

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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網址 Website: www.thevoice.org.hk



社工的話
Social Worker's Remark

善款下滑 急呼籲支援

慈惠服務推行已有20多年，早在九十年代，集結了三行師傅，為長者失修的家居環境作出基本維修工程，成立了「長者家居維修服務」。及後有見長者缺乏家居電器，缺乏的原因可以是電器壞了、無能力購買新的來補替、有的從起初都沒有添置，於是推出「電器贈長者計劃」。後來，有見獨居長者對身後事的擔憂，於是開設了「後顧無憂規劃服務」。此外，在政府推行自費藥物後，首當其衝的是多病及經濟困難的長者，包括吃綜援老人家，故此，慈惠服務開辦了「惠澤社區藥房」，以贈藥治病來幫助那些活在捉襟見肘的病患人士。隨著服務發展，還有「長者家居安全綜合服務」、「失聰人士家居閃燈組合服務」、「無憂通」、「家居醫療用品支援服務」和「營養福袋餽贈計劃」等等。

以上種種服務，都是以實質東西來回應貧老的需要，到位的服務、全港性支援及一站式跟進，確實受到地區上社工的歡迎，因為，他們可以在這裡一次過找到合適的資源來解決貧窮長者生活所需。所以，各樣的慈惠服務申請人數節節上升！

曾親身來訪慈惠服務辦公室的善長及義工都知道，在長期沒有穩定的資源下，每項服務多以一位同事來負責全港的需要，回覆查詢、審批申請、家訪、組織義工、發放物資及尋求資源等等。而藥房分別設立在灣仔、觀塘及深水埗，除藥劑師負責提供藥療輔導外，亦需要有同事協助約期、資助計劃的會計和文書處理，有關人力資源都十分緊張。

隨著香港經濟的衰退情況，捐款明顯受到影響，以去年第一季作比較，捐款少了近20%，這些都成為我們運作的壓力，在迫不得已下，會減低了回應貧老生活需要的能力，這都是我們不想出現的。再且，大家從各同事在慈惠月報中分享的個案中，見到仍然有很多孤立無援的長者，活在水深火熱之中，等待著大家的援手。呼籲善長慷慨支持，支票抬頭：「聖雅各福群會」。施善電話：2835 4321 或 8107 8324。

Donation Decline Urgent Call For Support

The Charity Projects has been operated for over 20years. In the early 1990s, Technicians were amassed from the building industry to fix fundamental disrepair in the homes of the elderly and resulted in setting up the "Elderly Home Maintenance Service". Later on a series of services with various objectives were introduced. They include "Electrical Appliances for the Elderly Program" on seeing elders without domestic appliances either due to lack of replacement means or not possessing them in the very first place. The "Funeral Navigation Service" as concern of living alone elderly about their own funeral arrangement was noticed. Opening of the Philanthropic Community Pharmacy supplies cost subsidy medicines to help patients in straitened circumstances, like the blunt bearing, poor elderly with multi-illnesses and elderly on CSSA when the government promotes self-finance medicines. Recent development in the services added "Elderly Integrated Home Safety Projects", "Flash Light Door Bell for Deaf", "No Worry Link", "Home Use Medical Equipment Support Program", "Nutritional Baggies For the Weak" and etc.

All the above services were provided in kind, a precise response to the need of the elderly, covering the entire Hong Kong with one-stop follow up. They are much welcome by social workers in the districts because the right resources can be found to meet the living need of the elderly. As a result, the number of requests for various charity projects keeps rising!

With no stable and long term resources, donors and volunteers who has been to our office will know most services are staffed by just one person in response to the need of entire Hong Kong. The job includes answering inquiries, applications approval, home visits, organizing volunteer workers, materials release, resources sourcing and etc. For our pharmacies, they are located in Wanchai, Kwun Tong and Shum Shui Po. Apart from providing medication consultation by pharmacists, it also needs staff in helping to schedule appointment, handle account and paper work and etc. Thus, they manpower is really tight.

With the decline in Hong Kong economy, it obviously affected our donations. In comparison with Q1 last year, there has been a 20% reduction which absolutely creates a great pressure in our operation. In other words, it may slow down our response in helping the poor elderly; and of course, it is not what we wish to see. Also, you may read the case shared by our colleagues in The Philanthropy Monthly, there are still many lonely elders awaiting for help. Thus, we are now appealing for your generosity in support. Please make out your cheque payable to "St. James' Settlement". Donation hotline: 2835 4321 or 8107 8324.

有心就有福，有願就有力，自造福田，自得福緣。

Blessed are those who are kind-hearted. Power comes to those who have
etermination. Those who do charity reap good fortune.



「我曾想過放棄治療！」

癌症，大家一聽到這個疾病，已感到自己一隻腳踏進墳墓，人生失去希望。對於抱著沉重打擊、生命受嚴重挫折的病患者來說，要去打這場硬仗，尤如以卵擊石。患病的人首要考慮的，當然是治療成效，有甚麼藥物及方法可以讓自己痊癒；但對患上癌症的病患者來說，昂貴藥費往往成為他們踏上治療路的絆腳石！根據現時的情況，癌症病人動輒花費幾萬至十幾萬不等來購買一個月的藥物，許多病人的心聲是，吃一兩個月，甚至半年可以斷尾的話，自然不成問題，可是，癌症是一個長期疾病，藥費開支對病人造成極沉重的生活開支，加上大部分癌症藥物尚未納入政府的藥物安全網，所以病患者無法得到政府的關愛基金或撒瑪利亞基金的援助。

阿比特龍 (Abiraterone Acetate) 是一種新型的口服荷爾蒙藥物，主要用途是治療晚期前列腺癌，在雄性素去除療法 (即荷爾蒙療法) 失效後，醫生或會建議病人使用這藥物抑制腫瘤生長。現時，阿比特龍並不在藥物名冊上，病人需每月洗費約三萬九千元治療前列腺癌。惠澤社區藥房一直本著病者有其藥的宗旨，以善款支援病人癌症藥物的開支，而阿比特龍亦在藥房的資助計劃中。

病人曾先生，年過六十歲，與太太及三名子女同住，但子女年幼仍然在學，無法幫父母負擔藥費。而曾生及太太是退休人士，每月只靠微薄的長者生活津貼及儲蓄去購買阿比特龍治療頑疾，對整個家長造成沉重的經濟壓力。

曾生仍為一家之主，因感自己身體情況連累妻子及子女，心感內疚，他曾一度表示若然無法獲得任何資助，一定會放棄治療，自己寧願留多些積蓄給家人。後來醫生建議曾生向本藥房申請癌症藥物資助計劃，完成有關申請手續後，現曾先生透過「一加一資助計劃」，即在醫院購買一樽藥物，然後在本藥房領取一樽免費藥物下，減輕他藥費負擔，曾生終於可以放鬆一下心情。

事實上，惠澤社區藥房一直致力去幫忙有需要的病人，希望各界人士可伸出援手，慷慨解囊，使本會藥房的藥物資助計劃得以繼續發展，造福人群。

"I Thought of Giving Up Treatment!"

The minute one is told he's got cancer, he would feel like one foot is in the grave and there is no hope in life. To the afflicted who is being defeated heavily, fighting a hard battle against cancer is like striking the rock with an egg. The first few things the afflicted will consider are definitely the effectiveness of treatment as well as which medicine or method will help him to recover. But to a cancer patient the expensive medication cost is often the stumbling block on his treatment path! According to the current situation, a cancer patient has to spend tens of thousand even up to over hundred thousand to buy medication for one month.

Money is not a problem if cancer can be completely cured after he takes medication for a couple of months, even up to 6 months. But cancer is a long term disease, medication cost often becomes a heavy burden to a patient's living expenditure. In addition, most cancer medications have not been included into the government's medicine safety net. As a result, the patient is unable to get subsidy from both the government's Caring Fund and the Samaritan Fund.

Abiraterone is a new oral hormonal medicine. Its main use is to cure prostate cancer at a later stage. When the androgen deprivation therapy fails to cure effectively, the doctor may suggest the patient use Abiraterone to suppress tumour growth. Presently Abiraterone is not on the medication list. The patient has to spend approximately \$39,000 monthly for treatment of prostate cancer. The Philanthropic Community Pharmacy, based on its objective of providing medication for patients, subsidises the patient's cancer medication expenses with money donated. Abiraterone is on the Pharmacy's subsidy list.

Mr. Tsang, a patient, is over 60 years of age. He lives with his wife and 3 children. His children still go to school and are unable to share their father's medication expenses. Mr. and Mrs. Tsang are retirees. Mr. Tsang bought Abiraterone each month with money from his savings plus old age living allowance at first. The expenditure has brought tremendous financial stress to his family.

Mr. Tsang, as head of the family, felt guilty because his health condition had affected his wife and children adversely. At one stage he declared that he would give up treatment if he failed to obtain any subsidy. He'd rather save his money for his family members. Later on his doctor suggested him apply for cancer medication subsidy with St. James' Settlement's Pharmacy. Upon successful application, Mr. Tsang is now able to reduce his medication burden through One Plus One Medication Subsidy Program in which he will get one more bottle of medication for free from our Pharmacy when he buys one bottle of the same medication from the hospital. Finally, Mr. Tsang feels much relieved.

As a matter of fact, our Philanthropic Community Pharmacy has been trying its best to help those in need. We hope that people from all walks of life can extend a helping hand by donating money generously. With your help our Pharmacy's medication subsidy program will be able to operate continuously and benefit people who are in need.



社區藥物教育工作

Community Medication Education Work

婆婆笑言「多謝你呀！年青人，現在很少年青人會關心長者了！」就在惠澤藥房舉辦的藥物講座結束後，婆婆便走過來，向我們說出了這一番說話，這也道出了現今社會上的問題。在政府削減醫療開支的同時，長者用藥的問題，是現今醫療制度上的一大缺陷。藥物是治療的根本，若病人連基本藥物知識都有所缺乏，治療的效果便會大打折扣，病情亦只會每況愈下，所以令長者得到正確的用藥知識，是我們首要考慮的。

每次完成講座，長者都會說「現在終於知道自己的服藥習慣原來還有那麼多地方需要改善。」可想而知，其實本港長者服藥存在著不少問題，如：「該用甚麼飲料來服藥才是正確？鮮奶又可不可以佐以送藥？如若忘記服藥又該怎麼辦？」各種的問題一旦講座完結時便會傾巢而出，幸好現在藉由舉辦講座，可以將長者的服藥問題一一解決，所以不少長者在舉辦講座過後都一致向我們說：「多謝你們來到社區中心教導我們服藥的基本知識，假如沒有你們的幫忙，我們也不知原來服藥有那麼多須注意的地方呢！」

除了舉辦講座外，我們亦有「到戶藥療輔導服務」，服務性質是上門到有需要藥療輔導的長者個案家中，探討病人的服藥情況，並教導各種用藥問題。曾經探訪過一名糖尿病患者，這名患者需要長期接受注射胰島素來維持血糖指數，但他因為忘記了醫生所處方的注射劑量，一直以自己的方式來胡亂調節，結果，他經常頭暈。其實，注射過多胰島素會令病人處於低血糖狀態，低血糖會引致休克及心律不正，嚴重的甚至會有生命危險！得知此情況後，我們立刻幫他找回藥物標籤，並且妥善貼好。基於病人視力較差，難以看到標籤上的文字，我們亦教導他應該注射甚麼劑量才正確！

惠澤社區藥房一直重視社區藥物教育工作，讓病人「知藥用藥」，增加病人服藥的依從性，以達至他們得到更好的藥物療效。

The old Grandma said, "Thank you young guys! Nowadays, few young guys like you would care of the elderly!" At the end of the Philanthropic Community Pharmacy health talk, the old Grandma came over and gave that remark. In fact, it pointed out today's phenomenon in the community. At time of government medical expenditure cutback, the issue of elderly medicine uses is a flaw in the medical treatment system. Medicine is essential to treatment, if the patients lack fundamental medicine knowledge, the treatment would greatly be affected and their condition could get worse. Hence, providing the elderly with proper medication knowledge is our primary consideration.

Every time when the health talk comes to the end, many elderly would say, "I just found that I have so many medication taking habits has to be corrected." Actually, this reflects the existing problem in Hong Kong. For example, "What sort of drink would be proper for taking medication? Can fresh milk be used? What should I do if I forget to take the drug?" All of these questions would be popped up at the end of the talk. Luckily, with the health talk, we manage to answer the questions one by one. After each talk, the elderly would then said, "Thank you for coming to our district center in teaching us the basic medication knowledge. Without your help, we will not know there are so many areas we have to pay attention for!" Apart from organizing health talk, we also have the "Outreach Medicine Inspection Service". It provides home visit for patients in need, reviewing their medication taking habit and teach them the use of various medication. We had visited a diabetes patient who required long term insulin injection to control the blood sugar level; however, he had forgotten the dosage prescribed by the doctor and hence he causally adjust in his own way. He was then resulted in feeling dizzy frequently. In fact, over dose insulin injection will lead to low blood sugar level and it will cause to shock and irregular heartbeat which could be fatal. Knowing his situation, we immediately helped him to locate again the medication label and stick it properly. As the patient had rather poor eyesight, the label is somehow hard to read so we taught him the correct injection dosage as well!

The medication education is always of great concern for the Philanthropic Community Pharmacy. By providing accurate medication knowledge, we hope to patients can better follow the instruction and hence the medication can reach its effectiveness.

透過社區藥物教育工作，能有效為病者提供正確藥物知識，減低因服錯藥而產生的危險。

Through the medicine education work in the community, it can effectively provide patients with proper medication knowledge and hence reduce the risk caused by wrong medication taken.





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We Need Your Donation



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長者夜明燈

「我每晚最少起身3次，年紀大了常要去廁所。燈掣又不近床邊，有次摸黑找路去廁所，不小心就摔壞了腿；從此以後，扶行架就長伴我左右了。」跌倒受傷的順婆婆，因跌倒骨折住了3個多月的醫院。在醫院治療的日子很痛苦，順婆婆每次回想起來心都快跳出來，於是決心不要重蹈這段痛苦的經歷。

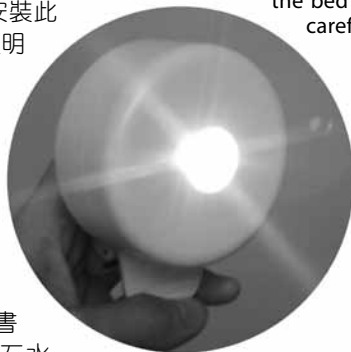
自丈夫過身後她一直獨居生活，生活上大小事務都由自己一力承擔。自從跌倒後，順婆婆深深感受到「力不從心」的無助感。剛出院時雙腿仍乏力，不能外出買菜煮食，不得不接受她一直拒絕的送飯服務。「梗係自己煮既飯好食些啦，食佢地既飯餸我瘦左6、7磅呀！」她現在最擔心的，是夜間再需要上廁所時有機會再次絆倒，再次受傷的話順婆婆或許不能再行動，或需坐輪椅了。燈掣跟婆婆的睡床有一段距離，加上通道上放滿了雜物，要摸黑去找燈掣，實在是「步步驚心」。

同樣在夜間缺乏足夠照明的，還有居於舊式公屋邨的歐陽婆婆。「我住緊呢個單位有成2百幾呎，以前先生需坐輪椅，所以獲派大單位方便輪椅出入。現在他過身了，我就一個人住了！」歐陽婆婆的睡床安裝在大門旁邊，夜間上廁所需步行大概20多步到達露台的洗手間，實在不是一個近距離的路程。而燈掣都剛好安裝於露台旁邊的餐枱上面。在沒有照明的環境下，歐陽婆婆只能步步為營，以免撞倒凸出的枱角而受傷。「我撞到張枱好多次了，剛好都是腰部位置。」社工看到歐陽婆婆的腰部附近有一片青藍色的瘀傷，擔心重複撞傷的話會變成長期傷患，於是向「電器贈長者」計劃求助，希望為歐陽婆婆覓得合用的照明燈。

「電器贈長者」計劃一直以長者的家居需要作出發點，以達至居家安老的目的。計劃為順婆婆和歐陽婆婆餽贈「感應式夜明燈」。此款夜明燈在觸摸時燈光會自動亮起，為長者在夜間提供照明。而且此款夜明燈可用夾子或螺絲固定安裝，家居維修師傅可就長者的家居及行動習慣為他們進行安裝，以提供足夠的光度照亮步行的路程。另一方面，計劃亦試過為此款夜明燈製作吊繩，讓長者步行時可掛於身上，即使步行到屋內任何位置都可提供照明，實在是長者夜間照明的「恩物」。

「原來而家科技咁進步。這款燈一摸就會自動亮起，照顧了我夜間上廁所的需要，不用擔心絆倒了。」順婆婆雀躍的跟我們說，終於可以擺脫「步步驚心」的日子。家居維修師傅亦同步協助歐陽婆婆安裝此款夜明燈，一下床歐陽婆婆即可觸摸到夜明燈，燈光亦剛好照亮了通往露台的通道，可以輕易避開餐枱枱角不會這般容易受傷了。

計劃正需要善長伸手援手，捐助每個 \$70 的感應式夜明燈。服務亦會同步派出維修義工到戶為每位長者進行安裝，讓他們夜間也可獲得足夠的照明。請將支票抬頭：「聖雅各福群會」，背書「夜明燈餽贈」的支票寄往：香港灣仔石水渠街85號1樓105室。施善熱線：8107 8324 或 2835 4321。



Auto Nightlight for Elderly

"I get up at least 3 times at night to go to the toilet. As the light switch is far from my bed, I used to try getting around in the dark myself. Eventually I was severely hurt in the leg, now I have to walk with a walker." Grandma Shun broke her bone and consequently stayed in hospital over 3 months. She was in great pain during the healing period, so painful that she still felt petrified every time she recalled the memory and sworn that she would not want it to happen ever again.

Grandma Shun lived alone and used to take care of everything herself after her husband passed away. Yet the fall caused her to experience vulnerability. Just after discharged from hospital, she could not walk and buy food herself due to her strengthless legs. Reluctantly she accepted the meal services from the elderly center. "I would rather cook myself and the meal delivered caused me to lose 6 - 7 lbs." But nothing troubled her more than the worry of having another fall again in midnight. Another fall would seriously affect her mobility and she might need to be in a wheelchair thereafter. However, reckoning with the cluttered environment in Grandma Shun's home and the distance between the light switch and her bed, we considered it was too risky to let Grandma Shun navigate all the way through in the dark to reach out for the light switch.

Grandma Au-yeung who lived in an old public housing estate faced similar problems as well. "I used to live with my husband, he was in a wheelchair and needed more room to move around. That is why we were assigned a 200-sq-ft housing unit. Earlier he passed away and I am now living by myself." When Grandma Au-yeung went to the toilet on the balcony at night, she had to walk more than 20 steps from her bed beside the main door, which was no short distance at all. The light switch was placed on the wall above the dining table near the balcony. Without proper illumination in the house at night, Grandma Au-yeung moved very slowly through the room to avoid bumping into the dining table and being bruised by its corners. "In fact I bumped into it several times already and was hurt in the waist." The social worker saw a blue bruise on her waist and worried that repetitive injuries would lead to chronic problems. He quickly referred Grandma Au-yeung to the "Electrical Appliances for the Elderly Program" in the hope to get a nightlight for her real soon.

The "Electrical Appliances for the Elderly Program" aims to promote the wellbeing of elderly who remain living at home and focuses to address the home safety issues they faced. Currently the program offered Grandma Shun and Grandma Au-yeung a touch-activated nightlight. Simply by touching the light, it is switched on and illuminates the room at night. These nightlights can be mounted at a position with screws or simply clipped on certain facilities. Our handyman masters will consider the daily habits of individual elderly and accordingly install the lights at the right place to ensure adequate illumination is in place. We even made "pendant lights" once by attaching nightlights to a band and let elderly wear it on the neck wherever they go. These nightlights truly help to make life easier for elderly.

"This is so convenient, just touch the nightlight and it is switched on! I no longer fear being tripped over when I am on my way to the toilet at night." Grandma Shun exclaimed in delight. The volunteer handyman master rushed to install the same nightlight for Grandma Au-yeung the other day. He carefully fixed the nightlight at a position she could easily reach once she got off the bed and checked the light was bright enough to illuminate the passageway from the bed to the balcony. Grandma Au-yeung can now see clearly and walk carefully without hitting the table corners.

The program urgently needs donations for acquiring these touch-activated nightlights. The nightlights cost \$70 each and our volunteer handyman crew would install the lights for every eligible elderly so as to make sure they can enjoy adequate illumination during nighttime. Please make a cheque payable to "St. James' Settlement" with "Auto Night Light for the Elderly" marked on the back, and send it to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. For more details, please call 8107 8324 or 2835 4321.

輕巧的夜明燈，可就著長者的家居需要進行安裝，為他們在夜間提供光明。The compact nightlight can be installed according to the home environment of individual elderly to provide adequate lighting at night.


我們的服務
Our Service

一年一度送涼行動

Annual Fan for the Elderly Campaign

才剛踏入五月份，香港的天氣變得既炎熱又潮濕。日間溫度已突破了30多度，對居於社區裡的匱乏無依長者而言，狹窄的居住環境令他們的家居變得更騷煩、更悶熱。尤其居於板間房的長者們，酷熱難當的環境讓他們不敢逗留家中。有團體調查發現，近20%劏房住戶室內溫度高達35至36度，有4.5%更高於39度。沒能力負擔冷氣和電費的匱乏長者，風扇成為他們炎夏的必需品。

「板間房既租金，已用咗我大筆綜援金。而家樣樣都貴，我都不得不勒緊褲頭過活！」「電器贈長者計劃」於每年夏季均會推出「送涼行動」，全港性為經濟匱乏、沒有家人照顧的無依長者，送上善長捐贈的風扇，為他們「降溫」。今年的夏季來得特別早，才踏入5月氣溫已攀升至30度，對一班居於「板間房」的長者而言，可謂「有苦自己知」。

「今年真係熱得快，諗住攞番上年把風扇出來用，突然『咁』一聲就停止轉動了。我住呢間板間房不能開窗，因為對出是簷縫，樓上掉下的垃圾以致臭氣沖天，甚至有老鼠跳入來呢！」沒有開窗環境變得更騷煩，何伯伯實在忍受不住，整天流連在外乘涼，到晚上才敢回家。「香港地小人多，等候多時的公屋仍未有著落，唯有咬緊牙關撐下去。」每天過著「大汗疊細汗」生活的何伯伯，炎夏中沒有風扇乘涼，實在擔心他會中暑。

香港天氣既炎熱又潮濕，騷煩悶熱的環境會對長者造成呼吸困難、氣促等問題。據資料顯示，長者比一般年青人較容易中暑和脫水，高危人士如糖尿病、中風等慢性病患者在高溫下身體溫度調節系統較容易失衡，而且一旦中暑，徵狀也來得較慢，對體弱長者身體造成的傷害實在不容忽視。

「送涼行動」在夏季來臨前，希望籌得足夠的善款，支援正在輪候冊上等候風扇乘涼的貧苦長者。去年夏天服務為接近250位無依長者送上善長捐贈的風扇，並透過義工協助運輸到長者家中及進行基本安裝，讓他們可以及時乘涼。尤其在炎熱的七、八月份，每星期服務收到超過10位長者申請及輪候風扇，需求是既急切又眾多，義工幾乎每星期都要「出任務」，為長者送涼。

「我參與「電器贈長者」服務多年了，知道服務不容長者苦等，因此我放假時間都會奉獻出來為長者服務；我的私家車走遍全港九新界的公屋邨，甚至遠至鄉郊也留過足跡。我相信在如此炎熱的天氣，我們都不忍心長者承受著熱病的折磨。因此我們收到「ORDER」，便與計劃社工一同出動，由白天送到天黑，試過最高記錄，一天內到訪15位長者家中，為他們送上及安裝風扇！」參與計劃超過10年的羅先生，跟我們分享服務的心得。「電器贈長者」計劃多得義工的慷慨參與，放棄了本身可以好好休息的假期，為長者服務，才能讓計劃接受更多長者的申請，也在短時間內提供他們需要的電器。

「我好感激善長送給我的風扇，既精美又實用。義工還幫我調教好吹風角度，同時幫我棄置那把無蓋的舊風扇。炎熱是可怕，但有大家的照顧和關懷，這個夏天再炎熱也沒什麼好擔心了。」連聲道謝的謝婆婆，露出幸福的笑容，這是善長和義工共同為她建立的。



The "Electrical Appliances for the Elderly Program" launches "Fan for the Elderly Campaign" in every summer, delivering electric fans donated by benefactors to poor and unsupported elderly throughout Hong Kong which aims to cool down the heat. This year, summer comes early, temperature in May is already high at 30 degree Celsius. It is absolutely an agonizing pain for those who are living in the partitioned flat.

"It is really hot in this summer. I planned to use my old fan; however, it suddenly broken down. I live in the partitioned flat. I always keep the window closed as it faces the eaves where rubbish comes down from upper floors with bad smell; there are even rats jumping in." Without an open window, the environment is sultry and Grandpa Ho cannot bear anymore. As a result, he keeps wandering around to stay cool and only dares to return home at night. "Hong Kong is small but with many people, the waiting list for public housing is long. I can reluctantly to remain patient and wait" It really makes one worry of Grandpa Ho in getting heat stroke as he he sweats heavily all day without a cooling fan.

Hong Kong is hot and humid, this sultry condition could cause breathing difficulty and short of breath to the elderly. According to the date, elderly are more prone to heat stroke and dehydration than young people; and patients with chronic patients such as diabetes and strokes are high risk group since their body temperature regulator easily gone haywire under high heat and symptoms show up fairly slow once hit by heat stroke. All in all, the influence to the feeble elderly cannot be overlooked.

The Fan for the Elderly Campaign would like to secure adequate donation before summer starts in supporting the poor elderly who are on our Fan waiting list. Last summer, near 250 elders were given the fans; and with the volunteers' help, the fan can be delivered and assembled in the elderly's home. During the hot summer in July and August, more than 10 applications are received every week. The need is high and urgent; and volunteers have to be "on duty" almost every week.

"I have been working for the "Electrical Appliance for the Elderly Program" for years. Knowing the service will not let the elderly wait, so I take my days off to give service. My car runs to the public housing estates all over Hong Kong, Kowloon and the New Territories, even villages located very far away. In such hot weather, I believe none of us would like to see the elderly being tortured by the heat. Thus, once we got the "ORDER", we will take action with the social worker making deliveries from day to night. Our highest record was visiting 15 elderly in one day!" Mr. Law, who have been working for the service over 10 years, shared his experience with us. The "Electrical Appliances for the Elderly Program" thanks to the generous participation of the volunteer workers who have sacrificed their resting time in holiday. With their help, the service can allow more application as well as response to them in just a short time.

"I am very grateful for the donors giving me this nice looking and practical fan. The volunteer worker helped to adjust the angles and disposed my old fan without cover. The heat is awful but I have no more worry of the heat by having the care from you all." Grandma Tse thanked us repeatedly with a fortunate smile which is built by the joint effort of the donors and volunteer workers.

「婆婆，砌好這把風扇，間屋就會變得涼快多了！」熱心為長者送涼的義工，關心長者的急切需要
"Grandma, the flat will be much cooler when we get this fan assembled!"
Enthusiastic volunteer workers care for the urgent need of the elderly.



你被我寫在故事裡

「自從住在劏房後，我的健康就開始轉差，在2009年確診患上蛋白尿。」今天長者家居維修義工隊來到葵涌葵聯邨進行鋪地板的工程，眼前是剛搬到新居的方先生。

「劏房真係不是人住的地方，因為地方狹窄，加上空氣不流通，一個健康的人住下來後都會變成藥罐子。但是無可奈何，如果不住劏房我就要露宿，面對抉擇，我還是過不到我的心理關口。」

三年前申請公屋，方先生終於得到新的公屋單人單位，雖然地方比較偏遠，但是對於方先生來說，已經是非常大的恩惠。他本來有穩定的工作，但搬入劏房數年後就確診患上蛋白尿，醫生建議他暫停工作以便休養，失去工作後他猶豫了數年，一來要重新檢視和安排自己的生活，二來他需面對繼續居住劏房或露宿的抉擇。最後他選擇領取綜援，以便繼續居住在劏房，但是只是租金就佔了他綜援金額接近七成，剩下還要繳交「燈油火蠟」等雜費，方先生決定同時申請公屋單位以解決長遠問題。

由2006年開始住在劏房，忍受了十年的非人生活，方先生終於今年獲分配公屋單位。「其實得到這單位都是帶點幸運，剛巧有一個小伙子遷出，所以我就獲派這單位。」此刻的方先生仍然抱持樂觀態度面對人生。方先生實在無力支付新居裝修的費用，他知道來協助的是義工們，由於他沒有能力繳交兩邊的租金，所以他只好先取消租住劏房，再找朋友協助將家當搬到新居。

在義工幫忙為新居鋪上地板後，方先生非常期待他生命的新一頁：「有獨立廚房和廁所已經非常值得高興，我最開心的是能望到窗外的風景和感受到新鮮空氣！加上有義工為我家居鋪上地板，這無疑是錦上添花，我衷心感謝義工們為我做的一切，你們所做一切都會書寫在我生命中新一頁內，再次感謝你們！」

人生是一本由自己編寫的故事，每一段都會經歷不少的高山低谷，途中會遇到一些熱心人，而這些熱心人所做的事，都會深深地寫在每個受助人的故事裡。「為自己所做的事會因為自己的辭世而消失，為別人所做的事則可永久保存。」讓我們保持信念，繼續幫助更多有需要的人，使對方和自己的故事變得更精彩、更動人吧！



You Have Been Written Into My Story

"My health got worse since I moved in the partitioned flat. In 2009, I was diagnosed with proteinuria." Today, Volunteer workers from the "Elderly Home Maintenance Services" came to Kwai Luen Estate to lay flooring for Mr. Fong who has just moved in.

"Partitioned flat is absolutely not suitable for one in living. The space is small and the ventilation is poor. Even a healthy people will get sick after living in it. However, I have no choice because I will be a street sleeper if I don't live in it"

Mr. Fong was allocated a public housing unit three years ago. Although the location is somewhat remote, it is already a huge favour to Mr. Fong. He originally had a steady job, but after being diagnosed of proteinuria after living the partitioned flat for, the doctor suggested him to quit the work for recuperate. After years of hesitation without work, he started to reconsider his livelihood and living arrangement of whether he chooses to live in the partitioned flat or to be the street sleepers. Finally, he applied for the CSSA so that he can continue his living in the partitioned flat. However, rental expense already takes up 70% of his CSSA and the remaining amount has to be paid for the utilities and sundry. Thus, he decided to apply for the public housing unit at the same time in order to solve the long term housing problem.

After enduring the inhuman living since 2006, he was finally relocated to a public housing unit. "I was rather fortunate in getting this unit. A young guy just moved out and I was then awarded his unit." He is still optimistic. Mr. Fong could not afford the maintenance and decoration fee; and he know people coming for help are volunteers. Since he cannot afford the rental of two places at the same time, he simply cancelled renting the partitioned flat and asked friends in helping with the move.

After the flooring being laid by the volunteers, Mr. Fong is very looking forward to his new page in life, "Having a separated kitchen and washroom is already exciting. I am most happy that I am able to see the scenery and feel the fresh air outside!" Also, with the new flooring by the volunteers, it undoubtedly makes the perfection more perfect. I wholeheartedly thank the volunteer workers doing all this for me. What you have done will be written into the new page of my life, so thank you again!"

Life is a self-written story; and each chapter will have its ups and downs. On the way, you may encounter many enthusiastic people and what they have done will be imprinted in the stories of every beneficiary. "Your own deeds will disappear with your departure from this world but what you have done for the others will be preserved forever." Let us keep this in mind and continue to help more needed people, making their and our stories even more splendid!

義工們為方先生的新居鋪上地板，使他的新生活錦上添花。 Volunteer workers lay the flooring for Mr. Fong which makes perfection still more perfect.

齊來讓香港貧老 活得更有尊嚴

「在一九八二年買了這個單位後，七年後我先生就因為鼻咽癌辭世，不經不覺已經二十七年了，有人問我後不後悔嫁了給他，既然是我自己選擇的，我就不會怨天尤人。」眼前的梁婆婆接近八旬，想不到沒有子女的她已經獨自支撐了二十多年。

「我抽屜內全都是藥，有時我怕自己有一天會撐不住，直接把所有藥吞到肚內。」支撐得太久就如一根拉長的橡皮筋，會斷掉。梁婆婆的身體機能日漸退化，加上年紀愈來愈大，開始感到力不從心，曾經遇到突如其來的事發生，她考慮過自殺以便一了百了！

今天家居維修的義工來到梁婆婆家中，發現家中的木門已經破爛不堪，但拿取綜援的她根本無力支付更換木門的費用。「我真的很怕麻煩其他人，這令我十分困擾。」老一輩的總是害怕添加麻煩給其他人，他們覺得自己年紀大了，成為社會的負累，如果可以都不希望麻煩其他人，但是他們忘記自己在年輕時為這個社會所付出的努力，而今天義工們來到這裡是報答他們。

當關上木門，我們都需要先敲門知會門後的人，得到他們的同意才能進入，這就是門的象徵意義。如果沒有門，我們就會失去安全感和個人的尊嚴：試想想家中的大門破爛，我們睡覺或外出時就會更變得憂心，因為擔心這段時間會否有賊人潛進屋內，威脅屋內的人身安全和家中的財物安全。當廁所門破爛，在我們如廁或洗澡就不能提供一個安全合適的環境。

在香港有不少個案類似梁婆婆的情況，因此大受困擾，年紀大了不代表她們就不需要安全感和個人尊嚴，但往往他們因為經濟困難所以未能處理，唯有屈就自己，但是這都是我們不想見到的情況。不過，更換木門價格不菲（更換一扇新門需要約八百元起），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」。施善電話：2835 4321 或 8107 8324。

Let The Deprived Elderly In Hong Kong Live with More Dignity

“Seven years after buying this flat in 1982, my husband passed away due to nasopharyngeal carcinoma and it is already 27 years. There was someone who asked me if I am regret to get married with him. As it was my own choice, who could I blame?” The childless 80 years old Grandma Leung has stayed all by herself for the past 27 years.

“My drawer is full of drugs. I fear I could stand no more and would swallow them all.” Enduring too long is just like a stretched rubber band which will snap in one day. Her physical condition slowly deteriorate and the aging makes things difficult for her to handle. On one occasion, she even thought of committing suicide and let death end all her troubles!

On the day of service, volunteer worker went to her place and found the wooden door totally rotten. As she is on CSSA, she could not afford replacing it. “I fear bothering others and that is very disturbing.” The older generation generally fear bothering others and feel as they get old, they become a burden to the community, so they try their best to avoid bothering others. However, they forgot their past effort and contribution to the community in their younger time; the help of volunteers should be considered as a payback to them.

With the door closed, we need to knock first as to inform the person inside and enter only after permission given. This is the symbolic meaning of a door. Without it, we would have lost our security feeling and personal dignity. Just imagine with a broken main door, we would worry in our sleep or on going out. We fear thieves would come into the house threatening safety of the people and property inside. If the bathroom door is broken, it will not provide a proper and secured environment for toilet use or bathing.

Lots of similar cases to Grandma Leung are there in Hong Kong. Old age doesn't mean that no need for elderly personal safety and dignity. Very often, due to the financial difficulties, they cannot manage the problem; hence, they can just live with it. Definitely, this is not a situation we want to see. However, replacing a wooden door is fairly costly (HK\$800 up for a new door). Now, we are appealing to everyone in the community to donate generously. Please make your donation to “Elderly Home Maintenance Services” by cheque payable to “St. James' Settlement”. Inquiry and donation hotline: 2835 4321 or 8107 8324.



後事安排支援 解無依長者煩憂

香港社會進入高齡化，人口老化的情況急需受到重視，而社會就長者支援或相關服務的討論亦相繼而起。事實上，對一班無依長者而言，除了生活及經濟上的實際支援外，他們背後的心理隱憂亦不容忽視：

「我時時都講，我真係好多謝聖雅各，令我哋可以放低多年來的擔憂，真係做到『後顧無憂』！」

87歲的和叔與太太沒有子女，一直以來也是夫婦二人互相生活照顧。「太太自年輕時心臟已有毛病，故我們婚後也選擇不生育。一直以來，都是我照顧她為主，隨著年紀愈來愈大，太太身體情況漸差，後期更需裝上心臟起搏器及坐輪椅。我都好坦白對佢講，唔係黑心，望都望佢走先過我……萬一真係我走先，一來佢無能力同體力搞我身後事，二來更擔心的是太太的生活點算，以後邊個帶佢去睇醫生、幫佢沖涼、煮飯佢食……壓力真係好大！」和叔於十多年前一次中心講座，認識到本會「後顧無憂規劃服務」，服務正正解決夫婦二人一直對身後事的擔憂，故於翌日便立即申請參加。

「參加咗『後顧無憂』計劃後，個心已定咗好多。先唔講身後事，在生前佢哋對我哋班無依長者都一樣關顧周到。『無憂通』每日一個電話，讓社工知道我哋的安全情況；定時的茶敘，令我哋認識到同邨的老友記，朝見口晚見面可以打個招呼，有事又可以照應一下，感覺多咗D支持，多咗D人情味；甚至到後期太太身體情況急轉直下，計劃同事擔心我一個阿伯搞唔掂，不辭勞苦幫我哋轉介服務及安排院舍……一切一切，已經係超出咗佢哋工作範疇。直至兩年前太太過身，計劃同事一方面按太太生前囑咐將遺體捐至大學，上年領回遺體後再幫忙安排進行火化撒灰裝碑等等，一方面亦照顧我的情緒，驚我一個人係屋企亂諗野……我真係覺得好安慰、安樂晒。我一世人，最大責任係照顧我太太，因為有佢哋一班同事幫忙，我先可以妥妥當當照顧太太最後一程……而自太太走後，我已無咩牽掛，唯一係擔心自己身後事無人幫忙、麻煩到人，不過當見到『後顧無憂』的細心安排至太太後事圓滿完成，我好有信心亦好安心佢哋都一定會安排得妥妥當當……好似你哋服務個名咁講，真係『後顧無憂』了！」

『後顧無憂』規劃服務協助長者於生前規劃其身後事安排，待長者百年歸老時，代為履行其意願，以能貫徹他們的尊嚴，並解決他們對身後事的擔憂，真正達到無後顧之憂。



Funeral Arrangement Support Release Lone Elderly's Worries

Hong Kong population is ageing; the phenomenon of an ageing population needs to be taken as a serious issue promptly. Discussions about elderly support or their related services have been brought up one after the other in our society. As a matter of fact, to the helpless elderly in addition to financial and living support, their psychological anxiety at the bottom of their heart must not be neglected.

"I often say I am so thankful to St. James' Settlement that has helped us to put down our worries we had for years. It's been truly 'worry free!'"

87-year-old Grandpa Wo and his wife have no children. They take care of each other in their daily life. "My wife has been having heart trouble since young. That's why we chose not to have any children after we married. I've been the one looking after her all along. As we grow older, my wife's health got worse slowly. Later on she had to sit on a wheelchair and a Pacemaker was inserted in her heart. During one of our conversations, I said to her frankly that I wished she would die before me..... Because if I were to die first, she wouldn't be able to see to my funeral matters physically and financially. Besides I would worry about her daily life. There will be no one to take her to see the doctor, bathe her and cook for her..... My pressure was great!" Grandpa Wo knew about St. James' Settlement's Prepaid Funeral Navigation Service at a seminar held in St. James' over 10 years ago. He found the Service could solve their worry about funeral matters after they die. They applied to join the Service the next day.

"After we enrolled in the Prepaid Funeral Navigation Service, we felt much relieved. Apart from funeral matters, St. James' has taken good care of us helpless elderly. 'No Worry Link' gives us a daily phone call so the social worker knows we are alright, there's regular yum-cha meeting in which we get to know friends from our own estate. We can say hello when we come across each other and can help out if needed. I feel there's more support and more friendliness. Towards the latter stage, my wife's health started to deteriorate rapidly. The staff of the Service, worried that things might get out of my control, arranged referral service as well as admission into a care center for my wife. All these were out of their work duties. When my wife passed away 2 years earlier, the staff donated her dead body to the university according to her previous instruction. Upon retrieval of her body, the staff helped to arrange cremation, ashes disposal and monument set up etc. St. James' also took care of my emotions, concerned that I might go crazy all alone in my home..... I truly feel relieved. In my whole life, my main duty was to take care of my wife. With the help from St. James' staff, I was able to take good care of my wife in her final stage..... Now that my wife is gone, I have no more worries. I only worry no one will take care of my funeral matters. When I witnessed the detailed arrangements of Prepaid Funeral Navigation Service that thoroughly completed my wife's funeral matters, I'm sure St. James' will do the same for me..... Like your name, truly 'worry free!'"

Prepaid Funeral Navigation Service helps the elderly to plan their funeral matters when they are alive. When the elderly passes away, the Service will fulfill their wishes, with the aim of maintaining their dignity as well as solving their worries about funeral matters. The Service is truly worry free.

於大學領回遺體後，「後顧無憂」規劃服務協助和叔安排火化及撒灰等事宜，最後於紀念花園安裝墓碑。

Upon retrieval of the body, Prepaid Funeral Navigation Service helped Grandpa Wo to arrange cremation and ashes disposal matters. A monument was finally set up at the memorial garden.



電費資助 讓病者可安心用電

元朗洪福邨是去年新落成的公屋邨，我們中心也於去年開始正式為區內的長者服務。當中接觸到不少剛從其他區域遷入的長者，對這新社區感覺甚為陌生。加上地區偏遠的關係，鮮有親戚、朋友探訪他們，生活圈子十分狹窄。當遇到生活上的困難時他們又不懂求助，讓問題一直惡化。作為長者服務的社工，我希望可以為他們做多一點，協助他們解決當下的困難。當中讓我印象最深刻的，是健康狀況不甚理想的蕭伯伯。

蕭伯伯患上慢性阻塞性肺病多年，反覆的病情讓他難以自理生活，早前更需入住老人院養病。蕭伯伯雖有3名子女，但關係甚為疏離，唯一可依靠的反而是他認識多年的朋友，也成為了他入院時的緊急聯絡人。當健康情況稍為回復穩定，蕭伯伯決心離開院舍，不依賴他人展開獨立生活。剛好獲派洪福邨的單人公屋單位，由搬遷、新居裝修和傢俱添置都是由蕭伯伯自己「一腳踢」的處理，拒絕他人的協助。「無特別事我都唔想麻煩到人，自己做到就自己做，無理由將我的問題造成別人的忙碌嘛！」蕭伯伯領取綜援，社署提供的搬遷津貼不足夠讓他於新居添置基本家電，他寧願每月吃少一點，省下點錢作儲蓄，存夠錢再購置他需要的雪櫃和洗衣機。

蕭伯伯的「不求人」性格也讓他忽略了自身的健康。醫生指示蕭伯伯需長期使用製氧機控制病情，每日至少需使用15小時才會避免出現缺氧情況。蕭伯伯擔心使用製氧機會造成高昂的電費支出，並沒跟隨醫生的建議，每天只使用半小時至一小時的製氧機，結果他經常氣喘，呼吸不暢順，更曾因此需入院治療。於是我協助蕭伯伯申請聖雅各福群會「電費助貧弱」計劃，希望可資助製氧機的電費，鼓勵蕭伯伯安心使用養病。

遞交申請後很快收到計劃回覆，計劃為鼓勵蕭伯伯可按隨醫生的指示使用製氧機，可按醫生建議的15小時提供製氧機的電費資助，讓伯伯可以安心使用。「以前我真係唔敢用部機，擔心我負擔不起電費，被截電的話連氧氣機都不能使用了。多謝社工姑娘和聖雅各關心和照顧我的身體，每期幾百元的電費資助對我來說已很重要。飯可以不吃，氧氣不能不吸，實在很感謝你們！」蕭伯伯願意開放自己的心，接受他人的幫助，是一種令人欣喜的進步。計劃提供的電費資助不只是金錢上的支持，也同時是一枝鼓勵長者正面面對疾病的強心針，這正是計劃可貴之處。

來年我會於區內接觸更多的無依體弱長者，也希望「電費助貧弱」可籌得更多的善款，協助更多需要使用醫療電器的病患弱者。

With Power Subsidy Patients Use Appliances Worry-Free

Hung Fuk Estate in Yuen Long is a new public housing estate completed last year. Our center's service for its elderly occupants also began last year. It has brought us in contact with many elderly people who are new and unfamiliar with the district. Because of our remote location, they are also seldom visited by relatives and friends. In their isolated life they don't know where to seek help. So problems remain unsolved and the situation just worsens. Most unforgettable to me is Uncle Siu with his poor health.

Grandpa Siu had been suffering from chronic obstructive pulmonary disease for years. His unstable condition made it hard for him to take care of himself. At one time he had had to be nursed in an old age home. Though he has three children, he is not close with them. He has only an old friend to rely on, and this friend was his emergency contact when he was in the home. As soon as he was better, Grandpa Siu decided to leave the institution. He wanted to live independently. That was when he was assigned a unit in Hung Fuk Estate. In making the move he turned down all help and attended to everything single-handedly, from the removal to interior fixtures to buying furniture. "I don't want to trouble other people unnecessarily. I do what I can. There is no reason to tie others down with my problems!" Grandpa Siu is a Comprehensive Social Security Assistance recipient. The Domestic Removal Grant from the Social Welfare Department was not sufficient to let him buy basic electrical appliances for his new home. He would rather eat a little less each month to save some money, to buy the refrigerator and washer he needs when he has enough money saved up.

Grandpa Siu's reluctance to seek help also made him neglect his own health. To keep his condition under control, the doctor had ordered him to use an oxygen concentrator at least 15 hours a day so as to prevent oxygen deficiency. Afraid to run a big electricity bill, Uncle Siu did not follow the doctor's orders. Instead he only used the oxygen concentrator for half an hour to an hour every day. Consequently he was often short of breath, panting and gasping, and has even ended in hospital as a result. So I helped Grandpa Siu to apply to the St. James' Settlement's program of Power Subsidy – Ailing and Handicapped, in the hope that he can recuperate free of worry with an electricity bill subsidy.

Response came quickly to the application. To encourage Grandpas Siu to follow the doctor's orders, a subsidy was approved for him to use the oxygen concentrator 15 hours each day. "I used to be afraid to use the machine, for fear I would not be able to afford the electricity bill. If my power supply was cut off, I would not be able to use the oxygen concentrator at all. Thank you and St. James' for taking a concern and caring for my health. A monthly power subsidy of several hundred dollars is very important to me. I can go without a meal, but I cannot live without inhaling the oxygen. I am very thankful!" Grandpa Siu's opening his heart to help is a delightful step ahead. The power subsidy is invaluable. It is not just a financial support; it is also a booster shot to encourage an elderly person to face his illness squarely.

In the coming year I expect to come across more helpless ailing elderly people. I hope the Power Subsidy program can collect more donations and extend help to more ailing elderly people who need to use electrical medical appliances.



資助病患者冷氣電費

「每年我最害怕的季節，一定是夏天！」因年少時發燒細菌入頸椎的阿東，不幸因而導致他四肢癱瘓，生活起居一切都需要別人的照顧。「因病我需要使用多種醫療電器，如氣墊床、吊機以及電動輪椅。不過最令我擔憂的，還是每期超過一千元的冷氣電費支出！」

阿東個性很堅強，希望可以學習照顧自己，不想為家人帶來麻煩。「他們為我做的已經很多，為了報答他們，我應該學會自立，照顧自己。」阿東不與家人同住，獨立申請公屋單位，並獲得基金資助聘請外傭照顧他日常生活。一切開支實報實銷，政府提供的綜援金，只是僅僅應付生活開銷。「我可以吃少一點，但開冷氣時間不能開少一點。加上自患病後，體溫調節功能變差，需要恆溫的環境；你說如果香港沒有夏天有多好？」阿東望著快要過期的電費帳單，不知如何是好？

「電費助貧弱」計劃依靠善長的捐款，為長期需要使用醫療電器的長期病患者，提供短期醫療電器電費支出，讓他們可以安心養病。個別如阿東的長期病患者，因病需要長時間臥床，尤其需在炎炎夏日全時間開啟冷氣，難免造成龐大的花費。以一部匹冷氣機使用20小時計算，不計算其他津貼的話需負擔每月大概四百多元的電費。連其他醫療電器如氣墊床、電動輪椅及其他家庭電器一起使用的話，每月電費支出可以超過八百至一千元，並不是一般綜援人士可以負擔的金額。

同樣需要善長伸出援手的，還有正在接受標靶治療的鳳婆婆。「受癌症影響，我現時需使用氧氣機協助呼吸，氣管才會稍為舒緩一點。剛巧鄰居每天需拜神燒香，供出的煙霧讓我一定要緊閉窗門，才不會影響呼吸。加上炎夏驕焗的天氣，我只能依靠冷氣才會感到舒適點。醫病已用了我大部份積蓄，還要負擔巨額的電費，我已經走投無路了！」

「電費助貧弱」計劃正需要大家伸出援手，幫助如阿東、鳳婆婆等病患者於炎夏需應付冷氣電費支出，消除他們被截電的危機。有意施善者，支票背面請指定捐予：「電費助貧弱計劃」。施善熱線：2835 4321 或 8107 8324。

Save Beautiful Memory For Patient and Family

“Summer is definitely the worst season that I want to escape from!” Ah Tung needs care round the clock for his daily life after becoming paralyzed resulting from cervical vertebra infection triggered by a fever in his youth. “Because of my illness, I need the assistance of several electrical medical equipment, namely air mattress, lifting aids and electrical wheelchair. What worries most is the electricity charges for air-conditioning which exceeds \$1,000 every bill!”

Ah Tung is strong-minded; he is determined to stop being a burden to his family and he tries to take care of himself. “My family has taken care of me for so long! I think the best way to express my gratitude to them is to learn to take care of myself and live on my own.” Ah Tung is not living with his family. He himself had applied for and been allocated a public housing flat and got subsidy from a charity fund for hiring an overseas domestic helper at home. He would be reimbursed for actual expenses. The government CSSA can barely meet the daily necessities. “I can live with less food; but the supply of air-conditioning being cut short would be insufferable to me. My illness has hampered my body temperature adjustment functioning and therefore a place with constant and optimal temperature is crucial to me. It would be a great mercy if there was no summer in Hong Kong!” He gazed at the soon overdue electricity bill perplexedly.

“Power Subsidy - Ailing & Handicapped”, supported by benevolent donation, aims at helping people with chronic illnesses by settling their electricity expenses on a short term basis hoping to ease some of their worries and suffering from their illness. Some people with chronic illnesses, just like Ah Tung, need to be confined to bed rest. The electricity expenses for almost round the clock supply of air-conditioning in the extremely hot summer would be a huge burden to them. For instance, it would cost more than \$400 per month, excluding any subsidy, for an air conditioner with a power of 9000BTU/h to operate 20 hours every day. It would reach \$800 to \$1,000 per month if power consumed by electrical medical equipment, such as air mattress and electrical wheelchair, and the electrical household appliances are also taken into account. A government CSSA recipient cannot possibly cope with this financial burden.

Grandma Fung, who has been taking targeted therapy, is also one of those who are awaiting your help. “I have breathing difficulty because of the cancer; I now have to rely on an oxygen concentrator that can help me ease the problem. But everyday my neighbor burns incense as a religious ritual and the smoke emitted causes me difficulty in breathing if the windows are not shut. In the steaming hot summer, I can only rely on air conditioning to make me feel a bit comfortable. My savings have been running out for medication; I have no means at all to settle the expensive power bills!”

“Power Subsidy - Ailing & Handicapped” needs your support to help the sick, such as Ah Tung and Grandma Fung, to cope with their power bills for air conditioning in the steaming hot summer and eliminate their worry for power cut. Should you want to help, please send us your cheque with indication at its back for supporting “Power Subsidy - Ailing & Handicapped”. Donation Hotline: 2835 4321 or 8107 8324.



幸福的晚年

The Blessed Golden Years

因工作關係我經常到外地出差，因而結識了不少外國的家庭。我發現居於外國的長者們，臉上都掛著無憂無慮的笑容，退休生活是喜悅的、幸福的，因為即使子女不在身邊，他們仍會獲得政府的照顧。回香港後，接觸的長者們，卻是滿臉憂愁憔悴，尤其於「電器贈長者」探訪服務接觸的長者，終日眉頭深鎖，不是為三餐而憂，就是為失修的家居而愁。究竟，我能為他們做些什麼？

「生命即將步向終點，我還能要求什麼？」余婆婆無奈的嘆息，至今仍觸動著我的思緒。記得站在她家的門前，鐵閘、大門均佈滿銹漬和污漬，門上還貼一塊爛掉的「福」字紙板。打開大門，看到地上有個燒焦的電飯煲和一個穿了洞的水煲。然而看到電器送贈名單上，卻只有一個電飯煲。「我唔想咁貪心，有個電飯煲已經很足夠，煮飯同煲水可以一齊用。所以我無同社工講。」

上一輩的長者們總是擁有「節儉」的美德，即使有實際需要也不願為他人添上麻煩。「用電飯煲煲水飲用，水帶有食物的餘味不合乎衛生呢！就讓我們送個電水壺給你，用來煲水好方便。」問到余婆婆平日有什麼娛樂，才發現余婆婆的電視機和收音機早已成為「裝飾品」，只能擺放不能收看，也不能收聽。有幸大家有著相遇的緣份，讓我有機會捐助余婆婆的家電需要。

我相信，長者要安享晚年，家居的基本設施一項也不能少。一部電視機，可讓足不出戶的長者享有娛樂，一個電飯煲、電水壺，就可以照顧他們飲食上的需要。這些家電使用了一段時間，都可能出現損壞的情況。長者是否願意提出求助，就視乎我們是否願意為他們多行一步，表現主動的關心。我很欣賞「電器贈長者」計劃為長者提供的「無限期」保養服務，當長者使用的家電出現損壞時，會派出「家居維修服務」義工師傅到戶進行檢查及維修工作，讓他們不會求助無門。計劃讓我們參與的探訪服務，只是一個介入點，目的是提供機會讓我們可更全面了解長者的家居需要，包括家電、維修以及基本傢俱設施的需要，讓我們可以作出到位的捐助，幫助長者實際家居需要。

為長者建立幸福的晚年，必須著手從他們的實際需要出發。我有幸參與其中，在參與探訪之餘也能為他們的家電需要作出及時的捐助。希望我能參與更多，攜手與「電器贈長者」計劃讓更多長者可以安享「幸福的晚年」。

Since my job requires lots of travels, I met many foreign families. I found that elderly living over there always have a smiling and worry-free faces. Life after retirement is happy and blessed without children by their side as the government will look after them. When back to Hong Kong, the elders I come to contact are always sad and down ridden, especially those I got in touch through "Electrical Appliances for Elderly Program". They either worry for their daily meals or lack of home repairs. After all, what can I do for them?

"Life is approaching its end, so what else do I need?" sighed Grandma Yu. That still stirs me up. I can still remember when standing in front of her entrance, the iron gate and main door were scattered with rust and dirt stains; and a torn out piece of cardboard carrying the Chinese character for "fortune" being pasted on the door. As the door opened, I saw a charred rice cooker and a kettle with a hole. On checking my donation call list, only an electric rice cooker was there. "I don't want to be greedy, the rice cooker is adequate for both cooking rice and boiling drinking water. Hence, I did not mention it to the social worker."

Senior people of the past generation possess the virtue of frugality. Even they have the need, they don't want to bother others too much. "Using the rice cooker in boiling drinking water will carry the taste of remnant food which is not hygienic! So, let us give you an electric kettle that makes boiling drinking water convenient." When asked what she had for daily entertainment, it was found that her TV and radio were just decoration with no picture and no sound available. Fate has brought us together and it gave me the chance to donate her domestic appliances in need.

I believe having essential domestic appliances is a must for an elderly in having a blessed golden year. A television set can provide the elder with entertainment at home; a rice cooker and an electric thermos satisfies their meals and drink needs. Undoubtedly, the appliances may get damaged or wear out with time. Whether the elderly is willing to ask for help depends on how we take up one more proactive step and show our care. I really appreciate the "Electrical Appliances for the Elderly Program" who provide warranty with unlimited duration. They will send out volunteer technicians to elderly home in fixing the broken appliances so they won't find no one to help. The Program allows us to have home visit which is only a mean for us to get involved, the main purpose is to give us a chance in fully understanding the elderly's domestic need, including domestic appliances, repairs and basic furniture requirements in order to provide precise donation for their actual need.

Building a blessed golden year for the elderly must start from their actual needs and I am fortunate enough to participate in it. Amongst the visits, I can give prompt donation of the needed domestic appliances. I am looking forward to be more and more involved, working hand in hand with "Electrical Appliances for the Elderly Program" to enable many more elders to enjoy the blessed golden years.



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 | <input type="checkbox"/> Medication Delivery Services |
| <input type="checkbox"/> Outreach Physical Examination | | |

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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 友情印刷：平偉印務有限公司

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