

靈感100期印刷版第21頁最後一段第一行
出現錯漏，“HAVE”應為“HAVEN”。
靈感編輯謹此致歉。

We apologise for a typo mistake in the
printed version of HOH News Issue 100. On
page 21, the word “Have” on the first line
of last paragraph should be “Haven”.

E	POSTAGE PAID HONG KONG CHINA 中國香港 郵資已付	Permit No. 特許編號 3170
---	--	----------------------------

基督教靈實協會 Haven of Hope Christian Service

香港新界將軍澳靈實路七號 7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong ■ 網址 Website : www.hohcs.org.hk

■ 服務查詢熱線 Service Enquiry Hotline : (852) 2701 9019 傳真 Fax : 2706 0463 電郵 Email : info@hohcs.org.hk
 ■ 義工及捐款熱線 Volunteer & Donation Hotline : (852) 2703 3284 傳真 Fax : 2702 8173 電郵 Email : crd@hohcs.org.hk

捐款回條 Donation Form

NEW-BL-19-05

本人樂意支持基督教靈實協會的服務，願意捐助 In support of Haven of Hope Christian Service, I donate :

捐款金額 Donation Amount :

☐ HK \$200 ☐ HK \$400 ☐ HK \$600 ☐ HK \$800 ☐ HK \$1,000 ☐ Others _____

願捐助予 I would like to donate to :

☐ 基督教靈實協會 Haven of Hope Christian Service ☐ 靈實醫院 Haven of Hope Hospital ☐ 靈實司務道寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre ☐ 靈實恩光成長中心 Haven of Hope Sunnyside Enabling Centre

☐ 福音事工 Evangelistic Work ☐ 靈實「築動生命全方位關顧計劃」 The Haven Project

☐ 需單次減稅收據 One-off Tax Deductible Receipt ☐ 需每年減稅收據 Yearly Tax Deductible Receipt

姓名 Name : _____ (先生/小姐/太太 Mr/Miss/Mrs) 日期 Date : _____

香港身份證號碼(頭4位數字) HKID (first 4 digits) : _____ 電話 Tel : _____

出生日期 Date of Birth* : _____ 教育程度 Education* : _____ 職業 Occupation* : _____

捐款者編號(封底郵寄地址右下角) Donor's reference no. (the no. on the right hand bottom of the address label) : _____

地址 Address : 室/樓號 Room/Flat _____ 樓層 Floor _____ 座 Block _____ 大廈 Building _____ 街道 Street _____

地區 District : _____ 電郵 Email Address : _____

請轉後頁填寫個人資料收集聲明 Please turn over for the Use of Personal Data Declaration

捐款方法 Donation Method

☐ 劃線支票 Crossed Cheque : 祈付「基督教靈實協會」 Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

☐ 直接存入戶口 Bank Deposit : 香港中國銀行 Bank of China 012-874-1-035785-2

☐ 信用卡 Credit Card : ☐  ☐  ☐ 

持卡人姓名 Cardholder Name : _____ 信用卡號碼 Credit Card Number : _____

持卡人簽署 Authorised Signature : _____ 有效期至 Card Valid Until : _____

☐ 繳費靈 Payment by Phone Service (PPS) : 透過電話 18033 或互聯網 www.ppshk.com 捐款，基督教靈實協會商戶編號「9453」。
 Make payment through telephone 18033 or www.ppshk.com, merchant code "9453".

☐ 按月自動轉賬 Autopay : 會按上述個人資料寄上「直接付款授權書」，或可於本會網頁內下載 www.hohcs.org.hk。
 "Direct Debit Authorisation Form" will be sent to you according to the personal information above or you can download the form from our website www.hohcs.org.hk.

備註 Remarks : ■ *非必要填寫

*Optional.

■ 請將支票、銀行存款單或直接付款授權書寄回本會傳訊及籌募部收。
 Please send cheques, deposit slips or Direct Debit Authorisation to our Communications and Resource Development Department.

■ 捐款港幣100元或以上將獲發收據。

Receipt will be issued for donations of HK\$100 or above.

■ 以信用卡或繳費靈捐款者可傳真此表格到本會傳訊及籌募部 (傳真號碼: 2702 8173)。此表格可自行複印。

Please send this form to our Communications and Resource Development Department by fax (fax no. :2702 8173) if you donate by credit card or PPS. Please copy the form if necessary.

捐款人之個人資料，只為傳遞本會資訊及籌款之用。若捐款者不願收到本會資訊或需要更改個人資料，請致電2703 3284或電郵至privacy@hohcs.org.hk與本會傳訊及籌募部聯絡。

Donor's personal data will only be used by HOHCS for passing information and fundraising work. Donors who don't want to receive our information or want to change their personal data, please contact our Communications and Resource Development Department at 2703 3284 or email to privacy@hohcs.org.hk.

靈感 HAVEN OF HOPE NEWS

MAY 2019

主題 THEME

專業義工 - 為人力資源注入新能量 Professional Volunteers – A Strong Benevolent Boost to Our Workforce

CONTENTS

MAY 2019 ISSUE 100

HAVEN OF HOPE NEWS

主題：專業義工 -
為人力資源注入新能量

Theme: Professional Volunteers -
A Strong Benevolent Boost to Our Workforce

4 - 7

專題：齊心健「骼」護全城 -
社區骨骼健康計劃

Feature: Healthy Bone, Happy Home!

8 - 9

尊重生命 Blog
Respecting Life Blog

10 - 11

改變生命的故事
Impacting Life Story

12 - 13

一行一故事
Tell Us Your Story

14 - 15

您的支持帶來改變
You Can Change the World

16 - 17

最新消息
What's New

18 - 19

健康知多少
Health Tips

20 - 21

給捐贈者的話
Message to Donors

22

《靈感》電子版載於

https://www.hohcs.org.hk/content_72.html

Please visit https://www.hohcs.org.hk/content_72.html
for the digital version

編委會 | Editorial Board

蔡慧嫻	Mary Choy
梁智達	Dr Antony Leung
梁詠茵	Viann Leung
何慕怡	Moyi Ho
馮玉珍	Kinie Fung
馬韻瑜	Mary Ma
翁詠華	Wing Yung
羅嘉雯	Esther Lo
何少珊	Susan Ho
林君賢	Rex Lam
馬司諾	Noko Ma
張月華	Icy Zhang

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.

地址 | Address

香港新界將軍澳靈實路7號
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

網址 | Website

www.hohcs.org.hk

電郵 | Email

info@hohcs.org.hk

服務查詢熱線 | Service Enquiry Hotline

2701 9019

義工及捐款熱線 | Volunteer & Donation Hotline

2703 3284



本刊所有文章版權屬基督教靈實協會所有。
歡迎引用或轉載，唯需事前徵詢本會同意。

All published materials are under copyright protection.
Permission must be obtained from Haven of Hope Christian Service for the reproduction of the contents.

WORDS FROM CEO

行政總裁的話

親愛的靈感讀者：

義工服務在香港根深柢固，發展至今已不限於探訪長者、派飯或賣旗等，工作類別趨向多元化，如會計、導賞、設計、教授電腦操作等。就個人而言，義工可發揮知識和技能，既肯定自身價值，亦可發展人際關係，培養領導才能。就非政府機構而言，專業義工既是機構人力的來源，也可協助培訓員工，促進機構的發展。對社會而言，專業義工是強大的生力軍，有望可紓緩各界人手不足的情況。

對靈實而言，善用義工的文化於上世紀植根。1950年代興建靈實醫院(前身為靈實肺病療養院)時，從建築設計以至其後部分護理工作，皆有義工協助。時至今日，義工在靈實依然舉足輕重，以2017年為例，靈實義工服務社會超過10,000小時，更獲社會福利署義工運動頒發「一萬小時義工服務獎」，而在2018年，靈實義工服務時數超過18,000小時。

目前，靈實積極在機構層面開展義工統籌工作，以便設定框架，有效管理專業義工。我們的服務支援辦事處已委派一位同工，專責統籌及發展專業義工。此外，靈實致力引入更多義工，近期實行了「靈實戰友」計劃，參與的義工需簽訂合約，並按合約履行職責，他們不受薪，卻享有與員工同等的福利。我們相信這項計劃可進一步壯大靈實的人力資源庫，讓同工與來自不同背景的義工互相學習和成長，一起服事更多有需要人士。

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

The foundation of volunteer service has been deeply rooted in Hong Kong. Nowadays, volunteer service has evolved to become more diversified, not only limited to visiting the elderly, delivering meals and selling flags, but also other services such as accounting, providing docent service, designing and teaching computer skills. From the perspective of an individual, volunteer service enables a person to fully unleash his/her knowledge and know-how. It is a recognition of self-worth that also helps to build interpersonal relationship and develop leadership skills. From the perspective of a non-government organisation, a professional volunteer team can be the source of manpower which also helps to train up staff and boost corporate development. From the perspective of a society, professional volunteer team is a vigorous budding force which helps to alleviate the problem of labour shortage.

From the perspective of Haven of Hope Christian Service (HOHCS), the culture of leveraging on volunteer efforts has been rooted as early as the last century. During construction of the Haven of Hope Hospital (formerly known as Haven of Hope Tuberculosis Sanatorium) in the 1950s, volunteers had a track record of lending a helping hand in terms of assisting in architectural design and engaging in parts of the nursing services. Today, volunteer service is still of utmost importance to HOHCS, and that in 2017 its volunteer team devoted more than 10,000 hours to serve the community and was honoured with the "Award of 10,000 Hours for Volunteer Service" by the Social Welfare Department. The service hours of HOHCS' volunteer team even exceeded 18,000 in 2018.

At present, HOHCS has been proactively undertaking the mission of coordinating and planning volunteer services. It aims to establish a framework for effective management of the professional volunteer team. HOHCS' Service Support Office has assigned a colleague to particularly focus on planning, coordinating and developing professional volunteer services. Besides, HOHCS is committed to injecting more new blood to its volunteer team by introducing the "Comrades of Haven of Hope" programme. Participating comrades are required to sign a contract and perform their duties accordingly. Although they are not remunerated in monetary terms, they can enjoy welfare and benefits equivalent to that of staff. We strongly believe that this programme will further strengthen HOHCS' manpower pool, facilitating learning and experience sharing among our fellow workers and volunteers so that they can grow together to serve more people in need.

Dr. Lam Ching-choi
Chief Executive Officer

THEME 主題



譚俊傑毋忘初心，希望促使更多人做義工。
Matthew Tam aims to help more people become volunteers.

專業義工 - 為人力資源注入新能量

在傳統觀念上，義工是以公眾利益為前提，用自己的時間和力量，貢獻社會及幫助弱勢社群；今天，義工的意義不止於此，它既是回饋社會的具體表現，也是個人開展正職以外或退休後第二職業、或提升自我價值、或擴闊社交圈子的途徑。因此，愈來愈多人做義工，而非牟利或非政府機構 (NGO) 所需的義工種類也愈見廣泛，除活動助理或陪診等之外，也需招募專業人士，例如物理治療師、輪椅維修技師、設計師及攝影師等，而且隨著資訊科技的發展，機構和義工透過一些平台互相配對，這些平台主要是手機應用程式 (app) 及網站，其中非牟利機構「社職」(Social Career) 主力為 NGO 尋找專業義工，為人力資源帶來更多生力軍。

成就人生第二職業

「在成立社職之前，我們營運一個提供長者服務的鄰舍聯繫平台，為區內人士配對生活所需的資源，後來很多 NGO 希望透過我們找義工。在進行調研之後，發現不止 NGO 需要義工，許多熱心人也尋求做義工的渠道。因此我們在2015年成立了社職，目標是鼓勵全港市民開始做義工，即使做一次也好，之後慢慢可以變長期義工，發展第二職業。」社職聯合創辦人兼總幹事譚俊傑 (Matthew) 縷述他的理念：「今時今日，大部分人用手機和電腦獲取資訊，所以app及網站是創造義工配對平台最理想的方法。」

社職於2017年初正式營運，起初先推出網站，其後推出app，並用科技去確保受眾接觸到合適的訊息。Matthew 解釋說：「我們會收集數據，包括義工到社職app或網站查看哪些類型的服務、他在甚麼時間開app、曾經為哪些 NGO 做義工、做義工的地點時間等，然後我們用Machine Learning 進行分析。憑著分析結果，系統會在義工再次瀏覽社職時，讓他看到較適合他的服務。」

「撮合」NGO與義工

自成立以來，經社職成功「撮合」的個案不計其數，單是2019年首3個月已配對了超過一萬個義工機會。對於透過平台去達成合作，NGO及義工有何回應？Matthew說：「兩者均感到滿意，但部分NGO表示他們始料不及的，是一些專業如攝影及設計等，都可找義工幫忙。而義工則在找到合適的服務後感到開心，服務的次數增加了，有些更成為長期義工。」

展望未來，Matthew毋忘初心，希望促使更多人做義工，而且他正在研究將社職拓展至澳門、新加坡及澳洲等地，在更多地方推動義工發展。

Professional Volunteers – A Strong Benevolent Boost to Our Workforce

In their highly passionate interest to serve those in need our volunteers devote their time, energy and their specialties to help the underprivileged. Now in Hong Kong, more and more volunteers committedly adopt such a means of social contribution. And, many regard it as their second career. Such endeavour not only enhances their self-esteem and values but also expand their social circles. By the same token, many non-government organisations (NGOs), now, are also seeking a wider range of professional volunteers such as physiotherapists, wheelchair technicians, designers and photographers and the like. Hence, the Social Career, a NGO was established to provide a volunteer service-matching service via its app and website.

Igniting a second career

“Before the establishment of Social Career, we operated a neighbourhood connection platform to provide services and resources for seniors who lived in the districts,” says Matthew Tam, Co-Founder and CEO of Social Career. “Many NGOs asked for our support to recruit volunteers and many people, who were passionate about becoming volunteers, would also like to seek more opportunities.” In accordance, Tam set up the Social Career in 2015 to help encourage Hong Kong citizens to act as volunteers. “Many people have already become long-term volunteers. They even consider their services as a second career.”

Tam believes that mobile apps and websites are the best platforms for volunteer job matching. “After collecting valuable data such as the service types that the volunteers were searching for, as well as how much time they spent browsing our app, plus the NGOs, locations and periods they worked before, etc., we use ‘Machine Learning’ to do data analysis,” says he. “It helps sending out on-target service information to meet the needs of both NGOs and volunteers.”

Pairing NGOs and volunteers

Social Career has achieved a great deal of success in pairing up more than 10,000 volunteer opportunities

with respective NGOs in the first quarter this year. “Many NGOs and volunteers are very happy with the matching,” says Tam. “Some NGOs have even recruited professional people like photographers and designers contributing their volunteer services.”

Tam expects his platform will keep motivate more people to join and provide volunteer services. Now he plans to expand the operation to Macau, Singapore and Australia to further the development of volunteer services.



社職的義工配對app。
The Social Career app for volunteer matching.

THEME 主題

海外義工服務

放眼海外，看闊一點，走遠一點，再參考學者的見解，可為促進義工服務發展帶來新靈感。香港理工大學專業進修學院高級講師何巧清博士在一次會議發表就海外義工進行的研究，她以美國為例並指出：「一群50至60歲、提早退休的專業人士合組義工隊伍，他們用自己昔日在職場的實戰經驗去籌組團隊、召集及訓練義工、用社交平台等多媒體去吸引人加入。這支團隊會定期出版通訊及年報，成員亦會公開分享他們做義工的心聲和故事。」這反映義工服務可有系統地去做，而且義工來自不同背景，包括提早退休的人士、在職或退休專業人士及家庭主婦等。

泡泡效應

何博士續指：「義工本身有另外的一些圈子，從中可找來更多義工，這樣的互相影響可推動許多人，由一個小泡泡發展成一串泡泡。這可說是一個運動，也是一個可持續發展的義工服務模式。」何博士亦提到，已離職、以前曾任企業義工的人士，是很大的資源，他們可繼續為其他機構做義工，以及介紹朋友去服務社會，將火把傳開去。

至於香港，何博士認為本港的義工服務發展得很好，不同團體均致力推動，近年大學也鼓吹服務學習 (Service Learning)，即是透過服務應用所學到的知識。她建議大學生、業界退休或現職人士及NGO一起合作，締造提供義工服務的三角局面，而服務範疇要有彈性及可持續發展。她亦建議NGO開闢更多渠道去介紹機構，加深公眾對它們的認識，以吸引更多義工。



何巧清博士認為本港的義工服務發展良好。
Dr. Florence Ho believes that the development of local volunteer services is progressing along very well.

Overseas volunteer services

Overseas studies along with academic insights may help bring about a new inspiration to the development of volunteer services. Dr. Florence Ho, Senior Lecturer of the School of Professional Education and Executive Development, the educational unit of The Hong Kong Polytechnic University, has conducted a study on volunteer development in America. "A group of early retired professionals aged between 50 and 60 formed a volunteer team to contribute their valuable work expertise for team organisation and training," explains Dr. Ho. "They facilitated the development of volunteer work through social media, regular publications and annual reports." By adopting a systematic approach, the team successfully recruited many members from different backgrounds such as early retired people, working professionals, housewives and others.

Peak of the perk

Dr. Ho points out that volunteer circles influence others. "From one single bubble expanding to chains of bubbles to become a sustainable service pattern." She adds that many ex-employees who had previously served as company volunteers were valuable resources as they can continue to perform roles for other NGOs and refer their friends to serve the society as well.

She believes that the development of volunteer services in Hong Kong is going along well. Other than the work many organisations are doing, some universities have initiated service learning for students to apply their knowledge in the area of public services. She recommends greater collaboration among university students, retired or working people, and NGOs are to provide flexible and sustainable services. It is also important that NGOs introduce themselves via different channels in order to increase their public recognition and attract more volunteers.



New blood at NGO

How do volunteers view their services at NGOs? As the Honourary Head of Spiritual Care of the Evangelistic Work Department of HOHCS since early 2019, Rev. Peter Ho stated that as a volunteer, he has no conflict of interest. He believes that volunteer can motivate others through his or her own experience. "A Chinese proverb goes, 'While walking in a party of three, I can always be certain of learning from those I am with'," says he. "God directs me to serve other people. In return, I have also been inspired by them, too."

Rev. Ho thinks that HOHCS is a place where he can broaden his horizons. "At HOHCS, there are different service units," he adds. "Through spiritual care, I hope all people at HOHCS will walk at the same pace and care for each other."

He has his own notion to establish 'A church without walls', meaning a church that can be set up anywhere. It can start from HOHCS, then cover Tseung Kwan O and even serve the whole Hong Kong society. "HOHCS is a church while its different units are also recognised as various smaller churches. Through our resources, including 2,000 staff, the idea of 'A church without walls' can be further developed to inspire not just 400,000 Christians, but also the entire population."



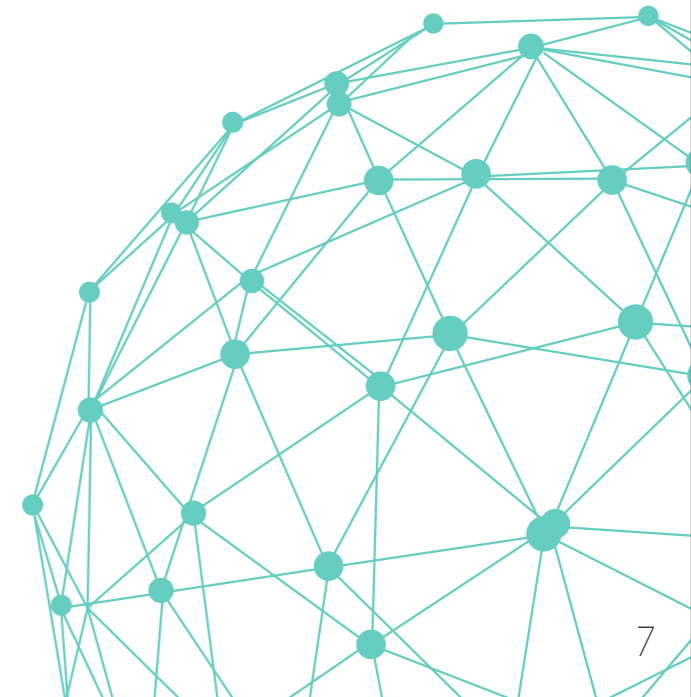
何志滌牧師希望實踐「無牆教會」的概念。
Rev. Peter Ho wishes to make his notion of 'A church without walls' into a reality.

NGO的義工生力軍

義工如何看自己在NGO的工作呢？何志滌牧師於2019年初，以專業義工的身份加入靈實福音事工部，擔任榮譽靈性關顧主管。何牧師分享他的感受：「對我來說，義工的好處，是與同事沒有利害關係，而且我相信以生命影響生命，正如中國人一句說話：「三人行，必有我師焉」，上帝讓我在過去事奉這麼多人，我可以用生命影響別人，別人也可用生命影響我。」

何牧師形容靈實是一個很好的學習地方，可擴闊他的眼界和胸襟：「靈實有很多不同的服務單位，我希望可透過靈性關懷，令所有靈實人的步伐一致，做到彼此關心。」

他有一個宏願，就是建立「無牆教會」，即是任何地方也可做教會。他期望以靈實為起點，然後伸延至將軍澳，最後影響整個社會。何牧師將他的大計娓娓道來：「靈實台本身可以說是一個教會，靈實各服務單位也自成一個一個的教會，憑著現有的資源可進一步發展，而大約二千名員工也是重要資源，如果可從靈實開始，一步步帶動無牆教會的觀念，希望不止影響香港40多萬的基督徒，更可影響其餘700萬人。」



FEATURE 專題



食物及衛生局局長陳肇始，JP擔任主禮嘉賓。
Professor Sophia Chan Siu-chee, JP, Secretary for Food and Health, was invited as the officiating guest.

齊心健「髒」護全城 - 社區骨骼健康計劃

港人愈來愈長壽，卻帶來種種健康及醫療問題，若不及早了解和預防，長遠會對個人以至整個社會造成困擾。惟目前除了流感或麻疹等較受關注之外，有些健康問題往往被忽略，骨骼健康是其中之一，更有調查發現不少市民在這方面的意識略嫌不足，因而出現骨質疏鬆及脆性骨折等問題。有見及此，靈實與西貢區議會社會服務及健康安全城市委員會合辦齊心健「髒」護全城 - 社區骨骼健康計劃，並由社會福利署民政事務處、將軍澳醫院及房屋署協辦，加上由車路士足球學校技術總監山度士及靈實義工擔任健骨大使，齊心合力去提高市民的健骨意識，並鼓勵不同年齡的人士預防骨骼問題。

2019年2月21日，齊心健「髒」護全城 - 社區骨骼健康計劃在將軍澳新都城廣場舉行全城關注日典禮，並邀得食物及衛生局局長陳肇始，JP蒞臨主禮。

嘉賓與義工凝聚健骨力量

出席典禮的嘉賓包括西貢區議會主席吳仕福博士，GBS，JP、西貢區議會社會服務及健康安全城市委員會主席譚領律先生，MH、西貢民政事務專員趙燕驊先生，JP、社會福利署黃大仙及西貢區福利專員呂少英女士、將軍澳醫院及靈實醫院行政總監劉業添醫生、房屋署九龍西及西貢區物業服務經理區翠卿女士及靈實行政總裁林正財醫生，BBS，JP。現場更有健骨大使、社福界

代表、企業、合作夥伴、靈實義工、將軍澳區居民及長者到場支持，與主禮嘉賓「打手印」及宣讀健髒宣言，代表凝聚全城不同力量，齊心關注骨骼健康。

健骨GO GO GO

此活動旨在提升市民對骨骼健康的認知，並為高風險人士進行風險評估、防跌培訓及知識教授等，亦開展以三「GO」為題的健髒三部曲：

「GO for Answer – 先認識」：透過地區講座、工作坊及運動等，呼籲老、中、青三代關注骨骼健康。

「GO for Prevention – 早預防」：以「醫社合作」的模式，在不同年齡層面及早找出較高風險或已有早期骨骼問題的人士，為他們預查、評估及跟進，鼓勵他們及早預防。

「GO for Action – 齊行動」：在不同的年齡層，全面推進健骨行動。

有關計劃覆蓋西貢、將軍澳北及南的居民，當中包括鄉郊地方的居民，藉此開啟支援網絡，以地域零距離模式照顧不同地區居民的健康需要。



一眾嘉賓宣讀健髒宣言。
The guests made the "Health Bone" declaration.

Healthy Bone, Happy Home!

Hong Kong people enjoy longer life expectancy. This leads to multiple health and medical challenges. If no precaution is taken, it will cause a long-term impact on the society. Currently, public has focused more on the influenza or measles than other health issues including bone health. Surveys have shown the insufficient awareness of bone health, resulting in many related problems such as osteoporosis and fragility fracture. Thus, HOHCS joined hands with Sai Kung District Council's Healthy and Safe City Committee, to hold a community-wide "Healthy Bone, Happy Home!" campaign. The event was also co-organised by the Social Welfare Department, District Office, Tseung Kwan O Hospital and Housing Authority. Leslie Santos, Technical Director of Chelsea FC Soccer School (Hong Kong) and HOHCS volunteers, joined the campaign as ambassadors.

The ceremony was held at the Metro City Plaza, Tseung Kwan O on 21 February 2019. We were honoured to have Professor Sophia Chan Siu-chee, JP, Secretary for Food and Health of the Government of the HKSAR, as the officiating guest.

Guests and volunteers inspire efforts on bone health

Among the guests attending the ceremony were Dr. Ng Sze-fuk, GBS, JP, and Chairman of the Sai Kung District Council; Mr. Stanley Tam Lanny, MH, Chairman, Social Service and Healthy and Safe City Committee, Sai Kung District Council; Mr. David Chiu Yin-wa, JP, District Officer (Sai Kung); Ms. Micy Lui Siu-ying, District Social Welfare Officer (Wong Tai Sin/ Sai Kung); Dr. Lau Ip-tim, Hospital Chief Executive of Tseung Kwan O Hospital and Haven of Hope Hospital; Ms. Amy Au Chui-hing, Property Service Manager, Property Service Administration Unit (Kowloon West/ Sai Kung Region); and Dr. Lam Ching-choi, BBS, JP, Chief Executive Officer of HOHCS. Also joining the ceremony were the bone health ambassadors, representatives of the social welfare sector, enterprises, service partners, HOHCS volunteers as well as residents and the elderly from Tseung Kwan O. They joined the officiating guest to leave imprints of their hands and made the "Health Bone" declaration.

Healthy bones go tripartite

The "Healthy Bone, Happy Home!" campaign aims at enhancing the knowledge of bone health for the public, including assessment for high-risk groups, training on fall prevention, and dissemination of the bone health knowledge. The "GO GO GO" programme is to promote bone health care on three platforms:

"GO for Answer" – Call for the old, middle-aged and young generations to pay attention on bone health through talks, workshops and sports programmes in the district.

"GO for Prevention" – Identify high-risk people from different age groups or people already suffering early-stage bone disease through medical-social collaboration; provide them with pre-examination, assessment and follow-up action to encourage timely prevention of the problem.

"GO for Action" – Encourage people of different age to take action and implement bone health plans.

The campaign is tailor-made for the residents in Sai Kung, Tseung Kwan O North and South, including residents in rural areas. It aims at building a network to provide care for the health needs of residents.



靈實義工擔任健骨大使，透過體操推廣骨骼健康。
HOHCS volunteers were appointed ambassadors to demonstrate the exercise for promoting bone health.

RESPECTING LIFE BLOG

尊重生命 BLOG

靈實全護通

Haven of Hope TotalCare



捉飛鏢講求手眼配合，老友記絕不遜色。
The elderly can also perform well in games like darts, which requires good hand-eye co-ordination.



維多利亞公園花展的繁花如何盛放，似乎也不及老友記們心花怒放。
The seniors who visited the Hong Kong Flower Show held in Victoria Park were delighted by the breathtaking floral varieties in full blossom.

靈實恩光學校

Haven of Hope Sunnyside School



靈實恩光學校三位學生(左起)洪偉衍、魏采盈、莊穎雯各獲頒「明日之星-上游獎學金」，獎勵他們在學習及成長的進步表現。
Three students from Haven of Hope Sunnyside School, (from the left) Hung Wai-haang, Ngai Tsoi-ying and Chong Wing-man, received the 'Future Stars – Upward Mobility Scholarship' in recognition of their outstanding learning achievement and personal growth.



學生布佩璇(左)參加「夢飛行」計劃，首次乘飛機到台南旅行，並獲藝人梁嘉琪(右)相伴。
Another student, Po Pui-shuen (left), participated in the 'Fly for Love' project and took her first flight to Tainan together with the artiste Leung Ka-ki (right).

傳訊及籌募部

Communications and Resource Development Department

靈實支持2019香港資訊及通訊科技獎：學生創新獎。

HOHCS was the supporting organisation for the 'Best Student Invention Grand Award' at the Hong Kong ICT Awards 2019.



傳訊及籌募部的何慕怡(左四)代表靈實出席頒獎禮，並領取紀念獎座。
On behalf of HOHCS, Moyi Ho (fourth from the left) from the Communications and Resource Development Department, received the 'Certificate of Appreciation' at the prize presentation ceremony.



香港創科發展協會頒予靈實的嘉許狀 (Certificate of Appreciation)。
The 'Certificate of Appreciation' presented by the Hong Kong Innovative Technology Development Association.

靈實創毅中心

Haven of Hope Integrated Vocational Rehabilitation Services Centre

中心舉辦「豚團圓行大運」新春旅行活動，讓服務使用者與家屬一同慶祝農曆新年，趁著新春佳節參觀高鐵西九龍站及恆香製餅廠，一同享用韓式燒烤及進行新春大抽獎，彼此都在歡笑聲中度過愉快又精彩的新春。

To celebrate the Chinese New Year, a leisure trip was organised for the service users and their families who were delighted by the itinerary that included a visit to the West Kowloon Station, the terminus of the Hong Kong section of the Guangzhou-Shenzhen-Hong Kong Express Rail Link. They were also taken to the Hang Heung Factory and then enjoyed a wonderful Korean-style BBQ along with an exciting lucky draw.



IMPACTING LIFE STORY

改變生命的故事



這是Ada最近學懂編織的一個繩結，願借它為有需要人士送上祝福。

This is a knot that Ada has recently learned to make. Hopefully, it will bless more people in need.

一個決定 影響生命

一次禱告... 一本書... 一個印象... 一個電話... 幾件看似風馬牛不相及的事，在Ada Wong的生命裡卻互相影響，成為了病人和其他人的幫助！

一次禱告 一本書

「行公義，好憐憫」這聖經經文深種於Ada心裡，所以她會搜尋一些幫助弱勢人士的組織，認為值得扶持的，她會考慮捐助。一天，她腦海中湧現一個念頭：「我今天擁有的一切，都是主耶穌基督給予我的，是祂賜給我的恩典，但不可只是接受，而是要幫助有需要的人，正如主耶穌自己也是這樣，聖經說『施比受更為有福』。」她看見本港社會對醫療的需求很大，所以決定挑選一間用心關顧病人的慈善機構作為她保險的受益人，期望日後可幫助有需要的人度過病患的日子。

Ada 為此而祈禱，求神帶領，其後，她想起曾看過一本書，內容講述司務道宣教士從挪威到中國傳福音，再輾轉來到香港，在將軍澳調景嶺服事，司務道的生命深深感動Ada。

一個印象 一個電話

此時，一個印象浮現出來，讓Ada想起多年前她擔任義工，探訪過靈實司務道寧養院，當時感到該院不僅關心服務使用者身體的需要，也關顧他們心靈。這亦喚起她另一段記憶，就是她曾到靈實醫院的禮拜堂，參加朋友的安息禮。禱告、感動、印象和回憶促使Ada作了一個決定，就是讓靈實成為其保單的受益人，但她不清楚靈實會否接受，遂致電查詢，奇妙的是，Ada所打的本應是靈實的熱線電話，卻被接駁到靈實傳訊及籌募部一位同工的枱頭電話，繼而成就一件好事！

一切是神的帶領

在作出保單捐贈的決定後，Ada 細看靈實的網頁，再次看到司務道宣教士隻身來到調景嶺，在缺乏資源的情況下幫助病人，後來與其他宣教士一起迎難而上，直至今天，靈實已成為大機構，並從調景嶺發展至全港，它多元化的服務十分貼近社會需要，Ada 相信靈實的背後有神同在，她因而肯定自己做對了。她期盼，透過靈實忠心神所託付的，能令更多有需要的人得著幫助，不單他們的身體，他們心靈也能得著滿足。

Ada 分享到：「人可作的，是很有限；一個人可作的，更是微小，但只要願意付出愛心，並且有那創造天地、賜生命的那位神同在，必有美好的果效。」她選擇捐贈保單，讓更多正在疾病、痛苦中的人及其親友得著幫助，祝福他們和他們家人。

Impression...Inspiration...Ignition

Though totally unrelated, a prayer... a book... an impression... a phone call miraculously inspired Ada. Something meticulous concurred to ignite a noble vision in her!

Over and beyond a prayer and a book

"To act justly and to love mercy", a Bible teaching is deeply rooted in Ada. She tried to explore a chance to support a charity organisation serving the poor and disadvantaged. One day, an insight sprang into her mind, "Whatever I am now, and it is all because of God's mercy as well as His Grace. I can't just receive without giving back. Yes, I should follow Jesus Christ's example to help the needy. The Bible says it well, 'It is more blessed to give than to receive.'"

Since she has realised that there is a pressing need in Hong Kong's healthcare system, she planned to buy an insurance policy and name a charity organisation that genuinely serves the patients with a caring heart as the beneficiary. It is her wish that her act will help the sick in their challenging times in the future.

In this light, Ada prayed for His guidance. Then she came across a book about Sister Annie Skau who left her homeland in Norway to evangelise in China and finally in Hong Kong. She started her ministry at Junk Bay (aka Tiu Keng Leng). Ada was deeply touched and inspired by the good Sister's story.

An impression and a phone call "birth" a vision

At that magic moment an impression flashed across. Ada remembered her previous volunteer work: she has once visited Haven of Hope Sister Annie Skau Holistic Care Centre (aka The Centre) and found that the Centre not just tended to the patients' physical needs, but also their spirituality. Simultaneously, she was further reminded of another memoir: she has also attended her friend's funeral at the chapel in the Haven of Hope Hospital. These experiences inspired her to make up her mind to name HOHCS as a beneficiary of her policy! Nevertheless, she was not sure if HOHCS would accept it. She picked up the

phone and called the hotline. Unexpectedly, her enquiry was connected to a staff of the HOHCS' Communications and Resource Development Department. Wow, a noble deed perked up!

Return on bestow: Act according to God's direction and plan

After making the decision to donate her policy, she took a closer look at HOHCS' webpage and re-read the story about Sister Annie Skau who set up a make-shift clinic at Junk Bay (aka Tiu Keng Leng) with a tight budget. There on, the clinic began to offer medical relief to the impoverished patients. Later, with the help of other missionaries, concertedly they overcame different challenges. Today, HOHCS strives to develop into a well-established social service organisation providing integral, diversified and needs-oriented services. Territory-wise, HOHCS' ministries spread from Tiu Keng Leng to the whole city. To Ada, she believes that her decision is right as she sees HOHCS flourish on God's path. She hopes to cater for the holistic care of more people in need through HOHCS' passion to embrace the Godly mission.

Ada said, "There is little we can do; not to mention that of one single individual. But we are able and willing to love each other and walk in God's presence. He created the world and gave everything life, we must not just reap His abundant fruits. This is return on what we were bestowed."

Ada chose to donate the insurance policy so as to aid and bring blessings to more patients during their challenging times and with their families.

查詢保單捐贈詳情，
請聯絡你的保險經紀或
致電香港人壽保險從業員協會
2969 0277。

For details of Policy Donation, please
contact your insurance agent or call Life
Underwriters Association of Hong Kong at
2969 0277.

TELL US YOUR STORY

一行一故事



鮑德仁表示，NGO容許較大的創作空間，挑戰性也較大。

T. Y. Pau admitted that NGOs allow greater flexibility in creation. But it is also more challenging.

資深創作人 為NGO打造觸得到的聯繫

為企業、機構、品牌、商品等創造廣告計劃、推廣策略及宣傳品的廣告或設計公司創作人，被視為既有創意又專業的一族，他們的新創念何以源源不絕？他們如何運用創意傳達訊息？透過走訪創作人，或可進一步了解他們及其工作。

NGO追求創意

資深創作人鮑德仁現任MASSLANE COMMUNICATIONS LIMITED創作總監，該公司主要為商業客戶和NGO創作廣告及宣傳品。

每個廣告計劃及推廣策略各有特色，但目的卻相同，就是將商業品牌或NGO的訊息傳遞給受眾，從而建立聯繫。鮑德仁認為：「在制訂策略、創作及執行創意等方面，我們為商業品牌和NGO所做的沒有明顯分別，但NGO容許較大的創作空間，挑戰性因而較大。」他喜歡這種考驗：「NGO做的是公益事業，製作和財務預算上皆有限制，並須有透明度，這有一定的挑戰性，但亦會帶來很大滿足感。」

對於訊息的傳遞，NGO傾向用較有創意還是較直接的方式？鮑德仁說：「NGO大多追求創意，而且它們有很清晰的對象，就是服務使用者和捐贈者，所以在溝通上可以做到針對性。」

正面的感動

至於創作手法，鮑德仁舉例說：「有些NGO的電視宣傳片強調弱勢人士活在困苦中，並以旁白去感動觀眾，可是，最終分不出是哪個機構。其實可以用較正面的手法，例如救助難民的宣傳片，可引用曾是難民的傑出人士之事跡，帶出難民在獲得幫助後可出人頭地的訊息。創作人要為NGO想多一點，用不同角度去尋求有效的表達方式。」

財務預算方面，鮑德仁不諱言在控制上有難度，但創作人為達成理想，金錢反而變成次要，最重要是善用能力範圍內的資源，將創作做好。被問及會否有虧蝕，他說蝕的是時間。

NGO要走快一步

合作久了，鮑德仁看透NGO的發展：「NGO的步伐緊隨時代變化，服務亦緊貼社會需求，但以往服務使用者的訴求有別於現在，而且目前採用多元化媒體，所以不能用昔日的溝通模式，廣告和設計公司也要學習及適應，而NGO對社會現況的觸覺更加要敏銳，亦要比商業機構走得更快。」

透過創作人的分享，看到廣告或設計公司將訊息化作圖像、文字和聲音，成為看得見、聽得到的聯繫，與受眾溝通，充分反映它是以生命影響生命的行業。

Creating Tangible Connection for NGOs

Professionals in advertising agencies or design houses who create promotional plans, advertising strategies and campaigns are often hailed as the creative tribe. How come that they possess endless inspiration? How do they use their creativity to convey message? Here's an interview with a creative director telling his story that lights up our understanding about the profession and its related roles.

The NGO creative quest

T. Y. Pau, Creative Director of MASSLANE COMMUNICATIONS LIMITED, said that his company's main thrust is to design advertisement and promotional collaterals for both commercial organisations and NGOs.

Although advertising plans and promotional strategies differ from industry to industry, commercial organisations and/or NGOs share the same ultimate goal to deliver the designated message to their specific target audience; hence connecting them to their relevant product/service.

"Literally there is no significant difference in strategising, creating and launching a promotional campaign for commercial brands or NGO brands. But the latter may be more flexible in creation. Yet it also incurred much greater challenges." He said, "On the one hand, NGOs are established for charitable purposes. They have their very own constraints in both creativity and budget. On the other hand, it requires high transparency. As such, the work is very challenging, yet, it gives us much more job fulfillment."

When it comes to message delivery, do NGOs adopt a more innovative or direct means of communication? "The majority of NGOs embrace creativity. Normally, they have clearly-defined audience, service-users as well as service-providers. Hence, they are more target-oriented in communication", said T.Y. Pau.

That very touch

T. Y. Pau said that, in presenting themselves, some NGOs would emphases on the predicament of the disadvantaged on the TV commercials with key narratives to impress the audience. Unfortunately, the latter failed to remember and/or recall the name of the NGO being promoted at the end. In its stead, a more positive approach could be used. For instance, with TV commercials promoting the services for the refugees, a more positive touch can be generated by highlighting success stories of the ex-refugees. This unreservedly exemplifies how the refugees will succeed one day after receiving the proper aid.



訊息化作圖像和文字，成為看得見的聯繫，與受眾溝通。

Messages are converted into image and text as a visible connection with the target audience.

This way, designers think more for the NGO clients by finding the best way to present their services from different angles."

T. Y. Pau admitted that he faces difficulties with tight budget. But for creative people, money is seldom on the top of their priority list. Instead, they would optimise their resources to achieve as much as possible the excellent design. During the interview, he was asked if any loss had incurred. He replied, anyway, it was just time loss.

The NGO edge

Having engaged in NGO advertising/promotion activities for years, T. Y. Pau has a vision for future development of NGOs. "To keep abreast of changes, NGOs should adjust their services to be more needs-oriented. Moreover, the tremendous changes in mass media have rendered the past communication modes obsolete. As a result, advertising agencies and design companies have to adapt to the changes swiftly and aptly. In short, NGOs should be even more alert and adaptive to the shifting social changes, and move always one-step ahead of their commercial counterparts."

The interview clearly illustrated how the advertising design industry transcend messages into image, text and audio formats successfully making connections in highly visible, tangible and audible communications; a life-impacting industry in and of itself.

YOU CAN CHANGE THE WORLD

您的支持帶來改變



陳登社會服務基金會董事陳玉坤女士希望貧困長者可獲更多社會人士關心。
Ms. Julita Chan Yuk-kwan, Director of the Chan Dang Social Services Foundation, hopes that more attention can be paid to the impoverished elderly.

持續的希望 照亮了晚晴

生命，有始必有終。可曾想過當生命故事翻到最後一頁，仍會寫下心願？只要有人帶來平安和實現最後願望的機會，生命就可無憾地寫上句號。靈實司務道寧養院（下稱寧養院）相信生命平等，不論病人的社會背景或經濟狀況，病人的心願都應該被尊重。寧養院在2012年推出「慈惠病床服務」計劃（下稱慈惠病床），為經濟有困難的晚期病人提供優質全人照顧。然而，每張病床每年的經費約需港幣\$100萬元，惟該計劃未獲政府資助，故極需熱心人士捐獻，其中陳登社會服務基金會（下稱基金會）是持續支持者之一。

陳登社會服務基金會紀念牌匾揭幕典禮

從2013年至今，基金會資助了50多位基層貧困病人接受慈惠病床服務，今年更提升及延長了他們的資助。為永誌基金會持續的支持，寧養院於2019年2月28日舉行了簡單而隆重的「陳登社會服務基金會紀念牌匾揭幕典禮」。

基金會董事陳玉坤女士在出席典禮後表示：「紀念牌匾揭幕典禮是寧養院和基金會對彼此的肯定，很有意思！」陳女士細說兩者相知相惜：「基金會一直贊助與長者、教育、家庭及青年人有關的服務，當中長者是較弱勢的一群，有病的長者更是弱中之弱，患病又貧困的老人家更需特別關懷，而寧養院全心全意為貧困、老弱及晚期病人提供全人照顧，與基金會的理念接近。」

真誠關愛感動人心

寧養院用心用愛將理念付諸實行，陳女士看在眼里，印在心裡。「團隊對服務的投入度很大，亦十分誠懇，他們的奉獻精神和對病人的關懷感染了我。看見他們收到的感謝信，以及病人和家屬對院方的讚賞，都印證了我們資助寧養院是做對了。」

談到對長者服務的期望，陳女士說：「我們會繼續支持寧養院，希望它可以幫助更多晚期病人，也希望其服務模式可起牽頭作用，促使更多醫院或院舍一起提供身、心、靈優質全人照顧的服務。香港是全球數一數二競爭大步伐快的城市，長者容易成為被忽略的一群，貧困長者更不消說，我希望他們可以獲得更多社會人士關心，也期望政府更好地重視貧困長者的需要，制訂以人文關懷為本、切合事宜的政策。」

讓我們攜手一起關顧長者，幫助有需要的晚期病人，為他們帶來希望，改變生命！

Cherishing Hope to Ignite the Last Journey

"Where there is life, there is death." But death need not be fearful. Instead there will be no regret if it is peaceful and your last wish can be fulfilled drawing a meaningful conclusion to this final stage of your life journey. The Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) believes in social equality and mutual respect regardless of patients' background and economic condition. Hence since 2012, SASHCC has launched the "Relief and Charity Service Beds" (RCS Beds) Programme, providing quality holistic physical, emotional and spiritual care to the poor and last-stage patients. This special service however does not receive government funding and requires sponsorship from the community as the operation cost for one charity bed reaches as much as HK\$1 million. The Chan Dang Social Services Foundation (the Foundation) is one of our valued and staunch supporters.

Plaque Unveiling Ceremony for the Chan Dang Social Services Foundation

The Foundation is committed to the cause of the RCS beds programme. Since 2013, the Foundation has sponsored over 50 impoverished grassroot patients under the programme and recently has committed to an enhanced and longer term support. In recognition of its dedication and benevolence, SASHCC installed a plaque at the Centre in the Foundation's honour and an unveiling ceremony was held on 28 February 2019.

Ms. Julita Chan Yuk-kwan, Director of the Chan Dang Social Services Foundation said, "The plaque unveiling ceremony is a meaningful occasion as it serves as an acknowledgement of the mutual recognition and appreciation between SASHCC and the Foundation."

"The Foundation has long been providing sponsorship for social services related to the elderly, education needs, and services for families and young people. The impoverished and sick elderly is an especially disadvantaged and vulnerable group. SASHCC and the Foundation share the common belief and dedication to provide wholehearted and holistic service for poor elderly patients," Ms. Chan continued.



一眾嘉賓在寧養院見證紀念牌匾揭幕典禮。
Honourable guests witnessed the plaque unveiling ceremony held in SASHCC.

Heartfelt concern touches your heart

Ms. Chan was impressed and touched by SASHCC's resolve of living up to its belief with love and sincerity. "The SASHCC's team members have devoted themselves fully to providing tailored services to patients. This has touched my heart and soul. Every time I see patients' thank you letters or accolades from patients and their family, it strengthens my belief that we are doing the right thing to offer support to SASHCC," said Ms. Chan.

When asked about her expectation on elderly services, Ms. Chan said, "We will continue to throw full weight behind SASHCC in the hope that it can serve more last-stage patients. We also hope that it can be a role model for other hospitals or elderly homes to provide similar services that focus on holistic physical, emotional and spiritual care. As we all know, Hong Kong is well known for its competitiveness and fast pace of living and the elderly, especially the impoverished and sick elderly, are often left behind and neglected. I sincerely hope that the community can listen to them and pay attention to their needs, and the government can implement human-centred policies to support elderly people."

Let us join hands to take care of the elderly and last-stage patients and bring hope and change to their lives!

WHAT'S NEW 最新消息

基督教靈實協會推出全新的品牌意象框架

一個品牌的外在意象包含了名稱、標誌、標語和形象，內在意象則涵蓋使命、精神、個性和風格，外與內互相影響，構成立體的意識形態。品牌扮演與目標對象進行第一線溝通和互動的角色，並透過多媒體及多元化平台去接觸目標對象，品牌每次出現都必須保持其獨有形象，因此要創造特定的意象框架，以確保清晰地將品牌呈現眼前。靈實一直採用創新和鮮明的手法傳遞品牌訊息，現更推出全新的「品牌意象框架」，並廣泛地應用於廣告、宣傳品、展示板及禮品等之上，延展靈實與時並進、積極進取的精神。

尊重生命・改變生命

全新的「品牌意象框架」繼續沿用靈實的標誌，以及標語：「尊重生命・改變生命」。標誌在簡單的形態中，蘊藏不簡單的寓意，每個組成部分各有意思，包括：白色心形：這個心形由「兩個跪著及合起雙手作恆切禱告的人」所構成，象徵靈實以基督為中心，常常禱告依靠神；天藍色主調：晴空和朗日，代表活力、喜樂及盼望；白圓點：專業、智慧的亮光；中央心形：心和靈的結合。而整個標誌象徵全人關懷的印記。

永生的盼望

框架的設計主體是一個弧形色塊，代表無盡的天際，配以翱翔中鴿子的圖案。色塊採用鮮艷的pop colour，並會因應不同訊息或主題而使用不同的顏色。

鴿子代表平安和希望，也是聖靈的象徵。高飛的鴿子演繹靈實全力向上及積極進取的精神，亦表現了尋找永生天國的盼望。

「品牌意象框架」全方位鞏固並加強靈實異象禱詞、使命與精神，繼續以愛心關懷及積極進取的態度、專業的精神，服務人群，傳揚福音。



品牌意象框架的作用活現於靈實慈善音樂會上。
The new branding architecture on display during HOHCS' charity concert.



現時採用的框架以弧形色塊為主體，代表無盡的天際，配以翱翔中鴿子的圖案。
The core design is a curved colour palette, complemented with iconic flying doves, implying the sky without boundaries.



靈實標誌的每個組成部分各有意思。
Each constituent of the HOHCS logo has its one of a kind message.

Launching a New Grid of Branding for HOHCS

Brand architecture comprises a name, a logo, a slogan and a visual element for communicating its core mission, spirit, character and style. The interaction between these explicit and implicit representations constitutes a multi-dimensional ideology. As a primary interactive communication tool, the brand image gets in touch with target audience via multi-media and multi-channel platforms to convey its unique features. A specific grid is then created to ensure its distinctive adaptation. Keep using a creative and sharp approach to deliver its brand message, HOHCS is now proud to launch its new grid of branding which is widely applied in all advertisements, promotional materials, display boards and gift items, in order to liven up its proactive and up-to-date spirit.

Respecting Life · Impacting Life

The new grid holds onto its current HOHCS logo and slogan of 'Respecting Life · Impacting Life'. In its simplest form, the logo vividly as well as lucidly reveals a host of sophisticated meanings while each component presents its very own implications. The white heart signifies two persons kneeling in prayers. They press their palms together, a reflection of HOHCS' focus on Jesus Christ. The blue sky and sun highlight energy, happiness and hope. The white spot illustrates a shining light emitting expertise and wisdom. The heart in the centre depicts the combination of heart and soul. Overall, it symbolises the holistic care at HOHCS.

Attaining everlasting life

The core design is a curved colour palette. It is further complemented with iconic flying doves, implying the sky without boundaries. Filled with pop colour, it aligns with various messages or themes.

Dove is the symbol of peace and hope, as well as the Holy-spirit. Flying doves convey the dynamic, progressive spirit of HOHCS and the hope in the search for the everlasting heaven.

The grid consolidates vision prayer, mission statement and HOHCS' core value to highlight the loving care and professionalism, progressive and evangelistic attitudes when serving people and preaching.



靈實「異象禱詞、使命與精神」展板的設計善用品牌意象框架。
The VMV boards make good use of the new grid of branding (VMV: Vision Prayer, Mission Statement, Core Values).



品牌意象框架被應用於靈實的禮品上。
Gift design application of the new grid of branding.

HEALTH TIPS 健康知多少



炎夏自製中式特飲 消暑化濕健脾

香港夏日炎熱，不少人都喜歡冷飲，雖然喝下去的一刻感覺涼快，但從中醫角度，冷飲最易損傷人體的陽氣，尤其是脾胃陽氣。脾胃之氣損傷日久就會生濕，容易感到疲倦，嚴重者更會腹痛、泄瀉。

《丹溪心法·中暑》曰：「暑乃夏月炎暑也，盛熱之氣者，火也。」可見暑為火熱邪氣，其性炎熱。《葉天士醫學全書》曰：「天之暑熱一動，地之濕濁自騰。」夏季氣候炎熱，雨濕充盛，暑濕蒸鬱，故暑邪多與濕邪相兼為病。所以我們在炎熱暑天，除了要消暑，更要化濕。

那有什麼中式消暑飲品能消暑化濕解渴，適合炎炎夏日？可以試試自製四豆飲。四豆飲是由消暑和中、健脾化濕的白扁豆，消暑利尿、清熱解毒的綠豆，利水除濕的赤小豆，補腎利水的黑豆，加上補中益氣、又能調和藥性的甘草組成。

材料：

白扁豆10克
綠豆10克
赤小豆10克
黑豆10克
生甘草3克

1. 把白扁豆、綠豆、赤小豆和黑豆用水浸泡十個小時。生甘草用茶包包起。
2. 把經過十小時浸泡的四種豆洗淨，然後把豆和生甘草茶包放到盛著適量水的陶鍋裏，先用大火煮沸後改中小火煮兩個小時。喜歡甜的可以加少許冰糖調味。
3. 兩小時後關火，放涼至室溫即可服用。剩下的可以放在冰箱中儲存，下次飲用時把其加熱至室溫。

上述內容僅供參考。每人體質存在差異，以上飲品亦存在偏性，故建議飲用前先諮詢中醫師的意見。

基督教靈實協會-香港中文大學中醫教研中心

Special Homemade Chinese drink for summer

In Hong Kong, many people prefer cold drinks in hot summers. From Traditional Chinese Medicine (TCM) point of view, however, it is believed that the cold drinks harm our body especially affecting the yang qi in our spleen and stomach. If prolonged spleen and stomach qi deficiency happens, wetness-related sickness will be created like fatigue; or even abdominal pain and diarrhea for some severe cases.

According to Dan Xi Xin Fa: Sunstroke, "In summer, the air is loaded with the extreme heat just like a hot fire." In TCM, summer heat is regarded as an evil for its intense heat in nature. The Collected Medical Works of Ye Tianshi also stated that "Once the heat down from the sky is triggered, all related wetness and turbidity will be stirred up." As the weather in summer is typically hot and rainy, evaporation and condensation happens easily because of the sweltering heat and high humidity. So the association of summer heat and dampness evils will conduce to illness. That also explains why it is equally important to remove the heat and the wetness in summer.

What is the best Chinese summer drink? Perhaps you may try the following recipe for the four-bean soup; including white lentils which is neutral in nature, with good cooling effect and will strengthen the spleen and remove dampness; green beans which is good for dissipating heat and detoxification; rice beans that help eliminate dampness in the body; and black beans which support the kidneys and avoid water retention. And licorice is recommended as a supplement in this soup which is good in regulating the medicinal properties; and replenishing qi circulation.

Ingredients

white lentils – 10 grams; green beans – 10 grams;
rice beans – 10 grams; black beans – 10 grams;
raw licorice – 3 grams.

1. Soak four kinds of beans in water for 10 hours. Wrap the raw licorice in a tea bag.
2. Wash all the above ingredients properly. Then put them all in a pot containing the right amount of water. First, boil it with a high fire. Then lower it to a medium or low fire upon reaching the boiling point. Keep boiling for another two hours. Finally add a little rocky sugar if you like.
3. Turn off the fire after boiling for two hours. Cool it to room temperature and is ready to serve. Store the left over in a refrigerator. Reheat it to room temperature if you want to drink later.

The above information is for reference only. Since there is a physical variation from person to person, and the drink may be biased in nature, it is highly recommended to consult a registered Chinese Medicine Practitioner before use.

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



MESSAGE TO DONORS

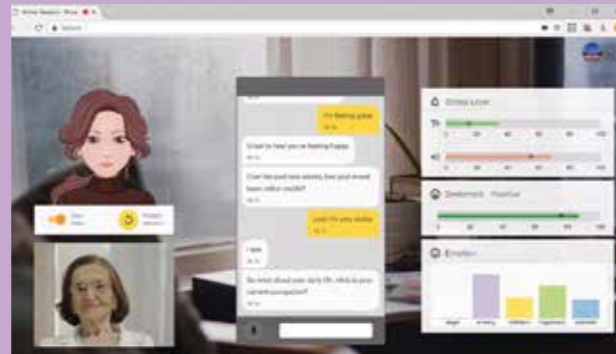
給捐贈者的話

打造以科技為主導的老人院舍

開發樂齡科技可以幫助改善長者的生活，並減輕照顧者的壓力，為高齡化社會帶來曙光。靈實一直致力參與開拓醫學新領域，既支持本港樂齡科技發展，更為服務單位引入新科技，以提高效率，給予服務使用者更優質的照顧。再者，靈實在新發展計劃中，加強科技的應用，例如正在進行擴建工程的靈實胡平頤養院，將成為以科技為主導的自負盈虧長者院舍。這亦是靈實與香港科技大學(下稱科大)合作開發樂齡科技的誘因之一。

根據雙方的合作備忘錄顯示，科大會為靈實的服務使用者設計方案及產品，改善長者及照顧者的生活質素，而靈實則為科大提供新技術測試平台，相關的項目包括：基於3D實時臉部識別技術檢測心理及生理疾病；陪伴長者並實時監測其情緒狀況及壓力水平的「虛擬治療師」；園境空間對長者心理質素影響的量化研究，以及用於淨水殺菌及防止疾病傳播的小型脈衝電場殺菌裝置等。

靈實胡平頤養院是靈實和科大的研究平台之一，未來在院舍及服務上將進一步善用科技，而熱心人士的捐贈是發展科技化長者院舍的強大推動力，將可改變更多長者的生命。



虛擬治療師 Virtual therapist

A Tech-driven Residential Care Home for the Elderly

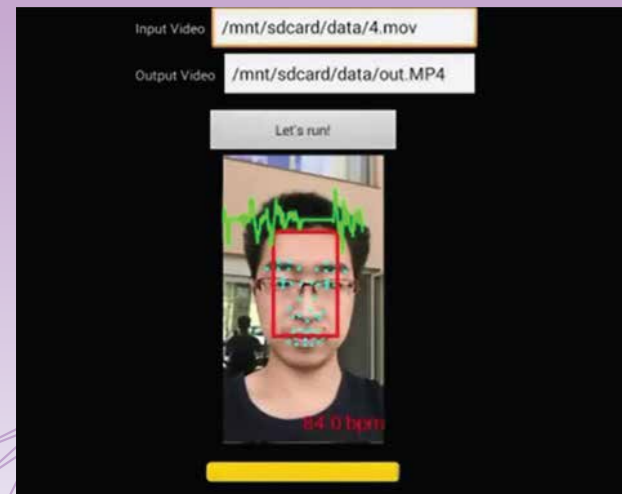
The rapid development of gerontechnology provides effective solutions addressing the problems of an ageing population. It helps both improve the quality of life for seniors and relieve the pressures on caregivers. Committed to exploring new medical horizons and supporting local gerontechnological advancements, HOHCS applies new technologies in various service units for the purposes of enhancing efficiency and offers users higher quality care services.

In addition, HOHCS' new development plan will certainly increase the application of today's state-of-the-art technologies. For instance, the expansion of Haven of Hope Woo Ping Care and Attention Home (WPH) is already in progress. It will become a tech-driven self-financing elderly home. In fact, this project is one of the major factors behind the collaboration between HOHCS and the Hong Kong University of Science and Technology (HKUST).

In accordance with the memorandum of understanding signed by both organisations, HKUST will develop tailor-made solutions or products to meet the needs of HOHCS service users, while HOHCS will serve as a testing platform.

Projects now under discussion include: a real-time 3D facial landmark recognition technology for early detection of mental and physical diseases; a virtual therapist that not only keeps the elderly company but also enables examination and monitoring of their emotional and stress levels; a study to quantify the therapeutic effects of garden spaces on the elderly; tap water disinfection by micro-PEF (pulsed-electric field) for prevention of water and droplet-borne diseases, etc.

As one of the research platform projects carried out between HOHCS and HKUST, WPH will further make good use of technology in its facilities and services. The support we receive from our passionate donors is the strong driving force that compels us to move forward in gerontechnology, which in return is changing the lives of the elderly for the much better.



3D實時臉部識別技術 Real-time 3D facial landmark recognition technology

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

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

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

請於方格加上☑及簽署，以便本會跟進。

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

☐ 本人 **同意** 基督教靈實協會及其服務單位使用本人個人資料傳遞服務通訊、活動宣傳及慈善籌款募捐之用。
I AGREE to the proposed use of my personal data.

簽署 Signature : _____ 日期 Date : _____



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化社群，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.

郵票由持
牌人支付

Postage will be
Paid by Licensee

您毋需貼上郵票；但如果您能貼上郵票，我們可以節省
所需的郵票費。請幫忙減低我們的開支。

如在本港投寄
毋需貼上郵票

No Postage Stamp
Necessary If
Posted In Hong Kong

BUSINESS REPLY SERVICE
LICENCE NO. 1497

基督教靈實協會
Haven of Hope Christian Service

香港新界將軍澳靈實路七號
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

請沿實線剪下信封並按虛線接疊及封口

請沿實線剪下信封並按虛線接疊及封口