



社工的話

Social Worker's Remark

買飯難 買藥更難

「買飯難(每日三餐難繼)，買藥更難。為了生存，我寧願不吃飯，捱餓，也要用錢來買藥吃。」以上的話，是我們於推行「贈藥治病計劃」時，申請者對我們訴說他們在貧拙的生活中，如何處理購買醫生處方的自費藥物，以能可控制頑疾惡化的無奈。

「贈藥治病計劃」乃我們基於弱勢社群，如因長期病患失去工作能力，僅賴有限積蓄或綜援為生的人士，在善長的施助下，為他們提供金錢上的資助，俾可有購買自費藥物以治病；病者的主診醫生為他們作出處方自費藥物，是要令他們可有更佳的治疗效果、減少在治療過程中的不適及副作用，以及後遺症等。醫生作出處方是正確的，唯若病人有經濟問題時，此「病者自負」的「自掏腰包」購買藥物方式，確是令病者為難；為保寶貴生命，他們只好「削足適履」犧牲依賴食物吸取營養以抵禦病魔的做法，而要將金錢換取藥物作治病。

正如一位申請者說：「我會每日於街市休息時，往菜檔旁執拾小販拋棄的蔬果，拿回家小心揀選及煮熟些吃；一星期只吃一次肉及雞蛋，一日一餐飯，每餐只吃半碗飯充飢；我已沒有吃早餐很久了。」一位面色總是青白非常消瘦的個案說：「由於我每日吃藥次數要比吃飯的次數多得很，當我肚餓時，我便安慰自己剛才不是吃了嘢(食藥)嗎？怎會肚餓呢！」另有一些申請者會以做家务、喝水充飢或睡在床上不動(避免因消耗體力，以免引來有肚餓感覺)作出反應，他們如此無奈，確實令人心酸。他們為的是能可有金錢購買藥物療病！

他們如此「削足適履」的做法，實非明智之舉；若因此而要被迫「節衣縮食」，而失去營養的吸收，怎可有體力對抗病魔呢？惟若當事人因乏財力而要拒絕購買醫生的處方藥物，要被迫服食舊藥，因而引來連串肉體的不適及副作用；而舊藥的藥效亦可能較自費藥物為差時，他們的選擇也是無奈。但若「自掏腰包」購買，試問他們又可維持多久呢？

事實上，當中的自費藥物價錢平均可能要由數佰圓至超過仟圓以上，對貧乏病者而言，若能有善長施出援手，相信他們除可有較佳的自費藥物用作療病，也可有能力購買食物，不致要捱飢低餓。善長們，盼請賜助我們的「贈藥治病計劃」。施善查詢：2835-4321或8107-8324。

Medications - more costly than meals

"It's costly to buy meals (not easy to maintain 3 daily meals); it is even more costly to buy medications. I'd rather skip my meals and use that money to buy medications." Those were the remarks by applicants when St. James' Settlement introduced the 'Medication Subsidy Program'. The applicants disclosed their helplessness by narrating how they managed to buy prescribed user-pay medications so as to control chronic illnesses from deteriorating.

The 'Medication Subsidy Program' subsidises chronic patients to buy user-pay medications for treatment. Those patients can't work because of their illnesses. They are the under-privileged of our society and they survive on their meagre savings or CCSA. The Program operates on donations. The doctors prescribe user-pay medications because they bring better curing results, minimise discomfort, side-effects and aftermath in the process. The prescriptions are appropriate. However, they become problematic because the patients have to use their own money to buy them. In order to stay alive, they save money for medications by skipping their meals.

One applicant said, "I go to the market at the close of business to collect whatever vegetables the stall-keepers throw away. I take them home and cook the ones that are edible. I eat meat and eggs once a week and I have only one meal a day. I can just eat half a bowl of rice each time. I've not eaten breakfast for a long time." An applicant, who looks pale and thin, continued, "Since I take medications much more frequent than meals, when I feel hungry, I comfort myself by saying 'I've just eaten (medications) and why do I feel hungry?' Other applicants do house work, drink water or lie in bed (so as to avoid feeling hungry caused by wasting their energy.) Their helplessness is truly pitiful. And it happens all because they have to save their money for medications.

What those patients do is unwise. They will not be physically strong to fight illnesses as a result of deficient nutrition. If they refuse to buy user-pay medications and keep on using the old ones, they will experience a series of discomfort and side-effects. Old medications produce less satisfactory curing results than the user-pay ones. Their choice reflects their plight. The question is: if they buy user-pay medications, how long will their money last them?

Some of the user-pay medications may cost several hundred dollars or over one thousand. If kind-hearted people of Hong Kong give them a helping hand, those chronic patients will be able to afford both medications and food at the same time. Please donate to our Medication Subsidy Program. For enquiries, call 2835-4321 or 8107-8324.

「家居維修服務」及「電器贈長者」 12/09 個案統計 HMS & EAE 12/09 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	5
社會福利署	Social Welfare Department	10	52
非政府機構	Non-government Organization	85	11
其他政府部門	Other Government Department	1	0
個案總數	Total	101	68
個案數目統計	Cases Statistics		
12月份新個案	New cases in December	101	68
11月份尚未完成的個案	Cases carrying-over from November	20	112
12月份共需處理個案	Total cases to be handled in December	121	180
12月份完結之個案	Cases settled in December	100	75
帶往2010年1月份之個案	Cases carrying-over to January 2010	21	105
完結之個案情況	Status of Cases Settled		
綜援個案	CSSA cases	86	68
非綜援個案	Non-CSSA cases	14	7
已完結之個案	Cases settled	100	75

服務/電器送贈數字 No. of Services/Donations

家居維修服務數字 HMS No. of Services (部份支出乃由省善真堂或新界崇德社贊助) (Partly supported by Shang Sin Chun Tong and Zonta Club of The New Territories)			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.)	174	收音機/錄音機	Radio / Recorder	4
電力供應系統維修	Electricity systems	80	電飯煲	Rice cooker	8
木工維修	Wood-work	32	電視機	Television set	10
來去水系統維修	Piping & drainage systems	30	雪櫃	Refrigerator	8
家庭電器維修/安裝	Electrical appliances	62	電水壺/電水煲	Electric water boiler/pot	8
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.)	50	熱水爐 (部份支出乃新界崇德社贊助)	Water heater (Partly supported by Zonta Club of The New Territories)	10
安裝《弱聽長者應門》	Flash-bell fitting	4	洗衣機	Washing machine	9
檢查電力裝置	Check electricity system safety	48	電話	Telephone	3
檢查及維修扶手	Check and repair handle bars	20	電磁爐	Induction cooker	8
老人磨刀服務	Knives sharpening service	32	暖風機	Heater	11
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	夜明燈	Night-light	4
總數	Total	534	總數	Total	83

送暖行動 Warmth Giving Project

送暖項目 No. of items					
頸巾 Neckerchiefs	120	羽絨 Down Jacket	109	綿褲 Down Pants	40
電熱水壺 Electric water boiler	12	麥皮 Oatmeal	140	白米 Rice	160
暖風機 Heater	6	暖爐 Electric Radiator	61		
總數 Total			648		



我們需要你的捐助
We Need Your Donation

捐電熱水爐助貧老 助解困苦免生意外

「我手腳活動慢，要用煲煲熱水洗澡，每次拿滾水去廁所時，都好驚稍一不慎跌倒，而被熱水燙傷。」65歲曾中風致行動不便的梁婆婆說：「洗澡時，因手腳慢熱水很快便會變涼，在天涼時，好多時都會冷親而患上感冒，睇醫生食藥，都唔少得。」

「我視力差，眼前一片朦查查，拿熱水去沖涼房，當然危險啦。每次拿熱水時，都要摸著牆進行，真是行一步，驚一步。」家中可說是全無雜物堆積的71歲近乎失明的兆祥伯伯說：「洗澡時，要摸著熱水煲倒水，有時不小心都會被熱水燙傷手。睇唔清楚，洗澡都要咁辛苦。」

「我原本有一部已用了近20年的電熱水爐，但最近開動時，聽到熱水爐發出隆隆爆炸聲，我便立刻關掉電掣，後來經聖雅各福群會的維修義工檢查後，證實電水爐恒溫掣已失效，導致爐內的水溫及壓力不斷上昇，而發生響響。」獨居的張娣婆婆說：「當時好彩我及時關掉電掣，否則就後果堪虞。義工說已沒有替換的電熱水爐恒溫掣售賣了。」

「伯爺公將近80歲，不能自己洗澡，又不喜歡家務助理員為他洗澡，唯有依靠我啦。」何嬌婆婆指著身材健碩患有癡呆症的老伴說：「他咁大隻，我睇實他來，也不能照顧煲滾水，如果有部熱水爐，就可以讓他坐定後，再開熱水替他洗澡，不是很好嗎？」

「熱水爐募集行動」乃是聖雅各福群會之「電器贈長者」計劃，為全港貧苦無依，依賴綜援為生的老人募集的電熱水爐行動。你可有意為他們解決生活上的困苦，捐款支持此善舉，以解正在輪候熱水爐已久的10名貧老嗎？捐款請用支票，抬頭：聖雅各福群會，多少不以拘；支票請指定：購買熱水爐，逕寄香港灣仔石水渠街85號一字樓105室。網址：www.thevoice.org.hk，施善熱線：2835-4321或8107-8324。



「有部電熱水爐，以後沖涼便變得方便了。」

“It is convenient since I have a water heater.”

Hot Water Heater for Elderly Winter

Hot water heater, a necessity for the family, makes body washing easy. However, how many poor elderly can enjoy what they consider to be luxurious basic living?

“As the weather is turning cold I wish I could take a hot shower, but where can I get the HKD 2,000 for installation of a hot water heater lest I skip all my meals,” sighed old man Yung who lives on the two thousand dollars from CSSA.

Yung 74 years old, no children and wife passed away many years is now living alone. He never had the benefit of a hot water heater and is used to heat up the water on his kerosene stove. “I am getting old and slow in motion. Carrying hot water from the kitchen into the bath room besides getting cold quickly could also be scary. On one occasion I was a bit careless and scald my feet with the spilled hot water,” said Yung.

On knowing Yung's problem, St. James' Settlement took money out from the “EAE” program and installed Yung a brand new hot water heater. This program is funded by public donation. So if you are prepared to help these poor elderly to have hot shower in coming winter months, please send your donation by cheque, beneficiary St. James' Settlement earmarking for “hot water heater purchase” and mail it to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. As many a little makes a mickle, every HKD 1,900 from such donations will buy one high pressure water heater for each of the 12 poor elderly now on our wait list. Donation and inquiry hotline: 2835 4321 or 8107 8324.



受惠者言
Client's Remark

再唔使『冬冷夏濕』咁慘啦！

「在冬天，有時覺得好似在街上露宿一樣。」曾婆婆說。「點解？因為露台無窗囉。而露台同房中間的百葉窗又疏風，冷風容易吹入房，睡在床上真係好凍呀！」

「雖然話，有屋住，但係冷天屋都很凍；而在夏天雨季時，雨水打入露台，整個露台都濕曬，地滑時都幾危險！」原來曾婆婆獨居在柴灣一舊式有露台的公屋單位，由於屋所面向北面，每逢氣溫下降，她必感到天氣特別寒冷；而在夏季刮大風兼下雨時，亦令她忙於抹地，以防地濕地滑。

「曾經請求鄰居替我在露台鐵枝上拉膠布，但係他們早出晚歸，怎有時間幫我呢！」曾婆婆憶述求助無門的時候苦著笑道。「去要求女婿，但他只有半命一條半命，怎可理得我呢？」原來其40多歲的女婿，因患上腎病已失業2年多，全家連2名尚在求學的子共4人，每月要依賴綜援為生。

「上月因為大雨，雨水吹入露台，我不小心滑倒在地上，按動平安鐘求助，被送入醫院，醫務社工知道我的情況，替我申請安裝防風板，再唔使『冬冷夏濕』咁慘。」於本會「家居維修服務」義工安裝防風板時，曾婆婆說。

事實上，基於勞工安全法律要求，連同安裝鋁窗時需搭棚架的款項要數仟圓，兼要顧及義工的安全，在資源缺乏下，我們並沒有替她安裝鋁窗；在義工的幫忙下，我們只替她安裝可以防風兼擋雨，可以滑動的塑膠防風板。「我已非常知足了，你們義務同我裝，又唔收我任何材料費，又唔飲我買回來的汽水，你話我點樣會有要求呢？」當我們向曾婆婆解釋時，她非常體諒地說。



Gone are the bitterness of winter cold and summer storm water!

"I feel some what like a street sleeper in winter," said granny Tsang. "Why? There is no window in the balcony and cold wind blows through the louvers between the balcony and my room. It is really cold sleeping in bed!"

"Though I live under a roof, it is cold in winter and wet in summer as the wind blows the rain into the balcony wetting the entire floor, quite a slipping hazard!" Tsang lives in an old style public housing estate unit with a balcony in Chai Wan. Her unit faces north, hence cold in winter; while the stormy summer raining season keeps her busy mopping up floor to prevent slipping.

"I once asked my neighbour to help me putting up plastic sheet on the iron rails in the balcony. However, they were out during the day, returning late in the evening, so have little time coming to help!" recalled Tsang with a bitter smile. "Asking my son-in-law, he has been awfully sick?" In fact her forty some years old son-in-law suffers from renal disorder and has been out of work for more than two years. His family of four, with two school age children relies on CSSA for their living.

"During the heavy rain last month, the strong wind brought rain water into the balcony, I slipped and fell. I pressed the Personal Emergency Link Service for help and was taken to the hospital. The medical social worker there applied for me installation of panels sheltering from cold wind in winter and storm water in summer." Tsang told our "Elderly Home Maintenance Services" volunteer technicians during the installation.

As a matter of fact, we did not install aluminium windows for her due to lack of fund as that would require few thousand dollars to provide the necessary scaffolding, aluminium windows and worker's insurance by law. We could only install sliding plastic panels which block wind and rain into her room. "I am more than satisfied. Work by your technicians is free and I do not have to pay for the materials. They even refused taking the soft drinks I bought them, what more can I expect?" said granny Tsang understandingly.

「防風板要做到能防風擋雨，是我們的目的。」

"Our goal is to install shutter panels blocking the wind and rain."



我們需要你的捐助
We Need Your Donation

寒冷中見溫情的 送暖關懷

在偏遠的地區，住著為數不少平日除鮮有人探訪及照顧的長者，他們的生活不但孤寂及缺乏社區人士的關懷，在資源缺乏以應日常之需要，他們的生活更見貧拙，甚有可能求助無門；特別在嚴冬期間，容易受到寒流所襲，他們的生命安全更顯得岌岌可危，甚更有凍死的現象。

「我沒有錢買衣服，冬天寒風特別凜冽的時候，我只有穿著早已殘破的陳年寒衣，又硬又臃腫，不但防礙活動，而且更不暖，我有哮喘病，這個冬天真是不知怎樣過。」79歲住在打鼓嶺的房婆婆說。

84歲居於元朗牛潭尾的陳婆婆說：「我確實沒有能力外出，因為天氣實在冷得令人四肢都僵硬了。我曾試過外出，那時冷得我差點覺得自己要心臟病發。因為不想冒險外出購買食物，所以我盡量也會吃少一點，但有時太肚餓，身體也感到渾身顫抖，手腳特別冰冷，面色也變得青白，精神也差了很多。」

「我希望能有師傅來幫我裝防風板，現在我在屋內燃燒執拾回來的樹枝取暖，都好驚會燒著雜物而失火。」同樣住在牛潭尾的黃婆婆說：「廁所在屋外，沿途又沒有燈光，半夜真係急起上來去廁所，真係好驚跌倒都無人知。如果有人替我裝上一盞燈就好啦。」

「你看我的手，凍到皮膚都乾裂了，而且一碰便痛，一濕水，痛到刺骨。離島偏遠，氣溫起碼也低市區2至3度，如果能有暖風機和電熱水壺，便可使我們舒服一點渡過寒冬。」89歲住在坪州的朱婆婆也說：「就近年尾，頭髮已沒有剪好耐了，外面風又大、天又凍，我怎敢乘船出去剪髮呢？」

在此嚴寒時刻，住在偏遠地區體弱長者的生命其實每一刻也在受到威脅。盼請善長伸出援手作出送暖的濟助，使我們能透過現有服務，可購買禦寒用品、食物、潤手霜、禦寒電器、作出家居安全裝置，以及剪髮等事工，讓住在偏遠地區的無依長者能渡過一個既富人情味又溫暖的嚴冬，又可喜迎新歲的到臨。捐款支票，請書：聖雅各福群會，支票背後指定「送暖顯關懷」行動，以令多達100名住在各區偏遠鄉郊的無依長者，於寒流中感受人間的暖流。施善熱線：2835-4321或8107-8324。

Warm regard and care in the cold

There is a number of elderly living in remote areas, rarely having visitors. They live in solitude, lack community care and basic necessity. Without knowing where to seek help, their lives hang precariously on cold winter for not having adequate warm clothing.

"I do not have the money for additional clothing and can only put on whatever is on hand when the severe winter hits. They are bulky and hardly keep me warm. I have asthma and really dread the winter cold," said the 79 years old granny Fong living in Ta Kwu Ling.

The 84 years old granny Chan living in Ngau Tam Mei said, "I lack the agility going out as my limbs become frigid when the weather gets cold. I tried going out once, but the cold almost triggered a heart attack. Since then I dare not go out any more for food supply, I simply eat less. Sometimes I am so hungry, my body trembled, limbs cold, face blue and spirit low."

"I wish someone could come and help installing the wind shield. I am currently gathering firewood or twigs to keep warm. The toilet is outside the house without lighting on its way. If I have to go to the toilet at night, I run the risk of tripping and fall. How nice it would be if someone could install a light," said granny Wong, now also living in Ngau Tam Mei.

"Please look at my hands, the skin cracks in the cold and it hurts especially when coming in contact with water. The offshore islands are remote and the temperature is often 2-3 deg. C lower than in city area. If I had a fan heater and an electric thermos I could comfortably pass this winter without worry," said granny 89 years old Chu now living in Peng Chau. "It is coming to year end and I have not had a hair cut for long time. However, the winter cold and the strong wind prevent me taking a ferry trip for the hair cut."

At time of severe winter, lives of the frail elderly living in remote areas are under threat every moment. We wish our benevolent people can donate generously to enable our service for the purchase of necessary items such as winter clothing, food, body lotion and cream, small electrical appliances, install home safety measures and hair cutting etc. to enable those living alone in remote areas to have a warmer winter and a welcoming New Year. Please send your generous donation by cheque, beneficiary St. James' Settlement, earmarking at its back 'Warmth Giving Project'. This would enable some 100 elderly from various remote areas being beneficiary of the program. Donation hotline: 2835-4321 or 8107-8324.



善長的慨助讓長者能渡過一個既富有人情味又溫暖的嚴冬。

Your benevolence helps elderly to pass a rich and warm severe winter.





受惠者言
Client's Remark

贈洗衣機予貧困長者 助改善生活回復尊嚴

「我們懷著感激的心情來向善長們表達謝意。我倆夫婦已年邁(男78歲,女72歲),日常用手洗衣服,大件的確十分難洗亦難以擰乾;晒衣服時,衣服滴水,而遭到樓下住客投訴。您們迅速地幫我們,解決了生活上的難題,贈送我們一部洗衣機。真是多謝。」

以上節錄之內容是一對年長夫婦於受惠後,寄給我們一封信,希望透過我們表達他們發自內心的謝意。吳氏夫婦居於長沙灣幸福邨已近五年,他們早於70年代已來到香港,隨著年紀的增長及工作能力的喪失,加上沒有子女及親友照顧,故此兩人晚年只能依靠綜援及生果金為生。購買一部洗衣機的價格動輒過千元,對他們來說確是一個沉重的經濟負擔。

「以前我地習慣用手輪流洗衫,五六十歲果陣時梗係覺得無問題啦。但係而家手指關節又無力,一彎腰又好痛,用手洗衫當然無力,我真係想唔認老都唔得。尤其嗰在冬天,嗰衫一件厚過一件,我哋根本唔可以將衫洗得乾淨,穿起衣服時,人也變得自卑。」吳太太潘雪珍說。

轉介社工有見及此,故此將個案轉介到聖雅各福群會,希望他們能得到適切的援助。負責「電器贈長者」的同工及義工上門探訪過吳氏夫婦後,更留意到長者清洗衣服後弄得整個廁所都是水,容易令他們滑倒,所以盡速將洗衣機送到長者家中,避免意外的發生。

「現今洗衣已經方便得多,我倆的生活也改善了,衣服也較前潔淨了,萬分感激善長的關懷。深表謝意!」這是吳氏對善長們捐贈的總結。您們的捐贈,不但令長者的生活得以改善,亦令長者得回了應有的尊嚴。您願意協助一群貧苦無依長者嗎?施善熱線:2835 4321或 8107 8324;或用支票捐款,抬頭請書:聖雅各福群會,指定用作「購買洗衣機」之用,擲寄本會香港灣仔石水渠街85號105室收。



Washing machine donation restores dignity for an elderly couple and improves their quality of life

"We are writing to you to express our gratitude for the kindness and help you've given us. As an elderly couple (78 year old male, 72 year old female) we had experienced difficulty in hand washing all of our clothes. Larger items in particular were difficult to wash and wring dry. We used to receive complaints from our neighbors below due to water leakages while we were washing. With your donation of a washing machine, our problems have finally been resolved."

The above excerpt is from a letter of appreciation we received from an elderly couple who wrote to us to express their heartfelt gratitude as a beneficiary of a donation. Currently residing at the Fortune Estate in Cheung Sha Wan, Mr and Mrs. Ng moved to Hong Kong in the 1970's and as they grew older, have been unable to find work and have no children or relatives to take care of them. With their only income source being from welfare payments and 'fruit money', purchasing a washing machine costing over \$1,000 was simply a financial burden too heavy for them to afford.

"When we were still in our 50's and 60's, hand washing of course wasn't much of a problem. But now with stiff joints and back pain, we don't have the strength to do this anymore. Especially during winter when we have to wash thicker garments, we cannot wash them clean and I feel embarrassed to wear them." Mrs. Ng said.

Their case was referred to St. James' Settlement through a social worker in the hope that assistance could be provided. Volunteers for the charity responsible for the collection and donation of electrical appliances paid a visit to the Ng family and noticed that when they washed their clothes, the entire floor of their toilet would become completely wet which was slippery and dangerous for them. To avoid any accidents, a washing machine was quickly arranged and donated to them for their use.

"We enjoy our lives more now that washing is easier, not to mention that our clothes are much cleaner than before. We must thank all of you that have contributed towards this donation!" said Mr and Mrs. Ng. It goes to show that such donations not only improve quality of life for elderly people in need, but also can have a powerful effect in restoring a sense of dignity that may have been lost.

If you wish to donate to similar causes, please call our hotline at 2835 4321 / 8107 8324 or issue a crossed cheque payable to "St. James' Settlement" indicating that your donation is to be used for "Washing Machine Purchases" and post to St. James' Settlement, 85 Stone Nullah Lane, Wanchai, Hong Kong.

感謝善長們捐贈洗衣機。

Thanks for donation of a washing machine.



我們的服務
Our Service

認助計劃

善長施善的目的，是藉著我們作為社會服務的專責工作，以可能協助匱乏無援病殘人士作出生活上的改善，令他們的生活得可「解困 解苦」的理想；而我們亦可賴著你們的支持，從你們施善指令的開始，到結束都有著「善始善終」的施惠果效。

善長支持本會的「慈惠服務」可以考慮以下方式：「夏送涼 冬送暖」---善長可以作出季節性及節令性的佈施，如「夏送涼 冬送暖」的行動，即夏天送風扇、冬天捐電熱水爐、暖水壺、寒衣等，以及春節送食物等；或你們可選取每期月報的「參與行善之方法」表格內心儀的服務而作出賜助的行動；或響應我們的募捐呼籲，為有關服務、輪候個案而作出指定善款用途的施賜；或甚至有善長亦送來善款，囑咐我們作出「走位式」的援助方法，即是說要我們可以有彈性地調動款項以濟急須援手的輪候個案；或間有善長因新聞報導有關苦主的情況，而致電要求我們與他們聯絡，以藉此向他們作出扶助的行動。

總的說來，一切我們可以動用的涓滴款項，全均來自你們的捐賜，善款如何作出濟助應急的安排，乃全聽命大家的指令，我們的各項「慈惠服務」才可以發揮預期的果效。

事實上，善長施善的目的，是要助經濟困窘無援人士作出生活上的改善，令他們的善款可直接到位，發揮助人解困解苦的理想；你們可有意選取多一項施賜的方法---認助計劃？即是說，可以選取直接援助某一項服務或某一個個案，除可定期收到有關服務或受助者生活進展報告，亦可參與當中的運作或探訪接觸，以可親睹當中難題的處理、紓緩與解決方法，真正感受善款發揮的效能。

善長們除可提議我們尚未有的「濟急 解困」服務外，亦可選取我們的任何一項「慈惠服務」或月報所述的個案(亦可與我們聯絡，查詢其他有關服務的個案需要)，指定作出參與「認助計劃」的行動，更可考慮現時我們的「燃點希望計劃」、「補血愛心計劃」、以及「營養福袋行動」，以可延續及開發此等「專科專項」的深化行善方法與途徑。垂詢「認助計劃」詳情，懇請撥電2835-4321或8107-8324聯絡。

Donation Designation

The purpose of your benevolence is to enable us serve helping the have not, handicapped or sick people in the community to improve their living condition. By your support and instruction we are capable in getting the best result with "good start and end".

Benevolent donors may provide support in one or more of the following manners: "Provide coolness in summer and warmth in winter" – in this way, they may elect seasonal donation by giving fans in summer and hot water heater, electric water pots and winter clothing in winter and festival foodstuff in Lunar New Year etc.; or respond to our appeal in the Philanthropy Monthly and fill in the donation form for choice of items we required; or send in cash donation giving us the flexibility of use in cases considered critical; or on case(s) of your concern from the media reporting, feeling we should explore to help. In this last situation, you can call and tell us to get in touch with the individual concerned and we shall attempt to contact them to determine how best to assist.

Generally speaking, whatever contribution and donation received will be used for emergency relief according to your instruction in order to achieve the desired result in our various "Charitable Services".

As a matter of fact, your donation and desire is to help improve the living condition of the poor and helpless in the most direct way. You may elect to support more than one plan by choice of direct support in one service, one case and receive a regular progress report on the beneficiary. You are also welcome to join us on home visits and witness yourself on how we handle their problem and personal feeling on how your donation actually helps.

You can make suggestions to 'emergency relief' services non-existing in current scope besides choice of items in our "Charitable Services" or in our monthly newsletter (or contact us by phone to inquire about our service needs), and specify the program(s) you would like confirming help including "Light Up The Life Program", "Precious Blood Precious Love" and "Nutritious Goodie Bag" to ensure sustainable and deepening development of these programs. Detail plan inquiry hotline: 2835-4321 or 8107-8324.



長期病患者所服藥物需要你們的捐助

Patients of chronic diseases need your support and donation to buy these medicines.



惠澤社區藥房是甚麼？

問：請問你們開辦的社區藥房「惠澤社區藥房」的工作目的？服務對象是甚麼人？是否只服務灣仔區的居民？你們現在售賣何種藥物？請問何處知悉你們的最新發展？

答：謝謝你對我們推展的「慈惠服務」的關懷。本會開辦「惠澤社區藥房」的原因是鑑於本港人口日益老化，年65歲以上長者中，有80%患有一種或以上的慢性疾病；而另一方面，當局亦調查發現，港人每4個人中有一人患有慢性疾病，加上很多疾病有年青化趨勢，人們吃藥的機會也會大增。疾病不但影響患者健康，還會削弱他們的工作能力，影響個人及家庭收入及生活質素，亦會造成「骨牌效應」，影響病者周遭的人與事，更可能會令他們依賴社會福利服務的照顧，大大加重公帑的負擔。

「惠澤社區藥房」乃透過社工的轉介，向領取綜援、長期病患者、長者及低收入或待業人士提供資助，以市價三至六成購買公營醫療機構處方的自費藥物；無論服務對象居於本港十八區何處，只要是上述人士，而我們正在售賣其所服食的藥物，均可向所屬地區的社工作出申請。

「惠澤社區藥房」首階段乃全依賴藥廠的支持，現在主要提供的慢性病藥物，包括有糖尿病、乙型肝炎、帕金森、前列腺、哮喘藥及鼻敏感藥等藥物，稍後亦會陸續加入其它醫管局的自費藥物，下階段更會擴展至化療及標靶藥物，目的是減輕弱勢社群的購藥治病負擔。

事實上，藉著「惠澤社區藥房」接觸病患人士，我們還聯同香港醫院藥劑師學會30多名義工藥劑師，為病者提供「知藥用藥」的售藥後的輔導服務，同時為社區人士舉辦個別的用藥輔導、外展及到戶的藥療輔導外，更會舉辦「專科專藥藥療輔導小組」，如糖尿病、心臟血管及高血壓病者小組等，我們希望能可增加長期病患者的藥物知識，讓他們即使在社區，亦能有效地自我掌控病情及藥物資訊，從而懂得正確用藥及妥善管理病情。

由於此本港首間非牟利社區藥房乃屬初辦，我們將不斷尋覓當局、藥廠、商業機構、慈善基金及善長的支持，希望能可陸續推出各項有關的基層醫療服務，故希望大家可經常瀏覽www.healthbank.sjs.org.hk、致電2835-4321或8107-8324查詢。

What is the Philanthropic Community Pharmacy?

Q: What is the purpose of your Philanthropic Community Pharmacy? Who does it serve? Does it only serve residents of Wanchai district? What drugs do you sell? Where can one find information about your latest development?

A: Thank you for taking a concern in our charitable services. We opened the Philanthropic Community Pharmacy because the Hong Kong population is ageing fast, and 80% of citizens over 65 years of age suffer from one or more chronic diseases; at the same time, government study shows that one in every four Hong Kong citizens suffers from chronic disease, and many diseases are affecting younger people. This means significant increase in the chances of people needing medication. Disease does not only affect the health of the patient. It also weakens his ability to work, affects the income and life quality of the individual and his family, generates a domino effect on people and matters around him, and may cause him to rely on social welfare care, drawing heavily on public funds.

The Philanthropic Community Pharmacy offers subsidy to recipients of Comprehensive Social Security Assistance, patients of chronic diseases, seniors, low-income earners and individuals awaiting employment through referral by social workers. They can buy self-financed drugs prescribed by public medical organizations at 30-60% of the market price. So long as we sell the kind of drug he takes, anyone belonging to one of the above categories, regardless of which of Hong Kong's 18 districts he lives in, can apply for the subsidy through a social worker in his district.

At its initial stage the Philanthropic Community Pharmacy relies entirely on the support of pharmaceutical companies. The drugs offered at present are mainly for treatment of chronic diseases including diabetes, hepatitis B, Parkinson's disease, prostate, asthma and nasal allergy. Later we will add other drugs designated as self-financed drugs by the Hospital Authority. In the next phase we will expand our supply to include drugs for chemo and target therapy. Our purpose is to lighten the financial burden of drug purchase for the disadvantaged sector of the community.

As we come into contact with patients through the Philanthropic Community Pharmacy, we also work with over 30 volunteers from the Hong Kong Hospital Pharmacists Association to provide after-sale counseling, to make sure each patient knows his medication and takes it properly. We offer individual and outreach counseling to members of the public, and make house calls as well. In addition, group counseling is offered on specific drugs for specific diseases such as diabetes, cardio-vascular condition and high blood pressure. Our hope is to improve the medication knowledge of patients of chronic diseases, so that they can have a good grasp and manage their medication and condition properly.

Being new in running a non-profit community pharmacy which is Hong Kong's first, we will be seeking support from the authorities, pharmaceutical companies, business firms, charitable foundations and donors, and we intend to launch other grassroots medical services in future. Please make frequent visits to our website, www.healthbank.sjs.org.hk, and address your enquiries by phone to 2835-4321 or 8107-8324.



此為首間非牟利社區藥房

It is a non-profit community pharmacy.



帶淚的笑容

早前，「到戶理髮服務」收到一位八十多歲婆婆的申請。莫婆婆早要獨自承受喪偶之痛，母兼父職養大六名子女，最終導致滿身病痛。現今獨自居住在黃大仙一個公屋單位，每月僅依靠微薄的綜援金為生。

在沒有家人的帶領下外出理髮，對於一個體弱多病的老人家來說，真的不方便。我們知道婆婆的需要和困難，隨即安排義工上門服務。

門鐘響過，眼見一個瘦骨嶙峋的婆婆，攙扶著床邊由睡床一步一步走到門前為我們開開門。詳談之下，知道莫婆婆已有數個月沒有理髮，由於行動不便，要外出理髮也甚為艱辛。

「子孫都各有各忙，有的成家立室，有的海外留學，都沒有時間照顧我，日常起居都要靠自己，連自己外出剪髮都唔得，仲要人地幫我。」雙手因患有帕金森病而不停抖震的莫婆婆說。

「依家有義工姐姐上黎幫我剪頭髮，我日後就唔洗再為理髮而煩惱喇！」婆婆眼角帶有淚光的對剪髮義工說。

如果將來，您年紀大了，想為自己打扮一番卻感到無能為力。社會有一群熱心的人士為你服務，你會否和莫婆婆一樣，感動得喜極而泣呢？

Tears of Joy

Home Haircut Services received an application from an 80+ elderly woman, Mrs. Mok, widowed when she was very young and raised her six children on her own. Now living in a housing unit in Wong Tai Sin, Mrs. Mok is on Social Security Assistance.

For a feeble elderly going out alone to a beauty salon is not an easy job, so St. James' Settlement sent out the volunteer to Mrs. Mok as soon as they received her request.

Upon arrival, the volunteer noticed a skinny elderly woman walking slowly with difficulty to open the door. The volunteers realized Granny Mok is suffering from Parkinson's disease and has not been getting hair cut for months. Her children either living abroad or have their own families to care, so no one really can look after her. "Now volunteers do house call to cut my hair so I don't have to worry about that any more." said Mok with tears of joy.

When you grow too old to care for yourself, would you be as joyful as Mrs. Mok when the volunteers come to your house and provide Home Haircut Services?



義工正用心地為婆婆剪髮。

The volunteer helps the elderly to cut her hair wholeheartedly.



我們需要你的捐助
We Need Your Donation

藥費自費要偏援總須 臨疾惡忍強乏力者貧

有甚麼比有病卻沒有錢吃藥的無助？對一些貧困長期病人來說，吃藥便是生活的一部分，也是他們一項沉重的支出。以下是聖雅各福群會之「贈藥治病」個案之一：

甘先生患有乙型肝炎，經醫生診斷，要每月用上\$1,500的肝炎藥。可是，這對依賴綜援渡日的甘先生來說，卻是難以負擔的沉重開支。細算每月綜援金額只有\$3,800，減去租住在元朗板間房的\$2,000多元租金，甘先生剩餘的也不多了；但他還要支付必須的支出，如電費、水費、往診所的交通費和膳食費都已是捉襟肘見，故甘先生只可絕望地說：「要自購這昂貴的藥治病，即是要我等死啦。」

「我每天只可以用電飯煲煮公仔麵或者煲粥來吃，煲水也是靠這個電飯煲的，如果壞了也不知道怎麼辦了。」甘先生說道。聖雅各福群會雖然可以捐贈一個電磁爐和一個電熱水煲給甘先生煮食，可是他拒絕了。「這樣會令電費增加，即是說我更無力再可自費購買肝炎藥了。」

現在對甘先生來說，最重要的是可有「餘錢」購買藥物。「醫生說，如果我不吃，肝酵素會繼續上升，最後我必會患上肝癌，到時病情必會更差。」無親無故的甘先生說：「老實說，如果這藥要吃一輩子，我也沒能力，我只想有一天便吃一天，只想肝癌不要太早來，便算了。」甘先生認真地說。

善長們，您們可以伸出援手，幫助無助的甘先生嗎？除了援助他每期約\$200的電費外，您們可以資助他的藥費嗎？您們可以幫助一群如甘先生的無助病貧者，以解決有病沒錢吃藥的問題嗎？不要猶疑了，請快捐錢給「贈藥治病」計劃，讓他們走出這無助的困境吧！善款請用支票，抬頭：聖雅各福群會，支票請指定捐予「贈藥治病」，逕寄本會香港灣仔石水渠街85號一字樓105室。施善熱線：2835-4321或8107-8324。網址：www.thevoice.org.hk。



Can't Afford Medication CSSA Recipient Waiting for Dread Disease to Come

What could be more desperate than being sick but having no money to pay for medication? To the poor and chronic disease patients, taking medicines is part of the life, but is also a heavy financial burden. Below is a case of the St. James' Settlement's Medication Subsidy Program.

Mr. Kam is a Hepatitis B carrier, and was advised by his doctor to take medication which costs over \$1,500 a month. To Mr. Kam who relies on comprehensive social security assistance (CSSA) for a living, this is an unaffordable burden. Receiving CSSA of just \$3,800 a month, after paying \$2,000+ for the rent for his compartment in Yuen Long, Kam has little left; and he still needs to pay for other mandatory expenses such as utilities, transportation fares, and meals. Mr. Kam said hopelessly: "The medicine is so expensive – that means I could only wait for death to come."

"Every day, I use the rice cooker to make instant noodles or congee, and also boil water. I have no idea what to do if it is broken," said Kam. However, he turned down St. James' Settlement's offer of an induction cooker and an electric kettle: "This will increase my electricity fee, making it even more difficult for me to afford the medication."

Now, to have extra money for the medication is most important to Mr. Kam. "The doctor said if I didn't start the medication, my ATL would continue to go up, and I would be destined to get liver cancer." Lonely and without any relatives, Mr. Kam said: "Frankly speaking, I can't afford to take the medication for my whole life. I only wish to take it for as many days as I can afford it, so as to delay the onset of liver cancer – that's it." Mr. Kam said, seriously.

My friend, can you give Mr. Kam a helping hand? In addition to supporting his electricity bill (about \$200 bimonthly), could you sponsor his medication, too? Can you help those poor and chronic disease patients like Mr. Kam to solve their financial problems arising from the need for medication? Don't hesitate! Please support our Medication Subsidy Program to save them from their helpless situation, and send your donation by cheque payable to The St. James' Settlement, specifying "Medication Subsidy Program" on the back, to Room 105, 1/F, 85 Stone Nuller Lane, Wanchai, Kong Kong. Donation hotline: 2835-4321 or 8107-8324. Website: www.thevoice.org.hk.

「藥物可減輕我的病，同時增加我的重擔。」

"The medication can help control my illness, but increases my financial burden."



長者的天使

Angel of the elderly

陳炳麟平日是社工，週末則做義工，一星期七天，服務老人家三十多年，除了結婚放假和近年患上鼻咽癌要接受電療，從未請過一天假。

陳炳麟在聖雅各福群會任社工已三十一年，打從第一天開始，就是專門服務老人家。

他知道香港的社會政策其實不能完全滿足民眾需要，多年來在沒有政府資助下，發動多項長者健康計劃以及居家服務，邀請各行各業的人擔任義工。

「香港有很多老人貧病交加，而且沒有親人照顧，有心人士想要幫忙卻沒有門路；我只是擔任牽線的工作，藉社區力量幫助老人家。」

他的朋友差不多都成為義工，連妻子都是在義工隊裏認識的。目前義工總共有五百人，包括醫生、律師、藥劑師、物理治療師、裝修工人，以及殯葬業老闆等，替貧窮的長者修理電器、為他們事先安排身後事等等，什麼都做。

母親的身教，令他體會更深。「小時候，常見母親幫助一些陌生的老人家做粗工，老人家很高興，母親也笑得很開心。於是我立志長大後也要幫助人，但當時根本不知道什麼叫社工。」

到了七十年代，聽說香港社會福利署成立社工訓練學院，小時宏願再湧心頭，工作之餘，他進修社工課程，孜孜不倦，終於考上專業資格，可以名正言順幫助他人。

但天有不測風雲。二零零二年，他證實患上鼻咽癌，妻子知道後，哭得暈死過去。社工界好朋友馬錦華沉痛地說：「這病是他捱出來的。」

陳炳麟倒沒那麼想。患病初期，他一個星期要接受五天電療。雖然請了兩個月的病假，但只要精神好些，又會繼續工作，似乎從不覺得累。「我呼籲別人做義工，自己卻偷懶，怎麼說得過去？我應該比其他義工更加努力。」

他生性豁達，談到死亡，一副樂天知命的神氣：「有人問我，為什麼不煙不酒，生活正常，也有這病。我說，何必問為什麼，反正幫不了我康復。死也沒什麼大不了。我當這個病是傷風感冒般醫治，盡力就是了。」

『盡力做好每件事』是我基本的生活態度。」著意耕耘，不問收穫，就是陳炳麟的快樂之道。（部份內容已被刪減）

Mr. Chan Ping Lun is a full-time social worker on week days. On the weekends, he does voluntary work. He has served the elderly for more than 30 years, 7 days a week. He has never taken a day off, except when he got married and when he receives electro-therapy for Nasopharyngeal Carcinoma in recent years.

Mr. Chan Ping Lun has worked as a social worker for over 31 years for St. James' Settlement. He has decided to serve all the elderly from day one.

He understands the social policies of Hong Kong cannot satisfy the needs of the society. He has initiated numerous health plans and home-services schemes for the elderly without any governmental subsidy. Various services have been able to continue as Mr. Chan invites people to become volunteers from all walks of life.

"There are many aged people who are ill and poor with no relatives to care for. Some want to help but don't know how. I play the role of a mediator; I help the elderly through the concerted efforts of the community."

Nearly all of his friends become volunteers. Even his wife. He met her when she was a volunteer. Presently, the total number of volunteers is 500: including doctors, lawyers, pharmacists, physio-therapists, renovation workers and owners of funeral parlours. They repair electrical appliances for the poor elderly, or take care of funeral matters upon their death. They do everything.

Mr. Chan had a deep understanding of the elderly's plight by learning from his mother. "When I was a child, mother often did strenuous tasks for the elderly, often a complete stranger. Mother would smile happily when the elderly appeared pleased with her work. So, I made up my mind then to help people when I grew up. I had no idea that was the work of a social worker."

In the 1970's, he heard that the Hong Kong Social Welfare Department had set up a training college for social workers. He remembered his determination as a child. He did the course after work. He passed the examinations and became professionally qualified. Since that day, he is able to help people with what he has learnt.

Then came bad news. In 2002, he was diagnosed with Nasopharyngeal Carcinoma. His wife fainted after she broke into tears upon hearing the terrible news. Mr. Ma Kam Wah, his good friend from the social work services, commented painfully, "this cancer is a result of over-work."

Mr. Chan Ping Lun looked at his illness in a different way, though. He received electro-therapy 5 days a week at the start of his illness. He had applied for 2 months' sick leave, but he returned to work once he felt slightly better. He never seemed to feel tired. "I ask people to be a volunteer. How can I convince others if I take French leave myself? I should work harder than everybody else."

Mr. Chan is a born optimist. He talks of death in an optimistic manner. "Some people asked me why I contacted cancer though I neither drink nor smoke. I answered, 'why ask me? It's not going to do anything to my illness after all. It is not a big deal to die. I look at cancer as if it's merely a cold or flu. I'll just do my best.' 'Do my best whatever I lay my hands on' is my basic attitude in life." Keep ploughing and care not for the harvest is Chan's way to happiness. (Part of the article has been abridged.)





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The righteous reap the fruits of the tree of life; the wise win people's hearts.