

# 靈感 HAVEN OF HOPE NEWS 106 2021

突破 推進 成就改變

FACILITATE CHANGES  
WITH BREAKTHROUGHS  
AND ADVANCEMENTS

訪問心靈作家羅乃萱：  
來自困境的祝福 信仰中更見盼望  
Interview with Shirley Loo,  
Inspirational Writer:  
Blessing from Dilemma  
Seeing Hope through Faith



基督教  
靈實  
協會  
HAVEN  
OF HOPE  
CHRISTIAN SERVICE

尊重生命 • 改變生命

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#### 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教社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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# WORDS FROM CEO

## 行政總裁的話

親愛的靈感讀者：

香港由一個小漁村蛻變成一個國際大都會，當中經歷了不少變遷和改革。隨着時代的改變，社會的結構和人們的需求也有所變化。因此，作為服事者的我們，亦要跟上時代的步伐，在秉承機構「尊重生命・改變生命」的優良傳統同時，亦要具備前瞻性，作出適當的改變，使服務更貼近社會人士的需要。

基督教靈實協會（下稱靈實）由1953年成立至今，已有近七十年的歷史。昔日司務道教士在荒原上建立醫務所，為區內難民提供醫療服務；後來回應時代的改變，開辦護士學校，建立肺病療養所，以及恩光學校。靈實經過多番變遷和革新，才能發展成為今日一間以基督教文化為中心，提供長者服務、復康服務、健康服務及教育服務等四大服務範疇的非牟利機構，更將福音事工融入其中。機構這些年的改變，並非單憑想像而來，只有走進社區，切實了解市民的需要，才能回應社會的需求。

在未來的日子，靈實希望繼續發揮「以人為本」的精神，向着建構健康和關愛城市的目標邁進。坐落在西貢蠔涌的前西貢中心小學校舍，將被改建成蠔涌福利設施大樓，一所集合合約安老院舍暨日間護理中心，以及智障人士展能中心暨宿舍的福利設施大樓。這個項目對機構而言有重要意義，開拓了靈實在西貢鄉郊的服務點，完善了服事的網絡，亦加強與鄉郊居民的接觸和聯繫。

人的需要會隨着社會進步和科技提升而有所變化，我們也要與時並進，令服務效果最大化。無論外在的硬件有多大的改變，機構「關懷、專業、進取」的精神始終如一，希望透過關懷全人的事工，能使服事者及被服事者彼此建立更豐盛的生命。

行政總裁  
林正財醫生

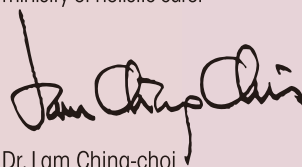
Dear Haven of Hope Supporters,

Transforming from a small fishing village to an international metropolis, Hong Kong has gone through numerous changes and revolutions. Changes over the times were remarkable, and so as the social structure and people's needs. Hence, as a service giver, we must keep pace with the times. Not only should we uphold the organisation's prestigious convention of "Respecting Life • Impacting Life", but also cherish a forward-looking vision to make appropriate changes that best serve the needs of people in the community.

Since its founding in 1953, Haven of Hope Christian Service (hereinafter referred to as HOHCS) has a profound history of nearly 70 years. Tracing back, Sister Annie Skau and other missionaries established a medical institute on a barren upland to provide medical services for the refugees in the district. They later built a nursing school, Haven of Hope Tuberculosis Sanatorium and Haven of Hope Sunnyside School to echo changes of the era. Having encountered numerous changes and transformation, HOHCS has now developed into a non-profit organisation centring on Christian culture, offering four major areas of services, ranging from elderly care, rehabilitation services, health care services to education, with the evangelical work being well integrated into all of the above. Organisational changes over the years were far beyond imagination. Only by reaching out to the community and knowing the substantial needs of people can we address the demands in the society.

In future, HOHCS hopes to continue giving full play to its spirit of "people-oriented", forging towards the goal of building a healthy and caring city. The former Sai Kung Central Primary School, situated in Ho Chung of Sai Kung, will be renovated into Ho Chung Welfare Facilities Block, which is a social welfare complex comprising the elderly home cum day care centre for the elderly, and the day activity centre cum hostel for mentally handicapped persons. This project is of great significance to the organisation as it enables HOHCS to explore a new service point in the Sai Kung countryside, streamlining its service network, as well as strengthening contact and connection with the rural residence.

People's needs will evolve with improvement in the society, plus advancement in science and technology. We must also evolve with the times in order to pursue excellence in services. No matter how tremendous changes of the external hardware might seem, the organisation's caring, professional and progressive spirit remains. We hope that both service givers and receivers can enrich their life through a ministry of holistic care.



Dr. Lam Ching-choi  
Chief Executive Officer

# 突破 推進 成就改變

## Facilitate Changes with Breakthroughs and Advancements

所謂變幻原是永恆，迎接改變，甚至成就改變才能前往新境地。靈實一直以回應社會需求為先，勇於創新，追求突破，為的不只是自我提升，而是冀望與社會同步成長，構建和開創破格及具建設性的服務，成為業界前行者及社會政策的推動者。近年，香港社會面對種種不確定性，這非但沒有打亂機構陣腳，反而激活我們的創造力及靈活性，開創更多可能性。

Evolving is the eternity. Only by meeting and even facilitating changes can we scale to a new level. HOHCS has long been putting priority on echoing the society's needs, having the courage to innovate and pursue breakthroughs. It is not only for self-advancement, but also keeping the pace of growth with the society. Through building and spearheading novel and constructive services, HOHCS hopes to become a pioneer in the industry and an engine to drive social policies. Despite the uncertainties facing the Hong Kong society in recent years, we stand firm as where we are. Rather, our creativity and flexibility have been further stimulated to break the grounds for more possibilities.

### 首次落戶西貢鄉郊

#### 蠔涌福利設施大樓結合長者及復康服務於一處

靈實雖然紮根西貢區多年，大部份的服務單位一直集中在將軍澳新市鎮一帶，並只以外展形式服務鄉郊居民。然而，這個局面將會被打破，蠔涌於2022年迎來一所全新的福利設施大樓。這座大樓將匯聚合約安老院舍暨日間護理中心，以及智障人士展能中心暨宿舍，而後者為靈實寶林日間活動中心暨宿舍的遷址之處。

蠔涌福利設施大樓前身是西貢中心小學校舍，目前仍在硬件改建階段，預計2022年中陸續啟用服務。靈實蠔涌日間活動中心暨宿舍有六十個宿位，靈實蠔涌頤養院暨長者日間護理中心有一百個宿位，日間護理中心有三十個位。基督教靈實協會長者服務主管周麗如表示，這個安排有利舉辦跨代、跨群組的活動，締造融合環境，促進溝通。

### Foothold First Established in Sai Kung Countryside

#### - An Integration of Elderly and Rehabilitation Services in Ho Chung Welfare Facilities Block

Although HOHCS has been laying its foundation in the Sai Kung district for years, most of its service units are centered in the Tseung Kwan O new town and only outreach services are provided to rural residents. Yet, there will be a breakthrough to this situation. Ho Chung will have its brand new social welfare complex in 2022. This complex will put together the contract home for the elderly and the day care centre, as well as the day activity centre cum hostel for the mentally handicapped. The latter is also the relocation place of Po Lam Haven of Hope Day Activity Centre cum Hostel.

Ho Chung Welfare Facilities Block, formerly Sai Kung Central Primary School which is currently in the stage of hardware renovation, is expected to commence services in mid-2022. There are 60 hostel places for Haven of Hope Ho Chung Day Activity Centre cum Hostel; 100 places for Haven of Hope Ho Chung Elderly Home cum Day Care Centre for the Elderly; and 30 places for the Day Care Centre. Eanna Chow, Head of Elderly Services of HOHCS, said this arrangement is conducive to organising cross-generational and cross-group activities, creating an integrated environment that facilitates communication.

蠔涌於2022年迎來一所全新的福利設施大樓，標誌着機構的服務深入西貢鄉郊。

Ho Chung will have a brand new social welfare complex in 2022, demonstrating that the services of HOHCS have penetrated into the Sai Kung countryside.

蠔涌福利設施大樓改建自前西貢中心小學校舍。  
Ho Chung Welfare Facilities Block was renovated from the former Sai Kung Central Primary School.





大樓坐落西貢蠔涌，鄰近河流和紅樹林，環境秀麗寧靜，故大樓設計着重結連結大自然，除了天台花園外，亦有各具特色及主題的「綠洲」，讓長者、智障學員在大自然的懷抱中進行各種休閒與訓練活動和園藝治療，舒展身心。基督教靈實協會復康服務主管曾思愛表示，與舊址（寶林日間活動中心暨宿舍）相比，蠔涌福利設施大樓空間大得多，復康學員能藉此親近大自然，釋放情緒，有利復康效益。

日後，這裏亦可成為社區不同人士的聚腳點，推動社區參與。基督教靈實協會服務總監莊寶玲指出，部分設施將歡迎公眾參與，期望拉近院舍和公眾之間的距離、促進互助。

### 地區康健站 基層健康新一頁

人口老化加上慢性疾病普及化，發展基層醫療刻不容緩。近年政府陸續在十八區設立地區康健中心（或地區康健站），靈實取得西貢地區康健站的營辦權，以寶林邨服務單位為康健站總

西貢地區康健站為區內居民提供不同疾病預防活動。Sai Kung District Health Centre Express provides different disease prevention activities for residents in the district.



部，並以六個分散在將軍澳不同屋邨的服務單位為附屬服務點，提供不同層面以預防為中心的基層醫療健康服務，包括健康推廣和教育、健康風險評估、慢性疾病管理。

在這基礎上，西貢地區康健站更推出有別於他區的增值服務，例如為糖尿病及高血壓人士而設的自我管理網絡應用程式、智能健身器材、針對人工膝關節手術輪候人士的自我管理計劃、認知障礙篩查及訓練計劃、針對西貢鄉郊居民的復康到戶服務等。

西貢地區康健站服務團隊由護士、社工、藥劑師、營養師、物理治療師、職業治療師等組成，在全方位支援居民。

基督教靈實協會基層健康服務主管胡仲菁表示，地區康健站將以不同介入點設計方案，例如職業、疾病類型、性別等，期望能照顧到不同階層及背景的居民需要，並期望善用區內的社區設施，例如香港單車館、將軍澳運動場、將軍澳南海濱長廊等，推出具吸引力的健康推廣活動。

Located in Ho Chung of Sai Kung with rivers and mangroves nearby, the complex embraces a beautiful and tranquil environment. Hence, the complex design focuses on connecting with the nature. Apart from the rooftop garden, there are also unique and thematic "oases" to let the elderly and mentally handicapped students carry out various leisure and training activities, plus horticulture therapy under a natural environment for relaxation of their minds and bodies. Carmen Tsang, Head of Rehabilitation Services of HOHCS, said comparing with the old site (Po Lam Day Activity Centre cum Hostel), there is more space in Ho Chung Welfare Facilities Block. Rehabilitation students can get close to the nature and channel their emotions, which will be beneficial to their recovery.

In the future, the complex will also become a gathering point for different people in the community, boosting the impetus of community engagement. Chris Chong, Director of Service of HOHCS, pointed out that members of the public are welcome to use some of the facilities, in the hope of narrowing the distance between the homes and the public, thus promoting mutual assistance.

在當區居住或工作的市民均可成為該區地區康健站會員。  
All citizens who live or work in the district can become members of the District Health Centre Express.



西貢地區康健站位於寶林邨的總部設有健身器材，會員可在專業教練指導下進行肌力訓練，強身健體。Headquartered in Po Lam Estate, Sai Kung District Health Centre Express provides fitness equipment which enables members to train up their muscles and keep fit under the guidance of professional coaches.

### District Health Centre Express Opens a New Page for Primary Healthcare

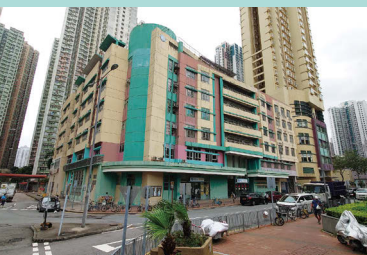
Given the aging population and the prevalence of chronic diseases, it is imperative to develop primary healthcare services. In recent years, the Government has progressively established district health centres (or district health centre expresses) in the 18 districts. HOHCS has obtained the right to operate Sai Kung District Health Centre Express (hereinafter referred to as SKDHCE), with the Po Lam Estate service unit as its headquarter. Besides, six scattered affiliated service points in different housing estate service units in Tseung Kwan O will provide different levels of preventive care based primary healthcare services, ranging from health promotion and education, health risk assessment to chronic disease management.

With this sound foundation, SKDHCE has also launched value-added services differentiating from other districts, such as self-management web applications for people with diabetes and

## 胡平頤養院 突破院舍藩籬 建立嶄新生命之「園」

啟用二十多年的靈實胡平頤養院正在籌款，計劃未來興建結合身體治療和生態治療的生命之「園」，讓長者在優美的環境療癒身心。生命之「園」包含天台農圃和生態治療花園兩大喜樂空間，前者是一個與社區共享的空間，讓長者連結不同人士，促進社區參與。

生態治療花園透過對五種感官帶來的刺激，例如香草味道、雀鳥歌聲和綠色視野等，配合個人化的治療如懷緬治療，給予認知障礙症患者適切的訓練，讓行動不便的長者輕易在院舍空間連結大自然，身心靈健康都得到全面照顧。



靈實胡平頤養院計劃未來興建結合身體治療和生態治療的生命之「園」，提供各種療癒身心的訓練及活動。

Haven of Hope Woo Ping Care and Attention Home plans to build a Life "Garden", combining physical and ecological therapies in future to provide various training and activities for body and mind healing.

## 首個手機應用程式WE+ 全新溝通平台

在滙豐香港社區夥伴計劃2020贊助下，靈實將軍澳及西貢地區支援中心開發了首個手機應用程式 - WE+，讓會員無障礙地學習新知識，分享資訊，並互相關心和鼓勵。

「WE」是你和我。「+」代表為你和我加添無限聯繫。WE+歡迎會員及其家屬下載，構建及擴大共融互助的網絡，並讓會員學習網絡使用技巧，幫助他們在線上與人互動，建立新的朋友圈。

這個App簡單易用，功能包括We Learn「靈社」學堂：為會員提供正確的知識和技巧，幫助他們保持個人衛生。We Share「靈社」生活：按會員的需要，創造簡單易用的互動空間，冀幫助他們維繫人與人之間的溝通和聯繫。We Pray「靈社」心靈：程式內儲存了福音信

靈實將軍澳及西貢地區支援中心開發了手機應用程式 - WE+，讓會員無障礙地學習新知識，分享資訊及交流。Haven of Hope Tseung Kwan O and Sai Kung District Support Centre has developed the mobile App "WE+", allowing members to acquire new knowledge, share information and communicate without barriers.



hypertension, smart fitness equipment, self-administration scheme for people awaiting artificial knee surgery, cognitive impairment screening and training programme, outreach rehabilitation services for rural residents of Sai Kung, etc.

SKDHCE service team is composed of nurses, social workers, pharmacists, dietitians, physiotherapists, occupational therapists, etc., offering holistic support to residents.

Candy Wo, Head of Primary Health Services of HOHCS, said SKDHCE will be designed with different perspectives, in terms of occupation, disease type and gender, with the aim of accommodating the needs of residents with different backgrounds. It is also hoped that through organising attractive health promotional activities, service users can make good use of the district community facilities, like the Hong Kong Velodrome, Tseung Kwan O Sports Ground, Tseung Kwan O South Waterfront Promenade, etc.

## Woo Ping Care and Attention Home - Breaks the Barriers of Homes and Gives Birth to a New Life "Garden"

Having been in operation for more than 20 years, Haven of Hope Woo Ping Care and Attention Home is raising fund to build a Life "Garden" that combines both physical and ecological therapies, allowing the elderly to heal their physical and mental health under a chic environment. The Life "Garden" consists of two joyful spaces - the rooftop farmland and the ecotherapy garden. The former is a common area shared with the community, allowing the elderly to connect with people from all walks of life and promote community engagement.

Through stimulating the five senses, such as the smell of grass, the singing of birds, and the green vision, along with the personalised treatments such as reminiscence therapy, appropriate training for dementia patients, the ecotherapy garden enables the elderly with limited mobility to connect with the nature at the Home, providing them with all-round physical, mental and spiritual healthcare.

## Debut of New Communication Platform - "WE+" Mobile App

Thanks to the sponsorship of HSBC Hong Kong Community Partnership Programme 2020, Haven of Hope Tseung Kwan O and Sai Kung District Support Centre developed the first mobile application "WE+", which allows members to gain new knowledge, share information, as well as promote mutual care and encouragement without barriers.

"WE" means you and me. "+" represents fostering unbound contact between you and me. "WE+" welcomes members and their families to download, build and expand the network of inclusiveness and mutual assistance, allowing members to acquire the knowhow on internet usage, helping them interact with others online and building a new sphere of friendship.

This App is user friendly with functions including We Learn "Spirit Society - School": to furnish members with the correct knowledge and skills to assist them in maintaining personal hygiene; We Share "Spirit Society - Life": to create a simple and easy-to-use interactive space based on the needs of members, helping them maintain interpersonal communication and contact; We Pray "Spirit Society - Mind": gospel messages are stored in the programme for users to listen and obtain peace and blessings therein; and We Connect "Spirit Society - Caregiver Information": a compilation of shared topics by fellows or experts, hoping to bring inspiration and assistance to caregivers.



息，讓使用者收聽及從中得到平安和祝福。We Connect「靈社」照顧者資訊：輯錄同路人或專家作專題分享，希望為照顧者帶來啟發和幫助。

### 疫境求變 電子寵物暫代動物

靈實怡明長者日間護理中心（下稱中心）一直積極推動動物輔助治療，讓動物成為長者的友伴，排解長者孤獨感，可是礙於防疫考慮，動物輔助治療暫停了一段時間，中心以兩頭可愛的電子寵物取而代之。這對貓狗猶如親善大使般在中心的接待處當值，迎接長者，不但外形像真度高，甚至能做出如眨眼、擰頭和扭動等細微動作，並且懂得回應環境聲音及人類的撫摸，為長者帶來很大喜悅。

靈實怡明長者日間護理中心近日引入兩頭可愛的電子寵物，其外形像真度高，為長者帶來很大喜悅。Haven of Hope Yee Ming Day Care Centre for the Elderly has recently introduced two cute electronic pets, which are very realistic in appearance, bringing great joy to the elderly.



年逾九十的溫婆婆，患有認知障礙症，且聽力衰退，加上性格內斂文靜，不喜歡群體生活，最初接受中心服務時表現抗拒，經常嚷着要回家。後來在同工悉心的照顧下，加上電子貓的出現，溫婆婆漸漸適應中心生活，且愈來愈投入小組活動。溫婆婆很喜歡電子貓，愛不釋手，她的女兒因此更在家中添置了同款電子貓，長伴婆婆左右。

### 更新福音事工架構 靈性關懷服務更周全

2021年4月開始，福音事工部的社區福音事工組擴展到每個單位，由統一集中於福音事工部逐步改為分駐各服務單位。每位社區傳道負責服事個別服務範圍的靈性關懷事工，他們因應需要穿梭走訪各服務單位。這個安排有利傳道同工更深入認識個別服務群組包括單位學員、同事、家屬和照顧者的需要，且結連地區教會為服務單位培訓義工，並與伙伴教會同心同行發展福音事工，使各單位的靈性關懷支援更貼身貼心。

靈實禮拜堂迎來全新十字架，令這歷史悠久的建築物有煥然一新之感。2018年颱風山竹損毀了禮拜堂原來的十字架，經過連串復修程序，以馬賽克方式拼砌而成的全新十字架終於建成，色彩繽紛而富朝氣。

### Seeking Changes from Pandemic - Electronic Pets to Temporarily Replace Animals

Haven of Hope Yee Ming Day Care Centre for the Elderly (hereinafter referred to as the Centre) has been actively promoting animal-assisted therapy, making animals become the elderly's friends to relieve their loneliness. However, due to the consideration of pandemic prevention, animal-assisted therapy has been suspended for a period of time. Rather, the Centre replaces the therapy with two cute electronic pets. This couple of electronic cat and dog acts as ambassador of friendship at the reception desk to greet the elders. Not only do they look realistic, but they can also make subtle movements such as blinking, twisting, and wringing their heads. They can also respond to the sound of the environment and human touch, bringing great joy to the elderly.

With an age of over 90 years old, Granny Wan suffers from dementia and hearing loss. As an introverted and quiet person, she dislikes group living. When she started using the Centre's services, she often resisted and clamored to go back home. Then, with the co-workers' attentive care and the introduction of the electronic cat, Granny Wan gradually adapted to the living of the Centre and became more involved in group activities. Granny Wan likes the electronic cat so much and can't help interacting with it at all times. Her daughter even bought the same type of electronic cat so that Granny Wan can have a companion at home.

### Reorganisation of Evangelistic Work Department for Betterment of Spiritual Care Services

Beginning from April 2021, the Community Evangelistic Work Team of the Evangelistic Work Department branched out to station in different service units. Each community chaplain is responsible for the spiritual care work of a particular service area. The community chaplains will go to different service units depending on the needs. This arrangement is conducive for chaplains to have a deeper understanding of the specific needs of individual service groups, including service users, co-workers, family members, and caregivers, as well as linking up with local churches to train volunteers for the service units. It also fosters cooperation among partner churches to promote evangelistic work, making the spiritual care support for the units more customised and thoughtful.

The new cross of Haven of Hope Chapel gives this historic building a new look. In 2018, typhoon Mangkhut damaged the previous cross of the chapel. After a series of restoration procedures, a brand-new, colourful and vibrant cross built with mosaics style was finally constructed.



靈實禮拜堂迎來全新馬賽克十字架，色彩繽紛而富朝氣。

A new, colourful and vibrant mosaic cross has been installed in Haven of Hope Chapel.

# 蠔涌福利設施大樓 邁向服務新一頁

## Ho Chung Welfare Facilities Block Opens a New Chapter of Services

蠔涌福利設施大樓坐落西貢蠔涌，由前西貢中心小學改建而成，是一所匯聚合約安老院舍暨日間護理中心，及智障人士展能中心暨宿舍的全新福利設施大樓。蠔涌福利設施大樓對於靈實而言意義深遠，除了是靈實寶林日間活動中心暨宿舍的遷址之處，以及機構首次投標營運合約安老院舍外，更是靈實打破地域限制，開拓西貢鄉郊服務的里程碑。

Located in Ho Chung of Sai Kung District, Ho Chung Welfare Facilities Block is renovated from the former Sai Kung Central Primary School, which will be a brand new welfare complex and an integration of contract elderly home cum day care centre and the activity centre cum hostel for the mentally handicapped. Ho Chung Welfare Facilities Block is of great significance to HOHCS as it is not only where Haven of Hope Po Lam Day Activity Center cum Hostel is relocated, and the first time that HOHCS bid a tender to operate a contract elderly home, but also a milestone of HOHCS breaking the regional barriers to extend its services to the Sai Kung countryside.

蠔涌福利設施大樓，由前西貢中心小學改建而成，提供長者及復康服務。

Ho Chung Welfare Facilities Block is renovated from the former Sai Kung Central Primary School, providing elderly and rehabilitation services.



### 服務走入西貢鄉郊

蠔涌福利設施大樓坐落於西貢蠔涌，毗鄰紅樹林和河道等天然生態環境，環境得天獨厚。大樓預計於2022年中起陸續啟用，分別提供六十個嚴重智障人士宿舍宿位、一百個安老院舍宿位，及為三十位合資格長者提供日間護理中心服務。

### 著重連結大自然

大樓硬件仍處於改建階段。由於前身是學校，室內間隔並不適合作院舍及日間中心之用，靈實設施管理組項目經理梁德慧表示考慮到實際需要，將

內部空間重新間隔，包括擴大大樓面積，加裝電梯及更新樓宇的機電、排污、防火、通風等設備，善用及美化室外空間；同時亦在空間佈局和窗戶設計上，善用自然光和加強空氣流通。她又指，為加強與大自然的連結，令服務使用者可以在優美的環境下接受療愈及復康服務，蠔涌福利設施大樓亦劃分了五個主題的室外「綠洲」，分別放置不同種類的裝置，供服務使用者進行休閒活動、感官訓練及園藝治療，並提供空間及設施予家人或訪客共享，增加復康的效益。

### 促進不同群體的溝通

靈實成立至今近七十年，一直本着以人為本的精神，積極求變。今次是機構首次營運合約安老院舍，院舍內受政府資助及自負盈虧的宿位比例為六比四。基督教靈實協會長者服務主管周麗如表示，雖然靈實擁有豐富營運長者院舍經驗，但這是首次營運合約安老院舍，要在收支平衡及維持優質服務之間取得平衡並非易事，但若大樓服務能促進不同群體之間的了解和溝通，即使要面對很多挑戰，仍值得嘗試營運。她希望，大樓的落成不僅



僅令這個世代的長者，而是令未來的長者都有所裨益，「安老院舍的落成不只要照顧這代老人的需要，也要為未來老人做好準備。」

基督教靈實協會復康服務主管曾思愛表示，蠔涌福利設施大樓與舊址相比有更大的空間，對管理及人手而言亦是一大挑戰。為此，機構特意引入人面識別及防跌系統，希望藉着新科技的幫助，除了減輕同工的工作負擔外，亦可讓服務使用者在安全環境下進行戶外活動。

在未來的日子，靈實希望向着建構健康和關愛城市的目標邁進。基督教靈實協會服務總監莊寶玲表示，希望蠔涌福利設施大樓的建成能夠促進社區共融，打破大眾對傳統院舍的刻板印象。她期望，透過邀請社區人士在蠔涌福利設施大樓內參加各類型的活動及小組，有助公眾了解靈實及院舍生活，增進彼此了解及促進互助。

school, its interior settings could hardly accommodate the use by the elderly home and day care centre. Doris Leung, Project Manager of Facility Management Section of HOHCS, said taking into account the substantial needs, HOHCS has decided to re-structure the interior settings, such as expanding the total floor areas, installing elevators, renovating the electricity, sewage, fire safety and ventilation facilities, etc. While beautifying and maximizing the use of outdoor spaces, HOHCS makes good use of the natural light and increase ventilation from the perspective of spatial settings and window-door design. She added that for the sake of strengthening connection with the nature so that service users can receive therapies and rehabilitation services under a fascinating environment, five thematic outdoor "oases" have been set up in Ho Chung Welfare Facilities Block, with the installation of different devices for the service users to conduct leisure activities, sensory trainings, and horticultural therapies. Spaces and facilities are also made available for family members and visitors to boost rehabilitation effectiveness.

### Foster Communication Among Different Groups

Marking its founding of nearly 70 years, HOHCS has long been upholding the

服務使用者可在其中一個主題「綠洲」進行物理治療訓練。  
Service users can undergo physiotherapy training in one of the thematic "oases".

break even and maintaining sterling services. However, it is still worth trying to operate the services, on the condition that the complex serves to promote understanding and communication among different groups, regardless of the ample challenges ahead. She hopes that the complex will not only serve the elders of the existing generation, but also benefit our elders in future. "The complete construction of the elderly home will be far from catering the needs of elders of the current generation. We ought to make preparation for the elders in future," she asserted.

Carmen Tsang, Head of Rehabilitation Services of HOHCS, contended that comparing with the old site (Haven of Hope Po Lam Day Activity Centre cum Hostel), there are more spaces in Ho Chung Welfare Facilities Block, which could be a big challenge to administration and manpower. Hence, HOHCS particularly introduced the facial recognition and fall prevention system. Capitalising on new technologies, it is hoped that the burden of co-workers can be alleviated, also enabling service users to engage in outdoor activities under a safe environment.



大樓設有海濱長廊，與美麗河道為伴。  
Waterfront promenade will be built in the complex, sitting next to the magnificent river.

### Service Engagement in Sai Kung Countryside

Ho Chung Welfare Facilities Block, situated in Ho Chung of Sai Kung District, enjoys its uniquely magnificent natural landscape with mangroves and rivers nearby. The complex is expected to commence services starting from mid-2022 in phases. There will be 60 hostel places for the severely mentally handicapped persons; 100 home-for-the-aged places; and day care centre services for 30 eligible elders.

### Focus on Connecting with the Nature

The complex's hardware is still undergoing a revamp. Since the complex was previously a



people-oriented spirit and seeking changes proactively. This time HOHCS spearheaded to operate the contract elderly home. The ratio of government-funded and self-financed hostel places is 6:4. Eanna Chow, Head of Elderly Services of HOHCS, said although the organisation is experienced in operating elderly homes, it is the first time operating a contract elderly home. It is not easy for an organisation to strike a balance between



天台平台設咖啡廳，服務使用者家屬及照顧者可在此放鬆心情及休息。  
There is a rooftop café for family members and caregivers of the service users to relax and take a rest.

In the coming years, HOHCS envisions to forge ahead towards the objective of building a healthy and compassionate city. Chris Chong, Director of Service of HOHCS, hopes that Ho Chung Welfare Facilities Block can foster social inclusion, altering the traditional public conception that elderly homes are old-fashioned and monotonous. With hope, she said inviting local community members to participate in various events and group activities will help increase the public understanding on HOHCS and living in the elderly homes, as well as further promote mutual understanding and assistance.



靈實司務道寧養院

## Haven of Hope Sister Annie Skay Holistic Care Centre



靈實司務處寧養院  
院長梁智達醫生為  
慈善音樂會致辭。  
Dr. Antony Leung,  
Medical Superintendent  
of SASHCC, delivered a  
speech for the charity  
concert.



寧養院今年踏入十五週年，一日限定「SASHCC Hopes Café - Life Education」展示其發展歷程。  
Entering its 15th anniversary, the one-day "SASHCC Hopes Café-Life Education" event exhibited the development of SASHCC.



熊熊兒童合唱團詠唱多首家傳戶曉的歌曲，為靈實司務道寧養院籌款。  
The Bear Children's Choir sang numerous well-known songs to raise fund for SASHCC.

寧養院今年踏入十五週年，在饒宗頤文化館舉辦「靈實 x 熊熊兒童合唱團用愛擁抱晚晴™慈善音樂會」，為擴建大樓籌募經費。是次音樂會以彩虹為主題，象徵靈性關懷和支持，亦代表神對世人許下永生和救贖的約定。熊熊兒童合唱團透過多首富深意的歌曲，詠唱人生。寧養院同時於館內設置為期一日的「SASHCC Hopes Café - Life Education」，讓參觀者一邊享用以「人生七味」為題的食物，一邊欣賞介紹寧養院發展歷程的展覽，及聽聆院友家屬的分享。

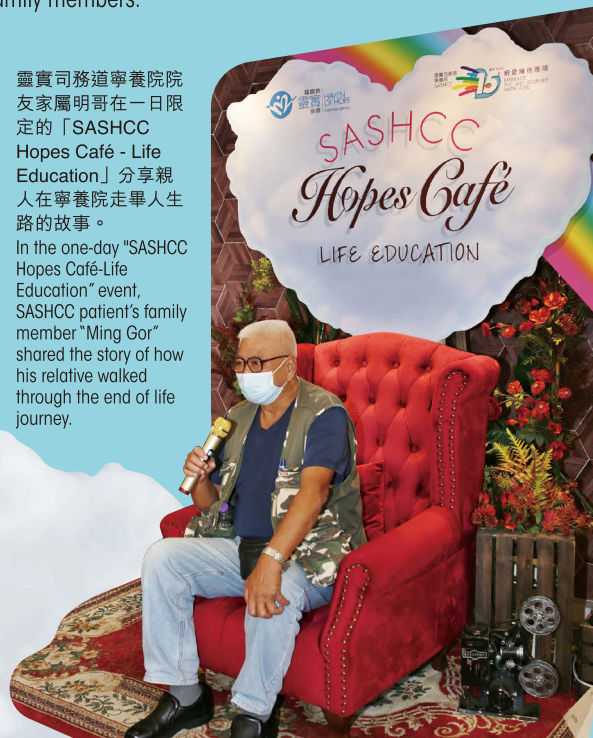


孩子純真的歌聲為觀眾帶來滿滿的歡樂。  
The children's pure and sincere songs brought  
a lot of joy to audience.

Marking its 15th anniversary, Haven of Hope Sister Annie Skau Holistic Care Centre (hereinafter referred to as SASHCC) held the "Embrace the Last Journey with Love™ Charity Concert by Haven of Hope X the Bear Children's Choir" at Jao Tsung-I Academy, raising fund for its expansion project. This time the rainbow-themed concert represented the spiritual care and support, as well as God's promise of eternal life and redemption to the world. The Bear Children's Choir praised the life with songs carrying profound meaning. The one-day "SASHCC Hopes Café-Life Education" was also set up in the Academy, allowing visitors to enjoy the food under the theme of "Seven Flavours of Life," while viewing the exhibition on the SASHCC development and listening to the sharing by the patients' family members.

靈實司務處寧養院院友家屬明哥在一日限定的「SASHCC Hopes Café - Life Education」分享親人在寧養院走畢人生路的故事。

In the one-day "SASHCC Hopes Café-Life Education" event, SASHCC patient's family member "Ming Gor" shared the story of how his relative walked through the end of life journey.





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

為慶祝端午節，中心的服務使用者親手製作香包，及體驗傳統習俗「立蛋」，據說每年端午正午十二時，雞蛋能夠直立在地上，藉小玩意感受歡樂的節日氣氛。

To celebrate the Dragon Boat Festival, the Centre's service users made fragrance sachets by hands and had a festive joy in a small game by experiencing the traditional custom of "Egg Standing". Allegedly, an egg can stand upright on the ground at 12 noon during the Dragon Boat Festival every year.



靈實創毅中心的學員製作香包，慶祝端午節。

A member of Haven of Hope Integrated Vocational Rehabilitation Services Centre made a fragrance sachet to celebrate the Dragon Boat Festival.

端午節活動不只划龍舟，還有「立蛋」，據說每年端午正午十二時，雞蛋能夠直立在地上。

Not only dragon boating, the game "Egg Standing" is also an activity of the Dragon Boat Festival. Allegedly, an egg can stand upright on the ground at 12 noon during that day.



## 靈實福音事工部 Haven of Hope Evangelistic Work Department



慈善高爾夫球賽反應熱烈，共有27隊參賽。

The charity golf tournament was well-received with the participation of a total of 27 teams.

福音事工部得清水灣鄉村俱樂部全力協助，舉辦慈善高爾夫球賽，將靈性關懷的元素注入競賽和樂事當中，為靈實非政府資助服務籌募經費，填補政府資助未涵蓋的縫隙，幫助改善弱勢人士的健康和生活質素。

With the full support of the Clearwater Bay Golf and Country Club, HOHCS organised the charity golf tournament, injecting the spiritual care element into the race and joyful event. The event served to raise fund for HOHCS non-government subsidised services, filling the gap that has not been covered by the government funding, also helping improve the health and quality of life of the underprivileged.



靈實福音事工部舉辦慈善高爾夫球賽，將靈性關懷的元素注入競賽。

HOHCS organised the charity golf tournament and the spiritual care element was injected into the race.

## 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

中心融入藝術治療於復康服務，透過形態多變而優美的沙畫創作，帶領學員突破語言表達的限制，抒發情緒。

The Centre integrates art therapy into rehabilitation services. Through the creation of dynamic and aesthetic sand paintings, participants are guided to break the limitation of speech and channel their emotion.



沙畫以手指及沙粒作為創作媒介，讓學員有不一樣的創作體驗。Sand painting, which uses fingers and sand as the creative medium, brings an extraordinary creative experience to participants.

靈實將軍澳及西貢地區支援中心把藝術融入復康服務。Haven of Hope Tseung Kwan O and Sai Kung District Support Centre integrates art therapy into rehabilitation services.





# 來自困境的祝福 信仰中更見盼望

## Blessing from Dilemma Seeing Hope through Faith

羅乃萱新書《知己莫若我》  
Shirley Loo's new book entitled  
"Nobody Knows Me Better"



師母感恩每次的挫折都能令她體會到信仰的真實。  
Pastor Shirley is thankful for every failure as she can experience the true power of faith.





「主必看見自己勞苦的功效，便心滿意足。」這句高懸在靈實醫院教堂門外的聖經經文，見證了司教士成立靈實時經歷的種種艱苦和困境，在往後的日子，也成為無數病人、其家人及同工在黑暗的盼望。本地知名作家羅乃萱（師母）的新作《知己莫若我》今年更榮獲第三屆「香港出版雙年獎」心理勵志類的「最佳出版獎」，但她的寫作之路並不平坦，她形容自己曾身處低谷，猶幸得到天父的引領，令她的心剛強起來，見到困境背後的祝福。

在很多人心目中，師母是一個出色的作家、教育工作者及傳道人，「試過有人將我寫的文掉在地上，質疑這不能說是『文章』。」師母直言今日人前的成功，是由一段段悲喜交集的經歷交織而成。她指成為文字工作者是她從小到大的夢想，雖然經歷過猛烈批評、親人中風突然離世及被信任的人離棄，但打擊沒有消滅她的意志，反而令她更堅定自己的道路，希望藉文字療癒人心，「我含淚向耶穌禱告，我很想做文字工作，求祂給我一個機會。」

面對曾經的傷痛，師母現在表現從容，但她笑指自己都有過恐懼迷失的時候。她憶述早年工作上遭遇挫折，但仍要安慰身邊求助的人，加上在佈道會前忽然失聲，令她幾近崩潰，「我感到極大的迷失，求主憐憫，然後腦海中自動浮現一首歌的旋律及歌詞。」她感恩，每次的打擊中都能體會到信仰的真實，而這些苦難令她更有同理心，得以用自己的經歷為迷失的靈魂送上

一點祝福，「對我最重要的，是讓更多人認識到主的愛，從中治癒受傷的自己。」

近年，本港的氣氛異常沉重，大眾的生活或多或少受到影響。「接受自己的軟弱，才可以感受到身邊人的支持和神的愛。」師母直言雖然社會氣氛沉重，但世上仍有很多美好的人和事值得關注，我們要學會「離開」的藝術，找自己喜歡的興趣，保留一點呼吸的空間。她指現代人慣性武裝，即使受傷也默不作聲，但有時愈用力，反而遠離了內在柔軟的真實自我，也看不到隱藏身邊的愛，「『流淚播種，歡呼收割。』只要真心相信主會以更高的智慧，帶領你到更合適的地方，便會重新得著力量。」

"After the suffering of his (the Lord's) soul, he will see the light of life and be satisfied." This Bible verse, hanging in the lobby of Haven of Hope Hospital, has witnessed the numerous hardships and difficulties encountered by Sister Annie during her founding of Haven of Hope. Since then, it has become a ray of hope to countless patients, family members and co-workers in the darkness. The new book entitled "Nobody Knows Me Better", authored by renowned local writer Shirley Loo, received the prestigious "Best Publication Award" under the inspirational category of the 3rd Hong Kong Publishing Biennial Awards. Notwithstanding this, her road of authorship was far from rosy. Rather, she described herself as having been facing a very tough time, and luckily that the heavenly Father guided her through and strengthened her belief with blessing behind the dilemma.

To many people, Pastor Shirley is a distinguished writer, an educator and a missionary. "There was a time when someone threw my article on the ground and questioned that my article was not actually an 'article'." Indeed, the success of Pastor Shirley today is a result of

the accumulated profound experiences filled with joy and tears. She said it has always been her dream to become a writer. The circumstances of facing severe criticisms, sudden stroke of a family member, and betrayal by a trusted friend failed to undermine her strong will. Rather, she has become more determined to move on, hoping to comfort people with her writing. "I cried and prayed to Jesus. I beg God to grant me chance to undertake the writing task."

Despite her hurtful experiences, Pastor Shirley can now smile at ease. However, she admitted that there were times when she was afraid and lost. She remembered facing tremendous pressure at work while having to comfort those who sought her help. In addition, she recalled that she lost her voice right before an evangelistic event, pushing her to the edge of collapse. "I felt extremely lost, and I pled for God's help. Then, a melody and lyrics of a song came into my mind." She is thankful for experiencing the power of faith in every challenge. Sufferings turn Pastor Shirley into a more compassionate person who uses her own experience as a blessing to the lost souls. "What's most important to me is that more people can understand the love of God, and in the process, be healed."

Recently, the extraordinary critical atmosphere surrounding us, to a certain extent, has affected people's living. "Only by accepting my weakness shall I be able to experience the support of those around me and the love of God." Pastor Shirley said despite the current depressing social atmosphere, there are still many good people and things around us that deserve our attention. We need to learn the art of "departure", finding something we are interested in, and leaving breathing rooms for ourselves. She asserted that nowadays people tend to armour up themselves and remain silent even being hurt. However, the larger the force we exert, the further away we draw ourselves from our intrinsic tenderness. It also makes us turn a blind eye to the hidden love behind us. "Those who sow with tears, will reap with songs of joy". As long as you truly believe that God will bring you to a better place through his almighty wisdom, you will then regain strength."



不平坦的路反而令師母（右三）更有同理心，可以幫助到有同樣經歷的朋友。

Hardships have made Pastor Shirley (third from right) more compassionate in helping those suffering from similar challenges.

# 求醫問診十字路 醫療禮賓司指引出路

## Medical Concierge Guides You Through the Crossroads of Medical Consultation

外遊入住酒店，我們總會遇上大大小小的問題。旅遊書介紹的餐廳如何前往？怎樣預約的士？可以調換房間嗎？在這手足無措的時候，我們大概第一時間想起酒店禮賓部。其實禮賓部不只出現在酒店，還出現在醫療服務中。陳建忠本來是一位資深精算師，七年前因為看到香港醫療保險的種種難題以及保險公司、醫療服務提供者及消費者三方的矛盾，萌起當醫療禮賓司的念頭，於是成立互康集團，為優化醫療保險出力。

「很多保險公司認為醫療服務定價及選擇上沒有一套準則，醫療保險利潤風險很大。而以產品設計及定價作為風險管理的手段，令有些消費者因為保費不斷上調感到壓力，亦覺得保險不透明，最終放棄買保險的念頭。保險公司、醫療服務提供者及消費者三方存在很大的不信任，令到很多醫療保險產品不能健康地發展。」陳建忠憶述早年擔任會計師行精算部門顧問，協助一所保險公司設計高端醫療產品時的體會。他知道要化解保險公司、醫療服務提供者及消費者三方的

尖銳矛盾，就要優化醫療保險產品，使之能持續發展。一個健康的私營醫療保險市場才能紓解投保者的醫療開支壓力，讓私人市場與政府一同分擔醫療財政重擔。

### 廣闊人際網絡助尋醫療出路

2014年，陳建忠成立互康集團，期望擔起醫療禮賓部的角色，令保險公司、客戶、醫療服務提供者三方能在透明、專業及信任的基礎下發展醫療保險。醫療禮賓司服務包括客戶24小時熱線，協助客戶尋找合適的醫生；入院前期理賠服務，協助尋求第二位醫療意見，及協助客人由公院急症室非緊急服務轉往私家醫院。

醫療禮賓部必須對香港醫療服務者有廣泛認識，並要有廣闊紮實的人際網絡才能有效地為客人引介合適的服務。陳建忠畢業於英皇書院，其後在香港大學就讀時住進利瑪竇宿舍，因此與醫科同學結緣，這些友誼，成為了醫療禮賓部服務的重要後盾。現時集團的醫療總監張肇昌醫生也是其英皇書院同學。

### 另類醫療保險思維

此外，醫療需求不斷轉變，醫療禮賓司服務也不斷自我增值，務求其服務更緊貼大眾需要。有見嚴重疾病癌症、中風及心臟病愈來愈普及，病人即使存活，亦可能要面對漫長的復康療程，針對這三種疾病的醫療保險現時保障較少，醫療禮賓司服務加入復康療程安排，為保險公司填補缺口。

現今不少兒童患有專注力不足或過度活躍症，雖然這些疾病不影響身體健康，但對學業、人際關係造成障礙，妨礙兒童成長。有見及此，陳建忠的團隊亦為保險公司設計了針對兒童專注力不足及過度活躍症的服務，讓家長及兒童得到適切的援助。

陳建忠表示，一直支持留意靈實的服務，尤其對靈實司務道寧養院「用愛擁抱晚晴™」的理念有所觸動，「很多晚晴病人在靈實得到妥善的照顧。我創辦的互康集團也有相同的目標，希望透過服務，讓投保的家庭得到妥善的醫療照顧。」



互康集團2014年才成立，是家年輕的公司，其醫療產品富創新思維。  
Established in 2014, HMG is a young company providing innovative medical products.

We often encounter different problems, be it big or small, when staying in a hotel amid travel. How to go to the restaurant recommended by the travel book? How to book a taxi? Can we change the room? Having no idea of what to do, probably the first thing pops up in our mind would be "the hotel concierge." When it comes to concierge, it is not merely related to the hotel industry, but also to the medical services. Chan Kin-chung, who was once a veteran actuary, made up his mind to start a medical concierge seven years ago when he saw the various challenges with Hong Kong's medical insurance, as well as conflicts among the insurance companies, medical service providers and consumers. He then set up the HealthMutual Group (hereinafter referred to as HMG), with a view to optimising the medical insurance services.

"Many insurance companies consider the pricing and selection of medical services as having no consistent standard and that medical insurance is a high-risk product in terms of profits. While insurance companies tend to use product design and pricing to manage the risk, the consumers feel the pressure of the continuously increasing insurance premium and the lack of transparency, and hence quite reluctant to buy insurance. The lack of trust among the insurance companies, medical service providers and consumers has hindered the healthy development of many medical insurance products," said Chan. He recalled his previous experience of working as a consultant for the actuarial department of an accounting firm, during which he assisted an insurance company in designing high-end medical insurance products. He attached great importance to resolve the conflicts among insurance companies, medical service providers and consumers so as to optimise the medical insurance product for sustainable development. A healthy private medical insurance market is crucial to alleviating the policy holders' pressure on expenses, enabling both the private market and the Government to share the heavy burden of medical expenditures.

### Extensive Interpersonal Network Helps Carve the Path for Medical Services

In 2014, Chan set up HMG to undertake the role of a medical concierge, enabling the

互康集團創辦人陳建忠期望擔起醫療禮賓司角色，為客人在求醫問診的十字路指出最好的出路。  
Chan Kin-chung, HMG founder, hoping that medical concierge would help clients get the best service while pondering at the crossroads of medical consultation.

insurance companies, clients and medical service providers to work together with transparency, professionalism and trust and hence facilitating the healthy development of medical insurance services. The services of medical concierge include a 24-hour customer hotline, identification of appropriate doctors; pre-approval of expense before hospitalisation; provision of second opinions by another doctor; transfer of patients from the non-urgent service of Accident and Emergency (A&E) in the public hospital to private hospital.

In order to ensure appropriate services are made available for clients efficiently and effectively, the operator of medical concierge needs to have an indepth understanding of Hong Kong's medical service providers and an extensive network of doctors. Graduated from King's College, and resided in Ricci Hall when he was studying at the University of Hong Kong. Since then, he had known many medical students who now are ready to lend support for his medical concierge services. Currently, Dr Cheung Siu-cheong, Steve, HMG's Group Medical Director, is also his King's College's classmate.

### An Alternative Mindset of Medical Insurance

The needs for medical services are evolving, and so the medical concierge services also require continuous enhancement in order

to better cater for public needs. Given the fact that cancer, stroke and cardiovascular disease have become increasingly common and that the survived patients will usually need to go through rehabilitation for an extensive period of time, medical concierge, taking note of the relatively limited protection offered by existing medical insurance, helps facilitate rehabilitation arrangement to close the gap for the insurance companies.

Nowadays, many children suffer from attention deficit/hyperactivity disorder (ADHD). Though ADHD does not affect physical health, it usually causes problem with study and interpersonal relations, thus negatively affecting the development of children. Hence, Chan's team helped the insurance companies design services targeting at the ADHD children, providing appropriate support for clients and their children.

Chan said he has long been supporting services provided by HOHCS. To him, the "Embrace the Last Journey with Love" belief of Haven of Hope Sister Annie Skau Holistic Care Centre is particularly touching. "Many late-stage patients have received proper care from HOHCS. I share similar objective when starting HMG. I hope we can provide proper medical care to families of the policy holders through our holistic services," he stated.



Don爸指Don少的陪伴他走過高山低谷。  
Daddy Don says Young Don has accompanied him to ride over many difficulties in life.

## 以生命改變生命 跨越物種的支持和愛 Impacting Life with Life Support and Love across Species

陳喬基 (Don爸) 熱心公益，多年前已成為靈實的企業義工，近年更聯同人見人愛的狗界網紅Don少以可愛形象俘虜人心，一同為慈善出力。他們去年為靈實慈善義賣「耆樂餅」，為非政府資助長者籌款。發放正能量的背後，原來Don少亦經歷過在繁殖場的不人道對待，幸好得到有心人Don爸收養，改變了牠的命運。Don爸直言，本來沒有領養打算，但本着基督的愛人

如己精神，將希望和愛傳遞。「尊重生命 • 改變生命」，不只局限於人和人之間，一人一狗立志貢獻自己的力量，令更多有需要的人和毛孩的命運得到改變。



Eric Chan (aka Daddy Don) is always enthusiastic about charity. He has been a corporate volunteer of HOHCS for many years. Recently, he joined hands with his lovely Young Don, the "KOL of dogs", to successfully capture people's hearts and contributed to charity.

Last year, they helped HOHCS raise fund for the non-government subsidised elderly services by selling the charity Qile Cakes. Behind the scene of spreading positive energy, Young Don had been treated inhumanely in the breeding ground before being adopted by Daddy Don, which eventually led to changing of its destiny. Daddy Don confessed that he originally had no plan of adoption. However, upholding God's spirit of loving others as yourself, he hoped to convey hope and love to others. "Respecting Life • Impacting Life" should not be confined to only relationships among the mankind. Rather, it is more influential for a man and a dog to make contribution and impact people's life in need together.

Don少去年為靈實慈善義賣「耆樂餅」，為非政府資助長者籌款。

Last year, Young Don helped HOHCS raise fund for the non-government subsidised elderly services through selling the charity Qile Cakes.



Don少在Don爸的照顧下，皮膚病慢慢好起來，臉上亦出現笑容。  
With Daddy Don's care, Young Don's dermatitis was slowly improved, wearing a smiling face.



「本來也沒有打算領養狗，但在救援狗場見到Don少時，真的不想將牠留下。」三年前，作為虔誠基督徒的Don爸遇上Don少時，愛犬才剛剛離世三個月，心情仍未平伏。他坦言，當時本來沒有再養狗的打算，只是因緣際會在救援狗場見到Don少，了解到牠在繁殖場的坎坷經歷，不忍牠的下半生在狗場渡過，才毅然將當時已9歲、患有皮膚病的Don少接回家。

「施比受更有福」這句說話耳熟能詳，「使服事者和被服事者彼此建立更豐盛生命」更是靈實願景及使命的重要一環。在Don爸的照顧下，Don少的皮膚病慢慢好起來，對人的排斥亦沒有初到家時般嚴重。Don爸笑指，最初不過希望幫助牠脫離過去的悲慘生活，沒想到毛孩的純真和陪伴，反而成為了他情感上的依靠，陪伴他走過高山低谷，「有時工作上有壓力，但回到家為Don少準備食物的過程中，不經不覺間也放鬆了心情。」這個經歷令他明白到生命影響生命不受物種限制，這個信念亦奠定了他倆日後熱衷慈善的基礎，將祝福承傳。

「也沒有計較別人的評價或者幫助到多少人，純粹希望藉住Don少的故事，令更多有需要的生命得到關注。」Don爸直言，為Don少建立專頁的原意只是想紀錄愛犬的生活點滴，不料竟然引來迴響，令他頓生藉平台宣揚慈善訊息的想法。Don爸坦言，Don少是在困境中獲得幫助才得以重獲新生，故他即使工作繁忙，都會定期抽時間更新Don少的社交平台，希望幫助到同樣身處困境的人和動物，令他們的生命有新轉機，「一個人捐出來的錢很有限，但如果有100人捐，得出來的力量可以很大。」

一點光再微弱，亦能為身處黑暗的人帶來方向和引領。在未來的日子，Don爸和Don少決心繼續投身慈善行業，將愛和正能量向身邊人發放。

As the old saying goes, it is more blessed to give than to receive. "Letting those who serve and the ones who are served to enrich each other's life" is indeed a crucial part of HOHCS vision and mission. With Daddy Don's love and care, Young Don's dermatitis was gradually improved. Its hostility towards people was also diminished - a big contrast when it was first brought home. Daddy Don said with a smiling face that it was his original plan to help Young Don escape from his tragic fate. Surprisingly, Young Don's innocence and company turned out to become his emotional support, accompanying him to walk through the ups and downs in the lifetime. "Whenever I am stressful at work, I feel relaxed in the course of preparing food for Young Don after getting home." Daddy Don then came to realise that "life impacting life" should not be restricted by species. This belief has also laid the foundation for their enthusiasm of participating in charity activities in future and passing along the blessings to others.

"I really do not care about others' comments or how many people I can help. I only hope that the story of Young Don can arouse more concerns about the lives in need." Daddy Don contended that his original plan of starting a dedicated social media account for Young Don was to record its daily living. Never had he thought of the channel drawing such a great response that he decided to use the online platform for disseminating charitable messages. Daddy Don asserted that

Young Don was reborn upon gaining assistance amid the plight. Therefore, no matter how busy he is, Daddy Don will squeeze some time from work to update Young Don's social media platform. He hoped to help people and animals who suffered from the same hardship, bringing new hope to their lives. "The

amount of money that one can donate may be very limited; but if the same amount is donated by 100 people, the impact could be beyond imagination."

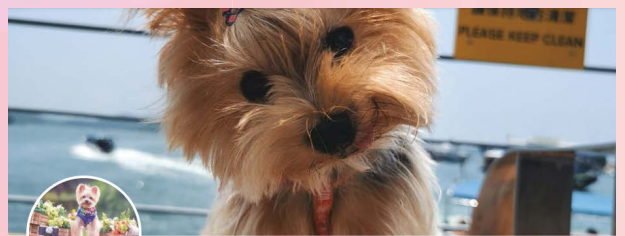
A dim of light can still guide and point out the direction for those in the dark. In future, Daddy Don, along with Young Don, vow to continue engaging in charity, empowering other people with love and positive energy.

#### 聖經金句 Bible Verses :

「你心若向飢餓的人發憐憫，使困苦的人得滿足，你的光就必在黑暗中發現，你的幽暗必變如正午。」

"If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday."

(以賽亞書58：10 Isaiah 58:10)



Don Don Chan

發送訊息

Don爸希望藉Don少在繁殖場的經歷，鼓勵更多人關注動物權益，令更多有需要的毛孩可以獲得人道救助。

Daddy Don hopes that Young Don's experience at the breeding ground can arouse people's concerns about the animals' rights, and that more humanitarian aids can be provided.

# 慈善粵劇 Charity Cantonese Opera

疫情在過去一年反復無常，大眾的生活亦受其影響，難免感到迷惘及無助。同樣，當身體機能出現障礙時，患者及其家人亦需要身邊人的扶持及關心。靈實自成立以來一直關心服務使用者及其家人的身、心、社及靈性需要，亦會與不同夥伴合作，透過慈善活動，協助有需要人士提升生活質素，達致全人照顧。

粵劇名伶汪明荃及羅家英博士向來關心弱勢社群，其帶領的福陞粵劇團，更是靈實的合作夥伴之一。是次靈實慈善粵劇專場將會上演充滿愛的粵劇戲寶《天仙配》，為靈實胡平頤養院及靈實恩光成長中心籌募經費，冀在社會大眾及有需要人士之間，開闢一條無障礙的慈善通道。

儘管二月上演的靈實慈善粵劇專場一度因為疫情緣故而要延期，但無阻各善長及熱心人士扶助弱勢的善心。現誠邀各位支持活動，與福陞粵劇團及靈實一起扶助弱勢，以生命改變生命。

查詢詳情請致電2703 3373或  
2703 3284，與靈實傳訊及籌募部  
吳小姐或鄭小姐聯絡。

For more details, please contact Ms Ng  
or Ms Cheng of HOHCS Communications  
and Resource Development Department  
at 2703 3373 or 2703 3284.



由粵劇名伶汪明荃帶領的福陞粵劇團，更是靈實的合作夥伴之一。  
The Boomabliss Cantonese Opera Troupe, led by famous Cantonese opera performer Dr. Liza Wang, is one of HOHCS cooperative partners.

The volatility of the pandemic over the past year has affected people's lives, inevitably inducing a sense of confusion and helplessness. Likewise, for patients who have suffered from physical disability; their family members also need support and care from people around them. Since its establishment, HOHCS has long been caring about the physical, psychological, social and spiritual needs of its service users and their families. Through various cooperative partnership and charitable activities, it sets sight to help the needy elevate their quality of life so as to deliver holistic caring services.

Famous Cantonese opera performers Dr. Liza Wang and Dr. Law Ka Ying always put the underprivileged at their heart. The Boomabliss Cantonese Opera Troupe led by them is also one of HOHCS cooperative partners. This time, the HOHCS Charity Cantonese Opera is dedicated to presenting the "Marriage Of The Fairy Princess", a love-embracing Cantonese opera, to raise fund for Haven of Hope Woo Ping Care & Attention Home and Haven of Hope Sunnyside Enabling Centre. It is hoped that a barrier-free charity channel can be built between the general public and the needy.

Despite that the dedicated HOHCS Charity Cantonese Opera in February has been postponed due to the pandemic, it failed to hinder the generosity of the kind-hearted philanthropists and enthusiasts. Now, we would like to cordially invite you to support the event and join hands with the Boomabliss Cantonese Opera Troupe and HOHCS to bolster the needy, hoping to create positive impact in lives.



TAKE CARE  
WITH  
PEANUTS



## 靈實耆樂餅義賣

## HOHCS Qile Cake Charity Sale

由即日起接受預訂  
**Pre-order Now**



- 訂購熱線 Order Hotline  
2703 3223 / 2703 3373
- 靈實HOHCS e-Touch shop  
[www.hohcs-etouch.org.hk/qc2021](http://www.hohcs-etouch.org.hk/qc2021)
- 義工招募 Volunteer Recruitment  
2703 3284

疫情改變了社會常態，亦使拉遠了人和人之間的距離。靈實為鼓勵大眾關心社會上有需要人士，推出「耆樂餅義賣」，為靈實非政府資助長者服務籌募經費，為有需要長者添置日常用品、醫療儀器及復康用具。今年更首次與可愛又關顧弱勢的Snoopy及他的朋友合作，鼓勵大家一起為社區出一分力。

Not only has the pandemic triggered changes to the normal social life, but also has made people become more distant. With the aim of encouraging the public to care about the needy in the society, HOHCS launched the "Qile Cake Charity Sale" to raise fund for its non-government subsidised elderly services, covering the provision of daily necessities, medical equipment and rehabilitation devices for the elderly. This year, HOHCS, for the first time, cooperates with the lovely Snoopy and his friends, who also care about the underprivileged, to appeal to everyone to contribute to the community.



罐上印有Snoopy及他的朋友，鼓勵大家一起為社區出一分力。

Snoopy and his friends are printed on the premium can, encouraging everyone to contribute to the community.



**普通裝：隨身小袋裝，每包\$35**  
**禮盒裝：精美鐵罐裝，每罐\$150**

**公開義賣日：**

日期：2021年11月27及28日（星期六及日）

時間：下午一時至六時

地點：全港、九、新界各大指定地點、商場及地鐵站

**Regular pack: With a small bag, \$35 each**  
**Deluxe pack: With a premium can, \$150 each**

**Public Charity Sale Day:**

Date: November 27 & 28, 2021 (Saturday & Sunday)

Time: 1:00 pm-6:00 pm

Venue: All designated venues, shopping malls and MTR stations in Hong Kong Island, Kowloon, the New Territories



袋裝備有米色和粉紅色，美觀又實用。

There are two colours, beige and pink, for the exquisite and useful regular bag pack.



# 活用營養標籤 改善飲食健康

## Make Good Use of Nutrition Labels to Improve Healthy Diet

幾乎所有包裝食物都有營養標籤，列明成份，可是不懂解讀的話，再豐富的資料也沒法輔助你改善健康。我們從食用分量開始，一步步學習解讀營養標籤，從而挑選較為適合自己的食物，建立健康飲食習慣。

Almost all packaged foods have nutrition labels detailing the ingredients. Yet, unless you know how to interpret them correctly, otherwise, the wealth of information may not be of assistance in improving your health. We can learn to decode the nutrition labels step by step, starting from the serving size, so that we can select the food that are more suitable for us and develop a healthy eating habit therein.

vitami

1

### 第一步：認識食用分量 Step 1: Knowing the serving size

食用分量指我們每次進食某食物時攝取的分量，食用分量不一定等於食物總重量，以圖中的薯片為例，其總重量為55克，而其食用分量為27.5克，每包裝所含食用分量數目為2，這即表示，要把這包薯片分兩次進食，才達至其營養標籤上的能量及營養素攝取量。假如一次過吃掉這包薯片，就會攝取雙倍的能量及營養素，以總脂肪為例，一次過吃掉這包薯片後，攝取得的總脂肪是11.0克x2，即22.0克。

Serving size refers to the amount we consume each time when eating a certain kind of food. Serving size, however, is not necessarily equal to the total weight of the food. Take the potato chips in the picture as an example, the total weight is 55g, and the serving size is 27.5g. The servings per package is 2, which means if you eat the whole packet of potato chip at a time, the energy and nutrient intake stated on the nutrition label for per serving will be doubled. Take total fat as an example, after eating this packet of potato chips, the total fat intake will be 11.0g x 2, or 22.0g.

Nutrition Information 營養資料	
Servings Per Package / 每包裝所含食用分量數目: 2	
Serving Size / 食用分量: 27.5g / 克	
	Per Serving / 每食用分量
Energy / 能量	155kcal / 千卡
Protein / 蛋白質	1.4g / 克
Total fat / 總脂肪	11.0g / 克
- Saturated fat / 飽和脂肪	6.1g / 克
- Trans fat / 反式脂肪	0g / 克
Carbohydrates / 碳水化合物	12.7g / 克
- Sugars / 糖	0.6g / 克
Sodium / 鈉	194mg / 毫克
本產品含有下列過敏成分	
大豆	

2

### 第二步：掌握1+7營養標籤 Step 2: Mastering the "1+7" nutrition label

營養標籤一般包含熱量（卡路里）及七種營養素，包括總脂肪（飽和脂肪酸及反式脂肪酸）、蛋白質、碳水化合物、糖、鈉質。有些食物營養標籤亦可能有膳食纖維、礦物質、維他命及膽固醇等。

熱量主要來自碳水化合物、蛋白質和脂肪。1克脂肪等於9千卡路里，1克蛋白質等於4千卡路里，1克碳水化合物等於4千卡路里。成年女性為例，每天所需的熱量為1800至2400千卡路里，過低及過高的攝取都是不健康的。

Nutrition labels generally include calories and 7 nutrients, including total fat (saturated fatty acids and trans fatty acids), protein, carbohydrates, sugar, and sodium. Some food nutrition labels may also include dietary fiber, minerals, vitamins, cholesterol, etc.

Calories mainly come from carbohydrates, protein and fat. That said, 1g of fat equals to 9 kilocalories, 1g of protein equals to 4 kilocalories, and 1g of carbohydrate equals to 4 kilocalories. Take adult women as an example, the daily calorie requirement is 1,800 to 2,400 kilocalories; any intake under or over this amount is unhealthy.

碳水化合物

protein



# 3

## 第三步：留意數字 Step 3: Paying attention to the numbers

包裝食物的營養標籤除了標示熱量及七種營養素外，還可能出現一組組字母及數字，這些都是一些添加劑，以下圖為例，這款飲料用了酸度調節劑（296、330、331及451）、穩定劑（452及450）等。

常見的添加劑有二氧化硫220，多用於涼果，具防腐作用；亞硝酸鹽250，多用於肉類，有防腐及保持肉色鮮美作用；味精621，能增加鮮味和鹹味。

已有不少研究指出，有些添加劑有損健康，例如丙酸鈣282，常用作延長麵包保質期，有機會引致肥胖，影響小孩的專注力及睡眠質素。又例如特丁基對苯二酚319，多用於以動物製成的食品、脂肪，有致癌風險。

另外，大家購買水果時，有沒有發現其貼紙上也有一組數字？那就是PLU號碼，即Price Look Up Codes，是食物生產商和銷售商之間使用的一套跨地域採購系統，有些四位數字的PLU，假如以3或4作字頭的話，代表以主流的農法種植，即有使用化學農藥。而有機種植的水果，則會在四位數字前加9，成為五位數。



選購水果時，不妨留意貼紙上的數字，助你了解該水果採用甚麼農法。  
When buying fruits, you may wish to pay attention to the numbers on the stickers to help you understand what farming methods have been adopted.

In addition to calories and 7 nutrients, a group of letters and numbers may appear in the nutrition label, referring to as the additives. From the picture above, it is shown that acidity regulators (296, 330, 331 and 451), and stabilizers (452 and 450), etc, have been added to this beverage.

Common additives include sulfur dioxide 220, which is most commonly used in preserved fruit for its antiseptic effect; nitrite 250, which is mostly used for meat for the effect of preserving the colour and freshness; while MSG 621 is used to increase the umami and salty taste.

Many studies have already pointed out that some additives are harmful to health, such as calcium propionate 282, which is often used to extend the shelf life of bread and may cause obesity and affect children's concentration and sleep quality. Another example is tertiary butylhydroquinone 319, which is used in many foods and fats made from animals, may increase the risk of cancer.

Furthermore, have you noticed that there are also a set of numbers on the stickers of fruits? That is the PLU number, referring to as the Price Look Up Codes, which is a cross-regional procurement system used between food producers and sellers. Some four-digit PLUs, if prefixed by 3 or 4, represent mainstream agricultural cultivation, meaning that chemical pesticides have been used. For organically grown fruits, "9" is added in front of the four digits, making it a five-digit number.

富達盟信顧問有限公司 健營物理治療及營養中心  
資深營養師曾美慧

Four Dimensions Consulting Limited  
Nutri-Pro Physiotherapy and Health Care Centre  
Senior Dietitian Amy Tsang

sugar

# 期望社會多關懷長者

## Hopes for More Social Care to the Elderly



2019年，衛駿輝（左二）擔綱演出《木蘭傳說》，其中一場演出為靈實胡平頤養院擴建計劃籌募經費。

In 2019, Wai Chun-fai (second from left) performed in the "Mulan Legend" Cantonese opera. One of the episodes was dedicated to raising fund for the expansion project of Haven of Hope Woo Ping Care & Attention Home.

粵劇名伶衛駿輝一直是靈實忠實支持者，多次與透過慈善粵劇表演，為靈實籌募經費。2019年，她把大型鼓樂、立體投影、旋轉舞台等創新技術注入家傳戶曉的花木蘭代父從軍故事，演變出耳目一新的《木蘭傳說》。其中一場《木蘭傳說》為靈實胡平頤養院擴建計劃籌募經費。衛駿輝相信藝術世界的真善美最富感染力，盼觀眾從新派演繹的傳統故事重新體會人與人之間的真摯感情。

與靈實結緣後，衛駿輝進一步深入認識機構的長者、寧養及復康服務，「我感受到機構上下服務社會的熱誠。」她曾經參觀靈實胡平頤養院，對院舍同工的愛心留下深刻印象，亦感受了院舍長者的生活需要。

慈善表演外，她亦希望從其他途徑支持機構。衛駿輝近年投入參與耆樂餅義賣工作，藉著其個人聲望及感染力，戮力在戲迷圈子作出呼籲，非常熱心。她希望更多人關心長者、晚晴病人乃至其他有需要人士的需要，尤其在社會目前的低迷氣氛中，給予他們更大的支持。

Wai Chun-fai, a renowned Cantonese opera artist, is always a loyal supporter of HOHCS and has been raising fund for the organisation performing in numerous charity Cantonese opera shows. In 2019, she initiated to incorporate the innovative technologies, such as large-scale drum music, 3D projection, rotating stage, etc., into the famous story Hua Mulan – a story about Mulan taking her father's place in the army. Wai succeeded in transforming the traditional Mulan story into a brand new Cantonese opera. An episode of which was particularly dedicated to raising fund for the expansion project of Haven of Hope Woo Ping Care and Attention Home (hereinafter referred to as WPH). Wai believed that the truth, goodness and beauty of the world of art is of most influential, hoping that audience can recap the genuine feelings of interpersonal relationship through the new presentation of a traditional story.

Having been tightly bounded to HOHCS, Wai gets to know more about the the organisation's elderly, palliative care and rehabilitation services. "I can truly feel the organisation's enthusiasm in serving the community," she said. Wai visited WPH and was impressed by the co-workers' care and love, also understood the needs of elderly living in the home.

Apart from the charity show, Wai seeks other ways to bolster HOHCS. In recent years, she has been actively engaging in the Qile Cake Charity Sale. She is so enthusiastic that she hopes her reputation and influence can arouse her fans' support to HOHCS. She wishes that more people will care about the needs of elders, the late-stage patients and other needy, rendering them the greatest support under the particularly adverse social atmosphere.



粵劇名伶衛駿輝是靈實忠實支持者。

Renowned Cantonese opera artist Wai Chun fai is a loyal fan of HOHCS.



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# 捐款回條 Donation Form

NEW-BL-21-09

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### 捐款金額 Donation Amount :

- ☐ HK \$200 ☐ HK \$400 ☐ HK \$600 ☐ HK \$800 ☐ HK \$1,000 ☐ 其他 Others \_\_\_\_\_

### 願捐助予 I would like to donate to :

- ☐ 基督教靈實協會  
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☐ 靈實醫院  
Haven of Hope Hospital  
☐ 靈實司務道寧養院  
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Haven of Hope Sunnyside  
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☐ 福音事工  
Evangelistic Work  
☐ 靈實「築動生命全方位關顧計劃」  
The Haven Project

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

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