

快樂片段  
Happy Episodes



燦爛的笑容  
A Beautiful Smile



蛋撻帶來的恩惠  
The Thoughtful Egg Tart



小晴 小Blog  
Daisy's Blog



一杯由心出發的好立克  
A Cup of Horlicks



「大家好！我在『耆藝生活展人生——才藝大匯演』的話劇中扮演一朵會說話的花兒。」

## 觸動的時刻 *Touching Moments*



樂頤居於2008年12月24日舉辦聖誕晚會，聖誕老人和聖誕小姐與眾租戶打成一片！



靈實司務道護養院的院友與狗醫生相處融洽，還一起展示燦爛的笑容呢！



靈實（西貢）改善家居及社區服務的長者一同設計聖誕咭，慶祝聖誕。



靈實長者地區中心的長者義工到靈實護養院表演非洲鼓，為院友帶來不少歡樂！



聖誕老人在普天同慶的聖誕節，到靈實翠林老人日間活動中心派禮物。



2008年12月24日平安夜，80多位靈實職員及義工參加了「靈實傳光活動」，傳揚以光傳光、以愛傳愛的精神。



德意志銀行的義工與靈實司務道護養院的院友一同玩遊戲，歡度聖誕。



靈實寧養院於2008年11月27日舉行華永樓開幕典禮，主禮嘉賓華人永遠墳場管理委員會外部事務委員會主席黃建源太平紳士（右三）、西貢區議會主席吳仕福太平紳士（右二）及靈實行政總裁林正財醫生（左二）正進行放氣球儀式，象徵將愛心傳揚出去。



「耆年躍動遊戲日2008」於2008年11月8日舉行，讓長者有機會動動腦筋、揮揮手腳。看！他們正進行爭奪紙巾大戰。



靈實胡平頤養院的院友開心地用書法寫出六種聖靈的果子。



蔣麗萍姊妹於2008年聖誕期間到訪靈實寧養院，向病人分享詩歌及信息，內容及歌聲均感動人心。





承蒙梅夫人婦女會贊助，靈實醫院於2008年12月13日舉辦了愛心袋活動，讓離院的長者也能感受佳節的溫馨。



2009年1月3日，靈實醫院大堂搖身變成表演舞台，來自香港科技大學教職員協會的義工在此高歌獻技，令院友看得如癡如醉。



「街坊軍團——將軍澳鄰里互助計劃」組織家長義工擔任「培苗大使」，在義工的帶領下，小朋友都伸出小手來參與集體遊戲，學習與人溝通和合作。



「伴你飛翔——青少年生命護航計劃」的義工教學生包餃子，賣相似乎相當美味呢！

## 觸動的時刻 *Touching Moments*



靈實白普理實林社區健康發展中心舉辦了「婦女健康四寶」，透過跨專業的合作，讓中年婦女學懂全人健康的重要及建立一個自助互助的成長空間。



承蒙「伊利沙伯女皇弱智人士基金」的贊助，靈實明德日間活動中心暨宿舍的服務使用者和義工實現了乘坐直升機的夢想，並在空中遠眺維港兩岸景色。





靈實日間社區復康中心的服務使用者興奮地說：「哈哈！很久沒有BBQ了。」



靈實創毅中心舉辦了聖誕派對，服務使用者與家長一同玩遊戲，十分合拍。

靈實寶林日間活動中心暨宿舍的服務使用者與義工到大尾篤白普理賽馬會青年旅舍參與宿營活動，體驗郊遊樂趣。



靈實翠林智樂居的服務使用者在靈實傷健共融運動會上的接力項目中取得獎牌，領獎時興奮得高舉勝利手勢。



在靈實傷健共融運動會上，靈實秀茂坪日間活動中心暨宿舍的服務使用者舉起獎盃高呼：「We are the champion!」



各運動健兒悉力以赴，加上SAMSUNG義工隊的全情投入，令整個傷健共融運動會在一片和諧、友愛的氣氛下進行。





靈實種籽計劃與靈實家庭生活教育組合辦「讀寫障礙面面觀」講座，超過50位老師及家長參加。



謝謝星巴克咖啡店的安排，讓靈實恩光學校的學生可在咖啡店悠閒地享受熱朱古力。

## Touching Moments 觸動的時刻



靈實坑口護理院的服务使用者在「靈實Convention」中，向來賓介紹如何製作波子畫。其實簡單如一粒波子，在服务使用者手上亦可製成色彩爛漫的藝術作品。



福音事工部的社區福音事工組在2009年1月1日舉辦「親親大自然享受生命之旅」，參加者正投入地參與集體遊戲。



承蒙恩光之友會贊助，讓靈實恩光學校的學生與家長在酒店歡度聖誕。



靈實恩光學校學生：「我的水彩畫是不是很好看呢？」





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何謂「快樂」？「快樂」可以尋找嗎？世上有否一條方程式可以「製造」快樂？曾有人說「快樂」可以培養，「快樂」是一種藝術，聽起來像是很高深的學問，究竟「快樂」是否很難觸摸？

當您細閱今期《靈感》的主題文章，便會發現一杯好立克，一件蛋撻，一個生命的改變，一句多謝……原來就是「快樂」的源頭。其實「快樂」沒有特定的方程式，但是，「快樂」卻要用特別的眼鏡——用心看世界的眼睛——才可以找到。

What is the meaning of "Happiness"? Can we look for it? Is there any equation that can ensure happiness? Is there profound wisdom in happiness? Can we all have happiness? Some people say that happiness can be nurtured, others say it is an art.

When you read this issue of the *Haven of Hope News*, you will find that a cup of Horlicks, an egg tart, a life changing moment and a simple thank you, are all the source of happiness. From these stories we learn that there is no particular equation to happiness, but there is a need to see the world with one's heart. Happiness is all around when you "look" with your heart.

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基督教靈實協會 | Haven of Hope Christian Service

異象禱詞：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。

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

使命：透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Mission: 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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快樂片段  
Happy Episodes



你快樂嗎？對很多人來說，快樂很難追尋，但是若我們嘗試多留意身邊的事物，便會發現快樂就在不遠處。每天，你我身邊總會出現一些快樂的事情，視乎我們有沒有停下來，想一想。以下是靈實同工和服務使用者向大家分享他們的快樂片段，當中蘊含了人與人之間的愛和關心。

## 一杯由心出發的好立克

蘇曉盈，靈實醫院社區關係幹事

對我來說，泡一杯好立克是件輕而易舉的事，從沒有想過這麼簡單的一個動作，竟能為別人帶來一絲溫暖，直至一位從事靈實長者地區服務的同工黃姑娘，告訴我一個有關好立克的故事、一個極具深意的真實故事。

那是一個北風颼颼的下午，黃姑娘因探病的關係走進靈實醫院。平日甚少踏足病房的她，一入門，彷彿走進一個繁忙的市場。醫護人員才剛回應某病人的訴求，就得趕去照顧另一位病人。住院的友人告訴她，醫護人員整天就是這樣馬不停蹄地工作，連氣也喘不過來。她心中暗忖：「他們會否因忙碌而忘記關心病人呢？」

正當狐疑之際，她看到一位職員在派發茶點。當該職員經過一位年老男病人的身旁時，她注意到他正默默地凝視著該職員。接著，該職員溫婉地問：「你是否想喝好立克？」病人腼腆地回答：「是。」她便說：「這些不甜的啊！」其時，病人只是低頭不語，黃姑娘以為該職員會就此作罷，然而職員親切的聲線又再響起：「你是否想喝甜的？」病人立刻頷首回應，而她則爽快地答應：「好吧！我私下泡杯給你。不過你有糖尿病，我只能使用代糖啊！」

對於這個特別的服務，病人連驚帶喜地說了聲「你真好！」而黃姑娘的懷疑亦一掃而空。作為人本服務工作者的她為此深受感動，我雖然不是親身經歷，但聽罷也明白她的感受。很多時，我們會因為工作繁重而忘記關心周遭的人。但該職員在如斯忙碌的情況下，並沒有推搪了事，仍能細心的觀察病人的一舉一動，讓病人的需求在無聲中顯現出來。如斯體貼的精神，不就是人本服務所應持有的精神嗎？不就是靈實的服務精神嗎？

「以愛心服事關懷」就是在任何情況下都能以愛心體恤他人的需要、施予及時的幫助。身為靈實的一份子，看見同工寧為信念而忙碌，也不會為忙碌而失去信念，我的嘴角不禁向上揚。

## 小晴 小Blog

譚芷晴，靈實恩光學校學生

我叫芷晴，在靈實恩光學校讀書，很多老師和宿舍家長都很疼愛我，特別是張雪芬導師。每逢大節日，她總會向社工姐姐申請帶我外出遊玩和吃飯。就像去年的冬至，她帶我到教會崇拜。雖然我不明白牧師在說甚麼，但我都留心細聽，並一同禱告，臨走時還收到三份聖誕禮物呢！之後，雪芬姐姐帶我到她家，和她十多位家人一齊「做多」，這可算是我最難忘、最開心的冬至！



芷晴最喜歡和雪芬姐姐玩耍。  
Daisy loves playing with Doris.



Are you happy? Do you have happiness of your life? For many people this may be a difficult question to answer. However, if we take a look at the things and people in our environment we will notice that happiness is all around. The following are some happy episodes in daily life, which came from love and care of others.

## A Cup of Horlicks

**Isa So**, community relations officer, Haven of Hope Hospital

Making a cup of Horlicks is an easy task for me. I had never imagined that such a simple task could extend warmth to others until I heard a meaningful story from my colleague Mandy, who works at Haven of Hope District Elderly Community Service.

It was a windy afternoon, when Mandy visited her friend in Haven of Hope Hospital. Once she stepped into the ward, it seemed like walking into a busy market, with medical staff busy running around caring for the patients. According to her friend, this hustle and bustle continued all day long and staff did not get a chance to take a break. She wondered, "Do they forget how to care for patients in such a busy working environment?"

While she was wondering, she saw a staff distributing snacks to the patients for tea time. When the staff passed by one of the patients, she noticed that one male elderly patient was staring at the staff. Then, the staff asked him kindly, "Would you like a cup of Horlicks?" The patient shyly replied, "Yes." The staff added, "But this is unsweetened Horlicks." At that time, the patient was silent and kept his head down. Mandy thought that the staff would just leave him like that. However, the staff nicely asked him again, "Would you like a cup of sweet Horlicks?" The patient nodded immediately. Then the staff responded, "Fine. I will make one for you. However, since you have diabetes, I can only give you one with sugar substitute."

"You are really nice!" said the surprised and grateful patient. At the same time, all the doubts in Mandy's mind were swept away. As a human services worker, Mandy was touched by the scene. Although this is not my experience, I think I could understand her feelings. Sometimes, we forget about the little acts of care and kindness because of the hectic work. This caring action won the patient's trust and enabled him to express his needs freely. Such considerate action reflects both the spirit of human services and the core values of Haven of Hope.

## Daisy's Blog

**Daisy Tam**, student, Haven of Hope Sunnyside School

I am Daisy and am studying at Haven of Hope Sunnyside School. Many teachers and houseparents love me very much, especially Doris Cheung, one of the houseparents. She always asks for the social worker's permission to take me out to play and eat during festive times.

Just like last year's winter solstice, she took me to her church. Though I didn't understand what the pastor said, I listened quietly and prayed with other brothers and sisters. I even received three Christmas presents at the end of the worship. Afterwards, Doris took me to her home to dine with all her family members. To me, it was the most memorable and happiest winter solstice!



快樂片段  
Happy Episodes



祈禱的芷晴。  
Daisy praying.



## 蛋撻帶來的恩惠

劉淑儀姑娘，靈實寧養院社工

一個新鮮水果、一碗魚湯、一盒燒肉飯，在香港這個美食天堂，實在垂手可得。但當一個人患上重病，需要入住院舍時，這些平凡的食物卻變得珍貴難求。每天，我們有成千上萬的食物可供選擇，但一旦病倒了，就只可吃「該吃」的。

有一天，病人告訴我們，他很久沒有吃過蛋撻了。於是同工在第二天的清晨為他買來了一個熱騰騰的蛋撻，病人即時感動得哭了起來。他最感動的是同工那份體貼的心意，記掛著他細微的需要。從前，他很注重健康飲食，但現在他只希望每次進食時，都能吃到最想吃的東西——因為這就是在病中享受生活了。



## 雨過天晴

梁頌茵姑娘，靈實秀茂坪日間活動中心暨宿舍社工

「我不是一個好老婆，但絕對是一個好媽媽！」佩媽語氣堅定的說。詠佩今年28歲，出生時已是中度智障，入住了靈實秀茂坪日間活動中心暨宿舍六年了。回想起以往照顧女兒的種種艱苦，佩媽直言非常感激中心對她們的支持、關心、幫助和體諒。

詠佩出世後，家人都忙於工作，只有佩媽一人默默承受著一切。詠佩曾一度因對奶粉敏感而腹瀉入院，但連醫生也束手無策，只叫佩媽帶她回家。就這樣，佩媽只好抱著「一定得」的信念孤獨上路……

詠佩入住宿舍當天，是被佩媽和前中心社工「騙」來的。那天，佩媽忍痛的悄悄離去，打從穿過大門的一刻起，內疚充斥著她整個心房。回家後，佩媽更加擔心，擔心詠佩能否適應宿舍的生活、身體夠不夠暖和等。日子雖然難過，但轉眼已六年。詠佩在宿舍學到不少東西，職員都熟悉她的脾性。而詠佩的確變乖了、懂事了，連佩媽也重拾失去了22年的自由，不用再為詠佩的病而憂心忡忡。更欣慰的是，她得到了心靈上的慰藉。當中最令她印象深刻的，是當她接詠佩回家時，職員對她說：「有咩咪帶佢返黎囉！」這句話為她減輕了不少壓力。

「今天，我要衷心感謝中心每一位觸碰過詠佩小手和關心過我們的職員。這是給我們最大的禮物。謝謝你們。」佩媽感激地說。

## 燦爛的笑容

屈聖瑩院牧，福音事工部院牧事工組

2008年12月21日，教會義工到靈實司務道護養院帶領「聖誕慶祝會暨家屬茶聚」活動，希望透過聖誕詩歌、信息和遊戲，讓院友感受聖誕節溫暖和熱鬧的氣氛，以及義工們的愛心和關懷。在其中一個問答遊戲裡，義工問及聖誕節的意義時，榮伯一語中的。當義工送上禮物及稱讚他時，他從心底湧出滿足的喜樂，臉上也展現燦爛的笑容，似在告訴眾人：「我已經信主數十年啦！這些簡單的問題又怎會難倒我呢！」



快樂片段  
Happy Episodes



榮伯答中問題後，興奮得開懷大笑。  
After giving the correct answer, Mr Wing was excited and smiled happily.



# The Thoughtful Egg Tart

**Kelly Lau**, social worker, Haven of Hope Holistic Care Centre

As a food paradise, it is easy to find in Hong Kong fresh fruit, a bowl of soup, or a box of rice with barbecue meat. However, for a frail patient, these normal foods become a luxury. Everyday, the healthy can eat whatever they like. However, when people are sick suitable healing and nourishing foods need to be eaten and often this does not include small treats.

One day, a patient told me and some colleagues that he missed egg tarts and hadn't taste one for a long time. The next day, a colleague brought him a freshly baked egg tart at dawn. He was so touched and could not hold back his tears of happiness because of the thoughtfulness of my colleague. While it is important to eat healthy when you are ill, an occasional treat, although not necessarily healthy, has a healing and uplifting impact on the patient because of the happiness it brings.

# Trust Bears Happiness

**Flora Leung**, social worker, Haven of Hope Sau Mau Ping Day Activity Centre cum Hostel

"I am not a good wife, but absolutely a good mother!" Wing-pui's mother said firmly. Wing-pui, is 28-years-old and was born with moderate intellectual disabilities and had lived in Haven of Hope Sau Mau Ping Day Activity Centre cum Hostel for six years. When she recalled the difficulties of taking care of Wing-pui, she was grateful for the support, care, help and understanding of the centre.

It was not easy for the mother to leave Wing-pui at the hostel, and on that first day she left with a heavy heart. Her heart continued to fill with guilt and she grew anxious about the adaptation to hostel life and the health condition of her daughter. Though time passed slowly, Wing-pui learnt a lot of things and staff were familiar with her temper. Moreover, she became more responsible and began to behave well. Her mother began to trust the centre and knew that there was no need worry about her daughter, which comforted her. The most impressive episode was that when she took Wing-pui back home, a staff member told her, "If anything goes wrong, just come to us!" This sentence relieved much of her heavy burden.

"Today, I must say thank you to those staff who have touched my daughter's hands and cared for us. This is a big gift for us. Thanks a lot!", said Wing-pui's mother with a happy heart.

# A Beautiful Smile

**Sandie Watt**, chaplain (chaplaincy unit), Haven of Hope Evangelistic Work Department

On 21 December 2008, volunteers from the church organised "Christmas Celebration and Tea Gathering with Families" in Haven of Hope Sister Annie Skau Nursing Home. The event aimed at sharing the warmth and joy of Christmas as well as showing love and care of the volunteers to the elderly through Christmas hymns, messages and games. One of the games was Question and Answer. A volunteer asked about the meaning of Christmas and one of the elderly (Picture left) gave the correct answer immediately. When the volunteer gave him a gift and praised him, joy overflowed from his heart and his face broke out into a beautiful smile. This smile expressed the elderly man's happiness and made all those who witnessed it feel happy too.



快樂片段  
Happy Episodes



詠佩與媽媽感情要好，連笑容也十分一致。  
Wing-pui has a close relationship with her mother and they have the same smiling face.



## 長者的快樂

陳笑梅姑娘，靈實長者綜合社區服務服務經理

服事長者好一段日子的點滴體會：

長者的快樂是：兒孫安好，安心快樂。

弄孫為樂，忘我快樂。

同鄉共聚，投緣投契。

學習新事，樂在其中。

學習藝術，自娛自樂。

才華展現，學以致用。

服務他人，貢獻自己。

生活安穩，無憂無愁。

身體健康，無病無痛。

樂天知命，自得其樂。

感受被愛與關懷，幸福快樂。



## Bring Happiness to the Elderly

Sybil Chan, service manager, Haven of Hope District Elderly Community Service

Having served the elderly for years, here are some of what I understand brings them happiness:

1. Knowing that their offspring are fine
2. Spending time with their grandchildren
3. Gathering with people from the same native place
4. Learning new things
5. Learning and enjoying arts
6. Showing talent to others
7. Serving others
8. Having a peaceful and secure life
9. Having good health
10. Having an acceptance of fate and being happy about it
11. Being loved and cared for by others

有人說過，快樂是一條鑰匙。如果我們將它交給別人保管，別人便會主宰我們的快樂。你願意主宰自己的快樂，並成為一個散播快樂種子的人嗎？願我們在忙碌的工作中，亦不會忘記體恤身邊人的需要，將快樂和祝福帶給他們。

Some people say that, happiness is a key. If we pass the key to other people, they will control our happiness. Do you want to control the happiness on your own and spread happiness to those around you? I wish all of us could remember the needs of other people and bring happiness and blessings to them regardless of our how busy our life may be.



快樂片段  
Happy Episodes





# 「耆藝生活展人生」才藝大匯演

余欣欣姑娘，靈實長者地區服務社工

靈實長者地區服務舉辦了「耆藝生活展人生」計劃近兩載，目的是希望透過藝術，讓長者發揮他們的潛能，提升生活的滿足感，擴闊生活圈子，開展另一個豐盛的人生。

「耆藝生活展人生」才藝大匯演於2008年11月20日舉行，見證著一群長者積極投入晚年生活的態度。不論是唱歌、打非洲鼓、演話劇、耍太極還是攝影等，他們均非常用心練習，希望能夠在匯演中與其他長者分享他們的興趣和成果，並鼓勵他們透過學習藝術，積極投入晚年生活，豐富自己的生命。其中一位參加者梁女士，她在一個偶然的機會下參加了「樂韻組」，她從沒有想過自己會唱歌，連家人亦打趣地取笑她的唱歌潛能。由完全不懂唱

歌，到參加公開比賽，甚至獲得冠軍，均令梁女士振奮不已。可惜，不幸地她大腿患上惡疾，需於短期內接受手術，而手術或會影響活動能力。回想整個療程，她只有一個信念，就是一定要重返中心唱歌，一定要見「老友記」。憑著這個信念，加上家人和中心好友們的鼓勵，梁女士於數月後奇蹟歸隊，並參與了大匯演。當日，她的女兒亦有到場支持。就是這份對生命的堅持，讓她重拾自信面向人生。

「耆藝生活展人生」才藝大匯演當日，眼見他們由緊張的表情到充滿自信的笑容，那份生命力和滿足感，真令我為之動容。



「耆藝生活展人生」才藝大匯演中，「樂韻組」的歌聲真是繞樑三日呢！

The choir sang beautifully in the "Life Enrichment Project Show".



大家是否以為眾長者正示範烹飪呢？其實，他們是「節奏樂」班的組員在「耆藝生活展人生」才藝大匯演中表演敲擊樂。

Did you think that this is a photo of the elderly cooking? Actually, they were the members of "Rhythmical Class" and performed in the "Life Enrichment Project Show".

## Life Enrichment Project Show

Yu Yan-yan, social worker, Haven of Hope District Elderly Community Service

Haven of Hope District Elderly Community Service launched the "Life Enrichment Project" almost two years ago. The project aims at developing the potential of the elderly, improving their satisfaction of life, widening their social circle and enjoying enrichment through art.

A special "Life Enrichment Project" Show was organised on 20 November 2008. It showcased the active attitude of elders towards their lives through choir, African drumming, drama, tai chi and photography. They shared their hobbies and achievements with other elders, and encouraged them to be active and improve their quality of life through learning arts.

Ms Leung, one of the participants, occasionally joined the choir group. She had never thought that she could sing and this even became a joke in her family. From a person who never sang, to a person

who participated in an open competition and even became a champion, she felt excited and enriched. Unfortunately, she became seriously ill and required immediate surgery, and while she would recover there was a chance that her mobility would be permanently hindered. She recalled that while recuperating she held on to her faith that she would be able to rejoin the choir. Due to her faith and the encouragement from her families and friends, she recovered miraculously and even performed in a show. Such faith in life enabled her to gain her confidence back and face her life. On the show day, I was touched by all the participants' vitality and their satisfaction of life, and watched their faces change from looks of nervousness to smiling confidence once they began to sing.

This valuable project really does enrich the lives of those that join and those that witness.



# 一杯涼水的服事

鄭燕珊，先知先覺——智樂計劃項目主任

「姑娘，你覺得我該不該告訴我奶奶她有老年痴呆症？我真的很難與她相處，她不肯洗澡、洗衣服，經常買麵包回家又不吃，老是記住自己以往有煮飯，便天天買菜回家，但又不會煮……我真的很累了。」一位太太在與我會面的一小時內道盡了她的辛酸。原來她的奶奶數年前患上老年痴呆症，她和丈夫在照顧奶奶時均感到很疲累。每天，家人致電十多次，提醒她吃藥、提醒她回家的路、提醒她洗澡，但探望她時，她身上發出的異味令他們受不了。

可幸，這不是故事的終結。承蒙李國賢長者服務基金贊助，靈實於2008年9月開展了「先知先覺——智樂計劃」，為將軍澳及西貢區區內居民提供認知障礙及老年痴呆症資訊、發掘區內潛在個案及為護老者提供支援，使患者及護老者得到適切的服務。對我來說，此計劃是個新嘗試。每天早上，我都祈求主賜我智慧和愛心去服事長者和護老者。聖經說：「無論何人，因為門徒的名，只把一杯涼水給這小子裡的一個喝，我實在告訴你們，這人不能不得賞賜。」（馬太福音10章42節）我不求賞賜，但求真的能幫助他們，紓緩他們的壓力，提高他們的生活質素。

特別鳴謝：



李國賢長者服務基金  
SIMON K. Y. LEE FUND FOR THE ELDERLY



智樂大使替長者進行智力評估，了解他們的記憶力有否衰退。  
APEC ambassadors helped the elderly to complete the preliminary dementia assessment.



智樂大使到區內進行家訪，關心長者各方面的需要。  
APEC ambassadors paid home visits to the elderly in the community and cared for their various needs.

## 第十一屆 靈實高爾夫球慈善賽

陳旨俊，公共關係組助理經理

第十一屆慈善賽已於2008年11月22至23日假南沙高爾夫球會順利舉行。縱然近期全球經濟不景，但這並沒有影響一班長期支持靈實的參賽者與贊助商對靈實的支持，美聯集團更捐出十萬元，讓是次籌款額達六十多萬元，將用作支持「靈實慈恩醫療服務」。這項服務已於2007年11月推出，服務內容包括免費白內障摘除手術、視光檢查服務、藥物諮詢服務及免費中醫服務。靈實希望藉著這些服務，幫助長者減輕他們醫療上的負擔。



美聯集團主席黃建業先生（圖右）轉贈捐款支票予靈實行政總裁林正財醫生（圖左）。  
Mr Freddie Wong (right), chairman of Midland Holdings, presented the donation cheque to Dr Lam Ching-choi, the chief executive officer of the Haven of Hope.



# Awareness, Prevention and Early Detection of Cognitive Impairment Project

**Gloria Cheng**, Project Officer

"Miss Cheng, should I tell my grandma that she suffers from dementia? It is difficult for me to continue to take care of her. She neither baths nor wash her clothes. Sometimes, she buys bread and vegetables, but she never eats them...I feel really tired." This carer shared her troubles for more than one hour during a home visit. Her grandmother had suffered from dementia for many years, and she and her husband felt exhausted. Everyday, they called her more than ten times, to remind her to wash, to take her medicine and the way to return home.

Fortunately, help is now available. Thanks to the Simon K Y Lee Fund for the Elderly, the Haven of Hope was able to launch the "Awareness, Prevention and Early Detection of Cognitive Impairment" Project (APEC) in September 2008. The project aims at raising the awareness of Tseung Kwan O and Sai Kung's residents on cognitive impairment and dementia, recognising potential cases, as well as providing support for the carers. Hence, both patients and the carers can now receive proper treatment and support.

Everyday, I pray to the Lord that he would give me wisdom and heart to serve the elderly people and the carers. I hope that APEC is the answer and that the service will help the elderly by improving their quality of life, while at the same time relieving the pressure felt by the carers.

Special acknowledgment :



李國賢長者服務基金  
SIMON K. Y. LEE FUND FOR THE ELDERLY



靈實同工到區內宣傳痴呆症資訊。

Haven of Hope's staff raised awareness of dementia in the community.



智樂大使認真地練習使用身體檢查儀器的方法，為將來服務長者作好準備。

APEC ambassadors learned the application of health check assessment tools, preparing themselves to serve the elderly.

## The 11th Anniversary Haven of Hope Fundraising Golf Tournament 2008

**Ivan Chan**, assistant manager, public relations section

Over \$600,000 was raised at this year's tournament held at Nansha Golf Club (China) on 22-23 November 2008. The monies raised will be used to support our Charity Medical Service for the elderly which includes free Cataract Surgery, Optometry, Drug Consultation and free Chinese Medicine service. The service aims to help the elderly with various needs who cannot afford necessary medical treatment.

We would like to express our deep gratitude to all participants and sponsors, especially Midland Holdings for its \$100,000 cash sponsorship.



# 走出框框 同行建生命

陳美英，公共關係組助理經理



雖然譚曉茵（中）和嚴偉能（右）雖然性格不同，但在公在私他們都合作無間。

Although Janette (middle) and Daniel (right) have different personalities they have good cooperation at work and after work.

在醫護人員當中，相信大家對醫生、護士都不會感到陌生，但醫護界還包括其他輔助醫護人員，例如物理治療師、職業治療師、言語治療師、營養師等等。雖然他們或會因著各自的專業知識和職責，而對服務使用者提供不同層面的診治和照顧，但他們都抱著一個共同的目標，就是希望服務使用者得到最好的治療，回復健康。不過，不同的專業亦會有不同的角色、立場，因此服務使用者要得到最理想的治療效果，確實需要各方醫護人員的充份合作。

在靈實的跨專業團隊中，除了醫生、護士、社工和牧師外，亦包括了物理治療師和職業治療師。兩種復康專業同樣以預防傷病、促進獨立生活、改善並提高生活質素為目標。兩者最大的分別在於使用不同的方法及針對不同範疇。前者為物理性的治療，透過不同的物理媒介，如冷、熱、光、力及手法治療、治療運動等保持、改善、增強或恢復肢體及整體的功能；後者則為整體性的治療，透過治療性活動及療程，提升及促進服務使用者自我照顧、工作、學習及閒暇活動的體能、心智及整體功能，協助他們重拾生活上的角色，重新投入家庭、工作及社會。大眾普遍對物理治療師較為熟悉，但物理治療和職業治療對服務使用者的復康過程都同樣重要。因此，兩種專業的配合能為服務使用者的復康起一個正面作用。

職業治療師譚曉茵（Janette）和物理治療師嚴偉能（Daniel），均在靈實司務處護養院服事長者。他們每天都會在復康室碰面，有時會各自為服務使用者進行治療，有時會合作訓練服務使用者。但兩種專業、兩種學問，合作時難免會出現分歧。

## 你們合作時會出現困難嗎？

**Daniel：**不會。由於我們常常同時在復康室為服務使用者進行

……但因著同一顆愛服務使用者的心、重視人尊貴價值的精神和全人的眼光，使他們能夠在服事中放下自己的專業，以謙卑的心與別人合作，共同建立服務使用者的生命。

治療，所以我和Janette必需有良好的配合，他們才能得到最理想的治療效果。其他機構會透過個案會議討論治療方向，但兩者一同合作去提供治療並不常見。相反，靈實很注重兩者的協作，並期望合作的成果是1加1大於2。我們會常常討論治療服務使用者的方法，或許會持不同看法，但我們仍然合作愉快，因為所做的都是替他們著想。

**Janette：**不會。和Daniel合作的感覺像是與家人相處一樣，你不會和家人計較太多的。有時工作出現困難，我們會像一對好朋友互相扶持，攜手面對。根據我過往的經驗，不同專業間互相深入了解的情況並不常見，他們容易因立場不同及缺乏溝通而產生誤會。

## 你們合作時有沒有甚麼特別開心或難忘的經歷？

**Daniel：**最難忘的要算是一位老伯伯。他初到院舍時雖然不良於行，但神智仍很清醒，他一直希望可以靠自己雙腳走路。那時我們一同為伯伯進行訓練，她負責訓練伯伯的吞嚥，我則負責訓練伯伯的手腳。過了一段時間，伯伯終於可以自行走路，而他在院舍的生活亦過得很開心。雖然伯伯後來過世了，但他的家人對於我們能夠在他離世前實現到他自行走路的願望而感到很安慰。對我來說，那是一個很好的回憶。



要提供全人的服務，團隊配合及合作是不可或缺的要素。  
Good team spirit is the essential factor in providing holistic care.



**Janette :** 我曾經在訓練一位患老年痴呆症的伯伯時，無意中發現他是信主的。有一次我為他進行認知能力訓練時，他因感到自己無能為力而大發脾氣，我們便一起祈禱，間中讀金句及鼓勵他寫出感想。Daniel跟伯伯進行步行訓練時又特地在水園中與他一起安靜禱告，來個弟兄之間的交通。現在伯伯不時自己唱詩歌，又稱呼我們為嚴弟兄和譚姊妹。能夠這樣與同工及服務使用者同心同行，一起參與康復的過程，一起在工作中實踐信仰、一起經歷神，我覺得是一件很感恩、很喜樂的事。

要放下自己的專業一點也不易，但Janette和Daniel除了能放下自己專業的門戶之見外，仍能接納和欣賞其他專業之優點，彼此互相配合，為服務使用者的最大利益著想，可見他們都擁有一顆柔和、謙卑和愛服務使用者的心。

**除了專業和愛心外，你們覺得如何才能體貼到服務使用者的需要呢？**

**Daniel :** 我覺得我們需以一個全人的角度去看待每一位服務使用者，視他們為一個獨立的整體，而不是將他們身體各個部份或器官分割來看。我覺得靈實一直努力實踐全人精神。

**Janette :** 職業治療的理念教導我們用最廣闊的角度去看顧服務使用者最微小的需要，這學問與靈實全人關懷服務使用者的理念很相似。我覺得每一個人也是一個獨立而珍貴的個體，我們必須個別地關心他們整體的需要，「頭痛醫頭、腳痛醫腳」的方法是絕對不足夠的。

**每天你們也要照顧不同體弱程度的長者，這會否影響你們對生命的看法？**

**Daniel :** 每次接觸他們，均啟發了我對生命不同的想法和提醒，亦讓我感受到人生的無常。其實，每早清晨能夠起床、呼吸，都是神的恩典，因此我會更珍惜我的家人、工作和朋友。

**Janette :** 以往我在街上看見一些孤苦無依的長者時，鼻子便會很酸。現在，能夠燃點他們生命的希望，與他們一同實現夢想，我覺得很滿足。每一位長者年輕時都曾努力貢獻社會，希望能安享晚年，因此我希望看見院舍內的長者都是被愛、被細心照顧的一群。看到他們治療後回復清醒，眼神充滿光采和回復昔日笑容時，我看到人生命的尊貴。每當看到他們由要插胃喉進食到可以自行進食、由沉默寡言到滔滔不絕、由抑鬱到活潑開朗，甚至主動嚷著要去飲茶……他們的毅力和頑強的生命力深深打動了我。他們對生命的積極和愛惜亦讓我體會到甚麼是生命影響生命。

在訪問中，我感受到Janette和Daniel是一對一剛一柔的搭配，雖然他們兩人的性格和職業截然不同，但因著同一顆愛服務使用者的心、重視人尊貴價值的精神和全人的眼光，使他們能夠在服事中放下自己的專業，以謙卑的心與別人合作，共同建立服務使用者的生命。德蘭修女說過：「一生當中，我們不能完成甚麼大事，我們只能以大的愛心來從事小的事情。」事實上，我們所作的也不是甚麼大事，我們只希望能夠在工作中，用愛心去體察服務使用者最細微的需要。

## Setting One's Profession Aside, Building Service Users' Lives

Tiffany Chan, assistant manager, public relations section

...both Janette and Daniel are willing to put their own professions aside, accept and appreciate the other's profession, and cooperate with each other for the good of the service users.

I am sure all of us are familiar with medical staff such as doctors and nurses. However, there are other allied health staff as well, such as physiotherapist, occupational therapist, speech therapist, dietitian, etc. These different professions play different roles and have different professional views. Therefore, to ensure service users obtain a satisfactory result, a good collaboration between them is a must. And, though they provide different treatments and care to service users according to their own professional knowledge and job duties, they share the same goal — providing service users with the best treatment.

Haven of Hopes trans-disciplinary team includes doctors, nurses, social workers, chaplains, as well as physiotherapists and occupational therapists. People are often confused about the objectives of these last two professions as they share the goal of preventing injuries and disease, facilitating an independent life, and improving and

upgrading quality of life for service users. The significant difference between them is the treatment method. Physiotherapy is a physical therapy which uses various physical agents, such as cold, heat, light, force, hand and other training therapies, and aims at maintaining, improving, enhancing or recovering the functioning of particular limbs or the whole body. Occupational therapy involves the whole body in various activities and treatments, and aims at enhancing the physical, mental and overall functioning of service users, for example: independence, job learning and leisure and assisting them in playing their role and contributing in their family life, at work and in society. Generally speaking, the public is much more familiar with physiotherapist. However, both physiotherapy and occupational therapy are essential in the recovery process of service users. Hence, a good cooperation between them can facilitate the fast recovery of service users.



Janette and Daniel are the occupational therapist and physiotherapist of Haven of Hope Sister Annie Skau Nursing Home respectively, and they meet in the rehabilitation room everyday. They either provide treatments for the service users separately or together according to different occasions.

### Is there any challenge to cooperation and is cooperation between these two professions common?

**Daniel:** No. As we always provide treatment for the service users at the rehabilitation room at the same time, we must have a favourable cooperation for the benefit of service users. For other organisation, a physiotherapist and an occupational therapist may discuss the therapy in case meetings. However, a real cooperation between them is rare. In contrast, Haven of Hope emphasises our cooperation and expects there will be an extraordinary result of the equation (one plus one is more than two). I always discuss the training method of service users with Janette. Sometimes, we have different views, but this will not affect our cooperation because what we do is always for the good of service users.

**Janette:** No. Daniel seems like my family member, you will not always argue with your family, right? When we encounter difficulties, we become good companions, support each other and face them together. According to my past experience, an occupational therapist and a physiotherapist seldom cooperate with each other, since misunderstandings always occur due to different standpoints and a lack of communication.

### What has been your most unforgettable experience professionally?

**Daniel:** The most unforgettable experience concerned an old man. When he came to Haven of Hope Sister Annie Skau Nursing Home, he couldn't walk though he had a clear mind. His goal was to walk again. At that time, I cooperated with Janette in his treatment. She was responsible for the swallowing while I was responsible for the muscular training. After some time his goal came true and he enjoyed his life in the nursing home. Although he has now passed away, his family was comforted because we had assisted him in achieving his goal.

**Janette:** One day, when I trained an old man who suffered from dementia, I discovered that he was a Christian. When I conducted him in a cognitive training, he lost his temper because of his helplessness. At that time, Daniel and I prayed with him, read the Bible's verses with him and encouraged him to write down his feelings. Before the walking training, Daniel would especially pray and spend time with him in the garden. Now, he always sings psalms and call us Brother Yam and Sister Tam. To me, it is thanksgiving and joyful to walk with my colleagues and service users with the same goal, to be involved in the rehabilitation process of service users and experience God with them in my work.

### Apart from a professional attitude and a caring heart, how else do you realise the needs of service users?

**Daniel:** I think we should look at every service user with a holistic view, treat them as a whole person, not different parts or organs of a body. I believe Haven of Hope is trying its best in achieving this.

**Janette:** Occupational therapy teaches us to observe the smallest needs of service users with a wide angle, this concept is similar to the holistic care of Haven of Hope. Every person is a valuable individual; we must care for their individual needs as a person. Providing holistic care not just treating the part with pain.

### Has taking care of frail elderly everyday affected your views towards life?

**Daniel:** Every time I meet them, they inspire me to think about my life. I also feel the uncertainty of life. Actually, it is God's grace that we can wake up and breathe in the morning. Thus, I treasure my family, work and friends.

**Janette:** In the past, when I saw some lonely elderly, I felt miserable. Now, I feel satisfaction from bringing hope to their lives and helping them to achieve their goals. When they were young, they contributed in the society and hoped to have a better life in the future. Therefore, I wish for them to be loved and to be cared for. When they become conscious, their eyes become bright and a smile reappears after treatment, I could feel the dignity of life. Every time I witness them change from injecting the nutrients to having meals on their own, from a reticent personality to a talkative personality, from depression to cheer, even a request to have meal in the restaurant...their willpower and strength really impressed me. Their enthusiastic and positive views towards life make me realise every life can influence another's.

It is difficult to put one's own profession aside. However, both Janette and Daniel are willing to put their own professions aside, accept and appreciate the other's profession, and cooperate with each other for the good of the service users. These two humble professionals serve the greater good with a devoted heart.

Mother Teresa said, "We can do no great things, only small things with great love."

職業治療師和物理治療師通力合作，希望服務使用者得到最理想的治療。

Effective cooperation between occupational therapist and physiotherapist ensures service users receive ideal treatment.





# 親親大自然 享受豐盛生命

周家成牧師，福音事工部社區福音事工組

「自從造天地以來，上帝的永能和神性是明明可知的，雖是眼不能見，但藉著所造之物就可以曉得，叫人無可推諉。」（羅馬書1章20節）

## （一）欣賞神創造的大自然

每當我們觀看大自然的生態，看見神創造的奇妙時，便會發現天空的飛鳥、野地的花和海中的魚都享受著神生命的祝福，牠們不用為明天憂慮。我們的生命也是由神所創，祂必看顧每一個信靠祂的人，並賜給他一切生命所需。願我們透過禱告、安靜和默想，享受神同在的生命祝福。

## （二）珍惜身邊人，彼此結伴同行

當我們欣賞神創造的大自然時，能夠與同事、親友結伴同行，實是人生一件美事。一切物質可能會因天災人禍而失去，但親情和友情能鼓舞我們，為我們燃點希望。若我們能結伴同行，便能重新上路。願我們在繁忙的工作中，珍惜與身邊人相聚，並建立美好的人際網絡。

## （三）與神同行，享受豐盛生命

人生路上，難免會遇到困境。縱然我們已盡了最大的努力，並得到親友的支持和鼓勵，但仍然未能脫離困境時，讓我們不要忘記，創造我們生命的主必指引我們生命的道路，讓我們突破困境，享受豐盛生命。正如詩篇16章11節：「你必將生命的道路指示我，在你面前有滿足的喜樂，在你右手中有永遠的福樂。」

## Enjoying Nature, Enjoying a Flourishing Life

Rev Sunny Chow, community evangelistic work unit, Haven of Hope Evangelistic Work Department

*“For since the creation of the world God’s invisible qualities—**are clearly seen, his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse**” (Romans: 1:20)*

### 1. Appreciating nature created by God

Whenever we observe the ecology of nature and see the amazing creations of God, we would discover that no matter the birds of the air, the flowers of the field or the fish of the sea, all of them receive blessings from God and don’t worry about tomorrow. Our lives are created by God, He must look upon us who trusted in Him and give us all necessities. We could enjoy blessings from God in our life through prayers, silence and meditation.

### 2. Treasuring our surrounding people and walking with them

It is a delight for us to admire the creation of God with our colleagues, families and friends. Everything can be lost because of natural disasters and wars. However, love from family and friends encourages us and brings us hope. If we could walk with them, we could recover quickly. Therefore, no matter how busy we are, we should treasure our surrounding people, seize the time with them and establish a good interpersonal network.

### 3. Walking with God and enjoying a flourishing life

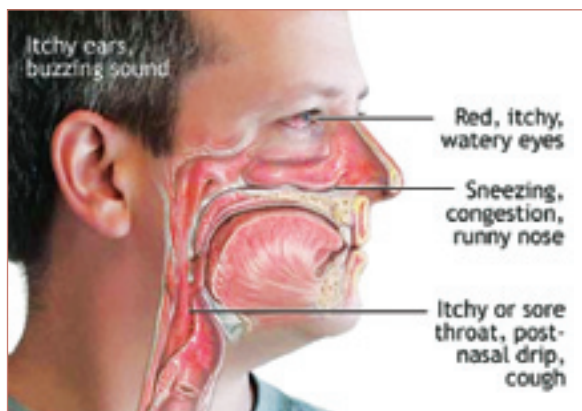
It is inevitable that we will encounter difficulties in our lives. Though we have tried our best to overcome these difficulties and gain the support and encouragement from our families and friends, the difficulties still exist. Please be reminded that God, who created us, will indicate to us the path of life, helping us to overcome the difficulties and to enjoy a flourishing life, the same as the Bible’s says, “You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.” (Psalms 16:11)





# 鼻敏感 無得斷尾？

周佐治，耳鼻喉科專科醫生  
靈實白普理景林診所，靈實余兆麒寶林診所



圖一  
Picture 1

現，家居中最常見的致敏源是塵蟎（圖二）。塵蟎是一些只有0.1至0.2毫米大小的生物，依附在家中的床褥、寢具、地氈、窗簾等東西，喜愛溫暖和潮濕的環境，以人類的皮屑為食物。一般常見的致敏源包括：

1. 塵蟎
2. 蟑螂
3. 動物毛髮，如貓狗等
4. 霉菌

所以要減少鼻敏感，便要從源頭做起，減少塵蟎的數量，盡量保持家居清潔，方法如下：

1. 不要用掃帚或一般以紙袋盛載塵埃的吸塵機，要用濕布抹家具及用水隔濾的吸塵機。
2. 減少讓塵蟎匿藏的地方，少用地氈、毛衣、毛巾及毛公仔。寢具可選用一些抗敏性質的布料，枕頭可套上膠套，方便清潔。
3. 不要飼養貓狗
4. 毛公仔要用保鮮紙包裹
5. 減少盆栽
6. 戒除吸煙

## 二. 藥物治療

### 1. 口服藥物

最常使用的藥物有抗組織胺，分為傳統及無睡意兩類。還有其他種類的藥物，以減輕鼻塞、打噴嚏及鼻水等問題。

### 2. 噴鼻藥物

一般水狀或霧化的噴鼻藥物，都含有微量的類固醇，按醫生指示使用是不會引起副作用的。適宜作長期或維持性功能使用。（圖三）

### 3. 手術

若長期及大量使用藥物都不能減輕病情，便要考慮手術來改善病情。手術有輕至重的不同程度，可在診所或醫院以局部或全身麻醉方式進行。

## 1. 甚麼是敏感？

當身體遇到異物入侵時，身體都會即時作出反應以抵抗外敵。過程都是以細胞為本的連串化學作用，從而包圍、減輕，甚至消除異物的入侵。若然反應超越正常程度便為之過敏。比方說，微粒進入鼻孔而引起痕癢及打噴嚏是正常的，但當連續及極度反應維持了一段長時間，便為之過敏或敏感。

## 2. 鼻敏感是甚麼？

當異物（即鼻感源）在鼻子誘發連鎖敏感性化學反應的時候，便稱之為鼻過敏，過敏性鼻炎或鼻敏感，最常有的徵狀是打噴嚏、流鼻水、鼻塞或鼻涕倒流。有時也會有眼淚痕癢及流眼水等。（圖一）

## 3. 敏感三兄弟

在與敏感源接觸後，身體容易同時產生在皮膚，氣管及鼻子的過敏反應，因而產生濕疹、哮喘及鼻敏感的徵狀。所以小孩及成年人都容易同時患上以上任何兩種，甚至全部的敏感症。故此，對以上三種病症的藥物處方，也常有共通之處。

## 4. 怎樣醫治鼻敏感？

### 一. 截斷病源

既然明白了病因是從敏感源開始，我們就必須從根源醫治，所以要針對性移除或避免與致敏源接觸。根據多項調查發



# Nasal Allergy Treatment

**Dr George Chow**, ear, nose & throat specialist,  
Haven of Hope Bradbury King Lam Clinic,  
Haven of Hope S K Yee Po Lam Clinic

## What is an Allergy?

When our body is invaded by foreign objects, it reacts immediately to resist/fight the intrusion. The reaction starts at the cellular level and serves to embrace the object, scale down the harm and sometimes eliminate the object totally from the body. When this normal reaction becomes exaggerated, it is termed 'allergy'. For example, when a grain of dust sits onto the nose, it would trigger off sneezing for a while. But when this reaction becomes prolonged and exaggerated, it represents a kind of allergy.

## What is a Nasal Allergy?

When the source of allergy, i.e. an allergen, causes excessive chemical reaction in the nose, it is called allergic rhinitis or hay fever. The commonest presented symptoms are runny nose, congestion, postnasal drip and sneezing. Sometimes it may be associated with watery eyes as well. (Picture 1)

## An Allergy's Close Relatives

After making contact with the allergen, the body may develop allergic reactions on the skin, airway or nose, thus manifesting the symptoms of eczema, asthma and nasal allergy. It may happen as single, double or triple in combination in both adults and children. Hence the medicine prescribed for these three illnesses can be quite similar.

## Treating the Illness

### A. Self Treatment

Since the root of the illness is an allergen, we have to control the disease right from its origin. In other words we have to prevent contact between the allergens and our body. According to many scientific studies the commonest allergen is from house dust mites. (Picture 2)



Figure 2  
Picture 2

Dust mites are miniature size bugs ranging in size from 0.1 to 0.2 mm across. They live in many household items such as bedding, carpets, and curtains. They favour a

warm and humid environment and feed on the skin that is naturally shed from human beings and animals.

The commonest sources of allergens are: house dust mites; cockroaches; dandruff and hair from pets; and mould.

In order to minimise the nasal allergy, we have to reduce the population of house dust mites, and other common sources of nasal allergy, by keeping the home clean in the following ways:

- Don't use traditional vacuum cleaners, instead use water filtering ones or use a wet towel to wipe the furniture.
- Don't have carpets, curtains, fluffy clothes or dolls. Choose allergen barrier bedding or nylon material for covers. Frequent washing is essential.
- No pets.
- When storing dolls wrap in plastic wrap.
- No indoor plants.
- No smoking.

Figure 3  
Picture 3



### B. Medical Treatment

**Oral drugs:** The commonest chosen item is an anti-histamine. There are traditional and non-drowsy ones. Of course, there are classes to reduce nasal congestion, sneezing and runny nose.

**Nasal sprays:** Nasal mist or aqua sprays, containing a minimal dose of steroid, are used for maintenance and long-term treatment. When used in accordance to the instruction of the doctor, no side effect is expected. (Picture 3)

**Surgery:** When adequate doses of medicine are used for prolonged periods of time, producing unsatisfactory results, then surgery has to be considered. Various scales of surgery are available. They could be executed under local or general anaesthesia in either the doctor's office or the hospital.



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