

慈惠月報

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社工的話
Social Worker's Remark

挽回香港人的微笑

早前報導，在全球「微笑指數」報告中，香港在約六十個地區中，得四十八分，排行最尾。負責進行調查的協會指出，香港微笑指數低落，估計同經濟下滑有關，各行各業壓力增加，加上香港的投訴文化嚴重，員工壓力亦相應增加，那裡有親切笑容迎接客人？

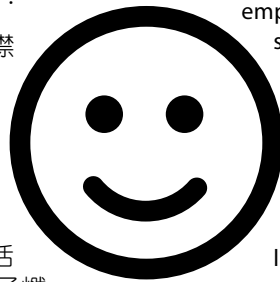
笑容，對於長期活在經濟困乏，生活捉襟見肘的長者，又或是長期病患者，苦於應付對抗頑疾，兼要為藥費四處張羅的人士，都是奢侈品。在同事們分享的個案中，不難理解為何這樣說，特別是他們面對漫長的困苦的生活，確實是很難見到曙光的。

許多時候，這些老人家及病患者，在生活最低迷的時候，獲得善長和義工的幫助，解了燃眉之急，當下，為生活鬆了一口氣，深鎖的愁眉被打開，舒減了一些壓力，才可以從心而發地，在面上掛上鮮有的笑容。這張寶貴的笑臉，就是大家繼續為慈惠服務工作奮鬥的原動力！

早前因工作的緣故，到訪台灣，一提起台灣，總會聽到別人說，台灣人情味濃，有需要時更可搭便車（即順風車）。這次出差，由台北到台中，走訪多個大大小小的社區，不時要向陌生人問路，食肆員工、雜貨店的老板、像似區議員辦事處的人員和路上途人等等，他們都是十分樂意回答你的提問。倘若你有時間的話，還可以跟你聊上十幾二十分鐘，甚至更多的時間也可。除了問路、問食肆位置及交通外，其他東西都可以聊，大家的溝通，不一定是功能性的，而且他們的熱情不限於對外來的客旅，當地人彼此也如是。

香港的社區，如何可笑臉重生？如何可笑容延續？

慈惠工作中，以善款和義務工作的能力，幫助有需要的人，當然是很直接改善特別處身困難的弱勢社群；與此同時，在社區中，在日常生活中，在自己接觸的人和事中，嘗試花一些時間給別人，加上一個親切的回應，一個接納的笑臉，甚至是一個實質的關懷行動，如送上熱騰騰的飯盒，相信這都有助香港人提升「微笑指數」。



Smile Rescue

According to "The Smile Index" global report released recently, Hong Kong, scored 48 points, ranks the end among 60 districts. The association responsible for the survey pointed out that the low score may relate to the economic downturn and the pressure is increasing in all walks of life. Also, with the culture of complaint becomes more and more common, the employees' pressure increased too. Under this situation, how can someone welcome the customers with a smiling face?

In fact, smile is a real luxury for elderly who have being living with financial hardship for a long time or deprived patients with chronic illnesses having to raise money for medication. It is not difficult to understand why our colleagues would say so when sharing these cases since it is really hard for them to see the light of dawn under the prolonged destitute living.

In the most depressed days, these elderly and patients received help from the donors and volunteers which solved their urgent needs. They are instantly become relaxed and deep frown on their faces open up, showing the rare smiles hidden deep down at heart. These precious smiling faces are the motivation for us to keep working hard for our Charity Projects!

Not long ago, I have a business trip in Taiwan. Whenever mentioning Taiwan, people always say that Taiwan is a place with warm humanity. You can even enjoy a free ride when needed. In this trip, I travel from Taipei to Tai Chung visiting a number of large and small communities. I had to frequently ask strangers, including eatery assistants, grocery shop proprietors, staffs who seem like district councilor officer, roadside pedestrians and etc, for directions. They were more than willing to answer my questions. If time is allowed, we could even chat for ten to twenty minutes or even longer. Apart from asking directions, eatery locations and transportations, you are welcome to chat with them for all topics which are not necessarily functional. Such cordiality is not restricted to overseas visitors, but local people as well.

In Hong Kong, how can we rescue our smile? How can keep smiling?

For our Charity Project, donation and volunteer work are both the direct help to those in need. Meanwhile, try to make an effort in giving others a friendly response, a acceptable smile or even a substantial action of care (such as giving out a hot meal box) among our community, daily lives or people and things we encounter will undoubtedly help Hong Kong people to upgrade "The Smile Index".

做好事不能少我一個人，做壞事不能多我一個人。

Count me in if it is doing a good deed; count me out when it is evil.



助病患者度過難關

程女士今年64歲，每天除了到街市買菜，預備三餐外，還要經常進出不同醫院覆診。

程女士可算一生坎坷。年輕時候已與丈夫離異，她坦言丈夫的突然失蹤，令她大受打擊，至今仍不知對方的生死。隨著年紀漸老，她先後患上地中海貧血症、骨質疏鬆症、白內障和關節炎等多種毛病，她每星期分別到聯合醫院、伊利沙伯醫院和將軍澳醫院等不同專科覆診。程女士說，每天在醫院的時間比在家的時間還多呢！

醫生為程女士所患的地中海貧血病開出處方藥物，奈何藥物乃屬自費處方藥，病人需要自行購買。程女士坦言：「知道有藥可以控制我的病情，實在非常高興，但奈何藥費實在太昂貴，每月藥費開支高達一萬四千多元……我每月領取綜援為生，只有二千多元的生活費，豈有能力購買藥物？自己每日的生活已靠政府，過著依賴別人的生活，令我感到活著就很煩厭和無奈，大不了不食藥，一了百了吧！」程女士絕望地和我們說道。

對於程女士的個案，經在本會惠澤社區藥房的資助下，每月藥費由一萬四千元減至六千多元，可是依程女士的經濟能力，確實是不能負擔。後來，有善長知道程女士的情況，願意幫助她，才解決她服用自費藥物的問題。還記得本會職員第一次進行家訪時，程女士身體十分虛弱，面色蒼白，也抗拒和別人溝通。隨著在藥物的治療下，程女士的病情終可以穩定下來，面色漸漸回復紅潤，心窗也漸漸願意打開，現在跟我們有說有笑。

「惠澤社區藥房」是幫助經濟有困難患病的長者及長期病患人士，藥物價格會較其他藥房便宜，而每種藥物都有不同的申請要求，每一個新的申請，都須要出示政府醫生的署方藥物證明及經社工作經濟審查，期望透過不同專業人士的協助及各位善長的善心支持，盡力幫助病人度過每一個難關。



Help Patient Overcome Hardship

Ms Ching is 64 years of age. In addition to shopping for food in the market for her 3 daily meals, she often goes in and out of hospital for follow up consultations.

Ms Ching has had a difficult life. Her husband left her when she was young. She confessed frankly that her husband's sudden disappearance brought her a serious blow. She does not know whether he is alive or dead up to this moment. Since she started to age, she gradually became afflicted by several diseases such as thalassemia, osteoporosis, cataract and arthritis, one after the other. Each week, she goes for follow up specialist consultation in United Hospital, Queen Elizabeth Hospital and Tseung Kwan O Hospital. Ms Ching reckons she spends more time at hospital than at her own home each day!

Her doctor prescribed medicines for her thalassemia. However, since the medicines belong to the self-pay category, Ms Ching had to buy them herself. Ms Ching said straightforwardly, "I was glad when I learnt that there were drugs that would help control my illness. But they are too expensive. The total monthly cost comes to over \$14,000. I live on the Comprehensive Social Security Assistance. I have a bit more than \$2,000 to live on. How can I afford to buy the drugs myself? I depend on the government for my daily living. I feel it is disgusting and helpless having to rely on others so that I can stay alive. Should the worst come to the worst, I would simply end my life by not taking the drugs!" So said Ms Ching in despair.

With regards to Ms Ching's case, her medicine cost was reduced to over \$6,000 from \$14,000 after a subsidy from St. James' Philanthropic Community Pharmacy. But judging from Ms Ching's financial ability, \$6,000 was still more than she could afford. Later some donors were willing to help after knowing Ms Ching's situation. Her problem with self-pay medicines was finally solved. We remember during our staff's first home visit, Ms Ching looked terribly frail and pale. She was also unwilling to communicate. Her condition was at last stabilised with the cure of the drugs. Her cheeks began to show a healthy, rosy colour, became more communicative and is now chatting with us happily and smilingly.

Our Philanthropic Community Pharmacy aims at helping sick elderly with financial difficulty as well as chronic patients. The Pharmacy's medicine prices work out cheaper than in other pharmacies. The application requirement varies from one drug to another. Each new applicant must submit prescription document from government doctor for verification on top of financial assessment by social worker. We hope that with the help of professional people from various disciplines and cordial support of donors, our Philanthropic Community Pharmacy can do its best to help patients to overcome every hardship.



請支持惠澤社區藥房的工作

聖雅各福群會的惠澤社區藥房自2009年成立以來，一直幫助有經濟壓力的病人以較市面優惠的價錢配取相關藥物。由於服務需求殷切，我們已在今年年初新增了第三個服務點，三所藥房分別位於灣仔、深水埗和觀塘，希望能幫助更多有需要的人士。

我們會為每位病人預留十五分鐘的時間與藥劑師會面，藥劑師會先了解病人的病歷背景、身體狀況、服藥的習慣以及服用藥物後有否出現不適或相關副作用。藥劑師亦會向病人詳細地講解藥物的服用方法、藥物的用途、如何正確貯存藥物、服用上的禁忌和藥物之間的沖撞性等等，從而令病人明白到這些資訊的重要性及以謹慎的態度看待藥物，並大大提升病者服藥的依從性，確保藥物的療效。當中，如果病人對藥物有任何的問題，亦可告訴藥劑師。由於很多病人都是同時在服用多種藥物，所以我們希望為病人度身訂造一個最適合的服藥方案。

此外，我們還為一些獨居、缺乏家人朋友支援的長者提供「到戶藥物檢視服務」。社會一群獨居長者，他們當中有一些是長期病患者，這些長者每一天都要服用多種藥物，以致在他們家中會儲藏大量的藥物，但是很多長者都不是很了解這些藥物的作用和服用方法，因而造成服藥時間錯誤、儲存方式不當和藥物資訊混亂等問題，使他們未能得到最佳的藥物治療效果。「到戶藥物檢視服務」的出現，正正是為了解決這些問題。我們會為病人仔細整理藥物，從而制訂一個服藥時間表，然後教導他們利用藥盒把藥物分服用時段擺放，反覆詢問他，以確保他們能掌握正確的服藥時間和方法。我們還會教導病人正確的藥物儲存方法，以確保藥物的質素不被破壞。當中我們最常見的情況，莫過於有些長者習慣把所有藥物都存放於雪櫃內，但其實除了部分藥物，其藥物標籤上注明要存放於2-8°C的環境外，其他大部分口服藥物只需存放於陰涼乾爽的地方便可。因為如果將不需要冷藏的藥物都存放於雪櫃中，服用時把藥物拿出，服後又放回，這個進出的動作，很可能令藥物受潮而變質，從而影響藥效和品質。

聖雅各福群會惠澤社區藥房除了是香港首間非牟利的社區藥房，亦肩負提升市民用藥知識的使命。冀望善長慷慨施善，支票抬頭：「聖雅各福群會」，支票背面可指定：「惠澤社區藥房」。施善查詢：2835 4321或8107 8324。

Please Support the Work of Philanthropic Community Pharmacy

The Philanthropic Community Pharmacy of SJS has all along helped patients with financial pressure to get relevant medicine at a discounted price since its establishment in 2009. As many people are eager for the service, we have at the beginning of the year added the third service points. At the moment, we have pharmacies locating in Wanchai, Sham Shui Po and Kwun Tong respectively, hoping to give help for more needy people.

Every patient is reserved for 15 minutes in meeting the pharmacist. The pharmacist will firstly understand more for patient's background, physical condition, drug intake habit and discomfort or related side effect if any. Meanwhile, the pharmacist will explain in details to the patient on accurate medication intake method, usage, proper storage and etc. This is to ensure patient having understand in the importance of those information as well as a prudent attitude in handling the medication, with the purpose of raising their adherence on doctor's instruction as well as therapeutic effectiveness. In other words, the patient is free to ask the pharmacist any medicine related questions. Since many patients are taking quite a number of medication, we also hope to tailor-make the most suitable medication intake plan for them too.

In addition, we are providing Outreach Medicine Inspection Service for elders who are living alone and without family and friend's support. In our community, there is a group of living alone elders; amongst them, some are long term chronic patients taking a number of medication a day. Very often, they have a large amount of medication being stored at home and hence leads to failure of taking the medication accurately since they may mix up the taking time, types of medication and etc. The Outreach Medicine Inspection Service exactly addresses to resolve these issues. We will carefully arrange these medicines and design a medicine intake timetable. Then, we will teach them how to utilize a pillbox in segregating medicine taken at different time of the day. Repeated practices are made in ensuring patient's understanding. Also, we will teach them the proper storage method so that the medication won't be affected due to inaccurate storage. Also, the elderly always make the mistake that they put the medication in the refrigerator; in fact, with few exception where the label clearly specifies storage under 2-8°C, most oral medicines only need be stored in cool and dry places. This is because medicine being taken out and back into the refrigerator before and after use could cause quality change due to humidification and hence affect their integrity and efficacy.

Being the first non-profit making community pharmacy in Hong Kong, the Philanthropic Community Pharmacy of SJS shoulders the mission of upgrading medicinal knowledge of the citizens; and we need your generous donation to make it happen. Please kindly support as by cheque beneficiary "St. James' Settlement" specifying at the back for "Outreach Medicine Inspection Service". Donation hotline: 2835 4321 or 8107 8324.



此恩此德 沒齒難忘

「我真是很辛苦呀！我患了癌病，割了一個腎，又患了痛風，周身骨痛，手指公比常人的大三倍，手指的骨刺多得好像仙人掌，很痛！醫生說我年齡漸長，血管開始收縮，血液循環開始減慢，所以我只會愈來愈痛。我每天吃很多藥，平日只會留在家，因身體很差，就算到家裡附近行，痛風都令我很痛苦，連大廈大門我都要靠別人開，街坊都很有心，會主動幫我，但我不想麻煩到別人……雖然我自覺得生不如死，但醫生說好難得，因我患了很多病，吃很多藥，但我仍然能活著。我是基督徒，我會相信神的幫助，也很感謝你們捐贈電器給我！」陳婆婆以微弱及抖震的聲音來電，答謝電器贈長者善長的捐助。

陳婆婆早年跟丈夫離婚，女兒長期在外地生活，她只靠綜援維生，獨個兒居住於九龍區屋邨。她雖然只有六十多歲，但身體患有各種嚴重疾病，令她長期受病痛折磨，苦不堪言，外出也要靠柺杖輔助，步履蹣跚。她更於前年患有腎癌，手術後令她身體出現很多不適，更因此患有抑鬱病，經常情緒低落。由於她不想麻煩別人，洗衣機壞了多時仍不願意求助。直至她到醫院覆診，醫生發現她痛風病嚴重，而且欠缺洗衣機洗衣，只靠雙手清洗衣物，才發現她有洗衣機的需要。於是，醫務社工向本會「電器贈長者」計劃求助，希望善長能為陳婆婆捐贈一部洗衣機。由於陳婆婆家中擺放洗衣機位置非常狹窄，受屋邨設計所限，只能安裝歐洲式洗衣機。本服務收到長者的求助後，特意為她尋找一部合適的洗衣機，並在電腦板上貼上中文解說，讓她懂得洗衣機的使用方法。

陳婆婆對於善長的捐贈表示非常感激，除了多次致電本服務答謝外，更撰寫了一張感謝咭，多謝善長及本服務的幫助，讓她獲得洗衣機，減低痛症所受的痛楚。「衷心感謝貴會及善長，體恤本人的疾苦、貧困，贈予洗衣機，解我困擾！此恩此德，沒齒難忘，永銘於心！謝謝！」。

不少人認為洗衣機並非獨居長者在生活中需要的電器，但其實很多長者也患有痛症，手部屈曲嚴重，根本無法用雙手洗衣。部份長者如陳婆婆般只能忍痛用手洗衣，或是因無能力清洗而積存大量污穢的衣物在家中，發出陣陣難聞的氣味。故此，一部洗衣機對他們來說是珍貴的禮物。



Unforgettable Benevolence

"I am really exhausted! I have cancer and gout. Also, I had one kidney removed. My bones are all sore and the thumb is three times the size of a normal person. Spur on my fingers look like cactus spikes which is very painful! The doctor said blood vessels starts to shrink as I am getting old, and I would be in greater and greater pain with slow down blood circulation. I am taking multiple medication each day and would normally stay home. With a extremely poor physical condition, even going out into the neighbourhood is very painful with my gout. I even fail to open the door; luckily, people are kind enough doing that for me. However I do hate bothering others..... feeling deep down inside, I would rather be dead than alive! Doctor said it is not an easy job for me being alive with all my illnesses and the multitude of medication; I am still kicking though. Being a Christian I believe God will help; and I really thank to you people giving me the electrical appliance!" That was Grandma Chan's feeble and shaky voice thanking the appliance by donors over the phone.

Grandma Chan, a divorcee for years, lives alone on CSSA in a Kowloon housing estate; and her daughter is not living in Hong Kong. Though only around 60 years old, she is in torment all time plagued by multi-illnesses which is very miserable. She hobbles along with the use of a walking stick going out. The kidney operation has given her great discomfort. She has depression and is often in low spirit. As she wishes not to bother others so she did not seek help even when her washing machine broke down. It was only during an appointed consultation that the doctor found her gout condition got very serious because she had to hand wash clothing in the absence of a much needed washing machine. As a result, the medical social worker came to us for help, hoping a washing machine being donated to her. As the location for putting the washing machine is restricted due to the housing estate design, we specifically searched a suitable machine for her after receiving the request. Also, we even stuck the chinese instructions on the electronic panel in giving her its proper use procedure.

Grandma Chan has been extremely grateful to the benefactors for the donation. Apart from calling our service department again and again to say thank you, she even sent us a card to express her gratitude thanks for the benefactors and our service that helped her get the washing machine, thus mitigating her suffering. "Thanks to your organization and the benefactors looking after the sick and the poor. You give me the washing machine, ridding me off my problem! This benevolence will always be in my mind! Thanks indeed!"

Many people consider washing machine not an essential appliance to living alone elderly; in fact, many of them are suffering from pain with hands severely crooked, basically incapable of hand washing their clothing. Some acts like Grandma Chan who has to bear with the pain in hand washing while some just leaves the dirty laundry pile up stench in the house. Hence, a washing machine is a precious gift to them.



我們需要你的捐助
We Need Your Donation

捐贈數碼電視機

解決居山區長者電視機接收問題

長者隨著年齡漸長，身體機能衰退，視力變差，走路也不如年青時步履輕盈。尤其是一些無親無故，以綜援維生的獨居長者來說，他們社交及娛樂不多，平日生活多獨留家中，閒時會收看電視、聽收音機等作為娛樂。故此，一部合適的電視機或收音機，是獨居長者的良伴，更是與外界接觸的橋樑。

冼伯伯與太太獨居於新界區山區上的村屋，子女都在國內，沒有提供經濟支援，兩老一直賴以綜援維生。由於居住地區偏遠，他們甚少外出娛樂，冼伯伯和太太一直受腳痛困擾，閒時多在家看電視解悶。「我們真是很苦腦，我都不知如何是好，電視機收不到節目，她又看不到平日愛看的節目，兩個人困在家裡，看著四道牆，生活就這樣過……」冼伯伯一臉無奈地告訴我們有關與太太的生活境況。原來早前他們用了多年的電視機壞了，一直沒有經濟能力購買新電視機，慶幸得到善長捐贈一部全新的膽機。最初原以為兩老生活可回復原狀，晚上吃過清茶淡飯便看電視。誰不知村屋是以魚骨天線接收電視頻道，舊式電視機原本可接收四個電視台，但他們的膽機只接收到兩個台，還不時出現雪花，令兩老一臉無奈，無言以對。

負責跟進冼伯伯的地區社工向我們求助，希望盡快為兩老解決收看電視的問題。幸好，本服務最近獲得善長捐助，贈送LED電視機予經濟匱乏之獨居長者，希望可為居住偏遠地區解決電視機接收不良的問題。本服務之社工聯同義工師傅前往冼伯伯家，為其安裝電視機及調台。科技的改進，讓較新款的數碼電視機在山區村屋位置仍能接收到超過四個電視台，而且畫面清晰，讓冼伯伯及太太在生活上回復一點點娛樂。「好了！終於看到了！我們只想好像從前一樣，收看愛看的電視台及節目。真的感激善長！太好了！」

一般人以為LED電視機屬奢侈品，屬高質素電器，但其實大部份長者不認識何為LED/LCD電視機，他們的要求很簡單，只要有電視看就已經很滿足。現時香港政府主力推動數碼廣播，不少居於較偏遠地區的獨居長者連基本膽機的頻道都接收不到。事實上，本服務不時也收到經濟匱乏之獨居長者求助，希望為他們改善膽機接收的頻道。故此，如果你也希望為這些無依體弱的獨居長者捐贈善款，購買電視機，讓他們安在家中接收外界資訊，請立即捐助：「電器贈長者計劃」，支票抬頭：「聖雅各福群會」，寄往香港灣仔石水渠街85號1樓105室。查詢：2835 4321 或 8107 8324。



Donate Digital TV Set To Solve Reception Problem For Elderly in Hill Area

The elderly's bodily functions begin to deteriorate as they age. Their eyesight gets worse and they don't walk as briskly as they did when they were young. Especially lone elderly who live on Comprehensive Social Security Assistance (CSSA), they have no relations to fall back on. They seldom socialise or seek entertainment. Normally they stay home by themselves, watch TV or listen to the radio for entertainment in their spare time. A good TV set or radio is not only wonderful companion for lone elderly but also a contact bridge with the outside world.

Grandpa Sin and his wife live by themselves in a village hut in a hill area in New Territories with no financial support from their mainland children. They have been living on CSSA. Since they live in a remote area, they seldom leave their home for entertainment. Grandpa Sin and his wife have painful legs, they stay home to watch TV to kill time when there is nothing to do. "It's so frustrating. I don't know what to do. Our TV has poor reception. My wife can't watch her favourite programs. We are stuck within four walls, that's our life....." Grandpa Sin told us their situation, his face full of helplessness. The TV set they had been watching for years broke down earlier and they couldn't afford to get a new one. Previously some donor gave them a brand new TV. They were going to watch TV after dinner one night. They had no idea that village huts received TV channels through antenna. They were able to watch 4 channels with their old TV before it broke down. With the new one they could only watch 2 channels and there was the frequent snow problem. They found it very annoying but could do nothing about it.

Grandpa Sin's district social worker, responsible for following up, sought help from St. James' Settlement, hoping to solve the Sins' TV problem as soon as possible. Luckily, some kind people donated LED TV set to help under-privileged lone elderly, with the hope to solve the problem of poor reception for those living in remote areas. Our service's social worker as well as volunteer called on Grandpa Sin's home to install the TV set and position various channels for him. With advanced technology, digital TV of the more recent model can receive more than 4 channels even in a village hut on the hill. The reception was clear which brought back entertainment to Grandpa Sin and his wife. "Wonderful! We could watch TV at last! We just wanted to watch our favourite channels and programs. We're so thankful to the kind donors. Truly wonderful!"

Most people tend to think LED TV sets are luxury, high class electrical appliances. Actually the majority of elderly can't tell LED from LCD sets. As long as they can watch TV, they are contented. Simple requirement. Right now, Hong Kong government chiefly promote digital broadcasting. Quite a large number of lone elderly living in comparatively remote areas fail to receive basic TV channels. In fact, our service often receive applications for help from lone elderly with financial difficulty, asking us to improve reception problem for their TV. If you intend to donate money for the purchase of TV sets for frail, helpless lone elderly so that they can receive outside information while sitting comfortably in their home, kindly donate to Electrical Appliances for the Elderly Program. Make out your cheque payable to "St. James' Settlement", specifying at its back "Electrical Appliances for the Elderly Program". Mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For enquiries, please dial 2835 4321 or 8107 8324.



點火行動

「還未到山窮水盡，我都不想找人幫忙。」說這句的是剛剛踏入六十五歲的劉先生。劉先生左手患有罕見疾病，有一粉瘤壓住左手的神經線，偶爾會痛，亦會不由自主地抖震，而且不能發力。

劉先生確診該病時正值人生壯年，這對他無疑是極大打擊，本來從事裝潢師傅的他，後來只能做幫工，收入大大減少。「雖然得了這個病，但我找工作時不會向老闆隱瞞從而換取工作機會，朋友說我太老實，但我覺得做下去時，老闆自然會發現我是濫竽充數，我不想這樣，所以我寧願直接跟老闆講我有這個病，對方知道再作決定要不要聘用我。」君子不立危牆下，劉先生選擇做老實人，正因如此，他就要接受入不敷支的後果。不過他仍堅持自食其力，不願依靠社會援助，因為他知道，有些人比他更需要這些資源。

即使劉先生繼續堅強地生活下去，但惡運並沒有離開他，一年前他被證實患上白內障。視力模糊加上左手的惡疾，迫使劉先生放下工作。「在公立醫院排期做手術要等數年之久，我都不知道自己是否能撐下去。」這刻的劉先生感到十分的無助。

今天劉先生獲派單人公屋單位，就連繳付按金上期和添置家庭電器都無能為力，遑論其他需要。收到地區社工的轉介，三位「長者家居維修服務」的義工就來到葵涌邨進行鋪新地板和加裝扶手等工程。當劉先生得知來幫忙鋪地板的是義工，不禁流下男兒淚說：「我真的很感動，沒想過這個社會仍然有這麼傻的人，願意來幫一個廢人般的我。自從我有了這個病，我看盡人情冷暖，看到你們為我做的一切，我都不知道要如何表達我對你們的謝意。」

自這次後，劉先生深受感動，所以決定多留意身邊需要幫助的人和熱心參與當地社區的義工服務，讓這份正能量傳開去。施恩莫望報，但是在我們行善的時候，受助人往往會因為我們的善心而深受感動，從而激發起自己心內的善念，情況就如一支火柴，點著另一支火柴，慢慢這堆火柴就變成一團火，燒得更光更亮。就讓我們抱著這團火，去令更多的人感受到溫暖，而你，又願意成為其中一支火柴嗎？



Match Sticks Action

"Except for coming to a dead end, I do not want others to help me." said the 65 years old Mr. Lau. His left hand is suffering a very rare disease which a sebaceous tumor presses on the nerve of his left hand. He is sometimes painful, occasionally shakes uncontrollably and unable to exert power.

He acquired the disease in his middle age, and undoubtedly was a huge blow to him. He had been an interior decoration master, and was then forced to become an assistant which greatly reduced his income. "I never tried to hide my illness in exchange for the opportunity of being hired. My friends said I was being too honest. I would tell the potential employer directly as I am sure he would soon find this out. I did not wish being found as cheating. I would rather he knew my case before deciding whether or not to hire me." As Mr. Liu chose to be a gentleman, consequence of his honesty was failure to make the ends meet. Nevertheless, he insists living on his own merit with no community assistance, for he knows out there are people having more need than him for these resources.

Even though his will for survival was strong, bad luck did not leave him. He was diagnosed to have cataract a year ago. Fuzzy eyesight plus condition of his left hand had forced him to quit working. "I have to wait several years before the operation in a public hospital, not sure if I could drag on that long." At that moment, he felt completely helpless.

On the day when Mr. Lau was allocated a public housing unit, he could not even afford the required deposit payment in advance or add a piece of new appliances, let alone other necessities. On receiving community social worker's referral, three volunteer workers of "Elderly Home Maintenance Services" went to his place in Kwai Chung Estate, helping to lay new flooring and install handrails. When he found out they were volunteer workers, he was so touched and cried, saying "I am really touched. Never had I thought of people foolish enough in the community who are willing to help a useless person like me. Since acquiring this illness I have seen it all, how people look at me. So I don't know how to express my gratitude to you."

義工們的熱心幫助，令劉先生深受感動。

Mr. Lau deeply moved by the enthusiasm of volunteer workers' help.

苦盡甘來

My Troubles Are Over

「我住在劏房已經一段時間，你知道嗎？綜援每月只有數千元，接近9成我都用來繳交房租，每天只好節衣縮食。今日終於可以入住新派的公屋，負擔真的大大減輕了！」

不過儘管獲派公屋單位，接近八旬的文婆婆仍然未能完全放鬆，因為婆婆積蓄不多，根本無能力花費大筆款項安排新居入伙。今天，「長者家居維修服務」的義工們就來到文婆婆的家中鋪膠地板和安裝掛架、掛勾等物品。

「那時我住在劏房真的好慘，大部份的錢都拿去繳房租，只剩下一點點要怎麼辦？只好少吃一餐，每天早上吃麵包，撐到晚上再吃飯，這樣的生活過了差不多三年。今天終於有新的家，就算今天沒義工過來幫忙，我就只能將就點，直接搬過來住。唯有先求有，再求好。」文婆婆覺得能脫離過往劏房的生活，已經非常幸福。

鋪設地板的費用不菲，有不少長者退而求其次，選擇鋪設數張膠墊，但是膠墊經過時間的洗禮，往往會拱起來，不知不覺間，長者就會被膠墊絆倒地上，更有部份長者選擇不鋪設任何地板，但是不鋪設膠地板直接住的話，除了增加跌倒的風險外，灰塵亦極其多，長期吸入更對身體不好，這些都是我們不欲見到的。

文婆婆除了無能力負擔鋪設地板的費用，就連安裝掛架和掛勾等的費用都負擔不起。「在附近地方找一個人鑽幾個洞和安裝一個雜物架，都要好幾百，對我來說幾百塊已夠我一個禮拜開支，雜物架又不是必須，沒位置放就放地下吧。在無辦法的情況下，日子都一樣會過。」文婆婆輕輕嘆氣。

不過當文婆婆看到義工完成鋪設膠地板後的家，不禁眼泛淚光地說：「我沒想過我那麼幸運，在獲派新單位後更得到各位的熱心幫忙，我總算是苦盡甘來了。」

面對類似文婆婆的情況，「長者家居維修服務」現正為申請新居入伙的長者提供鋪設膠地板和安裝掛架和掛勾等入伙設施，所有工程由義工協助，預計未來半年會服務三十戶新居入伙的長者，需要經費約五萬元，請各界人士慷慨解囊。支票抬頭：「聖雅各福群會」，背書「長者家居維修服務」。施善電話：2835 4321 或 8107 8324。

"I lived in a partitioned flat for a long time. I only get several thousand dollars of Comprehensive Social Security Assistance a month, and almost 90% went to paying rent. I have had to be very frugal with food and clothing. Now, at last, I can live in public housing. Life will be a lot easier!"

Though she had been assigned a public housing unit, Grandma Man, who is almost 80, could not be fully relaxed. Her meager savings were not enough for her to prepare her new home for occupation. Today volunteers of the Elderly Home Maintenance Service have come to lay PVC flooring and install hooks and hangers for her.

"Life was really hard living in the partitioned flat. The rent took up most of my income. How did I live on the little money that was left? I skipped a meal. I would have some bread in the morning, and not eat again until the evening. I lived like that for almost three years. Now I have a new home at last. If I didn't have the help of the volunteers, I would just have to move over directly and make do. I would take the place first and hope to improve it later." Grandma Man felt she was already very lucky to be able to move out of the partitioned flat.

It costs quite a bit to lay new flooring. Many elderly people choose to cover the floor with PVC sheet instead. But the sheet warps with time and can cause the occupant to trip and fall. Others choose to leave the floor unpaved. But that only makes a fall harder, and it is bad for the health to inhale the dust that gathers. These are things we don't want to see happen.

Besides not being able to afford paving the floor, Grandma Man did not have the money to install hangers and hooks either. "It costs several hundred dollars to find someone nearby to drill a few holes for shelves. That is a week's spending for me! Shelves are not a necessity; I can put all the odds and ends on the floor. Life goes on when there is no other way," she sighed.

However, her eyes were filled with tears when she saw the finished floor in her home. "I never expected to be so lucky as to get your help after being assigned a new housing unit. My troubles are over. From now on life will be easy."

Faced with cases similar to Grandma Man's, the Elderly Home Maintenance Service is laying PVC flooring and installing hooks and hangers for many elderly persons moving into newly assigned public housing units. While the volunteers provide free labour, about \$50,000 is needed to finance 30 cases in the next six months. Your donation will be greatly appreciated. Please make your cheque payable to "St. James' Settlement", indicating on the back that it is for the Elderly Home Maintenance Service. For enquiry please telephone 2835 4321 or 8107 8324.



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一六年三月份
MAR 2016
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The Philanthropy Monthly

資助病弱長者 減輕電費支出

步入夏季，氣溫持續升高，對於一眾需使用氧氣機及長期臥床的病者而言，實在苦不堪言。「年少時不懂事，受著別人影響成為『煙民』的一群，每人每天最少抽兩、三包煙。加上我一直係地盤做工，難免吸入不少沙石塵埃，相信因而導致肺部受損，去年醫生證實我患上肺氣腫，自此需長期依賴氧氣機協助呼吸，自此『吋步不離家』！」滿臉愁容的秋伯伯，跟我們訴說著疾病為他帶來的困苦。

勞碌一生的秋伯伯，與家人關係不佳因而分居，分居後需單打獨鬥應付生活所需。「自患病而來，連行路也變得艱難萬分，氣喘不斷。尤其最怕炎熱的夏天，稍為翳焗便會令氣管不順，呼吸困難。曾有幾次因太熱身體承受不了被送院治療。」鄰近中心的社工了解到秋伯伯的情況，幫他申請了一部冷氣機，讓他可於炎熱的日子使用。怎料，兩個月後秋伯伯收到電費單，需繳付過千元的電費。「之前使用氧氣機都要繳交幾百元電費，現在加上冷氣機電費的支出，付了電費，綜援金已所剩無幾，食也不夠用了！」秋伯伯不敢再開冷氣，但翳焗的家居環境讓秋伯伯的氣管感到甚為不適，實在擔心他的身體承受不住。因此，社工向「電費助貧弱」計劃求助，以協助秋伯伯應付這筆龐大的電費支出。

「電費助貧弱」計劃按照病患者使用的醫療電器類別、用電標籤和實際使用時間，計算他們所需負擔的額外電費金額，以撥款資助他們於電費上的額外支出。如秋伯伯需使用24小時的氧氣機以及12小時的冷氣機（一匹）的情況而言，他每期（2個月*）需支付額外的電費約 \$1,032，對每月只領取 \$3,000 綜援金的他，已佔了將近1/4 的支出費用。計劃考慮到申請人大多屬行動不便的長期病患人士，因此將資助款項轉帳到他們持有的個人銀行戶口，以讓他們可以鄰近的銀行領取金額，減少行政程序上為他們帶來的不便。

隨著夏天即將來到，相信如秋伯伯般飽受氣管疾病折磨的病者，正待善長伸出援手，減輕他們因需使用氧氣機及冷氣機而需負擔的額外電費支出。「電費助貧弱計劃」現正呼籲各界善長伸出援手，資助他們的電費支出，讓他們可以安心養病。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。

*居於九龍、新界及離島的中電用戶，電費以每期2個月作計算。



Relieve Chronically-Ill Elderly Of the Electricity Cost Burden

Summer is coming and the temperature keeps rising. However, this is no good news to the bedridden patients and those who are on a breathing machine. "I used to hang out with a bunch of heavy smokers and consume 2-3 packets of cigarettes every day when I was young. Later I worked in construction sites and inevitably inhaled a lot of dust. Probably that's why my pulmonary function got compromised. Last year I was diagnosed with Emphysema, ever since I am on a ventilator and rarely leave home!" Uncle Chow continued explaining to us how the disease affects his life, looking very upset.

Uncle Chow worked all his life but did not get along well with his family. Separated with his family, he lived alone and had to take care of himself. "Since I have the disease, I get short-winded even walking at home. Hot and humid weather during summer causes my airway to function less well and therefore exacerbate my breathing problem. Several times I was admitted to hospital for treatment as the weather was too hot and my condition turned worse." Learning Uncle Chow's situation, the social worker at the neighborhood center immediately helped him apply for an air-conditioner. However, what Uncle Chow did not expect was an electricity bill of over \$1,000 received two months later. "The ventilator alone costs me several hundred of electricity expense, now the air-conditioner costs me even more. I would have no money left for food after paying off the bill with my CSSA allowance." Uncle Chow never turns on the air-conditioner again. But the summer heat and humidity can still wreak havoc on his health. Therefore, the social worker turned to the "Power Subsidy – Ailing & Handicapped" program for assistance, in the hope that we can help Uncle Chow cover the high electricity expense.

The "Power Subsidy – Ailing & Handicapped" program will first estimate the extra electricity charge the individual client has to bear according to the medical device in use, the data on corresponding Energy label and the usage duration; and then allocate funds accordingly to subsidize the extra electricity expense they incurred. Take Uncle Chow for example, he needs to use a ventilator and a (1 HP) air-conditioner 24 and 12 hrs every day respectively; it would cost him \$1,032 more in electricity expense every 2 months*, which is equivalent to a quarter of the \$3,000 CSSA allowance he received every month. As most applicants are chronic patients with walking difficulties, the program will directly credit the subsidies to their bank accounts so as to ensure no administrative hassles caused to them.

As summer is around the corner, many pulmonary patients, just like Uncle Chow, need to use a ventilator and air-conditioner every day and are anxiously waiting for helping hands to relieve them of the incremental electricity expense. The "Power Subsidy – Ailing & Handicapped" program are now calling for kind donors to support the effort. You can help these chronically-ill patients focus on healing by relieving their electricity cost burden. For donations, please send us a cheque made payable to "St. James Settlement" with "Power Subsidy – Ailing & Handicapped" marked on the back. To learn more, please call 2835 4321 or 8107 8324.

*CLP covers the power supply of all households in Kowloon, New Territories & outlying islands and they issue electricity bills on a bi-monthly basis.

氣管疾病患者需長期使用氧氣機，以致需負擔額外的電費支出。Patients with obstructive airway diseases need to use a mechanical ventilator to help them breathe and hence incur an extra electricity charge.



為行動不便的長者 「剪」出關懷

根據衛生防護中心資料顯示，跌倒是長者患病及死亡的重要原因之一。調查發現在社區居住的65歲或以上長者當中，每年約5人便有1人跌倒，當中約有75%因而受傷需接受進一步治療，嚴重者更會出現骨折，甚至死亡。按2012年的資料顯示，65歲及以上長者因跌倒而死亡的登記個案為187人，而當中超過五分之二跌倒致命個案是在家中發生的。

到戶理髮服務，經常都會收到不同醫院的轉介申請。大多轉介申請當中，長者因跌倒導致骨折或中風而需長期住院或離院後在家復康期間，未能解決頭髮過長的困擾問題。

96歲的司徒婆婆因中風在家跌倒住院，左腳進行手術安裝四顆鏢絲固定，住院康復了兩個月。離院後，與65歲的兒子租住於深水埗的唐樓二層。兒子對於照顧行動不便的司徒婆婆感到非常吃力及擔憂，並因過度緊張導致情緒病復發，需長期服食紓緩藥物。

地區社工評估後，向本會到戶理髮服務工作人員商量有關理髮服務安排，以減輕照顧者的困難。到服務那天，義工阿威與工作人員到達司徒婆婆的唐樓單位，由婆婆不良於行，故小心翼翼地安頓婆婆坐在椅子上，然後了解婆婆對理髮的要求，便開始為婆婆修理頭髮，完成後，兒子立即手握著義工說，「感激你上門為我媽媽剪頭髮，因為要行兩層樓梯，我年紀大都扶不到阿媽落街剪頭髮。阿媽已經96歲了，中咗兩次風，從死門關走出來，今回有你們來幫忙，實在減輕我很多的壓力！」婆婆也很滿意是次的安排，兩位並二度向工作人員和義工阿威握手。

「到戶理髮服務」是透過受訓練的義工或專業髮型師義務地為有需要的長者提供免費到戶髮服務；義工隊亦會到訪老人院或復康人士院舍，為長者留院的人士提供服務。有關服務沒有政府支援，屬本會慈惠服務之一，有需要人士可透過地區社工轉介申請。



Cut Out “Caring” for Elderly With Movement Problems

According to data of Centre for Health Protection, falling down is one of the important reasons that brings illnesses and death to the elderly. The survey revealed among community elderly aged 65 or above one out of five had a record of falling down. Among them about 75% needed further treatment due to injury that resulted from the fall. In serious cases, they suffered bone fracture or even death. According to data of 2012, the registered number of elderly at 65 or above who died as a result of falling is 187. More than 2/5 of the victims who died in that way experienced falling in their own home.

Our “Home Haircut Services” often receives referral applications from various hospitals. In these referral applications the majority of elderly who suffered bone fracture or stroke due to falling have to be permanently hospitalized or are convalescing at home. They have problems with getting their hair cut.

Grandma Szeto, 96, was hospitalised since she had a stroke and fell down. Her left leg underwent an operation in which 4 screws were put in for positioning. She took 2 months to recover in hospital. After she was discharged, she rented a place on second floor of an old building in Shamshuipo with her 65-year-old son. Her son was worried and found it hardly manageable because he had to take care of Grandma Szeto who has problem getting around. As a result of excess anxiety, he had emotional problem again and has to take medicines to ease the symptoms continuously.

Upon assessment of Grandma's situation, her district social worker discussed with our Home Haircut Services staff about Grandma's haircut arrangements so as to make it easier for the one who takes care of her. On the day of haircut service, St. James' volunteer, Ah Wai, and staff came to Grandma Szeto's home. Since Grandma has movement problems, they helped Grandma to sit on a chair carefully to begin with. Then they started to cut Grandma's hair after they learnt how she would like it cut. At the end of the haircut, Grandma's son, holding the volunteer's hand, said, “Thank you for coming and cutting my mother's hair. I am old and can't manage taking mother downstairs for a haircut because we'll have to climb stairs for 2 floors. My mother is 96, had a stroke twice, is lucky to be still alive. Your help really reduced a lot of my pressure!” Grandma was also satisfied with the arrangements. They shook hands with Ah Wai and staff two times.

St. James' Settlement “Home Haircut Services” provides free haircut services for elderly in need at their own home. The service operates through trained volunteers or professional hair stylists. Our team of volunteers also visit elderly centers or rehabilitation centers to cut hair for the elderly. The above mentioned service has no government support. It belongs to one of our philanthropic services. Anyone in need can apply by district social worker's referral.

我看見走在 「鋼線上的人」

香港有超過13萬的家庭是貧窮線下貧窮戶，他們需要靠不同支援服務以解決生活上林林總總的問題。不幸的是，即使是收入高於貧窮線的家庭，他們的生活亦正如馬戲團表演鋼線行走的特技人，走在鋼線上，一旦受到外力騷擾，便立即從鋼線上掉下來！這班活在貧線上的人，面對百物騰貴，收入卻是捉襟見肘，平日為應付人生四個最基本的需求：衣、食、住、行已很吃力，一旦家中有人患上長期疾病，需要額外開支支付藥物治療，就真是百上加斤了！畢竟他們是貧窮線上的人，在社會上不被歸類於貧窮，難以申請生活資助。

在惠澤社區藥房接觸到不少活在「鋼線上的人」，因著疾病的緣故，他們要自費購買藥物，黃先生是藥房其中一位受惠人士，「我患上心房動動而需要服食薄血藥，我沒有足夠資格申請綜援或是其他援助，原因並不是我富有，而是我的經濟情況剛好未能達到有關資格。面對每月昂貴的藥費，我確實苦不堪言，而事實上我根本沒有任何額外金錢支付藥費，我就只能等死亡來襲！」

在聽到這句說話後，我的心不禁揪住了一下，但也只能語重心長地回應，「藥不能不吃，畢竟治病還需吃藥。」在那之後，我也一直在想著這位病人的例子，難道沒有辦法可幫助他們這一群嗎？在跟他們言談間，生活縱困苦，他們還是不慣於接受社會的援助，我認為他們與政府定義為貧窮戶的苦況無異。

所以，當他們最後能夠敲響我們藥房的門鐘，在惠澤社區藥房下以較優惠的價錢購買所需要的藥物，解決他們燃眉之急，看著他們展開歡顏，其喜悅之色，也深深的烙印在我的心頭之上。

雖然我是剛剛加入惠澤社區藥房工作的配藥員，可是在短短數週，我看見病人在從藥劑師房間走出來時，臉上滿是快樂的笑容，並說：「你好呀！還好在這香港還有你們在為病人爭取福利，為病人的病情憂心，更會關心我們這些老人家的身體情況，真的太好了！」他們的說話正告訴我們，香港能有一個如此造福人群的藥房，確實為香港這個被人稱為冷漠的城市中，加添一份溫暖。對於在背後，默默捐出善款的善長人翁，我亦希望能透過這裡，向你們說一聲感謝！所感激的不僅是金錢上對藥房運作的支持，還有要感激你們對病人的關心，你們的捐助實在是支持他們為生命奮鬥的強心針！

I Witness Those People Walking Along A “Steel Wire”

In Hong Kong, there are more than 130,000 families that having their household income lying under the poverty line, have to rely on various kinds of support and service provided by society in order to make their ends meet and sustain a living. Sadly, some other families that are not defined as poor given their income barely above the poverty line, have to struggle on their own to meet their four basic needs for living, i.e. clothing, food, housing and transportation, in this expensive city. If unfortunately, their family members are suffering from chronic diseases, the medical expenses incurred would severely add to the already heavy burden they are bearing. Their life challenges can be described metaphorically as a stuntman in a circus walking along a steel wire, who would fall from the steel wire once his balance is interrupted. Even if these families are stuck in such a dreadful situation, no material support will be available to them by society since they are not regarded as poor.

In Philanthropic Community Pharmacy, we came across quite a number of patients who are not eligible for government subsidized drugs because their income lies above the poverty line. Mr. Wong is one of those patients who “are walking on a steel wire”. He gave an account of his situation, “I am suffering from atrial fibrillation that I need to take warfarin regularly. I am not eligible for CSSA or other subsidy not because I am well off, but simply because my income just exceeds the upper limit stipulated for assistance eligibility. I am in great distress as I cannot afford the expensive drug. Getting ready to die seems to be my only option.”

I felt very sorry for him for, particularly, his hopelessness expressed in his remark. What I can do was to give him my heartfelt advice, “Nonetheless, drugs are essential in curing you of your disease.” I have not forgotten this patient since then and keep asking myself if he and other patients with the same financial problem really have no way out at all. During the exchanges with them, I noticed that despite being poor, they did not opt to accept assistance from society. To my understanding, they are challenged by the same level of financial hardship of those families defined as poor by the government.

When their application for purchasing their needed medicine at a discounted rate at the Philanthropic Community Pharmacy was finally approved, they were overjoyed as their immediate need was addressed. I was greatly touched by their happiness as a result of their relief.

I am a drug dispenser and a new staff member in the Philanthropic Community Pharmacy, but just in this short span of a few weeks I saw a lot of happy faces coming out from the pharmacist's room and heard many saying, “Fortunately, in Hong Kong we still have you all striving for the benefits of patients and who are really concerned about the well-being of patients. You also care about the health condition of the elderly, like us. You are doing us a great favour!” Their remarks are conveying a message that the charity mission carried by this pharmacy has truly radiated warmth in Hong Kong, the so-called indifferent city. I would like to express my gratitude to those kind-hearted people who have made donation to support our work. Your benevolence has enabled our operation to continue and your care for the patients is highly appreciated. Your support is an essential source of inspiration for them to fight against their odds.



真正的雪中送炭

還記得那一天，負責「送暖行動」服務的何姑娘特意致電來我們機構，表示他們有一項送暖服務，想起我們服務的社區可能會有需要的人士，故主動與我們聯繫，以便我們儘早轉介年長的獨居村民申請，希望可做到及時送暖。當時，我第一個反應是「太好了，我們正在擔憂冷峰將至，為一些長者村民不夠暖而煩惱！故此，當收到何姑娘的邀請，真是既感恩，又感動！

本中心服務荃灣區是大帽山山下的一些寮屋區村落，由於寮屋區內有不少弱勢社群，特別是一群只依靠長者生活津貼及以拾荒維生的獨居長者，他們節衣縮食，的確是沒有多餘錢添購禦寒物品，如暖風機、棉襖、棉被和熱水壺等。即使寒冷將至，他們只能把僅餘的又舊又薄又不保暖的外衣，一件又一件的穿在身上，作為抵冷之用。

聖雅各福群會「送暖行動」第一次來到我們區內進行送暖的日子，就是今年一月二十四日，當日正正是今年最寒冷的一天，市區只有幾度。何姑娘及義工們冒著冷峰親自來到村內為村民送上禦寒物品。村民接收物品後，都表示非常感動，形容他們是真正的「雪中送炭」！

透過是次的「送暖行動」，本服務區至今共有二十多名受患者，他們都生活在貧窮線以下。本中心藉此機會再次感謝聖雅各福群會及義工們，在此「送暖行動」中的迅速協助，並感謝有關善長人士的愛心捐助，令這麼多位有需要的村民可以過一個身心偕暖的寒冬。

聖公會麥理浩夫人中心
鄰舍層面 社區發展部
社工陳姑娘

Truly Timely Assistance

I remember that day well. A phone call came from Ms. Ho in charge of Warmth Giving Action. They had a warmth giving service and thought that maybe some people in our district might need it. She urged us to send in applications on behalf of elderly villagers living alone, so that they could receive timely help. My immediate reaction was, "Wonderful, just when we are worried that, with a cold front coming, some of the old folks might have trouble keeping warm!" I was both thankful and moved by Ms. Ho's invitation.

Our center serves some villages in squatter areas at the foot of Tai Mo Shan mountain in Tsuen Wan. Many inhabitants of the squatter areas are disadvantaged. Most notable are elderly singletons who subsist on Old Age Living Allowance and scavenging. They have no spare money to buy things to keep warm, like heating fan, heavy coat, heavy quilt and thermos. Though it was turning cold, they could only put on layer after layer of flimsy old garments that don't keep warm.

St. James' Settlement's Warmth Giving Action made their first call in our district on the 24th of January. It was the coldest day of the year. Temperatures in the urban areas were below 10 degrees Celsius. Ms. Ho and the volunteers braved the cold to deliver the warmth giving articles. The villagers who received the gifts were deeply touched. They described the action as delivering coal in the snow.

More than 20 villagers benefited by the Warmth Giving Action. They all live below the poverty line. Our center would like to thank SJS and its volunteer workers once more for their prompt assistance, and also express our gratitude to the kind donors whose gifts warmed both the heart and the body of so many needy villagers in the cold winter.

Ms. Chan, Social Worker
Neighbourhood Level Community Development Project
HKSKH Lady MacLehose Centre



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

- | | | | |
|------------------------------------|---|-------------------------------------|------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃 | <input type="checkbox"/> 電器贈長者計劃 | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃、補血寶愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動) | | |
| <input type="checkbox"/> 送藥到戶服務 | <input type="checkbox"/> 營養福袋 | <input type="checkbox"/> 惠澤社區藥房 | <input type="checkbox"/> 家居維修服務 |
| <input type="checkbox"/> 到戶理髮服務 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 外展體檢計劃 | <input type="checkbox"/> 後顧無憂規劃服務 |
| <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 以上任何一項 |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

敬請在支票背後或銀行入數紙寫上所捐賜之「慈惠服務」，連同捐款者之姓名及地址擲寄本會地址，或將銀行入數紙傳真至本會，FAX：3104-3635，俾本會可奉上謝函以及收據，以供閣下用作**扣除稅額**之用。謹此致謝。

I / My company would like to contribute (one-off / monthly) \$ _____ to support

- | | | |
|---|--|---|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Nutritional Baggie For the Weak |
| <input type="checkbox"/> Philanthropic Community Pharmacy <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) | | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
| <input type="checkbox"/> General use | <input type="checkbox"/> Health Promotion Activities | |

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

Address : _____ Phone No. : _____

Donation Method :

Crossed cheque (Payable to "St. James' Settlement")

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

Card No. : _____ Expiry Date : _____ (MM/YY)

Card Holder's Name : _____ Signature : _____

Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):

HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

*Please check off your method of payment.

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

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

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

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