

E	POSTAGE PAID	Permit
	HONG KONG	No.
	PORT PAYE	3170

BULK ECONOMY

靈感 HAVEN OF HOPE NEWS

SEP 2017

專題 THEME

自主人生由你創
 靈實中西醫
 全方位復康治療
 You are in control
 Haven of Hope
 Integrated
 Rehabilitation
 Programme



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-17-09

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 :

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> 基督教靈實協會
Haven of Hope Christian Service | <input type="checkbox"/> 靈實醫院
Haven of Hope Hospital | <input type="checkbox"/> 靈實司徒道寧養院
Haven of Hope Sister Annie
Skau Holistic Care Centre | <input type="checkbox"/> 靈實恩光成長中心
Haven of Hope Sunnyside Enabling Centre |
| <input type="checkbox"/> 福音事工
Evangelistic Work | <input type="checkbox"/> 「愛心傳餅」慈善計劃
"Food Pack with Love" Charity Programme | <input type="checkbox"/> 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

捐款總數 Total Donation Amount : HK\$ _____ 日期 Date : _____

姓名 Name : _____ (先生/小姐/太太 Mr/Miss/Mrs) 電話 Tel : _____

香港身份證號碼(頭4位數字) HKID (first 4 digits) : _____ 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.ppskh.com捐款，基督教靈實協會商戶編號「9453」。
 Make payment through telephone 18033 or www.ppskh.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元以上將獲發減稅收據。
Tax deductible receipt will be given to 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 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.

CONTENTS

SEP 2017 ISSUE 95

HAVEN OF HOPE NEWS

主題：自主人生由你創
靈實中西醫全方位復康治療

Theme: You are in control
Haven of Hope Integrated
Rehabilitation Programme 4-7

專題：靈實胡平頤養院——所致力
推動長者復康、居家安老的院舍

Feature: Haven of Hope Woo Ping
Care and Attention Home –
an Elderly Home for Active
Rehabilitation and Preparation to
Age-in-place in Community 8-9

尊重生命 Blog 10-11
Respecting Life Blog

您的支持帶來改變 12-13
You Can Change the World

改變生命的故事 14-15
Impacting Life Story

一行一故事 16-17
Tell Us Your Story

最新消息 18-19
What's New

健康知多少 20-21
Health Tips

給捐贈者的話 22
Message to Donor

編委會 | Editorial Board

蔡慧嫻	Mary Choy
梁智達	Dr Antony Leung
潘煒珊	Linda Poon
梁詠茵	Viann Leung
黃少清	Joanne Wong
翁詠華	Wing Yung
何少珊	Susan Ho
廖鳳翎	Lydia Liu
林君賢	Rex Lam
麥健雄	Ken Mak
孔淑芝	Suzette Hung

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

親愛的靈感讀者：

面對最近的夏季流感高峰期，公立醫院不勝負荷，部分醫院的內科病房入住率高達150%，病房走廊佈滿了臨時添加的病床，醫護人員日以繼夜辛勞地照顧病人。很多時，病人情況一穩定下來，就急需辦理出院手續，即使病人需要較長的復康期，在僧多粥少的情況下，他們也必須先行回家，再等候安排後續治療。這令我想起中風病人或長期病患者，他們的留院時間不長，而出院後的復康治療也未必足夠，以致長期受病患或痛症煎熬。

有見及此，靈實推出中西醫全方位復康治療計劃，強調採用以人為本的治療模式，跨專業的復康團隊與病者緊密溝通，度身訂做適切的治療方案。承蒙錢氏家族基金的捐助，至今已有8位病者開始接受中西醫全方位復康治療，積極邁向復康的路程。今期靈感除了介紹治療計劃的特色，也特別訪問了其中兩位受惠者及其家人，分享他們的轉變和感受。靈實一直希望將醫療及社會服務的專長結合，在社區幫助弱勢社群，使他們的生命得以改變。請繼續支持靈實，為社區加添改變生命的正能量！

行政總裁
林正財醫生



行政總裁的話

Dear Supporters,

The recent summer flu season has overloaded the services of the public hospitals in Hong Kong. Some hospitals' medical wards have reached an occupancy rate as high as 150%. Even the corridors of the medical wards are filled with additional beds. Medical staff work hard day and night to take care of the patients. Most of the time, patients are required to discharge instantly once their conditions are stabilized. Due to the excessive demand for medical services, even for patients who need more time to recover, they still have to be discharged and be followed up as outpatients. The above circumstance reminds me of the stroke patients and chronically ill patients. These patients are not allowed to stay long in the hospitals. After being discharged, they suffer from illness or pain due to the lack of rehabilitative treatment.

In light of this, the Haven of Hope has launched the Integrated Rehabilitation Programme which blends Chinese & Western medicine and emphasizes a people-centred model. Our trans-disciplinary rehabilitation team maintains a close communication with the patients in order to tailor-make rehabilitation plans for them. In appreciation of the donation from the Chin's Family Trust, eight patients have started to receive integrated rehabilitation therapies, embarking on the journey of active rehabilitation. In this issue, apart from introducing the distinctive features of this rehabilitation programme, we interviewed two of our service users and their families. They shared their feelings and how the programme has changed their lives. The Haven of Hope all along hopes to integrate our expertise in medical and social services to help the underprivileged, in order to make a difference in their lives. Please continue to support us and together we inject positive energy to the community and transform lives!

Dr Lam Ching-choi, BBS, JP
Chief Executive Officer



兩位都察覺到中風的病例愈來愈多，且有年輕化的跡象。
Samuel and Mr Li agreed that stroke is now more prevalent and growingly common among young adults.



靈實中西醫全方位復康治療

隨著人口老化，慢性疾病如中風、長期痛症在香港愈來愈普遍，今期靈感會為大家介紹近期推出的「靈實中西醫全方位復康治療」，利用中西醫療法幫助病人恢復身體自癒能力，重過新生活。

標榜「中西合璧」的療法在坊間並不罕見，那麼靈實中西醫全方位復康治療有何獨特之處？治療團隊註冊中醫師李萬發解釋：「每種治療手段都有特定的目的，但也有局限，如果治療師和中醫師之間沒有溝通和交流，就難以整合所有治療手段，達至最佳治療效果。」因此，全方位復康治療強調由靈實治療師團隊，包括中醫師、物理治療師、職業治療師及臨床心理學家等為病人度身訂做治療計劃，在肢體活動、心理、意識、語言、吞嚥各方面協助中風及痛症病人復康，而非像一般坊間機構只為病人安排物理治療及/或針灸。現階段，團隊的中醫師會先為病人進行評估，再按病人的肢體能力及精神狀態決定中醫治療及西醫學治療的比例和療程次數。「有些病人因為病情需要，而且體質可以承受，我們會安排較密集的治療，相反，一個八十多歲的中風長者就不適合天天為他進行治療！」

李萬發醫師坦言中醫結合現代醫學治療在國內中醫院很常見，內地的中醫院也設有康復科專科，以「中學為體，西學為用」的方式幫助病人，但這模式在香港未見流行，而靈實今次推出的中西醫全方位復康治療也是一個嶄新的嘗試。

治療團隊職業治療師陳恩賜負責為病人進行山姆療法（自然療法的一種），他解釋：「其實人的身體是由多種體內調節系統掌控，而山姆療法就是揉合多種療法而成的，目的是理順和協調上述多層調節系統。」陳恩賜所指的「多種療法」包括松井孝嘉醫生的頸性肌肉症候群療法、肌膜鬆弛法、阿當氏治療、磯谷力學療法、內臟器官復位法、顱骶骨療法，促進身體的血液循環。根據他的臨床經驗，身體上幾乎一切的毛病都是因為血流供應不足所致，即是血液流通有阻塞，或血流速度過慢，因此山姆療法會透過各種推按、拉扯、扭轉等動作，加速痛症或中風病人身體血液循環。此外，團隊的職業治療師會為中風病人按需要加插「意識訓練」，透過記憶遊戲、數字遊戲，提升認知能力。

兩位都察覺到中風的病例愈來愈多，且有年輕化的跡象，陳恩賜認為多走動、多勞動的生活習慣有助確保血液流通暢順，而一旦不幸中風，李萬發醫師認為樂觀、堅強不屈的性格是痊癒關鍵。

THEME

主題

Haven of Hope Integrated Rehabilitation Programme

As the population is ageing, chronic diseases such as stroke and chronic pain are prevalent in Hong Kong. In this issue, we will introduce the recently launched "Haven of Hope Integrated Rehabilitation Programme". The programme which blends Chinese and Western medical therapies helps patients restore the body self-healing ability and enter a new stage of life.

Therapies integrating Chinese and Western medicine are not rare, but what makes the Haven of Hope Integrated Rehabilitation Programme unique? "Each set of therapy has its own set of goals and limitations. If there is a lack of communication amongst the therapists and the Chinese Medicine practitioner, it will be difficult to integrate different treatments and fail to reach the optimal treatment outcome." Mr Li Man-fat, registered Chinese Medicine practitioner (CMP) of the team explained. As a result, the Integrated Rehabilitation Programme is featured with a team of therapists from the Haven of Hope which includes CMP, physiotherapists, occupational therapists and clinical psychologists etc., to tailor-make treatment plan for patients. While other organizations generally offer patients with physiotherapy and/or acupuncture, our therapy team helps patients who suffer from stroke or chronic pain to rehabilitate in terms of physical mobility, psychology, cognition, verbal ability and swallowing through all-round treatment. Our CMP will first assess the patients and decide the combination of Traditional Chinese Medicine (TCM) treatment and Western therapy treatment, according to patients' physique. "If the patient has the need and his/her body's condition is fit, we will arrange higher frequency treatment for him/her. On the contrary, an 80-year-old stroke patient is not suitable to have treatment every day!"

Mr Li Man-fat, Chinese Medicine practitioner, said that TCM combined with contemporary medical treatment is very common in the Mainland. The TCM hospitals in Mainland China also has rehabilitation specialist service. In devising therapies, the model of "Chinese knowledge as foundation and Western knowledge for use" is applied. However, such model is not that popular in Hong Kong yet. In fact, it is also a brand-new attempt for the Haven of Hope to launch the Integrated Rehabilitation Programme.

Mr Samuel Chan, occupational therapist of the team, is responsible for rendering alternative therapy - Samuel's Protocol to the patients. He explains, "Human body is controlled by many physiological systems. This therapy combines different treatments. Its aim is to achieve the optimal healing effect." The different kinds of treatments mentioned include Cervical Neuromuscular Syndrome Therapy of Dr. Takayoshi Matsui, Myofascial Release Technique, Dorn Therapy, Isogai Dynamic Therapy, Visceral Manipulation, Craniosacral Therapy. All these can enhance blood circulation. According to his clinical experience, body ailments are closely related to a deficiency of blood system, either blockage in or hindrance on the blood circulation or sluggish blood flow. Thus, Samuel's Protocol will utilize different kinds of movements such as pushing and pressing, pulling, rotating etc. in order to enhance the blood circulation of patients.

Both Samuel and Mr Li agreed that stroke is now more prevalent and growingly common among young adults. Samuel thinks it is a good habit to walk more and work out regularly in order to ensure a smooth blood circulation. If suffers from stroke, Mr Li thinks the key to recovery is to remain optimistic and perseverant.



每種治療手段都有特定的目的，治療師及中醫師之間的溝通和交流有助達至最佳治療效果。
Each set of therapy has its own set of goals and limitations. Communication amongst therapists and CMP can bring about the optimal treatment outcome.



方先生希望太太終有一天，可以再次說話。
Mr Fong hopes his wife will speak again one day.



溫先生陪伴太太接受治療，並與治療師交流太太的情況。
Mr Wan accompanied his wife to therapy and shared her condition with the therapist.



THEME

主題

錢氏家族基金捐助 帶來盼望的復康治療

承蒙錢氏家族基金的捐助，經濟有困難的長期病患者及中風病人現可申請資助參加靈實中西醫全方位復康治療。錢氏家族基金於1995年成立。為秉承錢博士熱心公益的精神，並完成其志願，基金信託人從基金捐款以幫助有需要人士，及資助學生進行學術研究。經評估及審查後，至今已將有8人正接受靈實中西醫全方位復康治療，方太及溫太是其中兩位受惠病人。

方太今年59歲，中風前是一名家庭主婦，2014年，她的腦幹發現腫瘤，由於腫瘤體積大，壓著神經線，必須進行切除手術，無奈手術後緊隨的一大堆後遺症。「醫生有解釋過會出現後遺症，以為可能是行動不便，要拿拐杖，但未想過情況那樣差，現在不能夠溝通、不能吞嚥，要人照顧。」丈夫方生描述太太的情況。

住院一年後，醫生認為方太的情況「已經沒有甚麼可以做」，於是要求她辦理出院手續。當時方生非常徬徨，一方面因為太太未滿60歲，要申請入住長者院舍有限制，另一方面也承受著經濟壓力。「我們想過接她回家，但真的照顧不了，需要高度護理。」幸好，方太後來安排入住院舍，照顧壓力是舒緩了，但方生和女兒仍要學習適應，尤其當大家不能用言語溝通，難以明白方太的需要時，的確會容易發脾氣。

由於院舍只提供基本護理和住宿照顧，方太的妹妹上網找尋了一些中風治療方法，縱然經濟壓力沉重，家人仍然堅持讓她接受一星期一次針灸治療。直到方太妹妹知道靈實有提供中西醫全方位復康治療，且有基金資助，就立即讓方太嘗試。方生指以前要到一個地方做復康運動，到另一個地方進行針灸治療，治療師之間沒有溝通；相反，靈實的中西醫復康治療較「細緻」，職業治療師和中醫師之間會討論病人情況，跟家人交代病人的進度，提醒家人當病人回家後要注意甚麼，如何觀察病人的身體變化等，令他感覺「好好」。方生都知道針灸治療不能一蹴而就，但看見太太手腳可輕微轉動，他都希望終有一天，她可以再次說話。

除了身體上的復元外，另一位參加者溫太表示，接受治療更為她帶來康復的動力：「看到其他人如此落力幫助我，我也不能怠慢，會多嘗試多活動四肢，促進復元」。

溫太在去年2月中風，導致半邊身癱瘓，需要長期臥床，丈夫溫先生於是辭掉工作，照顧太太。這對沒有相關知識和資源的他來說，一點不容易，他憶述：「剛出院時，她的手腳好像假的一樣，不能活動，只感覺到痛楚。她整天臥在床上，甚麼都做不到，哪裡都去不了」。

現在，溫太每星期都會來到靈實中西醫全方位復康治療東九龍中心接受治療，亦會到其他日間中心做運動；在家中，即使臥床，她也積極嘗試活動。在治療師協助下，她已經能夠坐著，手腳也能稍微活動。

如對計劃有任何查詢，歡迎致電2703 2073。

Rehabilitation Therapy which Brings Hope

Thanks to the donation from the Chin's Family Trust, the chronically ill patients and stroke patients with financial difficulties can now apply for subsidy to join the Haven of Hope Integrated Rehabilitation Programme. The Chin's Family Trust was set up in 1995 by Dr Chin Ping-chuen. In fulfilling Dr Chin's philanthropist spirit and his wishes. The Trustee donated funds from the Trust to help the needy as well as assist students to pursue academic research. Upon screening, a total of eight patients are now receiving the therapy. Mrs Fong and Mrs Wan are two of them.

Mrs Fong aged 59 was a housewife before she had stroke. In 2014, Mrs Fong was diagnosed with brain stem tumor. Sadly, a series of side effects have appeared after the surgery. "The doctor did explain the possible occurrence of side effects. However, I never expect things would be that worse. She needs attentive care as she isn't able to communicate and swallow now." Mr Fong talked about his wife's situation.

After staying in the hospital for a year, the doctors requested Mrs Fong to discharge as there was not much they could do with her condition. Mr Fong was very worried at that time as he was having heavy financial burden. "We did think of sending her back home, but it was impossible for us to render intensive care for her." Mrs Fong was later admitted to a care and attention home. Yet, she isn't able to speak at all. At times, Mr Fong and his daughter may lose temper when they fail to understand her needs.

The home only provides basic treatment and residential care. Mrs Fong's younger sister therefore went online in search for some information about stroke therapy. It was only later that she realized that HOHCS provides Integrated Rehabilitation Programme. Without hesitation, the family let her try the treatment. Mr Fong pointed out that having the rehabilitation treatment and acupuncture therapy in separate places led to a lack of communication between therapists. In contrast, this Integrated Rehabilitation Programme is far more thoughtful. The occupational therapists and Chinese medicine practitioners will discuss the conditions of patients. They will also talk to families about the patients' progress and remind families what to pay attention to when patients return home. Mr Fong was deeply impressed. He understands that his wife wouldn't be able to recover instantly through acupuncture as it takes time. However, seeing his wife's hands and legs being able to move now brings him hope and he hopes she could speak again one day.

Apart from physical recovery, Mrs Wan, another programme participant expressed that the therapy motivates her to try harder. "Others are working hard to help me. I will try to move my limbs more often in order to enhance my recovery progress."

Mrs Wan suffered from stroke in last February and one side of her body has been paralyzed since then. She is in bed rest and her husband quitted his job to take care of her. It wasn't easy for him, as he had no knowledge and resources in taking care of stroke patient. "When she was just discharged from hospital, her limbs were like prosthetic ones. She needed to stay in bed all day and couldn't do anything or go anywhere." He recalled.

Now, Mrs Wan goes to Integrated Rehabilitation Programme (East Kowloon Centre) to receive therapy every week. She also goes to another day care centre for exercise. Even though she is lying in bed, she tries out different rehabilitation exercise proactively. With the help of the therapists, she is now able to sit, stand for a while and her limbs can move.

For enquiries about the programme, please call 2703 2073.



錢氏家族基金致力支持靈實的服務，圖為基金捐助靈實胡平頤養院房間揭幕儀式。
The Chin's Family Trust is keen on supporting HOHCS's services. The photo above is the plaque unveiling ceremony of the Chin's Family Trust's donation in Haven of Hope Woo Ping Care and Attention Home.



護士會密切注意長者的情況，為長者進行膀胱掃描，整個監察過程需維持至少一個月，直至情況理想。

Nurses will pay special attention to the elder and conduct bladder scan for them. The procedure would last for at least a month to achieve a satisfactory result.



靈實胡平頤養院 —— 所致力推動長者復康、居家安老的院舍

居家安老是很多長者的心願，過去幾年，靈實胡平頤養院在院舍中推行一項長者復康試驗計劃。通過篩選及評估，院舍會揀選合適的長者進行緊密的訓練，加強傷口及痛症管理、吞嚥訓練及如廁訓練等。我們希望加強他們的獨立能力，幫助他們盡快復康，回家休養。

靈實胡平頤養院的跨專業護理團隊包括老人科醫生、護士、健康服務員、物理治療師、職業治療師、社工及院牧。團隊為院友度身訂做個人照顧計劃，安排最合適的治療。

舉例，有些長者入住院舍前需要安置導尿管，護士會全面評估他們是否適合拔除。如決定拔除，長者每次排尿後也會進行膀胱掃描，檢查膀胱未排走的尿量。護士會密切注意長者的情況，在首三天每天進行六次膀胱掃描，其後三天每天三次，之後一星期每天一次，再之後兩星期每星期一次。整個監察過程需維持至少一個月，直至情況理想，否則長者需要重新安置導尿管。此外，護理人員也會為他們進行如廁訓練，包括定時每四小時協助他們如廁，直至完成拔除導尿管計劃。

靈實一直以「尊重生命·改變生命」的精神服侍長者，雖然面對重重挑戰，我們的團隊仍然堅持協助身體狀況良好且合適的長者拔除導尿管，因為此舉不但能加速長者身體復康的進程，更有助他們回復良好的儀容外表，重拾尊嚴和自信。此外，也方便家人攜同長者外出，藉此提升他們的四肢活動能力，減慢衰退，使長者復康、居家安老再不是遙不可及的事。由2015年1月至2016年3月，院舍為長者拔除導尿管的成功率達44%，助長者重過優質生活。

FEATURE

專題

Haven of Hope Woo Ping Care and Attention Home – an Elderly Home for Active Rehabilitation and Preparation to Age-in-place in Community

Most elders prefer 'aging in place' and stay in familiar environment. In the past, Haven of Hope Woo Ping Care and Attention Home (WPH) has run a trial geriatric rehabilitation programme for our elderly residents. Upon screening and assessment, intensive physical training, active pain and wound management as well as swallowing and toilet training, etc. will be rendered to those potential elders. By this, we empower them to regain independency as much as possible so that one day, they can go back home after active rehabilitation.

To make active rehabilitation care at WPH possible, a strong trans-disciplinary professional care team including geriatricians, nurses, health care workers, physiotherapists, occupational therapists, social workers and chaplains has been formed to tailor-make individual care plan for the elderlies.

For example, when an elder is having an indwelling urinary catheter at admission to WPH, thorough assessment will be done to identify the possibility of weaning off. If we proceed to remove the urinary catheter, bladder scan will be done immediately every time after urination so as to obtain an accurate result of residual urine in bladder. Nurses will pay special and close attention to the elder and conduct bladder scan about 6 times per day for first 3 days, 3 times per day for another 3 days, once a day for a week, then once weekly for two weeks afterwards. The procedure would last for at least a month to achieve a satisfactory result. Otherwise, urinary catheter has to be re-inserted and try again. Toilet training will be arranged for the elderly every day. This includes assisting elders to toilet for urination at least every 4 hours until the whole process of weaning off of urinary catheter is found to have completed successfully.

HOHCS serves elders in the spirit of "Respecting Life-Impacting life". Even though our team has encountered numerous obstacles, we still insist on helping suitable elders to remove the urinary catheter. This is because we believe that weaning off the urinary catheter upon active rehabilitation will contribute to the delay in deconditioning. It also helps build the self-esteem of the elderly residents. Without tubing on the body, the normal appearance will help restore their dignity. Limitation on joining activities due to body tubing will also be reduced greatly. It also helps increase their lower limb mobility, walking ability and self-care ability. From Jan 2015 to March 2016, it was recorded that amongst the elders who carry indwelling urinary catheter, 44% of them successfully discontinued using urinary catheter and regained a quality old age life.



院舍會揀選合適的長者進行緊密的訓練，加強他們的獨立能力，幫助他們盡快復康，回家休養。

Upon screening and assessment, intensive training will be rendered to those potential elders to empower them to regain independency as much as possible so that one day, they can go back home after active rehabilitation.

RESPECTING LIFE BLOG

尊重生命BLOG

靈實坑口護理院 Haven of Hope Hang Hau Care & Attention Home for Severely Disabled



院友認真地運用色彩在樹葉上創作，表達對感恩節的歡愉。
Residents drew colorful paintings on leaves to express their joy on the Thanksgiving Day.

治療師陪同院友到超級市場，透過鼓勵院友參與購物流程作現實導向訓練。
As a reality orientation training, resident shopped with therapist in supermarket.



福音事工 Evangelic Work



院牧事工組舉辦「祝福星期五」關懷員工活動，邀得陳健生醫生分享「荒原與高速公路相會」使命及角色的尋索與實踐，與靈實醫院同工互勵互勉。靈實醫院同工一起製作「祝福小手作」，把祝福傳開。

Chaplaincy Unit organized the "Blessing Friday" care for staff programme. Dr Chan Kin-sang of Haven of Hope Hospital was invited to share his own experience which gave inspiration and encouragement to other colleagues. Some staff made their own "blessing handicraft" to spread the blessings to others.



靈實社區健康服務 Haven of Hope Community Health Service



「童享故事樂」共讀計劃在社區投資共享基金贊助及各地區夥伴支持下已完滿結束。在義工嘉許禮上，參與家庭與義工一起玩遊戲和跳舞，感謝他們的付出及努力。

With the support of Community Investment and Inclusion Fund and our community partners, "Nurturing Children with Story & Game – Community Inclusion Project for New Arrivals" programme was completed with success.

靈實將軍澳及西貢地區支援中心 Haven of Hope Tseung Kwan O and Sai Kung District Support Centre

「攝出善影」活動的會員協助擔任義工，為其他中心會員及家屬留情影。

Member of photography class volunteered in an event to capture the precious moments of service users and their family.



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



服務使用者透過園藝種植，並利用農作物制作不同環保手作產品，以「綠業環保」作為中心發展方向。

Echoing the "eco-friendly" strategic direction of the centre, service users learned horticulture and made use of farm produce to make handicrafts.

靈實司務道寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre



院友在寧養院接受洗禮，親友同來道賀，分享喜悅。
Elderly was baptized in the centre. Her family and friends came to congratulate and share this joyful moment.



表達藝術治療師利用表情符號請院友分享感受。
Expressive art therapist invited elderly to express his feelings using emoticons.

靈實恩光學校 Haven of Hope Sunnyside School



樂印姊妹與義務工作發展局義工到靈實恩光學校，出席「無私奉獻」行義活動。
The pop group SiS Lok's and volunteers from Agency of Volunteer Services came to the school to attend a service event of integrating the abled and the differently abled.



一眾嘉賓主持別開生面的啟動禮，為靈實恩光學校35周年感恩崇拜暨開放日揭開序幕。
The guests hosted a remarkable opening for Haven of Hope Sunnyside School 35th Anniversary Thanksgiving Worship cum Open Day.

靈實胡平頤養院 Haven of Hope Woo Ping Care and Attention Home



院友親手栽種植物，細心觀察它成長改變。
Elderly meticulously grew their plants and observed its growth day by day.



父親節時，院友一起吃自製蛋撻，撻著愛！
On Father's Day, elderly enjoyed egg tarts together and shared love.

YOU CAN CHANGE THE WORLD

2017靈實耆樂餅 X 小柴犬@柴犬工房

「小時候有家人居於將軍澳，我經常都會問那綠油油的山頭是哪兒呢！」這是阿Wing與靈實結緣的開始。阿Wing和DC是「柴犬工房」的創作人，所設計的兩隻小柴犬SHIBE和DD今年將會一起宣傳靈實耆樂餅，發放正能量。談到合作的契機，她指出，成立「柴犬工房」其中一個重要的目的就是利用小柴犬喜愛助人的形象，鼓勵大家幫助有需要的人。當她知道耆樂餅慈善義賣已經舉行了廿二年，且一直扶助貧窮、生活有困難的長者，她就二話不說要和靈實合作。

細問下，原來她與靈實的故事未完結，2015年，她老爺因手術後出現併發症，轉送到靈實醫院休養，當時她每星期都會到醫院探望，靈實給她的感覺是很清幽、空氣好，最重要的是醫護人員非常親切。「我老爺手術後，一直都是要插喉，輸送營養液，姑娘會走過來叫『伯伯加油』，給予我們希望，很貼心。」她特別為今次耆樂餅的設計注入了關心、關愛的元素，由兩隻可愛的小柴犬駕駛別具香港特色的「雪糕車」和「帆船」，一起關懷長者，愛護社區。

今年耆樂餅的籌款目標是港幣\$150萬，設有普通裝，包括「柴犬工房」SHIBE & DD精美儲物袋1個，內附奇華迷你合桃酥3件及“Dilmah”精選茶包乙件，售價為港幣\$25，有紅、黃、藍三種顏色以供選擇。另有禮盒裝，包括「柴犬工房」SHIBE & DD精美禮盒1盒，內附奇華迷你合桃酥20件及「貴茶」精選茶包三件，售價為港幣\$120。



您的支持帶來改變

Haven of Hope Qile Cake 2017 crossovers with Shiba@SHIBAinc

“When I was small, my family members lived in Tseung Kwan O. At that time, I often asked what occupied that piece of lavish green hillside.” This was how Wing connected with the Haven of Hope. Wing and DC are the founders of “SHIBAinc”. Shibe and DD which are the two Shibas designed by Wing will help promote Qile Cake and inject positive energy to the society. When it comes to the collaboration, she pointed out that one of the reasons why she established “SHIBAinc” is to make good use of the optimistic character of Shibas to encourage people to help those in need.

In fact, Wing's story with the Haven of Hope has not ended. In 2015, her father-in-law suffered from complications after surgery. He was admitted to Haven of Hope Hospital for recovery. During that time, Wing visited him every week. To her, the Haven of Hope is a tranquil place with refreshing air. Most of all, she was deeply impressed by the caring and courteous medical staff. “After surgery, my father-in-law needed intubation for transmission of nutrient fluid. Nurses would come over to cheer him up, giving us hope and heartwarming care.” Wing incorporates the elements of care and love into the Qile Cake design this year. To incorporate Hong Kong local culture, two Shibas will be driving “Ice cream truck” and sailing a “yacht”. The Shibas will join us in caring for the elders and the community.

Qile Cake aims to raise HK\$1.5million. This year there are Regular Packs (with a SHIBE & DD storage bag, 3 Kee Wah mini walnut cookies and a “Dilmah” teabag, HK\$25 each) and there are three colour - red, yellow and blue for choices. The Deluxe Pack is also available, (with a SHIBE & DD gift box, 20 Kee Wah mini walnut cookies and 3 selected Gui Tea teabags, HK\$120 each).



靈實耆樂餅訂購 / 捐餅 / 捐款表格 Cake Order / Cake Donation / Donation Form

請以正楷填寫下列表格，並在適當的方格加上「」號。*請刪去不適用者
Please fill in the form in BLOCK letters and “” the appropriate boxes. Delete wherever applicable

姓名 Name : _____ 先生 / 太太 / 小姐 Mr/Mrs/Miss
聯絡電話 Contact No : _____
電郵 Email : _____
地址 Address : _____
收據抬頭 Name on receipt : _____



	義賣價 Charity Price	訂購數量 Cake Order	捐餅數量 Cake Donation	總數量 Total Quantity	合共 Sub-total
耆樂餅普通裝 “Qile” Cake Regular Pack 包括「柴犬工房」柴犬Shibe & DD精美儲物袋乙個，內附奇華迷你合桃酥3件及“Dilmah”精選茶包乙件 With 3 pieces of Kee Wah Mini Walnut Cookies and a pack of “Dilmah” Selected Tea Blend in a “ShibaInc” Multi-purpose Bag	HK\$ 25	袋/pack(s)	袋/pack(s)	袋/pack(s)	HK\$
耆樂餅禮盒裝 “Qile” Cake Deluxe Pack 包括「柴犬工房」柴犬Shibe & DD精美禮盒乙盒，內附奇華迷你合桃酥20件及「貴茶」精選茶包3件 With 20 pieces of Kee Wah Mini Walnut Cookies and 3 pieces of “GuiTea” Selected Tea Blend in a “ShibaInc” Premium Box	HK\$ 120	盒/box(es)	盒/box(es)	盒/box(es)	HK\$
				總額 Total	HK\$

訂餅 Cake Order

取餅方法 Collection Method : 自行到本協會領取 Pick up myself
 郵寄餅券 Cake Redemption Coupon (可於公開義賣日指定攤位換領 Can be redeemed at designated counter during Open Sale)
訂購收據 Require Cake Order Receipt* : 需要Yes 不需要No *註Remarks: 訂餅收據不能作減稅之用 Cake order receipt cannot be used for tax deduction.
送貨地址 Delivery address (送貨服務只適用於訂購滿HK\$2,000以上或自付郵費者 Delivery service only applicable to order over \$2,000 or cake delivery service requested with additional delivery charges incurred) : _____

收貨人Name of Recipient : _____ 電話 Contact No.: _____

捐餅 Cake Donation

本人 / 本機構樂意捐贈 _____ 袋普通裝靈實耆樂餅(每袋\$25)及 _____ 盒禮盒裝靈實耆樂餅(每盒\$120)，共港幣\$_____。
I / My organisation would like to donate _____ pack(s) of Qile cake in Regular Pack and _____ box(es) of Qile cake in Deluxe Pack.
The total amount is HK\$_____。
捐餅收據 Require Cake Donation Receipt : 需要Yes 不需要No
捐餅收據抬頭¹ Name of recipient on donation receipt: _____
 請代本人 / 本機構將耆樂餅捐贈給以下指定團體 (捐贈HK\$2,000或以上)
Please donate the cakes to the singleton elderly or elderly at elderly homes on my behalf /my organization's behalf (donation of HK\$2000 or above). :

機構名稱 Name of Organization : _____
地址 Address : _____

*捐贈HK\$2,000以下將由本會自行安排送予靈實轄下長者中心或院舍
For donation of less than HK\$2,000, we will deliver the cakes to HOHCS's service units.

捐款或贊助 Donation or Sponsorship

本人 / 本機構樂意支持靈實長者服務，並願意捐助港幣
I / My organization would like to support the elderly service of Haven of Hope Christian Service, and donate (in HK\$) :
 \$20,000 \$2,000 \$1,000 \$500 其他Others _____
捐款收據 Require Cake Donation Receipt : 需要Yes 不需要No
捐款收據抬頭¹ Name of recipient on donation receipt: _____

付款方法 Donation/ Payment Method :

劃線支票¹ (祈付「基督教靈實協會」) Crossed cheque¹: (Payable to “Haven of Hope Christian Service”)
 直接存入戶口¹ Direct Deposit : Bank of China Account 中國銀行戶口 : 012-874-0-012319-5
 信用卡 Credit Card (請將填妥之表格直接傳真至 2702 8173 Please fill in the form and fax via 2702 8173)
 Visa Master AE
持咭人姓名 Cardholder Name : _____ 信用卡號碼 Card Account No : _____
有效期至 Card Valid Until : _____ 持咭人簽署 Authorized Signature : _____

備註Remarks : 1. 請將支票或銀行入數收據及已填妥的表格一併寄回新界將軍澳靈實路7號基督教靈實協會傳訊及籌募部
Please send cheques or deposit slips together with this form to “Communications and Resource Development Department, Haven of Hope Christian Service, 7 Haven of Hope Road, Tseung Kwan O, New Territories, Hong Kong”
2. 捐款/捐餅港幣HK\$100或以上，將獲發減稅收據。Tax deductible receipt will be given to donation/ cake donation of HK\$100.



來到人生下半場，史提芬希望使用他喜愛的足球，幫助有需要的人。

Stepping into the latter half of his life, Steven hopes to help those who are in need through soccer.



車路士足球學校（香港）不但培育出足球健將，更熱心公益。

ChelseaFC Soccer School (Hong Kong) not only trains soccer elites, but also commits to philanthropy.



改變生命的教練－訓練「100分」的學員

「我們五兄弟，全部自小就跟爸爸一起踢足球，自己都曾經踢過乙組足球聯賽，後來有全職工作，但也不時與同事組隊踢波，其實我爸爸都曾經代表香港出賽，現在除了弟弟山度士，另外一個弟弟都在足球學校工作。」車路士足球學校（香港）主教練史提芬·山度士細說他和他一家與足球結下的不解之緣。

他解釋，足球是一項講求團隊合作的運動，球場上每個球員都有機會幫助隊友，也有機會接受隊友的幫助，所以他毫不吝嗇對有需要的人伸出援手。來到人生下半場，史提芬希望使用他喜愛的足球，幫助有需要的人，所以就加入足校，自上年9月開始義教靈實將軍澳及西貢地區支援中心及靈實創毅中心足球班。

足球班的學員都是智障人士或精神病復康者，居住在將軍澳及東九龍區，由於區內足球場地供應有限，跨區上課對學員來說不是易事，原定每週一次的足球班，每月大多只辦到三次。即使能順利開班，學員亦可能因身體狀況而未能出席。縱然如此，史提芬也樂意教導他們，只因為他知道「這讓他們很快樂」。

有別於一般的足球班，訓練學員的足球技巧是其次，最重要的是鼓勵他們接觸社區，多做運動，強健體魄。因此，史提芬學會觀察和配合他們的能力和興趣，不斷調整教學模式，使他們享受其中。例如，學員喜歡比賽，他就以比賽為推動力，鼓勵他們勤做訓練。

經過差不多一年的相處，史提芬和學員建立了珍貴的友誼。球場上，史提芬不再用哨子，而是多做示範，讓學員自己嘗試帶領隊友。他說：「做到與否也不要緊，他們願意嘗試已經是一百分了。」球場外，他們愛談「波經」，聊聊喜歡的球隊，說說昨晚的球賽，有說有笑。

除了智障人士，史提芬更希望教授長者、夜青、孤兒等群體。他相信，足球能體現人與人之間彼此接納，從而幫助人找回自己的價值，改變生命。

IMPACTING LIFE STORY

The coach who transforms lives and trains top notch students

"I have four brothers and we all played soccer with our dad at a very young age. I had once been playing in the Hong Kong Second Division League. Later on, when I had a full-time job, I still played soccer with my colleagues regularly. Actually, my dad had represented Hong Kong to compete in soccer matches. At present, apart from my younger brother Leslie Santos, another younger brother also works in soccer school." Steven Santos, Head coach of ChelseaFC Soccer School (Hong Kong) shared in detail how he and his family tie up with soccer.

He explained that soccer was a kind of sports which required teamwork. In the field, all players have the chance to help other teammates or get help from teammates. Thus, he likes to offer generous help to those in need. Stepping into the latter half of his life, Steven hopes to help those who are in need through soccer. As a result, he joined the Soccer School. Since last September, he has been the volunteer soccer coach of Haven of Hope Tseung Kwan O and Sai Kung District Support Centre as well as Haven of Hope Integrated Vocational Rehabilitation Services Centre.

All students from the soccer classes are mentally disabled or ex-mentally ill persons who reside in Tseung Kwan O or East Kowloon Districts. As there are limited soccer fields in the community, having classes across districts is certainly not easy for the students. The soccer class is supposed to be held weekly, but due to the limitations, it could only be held around 3 times a month. Even though the classes can be held smoothly, some students may not be able to attend due to health conditions. Nonetheless, Steven is still delighted to teach them because deep down he is convinced that soccer lessons bring them joy.

Different from typical soccer classes, training football techniques isn't of top priority. The most important thing is to encourage students to get in touch with the community and exercise more in order to strengthen their body. Steven will try to observe them and teach according to their abilities and interests. He continuously

改變生命的故事

adjusts his coaching methods in order to allow students to enjoy the lessons. If the students enjoy competition, he will make good use of matches to motivate them and drive them to do more training.

After spending time together for almost a year, precious friendships are established between Steven and his students. Steven no longer uses his whistle. Instead, he makes good use of demonstration, encouraging the students to lead their teammates. "It doesn't matter whether they achieve the task or not. As long as they are willing to try, they have scored full marks in my heart." he said. Off the field, they enjoy chatting about everything related to soccer, the soccer team they like, the recent matches, etc.

Apart from the mentally disabled, Steven also hopes to coach the needy such as elderly, young night drifters, orphans etc. He believes that soccer can bring forth acceptance among people, so as to help people in search of their own value and eventually transform lives.



史提芬透過親身示範，讓學員自己嘗試帶領隊友。

Making good use of demonstration, Steven encourages his students to lead their teammates.



阿婷希望以營養師專業服務基層市民
Heidi's mission is to serve the less well-off by her profession as a dietitian.



面對疾病年輕化，我們應該持守食物金字塔的飲食法則。
To eat following the food pyramid is a means to combat the prevalence of diabetes and hypertension among young adults.



喜愛服務社區的營養師

近年，我們不時都可以從報章專欄、電視或電台節目中看見營養師的蹤影，他們多是以專業健美的形象，向廣大市民推廣健康飲食和有「營」煮食方法，甚至有營養師成立了自家食物品牌，銷售有機食物。靈實一向著重跨專業合作，服務團隊中亦包括註冊營養師，今期「一行一故事」邀請了「病人自強計劃」註冊營養師梁皓婷介紹一下她的專業。

要成為註冊營養師，第一是在香港就讀營養科學學士課程，然後到海外深造認可的註冊營養科學碩士課程；第二是在香港完成營養科學學士課程後，再在香港進修兩年制營養學深造文憑；第三是直接到海外就讀註冊營養科學學士課程。梁皓婷是以第三種途徑晉身註冊營養師的行列，在修讀課程中，她需要完成社區實習，也因此對服務基層市民產生興趣。她指：「在靈實工作了三年，跟之前在私人機構工作很不同，靈實服務是以人為本，為病人著想，一班同事目標一致，工作氣氛好，做起事上來事半功倍。」

梁皓婷是「病人自強計劃」團隊的一分子，與社工及護士合作，幫助醫院管理局轄下醫院及衛生署轄下診所轉介的病人建立健康生活。由於計劃的參加者都患有高血壓或糖尿病，營養師的角色就是指導他們適當攝取營養、學習健康煮食方法，辨別坊間營養資訊，重拾健康。她會以小組形式，加入遊戲、分享環節，引起病人的興趣，鼓勵組員之間彼此勉勵。為了進一步幫助病人，她現正進修「體適能教練」課程，她笑言修讀期間都特別加緊訓練，為病人建立好榜樣。

她認為一般營養師都較注重健康，也喜歡烹飪，而她中學時期已經留學澳洲，由於在外租住房子，一日三餐都由自己一人包辦。她很著重每餐的營養攝取，直至現在全職工作，每天中午需外勤，她都繼續奉行三個原則：多蒸焗；少肥肉、加工肉；少茨汁。她認為：「病人自強計劃的參加者有些只有三十來歲，千萬不要以為年輕就可以放肆飲食，都市人要減壓可以有很多方法。」她鼓勵大家維持正常身體質量指數 (BMI)，多做運動，尤其是群體運動，如參加跳舞班，互相鼓勵，建立健康有營的生活。

TELL US YOUR STORY

一行一故事

The dietitian who enjoys serving the community

In recent years, we can easily find traces of dietitians from newspaper columns, television to radio programmes. Most of them present themselves in a professional yet healthy and beautiful image. With such positive image, they promote healthy diet as well as healthy cooking methods. Some dietitians even founded their own food brand, selling organic products. The Haven of Hope always emphasizes the importance of trans-disciplinary collaboration. There are registered dietitians in our service team. This time, Heidi Leung, registered dietitian of "Patient Empowerment Programme" will let us know more about her profession.

Heidi explained there is a registration system for dietitians. There are three ways for registration. The first method is to enroll in Bachelor courses in Food and Nutritional Sciences in Hong Kong and go overseas to further study in recognized Master courses in Food and Nutritional Sciences. Second, is to complete Bachelor courses in Food and Nutritional Sciences in Hong Kong and progress into another two years of Postgraduate Diploma in Dietetics in Hong Kong. Third, is to enroll in registered Bachelor courses in Food and Nutritional Sciences in overseas. Heidi joins as registered dietitian through the third channel. During her study, she had to complete the community internship and hereafter she had developed great interest to serve the less well-off. "After serving in the Haven of Hope for three years, I find working here is very different from working in the private sector. The the Haven of Hope puts their service users in priority and takes their patients' interests into consideration. All of my colleagues work towards the same goal with a very good morale. Thus, we are more productive and efficient." Heidi said.

In the "Patient Empowerment Programme", Heidi collaborates with social workers and nurses, helping patients referred by hospitals under the Hospital Authority and clinics under the Department of Health to build a healthy lifestyle. As the participants of the programme either suffer from high blood pressure or diabetes, the roles of dietitians are to restore their health by teaching them tips for healthy diet, healthy cooking methods and

the way to choose the right nutrition information in community. In the form of small groups, she will incorporate games and sharing sessions in order to arouse the patients' interests. Besides, she also motivates group members to encourage one another. In the hopes of further helping the patients, Heidi is now enrolling in "Fitness and Sports Coaching" courses. She said she pushed herself to have intensive training during her study, so that she could become a role model for her patients.

Heidi thinks dietitians in general are more concerned with their health and also enjoy cooking. She studied high school in Australia. At that time, she lived in a rented apartment and had to cook three meals a day. To her, intaking the right amount of nutrients from each meal is very important. Even she is working full time now and has to work outside the office every afternoon, she still abides by the three rules. The three rules are using more steaming and boiling method in cooking; less fat, less processed meat; and less sauce. "Some of the participants of Patient Empowerment Programme are only in their thirties. Even at a young age, one should never eat an unbalanced diet and should bear in mind there are many other ways to reduce stress apart from overeating." Heidi asserted. She encourages all of us to maintain a normal BMI and exercise more especially by doing team sports, like joining dance class so to build a healthy lifestyle.



「2016靈實築動生命慈善跑」活動照
Haven of Hope Charity Run 2016 Event Photos



WHAT'S NEW

最新消息

2018靈實築動生命慈善跑

不經不覺，「靈實築動生命慈善跑」已經是第三屆舉行，今年我們將於2018年1月13日（星期六）假將軍澳海濱長廊舉行，為靈實十年基建發展計劃籌募經費。今年組別分為10公里個人賽、10公里團體賽、3公里團體賽、3公里企業賽及3公里慈善行等。誠邀您一齊參與，身體力行為靈實及社區發展出一分力。

活動詳情如下：

日期： 2018年1月13日（星期六）

時間： 8:15am (3公里賽事)

8:45am (10公里賽事)

10:00am (3公里慈善行)

地點： 將軍澳海濱長廊

截止日期：12月22日（10月31日前報名，可享8折優惠，企業組別 [3公里賽事及3公里慈善行] 除外）

請瀏覽www.hohcs.org.hk 或致電2703 3378 (卓小姐) / 2703 3236 (陳先生) 查詢詳情。

Haven of Hope Charity Run 2018

For its third time, Haven of Hope Charity Run will be held on 13 January 2018 (Saturday) at Tseung Kwan O Waterfront Promenade to raise fund for the Haven Project. This year, the event is divided into 10 km Individual Race, 10km Team Race, 3km Team Race, 3km Corporate Race and 3km charity walk. You are cordially invited to take part in the event, for the Haven of Hope and community development.

Event details:

Date: 13 January 2018 (Saturday)

Time: 8:15am (3km Charity Run)

8:45am (10km Charity Run)

10:00am (3km Charity Walk)

Venue: Tseung Kwan O Waterfront Promenade

Enrolment deadline: 22 Dec 2017 (20% discount for enrolment before 31 Oct, except Corporate teams [3km Charity Run & 3km Charity Walk])

Please visit www.hohcs.org.hk or call 2703 3378 (Ms Cheuk) / 2703 3236 (Mr Chan) for further information.

2017 清水灣慈善高爾夫球賽

香港體弱長者或晚晴院友的需要日增，而現時在院舍居住的長者在身體狀況轉差時，會被送往公立醫院急症室，接受急救及一般治理。他們大部分因病床不足而被勸喻提早出院，出院後因未能獲得適切的復康護理，很快又再進入急症病房，就像「人球」，在院舍及醫院之間進進出出，是謂「旋轉門症候群」(Revolving Door Syndrome)。此情況在香港十分普遍。有見及此，靈實司務道寧養院於2012年推行「慈惠病床」計劃，為經濟有困難的晚期院友提供援助。去年「2016清水灣慈善高爾夫球賽」為靈實司務道寧養院(慈惠病床)籌得港幣約七十萬元經費。我們期望此補助計劃在將來能增加更多病床，受惠對象能延伸至其他院舍。

2017清水灣慈善高爾夫球賽詳情如下：

日期： 2017年11月29日

時間： 上午11時至晚上9時（包括午宴、高球賽及晚宴）

地點： 清水灣鄉村俱樂部

捐款收費：每位HK\$5,500元

The Clearwater Bay Charity Pro-AM Golf Tournament 2017

The needs of frail elders and late-stage patients are increasing day by day. Most elders who reside in elderly homes will be transferred to public hospital emergency rooms for first aid or general treatment whenever their health conditions deteriorate. Due to the bed shortage in public hospitals, patients are often encouraged to be discharged once their conditions get better. As there is a lack of attentive rehabilitation care, very soon they have to be re-admitted to emergency rooms. The frail elders are therefore in and out between elderly homes and hospitals. This phenomenon is very common in Hong Kong and is being called "Revolving Door Syndrome". In light of this, Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) has launched the "Relief and Charity Bed Programme" since 2012, in order to help those late-stage patients with financial difficulties. The Clearwater Bay Charity Golf Tournament of last year had raised HK\$0.7 million for the "Relief and Charity Bed Programme" of SASHCC. We sincerely hope this subsidized programme will have an increase of beds to allow us to extend our services to other elderly homes.

The Clearwater Bay Charity Golf Tournament 2017:

Date: 29 November 2017

Time: 11:00am – 9:00pm (including lunch, golf tournament and dinner banquet)

Venue: The Clearwater Bay Golf and Country Club

Donation enrolment fee: HK\$5,500



2017靈實·錦昇輝劇團慈善粵劇演出劇照
Performance photo of Haven of Hope X Kam Sing Fai Cantonese Opera Charity Performance 2017

2018靈實·錦昇輝劇團慈善粵劇演出

多年來，靈實致力為社會上有需要人士提供優質的醫療和社區服務。我們明白晚期病人往往身體承受著極大的痛苦，內心亦充滿苦痛、恐懼和憂慮。為此，靈實為晚期病人提供非政府資助的紓緩治療服務，讓他們按照自己的意願，有尊嚴並安詳地走完人生最後的路程。

今年，靈實與錦昇輝劇團合作，舉行兩場慈善粵劇演出，門票銷情非常理想，更獲得各界一致讚賞。2018年首季，靈實將與錦昇輝劇團再度合作，透過粵劇演出，宣揚靈實「尊重生命·改變生命」的精神。

有關演出的舉辦日期及場地等相關資料，敬請密切留意靈實網站的最新消息。

Haven of Hope X Kam Sing Fai Cantonese Opera Charity Performance 2018

Over the years, the Haven of Hope is dedicated in providing quality medical and social services for those in need. We truly understand that late-stage patients who suffer from incurable disease are physically bearing great pain and agony; deep down they are also filled with anguish, fear and worries. Hence, the Haven of Hope is providing non-government subvented palliative care services for late-stage patients, allowing them to follow their wishes, walking their last journey with peace and dignity.

This year, the Haven of Hope collaborated with Kam Sing Fai Cantonese Opera Troupe and held two sessions of opera charity performances. Tickets of the opera charity performance were all sold out and the performance was well-received. In the first quarter of 2018, the Haven of Hope will once again collaborate with Kam Sing Fai Cantonese Opera Troupe. Through Cantonese opera performance, we will promote the spirit of "Respecting Life · Impacting Life".

For more details regarding performance date and venue, please pay close attention to the latest news of Haven of Hope website.

外出用膳

大家平日習慣在家用膳，還是外出用膳呢？其實，香港人外出用膳的確很普遍。香港理工大學社會政策研究中心曾於2016年進行了一個有關香港人外出用膳習慣與健康的小型調查，結果近六成受訪市民過去一週外出用膳四天或以上，近三成更是七天都有外出用膳。因此，我會與大家分享一些關於出外飲食的小貼士。

The habit of dining out

Are you used to dine at home or eat out? Actually, it is common for Hong Kongers to dine out. In 2016, the Centre for Social Policy Studies (CSPS) of Hong Kong Polytechnic University conducted a small survey concerning dine out habits of Hong Kongers and their health. The result showed that around 60% of respondents dined out four days or more in the past week. Moreover, nearly 30% of respondents even dined out for the whole week. Hence, I would like to share with you some dine out eating tips.

外出飲食四步曲

一. 健康烹調方法

多選擇用油較少的烹調方法，在菜單上可留意烹調字眼如「蒸」、「燉」、「焗」、「灼」、「放湯」及「焿」等。

例子: Example:



海鮮炒烏冬
熱量: 800千卡
脂肪: 23克
Seafood Fried Udon
Energy: 800 kcal
Fat: 23g



海鮮湯烏冬
熱量: 418千卡
脂肪: 6克
Seafood Udon in Soup
Energy: 418 kcal
Fat: 6g

減少
熱量: 382千卡
脂肪: 17克
Reduce
Energy: 382 kcal
Fat: 17g



炸雞腿1件
熱量: 398千卡
脂肪: 28克
Fried Chicken Leg
1 piece
Energy: 398 kcal
Fat: 28g



烤雞腿1件
熱量: 262千卡
脂肪: 12克
Roasted Chicken Leg
1 piece
Energy: 262 kcal
Fat: 12g

減少
熱量: 136千卡
脂肪: 16克
Reduce
Energy: 136 kcal
Fat: 16g

二. 健康食材

多選擇瘦肉、魚或海鮮，並配以蔬菜、瓜類及菇菌類以增加纖維。避免選擇高脂高鈉的食材如油炸即食麵、排骨、午餐肉、雪菜等。進食肉類前先去皮及去除肉眼可見的脂肪

例子: Example:



五香肉丁即食麵
熱量: 750千卡
脂肪: 41克
Instant Noodles with Spiced Pork Cubes
Energy: 750 kcal
Fat: 41g



雲吞湯米粉
熱量: 355千卡
脂肪: 8克
Rice Noodles with Wontons in Soup
Energy: 355 kcal
Fat: 8g

減少
熱量: 395千卡
脂肪: 33克
Reduce
Energy: 395 kcal
Fat: 33g

Dine Out Tetralogy

1. Healthy cooking methods

Choose the cooking method that requires less oil. On the menu, we can pay more attention to words like "steam", "stew", "bake", "blanch", "soup" and "boil" etc.

2. Healthy Foods

Choose lean meat, fish or seafood and add vegetables, squashes and mushrooms to increase vitamins intake. Avoid choosing high fat and high sodium food, such as oil fried instant noodles, ribs, luncheon hams, preserved Chinese mustards etc. Before eating any meat, one should detach the skin and get rid of any obvious fat.



豉椒排骨炒麵
熱量: 1320千卡
脂肪: 78克
Spareribs with fermented soya beans stir-fried noodles
Energy: 1320 kcal
Fat: 78g



時菜肉片飯
熱量: 720千卡
脂肪: 14克
Rice with seasonal vegetable and sliced meat
Energy: 720 kcal
Fat: 14g

減少
熱量: 600千卡
脂肪: 64克
Reduce
Energy: 600 kcal
Fat: 64g

三. 少芡汁和調味

減少選擇多醬汁的菜式，尤其是一些高脂高鈉的醬汁，如白汁、咖喱汁、燒汁醬等

例子: Example:



咖喱醬半碗
熱量: 134千卡
(相當於約半碗飯熱量)
Half Bowl of Curry Sauce
Energy: 134 kcal
(Equal to half bowl of rice)



白汁半碗
熱量: 225千卡
(相當於約一碗飯熱量)
Half Bowl of Cream Sauce
Energy: 225 kcal
(Equal to half bowl of rice)

少少的醬汁已有相當高的熱量!
Just a little sauce is already very high in food energy!



白汁雞絲飯
熱量: 840千卡
脂肪: 26克
Chicken Rice in Cream Sauce
Energy: 840 kcal
Fat: 26g



白切雞(去皮)
熱量: 637千卡
脂肪: 9克
Poached Chicken Rice (without skin)
Energy: 637 kcal
Fat: 9g

減少
熱量: 203千卡
脂肪: 17克
Reduce
Energy: 203 kcal
Fat: 17g

四. 控制進食量

一般外出食物的份量較多，可參考健康飲食金字塔，控制進食量。建議外出用膳時可先把部分的食物用食物盒盛起留至下一餐吃，既可減少進食過多熱量，又可省錢。

4. Control the amount of food intake

Usually when we dine out, the food portion is relatively larger. We can refer to the food pyramid and control our intake. One is suggested to use a container to reserve part of the food portion and save it for the next meal. This can avoid over intake of food and save money at the same time.

靈實「病人自強計劃」註冊營養師梁皓婷
Heidi Leung, registered dietitian,
Haven of Hope "Patient Empowerment Programme"



MESSAGE TO DONOR

讓靈實司務道寧養院成為祝福更多晚期病人及其家人的地方

2017年6月12日下午，五位來自商界的朋友無懼三號風球到訪司務道寧養院。其中一位的朋友的父母都在寧養院度過人生最後階段，深深感受「用愛擁抱晚晴」的真諦。探訪後，他們承諾捐出港幣三百萬，支持寧養院的持續發展，並鼓勵院舍積極透過配對捐款，於本年底前籌募額外三百萬，服務更多有需要的晚期病人。

一直以來，靈實都深信優質的生命晚期照顧令晚晴病人在面對身體衰退甚至死亡時，得到適切的醫治、有尊嚴的照顧和心靈的平安。香港人口老化，慢性及癌症死亡的人持續上升，對晚晴照顧的需求有增無減，司務道寧養院將於未來數年開展擴建計劃。透過擴建新大樓，我們將增加120至150張病床，病房以單人及雙人房為主，提高舒適及私隱度，並成立資源中心，提供各種資訊及書籍，全方位支援院友家屬。擴建後除增加復康設施，以及加強另類治療，如中醫、針灸、音樂及藝術治療等外，也會發展日間及家居服務，從而構建沒有圍牆的舒緩治療中心，透過整合醫療護理和靈性關懷的全人照顧，與病人及家屬攜手「用愛擁抱晚晴」。

在此，我們特別呼籲各位關心靈實司務道寧養院事工的朋友踴躍填妥靈感背頁的捐款表格，讓寧養院成為祝福更多晚期病人及其家人的地方。

給捐贈者的話

Let Haven of Hope Sister Annie Skau Holistic Care Centre be a place of blessings to more late-stage patients and their families

In the afternoon on 12 June 2017, five businessmen visited Sister Annie Skau Holistic Care Centre, regardless of the strong typhoon. One of them had great feelings about the Centre's motto of "Embrace the last journey with love" as both his parents spent their last days in the Centre. After the visit, they committed to donating HK\$ 3 million to support the sustainable development of the Centre. They also encouraged us to set up a matching fund to raise another HK\$ 3 million to serve more late-stage patients.

HOHCS strongly believes that quality end-of-life care is essential to let patients enjoy appropriate care, dignity and inner peace. In the face of the ageing population and the rising number of deaths due to chronic illnesses and cancers, the demand for end-of-life care is expanding. In view of this, we are embarking on an extension of the Centre. With an extended building, we can accommodate 120 to 150 more beds. The rooms which are mostly single rooms and double rooms offer patients a resting place with comfort and privacy. A resource centre will be set up, providing an array of books and other resources to support patients' families across the board. Apart from upgrading the rehabilitation facilities, alternative therapies, such as Traditional Chinese Medicine, acupuncture, music therapy and art therapy, etc. will be strengthened. Out-patient day and home care service will be further developed. All these initiatives aim at building a holistic care centre without walls so that patients and their families can "Embrace the last journey with love" through holistic care integrating medical, nursing and spiritual care.

Here, we call for all supporters of Haven of Hope Sister Annie Skau Holistic Care Centre to donate for this ministry by completing the donation form at the back of the newsletter. Please lend us your support so that the Centre can offer blessings to more late-stage patients and their families.

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 : _____



以愛心服務關懷 | With Love, We Serve and Care

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