



受惠者言 Client's Remark

「終於有水沖涼了！」

七十多歲的李禮瑞伯伯與老伴相依為命，兒子在國內鄉間居住，三十多年來倆老一直住在鯉魚門寮屋區一所簡陋的石屋內；石屋建在山崗上，要步行數十級石級才能到達。屋內並沒有自來水供應，多年來，他們均與附近街坊共用門外水喉，但半年前水務署拆了有關水喉位。從這天開始，伯伯每天為著取水而煩惱。年青時以做雜工維生的李伯伯一臉無奈地嘆道：「當年背負數十斤東西視為平常事，現在拿一桶五公升的水也氣喘半天，真無用。」

李伯伯與老伴，在炎熱的鋅鐵頂石屋下過活，每天汗流浹背。為解決衛生與清潔問題，每天也要走到山下的公廁沖涼，再擔水回家用；但走上山後，身體又汗濕了一半。「始終也七十多歲了，萬一他在擔水途中跌倒，怎麼辦呢？」李老太擔心地說。

透過轉介機構的轉介，聖雅各福會家居維修服務專業水匠義工替伯伯向水務署申請水錶，在得到開工批准書後，立即召集一眾義工，為伯伯接駁水喉、水錶位、還為伯伯制作了一個因應現場環境獨一無二的洗手盤。

當天，倆老因解決了用水問題而歡喜萬分，連屋旁的老鄰居也為他們而高興。「我終於可在家沖涼了！」李伯伯握著義工的手開心地說。



義工正為李伯伯接駁水喉
Volunteers Installing Water Pipes for the Lee's

“Finally, there's water to take a shower!”

Seventy years odd, Mr. Lee Lai Shui and his wife live together. Their son lives in the Mainland. In the past thirty years, they have been living in a small cottage in the Lei Yu Mun squatter area. The cottage rests on a hill, with no water supply. The Lee's had been getting water from a public water tap in the neighbourhood, until the Government removed the tap recently. From that day on, Mr. Lee faces the problem of getting water every day. A workman when he was young, Mr. Lee said helplessly, “When I was young, I could easily carry a hundred pounds, but now I run short of breath carrying just a 5-litre bucket of water. Useless me!”

With a zinc roof, their cottage is very hot inside. The Lee's sweat all over staying in the cottage. They have to go downhill to take a shower in a public toilet every day, and then carry water back home for use. But they become half wet from sweat again after the climb. “He's over seventy years old. What if he trips on the way?” worried Mrs. Lee.

The case was referred to SJS's Home Maintenance Service. Our volunteer plumber helped the Lee's apply for a water meter. Once approved, a team of volunteers helped the Lee's install a water meter and water pipes. They even tailor made a basin for the Lee's.

The Lee's were so happy on that day, when, after all these years, the water supply problem has finally been solved. Even their neighbours felt happy for them. Mr. Lee grabbed the volunteer's hand and said, “We finally can take a shower at home!”

「多謝義工師傅，終於有水用了！」

“Thank you, volunteer plumber! We finally have water supply!”





轉介者言
Referee's Remark

風中暖流

刺骨寒風把車外的蘆葦打成層層波浪，由貨車改裝成的鄉村客貨車如汪洋的小船頂着北風緩緩駛進寂靜的料學村。幾位老人家坐在村前的空地，注目着我們這十多位稀客。她們動也不動，面上亦沒有多大的表情，遠看真有點像一尊尊石像。村公所早已坐滿二十多位穿上厚厚的灰黑或藍色大衣的老人家，一眾老人家把義工們在佈置場地的狼狽樣也看成表演節目的一部份。更想不到的是，活動正式開始後，她們給表演的義工很好的反應。

不論是義工們在跳舞、唱歌，甚至是簡單的對答，她們也像演唱會的年青「粉絲」一樣，毫不吝嗇地拍起手來。當義工們邀請其中一位長者獻唱山歌時，她們反應得更加熱烈，後來還主動推舉一位「料學張學友」為大家一唱再唱，而這位「精靈」的「料學張學友」更把我這個義工拉到台前和他合唱。

節目完結前，義工逐一為老人家們送上聖雅各福羣會收集的頸巾時，她們都急不及待往頸上披上，還互相比較誰的頸巾較美。誰說老人家不愛美？誰說老人家不愛熱鬧？看來她們只不過是沒有選擇地生活在欠缺色彩和寂靜的世界裏。

表演結束，部份義工負責收拾物資；部份義工護送幾位獨居長者回家，並送上暖風機，讓她們能在寒冷的冬天，享受點點暖意。離開時，幾位長者緊握着義工的手，護送她們到門口。一位長者在向我和義工揮手道別時，問了一句：「你們何時再來？」我猶疑了半晌說：「我們很快會再來。」老人家聽到後，展現滿意的笑容，轉身慢慢步入暗暗而有點冰冷的屋內。我和幾位義工互相對望了一眼，不發一言地依着回復沉寂的小巷步向車站。

回程時，除了寒風的呼嘯聲和鄉村車發出的機械聲外，車廂內一片寂靜。雖然大家不發一言，但從各自堅定的眼神中看出，大家都深深明白到，以我們的力量是無力改變冰冷和冷漠的環境，但我們的熱情和投入卻可以溫暖孤寂的心，即使只是片刻！



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A Warm Breeze in the Cold Winter

It was chilly out there and we were in a cargo-van converted vehicle heading towards a quiet village in the north New Territories — Liu Pok Village. Outside the window we saw layers of slender reeds waving in the wind. When we arrived, several elderly were sitting at the open area in front of the village, much like marble statues rather than flesh and blood, absolutely motionless and poker-faced, watching closely every move of us, a bunch of strangers to the village.

We then entered the village hall. Some twenty elderly, all being wrapped up in dull sweaters and grayish-blue coats, were already sitting there waiting. They set their eyes on us right for the whole time and they certainly were not going to miss any of our embarrassing look, our clumsiness in the rush during setup. To our surprise, once our performance started, the response down the stage was terrific. It did not matter if our volunteer was singing, dancing or doing a quiz-game on stage, they clapped and waved hands in the same way as the teenager fans in pop-concerts do.

The whole performance was brought to a climax when an elderly was asked to sing an ethnic folk song, their response was even more intense. They brought out the Liu-Pok-village version of 'Jacky Cheung' to sing on stage. In the impromptu 'Jacky Cheung' concert all our volunteers were dragged on the stage to sing, including me.

Before the performance ended, we presented each of the participating elderly a scarf procured by St. James Settlement. Upon receiving the scarf, most of them could not wait to try them on to see whose scarf looked best. Remember the popular notion that elderly don't care about how they look and have no interests in robust social life? No kidding! The right question should be, 'Do they have a choice?'

After the show, while some of us staying in the hall packing up stuffs, some of us saw a couple of elderly back home and sent them heaters so that they could better prepare for the cold winter. When our volunteers left, the elderly held their hands tightly and saw them off. As we set off to go, an elderly approached and asked us, 'When are you coming again?' I hesitated for several seconds and replied, 'Very soon.' The elderly showed a smile and turned back into the dark corner again. Then we looked at each other and we hit the road. While walking to the pick-up point, nobody wanted to say anything.

On our way back, nothing was in the air except the sound of the blowing wind and the running car engine. It was a long silence. Despite the silence, we knew through our eyes that we have a common mission before us. Maybe our effort is too limited to overturn the general apathy towards elderly and it can only yield a short-lived effect, but with our passion we are still going to provide as much heartwarming experiences as we can for the elderly.

悉心關懷溫暖長者心。
Heart-warming through caring



受惠者言
Client's Remark

他不停氣喘地 道謝

He kept saying thanks in short of breath

「我每日長時間只能坐在床上，唯一的娛樂只是看電視解悶。」患有嚴重肺氣腫的70多歲老張新(化名)伯伯說。

"Every day I just lie on my bed and the only entertainment that I got is watching television," told by an 70 years old Uncle Cheung who suffering from severe pulmonary emphysema.

「呼吸困難，來回洗手間都會喘氣，每日都不能離開氧氣機，只可以整天坐在床上。」肺氣腫病情越來越嚴重的張伯伯，由於連出外的氣力也沒有，近年只可長期被困在家中，並以藥物及氣泵協助呼吸，每日的膳食需依靠區內的一間福利機構的送飯服務。

"I can easily loose breathe, even to restroom. I have to rely on the oxygen inhalator machine, that why I have to sit on my bed all day." The illness is getting worse, Uncle Cheung must stay at home all the times without going out. The nearby social welfare agency delivers daily meals to his home.

「本來有一部用了10多年的電視機，但數月前失靈了，連我最基本的娛樂也沒有了，家中除了氣泵及我的呼吸聲外，根本是死寂無聲，我活著好像是等死一樣。」

"I got an over 10 years television set and it was damaged a few months ago. It's terrible that even my only basic entertainment has disappeared. Except the noise generating from oxygen inhalator machine and my breath, the home is deadly silent, I can't find any motive in my life."

張伯伯一向獨自生活，年輕時由內地來港謀生；由於沒有沒接受過教育，在西環區的街頭當苦力，收入不穩定，未有結婚。「那時嘗一的嗜好，就是吸煙，結果是現在患上嚴重呼吸病；不能工作已有很多年了，只可依賴綜援金過活。」

Uncle Cheung is a single and is now living alone. He came to Hong Kong when he was young, because of no education received, he could only worked as coolie in Sai Wan. "At that time, my only habit was smoking and that's I am now suffering from emphysema. I can't work now and can only depend on CSSAC.

當本會「電器贈長者」計劃的負責同工知悉張伯伯的苦況後，經輪候約一個月後，獲得一位善長的捐款支持，令我們可以購買一部新電視機轉送給他。當張伯伯收到電視機後，第一時間呼著氣說：「以後都不用呆悶著地渡日了，不用每天只有四堵冷冰冰石屎牆陪伴，度日如年了。」

The situation of Uncle Cheung is referred to SJS's "Electrical Appliances for the Elderly Program", after waiting for almost a month, we got donation and was able to buy a new television set for him. When Uncle Cheung received the television set, he took a breath and said happily at once: "I don't need to stay at home whole day without any entertainment now."

「我每日除睡覺外，其餘時間只坐在床上，由於不識字，根本也無法看報紙，只有看電視打發時間，透過電視屏幕，了解外面世界。電視機是我唯一的良伴，以後屋內不會再陷入寂靜的世界了。」

"Apart from sleeping, the rest of my times are sitting on my bed. I can't read any newspapers and my source to get information is from television screen. Television is my only good companion. My home won't be any dead silent anymore.

「多謝善長的關懷，令我的生活重添色彩。」張伯伯雖然氣喘嚴重，唯仍勉力地不停向善長道謝。

"Thanks for the generosity, it colors my world." Although suffering from serious emphysema, Uncle Cheung still tries hard to say thanks to the donors.



閃燈門鐘 造福失聰長者

聖雅各福群會為一提供綜合服務的志願機構，該會與本報合辦此欄，讓市民加深對該會服務的認識，在需要時可尋求適切服務。查詢可致電81078324或登入網址 <http://www.thevoice.org.hk/>。

問：我是義工，經常會探訪獨居長者，發現部份長者因聽覺不靈光，往往拍門很久，他們也不知道，就算發生意外如火警等，鄰居也難以通知他們，容易造成危險，到底可如何提供協助？

聖雅各福群會答：獨居兼失聰長者，若缺乏社交生活及別人的關懷，不但令他們失去與別人溝通的機會，感到生活寂寞，也失去知悉社會資訊的機會，漸漸與社會脫節。

由該會專為失聰人士而設計的「閃燈門鐘」，就是以「閃燈」代替門鐘聲響，當探訪者按動門鈴時，設於屋內的門鐘便會閃亮起來，時間由5秒至15秒，以引起失聰人士的注意，提示他有客到訪，有事故發生也可即時獲通知。

歡迎善長捐助

獨居無依失聰長者，可透過所屬地區的福利機構如老人中心、社會福利署或醫院福利部之社工轉介，向該會申請免費裝鐘服務，由持牌電器師傅擔任義工，為其安裝「閃燈門鐘」。

現時市面並無此類門鐘出售，該會歡迎善長踴躍捐助，每捐助200元，便可協助一名長者免費裝鐘，所收款項將用作補助此項慈善服務的開支。



有著閃燈門婆婆可開門
迎接到訪者了。

With the help of the bell Por Por
knows that a visitor is outside.



Flashlight Doorbells for deaf elderly

Q: I am a volunteer. As I visit solitary elderly frequently, I find that some elderly are unable to hear doorbells ringing due to hearing problems. In case of emergencies like fire, it might be difficult for the neighbors to inform them. It is quite dangerous. How can we help them?

A: For elderly who are deaf and live solitarily, they lack chance to communicate with other people. With no social life and people to care for them, they feel lonely and are unable to get in touch with the society. Gradually they become detached from everything. To ease the problem, St James' Settlement has specially designed the "flashlight doorbell" for the deaf elderly. Instead of ringing, the doorbell light inside the house will flash for about 5 to 15 seconds when visitors press the doorbell button. The flashlight can alert the deaf elderly that someone is at the door. Even in case of emergency, they can still be informed.

Donations Are Most Welcome

Solitary deaf elderly can contact their local welfare institute like Elderly Centre, Social Welfare Department Office or ask the hospital welfare social worker to help them apply for the installation of the flashlight doorbell from us. All installation will be carried out by licensed electrician volunteers.

Flashlight doorbells are currently unavailable on the market. We encourage donors to donate generously to help. Only \$200 will enable a free installation for an elderly. The sum donated will be used entirely for the expenses of this charity project.