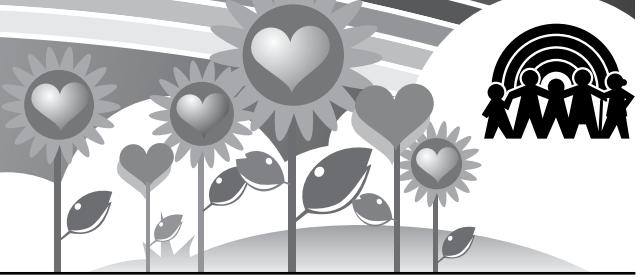


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The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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社工的話 Social Worker's Remark

孤老的四季

在很多人眼中的四季中是這樣的：大地回春，萬物從寒冬中甦醒過來，抬頭一看，樹枝上開始長出嫩綠的葉片，一片欣欣向榮；步入炎夏，陽光閃閃，綠葉成蔭，偶爾滂沱大雨，洗滌塵土；秋天天清氣朗，令人心曠神怡，葉子漸漸變黃，告訴大地將要進入冬眠；寒風凜冽，樹木枯乾，冬日陽光，令人格外溫暖。

對基層孤老來說，四季又是甚麼？

春天，天氣回暖，潮溼天氣令地面及牆壁出水，長者出入都要份外小心，防止滑倒。對於步履不穩的長者，建議用手杖或在家安裝扶手，浴室故然有這樣的需要，有的更要在廳房及床邊位置安裝。此外，不知是否跟天氣有關，長者申請維修電箱或電器的情況也特別多。

夏天炎熱，住在沒有窗戶的廚房，有如被困在火爐中，溫度高加上屏風樓，外間空氣悶熱，行動自如的長者大多走到商場剗剉氣。又有長者的風扇已幾經數十寒暑，不是扇葉破損，就是沒有裝上外面的保護網就打開吹。在外人看來險象環生，對長者來說他們是慳得又慳，他們不是刻意罔故安全，而是沒有財力正視問題。

秋天對長者來說應是不錯的季節？！冬天未到，酷熱的天氣又走了，可是乾燥的天氣卻會帶來皮膚痕癢，喉嚨乾涸，故此為基層長者送上電熱水壺，給一口暖和開水，偶意轉贈潤膚膏，確實令他們十分窩心。

冬天是長者的敵人，寒冷的天氣容易引發身體毛病，特別是支氣管疾病。這個季節下的長者特別著重保暖，打底衣、棉襪、羽絨等，絕對不會嫌多，電熱水爐、暖風機、頸巾都是長者的恩物，還有電飯煲、電磁爐，可以給長者熱飯熱湯。除此以之，加裝防風板亦有助減少寒風直接吹入室內，避免長者受寒。

孤老一年四季都尤如身在戰場，有幸你們的捐助，讓他們不是孤軍作戰，在獲得支援下，讓他們主離開險境，安全地繼續在社區生活，並可以鬆一口氣，與大家同欣賞香港四季美景。

Four Seasons of Living Alone Elderly

What the four seasons appears to the eyes of most people, it sounds: As spring returns to earth, things wake up from the winter cold, green sprouts from the branches appear, everything flourishing and prosperous; entering the hot summer, the sun shines brilliantly while canopies of the leaves form the shades, and an occasional downpour washes away the dust and dirt; when Autumn comes, the sky is clear and the air clean, one feels fresh and comfortable and as leaves gradually turn brownish yellow is about time the earth goes into hibernation; as the biting cold wind blows, trees drying up, the winter sunshine gives particular warmth to people.

Then what do seasons of the year mean to the deprived living alone elders?

Spring, weather gets warmer, humid air makes walls wet. Elderly need to exercise additional precaution to avoid slip, those with shaky steps are advised to use stick or install handrails at home, the bathroom in particular, even in the sitting room and bedside for some. Perhaps due to the weather, requests for maintenance of power cabinet and electrical appliances are in high demand.

The summer heat makes people living in subdivided, windowless units like being trapped in a furnace. High temperature plus screening building blocks make outdoor air sultry. Elderly with no walking problem would go to cool off in shopping malls. Decades old, scary looking fans with either broken blades or missing protective guards, still in use by the elderly are switched on. Problem of the elderly mindset to be mean is not they choose to ignore safety but because they have no money.

Autumn should be alright for the elderly?! Winter not yet set in and summer heat is gone. But the dry weather makes skin itchy, throats dry, and hence provision of an electric thermos will give them warm drinking water and an occasional gift of giveaway skin creams will surely keep them warm at heart.

Winter is the enemy of the elderly as the cold weather easily makes them sick, those suffering from bronchitis in particular. The elderly need to pay special attention stay warm, so underwear, padded coats, down jackets etc. are essential and the more the better. Electric water heater, fan heater and scarves are their treasures and an electric rice cooker and an induction stove provide them with hot meals and soup. In addition, wind shield installation will minimize cold wind blowing into the room to prevent catching cold.

It sounds the living alone elderly are living in the battlefield all the year round. Fortunately with your donation, they are not fighting it alone as it helps them getting off the danger zone and let them stay living in the community to enjoy the beautiful seasonal Hong Kong scenery with you.

試圖做善事，你將發現快樂追著你跑。

Seek to do good, and you will find that happiness will run after you

腎病兒急需腎臟移植續命 感激輪候期獲補血針資助

「多謝你們的『補血寶愛心計劃』，沒有你們的援助，我們真不知道怎樣辦……」吳太說。

吳太是一位母親，今年四十多歲，一家五口的生活全靠她和丈夫微薄的收入及積蓄維持。她有一兒子患有嚴重的腎病，今年二十一歲，在大專學校上學。兒子的身體情況很差，經過醫生的專業診斷後，暫時要靠注射補血針來提昇血色素。在醫務社工介紹下，吳太得悉聖雅各福群會有「補血寶愛心計劃」，資助病人減輕一半的藥費。

記得吳太第一次上來的時候說：「我的兒子好年輕，本來身體好健康。但突然有一天兒子表示身體不適而入院，之後接受一連串的檢查。醫生說他的病情況很嚴重，亦排期等候腎臟移植，但卻沒有確實做手術的日子。醫院現在安排他每星期入院洗兩、三次肚，另外每個月需要注射補血針，一日未有合適的器官捐贈，相信都要接受補血針注射。由於家境困難，我把家庭的經濟情況告知醫務社工，他就介紹了這個社區藥房，叫我們致電查詢你們的服務。」

過了一段時間，吳太再次來惠澤社區藥房配藥，期間她一度哭了出來，原來兒子的腎功能持續惡化，醫生吩咐注射次數由每四星期一支改為每兩星期一支。作為母親的吳太十分心痛和擔心。「一家人為兒子的病受到很大的困擾，不論是金錢上或是精神上。一方面他要經常出入醫院，難免影響學業和心情，有時候他會說晦氣說話，見到他辛苦，我們也很難過；另一方面他的治療費高，當初入院已用了一筆錢，現每個月注射兩支補血針，實在令我們感到很大壓力！幸好有惠澤社區藥房的幫助，每月減輕了千元開支。真的非常感謝你們。」

一般注射補血針的病人平均每四星期接受一次補血針，可是吳太兒子的情況較差，需要為每兩星期一針。現時他的腎臟已經沒法正常發揮作用，也不能製造血液，所以他有貧血的情況，血色素的指數亦偏低，長遠而言，吳太兒子接受腎臟移植才是長遠的方法，在此祝願他盡快等到合適的腎臟完成手術，早日康復、全家重拾健康快樂的生活。

Son's Life Hinges On Urgent Kidney Transplant Thankful For Erythropoiesis Stimulating Agent Subsidy While Waiting For Operation

"Many thanks to your Precious Blood Precious Love Program. We would be at a loss without your help....." said Mrs. Ng.

Mrs. Ng, in her forties, is supporting a family of five with her husband with their meager income and savings. Her son, a college student aged 21, is suffering from severe kidney disease. His doctor's professional diagnosis revealed his worrying situation and that his hemachrome must be enhanced by Erythropoiesis Stimulating Agent ("ESA"). Mrs. Ng learnt about the Precious Blood Precious Love Program under St. James' Settlement from the medical social worker and that the Program offers a subsidy of half of patient's medication costs.

When Mrs. Ng came to our center for the first time, she said, "My son is so young and has been in sound health condition. But one day he suddenly felt very ill and was then admitted to the hospital. After a series of medical examinations, his doctor confirmed that he has acute health problems and put him in the waiting list for kidney transplant whereas no date for operation can be fixed. Now he has to go to the hospital two or three times a week to have peritoneal dialysis and apart from that, he needs injection of ESA every month. Until a suitable kidney can be donated to him, he is expected to take ESA continually. When I told the medical social worker our poor financial condition, he referred us to this community pharmacy and advised us to make an enquiry as to the services your pharmacy offer."

After some time, Mrs. Ng came to the Philanthropic Community Pharmacy again. In the course of purchasing the necessary drug, she burst out crying. It was because her son's kidney function was deteriorating and his doctor advised him to take ESA more frequently - every two weeks instead of four weeks. As a mother, Mrs. Ng is feeling distressed about her son's suffering and is very worried. "My son's illness causes my family great trouble in terms of both financial difficulties and mental suffering. He has to go to the hospital frequently that inevitably affects his studies and mood. Sometimes he would speak wretchedly as he felt very distressed. We feel sad seeing him suffer. Moreover, his medical fees are high. We have spent some money on his early treatments and now he has to take ESA twice a month which is actually a great burden to us. Luckily, with the help of the Philanthropic Community Pharmacy, we can save some \$1,000 on medication each month. I am really grateful to you all."

Usually a patient undergoing ESA treatment needs to take medication every four weeks. As the condition of Mrs. Ng's son is severe, he needs medication every two weeks. As his kidneys are no longer functioning and cannot help produce blood, he has anemia with low hemoglobin counts. For the sake of his health in the long run, he needs to take a kidney transplant operation. Wishing him be offered a suitable kidney and be able to undergo the kidney transplant operation soonest possible. Have a speedy recovery and the whole family can live happily as before.



請支持 「贈藥治病計劃」

隨著醫藥發展不斷進步，許多以往治療成效不太理想的疾病，或令病人的生活帶來較大不便及影響的舊式治療方法等問題，都出現了突破性的解決方案。

以丙型肝炎為例，傳統治療方法為針劑干擾素及口服利巴韋林，治療成功率為五至六成，而不少病人於接受傳統治療期間出現較嚴重的副作用，包括發燒、頭痛、脫髮、貧血、白血球減少及抑鬱等。血友病患者劉先生於二十多年前因輸入了受丙型肝炎病毒感染的血液而染上丙型肝炎，他憶述當時確診的心情：「我本身患有遺傳性血友病，需長期接受輸血。就在二十多年前的一次恆常血液檢查中發現感染丙型肝炎，醫生告訴我丙型肝炎可引致肝硬化及肝癌，絕對不可忽視。當時我的心又慌又亂，只想知道這個病是否能根治。」

後來劉先生聽取醫生的建議，接受了針劑干擾素及口服利巴韋林的治療。「治療期間身體出現不少副作用，包括發燒、肌肉痛、脫髮及情緒低落等，十分影響工作及生活，後來甚至辭掉工作，專心接受治療。」劉先生先後接受了兩次干擾素治療，可惜兩次治療最終均告失敗。在2016年，他被診斷患上肝硬化，醫生便建議他接受丙型肝炎新一代全口服藥物治療。「經歷過兩次傳統治療的失敗，我對治好丙肝再不抱有期望，近年自香港引入丙肝新藥以來，醫生便一直鼓勵我接受新藥治療，說治療成功率達九成以上。我明白肝硬化是一大警號，病情已不能再拖，但我還有許多憂慮，新藥有何副作用？新藥用於已出現肝硬化的患者身上效能如何？新藥的藥費高昂，整個療程需約40萬元，我短期內未必能籌得相關金額……」劉先生訴說著自己正處於兩難的局面。

聖雅各福群會惠澤社區藥房由2009年開辦至今，以藥物資助計劃的形式幫助過不少像劉先生般陷入兩難局面的個案，患者承受著疾病的煎熬，好不容易等到市面上有新一代藥物的出現，但往往新藥的費用總較昂貴，讓患者卻步。

施善支票抬頭「聖雅各福群會」，支票背面可指定：「贈藥治病計劃」。施善查詢：8107 8324 或2835 4321。

Please Donate To "Medical Subsidy Program"

Many diseases used to be considered as hard to treat, due to the limited efficacy of old medications and/or the serious side effects resulted from the conventional therapies. As medicine evolves, new drugs and new therapeutic solutions are constantly made available to treat these diseases.

Take Hepatitis C for example, the usual treatment regimen is to use interferon injections in combination with ribavirin. The treatment expectedly yields a respond rate of 50-60% but patients usually have various serious side effects, for instance, fever, headache, hair loss, anemia, lowering white blood cells and depression. Mr. Lau, a patient with hemophilia, infected Hepatitis C through blood transfusion over 20 years ago. He recalled how he learnt of the disease, "I have congenital hemophilia and constantly need blood transfusion. Some twenty years ago I was diagnosed with Hepatitis C in one of my regular blood test report. The doctor cautiously told me to pay attention to my own health condition as Hepatitis C infection would lead to cirrhosis and liver cancer. I remembered I was very anxious at that moment, my mind went blank and I kept asking the doctor one single question "Is it curable?"

Taking the doctor's advice, Mr. Lau received the interferon and ribavirin combination therapy. "Many side effects emerged during treatment, I had fever, muscle pain, hair loss and low moods. It seriously affected my daily life and later I even quitted my job so as to focus on the treatment." Altogether Mr. Lau received 2 rounds of interferon treatment, but both were to no avail. In 2016, he was diagnosed with cirrhosis, the doctor suggested him to take the new generation Hepatitis C drugs. "Having gone through failed attempts twice, I didn't set many hopes on further Hepatitis C treatment. But the doctor has been urging me to take the new generation drugs since its introduction in Hong Kong, citing a success rate up to 90% this time. I am well aware that with cirrhosis I can get worse real soon and I should get treated right away. However, I still have unresolved worries: What side effects should I expect with the new drugs? Is the drug effective to patients already having cirrhosis? The cost of new drugs for a single treatment cycle reached \$400,000, how am I going to sort out the money in such a short time....." Mr. Lau kept explaining his dilemma.

In service since 2009, the Philanthropy Community Pharmacy of St. James Settlement has been offering medical subsidy to many needy people who face a similar dilemma as Mr. Lau did - Facing illness and enduring pain caused by treatments, these patients welcome the advent of new drugs but the high drug costs either put them off or exacerbate their financial pressure. Besides, the pharmacy dispensers of Philanthropy Community Pharmacy will also utilize their professional knowledge to help patients understand their drugs, clarify their doubts and eventually to improve their medication adherence.

To donate, please send in cheques made payable to "St. James' Settlement" and specify "Medical Subsidy Program" on the back. Donation enquiry: 8107 8324 or 2835 4321.



初次接觸洗衣機的兩老

「好多謝各位善長送部新洗衣機比我同伯爺公。部洗衣機好大部，可以洗床單被袋，我幾十年都係用手洗衫，會不會好難用？我知道一部洗衣機好貴，所以真係好多謝聖雅各福群會各位有心人，各位善長，有咗部洗衣機，我哋兩個老嘢就唔使咁辛苦，你睇？原來仲可以睇住部洗衣機攬動住D衫。」梁伯伯和妻子一臉滿足的表情看新洗衣機運作，又同時不斷向聖雅各福群會義工道謝。

在三月份的某個星期日早上，幾位義工前往探訪居住觀塘雲漢邨的梁伯伯，因為早經社工轉介，為他們申請了一部洗衣機，今天透過義工探訪，教導他們正確操作電器。梁伯的妻子表示多幾十年來都沒有購買洗衣機，後生時所有衣服及床舖被單均是用手洗，直至兩人年紀愈來愈老，手力大不如前。間要洗厚衣或大件衣物，便要送往洗衣店，對領綜援金的他們，根本是百上加斤的事。故此，在單位內可以嗅到衣物傳出的陣陣異味，社工在轉介時也提及這個情況。

在探訪期間，了解到梁伯伯與妻子已經七十多歲，一向生活非常節儉，從沒考慮過購買大電器，這次是兩老人生中初次接觸到洗衣機，他們對該電器操作一點也不認識，所以，見到義工來訪親授操作方法，感到非常高興，梁伯伯說：「你們真的十分細心，我初時聽到申請到部洗衣機，即時好開心，但隔咗一陣就問伯爺婆，死啦！我哋兩個都唔識用，咁點算好，點知擔心咗一陣，之後就收到你們嘅電話，話上嚟教我哋，我真係好開心，咁就唔使驚唔識用同整壞。」

活在捉襟見肘的長者，他們的需要其實好簡好直接，對於社會人士的幫忙，他們很直率地表達自己的感激之情，相信梁伯伯與妻子藉善長們的幫忙，可以用自己的能力，提升生活的質素，往後亦不用擔心洗衣的難題！



First Time In Using Washing Machine

"Thanks a lot to the benevolent people sending us this new washing machine. It is big and can wash sheets and quilt covers. I have been doing hand washing all these years. Will it be difficult to use? I know it is very expensive, so I am really grateful for St. James' Settlement, their well wishers and the benefactors. With this machine, we will not have to bear the hardship in laundry. Look! I can watch the machine tumble the clothes." The couple watched the machine operates with satisfaction and repeatedly thanked volunteer workers from St. James' Settlement.

One a Sunday morning in March, several volunteer workers went to see Grandpa Leung, living in Wan Hon Estate, Kwun Tong, because a social worker had applied for them a washing machine through an earlier referral. During the visit, the volunteer workers taught them the machine operation. Leung said his wife had not been using washing machine in the past, all clothes and sheets were washed by hand when they were young. Until they get old, hands no longer strong as before. Sometimes when having to wash heavy or thick clothing, they had to send to the laundry shop, quite a heavy financial burden to them as they are living on CSSA. Hence, one can sniff obnoxious smell from their clothing inside their unit, a condition mentioned by the referral social worker before.

Also, during their visit, they found out both of them all, over 70 years of age, always lived frugally, never use of large electrical appliances. This was their first contact in life with a washing machine, without the slightest idea how it works. Hence they were overjoyed having the visiting volunteer workers teach them its use. Leung said, "You are very meticulous. When I first heard about getting the washing machine, I was happy, but later on I said to my wife, Oh! None of us know how to use it. What shall we do?" Luckily, after worrying for a short while, I got a call from you people saying you will come to teach us. I am really very happy, no fear for damaging the machine due to improper use."

Needs of the elderly, having hard time to make ends meet, is really very simple and direct. They are straight forward and direct in expressing their appreciative feeling to help from the community. We believe the Leung couple, with help from benevolent people, are capable of raising their quality in life through own effort. They should have no more worries in handling their dirty laundry.

梁伯伯感謝義工細心地教導他學習操作洗衣機。
Grandpa Leung thanked the volunteer workers for teaching him the washing machine operation.



我們需要你的捐助
We Need Your Donation

請賜弱老救命好幫手

在今時今日的香港社會，很難想像要聯絡一個人有住屋單位的人士，需要利用書信或需親自上門尋找！

陳伯伯患有氣管疾病多年，近年更需要使用氧氣機，加上行動不便，兩餐及沐浴均由家居照顧服務幫助，社康護士亦會每星期探訪他。陳伯伯由紅磡區唐樓板間房遷到現時公屋單位，之前一直與其他住客共用業主的電話，後來，上樓後，所有搬遷津貼也用於購買床和櫃等大型傢俱。故此，根本沒有額外金錢安裝及購買電話。直至到社工上門家訪他，仔細了解他的身體及生活情況，為他向「電器贈長者」計劃申請一部家居電話。當陳伯伯看著義工帶來的新電話，他用微弱的聲線地向義工道謝說：「我現時最需要係一個電話。真係好多謝你地！……我條氣好差，唔可以落街，而家有新電話，有咩事可以打電話比姑娘，唔駛佢地特登走上走落，成日麻煩人，我真係唔好意思！」陳伯伯是典型的獨老弱老，因著疾病的緣故，無法獨立外出，甚至一般起居生活亦需要別人協助，對於一些潛在的需要或危機，會感到不好意思出聲。

「多謝晒！多謝晒！姑娘，我的電話已經壞了大半年，宜家終於有新電話用。」李伯伯待義工安裝了新家居電話後，就立即致電轉介社工李姑娘及「長者安居協會」平安鐘「報平安」！李伯伯一直獨居於大窩口邨的公共屋邨單位，已經入住十多年，家中電話在半年前開始出現問題，如有來電但接聽時卻接收不到對方的聲音，但有時電話卻又可以如常接收，所以李伯伯也沒有即時處理有關「家居電話」的問題。直至近一個月李伯伯健康突然轉弱，雙腳無力站立及步行，有日就按平安鐘求助，後來需要留醫數天。幸好一向探訪李伯伯的義工得知他入院，義工把事情轉和社工，於是社工在他出院後便上門家訪，此時發現李伯伯的「家居電話」原來已經壞了，於是協助他申請聖雅各福群會「電器贈長者」計劃。

今天的香港人，可以沒帶錢包出街，但卻不可不帶「電話」？！而擁有電話的數目可以多一個以上，這也不出為奇。可是，在同一天空下有很多年老及行動不便的公公婆婆就連一個家居電話也沒有，對他們而言這部門電不單是跟親戚朋友聊天打發時間的工具，更是救命的好幫手！正如上述的老人家一樣，壞了電話，也不知所措。故此，聖雅各福群會「電器贈長者」計劃一向為全香港長者度身訂造的合適的家庭電器，如果你也希望為這些無依體弱的獨居分憂，請即行動支持，支票抬頭：「聖雅各福群會」，背書「電器贈長者」計劃。施善聯絡：香港灣仔石水渠街85號1樓105室；或致電熱線：2835 4321或8107 8324。



Please Give The Fragile Elderly A Life-Saving Tool

In Hong Kong nowadays, you would not expect that a person with a permanent residence could only be got hold of by mail or in person!

Grandpa Chan has been a trachea disease patient for years. As in recent years he even has to carry an oxygen delivery device with him and his physical weakness makes it very difficult for him to move around, home care services are being delivered to him taking care of his meals and helping him to take a shower. Besides, community nurses pay him a visit every week. Grandpa used to live in a partitioned room in a tenement building in Hung Hom and was then allocated the present public estate flat. In his previous residence, he and other co-tenants were allowed to use the Landlord's home telephone. But he could not afford a home telephone and its installation charges in the present flat because all the moving allowances have been spent on the necessary furniture such as bed and cabinets. It was until a visit paid by a social worker to look into his health and living condition that an application to the "Electrical Appliances for the Elderly Program" for a home telephone was made by the social worker for Grandpa. When our volunteer brought him a new home telephone, Grandpa Chan, with his eyes on the telephone, said weakly to express his thankfulness, "What I need most now is a telephone. I am really grateful to you all!As I am unable to breathe normally, I cannot go outside. Now I have a new telephone and I can call the social worker when I need help. She does not have to take the trouble of coming here. I really feel sorry for causing others too much trouble." Grandpa Chan is a typical example of lone fragile elderly who are not able to go outside just by themselves owing to their illnesses. They even have to rely on others' help for residential care. They do not want to bother others and would usually shy away from asking help even when they have a need or sense that something hazard might happen to them.

"Thank you! Thank you so much! Madam. My telephone broke down nearly a year ago and now I have a new one finally!" Grandpa Li said. After the new telephone had been installed by our volunteer, Grandpa immediately called to inform Ms. Lee, the social worker who referred his need to us, and the "Personal Emergency Link Service" under "Senior Citizen Home Safety Association" that he was fine. Grandpa Li has been living alone in a public estate in Tai Wo Hau over a decade. His home telephone started to malfunction on and off six months ago, such as sometimes a caller's voice could not be transmitted. But as some other times it worked perfectly alright, Grandpa did not try to fix the problem promptly. But then his health has worsened sharply in recent month making him too feeble to stand up or walk. One day he called the "Personal Emergency Link Service" for help and was then admitted to hospital and had to stay there for a few days. The volunteer, who visits Grandpa regularly, notified the social worker of the incident after she learnt about it. The social worker then visited Grandpa when he was discharged from the hospital and found that his home telephone had already broken down and so referred him to the "Electrical Appliances for the Elderly Program" under St. James' Settlement.

Nowadays a mobile phone is indispensable to people of Hong Kong who would think a wallet, on the contrary, may not be something they must bring along when going out! You won't be surprised to find people owning more than one phone. But in this very same society, there are a great many aged and disabled people who could not afford even one telephone. It is a device not only enabling them to spend some time with their friends and relatives by chatting over the phone, but also serving as a life saver in some circumstances. Just like the elderly mentioned above, many would fail to cope with the problem when their telephone breaks down. In order to address the different needs of the fragile lone elderly who do not have support from family or friends, "Electrical Appliances for the Elderly Program" under St. James' Settlement has been providing them with the suitable electrical appliances to help solve their problems. Should you want to render them your care and help, please let us have your support now by sending us a cheque drawn in favour of "St. James' Settlement" with indication at its back for "Electrical Appliances for the Elderly Program". Address: Room 105, 1/F, No.85 Stone Nullah Lane, Wanchai, Hong Kong. Enquiry hotline: 2835 4321 or 8107 8324.

消瘦的陳伯伯把電話放在當眼處，方便自己隨時應急之用。
Grandpa Chan, a skinny elderly, puts his telephone in a place readily reachable which is extraordinarily important in case of emergency.



喪夫抑鬱婆婆 含淚感謝

「我的洗衣機放置在天台位置，可是洗衣機已經壞掉，當你們上去的時候，會看到一塊防風板，在去年颱風來臨時，整塊防風板被吹掉下來……」提到防風板的時候，眼前的黃婆婆眼泛淚光。

黃婆婆的丈夫於一年多前自殺身亡，黃婆婆一直未能走出喪偶的陰霾。相濡以沫，互相扶持了數十載，在一瞬間就不再相見，這個衝擊並非每一個人都能夠承受，其後黃婆婆更確診患上抑鬱症。

家中一切事務向來都是丈夫負責，但今天他不在了，黃婆婆需要獨自面對問題，可想而知，她是多麼的無助！有次在轉介社工上門家訪和輔導時，黃婆婆向社工透露天台的防風板問題，看著婆婆的擔心和無助，社工就聯絡本服務作出協助。

在義工的幫忙下，成功把防風板放到原有位置並加以固定，細心的義工師傅更在工程完成後拍照，給不良於行的黃婆婆看，好讓她放下心頭大石。當黃婆婆看到防風板照片，立刻向義工鞠躬致謝，並眼泛淚光地說：「非常感謝你們的幫忙，自從我先生離開後就無人替我跟進家中維修的事項，儘管間中有朋友探訪，他們只能協助清潔。防風板的問題，一直繚繞在我心中揮之不去，我亦曾想過就此一了百了，但今天義工的到來真的幫了我一個大忙，真的非常感謝你們。」義工師傅邊聽著黃婆婆的說話，邊安撫及鼓勵她。

獨居長者的能力有限，如膝下猶虛的黃婆婆，在面對家居問題需要處理的時候，更是無能為力，當他們想不到解決辦法的時候，很容易就會胡思亂想，甚至步上輕生之路。為了使更多站在邊緣的長者能夠重新尋回生存的希望，長者家居維修服務一直努力為香港的獨居兩老長者服務，在透過義工的協助下，解除繚繞長者心中的大石，使更多獨居兩老能夠好好地繼續在社區生活。



Widowed elderly with depression says thanks in tears

"My washing machine is placed on the rooftop but it is already broken. When you get up there, you'll also see a windshield penal lying on the ground. Last year a typhoon struck Hong Kong, the windshield penal just fell off the hanging frame....." While mentioning about the windshield penal, Grandma Wong's eyes turned misty.

Grandma Wong's husband took his own life a year ago. They stayed together for decades, the sudden decease of her husband was no doubt a devastating blow dealt to Grandma Wong. She still couldn't get over the loss of her loved one and earlier she was diagnosed with depression.

Grandma Wong's husband used to take up all home repair works, but he was no longer there. It is easy to picture the helplessness of Grandma Wong when she had to face all problems by herself. Earlier the referring social worker made a visit to her to provide counseling service and learnt about the windshield penal on the rooftop. The social worker understood her worry and therefore asked us to render assistance.

Our volunteer acted with dispatch and fixed the windshield penal back up again at the original position. Noticing that Grandma Wong could not walk well, our volunteer took a picture of the well-installed penal and showed it to her - our volunteer wanted to assure Grandma Wong that this long overdue repair was finally completed. Immediately her eyes were filled with tears, she bowed to our volunteer and said, "Thank you so much No one takes care of the home repairs after my husband passed away. My friends would occasionally help me with the cleaning but not repairing. I was always worrying about the broken penal, several times I thought about killing myself to put an end to all my worries. But today you come and you do me a huge favor, thank you." While listening attentively to Grandma Wong, our volunteer tried to comfort her and cheer her up.

Just like Grandma Wong, many singleton elderly face difficulties in resolving various household problems and repairs; a feeling of incapacity may then arise and lead them astray, some of them may even attempt suicide. To help elderly on the brink of collapse regain the hope in life, the Elderly Home Maintenance Services is dedicated to serve the welfare of elderly singletons and couples; we hope, with support from our volunteers, elderly can stay put in their own communities with a peace of mind.

對於黃婆婆來說，這塊防風板的意義非常重大，看到此照片，黃婆婆更感動落淚！

To Grandma Wong, having this windshield penal re-installed means much more than it seems. When she sees this picture, she breaks into tears!

善款讓孤老 安心睡覺

家居經過歲月的洗禮，往往會出現一些小毛病，忍受能力較高的長者可能早已習以為常，直至有天社工上門家訪，發現這些所謂「小毛病」，卻潛在危機。或許在長者的角度，這些「小毛病」不算得什麼，但是持續下去，卻會影響他們的居家安全。

今天長者家居維修服務的義工來到將軍澳，為屈伯更換一張新的鐵床。屈伯二十多年前入伙，眼前的睡床伴隨著屈伯已經二十多年，轉介社工上門家訪時發現部份床架的鐵枝已經變形，擔心影響長者的安全，所以把個案轉介到本服務。

對於屈伯來說，睡床的鐵枝變形早已習以為常，加上領取綜援，根本不能夠動輒就買一張新的睡床。今天長者家居維修服務的先拆除原先已彎曲的睡床，然後再為屈伯安裝新床，這張床是透過服務捐款而餽贈屈伯。屈伯看見新床後非常感動，因為他從未想過會有善長為他這個孤獨老人作出施贈，同時，讓他感到自己並非孤單一人，背後仍然有熱心人的關心及支持，所以屈伯感到非常快樂。

社會一直提倡居家安老，但如果家居出現問題而且情況持續，後果便不堪設想，長者家居維修服務以長者的安全為首要考慮，去除家居陷阱。現預計半年內會為二十位有需要的長者安裝新的睡床，需款項約二萬元，請各善長仁翁熱心捐助。支票抬頭：「聖雅各福群會」。施善電話：2835 4321或 8107 8324。



左圖為屈伯原有的舊床，部份鐵枝已經彎曲，在善長和義工的協助下，為長者更換新床，屈伯以後可安心睡覺。

Some of the metal bars on Grandpa Wat's old bed frame are bent. He can now sleep worry-free on the new bed installed for him with the help of donors and volunteer workers.

Let The Old Folks Sleep Well

Things get worn out with use in every household. Elderly householders tend to put up with the defects and dismiss them as "minor." They don't know that danger may lie in these "minor defects." The hidden dangers usually go unnoticed until a social worker makes a visit.

Today our home maintenance volunteers are in Tseung Kwan O to deliver a new metal frame bed to Grandpa Wat. Grandpa Wat moved into his home more than 20 years ago. He has slept in the same bed for more than 20 years. A visiting social worker, finding his bed frame misshapen, was concerned for his safety. So his case was referred to us.

Grandpa Wat was already used to the misshapen bed. Besides, as a CSSA recipient he does not have the ready money to buy a new bed. Our home maintenance team is here to first dismantle his misshapen old bed before setting up the new bed, which is a gift purchased with donated funds. Grandpa Wat is very moved at the sight of the new bed. He never expected that some kind donors would send him a gift. He feels that he is not alone, that behind him are warm-hearted people who care for him and support him. He is very happy.

Ageing in place, i.e. letting the elderly live at home instead of institutions is advocated in society for elderly care. But the consequences would be dreadful if problems occur and persist in the homes of the elderly. The first consideration of our Elderly Home Maintenance Services is to ensure the safety of the elderly by the elimination of all household pitfalls. Our plan for the coming six months is to install new beds for 20 elderly persons, which will cost a

total of \$20,000. We appeal to caring members of the public for donations to help us complete this task. Please make your cheque payable to "St. James' Settlement". Enquiry hotline: 2835 4321 or 8107 8324.



伴隨獨老走餘下人生路

戚小姐參加了「後顧無憂」規劃服務的義務工作，不到一年，她卻語重深長地道出「彷彿把一生都看遍了……」。戚小姐探訪一對年過八十的老夫婦，他們一直相依為命，互相照顧。那時戚小姐每一兩個月便會到他們府上探訪，兩老生活雖然不是富足，但他們已相當滿足。可是好景不常，後來伯伯的健康情況轉差，多番進出醫院，並開始有腦退化的跡象。於是，婆婆便肩負起照顧公公的責任，每天堅持拖着疲憊的身軀，拿着親自煲的湯水，到醫院探望伯伯。當時戚小姐被老夫婦的情深感動，伴隨婆婆入醫院探望伯伯。

由於伯伯的身體情況不太理想，住院好一段時間，情緒亦開始愈來愈差。戚小姐在這段時間依然默默陪伴伯伯及婆婆。戚小姐憶述雖然每次探訪只不過是一碗熱湯及一些慰問，但婆婆卻會對她說：「每一次見到戚姑娘，我個心就定晒。」這一點讓戚小姐深深感受到微少的付出，可為貧弱長者帶來很大的力量。後來，婆婆因忙於照顧伯伯，也病倒入院。兩老雙雙住院期間，戚小姐先到醫院探訪婆婆，而每次婆婆也必嚷着要去看伯伯，於是戚小姐會推着輪椅帶婆婆探望伯伯，正正因這些以人為本的付出信念，婆婆住院的日子彷彿沒有那麼艱苦。

最後婆婆因年紀老邁，已無力獨自照顧伯伯，所以，當伯伯病情穩定後出院，即被安排入住私營院舍。婆婆每天由到醫院探訪改為到院舍探訪，戚小姐亦轉移陣地帶着婆婆到院舍探訪伯伯。約一個月後，伯伯又因病情惡化再次回到醫院，最後更離開了這個世界。起初，婆婆是十分哀傷，在戚小姐的不斷鼓勵下，婆婆亦開始慢慢地走出陰霾。最近，更出席了本服務「耆義果」行動 — 住院關顧計劃的新春盤菜宴，一起渡過新春。

戚小姐表示，能夠陪伴兩位長者，並伴著伯伯走完最後一程，是一種難得的緣份，雖然因伯伯的病情，她四處奔波，但她認為可以按著長者的需要來給予關心，是她應該做的事，這才是一個以人為本的做法。義工戚小姐因著對獨居長者的關懷，會繼續參與義務服務，伴隨著獨老們一起走餘下的人生路！



Accompany Lone Elderly Walk Their Remainder Days

Within a year after Ms.. Chik became a volunteer of St. James' Settlement's Prepaid Funeral Navigation Service, she made an in-depth remark saying "As if I have seen through the whole life already....." Ms. Chik visited a couple both aged over 80; they have spent their life relying on and looking after each other. At first Ms. Chik visited them at their home once every one or two months. The elderly couple was contented with life though they were far from being well off. Later on, Grandpa's health deteriorated, went in and out of hospital several times and started to show signs of dementia. So, Grandma was responsible for taking care of him. She visited her hospitalized husband daily, bringing soup that she had prepared for him despite exhaustion. Moved by their deep devotion to each other, Ms. Chik went along with Grandma every day she visited her husband

As Grandpa's health was far from being passable, he was hospitalized for quite some time and his moods were worsening as time went by. Ms. Chik kept them company quietly during that period. Looking back, Ms. Chik recalled though each visit contained merely a bowl of soup and some comforting words, Grandma's remark – I feel so re-assured each time I see Ms. Chik- made her realize that the little effort she made meant great support to the poor, frail elderly. Later, as a result of taking care of Grandpa, Grandma fell ill, was also admitted into hospital. When they were both hospitalized, each time Ms. Chik visited Grandma first, she would ask to go see Grandpa. Then Ms. Chik would bring Grandma in wheelchair to visit Grandpa. It's due to Ms. Chik's belief- helping based on need- that made Grandma's days of hospitalization not so hard to bear.

When Grandpa was discharged from hospital as his condition had stabilized, he was arranged to live in a private elderly's home since Grandma was unable to care for him on her own because of her old age. Grandma's visiting place changed from hospital to elderly's home; Ms. Chik also changed along with Grandma. About one month later, Grandpa went back to the hospital since his condition got worse. Finally he passed away. At first, Grandma was in deep sorrow. Then she walked out of the path of darkness by Ms. Chik's continuous encouragement. Recently, she participated in the Reach and Enrich-Caring for the Deprived Elderly program organized by St. James' Settlement's Prepaid Funeral Navigation Service. There Grandma spent her Lunar New Year and enjoyed a delicious big bowl feast with St. James' Settlement staff as well as other participants.

Ms. Chik said she appreciated the rare opportunity when she could keep two elderly company, especially when she could accompany Grandpa in his last stage of life. Though she had to travel to different places because of Grandpa's illness, she had no complaints as she could show concern according to the elderly's need. This is truly man-based caring service. Out of her concern for lone elderly, Ms. Chik will continue to participate in voluntary service with the intention of accompanying the lone elderly to walk the remainder of their lives.

義工以愛心伴隨獨老們走餘人生下半場。

The volunteers accompany the lone elderly to walk the remainder of their lives.



受惠者的感謝

梁先生如見：

我是黃太太，他在上月19日已離開去了天國。一直以來我們得到您的幫助，同時我亦受惠感到欣慰，非常謝謝您的關心，讓我們渡過難關，滴水感謝。

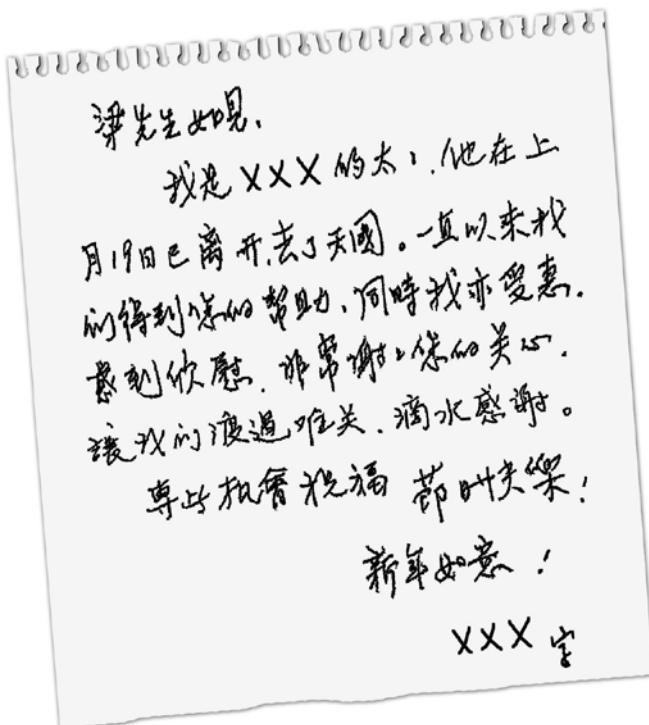
專此機會祝福

節日快樂
新年如意
XXX字

⊗ ⊗ ⊗ ⊗ ⊗ ⊗ ⊗

敬啟者：本人自七月中確診肝癌復發，蒙醫務社工陸銘達先生轉介聖雅各福群會得與陳姑娘聯絡於化療期間免費提供「速療素」，如今共三次化療，身體幸賴安穩，也有賴營養補充劑補充體力及提升抵抗力，專此敬向貴會致謝，善行得以照亮生命也！

受惠者
(正在化療中)
XXX敬上



Client's Gratitude

Dear Mr. Leung,

This is Mrs. Wong. He passed away and went to heaven on the 19th of last month. You have been all along helping us and I very much appreciate your support and strength extended to me. Thank you so much for your care enabling us to get through the difficult time. I am grateful for everything you have done for us.

I would like to take this opportunity to wish you a happy festive period and all the best in the New Year to come.

Yours sincerely,

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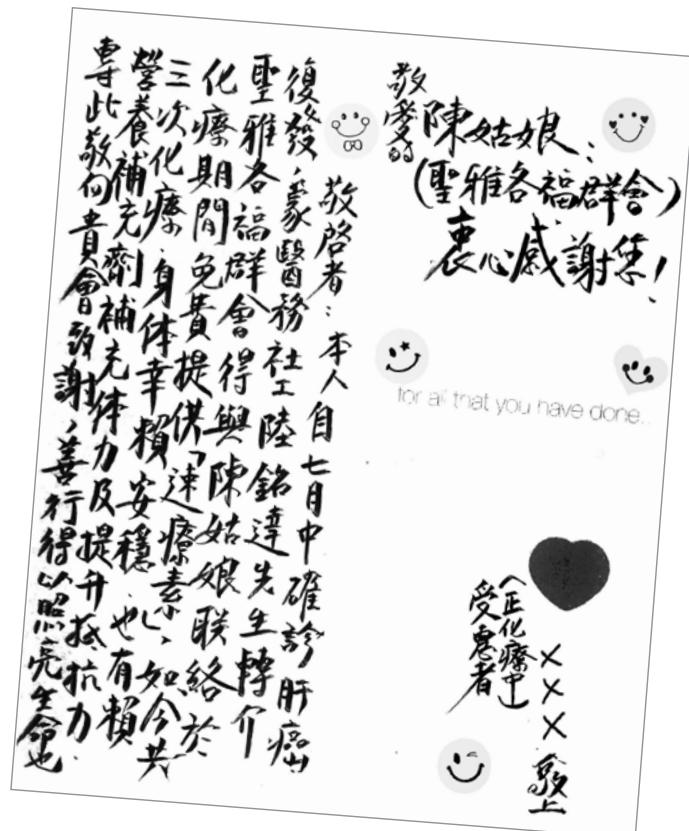
xxx

Dear Sirs,

I was diagnosed with a relapse of liver cancer this mid-July. Luckily I was referred by Mr. Luk Ming Tat, the medical social worker, to St. James' Settlement where my case was taken care of by Ms. Chan who arranged the free provision of the drug "Oral Impact" to me during the chemotherapy treatments. I have so far taken three cycles of chemotherapy treatments and fortunately I can now be in a stable condition. It is also attributed to the nutritional supplements that boosted my strength and immunity. I would like to express my heartfelt gratitude to you all. Your benevolence has lit up many lives.

Yours sincerely,

XXX (Service Receiver)
(still taking chemotherapy treatments)



從無力感到 踏出捐助行動

2015年，一個星期日下午的炎夏，剛剛從外邊回到家，勞累了一星期，正準備小休一會，剛閉上眼便聽到手機傳來「嘟」的訊息聲音，我懷著顫顫驚驚的心情打開whatsapp群組的內容，最不想見到的對話映入眼簾：家俊今日凌晨時分已離開了，他走時沒有什麼痛苦，相信現在已經在天堂安息，多謝大家這幾個月一路以來的關心和問候，一切都盡在不言中……俊姐姐字。我的心情久久未能平伏……

家俊是教會中的一位年輕男生，剛大學畢業，卻不幸患上胃癌。一天突然胃痛難當送院治理，一直未能出院，確診時已是末期。眼見他漸漸消瘦，從開朗的性格，到沈默寡言，默默地承受著病痛的煎熬。回想他最後的一段日子，雖已藥石無靈，每天只靠嗎啡止痛，但他仍堅持著叫媽媽用輪椅推他到教會和我們一眾的小組組員相見，偶然能露出一抹淺笑，掛在那蒼白的臉上更顯得堅強！作為旁人，我感受到無比的無力感，很想為他做些什麼，但卻不懂。

經過數月，傷口總算撫平了些。此事令我更深刻體會，長期病患者和其家屬面對疾病時的那份無助與需要，無論是心靈上或是經濟上，身邊人的支持和陪伴是非常重要。及後我開始留意一些關於醫療的社會資源和新聞，希望能對身邊人及時伸出援手。一次機遇下認識到聖雅各福群會屬下的惠澤社區藥房，了解到他們為一眾長期和癌症病者提供藥物、醫療用品和營養奶粉的資助，並熱切地讓病人，無論貧富貴賤都有同樣權利在治療上得到平等的待遇。細察之下，才知道有病人因沒錢只能等或退而用低一線的藥物治療。可惜，該機構同時又因資源缺乏（自負盈虧的社福項目），往往未能應付本港巨大的求助數字。故此，我便把自己能力上可負擔的捐予藥房，以每月數百元的行動來支持這個有意義的計劃，希望他們能一直延續下去。

我只是一個普通的文職，如普羅大眾般的平凡打工仔，從未想過要為社會更多地貢獻些什麼，但是當我願意放眼去看，放膽去做時，便能做到。想起聖經一個五餅二魚的小故事，有一個說法，說這個不是神蹟，耶穌沒有變多了食物讓五千人一夜吃飽，而是因為那個小男孩，他願意奉獻自己僅有的餅和魚，於是其他人也不能再無動於衷的不分享，結果分來的食物，五千人吃飽之餘，還裝滿了十二個籃子。

今天，你願意和我一同行動嗎？

From Feeling Helpless To Making Donation

One a hot summer Sunday afternoon in 2015, I just returned home after a tiring week and was about to take a rest. Soon as I closed my eyes, "DU" was heard sounding from my mobile, with fear I opened whatsapp for the group message and in front of my eyes was what I dreaded to see. Ka Chun left us in the early hours of this morning without suffer. I believe he now rests peacefully in heaven. Thank you for your regards in these months, all said without further saying..... Chun's elder sister. My mind took a fair while to settle.....

Ka Chun, a young guy in our church, just graduated from the university, was unfortunately found to have stomach cancer. One day he suddenly had severe pain in the stomach, taken to the hospital, never discharged, and diagnosed in its final stage. We watched his gradual loss in weight, what used to be a cheerful in character became reticent, fighting sickness and pain in silence. Recalling in his last days when no treatment worked, he relied on morphine to kill pain each day, but still insisted his mother push him in the wheelchair to meet members of our church group. An occasional smile appeared on his pale yet staunch face! As a bystander I indeed felt powerless, just wish I could do something for him, but I knew none.

Few months later, my wound calmed down somewhat. This incident made me realized provision of mental and financial support and the company of people by their side are vital for the helplessness and needs of chronic patients and family. Since then, I started to pay attention to news and resources on medical treatment in the community with the hope to give timely help to people around to us. Incidentally, I came across the Philanthropic Community Pharmacy of SJS and learned about their provision of drugs, medical items and nutritional milk powder to chronic cancer patients. Regardless of wealth, poverty and social status, everyone has the same right in getting equal medical treatment. From close observation, I have found some patients opted for the less effective medical treatment due to financial reason. Unfortunately, the institution due to lack of resources (a self-financed charity project), is often unable to cope with the huge amount of need. Hence, I contribute what I can afford to the pharmacy, few hundred dollars monthly, to support this meaningful program with the hope for it to last.

Being an ordinary clerical staff like any other employee, I have never thought of what more could I offer to the community. However, with my will to look around and act boldly, I can do it. Just think about the five bread and two fish story in the Bible. One may say it is not a miracle; Jesus did not make that miracle to fully feed five thousand people. It was the boy who willingly contributed his only bread and fish, making the other people stay aloof impossible without sharing, thus resulted in fully feeding five thousand people and twelve baskets fully filled in addition.

Are you willing to act with me today?

電費資助是病友的重要禮物

作為自強協會的社工，讓我先簡單介紹本會的背景：

自強協會是一個致力為因工傷或其他意外事故導致嚴重肢體傷殘的病友，提供諮詢及支援服務的非牟利慈善註冊團體，期望透過為案主提供出院前後全面和一站式的支援工作，令案主渡過「受助」、「自助」、「助人」三個階段，自強不息，積極人生。

聖雅各福群會「電費助貧弱」計劃的推行，實在令我們一眾病友感到一大鼓舞。電器，不單是每家每戶生活中的必需品，更是我們的病友每天必須依賴的。

過去幾年，有多位患嚴重疾病/肢體傷殘的病友「受助」於「電費助貧弱」計劃，得到每月數百至一千元的資助，以支援其部份電費開支，實在大大減輕了他們使用醫療器材或電動輪椅時的經濟壓力。

當中有部份是不能外出的病友，因不同的健康問題，需要長期使用氧氣機或呼吸機，他們的生命完全要依賴這些醫療器材才能得以維持；有不少同是頸椎、脊椎受創傷的病友，失去調節和感知體溫的能力，他們是要依賴冷氣機和暖風機，減低長時間臥床及坐輪椅時的痛苦，和患上其他皮膚疾病的風險。

每日全天候開著醫療器材，每月的電費支出可以高達一千至二千多元不等，對於依靠傷殘津貼生活的病友來說，電費支出已佔去其津貼大部分金額，他們惟有「慳住食」、「慳住用」，面對捉襟見肘的生活，任何金錢上的資助都是他們的重要禮物，同時亦間接鼓勵他們邁向「自助」、「助人」的目標。

感謝 聖雅各福群會幫助我們的病友解決生活上的煩惱，期望「電費助貧弱」計劃能夠持續推行，令香港社會上被忽略的一群活出生命，自強不息！

共勉之！

張鎮全先生

自強協會社工

Power Subsidy A great Gift for the Ailing & the Handicapped

Let me give you an overview of 1st Step Association first, the social service organization I work for:

1st Step Association is a nonprofit charitable institute dedicated to provide counseling and support service for patients who are severely handicapped due to work injuries or accidents. Through offering comprehensive counseling and one-stop support service, we hope to help these patients to evolve from a person receiving assistance to one who is self-reliant, and lastly to one who can help other fellows. We believe that everyone is able to better himself despite adversity and pursue a worthy life.

St. James' Settlement's initiative to offer electricity subsidy for the ailing and the handicapped has been a big encouraging news for our fellow patients. While electric appliances are essential items for families in general, for our fellows they are indispensable in their daily life. In the past few years the Power Subsidy - Ailing & Handicapped Program has been offering electricity subsidy to several of our fellow patients who are severely handicapped/severely ill, of amount ranging from several hundred to a thousand dollars each month. The subsidy relieves much of their financial burden associated with operating medical devices or electric wheelchair.

Among our fellows, some are homebound due to health reasons. Some need to use oxygen concentrator or respiratory assistive devices to help them breathe. Some were injured in their neck or spinal cord and cannot sense or adjust their body temperature. They need air-conditioners and radiators to keep home temperature in certain range so as to make their extended hours in bed or on wheelchairs less inhospitable and make subsequent skin diseases less likely to arise. These are all indispensable devices on which our fellows rely to survive.

However, keeping these medical devices running 24x7 would incur a monthly cost of \$1,000 - \$2,000 in electricity. For some of our fellows who live solely on the Special Care Subsidy from the government, the electricity expense would consume a substantial portion of income and they have to substantially pare all other expenses so as to make up for the bill. Any financial assistance for them is a great gift and would motivate them to be self-reliant and become helpful for others in future.

I have to thank St. James' Settlement for helping our fellow patients and I hope the ongoing endeavor of the Power Subsidy - Ailing and Handicapped Program would help those underprivileged in Hong Kong pursue a worthy life. May we join forces and work together.

Jerry Cheung

Social Worker
1st Step Association



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 : _____

以信用咭捐助 (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，俾本會可奉呈上謝函以及收據，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"/> Medication Delivery Services |
| <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"/> Outreached Physical Examination |

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@sjc.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 : 祁慕潔 辛秀麗 胡友玉 黃秀琼 梁達仁

友情印刷 : 平偉印務有限公司

Inquiry and Website : St. James' Settlement

- | | |
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