



# 讓感激延續

踏進今期，由本會出版負責的《松柏之聲》自一九七六年一月創刊以來，多謝讀者不離不棄的支持，正展開第33年的服務，實在令我們感激滿懷。

事實上，在芸芸由福利機構出版的刊物中，相信《松柏之聲》是一份最長壽的讀物，此可說是在大家支持下的一個至大感荷。

相信前人於創辦此長者刊物時，也未敢預料到，因為此免費贈閱刊物在並無政府資助及財團支持，藉賴大家的捐款支持，面對讀者不斷增加的支出，加上無情的通貨膨脹以及財政困拙的壓力下，《松柏之聲》仍可繼續每月運作，也教編者感恩。

一份刊物要生存，其內容絕對要充實，所言要有理，況且《松柏之聲》是要提供多方長者的資訊，故文稿內容必須有質素，一字一句也必要為長者而寫，所以參與的作者必須要有尊敬長者的心，且也要對長者的需要瞭解，方可使《松柏之聲》有著豐富多姿的內容。可喜的是參與筆耕工作的，全屬專業人士，在其所屬行業中，均是獨領風騷的一員，更感謝的是他們均義務為《松柏之聲》撰稿。

他們部份只是依靠編者一個電話邀請，便欣然俯允襄助，而從來不認識編者或曾謀面。這是編者的感動。

除印刷媒體的《松柏之聲》外，自1997年一月起面世的《松柏之聲》[www.thevoice.org.hk](http://www.thevoice.org.hk)網上版、在同一網頁內於二零零二年五月出現的《慈惠月報》以及去年一月出現的《網上松柏》，均幸在一群編者鮮與接觸的義工，每月默默獻出努力，為我們設計以上網頁，不但助擴大我們為大家提供長者資訊的渠道，亦助我們向支持我們的慈惠服務的善長交待，確實教人感激。

當然，讀者們經常透過來電、發信、親臨獻計，提出改善《松柏之聲》的意見，予以鞭策，使我們可與大家的素求與需要齊步前進，不致被社會淘汰，此也是令我們感謝。

《松柏之聲》發行至本月的第365期，最近也開始出現第三代的讀者，他們均是由爺爺傳下來至孫兒的家族傳統閱讀習慣，他們對《松柏之聲》的擁護，也實在令我們振奮及感銘。企盼《松柏之聲》踏入第33年之際，繼續可「生生不息」，可不斷為大家獻上多姿豐富的長者資訊。

## Continuing appreciation

Since the first issue published in January 1976, "The Voice" has been running for over 30 years. It has been, in fact, the oldest publication amongst all that has been published by public welfare agencies. We are very grateful for our subscribers and readers for their continuing support to the publication.

"The Voice" is circulated for free; the publication receives no financial benefit in return. Furthermore, it receives neither governmental subsidies nor financial sponsorship from any institutions. The publication has been solely relying on donation and financial support from our subscribers to whom we are really thankful.

Running under tight budget and the constantly rising inflation rate, we have managed to publish "The Voice" month after month. This is probably not something that my predecessors had anticipated.

For a publication to survive its contents have to be informative and the information published has to be justifiable. "The Voice" aims to provide the elderly with new information to satisfy their reading needs. In order to produce high quality articles, our writers must first have respect to the elderly and an understanding about the elderly. With these qualities, our volunteer writers continue to produce enriched and lively contents for the publication. We are very pleased that all our volunteer writers are themselves professionals and brilliant in their own fields. Even though some of them do not know me or have never met me, whenever I call them to see if they would be able to submit an article for the publication they are always ready and happy to help. I am very much moved by their enthusiasm.

Since January 1997, apart from the hard copy printout of "The Voice", the same has been published also on the internet at [www.thevoice.org.hk](http://www.thevoice.org.hk). On this website, there are also the "Philanthropy Monthly" (published since May 2002) and "The Voice Online" (published since January 2007). These are all the hard work of a group of volunteers whom I seldom had the chance to talk to. They have been working behind the scene with the webpage editing, designing and programming work of the website. The creation of this website not only provides an information channel for the elderly but facilitate in reporting our work done to those supporters to the services provided under the Philanthropy programs. We are truly obliged to our volunteers for their unfailing assistance.

We would also like to take this opportunity to thank the readers of "The Voice". Their continuing encouragement and suggestions for improvement, sent to us via email, letter or in person, have been most appreciated. These inputs let us understand the needs and demands of our readers, in return keeping "The Voice" from fading out by this fast evolving society.

It is the 365th issue of "The Voice" this month. It has been recently discovered that there is the 3rd generation reader newly developed. These 3rd generation readers have built up their reading habit from their grandparents. Their love and support towards "The Voice" have inspired us and we are deeply impressed. As "The Voice" stepping into its 33rd year, we hope that it will continue to run and provide enriched information on elderly related topics.



我們需要你的捐助  
We Need Your Donation

## 助弱老減輕電費支出 助其免被病襲保生命

貧窮無助、年老體衰，兼要長期備受慢性疾患的煎熬，可說是人到晚年的至大終極痛苦。

眾所皆知，賴以綜援金為生的長者，若患有長期病患，如呼吸系統疾患、肺氣腫者，需要使用氧氣機以助呼吸，及中風長期臥床者，需使用氣墊床褥，以防皮膚長期受壓而潰爛；他們於使用有關醫療或護理輔助器材，而衍生的額外電費支出，是要被迫抽用每月僅足餬口的綜援金，以助其生活的舒暢，防被頑疾進一步破壞健康，而令生活質素更為敗壞，或甚至危害生命；本會推行的「電器助貧弱」計劃乃旨減輕貧弱無助老者超乎其財力的電費支出壓力，於免影響他們的日常必需生活支出之餘，也免他們的生命因而受到威脅。

「每月要支付超過\$600.00的電費開支，對我日常食用的支出確是一項剝削。」領取綜援金患有肺氣腫的張強說。「患有氣喘多年，每月用在醫病的金錢也不少，更要付出高昂電費，以助呼吸暢順，試問我有幾多綜援金可以應付呢？」張伯乃由一名社工轉介至本會，申請電費援助的其中20個個案之一。

你願伸出援手，助我們可減除貧病交迫老者的電費支出困難，免他們因乏財力而進一步影響健康、危害他們的生命嗎？善款數目不拘，俾可以集腋成裘方式以使弱老受惠，便可。請用支票，抬頭請書：聖雅各福群會，及於支票背面言明「電費助貧弱」計劃，逕寄本會灣仔石水渠街85號一字樓105室；以助弱老於面對疾患時，可有你們的關懷，是施善的至佳理想。施善查詢：2835-4321或8107-8324。

## Help the elderly to relieve their electricity expenses in order to avoid sickness and save life!

Poverty, vulnerable, old aged and sickness are the most painful elements in an elderly's life.....

We all know that elderly who lives on welfare assistance and suffers from long-term health problems such as respiratory diseases requires an oxygen concentrator to assist them to breath. Elderly that suffered from stroke also need extra care such as ripple beds in order to prevent them from bed sores. By using these equipments, elderly have to bear extra electricity costs. Given that they have no other financial means but to use their monthly welfare assistance to cover the extra utility cost in order to ease their discomfort, and to prevent their health situation from worsening!

St. James Settlement runs an "Electricity Funds for the Feeble Elderly Program". Its aim is to subsidize the needy to cover the partial electricity cost so that they do not have to suffer financial burden when using these medical equipments.

"I have to make a major cut on my daily food expense in order for me to make ends meet in order to cover an extra \$600 in electricity expenses! Furthermore, I also have to bear the cost for my medical expenses in order to prevent my health from further deterioration, so how am I suppose to meet ends meet with such a limited amount of monthly welfare allowance from the government?" says Cheung Keung a emphysema and asthma sufferer.

Uncle Cheung is one of the 20 referrals that the social workers referred to us for subsidizing their utility costs as these additional expense had made a major toll on there budget!

So are you willing to lend a helping hand by donation in order prevent these elderly's health from further detoriating their health? Please kindly forward a cheque/bank's pay-in slip to: St. James' Settlement, Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Please ensure at the back of the cheque that the donation is for: "**Electricity Funds for the Feeble Elderly Program**". Please call 2835-4321 or 8107-8324 should you have further queries.