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基督教靈實協會 Haven of Hope Christian Service

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靈感 HAVEN OF HOPE NEWS

101
SEP 2019

主題 THEME

科技以人為本
創造生命樂園

Human-centric Technological
Preferment Creates
A Life-wonderland for All

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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：

目前，香港正朝著智慧城市的願景前進，希望透過發展
創新科技，成為簇擁蓬勃經濟及優質生活的智慧城市。
在《香港智慧城市藍圖》內，「智慧生活」是其中一項
計劃，當中的10億元「樂齡及康復創科應用基金」，
已在去年12月起接受第一批次申請，根據資料顯示已有
院舍成功申請，並用以購置科技應用產品，既幫助長者
復康保健，也加強護理人員的照顧能力及減輕其壓力；
第二批次於今年6至9月接受申請，相信將惠及更多長者
及復康人士。

多年來，基督教靈實協會(下稱靈實)在配合政府科技
發展政策的同時，亦積極引入對服務使用者生活、訓練
和復康有裨益的科技，更與本地大學合作研發新科技，
最近再走多一步，與大學攜手運用虛擬科技，幫助中年
人士防病保健，為健康老年做好準備。這反映靈實與時
並進，善用今天的科技及開發明日的技術，回應服務使
用者的需求。

科技創造無限可能，透過科技我們可以了解那些因疾病、
衰退或殘障而不能表達自己需要的服務使用者，明白他
們正在面對的問題及困擾，掌握他們真正的需要是甚麼。
這樣，我們的服務就可更貼地、更對症下藥，而服務使
用者的生活質素和快樂指數亦可隨之而提升。

行政總裁

林正財醫生

Dear Haven of Hope Supporters,

Hong Kong is developing into a Smart City characterised by a
strong economy and high quality of living which embraces
innovation and technology. In the Smart City Blueprint for
Hong Kong, Smart Living is one of the development plans.
A HK\$1billion Innovation and Technology Fund for Application
in Elderly and Rehabilitation Care was launched and the first
batch was opened for application in last December. We
understand that some residential care homes have already
successfully obtained funding in purchasing and applying
gerontechnological equipment in their daily operations. This not
only helps improve the rehabilitation services and health care
for the seniors, but also enhances the working capacity of the
care workers and reduces their work pressure. The second-batch
government fund is opened for application from June to
September this year. I believe this will benefit more older
persons and patients undergoing rehabilitation.

Over the years, Haven of Hope Christian Service (HOHCS) has
strived to tie-in and dovetail the government's policy in
technological development. We have proactively introduced
different technological applications in training, rehabilitation,
and to improve the well being of our service users. HOHCS also
partners with local universities to develop gerontechnological
products. Taking it further, we have recently collaborated with
a university to develop virtual reality systems for the maintenance
of health and disease prevention in the middle-aged, so that
they can be better prepared for healthy ageing. Explicitly this
reflects that HOHCS, while keeping abreast of the latest
technology, is geared towards optimising and developing
innovations to cater for the needs of our service users.

Technology creates infinite possibilities. Through technology,
we are able to understand service users' needs, even
unspoken ones when they are too frail, sick or unable to
express themselves; as well as the predicaments with which
they are faced at that moment. As a result, we are able to
improve their quality of life and boost their happiness level
through services which address their actual needs.

Dr. Lam Ching-choi
Chief Executive Officer

THEME 主題



陳迪源相信人活得有尊嚴不僅是其個人財產，也是社會的財產。
Leonard believes that “Living in dignity” is not only regarded as a personal treasure, but also a definite social asset.



陳迪源經常參觀科技展覽會。
Gleaning inspiration at technology exhibitions, Leonard is the frequent visitor.

科技以人為本 創造生命樂園

科技的開發源於滿足人的需要，以及在醫療、生活、教育等不同領域上作出改善，若科技進入生活，做到真正人性化，長遠可建構無障礙的歡樂空間。要達成理想，雖然還有一大段路要走，但IT界不少專才都朝著這個目標，在不同的範疇上努力不懈，嘉昂媒體技術有限公司創辦人及行政總裁陳迪源 (Leonard) 是其中之一。

科技令人活得更尊嚴

「科技是要把人和社會的距離拉近。」 Leonard認為應該將科技普及化：「長者或社會上最基層的人，能夠生活得有尊嚴和有質素，才是社會進步的象徵。而且如果科技做到人性化，就可節省時間，讓我們去做自己認為更有意義的事，從而在社會上生活得更尊嚴。人活得有尊嚴不僅是其個人財產，也是社會的財產。」

Leonard相信，若所有東西都以人性出發，終可尋求到解決方法。而真正的人性化科技，是要不知不覺地融入生活細節當中，並最終令每個家庭都負擔得到。

全球智慧城市 香港排名第九

大數據的興起，以及人工智能的發展，提高了達成上述目標的可能性，也可配合香港智慧城市藍圖。Leonard說：「以前香港在Smart City方面發展較落後，現已追上國際級。」根據資料顯示，香港在世界智慧城市排行榜上名列第九*。Leonard續指：「逾2萬個WiFi熱點已駁通，而且開始有全自動化機械臂，在危險斜坡放置和回收道路工程圓筒。」

此外，妥善關顧長者，是智慧城市藍圖的目標之一。Leonard也相信可運用科技，為長者做多一點：「長者常見的問題包括壓瘡、餵食和手腳活動等，從產品研究的觀點上看，壓瘡的成因主要是無法移動身體，如果可研究開發附有安全帶的機械臂，定時將老人家升高，使其身體傾斜，然後輕輕放下，有機會減少壓瘡的出現。」創意多多的他還提出新的點子，包括餵飼機械人及監察長者健康狀況的呼吸探測器等，希望長者活得有尊嚴。

展望香港未來科技發展，Leonard認為教育是重點之一，他指出，本港人工智能論文被引用量是全球第三多，僅次於美國和中國，基礎研究實力很強，可見前景樂觀。

資料來源

* <https://www.ieseinsight.com/doc.aspx?id=2124&ar=&idi=2&idioma=2>

Human-centric Technological Preferment Creates A Life-wonderland for All

Scientific and technological preferment makes needs met. And, it also improves human life in the medical field, livelihood, education, and the like. As and when technology spikes our daily lives in a more human-centric direction, in long run, it will create barrier-free space filled with joy. Many Information Technology professionals with different skills and expertise strive to achieve it no matter how long the journey it may take. Leonard Chan, the Founder and CEO of Pulse Mediatech Limited is one of them.

Technological cognitive and associative attention enhance human dignity

"Technology is to bring people closer to the society," Leonard ascertained. As a firm believer in the need to popularise technology, he continued, "Social progress is achieved only when the elderly and the grass-root families can live a quality life of dignity. When the technology becomes more people-centric, it will free up more time for people to conduct meaningful tasks and live in a community with higher self-esteem. "Living in dignity" is not only regarded as a personal treasure, but also a sort of social asset."

Leonard further elaborated that once we adopt a people-centric approach for things we are able to reach the final solution. Technology has to be truly human-centric before it can integrate and assimilate into each and every family's daily livelihood.

Hong Kong ranks ninth among the world's smart cities

The rise of big data and the rapid development of artificial intelligence make the above-mentioned goals more and more achievable. This is in line with the Smart City Blueprint for Hong Kong. Leonard said: "In the past, Hong Kong lagged far behind in the development of a smart city. Now, Hong Kong has caught up with the international standard." According to the data provided,

Hong Kong now ranks 9th among the world's smart cities*. Leonard elaborated further, "We have more than 20,000 WiFi hotspots; and have started to use fully-automated robotic arms to collect the traffic cones on some dangerous and steep slopes."

In addition, proper provision of health care for the elderly is one of the objectives for the smart city blueprint. Leonard believed that more technological applications can be used in the elderly services. "Seniors usually face the health problems related to pressure sores, feeding, limb mobility and others. For patients who are unable to move their bodies, are apt to have pressure sore. Design-wise, if we invent and improve the mechanical arm by attaching a safety belt, we may use it to move the body up, tilt it, and then gently lower it down. If the process can be repeated at regular intervals, the problem of pressure sores may be solved," he said. Full of creative insights, he puts forward several ideas such as feeding robots and respiratory detectors to monitor the health situation of the aged and the like. His vision is to aid and empower seniors to live with dignity.

Looking forward to the future development of technology and innovation in Hong Kong, Leonard insisted that education is one of crucial elements. He emphasised that Hong Kong's dissertations on artificial intelligence is the third most cited in the world, second to the United States and China. He sees the strength of fundamental research with a promising outlook.

Source:

* <https://www.ieseinsight.com/doc.aspx?id=2124&ar=&idi=2&idioma=2>

THEME主題



林正財醫生表示靈實樂意成為樂齡科技研究的測試平台。

Dr. Lam Ching-choi said that HOHCS is happy to be a testing platform for the development of gerontechnology.



靈實胡平頤養院與其他靈實服務單位一樣成為科技研究測試平台。

Technological development testing platforms take centre stage at HOHCS service units, Haven of Hope Woo Ping Care & Attention Home is one of them.

科技提升長者生活質素

孕育人才的大學，也是科研基地，本地大學正針對社會其中一個嚴重問題－人口老化而研創科技產品，冀幫助長者提升生活質素，減輕照顧者的壓力。然而，前路未必平坦，根據安老事務委員會主席兼靈實行政總裁林正財醫生的觀察：「在香港，無論應用抑或發展樂齡科技，共有24個缺陷，從接受程度、認知以至科研和資金等，均需要陸續予以改善，例如舉辦大型樂齡科技展覽，提升大眾的認知；社會福利署推出10億元樂齡及康復創科應用基金，讓長者及復康機構申請；政府投入資源與科研機構合作，鼓勵他們發展樂齡科技。凡此種種都是初步的措施，尚有許多工作要做。」

樂齡科技測試平台

林醫生續指，靈實希望為醫護及安老業界改善其中一個缺陷，就是充當外國科技公司引入樂齡科技的測試平台，幫助他們將產品改良到更適合港人應用。另外，靈實也擔任本地大學、科研機構或初創企業的研究或產品測試平台，冀協助研究真正切合長者需要的樂齡產品。林醫生表示：「從另一個角度看，測試平台等同一個實境實驗室 (Living Lab)，即是讓科研人員在現實生活環境中，觀察長者如何生活，他們的需要是甚麼。這樣，科研人員就可貼地一點去想，成功的機會就會大一點。」林醫生相信這並非在幾年間可以完成的工作，而是安老服務上一個長遠而重要的發展方向，他期望不單靠政府繼續投入資金，整個行業都要用創新思維去擁抱和接納科技，並藉著科技去改革和更新安老行業。

理想中的安老院舍

目前，樂齡科技大多被應用於安老院舍，旨在提升院舍的宜居質素，滿足現在和潛在服務使用者的需要，而後者當中有很大部分學歷高、要求高，這些正值中高齡的人士，如果需要入住安老院舍，他們有何期望？曾在加拿大修讀長期護理課程的Catalina Ma表示，院舍最重要是乾淨舒適，外國在這方面做得不錯，香港仍有待改善。此外，她本身比較獨立自主，所以期望在院舍過自由和不受約束的生活，如有能力更希望自己煮食和洗澡。

聖伯多祿復生會主席Eddie Chan道出理想中的安老院舍是個開心、可讓他自由出入的地方，像住酒店一般，而且最好一大班好朋友一齊入住。他希望院舍設有教堂，亦提供卡拉OK、橋牌等活動及不同的興趣班供選擇，優質醫護服務當然不可缺少。

快樂指數不應隨著年齡增長而下降，無論科技抑或安老服務，也有相同的目標，就是為長者帶來愉快的生活，過程必定困難重重，但我們要相信有志者事竟成！

Senior's Quality of Life Greatly Augmented by Technology

Universities provide a hub for nurturing talents, and, also a host of research bases for technological advancement. To address one of the most acute problems in HK - the ageing population, our local universities gear up to develop new technologies and innovations to improve quality of life for our seniors; and lessen the burden of the health caregivers. However, the in-roads are rough and rocky. According to the observations of Dr. Lam Ching-choi, Chairman of the Elderly Commission and Chief Executive Officer of HOHCS. "In terms of the application or development of gerontechnology in Hong Kong, there are 24 shortfalls, ranging from the degree of acceptance, recognition, to research and funding which we hope to gradually fix one by one; for instance large-scale expos themed gerontechnology were held to arouse public awareness; the Social Welfare Department has set up a HK\$1 billion Innovation and Technology Fund for Application in Elderly and Rehabilitation Care; the government has also encouraged and subsidised the partnering research institutions to develop the gerontechnology. But all these are only preliminary measures. There is still much work to be done in this area," he said.

Gerontechnology on the testing platform

Dr. Lam stipulated that HOHCS aspires to improve one of the above-mentioned shortfalls, viz., to render a testing platform for foreign companies specialising in techno-innovation so that they can improve their products suitable for HK people. Likewise, HOHCS also offers the same for local universities, research institutes or start-ups. Hopefully, gerontechnological devices that truly meet the needs of the elderly will be created. Dr. Lam said, "From another perspective, this testing platform is equivalent to a Living Lab, that is, for the researchers to observe how the elders live in real life situation and to find out what their needs are. As a result, they may develop a more practical study; thus heightening the probability of success." He further stressed that this task could hardly be materialised in next few years; it is a long-term and important developmental

direction of elderly service. Parallel to the continuous public funding, he advocated that the entire elderly care industry must adopt an innovative and transformative mindset to embrace new technological application.

A consummate nursing home for the elderly

At present, most of the gerontechnology is adopted to enhance the quality of the nursing homes for seniors; and to meet the needs of the current and potential residents. The majority of the latter are highly educated and demanding. Imagine, what will be the expectations of this sector of population if they were resided in the elderly nursing homes? Catalina Ma, who once studied a training course on long-term health care in Canada, said that cleanliness and comfort matter the most for a nursing home. In comparison, better performance is achieved in some other foreign countries than Hong Kong where there is much room for improvement. In addition, being rather independent, she prefers to live in nursing home free from any constraints; if possible, she can even cook and bathe herself.

Eddie Chan, Chairman of St. Peter's Revival Association, thought that an ideal nursing home for elderly should be a happy place that renders everyone the freedom of entry and exit, just like a hotel. Preferably he will live together with a group of his buddies. The place should be equipped with a chapel, karaoke facilities, and a variety of interest groups or activities such as bridge club; and, as a matter of course, the quality services in medical and health care services.

The happiness index should not decline with age. The ultimate goal for technology or elderly services alike is to give a joyful life to the seniors. Although the road is rough and rocky, we believe that "Where there is a will, there is a way!"



模擬家中危險的情景，幫助參加者提高家居安全意識。
Simulated true and real conditions help players identify home hazards and arouse the awareness towards home safety.

中年人士「齡的突破」自己健康自己管

不少中年人常說自己「年紀大、機器壞」，更認為健康走下坡是年齡增長所致，怎樣做也是「睇藥費」。要突破這心理關口，必先了解自己的身體狀況，並諮詢社區醫護人員的意見，然後度身訂造健康管理計劃。

靈實賽馬會「齡的突破」健樂自主計劃

特別為中年人士而設的靈實賽馬會「齡的突破」健樂自主計劃(下稱計劃)，由香港賽馬會慈善信託基金捐助，配合基層醫療服務，全面為參加者評估健康風險，按既有的生活模式及病歷，分析其健康需要，並由跨專業專職醫療團隊(註冊護士、營養師、物理治療師、職業治療師及註冊社工等)制定個人化健康管理計劃，然後定時作出修訂、跟進及適切的轉介，以盡早預防風險轉變及減少出入醫院。

善用虛擬科技強化身體機能

靈實與由香港大學研發團隊成立之初創公司-華拓域科技有限公司合作，在計劃展開時研發了兩套虛擬科技系統，分別用以強化肌肉力量及提高家居安全意識。前者將所拍攝的將軍澳真實街景，結合虛擬科技，讓參加者一邊訓練腿部肌肉力量，一邊享受如同在街上踏單車的樂趣。後者模擬家中的情景，並透過遊戲方式，讓參加者找出家中危險之處，從而明白家居安全的重要。

一站式健康綜合管理

計劃設有「健樂自主小組及工作坊」，提供多元化健康小組及支援服務。此外，參加者可採用多元化社區電子健康管理平台，瀏覽健康資訊及網上預約活動，並透過網上課程及個人電子健康記錄，學習自我管理健康，並與計劃的醫療團隊共享數據。

長期病患者的家庭及照顧者亦是計劃的服務對象，他們可通過個案輔導、社區資源配對、減壓課程、同路人士小組及服務轉介等，獲得針對性支援以紓緩壓力。

計劃的目標對象主要是50歲或以上的將軍澳及西貢區居民，查詢計劃詳情可致電2701 3407。

Breakthrough in Ageing-defiance for the Middle-aged to Manage Their Own Health

Middle-aged people used to believe that "Human beings, like machinery, deteriorate with time." They think that ageing will inevitably lead to a decline in health conditions; medication is but all in vain. To overcome this psychological barrier, one must firstly understand one's own health situation; and then consult community medical professionals to design for each a tailor-made health management plan.

Haven of Hope Jockey Club Healthy and Happy Ageing Project

Aligned with government's primary care initiatives, and funded by The Hong Kong Jockey Club Charities Trust, the Haven of Hope Jockey Club Healthy and Happy Ageing Project (hereinafter called "the Project") is specifically designed for the middle-aged to assess their comprehensive health risks. An integral and personalised health management proposal will then be designed for each participant by a multi-disciplinary team of healthcare professionals (including registered nurses, dieticians, physiotherapists, occupational therapists and registered social workers) after considering one's lifestyle and medical records. The Project provides each a detailed analysis about his/her health needs, constant review, adjustment and referrals that will follow as and when necessary. This will enhance the health risk control and reduce the frequency of hospitalisation in the future.

To improve the physical conditions through optimal use of virtual reality technology

Collaborating with VOTANIC Limited, a technology start-up company originates from The University of Hong Kong, HOHCS developed two systems using virtual reality technology to strengthen the muscles and arouse awareness towards home safety respectively. The former presents a street video taken from Tseung Kwan O so that the players can train up their leg muscles while enjoying the fun of cycling in the streets. Similarly, the latter presents a digital home decor for the players to identify potential home hazards through a home safety themed video game.

Integral health management

The Project consists of a multi-health support group supplemented with the related workshops. The participants can access a diverse community e-health management platform equipped with health info and online activities registration. Moreover, they will also learn how to manage their own health conditions by attending the online courses and then establish their own digital health records, and share the data with their medical teams under the Project.

In addition, the Project also aims at helping the families of those chronically ill patients and the caregivers with a view to lessening their stress viz. to offer case counselling, courses about pressure relief, mutual support groups, service referrals, if needed, and share community resources and the like.

The Project is mainly catered for the residents (aged 50 years and/or above) in Tseung Kwan O and Sai Kung District. For enquiries, please call 2701 3407.



真實街景結合虛擬科技，既可訓練腿部肌力，也可享受踏單車的樂趣。
Real street view using virtual reality technology renders the players to strengthen their leg muscles and enjoy the fun of cycling.

RESPECTING LIFE BLOG

尊重生命 BLOG

靈實福音事工部

Haven of Hope Evangelistic Work Department



由義工籌劃的「耶穌請飲茶」，通常在中國節日偕同獨居長者或復康學員到茶樓飲茶和聚會。靈實福音事工部的同工積極參與這項活動。

Held usually during traditional Chinese festivals the volunteers organise "Jesus invites you to yum cha" for the elderly singletons and rehabilitation service users. They meet up at Chinese restaurants for a good chat over 'yum cha'. Evangelistic Work Department (EWD) staff actively participate in these activities.



在翠林智樂居無障礙敬拜中，福音事工部的同工、義工和學員跳旗舞來榮耀天父。

In a barrier-free worship at Haven of Hope Tsui Lam Hostel, EWD staff, volunteers and service users performed a flag dancing to glorify Our Father.

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre



院友主動舉辦素食愛筵，宴請她在寧養院認識的「家人」：其他院友及他們的朋友、寧養院同工及義工，品嚐她喜歡的素食，聊表謝意。一個充滿愛的聚會，不單肚腹飽足，更是心靈滿足。

A resident took the initiative to organise a vegetarian feast of love to express her gratitude. She invited her family members including other residents, her friends, staff and volunteers to enjoy her favourite vegetarian food. Bathing in love, the party not just satisfied their physical needs but spiritual ones as well.



在靈實醫院員工餐廳同工的協助下，用軟餐製作成特色端午糰、紅豆沙、咖喱魚蛋，一眾寧養院的院友大快朵頤，無不豎起拇指讚好呢！

With the aid of Haven of Hope Hospital's canteen, soft meals including Dragon Boat Festival dumplings, red bean paste and curry fish balls were specially prepared for the residents. All of them enjoyed the food very much and gave it an all-thumbs-up!

靈實恩光學校

Haven of Hope Sunnyside School



夏日炎炎，和摯愛的家人在碧波暢泳最是賞心樂事！

Swimming with beloved family is the most wonderful activity in hot summer.



學生在中華文化日一嘗扮演古代人物。

A student got dressed up like an ancient person in the Chinese Culture Day.



歷奇玩藝樂身心：縱然難走，小朋友的每一步都留下美好的足印。

Adventure activity and fun time benefit the mind and body: the child found it a bit difficult to walk, but his left-behind footprints were so beautifully wonderful.

靈實創毅中心

Haven of Hope Integrated Vocational Rehabilitation Service Centre



中心舉辦「復活繽紛樂」活動，讓學員認識復活節及傳遞福音訊息，彼此祝福，並透過活動和遊戲感受節日氣氛，共享歡樂時光。

The Centre organised "Happy Easter Fun Time" to pass the meaning and good news of Easter to the service users so that they learnt more about it and brought blessing to each other. Through the games and activities, they felt greatly cherished at Easter.

為對參加專項訓練之學員給予支持和欣賞，中心舉辦「隔月Tea一Tea」活動。早前參觀了星光大道及主題商場內之懷舊街，希望藉此培養學員之間的團隊精神，同時讓他們舒展身心。

The centre regularly hosts an activity themed, Let's Tea Every Other Month to properly recognise and appreciate students who have participated in special training programmes. Recently, they visited the Avenue of Stars, the themed shopping mall and the Nostalgic Street with an aim to foster their team spirit and provide them an opportunity to relax.

IMPACTING LIFE STORY

改變生命的故事



這張珍貴的照片由John Leung提供。相中是John Leung 的爸爸與Topsy。

This precious photo, provided by John Leung, showed John's father together with Topsy.

給狗狗新生命，領養代替購買！
Adopt. Don't Shop!

Hong Kong Dog Rescue

<https://hongkongdogrescue.com/>

Catherine's Puppies

<https://www.catherinespuppies.com/>

Paws Guardian

<http://www.pawsguardian.com/>

荒原上的萬人迷 - Topsy

乘車從觀塘穿過將軍澳隧道，出了隧道不久，抬頭可見公路右邊山腰靜立著一座小教堂，那是1961年落成的靈實禮拜堂，而它所在之處是靈實扎根之地。1950年代，山上是杳無人煙的荒原，山崖下是盼望之灣 (Haven of Hope)，也就是說，現在來往將軍澳隧道的公路以至整個將軍澳區，以前是海灣，而海灣旁是難民聚居的吊頸嶺(今天的調景嶺)。

缺乏資源不缺愛

昔日的荒原雖然聚滿患肺病的難民，資源短缺，可謂經常憂柴憂米，但這裡的每一分子，從司教士、同工、病人以至鄰居，即使面對艱辛，都悲喜與共。司教士在這裡所作的美事，相信荒原外有不少人知悉，但其軼事卻較少人知道。原來司教士很喜歡動物，她不會驅趕流浪犬，並讓人犬和平共處，而更鮮為人知的是，司教士擁有一隻名為Topsy的愛犬，而且經常與牠形影不離。每當司教士巡視病房，Topsy都伴隨左右，而牠晚上更睡在司教士房內，恍如她的近身保鏢。每天早禱晚禱當司教士彈琴，Topsy都會伏在她腳下，當司教士領禱後說出「阿門」，Topsy即帶領護士步出房間。牠的懂性和忠心，深深感動身邊的人。

刻骨銘心的愛

漸漸地，Topsy成為眾人的愛犬，然而愈愛愈心痛，牠晚年患上皮膚病，同工們輪流帶牠到山下的海灣游泳，希望海水的鹽分可給牠舒緩。及至Topsy離世，司教士也難以將牠忘懷，過了很久也沒有再次收養動物。直至大約1962年，另一隻狗狗走進了司教士的生命，牠就是Lilyvan，此名字的挪威語是小朋友的意思。由於當時司教士事務繁忙，Lilyvan成為司教士丈夫貝先生的好夥伴，為他的生活帶來不少樂趣。

每個生命都有其價值，若彼此愛護和尊重，所衍生的正面影響力難以想像，亦無可取替。

「如今常存的有信，有望，有愛這三樣，其中最大的是愛。」
(哥林多前書13:13)

Topsy Topped It All on the Barren Upland

After crossing Tseung Kwan O Tunnel, we see a tiny chapel quietly standing on the right of the upper highway near the hillside. It is the Haven of Hope chapel which was built in 1961; and where HOHCS first originated. Back to 1950s, this hilly area was barren; under the cliff where a bay known as the Haven of Hope was situated. Clusters of refugees were found around the bay. Today, the region makes up the entire Tseung Kwan O district connected to Kowloon by the busy Tseung Kwan O Tunnel.

Poor in resources yet embraced by love

In the past, part of this 'nowhere' land was called the Junk Bay (or known as Tiu Keng Leng at present). It was inhabited by refugees, many of whom suffering from tuberculosis. Fortunately, they were not deserted. Despite the daily plight and shortages of basic needs, residents there spent their difficult days hand in hand, neighbour to neighbour full-heartedly aided by Sister Annie Skau and her co-workers. Together, they shared each other's burden, grief and sorrow as well as joy; there was no lack of love and tender care at all. Many people beyond this barren land might have heard about the awesome ministries of Sister Annie. Yet, little was known about her anecdote such as she was very fond of animals and had never driven a stray dog away. Moreover, she even managed to keep the pet and residents coexisting peacefully! Perhaps even fewer people knew that Sister Annie once had a beloved dog called "Topsy" which accompanied her 24-7-365. Topsy always walked beside her on the daily ward rounds. At night, it slept in her room just like a very concerned bodyguard. At the daily prayer meetings, morning and evening, when Sister Annie was playing the piano, Topsy laid on her feet. But once she finished the prayer saying "Amen", Topsy would respond instantly, and, led the nurses out of the room. Its sensitivity and loyalty melted every single heart in the prayer meeting.

Forever darling - unforgettable love

Soon, Topsy became the beloved pet to all. People loved Topsy so much that they felt deeply hurt each time it fell ill. When Topsy suffered from the skin disease during its elderly years, the colleagues took turns to take it to swim at the bay downhill hoping that the sea salt could relieve it. When it died, it took Sister Annie a long haul to recover from the loss. For a long time, she had not adopted another pet. Not until

roughly in 1962, there was another dog that entered her life. It was named, "Lilyvan". In Norwegian it meant "a child". Due to Sister Annie's hectic schedule, Lilyvan became a good companion to her husband adding much joy to his daily life.

Every single life does have value. If we love and respect each other, the positive energy will be synergised beyond imagination; and is hardly replaceable.

"And now these three remain: faith, hope and love. But the greatest of these is love." 1 Corinthians 13:13



司務道教士(前排左七)與同工拍照留念，當然少不了愛犬Topsy的份兒。

A group photo of Sister Annie (front row, the seventh from the left) and her co-workers. For sure, Topsy, her beloved dog, was there.

TELL US YOUR STORY

一行一故事



Rosita本身是註冊護士，她把學到的護理知識融入香薰治療之中。

Rosita who is a registered nurse incorporates her expertise in health care into aromatherapy.

心與手合一的觸動... 散芬芳

在身上塗抹香薰，輕撫心靈；精油融和手心的溫度，推走隔膜，鬆開綑縛；大自然香氣化作暖流，互動、感動，勝過千言萬語。「香薰精油的運用是一種治療，Touch也是治療。只要把服務使用者放在心上，毋須說話，每一個接觸，也可讓對方感受到治療師真心和用心。」RositaCares創辦人、護士暨臨床香薰治療師何美玲 (Rosita) 道出心手合一迸發的美意。

融入護理知識的臨床香薰治療

香薰治療細緻、溫柔、舒泰，是一種輔助治療，當結合護理相關的技術、知識和臨床經驗，由擁有資深護理資格的香薰治療護士主理，就是另一個層次。香薰治療護士認識生理解剖及病理學，可透過聞、聽、看、觸碰等，為服務使用者進行健康評估，了解其生理、心理問題和需要，從而度身訂造精油配方，護理他們的身心靈。於Rosita而言，護理等於關愛和令人感到舒服，她說：「以癌症病人為例，只要用心用時間為他們按摩，即使其身體如何虛弱，也感受到有人陪伴和付出時間，這是尊重，也是關愛。在受盡痛苦折磨的生命晚期，舒服，那怕只是短暫。」

對於不能表達自己的人，如何得知他們的用後感覺和效果？「當一個原本活躍、情緒繃緊，甚至抗拒治療的智障孩子，於接受香薰治療按摩後在我臂彎裡睡著，有甚麼效果比這更好。」為靈實恩光學校義診的Rosita給孩子每一下觸摸、揉按，都是非語言的連繫，毋須說話也可互傳感覺，Rosita認為這正是臨床香薰治療的奇妙，也因這緣故，她十年前放棄私家醫院護理總監之職，用精油去開闢芬芳新世界，成為在醫療機構正式引入臨床香薰治療的先導者。

有尊嚴地離世 是一種祝福

自己一手開創的事業，為Rosita帶來不能言喻的滿足感：「我一位已故親戚左腦中風三次，最後長期卧床，住在老人院20年，根據記錄，我和同工為她做了294次香薰治療。她離世時除中風的一邊身較硬之外，皮膚很好，筋腱很鬆，不像其他中風病人般僵硬。其子女看見80多歲的媽媽離開時舒服安詳，身體柔軟而不捲曲，像睡覺一樣，他們也得著安慰。」Rosita坦言：「何不令病人好過一點，走得尊嚴，死得舒服是一種祝福。」

一滴香薰精油，呵護、關愛、尊重、祝福，盡在不言中。

Hearts, Hands and Humanity, a Total Eclipse Story

Clinical aromatherapist spells out the blessing of hand-to-heart connection. When applying, rubbing or massaging the essential oils onto the skin and/or body, it softly caresses the soul. The essential oils integrate the heat from the therapist's palms with the fragrance of nature flow through the body like a surge of warmth that helps remove all kinds of obstacles and loosens human bondages. It is the total accommodation and assimilation that inspires beyond words.

"The application of essential oil, in fact, has an aroma-therapeutic effect, which is the much-needed 'touch' in and of itself. During the aromatherapy massage, once the therapist places the client in his/her mind, the latter will personally feel the therapist's empathy and sincerity as well as care transmitted through the massage, the therapist does not have to utter even one single word," said the Registered Nurse, Clinical Aromatherapist and founder of RositaCares, Rosita Ho.

Clinical aromatherapy merges with the knowledge of nursing

Miracles happen when related expertise, health care knowledge and the clinical experience merge with the meticulous, gentle and calm-nature aromatherapy. This complementary therapy, equipped with and further enhanced under veteran aroma therapist management, is raised to a higher level. With tremendous experience in health care, and being a nurse aromatherapist well-trained in anatomy, physiology and pathology, Rosita conducts health assessments so as to understand the physiological and psychological problems as well as needs of her clients via the techniques of smelling, listening, observing and touching. Subsequently, a blend of essential oils can be tailor-made to balance their mind, body and spirit. In a nutshell, to her, whole health care is the provision and combination of both care and comfort given. "For example, for a cancer patient, no matter how frail he/she is, will feel the company and the length of time spared to him/her through the wholehearted massage emitting respect and caring. You see, it does soothes, even though momentarily, the patients at their late-stage of life suffering from pains and severe tortures," she elaborated further.

What would happen if clients cannot express themselves, how can we know the effects or how do they feel upon receiving the aromatherapy massage? "Imagine how wonderful and rewarding when the child-client sleeps in your hands after the



香薰治療按摩是非語言的連繫。

Aromatherapy massage is a sort of non-verbal connection.

aromatherapy massage. The child is a mentally disabled child who is formerly physically active, emotionally taut or even reluctant to receive treatment," exclaims Rosita. Providing free service to Haven of Hope Sunnyside School, Rosita applies kind of non-verbal communication, such as touch and massage to the children. To her, this is exactly the wonder of the clinical aromatherapy that inspired her to explore a whole new world of fragrances using the essential oils after giving up the post of nursing director in a private hospital ten years ago. She was the pioneer who formally introduced the treatment of clinical aromatherapy to the medical institutions.

It is blessed to pass away with dignity

Rosita attains her job satisfaction derived from a career she established with her own pair of hands. "A relative of mine had survived thrice after strokes on the left brain. Then she became bed-ridden and stayed in a nursing home for 20 years before she passed away. According to our records, my colleague and I completed a total of 294 times of aromatherapy treatment for her. She was very different from other stroke patients, when she died. Other than the side affected by the stroke which remained stiff, her overall skin condition was excellent, and her tendons were also relaxed. It was a great comfort when her children saw their 80-year-old mother passed away comfortably and peacefully as if she was sleeping without curling up the body stiffly," Rosita told her story openly and frankly.

"Why can't we let the patient feel much better and die with dignity? Blessed is the one who passed away comfortably!" she said candidly.

A droplet of essential oils blesses and empowers the clients with care, love and respect; over and beyond words can tell.

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浸會醫院行政總監余惠賢醫生支持和欣賞寧養院為晚期病人提供的服務。

Dr. Alex Yu, Chief Executive Officer of HKBH, fully supports and praises the services which SASHCC provides for the patients on their last journey of life.



寧養院積極實踐用愛擁抱晚晴™的理念。
SASHCC proactively brings to life the concept of Embracing the Last Journey with Love.

病人走到生命終站 我們用愛擁抱晚晴

當晚期病人到達生命最終站，孤單、憤怒、沮喪、無助、不捨等感覺湧上心頭，這時，他們極需全人照顧，靈實司務道寧養院(下稱寧養院)用愛擁抱晚晴™，提供醫療、復康護理和靈性關懷，並在熱心機構和人士支持下，透過「慈惠病床服務」計劃(下稱慈惠病床)，幫助經濟有困難的晚期病人。最近，寧養院獲得香港浸信會醫院(下稱浸會醫院)捐出款項，資助慈惠病床。

全人醫治 榮神益人

以慈愛去服務病人、實踐「全人醫治、榮神益人」理念的浸會醫院，與寧養院擁有共同目標。浸會醫院行政總監余惠賢醫生表示：「人口老化，長期病患增多，惟醫學進步使離世的平均年齡由以往約70歲，提高至約80歲。先進醫學可增長壽命，卻未必能提升生活質素，而全人醫治可做到，並讓晚期病人有尊嚴地離開。」

然而，晚期照顧需要大量時間及人力，私家或公立醫院都較難盡然滿足，療養院則可填補當中的縫隙，而寧養院更專注於長期照顧和舒緩治療，因此它自2006年成立以來，一直備受同業留意，加上多年來堅持全人照顧，終造就了一個機會。

擁有相同理念 浸會醫院支持寧養院

數年前，浸會醫院曾考慮開設類似寧養院的院舍，冀可繼續照顧該院的離院病人，但因種種因素暫未定案，繼而決定以捐款形式，資助有相同理念的醫療機構以實踐全人醫治，寧養院成為受惠機構之一。余醫生直言：「我們支持寧養院的工作，因為他們的服務質素很高。自2012年起，我們已資助50多位晚期病人使用慈惠病床，也因應不同需要，轉介病人到該院接受舒緩治療或慈惠病床服務。」

達成病人最後心願 締造圓滿人生

除理念相同，浸會醫院和寧養院同樣相信幫助晚期病人實現最後願望，可為其生命譜上完美休止符。余醫生憶述：「浸會醫院一名晚期病人想在離世前參加兒子的婚禮，希望令生命圓滿，惟他身體虛弱，不適合出院。最後透過醫院的『完成心願』計劃，我們在院內特別安排一個房間，為病人的兒子舉行模擬婚禮，並讓他飲新抱茶。其後不久，病人安詳離世，而家人能為親人完成心願，亦感無憾。」

由此可見，浸會醫院和寧養院對晚期照顧有理想、有承擔，亦致力凝聚志同道合者的力量，令去者善終，留者善別。

Embrace the Last Journey with Love

Unspeakable agonising feelings plague those patients approaching the end of their lives. They suffer from torturous pains such as loneliness, irritation, frustration, helplessness, despair, reluctant to let go and the like. They are desperately in need of a holistic healthcare service. With the spirit of "Embrace the Last Journey with Love", Haven of Hope Sister Annie Skau Holistic Care Centre (hereinafter called SASHCC) provides integrated medical and rehabilitation services doubled-up with spiritual care. With the zealous support from organisational and individual donors, the late-stage patients with financial difficulties can apply for the Relief and Charity Service (hereinafter called the RCS) Beds Programme. Recently, the Hong Kong Baptist Hospital (hereinafter called HKBH) generously funded SASHCC's RCS Beds.

In the Glory of God, for the Service of Man

In the name of God, HKBH is passionately committed and dedicated to serving patients with love and affectionate compassion. HKBH and SASHCC strive to accomplish the same mission of putting quality holistic healthcare in action. Dr. Alex Yu, Chief Executive Officer of HKBH said, "As the ageing population phenomenon advances, we are confronted with more people suffering from chronic illnesses. The average life expectancy has currently lengthened from 70 to 80 years old; thanks to the medical advancement. Such incredible medical progress has prolonged people's life span, though, it may not necessarily improve the quality of their lives. It takes holistic healthcare service to enable the terminally ill patients to leave with dignity."

Fact is, end-of-life care calls for tremendous resources in terms of time and manpower that both the private or public hospitals find it difficult to accommodate. The hospice care service offers a solution to fill the gap, notably SASHCC which is committed to offering long-term healthcare and palliative care services. Since its inception in 2006, it has gained its popularity from the peers. In addition, its tenacious belief in providing the holistic healthcare service over the years has perked up a new opportunity.

Embracing the same mission, HKBH strongly supports SASHCC

Some time ago, HKBH considered setting up an establishment like a hospice care centre to extend the continuity of care to its discharged patients. For various reasons, such an initiative has not yet materialised. Meantime, HKBH has chosen to finance those medical organisations sharing the same mission of offering the holistic healthcare service. Subsequently, SASHCC became one of the beneficiary organisations. Dr. Yu said candidly, "We greatly support SASHCC because it really offers high-quality services. And, since 2012, we have sponsored more than 50 late-stage patients who benefitted from RCS Beds. To meet different needs, some patients may be referred to SASHCC for palliative care services or RCS Beds."

Fulfilling the last wish of the patient helps him live his life to the fullest

HKBH and SASHCC share the same belief that life would be made perfect if one could help the patients approaching end-of-life to consummate their unfulfilled aspirations. Dr. Yu recollected, "Once there was a late-stage patient in the HKBH who wished to attend his son's wedding before his life ended. In view of his physical frailty, he was restrained from leaving the hospital. Finally, thanks to the Hospital's Fulfilling the Last Wishes Project, we organised a simulated wedding ceremony in a special room where his son and daughter-in-law served him the cup of "bride tea". Shortly afterwards, he passed away peacefully. His family felt no regret as they had helped their beloved dad fulfill his final wish."

That fully demonstrated how HKBH and SASHCC cherish and execute the same vision and implementation in looking fully after the patients at their end-stage. Simultaneously, they are dedicated to pooling up like-minded people who would join hands to enable the dying patients to pass away peacefully while fostering no regrets for their related families.

WHAT'S NEW 最新消息



傳承智慧技術 傳揚藝術文化

中國戲曲源遠流長，當中的廣東粵劇無論劇作、唱做、作曲作詞、奏樂、戲服、舞台設計、化妝梳頭等，均具有崇高的藝術和欣賞價值，相關的技術得以流傳至今，有賴粵劇前輩及推動者將之傳授下去，當中的福陞粵劇團（下稱「福陞」）及聲輝粵劇推廣協會（下稱「聲輝」）不僅傳承藝術和智慧，更傳承為善的德行。

基督教靈實協會慈善粵劇專場《紫釵記》 福陞粵劇團31週年紀念・戲寶精選

福陞今年支持靈實舉辦慈善粵劇專場，並在汪明荃博士及羅家英博士帶領下，上演經典粵劇戲寶《紫釵記》，為靈實轄下非政府資助服務，包括靈實恩光成長中心籌募經費。

活動詳情：

日期：2019年9月29日(星期日)
時間：晚上7時正
地點：西九文化區戲曲中心大劇院

A Legacy: Passing On the Wisdom, Traditional Art Form and Culture

The Cantonese Opera has a long history. In particular, it deserves much cherished recognition for its traditional artistry covering script writing, performing, song composition, music playing, costume design, stage setting, hairstyle setting, facial makeup and others. All along it thrives well. It emits a high value of enjoyment which is mostly attributed to the efforts of the predecessors and promoters who preserved and passed it on from generation to generation. Among these, Boomabliss Cantonese Opera Troupe (hereinafter called as "Boomabliss") and Sing Fai Cantonese Opera Promotion Association (hereinafter called as "Sing Fai") have been proactively engaging in conserving it. Simultaneously, they bring forward the legacy of benevolence.

HOHCS Special Charity Show: Cantonese Opera "Waiting Heart" The 31st Anniversary of Boomabliss

This year, under the leadership of Dr. Liza Wang Ming-chuen and Dr. Law Ka-ying, Boomabliss will perform the classic Cantonese Opera "Waiting Heart" to raise funds for HOHCS' non-subservent services, including Haven of Hope Sunnyside Enabling Centre.

Details of the Event:

Date: 29 September, 2019 (Sunday)
Time: 7 p.m.
Venue: Grand Theatre, Xiqu Centre, West Kowloon Cultural District



2018「荃情・觸動生命」粵劇慈善演出
Charity Cantonese Opera Performance in 2018



2018「雛聲頌揚：兒童粵劇折子戲」慈善演出
Junior Cantonese Opera Performance in 2018

2019「雛聲頌揚：兒童粵劇折子戲」

致力培育粵劇新血的聲輝，一直寓推廣藝術於行善，多年來透過慈善兒童粵劇支持靈實。今年，聲輝的小演員將演出折子戲包括鳳閣恩仇未了情、大鬧廣昌隆之客店訴冤、再世紅梅記之折梅巧遇、碎鑾輿、花田會、牡丹亭驚夢之幽媾、帝女花之庵遇、西樓錯夢，為靈實「全護通」及靈實「築動生命全方位關顧計劃」籌募經費。

活動詳情：

日期：2019年10月5日(星期六)
時間：晚上7時30分
地點：西九文化區戲曲中心大劇院

Joyous Moment: Junior Cantonese Opera Charity Performance 2019

Sing Fai is fully committed to budding young performers and engaging in charity work through art promotions. Over the years, its Junior Cantonese Opera team has conducted several fundraising charity events for HOHCS. This year, the children performers will stage the Cantonese opera excerpts to raise funds for Haven of Hope TotalCare and The Haven Project.

Details of the Event:

Date: 5 October, 2019 (Saturday)
Time: 7:30 p.m.
Venue: Grand Theatre, Xiqu Centre, West Kowloon Cultural District



大夫說更年期

「更年期」是現代醫學概念，指由於不同荷爾蒙的分泌周期，導致女性絕經的階段。但荷爾蒙並非中醫的概念，所以「更年期」主要是以西醫角度闡述。

中醫典籍《黃帝內經·上古天真論》早已揭示男女在不同時段的生理變化，男女身體大有不同，男性約以八年為一階段，女性約以七年為一階段。出生後，男性每過八年、或女性每過七年，就有一定程度的變化。

這變化是臟腑氣血、經脈與身體生長壯老的過程。臟腑中，腎為根本，當腎氣生，臟腑、身體、經脈與之俱生。到女性14歲（二七）或男性16歲（二八），腎氣盛，經脈暢旺，身體強壯，就具備生育能力。月經就是經脈暢旺的表證，與任脈及沖脈的關係最直接。月經的期、量、色、質，都反映著經脈是否暢旺。到女性21至28歲（三七、四七）或男性24至32歲（三八、四八），就到了生殖最佳，也是身體最壯實的階段。四七、四八後，隨腎氣漸減、經脈氣血不通，身體漸出現筋骨僵硬，頭髮變白變少，牙齒枯，皮膚焦乾等表現。

通常到女性49歲（七七）或男性64歲（八八），腎氣虛弱，經脈虛衰不通，男女失去生育能力。任、沖脈不暢旺，所以在月經上反映出經期、血量等紊亂，而漸至停絕。若本身臟腑氣血已失衡，到整體氣血自然衰減，其失衡尤甚，如部分人因肝腎陰虛，氣血不足等，或表現出「更年期」常見的煩躁易怒、心悸失眠、潮熱汗出等。

我們應著重平衡體內臟腑之間相對的陰陽氣血；整體的氣血多少隨時間自然增減，難以強求。最重要令體內氣血平和，如飲食有節、作息有序、適當運動及按摩等，令人「五臟元真通暢，人即安和」。

基督教靈實協會-香港中文大學中醫教研中心

Chinese Medicine Practitioner Talks About Menopause

From a modern medicine perspective, "Menopause" occurs due to the cycle of different hormone secretion that results in the permanent end of a female's menstrual cycle so that she can no longer get pregnant. Since the study of hormone is beyond the scope of Traditional Chinese Medicine (TCM), menopause is studied more from the perspective of Western medicine.

The physiological changes of men and women at different stages had already been found in the TCM classics, The Yellow Emperor's Inner Classic, featuring changes in the body would happen for roughly every 8 years for men and 7 for their counterparts. In another word, the biological changes happen phase by phase to men and women alike after birth, for every eight years and 7 years respectively.

As we age over the time, the biological changes are primarily related to the metabolic processes involving the visceral organs, qi and blood circulation and meridians. Within the viscera system, the kidneys are the fundamental. If the kidney qi works well, then the internal organs, the body and the meridian system do well, too. In general, a woman at 14-year-old, or a man at 16, their kidneys are usually powerful, and so are their meridians, physiques and fertility. The menstrual cycle, in terms of the timing, and the amount, colour and quality of discharge, can be used to evaluate if the qi flows smoothly through the meridians or not, which is directly associated with the conceptual and penetrating vessels. In a nutshell, the menstruation reflects the qi circulation in meridian system. Normally people have the optimal time for reproduction from aged 21 to 28 for women and aged 24 to 32 for men respectively when they are endowed with the best physiques. After that (women over the age of 28; and men over 32), the kidney qi gradually depletes, the meridians and blood circulation weaken, the muscles get stiffer, the hair turns whiter and less, the teeth decay and the skin become drier; and so on.

In general, women beyond 49 years old or men 64 alike will experience the loss of fertility due to the depletion

of the kidney qi and the blockage in the meridians. When the conceptual and penetrating vessels are gradually weakened, the situation like irregular menstrual cycle, disorders in blood discharge or even a menopause may set in. An attenuated visceral qi and blood circulation will inevitably cause the qi and blood deficiency; and imbalance to the body as a whole. Say for example, people with yin deficiency in kidney or poor blood and qi circulation etc., may experience the common symptoms of "menopause" such as anxiety, irritations, insomnia, hot flashes, sweating and others.

In conclusion, the balance of yin, yang, qi and blood between our internal organs should be stressed. However, the overall equilibrium changes naturally with time; which is hard to strike a balance. The crux is to keep the balance in our blood and qi system viz. the balanced diet, orderly daily routine of rest and work, proper exercise and massage etc. Once we have a smooth qi and blood flow in our visceral organs, we will achieve health and harmony in life.

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



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靈實與弱勢人士同行，提供適切的服務，在2017/2018年度共服務超過850,000人次，而相關的經費有賴各界捐助。其中邁進第24年的耆樂餅義賣一直獲得全城支持。去年耆樂餅與忌廉哥合作，惠及不少有需要人士，今年雙方再度合作，推出耆樂餅普通裝及禮盒裝：普通裝為忌廉哥別注版耆樂餅環保矽膠摺摺杯，每個杯內有奇華曲奇餅2件、Dilmah精選茶包乙個及杯墊乙塊，售價港幣\$29；忌廉哥限定版耆樂餅禮盒裝內有忌廉哥毛巾乙條及奇華曲奇餅12件，售價港幣\$130。

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City-wide Support to Qile Cake Charity Sale

HOHCS aims to walk with the deprived through services provided. Generally funded by public donations, in 2017/18, over 850,000 people (in man times) were served. This year, one of the popular city-wide fundraisers, named Qile Cake Charity Sale, enters its 24th year. Last year, HOHCS and Cream Bro joined hands to bring blessing to the needy. The partnership is going to launch another round of Qile Cake Charity Sale this year, namely the Qile Cake Regular Pack and the Qile Cake Deluxe Pack. The former is priced at HK\$29 each. It consists of a Cream Bro foldable silicon cup with 2 pieces of Kee Wah Cookies, a pack of Dilmah Selected Tea Blend and a coaster. And the latter is priced at HK\$130/box that contains Cream Bro Premium Soup, a Cream Bro towel and 12 pieces of Kee Wah Cookies.

Qile Cake mainly aims at raising funds for the Haven of Hope non-subservanted elderly services. Proceeds will be used to purchase daily necessities, medical apparatus, rehabilitation equipment and the like. These items are beyond the scope of government subsidies but are badly needed by service users. This year, the drive targets to raise HK\$2 million. Hope that it will be well supported by the entire city.

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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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