

社工的話 Social Worker's Remark



眾所皆知,我們在全港推行的各項慈惠服務,由於並 無任何當局資助,除仰賴您們的捐賜外,在人手上是必要透 過地區福利機構社工的轉介,作為「代理人」,方可更有效 地正確為貧而無依長者提供適切的關懷。

可惜,我們所獲轉介而來的個案,泰部份是活躍參加 社福活動的一群,及不幸患病入住醫院被醫務社工發覺的 老者,他們可說是「幸運」的小眾;至於並無參加社區活動 及獨居貧困長者,在整個老人人口的口的比例上,可以說佔 80%以上,倘他們有生活需要,如家居破損需維修或缺電器 的老者,在不知求助或自行「封閉」下,我們的所有慈惠服 務是會無從可助的。

這些無助貧窮與社會隔離的弱勢社群—「隱蔽長者」 ,未能獲得現有服務和支援,可能因為目不識丁或教育程度 低、或與社會隔離,以致不知道現時為他們提供的服務。他 們包括獨居或居於偏遠地方、缺乏社交網絡、沒有融入社群 的長者。

在為長者解困解憂的職志下,我們每年至少有3至4 次,會發信往全港18區,共41間長者地區中心及其有關單 位、115間長者鄰舍中、綜合家庭服務中心、各區醫院的醫 務社工服務部、復康中心;以及於酷熱及嚴寒時刻,筆者定 與社會福利署副署長直接聯絡,得獲後者首肯,將我們所有 的有關慈惠服務,電傳各地區福利專員,再囑咐傳達至所屬 社署及前線非政府機構,作出關注。

最近數月,我們亦與有關地區機構合作,透過「洗 樓」及街頭活動等方式網羅隱蔽長者,可惜由於資源始終有 限,企望善長可於日常接觸中,倘遇上以上不懂運用社區資 源,與社區脫節的貧困「隱蔽長者」時,除可與該區福利機 構聯絡外,亦盼致電我們(熱線電話:8107-8324),於初步 瞭解他們的困難後,使我們可為這些更有需要的無助老者, 可提供一個配合您們施善目的慈惠服務吧。

本港年60歲及以上長者,共有115,223人,當中約近 10%為獨居長者,現時雖未有當局的「隱蔽長者」數目確實 數據,筆者相信為數亦不少,是需要社區人士關注的。

Looking for 'Reclusive Elderly'

It is a widely known fact that all our charity projects are not funded by the government but rely solely on charitable donations. Cases are referred to us from district welfare institutions via social workers and we act accordingly as agents to provide the appropriate care and service for the needy elderly. However most of the cases fall into two main categories, either the elderly are very sociable and active or they are unfortunately ill at hospitals being discovered by medical social workers. They are the 'fortunate' minority. As the majority; more than 80% of the entire elderly population are poor lonely ones who do not take part in any community activities. When they are in need of help, like home maintenance or electrical appliances repair, they do not know whom to turn to. Under such circumstances, we have no way to offer our services to them.

Due to their isolation from the community or their low education level, this underprivileged group of poor helpless reclusive elderly is unable to get the available care and support since they probably have never heard of such services. This group comprises of elderly who live alone or in remote places and those who are without any social connection with the community.

To alleviate this problem, we would send out letters, at least three or four times a year, to totally 41 District Elderly Centers and their sub-units; 115 Elderly Homes; Integrated Family Service Centers; Hospital Social Worker Offices and Rehabilitation Centers in all the 18 districts around the territory. And during times of extreme weather condition, we would contact the Deputy Director of Social Welfare Department directly to obtain her consent to send out faxes explaining our charity projects for needy elderly to all District Social Welfare Commissioners requesting them to pass on the information to their subordinate offices and frontline NGOs.

In recent months, we have also cooperated with some local institutions to carry out extensive home visits and street activities in order to reach out to more reclusive elderly. However our resources are very limited. We sincerely hope to solicit your help in locating these reclusive elderly. In case you know any elderly who are isolated from the community and do not know how to make use of the available resources, please get in touch with the relevant welfare center or call us directly on our charity hotline (tel. no. 8107-8234). This would enable us to get a rough idea of the difficult situation of those elderly and hence devise a suitable plan of charitable services for them.

The total population of elderly aged 60 and above amounts to 115,223 and about 10% of them live alone. At the moment, the government is unable to ascertain the exact figure of reclusive elderly but according to speculation, the number should be quite substantial. This group of reclusive elderly urgently calls for our attention.

『家居維修服務』及『電器贈浸者服務』 計劃 — 09/03 HMS & EAE - Sep 2008 每見服務數字 Monthly Service Statistics

新個案來源	Origin of New Cases	家居維修服務 HMS	電器贈長者 EAE
聖雅各福群會	St. James' Settlement	4	17
社會福利署	Social Welfare Department	3	27
非政府機構	Non-government Organization	61	131
其他政府部門	Other Government Department	2	0
其他	Other	2	0
個案總數	Total	72	165
個案數目統計	Cases Statistics		
9月份新個案	New cases in September	72	165
8月份尚未完成的個案	Cases carrying-over from August	10	27
9月份共需處理個案	Total cases to be handled in September	82	192
9月份完結之個案	Cases settled in September	77	159
帶往10月份之個案	Cases carrying-over to October	5	33
完結之個案情況	Status of Cases Settled		
綜緩個案	CSSA cases	67	155
非綜緩個案	Non-CSSA cases	10	4
已完結之個案	Cases settled	77	159

服務電器送贈數字

	家居維修服務數字 [^] MS No. of Services [^]			贈長者計劃 送贈電器數字 lo. of Electrical Appliances	
裝置(如扶手/毛巾架/ 照明)	Other fitting (eg. handle bar / towel rack / lighting system etc.)	98	電風扇	Electric fan	31
電力供應系統維修	Electricity systems	48	電飯煲	Rice cooker	17
家庭電器維修/安裝	Electrical appliances	6	收音機/錄音機	Radio/Recorder	4
木工維修	Wood-work	21	電視機	Television set	18
來去水系統維修	Piping & drainage systems	24	雪櫃	Refrigerator	16
新居裝修 (如鋪膠地板 及其他裝置等)	New house decorations (eg. install plas- tic floor tile & other fittings.)	9	電水壺/電水煲	Electric water boiler/pot	13
安裝《弱聽長者應門》	Flash-bell fitting	8	熱水爐	Water heater	10
檢查電力裝置	Check electricity system safety	18	洗衣機	Washing machine	9
電器安全常識和操作 指導	Home safety guide on electricity and electrical appliance use	20	電話	Telephone	2
鄉郊工程 (如改善水電 系統、生活環境改善)	Country-side works (eg. water and electricity works/ living environment improvement etc.)	1	電磁爐	Induction cooker	2
			其他*	Other*	9
總數	Total	253	總數	Total	131

^ 部份「家居維修服務」支出乃由省善真堂及新界崇德社贊助

^ HMS is Partly supported by Shang Sin Chun Tong and Zonta Club of The New Territories

* 其他包括一部抽油煙機、一個真空煲、七個湯煲

* Others included one range hood, one thermal treatment cooker, and seven pots





缺乏電視失娛**樂**消閉 捐電視免獨老失生趣

一部電視對於大部份活躍的人來說,可能只是一件普通的廉價娛樂用具,可有可無的家電,不過對於一些獨居 而又貧苦的長者來說,電視機卻是他們唯一可以得到娛樂 的途徑,沒有電視的日子,實在是一種煎熬。

譚婆婆便是其中一位因為沒有餘錢購買電視,而悶得 發慌的長者。「我哋呢啲老人家,行動好唔方便,行一次 出街都好似攞我半條命咁,身體又唔好,有得唔出都盡量 唔出啦。不過屋企冇電視,日日都只喺可以坐喺度發呆, 日子好難過。」

而另一位長者陳伯伯亦有同感:「唉,唔通真係時 時刻刻都可以去長者中心消磨時間咩?五點過後人哋放咗 工,我都喺要返番屋企。狐伶伶對住四面牆渡過漫長夜 晚,感覺真喺好空虛。唔通就因為我窮,就要孤苦終老 嗎?」

除了作為娛樂工具外,電視更可以提供長者一些有用 的生活資訊,如天氣冷熱的轉變,以助他們免被冷風或熱 浪所襲;或知悉社會動態的消息,免因此而有「脫世被孤 立」失去生趣的感覺。

隨著科技日新月異,電視已經進入高清的革命年代, 舊式而不支援高清的電視將逐漸被淘汰。您可考慮捐贈給 21名孤苦無依的老人家,令他們重拾娛樂與笑容。您的 家中可有性能良好,但不再使用的電視機嗎?除可捐出使 用不超過5年、21时以的電視機外,亦盼捐出\$850以購買 一台12吋電視機,使負責此「電器贈長者」計劃的聖雅 各福群會,可為正在輪候的21名老人帶來「家中一點聲 氣」嗎?支票請書:聖雅各福群會,言明「購買電視贈 貸老」,擲寄香港灣仔石水渠街85號105室。施善查詢: 2835-4321或8107-8324。



No TV means no entertainment Donate a set to help liven up elderly's life

A TV set is merely an ordinary electrical appliance that brings inexpensive entertainments to someone who leads an active life. And the set is not indispensable. But, it is the only means through which a destitute elderly can obtain entertainment, especially if he lives alone. Days without a TV set are truly hard to bear.

Ms Tam is one of those elderly who is bored to death since she cannot afford to buy a TV set. "We elderly have trouble moving about. It's quite an ordeal even to get ready to go out. I have poor health; I won't go out unless it's absolutely necessary. All I do is to sit at home. Without a TV set, my days are boring."

Mr Chan, another elderly, feels the same. "I can't spend all my time in the elderly centre. After 5, when the staff knock off, I have to go back home. I feel so lonely when all I can do is to look at the four walls. The nights are long and empty. Must I spend the rest of my life in solitude just because I am poor?"

Besides providing amusements, a TV set can bring useful information to the elderly's daily life. When there is a change of temperature, the elderly can take precautions against a cold front or strong heat. They can also keep up with the latest news of the society without feeling isolated.

With the advance of technology, TV sets have entered the revolutionary era of HD (high density). Sets of the old design without an HD support will not be in use anymore soon. Will you consider donating to help bring amusements and smiles to 21 elderly? Do you have any TV set that is still in good condition but you are going to throw it away? You can donate a TV set within 5 years' of use and its size is 21". Alternatively, you can donate HK\$850.00 for a new

set. If you do, this will enable St.James' EAE Scheme to bring ' Sound' to the homes of 21 elderly.Please make your cheque payable to St. James' Settlement, specifying " to buy TV set for elderly". Please forward your cheque to Room 105, 85, Stone Nullah Lane, Wanchai, Hong Kong. For enquiry, please dial 2835-4321 or 8107-8324.

得著義工送來善長捐贈的電視機, 令長者喜上眉稍。 The elderly smiles happily upon receipt of a TV set from a St. James' donor.



「我們可空心在家了!」

「電視壞了,不能再睇電視,無問題。」梁老 先生說。「但客廳的電制壞了,晚上不能亮燈,晚上 要摸黑生活,真係唔方便。」

「老伴今年已72歲,患有白內障及關節又有毛 病,行動困難,晚上走動時又怕他跌倒,真令我非常 困擾。」60歲的梁太太很擔憂地說。

梁伯伯與太太居住於大角咀福全街一舊唐樓, 自20多年前用艱苦儲存而來的金錢買下現址後,家中 電線一直未有檢查及修理。

「如果有子女,可以叫他們修理電制。」梁老 先生說。

「如果有子女,就唔使領綜援金啦!」梁太太 搶著地說。

「晚上我們只好開著厠所、厨房同睡房燈,才 能讓客廳有點光,讓老伴可以在家走動,他去廁所也 較為方便。」梁太太苦著臉無奈地說。

「燈制壞咗, 唔知係唔係電線太殘舊, 真係驚 會引來火災。」梁老先生有點驚慌地說。「我們真係 好驚留在家中。」

經地區之社工轉介至本會「家居維修服務」 後,隨即當日我們派出兩位義工上門為他們檢查全屋 電線及電制,以及更換殘舊的電制及光管,隨即令 陳氏夫婦全家光亮起來。我們的義工亦將其電視機修 妥,讓他們家中再現出他們喜愛的劇集影像來。

「我們現在可以安心在家了,而且再可欣賞晚 上的劇集。」梁老夫婦齊聲地歡欣地說。

We can now stay at home in peace!

It's not a big deal if the TV set is broken but it must be something if the light cannot switch on anymore. It is so much inconvenient likes we are living in the darkness." said by old Mr. Leung.

"My husband is already 72 years ago. He suffers from cataract as well as joints pains which restricted his daily activities a lot. It annoys me so much that he may fall down at night in dark." said by Mrs. Leung

Uncle Leung and his wife is now living in an old building in Fook Chuen Street of Tai Kok Tsui. The flat was bought some 20 years ago out of their all savings. All electrical wires at home didn't repair or maintain since move in.

"If we got kids, we might ask their help."said old Leung.

"If we got kids, we might not have to rely on CASS!" Mrs. Leung told in outflank

"At night, we have to switch on the light of toilet, kitchen and the bedroom in order to give some dim light to the living room. It enables my husband to move at home and he may go to toilet easily." Mrs. Leung told us in upset.

"The sockets are damaged and the wires are too old, I am afraid it would trigger fire at home. It's so dangerous for us to stay at home" Mr. Leung said in panic voice.

Via the introduction of district social worker to our "Home Maintenance Services", we immediately sent two volunteers to their home checking thru all wires and sockets, replacing those aged sockets and light bulbs. The apartment was brightened up again. Our volunteers also repaired the TV set, they can now see their lovely TV programs again.

"We can now stay at home safely and enjoy our TV programs"Couple Leung said joyfully.

「義工帶給我家光明。」 "The volunteers give our family light again."



破解孤寂無助的 傳真機

「 吳先生得到你們的幫忙後,以後可與外界聯絡了。」 基督教家庭服務中心的社工卓姑娘說。

原來吳啟華(化名)自2005年患上咽喉癌及淋巴腺癌, 由於失去工作能力,自治療後便開始領取綜援為生;因為 治療需要,其咽喉部份亦已被切除,現只用頸部小孔呼 吸,致令他不能說話,另因肌肉硬化,亦不能用發音器說 話。

吴先生與太太於2002年離婚,由於妻子沒有生養,自 太太離開後,便一直獨居失去與外間聯繫;由於不能發聲 已有2年,失去與外界溝通的能力,吳先生漸漸感到生活甚 為獨單寂寞與無助。

「吳先生唯一的姊姊亦只能以手機與他傳達短訊,而 一些未能透過短訊聯絡的服務機構或個人,他更無法接觸 了。」卓姑娘說。

「由於他獨居支援薄弱,我們實有必要強化他與外接 觸,以確保他在家的安全及隨時較易在需要時尋求協助, 以及令他可以與互助病人組織「新聲會」保持聯繫。」為 解吳先生生活的孤寂與無助,卓姑娘將吳君轉介聖雅各福 群會申請一部傳真機。

經本會探訪了解後,他雖然尚未達至60歲長者之齡 (實齡52歲),鑑於其\$3,805綜援金於扣除\$1,927之租金後, 只剩餘\$1,878以作為日常生活之伙食、往還醫院的交通費 與有關營養食品外,生活實在拮据與吃力,幸我們得獲一 位善長的慷慨賜助,為吳先生購買了一台傳真機。

「多謝貴會的幫忙,為他購買一台傳真機,當日吳先 生非常欣喜,並即時試用。吳先生更親筆以傳真機致短函 給本中心向貴會致謝;以後他可以以傳真機與親友保持密 切聯絡了。」

A fax machine can break the loneliness

"He can keep contact with the outside world after your sincere help." said by Ms. Cheuk, social worker of Christian Home Service Centre.

Mr. Ng was suffered from cancer since 2005. He was then supported by CSSA Scheme after he lost his working ability. His throat was cut due to throat cancer and he can only breathe via a small hole opened on his neck. He even can't speak.

Mr. Ng was divorced in 2002 and he is now living alone. He has lost all his communication to outside since he can't speak. He finds himself helpless and loneliness.

"Mr. Ng can only communicate with his only elder sister via SMS but he cannot contact those organizations or persons without SMS." Ms. Cheuk said.

Concerning the weaken support that he can reach, we must enforce his communication ability with outside in order to secure his safety and to make sure that he can communication with Organization for Mutual Sickness 「新聲會」. To resolve the immediate problem ahead, Ms. Cheuk has decided to apply for a fax machine via St. James Settlement.

After our thorough understanding on the case, although Mr. Ng has not reached the age of 60 (actual age is 52), we found him only \$1,878 left for daily living on foods, transportation between home and hospital as well as nutritional foods after deducting \$1,927 on rental from \$3,805 CSSA. The life is so tough and hard. With the sincere support of a donor, we can buy a fax machine for Mr. Ng finally.

"Thanks so much for the help from your organization to buy a fax machine for him. Mr. Ng was so delighted to receive it and to use it immediately. Mr. Ng has also written a thank you note to your organization via us. From now on, he can use the machine to keep constant communication with his relatives and friends."



「傳真機已成為我對外的橋樑。」吳先生説。 "The fax machine has becoming my only communication mean with the outside world" said by Mr. Ng.



替無依貧老雜修家居 可消危險陷阱令牢居

「我的家連基本的水電都缺乏,每日都要從水井中抽水出來,而且要用柴火煲水洗澡,生活十分不方便。」一名 七十多歲的婆婆可憐地說道。

你别以為這是中國內地的境況,但這竟是大家身處的 香港。此位長者正是居於偏遠的新界區。

在繁榮的香港,倘若我們的家中有任何破損,定必找 維修人員檢查及維修,以保持良好的家居環境;但對貧乏無 依的長者來說,當家中水電損壞,或需裝設扶手,根本是求 助無門,只能忍受生活的不便,或因而可能陷於家居危險。

幸好,本會「家居維修服務」的一群熱心家居維修義 工,隨時都可在各地區為經濟有困難的長者維修家居,修補 電線等工作;或為新居入伙的長者,裝置簡單的基本設施, 目的是協助長者可在生活安全的環境下,安享晚年。

做了十年家居維修服務的義工莫師傅說:「自己本著專 業的技能,我希望能夠作出一點綿力,幫助一些無依無靠的 長者,使他們開心地終老。」每逢空餘時,他都會主動致電 給我們,要求為長者作出服務。「對我來說,維修工作是輕 而易舉的事,但對年老體弱的老人來說,真是談何容易。」

「所謂老吾老,以及人之老,愛護長者是應該的。」 每隔一個星期日作出服務的吳師傅說:「能夠助人是我的福 份。我沒有錢捐,但我有力幫助老人。」

「我對文書工作感到困難、晤鍾意探訪、晤識電腦同 攪活動,只懂揮鎚同拉鋸,原來都可以做義工,為老人修補 家居。」業木工技工的李師傅,自從加入本會的「家居維修 服務」成為義工後,人也變得開朗了。

你欲成為他們當中的一份子嗎?只要你是電工、泥水、 木工、鐵工及運輸車連司機等人士,請即加入本會「家居維 修服務」的義工行列,以令一群缺乏援助,正等待著你的援 助,免除因家居危險,而隨時會引來威脅生命的安全。勿猶 豫,請即致電2520-6342 或 8107-8324查詢詳情。



Home maintenance may avoid dangerous trap

"There is no electricity or water supply in my home. I need to pump water from a well and to boil hot water for washing by burning firewood, life is just so inconvenient." said by a poor old woman at age over 70.

Don't imagine this is the situation in mainland China; this is what we have exactly seen in Hong Kong. She is living in an remote area in NT.

In a prosperous city like Hong Kong, for any damage or deficiency in our home, we will call technicians right away for proper repairs or maintenance in order to keep up a fair living environment. But to some poor elders, so happen there is any damage in their home, they are indeed helpless. What they can do is to tolerate the situation, or to suffer from home accident that may be caused.

Fortunately, a group of enthusiastic volunteers who are skilled in home repairing are willing to offer their help to those poor elders with financial difficulties; to repair their home with any damage or to install basic facilities when they move to a new home. Their motives are simply to assist the elders to live in a safe environment with the rest of their life.

Master Mok said, a volunteer for our Home Maintenance Services over 10 years, "This is a very meaningful assignment for me to do something with my ability for the poor elders in my spare time. We wish them have a joyful life!" He would call us for volunteer services when he is free. "This is an easy job for me, but not for the old people. They can do nothing as they are too old and don't have the ability to do."

"We should respect the old people." Master NG who gives service in alternative Sundays said,"Can be able to help is my fortunate. I have no money to give but I have ability to help."

"I have difficulty in clerical work, I don't like visiting service, I don't know how to operate computer and organize activities, I just know how to handle the hammer and saw. I can be the volunteer to help the old people to maintenance their home." As a carpenter Master Lee became sociable after he became our Home Maintenance Services volunteer.

Do you want to be a part of the team? No matter if you are an electrician, a cement worker, a carpenter, a blacksmith or a truck driver; you are most welcome to becoming a team member of the scheme "Home Maintenance Service" with St. James Settlement. Please lend your skillful hand to those helpless poor and lead them escape of any home accidents that may threaten their life security. Don't hesitate; call us at 2520-6341 or 8107-8324 for details.

「舉手之勞的服務,便可解老人的困難,何樂而不為。」莫師傅説。 "This is an easy job for me to help the old people. I am happy to serve." said Master Mok.



答謝善長捐贈 請推薦一名家傭免費 參加服侍家人食藥訓練

你們是否因需外出工作關係,不能照顧家中的幼兒及 年老體弱親人,而要聘請外藉傭工?但因恐外傭照顧不周, 尤以家人患病須服食藥物時,往往令你工作時憂心忡忡,而 要時刻致電回家作出提點。

據資料顯示,本港現有近23萬外藉傭工,當中大部人 扮演照顧幼兒及年老長者的角色,可惜大部份傭工均欠缺藥 物服用的知識訓練,如藥物貯存、處理幼童及長者藥物及服 食方法等知識,此不但令病人不能達到治病的效果,更為你 們添上不少擔憂。

遵醫生指示,正確服食藥物,是治理疾病的主旨;若 外傭對藥物並無認識,更難妥善服侍家人服食藥物,以達早 日康復呢!

有見及此,聖雅各福群會「藥療輔導服務」,特舉辦 一名為「家人食藥 家傭要知」訓練課程,由註冊藥劑師主 講,專門教導你家中的外傭全面兼充實的用藥知識,除要令 她們掌握照顧病者服藥的知識與技巧外,更教授他們有關藥 物貯存及藥物管理、各種藥物的特性、藥效及副作用、餐前 餐後及睡眠前後服藥、認識及處理家人服藥後不良反應及不 適的問題等,目的是要外傭能做到遵照醫生所示,服侍家人 服食藥物,確保藥物得到最佳療效,家人的健康及早得到康 復的成果。

此課程乃由香港醫院藥劑師學會副會長蘇曜華註冊藥 劑師主講,日期為本年11月9日(星期日)授課日及11月16日(星期日) 複習及考試日、上午十時至十二時舉行,地點為香 港灣仔石水渠街85號。凡測試合格者,可獲出席証書乙張, 以確保參加者掌握有關「知藥用藥」的知識。課程以英語, 輔以廣東話教授。

為答謝善長們支持我們的「慈惠服務」,歡迎你們推 薦一名外傭免費參加此課程(原價\$150)。盼請大家填回下列 報名表,讓你的家傭可免費參加,及早學懂服侍你的家人服 藥的方法,以保衞家人的健康。請於本月30日前擲寄回:香 港灣仔石水渠街85號一字樓105室,或傳真:2834-7300。 查詢:2835 4320。名額有限,先到先得。

Free domestic helper medication training In return for your donation support

There is need to employ foreign domestic maid to look after your young ones and the frail elderly while you are at work. But you are still concern that they do not look after them properly especially when someone falls ill at home necessitating you to call home frequently from work and remind the maid on doing things.

According to the latest statistics, there are closed to 230,000 foreign domestic helpers working in Hong Kong and most of them were looking after young children and elderly. Unfortunately most of them lack proper medication administering knowledge and training including proper storage, giving the medication to young children and the elderly, resulting in ineffective treatment and your added worries.

Following doctor's instruction on taking the medication is vital for proper treatment. If the domestic helper fails to handle this properly it could affect early recovery of the patient.

In light of this the St. James' Settlement 'Pharmaceutical Care Service for Patients Project' is now organizing a training session by registered pharmacist on 'Domestic Helper Must Know in Administering Medication to Employer's Family Member'. Course content will touch the following areas: practical medicinal knowledge and skill on administering them to the patient, proper storage and control, characteristic of different medication, efficacy and side-reaction, taking medication before/after meals and/or going to bed, recognizing signs and handling unfavourable reaction after taking the medication etc. The purpose is making sure the maid will follow the doctor's instruction, on time provision of the medication to the patient to ensure the best treatment is given to the patient for his/her speedy recovery.

The course will be conducted in English and assisting in Cantonese by So Yiu Wah, Deputy Chairman of The Society of Hospital Pharmacists of Hong Kong. The dates are Sundays November 9 (presentation) and 16 (revision and test) at 10 a.m. to 12 noon, at 85 Stone Nullah Lane, Wanchai, Hong Kong. Those passing the test will receive a certificate of attendance for their grasping of 'Proper Medication Knowledge'.

In return for your generous support of our 'Charitable Services' you are welcome to nominate one domestic maid to attend this course free of charge (Please note that normal charge would be HK\$150) by completing the following form and return it to our office at 85 Stone Nullah Lane, Room 105, Wanchai, Hong Kong by mail or fax (Fax No.: 2384-7300) on/before September 30 2008. Inquiry, please call 2835 4320. Due to space availability, enrollment will be on first come first serve basis.

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在世搶不去,死後帶得去一修善積德。 Virtue and merit cannot be taken from us while we are living; we can take them with us when we die.