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基督教靈實協會 Haven of Hope Christian Service

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# 靈感 HAVEN OF HOPE NEWS 103 MAY 2020

主題 THEME

## 同舟共濟 疫流而上

Together We Fight,  
in Times of Epidemic



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HAVEN OF HOPE NEWS Digital Version

[https://www.hohcs.org.hk/content\\_72.html](https://www.hohcs.org.hk/content_72.html)



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## 基督教靈實協會

Haven Of Hope Christian Service

### 異象禱詞 Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。  
God, together we serve and grow, witness the Gospel and experience Your love. May you be satisfied. Amen.

### 使命 Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。  
Through a ministry of holistic care, we strive to share Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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# WORDS FROM CEO

## 行政總裁的話

### 親愛的靈感讀者：

執筆之際，本港的新型冠狀病毒肺炎(下稱新冠肺炎)確診個案累計超過一千宗，在疫情爆發之初，基督教靈實協會(下稱靈實)迅速作出應變並制訂措施，以確保院舍、服務單位及辦公室均衛生安全，而前線及各部門的同工亦謹守崗位，互相配合，齊心支援服務使用者、其家屬以至社區人士，回應他們的健康和抗疫需要。

鑒於疫情嚴峻，長者院舍暫停探訪，我們運用網上平台安排視像會面，長者及其家屬雖不能身處同一地方，卻可實時見面和傾談，而家屬亦因看見至親的狀況而感到安心。此外，日間中心亦暫停開放，但同工沒有半點鬆懈，即使在全港資源嚴重緊絀的情況下，同工也竭盡所能為有需要人士搜集抗疫用品，並不時致電慰問服務使用者，在有需要時作出實質的支援。至於特殊學校，雖然學員暫時不能回校上課，但靈實同工善用視像技術，讓學員在家繼續學習，以幫助減輕家人的照顧壓力。

對於同工的健康和安全，我們十分重視，所以成立靈實中央感染控制協調組，集中力量去為各服務單位制訂統一的防疫措施，並提供實用的衛生指引及最新防疫資訊，以保障同工、服務使用者和服務單位安全。

目前，全球疫情仍出現不確定的變化，但可以肯定的是靈實不會讓大家孤軍作戰，不僅彼此鼓勵和支持，在你感到憂慮或心緒不寧時，我們會關顧你心靈和靈性的需要，而靈實福音事工部更透過社交平台專頁和網上祈禱會，希望藉著分享和祈禱，令大家得著平安。

在抗疫的過程中，我們會遇到困難、障礙、擔憂或感動，並觸發一些體會、反思及覺醒，而從中所領悟到的，或可成為啟示，幫助我們更好地裝備自己，以提升信心去應對未來的疫情或其他新挑戰。就讓我們一起禱告，願主繼續保守我們，帶我們跨越疫境，並讓我們的服務回復正常，院舍恢復探訪，大家的生活重回正軌。

行政總裁

林正財醫生

### Dear Haven of Hope Supporters,

At the time of writing, there were more than 1,000 confirmed cases of novel coronavirus pneumonia (hereinafter referred to as COVID-19). From the onset of the outbreak, Haven of Hope Christian Service (HOHCS) immediately responded and formulated measures to ensure that all our elderly homes, service units and offices are hygienic and safe. Our co-workers in the frontline and various departments safeguarded their posts and cooperated with each other to support care service users, their families and even the community with their health and anti-epidemic needs.

In view of the severity of the epidemic, visitations were suspended in elderly homes but with our special digital video call, elderly patients and their families were able to meet and talk in real time, providing comfort and relief to their loved ones. In addition, the day care centres were also temporarily closed but our co-workers have not relaxed at all. Even when Hong Kong was under severe resource constraints, our staff did their utmost to procure medical supplies for people in need, carried out constant phone calls to check on patients and provided support when needed. As for special school, although the students cannot return to school for the time being, our co-workers were able to make good use of video technology to facilitate continued learning so as to help alleviate some pressure from family care.

The health and safety of our co-workers are of utmost importance; therefore we have set up the HOHCS Corporate Infection Control Coordination Group to concentrate our efforts in formulating unified anti-epidemic measures for each service unit and to provide practical hygiene guidelines and latest anti-epidemic information to ensure the safety of all co-workers, service users and service units.

There are still uncertain changes to the pandemic, but what is certain is that we will never let you walk alone. When you feel worried or uneasy, we will support you as we care about your psychological and spiritual needs. Haven of Hope Evangelistic Work Department will endeavor to make everyone feel comforted through sharing and praying via social networking sites and online prayer sessions.

In the process of fighting this global pandemic, we will encounter difficulties, obstacles, worries or emotions, and triggered some personal experiences, reflections and awakenings. Let us all learned from these revelations as it will help us improve and be better equipped to deal with future epidemics or other new challenges. Let us pray together. May the Lord continue to protect us, lead us through the epidemic, and return our services to normal then everyone's life will be back on track.

Dr. Lam Ching-choi  
Chief Executive Officer



# THEME 主題

“主必看見自己勞苦的功效，便心滿意足。  
After the suffering of his (the Lord's) soul,  
he will see the light of life and be satisfied.”  
以賽亞書 Isaiah 53:11

## 同舟共濟 疫流而上

在過去數個月裡，新冠肺炎疫情讓港人面對前所未有的挑戰，大家各有各的經歷和感受，有人曾因突如其來的疫症而措手不及、或因防疫物資短缺而憂慮，亦因要保護身邊的人而疲於奔命，但在社會不同的角落，存在著守望相助的群體，他們互相扶持、共度時艱的點點滴滴，構成溫馨美麗的圖畫，深印在彼此心中。

在西貢及將軍澳這個社區，瀰漫著健康城市的氣息，社區推動加上居民參與，令健康、長者和復康的服務網絡穩健地發展。面對新冠肺炎疫情，非政府機構的責任更加重大，必須更適時適切地回應和支援有需要人士。

### 疫境中見恩典

疫情初起之時，靈實轄下各服務單位根據其發展和速度而作出應變。「隨著疫情的變化，社區陸續浮現相應的防疫需求，我們在社區服務上作出調配和安排，既努力為服務使用者募集口罩等物資，亦希望幫助他們增進防疫知識。」靈實基層健康服務主管胡仲菁回想當天，緊張的情況歷歷在目。

二月初，靈實基層健康服務一部分服務單位啟動在家工作的措施，而留守的同工為前來中心查詢或求助的市民解答疑難，同時收集募捐所得的抗疫物資，並預約有緊急需要的人士，分批到中心領取，減少交叉感染。在家工作的同工除聯絡熱心機構和人士，尋求捐贈物資的機會，亦致電慰問服務使用者，卻得知部分長者缺乏防疫用品的情況十分嚴峻，但因當時市面上供應緊張，同工透過義工團體、企業和朋友圈，籌募到數千個口罩，暫解長者燃眉之急，其後獲西貢區議會之抗疫基金支持，最終籌集或購買到總共11萬個口罩及大批酒精搓手液等，連同防疫小冊子，包裝成抗疫包，贈予長者、殘障人士、前線清潔工、保安員、居於鄉郊的長者及小巴司機等。

胡仲菁說：「同工們用心回應社區的需求，朝著共同目標為服務使用者分憂，在搜集物資、申請基金、處理財務、製作防疫小冊子、儲存物資、包裝抗疫包和運輸等過程中，感恩有不同服務單位的同工用心扶持，以及偶然遇見我們需要幫忙時伸出援手的人，讓我在疫境中看見恩典遍靈實。」

院舍和服務單位嚴格遵循守則和指引，確保服務使用者及同工衛生安全。  
Elderly homes and service units strictly follow the rules and guidelines to ensure the health and safety of service users and workers.



### 溫馨的發現

長者服務方面，在疫情嚴峻時，院舍及長者日間中心除嚴格監控衛生之外，探訪和日間服務暫停，靈實長者服務主管周麗如憶述：「日間中心停止開放後，同工惦記著長者，擔心家人能否照顧到他們，於是致電問候，電話中傳來長者的聲音，說很掛念同工。原來，關係在不知不覺中緊緊扣著，只是以前可能沒有察覺。」

服務使用者當中有些獨居或行動不便，他們的飲食狀況令同工憂心，但日間中心不設送飯服務，同工卻主動取得周麗如的同意，然後依照衛生指引，將飯菜連同熱心人士捐贈的口罩送給長者，即使同工不能停留，見到長者一面已感放心。

在人與人的關係上，周麗如有新的體會：「以前，日間中心的同工在合作上或多或少出現問題，但因各有各忙而未能解決，疫境中因服務暫停，同工多了相處和溝通的機會，令彼此的了解和合作關係可更進一步。」

### 運用科技支援靈性關顧服務

復康服務方面，由於學員不能到靈實將軍澳及西貢地區支援中心接受訓練，情緒上受到很大影響。靈實復康服務主管曾思愛說：「在疫症爆發初期，我們已經開始運用網上視像平台，與學員上堂、提供心理輔導、訓練及分享抗疫資訊，並開靈性關顧小組，反應熱烈，而且學員更要求繼續參與靈性關顧的活動。」

曾思愛續指，疫情天天在變，同工迅速配合情況而靈活變通，為智障院舍的服務使用者，以及地區支援中心有特殊學習需要的青少年，設計很多新穎的活動，讓他們在院舍或

家中也過得充實和開心，亦減輕家庭的照顧壓力。曾思愛分享說：「經歷過這次的考驗，我們有新的學習和新的體會。希望往後可多運用科技，幫助解決問題。」

### 疫流裡同舟共濟

有科技減輕同工的工作、有安全的工作環境、新的安排和部署由同工的角度出發、服務使用者的需要得到滿足、善長幫助到有需要的人、部分服務繼續運作、緊急個案得以處理……由此可見，靈實的抗疫工作做到多贏，同工功不可沒。

「回想疫情之初，不同崗位的同工有不同的反應和意見，但事實上大家都是一條心，想幫助服務使用者在困境中得到平安，因此大家拿出氣度和胸襟，坦誠地溝通，建立互信關係，便成就了美事。」靈實長者地區服務資深社工卓明琳說：「過程中，我們看到令人心酸的事，例如在前來中心領取口罩的長者當中，有些戴著因洗了多次而起毛粒或溶溶爛爛的口罩，有些因缺乏口罩而未能覆診。當同工將搜集到的口罩送給長者時，他們一聲感謝，以及由緊張變得稍為輕鬆的神情，令同工實在地感受到服事所帶來的溫暖和美善。」

更美好的是，有部分長者之間的關係比以前緊密，他們自組WhatsApp群組，知道不可多人聚集，便兩三人相約到海濱散步。他們亦會彼此分擔，並分享善用口罩的點子，他們冀可憑自己的力量去度過難關，而不想增加子女的負擔。

疫境中雖然荊棘滿途，但會觸動人性善美的一面，用生命影響生命，迸發希望，曙光指日可待。

多年來，靈實醫院見證著靈實的變遷，它在新冠肺炎疫情中繼續服事病患者，為他們帶來平安。圖為快將完成擴建工程的靈實醫院外貌。照片由靈實專業進修學院同工Raphael Tang提供。  
Over the years, Haven of Hope Hospital has gone through many changes, and it continues to serve patients in the COVID-19 outbreak, bringing them peace. This photo shows the exterior of Haven of Hope Hospital, which will soon complete its expansion project. Photo courtesy of Raphael Tang, co-worker at Haven of Hope Professional Training Institute.





# THEME 主題

## Together We Fight,

## in Times of Epidemic



靈實復康服務運用科技，與學員上堂，提供心理輔導、訓練及分享抗疫資訊，並開靈性關顧小組。

Haven of Hope Rehabilitation Services use technology to conduct classes, provide psychological counselling, training, sharing of anti-epidemic information, as well as starting a spiritual care group.



靈實長者服務的同工自家製作慰問卡，送給令他們心掛掛的長者。

Haven of Hope Elderly Services co-workers created their own greetings cards for elders that they miss and care for.

In the past few months, the outbreak of COVID-19 epidemic has made Hong Kong people face unprecedented challenges. Everyone has their own experiences and feelings; some people were caught off guard by the epidemic, worried about the shortage supply for personal and protective equipment or exhausted by the need to protect those around them. But in different corners of society, there are groups that provide mutual help and assistance. They provide support and help each other through difficult times forming a warm and beautiful picture which will be deeply imprinted in each other's hearts.

In the communities of Sai Kung and Tseung Kwan O, the atmosphere of a healthy city is pervasive. Community promotion and the participation of residents have enabled the robust development of the health care, elderly and rehabilitation services network. When fighting COVID-19 epidemic, the responsibilities of non-governmental organisations are even greater, and it is necessary to respond and support those in need in a more timely and appropriate manner.

### Grace in Times of Epidemic

At the onset of the epidemic, all service units under HOHCS responded according to its development and speed. "As the epidemic situation changes, corresponding anti-epidemic needs have emerged within the community. Thus, we have made arrangements and deployment for community service, not only striving to source for materials such as masks for service users but also aspired to help them improve their anti-epidemic knowledge." Candy Wo, Head of Haven of Hope Primary Health Services vividly recalling the intense situation.

At the beginning of February, Haven of Hope Primary Health Services initiated measures for some units to work from home, while remaining co-workers continued to help and assist the public with their enquiries at the Centres, they collected anti-epidemic materials from donors and helped made appointment for service users who requires urgent collection so as to reduce cross infection. As for workers working from home, in addition to contacting enthusiastic organisations or individuals for donations, they also call on our service users to check in on them. Upon learning that some of the elderly were in serious need of anti-epidemic supplies, the workers managed to source thousands of masks through the help of volunteer groups, enterprises and circle of friends, in times of market shortage, to temporarily relieve users' urgent needs. Subsequently, with the support of the Sai Kung District Council's anti-epidemic fund, a total of 110,000 masks and a substantial quantity of alcohol hand sanitisers were eventually raised or purchased. Together with the epidemic prevention brochures, anti-epidemic kits were packaged and distributed to the elderly, people with disabilities, frontline cleaners, security guards, elderly living in rural areas and mini-bus drivers, etc.

Candy said "Our co-workers diligently responded to the needs of the community and worked towards the same goal of lessening the burden of our service users. From the process of collecting materials, applying for funds, processing finances, making anti-epidemic brochures, storing materials, packaging anti-epidemic kits and transportation, I am grateful for the support of co-workers from different service units, and the people who help us when we need help. I have seen grace and kindness throughout this epidemic."

### Heart-warming Discovery

With regards to elderly services, when the epidemic situation was severe, in addition to strictly monitoring the hygiene of elderly homes and day care centres, all visitations and day care services were suspended. Eanna Chow, Head of Haven of Hope Elderly Services, recalled: "After the day care centres were closed, our co-workers were thinking about the elders, worrying whether their families could take care of them. When they called to send their greetings, the elders said they missed our co-workers very much. As it turns out, strong relationships were forged; it's just that it may not have been noticed before."

Some of the service users live alone or have limited mobility. Their dietary situations were worried by our co-workers but the day care centre does not provide meal delivery services. Our co-workers took the initiative to obtain consent from Eanna, and then following hygiene guidelines, delivered the meal along with masks donated by kind-hearted people for the elderly. Even though our co-workers could not stay for long, it was a relief just to see the elderly.

With regards to relationships between people, Eanna has a new understanding: "In the past, co-workers at the day care centre might face some work problems but because of the suspension of services due to the epidemic, there are more opportunities for co-workers to get along and communicate so that mutual understanding and cooperation can be further enhanced."

### Using Technology to Enhance Spiritual Care Services

In terms of rehabilitation services, users were emotionally affected as they were not able to receive training at Haven of Hope Tseung Kwan O and Sai Kung District Support Centre. Carmen Tsang, Head of Haven of Hope Rehabilitation Services said: "In the early stages of the outbreak, we have begun using online video platforms to conduct classes, provide psychological counselling, training, sharing of anti-epidemic information, as well as starting a spiritual care group. The response has been enthusiastic and users have requested to continue to participate in spiritual care activities."

Carmen pointed out that the epidemic is evolving every day; co-workers must quickly adapt and be flexible to provide care services and innovative activities to service users with disabilities as well as young people with special education needs in the community so that they can have a full and happy life at home or in hostel. Carmen shared, "After experiencing this ordeal, we have gained new learnings and new experiences. I hope more technology can be used in the future to help solve problems."

### Together in Times of Epidemic

Technology to enhance the work of co-workers, a safe working environment, new arrangements and deployment from the perspective of co-workers, ensuring the needs of service users are met, helping people in need, some services to continue operation and emergency cases can be dealt with.... this shows the vigorous work of HOHCS and how indispensable our workers are in the fight against epidemic.

"At the beginning of the epidemic, co-workers in different positions had different reactions and opinions, but in fact everyone shared the same goal and wanted to help service users get peace in times of difficulties. Therefore, everyone showed their bravery and open-mindedness, communicated frankly, and established a relationship of mutual trust." Recalled Frances Cheuk, Advanced Practitioner (Social Worker), Haven of Hope District Elderly Community Service. "In the process, we have witnessed sad things, for example, some of the elderly who came to our Centre to collect masks were wearing masks that had fluffed or disintegrated after many times of washing, and some failed to follow-up on their appointments because of lack of masks. When our co-workers gave the elderly the collected masks, their gratitude and the look of relief, let our co-workers feel the warmth and goodness of loving care."

Even better, some elders have a closer relationship than before. They set-up their own WhatsApp group, and since no big gathering is allowed, they meet in twos or threes for walks along the seaside. They also care for each other and share ideas for making good use of masks. They hope they can use their own strength to overcome difficulties as they do not want to increase the burden on their children.

Although the epidemic is fraught with challenges, it will touch the good side of human nature, impact life and bring hope, a new dawn is just around the corner.

靈實基層健康服務將籌集到的防疫用品，連同防疫小冊子，包裝成抗疫包，以解社區人士燃眉之急，亦幫助增進市民的防疫知識。Haven of Hope Primary Health Services collected anti-epidemic supplies, printed brochures to create anti-epidemic kits to help address urgent needs of the community and help improve the public's knowledge about epidemic prevention.





# 靈實 中央感染控制 協調組

## HOHCS Corporate Infection Control Coordination Group

多年來，衛生監控是靈實的重要事務之一，所有服務單位及辦公室都積極做好感染控制的工作。2020年初，為應對新冠肺炎疫情，相關的負責人員在既有的基礎上將措施升級，並於1月31日成立靈實中央感染控制協調組（下稱協調組），專責協調靈實各服務單位的抗疫工作，支援同工在各方面的對策，並制訂統一的守則和指引，促使管理層以至前線人員向著一致的目標，預防新冠肺炎，以確保各單位和辦公室衛生安全，讓服務使用者、其家屬及同工放心。

Over the years, health monitoring has been one of the most important tasks for HOHCS, all our service units and offices have been actively engaged in infection control. At the beginning of 2020, in response to the COVID-19 epidemic, all relevant and responsible personnel have upgraded existing basic measures. And the HOHCS Corporate Infection Control Coordination Group (hereinafter referred to as Coordination Group) was established on January 31 to coordinate anti-epidemic work for all service units, support co-workers' counter-measures in various aspects, formulate unified codes and guidelines to allow management and frontline personnel to achieve the same goal to prevent COVID-19, ensuring the health and safety of all units and offices are providing reassurances to service users, families and co-workers.

靈實中央感染控制協調組需要確保機構的抗疫保護裝備有2至4個月的庫存量。HOHCS Corporate Infection Control Coordination Group must ensure that the epidemic prevention stockpile is sufficient for organisation usage for at least 2 – 4 months.



### 任重道遠

協調組的首要任務，是確保同工了解及明白新冠肺炎病毒的特性、傳播途徑、受感染後的病徵、個人和服務單位的抗疫方法，以及遵從防疫指引的重要性等，更引導同工在工作行為上作出改變，並協助他們適應，例如正確的洗手方法、增加洗手次數、正確使用口罩的程序、適當地清潔經常接觸的物件及環境、吃飯時同工們只可向同一個方向坐等。

資訊方面，協調組時刻緊貼疫情的最新發展，密切留意政府在防疫、檢疫及入境政策上的更新，並將衛生防護中心的訊息，整理後統一發放給各單位。協調組亦著重雙向溝通，適時和迅速地將清晰的訊息傳遞到各單位，而各單位如有任何問題，亦可快速地傳遞給協調組，以免造成混亂或誤解。

防疫或保護用品方面，協調組負責統一採購部分物品，並確保庫存量足夠供機構2至4個月使用，更會因應不同服務單位的個別情況而予以補充和調配資源。

為加強監察，協調組要求各單位及各部門委派一位抗疫監察員，作為同工與協調組的橋樑，促進訊息的傳遞，並提示同工時刻遵守防疫指引，以及盡早矯正同工在抗疫上不恰當或不足之處。

### 資訊清晰正確 釋除同工疑慮

在協調組正式運作的首三個月裡，該組的成員體會到疫症會令人產生恐懼，要幫助同工減少恐懼，必須十分清楚地傳達明確的資訊，避免人云亦云。再者，協調組亦發現由於傳播訊息的渠道多不勝數，同工因接收太多資訊而感到混亂和疑惑，因此，靈實感染控制委員會主席黃志強醫生及靈實感染控制總護士林玉貞姑娘，按需要親身到服務單位，抽絲剝繭地解答同工的疑問，令大家更有信心去對抗疫情。

建基於現有的抗疫機制，協調組將繼續適時、清晰和統一地處理各項相關的事宜，並精益求精，給予同工更有力的支援，一起發揮並鞏固防疫力量。



黃志強醫生(右)及林玉貞姑娘(左)向同工講解新型冠狀病毒。  
Dr. Oliver Wong (right) & Christine Lam (left), explaining COVID-19 to co-workers.

### Important and Huge Responsibilities

The primary task of the Coordination Group is to ensure that our co-workers understand and are familiar with the characteristics of COVID-19, the routes of transmission, symptoms of infection and the importance of complying with anti-epidemic guidelines. Make changes in work place behaviours and help colleagues to adapt to, such as, correct hand washing frequency and approach; proper procedures when using face masks; proper cleaning mechanics of objects and surroundings that are in frequent contact and to ensure co-workers are aware of proper manner while eating etc.

On the information front, the Coordination Group keeps abreast of the latest developments in the pandemic situation, closely monitors government's updates on epidemic prevention, quarantine and immigration policies, and distributes information from the Centre for Health Protection of the Department of Health to all units in a unified manner. The Coordination Group also focuses on two-way communication to deliver clear messages to all units in a timely and prompt manner so as to prevent and mitigate any problems, confusion or misunderstanding.

With regards to epidemic prevention or protection supplies, the Coordination Group is responsible for centralising the procurement of some of the supplies and ensuring that the stockpile is sufficient for the organisation for at least 2 – 4 months. It also supplements and allocates resources to various units based on their individual needs.

To strengthen monitoring, the Coordination Group has requested all units and departments to appoint an anti-epidemic ombudsman to act as a bridge between the co-workers and the Coordinating Group to facilitate the transmission of information and to remind co-workers to comply with the guidelines on epidemic prevention at all times, as well as to correct any inadequate or inappropriate actions in the fight of the epidemic.

### Provide Clear and Accurate Information to Allay Fears and Doubts

During the first three months of operation, members of the Coordination Group realised that the epidemic would cause fear, so in order to help co-workers reduce their fears, they must convey messages very clearly to prevent herd mentality. Furthermore, due to the numerous channels through which information was disseminated, co-workers were getting confused and doubtful over too much information. Therefore, Dr. Oliver Wong, Chairman of HOHCS Infection Control Committee and Christine Lam, Chief Infection Control Nurse of HOHCS Infection Control Committee, personally visited the service units to painstakingly answer questions from co-workers and making everyone more confident to fight the epidemic.

Based on the existing anti-epidemic mechanism, the Coordination Group shall continue to handle all relevant matters in a timely, clear and unified manner in order to strive for excellence; providing stronger support to colleagues, strengthening and at the same time consolidating all epidemic prevention efforts.



# RESPECTING LIFE BLOG

## 尊重生命 BLOG

### 靈實服務支援辦事處

#### Haven of Hope Service Support Office

展鋒工業有限公司 Managing Director 洪同芳(左)及 Director 范文展(中)捐贈濕紙巾予靈實，由靈實服務總監莊寶玲(右)代表接受及致謝。

Richard Hung (left), Managing Director and Daisy Fan (middle), Director of Topco Industries Limited donated wet wipes to HOHCS, which was gratefully accepted by Chris Chong (right), Director of Service.



### 靈實福音事工部

#### Haven of Hope Evangelistic Work Department

靈實福音事工部的同工參與復康中心的園藝活動，與智障人士一起透過插花洗滌心靈。

Fellow workers of Haven of Hope Evangelistic Work Department participated in activity of a rehabilitation centre; joined hands with people with intellectual disabilities to cleanse their hearts through flower arrangement.



### 靈實創毅中心

#### Haven of Hope Integrated Vocational Rehabilitation Services Centre

靈實創毅中心與衛生署及彩雲(一)邨屋邨管理諮詢委員會合辦「2019-20年度我好『叻』社區健康推廣計劃」，透過健康推廣活動，強化邨內居民及社區人士對健康存在風險的認識，並增加對健康活動及飲食習慣的重視。活動當日在職員、學員及義工的合力推動下，參加者十分投入，反應熱烈。

The 2019-20 "I'm So Smart" Community Health Promotion Programme, jointly organised by Haven of Hope Integrated Vocational Rehabilitation Services Centre and the Department of Health in conjunction with the Estate Management Advisory Committees from Choi Wan (1) Estate, aimed to enhance awareness of health risks among residents and community members and increase emphasis on health activities and eating habits. On the day of the event, with joint efforts from staff, service users and volunteers, participants were highly engaged and responded enthusiastically.



### 靈實司務道寧養院

#### Haven of Hope Sister Annie Skau Holistic Care Centre

雖然受疫情影響，限制了院友家屬的探訪，但靈實司務道寧養院特別設立了視像通話服務，讓院友與家屬保持聯繫。院方早前為院友慶祝生日，並協助家人透過視像通話送上生日祝福，亦讓院友向家人表達愛意，場面溫馨感人。

Although family visitations were affected by the Coronavirus epidemic, Haven of Hope Sister Annie Skau Holistic Care Centre has set up a special video call service for patients to stay in touch with family members. Earlier, the Centre celebrated a patient's birthday and assisted her family members to send birthday wishes via video call. The patient was able to express her joy and love to the family, touching the hearts of everyone around.



### 靈實恩光學校

#### Haven of Hope Sunnyside School

◀ 學生喜獲上游獎學金，與家長及老師齊齊出席嘉許禮。

Student was awarded with Upward Mobility Scholarship and attended the ceremony with parents and teachers.

▼ 靈實恩光學校首次參加「奔向共融馬拉松」的3公里賽事，展現潛能。

For the first time, students of Haven of Hope Sunnyside School participated in the 3km "iRun Marathon" and demonstrated their potential.



◀ 學童參加游泳訓練班，感覺興奮！

Student was excited to participate in swimming training class!





# IMPACTING LIFE STORY

## 改變生命的故事

### 絕境中的出路

A WAY OUT OF DESPERATION →



靈實醫院院牧勞穎芳  
Chaplain Winnie Lo, Haven of Hope Hospital

壓傷的蘆葦，他不折斷，  
將殘的燈火，他不吹滅。

A bruised reed shall he not break,  
and the smoking flax  
shall he not quench.

以賽亞書 Isaiah 42:3

一次偶遇，燃點起絕境中引路的光。

2019年某天，靈實醫院一個病房內，持續傳出醫護人員被使喚的聲音，一位腰部和腹部疼痛的女病人剛從其他醫院轉到這裡，即要醫護不停地為她服務。當時，靈實醫院院牧勞穎芳正在該病房探望其他病人，她看見女病人十分「勞嘈」，就希望藉著問候去舒緩其情緒。這次的接觸，造就了生命的改變。

不久之後，女病人被確診患上肺癌，而醫院將她轉介給勞院牧，冀讓她得到心靈關顧。雖然女病人脾氣暴躁和不易接受別人，但因當時院牧本身亦是癌症患者，

二人有共同話題，故能建立關係，後來女病人更視院牧為老友。

原來女病人年輕時在職場被欺凌，約十年前開始出現幻覺，更表示經常被其他人看不見的兩名男子責罵，疑為精神分裂所致。勞院牧於是教她奉主的名去驅趕兩名男子，並用聖經話語作引導，要她知道自己是神所珍惜的、有價值的人。其後，女病人決志信主，並從以往只是愁眉不展，變得面帶笑容，亦從以前苛刻地使喚醫護，變到懂得說謝謝。從她身上，勞院牧看見生命的轉變。

女病人早已與家人反目，只有哥哥探望她，但二人總是以吵架、埋怨和令對方難受的方式相處。勞院牧了解後得知二人母親在臨終前囑咐哥哥要照顧妹妹，而事實上他亦十分關心妹妹，院牧遂做和事佬，讓妹妹看到哥哥的付出，也讓哥哥感受到妹妹的悲涼。最終，二人的關係得以復和。

勞院牧與女病人相處期間經歷一件難忘事。缺乏安全感的女病人斜頸袋不離身，而且一定要拉上拉鍊，但袋子的拉鍊在她入院不久已壞掉。而院牧與禱伴分享女病人的故事時，其中一位禱伴主動奉獻了一個斜頸袋給女病人，她收到後十分開心。事實上，只要敞開心扉，接受別人的關心，生命就會更豐盛。

女病人出院後入住院舍，並接受癌症治療，勞院牧聯絡院舍附近的教會，冀傳道人或弟兄姊妹可個別探望她，惟新冠肺炎疫情令探訪暫停。就讓我們一起為這位神的女兒禱告，願她身體得到醫治，心靈得到平安。

勞穎芳(右三)向從挪威前來的司務道教士教會差會負責人，  
分享關懷靈實醫院病人的例子與見證。

Chaplain Lo (third from right) shared examples and testimonies of  
patient care at Haven of Hope Hospital with Heads of Missionary  
& Mission Covenant Church from Norway.

### 靈實醫院院牧勞穎芳患病後的領受

勞院牧在2014年確診初期乳癌，因接受治療而辭去差傳和宣教的工作，其丈夫亦同時失業，多重打擊令勞感到絕望。在神帶領下，勞完成治療後獲一私家醫院聘任為院牧，其後在2019年5月加入靈實，成為靈實醫院院牧。

患病數年間，勞經歷數次癌症復發，都一一克服。2019年12月24日，靈實福音事工部同工在靈實醫院病房進行傳光事工當日，勞接受 PET Scan 正電子掃描，檢視身體癌細胞的情況，至12月31日她接到報告，證實其癌細胞全部消失。

勞成為院牧後，體會到無論富有或貧窮，患病時一樣會恐懼和不安，即使有錢，也買不到喜樂和平安，而且只有神可以在絕境中為我們開闢出路。

A chance encounter ignited a guiding light in times of desperation.

One day in 2019, in a Haven of Hope Hospital ward, a voice was heard calling out for medical attention. It was a female patient who had recently been transferred from another hospital and was suffering from lower back and abdominal pains. Chaplain Winnie Lo was visiting other patients in the ward, when she saw that the patient was "highly agitated". She responded by reaching out to her hoping to calm her down. This contact proved to be life changing.

Shortly after, the patient was diagnosed with lung cancer and the hospital referred her to Chaplain Lo for spiritual care. Although the patient was antagonistic and didn't get along with others, she bonded with Chaplain Lo who was also a cancer patient at that time and they established a close relationship. Later on, the patient even regarded Chaplain Lo as her old friend.

As it turned out, the patient was bullied at the work place from a young age and began to experience hallucinations about 10 years ago where she claimed she was often scolded by two invisible men. This was suspected to be caused by schizophrenia. Chaplain Lo taught her to cast out the two invisible men in the name of the Lord, and to use scriptures as a guide to let her know that she is a valuable person that God cherishes. Consequently, the patient became a happier person and a believer in the Lord. She has even learned to appreciate medical care staff. Through her, Chaplain Lo witnessed a transformation of life.

The patient also had a falling out with her family. Only her elder brother visited her but they had a hard time getting along; always quarreling, blaming and making each other uncomfortable. When Chaplain Lo found out that their mother's dying wish was for the brother to look after his sister, she set out to be peace maker. She advised the patient to see how her elder brother truly cares for her and helped the brother to feel his sister's pain and sadness. Eventually, their relationship was restored.

During her time spent with the patient, Chaplain Lo recalled a memorable event. As the patient was very insecure, she always had a sling bag with her and it must always be zipped but the zipper broke shortly after she was admitted to the hospital. When Chaplain Lo shared this story during a prayer session, one of the prayer members offered a new sling bag for the patient. The patient was so happy after receiving it. In fact, when you open your heart and accept the care of others, life will be fuller.

After leaving the hospital, the patient was admitted to the nursing home to receive cancer treatment. Chaplain Lo then contacted the church near the nursing home and made arrangements for the pastor and church members to visit the patient. However, due to the COVID-19 outbreak visitations were temporarily suspended. Let us all pray for this daughter of God, may her body be healed and her heart be at peace.

### Inspiring Story of Chaplain Winnie Lo, Haven of Hope Hospital

In 2014, Chaplain Lo was diagnosed with early stage breast cancer. She quit her job at the mission in order to receive medical treatment and during the same time, her husband was also unemployed. The multiple setbacks made her feel despair. Under God's guidance, Lo was appointed as a chaplain by a private hospital after her cancer treatment. In May 2019, Lo became the chaplain of Haven of Hope Hospital.

Over the years, Lo experienced several cancer relapses but all of which were overcome. On December 24, 2019, while co-workers of Haven of Hope Evangelistic Work Department were conducting candlelight convocation at the hospital ward, Lo underwent a PET scan to check the condition of the cancer cells in her body. And on December 31, she received a report confirming that all cancer cells had disappeared.

After Lo became a chaplain, she realised that no matter rich or poor, one feels the same fear and anxiety when sick. Money cannot buy happiness and peace, only God can open up a way out for us in times of desperation.





# TELL US YOUR STORY

## 一行一故事



## An Artist that Sculptures Dreams

### 雕塑夢想的藝術家

「爸爸，你做手工首飾，會否連本錢也賺不回來？」這一句童言，出自本港知名雕塑家李紹忠 (Joe) 的女兒口中，時為2007年，當年37歲的Joe決定開闢藝術之路，先用手工首飾試水溫，他將銀和貝殼等物料鑲在木材上製成吊墜，並在尖沙咀文化中心外的「藝墟」租用攤檔擺賣，第一天已賺回本錢，而且往後他得到的名氣和收入亦有所增加，令女兒和家人加倍支持他追夢。

Joe的至愛、名為「路」的銅雕，演繹了其藝術人生。一塊銅片寓意看不到盡頭的路，可用手將銅片末端向上屈起或保持水平，代表未來想向上還是平淡地過，街燈代表生命裡遇到的明燈，椅子是讓人放鬆的地方；對於自己想走的路，不同的人各有選擇，二人同行更可並肩努力向理想進發。Joe選擇向上的路，至今仍不斷進步，而他亦有不少明燈，特別是十年前已看到他具有潛質、作品「有話要說」的一位陶瓷藝術家，建議Joe在雕塑方面進修，積極進取的他於2010年修讀雕塑專修課程，在藝術修為上增值，並找到創作風格和方向。

今天，Joe在他8年前於賽馬會創意藝術中心開設的工作室，繼續保持初心，透過雕塑鼓勵人向前看，為未來和達成目標而奮鬥。一如以往，他最愛用的材料是紅銅，因其可塑性高，可讓他盡情表達意念。木材也是他愛用的材料，因為木有天然紋理，切割時用不同的弧度，會產生不同的紋理變化。而且他大多選用建築地盤棄置的電線和木材等，或到回收店購買適用的材料，既環保又合乎經濟效益。

去年，一批樹木促成了Joe與靈實的合作。事緣於靈實要配合十年基建發展計劃，亦希望能將部分曾經生長在靈實臺的沉香木，以其他方式保存下來，因此請Joe幫忙，將這批無價寶轉化成紀念品，恆久留存。Joe創作了8個「神」與「愛」同體字木雕、8個手握十字架和3個原木十字架座台，將靈實歷史遺留的瑰寶化作祝福。

李紹忠的銅雕 - 「路」 - 不同的人按自己選擇的方向和目標，走不同的路。

Joe's copper sculpture - "Road" - Different people taking different paths according to their chosen direction and goal.

"Dad, will you be able to make any money from your handmade jewellery?" This innocent question came from the daughter of well-known Hong Kong sculptor Joe Li. It was 2007, when the 37 year old Joe decided to be an artist selling handmade jewellery. He made pendants using silver and shells embedded in wood and rented a stall at the Arts and Crafts Fair outside Tsim Sha Tsui Cultural Centre. On the first day, Joe has already recovered his capital. Since then, his reputation and income have increased, making his daughter and family more supportive of him pursuing his dream.

Joe's beloved, bronze sculpture called "Road" is an interpretation of his artistic life. A piece of copper signifies there is no end to the road; you can use your hands to either bend it upwards or maintain it horizontally, representing the future is within one's control. Streetlights represent guiding light or mentors encountered in life and the chair is a place to relax. Different people have their own life choices but two people can walk side by side towards their common ideals. Joe has chosen the way up and he is still making progress. He also has good mentors, in particular, a ceramic artist who saw the potential in Joe and his craft some 10 years ago, recommended him to undertake further studies in sculpture which motivated Joe to complete an Art Specialist Course (Sculpture) in 2010, adding value to his arts cultivation and finding his creative style and direction.

Today, Joe continues his passion at the studio he opened at the Jockey Club Creative Arts Centre 8 years ago. He encourages people to look forward through sculptures and strive for the future

to achieve their goals. As always, his favourite material is red copper, because of its high plasticity, it allows him to express his ideas.

Wood is also his favourite material, because wood has a natural texture, cutting with different radians will produce different textures. Moreover, he uses wires and wood discarded at construction sites or buy suitable materials from recycling shops which are both environmentally friendly and economical.

Last year, a batch of trees contributed to Joe's collaboration with HOHCS. Due to HOHCS' 10 year infrastructure development plan, in order to preserve the body of agarwood trees on the estate and turn it to something meaningful, HOHCS reached out to Joe for his help to convert these priceless treasures into souvenirs that will last forever. Joe created 8 homonymic wood carvings with Chinese characters of "God" and "Love", 8 hand-held crosses and 3 wood standing crosses, turning historic treasures into blessings.

他要像一棵樹栽在溪水旁，按時候結果子，  
葉子也不枯乾。凡他所做的盡都順利。

And he shall be like a tree planted by the rivers of water,  
that bringeth forth his fruit in his season; his leaf also shall not wither;  
and whatsoever he doeth shall prosper.

詩篇 Psalm 1:3

訂購李紹忠精心創作的木雕，支持靈實福音事工部靈性關顧服務。

Order Joe Li's unique and intricate wood sculptures to support Haven of Hope Evangelistic Work Department's Spiritual Care Services.



同體字木雕

(直徑約8厘米)

慈善價\$10,000/個

圓形木雕採用台灣著名平面設計師鄭司維先生設計的「神」和「愛」同體字，將「神」字向左轉90度即成「愛」字，寓意神就是愛。

Homonymic Wood Carving

(about 8 cm in diameter)

Charity Price \$10,000 each

Round wood carving showing "God" and "Love" as the same Chinese character. When the word "God" is turned 90 degrees to the left, it becomes "Love", meaning God is Love. Designed by famous Taiwanese graphic designer Szu-Wei Civi Cheng.

原木十字架座台

(高約60厘米)

慈善價\$100,000/個

以整塊原木雕造，浩大的神恩顯現眼前。

Wood Standing Cross

(about 60 cm high)

Charity Price \$100,000 each

Hand carved from one whole piece of wood, revealing God's divine grace.



手握十字架

(長約10.5厘米，闊約8厘米，  
每個的呎吋略有不同)

慈善價\$10,000/個

邊和角都磨得圓滑，握在手裡感到  
舒服放鬆，讓人可靜心禱告。

Hand-held Cross

(approximately 10.5 cm long and 8 cm wide,  
each with a slightly different size)

Charity Price \$10,000 each

Smooth finishing, fits comfortably in your hand,  
great for prayers and meditation.



訂購以上的木雕、捐款或查詢，請致電2703 3284與靈實傳訊及籌募部鄭小姐聯絡。

To order the above wood carvings, donations or enquiries, please contact Ms. Cheng, Haven of Hope Communications and Resource Development Department at 2703 3284.



# YOU CAN CHANGE THE WORLD

## 你的支持帶來改變

# 風雨同路見真心

## Walking Together Through Adversity

在生命的路途中，無論高山平地抑或彎路直路，總會有朋友和夥伴結伴同行，當中有些是過客，有些則細水長流。推心置腹的夥伴，會真心相待，順境時分享福樂，逆境中不離不棄，互相關心、扶持和分憂解困。愈是艱難的日子，愈能看清楚誰是可堪信賴的夥伴。在這次疫情中，靈實獲得不少推心置腹的夥伴幫助，其中包括一班多年來不渝地支持我們的義工。

在本港防疫物資極為緊絀之時，為給靈實同工打氣，我們在前線支援下籌集到口罩和中藥保健茶包或湯包，並想盡早派發給所有同工，因此請義工幫忙包裝防疫包，她們二話不說，一口答應。

義工將寫上鼓勵話語的心意卡放進防疫包內。

Volunteers packed the greetings card with encouraging words into the Staff Motivation Pack.



靈實送給同工的防疫包。

Staff Motivation Pack from HOHCS.

一個晴朗的早上，義工們準時到達靈實臺的總辦事處，穿上防疫裝備，按照衛生指引，安全和小心地進行包裝工作。她們用了一天的時間，包裝好超過一千個防疫包，效率甚高。有賴她們的幫忙，我們在包裝的翌日開始，將防疫包陸續分發到各服務單位，讓同工們取用，暫應當時燃眉之急。

在包裝的過程中，義工們表現出謹慎的態度，一心要為靈實同工送上健康的祝福。她們給予靈實的支持，成為一股暖流，令當時大家緊張的心情緩和下來。義工們更感恩地說，慶幸有這次的工作，讓她們從家裡走出來，因礙於疫情關係，她們需要留在家中，

日子久了開始感到鬱悶，所以在接到靈實同工要求幫忙的電話，就馬上應承，而且她們相信只要做好防疫措施，就可安心工作。

由此可見，如果我們對生命常存感恩的心、對夥伴常存感激之情，即使面對困難，也可跨越；假若我們對前路常存警惕的意識、對未來常存盼望，就可看見生命的改變。



防疫包內有口罩、中藥保健茶包或湯包，以及寫上鼓勵話語的心意卡。

The Staff Motivation Pack contains face masks, Chinese herbal tea bags or soup packets, and a greetings card with encouraging words.

義工按照衛生指引，謹慎地包裝口罩。

Volunteers carefully packed face masks in accordance with hygiene guidelines.

On life's journey, whether it is on a mountain or a straight road, there will always be friends and partners along the way. Some are passing guests and some are long staying. Partners who extend their care will treat each other sincerely, share happiness when they are in good times and never give up in adversity. The more challenging the days are, the clearer it is to identify a reliable partner. During this epidemic, HOHCS received help from many cherished partners, including a group of volunteers who have been supporting us for years.

At a time when Hong Kong's epidemic prevention resources were extremely tight, face masks and Chinese herbal tea bags/soup packets were procured with the support from our partners to help boost the morale of our workers. Without any hesitation, our group of volunteers agreed to help with the packaging for distribution.

One sunny morning, volunteers arrived at the HOHCS head office on time, put on the epidemic prevention gear and carried out packaging work in accordance with hygiene guidelines. They spent the entire day packaging more than 1,000 Staff Motivation Packs and were highly efficient. Thanks to their help, we were able to distribute Staff Motivation Packs from the very next day to our workers for their immediate urgent usage.

During the process of packaging, the volunteers showed a cautious attitude and were steadfast in sending good health blessings to HOHCS workers. Their unwavering support was so reassuring that it helped ease the tension. The volunteers were also grateful to get a chance to leave their homes to do something meaningful as it was getting depressing staying home due to the epidemic situation. They believed that as long as proper epidemic prevention measures were taken, they can volunteer with a peace of mind.

This goes to show that if we are always grateful for life and grateful for our partners, we will overcome any difficulties; if we are always vigilant about the way forward and hope for the future, we can see positive change.

“你不要害怕，因為我與你同在；不要驚惶，因為我是你的神。我必堅固你，我必幫助你，我必用我公義的右手扶持你。”  
So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

以賽亞書 Isaiah 41:10





# WHAT'S NEW 最新消息

## 靈實賽馬會 「齡的突破」 健樂自主計劃·健康網站

人到中年就「年紀大、機器壞」？如果及早向專業醫護人員諮詢，從而了解自己的身體狀況，然後自我管理健康，就可有效預防疾病，令人生的下半場過得更健康。靈實賽馬會「齡的突破」健樂自主計劃(下稱「齡的突破」)，正是為幫助50歲或以上西貢及將軍澳區居民達成上述目標而設，該計劃全面為參加者評估健康風險，按既有的生活模式及病歷分析其健康需要，由跨專業團隊，包括註冊護士、社工、營養師、物理治療師及職業治療師等，提供一站式健康綜合管理服務，並因應個別人士的健康狀況及需要，採用「自己健康自己管理」的概念，訂立專屬健康管理計劃，再配合虛擬實境等科技或嶄新的儀器，鼓勵中年人士多做運動，從而改善身心狀態及減低患上各種慢性疾病的風險，以減少進出診所或醫院。

### 網上平台為健康增值

為大家隨時隨地獲得所需的健康資訊，「齡的突破」現推出網站，希望透過這個多元化社區健康管理平台，一方面幫助大眾獲取更多有用保健和預防疾病的知識，同時讓參加「齡的突破」的人士，瀏覽健康資訊和飲食建議，以及透過短片教授保健運動、網上遊戲和個人電子健康記錄，學習管理自己的健康，亦與計劃的醫療團隊共享數據，共建健康。

此外，「齡的突破」亦關顧長期病患者的家庭及照顧者，將透過個案輔導、社區資源配對、減壓課程、同路人小組及服務轉介等，為照顧者提供針對性支援，以舒緩其壓力及困擾。

最新推出的靈實賽馬會「齡的突破」  
健樂自主計劃網站。

The newly launched Haven of Hope Jockey Club  
Healthy and Happy Ageing Project website.

## Haven of Hope Jockey Club Healthy and Happy Ageing Project

Will the body go downhill by middle age? If you consult a professional medical staff early to understand your physical condition and manage your health, you can effectively prevent diseases and make the second half of your life healthier and more confident. Haven of Hope Jockey Club Healthy and Happy Ageing Project (hereinafter referred to as the Project) is designed to help residents of Sai Kung and Tseung Kwan O district, aged 50 or above to achieve the above objectives. The Project comprehensively assesses the health risks of participants, analyse their health needs according to existing lifestyles, medical records and provide a personalised, one-stop integrated health management services supported by a multi-disciplinary team, including registered nurses, social workers, nutritionists, physiotherapists and occupational therapists.

Adopting the concept of "Managing Your Own Health", this exclusive personalised health plan works in conjunction with new technology and virtual reality to encourage middle-aged people to exercise more to improve their physical and mental well-being, prevent chronic diseases so as to reduce the need to access clinics or hospitals.

### Online Platform Adds Value to Health

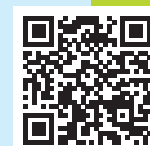
In order for everyone to get the health information they need, anytime anywhere, the Project has launched a website for users to gain more knowledge about useful health care and disease prevention through this diversified community health management on-line platform. Eligible participants can browse health tips, dietary suggestions, and watch short videos to learn about health exercises, enhance knowledge through online games, or use personal electronic health records to manage their own health and share data with our dedicated medical team to build better health.

In addition, the Project also cares for families and caregivers of chronically ill patients. It provides targeted support to caregivers through case counselling, community resource matching, stress reduction courses, peer group meetings and service referrals to alleviate their stress and distress.

### 掃描並登入網站 自己健康自己管理

立即掃描QR code並登入「齡的突破」網站，  
了解自我管理健康的好處。

歡迎致電查詢2701 3407。



### Scan & Log In to Manage Your Own Health

Scan the QR code immediately and log into the website to learn more about the benefits of managing your own health!

For enquiries, please call 2701 3407.



本計劃為參加者提供TRX懸掛式阻力訓練，讓他們在物理治療師指導下，訓練核心肌群，提升身體的穩定性和柔軟度。  
The Project provides participants with TRX (Total Body Resistance Exercise), under the guidance of physiotherapists to train their core muscles, to improve body stability and flexibility.



參加者透過創意烹飪班，學習用豆蓉代替糖霜製作杯子蛋糕。這些健康的蛋糕有助加強蛋白質的攝取，從而增加肌肉量，達致「營、型」並重的效果。

By joining creative cooking classes, participants made cupcakes using bean paste as frosting. The healthy cupcakes helped increase protein intake so as to increase muscle mass and also achieve the effect of "nutrition" and "style".



# HEALTH TIPS

## 健康知多少？

### 強肺保健

新冠肺炎疫情持續，港人對健康感到憂慮，雖然近日坊間流傳各種補肺湯水藥方，但大家必須謹慎，若未有註冊中醫師的專業診斷，切忌胡亂服用。那麼，大家除了做足日常防疫措施外，又有甚麼方法可以避免病邪侵襲呢？

原來距今二千多年前的古人亦懷著相同疑問，《黃帝內經素問·刺法論》云「黃帝曰：『余聞五疫之至，皆相染易，無問大小，病狀相似，不施救療，如何可得不相移易者？』」岐伯曰：『不相染者，正氣存內，邪不可干，避其毒氣』」。

從上文可知，若正氣不足，人則易感病邪，即所謂「邪之所湊，其氣必虛」。若病邪影響肺的宣發肅降，肺氣升降失調，則會出現咳嗽喘促等表現。說到如何調護肺氣，《內經》早有「大飲則氣逆」，「形寒飲冷則傷肺」的訓誡，從日常生活著手，注意少吃辛辣寒涼飲冷。春夏之際忽冷忽熱，需注意氣溫變化，適時增減衣物，適當運動，以養陽氣。

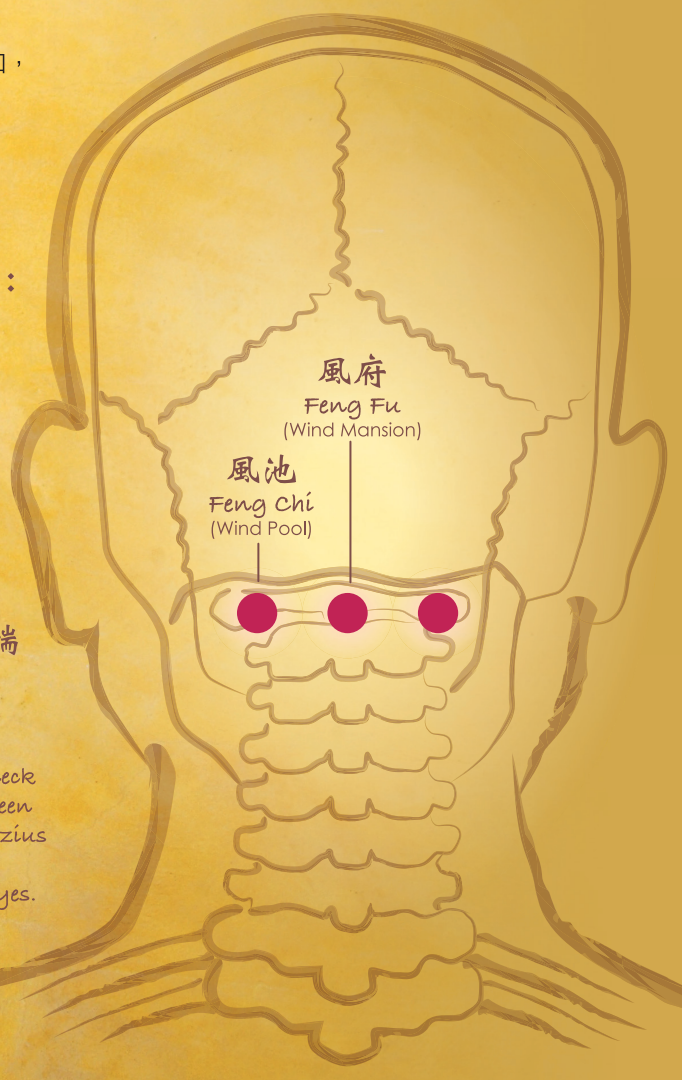
為免病邪乘虛而襲，不能單單補肺，肝心脾肺腎，五臟環環相扣，相互影響。要做到防治未病，需整體考慮各臟腑虛實。

以下介紹兩個常用保健穴位，  
可每天按壓兩至三次，  
每次三至五分鐘，可收保健之效：

Here are 2 suggested acupuncture points which are commonly used in TCM's health care. You are advised to press them twice to thrice a day for 3 to 5 minutes each time.

**壹** ① **風池**，位於頂部枕骨下，斜方肌上部外緣與胸鎖乳突肌上端後緣之間凹陷處，可疏風解表，清利頭目。

**Feng chi** (the Wind Pool) is located at the neck beneath the occipital bone - at the depression between the origins of the Sternocleidomastoid and Trapezius muscles. This TCM action is to course wind and disperse heat. It clears the head and sharpen the eyes.



### Health Tips to Keep the Pandemic at Bay

HK people are worried about their health when the coronavirus crisis continues. Currently, there are lots of folkloric lung tonic circulating across the community. Mind it: never try them lightly without any prior consultation with a registered Traditional Chinese Medicine (TCM) practitioner. Apart from adhering to the daily infection prevention and control precautions, what else can we do to keep the pandemic at bay?

The same question was written in Cifa (All about Acupuncture) of the Huangdi Neijing • Suwen over 2,000 years ago, the Yellow Emperor once asked, "I learn that the epidemics are highly contagious; and yet to seek a right medication for them. In fact, the infected cases, regardless of the ages, also share some similar symptoms. As prevention is always better than cure, how can we protect ourselves and others from infections?" Qi Bo replied, "To avoid the infections, we should always sustain abundant vital energy (Qi), so that the evils will not invade."

From the above, we see if a man lacks vital energy, he gets sick more easily because the "Evil-Excess" will attack the body when his immune system is weak. In another word, when the evils enter the lungs, the Lung Qi flow will be upset; thus resulting in coughing, shortness of breath and others. As mentioned in Inner Canon, to conserve the Lung Qi, we must refrain from excessive eating or drinking cold beverages as they will upset the Qi circulation and harm our lungs. Mind it: our daily habits link to health, for example, we should avoid eating hot and heavily spicy foods; or drinking cold beverages. During spring and summer time when the temperature fluctuates, we should wear appropriate clothing. Furthermore, doing regular exercise also helps nourish the yang qi of the body.

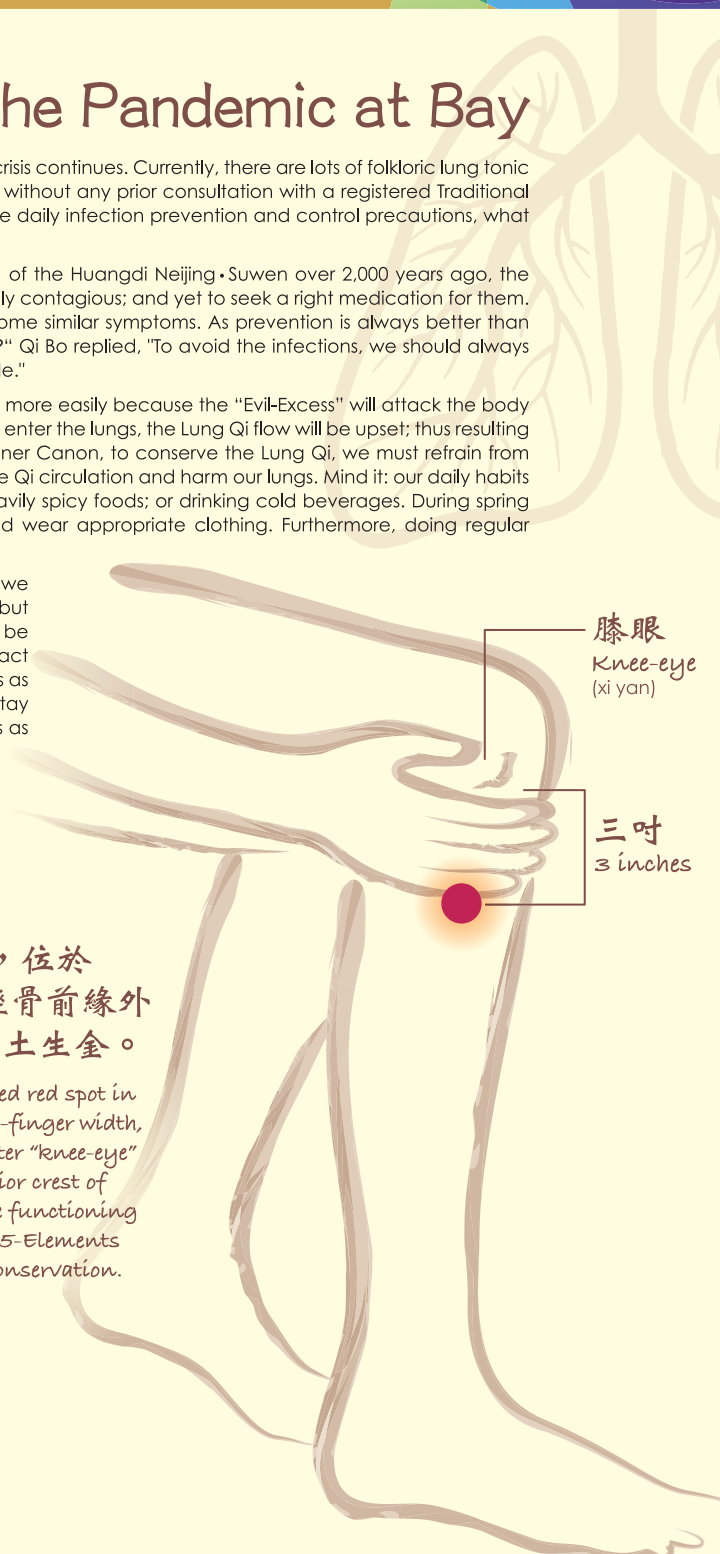
In the holistic concept of TCM, to prevent the attack of evils, we should not just strengthen only one organ such as the lungs, but other organs like liver, heart, spleen and kidneys should be strengthened as well. As a matter of fact, all five organs interact with each other and work together to perform different functions as a whole system. Since prevention is better than cure, to stay healthy, we must also look into the interaction of the five organs as a "whole-system" approach.

**貳** ② **足三里** (右圖紅點處)，位於外膝眼下四指幅約三吋，脛骨前緣外一橫指處，可調理脾胃，培土生金。

**Zusanli** (Leg Three Mile, the encircled red spot in the picture right hand side) is located at 4-finger width, approximately 3 inches down from the outer "knee-eye" and one-finger width lateral to the anterior crest of the tibia. This TCM action is to rectify the functioning of spleen and stomach. According to the 5-Elements of TCM, metal is created through earth conservation.

若有任何疑問，可徵詢註冊中醫師的專業意見。  
For enquiries, please consult a registered TCM practitioner.

靈實香港中文大學中醫診所暨教研中心(西貢區)  
Haven of Hope - The Chinese University of Hong Kong Chinese Medicine Clinic  
cum Training and Research Centre (Sai Kung District)





# MESSAGE TO DONORS

## 給捐贈者的話

### 靈實恩光成長中心 感謝支持 願你如魚得水

Haven of Hope Sunnyside Enabling Centre  
Thank you for your support. May you be in  
your best element!

一直以來，你對靈實恩光成長中心（下稱中心）的支持，改變了特殊學校畢業生的生命，讓他們在等候成人服務及宿舍的5至15年期間可持續學習，不會因缺乏訓練而導致能力和機能衰退，同時舒緩家庭的照顧壓力。

新冠肺炎肆虐令中心服務暫停，而寄宿學員需返家由家人照顧，為照顧者帶來額外的壓力。有見及此，中心提供暫時性的照顧者津貼，感謝捐贈者支持，讓此計劃得以推行，惠及有需要的家庭。

中心的學員和照顧者為表感激之情，合作完成一幅手工創作，獻給捐贈者和支持者。學員用藍色輕黏土和顏料製作海水，然後用色彩繽紛的乒乓球及手工紙製作魚兒，並在照顧者協助下畫上魚鱗和眼睛後，將魚兒黏貼在紙上，最後放上沙、石頭和貝殼。

祝願捐贈者和支持者如魚得水，事事順心順意！

Over the years, your support for Haven of Hope Sunnyside Enabling Centre (hereinafter referred to as the Centre) has changed the lives of our special needs school graduates allowing them to continue with their 5 to 15 years of sustainable learning while waiting for adult services and dormitories, not compromising their abilities and functions due to a lack of training and helped relieved some pressures from family care.

The outbreak of the novel coronavirus pneumonia has suspended the Centre's services, and boarding students had to return home to be cared for by their families. This has put additional pressure on caregivers. In view of this, the Centre has implemented a temporary Caregiver Allowance Scheme which is made possible all thanks to our donors. With our donor's support, this scheme will benefit all families in need.

To express our gratitude, the Centre's students and caregivers collaborated on a hand-crafted painting dedicated to donors and supporters. The students made seawater out of light blue clay and paint, fish were then made with colourful ping-pong balls and colour craft paper. After painting fish scales and eyes with the help of the caregivers, the fish was glued onto the paper and finally sand, stone and shells were placed.

Our sincere thanks to all donors and supporters. We wish you the very best in your endeavours!

### 個人資料收集聲明 Use of Personal Data Declaration

基督教靈實協會尊重閣下所提交的個人資料，並會確保所有個人資料都根據《個人資料（私隱）條例》所載的規定妥善保存及適當使用。本會將使用閣下所提交的個人資料（包括閣下的姓名、住址、電話號碼及電郵地址）進行服務宣傳及慈善籌款推廣用途，但我們在未得到閣下的同意之前不能如此使用你的個人資料。

We (Haven of Hope Christian Service) intend to use your name, telephone number, email and address for our communication in future, including our fundraising events and donation appeal, but we cannot use your personal data without your consent.

請於方格加上☑及簽署，以便本會跟進。

Please ☑ to indicate your intention and sign at the end of this statement.

☐ 本人 同意 基督教靈實協會及其服務單位使用本人個人資料傳遞服務通訊、活動宣傳及慈善籌款募捐之用。

I **AGREE** to the proposed use of my personal data.

簽署 Signature : \_\_\_\_\_

日期 Date : \_\_\_\_\_



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## 捐款回條 Donation Form

基督教靈實協會創立於一九五三年，是一所非牟利的社會服務機構，透過關懷全人的事工，致力與人分享福音及建立基督教社群，在基督的愛中，以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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