



社工的話
Social Worker's Remark

60歲的照顧者

社會進步，醫療、教育及科技各方面令人類對飲食、身體自我照顧能力及個人衛生等的意識都提高，今年更有資料顯示香港男女平均壽命是全球之冠。「這究竟是好？還是禍？」有好多香港人也在問。

在服務過程中，我們漸漸發現愈來愈多兩老，不是向來我們談的夫婦，同步入高齡的兩老，他們是母女、父子的關係，子女都年過60，是退休人士，未婚，從外面來看，他們比同齡的人士，顯得滄桑及緊張。

過去一星期，就探訪了兩個家庭，他們不約而同的父女關係，同住，女的沒有結婚，分別是60及65歲，兩位爸爸是80多歲，除了有心臟、糖尿病的問題外，還有認知障礙症，即以前的老人痴呆病，是需要家人高度的照顧。

慈惠服務能夠接觸到他們，原因都不外乎是兩老、經濟能力差、缺乏家人支援的服務條件，對於「缺乏家人支援」的因素，對這群年長的照顧者，服務上亦會評估他們的經濟條件，而現實上被地區社工轉介而來的，年長的照顧者都是靠綜援而生活。

聽他們的故事，通常女兒為多，父母在70歲左右因身體緣故，需要家人長者照顧，本來早已遷出單位，也會搬回來同住，方便24小時的看顧。他們在沒有能力聘請外傭的情況下，又不能經常告假，由全職轉半職再到放棄工作，這全都因照顧年老父母程度加增而需要作出犧牲，很多50多歲起就不能再上班。經過5年、10年時間，積蓄耗盡，與年老父母同告領取綜援，這些故事並不新鮮。

「呀爸差不多90，大小二便都攞唔掂，我成日就係要清洗佢D 衫、褲、床單……，如果沒有送來的洗衣機，我都唔知點算！」65歲的女兒說。不說是60歲，就算是年輕的照顧者，本來也有自己的生活，有自己的社交圈子，全天候照顧親人的工作，實在吃力，精神壓力也十分大，縱說了很多嘮叨的話，但卻是甘心，因為他們是養育自己成長的父母。對年紀大的照顧者，在體力上更是勞累，當想到送別親人後，自己成了獨居長者，也難再投入勞動市場，自力更身，更是百感交集。

慈惠服務同樣照顧者這群有需要的照顧者，在照顧年老父母上作出實際的支援，解除他們實際的困難，舒解他們日復日的照顧壓力。

Carer Who is 60 Years Old

With progress in society, medical treatment, education, and technology etc. have raised public awareness on food, self-care ability and personal hygiene etc. Data this year reveals average life span of male and female population in Hong Kong tops the world. "Is this good or bad?" is questioned by many people in Hong Kong.

In our service, we find more and more "elderly couples". These "elderly couples" are not the normal married couples though; they are both being elders with mother-daughter or father-son relationships. The children all over 60 who are retirees and single. In appearance, they look older and nervous in comparison with peers in their age groups.

Last week, we called on two families both happened to be father living with the daughter, spinsters age 60 and 65 and both fathers over 80. Besides heart problem and diabetes, they have dementia which requires a high degree of attention by family members.

As long as Charity Project can contact them, they are undoubtedly elderlies who are not well off and without family support. Regarding the "without family support" factor, our services will also evaluate the financial situation for this group of elderly carers. In fact, most of the elderly carers, referred to us by district social workers, are living on CSSA.

For most of the cases we heard, they are daughters in general, Their parents age over 70; and for health reasons, they need a family to look after them. Even they have moved out, they would move back to live with the parents for the convenience of taking round the clock care. As they cannot afford an overseas domestic helper and unable to ask for leave too often, so they have to take their jobs from full time to part time or even resign. These are the needed sacrifices all for taking care of aged parents. Many of them quit work at 50 plus years old; in 5 to 10 years time, with savings exhausted, they would all be living on CSSA. Tales of this kind are not new.

"My Dad is close to 90 years old and has lost all toilet control. I have to wash his clothes, trousers, bed sheets all time..... Without the washing machine from you, I would be totally at lost!" said the age 65 daughter. Not to say those age 60, young carers have their own life and social circle, whole day care of a family member is hard work with high mental stress. In spite of those nasty comments, they still are willing, as they were brought up by their parents. For the physically exhausted old carers, their feelings are mixed at the thought of gone are the parents, sole elder they become, little chance back into the job market, and need to be self-dependent.

Charity Project is likewise concerned about the need for this group of carers through provision of practical support to remove physical difficulties in taking care of aged parents and to alleviate their daily work stress.

行有餘力，多做善事！

When it is within our means, do more charitable acts.



營養奶粉助孤弱

「黃色暴雨現正生效」長者中心掛著告示。外邊下著大雨，此時李婆婆帶著七歲的孫女來到中心領取癌症奶粉。

六十多歲的李婆婆是乳癌病人，因化療而產生副作用，經常暈眩嘔吐，甚至沒有胃口，不能進食，體重不斷下跌，身體日漸瘦弱。李婆婆在醫護人員的建議下，經醫務社工轉介，成功申請「營養福袋餽贈計劃」，可免費領取半年的癌症奶粉，奶粉含高蛋白和高熱量，以幫助病人吸取足夠營養，加快回復體力應付療程的消耗。

當收到癌症奶粉的一刻，李婆婆開口道謝時也不禁熱淚盈眶：「真係好多謝善長！多謝送給我免費奶粉！多謝聖雅各！這些奶粉是救我的命！好多謝！好多謝！」

李婆婆有一位不同住的女兒，因女兒精神健康的問題，未能照顧自己的小孩，故此病弱的李婆婆兼負照顧孫女的責任。孫女敏敏（化名）十分精靈，取奶粉時拖著婆婆，幫忙拿著一小袋餸菜，又表示平時會幫忙洗菜和抹桌子。她說：「婆婆咳時，我會遞上一杯暖水！希望她快些好起來！」李婆婆望著孫女，十分感觸地說：「她好乖巧，我希望吃了奶粉後可以精神，完成化療，多看看她幾年，看她長大。」

兩星期後，一個和暖的早上，李婆婆再次來到中心，她看起來仍是十分瘦弱，但精神卻不俗，臉上流露一絲笑容。她說雖然沒有什麼胃口進食，但仍可慢慢地一小口一小口地喝下補充奶粉，增加一些體力。她續說：「雖然不幸患上癌症，但得到資助令我覺得還有人關心我、幫我，才有體力面對治療了……我沒讀什麼書，也不知怎說，就只好親自來多說幾句——多謝你們！」

望著婆婆離開中心的背影，想到社福服務就是要扶助社會中的寡孤弱，令到幼有所依，老有所養，為一眾有需要的人提供及時的援助。每每回憶起受惠者的感謝之言，就想到像李婆婆這樣的故事，服務幫助患者渡過困難，提供實質需要，同時也安慰他們心靈上的缺欠。

Nutritional Milk Powder For Frail Singles

"Yellow rain storm is now on" sign was hand up in the elderly center. It was raining outside. At the same time, Grandma Lee took her seven years old granddaughter to the center, picking up the milk powder for cancer patients.

Grandma Lee, over sixty years old, has breast cancer. Side effects from chemotherapy treatment often made her dizzy and vomit. Also, the appetite is low and that leads her unable to eat. She then became weaker with continual drop in weight. With suggestion of the medical profession and referral by the medical social worker, she successfully applied for the "Nutritional Baggie For the Weak Program", getting free milk powder for cancer patients for six months. The high heat and protein assists patients in taking sufficient nourishment in order to regain the physical power being lost in the treatment.

When Grandma Lee received the milk powder, her eyes were in tears and said thank you, "Really grateful to the benefactors giving me free milk powder! Thanks SJS! This milk powder is my life saver! Thanks you! Thank you!"

Grandma Lee has a daughter who is not living with her. Since her daughter has mental problem, she is unable to look after her own child. Thus, the frail and weak Grandma has to take up the responsibility. Her granddaughter ManMan (alias) is awfully smart. She held on Grandma's hand and helped carrying a small bag of food. She shared that she will help in washing the vegetable and cleaning the table. She said, "When Grandma coughs, I give her a glass of warm water. I wish her getting well soon!" Looking at her granddaughter, she emotionally said, "She is adorable. Just wish the milk powder gives me the energy to finish the treatment so that I have few more years to take care of her and watch her growing up."

Two weeks later, in a warm morning, Grandma Lee came to the center again. She still looked very skinny and frail, but spirit is pretty good with a little smile on her face. She claimed there was little change in the appetite, but she could slowly drink small mouthfuls of the nutritional milk in gaining energy. She then said, "Though unfortunately I have cancer, getting the subsidy made me feel someone still cares for me, helps me with the strength to face treatment..... I had little schooling and I don't know what to say, so I just come here to express how much I thank you in person. Thank you!"

Watching Grandma leaving the center, we think of the mission of social welfare service is to support the widowed and weak, giving prompt support to all needy.

On recalling thank you notes from the beneficiaries each time, I remember tales similar to that of Grandma Lee. Our service helps patients overcome difficulty, providing needy physical support while giving them the missing mental comfort at the same time.



我們需要你的捐助
We Need Your Donation



一六年十月份
OCT 2016
慈惠月報
The Philanthropy Monthly

為腎病患者及時 伸出援手

「先生，先想跟你說一聲，下次我不會再叫醫生開這藥物了。」聽到這位病人的表示後，我不禁訝異地追問：「你的血色素還不足，需要繼續用藥來維持，不可能就此停藥，不然情況惡化下去，會誘發心臟病。」他茫然地說：「唉！問題是我已退休，靠僅有的數萬元積蓄過活，又因腎病需要洗腎，子女未能負擔額外藥費，看！我那還有能力去工作？！經濟情況早已捉襟見肘，有什麼可能再買此藥物呢？」

王先生因為患上了末期慢性腎衰竭（俗稱為腎病），需要每月支付千多元的藥費去購買一種紅血球生成素補充劑（即補血針），希望能透過注射這類藥物以維持正常的血色素度數，令生活質素得以改善。

腎臟是人體內非常重要的器官，一旦患上腎病，便會患上多種的併發症，其中之一正是腎病性貧血，由於患者腎臟未能製造足夠的紅血球生成刺激素，大部分患者需靠每月注射一次人工製造的紅血球生成素補充劑（補血針）舒緩病症。紅血球正如運載貨物的汽車般，將一些重要養分（如氧氣）帶到身體不同器官以及將一些代謝廢物帶走（如二氧化碳），如若缺乏紅血球，身體各個器官長期缺乏這些養分，病人自然會覺得十分疲倦，亦會變得寢食難安。雖然一般人認為貧血不會帶來危急的後果，但病人每天都會因身體機能衰退而覺得十分疲倦，同時晚上躺臥在床也會輾轉反側，未能入睡，睡眠質素受到嚴重的影響，食慾下降甚至沒法進食；日復日、年復年，病人被慢性疾病不斷煎熬。

正如王先生這類有經濟困難的病人，要考慮停藥情況不禁令人心痛，回望香港這個繁榮大都會，在眾人欣賞的繁華夜景中，同時亦有不少類似王先生的人在五光十色的夾縫內為生存不斷掙扎？

在人口老化下，患退化性疾病的病人人數只會隨時間增加，可是病人沒錢沒藥醫的情況是相當普遍。這些活生生的故事在大都會的風光掩蓋下被人遺忘，你願意伸出援手，讓與王先生一樣的病人重燃治病的希望嗎？請施善：「贈藥治病計劃」，支票抬頭：「聖雅各福群會」。查詢：2831 3289。

Prompt Help To Kidney Patients

“Sir, firstly, let me say a few words. I will not ask the doctor to prescribe me this medication next time.” After hearing what this patient said, I was astonished and asked, “Your hemoglobin is low and needs medication to maintain it. You can’t stop the treatment; otherwise, the situation could get worse and induced heart attack.” He replied at a loss, “Ai..... The problem is I have retired, living on my remaining few tens thousands dollar saving. My kidney disease calls for dialysis, my children are incapable of bearing extra medical costs. Look! Do I have the ability to work? I am out at the elbows in finance, how on earth could I afford buying this medication?”

Mr. Wong, in terminal stage chronic kidney failure, needs a monthly shot of self-financed Erythropoietin (EPO), costing over a thousand dollars a dose. It is hopefully that such an injection could sustain a normal hemoglobin level to improve his quality in life.

The kidney is a vital organ of human body. If one has kidney problem, tendency of multiple complications could follow and renal anemia happens to be one. As the patient’s kidney is incapable of making enough erythropoietin (EPO), a hormone needed in the production of hemoglobin for red blood cells, most patients go for a monthly, supplementary injection of synthetic erythropoietin (EPO) to rectify the situation. Red blood cells act like a delivery truck, carrying certain vital nutrients (such as oxygen) to different body organs and pick up certain metabolized waste (such as carbon dioxide) on the way back. Without sufficient number of red blood cells in the system, various body organs would go under nourished in long term and the patient would certainly feel very tired and become extremely restless. Although some people may not consider anemia having critical consequence, but further body function deterioration will make the patient feel very tired and restless in sleep at night. With quality of sleep seriously affected and without appetite, even unable to eat in some case, the patient will be tormented continually by his chronic illnesses for days, even years.

Patients in financial difficulty, just like Mr. Wong, have to consider dropping medical treatment, really makes one sad. Looking back at Hong Kong, a prosperous metropolitan, bustling night scene admired by many, there is still quite a number of people like Mr. Wong struggling for survival in the crack of brilliant neon colours.

With the growing ageing population, patients with degenerative diseases will only increase with time. However, patients lacking money to buy the medication is not uncommon. These real life stories in the shadow of metropolitan vista will soon be forgotten. However, would you be willing to lend a helping hand to let patients like Mr. Wong rekindling their hope for treatment again? Please donate to “Medication Subsidy Program”, donation cheques beneficiary “St. James’ Settlement”. Inquiries: 2831 3289.



七旬婆婆 感謝送贈洗衣機

馬婆婆原本居住在唐樓的板間房，申請輪候公共屋邨已數年，近日終獲分位於何文田的公共屋邨單位。馬婆婆得知可以上樓入住公屋單位真是又喜又憂，喜的是可以有一個屬於自己的居住單位，不用再窩居於幾十尺的板間房內，過著空氣髒污和捱貴租之苦；憂的是過去一直沒有半點積蓄，社會福利署的搬屋津貼，跟本不能應付添置電器及傢俱。

在計劃上樓之時，七十歲的馬婆婆最大的心願是希望能添置一部洗衣機，「我沒有讀過書，後生時就開始做清潔工作，而家老左雙手不聽話。」工作人員一看，見馬婆婆手部活動不靈，加上患有關節炎，就連最單薄的衣服，她也難以自行用手清洗，更遑論冬天的厚硬外衣及棉被，所以，不難明白馬婆婆是極之渴望有一部洗衣機協助。

從前，馬婆婆大部份衣服都是靠自己用手清洗，較厚的外套及床單可租用二房東的洗衣機使用，但隨著年紀漸大，洗衣工作已力不從心，後期幾乎每星期都要租用二房東的洗衣機洗衫，每月就洗衣費已是三百大元，但馬婆婆有見自己真的做不到，唯有在其他方面節省一下。要搬離舊居就更沒有洗衣機可用，而社署批出的搬遷補助金，他打算用作購買一張床及一個木櫃存放衣物，那有餘錢足夠購買洗衣機？！

馬婆婆感懷身世地告訴我們，十多年前從茶樓清潔工作退休下來，積蓄用罄後開始領取綜援渡日至今，「綜援金每月三千幾，而家樣樣物品都加價，樣樣都要錢，三千幾好快就用完，好難儲到錢買成千幾二千元的洗衣機。」

負責「電器贈長者」計劃的社工接到馬婆婆的申請，了解她的情況後，以「慧妍雅集」捐出的善款為馬婆婆添置一部洗衣機，達成心願，改善了婆婆起居生活上的需要。

馬婆婆看著這部善長們捐出的洗衣機，眉開眼笑地不停地向工作人員及同行的義工們道謝：「多謝姑娘，真係多謝『慧妍雅集』善長，多謝聖雅各福群會的各位義工姐姐哥哥！」終於，在下一刻看到在馬婆婆飽歷滄桑的臉容上展開開懷的笑容。



Seventy Years Old Grandma Thanks for the Washing Machine

Grandma Ma used to live in a panel partition room in a house of Chinese design. She has been on the public housing waiting list for years and finally got one allocated in Ho Man Tin. On getting this news, she had mixed feeling, happy and yet worried. Happy that she has a living quarter all to herself, instead of living in a high rental and stuffy snail's home, much less than a hundred square feet. Her worry was no past saving to allow her buying new furniture and appliances as the Domestic Removal Grant from the Social Welfare Department is insufficient to cater for both.

When the time of moving came, Grandma's biggest wish was to have a washing machine. "I had no schooling and worked as a cleaner when I was young. Now, both myself and my hand are old. Staff looking at her hands noticed the situation. In addition, arthritis has made her unable to hand wash even the most flimsy clothing, not to mention thick winter coats and blankets. Hence, it is not difficult to realize why she longs for a washing machine to help.

Grandma used to hand wash her clothing in the past and paid the landlord for use of the washing machine in washing coats and blankets. But as she got older and found herself no longer able to wash my hand, she hence had to make use of the landlord's washing machine every week, costing her \$300 a month. She had no other choices, just cut back on other expenses. She could not use the washing machine once she leaves the old residence. Since she intended to spend the Domestic Removal Grant from Social Welfare Department in a bed and a wooden cabinet for her clothing, it leaves not enough money for a washing machine.

Grandma Ma recounted her past to us. She retired as a restaurant cleaner more than a decade ago. She starts to live on the CSSA till now after exhausting her savings. "The three thousand odd dollars monthly CSSA hardly keeps up with the escalated cost of living as everything has gone up in price. No way could she have saved enough for a washing machine costing more than two thousand dollars.

Upon receiving her application and understanding more of Grandma's situation, The social worker in charge of the "Electrical Appliances for the Elderly Program" used the donation from Wai Yin Association in buying her a washing machine. It not only fulfills Grandma's wish but also meets the basic living need of her.

She was overjoyed looking at the washing machine and repeatedly thanked the staff and volunteer workers saying, "Thank you! I am really grateful to benefactors from the Wai Yin Association, girl and boy volunteers from SJS!" Finally, we saw the face of the Grandma, who has been through the hardships, beaming with joy for being cared.

一部洗衣機，解決了婆婆生活上的困難。
A washing machine simply solve the living difficulty of Grandma.

「送暖行動2017」 Warmth Giving Action 2017

一般來說，在轉季之時，大家開始著手為自己及家人添置禦寒衣物，隨著物價上漲，環保意識提高，這或會令我們減少購物。在社會上，另一班很少購物，經常留別人棄置物品的，相信是不少經濟困乏，乏親友子女支持的獨老。

每年進入十月份，對於貧弱年老長者來說是面對寒冬的前奏，在嚴寒冬天來臨前，聖雅各福群會「送暖行動2017」正忙於為老弱者籌募禦寒電器及禦寒衣物，包括：暖風機、電熱水壺、棉被、棉襖及頸巾等等。

李伯伯獨居於九龍西的公共屋邨，年近九十歲，一直依賴綜援維生，在生活上欠缺親友的關懷及經濟援助。由社工轉介本會申領暖風機及電熱水壺時說，「近日天氣開始好涼，不敢太早或入黑外出，亦不敢日日沖涼，好淒涼呀！…… 我需要暖風機，因為沖完涼後有佢可以令我感到室內溫暖，冇咁凍。冷親就慘啦，要睇醫生，就要使錢！」

飲用溫水，是大部份弱老的習慣；若患有宿疾、呼吸氣道疾病及咳嗽時，飲用溫水更可舒緩病情。「我個熱水壺已用了十多年，根本已沒有保暖作用，身體不適時，唯有飲凍水啦！」但當李伯伯見到義工送上的酒店式電熱水壺及保溫杯後，隨即面露笑容，說：「真係好啱用，冬天不用怕！」

聖雅各福群會「送暖行動2017」正急需善長的捐助，為全港類似李伯伯的無依體弱、經濟困難的長者添置禦寒物品。請支持「送暖行動2017」，讓長者可安然渡過寒冬，不再備受寒流來襲的威脅。請將支票抬頭：「聖雅各福群會」，背書「送暖行動2017」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。

As a usual practice, at the change of seasons people would start purchasing warm clothing for their family. Due to an increase in prices as well as an enhanced awareness of environmental protection, we might tend to buy less than normally. In our society, the lone elderly are another group of people who seldom do shopping as well. They are financially deprived people who lack support from friends, relatives or their own children and they often pick up things that people discarded.

The coming of October symbolises the prelude of freezing winter for the poor, frail and weak elderly. Before the cold winter arrives, St. James' Settlement's Warmth Giving Action 2017 gets busy with appealing and collecting electrical appliances as well as warm clothing for their sake. These things include ceramic heaters, electric thermos kettle, padded cotton quilts, padded cotton jackets, scarves and so on.

Grandpa Lee, nearly 90, lives alone in a public housing unit in Kowloon West. He lives on Comprehensive Social Security Assistance, with no care and financial support from either friends or relatives. When he applied for ceramic heater and electric thermos kettle with St. James' by a social worker's referral, he said, "The weather has started to cool down quite a bit. I dare not go out too early in the morning or too late at night. I dare not bathe myself every day. So miserable! I need a ceramic heater because it keeps me warm inside my unit after I had a bath. It'll be awful if I catch a cold. Then I'll have to see the doctor and spend money!"

Most of the frail elderly have the habit of drinking warm water. For people who suffer from chronic illness, respiratory disease and cough, warm water can alleviate their suffering. "I've been using my thermos flask for more than a decade. Actually it doesn't keep water warm any more. Even when I feel unwell, I have only cold water to drink!" The moment when Grandpa Lee saw the hotel-style electric thermos kettle plus the keep-warm mug, he smiled and remarked, "These are exactly what I need. Now I fear winter no more!"

St. James' Settlement's Warmth Giving Action 2017 urgently needs benefactors' donations. With your donation, we can buy warmth giving items for the destitute, helpless and frail elderly like Grandpa Lee. Please support "Warmth Giving Action 2017" so that the elderly, free from the threat of a cold front, can survive this cold winter safely. Kindly make out your cheque payable to "St. James' Settlement", specifying on its back "Warmth Giving Action 2017". Please mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For donation hotline, please dial: 8107 8324 or 2835 4321.





抑鬱婆婆 重展笑容

「在這段時間內，非常感謝你們的幫忙！」說這句的是住在大埔的黃婆婆。

黃婆婆半年前入伙大埔的公屋，本會長者家居維修的義工曾為她鋪設地板和跟進新居入伙所需項目。今天再次來到，是為了安裝早前經「電器贈長者」計劃轉贈的洗衣機。

觀察黃婆婆家居的間隔，擺放洗衣機的位置附近沒有相關配套，包括：水龍頭和去水位，所以義工們到訪的義務工作項目，就是要加裝有關設備，讓她可以日後使用洗衣機。

「曾經有一段時間，我認為自己跌進萬丈深淵，從此不能離開，幸得有你們和轉介社工的熱心幫忙，把我在深淵中拉回上來。」原來黃婆婆曾經患有嚴重的抑鬱，每天生活在灰濛濛的世界裡，有幸經過醫生、社工及朋友們的協助，今天的她已經變得有講有笑，彷彿成了另一個人。

因為單位沒有水龍頭及去水位供洗衣機所用，儘管有錢都不一定在坊間找到師傅來協助，遑論是領取綜援的黃婆婆。是日長者家居維修的義工來到她家中評估後，就開始加裝工程，經驗義工們一輪幫忙後，安裝工作順利完成，熱心的義工更留意到婆婆沒有足夠間隔儲物，於是主動加裝層板。

「再一次感謝你們為我所做的一切，『天無絕人之路』，現在我真的相信這句話，你們為我做的一切就如太陽照耀著我，使我感到非常溫暖。幸好當初沒有想歪，放棄自己，畢竟有些選擇做錯了就是一輩子了！」今天的黃婆婆不再是愁眉苦臉，反而跟義工們談笑風生。

患有抑鬱症的病患者，常常徘徊在生存和自殺的掙扎當中，這種掙扎更會磨滅病患者的意志力，一旦情緒到達臨界點，對生活充滿威脅。今天長者家居維修服務拉了黃婆婆一把，但仍有很多類似情況的長者生活在我城，就讓我們抱著這團火，為更多有需要的長者，送絲絲的溫暖！

Melancholic Grandma Smile Again

"Thanks very much for your help within this period of time!" said Grandma Wong who lives in Tai Po.

Grandma Wong moved into the public housing unit in Tai Po 6 months ago. When St. James' Settlement's Elderly Home Maintenance Services volunteers laid floorboards for her new home, they found there were other things she would need. The volunteers came again today to install a washing machine which was donated to her from the Electrical Appliances for the Elderly Program.

Prior to the installation, volunteers found there were no related accessories like water tap and drain pipe near where the washing machine would be installed. The work the volunteers had to do was to put in the necessary tap and drain pipe so that Grandma Wong could use the washing machine.

"There was a time I thought I had fallen into a deep dungeon from which I could never escape. I'm so glad that you and my referral social worker pulled me out of it with your help." So Grandma Wong once suffered from severe melancholia and she felt she lived in a bleak world. Fortunately with the help of her doctor, social worker and friends, Grandma Wong changed to a different person and became talkative and smiling.

When a unit lacks water tap and drain pipe for the installation of a washing machine, it can be quite difficult for the tenant to find an experienced plumber to solve the problem, more so for Grandma Wong, a recipient of Comprehensive Social Security Assistance. That day after the Elderly Home Maintenance Services volunteers assessed her home condition, they started to add in the required engineering works. The work was soon completed smoothly. The volunteers also noticed Grandma didn't have enough shelves for storing things. They put in more storage boards to solve that problem.

"Thank you again for everything you've done for me. Now I really believe in the saying that 'Every cloud has a silver lining'. What you have done for me is like the sun shining on me and that makes me feel so warm. I'm glad I didn't give myself up. In my life, once I made a wrong move, there's no turning back!" Grandma Wong didn't put on a poker face anymore today; on the contrary, she became very talkative and cheerful in the presence of the volunteers.

People afflicted by melancholia often struggle between the thought of killing themselves and going on living. This struggle will reduce the patient's will power. The moment their emotions reach a critical threshold, the illness can threaten their life. This time the Elderly Home Maintenance Services volunteers gave Grandma Wong the support she most needed. There are many elderly in Hong Kong who come across similar situation. Let's keep the fire in our heart burning and bring warmth to more elderly in need.

助弱聽及失聰長者 及時應門 免生危險

「我聽不到你們說甚麼，我是失聰的。」黃婆婆大聲地跟我們說，她不懂讀唇，溝通全靠紙筆書寫，每當黃婆婆看到我們嘴巴在動，她就會重複以上那句說話，擔心會因自己聽力問題為別人添麻煩。

黃婆婆平時有家居照顧隊負責送飯，但因為她聽力不好的關係，經常會錯過送飯時間，儘管負責的同事大力拍門，屋內的黃婆婆依然無動於衷。為了可以提醒長者在送飯時間開門取飯，轉介社工決定為長者申請安裝閃燈門鐘。

每當有人按下門鈴，閃燈門鐘除了會發出高頻率的聲音外，門鐘上的燈泡更會閃爍，令身處屋內的長者發現門外有人，這亦是閃燈門鐘和普通門鐘的最大分別。不過一個閃燈門鐘的費用高達四百元正，還沒計算要找合資格的註冊電工安裝的所需費用，這對領取綜援的黃婆婆無疑是百上加斤。

對於失聰人士來說，沒有聲音的日子，令她們比一般人更容易落入危險的環境。倘若大廈發生火警，黃婆婆根本不會知道門外發生的事情，鄰居大叫、消防鐘響起，大力拍門的聲音，她都一一聽不到，這刻黃婆婆的處境就非常危險！加上黃婆婆身體狀況甚差，向來她根本不能獨自行外出購買食物或食材等回家煮飯，可幸有家居照顧隊的服務，否則她的情況會更惡劣。為了避免以上情況的出現，「長者家居維修服務」隊的義工便協助婆婆安裝一個閃燈門鐘。

聚沙成塔，水滴石穿。面對人口老化的社會，獨居老人將會越來越多，相信當中更有不少是弱聽或失聰等長者。為了令她們能夠居家安老，安享晚年，「長者家居維修服務」預計未來半年會為五十位長者安裝閃燈門鐘，需要經費約二萬元，現呼籲各界人士慷慨解囊，施善者請捐助「長者家居維修服務」，支票抬頭：「聖雅各福群會」。施善電話：2835 4321 或 8107 8324。



Help Elders With Impaired Hearing And Deaf Risk Free With Prompt Door Answer

“I cannot hear what you said, I am deaf.” Grandma Wong shouted loudly to us. She does not know lip reading. Communication with her is solely based on writing. Whenever seeing our lips moved, she would repeat the words above, for fear of her hearing disability giving others trouble.”

Grandma is receiving the meal delivery service by the Home Care Team. As her hearing is poor, she often misses the delivery. No matter how hard the worker knocked on the door, Grandma stayed unmoved. In order to remind the elder open the door at meal delivery time, the referral social worker decided to apply the Flash Light Door Bell for Deaf for her.

Every time when someone presses the door bell, the Flash Light Door Bell for Deaf not only sounds with a high frequency, but also flashes; thus, the elder inside knows someone is at the door. This is its biggest difference with the ordinary door bell. However, such door bell costs \$400, exclusive of installation by a qualified licensed electrician. To Grandma Wong who receives CSSA, it undoubtedly seems throwing a stone onto a sinking boat.

To the deaf, living without sound leads them more prone falling into risk. For example, when having fire, Grandma Wong will not be aware of what happens outside. She cannot hear the shout by neighbours the fire alarm and the hard knock on the door; as a result, she would be in awful danger! Besides, her physical condition is very bad, basically unable to go shopping, buy things and food to cook at home. Luckily there is the Home Care Team service, otherwise her situation could be even dire. To avoid the above from happening, volunteer workers from Elderly Home Maintenance Services helped to install a Flash Light Door Bell for Deaf for her.

Sands keep piling up to form a hump and dripping of water drops puncture stones. Confronted by ageing community, more and more elderly will be there and many of them are likely to have impaired hearing or even deaf. In order provide them with a comfortable living at home in their golden years, the Elderly Home Maintenance Services aims to serve fifty elderly for installing the Flash Light Door Bell for Deaf in coming half year. The estimated cost is around \$20,000. We are now appealing all to donate generously, please kindly make out your cheque payable to “St. James’ Settlement”, remarked for “Elderly Home Maintenance Services”. Donation hotline: 2385 4321 or 8107 8324.

有了這款閃燈門鐘，失聰或聽力受損的長者就不用擔心因為自己的身體狀況而錯過門外在按門鈴的人。

With this type of Flash Light Door Bell for Deaf, deaf or hearing impaired elders no longer have to worry about missing calls at the door.



去除弱老家中陷阱 改善居家生活質素

家，為我們提供一個遮風擋雨的地方，但是每一個避風塘都會出現日久失修的情況，家境狀況良好的可以自行找人維修，相反經濟能力較差的就沒有麼幸運。他們或許會選擇容忍，環境繼續惡化，最後就會威脅長者在家中的安全。「長者家居維修服務」本著服務弱勢社群的信念，希望令更多獨居兩老能達到「居家安老」。

眼前坐著的是梁婆婆，因為患有退化性關節炎，手指已經變形和扭曲，她根本無能力再使用扭掣式的水龍頭，有見及此，地區社工為梁婆婆作出轉介。

「我六十年代來到香港，那時候我只是用『斗零』在麵包店買一些麵包皮充飢，最難捱的時光我都捱過了，現時能夠有瓦遮頭已經好好，不要麻煩別人來幫忙了。加上我已經一把年紀，剩下的日子可能不多，無謂麻煩你們。」這說話出自梁婆婆口中，頓覺心酸。

長者因為自己的年齡和能力所限，往往認為自己是一種負累，但是他們在年輕的時候為社會付出過的努力，今天就應由社會回饋給他們。

義工花了半天時間為長者更換廚房和洗手間的水龍頭，這個半天的工作，為婆婆帶來生活重大的改變。「最重要是能夠切合長者們的需要，最重要是他們能夠住得安心、開心，那我們就放心了。」由此可見義工們亦樂於為長者服務。

漫長的人生路上，年青時，我們跑得快，不斷為生活拼搏；老了，不能像以前跑，要靠拐杖或別人扶持。「長者家居維修服務」抱著為有需要長者一起渡過難關的使命，為他們去除家中生活陷阱，改變環境而提升生活質素，著善長及義工師傅的努力，以具體行動來為他們解憂。

Traps Eliminated Improve Quality of Life For Frail Elders

Home shelters us from wind and rain. However, every typhoon shelter would require repairs with time. The affordable can pay for the maintenance, but those less fortunate, poor people might have to tolerate and live with it without choices. When the condition continues to deteriorate, it will ultimately threaten the elderly's safety. "Elderly Home Maintenance Services" aims to service the disadvantaged social group, giving more living alone elderly couples "with ageing in place".

Seated in front of us is Grandma Leung who has deteriorated arthritis. Her fingers deformed and crooked; thus, she is unable to twist and turn the handle of tap. By noticing this, the district social worker referred her case to us.

"I came to Hong Kong in the 60s. At that time, I bought bread crust for five cents from the bakery to fill my stomach. In the most difficult time, I still survived. Now, with a roof over our head is good enough; so no need to bother others for help. Besides, I am already this old with limited days to come, so no need to bring you trouble." Grandma's saying really made us feel sad.

Restricted by old age and limited ability, the elderly often consider themselves kind of a burden. However, it is now the time we should repay their great effort and contribution to the community when they were young.

The volunteers spent half day in changing the tap in the kitchen and bathroom which brought drastic changes to the Grandma's living. "Most importantly, it meets her need, vital for happy living with peace of mind. It is also our wish." This clearly shows the volunteers are happy in serving the elders.

In the endless path of our life, we run fast and work hard without stop to earn our living; but as we get old, we can no longer run and have to use a cane or rely on others for support. Mission of the "Elderly Home Maintenance Services" is to help elderly overcome difficulties, remove traps, improve their home environment and lift their quality in life. Through efforts of the donors and volunteer workers, we take away worries of the elders with specific actions.



左圖為原有扭掣式的水龍頭，右圖是義工為長者換上新的水龍頭。義工為梁婆婆換上一個拉撥式水龍頭，婆婆就能減少因退化性關節炎而帶來的折磨。

Photos show the old tap on the left and its replacement on the right. Volunteer worker replaced the tap with a push-pull lever handle thus reduces the pain caused by arthritis to Grandma Leung.



感謝信： 感恩傳承善愛

ATTN：香港西區觀龍樓房協辦事處各位領導對的的關愛，特請林姑娘將我感恩的心意轉交香港灣仔區聖雅各福群會領導台鑒：

2016年11月6日星期日上午10:50AM 由郭希旋姑娘，李嘉華先生率領義工梁××女士、譚××先生，給我送來了禮物——電風扇一枱，並且由譚先生還幫我安裝好，並且指導我掌握方法。郭姑娘還送給我睡衣一套和圍巾條，梁女士還送一雙清潔手套、洗手液，甚為感謝！她／他們利用假期，休息期間為支持香港政府、為民施政，傳承善愛，深受感動，謝！

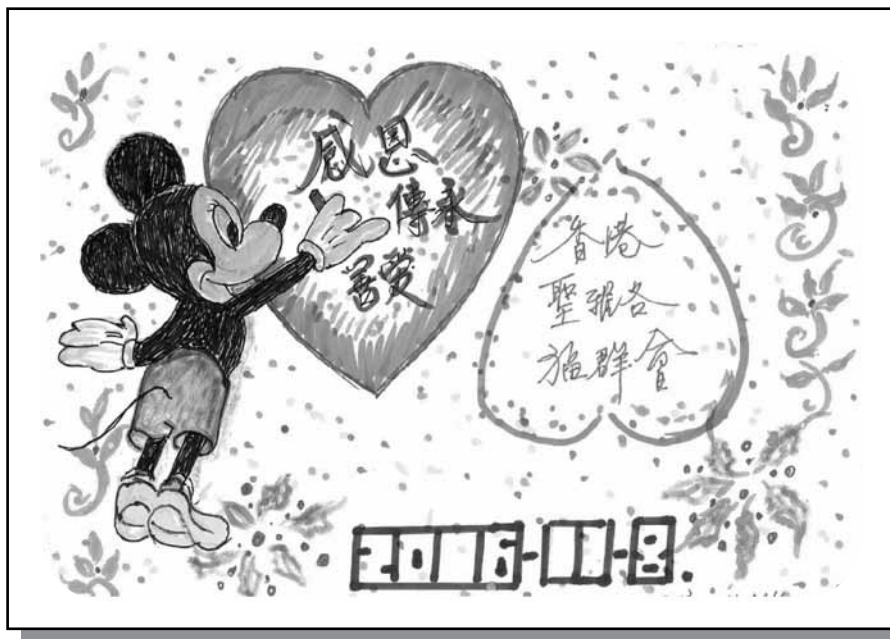
2016-11-8日
觀龍樓×座×居民鄭×× 敬上

Thank You Letter: Thank You For Expressing Love & Care In Community

ATTN: Thank you the care from office of Housing Society in Kwun Lung Lau; and wish Ms. Lam can delivery my thankful words to St. James' Settlement in Wan Chai:

The Sunday morning on 6 November 2016 at 10:50am, Staff Ms. Kwok and Mr. Lee lead volunteers Ms. Leung and Mr. Tam in giving me a gift – a fan. Mr. Tam even helped to install the fan for me and taught me the way of using it. Ms. Kwok gave me a pajama and scarf while Ms. Leung provided me a pair of cleaning gloves and the hand cleaning oil, which absolutely makes me touched. They use their holiday in supporting the government for caring the community. I am really touched by them in expressing love and care in the community.

8th November 2016
Kwok XX
Resident of Kwun Lung Lau





「後顧無憂」規劃服務 以人為本 用心服務

方先生是由醫務社工轉介之個案，為肺癌末期病患者，非常虛弱。他在港獨居，沒有任何親人及朋友。他被醫生診斷只有很短期的壽命，醫務社工一直擔心其身後事安排，但因個案身體持續地虛弱，以致無法與其溝通，因此，社工未能與他商討身後事安排事宜。

「昨日的情況很危急……我以為個案快要離開我們了……怎料離開鬼門關後，今天個案病情突然稍為轉好，有氣力及意識能夠表達自己的想法，當我與他交談時，他表示自己想用餘下僅有的時間，為自己安排好身後事，並在離世後可以用自己的遺體貢獻社會。由於他的病情十分反覆，所以現在致電你們……」

當日下午五時醫務社工致電「後顧無憂」規劃服務，詢問是否可以安排立即與個案見面及達成身後事委託。

一般而言，「後顧無憂」規劃服務申請程序是長者需由社工轉介申請服務，有關長者參加每季的服務簡介會，在明白服務詳情後，與工作人員單獨約見及填寫申請文件，最後在律師見證下委託辦理身後事。然而，方先生這類緊急的個案，工作人員立即向上司報告他的情況，申請特別處理機制，讓個案可於當天晚上於同事及醫務社工見證下簽署臨時的委託文件，完成他人生最後一個心願。

醫務社工在個案出殯當日，向工作人員表示感謝：「很感動……你們的服務真的很以人為本，且有彈性，敏捷回應服務使用者的需要，幫助到很多臨終病人，完成他們最後的心願。對於社工來說能夠為個案完成他們最後一程的安排，也算是完滿了他們的人生。」

最後，我們一起目送個案的靈柩搬運上靈車，並默默祝福他，一路好走！



"Prepaid Funeral Navigation Service" Client-Based Heart-Felt Service

Mr. Fong, a very weak lung cancer patient, was a referral case by a medical social worker. He lived by himself in Hong Kong, had no relatives or friends. His doctor diagnosed he didn't have very long to live. His medical social worker had been worrying about the arrangement of his funeral matters once he died. Since Mr. Fong had been so weak continuously that the medical social worker hadn't been able to discuss with him about his funeral arrangement.

"His condition was very critical yesterday. I thought he was going to die. However he seemed to have got better suddenly today and he was able to tell me what's in his mind sensibly. When I talked to him, he said he wanted to arrange his funeral matters while he's still alive. He decided to contribute to the society by means of his dead body when he passed away. As his condition changes from time to time, that's why I am calling you....."

That day at 5pm the medical social worker rang our Prepaid Funeral Navigation Service, asking if a meeting with Mr. Fong could be arranged right away so as to complete an assignment between him and the Service.

Generally speaking the procedure of applying for the Prepaid Funeral Navigation Service is the elderly applies by referral from a social worker. The elderly must participate in a seasonal briefing session. When he is clear about the details of the Service, he will ask to see our staff alone and fill in an application form. Finally he will assign the Service to handle his funeral matters in the presence of a lawyer, the witness. However, as Mr. Fong's condition was critical, the staff in charge reported his condition to his senior and applied for special handling mechanism. As a result that night Mr. Fong was able to sign his temporary assignment documents under witness of our colleague and the medical social worker. Thus he had fulfilled the last wish of his life.

On the day of Mr. Fong's funeral, the medical social worker thanked our staff saying, "I'm so touched..... Your service is truly client-based. And flexible, responsive to the client's need promptly. Your service is able to help many terminally ill patients to fulfill their last wish in life. A social worker who helps complete a client's last arrangement in life has also perfected the client's life in that way."

At last, we watched together as the workers moved our client's coffin onto the coffin van. We wished him rest in peace in our heart silently

具彈性及快捷的服務回應，能讓臨終病人放下對身後事安排的憂慮。

The flexible and fast service can release the worries of terminally ill patients for their funeral arrangement.

前列腺癌最新治療法 北角有講座

普遍來說，50歲以上的男性較易患上前列腺癌。前列腺癌與發生在其他身體部位的癌症略有不同。若癌症只發生在小部分的前列腺上，癌細胞可以維持一段時間不變，然後才開始擴散、生長。

聖雅各福群會轄下的惠澤社區藥房，早於本年4月至5月分別舉行兩場講座及前列腺特異抗原（PSA）檢查，共服務約300人，為了讓市民更明白此健康議題，該會將於2016年11月5日（下午2:30至4:00），舉行《前列腺癌的最新治療與發展》專題講座，地點為香港北角百福道21號香港青年協會大廈10樓1001至1003室，講者為駐院腫瘤科專科醫生羅家雪。報名熱線為2831 3289。

根據癌症基金會的網上資料顯示，於前列腺內的癌細胞，通常以很慢的速度生長，尤其是在年長者裏，可能永遠也不會發生問題。某些特殊案例裏，癌細胞可以生長得很快，並且擴散至身體其他部位，例如骨髓。雖然前列腺癌的成因現在仍不得而知，但知道有幾種原因使得患上前列腺癌的風險有些微的增加，這些因素是家庭成員有患前列腺癌的歷史及高脂肪食物。

成因仍不得而知良性和惡性腫瘤的徵狀有很多相似之處，可能出現的徵狀，例如排尿時出現困難、刺痛、帶血或次數頻密（於晚間尤甚）、排尿不順或微弱，且時有沮滯、腰背、盆骨及大腿骨位置持續疼痛，如果你有以上任何徵狀，請找醫生檢查。但緊記，絕大多數前列腺腫大都是良性，很容易治療。

The Latest Cure For Prostate Cancer Talk To Be Held In North Point

Generally speaking, men above 50 years of age are more prone to be afflicted with prostate cancer. Prostate cancer is slightly different from cancers that appear in other parts of the body. If it appears in a small area of the prostate, cancer cells can remain unchanged for a period of time before they start to spread and develop.

St. James' Settlement's Philanthropy Community Pharmacy held two talks as well as prostatic specific antigen examinations in April and May respectively, serving totally approximately 300 people. In order to let local citizens know more about this health issue, St. James' will hold a thematic talk on 'The latest cure and development of prostate cancer' on 5 November, 2016 from 2:30 to 4 pm. The venue is Room 1001-1003, 10/F, the Hong Kong Federation of Youth Groups Bldg., 21, Pak Fuk Road, North Point, Hong Kong. The speaker is resident tumour specialist Dr. Law Ka Shuet. For registration, dial hotline 2831 3289.

According to online information supplied by Cancer Fund, prostate cancer cells usually grow very slowly, especially to people of senior age prostate cells may never become problematic at all. In some exceptional cases, cancer cells can grow very quickly and spread to other parts of the body, such as bone marrow.

Though the cause of prostate cancer remains unknown up to the present date, there are factors that increase slightly the risk of suffering from prostate cancer. These factors are : a history in which family members suffered from prostate cancer previously plus a high fat diet.

It remains unknown why there are many similarities in symptoms between a benign tumour and a malignant tumour. The following symptoms may appear to the afflicted person: feels painful and has trouble when he urinates, there's blood in urine or urinates very frequently, particularly at night. Or he can't urinate smoothly or urinates bit by bit. A continual feeling of pain appears at his lower back, pelvis and femur (thigh bone). If you show any one of these symptoms above, please seek examination with a doctor. But remember: the majority of a swollen prostate is benign and it's easy to cure.



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

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

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

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

(請在適當位置加上✓號)

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

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

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

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

Address : _____ Phone No. : _____

Donation Method :

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

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

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

Card Holder's Name : _____ Signature : _____

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

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

*Please check off your method of payment.

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

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

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

查詢及網址：聖雅各福群會

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

Inquiry and Website : St. James' Settlement

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