

基督教靈實協會 Haven of Hope Christian Service

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靈感 HAVEN OF HOPE NEWS

104
SEP 2020

香港 遇強愈美 HONG KONG - STRONGER AND MORE BEAUTIFUL

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 積極進取 衝出國際
 Interview with David Tam,
 HOHCS Staff:
 TAKING ON THE WORLD
 WITH PROGRESSIVENESS

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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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THE COMMUNITY CHEST
會員機構 MEMBER

《靈感》電子版

HAVEN OF HOPE NEWS Digital Version

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WORDS FROM CEO 行政總裁的話

親愛的靈感讀者：

在過去的大半年裡，香港三度爆發新型冠狀病毒肺炎(下稱新冠肺炎)疫情，當中以第三波最為嚴峻，而且情況反覆，波及的範圍比之前大，市民大眾既需改變一些生活日常，也要適應和融入抗疫新常态。由於港人經歷過前兩波疫情，大家的防疫意識提高了，應變能力增強了，物資準備比年初時足夠，無助感得以稍為減輕。這反映出港人頑強和靈活之處，也展現了疫情帶來的困境下相對正面和良性的影響。

凡事都有多個層面，正如疫境中的處變，我們一般會看到憂慮、緊張、不安、無奈等，但如果換個角度，可以看到港人懂得變通，遇強愈強，人與人之間多了關心和體諒，即使要保持社交距離，彼此的心卻拉得更近，會做多一點、走多一步去助人和自強。例如生活方面，我們多了一起分享購買抗疫物資的情報，更會從世界各地的網店，為身邊有需要的人搜羅食物和日常用品，亦多了用視像科技、手機社交程式或社交媒體問候親友。社區工作方面，基督教靈實協會(下稱靈實)絕不因疫情而放慢腳步或退縮，更審時度勢，積極進取，在重重限制下竭盡所能幫助弱勢，不僅緩解當下的問題，也為未來做得更好而籌謀更多，例如，我們與不同的機構和團體合作開展科研項目，既期望把靈實構建成研究平台，也積極在各單位應用新科技，致力提升服務質素，同時希望服務使用者的體驗和回應，能幫助科研團隊了解用家的實際需要，冀藉此令產品能真正回應需求，讓更多人透過科技改善生活和健康。

香港是世界公認的美麗城市之一，但近來因疫情或社會上出現的種種挑戰，令有些漂亮的人、事和景物被遮蓋或隱藏了，事實上這一切依然存在，而且當大家處於相同的困境，就可激發人性的真與善，以生命影響生命，使原本頑強的香港人更頑強，令這個原本美麗的城市遇強愈美。

行政總裁

林正財醫生

Dear Haven of Hope Supporters,

Over the past months, there have been three outbreaks of novel coronavirus pneumonia (hereinafter referred to as COVID-19) in Hong Kong. Among them, the third wave is the most severe as the scope of infection is larger than before. The general public not only needs to change some daily lives, but also to adapt and integrate into the new normal of combating the pandemic.

As Hong Kong people have already experienced the first two waves of the outbreak, everyone's awareness of pandemic prevention has increased, our adaptability has been enhanced, material supplies are sufficient as compared to the beginning of the year and our sense of helplessness has been slightly reduced. This reflects the tenacity and flexibility of the Hong Kong people. It also demonstrates the relatively positive and benign effects of the challenging situation brought about by the pandemic.

Everything has multiple dimensions. Just like the changes during an pandemic, we generally see anxiety, tension, worry, helplessness, etc. But if we look at it from another perspective, we can see that Hong Kong people know how to adapt and the stronger they are, the more care and understanding they have between one another. Even when we need to maintain social distancing, our hearts are drawn closer together, we will do more and make the effort to help others while improving ourselves. For instance, in our daily lives, collectively, we have shared more information on the purchase of anti-pandemic supplies. We searched online stores around the world to procure food and daily necessities for those in need. We also use video technology, mobile apps or social networking sites to stay in touch with family, relatives and friends.

In terms of community work, Haven of Hope Christian Service (hereinafter referred to as HOHCS) will never slow down or retreat due to the pandemic. We will be more mindful of the situation, be more positive and enterprising, and do everything we can to help the vulnerable despite the difficult circumstances. Not only will we alleviate the current problems but also plan for a better future. For example, cooperating with different institutions and organisations to carry out scientific research projects, as we hope to consolidate HOHCS's research platform while actively applying new technologies in various units to further improve the quality of our services. At the same time, we hope that the experience and response of our service users can help our scientific research team better understand the actual needs of the users, so that the product can truly respond to the needs and allow more people to improve their lives and health through technology.

Hong Kong is recognised as one of the most beautiful cities in the world, but due to COVID-19 or challenges in our society, some beautiful people, things and scenery have been obscured or hidden. In reality, all of this still exists, and when we are all in the same predicament, we can inspire the truth and goodness of human nature, impacting life, making the already tenacious people of Hong Kong more tenacious and make this otherwise beautiful city even more beautiful.

Dr. Lam Ching-choi
Chief Executive Officer

THEME 主題

香港 遇強愈美

每事每物都有多個層面，從不同角度、懷著不同心情或用不同態度去看，感受到或領略到的都各有分別。以香港人一起經歷了大半年新冠肺炎疫情為例，它帶來了大大小小的影響，若從健康意識的角度去看，大家的警覺力和應變力均提高了；若用樂觀的態度去想，晦暗消失就是光明。香港有東方之珠的美譽，雖然近來不少人因疫情而忘記或忽略了它的閃亮和瑰麗，但美好的人和事依然存在，而且困境激發正能量，使原本頑強的香港人更頑強，當中一個個故事，反映這個一直璀璨的城市遇強愈美。在複雜難測的境況中，純真的一群，繼續用自己最直接的視角去看身邊的變化，並隨心隨意地應對；他們眼中的香港是怎樣的？他們展現的是生命中哪一種美？

暫別繁華，換個地方去欣賞香港，會發現不一樣的寧靜和美麗。(Joseph Chan攝於大澳)
Take a break from the hustle and bustle, enjoy Hong Kong from a different place and you'll see a different kind of tranquility and beauty. (Tai O, photo by Joseph Chan)

譚銘豪多次代表香港出戰國際足球賽。
David Tam has represented Hong Kong in many international football matches.

香港「製造」 衝出國際

譚銘豪（豪仔）今年28歲，15歲時已入選香港特殊奧運足球代表隊，不久即與隊友一起代表香港參加在上海舉行的2007年世界夏季特殊奧林匹克運動會，並奪得金牌。其後豪仔隨球隊到世界各地出戰，至今獲獎無數。他憶述自己到過上海、希臘、阿聯酋、瑞典和美國等地比賽，覺得外國環境舒服、空間遼闊，而香港是個好地方。「在這裡，我可踢足球，也得到很多人幫助，包括鄭先生和甘小姐，還有副教練和已故的教練。」（註：鄭先生和甘小姐是他任職餐廳的上司）。豪仔現職於靈實職員餐廳，主要負責長者餐分份的工作。問他疫情有否影響其工作，他說沒有。

上進的豪仔現正修讀烹飪課程，因他喜歡烹飪，而其任職餐廳的廚師認為他有潛質，十分鼓勵他向這方面發展。豪仔亦為自己規劃人生：「我修畢烹飪課程後，想考足球教練牌，然後考球證牌！」祝願這位積極進取、突破自己、衝向世界的香港代表夢想成真。



平凡背後的共融

同樣是靈實職員餐廳員工的何金彩(阿彩)擁有樂觀的性格，臉上常掛著笑容。談到香港，她說：「香港很美，所以吸引了許多遊客。」而她最愛到的地方是連鎖式室內遊樂場，在那裡可找到屬於她的樂趣。此外，她喜歡到教會開辦的中心參與活動，而吃壽司和飲茶更是其至愛。

阿彩在靈實職員餐廳負責分單，即是整理供應商的送貨單，按公司名稱分門別類，她做得有板有眼，表現獲得上司讚賞。阿彩在餐廳更會兼顧清潔的工作，問她最喜歡做那一份工作，她笑著說：「每一份都喜歡！」可見阿彩過著真樸和簡單的生活，若再用心去觀察，會發現她身上有很多值得別人學習的優點，也可感受到她背後那股社會共融的力量。

事實上，共融是社會發展的主要元素之一，它在新冠肺炎疫情中顯得尤其重要，不止影響成年人的生活，也給予兒童和少年人新的啟發。

問候可療癒心靈

靈實小義工、就讀中學一年級的鄭耀軒，在這幾個月裡透過學校、網上及電視所發放的資訊，學到他以前忽略了防疫知識，更從中領略到長者和長期病患者是高危的一群，他說：「疫情期間，我比以前更關心住在隔壁的外公外婆，亦多了問候他們。」當他知道爸媽為一家人預約接受新冠肺炎檢測時，即提醒媽媽要一併為外公外婆預約。再者，耀軒亦關顧兩老的朋友，每次在街上遇見這些長者，也會上前加以慰問。

耀軒因疫情而少了旅遊，他曾經到過多個外國地方，但最愛香港並坦言：「因為這裡有齊環球美食，我有時喜歡吃日本菜，有時則想吃法國菜或麻辣火鍋，在香港隨時吃得到，其他地方沒有那麼方便。」

除了美食之外，他更愛汽車，原來這是他和爸爸共同的愛好，疫情留在家中的日子，父子二人有更多時間大談車經，彼此的感情增進了不少。問耀軒的志願是否想當賽車手，他卻表明要做飛機師，並說要努力讀書，令自己有實力衝上雲霄。



何金彩
樂觀愛笑。
Candy Ho is
optimistic and
loves to smile.

逆境中成長

相信不少人像耀軒一樣，因抗疫而成長，曾為靈實籌款活動拍攝宣傳片的10歲小演員黃雪兒是其中之一，她說：「我看見很多人學會注重衛生，我自己也多洗手，外出會保持社交距離，返家後馬上清潔。」

疫境下，大家曾一起經歷防疫資源短缺的日子，在疫情到達嚴峻階段之前，雪兒已明白要互相幫助，共渡時艱，她憶述：「在疫情未嚴峻時，我與家人到過日本，看見仍有口罩出售，便幫親人和朋友買了回港。」旅遊不忘與在港親友互相扶持，展現一種香港精神。

除日本之外，雪兒亦到過瑞典和韓國等地，而她也喜歡留在香港。「這裡有很美的夜景，有一次與家人在太平山上看香港，令我印象深刻。」她繼續說出另外的原因：「我最愛吃媽媽煮的餃子和飯菜，也愛吃麵店的雲吞麵，而且親戚朋友都住在香港。」想不到小小年紀已如此愛家。

用科技保持聯繫

愛留在家的還有就讀中三的靈實小慈善家蔡文浩，他說因為有資訊科技，在疫情期間也可學習並與親友保持聯繫。

問他在這幾個月的感受，他直言：「醫護人員和香港市民互相合作，彼此都盡責，相信

疫情始終會緩和。」他更表達了自己十多年來的體會，並說香港是一個先進和比較和平的地方，而且在他眼中香港人很出色，特別是年輕人：「在文科和理科的國際學術測試中，香港的年輕人位列三至五位。」

喜歡數學和物理的文浩一向愛在網上搜羅相關的資訊，他說在這段不用回校的日子，反而多了時間上網吸收更多不同的資訊，令自己知識增長了，知識範疇也擴闊了。

不同背景的人在同一段日子，經歷了不同的故事，當中卻有著共通點，就是簡單、直接、正面地應對逆境，可造就生命的成長，也展露了香港的美好一面。



疫情讓鄭耀軒
領略到要關心長者。
The pandemic has given
Bryan Cheng a sense of
caring for the elderly.

THEME 主題



Hong Kong - Stronger and More Beautiful

Everything has multiple dimensions, when you can look at it from different angles, different moods or different attitudes, you can feel or appreciate different things. Take the case of Hong Kong people who have experienced the outbreak of COVID-19 for most of the year as an example, the virus has brought about big and small impact. If we look at it from the perspective of health awareness, everyone's alertness and resilience have increased; if you think about it with an optimistic attitude, there is light in darkness.

Hong Kong has the reputation as the Pearl of the Orient. Although many people have forgotten or ignored its brilliance and magnificence due to the pandemic recently, beautiful people and things still exist and this crisis inspires positive energy and makes the originally tenacious Hong Kong people even stronger. Story after story reflects that this bright city has become stronger and more beautiful. In a complex and unpredictable situation, innocent people continue to embrace and respond to all the changes around them. What is Hong Kong in their eyes? What kind of beauty in life do they show?

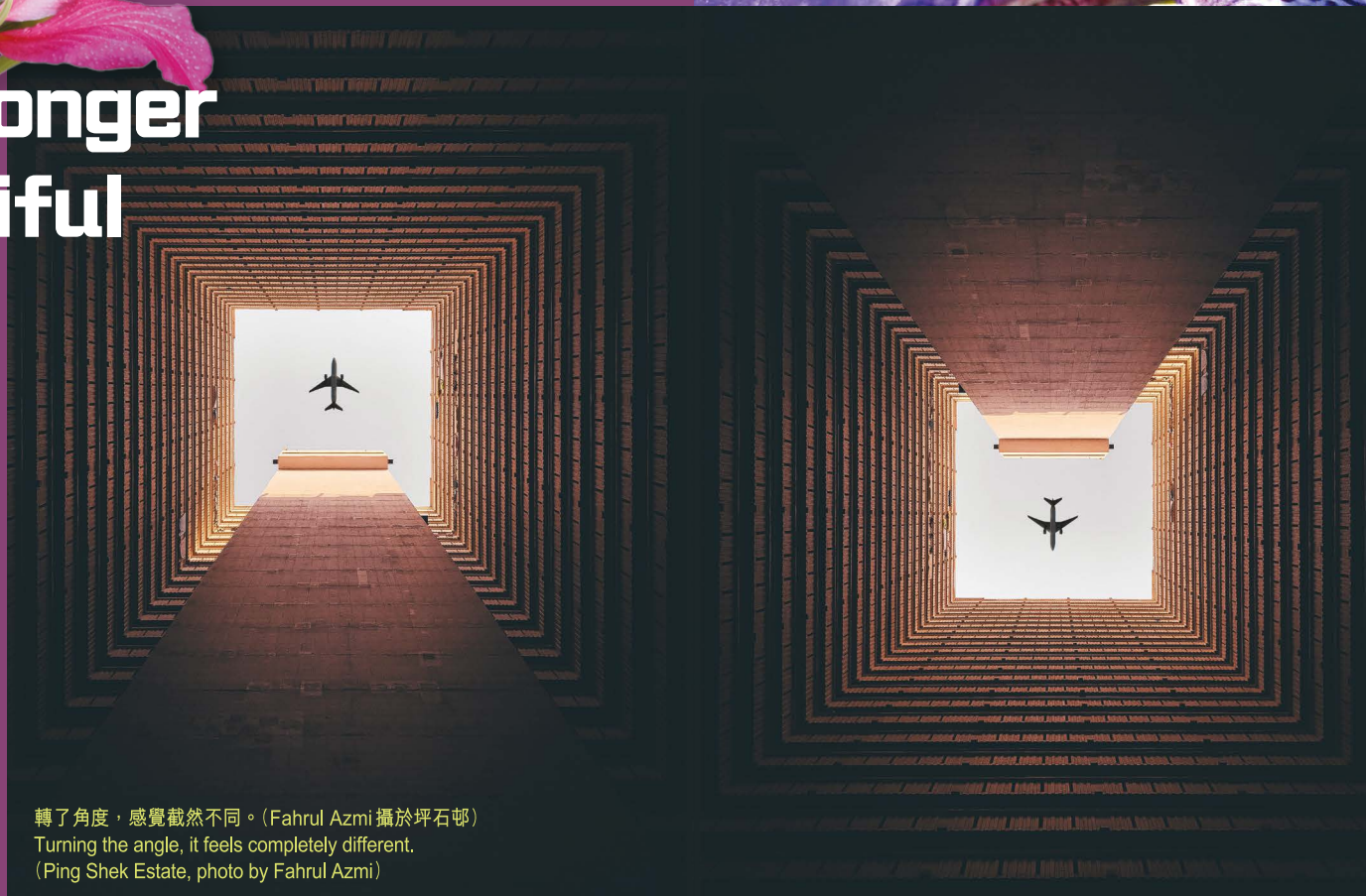
Made in Hong Kong, Taking on the World

David Tam is 28 years old. When he was 15, he was selected for the Hong Kong Special Olympics Football Team. Soon, he represented Hong Kong with his teammates at the 2007 Special Olympics World Summer Games in Shanghai, where he won the Gold medal. Since then, David played with the team around the world and won numerous awards. He recalled that he had been to Shanghai, Greece, the United Arab Emirates, Sweden and the United States to compete. He felt that the foreign environment was comfortable and the space was vast, but Hong Kong is also a good place. "Here, I can play football, and I get help from many people, including Mr. Cheng and Miss Kam, as well as the assistant coach and the late coach." (Note: Mr. Cheng and Miss Kam are his superiors). David is currently working at the Haven of Hope Staff Canteen (hereinafter referred to as the Canteen), mainly responsible for meal distribution for the elderly. Asked if the pandemic has affected his work, he said no.

The motivated David is now taking a cooking course because he likes cooking, chef of the Canteen thinks he has the potential and encourages him to develop in this area. David is planning his life: "After I have completed the cooking course, I want to take the football coach licence and then the football referee licence!". We wish David all the very best and may this positive and aggressive young man's dream of representing Hong Kong on the world stage come true.

Harmony Behind the Ordinary

Candy Ho, who is also an employee of the Haven of Hope Staff Canteen, has an optimistic personality and is always smiling. Speaking of Hong Kong, she said: "Hong Kong is beautiful, so it attracts many tourists." Her favourite place is the indoor amusement theme parks, where she can find her fun. In addition, she likes to participate in church activities and eating sushi and "Yum Cha" is her favourite!



轉了角度，感覺截然不同。(Fahrul Azmi 攝於坪石邨)
Turning the angle, it feels completely different.
(Ping Shek Estate, photo by Fahrul Azmi)

Candy is responsible for sorting orders in the Canteen. She sorts out supplier's delivery orders and classifies them according to the company name. She has done well and has been praised by her superiors. Candy also takes care of the cleaning job in the Canteen. When asked which job she likes the most, she smiled and said, "I like both!" It can be seen that Candy lives a modest and simple life. If you observe carefully, you will find that she has many good qualities worth learning from and you can feel the power of social inclusion behind her.

In fact, inclusiveness is one of the main elements of social development, and it is particularly important in times of a pandemic as it not only affect the lives of adults, but also give new inspiration to children and adolescents.

Greetings Can Heal the Soul

Over the past few months, Bryan Cheng, HOHCS volunteer and Form 1 student, has learned many new pandemic prevention knowledges through information distributed from schools, the Internet and on television. Upon learning that older and chronic patients are at high risk, he said: "During the pandemic, I cared more about my grandparents living next door than before and greeted them more." When he learned that his parents have made an appointment for the family to receive COVID-19 tests, he reminded his mother to make appointments for his grandparents. Furthermore, Bryan also cares for his grandparents' friends and every time he meets these elders on the street, he will always greet them.

Due to the pandemic, Bryan has travelled less. Though he has been to many foreign countries but he loves Hong Kong the most and said frankly: "Because there is international cuisine here, I sometimes like to eat Japanese food, and sometimes I want to eat French food or spicy hot pot. In Hong Kong, I can eat it anytime, it is not so convenient in other countries."

In addition to food, he loves cars more. It turns out that this is a hobby between him and his father. When staying home during the height of the pandemic, father and son had more time to talk about cars and their relationships have improved a lot. When asked if Bryan's wish is to be a race car driver, he indicated that he would rather be a pilot and he is going to study hard so that he has what it takes to reach for the sky.

Growing Up in Adversity

Similar to Bryan, many people have matured due to the fight against the pandemic. Take for example 10 years old young actress, Nicole Wong, who has helped filmed promotional videos for HOHCS's fund raising activity. She said: "I have seen many people learned to pay attention to personal hygiene. I wash my hands more and maintain social distancing when I go out and clean up immediately after returning home."



Under the pandemic situation, everyone has experienced shortages of prevention resources. Before COVID-19 pandemic reached its severe stage, Nicole had already understood that she must help each other in order to overcome the difficulties together. She recalled: "When the pandemic was not serious, my family and I visited Japan and saw that there were still masks on sale, so I bought them back to Hong Kong for my relatives and friends." Caring about friends and relatives while on holiday is truly a Hong Kong spirit!

In addition to Japan, Nicole has also been to Sweden, South Korea and others but she also likes to stay in Hong Kong. "The night view here is beautiful. Once I saw Hong Kong from Victoria Peak with my family and I was very impressed." She went on to say another reason: "I love my grandmother's cooking and dumplings; I also love wonton noodles and all my friends and relatives live in Hong Kong." Cannot imagine loving her family so much at such a young age.

Keeping in Touch with Technology

Another person who loves to stay at home is Ethan Choi, a Haven of Hope Young Philanthropist and Form 3 student. He said that because of information technology, he can learn and keep in touch with relatives and friends during the pandemic. Asked how he felt during the past few months, he said bluntly: "Health care workers and Hong Kong people are cooperating with each other and fulfilling their responsibilities. I believe the pandemic will eventually ease." He also expressed his experience over a decade and said that Hong Kong is an advance and more peaceful place. Hong Kong people are outstanding in his eyes especially the young people: "In the international academic tests of liberal arts and sciences, young people in Hong Kong rank top five."

Ethan, who likes mathematics and physics, loves searching for information on the Internet. He said that due to suspension of school classes during this period, he had more time to surf the Internet to absorb more information, so that his knowledge has increased and his scope of understanding has broadened.

People of different backgrounds have different experience during this period of time, but they all have something in common. Adopting a simple, direct and positive response to adversity can lead to the growth of life and also reveal the beautiful side of Hong Kong.

蔡文浩認為香港先進及比較和平。
Ethan Choi believes that Hong Kong is advance and relatively peaceful.



愛畫Q版卡通的黃雪兒年紀小小已很愛家。
Nicole Wong who loves to draw Q version cartoons, loves her home very much at such a young age.

FEATURE 專題

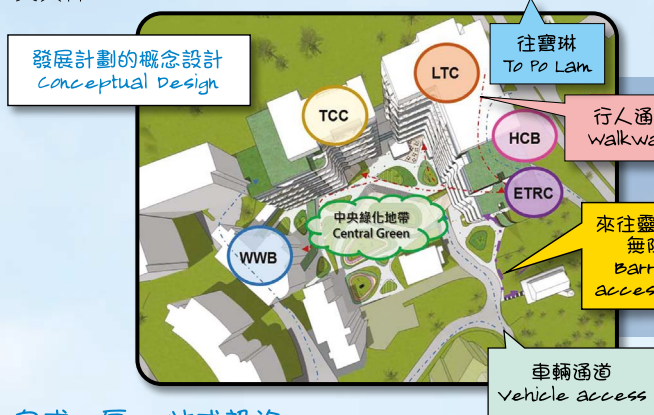
靈實司務道寧養院擴建計劃

Extension Project of Haven of Hope Sister Annie Skau Holistic Care Centre

生命，美妙，但脆弱，要被保護、珍惜、尊重，直到盡頭。在人口老化問題嚴重的香港，長者數目和他們的醫療需求均與日俱增，早於2006年，靈實看到體弱長者、晚期病人、復康病人及長期病患者等，對全人護理的需要，因而開設靈實寧養院，其後於2014年與靈實司務道寧養院整合服務，並重新命名為靈實司務道寧養院（下稱寧養院），至今共逾2,200名病人及其家屬得到照顧。惟需求有增無減，寧養院遂於2019年開展擴建計劃，冀增加病床數量，並提升服務質素，讓更多有需要人士體驗全人照顧及用愛擁抱晚晴的美與善。

Life is wonderful but it is fragile and must be protected, cherished and respected until the end. In Hong Kong, which has a serious ageing population problem, the number of elderly people and their medical needs are increasing day by day. As early as 2006, Haven of Hope saw the need for holistic care for the frail elderly, the terminally ill, rehabilitation patients and the chronically ill, etc. As a result, Haven of Hope Holistic Centre was established, and when it was subsequently integrated with Sister Annie Skau Nursing Home in 2014, it was renamed Haven of Hope Sister Annie Skau Holistic Care Centre (hereinafter referred to as SASHCC). So far, more than 2,200 patients and their families have been cared for.

However, due to the increase in demand, SASHCC has launched an extension project in 2019 to increase the number of hospital beds and upgrade the quality of services so that more people in need can benefit from the beauty and goodness of whole person care and hospice care such as “Embrace the Last Journey with Love”.



左圖為寧養院擴建計劃的概念設計。計劃涵蓋興建安寧照顧大樓（HCB）、生死教育暨安寧照顧教研中心（ETRC）、長期護理服務大樓（LTC）、長者復康中心（TCC）及翻新華永樓（WVB）。

Left picture shows the conceptual design of the SASHCC's extension project. The project covers the construction of the Hospice Care Block (HCB), Education, Training & Research Centre (ETRC), Long Term Care Wing (LTC), Geriatric Transitional Care Centre (TCC) and the renovation of Wah Wing Block (WVB).

One Stop Integrated Facilities

The extension project is divided into four phases, covering a total of 1.2 hectares of land. The project will use the “Continuum of Care” concept as the main axis of the facility expansion, in other words, we hope to turn the entire development site into a self-contained community hub, from hospital convalescences, long and short-term care, end-of-life care, rehabilitation, cancer support and palliative care, to eating, drinking, shopping, personal grooming and recreational facilities, etc. This one-stop service hub will cater to all the needs of our users and their family members and saves the trouble of our service users from travelling or transferring hospitals, granting them more time to enjoy quality life with their families.

In the first phase, a Hospice Care Complex with two facilities will be constructed. One is the Hospice Care Block (HCB), occupying 5 floors with a total of 150 beds; the second is the Education, Training & Research Centre (ETRC). The feasibility study of the first phase has been completed, and a funding of HK\$535 million has been allocated by the Hong Kong Jockey Club Charities Trust to support construction costs. The preliminary work will begin in 2020, and the new building is expected to be put into service by 2026.

The second, third and fourth phases are the renovation of Wah Wing Block (50 beds), the construction of a Long-Term Care Wing (200 beds) and the Geriatric Transitional Care Centre (200 beds). When the fourth phase of the project is fully operational, a total of about 600 hospital beds will be provided.

自成一區 一站式設施

寧養院擴建計劃共分四期，覆蓋共1.2公頃土地，整項工程以「持續照顧」為拓展服務的主軸，換言之是希望將整個發展地塊打造成獨立小社區，從療養、長期或短期護理、晚期照顧、復康護理、癌症支援及舒緩治療，以至吃、喝、購物、美容理髮、休憩等，一站式予以滿足，既免卻服務使用者轉院或舟車勞頓的煩惱，也讓他們有更多時間與家人同享高質素生活。

第一期將興建一座薈萃兩項設施的安寧照顧綜合中心，其一是佔用五個樓層、共設150張病床的安寧照顧大樓；其二是所生死教育暨安寧照顧教研中心。第一期的可行性研究已完成，剛獲得賽馬會慈善信託基金撥款5億3千5百萬元，支持建築工程費用，前期工作於2020年展開，預計新大樓在2026年投入服務。

第二、三及四期分別是翻新華永樓（50張病床）、興建長期護理服務大樓（200張病床）及長者復康中心（200張床）。當四期工程全部投入服務，總共將提供約600張病床。

全人照顧 全方位服務

寧養院的擴建總體規劃具有七大特色，包括：

1. 提供綜合式持續照顧服務；
2. 強調全人照顧及提升服務使用者的生活質素；
3. 善用樂齡科技及物聯網；
4. 提供綠化設施讓院友及區內居民可以享受大自然優美環境；
5. 部分病床將用作慈惠病床及夾心階層寧養病床，幫助有經濟困難的晚期病人；
6. 與友好服務夥伴共建關愛社區；
7. 透過多方合作，推展教育、培訓及研究工作。

寧養院擴建計劃將為鄰近地區注入新生命，構建盈滿愛與關懷的社區。

Full Service Whole Person Care

The master plan of the extension project has seven distinct features, including:

1. Provision of integrated and continuum holistic care;
2. Emphasis on whole person care and improve service users' quality of life;
3. Application of gerontechnology and IoT;
4. Provision of greening facilities so that residents and the community can enjoy a beautiful natural environment;
5. Allocating Relief & Charity Service (RCS) Beds and Sandwich Class Beds (SCB) to help terminally ill patients with financial difficulties;
6. Building a compassionate community with like-minded service partners, and
7. Promoting education, training and research through multi-party cooperation.

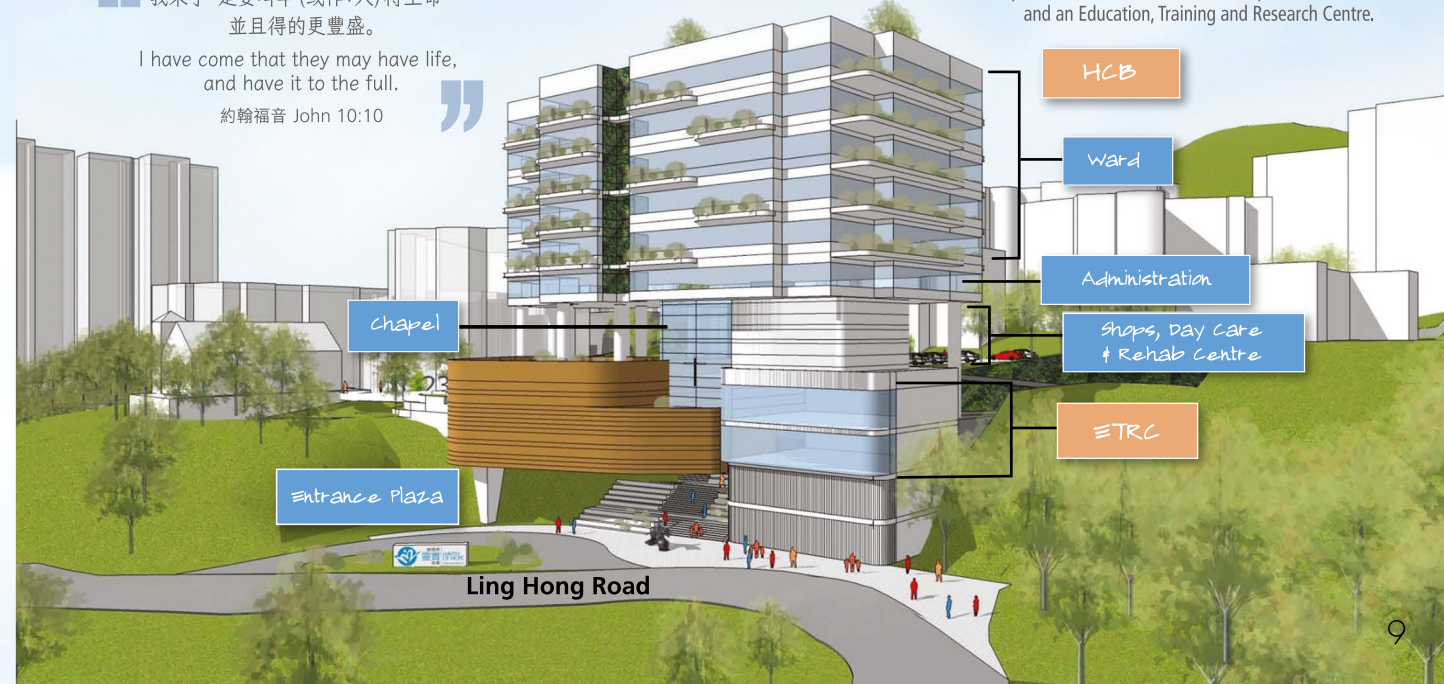
The extension project of SASHCC aims to inject a new life into the neighbourhood and build a community full of love and compassion.



“我來了，是要叫羊（或作：人）得生命，並且得的更豐盛。”

I have come that they may have life, and have it to the full.
約翰福音 John 10:10

第一期工程將興建安寧照顧大樓及教研中心。
The first phase is the construction of a Hospice Care Block and an Education, Training and Research Centre.



RESPECTING LIFE BLOG 尊重生命BLOG

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC)

疫情無阻行善的熱情，寧養院用愛擁抱晚晴™慈善音樂會2020改在線上直播，在清水灣鄉村俱樂部舉行。香港愛樂團靈活地作出配合，演奏一系列動人心弦的樂章，為寧養院「慈惠病床服務」計劃及夾心階層寧養病床補助計劃籌款。

The COVID-19 pandemic has not hindered the enthusiasm to be charitable. Based on SASHCC's service philosophy of Embracing the Last Journey with Love, the "Love Is in the Air" Charity Online Concert 2020 was broadcast live and held at the Clearwater Bay Golf and Country Club. With tremendous support and flexibility from the SAR Philharmonic Orchestra, a selection of beautiful and heartfelt music was performed to raise funds and subsidies for Relief and Charity Service (RCS) Beds Programme and Sandwich Class Beds (SCB) Programme.



寧養院院長梁智達醫生(中)及副院長黃建成醫生(右)，向香港愛樂團主席Richard Wallace(左)致送紀念品。

Dr. Antony Leung (middle), Medical Superintendent of SASHCC and Dr. Paul Wong (right), Deputy Medical Superintendent of SASHCC presented souvenirs to Mr. Richard Wallace (left), Chairman of SAR Philharmonic Orchestra.



著名演藝人河國榮擔任主持。

Renowned entertainer Mr. Gregory Charles Rivers hosted the charity concert.



靈實創毅中心 Haven of Hope Integrated Vocational Rehabilitation Service Centre

中心為職業康復延展服務使用者舉行龍舟製作工作坊，讓大家認識端午節同時發揮學員獨特的創作力，並透過活動讓彼此感受節日氣氛，一同享受充滿笑聲的快樂時光。

The Centre held a Dragon Boat Workshop for service users of the Work Extension Programme. Participants were able to learn more about the Dragon Boat Festival while simultaneously encouraged to explore their creativity. Through such activities, everyone can feel the festivity and enjoy a happy time, full of laughter.



靈實恩光學校 Haven of Hope Sunnyside School

感謝髮型師多年來，風雨不改定期到校為學生義務剪髮！

A big thank you to the hair stylists who volunteer to cut our students' hair for many years on a regular basis, come rain or shine!



言語治療師透過網上平台，向家長發放口肌及吞嚥訓練的資訊。

Speech therapist using online platform to provide oral motor and swallowing skills, training and information to parents.

IMPACTING LIFE STORY

改變生命的故事

絕處不放棄 抗癌站起來

在病魔面前，生命和意志往往變得脆弱。有些癌症病人在接受連串治療時會感到辛苦和疲累，甚至萌生放棄的念頭；有些病人即使身體剩下微弱之力，仍心存盼望，不放過任何治療的機會。梁祖泰是後者。

「我的人生大起大落，以前做股票經紀，但從2012年開始，生活像從懸崖摔下一樣，可以說是破產，也可以說是失業，近幾年的收入少於以前的一成。」憶起往事，梁先生雖然感慨，但眼神卻沒有流露出半點軟弱。

更不幸的是，他在2014年被確診患上鼻咽癌。「我接受電療和化療，完成化療後曾經不能進食，作嘔的情況很嚴重，入醫院就像是吊命一樣，後遺症亦逐漸呈現，包括聽覺變差、口乾、味覺差，而且食道有一段纖維化，殘留的食物會跌下氣管而導致肺炎。」

梁先生努力抗癌5年，至2019年以為已痊癒可重投社會，在他任職保安員幾個月後，癌症突然復發，後來更證實鼻咽癌的癌細胞轉移至脊骨。他回想當時的情況：「工作期間突感到背脊痛，看過幾次急症，都找不出病因，以為是腰椎炎之類的問題，後來下半身開始痺，便再去看急症，這次發現有腫瘤壓住胸椎第四節，腫瘤科醫生說情況罕見，但因壓住神經線，而且不是一粒，是一團地黏附在骨上，故不能做手術，只可做電療及化療，醫生說我要與瘤同存。治療後我不能工作，現在太太要一個人撐起成頭家，放工後要做家務，又要照顧我和一對子女，她真的很辛苦！」

機緣巧合下，梁太取得有關靈實中西醫全方位復康治療的單張，梁先生決定一試。經評估後，專業團隊決定採用結合中西醫學的復康治療法，由中醫師及治療師共同制訂全方位的方案，包括針灸、服用中藥和另類治療法。

梁先生在接受上述治療之前，肩頸及背部肌肉很硬，而且黏連在一起，影響肩頸的活動。此外，由於他接受放射性治療，令相關部位瘀黑、皮膚乾和有脫皮的情況。再者，其視力、記憶力、聽力和理解力都不太理想，而且走路不穩、意識混亂、進食能力差和便秘等。

他接受治療後不久，肩頸肌肉變得柔軟，背部瘀黑的部分顏色變淡。梁先生亦表示其腳痺程度及腰部痛楚減輕、行路有力、胃口和精神都比以前好。「曾經因化療而四天沒有排便，做針灸及服中藥後差不多回復正常。另外，步行狀態有改進，雖仍要用拐杖，但比起有一次因雙腳無力而在馬路中心跌倒，現在已好多了。還有，因化療引致食道纖維化的情況亦有改善，現可進食軟身食物。」在第三波新冠肺炎疫情下，梁先生表示大部分時間留在家中，精神尚可。

梁先生有一個心願：「希望可盡快康復，然後找工作，好讓太太不再這樣辛苦。」祝願堅強的他，身體一天比一天好，與家人相依相靠，走出更美好的明天！

如欲捐款支持靈實中西醫全方位復康治療，請致電 2703 3284。

Never Give Up. Stand Up Against Cancer

In the face of a serious illness, life and will power often become fragile. Some cancer patients feel exhausted and distress when undergoing a series of treatment and even thought of giving up; some patients however still have hope even when their body is weak, and will not let go of any treatment opportunities. Leung Cho Tai is the latter.

"My life has been through ups and downs. I used to be a stockbroker, but since 2012, life has been like falling off a cliff. It can be said that I was bankrupt or unemployed, in recent years, my income is less than 10% of the previous years." Recalling the past conjured up emotions in Mr. Leung but his eyes did not show any weakness.

Most unfortunately, he was diagnosed with nasopharyngeal cancer in 2014. "I underwent radiotherapy and chemotherapy. After completing chemotherapy, I was unable to eat and the feeling of nausea was problematic. Being hospitalised felt like my life was suspended and the after-effects gradually appeared, including poor hearing, dry mouth, poor sense of taste, and there was some fibrosis in my esophagus, food might get stuck in the windpipe and cause pneumonia."



...耶穌拉著他的手，扶他起來，他就站起來了。
But Jesus took him by his hand and
helped him to his feet, and he stood up.

馬可福音Mark 9:27

Mr. Leung worked hard to fight cancer for 5 years and by 2019, he thought he was cured and was able to rejoin the society. But after a few months as a security guard, the cancer suddenly recurred. Later, it was confirmed that the cancer cells from the nasopharyngeal carcinoma had metastasised to the spine. He recalled the situation at the time: "Suddenly I felt back pain during work. After several visits to the emergency department, I couldn't find the cause. I thought it was lumbar vertebral inflammation but when my lower body began to feel numb, I went to the emergency department again. This time a tumor was discovered and it was pressing on the fourth section of the thoracic spine. The oncologist said it is rare, but because it presses the nerve line, it was not a single lump, it is sticking to the bone in a mass so no surgery can be performed, only electrotherapy and chemotherapy. The doctor said I would have to live with the tumor. After the treatment, I can't work. Now, my wife has to be the sole care-taker of the family, do housework after work, and take care of me and our two children. It has been extremely tough on my wife!"

One day, by chance, Mrs. Leung obtained a leaflet about Haven of Hope Integrated Rehabilitation Programme and Mr. Leung decided to give it a try. After evaluation, the professional team decided to adopt a combination of Chinese and Western medicine rehabilitation treatment. The Chinese physicians and the therapists jointly formulated a comprehensive plan, including acupuncture, Chinese medicine and alternative treatments.

Prior to receiving treatment, Mr. Leung's shoulder, neck and back muscles were very hard and the muscle tissues were stuck together affecting the movement of his shoulder and neck. In addition, as a result of radiotherapy, the treatment areas were blackened, his skin was dry and peeling. Furthermore, his eyesight, memory, hearing and cognition were not ideal, he was unsteady in walking, feeling confused, unable to eat, constipated, etc.

Soon after he received the treatment, his shoulder and neck muscles became soft, and the dark part of his back became lighter. Mr. Leung also stated that his foot numbness and lower back pain were alleviated, he moved about more vigorously, his appetite and spirit were much better than before. "I used to have no bowel movements for four days due to chemotherapy but after acupuncture and Chinese medicine, it is almost back to normal. In addition, the walking ability has improved. Although crutches are still required, it is much better now than when I fell in the middle of the road due to weak legs. Also, the fibrosis of the esophagus caused by chemotherapy has improved. Now I can eat soft food."

Mr. Leung has a wish: "I hope I can recover as soon as possible, and then find a job to help ease my wife's burden." Due to the third wave of COVID-19, Mr. Leung is staying at home most of the time but he is in good spirit.

To the courageous Mr. Leung, we pray that you get stronger and healthier day by day. Love and support each other and make a better tomorrow!

If you wish to donate to Haven of Hope Integrated Rehabilitation Programme, please contact 2703 3284.

TELL US YOUR STORY

一行一故事

吃得到的人情味

Food with A Human Touch

在將軍澳靈實臺最高處的一隅，瀰漫食物的香氣、餐具的碰撞聲、醫護和同工的談笑聲，這一切來自靈實職員餐廳（下稱餐廳）。餐廳以社會企業的模式營運，讓有特別學習需要（下稱SEN）的員工進行職業復康治療，亦為居於附近的婦女提供工作機會。目前，20人團隊中有3位是SEN同工。

「同工們都懂得隨機應變並主動提出建議，能助我解決問題和作出決定。」負責管理餐廳的駐靈實醫院服務——助理營運經理鄭佩濠談及團隊時，眼神充滿自信。他說：「團隊習慣照顧和與SEN同工合作，並希望他們能實踐所學到的技能，從工作中累積經驗，好讓他們日後到別處發展也可振翅高飛。」



廚師用心為同工及長者烹製美食。
The chef cooks from the heart for co-workers and elderly.

祂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



西多士是職員餐廳和靈實E. D. Project合作為有吞嚥困難長者製作的軟餐。
French Toast as a puree food dish created by the canteen and Haven of Hope E. D. Project especially for elderly with swallowing difficulties.

開心廚房

促進共融是餐廳的使命之一。而為同工提供安全有質素的食物、令大家吃得開心更是首要任務。鄭佩濠堅信食物安全和多元化美食，能讓同工從看到餐單到品嚐的過程中，都有愉快的體驗。他不諱言自己有很多「鬼主意」，每當有新構思，便主動跟兩位擁有20年經驗的廚師「開心share」，一款款被同工說讚的美食就會出爐。

鄭佩濠於今年4月加入靈實。他取得教育學士學位後，並沒有投身教育，反而加入了一家航空公司，從Management Trainee做起。13年內調任不同部門，當中包括中央廚房和職員餐廳。及後他轉到高級餐廳，管理中央廚房和業務發展，一年半後來到靈實。原來這個改變的背後是個感人故事，且聽他道來：「去年11月，我爸爸於例行檢查時確診末期癌症。之後我一直照顧爸爸，見他一餐正餐也吃不下，身體日漸虛弱。但我幫不了他，反而他離世前仍記掛我的工作，這觸發我對人生反思，這15年來做過甚麼？工作為了生活外，還希望為社會和長者多做一點，於是去找服事人的工作。後來靈實聘用我，心想這份工作可為有需要的人做多一點，故接受了聘用。」感謝主的安排！

長者等待的一餐

入職後，鄭佩濠發現航空公司職員餐廳、高級餐廳和靈實職員餐廳，三者在營運方面有很大分別。前者只著重吃得飽，高級餐廳則以盈利掛帥，後者則以收支平衡為大前提，因此他現在可放膽去嘗試和創新。而當他得悉職員餐廳、靈實E. D. Project與靈實改善家居及社區照顧服務合作，製作長者餐和軟餐，就想在這方面有更大的發展，冀為長者提供安全、體弱長者也吃得到的美味食物。最後感言：「前輩的一句話話令我感受至深：『長者整日等待著的可能就是我們為他們烹煮的一份餐！』」

鄭佩濠希望可與職員餐廳一同成長，並以為靈實開設「中央廚房」為長遠目標，冀以更有系統和更高效的營運模式，提升整體水準，令同工和長者吃得更開心、更滿足。



From the top of Haven of Hope Terrace in Tseung Kwan O, the aroma of food, the clash of tableware, the chattering and laughter of doctors, nurses and co-workers all come from Haven of Hope Staff Canteen (hereinafter referred to as the canteen). It operates as a social enterprise, providing occupational rehabilitation therapy to employees with special education needs (SEN) as well as job opportunities for women living nearby. Currently, there are 20 employees and 3 of them with SEN.

“Our co-workers are very proactive, they know how to respond to changes, and have the courage to put forward their opinions. Their suggestions often help me solve problems and make decisions.” Ronnie Cheng, Assistant Operations Manager of Haven of Hope Site Service, who manages the canteen, spoke of the team with confidence. “Our colleagues are all accustomed to working with SEN people. We hope they will practice the skills they have learned, receive on-the-job training and accumulate experiences so that they can spread their wings elsewhere in the future and fly high.”



同工說讚的便當。
A very popular lunch bento set at staff canteen.

Happy Kitchen

Promoting inclusiveness is one of the canteen's missions, while providing safe and high-quality food for our co-workers and giving them a happy eating experience is the top priority. Ronnie firmly believes that food safety and diversified cuisine will give co-workers an enjoyable dining experience from seeing the menu to tasting. Ronnie does not shy away from saying that he has a lot of crazy ideas and whenever he has a new idea for a dish, he would happily share it with the two chefs who have 20 years of experiences, and that resulted in the creation of trendy dishes that have received praises from many co-workers.

Ronnie joined Haven of Hope in April this year. After obtaining a bachelor's degree in education, he did not devote himself to education. Instead, he joined an airline and started as a Management Trainee. He worked in different departments for 13 years, including central kitchen and staff canteen. Later, he moved to a high-end restaurant to be responsible for the business and the operation of the central kitchen, and after 1.5 years, he came to HOHCS.

The reason behind the change is a touching story. Ronnie recounts, “Last November, my father was diagnosed with terminal cancer during a routine checkup. Since then, I have been taking care of my dad and have seen his body get weaker as he was not able to eat a full meal. But I can't help him. On the contrary, he still worried about my job before he died. This triggered my reflection on life. What have I done in the past 15 years? In addition to working for a living, I also wanted to do more for the society and the elderly, so this prompted me to look for a job where I can serve. Later, I was hired by HOHCS and I accepted the offer as this job allows me to do more for those in need.” Thank the Lord for the arrangement!

The Meals That Elders Are Waiting for

After joining HOHCS, Ronnie discovered that the airline staff canteen, the fine dining restaurant and Haven of Hope Staff Canteen are all very different in terms of operations. The former only focus on providing enough food, while the high-end restaurant focus on profitability, and the latter is based on the premise of breaking even. Therefore, he can now boldly experiment and innovate.

When he learned that the canteen, Haven of Hope E. D. Project and Haven of Hope Enhanced Home & Community Care Service are collaborating to produce meals and puree food for the elderly, he wanted to make greater progress in this area, hoping to provide safe and good quality food that even frail elderly can eat. “The words of my predecessors made me feel deeply: ‘The elders may be waiting the whole day for the meals that we will be cooking for them!’”

Ronnie hopes to grow with the staff canteen and will be working towards the long-term goal of opening a “central kitchen”. He hopes to improve the overall standard with a more systematic and efficient operation model, so that the staff and elderly can eat happier and feel more satisfied.



鄭佩濠(左一)與他的團隊。
Ronnie Cheng (first from the left) with his team.

YOU CAN CHANGE THE WORLD

您的支持帶來改變

當 Monchhichi 遇上耆樂餅

When Monchhichi Meets Qile Cake

在同一天空下，縱然身處不同地域時區，過著各自的日常，但若擁有相同信念、同樣對社會有承擔，無論咫尺天涯，終會遇上。

靈實傳訊及籌募部在物色2020年耆樂大使之時，幸運地遇到駿藝創意有限公司(下稱駿藝)，迸發合作的火花，並喜獲日本著名卡通人物Monchhichi化身耆樂大使，為靈實非政府資助長者服務籌款。

「有愛心、發放正能量，是Monchhichi與靈實的共通點。」Monchhichi中港台總代理駿藝的行政總裁郭敏慧接受電話訪問，並將感受娓娓道來。她說一直希望公司能通過Monchhichi為社會出一分力，更相信企業、品牌回饋社會是非常重要的，因此駿藝持續與不同的慈善團體合作，冀幫助有需要的人。

為長者 同心用心

對於選擇合作夥伴，駿藝從來一絲不苟。「透過了解，我們欣賞靈實多年來對社區作出了很多努力和貢獻，其長者服務、復康服務和健康服務幫到弱勢社群。今次可以讓我們接觸到跟以前不同的受惠對象，所以很想和靈實合作，亦覺得開心和榮幸！」郭敏慧直言：「靈實傳訊及籌募部的團隊很用心，設計了兩款Monchhichi耆樂餅 - 普通裝及心靈治療禮盒裝，很有心思。普通裝用了觸感舒服和軟綿綿的零錢包，寓意溫暖和親切；禮盒裝選用木盒，可在盒面的Monchhichi上填顏色，讓人發揮創意，亦有減壓作用。我們除了期望可籌得更多善款，亦想藉著Monchhichi可愛的形象和善良的性格，發放更多正能量，為大家打氣。」

今年靈實耆樂餅雖然遇著新冠疫情，11月的公開義賣日未知會否受影響，但訂購行動已經展開，亦加強了網上銷售和宣傳，反應熱烈。郭敏慧抱著樂觀的態度，相信捐贈者、義工或靈實同事的熱情不會因疫情而減退，她更送上鼓勵說話：「希望大家共渡時艱，繼續用愛心支持靈實，支持社會。亦期盼疫情盡快過去，社會重回正軌。」

「既是同舟，在獅子山下且共濟...」幾句演繹香港精神的金曲歌詞，也演繹了這個疫境同行的故事。



靈實耆樂餅普通裝 — 常伴左右零錢包
Qile Cake Regular Pack – “Standby You” Purse

Serving the Elderly with One Heart

When it comes to the choice of partners, Monco Creation has always been meticulous. “Through our understanding, we appreciate the many efforts and contributions made by Haven of Hope to the community over the years. Its elderly services, rehabilitation services and health care services have helped many disadvantaged groups. This collaboration will enable us reaching different beneficiaries so I feel really happy and honoured partnering with Haven of Hope!” Jennifer said frankly. “The team from Haven of Hope Communications and Resource Development Department put in a lot of effort and very thoughtfully designed two Monchhichi Qile Cake Gift Packs – a Regular Pack and a Deluxe Pack. The Regular Pack is a coin purse that is soft and comfortable to touch, signifies warmth and kindness; the Deluxe Pack – Colour Therapy Gift Set comes in a wooden box where people can be as creative as possible, filling in different colours to the Monchhichi characters on the surface of the box and colouring can also be therapeutic. In addition to raising donations, we also want to use Monchhichi's cute image and kind personality to give more positive energy and cheer everyone up.”

It is uncertain whether the Qile Cake Open Sale in November will be carried out as it may be affected by COVID-19. However, the pre-ordering operation has started, online sales and publicity have been strengthened, and the response so far has been overwhelming. Jennifer is optimistic and believes that the commitment of donors, volunteers and colleagues of Haven of Hope will not waver due to the pandemic. Giving words of encouragement, Jennifer said “I hope we can overcome the difficulties together and continue to support Haven of Hope and the community with love. I also hope that the pandemic will pass as soon as possible so that our society will be back on track.”

“We are in the same boat, together under the Lion Rock...” A few golden song lyrics that embodies the spirit of Hong Kong as well as our journey through the pandemic.



We might be living in different geographical time zones; in different parts of the world; have our own lives etc, but if we have the same beliefs and share the same commitment to society, our paths will eventually cross no matter where we are.

When Haven of Hope Communications and Resource Development Department was looking for the 2020 Qile Cake Ambassador, they were very fortunate to have met Monco Creation Limited (hereinafter referred to as Monco Creation). This lucky encounter kindled the collaboration of Monchhichi, a famous Japanese cartoon character, as the new Qile Cake Ambassador, helping to raise funds for Haven of Hope non-subservent elderly services.

“Being kind, caring and radiating positive energy are what Monchhichi has in common with Haven of Hope.” Jennifer Kwok, CEO of Monco Creation, Sole Licensing Agent of Monchhichi in China, Taiwan, Hong Kong and Macau, expressed her thoughts during a telephone interview. She said she has always hope her company can contribute to the society through Monchhichi as she believes it is very important for companies and brands to give back to society. Therefore, Monco Creation continues to cooperate with different charities to help those in need.

WHAT'S NEW 最新消息

靈實耆樂餅義賣

近大半年面對疫症衍生的種種挑戰，大家都需要安靜的空間讓身心放鬆。今年，靈實耆樂餅加入心靈療愈的元素，更與可愛和關顧弱勢的日本著名卡通人物Monchhichi合作，希望藉著特別設計的精品，讓大家暫時卸下壓力，重拾輕鬆愉快好心情。

靈實耆樂餅為靈實非政府資助長者服務籌款。

普通裝 — 常伴左右零錢包，每包\$29

禮盒裝 — 心靈治癒禮盒，每盒\$130

公開義賣日：

日期：2020年11月7日及8日（星期六及日）

時間：下午一時至六時

地點：全港、九、新界各大指定地點及商場

捐款 / 查詢：2703 3392、2703 3373

<https://www.hohcs-etouch.org.hk/qc2020/>

如欲了解2020靈實耆樂餅義賣，請掃描下面的QR Code。

For more information on Haven of Hope Qile Cake Open Sale, please scan below QR code.



2020靈實賣旗日

疫情下，弱勢人士在生活和抗疫上遇到更大困難，靈實付出更多心力，回應弱勢需求，更與新夥伴HUGUS合作，推出一系列以「心連心」為主題、揉合香港特色的慈善金旗和紙旗，為「靈實全護通」非政府資助長者服務籌款，一起擁抱愛。

詳情如下：

日期：2020年10月3日（星期六）

時間：上午7時至中午12時30分

地點：全港各區

義工年齡限制：3-90歲（未滿14歲之義工必須由成年之監護人陪同）

Haven of Hope Qile Cake Charity Sale

Facing various challenges caused by the pandemic, everyone needs a quiet space to relax physically and mentally. This year, Haven of Hope Qile Cake have added spiritual healing elements and collaborated with the cute and caring famous Japanese cartoon character Monchhichi, hoping that through these specially designed products, it will help people to temporarily relieve stress and lift their spirits.

Qile Cake is raising funds for Haven of Hope Non-subservent Elderly Services.

Qile Cake Regular Pack HK\$29

Qile Cake Deluxe Pack HK\$130

Open Sale:

Date: 7 & 8 November, 2020 (Sat and Sun)

Time: 1:00 pm to 6:00 pm

Location: Selected locations and shopping malls

Enquiries: 2703 3392, 2703 3373

<https://www.hohcs-etouch.org.hk/qc2020/>



慈善金旗 Gold Flag
(連相架Inclusive of frame)
HK\$300



慈善紙旗套裝
Stickers Special Set
HK\$100



HOHCS Flag Day 2020

Under the COVID-19 pandemic, the disadvantaged are facing greater difficulties in life while combating the virus. In view of the situation, HOHCS has made more efforts to respond to the needs of the vulnerable. Collaborating with our new partner HUGUS, a series of charity gold flags and stickers with the theme of "Hug the World", blending Hong Kong's unique characteristics, raised funds for Haven of Hope

"TotalCare" Non-subservent Elderly Services and spreading the message of love.

Date: 3 October, 2020 (Saturday)

Time: 7 am to 12:30 noon

Location: All districts in Hong Kong

Volunteer age limit:

3-90 years old (Volunteers under the age of 14 must be accompanied by an adult guardian)



如欲了解2020靈實賣旗日，請掃描QR Code。

For more information on HOHCS Flag Day 2020, please scan the QR code.



每個角落都是無壓力的空間。
Stress-free space in every corner.

靈實全護通 照顧者「鬆一Zone」

長者及殘疾人士需要照顧，其照顧者也需被關懷。根據2013年的數據顯示，本港約有203,700名照顧者正在照顧殘疾人士，當中29.9%的主要照顧者為其子女/女婿/媳婦，28.8%是配偶，20.8%是私家看護/家傭；另外約有175,600名照顧者正在照顧長期病患者，當中32.9%的主要照顧者為其配偶，28.6%是子女/女婿/媳婦，23.7%是私家看護/家傭*。然而，上述數據並未包括照顧智障人士、兒童及長者的人士，由此可見社會存在著不少「隱形」照顧者。

有照顧者表示他們所承受的壓力極大，但減壓的渠道不多，而且沒有足夠的歇息時間，更遑論放假，所以不少人都希望能夠在妥善照顧家人的同時，可以有自己的私人空間，做喜歡的事，鬆一鬆，減減壓。

靈實全護通開設照顧者「鬆一Zone」是專屬的支援中心，也是照顧者的無壓力天地及心靈綠洲，可以透過預約，安排已受訓人士照顧長者，讓照顧者在「鬆一Zone」透透氣，放放假，隨心所欲地享受悠閒。查詢請致電無憂熱線 **2663 3001**。

Haven of Hope "TotalCare Oasis"

The elderly and disabled persons need care, their caregivers also need to be taken care of. According to the research taken in 2013, there were about 203,700 people taking care of people with disabilities in Hong Kong. Among them, 29.9% of the main caregivers were their children/sons-in-law/daughters-in-law, 28.8% were spouses, and 20.8% were private nurses/domestic helpers. In addition, there were about 175,600 people taking care of chronically ill patients, in which, 32.9% were their spouses, 28.6% were children/sons-in-law/daughters-in-law, and 23.7% were private nurses/domestic helpers*. However, the above data did not include caregivers of people with intellectual disabilities, children and elderly, so there were many "hidden caregivers" in our society.

Some caregivers said that they were under great pressures, but there were not many channels for releasing their pressures, and they did not have enough rest time, or even staying out for holidays. Thus, many caregivers hope that they can take good care of their families, and also have their own personal space to do what they like, relax and release stress.

"TotalCare Oasis" of HOHCS is set-up as a support centre specifically for caregivers, providing a stress-free space and an oasis for spiritual care. Caregivers can put their elderly under the care of trained careworkers by making prior appointments so that they can take a break and relax in "TotalCare Oasis". For enquiries, please feel free to call our worry-free hotline **2663 3001**.

如欲率先參觀靈實全護通 - 照顧者「鬆一Zone」，請掃描QR Code。
To preview "TotalCare Oasis" of HOHCS, please scan the QR code.



*資料來源 Source of statistics:
<https://www.legco.gov.hk/yr17-18/english/panels/ws/minutes/ws20180709.pdf>
<https://www.statistics.gov.hk/pub/B71501FB2015XXXXB0100.pdf>

HEALTH TIPS 健康知多少？

中西合璧 家居保健

保健方法林林總總，近期不少人希望在家也可輕鬆做到。以下推介中醫的沐浴及足浴，以及物理治療師針對長時間坐著而建議多做的伸展運動，若兩者配合並持之以恆，有助預防疾病及強化體質。

中醫— 沐浴及足浴

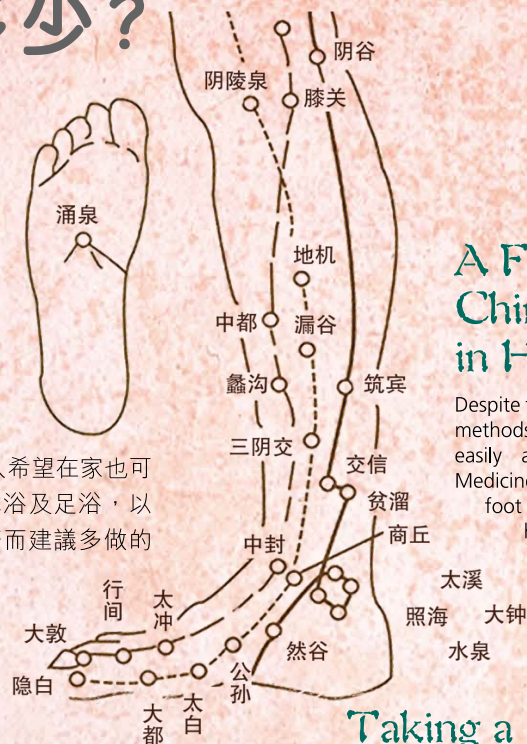
洗澡，自古以來是中國人尤其講究，也是每日須做之事。你曾否想過沐浴除了清潔外，還有其他作用？

距今二千多年前已有答案。《黃帝內經》中提及「其有邪者，漬形以為汗」、「氣寒氣涼，行水漬之。」從而得知當人感受到不同邪氣時，可以透過熱水浸浴，使身體出汗，令邪氣從汗而出。現時，沐浴法除了用作治療疾病外，還有預防疾病的作用。

常用沐浴法包括溫泉浴和足浴。溫泉多性味辛熱，有微毒，外浴可溫通經絡、活暢氣血、化瘀舒筋，從而達致養生之效。

足三陽經和足三陰經脈交滙於足部，分佈了數十個穴位。若長期睡前用加鹽的熱水適當浸泡十五至二十分鐘，可刺激腳部穴位，促進氣血運行，間接調節臟腑功能，具有增強體質的作用。

沐浴法重要之處為通調體內氣血運行。人體氣血運行順暢，才能聯絡臟腑，溝通內外，貫串上下，使人體達致平衡的狀態。



A Fusion of Chinese-Western Features in Home Health Care

Despite the fact that there is a wide variety of health care methods, a majority of people prefer to practise them easily at home. Here comes Traditional Chinese Medicine's (TCM) suggestions of taking a shower and foot bath; and that from the physiotherapists who highly recommend the stretching exercises, particularly for the office workers who have prolonged sitting throughout the work day. If you can combine the duo and practise them regularly, you will improve your physical health and keep the diseases at bay.

Taking a Shower and Foot Bath from TCM's Perspective

"Bathing" has been a cherished part of the Chinese folk since ancient times which is also an essential daily habit. However, have you ever thought of its other functions? Interestingly, the answer was well written in the *Huangdi Neijing*, "The evils come to the skin surface as sweat"; or "People from the cooler areas are apt to use the medicines that are cool in nature; or dip in running bathwater". From this, we learn that when people experience the attack of different evils, which may be expelled through perspiration. In another word, taking a shower may be used as a kind of prescription; and a preventive measure as well.

Common bathing methods include hot spring bath and foot bath. In general, the former is associated with water issuing from hot springs which is geothermally heated up; and slightly toxic in nature. This hot spring bath tends to promote overall circulations in meridians, blood and Qi; remove blood stasis and relax the muscles; thereby fostering health preservation. From the Twelve Meridians, we learn that Three-Yang Leg Meridians and the Three-Yin Leg Meridians meet at the foot, where dozens of acupuncture points are distributed. So if we soak our feet in a bath of hot and salty water for 15 to 20 minutes before bedtime over a long period of time, it helps stimulate the acupuncture points of our feet, promote the free flow of Qi and blood, and indirectly regulate the functions of the viscera, and strengthen our body.

The essence of the bathing method is to enhance the circulation of Qi and blood in the body. Through improving the flow of blood and Qi, the functions of the internal organs will be well connected; and the equilibrium of exterior-and-interior relationship in the meridians will also be achieved; thereby maintaining a healthy and well-balanced life.

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Haven of Hope — The Chinese University of Hong Kong Chinese Medicine
Clinic cum Training and Research Centre (Sai Kung District)

靈寶日間社區康復中心
Haven of Hope Community Rehabilitation Day Centre

家居伸展運動 Home Stretching Exercises

● 改善背部的柔韌度 Improve flexibility of back

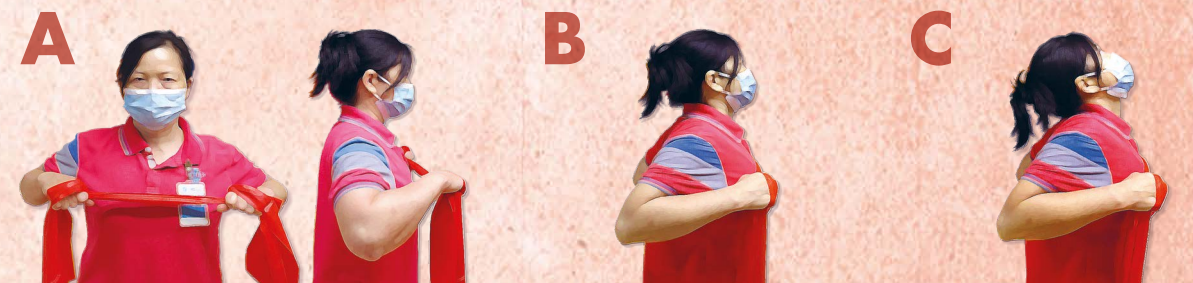


坐在椅子的前半部。背部挺直。
Sit on first half of a chair.
Back straight.

上身向左轉，右手握住椅子扶手，
左手握住椅背側。
Reach the armrest and backrest
of your chair.

用左手的手肘及右手幫助上身轉向椅子扶手的方向，若背部肌肉有足夠柔韌度，可嘗試讓上身進一步轉向椅背。維持動作約10秒，然後將上身轉回最初的位置。向另一邊重複動作。每邊各做5-10次。你會感到腰部至背部肌肉得到伸展，但注意不能過度用力或勉強伸展。
Use elbows and hands to pull your trunk towards the armrest. If your muscle is flexible enough, try to reach further and twist your trunk towards the backrest using your hands. Stay in the stretch for 10 seconds and slowly release to centre. Repeat on the other side. Stretch out 5-10 times on each side. You will feel stretching at your low back and all the way up to upper back. You should stretch until stretching is felt but not feeling pain.

● 保持胸、肩及頸部肌肉健康 Strengthen chest, shoulder and neck



雙手拿著彈力帶並放於胸前，提起手肘。彈力帶可用毛巾取代。
Hold an elastic band in front of your chest with both side elbow elevated. If you do not have elastic band, you could use a towel instead.

雙手的手肘向後拉，以敞開胸部和肩胛，並將彈力帶貼向胸前，你會感到胸部和肩胛的肌肉得到伸展。
Squeeze your scapular and move your elbow backward to open up your chest and shoulders. Pull the band against your chest wall. You will feel stretching over your chest and front of your shoulders.

頭部向上抬，進一步伸展頸及胸部肌肉，維持此動作5至10秒。請注意抬頭的幅度，勿抬得太高或維持太長時間，以免引致暈眩。重複動作5至10次。
Look up to stretch your neck and chest a little more. Hold it for 5-10 sec. Be careful for the range you look up. No need to look up too much and long otherwise you may feel dizzy. Repeat for 5-10 times.

MESSAGE TO DONORS

給捐贈者的話

童聲童戲： 幫人是自己的福份

「有能力幫人就盡量去幫。」11歲的莫迪麟這樣說：「大人可幫多一點，小朋友即使幫少一點，也可以幫到人。」他和12歲的哥哥莫鈞麟同樣是粵劇小演員，近年積極參與靈實和聲輝粵劇推廣協會（下稱聲輝）合作的兒童粵劇慈善演出-「雛聲頌揚：兒童粵劇折子戲」。

迪麟學戲5年多，而鈞麟則在3歲時偶然於網上看到戲寶《帝女花》的視頻，反覆觀看後向家人提出學大戲的要求。家人起初對他的取向半信半疑，也對如何尋找合適的課程毫無頭緒，但鈞麟沒有放棄，不斷敦促家人跟進，終於在他5歲時巧合地找到聲輝，令他夢想成真。

鈞麟和迪麟都是從小兵等閒角做起，至今分別擔正做丑生和小生，雖然要克服在訓練上的困難，但他們不放過任何一個踏台板的機會，除聲輝安排的演出外，亦義不容辭地參與靈實的慈善演出。鈞麟說：「我對靈實這個機構有好好的印象，因為它幫助很多有需要的長者和患病者。如果有人有困難時去幫人，到自己有困難時別人也會伸出援手，所以好希望熱心的市民願意幫助有需要的人。」而迪麟則說：「我覺得靈實這個機構很好，原因是既可幫有需要的人，又可以提供給我在舞台上表演的機會，而且幫到人是自己的福份！」

2020 「雛聲頌揚：兒童粵劇折子戲」 Junior Cantonese Opera 2020

日期 Date: 25.10.2020 (星期日 Sun)
時間 Time: 14:30

重溫表演：掃描 QR Code
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HOHCS Channel 靈實台
Enjoy the show: Scan QR Code
and watch on HOHCS YouTube
Channel



弟弟迪麟的小生扮相俊俏。
Younger brother Alvin is a very handsome xiaosheng.



哥哥鈞麟是出色的丑生。
Big brother Alan is a very
outstanding chou sang.

Children's Voices: Helping Others Is a Blessing

"If you have the ability to help others, try to help." Said 11 years old Alvin Mok "Adults can help a lot more but children can also help, even if they help less." Alvin and his 12-year-old brother Alan Mok are both young Cantonese opera actors who have actively participated in the Junior Cantonese Opera 2020 charity performance organised by HOHCS and Sing Fai Junior Cantonese Opera Promotion Association Limited (hereinafter referred to as Sing Fai).

Alvin learned Cantonese opera for more than 5 years, while Alan accidentally saw the play "Floral Princess" on the internet when he was 3 years old. After watching it repeatedly, he requested to learn Cantonese opera. At first, his family was not entirely convinced about his conviction and had no idea how to find a suitable course. But Alan did not give up, constantly urging his family to follow-up and finally, when he was 5 years old, he found Sing Fai by coincidence, making his dream come true.

Alvin and Alan both started as low rank soldiers and other small roles, so far, they have acted as chou sang (clown) and xiaosheng (young male roles). Although they have to overcome many difficulties in training, they do not miss any opportunity to perform. In addition to the performances organised by Sing Fai, they also participated in HOHCS's charity performances. Alan said: "I have a good impression of HOHCS because they help many elderly and sick people in need. If you help others when they are in trouble, others will also lend you a hand when you need help. Therefore, I really hope passionate citizens are willing to help the needy."

And Alvin said: "I think HOHCS is a very good organisation because they can help people in need and provide me with the opportunity to perform on stage, it is my blessing to help people!"

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