，交了房租後每天只剩下不足一百元用作生活費，我不明白為何上天要把所有的門和窗都關上，就連讓我喘氣的裂縫都不留給我。如果要我每天都如此生活，我寧願今天就自我了斷。」絕望並不可怕，可怕的是無止境的絕望，看不清將來的黃婆婆感到十分痛苦，她的世界彷彿再沒有色彩。

「早前房署曾派發她一個位於粉嶺的單人單位，不過樓層過高，我怕我有一天我會受不了，會直接從家中跳下來。今天雖然獲派同區的公屋，但是這單位的間隔卻不是那麼好，不過魚與熊掌，不可兼得，對比起劏房的生活，我寧願選擇住在這裡。」

獲派新的單人單位，黃婆婆除了要準備新屋入伙的費用外，還需要改裝家中的設施以便日後的生活，對於一個領取綜援的她來講，無疑是百上加斤。「家中客廳的燈膽需要改為光管才行，因為我雙眼患有黃斑病變的關係，右眼更是完全失明，所以家中光度一定要充足，還有的是地面需要鋪上膠地板，不過費用都不便宜。」孑然一身的黃婆婆又如何能做到這些事呢？不過，在義工了解情況後，為黃婆婆鋪上膠地板和更換光管。看到義工的幫忙，黃婆婆表示無言感激，因為她沒想到這樣的自己都有人願意幫忙，義工的幫忙更溶化了黃婆婆的內心。

「今天我終於找到喘氣的裂縫，因為你們的幫忙，激發起我的求生意志，我知道生存依然是一件痛苦的事，但是我仍然會勇敢面對每一天。」黃婆婆展露笑容地說。

積少成多，聚沙成塔。這些事對於普通人來說可能只是小恩小惠，但是對於受助的長者來說，這些都是極大的支持，就如一雙手，為他們撥開眼前的迷霧，從而看清路上的風景。長者家居維修服務秉持服務的信念，繼續為更多陷於困境的長者，去除生活的陷阱和痛苦，支持他們繼續勇敢面對每一天。

Bravely Face Each Day

"Rough" is the word to describe my entire life, said by Grandma Wong who has depression. Facing the depression problem, she lives in struggles every day.

"I have been living in this area for 23 years; due to certain reason, I reduced to live in a partitioned room 8 years ago. After paying the rent, I am left with less than \$100 for my keep each day. I fail to understand why the providence has all the doors and windows shut on me, not leaving even a gap to breath. Had I need to live like this, I would rather be dead today." Being desperate is not dreadful, but without end in sight is, Grandma Wong feels very painful as if her world no longer appears colourful anymore.

"Not long ago, the Housing Authority offered me a one person unit in Fanling. However, it is located on a high floor, I feared that one day I could stand no more and dive from it. Today, even being offered a public housing unit in the same district is not that good in its internal set up, one cannot have all so I'd rather live here comparing with living in a partitioned room.

Having been offered a one person unit, Grandma has to prepare for the move-in and renovation expenditure which is far from her financial means as a CSSA recipient. "Lighting in the sitting room has to be replaced with fluorescent tube because I have glaucoma, right eye almost blind, so the room has to be bright enough. Besides, it requires a flooring and that would not be cheap." So how is this lonely Grandma able to cope with it? After looking into her situation, volunteers went to lay the flooring and install fluorescence lighting for her. Watching the volunteers at work, she expressed her heartily gratitude as she could never have thought, people like her could ever get willing helpers, and her heart melts.

"Today I finally find a breathing gap due to your help which also has ignited my will to survive. I know staying alive is painful still but I have the courage to face it every day," said she with a smile.

A dune is pile up by sand. What appears to ordinary people as small favours and benevolence are huge support to the needy elderly as if a pair of hands clearing the mist from their eyes for a clear sight of the scenery ahead. Mission of the "Elderly Home Maintenance Services" is to help more elderly by elimination of their living in the trap and misery so as to give them support and maintain their courage to face living each day.



義工為黃婆婆鋪上膠地板，為她於絕望中帶來希望。
Volunteers help Grandma Wong with a new flooring which brings hope in her despair.

浴室防跌三寶

「前幾天我又在浴室跌倒了。」眼前的蘇婆婆如是說。

有數字顯示，每五位長者就有一位曾經歷跌倒或多次跌倒的意外，當經歷過第一次跌倒，再次跌倒的機會就會大增。別以為跌倒只是一個小意外，原來約百分之八的長者跌倒後有腦出血或髖骨折等嚴重創傷，因而需要入住老人院甚或不幸離世。

跌倒後除了行動能力受損，還令長者失去自信心。「自從上次跌過後，我就非常擔心，我好害怕、害怕再次跌倒，最後我真的又在浴室跌倒了。」自從第一次跌倒，蘇婆婆就已經配上拐杖，但敵不過「自我預言實現」，再次跌倒的蘇婆婆，平時外出需要朋友攙扶。為了避免蘇婆婆再次發生家居意外，本會長者家居維修服務為她提供了「浴室防跌三寶」，以解決其心頭大石。

「浴室防跌三寶」包括了：沖涼椅、防滑墊和扶手各兩支。提供沖涼椅是為了使長者洗澡時，能避免長者因長期站立而發生跌倒的危險，更可以使曾經跌倒的長者，有一個安心的位置洗澡，除了保障她們的身體外，更可以重建她們的信心。但是，只靠沖涼椅是不足夠的，我們更提供防滑墊給需要的長者。洗澡時水花四濺，莫說長者，成年人或小童洗澡後步出浴室，都有機會因地上的積水而滑倒，而防滑墊正正可以避免了這個意外。最後，安裝扶手更可彌補其餘兩項的不足，部份長者在跌倒後出現骨折或髖骨折的情況，在如廁後難以起身的時候，扶手就可以發揮其作用。

「長者家居維修服務」現正為長者提供「浴室防跌三寶」，並由義工協助安裝，預計未來半年會為四十戶長者安裝，避免長者再次在家中跌倒。這需要經費約三萬六千元，請各界人士慷慨解囊。請捐助：「長者家居維修服務」，支票抬頭：「聖雅各福群會」。施善熱線：2835 4321 或 8107 8324。



使用沖涼椅後，長者不用長時間站著洗澡，減低跌倒的風險。
Elderly do not need to stand for bathing with this bathing chair that can reduce fall accidents occur in the bathroom.

Three Fall Prevention Treasures For Elderly Bathroom

"I slipped and fell again in the bathroom the other day," said Grandma So.

Statistics show that one out of five seniors has fallen once or more than once. Having experienced one fall, the chances of falling again are much greater. Don't take falling as a minor accident. Eight percent of seniors have suffered heavy injuries from falling, such as cerebral hemorrhage and hip fracture, ending up in nursing homes or even the mortuary.

A fall can weaken a senior's mobility and make him lose self-confidence. "Ever since the last fall I had been very afraid I might fall again. Now I have really had another fall." Grandma So began using a walking stick after her first fall, but that did not prevent the self-fulfillment of her own prophesy. Having had a second fall, she needs to be supported by a friend to go out. To make sure she has no more household accidents, our Elderly Home Maintenance Services has provided her with "Three Fall Prevention Treasures" to relieve her worries.

The Three Treasures are a shower chair, a non-slip bath mat, and two handrails. A senior may fall from standing in the shower for a long time. The chair can prevent that; it also renews the self-confidence of a senior who has had a fall before. But the chair alone is not enough, so we added the non-slip bath mat. The floor gets so wet during a shower that even an able-bodied adult or child can slip when stepping out of the shower, not to mention an elderly person. The mat is precisely to prevent such an accident. As a final step, handrails were installed to supplement the chair and the mat. Seniors suffered a bone or hip fracture from a fall may have trouble standing up from the toilet. That is when the handrails become very helpful.

The "Elderly Home Maintenance Services" are providing seniors with the "Three Fall Prevention Treasures", which will be installed by volunteer workers. We expect to install them in 40 elderly households in the next six months, to insure against more falls at home. For this project, \$36,000 is needed. We hope members of the public will contribute to it. Please make your donation cheque payable to "St. James' Settlement", indicating that for the "Elderly Home Maintenance Services". For enquiry, please phone our hotlines: 2835 4321 or 8107 8324.



在浴室放置防滑墊，有效避免長者於家中跌倒。
Place bath mat in the bathroom can help Elderly prevent slips and falls accidents.



圓夢·加添色彩

購買一個收音機、一份報紙，看似輕而易舉的事，但對一眾患病住院的無依長者就代表一個安慰及希望。

「我無所求，宜家唯一及最後的願望只係想要部收音機。我係香港無人無物，點會有個人可以幫我返屋企帶嚟呢？」黃伯在紓緩病房告知探訪的義工。黃伯早年已參加「後顧無憂」規劃服務，服務除協助他預先規劃其身後事的安排，亦關顧他日常的生活質素。

黃伯的身體狀況在這一年間每況越下，身患肺癌及膀胱癌的他年初因氣促不斷進出醫院。每次住院一星期至一個月不等，今次他住院一星期又再次因緊急情況而入院。

「我係屋企每日長期都開住個收音機，等屋企可以有些人氣。自己一個人住，收音機就係一直陪住我既朋友。估唔到今次會住醫院咁耐，入院既時候又太趕急執唔切個收音機。宜家日日係醫院都唔知做乜好！」出院日子又遙遙無期，黃伯嘆氣道。得知黃伯的心願後，工作人員為其申請「耆夢計劃」資助購買收音機，協助黃伯圓夢，為他在住院期間加添色彩和希望。

「呢部收音機絕對係物輕情義重，它代表咗大家對黃伯的關心和重視。佢收到收音機果陣好似如獲至寶！」義工還另購耳筒方便黃伯可全天候收聽節目，減少他寂寞的感覺。一份小小的心意已能帶給長者們無盡的安慰，對孤寡無依者尤其重要，讓他們感到愛和尊重。

聖雅各福群會「後顧無憂」規劃服務自2004年起至今致力協助缺乏支援網絡者預先計劃及執行身後事，從而減低其對死亡的恐懼及實踐自我尊嚴。服務亦關注長者的生活素質，透過電話聯繫和探訪，了解缺乏支援網絡的長者的需要，為他們提供及時的支援和關心，陪着他們走過人生最後的一程。



Dream Comes True

Having a radio and a newspaper seems an easy job, but to those helpless hospitalized elders, it represents comfort and hope.

"I have nothing to ask for, my only final request now is just a radio. I have no one else in Hong Kong, so how could I get someone to help me bring it from my home?" Grandpa Wong said to the volunteer who visited him. Wong joined our "Pre-paid Funeral Navigation Service" years ago. Apart from helping him to per-arrange his funeral matter, he also takes care of his daily quality of life.

Grandpa Wong's physical condition has gone down further this year. As he has both lung and prostate cancer, he kept going in and out the hospital continuously at the beginning of the year, a week to a month each time. This time, after being discharged from the hospital for a week, he is admitted again due to the emergent situation.

"I kept switching on the radio all time at home so as to have some voice around. I live by myself and the radio is my friend. Just cannot predict that I would be hospitalized that long this time. I have no time to pick up the radio since I was in a hurry. Now, I don't know what else to do here!" Not knowing when can be discharged, Grandpa Wong sighed. After knowing his wish, our staff applied on his behalf for our "Elderly Dream Program" in buying him a radio with subsidy. With his dream came true, it undoubtedly enriches his living in the hospital.

"This radio though cheap in price is in fact valuable as it represents our care to Grandpa Wong. By receiving the radio, he is just like getting a jackpot." The volunteer also brought him earphone so that he can listen all day, mitigating his loneliness feeling. A small gift brings endless comfort to the elderly which is especially important to those helpless in letting them feel being loved and respected.

The "Pre-paid Funeral Navigation Service" of St. James' Settlement starts helping elders without support network in pre-arranging their funeral in 2004, so as to minimize their fear for death and practice self-respect. The service also takes care of their living quality through phone contacts and home visits in order to understand the need for this group of elderly, providing them timely support and care and accompanying them on their final journey in life.



為重症患者帶來希望

聖雅各福群會惠澤社區藥房由2009年成立至今，已由一個服務點增設至三個服務點，以回應社會熱切的需求。

惠澤社區藥房本著「病者有其藥」的服務宗旨，為有經濟困難並於醫院管理局轄下的醫院或診所覆診的患者，以較優惠的價格提供醫生處方的自費藥物。藥房所提供的藥物種類包括一個月數百元的「三高」藥物、一個月數千元的類風濕性關節炎口服藥物，以及一個月數萬元的標靶抗癌藥物等。這些藥物的共同特點是一般需長期服用來控制病情，因而對患者及其家人造成沉重的經濟負擔，有部分患者更因為財政壓力而選擇放棄使用醫生判斷為較佳的治療藥物。惠澤社區藥房的藥物資助計劃，讓患者一般可以市價七折或半價，甚至在特定條件下免費配取他們所需要的藥物。

林先生是一名前列腺癌患者，在接受荷爾蒙治療的期間癌細胞擴散到骨骼，醫生便建議林先生服用標靶藥物來控制病情，可是該標靶藥物屬自費藥物，每月藥費高達3萬6千多元，獨居加上患病後辭掉工作的林先生根本無力承擔如此高昂的藥費。「十分感謝聖雅各福群會惠澤社區藥房以及背後捐款支持藥房營運的善長，沒有你們的支援，我不可能像現在這般繼續享受生活，服食標靶藥物後骨痛的情況大有改善，我可以重拾到公園散步的習慣，亦增加了外出與朋友相聚的時間。」林先生喜悅地分享他的近況。「除了資助藥費，惠澤社區藥房更為我提供覆診交通費津貼、電話提示服藥服務及營養福袋，全面關顧我的需要，讓我安心的是，面對癌症我並不是孤軍作戰，社會上亦有各位有心人知道我們的需要。」

林先生的感言正正反映了惠澤社區藥房除了讓患者得到藥費上的資助，還適切地因應病者的需求提供協助。本藥房近年新增的藥物資助計劃中有為數不少屬抗癌的標靶藥物，期望可以為重症患者帶來了希望。

Hope For The Critically Ill

The Philanthropic Community Pharmacy (Pharmacy), set up by St. James' Settlement in 2009, has increased from one service location to three in response to the increasing community need.

One of the Pharmacy's objectives is to provide deprived patients who are under consultations in hospitals and clinics of the Hospital Authority with medication by a discounted price. Medication provided includes drugs for high blood sugar, high cholesterol and high blood pressure costing few hundreds a month, drugs for rheumatoid arthritis costing few thousands a month as well as cancer drugs costing ten thousands a month. The common point is that they have to be taken in long term for condition control, and hence becomes quite a heavy financial burden to patients and their families. As a result, some of the patients would, due to financial difficulty, give up treatment that considers to be a better medication. The subsidy Program in general is to let patients purchase medication at 30% to 50% market price discount; some under certain specific conditions are even provided free of charge.

Mr. Lam, a prostate cancer patient, had cancer cells spread to the bones during his hormone treatment. The doctor then suggested him to take target drug in controlling his condition. However, it is a self-paid drug costing \$36,000 a month. As he is all by himself and has quit his job after having the illness, he basically is unable to afford it. "I am very grateful to the Philanthropic Community Pharmacy of St. James' Settlement and the donors behind supporting the pharmacy operation. Without their help, I would not be to continue my current living. The condition of my sore bone has greatly improved and I can resume my habit strolling in the park and spend time socializing with my friends." Mr. Lam happily shares his recent situation. "In addition, the Pharmacy also provides me travel allowance for follow up consultations, phone reminder service and nutrient supplement bag, an all-round care for my need. What has given me peace of mind is that I am not fighting cancer alone, there are people in the community who know our need."

The heartfelt words of Mr. Lam exactly reflects that the Pharmacy not only offer patients medicine subsidy but also provides assistance to meet the proper and timely need of the patients. The Pharmacy has in recent years added quite a number of anti-cancer target drugs in the subsidy program in anticipation of bringing hope to these critically ill patients.

藥房提供醫療用品服務 全方位惠澤社群

我們曾經收到一些電話查詢，了解惠澤社區藥房可有一些價廉物美的家庭用品，如洗頭水、衛生紙或清潔用品購買。這個確實是沒有的。此外，我們也接到類似一些以下的查詢：

問：惠澤社區藥房除了可以資助藥物外，有沒有其他醫療用品可供購買或提供相關的資助？

答：有的，藥房有部份醫療用品可供市民購買。本會惠澤社區藥房除了向符合資格的公立醫院病人提供資助，購買自費處方藥物和為病人進行藥療輔導外，同時亦提供售賣醫療用品的服務。醫療用品的項目包括：糖尿針針頭、血壓計、酒精消毒紙、血糖機及試紙針頭等。以上的醫療用品以優惠的價錢向有需要人士售賣，這些都是無須經濟審查的。

另有，若有需要購買醫療用品但經濟有困難的市民，亦可透過社工轉介申請「家居醫療用品支援計劃」，申請醫療用品費用減免，支援經濟上的困難；惠澤社區藥房同事收到轉介個案後，會進一步為個案進行經濟審查，而符合資助資格的病人，會以直接領取醫療用品的形式受惠，令患者可及早使用，幫助監察血壓和血糖等的情況，以便病人定期檢示自己的身體狀況，並在覆診時轉告醫生，以便有效控制病情和維持健康的生活。

而值得注意的是，惠澤社區藥房暫時只提供一種型號的血糖機及試紙針頭。若血糖機並非在本藥房購買，但想以本藥房的血糖機試紙來補充，不同型號的血糖機及試紙是無法對應的。

最後，如想購買醫療用品，可先行致電 2831 3289查詢貨存量。



Pharmacy Provides Medical Equipment Benefiting The Community In Every Way

We received some telephone enquiries asking us if our Philanthropic Community Pharmacy sold quality household items such as shampoo, toilet roll or cleansing products at reasonable prices. Actually, we don't sell those things. In addition, we also received enquiries like the following:

Q: In addition to subsidising drug purchase, does the Philanthropic Community Pharmacy sell other medical equipment or provide relevant subsidy?

A: We do. Our Pharmacy has a range of medical equipment for citizens' purchase. St. James' Settlement's Philanthropic Community Pharmacy provides subsidy for qualified public hospitals' patients so that they can buy self-paid prescribed medications and performs drug cure counselling to them. On top of that, it provides selling medical products service. Items of medical equipment include: diabetes needles, blood pressure sphygmomanometer, alcohol disinfection papers, blood glucose meters and blood taking needles etc. The afore-mentioned medical products are sold to people in need at discounted prices. These do not require financial assessment.

And, citizens who need to buy medical products but face financial difficulty can apply for "Home Use Medical Equipment Support Program" through social worker's referral. They get support when they are confronted with financial difficulty by applying for price deduction in medical products. When staff of the Philanthropic Community Pharmacy received a referral application, they will perform financial assessment for the applicant. Qualified patients will benefit by receiving medical products directly. In this way, the afflicted can use the products at their soonest opportunity, helping them to monitor status of blood pressure and blood sugar. As a result, patients can check their bodily health regularly and inform their doctor at the next follow-up consultation in order that they can control their diseases effectively and maintain a healthy life.

Please take note that for the time being our Philanthropic Community Pharmacy just provides one model type each of blood glucose meter and blood taking needle. If you didn't buy your blood glucose meter from St. James' but intend to refill your blood taking needle from us, it is impossible because different model types of blood glucose meter and blood taking needle do not work together.

Finally, anyone who intends to buy medical products from St. James' Settlement, please dial 2831 3289 first to check if stock is available.

細心・關懷

本港人口老化情況持續，獨居長者有增無減。根據統計處數字顯示，65歲以上長者逾94萬人，獨居長者近12萬人。當中有行動不便的獨居長者，外出時要使用扶行架或輪椅代步，有的是長期卧床，對於這些無家人或親友支援的長者，不是入住院舍，就是靠另一高歲老伴協助日常生活，對兩老來說，平日兩餐溫飽，平平安安就是最大的福氣，但一面對生活上種種，就不禁一臉愁容，十分無奈。就好像頭髮長了，怎辦好呢？落街剪頭髮？談何容易？

幾年前，義工Samson跟幾個朋友，了解到獨居長者之苦，於是開始自發地上門為長者義務剪頭髮。其後透過朋友介紹下，加入了聖雅各福群會「到戶理髮服務」，成為剪髮隊的義工。

Samson曾到全港各區的院舍及上門剪髮服務，每次剪髮時都一邊剪頭髮一邊跟長者傾談，Samson更會用手提電話播著長者愛聽的經典金曲，這樣，往往令老友記專注聽歌，在坐定定的時候，Samson就繼續為他們修剪頭髮。Samson話：「啲公公婆婆講起舊時打仗同生活就會好興奮，而當睇到自己嘅新髮型時，就展露微笑。而更重要的係佢地覺得有人來探訪他們，為他們送上關懷，感到好溫暖，減少無助嘅感覺！」

聖雅各群福會「到戶理髮服務」，服務港九新界各區，對象以長者和傷殘人士為主。義工會上門、到長者中心及護老院，為一些經濟上有困難及行動不便的長者提供服務。定期的理髮服務，除了可以讓他們換上新形象外，更藉著傾談對話，送上關心並建立深厚的關係。



Attentive And Caring

With the aging population, the number of living alone elderly keeps increasing. Referring to Statistics Department, there are over 940 thousands population over 65 years old while 120 thousand are living alone elderly. Some of the elderly are with walking difficult so they have to move with a walking frame or wheelchair or even are bedridden. To these elderly who have no family or relatives support, they either live in the residential or nursing home or rely on the care from the old partners. For them, having meals and being healthy are already the greatest blessing; however, once facing any living difficulty, they have no ways to solve it. Taking the haircut as an example, how can they get out to have haircut when the hair is long? It is absolutely no an easy task!

Few years ago, Volunteer Samson and his friends started to carry out free haircut for elderly after knowing the difficulties of living alone elders. Afterwards, with a friend's introduction, he joined the volunteer team of St. James' Settlement "Home Haircut Services".

Samson has been giving volunteer service in both the elderly and nursing home. Every time when having the haircut, he will chat with the elderly and play the old songs by the mobile which let them more focus on listening songs. "The elderly are very excited and talkative when recalling the war. And when every time they see the new look, they are happy. In fact, it is even more important to have someone visiting them so they can feel the care and hence the sense of helpless will be lessened."

The "Home Haircut Services" serve the elderly and disable in all districts. Volunteers will provide haircut services for people with financial and walking disabilities in their home, elderly center or nursing home. Having regular haircut not only provide them with a new appearance; more important, it offers them care in the process so they can feel the love from society.

除了為長者帶來整潔儀容，義工亦希望對長者們送上關懷！
Apart from offering them a tidy outlook, the volunteers also hope to provide them with care.



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 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃、補血寶愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動) | | |
| <input type="checkbox"/> 送藥到戶服務 | <input type="checkbox"/> 營養福袋 | <input type="checkbox"/> 惠澤社區藥房 | <input type="checkbox"/> 家居維修服務 |
| <input type="checkbox"/> 到戶理髮服務 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 外展體檢計劃 | <input type="checkbox"/> 後顧無憂規劃服務 |
| <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 健康推廣活動 | <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"/> Nutritional Baggie For the Weak |
| <input type="checkbox"/> Philanthropic Community Pharmacy | <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
| <input type="checkbox"/> General use | <input type="checkbox"/> Health Promotion Activities | |

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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 友情印刷：平偉印務有限公司

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