

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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社工的話

Social Worker's Remark

退稅支票的效能

去年下旬金融海嘯爆破，直擊本港各行業不久，今年隨即有人類豬流感肆虐，香港經濟大受影響，經濟衰退及動盪下，失業率大增，部份市民收入大減，確實造成社會不少困擾。

似乎此與領取綜援的長者無關，因為他們每月照常領取社署的生活資助，亦無如一些市民一樣，受「減薪」及失業之苦，照理他們的生活算是「安穩」；但事實上，由於綜援在「謹可糊口，每月清(用清所有綜援金)」的原則下資助貧而無助者的生活，即是說當局是不會讓他們「藏庫」；若他們遇有其他困難時，是要節衣縮食地「自掏腰包」解決的。

試問，長期處於貧乏下，綜援受助者怎可自行改善生活質素呢？在金融海嘯及流感的雙重襲擊下，我們所得善款減少是鐵一般的事實；我們未能及時藉賴善長的濟助，為長期處於無助的個案作出援手，也是我們累積個案的主因；故此經濟動盪時期，長期處於貧乏病殘者也同樣受影響。

在嚴峻的經濟形勢下，當局自知同時受百物騰貴下的綜援受助者的生活壓力，亦於去年至今已兩次增加綜援金額，及將生果金加至一千元；唯我們的申請援助個案始終未有減少，而且輪候援助的時間亦日見拖延。

本港自金融危機爆發以來，政府連番推出各項紓困措施，受薪一族可獲薪俸稅退稅額至八千元，即是說共有50萬市民，預料今年九月會收到退稅支票。你可是其中的一員？你可有意將此多出的「既出之數」，捐助我們的弱勢社群？他們包括獨居無依老者及貧病傷殘弱者，他們不單是風中殘年之無助老者，而且當中更是頻臨死亡的絕疾癌患人士。

事實上，對善長而言，百數元之數，對貧乏者而言，可能是他們飽食數餐之數，或療病之急須濟助。只要你們略施援手，不但能起扶危濟困之效，還令受惠者感受大家的實質關懷，在此貧富日益懸殊的今天，你的慷慨施助，定可令社會變得更为溫馨與共融。

Effective power of tax rebate cheque

On the heel of financial tsunami badly hitting all business sectors last year, the H1N1A flu this year is adding havoc to the weak financial health of Hong Kong. Unemployment is on the rise and many employees are losing out on their income, very disturbing indeed to the local community.

The above appears to have little impact on elderly living on CSSA who continue to receive their regular monthly payment from Social Welfare Department, unaffected by pay cut or employment. However, with just enough money to cover their monthly living expenses, there is no way they could have any mean of saving and when the unforeseen strikes their only way of raising cash is by cutting back on food and clothing.

Under such circumstances, how could they improve the quality of their living condition? Under double beating of financial tsunami and H1N1A flu, falling off of donation and fund is an indisputable fact. That is the main cause for cases backing up before help can be available to the needy cases suffering from prolonged chronic illnesses.

Under this stringent economic condition and cost of living going up, the authority have twice increased the amount of CSSA and raised 'fruit money' to HK\$ 1,000. Unfortunately, requests for help are still surging in and the wait list is getting longer and so is the wait time.

Since the beginning of financial crisis in Hong Kong, the government has launched relieve measures including tax rebate of up to HK\$ 8,000 for each tax payer. That is to say a total of half a million tax payers will be receiving their refund cheque in September. Will you be one of them? Will you be willing to donate what you have paid out to help the disadvantaged? They include living alone and the poor and handicapped elderly, some of them terminal stage cancer patients.

The fact is a few hundred dollars may not mean much to you but it is quite a lot to the under-privileged, enough for covering several meals or doctor's visits. With the widening gulf between the have and have not, your generosity will make an impact to the community.

「家居維修服務」及「電器贈長者」 8/09 個案統計 HMS & EAE 8/09 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	5	6
社會福利署	Social Welfare Department	7	18
非政府機構	Non-government Organization	77	82
其他政府部門	Other Government Department	2	0
個案總數	Total	91	106
個案數目統計	Cases Statistics		
8月份新個案	New cases in August	91	106
7月份尚未完成的個案	Cases carrying-over from July	21	96
8月份共需處理個案	Total cases to be handled in August	112	202
8月份完結之個案	Cases settled in August	95	97
帶往9月份之個案	Cases carrying-over to September	17	105
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	83	90
非綜援個案	Non-CSSA cases	12	7
已完結之個案	Cases settled	95	97

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.)	127	收音機/錄音機	Radio / Recorder	2
電力供應系統維修	Electricity systems	60	電飯煲	Rice cooker	16
木工維修	Wood-work	24	電視機	Television set	25
來去水系統維修	Piping & drainage systems	21	雪櫃	Refrigerator	13
家庭電器維修/安裝	Electrical appliances	40	風扇	Fan	27
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.)	45	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 [^]	6
檢查電力裝置	Check electricity system safety	28	洗衣機	Washing machine	5
門鎖檢查及維修 (如鐵閘門鎖、木門門鎖等)	Lock checking and repairing service (e.g. iron gate lock / door lock etc.)	30	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	2
			其他*	Others*	2
總數	Total	385	總數	Total	112

[^] 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

*其他包括一部冷氣機及一部抽油煙機

*Others include one air-conditioner and one range hood



我們需要你的捐助
We Need Your Donation

捐無依長者洗衣機 助脫依賴自我照顧

每逢夏天氣溫高漲，氣溫徘徊30度以上，天氣炎熱令人終日汗流浹背，衣服吸入汗水後發出異味，必須經常清洗方可不致影響健康，以及人際關係；如何令獨居及體弱老人可自我照顧，健康地生活，令其可受人歡迎呢？

「我希望自己可以洗衫，唔想俾洗衣舖洗，除咗要花錢外，我如果再唔做嘢，就會變成廢人。」剛因中風致左手活動不靈，而要入院治療及接受康復的譚婆婆說：「我的左手依然無力，雙手根本不能洗衫；出院後，現在全屋都係污糟衫，都唔知點攞！」

64歲的譚婆婆未婚，年青時獨身來港投靠親友，一向自力謀生；60歲時獲安置入住秀茂坪邨一單位居住，因遠離工作地點之酒樓，往返需時及交通費昂貴，故被逼退休依賴綜援為生。「我的洗衣機是搬入時，由朋友送給我已有10年的舊機；未入院前它已開始有問題，出院後發覺入邊積晒霉菌同發出異味，真係嚇咗我一跳。現在根本按極電制都唔得，鄰居替我檢查後，話不能修理了。」

「我想我可以藉著用洗衣機洗衫時，來做運動，起碼生活也無咁悶。」譚婆婆申請洗衣機時說：「我靠綜援為生，買一部洗衣機起碼要用仟多圓，中風出事後，都要用錢睇醫生，我點再有錢更換洗衣機呢？」

你願支持如譚婆婆一樣自強不息，努力作出自我照顧的長者嗎？盼請支持由聖雅各福群會全港推行的「電器贈長者」計劃，捐出5年以上、上揭式的高水位洗衣機，或捐出\$100，俾本會可以集腋成裘方式，於代理商處以每部\$1,000購買一部簡單操作的洗衣機，轉送無依不欲別人照顧的長者吧。捐款請用支票，抬頭請寫：聖雅各福群會，支票背面捐定「購買洗衣機」，逕寄香港灣仔石水渠街85號一字樓105室。網址：www.thevocie.org.hk或致電施善熱線：2835-4321或8107-8324。



Washing machine for elderly

Clothing soaked with sweat in high summer temperature will produce foul smell requires proper laundry for health and interpersonal reasons. This is particularly so for frail, alone living and self-serving elderly.

"I want to wash my own clothing instead of sending to laundry shop; it saves me money and give me something to do without staying idle," said granny Tam who recently had a stroke and is on her way to the hospital for rehabilitation treatment. "My left hand is still weak and I am unable to wash my own clothes. Since being discharged from the hospital my house is piled with dirty clothing and not knowing what to do."

Tam, 64 years old, never married, has always been looking after her own living came to Hong Kong to live with her relatives when she was young. She was resettled to a unit in Sau Mau Ping Estate when she turned 60. As the location was too far away from her restaurant work, the high costs of travel forced her to retire and she started to live on CSSA. "When I first moved in my friend gave me an old washing machine which gave me problem even before my hospitalization. After my discharge I found there were mildew all around the edges producing foul smell and that horrified me. Now it does not work no matter which button I push and my neighbour checked it out and told me that it is beyond repair."

"I want to do my own laundry and treat it as an exercise thus keeping me busy," said Tam when she came to apply for a washing machine. "I rely on CSSA and do not have the means to buy a washing machine costing thousands of dollars. Besides, I need money for seeing the doctor after the stroke."

Will you be willing to help people like granny Tam who is trying her best to look after herself? If you do please send us top-open, high water level washing machine less than 5 years old or donation of 100 dollars in cash into our fund for the purchase of washing machine at \$1,000 each from the distributor. Cheques can be made out to beneficiary St. James Settlement, earmarking for 'washing machine' and mail to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Website: www.thevocie.org.hk; inquiry and donation hotline: 2835-4321 or 8107-8324.

「我終於夢想成真，有部洗衣機了。」婆婆說。

'My dream comes true to have a washing machine now.' Por Por says.



受惠者言
Client's Remark

自強不息 身壯力健

Unceasingly self-strengthening and be healthy and active

「電器贈長者」計劃推行以來，有賴善長、義工及轉介機構之支持，迄今已幫助了一萬餘貧苦無依之長者，並贈送出近一萬二千件弱老所需要之電器。

我們只管耕耘，但我們仍然會常常收到受惠長者對善長表達的感恩之情。他們或來電、或寄卡、或親臨…喜悅之心流露面上。我們除了替老人家因生活質素得到改善而高興外，內心當然亦永不會忘記善長們施善的恩德。正因為有你們的支持，「電器贈長者」之服務才能幫助到全港貧窮弱老，令他們享有尊嚴及有質素之晚年。

近日我們又再次收到一位受惠長者寄來的致謝信。獨居於坪石邨之鄺婆婆已年屆85歲，老伴早已於十多年前去世，膝下無兒，生活清貧，行動亦因關節退化而變得活動遲緩。雖然她常笑說「不認老」，但奈何樂觀的心態始終敵不過生理上的衰退。

較早前，鄺婆婆獲得了由善長透過聖雅各福群會贈送的頂揭式洗衣機一部，即時解決了她一直以來因手腳酸痛而不能洗衣服之苦惱，特投函本會作出致謝。她於感謝信中強調：「我苟延於世上，本沒期望有人會再關心我這個殘廢人…以前只能撐起老骨頭，勉力洗衣服，洗完後往往背脊陣痛好一段時間…收到洗衣機後，我實在忍不住流下了感激的眼淚…感恩之情，實不知如何表達…」。

最令人鼓舞的，是鄺婆婆隨信送來的一對手製竹篾對聯。「自強不息，身壯力健」，這八字除了是祝福善長們身體健康外，同時亦寄語希望本會之「慈惠服務」之員工能夠努力工作，從而幫助到更多弱勢社群。有著善長們的支持，我們深信定能夠做到「自強不息」，亦祝願普天下之善長及弱老「身壯力健」。

The Electrical Appliances for the Elderly Program since launched relies on support of benevolent people, volunteer workers and referral institutions. We have up to now helped over ten thousand poor, lone living elderly and delivered closed to twelve thousand pieces of needed electrical items.

Though we merely concentrate on our work, we have often received messages from the beneficiary expressing their thanks to the benevolent people. They may call by phone; send cards or even coming to our office to express their gratitude showing their joy. We are grateful for your support in helping to improve the living conditions of the poor elderly. It is your support that enables our EAE program to service these poor elderly for a better and respected life at their advanced age.

We have recently received a thanks letter from an 85 years old granny Kwong living in Ping Shek Estate. Her husband passed away more than ten years ago, she has no children, lives in poverty and stricken by arthritis. She often jokes that without admitting getting old and despite optimism at heart, her physical condition is deteriorating with ebbing strength.

Earlier, granny Kwong was given a top-open washing machine by SJS and that resolves her arthritis plagued washing hardship. She wrote us to express her thanks. In her letter she emphasized, "I was not expecting any body to care for this useless granny. In the past I just tried my best to wash my clothes. Each time it hurt my back. After receiving the washing machine my eyes were filled with tear of joy and I just could not find the words to express my gratefulness.

What is most encouraging from her is a pair of hand made couplet with wording woven on bamboo mat saying "Unceasingly self-strengthening and be healthy and active" (see photo below). The eight Chinese characters not only wish our donors the best of health and also wish staff in our "Charitable Services" to work unceasingly harder to help more under privileged in our community. With your support, we firmly believe that we will become more self reliant and energetic. May we also take this opportunity to wish all good hearted people and the poor and weak elderly under the sun the best of health and stay active.



「自強不息，身壯力健」

"Unceasingly self-strengthening and be healthy and active"



「爺爺的健康轉好了」

“Grandpa is healthier”

「我爺爺86歲，罹患多種慢性疾病，憂鬱症、巴金森氏症、攝護腺肥大、脊椎側彎、心臟病等，只知往不同的專科私家醫生求醫，每天由於要吃超過10種藥，弄致他經常跌倒、幻想。」李小姐說：「他經常投訴家裡住了數拾人，太嘈吵，嚷著要搬走，我家根本一向只住了4人，他這樣說，真是嚇壞人。」

“My grandpa is 86. He suffers from many chronic illnesses such as depression, Parkinson's disease, benign prostatic hyperplasia, scoliosis and heart problem etc. He consults different specialists. He has hallucinations and often falls since he takes more than ten kinds of drugs.” Miss Lee added, “he often complains that home is too noisy for dozens of people live there and he threatens to move out because of the noise. There are only four of us in the family. It's scary to hear him say all those things.”

李小姐續說：「媽媽面對爺爺一大堆的藥丸，卻搞不清楚如何給他服用，只知要給他吃藥，但卻不知道方法，不但沒有發揮預期的藥效，反而常出現一些後遺症，真是造成爺爺一些傷害。」

Miss Lee went on to say, “mother doesn't know how to help grandpa with drug-taking. She knows he has to take them, but doesn't know the proper administration. Instead of the expected curing effects, side effects appear which have brought him harm to some extent.”

原來李小姐的爺爺由於吞嚥功能不好，李小姐的媽媽只好把藥物磨粉，以令他容易連水一起服食，唯因為李老爺爺的攝護腺藥物是緩效持續，且有低血壓副作用，是應該睡前吃，但是由於他在白天將磨成藥粉的藥丸服食，藥粉一下子就在胃部吸收，導致他整天昏沉沉的嗜睡，還因此多次跌倒，只能躺在床上，還要家人幫忙洗澡。

Miss Lee's grandpa has trouble swallowing. Miss Lee's mother pulverized the drugs so that he could swallow them easily with water. One of the prostate drugs, slow continuous ingot, lowers blood pressure and should be taken before bed. But he took the pulverized drug in day time. The drug, once absorbed by his stomach, put him in a drowsy condition. He fell many times because of the drowsiness. He had to lie in bed and his people had to wash him to keep him clean.

「因為他每日的性情大變、精神昏亂、胡言亂語、步履不穩等問題，隨年齡的增加，令我們誤以為他因年老，而出現自然老化現象，但當我們接受『病患者藥療輔導服務』的註冊藥劑師義工後，他們即時糾正我們不可將藥丸磨成粉讓爺爺服用。」李小姐說：「因為藥丸是應該在胃腸緩慢釋放藥效的長效藥，而藥粉在胃部一下便會被快速吸收，爺爺出現幻想、膽妄，是自然的事。」

“Since grandpa appeared confused in his thoughts, had unsteady movements and a drastic personality change, we thought those symptoms were a result of ageing for he's getting old. After we talked to the registered volunteer pharmacist from the 'Pharmaceutical Care Service for Patients Projects' of St. James' Settlement, he told us we should not pulverize the pills for grandpa.” Miss Lee continued, “for the pills need time to release the curing effects slowly after they are taken. The pulverized drug can be absorbed right away. No wonder he gets hallucinations and delirium.”

「爺爺每天都要服食三種止痛藥，包括乙醯胺酚、阿斯匹靈、NSAIDs，其中阿斯匹靈與NSAIDs是禁忌用藥，根本不可以一起吃，極可能會導致胃出血。」李小姐說：「藥劑師義工很細心檢視爺爺各種藥物，教了我們很多用藥知識，也減去爺爺一些藥效相同的藥物；現在爺爺的健康轉好了，沒有以前那些不良反應，如昏亂、頭暈、步態不穩等問題，減除媽媽的照顧辛勞，也令我們安心。多謝『病患者藥療輔導服務』的註冊藥劑師義工。」

“Grandpa takes 3 kinds of pain killers daily, including phenol amide B, aspirins and NSAIDs. Aspirins and NSAIDs should be used with precautions. They should not be taken together because they may cause stomach haemorrhage.” Miss Lee pointed out, “the volunteer pharmacist examined all grandpa's drugs. He taught us a lot on drug use and he cancelled some drugs with redundant similar curing effects. Grandpa's health is improving. He doesn't show terrible reactions such as dizziness or confusion with unsteady movements. Mother does not have to take care of him and we're not worried. We are grateful to the volunteer pharmacist from the 'Pharmaceutical Care Service for Patients Projects.'”



「服食藥物必須清楚藥性。」

‘We have to know the medicine before taking.’



捐贈者言
Donor's Remark

直接助人 自己喜樂

Direct help gives one joy

眾所皆知，本會作全港推行濟急扶貧的「慈惠服務」，乃以受患者的實際生活所遇到的困難，藉賴大家的捐款與賜贈，以解無助殘弱病患貧困老者乏力克服及處理的生活難題。

除直接改善受患者的生活質素，免於他們被困難舉步維艱的重擔壓得「喘不過來」，或因而令病情惡化、引來家居意外、帶來精神及情緒困擾等問題，還會令受患者因而感受社會的關懷，重燃對生命的熱誠。

「我幫人，當然是要幫人解決困難；假使有困難的老人無能力買電視機，我當然是捐款給他們買電視機啦。」經常捐助「慈惠服務」以助有困難無助的老人的李小姐說：「事實上，基於『助人解困』的理念，若果我做的，並不是他們需要的，那豈不是浪費我的金錢，更濫用我的捐款。做善事，當然是要助人解困啦，如果不是，我還要做什么呢？」

「既然，你們的『慈惠服務』是呼籲善款支持，要的是要幫有需要的人解困，令受患者可以解困去苦，我選擇可以更有意義地發揮助人的效果，所以我捐款，更要指明款項的用途。」另一位善長說：「我不選擇捐款予一些吃喝玩樂的活動，雖然可以帶來老人一點生活的歡樂，但畢竟是錦上添花，老人的歡樂只是一時的；我喜歡雪中送炭的行動，這才是帶來困苦老人深刻徹骨的真正歡樂。」

「所以當我每次得悉受患者得著幫忙的歡樂後，生活因而得著改善，亦令我歡樂非常，深感助人的喜樂。」他們兩人都齊聲說。

It is common knowledge that the "Charitable Services" of our institution is to help those having difficulties in their living. With your donation and contribution the poor and weak elderly can overcome their difficulties which they are unable to manage or handle themselves.

This direct improvement on their quality of life help to eliminate the hard pressed burden which could otherwise cause deterioration of their illnesses, accidents at home or spiritual and emotional disorder etc, and provide them with the comfort that the community cares for them, thus rekindling their zest and desire for life.

"What I want to do is of course to help those who has difficulty in life. If the poor elderly cannot afford a TV set, I donate TV set." Miss Lee, a regular donor to "Charitable Services" said, "The idea of help is giving people what they need whenever I can. Otherwise it will just be waste of money and will that do any good?"

"As your "Charitable Services" calls for donation in order to help those in need I am choosing a more meaningful way to produce an even better effect by specifying the usage of my donation." Another benevolent person said, "I will not elect to support activities just for fun and food, though they may bring short-lived joy to the elderly in their daily lives. I want to give the needy elderly real joy with lasting memorable impact."

"So each time when I learnt about the joy of the beneficiary after getting help in improvement of their living conditions, I feel very happy and I deeply realize the joy in helping others," said they together.





「解決爸爸的煩惱」

「我的爸爸已年過70歲，行動不便，自顧能力低，日間需要福利機構職員送飯。」馮女士說：「本來，這是沒有問題，因為此可確保他每日都有飯吃，不致捱餓，令我們可以安心工作。」說話時，馮女士似有無盡的說話要訴說。

「我爸爸年青時耳朵發生毛病，因延醫治理，不夠60歲已完全失聰了。媽媽在世上，都不覺有問題，因為當有人到訪，她可以開門，無需爸爸操勞開門；但當媽媽4年前逝世後，問題便出現了。」馮女士不停地說：「點解？因為那時他亦因跌倒而令左腳行動不便，需要附近一間福利機構送飯服務，但他又聽不到門鐘聲，結果多次錯失送飯服務，不但沒有飯吃而要捱餓，也經常要被社工投訴。」

「但爸爸總不能每日坐在門前等待服務人員上門，我家的門向北，走廊又大風，冬天時對他而言，確是折磨，我們也不忍心令他因吃飯而冷病。」馮女士轉悲為喜地說：「我曾經求助失聰人士服務，他們都沒法解決爸爸的應門問題，但當我向聖雅各福群會求教時，他們竟自行研製了一台『閃燈應門鐘』，頓時解決他的『吃飯問題』。」

「有了『閃燈應門鐘』後，爸爸也變得開心，他不再要捱餓，而是覺得再可以知道門外有人按鐘到訪，不致要害別人大力拍門，要到訪者在門外等候，他也不知的問題。」



Worries over for dad

"My dad is over 70 years old, has walking problem and incapable looking after him own self. He has to rely on social welfare staff to deliver meals to him during the day," said Miss Fung. "Basically that is good as it will guarantee him having proper daily meals, lest going hungry, and besides allows me to concentrate on my job." Miss Fung was some what helpless when saying that.

"My father had ear problem when young and the belated treatment resulted in total hearing loss when he was 60. While my mom was still alive, that was not an issue. She could answer and open the door when someone called without notifying father. However, when she passed away 4 years ago, this became a headache." Miss Fung then continued to say, "Why? He tripped, fell and hurting him left foot and inconvenient him mobility, hence, requires meal delivery by a social welfare institution nearby. As he can not hear the ringing of the door bell, he has missed their delivery a number of times, ended up staying hungry and receiving frequent complaint from the social worker."

"As it would be unreasonable to ask my father sitting all day behind the door and wait for the delivery people, and my unit faces north and the corridor is very windy. So it is quite a chore for him in winter. I have no desire for him catching cold for getting him meals." He then said, "I once asked the organization for mute and deaf to help but they failed to resolve my father's issue. However, when I turned to SJS for assistance, they developed a 'flashing door bell' for him and that resolves him 'meal' problem.

"With a 'flashing door bell', my father became very happy as he no longer will go hungry. Besides, he knows when someone comes to the door. The caller no longer needs to bang at the door and wait without him being aware of what is happening on the other side."

閃燈門鐘讓弱讓長者知道客人來訪，不致因弱聽而成為隱蔽長者。

With the flashing door bell many deaf elders can know there is visitor and would not become hidden elders.



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或登入網址瀏覽<http://www.thevoice.org.hk/> <http://www.sjs.org.hk>

問：有長期病患的長者，因必須使用醫療電器治療疾病而要多付電費，為經濟帶來沉重負擔，現時有甚麼途徑可提供幫助，資助其電費開支？

全賴善長捐輸

聖雅各福群會答：長者如不幸患上睡眠窒息症，必須使用睡眠窒息症輔助器；患上呼吸毛病，必須使用呼吸機維持呼吸暢順；這些電器對延續生命有幫助，惟電費開支甚大，貧困長者未必有能力負擔，即使綜援也不提供電費資助，不少長者被迫節衣縮食應付，實令人痛心。

由該會於全港推行的「電費助貧弱」計劃，向年滿60歲或以上的綜援獨居長者，提供電費資助，以減低這些貧弱長者，因使用醫療器材，而須應付額外電費開支的壓力。有需要個案可由各地區福利機構社工轉介予該會。

此項服務並未獲政府資助，全賴各界善長捐輸；若你欲伸出援手，可透過捐款支持。支票抬頭請寫：聖雅各福群會，支票背面列明捐助「電費助貧弱」計劃，寄往該會地址：香港灣仔石水渠街85號。

St. James's Settlement is a comprehensive services voluntary organization. The organization and Apple Daily jointly organize this column to enable our citizens knowing more about the services of the organization in order that they know where to turn to in case need arises. Inquiry hotline: 8107 8324 or click into our websites: <http://www.thevoice.org.hk/> or <http://www.sjs.org.hk>

Q: Elderly suffering from chronic illnesses who need electrical medical equipment for life support are required to bear extra power costs as a result of their uses. That adds to their financial burden. What is now available to help them covering this?

Total reliance on donations from benevolent people

St. James' answer: Elderly suffering from sleeping disorder who must use auxiliary equipment to help them in their sleep; those having breathing difficulties have to use respirators to help the breath properly; this kind of equipment definitely are their lives supporter. However, they consume much power and hence increase its cost well beyond what the elderly can bear. How heart breaking! As the organization is now promoting 'Power Subsidy – Ailing & Handicapped Program'to provide power subsidy to those age over 60, living alone, CSSA receiving elderly who have to use electrical equipment to sustain their lives and to reduce their burden on increased power use. Application for this subsidy can be referred to us through social workers from district welfare organizations. As such service receives no government subsidy, but totally relies on donations from the community. People interested in supporting this program are requested to send their donation by cheque beneficiary St. James' Settlement, marking on its back 'Power Subsidy – Ailing & Handicapped Program' and mail to St. James' Settlement, 85 Stone Nullah Lane, Wanchai, Hong Kong.



我們需要你的捐助
We Need Your Donation



零九年八月份
AUG 2009
慈惠月報
The Philanthropy Monthly

貧危者乏財力治療絕症 你的施助帶來生存希望

A life and death situation

青春少艾是年青人最快樂的時刻，有著理想與期盼，充滿活力地奔向美麗姿采人生，但對年紀輕輕躊躇滿志的Christine來說，卻是眼前一片模糊不清，摸不著是否有著明天的感覺。因為她正患上了香港罕有的一種惡疾，橫紋肌肉瘤，於接受難以忍受的化療外，還要擔心往後有關醫療費用的支出。

Being young is the happiest moment in life for all adolescents, they have their own ideal, are energetic and full of sweet dreams for the future. However, this is not so for Christine who does not know what to-morrow would be like. She is suffering from a very rare kind of malignant muscle tumour (橫紋肌肉瘤). She is getting chemotherapy and worried about the expenses for such treatment.

她本來可以天天上學、上街，可是她卻要往醫院接受難以忍受的治療，身體日漸顯得十分虛弱病殘之際，Christine期盼的是可和病魔奮力抗爭，有一天可以重回大學生生活。唯她的父母自年初失業至今，全家只靠萬多元「穀種」的積蓄過活，正如她的媽媽說：「正常家庭柴米油鹽及屋租，不消兩個月都會將此筆錢用盡，更何況正急要錢為她醫病呢！現在我們只有靠向親人借錢！」

Instead of going to university and out, she goes to the hospital and bears the pain for her treatment while her body is getting weaker day by day. At the moment she is fighting her cancer and wishes to recover soon and attend school again. Unfortunately, her parents have become unemployed from the beginning of the year and are currently relying on their last saving of some ten thousand dollars for the living. Just as her mother said, "We have to pay for food and rent and there will be no money left in a couple of months' time. Where else can we find money to treat her! We are already borrowing from our friends and relatives!"

現在Christine的抗爭眼看快要結束了，但她卻因為家裏沒有錢在苦惱着。「三個月後我就可以完成治療，三個月後我就可以打敗癌症了，三個月後我就可以上學做兼職賺錢幫家了，可是現在家裡沒有錢了。我已經用盡家中的錢。」19歲的她無助地說道。

Seeing the end of her treatment, Christine is worried about its payment. "I shall complete my treatment cycle in three months' time. I can beat the cancer and in three months' time I can go back to school and do part-time work to help my family out. But my family does not have the money now, all our savings has been depleted," said the 19 years old Christine.

聖雅各福群會「贈藥治病」計劃收到Christine的資料後，便馬上作出家訪，經瞭解她的治病情況下，在餘下三個月裡，她必須要接受化療針、白血球針的注射治療、營養奶粉費用及每次須乘搭往返醫院及家中的的士費(以避免感染病菌)，將合共超過\$44,988。

When the staff from our "Medication Subsidy Program" received the information from Christine, we sent out people on home visit and learnt that in the next three months, she requires \$44,988 for her chemotherapy which includes drugs for injection, nutritional supplement and taxi fare for hospital treatment for fear of infection in public transportation.

「以我們現在的經濟能力，怎可應付呢？」Christine絕望地說：「我們已借了親友6萬元，該借的也借了，真是沒有辦法了。」

"How are we going to cope with that under our current financial situation?" said Christine hopelessly. "We have borrowed HK\$ 60,000 from our friends and relatives."

患病對我們來說只是身體的不舒服，可是對那些缺乏金錢去醫治惡疾的人來說，不單是身體的不舒服，也要絕望地讓絕疾慢慢殺害自己，而無法對抗。

Being sick is uncomfortable and being sick and without money for treatment is much worse. Christine is one of those cases under our Medication Subsidy Program. We are appealing to you for support. No money is too little, so please donate to this cause. Please send your donation by cheque, beneficiary St. James' Settlement and mark on its back "For Medication Subsidy Program" and mail it to us. Inquiry and donation hotline: 2835-4321.

Christine就是本會「贈藥治病」計劃的個案之一，我們正期盼大家可伸援手，以可藉此拯救急待救助的一群。施善款項數目不拘，俾可以集腋成裘方式，為貧弱病殘者施救。支票抬頭請書：聖雅各福群會，支票背面指定：「贈藥治病」之用。施善查詢：2835-4321。



受惠者言
Client's Remark

遇貴人

「住在郊外木屋，鄰居都是老弱人士，間屋一旦漏電，不但會惹來火警，更會燒死自己，亦會燒毀鄰居的屋，真會累己累人。我真係好驚、好驚。」71歲的鄭伯伯(化名)說。

鄭伯伯早年由內地來港謀生，由於不能支付昂貴的市區租金，故與同鄉在離島區一偏遠地方搭建木屋居住。「年青時，因在離島區工作，貪返工容易，而且此處地方又大，感到間屋毫無危險。」但經時間的考驗，在風吹雨打下，木屋雖經鄭伯伯多次修葺，但近年屋內電線已呈老化、發霉。

「近月光管更無故熄滅，部份電線亦有發熱。」鄭伯伯說：「經附近的電器師傅檢查，他們要收近\$4,000重鋪電線的費用，我每月只領取\$2,000多綜援金為生，怎有能力應付呢！」

因不能應付重鋪電線的費用支出，鄭伯伯四出求助，惜所認識的親友不多，較為稔熟的，不是早已退休或死亡，結果只是徒然。「我又無兒女，孑然一身。我又不願出市區入住公屋，住在這裡好方便，鄰居又好，對間屋有感情，怎捨得放棄呢？」

「義工師傅未來之前，我每天感到好似與火神同住一樣，擔驚受怕，人也消瘦了很多。」於接受聖雅各福群會7名「家居維修服務」之持牌電器師傅義工重鋪全屋電線後，鄭伯伯欣喜地說：「我今日好開心，因為有7位貴人來幫我，解除我多月來的驚恐。義工一個下午，便替我全屋更換電線、光管、電制、插座、裝門口防水燈，不但不收人工，而且亦不收材料費。真是令我既驚奇，又驚喜。」

「他們山長水遠由市區不同區域來幫我，我今天真是有貴人來助。多謝義工外，更要多謝與我不相識捐款支持的善長。」說話時，鄭伯伯滿臉笑容右手敬著禮說。



Meeting my lucky helper

"Living in a wooden hut in the country area, neighbours all aged. If there is a short circuit in the wiring and the hut catches fire, not only my place will be burnt down but also those of my neighbours. I am always frightened," said the 71 years old man Cheng (alias).

Cheng came from the mainland to work and could not afford the high rental in town, so he built a wooden hut in an offshore island and lived with another guy from his home town. "When I was young, I worked in the offshore island, close to work. The place was spacious and I did feel safe and comfortable." As time goes by, and weathering, the wooden hut though repaired several times by Cheng, has aged and so has the electrical wiring.

"Recently the fluorescent lighting suddenly went out for no apparent reason and part of the wiring got hot," said Cheng. "Inspection by an electrician told me that it would cost me over \$4,000 to rewire. I am only getting \$2,000 odd CSSA. No way can I afford that!"

As Cheng cannot afford to pay for rewiring, he sought external help. However, having few friends and relatives, his effort was in vain. "I am all by myself, no children and I do not want moving into town. Living here is convenient, good neighbours and I am attached to this hut, so how can I leave it."

"Before the volunteer master technicians come, I was living as if with the god of fire and I was frightened all time and lost weight." After receiving the seven SJS 'Home Maintenance Services' volunteer technicians to replace the aged wiring, old man Cheng said joyfully, "I am very happy to-day as I have the seven of you coming to help, freeing me of my fright. They installed new wiring for the entire house, fluorescent lights, switches, sockets and waterproof light at the doorway in one afternoon, without having me to pay a single cent for labour and material. What a surprise."

"They travel long distance from various areas in town to help me. I am grateful to them and the benevolent people who contributed to the costs of all the materials." Cheng said this smilingly and respectfully.

重鋪全屋電線後，義工細心地教導鄭伯伯識別各種電制。

Volunteer worker taught old man Cheng switches function after complete rewiring.



受惠者言
Client's Remark

值得推舉

「我返工，照顧奶奶及幼子的責任，唯有要依靠外傭身上。」李太說。「但真是很擔心她的能力，要我經常打電話回家，提醒她要餵兒子食藥，詢問奶奶服藥後的情況；當他們患病時，令我心神不寧，時刻驚怕外傭不懂助他們食藥。」

「我入職前，雖然有接受職前訓練，如照顧幼兒及老人技巧、清潔及煮食的教導，至於照顧病人食藥的需要上，根本並無任何教授。」Maria說。「我是外傭，由外地來工作，在家鄉也沒有學習使用藥物知識的機會，自然不知道如何照顧病人，更不知道如何處理藥物啦。」

李太與Maria乃是於報名參加本會與香港醫院藥劑師學會舉辦的「家人服藥 家傭要知」課程時說——一方擔心外傭對藥物認識不深，因而會影響家人的健康，致令他們上班時仍憂心忡忡；另一方則自知缺乏「知藥用藥」的知識，致出現照顧不周的問題，因而恐僱主指責，有失職之嫌。

於完成課程，拿著測試後由導師手上接來的證書後，李太搶著說：「我會將導師所教的，重新講給家中的外傭知，教曉她如何照顧家人食藥，奶奶的藥物藥性、服藥後的反應，甚至兒子常常食藥後的嘔吐問題等，我都可以有信心地教導她，現在也沒有以前般緊張了。」

「我現在不但可勝任家務的工作，而且還可以照顧病人食藥。」Maria更笑著說：「我不怕boss責罵了，因為我知道如何正確存放藥物、何種藥物是餐前、飯後或睡前服食、血壓藥與哮喘藥的重要、藥物標籤的閱讀等。這課程對我來說，是一項的增值」

「聖雅各福群會舉辦這有實用價值的課程，真是值得推舉。」李太與Maria異口同聲地說。



Worthy of Recommendations

"After I go to work, I rely on the domestic helper to take care of my young son and my mother-in-law," said Mrs. Lee. "But I'm worried about her ability. I ring home often to remind her to feed medications to my son and ask her my mother-in-law's reactions after medications. Whenever they are sick, I become distracted and often wonder if the maid forgets to help them take medications as instructed."

"Before I work as a domestic helper, I received pre-vocational training such as care for children and elderly, house cleaning and cooking. But there was no training on helping patients with taking medications." Maria said, "I come from a foreign country. I never had the chance of learning drug use in my home country. Therefore I had no idea how to care for patients, not to mention the handling of drugs."

The above remarks were made by Mrs. Lee and Maria when they enrolled for the "Drug Administration and Drug Safety for Domestic Maids" course that is jointly organized by St. James' Settlement and the HK Hospitals Pharmacists' Association. At work, Mrs. Lee worried about the health of her family members owing to her maid's lack of drug knowledge. Maria realized her lack of "drug knowledge and drug use" gave rise to the problem of improper care. She was afraid her employer might accuse her of being incapable.

Upon completion and examination of the course, carrying with her the certificate awarded by the instructor after test, Mrs. Lee could hardly wait to declare, "I'm going to repeat to my maid all that the instructor has taught. I'm going to teach her how to assist when my family member falls ill. I'm confident to teach her curing effects of my mother-in-law's drugs, her reactions after taking them as well as my son's vomiting after use. I'm no longer nervous like before."

"Now I'm not only capable of discharging my household duties but also assisting in case of drug use." Maria went on, smilingly, "My employer won't scold me any more for I know the proper way of storing drugs. I can distinguish between drugs before or after meals and drugs before bed-time. I know the importance of drugs for blood pressure and asthma and the importance of reading instructions on drug labels. This course is a self-enhancement for me."

"This 'Drug Administration and Drug Safety for Domestic Maids' course, organized by St. James' Settlement, has a practical value. It is worthy of recommendations." Both Mrs. Lee and Maria said unanimously.

「課程的目的是要教導大家知藥用藥。」
The objective of the course is to teach people' drug knowledge and drug use'.



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
友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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為人慈善，是造福己身。
Charity to others is benefit for oneself.