

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



零九年六月份 JUN 2009

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社工的話

Social Worker's Remark

可替貧老安裝冷氣機嗎？

香港夏天氣溫日漸高升，熱力迫人，對居於戰前樓宇或甚至公共屋邨低層，通風系統不佳的單位的貧困老人而言，風扇已不能「疏風」去熱時，若缺乏能力購置冷氣機，他們的住所確如「蒸籠」般，實在令人難耐。

有研究發現，板間房室溫比室外高3至4度，最高溫達35度，年前就至少有5人熱至暈倒。因此之故「電器贈長者」計劃經常收到冷氣機的申請，有關福利機構社工轉介的原因，是由於個案居所多為唐樓板間房住客，或窗戶面向樓下食肆冷氣系統水塔，故熱風直吹室內；部份因居所面向北面或西斜，黃昏時更覺氣溫熾熱；或居所通風不佳，單位前只有窗戶的公屋低層。

依賴綜援度日樓下全是食肆，居於私樓單位的陳伯也坦言自己曾熱到想自殺：「業主也批准我可購置冷氣機，但我怎有錢安裝呢！我又多病，如糖尿病、高血壓、呼吸系統毛病，天氣熱到病情加劇，每4、5天便要去看醫生。」

為了避免中暑，陳伯每日要洗澡數次以可降溫，「我很多時都會在家赤著身，或有時變貓頭鷹，在公園坐到11時多才回家。」

由於資源有限，直至現在「電器贈長者」計劃，並不能與其他的餽贈慣例般，若申請者缺乏有關電器，如電飯煲或風扇時，只要是無助及貧困，我們是會盡速送出的；因為冷氣機屬「高價」電器，且每年只有數月才會開動，故不在我們送贈的「慣性電器」內；唯在炎夏時贈長者冷氣機以解熱，必須是在醫護人員的証實下，由於高溫致影響長者的病情，我們方會作出考慮批肯。

當然，資源全由善長的捐賜而來，我們也是要遵循你們的行善指令行事，在大家充裕的支持下，因為「電器贈長者」計劃畢竟是一項「慈惠服務」，目的是要改善貧而無助長者的生活，故善長們，你們可支持我們無須再有醫護人員的證明，只要符合資格，每一申請的貧老便可得獲安裝冷氣機嗎？

Is it possible to install an air-conditioner for the elder?

The weather in Hong Kong during the summer is extremely hot. For people who live in buildings built before WWII, as well as in the lower stories of government housing, the situation is much worse. For the elderly, they live in hot conditions as the use of electric fans cannot create much circulation. They also cannot afford to buy air-conditioners, which keep them in a "steam" state, and it's difficult to tolerate.

According to the studies, the temperature for "board rooms" (rooms made of wooden boards) is usually three to four degrees higher than outdoor air temperature. The maximum temperature can reach up to 35 degrees. A few years ago, there were at least five people who fainted due to the heat. Since then, we have received many applications for air conditioners from the Electrical Appliance for the Elderly Program. The reason for these applications to be transferred is because most people who are living in "board rooms" have their windows face restaurants' chillier tank, so the hot wind blows to the inside of premise. Some of the premises also face to the north or west, and because of the sunset, the temperature is much higher in the evening.

Mr. Chan who is under social security, he is living in a premise where there are restaurants downstairs. He has even given the thought of committing suicide due to the intolerable heat. He said, "The landlord does allow me to install an air-conditioner, but I don't have the money to buy one! I have many kinds of illness, such as diabetes, high blood pressure, and respiratory system problems. The problems are worse when the weather is extreme hot. Every four to five days, I need to visit a doctor!"

In order to prevent get a heatstroke, Mr. Chan takes a shower several times a day. He said, "Most of time, I have to either be naked or I have to go to the park until 11:00pm then go home."

Due to limited resources, the Electrical Appliance for the Elderly Program mainly donates small appliances such as rice cookers or fans to the helpless and poor people. It is because air conditioner is an expensive appliance, and is only used for a few months every year, they are not treated as a "Regular" appliance. However, we may make a special consideration if medical staff certifies the need of an air-conditioner for people who require using the appliance to reduce heat-related sickness.

Certainly, all the resources are donated out of the donors' kindness, we will follow their instructions to do. Since the Electrical Appliance for the Elderly Program is a Charity Service, the aim is to improve the elder's quality of life, so, to all the donors, will you support the program even without medical approval so that the elder can apply for an air-conditioner once they qualify?

「家居維修服務」及「電器贈長者」 6/09 個案統計 HMS & EAE 6/09 Cases 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	5
社會福利署	Social Welfare Department	6	31
非政府機構	Non-government Organization	82	87
其他政府部門	Other Government Department	2	0
個案總數	Total	94	123
個案數目統計	Cases Statistics		
6月份新個案	New cases in June	94	123
5月份尚未完成的個案	Cases carrying-over from May	101	88
6月份共需處理個案	Total cases to be handled in June	195	211
6月份完結之個案	Cases settled in June	135	117
帶往7月份之個案	Cases carrying-over to July	60	94
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	118	98
非綜援個案	Non-CSSA cases	17	19
已完結之個案	Cases settled	135	117

服務/電器送贈數字 No. of Services/Donations

家居維修服務數字 [^] HMS No. of Services [^]			電器贈長者計劃 送贈電器數字 EAE No. of Electrical Appliances Donated		
裝置 (如扶手/毛巾架/照明)	Other fitting (eg. handle bar / towel rack / lighting system etc.)	170	收音機/錄音機	Radio / Recorder	4
電力供應系統維修	Electricity systems	83	電飯煲	Rice cooker	9
木工維修	Wood-work	32	電視機	Television set	20
來去水系統維修	Piping & drainage systems	28	雪櫃	Refrigerator	9
家庭電器維修/安裝	Electrical appliances	46	風扇	Fan	29
新居裝修 (如鋪膠地板及其他裝置等)	New house decorations (eg. install plastic floor tile & other fittings.)	70	電水壺/電水煲	Electric water boiler/pot	2
安裝《弱聽長者應門》	Flash-bell fitting	4	熱水爐 [^]	Water heater [^]	12
檢查電力裝置	Check electricity system safety	38	洗衣機	Washing machine	6
電器安全常識和操作指導	Home safety guide on electricity and electrical appliance use	0	電話	Telephone	1
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.)	2	電磁爐	Induction cooker	3
			其他*	Others*	3
總數	Total	473	總數	Total	98

[^] 部份「家居維修服務」支出乃由省善真堂或新界崇德社贊助
HMS is Partly supported by Shang Sin Chun Tong or Zonta Club of The New Territories

*其他包括一部微波爐、一部吸塵機及一部抽氣風扇
*Others include one microwave oven, one vacuum cleaner and one ventilation fan



我們需要你的捐助
We Need Your Donation



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風扇洩電引傷亡 施善可解貧老危

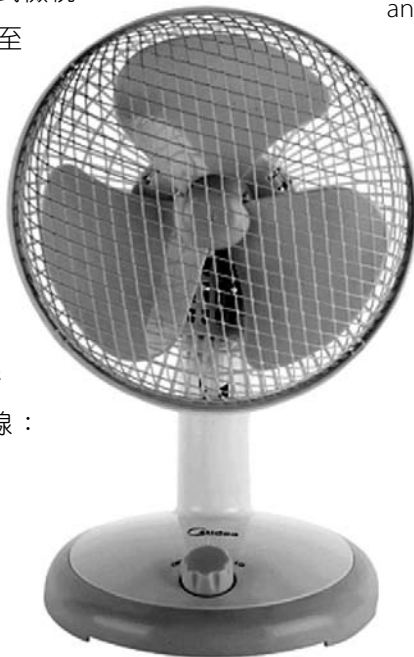
相信很多社會人士，近月都曾聽聞殘舊風扇洩電引起火警的意外事件。查肇事的地點多為貧困及低收入的家庭，由於經濟問題多未可如願更換風扇，引來火災致燒毀家園及人命傷亡的慘劇。

據我們多年從事的「電器贈長者」計劃的觀察中，很多長者由於所領取的綜援金額有限，雖擁有電風扇，唯因多屬不知名貨品及使用超過10年以上，無論在功能及性能上均已達老化，若長期開動極有發生危險的可能。

「氣溫高漲悶熱時，我才敢冒險開動以助空氣流通。」獨居斗室申請風扇的李伯伯指著其不斷發出聲響積滿塵埃的「古董」風扇時無助地說。

好善的你，可願伸出援手，以助解除貧老家中隨時爆發的「計時炸彈」？事實上，為貧老施善正合時宜，此不但消除他們的「家居陷阱」，更是一大善德，以可於嚴夏時為他們解熱降室溫，免他們孱弱的健康更受影響。

為能確切掌握需要，聖雅各福群會計劃將與一些地區機構攜手，逐家逐戶以探訪形式檢視貧老家中風扇，初步估計將會有300至400名貧老需要更換家中風扇。我們會以集腋成裘方式，用善款向電器代理商購買風扇。於此酷熱炎夏來臨之際，企盼大家只消賜擲善款\$150便可為一名貧老「解熱消難」；施善支票請書「聖雅各福群會 電器贈長者計劃」，地址：香港灣仔石水渠街85號一字樓。施善熱線：2835-4321 或 8107-8324。



Protect the needy elderly from faulty electrical fans

Many fires have been caused by faulty electric fans. Such tragic accidents occur mostly in poverty-stricken and low-income households. Due to economic difficulties, they cannot afford new appliances, and must make do with old ones. Electricity leakage from dilapidated appliance sparks fires, destroying homes and causing injuries and deaths.

During the years in which we have carried out the Electrical Appliances for the Elderly Program, we have noticed that many elderly people may own electric fans. But, more often than not, the fans are of unidentifiable brands and are over ten years old. They are cranky and can be hazardous if kept running for too long.

"I only dare turn it on when it is stifling hot, to help ventilate the air," old Mr. Lee said helplessly, pointing to a noisy "antique" fan encased in dust. He lives in a tiny room all by himself.

Are you willing to reach out a helping hand to remove these "time bombs" that may explode at any minute in the homes of the needy elderly? It would be a most timely act of charity. Not only will it free them from a household hazard, but it will lower the room temperature for them in the hot summer, and guard their already frail health against the heat.

In order to explore the need for new fans, we plan to collaborate with various district organizations to make house calls and check the electric fans owned by the needy elderly. At present we estimate that 300-400 fans may need to be replaced. It is our earnest to collect enough money to buy new fans from an electrical appliance distributor. The hot summer is approaching. Won't you make a donation of \$150 to relieve one needy elderly from the heat and discomfort? Please make your cheque payable to St. James' Settlement Electrical Appliances for the Elderly Program, and send it to 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Our donation hotlines are 2834-4321 and 8107-8324.



支持渡過難熬的日子

Support to over come difficult period

任伯伯現年80歲，早年擔任清潔工，收入微薄，雖然他與太太的生活十分節儉，對花費每一分每一毫都十分小心，但省下的積蓄亦不多。故退休後不久，積蓄已花盡，一直依靠綜援生活至今。

由於屋邨重建的關係，任伯伯被安排由黃竹坑村遷往石排灣新居，本來新居環境大大改善了很多，且可提高倆老的生活質素，唯因倘再要「花費」金錢作簡單裝修事宜時，因遷居時支出不少，且要交付水電費等按金，令他乾涸的經濟更形緊拙，生活費便隨即會響起警號，故與太太商量過後，便決定不作裝修了；唯因他患有關節炎，行動極為不便，不進行一些與家居安全有關的裝置，如扶手及照明等，亦頓使倆老擔心容易發生意外發生，心情十分矛盾。特別是他的太太，最擔心如果先生有事，她真的不知如何生活。

於該區社工隨他到新居驗收單位時，發覺其新居的地面凹凸不平，便建議他鋪地板；任伯伯不好意思道出有經濟困難，連購買膠地板的能力亦欠力時，後經社工轉介本會後，幸獲得一善長捐款支持購買裝修之材料費，再獲得本會之「家居維修服務」熱心義工的協助，除為他們鋪設膠地板外，還替他們進行了多項裝置的工作，如安裝光管、毛巾架、刀架、扶手等，使他們甚為感動。

任伯伯說：「能夠在一個安全的家居生活，感覺真好！」對於幫助過他的義工及善長，他表示會銘記心中。現在回想起來，雖然搬屋那段日子實在不好過，但慶幸社會上仍有義工及善長伸出援手，令他感到猶如擊親的溫暖，支持他渡過了最難熬的時刻。

Mr. Yam Ko age 80, previously used to work as a cleaner, had a very low income, Mr. & Mrs. Yam did not have much money and watch every cent they spend, but could not save very much. After retirement, his saving was soon used up and he applied for Comprehensive Social Security Assistance (CSSA) Scheme.

As the whole estate is going to be demolished, Mr. Yam will be move from Wong Chuk Hang to Sek Pai Wan new housing. New flat will improve their living condition and environment. After payment of water and electricity deposit, they did not have enough money for renovation and every expense. Mr. Yam discusses with his wife, and they decided not to do any renovation. Mr. Yam has arthritis and difficulty to move. If they do not install some safety devices, e.g. safety bars and lightings etc, they worry about having an accident. So they are worried. And his wife is worry if he dies how could she manage without him.

Social worker went with Mr. Yam to inspect the flat and they found the floor was rough and bumpy. So the social worker suggested the floor need to be smooth. Mr. Yam was embarrassed to say he did not have enough money to buy the linoleum due to economic difficult. The social worker recommend Mr. Yam to St. James' Settlement who got a donor to provide the money for payment of renovation material. St. James' Settlement immediately sent her volunteers of the Home Maintenance Services to help them lay the floor and install several equipment, such as lights, towel racks, safety bars, etc. They were very grateful and happy.

Mr. Yam said, "He can now live in a good environment, he feel very safe and confirmable." He will always remember in his heart the generosity of assistance given by volunteer and donor. Even though he move to new flat it was difficult time, he feel very fortunate Hong Kong society has volunteer and donor. He is very thankful for support helps him over come this difficult time.



任伯伯(中)說：“人生過了那麼久，終於第一次有個安樂窩，謝謝你們。”

Mr. Yam (middle) said, "This is my life's first self-owned and safe home."



不只是外表的問題

體弱多病的譚先生每天都要照顧家中年紀老邁、行動不便及患有老人痴呆症的母親（陳婆婆）。陳婆婆患有老人痴呆症，曾經因獨自外出後忘記回家的路，而在街上流連了一整夜。經過此事後，譚先生因擔心婆婆的安危，盡量都自己照顧婆婆，不會讓她獨自一人。

這個夏天，陳婆婆的頭髮長長了，譚先生擔心婆婆不適應理髮店的環境，自己又不懂得剪髮，同時也不忍媽媽頭髮叢生，感到非常苦惱。

轉介機構知道譚先生的困難後，將陳婆婆的個案轉介到聖雅各福群會「到戶理髮服務」，安排剪髮義工上門，為陳婆婆剪去久未修飾的亂髮。當義工踏入大門不久，已為婆婆的頭髮修剪得非常整齊。談話中才知道，陳婆婆已經有多個月沒有理髮了。

義工只需花了少少的時間，即為婆婆剪了個新形象，使她看起來清爽多了！「唔該晒你地呀！」譚先生笑逐顏開地說。「照顧媽媽已是我的困難，我無理髮工具、又唔識剪，有義工幫忙，我以後就唔煩啦。」

「義工姐姐幫媽媽剪髮，唔使令她長髮散亂，人也看來不像那麼昏亂，而且令我照顧她更為容易；夏天炎熱流汗時，也不易引來衛生的問題，要我每天為她洗頭。現在她的外表看來也不像那麼衰老，真是好啦。」譚先生感激地說。

「義工姐姐不但幫助她，而且更支持我，減輕我的照顧壓力。」譚先生鄭重地說。看來「到戶理髮服務」真是不只為長者的外表而「服務」，而且更為護老者「服務」。



It Is Not Just Something About Appearance

Mr. Tam is feeble in health, yet he has to take care of his aged mother, Grandma Chan, who suffers some physical limitation. Grandma Chan is a patient of alzheimer's disease and had once wandered in the street for a whole night as she was unable to identify the way home. After this incident, Mr. Tam is so worried about the safety of his mother that he will not leave her alone in any circumstances and takes great care of her.

During the course of summer, Grandma Chan's hair has grown much. Mr. Tam gave up the idea of taking his mother to a saloon to have her hair cut as he understands that Grandma Chan will feel very uneasy at the saloon. Knowing nothing about hair-dressing, Mr. Tam can do nothing about his mother's ever growing hair. It is a problem to him.

Grandma Chan was then referred to the Home Haircut Services run by St. James' Settlement with her request for hair-dressing service. Our volunteer just took a short time to have the hair cut done for Grandma Chan who had her previous hair cut done quite a few months before!

Grandma Chan got a new and nice look of her hair in such a short period of time. "Thank you very much!" Mr. Tam said and smiled happily. "It is difficult for me to attend to my mother's daily needs. I have got no tools for hair-dressing even if I were able to do it myself. The volunteer really helped me out of this trouble!"

"The volunteer not only helped to give my mother a neat looking of her hair, but also helped to make it easier for me to attend to her personal hygiene. She looks younger than her age. It is splendid!" Mr. Tam expressed his gratitude.

"With the encouragement and support from the volunteer, I am much relieved from the burden of taking good care of my mother." Mr. Tam said solemnly. It is quite true that the Home Haircut Services benefits not only the elderly by enabling them to have a better appearance, but also the family members who take care of the elderly.

陳婆婆得知義工為她剪髮後，人也坐得端坐，讓義工為她服務。
Knowing that a volunteer is going to do the hair cut for her, Grandma Chan sat straight and upright and got herself ready.



轉介者言
Referee's Remark

安全網

Safety Net

根資料顯示，自從金融海嘯及人類豬型流感爆發後，本港領取綜援個案正有攀升的趨勢，此些個案多集中於觀塘、深水埗、元朗、天水圍、黃大仙等等傳統貧窮地區。而這些地區或屋邨的綜援個案中，尤以年老綜援個案佔最多。

事實上，在金融海嘯下，更多人傾向於解決學生及中年失業的問題。如果說現階段全球人類正面臨經濟寒冬，相信備受忽視的無依長者更是雪上加霜了。

現職老人中心主任的陳姑娘表示，鑑於近半年來營運資金不斷減少，就連帶一些協助有需要的長者渡過難關的基金申請也比以往困難得多。「不單是商界，社福界的萎縮情況同樣令人震驚，很多無依長者向我們提出求助，但是我們由於資源所限，都只能愛莫能助。」陳姑娘無奈地說。

「除了基金申請受到很大的局限外，即使一些平時很不顯眼，但對長者十分重要的事情，我們也難為長者解決一點簡單物資需要的問題。」面對年屆85歲、居於上述「最貧窮」屋邨之一的李婆婆對洗衣機的申請，而不能解決的陳姑娘說。

「唉，以前呢區有兩間老人中心，佢地啲社工都好照顧老人，只要老人有生活困難，他們都能找到善長捐贈，來解決老人的需要，但現在那些善長已失踪了，老人遇有困難時，社工都無辦法為老人作出關懷。」陳姑娘引述李婆婆身同感受的話說。

「好彩，還有聖雅各福群會不怕困難，為老人出心出力，四出呼籲善心人士作出捐助，在這個籌集善款「黑暗」時期，仍堅持推行『電器贈長者』這個『慈惠服務』，實是我們無助時期的『安全網』，也是無助老人之福。」陳姑娘高興地說：「多謝，聖雅各福群會轉贈善長的一部新洗衣機，以後李婆婆不需要用僵硬的手洗衣服了。」

(編者按：當然，面對金融海嘯連續而來的深層次衝擊，聖雅各福群會的「慈惠服務」也在所難免，捐款數字正不斷下降，是鐵一般的事實。既然，我們的「慈惠服務」是解決貧而無助者的困難，在此經濟的隆冬黑暗時期，我們更要迎難而上，正該是更要努力時期。上述社工之說話，實屬善長們行善積德的見證。)



According to the information revealed, numbers of people applying for CSSA is on the rise since the eruption of the financial tsunami and H1N1. Most of the cases are concentrated in traditional poverty districts such as Kwun Tong, Shum Shui Po, Yuen Long, Tin Shui Wai and Wong Tai Sin and the majority of them are elderly citizens.

As a matter of fact, under the current financial crisis, more people tend to resolve unemployment for students leaving schools and the middle aged who are out of work. If the whole world is facing a severe economic winter, suffering of the neglected, lone living elderly without help are even worse.

Miss Chan, a social worker in charge of an elderly centre expresses that in light of constantly diminishing operating fund in past six months, application for emergency funds to help the elderly are now harder to get. "The impact on business is severe, and more alarmingly so is the impact on social welfare. Many elderly coming to us for help were disappointed due to limited resources available," said Miss Chan rather helplessly.

"Besides limitations for application on funds, we are unable to satisfy even normally minor but simple material need of the elderly that are vital to them," said Miss Chan facing an 85 years old granny Lee living in one of the above 'poorest' estate, trying to get a washing machines.

"In the past there were two elderly centres in the district and the social workers would take good care of them. Whenever they have difficulties, they could find someone to donate. However, these benevolent people have gone without trace rendering the social workers failing to help when the elderly have difficulty," Miss Chan said this as she shared the feeling of granny Chan.

"Fortunately, there is still SJS is still trying their very best reaching out to the general public to raise fund during this 'dark' period and firmly up hold the EAE Program in their 'Charitable Services' despite all difficulties. This is in fact serves as a safety net and a blessing to the helpless elderly," said Miss Chan with relax. "Thanks to SJS for delivery of a new washing machine to granny Lee who will not be required to hand wash her clothing any more."

(Editor's words: Confronting waves after waves of the financial tsunami, SJS 'Charitable Service' will undoubtedly face the hard fact of slumping donation and contribution. As our 'Charitable Service' targets to help the poor and helpless elderly, we must strive harder in these critical hours. What is said above by a social worker evidences that.)

當長者收到由善長捐贈的物資，其滿足及笑容是推動社會服務的最大原動力。

The prime mover for promotion of social services is the satisfying smile of the elderly upon receipt of the materials donated by benevolent people.



我們的服務
Our Service

送贈「平安咭」 保平安

一些長者由於剛遷居不久，一時忘記新居所的地址，而「有家歸不得」、或因患有慢性疾病，如糖尿病或高血壓病發感到不適頭暈，而病發街頭，一時情急慌張，不能準確道出自己的健康狀況、所服食的藥物等資料，因此而拖延被救的危險、或未能即時告知醫護人員緊急聯絡的家人電話時，致令親人四出尋找他的行踪，焦慮他的安全，苦候他回家！

而另一方面，一些長者可能已開始出現老人癡呆症的徵狀，如記憶力減退，容易忘記周遭事物時，當他們自行出外迷路，可能會是「一去無踪」。

本會老人專刊《松柏之聲》為解決護老者以上的憂慮，由中原地產有限公司贊助，特別發行「平安咭」，咭上列載使用者的姓名、年齡、住址、緊急聯絡人姓名及電話、健康狀況、所服藥物及血型等個人資料，於長者迷路或遇事時，能可提供其家人的聯絡方法，方便隨身攜帶，以便令長者出外遇健康出現問題或忘記家居地址時，可提供準確資料，令醫護及拯救人員作出即時及適切的援手。

「平安咭」附有卡套，印有熱線及求助號碼，供危急時可參考，亦可存入長者的身份証；以備長者出外時，自然會攜帶此「平安咭」以平安。

「平安咭」除歡迎市民親臨免費索取外，亦可附回郵信封，封面註明索取「平安咭」字樣，寄香港灣仔石水渠街85號聖雅各福群會一字樓105室《松柏之聲》索取。數量有限，先到先得。查詢：2831-3215。

Free "Safety Card" to ensure elderly safety

Some elderly people who have recently moved new house may forget their new address and are therefore unable to go home. Others, suffering from chronic diseases such as diabetes or high blood pressure, may suddenly feel weak and dizzy on the street, and in their state of fright are unable to state their health condition or the medicine they are taking, thus running the risk of delaying proper emergency treatment. Or, because they are unable to give phone numbers for the medical personnel to contact their next of kin right away, their families wind up looking for them everywhere, worrying about their safety and anxiously awaiting their return.

At the same time some elderly people may be showing the first signs of dementia, like poor memory and easily forgetting their surroundings. When they are lost, they may just vanish without a trace.


To relieve the above worries of caretakers of elderly people, the St. James' Settlement publication for the elderly, The Voice, with the sponsorship of Centaline Property Agency, has issued a "Safety Card" giving the bearer's personal data including his name, age, address, emergency contact and phone number, health condition, medication and blood type. If the elderly person is lost or has had an accident, his family can be contacted right away. Also, if he develops a health problem or has forgotten his address, the data on the card will make it possible for medical and rescue personnel to render timely and proper assistance.

The "Safety Card" comes in a jacket on which are printed hotline and emergency assistance phone numbers for use in emergency, and which can also carry the bearer's identity card. It is designed for elderly people to carry with them whenever they go out.

Interested parties are welcome to come to our office to collect the "Safety Card" personally. Or they can send us a self-addressed envelope with a note written on it requesting a "Safety Card". Our office address is: The Voice, Room 105, First Floor, St. James' Settlement, 85 Stone Nullah Lane, Wanchai, Hong Kong. As our supply is limited, requests will be filled on a first-come-first-served basis. For inquiry please call 2831-3215.

正面
Front

「平安咭」卡套
'Safety Card' Jacket



有用電話	
警察熱線	2527-7177
醫管局熱線	2882-4866
社會福利署	2343-2255

《平安咭》

姓名：_____

性別/出生年份：_____

地址：_____

電話：_____

緊急聯絡人：_____ 關係：_____

話：_____ (住宅) 話：_____ (辦公室)

健康狀況：_____

血型：_____ 對何種藥物敏感：_____

_____ 填咭日期：_____

聖雅各福群會
持續照顧服務

背面
Back



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計劃 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 家居維修服務 | <input type="checkbox"/> 到戶理髮服務 |
| <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 後顧無憂規劃服務 | <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 防流感助病弱計劃 |
| <input type="checkbox"/> 代購電器服務 | <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 法律諮詢服務 | <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"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> Flu Protection for Frail Sick Plan |
| <input type="checkbox"/> Appliances Procurement Services | <input type="checkbox"/> Health Promotion Activities | <input type="checkbox"/> Legal Consultation for the Elderly |
| <input type="checkbox"/> General use | | |

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：陳炳麟先生
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：祈慕潔、梁達仁、蔡珍妮、陳達財、黃麗貞、胡友玉
友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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行善者，人人銘記之。

Tall mankind are beholden to him that is kind to the good.



我們需要你的捐助
We Need Your Donation

助無助者乏力購自資藥物 請支持「贈藥治病」計劃

長壽是每個人終生追求的生活目標，但若年老體弱多病，需要長期「睇醫生 吃藥」，被病魔煎熬，缺乏經濟能力購買藥物治病，確是人生晚年的無奈憾事。

本會新推的「贈藥治病」計劃乃透過與醫護人員多年來的要求下，在基於貧病者的治病需要，盼藉善長的捐助，在病者治病的路途上，作出扶助而推出的「慈惠服務」之一。正如一位公營醫院主診醫生說：「醫院給予病人的藥物，由於藥效不佳及副作用多，病人服食後不但引來多種不適、後遺症，而且還影響他們治病的信心，此實非病人之福。」為病人的福祉著想，以助可「更舒適地治理疾病」，他往往建議病人出外自資購買藥物。

「贈藥治病」計劃就是為有需要而有經濟困難的長期病患者，由於未能自行負擔昂貴藥費，以應付一些治療過程中需要、公營醫療機構並未包括在內的「自資購買藥物項目」。此計劃便是提供經濟援助，以助他們可適時購買適切的藥物，服食後免去多種不適、減去一些後遺症，以可及早控制病情及康復，免他們的健康進一步惡化，影響往後的生活質素及加重社會服務的壓力。

「贈藥治病」計劃的資助對象是體弱多病、經濟條件有限，如領取綜援金/低收入、缺乏親友照顧之長期病患、體弱多病人士；透過現金資助長期病患者，以減輕貧病者的經濟負擔，提高他們的生活質素，繼續安居於社區中。申請者必須有醫務

人員證明其健康狀況，需資助的藥物必須是醫生處方藥物，一經本會工作人員或義工核查合格，本會會視善款的多寡及能力作出金錢或藥物資助。你願濟助一群貧病無助者購買有關藥物的「贈藥治病」善行？俾助他們於得有長壽之餘，也可於餘年感受人間溫暖？施善查詢：2835-4321或8107-8324。



Assist the helpless buy medications Support 'Medication Subsidy Program'

People pursue longevity. Unfortunately, many become weaker in health as they grow old and suffer from various illnesses. They need to see the doctor and take medications regularly. They suffer from chronic diseases and if they are financially incapable in buying their own medications, they feel helpless and depressed.

'Medication Subsidy Program' is one of St. James' Settlement new philanthropic projects. This scheme is set up after years of co-operations and the request with and from medical professionals based on the need of the destitute sufferers. One senior doctor remarked, "Medications prescribed by government hospital doctors are less effective with many side effects. Patients will feel discomfort in various ways after they take the medications. This will affect their confidence in healing adversely. This is not beneficial to them." For the patients' benefits, he suggested the patients should buy their own medications outside.

'Medication Subsidy Program' aims at assisting the chronic patients who cannot afford to buy their own medications. These are expensive medications and are itemised on a 'users pay' category. This Scheme is to subsidise financially to help the needy buy appropriate medications at a good time. Appropriate medications will eliminate discomfort, reduce side effects and ensure healing in the long run. When their health does not get worse, the quality of their lives will not be affected. The demand for further social services will not increase.

Our 'Medication Subsidy Program' targets at those with poor health, suffering from various illnesses and financially incapable. They can be recipients of the CSSA, people from the low-income bracket groups. Or, chronic patients with no relatives to look after. This Program intends to subsidise those people with cash to alleviate their financial burden and to enhance the quality of their lives. Each applicant must submit a testimonial certifying his/her state of health from medical professionals. The medications must be prescribed by doctors. After St. James' Settlement staff or volunteers' assessment, St. James' Settlement will finance or medicine subsidy depending on its existing cash flow and resources available.

Are you willing to finance the poor needy by joining our 'Medication Subsidy Program'? Your generous donations will warm their hearts, help them live longer, live better. For donations, please dial 2835-4321 or 8107-8324.



令我捐得安心

「我捐款幫助有需要的人，當然要知道他們的實際情況啦。」一位探訪「電器贈長者計劃」受惠人的善長說：「我要知道我的捐款怎樣幫到老人那些地方。」

李小姐是一位熱心助人的善長，日前親自探訪及攜帶一個電飯煲及電熱水壺，以及剛安裝一台電熱水爐的黃婆婆。「我自小生長在一個小康之家，家裡設施齊全，從不缺乏，生活甚為方便，亦根本不知貧窮的滋味。」

「探訪過黃婆婆後，我先知老人家的居住面積，原來是那麼狹小。無疑她有一間獨立廚房及洗手間，但房間放了一張床、一個衣櫃及一張食飯枱後，根本就無地方讓她走動。」李小姐探訪黃婆婆位於葵涌邨的家後說。「她無親無故，一向自食其力，生活逼人令她看來好像已80多歲，腰背已彎力。」

「她已70多歲，行動不便，確實很難拿熱水往洗手間沖涼，送給她一台電熱水爐，不但方便了，也可助她消除攜帶熱水跌倒的危險。」看見黃婆婆示範用電熱水爐後，李小姐安心地說：「我不想送了熱水爐給她便算，因為我想知道究竟我的捐款可發揮幾多。」

當李小姐知道她所送給黃婆婆的電飯煲，是黃婆婆的第一個電飯煲時，感到非常詫異地說：「香港竟然仍有人用火水爐用煲煮飯，如果不是親眼看見，也不會相信；之前我都以為香港每一個家庭都會有電飯煲，原來真是幸福非必然。」

「我真係好開心，我送的熱水壺給黃婆婆，以後當她咳嗽時，便可以飲有熱水，令喉嚨舒服些，咳嗽也少了，她也舒服了。我現在好有信心捐款了，以後捐也捐得安心了。」李小姐笑著說。

I am comfortable with my donation

"I donate to help the needy and of course I would like to know their actual condition." A beneficiary visiting Electrical Appliance for the Elderly Program donor said, "I want to know how my donation has helped the elderly."

Miss Lee is an ardent supporter took an electric rice cooker and an electric kettle to visit old lady Wong whom recently has a hot water heater installed. "I come from a fairly well to do family, want nothing and have no idea what poverty is like."

"From my visit of the old lady, I knew that her living area was cramped. Sure she has her own kitchen and bathroom, with a bed, a wardrobe and a dining table there leaves little space for her to move around." Miss Lee on visiting her in Kwai Chung then said, "She has no relative, has been self-reliant and the hard fact in life made her look like an 80 years old. Her back is bent."

"She is over 70, has walking problem, and really troublesome if she has to bring hot water into the bathroom. Sending her a hot water heater gives her lots of convenience and reduces tripping hazards." On seeing the old lady demonstrated how she uses the hot water heater, Miss Lee said calmly, "I am not done with just giving her the hot water heater, I wish to find out how effective my donation helps her."

As Miss Lee found out that the rice cooker given to old lady was the first electric rice cooker she ever had. She said surprisingly, "I could hardly believe that there are still people in Hong Kong using kerosene stove for cooking rice, had I not witness it myself. My previous impression was that every family in Hong Kong uses electric rice cookers. Now I realize that one cannot take fortune for granted."

"I am very happy to have given the kettle to her. From now on when she coughs she can have hot water to drink and that soothes her throat, reduce her coughing and she will be more comfortable. I am now confident to give my donation as they will be put to good use," said Miss Lee gaily.



我會努力 做治療

敬愛的贊助者：

您好！因一直忙於應付高考，所以無暇以書信向您匯報一下近況，請諒！謝謝您給我的捐款支持，令我可改善生活。

我已於5月9日完成所有高級程度會考的筆試與口試了。真慶幸當天有您的慷慨解囊，令我的驚恐症得到及時的醫治，我才得以專心應考。告訴您一個好消息吧，在高考開始前，我已不需再服用治療驚恐症的藥物，而只服用心跳藥便可了！這樣我便可少承受點副作用了。

至於治療方面，我並沒有躲懶的。每次覆診，治療師都說我下肢的力度較前一次有進步。然而這與筆挺的步態仍有一段距離，原因有二：一為我自小的步態已出現問題，而腦部亦已習慣了這個問題步態，故要糾正過來，比鍛煉力度更為困難。

二則因為我的膝患。去年8月醫生以內窺鏡替我清除了右膝內的發炎組織及破壞了膝蓋骨後，軟骨的確重新生長了。可惜這個好消息並沒有為我減輕痛楚及令膝蓋的活動幅度得以改善，使步伐因為痛楚的存在而不太穩定。可惜的是，醫生也束手無策。不過我還是會努力做治療的。

天氣開始熱了，緊記要注意消暑。有空再寫信給您問候吧！

XXX敬上

2009年5月16日

I shall try my best for the therapy

16 May 2009

Dear Donors,

I wish all of you well! I have been busy preparing for my High School Examination and have not taking time to tell you about my latest condition. Please accept my sincere apology. I am thankful for all your support and contribution, without which I would not have improved my living condition.

I have finished all my High School written and oral examinations on May 9. I have been very fortunate to receive your generous contribution, it has provided timely cure of my hysteria and enables me to concentrate on my study and examination. The good news for you all has been no more medication for my hysteria before the examination and the only medication needed was for heart beat control and hence, one less side effect I have to face.

I have been diligent with my physiotherapy treatment. My physiotherapist told me on my scheduled visits that my lower limbs are gaining strength. Of course, my walking gait is still not straight upright as I have picked up this bad habit when I was little and my brain has become used to it, not that easy to correct, even tougher than strengthening of my leg muscles.

The other cause is due to my knee injury. Last August, the doctor used endoscope to remove damaged tissue and broken knee cap from my right knee and the soft cartilage is now growing back. Unfortunately, this good news does not reduce my pain nor improve the dexterity of my right knee. My steps are still unstable due to pain and unfortunately nothing more can be done according to the doctor. Nevertheless, I shall still try my very best to go through the exercises during the treatment.

The weather is getting hot so beware of sun stroke. I shall write you again when time permits.

Yours faithfully,

XXX



不倦的社工：陳炳麟

The Tireless Social Worker: CHAN Ping-lun

陳炳麟像頭牛，由三十多年前加入福利界開始，日以繼夜為不同弱勢社群奔走，幾乎沒有一天停止工作，就是自己患上癌症的非常時期也沒有停下來，在病床上抖起給電療折騰得七勞八損的身軀為弱勢長者開展服務。

CHAN Ping-lun, Manager of the Corporate Venture of St James' Settlement, developed various service projects that aimed at improving the living standards of single elderly people in Hong Kong. He is one of the first generation of social worker who serves the community with great passion.

“幫人為先 之後才談自己生計”

他的成長背景是典型的上一輩香港故事，家人於文革時期被同鄉和叔伯兄弟批鬥，其後舉家偷渡來港定居，少年時在煙花之地的灣仔謝斐道生活，天生天養，幸而沒有誤入歧途，中學畢業後在許多行業待過，包括在銀行、政府和律師樓當文員、跑腿。

He started out as a bank clerk and messenger of various corporations and later became a social worker in 1976 after completing his study in Institute for Social Work Training, Social Welfare Department. Since then, he never thought of leaving the welfare sector but committed to providing non-subsidized services to the disadvantaged elderly. When he was diagnosed with cancer (nasopharyngeal carcinoma) in 2002 and had to stay in hospital for 35 treatments of electrotherapy, he continued to work on his projects, including editing "The Voice" - the first elderly magazine in Hong Kong that Chan is responsible for years, even harder.

在聖雅各福群會工作了三十二年，陳炳麟總是諗頭多多，在緊絀資源中自創各項服務，雖然社會服務有多個類別，但他只鍾情長者服務，認為能夠使長者有一個有質素的晚年生活和陪伴他們走最後一段人生路，是種福氣。

"People try to persuade me not to work that hard because of the cancer. Well, everyone would die. We can't decide how long we are going to live, but we can decide how good we enjoy life in every moment. In fact, I'm not afraid of death but fear of nothing to do day after day."

「老人家就像洋燭，煙消玉殞，逐漸失去自顧能力，若是無依無靠的話就更可憐。無論他們年青時是善是惡，但在推動社會發展上都有一個位置，老來需要家人朋友的關心，亦需要社會的關心。」

Despite facing his own death and various sequelae from the disease, Chan never give up and regards his career as his religion. He even asked for the disclosure of his cell phone number (8107 8324) in this article, hoping those who are willing to offer help to the elderly could contact him directly.

解決社會問題不只靠政府

然而，他不太喜歡政府資助的服務，認為制肘多多，寧可自募經費和義工開展新服務，包括統籌長者家居維修服務、收集及送贈電器給無依老人、出版《松柏之聲》、開辦獨居長者的殯儀殮葬委託服務，還負責整個機構的企業拓展工作，

"As most of our projects are self-financed, we have to find sufficient volunteers and community resources to help. One of our social workers' major responsibilities is to do matching between people who desperately need help and those who really want to help."

協助各項社會服務的宣傳及推廣。只要他一聲令下，就可動員逾500位義工，當中不乏專業人士和企業老闆。

In this sense, Chan feels indifferent to the tough situation of the welfare sector and the unfavourable remuneration claimed by young social workers nowadays. He said if one wants to make a fortune from his or her career, he or she will never choose to be a social worker.

「社會問題多多，單憑政府不可能解決所有問題，與其不斷要求政府資助，倒不如盡力發掘社會資源，香港還有許多有心人。」

"Social work is a mission driven profession. We will only be recognized and respected by the society if our service users have a happy life. I'm sure we will get a better pay when our social status have been raised and our contributions be recognized. Let's work hard first!" Chan suggested to the newcomers.

對於近年社福界的艱難處境和年青社工的薪酬待遇不佳的問題，陳炳麟看得淡然。他說要富貴就不會當社工，社工是使命感驅動的行業，只要受助人快樂生活，社工才會得到社會認同和尊重，社會地位提高，待遇自會更好，並非自以為專業，人家就覺得你專業。
(部份內容已被刪短)

Chan will soon come to his retirement age 60 in August 2009. Many people will cultivate various hobbies or prepare travel plans before their retirement. However, he neither thought of his retirement life nor living with his son in the USA. He hopes his longtime employer, St James' Settlement, will offer him opportunities to serve the community.

"I am still young. I'll continue to help the elderly in need until I'm no longer capable to take care of myself and be served in the elderly home," the tireless social worker said.