

# 靈感 HAVEN OF HOPE NEWS

MAY 2014

## 專題 THEME

以生命優化生命

OPTIMISING LIFE,  
WITH HEART

整合寧養服務  
晚期生命更優質

INTEGRATED SERVICES FOR  
BETTER END OF LIFE CARE

一個普通的稱呼  
使頑石點頭

A SIMPLE GREETING  
CHANGED HIS MIND

靈實禮拜堂：  
婚禮和退修的理想場地

THE HAVEN OF HOPE CHAPEL  
IDEAL VENUE FOR  
WEDDINGS AND RETREATS

以生命優化生命  
OPTIMISING LIFE, WITH HEART



基督教  
靈實  
協會  
HAVEN  
OF HOPE  
CHRISTIAN SERVICE

尊重生命 • 改變生命

# 行政總裁的話

## Words from the CEO



親愛的靈實支持者：

生命著重的不是長短，而是能否有生活的質素、有意義、有尊嚴、受尊重和祝福。

基督教靈實協會(以下簡稱靈實)以基督為中心，一直服事社會上的弱勢社群，特別是大半生為社會作出貢獻的長者，以及極需關顧的智障人士；我們既緊隨政府政策的步伐，也走多一步，在整體醫療及社福服務上起補足作用，希望幫助更多弱勢人士。

近年香港人口持續高齡化，需要醫護服務的長者將愈來愈多，對高質素服務的需求也日益殷切，靈實積極推展及擬定一系列拓展計劃，當中靈實寧養院和司務道護養院於今年4月進行服務整合，是重要的一步。兩院在整合服務後，重新命名為靈實司務道寧養院(寧養院)，分為華永樓和司務道樓，共設有124張病床，繼續秉承基督教靈實協會創辦人司務道教士「尊重生命・改變生命」的精神，以愛心服事關懷，為體弱長者、長期病患者及晚期病人提供整合醫療護理、復康及靈性關懷的全人照顧。

老化的人口中也包括了智障人士。大部分智障人士的身體有別於一般人，他們有些可能天生已有身體缺陷，例如隱性骨質疏鬆或心臟病等，隨著身體日漸衰老，這些隱疾也無聲無息地顯現出來，身體會驟然變得很差。醫療進步延長了智障人士的壽命，醫護和日常照顧的需求因而大增，使靈實各復康中心面對資源上的挑戰。同工們在神的帶領下，縱使資源緊絀，也加強了日常的照顧，甚至額外撥出時間到醫院探望住院的智障院友，皆因他們不懂表達，難以與醫療人員溝通而影響治療，同工希望能代他們說話，好讓醫生了解院友的情況和需要，對他們的治療起輔助作用。

除了長者和智障人士，尚有不少需要幫助的人士，靈實同工們一直以愛心服事關懷，更願意走多一步，為的是改善服務使用者的生命。我們需要神的恩光照耀前路，也需要社會人士的支持，請與我們一起以生命優化生命！

Dear HOHCS supporters,

It is not the length of life, but the quality of life. Being able to live a meaningful, respected, dignified life is a blessing in itself.

Haven of Hope Christian Service (HOHCS) is a Christ-centered social service organisation aiming to serve the marginalised groups in the society, especially the elders who have contributed most of their life to the community as well as the care-needing mentally disabled people. We follow closely in the footsteps of the government while providing complementary medical and social services to all those in need.

With the intensifying ageing issue in Hong Kong, there will be more and more elders in need of medical care, including high quality services. HOHCS is actively planning for and implementing a series of expansion plans, such as the recent integration of Haven of Hope Holistic Care Centre and Sister Annie Skau Nursing Home in April this year. It is a great milestone, as the new institution (Haven of Hope Sister Annie Skau Holistic Care Centre, or "HCC" hereinafter) comprising Wah Wing Building and Sister Annie Skau Building is now equipped with 124 beds. Carrying on the legacy of Sister Annie Skau, founder of HOHCS, and her spirit of "Respecting Life. Impacting Life", we serve frail elders, chronic and end of life patients with love and care while offering them holistic medical treatments, rehabilitation and spiritual care.

The mentally disabled form part of the ageing population too. Most of them were born with various deficiencies, such as latent osteoporosis and heart diseases, which tend to attack them without any signs while leading to rapid deterioration of their health. Medical advancement lengthens the average life span of the mentally disabled, which implies that their needs for medical and daily care are set to grow. HOHCS has been facing such challenge especially in terms of resources. Under God's leadership, we managed to optimise our daily care services with limited resources, and extra time has been allocated for visiting the hospitalised residents too. Given that our mentally disabled residents often lack the capability to make themselves understood, our colleagues are eager to assist them so that adequate treatments can be facilitated with better communication with the hospital staff.

Other than the elderly and the mentally disabled, there are still many people in need who await our care and love. We are more than willing to go one step further to improve the quality of life of our service users. With God's protection and your support, let us serve the community and impact lives together!

行政總裁

Chief Executive Officer

林正財醫生

Dr Lam Ching-choi



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## 基督教靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE

### 異象禱詞 Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

God, together we serve and grow, witness the Gospel and experience Your love. May you be satisfied. Amen.

### 使命 Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督教化社群。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 the 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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# 以生命優化生命

## Optimising Life, With Heart



1961年至2011年，香港長者的數目由87,918人增至941,312人，在50年間增加了853,394人，平均每年增長率為4.8%，增長速度遠較全港人口的1.6%為快。而以長者佔總人口的比例而言，其百分比亦不斷上升，從1961年的2.8%升至2011年的13.3%\*。30年後總人口增至8,470,000，65歲及以上長者人口比例將由2011年佔總人口的一成三增至三成，即每三個人當中，一個是老人#。

醫學發達令死亡率下降，男女平均壽命由2011年分別80.5歲及86.7歲，延長至2041年的84.4歲及90.8歲，超越日本及其他歐美國家#。香港人愈來愈長壽，加劇人口老化，但許多人卻忽略了老年智障人士，他們大部分有骨質疏鬆或心臟病等隱疾，而且日常的健康照顧也需受到關注。

### 長壽 福氣？ 負累？

「年紀大，機器壞，手腳愈來愈唔聽使，想行遠啲都唔得。」87歲的馮先生說：「我有糖尿病，成日要個女請假陪我覆診。去到公立醫院閒閒地要等幾粒鐘，搞到好𦵏！我呢啲長期病，睇私家醫生好『𦵏𦵏』，每個月啲生果金幫補到少少啦，衣食住行仲係靠子女。長命... 真係唔知係咪福氣！」

### 獨老 雙老

類似馮先生這類長者為數不少，但更嚴重的還有「獨老」和「雙老」問題，據資深社工表示這些老人將愈來愈多，所衍生的問題不容忽視。「獨老」是獨居老人，「雙老」是年老病者及其年老照顧者，或年老智障人士及其年老照顧者，當中不乏依靠綜緩的人士。「雙老」問題多多，以健康問題尤其需要關注，不單患病或智障老人身體日漸衰退，照顧者也出現勞損情況，有些更無經濟能力

去申請上門護理及日間中心等服務；但目前這類個案卻沒有統計數字^，情況使人憂慮，也須大眾正視。

### 護老新觀點

要使長者有尊嚴地生活和做到「老有所屬、老有所養、老有所為」殊不簡單，除既有的政策外，還有一些實際的需要。有志服務長者的中文大學老年學系學生梁裕庭看到長者居家的問題：「我認為照顧老人家，淨係俾屋佢哋住並唔足夠。如果佢哋身體許可，就可應付日常生活，亦可去長者中心、社區中心或衛生署長者健康中心；但係當佢哋身體變差或行動不便，就要留喺屋企，日常遇到問題時好需要即時支援；如果佢哋屋企樓下有協調中心，就可以幫老人家即刻去同長者中心、社區中心或長者健康中心協調，俾佢哋適切嘅幫助；依家社會上缺乏呢類協調中心同協調人員。」今年畢業的梁裕庭和他的同學，是中







The number of elderly population has increased from 87,918 to 941,312 across the 50-year span (1961-2011), with an increase of 853,394 and an annual increase rate of 4.8%, which is way higher than the average population growth rate of 1.6%. The percentage of elders in the overall population has also risen from 2.8% in 1961 to 13.3%\* in 2011. In 30 years time, the overall population is expected to reach 8,470,000 with 30% of them being elders, which means 1 out of 3 people in Hong Kong will then be over 65 years old #.

Medical advancement also lowers the mortality rate. The average life expectancy of an average Hongkonger was 80.5 years (male)/86.7 years (female), and it is expected to reach 84.4 years (male)/90.8 years (female) in 2041, outperforming Japan and most European and American countries #. With the lengthened life span, the ageing issue is surely to intensify. One overlooked aspect of the ageing issue is the mentally disabled elders, who are suffering from latent diseases like osteoporosis and heart diseases, and their daily needs also pose great challenges to the caregivers.

## Longevity: Blessing or Curse?

"I'm getting older but not healthier. My limbs are increasingly out of control and it's hard for me to stay outdoors for long." Mr Fung, 87, sighed. "I have diabetes. My daughter would have to take days off to take me to the public hospital for return visits. It often takes us hours for the wait and it's just too exhausting! As a chronic patient, I know well it costs a lot to visit the clinics. My Old Age Living Allowance helps a bit but I'd have to rely on my children for the rest of the expenses. Longevity...I really don't know if it's a blessing or not!"

## Elderly Living Alone vs. Cohabiting Elders

Many elders, like Mr Fung, are facing a good number of challenges as they age. Worse still, there remain other issues regarding elders living alone or cohabitating with their ageing caregiver. According to certain experienced social workers, these are getting more and more widespread as social phenomena. The latter case, for example, is rather common amongst the elderly chronic patients and the mentally disabled elders, whereas many of them are welfare recipients. Most chronic patients or mentally disabled are suffering from fast deteriorating health, and their family caregivers are often overloaded. Due to financial constraints, they might not be able to afford home care or day care. Given the limited statistical data<sup>^</sup>, such phenomena are worrisome which require public awareness.

## New Perspectives in Elderly Care

Living one's elderly life with dignity is not as easy as it looks, and not to say achieving the goals of promoting their sense of belonging, sense of security and sense of worthiness.

For one thing, the elders' needs should be well catered for. Johnson Leung, a geriatrics major at the Chinese University of Hong Kong (CUHK) who aspires to serve the elders, identified a core issue regarding "ageing in place", "I think it's not sufficient to just provide a dwelling place for the elderly. We know if they are physically healthy, they'd be able to take care of themselves and even go to elderly centres, community centres or the DOH Elderly Health Centres. However, when their health deteriorates, they'd need a lot of support to simply stay at home. Coordination centres in the neighbourhood can play a key role here as the messengers to request help on the elders' behalf, while coordinating with the institutions involved for optimised care. I believe we do need this type of coordination centres and trained staff for Hong Kong." Leung is amongst the first batch of geriatrics graduates at CUHK. He looks to bring in new perspectives on elderly care in the hope of enhancing the existing services.

## Promoting One's Sense of Belonging

Nowadays, users of elderly services offer new perspectives to the sector too. Frances Cheuk, Team Leader of the Community Resources and Education District Elderly Community Service at the Haven of Hope District Elderly



大首屆老年學系畢業生，他希望他們這群「新人種」，可以為優化長者服務帶來新思維。

## 老有所依

長者對接受老人服務也有新想法。靈實長者地區服務——健明中心社區資源及教育服務隊長卓明琳表示：「今時今日，60零歲嘅退休長者比較獨立、主動、有主見、生命要有尊嚴、有質素。佢哋對長者服務有期望，對學習有要求，會選擇有證書嘅課程；所以中心係提供服務同課程方面要花多啲心思同資源。」作為資深的地區服務前線人員，卓明琳和同工們對各類型長者的需求都瞭如指掌，他們認為加強靈性上的關顧，可更有效幫助長者及家人提升心理質素，使他們更有信心面對年老的事實。

地區服務中心不只是長者「過日辰」的地方，也是他們寄託精神和優化生命之處，他們對地區服務需求之大，使人意想不到；以將軍澳尚德中心為例，「中心開幕嘅第一日，已接收咗200個會員。」靈實長者地區服務——尚德中心預防及發展性服務隊長彭彩燕說。但這也是使營運人員頭痛的問題，彭彩燕指出：「將軍澳呢個社區發展得好快，人口亦不斷老化，靈實轄下幾間地區服務中心嘅會員都愈嚟愈多，但中心嘅地方就有擴大。有時因為空間有限，同長者做輔導時甚至要『走鬼』。」

## 智障人士：五老

老化人口膨脹所衍生的問題不止於此，尚有「隱憂」存在。不少智障人士身懷「隱疾」，會隨年齡增長而逐漸顯現，例如心臟病或骨質疏鬆等。每次談到這個話題，看著智障人士變老的靈實住宿復康服務營運總經理胡仲菁都掩不住心痛之情：「智障人士到40歲左右，身體機能容易開始老化；佢哋後生時都照顧唔到自己，又老又病就更令

人擔心。」她一臉無奈：「替智障人士抽血或做磁力共振等身體檢查時經常遇到困難，因為佢哋會拒絕合作同郁動得好犀利，好難攞到數據，所以未必可以幫佢哋預防，往往到病發時至知病情幾咁嚴重。」此外，由於中心有部分院友的健康狀況需多加監察，亦有些會在晚間不眠，因此護理員會按需要在晚上每15分鐘巡房一次，因而對夜間人手造成額外的壓力，有時難以與其他照顧需要取得平衡。

除此之外，胡仲菁表示社會上的「五老」問題亦需受關注。「五老」是：一、智障人士老；二、智障人士的照顧者老；三、院舍環境或設施的優化趕不上院友老化的速度；四、前線同工相繼年老或退休，使院友失去熟悉的照顧者；五、「老資格」的同工年齡漸長，但加入前線工作的年輕人仍不多，青黃不接的情況一直存在。要改善這些問題，需各方的支持；例如招募義工陪院友覆診，以紓緩家人壓力；給予院友家屬心靈關顧；吸引年輕人加入前線員工的行列，以及呼籲社會人士出錢出力。

## 香港人幫香港人

香港人口老化既是迫切的問題，也影響深遠，如果我們能發揮「香港人幫香港人」的精神，便有助紓減人口老化對社會造成的壓力；正如一直支持靈實的各大機構，包括(排名不分先後)：清水灣鄉村俱樂部、宏利人壽保險(國際)有限公司、香港人壽保險從業員協會、三星物產香港有限公司及車路士足球學校等，透過多種模式支持靈實去幫助弱勢社群。若更多有心人能給予援助及支持，便可優化更多有需要人士的生命。

資料來源：

\*<http://www.census2011.gov.hk/pdf/older-persons.pdf>

\*[http://orientaldaily.on.cc/cnt/news/20120801/00176\\_018.html](http://orientaldaily.on.cc/cnt/news/20120801/00176_018.html)

^[http://www.youtube.com/watch?v=\\_HdNZPrUCF0](http://www.youtube.com/watch?v=_HdNZPrUCF0)



Community Service – Kin Ming Centre, said, “Nowadays, retirees of around 60 years old are more independent, proactive, and self-confident than their earlier generations. They tend to focus on respect, dignity and the quality of life. Needless to say, they also expect more from the elderly services, such as higher quality of learning programmes. They’re inclined towards award-bearing courses, and we’d need to put in more effort and resources to make it happen.” As an experienced member of HOHCS’ frontline district service staff, Cheuk and her teammates are extremely well-informed about the needs of different types of elders. They believe enhanced spiritual care helps the elders and their families alike in an effective manner, which in turns improves their self-esteem and helps them to face the reality of ageing.

District Community Service Centres are not just places for the elderly to kill their time, but also where they feel belonging to while optimising their quality of life. The surging needs are surprising, with Haven of Hope Sheung Tak Centre in Tseung Kwan O as a good example. “On the first day of service, we received 200 membership applications.” Ace Pang, Team Leader of the Preventive and Developmental Service at the Haven of Hope District Elderly Community Service – Sheung Tak Centre, told us. This also led to other operational issues according to Pang, “Tseung Kwan O is a fast developing district. The population is apparently ageing and the HOHCS Centres are getting more and more members each day. However, we regretted not having any extra space for expansion plans, which means we’d have to move around for activities like elderly counselling sessions.”

## Mentally Disabled Persons: Five Types of Ageing

Problems arising from the booming ageing population are not limited to the aforementioned ones. Many of the mentally disabled elders have latent health issues which might attack them any day without signs or symptoms, such as heart disease and osteoporosis. Candy Wo, Operations General Manager of the Haven of Hope Residential Services for Disabled, was saddened to witness such ageing processes of the mentally disabled. “Ageing of the physical mechanism of the mentally disabled people usually starts by the time they reach 40. Not having been able to take care of themselves when young, they are likely to face more problems as they age. It’s very difficult to do body check for them because they always refuse to do so. As a result, it is not easy for us to help them on the prevention of diseases. Many of them would have reached a critical stage when diagnosed.” Furthermore, as



many of the residents need special monitoring due to severe health condition and some other residents do not sleep well at night, the nursing staff would have to go on ward rounds on 15-minute intervals to check on them. This has led to extra pressure on manpower at night. And sometimes it is hard to keep the balance between caring and needs.

Besides, Wo said there are “five types of ageing” in the society that need to be aware. They are: the ageing of the mentally disabled residents; the ageing of their families; the pace of the enhancement of the facilities of the centres is behind the ageing of the residents; the reliable and familiar frontline staff are ageing and going to retire; young successors are insufficient for the elder frontline staff. To improve the conditions, support from all walks of life is needed, e.g. recruitment of volunteers for accompanying the residents for hospital visits, provision of spiritual care for the residents’ families, recruitment of young people to the team, and calling for donations from the local community.

## Helping Our Fellow Hongkongers

Ageing has great impacts on Hong Kong society as a pressing issue. Let us show our empathy and offer our help to those in need. Many of our corporate sponsors (listed in no particular order), including the Clearwater Bay Golf & Country Club, Manulife (International) Ltd, The Life Underwriters Association of Hong Kong, Samsung C&T Hong Kong Ltd, and Chelsea Soccer School, have been showing their love and care in many wonderful ways. Get involved now and start impacting lives for good!

Sources:

\*<http://www.census2011.gov.hk/pdf/older-persons.pdf>

#[http://orientaldaily.on.cc/cnt/news/20120801/00176\\_018.html](http://orientaldaily.on.cc/cnt/news/20120801/00176_018.html)

^[http://www.youtube.com/watch?v=\\_HdNZPrUCF0](http://www.youtube.com/watch?v=_HdNZPrUCF0)

# 整合寧養及安老服務

## 晚期生命更優質



香港人口急劇老化，但社會上的醫療資源分配，在善終寧養及長者長期照顧上，均未能配合。靈實一直致力推動全生命晚期照顧(寧養及優質安老服務)，為回應香港社會的需要，靈實寧養院與司務道護理院在今年4月進行服務整合，並重新命名為「靈實司務道寧養院」(寧養院)。

### 公立寧養病床供不應求

根據衛生署統計，香港每年約有四萬人逝世<sup>\*</sup>，但公立醫院寧養病床僅三百多張<sup>#</sup>，服務癌症患者已供不應求，更遑論兼顧器官衰竭、多次中風、認知障礙症及帕金森症等非癌症晚期患者。



靈實司務道寧養院院長梁智達醫生指出：「目前所見的情況是當在家中或院舍居住的體弱長者健康狀況轉壞時，會被送進公立醫院急症室，但病人在接受急救及一般治理後，大部分會因病床不足而要提早出院，很多時因未能獲得適切的復康護理，很快又要再進入急症病房，是謂『旋轉門症候群』(“Revolving Door Syndrome”)；而體弱長者就像『人球』，在院舍及醫院之間進進出出。」至於入住私家醫院接受手術(如股骨折)，或復康治療(如中風)的老年病人，大部分在醫院治理一段時間後，會因費用昂貴而未能繼續留院接受較長期的復康治療及護理。

### 優化服務，提供多元選擇

優質的安老及寧養服務需要有完善配套及溫暖舒適的環境。「最重要是醫護人員有愛心，能關顧院友和其家屬在身體、心理、社交和靈性各方面全人的需要，讓院友在人生旅途的最後一程身體徵狀得到舒緩，心靈得到平安，並活得有尊嚴。」梁智達醫生說。

是次服務整合能使寧養院的服務更臻完善，包括為癌症病人及非癌症體弱人士提供全生命晚期照顧、長者專科復康、優質長期護理，甚至短暫住宿服務。靈實司務道寧養院分為兩座相連的大樓：華永樓和司務道樓，病床將增至124張，全生命晚期照顧的床數會由25張增加至46

張。房間的種類及收費也將可給病人和家屬更多選擇，冀望使中等收入家庭也可享用寧養院提供的優質醫療護理服務。與此同時，寧養院將增加前線同工數目，並加強培訓，以提高醫護人員的專業技術和知識，務求給予病人更優質、更細緻的照顧。

### 慈惠病床計劃

梁醫生進一步解釋：「寧養院將優化『以基督為中心的』照顧模式，包括增設院牧24小時支援服務。而特別為綜援或獲醫管局豁免費用人士而設的『慈惠病床』，將計劃從五張增加一倍至十張或更多，每年讓最少50位窮苦的晚晴病人受惠。」

### 一起「用愛擁抱晚晴」

「未來，寧養院的團隊將會繼續本著『以基督為中心』的服務精神，努力不懈地為體弱長者和晚晴病人提供優質服務，使他們能夠有尊嚴地度過晚年的生活。」梁醫生堅定地表示。兩院服務整合及質素提升需要籌募約二百萬港幣進行裝修及添置醫療器材，請各位關心靈實的朋友慷慨支持，與我們一起「用愛擁抱晚晴」。

資料來源：

<sup>\*</sup><http://www.chp.gov.hk/tc/data/4/10/27/380.html>

<sup>#</sup>醫院管理局統計年報(2011-2012)



# Integrated Services for Better End of Life Care

With the intensifying ageing problem in Hong Kong, there will be a gap in between the demand and supply in terms of holistic end of life care and long-term elderly care. Witnessing such societal needs, Haven of Hope Holistic Care Centre and Sister Annie Skau Nursing Home were integrated in April 2014. The new institution has been renamed Haven of Hope Sister Annie Skau Holistic Care Centre (HCC).

## Insufficient Public Hospice In-Patient Beds

According to the Department of Health, there are around 40,000 deaths in Hong Kong every year\*. Nevertheless, there are only 300 plus public hospice in-patient beds#, resulting in a significant gap between demand and supply. In addition to cancer patients, there are also other patients awaiting for the service, such as those suffering from organ failure, multiple strokes, cognitive disorder, Parkinson's disease and the like.

Dr Antony Leung, Medical Superintendent of HCC, said, "Most frail elders residing at their own places or nursing homes are routinely sent to the A&E in public hospitals in case of emergencies. However, with insufficient beds they are likely to be discharged soon after receiving treatments. Many of them are deprived of adequate rehabilitation care and it often leads to repeated A&E visits. We call this 'Revolving Door Syndrome', as the patients are simply 'buckets' being passed from one place to another." As for those elders receiving their treatments at private hospitals, they tend to terminate their treatments after a certain period of time due to high costs while skipping long-term rehabilitation and care.

## Quality and Diversified Services

Quality service, comprehensive infrastructure and comfortable environments are very much sought after these days for elderly care and end of life care. "The key, anyway, is the love and care the staff can offer. They would have to take care of the physical, psychological, social, and spiritual needs of the patients and their families like, so that the former can live their final stages of life with dignity," Dr Leung said.

The integration is expected to bring optimised services for holistic end of life care, elderly specialist rehabilitation services, quality long-term care and short-term accommodation services for cancer patients and frail elders alike. Wah Wing Building and Sister Annie Skau Building are now connected and the number of beds has



risen to 124. The number of holistic end of life beds has also increased from 25 to 46. There are now a wider range of fee schemes and plans for different needs, such as the hospice in-patient beds costing only HKD\$450 per day. As part of the upgraded services, the medical team has been expanded with increased number of frontline staff members and enhanced training.

## Relief and Charity Beds Service

Dr Leung said, "HCC is keen on optimising its Christ-centred care, such as the restructuring of the free psycho-social-spiritual care service team. 24-hour chaplain support service will also be added to the list of services. As for the 'Relief and Charity Beds' available for welfare or HA waiver recipients, the number will increase from 5 to 10 or more, leading to a one-fold increase. This way, at least 50 patients will be served every year."

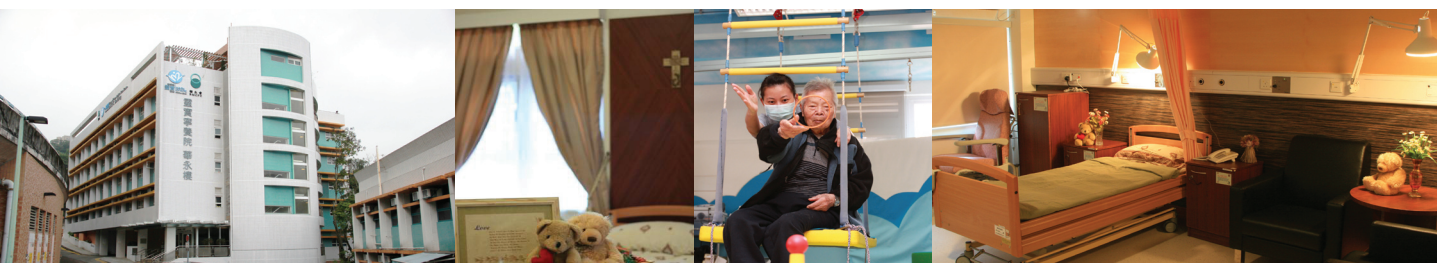
## Embracing the Last Journey with Love

"In future, HCC will continue to enhance holistic care services with our Christ-centred model to serve frail elders and end of life patients, which helps bringing comfort, dignity and peace to their final stage of life." Dr Leung stated. After the integration, a funding of around HKD\$2,000,000 is required for the renovation and procurement of medical equipment. HCC needs HOHCS supporters' generous support to embrace the last journey of the patients with love.

Sources:

\*<http://www.chp.gov.hk/en/data/4/10/27/380.html>

#Hospital Authority Statistical Report (2011-2012)



# 尊重生命 Respecting Life Blog

## 1 與鄰舍齊環保

學員跟隨職員到附近商舖收集生果皮後回中心製作廚餘清潔劑，在帶動社區環保上起示範作用，深得鄰舍支持。(靈實創毅中心)

### Being Eco-Friendly Together

Trainees collected unwanted fruit peel, under supervision of our staff, from neighbourhood stores for making eco-friendly household cleaner. The demonstrative effect of their acts wins support of the community. (Haven of Hope Integrated Vocational Rehabilitation Services Centre)



## 2 花花世界任我行

長者與家人到維園觀賞花展，在陽光下呼吸清新空氣，為身心充電！(靈實體弱長者家居照顧服務及靈實樂華長者日間中心)

### Lovely Stroll in the World of Flowers

Elders and their families visited the Flower Show at the Victoria Park. It makes for a great energy boost and see how much they enjoyed the fresh air! (Haven of Hope Home Care Services for Frail Elders and Haven of Hope Lok Wah Day Care Centre for the Elderly)



## 3 靈實媽媽回家

1988年，司務道教士退休後回港，當時靈實醫院院長梁智達醫生和護士長黃茵若姑娘設愛筵，讓大家與司教士這個「靈實媽媽」共膳！詳情請瀏覽[www.sisterannie.org](http://www.sisterannie.org)

### Revisiting the Reunion with Mama

Back in 1988, Sister Annie returned to Hong Kong for a visit after her retirement, a "love banquet" was prepared for her by Dr Antony Leung (the then head of the Haven of Hope Hospital) and Nurse Wong Yan-yeuk (Head Nurse). It was a great reunion for everyone at HOHCS with their beloved "Mama"! Please visit [www.sisterannie.org](http://www.sisterannie.org) for details.



## 4 讓病人重拾尊嚴

被選為傑出護士的靈實醫院部門運作經理(胸肺及舒緩治療科)陳麗娥姑娘不僅在舒緩治療表現出色，她維護病人尊嚴的心，改變了病人的心靈和生命。

### Love and Respect for Patients

Nurse Chan Lai-ngor, Department Operations Manager (Pulmonary and Palliative Care) at the Haven of Hope Hospital, not only excels in her work in palliative care, but also shows great love and respect for her patients. Her devotion to the nursing profession has lasting impacts on the lives of many.





# 尊重生命 Respecting Life Blog



## 5 靈寶60周年同工嘉許午聚

由靈寶董事局資助的午聚於2月14日情人節舉行，靈寶護養院、靈寶司務道護養院、靈寶寧養院及社會企業部於當天表揚了各單位的傑出員工。

### Employee Recognition Ceremony

The Employee Recognition Ceremony, sponsored by HOHCS' Board Committee, was held on Feb 14. Outstanding staffs from Nursing Home, Sister Annie Skau Nursing Home, Holistic Care Centre and the Social Enterprise Department were praised.



## 6 周六早餐團

宿生最開心是與義工姐姐外出吃早餐，吃得特別滋味。看宿生和義工姐姐多溫馨！(靈寶恩光學校)

### Weekend Group Breakfast

Our boarders were overjoyed at the breakfast time with their volunteer "big sister". See how sweet they were! (Haven of Hope Sunnyside School)



## 7 祝福老友記

中心於二月份獲「樂福香港」資助，透過新春旅遊促進「親老關係」，讓家人與長者共享歡樂時光。(靈寶長者日間暨復康中心(港島東))

### Blessings for Our "Old Buddies"

Sponsored by the "Bless HK" Campaign in February, our Centre organised a Lunar New Year tour for both the old and the young to promote the idea of enjoying quality time with our elders. (Haven of Hope Day Care cum Rehabilitation Centre for Elderly [HK East])



## 8 盡心盡力服務長者

靈寶社企部護士顧問李麗珍姑娘投身長者服務二十多年，一直視長者如親人，近年她更積極發展家居照顧服務，並組織護士義工隊，推動國內的長者護理。

### Devoted to Serve the Elders

Lee Lai-chan, Nursing Consultant at the Haven of Hope Social Enterprise Department, devoted more than 20 years of her service to the elders. Recently, apart from developing home care service, she set up a team of nurse volunteers to promote elderly service in the Mainland China.



## 一個普通的稱呼 使頑石點頭

病房來了一位行乞數十載、六十多歲的末期肺癌病人，他把攜來的大包小包的行李、床邊櫃和椅子築成一道防衛線，把自己的床圍攏起來，就像是要把自己跟其他人分隔開似的。

一個早上，我給他一面鏡子，說：「黃伯，精神不錯哇！來！看看自己整齊的模樣。」聽到我稱呼他「黃伯」，他有點愕然；他接過我手中的鏡，端詳了一會，展露了微笑。從此我們有了對話。醫護隊工的照顧配合藥物治療，黃伯的氣促減少了；後來，他更因聽到福音，信奉了基督教。不知不覺間，他把行李一一挪開，他心裡的牆也隨之而溶化，並與別人多了溝通。

一天，他突然感到氣促，吃過止氣促藥後，彎著腰，用雙手緊抱著雙膝，坐在病床上，看到他不安的表現，我

嘗試把床調高，讓他半躺著，但他告訴我還是坐在病床上才最舒適！「黃伯，原來這樣姿勢對你來說是最舒服的，多謝你教曉我怎樣幫你！」他抬起頭對我說：「姑娘，我的大半生，受盡鄙視，沒想到，患病入住醫院，竟有一群醫護人員用心地照顧我。我感到最高興的一件事，就是你們叫我『黃伯』。多少年來，從來沒有人這樣叫我。『乞丐』、『老乞丐』就是我的代號... 重拾失去多年的自尊，你可知道我有多快樂！」黃伯的眼中，淚光閃爍。

隨口一個稱呼，想不到使行乞多年的長者，尋回被埋葬已久的尊嚴。我深深體會到每個病人都是獨特的，都應被尊重。

靈實醫院部門運作經理  
(胸肺及舒緩治療科)  
陳麗娥姑娘

### 陳麗娥姑娘檔案

陳麗娥姑娘於1987年加入靈實醫院，當時醫院的善終服務剛起步；多年來她盡心盡力為病人服務，在推動專業護理方面貢獻良多，是香港舒緩治療發展的先驅者之一。陳姑娘在舒緩治療科主要服務末期病患者及其家屬，為病者提供妥善的照顧，減少心靈的痛苦，陪伴其人生的最後時刻，讓其安心離世，使家屬得到最大的安慰。除護理工作外，她近十年亦進行不少有關晚期病人的離世過程和善終服務的護理學研究分享，並出版文獻。



# A Simple Greeting Changed His Mind

One day, a 60ish-year-old, late-stage lung cancer patient was admitted to our ward. He used to beg for a living, and right upon his arrival, he secluded himself with his bags, bedside table and chair from the others, in quite a self-defensive manner.

I gave him mirror one morning. “Uncle Wong! You look great today. C’mon, do take a look at how nice and tidy you are.” To my surprise, he was totally taken aback after hearing what I said. He took the mirror though, showed a faint smile while looking into it. From then on, we started to be chatting with each other every now and then. We were doing our best to take care of Uncle Wong, and with the help of the medications, Uncle Wong’s shortness of breath had gradually improved. Soon he became a Christian too, when gospel was brought to him in the hospital ward. As time went by, without us noticing it, his physical and mental “barriers” were all removed. He even started talking with others.

There came an episode when Uncle Wong fell short of breath again. Having taken the medications, he seated himself on the bed, stooped over while embracing his knees. Witnessing his physical discomfort, I tried to adjust the bed

to make him feel better, but he told me he felt the best with the sitting posture. “Uncle Wong, thanks for telling me how to help you. Now I see this is the most comfortable posture for you.” Again, to my surprise, he looked up to me and said, “Nurse, I spent most of my life being despised. I couldn’t have imagined to be taken care so well in here, at a hospital. The happiest thing is you greeted me as ‘Uncle Wong’. Through these years, I’m only known by nicknames... ‘the beggar’, or ‘that old beggar’. They called me names. I think I found my lost dignity in here... do you see how happy I am?” Uncle Wong ended his words, and I saw the tears that kept rolling in Uncle his eyes.

I couldn’t have imagined, too, that a simple greeting would restore the long-lost dignity of this elder in front of me, who lived most of his life on the streets. But I know every patient of mine is unique, and all of them deserve to be respected.

**Chan Lai-ngor,**  
Department Operations Manager  
(Pulmonary and Palliative Care)  
The Haven of Hope Hospital



## About Nurse Chan Lai-ngor

Nurse Chan joined the Haven of Hope Hospital in 1987 where end of life service was initially launched. She devoted all these years of her service to professional nursing as a pioneer in local palliative care development. She serves mainly the late-stage patients and their families, providing them with adequate care while relieving their spiritual pain. She guides her patients through the last journey of their lives and comforts those survived. Other than frontline services, she also conducts nursing research and publishes on the end of life service and hospice care.



## 靈實慈善行2014 Haven of Hope Charity Walkathon 2014

「靈實慈善行2014」於3月22日順利舉行，得到神的蔭庇，活動當天陽光普照。超過250名靈實支持者由靈實臺起步，跟隨司務道教士的足跡，重遊她昔日走過的路。慈善行途中經過七個特色景點，其中包括：靈實舊醫生宿舍、舊警署及盼望之灣等。透過是次慈善活動，參加者不單更了解調景嶺的歷史，也身體力行為靈實司務道寧養院的「心靈關顧服務」籌得超過30萬元，讓更多晚期病人和家屬在身、心、社、靈上得到免費的優質照顧。

是次活動特別鳴謝(排名不分先後)三星物產香港有限公司、宏利人壽保險(國際)有限公司及利安顧問有限公司的參與及支持。

如欲欣賞更多「靈實慈善行2014」的相片，可前往靈實Facebook專頁[www.facebook.com/hohcs.org.hk](http://www.facebook.com/hohcs.org.hk)瀏覽。若想了解靈實及調景嶺的歷史，歡迎瀏覽「司務道教士尊重生命博物館」[www.sisterannie.org](http://www.sisterannie.org)。



The Haven of Hope Charity Walkathon 2014 successfully took place on March 22. With God's blessing, the weather was fine and over 250 supporters participated in the activity. They started at Haven of Hope Terrace, following Sister Annie's footsteps and revisited where she served the local community. There were 7 scenic spots throughout the route, namely: Former Site of Resident Physicians' Quarters of the Haven of Hope, the Old Police Station, and the Haven of Hope. Participants not only learned more about the history of Tiu Keng Leng, but they also put their support for the Free Psycho-Social-Spiritual Care Service of the Haven of Hope Sister Annie Skau Holistic Care Centre into action, helping raised over HKD\$300,000 for the project.

Special thanks to the support and participation of Samsung C & T Hong Kong Ltd, Manulife (International) Ltd and Leigh & Orange Ltd (listed in no particular order).

For more photos of the Haven of Hope Charity Walkathon 2014, please visit the Official Facebook Page of the Haven of Hope ([www.facebook.com/hohcs.org.hk](http://www.facebook.com/hohcs.org.hk)). If you would like to know more about the history of the Haven of Hope and its neighborhood Tiu Keng Leng (Rennie's Mill), you may log on to the Sister Annie Skau Museum ([www.sisterannie.org](http://www.sisterannie.org)) for details.



## 清水灣鄉村俱樂部 慈善高爾夫球賽2014

公立醫院因為病床緊張，很多時會要求晚期病人離院，待有需要時再到醫院求診，可是此舉往往令病人及其家屬感到徬徨。縱使在世的日子可能不多，但晚期病人同樣需要受到尊重；靈實寧養院從2012年4月開始設置「慈惠病床」，提供免費醫療及住院服務予有需要人士；首年度，「慈惠病床」共服務了16位被確診患上末期癌症的綜援或獲醫管局豁免費用人士。

今年寧養院及司務道護養院進行服務整合，藉此進一步提高服務質素，更希望把「慈惠病床」增加至十張，服務更多有需要人士。慈善高爾夫球賽2014於清水灣鄉村俱樂部舉行，目標籌款額為港幣75萬元；是次比賽得到有心人贊助和捐助，所籌得的善款可讓這個計劃能延續下去，幫助更多有需要的病人平安及有尊嚴地走完人生最後一程。

### The Clearwater Bay Charity Pro-Am Golf Tournament 2014

With the shortage of beds in public hospitals, many late-stage patients are being requested to be discharged and only return to the hospital for treatments whenever necessary. This often leaves patients and their families in frustration and hopelessness. Despite the fact that these patients are heading towards their last journey of life, they deserve

respect and love. Therefore, since April 2012, the Relief and Charity Beds (RCS Beds) Service was launched and in the first year of service, we served 16 late-stage cancer patients (all being welfare or Hospital Authority fee-waiver recipients) at the Holistic Care Centre (HCC) where they received free in-patient care.

HCC has been integrated with the Sister Annie Skau Nursing Home this year for further enhancement of service quality. We are planning to increase the number of RCS Beds to 10. The annual Clearwater Bay Charity Pro-Am Golf Tournament is taking place this year to raise funds for this meaning project. The fundraising target is HKD\$750,000. We need your generous support to help us carry on this mission, of guiding the late-stage patients through their last journey of life with the respect and love they deserve.



## 靈實司務道寧養院 「愛·成就完美句號」 2014慈善音樂會

靈實司務道寧養院每年需要港幣一百五十萬捐款以支持免費「心靈關顧服務」。過去8年，靈實寧養院曾照顧超過800名病人及其家屬，在他們經歷生命的陰霾之際，為他們帶來安慰、尊嚴及平安。

靈實司務道寧養院致力提供全人生命晚期照顧，而優質的心靈關顧服務是重要一環；為了讓更多病人及家屬受惠，我們誠邀您支持靈實司務道寧養院「愛·成就完美句號」2014慈善音樂會。詳情如下：

日期：2014年8月16日（星期六）  
時間：7:30pm  
地點：國際基督教優質音樂中學暨小學  
（九龍鑽石山蒲崗村道182號）  
表演團體：香港西貢合唱團及心韻紅棉合唱團

如有任何查詢，歡迎致電 2703 3250 或 2703 3284

## The “LOVE Concerto of Life” Charity Concert 2014 Presented by the Haven of Hope Sister Annie Skau Holistic Care Centre

Each year, the Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) needs HKD\$1,500,000 for running the “Psycho-Social-Spiritual Care” Service. In the past 8 years, over 800 late-stage patients and their families were served, bringing them comfort, respect and peace at heart.

SASHCC strives to offer holistic end of life care, and quality psycho-social-spiritual care is a key part of it. To reach more patients and families, we sincerely invite you to support us by attending our “LOVE Concerto of Life” Charity Concert 2014.

Date: August 16, 2014 (Saturday)  
Time: 7:30pm  
Venue: International Christian Quality Music Secondary and Primary School (182 Po Kong Village Road, Diamond Hill, Kowloon)  
Performance by the Hong Kong Sai Kung Chorus and Melody In Heart-Kapok Chorus

For enquiries, please call 2703 3250 or 2703 3284

## 靈實醫院

# 「信、望、愛」慈善音樂會 籌得逾九十六萬港元

承蒙香港愛樂團及各捐款者的支持，靈實醫院「信、望、愛」慈善音樂會於2014年4月27日圓滿舉行，為靈實醫院的「老人科及舒緩治療（善終服務）及療養服務」籌得逾港幣960,000元。是次音樂會邀得民政事務局副局长許曉暉女士擔任主禮嘉賓；當晚，韓籍鋼琴家Michelle Kim為我們演奏貝多芬：第五鋼琴協奏曲，音韻繞樑，讓善長們陶醉。

## Over HKD\$960,000 Raised At The Haven of Hope Hospital “LOVE & HOPE for ALL” Concert

Thanks to the support of SAR Philharmonic and our generous donors, the Haven of Hope Hospital “LOVE & HOPE for ALL” Concert 2014 successfully took place on April 27, 2014 that raised over HKD\$960,000 for its non-government sponsored geriatric and palliative care (hospice care) as well as the infirmary services. It was our honour to have Ms Florence Hui, Under Secretary for Home Affairs as the Officiating Guest. The Beethoven's Piano Concerto No. 5 “Emperor” was delightfully presented by Ms Michelle Kim, a Korean pianist at the Concert.



靈實醫院行政總監徐德義醫生致送紀念品予香港愛樂團主席劉元生先生。

Dr Chui Tak-yi, Hospital Chief Executive, Haven of Hope Hospital presents souvenir to Mr Y S Liu, Chairman of SAR Philharmonic.



# 靈實人周年晚宴2014

## The HOHCS Annual Dinner 2014

靈實於3月14日舉行周年晚宴，筵開83席，超過1,020位靈實人、多位董事局成員及貴賓參加。當晚精彩環節一浪接一浪，聲藝連場，驚喜不斷，使人人盡情盡興。

晚宴以抽取「枱獎」開始，今年的禮物以主賜予靈實人不一樣的「眼、耳、口、鼻、身、心、靈」為題，例如小食「牛耳」代表「耳」，甚有心思。而且整晚沒有冷場，從詩歌獻唱、讚美操以至幸運大抽獎，所有同工和貴賓都十分投入；當中特別使人印象深刻的是靈實醫院行政總監徐德義醫生粉墨登場，用鋼琴與由同工組成的Haven Band合奏，把氣氛推向高峰！另外，機構設有52個長期服務獎，頒發予服務十年或以上的同工，感謝他們對靈實的貢獻。透過周年晚宴，同工們一起分享一年工作的喜樂和成果，大家懷著愉快和滿足的心情參與，並感謝神從歲首到年終的帶領。

The HOHCS Annual Dinner was held on 14 March with the participation of more than 1,020 HOHCSers (totally 83 tables). A number of Board Members and guests also joined us on the occasion, while a series of wonderful programmes were arranged for everyone's enjoyment.

The Annual Dinner started with the "Table Prize" game. This year, the gifts given out were centred around the theme "The Different Eyes, Ears, Mouths, Noses, Bodies, Hearts and Souls Being Offered to Us, by God", such as ox-tongue pastry ("ox-ear pastry" in Cantonese) for "Ears". Other programmes included hymn singing, the Praise Dance and lucky draw. Apparently all of the guests and participants had a good time together, and one of the highlights was the Haven Band featuring Dr Chui Tak-yi (Hospital Chief Executive of the Haven of Hope Hospital) in the role of pianist. During the occasion, 52 Long-term Service Awards were also presented to colleagues having worked at the HOHCS for more than

10 years in recognition of their contribution. The joy and fruitful outcomes were shared by everyone, and we thank God's blessing and leadership in the past year.



## 靈實宏利敬老聯歡晚宴 「老友記」難忘之約

過去八年，宏利人壽保險(國際)有限公司(以下簡稱「宏利」)從無間斷地於農曆新年後舉行敬老聯歡晚宴，讓靈實長者中心一班「老友記」一起外出歡聚及享受美食。當晚，宏利過百位同事擔任義工，照顧及陪伴300多位「老友記」，場面溫馨。此外，大會亦安排了長者最愛欣賞的表演節目，為他們帶來停不了的娛樂。宏利的悉心安排，以及義工對長者的細心照顧，讓每位「老友記」都樂而忘返。

靈實本著「尊重生命・改變生命」的精神去服事社會上有需要的人，而宏利的服務同樣地以人為本，尊重客人，希望大家活得健康快樂。正因著大家擁有相同的理念及價值觀，所以靈實的籌款活動及長者活動，一直得到宏利的大力支持。



宏利義工出錢出力，為晚宴增添氣氛。  
The dedication of the Manulife volunteers brings more happiness to the elders.



老友記最期待的一刻當然是「接財神」啦！  
The Old Buddies were happy to become "wealthy".

## HOHCS-Manulife Dinner Banquet for the Elderly: An Unforgettable Evening with Our "Old Buddies"

For 8 consecutive years, the Manulife (International) Limited (hereinafter referred to as "Manulife") has been organising the Annual Dinner Banquet for the Elderly, where members of the Haven of Hope Elderly Centres have an opportunity to dine out and have fun together with the company volunteers. Over 300 "Old Buddies" with more than 100 Manulife employees attended the banquet, and various performances were arranged for everyone's enjoyment. The heartwarming arrangements and caring attitude of Manulife and their employees were so impressive that our Centre members were simply left with great unforgettable moments.

Upholding the spirit of "Respecting Life. Impacting Life", HOHCS strives to serve those in need in the community. Sharing similar rationales, Manulife aims to provide human-based services and bring future security to their clients. HOHCS and Manulife are working hand in hand for continued collaborations on both fundraising events and elderly activities.

# 靈實小慈善家

孩子是香港未來的主人翁，若可愈早向他們灌輸德育和社會公民責任等知識，便可愈快助他們奠定正向發展的基礎。靈實明白箇中的重要性，特別推出「靈實小慈善家」計劃，鼓勵孩子自小養成儲蓄的好習慣及與人分享等態度，並透過連串活動，讓他們接觸社會上的弱勢社群，從中學懂尊重生命。計劃主要分為兩組：3-12歲及13-18歲，建議參加者每天儲蓄。計劃為期一年，每位小慈善家可獲嘉許狀以作表揚，及作日後「個人履歷」之用，而善款將用於幫助老人及智障人士。計劃也鼓勵小慈善家多多益善，每組首30名儲得最多善款者將獲邀出席特備的活動，例如足球明星教踢球或跟歌星學唱歌等，與名人紅星一起以生命影響生命。

請密切留意 <http://www.hohcs.org.hk> 或 <https://www.facebook.com/hohcs.org.hk> 公佈計劃詳情及有關啟動禮的安排，歡迎全港新一代支持和參與。查詢請電2703 3250。

## HOHCS Young Philanthropist

Children are the future pillars of Hong Kong and ethical and civic education is crucial to developing good citizens. The Haven of Hope knows well the importance of promoting citizenship to the success of the society, and that is the beginning of the new "HOHCS Young Philanthropist" Project. During the process, the participating kids will learn about respecting life, including developing the habit of saving and giving, as well as visiting marginalised groups in the local community. The participants are to be divided into two groups, namely Junior (aged 3-12) and Senior (aged 13-18). All of them will be encouraged to save for one year, for which each "Young Philanthropist" will be given a Certificate

## 靈實禮拜堂： 婚禮和退修的理想場地

靈實禮拜堂座落於將軍澳靈實臺的小山丘上，簡約的建築洋溢歐陸風格，而且自成一角，環境清幽，凝聚聖潔氣息，是舉行基督教婚禮的理想場地。

禮拜堂於1961年由基督教靈實協會創辦人之一司務道教士建成，當年的調景嶺（即今日的將軍澳）渺無人煙，禮拜堂和小山丘下面就是大海；在夜晚，當禮拜堂外牆的十字架亮起，就成為黑暗海上導航的燈塔。50年來，這座禮拜堂見證著將軍澳和靈實的變遷；今天，它依然靜靜地俯視著將軍澳，像在祝福住在這區和經過這裡的人。除周日崇拜之外，不同的聚會曾在這裡舉行，包括婚禮、追思會、退修、會議和研討會等。查詢或計劃在靈實禮拜堂舉行各類型活動，歡迎致電2703 8744。



of Appreciation in recognition of their efforts. Their donations, towards the end of the year, will go to services for the elderly and the mentally disabled. The top 30 donors having raised the most in each group will be invited to selected activities for our young guests, including soccer and singing master classes in which they will join the celebrities in promoting the message "Respecting Life. Impacting Life".

Stay tuned and log on to <http://www.hohcs.org.hk> or <https://www.facebook.com/hohcs.org.hk> for project details including the Officiating Ceremony. We welcome your support! For enquires, please call 2703 3250.

## The Haven of Hope Chapel: Ideal Venue for Weddings and Retreats

The Haven of Hope Chapel, located on the tranquil Haven of Hope Terrace, is a simple architecture with a European touch. Being cozy, ambient, and quiet, it is an ideal venue for a range of rituals and activities, in particular weddings and retreats.

The Chapel was completed in 1961 according to the proposal of Sister Annie Skau Bemtsen, co-founder of the Haven of Hope. Back then Rennie's Mill (the current Tseung Kwan O) was a barren upland and the chapel was built by the sea. The Holy Cross on the outer wall of the Chapel, once lighted, had become a beacon for marine navigation. For the past 50 years, the church witnesses the drastic changes at the Haven of Hope and the Tseung Kwan O area. Now the light still shines while blessing the local community. Other than Sunday services, our Chapel is available for various rituals and functions, including weddings, retreats, conferences and seminars, and memorial services. For enquiries and proposals, please contact us at 2703 8744.



## 傳媒網上專欄： 靈實路

靈實人繼於蘋果日報和經濟日報專欄傳播「尊重生命・改變生命」的精神之後，現於am730網站專欄撰文，分享靈實各方面的訊息，從機構的新發展、新動向、新服務、新觀點、以至靈實人的日常點滴或生活體會等，讓我們透過不同角度和層面，與都市的脈搏緊貼和同步；而且內容多元化，有理性，有感動。專欄名為「靈實路」，隔周四於am730網站刊出。

## Online Column: Haven of Hope Road

Following the series of column articles published on the Apple Daily and the Hong Kong Economic Times, this latest column is launching on the am730 Official Website in the hope of sharing the service spirit "Respecting Life. Impacting Life" and news updates about HOHCS. The column will cover our latest development and services, perspectives, as well as reflections of the HOHCSers. Let's stay connected online! To be published every other Thursday on the am730 Official Website.



## 「關愛香港 - 尊重生命短片比賽」 使人反思

為喚醒更多人愛惜生命和肯定生命的價值，「關愛香港 - 尊重生命短片比賽」延至五月截止。公開組及學生組把他們的感人故事、難忘體會、生命上的啟發或愛惜香港的精神等，以短片形式參賽。作品內容各具特色，各自演繹在生活中如何關愛身邊的人和事、怎樣以生命改變生命，看後使人感慨，也讓人反思。如欲欣賞這些真摯的作品，請登入catchthespirit.com.hk (只有中文)。得獎名單於五月底公佈。

\*註：是項比賽為「家是香港」活動之一，由華人永遠墳場管理委員會贊助。

## Time for Reflection: “Catch the Spirit. Respecting Life. Impacting Life” Video Competition

To arouse public awareness of respecting life and ascertaining the value of life, the “Catch the Spirit. Respecting Life. Impacting Life” Video Competition was launched earlier this year. The Organising Committee decided to extend the submission deadline to May 2014. Contestants from both the Open and Student Groups shared their moving stories, unforgettable moments, life inspirations and love for Hong Kong in video form. To view the submissions, please log on to catchthespirit.com.hk (in Chinese only). The results are to be announced in late May.

\*Remarks: The competition is part of the “HK Our Home” Campaign, sponsored by BMCP.

# 抑鬱

李萬發

成都中醫藥大學中醫學士、針灸推拿專業

近日有報導指出醫院管理局目前照顧約21萬精神病個案，在過去3年，每年因各種精神病而向其轄下精神科專科門診求診的人次超過77.5萬，當中約21萬人次為情緒病患者，約16萬人次則為焦慮症患者，女性求診人數較男性多逾40%。

不知道當中有幾多患者是看中醫的，又或可能很多人都不知道精神病治療是中醫學的強項。精神病相當於中醫學的情志病，距今約1800年前的東漢時期，著名醫學家張仲景所著的《傷寒雜病論》雜病部分，已有論述情志病的治療。例如談到“臟躁”一症，臨床表現為情志失常，無故悲傷哭泣、神疲乏力等，治療原則、所用中藥到今天還是依循。

喜、怒、憂、思、悲、恐、驚等七種正常的情志活動，是人體對外界環境刺激的生理和心理活動的不同反應，屬人人皆有的情緒體驗，一般情況下不會導致或誘發疾病。只有強烈持久的情志刺激，超越了人體的生理和心理適應能力，損傷臟腑精氣，影響氣血運行的通暢，從而導致多種情志病的產生，例如鬱症。

鬱症臨床是以抑鬱多愁、情緒不寧、胸悶脅痛、不思飲食、失眠多夢、易怒易哭、胸脅脹滿疼痛為主要臨床表現，或咽喉如有異物梗阻，舌之不下，咯之不出之特殊症狀，多發於青中年婦女，主症表現相當於西醫學的神經衰弱、產後抑鬱、焦慮症等。

中醫學認為鬱症是由於情志不遂、失調而致病，尤以悲、憂、惱怒最易致病，發病與肝的關係最為密切。肝氣具有疏通、調暢全身氣機，促進精血的運行。如惱怒

傷肝，肝氣鬱結不行，氣機不暢，病人可見悶悶不樂。氣鬱日久則化火，導致肝氣升發太過，病人表現為急躁易怒、失眠頭痛等症狀。肝鬱日久亦會傷脾，脾失健運，則生痰、濕等病理產物，痰、濕形成反過來又會影響氣的流通，進一步加重症狀，最後導致心、腎亦受損害。

鬱病的治療基本原則為疏肝理氣，調情養性，針對是否兼有血瘀、火旺、痰結、濕滯、食積等而分別採用活血、降火、驅痰、化濕、消食等法，詳細情況可諮詢中醫師。

中醫學對鬱症有充分的認識與治療經驗，不單療效卓越，藥物在驅逐病邪的同時，還有滋養、調和身體的特殊功能，這是中醫治療的一大特色。







# Depression

Li Man-fat

Bachelor of Traditional Chinese Medicine,  
Major in Acupuncture. Chengdu University of TCM

Recent report suggested that the Hospital Authority is currently handling about 210,000 cases of mental illness. In each of the past three years, there were over 775,000 attendances in psychiatric specialist out-patient clinics (SOPCs) for treatment of different types of mental problems. Among them, about 210,000 attendances involved patients suffering from mood disorder and about 160,000 involved those suffering from anxiety disorder. The number of female patients seeking for treatment was 40% more than that of male patients.

There is no knowing how many of those patients were using traditional Chinese medicine (TCM) for the treatment. Many were probably unaware of the fact that psychiatry is one of the strengths of TCM. Mental illness corresponds to emotional disease in TCM. The book *Treatise on Cold Pathogenic and Miscellaneous Diseases* written by the famous medical scientist Zhang Zhongjing in the Eastern Han Dynasty dating back 1800 years ago already mentioned the treatment of emotional diseases in the section of miscellaneous diseases. Take hysteria for instance, its clinical manifestations include emotional disorder, getting sad or crying for no reason, and lassitude etc. and TCM practitioners still follow the principle of treatment and use the same types of herbs nowadays.

Joy, anger, anxiety, pensiveness, grief, fear and fright are the seven emotions the Chinese recognizes as normal emotional activities which refer to both physical and mental reactions of human body to stimuli from the external environmental. They are common emotional experience to all men that normally cause no disease or illness. If emotions become so strong and persistent that is beyond a body's physical and mental ability to adapt to, they damage the Qi of viscera and affect Qi and blood circulation. Only by then will they lead to different types of emotional diseases, such as melancholia.

Major clinical manifestations of melancholia includes depression, restlessness, chest tightness, loss of appetite, insomnia, dreaminess, irascibility, tearfulness, and pain in chest and hypochondria, and sometimes the persistent sensation of having a foreign object in the throat. Melancholia tends to occur more often in young and middle aged women. The main symptoms correspond to those of neurasthenia, postpartum depression and anxiety disorders in Western medicine.

TCM sees melancholia as a result from being overwhelmed with emotions, especially with grief, anxiety and anger. Melancholia has much to do with the liver, as its Qi helps to regulate Qi activities of the whole body and promote blood circulation. Great anger damages the liver and causes stagnation of its Qi, patients thus feel depressed. Persistent feeling of depression then causes fire syndrome that overly promotes Qi circulation and the symptoms of getting edgy and irritable, insomnia, and headache, etc. Stagnation of liver Qi also damages the spleen where its weakness will bring about phlegm and dampness that in turn affect the Qi circulation and exacerbate the symptoms, resulting in damages in the heart and the kidney.

The basic principles of treatment for depression is to course the liver and rectify the Qi, cleanse your spirit, and use different methods for different symptoms, such as promoting blood circulation for blood stasis, decreasing the internal heat for the fire, and promoting digestion for dyspepsia, etc. You may consult TCM practitioners for details.

TCM has a thorough understanding of melancholia and longtime experience of the treatment. Its major feature is that the medicines used for treatment not only heal but at the same time nourish the body.

## 我們在2012/13年度為貧窮及有需要人士提供愛心服務 Charity Services For Those in Need (2012/13)

- 2012/13年度，**靈實**曾為**677,623**人次提供服務，當中包括有經濟困難的長者、智障人士、晚期病人及基層家庭等。  
In the year 2012/13, **HOHCS** served a total of **677,623** users including elders with financial difficulties, the mentally disabled, end of life patients and grassroot families.
- **靈實「長者服務」**照顧體弱的居家長者及長期病患者，受惠者達**140,140**人次。  
**HOHCS Elderly Car Services** is customised for frail elders and chronic patients living in their own home, with a total number of **140,140** users\*.
- **靈實「復康服務」**已為**169,253**人次提供特殊教育及寄宿服務、職業復康服務及社區支援服務等。  
Our **Rehabilitation Services** offered special education, boarding, occupational services and community support to **169,253** users\*.
- **靈實「健康服務」**的中西醫診所、基層健康服務網絡(社康)、靈實醫院及靈實療養院等，已服務**303,348**人次。  
Our **Health Care Services**, including Chinese and Western clinics, the Primary Health Service Network (Community Health), the Haven of Hope Hospital and the Nursing Home, served **303,348** users\* in 2012/13.
- **靈實積極拓展福音信仰事工**，關顧服務使用者及家屬的身心靈，過去一年曾服務超過**64,630**人次。  
Our **evangelistic team** was also keen on expanding our mission capacity, especially in the physical, mental, and spiritual care for our service users and their families. In the year 2012/13 we served over **64,630** users\* in this respect.
- **「靈實慈恩醫療服務」**已為基層市民提供免費中醫診治、免費白內障摘取手術及優惠西醫、牙科服務等，受惠者達**32,969**人次。  
The **HOHCS Relief and Charity Services** provided local citizens with free Chinese medical services, free cataract removal surgeries and discounted Western medical/dental services. **32,969** users\* were served in the year 2012/13.
- **「靈實關懷長者服務」的「愛心傳·計劃」**及上門個人護理及照顧服務等，已讓**74,682**人次受惠。  
**74,682** users\* enjoyed the service of our **Caring for Elders Service**, including "Food Pack with Love" and other home care services.

\* no. of man time

你的捐贈讓我們能幫助...  
Your donations enable us to help...

### 只需捐助港幣\$650:

可購買20支牙縫刷及10瓶生理鹽水，讓五名智障人士使用一個月。

#### For only HKD\$650:

20 interdental brushes and 10 bottles of saline solution can be purchased for one-month consumption by 5 mentally disabled persons.

### 只需捐助港幣\$300:

可讓兩名長者外出活動(連車資及午膳)，接觸清風陽光，舒展身心。

#### For only HKD\$300:

2 elders can be sponsored for outdoor activities and enjoyment of the nature (including escort fee and one meal).

### 只需捐助港幣\$480:

可購買24瓶一公升鮮奶，讓30名智障人士飲用一星期。

#### For only HKD\$480:

24 bottles of 1 litre fresh milk can be purchased for one-month consumption by 30 mentally disabled persons.





## 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.

請表示你的意願，並於適合的方格加上 ☒ 及簽署，以便本會跟進。to indicate your intention and sign at the end of this statement.  
Please ☒

☐ 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.

☐ 本人 **不同意** 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 **OBJECT** to the proposed use of my personal data.

簽署 Signature : \_\_\_\_\_

日期 Date : \_\_\_\_\_



## 捐款回條 Donation Form

基督教靈實協會創立於一九五三年，是一所非牟利的社會服務機構，透過關懷全人的事工，致力與人分享福音及建立基督化社群，在基督的愛中，以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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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

# 捐款回條 Donation Form

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 ☐ Other\_\_\_\_\_

## 願捐助予 I would like to donate to :

☐ 基督教靈實協會 Haven of Hope Christian Service ☐ 靈實醫院 Haven of Hope Hospital ☐ 靈實寧養院 Haven of Hope Holistic Care Centre ☐ 靈實恩光學校 Haven of Hope Sunnyside School ☐ 福音事工 Evangelistic Work ☐ 社會企業 Social Enterprise

☐ 需單次減稅收據 Given One-off Tax Deductible Receipt ☐ 需每年減稅收據 Given 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 : ☐ 香港 Hong Kong ☐ 九龍 Kowloon ☐ 新界 New Territories 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」Crossed cheque : Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

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

☐ 信用卡 Credit Card : ☐  ☐  ☐  ☐ 

持咭人姓名Cardholder Name : \_\_\_\_\_ 信用卡號碼 Credit Card Number : \_\_\_\_\_

持咭人簽署Authorised Signature : \_\_\_\_\_ 有效日期 Card Expiry Date : \_\_\_\_\_

☐ 繳費電話 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元或以上將獲發減稅收據。

Tax deductible receipt will be given to donations of HK\$100 or above.

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

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

捐款人之個人資料，只為傳遞本會資訊及籌款之用。若捐款者不願收到本會資訊或需要更改個人資料，請致電2703 3290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 3290 or email to privacy@hohcs.org.hk.

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■ 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