

靈·感

HAVEN OF HOPE NEWS | DECEMBER 2009 | ISSUE 71



帶來
盼望
的行動

Hope

靈實長者地區服務—健明中心樂頌組於9月9日在荃灣大會堂參加「中國情、香港心」第六屆歌唱比賽，喜獲合唱組季軍。



觸動的時刻 *Touching Moments*



樂頌居院友齊齊耍毛巾操，個個功架十足。



靈實（西貢）改善家居及社區照顧服務的服務使用者興奮說：「Yeah! 可以去旅行同陽光玩遊戲，真開心！」



靈實翠林老人日間活動中心的長者俏皮地問：「你猜到這是甚麼嗎？」（答案：金魚）



澳洲銀行的義工陪伴靈實司務道護養院的院友參觀香港文化博物館，更與他們在粵劇館內留影。

香港靈合堂的教友於9月為靈實寧養院的院友籌辦中秋節慶祝活動。他們不單送上禮物、水果及燈籠，更為院友送上無限關懷。院友亦很享受當天的節目及深深感受節日熱鬧的氣氛。



靈實胡平頤養院的院友對於能親手製作西多士均感到十分興奮。



同工帶領靈實寧養院的院友到附近商場逛街，令久未外出的院友可到超級市場「掃貨」。最後他們更滿載而歸呢！



靈實護養院的院友首次參觀屯門公園，更在昆蟲館內與大龜拍照留念。



福音事工部在8月17日舉辦「生死教育與教牧關顧」研討會，協助教牧鼓勵信徒積極面對生死問題，吸引近300人參加。



福音事工部於9月在靈實醫院舉辦「黃昏小聚」，主題為「我累了，還要去愛嗎？」希望透過遊戲、詩歌及聖經信息分享鼓勵同工，50多位參與的同工均樂在其中。



醫院管理局行政總裁蘇利民先生（左五）及3位醫院管理局成員（左四、六及七）於8月12日到訪靈實醫院，與醫院同工交流。

為加強義工對感染控制的認識及掌握實務的工作技巧，靈實醫院於7月27日舉辦了義工再培訓課程，吸引多位義工參與。



觸動的時刻 *Touching Moments*



靈實尚德社區健康發展中心於8月31日舉辦「暑期品格學堂2009」結業禮，當日氣氛熱鬧。



靈實白普理寶林社區健康發展中心首次與宣道會將軍澳堂會合辦「馬灣方舟遊學團」親子活動，家長與小朋友均盡興而歸。

「街坊軍團——將軍澳鄰里互助計劃」與地區夥伴及熱心義工聯合籌辦「流動抗疫教育站」，透過健康展覽及遊戲，讓長幼認識流感，為防疫作好準備。



暑假期間，義工帶領小朋友參觀將軍澳分區警署，小朋友對警員的裝備均感到十分好奇。



靈實創毅中心的服務使用者和同工聚首一堂，並就著中心的服務提供意見。

靈實日間社區康復中心的服務使用者微笑說：
「今次是我首次參與賣旗，亦是我融入社區的第一步呢！」



靈實明德日間活動中心暨宿舍的服務使用者參加「乘風航」訓練後，已鍛鍊成為能面對不同挑戰的醒目仔和醒目女！



靈實梁燦初寶林早期教育及訓練中心的小朋友們積極參與由言語治療師帶領的小組活動，強化社交技巧。



靈實秀茂坪日間活動中心暨宿舍的服務使用者雀躍地介紹：「這是觀塘港鐵站內的新式雨傘售賣機。我都是首次看到呢！」



雖然坐輪椅的學員較難回家，但靈實翠林智樂居仍然致力為他們營造「家」的感覺，而家人亦樂於一同參與宿舍的活動。

Touching Moments

觸動的時刻



靈實秀茂坪日間活動中心暨宿舍的服務使用者可愛地說：「你知道背後的建築物是甚麼嘅？」（答案：觀塘裁判法院）



由於社區爆發豬流感，院友外出飲茶的機會因而減少，但靈實坑口護理院院友們能夠一同吃飯，都同樣開心。



靈實寶林日間活動中心暨宿舍的服務使用者與家人一同到訪香港中文大學，除了欣賞優美的景色外，更參觀了不少校園內的設施。



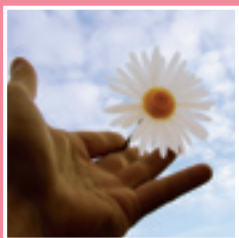
靈實將軍澳及西貢地區支援中心與社會福利署於8月合辦「尚德社會服務巡禮」，除吸引街坊參與外，亦獲得地區人士及區議員的支持。



髮型師義工細心為靈實恩光學校的學生理髮，同學也乖乖坐好，剪過「型仔頭」！



有義工水警哥哥及恩光之友會姐姐在旁，靈實恩光學校的學生玩得安心又開心！



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編者話 From the Editor

每個人在不同的人生階段會有不同的夢想和盼望。求學時，我們盼望學業有成；年青時，我們盼望得到異性的青睞；畢業後，我們盼望找到一份高薪厚職；工作穩定後，我們盼望成家立室；年老時，我們盼望安享晚年。

每一個盼望讓我們感受到活著的意義。或許我們的盼望會隨時間流逝而變改或消逝，但最重要的是我們仍然抱有盼望。因為盼望讓我們有向前行的勇氣，讓我們走出困境。只要心存盼望，便能為自己和他人的生命帶來改變。

今期的《靈•感》的主題為「帶來盼望的行動」，當中與您分享一些盼望的故事。希望大家的生命中都能常存盼望，亦希望大家在歡度聖誕節時，想想我們如何能為他人帶來盼望！

At different life stages, one may have different dreams and hopes. When we are students, we hope to achieve good results; when we are young, we hope to be like the people who inspires us; when we graduate from school, we hope to find a high paid job; when we have a stable job, we hope to get married; when we are old, we hope to live a peaceful life.

Every hope lets us realise the meaning of life. Perhaps our hopes will change and fade away as time changes, but it is always important to have hope. Hope gives us the strength to keep going and enables us to move through difficult times. Hope can and does make a difference to your life and of those around you.

This issue focuses on "Hope" and we share some stories of hope and its impact. We hope that you always have hope in your life and could think how we can bring hope to other people in celebrating Christmas.

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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。

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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帶來盼望的行動

李利平牧師，靈性關顧總監

「我餓了，你們給我吃，渴了，你們給我喝；我作客旅，你們留我住；我赤身露體，你們給我穿；我病了，你們看顧我；我在監裏，你們來看我。」
(馬太福音25章35-36節)

一位牧師的教會來了一對年輕夫婦，太太懷了孕，是位初信的基督徒，十分熱切追求信仰，但因一次意外，嬰兒便過度早產。女嬰出生時，橫隔膜有一個洞，以致每次呼吸也會擠壓心臟，造成生命危險。教會一班信徒都迫切為女嬰的生命祈禱。經過三次手術，嬰孩的情況漸漸穩定下來，隨後就是一連串的醫療跟進。好幾個月後，嬰兒快要出院了，但一位護士在一次跟進安排時，忘了給嬰兒檢查氧氣供應，以致嬰兒因腦部缺氧而受到不可逆轉的傷害。牧師想要探望這位年輕的初信者，但實在不知道該說甚麼，也不知道該如何安慰她。最終，他還是去了。

進入病房時，牧師看到母親正輕輕地抱著她幾個月大的女兒，靜靜地坐在一旁，呵護著她。他抱歉地說：「我作為教會的牧者來探望你們，但實在不知道該如何開口。」

她卻說：「不必介懷，我們母女二人在這裏都很好。」

牧師詫異地問：「你可以告訴我這是怎麼一回事嗎？」

她說：「當我抱著女兒，定睛看她時，腦海中浮現出一個景象。我看見一個極大的體育館，裏面坐滿了數百萬人。然後神親自背著我的女兒走到台中央，高聲向館內的人問：『你們可有誰肯要這個嬰孩？她永遠都會這樣無助、永遠不能照顧自己、不會叫你的名字、不會向你說一句道謝；她不能自己進食、不能自己上牀睡覺，她永遠不會瞭解、更不會欣賞你為她所做的一切，她只會用盡你所有的資源卻不會給你任何回報。有人要她嗎？』我看見自己在體育場館的最後一行跳著、叫著：『我要她，我要她，請祢把她交給我！』」

牧師問：「我實在不明白你所說的，你可以解釋一下嗎？」

她說：「你不明白嗎？我又看到另一個景象。同樣的一個體育館，同樣數百萬的人群，神同樣走到台中央，但祂背著的卻是這個『我』。祂高聲向館內的人問：『你們可有誰肯要這個女人？她傲慢無禮、自私自利、假冒偽善、自以為是、忘恩負義；她操控人、既小信、又硬心；她永不會改進、不會向你道謝，也不會為你做甚麼，她只會用盡你一切的資源卻不會給你任何回報。有人要她嗎？』我看見主耶穌跳著、叫著：『我要、我要，請把她交給我……拜托！請把她交給我！』」

我們所處的是一個追求物質、財富、權力和自我滿足的世代。可惜人在追尋這一切的同時，往往把其他人視為工具，有助於為自己達到目標。但聖經教導我們：每一個人在神的眼中都是尊貴的，因為我們是照著神的形像被造。「上帝就照著自己的形像造人，乃是照著他的形像造男造女。」（創世記1章27節）

靈實服務的對象大多為草根階層。要為他們帶來盼望，我們就必需先接納他們每一個人在神面前的價值。只有從這種態度衍生出來的行動，才能為服務使用者帶來盼望。



Acts that Bring Hope

Rev Pius Li, Head of Spiritual Care

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

(Matthew 25:35-36)

A young couple came to a church while the wife was pregnant. Although she was a newly committed Christian, she was eager to learn and grow spiritually.

Due to an accident, her daughter was born prematurely and as a result there was an opening in the diaphragm, which pressed against her heart with each breath. Fellow church members prayed hard for the baby's critical condition. After three major operations, the baby's condition became stable; all that was required were a series of follow-up medical procedures. A few months later, just before the baby was planned for discharge, a nurse forgot to check the breathing tube and the baby suffered irreparably severe brain damage. The pastor wanted to visit the mother and her baby but did not know what to say or how to console the mother. But he did go.

Upon entering the hospital ward, the pastor saw the young mother cradling her baby and caring for her quietly. He said, "I have come to see you, I am the pastor, but I do not know what to say."

And she said, "Not to worry, we are doing all right."

The pastor replied, "Please tell me why."

She said, "When I look at her, I see a scene in my mind. I see a great stadium filled with millions of people and out on the stage walks God and He's holding this baby girl. And He screams out to the throng saying, who wants this baby? She is helpless, she will never do anything for herself, never learn to speak your name, never say thank you, never feed herself, never tuck herself into bed, she will have no idea about what you are doing for her, she will only cost you everything you have but you will receive nothing ever in return for it. Who wants this baby? And I see myself jumping up and down in the back row and saying, I do, I do, please give her to me!"

The pastor asked, "I don't understand, what are you talking about?"

And she said, "Don't you understand? I can see the same thing. In a stadium filled with millions of people, God walks out on stage and He's carrying me. And He screams out, who wants this woman? She is rude, she is selfish, she is a hypocrite, and she is arrogant, ungrateful, manipulative, faithless and ruthless. She will never improve, never say thank you, never do anything for you, she will only cost you everything you have but you will receive nothing ever in return for it. Who wants this woman? And I could see Jesus jumping up and down shouting, I do! I do! Please give her to me...Please give her to me!"

We live in an age that chases after material possession, wealth, power and self fulfilment. The problem is in the pursuing of all these, many would perceive others as instruments to be used for their own personal gain. But the Bible teaches us that every person is precious to God because we are created in God's image. "So God created man in his own image, in the image of God he created him; male and female he created them." (Genesis 1:27)

The services of the Haven of Hope are mostly geared to serve people from the grass roots level of our community. In order to bring hope to them, we need first accept their worth as God sees them. Only actions that arise from such a perspective could ever bring hope to the service users.



盼望讓我們生活有希冀、有動力、有活著的價值。靈實服事不同的服務使用者，希望透過專業的護理和愛心，為他們每一個帶來盼望。以下將與你分享一些盼望的故事。

展開生命的翅膀

鮑潔雅，靈實白普理寶林社區健康發展中心輔導員

「我無法忘記他，腦中不斷浮起他的樣子。這半年我轉了三份工作，完全沒有心情工作。」綺玲以憂鬱的聲音致電靈心輔導熱線，及後經轉介到中心接受輔導服務。她暗戀了上司兩年，去年方知上司已婚，並將移民，她如晴天霹靂，抑鬱了半年。

回望前半生，綺玲感到很遺憾，她經歷過離婚、沒有子女和事業、只有極少朋友，人生很迷惘。她覺得人世間太現實、不可信。在輔導室中，我們讓她正視過去的傷痕，探索內心深處的渴求與真我，協助她建立自信面對將來。

「過去40年像一場夢，我決意返回現實中。」她覺得自己如夢初醒。現在，她願意接納單身的身分，不再思念那不可能的關係，並努力發展自我，開展新生活。她還報讀了進修課程，並參與義務工作，擴闊視野，決意好好生活。



守望相助好鄰里

鄭佩玲，靈實長者地區服務中心社工

「養兒防老，積穀防饑」是很多長者的心願。但在現實生活中，有些長者未能依賴兒孫供養，安享晚年。何伯是一位獨居長者。第一次他的姪孫女帶他到中心求助時，我眼見何伯的視力朦朧、步履不穩，言談間更發現他對自己的身體狀況不甚了解，我們便主動為何伯安排上門的家居評估。

一踏進何伯的家，我們發現他的屋內盡是腐爛的水果和隨處擺放的藥物，而且家中的電線非常混亂。老鼠在屋內游走，衛生情況十分惡劣。因此，我們決定為何伯設計跟進計劃，包括安排義工陪診、轉介綜合家居照顧服務及社康護理、購置合用的家庭電器和家居維修等。

其實，居住在社區的隱蔽長者有上升的趨勢。「守望相助好鄰里」計劃希望透過發掘區內像何伯隱蔽長者的個案，並提供適當的支援，使一群即使不是兒孫滿堂的長者都能感受到社會的關愛，得著生活的盼望。

Hope enables us have aspiration and motivation in our lives, and to realise the meaning of life. Through the different types of services, the Haven of Hope always tries to bring hope to service users through our professional care and love. The followings are some stories for sharing.

Hope for a New Life

Joyce Pau, counsellor,
Haven of Hope Bradbury Po Lam Community Health Development Centre

"I can't forget him; his image is always in my mind. In this half year, I've changed three jobs and can't concentrate on my work," said Elaine with a sad voice to our hotline staff. Elaine was talking about her former boss who she had been in love with for two years, even though the feelings were not returned. In addition, the fact that her former boss was married, and leaving Hong Kong had left her feeling heartbroken, which had resulted in a state of depression for over six months.

The situation was not helped by the fact that when she looked back on her life she had many regrets: her own marriage had failed and resulted in divorce, she had no children, no career and few friends. She felt so alone and helpless.

She was referred to our counselling service at Haven of Hope Bradbury Po Lam Community Health Development Centre. During the counselling sessions, Elaine started to review her wounded experiences and explore her inner wants and true self. This helped to develop her self-confidence to face the challenges in the future.

"The past 40 years feel like a bad dream, but thankfully I have now woken," she said. Elaine is now willing to accept her single status and detach from the false hope of a love relationship with her former boss. She is embracing her new life with hope. She is also studying and doing volunteer work, which has broadened her horizon, and she has determined to live a better, more fulfilling life.

Be a Good Neighbour

Cheng Pui-ling, social worker,
Haven of Hope District Elderly Community Service

Many elderly wish to be supported by their family during old age. But in reality, some do not receive such support. Mr Ho is elderly and single. The first time his grandniece brought him to our centre, I saw Mr Ho with poor eyesight and a frail body. When we talked, I discovered that he knew nothing about his health conditions. Thus, we initiated to conduct a home assessment for him.

Entering Mr Ho's home, we found that his house was full of rotten fruit, and medicine was scattered everywhere. Also, the electric wires were immensely chaotic. The hygienic conditions were so poor that mice were running everywhere. So, we decided to formulate a follow-up plan for Mr Ho to arrange volunteers to escort him to hospital; refer him to integrated home care service and community-based nursing service; help him purchase suitable electrical appliances, and provide him with a home maintenance service.

Mr Ho is just one example of the many so called "hidden elders" in the community, with numbers continually on the rise. To try and make a difference we have launched the "Be a Good Neighbour" scheme to find hidden elders, like Mr Ho in the community and to provide them with appropriate social support. It is our hope that through this programme those without support can feel loved and cared for by society and see hope in their life, even when they have no family support.

綻放異彩

伍嘉恩，靈實寶林日間活動中心暨宿舍社工

繪畫其中一個作用是抒發情感。智障人士不懂任何繪畫技巧，但只要有一筆在手，他們便會畫出心中所想。雖然他們的畫表面上很混亂，但其實只要細心欣賞，便不難發現畫裏不但充滿意思，而且又真又美麗。其實，智障人士喜歡透過繪畫表達他們的想法及生活上的點滴，讓身邊的人了解他們的需要。

近年，中心有一位學員離世。其他學員主動透過繪畫，抒發對離世學員依依不捨之情。畫中的人都流著眼淚。他們的畫令我明白到學員也有情感上的需要，也讓我增加了對他們的了解。

繪畫除了可表達情感外，亦可擴闊學員的興趣，增強他們的自信。有見及此，中心最近把學員的作品放在不同的場地（如新都城、文娛會堂等）作公開展覽。此外，中心也安排對繪畫有興趣的學員參加社區中心的繪畫班，提昇他們的繪畫技巧之餘，亦讓公眾人士對智障人士有進一步的認識。

靈實重視每一個服務使用者的價值，並希望為他們帶來盼望。



中和的故事

何少珊，靈實恩光學校行政主任

14歲的中和入學時的體重為330磅，患上睡眠窒息症的他完成手術後，需要一部呼吸機讓他在睡覺時呼吸暢順，駐校社工考慮其家庭狀況和需要，推薦他申請「夢想・我為您達到」活動，最後成功購得呼吸機。

中和患自閉症，老師特別採用視覺策略，多用圖卡去顯示教學流程，幫助他適應學校生活。老師及言語治療師並為中和度身訂造和教授一系列的社交技巧，例如他要發洩情緒，可以搓泥膠取替負面行為，這大大幫助到不擅表達、從小在鄉間長大、未接受過正統教育的中和融入社交生活。

極需減肥的中和現時接受老師及物理治療師的健康計劃，經過他們耐心的訓練，他已能由起初在跑步機上跑五分鐘，堅持到現時跑30分鐘，盼望他未來能減磅成功！

靈實舉辦的「夢想・我為您達到」活動，希望為不同的服務使用者實現夢想，為他們的生命帶來盼望。



我最喜愛搓泥膠。
I like playing with dough.

Expressing Emotions through Art

Yan Ng, social worker,
Haven of Hope Po Lam Day Activity Centre cum Hostel

One purpose of drawing is to express our emotions. People with mental disabilities know nothing about drawing, but as long as they have a pen in hand, they can draw everything in their minds. On the surface, their drawings are very messy, but if we look at them carefully, it is not difficult for us to discover the very real and beautiful meanings hidden in their pictures. In fact, people with intellectual disabilities love to use drawings to express their thoughts and lives so as to let people around understand their needs.

Recently, a member in our Centre passed away. Other members expressed their grief by drawing pictures in which the characters are all crying. From their artwork, I realise that our members also have emotional needs. And this experience enables me to understand more about them.

Apart from expressing emotions, drawing can also help our members develop more interests and strengthen their self-confidence. In view of this, we have begun to exhibit their artwork in various public halls, such as Metro City and cultural activities hall. In addition, some members who are fond of drawing have the opportunity to join drawing classes held at the community centre. This not only helps them brush up their drawing skills, but the public can also have a better understanding of people with mental disabilities.

The Haven of Hope treasures every service users and tries to bring them hope.



中和與老師開心地暢遊迪士尼樂園。
Zhonghe and his teacher pay a happy
visit to Disneyland.

The Story of Zhonghe

Susan Ho, administrative officer,
Haven of Hope Sunnyside School

14-year-old Zhonghe weighed 330lbs when he was admitted to Haven of Hope Sunnyside School. He suffers from sleep apnea syndrome. After undergoing an operation, he needed a respirator to breathe smoothly during sleeping. The school social worker evaluated the situation of his family and his needs, and recommended him to apply for the "Hundred Dreams Come True" Programme. At last, he was granted a respirator.

Zhonghe also suffers from autism. His teacher employs visual strategies by using different picture cards to demonstrate the teaching processes. This helps him adapt to school life. A teacher and speech therapist also tailor-made a series of social skills exercises for him. For example, when he is angry, he can play with dough to replace any negative behaviour. This greatly helps Zhonghe establish a better social life though he cannot express himself well and never received formal education when he lived in a village in China.

Zhonghe is now undergoing a health plan designed by our teacher and our physiotherapist. Under their training and patient guidance, he can now run on the treadmill for 30 minutes, up from five minutes at the beginning of his therapy! It is hoped that he could reduce his weight successfully in the future!

The Haven of Hope launched "Hundred Dreams Come True" Programme which aims at realising the dreams of various service users and bringing hope to their lives.



鬱金香帶著一種含蓄、單純的美麗。

花兒迎著陽光綻放的粉紅和潔白，為大地添上了一層薄薄的胭脂；

又猶如心靈中一片花田，叫人嚮往那份欣然和盼望。

「上帝造萬物，各按其時成為美好，又將永生安置在世人心裏。」

（傳道書3章11節上）



*A tulip has a subtle, simple beauty.
Blossoming towards the sun in colours of pink and white,
the flowers brush the earth with a thin layer of rouge.
It is like a flowerbed in the soul, encouraging people to pleasure and hope.*

“He has made everything beautiful in its time.
He has also set eternity in the hearts of men.”

(Ecclesiastes 3:11a)



見證

林偉民，靈實醫院紓緩治療科醫生



有一位太空人穿梭於廣闊浩瀚的宇宙中，讚嘆著造物者的奇妙！當他回頭俯瞰著晶瑩卻脆弱的地球時，心中不其然湧起一份謙卑感和責任心，要向地球上的人們見證存在的奧秘。作為紓緩治療科醫生，長時間接觸晚期癌症病人，近距離凝視著生命與死亡的臨界點，心中也不時湧起這份謙卑感和責任心，要見證在面對死亡的過程中，病者和家人最需要和重視的是甚麼。

我翻閱了40張2009年病人家屬寄給靈實醫院紓緩治療科的感謝信，希望從他們的親身體驗中，看看有那些醫護人員的態度和行動令他們雖在喪親之痛中仍不忘來信致謝。

服事的心（見表一：照顧者的態度）

病人和家屬最欣賞的，就是照顧者那顆服事的心。接近一半的來信都用了「悉心照顧」來表揚照顧者的態度。這顆心所流露出來的關愛、忍耐、體貼、溫暖、熱情、付出和尊重等等，都在病人家屬心中留下美好的印記。此外，認真的工作態度、團隊各司其職的專業精神和各人孜孜不倦的努力都被肯定。

全人照顧（見表二：有果效的行動）

面對晚期癌症，病人與家人看重的是照顧而非治癒。照顧者適切的言語、專注的聆聽和陪伴、和發自內心的身體語言，都一一印在病人和家屬的腦海中。一些為病人多走一步的行動，小至送他一條雪條、為他理髮等，有時更會帶來意想不到

的效果。家人在照顧病者過程中的心理與實際需要、病人彌留之際他們能否陪伴在側、和他們在哀傷期間所得到的慰問與探望，皆不容忽視。

逝者善終，生者善別（見表三：被肯定的果效）

照顧者用心以誠的服事，加上適切的言語和行動，減輕了病者身體上的痛苦，加強了病人和家屬面對逆境時的信心、勇氣、盼望、喜樂、安慰和力量，並讓病者死得安詳而平靜，給生者留下一份平安的回憶。

鼓勵的話

醫護人員面對著忙碌的工作、社會及傳媒對醫療事故的關注、市民大眾對醫療服務的期望、加上生活中大大小小的壓力，有時難免會感到疲乏和氣餒。謹節錄幾段喪親者的說話互勉。

「如果世上真的有天使，你們就是天上派來的天使。」

「希望你們能延續這份愛的使命。」

「但願神繼續使用你們成為更多人的天使，彰顯基督的愛。」

「你們所付出的是不會白費的，對病人和家屬是心田中的旱地甘霖。」

「願神賜福和使用你們成為更多人的祝福。」

表一： 照顧者的態度

照顧態度	次數
悉心	19
愛心	13
耐心	12
細心	11
關心	10

表二： 有果效的行動

對象	行動	次數
病人	全人照顧	31
	適切的言語	7
	身體語言	3
	信仰支持	3
家人	精神上的支持	8
	哀傷期間的慰問	6

表三： 被肯定的果效

果效	次數
死得安詳舒適	23
病者心靈得支持、安慰、喜樂、希望，減少恐懼	10
家人心靈得支持、感動，減少無助感，重拾信心勇氣渡過逆境	11
家人對照顧者的信任	3
榮耀神	2

Bearing Witness

Dr Lam Wai-man,
Palliative Care Unit, Haven of Hope Hospital

An astronaut was travelling in the Universe, appreciating the wonderful Creation! When he saw the beautiful, yet delicate Earth in the backdrop of the Universe, a sense of humility and responsibility arose in his heart. There was an urge to witness to mankind the mystery of existence. Similarly, as a palliative care doctor constantly facing death and dying, this sense of humility and responsibility arises in my heart, urging me to bear witness to what the most important thing in life is through the eyes of terminally ill patients and their families as death approaches.

I went through 40 thank-you letters addressed to the palliative care unit of Haven of Hope Hospital from the bereaved, with the hope to discover what attributes of the attitude and actions of the health care team had led these people to send us appreciation and thanks in spite of their grief and sorrow.

A Serving Heart (See Table 1: Carers' Attitudes)

The serving heart of the carers was most valued by patients and their relatives. In nearly half of the letters, "wholehearted care" was appreciated. The love, patience, kindness, warmth, passion, selflessness and respect were different faces of this serving heart that had impressed them. Besides, conscientious attitude, professionalism in teamwork and the persevering hard work were all acknowledged.

Holistic Care (See Table 2: Effective Actions)

Facing terminal cancer, patients and families were concerned more with Care than Cure. The appropriate words, attentive listening, accompaniment, and body language, such as smiling and touching were all impressive to patients

and their families. Sometimes, an extra small deed to a patient, like buying the patient an ice-cream or offering the patient a haircut, could work magic. How the needs of the family before, during, and after the death of the patient were addressed was also very important.

Good Death, Good Grief

(See Table 3: Outcomes with Impact)

With a serving heart and the appropriate actions and words, the health care workers had relieved the physical suffering of the patients, supported the patients and their families during this period of adversity, enhanced a peaceful death, and left the bereaved with memories of serenity.

Words of Encouragement

Today, health care workers are under tremendous pressure—an increasing workload, a high public expectation, the concern of the society and the media on medical incidents, as well as multiple personal stressors. Sometimes we may feel upset, weary, and discouraged. The following quotes from the thank you letters may lift our spirits when we are down.

"If there were angels in this world, they must be you."

"Pray that you will sustain this mission of love."

"May God send you to be angels of more people, demonstrating Jesus' love."

"Your efforts will not be in vain. To patients and their families, they are like a stream in the desert."

"May God bless you all and use you as channels of blessings to more people."

**Table 1:
Carers' Attitudes**

Care Attitudes	Number
Wholehearted	19
Love	13
Patience	12
Sensitivity	11
Concern	10

**Table 2:
Effective Actions**

Target People	Action	Number
Patient	Holistic care	31
	Proper words	7
	Body language	3
	Religious support	3
Family	Psychological support	8
	Bereavement support	6

**Table 3:
Outcomes with Impact**

Outcomes	Number
Dying in peace and comfort	23
Patient felt support, comfort, joy, hope; alleviating fear	10
Family felt supported, touched and less helpless, regaining faith and courage to face adversity	11
Family trusting the team	3
Glorifying God	2

幸福的根源

蘇曉盈，靈實醫院社區關係幹事

「似乎憂愁，卻是常常快樂的；似乎貧窮，卻是叫許多人富足的；
似乎一無所有，卻是樣樣都有的。」（哥林多後書6章10節）



有一天，我與社工陳姑娘閒聊，當談及印象深刻的個案時，陳姑娘立時想起把自己家產傾囊捐贈予病人慈善基金的棧全弟兄。

棧全弟兄的難得，並不在於捐款數目的多少，而在於捐款背後的心意。孑然一身走到生命盡頭的棧全弟兄，在病床上飽受病痛的煎熬，從不擔心自己的身體狀況，卻常常記掛別人的福祉。

「現在我只希望將我的積蓄捐予有需要的人。」棧全弟兄氣若游絲地說，並抖著手從口袋掏出三千多元交給陳姑娘，一毛錢也沒有留給自己。他解釋這樣做是因為自己快將離世，把錢留在世上都沒有意思。雖然如此，但試問社會上又有多少人能身處痛苦，仍不忘滋潤別人的生命？

一般人都以為人擁有得越多就會越幸福，於是便不斷竭力追求，結果卻喪失了自己的靈魂。其實，幸福不在於我們擁有得多少，而在於我們能否像棧全弟兄一樣，利用我們擁有的幸福去造就別人。

The Origin of Happiness

Isa So, community relations officer, Haven of Hope Hospital

“Sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.” (2 Corinthians 6:10)

One day, I asked Ms Chan, the social worker, if she could share with me a story that impressed her most. She then recalled a patient, brother Dai-chuen who donated all his money to the Patient Charity Fund.

Brother Dai-chuen is generous not because he donated a considerable sum, but because he has a good intention behind his donation. Suffering from terminal illness, brother Dai-chuen had almost come to the end of his life; yet, he did not care much about himself. What he was most concerned with was the well-being of other people.

“I only wish to give all my savings to the needy,” he said frailly, taking out all the money from his pocket with his hands trembling as he gave \$3,000 to Ms Chan. He argued that he was going to leave this world sooner or later and it would be meaningless keeping the money with him. Nevertheless, how many people can still care for the others while they themselves are suffering?

Many people believe that the more we have, the happier we are. Thus, we all try our best to achieve, but often this results in losing our soul. In fact, happiness is not measured by how much we possess, but how we make use of what we have, like brother Dai-chuen, to enrich the life of others.



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「西貢健康安全城市」 喜獲世界衛生組織確認為安全社區

莫素鳳，基層健康服務網絡社康服務統籌

靈實早於1997年開始在將軍澳推動全港首個「健康城市」運動，十多年來，靈實的「西貢健康安全城市」統籌辦事處致力與西貢區議會及區內多個部門組織合作，不單開展社區健康教育工作，更大力推動切合不同年齡組別、處所的安全推廣活動，當中包括家居安全、長者防跌及藥物安全、道路安全、運動安全、職業安全、安健醫院、安健學校及安健院舍等。

今年5月，世界衛生組織（世衛）派員實地視察西貢區內的安全推廣情況，參觀了將軍澳醫院急症室的「傷害監察系統」、單車徑設施、工業村、安老服務院舍等，並於6月宣佈西貢區正式被確認為全球第170個安全社區。為了與區內市民共



同見證及分享成果，西貢區議會及「西貢健康安全城市」統籌辦事處於10月31日假西貢賽馬會大會堂舉行了「健康安全在西貢—安全社區確認典禮」。世衛派員與西貢區代表簽署「安全社區」確認證書，民政事務局局長曾德成太平紳士亦應邀到場主禮及見證。典禮末段由在場700多名區內協作處所代表、嘉賓及市民合力推動象徵「健康」及「安全」的彩球，以承諾持續發展夥伴關係，同心締造「西貢健康安全城市」。



大會安排嘉許儀式感謝各協作夥伴及防疫大使多年來在建設「西貢健康安全城市」的工作和貢獻。

Certificates were awarded to the collaboration parties and health ambassadors for their efforts and contribution in building "Sai Kung Healthy and Safe City"

Creating a Safe Community

Esther Mok, coordinator of community health, Primary Health Network

In 1997, the Haven of Hope initiated the first "Healthy City" movement of Hong Kong in Tseung Kwan O. For the past 10 years, "Sai Kung Healthy and Safe City" Project Office of the Haven of Hope has been collaborating with the Sai Kung District Council and different local organisations. The result of this includes developing community educational work; and promoting safety programmes for different age groups and settings, such as home safety, fall prevention and drug safety for the elderly, road safety, sports safety, occupational safety, Healthy and Safe Hospitals, Schools and Residential Homes, etc.

In May 2009, representatives from the World Health Organisation (WHO) visited Sai Kung for the implementation of the safety promotion programmes, including the "Injury Surveillance System" installed at the A&E department of Tseung Kwan O Hospital, cycling tracks and facilities, Industrial Estate, Aged Care Complex, etc.

In June, WHO announced and designated Sai Kung district to be the 170th International Safe Community. To celebrate the achievement with local residents, Sai Kung District Council and "Sai Kung Healthy and Safe City" Project Office co-organised the "Sai Kung Healthy and Safe City - Safe Community Designation Ceremony" at Sai Kung Jockey Club Town Hall on 31 October. Representatives from WHO signed the "Safe Community Agreement" with the Sai Kung District representatives.

Mr Tsang Tak-sing, JP, Secretary for Home Affairs, was also invited to officiate and witness the designation. The ceremony was attended by more than 700 guests, collaboration parties and the public. Two colourful balls symbolising "health" and "safety" respectively, were a pledge of building the "Sai Kung Healthy and Safe City" together.

牙齒問題

林江貴，
靈實秀茂坪診所牙科醫生

問：若牙齒很黃，用多點時間或用力點刷牙，能否使牙齒回復潔白？

答：牙齒發黃的原因主要有兩個：外在牙漬和牙齒本身的顏色。前者主要是由於一些外在的色素，例如茶、咖啡或煙草積聚在牙齒表面而形成。這些牙漬通常可以靠仔細（並非大力）清潔牙齒來預防，但一旦形成，便不容刷除，只能靠專業的洗牙服務除掉。但若果牙齒本身的顏色偏黃，則無論刷多久、多用力，也是無濟於事。有時更可能會因過份用力刷牙而導致牙齒表面較白的琺瑯質磨損變薄，露出底層較黃的象牙質，結果牙齒越變越黃。要分辨牙黃的原因是牙漬引起還是牙質本身就是偏黃，只要洗一次牙便會知道。因為洗牙能除掉牙漬，但如果洗牙後牙齒還是黃色的話，則表示這是牙質的本色，怎樣刷也不會變白，這些情況需要透過專業漂牙改善。

問：刷牙時經常流牙血，是否刷牙過份用力所致？

答：絕大部份流牙血的成因是牙周病。積聚在牙肉附近的細菌分泌毒素，引致牙肉紅腫發炎。紅腫的牙肉一旦被觸碰，如刷牙時被牙刷或牙線觸碰便很易會出血，這與刷牙的力度無關。



問：脫掉鬆動的牙會導致兩旁的牙齒因失去支撐而變鬆，接著一隻一隻脫落，造成惡性循環，所以無論牙齒如何鬆動都不應把它脫掉。這說法對嗎？

答：牙齒堅固與否，主要是取決於它是否有足夠的牙槽骨在牙齒的四周承托牙根。若牙槽骨因牙周病而被侵蝕，牙齒便會因缺少牙槽骨支撐而變鬆（就如樹木因泥土流失而倒下），最終脫落。因此，兩旁的牙齒並不能鞏固牙齒。很多時，牙齒一隻接一隻變鬆脫落，是因為這些牙齒同時患有嚴重的牙周病。而預防和治療牙周病的方法是好好清潔牙齒和接受洗牙等專業治療。

問：懷孕的婦女可否接受牙科治療？

答：孕婦懷孕期間體內賀爾蒙的轉變，會令她們較易出現牙肉紅腫和流牙血等牙周病病徵。因此，孕婦更應加強口腔護理和接受洗牙治療。其實，很多牙科治療對孕婦來說都是安全的。所以，除非孕婦有特殊的病歷或憂慮，否則在胎兒最穩定的時期（懷孕第四至六個月）接受一般的牙科治療是沒有問題的。不過，X光檢查時釋放出來的輻射可能會影響胎兒。為安全起計，孕婦只有在無可避免的情況下，才在有足夠防禦措施的環境下接受X光檢查。當然，牙醫會按病人的個別情況決定她是否適合接受某種治療，而最重要的是要預先告訴牙醫你正在懷孕。



Dental Health

Dr Lam Kong-kwai, dental surgeon,
Haven of Hope Sau Mau Ping Clinic

Q: If my teeth are yellowish, can I make them white by brushing more or harder?

A: The main causes for yellowish teeth may be external (staining) or internal (intrinsic colour of the teeth). The former (staining) comes from external factors, such as tea, coffee or cigarettes. These coloured deposits on the teeth's surface can usually be prevented by careful (not hard) brushing/flossing. However, it is not easy to remove once they are formed and professional cleaning may be needed. If the teeth are naturally yellowish (internal), they will not turn white no matter how long or how hard we brush. Sometimes, teeth will become even more yellowish if the outer layer of enamel (which is whiter) is thinned by excessive brushing which makes the inner layer of dentine (which is more yellowish) exposed. We can distinguish between external or internal cause of yellowish teeth by having a professional cleansing, which removes the external stains. Intrinsic colour will remain even after cleansing and bleaching may then be needed for improvement.

Q: Is gum bleeding during brushing caused by excessive force?

A: The most common cause of gum bleeding during brushing is gum disease. Bacteria near the gum releases toxins, resulting in inflamed gums. And these inflamed gums will bleed easily even when gently touched with a toothbrush or floss.

Q: I have heard that removal of a loose tooth will result in the loss of support to the adjacent teeth, which thus loosens them and eventually they will

fall out one after another. Therefore, we should never take out loose tooth. Is that correct?

A: Whether the teeth can stand firm depends on adequate alveolar bone support around the roots of the teeth. If the alveolar bone is lost due to gum disease, the teeth will become loose (or even fall out) because of the lack of bone support (just like a tree will fall down owing to the soil erosion). Therefore, adjacent teeth play no role in supporting our teeth. It is not uncommon to find people losing one tooth after another when there is severe gum disease. And the best means to prevent and cure gum disease is to brush our teeth properly everyday and have regular professional cleaning.

Q: Should pregnant women receive dental treatment?

A: Because of hormonal changes inside their body, pregnant women are prone to symptoms of gum disease, such as swollen gum and gum bleeding. Better oral hygiene and professional cleaning are important in such cases. In fact, most dental treatments are safe for pregnant women. Therefore, except for special medical reasons or excessive anxiety, pregnant women can receive common dental treatment during the second trimester of pregnancy, that is from fourth to sixth month when the fetus is the most stable. However, radiation from x-ray examination may affect the fetus. For safety reasons, dental x-ray examination should only be carried out in unavoidable situations and protective measures should be implemented accordingly. No doubt, your dentist will map out the most appropriate treatment plan according to your own needs. And most importantly, you should inform your dentist about your pregnancy before any dental treatment.

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