

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



一六年七月份 JUL 2016

網址 Website: www.thevoice.org.hk



社工的話
Social Worker's Remark

香港人最長壽

久不久就會有報導公佈世界上男女性最長壽的國家或地區，最近一次又是香港人勝出，想不到在生活迫人的情況下，香港人的狀態更見勇猛，男女平均年歲分別81.24歲及87.32歲，比日本人更長命。

有資深社工同事問，你是女性，你對有關報導的感覺是？

回想工作上接觸很多老人家，一般到了六十多歲，三高（血壓、膽固醇、血糖）總有一樣，又因缺乏社會保障下，他們都沒有公積金或強積金，倘若子女都是基層，又或跟他們關係甚差，甚或已是聯絡不上，這些老人家沒有經濟保障下，生活過得很茫然。

在慈惠服務工作中，我們月復月，年復年，接觸到社會上可以稱得上是很需要幫忙的一群，他們經濟條件欠奉，差不多等如零的家庭支援，加上已踏入垂暮之年，身體漸漸衰退，心怕跌一交死不去，手尾長，「姑娘，我不怕死，反正留下來的日子不多，又沒有顧慮，我隨時作了準備，只怕死不去，要靠步行架或輪椅生活，我不想靠人。」這是我們不難聽到的說話。

讓貧老帶著尊嚴活下去，是我們工作的重要使命，一切入屋的義務工作，我們要尊重長者的意願，要讓長者明白有關改動前後的分別，他才是住所的主人，服務時任何考慮必須他為先。

活得長久，與活得開心和有尊嚴是需要並存的，回應資深社工的提問，也是如此。慈惠服務提供，在善施上及義務工作安排上都要做到這點，好讓活在水深火熱中的長者，帶著一份人間溫暖，好好地生活下去。

Hong Kong Leads World In Lifespan

Every once in a while comes a report of which country or region in the world leads in life expectancy. Hong Kong scored the highest in the latest report. Surprisingly, Hong Kong people have grown stronger under increasing pressure. Their average lifespan is 81.24 years for men and 87.32 for women, longer than even the Japanese.

A senior social worker asked me, "As a woman, how do you feel about the report?"

Thinking back on the older people I have come into contact with in my work, once past 60 most of them are at least plagued by one of the three highs – high blood pressure, high cholesterol and high blood glucose. Social security is lacking. They have neither provident fund nor Mandatory Provident Fund. If their children all belong to the grassroots, or if their relations with the children are strained, or if they have lost contact altogether, these elderly persons simply have no financial security to speak of. They are living, but are at a loss as to what to do.

In the Charity Services, we are in constant daily contact with people who are very much in need of help. They have no money and almost zero family support. Their bodies weakened by age, they dread that they may have a bad fall that will not kill them. "I am not afraid to die. I don't have many more days to live anyway, and I have no worries. So I am prepared. I only dread that I may not die, and that I must go on living with a walking aid on in a wheelchair. I don't want to depend on others." We often hear this said.

To ensure that the needy elderly go on living with dignity is our mission. In every home visit volunteer job we must respect the wishes of the elderly owner. We must make him/her understand what difference a change can bring. In providing service we must give first consideration to the owner of the home

Living a long life must go hand in hand with living happily and in dignity. This is also my answer to the senior social worker. And we must ensure it as we provide charity services and arrange distribution as well as volunteer work, so that elderly people who are already faced with hardship can go on living and live a good life, feeling human warmth and concern.

行善之後再行善。

Let there be no end to doing good deeds.



香港仍有很多長者 等待著你們的援手， 加油！

在七月下旬，在離開黃婆婆的家時，還記得與她揮手再見的一刻，其窩心的一句：「多謝你哋能夠嚟探我，真係多謝晒，而家可以幫到我們這班老人家嘅人，真係愈來愈少！還好有你哋幫忙！」婆婆感激的一句話，不禁令人反思香港醫療制度確實有著不少的缺口，不僅是輪候時間過長，病人拿藥回家後更沒有任何醫療人員支援，假若病人為獨居長者及目不識丁人士，一旦忘記配藥員或藥劑師所提及的服藥指示，便有機會錯亂服藥，後果極其嚴重。

「唉呀！原來這種血壓藥需要每日服食兩次！？不是一次嗎？」黃婆婆驚訝地說。原來醫生在最近的一次應診，看見黃婆婆血壓指數不太理想，便把其中一種血壓藥的服用指示由每天服用一次改成兩次。惟黃婆婆已值耄耋之年，記性不好的她忘記了新的服用方法，依然每天只服用一劑的血壓藥，血壓情況當然沒有得到任何改善。

然而，黃婆婆的情況不單只不清楚血壓藥的新服用方法，我們還發現更多一直潛在的問題。「我年紀大，記性差，經常忘記服用晚上該食的一種藥，真係唔知點算好……」黃婆婆再緊張地說。在仔細檢查下，原來她晚上需要服用的藥物還包含了「抗凝血藥物」，這類藥物是防止中風的預防性藥物，一旦忘記服用，後果不堪設想！有見及此，我們便送了一個七日藥盒給她，並為黃婆婆登記了我們的電話提示服藥服務，務求令黃婆婆能夠準時服藥。

黃婆婆續說：「多謝你哋嚟幫我，真係唔知點報答你哋！我屋企好簡單，真所謂咩都無，親人亦早已不在，而家我連食藥都亂晒龍；好彩有你哋嚟睇吓我，探望吓我，亦教導我啱既食藥方法，真係好感激、好感激聖雅各呀！仲有善長捐個藥盒比我，以後一睇就知自己有無食到藥。」在道別後，我細味黃婆婆的說話，心中百感交集。既因黃婆婆能夠正確服藥而感到鼓舞，亦深明在香港像黃婆婆這類的個案只是冰山一角，要令所有病人也做到知藥用藥的道路還很漫長。黃婆婆笑言：「你哋要加油呀！香港有好多好似我這類嘅老人，仲等住你哋去幫架。」

Keep It Up! Many Elderly Still Need Help

I still remember what Grandma Wong said when I left her house in late July, "Thank you for visiting me, thank you so much! Fewer and fewer people can help us old people nowadays! So glad we still have your help!" On hearing her grateful words, I couldn't but reflect on the many loopholes in Hong Kong's medical system. Not only is the waiting time too long, but patients get no support from medical personnel after taking the prescribed medicines home. If the patient happens to be an illiterate senior, and forgets the instructions from the pharmacist or dispenser, he is likely to take the medicine improperly, and the consequence is very serious.

"What? So this medicine should be taken twice a day?" asked Grandma Wong in shock. At the last consultation, the doctor saw that her blood pressure was still not normal. So he prescribed for her to take her blood pressure medicine twice a day instead of once. But Grandma Wong was forgetful in her old age. Forgetting the new instruction, she continued to take the medicine only once a day. Naturally her blood pressure showed no improvement.

Whether Grandma Wong takes her blood pressure medicine once or twice daily was not her only problem. We also found another. "In my old age and forgetfulness, I often forget to take one of the drugs I am supposed to take in the evening. I don't know what to do....." she said nervously. We examined her medication and found that her drugs for the evening include an anticoagulant, a drug to prevent stroke. Neglecting to take it can lead to disaster! To make sure that she takes her medicine according to schedule, we presented Grandma Wong with a seven-day medicine box, and registered her for our Medical Phone Reminder Service.

She went on to say, "Thank you for helping me. I don't know how to repay your help! My home is very simple. You can say I have no one; all my family members are gone. Now I am even confused about taking my medicine. Luckily I have you to visit me, to teach me how to take my medicine. I really am very grateful, very grateful to St. James! And to the kind donors who donated this medicine box to me! I need only take one look to know if I have taken my medicine." Mixed feelings surged in my mind as I thought over Grandma's words after we said good-bye. On the one hand I was encouraged by her learning to take her medication properly. On the other hand I saw clearly that her case is only the tip of the iceberg in Hong Kong. The road towards ensuring that all patients take their medication properly is still very long. Grandma Wong said cheerfully, "Keep it up! Many old folks like me are waiting for your help in Hong Kong."

你每一分的捐助 祝福病患者家庭

疾病，往往在毫無預警之下就已來襲。

剛三十出頭，正值壯年的溫先生在今年4月時因一次在街暈倒，送去醫院從而確診患上了胰臟癌，初發現時已是末期了，家人驚聞這個惡耗時，霎時間仍未能接受。溫先生本來在酒樓廚房任職，但患病後因體力不支，故無法繼續工作，妻子為他的醫藥費到處張羅，又向銀行借了一筆錢作為周轉，檢查、化驗、藥費等，3個月來已用了數萬元。

後來得知聖雅各福群會為合資格的病人提供藥物資助服務，便即時申請，但資源有限下，本會的服務亦只能資助溫先生一半的藥費，每月大概一萬元，為期12個月，而另一半則需由病人自費。現時因他身體情況欠佳而與母親同住，妻子需長居內地，未能陪伴他。

初時得知本計劃可以減輕一半的藥費，溫生和他的母亦表示很感謝有這個計劃，否則根本不能開始療程，於是用盡了儲蓄購買了首期藥物，3個月過去，標靶的成效也不俗，能顯著控制腫瘤。但上月底溫母表示：我也是在酒樓做樓面，要交租又要生活費，成個月人工都不夠再俾一樽藥的藥費，他太太在大陸亦幫補不到太多，前路茫茫，都不知怎算！

她曾向社工求助，希望與兒子申請綜援，但因援助資格所限，鑑於溫母有一份長期穩定的工作，而未能成功申請。再加上政府的社會保障資源並不包括藥費開支，二人綜援相比溫母現時每月9千元的收入更少，故最後放棄申請，決定一邊照顧病重的兒子一邊繼續工作。她續說：若最後已沒有錢負擔自費的部份，唯有暫停標靶治療，再等院方決定有沒有其他較平的醫治方法。說罷，她再也不能強忍眼淚，為年輕的兒子而痛心。

在社會上本來為生活努力的人，因突如其來的病患而令整個家庭的經濟陷入困境的情況屢見不鮮，除了身體情況日漸虛弱，不能再貢獻社會而感到自卑外，亦會因家人為自己的醫療和藥費開支而自責和產生愧疚。

若你願意為好像溫生這一些家庭提供一個治療的希望，請施善：「贈藥治病計劃」，支票抬頭：「聖雅各福群會」。查詢：2831 3289。

Patient's Family Blessed By Your Donation

Disease often strikes without any prior warning.

Mr. Wan, just over 30 in his prime of life, collapsed in the street last April. On taken to the hospital he was found and diagnosed to have final stage pancreatic cancer. His family was too shocked to accept this sudden grievous news. He works in a restaurant kitchen; however, he became physically unfit working there anymore. His wife went out to raise money for his medical treatment and took a bank loan for cash turnover. The medical check, laboratory tests and medical fees etc already spent over few thousand dollars in the past three months.

Subsequently learning St. James' Settlement can provide medication subsidy service to eligible patients, he applied immediately for it. With our limited resources, we can only subsidize half of his medication expenses, roughly ten thousand dollars a month for a duration of 12 months, and the patient has to pick up the other half. At the moment, as his physical condition is poor, he lives with his mother while his wife lives in China that cannot be by his side.

When Mr. Wan and his mother first learned of medical bill being reduced by half, they thanked the service; else they could not start the treatment process. Thence they exhausted their savings to buy the medication for first stage. Three months have passed, the target drug produced pretty good result and cancer was under obvious control. But by end of last month, the mother expressed, "I work in the restaurant as waitress and have to pay rent and for our living. My whole month salary is insufficient to pay for just one bottle of medicine anymore. Wan's wife who lives in China is unable to give too much help either, I know nothing of what lies ahead and what else to do!"

She tried once to seek help from the social worker, hoping to apply CSSA for her son. There are certain requirements to meet; since the mother has a steady job, they were not eligible. In addition, CSSA makes no allowance for medical expenses, and the amount of assistance for two persons is much less than her present income of \$9,000 a month, so they finally gave up the application. She decided to take care of her son and keep working. She continued saying, "By the time if we can afford no more, stopping the target drug treatment would be the only alternative. Then, we have to wait and see whether the hospital has any other cheaper treatment methods." She failed holding back her tears at the end, grieving for her son so young.

It is not uncommon for quite a number of hard working people in the community hit suddenly by illnesses, plunging the family into economic difficulties. Besides body getting weaker and weaker day by day, they will feel self-abased without further contribution to the community and blame himself with the guilty conscience feeling for having the family worry about the treatment expenses.

Should you be willing to provide families like Mr. Wan with the hope for treatment, please donate to "Medical Subsidy Program" by cheque, beneficiary "St. James' Settlement". Enquiry hotline: 2831 3289.



送涼行動

香港天文台連續多日發出酷熱天氣警告，患上氣管疾病，如支氣管炎、哮喘的長者，絕不能長期處於悶熱、翳焗的環境中，否則會影響他們的身體狀況。早前有大學研究指出，酷熱的天氣會導致長者死亡率上升。長者感應氣溫和調節體溫的能力低，較容易因高溫而感到不適甚至死亡，長期病患及服藥人士亦會削弱抵抗炎熱天氣的能力。

陳伯伯獨居於長沙灣唐樓單位，單靠綜援過活。探訪當日，陳伯伯在住所門口等候著工作人員和義工。他一見到大家便說：「麻煩晒義工，行咁多層樓梯送風扇上來，我帶你地到我住的單位。」工作人員與義工進入到陳伯房間——一間面積不足一百呎的板間房，房間內沒有窗戶，環境非常悶熱。我們隨即安裝風扇讓他乘涼。陳伯感慨地說：「我之前都有一部風扇，但被其他租戶偷了，我只有靠一把葵扇。」現在陳伯都不敢長期開著門，避免再有同樣事情發生。

根據研究指出，劏房沒有窗戶，空氣流通差，令室內二氧化碳積聚，增加室內細菌數量。專家提醒，假如長期生活在細菌毒素濃度高的環境，會嚴重影響呼吸道健康，尤其長者會較容易患上呼吸道疾病，嚴重的更會引起併發症。

聖雅各福群會的「送涼行動」為全港無依體弱及經濟困難的長者餽贈風扇，確保長者不會備受中暑的威脅，並且讓他們時刻保持涼快。「電器贈長者計劃」的義工，在親身將風扇到戶送給長者之餘，還作出安全使用的指導，確保他們用得安心。



Fan for the Elderly Campaign

Warnings of very hot weather have been issued by the Hong Kong Observatory for days running. Elderly persons suffering from Trachea disease can easily come to physically harm as a result. They must absolutely not be cooped up in a hot, stuffy environment for long. An earlier university research finding shows that the death rate of the elderly rises with high atmospheric temperature. Due to their poor ability to adjust body temperature in response to change in air temperature, elderly people are more likely to succumb to heat and even die from it. People who are chronically ill or under medication also have weaker resistance to extremely hot weather.

Uncle Chan lives alone in a Cheung Sha Wan tenement. On the day of our visit, he stood at the door to wait for us. One seeing us, he said right away, "Thank you volunteer workers for carrying the electric fan up so many flights of stairs. Let me take you to my unit." We entered a boarded cubicle of less than 100 square feet, windowless and stiflingly hot. We immediately installed the fan to let him cool off. He said emotionally, "I had an electric fan once, but another tenant stole it. I was left with only a palm-leaf fan to rely on." To this day Uncle Chan is afraid to keep his door open for long. He does not want another theft.

Studies show that carbon dioxide builds up in a poorly ventilated windowless cubicle, causing germs to multiply. Prolonged stay in a highly germ-infested environment weakens the trachea. The elderly in particular easily catch Trachea disease, which can lead to complications if serious.

St. James' Settlement's "Fan for the Elderly Campaign" is a Hong Kong-wide action to send free electric fans to elderly people who are helpless, in poor health and financial difficulty, to insure them against heat stroke and to let them keep cool at any time. Volunteers who make delivery also guide the elderly recipients on the safe operation of the fans, so as to eliminate any worry they may have about using them.

為長者送上風扇，不但能於炎夏為長者送上涼風，亦能確保長者不會備受中暑的威脅。

Offering fan for elderly not only provides them with cool wind in hot summer, but also insures them against heat stroke.



我們需要你的捐助
We Need Your Donation

急需冷氣機降溫的病老

今年夏天天氣持續悶熱，熱浪氣勢迫人。7月的日間氣溫曾經高達35.6度，與1963年最高溫一天記錄打平。尤其於颱風來襲前的日子，下沉的氣流讓環境變得更加悶熱，對於患有呼吸疾病的弱老而言，呼吸更顯困難，嚴重時甚至需要立刻送院治療。

長期臥床的余伯伯，需要太太長期的貼身照顧。兩口子沒有子女，僅依靠綜援金過活。社工到訪余伯伯的家，觀察到家中設備均十分簡陋，家中的冷氣屬於多年前需要加添雪種的款式，吹出來的風跟室溫般一樣暖烘烘，完全沒有一點涼意。而因臥床的關係，余伯伯的背部不能散熱，身體周邊長滿了皮疹，痕癢非常。加上余伯伯有語言障礙，「有口難言」的他未能直接表達身體的痛苦，讓兩老陷入無助的境地。「綜援金全都用於丈夫的護理費用上，每次花錢時我都需思前想後，擔心不足以用到月底。冷氣壞了我也實在無能為力，只能使用風扇和不時在丈夫身邊撥扇為他製造涼風；真盼望炎夏快些過去，讓我丈夫不至活得這麼辛苦！」不忍丈夫每天與炎熱搏鬥，余太太感慨的流下眼淚來。

余伯伯的冷氣型號太舊，產品早已沒再在市場出售，也沒有零件可更換作維修用途。加上單位設施太舊，窗口的玻璃、冷氣的支架亦需更換才能支撐新冷氣的安裝。預計連窗口機的費用超過\$3,000，並不是余伯伯兩老可以應付的支出費用。

另一位有待善長伸出援手的，還有居於石硤尾的賀伯伯。患有嚴重氣促的賀伯伯，需長期使用氧氣機協助呼吸。不順暢的氣管讓他常於晚間失眠，體力不足以致午後才能起床飲食，現需依靠綜合照顧隊照顧他的飲食及進行家居清潔。不幸於炎夏當中，賀伯伯的冷氣突然「咁」一聲之後就不能啟動，只能依靠家中一把小型風扇乘涼。在高溫的天氣下，賀伯伯渡日如年，氣喘變得更為頻密。「免得過我都唔郁動，免得刺激氣管喘得厲害。」賀伯伯將水杯、食物、紙巾等全都放在床邊，方便隨時取用。而生活範圍都只局限在床鋪附近，上廁所還得待氣管稍為順暢時才敢慢慢步向洗手間。如能安裝冷氣機，相信定能改善賀伯伯的家居環境，讓他能安心養病。他不用再捱熱，緩和呼吸的不適感覺。

冷氣機對一眾病弱長者而言，絕對不是家居的奢侈品。尤其夏天持續高溫幾個月的時間，健康本是弱不禁風的體弱長者，身體實在不能承受悶熱環境的環境。計劃打算為輪候冊上10位體弱長者籌募善款，以購買合適單人公屋單位使用的一匹窗口式冷氣機饋贈予體弱長者，以於炎夏中為他們提供舒適的環境，讓他們可以安心養病。計劃同步讓受惠長者受助於「電費助貧弱計劃」，資助冷氣機的電費，免除長者擔心使用冷氣造成額外的電費支出，讓他們可於炎夏裡安心使用。現呼籲各界善長伸出援手，資助弱老購買冷氣機，攜手提供一個舒適、安康的環境給他們養病。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。



Ailing Elderly In Urgent Need For Air-Conditioners

Heatwaves keep hitting Hong Kong this summer. The day temperature in July climbed up to 35.6 °C, it tied the highest temperature ever recorded in 1963. It is typhoon season, the weather is hot, humid and windless. Such weather poses high risks to elderly with pulmonary diseases and some of them may need hospital treatment if their condition turns worse.

Grandpa Yu was bedridden and hence needed his wife to take care of him. The couple had no children and relied solely on CSSA for subsistence. The social worker visited them the other day and found their home far from well-facilitated. The air-conditioner in use was an old model unit which required a constant charge of refrigerant and it blew only warm air. As he was bedbound, the heat trapped on his back caused skin rash to develop on his body. Nonetheless, Grandpa Yu was unable to directly communicate his sufferings because of speech disorders. The couple felt even more helpless. "Most of our money was already spent on my husband's medication expense and I always worry that we don't have much money left to survive until the end of the month. That's why I hesitate a lot every time I have to spend. I know the air-conditioner isn't working, I tried cooling him down with the electric fan and by waving the fan myself. I hope summer will end real soon, then my husband will suffer less." Grandma Yu burst into tears when she saw her husband struggling in the heat every day.

Grandpa Yu's air-conditioner was too old to be repaired as similar models were phased out long ago and no compatible spare parts were available. Installation of a new air-conditioner requires a new mounting frame and a replacement of window panes. Total costs of the replacement, including the air-conditioner unit and relevant modification costs, will be over HK\$3,000, which is definitely beyond what the couple can afford.

Another elderly who was also anxiously waiting for assistance was Grandpa Ho in Shek Kip Mei. With dyspnea, he had to use an oxygen concentrator to help him breathe. Labored breathing made him difficult to fall asleep during nighttime, he could only be up at noon. He had to avoid physical activity, so he needed the integrated home care service team to take care of his meals and do house cleaning for him. One day, Grandpa Ho's air-conditioner suddenly broke down and the small electric fan became his only companion in summertime. Every day in the sweltering heat was like an eternity for Grandpa Ho. He wheezed more and more frequently. "I stay mostly at rest so as to keep my breathing problem from getting worse." Besides, he put everything he needs such as water glass, food, tissue etc., by his bed where he could reach without moving. However, going to toilet was a challenge to Grandpa Ho and he could only wait until his breathing was eased before he could slowly walk to toilet. An air-conditioner helps relieving his breathing problem because he doesn't have to swelter under the oppressive heat, it helps by helping him recover.

Air-conditioners are no deluxe household items for frail and ailing elderly. As high temperature persists for months in summer, chronically ill elderly are particularly vulnerable under such weather. Currently the "Electrical Appliances for the Elderly" Program is calling for donations to acquire 1-HP window air-conditioners for 10 needy elderly on our priority list. By doing so, we are going to make their home more comfortable and more conducive for their recovery despite the summer heat. To alleviate the financial burden on these elderly, the "Power Subsidy - Ailing & Handicapped" program will concurrently cover the subsequent electricity charges incurred from the use of air-conditioners. Please donate to acquire air-conditioners for the ailing elderly and help offering them a comfortable and conducive environment while recuperating. Please make your cheque payable to "St. James' Settlement", specifying "Electrical Appliance for the Elderly" on the back of your donation cheque. Donation hotline: 2835 4321 or 8107 8324.

為呼吸病患的長者安裝冷氣機，可於炎夏裡紓緩他們氣管的不適感。

An air-conditioner can help elderly patients with respiratory diseases by relieving their breathing problems during summer.



感謝你們 讓我再次好好生活

「每當夏天來臨，就是我噩夢的開始！」眼前的黎伯伯如是說。

藍天白雲，去沙灘暢泳，享受日光浴，不少人都期待夏天的來臨，但是對眼前的黎伯伯來說，夏天卻是可怕的夢魘，尤其是掛上颱風的日子。黎伯伯的家有一個大露台，聽到大家是否會很羨慕？不過如人飲水，冷暖自知，黎伯伯就因為這個露台而吃了不少苦頭。

「每逢雨季，露台地面全都是積水，新居入伙後我安裝了一扇趟窗，希望可以擋住雨水。可是，過了一段時間路軌就生鏽了，由於這趟窗有一定的重量，現在沉降嚴重，不能再使用了。但我又無能力拆走這趟窗和換上其他設施，所以雨季來臨我就完蛋了。」黎伯伯一臉無奈地說。

後來經社工把黎伯伯個案轉介至本會長者家居維修服務，在家訪的當天，家居維修的義工評估有關情況後，建議拆去舊的窗以便日後打理，但是重新安裝趟窗費用不菲，這對黎伯伯來說是一大困難。後來，在熱心善長支持下，再跟義工商討，終於計劃好於今天再次來黎伯伯的家，為他進行這項安裝趟窗工程。除了為黎伯伯安裝趟窗，義工更發現伯伯的聽力不好，因為早前曾多次拍門都無人應門，於是加為他安裝閃燈門鐘，方便他日後的生活。

黎伯伯看到善長和義工的熱心幫助，展露出燦爛的笑容並說：「筆墨都不能形容我這刻的心情，這刻的我儼如一隻小鳥，在空中任意飛翔。還記得那時候老伴離去的衝擊，加上家中露台的情況，我心裡就有一種無力感，但今天看到善長和義工所做的一切，令我感受到滿滿的愛，我衷心感謝他們的幫忙。」

家居維修服務藉善長及義工的協助下，本著為捉襟見肘的長者，去除家中陷阱，減低家居發生意外的風險，讓他們晚年仍能居家安老。



Thanks for Making My Life Good Again

"Summer is always a nightmare for me!" said Grandpa Lai.

"Blue sky and white clouds, perfect for going to the beach for a swim and to bathe in the sun. Many people look forward to summer. But to Grandpa Lai it is a nightmare, especially when the typhoon signal is up. He has a large balcony which should be most people's envy. But only he knows how much trouble it can be.

"Water gathers on the balcony every rainy season. Soon after we moved in I had a sliding window installed to keep the rain out. But the rails became rusted and the weight of the door has caused it to sink. So it doesn't work anymore. I have no way of removing this sliding window or replacing it. So I am in real trouble when the rainy season comes," he said helplessly.

The social worker referred Grandpa Lai's case to our Elderly Home Maintenance Services. On the day of the house call, our volunteers, after assessing the situation, suggested installing a sliding window instead. But the high cost was a big problem for

Grandpa Lai. Fortunately, with the support of kind donors and after further discussion with the volunteers, we are able to come to Grandpa Lai's house again, to install the sliding window. Besides installing the window, the volunteers also found that Grandpa Lai is hard of hearing, because no one answered the door after their pounding on it several times. So they also installed a flashing doorbell to make life easier for him.

Grandpa Lai broke out in a broad smile on seeing the concern and help of the volunteers. He said, "Nothing can describe my feeling right now. I feel like a little bird flying freely in the sky. I still remember how my wife's death hit me. That plus the condition of the balcony made me feel helpless. But today, seeing all that the kind donors and the volunteer workers have done for me, I feel full of love. I am deeply grateful for their help."

With the coordinated efforts of donors and volunteers, our Elderly Home Maintenance Services seeks to ensure safe living for the needy elderly by eliminating risk factors and preventing accidents in their homes.

舊趟窗早已生鏽，跟本不能關上。現有了義工為黎伯伯安裝的趟窗，儘管雨季來臨，他都不用再擔憂了。

The old sliding window was made by iron and got rusty that couldn't be closed anymore. Now that the volunteers have put the sliding window in place, Grandpa Lai no longer needs to worry even in the rainy season.



我們需要你的捐助
We Need Your Donation

呼籲改善舊樓電力工程 從吃人炎夏中拯救貧老

今年夏天太陽非常厲害，長者家居維修的義工爬了六層樓梯，已經「大汗滴細汗」，難以想像每天在這裡居住的陳婆婆和她的丈夫。陳婆婆本想打算申請安裝冷氣機，但因為單位在50年前買下，一直就沒有翻新過，家中的電箱功能停留在50年前，根本不能負荷冷氣機的電流，如果直接從大廈外拉電線她家中，這工程的費用是非常昂貴的，這款項是他們應付四至五個月的生活費！

對於都人來說，在科技發達，電器日新月異的情況下，令不少家庭生活愈來愈方便，生活質素亦大大提高。就好像現正處於炎夏，大家會「開冷氣」，放工回家洗澡時會用電熱水爐或煤氣爐，在冬天會靠暖風機或暖爐調節室溫。對於經濟環境欠缺的人士來說，包括陳婆婆一家，這些生活的必需品，其實是生活的奢侈品，他們與隨著經濟發展而富裕起來的人群，距離愈來愈遠。

家居維修的義工發現陳婆婆只有少量電器，如水壺、風扇和電飯煲。他們沒有電熱水爐或其他大型電器，大家實在難以想像兩老如何每天煲水沖涼？！「基於錢的緣故，我們一直都沒有動機去翻新這個電箱，我們認為能過一天就是一天，無謂麻煩其他人，不過今年的太陽仿佛會吃人一樣，我們真的撐不下去了。」

聽到兩個老人家說「撐不下去」，堂堂男子的長者家居維修的義工也為他們感到很難過，他們本來可以小修小補來改善兩老的一些生活情況，但上門深入了解後，大家決定不單要即時改善他們住屋環境問題，更要作長遠的考慮，提升電箱電力負荷工程。現呼籲善長，如希望協助好像陳婆婆居於樓齡超過四、五十年的單位貧老，改善電力系統工程，大家可把善款捐助：「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。



一六年七月份
JUL 2016
慈惠月報
The Philanthropy Monthly

Call for Improving Power System in Old Buildings To Save The Needy Elderly From Burning Heat

The sun is scorching hot this summer. Our volunteers were drenched in sweat after climbing up to the sixth floor. Imagine what it would be like for Grandma Chan and her husband who live up there! Grandma Chan had wanted to apply for an air conditioner, but the capacity of their electric switch box is still in the state of 50 years ago, never upgraded since their flat was purchased. It simply cannot carry the load of an air conditioner. To lay a new power cable from outside of the building would cost a fortune, equivalent to four to five months of living expenses for them.

For city-dwellers in general, home life has become more convenient and its quality significantly improved with the advance of technology and the production of new appliances. They can turn on air conditioning in the hot summer, the electric or gas water heater to take a bath after work, and a heater to raise the room temperature in winter. But, to the needy like Grandma Chan, these life's necessities are luxuries. Economic development which has made the majority richer has left them lagging farther and farther behind.

The volunteer workers from our Elderly Home Maintenance Services found that Grandma Chan only had a few electrical appliances -- just a kettle, a fan and a rice cooker, nothing big like a water heater. How did they boil water every day for their baths? "Because of money, we never considered renovating the electric switch box. We think we should manage on our own as far as we can; we don't want to trouble other people unnecessarily. But this year the sun is burning. We cannot take it anymore."

Her sad words gave the men a deeper understanding of the situation. They could just do some small jobs to make life a little better for the old couple. But now they decided that a longer-term view was necessary -- to increase the capacity of the switch box. Here we appeal for donation towards improving the power systems for needy seniors like Grandma Chan, who live in buildings that are over 40 or 50 years old. Please make your cheque payable to "St. James' Settlement", indicating it is for the "Elderly Home Maintenance Services". For enquiry, please telephone 2835 4321 or 8107 8324.

很多貧老的單位均存有許多電力負荷工程問題，暗藏危機。

Many housing unit of the deprived elderly also has electricity safety problem which is of high risk.



為臥床的妙婆婆剪髮

「媽媽一直都疼我，小時候的我身體很弱，經常發燒，媽媽整夜不眠不休在床邊為我抹汗降溫，至今我還記得！」伴在妙婆婆身邊的女兒，看著臥床的母親，回憶著與媽媽溫馨的日子，不禁淚眼盈眶。

妙婆婆同時患上癌症和腦退化症，近半年身體每況愈下，需要家人貼身照顧。孝順的女兒從餵食、抹身以致按摩都一手包辦，從來不會因為感到疲累而躲懶。「她應該比我更辛苦！整天只能躺在床上，連說話的氣力也沒有。只要我能做的，我都要盡力為她付出。」妙婆婆這半年沒有踏出家園半步，頭髮已長得很長，髮尾刺著頸部的傷口，讓她感到既痕癢又疼痛。

「我已問過很多的髮型屋，髮型師傅都不願上門協助。我試過用剪刀幫她修剪，不小心弄傷了媽媽，我就不敢再做了。」在極度無助的情況下，接觸到聖雅各福群會「到戶理髮服務」，服務派出理髮義工上門協助，於是提出申請希望就著媽媽急切的狀況，能覓得義工上門協助媽媽修剪頭髮。

「到戶理髮服務」義工阿玲得知妙婆婆的緊急情況，立即放下手上的工作，翌日到訪妙婆婆的家，為她修剪頭髮。經常為病患者理髮的阿玲，得知臥床病者不能久坐，建議放枕頭於背部，支撐她軟弱的身體；另外，也知道很多長者會害怕電剪的聲音，於是不斷和妙婆婆談天說地，分散她的注意力。妙婆婆最初一直掙扎，後來妙婆婆似乎被阿玲的細心感動，合作的不再搖動身體，乖乖的讓她修剪背部的頭髮。

「多謝你！」妙婆婆摸著修剪過後的清爽髮型，帶著震抖的聲音向阿玲道謝，讓女兒十分驚喜。「她很久沒有對我們說話了！她一定是好開心，好感謝你才會說出來。現在我也不用擔心髮尾刺痛她的傷口了，多謝你們為我媽媽所做的一切！」

「到戶理髮服務」為全港性服務，服務派出髮型義工為臥床體弱的病患者修剪頭髮，讓他們回復光彩和尊嚴。服務同時希望為臥床病患打打氣，義工為他們送上關懷愛護，希望鼓勵他們積極面對疾病，重新踏上復康之路。

Haircut for Bedridden Grandma Miu

"My mother always takes good care of me. I was very weak when I was little. I often had fever, my mother would stay up all night by my bed side and wiped my sweat to cool me down. I can still remember now!" the daughter by the side, looking at her mother and recalling the sweet moment, is unable to hold back her tears.

Grandma Miu has both cancer and Alzheimer. In the past six months, her physical condition get worse and requires intensive care by her family. Her daughter feeds her, wash and massage her body singlehandedly and never get lazy even feeling tired. "She is more exhausted than me, lying in bed all day and not even have energy to talk. So whatever I can, I'll try my very best." Grandma Miu has never stepped out of her home these past six months and her hair has grown very long. The hair ends sticks into her neck wound, making her feels irritating and painful.

"I have asked many hair salons and the hairdressers did not want to come into the house for help. I have tried to help my mum but the scissors hurts her..... I dared not doing it anymore." Being extremely helplessness, the daughter contacted St. James' Settlement Home Haircut Services that can offer volunteer hairdressers to provide haircut service at home. Thus, I applied for the service and hope can solve my mother's urgent problem.

Learning the urgent situation of Grandma, Ah Ling left her work aside and went to her home the next day. Ah Ling often helps patients to do the haircut, she knows bedridden patients cannot sit up for long so she suggested to put a pillow at her back; also, she understands they may dread the noise of electric hair clipper, so she chatted continuously with her in order to distract her attention. Grandma Miu struggled at first but was moved by Ah Ling's attentiveness, so she cooperated by not shaking her body and behaved herself.

"Thank you!!" Grandma touched her fresh and cool new look and said thank you with a trembling voice which surprise her daughter a lot. "She has not been speaking to us for a long time! So, she must be very pleased with what you have done for her. Now I no longer have to worry hair ends pinching her wound. Thank you for what you have done for my mother!"

Home Haircut Service serves entire Hong Kong by providing haircut service for frail and bedridden patients, offering them a colourful and dignity living.

The service also hopes to cheer up bedridden patients. The volunteers send their regards and love hoping to encourage them in facing the illnesses positively as well as back on the recovery track.

是否沒有了 「電器贈長者」計劃？

問：近日在網上一些網友傳聞，說貴會會停止接受捐贈電器，請問這是真的嗎？電器贈長者計劃是否停止服務？之後，有舊家電捐出，可以找那些機構回收？

答：首先多謝閣下的提問，有關回收電器服務，一向是市民大眾熱門的查詢服務項目之一，隨著市民大眾對環保意識的提升，大家都希望把仍然可使用的電器轉贈有需要人士，避免浪費及可以幫助別人。對於閣下提及停止回收家電的服務，是本會六年前開始向環保基金取得資助的「綠色家電環保園」，而隨著社會大眾對服務需求日增，政府推出廢電器電子產品生產者責任計劃正式開展，故「綠色家電環保園」項目下各項服務正逐步由其他營辦商或其他服務承接，以便市民回收電器。

由於有關服務合約於十月正式屆滿，本會回收舊家電服務於30/9正式停止。而「電器贈長者計劃」一向是接受善長捐款購買家電給經濟困乏及缺乏家人支援的長者，這計劃並沒有任何影響，有需要個案仍由地區社工轉介至計劃工作人員跟進。或許仍有市民想向獨居長者捐贈舊家電，在為確保長者使用電器的安全考慮下，有關電器必須有持牌專業師傅進行檢測，才可轉贈使用。故此，對於舊家電的捐贈，大家可參考政府早前的公佈查詢，市民可致電：2676 8888，或瀏覽環保署網頁：www.wastereduction.gov.hk/tc/workplace/weee_intro.htm查閱。

Is “Electricity Appliances for the Elderly Program” Stopped Services?

Q: Recently, some said in the Internet that SJS will stop taking donation of electrical appliances, is this true? Is the “Electrical Appliances for the Elderly Program” going to stop service? Which organizations will recycle the used electrical appliances from now on?

A: First of all, thank you for raising the question about electric appliances recycling service. This has always been one of the popular inquiries on service topics with citizens increased awareness on environment protection. People always wish to donate usable appliances to the needy in avoiding wastage while helping others. As to the question you raised, six years ago, our organization started to get funding from the Environmental Protection Foundation for the “Weee Go Green” Project. With increased community demand for the service, the government formally launches “Mandatory Producer Responsibility Scheme for the Waste Electrical and Electronic Equipment” and items under the “Weee Go Green” Project will gradually be taken over by other contractors or other services to facilitate recycling of electrical appliances from the citizens.

As contract for the project will be ended by October, our acceptance of recycle electrical appliances will officially stop by 30 September. As the “Electric Appliances for the Elderly Program” has always been accepting benefactors’ donation to buy electrical appliances to help elders without family support; hence, the program is not affected. Cases through district social workers’ referral will still be followed up by our staff. Perhaps, there are still citizens wishing to donate used appliances to living alone elderly; in ensuring users’ safety, they need to be inspected and checked by professional licensed technicians before being turned to the users. Hence for donation of recycle appliances, please look up previous government release. Hotline: 2676 8888; EPD website: www.wastereduction.gov.hk/tc/workplace/weee_intro.htm.





陪伴長者的 「精神食糧」

Nourishment For Mind

致《松柏之聲》編輯部：

To Editor of "The Voice",

感謝貴刊編輯、作者、工作人員多年來的努力，堅持辦好一份專為長者為對象的刊物。

Thank you so much for the effort of the editor, authors and staff in publishing an elderly-oriented publication all these years.

本人之嫻嫻葉XX女士，讀者編號(V4XXXX)訂閱貴刊多年，每月月中定必期待收到寄送之刊物，仔細閱讀，是為精神食糧。

My grandma Yip XX, reader number (V4XXXX) has subscribed "The Voice" for so many years. Every month, she looks forward to the newspaper and will read comprehensively since it is her nourishment for mind.

如今嫻嫻已下世了，謹此附上支票乙張，聊表謝意。

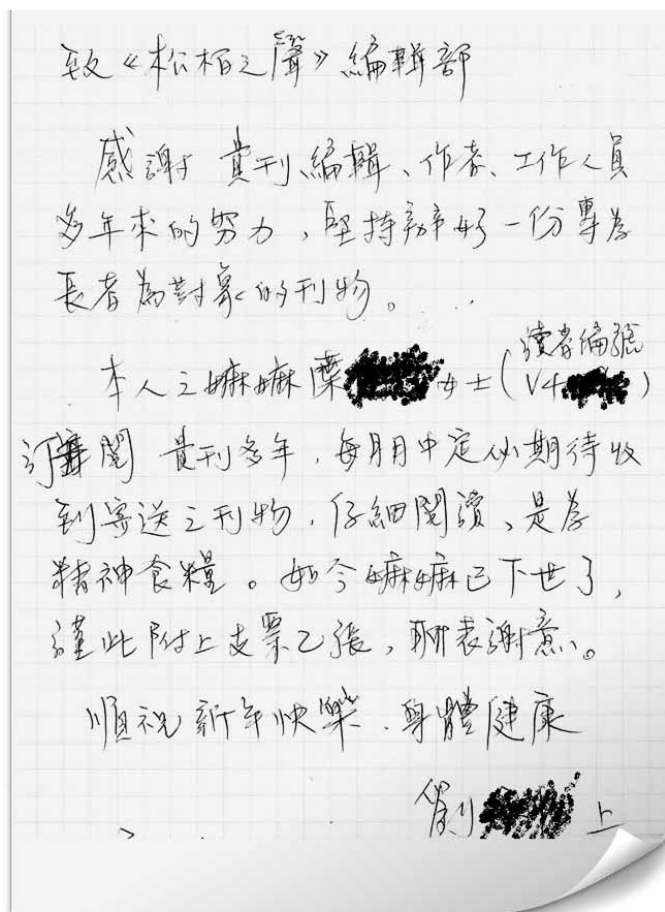
Now, my grandma has passed away and I would like to make some donation in expressing my thanks!

順祝 新年快樂，身體健康

Wish you all a Happy and Healthy New Year!

劉XX上

Your faithfully,
Lau XX





愛 · 分享

Love · Sharing

慈惠服務的受惠對象主要是獨居或兩老獨居、日常支援網絡薄弱及經濟拮据的貧老。為了讓這群孤老同樣感受社會的關愛和被重視，透過善長捐出善款幫助購買節日禮物與多元化的活動支出、透過義工把禮物在節日送予長者，或陪同參與各式節日活動，讓長者於晚年儲存更多正面力量，面對生活的逆境。

N先生為一香港企業的負責人，一直熱衷於慈善工作，自2013年開始捐助節日禮物及活動予獨居或兩老獨居的貧老，讓多達1,200名長者受惠。N先生更每年鼓勵超過200人次的企業義工參與義務工作。

N先生表示：「透過這幾年的捐助及鼓勵同事參與義務工作，讓企業內的同事建立義工文化，由當初活動只有十多位同事參與，直至今日每次活動皆有五十多位同事。而看到每次探訪及活動後幾天，同事都會有不同的感受及分享，同時，在長者身上有不同的學習。所以，我很開心看到同事的轉變，並眼見他們在工作以外，慢慢培養出的義務工作精神，靈性上亦有成長，有感此類型的捐助很值得，並會繼續支持相關的服務。」

N先生除了鼓勵同事參與義務工作，自己也會身體力行參與義工活動。有一次，他負責護送一位患有癌症的伯伯外出參與其企業捐助的外出活動，伯伯因為曾經中風，行動受到影響，現在每一步都走得非常緩慢，但他仍然堅持要拿著拐杖行走。因此，在那活動的下午，N先生便在他旁邊扶著他一步一步的行走。N先生事後分享，在急速的生活裡，他很享受與伯伯慢慢地步行的感覺，覺得看到的是不一樣的風景，而從伯伯身上，他亦感受及學習到一份堅持。

透過各界的慷慨物資及人力資源捐助，義工文化及助人自助的精神由上至下，下至上互相感染，受惠的不但是「後顧無憂」規劃服務的孤老，更是捐贈者自己本身。

Recipients of our Charity Projects are mainly elderlies living alone or with their spouse, who are in financial difficulties with little to no daily support network. In order to let this group of elderlies feel the love and care from society, we appeal to donors to donate gifts and sponsor expenses for diversified festival activities. Through the offering of gifts to elderlies during festivals, or our volunteers accompanying them to attend all kinds of festival activities, it is hoped that the elderlies would gather more positive energy to face the dire straits in life.

Mr. N is the head of a Hong Kong corporate. Enthusiastic in charity work, he has been donating festival gifts and sponsoring festival activities since 2013 to help up to 1,200 lonely elderlies. Mr. N also encourages his staff to participate in volunteer work and each year more than 200 person-time has taken part.

Mr. N said, "Through the donation and encouragement of colleagues to take part in volunteer work these years, a volunteer culture has been built up within the corporate. In the beginning there were only ten or so colleagues took part. Now more than 50 colleagues will participate in each activity. On top of that, a sharing session will be held after each event for the colleagues to share their experience and feelings, as well as the things they learn from the elderlies. I am glad to see this change in them. Apart from work, the spirit for volunteer work has been slowly cultivated among them. Besides, there is spiritual growth as well. Such sponsorship is indeed worthwhile. I will surely continue to support that and related services."

Besides encouraging colleagues to take part, Mr. N will also participate in volunteer activities personally. Once he was responsible for escorting an elderly who had cancer to attend an outdoor event sponsored by his corporate. As the old man has once suffered from stroke, his movement was greatly impaired and could only walk extremely slowly. Yet he insisted to walk with his cane. As such during the event, Mr. N had to stay by his side helping him to walk step by step. During the sharing session afterwards, Mr. N said that he enjoyed very much the slow walk with the old man that afternoon. It enabled him to see a different scenery in our fast-paced daily life. He also felt and learnt about persistence through the old man.

Through the generous donation of both material and manpower resources from all walks of life, volunteer culture can be built up and spread around. Not only the lonely elderlies can benefit from the Pre-paid Funeral Navigation Service, those who donate and sponsor can also be rewarded.





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.

查詢及網址：聖雅各福群會

聯絡人：謝文慧女士
 電話：2835-4321 / 8107-8324
 傳真：3104-3635
 電郵：thevoice@sjs.org.hk
 網址：www.thevoice.org.hk
 地址：香港灣仔石水渠街85號1樓105室
 義務設計：黃志文先生
 翻譯義工：梁達仁 胡友玉 辛秀麗 黃麗貞
 友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

Contact Person : Ms. Tse Man Wai
 Telephone No. : 2835-4321 / 8107-8324
 Fax : 3104-3635
 E-mail : thevoice@sjs.org.hk
 Website : www.thevoice.org.hk
 Address : Rm 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong
 Volunteer Design : Mr. Edmond Wong
 Translation Volunteer : Tat-yan LEUNG Yoyo HU Kathy SHIN Jeannine WONG
 Friendly Printing : Ping Wai Printing Co., LTD.