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# 靈感 HAVEN OF HOPE NEWS

JAN 2019

## 專題 THEME

**基層醫療服務**  
**讓市民重拾健康的主權**  
**Gaining control of one's health through primary health care**

基督教靈實協會 Haven of Hope Christian Service

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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：

香港中文大學2016年發表一項調查，發現有家庭醫生跟進的病人比其他病人的入院率低，可見家庭醫生準確及適切的診療能有效預防病情惡化。家庭醫生與病人之間的認識和信任，也有助醫生給予全面的診療及跟進，奠定病人健康的基礎。

事實上，家庭醫生在基層醫療服務中扮演著重要的角色，為個人及家庭在社區提供全面、持續、全人及預防性護理，以確保他們的身、心、社、靈健康。基層醫療服務強調跨專業醫療團隊協作，家庭醫生與其他專業人員，包括護士、社工、物理治療師、職業治療師、藥劑師等，為市民提供預防性護理和優質的疾病治理，促進全民健康。

靈實自九十年代已開始發展基層健康服務，設立多間地區診所及社區健康發展中心，並參與一些地區性的醫社協作計劃，致力運用我們跨專業合作的專長，促進市民身、心、社、靈全人健康。今期靈感訪問了基層醫療服務的專家，亦會介紹靈實其中一個醫社合作計劃—「早晨安達—健康社區互助計劃」。

希望在未來的日子，基層醫療可在香港繼續推展，同時靈實的基層健康服務也可以利用我們累積多年的經驗，進一步帶動地區基層醫療的發展。

行政總裁  
林正財醫生

Dear Haven of Hope Supporters,

According to a research published in 2016 by the Chinese University of Hong Kong, the rate of hospitalization among patients with family doctors was lower than that without any family doctors following up. This indicates that precise and appropriate diagnoses provided by family doctors can help prevent the exacerbation of illnesses. The mutual trust and understanding between family doctors and patients also allows the former to provide comprehensive therapy and follow-up treatment, which can enhance the health of patients.

In fact, family doctors play a crucial role in primary health care services and they can provide comprehensive, on-going, holistic and preventive care services to safeguard the physical, mental, social and spiritual well-being of individuals and their families. Primary health care services focus on the joint efforts of the trans-disciplinary medical team, including family doctors, nurses, social workers, physiotherapists, occupational therapists, pharmacists and others, to provide citizens with preventive health care and quality medical treatment for better health of the general public.

Since the 1990s, Haven of Hope Christian Service (HOHCS) has been developing primary health care services through the establishment of various community clinics, community health development centres and by participating in many district-wide programmes promoting medical-social collaboration. With these efforts, HOHCS has helped to enhance the holistic care of community dwellers. In this issue, we will interview experts of primary health care services and introduce one of the medical-social collaboration programmes launched by HOHCS - "Healthy Community in Anderson".

I sincerely wish that primary health care services can continue to thrive in Hong Kong and at the same time, HOHCS can further spearhead the development of such services with our solid experiences accumulated throughout the years.

Dr. Lam Ching-choi  
Chief Executive Officer



# THEME 主題



「醫護行者」主席范寧醫生(左三)於2018年12月15日邀請了安老事務委員會主席兼靈實行政總裁林正財醫生(左二)及中大健康教育及促進健康中心總監李大拔教授(左一)參與基層醫療研討會。

Dr Fan Ning, chairman of Health in Action (third from left) invited Dr Lam Ching-choi, chairman of Elderly Commission and Chief Executive Officer of HOHCS (second from left); and Professor Albert Li, director of Centre for Health Education and Health Promotion of The Chinese University of Hong Kong (first from left) to join a seminar on primary health care on 15 December 2018.

## 基層醫療服務 — 香港未來醫療服務發展新方向

團結香港基金在2018年11月發表《以人為本 縱橫整合》的香港醫療體系研究報告，指香港醫療護理服務偏重住院及急症服務，然而適當的門診照顧，包括基層醫療、社區護理等，可以減少一半的入院個案。特首林鄭月娥近月亦指出，香港基層醫療發展落後了30年，政府銳意加強投放資源，發展預防醫療。由此可見，基層醫療服務將會是香港未來醫療服務發展的重要方向。靈感今期訪問了「醫護行者」主席范寧醫生，談談他對香港基層醫療服務的看法。

醫療系統可分為三層，第一層是基層醫療，提供地區健康促進及疾病預防服務；第二層包括地區全科醫院醫療服務；第三層包括較複雜及需高科技治理的專科醫療服務，如肝臟移植、整型外科手術等。范醫生對政府有意加大力度感到很高興，他指：「雖然我是肝膽科外科醫生，但很關心基層醫療的發展，因為部分病人由於沒有做身體檢查，發現肝膽有問題時，情況已經非常嚴重，反映基層醫療做得不夠好。」他解釋，即使病人完成肝膽手術，由於有肥胖的問題，十年後，他將會是醫院心臟科的病人，所以基層醫療很重要。

對范醫生來說，基層醫療是「醫社合作2.0」，也就是「社醫共生」，由社區各個組織了解社區的需要，建立良好緊密的社區網絡，再由醫護配合，拉動資源；社工的角色是連結不同背景的社會人士，傳播訊息，醫護負責提供知識及資源。過去20、30多年，社會不斷有聲音要求增加醫護人員，但他認為醫護人手短缺，是全球各國現正面對的問題，發展基層醫療是其中一條出路。然而，他也認同市民對基層醫療認識不深，他指出：「血脂高的病人會問醫生，我應該如何？即使坊間，無論上網、看電視，都有各種資訊，但中產及基層的病人都仍然缺乏自我管理健康的意識。」他認為今時今日的健康教育，應該是由病人直接參與，而非像以前只靠觀看影片等單向灌輸。

因此，范醫生期望即將成立的葵青區康健中心可以了解市民的需要，並掌握社區的資源，以協助市民減低患病的風險，及促進個人身體健康，同時向政府反映市民的訴求。他認為如果基層醫療做得到位，20年後，醫院管理局增加資源的壓力便可減輕，再經歷兩至三代，香港就會出現更多健康的長者，好像歐洲的一些城市。他希望基層醫療可以借助資訊科技，促進資訊流通，協助醫護及社工進行個案管理，使每個市民都可以健康生活，發揮應有的生命力。

## Primary Health Care – The New Direction for Hong Kong's Future Medical Service Development

Our Hong Kong Foundation released the "Fit for Purpose: A Health System for the 21st Century" report in November 2018. The report points out that our medical system is mainly focusing on acute hospital-centric care, whereas appropriate outpatient services, including primary health care, community care, etc. could indeed reduce half of all hospital admissions. Moreover, the Chief Executive of Hong Kong SAR recently opined that our primary health care development has lagged behind for 30 years. Therefore, the Government will devote more resources in preventive care. As you can see, primary health care is becoming the strategic intent of Hong Kong's future health care development. In this issue of Haven of Hope News, we interviewed Dr. Fan Ning, chairman of Health In Action, for his thoughts on primary health care in the territory.

A health care system can generally be divided into three levels of care. Primary health care provides district health promotion and preventive care. Secondary care provides region-wide hospital services, while the tertiary tier offers more complex specialist services that involve advanced technologies in treatment like liver transplants, plastic and reconstructive surgeries, and others.

Dr. Fan is delighted to hear that the Government will step up efforts in the area of primary health care. "Although I'm a gastrointestinal surgeon, I'm very concerned with the development of primary health care," he says. "Because some patients don't bother with physical check-ups, they may be overlooking some hidden health problems which have already become serious when found. This is evident that our primary health care support is inadequate." He further explains that even patients who have undergone operations for gall bladder and liver diseases may have to consult cardiologist ten years later due to their problem of obesity.

He says that primary health care is a kind of medical-social collaboration 2.0, backed up by a community

support network. It should be led by district organisations that understand community needs and are able to build close community networks while collaborating with the health care practitioners. With social workers connecting different sectors of community educating people about preventive care, health care professionals can take on the responsibility to provide knowledge and resources. Over the past 20 to 30 years, the society has been demanding a greater supply of medical personnel. He believes that the inadequate supply of medical professionals is a global problem and the development of primary health care may be the solution. He agrees, though, the public does not have an in-depth understanding of primary health care. "Notwithstanding that there is a lot of information from various sources, many patients from the grassroots level to middle class do not have sufficient awareness about management of their own health." He suggests that health education nowadays should engage patients instead of relying on one-way communications like watching videos.

In view of this, Dr. Fan hopes that the Kwai Tsing District Health Centre, which is scheduled to be established soon, can gain a better understanding of the needs of the public and marshal the resources necessary to help community dwellers reduce their risk of illness and promote personal health; while also channel their voices to the Government. He deems that, with a well-established primary health care system, the pressure of the Hospital Authority to increase resources can be relieved in 20 years. Besides, there will be more healthy elderly in Hong Kong after two to three generations. He suggests that primary health care can make use of information technology to assist medical professionals and social workers in case management to help people live more healthily.

# THEME 主題



Katie(左一)認為香港醫療服務最大的問題是資源不足，以及宣傳不足，她希望政府成立一個「諮詢部門」，由醫護人員解釋及鼓勵病人參與一些預防疾病的講座。Katie (first from left) deems that the major problem of Hong Kong's medical system is the lack of resources and promotion. She thinks it is necessary to set up a "consultation department" so that the medical professionals can encourage patients to join seminars about preventive care.

## 基層醫療知多少？

特區政府一方面大力推動基層醫療服務，但另一方面，市民又對基層醫療服務有多少認知呢？我們訪問了兩位曾經參加靈實「病人自強計劃」的服務使用者，了解一下她們對香港醫療服務的看法。

Katie和健兒都因為有糖尿病，被醫生推薦參加「病人自強計劃」，學習透過控制飲食及加強運動，自我管理健康。兩位都表示現在很注重健康，健兒指出：「健康是自己的，患病受苦的也是自己，所以為了自己和家人，我要保持健康。」

由於患有糖尿病，她平時盡量避免過於疲勞，保持充足的休息和運動。但她仍然覺得自己未有能力妥善管理健康，因為除了電視宣傳外，她不知道從哪裡可以獲得政府政策和資源的相關資訊。例如，早陣子她感到腳痛，希望轉介專科服務，但例行覆診期是3個月後，中間有問題都不知應往哪裡求助。

Katie也認同香港醫療服務最大的問題是資源不足，以及宣傳不足，非人人都懂得如何尋找資源，她認為應該成立一個「諮詢部門」，又或者在公立醫院門診服務設立一些推廣攤位，由醫護人員解釋，及鼓勵病人參與一些預防疾病的講座，尤其是一些長者，要多向他們說明，他們才會參與及得益。

問及兩位對基層醫療服務的認知，她們起初以為是提供給基層人士的醫療服務，再翻查網上資訊，才知道政府有不同的措施推廣基層醫療，包括大腸癌篩查計劃等。她們對於政府即將興建的葵青區地區康健中心抱有很大期望，希望可以加快落實至全港十八區，健兒認為：「就好像病人自強計劃，我在家的附近聽講座，非常方便，如果要走到天水圍那麼遠，我就不會去了。」Katie則希望政府可以透過電視廣告宣傳地區康健中心，始終電視媒體能接觸廣大市民，發揮宣傳之效。

由此可見，一般市民對基層醫療服務未必完全認識，但基本也認同服務的理念，更期望服務可以協助解決香港長久以來醫療服務不足及醫護人手短缺問題。

## How much you know about primary health care?

While the Government steps up efforts to promote primary health care services, how much do Hong Kongers know about these initiatives? We interviewed two service users of Haven of Hope Patient Empowerment Programme about their views of Hong Kong's health care system.

Diagnosed with diabetes, both Katie and Kin Yee were referred by doctors to participate in the Patient Empowerment Programme to learn how to manage their health via nutrition control and engaging in more sports activities. They now pay more attention on the ways to keep fit. "I am the one who suffer if I get sick," says Kin Yee. "Thus, I have to take good care of myself for the good of myself and my family."

Kin Yee has tried to avoid being too tired; get sufficient rest and participate in sports activities. But she still has difficulties in properly managing her own health. Other than television commercials, she has no idea where she can get the relevant information about government policies and resources. For instance, recently she felt pain in her feet and wanted to be referred to a specialist for treatment. However, her regular follow-up consultation was scheduled three months later. She didn't know how to ask for help in the meantime.

Katie also agrees that the major problem of Hong Kong's medical system is the lack of resources and promotion. Since not everyone knows how to search for information, she thinks that it is necessary to set up a "consultation department" or some promotion booths in public hospitals where medical professionals can provide details, in particular for the elderly.

Both Katie and Kin Yee previously misunderstood that primary health care services targeted only for the grassroots. After doing some online research, they now know that the Government has initiated different policies to promote primary health care, such as the colorectal cancer screening programme and others. They have high expectations for the Kwai Tsing District Health Centre, which is scheduled to be established soon and they hope that this type of facility can

eventually cover 18 districts across Hong Kong. "It is convenient for me to attend talks at places close to my home," says Kin Yee. "However, I don't think I would go if they were held in a faraway district like Tin Shui Wai." Katie suggests that the Government should make more use of television commercials to promote the district health centres.

From the above, we can see that many people may not be very familiar with the idea of primary health care services but they tend to agree with its objective. In fact, many of them hope that primary health services can help alleviate the problems resulted from inadequate supply of medical services and manpower.



健兒(前排左一)平時盡量避免過於疲勞，保持充足的休息和運動。Kin Yee (first from bottom left) has always tried to avoid being too tired; get sufficient rest and participate in sports activities.

# FEATURE 專題



講座 Seminar

## 「早晨安達 - 健康社區互助計劃」: 醫社共行, 全人關顧

為滿足住屋需要, 政府於2008年開展「安達臣道發展計劃」, 於安達臣道興建兩條大型公共屋邨: 安達邨及安泰邨, 居住人口超過四萬人。

黃婆婆及李伯(化名)就是其中一戶遷入的雙老長者家庭。由於身體健康轉差, 黃婆婆在地區團體的轉介下, 參加了由社區投資共享基金贊助的「早晨安達 - 健康社區互助計劃」, 安排由安達邨居民擔任的關懷大使, 關注她的健康, 定期支援及慰問。後來, 李伯因病入住九龍醫院, 黃婆婆因不懂前往而未能探望丈夫, 關懷大使主動提出陪同探望李伯。及至李伯不幸過身, 關懷大使仍一直協助黃婆婆處理後事, 並給予情緒上的支援。

透過計劃, 關懷大使員認識了很多與黃婆婆背景相似的長者, 他們除了健康上需要照顧, 也需要心靈上的支援。

隨著社會結構改變, 雙老、獨居長者越來越普遍, 傳統的支援模式, 較倚重專業同工的照顧, 然而, 在面對老齡海嘯, 單靠專業同工不足以應付。計劃走入社區, 藉關心居民的健康為切入點, 繼而發展至全人關懷; 此外, 計劃在服務推行上由工作員主導, 轉化為街坊之間的鄰里支援, 發揮社區支援網絡的力量。

累積了兩年多經驗後, 基層健康服務已於2018年9月開展為期三年的「身心安泰樂社區 - 社區為本長者長期病患管理計劃」, 作為安達臣道發展計劃次階段的支援策略。新計劃將以個案管理形式跟進安達、安泰等觀塘區的長期病患長者的需要。計劃雖以長期病患管理作為主要支援重點, 但也照顧長者在面對長期病患時出現的情緒及困擾, 實踐「醫社共行, 全人關顧」的理念, 全面照顧社區長者的需要。



拉筋運動班  
Stretching exercise class

## “Healthy Community in Anderson”: Medical-social collaboration offers holistic care

Initiated in 2008 by the Government, the “Anderson Road Public Housing Development Project” aims at satisfying local housing needs by building two large-scale public estates, including On Tai Estate and On Tat Estate to accommodate more than 40,000 residents.

Madam Wong and Mr. Lee (both aliases) were one of the elderly couples living there. Due to the deterioration of health, Madam Wong was referred by a community organisation to participate in the “Healthy Community in Anderson” sponsored by Community Investment and Inclusion Fund. A team of care ambassadors formed by the residents living nearby spent time offering her regular support. Her husband was later sent to Kowloon Hospital but she did not know how to visit him. The care ambassadors escorted her to the hospital. Even after her husband passed away; they continued helping her with the funeral arrangement and took care of her emotional needs.

Through this programme, the ambassadors get to know many elderly residents like Madam Wong, who not only needs health care assistance but also emotional support. In view of the current demographic changes, elderly singletons and senior couples are increasingly common. While the traditional approach relies much on the support offered by the professionals, their efforts are insufficient to cope with the needs derived from the ageing tsunami. Therefore, it is important to turn to building neighbourhood support to maximise the strength of community support network.

With more than two years of service experience, a three-year “Healthy Happy Elderly – Community-Based Chronic Disease Management Programme” was unveiled by Primary Health Services in September 2018. It serves as the second stage of the support strategy of the Anderson Road Public Housing Development Project. Adopting a case management approach, it takes care of the needs of elderly patients with chronic diseases in On Tai Estate and On Tat Estate in Kwun Tong. Moreover, it helps the elderly to cope with the distress caused by chronic illnesses, offers holistic care to the needy and fulfills the mission of medical-social collaboration.



計劃參加者到超級市場認識食物標籤。  
Participants learn about food labeling in supermarket.

# RESPECTING LIFE BLOG

## 尊重生命 BLOG

靈實創毅中心

Haven of Hope Integrated Vocational Rehabilitation Services Centre



服務使用者一起參觀香港太空館，認識天文資訊，並舒展身心。  
The service users paid a visit at Hong Kong Space Museum. They had great fun in learning more about astronomy and space science.



中心舉辦「中秋慶團圓」節日活動，在職員和義工悉心協助下，服務使用者製作各有特色的燈籠，在歡笑聲中渡過愉快的中秋。  
To celebrate the Mid-autumn Festival, the service users hand-made their own lanterns with the assistance of our staff and volunteers. All of them enjoyed so much fun.

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre



院友參與「表達藝術治療」活動，藉圖畫、顏色表達自己的心情及想法。  
Residents participated in expressive arts therapeutic activities to express themselves through drawings and colours.

老友記最喜歡「一盅兩件」，難得今次飲茶人強馬壯，十分熱鬧，大家一同「乾杯」！  
Elderly residents very much enjoyed having dim sum in Chinese restaurants. This time, a lot of them joined the yum cha activity. Let's cheers!

靈實恩光學校

Haven of Hope Sunnyside School



蔡奕玲校長(右一)與老師及學生接受「第十六屆香港綠色學校獎」金獎的殊榮。  
Principal Cosette Choi (first from right) joined the teachers and students in receiving the 16th Hong Kong Green School Award.



師生齊參與「全城起帽」大行動，藉以提升大家對兒童紓緩服務的關注。  
Teachers and students took part in the "Hats On Campaign" to raise public awareness for paediatric palliative care.

靈實全護通

Haven of Hope TotalCare



老友記一同製作乾果。  
Elderly made dried fruits together.



老友記一起拍打氣球，訓練反應。  
Elders hit the balloon and trained up their responsivity.

# IMPACTING LIFE STORY

## 改變生命的故事



在司務道寧養院的經歷，使劉安怡醫生體會到醫護人員可以與病人如此緊密連繫。

**Dr. Justina Lau felt the close bond between the medical professionals and patients from her experience at Sister Annie Skau Holistic Care Centre.**

### 在司務道寧養院的第一堂醫學課

「剛才乘車到司務道寧養院，的士經過閘門停下來，停下的一剎那，彷彿多年前到寧養院探望媽媽的感覺，一下子全部湧現。」東區醫院臨床腫瘤科駐院醫生劉安怡感觸地說。

劉醫生母親十一年前在司務道寧養院過身，當時她剛從外國回港，還未是一名醫學生，就要經歷至親患病和生離死別。回想起她與母親在司務道寧養院的經歷，教她最難忘的，是有一次院長梁智達醫生走進房間，為他們一家祈禱，簡短的禱告使他們得著安慰。到真正要離別之際，院舍更為他們安排一部鋼琴，就這樣，一家人一邊唱詩，彼此道別，淚水中帶著暖意和重聚的盼望。

與摯愛離別，的確令人難過，但在司務道寧養院，劉醫生也上了她人生第一堂醫學課。「從未想像過醫護人員可以與病人如此緊密連繫，可以這樣細心地照顧病人。」及後，她有機會到葛量洪醫院實習，第一次治療末期病人。有一次，教授與醫學生講解病人的情況，那病人想坐直，於是她伸手扶起他。病人感激的眼神，彷彿令她明白到簡單的觸摸，原來可以觸動病人的心靈，這些都不是醫學院所教導的。

作為一名臨床腫瘤科醫生，每天都要接觸重症病人，但劉醫生卻沒有以愁雲慘霧的心態面對。她曾經遇上一位淋巴癌病人，奮力對抗頑疾17年，從未有放棄。有一天，他突然感到手腳無力，但多次檢查也找不到原因，直至4次跟進檢查後，才發現腋下的淋巴有異樣。病人沒有怪責醫生，反而非常感激她為他帶來這好消息，找到問題的根源。劉醫生感恩能遇上正面樂觀的病人，激勵她更努力幫助病人。

劉醫生指，大部分的末期癌症病人都不了解何謂紓緩治療，也不清楚可以選擇哪些治療方案。然而，結合其親身經歷和臨床工作經驗，她認為紓緩治療最大的好處，是由專業的醫護團隊「手拖著手」，協助病人和親友好好道別。此外，病人都都不想留下遺憾，紓緩治療容讓醫護與病人一起探索如何完成未圓的心願，做做喜歡的事，爭取時間與身邊的人復和。

雖然謙稱自己行醫資歷尚淺，仍需要兩至三年，才能正式成為臨床腫瘤科及紓緩治療科專科醫生，劉醫生希望日後可以向社區推廣紓緩治療服務，尤其是增強家庭醫生對服務的認知，使公眾人士明白紓緩治療服務裨益，真正做到去者善終，留者善別。

### The First Medical Class at Haven of Hope Sister Annie Skau Holistic Care Centre

"All my memories about being with my mum years ago at the Sister Annie Skau Holistic Care Centre suddenly came back to me when I took a taxi and it stopped at the front gate," says Dr. Justina Lau, resident doctor of Clinical Oncology Department of Pamela Youde Nethersole Eastern Hospital.

Eleven years ago, her mother passed away at Sister Annie Skau Holistic Care Centre. At that time, having just returned to Hong Kong before starting her study in medical school, she was grieved over the death of her mom. Till now, she can still remember when Dr. Antony Leung, medical superintendent of the Centre, came in the room and prayed for her mother and their whole family to calm their hearts. When the time came, the Centre helped arrange a piano for them to sing hymns while bidding farewell to her mother. Tears came together with hope and a sense of affection.

It is a saddening occasion when we depart with our beloved; yet, this is also at Sister Annie Skau Holistic Care Centre where Dr. Lau attended her first medical class. "I never imagined that the medical team could build up such close connection with patients and be so attentive in taking care of them," she says. Later, she had an opportunity to serve as an intern student at Grantham Hospital, treating late-stage cancer patients. In the ward round, the professor was explaining the conditions of the patient to the students. The patient felt a bit uncomfortable and wanted to sit up straight. She helped him. From his eyes, she could see how grateful he was. At that time, she learnt that simple physical touch could warm the heart of the patients. But this is not the knowledge that could be learnt in the medical school.

As a clinical oncologist, Dr. Lau meets with critically ill patients every day. However, she always remains positive. She shared with us a case of her patient who had fought with lymphoma for 17 years. One day, the patient suddenly found his limbs lacking strength. After four times of medical examinations, Dr. Lau eventually detected the abnormality in his axilla lymph. Instead of blaming her, the patient expressed thankfulness to her



十一年後，劉醫生與梁智達院長於司務道寧養院重遇。  
**Dr. Lau meets Dr. Antony Leung again at Sister Annie Skau Holistic Care Centre after 11 years.**

for finding the cause. Patients with a positive and grateful attitude have always encouraged her to do better to help them.

Moreover, Dr. Lau finds that most late-stage cancer patients do not quite understand what palliative care is and how to choose the right treatment option. Based on her personal and clinical experience, she believes that the biggest merit of palliative care is to allow the professional medical team to "hold the hands" of the patients and their families so that they can properly bid farewell to each other. Besides, many end-of-life patients wish to fulfill their final wishes. Palliative care provides a chance for the medical team to explore with the patients how to fulfill these wishes, such as doing what they like, or spending time reconciling with their beloved.

Dr. Lau humbly says that she has to work two to three more years to become a specialist in clinical oncology and palliative care. She is committed to promoting palliative care service in community. By enhancing the understanding of this topic amongst the family physicians, she reckons that the general public will have better knowledge about the importance of palliative care. In the end, both the passed away and their beloved will have no regrets.

# TELL US YOUR STORY

## 一行一故事



言語治療師朱卓欣相信良好的親子關係，有助孩子表達自己，促進日後的成長。  
Phoebe believes that good family relationships can help children better express themselves and facilitate their growth and development.

### 締造愉快學習經驗 改善言語表達

時代進步，當家長察覺到子女表達有困難時，都會想到尋求言語治療師的協助。然而，言語治療不只是訓練服務對象說話，也不只服務兒童。就讓靈實言語治療服務隊言語治療師朱卓欣介紹一下她的工作。

「0歲至老人都有機會需要言語治療服務，我們會訓練他們在恰當的場合、時間，以合宜的方式表達自己。」朱卓欣解釋，言語表達和理解十分重要，溝通障礙會影響日常生活，例如兒童表達有困難，會延誤其發展成長；成年人不擅溝通，會影響工作表現；中風後的長者普遍有吞嚥和表達困難，大大降低其生活質素。言語治療師的角色就是評估服務對象的情況，訂定訓練目標，持續進行訓練，改善問題。

朱卓欣在靈實主要服務學前兒童，她認為及早在幼童升小前介入，可大大提高治療的成效。但如何判斷兒童是否需要言語治療呢？她指出：「如果小朋友言語不清，就連父母、老師等親密的照顧者也不理解，就需要進行評估，這有助穩定他們的情緒，增強其自信。」即使評估結果顯示小朋友言語發展遲緩，也不能單靠課堂訓練，因為課堂時間有限，她認為家長應該為孩子創造愉快學習經歷，透過遊戲、親子伴讀等形式，多與孩子溝通交流，在互動的過程中，鼓勵他們聽指令、發問和回答，從而改善表達和理解能力。

可惜在現實生活中，大部分家長都是雙職父母，工作生活忙碌，比較依賴治療師或老師訓練其子女。然而，朱卓欣認為：「和孩子一起走人生路的，始終是家長，良好的親子關係，對孩子表達自己及日後的成長，都有正面的幫助。」她舉例，曾經有一名小女孩，讀了一年幼兒班，但老師從未有聽過她發聲，第一次與她面談，朱卓欣已經覺得她異常緊張，於是她嘗試營造愉快的氣氛，邊遊戲、邊訓練，上了三堂課之後，小女孩開始模仿她說話，就連老師都嘖嘖稱奇。朱卓欣笑指，很多同事問她為何她的治療室經常傳出巨大的笑聲，她覺得笑能釋放緊張，就連自己都受影響，變得開朗。

朱卓欣一向喜歡接觸人，喜愛變化多端的工作，言語治療師的工作十分適合她，因為即使有些個案的診斷相似，仍要調節訓練內容。未來，她希望多參與治療有溝通障礙的成年人，幫助他們融入社區，理順其人生路。

### Happy Learning Experiences are Essential to Improve Children's Verbal Communications

Nowadays, when kids have difficulties in speaking, some parents may seek help from speech therapists. Nevertheless, many people may have no idea what exactly speech therapists do and who they serve. Phoebe Chu, the speech therapist of Haven of Hope District-based Speech Therapy Team will let us know more about her job.

"People at all ages, from infant to elderly, may need speech therapy. We train them how to appropriately express themselves depending on the time and occasion." Phoebe Chu explains. She adds that speaking and understanding are vitally important as communication barriers may negatively affect our daily lives, especially for children's development and adult's work performance. Moreover, elderly who have suffered from stroke usually have difficulties in swallowing and speaking, which lowers their quality of living. Speech therapist will assess the need of service users, set the training goal and help them alleviate their problems through continuous training.

Phoebe mainly serves pre-school children. She points out that treatment effectiveness can be increased significantly if the intervention takes place before a child enters primary school. How can one judge if a child needs speech therapy or not? "If a kid is unable to speak clearly, and even their closest caregivers like parents and teachers can't understand them, then it's necessary for an assessment," says Phoebe. "This can help stabilise their emotions and increase their confidence." However, classroom training may not be sufficient to rectify the problem in view of limited time. Phoebe suggests that parents should co-create fun learning experiences with their children through games and story-telling. By engaging in a more dynamic process, parents can encourage their children to follow instructions, ask questions and give answers in order to improve their speaking and comprehension skills.

However, in reality most working parents are busy. They tend to rely on speech therapists or teachers to train their kids. "Parents, but not the therapists will stay with their children for the rest of their life." says Phoebe.



透過家長講座，朱卓欣鼓勵家長為孩子創造愉快學習經歷，多與孩子溝通交流。

During parent talks, Phoebe encourages the participants to nurture a happy learning environment for their children and find ways to communicate more with them.

"Good family relations will certainly help kids develop properly." She remembers one girl who never said a single word during her nursery class. When Phoebe first met her, the girl was aptypically anxious. So, Phoebe tried to create a pleasant ambience by integrating games into training. After three sessions, the girl began to imitate her speech. In fact, many other staff asked Phoebe why they kept hearing big laughs from her treatment room. She believed that laughing can relieve tension and she has also become more positive through training the kids.

Phoebe loves her job because she likes meeting with different people and trying new things. Though some cases are similar, she has to fine-tune the content of her therapies to attain the best results. In the future, she wishes to serve more adults with speech problems and help them better engage in society.



# YOU CAN CHANGE THE WORLD

## 您的支持帶來改變

陳登社會服務基金會呈獻：星與夢－河國榮與你用愛擁抱晚晴™ 演唱會



河國榮希望為晚期病人實現使用優質晚期護理服務的夢想。

Gregory Rivers hopes to help terminally ill patients to realise their dream of enjoying quality end-of-life care.

### 鳴謝：陳登社會服務基金會

基金會由陳登先生（1926-2005）於1997年成立，以「取諸社會，用諸社會」為宗旨，致力資助香港和國內有意義的教育、醫療、長者、青少年、家庭服務等公益項目，希望回饋社會，並與各界熱心公益的人士和機構，攜手共創和諧社會。

一人至少有一個夢想，在人生不同階段亦有不同的希望，曾否想過當走到生命最終站，會有甚麼盼望？

### 一切源於夢想

有人希望完成畢生心願、有人期盼與久別的親友重逢、有人想在平靜舒適的環境中度过最後歲月、有人冀望帶著平安和尊嚴離開..... 無論任何人在生命晚期有任何夢想，都應該被尊重。這亦是靈實司務道寧養院的理想，因此院舍在提供自負盈虧服務以外，也銳意推展「慈惠病床服務」計劃，用愛擁抱晚晴™。

「慈惠病床服務」於2012年起推出，是特別為遇上經濟困難的晚期病人而設的服務，旨在讓他們獲得全人照顧。

### 圓夢的演唱會

司務道寧養院期望在2019年度，把「慈惠病床」增加至20張，以惠及更多有需要人士，但由於相關的開支未獲政府資助，故全賴社會各界支持。為籌募所需經費，司務道寧養院將舉辦慈善演唱會，冀為晚期病人和該院，實現締造優質晚期護理服務的夢想。當靈實的友好夥伴、著名演藝人河國榮得悉此事，即表示全力支持，並擔綱演唱。

### 尊重生命的香港人

河國榮原籍澳洲，以香港為家逾30年，不少人認為他比許多香港人更像香港人。他在一次接受訪問時說過，不需要黃皮膚黑眼睛，關心和喜歡香港，真心願意為港付出，就是真正的香港人。他更身體力行，參與慈善活動，幫助弱勢社群，特別是在他居住和工作多年的西貢將軍澳區，自2017年開始與靈實合作無間，皆因他與靈實本著相同的理念，一起「尊重生命·改變生命」。

河國榮能夠在香港闖出一片天，是基於一個夢想，就是開辦演唱會，2018年他已經圓夢，舉行了個唱，但其熱情沒有絲毫冷卻，今次他為司務道寧養院的慈善演唱會擔綱演唱，既可延續夢想，又可實踐為善最樂的精神。

請與靈實司務道寧養院及河國榮，一起支持「陳登社會服務基金會呈獻：星與夢－河國榮與你用愛擁抱晚晴™ 演唱會」。活動詳情如下：

日期	2019年2月16日(星期六)
時間	晚上7時30分
地點	國際基督教優質音樂中學暨小學以勒音樂廳
表演者	河國榮先生

查詢請致電2703 3286 (梁小姐) 或2703 3378 (馮小姐)，與靈實傳訊及籌募部聯絡。

## Chan Dang Social Services Foundation Presents: Embrace the Last Journey with Love and Gregory Rivers Concert

Everyone has a dream; and in different phases in our lives, we may have different dreams. However, have you ever thought about what your final wish is when you are approaching the end of your life?

### Start from a dream

Some people aspire to fulfill their lifetime wishes; while others may only want to reunite with relatives or friends whom they haven't seen for a long time. At their final moments, most people wish to stay in a cosy environment and leave this world with peace and dignity. All final wishes should be deeply respected and we at Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) also share that same mission. With this in mind, the Centre not only offers self-financed services, but also strives to provide "Relief and Charity Service (RCS) Bed Programme" to help terminally ill patients to embrace their last journey with love™.

Launched in 2012, the RCS Bed Programme aims at helping the terminally ill patients with financial difficulties. This programme allows the underprivileged late-stage patients to receive holistic palliative care free of charge.

### The concert that makes dreams come true

SASHCC plans to increase the number of RCS beds to 20 to benefit more people in need. Since the incurred expense is not covered by government subsidies, it will rely on the support from the society. Against this background, a concert will be held to raise funds for quality palliative care. When Gregory Rivers, a long-term partner of HOHCS and renowned artiste, learnt about this meaningful cause, he immediately supported to perform in the concert.

### A Hongkonger who respects Life

Born in Australia, Gregory Rivers has been living in Hong Kong for more than 30 years. Many people consider him a "genuine Hongkonger". In a previous interview, he said that all who care for others and go to great lengths to contribute for Hong Kong are real Hongkongers; race and ethnicity is not an issue. Gregory certainly walks the talk as he has taken part in many charity events to help the

underprivileged. Having worked and lived in Sai Kung for long, he has joined hands with HOHCS in several occasions since 2017 to "respect life and impact life".

Hosting a concert had always been a dream of Gregory Rivers. His dream had come true in 2018. This time Gregory's performance at this concert will not only sustain his dream but will also allow him to sing for charity.

Please join with SASHCC and Gregory Rivers to support - Chan Dang Social Services Foundation Presents: Embrace the Last Journey with Love and Gregory Rivers Concert.

The event details are as follows:

Date:	16 February 2019 (Saturday)
Time:	7:30pm
Venue:	Jehovahjireh Concert Hall of the International Christian Quality Music Secondary and Primary School
Presenter	Gregory Rivers

For enquiries, please contact Viann Leung at 2703 3286 or Kinie Fung at 2703 3378, both from the Communications & Resources Development Department of HOHCS.

### Acknowledgement: Chan Dang Social Services Foundation

The Foundation was founded in 1997 by Mr Chan Dang (1926-2005) with a mission to serve the underprivileged sectors of society through supporting charity projects in education, health, elderly needs, youth and family services, etc.. The ultimate aim is to give back to society and contribute to the common good. The Foundation has been a supporter of the "Relief and Charity Beds Programme" since 2013 to realise the dream of "Embracing the last journey with love".

# WHAT'S NEW 最新消息

## 再·『創我天地』啟動禮

承蒙匯豐150週年慈善計劃(匯豐)透過公益金的資助，靈實於2016年10月開始推行為期兩年的『創我天地』自閉症青年成長適應計劃。計劃服務對象為15至30歲之自閉症人士，幫助他們中學畢業後的過渡及適應，包括繼續升學、就業及社區生活等。

過去兩年，計劃曾協助超過100個自閉症青年人，我們更首創以社會服務及復康治療雙軌介入的概念，每個個案均以社工及職業治療師『孖咩』進行個案管理及提供服務，以互利互補的協作模式，推行「個人適應計劃」，全方位促進自閉症青少年過渡適應，並增加他們在社區獨立生活的能力。

第一期計劃於2018年9月已順利完結，匯豐再次撥款資助新一期為期兩年的計劃。「再·『創我天地』啟動禮」於2018年11月10日假基督教家庭服務中心禮堂舉行，由社會福利署黃大仙及西貢區助理福利專員鄭創基先生、香港公益金項目經理周潔儀女士及香港兒科基金秘書長王曉莉醫生擔任主禮嘉賓，超過150位社區人士、會員及家長參與，參加者反應正面，認為啟動禮能增加對計劃及自閉青年需要的認識。



一眾主禮嘉賓和家長代表舉行啟動儀式。  
The kick-off ceremony was officiated by the guests of honour and parent representatives.

## “My Way 2.0” Kick-off Ceremony

Supported by HSBC 150th Anniversary Charity Programme via the Community Chest of Hong Kong, the two-year “My Way” project was launched in October 2016 to provide an adjustment programme for young adults aged 15 to 30 with autism spectrum disorder (ASD). The programme aims to assist them to smoothly transit from high school to post-secondary studies, employment and adult living.

Throughout these two years, this project has helped more than 100 young adults with ASD. For the first time, the “synergy approach” of case management jointly adopted by the social worker and the occupational therapist was implemented. Leveraging the strengths and expertise of both professions, this dual collaborative approach can comprehensively enable young people with ASD to transit well and enhance their ability to live independently in community.

While the first phase of the project was completed in September 2018, HSBC has allocated another round of funding to launch the second phase. The kick-off ceremony of “My Way 2.0” took place on 10 November 2018 at the auditorium of Christian Family Service Centre. The ceremony was officiated by Mr Kwong Chong-ki, Assistant District Social Welfare Officer (Wong Tai Sin/Sai Kung) of Social Welfare Department; Kit Chau, Project Manager of the Community Chest of Hong Kong; and Dr. Wong Hiu Lei, Lilian, Secretary General of Hong Kong Paediatric Foundation. More than 150 participants joined the event, including community dwellers, service users and parents. They agreed that the event helped increase their understanding of the project and the needs of youths with ASD.



參與計劃的會員家長與職員一起分享會員參與計劃點滴。  
Parents and staff participating in the project shared their experiences.

## 薰香園計劃

薰香園計劃由靈實恩光學校和黃潔兒博士合作推動，參與的義務治療師及導師透過香薰診所及香薰工作坊，為有需要的智障學童及其家長提供身心舒緩服務。

### 薰香診所

治療師評估個案的身心狀況後，會根據香薰治療對人體不同系統的功效去設計治療計劃，讓參加者透過皮膚或呼吸道，吸收來自天然芳香植物所萃取的純精油分子，發揮對生理、心理或情緒的療效。

### 薰香工作坊

以小組形式製作香薰用品和手工藝，鼓勵參與的家長於組內發揮個人潛能，並舒緩壓力。

薰香園的創辦人黃潔兒博士為註冊護士及香薰治療師，並曾擔任香港中文大學醫學院那打素護理學院副教授及養和醫院護士學校校長多年。恩光學校希望能夠探討更多有關芳香分子對學童在課堂學習上的正面影響，盼望薰香園能夠持續發展，成為香港首個集服務、教育及科研於一身的薰香花園，讓智障學生及家人透過香薰治療達致和諧美善的生活。



一眾嘉賓到賀，出席薰香園的開幕典禮。  
The guests joined to celebrate the opening of the Aroma Garden.

## Aroma Garden Project

As a collaboration between Haven of Hope Sunnyside School and Dr. Irene Wong, the Aroma Garden Project is initiated to provide mental and physical stress relief services for students with mental disabilities and their caregivers. Care is given to those who join in the Aroma Clinic and Aroma Workshop with the guidance of volunteer therapists and instructors.

### Aroma Clinic

After assessment, the therapists will design treatment plan based on the effects of aromatherapy on different human organs. Users can absorb the elements of essential oils extracted from natural fragrant plants to enhance their physical and mental well-being.

### Aroma Workshop

By organising groups to make aroma products and handicrafts, the Aroma Workshop can help participating parents to excel their potential and ease their pressure.

Dr. Irene Wong, the founder of the Aroma Garden Project, is a registered nurse and aromatherapist. She is the former associate professor of the Nethersole School of Nursing of the Chinese University of Hong Kong and former head of School of Nursing of Hong Kong Sanatorium Hospital. Haven of Hope Sunnyside School hopes to explore the positive effects of aromatherapy in helping students with their classroom learning. We hope to develop the project on a long-term basis and build the first ever aroma garden in Hong Kong, combining services, education and research. By this, it could benefit students with mental disabilities and their parents to experience harmonious and fruitful lives.

# HEALTH TIPS 健康知多少



## 秋冬進補食療

人體與大自然息息相關，活在天地間，受天地之氣所影響。一年有春夏秋冬之時，可以根據氣候變化而食用不同湯水。《素問·四氣調神大論》云：「春生、夏長、秋收、冬藏。」秋天陽氣收斂，氣候較為乾燥，五行屬金，與肺相應，宜多飲用滋潤和生津湯水，如無花果百合潤肺湯。冬天陽氣潛藏，天氣寒冷，五行屬水與腎相應，適宜飲用溫補湯水，如《金匱要略》記載的當歸生薑羊肉湯。

## 秋季

無花果百合潤肺湯

材料:無花果5枚、百合15克、南杏15克、淨瘦肉300克

## 做法:

1. 先將南杏、瘦肉和無花果洗淨焯水備用。
2. 剝開新鮮百合。
3. 於砂鍋加入適量清水，水滾後放入瘦肉、南杏、無花果及百合，文火煮60分鐘左右，加鹽調味即可食用。

功效:無花果性涼味甘，生津止渴。百合性寒，味甘，歸心、肺經，具有養陰潤肺，清心安神。南杏味微甜，有潤肺止咳之效。

## 冬季

當歸生薑羊肉湯

材料:當歸15克、去骨羊肉500克、薑片3-4片、枸杞子適量

## 做法:

1. 將生薑、枸杞洗淨備用。
2. 將羊肉洗淨，先汆燙後撈出。
3. 再把羊肉放入鍋中，加入當歸、枸杞、薑片、適量水，燉煮至羊肉熟爛即成。

功效:當歸味甘辛，補血活血，調經止痛。枸杞色鮮紅而有光澤，滋補肝腎，益精壯筋骨。

以上內容僅供參考，建議食用前宜諮詢註冊中醫師。

基督教靈實協會-香港中文大學中醫教研中心

## A supplementary diet in Autumn and winter

Man and the environment are inter-related. Thus, the equilibrium of the nature which affects human activities varies in four seasons. We can choose to drink different soups according to the different seasons. Su Wen Siqi diaoshen dalun, The art of life through the four seasons is summed up as sow in Spring, grow in Summer, harvest in Autumn and reserve in Winter. In traditional Chinese Medicine (T.C.M.), the yang-qi dwindles in Autumn and the weather is dry. In the Five Elements theory, Autumn corresponds to the metal and is related to lungs. Therefore, nourishing soups, such as soup with figs and lilies, are recommended to moisturize the body. In Winter, yang-qi is hidden and the weather is cold. According to the Five Elements theory, Winter corresponds to the water and is related to kidneys. That being the case, tonic soups are suggested like lamb soup with gingers and angelica which is stated in JinKui yaolue, Synopsis of Prescriptions of the Golden Chamber.

## In Autumn:

Soup with figs and lilies is good for nourishing the lung.

## Ingredients:

5g Figs; 15g Lilies; 15g Sweet apricot kernels; 300g Lean pork

## Methods:

1. Wash the sweet apricot kernels, lean pork and figs. Then blanch them and put aside.
2. Peel off the fresh lilies.
3. Add suitable amount of water to a casserole. Boil the water. Put the sweet apricot kernels, lean pork, figs and lilies into the casserole. Simmer for about 60 minutes and then season with suitable amount of salt. The soup is ready to serve.

## Efficacy:

The fig is cool in nature and sweet in taste that helps stimulate secretion of body fluids and quench thirst. The lily is cold and sweet which nurtures hearts and lungs, invigorates yin-qi, soothes hearts and nerves. Sweet Apricot kernel is slightly sweet which is able to moisturize lungs and relieve coughs.

## In Winter

Lamb soup with angelica and ginger

## Ingredients:

15g Angelica; 500 Lams without bone; 3-4 slices of gingers; ome wolfberries

## Methods:

1. Wash gingers and wolfberries first. Then put them aside.
2. Wash the lams. Blanch them with suitable amount of water in a pot and then take them out.
3. Put the lams into a cooking pot again together with the angelica, wolfberries, gingers and some water. Stew them until the lams are well cooked. The soup is ready to serve.

## Efficacy:

Angelica is sweet and bitter in taste that helps in replenishing blood supply and activating blood circulation. It also regulates menstrual cycle and relieves pain due to menstruation. Wolfberry has intrinsic bright reddish-orange color and luster. It is good for livers and kidneys, lifts up spirits and strengthens muscles and bones.

The above information is only for reference. It is highly recommended to consult a registered Chinese Medicine Practitioner before use.

Have of Hope Chinese Service – The Chinese University of Hong Kong Medicine Centre for Training and Research



# MESSAGE TO DONORS

## 給捐贈者的話



### 給捐贈者的話

農曆新年快到了，2019年是己亥豬年，中國人對豬情有獨鍾，從前農業社會，有能力飼養豬隻的都是有經濟能力的大家大戶，豬是福氣的象徵。靈實同樣希望透過提供適切的全人服務，為社會、為貧窮和有需要的人帶來福氣。

自2016年，靈實開展「築動生命全方位關顧計劃」，興建社會服務大樓，並添置各種醫療及復康器材，使體弱長者、嚴重智障人士、晚期病人等有需要人士得以重燃生命的盼望，活得更有尊嚴。今期靈感，我們特別預備了五個利是封，大家可以運用其中一個用作為捐獻，在這己亥豬年，為有需要的人帶來最美的福氣。另外，我們以靈實長期支持者劉千石先生親賜的聖經金句墨寶，製作了一套揮春，希望在這新年，讓上帝的話語親自祝福大家。

### Message to Donors

The Year of the Pig is just around the corner. Pigs are particularly valued in traditional agricultural China. Households who have domesticated pigs are relatively wealthier. Pigs also symbolise blessings and fortune. Likewise, HOHCS wishes to spread good fortune to the poor and needy through the provision of a host of holistic services.

Since 2016, HOHCS has kick-started the Haven Project. By infrastructure development and the installation of various kinds of medical and rehabilitation facilities, we hope to ignite the hopes of the frail elderly, the severely mentally disabled, the terminally-ill patients, etc.. In this issue of newsletter, we have prepared five lai see packets, of which one can be used for donation. Moreover, we made use of the Gospel calligraphy of Mr Lau Chin-shek, our long-time supporter, to design a set of New Year Fai Chun. We sincerely hope that the words of God will shine on you and bless you in this new year.

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

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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.

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

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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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