

慈惠月報

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聖雅各福群會
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社工的話
Social Worker's Remark

不論辛勞 總要提供服務

這個炎夏十分酷熱，惡劣的天氣令大家也怕了外出，空氣指數差，在街上每呼吸一口氣都是十分辛苦，人多擠迫，那種感覺更令人十分討厭。

慈惠服務工作，多以外展形式進行，長者家居安全綜合服務的電器贈長者、長者家居維修服務、到戶理髮服務、惠澤社區藥房的到戶藥療輔導服務等等，負責工作人員及義工們，帶著善長捐出的電器、維修工具、家居安全用品或藥物提示裝置等等，汗流浹背地穿梭於香港、九龍及新界，務求把服務提供予有需要長者及長期病患者。

有次，工作人員要把一座風扇送到住在唐樓的伯伯家中，大家要徒步行七樓樓層，大熱天時，上到一半要休息一會，到達七樓時的我們，已經是滿頭大汗，氣來氣喘。當時同工告訴我們，不要立即按門鈴，先回回氣，抹去面上的汗珠，然後就解釋，原來這個伯伯因為知道自己住唐樓七樓，別人來訪是一件很辛苦的事，他因此就很怕麻煩人，很怕自己的情況辛苦了別人；所以，工作人員希望我們伯伯開門見到我們是一張張輕鬆的面容，沒喘氣、沒汗水，讓大家專注放在關心伯伯，了解他日常生活，解決家居環境設備。

一個探訪，需要我們顧及受助人的心理。很多長者仍然很傳統及有骨氣，盡量不想麻煩別人，自己的事自己處理。如果是大家庭，一家人相處融洽或尚算順境，老人可以有子女或孫兒協助；可是，在服務裡我們接到很多家庭關係差，與子女失去聯絡，甚或沒有子女和單身的長者，他們無人無物，以孤軍之力面對晚年淒冷的生活。

有資源地面對炎熱的夏日或嚴寒的冬天，雖然是辛苦，但很快就得到解決。相對於連一把風扇、一件厚衣都缺乏的，買杯雪糕或暖熱包，卻是奢侈品……沒有接觸過他們，真的好難想像。

慈惠服務向來都是強調因著孤苦無依的長者生活需要，提供具彈性、以人為本、到位及及時性的實際服務，以解他們生活的困苦。

Provision of Timely Services In All Hardship

This summer is awfully hot, most people prefer staying indoor. The Air Quality Health Index is poor and makes each breath very hard; together with the crowd, it is really annoying.

Most of our Charity Projects provides out-reaching services, such as Electrical Appliances for the Elderly Program, Elderly Home Maintenance Services, Home Haircut Service, Philanthropic Community Pharmacy, Home Pharmaceutical care service and etc under the Elderly Integrated Home Safety Projects. Staff responsible for these projects travel all through Hong Kong, working hard in providing service for the needy elderly and chronic patients with the donated appliances, repair tools, domestic safety materials or medicine reminding items, etc.

There was one occasion where we had to deliver a fan to an elder in a conventional Chinese building, walking up seven floors in a hot summer day. We rested half way up; we were all sweating and gasping when reaching the seventh floor. The worker asked us not to ring the bell right away and better waited until we got our breathing smooth together with the perspiration gone. He then explained that the old Grandpa knew walking up seven floors is quite arduous for the visitors; thus, he rather not to bother others fearing others have to suffer from the hardship. Hence, the worker hoped Grandpa can see our relaxing face with no pant and sweat when opened the door. We can then focus on caring his daily living and solving his living home safety problems.

In a simple visit, we have to take the case's feeling into consideration. Many elderly are very tradition with high integrity. They try not to cause trouble to others and attempt to manage their own business.

If they live in the big family and the relation is not bad or even harmonious, the elderly may be able to have help from their children and grandchildren. But for many of our cases, they have a poor family relationship, losing contact with children, having no children or even partners; they have nothing to rely on and hence have to face every problems in their poor old ages.

Though it is hard, problem can be easily solved in the hot summer or bitter winter with adequate resources. However, for those who are lack of an electrical fan or a padded coat, even a cup of ice cream or a hot pad is luxury. In fact, it is hard to image if one hasn't get in touch with them.

Charity service always emphasizes meeting the needs of living alone and helpless elderly through provision of flexible, personalized, on the spot, timely and practical service in order to get them out of the hard-pressed living.

為人慈善，是造福己身。
Charity to others is benefit for oneself.



「精神回復，可以去晨運」

貧血是指身體缺乏足夠的健康紅血球，令器官及組織缺氧而影響身體正常功能。在慢性腎病患者中，貧血是常見的併發症。因為健康的腎臟會製造一種稱為紅血球生成素的荷爾蒙，能促進骨髓製造紅血球，維持健康。然而在腎病患者中，受損的腎臟未能製造足夠的紅血球生成素，令紅血球數量減少而產生貧血。

張女士今年83歲，慢性腎病患者伴有糖尿病及血壓高，腎功能大約只剩兩成左右，每隔一至兩個月便要到公立醫院的紓緩科覆診。張女士本身無子女，她跟丈夫住在公共屋邨。倆老只依靠每人二千多元的長者生活津貼來應付生活費，平時有一位姪女會陪張女士覆診。近來張女士經常感到非常疲倦，出現食慾下降、身體虛弱、面色蒼白等貧血的典型症狀；而在最近的一次覆診，醫生告訴張女士她的血色素比正常標準低，所以能解釋她為什麼會出現一些貧血的症狀。醫生建議張女士注射補血針，需要每個月打一次，但是補血針是自費藥物，每針需要八百多元，對只依靠二千多元長者生活津貼過活的張女士來說這無疑是一個沉重的負擔，幸好紓緩科的護士告訴張女士聖雅各福群會的惠澤社區藥房有一個補血針資助計劃，於是張女士個案便被轉介至本藥房跟進。

這項計劃資助受惠病人須為公立醫院病人，年屆六十五歲或者是低收入人士，需要自費購買補血針，便可申請，有關資助每月藥費的一半。張女士是合資格人士，現在接受了補血針治療後兩個月，血色素已有明顯的回升，精神亦較之前好多了，胃口亦回復正常。張女士很感謝惠澤社區藥房對她的幫助。張女士說：「如果沒有這個藥物資助計劃，就要為籌措藥費的問題而煩惱，微薄的積蓄，根本不能負擔藥費的開支，好大機會我會放棄這個治療方式。但現在因得到資助可以順利開始使用針藥，實在太好了！現在精神好返好多，可以早上跟其他老人家晨運！」

聖雅各福群會的惠澤社區藥房多年來致力為有需要人士提供藥物資助及藥物輔導服務，盡量減低有需要人士因藥費而引起的經濟負擔。未來希望能幫助更多有需要病人，可以有更多的個案跟你們分享。

“Back To Morning Exercise After Regaining Health”

Anemia means that one's body is lack of sufficient healthy red blood cells which leads to oxygen deficiency in body organs and tissues affecting the normal body functions. Anemia is a common complication in patients with chronic kidney disease. Healthy kidneys produce a kind of hormone named "Erythropoietin" which is vital for the bone marrow in producing red blood cells for good health. However, for patients with kidney disease, the kidneys fail to produce enough Erythropoietin; hence, less amount of red blood cells is produced and results in Anemia.

Ms. Cheung, 83 years old, has chronic kidney disease together with diabetes and hypertension. Her kidney function remains 20% and she needs to have regularly medication checkup at the palliative care section in a public hospital every one to two months. She has no children and lives with her husband in a public housing estate. Each of them relies on the two thousand dollars old age living allowance for living and her niece will accompany her to the hospital. Recently, she often feels tired and typical symptoms of Anemia such as weak and pale appeared. On a recent visit, the doctor said her hemoglobin level is lower than normal and that was why anemia symptoms showed up. He then advised her to take self-finance erthropoiesis stimulating agent injection once a month, which costs eight hundred dollars per injection. It is undoubtedly a heavy burden for one living on the old age living allowance. Fortunately, the nurse of the palliative care told her that Philanthropic Community Pharmacy of SJS has subsidy for erthropoiesis stimulating agent injection. Thus, her case was referred to the Pharmacy for further action.

For public hospital patients, who are 65 years old or above or low income class, requiring self-financing injection can be benefited from this subsidy program which half of the medication cost can be covered. Ms. Cheung happens to be in the category and has been receiving treatment for two months with significant rise in her Erythropoietin (EPO). She is much energetic than before with better appetite. She thanked the Philanthropic Community Pharmacy for the assistance. She said, "Without this subsidy program I would have problem to come up with enough money for the injection. My meager saving will not be able to cope with such an expense and the chance of my forfeiting this treatment method high. It is really great now that I can smoothly start this treatment! My spirit has been lifted and I can be back for morning exercise with other elderly!"

The Philanthropic Community Pharmacy of St. James' Settlement tries their very best in the provision of medication subsidy and consultation service for the needy, in order to reduce their financial burden on medicine costs as much as possible. We wish to help more needy patients in the future and more cases of this kind to be shared.

以捐助祝福 弱老的生活

數百元在香港可以做什麼？戲院睇戲、食放題、買衣服和買電子遊戲等等。

打工仔每月消費數百元在經濟上當然不是大問題，但對於無收入的長者或是綜援人士，數百元差不多等如每月生活費的全部，就算不是甚麼娛樂消費，遇上頭暈身熱或家中緊急維修，他們跟本不知從那裡可以擠出錢來？有的會想過再找工作賺錢？可是，很多都因為年紀太大都沒人願意聘請了！故此，他們大都是依靠儲蓄幫補一下，抱著撐多一時得一時的心態活下去。

面對需要購買自費藥物的長者，最常見解決財困的做法，就是節省日常生活開支，把省下來的轉換為藥費，這樣生活質素無可避免地下降。最深刻的例子是曾有位病人家屬羅伯，他來到惠澤社區藥房替行動不便的妻子購買薄血藥，他身穿一件薄薄的背心，背心都已經穿到發黃，還有個洞在左邊胸前位置。交談之間知道他們生活過得辛苦，衣服能夠繼續穿就都不會再買，三餐能省都會省。羅伯說：「唔緊要啦！平時食少啲囉，慳慳地都夠我地兩個使，藥就唔慳得啦！哈哈……」羅伯樂天的性格，令他面對再艱苦的日子都總能笑著渡過。

每月要為藥費勉強支撐過活的個案為數眾多，羅伯與太太的故事只屬冰山一角。經濟困乏的病人在缺乏資訊及資源下，生活得十分徬徨。每天致電惠澤社區藥房查詢的市民數量繁多，合申請資助條件的人士仍要面對有限的資源情況，他們亦要自費部份開支。

面對這一群長期病患人士，透過惠澤社區藥房的服務，紓緩他們因治病而衍生的經濟和生活壓力。未來，我們盼望你的支持，祝福他們每一天。來自聖經的名言：「扶助軟弱的人……說：施比受更為有福」，你所捐出的每一分一毫都必定能夠直接幫到真正有需要的病人。請施善：「贈藥治病計劃」，支票抬頭：「聖雅各福群會」。查詢：2835 4321或8107 8324。



Bless The Fragile Elderly With Your Donation

How would you spend several hundred dollars in Hong Kong? Among many others, you can get cinema tickets; some clothes or electronic games; or you can have a buffet.

Working class would feel at ease spending a few hundred dollars a month for entertainment. But the same amount would nearly cover the monthly living costs of those elderly without income or people living on CSSA. They do not have any other source of money to pay for medication when falling ill every now and then or settle bills for urgent home repairs, let alone entertainment. Some of them might ever try to work again to get some earnings; however, some appear to have failed to convince their employer-to-be because of their age. Sadly, they cannot but to rely on their savings to survive while knowing very well that it would run out some day.

Most poor elderly, who have to get self-financed drugs, would reduce their living expenses in order to spare money for their medication. This would inevitably have an adverse effect on their quality of life. I remembered a case particularly. There came Uncle Law one day to buy warfarin for his incapacitated wife at the Philanthropic Community Pharmacy. He was wearing a worn-out vest with a hole on the upper left front side. In a conversation, I learnt that he is living very frugally with his wife; they would not spend any money on extra clothing and would save the costs of meals wherever possible. Uncle Law said, "It's OK! We can spend less on food and can make ends meet if we spend very carefully. But quitting medication is not an option. Ha... ha..ha..." Thinking positively makes Uncle Law always wearing a smile on his face even in very tough days.

There are many who are leading a tough life so as to spare some money for their monthly medication. Uncle Law and his wife are just the tip of the iceberg. Patients in poverty and without access to information and resources are bound to feel helpless when they struggle through the tough days. Numerous enquiries about the service are received by the Philanthropic Community Pharmacy every day. Even the qualified patients have nevertheless to pay part of their medication due to the limited availability of resources at the Philanthropic Community Pharmacy.

With the service under Philanthropic Community Pharmacy, it is hoped that patients with chronic diseases can be helped relieve their financial burden and stress in daily life arising from the costs of medical treatments. In the years to come, we are longing for your support and blessing for them every day. There is a motto from the bible, "You are to give help to the feeble... said, There is a greater blessing in giving than in getting." Every cent of your donation will surely be used directly to help those patients in real need. Please send us your cheque in favour of "St. James' Settlement" with indication at its back for supporting "Medical Subsidy Program". Enquiry: 2835 4321 or 8107 8324.



「有了新電飯煲， 可以煮粥吃了！」

今天探訪了一個兩老的家庭，公公婆婆都是七十多歲。婆婆年輕時在國內照顧孩子及家庭，十多年前才申請來港與丈夫團聚，兩老雖然有子女但全部在國內居住，由於二人子女已長大及各有家庭，子女因著種種，在經濟上無法支持兩老的生活，每年以雙程証來港探訪兩老數天，兩老均依靠綜援為生。

據婆婆表示伯伯年輕時從事行船工作，年紀大了得了很多病痛，尤其是轉天氣導致風濕發作，需要往中醫求診或針灸止痛。這些開支，令兩人生活非常更見清貧，更沒有積蓄可言。所，就連每天煮食的電飯煲壞了，他們也沒能力買新的。

在探訪日當天，陳婆婆與丈夫收到義工帶來善長捐贈的電器，不停說多謝及表示非常感恩。義工們為陳婆婆打開電器包裝，細心向他們教導每一個程序及細節，是次善長捐贈的電飯煲是可以煲粥及煮飯的，陳婆婆聽了，眉開眼笑，原來陳婆婆非常愛吃粥，但之前飯煲壞了一段時間，平日只能用鑊蒸飯，已經很久沒有煮粥了。

之後，為確保電器性能良好，義工們在煲內放進少量水，眼見水很快就煲滾出煙了。兩老仿似小孩子收到新玩具般雀躍，不斷發問，不斷討論晚上是否立即煲粥，同時亦不停向義工們道謝。伯伯雖然沒有大多說話，但面上滿意的笑容已經解釋了一切。

伯伯跟很多爸爸一樣，年輕時一心為了改善家人生活，賺取更多金錢，便從事行船工作，老來因體力不足應付海上生活，回香港經朋友介紹夜間保安工作，據婆婆所講：「為了頭家捱壞了身子」，兩老現在以數千元綜援金生活，除了基本生活開銷，醫藥費用，包括中醫西醫，幾乎無所剩餘。

可幸是兩位老人家能樂觀面對，只是平常生活非常節儉，加上在港沒有親朋，平日間中到樓下老人中心參加活動，否則生活更見孤清。所以今次上門探訪，他們萬分高興，差不多可以用「千多萬謝」來形容。這兩位可愛的長者亦給義工們帶來愉快的互動溝通，之後義工們分享了這次探訪亦發揮到了「助人自助」的精神。

事實上，很多長者面對生活中不同困境，「電器贈長者」計劃為孤苦清貧長者提供家居電器，改善他們基本生活需要，讓他們能維持社區生活質素。



“We Can Have Congee With This New Rice Cooker!”

Today, we visited an elderly couple, both of them are over 70 years old. When Grandma was young, she lived in China to look after the family and children. Around ten years ago, she came to Hong Kong for reunion with her husband. Their children, all living in China, have family and children of their own. Due to various reasons, they are unable to give financial support to the elderly parents and just visit them in Hong Kong for a few day each year by a two-way visa. At the moment, the elderly couple lives on CSSA.

According to Grandma, Grandpa worked as a seaman when he was young. As he gets old and often sick, especially the rheumatism when weather changes, he has to consult practitioner of traditional Chinese medicine for acupuncture to get rid of the pain. These expenses make them even poorer and have no savings at all. Hence, when the rice cooker broke down, they could not afford for a new one.

On the day of visit, by receiving the appliances from volunteers, the couple thanked us repeatedly in expressing their gratitude. The volunteer workers opened the package for Grandma Chan and carefully instructed the couple on details of the use procedure. The rice cooker given by donor this time can be used for cooking both rice and congee. She was very happy hearing this as she loves congee very much. She has missed that for quite a long while after their cooker broke down; and had to use a wok to steam rice.

In order to ensure the appliance works well, the volunteer workers filled the rice cooker with a small amount of water. When the couple saw it boiling and steaming quickly, they were excited like children getting a new toy. They immediately discussed whether or not to cook congee right away that evening while repeatedly thanking the volunteer workers at the same time. The old man did not talk much but satisfaction of his smile expressed everything.

Grandpa, like most of the fathers, devoted to earn more money for better livelihood of his family when he was young. Thus, he worked as a seaman. When getting old, his physical condition was not fit for sea life anymore, he then returned Hong Kong and worked as a security guard at night through a friend's referral. According to the Grandma's saying, "He had over worked and ruined his health". They are now living on few thousand dollars of CSSA. Apart from spending on daily living, medicine and medical consultation, both Chinese and western, left them with very few money.

Fortunately, both of them are optimistic. They are just frugal in daily living. In addition, they have neither friends nor relatives in Hong Kong, so normally would go for activities in the elderly center nearby; otherwise, they would be very lonely. Hence, with our visit this time, they were very happy, almost like thanking us thousands of times and over. This lovely elderly pair brought volunteer workers a pleasant two way communication. Later on, volunteer workers shared the experience of this visit to display the spirit of helping others is to help oneself.

In fact, many elderly have to face various predicament in life. The "Electrical Appliances for the Elderly" Program provides domestic appliances for poor and lonely elderly satisfying their basic need in order to maintain quality of life in the community.

兩位長者在學習使用新電飯煲煮飯和煲粥。

The Elderly couple are learning the use of cooker for rice and congee.

有口難言的鄧伯伯

初次接觸到獨居的鄧伯伯，緣於他需要攪拌機開始。鄧伯伯患有末期喉癌，施手術後已不能說話，亦不能吞嚥固體食物，與他人溝通都只能依靠文字書寫；還記得約鄧伯伯探訪時間時，具有相當的難度。最後我們訂出一種可以共同溝通的語言，以敲枱的次數回應我們的問題，敲一下代表可以，敲兩下代表不可以。經幾次的溝通後，我們都有了默契，明白到鄧伯伯表達的答覆。

探訪鄧伯伯那天，發現鐵閘鐵枝被弄彎了一半，懷疑是有賊人破門時遭到破壞。入屋後看到鄧伯伯的左額骨腫脹和貼上紗布，眼睛只能張開一半。經了解後，得知昨天賊人嘗試打開他的鐵閘入屋，鄧伯伯因被嚇倒而跌倒在地上。賊人見戶主在屋即逃離現場，受傷的鄧伯伯好不容易才勉強撐起身體，緩慢的爬到椅子上稍作休息和止血。

因不能進食固體食物的關係，鄧伯伯平日都只能依靠飲用營養奶粉、麥皮等軟餐維持身體需要吸取的營養。食物選擇少導致鄧伯伯營養不足，身型一日比一日瘦弱，雙腿乏力亦讓他經常跌倒受傷。「電器贈長者」計劃按鄧伯伯的需要餽贈攪拌機，讓鄧伯伯可以打碎食物，為他提供麥皮以外的食物選擇，以增加他的胃口，增加他的營養。

家訪時留意到廚房中的雪櫃已使用二十多年，底部出現漏水的情況，相信在坊間也難以找到零件進行維修。鄧伯伯不斷向我們搖頭，表示沒有錢更換新的雪櫃。他合十雙手，表示自己已很感恩，不再奢求其他的東西。為了讓鄧伯伯可保鮮吃剩的牛奶、食物汁液等，一個雪櫃對鄧伯伯而言可謂相當重要。

「電器贈長者」沒有基本資助，只能依靠善心人士的捐贈，以協助全港具備家電需要的長者。現時名冊上有十多位長者正輪候雪櫃的捐贈，鄧伯伯或需輪候一段時間才可獲得他需要的雪櫃。

你願意伸出援手，為像鄧伯伯般無依的長者們送上性能良好的雪櫃嗎？計劃急需善款為長者購置雪櫃，讓他們可以安心吃下保鮮的食物，不會引致食物中毒的危機。有意施善者，支票背面請指定捐予「電器贈長者」計劃。施善熱線：2835 4321 或 8107 8324。

Speechless Grandpa Tang

Our first contact with living alone Grandpa Tang began with his need for a blender. With a final stage laryngeal cancer, he is unable to take solid food after the operation; now, he can only communicate with others by writing. We could still recall how difficult it was when we had to set up the visiting time with him. Eventually, we worked out a way to communicate by knocking the table, knocking once for yes and knocking twice for no. After few times of communication, we establish mutual understanding of how Grandpa feels.

On our day of visit, part of his iron gate are bent and dented, suspecting that it is damaged by thief who tried to break in. After getting into the flat, we found that his left forehead swollen bandaged with gauze and his eye can just half opened. We then learned that a thief tried to break the gate; and Grandpa Tang fell down on the floor being frightened by that. Knowing the owner in flat, the thief escaped immediately. The injured Grandpa Tang tried very hard to get up and slowly move to the chair taking rest and do the hemostasis.

As Grandpa Tang cannot take solid food, he has to live on fluid meals such as nutrient milk powder and oatmeal etc. to maintain nutritional need. Due to limited food choices, he is resulted in malnutrition. He gets thinner day by day and he falls often because of weak legs power. The "Electrical Appliances for the Elderly" Program provided the blender based on his needs, hoping to offer him with more food choices so as to increase his appetite and nourishment.

Also, we noticed that his refrigerator using for more than twenty years has leaking problem at the bottom. We believe it is difficult to find suitable spare parts in the market. Grandpa Tang keeps shaking his head, expressing that he has no money to change a new one. He also expresses that he already feels very grateful and wants nothing more. In order to let Grandpa Tang store the unfinished milk and food, a refrigerator is vitally important to him.

There is no basic funding for "Electrical Appliance for the Elderly" Program. Our service relies on donations from benevolent people in helping elderly in need of electrical appliances throughout Hong Kong. There are more than ten elders on our refrigerator waiting list; thus, Grandpa Tang may have to wait for a while.

Would you be willing to help elderly like helpless Grandpa Tang with a refrigerator? The Program urgently needs donations from our benefactors for the purchase of refrigerators to enable elders keeping food fresh without the risk of food poisoning. Please send your cheque beneficiary "St. James' Settlement", remarked for "Electrical Appliances for the Elderly" Program. Donation hotline: 2835 4321 or 8107 8324.



鄧伯伯門外的鐵閘被賊人損毀。
The iron gate is damaged by the thief.



廁所傳來陣陣水聲 九旬兄妹重拾歡顏

當大廈檢查水缸或進行更換樓宇水掣等工程，大廈就會暫停咸水供應，還記得當刻沒有咸水供應的感覺嗎？懊惱？煩厭？或許能平靜面對，倘若暫停供應超過三天，相信很多人已受不了；可是，今天長者家居維修的義工團隊來到西環，正是為長期乏修廁水水箱的劉伯伯進行維修工程。

劉伯伯終身未娶，陪伴在側的是他同樣單身的妹妹。「我已經將近九旬，早前曾經跌倒，手臂至今仍感痛楚。每次如廁後都要用泵注水到水箱中，往往都需時甚久，對此我感到無比的煎熬，慢慢我就想逃避在家如廁。」劉伯伯如此說。

逃避並非解決問題最好的辦法，但是對於領取綜援的劉伯伯，在坊間找師傅維修水箱，有關開支是他一星期的生活費，如果要「不吃不喝」一星期才可維修水箱，這絕對是不可能的事。

劉伯伯跟妹妹的情況，及後由社工家訪了解和轉介，長者家居維修的義工就來到劉伯伯家中提供維修水箱服務。在義工更換有關零件後，從廁所傳出陣陣水聲，這刻劉伯伯和妹妹臉上展露出久違的笑容。後來，義工更發現劉伯伯家中的廁所木門因為長期受潮的關係，表面已經剝落，擔心情況惡化下去會令門不能關上，所以義工以「幫人幫到底」的精神，仗義協助維修廁所木門。

「這裡經過歲月的洗禮，家中所有家具都已經殘破不堪，我們早就知道這木門的問題，不過我們能力有限，全屋重新裝潢根本是天方夜譚，加上我們一把年紀，又沒有子女照顧，只好過一天算一天，直到那水箱出現問題，我們真的受不了，無奈是我們無能力找人協助，只好叫自己再忍。或者等我離開後就毋須再忍受了。」劉婆婆道出晚年獨居無依長者的心聲。

相信大家都遇過家居失修時的煩惱，對於正值壯年或有子女支援的長者來說，這問題可能很快就能解決，但在社會上類似劉伯伯和妹妹的個案，家居問題就可能纏繞他們直至離世。故此，長者家居維修服務一直背負努力為全港有需要的長者解決家居難題的使命，讓長者們放下心頭大石，晚年可在家安居生活。



Sound of The Toilet Flush Bring Happiness To The 90 Years Old Siblings

Suspension of salt water supply happens when the building has the water tank inspection or related maintenance work. Do you still remember the feeling when there is no salt water supply? Feeling helpless or annoyed? Perhaps you can face it calmly; however, I believe it is unbearable if the supply is suspended for more than three days. Today, the volunteer team of "Elderly Home Maintenance Services" comes to Grandpa Lau's home whose toilet flushing tank has long been damaged.

Bachelor Grandpa Lau lives with his younger sister who is also single. "I am now near 90 years old. I have fallen down before and my arms are still painful. Each time after using the toilet, I had to pump the water into the tank. I took quite a long time which became an awful ordeal for me. Thus, I tried to avoid toileting at home." said Lau.

Escaping from the problem is not the best method. To Grandpa Lau who is living on CSSA, the cost of fixing the tank equals to his living expense for a week. It is impossible for him to live without food and drink for a week in order to conduct the maintenance work.

Learning the situation of Lau sibling, the social worker referred their case to "Elderly Home Maintenance Service" seeking help from volunteers in fixing the flush tank. After replacing the damaged parts, there is sound of flushing coming from the toilet. At that moment, the siblings regain a long missed smile. Later on, the volunteer workers found that the surface of their wooden toilet door has been peeled off due to the high humidity. As they worried the door may not be able to shut down, they helped to repair with the spirit of helping others all the way through.

"Having wear and tear through the years, all home furniture is dilapidated. We knew the wooden door problem for a long time, but we really cannot afford to repair it. Having to renovate the whole premise is like a tale from "The Arabian Nights". Also, we are already at the very age with no children, so we can just live day by day. We could hardly bear with it when the toilet flush problem popped up; however, as we are unable to get help, we just live with it perhaps until the day we die." Grandma Lau shared the thought of many helpless living alone elderly.

We believe all of us have been annoyed by the home repair problem. For those who are still young or with children support, the problem can be solved quickly; however, for cases like the Lau's sibling, home condition problems may annoy them until their death. Hence, the "Elderly Home Maintenance Services" has all along diligently shoulders the mission of fixing home living problems for all needy elderly throughout Hong Kong. We hope it can release the elderly's worries; and provides them with a peaceful and comfortable living at home in their old ages.

義工為劉氏兄妹們修理水箱，讓他們重拾歡顏。
Volunteer repair the toilet tank for Lau's sibling, bringing them happiness again.



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一六年八月份
AUG 2016
慈惠月報
The Philanthropy Monthly

呼籲為弱老 加添床欄扶手

差不多每個人都曾經「落枕」的經驗，一覺醒來感到頸部和肩頭疼痛，此刻連起床都變得非常困難，如果可以的話，寧願躺在床上休息一整日。一般來說，「落枕」持續數天，予以適當的治療痛楚就會消退，但是錢婆婆就沒有那麼幸運。患有癌症的她遇上「落枕」，情況就更加令她困擾，加上治癌的副作用，令她飽受折磨。可是，惡運並沒有離開錢婆婆，在兩個月前更因中風入院，出院後行動能力一落千丈，說話氣若游絲。

「我先生離去前曾對我說，盡量不要去麻煩別人或求助別人幫忙。」錢婆婆一直謹守丈夫教誨，沒兒沒女的她拒絕領取綜援，每天只依靠有限的積蓄過活，生活絕對是非常艱苦。轉介社工上門探訪，發現錢婆婆每次上下床都有極大困難，經本會長者家居維修服務的義務職業治療師上門評估後，建議婆婆添置床欄扶手，以便她每次上落床，減少跌倒的危機。可是，床欄扶手的價值不菲，只依靠有限積蓄的錢婆婆根本不會願意購買，鑑於她的身體及居住環境情況，我們決定都為她購買床欄扶手。

後來義工協助安裝扶手，錢婆婆為自己每天生活舒了一口氣，每天起床所帶來的煎熬，因為一支的床欄扶手而一散而空。錢婆婆一方面為了謹守丈夫教誨，另一方面面對漸漸轉差的身體，她就感到非常掙扎。在看到善長和義工的協助，她不禁偷偷掉下眼淚並說：「就算我先生沒交代我，我都不會浪費錢買這個扶手，因為這些復康用品價錢太貴了，單單這一支扶手都接近我一個月的伙食開支，如果要我這個月都不吃不喝來換取這支扶手，這真的太難了。」

為了生活，長者往往會兩害取其輕，但是上下床是每個人每天都要重覆的動作，萬一出現火警等緊急情況，有了床欄扶手，長者便可安全離開單位。為了改善獨居兩老的生活環境和減低意外的發生機會，呼籲各界人士慷慨解囊，預計未來半年會為十戶長者提供床欄扶手，需要經費約一萬元，善施者請捐助：「長者家居維修服務」，支票抬頭：「聖雅各福群會」。施善電話：2835 4321 或 8107 8324。



Donation Appeal Bedside Handrail For Frail Elderly

Almost everybody has experienced wry neck. You will find the neck and shoulder in pain when waking up; and even have difficulty in getting off the bed. If possible, they would rather rest in bed for whole day. Generally speaking, the problem can be solved in a few days with proper treatment. However, cancer patient Grandma Chin is not that lucky. The wry neck together with side effect of cancer treatment tormented her very much. Even more, bad luck did not leave her alone. Two months ago, she was hospitalized because of stroke. After being discharged, her mobility dropped drastically and her voice is faint and shallow.

“When my husband was still alive, he told me we have to avoid bothering others or seek help from them.” Grandma Chin remembers his instruction closely. Having no children, she refuses taking the CSSA and just lives on her meagre saving which makes her living very difficult. During the home visit, the referral social work found Grandma having great difficulty getting in and off the bed. After the assessment by our “Elderly Home Maintenance Services” volunteer occupational therapists, he suggested Grandma to install a bedside handrail for assistance in reducing the risk of falling down. However, installation of a bedside handrail is really costly. Grandma Chin who lives on her meagre saving will not willing to purchase one. By reviewing her physical and living condition, we decided to offer her the bedside handrail.

With the volunteer’s help in installing the handrail, the Grandma is totally relieved. She has been struggling between following her husband’s reminder versus having to face her worsening physical condition. Seeing the help from the benefactor and volunteer workers, she wept silently and said, “Even if my husband did not asked me, I would not waste money to buy the handrail as rehabilitation items are too expensive. This handrail alone is close to my monthly food expense. Having to live without food and drink for a month would really be very difficult.”

Because of the living, the elderly will often chose the lighter of two evils. However, getting in and off the bed is a repeated exercise that everybody has to do each day. In case of fire, the elderly can safely leave the premise with the bedside handrail. In order to improve the living environment for the elderly and reduce the chance of having accident, we are now appealing the general public for generous donation. We estimate that ten elderly is in need in the coming half year, which costs ten thousand dollars in total. Please send your cheque beneficiary “St. James’ Settlement”, remarked for “Elderly Home Maintenance Services”. Donation hotline: 2835 4321 or 8107 8324.

有了這個床欄扶手，婆婆上下床的困難得以解決。

With the bedside handrail, Grandma’s difficulty in getting in and off the bed can be solved.



「癌症專科支援服務」

對症下藥是醫療的基本概念，頭痛時服止痛藥；高血壓服用降血壓藥，以上種類的藥物基本上可以在短時間內解決到病患，但癌症藥物就是另一個不同的情況。

癌症藥物，無論化療或標靶藥物，也不是服用後即時會令病情有明顯的好轉，通常也需要使用數個月才能知道其療效，這意味著病人需要穩定地使用藥物，並持續一定的週期或時間，以發揮藥物的最大功用。

而對於癌症藥物，要達到「穩定使用」，並不容易。因癌症藥物往往有較強烈的副作用，如手腳皮膚、口腔潰爛、腹瀉、嘔吐、更嚴重的是抑制骨髓功能而引致的貧血或免疫力降低。如沒有好好預備及實質的舒緩治療，對療效可能引起不同的影響，嚴重者需減藥或停藥。如果因為未能好好使用藥物而影響用藥，實在可惜。

在分秒必爭的香港社會中，公立醫院的配藥服務以精準為要，而面對龐大的病人數量，每人在取藥時都只可以獲得數分鐘的解釋時間，病人往往未必能充份了解其藥物及病情。但因為癌病的情況及其藥物的複雜性，一般來說病人面對不少心理壓力，而今天的醫院未能提供全面的用藥前見藥劑師的輔導服務，故本藥房為回應病人的需求而推出了「癌症專科支援服務」。目的旨在於病人使用癌症藥物之前，能以面見形式作藥物輔導，過程中會為病人講解病患的實況、藥物選擇、以及根據將會使用的藥物作詳細解釋，而且會就個別的副作用提供實質的處理方法，如藥物及營養品等。

本藥房起始的其中一個目標是「知藥用藥」，服藥者能掌握自己所服用的藥物及醫療計劃。而癌症，由於其複雜程度及未知性，單單取藥時作出解釋，基本上不能達到「知藥」的程度，很多病人也在「不知藥而用藥」的情況下進行療程，都會十分擔憂(例子：如藥物失效時，會否有下一款藥物可使用？坊間說癌症藥物有很激烈的副作用，我使用的會否也是如此？)。我們的服務是以主動邀約面見藥劑師及電話與病人討論其病患的形式進行：先於病人在開始服藥前作面談，講解整個療程，及至在開始用藥物3至4天以電話形式作訪問，這時病人應開始感到療法的副作用，正正需要詳細的關注及解釋；然後於服藥第二週、一個月、兩個月及三個月都會主動向病人作出跟進，並會為病人解答他們的疑問及主動提供協助，令這個三個月「穩定使用」癌症藥物，發揮其最大果效。病人因此可從藥劑團隊中「知道」並掌握其治療情況，這樣能大大減低病人的憂慮，達到「知藥用藥」效果。

One-Stop Support Services For The Cancer Patient

You take a pain killer for a headache, an antihypertensive drug for high blood pressure, and get instant relief. But anti-cancer drugs are a different matter.

No marked improvement can be expected of anti-cancer drugs right away, whether chemotherapy or targeted therapy. It usually takes several months for anti-cancer drugs to show their effectiveness. Patients must take their medicine steadily for a fixed cycle or period of time before it can achieve the best result.

But it is not easy to take anti-cancer drugs steadily. They usually cause strong side effects, like skin ulceration on the hands and feet, mouth sores, diarrhea, vomiting, and more seriously anemia or lower immunity due to suppression of bone marrow capability. The patient has to be well prepared, and palliative care must be available. If he suffers serious side effects, it may be necessary to lower the dosage or to stop using the medication altogether. It would be a great pity if the drug is not administered properly.

In Hong Kong, where everyone works against the clock, public hospitals deal with a large number of patients every day. Their dispensaries only have several minutes to give precise instructions to each patient. Patients usually go away without a full understanding of their respective drugs and conditions. Cancer conditions and drugs are particularly complex, and cancer patients are under considerable psychological pressure. In view of the insufficient guidance they receive from public hospital pharmacies, our dispensary has launched a new program – “One-Stop Support Services for the Cancer Patient”. The purpose is to provide face-to-face drug counseling before the patient commences medication. During the meeting he will be given an explanation of his condition, his prescribed drug, and how to properly take it. He will also be told the possible side effects and how to deal with them, like what medicine or foods to take.

One of our pharmacy's aims from the very beginning is “know your medicine” – to give the patient a full grasp of his medicine and treatment plan. Cancer is a complex disease involving many unknown factors. Cancer patients who undergo treatment without knowing their medicine can be riddled with concerns. If the drug proves ineffective, is there another drug I can take? Will I suffer the strong side effects that are said to be common with anti-cancer drugs? We take the initiative to invite the patient to meet with our pharmacist, and to telephone him to discuss his condition. The face-to-face meeting explains the entire treatment course before the patient begins his medication. Three or four days later we will telephone him. By that time the side effects will have shown up, and he will need close attention as well as detailed explanation. Further follow-up phone calls are made in two weeks, one month, two months and three months, to answer any questions he may have and to help him out. With the counseling of our pharmacy team, the patient's concerns are significantly relieved. He is able to take his medicine steadily for three months, letting it achieve the best result.



學習成為一個 仁慈及能體恤病人的 藥劑師

聖雅各福群會惠澤社區藥房為有經濟困難的長期病患者，以較優惠價錢提供自費藥物。受惠人士為年滿65歲或以上、領取綜合社會保障援助計劃或低收入的患者，需持有醫院管理局醫院或診所醫生發出的藥單。我能夠有機會在此實習，觀察到專業藥劑師的日常工作，除了藥物輔導和配藥工作外，他們還要處理一連串的工作流程和藥物管理。我有機會參與後者的工作，這些工作程序對惠澤社區藥房的恆常運作是非常重要的。

除此以外，藥劑師也讓我從旁參與藥療輔導的過程。對於用藥病人來說，這是一個不可或缺的輔導過程。部份使用自費藥物的癌症病人，在服用標靶藥時出現嚴重的副作用。對於難於忍受的副作用，他們卻缺乏專業意見以舒緩有關情況。令我十分深刻的是，惠澤社區藥房的藥劑師會細心關顧他們的情況，如果病人在服藥後出現手、腳皮膚的問題，他們會給予補濕霜、藥膏，又或提供鞋墊以減輕腳掌的壓力。對有些出現胃口不佳副作用的病人，他們會收到營養奶粉，以補充營養，增強體魄。看到他們因著服務所提及的物資而身體不適的情況得以改善，我實在很感動，因為，對經濟困乏的病人來說，他們根本沒有能力購買有關物品，但這些東西對他們康復路上是十分重要的。

當下，我更確信兩年前選擇藥劑師為我終身的職業是沒有錯的！對於社會上眾多有需要病人來說，惠澤社區藥房正正是個很實在的平台來幫忙他們。

在這段實習期間，藥劑師強調病人不因他們缺乏經濟能力而失去服用藥物的機會。怪不得藥劑師口中常常掛著感謝善長的說話，因著善款，病人得到藥物治病。這個服務理念，令我體會到這裡並不是一間普通的藥房，而是一間滿有關愛和溫情的藥房。經過這次實習經驗，「慈惠」兩個字啟發我日後要成為一個富仁慈及能體恤病人的藥劑師。

Learning To Be A Benevolent and Compassionate Pharmacist

The Philanthropic Community pharmacy on behalf of St. James' Settlement offers self-financed drugs at a more affordable cost to needy patients with chronic illnesses. Patients who are aged 65 or above, receive Comprehensive Social Security Assistant (CSSA), or belong to the low-income group, and have prescriptions from hospitals and clinics under Hospital Authority are eligible to benefit from drug assistance programs. I have been offered to observe the daily routine of a community pharmacist. Besides counseling and dispensing, community pharmacists also need to deal with logistical work and inventory management. I had the chance to participate in the latter two jobs. These procedures are important elements in managing a community pharmacy smoothly.

Other than that, I was invited to observe comprehensive counseling sessions to individual patients, which is an indispensable part to ensure patients' compliance to medications. Some of the self-financed drugs for treating cancer have serious adverse effects. Patients always find the adverse effects intolerable but they are lacking in advice as to how to alleviate their discomfort. What impresses me in this community pharmacy is that the pharmacists have also taken those into concern. If the patients complain of hand foot skin reactions, they receive jars of moisturizing urea cream and shoe pads to reduce pressure on their soles. If they have lost their appetite, they receive nutritional powdered milk as supplements. The satisfaction and comfort that the patients have after receiving these products for free touches the bottom of my heart. These products may seem insignificant to some, but they are utterly important for those who are financially deprived. During their road of recovery, these supportive commodities can definitely play a role in helping the patients.

It was then when I am even more certain that choosing pharmacy as my profession two years ago was a correct choice. There are lots of deprived patients in the community and this platform can provide a stronger support to those patients.

During my placement, the pharmacists keep on stressing that all patients should receive optimal medications despite their financial conditions. Thanks to the funds made available for patients, they can all benefit the most out of this program. I believe a community pharmacist should not only possess thorough knowledge in medicines, but also a caring heart for the patients to help solve their problems. This placement has allowed me to appreciate the effort made by the pharmacists in The Philanthropic Community Pharmacy and learn about the rationale behind this program. After this experience I am more aspired to be, as the name "philanthropic" suggests, a benevolent and compassionate pharmacist.



上門教授 使用智能手機

「無憂通」電聯關顧服務的服務對象為一些孤苦無依、缺乏支援網絡的獨居長者、兩老以及長期病患者，藉由電腦語音系統與每位長者作每天的電話聯繫，作出主動的關心慰問，確定每一位長者每天的平安，避免他們在家中發生意外而乏人知曉。

但隨着智能電話的普及，坊間亦不乏價錢相宜的選擇，不少長者均轉用智能電話。本服務的工作手提電話亦新增數據網絡，讓使用智能電話的長者可透過即時通訊應用程式向我們報平安。每天我們都會收到不少長者發送的訊息，報告平安及表達對工作人員的問候；在節日裡亦收到不少祝福，這樣的互動實在窩心及意料不及。對於部份長者未能掌握智能電話的使用方式，本服務會聯同義工上門作教學及與他們建立關係。

83歲行動不便的關伯伯來電告知購買了智能電話，希望義工可上門教學。工作人員約義工一同上門時，發現關伯伯已早早在紙上記下使用過程中的疑問。義工耐心地逐一教導關伯伯，在期間了解到伯伯更換智能電話的原因。

「我無兒無女，身後事安排已計劃好了。今天死，明天死，明年死對我都係一樣。只要死左係屋企有你地知，幫我搞身後事我就無咩好擔心了。我宜家最怕係悶、最怕係唔知外面發生咩事！」

原來他希望與社會，與這個世界保持聯繫，獲得更多外界資訊。明白了關伯伯使用智能手機的原因，義工們更有方向地教導他，經過個多小時的學習，現在關伯伯已學會用智能電話看報紙和使用通訊軟件！

與此同時，義工跟他一起下載一些相關的應用程式，也稍為指導一下他怎樣寫訊息和傳錄音。從關伯伯臉上看見他學懂新事物的笑容，足見人人老心不老。

是次探訪，義工更教導了關伯伯如何用即時通訊應用程式報平安。自此以後，每當他未能接聽無憂通電話時，他會以應用程式向我們報平安，他也會用發放訊息預先請假，於是職員更容易緊貼他每天的安全情況。

「無憂通」電聯關顧服務由2011年開始推行，至今已服務過超過千名使用者。藉着每天跟長者的聯絡，和參加者保持緊密的聯繫，更透過義工探訪、電話慰問和定期聚會，與參加計劃的長者建立充滿人情味的關係。當他們沒有回應電話，工作人員用盡渾身解數追查參加者的安危，有時打電話至深夜甚至上門跟進。這一切都讓缺乏支援的長者感受到確實的關顧，從而更安心地享受晚年。



Home Coaching On Smart Phone Use

“No Worry Link Service” targets to serve living elderly, elder couples or chronic patients who are poor without supporting network in the community. With the computer system, we can have daily contact with every elder. This active care ensures the elderly are safe and problem of home accidents can be found if there is any.

As use of smart phone is getting popular and lots of low cost choices in the market, there is a trend for many elderly using it. Recently, we also added the network data function in our mobile phone. It let elders report to us if they are safe through the real time communication apps. Everyday, we receive many messages from the elderly reporting safe and giving their blessing to our staff. Also, many greetings are received in the festival days and this kind of interaction is warm, beyond our expectation. For those elderly who don't know the use of smart phones, our staff and volunteers will go and teach them at home so as to establish a closer relationship with them.

83 years old Kwan, has walking problem, seek help from us for volunteer providing home coaching after acquiring a new smart phone. When our staff and volunteer arrived his place, they found that Grandpa had already written down the questions. The volunteer worker patiently instructed him step by step; at the same time, they found the reason why he changed to use the smart phone.

“I have no children. My funeral matters have all been arranged. It makes no differences if I pass away today, tomorrow or next year. Just in case I die at home, you people know about it and will take care of my funeral, so nothing left to worry me. Now, I just hate being bored and am afraid of not knowing what is going on in the society.”

Grandpas wish is to stay in touch with the community and connect to the world by getting more information. Once knowing his intention, the social worker had a clearer direction in coaching him. After around an hour time, Grandpa Kwan finally learned reading the newspaper reading and using the communication software!

Meanwhile, the volunteer worked with him in downloading some related apps; also, he taught him how to write message and send recorded voice message. From the old Grandpa's facial expression, we saw the smile of grasping new skilling. Although he is old but still feels young in heart.

During the visit, Grandpa was also taught how to use the app in reporting his safety. Since then, whenever he missed answering the No Worry Link Service phone call, he would use the Apps in reporting safety to us; moreover, he would make prior notice when going on vacation, which is much easier for the staff in keep tracking his safety situation every day.

The No Worry Link Service, introduced in 2011, has served more than a thousand users. Daily liaison through volunteer visits, phone calls and scheduled meetings with participating elderly, we build up a close relationship with the elderly. In case they fail to answer the call, the staff will try every means to trace them; sometimes, we even keep calling or visit them during the mid-night. All these make helpless elderly feel getting real care and enjoy the rest of their lives in better comfort and with peace of mind.

自學懂使智能電話後，我們更容易掌握關伯伯的情況。After learning the use of smart phone, Grandpa Kwan's situation can be updated more easily.



一站式新居入伙服務

位於觀塘的安達邨屬於新落成的大型公共屋邨，總共設有11座居住大廈，預計可提供9,356個單位予23,387位居民入住。作為長者服務的社工，已陸續收到居於區內板間房的長者急切求助。獲派單位的長者們，還未來得及迎接「上樓」的喜訊，已被迫面對付新居開支的困難。「房署提供的單位，什麼設備也沒有。我相信最少都要有張床舖，鋪地墊遮蓋沙塵滾滾的地台；另需有個電飯煲可煮食吧！」領取綜援的張伯伯，望著錢包裡剩餘的三張一百元紙幣，這已是他身家的全部。

一個月後，我去探訪張伯伯的新居。發現屋內只有地上的被鋪和幾個紙皮箱，生活起居都在地上。「之前捱貴租每月清空荷包，沒有積蓄可言；綜援提供的搬遷津貼，我用來交了房屋按金也所剩無幾，買了一些日用品和食物，才發現不夠錢買床。」張伯伯患有痛風症，痛症發作時連站立都有困難，怎麼能夠睡在地上？「活到70幾歲，有什麼風浪未見過？只是而家身體唔好，捱不了太多的苦。長期訓地下，腰骨關節讓我痛不欲生；而從地上站起來對我黎講更是困難萬分。好幾次站不起來我就直情將水杯、食物放在被鋪上，方便取用。」搬上新居本是喜事，然而對眼前的張伯伯而言，生活並沒有改善之餘，還比之前居住的板間房還要惡劣。於是，我就下定決心要為張伯伯做點事，希望可尋找社區資源協助他建立新居。

得知聖雅各福群會最近推出「長者家居安全綜合服務」，「一站式」的服務提供新居裝修和電器餽贈，以減輕匱乏長者入伙的相關支出。服務派出裝修義工，協助張伯伯的新居鋪設膠地板，還為在浴室及廚房安裝層板、掛架和掛勾，方便他存放個人物品。服務更考慮到居所位於山上，於是「電器贈長者」計劃提供可煮飯蒸饅的電飯煲讓伯伯可以煮食，提供即熱式電水壺讓伯伯可隨時有溫水飲用，同時亦提供了善長捐助的雪櫃，方便張伯伯可儲存剩餘的食物，當身體不佳時未能外出也能食用保鮮的食物。

服務負責人還告訴我，很多匱乏長者上樓時因財困沒辦法添置睡床，因此他們積極尋找善長捐助單人床，讓長者不用睡在冷冰冰的地板上，引致腰骨痛等問題。服務中的傢俱餽贈照顧了張伯伯燃眉之急的需要，這張單人床還附送2吋厚的硬身床墊，照顧他腰部的痛楚。另外還有一個小型的木櫃可放置衣物，以取代那些早已霉爛的紙盒，避免引致昆蟲的滋生。

「長者家居安全綜合服務」一站式的運作，十分能協助匱乏長者新居入伙上實際的物資需要，服務既「到位」之餘，亦著重長者的家居安全，考慮著長者體質健康上的需要提供合適設施如扶手、夜明燈、特製門柄等設施，讓長者可以真正的「安居」。希望計劃可籌得更多的善款，以支援更多即將「上樓」的匱乏長者。



伯伯使用從街上拾來的紙箱充當「臨時衣櫃」
Grandpa Cheung used a carton found on the street to store his clothes.

One-Stop Service For Moving Into New Home

On Tat Estate in Kwun Tong is a new public housing estate comprising 11 residential buildings. It provides 9,356 units expected to house 23,387 residents. Social workers responsible for senior citizens have received urgent appeals for help from many elderly persons living in partitioned flats in the district. They have been assigned units in the new estate but can hardly rejoice over their good fortune, for they must face the moving expenses. "There is nothing in the unit assigned us by the Housing Authority. Shouldn't there at least be a bed to sleep in, flooring to cover the gravelly ground, and a rice cooker to cook with?" Grandpa Cheung who lives on Comprehensive Social Security Assistance (CSSA) said, staring at the three hundred-dollar bills in his wallet. It was his entire fortune.

A month later, I visited Grandpa Cheung in his new home. All I saw there were his bedding on the floor and several cartons. "The high rent I used to pay emptied my pocket. I have no savings to speak of. CSSA gave me a sum for moving house. But, after paying the deposit for the unit and buying some food and articles for daily use, I don't have enough money to buy a bed." Grandpa Cheung suffers from gout. When it acts up he can hardly stand on his own two feet. How can he sleep on the bare floor? "I have endured all kinds of hardship in my 70 years. Only my poor health now makes them hard to bear. My back and joints are so painful from hours of lying on the floor that I just want to die. And getting back on my feet is even more difficult. After several failures I just put my cup and food on the bedding, so that I can reach them." Moving into a new home is a happy event. Yet, for Grandpa Cheung, not only had life not improved, but it has been even worse than when he was living a partitioned flat. I resolved to do something for him. I hoped I could secure some community resources to help him build his new home.

Then I learned that St. James' Settlement had just launched an Elderly Integrated Home Safety Project, a one-stop service which provides interior decoration and electrical appliances to help needy elderly persons move into new homes. Volunteers dispatched by the service laid vinyl tiles on the floor for Grandpa Cheung, and installed shelves, hangers and hooks in his bathroom and kitchen for storage purpose. As the housing state is on a hill, the Electrical Appliances for the Elderly Program also presented him with an electric rice cooker which he can use to steam dishes as well as cook rice, an electric kettle which boils water instantly, and a donated refrigerator for him to store leftover food, so that he need not go out for fresh food when he is not feeling well. An operator of the St. James' service told me that many needy elderly persons cannot afford to buy a bed when they move into a new housing unit. Therefore the service has collected donations to buy single beds so that the elderly residents would not have to sleep on cold bare floors and develop back pain as a result. Grandpa Cheung's new bed also came with a 2-inch hard mattress for back support. In addition, a small cabinet was provided for storing the clothes that he had been keeping in soiled cartons where insects might infest.

Elderly Integrated Home Safety Project is a one-stop service which not only provides actual materials to needy elderly persons moving into new homes but also seeks to ensure their safety. In consideration of their physical condition, the service also provides such fixtures as handrails, night lights and special door handles for safety purpose. I hope more donations can be collected to help more needy elderly persons who are about to move into housing estate units.



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：_____

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

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*Please check off your method of payment.

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

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

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

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